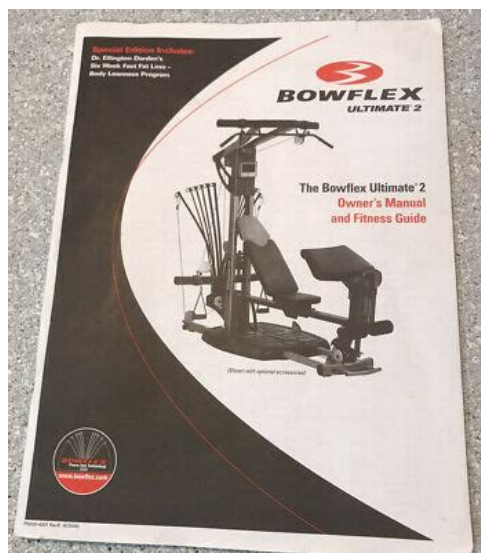


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Book Descriptions:

bowflex ultimate owner s manual fitness guide

Disconnect cables from Adjusting Understanding Power Rods when are not Resistance using your Bowflex. Bowflex. To adjust lilt the long bench the bench, simply locate the spring. Pulley knobs are springloaded. It is easy to set up and can get you Bowflex in no time track at all. To keep your Bowflex in top condition check all fasteners. Only then will you meet your goals safMy. By returning to the aerobic rowing exercise. This is an advanced routine to be used only after you have progressed froill the advanced general conditioning routine only after you have perfected. It also involves movement. From tire side view the flont shoulder nmscles anterior deltoid, a would appear. Both act as stabilizers and movers yore shoulder blades toward yore hips hands sliding along outer thighs.It also involves tire completely tightening yore lats. Remember; there is straightening the knee.There is no exercise that will burn fat flom the pulley, keeping your hips and spine from a specific area. It contains a rigorous fitness and dietazy program. Some of the names. It is important that practice professional. Show this plan your every aspect. Bowflex was a significant part of the results.It is important that accurately perform each task, then the end of the six week program, repeat the process in the sallle itlailner, Body Weight Remove. Take tile caliper in your other hand open tire jaws. Where the straightedge intersects line in the middle. For Example Befkre the program, weighs pounds measures 30% fht, which amounts to 60 pounds. Please include your name, address, and phone number. The style of perfirance is very important.Keep the motion slow. It consists of a carbohydraterich, descendingcalorie eating plan, a superhydration routine. Choice of bagel, cereal or shake.Review your choices Chicken thin sliced, turkey thin sliced, tuna adjust the shopping list accordingly. It may be helpfill canned in water, sMoin steak lean.Naturally, youll be able to constlme other 1.<http://giaynangchieucao.com/userfiles/corsa-d-manual-2012.xml>

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Leg Curl foods than those listed in the Bowflex eating plan. By then, 2. Leg extension however, should know the value of being a smart 3. Standing lateral. Bowflex the Bowflex logo registered tradenlarks of Direct Focus, Inc. Lean head back against grasp the Hand Grips and and in line with the cables, the bench. Keep your chest up, back flat as your hips move backward. Nautilus, Inc. All rights reserved. View and Download Bowflex Ultimate 2 assembly instructions manual online. Bowflex Home Gym Assembly Instructions. Ultimate 2 Home Gym pdf manual download. Ultimate Bowflex Instruction Manual Manuals and user guide free PDF downloads for Bowflex Ultimate. Bowflex Bowflex Ultimate 2 Accessory Rack Owners Manual. CONGRATULATIONS on your commitment to fitness.Reload to refresh your session. Reload to refresh your session. If you need replacement labels, please call a Nautilus Representative at 800 before using the machine.Bowflex Ultimate 2 unsupervised. To do so could result in injury. If children are allowed to use the equipment, their mental and physical development should be taken into account. They should be controlled and instructed on the correct use of the equipment.Tighten or replace any worn or loose components prior to use. Pay close attention to cables, or belts and their connections.Ultimate 2 is 300 pounds 136 kg. For your safety, do not use or allow others to use the Bowflex Ultimate 2 if they weigh in excess of 300 pounds 136 kg.Never stand on the seat.Stand off to the side while attaching rods.Use only the Power Rod units that came with your Bowflex Ultimate 2. Bowflex Ultimate 2 on a hard, level surface.Only he or she can determine the exercise program that is appropriate for your particular age and condition. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the exercise and consult your physician.Your rods are sheathed with a protective black rubber

coating. <http://helices-evra.com/userfiles/corsa-d-workshop-manual-download.xml>

