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## Tired of Wasting Time and Money at the Gym? Bowflex is the Solution

Even if you *know* how important exercise is for a healthy lifestyle, making it to the gym regularly is still a challenge. Sure, you got that gym membership with the best intentions, determined to go at least three times a week so you could start working on your summer bod. Maybe you even stuck with it for a few weeks, maybe even a month if you're really dedicated, but eventually, you quit going. It's not your fault, life happens. You get busy and that's when the excuses start. It always begins small, with things like, "I'm so busy today. I don't have time, I'll just go tomorrow instead" or "ugh, I'm exhausted. Work was so long and I just can't do it today."

Sound familiar? Don't feel bad, it happens to the best of us. That's because making a commitment to the gym isn't realistic. It takes way too much time to fit conveniently into your already hectic life. That's why the Bowflex is such a perfect option for those who want to live a healthy life, but don't have time to waste at a traditional gym.

Or maybe it's not that you don't have time to workout, it's just the gym itself that turns you off. The gym can be so intimidating! There's nothing worse than feeling like everyone is watching you, scrutinizing everything you do and secretly laughing behind your back. That's exactly what you want when you're bright red in the face, dripping gallons of sweat, and gasping for air. It's easy to feel self-conscious in this situation, that's why Bowflex came up with a solution, their patented home fitness equipment. It's ideal for those of us who want to get in shape, but avoid embarrassing ourselves along the way. Home fitness equipment allows you to work out from the privacy of your own judgment-free home.

### Get Fit on Your Terms

If Bowflex sounds like the kind of solution you've been looking for, you're not alone. A recent online survey looked into the exercise habits of over 1,200 adults between the ages of 24 and 44. An overwhelming number of respondents, a whopping 77%, stated they would rather exercise by themselves than with other people.<sup>[1]</sup> We're not surprised. It seems that although many commercial gyms have tried to accommodate everyone and promote a more inclusive atmosphere for people at all fitness levels, the majority still prefer the convenience and no-judgment environment that only a home gym can offer. That's what drew us to Bowflex and the idea of creating a home workout space that can actually help you get the results you want.

"I feel stronger and better than I did going to the gym."  
- Kathy, Max Trainer User

## Why We Trust Bowflex

Bowflex isn't like other fitness industry titans out there, run by "fitness robots," who have no idea what it's like for the average person to workout. Instead, Bowflex is made up of people at all fitness levels, from all kinds of backgrounds. You may not typically picture a band geek, a dad in his 60's, and a jogger-enthusiast all working together at a fitness company, but that's Bowflex. It's a company built by a blend of real people, like you, who know what it's really like to try to get in shape.

We also trust them because they've been around for awhile. Bowflex started making home workout equipment in 1986 and has been an innovator in the home fitness industry ever since. They've always been trendsetters in creating effective, dependable home fitness equipment and have dedicated over 30 years to designing breakthrough solutions for every fitness need, from strength training to cardio. By focusing on making gym-quality results possible to achieve in the comfort of your own home, they've been able to create high-quality, effective products for every part of your fitness journey.

## What's the Catch?

With a Bowflex machine, you have a convenient way to reach to your fitness goals, without ever leaving your home. Doesn't that sound nice? Almost too good to be true. But it's not. These machines actually work. I bet you're wondering "what's the catch?" Simple. It requires work to get results. It seems like a no-brainer, but simply buying a Bowflex won't magically help you drop 20 lbs in a week.

What it will do is make it easier for you to do the work needed to get results you want. By making it more efficient than a trip to the gym, you can accomplish the same fitness goals with less time and less effort. The reason Bowflex works is because you can't get away with making excuses like you can with a traditional gym. Everything you need is right in your own home and the machines are specially designed to help you get the same intense workout you would from a gym in half the time. And even if you do get busy or lose your motivation for a little while, it's okay because your Bowflex isn't going anywhere. Even better, it's not charging a steep membership fee even though you haven't touched it in a month. It'll still be there when you're ready to get back at it.

"I don't need to spend my life in a gym, I've got a Bowflex."  
- Ron, Bowflex Home Gym User

## Find the Right Fitness Equipment for You

Bowflex understands that each fitness journey is incredibly personal. What works for some, won't automatically work for all because everyone has different goals, levels of experience, health restrictions, preferences, etc. They know better than to give a bodybuilder a treadmill and expect him to be satisfied. That's why Bowflex made it their mission to provide a variety of high-quality home fitness machines for every type of workout. They offer everything from strength training to cardio machines, and even machines that are a mixture of both. There's a machine for everyone.

