Assembly Instructions
For The Bowflex Motivator

Before you begin, you will need three wrenches, a crescent wrench, a 9/16", and a 1/2" open end wrench, (It is useful to use the crescent wrench to hold one end of a bolt while tightening with the other) and a phillips head (+) screw driver. Please follow these assembly instructions carefully. If you experience any difficulty please call a Bowflex customer service representative and ask for assistance. 1-800-269-3539.

Unpacking Your Motivator
Your Motivator comes in two boxes. One Square box and one long box. See Below

Contents of square box.
1 Base Frame
1 Pulley Frame
1 Lower Mast
1 Rear Legs
1 Standing Platform
1 Bench
1 Seat
2 Handgrips
1 Ankle Cuff
1 Parts and bolt bag
1 Training Manual
1 Set of Assembly Instructions

See Bolt Bag I.D. and size Guide for Bolt Bag Contents

Contents of long box.
1 Main Beam (Seat Rail)
1 Verticle, Rod Box, & Rod Pack Assembly

Please check to make sure all parts are included. If you are missing any part, please call a customer service representative at 1-800-269-3539.
STEP 1.

Have the appropriate bolts ready for the appropriate parts.

Locate Base Frame and Pulley Frame. (Square box)

Attach pulley frame to base frame with four 3/8”x1” tap bolts and four 3/8” flat washers, tighten with a 9/16” wrench. See 1A.

Note: Leave pulleys and cables wrapped until assembly is complete.

STEP 2.

Locate Lower Mast. (Square box)

Align lower mast against the face of the pulley frame. As pictured in 2A.

Align holes in lower mast with holes in base frame. Secure the center of the lower mast to the pulley frame with the 6” carriage bolt, 3/8” washer and a 3/8” lock nut.

IMPORTANT Hand tighten lock nut until both Hex Head bolts are in place below then tighten with 9/16” wrench. See 2A.

Insert two 4 1/2” hex head bolts, two 3/8” washers. Secure with two 3/8” nylon lock nuts. Tighten with 9/16” wrench. See 2B
STEP 3.

Locate your Main Beam. (Long Box) This is the longest beam. *(The head has a threaded hole on each side. You should also see a caution sticker located on the face of the beam which faces towards the ceiling.)*

Locate Rear Legs and attach to the bottom of the main beam with two tap bolts and 3/8” washers. Tighten with 9/16” wrench. **See 3A**

STEP 4

Insert head of main beam into the opening of the Rail Attachment Bracket. **See 4A**

Secure main beam to rail attachment bracket by inserting and tightening the 1” threaded knob. Do not over tighten.

Next, insert one 4 1/4” hex head bolt and through the aligned holes at the side of the rail attachment bracket and main beam. Secure with a washer and a 3/8” lock nut and tighten with a 9/16” wrench. **See 4B**
STEP 4

Insert head of main beam into the opening of the Rail Attachment Bracket. See 4A

Secure main beam to rail attachment bracket by inserting and tightening the 1" threaded knob. Do not over tighten.

Next, insert one 4 1/4" hex head bolt and through the aligned holes at the side of the rail attachment bracket and main beam. Secure with a washer and a 3/8" lock nut and tighten with a 9/16" wrench. See 4B

STEP 5

Locate the Vertical, Rod Box, and Rods. They have been preassembled and can be found in the long box. For identification see 5A

Place unit onto upright of pulley frame. Align holes of vertical and upright. Secure vertical and pulley frame together with two 2 1/2" hex head bolts, two, 3/8" washers and two, 3/8" lock nuts. Tighten with 9/16" wrench. See 5B

Note: Leave Rods bound until assembly is complete.

Secure Power Rod Pack and Vertical to Pulley Frame with two 2 1/2" Hex Head Bolts.

Back view of Vertical & Power Rod Pack.
STEP 6

Locate the Seat and the Bench. (Square box)
You will need to connect the bench to the seat with four 1/4”x1” phillip head machine screws. Tighten with phillips screw driver

Under the seat and bench are brackets. Notice the bracket underneath the seat has a peg in the center. See 6A

Remove carriage bolt and knob from bracket of seat and place seat/bench onto main beam. Seat can be adjusted in one of three positions in relation to the three holes on top of the main beam. See 6B

See page 3 of your Owner’s Manual for Seat/Bench instruction.

6A

Seat Bracket With Center Peg

Bench Support Bracket

6B

Place peg in one of the three holes in Main Beam.

7A

Hook Hand-Grips into place by inserting D-Ring into Snap Hook on end of cables.

Insert 4” Carriage Bolt and secure with knob.

For instruction on how your Motivator folds for easy storage, see page 4 of your owner's manual.
**Parts Identification and Size Guide**

- **3/8" Flat Washer**
  - Part #: 90138
  - Quantity: 17

- **3/8" x 1" Tap Bolt**
  - Part #: 80181
  - Quantity: 6

- **3/8" Nylon Lock Nut**
  - Part #: 90196
  - Quantity: 6

- **3/8" x 2 1/2" Hex Head Bolt**
  - Part #: 90193
  - Quantity: 2

- **3/8" x 4 1/4" Hex Head Bolt**
  - Part #: 82054
  - Quantity: 1

- **3/8" x 4 1/2" Hex Head Bolt**
  - Part #: 82052
  - Quantity: 2

- **1/4" x 1" Phillip Head Mach Screw**
  - Part #: 90154
  - Quantity: 4

- **3/8" x 1" Tap Bolt**
  - Part #: 80181
  - Quantity: 6

- **3/8" x 6" Carriage Bolt**
  - Part #: 82060
  - Quantity: 1

- **3/8" x 1" Threaded Knob**
  - Part #: 90161
  - Quantity: 1

- **3/8" x 4 1/2" Hex Head Bolt**
  - Part #: 82054
  - Quantity: 1

- **1" Threaded Knob**
  - Part #: 90161
  - Quantity: 1

- **3/8" Flat Washer**
  - Part #: 90138
  - Quantity: 17
Lat Parts and bolts

Name: 5/16" x 3/4" Tap Bolt
Part #: 90206
Quantity: 2

Name: 3/8" Nylon Lock Nut (Nylock)
Part #: 90196
Quantity: 2

Name: Shock Cord
Part #: 95180
Quantity: 1