BOWFLEX

HVT™

HYBRID VELOCITY TRAINING GUIDE

3 Full-Body Workouts

The **Bowflex® HVT™ machine** is a breakthrough, combining strength and cardio into one of the fastest and most effective workouts ever designed. Hybrid Velocity Training will allow you to build muscle and burn fat all at the same time to achieve the fit, lean, sculpted body you've always wanted.

Welcome to the new you.

BOWFLEX®

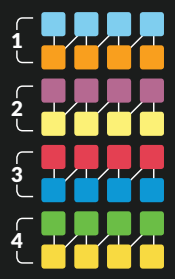
Be fit for life™

CONTENTS

The **Total Power** score will help you assess your current level of fitness and track improvements over time. To improve your Total Power score, increase your speed and/or resistance. To burn more calories, focus on increasing your speed. To focus on strength, increase resistance. To get the most out of your workouts, we recommend trying to increase both over time. See your Owner's Manual for more details.

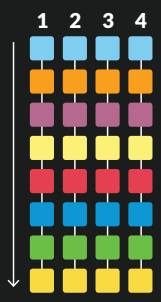
3 Full-Body Workouts

Save time by burning fat and building lean muscle while doing fast-paced Full-Body exercises. Every Bowflex HVT workout program combines short bursts of cardio activity with dynamic, Full-Body movements. Simply choose Sprint, Circuit, Builder, or build your own in Manual mode by choosing from the 50 exercises provided to guide you every step of the way.



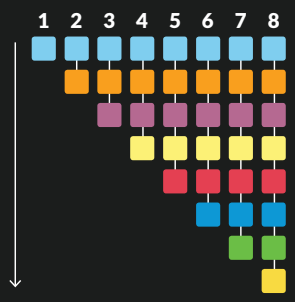
SPRINT

Sprint is designed to increase your power, speed, and recovery. Sprint is eight exercises performed over four rounds. Each exercise is performed for 20 seconds followed by 10 seconds of rest. Take a 60 second break after each round. Takes exactly 18:20 minutes.



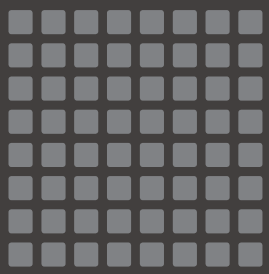
CIRCUIT

Circuit focuses on strength, form, and range of motion. Circuit is eight exercises performed over four rounds. Each exercise is performed for 25 seconds followed by 15 seconds of rest. Take a 20 second break between each round. Takes exactly 21:20 minutes.



BUILDER

Builder is designed to increase your strength and endurance. Builder is eight exercises performed over eight rounds. Round 1 consists of performing exercise one for 30 seconds then breaking for 30 seconds. Continue adding one exercise per round until you finish eight exercises in the last round. Takes exactly 21:30 minutes.



MANUAL

Manual allows you to create your own workouts by choosing from the 50 exercises listed in the training guide or the HVT App.

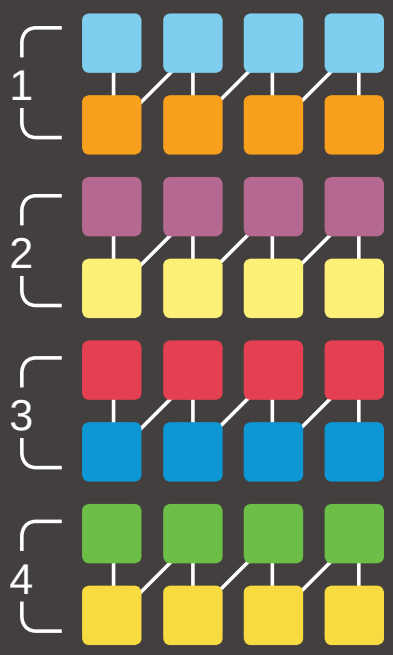
SPRINT

Sprint is designed to increase your power, speed, and recovery.

Sprint is eight exercises performed over four rounds. Each exercise is performed for 20 seconds followed by 10 seconds of rest. Take a 60 second break after each round. Takes exactly 18:20 minutes.

Tip Maintain good form, but work as quickly as you can to elevate heart rate while building muscle.

4 rounds of **8** exercises, alternating pairs each round.



Speed squat
Chest press
Squat jump
Bent over row
Reverse lunge straight arm pulldown
Split leg alternating bicep curl
Tricep pushdown
Squat with overhead press

18:20

WORK	:20
REST	:10
BREAK	:60

1
Speed squat

Holding lower handles, with feet at hip width, rapidly sit into and out of a deep squat.

Tip

Keep chest high and back straight throughout exercise.

2
Chest press

Holding middle handles in line with shoulders from a split stance, press arms out parallel to floor.

Tip

Arms should remain parallel to the floor.

3
Squat jump

Holding lower handles, with feet at hip width, rapidly sit into and then jump out of a deep squat.

Tip

Keep feet at hip width apart, landing softly.

4
Bent over row

Holding lower handles from bent over stance, row elbows past rib cage.

Tip

Sit back in hips and squeeze shoulders together.

5
Reverse lunge straight arm pulldown

Holding upper handles, lunge backward and pull straight arms past rib cage.

Tip

Alternate legs while pulling arms down to sides.

6

Split leg alternating bicep curl

Holding lower handles, in a split stance, alternate arm curls while keeping elbows near ribs.

Tip

Alternate arms, keeping elbows near ribs.

7
Tricep pushdown

Holding upper handles with bent arms pinned to ribs, straighten arms by bringing hands down to hips.

Tip

Palms facing down, elbows bent maximally.

8

Squat with overhead press

Holding lower handles at shoulders with feet at hip width, sit into a squat and then fully press arms overhead.

CIRCUIT

Tip

Sit into hips and fully extend arms overhead while standing.

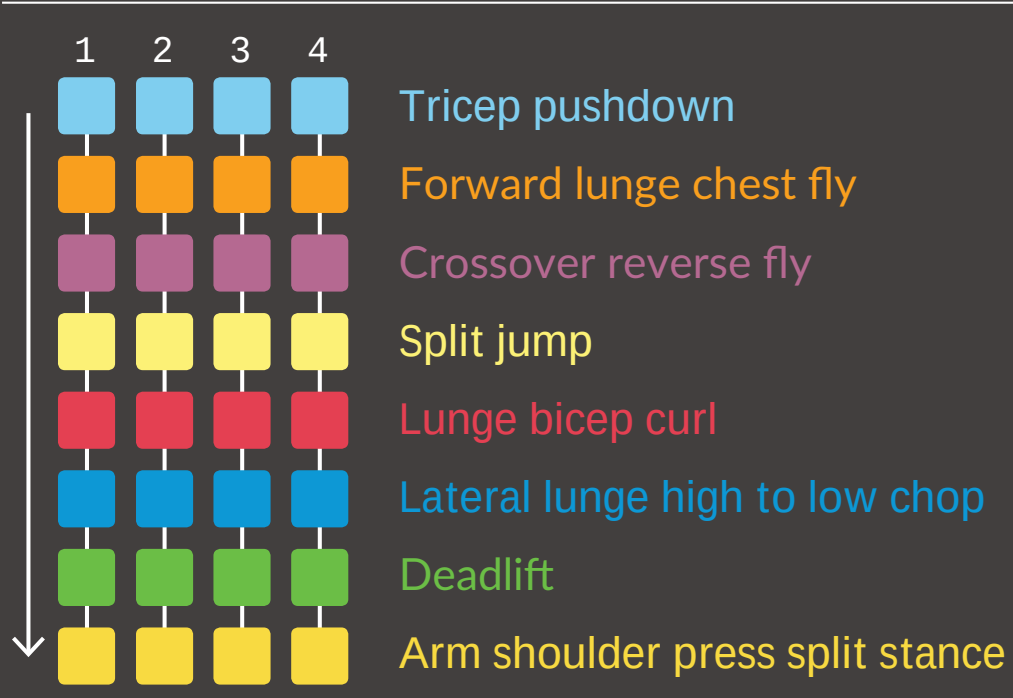
CIRCUIT

Circuit focuses on strength, form, and range of motion.

