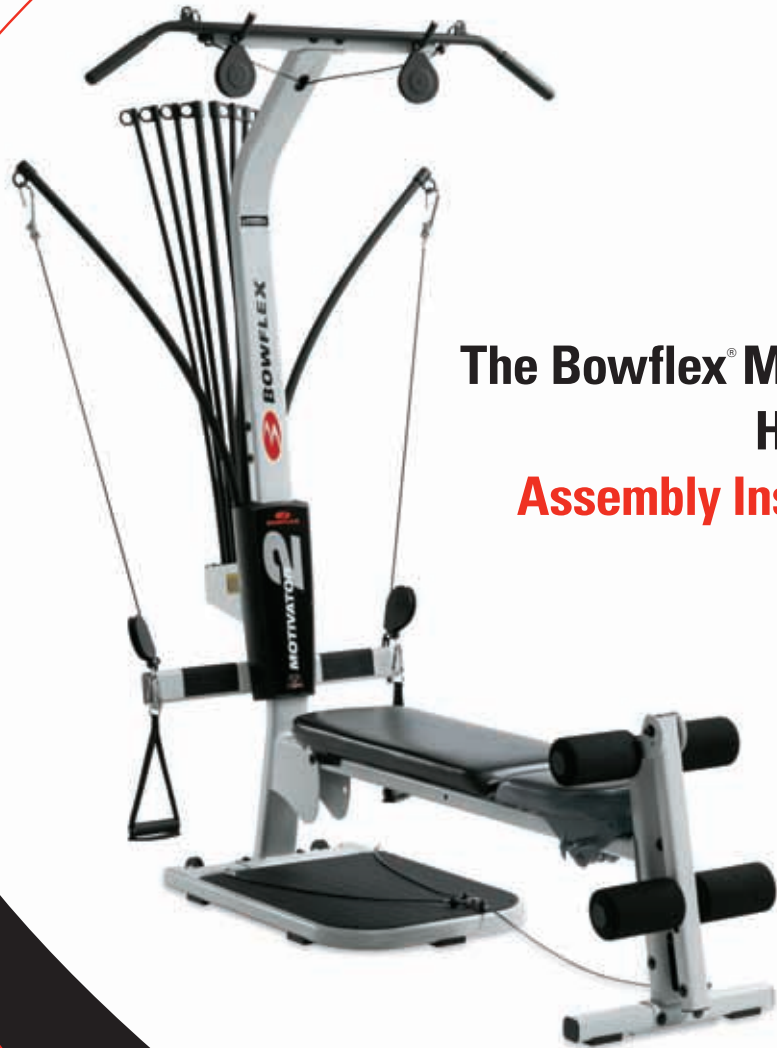


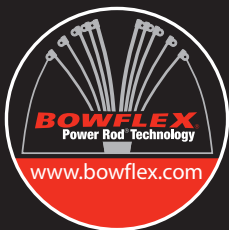


BOWFLEX

MOTIVATOR 2



The Bowflex[®] Motivator[®] 2 Home Gym **Assembly Instructions**



Get To Know Your Bowflex® Motivator® 2 Home Gym

Congratulations

Congratulations on your commitment to improving your health and fitness! With the Bowflex® Motivator® 2 home gym, you have everything you need to exceed all of your physical fitness, strength and health expectations!

The Bowflex® Motivator® 2 home gym's exceptional resistance and quality is unmatched by any other single piece of home fitness equipment available. You will not believe the amazing results your body will get with the Bowflex® Motivator® 2 home gym!

With all of the fitness choices available today, finding the best workout equipment for your needs can be confusing. Everyone at Nautilus would like to congratulate you and thank you for selecting the Bowflex® Motivator® 2 home gym.

The Bowflex® Motivator® 2 home gym is the best home fitness product available, and you're just about to prove it to yourself.

Before You Assemble

Select where you are going to locate your Bowflex® Motivator® 2 home gym carefully. The best place for your Bowflex® Motivator® 2 home gym is on a hard, level surface. For best results, assemble your Bowflex® Motivator® 2 home gym in the location where you intend to use it. **For safe operation of the Bowflex® Motivator® 2 home gym, allow a workout area of at least 8'4" x 6'6" (2.6 m x 2.0 m) of free space.**

Basic Assembly Principles

Here are a few basic tips that will make your assembly of the Bowflex® Motivator® 2 home gym quick and easy. By using these principles, you can simplify each process and save yourself extra time and effort.

1. To make the assembly process go faster, gather the pieces you need for each step and thoroughly read the assembly instructions for that step prior to starting assembly for the step.
2. When tightening a locknut on a bolt, use a combination wrench to grip the locknut and ensure that it is fastened securely.
3. When attaching two pieces, gently lift and look through the bolt holes to help guide the bolt through the holes.
4. As a general rule, and for all bolts and nuts on your Bowflex® Motivator® 2 home gym, turn bolts or nuts toward the right to tighten and left to loosen. Or you can remember the mnemonic: "Righty tighty, lefty loosey."

Parts List & Tools You Will Need

Parts List*

Item #:	Qty:	Description:
1	1	Lower Lat Tower
2	1	Seat Rail w/Seat Bracket
3	1	Base Platform
4	1	Chest Bar w/Pulleys & Cables
5	1	Upper Lat Tower
6	1	Lat Cross Bar w/Pulleys & Cables
7	2	Hand Grip w/Ankle Cuff
8	1	50" Lat Bar
9	1	Seat Cushion
10	1	Leg Extension w/Cable
11	1	Bench Cushion
12	1	Leg Extension Cross Tube
13	1	Leg Press Belt
14	2	Face Plate Back Panel
15	1	Face Plate
16	1	210# Rod Pack
17	4	Leg Extension Tube End Plugs
18	4	Leg Extension Foam Rollers
19	1	Threaded Knob
20	2	Leg Extension Roller Tubes
21	1	Rod Box Mount

Tools You Will Need

3/16" Hex Key for 5/16" Button Head Screws:



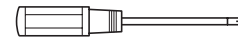
7/32" Hex Key for 3/8" Button Head Screws:



Wrench (9/16") or Adjustable Wrench (*both not provided*):



Phillips Head Screwdriver (*not provided*):



NOTE: LEAVE ALL CABLES WRAPPED AND BAGGED UNTIL YOUR BOWFLEX® MOTIVATOR® 2 HOME GYM IS FULLY ASSEMBLED.

* Specifications subject to change without notice.

Assembled Unit Weight: 141lbs. [64 kg.]

Shipping Box Weight and Contents:

Box 1: Shipping weight: 15 lbs. [6.8kg.]

210# Rod Pack
Assembly/Owner's Manual

Box 2: Shipping weight: 57 lbs. [26 kg.]

