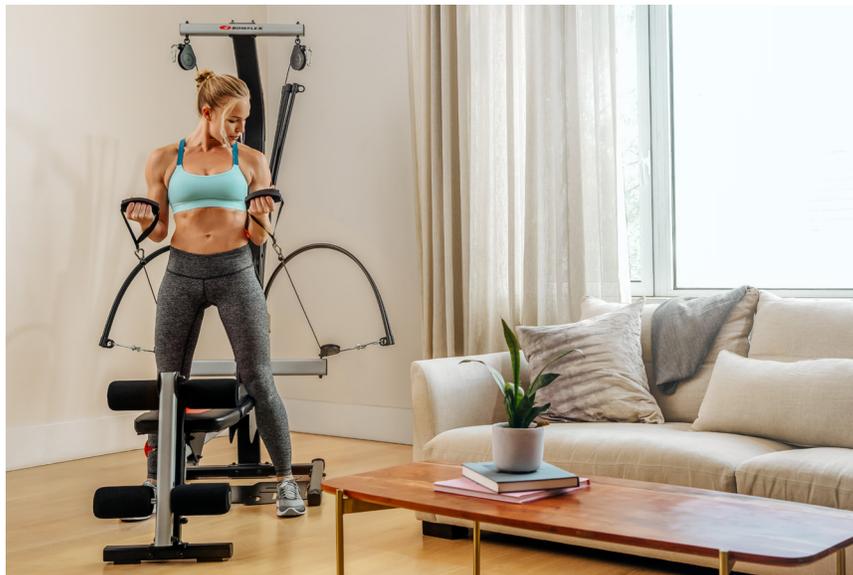


| PR1000 Home Gym



Get all the essential elements of the iconic BowFlex Power Rod® system.

Full-body workouts

Enhance your strength-training routine with more than 25 strength-training exercises plus aerobic rowing.

Power Rod® Resistance

See why the original BowFlex® design continues to be a classic. The more you flex, the stronger you get.

200 lb. of resistance

Explore how far you can push it with up to 200 lb of resistance.

Easy pulley positioning

Multiple cable pulley positions allows you to easily change the angle of resistance and increase effectiveness of many exercises.

Additional features

- Horizontal bench press
- Media shelf
- Rolling seat for aerobic rowing
- 7 trainer-built workouts

PR1000 Home Gym



Power Rod® Resistance



Horizontal bench press



Media shelf



Aerobic rowing

Product details

Dimensions:

84" L x 80" W x 82" H (208.3 x 203.2 x 208.3 cm)

Assembled product weight:

191 lbs. (88.5 kg)

Maximum user weight:

300 lbs. (136 kg)

Warranty: Frame: 1 year, Power Rods: 5 years, Parts: 60 days