Circuit is eight exercises performed over four rounds. Each exercise is performed for 25 seconds followed by 15 seconds of rest. Take a 20 second break between each round. Takes exactly 21:20 minutes.

Tip Maintain good form, but work as quickly as you can to elevate heart rate while building muscle.

4 rounds of **8** exercises.



21:20

WORK	:25
REST	:15
BREAK	:20

1
Tricep pushdown

Holding upper handles with bent arms pinned to ribs, straighten arms by bringing hands down to hips.

Tip

Palms facing down, elbows bent maximally.

2
Forward lunge chest fly

Holding middle handles extended at arm length, lunge forward while pulling arms together. Alternate legs.

Tip

Keep a soft bend in elbows and back straight.

3
Crossover reverse fly

Holding upper handles with hands crossed, pull arms apart keeping them straight.

Tip

Arms and back remain straight, squeeze shoulders together.

4
Split jump

Holding lower handles from a lunge position, jump and switch legs while in air into alternate lunge.

Tip

Keep shoulders pinched, landing softly.

5
Lunge bicep curl

Holding lower handles with bent arms, alternate lunges while curling handles.

Tip

Alternate legs, keeping elbows at your sides.

6

Lateral lunge high to low chop

Holding one upper handle with both hands, lunge laterally while rotating torso to knee. Alternate sides.

Tip

Sit down in lunge and bring handle towards knee.

7
Deadlift

Holding lower handles and sitting back into hips, keep back straight and drive hips forward.

Tip

Keep back straight while focusing on hip movement.

8

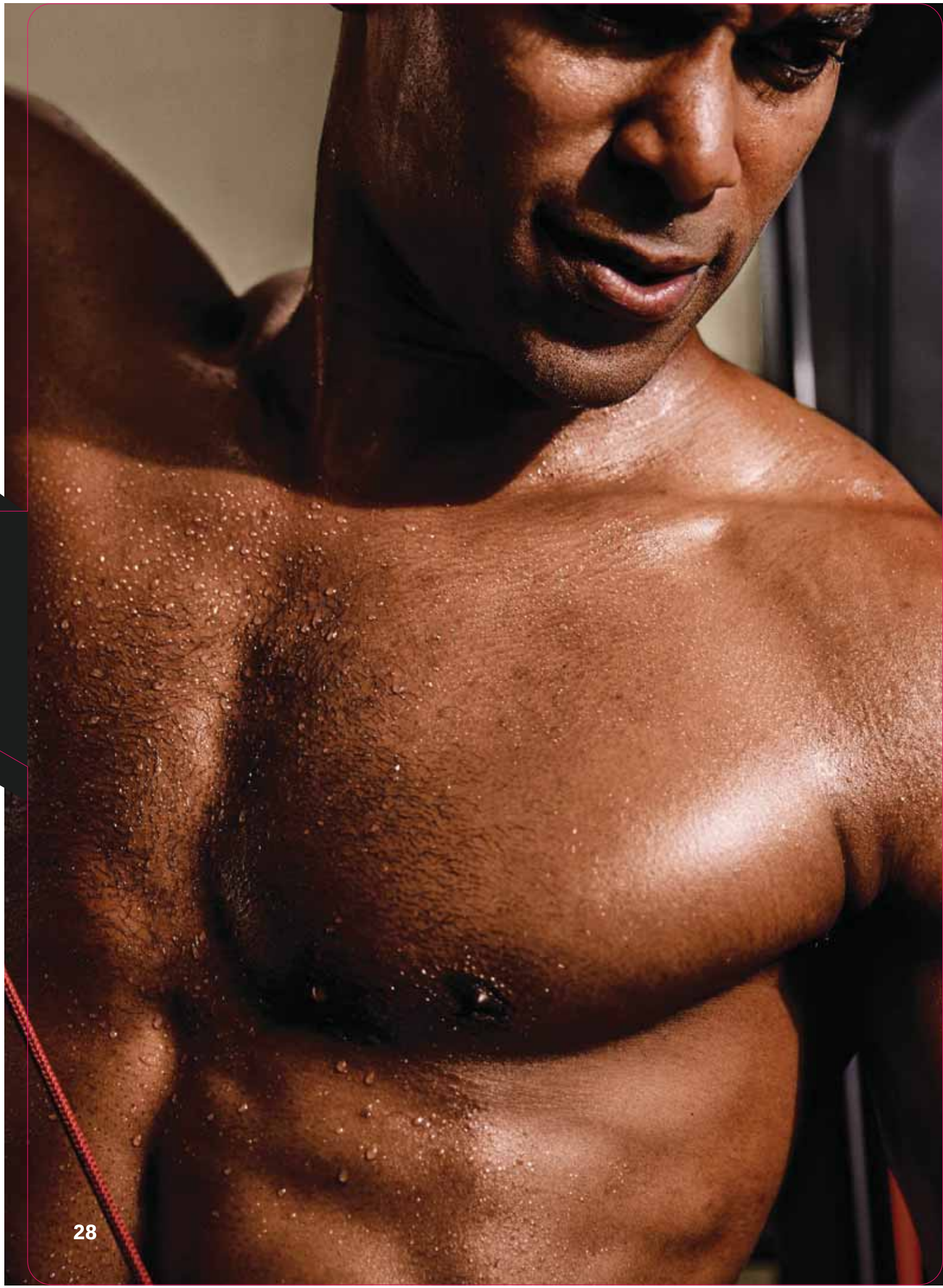
Arm shoulder press split stance

Start with lower handles at your shoulder. Extend one hand overhead rotating thumb towards midline. Alternate arms.

Tip

Keep abs tight and fully extend arm overhead.