## Max Trainer

One of the most popular products made by Bowflex is the Max Trainer. It offers total body training and can easily be the only piece of exercise equipment you need for your home gym. Compact in size, the Bowflex Max Trainer offers a full body cardio workout in a smooth, low-impact motion. Available in three models, the Max Trainer features a breakthrough interval workout that you'll feel in your entire body.

- **M3:** The most affordable Bowflex gym is the Max Trainer M3. It comes in under \$1,000 and has a number of resistance levels that make it a great fit for any fitness level. If this is your first home gym and you're looking for an all-around machine, the Max Trainer M3 is right for you. The one detractor is that changing the resistance is a manual process. If you want a computerized system, you're going to pay a little more for an M5 or M7 machine.
- **M5:** Priced around \$1,500, the M5 offers twice as many resistance levels as the M3, comes with that computerized feature for changing resistance, and helps you track calories, heart rate and fitness progress with specialized contact grips. This machine can also integrate with a lot of the popular apps on the market, like MyFitnessPal®, Google Fit, and Apple Health, to help you track your goals.
- **M7:** The Cadillac of Max Trainers, the M7 comes with an extended 3-year warranty. These warranties can be key when you're buying a machine for almost \$2,200. With 20 resistance levels and an option to add up to 4 unique users, the M7 is the machine for families who have a variety of skill sets and fitness levels using the machine.

"We love this piece of equipment and will continue to use it. Bowflex has definitely outdone themselves."

- Tom, Bowflex Max Trainer User

## Home Gym

The Bowflex Home Gym is a full-body strength training machine. It's unlike other traditional weight training machines because it utilizes advanced resistance technology to strength and tone muscles, instead of relying on gravity. With so many different exercises you can do with this one machine, you'll never get bored or run out of things to do.

- **X2SE:** The Bowflex Xtreme 2 SE Home Gym is the more affordable model option. Coming in at \$1,599, it is capable of performing over 70 possible exercises, making it a great option for anyone, ranging between beginner to intermediate. Equipped with an innovative no-change cable pulley system for ease and convenience, you won't have to waste time readjusting the machine after each exercise. Just another way Bowflex saves you time.
- **Revo:** The Bowflex Revolution Home Gym is more advanced, capable of performing over 100 different exercises. It's an excellent option for more those who are more advanced and familiar with strength training and looking for a challenge. It has everything the X2SE has, with the addition of an independently moving Freedom Arms® system that's capable of aerobic rowing.

"If you're on the fence about this machine, don't think further, this is the machine for you."

- Jim, Max Trainer User

## Cardio Machines

If weight lifting or strength training isn't what you're looking for, Bowflex offers great cardio machines to choose from, too. You don't have to be a runner either to still get the benefits of a cardio workout. Believe it or not, you can walk your way to a slimmer body with a treadclimber, treadmill or elliptical.

- **Treadclimber:** Coming in two models, both treadclimbers offer a unique 3-in-1 experience in just one workout. By combining the motions from different cardio machines, it targets multiple body areas at a time. Treadclimber's burn 2.5X the amount of calories burned on a traditional treadmill for the same amount of time. For those seeking a challenging, effective cardio workout, this is an excellent option.
  - **TC100:** A great option for those interested in moderate to intense cardio exercise, this is the more affordable option costing \$1,999. It includes 4 monitor functions: speed, distance, time, and calories. It's capable of tracking and storing two different user's data, so you and a partner can both track your individual progress. If you're on a fitness journey, tracking your progress can be a huge motivator. It helps seeing that your hard work is paying off. The speed range is .5-4 mph.
  - **TC200:** This is a sleek, upgraded treadclimber, costing \$2,999. It's worth the investment because this model includes all of the same features as the original model, plus 5 new monitor programs: Just Walk, calorie goal, distance goal, time goal, and intervals. Setting goals has been proven to help motivate people to stick to their fitness plan because it gives them something concrete to work towards. It can track two different user's data, but is now more advanced in that it recognizes and celebrates every time you reach another goal.
- **Treadmill:** Tried and true, traditional cardio workout machine. With upgraded features, Bowflex Treadmills are great for all fitness levels. They're equip with free entertainment and connectivity options, and real-time custom workouts, making them an ideal option compare to other treadmills.
  - **BXT116:** This standard treadmill is competitively price at \$1,499. It offers speeds 1-12 mph and incline options up to 15% max. On top of that, it comes with 9 different pre-set workout programs. It is capable of tracking up to 4 different user profiles and data, so it's a great option for the whole family.
  - **BXT216:** This newer model costs \$1,799, and with the upgrade offers 11 pre-set workout programs. These 11 pre-set programs offer more diverse options for cardio workouts. It also comes with new integrated speakers for easy music listening.
- **Elliptical:** Ideal for those who with painful joints, weak knees or frequent shin splints. The unique design allows for an intense cardio workout, without placing strain and stress on joints like a traditional treadmill.
  - **BXE116:** This elliptical is great for any fitness level. It's competitively priced at \$1,499 and has 25 resistance levels, 9 pre-set workout programs, tracks up to 4 different user's data, and has 3 different comfortable hand positions. This elliptical has it all.
  - **BXE216:** This newer model is a great option for all fitness levels and costs only \$1,799. With the upgrade comes 11 pre-set, versatile workout program options and 4 different comfortable hand positions. With the additional workout programs, you'll never have to worry about settling into a routine.

