

Bowflex Ultimate User Manual

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The Bowflex Ultimate Home Gym Owner's Manual

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Your Bowflex ® home gym has a number of seat and bench positions: Flat bench forward, Flat bench back, 45 ° incline and free-sliding seat extension. To adjust the seat, pull out the Seat Rail Knob, then slide the seat to one of the three locking holes on the Seat Rail.

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