Seat Rail w/ Seat Bracket
50" Lat Bar
Seat Cushion
Leg Extension w/ Cable
Bench Cushion
Leg Extension Cross Tube
Leg Press Belt

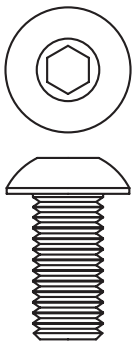
Box 3: Shipping weight: 66 lbs. [30 kg.]

Hardware Bag (See Hardware Guide for complete list.)
Lower Lat Tower
Chest Bar w/Pulleys & Cables
Upper Lat Tower
Lat Cross Bar w/Pulleys & Cables
Hand Grip w/Ankle Cuff
Face Plate Back Panel
Face Plate
Leg Extension Tube End Plugs
Leg Extension Foam Rollers
Threaded Knob
Leg Extension Roller Tubes
Rod Box Mount

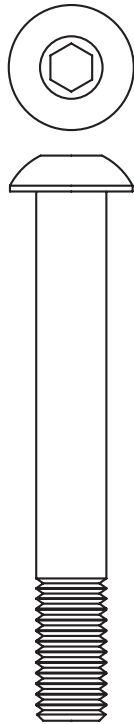
Box 4: Shipping weight: 36 lbs. [16.5 kg.]

Hardware Guide (1:1 scale)

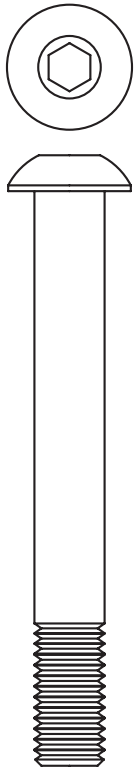
Item #: A
Qty: 8
Descr: Button Head Screw
 (3/8" X .75")



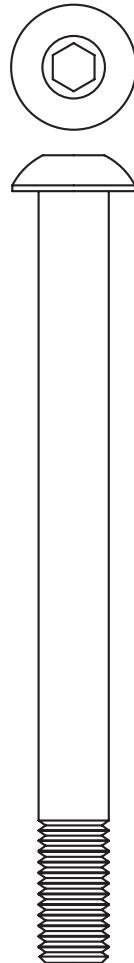
Item #: C
Qty: 2
Descr: Button Head Screw
 (3/8" X 2.75")



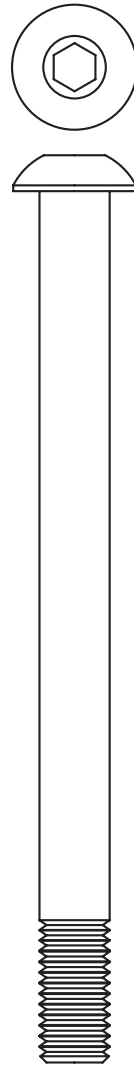
Item #: D
Qty: 2
Descr: Button Head Screw
 (3/8" X 3")



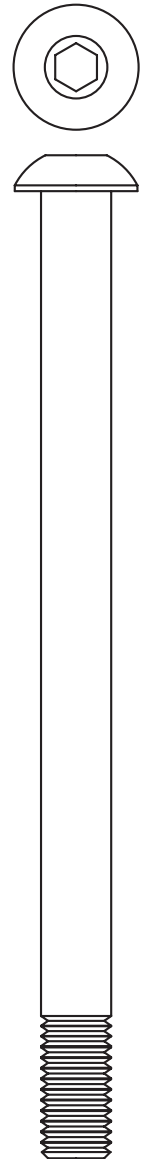
Item #: E
Qty: 2
Descr: Button Head Screw
 (3/8" X 4")



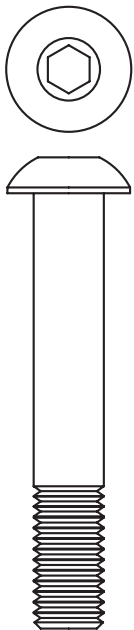
Item #: F
Qty: 1
Descr: Button Head Screw
 (3/8" X 4.5")



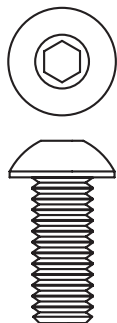
Item #: G
Qty: 2
Descr: Button Head Screw
 (3/8" X 5")



Item #: B
Qty: 2
Descr: Button Head Screw
 (3/8" X 2.25")



Item #: H
Qty: 8
Descr: Button Head Screw
 (5/16" X .75")



Item #: I
Qty: 8
Descr: Nylock Nut
 (3/8")



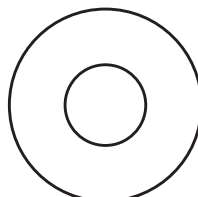
Item #: J
Qty: 3
Descr: SelfThreading Screw (#10 X 1")



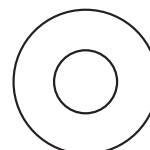
Item #: K
Qty: 4
Descr: SelfThreading Screw (#10 X .75")



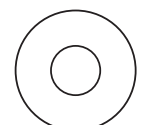
Item #: L
Qty: 27
Descr: Washer (3/8")



Item #: M
Qty: 8
Descr: Washer (5/16")



Item #: N
Qty: 3
Descr: Washer (1/4")



Assembling Your Bowflex® Motivator® 2 Home Gym

STEP 1

Parts:

- Base Platform
- Lower Lat Tower

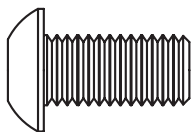
Tool:

- Hex Key (7/32")

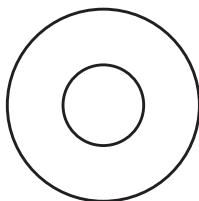
1-1 Secure the Lower Lat Tower to the Base Platform.

1-2 DONOT COMPLETELY TIGHTEN HARDWARE.