CIRCUIT		Handles
1	**Tricep pushdown** Palms facing down, elbows bent maximally.	○ ○ ● ● ● ●
2	**Forward lunge chest fly** Keep a soft bend in elbows and back straight.	● ● ○ ○ ● ●
3	**Crossover reverse fly** Arms and back remain straight, squeeze shoulders together.	○ ○ ● ● ● ●
4	**Split jump** Keep shoulders pinched, landing softly.	● ● ● ● ○ ○
5	**Lunge bicep curl** Alternate legs, keeping elbows at your sides.	● ● ● ● ○ ○
6	**Lateral lunge high to low chop** Sit down in lunge and bring handle towards knee.	○ ○ ● ● ● ●
7	**Deadlift** Keep back straight while focusing on hip movement.	● ● ● ● ○ ○
8	**Arm shoulder press split stance** Keep abs tight and fully extend arm overhead.	● ● ● ● ○ ○



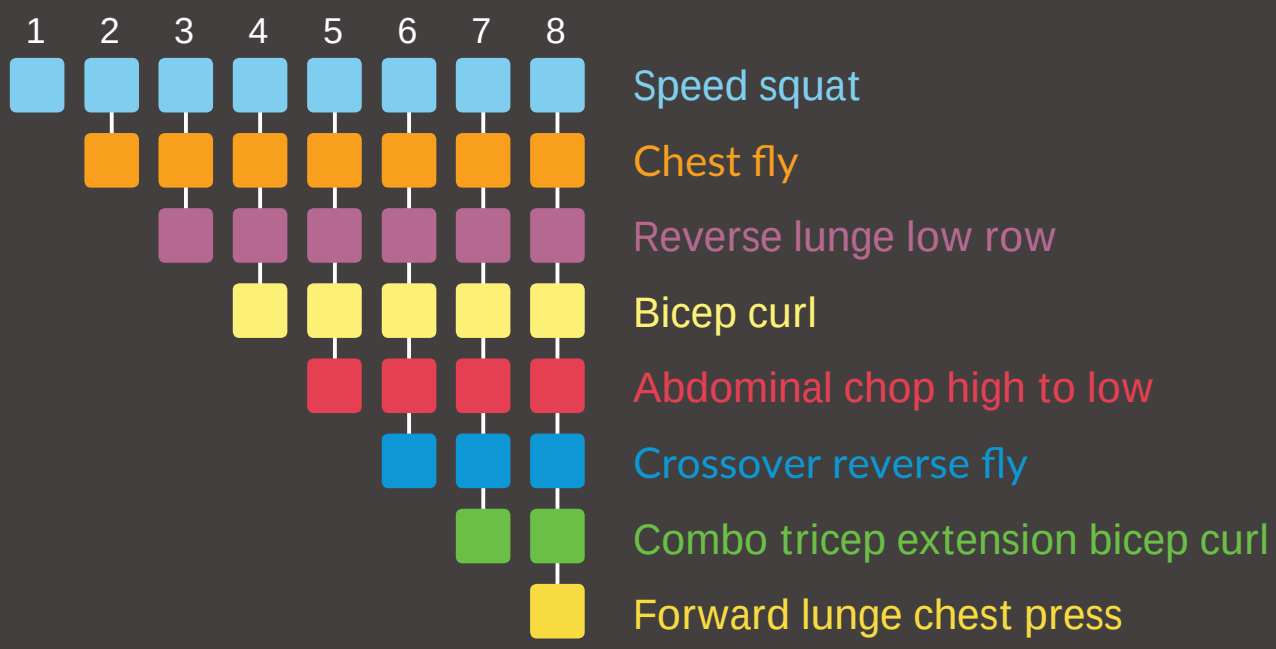
BUILDER

Builder is designed to increase your strength and endurance.

Builder is eight exercises performed over eight rounds. Round 1 consists of performing exercise one for 30 seconds then breaking for 30 seconds. Continue adding one exercise per round until you finish eight exercises in the last round. Takes exactly 21:30 minutes.

Tip Maintain good form, but work as quickly as you can to elevate heart rate while building muscle.

8 rounds, **+1** exercise each round (no rest between exercises).



21:30

WORK	:30
REST	—
BREAK	:30

1 Speed squat

Keep chest high and back straight throughout exercise.

1
Speed squat

Holding lower handles, with feet at hip width, rapidly sit into and out of a deep squat.

Tip

Keep chest high and back straight throughout exercise.

BUILDER

Handles

1 Speed squat

Keep chest high and back straight throughout exercise.

2 Chest fly

Keep abs tight and a soft bend in elbows.

2
Chest fly

Holding middle handles with straight arms from a split stance, bring arms together keeping them straight.

Tip

Keep abs tight and a soft bend in elbows.

BUILDER		Handles
1	**Speed squat** Keep chest high and back straight throughout exercise.	●● ●● ○○
2	**Chest fly** Keep abs tight and a soft bend in elbows.	●● ○○ ●●
3	**Reverse lunge low row** Step off platform as needed for exercise.	●● ○○ ●●

3

Reverse lunge low row

Holding middle handles with back straight, lunge backward and row elbows past rib cage, keeping arms close to body. Alternate legs.

Tip

Step off platform as needed for exercise.

BUILDER		Handles
1	**Speed squat** Keep chest high and back straight throughout exercise.	●● ●● ○○
2	**Chest fly** Keep abs tight and a soft bend in elbows.	●● ○○ ●●
3	**Reverse lunge low row** Step off platform as needed for exercise.	●● ○○ ●●
4	**Bicep curl** Keep palms facing up during curl.	●● ●● ○○

4
Bicep curl

Holding lower handles, with feet at hip width, curl arms while keeping elbows pinned to sides.

Tip

Keep palms facing up during curl.

BUILDER		Handles
1	**Speed squat** Keep chest high and back straight throughout exercise.	●● ●● ○○
2	**Chest fly** Keep abs tight and a soft bend in elbows.	●● ○○ ●●
3	**Reverse lunge low row** Step off platform as needed for exercise.	●● ○○ ●●
4	**Bicep curl** Keep palms facing up during curl.	●● ●● ○○
5	**Abdominal chop high to low** Alternate the side you face each round.	○○ ●● ●●

5
Abdominal chop high to low

Holding one upper handle with both hands, pivot and rotate torso to one side. Alternate sides.

Tip

Alternate the side you face each round.

BUILDER		Handles
1	**Speed squat** Keep chest high and back straight throughout exercise.	●● ●● ○○
2	**Chest fly** Keep abs tight and a soft bend in elbows.	●● ○○ ●●
3	**Reverse lunge low row** Step off platform as needed for exercise.	●● ○○ ●●
4	**Bicep curl** Keep palms facing up during curl.	●● ●● ○○
5	**Abdominal chop high to low** Alternate the side you face each round.	○○ ●● ●●
6	**Crossover reverse fly** Arms and back remain straight, squeeze shoulders together.	○○ ●● ●●

6
Crossover reverse fly

Holding upper handles with hands crossed, pull arms apart keeping them straight.

Tip

Arms and back remain straight, squeeze shoulders together.

BUILDER		Handles
1	**Speed squat** Keep chest high and back straight throughout exercise.	● ● ● ● ○ ○
2	**Chest fly** Keep abs tight and a soft bend in elbows.	● ● ○ ○ ● ●
3	**Reverse lunge low row** Step off platform as needed for exercise.	● ● ○ ○ ● ●
4	**Bicep curl** Keep palms facing up during curl.	● ● ● ● ○ ○
5	**Abdominal chop high to low** Alternate the side you face each round.	○ ○ ● ● ● ●
6	**Crossover reverse fly** Arms and back remain straight, squeeze shoulders together.	○ ○ ● ● ● ●
7	**Combo tricep extension/bicep curl** Arms pinned to rib cage, alternate handles each round.	○ ● ● ● ● ○

7

Combo tricep extension/bicep curl

Holding one upper handle and one lower handle, extend upper handle arm and curl lower handle arm with elbows at sides.

