

Assembly Instructions For The Bowflex Motivator

Before you begin, you will need three wrenches, a crescent wrench, a 9/16", and a 1/2" open end wrench, (It is useful to use the crescent wrench to hold one end of a bolt while tightening with the other) and a phillips head (+) screw driver. Please follow these assembly instructions carefully. If you experience any difficulty please call a Bowflex customer service representative and ask for assistance. 1-800-269-3539.

Unpacking Your Motivator

Your Motivator comes in two boxes. One Square box and one long box. See Below

Contents of square box.

- 1 Base Frame
- 1 Pulley Frame
- 1 Lower Mast
- 1 Rear Legs
- 1 Standing Platform
- 1 Bench
- 1 Seat
- 2 Handgrips
- 1 Ankle Cuff
- 1 Parts and bolt bag
- 1 Training Manual
- 1 Set of Assembly Instructions

Contents of long box.

- 1 Main Beam (Seat Rail)
- 1 Verticle, Rod Box, & Rod Pack Assembly

See Bolt Bag I.D. and size Guide
for Bolt Bag Contents

Please check to make sure all parts are included. If you are missing any part, please call a customer service representative at 1-800-269-3539.

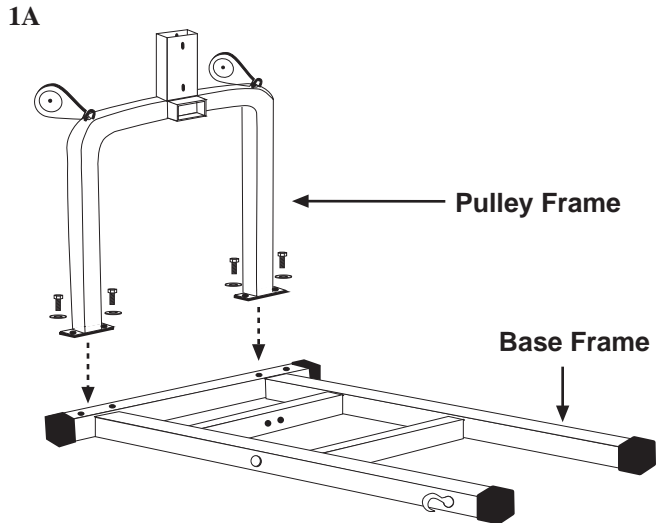
STEP 1.

Have the appropriate bolts ready for the appropriate parts.

Locate Base Frame and Pulley Frame.
(Square box)

Attach pulley frame to base frame with four 3/8"x1" tap bolts and four 3/8" flat washers, tighten with a 9/16" wrench. See 1A.

Note: Leave pulleys and cables wrapped until assembly is complete.



STEP 2.

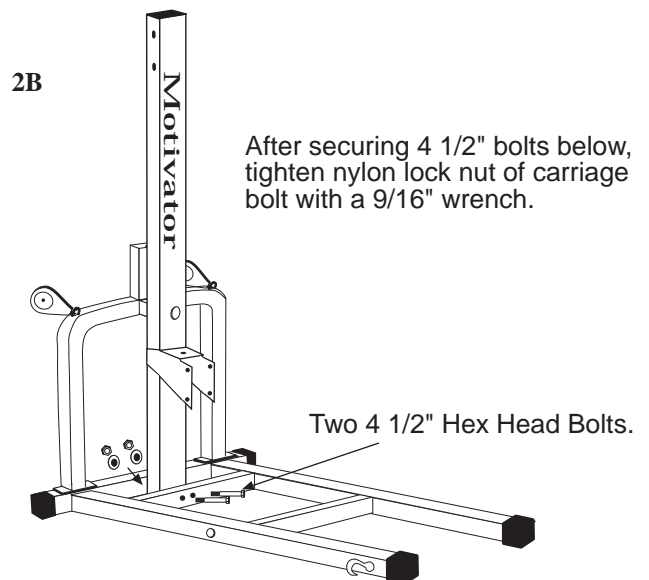
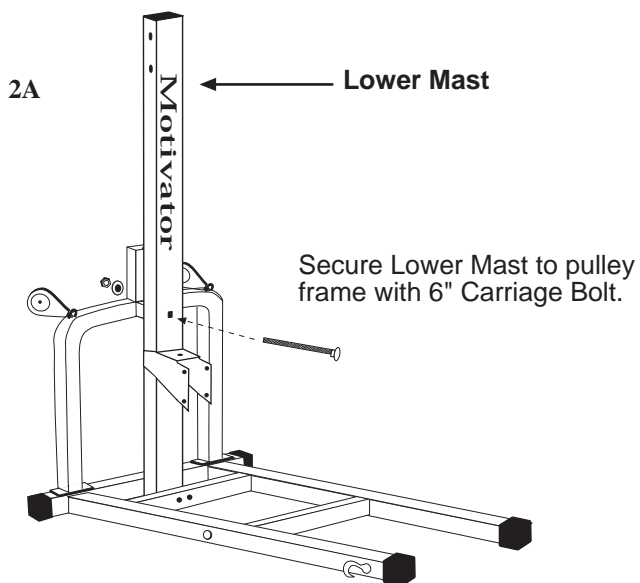
Locate Lower Mast. (Square box)