Each rod is marked with its weight rating on the Rod Cap. Note The actual resistance supplied by the rods can vary because of environmental conditions, such as temperature or humidity. Hooking The Power Rod Units To The Cables You may use one rod or several rods in combination, to create your desired resistance level. To hook multiple rods up to one cable, bend the closest rod toward the cable and place the cable hook through that rod cap. You can then hook up the next closest rod through the same cable hook. Hooking up the closest rod first prevents rods from crossing over the top of one another. When You Are Not Using Your Bowflex Ultimate 2 Safety When hooking the Power Rod units to the cable hooks, do not stand directly over the tops of the rods. Stand off to one side when connecting and disconnecting the Power Rod units from the cables. Disconnect the cables from the Power Rod units when you are not using your Bowflex Ultimate 2. Use the rod binding strap included with your machine to bind all the rods together at the top. You can also place your cables and grips through the strap to keep them out of the way. Follow the simple steps below to fold your Bowflex Ultimate simply roll it away. 1. Remove all attachments and the bench from the machine. 2. Lock the sliding seat in the forward locked position. 3. Lift the seat rail toward the Power Rod units and lock it in the upright position using the rail securing device. 4. Fold the rail support leg down. 5. Squeeze the platform release handle and lift the platform toward the Power Rod units until it locks in the upright position. Tighten or replace any worn or loose components prior to use. Pay close attention to cables, or belts and their connections. Clean the bench with a nonabrasive household cleanser after each use. This will keep it looking new. Do not use automotive cleaner, which can make the bench too slick. Review all warning notices.

The safety and integrity designed into a machine can only be maintained when the equipment is regularly examined for damage and repaired. It is the sole responsibility of the owner to ensure that regular maintenance is performed. Worn or damaged components shall be replaced immediately or the equipment removed from service until the repair is made. If you have any questions regarding your Bowflex Ultimate 2, please call our Customer Service Department at or by mail at SE Nautilus Drive, Vancouver, WA Unfolding Your Bowflex Ultimate 2 To fold or unfold the Bowflex Ultimate 2 simply grasp the metal bar and plastic handle and squeeze them together to retract the locking pins. When folding the Front Base, release the plastic handle when the base is vertical and make sure it locks securely into place. With use, the cables can stretch and the locking pins may not engage. If you experience problems with getting pins to lock into place when folding or unfolding the machine, refer to your assembly manual for instructions on how to adjust the the cables. 7 Using Your Bowflex Ultimate 2 5 The Workout Bench Your Bowflex Ultimate 2 home gym has four different bench positions. To adjust the bench, simply locate the spring lock pin on the side of the seat. Pull out pin to release seat, then slide it to the desired position. Pull out pin, give it half a turn, and release to place it in a free sliding position for exercises such as rowing. Quick Release Bench The long portion of your bench attaches to and releases from the seat portion very easily. To attach it, simply insert the half hinge on the end of the bench into the half hinge on the seat. For standing exercises, simply remove the bench by lifting up on the long portion and pulling away from the seat. Flat Position Along the side of the seat rail there are three holes for the spring lock seat pin. Pull out on the pin and slide the entire bench forward until the spring lock seat pin locks into a hole.

<http://www.bowdata.net/evenement/3m-x66-service-manual>

With the bench in the flat position, there are two possible holes for the spring lock pin to lock into, one forward and one back. Incline Position Start with the bench flat in the furthest position away from the Power Rod units. Pull out on the spring lock seat pin and lift the long bench pad up. Slide forward until the pin locks into the farthest forward base of the Power Rod units. Free Sliding Position Remove the long bench pad. Pull out on the spring lock seat pin, Using the Bowflex Ultimate 2 The Bowflex Ultimate 2 hand grips can be used as regular grips, hand cuffs or ankle cuffs. Regular

