



## Bowflex Strength Station Xtreme 2 SE



The best-selling Power Rod® gym - the Bowflex Xtreme® 2 SE multistation. The Bowflex Xtreme® 2 SE 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. Pulleys at the top, middle and foot of the Bowflex Xtreme® 2 SE allow exercises to be performed optimally for each body part. The Bowflex Xtreme® 2 SE makes it faster and easier to change exercises without having to change cables between exercises.

CHF 1'490.00

Power Rod® is a patented resistance system used by Bowflex on 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, which is 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 different muscle groups.

### Features:

- standard Power Rod® resistance of up to 95kg - upgradable to 140kg or 186kg.
- Power Rod® system: flexible rods made of high quality composite material to create resistance
- revolutionary no-change cable pulley system - allows you to transition from squats to lat exercises and leg workouts without ever having to change cables
- over 70 exercise options



- Lat tower with angled lat bar - quickly build back and shoulder muscles with this integrated tower built-in rowing exercise
- lower pulley/squat station with 4 positions - station to do squats and train glutes, hamstrings and quadriceps
- leg section - for exercises to build strong, muscular legs
- silent workout
- easy on the joints
- ergonomically shaped seat
- height adjustable seat
- seat is removable so exercises can be done standing up
- 7 free workouts created by the trainer - included in the manual: 20 minutes of better body exercises, 20 minutes of upper body exercises, 20 minutes of lower body exercises, bodybuilding, anaerobic circuit training, real aerobics and strength training

Use: home use, payload: approx. 136kg

Equipment dimensions: L135 x W124 x H208cm, workout dimensions: L244 x W196, weight 84kg

Accessories: 2 hand straps, lat bar, squat bar, abdominal crunch shoulder strap

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