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NOTICE: This document provides important safety instructions, adjustments, and general troubleshooting information for the maintenance of the Bowflex® HVT™ machine.

If you need assistance, please call Bowflex Customer Service at 1-800-605-3369.



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.

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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. Read and understand all Warnings on this machine.

Before servicing or using this equipment, obey the following warnings:



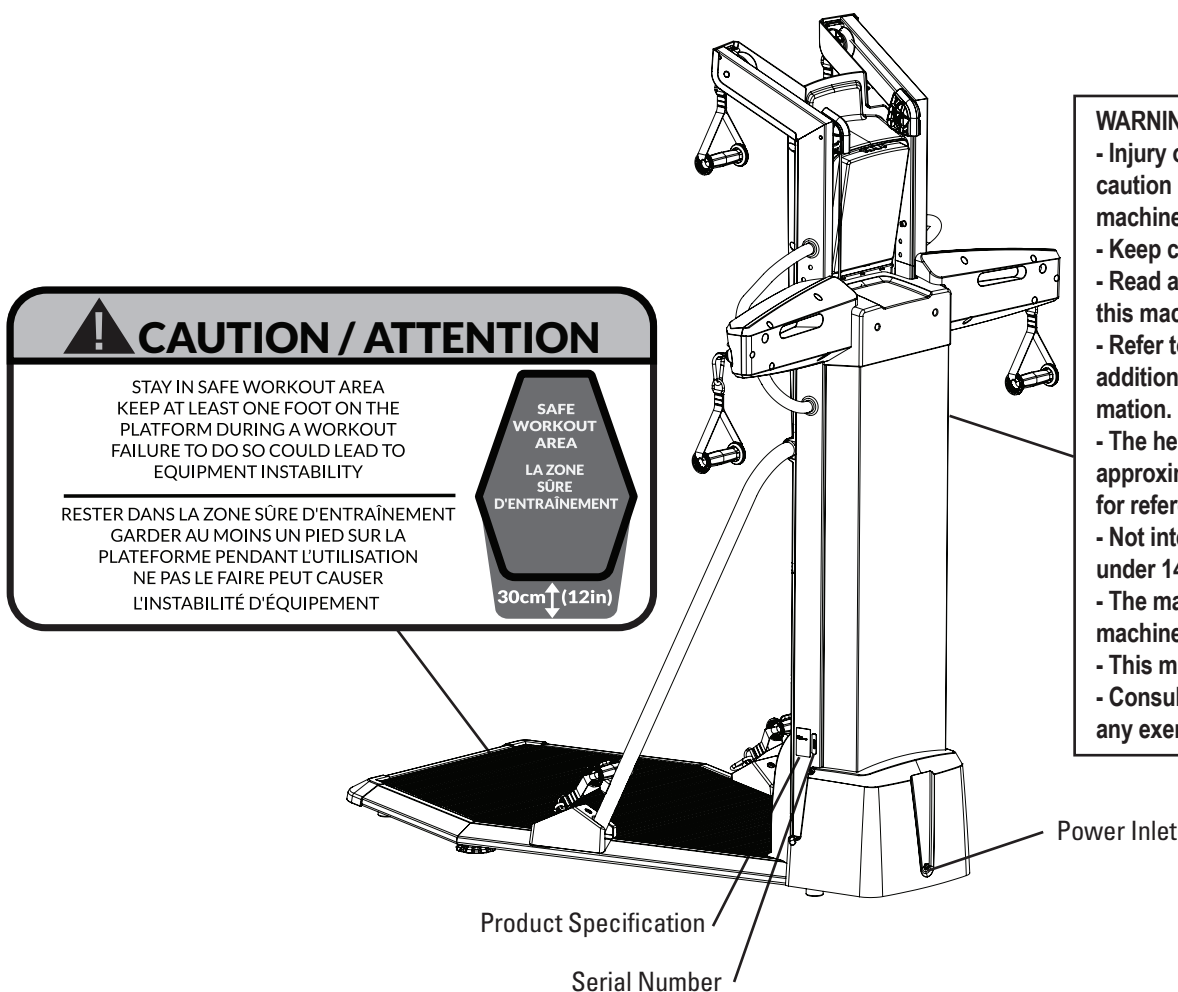
Read and understand the Service Manual before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.

⚠ DANGER

To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the AC Adapter from the wall outlet and/or the machine before cleaning, maintaining or repairing the machine. Place the AC Adapter in a secure location.

- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- Use only replacement parts and hardware that are supplied or approved by Nautilus. Failure to use Nautilus-approved replacement parts can adversely affect the safety and functionality of the equipment creating a risk to users and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If necessary, request replacement warning stickers or placards from Nautilus customer service.
- Do not try to change the design or functionality of the machine being serviced as this can adversely affect user safety and will void the warranty.
- Do not put the machine back in service until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

SAFETY WARNING LABELS AND SERIAL NUMBER



FCC Compliance

! Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

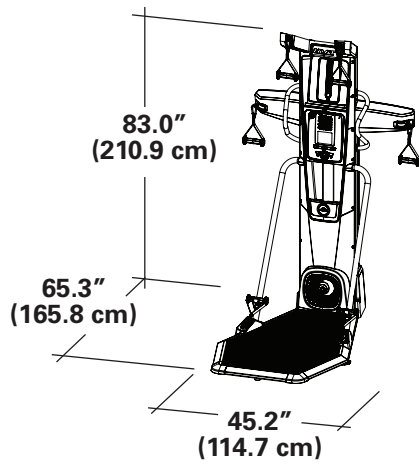
The machine and power supply comply with part 15 of the FCC rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Note: This machine and power supply have been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications.

However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

SPECIFICATIONS



Maximum User Weight: 300 lbs. (136 kg)

Assembled Weight: approx. 182 lbs (82.5kg)

Power Requirements:

Operational Voltage: 9VDC

Operating Current: 1500 mA

⚠ WARNING

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.

Moving and Storing the Machine

! The machine is heavy and awkward. Do not move the machine without assistance from at least a second person. Injury to you or damage to the machine can occur.

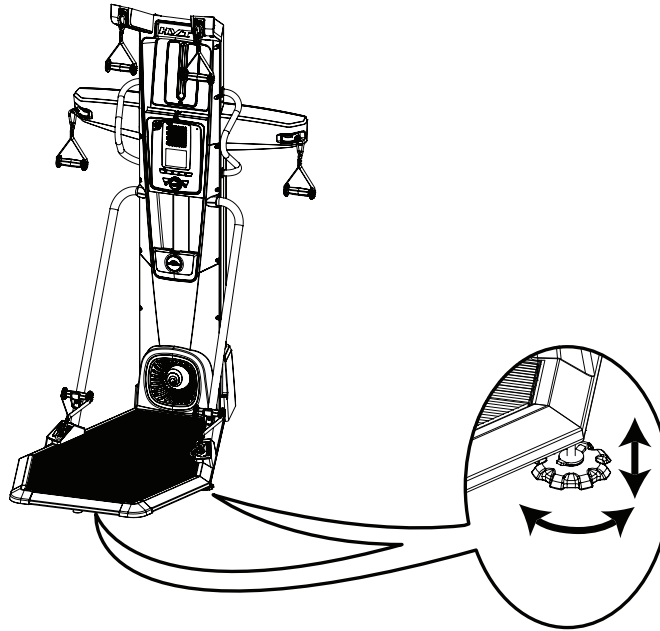
1. Remove the power adapter and hand grips, and place in a secure location.

Leveling the Machine

The machine needs to be leveled if your workout area is uneven. To adjust:

1. Place the machine in your workout area.
2. Adjust the levelers until they all contact the floor.

! Do not adjust the levelers to such a height that they detach or unscrew from the machine. Injury to you or damage to the machine can occur.



Connectivity on your fitness machine

This fitness machine is equipped with Bluetooth® connectivity and can wirelessly connect with the “Bowflex® HVT™” Software Fitness App on supported iOS and Android™ devices. When connected with the Software App, the Bluetooth® icon will activate. If the icon light is not on, then the fitness machine is not connected to the device.

The “Bowflex® HVT™” Software App

The “Bowflex® HVT™” App connects with your fitness machine to provide the sequence of exercises that make each of the workout programs. Each exercise is presented with hints, descriptions, and video demonstrations. The App tracks the total time, calories burned, power score, resistance, and heart rate (if supplied). Track your results and share with friends and family. Once you understand how the Bowflex® HVT™ machine works with your body, you can create your own workout program on the App.

1. Download the free App, named “Bowflex® HVT™”. The App is available on Google Play™ and iTunes®.
2. Follow the instructions on the App to pair your device to your exercise machine.

Frequently asked questions and installation videos for the Software App can be found online at www.Bowflex.com/help.

MAINTENANCE

Read all maintenance instructions fully before you start any repair work. In some conditions, an assistant is required to do the necessary tasks.

! Equipment must be regularly examined for damage and repairs. The owner is responsible to make sure that regular maintenance is done. Worn or damaged components must be repaired or replaced immediately. Only manufacturer supplied components can be used to maintain and repair the equipment.

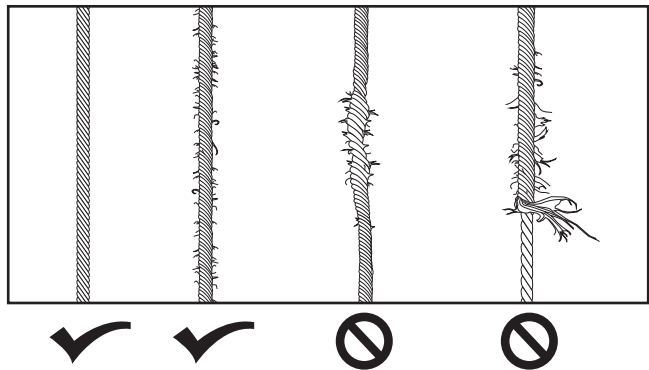
If at any time the Warning labels become loose, unreadable or dislodged, contact Nautilus Customer Service for re-placement labels.

To reduce the risk of unsupervised use of the equipment, remove the AC Adapter from the wall outlet and the machine. Place the AC Adapter in a secure location.

Daily: Before each use, examine the exercise machine for loose, broken, damaged, or worn parts. Do not use if found in this condition. Repair or replace all parts at the first sign of wear or damage. After each workout, use a damp cloth to wipe your machine and Console free of sweat.
Note: Avoid excessive moisture on the Console.

Weekly: Inspect all pulleys and their connections making sure they are properly secured and attached, and show no signs of visible wear or damage. Inspect all ropes to be sure they have not been twisted. Remove any twists from the ropes. Wipe the machine to remove dust, dirt, or grime. Clean the platform and front of machine with a damp cloth.
Note: Do not use petroleum based products.

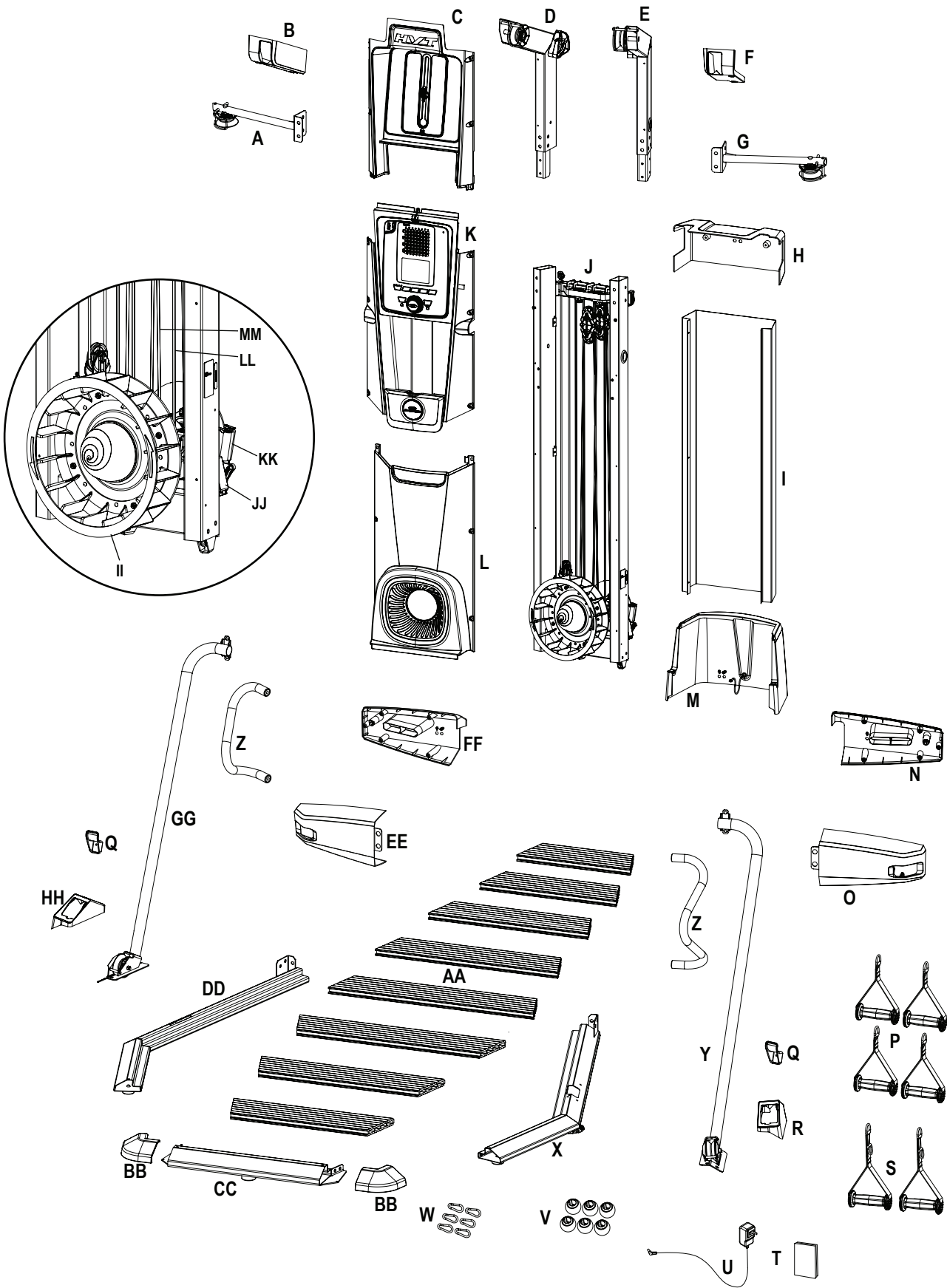
Monthly or after 20 hours: Make sure all bolts and screws are tight. Tighten as necessary. Be sure to fully inspect the condition of all ropes for wear. Repair or replace the ropes at the first sign of wear or damage based on the images below.



Yearly: Remove the front and rear shrouds, and inspect the condition of all ropes, elastic cords, and moving parts for wear within the Frame Assembly. Repair or replace the ropes and elastic cords at the first sign of wear or damage based on the images above. Replace moving parts as necessary. Wipe the exposed area within the Frame Assembly to remove dust, dirt, or grime.

NOTICE: Do not clean with a petroleum based solvent or an automotive cleaner. Be sure to keep the Console free of moisture.

Maintenance Parts



| | | | | | |
|---|----------------------------|---|----------------------------|----|---------------------------|
| A | Middle Pulley Arm, Left | N | Middle Shroud, Right Back | AA | Platform Decking |
| B | Upper Pulley Shroud, Left | O | Middle Shroud, Right Front | BB | Platform Corner Shrouds |
| C | Upper Front Shroud | P | Hand Grip, 1-D Ring | CC | Front Platform Frame |
| D | Upper Pulley Arm, Left | Q | Lower Grip Holder | DD | Left Platform Frame |
| E | Upper Pulley Arm, Right | R | Lower Pulley Shroud, Right | EE | Middle Shroud, Left Front |
| F | Upper Pulley Shroud, Right | S | Hand Grip, 2-D Ring | FF | Middle Shroud, Left Back |
| G | Middle Pulley Arm, Right | T | Training Guide | GG | Left Support Arm |
| H | Rear Shroud, Upper | U | AC Power Adapter | HH | Lower Pulley Shroud, Left |
| I | Rear Cover | V | Securing Ball | II | Fan Assembly |
| J | Frame Assembly | W | Snap Clip | JJ | Servo Motor |
| K | Console Assembly | X | Right Platform Frame | KK | Brake Assembly |
| L | Fan Shroud | Y | Right Support Arm | LL | Elastic Cord |
| M | Rear Shroud, Lower | Z | Handlebar | MM | Rope |

TROUBLESHOOTING

| Condition/Problem | Things to Check | Solution |
|--|----------------------------------|---|
| Unit will not power up/turn on/start | Outlet | Make sure outlet is functioning correctly. Verify this by plugging another device (ex: lamp) into the outlet. If outlet is connected to a light switch, check to make sure it is on. If outlet is not functioning find a working outlet. |
| | Power cord not plugged in | Make sure the power cord is firmly secured to A/C inlet on the machine and firmly inserted into a non-GFI/AFCI wall socket. |
| | Check console display for damage | Check for visual sign that console display is cracked or otherwise damaged. Replace Console if damaged. |
| | Console display | If Console only has partial display and all connections are fine, replace the Console. |
| | If problem persists | Contact Customer Service. |
| Unit operates but Telemetric HR not displayed | Chest Strap (optional) | Strap should be "POLAR®" compatible and uncoded. Make sure strap is directly against skin and contact area is wet. |
| | Interference | Try moving unit away from sources of interference (TV, Microwave, etc). |
| | Replace Chest Strap | If interference is eliminated and HR does not function, replace strap. |
| | Replace Console | If HR still does not function, replace Console. |
| Unit operates but Telemetric HR displayed incorrectly | Interference | Make sure that the HR receiver is not blocked by a personal electronic device in the left side of the media tray. |
| No resistance/ fan does not rotate when rope is pulled | Ropes | Inspect ropes to see if they are intact, and inspect all connections to be sure they are connected. |
| | If problem persists | Contact Customer Care for further assistance. |
| Fan will not turn | Check for blockage of fan | Safely remove material from fan. Do not pull on ropes when removing material because the fan will turn. |
| | | <p>⚠ Be aware that the Fan, Ropes, and Elastic Cords are connected and when either of the Ropes or Elastic Cords are pulled the Fan will turn. Do not put fingers into the fan.</p> <p>If necessary, detach the Shrouds to help with removal. Do not operate machine until Shrouds have been replaced.</p> |
| Machine rocks/does not sit level | Check leveler adjustment | Adjust levelers until machine is level. |
| | Check surface under unit | Adjustment may not be able to compensate for extremely uneven surfaces. Move machine to level area. |
| Squeaking noise that appears a few minutes into a workout and normally will get progressively worse as the workout continues | Bolt that connects the pulleys | Apply white lithium grease to bolt.. |
| Ropes do not fully retract when released | Inspect all ropes for a twist | Pull out each rope and inspect; remove any twists in ropes. |
| Workout results will not sync with Bluetooth® enabled device | Current console mode | Machine must be in Idle Mode to sync. Push the PAUSE/STOP button until the Power-Up Mode screen is displayed. |
| | Total time of workout | A workout must be longer than 1 minute to be saved and posted by the Console. |
| | Fitness machine | Unplug unit from electrical outlet for 5 minutes. Reconnect to outlet. |
| | Bluetooth® enabled device | Consult your device to be sure that the Bluetooth® wireless feature has been enabled on it. |
| | Fitness App | Review Specifications of Fitness App and confirm your device is compatible. |
| | | Contact appsupport@nautilus.com for further assistance. |

MACHINE SETTINGS MODE

The Machine Settings Mode lets you view maintenance statistics (Total Hours and Software Version) or fully reset the Console.

1. Push and hold down the ADD TIME and PAUSE/STOP buttons for 3 seconds while in the Power-Up Mode to go into the Machine Settings Mode.

Note: Push PAUSE/STOP to exit the Machine Settings Mode and return to the Power-Up Mode screen.

2. The Console display shows the TOTAL HOURS the machine has operated.
3. Push the Resistance Dial for the next prompt.
4. The Console display shows the Firmware Version prompt.
5. Push the Resistance Dial for the next prompt.
6. The Console display shows the BLE VERSION prompt.
7. Push the Resistance Dial for the next prompt.
8. The Console displays the DISCONNECT BLE NO prompt.

Note: If you want to disconnect the Bluetooth® transmitter, turn the Resistance Dial to select the DISCONNECT BLE YES option, and push the dial. The Console will exit the Machine Settings Mode and return to the Power-Up Mode screen.

9. Push the Resistance Dial for the next prompt.
10. The Console displays the RESET CONSOLE NO prompt.

Note: If you want to reset the Console to factory settings, turn the Resistance Dial to select the RESET CONSOLE YES option, and push the dial. Turn the machine off when the Console displays the POWER CYCLE NOW prompt.

11. Push the PAUSE/STOP button to exit the Machine Settings Mode.

The Console will display the Power-Up Mode screen.

REPLACEMENT PROCEDURE SKILL LEVEL

| | |
|-------------|---|
| Level I : | Low - very little mechanical knowledge or exposure. |
| Level II : | Intermediate - some experience with mechanical procedures |
| Level III : | Advanced - knowledgeable about mechanical procedures |

⚠ DANGER

To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.



When disposing of old parts, obey the applicable local and provincial requirements.

NOTICE: This document provides instructions for the inspection and adjustment of the Ropes on the Bowflex® HVT™ machine.

If you need assistance, please call Bowflex Customer Service at 1-800-605-3369.



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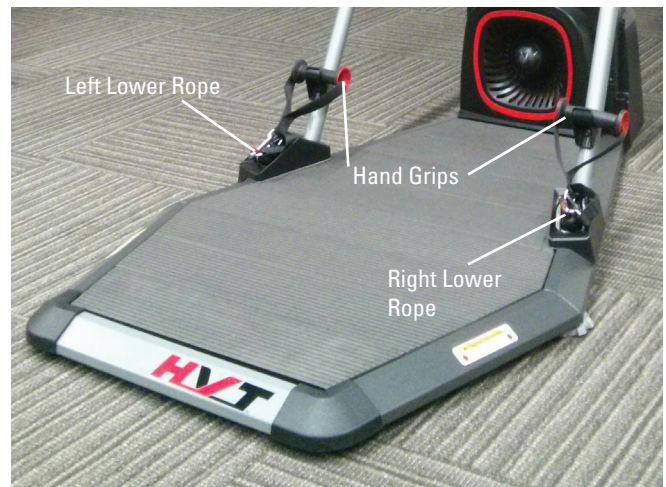
- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- If replacement parts are necessary, use only genuine Nautilus replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If necessary request replacement warning stickers or placards from Nautilus customer service.
- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety and will void the warranty.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

1. Unplug the AC Adapter from the wall outlet and machine.

2. Using the Hand Grip, fully pull out one of the Lower Ropes and hold it fully extended.



Do not release the Hand Grips until the Hand Grip Stops are flush with the pulley and the ropes are fully retracted. The rope will be under tension and will retract itself into the Frame Assembly. Be sure not to allow any fingers or hands to be pinched. Releasing the Hand Grips before they are completely retracted and flush with the pulley may cause damage to the machine or injury to the user or bystanders.



3. Examine the sheath of the Rope looking for any twists along the full length of the rope.

4. Allow the Rope to retract back into the machine while removing any twists.

Note: The procedure is easier with two people. One person untwists the length of the Rope, while the other gradually allows the Rope to retract.



5. Repeat steps 2-4 on the other Lower Rope.

6. Visually inspect the Ropes through the Rear Shroud. If any twists remain, repeat Steps 2-4 until twists are removed.

7. Repeat Steps 2-6 with each of the Middle and Upper Ropes.

8. Final Inspection

Inspect your machine to ensure that all hardware is tight and components are properly assembled.




Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Owner's Manual.




NOTICE: This document provides instructions for the installation of the Platform Decking Shim on the Bowflex® HVT™ machine. The Shim will restrict the Platform Decking from shifting when in use.

If you need assistance, please call Bowflex Customer Service at 1-800-605-3369.

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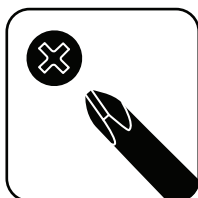
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- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- If replacement parts are necessary, use only genuine Nautilus replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If necessary request replacement warning stickers or placards from Nautilus customer service.
- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety and will void the warranty.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

Tools Required (not included)

#2 Phillips screwdriver



Standard screwdriver



6mm hex wrench

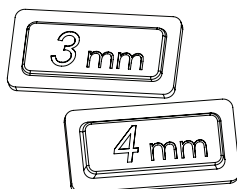


Sheet of paper or thin cardboard



Parts (included)

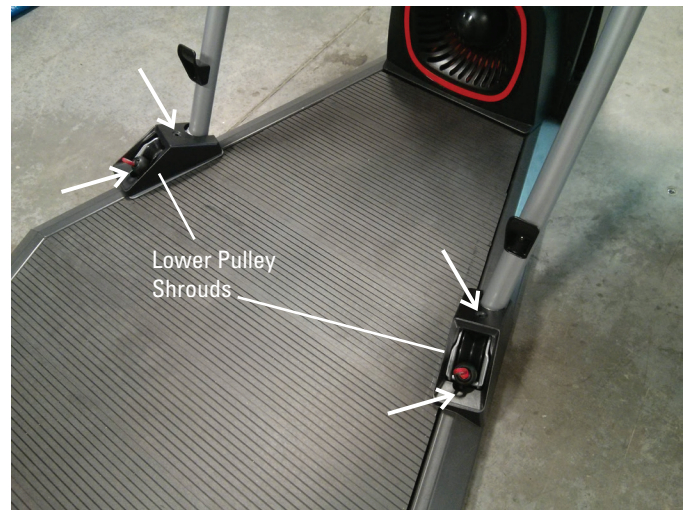
Platform Decking Shim (X2)



1. Unplug the AC Adapter from the wall outlet and machine.

2. Using a #2 Phillips screwdriver, remove the 4 indicated screws from the Lower Pulley Shrouds.

3. Remove the Lower Pulley Shrouds noting how the Ropes route through them.

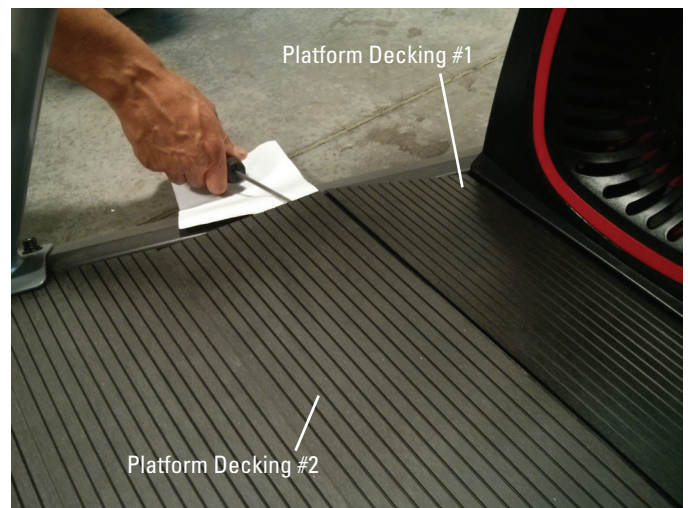


4. Using a 6mm hex wrench, loosen the 6 indicated screws that secure the Support Arms to the Platform Base.



5. Place a sheet of paper or thin cardboard as shown beside Platform Decking #2 to protect the paint.

6. Using a standard screwdriver, insert the end of it and pry Platform Decking #2 out of the Platform Frame.



7. Remove Platform Decking #1 and 2 from the Frame Assembly noting their orientation.



8. With the '3mm' facing outward, insert each of the provided Shims into the openings along the smallest end of Platform Decking #1.



9. Place Platform Decking #1 with Shims back into the Platform Frame with the Shims nearest to the Fan Assembly (indicated by arrows).

Note: Be sure to confirm that both Shims are still installed and did not fall out when placing Platform Decking #1.



10. Slightly pivot Platform Decking #1 upward, and place Platform Decking #2 so they form a 'V' as shown.



11. While safely balancing yourself, place your foot in the center of the Platform Decking #2 and push downward until the Platform Decking sets into place.

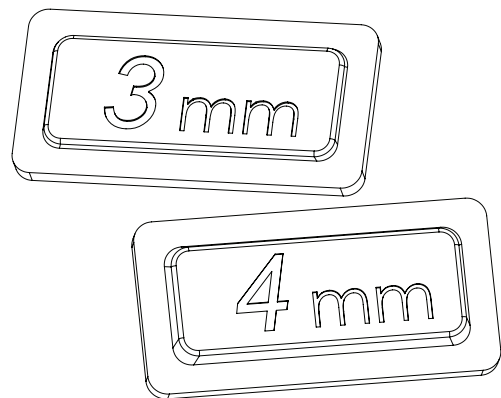


Be sure that the area around and under the Platform Decking is totally clear before setting them into place.



12. With all of the Platform Decking in place, if gaps still exist between the Platform Decking repeat the steps starting with step 5. With Platform Decking #1 and 2 loose, flip one of the Shims so that the '4mm' is outward. Install the Platform Decking.

13. If there are still gaps in the Platform Decking, repeat the steps starting with step 5 again. For this round, place both Shims so that the '4mm' is outward. Install the Platform Decking.



14. Re-assemble the machine in the reverse order of when the parts were removed.

15. Final Inspection


Inspect your machine to ensure that all hardware is tight and components are properly assembled.



Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Owner's Manual.


NOTICE: This document provides instructions for the installation of the Shaft Spacer on the Bowflex® HVT™ machine.

If you need assistance, please call Bowflex Customer Service at 1-800-605-3369.

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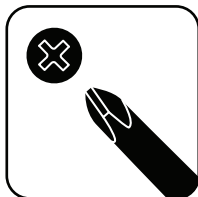
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- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
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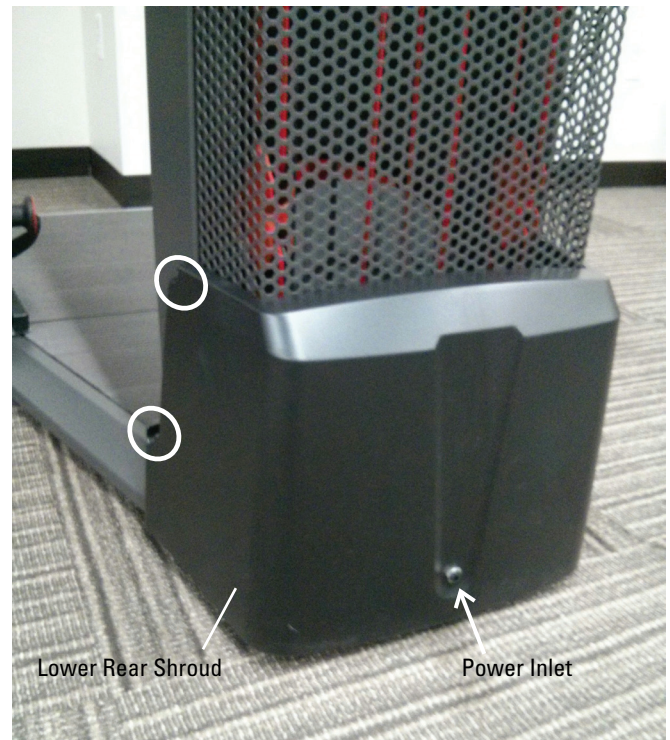
Tools Required (not included)

#2 Phillips screwdriver



1. Unplug the AC Adapter from the wall outlet and machine.

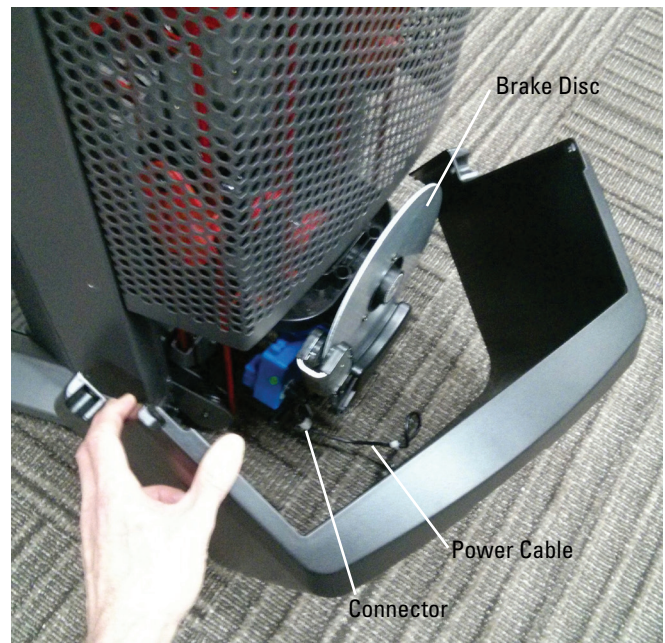
2. Using a #2 Phillips screwdriver, remove the four screws that secure the Lower Rear Shroud- two on the right side (indicated by ovals) and two on the left side (not shown).



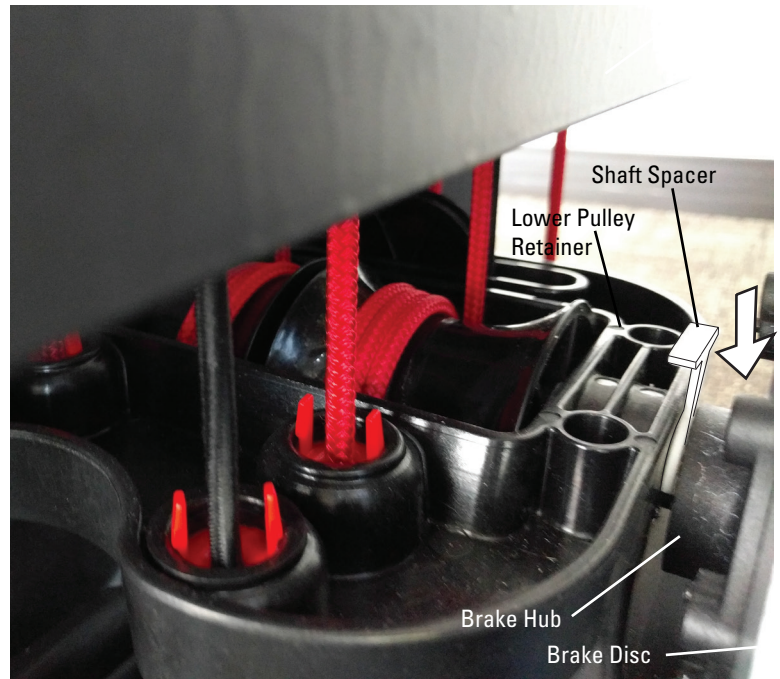
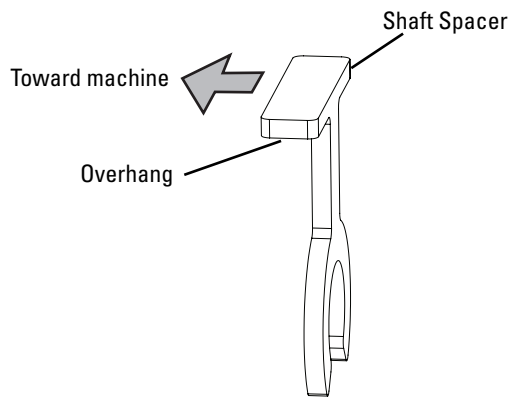
3. Slightly remove the Lower Rear Shroud exposing the Power Cable.

Note: The Power Cable is attached to the inside of the Lower Rear Shroud. Be sure not to crimp the cable by placing the Lower Rear Shroud close to the assembly.

4. Disconnect the Power Cable at the connector.



5. With the overhang of the Shaft Spacer toward the machine, push the Shaft Spacer down between the Lower Pulley Retainer and the Brake Hub (behind the Brake Disc). Be sure that the overhang of the Shaft Spacer rests on the top of the Lower Pulley Retainer.



6. Re-assemble the machine in the reverse order of when the parts were removed.

7. Final Inspection

Inspect your machine to ensure that all hardware is tight and components are properly assembled.



Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Owner's Manual.

NOTICE: This document provides instructions to reset the Console to the manufactured settings on the Bowflex® HVT™ machine. Be aware that all information will be erased on the Console.

If you need assistance, please call Bowflex Customer Service at 1-800-605-3369.



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.

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Important Safety Instructions - Before servicing or using this equipment, obey the following warnings:



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- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- If replacement parts are necessary, use only genuine Nautilus replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If necessary request replacement warning stickers or placards from Nautilus customer service.
- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety and will void the warranty.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

1. With the machine at the Power-Up Mode screen, push and hold down the ADD TIME and PAUSE/STOP buttons for 3 seconds to go into the Machine Settings Mode.

Note: Push PAUSE/STOP to exit the Machine Settings Mode and return to the Power-Up Mode screen.

2. The Console display shows the TOTAL HOURS the machine has operated.
3. Push the Resistance Dial.
4. The Console display shows the Firmware Version prompt.
5. Push the Resistance Dial.
6. The Console display shows the BLE VERSION prompt.
7. Push the Resistance Dial.
8. The Console displays the DISCONNECT BLE prompt.
9. Push the Resistance Dial.
10. The Console displays the RESET CONSOLE NO prompt.
11. Turn the Resistance Dial to select the RESET CONSOLE YES prompt.

NOTICE: With a reset of the Console, all User Profile settings and previous Workouts will be erased from the Console. This information is not retrievable after a reset.

12. Push Resistance Dial. The Console will reset to factory settings.
13. Turn the machine off when the Console displays the "POWER CYCLE NOW" prompt.

NOTICE: This document provides instructions to update the firmware on the Bowflex® HVT™ machine.

If you need assistance, please call Bowflex Customer Service at 1-800-605-3369.



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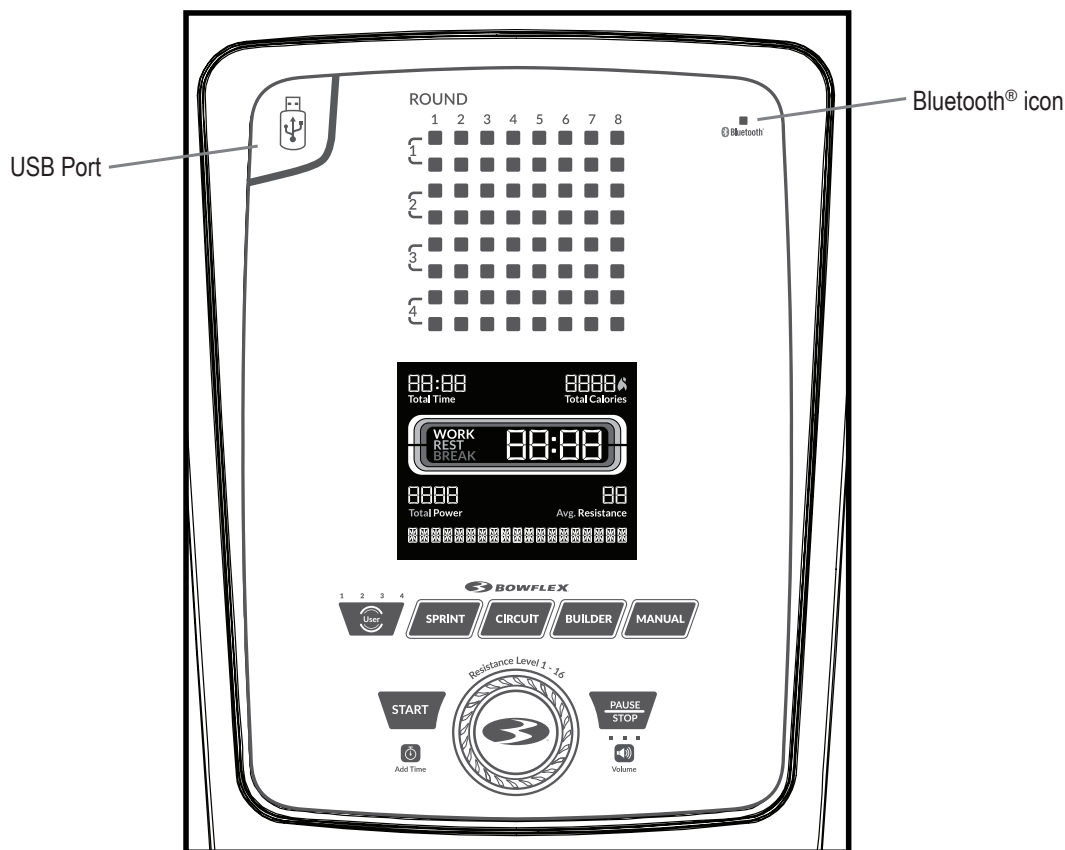
Nautilus, Inc., (800) NAUTILUS / (800) 628-8458, www.NautilusInc.com - Customer Service: North America (800) 605-3369, csnl@nautilus.com | outside U.S. www.nautilusinternational.com | Printed in China | © 2017 Nautilus, Inc. | ® indicates trademarks registered in the United States. These marks may be registered in other nations or otherwise protected by common law. Bowflex, the B logo, and HVT are trademarks owned by or licensed to Nautilus, Inc. The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc., and any use of such marks by Nautilus, Inc. is under license.

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- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- If replacement parts are necessary, use only genuine Nautilus replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If necessary request replacement warning stickers or placards from Nautilus customer service.
- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety and will void the warranty.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.



The following procedure should only be applied to a fully assembled and inspected machine for correct performance in accordance with the Owner's Manual.

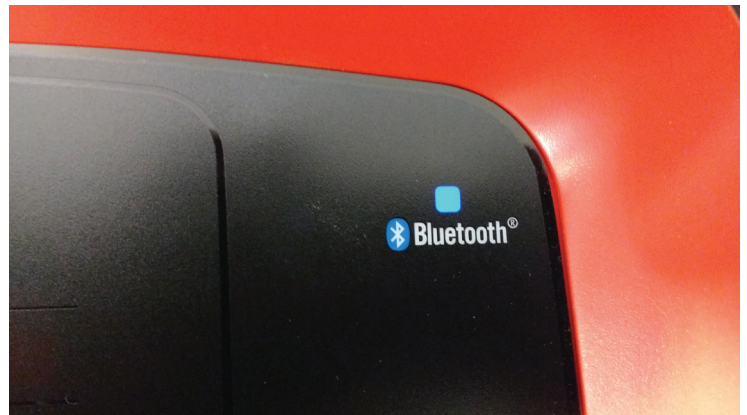
1. Unplug the AC Adapter from the wall outlet and machine.

