



**BOWFLEX**

**SelectTech**



**SelectTech<sup>®</sup> 3.1 Bench  
Assembly / Owner's  
Manual**



***Congratulations*** on your commitment to fitness and your purchase of the Bowflex® SelectTech® 3.1 Bench. Before assembling your Bowflex® SelectTech® 3.1 Bench please read the Assembly/Owner’s Manual and follow the Important Safety Precautions.

To validate warranty support, keep the original proof of purchase and record the following information:

**Serial Number** \_\_\_\_\_

**Date of Purchase** \_\_\_\_\_

To register your product warranty , go to: **[www.bowflex.com/register](http://www.bowflex.com/register)**

Or call 1 (800) 605-3369.


If you have questions or problems with your product, please call 1 (800) NAUTILUS (628-8458).

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# Important Safety Instructions

 This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury.

## Obey the following warnings:

 Read and understand all warnings on this machine.  
Carefully read and understand the Assembly instructions.

- Children must not be let on or near to this machine. Moving parts and other features of the machine can be dangerous to children.
- Not intended for use by anyone under 14 years of age.
- Consult a physician before you start an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before you use the machine again.
- It is your responsibility to read and understand all warnings and instructions. This is essential to safe operation.
- Keep your body weight centered on the bench while exercising.
- Set up and operate bench only on a level surface.
- Do not wear loose clothing while you are near the bench.
- Do not exceed the max. user weight of 300 lbs (136.1 kg).
- Do not exceed the maximum lifting load of 180 lbs (81.6 kg).
- Keep at least 50" (1.3 m) clear on each side of the bench. This is the recommended safe distance for access and passage around the bench.
- The approximate weight of this bench is 55 lbs (25 kg).
- This bench is for home use only.
- Before exercising, make sure the back and seat supports are securely fastened and the bench is firmly in place.
- Inspect your bench before each workout. Periodically check all fasteners to make sure none have loosened with use.
- Never attempt to exercise with more resistance than you are physically able to handle.
- For safety, it is recommended that you exercise with a training partner or spotter.
- Do not use the bench if any component is found worn or damaged.
- This product, its packaging, and components contain chemicals known to the State of California to cause cancer, birth defects, or reproductive harm. This Notice is provided in accordance with California's Proposition 65. If you would like additional information, please refer to our Web site at [www.nautilus.com/prop65](http://www.nautilus.com/prop65).

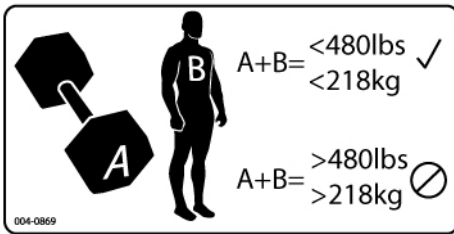
# Safety Warning Labels

The following safety warnings are located on the Bowflex® SelectTech® 3.1 Bench. Please read all safety precautions and warning information prior to using your product. Be sure to replace any warning label if damaged, illegible, or missing. If you need replacement labels, please call a Bowflex® Representative at 1-800-605-3369.

- Label 1:**
- Read and understand the complete user manual. Keep manual for future reference.
  - Read and understand all warnings on this device. If at any time the warning stickers become loose, unreadable or dislodged, contact Nautilus Customer Service for replacement stickers.
  - Children must not be let on or near to this device.
  - This device is for home use only.
  - Set up and operate this device on a solid, level, horizontal surface.
  - Make sure that you give users enough free space around the device for safe operation.
  - Injury or death are possible if Caution is not used while operating this equipment.