Tip

Arms pinned to rib cage, alternate handles each round.

BUILDER		Handles
1	**Speed squat** Keep chest high and back straight throughout exercise.	● ● ● ● ○ ○
2	**Chest fly** Keep abs tight and a soft bend in elbows.	● ● ○ ○ ● ●
3	**Reverse lunge low row** Step off platform as needed for exercise.	● ● ○ ○ ● ●
4	**Bicep curl** Keep palms facing up during curl.	● ● ● ● ○ ○
5	**Abdominal chop high to low** Alternate the side you face each round.	○ ○ ● ● ● ●
6	**Crossover reverse fly** Arms and back remain straight, squeeze shoulders together.	○ ○ ● ● ● ●
7	**Combo tricep extension/bicep curl** Arms pinned to rib cage, alternate handles each round.	○ ● ● ● ● ○
8	**Forward lunge chest press** Keep arms parallel to floor, and alternate legs.	● ● ○ ○ ● ●

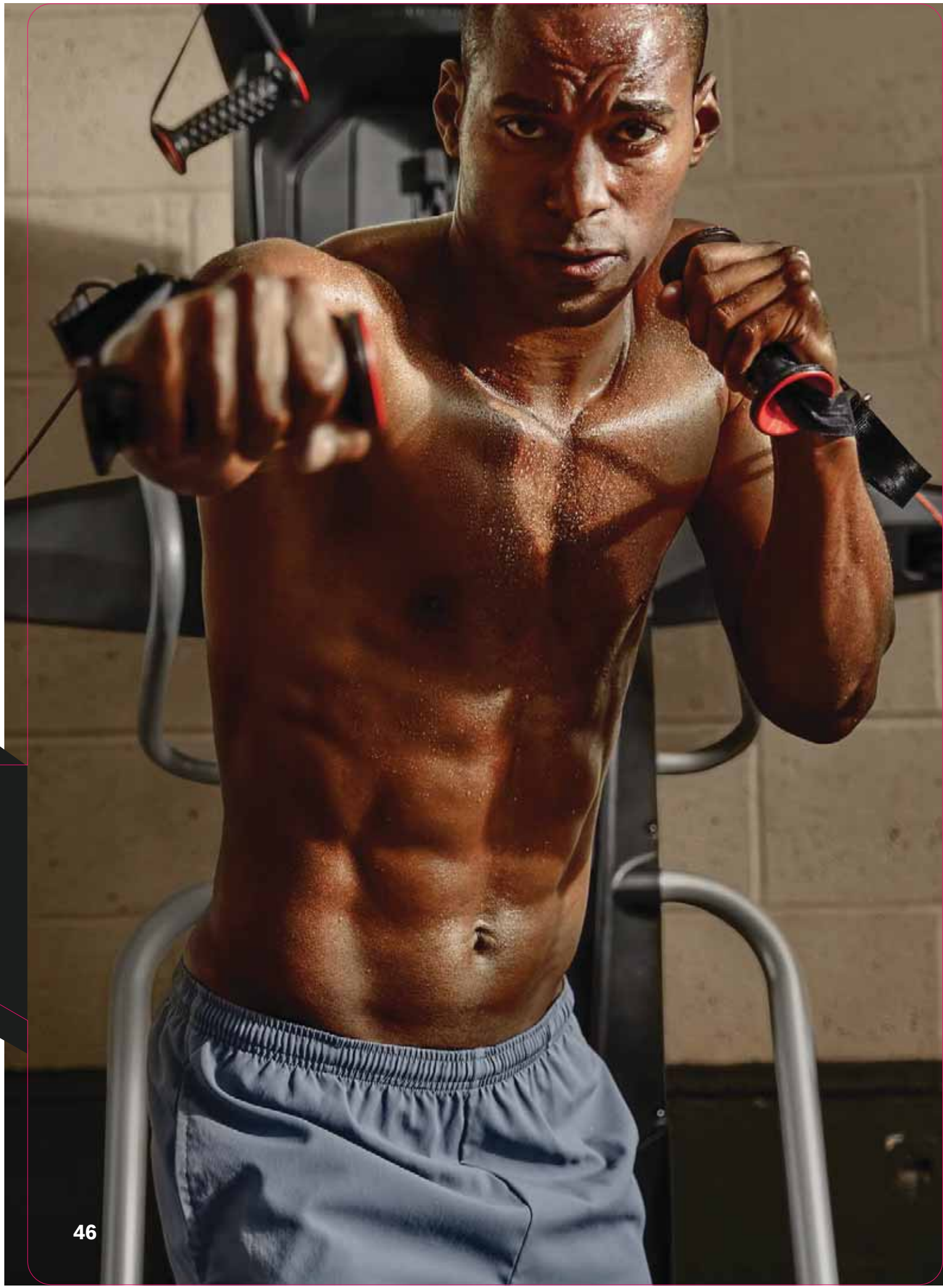
8
Forward lunge chest press

Holding middle handles with elbows bent at shoulder height, lunge forward and press arms out. Alternate legs.

Tip

Keep arms parallel to floor, and alternate legs.

MANUAL



MANUAL

Benefits
Manual allows you to create your own workouts by choosing from the 50 exercises listed in the training guide or the HVT App.

50 exercises to choose from

17 **Full-body exercises**

25 **Upper body exercises**

3 **Core exercises**

5 **Lower body exercises**

FULL-BODY EXERCISES	Handles
Back row to tricep extension	● ●
Deadlift	● ●
Forward lunge chest fly	● ●
Forward lunge chest press	● ●
Lateral lunge high to low chop	●
Lunge bicep curl	● ●
Lunge with overhead press	● ●
Reverse lunge crossover fly	● ●
Reverse lunge crossover row	● ●
Reverse lunge low row	● ●

Reverse lunge straight arm pulldown

Single arm row with raised leg

Single leg deadlift

Squat to lunge

Squat with curl

Squat with overhead press

Tricep pushdown

UPPER BODY EXERCISES	Handles
Arm shoulder press split stance	● ● ● ● ● ●
Back row	● ● ● ● ● ●
Bent over crossover row	● ● ● ● ● ●
Bent over row	● ● ● ● ● ●
Bicep curl	● ● ● ● ● ●
Chest fly	● ● ● ● ● ●
Chest press	● ● ● ● ● ●
Combo tricep extension bicep curl	● ● ● ● ● ●
Crossover narrow pulldown	● ● ● ● ● ●
Crossover reverse fly	● ● ● ● ● ●

Crossover row

Crossover wide pulldown

Decline fly

Hammer bicep curl

Lat pulldown

Lateral shoulder raise

Reverse curl

Reverse fly

Shoulder extension

Shoulder press

UPPER BODY EXERCISES	Handles
Shoulder pullover	● ●
Single arm row	●
Single arm kickback	●
Split leg alternating bicep curl	● ●
Tricep kickback	● ●

