



BOWFLEX[®]

SPORT[™]



The Bowflex Sport[®] Home Gym **Assembly Instructions**

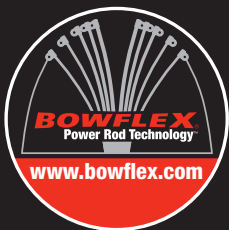


Table of Contents

Safety Precautions	1
Get to Know Your Machine	2
Basic Assembly Principles	3
Parts List	3
Hardware List	3
Accessory List	3
Hardware Guide	4
Tools You Will Need	4
Assembly Guide	5
Important Contact Numbers	20

Safety Precautions

- Always read and follow the Warning and Safety labels attached to your Bowflex Sport® home gym. Do not remove these labels. If you need replacement labels, please call a Nautilus Representative at (800) 605-3369.
- Read the owner's manual and follow it carefully before using the machine.
- Parents and others in charge of children should be aware of their responsibility, because the natural play instinct and the fondness for experimenting of children can lead to situations and behavior for which the training equipment is not intended.
- Never allow children to use the Bowflex Sport® home gym unsupervised. To do so could result in injury. If children are allowed to use the equipment, their mental and physical development should be taken into account. They should be controlled and instructed on the correct use of the equipment.
- This equipment is under no circumstances suitable as a children's toy.
- Inspect your machine for any worn or loose components prior to use. Tighten or replace any worn or loose components prior to use. Pay close attention to cables, or belts and their connections.
- Never use dumbbells or other weight equipment to incrementally increase the weight resistance. Use only the Power Rods® that came with your Bowflex Sport® home gym.
- Set up and use your Bowflex Sport® home gym on a hard, level surface.
- Do not wear any loose or dangling clothing or jewelry while using the Bowflex Sport® home gym. Stand clear of all moving components.
- Before beginning any exercise program consult your physician or health care professional. Only he or she can determine the exercise program that is appropriate for your particular age and condition. If you experience any light-headedness, dizziness, or shortness of breath while exercising, stop the exercise and consult your physician.
- This machine is meant for individual consumer use only, and is not meant for use by institutions.
- Maximum user weight for the Bowflex Sport® home gym is 300 pounds (136 kg). For your safety, do not use or allow others to use the Bowflex Sport® home gym if they weigh in excess of 300 pounds (136 kg).
- Allow a workout area of at least 8'4" x 6'6" (2.6 m x 2 m) of free space for safe operation of the Bowflex Sport® home gym.
- Keep your body weight centered on the machine, seat, or base frame platform while exercising.
- When using the Bowflex Sport® home gym for standing leg exercises, always grasp the Lat Bar on your machine for stability.
- Keep out of the path of the Power Rods® when exercising and make certain that observers also stand clear of the Bowflex Sport® home gym when the Power Rods® are in use.
- Never move or adjust the seat while sitting on it. Never stand on the seat.
- When hooking up Power Rods® do not stand directly looking over the top of the rods. Stand off to the side while attaching rods.
- Never attempt to exercise with more resistance than you are physically able to handle.
- Keep cables and Power Rods® bound with the rod binding strap when not in use.
- Before exercising, make sure the cable pulley system is properly secured, properly attached, and in perfect working condition.
- All exercises in this manual are based on the calibrated resistance and capacity levels of the Bowflex Sport® home gym. Exercises not in this manual are not recommended by the manufacturer.
- Never attempt to exercise while the seat rail is in the folded position.

Get to Know Your Machine

CONGRATULATIONS on your commitment to improving your health and fitness! With the Bowflex Sport[®] home gym, you have everything you need to exceed all of your physical fitness, strength and health expectations!

The Bowflex Sport[®] 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 Sport[®] home gym!

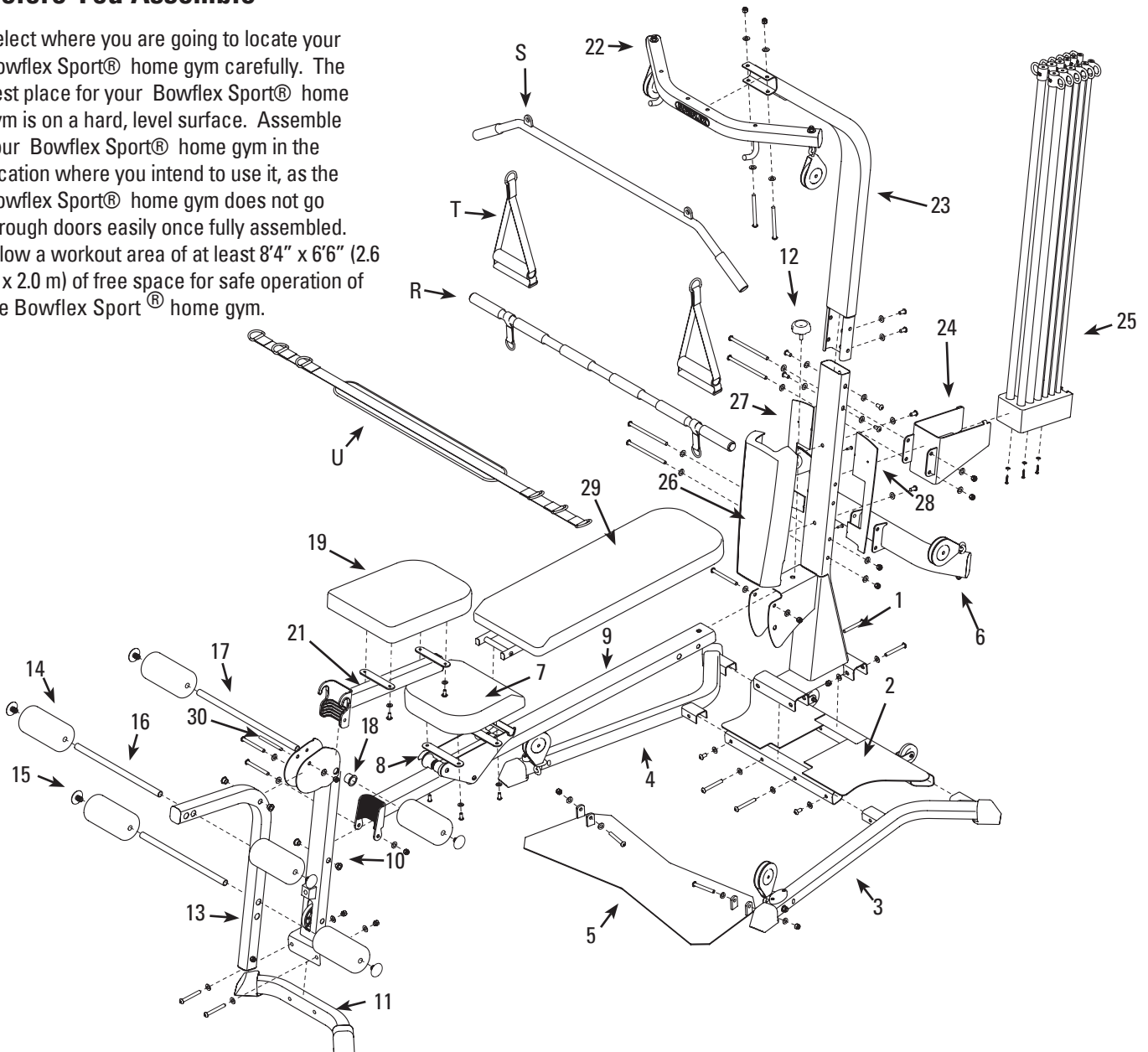
With all of the fitness choices available today, finding the best workout equipment for your needs can be confusing. Everyone at Nautilus would like to congratulate you and thank you for selecting the Bowflex Sport[®] home gym.

The Bowflex Sport[®] 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 Sport[®] home gym carefully. The best place for your Bowflex Sport[®] home gym is on a hard, level surface. Assemble your Bowflex Sport[®] home gym in the location where you intend to use it, as the Bowflex Sport[®] home gym does not go through doors easily once fully assembled. Allow a workout area of at least 8'4" x 6'6" (2.6 m x 2.0 m) of free space for safe operation of the Bowflex Sport[®] home gym.



Get To Know Your Machine

Basic Assembly Principles

Here are a few basic tips that will make your assembly of the Bowflex Sport® 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 Sport® 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*

Item No.	Qty.	Description
1	1	LOWER LAT TOWER
2	1	BASE PLATFORM
3	1	BASE RIGHT LEG
4	1	BASE LEFT LEG
5	1	SQUAT PLATFORM
6	1	CHEST BAR W/ PULLEYS
7	1	SEAT PAD
8	1	SEAT BRACKET
9	1	SEAT RAIL
10	1	REAR LEG
11	1	REAR LEG CROSS TUBE
12	1	SEAT RAIL KNOB
13	1	LEG EXTENSION PIVOT TUBE
14	6	FOAM ROLLERS
15	6	FOAM ROLLER END CAPS
16	2	SHORT CHROME ROLLER TUBES
17	1	LONG CHROME ROLLER TUBE
18	2	ROLLER TUBE SPACERS
19	1	LEG EXTENSION SEAT PAD
21	1	LEG EXTENSION SEAT SUPPORT TUBE
22	1	LAT CROSS BAR
23	1	UPPER LAT TOWER
24	1	ROD BOX FRAME
25	1	ROD BOX WITH POWER RODS®
26	1	FACEPLATE
27	1	FACEPLATE BACK RIGHT
28	1	FACEPLATE BACK LEFT
29	1	BENCH PAD
30	1	LOCK OUT PIN

Hardware List*

Item No.	Qty.	Description
A	4	SCREW, #10 PHILLIPS HEAD
B	3	SCREW, #10 X 1" PHILLIPS HEAD
C	8	SCREW, 5/16" X 3/4" BUTTON HEAD
E	10	SCREW, 3/8" X 3/4" BUTTON HEAD
F	1	SCREW, 3/8" X 2 1/2" BUTTON HEAD
G	1	SCREW, 3/8" X 2 3/4" BUTTON HEAD
H	8	SCREW, 3/8" X 3" BUTTON HEAD
I	2	SCREW, 3/8" X 3 1/4" BUTTON HEAD
J	2	SCREW, 3/8" X 4 1/4" BUTTON HEAD
K	4	SCREW, 3/8" X 5" BUTTON HEAD
L	3	WASHER, 1/4"
M	8	WASHER 5/16"
N	46	WASHER, 3/8"
O	18	NYLOCK NUT 3/8"
Q	9	BOLT COVERS, 3/8"

Accessory List*

Item No.	Qty.	Description
R	1	SQUAT BAR
S	1	BENT LAT BAR
T	2	HAND GRIPS
U	1	ROWING BELT
V	2	SNAP HOOKS
W	2	SQUAT STRAPS
Y	2	ROD CABLES W/ 2 SNAP HOOKS (attached)
Z	2	LAT CABLES W/ 2 SNAP HOOKS (attached)
AA	1	LEG CABLE
BB	2	SQUAT CABLES W/ 2 SNAP HOOKS (attached)

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

*Specifications subject to change without notice.

