

**NOTICE:** This Addendum provides instruction for determining if it is necessary to perform the recall replacement of the handle for a Bowflex® SelectTech® BD1090 Dumbbell.

**If you need assistance, please call Bowflex® Customer Service at 1-800-416-7271**



This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Read and understand all Warnings on this machine.

Nautilus, Inc., (800) NAUTILUS / (800) 628-8458, www.NautilusInc.com - Customer Service: North America (800) 605-3369, outside U.S. +01-360-859-5180 | Printed in USA | © 2012 Nautilus, Inc.



Refer to the Owner’s Manual for complete safety instructions.

1. With the dumbbell handle set in the dumbbell base, turn both adjustment knobs to the lowest number (Figure 1).
2. You should be able to withdraw the handle from the base leaving all the weight plates in the cradle of the base.
3. Look at the red inner plastic (A) near the top of each adjustment knob (Figure 2).  
If there is a black dot sticker (B) on the inner surface, the replacement was already done. No recall replacement is necessary.  
If there is no black dot sticker, go to step 4.

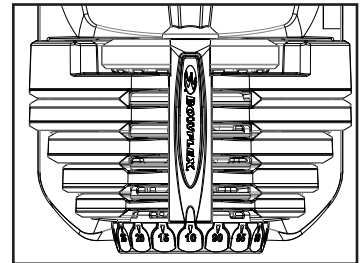


Figure 1 – Top view

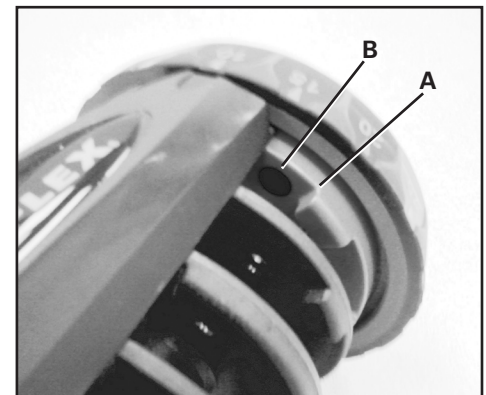


Figure 2

4. Place the dumbbell handle back into the base and turn the adjustment knobs to the highest weight setting. You should be able to withdraw the handle with all the weight plates from the base.
5. Carefully set the dumbbell on the floor. Turn the base over and find the Serial Number label on the bottom of the base.
6. To determine if it is necessary to replace the handle, look at the Serial Number (Figure 3):

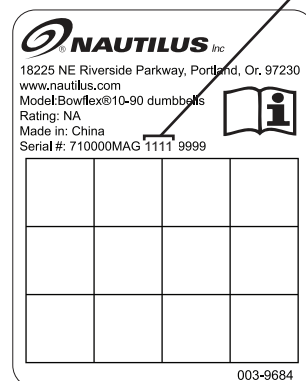
The Serial Number includes a code for the date of manufacture (YYWK).

If the date code in the Serial Number is in the range of 1111 – 1136, contact Nautilus Customer Service to obtain a replacement handle. The toll free number is 1-800-416-7271.

If the date code in the Serial Number is not in that range, no recall replacement is necessary.

**First manufacture date**

YYWK



**Last manufacture date**

YYWK

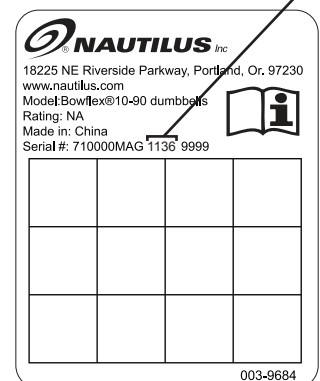


Figure 3



If the date code in your dumbbell’s Serial Number is in the range of 1111 – 1136, do not use the dumbbell, and contact Nautilus Customer Service.