**Location:** On the rear Bench Frame.

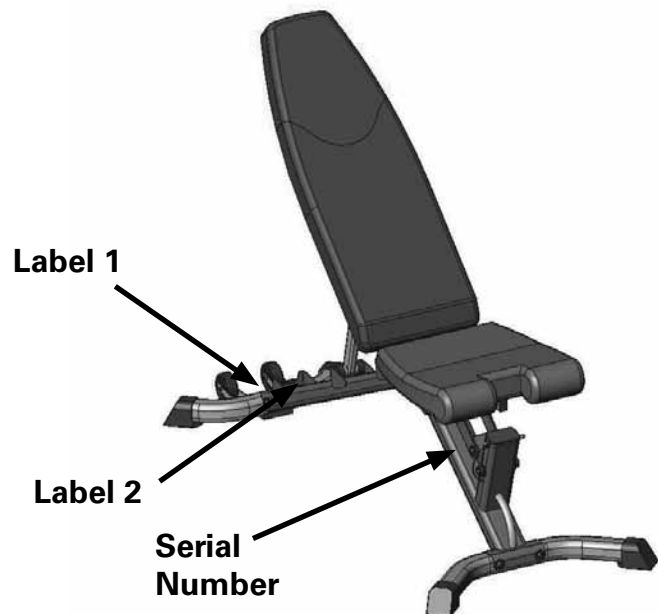
**Label 2:**



**Location:** On the rear Bench Frame.

**Serial Number:** Record serial number in the Contacts section at the end of this manual.

**Location:** On the front Bench Frame.



# Before You Assemble

## Before You Assemble

Please take the time to read all assembly instructions before attempting to assemble your Bowflex® SelectTech® 3.1 Bench. The best place for your Bowflex® SelectTech® 3.1 Bench is on a hard, level surface.

## Basic Assembly Principles

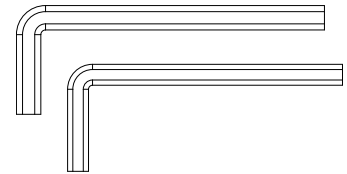
Here are a few basic tips that will make your assembly of the Bowflex® SelectTech® 3.1 Bench quick and easy. By using these principles, you can simplify each process and save yourself extra time and effort.

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® SelectTech® 3.1 Bench, turn bolts or nuts toward the right (clockwise) to tighten and left (counterclockwise) to loosen.

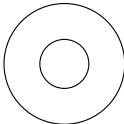
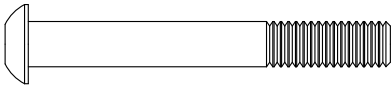
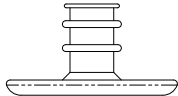




## Hardware and Tool Guide

### Tools Required:

- 9/16" Socket
- 9/16" Wrench or Adjustable wrench
- 7/32" Hex Wrench (provided)
- 3/16" Hex Wrench (provided)