CORE EXERCISES	Handles
Abdominal chop high to low	● ●
Abdominal chop low to high	● ●
Low back extension	● ●

Handles

Forward lunge

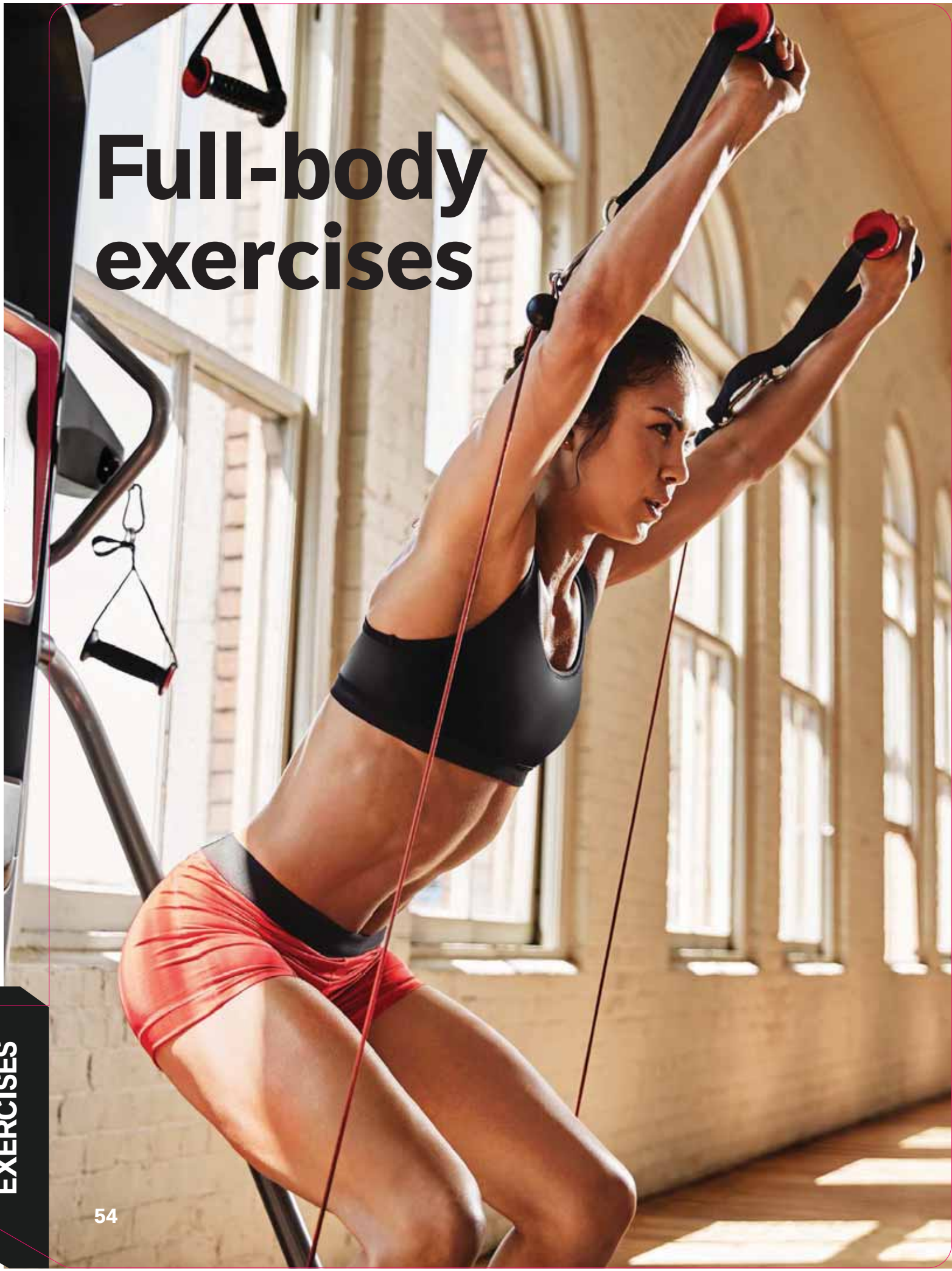
Speed squat

Split jump

Squat jump

Stiff leg deadlift

Full-body exercises



FULL-BODY

Back row to tricep extension

Holding middle handles in a split stance, row elbows to rib cage and then extend arms.

Tip

Keep elbows pinned to rib cage during extension.

FULL-BODY

Deadlift

Holding lower handles and
sitting back into hips, keep back straight
and drive hips forward.

Tip

Keep back straight while focusing on hip movement.

FULL-BODY

Forward lunge chest fly

Holding middle handles extended at arm length, lunge forward while pulling arms together. Alternate legs.

Tip

Keep a soft bend in elbows and back straight.

FULL-BODY

Forward lunge chest press

Holding middle handles with elbows bent at shoulder height, lunge forward and press arms out.
Alternate legs.

Tip

Keep arms parallel to floor, and alternate legs.

FULL-BODY

Lateral lunge high to low chop

Holding one upper handle with both hands, lunge laterally while rotating torso to knee. Alternate sides.

Tip

Sit down in lunge and bring handle towards knee.

FULL-BODY

Lunge bicep curl

Holding lower handles with bent arms, alternate lunges while curling handles.

Tip

Alternate legs, keeping elbows at your sides.

FULL-BODY

Lunge with overhead press

Holding lower handles at shoulder with legs split, perform lunge then extend arms overhead.

Tip

Fully stand before pressing overhead.

FULL-BODY

Reverse lunge crossover fly

Holding middle handles with hands crossed and arms straight, lunge backward and pull arms parallel to body. Alternate legs.

Tip

Keep chest up and squeeze shoulders together.

FULL-BODY

Reverse lunge crossover row

Holding middle handles with hands crossed and arms straight, lunge backward and row elbows wide. Alternate legs.

Tip

Keep arms parallel to floor, squeeze shoulders together.

FULL-BODY

Reverse lunge low row

Holding middle handles with back straight, lunge backward and row elbows past rib cage, keeping arms close to body.
Alternate legs.

Tip

Step off platform as needed for exercise.

FULL-BODY

Reverse lunge straight arm pulldown

Holding upper handles, lunge backward and pull straight arms past rib cage.

Tip

Alternate legs while pulling arms down to sides.

FULL-BODY

Single arm row with raised leg

Holding one middle handle, lift and hold corresponding leg and pull hand to rib cage.

Tip

Hold handlebar with other hand for stability.

FULL-BODY

Single leg deadlift

Holding one lower handle and standing on opposite leg, hinge at hip keeping body in a straight line.

Tip

Use opposite hand of planted foot.

FULL-BODY

Squat to lunge

Holding lower handles,
with feet at hip width, perform a squat
and then move one leg back into a lunge.

Tip

Maximize range of motion.

FULL-BODY

Squat with curl

Holding lower handles, with feet at hip width from a squat, stand up and curl arms.

Tip

Keep elbows pinned to rib cage, maximizing range of motion.

FULL-BODY

Squat with overhead press

Holding lower handles at shoulders with feet at hip width, sit into a squat and then fully press arms overhead.

Tip

Sit into hips and fully extend arms overhead while standing.