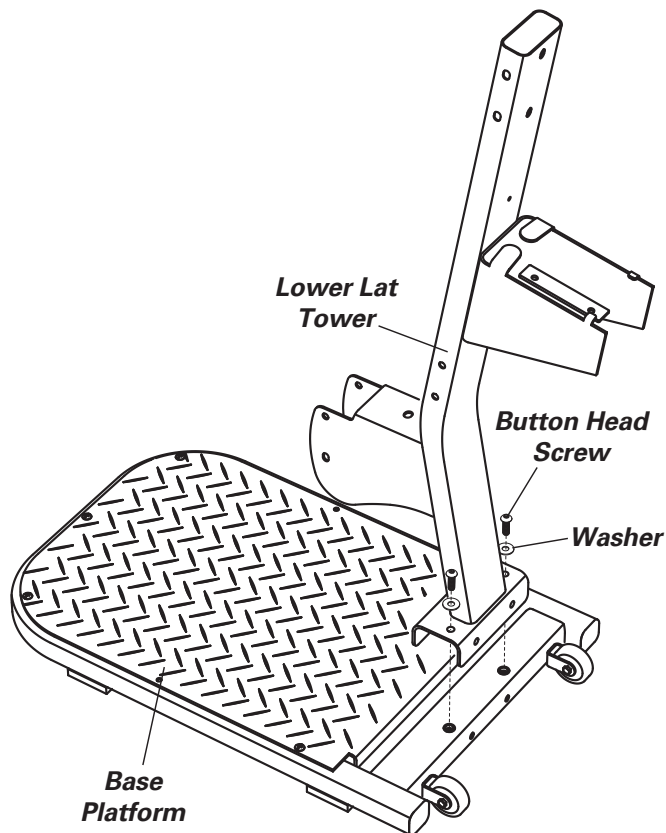
Hardware (1:1):



2 Button Head Screws (3/8" X .75")



2 Washers (3/8")



STEP 2

Parts:

- Base Assembly (from Step 1)

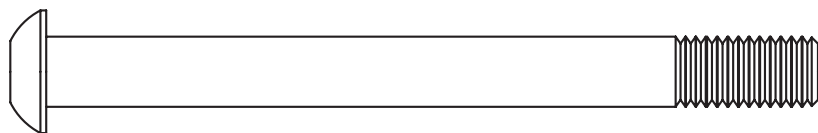
Tools:

- Hex Key (7/32")
- Wrench (9/16") - or Adjustable Wrench

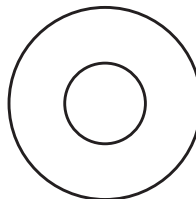
2-1 Rotate the Base Assembly onto one side.

2-2 Install the hardware and COMPLETELY TIGHTEN ALL HARDWARE FROM STEPS 1 & 2.

Hardware (1:1):



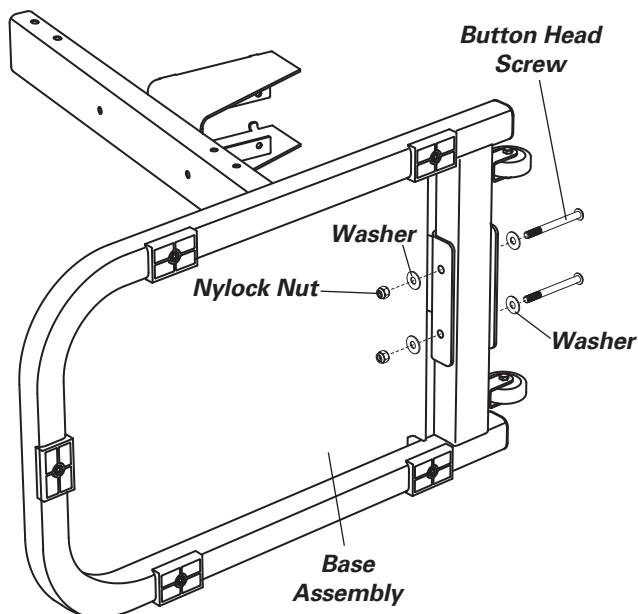
2 Button Head Screws (3/8" X 4")



4 Washers (3/8")



2 Nylock Nuts (3/8")



Assembling Your Bowflex® Motivator® 2 Home Gym

STEP 3

Parts:

- Base Assembly (from Step 2)
- Chest Bar w/Pulleys & Cables

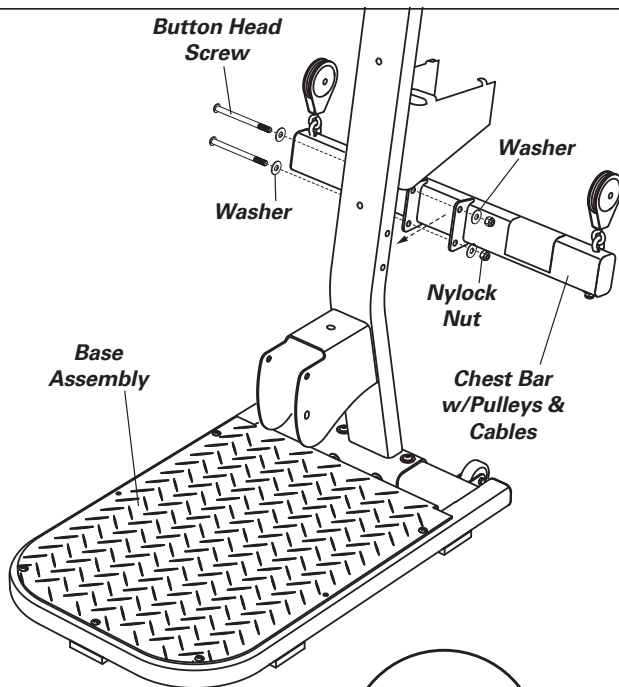
Tools:

- Hex Key (7/32")
- Wrench (9/16") - or Adjustable Wrench

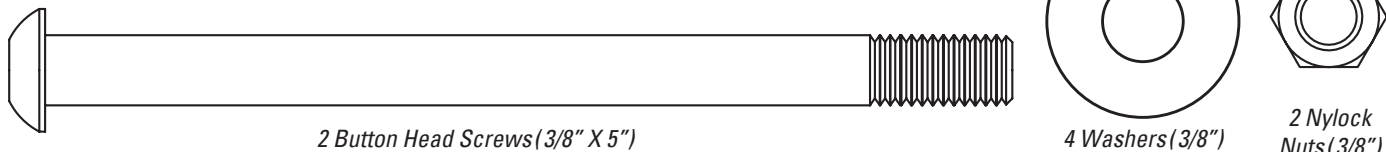
3-1 Place the Chest Bar against the Base Assembly.

3-2 Install and completely tighten the hardware.

3-3 DONOT UNWRAP THE CABLES FROM THE PULLEYS.



