

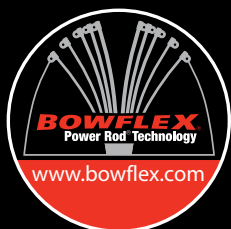


BOWFLEX

XCEED™ PLUS



The Bowflex Xceed™ Plus Home Gym Assembly Manual



Congratulations on your commitment to fitness and your purchase of the Bowflex Xceed™ Plus home gym. Before assembling your Bowflex Xceed™ Plus home gym please read the Assembly Manual and follow the Important Safety Precautions. For information on how to use your Bowflex Xceed™ Plus home gym refer to the Bowflex Xceed™ Plus Owner's Manual.

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Specifications / Approvals

Product Specifications:

Product Weight	157 lbs. (71 kg)
Product Dimensions	53" (135 cm) long x 49" (124 cm) wide x 82" (208 cm) high
Workout Area	96" (244 cm) long x 78" (198 cm) wide
Number of Exercises	Over 60
Power Rod® Resistance	310 lbs. (141 kg)
Power Rod® Upgradability	410 lbs. (186 kg.)
User Weight Limit	300 lbs. (136 kg)

Regulatory Approvals:



Meets:

EN957-1 Class H
EN957-2 Class H



Meets:

ASTM F2276-05
ASTM F2216-05



Important Safety Precautions

IMPORTANT SAFETY INSTRUCTIONS

The following definition applies to the word “**Warning**” found throughout this manual:



Used to call attention to POTENTIAL hazards that could result in personal injury or loss of life.



READ ALL INSTRUCTIONS BEFORE ASSEMBLING THE MACHINE.

 **WARNING**

For your safety, perform all assembly steps in the sequence given. Improper assembly can lead to injury.

 **WARNING**

Some components can be heavy or awkward to handle. Get help if necessary.

Before You Begin

Before You Assemble

Please take the time to read all assembly instructions before attempting to assemble your Bowflex Xceed™ Plus home gym. Select where you are going to locate your machine carefully. The best place for your Bowflex Xceed™ Plus home gym is on a hard, level surface.

Select a workout area that provides a minimum clearance behind the rod box of 0.5 ft (15 cm) and a total width of 6.5 ft (2.0 m). Allow a minimum of 3.0 ft (0.9 m) free space in front of the machine.

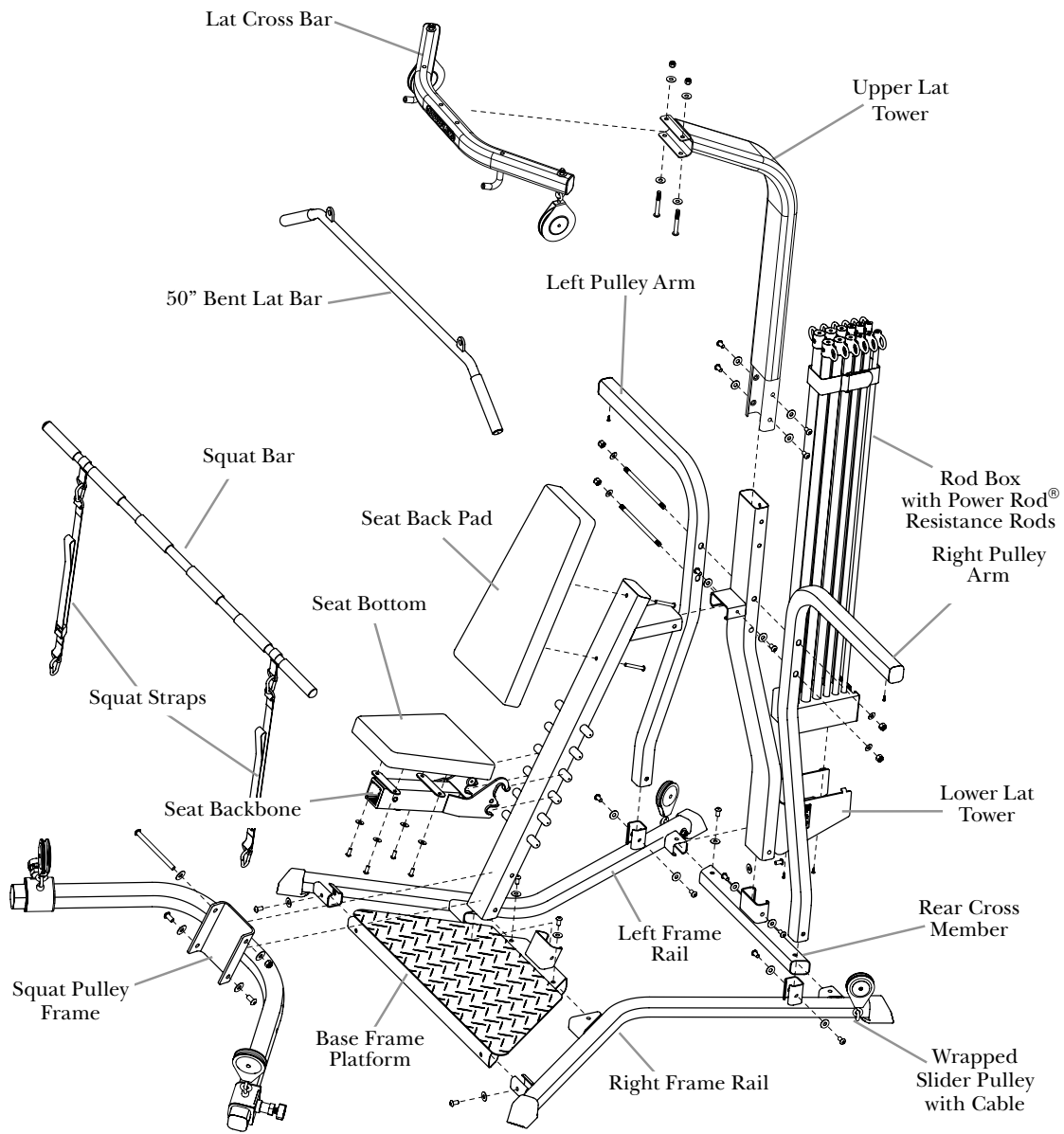
Basic Assembly Principles

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

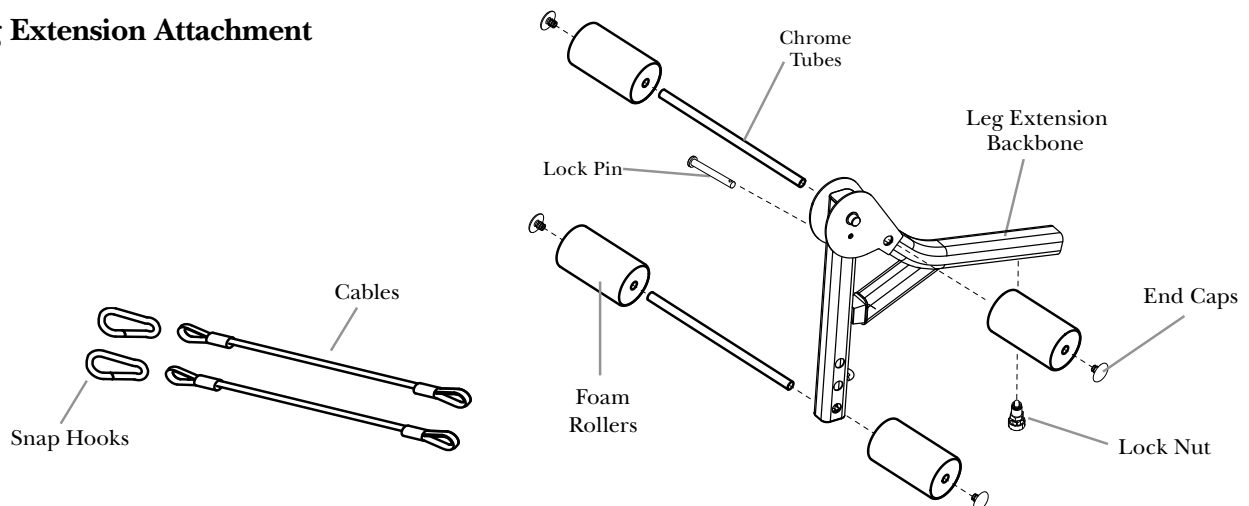
1. To make the assembly process go faster, gather the pieces you need for each step and thoroughly read the assembly instructions for that step prior to starting assembly for the step.
2. When tightening a locknut on a bolt, use a combination wrench to grip the locknut and ensure that it is fastened 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 Xceed™ Plus 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.”

