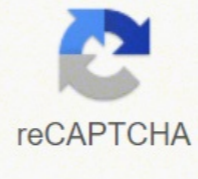




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Bowflex ultimate 2 home gym dimensions

CCO/Skeeze/Pixbay According to federal guidelines from the US Department of Health and Human Services, adults should do at least 150 minutes a week of moderately intense aerobic physical activity. That's just 22 minutes a day of activity to maintain a good level of health. For those who want to achieve more with their bodies, a few visits to the gym are needed each week. If you don't have the time to go to the gym, a home gym is an obvious answer but what should you include and how do you build a gym at home?Building a Budget Home GymLet's assume you don't have all the money in the world. If so, you'll need to pack your gym with the right equipment for the right price. Whether you want better fitness or to build muscle, you don't need lots of money to achieve your aim if you buy used equipment or if you build your own. Get used equipment from friends and colleague who have stopped using their gym equipment or search Craigslist or eBay or Facebook Marketplace for quality used exercise bikes, rowing machines, treadmills, or steppers.**Build Your Own Equipment** If you can't find what you're looking for at the price you're willing to pay, why not build the equipment yourself? Without going into too much detail, you could make a pull-up bar using pipes. Pipes can also be used to make a gymnastics bar or a squat rack. You could make yourself a DIY dip station from 2x4s and pipes. These inexpensive ideas come with risks so if you build yourself a gym this way, make sure it's safe before using it.**Equipment**You can buy a home gym kit that includes everything most people will want at home, but they worth getting? Your workout space needs to have the equipment that fits your aspirations so the best advice is to build the gym piece by piece rather than buying one multipurpose item that works every muscle group. That's particularly important if more than one member of the family will want to use the gym at the same time. One piece of equipment won't go two ways.**Low Price New Equipment**When ellipticals, stair steppers, and treadmills cost between two thousand and ten thousand dollars each, you have a lot of choices. The cheaper models are made for home gyms while the heavy-duty expensive equipment can withstand constant use at a commercial gym. It's up to you to decide what you need and how long you'll need the equipment for. If you go down the cheap route, check out reviews of the equipment before buying.**Location**Where are you going to put your gym? Some people use a spare room for this. Others put their gym in their garage or in the basement. It's up to you but each has advantages over the other. If you're going to use a treadmill and pound away on it for ages, do you really want to rock the living room ceiling below you? A basement or garage set up works best for treadmills and exercise bikes. If you're worried that you'll forget to exercise, put your gym in one of the bedrooms. If not, the basement or garage are probably the best spaces for them in the home. **MORE FROM LIFE123.COM Home & Commercial Gym Equipment up to 70% off MSRP** sign up for our email news / never miss a sale or promotion **The Bowflex Ultimate 2 Home Gym** is one of the top-selling power rod gyms of the brand that offers a complete total body workout with a no-change pulley system. It is a refurbished model of the original Bowflex Ultimate Home Gym that was launched in 1986. The Bowflex Ultimate 2 model was introduced in 1995 but discontinued after that. Now, the users can access their refurbished and used models that provide a holistic solution to possibly anything the users need to include in their workout sessions. The Ultimate 2 model also offers all the essential features that are loved by the Bowflex customers, including preacher curl attachment, squat station, lat tower along with an angled lat bar. Read more about Bowflex Ultimate 2 Home Gym Review 2021 to know more about its operational efficiency, features, pros, and cons. This refurbished model offers 310 lbs resistance with upgradation provisions and 95 exercises along with an inbuilt rowing machine that is also available in the premium model of the brand like Bowflex Revolution Home Gym. **Best Suited for Whom?