Hardware (1:1):



STEP 4

Parts:

- Seat Rail w/Seat Bracket
- Seat Cushion

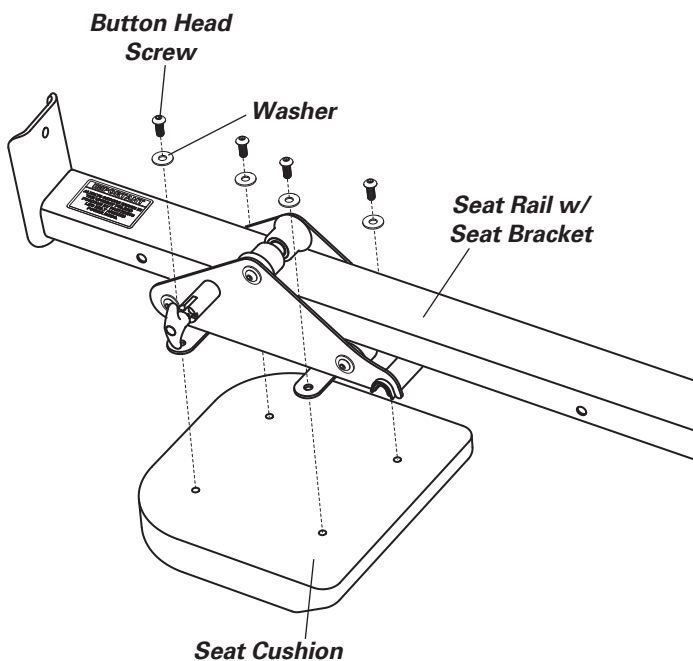
Tool:

- Hex Key (7/32")

4-1 Place the Seat Cushion onto the floor.

4-2 Position the Seat Rail/Seat Bracket onto the Seat Cushion.

4-3 Install and completely tighten the hardware.



Hardware (1:1):



4 Button Head Screws (5/16" X .75")

4 Washers (5/16")

Assembling Your Bowflex® Motivator® 2 Home Gym

STEP 5

Parts:

- Leg Extension
- Leg Extension Cross Tube

Tools:

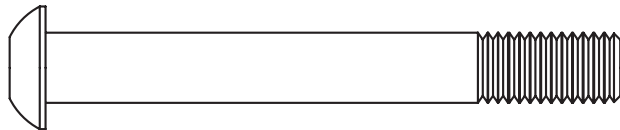
- Hex Key (7/32")
- Wrench (9/16") - or Adjustable Wrench

5-1 Place the Leg Extension over the Leg Extension Tube.

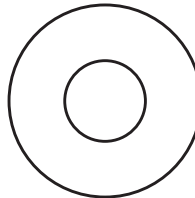
5-2 Install and completely tighten the hardware.

5-3 DONOT UNWRAP THE CABLES FROM THE PULLEY.

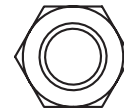
Hardware (1:1):



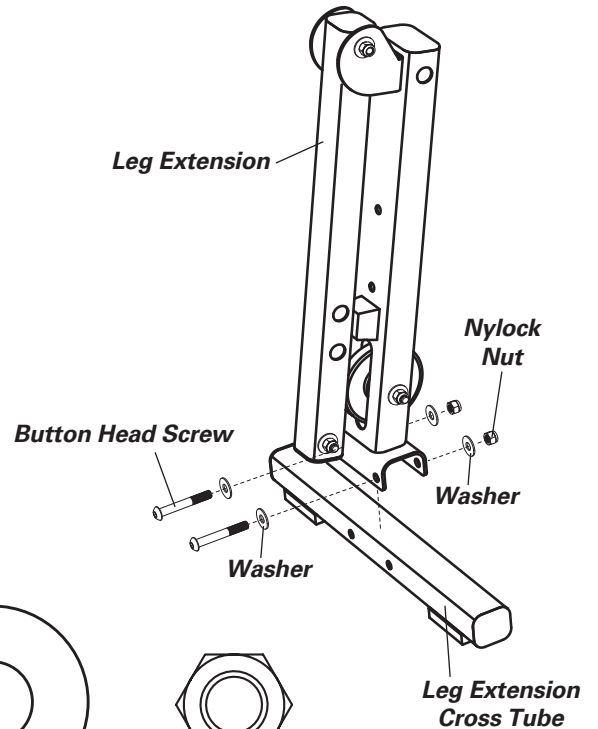
2 Button Head Screws (3/8" X 3")



4 Washers (3/8")



2 Nylock Nuts (3/8")



STEP 6

Parts:

- Seat Rail Assembly (from Step 4)
- Leg Extension Assembly (from Step 5)

Tools:

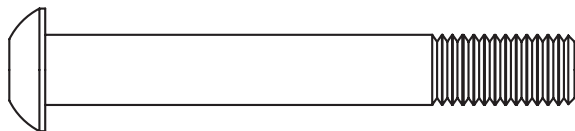
- Hex Key (7/32")
- Wrench (9/16") - or Adjustable Wrench

6-1 Position the Seat Rail Assembly against the Leg Extension Assembly.

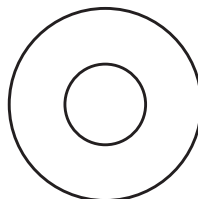
6-2 Install and completely tighten the hardware.

6-3 DONOT UNWRAP THE CABLES FROM THE PULLEY.

Hardware (1:1):



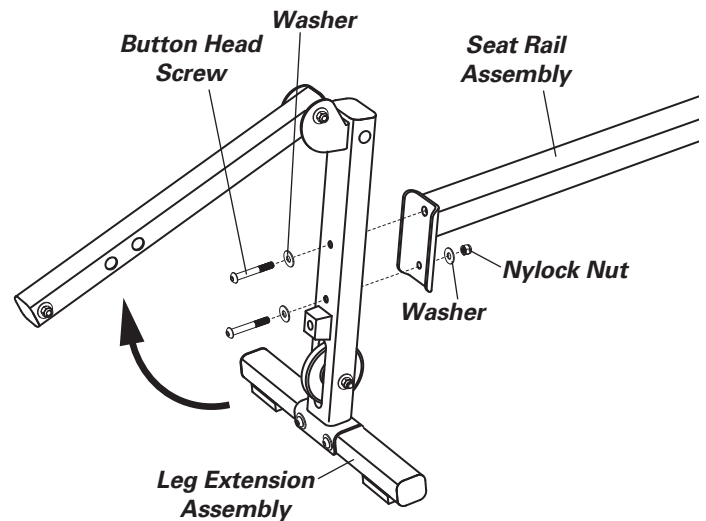
2 Button Head Screws (3/8" X 2.75")



3 Washers (3/8")



1 Nylock Nut (3/8")



Assembling Your Bowflex® Motivator® 2 Home Gym

STEP 7

Parts:

- Seat Rail Assembly (from Step 6)
- Base Assembly (from Step 3)
- Threaded Knob

Tools:

- Hex Key (7/32")
- Wrench (9/16") - or Adjustable Wrench

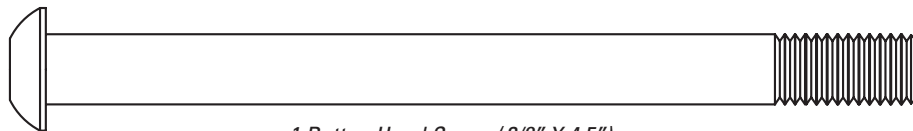
7-1 Remove tie wrap holding the Seat Rail pivot bushings.

