



## Bowflex Max Total 40



The Max Total 40 from Bowflex has been inspiring fitness enthusiasts in gyms and at home for years. The clever mix of stepper and cross trainer, the unique and almost recoil-free full-body movement and the intensive HIIT training make the Bowflex Max trainers unique. The Bowflex Max Total 40 is the top model in the series and offers the most comprehensive overall package in terms of quality, effectiveness, connectivity and training fun. Effective HIIT training at home on the Bowflex Max Trainer improves endurance, increases performance and is a real fat burner! The Bowflex Max Total 40 offers the ultimate full-body, high-intensity cardio workout in a compact design.

**CHF 3'299.00**

The Bowflex Max Total 40 trainer combines the advantages of a stepper and a cross trainer. The main difference between a stepper and a cross trainer lies in the motion sequence. When training on a cross trainer, the movement describes an elliptical shape and is similar to walking or jogging. The movement sequence on a stepper, on the other hand, is similar to climbing stairs.

The handles of the cross trainer involve the arms, shoulders and upper back during training. Whereas on a stepper, these muscles are largely left out. Training on a stepper intensively trains the leg and gluteal muscles. The Bowflex Max Trainer 40 combines this and turns training on the Max Total Trainer into an effective full-body HIIT workout (high intensity interval training). Get strong and healthy with HIIT - short bursts of exercise followed by longer breaks for a highly efficient workout.

The \*JRNY display with 16-inch touchscreen makes the workout multimedia and personalized. Probably the most important training feature of the JRNY Display with Samsung touchscreen is Guided Coaching. The JRNY app supports Guided Coaching with great workout trainer videos and the training analysis. Workouts are always offered to suit the current fitness level. Professional coaches guide you through the workouts. The JRNY app enables virtual training with countless tracks. With Explore the World access, a new route can be explored every day. The performance controls the speed of the video. For entertainment, you can stream your favorite series or movie via Amazon Prime Video, Disney+ or



Netflix. While streaming, the training data is displayed on the screen - so no information is lost.

**Features:**

- Mains-powered drive
- Combination of servo-magnetic brake with air resistance
- less than 1m<sup>2</sup> space requirement
- 16" (40.6cm) HD touchscreen (Samsung) - seemingly unlimited possibilities and interactions: the large full-color touchscreen offers many functions and can be adjusted to different angles
- The display is in English and cannot be adapted to other languages
- Tablet or smartphone required to access various third-party apps - training apps such as Zwift or Peloton can be used by connecting the smartphone, tablet or SmartTV to the console via Bluetooth
- \*JRNY™ - the digital fitness and entertainment platform - the JRNY training app offers numerous functions to optimize training and increase motivation. With a JRNY membership, on-demand courses and real-time coaching sessions can be completed and numerous outdoor routes can be followed with JRNY Experience. The JRNY membership delivers personalized workouts every day. Intelligent recommendations based on the individual fitness level ensure optimal training motivation. The recommendations automatically adapt to your personal progress. The JRNY subscription also gives you access to various streaming services in the app. Be entertained by movies and series on Netflix, Amazon Prime or Disney+ during your workout (separate memberships/subscriptions required), JRNY™ is only available in English.
- Display of heart rate, calories, calorie burn rate, target burn rate, interval count, interval time, total training time, resistance level, RPM
- 4 training programs - manual program, fat burning, calorie burning, stair climbing
- WiFi compatible (required for commissioning)
- Bluetooth speaker
- 20 resistance levels
- Hand pulse sensors
- 6-grip handrails - the movable arm bars offer six training positions. With the third arm bar pulled inwards, there are even more possibilities to train the upper body optimally. The inner hand position particularly strengthens your arms and chest muscles. This makes upper body training even more effective and varied
- double rail system ensures even more safety and makes the leg movement smoother and more even
- oversized stainless steel pedals with anti-slip studs
- Solid steel frame with wide feet
- Tablet holder for smartphone or tablet
- front transport wheels
- Height compensation
- USB charging station for charging the smartphone or tablet

Application: Home use, payload: approx. 136kg

Device dimensions: L125 x W78.2 x H166cm, minimum ceiling height: user height + 38cm, weight 70.5kg

Accessories: integrated receiver for chest strap transmitter, arm chest strap, bottle holder

Option: Bluetooth transmitter strap, floor mat

Warranty: 1 year full warranty, 2 years on labor and parts (excludes consumables)



\*JRNY™ - Membership:

**Daily personalized training**

Experience a tailored training program with real-time coaching that automatically adjusts as you get stronger.

**Explore virtual destinations**

Travel through 200+ stunning virtual classes at your own pace or experience them alongside your virtual coaching.

**Real-time virtual coaching**

Achieve each and every training goal with the guidance of a friendly virtual coach.

**On-demand classes**

Sweat it out with world-class coaches who inspire you. Experience a variety of time ranges and class types.

*2month free trial of JRNY™ included - at the end of the free trial period, JRNY membership automatically renews at current membership rates until canceled. JRNY is only available in English. Manage or cancel your membership directly via your Apple ID or Google account. The app can also be used in the free version.*