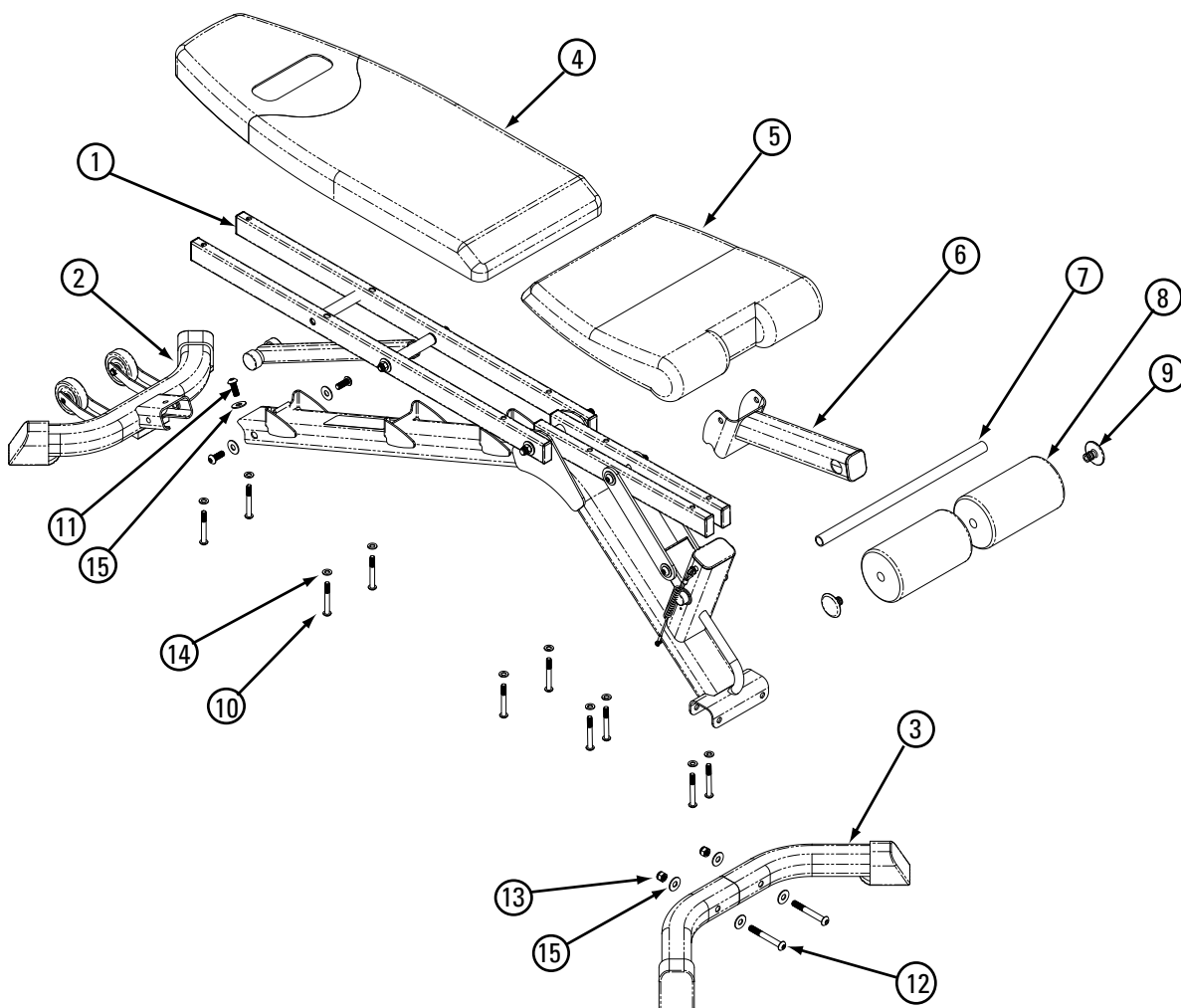


### Hardware:

 <p>Descr: Flat Washer 3/8" Qty: 7</p>	 <p>Descr: Button Head Hex Bolt - 3/8" x 3" Qty: 2</p>	 <p>Descr: End Cap 3/4" Qty: 2</p>
 <p>Descr: Flat Washer 5/16" Qty: 10</p>	 <p>Descr: Button Head Hex Bolt - 5/16" x 2-1/2" Qty: 10</p>	<p><i>NOTE: Illustrations not to scale.</i></p>
 <p>Descr: Lock Nut 3/8"-16 Qty: 2</p>	 <p>Descr: Button Head Hex Bolt - 3/8" x 1" Qty: 3</p>	