Align lower mast against the face of the pulley frame.
As pictured in 2A.

Align holes in lower mast with holes in base frame.
Secure the center of the lower mast to the pulley frame with the 6" carriage bolt, 3/8" washer and a 3/8" lock nut.

IMPORTANT Hand tighten lock nut until both Hex Head bolts are in place below then tighten with 9/16" wrench. See 2A.

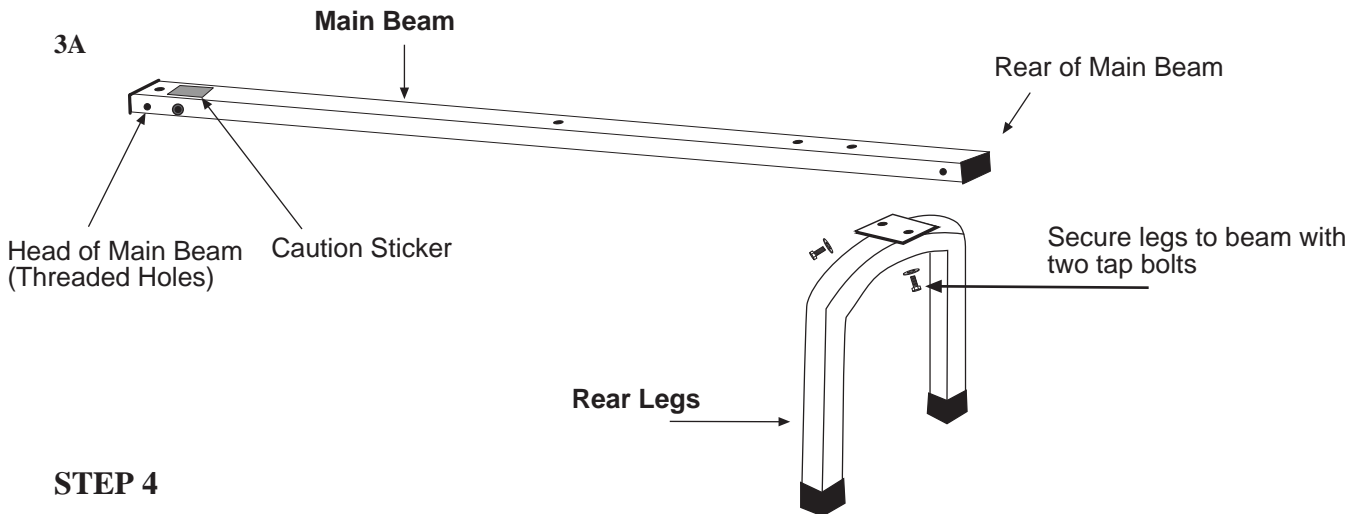
Insert two 4 1/2" hex head bolts, two 3/8" washers.
Secure with two 3/8" nylon lock nuts. Tighten with 9/16" wrench. See 2B



STEP 3.