2. Uncover the USB Port and insert the provided USB Flash Drive into it.

3. Plug in the AC Adapter to the machine and then the wall outlet. This will power up the machine.



4. The Bluetooth® icon LED will blink on and off as the update to the firmware occurs.



5. Let the update continue until the Start-Up screen is displayed. This process may take several minutes to complete.

Note: if your Start-Up screen does not look similar to this image, please contact Customer Service for further assistance.

6. Unplug the AC Adapter from the machine.

7. Remove the Flash Drive from the USB Port.

8. Plug in the AC Adapter to the machine. This will power up the machine.



9. The machine is ready to use.

NOTICE: This document provides instructions for the replacement of the Brake Assembly on the Bowflex® HVT™ machine.

If you need assistance, please call Bowflex Customer Service at 1-800-605-3369.

! 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.

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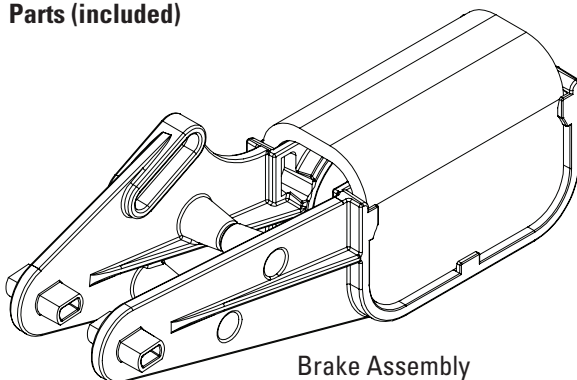
- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- If replacement parts are necessary, use only genuine Nautilus replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and will void the warranty.
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- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety and will void the warranty.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

Tools Required (not included)

#2 Phillips screwdriver



Parts (included)



Brake Assembly



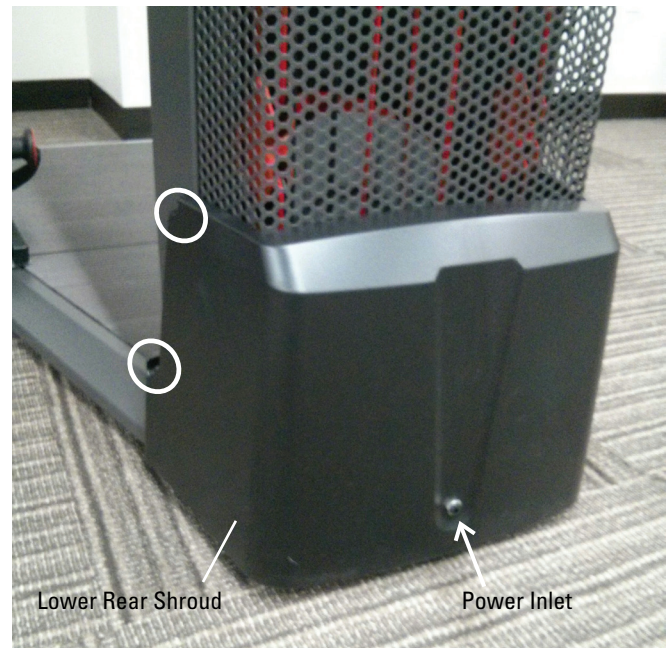
Brake Arm Spacer



Shaft Spacer

1. Unplug the AC Adapter from the wall outlet and machine.

2. Using a #2 Phillips screwdriver, remove the four screws that secure the Lower Rear Shroud- two on the right side (indicated by ovals) and two on the left side (not shown).



3. Slightly remove the Lower Rear Shroud exposing the Power Cable.

Note: The Power Cable is attached to the inside of the Lower Rear Shroud. Be sure not to crimp the cable by placing the Lower Rear Shroud close to the assembly.

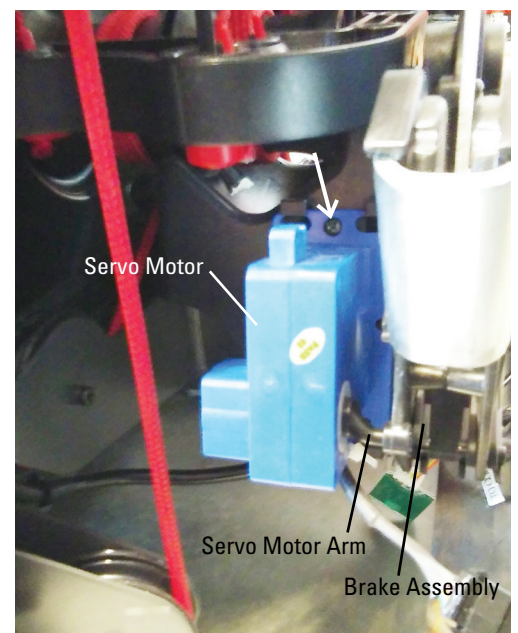
4. Disconnect the Power Cable at the connector.



5. Inspect the Servo Motor to see if there are any screws that secure it (indicated by arrow). If the Servo Motor is not secured by screws, skip to the next Step.

If the Servo Motor is secured by screws, observe how the Servo Motor Arm inserts into the Brake Assembly. Remove the screw(s) from the Servo Motor.

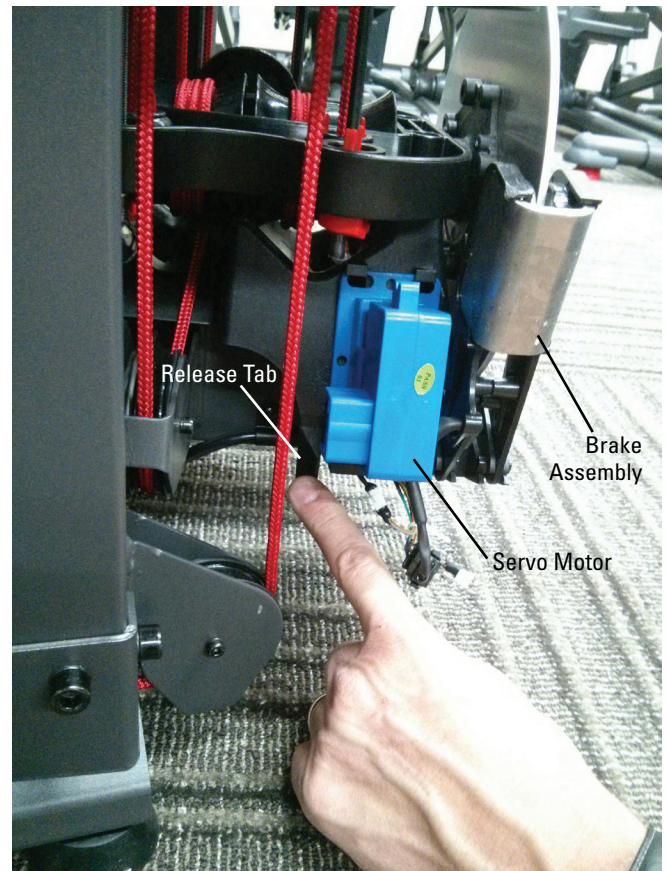
If the Servo Motor is loose after removing the screw(s), skip to Step 8. Otherwise, go the the next Step.



6. Push the Release Tab away from the Servo Motor while supporting the Brake Assembly.

7. Now slightly shift the Servo Motor toward the front of the machine while still supporting the Brake Assembly. As the Brake Assembly is released, allow it to gently pivot downward.

Note: Observe how components are attached to assist with re-assembly.



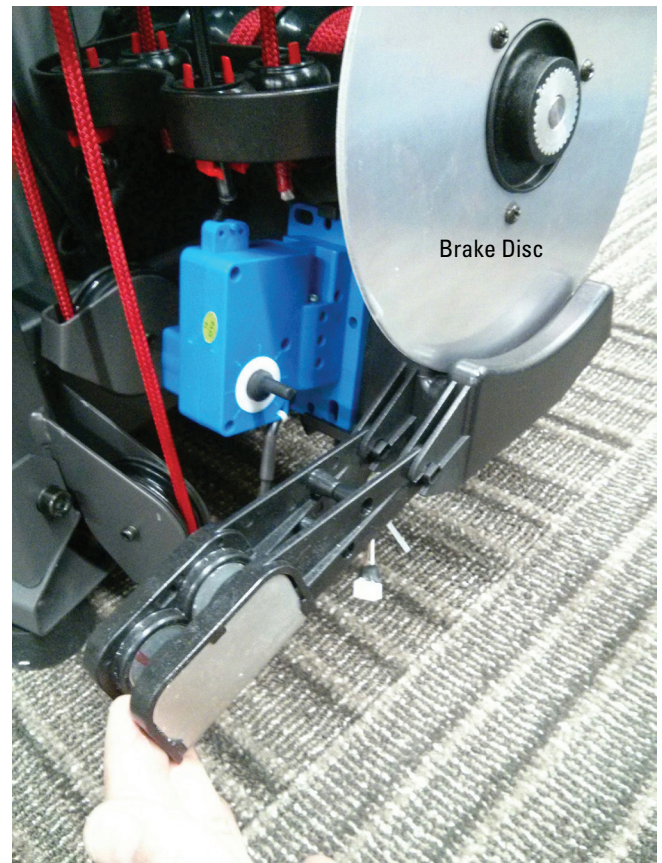
8. With the Brake Assembly released and pivoted downward, slide it out of the Pivot Housing. Note the angle the Brake Assembly must be held at to slide it into or out of the Pivot Housing.



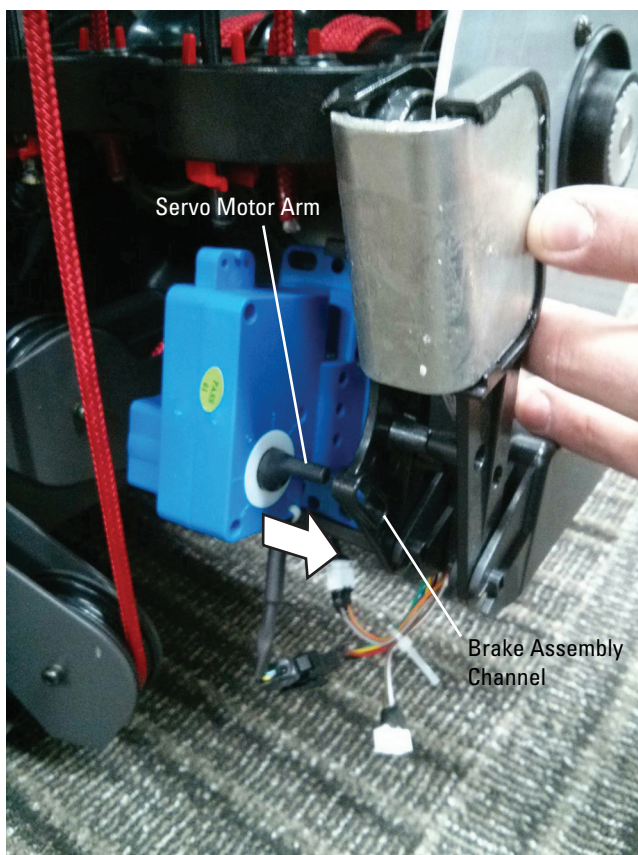
9. With the new Brake Assembly oriented as shown, slide it into the Pivot Housing. Once inserted, pivot the Brake Assembly up toward the Brake Disc and hold in place.

Note: If there is any resistance when pivoting the Brake Assembly, it is not correctly oriented in the Pivot Housing. Remove the Brake Assembly and try again.

If the Servo Motor had been secured by screw(s), then it may not be able to slide. Skip to the next Step.



10. With the Brake Assembly pivoted upward, slide the Servo Motor over so that the Servo Motor Arm slides into the Brake Assembly Channel. The Servo Motor will latch into place when slid to the right, securing the Brake Assembly.



If the Servo Motor had been secured by screw(s), then it may not be able to slide. Secure the Servo Motor using the screw(s). Be sure that the Servo Motor Arm is still properly set into the Brake Assembly Channel.

11. Rotate the Brake Disc to check for any interference with the Brake Assembly.

Note: The Brake Disc will only rotate in one direction and may slightly “wobble”. This is normal.

If the Brake Disc does not touch the Brake Assembly when rotated, skip to Step 21.

If the Brake Disc does touch the Brake Assembly when rotated, on which side does it touch?

- On the front side (toward the machine) of the Brake Disc. Skip to Step 18.
- On the back side (away from the machine) of the Brake Disc. Continue to Step 12.

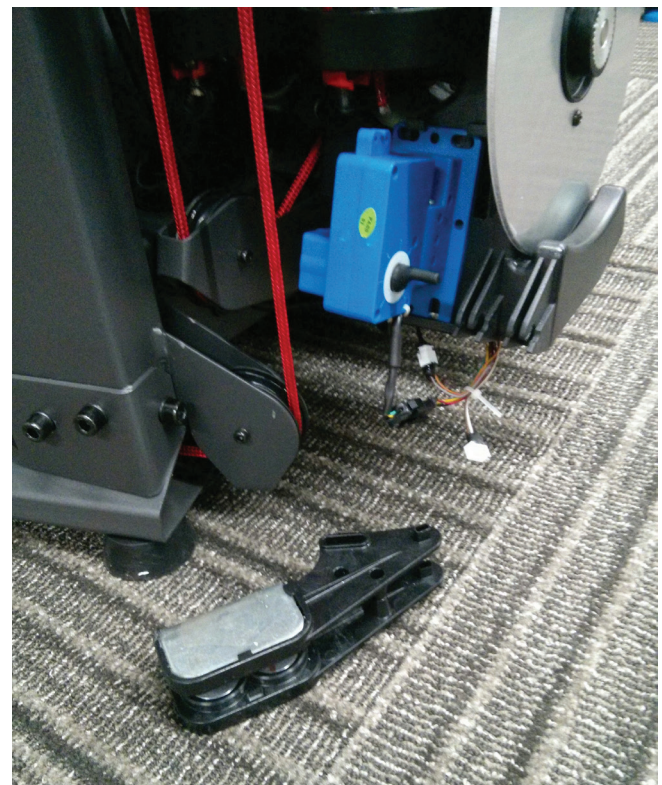
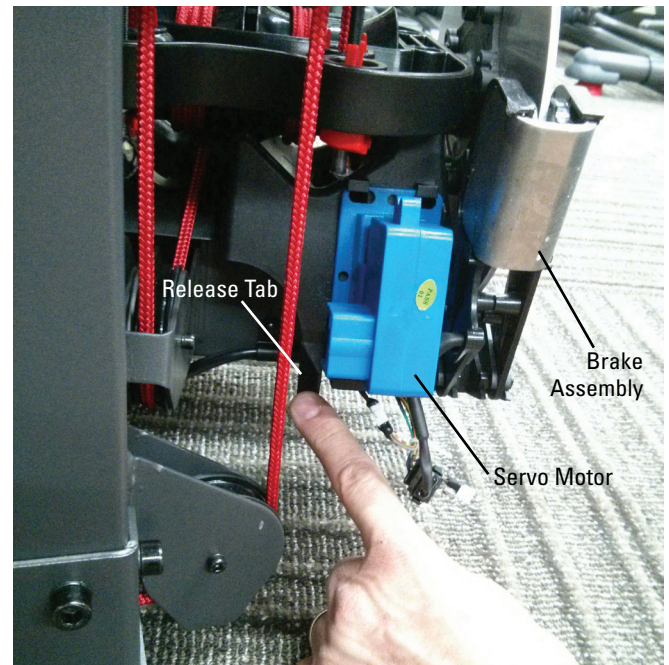
12. If the Brake Assembly is interfering with the back side of the Brake Disc, the provided Brake Arm Spacer must be added to the Servo Motor Arm.

Push the Release Tab away from the Servo Motor while supporting the Brake Assembly. If the Servo Motor is secured by screws, remove them.

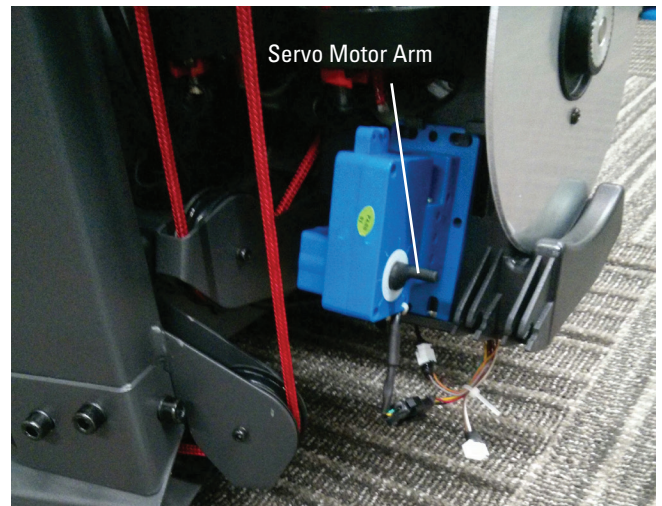
13. Now slightly shift the Servo Motor toward the front of the machine while still supporting the Brake Assembly. As the Brake Assembly is released, allow it to gently pivot downward.

Note: Observe how components are attached to assist with re-assembly.

14. With the Brake Assembly released and pivoted downward, slide it out of the Pivot Housing. Note the angle the Brake Assembly must be held at to slide it into or out of the Pivot Housing.

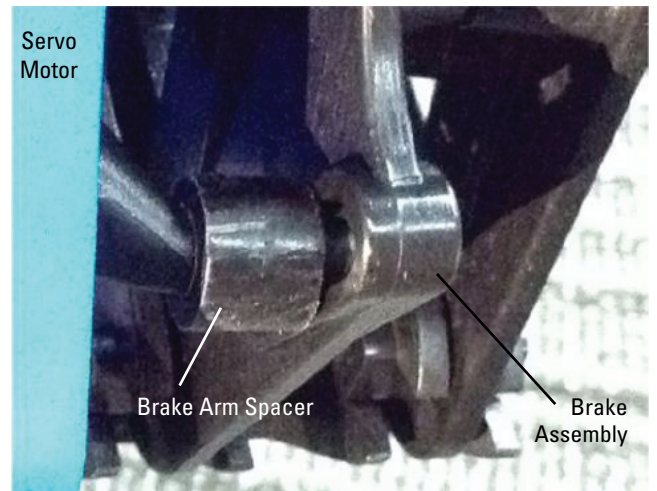


15. Slide the provided Brake Arm Spacer onto the Servo Motor Arm.



16. With the Brake Arm Spacer installed, replace the Brake Assembly and secure the Servo Motor following the guidelines provided from Steps 9 and 10.

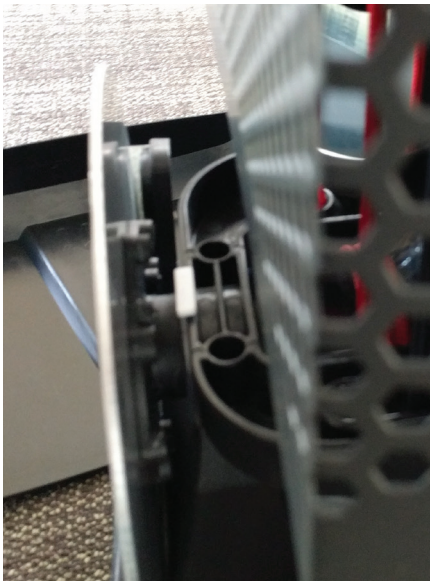
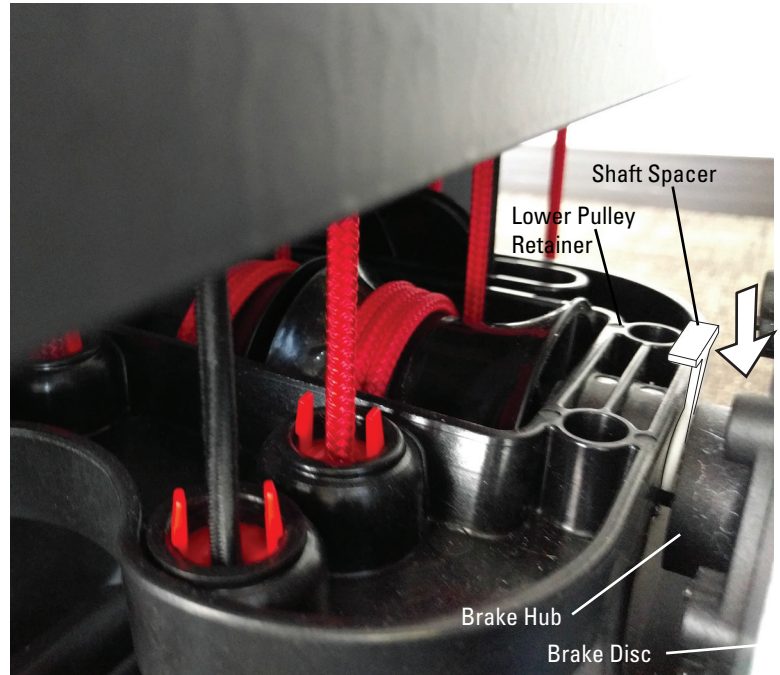
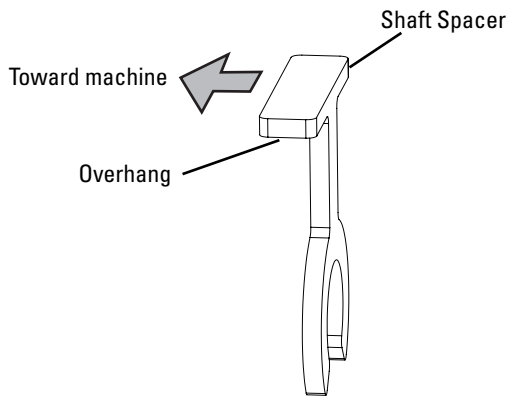
17. Skip to Step 21.



18. If the Brake Assembly is touching the front side of the Brake Disc, the provided Shaft Spacer must be installed.

19. Gently pull the Brake Disc toward the back (away from the machine) to create a gap for the Shaft Spacer.

20. With the overhang of the Shaft Spacer toward the machine, push the Shaft Spacer down between the Lower Pulley Retainer and the Brake Hub (behind the Brake Disc). Be sure that the overhang of the Shaft Spacer rests on the top of the Lower Pulley Retainer.



21. Re-assembly of the machine is the reverse of the procedure.

22. Final Inspection


Inspect your machine to ensure that all hardware is tight and components are properly assembled.



Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Owner's Manual.

NOTICE: This document provides instructions for the replacement of the Brake Disc on the Bowflex® HVT™ machine.

If you need assistance, please call Bowflex Customer Service at 1-800-605-3369.

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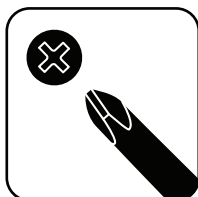
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- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- If replacement parts are necessary, use only genuine Nautilus replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If necessary request replacement warning stickers or placards from Nautilus customer service.
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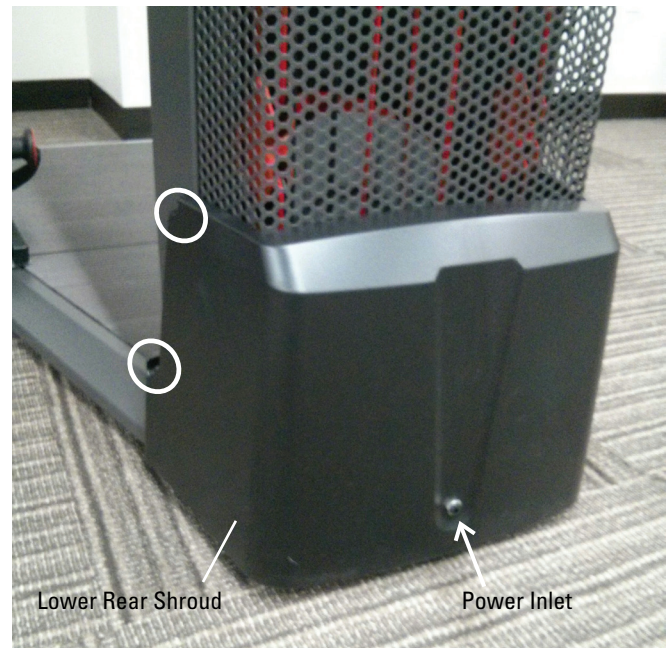
Tools Required (not included)

#2 Phillips screwdriver



1. Unplug the AC Adapter from the wall outlet and machine.

2. Using a #2 Phillips screwdriver, remove the four screws that secure the Lower Rear Shroud- two on the right side (indicated by ovals) and two on the left side (not shown).



3. Slightly remove the Lower Rear Shroud exposing the Power Cable.

Note: The Power Cable is attached to the inside of the Lower Rear Shroud. Be sure not to crimp the cable by placing the Lower Rear Shroud close to the assembly.

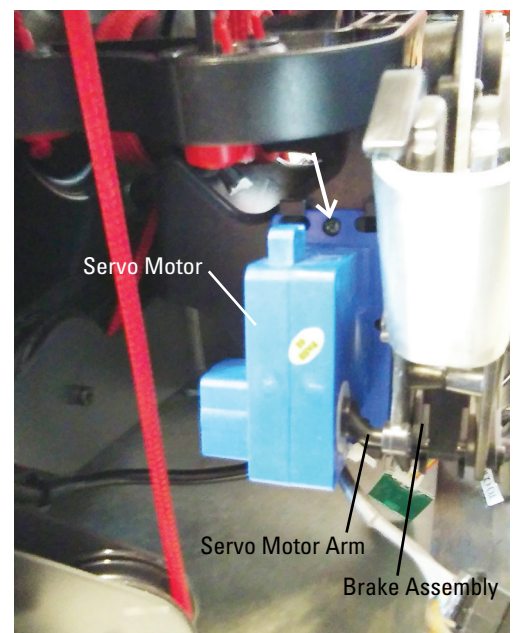
4. Disconnect the Power Cable at the connector.



5. Inspect the Servo Motor to see if there are any screws that secure it (indicated by arrow). If the Servo Motor is not secured by screws, skip to the next Step.

If the Servo Motor is secured by screws, observe how the Servo Motor Arm inserts into the Brake Assembly. Remove the screw(s) from the Servo Motor.

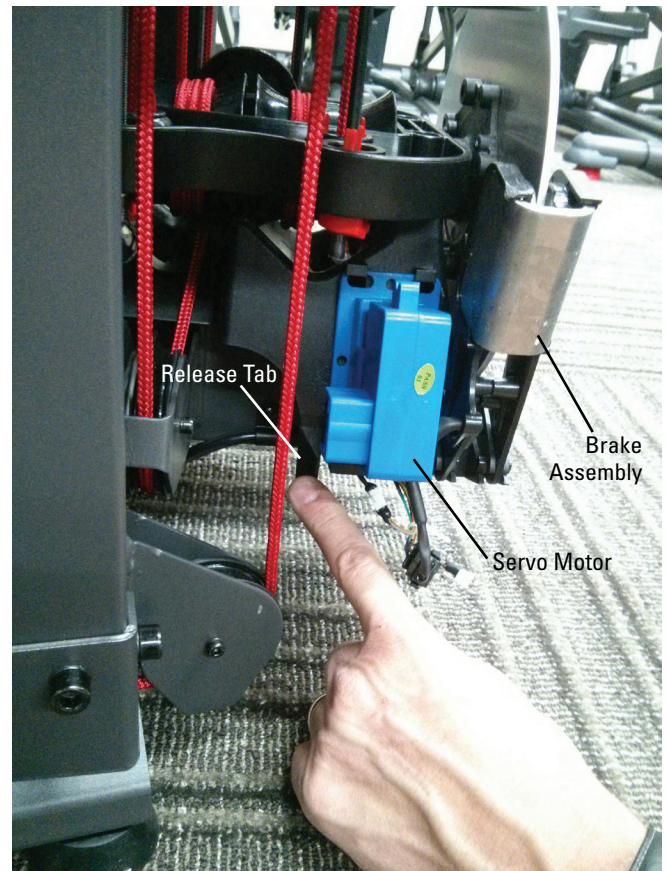
If the Servo Motor is loose after removing the screw(s), skip to Step 8. Otherwise, go the the next Step.



6. Push the Release Tab away from the Servo Motor while supporting the Brake Assembly.

7. Now slightly shift the Servo Motor toward the front of the machine while still supporting the Brake Assembly. As the Brake Assembly is released, allow it to gently pivot downward.

Note: Note how components are attached to assist with re-assembly.



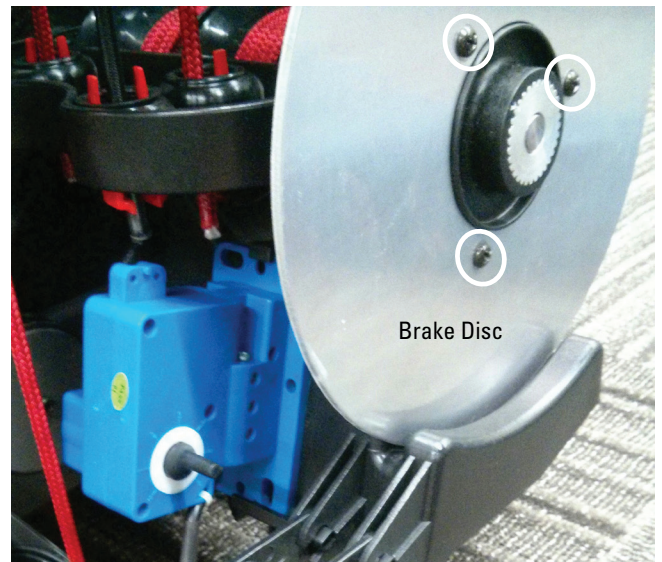
8. With the Brake Assembly released and pivoted downward, slide it out of the Pivot Housing. Note the angle the Brake Assembly must be held at to slide it into or out of the Pivot Housing.



9. Using a #2 Phillips screwdriver, remove the three indicated screws from the Brake Disc.

10. Remove the old Brake Disc and replace with the new one.

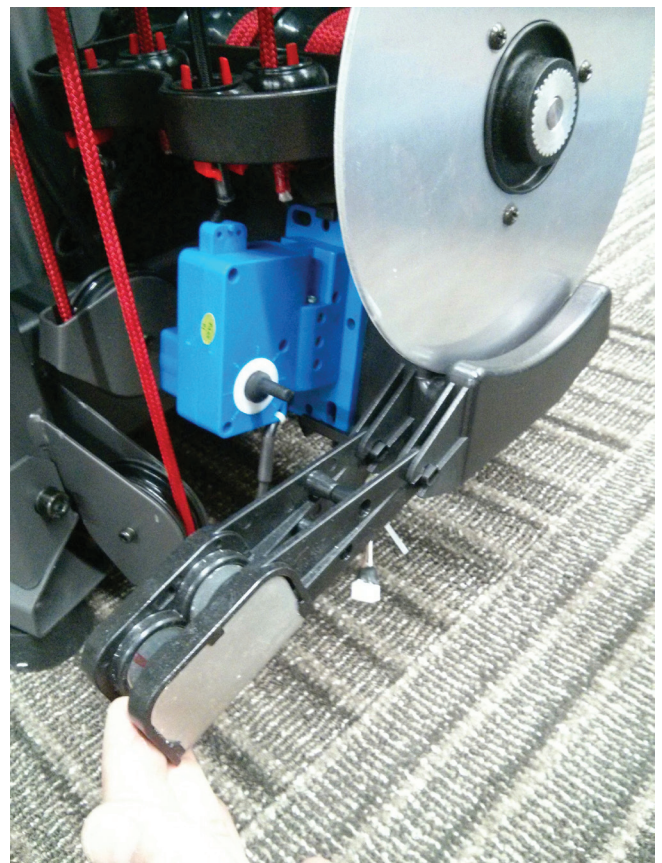
11. Using a #2 Phillips screwdriver, replace the hardware to secure the Brake Disc.



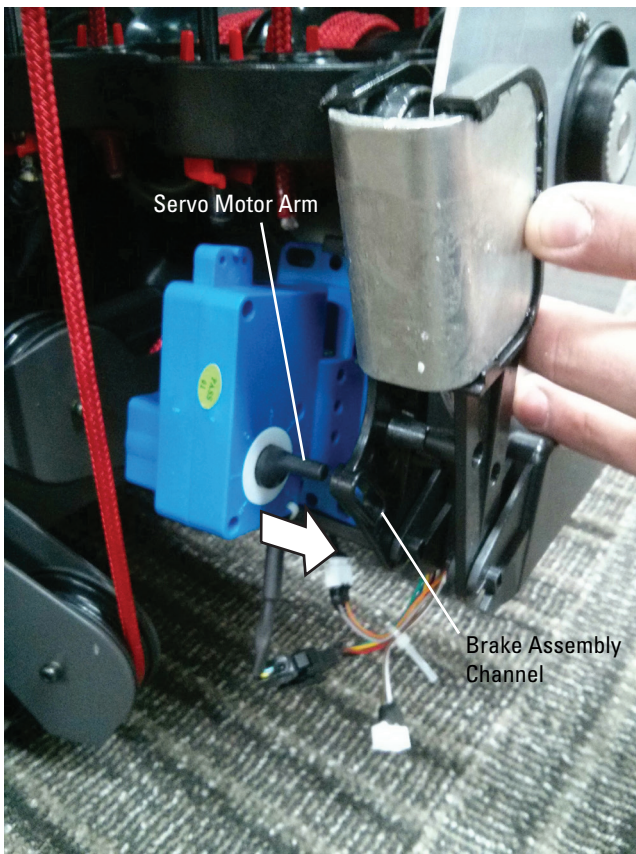
12. With the Brake Assembly oriented as shown, slide it into the Pivot Housing. Once inserted, pivot the Brake Assembly up toward the Disc Brake and hold in place.

Note: If there is any resistance when pivoting the Brake Assembly, it is not correctly oriented in the Pivot Housing. Remove the Brake Assembly and try again.

If the Servo Motor had been secured by screw(s), then it may not be able to slide. Skip to the next Step.



13. With the Brake Assembly pivoted upward, slide the Servo Motor over so that the Servo Motor Arm slides into the Brake Assembly Channel. The Servo Motor will latch into place when slid to the right, securing the Brake Assembly.



If the Servo Motor had been secured by screw(s), then it may not be able to slide. Secure the Servo Motor using the screw(s). Be sure that the Servo Motor Arm is still properly set into the Brake Assembly Channel.

14. Re-assemble the machine in the reverse order of when the parts were removed.

15. Final Inspection

Inspect your machine to ensure that all hardware is tight and components are properly assembled.



Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Owner's Manual.


NOTICE: This document provides instructions for the replacement of the Console Bezel Assembly on the Bowflex® HVT™ machine.

If you need assistance, please call Bowflex Customer Service at 1-800-605-3369.

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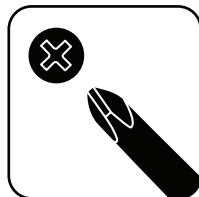
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- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- If replacement parts are necessary, use only genuine Nautilus replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If necessary request replacement warning stickers or placards from Nautilus customer service.
- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety and will void the warranty.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

Tools Required (not included)

#2 Phillips screwdriver



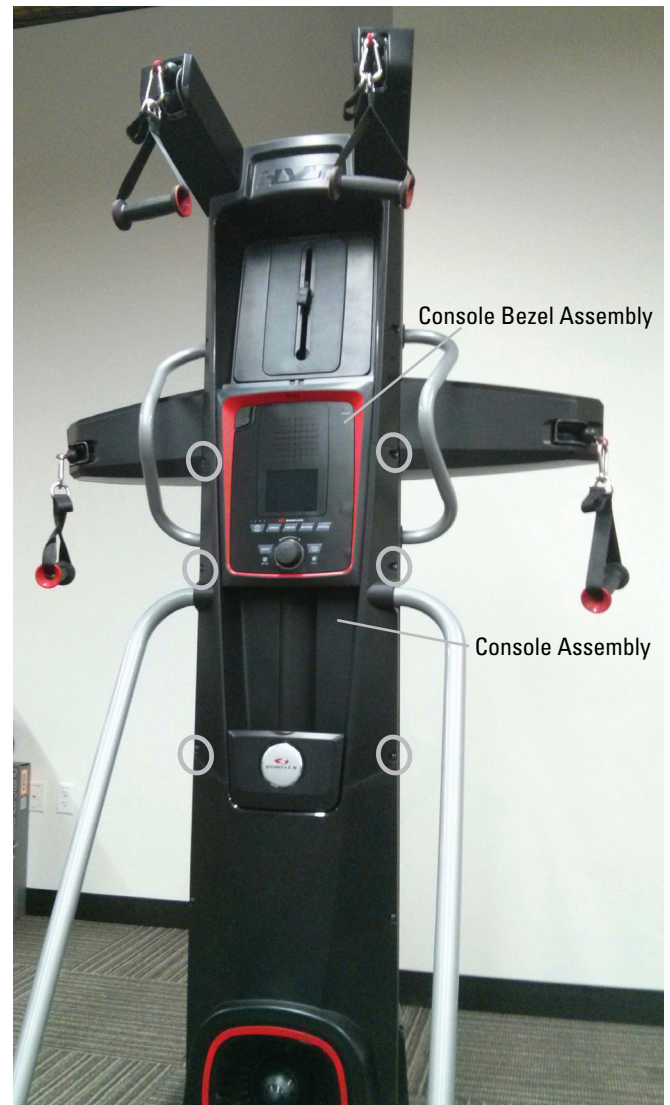
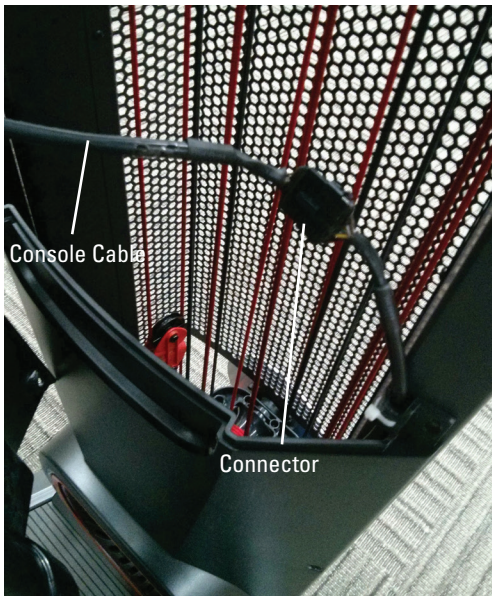
1. Unplug the AC Adapter from the wall outlet and machine.

2. Using a #2 Phillips screwdriver, remove the six indicated screws (by ovals) from the Console Assembly.

Note: Be prepared to support the Console Assembly.

3. Slightly pivot the top of the Console Assembly out to expose the Console Cable.

Note: Be sure not to crimp the cable by supporting the Console Assembly.



4. Disconnect the Console Cable at the Connector and place the Console Assembly face down onto a protective material, such as a towel or carpet.

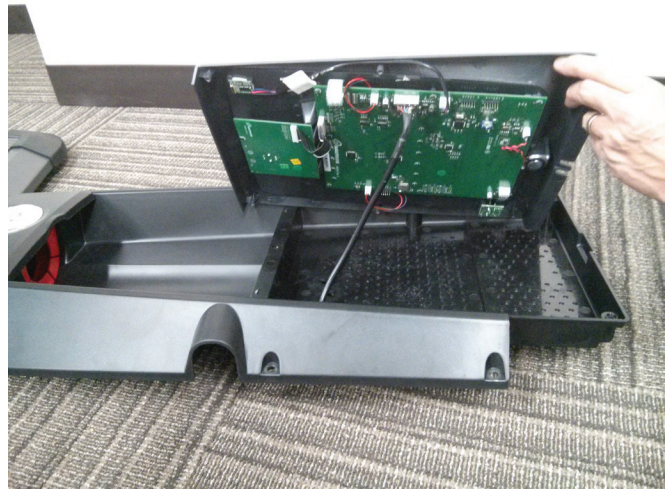
5. Release the Console Cable from the routing guides.

6. Using a #2 Phillips screwdriver, remove the four indicated screws from the Console Assembly.



7. Carefully flip the Console Assembly over, holding the Console Bezel Assembly in place on the Console Assembly.

8. Slightly lift the Console Bezel Assembly and disconnect the Console Cable.



9. Remove the old Console Bezel Assembly and replace with the new one.

10. Re-assemble the machine in the reverse order of when the parts were removed.

11. Final Inspection

Inspect your machine to ensure that all hardware is tight and components are properly assembled.



Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Owner's Manual.


NOTICE: This document provides instructions for the replacement of the Console Cable Assembly on the Bowflex® HVT™ machine.

If you need assistance, please call Bowflex Customer Service at 1-800-605-3369.