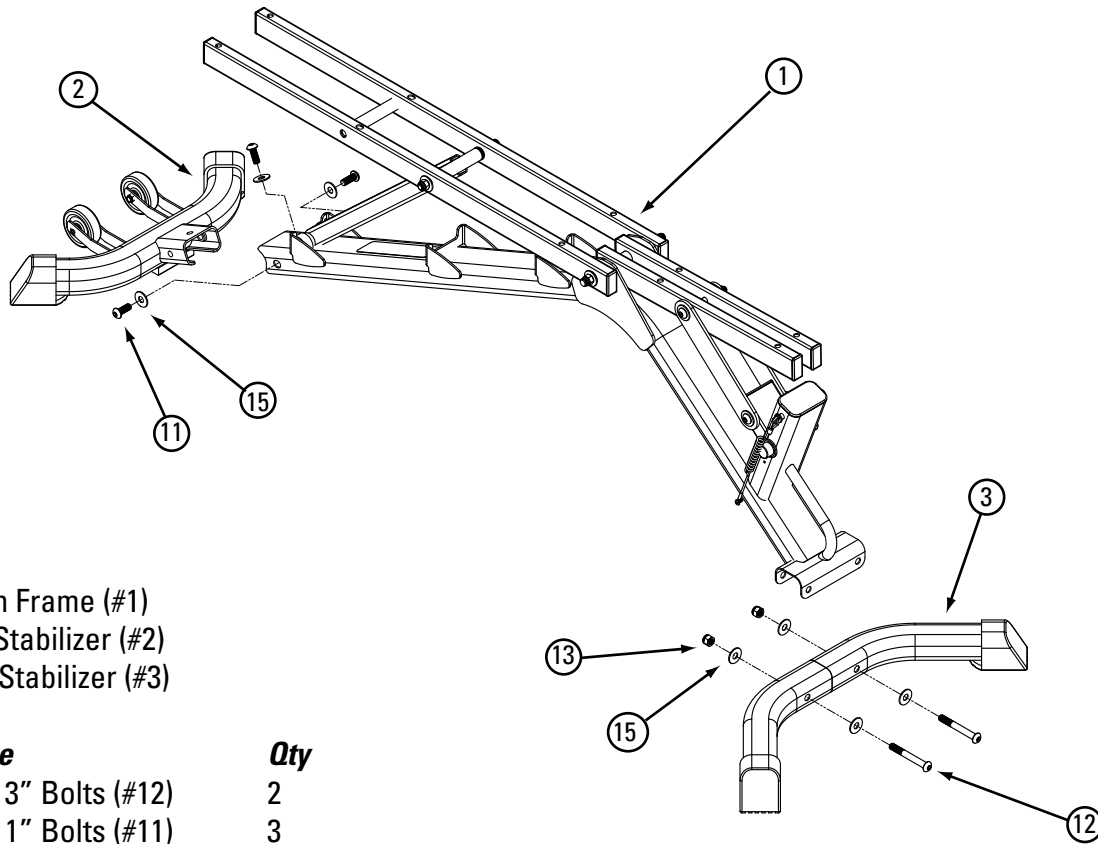
# Parts Guide

Item #	Qty	Description
1	1	Frame Assembly
2	1	Rear Stabilizer
3	1	Front Stabilizer
4	1	Back Pad
5	1	Seat Bottom
6	1	Leg Hold Down Assembly
7	1	Tube, Foam Roller
8	2	Pad, Foam Roller
9	2	End Cap 3/4"
10	10	BHHB 5/16" x 2-1/2"
11	3	BHHB 3/8" x 1"
12	2	BHHB 3/8" x 3"
13	2	Nylock Nut 3/8"
14	10	Flat Washer 5/16"
15	7	Flat Washer 3/8"



# Assembly Instructions

## STEP 1: Attaching Front and Rear Stabilizers



### Parts

- Bench Frame (#1)
- Rear Stabilizer (#2)
- Front Stabilizer (#3)

### Hardware

- 3/8" x 3" Bolts (#12)
- 3/8" x 1" Bolts (#11)
- 3/8" Washers (#15)
- 3/8" Nuts (#13)

### Qty

- 2
- 3
- 7
- 2

### Tools

- 7/32" Hex Wrench

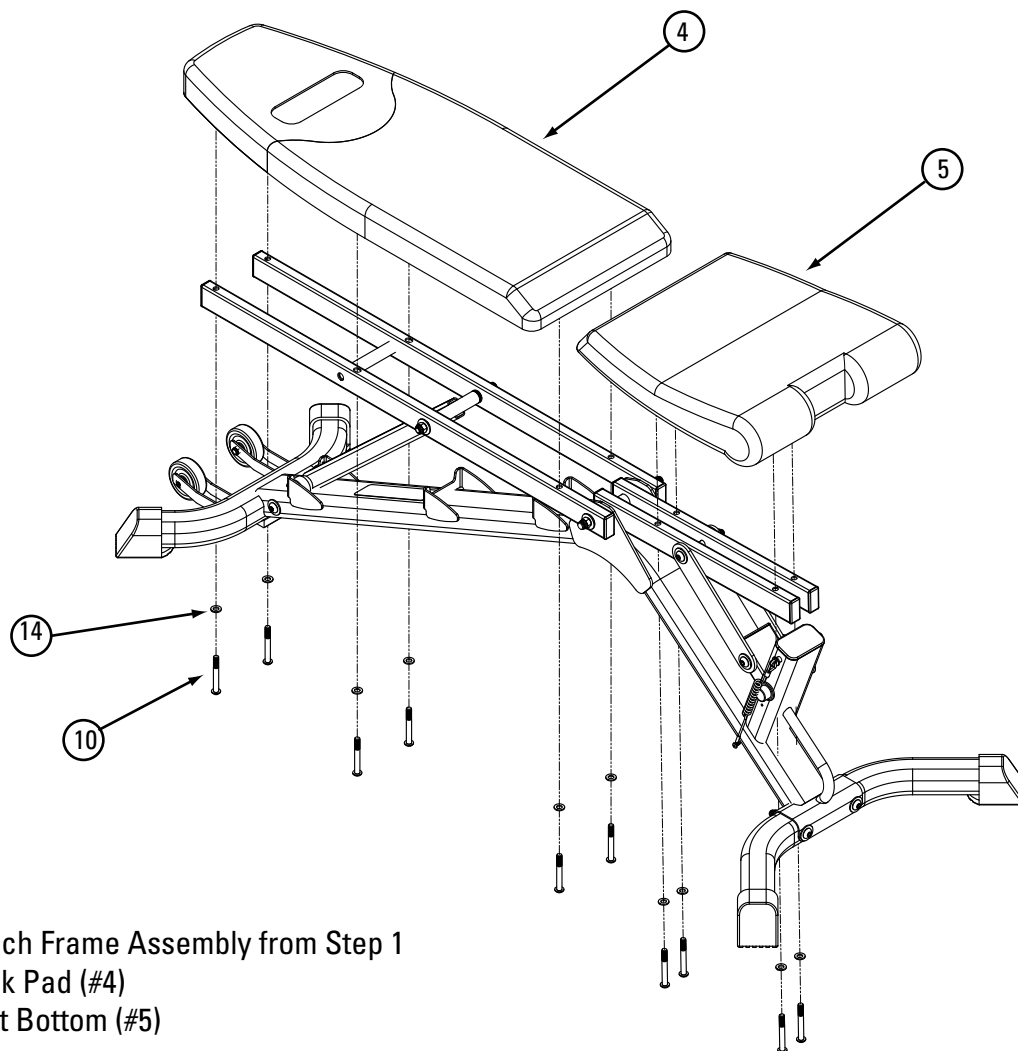
1-1 Attach the Front Stabilizer (3) to the Bench Frame (1) using the hardware shown.

