Thank You

for choosing the Bowflex® HVT™ machine

Need help?
www.bowflex.com/help
www.bowflex.com/apps

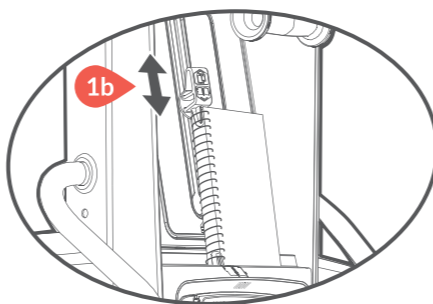**Read and understand** all warnings on the machine and the complete manual.
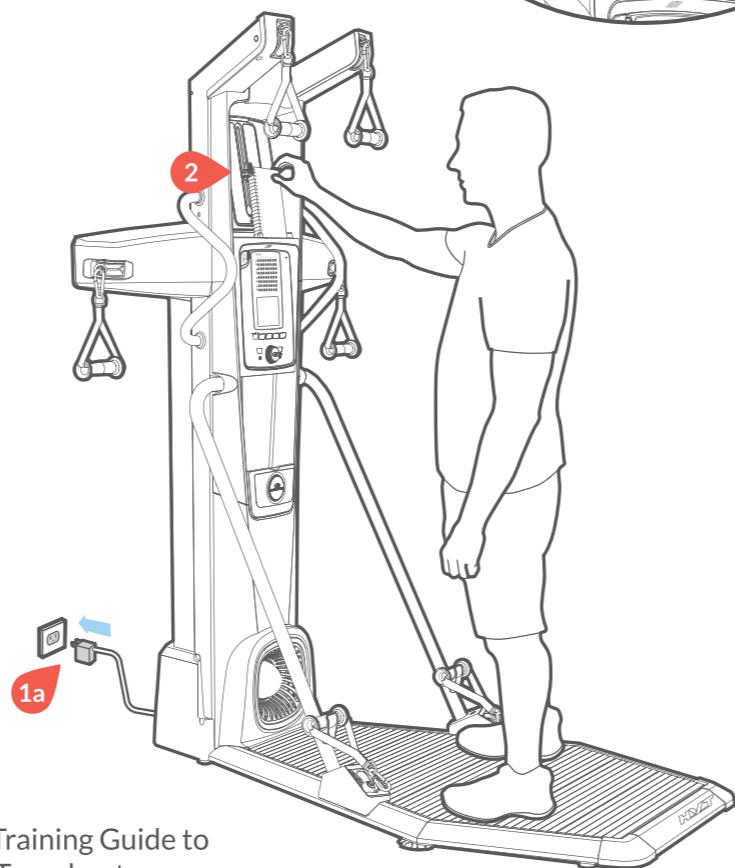
Start your workout

1

Plug in the machine, and **secure** the Training Guide to the Media Shelf.

2

Open the Training Guide to the SPRINT workout program.

3

Push the User button to select a user.