Locate your Main Beam. (Long Box) This is the longest beam.
(The head has a threaded hole on each side. You should also see a caution sticker located on the face of the beam which faces towards the ceiling.)

Locate Rear Legs and attach to the bottom of the main beam with two tap bolts and 3/8" washers. Tighten with 9/16" wrench. **See 3A**

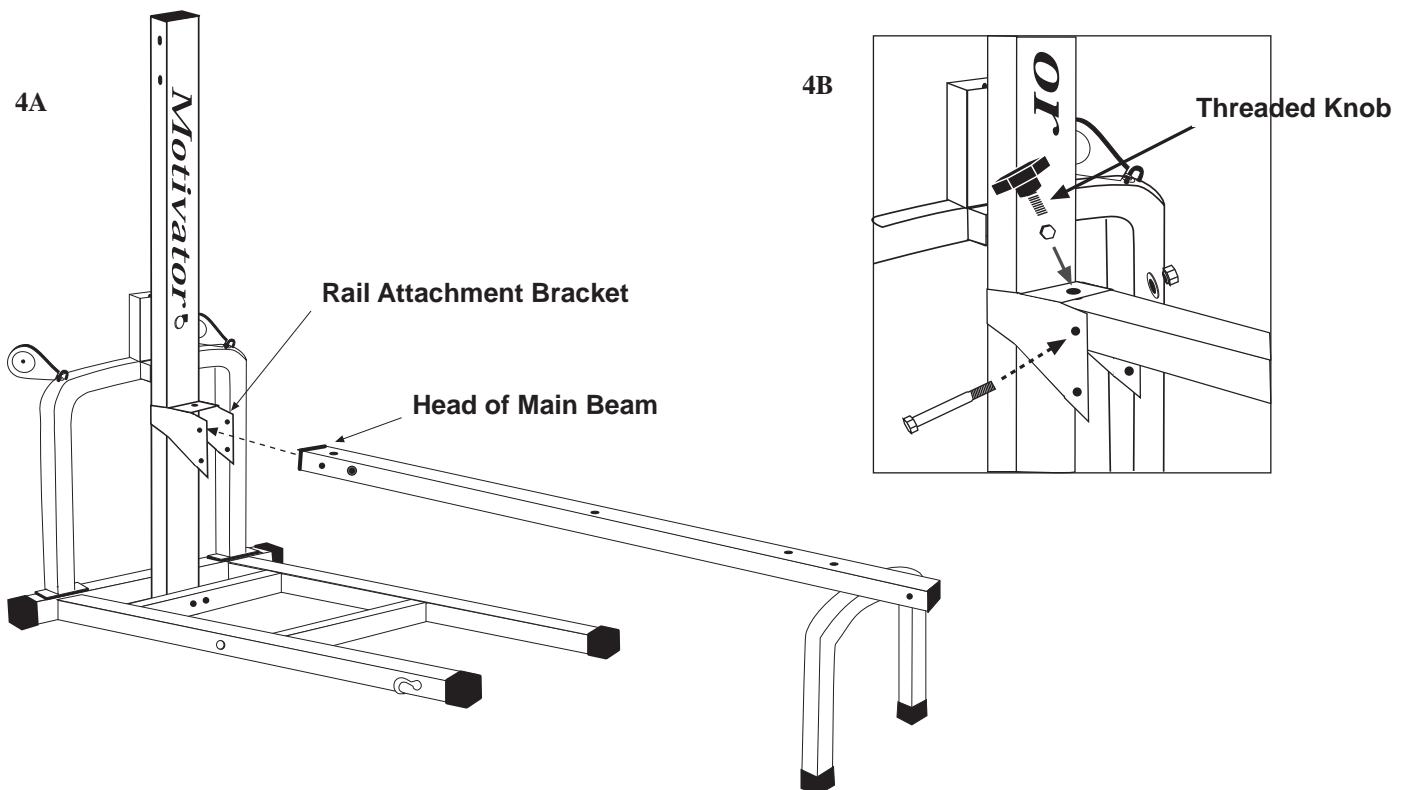


STEP 4

Insert head of main beam into the opening of the Rail Attachment Bracket. **See 4A**

Secure main beam to rail attachment bracket by inserting and tightening the 1" threaded knob. Do not over tighten.