7-2 Place the Seat Rail Assembly under the Base Assembly.

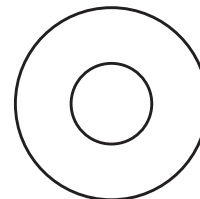
7-3 Install hardware and tighten so the Seat Rail pivots freely.

7-4 Install the Threaded Knob.

Hardware (1:1):



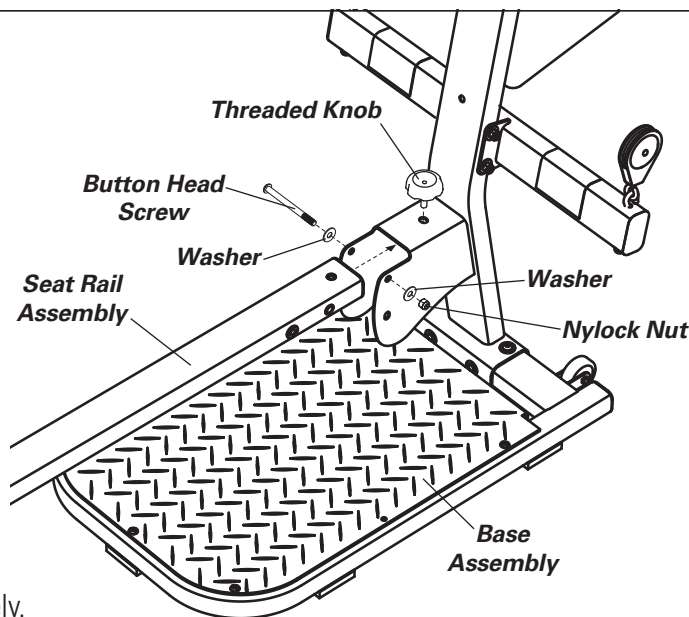
1 Button Head Screw (3/8" X 4.5")



2 Washers (3/8")



1 Nylock Nut (3/8")



STEP 8

Parts:

- Upper Lat Tower
- Lat Tower Cross Bar w/Pulleys & Cables

Tool:

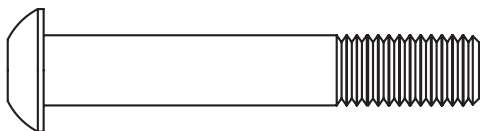
- Hex Key (7/32")

8-1 Place the Upper Lat Tower against the Lat Cross Bar.

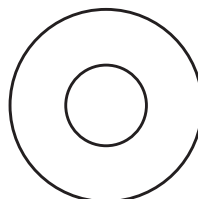
8-2 Install and completely tighten the hardware.

8-3 DONOT UNWRAP THE CABLES FROM THE PULLEYS.

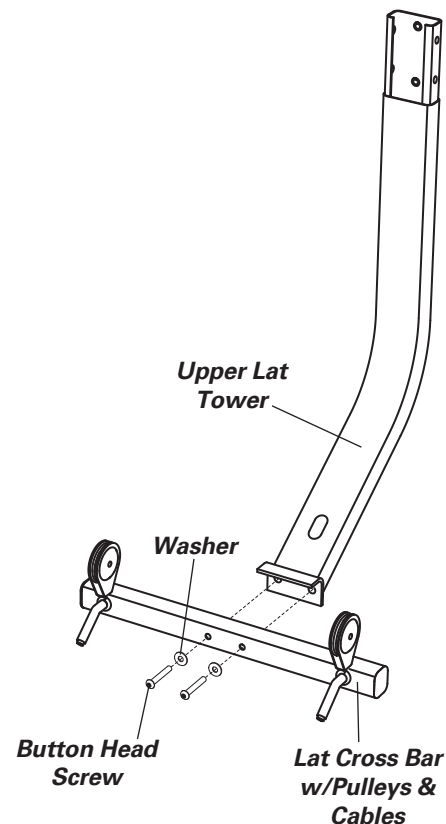
Hardware (1:1):



2 Button Head Screws (3/8" X 2.25")



2 Washers (3/8")



Assembling Your Bowflex® Motivator® 2 Home Gym

STEP 9

Parts:

- Upper Lat Tower Assembly (from Step 8)
- Base Assembly (from Step 7)

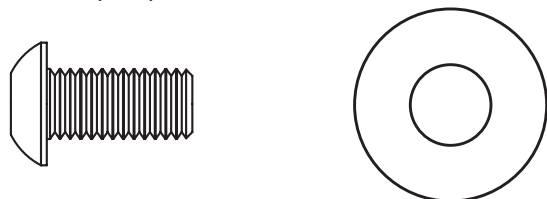
Tool:

- Hex Key (7/32")

9-1 Insert the Upper Lat Tower Assembly into the Lower Lat Tower.

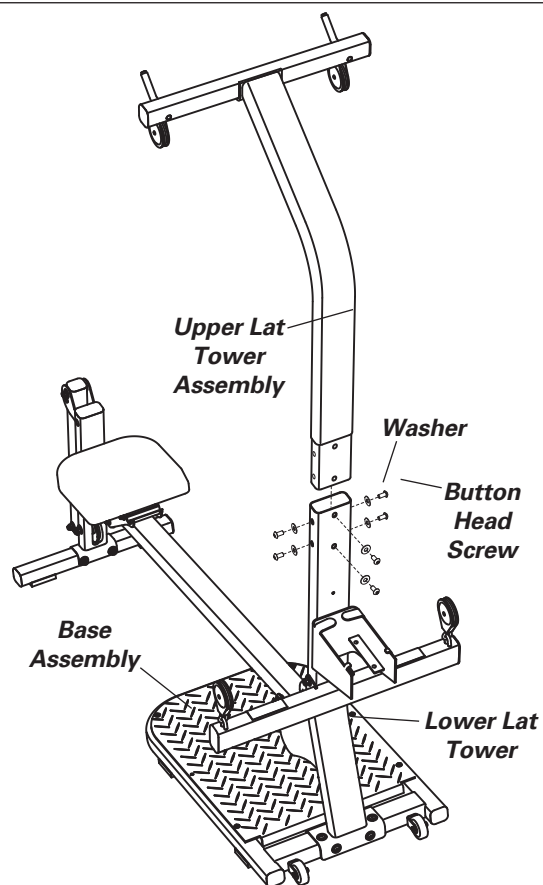
9-2 Install and completely tighten the hardware.

Hardware (1:1):



6 Button Head Screws (3/8" X .75")

6 Washers (3/8")



STEP 10

Parts:

- Face Plate
- 2 Face Plate Back Panels
- Base Assembly (from Step 9)

Tool:

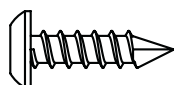
- Phillips Head Screwdriver

10-1 Place the Face Plate against the Lower Lat Tower.