FULL-BODY

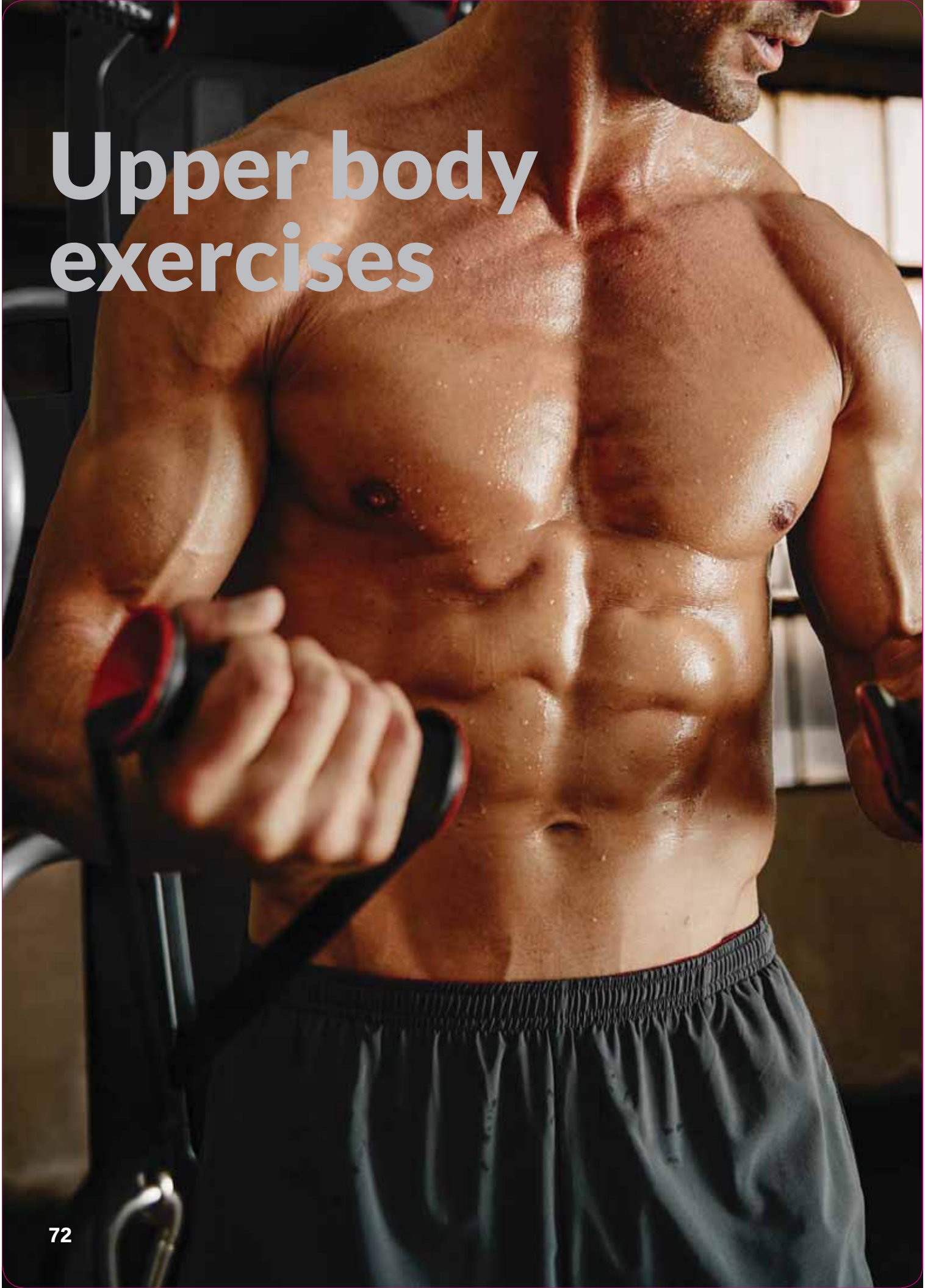
Tricep pushdown

Holding upper handles with bent arms pinned to ribs, straighten arms by bringing hands down to hips.

Tip

Palms facing down, elbows bent maximally.

Upper body exercises



UPPER BODY

Arm shoulder press split stance

Start with lower handles at your shoulder. Extend one hand overhead rotating thumb towards midline. Alternate arms.

Tip

Keep abs tight and fully extend arm overhead.

UPPER BODY

Back row

Holding middle handles in a split stance, row elbows to rib cage.

Tip

Squeeze shoulders together each row.

UPPER BODY

Bent over crossover row

Holding lower handles with hands crossed from a bent over stance, row elbows wide past shoulders.

Tip

Sit back in hips and squeeze shoulders together.

UPPER BODY

Bent over row

Holding lower handles from
bent over stance, row elbows past rib cage.

Tip

Sit back in hips and squeeze shoulders together.

UPPER BODY

Bicep curl

Holding lower handles, with feet at hip width, curl arms while keeping elbows pinned to sides.

Tip

Keep palms facing up during curl.

UPPER BODY

Chest fly

Holding middle handles with straight arms from a split stance, bring arms together keeping them straight.

Tip

Keep abs tight and a soft bend in elbows.

UPPER BODY

Chest press

Holding middle handles in line with shoulders from a split stance, press arms out parallel to floor.

Tip

Arms should remain parallel to the floor.

UPPER BODY

Combo tricep extension bicep curl

Holding one upper handle and one lower handle, extend upper handle arm and curl lower handle arm with elbows at sides.

Tip

Arms pinned to rib cage, alternate handles each round.

UPPER BODY

Crossover narrow pulldown

Holding upper handles with hands crossed and palms down, rotate thumbs up and pull elbows down close to rib cage.

Tip

Try to pull elbows to rib cage.

UPPER BODY

Crossover reverse fly

Holding upper handles with hands crossed, pull arms apart keeping them straight.

Tip

Arms and back remain straight, squeeze shoulders together.

UPPER BODY

Crossover row

Holding middle handles with hands crossed, pull elbows wide and squeeze shoulders together.

Tip

Pull elbows wide and shoulders together.

UPPER BODY

Crossover wide pulldown

Holding upper handles with hands crossed, pull elbows wide past shoulders.

Tip

Pull elbows wide and shoulders together.

UPPER BODY

Decline fly

Holding upper handles, pull straight arms together to below chest.

Tip

Abs tight and soft bend in elbows.

UPPER BODY

Hammer bicep curl

Holding lower handles
with palms facing in (like with a hammer),
curl handles to shoulders.

Tip

Keep palms facing in during curl.

UPPER BODY

Lat pulldown

Holding upper handles, pull elbows wide past shoulders. Keep torso and rear leg in line.

Tip

Pull elbows wide and shoulders together.

UPPER BODY

Lateral shoulder raise

Holding lower handles and standing tall, raise arms straight out to side and in line with shoulders.

Tip

Arms straight, stand tall, and keep eyes up.

UPPER BODY

Reverse curl

Holding lower handles with overhand grip, curl arms keeping elbows pinned to side.

Tip

Keep elbows pinned to rib cage.

UPPER BODY

Reverse fly

Holding middle handles with straight arms in a split stance, pull arms apart and in line with shoulders.

