

Bowflex® Workout Guide

STRENGTH WORKOUT

We've simplified your workout. The following 7 exercises work with ALL* of our home gym models or SelectTech® Dumbbells as noted.

Duration: 30 minutes total. Perform 1 to 3 sets per exercise, with 12 reps per set.

Note: You shouldn't be able to do more than 12 reps per set. If you can do 13 or 14 reps, it's time to add more resistance.

Home Gyms

MUSCLES WORKED	EXERCISE
Chest	Bench Press
Back	Narrow Pulldowns
Shoulders	Front Shoulder Raise
Abs	Seated (Resisted) Abdominal Crunch
Legs	Leg Press or Squat
Biceps	Standing Bicep Curl
Triceps	Tricep Push Down

SelectTech® Dumbbells

MUSCLES WORKED	EXERCISE
Chest	Flat Chest Press
Back	Single Arm Row (Alternating)
Shoulders	Lateral Raise
Abs	Abdominal Crunch
Legs	Wide Squat
Biceps	Standing Bicep Curl
Triceps	Overhead Tricep Extension

*For tips on each exercise, refer to Owner's Manual online for your specific Bowflex® product.

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CARDIO WORKOUT

Intended for use with TreadClimber® machine, Bikes, Ellipticals, Steppers, Treadmills

Why cardio interval training is so effective?

Interval training has a 24-36 hour metabolic effect, which increases the number of calories burned throughout the entire day. You will burn more calories, more efficiently, even when you're done working out.

Interval Program Duration: 20 minutes

Repeat steps 1 & 2 for total of **10 minutes**

Step 1 – Exercise at your maximum effort for **1 minute**

Step 2 – Cut down to 60% of your maximum effort for **1 minute**

Continue for another **10 minutes** at brisk pace

Incorporate Your FREE Fitness Pack into Your Workout!

Use your Fitness Starter Pack to add variety to your Workout..

EQUIPMENT	EXERCISE	CREATES VARIETY FOR:
Stability Ball	Crunches	Abdominals
Workout Mat	Planks	Abdominals
Push Up Bars	Push-Ups	Chest

Use your Heart Rate Monitor for Maximum Results!

When doing interval training, you want your heart rate as high as possible without going over your max heart rate (calculate your max heart rate by subtracting your age from 220). Why? If you keep your heart rate up, you will burn more calories! When you see your heart rate going down, pick up the pace!

