Before You Start

Select where you are going to locate your Bowflex Conquest™ home gym carefully. The best place for your Bowflex Conquest™ home gym is on a hard, level surface. For best results, assemble your Bowflex Conquest™ home gym in the location where you intend to use it. Allow a workout area of at least 8’4”L x 6’6”W (2.6m L x 2m W) of free space for safe operation of the Bowflex Conquest™ home gym.

Every effort has been made to provide you with a clear and accurate assembly / owners manual. Should you find any inconsistencies, have questions about your (model) or have suggestions for improving our manuals, please call 1-800-NAUTILUS (628-8458) for assistance.

Basic Assembly Principles

Here are a few basic tips that will make your assembly of the Bowflex Conquest™ 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 Conquest™ 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.”
Tools You Will Need

Hex Wrenches Are Provided in the Box

3/16” Hex Key for 5/16” Button Head Screws:

7/32” Hex Key for 3/8” Button Head Screws:

These Tools Are Not Provided in the Box

Wrench (9/16”) or Adjustable Wrench (not provided):

Phillips Head Screwdriver (not provided):

* Specifications subject to change without notice.

Hardware Chart (1:1 Scale)

<table>
<thead>
<tr>
<th>Qty</th>
<th>Hardware Item</th>
<th>Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>Button Head Screws</td>
<td>3/8” X 5”</td>
</tr>
<tr>
<td>1</td>
<td>Button Head Screws</td>
<td>3/8” X 4 1/4”</td>
</tr>
<tr>
<td>2</td>
<td>Button Head Screws</td>
<td>3/8” X 4”</td>
</tr>
<tr>
<td>2</td>
<td>Button Head Screws</td>
<td>3/8” X 3 1/4”</td>
</tr>
<tr>
<td>2</td>
<td>Button Head Screws</td>
<td>3/8” X 3”</td>
</tr>
<tr>
<td>2</td>
<td>Button Head Screws</td>
<td>3/8” X 2 3/4”</td>
</tr>
<tr>
<td>2</td>
<td>Button Head Screws</td>
<td>3/8” X 2 1/2”</td>
</tr>
<tr>
<td>14</td>
<td>Button Head Screws</td>
<td>3/8” X 3/4”</td>
</tr>
<tr>
<td>2</td>
<td>Button Head Screws</td>
<td>3/8” X 4 1/4”</td>
</tr>
<tr>
<td>8</td>
<td>Washers 5/16”</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Washers 1/4”</td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>Button Head Screws</td>
<td>5/16” X 3/4”</td>
</tr>
<tr>
<td>3</td>
<td>Self Tapping Screws</td>
<td>#10 x 1”</td>
</tr>
<tr>
<td>4</td>
<td>Self Tapping Screws</td>
<td>#10 x 3/4”</td>
</tr>
<tr>
<td>Item</td>
<td>Qty.</td>
<td></td>
</tr>
<tr>
<td>----------------------------------</td>
<td>------</td>
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<tr>
<td>Seat</td>
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</tr>
<tr>
<td>Lower Tower</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Left Stabilizer</td>
<td>1</td>
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<tr>
<td>Right Stabilizer</td>
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<td></td>
</tr>
<tr>
<td>Base Crossbar</td>
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</tr>
<tr>
<td>Seat roller Bracket</td>
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<tr>
<td>Front Stabilizer</td>
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</tr>
<tr>
<td>Leg Extension Assy.</td>
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</tr>
<tr>
<td>Seat Rail</td>
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<td></td>
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<tr>
<td>Upper Tower</td>
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<td></td>
</tr>
<tr>
<td>Lat Crossbar</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Chest Bar</td>
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<td></td>
</tr>
<tr>
<td>Rod Box Mount</td>
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</tr>
<tr>
<td>Rod Pack</td>
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</tr>
<tr>
<td>Handle Grip</td>
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</tr>
<tr>
<td>Leg Press Belt</td>
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</tr>
<tr>
<td>Roller Pad</td>
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<tr>
<td>15 3/4&quot; Roller Bar</td>
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<td></td>
</tr>
<tr>
<td>End Cap</td>
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</tr>
<tr>
<td>Snap Hook</td>
<td>6</td>
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</table>
# Bowflex Conquest™ Home Gym Parts List

<table>
<thead>
<tr>
<th>Part</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>Bench</td>
<td>1</td>
</tr>
<tr>
<td>Lat Bar</td>
<td>1</td>
</tr>
<tr>
<td>Squat Bar</td>
<td>2</td>
</tr>
<tr>
<td>Locking Knob</td>
<td>1</td>
</tr>
<tr>
<td>Low Row Bar</td>
<td>1</td>
</tr>
<tr>
<td>Rubber Mat</td>
<td>1</td>
</tr>
<tr>
<td>Squat Bar Strap</td>
<td>2</td>
</tr>
<tr>
<td>Grip Ankle Cuff</td>
<td>2</td>
</tr>
<tr>
<td>Face Plate</td>
<td>1</td>
</tr>
<tr>
<td>Back Panel</td>
<td>2</td>
</tr>
<tr>
<td>Squat Platform</td>
<td>1</td>
</tr>
<tr>
<td>16 1/2” Roller Bar</td>
<td>1</td>
</tr>
</tbody>
</table>