IMPORTANT: LEAVE ALL CABLES COILED AND WRAPPED UNTIL YOUR BOWFLEX XCEED™ PLUS HOME GYM IS FULLY ASSEMBLED.

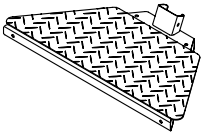
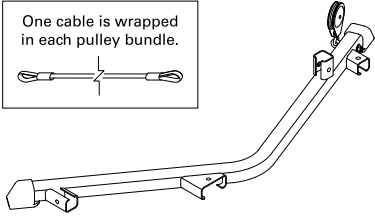
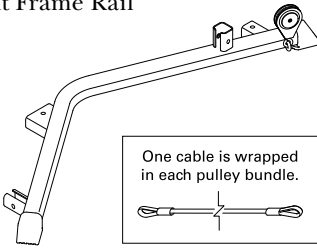
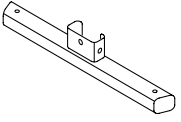
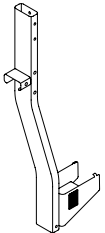
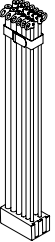
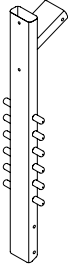
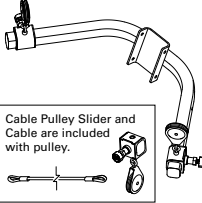
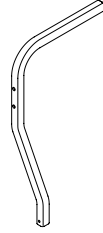
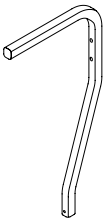
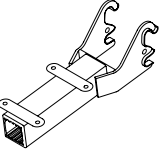
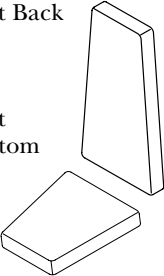
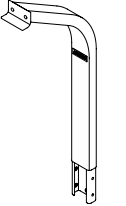
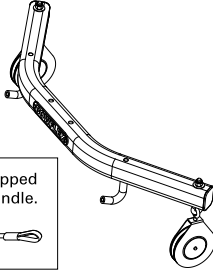
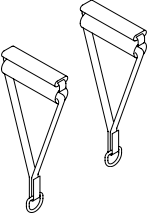
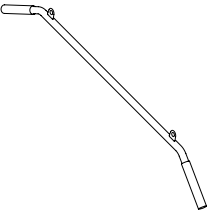
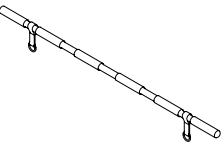
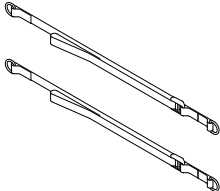
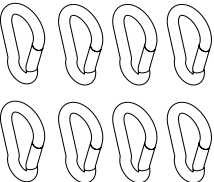
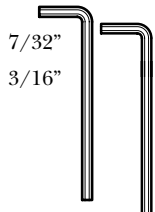
Parts Reference Guide



Leg Extension Attachment

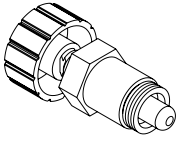
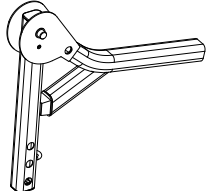
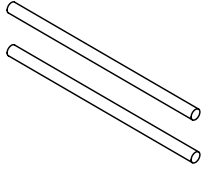
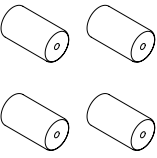
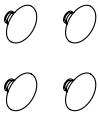
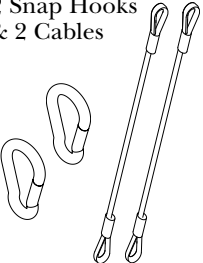


Parts Reference Guide

<p>Base Frame</p> 	<p>Left Frame Rail</p> <p>One cable is wrapped in each pulley bundle.</p> 		<p>Right Frame Rail</p> <p>One cable is wrapped in each pulley bundle.</p> 	<p>Rear Cross Member</p> 	
<p>Lower Lat Tower Frame</p> 	<p>Rod Box w/ Rods</p> 	<p>Seat Support Rail</p> 	<p>Squat Pulley Frame</p> <p>Cable Pulley Slider and Cable are included with pulley.</p> 	<p>Left Pulley Arm</p> 	<p>Right Pulley Arm</p> 
<p>Seat Backbone</p> 	<p>Seat Back</p> <p>Seat Bottom</p> 	<p>Upper Lat Tower</p> 	<p>Lat Cross Bar with Pulleys</p> <p>One cable is wrapped in each pulley bundle.</p> 		<p>2 Hand Grips</p> 
<p>50" Bent Lat Bar</p> 	<p>Squat Bar</p> 	<p>2 Squat Straps</p> 	<p>8 Snap Hooks</p> 	<p>Tools Included: 2 Hex Wrenches</p> <p>7/32" 3/16"</p> 	

NOTE: Specifications Subject to Change Without Notice

Leg Extension Parts

<p>Lock Knob</p> 	<p>Leg Extension Backbone</p> 	<p>2 Chrome Tubes (3/4")</p> 	<p>4 Foam Rollers</p> 	<p>4 End Caps (3/4")</p> 	<p>2 Snap Hooks & 2 Cables</p> 
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NOTE: Specifications Subject to Change Without Notice

Hardware Guide

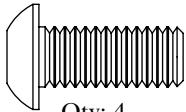
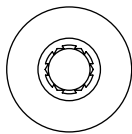
Tools you will need:

You will need the tools listed below to complete the assembly of your Bowflex Xceed™ Plus home gym. If you don't have these tools, you can find them at any hardware or department store.

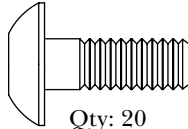
- 7/16" Combination Wrench
- 9/16" Combination Wrench
- Adjustable Wrench
- Socket Wrench Set
- Phillips Screw Driver
- Flat Blade Screw Driver
- Rubber Mallet
- Utility Knife
- Scissors
- Allen wrenches (included)

(NOTE: Drawings not to scale.)

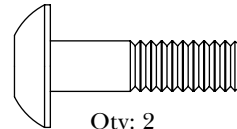
Button Head Screws:



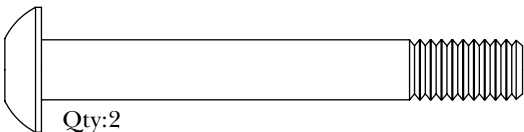
Qty: 4
(5/16" x 3/4")



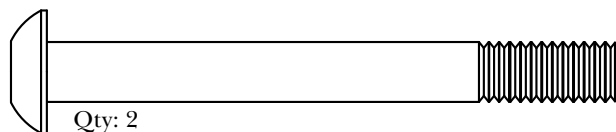
Qty: 20
(3/8" x 3/4")



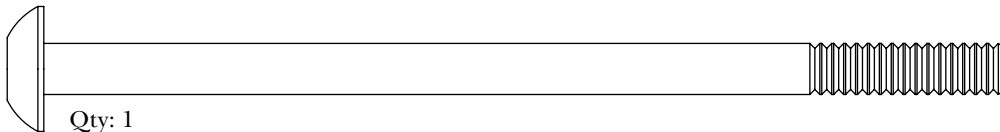
Qty: 2
(3/8" x 1")



Qty: 2
(5/16" x 2 1/2")

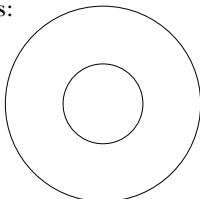


Qty: 2
(3/8" x 3")