1-2 Tighten hardware.

1-3 Attach the Rear Stabilizer (2) to the Bench Frame (1) using the hardware shown.

1-4 Tighten hardware.

## STEP 2: Attaching Back Pad and Seat Bottom to Bench Frame



### Parts

- Bench Frame Assembly from Step 1
- Back Pad (#4)
- Seat Bottom (#5)

### Hardware

- 5/16" x 2-1/2" Bolts (#10)
- 5/16" Washers (#14)

### Qty

10  
10

### Tools

- 3/16" Hex Wrench

2-1 Align the Back Pad to the Bench Frame Assembly and secure with the hardware shown.

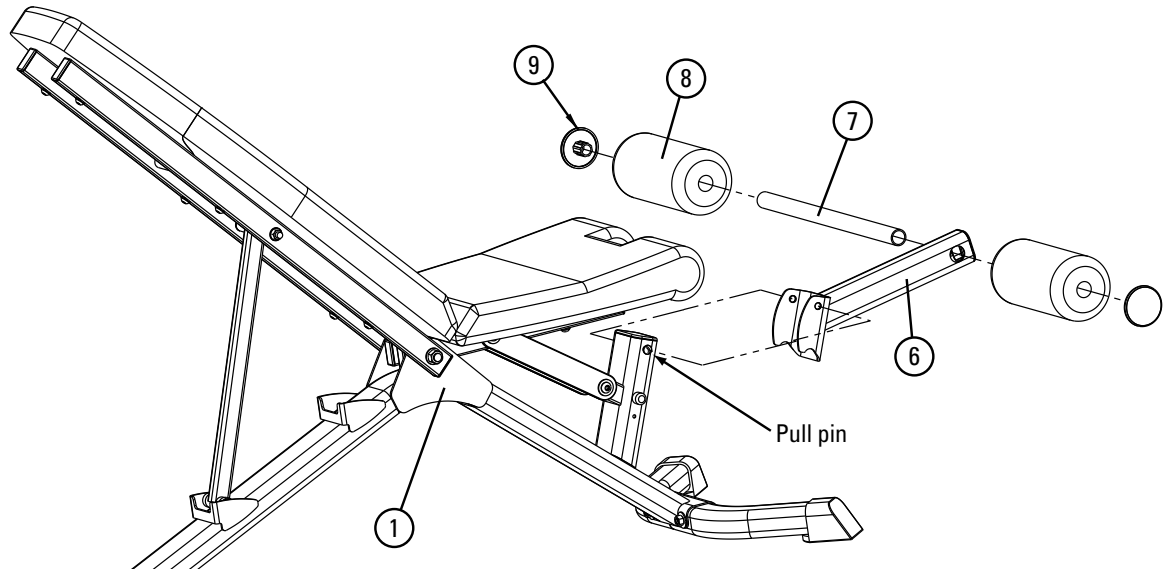
2-2 Tighten hardware.