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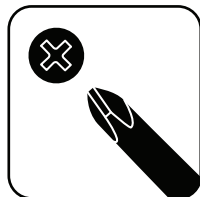
Important Safety Instructions - Before servicing or using this equipment, obey the following warnings:

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- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- If replacement parts are necessary, use only genuine Nautilus replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and will void the warranty.
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- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

Tools Required (not included)

#2 Phillips screwdriver



Wire cutters



Replacement Zip-Tie (included in kit)



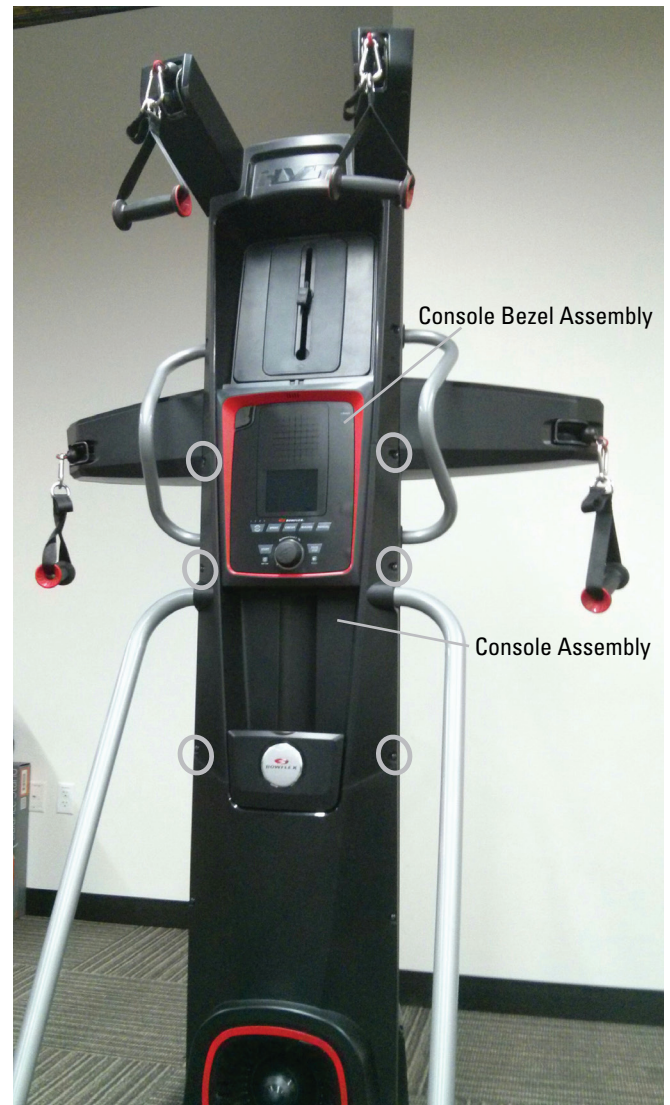
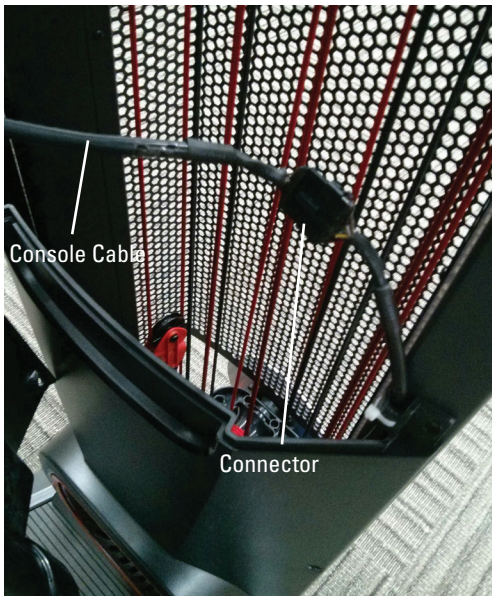
1. Unplug the AC Adapter from the wall outlet and machine.

2. Using a #2 Phillips screwdriver, remove the six indicated screws (by ovals) from the Console Assembly.

Note: Be prepared to support the Console Assembly.

3. Slightly pivot the top of the Console Assembly out to expose the Console Cable.

Note: Be sure not to crimp the cable by supporting the Console Assembly.



4. Disconnect the Console Cable at the Connector and place the Console Assembly face down onto a protective material, such as a towel or carpet.

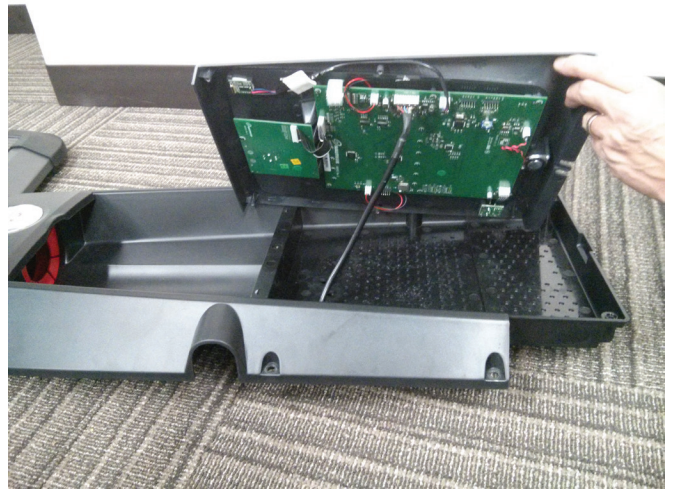
5. Release the Console Cable from the routing guides.

6. Using a #2 Phillips screwdriver, remove the six indicated screws from the Console Assembly.

7. Carefully flip the Console Assembly over, holding the Console Bezel Assembly in place on the Console Assembly.



8. Slightly lift the Console Bezel Assembly and disconnect the old Console Cable.



9. Using a pair of wire cutters, cut the Zip Tie that secures the Console Cable and remove it.

10. Connect the new Console Cable and route through the Console Bezel Assembly following the old Cable.

11. Secure the new Console Cable with the provided Zip Tie.

12. Discard the old Console Cable.



13. Re-assemble the machine in the reverse order of when the parts were removed.

14. Final Inspection


Inspect your machine to ensure that all hardware is tight and components are properly assembled.



Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Owner's Manual.


NOTICE: This document provides instructions for the replacement of the Deep V Pulleys on the Bowflex® HVT™ machine.

If you need assistance, please call Bowflex Customer Service at 1-800-605-3369.

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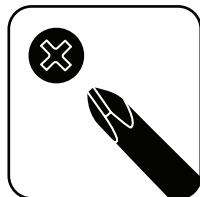
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- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- If replacement parts are necessary, use only genuine Nautilus replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and will void the warranty.
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- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety and will void the warranty.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

Tools Required (not included)

#2 Phillips screwdriver



6mm hex wrench



3-4' piece of wire or rope

1. Unplug the AC Adapter from the wall outlet and machine.

Note: The following procedure show the replacement of the pulley on one side of the machine. The procedure is the same for either the right or left side. Adjust accordingly.

If only replacing the Lower Deep V Pulley, go to Step 26.

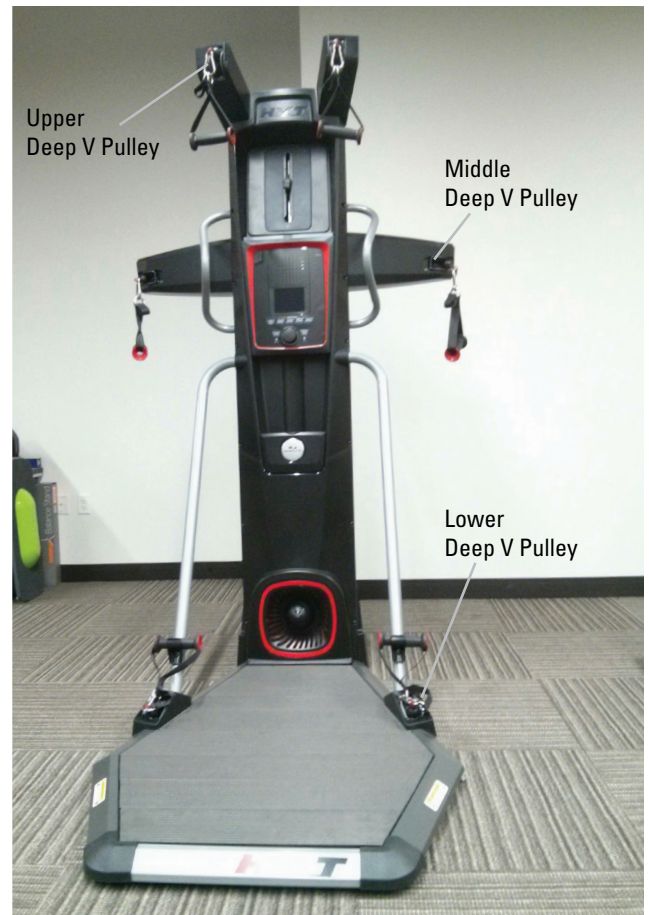
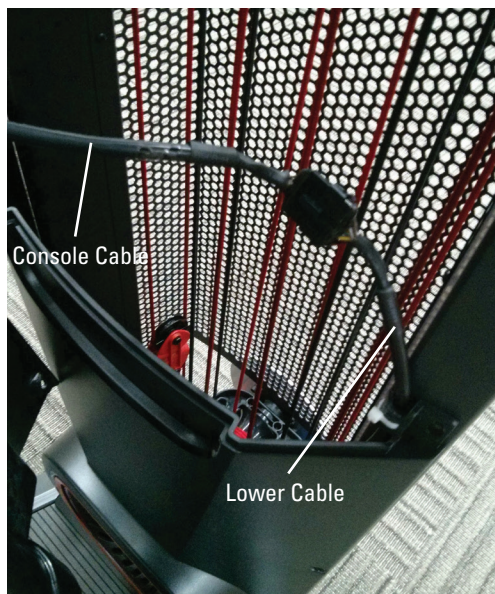
2. Using a #2 Phillips screwdriver, remove the six indicated screws (by ovals) from the Console Assembly.

Note: Be prepared to support the Console Assembly.

3. Slightly pivot the top of the Console Assembly out to expose the Console Cable.

Note: Be sure not to crimp the cable by supporting the Console Assembly.

4. Disconnect the Console Cable from the Lower Cable and safely place the Console Assembly out of the work area.



If replacing the Middle Deep V Pulley, go to Step 16.
If replacing the Upper Deep V Pulley, continue to the next step.

5. Using a #2 Phillips screwdriver, remove the four screws (by grey ovals) from the Upper Shroud and remove it.

Note: Be prepared to support the Upper Shroud.



6. Safely remove the Upper Hand Grip and the Snap Hook from the Upper Rope.

Note: Place the Snap Hook in your pocket or somewhere you can easily access it from the upper, rear area of the machine.

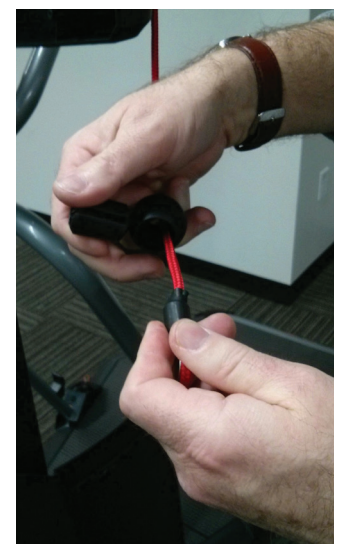


7. Slowly pull out enough of the Upper Rope to be able to remove the Securing Ball from it.

! The Rope will be under tension and will want to pull itself into the Upper Pulley Shroud. Be sure not to allow any fingers or hands to be pinched.

8. While keeping the rope from retracting, remove the Securing Ball from the rope. Do not release the rope until instructed.

Note: Be sure to observe how the rope routes through the Upper Pulley to assist with re-assembly. To remove the Securing Ball: Slide the Securing Ball up the rope, remove the Center Stopper from the rope, and slide the Securing Ball off the rope.



9. With your free hand, grasp the rope below the Upper Pulley Retainer so it will not retract into the Frame Assembly. Release the front end of the rope and pull the rope out of the Upper Pulley Retainer. Do not release the rope until instructed.

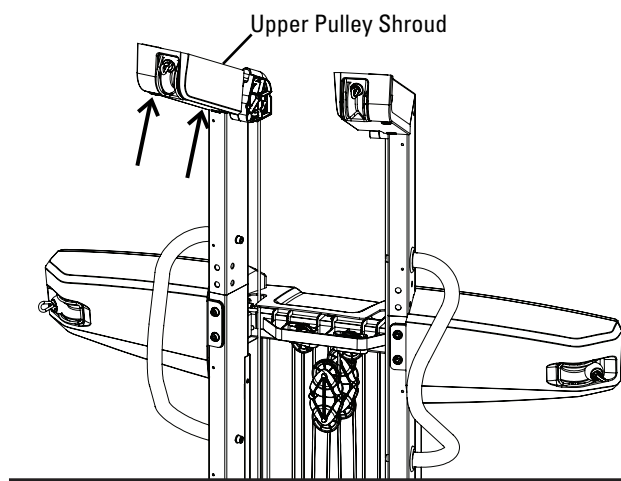
Note: Be sure to observe how the rope routes through the Upper Pulley to assist with re-assembly. Be sure not to pinch any fingers or hands.

10. Attach the Snap Hook to the end of the rope, and secure it by looping and snapping it around the Support Arm.

11. Once the rope is secured to the Support Arm, release the rope.



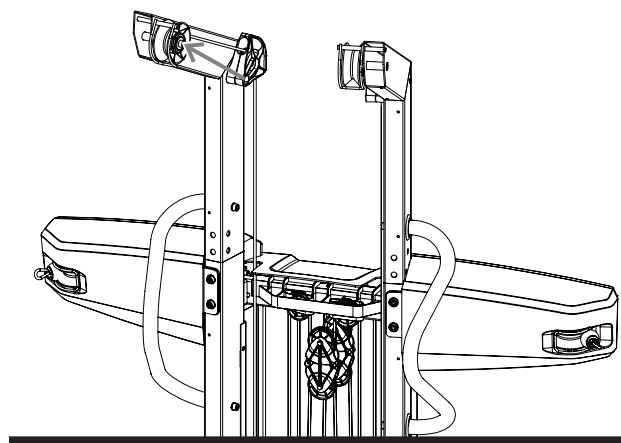
12. Using a #2 Phillips screwdriver, remove the two indicated screws (by arrows) that secure the Upper Pulley Shroud.



13. Using a 6mm hex wrench, remove the indicated hardware (by arrow) and the old Upper Deep V Pulley from the Upper Pulley Arm.

14. Using a 6mm hex wrench, attach the new Upper Deep V Pulley.

15. Go to Step 32 if only replacing this pulley.



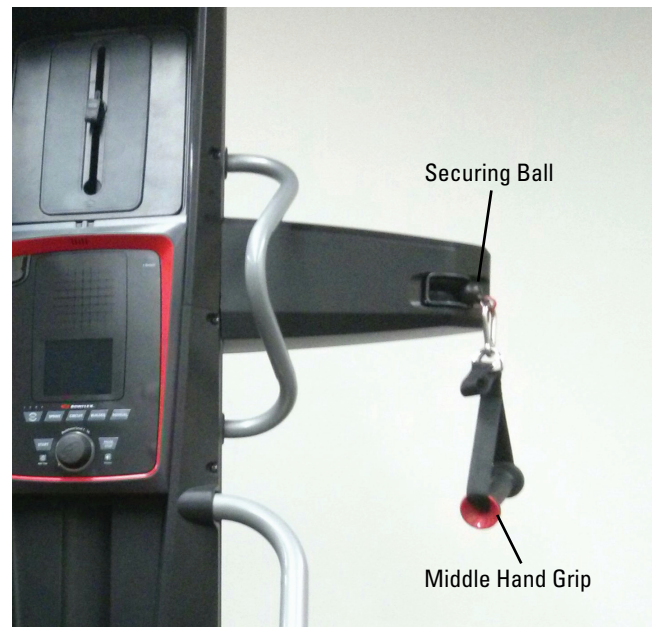
16. Using a #2 Phillips screwdriver, remove the two indicated screws (by arrows) from the Upper Rear Shroud.

17. Using a #2 Phillips screwdriver, remove the 5 indicated screws (by ovals) from each of the Rear Middle Pulley Shrouds. Place them outside the work area.

18. Remove the Upper Rear Shroud and place out of the work area.



19. Safely remove the Middle Hand Grip and the Snap Hook from the Middle Pulley Arm being replaced.



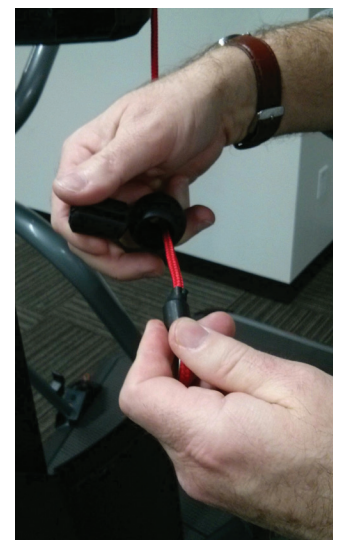
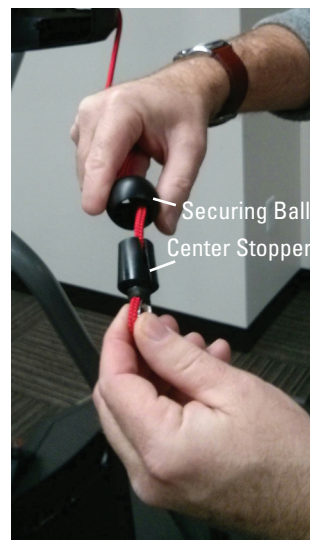
20. Slowly pull out enough of the Middle Rope to be able to remove the Securing Ball from it.



The Rope will be under tension and will want to pull itself into the Middle Pulley Shroud. Be sure not to allow fingers or hands to be pinched.

11. While keeping the rope from retracting, remove the Securing Ball from the rope. Do not release the rope until instructed.

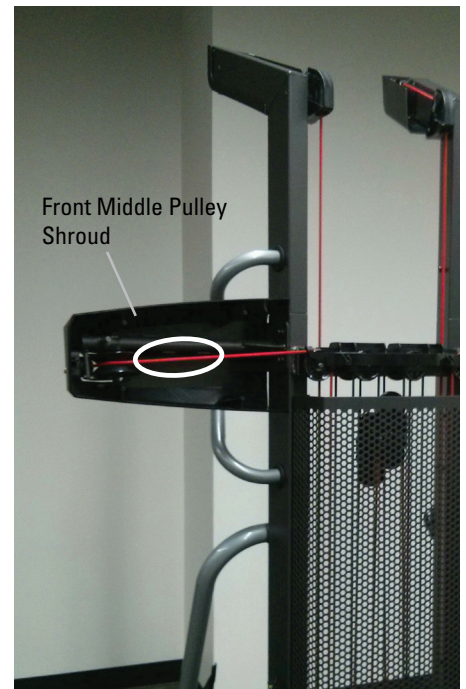
Note: Be sure to observe how the rope routes through the Middle Pulley to assist with re-assembly. To remove the Securing Ball: Slide the Securing Ball up the rope, remove the Center Stopper from the rope, and slide the Securing Ball off the rope.



21. With your free hand, grasp the rope behind the Front Middle Pulley Shroud so it will not retract. Release the other end of the rope and pull it out of the Middle Pulley Arm.

Note: Be sure not to pinch any fingers or hands.

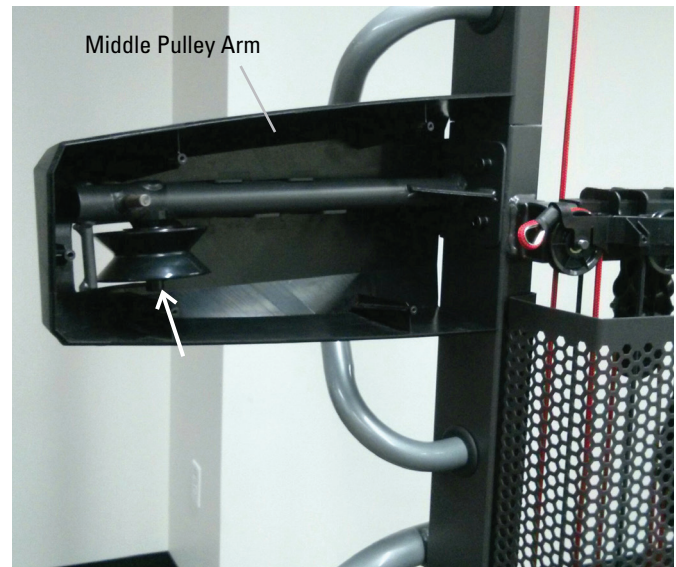
22. Remove the Front Middle Pulley Shroud from the Middle Pulley Arm and place outside the work area.



23. Using a 6mm hex wrench, remove the indicated hardware (by arrow) and the old Middle Deep V Pulley from the Middle Pulley Arm.

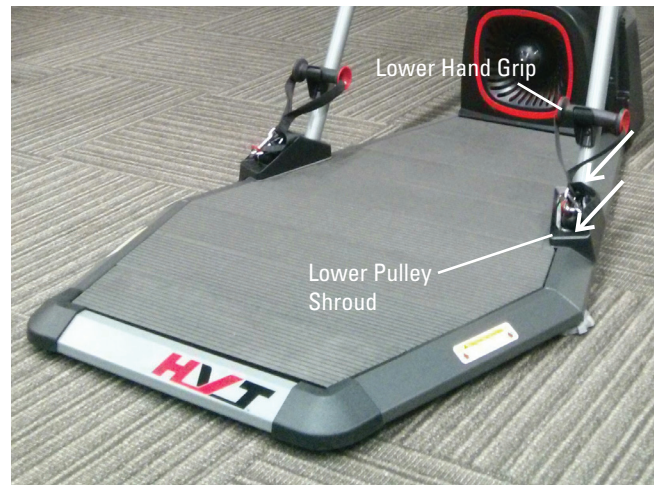
24. Using a 6mm hex wrench, attach the new Middle Deep V Pulley.

25. Go to Step 32 if only replacing this pulley.



26. Safely remove the Lower Hand Grips and their Snap Hooks from the machine.

27. Using a #2 Phillips screwdriver, remove the two indicated screws (with arrows) that secure the Lower Pulley Shrouds to the machine. Remove them.



28. Using a 6mm hex wrench, loosen the two indicated (by oval) screws by 1 complete turn on the Support Arm.

29. With a 3-4' piece of wire or rope, tie one end of it through the loop on the end of the Lower Rope. Secure the other end of the wire or rope around the Support Arm. This will ensure the Rope does not get pulled into the Platform Frame.



30. Using a 6mm hex wrench, remove the indicated (by arrow) screw from the Lower Deep V Pulley and remove it.

Note: Be sure to note the routing of the rope before removing the pulley.

31. Using a 6mm hex wrench, attach the new Lower Deep V Pulley with the rope routed correctly around it.



32. Re-assemble the machine in the reverse order of when the parts were removed.

33. Final Inspection


Inspect your machine to ensure that all hardware is tight and components are properly assembled.



Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Owner's Manual.


NOTICE: This document provides instructions for the replacement of the Elastic Cord on the Bowflex® HVT™ machine.

If you need assistance, please call Bowflex Customer Service at 1-800-605-3369.

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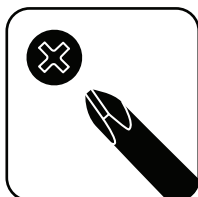
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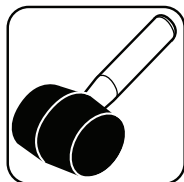
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Tools Required (not included)

#2 Phillips screwdriver



Rubber mallet



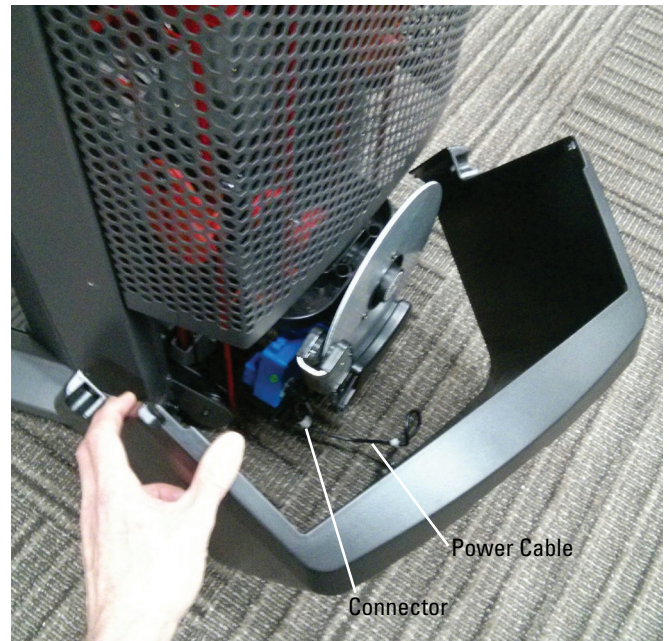
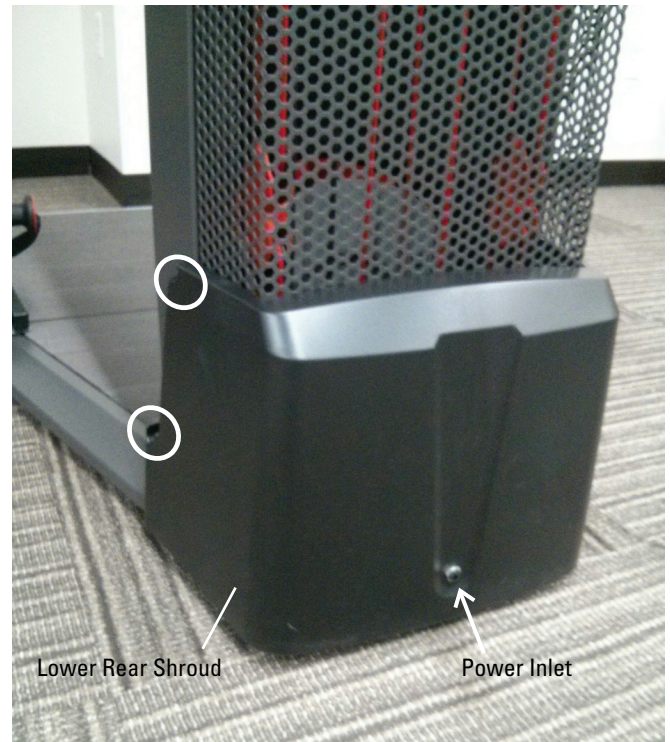
1. Unplug the AC Adapter from the wall outlet and machine.

2. Using a #2 Phillips screwdriver, remove the four screws that secure the Lower Rear Shroud- two on the right side (indicated by ovals) and two on the left side (not shown).

3. Slightly remove the Lower Rear Shroud exposing the Power Cable.

Note: The Power Cable is attached to the inside of the Lower Rear Shroud. Be sure not to crimp the cable by placing the Lower Rear Shroud close to the assembly.

4. Disconnect the Power Cable at the connector.



5. Using a #2 Phillips screwdriver, remove the 5 indicated screws (by ovals) from each of the Rear Middle Pulley Shrouds and place them outside the work area.

6. Using a #2 Phillips screwdriver, remove the two indicated screws (by arrows) from the Upper Rear Shroud.

7. Remove the Upper Rear Shroud and place out of the work area.



8. Using a #2 Phillips screwdriver, remove the six indicated (by white ovals) screws from the Console Assembly.

Note: Be sure to be prepared to support the Console Assembly.

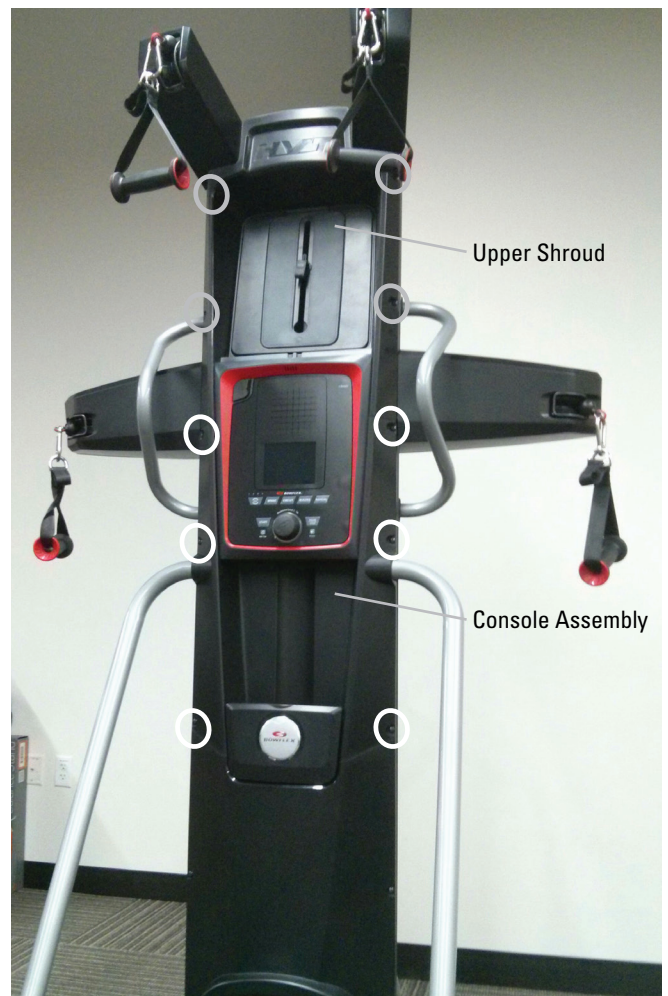
9. Slightly remove the Console Assembly to expose the Console Cable.

Note: Be sure not to crimp the cable by supporting the Console Assembly.

10. Disconnect the Console Cable from the Lower Cable and safely place the Console Assembly out of the work area.

11. Using a #2 Phillips screwdriver, remove the four screws (by grey ovals) from the Upper Shroud.

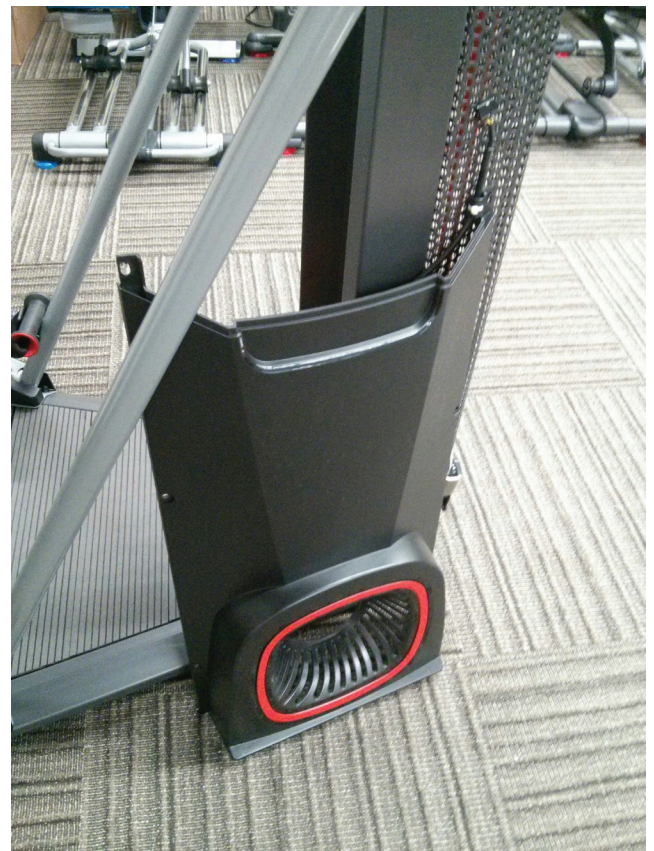
Note: Be sure to be prepared to support the Upper Shroud.

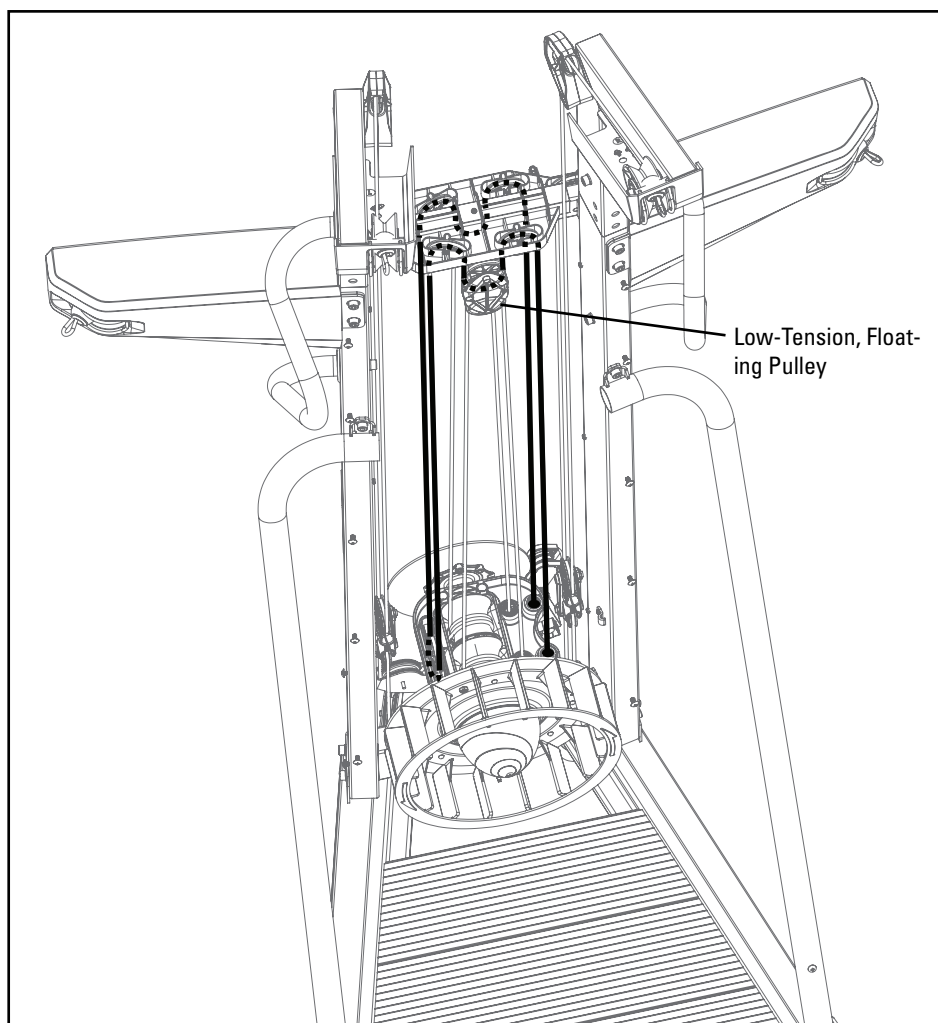


12. Using a #2 Phillips screwdriver, remove the four indicated screws from the Fan Assembly Shroud.



13. The Fan Assembly Shroud has the Lower Cable secured to the upper right corner. Slightly pivot the Fan Assembly Shroud to the right side of the machine without damaging the Lower Cable.





Elastic Cord routing to assist with replacement

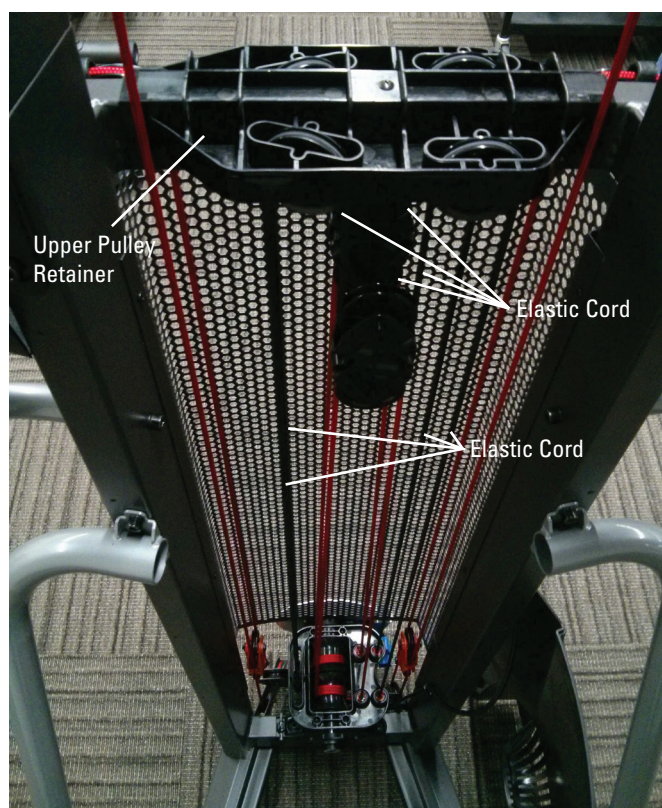


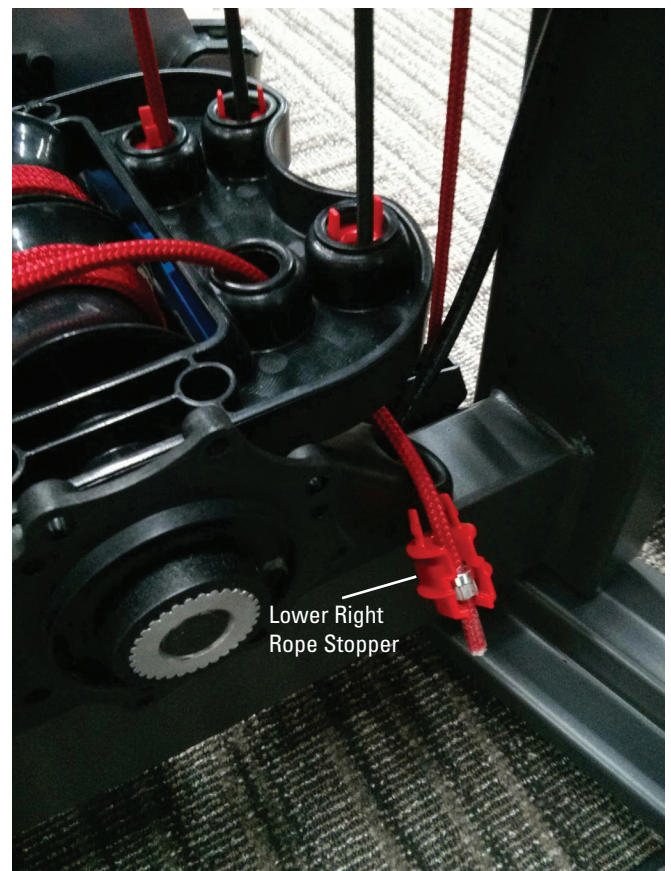
Photo of Elastic Cord routing to assist with replacement

14. To release the Elastic Cord Stopper, pinch the clips together on top of the Cord Stopper and pull it out from below.

Note: The Fan is removed for clarity.

15. Remove the Elastic Cord Stopper from the cord, and pull the end of it through the Lower Pulley Retainer without releasing the cord.

16. Re-attach the Elastic Cord Stopper to the end of the old Elastic Cord and allow it to come to rest on the Upper Pulley Retainer. Route the new Cord by following the old Cord.

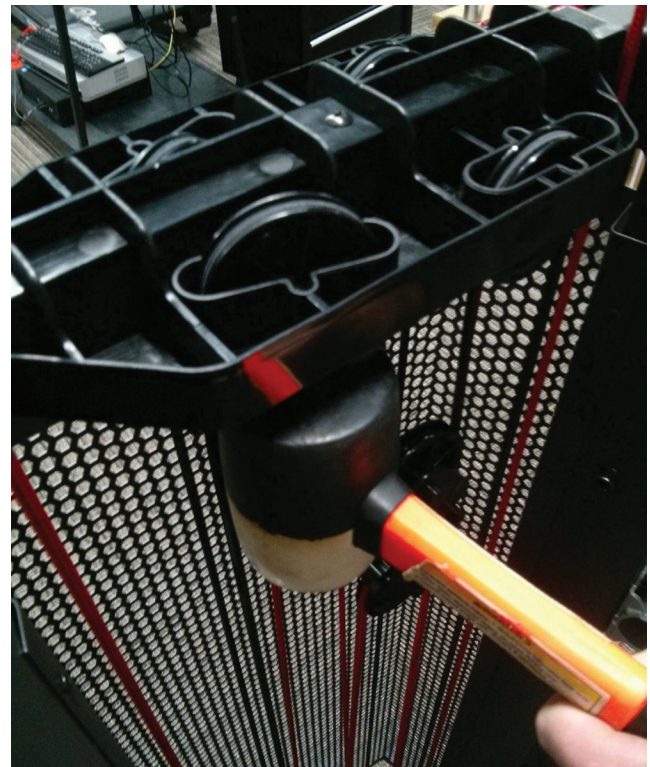
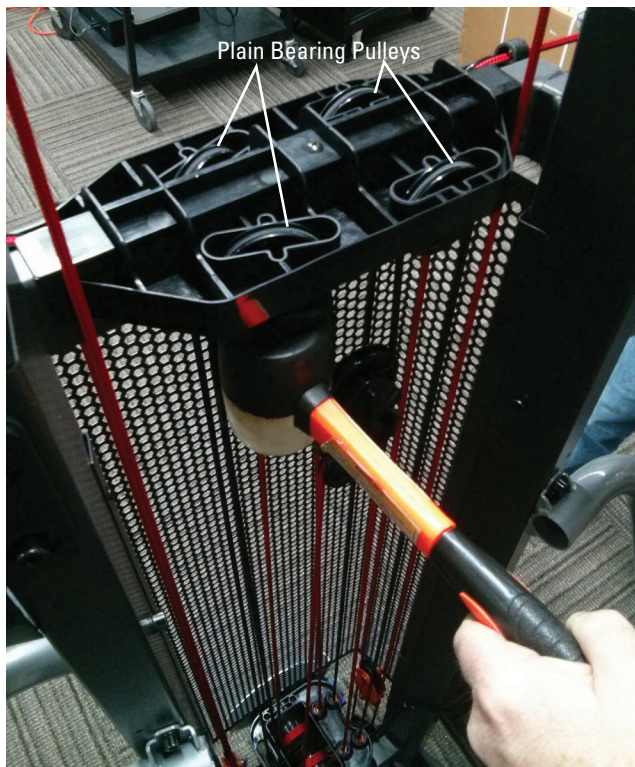
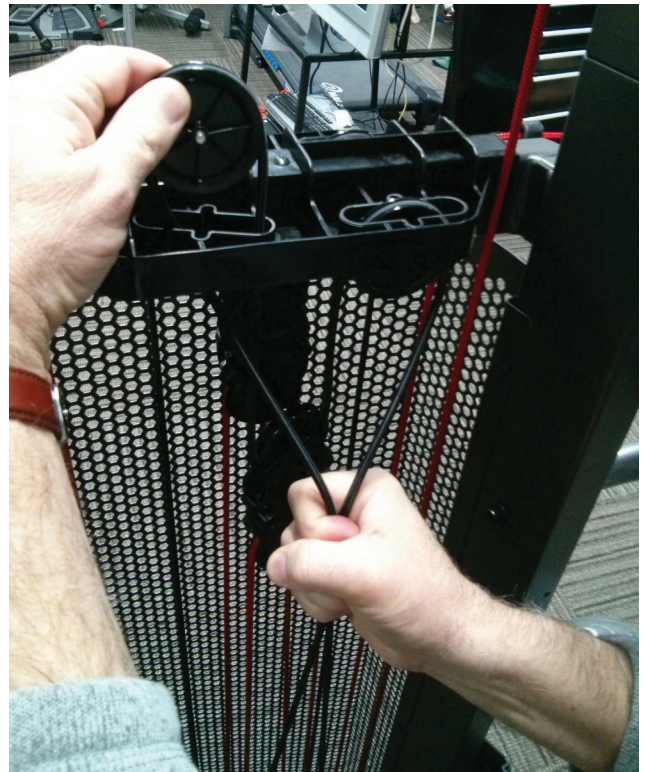


17. Reduce the tension of the elastic cord on the Plain Bearing Pulley by grasping two near segments of the cord and pulling toward the item to remove. Continue to hold the cord.

