

## Bowflex Home Gyms fitness equipment

Bowflex Home Gyms and Bowflex SelectTech fitness equipment

Thinking of getting fit sitting right at home then you don't have to look far. All that you will need is available with the Bowflex gyms. The Bowflex gym allows you to get in shape with quality workouts that are available only in a commercial gym.

The Bowflex is a pioneer in the fitness industry. The quality of gyms provided by Bowflex has ensured a loyal base of customers over the years. We have not only the Power Rods and Tread Climber, but a whole spectrum of products.

We provide you with a wide variety of equipment to suit your needs. For your abs, arms, legs and so forth we have the Ultimate 2. For strength training exercise equipment you can choose the Xtreme 2 SE and SE. To exercise the upper body you can use XP model. The Revolution Home Gym is one of the latest products from Bowflex. It is literally a gym full of equipment in one machine.

So far one of the biggest drawbacks of the Bowflex gyms has been the very high costs. But now strength training has been made a lot easier Bowflex equipment available at a fraction of the retail price. So you can now easily achieve the dream body that you always wanted to have.

Many varieties of equipment are being produced under the Bowflex banner. The equipment is designed to help you create the kind of body you have always dreamt of. They are designed in such a manner that you can use it all by yourself without any assistance. We promise you the results equal to the time you put into the workouts.

One of our most popular equipments is the Bowflex Home Gyms. They are extremely convenient to use and can even be folded and kept in storage while not in use. They can be purchased over the phone, online or even in stores and assembled in a person's house.

In the Bowflex home Gyms we use Power Rod resistance, which is a technology that uses rods in order to create the resistance that you will be pulling against. These rods can easily be moved as you get more strength and want to increase the resistance.

We have on offer many different kinds of equipment from home gyms that work on all body systems. We have dumbbells that you can use to design your own fitness routine, to cardio workout machines that will work out all parts of the body.

The Bowflex Revolution is designed to be used as a home gym. This equipment uses SpiraFlex technology, in order to create the type of give and pull that will best transform the body in the home workouts. It is designed to give your entire body a workout right at home.

The Bowflex Selecttech Dumbbells is a free weights system that comes in several different weights and sizes, so that you can customize the type of weight you would like to use.

## About the Author

jon pastor is author of this article on [Bowflex SelectTech/a>](#). [Find more information about Bowflex TreadClimber](#) here.

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