** This home gym is a smart machine that not only promises but delivers the high-end results for the whole body. This home gym proves to be a complete fitness solution for all those users who find going to the gym regularly a tedious task. This home gym enables users to focus on the upper body with chest fly exercises, bench press and also offers the strengthening of the back with pull-downs and low-back extensions. If users prefer to improve their range of motion, then using the shoulder rotator cuffs would bring incredible results. Those users who need a perfectly flat abdominal area then they do a lot of crunches while they can avail the benefits of various arms and legs exercises that help in targeting the specific areas like hips, calves, ankles, elbows, wrists, and triceps. The users can also work on their hamstrings, glutes, and quadriceps muscles with an integrated squat station. This home gym allows users to focus on toning their biceps with the preacher curl motion that is not available in other Bowflex models like PR1000, PR3000, Blaze. **Developing leg muscles with leg extension and cardio sessions with an inbuilt rowing machine** makes it a complete home gym that avails all key features of a professional gym, making it one of the best home gyms under \$1500. **Bowflex Ultimate 2 Home Gym Assembly, Design & Build Quality Assembly** The assembly of the Bowflex Ultimate 2 Home Gym is simple and straightforward, provided that the user follows all the guidelines and instructions. Most of Bowflex equipment get assembled with ease as this brand is acknowledged for providing an in-depth detailing of step-by-step guide. Conversely, if users are a bit reluctant about assembly part, then they can hire the in-house expert services of Bowflex by incurring an extra cost for it. **Design and Build Quality** When you look at the Bowflex Home Gyms, it appears to be sleek and stylish equipment that makes it at par with the professional quality home gyms. The machine looks quite durable with the 12-year warranty from the Bowflex and has got the dimensions measuring 46" L x 82" W x 92" H. The overall weight of the machine is 407lbs, and it can support the optimal user of 300 lbs. The bench of the home gym is adjustable, and its seat and backside are comfortably padded to provide adequate support to the users. The home gym is equipped with power rod resistance of 310 lbs with many variations in the workout options and upgradeable resistance up to 100 lbs. With the help of power rod rejuvenator, the users can keep their rods working smoothly and remove any stiffness as well. Besides, the users' can continue doing their workout as they don't have to stop in the middle to change the pulleys with a no change pulley system. The provision of hand grips, ankle cuffs, a lat tower, preacher curl attachment, squat station, and leg press belt make it worthy of investment. It provides long-term performance with added features that you won't have in other models. Overall, an impressive designing and sturdy built quality make this equipment ideal for home use. **Bowflex Ultimate 2 Home Gym Features Power Rod Resistance** This resistance offered by the Bowflex home gym is equipped with patented power rods that are extremely light as compared to the regular weights. The users can work harder with 310 lbs of resistance and if they feel to improve upon their strength and stamina, then they can upgrade the resistance to 410 lbs. There is provision of no-change pulley system, so users can enjoy their workout at a constant pace. But, they can customize their workout by using cables and pulleys as both of these offer resistance at different angles. So, users can workout at a resistance level considering their current fitness levels and stamina to procure the best outcomes. **Compact size** The Bowflex Ultimate 2 Home Gym is undoubtedly a compact-sized machine as it folds to a size of 44 x 46 inches, making it a preferred option for small areas. **Adjustable Seat** This Bowflex home gym arrives with a removable seat that allows users to customize their workout as per their convenience. **Resistance** This home gym offers 320 lbs of resistance that can be effectively upgraded to 420 lbs for optimized performance. **Bench Press** The users can procure the benefit of vertical bench press workout on this home gym that plays a crucial role in strengthening back muscles. **Aerobic Rowing** Users can engage in the effective cardio sessions on this home gym as it comes packed with an inbuilt rowing machine. **Folding** This Bowflex equipment is foldable equipment with transport wheels that make it a highly recommended unit for any area that is not space efficient, making it rank among the best compact home gyms of the brand. **Body Weight Capacity** The Bowflex home gym can support the maximum user weight of 300lbs. **Safety Measures** The safety measures are clearly defined in the user manual, and as power rods are much lighter than weights, so they are safe for the users. As there are no weight stacks in this home gym, the users can workout without any spotter or risk of injuries. **Olympic Free-weight Rack** This Bowflex home gym provides the resistance with power rods that are not heavier as the free weights, thus allowing better results for users. **Multifunctional Press Arms** The multifunctional press arms are not designed in this home gym. But, its variations and customizations with 95 exercises that include workouts for arms as well. **Other Features** a. **Play Music:** This fitness equipment