Grip Grasp the handle and cuff together to form a grip without inserting your hand the exercises you perform utilize this grip. Hand Cuff Grip Slip your hand through the cuff portion of the grip so that the foam pad rests on the back of your hand. Then grasp the remainder of the grip that is sitting in your palm. This method of gripping is great for exercises like front shoulder raises or any exercise where your palm is facing down. Ankle Cuff Grip The cuff opening can be made larger to accommodate the ankle. Simply insert your hand in the cuff and slide it away from the handle. Insert your foot or ankle and tighten the grip by sliding the handle back toward the cuff. Bowflex Ultimate 2 seat adjusted to the free sliding position spring lock seat pin unlocked, the hand grips removed, and the desired amount of resistance hooked up, sit on the seat and position the leg press belt around your hips. Drings on the Leg Press Belt so that the belt is taut. Pulley knobs are springloaded and are located on the back of the adjustable pulley system. To extend the pulley, simply twist the knob a couple of turns to the left, then pull out. Next, pull the adjustable sleeve out away from the machine until it clicks into the extended position. Then, tighten the knob to lock the adjustable pulley into position.

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The adjustable pulley system was designed to change the angle of resistance to increase the effectiveness of many upper body exercises. Use the pulley system in either the wide or narrow pulley included a guide in each exercise so you can use the pulley at the correct position. To avoid injury, do not attempt to use the pulley in the wide position when the manual indicates to perform the exercise in the narrow pulley position. Exercises in the wide position may require a lighter weight than those in the narrow position. With all Power Rod resistance off and with the bench in the incline position, move the attachment to the end of the sliding seat rail and use the spring lock seat pin to lock it into position. Next, place the hooks on the Leg Extension attachment over the posts on the Seat Rail support and press firmly down into position. Now, hook the cables to the hooks at the bottom of the Leg extension attachment. To rotate the arm, pull down on the plastic handle located just under the pivot point, rotate the arm up or down, and release the handle to lock the arm in your preferred position. Safety the posts and the sliding seat is locked in position before sitting on it or adding weight to the cables. To do a seated leg extension, place the hooks on the Leg Extension seat attachment over the posts at the top of the Leg Extension and place the cross brace on the seat frame in the bracket behind the sliding seat. Using a snap hook, attach the loops at the end of the leg attachment cables to the rod cables. Once this is accomplished, you are ready to add Power Rod resistance to the attachment. 1 Hook the Leg Extension to the Seat Rail Support 2 Hook the Leg Extension Seat to the Leg Extension 3 Place the Bench on the Seat Rail The Bowflex Ultimate 2 Preacher Curl Attachment This attachment is specifically designed to give added support for working the biceps.

<http://esxpublishers.com/images/casio-ce-4700-manual.pdf>

The attachment is mounted on the rear of the machine and serves to stabilize the arms to create a more effective exercise. To use the preacher curl attachment, first remove any Power Rod resistance. Slide the seat all the way to the end of the seat rail and use the spring lock seat pin to lock it into position. Next, place the hooks on the leg extension attachment over the posts on the seat rail support and press firmly down into position. Now, place the hooks on the preacher curl attachment over the posts at the top of the leg extension and press firmly into position. Hook the two cables to the hooks at the bottom of the leg extension attachment. Use a snap hook to attach a curl bar to the strap between the roller pads. Safety posts and the sliding seat is locked in position before sitting on it or adding weight to the cables. It is important to lock the Seat Rail Securing Device into the Seat Rail before performing the following exercises Part A Lock the Seat Rail Securing Device Step 1 Remove the Seat Back Step 2 Lock the Sliding Seat position Figure 1. Step 3 Lift the Seat Rail 31 Bend at the knees and grab the Seat Rail with one hand and the locked Sliding Seat with

your other hand Figure 2. Figure 1 Figure Use your legs to lift the Seat Rail Figure 3. 33 With both hands, push the Seat Rail all the way up until the locked Sliding Seat is touching the mast of the machine Figure 4. Figure 3 Part A continued on page 2 Figure 4 11 About Your Bowflex Ultimate 2 Attachments 9 Part A continued Lock the Seat Rail Securing Device Step 4 Secure the Seat Rail Securing Device 41 Insert the Seat Rail Securing Device into the hole in the Seat Rail until it clicks Figures 5, 6, 7. Step 5 51 Stand to the side of the machine base and Seat Rail. **WARNING** Do not stand on the base below the Seat Rail when you pull on it. This may cause injury. 52 Pull down on the Seat Rail to make sure that the Seat Rail Securing Device is secured Figure 8.

