AB Attachment
Assembly Instructions

Tools You Will Need

<table>
<thead>
<tr>
<th>Box Contents</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Ab Back Pad</td>
</tr>
<tr>
<td>• Ab Back Pad Bracket</td>
</tr>
<tr>
<td>• Hardware</td>
</tr>
</tbody>
</table>

| 3/16” Allen Wrench |

* Tool and Hardware specifications subject to change without notice.

Install Back Pad

Parts:
• Ab Back Pad
• Ab Back Pad Bracket

Tools:
• 3/16” Allen Wrench

1. Align the Back Pad with the upper and lower 4 holes in the Back Pad Bracket. The middle holes are not used with this pad.

2. Install and completely tighten the hardware.

Hardware (1:1):

- 4 Button Head Cap Screw (5/16” X 1”)
- 4 Washer (5/16”)

For information on use of the AB Attachment please refer to your Revolution XP Owners Manual.

©2007 Nautilus Inc. All rights reserved. 16400 S.E. Nautilus Drive, Vancouver, Washington, USA 98683.
Bowflex, Bowflex Revolution, and the Bowflex and Nautilus logos are either registered trademarks or trademarks of Nautilus, Inc. All other trademarks are owned by their respective companies.

P/N: 001-7102 Rev A (4/18/07)