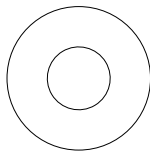


Qty: 1
(3/8" x 5")

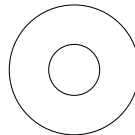
Flat Washers:



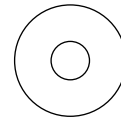
Qty: 4
(1/2")



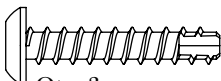
Qty: 28
(3/8")



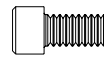
Qty: 6
(5/16")



Qty: 3
(1/4")

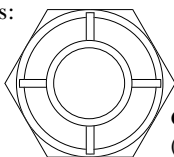


Qty: 3
Self Threading Screws (#10 x 1")

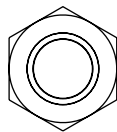


Qty: 2
Cap Screws (1/4" x 1/2")

Nylock Nuts:

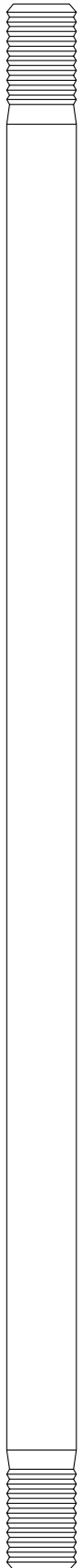
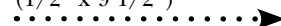


Qty: 4
(1/2")



Qty: 3
(3/8")

Qty: 2 Threaded Studs
(1/2" x 9 1/2")



Assembly Guide

Step 1 Base Frame Assembly

Parts:

- Base Frame
- Right Frame Rail
- Left Frame Rail
- Rear Cross Member

Hardware:

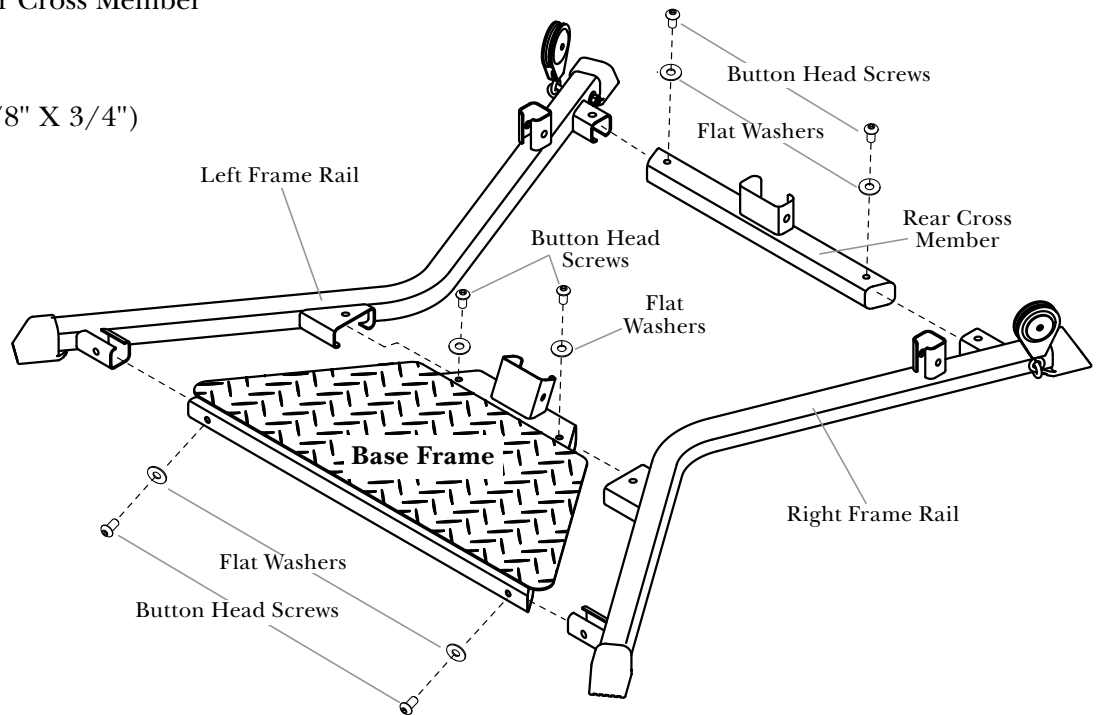
- 6 Button Head Screws (3/8" X 3/4")
- 6 Flat Washers (3/8")

Tool: 7/32" Allen Wrench
(or Hex Wrench)

1-1 Lay all parts on floor as shown.

1-2 Insert Frame Rail connectors into the Base Frame and Rear Cross Member. Secure with screws and washers as shown.

Finger tighten screws at this time.



Step 2 Lower Lat Tower Assembly

Parts:

- Lower Lat Tower Frame
- Rod Box with Power Rod® Pack

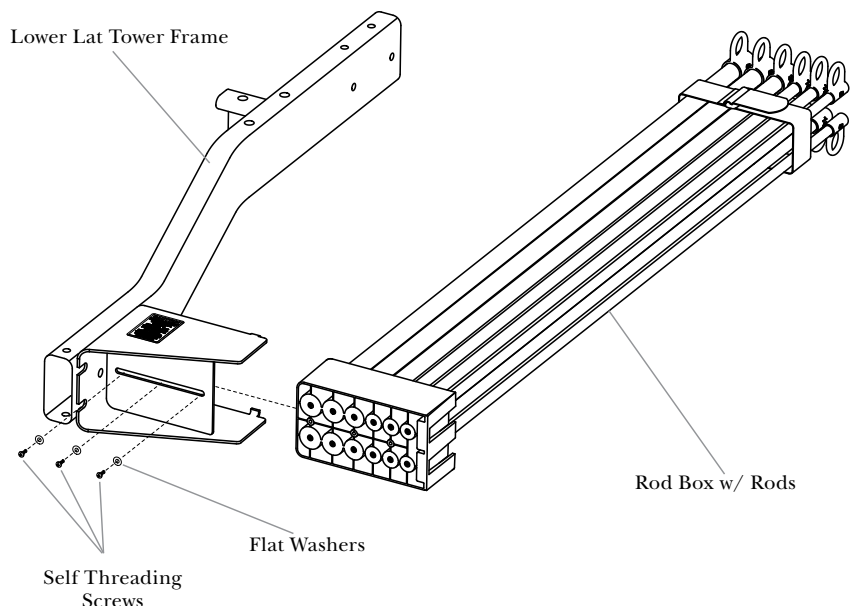
Hardware:

- 3 Self Threading Screws (#10 X 1")
- 3 Flat Washers (1/4")

Tool: Phillips Screw Driver

2-1 Lay parts on floor as shown. Firmly slide Rod Box into Lower Lat Tower Frame.

2-2 Fasten the Rod Box to the Lower Lat Tower Frame with screws and washers as shown. Tighten screws until snug.



Assembly Guide

Step 3 Install Lower Lat Tower Assembly

Parts:

- Lower Lat Tower Assembly
- Base Frame Assembly

Hardware:

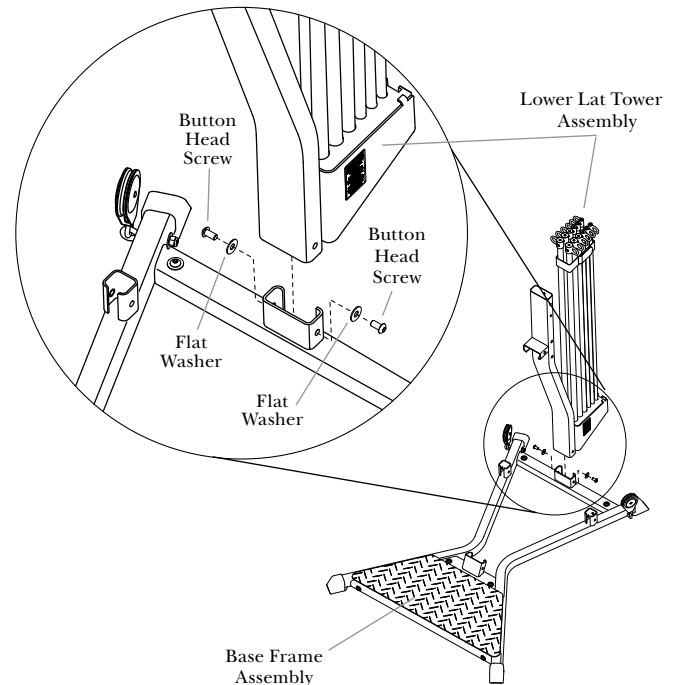
- 2 Button Head Screws (3/8" X 3/4")
- 2 Flat Washers (3/8")

Tool: 7/32" Hex Wrench

3-1 Align the Lower Lat Tower Assembly over the Base Frame. Push the bottom of the Lower Lat Tower onto the connector of the Rear Cross Member as shown.