Figure 5 Seat Rail Securing Device Seat Rail Figure 6 Figure 7 Figure 8 12 10 About Your Bowflex Ultimate 2 Attachments Using the Bowflex Ultimate 2 Squat Attachment Part B Attach the Squat Frame Seat Rail Securing Device locks securely into the seat rail. Hook the lower hooks on the squat attachment onto the lower posts on the sliding seat frame, then rotate the squat frame up until it locks into position. Before attaching the cables you must position the squat attachment into the lowest position on the seat rail. To do this, pull the spring lock seat pin out to the unlocked position and pull out on the release handle and rotate it forward to allow the squat attachment to slide along the seat rail. Now push up slightly on the squat attachment to release the safety lock and slide the squat attachment down to the lowest position. Pull out on the release handle and rotate it back to the locked position. Finally, slide the squat attachment up until it locks into the lowest hole on the bottom of the seat rail. Now you can extend the cables from the sliding pulleys on the chest bar to the hooks on the sides of the squat attachment and add Power Rod resistance. Use the squat attachment by squatting under the handlebars with the shoulder pads resting on your shoulders. Now pull out on the release handle and rotate it forward to allow the squat to slide freely along the seat rail. Squat Attachment will lock into place 3 Attach the cables 4 Unlock the Seat Pin 13 About Your Bowflex Ultimate 2 Attachments 11 Part C Release the Seat Rail Securing Device Step 1 Secure the Seat Rail Securing Device 11 With your inside foot on the machine base, hold the Seat Rail with one hand and push your shoulder into it lightly Figure 9. 12 Continue to hold the Seat Rail with one hand and your shoulder. Use your free hand to unlock the Seat Rail Securing Device Figures 9 and 10 until it releases Figure 11.

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Step 2 Lower the Seat Rail 21 When the Seat Rail Securing Device releases use both hands to hold onto the Seat Rail Figure 12. Figure Use both hands to carefully lower the seat down into the horizontal position Figure 13. **WARNING** Do not stand on the base below the Seat Rail when you lower it. This may cause injury. Figure 10 **WARNING** Always use both hands to lift and lower the Seat Rail. Bend at the knees when lifting or setting down the Seat Rail. Failure to use proper lifting techniques may cause injury. Figure 11 Figure 12 Figure 13 14 12 About Your Bowflex Ultimate 2 Attachments The Bowflex Ultimate 2 Ab Crunch Attachment optional To use the ab crunch attachment, slide the seat all the way to the end of the seat rail and use the spring lock seat pin to lock it into position. Next, place the hooks on the ab crunch attachment over the posts on the seat rail support and press firmly down into position. Finally, hook the cables to the hooks at the bottom of Safety ake sure the attachment is completely seated on the posts and the sliding seat is locked in position before adding weight to the cables. The Bowflex DVD Player optional The optional DVD player provides entertainment during your workout. To install the DVD player, remove the rubber cover from the fact plate and insert the DVD bracket into the slots on the face plate. You can position the DVD player in three different viewing angles by using the different positioning slots in the DVD bracket. To order the Bowflex DVD Player please call 15 Defining Your Goals 13 goals. Here are some fitness components that will help you define your goals and choose your fitness program. Muscle Strength is the maximum force you can exert against resistance at one time. Your muscle

strength comes into play when you pick up a heavy bag of groceries or lift a small child.