Note: Procedure is the same for each of the Plain Bearing Pulleys. The image shows two distant cord segments grasped together.

18. With the tension still reduced, try to push the Plain Bearing Pulley up and out of the channel. A light tap from a rubber mallet may be needed to release the Plain Bearing Pulley.

Note: The Pulley Axle Pin is loose in the Plain Bearing Pulley, so be careful not to lose it.



19. Route the new Elastic Cord over the Plain Bearing Pulley and insert back into the channel.

Note: Inspect the Plain Bearing Pulley and Axle Pin to be sure they are centered in the channel. Lightly tap it back into place with the rubber mallet, if required.



20. The old Cord should be against the Low-Tension, Floating Pulley. Using a #2 Phillips screwdriver, remove the appropriate Pulley from the Low-Tension, Floating Pulley to release it.

Note: Be sure to note the routing of the rope before removing the Pulley.



Note: These images show the removal of the Load-Bearing, Floating Pulley. The assembly is similar to the Low-Tension, Floating Pulleys except for hardware.

21. Route the new elastic cord through and re-assemble the Low-Tension, Floating Pulley.

22. Continue the previous steps removing and replacing the Cord until the tension on the old Cord is slack. When slack, remove the old Cord by releasing the Elastic Cord Stopper. Route the new Cord following the path of the old Cord, and secure it with the Elastic Cord Stopper into the Lower Pulley Retainer.

23. Confirm the Elastic Cord is correctly routed by trying the Lower or Middle Hand Grips.

24. Re-assemble the machine in the reverse order of when the parts were removed.

25. Final Inspection


Inspect your machine to ensure that all hardware is tight and components are properly assembled.



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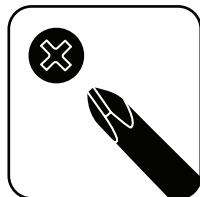
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- Disconnect all power and allow to sit for 5 minutes before you service this machine.
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Tools Required (not included)

#2 Phillips screwdriver



Standard screwdriver



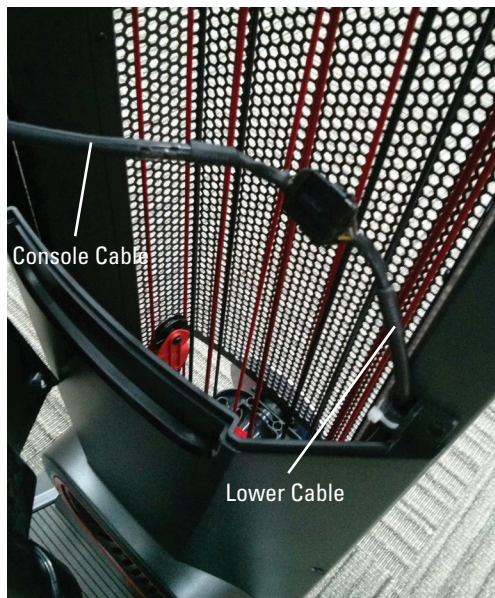
1. Unplug the AC Adapter from the wall outlet and machine.

2. Using a #2 Phillips screwdriver, remove the six indicated screws (by ovals) from the Console Assembly.

Note: Be sure to be prepared to support the Console Assembly.

3. Slightly pivot the top of the Console Assembly out to expose the Console Cable.

Note: Be sure not to crimp the cable by supporting the Console Assembly.

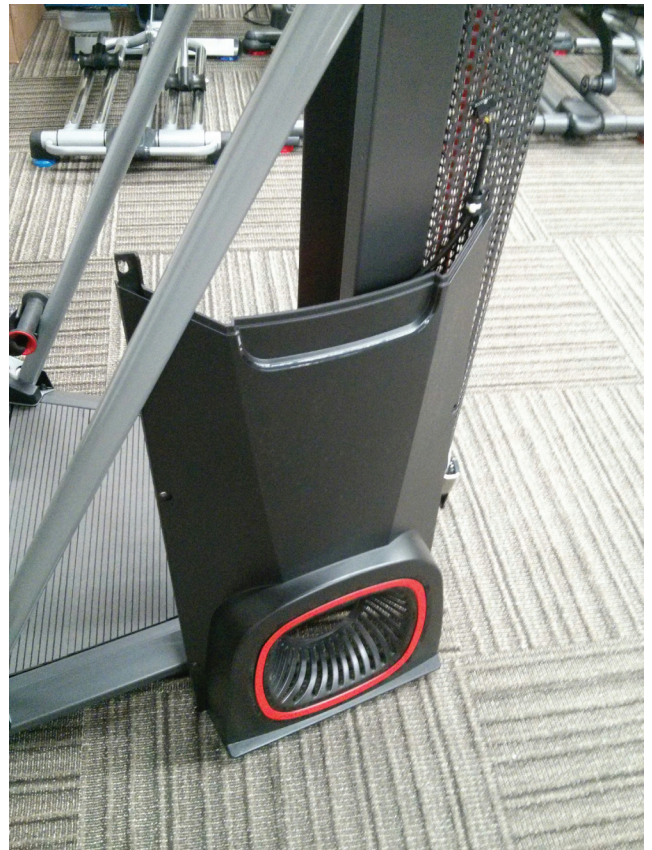


4. Disconnect the Console Cable from the Lower Cable and safely place the Console Assembly out of the work area.

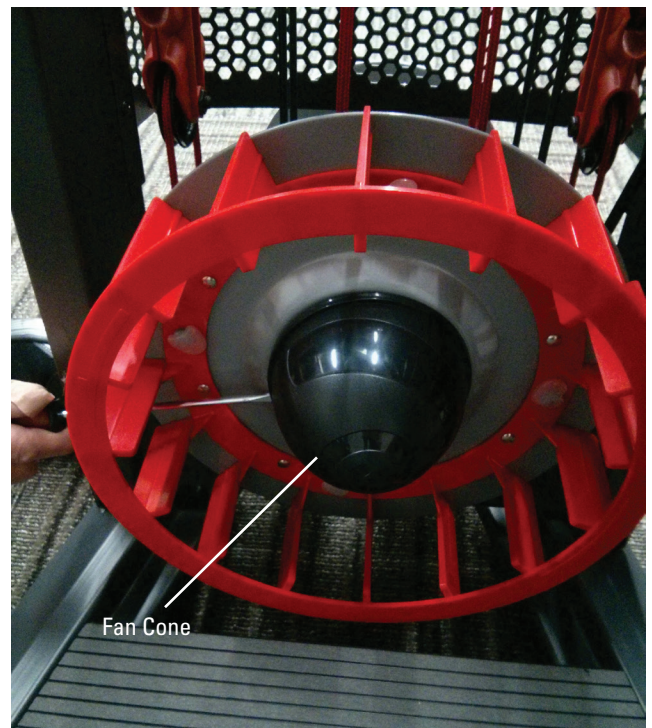
5. Using a #2 Phillips screwdriver, remove the four indicated screws from the Fan Assembly Shroud.



6. The Fan Assembly Shroud has the Lower Cable secured to the upper right corner. Slightly pivot the Fan Assembly Shroud to the right side of the machine without damaging the Lower Cable.



7. Using a standard screwdriver, gently pry the Fan Cone off of the Fan Assembly.



Note: If any of the spacers that secure the Fan Cone to the Fan Assembly stayed attached to the Fan Assembly, remove and replace them inside the Fan Cone as shown.

8. Using a #2 Phillips screwdriver, remove the four indicated screws from the Fan Assembly and replace it.

9. Re-assemble the machine in the reverse order of when the parts were removed.

10. Final Inspection

Inspect your machine to ensure that all hardware is tight and components are properly assembled.




Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Owner's Manual.




NOTICE: This document provides instructions for the replacement of the Floating Pulley on the Bowflex® HVT™ machine.

If you need assistance, please call Bowflex Customer Service at 1-800-605-3369.

 **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.**

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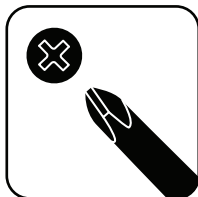
Important Safety Instructions - Before servicing or using this equipment, obey the following warnings:

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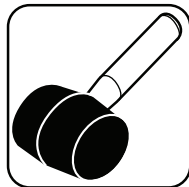
- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- If replacement parts are necessary, use only genuine Nautilus replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If necessary request replacement warning stickers or placards from Nautilus customer service.
- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety and will void the warranty.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

Tools Required (not included)

#2 Phillips screwdriver



Rubber mallet, or any tool that
can be used for leverage that
is about 7" in length



1. Unplug the AC Adapter from the wall outlet and machine.

2. Using a #2 Phillips screwdriver, remove the 5 indicated screws (by ovals) from each of the Rear Middle Pulley Shrouds and place them outside the work area.

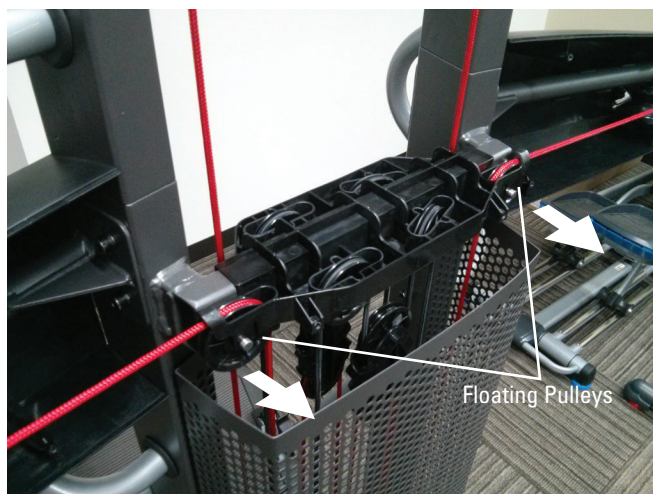


3. Using a #2 Phillips screwdriver, remove the two indicated screws (by arrows) from the Upper Rear Shroud.

4. Remove the Upper Rear Shroud and place out of the work area.



5. Fully push the Floating Pulleys toward the rear of the machine.

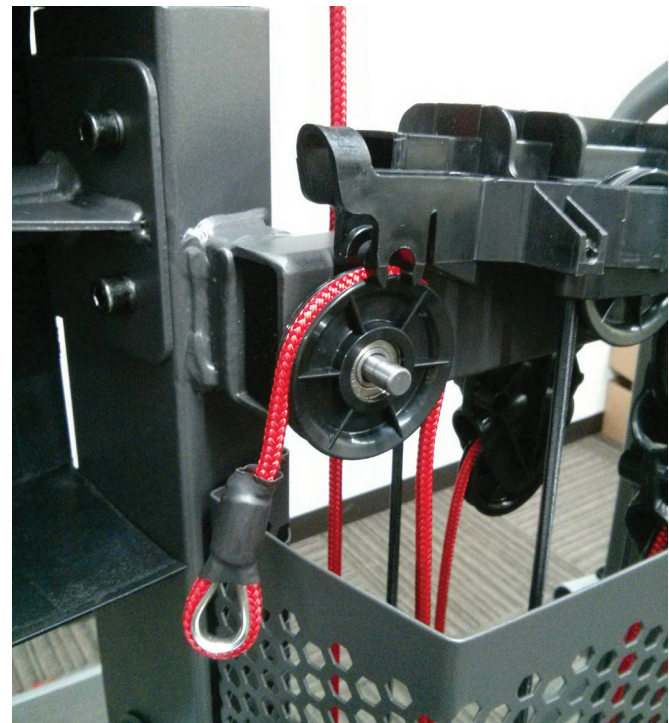
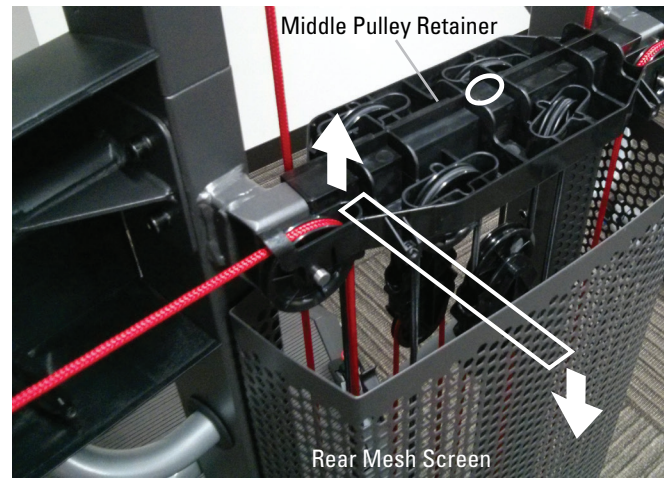


Note: The following images show the Right Floating Pulley being replaced. The procedure is the same for the Left Floating Pulley.

6. Using a #2 Phillips screwdriver, remove the indicated screw (by oval) from the Middle Pulley Retainer.

7. Place a tool that spans the distance from the Rear Mesh Screen to under the Middle Pulley Retainer, such as the handle of a rubber mallet, that can be used for leverage. Be sure it is placed between the Floating and Plain Bearing Pulleys.

8. Using the exposed end of the leverage tool, suddenly push downward to get the Middle Pulley Retainer to release on the side with the Floating Pulley.



9. Remove the old Floating Pulley after noting how the rope routes over it, and replace with the new Floating Pulley.



10. With the rope routed properly around the new Floating Pulley, push the Middle Pulley Retainer down until it snaps into place. Be sure the Floating Pulley is centered in position before re-installing the Retainer.

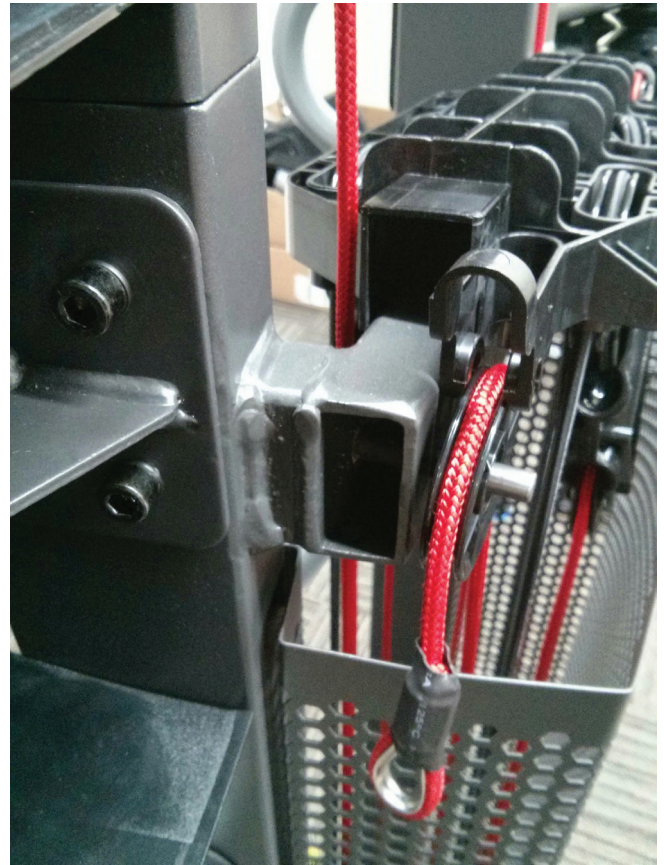
11. Re-assemble the machine in the reverse order of when the parts were removed.

12. Final Inspection

Inspect your machine to ensure that all hardware is tight and components are properly assembled.




Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Owner's Manual.




NOTICE: This document provides instructions for the replacement of the Frame Assembly on the Bowflex® HVT™ machine.

If you need assistance, please call Bowflex Customer Service at 1-800-605-3369.

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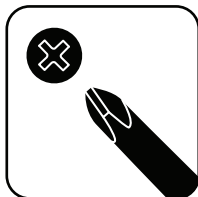
Important Safety Instructions - Before servicing or using this equipment, obey the following warnings:

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- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- If replacement parts are necessary, use only genuine Nautilus replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If necessary request replacement warning stickers or placards from Nautilus customer service.
- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety and will void the warranty.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

Tools Required (not included)

#2 Phillips screwdriver



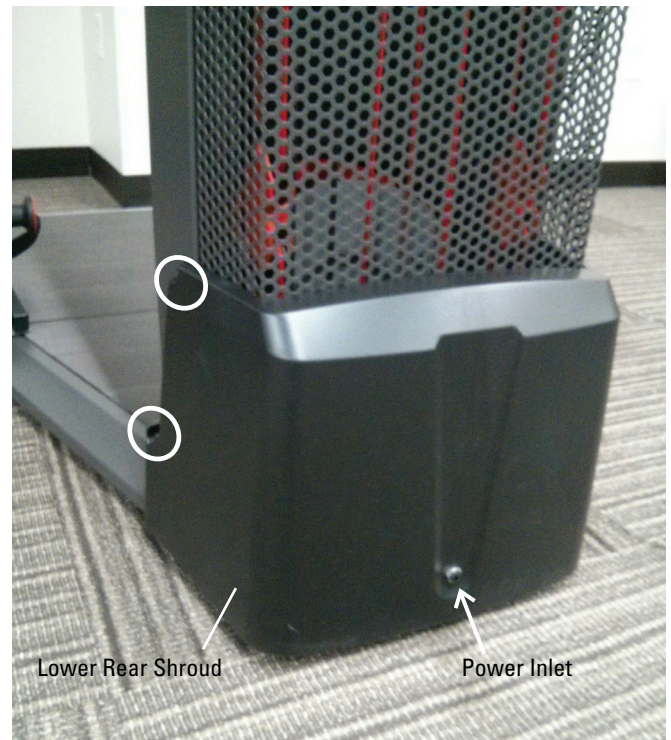
(2) 3' lengths of wire or rope

6mm hex wrench



1. Unplug the AC Adapter from the wall outlet and machine.

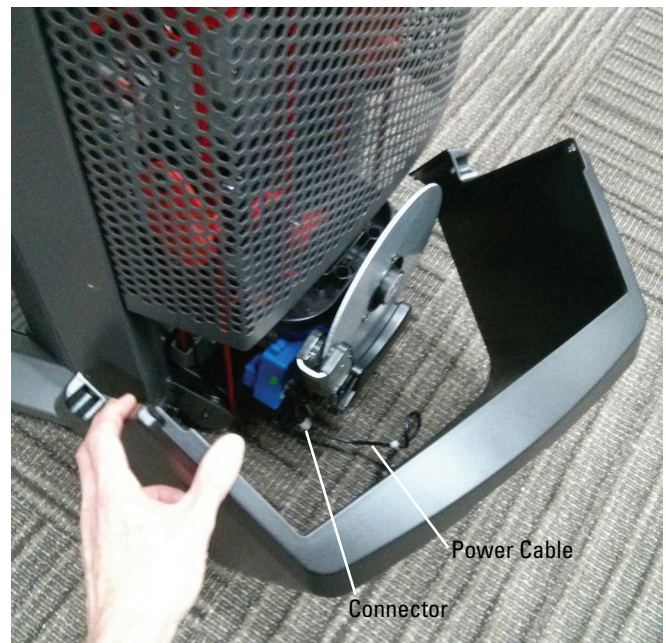
2. Using a #2 Phillips screwdriver, remove the four screws that secure the Lower Rear Shroud- two on the right side (indicated by ovals) and two on the left side (not shown).



3. Slightly remove the Lower Rear Shroud exposing the Power Cable.

Note: The Power Cable is attached to the inside of the Lower Rear Shroud. Be sure not to crimp the cable by placing the Lower Rear Shroud close to the assembly.

4. Disconnect the Power Cable at the connector.



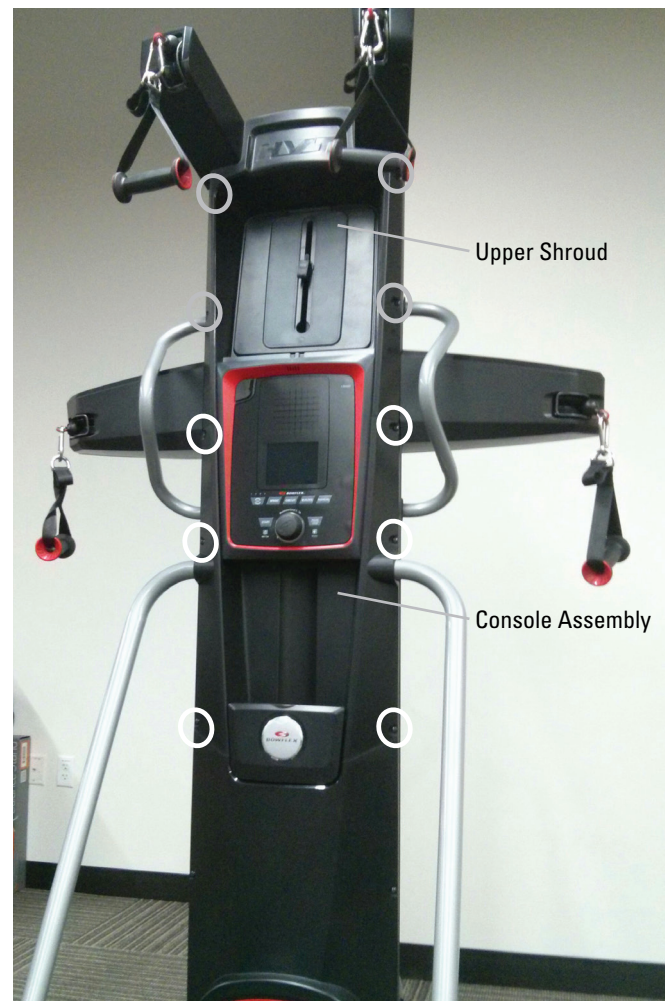
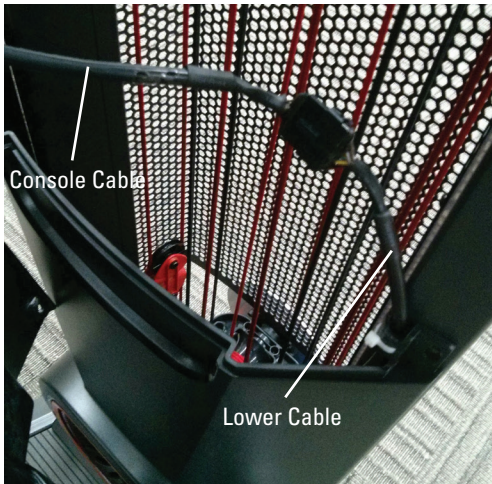
5. Using a #2 Phillips screwdriver, remove the six indicated screws (by white ovals) from the Console Assembly.

Note: Be prepared to support the Console Assembly.

6. Slightly pivot the top of the Console Assembly out to expose the Console Cable.

Note: Be sure not to crimp the cable by supporting the Console Assembly.

7. Disconnect the Console Cable from the Lower Cable and safely place the Console Assembly out of the work area.



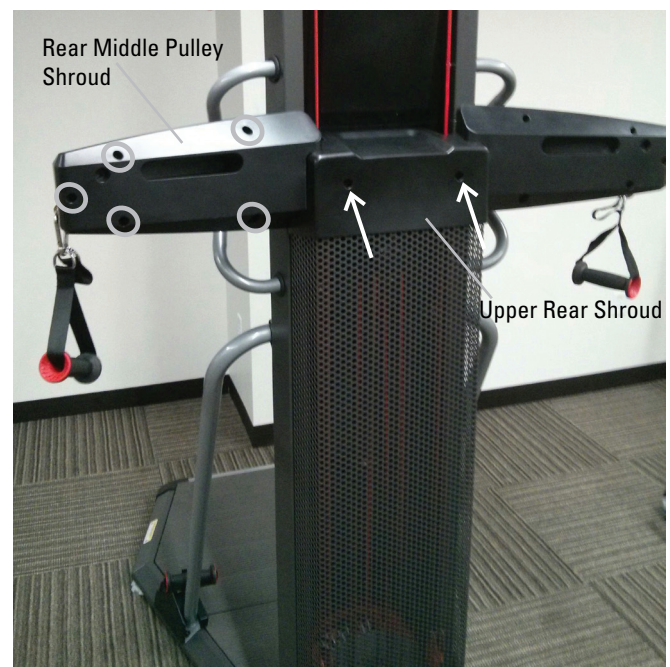
8. Using a #2 Phillips screwdriver, remove the four screws (by grey ovals) from the Upper Shroud. Place it outside of the work area.

9. Using a #2 Phillips screwdriver, remove the 5 indicated screws (by ovals) from the Rear Middle Pulley Shroud and place it outside the work area.

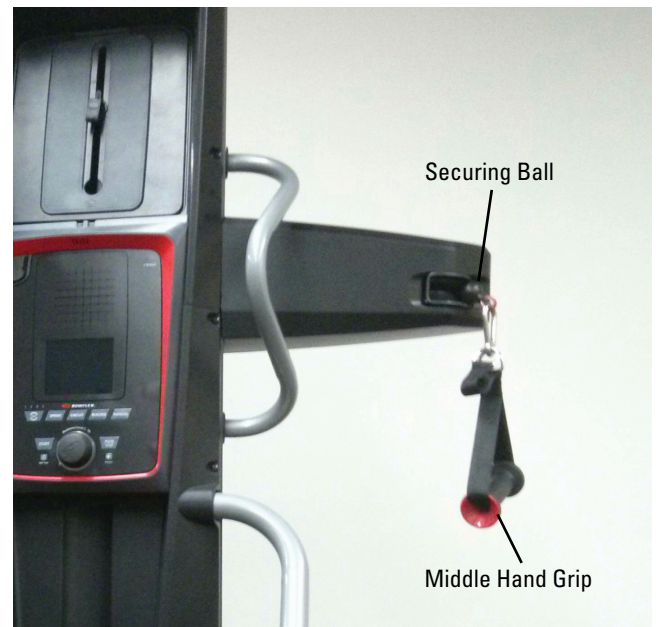
10. Using a #2 Phillips screwdriver, remove the 5 screws from the other Rear Middle Pulley Shroud and place it outside the work area.

11. Using a #2 Phillips screwdriver, remove the two indicated screws (by arrows) from the Upper Rear Shroud.

12. Remove the Upper Rear Shroud and place out of the work area.



13. Safely remove the Middle Hand Grip and the Snap Hook from both of the Middle Pulley Arms.

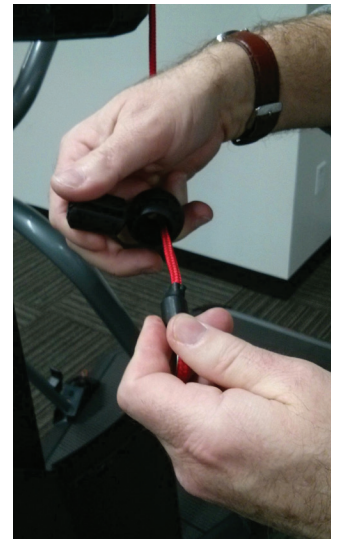
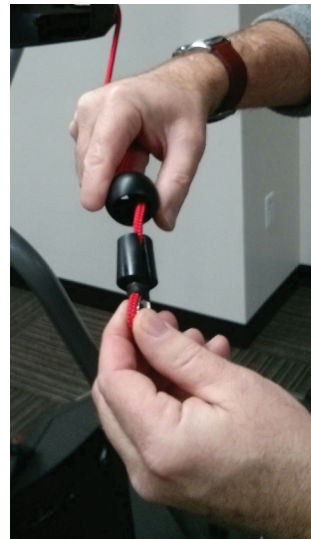


14. Slowly pull out enough of the Middle Rope to be able to remove the Securing Ball from it.

⚠ The Rope will be under tension and will want to pull itself into the Middle Pulley Shroud. Be sure not to allow fingers or hands to be pinched.

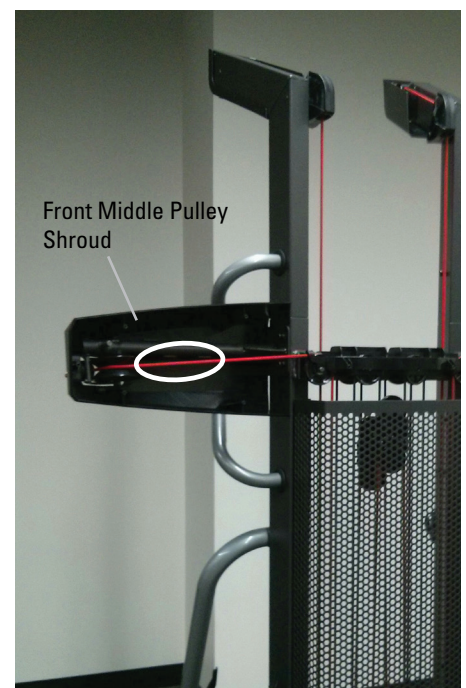
15. While keeping the rope from retracting, remove the Securing Ball from the rope. Do not release the rope until instructed.

Note: Be sure to observe how the rope routes through the Middle Pulley to assist with re-assembly. To remove the Securing Ball: Slide the Securing Ball up the rope, remove the Center Stopper from the rope, and slide the Securing Ball off the rope.

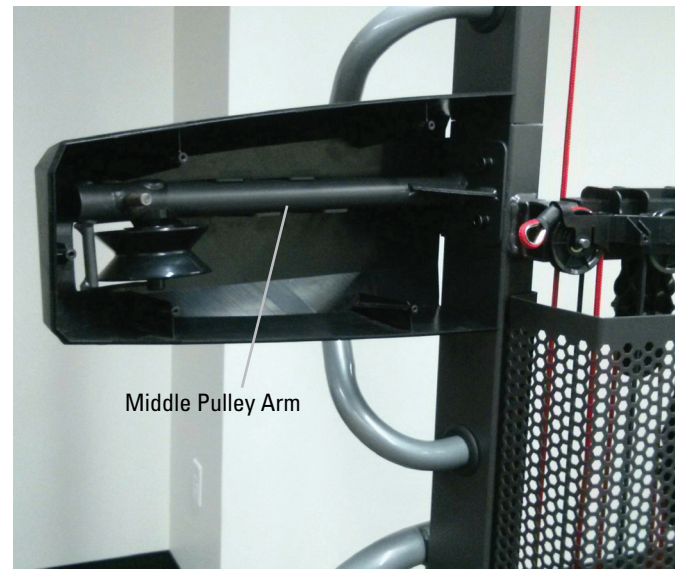


16. With your free hand, grasp the rope behind the Front Middle Pulley Shroud so it will not retract. Release the other end of the rope and pull it out of the Middle Pulley Arm.

Note: Be sure not to pinch any fingers or hands.

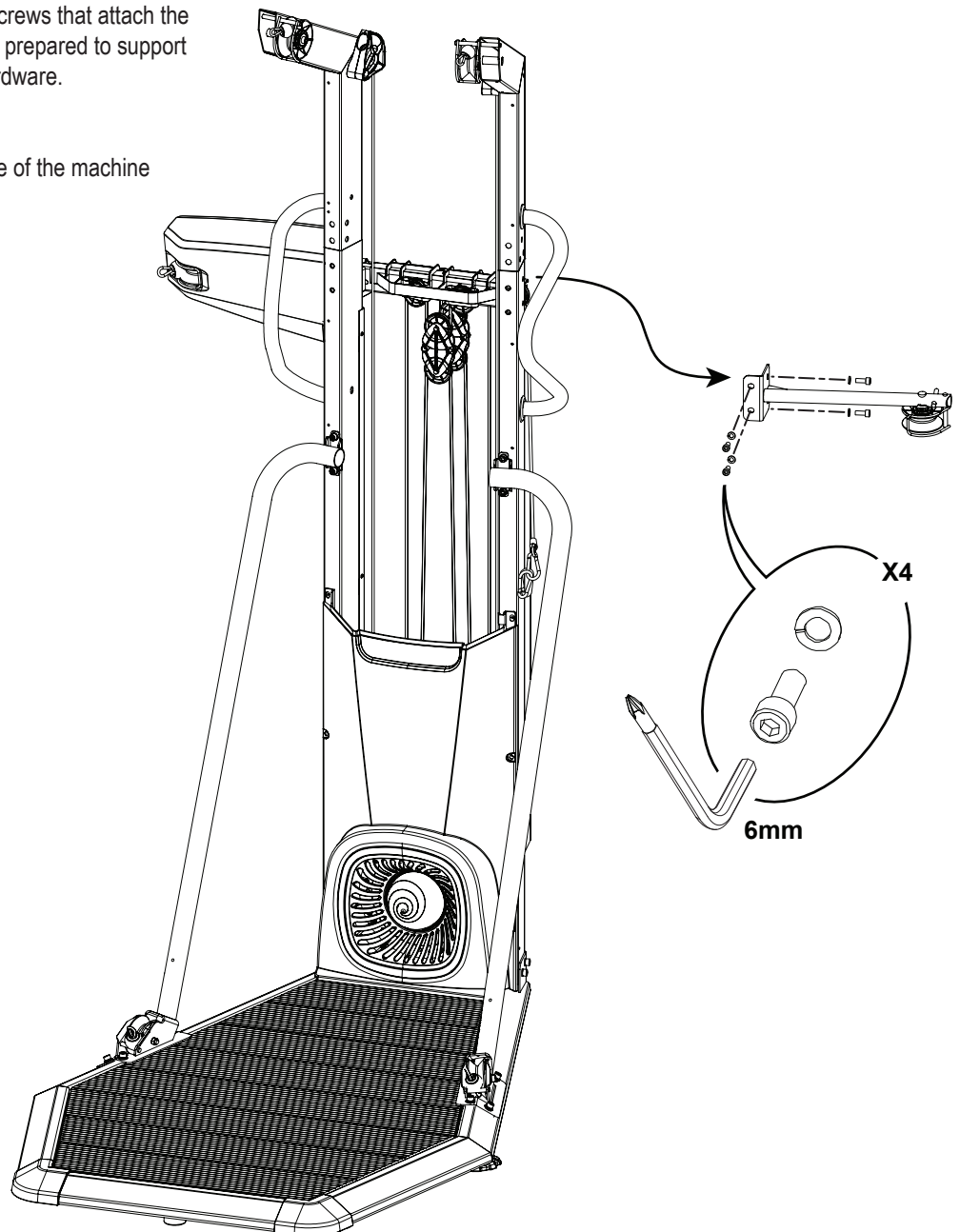


17. Remove the Front Middle Pulley Shroud from the Middle Pulley Arm and place outside the work area.

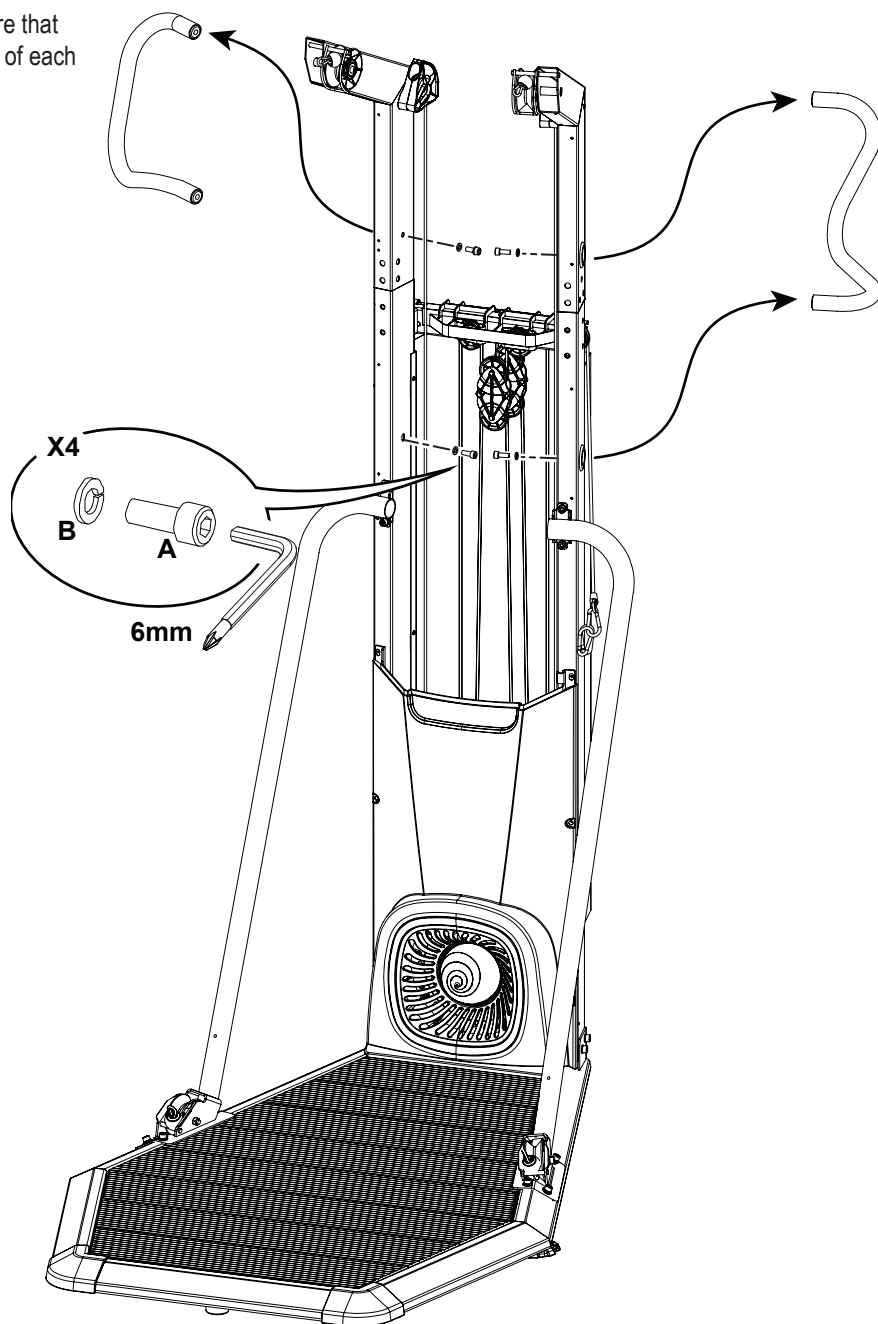


18. Using a 6mm hex wrench, remove the 4 screws that attach the Middle Pulley Arm to the Frame Assembly. Be prepared to support the weight of the Arm before removing the hardware.

19. Repeat the last five steps on the other side of the machine (Steps 14-18).



20. Using a 6mm hex wrench, remove the indicated hardware that attaches the Handlebars. Be prepared to support the weight of each Handlebar before removing the hardware.



21. Safely remove the Upper Hand Grip and the Snap Hook from both of the the Upper Pulleys.

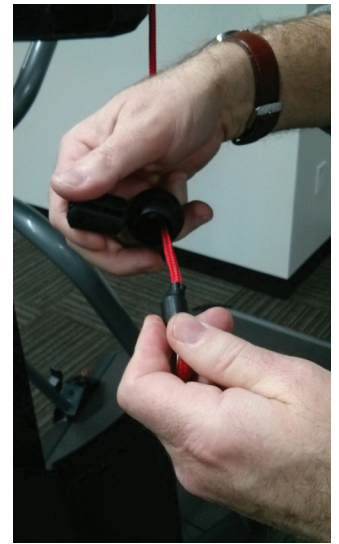
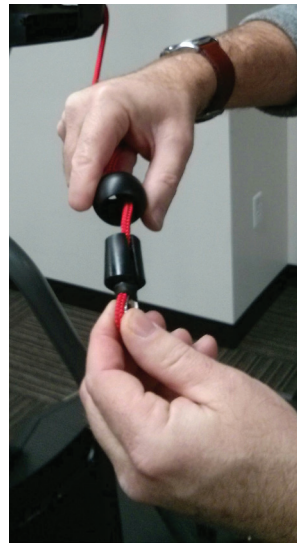


22. Slowly pull out enough of the Upper Rope to be able to remove the Securing Ball from it.

⚠ The Rope will be under tension and will want to pull itself into the Upper Pulley Shroud. Be sure not to allow any fingers or hands to be pinched.

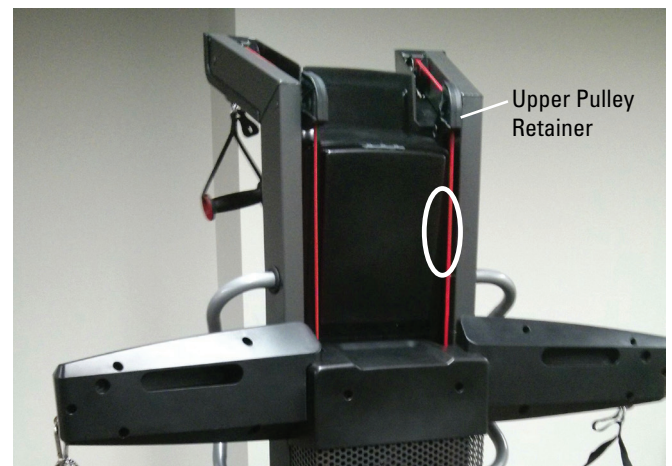
23. While keeping the rope from retracting, remove the Securing Ball from the rope. Do not release the rope until instructed.

Note: Be sure to observe how the rope routes through the Upper Pulley to assist with re-assembly. To remove the Securing Ball: Slide the Securing Ball up the rope, remove the Center Stopper from the rope, and slide the Securing Ball off the rope.