4
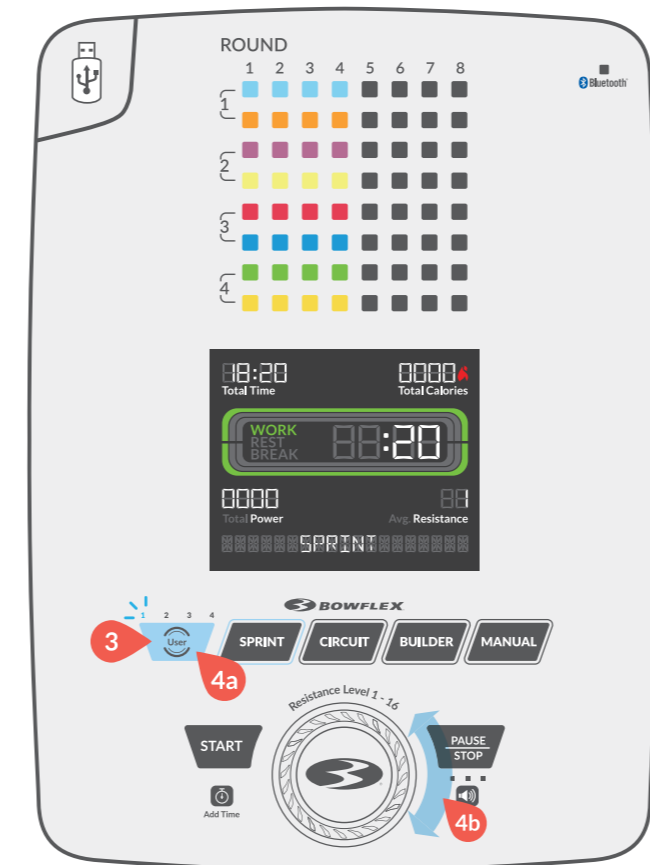
Push and hold the User button to customize your profile. **Turn** the resistance dial to adjust the value, and **push** the resistance dial to confirm.
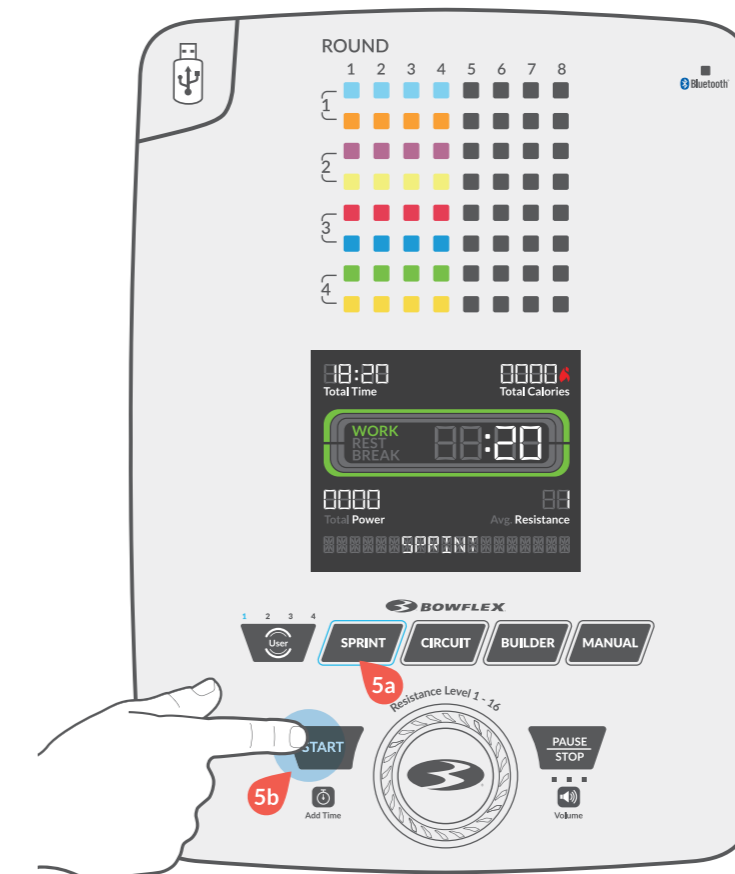
5

Push the SPRINT button, then the Start button to **begin** your workout!

SPRINT Workout

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

Following proper form, **workout** as quickly as possible to **elevate** your heart rate and **burn** more calories.

ROUND

|	1	2	3	4	
1					Speed squat
					Chest press
2					Squat jump
					Bent over row
3					Reverse lunge straight arm pulldown
					Split leg alternating bicep curl
4					Tricep pushdown
					Squat with overhead press

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. See your Owner's Manual for more details.

Workout with the App

With the "Bowflex HVT" App, there's no Training Guide needed! Just **pair** your device, **open** the App, and **follow** along. The exercises are presented in order for your selected workout.

1

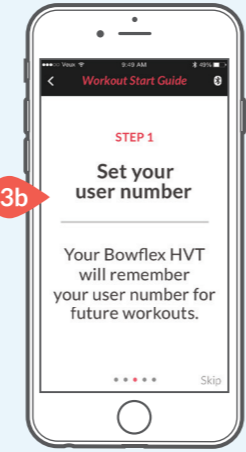**Push** the WORKOUT NOW button on the App.
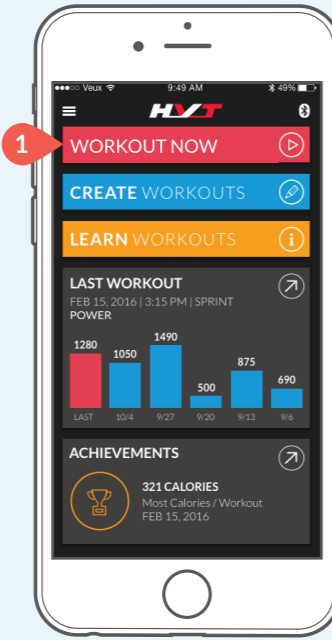
2