## Cardio + Strength HVT Machine

If you're ready to take your training to the next level, you need the HVT machine to help you reach your goals. It provides a 2-in-1 workout, utilizing both cardio and strength training to give you one of the fastest and most effective workout ever designed. By combining cardio and strength, this machine helps you burn fat and build muscle at the same time. You can get a full-body workout in under 20 minutes. This machine may sound complicated, but it's easy to use, even for beginners. It even comes with a free training app designed with built-in coaching and motivation for every stage of your fitness journey.

- **HVT:** Excellent full-body machine, costing an \$1,799, which is a great price for everything this machine can do. It that comes with 3 pre-programmed workouts. These include "Sprint", which focuses on power, speed, recovery, "Circuit Training" that focuses on strength, form, and range of motion, and finally "Builder", which is designed to improve strength and endurance. With resistance levels 1-16, over 50 unique exercises available, and up to 5X more muscle activation that any other full-body workouts, this is a great option for everyone at any fitness level. Every program is completely customizable to fit your needs, abilities, and goals. The HVT also displays total time, calories burned, total power score, and level of resistance so you can keep track of your workouts.
- **HVT+:** Intense full-body workout machine costing \$2,299. It comes with all of the same features as the HVT model, with the addition of a Samsung Galaxy Tab A 8" Tablet (16GB). This tablet comes pre-loaded with the HVT App, which is designed to help assists with workouts and make your workout routine easy to follow and stress-free.

"It gives [an] entire body workout and has a variety of exercises to keep the routines from getting, well routine."

- Steve, Max Trainer User

## Financing Your Fitness Equipment

Bowflex wants you to succeed and achieve your fitness goals because that's what they're passionate about. They know that in order to do that, you have to be able to afford the machines that are going to help transform your life. They understand that home fitness equipment can be expensive because the machines are complex and have many amazing features. That's why all Bowflex machines come with the ability to apply for Bowflex financing. The secure online application process only takes a few minutes, and if approved, you don't have to put any money down, plus there's no interest if paid in full within 18 months. The Bowflex special financing application and full terms and conditions of the offer are available at [Bowflex financing](#).

In addition to Bowflex special financing, when you order online you can also elect to pay with credit card (Visa, American Express, Discover Card, MasterCard, CareCredit), PayPal or check/money order.

## It Works for Others, It Can Work for You

With Bowflex, reaching your fitness goal is finally possible. While your success does depend on the effort you're willing to put forth, Bowflex makes it easy to make that commitment and stick to it. Once you start seeing results, you'll be addicted. All it takes is 30 minutes a day, 3 times a week to start seeing results. That's it. Anyone can do that.

By the way, the results aren't limited to an occasional 15 lbs here or there by a handful of customers. Real people are seeing real results with Bowflex. One woman brags that by using Bowflex she was able to lose "105 pounds in less than a year." That's amazing. Sure, that won't happen to every single person who steps on a Bowflex machine because all results vary. But even so, if she can do it, why can't you?

Others were hesitant to start their fitness journey but quickly realized that with Bowflex success is possible. Many satisfied customers, who were skeptical and reluctant at first, report how happy they are for deciding to give Bowflex a try. It's worth it because the results are real. Even if you hate working out or haven't had any luck getting in shape in the past, this time it's different and it can work for you. Notorious gym-haters share the sentiment that, "It's been great to work out at home, everyone can find 14 minutes at home." It's true, that's totally doable.

## Where to Put Your Bowflex for Best Results

Now that you're committed to your fitness journey and are excited about all of the possibilities Bowflex machines offer, the big question is, where are you going to put your Bowflex? You might think you need a huge space to start a little home gym of your own, but you'd be surprised how little space you actually need. Bowflex machines are specifically made with home fitness in mind and are designed to fit many spaces.