3-2 Secure Lower Lat Tower Assembly using screws and washers as shown.

Finger tighten screws at this time.



Step 4 Install Seat Support Rail

Parts:

- Seat Support Rail
- Base Frame Assembly

Hardware:

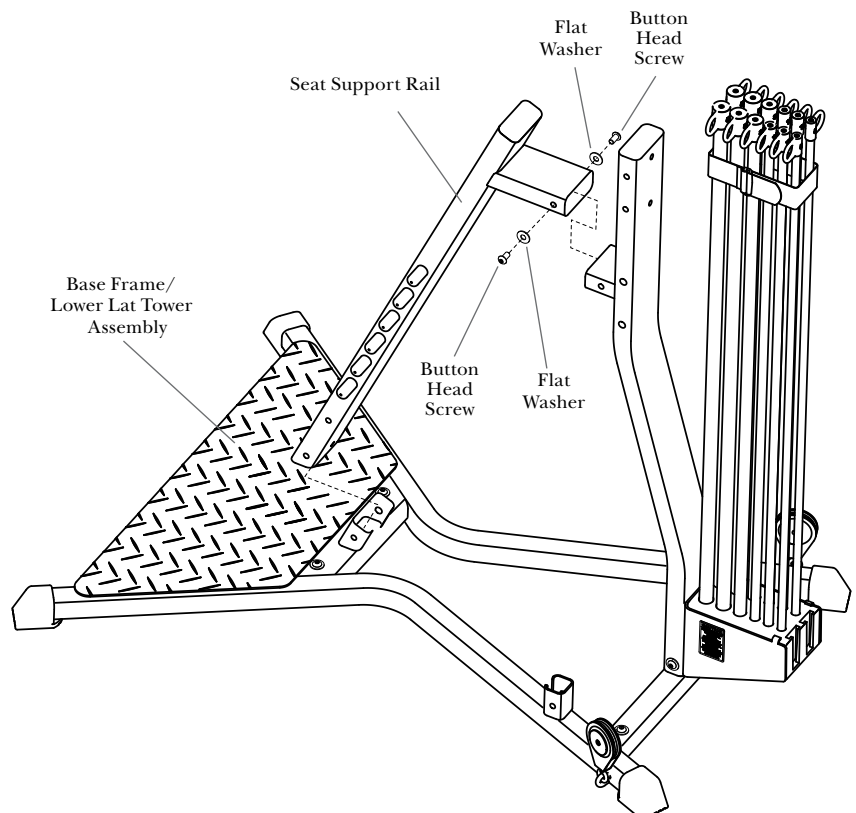
- 2 Button Head Screws (3/8" X 3/4")
- 2 Flat Washers (3/8")

Tool: 7/32" Hex Wrench

4-1 Slide the bottom of the Seat Support Rail onto the Base Frame connector as shown.

4-2 Slide the top of the Seat Support Rail onto the Lower Lat Tower Assembly connector as shown. Secure using screws and washers as shown.

Finger tighten screws at this time.



Assembly Guide

Step 5 Install Squat Pulley Frame

Parts:

- Squat Pulley Frame Assembly
- Main Assembly

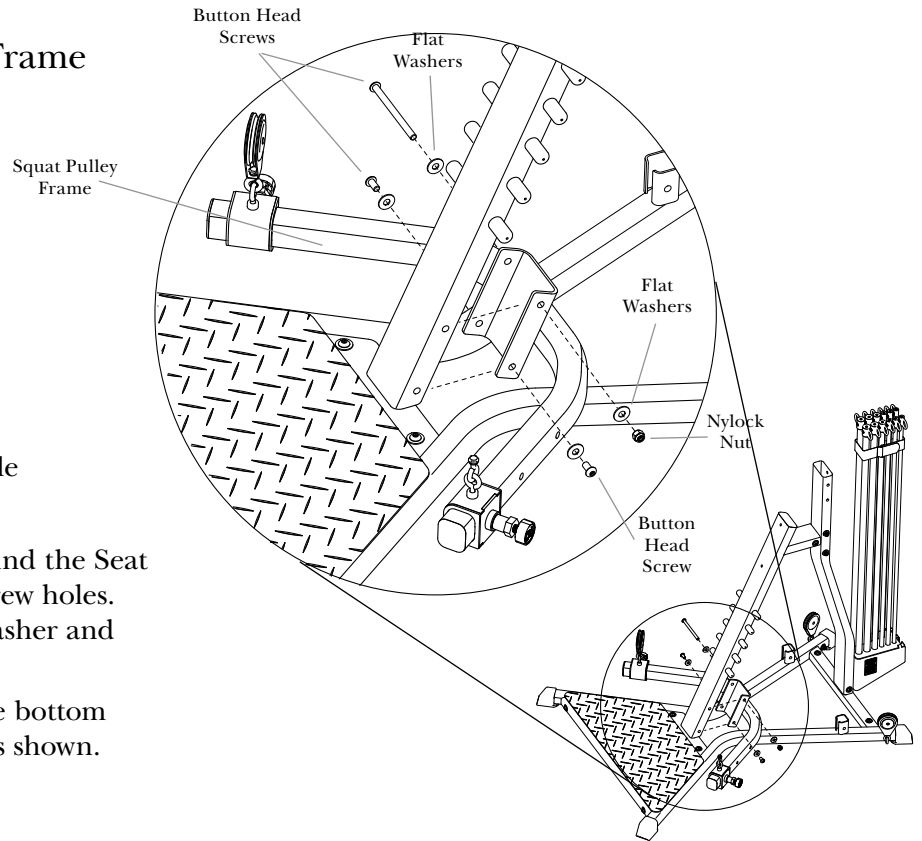
Hardware:

- 1 Button Head Screw (3/8" X 5")
- 1 Nylock Nut (3/8")
- 2 Button Head Screws (3/8" X 1")
- 4 Washers (3/8")

Tools: 7/32" Hex Wrench & Adjustable or Socket Wrench

5-1 Place the Squat Pulley Frame behind the Seat Support Rail and align the top screw holes. Secure using a 3/8" X 5" screw, washer and nut in the top hole as shown.

5-2 Install screws and washers into the bottom holes of the Squat Pulley Frame as shown.



Step 6 Install Pulley Arms

Parts:

- Right Pulley Arm
- Left Pulley Arm
- Main Assembly

Hardware:

