

84 WORDS, 30 SECONDS

KEEP MOVING THIS WINTER

WHEN THE TEMPERATURE DROPS, YOUR MOTIVATION TO WORK OUT MAY START TO WANE. THESE TIPS MAY HELP. SHAKE UP YOUR ROUTINE BY CHANGING THE ORDER OF YOUR EXERCISES. TRY NEW THINGS TO CHALLENGE YOUR MUSCLES. TAKE YOUR WORKOUT OUTDOORS TO COMBAT COLD WEATHER BLUES. FINALLY, WORK SMARTER, NOT HARDER. THE NEW MAX INTELLIGENCE PLATFORM FROM BOWFLEX PERSONALIZES EVERY WORKOUT, LEARNING YOUR CAPABILITIES AND ADAPTING WITH A PERSONALIZED FITNESS EXPERIENCE. AVAILABLE WITH THE BOWFLEX MAX TRAINER M-SIX AND M-EIGHT CARDIO MACHINES. LEARN MORE AT BOWFLEX-MAX-TRAINER--DOT--COM.