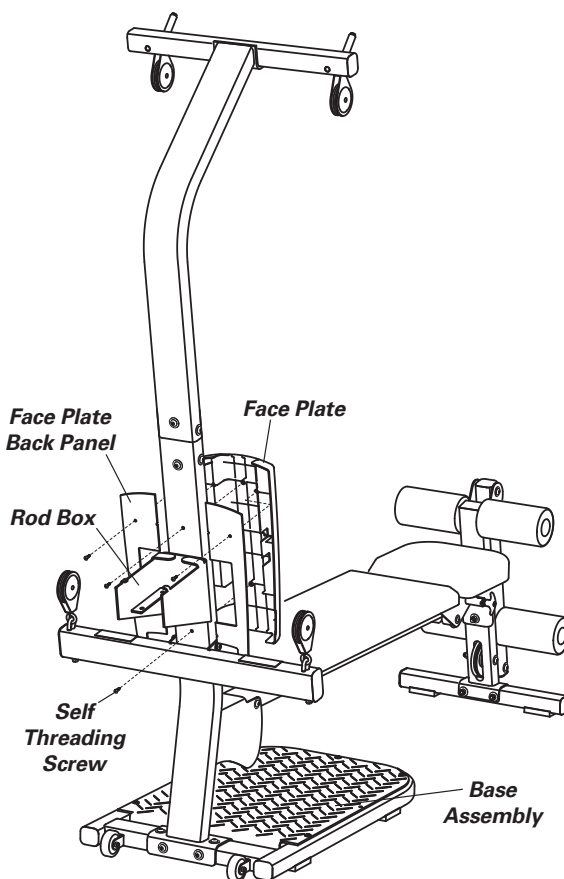
10-2 Position both Face Plate Back Panels against the Lower Lat Tower and around the Rod Box.

10-3 Install and completely tighten the hardware.

Hardware (1:1):



4 Self Threading Screws (#10 X .75")



Assembling Your Bowflex® Motivator® 2 Home Gym

STEP 11

Parts:

- 210# Rod Box
- Rod Box Mount

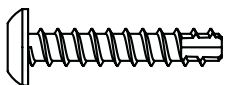
Tool:

- Phillips Head Screwdriver

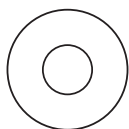
11-1 Lay the 210# Rod Box onto one side. Place the Rod Box Mount onto the bottom of the Rod Box.

11-2 Install and completely tighten the hardware.

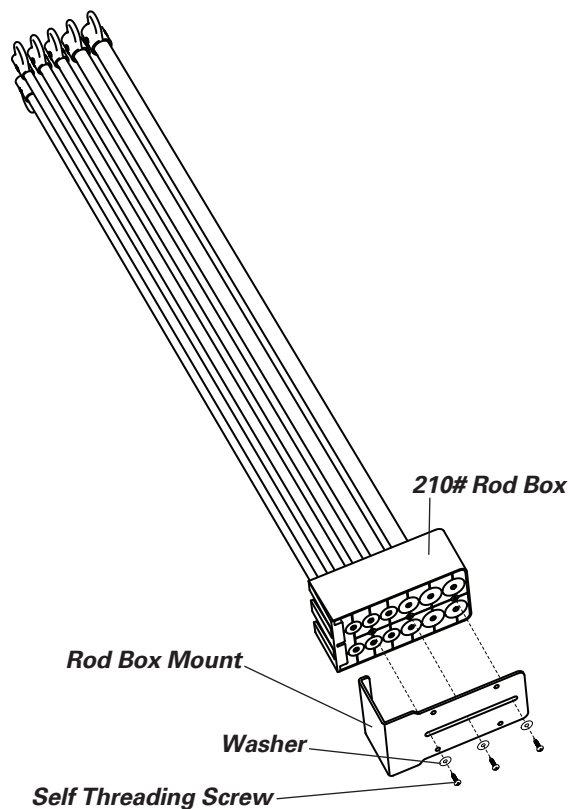
Hardware (1:1):



3 Self Threading Screws (#10 X 1")



3 Washers (1/4")



STEP 12

Parts:

- 210# Rod Box Assembly (from Step 11)
- Base Assembly (from Step 10)

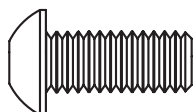
Tool:

- Hex Key (3/16")

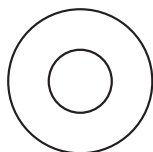
12-1 Slide the Rod Box Assembly into the Rod Box.

12-2 Install and completely tighten the hardware.

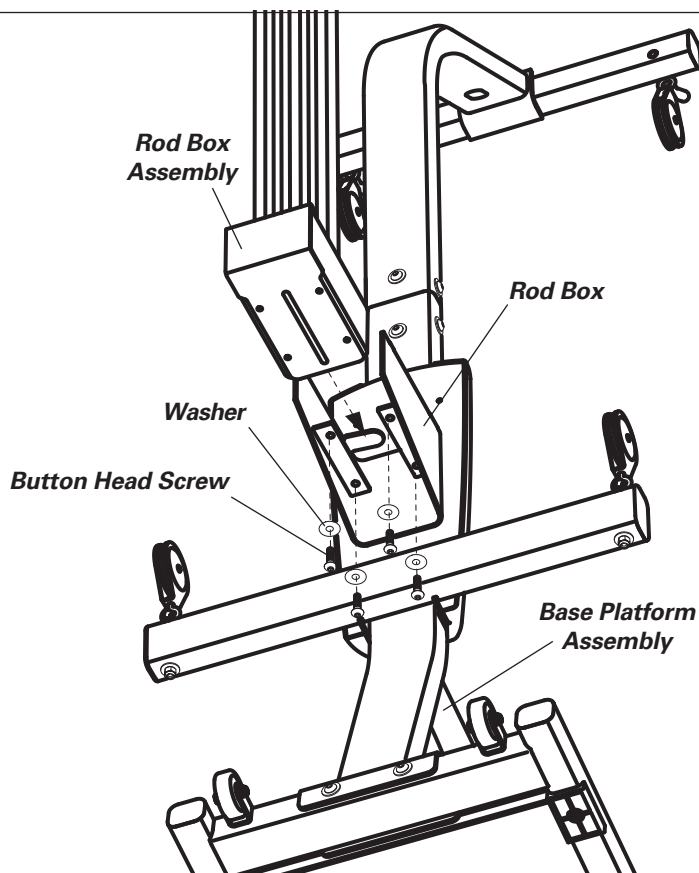
Hardware (1:1):