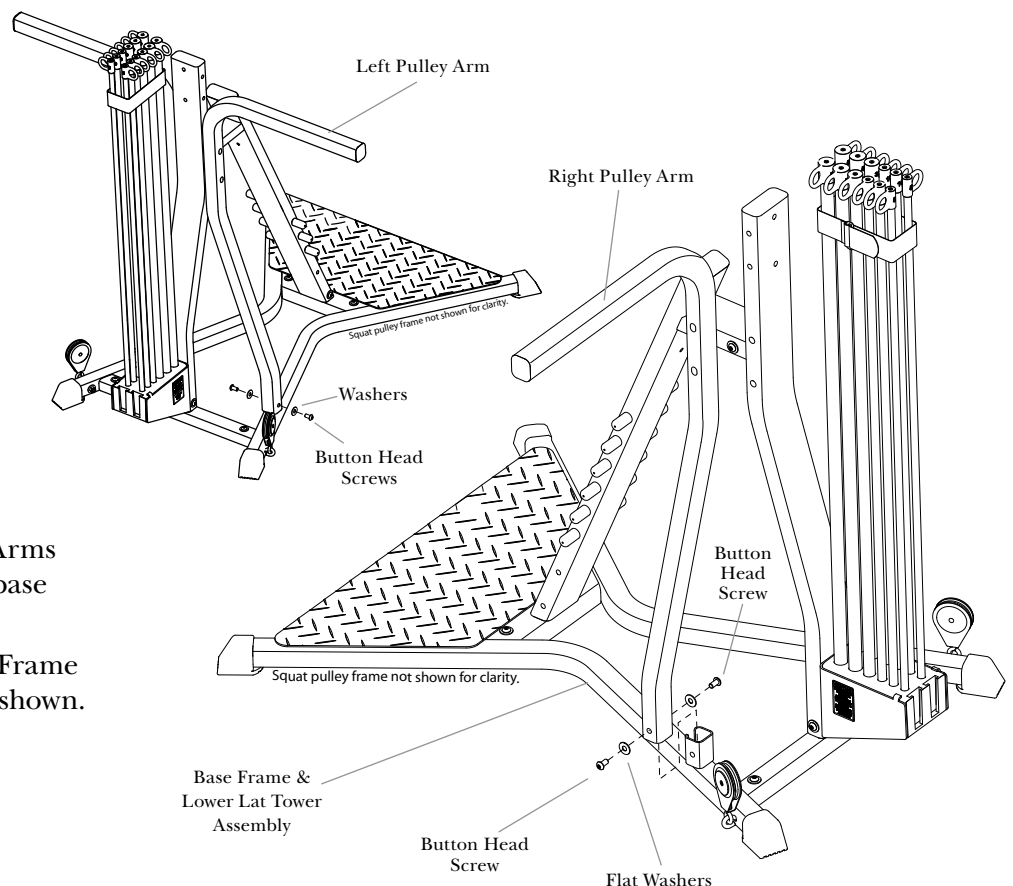
- 4 Washers (3/8")
- 4 Button Head Screws (3/8" X 3/4")

Tools: 7/32" Hex Wrench

6-1 Slide Left and Right Pulley Arms onto the connectors on the base frame as shown.

6-2 Secure Pulley Arms to Base Frame using screws and washers as shown.

Finger tighten screws at this time.



Assembly Guide

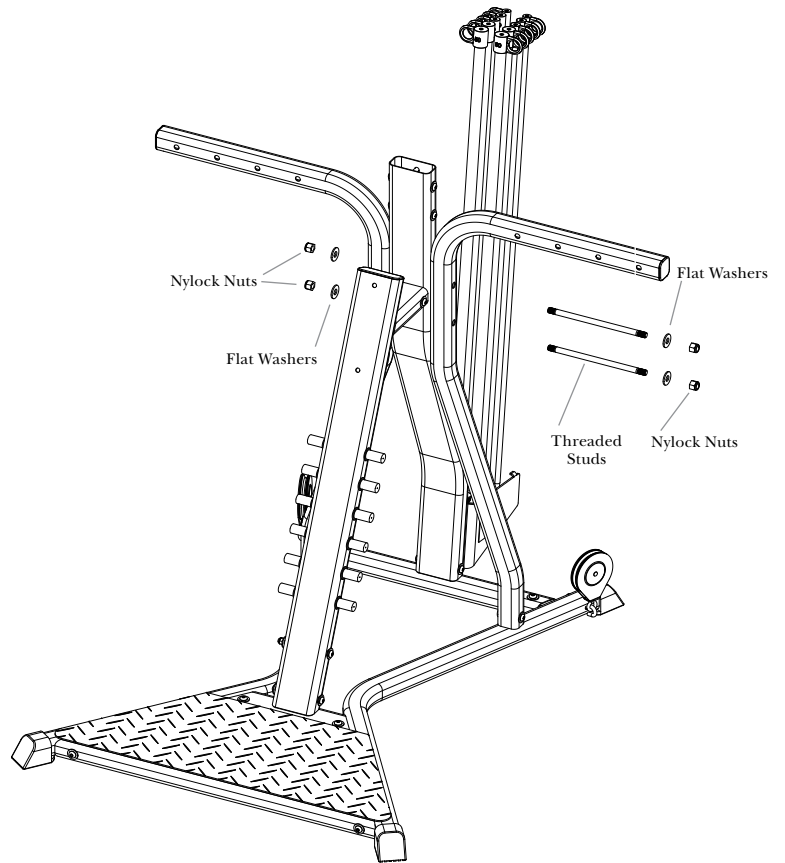
Step 7 Secure Pulley Arms

Hardware:

- 2 Threaded Studs (1/2" X 9 1/2")
- 4 Nylock Nuts (1/2")
- 4 Washers (1/2")

Tool: Rubber Mallet

- 7-1** Align the two holes in the Pulley Arms with those in the Lower Lat Tower Assembly and secure using threaded studs, washers and nuts as shown.



Step 8 Install Slider Pulleys

Parts:

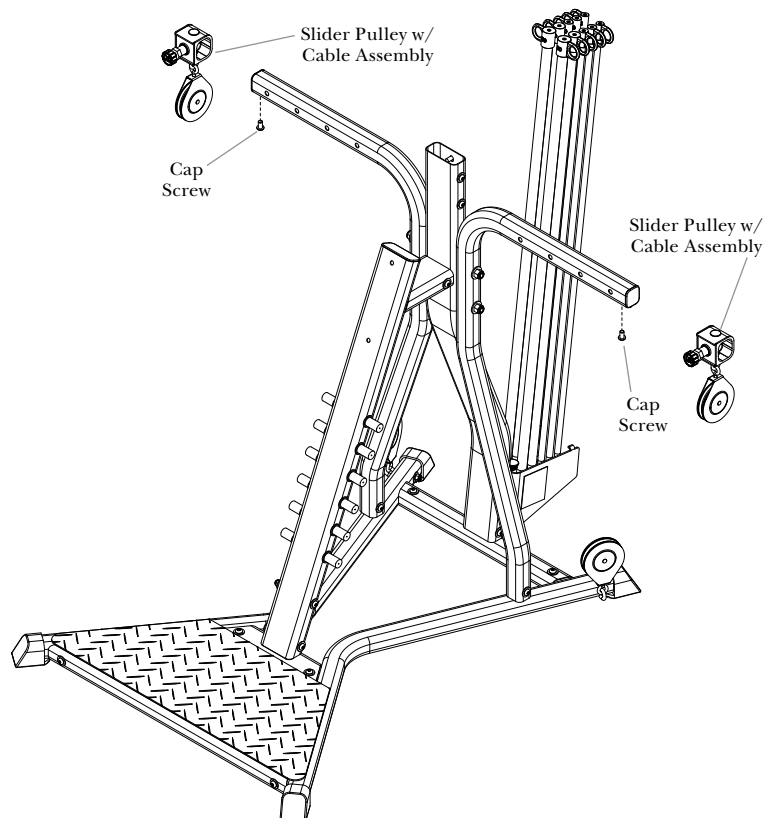
- 2 Slider Pulleys with Cable Assembly
- Main Assembly

Hardware:

- 2 Cap Screws (1/4" X 1/2")

Tools: 3/16 Hex Wrench

- 8-1** Unwrap the Slider Pulley and uncoil the cable.
- 8-2** Install a Slider Pulley onto each Pulley Arm as shown. Choose any of the four holes to secure.
- 8-3** Install a cap screw into the underside of each Pulley Arm, as shown.