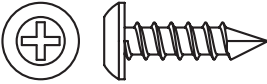
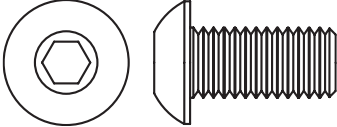
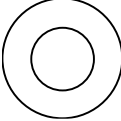
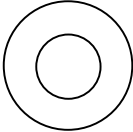
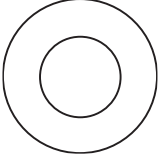
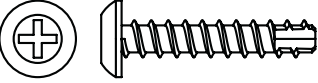
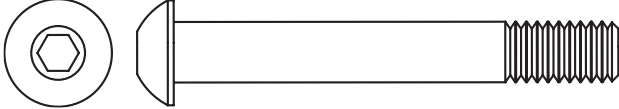

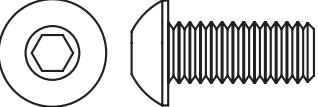
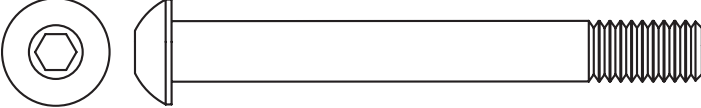
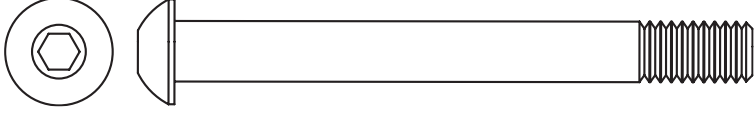
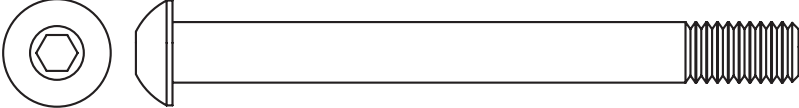
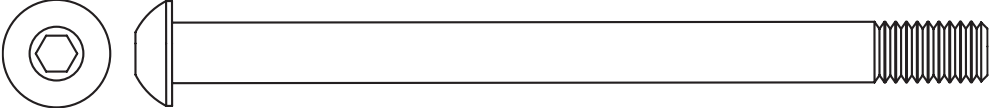
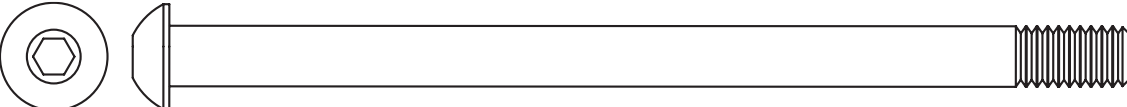
Hardware Guide

Tools You Will Need

You will need the following tools to complete the assembly of your Bowflex Sport® home gym. If you don't have these tools, you can find them at any hardware or department store for a reasonable price.

- 1/2" combination wrench
- 9/16" combination wrench
- Phillips screw driver
- Rubber mallet (optional)
- Utility Knife or Scissors

Note: Drawings are actual size

<p>Item #: A Qty.: 4 Descr: #10 X .75" Phillips Head Screw</p> 	<p>Item #: E Qty.: 10 Descr: 3/8" X 3/4" Button Head Screw</p> 	<p>Item #: L Qty.: 3 Descr: 1/4" Flat Washer</p> 	<p>Item #: M Qty.: 8 Descr: 5/16" Flat Washer</p> 	<p>Item # N Qty.: 46 Descr: 3/8" Flat Washer</p> 
<p>Item #: B Qty.: 3 Descr: #10 X 1" Phillips Head Screw</p> 	<p>Item #: F Qty.: 1 Descr: 3/8" X 2 1/2" Button Head Screw</p> 	<p>Item #: O Qty.: 18 Descr: 3/8" Nylock Nut</p> 		
<p>Item #: C Qty.: 8 Descr: 5/16" X 3/4" Button Head Screw</p> 	<p>Item #: G Qty.: 1 Descr: 3/8" X 2 3/4" Button Head Screw</p> 			
	<p>Item #: H Qty.: 8 Descr: 3/8" X 3" Button Head Screw</p> 			
	<p>Item #: I Qty.: 2 Descr: 3/8" X 3 1/4" Button Head Screw</p> 			
<p>Item #: J Qty.: 2 Descr: 3/8" X 4 1/4" Button Head Screw</p> 				
<p>Item #: K Qty.: 4 Descr: 3/8" X 5" Button Head Screw</p> 				

Assembly Guide

Step 1 - Attach the Lower Lat Tower to the Base Platform

Locate the following items:

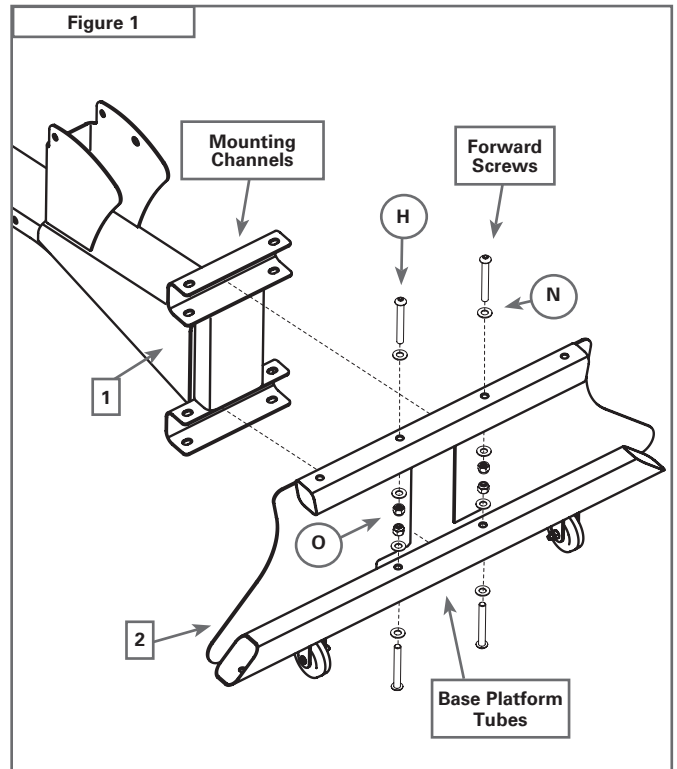
- Item #1 - Lower Lat Tower
- Item #2 - Base Platform
- Item #H - (4) 3/8" X 3" Button Head Screws
- Item #N - (8) 3/8" Washers
- Item #O - (4) 3/8" Nylock Nuts

Set the Base Platform (Item #2) onto the floor as shown in **Figure 1**. Line up the bolt holes in the mounting channels on the Lower Lat Tower (Item #1) with the holes in the Base Platform tubes.

Place (4) 3/8" Washers (Item #N) over the ends of (4) 3/8" X 3" Button Head Screws (Item #H) - one washer per screw.

Insert the forward screws through the bolt holes in the Lower Lat Tower and Base Platform first, then tip the Base Platform back to install rear screws. Place (4) 3/8" Washers over the ends of the screws, one washer per screw, and secure using (4) 3/8" Nylock Nuts (Item #O), as shown in **Figure 1**.

Completely tighten hardware installed during Step 1.



Step 2 - Attach the Base Legs to the Base Platform

Locate the following items:

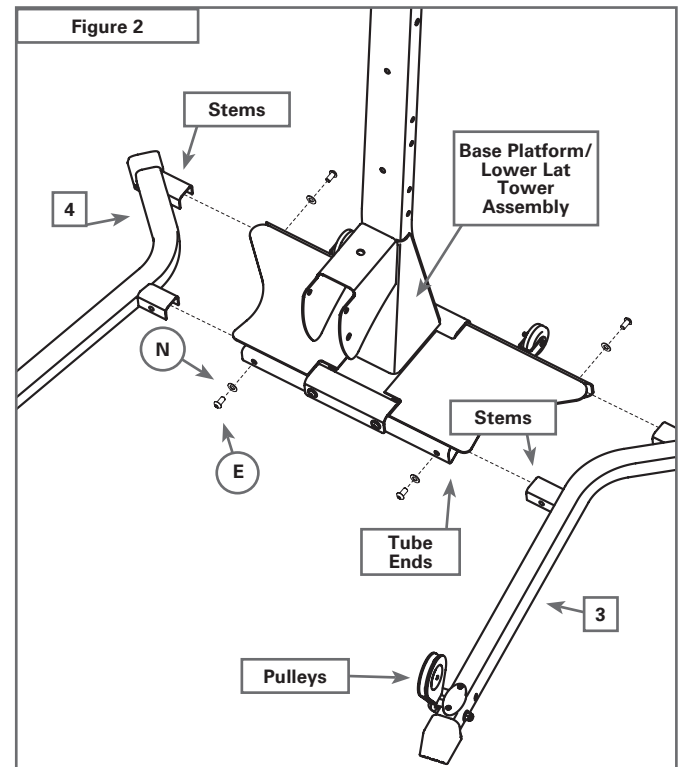
- From Step 1 - Base Platform/Lower Lat Tower Assembly
- Item #3 - Base Right Leg - Do not unwrap cables!
- Item #4 - Base Left Leg - Do not unwrap cables!
- Item #E - (4) 3/8" X 3/4" Button Head Screws
- Item #N - (4) 3/8" Washers

With the Base Platform/Lower Lat Tower Assembly (from Step 1) on the floor, insert the stems from each Base Leg into the tube ends on the Base Platform, as shown in **Figure 2**. Make sure to orient the 2 pulleys upward.

Carefully line up the two bolt holes on each Leg with the corresponding holes on the Base Platform/Lower Lat Tower Assembly.

Place (4) 3/8" Washers (Item #N) over the ends of (4) 3/8" X 3/4" Button Head Screws (Item #E) - one washer per screw. **Loosely** secure the Base Legs to the Base Platform Assembly with the screws and washers as shown in **Figure 2**.

Completely tighten hardware installed during Step 2.