Tip

Arms should stay straight and squeeze shoulders together.

UPPER BODY

Shoulder extension

Holding middle handles with arms straight, pull arms straight down and behind body.

Tip

Arms straight and keep shoulders pulled down.

UPPER BODY

Shoulder press

Holding lower handles at shoulder height, fully extend arms overhead.

Tip

Fully extend arms overhead.

UPPER BODY

Shoulder pullover

Holding upper handles, pull arms to hips maintaining straight arms.

Tip

Arms straight and abs tight.

UPPER BODY

Single arm row with raised leg

Holding right handlebar with left hand, lift and hold right leg and pull right hand to rib cage. Alternate sides each round.

Tip

Hold handlebar with other hand for stability.

UPPER BODY

Single arm kickback

Holding one middle handle with arm at side from bent forward stance, straighten arm. Hold handlebar with other hand.

Tip

Keep elbow elevated and shoulder squeezed.

UPPER BODY

Split leg alternating bicep curl

Holding lower handles, in a split stance, alternate arm curls while keeping elbows near ribs.

Tip

Alternate arms, keeping elbows near ribs.

UPPER BODY

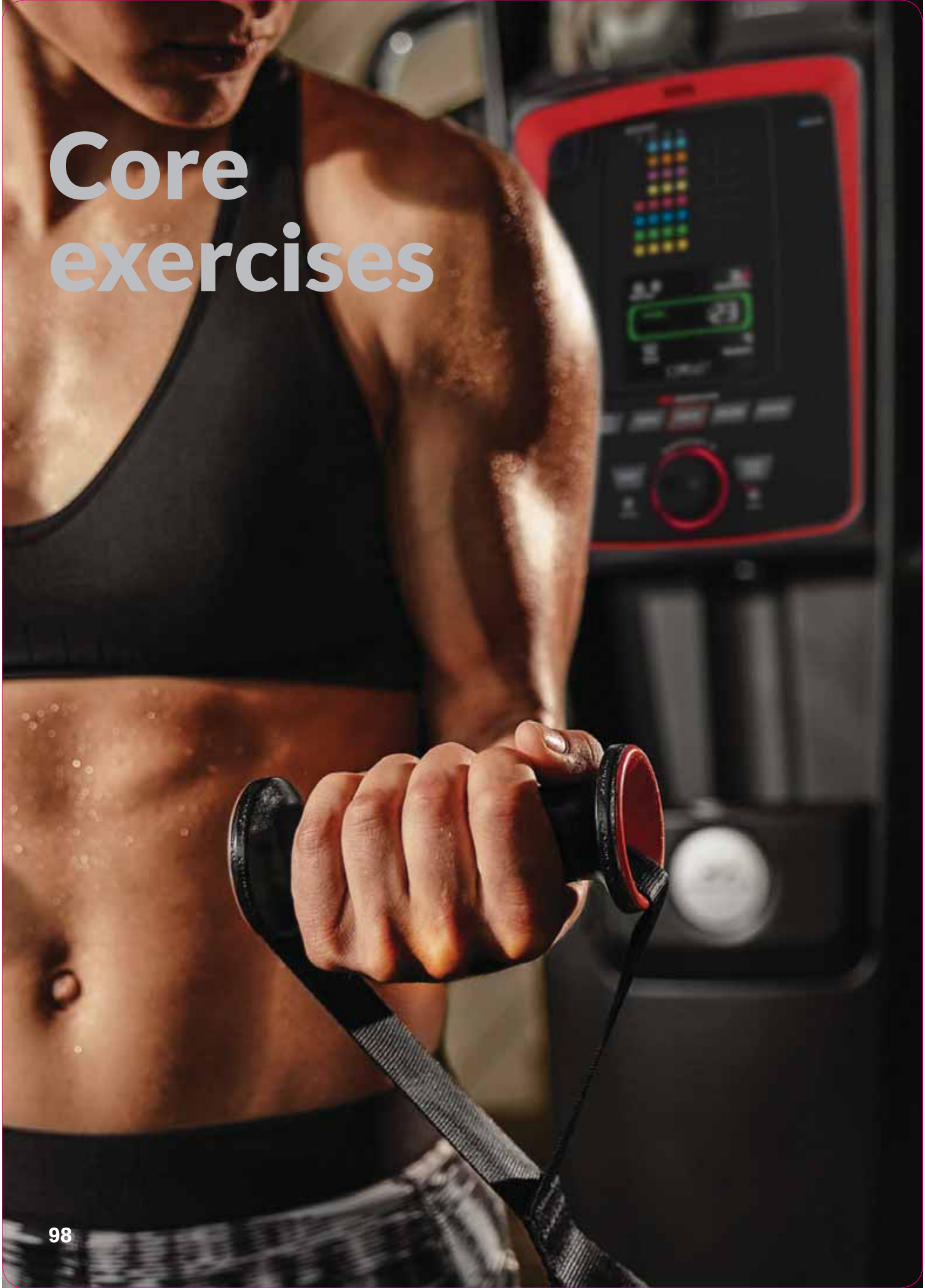
Tricep kickback

Holding middle handles with arms at side from bent forward stance, straighten arms keeping elbows high.

Tip

Keep elbows elevated and shoulders squeezed.

Core exercises



CORE

Abdominal chop high to low

Holding one upper handle with both hands, pivot and rotate torso to one side. Alternate sides.

Tip

Alternate the side you face each round.

CORE

Abdominal chop low to high

Holding one lower handle with both hands, pivot and rotate torso to one side. Alternate sides.

Tip

Alternate the side you face each round.