Assembly Guide

Step 9 Seat Assembly

Parts:

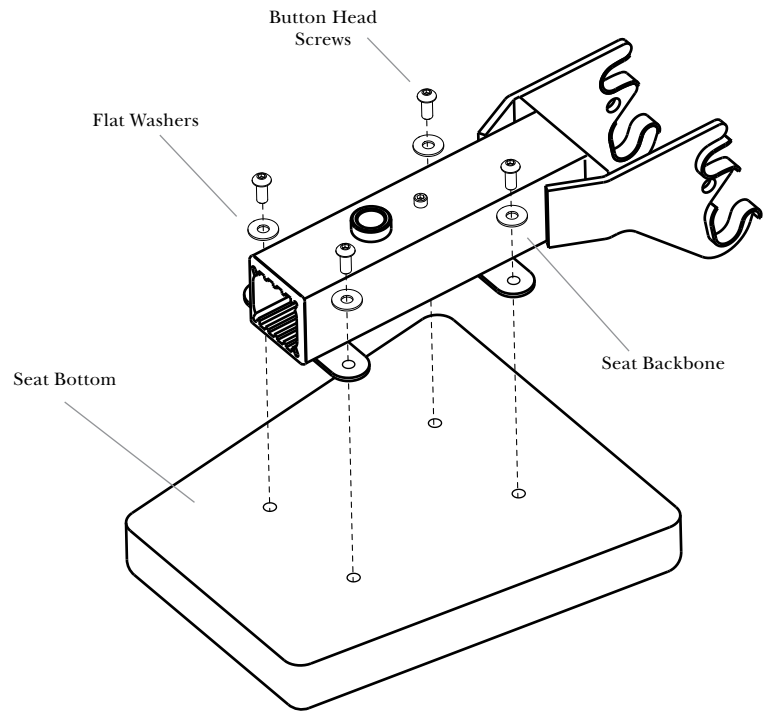
- Seat Backbone
- Seat Bottom

Hardware:

- 4 Button Head Screws (5/16" X 3/4")
- 4 Washers (5/16")

Tool: 3/16" Hex Wrench

- 9-1** Install the Seat Backbone to the underside of the Seat Pad using screws and washers as shown.



Step 10 Leg Extension Assembly

Parts:

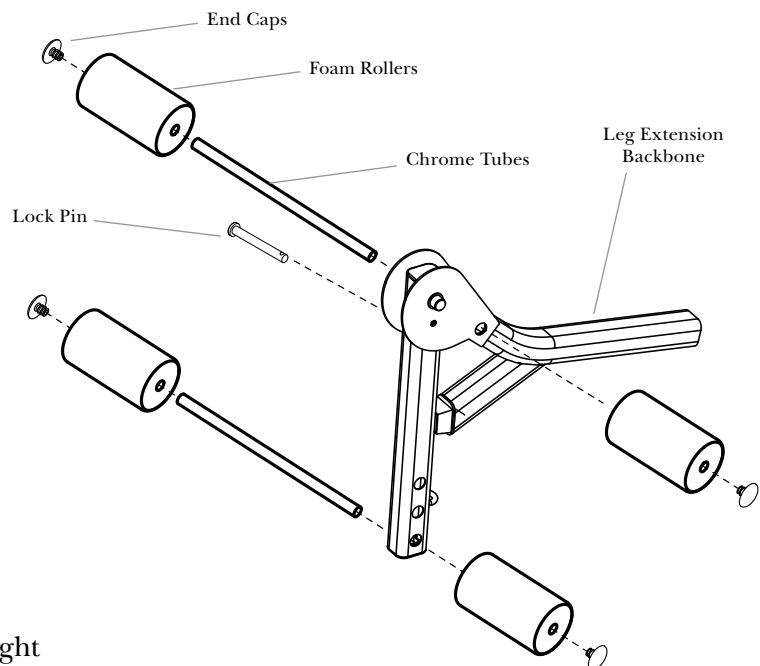
- Leg Extension Backbone
- 2 Chrome Tubes
- 4 Foam Rollers
- 4 End Caps

Tool: Rubber Mallet

- 10-1** Insert Chrome Tubes through the upper hole and one of the lower holes in the Leg Extension. (Select hole for your comfort level.)

- 10-2** Slide Foam Rollers onto the Chrome Tubes and secure with end caps. A rubber mallet may be needed to secure the end caps.

NOTE: The Leg Extension may be adjusted during workout to best suit your height and personal preferences.



Assembly Guide

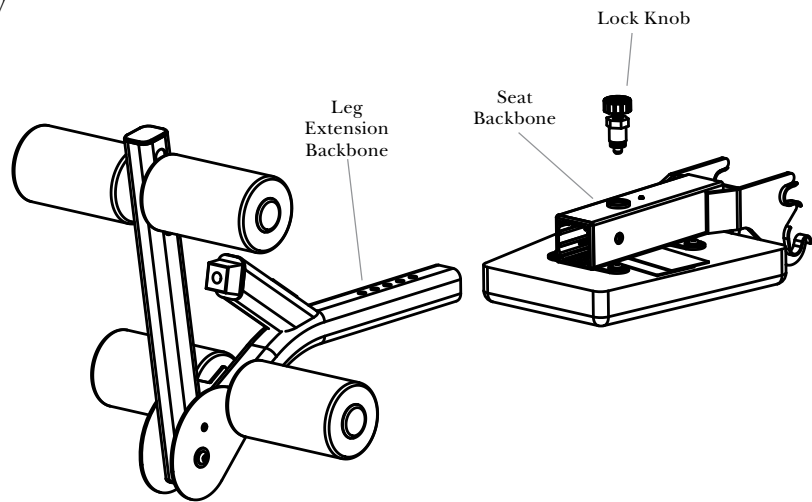
Step 11 Install Optional Leg Extension Assembly

Parts:

- Leg Extension Assembly
- Lock Knob

11-1 Insert Leg Extension Backbone into open end of Seat Backbone as shown.

11-2 Align one hole of the Leg Extension with the hole in the Seat Backbone to fit your height and secure with the Lock Knob as shown.



Step 12 Install Seat Assembly

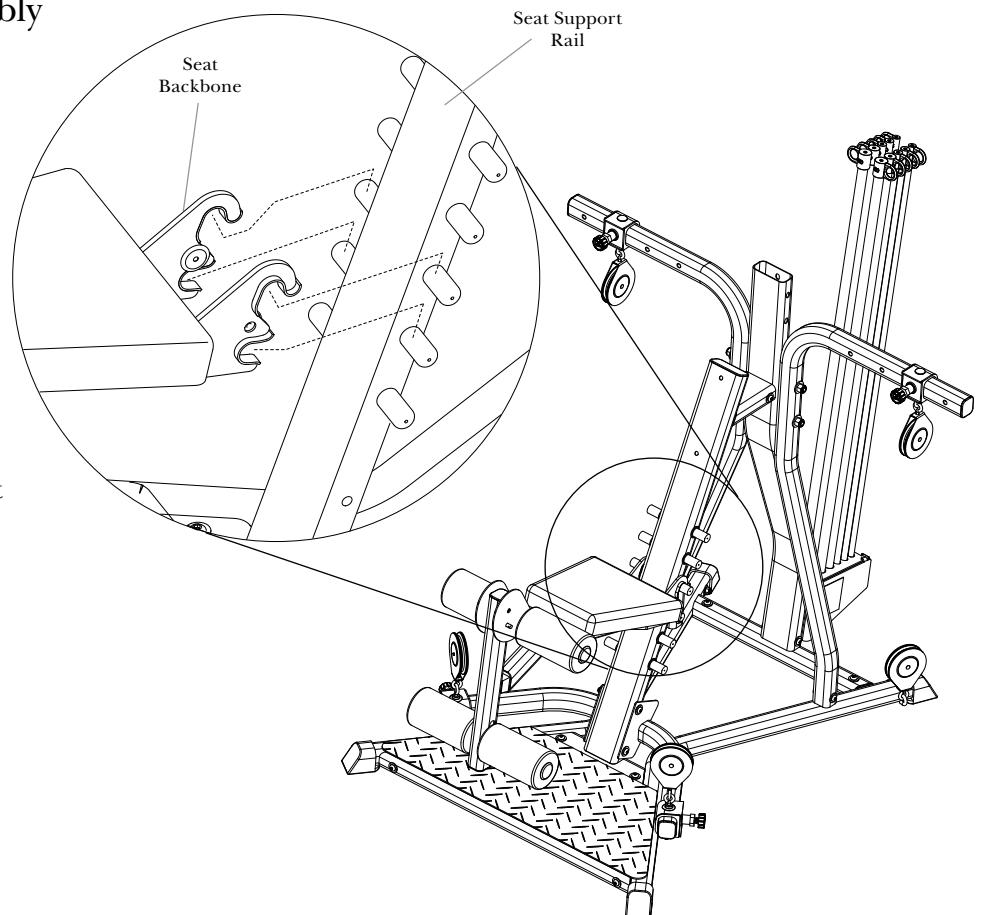
Parts:

- Seat Assembly
- Main Assembly

12-1 Align the top two hooks on the Seat Backbone with one of the lower pairs of pins on the Seat Support Rail.