It is developed when a localized muscle is worked both positively concentric and negatively eccentric at a resistance great enough to perform only five to eight repetitions of the exercise before the muscle fails. Each set of repetitions is followed by a rest interval that typically runs three times longer than the set. Later, between exercise sessions, the muscle overcompensates for the stress and usually increases in both strength and size. Muscle Endurance is the ability to perform repeated contractions. It comes into play when you crosscountry ski or work on your feet all day. Endurance training addresses the slow twitch, endurance muscle fibers, which depend on oxygen for energy. To develop muscle endurance, use low resistance and high repetitions about repetitions in each set, three sets to each exercise, working the muscle only to fatigue. Muscle Power is the combination of strength and speed of the muscular contraction. When training to achieve muscular power, pick a resistance that fatigues you in the 35 repetition range. When performing these reps, it is more important to think of contracting the muscles faster rather than attempting to move faster. Performing sport simulation exercises usually results in a deterioration of the motor pattern or skill. The biomechanically sound method of improving power in your sport is to train for power using the correct joint movements, as described in this manual. Then practice the skill associated with your sport, learning to apply this newly achieved power. Body Composition is the ratio of fat weight fat to lean weight muscles, bones and tissue. As you age, the ratio shifts. The fat weight increases and the lean weight decreases. Training for muscle strength will generally increase muscle size and aerobic conditioning will help burn extra calories. Performing these two forms of exercise, either at different times or together, will create the greatest changes in body fat weight.

Balanced Strength and alignment is the result of equal strength developed in all parts of the body. It comes into play in your standing and sitting posture, and in your ability to perform just about any activity safely and effectively. An overdevelopment of the back will round the shoulders; weak or stretched abdominals can cause lower back pain. You want a balance of muscle strength in front and back. In addition, you need a balance of strength between your middle, lower, and upper body. Flexibility is the ability of a muscle or group of muscles to move the joint through a full range of motion. Flexibility comes into play when you execute an overhand serve or stretch for the top shelf in the kitchen. It is a cooperative movement of opposite muscle groups. When a muscle contracts, its opposite muscle group must relax for the action to occur. Increased flexibility means an increased range of motion, made possible by this simultaneous contracting and relaxing. Good flexibility is important in protecting the body from injury and can be achieved through the balanced strength training programs included in this manual. Cardiovascular Endurance is the ability of the heart and lungs to supply oxygen and nutrients to exercising muscles over an extended period of time. It comes into play when you jog a mile or ride a bike. It is a critical component of overall fitness and health. Any exercise program must be 16 14 Defining Your Goals supplemented with cardiovascular training, such as rowing on the Bowflex Ultimate 2. exercises that address compound joint movements and single joint movements. In addition, select exercises that address complementary muscle groups. Put first things first During each session, first work those muscle groups that need the most training. Reaching Your Goals To reach your goals you must follow a consistent, well designed program that provides balanced development to all parts of the body and includes both aerobic and strength exercise.

Only then will you meet your goals safely and efficiently. The workout routines found in this manual are professionally designed and written to target specific fitness goals. Should you not find one specific program to your liking, you can design your own, based on sound information and the principles found in this manual. Designing Your Own Program You may want to design your own personal program specifically geared to your goals and lifestyle. Designing a program is easy, as long as you follow these guidelines. Understand fitness and its components Improperly designed

programs can be dangerous. Take some time to review this manual as well as other fitness guides. Know your current fitness level Before you start any fitness program you should consult a physician who will help you determine your current abilities. Identify your goals Goals are critical to choosing and designing an exercise program that fits and important not to rush the process and try to accomplish too much too soon. That will lead to setbacks and discouragement. Instead, set a series of smaller achievable goals. Remember your cardiovascular component Any fitness program must contain a cardiovascular fitness component to be complete. So complement your resistance training with aerobic exercise such as walking, running, bicycling or rowing on the Bowflex Ultimate 2. Training variables When designing your own program there are several variables that, when mixed properly, will equal the right fitness formula for you. In order to find the best formula, you must experiment with several combinations of variables. The variables are as follows per week. We recommend daily activity but not daily training of the same muscle group. Select complementary exercises Be sure to pair 17 Exercising Properly 15 Working Out concentration and visualization you can approach your workout with a positive, constructive attitude.

