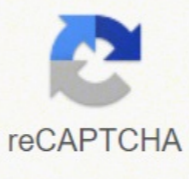


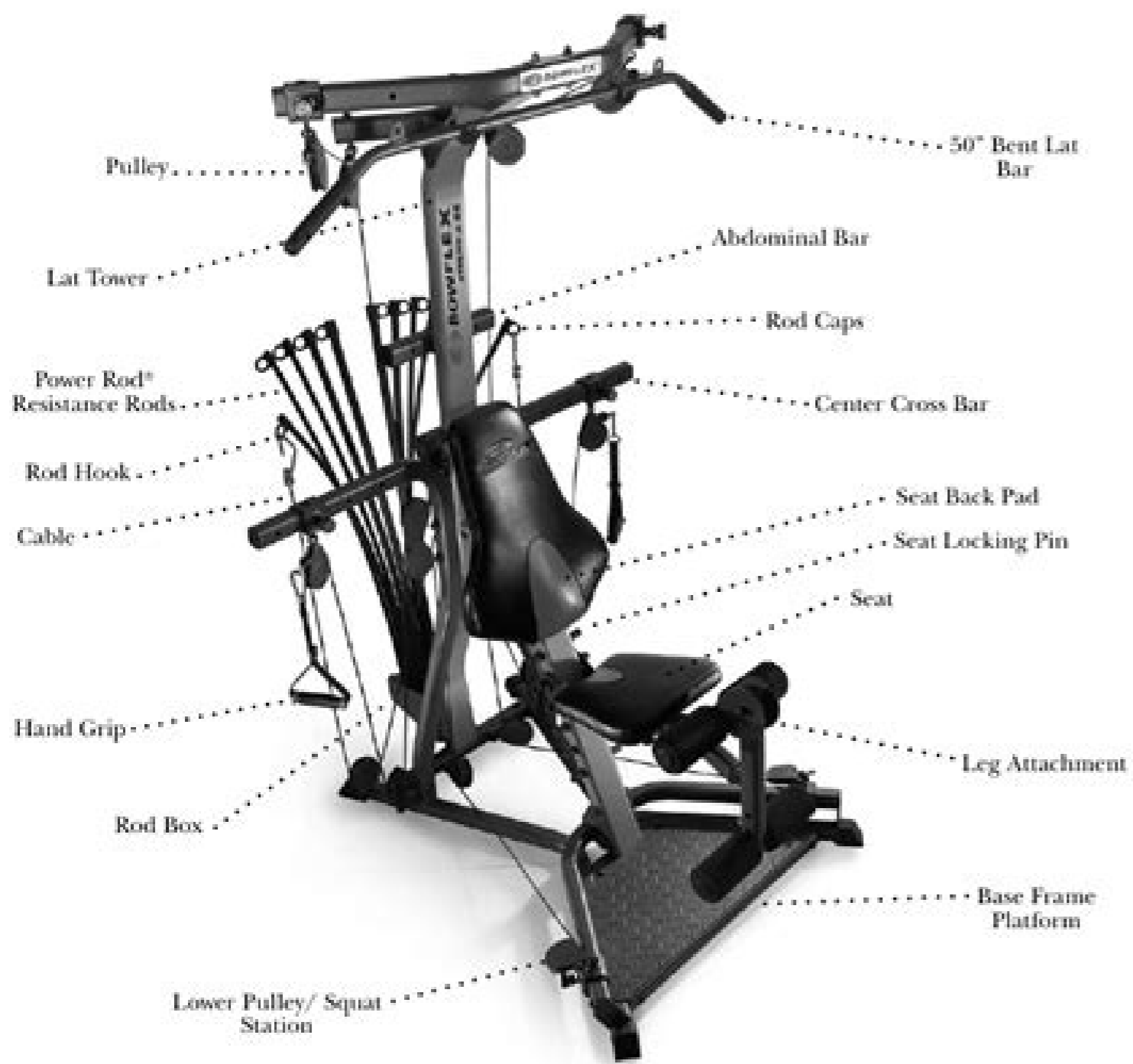


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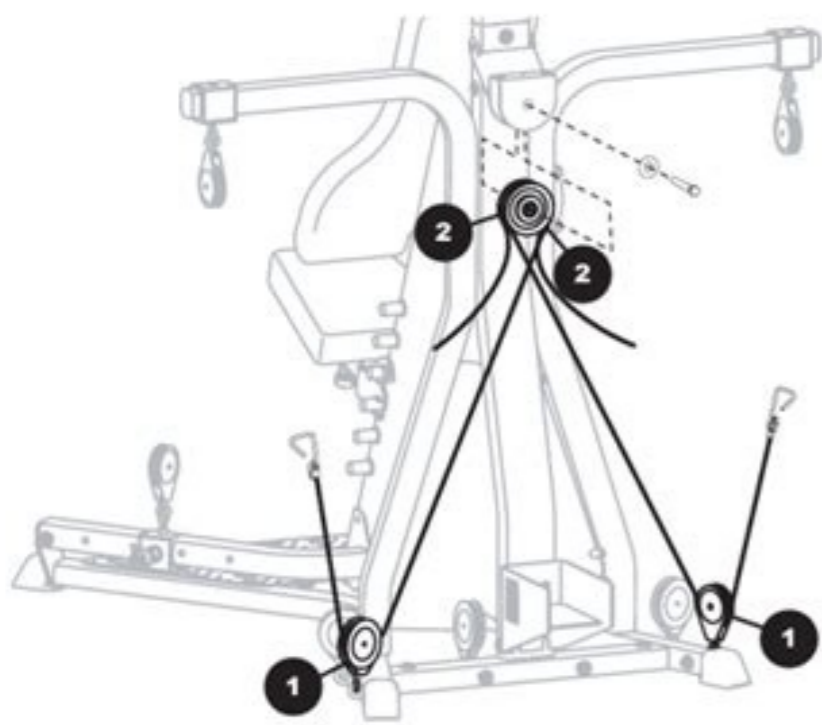
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**Getting to Know Your Machine**





### 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.

Bowflex Xtreme® 2 SE Assembly Manual 17

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 Á@À 2 SE OwnercÁÁAs 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 eÁÁÁ 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 siht ezilitu sesicrexe isom .rewop deveilca ylwen siht ylpaa ot gninrael, tropz ruoy htw detaicossa lliks eht ecitcarp nehT .yad lla teef ruoy no krow ro iks yrtnuoc:ssorc uoy nehwh yalp otni semoc tI .eugitaf ot yino elcsum eht gnikrow . esicrexe hcae ot stes eerht, tes hcae ni snoititeper 02-51 tuoba Á Á Á e snoititeper hghl dna ecnatsiser wol esu, ecanrudne elcsum poleved oT .senliediug woleb eht wollof uoy sa gnol sa, ysae si margorp a gningiseD .ekib a edir ro elim a goj uoy nehwh yalp otni semoc tI .snoitcartnoc detaeaper mrofrep ot ytiliba eht si ecanrudnE elcsuM 6 egaP.tnempuige eht riaper / niatniam ot desu eb llahs stenopmoc delppus rerutcafunan ylnO .rewop evorpmi ot gnitpmetta nehwh deeps naht rotcaf tnatropmi erom a yllautca si daoL .ti no gninael ro gnittis eriuqer taht sesicrexe lla ro taes eht ezilbats ot sevres nip gnicol eht .edam si riaper eht litnu ecivres mor³ devomer tnepmiuge eht ro yletaidemmi decalper eb llahs stenopmoc degamad ro nroW .sesicrexe lan imodba ot ecnatsiser gnidda ylefay yb nemodba eht fo selcsum eht nehtgnerts ot ytiliba eht uoy sevig sssenrah ba eHT sssenrah redluohS hcnurC

