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Bowflex ultimate 2 power rods

Have you maxed out your 210 lbs of resistance on your Bowflex? The Bowflex 310 power rod upgrade upgrades your Bowflex from 210 lbs of resistance to 310 lbs by adding two 50lb rods that screw into your rod box. Compatible with Bowflex PR3000, Extreme SE, Ultimate, Extreme 2 SE and Ultimate 2. Maxed Out No More * The £310 upgrade and £410 upgrade both consist of two £50 power-sticks. The difference between 310 and 410 upgrades is simply where the two power-rods attach to the power rod box. The 410 slides on the back of the box while the 310 cut into the two open holes in the power-rod box. If your power rod box at your home gym doesn't have open holes or a spot on the back to slide an upgrade in to – your model is not upgradeable. Home & Commercial Gym Equipment: Save up to 70% sign up for our email news/never miss a sale or marketing Bowflex Ultimate 2 came out in the mid-2000s and is only available in either used or refurbished models. Bowflex's Ultimate 2 refurbished models typically come with a 6-month manufacturer's warranty and are refurbished to factory standards. As with all Bowflex products, Ultimate 2 utilizes Bowflex's Power Rod technology to deliver 310 pounds of resistance, upgradeable to 410 pounds. Read more about Bowflex Ultimate 2 home gym below... Model Bowflex Ultimate 2 Rating Our custom rating considers all Home Gym features, specifications, warranties and 100's of user & expert reviews, to save time! 74.3% List Price Suggested retail price, usually higher than the price you pay with our recommended retailers. Discontinued Best Price Since prices change daily, this link goes to our preferred retailer for the current best price. Note: MSRP stands for Manufacturer's Suggested Retail Price. Expired Type There are a few different types of Home Gym. There is weight stack, power rod and body weight. Power Rod Max. Weight Home Gym Max Weight is the maximum amount of weight, in pounds (lbs), that it can safely support, which can represent durability.300 lbs Dimensions Dimensions are included to help you figure out if this Home Gym will fit properly (Length x Width x Height and Height x Depth). Length: 78 Width: 3' 10 Height: 6' 10 Training Area Home Gym Training Area is the amount of space needed to use the Home Gym (Length x Width)9' 4 x 6' 6 (L x W) Legs This field lets you know if this Home Gym is able to do leg workouts or not. Abs This field lets you know if this Home Gym has abdominal workouts or not. Curls This field will let you know if this Home Gym is able to make arm curls or not. Pulldown This field lets you know about this Gyms have the option to do pulldown workouts or not. Rows This field field you know if this Home Gym has the option to make lines or not. Accessories Many Home Gyms have optional accessories you can buy separately. Ab Crunch Accessories Rack Rod Rejuvenator Machine Food Warranty Warranty is a very important part of your investment. The longer the warranty, the longer you can get free/discounted repairs from the manufacturer. Machine: 12 years Power Rods: LifetimeRating: 74.3/100. Power Rod Home Gym, 210 lbs. max user weight, 60+ exercises. Bench (adjustable) Seat, 8' 4 x 6 (L x W) Workout Area, Curls/Pulldowns/Rows, 310 lb. Rod Upgrade, Bowflex Body PlanPros: Outstanding Power Rod resistanceStrong, heavy home gymTerrific number of exercises availableAdjustable, comfortable bench seatVery spacious and comfortable training areaTarget specific muscles with curls/pulldowns/rows310 lb. Power Rod upgrade includedGood, reasonable warrantyBowflex Body Plan includedCons:The Bowflex Ultimate 2 was recalled in 2007 due to 10 reports of rod box separation, three of which resulted in injuries including bruised arms, sore elbows and a sore back. Registered owners were sent a free repair kit from Nautilus. No further problems were reported when the repair kit was installed. Bowflex Ultimate 2 provides a complete total body training whether you are concentrating on the upper body, lower body, abdomen or all three areas. Ultimate 2 comes with all the features you've grown to love in Bowflex products including lat tower with angled lat bar, squat station and preacher curl attachment. The no-change cable pulley system makes switching exercises to other parts of the body a painless process. Rather than stopping your amplification to replace cables, bowflex Ultimate 2 automatically adjusts the cables to keep your workout flowing without interruption. Bowflex Ultimate 2 contains over 95 exercises to work all areas of the body. Bench press and chest fly exercises increase your upper body muscle strength. Low back extension and pull downs strengthen the back muscles. Various crunches provide a flat abdominal area while the shaft rotator uffar aids in range of motion. Many arm and leg exercises help problem areas such as triceps, elbows, wrists, ankles, hips and calves. Bowflex Ultimate 2 includes a built-in cardio rowing machine to help you create a cardiovascular workout on the same machine as you do your strengthening exercises. Users