## Assembled Unit Weight:
154 lbs. [82.1 kg.]

## Shipping Box Weight and Contents for Multi-carton Package:

**Box 1:** Shipping Weight: 15 lbs. [6.8kg.]
- 210# Rod Pack
- Assembly Manual
- Owners Manual

**Box 2:** Shipping Weight: 63 lbs. [28.5kg.]
- Front Stabilizer
- Bench
- Lat Crossbar
- Seat Rail
- Leg Extension Assembly
- Lat Bar
- Seat Rail
- Seat Roller bracket
- Squat Bar
- Adjustable Belt
- Seat
- Low Row Bar
- Squat Bar Straps

**Box 3:** Shipping Weight: 74 lbs. [33.5kg.]
- Lower Tower
- Upper Tower
- Chest Bar
- Face Plate
- Back Plates
- Handle Grips
- Grip Ankle Cuffs
- Rod Box Mount
- Roller Pads
- Roller Bars
- Snap Hooks
- Endcaps

**Box 4:** Shipping Weight: 52 lbs. [23.5kg.]
- Right Stabilizer
- Left Stabilizer
- Base Crossbar
- Squat Platform
- Rubber Mat
Assembling Your Bowflex Conquest™ Home Gym

**Step 1 Attach Stabilizers to Crossbar**

**Parts:**
- Left and Right Stabilizers
- Base Crossbar

**Tools:**
- 7/32” Allen wrench

1-1 Insert Left and Right Stabilizers into the Base Crossbar.

1-2 Install **but do not tighten** the hardware.

**Hardware (1:1):**
- 6 Button Head Screw (3/8” X 3/4”)
- 6 Washer (3/8”)

**Step 2 Attach Squat Platform To Base Assembly**

**Parts:**
- Base Assembly (from step 1)
- Squat Platform

**Tools:**
- 7/32” Allen Wrench
- 9/16” Wrench or Adjustable

2-1 Align the tabs on the Squat Platform with the holes in the Base Assembly.

2-2 Install and completely tighten hardware from steps 1 and 2.

**Hardware (1:1):**
- 2 Button Head Screw (3/8” X 3 1/4”)
- 4 Washer (3/8”)
- 2 Nylock Nut (3/8”)

**Bowflex**
Step 3  Attach Lower Tower to Base Assembly

Parts:
• Base Assembly (from step 2)
• Lower Tower

Tools:
• 7/32” Allen wrench
• 9/16” Wrench or Adjustable

3-1 Align the holes in the Lower Tower with the holes in the Base Assembly.

3-2 Install and completely tighten the hardware.

Hardware (1:1):

- 2 Button Head Screw (3/8” X 3/4”)
- 2 Button Head Screw (3/8” X 4”)
- 6 Washer (3/8”)
- 2 Nylock Nut (3/8”)

Step 4  Attach Chest Bar to Lower Tower

Parts:
• Chest Bar

Tools:
• 7/32” Allen wrench
• 9/16” Wrench or Adjustable

4-1 With the pulleys pointing up, align the holes in the Chest Bar with the holes in the Lower Tower.

4-2 Install and completely tighten the hardware.

Hardware (1:1):

- 2 Button Head Screw (3/8” X 5”)
- 4 Washer (3/8”)
- 2 Nylock Nut (3/8”)
- 3/8” Washer"
**Step 5  Attach Seat to Seat Roller Bracket**

**Parts:**
- Seat
- Seat Rail with Seat Roller Bracket

**Tools:**
- 3/16” Allen wrench

5-1 Align Seat with holes in Seat Roller Bracket. Make sure the beveled edge of the Seat is pointing toward the U shaped channel on the Seat Roller Bracket.

5-2 Install and completely tighten hardware.

**Hardware (1:1):**
- 4 Button Head Screw (5/16” X 3/4”)
- 4 Washer (5/16”)

**Step 6  Attach Front Stabilizer to Leg Extension Assembly**

**Parts:**
- Leg Extension Assembly
- Front Stabilizer

**Tools:**
- 7/32” Allen Wrench
- 9/16” Wrench or Adjustable

6-1 Align the holes in the Front Stabilizer with the holes in the Leg Extension Assembly.

6-2 Install and completely tighten hardware.

**Hardware (1:1):**
- 2 Button Head Screw (3/8” X 3”)
- 4 Washer (3/8”)
- 2 Nylock Nut (3/8”)
Step 7  Attach Lower Tower to Base Assembly

Parts:
- Seat Rail Assembly (from step 5)
- Leg Extension Assembly (from step 6)

Tools:
- 7/32” Allen wrench
- 9/16” Wrench or Adjustable Wrench

7-1 Align the holes in the Seat Rail with the holes in the Leg Extension Assembly.