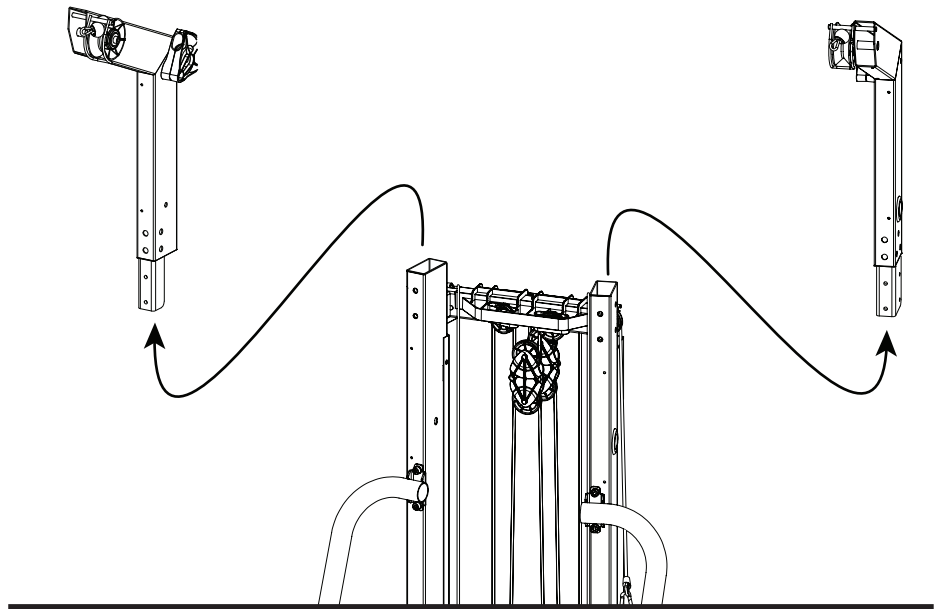


24. With your free hand, grasp the rope below the Upper Pulley Retainer. Release the front end of the rope and pull the rope out of the Upper Pulley Retainer and release it.

25. Repeat the last three steps on the other side of the machine (Steps 22-24).



26. Remove the Upper Arms with Shrouds from the Frame Assembly. Be prepared to support the weight of the Upper Arm with Shroud before removing it.



27. Safely remove both of the Lower Hand Grips and their Snap Hooks from the machine.



28. Attach a piece of wire or rope to the end of each Lower Rope that is at least 3 feet in length. This wire will be used to route the Lower Ropes back through the Platform Frames. Tie off the other end of the wire or rope to the Support Arm.

29. Slowly pull out enough of the Right Lower Rope to be able to remove the Securing Ball from it.

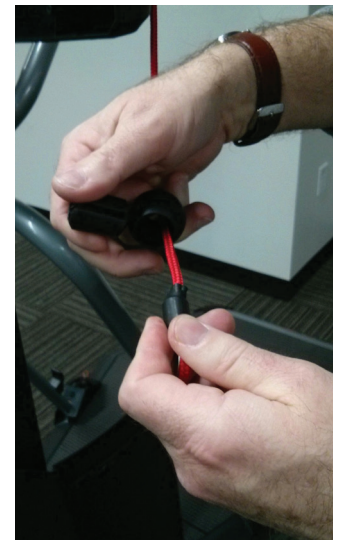
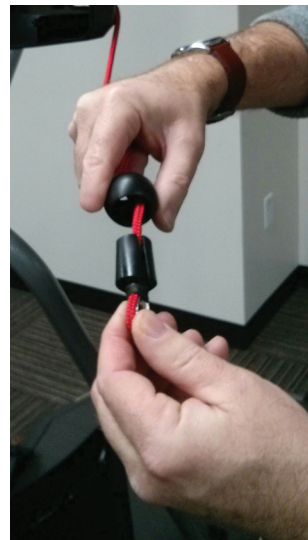
⚠ The Rope will be under tension and will want to pull itself into the Right Platform Frame. Be sure not to allow any fingers or hands to be pinched.

Note: Photos are only to assist with removing the Securing Ball. To remove the Securing Ball: Slide the Securing Ball up the rope, remove the Center Stopper from the rope, and slide the Securing Ball off the rope.

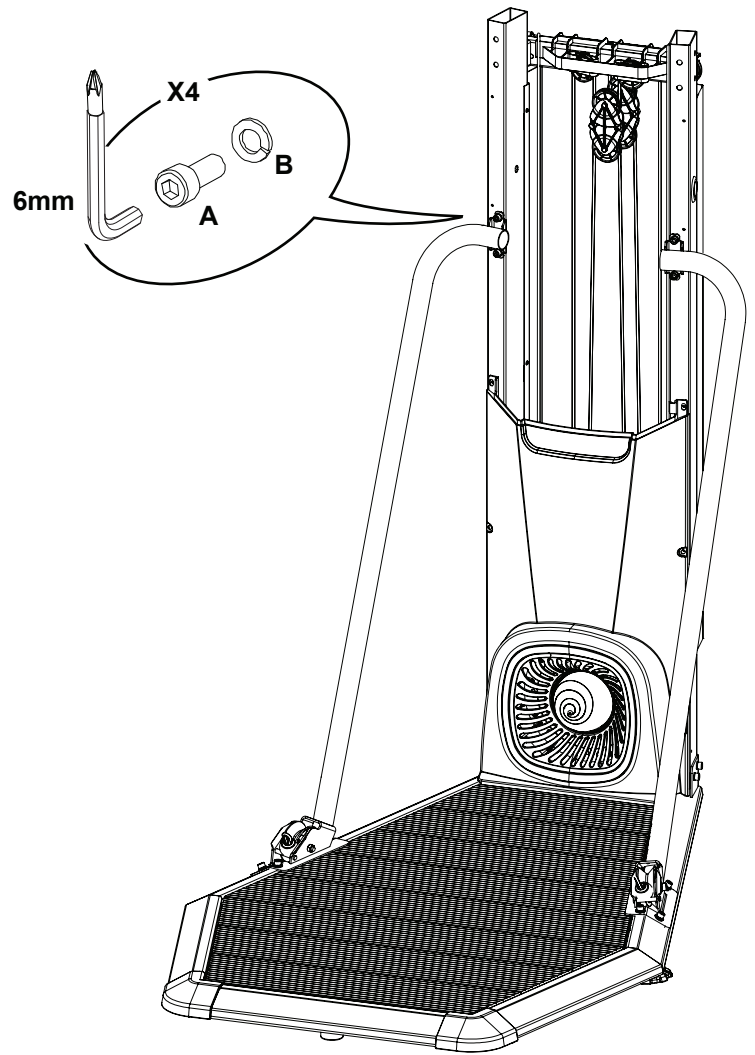
30. Remove the Securing Ball and gently lower the rope into the Platform Frame, releasing it with enough space to not pinch any fingers or hands.

31. From the back of the machine, pull the Right Lower Rope from the Right Platform Frame. Only pull the Lower Rope until it is fully removed from the Platform Frame. Be sure not to pull the end of the attached wire or rope into the Platform Frame.

32. Disconnect the added Routing Wire or Rope from the Right Lower Rope. This will be used to route the rope from the new Frame Assembly through the Platform Frame.



33. Using a 6mm hex wrench, remove the 4 upper indicated screws from the Support Arms.



34. Using a 6mm hex wrench, remove the three indicated screws from the Right Platform Frame.

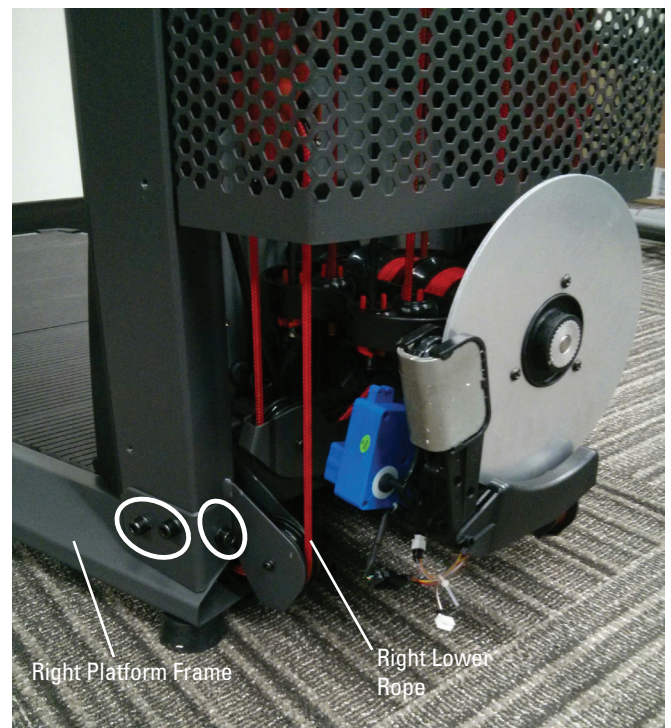
35. Using a 6mm hex wrench, remove the three screws from the Left Platform Frame.

36. Remove and replace the old Frame Assembly with the new Frame Assembly in the workout area.

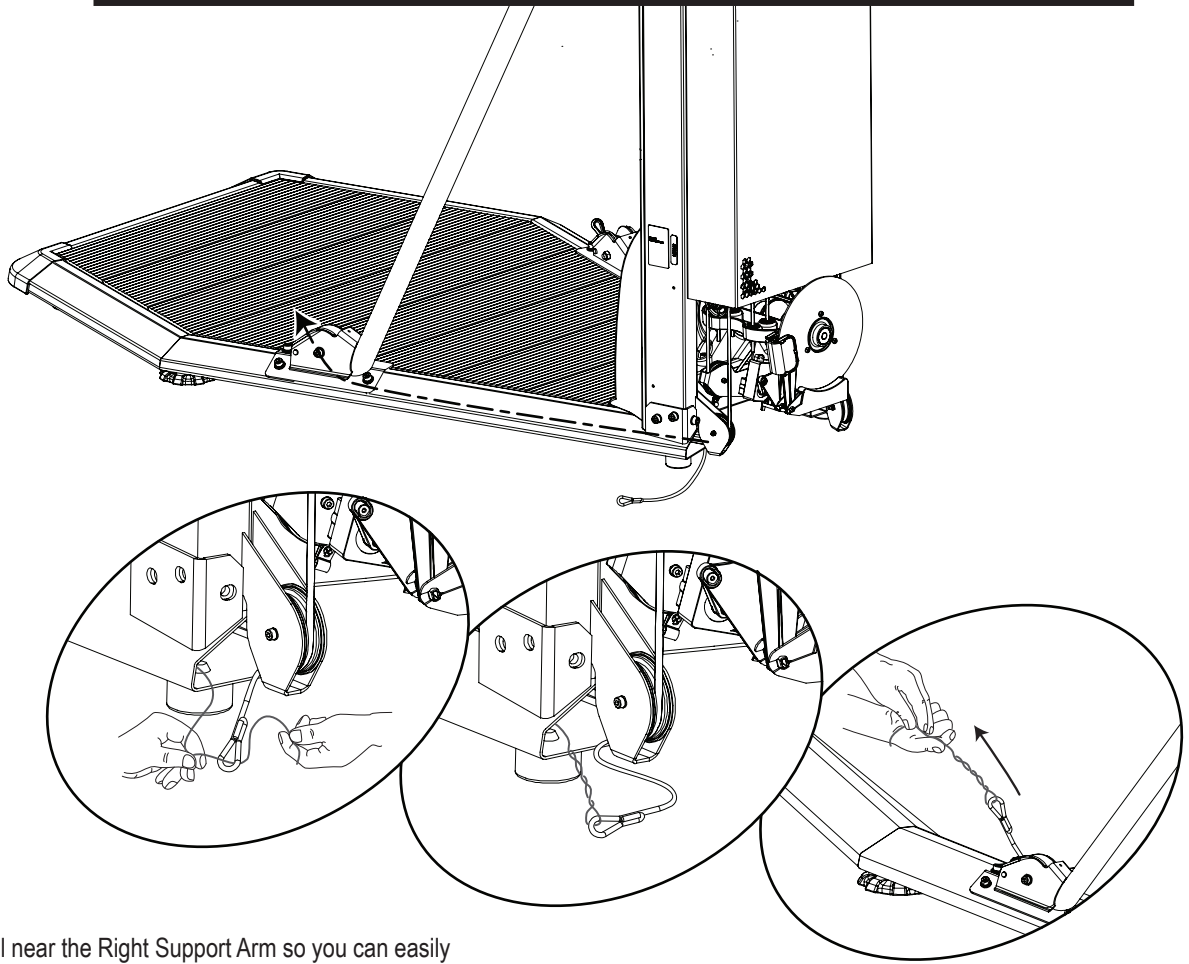


The Frame Assembly can be heavy or awkward. Use at least a second person when doing this step. Do not do steps that involve heavy lifting or awkward movements on your own.

37. Using a 6mm hex wrench, attach the Right and Left Platform Frames to the new Frame Assembly.



38. Tie the Routing Wire or String to the end of the Right Lower Rope. Be sure to secure it well since the rope will begin to be under tension when fully routed through the Right Platform Frame.



39. Place the Securing Ball near the Right Support Arm so you can easily grab and install it onto the Right Lower Rope.

40. Using the Routing Wire or String, slowly pull the Lower Right Rope through the Right Platform Frame and attach the Securing Ball.

41. Safely release the Right Lower Rope.

42. Repeat the last 4 steps on the other side of the machine (steps 38-41).

43. Re-assemble the machine in the reverse order of when the parts were removed. If necessary, consult the Assembly Manual to assist.

44. Final Inspection

Inspect your machine to ensure that all hardware is tight and components are properly assembled.



Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Owner's Manual.


NOTICE: This document provides instructions for the replacement of the Front Platform Frame on the Bowflex® HVT™ machine.

If you need assistance, please call Bowflex Customer Service at 1-800-605-3369.

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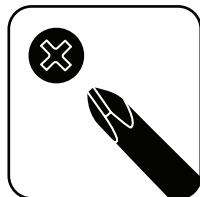
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- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- If replacement parts are necessary, use only genuine Nautilus replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If necessary request replacement warning stickers or placards from Nautilus customer service.
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Tools Required (not included)

#2 Phillips screwdriver



Standard screwdriver



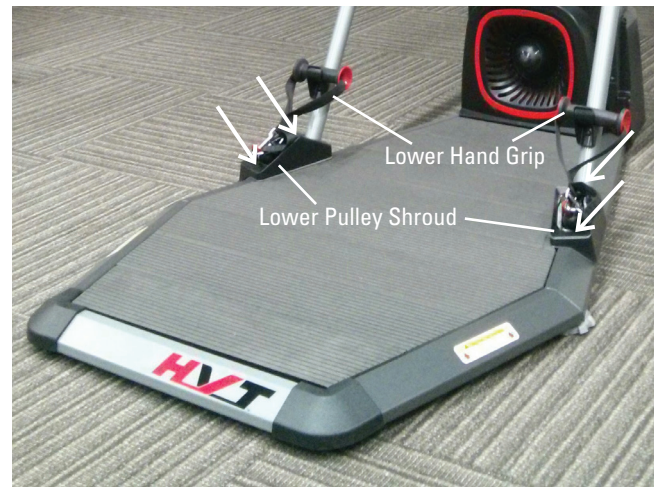
6mm hex wrench



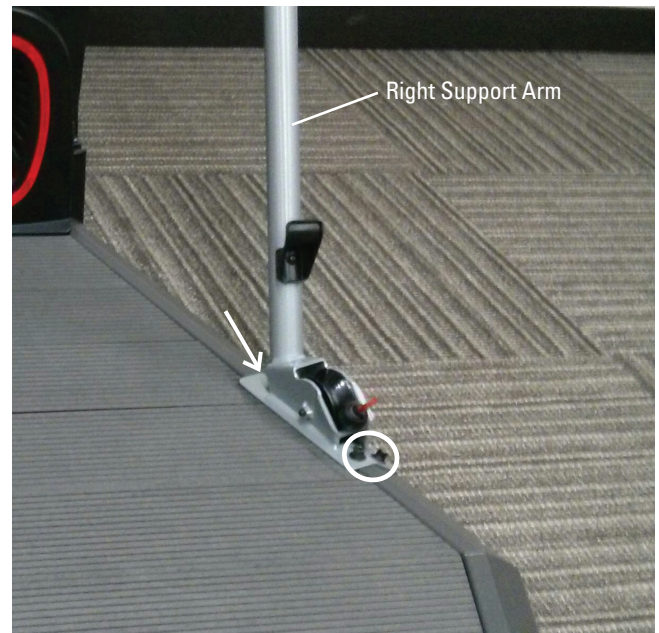
1. Unplug the AC Adapter from the wall outlet and machine.

2. Safely remove the Lower Hand Grips and the Snap Hooks from both sides of the machine.

3. Using a #2 Phillips screwdriver, remove the four indicated screws (with arrows) that secure both of the Lower Pulley Shrouds. Remove them and place outside of the work area.



4. Using a 6mm hex wrench, loosen the 3 indicated screws (with arrow and oval) from each of the Support Arms (Right and Left).



5. Starting with the closest Platform Decking, push it as far as possible toward the Fan Assembly.

6. Continue pushing each piece of the Platform Decking toward the Fan Assembly.



7. With all the Platform Decking fully pushed toward the Fan Assembly, use a Standard Screwdriver to pry up the Platform Decking that is the furthest from the Fan Assembly.

Note: Be sure to place the Platform Decking off to the side in the order it is removed. This will help with re-assembly.

8. Remove the next piece of Platform Decking and place it in the order removed. This will help with re-assembly.

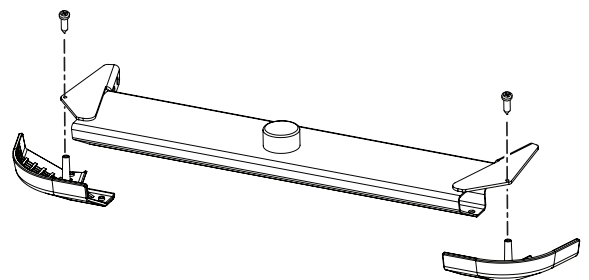


9. Using a 6mm hex wrench, remove the four indicated screws from the Front Platform Frame.

10. Slightly pivot the Platform Frame Assembly upward and safely remove the Front Platform Frame.



11. Flip the Front Platform Frame over. Using a #2 Phillips screwdriver, remove the Platform Corner Shrouds from it.



12. Re-assemble the machine in the reverse order of when the parts were removed. If necessary, consult the Assembly Manual to assist.

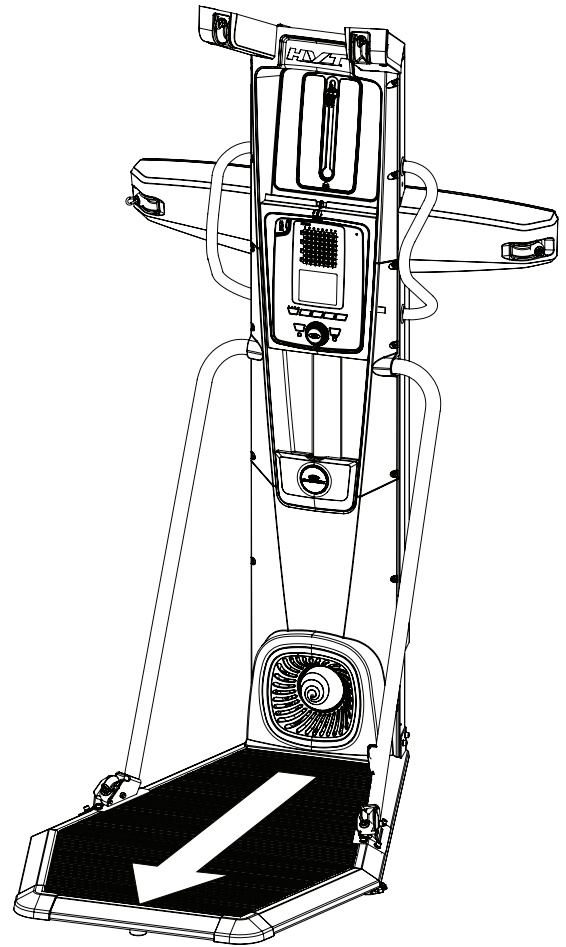
Note: With all of the Platform Decking inserted, fully slide each of them away from the Fan Assembly before fully tightening the hardware for the Support Arms.

13. Final Inspection

Inspect your machine to ensure that all hardware is tight and components are properly assembled.



Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Owner's Manual.




NOTICE: This document provides instructions for the replacement of the Load-Bearing, Floating Pulley on the Bowflex® HVT™ machine.

If you need assistance, please call Bowflex Customer Service at 1-800-605-3369.

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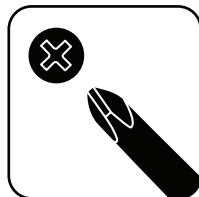
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- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- If replacement parts are necessary, use only genuine Nautilus replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If necessary request replacement warning stickers or placards from Nautilus customer service.
- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety and will void the warranty.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

Tools Required (not included)

#2 Phillips screwdriver



6mm hex wrench



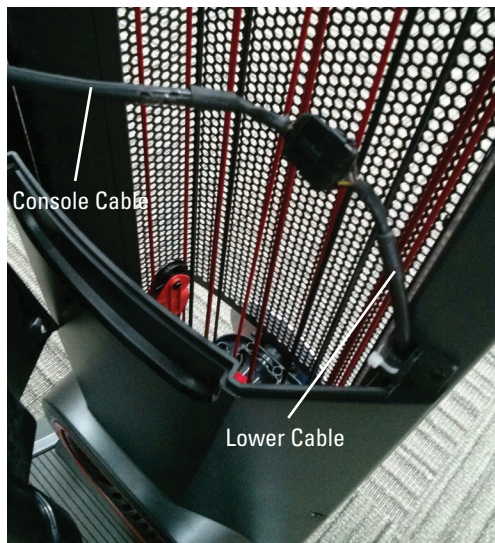
1. Unplug the AC Adapter from the wall outlet and machine.

2. Using a #2 Phillips screwdriver, remove the six indicated (by white ovals) screws from the Console Assembly.

Note: Be prepared to support the Console Assembly.

3. Slightly remove the Console Assembly to expose the Console Cable.

Note: Be sure not to crimp the cable by supporting the Console Assembly.

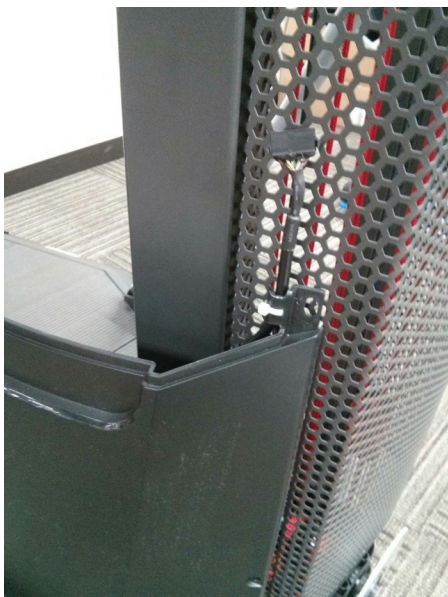


4. Disconnect the Console Cable from the Lower Cable and safely place the Console Assembly out of the work area.

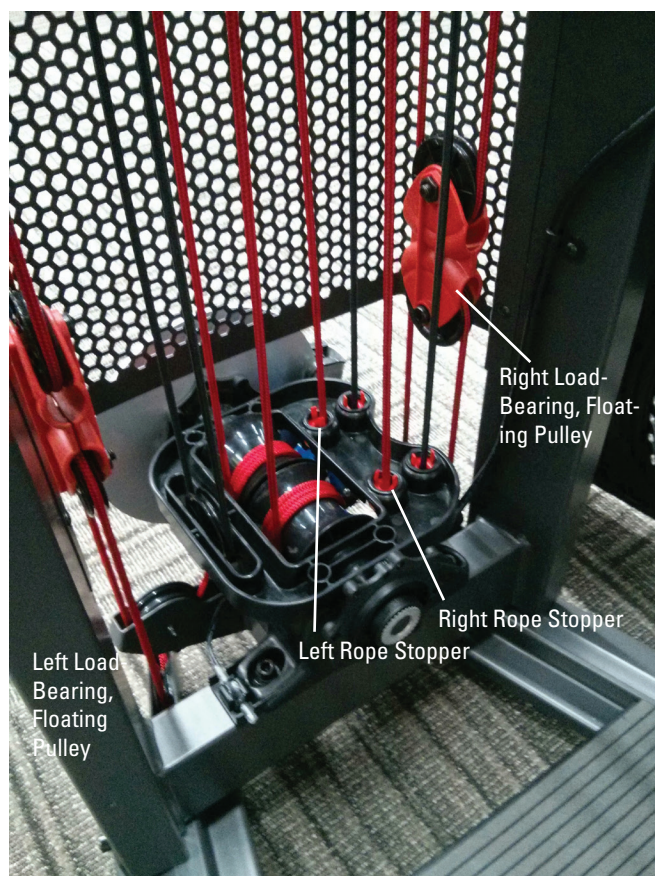
5. Using a #2 Phillips screwdriver, remove the four indicated screws from the Fan Assembly Shroud.



6. The Fan Assembly Shroud has the Lower Cable secured to the upper right corner. Slightly pivot the Fan Assembly Shroud to the right side of the machine without damaging the Lower Cable.



Note: Procedure is the same for each of the Load-Bearing, Floating Pulleys. The Fan is removed for clarity.



7. To reduce the tension on the ropes, pinch the clips together on top of the appropriate Rope Stopper and pull it out from below.



8. Remove the Rope Stopper from the rope, and pull the end of the rope through the frame.

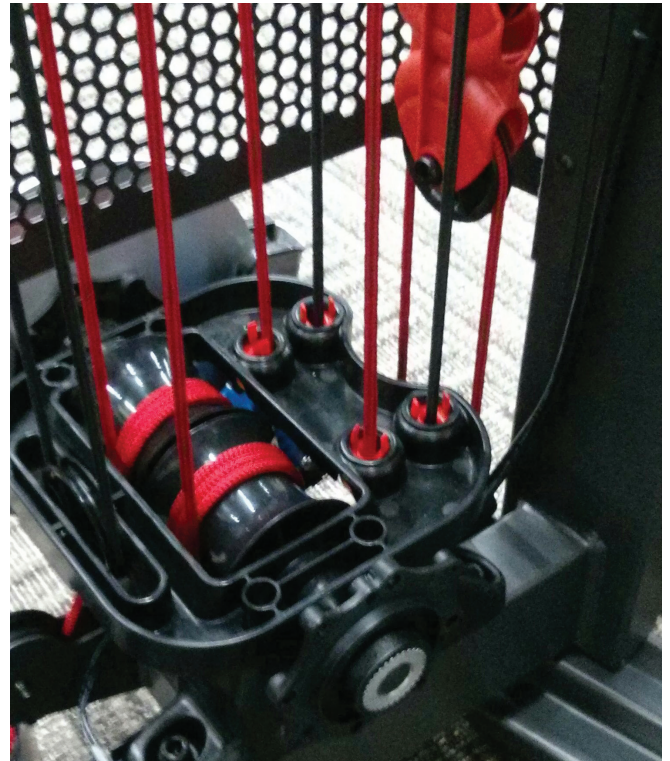
9. Re-attach the Rope Stopper to the end of the rope to keep it from being released any further.

10. Using a 6mm hex wrench, remove the appropriate Pulley to release the rope from the Floating Pulley.

Note: Be sure to note the routing of the rope before removing the Pulley.



11. With the new Load-Bearing, Floating Pulley, route the rope and attach the Pulley exactly as it was before removal on the old Floating Pulley.



12. Repeat with the remaining Pulley, and route and attach the Pulley to the new Floating Pulley.

13. Replace the rope and stopper into the frame and confirm it is correctly routed by trying the Lower or Middle Hand Grips.

14. Re-assemble the machine in the reverse order of when the parts were removed.

15. Final Inspection


Inspect your machine to ensure that all hardware is tight and components are properly assembled.



Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Owner's Manual.


NOTICE: This document provides instructions for the replacement of the Lower Chassis Cable on the Bowflex® HVT™ machine.

If you need assistance, please call Bowflex Customer Service at 1-800-605-3369.

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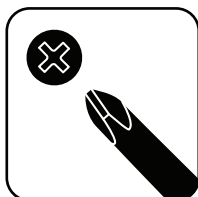
Important Safety Instructions - Before servicing or using this equipment, obey the following warnings:

 **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.**

- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- If replacement parts are necessary, use only genuine Nautilus replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If necessary request replacement warning stickers or placards from Nautilus customer service.
- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety and will void the warranty.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

Tools Required (not included)

#2 Phillips screwdriver



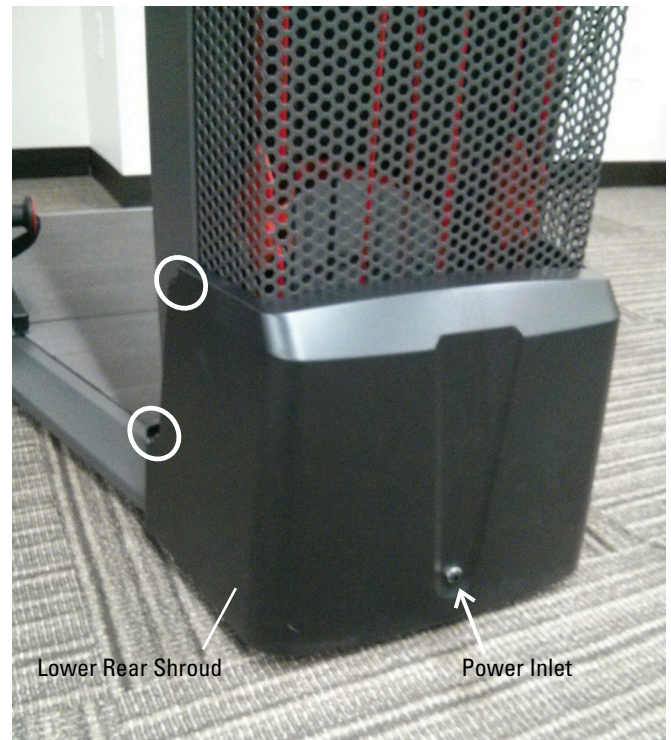
Replacement Zip-Ties (included in kit)

Wire cutters



1. Unplug the AC Adapter from the wall outlet and machine.

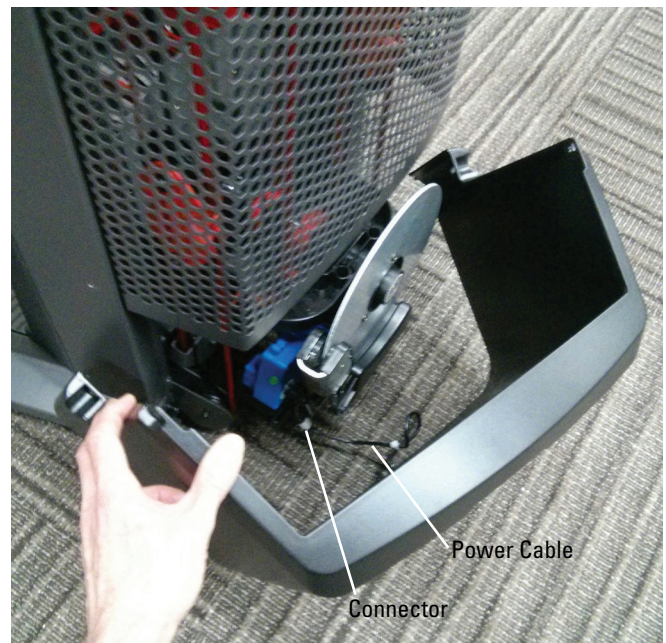
2. Using a #2 Phillips screwdriver, remove the four screws that secure the Lower Rear Shroud- two on the right side (indicated by ovals) and two on the left side (not shown).



3. Slightly remove the Lower Rear Shroud exposing the Power Cable.

Note: The Power Cable is attached to the inside of the Lower Rear Shroud. Be sure not to crimp the cable by placing the Lower Rear Shroud close to the assembly.

4. Disconnect the Power Cable at the connector.



5. Using a #2 Phillips screwdriver, remove the six indicated screws (by ovals) from the Console Assembly.

Note: Be sure to be prepared to support the Console Assembly.

6. Slightly pivot the top of the Console Assembly out to expose the Console Cable.

Note: Be sure not to crimp the cable by supporting the Console Assembly.



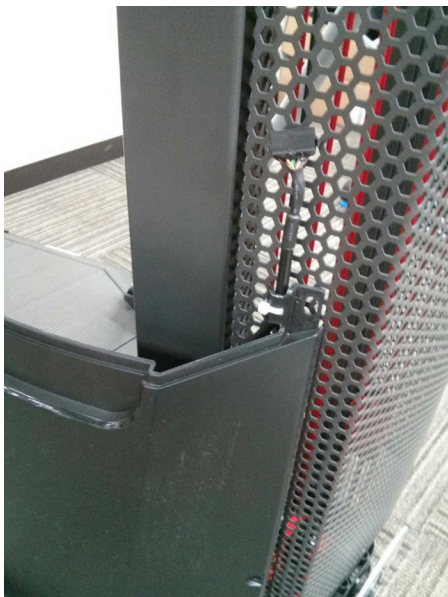
7. Disconnect the Console Cable from the Lower Chassis Cable and safely place the Console Assembly out of the work area.

8. Using a #2 Phillips screwdriver, remove the four indicated screws from the Fan Assembly Shroud.



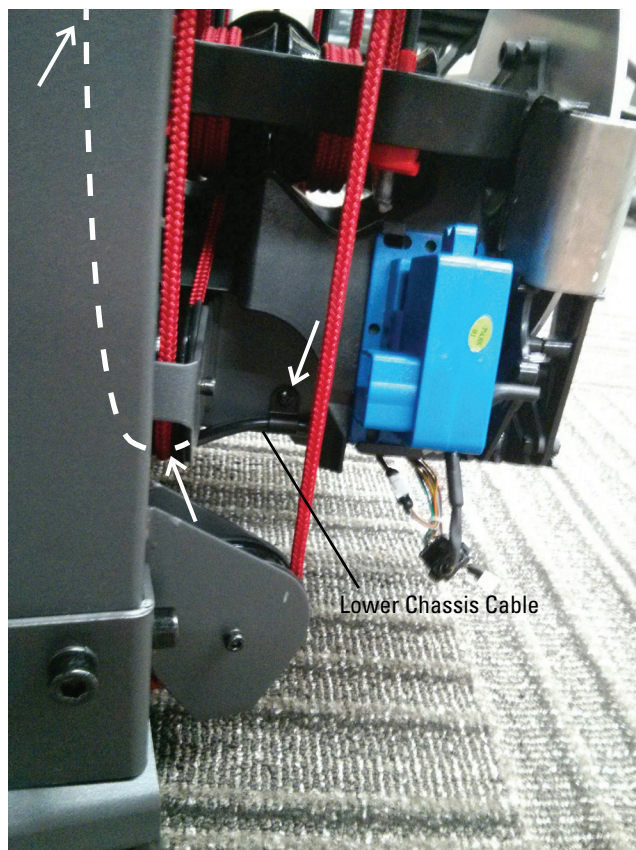
9. The Fan Assembly Shroud has the Lower Chassis Cable secured to the upper right corner. Slightly pivot the Fan Assembly Shroud to the right side of the machine without damaging the Lower Cable.

10. Using a pair of wire cutters, cut the Zip Tie that secures the Lower Chassis Cable and remove it.



11. Using a new Zip-Tie, secure the new Lower Chassis Cable to the Fan Assembly Shroud.

12. Using a #2 Phillips screwdriver, remove the three indicated screws (by arrow) with clips that secure the Lower Cable.



13. Route the new Lower Chassis Cable through the frame following the old Cable.

Note: Fan removed for clarity.

14. Cut the securing Zip-Tie and disconnect the old Lower Chassis Cable. Connect the new Lower Chassis Cable.

Note: Be sure to cut only the Zip-Tie and not any cables.

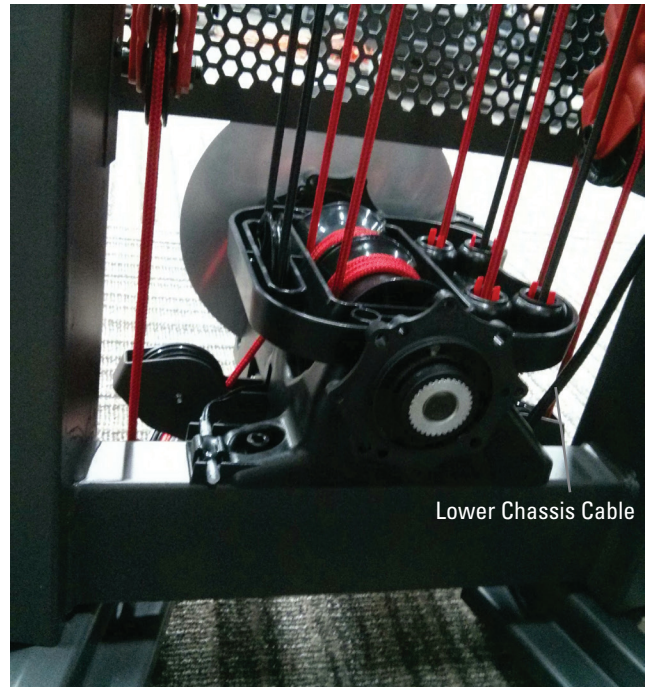
15. Re-assemble the machine in the reverse order of when the parts were removed.

16. Final Inspection

Inspect your machine to ensure that all hardware is tight and components are properly assembled.




Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Owner's Manual.




NOTICE: This document provides instructions for the replacement of the Lower Left Rope on the Bowflex® HVT™ machine.

If you need assistance, please call Bowflex Customer Service at 1-800-605-3369.

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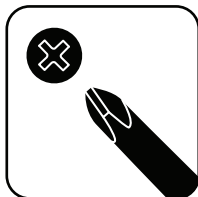
Important Safety Instructions - Before servicing or using this equipment, obey the following warnings:

 **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.**

- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- If replacement parts are necessary, use only genuine Nautilus replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If necessary request replacement warning stickers or placards from Nautilus customer service.
- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety and will void the warranty.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

Tools Required (not included)

#2 Phillips screwdriver

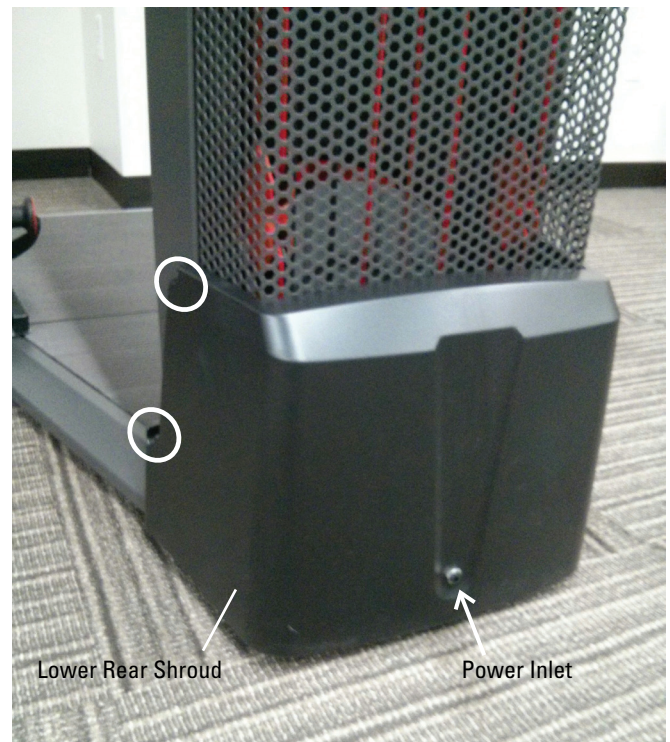


3-4' piece of wire or rope



1. Unplug the AC Adapter from the wall outlet and machine.

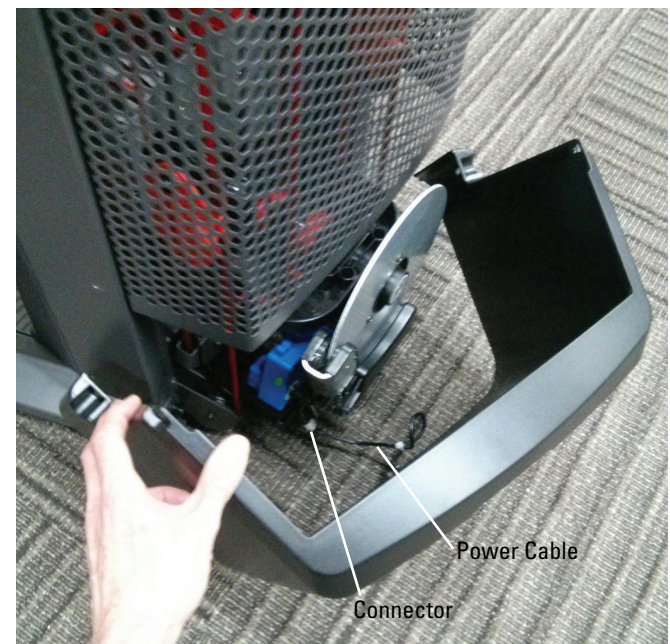
2. Using a #2 Phillips screwdriver, remove the four screws that secure the Lower Rear Shroud- two on the right side (indicated by ovals) and two on the left side (not shown).



3. Slightly remove the Lower Rear Shroud exposing the Power Cable.

Note: The Power Cable is attached to the inside of the Lower Rear Shroud. Be sure not to crimp the cable by placing the Lower Rear Shroud close to the assembly.