4 Button Head Screws (5/16" X .75")



4 Washers (5/16")



Assembling Your Bowflex® Motivator® 2 Home Gym

STEP 13

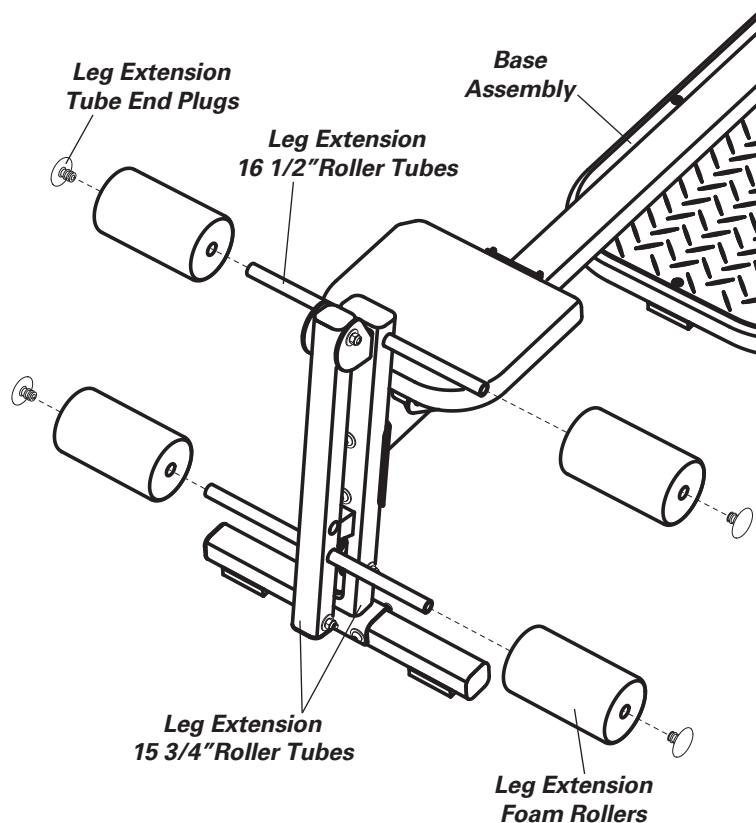
Parts:

- 4 Leg Extension Foam Rollers
- 4 Leg Extension Tube End Plugs
- 2 Leg Extension Roller Tubes
- Base Assembly (from Step 12)

13-1 Insert the Leg Extension Roller Tubes through the Leg Extension Tubes.

13-2 Slide the Leg Extension Foam Rollers onto the Tubes.

13-3 Plug the Tube Ends with the Leg Extension Tube End Plugs.



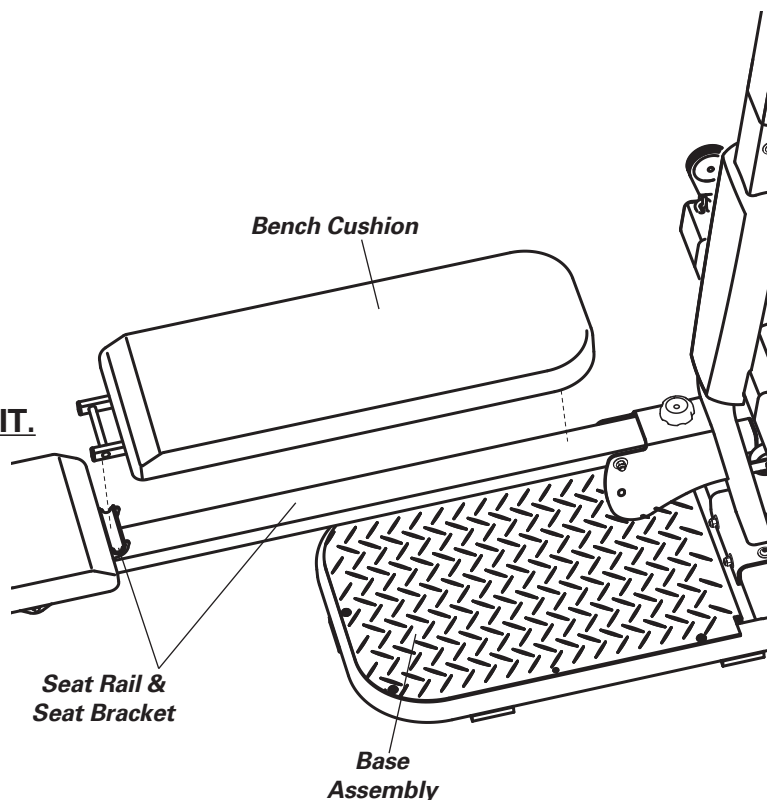
STEP 14

Parts:

- Bench Cushion
- Base Assembly (from Step 13)

14-1 Place the Bench Cushion onto the Seat Rail and Seat Bracket.

14-2 **MAKE CERTAIN TO COMPLETELY TIGHTEN ALL HARDWARE BEFORE CONNECTING THE CABLES TO THE POWER ROD® UNIT.**



Assembling Your Bowflex® Motivator® 2 Home Gym

Connect the Cables – A

Connect cables to Power Rod® unit, chest bar and hand grips:

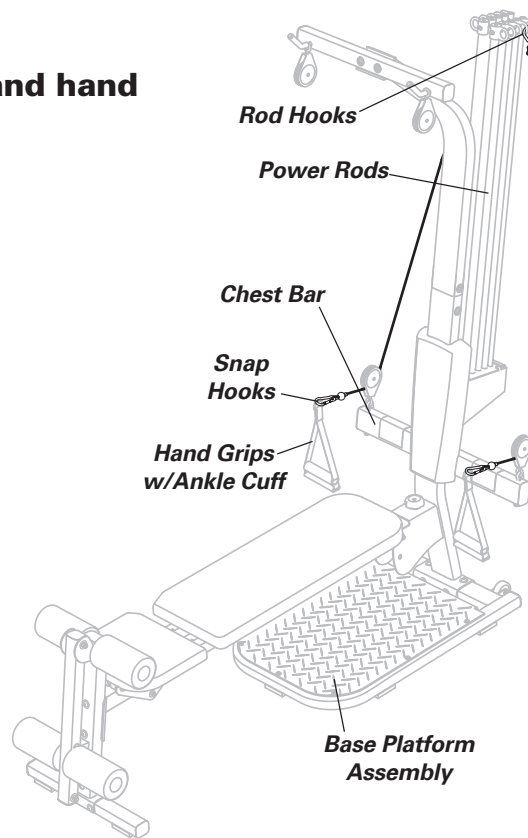
Parts:

- 2 Hand Grips w/Ankle Cuffs

A-1 Unwrap the Cables from the Chest Bar.