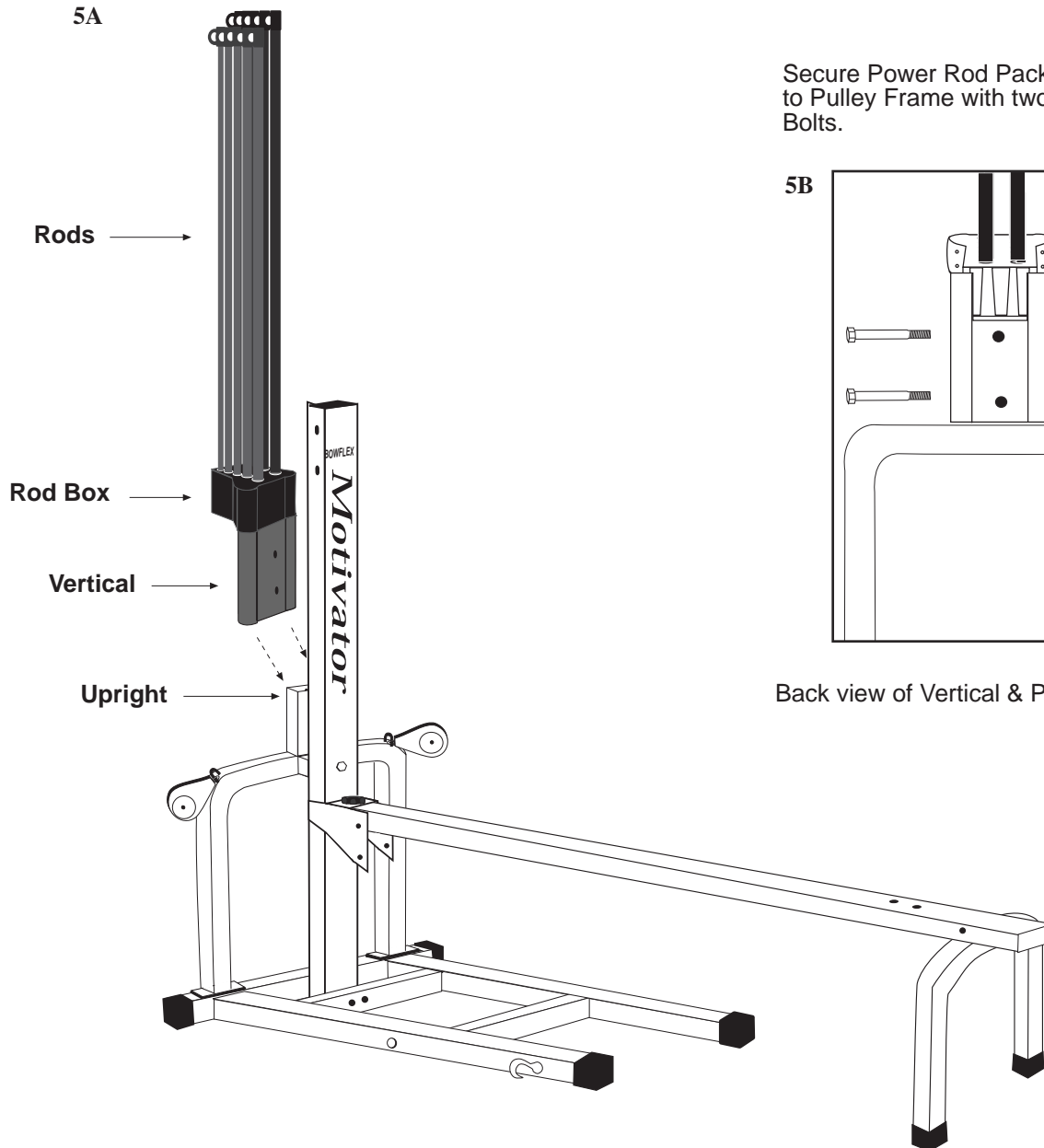
Next, insert one 4 1/4" hex head bolt and through the aligned holes at the side of the rail attachment bracket and main beam. Secure with a washer and a 3/8" lock nut and tighten with a 9/16" wrench. **See 4B**