4. Disconnect the Power Cable at the connector.



5. Safely remove the left Lower Hand Grip and Snap Hook from the machine.



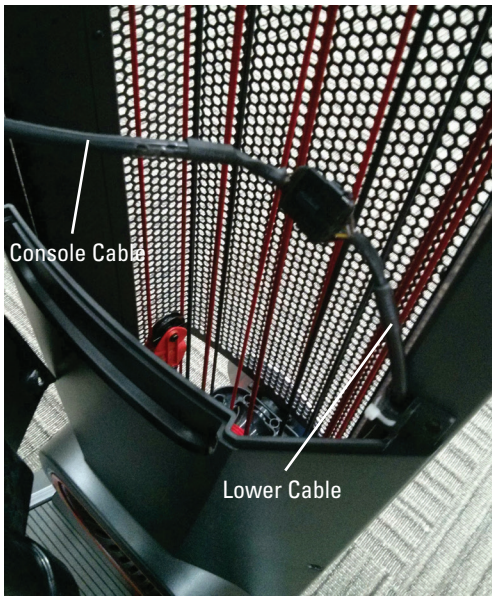
6. Using a #2 Phillips screwdriver, remove the six indicated (by white ovals) screws from the Console Assembly.

Note: Be sure to be prepared to support the Console Assembly.

7. Slightly remove the Console Assembly to expose the Console Cable.

Note: Be sure not to crimp the cable by supporting the Console Assembly.

8. Disconnect the Console Cable from the Lower Cable and safely place the Console Assembly out of the work area.



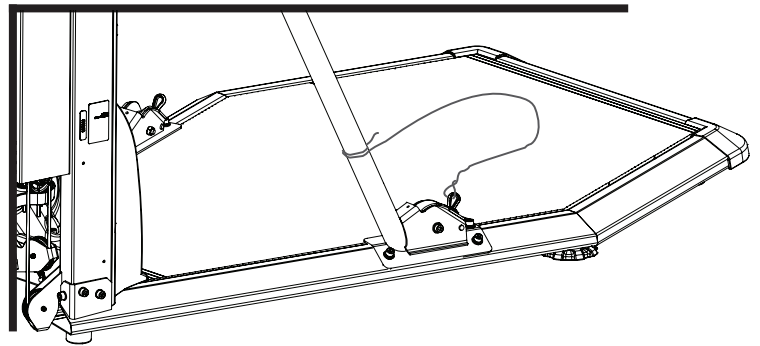
9. Using a #2 Phillips screwdriver, remove the four indicated screws from the Fan Assembly Shroud.



10. The Fan Assembly Shroud has the Lower Cable secured to the upper right corner. Slightly pivot the Fan Assembly Shroud to the right side of the machine without damaging the Lower Cable.



11. With a 3-4' piece of wire or rope, tie one end of it through the loop on the end of the Lower Left Rope. Secure the other end of the wire or rope to the Support Arm. This will ensure it does not get pulled into the Left Platform Frame.



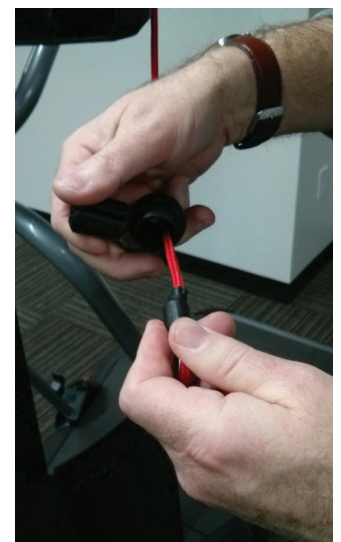
12. Slowly pull out enough of the Lower Rope to be able to remove the Securing Ball from it.

⚠ The Rope will be under tension and will want to pull itself into the Platform Frame. Be sure not to allow any fingers or hands to be pinched.

Note: Photos are only to assist with removing the Securing Ball.

13. Remove the Securing Ball and gently lower the rope into the Platform Frame, releasing it with enough space to not pinch any fingers or hands.

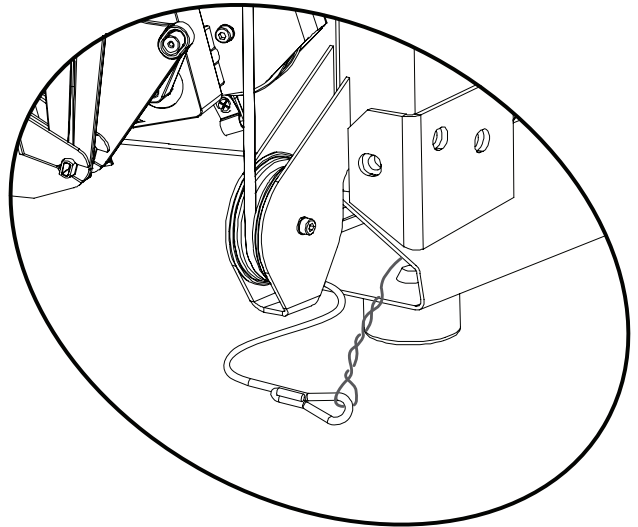
Note: Be sure to observe how the rope routes through the Lower Pulley to assist with re-assembly. To remove the Securing Ball: Slide the Securing Ball up the rope, remove the Center Stopper from the rope, and slide the Securing Ball off the rope.

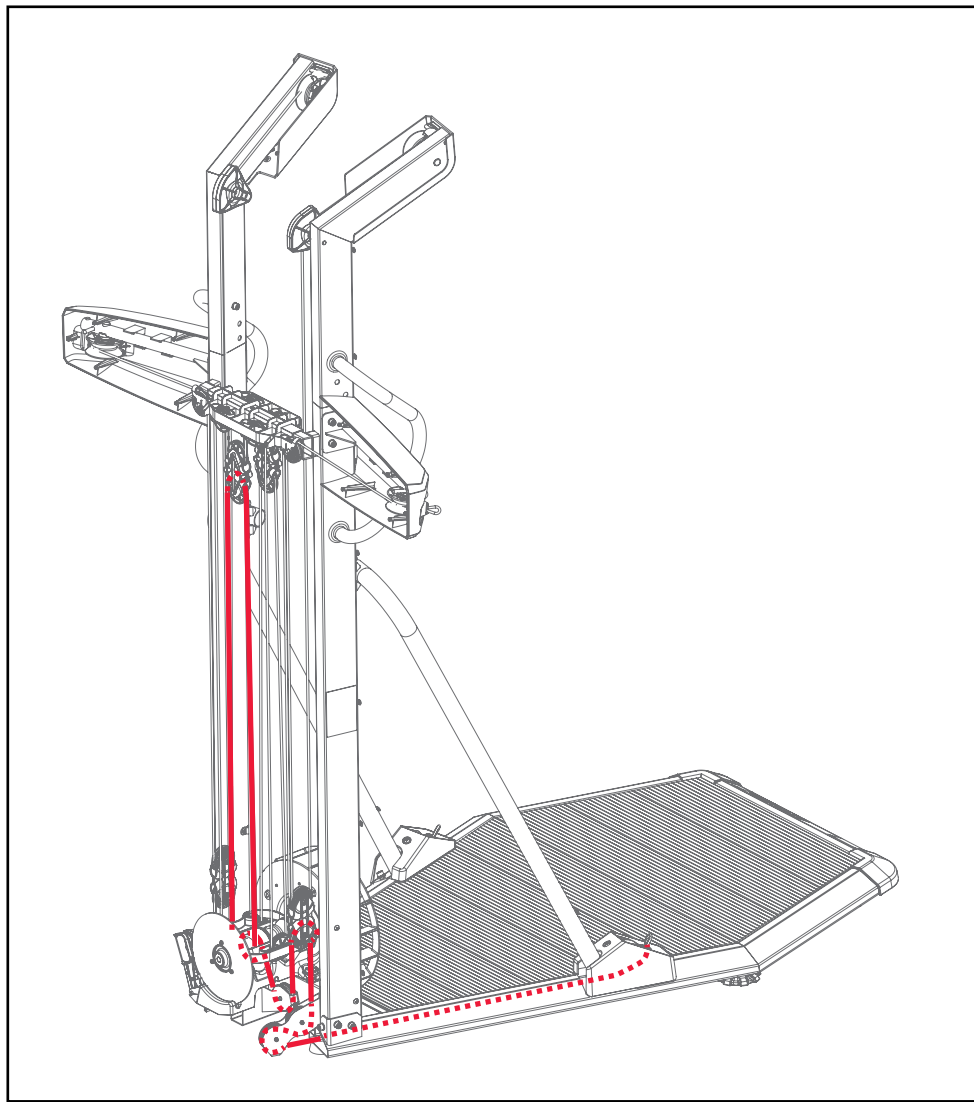


14. From the back of the machine, pull the Lower Rope from the Left Platform Frame.

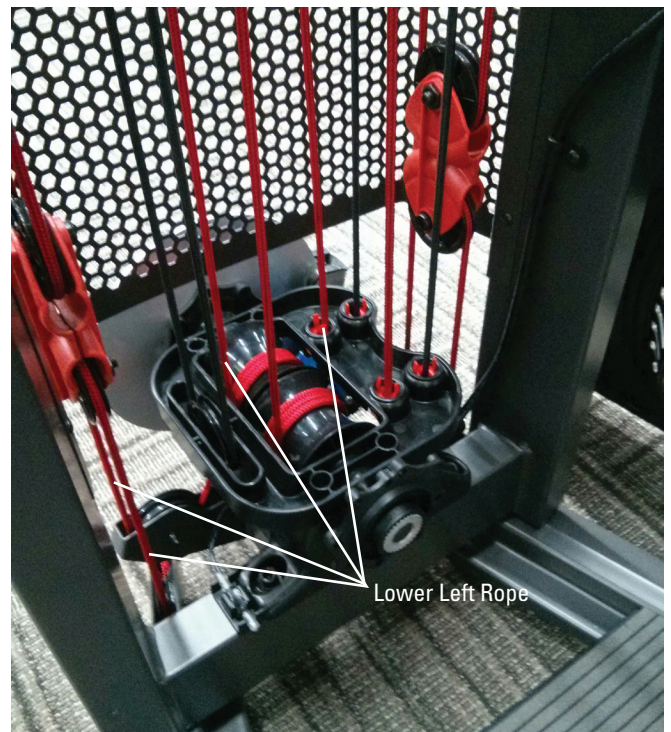
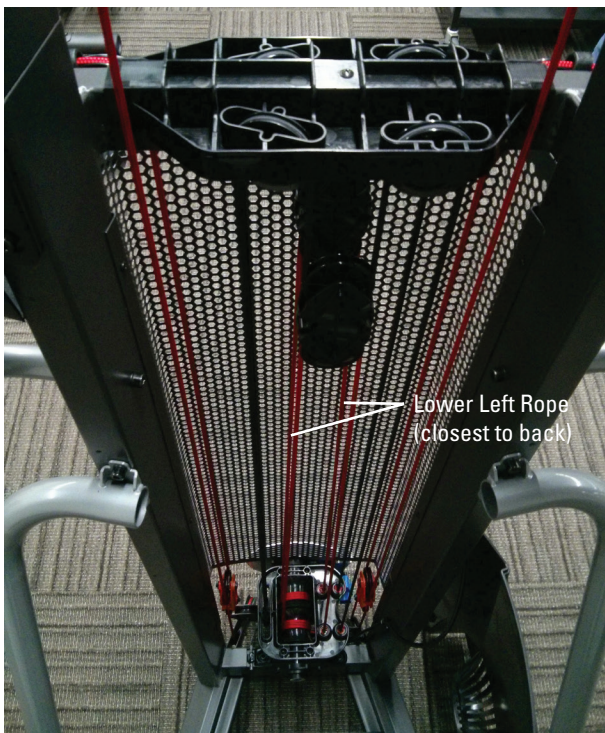


15. Remove the Routing Wire from the old Lower Rope, and secure it to the same end of the new Lower Left Rope.





Lower Left Rope routing to assist with replacement

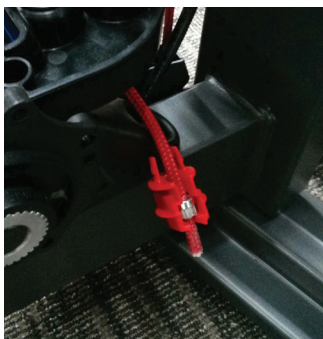


Photos of Lower Left Rope routing to assist with replacement

16. Now go to the other end of the old Lower Left Rope. To release the Lower Left Rope Stopper, pinch the clips together on top of the Cord Stopper and pull it out from below.

Note: The Fan is removed for clarity.

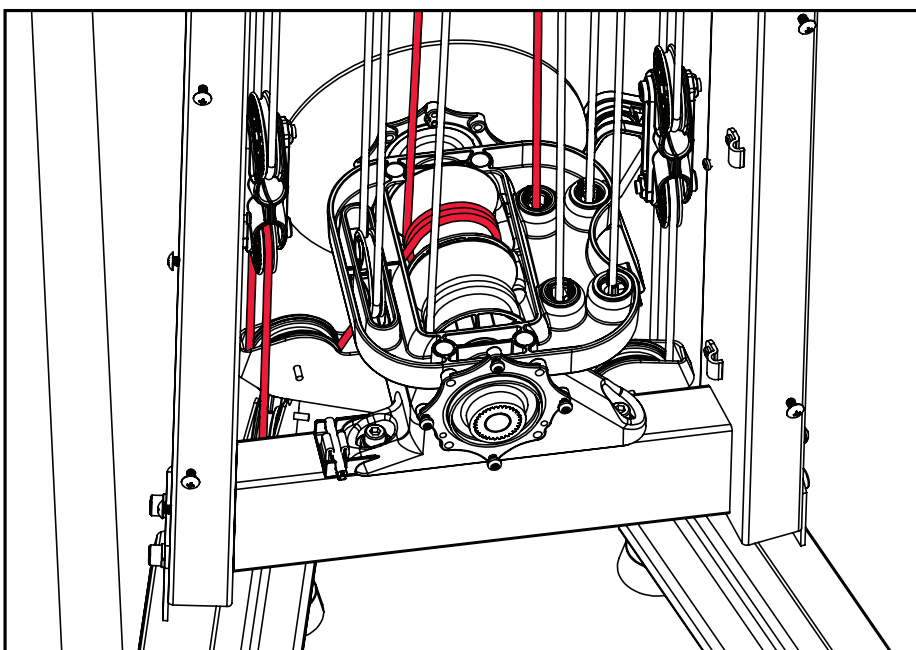
17. Remove the Lower Left Rope Stopper, and pull the end of the rope through the frame.



18. Remove the old Lower Left Rope noting how it routes through the machine.

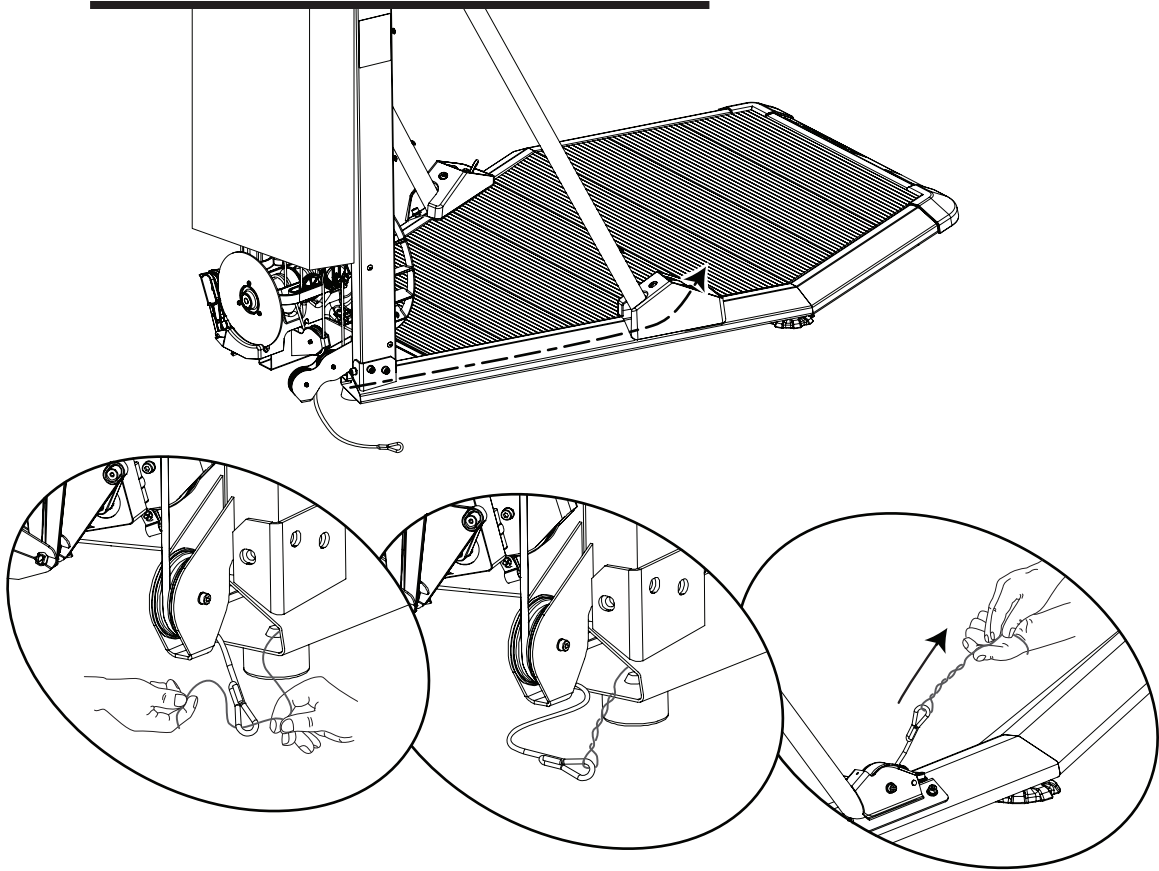
19. With the old rope removed, route the unsecured end of the new Lower Left Rope back through the machine. Be sure to replace it exactly as the old Rope. Use the routing images on the following page to assist.

Note: Be sure the Lower Left Rope comes down behind its three loops around the drive axle before exiting below.



20. To attach the Lower Left Rope Stopper, pull the end of the new Lower Left Rope through the frame and attach the Stopper. Set the Stopper into the frame.

21. Using the routing wire, slowly pull the Lower Left Rope through the Left Platform Frame and attach the Securing Ball.



22. With the Securing Ball attached, safely release the Lower Rope.

23. Re-assemble the machine in the reverse order of when the parts were removed.

24. Final Inspection


Inspect your machine to ensure that all hardware is tight and components are properly assembled.



Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Owner's Manual.


NOTICE: This document provides instructions for the replacement of the Lower Right Rope on the Bowflex® HVT™ machine.

If you need assistance, please call Bowflex Customer Service at 1-800-605-3369.

 **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.**

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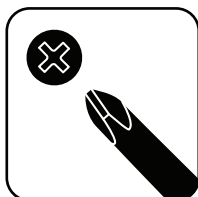
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- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- If replacement parts are necessary, use only genuine Nautilus replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and will void the warranty.
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- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

Tools Required (not included)

#2 Phillips screwdriver

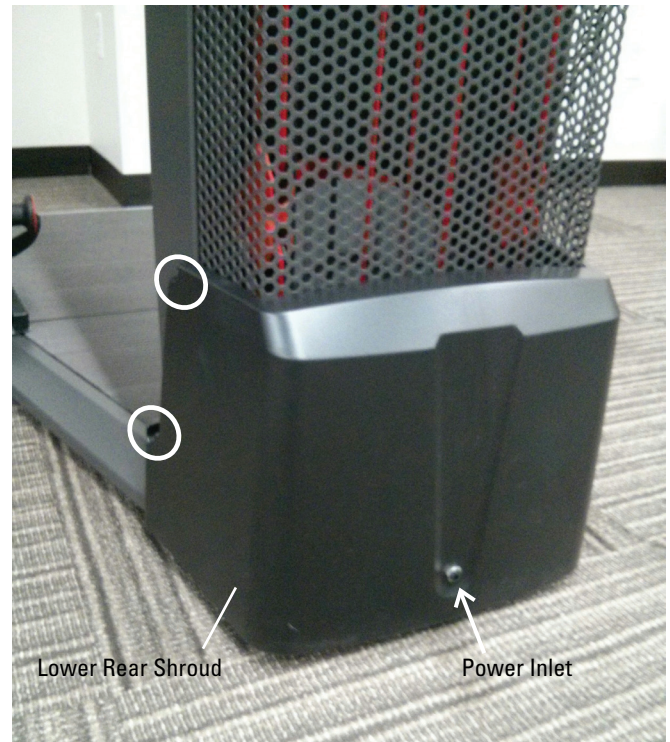


3-4' piece of wire or rope



1. Unplug the AC Adapter from the wall outlet and machine.

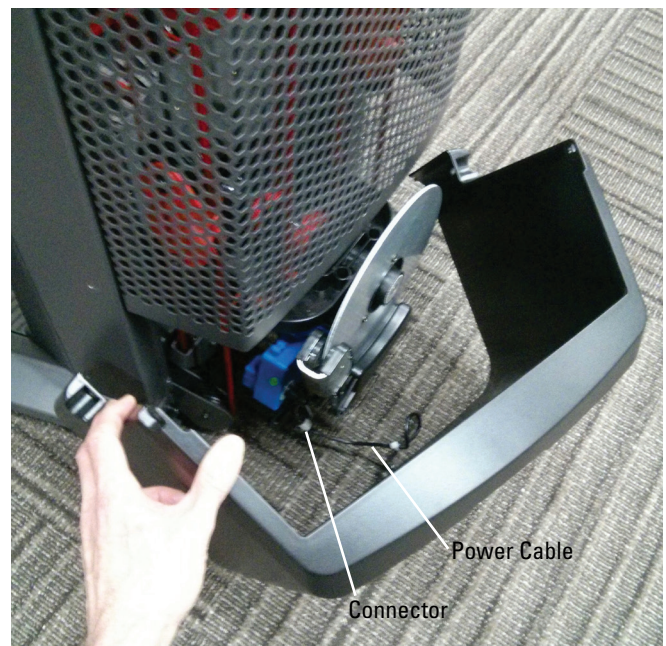
2. Using a #2 Phillips screwdriver, remove the four screws that secure the Lower Rear Shroud- two on the right side (indicated by ovals) and two on the left side (not shown).



3. Slightly remove the Lower Rear Shroud exposing the Power Cable.

Note: The Power Cable is attached to the inside of the Lower Rear Shroud. Be sure not to crimp the cable by placing the Lower Rear Shroud close to the assembly.

4. Disconnect the Power Cable at the connector.



5. Safely remove the Right Lower Hand Grip and Snap Hook from the machine.



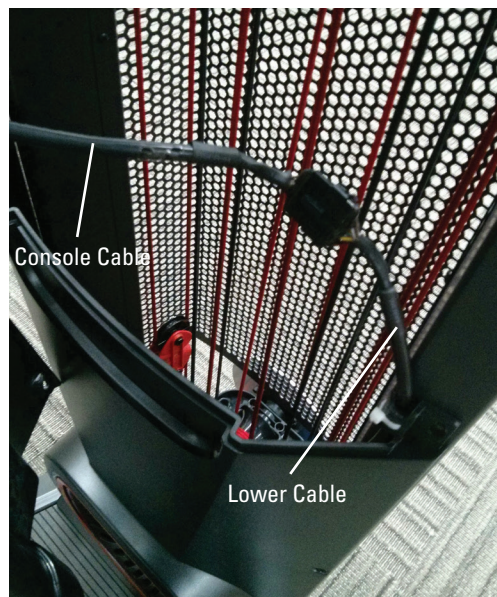
6. Using a #2 Phillips screwdriver, remove the six indicated (by white ovals) screws from the Console Assembly.

Note: Be sure to be prepared to support the Console Assembly.

7. Slightly remove the Console Assembly to expose the Console Cable.

Note: Be sure not to crimp the cable by supporting the Console Assembly.

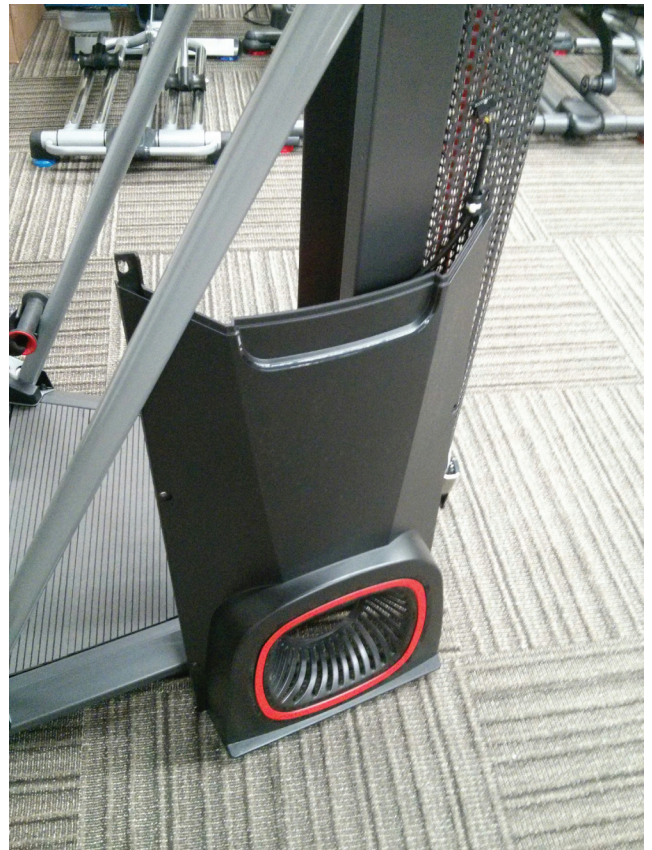
8. Disconnect the Console Cable from the Lower Cable and safely place the Console Assembly out of the work area.



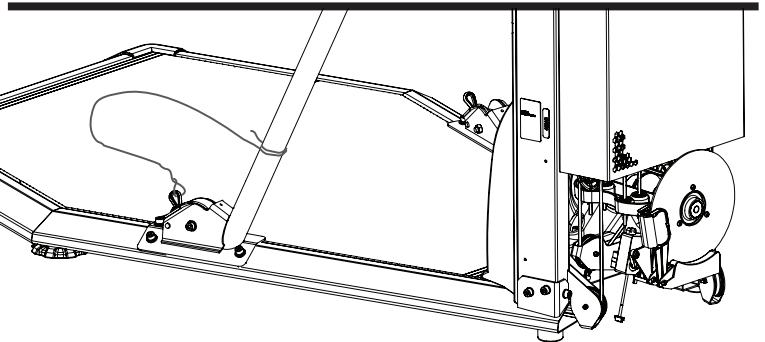
9. Using a #2 Phillips screwdriver, remove the four indicated screws from the Fan Assembly Shroud.



10. The Fan Assembly Shroud has the Lower Cable secured to the upper right corner. Slightly pivot the Fan Assembly Shroud to the right side of the machine without damaging the Lower Cable.



11. With a 3-4' piece of wire or rope, tie one end of it through the loop on the end of the Lower Right Rope. Secure the other end of the wire or rope to the Support Arm. This will ensure it does not get pulled into the Right Platform Frame.



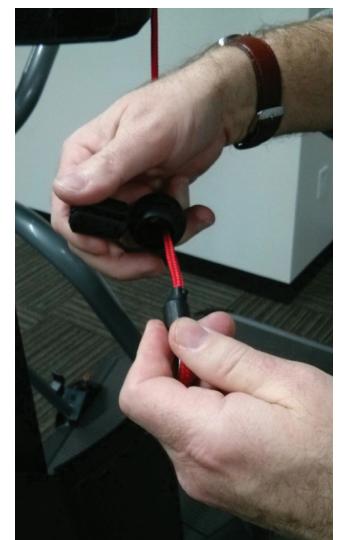
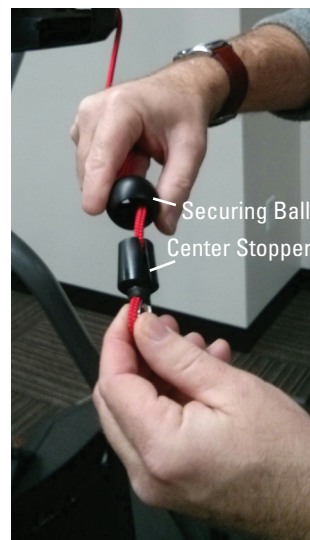
12. Slowly pull out enough of the Lower Rope to be able to remove the Securing Ball from it.

⚠ The Rope will be under tension and will want to pull itself into the Platform Frame. Be sure not to allow any fingers or hands to be pinched.

Note: Photos are only to assist with removing the Securing Ball.

13. Remove the Securing Ball and gently lower the rope into the Platform Frame, releasing it with enough space to not pinch any fingers or hands.

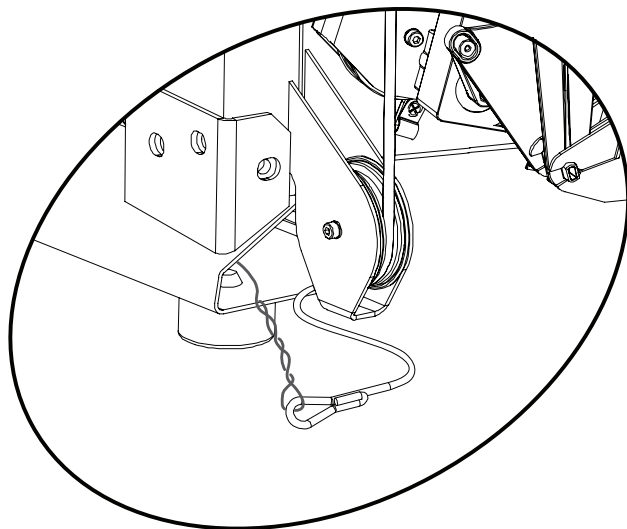
Note: Be sure to observe how the rope routes through the Lower Pulley to assist with re-assembly. To remove the Securing Ball: Slide the Securing Ball up the rope, remove the Center Stopper from the rope, and slide the Securing Ball off the rope.



14. From the back of the machine, pull the Lower Rope from the Right Platform Frame.



15. Remove the Routing Wire from the old Lower Rope, and secure it to the same end of the new Lower Right Rope.



16. Now go to the other end of the old Lower Right Rope. To release the Lower Right Rope Stopper, pinch the clips together on top of the Cord Stopper and pull it out from below.

Note: The Fan is removed for clarity.

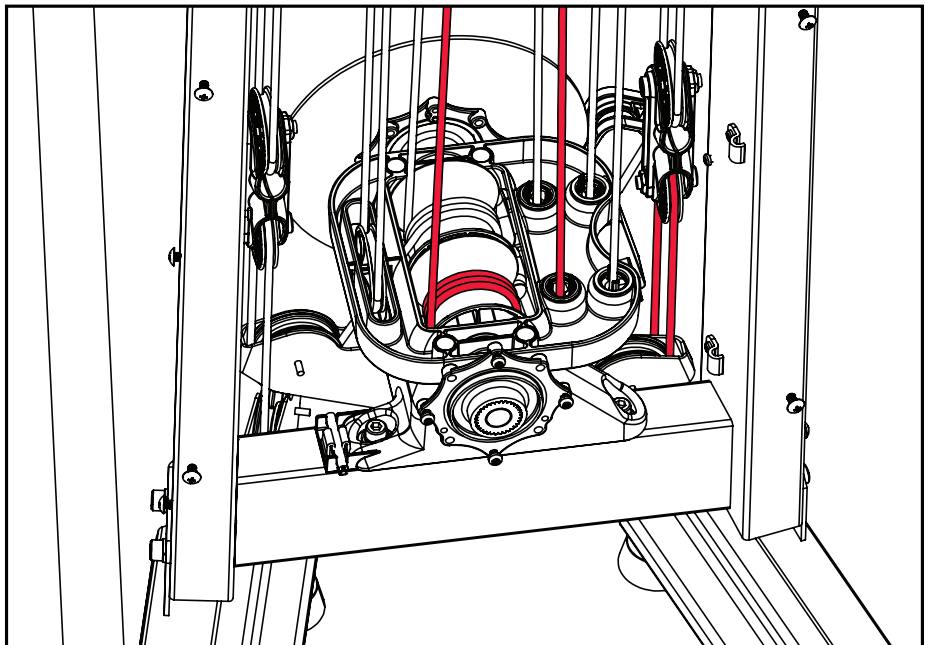
17. Remove the Lower Right Rope Stopper, and pull the end of the rope through the frame.

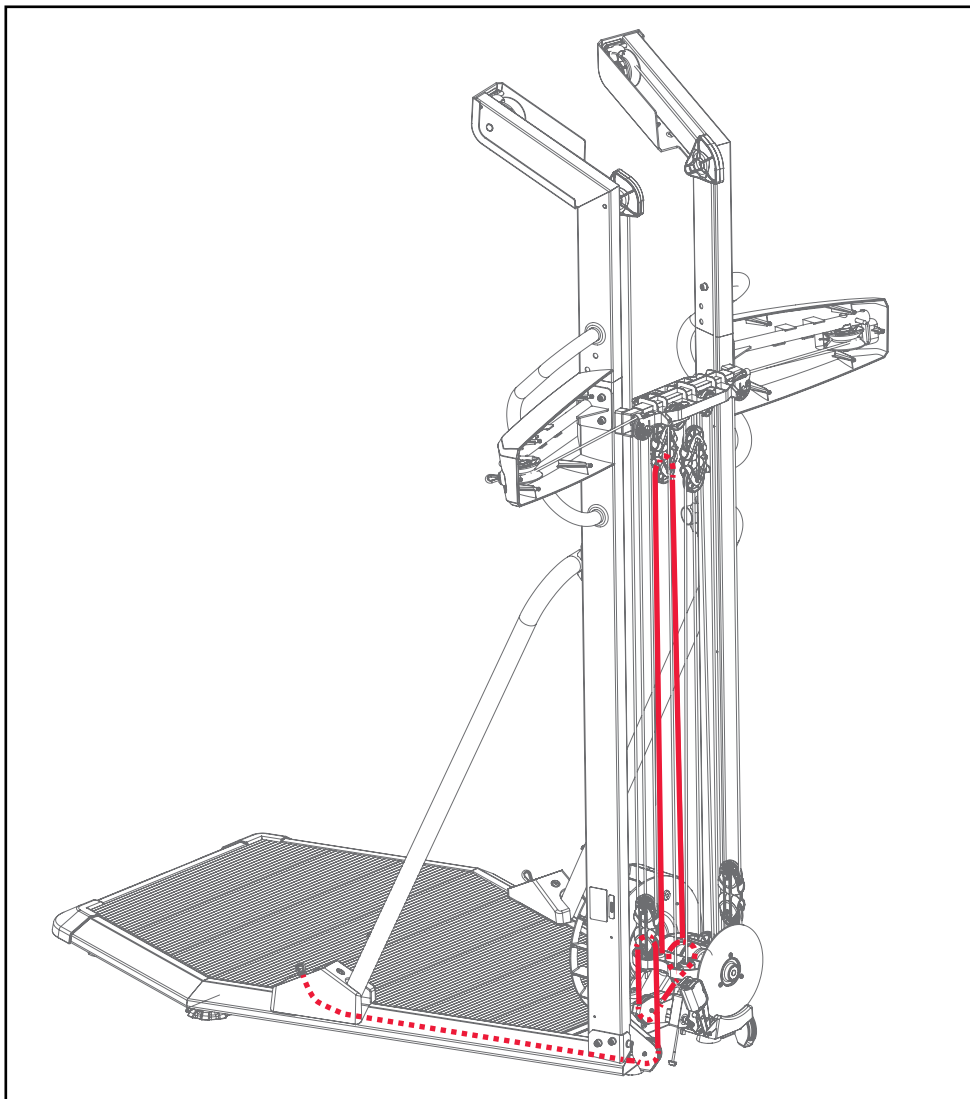


18. Remove the old Lower Right Rope noting how it routes through the machine.

19. With the old rope removed, route the unsecured end of the new Lower Right Rope back through the machine. Be sure to replace it exactly as the old Rope. Use the routing images on the following page to assist.

Note: Be sure the Lower Right Rope comes down before its three loops around the drive axle before exiting below.





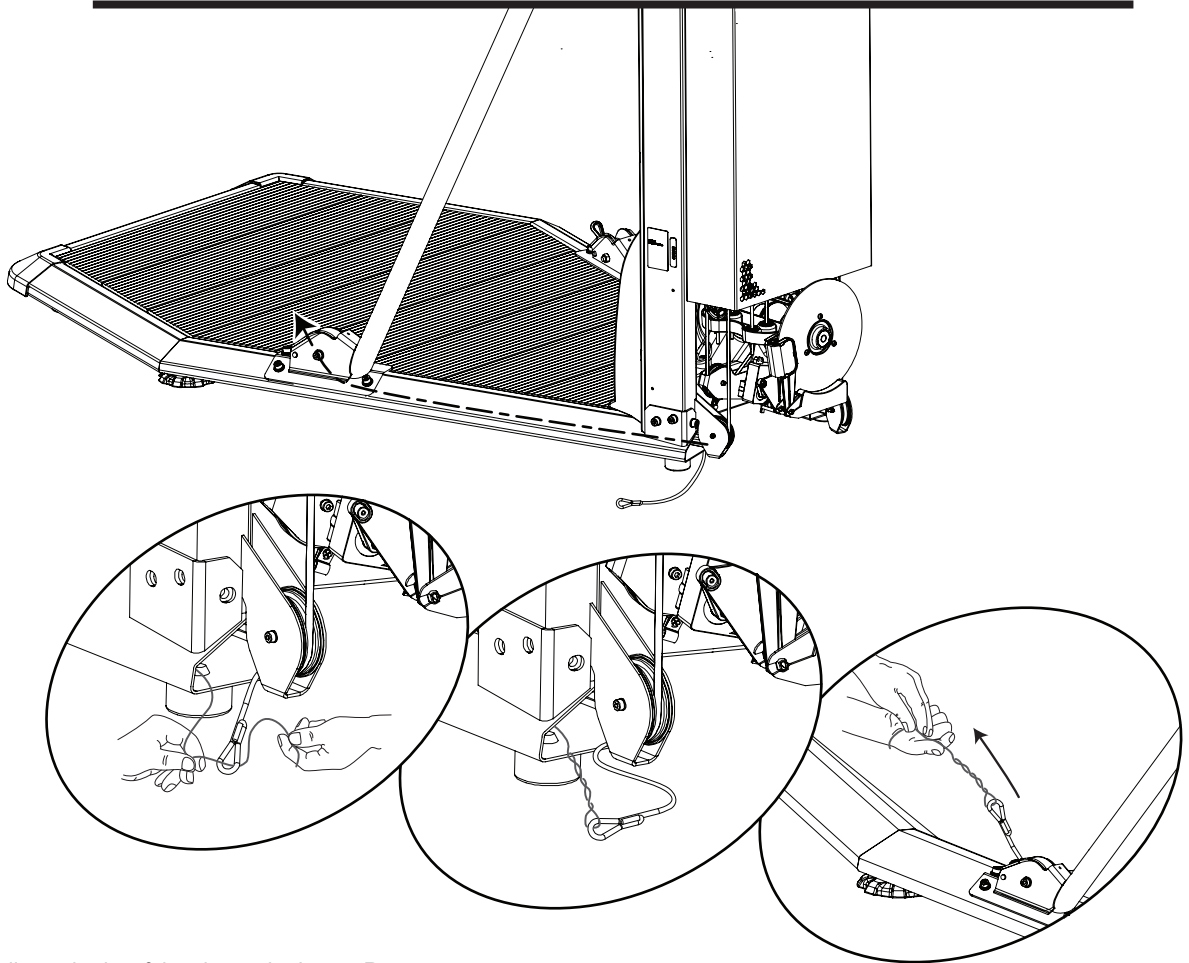
Lower Right Rope routing to assist with replacement



Photos of Lower Right Rope routing to assist with replacement

20. To attach the Lower Right Rope Stopper, pull the end of the new Lower Right Rope through the frame and attach the Stopper. Set the Stopper into the frame.

21. Using the routing wire, slowly pull the Lower Right Rope through the Right Platform Frame and attach the Securing Ball.



22. With the Securing Ball attached, safely release the Lower Rope.

23. Re-assemble the machine in the reverse order of when the parts were removed.

24. Final Inspection


Inspect your machine to ensure that all hardware is tight and components are properly assembled.



Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Owner's Manual.


NOTICE: This document provides instructions for the replacement of the Low-Tension, Floating Pulley on the Bowflex® HVT™ machine.

If you need assistance, please call Bowflex Customer Service at 1-800-605-3369.

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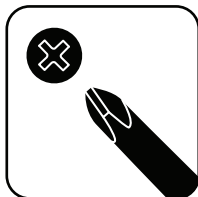
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- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- If replacement parts are necessary, use only genuine Nautilus replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and will void the warranty.
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- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

Tools Required (not included)

#2 Phillips screwdriver



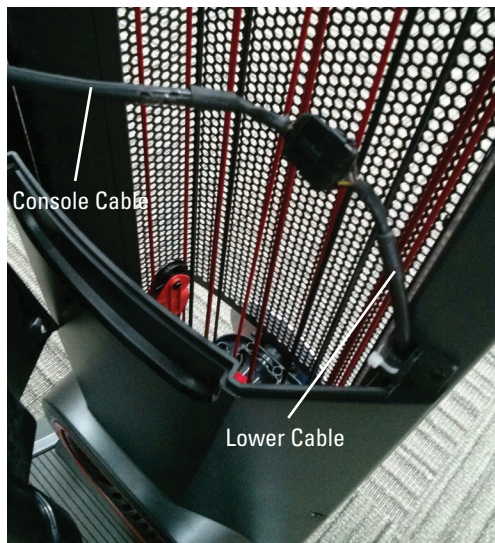
1. Unplug the AC Adapter from the wall outlet and machine.

2. Using a #2 Phillips screwdriver, remove the six indicated (by white ovals) screws from the Console Assembly.

Note: Be prepared to support the Console Assembly.

3. Slightly remove the Console Assembly to expose the Console Cable.

Note: Be sure not to crimp the cable by supporting the Console Assembly.



4. Disconnect the Console Cable from the Lower Cable and safely place the Console Assembly out of the work area.

5. Using a #2 Phillips screwdriver, remove the four indicated screws from the Fan Assembly Shroud.



6. The Fan Assembly Shroud has the Lower Cable secured to the upper right corner. Slightly pivot the Fan Assembly Shroud to the right side of the machine without damaging the Lower Cable.



Note: Procedure is the same for each of the Low-Tension, Floating Pulleys. The Fan is removed for clarity.