Assembly Guide

Step 3 - Attach the Squat Platform to the Main Assembly

Locate the following items:

- From Step 2 - Base Platform/Lat Tower (Main) Assembly
- Item #5 - Squat Platform
- Item #I - (2) 3/8" X 3 1/4" Button Head Screws
- Item #N - (4) 3/8" Washers
- Item #O - (2) 3/8" Nylock Nuts
- Item #Q - (4) Bolt Covers

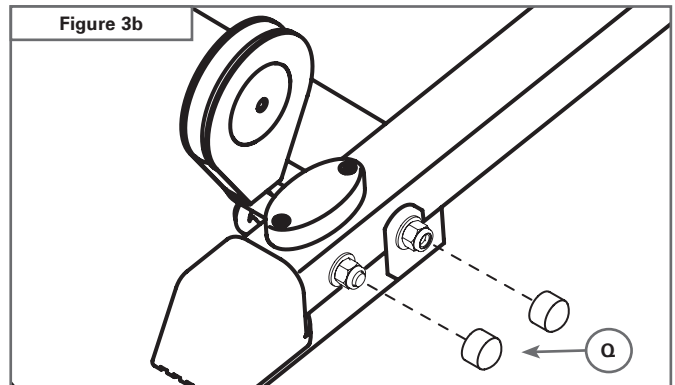
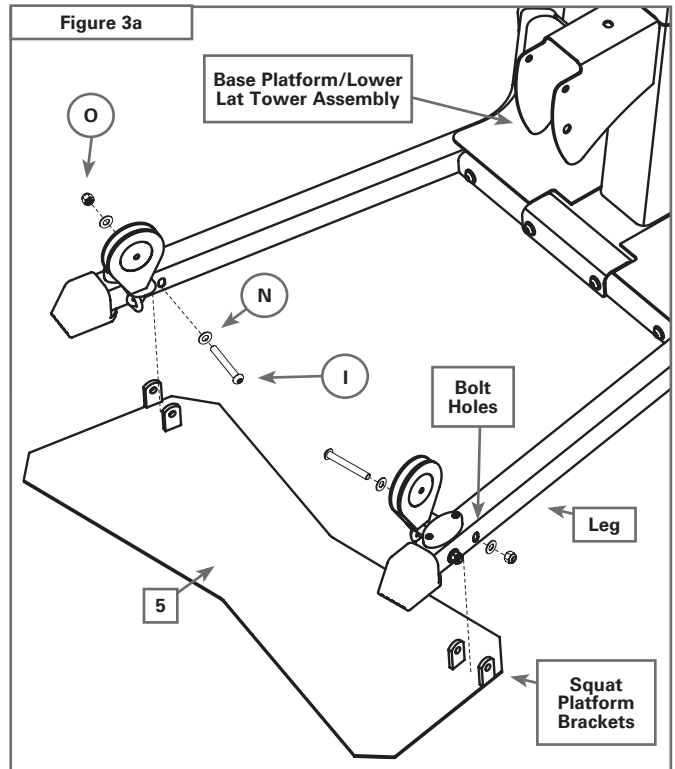
With the Base Frame/Lower Lat Tower (Main) Assembly (from Step 2) on the floor, carefully lift up the front of the unit, then slide the Squat Platform (Rubberpad side down) underneath both Legs.

Line up the bolt holes in the brackets on the Squat Platform with the bolt holes on each Leg (directly behind the pulleys), as shown in **Figure 3a**.

Place (2) 3/8" Washers (Item #N) over the ends of (2) 3/8" X 3 1/4" Button Head Screws (Item #I) - one washer per screw. Insert the screws through the lined-up holes as shown, then place (2) 3/8" Washers and (2) 3/8" Nylock Nuts (Item #O) over the end of each screw, securely tightening them in place.

Completely tighten hardware installed during Step 3.

Place (2) Bolt Covers (Item #Q) over the Nylock Nuts installed in this step - one cover per nut. Then, place (2) additional Bolt Covers over the J-bolts, one cover per bolt, that attach the Pulleys to the Leg, as shown in **Figure 3b**.



Assembly Guide

Step 4 - Attach the Chest Bar with Pulleys to the Main Assembly

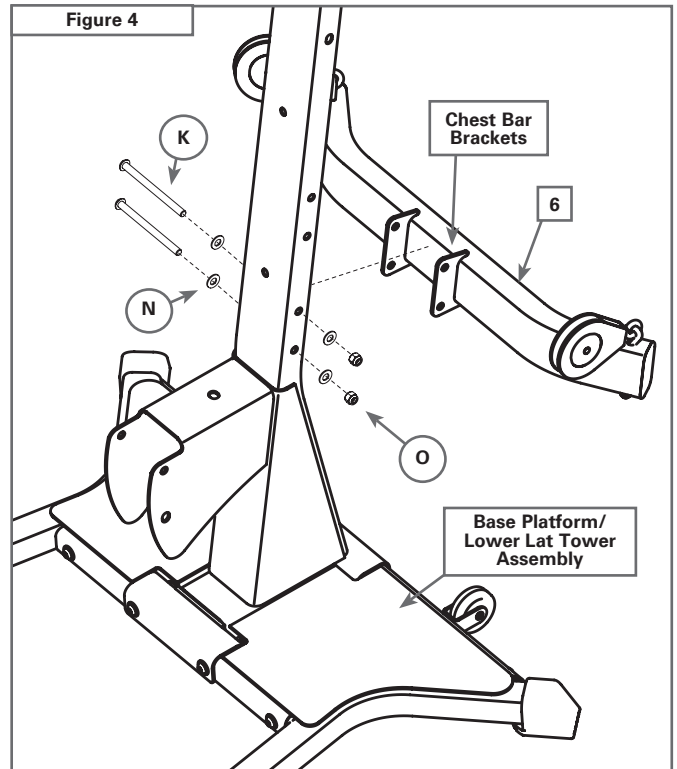
Locate the following items:

- From Step 3 - Main Assembly
- Item #6 - Chest Bar w/ Pulleys - Do not unwrap cables!
- Item #K - (2) 3/8" X 5" Button Head Screws
- Item #N - (4) 3/8" Washers
- Item #O - (2) 3/8" Nylock Nuts

Line up the bolt holes in the brackets on the Chest Bar with Pulleys (Item #6) with the **lowest bolt holes** on the Lower Lat Tower, as shown in **Figure 4**. Pulleys should be oriented forward.

Place (2) 3/8" Washers (Item #N) over the end of (2) 3/8" X 5" Button Head Screws (Item #K) - one washer per screw. Insert the screws through the lined up holes in the Chest Bar with Pulleys and the Lower Lat Tower, and secure each screw by placing (1) 3/8" Washers and (1) 3/8" Nylock Nuts (Item #O) over the end of each screw.

Completely tighten hardware installed during Step 4.



Step 5 - Attach the Seat Bracket to the Seat Pad

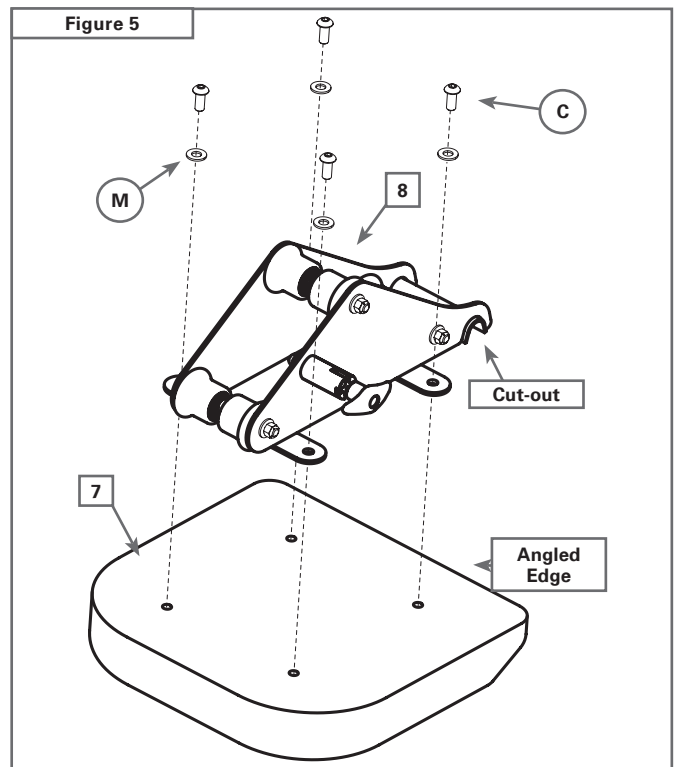
Locate the following items:

- Item #7 - Seat Pad
- Item #8 - Seat Bracket
- Item #C - (4) 5/16" X 3/4" Button Head Screws
- Item #M - (4) 5/16" Washers

Place the Seat Pad (Item #7) on the floor, cushion-side down. Position the Seat Bracket (Item #8) so the cut-out is toward the angled edge of the Seat Pad. Align the four holes in the Seat Bracket with the four holes in the Seat Pad.

Place (4) 5/16" Washers (Item #M) over (4) 5/16" X 3/4" Button Head Screws (Item #C) - one over each screw, and use those screws to secure the Seat Bracket to the Seat Pad.

Completely tighten hardware installed during Step 5.



Assembly Guide

Step 6 - Attach the Seat Rail to the Seat Assembly

Locate the following items:

- From Step 5 - Seat Pad/Seat Bracket Assembly
- Item #9 - Seat Rail

Undo the twist ties from the Rail Pivot Bushings and remove the Bushings. Set aside until the end of this step.

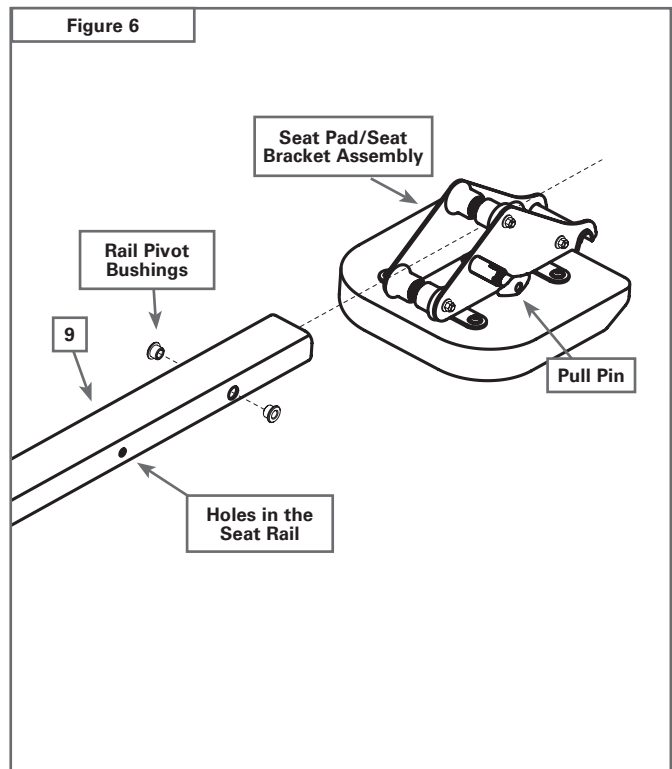
Line up the Seat Rail (Item #9) with the Seat Assembly (from Step 5). Orient the Seat Rail so that the Pull Pin on the Seat Bracket is on the same side as the holes in the Seat Rail.

