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home gym on a hard, level surface. • Do not wear any loose or dangling clothing or jewelry while using the Bowflex® Ultimate™ home gym. Stand clear of all moving components. • Before beginning any exercise program consult your physician or health care professional.

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™ • Maximum user weight for the Bowflex® Ultimate home gym is 300 pounds (136 kg). For your safety, do not use or allow others to use the Bowflex® Ultimate pounds (136 kg). • Allow a workout area of at least 7' x 9' (2.1 m x 2.7 m) of free space for safe operation of the

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## **Amazon.com : Bowflex Ultimate 2 Home Gym : Sports & Outdoors**

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the seat to one of the three locking holes on the Seat Rail.

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