



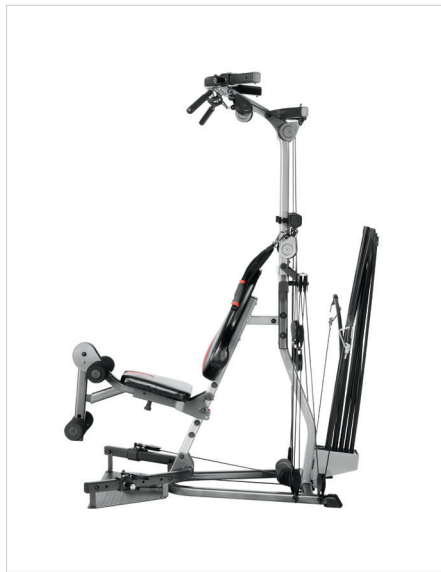
Xtreme 2SE Home Gym

Power Rod® Resistance

Bowflex® Power Rod® units give you the resistance, or weight, that feels as good as or better than free weights but without the inertia usually associated with free weights.

No-Change Pulley System

Move from squats to leg workouts without ever changing cables. You'll save time and keep your heart rate up as you progress through your workout.



Lat Tower with Angled Lat Bar

Build back and shoulder muscle quickly with the integrated tower.

Free Trainer-Built Workouts

Included in the manual: 20 minute better body, 20 minute upper body, 20 minute lower body, body building, circuit training anaerobic, true aerobic, and strength training routines.

Exercises	70+
Resistance	210 lbs
Upgradeable	Yes (310 lbs or 410 lbs)
Assembled Dimensions	53" L x 49" W x 83.25" H
Product Weight	157 lbs
Max User Weight	300 lbs