12-2 Tip seat front up and slide hooks onto pins. Rotate seat down and back to use.

Note: Use lower pins until the seat back is installed. Reverse procedure to remove seat.



Assembly Guide

Step 13 Install Seat Back Pad

Note: The back of the Seat Back Pad has two pairs of holes. Select the appropriate set based on your height.

Parts:

- Seat Back Pad
- Main Assembly

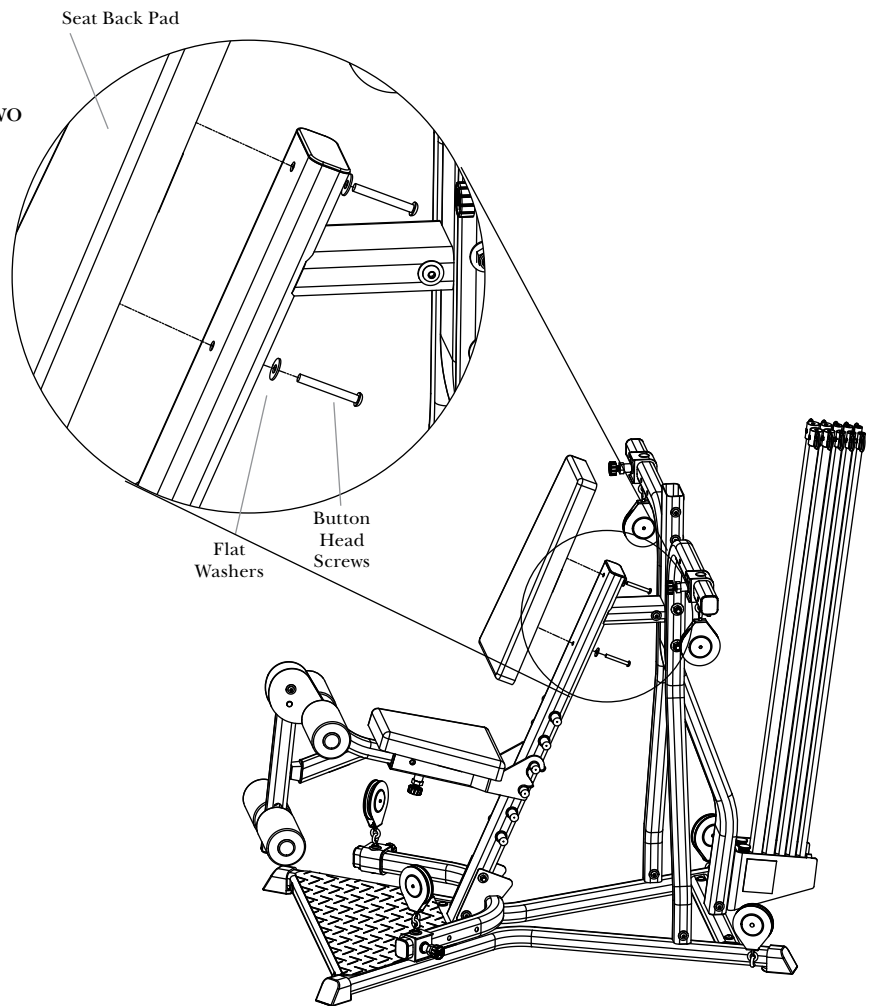
Hardware:

- 2 Button Head Screws (5/16" X 2 1/2")
- 2 Washers (5/16")

Tool: 3/16" Hex Wrench

13-1 Position Seat Back Pad against the Seat Support Rail and align the screw holes for your height with those on the Seat Support Rail.

13-2 Secure Seat Back Pad to the Seat Support Rail using screws and washers as shown.



Step 14 Upper Lat Tower Assembly

Parts:

- Upper Lat Tower
- Lat Cross Bar

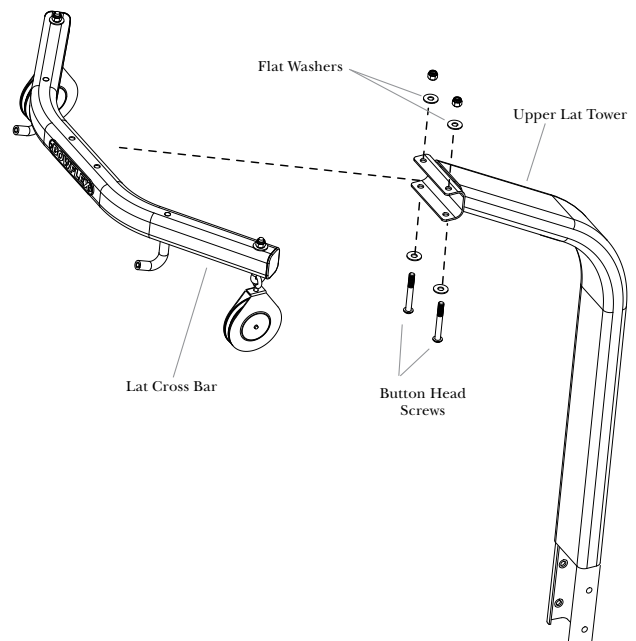
Hardware:

- 2 Button Head Screws (3/8" X 3")
- 2 Washers (3/8")
- 2 Nylock Nuts (3/8")

Tool: 7/32" Hex Wrench and Adjustable Wrench

14-1 Align the two holes on the Lat Cross Bar with those on the Upper Lat Tower as shown.

14-2 Secure using washers and screws as shown.



Assembly Guide

Step 15 Install Upper Lat Tower Assembly

Parts:

- Upper Lat Tower Assembly
- Main Assembly

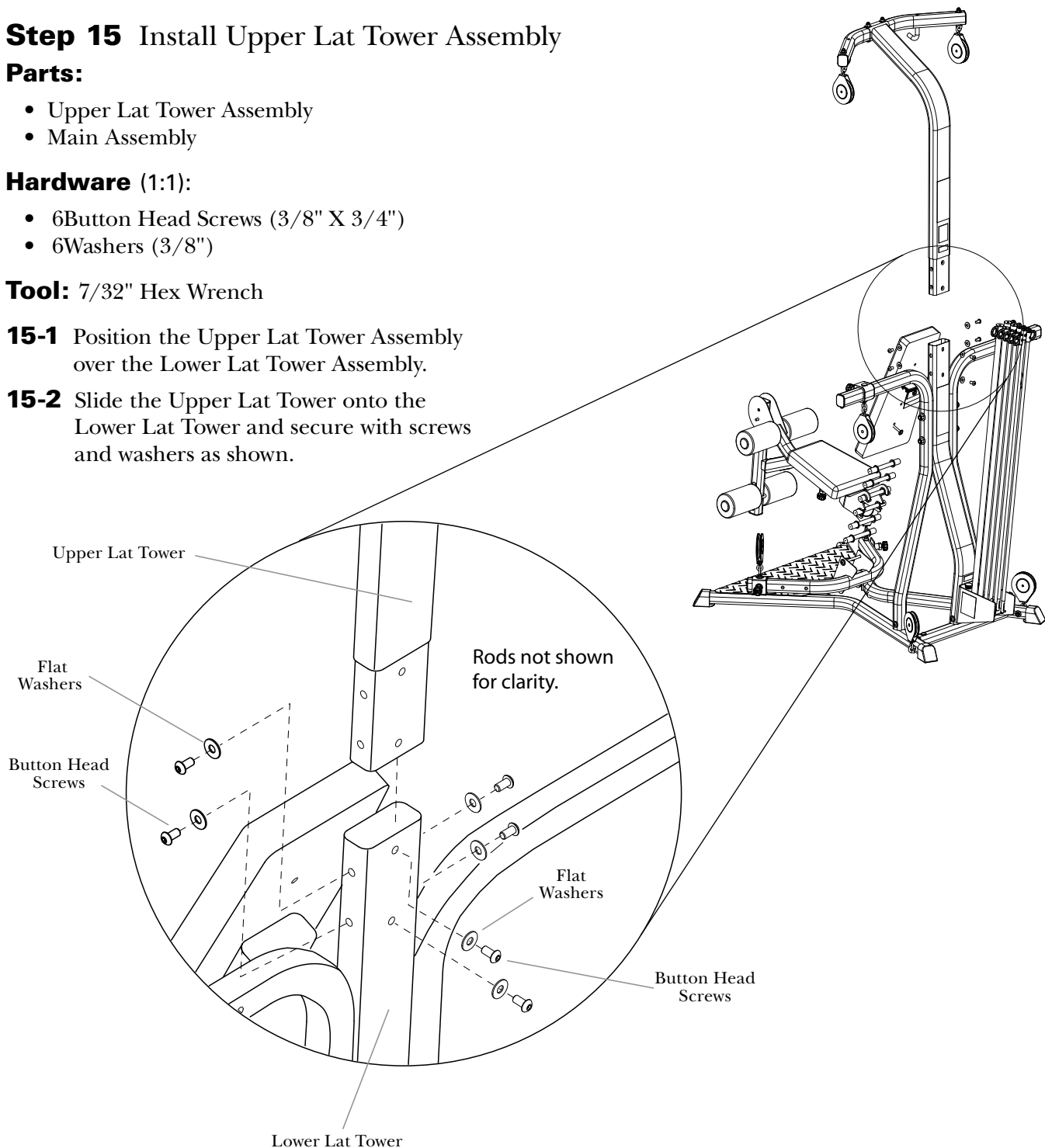
Hardware (1:1):

