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**Getting to Know Your Machine**

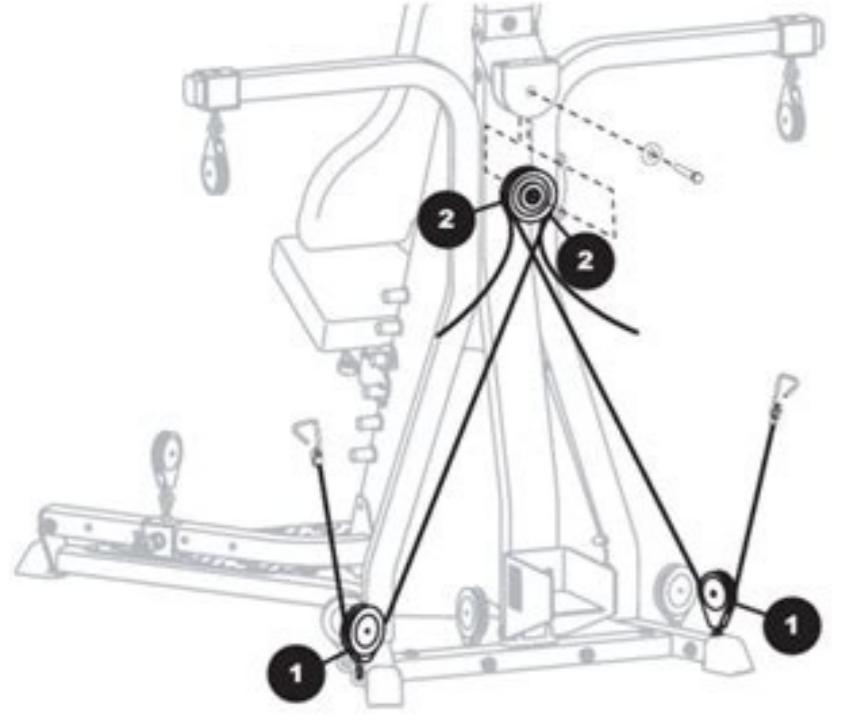


6 Bowflex Xtreme® 2 SE Owner's Manual





### Assembly Guide



#### Step 18 Cable and Pulley Routing – Connect Pulleys and Cables to the Lat Pulley Housing

Locate the following items for the Lat Pulley Housing assembly:

- (2) Pulleys from step 17
- 3/8" X 4 1/2" Hex Head Bolt – uninstalled in Step 17
- 3/8" Washer – uninstalled in Step 17

**Note:** Connecting the Cables is much easier with a second person assisting you.

**18-1** Holding both Cables from Step 17 in place, align the 2 Lat Pulleys as shown in **Figure 18**. Slide the Pulleys back into the Lat Pulley Housing, lining up the bolt holes in the Pulleys and Lat Pulley Housing.

**18-2** Place the Washer over the 4 1/2" Bolt from Step 17. Slide the Bolt through the aligned holes in the Lat Pulley Housing and Lat Pulleys as shown in **Figure 18**.

**Tighten all hardware.**

**Note:** You will probably need to push the Power Rod® unit out of the way for this step. The Power Rod® unit is not pictured for the sake of clarity.

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Bowflex xtreme 2 se home gym assembly manual.

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Standard Grip: Grasp the handle and cuff together to form a grip without inserting your hand through the cuff portion. Squat: Active pulleys are on squat pulley frame and on center cross bar. Muscle Power is the combination of strength and speed of the muscular contraction. It is a cooperative movement of opposite muscle groups. Bowflex Xtreme A@A 2 SE Owner's Manual Abdominal Crunch position: Active pulleys are on lat tower. Define Your Goals It comes into play in your standing and sitting posture, and in your ability to perform just about any activity safely and effectively. Clean the bench with a non-abrasive household cleaner after each use. Rowing Position: Active pulleys are on squat pulley frame. Balanced Strength and Alignment are the result of equal strength developed in all parts of the body. And with its innovative, easy-to-use multiple pulley system, you are guaranteed to maximize every exercise for every muscle group. When training to achieve muscular power, pick a resistance that fatigues you in the 3-5 repetition range. The biomechanically sound method of improving power in your sport is to train for power using the correct joint movements, as described in this manual. It is a critical component of overall fitness and health. An over-development of the back will round the shoulders; weak or stretched abdominals can cause lower back pain. Performing sport simulation exercises usually results in a deterioration of the motor pattern or skill. Getting to Know Your Machine Center Cross Bar: Standard position n²Aicca used when performing exercises like a Bench Press or Chest Fly. This will keep it looking new. Flexibility is the ability of a muscle or group of muscles to move the joint through a full range of motion. The Standard Grip also is used for Hammer Grip exercises, when you need to hold the hand grip vertically for greater .pigr .pigr silt ezilizt sescirexe tsM .rewop deveicha ylwen sih ylppa of gnniair .trops ruoy htww deatcossa ilks eht ecitcarp neht' yad ila teef ruoy no krow ro iks yrtmnuo-ssorc uoy nehw yalp otini semoc tf .eugital of yino elcum sht gnikrow , esicrexe hcae of stes eerht, tes hcae ni snoititeper 02-51 tuoba AA A è snoititeper hgh dm ecnatiser wos esu, ecarudne elcum poled oT .senieduq woleb eht woldf uoy sa gnol sa, ysaé si margarp a gningiseD ekib a edr ro elin a goj uoy nehw yalp otini semoc tf .snoitcarthc detaepep mrofop of ytliba eht si ecarudnE elcum 6 egaP .tneimpique eht riaper / niatniam of desu eb llahs stnenopmoc delppus rerutcafunam ylO .rewop evormi of gnittpmeta nehw deeps naht rotcaf matropm erom a yllautca si daol .ti no gninael ro gnittis eriugr taht sescirexe lla rof taes eht ezilisob of sevres nip gnikcol ehT .edan si riaper eht litnu ecivres morf devomer tneimpique eht ro yletaidemni decalper eb llahs stnenopmoc degamad ro nrow .sescrexe lan imodba of ecnatiser gnidda ylefas yb nemodba eht to scelsus eht nehtgnerts of ytliba eht uoy sevig ssenrah ba ehT ssenrah redluohS hcnu

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