Pull out the Pull Pin on the Seat Bracket, and then insert the Seat Rail through the Seat Bracket, (see **Figure 6**).

To adjust the Seat, slide the Seat until the Pull Pin is aligned with one hole, then release the Pull Pin into the hole.

Once you have attached the Seat Assembly to the Seat Rail, reinstall the Rail Pivot Bushings that you removed at the beginning of this step.

Note: See Step 22 to adjust the Seat Bracket.



Step 7 - Attach the Rear Leg to the Rear Leg Cross Tube

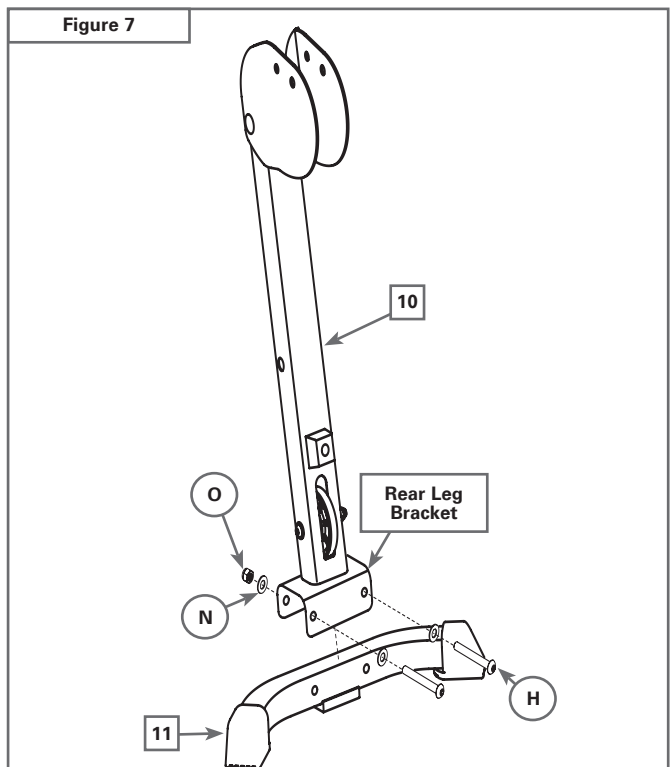
Locate the following items:

- Item #10 - Rear Leg - Do not unwrap cables!
- Item #11 - Rear Leg Cross Tube
- Item #H - (2) 3/8" X 3" Button Head Screws
- Item #N - (4) 3/8" Washers
- Item #O - (2) 3/8" Nylock Nuts

Line up the holes in the bracket on the Rear Leg (Item #10) with the holes in the Rear Leg Cross Tube (Item #11) as shown in **Figure 7**.

Place (2) 3/8" Washers (Item #N) over the end of (2) 3/8" X 3" Button Head Screws (Item #H) - one per each screw. Insert the screws through the lined up holes, and secure by placing (1) 3/8" Washer and (1) 3/8" Nylock Nut (Item #O) over the end of each screw, as shown in **Figure 7**.

Completely tighten hardware installed during Step 7.



Assembly Guide

Step 8 - Attach the Rear Leg to the Seat Rail

Locate the following items:

- From Step 6 - Seat Rail Assembly
- From Step 7 - Rear Leg Assembly
- Item #J - (1) 3/8" X 4 1/4" Button Head Screw
- Item #N - (2) 3/8" Washers
- Item #O - (1) 3/8" Nylock Nut
- Item #Q - (2) Bolt Covers

Undo the twist ties from the Pivot Bushings on the end of the Rear Leg Assembly (from Step 6), but do not remove the Bushings.

Note: When attaching the Rear Leg Assembly (from Step 7) to the Seat Rail Assembly, rotate the Rear Leg forward (as shown in Figure 8b), to allow the Leg Latch to engage with the Seat Rail Pull Pin.

Align the holes on the End Bracket of the Seat Rail Assembly with the middle holes on the Rear Leg Assembly, (see **Figure 8**).

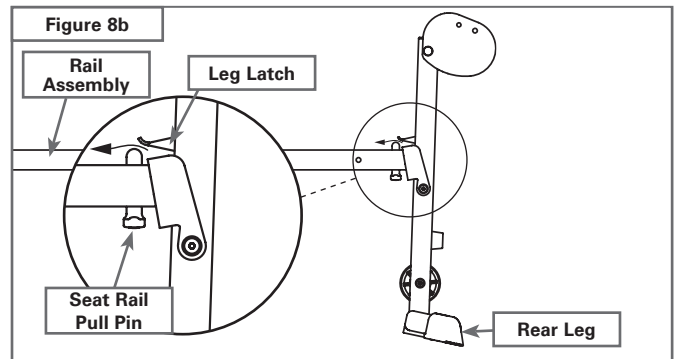
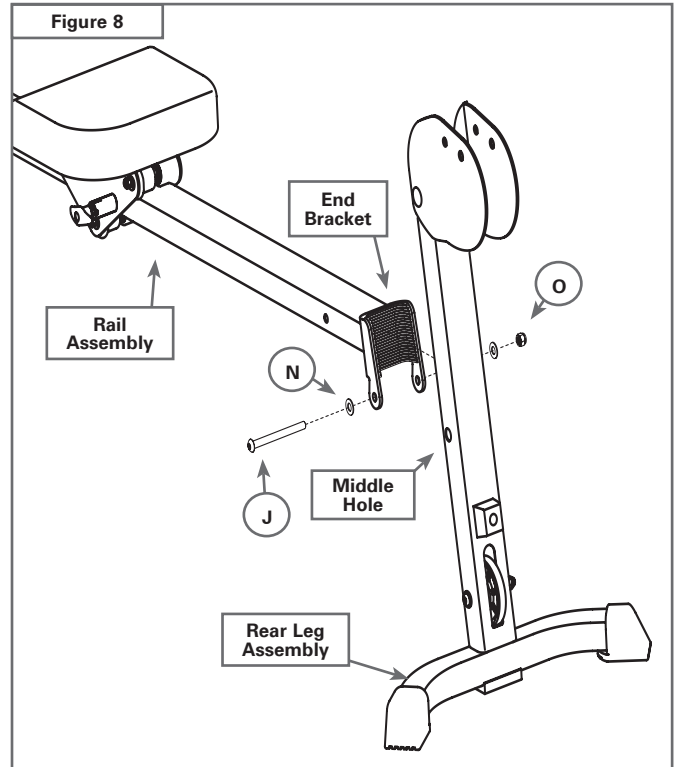
Place (1) 3/8" Washer (Item #N) over the end of (1) 3/8" X 4 1/4" Button Head Screw (Item #J). Insert the screw through the lined up holes and then loosely secure on the opposite side by placing (1) 3/8" Washer and (1) 3/8" Nylock Nut (Item #O) over the end.

Do not over-tighten hardware from Step 8.

Note: Tighten the nylock nut enough that the threads of the screw extend through the nylock nut, but loosely enough that the Leg Assembly can move freely.

At this time, place (1) Bolt Cover (Item #Q) over the Nylock Nut installed during Step 8, place 1 bolt cover over the Nylock Nut going through the rear leg pulley.

Once you have completed Step 8, rotate the Rear Leg back until it engages the Seat Rail Pull Pin.



Assembly Guide

Step 9 - Attach the Seat Rail to the Main Assembly

Locate the following items:

- From Step 4 - Main Assembly
- From Step 8 - Seat Rail Assembly
- Item #12 - Seat Rail Knob
- Item #J - (1) 3/8" X 4 1/4" Button Head Screw
- Item #N - (2) 3/8" Washers
- Item #O - (1) 3/8" Nylock Nut
- Item #Q - (1) Bolt Cover

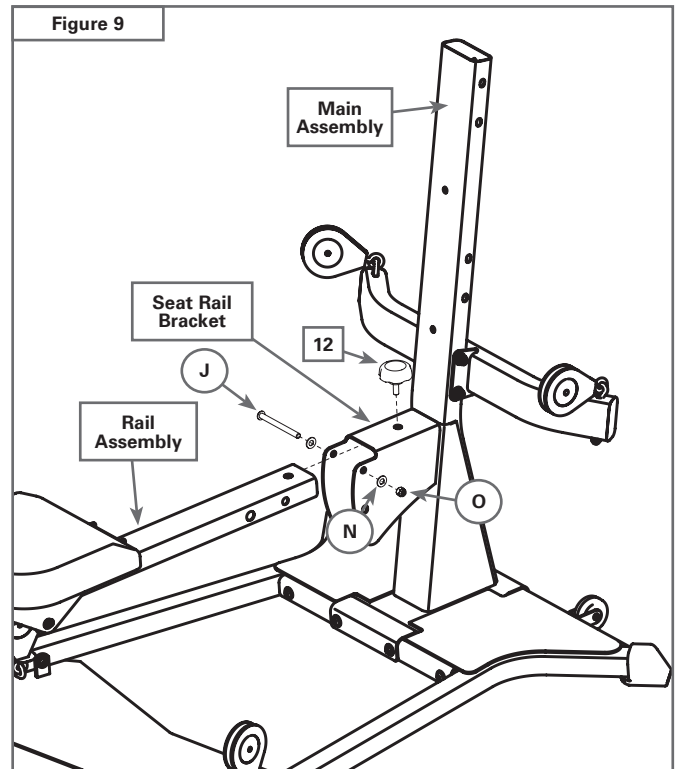
Align the holes on the Seat Rail Assembly (from Step 8) with the holes in the Rail Bracket on the Main Assembly (from Step 4), as shown in **Figure 9**.

Insert the Seat Rail Assembly into the Seat Rail Bracket, and then place (1) 3/8" Washer (Item #N) over the end of (1) 3/8" X 4 1/4" Button Head Screw (Item #J). Insert the screw through the aligned holes, as shown, and place (1) 3/8" Washer and (1) 3/8" Nylock Nut (Item #O) over the end of the screw to secure.

Do not over-tighten the hardware from Step 9.

Note: Tighten the nylock nut enough that the threads of the screw extend through the nylock nut, but loosely enough that the Seat Rail Assembly can move freely.

At this time, place (1) Bolt Cover (Item #Q) over the Nylock Nut installed during Step 9. Then, thread the Seat Rail Knob (Item #12) into the top hole on the Seat Rail Bracket, as shown in **Figure 9**, but do not over-tighten.



