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Bowflex motivator 2 used for sale

© 1996-2014, Amazon.com, Inc. or its affiliates Disclosure: Dumbbellsreview.com is reader-supported. This means that if you need to buy something through my website, I can earn commissions. Learn more. We know all about the benefits of home gyms and want to help you build the best one for your abilities. Now may or may not have noticed that we've done many reviews on Bowflex. I mean, why not? Bowflex was one of the most notable names in the industry. The products are loved by so many people. By now, you may have already guessed that this is another Bowflex episode. And yes, you're absolutely right. However, we are taking a different route this time. The main character today, the Motivator 2 Home Gym, is in fact a discontinued Bowflex model. But why talk about a product that's no longer available? How are we even supposed to buy it? Well, there are two reasons. First and foremost, it's one of the few machines that receives virtually no bad review, which makes us wonder. Is it actually a perfect piece of equipment, or didn't it stay in the market long enough to disappoint people? And that's what we set in to find out. And second, we hope our readers can refer to our analysis next time they buy a new machine. We want to act as a buying guide and a manual with examples of how to choose the right equipment. We hope that we have made ourselves clear enough. Now, let's start looking at the Bowflex Motivator 2 Home Gym. Bowflex Xceed Home Gym 210 pounds Power Rod resistance standard, upgradeable to 310 pounds or 410 pounds65+ full body workouts for chest, Shoulders, back, arms, abs and legsHeavy-duty steel frame ensure long lasting protection and mold retentionAdjustable, quick release seat with polyurethane high-density foam cushionEdit cable/pulley positions for custom resentment DR: Bowflex Motivator 2 As stated, the Bowflex Motivator 2 Home Gym is discontinued. All of the retailers' shares were running out of it, too. This is the closest product to the Motivator 2. Like many other Bowflex home gyms, the Motivator 2 Home Gym claims to deliver a total body workout in less than 20 minutes a day. The main idea lies in the way it incorporates different circuits into one routine. Moreover, with the Bowflex Motivator 2, you get access to more than 50 exercises that target your shoulders, back, chest, arms, abdominals and legs. Unfortunately, it only allows strict form movements, so it's unlikely you'll crack that limit of 50 exercises creatively. The way the machine sets up is simple and comprehensive. That means anyone from 8 to 80 can operate it. It's suitable for all fitness levels, whether you're a beginner or an advanced athlete. Benefits weight resistance can be adjusted up to 210 pounds Offering more than 50 Claim total body workout in less than 20 minutes a day day training manual Includes: lat pull-down station leg curl/extensions station paddle seat triple-function hand grip/single cuff Compact size requires workout area of only 100 x 78 inch Folds for storage and offers Convenient Transport Wheels Include Bowflex Motivator 2 Workouts Cons The product is discontinued 300-pound maximum userweight limit Special Features More than 50 available exercises 210 pounds Power Rods resistance Lat pull-down station Leg kr Zero/leg extensions station Slide seat rail for aerobic padding Handheld/ankle cuff with three different features Includes training manual Dimensions: 34 x 84 x 78 inch Workout area: 34 x 78 inch Exercise Session area:100 x 78 inch Fold to a compact size (28 x 34 x 6.5 inches) and includes transport wheels for easy storage 300-pound maximum weight capacity Is it worth it? If you are familiar with the Bowflex Xtreme 2 SE, it should take absolutely no time to get used to the Bowflex Motivator 2. That is, both incorporate the same Power Rod technology. Compared to the Xtreme 2 SE's 410-pound maximum resistance, Bowflex Motivator 2's 210-pound doesn't look like much. To be fair, though, you'll have to upgrade the Xtreme 2 SE to get the entire 410 pounds. Now the Motivator 2 is still pretty suitable for beginners. If you want an upgradeable version, the Power Pro, Motivator, Xtreme line, Xceed, Sports, Blaze, Elite, and PR1000 models should suit you better. The Bowflex Motivator 2 Home Gym is also said to have the best rowing station out of all Bowflex alternative models. This is because it allows smooth and natural padding movement thanks to its bank and mechanics. In-depth Overview of the Bowflex Motivator 2 Home Gym Size and Dimension The Bowflex Motivator 2 covers an area of 34 x 84 x 78 inches. Therefore, users should allow 100 x 78 inches of workout areas. The good news is that the Motivator 2 can fold to a more compact size of 28 x 34 x 6.5 inches. Transport wheels are also included. Quality and durability Despite being a home gym, Motivator 2 is claimed to have a gym-quality leg developer. In other words, you can enjoy high-quality, and strictly-shaped bone exercises with