



Bowflex Power Station PR1000



The Bowflex® PR1000 strength training station uses the patented Power Rod® resistance system. Instead of traditional weight plates or weight magazines, the Power Rod® system uses flexible rods to create resistance. If you're on a budget but looking for a full-body workout, the Bowflex® PR1000 strength training station is the ideal home gym. With over 30 strength exercises and a built-in rowing station for a calorie-busting workout, the PR1000 is a great way to start your exercise routine. The Bowflex® PR1000 strength station folds up for easy storage to save space.

CHF 999.00

Power Rod® is a patented resistance system used by Bowflex in home strength training equipment. Instead of traditional weight plates or dumbbells, the Power Rod® system uses flexible rods made of high-quality composite material to create resistance.

Each Power Rod® has a specific resistance value, expressed in kg. The more Power Rods® installed in a Bowflex machine, the higher the total resistance can be set. Users can adjust the resistance to their personal needs and training goals by using more or fewer rods.

Bowflex equipment with the Power Rod® system is popular with many fitness enthusiasts because it provides an effective workout experience while being compact and space-saving. They are especially popular for full-body workouts that can target multiple muscle groups.

Equipment:

- standard Power Rod® resistance of up to 95kg.
- Power Rod® system: flexible rods made of high quality composite material to create resistance
- over 30 exercise options
- built-in rowing exercise
- silent workout
- easy on the joints



- training position can be adjusted quickly and in a variety of ways
- weight bench can be adjusted into a flat bench or incline bench in just a few steps
- weight bench can be folded up to save space
- Media rack for tablet and smartphone

Use: home use, payload: approx. 136kg

Equipment dimensions: L203 x W208 x H209cm, training dimensions: L203 x W261, weight 59.4kg

Accessories: 2 hand straps, leg press belt

Warranty: 1 year complete warranty, 2 years on labor and spare parts (excluding consumables)