Assembly Guide

Step 10 - Attach the Leg Extension Pivot Tube

Locate the following items:

- Item #13 - Leg Extension Pivot Tube
- From Step 9 - Main Assembly
- Item #30 - Lock Out Pin
- Item #G - (1) 3/8" X 2 3/4" Button Head Screw
- Item #N - (2) 3/8" Washers
- Item #O - (1) 3/8" Nylock Nut
- Item #Q - (1) Bolt Cover

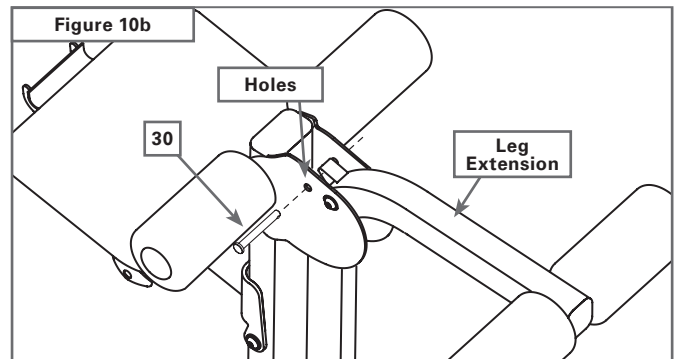
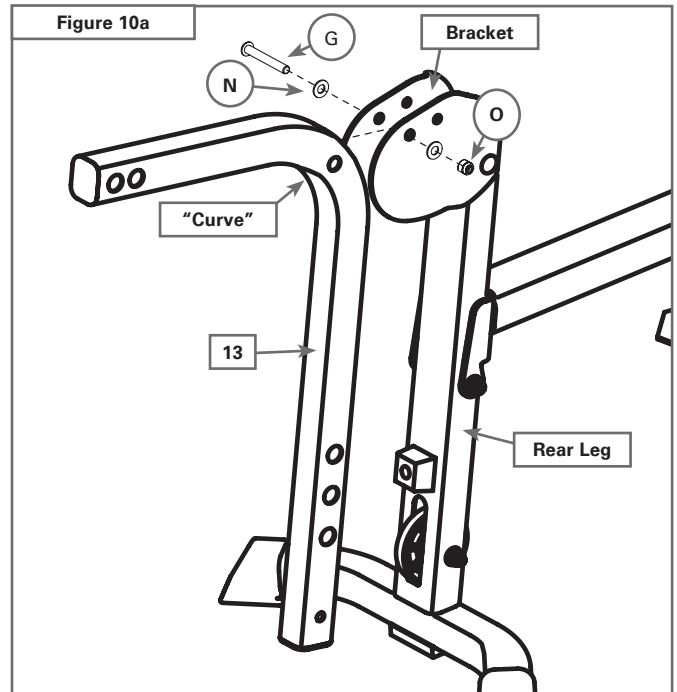
Undo the twist ties from the Pivot Bushings. Align the holes located on the "curve" of the Leg Extension Pivot Tube (Item #13) with the holes on the bracket of the Rear Leg, as shown in **Figure 10a**.

Place (1) 3/8" Washer (Item #N) over the end of (1) 3/8" X 2 3/4" Button Head Screw (Item #G). Thread the screw through the aligned holes and bushings and secure by placing (1) 3/8" Washer and (1) 3/8" Nylock Nut (Item #O) over the end of the screw, as shown in **Figure 10a**.

Do not over-tighten hardware from Step 10.

Place (1) Bolt Cover (Item #Q) over the Nylock Nut installed during Step 10.

Note: When storing the Rail Assembly, insert the Lock Out Pin (Item #30) through the holes in the Pivot Tube to temporarily hold the Leg Extension in place while folding the Rail up (see **Figure 10b).**



Assembly Guide

Step 11 - Attach the Rollers to the Leg Extension

Locate the following items:

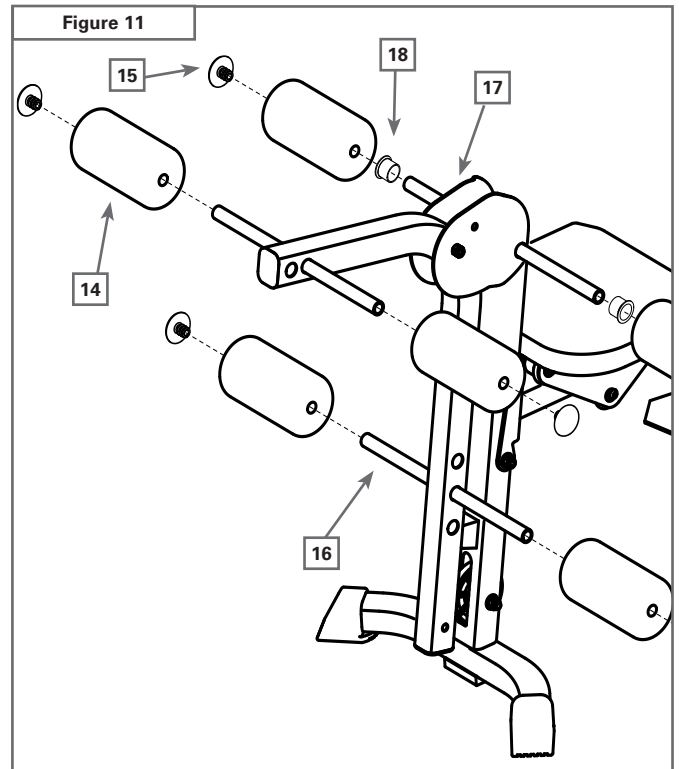
- From Step 10 - Main Assembly
- Item #14 - Foam Rollers
- Item #15 - Foam Roller End Caps
- Item #16 - Short Chrome Roller Tubes
- Item #17 - Long Chrome Roller Tube
- Item #18 - Roller Tube Spacers

There are (3) Chrome Roller Tubes on the Leg Extension. Place the Long Chrome Roller Tube (Item #17) through the hole closest to the Seat.

There are two holes possible in the Leg Extension Pivot Tube for the lower of the Short Chrome Roller Tubes (Item #16). Select the correct lower hole for your height - the Roller should rest on your lower shin above the ankle. Insert the (3) Chrome Roller Tubes through the holes on the Leg Extension Pivot Tube and Rear Leg, as shown in **Figure 11**.

Slide (2) Roller Tube Spacers (Item #18) over each end of the Long Chrome Roller Tube. Then, slide (2) Foam Rollers (Item #14) over the ends of all three tubes. Cap the Roller Tubes with the (6) Foam Roller End Caps (Item #15).

Note: Use a Rubber Mallet to secure the End Caps.



Step 12 - Attach Leg Cable to the Leg Extension

Locate the following items:

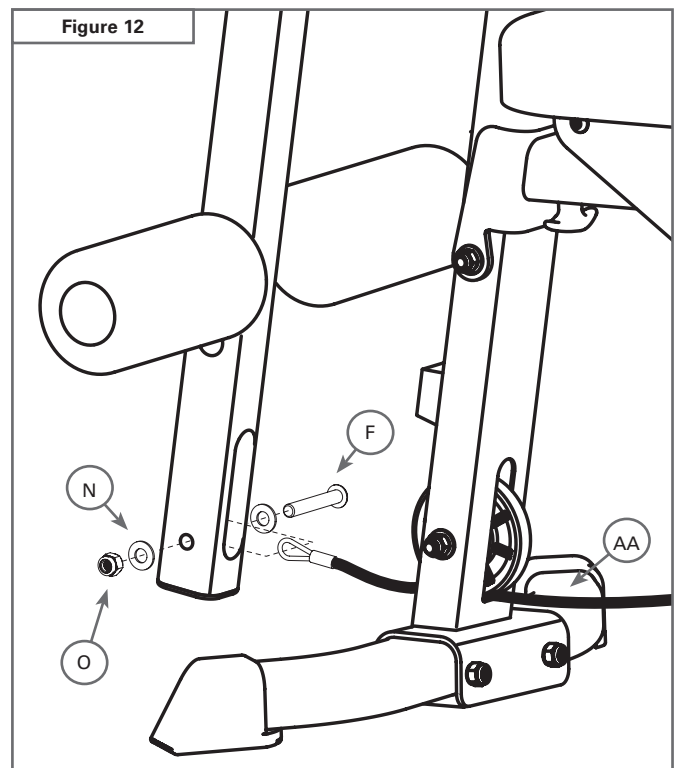
- From Step 11 - Main Assembly
- Item #AA - (1) Leg Cable
- Item #F - (1) 3/8" X 2 1/2" Button Head Screw
- Item #N - (2) 3/8" Washers
- Item #O - (1) 3/8" Nylock Nut
- Item #Q - (1) Bolt Cover

Slide the hooked end of the Leg Cable beneath the Leg Extension Pulley and into the hole on the Leg Extension Pivot Tube, as shown in **Figure 12**.

Place (1) 3/8" Washer (Item #N) over the end of (1) 3/8" X 2 1/2" Button Head Screw (Item #F). Thread the screw through holes in the Leg Extension and cable end. Place (1) 3/8" Washer and (1) 3/8" Nylock Nut (Item #O) over the end of the screw, as shown in **Figure 12**, and tighten.

Completely tighten hardware installed during Step 12.

Place (1) Bolt Cover (Item #Q) over the Nylock Nut installed during Step 12.



Assembly Guide

Step 13 - Assemble the Leg Extension Seat

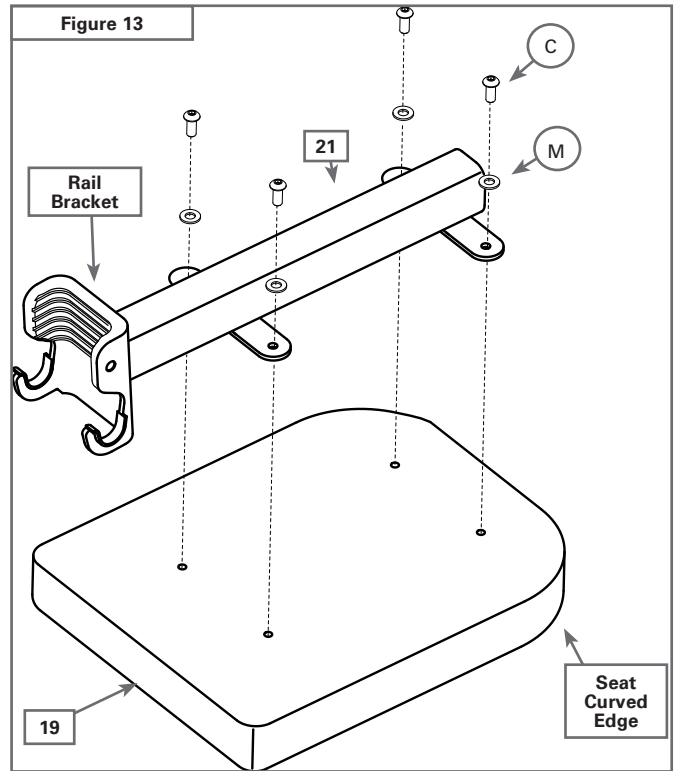
Locate the following items:

- Item #19 - Leg Extension Seat Pad
- Item #21 - Leg Extension Seat Support Tube
- Item #C - (4) 5/16" X 3/4" Button Head Screws
- Item #M - (4) 5/16" Washers

Place the Leg Extension Seat Pad (Item #19) cushion-side down. Align the holes in the Leg Extension Seat Support Tube (Item #21) with the holes on the underside of the Seat Pad.

