

**BOWFLEX**  
**BLAZE® HOME GYM**



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The Bowflex® Blaze® home gym offers over 60 gym-quality exercises that work all of your muscle groups. The 210 pounds of Power Rod® resistance technology maximizes your strength training and fitness goals.

# BOWFLEX®

## BLAZE® HOME GYM



### TECHNOLOGY

- 210 lbs of Power Rod® resistance standard upgradeable to 310 lbs or 410 lbs

### PERFORMANCE & QUALITY

- 65+ exercise full body workout routines for chest, shoulders, back, arms, abs and legs
- Bowflex® provides 7 free trainer built workout regimens: 20 minute workout, advanced general conditioning, 20 upper/lower body workouts, body building, circuit training (aerobic or anaerobic) and strength training
- Aerobic rowing
- Lat tower with angled lat bar helps build back and shoulder muscles quickly
- Sliding seat rail allows you to perform aerobic rowing and leg presses
- Multiple cable/pulley positions enable custom workouts

### COMFORT & USABILITY

- Lat bar and squat bar included
- Bowflex® Power Rod® technology offers quiet and safe workouts over alternative home gym products
- Folding bench and wheels provide easy storage
- Triple function hand-grip/ankle cuffs included

### FEATURES

NUMBER OF EXERCISES	60+
TRAINER BUILT WORKOUTS	20 minute workout, advanced general conditioning, 20 upper/lower body workout, body building, circuit training (aerobic or anaerobic), and strength training
RESISTANCE	Power Rod® resistance 210 lbs / 95 kg
UPGRADEABLE	Yes - 310 lbs or 410 lbs
INSTRUCTIONAL PLACARD	Yes
BENCH PRESS	Horizontal
LAT BAR	Yes
LEG EXTENSION/CURL	Yes
SLIDING SEAT RAIL	Yes
AEROBIC ROWING	Yes
FOLDING	Yes
DIMENSIONS	Non-folded: 90" L x 38" W x 83" H Folded: 52" L x 38" W x 83" H
MAX USER WEIGHT	300 lbs / 136 kg
WARRANTY	Frame: 5 years Rods: 1 year Parts: 1 year