2-3 Align the Seat Bottom to the Bench Frame Assembly and secure with the hardware shown.

2-4 Tighten hardware.



### STEP 3: Attaching Leg Hold Down Assembly to Bench Frame



#### **Parts:**

- Bench Assembly from Step 2
- Leg Hold Down Assembly (#6)
- Roller Tube (#7)
- Roller Pad (#8)
- End Caps (#9)

#### **Hardware:**

- Pull Pin (part of Frame Assembly)

3-1 Attach the Leg Hold Down attachment (6) to the Bench Assembly.

Begin by inserting the Roller Tube (7) through the hole in the Leg Hold Down (6), leaving room on each side for the Roller Pads (8).

3-2 Slide both Roller Pads onto the Roller Tube so that the entire assembly is centered on the Leg Hold Down Assembly.

Secure the End Caps (9) onto each end of the Roller Pads.

3-3 Attach the Leg Hold Down assembly to the Bench as shown in the figure, with the hook portion of the Leg Hold Down resting on the rubber stop of the bench and the top portion of the Leg Hold Down aligning with the pull pin hole.

Secure the Leg Hold Down by inserting the pull pin through the Leg Hold Down Assembly and the bench through the area shown.

## STEP 4: Final Inspection

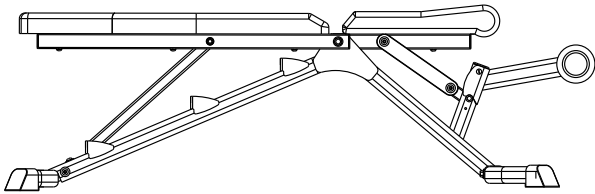
You have successfully completed assembly of your Bowflex® SelectTech® 3.1 Bench. Please inspect your exercise bench to ensure that all fasteners are tight and components are properly assembled. Review all warnings affixed to machine.



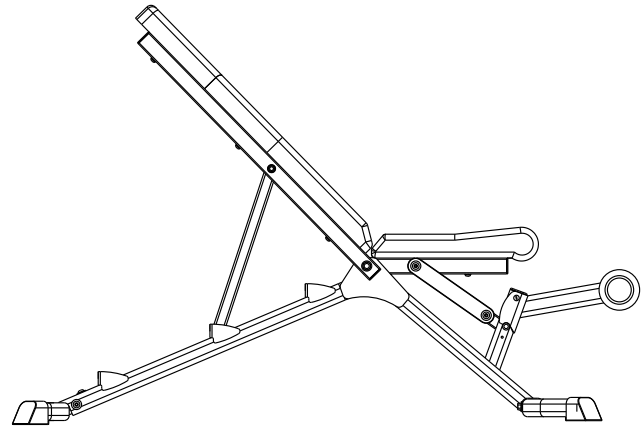
## WARNING

**Failure to visually check and test assembly before use can cause damage to the Bowflex® SelectTech® 3.1 Bench and serious injury to users and bystanders and can also compromise the effectiveness of your exercise program.**