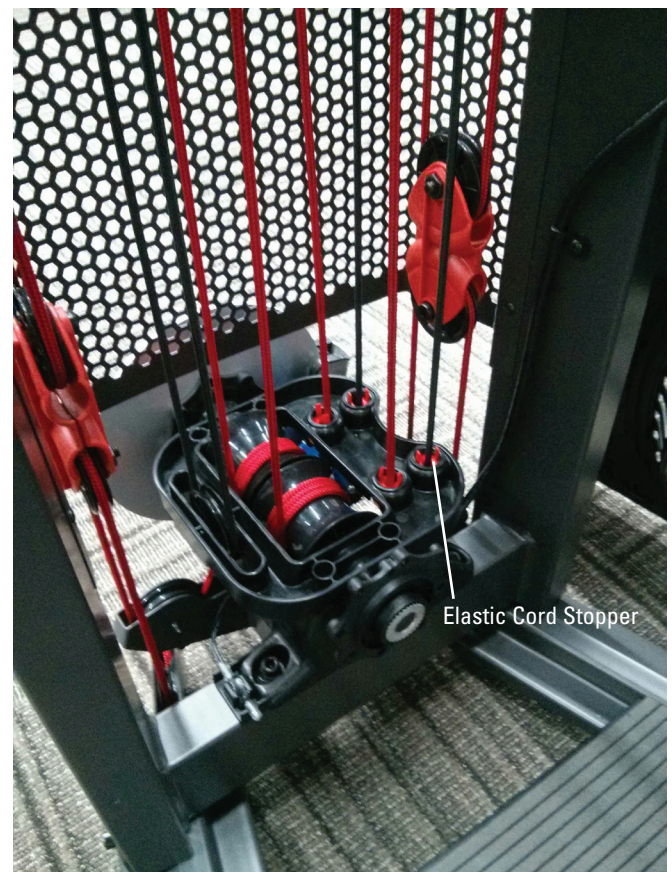
7. To reduce the tension, pinch the clip together on top of the Elastic Cord Stopper and pull it out from below.

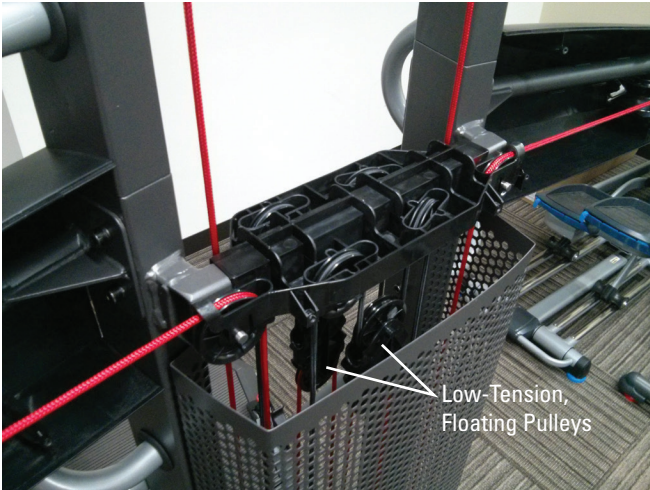
8. Remove the Elastic Cord Stopper from the cord, and pull the end of it through the frame.

9. Re-attach the Elastic Cord Stopper to the end of the Elastic Cord to keep it from being released any further.



Note: Image shows the Lower Right Rope Stopper removed.





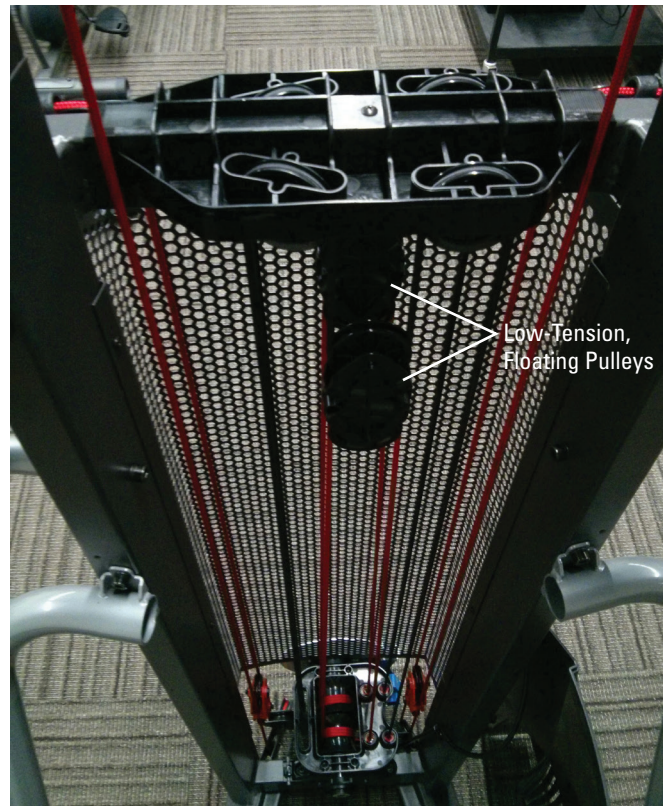
Note: Rear Upper Shroud removed for clarity.

10. Using a #2 Phillips screwdriver, remove the appropriate Pulley from the Low-Tension, Floating Pulley.

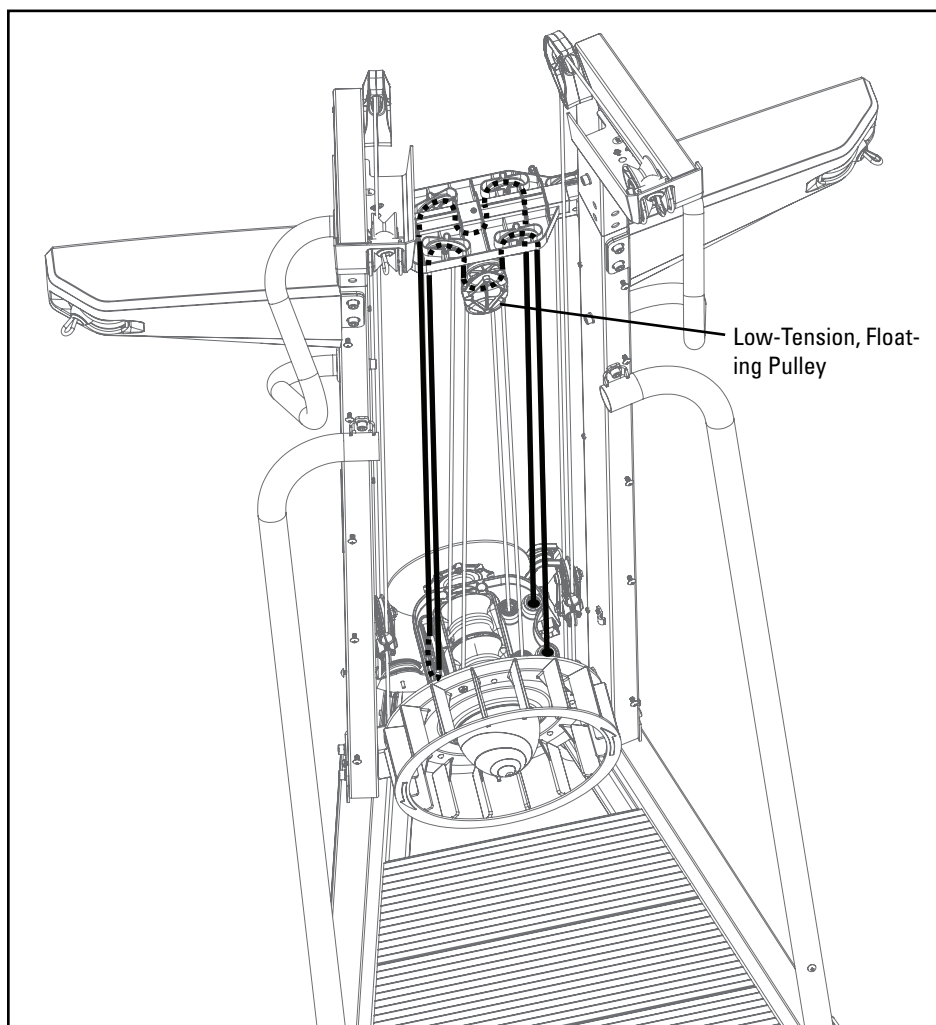
Note: Be sure to note the routing of the rope before removing the Pulley.

11. With the new Low-Tension, Floating Pulley, route the rope and attach the Pulley exactly as it was before removal on the old Floating Pulley.

12. Repeat with the remaining Pulley, and route and attach it to the new Floating Pulley.



Note: These images show the removal of the Load-Bearing, Floating Pulley The assembly is similar to the Low-Tension, Floating Pulleys except for hardware.



Elastic Cord routing through the Low-Tension, Floating Pulleys

13. Replace the rope and stopper into the frame and confirm it is correctly routed by trying the Lower or Middle Hand Grips.

14. Re-assemble the machine in the reverse order of when the parts were removed.

15. Final Inspection

Inspect your machine to ensure that all hardware is tight and components are properly assembled.



Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Owner's Manual.


NOTICE: This document provides instructions for the replacement of the Middle Pulley Arm on the Bowflex® HVT™ machine.

If you need assistance, please call Bowflex Customer Service at 1-800-605-3369.

 **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.**

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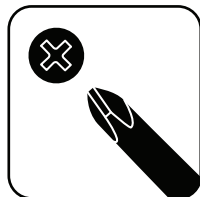
Important Safety Instructions - Before servicing or using this equipment, obey the following warnings:

 **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.**

- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- If replacement parts are necessary, use only genuine Nautilus replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If necessary request replacement warning stickers or placards from Nautilus customer service.
- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety and will void the warranty.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

Tools Required (not included)

#2 Phillips screwdriver



6mm hex wrench



1. Unplug the AC Adapter from the wall outlet and machine.

2. Using a #2 Phillips screwdriver, remove the six indicated screws (by white ovals) from the Console Assembly.

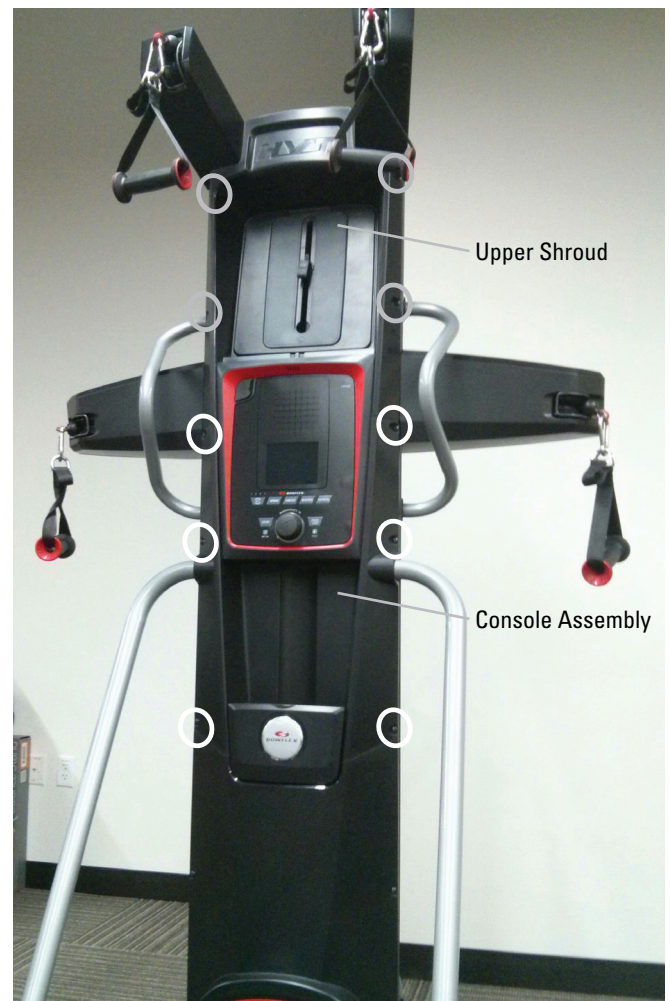
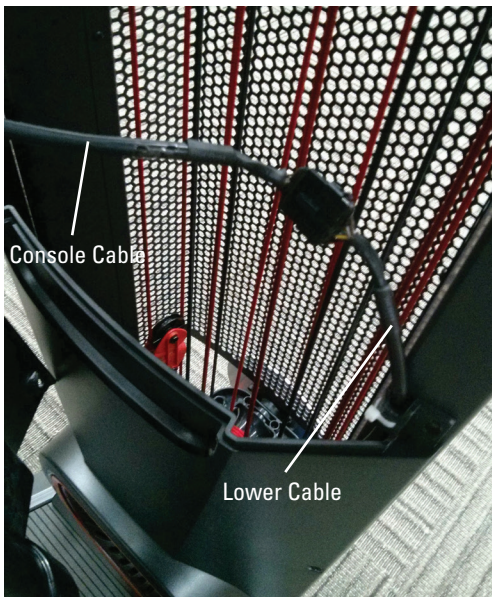
Note: Be prepared to support the Console Assembly.

3. Slightly pivot the top of the Console Assembly out to expose the Console Cable.

Note: Be sure not to crimp the cable by supporting the Console Assembly.

4. Using a #2 Phillips screwdriver, remove the four screws (by grey ovals) from the Upper Shroud.

Note: Be prepared to support the Upper Shroud.

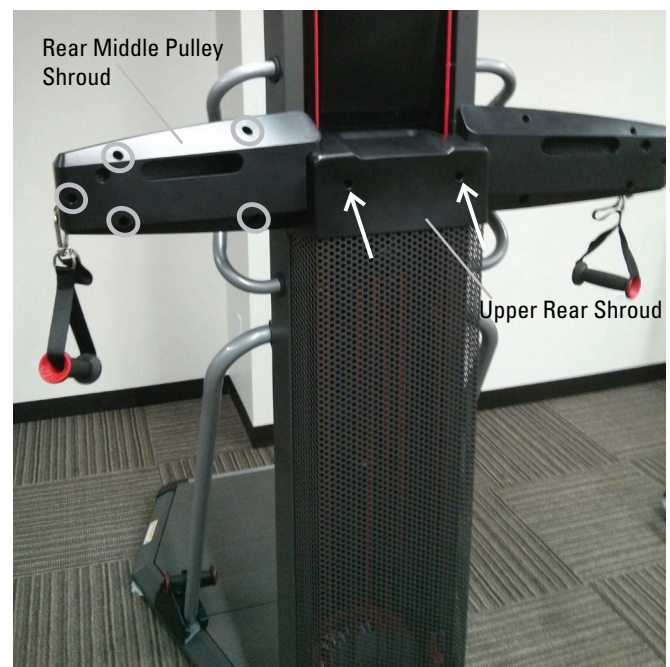


5. Disconnect the Console Cable from the Lower Cable and safely place the Console Assembly out of the work area.

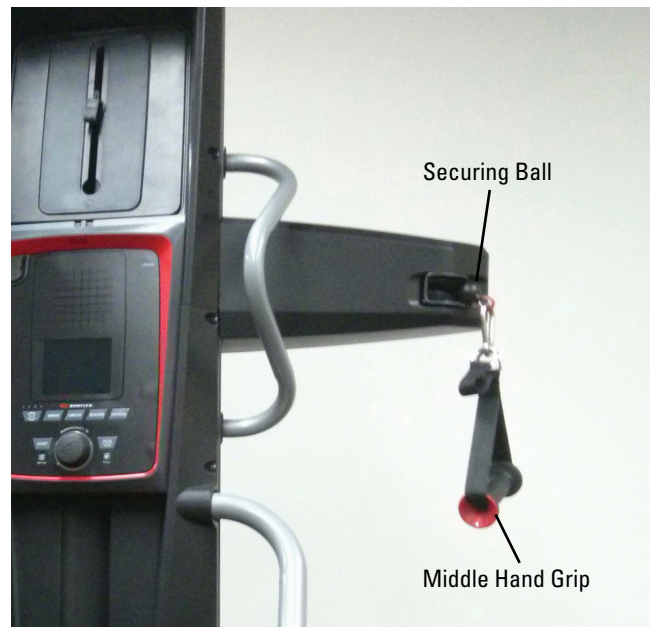
6. Using a #2 Phillips screwdriver, remove the 5 indicated screws (by ovals) from each of the Rear Middle Pulley Shrouds and place them outside the work area.

7. Using a #2 Phillips screwdriver, remove the two indicated screws (by arrows) from the Upper Rear Shroud.

8. Remove the Upper Rear Shroud and place out of the work area.



9. Safely remove the Middle Hand Grip and the Snap Hook from the Middle Pulley Arm being replaced.

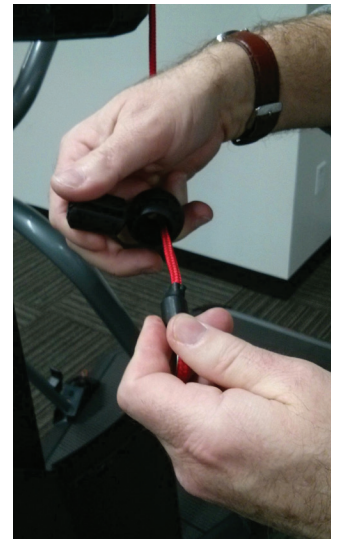
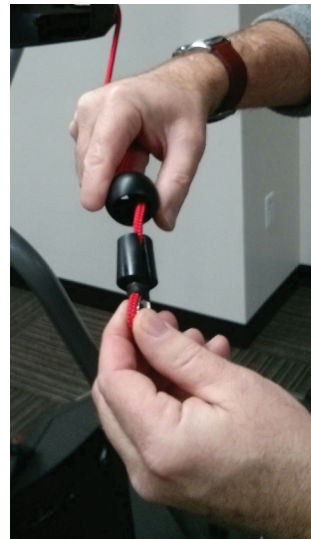


10. Slowly pull out enough of the Middle Rope to be able to remove the Securing Ball from it.

⚠ The Rope will be under tension and will want to pull itself into the Middle Pulley Shroud. Be sure not to allow fingers or hands to be pinched.

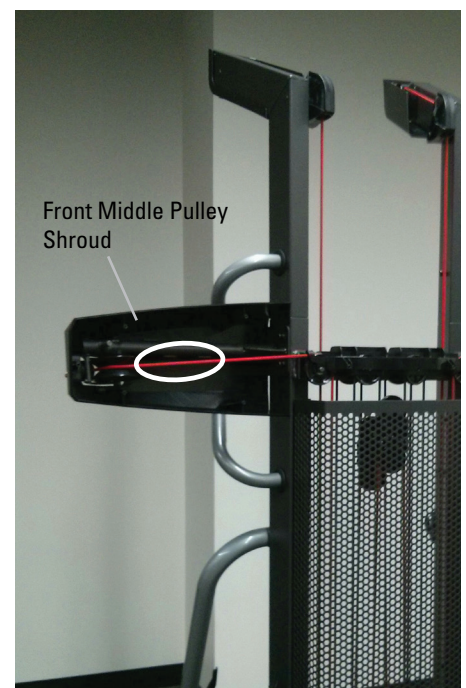
11. While keeping the rope from retracting, remove the Securing Ball from the rope. Do not release the rope until instructed.

Note: Be sure to observe how the rope routes through the Middle Pulley to assist with re-assembly. To remove the Securing Ball: Slide the Securing Ball up the rope, remove the Center Stopper from the rope, and slide the Securing Ball off the rope.

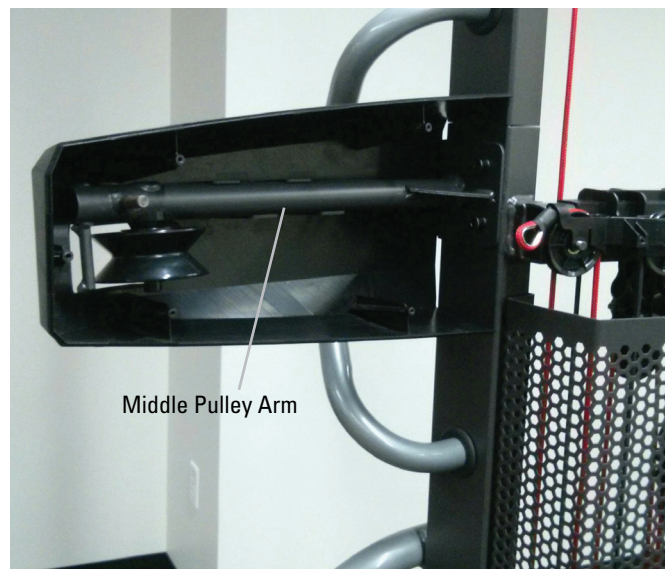


12. With your free hand, grasp the rope behind the Front Middle Pulley Shroud so it will not retract. Release the other end of the rope and pull it out of the Middle Pulley Arm.

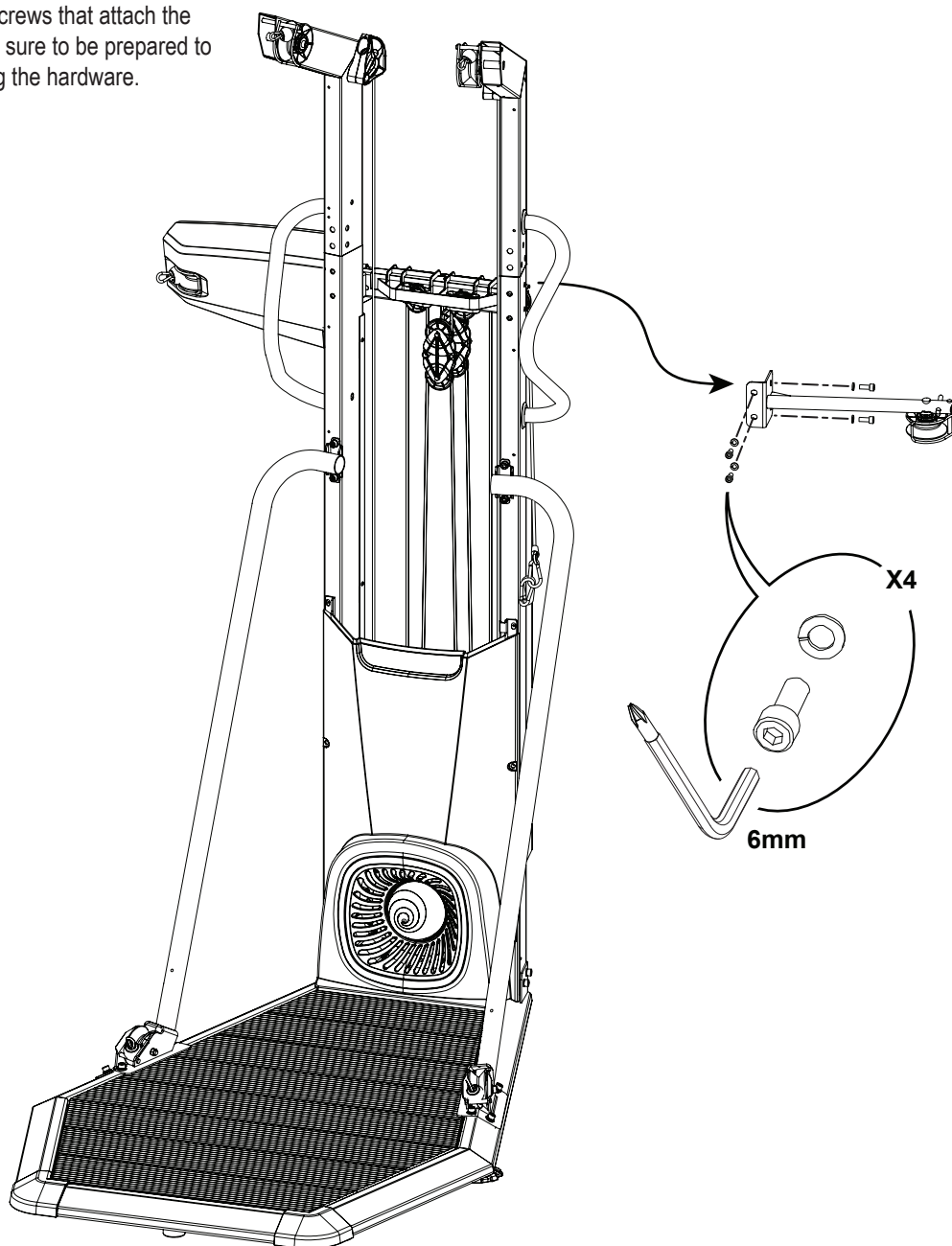
Note: Be sure not to pinch any fingers or hands.



13. Remove the Front Middle Pulley Shroud from the Middle Pulley Arm and place outside the work area.



14. Using a 6mm hex wrench, remove the 4 screws that attach the Middle Pulley Arm to the Frame Assembly. Be sure to be prepared to support the weight of the Arm before removing the hardware.



15. Re-assemble the machine in the reverse order of when the parts were removed.

16. Final Inspection


Inspect your machine to ensure that all hardware is tight and components are properly assembled.



Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Owner's Manual.


NOTICE: This document provides instructions for the replacement of a Plain Bearing Pulley on the Bowflex® HVT™ machine.

If you need assistance, please call Bowflex Customer Service at 1-800-605-3369.

 **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.**

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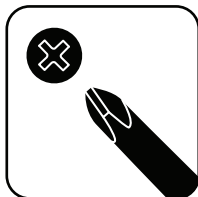
Important Safety Instructions - Before servicing or using this equipment, obey the following warnings:

 **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.**

- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- If replacement parts are necessary, use only genuine Nautilus replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If necessary request replacement warning stickers or placards from Nautilus customer service.
- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety and will void the warranty.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

Tools Required (not included)

#2 Phillips screwdriver



Rubber mallet



1. Unplug the AC Adapter from the wall outlet and machine.

2. Using a #2 Phillips screwdriver, remove the 5 indicated screws (by ovals) from each of the Rear Middle Pulley Shrouds and place them outside the work area.

3. Using a #2 Phillips screwdriver, remove the two indicated screws from the Upper Rear Shroud.

4. Remove the Upper Rear Shroud and place out of the work area.

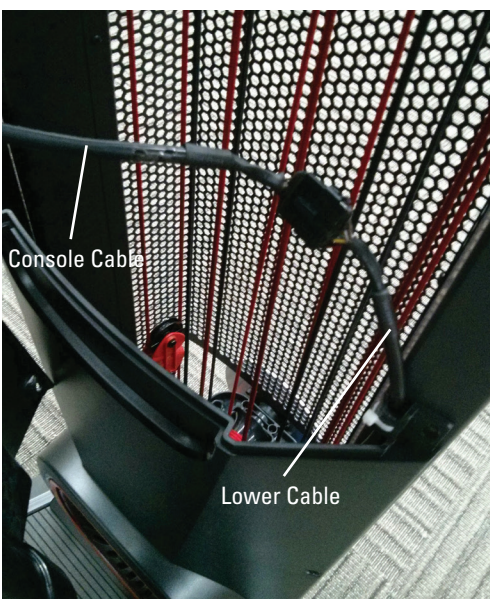
5. Using a #2 Phillips screwdriver, remove the six indicated screws (by white ovals) from the Console Assembly.

Note: Be prepared to support the Console Assembly.

6. Slightly pivot the top of the Console Assembly out to expose the Console Cable.

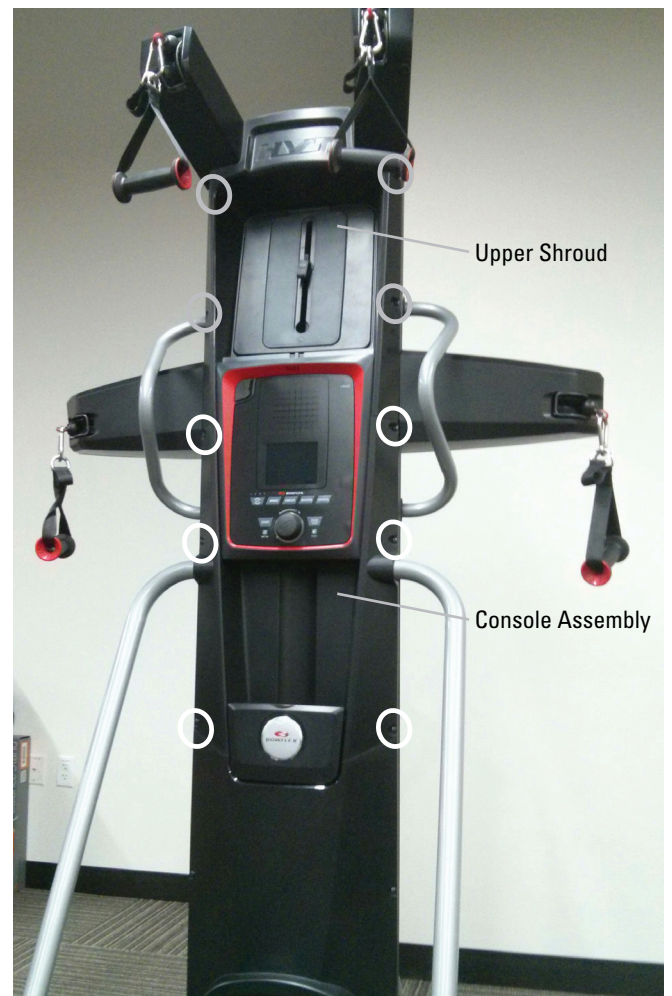
Note: Be sure not to crimp the cable by supporting the Console Assembly.

7. Disconnect the Console Cable from the Lower Cable and safely place the Console Assembly out of the work area.

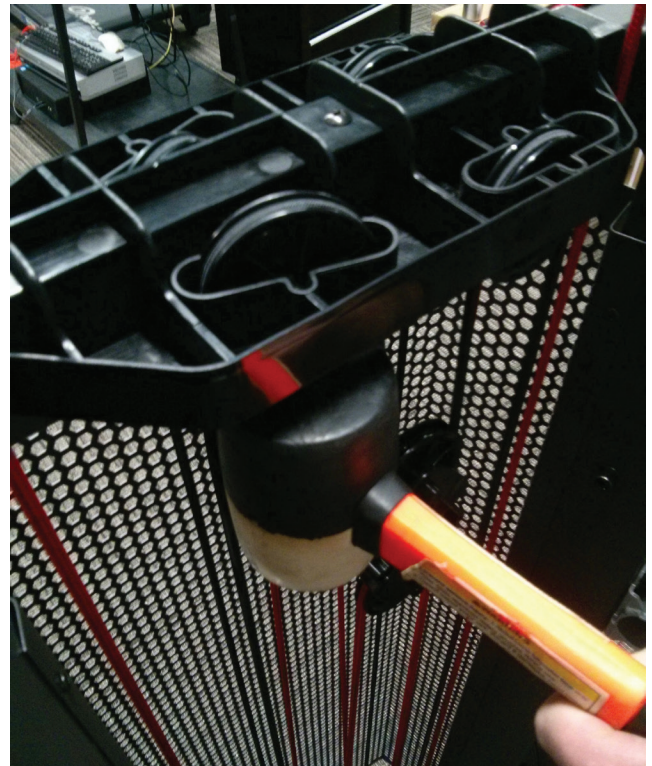
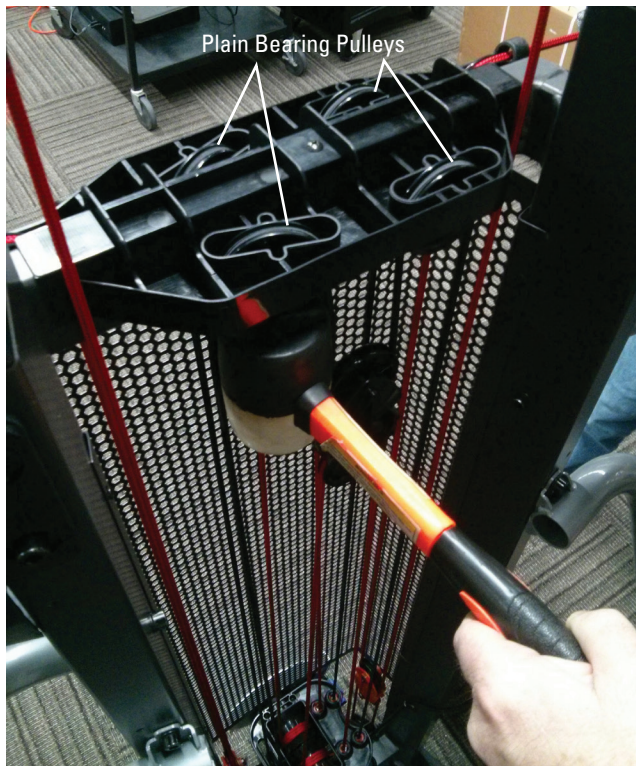


8. Using a #2 Phillips screwdriver, remove the four screws (by grey ovals) from the Upper Shroud.

Note: Be prepared to support the Upper Shroud.



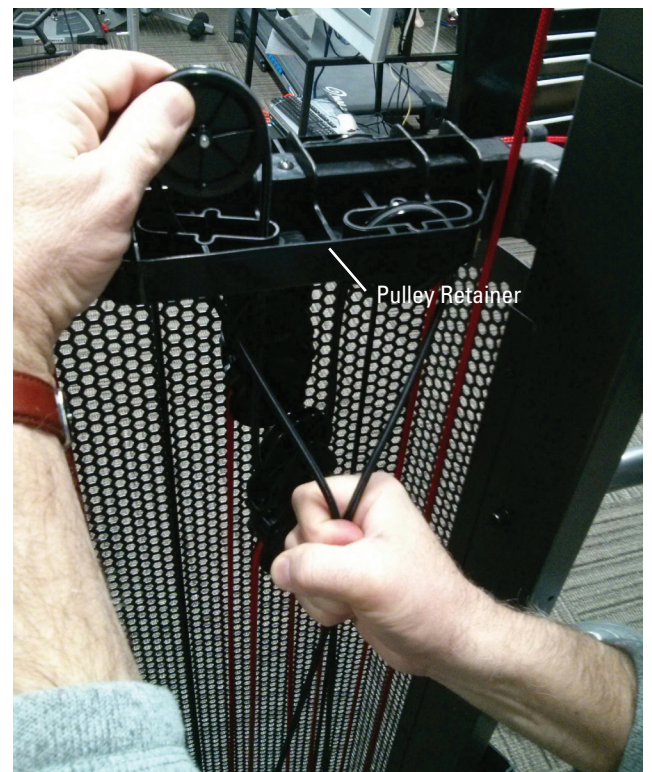
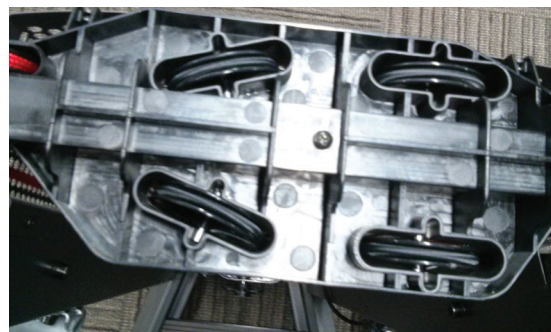
9. Using a rubber mallet, tap the Upper Bearing Pulley up and out of the channel.



10. Reduce the tension on the elastic cord by grasping two parts of it together and pulling it upward. With the tension reduced, remove the Plain Bearing Pulley and place a retainer (such as the handle of the screwdriver) to keep the elastic cord from pulling down through the Pulley Retainer.

11. Remove the Pulley Shaft from the old Pulley and insert into the new Plain Bearing Pulley. Route the elastic cord over the new Plain Bearing Pulley, remove the retainer, and insert the Pulley into the channel.

Note: Be sure the Plain Bearing Pulley is properly installed and centered in the channel. Carefully tap it back into place with the rubber mallet, if required. Procedure is the same for each of the Plain Bearing Pulleys.



12. Re-assemble the machine in the reverse order of when the parts were removed.

13. Final Inspection


Inspect your machine to ensure that all hardware is tight and components are properly assembled.



Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Owner's Manual.


NOTICE: This document provides instructions for the replacement of the Platform Decking on the Bowflex® HVT™ machine.

If you need assistance, please call Bowflex Customer Service at 1-800-605-3369.

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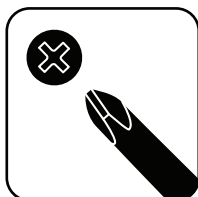
Important Safety Instructions - Before servicing or using this equipment, obey the following warnings:

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- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- If replacement parts are necessary, use only genuine Nautilus replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If necessary request replacement warning stickers or placards from Nautilus customer service.
- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety and will void the warranty.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

Tools Required (not included)

#2 Phillips screwdriver



Standard screwdriver



6mm hex wrench



1. Unplug the AC Adapter from the wall outlet and machine.

2. Safely remove both of the Lower Hand Grips and their Snap Hooks from the machine.

3. Using a #2 Phillips screwdriver, remove the four indicated screws (with arrows) that secure the Lower Pulley Shrouds to the machine.



4. Using a 6mm hex wrench, loosen the six indicated screws by 1 complete turn.



5. Starting with the closest Platform Decking, push it as far as possible toward the Fan Assembly.

6. Continue pushing each piece of the Platform Decking toward the Fan Assembly.

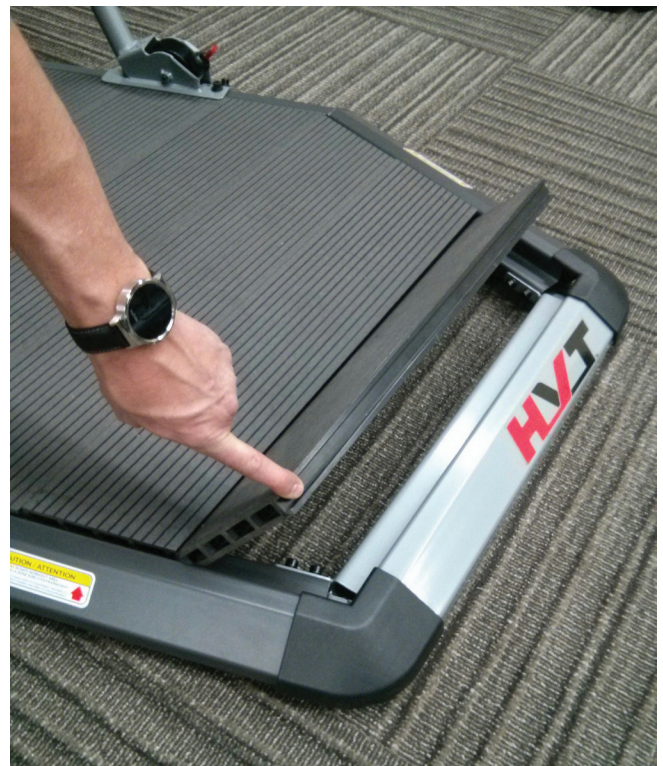


7. With all the Platform Decking fully pushed toward the Fan Assembly, use a Standard Screwdriver to pry up the Platform Decking that is the furthest from the Fan Assembly.

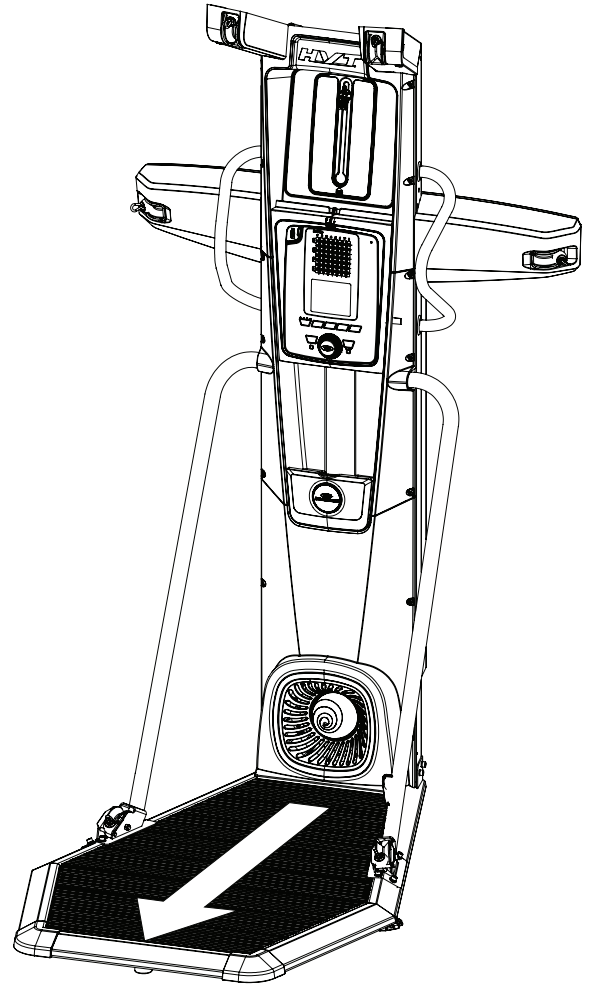
Note: Be sure to place the Platform Decking off to the side in the order it is removed. This will help with re-assembly.

8. Continue to remove the Platform Decking until the damaged piece has been removed.

9. Replace the damaged piece with the new Platform Decking.



10. With all of the Platform Decking inserted, fully slide each of them away from the Fan Assembly.



11. Re-assemble the machine in the reverse order of when the parts were removed.

12. Final Inspection


Inspect your machine to ensure that all hardware is tight and components are properly assembled.



Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Owner's Manual.


NOTICE: This document provides instructions for the replacement of the Platform Frame on the Bowflex® HVT™ machine.

If you need assistance, please call Bowflex Customer Service at 1-800-605-3369.