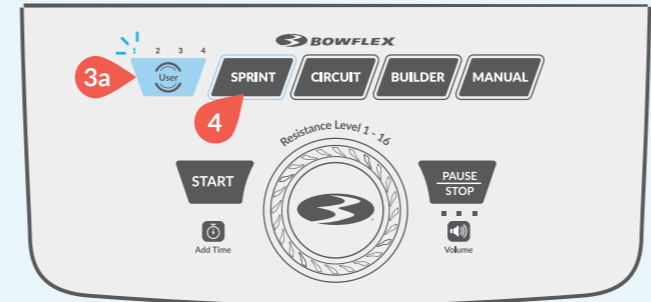**Follow** the App until STEP 1 is displayed.

3

Push the User button to select a user on the Console, and **select** the same user on the App.
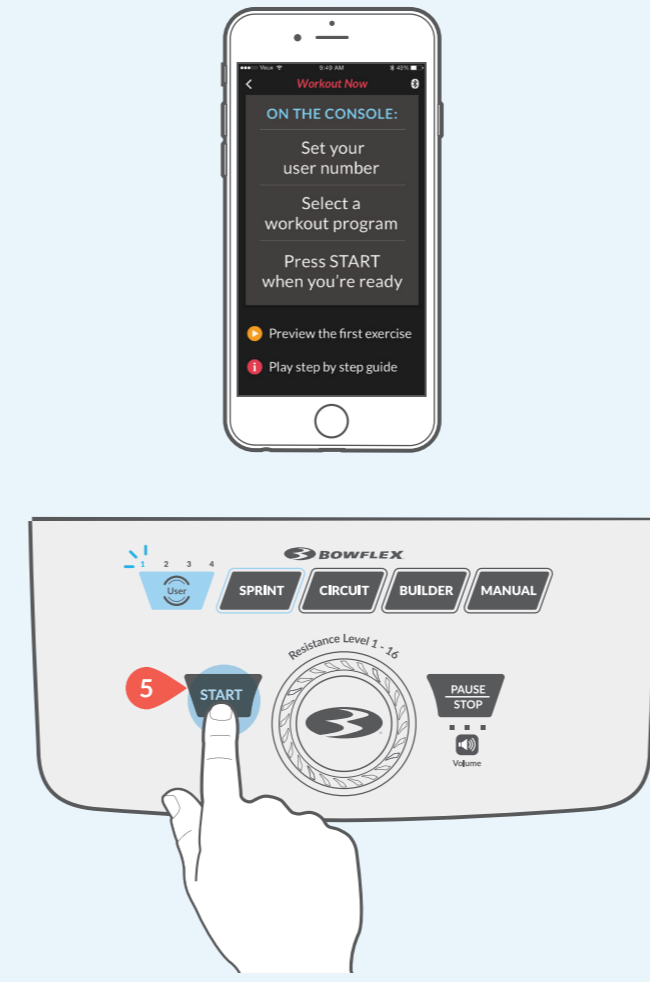
4

Push the desired Program button on the Console, and **select** the same Program on the App.
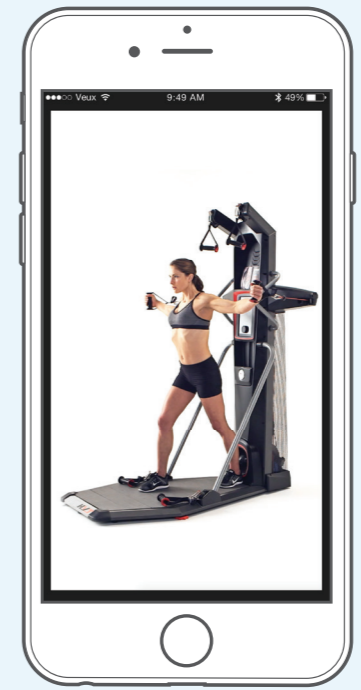
5

Push the Start button on the Console and your workout begins!

6

The App presents each exercise with a video demonstration. **Follow** along with the demonstrations during the Work segments.

Explore all 50 exercises through the **LEARN** WORKOUTS option, or create your own custom program with the **CREATE** WORKOUTS option.