Place (4) 5/16" Washers (Item #M) over (4) 5/16" X 3/4" Button Head Screws (Item #C) - one over each screw. Insert the screws through the aligned holes, and tighten.

Completely tighten hardware installed during Step 13.



Assembly Guide

Step 14 - Attach the Leg Extension Seat to the Main Assembly

Locate the following items:

- From Step 13 - Leg Extension Seat Assembly
- From Step 12 - Main Assembly

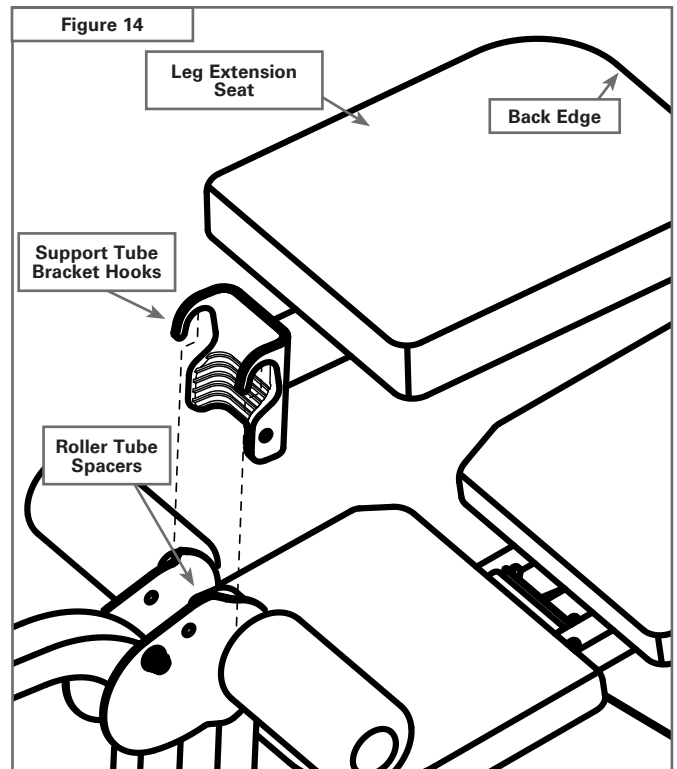
The Leg Extension Seat Assembly is removable, and can be attached to the Rear Leg Assembly easily by placing the Rail Bracket Hooks over the Rear Rollers.

Place the Rail Bracket Hooks onto the Roller Tube Spacers (sandwiched between the Rear Leg and the Foam Rollers).

Once the Support Tube Bracket Hooks connect with the Roller Tube Spacers, slightly “roll” the back edge of the Seat down to lock into place.

Warning: For your safety, always ensure that the Support Tube Bracket Hooks fully engage with the Roller Tube Spacers.

To remove the Leg Extension Seat Assembly, reverse this procedure.



Step 15 - Attach the Lat Cross Bar to the Upper Lat Tower

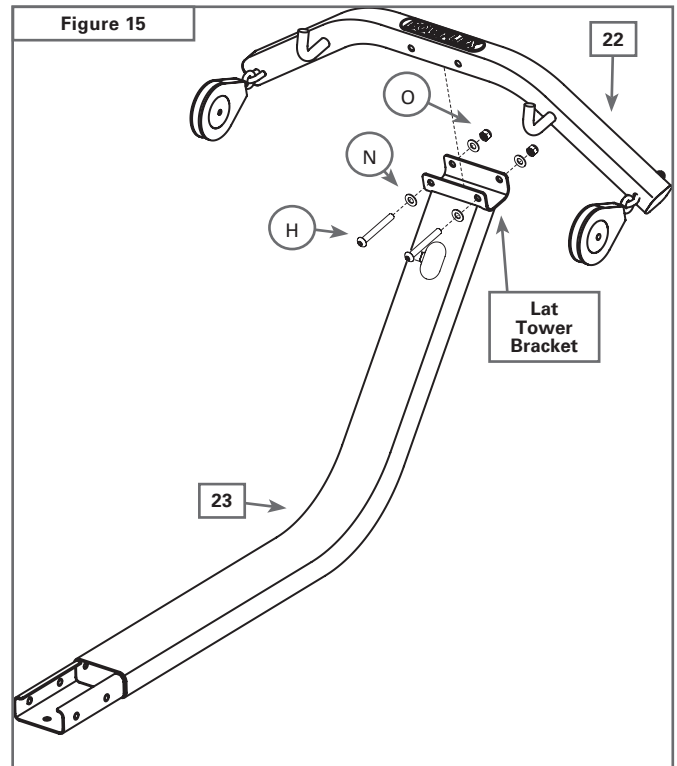
Locate the following items:

- Item #22 - Lat Cross Bar - Do not unwrap cables!
- Item #23 - Upper Lat Tower
- Item #H - (2) 3/8" X 3" Button Head Screws
- Item #N - (4) 3/8" Washers
- Item #O - (2) 3/8" Nylock Nuts

Align the holes in the Lat Cross Bar (Item #22) with the holes in the bracket on the Upper Lat Tower (Item #23).

Place (2) 3/8" Washers (Item #N) over the ends of (2) 3/8" X 3" Button Head Screws (Item #H) - one washer per screw. Thread the screws through the aligned holes, then secure by placing (1) 3/8" Washer and (1) 3/8" Nylock Nut (Item #O) over each screw and tighten.

Completely tighten hardware installed during Step 15.



Assembly Guide

Step 16 - Attach the Upper Lat Tower to the Lower

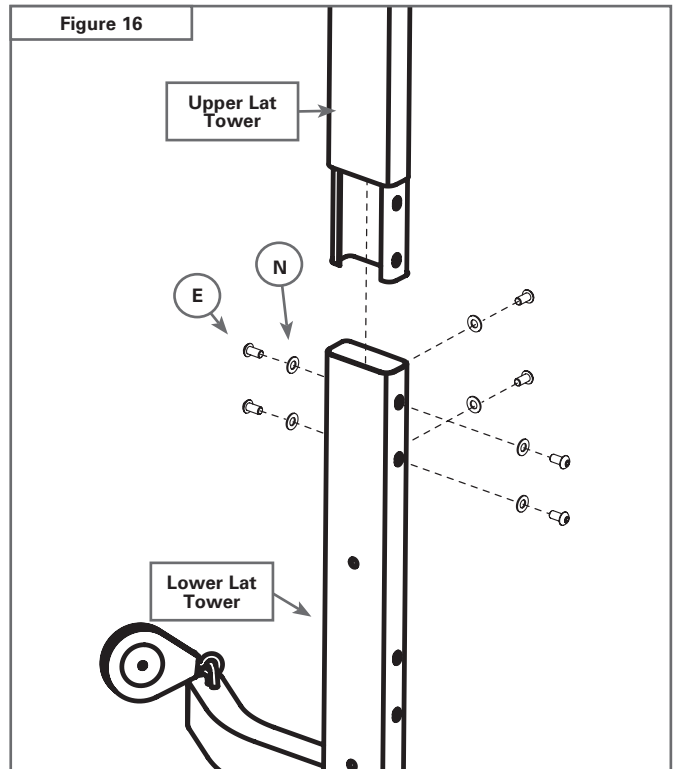
Locate the following items:

- From Step 15 - Upper Lat Tower Assembly
- From Step 14 - Main Assembly
- Item #E - (6) 3/8" X 3/4" Button Head Screw
- Item #N - (6) 3/8" Washers

Carefully insert the end of the Upper Lat Tower into the open end of the Lower Lat Tower. Align the holes on the Upper Lat Tower with the holes on the Lower Lat Tower.

Place (6) 3/8" Washers (Item #N) over the ends of (6) 3/8" X 3/4" Button Head Screws (Item #E) - one washer per screw. Thread the screws into the aligned holes, as shown in **Figure 16**.

Completely tighten hardware installed during Step 16.



Step 17 - Attach the Rod Box with Power Rods® to the Rod Box Frame

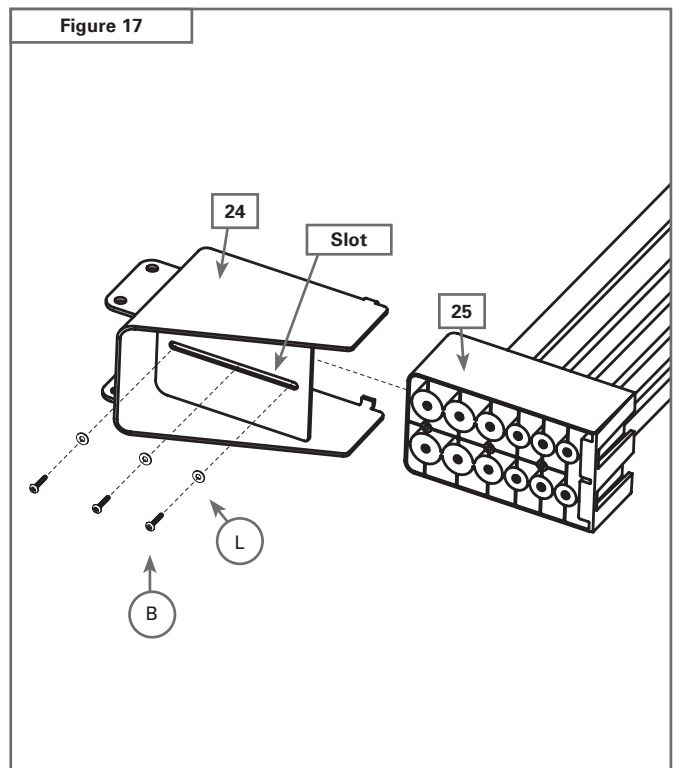
Locate the following items:

- Item #24 - Rod Box Frame
- Item #25 - Rod Box with Power Rods®
- Item #B - (3) #10 X 1" Phillips Head Screws
- Item #L - (3) 1/4" Washers

Place the Rod Box Frame (Item #24) and Rod Box with Power Rods® (Item #25) onto one side as shown in **Figure 17**. Slide the Rod Box with Power Rods® into the Rod Box Frame until the Rod Box is completely seated in the Rod Box Frame.

Place (3) 1/4" Washers (Item #L) over the ends of (3) #10 X 1" Phillips Head Screws (Item #B) - one washer per screw. Insert the screws through the slot on the Rod Box Frame and thread into the holes in the Rod Box with Power Rods®.

Completely tighten hardware installed during Step 17.