7-2 Install and completely tighten the hardware

Hardware (1:1):

```
2 Button Head Screw (3/8” X 2 3/4”)
1 Nylock Nut (3/8”)
3 Washer (3/8”)
```

Step 8  Attach Seat Rail

Parts:
- Seat Rail Assembly (from step 7)
- Locking Knob

Tools:
- 7/32” Allen wrench
- 9/16” Wrench or Adjustable Wrench

8-1 Remove twist tie holding bushings in seat rail.

8-2 Align bushings in Seat Rail with holes in Seat Rail Bracket.

8-3 Install hardware and tighten but allow seat rail to pivot freely.

8-4 Install Locking Knob.

Hardware (1:1):

```
1 Button Head Screw (3/8” X 4 1/4”)
1 Nylock Nut (3/8”)
2 Washer (3/8”)
```
Step 9 Attach Lat Crossbar to Upper Tower

Parts:
- Upper Tower
- Lat Crossbar

Tools:
- 7/32” Allen wrench

9-1 Make sure hooks on Lat Crossbar are pointing up and Align holes in Lat Bar with holes in Upper Tower.

9-2 Install and completely tighten hardware.

Hardware (1:1):
- 2 Button Head Screw (3/8” X 2 1/2”)
- 6 Washer (3/8”)

Step 10 Attach Upper Tower Assembly (from step 9)

Parts:
- Upper Tower Assembly

Tools:
- 7/32” Allen Wrench

10-1 Insert Upper Tower into Lower Tower.

10-2 Install and completely tighten hardware.

Hardware (1:1):
- 6 Button Head Screw (3/8” X 3/4”)
- 6 Washer (3/8”)

Assembling Your Bowflex Conquest™ Home Gym
Step 11  Attach Face Plate and Back Panels

Parts:
- Face Plate
- Back Panels

Tools:
- Phillips Head Screwdriver

11-1 Place the Face Plate against the Lower Tower.

11-2 Position the Back Panels against the back of the Lower Tower and around the Rod Box.

11-3 Install and completely tighten the hardware.

Hardware (1:1):

4 Self Threading Screw ( #10 x .75” )

Step 12  Attach Rod Box Mount

Parts:
- Rod Pack
- Rod Box Mount

Tools:
- Phillips Head Screwdriver

12-1 Place the Rod Box Mount on the bottom of the Rob Pack.

12-2 Install and completely tighten the hardware.

Hardware (1:1):

3 Self Threading Screw ( #10 x 1” )
3 Washer (1/4”)
**Step 13 Install Rod Pack**

Parts:
- Rod Pack Assembly (from step 12)

Tools:
- 3/16” Allen wrench

13-1 Position Rod Pack Assembly in the Rod Box with the 50lb. Rods closest to the Back Plates

13-2 Install and completely tighten hardware.

Hardware (1:1):
- 4 Button Head Screw (5/16” X 3/4”)
- 4 Washer (5/16”)

**Step 14 Install Roller Pads**

Parts:
- Roller Pads
- 15 3/4” Roller Tube
- 16 1/2” Roller Tube
- End Caps

14-1 Insert the 16 1/2” Roller Tube into the *upper holes* on the Leg Extension Assembly.

14-1 Insert the 15 3/4” Roller Tube into the *lower holes* on the Leg Extension Assembly.

14-2 Slide the Roller Pads onto the Roller Tubes.

14-3 Insert the End Caps into the Roller Tubes.
Step 15  Install Bench

Parts:
• Bench

15-1 Place the frame of the Bench in the U-shaped bracket on the Seat Roller Assembly and lay the Bench on the Seat Rail.

Step 16  Route the Rod Cables

16-1 Unwrap the Cables from the Chest Bar Pulleys. Extend the Rod Hooks up to the Rod Caps and hook in place on preferred rod or rods.
Step 17  Store the Lat Cables

17-1 Unwrap the Lat Cables and tuck inside the Lat Tower until needed.

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 Conquest™ home gym!

WARNING

Failure to visually check and test assembly before use can cause damage to the Bowflex Conquest™ 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.

OFFICES IN THE UNITED STATES:

E-mail: customerservice@nautilus.com

- 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.
  Rue Jean Prouvé 6
  1762 Givisiez / Switzerland
  Tel:   + 41-26-460-77-77
  Fax:  + 41-26-460-77-70
  Email: technics@nautilus.com

BUSINESS OFFICES:

- SWITZERLAND OFFICE
  Nautilus Switzerland S.A.
  Tel:   + 41-26-460-77-66
  Fax:  +49-2203-2020-4545

- GERMANY and AUSTRIA OFFICE
  Nautilus GmbH
  Tel:  +49-2203-2020-0
  Fax: +49-2203-2020-4545

- ITALY OFFICE
  Nautilus Italy s.r.l.
  Tel:   +39-051-664-6201
  Fax:  +39-051-664-7461

- 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