find switching between exercises a simple time-saving process. If you are injury prone or recovering from ongoing pain problems especially in your legs, Bowflex Ultimate 2 is a great low-impact machine on joints and muscles. The Bowflex Ultimate 2 warranty and warranty includes:- Machine: 12 years – Power Rods: LifetimeGet all the details Bowflex.com. Or the steering wheel (800) 667-1689.Since the Bowflex Ultimate 2 is an older machine, it is a more economical buy than newer machines with the same components. Bowflex was the first on the market to introduce Power Rod technology, and then users have discovered the easy way to start weight training and progress to lift larger amounts of weight in a short period of time. Think of the Bowflex Ultimate 2 refurbished model to get a 6 month warranty, or check out the Bowflex Xtreme 2 SE. Choose here to view our Bowflex Rods and Parts » We are very proud to be an authorized Bowflex® dealer, and carry any Bowflex® parts you may need for maintenance and/or repair. In addition to Power Rods and Power Rod end caps, we layer pulleys and cables for resistance mounting and also special cable attachments, rollers, straps, and accessories. So whether you have Revolution, Xtreme, PR3000, Ultimate or Blaze Total Body Gym, we have the repair parts! Looking for Bowflex® cables or pulleys? Top Three Reasons to Choose a Bowflex with Power Rods The Bowflex® Home Gym Exercise Machine is one of the most popular home fitness solutions. Taking up a small amount of space, bowflex® delivers a high quality, full body workout. Bowflex is currently just about the most famous home fitness equipment company on the planet. Almost everyone has seen their popular TV commercials, which are so engaging that Bowflex has grown into a household name. Bowflex's cutting-edge designs and features make working out much more comfortable and pleasing for various health and fitness lovers, and it is also widely believed to be the best manufacturer for home fitness equipment. Can't find your Bowflex part? Call us on 410 859 3538 » Allow me to share some good things about a Bowflex workout machine: 1. Superior results within a short time One of the main main reasons why Bowflex is really so well known is simply because it will help men and women achieve far better end results within a short time. This is especially important for active individuals who cannot find plenty of time to exercise all the time. When you train using a Bowflex, you don't need to work out on a daily basis to achieve the effects you would like. When you use a twenty minute workout 3 times each week, you will notice significant improvements throughout your body in six to eight weeks. Based on market research conducted on people who conducted this schedule, females dropped around 18 lbs of body fat, and males experienced a typical decrease of 28 lbs. 2. Extensive workoutwith a Bowflex home fitness center, it will be possible to perform circuit training using a single machine. The machine allows you to train any area of your body, such as your abs, torso, legs and arms. You can even customize the setup between your workout routines, to ensure that you don't eliminate any fat loss added benefits. Several of the workouts that you can conduct using a Bowflex are front lazy pull-downs, sitting belly crunches, lower leg curls, bicep curls, bench presses, shoulder presses, and leg extensions. Resistance level can be controlled you do exercises, and this allows you to grow in muscle mass and burn off a lot more body fat. Also, exercising using a Bowflex will provide you with fine lyned and muscle mass. 3. Extremely strong and safe to use The Bowflex is significantly less heavy than traditional products that utilize weight stacks, although it can be repositioned with little effort and folded away for convenient storage. Therefore, you no longer need to devote space in your house for a long-term installation. What's more, it allows you to do all the workouts that you usually do at the gym. What this usually means is that you can get a comprehensive workout without having to spend time and energy traveling to a health club. Bowflex household gyms are constructed from persistent components, and in addition they perform efficiently over several years. The Bowflex ships with high-tech Power Rods that allow anyone to move around easily at all times while performing your workout routines. This is especially important as this can protect against accidental damage to connective tissue and joints. Also, Bowflex additional power rods are lightweight, and so they remove the potential risk of damage that can result from laying ties and lifting weights off your floor. Nautilus Bowflex Parts and Power Rods For Sale Download a free copy of each Bowflex Owner's Manual and share catalogs for any Bowflex machine ever made. Call with a question, or to order one of our hundreds of parts to make your Bowflex® repairs. View a complete note of Bowflex parts and accessories on the bowflex parts list. Choose your model or keep scrolling down » »

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