Thank You
for choosing the Bowflex HVT™ machine

START YOUR WORKOUT

1. Pull the machine, and secure the training bars to the metal shelf.
2. Open the Training Guide to see the HVT workout options.
3. Press the start button to start the workout.
4. Press the button that selects the_THEME you wish to use.

SPRINT Workout

SPRINT workouts are designed to increase your power, speed, and power. You will perform each exercise for the amount of time shown. You will have an interval between exercises, and you will repeat the exercises for the number of rounds shown. Take a short rest (approx. 30 to 60 seconds) between exercises.

You can vary your SPRINT workout by changing the rest intervals and the number of rounds.

You can also create your own workout using the Training Guide to see the HVT workout options.

For more information, please visit our website at www.bowflex.com or call our customer service at 1-800-333-BUXO.
Workout with the App

1. Push the WORKOUT button on the HVT.
2. Follow the App’s 30 MIN. 2 in the App.
3. Push the Start button on the HVT. Follow the App’s 30 MIN. 2 on the App.
4. Push the selected Program button on the Console, and select the same thing on the App.
5. Push the Start button on the Console (and your workout begins).
6. The App shows each exercise with audio and/or video demonstrations during the 30-min workout.

Explore all Workouts through the GYM WORKOUTS section in the App.