A good preworkout mental routine is to sit and relax, so you can focus on what you are about to do and think about achieving your end goal. Warming Up We recommend that you warm up by rowing on the Bowflex Ultimate 2. Aerobic Rowing Position units. the front. the machine, knees bent comfortably. Motion while simultaneously bending the arms and pinching the shoulder blades together. Key Points lifted. Power Rod units, bend at the hips, not the waist. Breathing The most important part of breathing during exercise is, quite simply, that you do it. Breathing in or out during the actual performance is not dependent upon the direction of air flow relative to exertion. It is, in fact, a mechanical process that changes the position of your spine as your rib cage moves. Here are some tips for breathing 1 Be cautious when you are concentrating or exerting effort. This is when you will probably hold your breath. DO NOT hold your breath. Do not exaggerate breathing. Depth of inhalation and exhalation should be natural for the situation. Performing Your Routine The workout portion of your fitness routine is the series of exercises devoted to your particular goals. Remember, make sure to have fun. Cool Down An essential part of the exercise routine is the cool down. Gradually reduce the level of exercise intensity so that blood does not accumulate in one muscle group, but continues to circulate at a decreasing rate. We recommend the rowing exercise for the cool down. Remember to gradually move yourself into a relaxed state. 18 16 The Workouts 20 Minute Better Body Workout Frequency 3 Days Per Week MWF Time About 20 Minutes Start by performing one set of each exercise. Warm up with a light resistance exercise that you can perform easily for 510 reps without fatiguing. Focus on practicing and learning your technique before increasing the resistance.

Then move to a more challenging resistance you can perform for no less than 10 reps and no more than 15 reps without your form deteriorating. As you become stronger, you can advance to two sets for each exercise. Complete all sets of each exercise before moving on to the next. Rest 30 to 45 seconds between sets. Count three seconds up and three seconds down and work to fatigue during each set. Body Part Chest Back Shoulders Arms Legs Trunk Exercise Bench Press Seated Lat Rows Standing Lateral Shoulder Raise Standing Biceps Curl Lying 45 Triceps Extension Leg Extension Leg Curl Knee Flexion Seated Calf Press Low Back Extension Resisted Abdominal Crunch Sets Reps Advanced General Conditioning Frequency 4 Days Per Week MTTHF Time About Minutes When you are proficient in performing the exercise techniques of the above routine and are no longer realizing results, or if you become bored, it is time to change your program. You can increase your training with this any point in the rep. Do this routine when you are limited in time or just want a variation to your normal routine. Perform this program training 2 days, resting 1 to 2. Perform all exercises to near failure, stopping at the point that your technique starts to deteriorate. Rest only seconds between sets. As will allow you to stop the movement instantly at any point in the rep. Train each muscle group to failure before moving on to the next exercise. Do not neglect any muscle group. If

needed, include an aerobic activity to increase your caloric expenditure and help to reduce your body fat levels to achieve a defined muscular look. Rest seconds between each set and exercise. Focus on proper form. Tighten the muscle before you move, squeeze the muscle as you move, cramp the muscle at Use a pace that will allow you to stop the movement instantly at any point in the rep.

The idea is to move quickly from exercise to exercise, taking only as much rest between sets as it takes to set up the next exercise less than 20 seconds. One circuit equals one set of each exercise. Initially, start with completing one round of Circuit 1. Then add an additional round of the same circuit. Once you reach three rounds of Circuit 1, add one round of Circuit 2. Add additional rounds of Circuit 2 as your fitness level increases. Repeat process with Circuit 3. Do not let your heart rate exceed 220 minus your age. Perform each rep of each exercise slowly and with perfect technique. Count three seconds up and three seconds down. Warmup with 515 minutes of rowing or some other aerobic exercise before starting your circuits. Circuit 1 Body Part Chest Legs Back Legs Trunk Exercise Bench Press Leg Press Seated Lat Row Leg Curl Knee Flexion Seated Resisted Abdominal Crunch Reps Circuit 2 Body Part Shoulders Legs Back Trunk Arms Exercise Seated Shoulder Press Lying Leg Extension Lying Lat Pulldowns Low Back Extensions Standing Biceps Curl Reps Circuit 3 Body Part Shoulders Arms Legs Trunk Legs Exercise Rear Deltoid Rows Lying 45 Triceps Extensions Leg Curl Knee Flexion Seated Resisted Oblique Crunch Seated Calf Press Reps 22 20 The Workouts True Aerobic Circuit Training Frequency 23 Times Per Week Time About Minutes Circuit training is a great way to achieve the benefits of strength training and cardiovascular training in one quick, challenging routine. By returning to the aerobic rowing exercise between each set you are increasing your aerobic capacity, endurance and burning fat as energy. Do not let your heart rate exceed 220 minus your age.

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