STEP 5

Locate the Vertical, Rod Box, and Rods. They have been preassembled and can be found in the long box. For identification see **5A**

Place unit onto upright of pulley frame. Align holes of vertical and upright. Secure vertical and pulley frame together with two 2 1/2" hex head bolts, two, 3/8" washers and two, 3/8" lock nuts. Tighten with 9/16" wrench. See **5B**



Note: Leave Rods bound until assembly is complete.

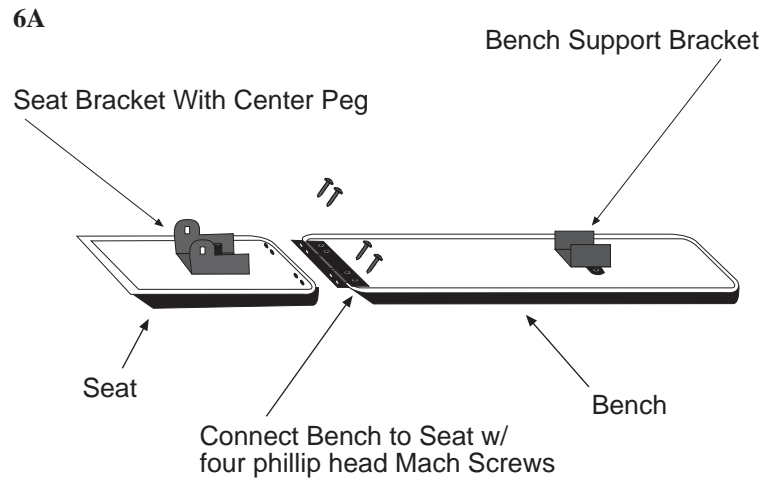
STEP 6

Locate the Seat and the Bench. (Square box)
You will need to connect the bench to the seat with four 1/4"x1" phillip head machine screws. Tighten with phillips screw driver

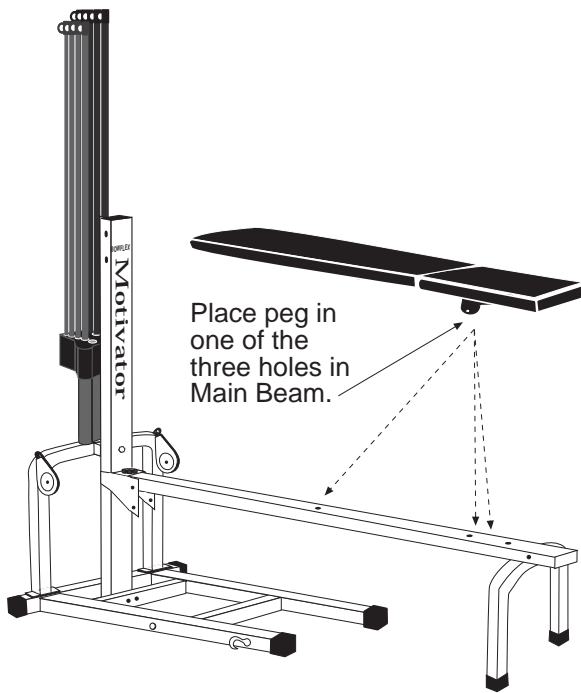
Under the seat and bench are brackets.
Notice the bracket underneath the seat has a peg in the center. **See 6A**

Remove carriage bolt and knob from bracket of seat and place seat/bench onto main beam.
Seat can be adjusted in one of three positions in relation to the three holes on top of the main beam. **See 6B**