doesn't support any inbuilt port for music or entertainment. b. **Leg Developer and Row/Curl Handle:** The provision of leg extension/curl enables users to tone the muscles of the legs in a precise manner. c. **Preacher Curl Attachment:** The users can effectively tone their biceps by using the preacher curl attachment that is usually not found in the majority of Bowflex home gyms except in the top Revolution model. d. **Leg Press Belt:** To avoid injuries during legs workout it is essential to keep the spine in a right posture, and leg press belt is an addition that is highly recommended but not found in many models. e. **Well-Integrated Squat Station:** The users can optimize the workout of hamstring, glutes, quadriceps muscles with the help of a well-integrated squat station. f. **Five-way Hand-Grip/Ankle Cuffs:** To make workout sessions more challenging and promising for users, the Bowflex Home Gym comes with five-way hand grip/ankle cuffs. These cuffs can be used as a regular grip, foot cuff, non-grip cuff, ankle cuff, and shoulder cuff. g. **Lat Tower with Angled Lat Bar:** The users can build stronger muscles of the back and shoulders using the lat tower having an angled lat bar. **Bowflex Ultimate 2 Home Gym Workout Programs** 1. **Goal Tracking:** The Bowflex brand is designed for offering the best workout options and 95 exercises that can help them to achieve their fitness goals. Additionally, the users are offered an instructional DVD that provides different workout sessions to the users to help them in attaining the desired results. The users can also avail the benefit of free Bowflex Body Leanness Program as designed by Dr Ellington Darden. This program is mainly designed for six weeks to enable users to have quick fat loss by working out on the Bowflex Ultimate 2 Home gym. This program provides interesting tips for using body fat calipers. It includes taking the required pictures of the progress made by the users and evaluating the level of body fat. After that, the users are given a holistic workout program that incorporates exercises, the number of sets, and repetitions for optimal results. The users are also motivated by offering the required eating plan with a detailed guide to each meal and snacks for the six-weeks time. Thus, the users can determine their goals with this program; they can put in all the efforts to derive maximized results. 2. **Multiple cable/pulley positions** for custom workouts: The Bowflex home gym arrives with the no-change pulley system as the users can make a quick and smooth transition from one workout to another without diverting their focus from their workout. Additionally, they can keep their heart rate constant as the swift movement from one exercise to another is not hindered due to the requirement of changing the pulleys. 3. **No. of Exercises:** This Bowflex home gym comes packed with 95+ exercise that engages the users in a variety of workout options. 4. **A lot of Other Exercises:** The users can maximize their output by using this home gym that helps the users in focusing on the upper body, back muscles, core muscles, hips and legs workout. Overall, the users can enjoy the workout on this home gym that allows the total conditioning of the body. **Bowflex Ultimate 2 Home Gym Warranty** The Bowflex Ultimate 2 Home Gym comes packed with 12 years warranty on the entire machine and the lifelong warranty on the power rods. There is a six-week "Fitness Results Guarantee," with this equipment if the user does not feel satisfied with the workings of this equipment. So, the user can claim the full amount of refund by obtaining RMA from the customer support and by paying the return shipping and handling charges. **Bowflex Ultimate 2 Home Gym Pros & Cons** Verdict The Bowflex Ultimate 2 Home Gym is certainly one of the best power rods home gyms of the brand that offers total body conditioning with light and easy to use weights. Bowflex was the first brand that developed the home gym using power rod technology. Even though the home gym is available in refurbished models but still, it offers all the key features of the contemporary professional rated home gyms. But, if your budget is high and you prefer to buy the top model of Bowflex, then Bowflex Revolution Home Gym is recommended. Its features, performance, and results are highly attributed to its impeccable designing. You can buy this equipment for less than \$3000. On the other hand, The Bowflex Ultimate 2 Home Gym is highly recommended for users who need a reliable and sturdily built machine for having long-term performance. Also, the lifetime warranty on power rods makes it. One of the best portable home gyms that is economical as compared to the other high-end home gyms but offering the same features and benefits. So, upgrade your exercise sessions with the Ultimate 2 model and experience its amazing performance.

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