- 6 Button Head Screws (3/8" X 3/4")
- 6 Washers (3/8")

Tool: 7/32" Hex Wrench

15-1 Position the Upper Lat Tower Assembly over the Lower Lat Tower Assembly.

15-2 Slide the Upper Lat Tower onto the Lower Lat Tower and secure with screws and washers as shown.



Step 16 Tighten Hardware

16-1 Carefully go over the entire Bowflex Xceed™ Plus home gym and tighten all hardware before proceeding to the next step. Pay close attention to the hardware installed in Steps 1, 3, 4, and 6.

Assembly Guide

Step 17 Connect Cables

Parts: Completed Bowflex Xceed™ Plus home gym

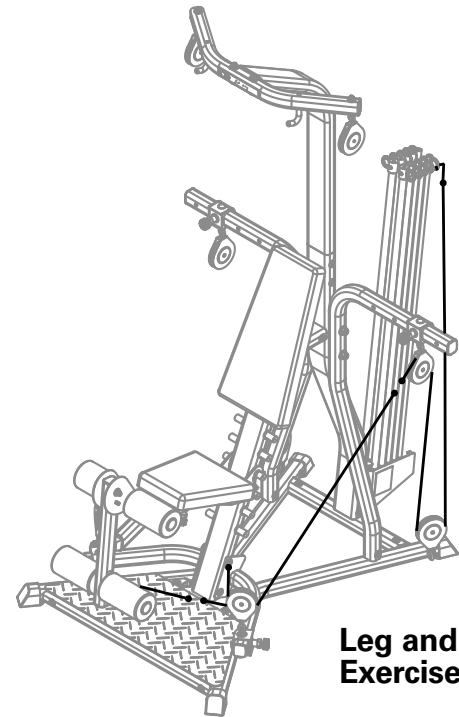
Tool: Scissors or other cutting tool

17-1 Remove the wrapping from around the coiled cable and pulley attached to the Right and Left Frame Rails.

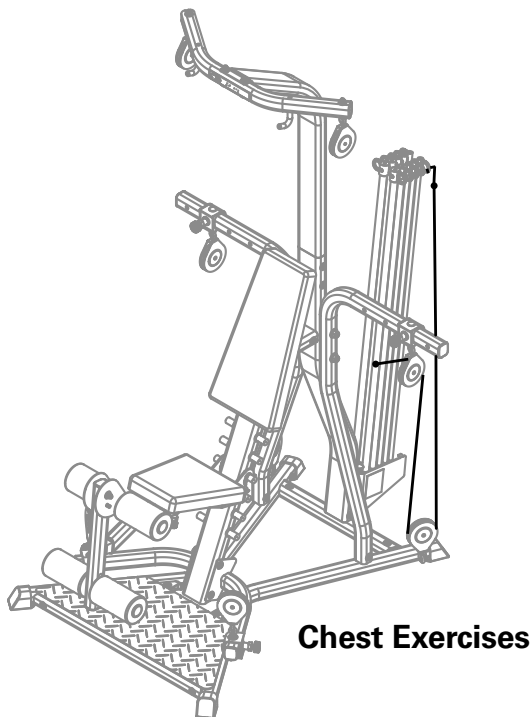
17-2 Remove the wrapping from around the coiled cable and pulley attached to the left and right side of the lat tower.

17-3 Attach the cable to the home gym following the routing for the various exercise positions.

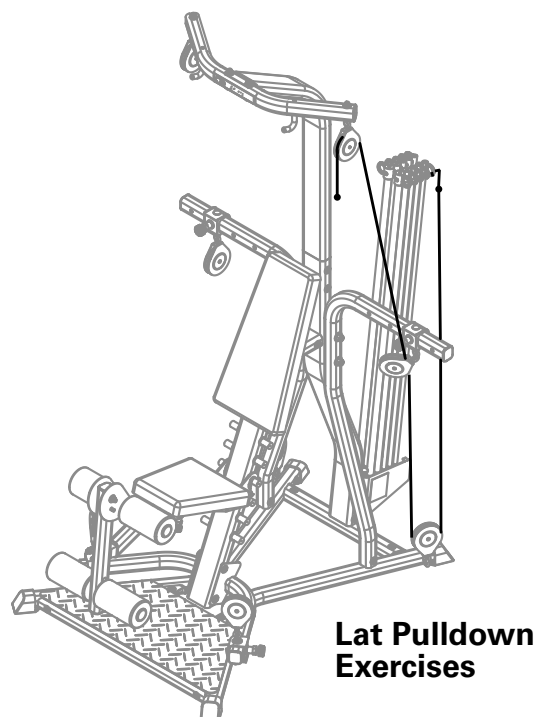
NOTE: As you use your home gym, you will connect the cables and pulleys in a variety of ways to perform the exercises. Refer to the Owner's Manual for information on using the Bowflex Xceed™ Plus home gym..



Leg and Squat Exercises



Chest Exercises



Lat Pulldown Exercises

Assembly Guide

Step 18 Final Inspection

Please inspect your machine to ensure that all fasteners are tight and components are properly assembled. Review all warnings affixed to machine.

Congratulations! You have successfully completed assembly of your Bowflex Xceed™ Plus home gym!



WARNING

Failure to visually check and test assembly before use can cause damage to the Bowflex Xceed™ Plus home gym and serious injury to users and bystanders and can also compromise the effectiveness of your exercise program.

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.

Please record the following information for future reference.

Serial Number
Date of Purchase

OFFICES IN THE UNITED STATES:

- TECHNICAL/CUSTOMER SERVICE
Nautilus, Inc.
World Headquarters
16400 SE Nautilus Drive
Vancouver, Washington, USA 98683
Phone: 800-NAUTILUS (800-628-8458)
Email: customerservice@nautilus.com
Fax: 877-686-6466
- CORPORATE HEADQUARTERS
Nautilus, Inc.
World Headquarters
16400 SE Nautilus Drive
Vancouver, Washington, USA 98683
Phone: 800-NAUTILUS (800-628-8458)

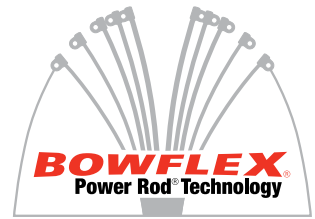
INTERNATIONAL OFFICES:

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.
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- GERMANY and AUSTRIA OFFICE
Nautilus GmbH
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