A-2 “Hook” the Rod Hooks to the Power Rod® unit.

A-3 Connect the Hand Grips to the Snap Hooks.



Connect the Cables – B

Connect cables from chest bar and lat cross bar to hand grips or 50” lat bar:

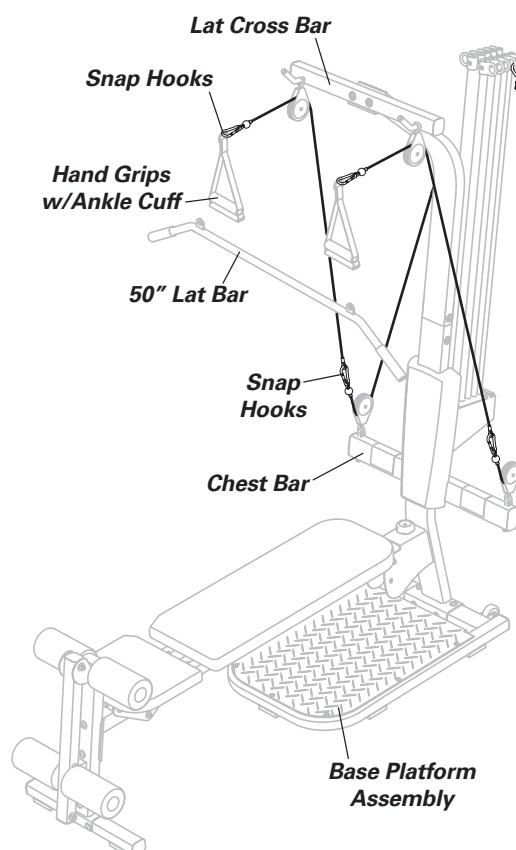
Parts:

- 2 Hand Grips w/Ankle Cuff
- 50” Lat Bar

B-1 Unwrap the Cables from the Lat Cross Bar.

B-2 Connect the Snap Hooks from the Chest Bar to the Cables on the Lat Cross Bar.

B-3 Connect the Hand Grips or 50” Lat Bar to the Snap Hooks from the Lat Cross Bar.



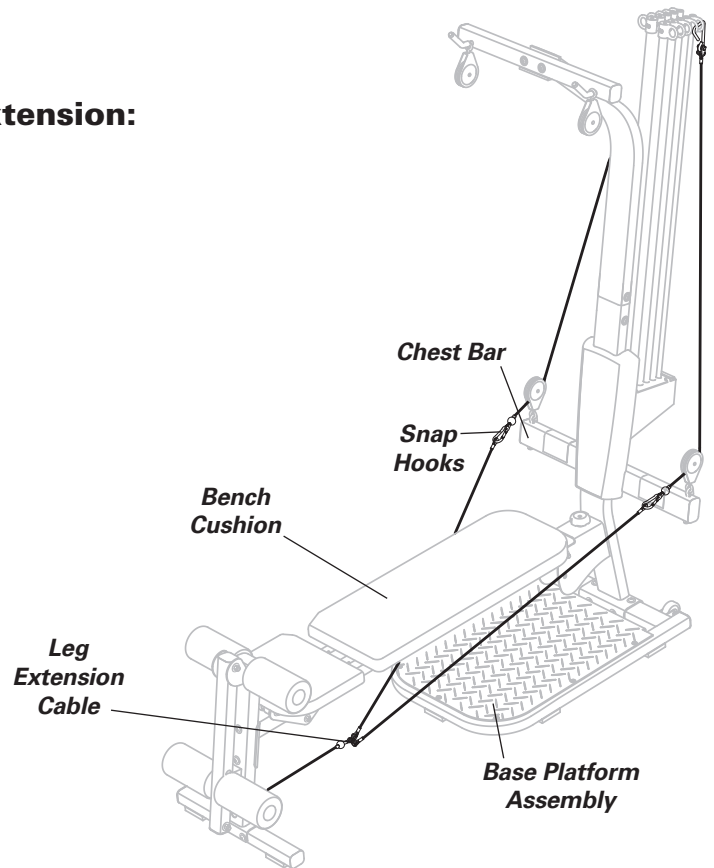
Assembling Your Bowflex® Motivator® 2 Home Gym

Connect the Cables – C

Connect cables from chest bar to leg extension:

C-1 Unwrap the Cables from the Leg Extension.

C-2 Connect the Snap Hooks from the Chest Bar to the Leg Extension Cables.



Connect the Cables – D

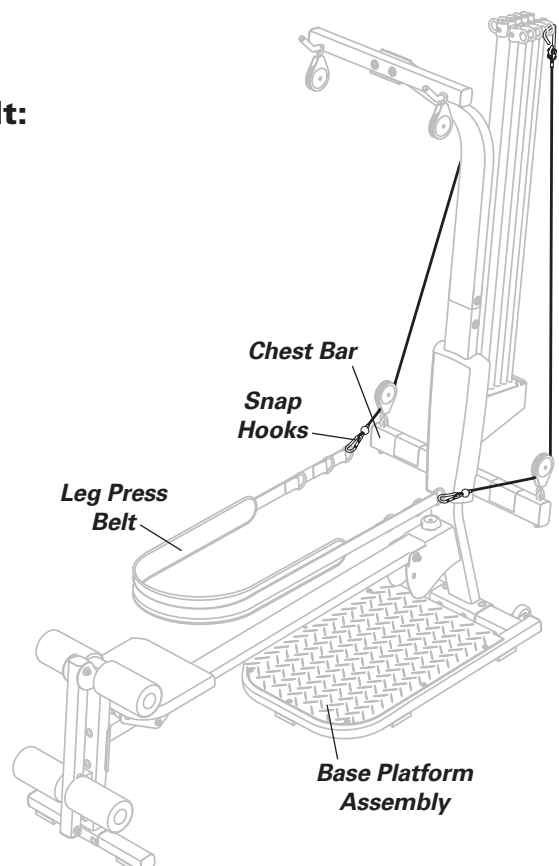
Connect cables from chest bar to leg press belt:

Parts:

- Leg Press Belt

D-1 Remove the Bench Cushion.

D-2 Connect the Snap Hooks from the Chest Bar to the Leg Press Belt.



CONGRATULATIONS! You have successfully completed assembly of your Bowflex® Motivator® 2 home gym! Please inspect your machine to ensure that all fasteners are tight and everything is properly assembled. Review all warnings that are affixed to the machine.



BOWFLEX **MOTIVATOR 2**

This manual is written and designed by industry professionals. If you have any questions regarding your Bowflex® Motivator® 2 home gym or any instructions found in this manual, please call 1-800-NAUTILUS (1-800-628-8458) for assistance.