

| PR1000-22 Home Gym



Train smarter and stronger.

Full-body workouts

Unlock total-body strength with a 20+ powerful exercise guide designed to hit every muscle group, plus aerobic rowing.

Exclusive Power Rod® resistance

BowFlex® started a revolution and it's still powering yours. Flex harder. Get stronger.

210 lbs. of resistance

Dial up the intensity and see how far you can go with resistance that keeps you growing stronger, rep after rep.

Easy pulley positioning

Multiple cable pulley positions let you instantly shift resistance angles and gain new ways to target muscles and amplify every move.

Additional features

- Bench press that adjusts to flat, 45°, and free-sliding
- Built-in device holder
- Built-in rowing station
- Grips: Standard, Hand Cuff Grip, and Foot Grip
- Leg Press Belt

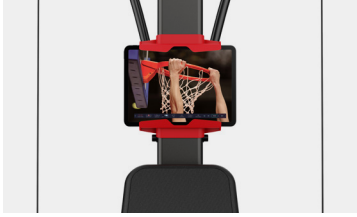
PR1000-22 Home Gym



Exclusive Power Rod® Resistance



Horizontal bench press



Device holder



Aerobic rowing

Product details

Assembled dimensions:
97" L x 76" W x 81" H (246.4 x 193 x 205.7 cm)

Assembled product weight:
131 lbs. (59.5 kg.)

Maximum user weight:
300 lbs. (136 kg.)