Before you rush out and purchase your Bowflex, take a minute and decide where you're going to start building your home gym. If you have the desire (and space) to dedicate an entire room for your gym, consider an extra bedroom, finished basement, or attic space. Maybe it's time to jettison the "junk room" and make it a gym. And if you don't have an entire room to dedicate, look for any underutilized corner or oversized landing. Shared space with a bedroom, home office, or den are common double-duty ways to incorporate a home gym. Especially with how some home gym equipment folds away, you have more options than ever.

Any part of your residence could work as a home gym, but be aware of these important environmental considerations that the space will need to have:

- Proper ventilation and/or access to fresh air. A space that isn't climate controlled could cause discomfort while exercising and lead to heat disorder. The International Fitness Association (IFA) recommends a room temperature below 70 degrees for aerobic activities, so make sure the space you select has adequate ventilation or be willing to add this amenity to the area.
- Nearby electrical outlets. Sure, free weights don't need to be plugged in, but many fitness machines are electric and will need an outlet to function. Also, you might need outlets to power your workout entertainment, a freestanding fan, and similar personal needs. We all know a consistent workout routine is partially successful because the experience is enjoyable, so make sure you have electricity to power your experience.

- Adequate lighting. If you can alter the overhead room lighting in your new workout area, consider low-voltage options that won't produce a lot of heat. Any low-profile lighting solution – like track lighting – will likely work well. Additionally, consider a ceiling fan if you want more air distribution and be aware of any natural light in the room and try to maximize it when you place your equipment. Research has shown that daylight gives you a higher level of energy and can increase concentration.
- Minimum of 7 feet of ceiling height. In general, for an attic or basement space to be up to standard building code for a “habitable” space, you'll need a 7-foot ceiling height clearance. This is also the minimum height recommended for a home gym ceiling. However, if you're tall, you might need more headroom than this. Many workout machines, including the popular Bowflex Max Trainer, have a compact vertical design which uses less floor space but will lift the user about a foot off the ground to perform activities. So, make sure you have the clearance you need for the type of workout you plan to do.
- Enough space to fit the desired equipment. [Elliptical stair climbers](#) can use up to 20 square feet. A [treadmill takes up about 30 square feet](#). Free weights can use as much as 50 square feet. Bikes tend to be more compact and only take up about 10 square feet. So how much space you need depends on the equipment you plan to place in your home gym. We recommend drafting a diagram of your potential home gym location with equipment arrangements included. [Pottery Barn offers a free room-planning tool](#) that might help you.
- If you can only have one machine and want to burn calories faster, then a [Bowflex Max Trainer](#) may be your fitness solution. A 2013 independent study pitted the Bowflex Max Trainer against treadmills, steppers, and ellipticals with users working out at the same pace and intensity. In the end, users burned more calories with the Bowflex Max Trainer than every cardio machine tested by up to 2.5X per minute. Bowflex Max Trainer offers a compact design that fits almost anywhere. It features an ultra-small footprint that can fit in nearly any room of your home with floor dimensions measuring only about 8 square feet.

One further consideration about the location you choose is to ensure you don't select a place that's too remote, undesirable, or unavailable in your home. If you don't like going up and down those steep attic stairs, then putting the gym in the attic might not motivate you to use it. If it's common for you to have houseguests for extended periods of time, then making a combo guest room/home gym might not work. Critically think about the space and if you will want to (and be able to) regularly spend several hours a week in there.

“It is everything I wanted and more! It's an amazing workout!”  
 -Tanya, Bowflex Elliptical User

## Start Your Fitness Journey with Bowflex

At House Method, it's our mission to help you perfect your home so you can focus on what's most important—being your best self. So, when we saw that the Bowflex mantra is “Be Fit For Life™” we knew instantly that their innovative home fitness machines were something we wanted to share with you.

For a smarter, faster workout from the comfort of your own home, try Bowflex. With machines that are great for beginners and experts alike, it's the missing piece you need if you're serious about getting in shape. Let Bowflex help you reach your goal from the comfort of your own home.

## Choosing the Right Fitness Flooring

You may have noticed that most consumer gyms have rubber flooring or low pile commercial carpet. These type of flooring choices help eliminate noise, eliminate damage to the surface underneath, and are fairly easy to clean and maintain. For a home gym, we recommend similar flooring options as a full room solution, or as a way to protect existing floors in the area where the workout equipment is located.