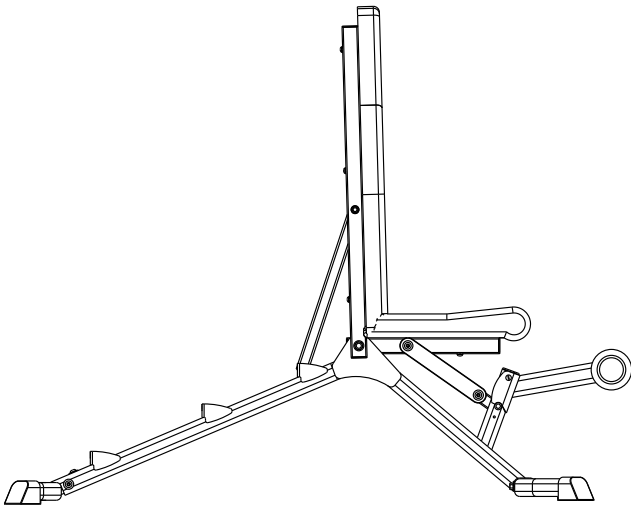
# Bench Positions



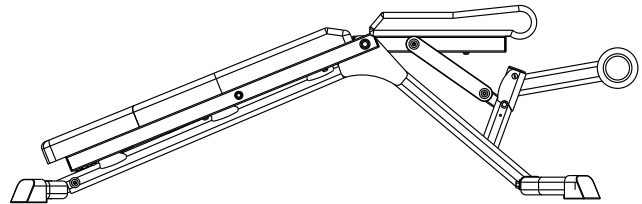
**Flat**



**45 degrees**



**90 degrees**



**Decline**

# Bench Maintenance

## *Daily*

After each use, wipe bench free of sweat with a clean, dry cloth. Upholstery can be cleaned with a mild detergent or spray cleaner.

## *Weekly*

If used often, your bench should be thoroughly cleaned using a clean cloth and an ammonia based cleanser. Wipe bench down completely and be sure to touch up any scratches with touch up paint to prevent rusting.

## *Monthly*

Check the frame of the bench for any sign of cracking or permanent bending. If you find this situation, do not use this bench and contact a Bowflex® Representative or Nautilus, Inc. immediately.

# Companion Exercise Equipment

The Bowflex® SelectTech® 3.1 and 5.1 benches are designed for use with Bowflex® SelectTech® dumbbell equipment. The SelectTech® Dumbbell features a patented locking mechanism designed to assure proper and complete selection of the weight plates for each exercise. The SelectTech® dumbbell line includes the following models:

- SelectTech® 552 dumbbell – weight range 5-52 lbs. (2.7 - 23.6 kg)
- SelectTech® 1090 dumbbell – weight range 10-90 lbs. (4.5 - 40.8 kg)

Using the bench expands the variety of exercises that you can include in your workout routine. The Owner's Manual for each dumbbell model describes the variety of exercises available to enhance your workout routine.

Dumbbell stands for the SelectTech® dumbbells are also available separately. These stands feature an ergonomic design to enhance the functionality of the SelectTech® Dumbbell. The dumbbell handles are positioned in a natural orientation providing a comfortable and secure lifting position. In addition, the stand's V-shape "step-in" design allows the user to maintain proper upper body position while lifting or replacing the dumbbells in the base.

- SelectTech® 2-in-1 Dumbbell Stand – for use with both the SelectTech® 552 and the SelectTech® 1090 dumbbell

Please contact Nautilus, Inc. or a Bowflex® Representative for information about other products, or go to [www.NautilusInc.com](http://www.NautilusInc.com)



**Bowflex® SelectTech® 552 Dumbbell  
with 2-in-1 Dumbbell Stand**



# Warranty Information

## Who Is Covered

This warranty is valid only to the original purchaser and is not transferable or applicable to any other person(s).

## What Is Covered

Nautilus, Inc. warrants that this product is free from defects in materials and workmanship, when used for the purpose intended, under normal conditions, and provided it receives proper care and maintenance as described in the Product's Assembly and Owner's manual. This warranty is good only for authentic, original, legitimate machines manufactured by Nautilus, Inc. and sold through an authorized agent and used in the United States or Canada.

## Terms

- Frame and welds 15 years
- Upholstery and parts 1 year

## How Nautilus Will Support the Warranty

Throughout and as set forth under the terms of the Warranty, Nautilus, Inc. will provide a replacement for any component or part that proves to be defective in materials or workmanship. Nautilus, Inc. reserves the right to substitute material of equal or better quality if identical materials are not available under this warranty.

In the event that replacement parts or components do not correct the issue, Nautilus, Inc. reserves the right to replace the product or apply a limited credit reimbursement toward another Nautilus Inc. brand product, at our discretion. Reasonable substitution may be required depending upon Product availability. Any replacement of the Product under the terms of the Warranty in no way extends the original Warranty period. THESE REMEDIES ARE THE EXCLUSIVE AND SOLE REMEDIES FOR ANY BREACH OF WARRANTY.

