



Bowflex Max Trainer SE



The Bowflex Max Trainer SE inspires fitness enthusiasts at home. 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 Trainer unique. The Bowflex Max Trainer SE 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 Trainer SE offers the ultimate full-body, high-intensity cardio workout in a compact design.

CHF 2'199.00

The Bowflex Max Trainer SE 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 SE combines this and turns training on the Max Trainer into an effective full-body HIIT workout (high intensity interval training). Get strong and healthy with HIIT - short bursts of exertion followed by longer breaks for a highly efficient workout.

Train with one of the integrated programs or train with JRNY® from your smartphone or tablet. Probably the most important training feature of the JRNY Display is Guided Coaching. With Guided Coaching, the JRNY app supports you 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 track 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 smartphone/tablet - so no information is lost.

Features:

- Mains-powered drive
- Combination of servo-magnetic brake with air resistance
- less than 1m² space requirement
- 7" (17.8cm) color display
- *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.
- Automatic resistance adjustment for "***explore the world"
- Display of heart rate, calories, calorie burn rate, target burn rate, interval count, interval time, total training time, resistance level, RPM
- 5 training programs
- 16 resistance levels
- 4-grip handrails - the movable arm bars offer four different training positions. This makes upper body training even more effective and varied
- Oversized pedals
- Solid steel frame with wide feet
- Tablet holder for smartphone or tablet
- Front transport wheels
- Flat holder
- height compensation

Use: Home use, payload: approx. 136kg

Equipment dimensions: L119 x W78 x H166cm, minimum ceiling height: user height + 38cm, weight 74.3kg

Accessories: integrated receiver for chest strap transmitter, 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

**The Shark
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056 427 02 25
info@sharkfitness.ch
www.sharkfitness.ch

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.