Both rubber flooring and foam flooring can be purchased in rolls or as tiles. Rubber is more durable and more expensive than foam, and it's often the choice for commercial gyms. However, the color selection is usually limited, and most rubber floors come in black. Why? Because that is the most economical rubber option as it's usually recycled from discarded tires. Also, coloring rubber must take place at the raw material stage – which is an expensive process – so basic black is often the only option.

For a home gym, foam flooring may be a better and more fun option. There are lots of available colors, and foam flooring comes in easy-to-install tiles. This allows you to place the foam in only part of the room if your goal is to protect an existing floor. Like rubber, foam has similar shock-absorbent and sound dampening properties, but for much less cost. One drawback is that it's not as resilient as rubber, and if an area is compressed for an extended period – for instance if you have your Bowflex Max Trainer in one position and months later move it to another spot – the foam may retain indentions and those tiles might need to be replaced.

Finally, for home gym flooring, if you want the room to look warmer, carpet squares, low pile carpeting, or even a commercial area rug might be a solution to consider. One drawback is that carpet can hold moisture, unlike foam and rubber, so if you select a carpet solution, be sure to have the area professionally cleaned every few years.

If you can't re-do your flooring, or don't want to spend a lot of money on flooring, you might consider the [Bowflex Cardio Machine Mat](#). For only \$99 you can get a professional-quality mat designed to fit under your Bowflex Max Trainer cardio machine. It provides added stability and gives your workout area a clean, finished look while reducing wear on your carpet, tile, or wood floor.

## Accessorizing Your Home Gym with the Right Equipment

Now for the fun part – home gym accessories! Here's a list of amenities you might want to consider in your home gym to make your workout more pleasurable and effective. Even if you don't have a dedicated room for your workout, most of these suggestions would integrate well into an existing room.

- For Entertainment. If you don't like wearing earbuds, set up an external audio system. Bluetooth wireless speakers are probably the most space- and cost-saving way to go.

Music can be a great motivational tool for exercise as our bodies often unknowingly keep pace with an upbeat tempo. Plus, listening to music you enjoy can make a workout fly by. A Bluetooth speaker could also be used with a television system. Watch your favorite television show or catch up on movies you've been meaning to see as a reward for getting in that workout.

- For Wellness. You could just grab a water bottle from the kitchen, but it would be kind of cool to install a water cooler, water fountain, or dispenser within reach of your home gym. You might be more apt to consume water if it's right there in front of you. In general, guidelines recommend drinking 7 to 10 ounces of water during every 10 to 20 minutes of exercise.
- For Inspiration. Motivational wall art or even a full wall mural can inspire you toward a fitness goal. Also, consider installing mirrors so you can see yourself in action. Proper form is important, and we often don't know we're doing an exercise incorrectly until we see our posture in a mirror. Mirrors are also great ways to bounce light around a room.
- For Tracking Progress. The [Bowflex BMI/Daily Calorie scale](#) measures your BMI (Body Mass Index), calculates the difference between current weight and goal weight, and suggests calories needed per day to maintain current weight. The scale is a super thin and attractive platform design with a large readout area.

And if you don't need any of these accessories to get in the zone, then high-five, fist bump, and a great big "Way to go!" We are envious of your motivation. But, let's be honest, all any of us really need for a home gym to succeed is that one machine we enjoy working out on. Because when you find your exercise, that one thing you really enjoy doing, it takes the "work" out of a workout.

## What Else Can I Do to Have Good Home Gym Results?

Purchasing a Bowflex Max Trainer and setting up your home gym area are the most important steps you can take to creating a successful home fitness routine. But what else can you do at home to support your fitness goals?

- Diet and sports nutrition. "Diet and exercise" go together because each helps the other. In recent years, protein shakes have emerged as a great post-workout pick-me-up since they digest faster than solid food. The benefit of protein is that it encourages muscles to build, and if enjoyed immediately after a workout it will take only about 30 minutes to reach and nourish your muscles.
- If you want to give protein shakes a try, the [Bowflex BlenderBottle](#) yields perfectly smooth and blended protein shakes. The Bowflex BlenderBottle features a BlenderBall that will whip-up the perfect drink every time. Read the Bowflex blog to [learn more about protein shakes](#).
- Supplements. There are a whole range of wellness supplements on the market and you should do research to find the right product for your goals. However, if you don't know where to start your research, you might first look into whey protein. Whey protein is one of the most popular supplements and studies show it can help increase strength and muscle while decreasing body fat. Whey protein also contains many essential nutrients. Read the Bowflex blog to [learn more about protein powder](#) and to [find general information on supplements](#).