it. Overall, the metal frame is sturdy and durable. The Power Rod, made from high-tech composite materials under top-quality control measures, is so strong, you won't be able to wear them out. Since they are repeatedly boood, Nautilus (the owner of Bowflex) has guaranteed they are tested four times after being skewed to secure their quality and durability. In fact, it's said on Amazon that the Power Rod is so durable, Bowflex even covers them under a lifetime free replacement warranty. Resistance and Weight Capacity The Bowflex Motivator 2 provides resistance through incorporating Bowflex's patented technology - the Power Rods. You can enjoy up to 210 pounds of resistance on this machine. Machine. it's not upgradeable, so you stuck with the aforementioned 210-pound weight for the rest of your life. The unit can hold up to 300 pounds, which is not the best option. Again, it shows that the Motivator 2 is best for beginners instead of experienced or bulky users. Additional features and components One thing we have to give to the Bowflex Motivator 2 is how versatile it is. This single machine can allow up to more than 50 exercises. We've seen machines like the Total Gym that allow users to create more exercises, leading to the huge amount of available movements. However, this is not the case for the Motivator 2. Instead, it includes a whole range of stations, including the lat tower and subtract, the leg curl/extension, sliding seat-rail, and handheld comprehension/ankle cuff. So, basically, it's a piece of 5-in-1 equipment. And the best thing is you get a training manual that explains every exercise you can do with the Bowflex Motivator 2. You can look at them here. The tutorial also includes a Body Leanness Program by Ellington Darden, Ph. D., a body measurement guide for men and women, eating plans, a Q&A-section and an exercise log. Exercises to perform/Best uses In total, there are 57 exercises you can do on the Bowflex Motivator 2 Home Gym. It consists of: A warm-up/cooling exercises 6 chest exercises 14 shoulder exercises 7 back exercises 15 arm exercises 5 abdominal exercises 9 leg exercises You can refer to the owner's manual for information on each exercise's targeted muscle groups, bank positions, accessories, and success tips. Warranty When Purchasing the Bowflex Motivator 2 Home Gym, you granted a 6-week Satisfaction Warranty by Nautilus. Basically, you can get a full refund if you're not 100% satisfied with the product, provided you follow certain conditions. Other than that, users receive a 3-year warranty on the machine and a no-time-limit one on Power Rod units. What do people say about it? The Bowflex Motivator 2 Home Gym receives an average reviews 4 out of 5 stars on Amazon. Users like the Motivator 2 for its ease of assembly, versatility, sturdiness, and comprehensiveness. It was easy to put it together. I can do many and many different exercises, and I found it was relatively easy to go from one to the next. Although this item was discontinued, it did. However, some users also thought it would have been better to include a workout DVD, which should be easier to understand than the tutorial alone. This model doesn't come with a DVD that would have been much better than the poster of exercises you get, which is explained more in-depth in the book that comes with the machine. Most people also like how fast it is to change from one exercise to another. Not Not, a non-upgradeable power rod is considered a shortcoming. The bottomline So, there Got it, our in-depth analysis of the Bowflex Motivator 2 Home Gym. We hope you can put our findings on good uses, even if the item is no longer available. Motivator 2 is in fact a good investment for beginners and elderly women who plan to show their muscles. You will grow out of 210 pounds of weight fairly quickly, so we would not recommend it for building muscle. It also has a space-saving design for those who don't want to sacrifice their living space. If you enjoy this article, make sure to research our other Bowflex reviews. We have tons of analysis available on gym equipment and fitness exercises. As someone who likes to work out at home, you don't want to miss them! Bowflex Xceed Home Gym 210 pounds Power Rod resistance standard, upgraded to 310 pounds or 410 pounds65+ full body workouts for chest, shoulders, back, arms, abs and legsHeavy-duty steel frame ensures long lasting protection and mold retentionAdjustable, quick release seating with polyurethane high-density foam pillowMultiple cable/pulley positions for custom grudgeouts Fit4Sale.com \$449.99 \$550.550.ey positions for custom grudges Fit4Sale.com \$449.99 \$550.550.y Get a total body workout in as little as 20 minutes a day Offering as little as five or as much as 210 pounds of resistance via Bowflex Power Rods Lat tower attachment, leg extension/leg curling attachment, squat attachment Folds to a compact size (28 by 34 by 6.5 inches) and transportation includes wheels Three years warranty 300-pound weight limit

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