## What You Must Do

- Retain appropriate and acceptable Proof of Purchase.
- Operate, maintain, and inspect the Product as specified in the Product Documentation (Manuals, (Assembly, Owner's Manuals, etc.).
- Product must be used exclusively for the purpose intended.
- Notify Nautilus within 30 days after detecting an issue with the Product.
- Install replacement parts or components in accordance with any Nautilus instructions.
- Perform diagnostic procedures with a trained Nautilus, Inc representative if requested.
- This warranty does not cover labor costs or related charges.

## What Is Not Covered

- Damage due to abuse, tampering or modification of the Product, failure to properly follow assembly instructions, maintenance instructions, or safety warnings as stated in the Product Documentation (Assembly, Owner's Manuals, etc), damage due to improper storage or the effect of environmental conditions such as moisture or weather, misuse, mishandling, accident, natural disasters, power surges.
- A machine placed or used in a commercial or institutional setting. This includes gyms, corporations, work places, clubs, fitness centers and any public or privately entity that has a machine for use by its members, customers, employees or affiliates.
- Damage caused by exceeding maximum user weights as defined in the Product's Owner's manual or warning label.
- Damage due to normal usage and wear and tear.
- This warranty does not extend to any territories or countries outside the United States and Canada.

## How to Obtain Service

For Products purchased directly from Nautilus, Inc. contact the Nautilus office listed on the Contacts page of the products Owner's manual. You may be required to return the defective component to a specified address for repair or inspection, at your expense. Standard ground shipping of any warranty replacement parts will be paid by Nautilus, Inc. For products purchased from a retailer, you may be asked to contact your retailer for warranty support.

## Exclusions

The preceding warranties are the sole and exclusive express warranties made by Nautilus, Inc. They supersede any prior, contrary or additional representations, whether oral or written. No agent, representative, dealer, person or employee has the authority to alter or increase the obligations or limitations of this warranty. Any implied warranties, including the WARRANTY OF MERCHANTABILITY and any WARRANTY OF FITNESS FOR A PARTICULAR PURPOSE, are limited in duration to the term of the applicable express warranty provided above, whichever is longer. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

## Limitation of Remedies

EXCEPT AS OTHERWISE REQUIRED BY APPLICABLE LAW, THE PURCHASER'S EXCLUSIVE REMEDY IS LIMITED TO REPAIR OR REPLACEMENT OF ANY COMPONENT DEEMED BY NAUTILUS, INC. TO BE DEFECTIVE UNDER THE TERMS AND CONDITIONS STATED HEREIN. IN NO EVENT WILL NAUTILUS, INC. BE LIABLE FOR ANY SPECIAL, CONSEQUENTIAL, INCIDENTAL, INDIRECT OR ECONOMIC DAMAGES, REGARDLESS OF THE THEORY OF LIABILITY (INCLUDING, WITHOUT LIMITATION, PRODUCT LIABILITY, NEGLIGENCE OR OTHER TORT) OR FOR ANY LOST REVENUE, PROFIT, DATA, PRIVACY OR FOR ANY PUNITIVE DAMAGES ARISING OUT OF OR RELATED TO THE USE OF THE FITNESS MACHINE EVEN IF NAUTILUS, INC. HAS BEEN ADVISED OF THE POSSIBILITY OF SUCH DAMAGES. THIS EXCLUSION AND LIMITATION SHALL APPLY EVEN IF ANY REMEDY FAILS OF ITS ESSENTIAL PURPOSE. SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF CONSEQUENTIAL OR INCIDENTAL TYPE DAMAGES SO THE ABOVE LIMITATION MAY NOT APPLY TO YOU.

## State Laws

This warranty gives you specific legal rights. You may also have other rights, which vary from state to state.

## Expirations

If the warranty has expired, Nautilus, Inc. may assist with replacements or repairs to parts and labor, but there will be a charge for these services. Contact a Nautilus® office for information on post-warranty parts and services. Nautilus does not guarantee availability of spare parts after expiration of warranty period.

## International Purchases

If you purchased your machine outside of the United States consult your local distributor or dealer for warranty coverage.



Nautilus, Inc., (800) NAUTILUS / (800) 628-8458, [www.NautilusInc.com](http://www.NautilusInc.com) - Customer Service: North America (800) 605-3369, [bowflex@nautilus.com](mailto:bowflex@nautilus.com) | outside U.S. +01-360-859-5180, [technics-APLA@nautilus.com](mailto:technics-APLA@nautilus.com) | Printed in China | © 2010 Nautilus, Inc.