Assembly Guide

Step 18 - Attach the Rod Box Frame to the Lat Tower

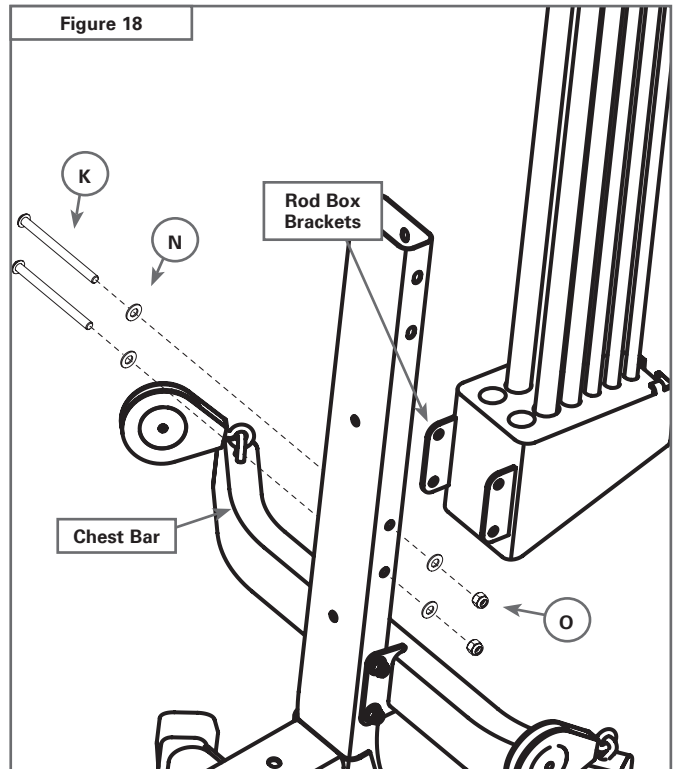
Locate the following items:

- From Step 16 - Main Assembly
- From Step 17 - Rod Box/Frame Assembly
- Item #K - (2) 3/8" X 5" Button Head Screws
- Item #N - (4) 3/8" Washers
- Item #O - (2) 3/8" Nylock Nuts

Align the bolt holes on the Rod Box brackets with the bolt holes on the Lat Tower above the Chest Bar, as shown in **Figure 18**.

Place (2) 3/8" Washers (Item #N) over the ends of (2) 3/8" X 5" Button Head Screws (Item #K) - one washer per screw. Insert the screws through the aligned holes. Place (1) 3/8" Washer and (1) 3/8" Nylock Nut (Item #O) over the end of each screw and tighten.

Completely tighten hardware installed during Step 18.



Step 19 - Attach the Faceplate to the Main Assembly

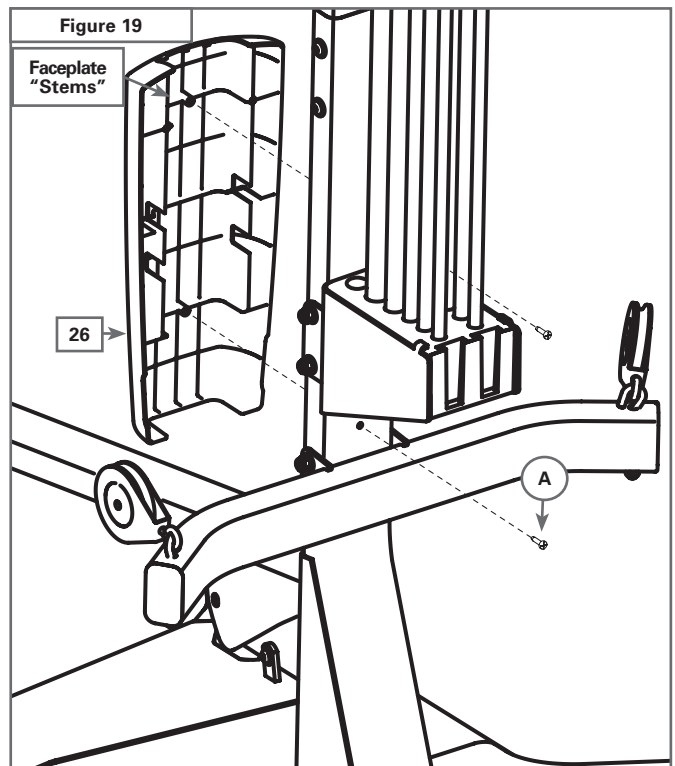
Locate the following items:

- Item #26 - Faceplate
- From Step 18 - Main Assembly
- Item #A - (2) #10 Phillips Head Screws

Position the textured side of the Faceplate (Item #26) against the Lower Lat Tower. Insert the plastic "stems" through the corresponding holes on the Lower Lat Tower, as shown in **Figure 19**. You may need to push the Power Rods® out of the way to insert the screws into the holes.

Attach the Faceplate to the Lower Lat Tower by threading (2) #10 Phillips Head Screws (Item #A) into the "stems".

Do not completely tighten hardware installed during Step 19 - tighten screws approximately 1/2 of completion. Hardware will be tightened during Step 20.



Assembly Guide

Step 20 - Attach the Faceplate Back Panels

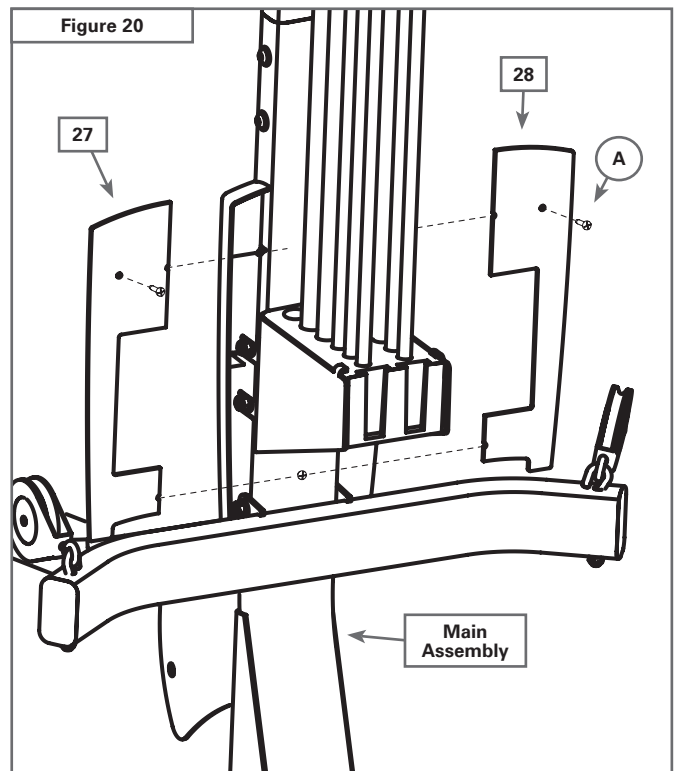
Locate the following items:

- Item #27 - Faceplate Right Back Panels
- Item #28 - Faceplate Left Back Panels
- From Step 19 - Main Assembly
- Item #A - (2) #10 Phillips Head Screws

Slide each Faceplate Back Panel (Items #27 & 28), textured side out, against the textured (back) side of the Faceplate. The screw heads of the (2) Phillips Head Screws installed during Step 19 should allow the Back Panels to slide beneath them until the panels meet in the center..

Secure the Panels using (2) #10 Phillips Head Screws (Item #A), as shown in **Figure 20**, attaching one side at a time.

Completely tighten hardware installed during Steps 19 & 20.



Step 21 - Tighten Lower Bolt on the Seat Bracket

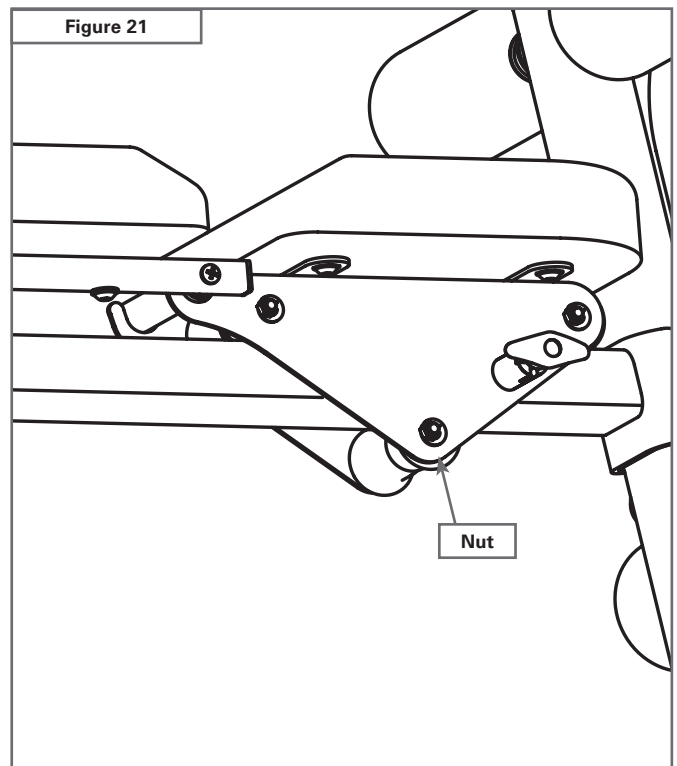
Locate the following items:

- From Step 5 - Seat Assembly (underneath)

Using an Allen Wrench (included) and a combination wrench, tighten the top nut & bolt on the Seat Assembly (see **Figure 21**). Take care that the Seat Assembly can still freely slide without resistance along the Seat Rail when you are seated.

Note: The Seat Assembly will have some resistance when rolling if no one is seated.

Take care not to overtighten hardware from Step 21.



Assembly Guide

Step 22 - Attach the Bench to the Seat Assembly

Locate the following items:

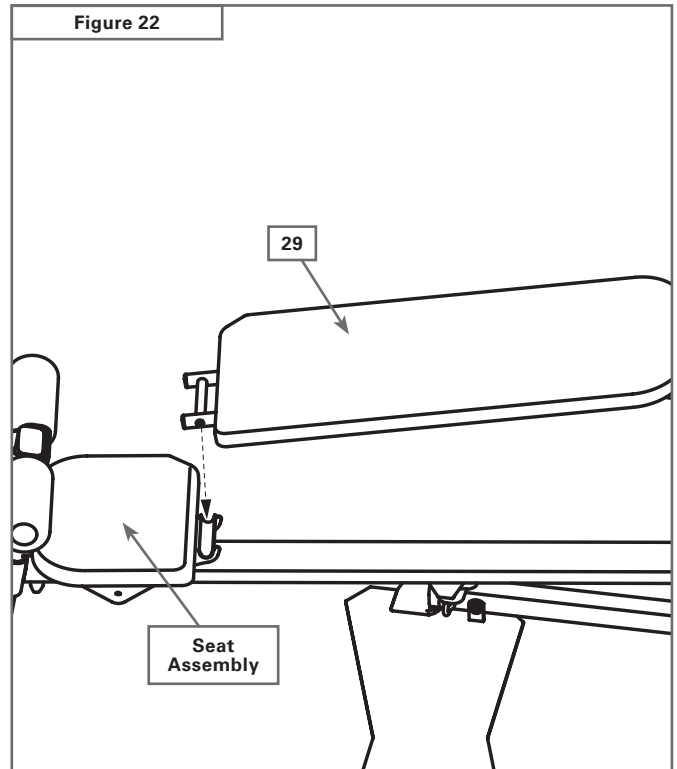
- Item #29 - Bench Pad
- From Step 6 - Seat Assembly

The Bench easily attaches and releases from the Seat. To attach the Bench, insert the half hinge on the end of the Bench into the half hinge on the seat. To remove the Bench, lift up on the long portion and pull away from Seat.