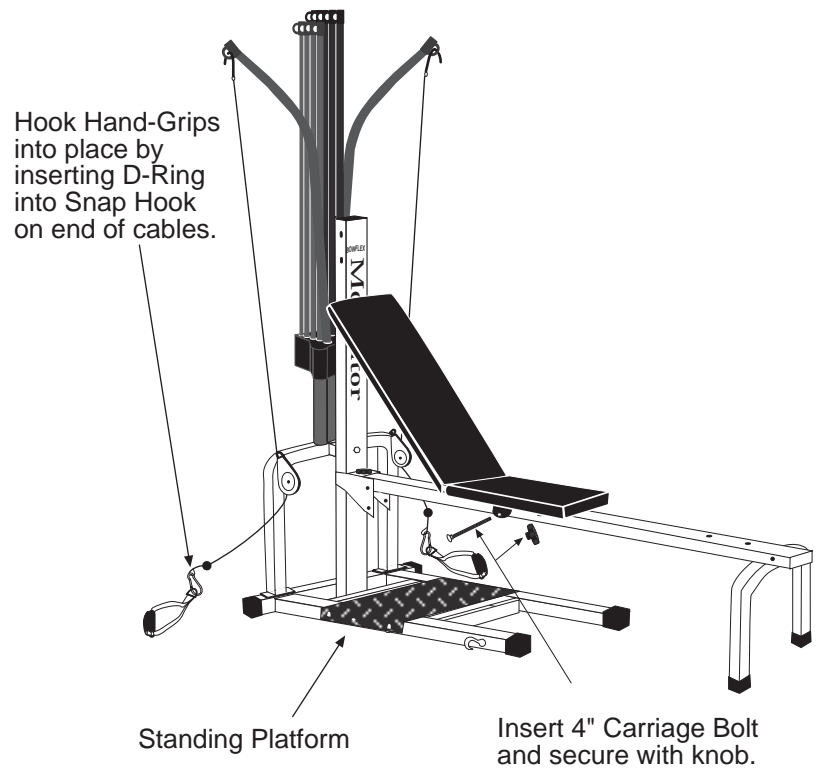
See page 3 of your Owner's Manual for Seat/Bench instruction.



6B



7A



STEP 7

Replace carriage bolt and knob through seat bracket for extra support. **See 7A**

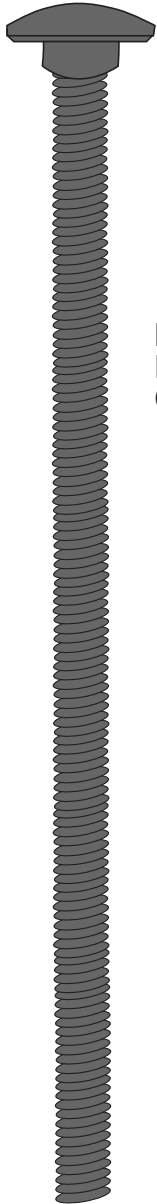
Place Standing Platform on base frame as seen in **7A**.

Unwrap pulleys, cables and rods and attach handgrips. **See 7A**

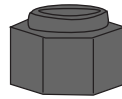
For instruction on how your Motivator folds for easy storage, see page 4 of your owner's manual.

Parts Identification and Size Guide

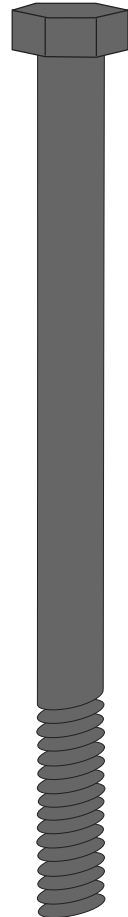
Name: 3/8"x 6" Carriage Bolt
Part #: 82060
Quantity: 1



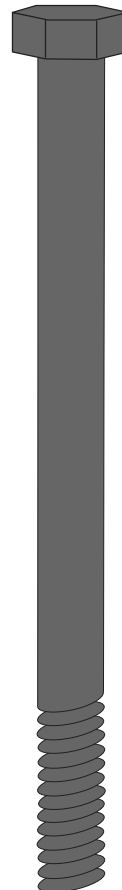
Name: 3/8" Nylon Lock Nut
Part #: 90196
Quantity: 6