CORE

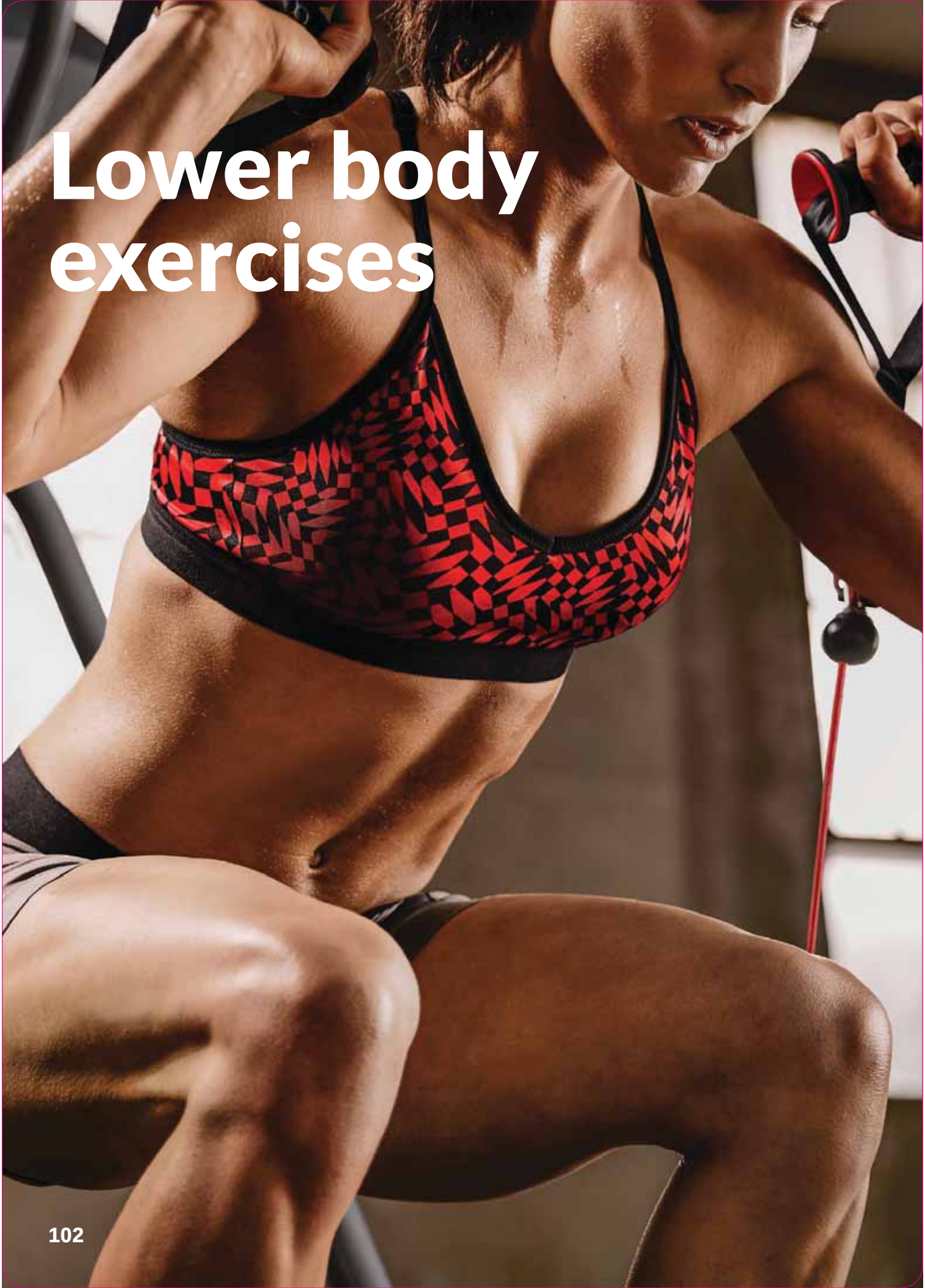
Low back extension

Holding lower handles with split stance and back straight, pivot upright.

Tip

Keep abs tight and shoulders squeezed together.

Lower body exercises



LOWER BODY

Forward lunge

Holding middle handles at shoulders, alternate forward lunges, knee to 90 degrees.

Tip

Focus on squeezing glute of planted foot to drive forward.

LOWER BODY

Speed squat

Holding lower handles,
with feet at hip width, rapidly sit
into and out of a deep squat.

Tip

Keep chest high and back straight throughout exercise.

LOWER BODY

Split jump

Holding lower handles from a lunge position, jump and switch legs while in air into alternate lunge.

Tip

Keep shoulders pinched, landing softly.

LOWER BODY

Squat jump

Holding lower handles,
with feet at hip width, rapidly sit
into and then jump out of a deep squat.

Tip

Keep feet at hip width apart, landing softly.

LOWER BODY

Stiff leg deadlift

Holding lower handles with legs straight, pivot by pushing hips back and then forward.

Tip

Focus on pivoting at the hips with straight legs.

Thank You

for choosing the Bowflex® HVT™ machine

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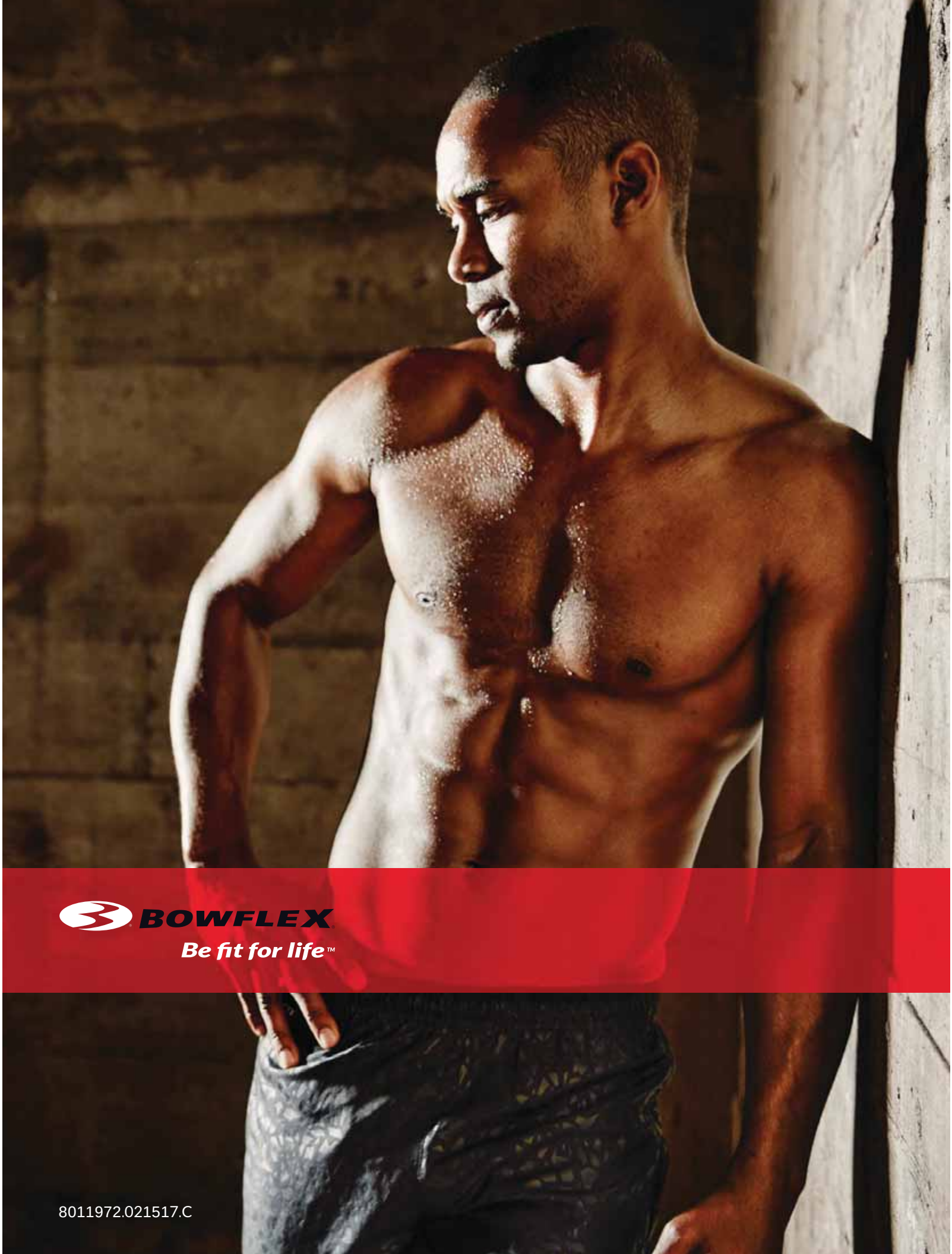

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