Note: At this time, carefully go over your entire Bowflex Sport® Home Gym, tightening all screws, nuts and other hardware securely before exercising on your Bowflex Sport® Home Gym.

Steps 23 through 26 illustrate how to route and connect the Cables to your new Bowflex Sport® Home Gym.



Step 23 - Route the Rod Cables

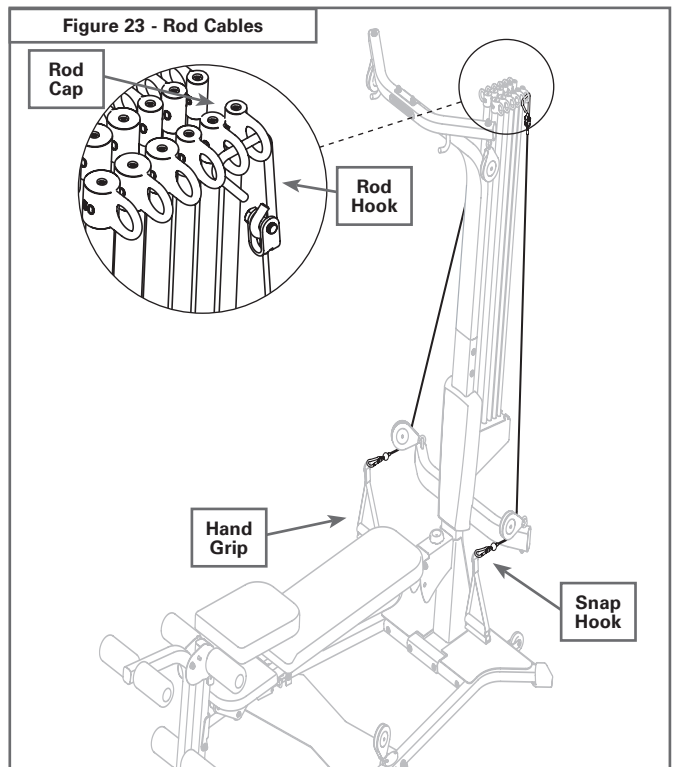
Locate the following items:

- Item #S - (2) Hand Grips
- Item #V - (2) Snap Hooks
- Item #Y - (2) Rod Cables with (2) Snap Hooks (attached)

Unwrap the Cables from both Pulleys on the Chest bar. Pull one end of the Cable from the Chest Pulley upwards. Attach the Cable to one Rod Cap by hooking the Rod Hook through the hole in the Rod Cap.

Then, fasten one Hand Grip to the Snap Hook on the opposite end of the Cable, as shown in **Figure 23**.

Repeat for remaining Chest Pulley Rod Cable.



Assembly Guide

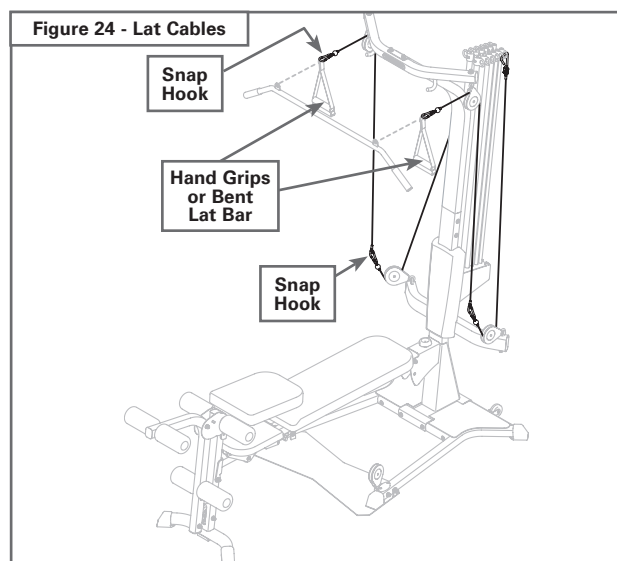
Step 24 - Route the Lat Cables

Locate the following items:

- Item #S - (2) Hand Grips
- Item #R - (1) Bent Lat Bar (optional)
- Item #Z - (2) Lat Cables with (2) Snap Hooks (attached)

Unwrap the Lat Cables with Snap Hooks from both Pulleys on the Lat Cross Bar. Pull one end of the Cables down from the Lat Cross Bar, and fasten to the Chest Cable Snap Hook.

Fasten the attached Snap Hook from the Lat Cable to a Hand Grip or the Bent Lat Bar. Repeat for remaining Lat Cable.



Step 25 - Route the Leg Cables

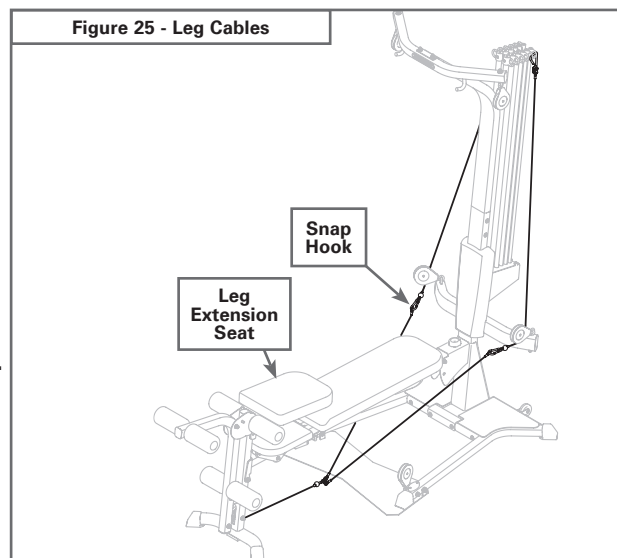
Locate the following items:

- Item #AA - Leg Cable
- From Step 14 - Leg Extension Seat Assembly

Unwrap the Cables from the Rear Leg Pulley.

Pull one end of the "Y" Cable away from the Rear Leg to fasten to a Snap Hook on the Rod Cable.

Note: For this step, make sure your Leg Extension Seat is installed.



Step 26 - Route the Squat Cables

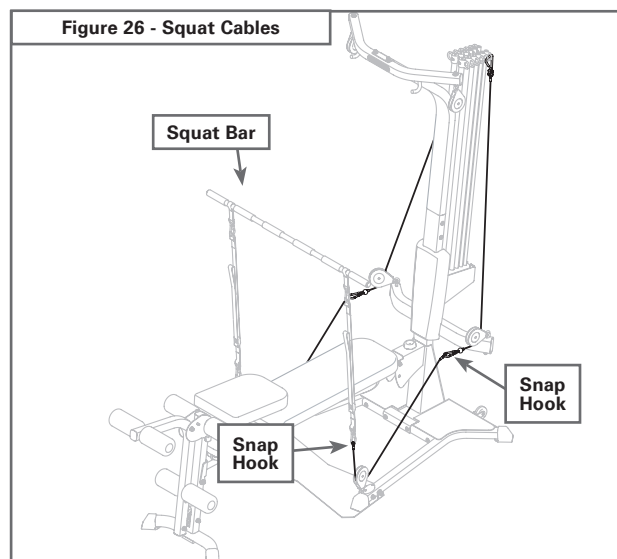
Locate the following items:

- Item #R - Squat Bar

Unwrap the Cables on each Base Leg Pulley. Pull one end of the Cable up from the Leg Pulley, and fasten the Cable to a Snap Hook on the Chest Bar.

Fasten the Snap Hook attached to the Squat Cables to the corresponding Squat Bar "D" Ring.

Repeat for remaining Squat Cable.



CONGRATULATIONS! You have successfully completed assembly of your Bowflex Sport® 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.

IMPORTANT CONTACT NUMBERS

If you need assistance, please have both the serial number of your machine and the date of purchase available when you contact the appropriate Nautilus office listed below.

OFFICES IN THE UNITED STATES: INTERNATIONAL OFFICES:

E-mail: cstech@nautilus.com

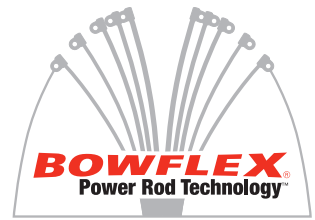
- **NAUTILUS INNOVATION CENTER**
Nautilus, Inc.
1886 Prairie Way
Louisville, Colorado, USA 80027
Phone: 800-NAUTILUS (800-628-8458)
Fax: 800-898-9410
- **TECHNICAL/CUSTOMER SERVICE**
Nautilus, Inc.
World Headquarters
16400 SE Nautilus Drive
Vancouver, Washington, USA 98683
Phone: 800-NAUTILUS (800-628-8458)
Fax: 877-686-6466
- **CORPORATE HEADQUARTERS**
Nautilus, Inc.
World Headquarters
16400 SE Nautilus Drive
Vancouver, Washington, USA 98683
Phone: 800-NAUTILUS (800-628-8458)

For technical assistance and a list of distributors in your area, please call or fax one of the following numbers.

- **INTERNATIONAL CUSTOMER SERVICE:**
Nautilus International S.A.
Rue Jean Prouvé 6
1762 Givisiez / Switzerland
Tel: + 41-26-460-77-77
Fax: + 41-26-460-77-70
Email: technics@nautilus.com

INTERNATIONAL OFFICES:

- **SWITZERLAND OFFICE**
Nautilus Switzerland S.A.
Tel: + 41-26-460-77-66
Fax: + 41-26-460-77-60
- **GERMANY and AUSTRIA OFFICE**
Nautilus GmbH
Tel: +49-2204-610-27
Fax: +49-2204-628-90
- **ITALY OFFICE**
Nautilus Italy s.r.l.
Tel: +39-031-51-10-86
Fax: +39-031-34-24-97
- **UNITED KINGDOM OFFICE**
Nautilus UK Ltd.
Tel: +44-1908-267-345
Fax: +44-1908-267-346
- **CHINA OFFICE**
Nautilus Representative Office
Tel: +86-21-523-707-00
Fax: +86-21-523-707-09



BOWFLEX **SPORT**

This manual is written and designed by industry professionals. If you have any questions regarding your Bowflex Sport® Home Gym or any instructions found in this manual, please call 1-800-605-3369 for assistance.