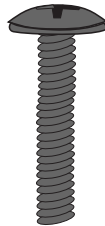
Name: 3/8" x 4 1/2" Hex Head Bolt
Part #: 82052
Quantity: 2



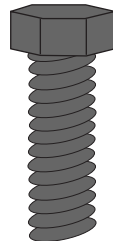
Name: 3/8" x 4 1/4" Hex Head Bolt
Part #: 82054
Quantity: 1



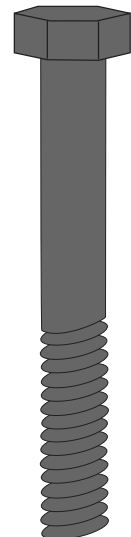
Name: 1/4"x1" Phillip Head Mach Screw
Part #: 90154
Quantity: 4



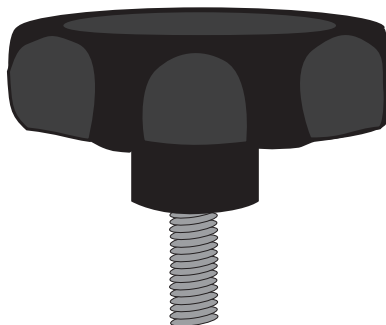
Name: 3/8" x 1" Tap Bolt
Part #: 80181
Quantity: 6



Name: 3/8" x 2 1/2" Hex Head Bolt
Part #: 90193
Quantity: 2

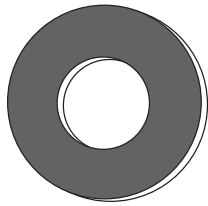
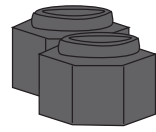
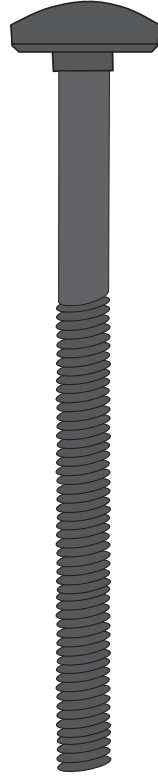
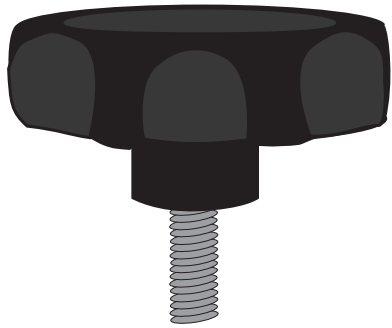


Name: 1" Threaded Knob
Part #: 90161
Quantity: 1



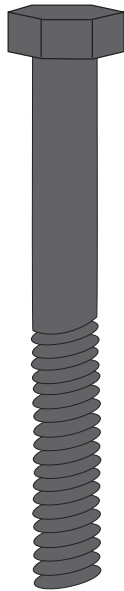
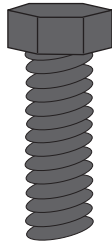
Name: 3/8" Flat Washer
Part #: 90138
Quantity: 17



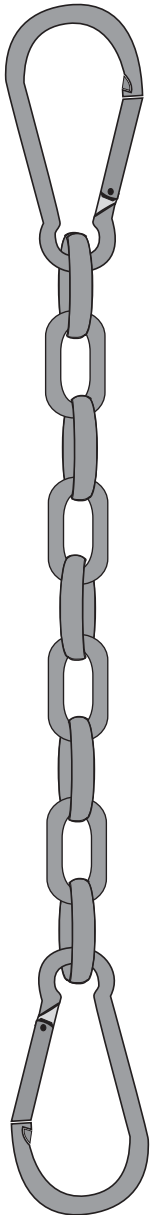
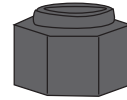


Lat Parts and bolts

Name: 5/16" x 3/4" Tap Bolt
Part #: 90206
Quantity: 2



Name: 3/8" Nylon Lock Nut (Nylock)
Part #: 90196
Quantity: 2



Name: Shock Cord
Part #: 95180
Quantity: 1