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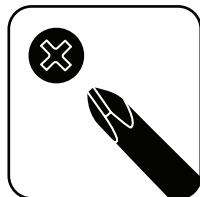
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- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- If replacement parts are necessary, use only genuine Nautilus replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If necessary request replacement warning stickers or placards from Nautilus customer service.
- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety and will void the warranty.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

Tools Required (not included)

#2 Phillips screwdriver



Standard screwdriver

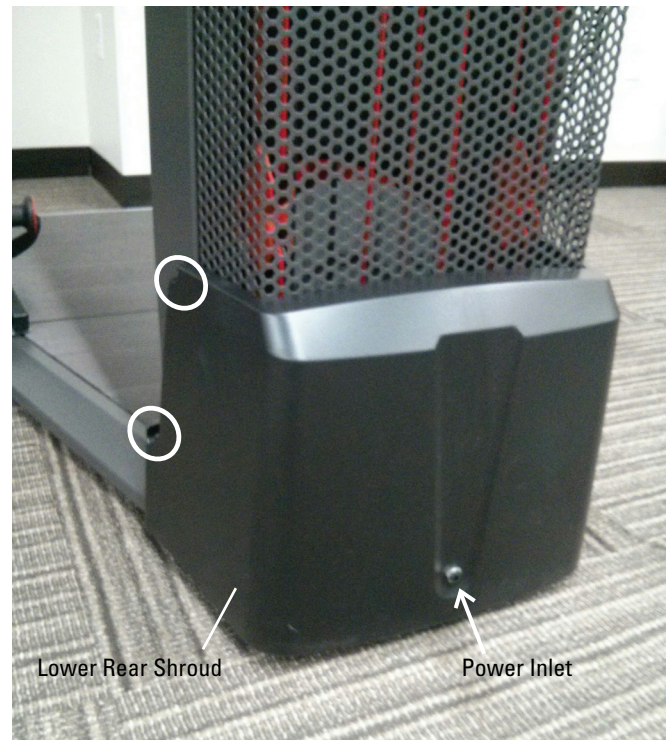


6mm hex wrench



1. Unplug the AC Adapter from the wall outlet and machine.

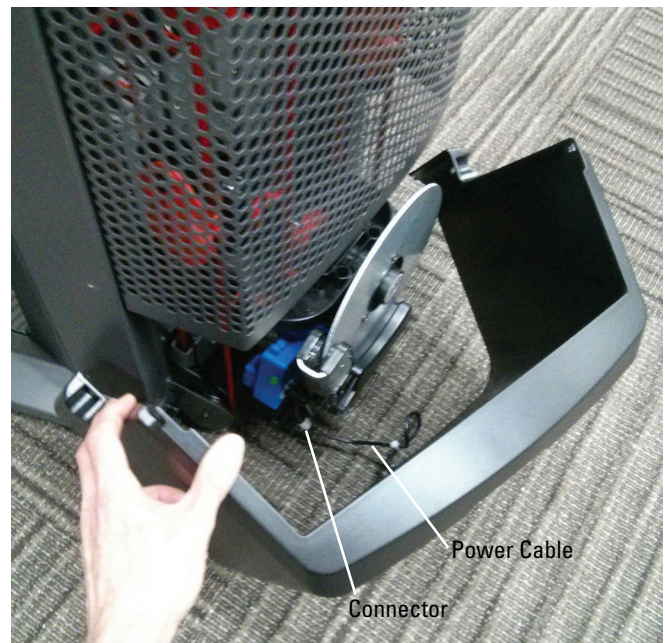
2. Using a #2 Phillips screwdriver, remove the four screws that secure the Lower Rear Shroud- two on the right side (indicated by ovals) and two on the left side (not shown).



3. Slightly remove the Lower Rear Shroud exposing the Power Cable.

Note: The Power Cable is attached to the inside of the Lower Rear Shroud. Be sure not to crimp the cable by placing the Lower Rear Shroud close to the assembly.

4. Disconnect the Power Cable at the connector.



Note: This procedure shows the replacement of the Right Platform Frame. Adjust to the other side of the machine to replace the Left Platform Frame.

5. Safely remove the Lower Hand Grip and the Snap Hook from the machine.

6. Using a #2 Phillips screwdriver, remove the two indicated screws (with arrows) that secure the Lower Pulley Shroud to the machine. Remove them and place outside of the work area.



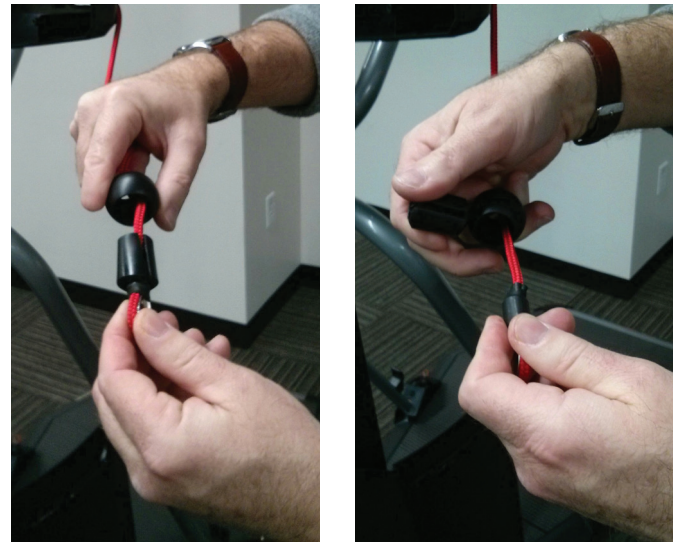
7. Slowly pull out enough of the Lower Rope to be able to remove the Securing Ball from it.

! The Rope will be under tension and will want to pull itself into the Platform Frame. Be sure not to allow any fingers or hands to be pinched.

Note: Photos are only to assist with removing the Securing Ball.

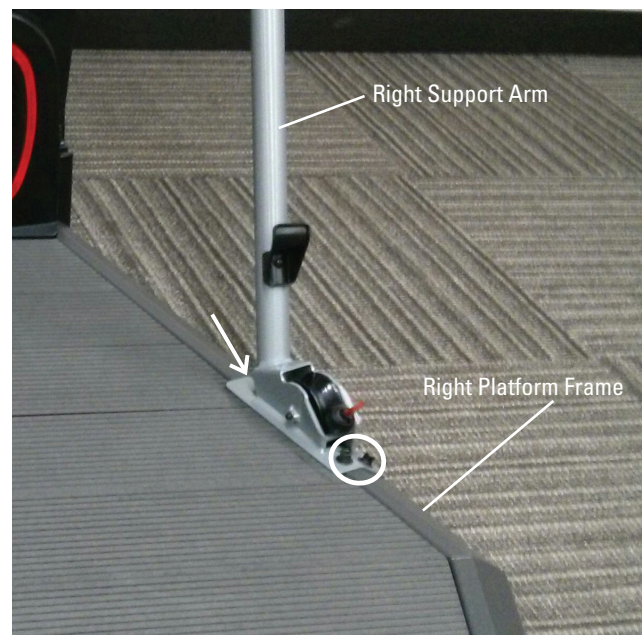
8. Remove the Securing Ball and gently lower the rope into the Platform Frame, releasing it with enough space to not pinch any fingers or hands.

Note: Be sure to observe how the rope routes through the Lower Pulley to assist with re-assembly. To remove the Securing Ball: Slide the Securing Ball up the rope, remove the Center Stopper from the rope, and slide the Securing Ball off the rope.



9. From the back of the machine, pull the Lower Rope from the Right Platform Frame.

10. Using a 6mm hex wrench, remove the 3 indicated screws (with arrow and oval) from the Support Arm.



11. Starting with the closest Platform Decking, push it as far as possible toward the Fan Assembly.

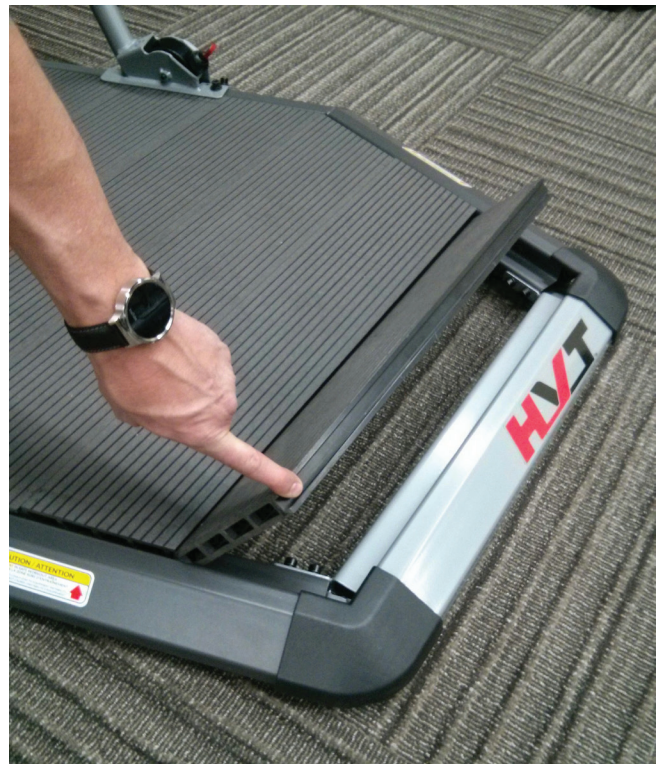
12. Continue pushing each piece of the Platform Decking toward the Fan Assembly.



13. With all the Platform Decking fully pushed toward the Fan Assembly, use a Standard Screwdriver to pry up the Platform Decking that is the furthest from the Fan Assembly.

Note: Be sure to place the Platform Decking off to the side in the order it is removed. This will help with re-assembly.

14. Remove the next piece of Platform Decking and place it in the order removed. This will help with re-assembly.



15. Using a 6mm hex wrench, remove the two indicated screws from the Front and Right Platform Frame.



16. Using a 6mm hex wrench, remove the three indicated screws from the Right Platform Frame and safely remove it from the machine.

17. Place the new Right Platform Frame beside where it will be attached.

18. Disconnect the end of the routing wire near the Support Arm Pulley, and route the end of the routing wire around the Lower Pulley.

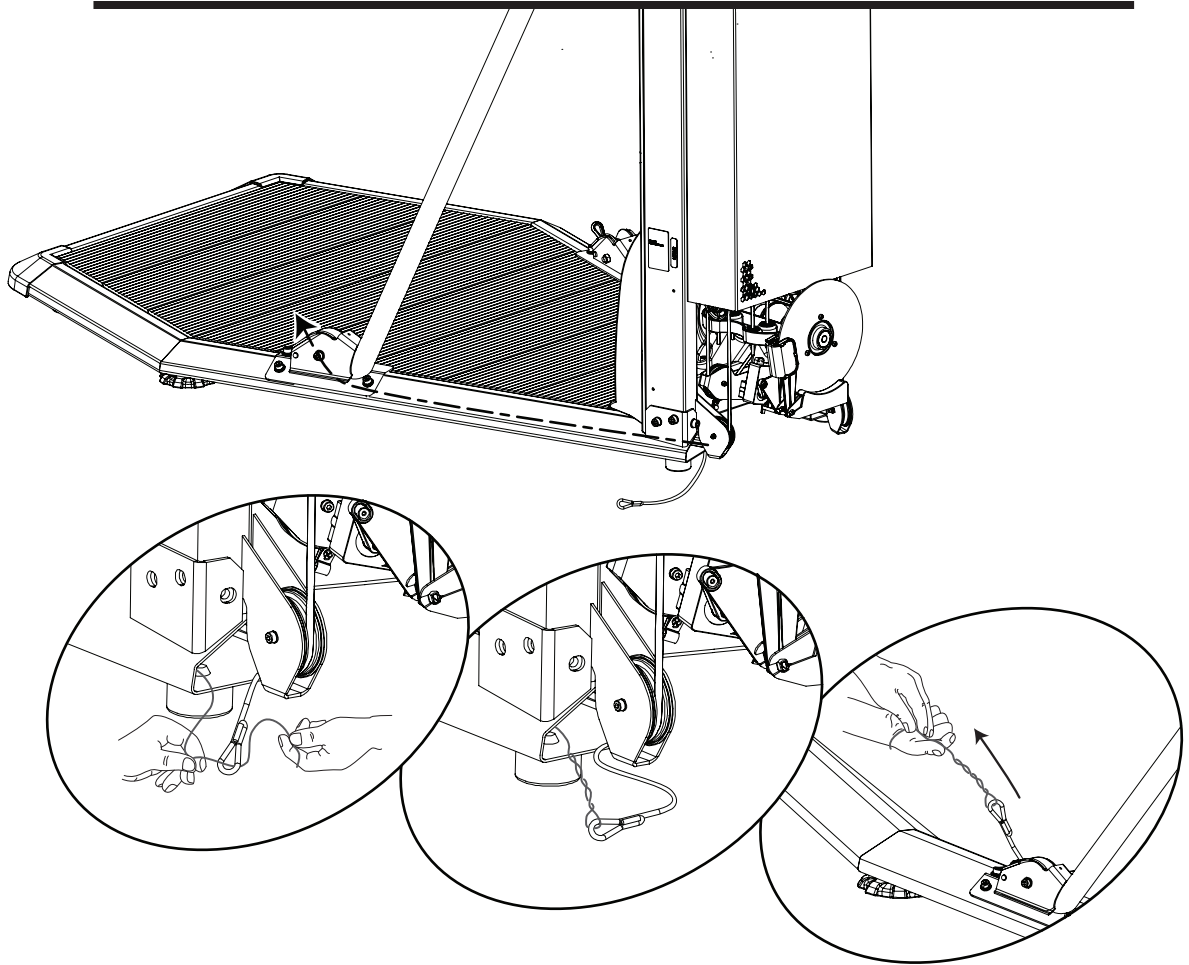
Note: Be sure to correctly route the wire around the pulley.



19. Using a 6mm hex wrench, attach the new Right Platform Frame to the Frame Assembly. Insert the hardware that attaches the Front Platform Frame first.

Note: Do not pinch the routing wire when attaching the Right Platform Frame.

20. Tie the Routing Wire to the end of the Right Lower Rope. Be sure to secure it well since the rope will begin to be under tension when fully routed through the Right Platform Frame.



21. Place the Securing Ball near the Right Support Arm so you can easily grab and install it onto the Right Lower Rope.

22. Using the routing wire, slowly pull the Lower Right Rope through the Right Platform Frame and attach the Securing Ball.

23. Safely release the Lower Rope.

24. Re-assemble the machine in the reverse order of when the parts were removed. If necessary, consult the Assembly Manual to assist.

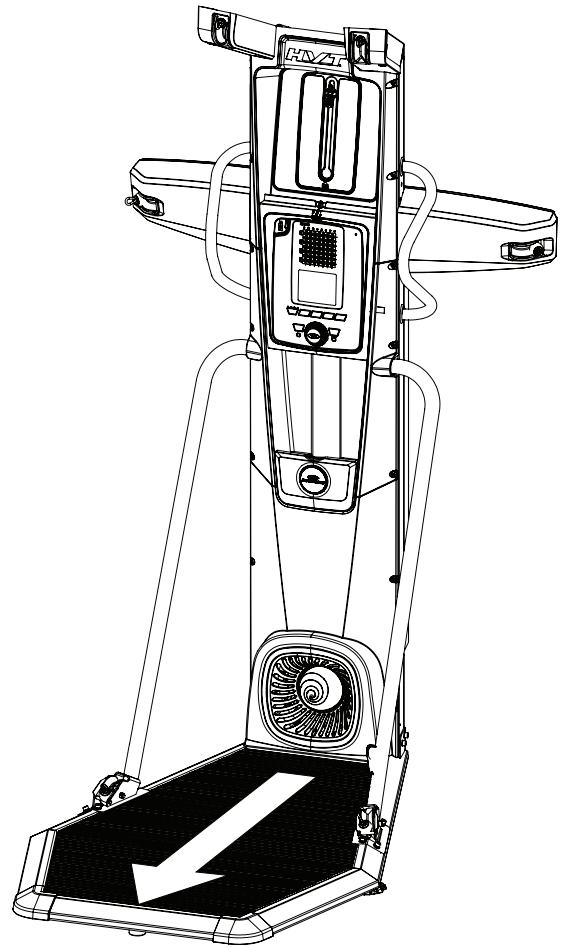
Note: With all of the Platform Decking inserted, fully slide each of them away from the Fan Assembly before fully tightening the hardware for the Support Arms.

25. Final Inspection

Inspect your machine to ensure that all hardware is tight and components are properly assembled.




Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Owner's Manual.




NOTICE: This document provides instructions for the replacement of the Power Inlet on the Bowflex® HVT™ machine.

If you need assistance, please call Bowflex Customer Service at 1-800-605-3369.

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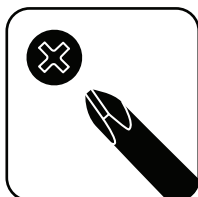
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- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- If replacement parts are necessary, use only genuine Nautilus replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and will void the warranty.
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Tools Required (not included)

#2 Phillips screwdriver

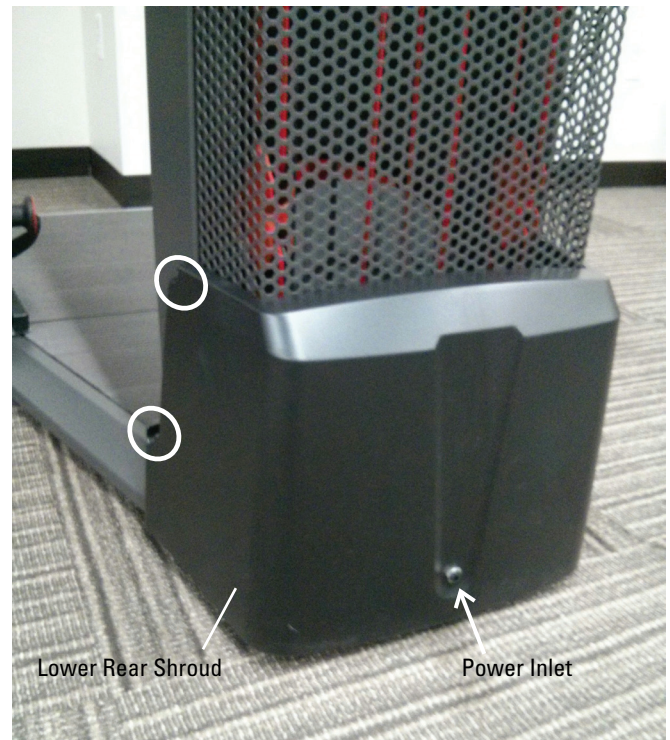


14mm wrench



1. Unplug the AC Adapter from the wall outlet and machine.

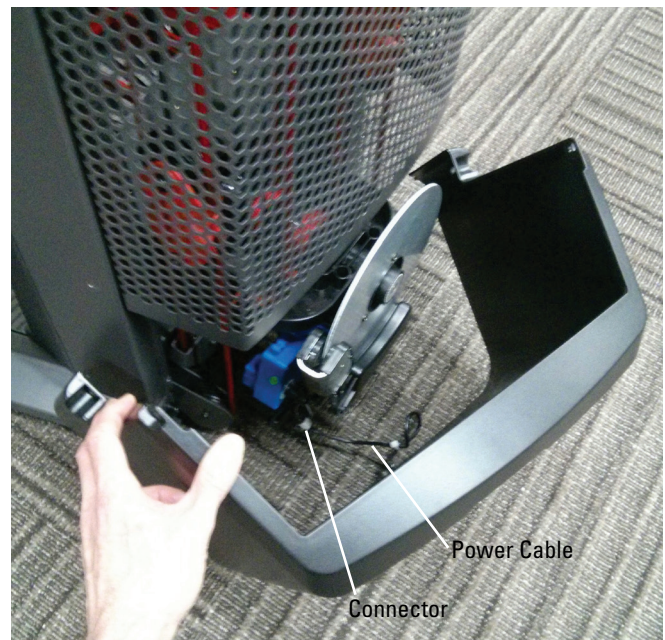
2. Using a #2 Phillips screwdriver, remove the four screws that secure the Lower Rear Shroud- two on the right side (indicated by ovals) and two on the left side (not shown).



3. Slightly remove the Lower Rear Shroud exposing the Power Cable.

Note: The Power Cable is attached to the inside of the Lower Rear Shroud. Be sure not to crimp the cable by placing the Lower Rear Shroud close to the assembly.

4. Disconnect the Power Cable at the connector.



5. Using a 14mm wrench, remove the Securing Nut from the outside of the Lower Rear Shroud.

6. Remove the old Power Inlet and replace with the new one.

7. Installation is the reverse procedure.

8. Final Inspection

Inspect your machine to ensure that all hardware is tight and components are properly assembled.



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NOTICE: This document provides instructions for the replacement of the Servo Motor on the Bowflex® HVT™ machine.

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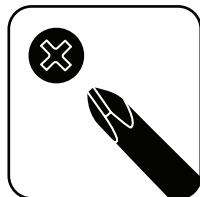
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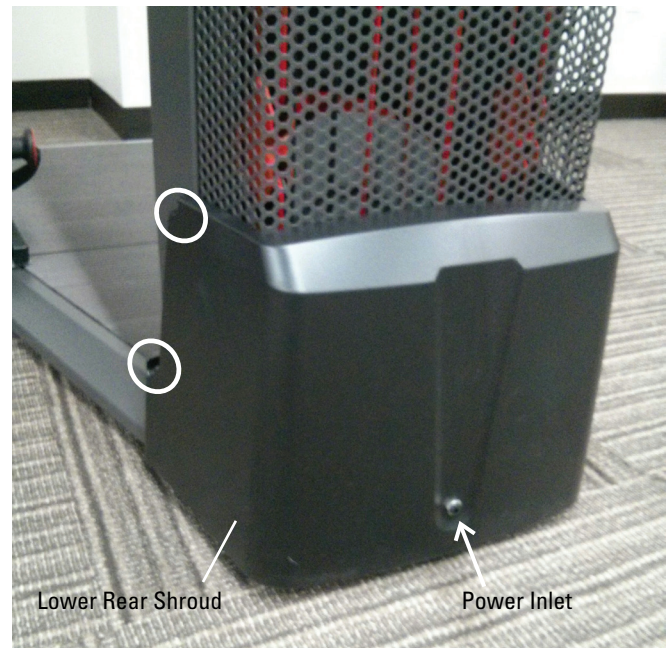
Tools Required (not included)

#2 Phillips screwdriver



1. Unplug the AC Adapter from the wall outlet and machine.

2. Using a #2 Phillips screwdriver, remove the four screws that secure the Lower Rear Shroud- two on the right side (indicated by ovals) and two on the left side (not shown).



3. Slightly remove the Lower Rear Shroud exposing the Power Cable.

Note: The Power Cable is attached to the inside of the Lower Rear Shroud. Be sure not to crimp the cable by placing the Lower Rear Shroud close to the assembly.

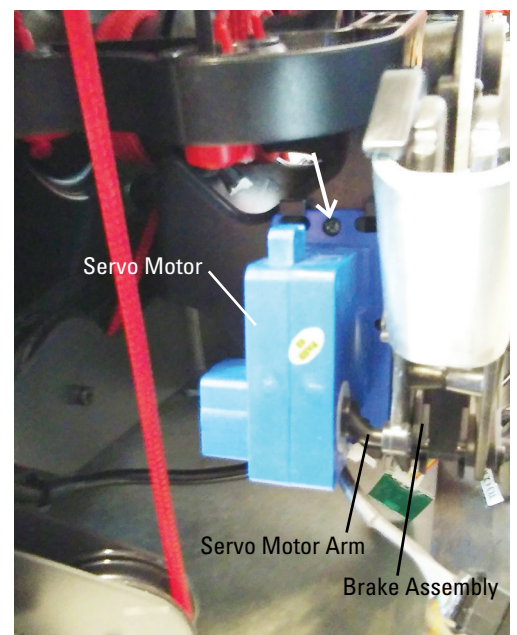
4. Disconnect the Power Cable at the connector.



5. Inspect the Servo Motor to see if there are any screws that secure it (indicated by arrow). If the Servo Motor is not secured by screws, skip to the next Step.

If the Servo Motor is secured by screws, observe how the Servo Motor Arm inserts into the Brake Assembly. Remove the screw(s) from the Servo Motor.

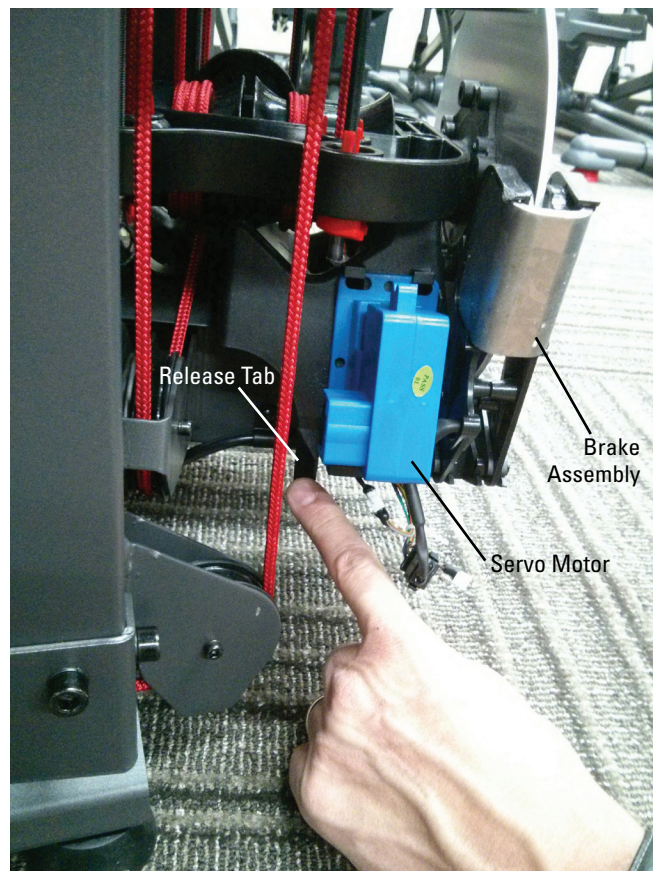
If the Servo Motor is loose after removing the screw(s), skip to Step 10. Otherwise, go the the next Step.



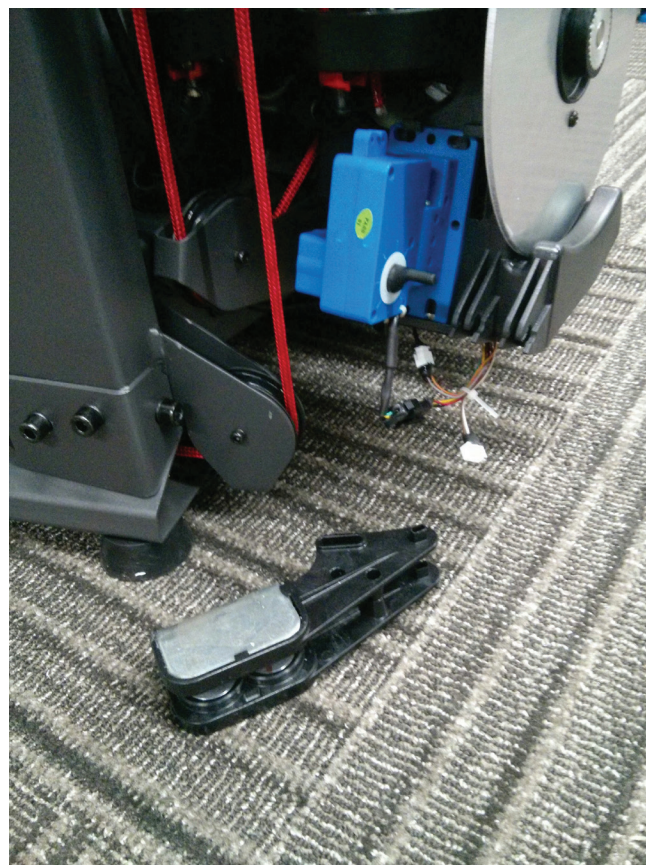
6. Push the Release Tab away from the Servo Motor while supporting the Brake Assembly.

7. Now slightly shift the Servo Motor toward the front of the machine while still supporting the Brake Assembly. As the Brake Assembly is released, allow it to gently pivot downward.

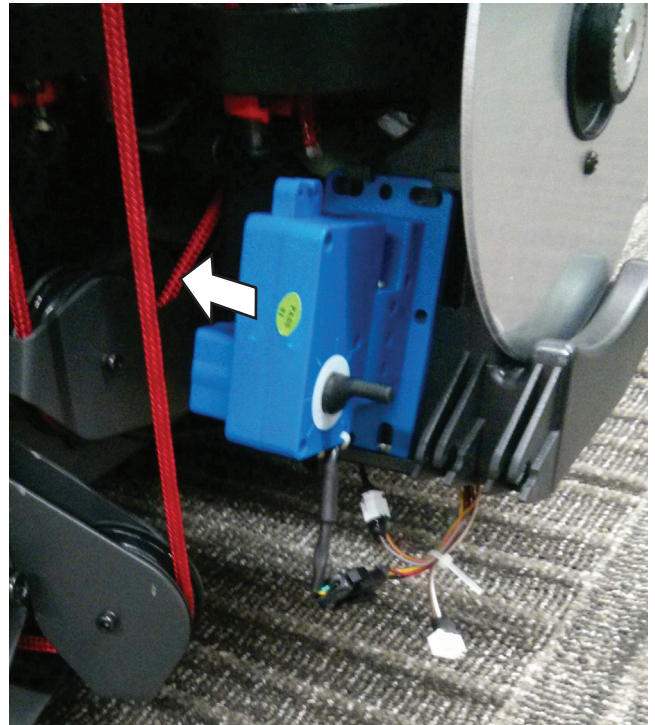
Note: Note how components are attached to assist with re-assembly.



8. With the Brake Assembly released and pivoted downward, slide it out of the Pivot Housing. Note the angle the Brake Assembly must be held at to slide it into or out of the Pivot Housing.



9. Slide the Servo Motor toward the front of the machine until released from the clips.



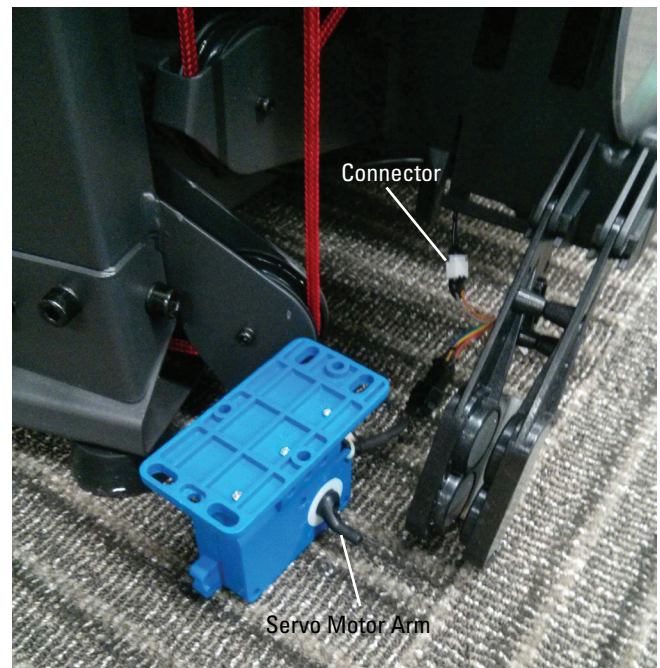
10. Disconnect the old Servo Motor at the connector and connect the new Servo Motor. Be sure the new Servo Motor is oriented with the Servo Motor Arm away from the machine (as shown).

Note: Do not crimp the cables.

11. Slide the new Servo Motor slightly into the clips, but only enough to hold it in place without support. Do not fully slide the Servo Motor into place or the Brake Assembly will not be able to be installed.

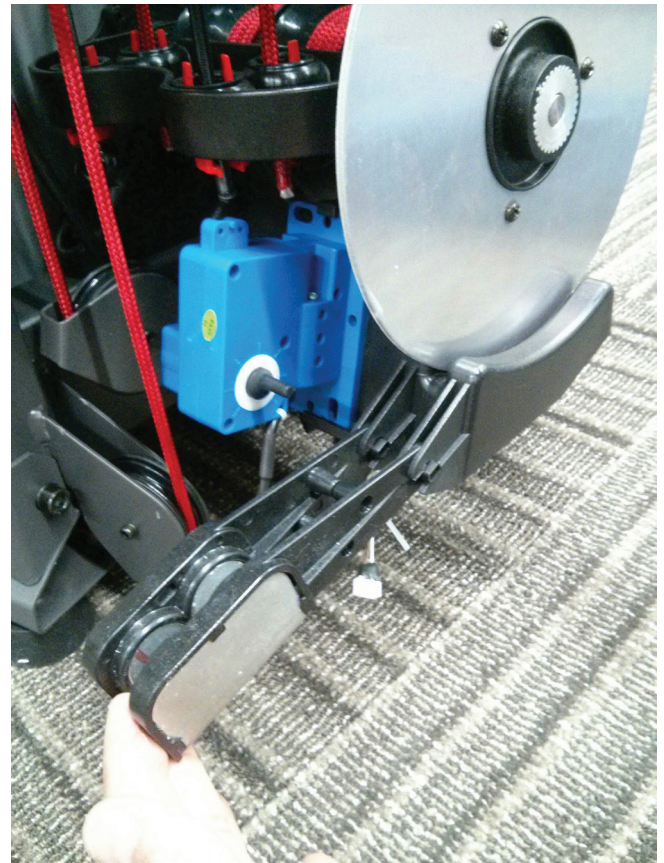
Note: Do not crimp the cables.

If the Servo Motor had been secured by screw(s), then it may not be able to slide. Skip to the next Step.

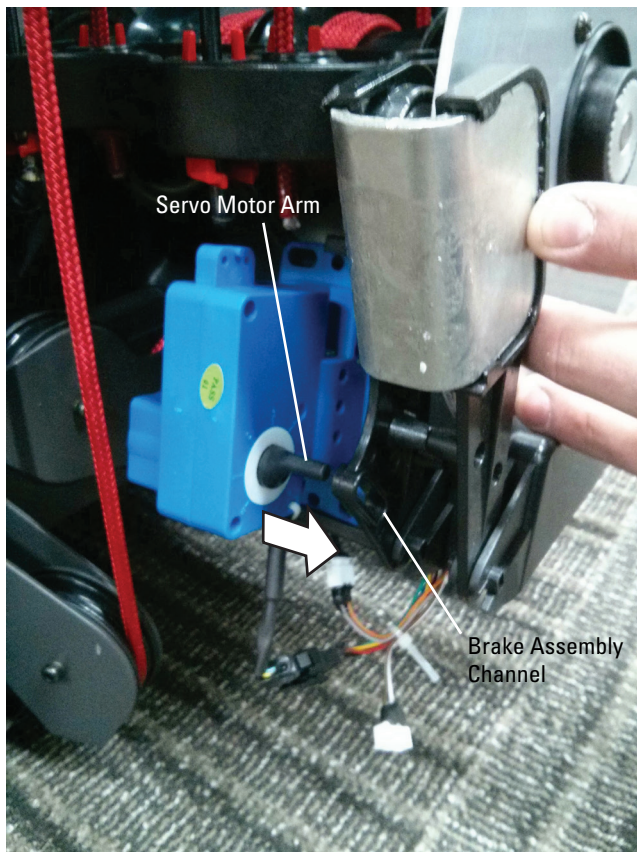


12. With the Brake Assembly oriented as shown, slide it into the Pivot Housing. Once inserted, pivot the Brake Assembly up toward the Disc Brake and hold in place.

Note: If there is any resistance when pivoting the Brake Assembly, it is not correctly oriented in the Pivot Housing. Remove the Brake Assembly and try again.



13. With the Brake Assembly pivoted upward, slide the Servo Motor over so that the Servo Motor Arm slides into the Brake Assembly Channel. The Servo Motor will latch into place when slid to the right, securing the Brake Assembly.



If screws had secured the Servo Motor, use the screws to attach the new Servo Motor. Be sure that the Servo Motor Arm is still properly set into the Brake Assembly Channel.

14. Re-assemble the machine in the reverse order of when the parts were removed.

15. Final Inspection


Inspect your machine to ensure that all hardware is tight and components are properly assembled.



Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Owner's Manual.


NOTICE: This document provides instructions on how to secure the Servo Motor if it has come loose on the Bowflex® HVT™ machine.

If you need assistance, please call Bowflex Customer Service at 1-800-605-3369.

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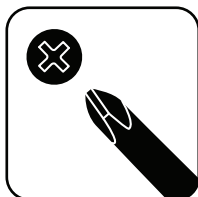
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- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
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Tools Required (not included)

#2 Phillips screwdriver



Power Drill

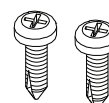


Parts (included)

Drill Template

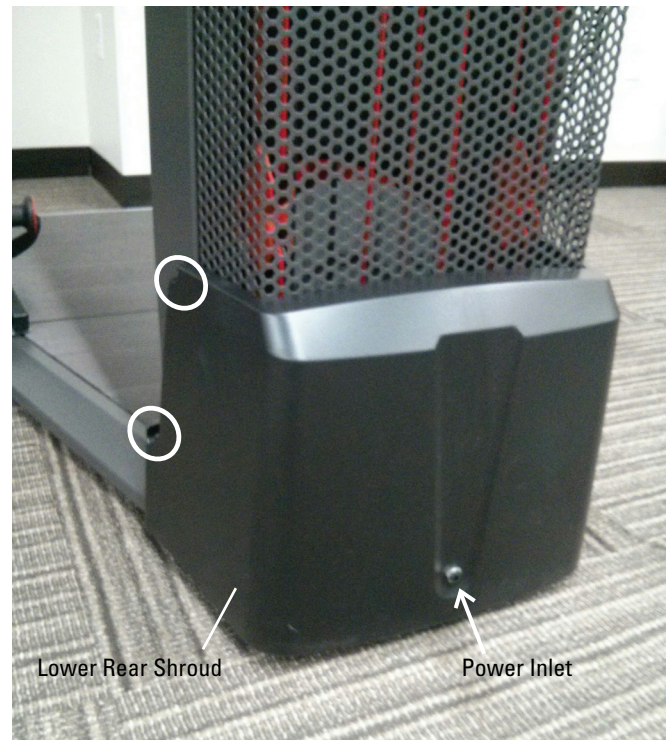


(2) Phillips Screws



1. Unplug the AC Adapter from the wall outlet and machine.

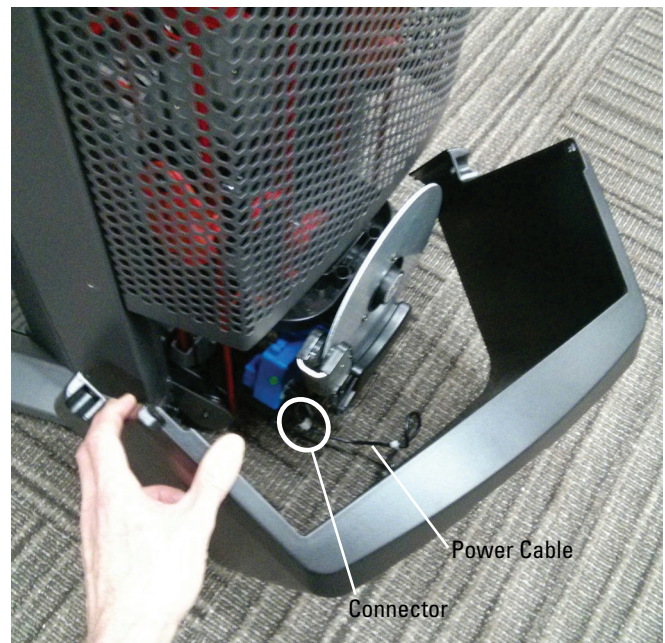
2. Using a #2 Phillips screwdriver, remove the four screws that secure the Lower Rear Shroud- two on the right side (indicated by ovals) and two on the left side (not shown).



3. Slightly remove the Lower Rear Shroud exposing the Power Cable.

Note: The Power Cable is attached to the inside of the Lower Rear Shroud. Be sure not to crimp the cable by placing the Lower Rear Shroud close to the assembly.

4. Disconnect the Power Cable at the Connector (indicated by oval).



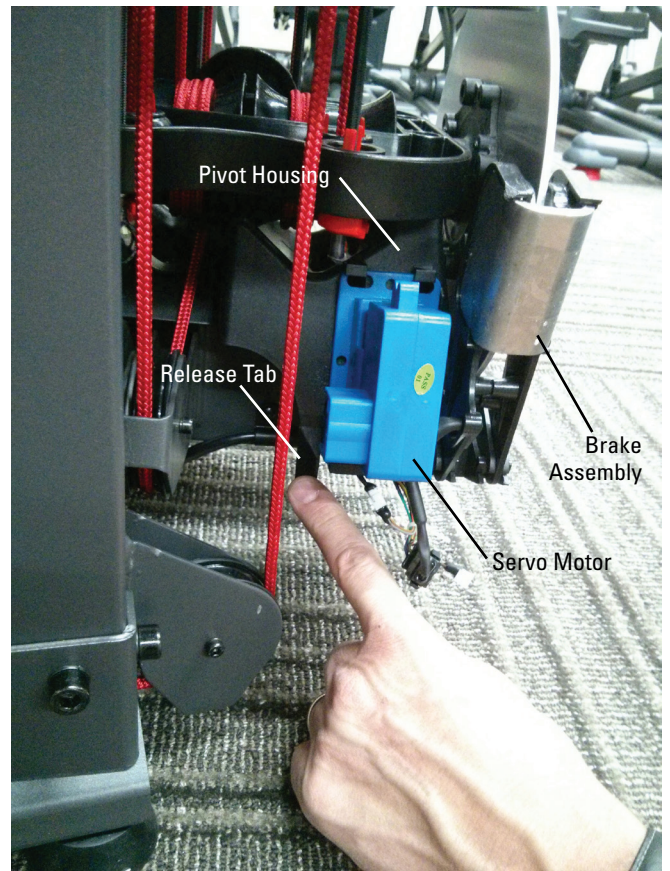
The image to the right shows the proper location of the Servo Motor and Brake Assembly. If the Servo Motor is loose, the Brake Assembly and/or the Servo Motor may have completely fallen off as shown in the images below.

5. If the Servo Motor is not attached to the Pivot Housing, skip to Step 9.

If the Servo Motor is still secured to the Pivot Housing, push the Release Tab away from the Servo Motor while supporting the Brake Assembly.

6. Now slightly shift the Servo Motor toward the front of the machine while still supporting the Brake Assembly. As the Brake Assembly is released, allow it to gently pivot downward.

Note: Observe how components are attached to assist with re-assembly.



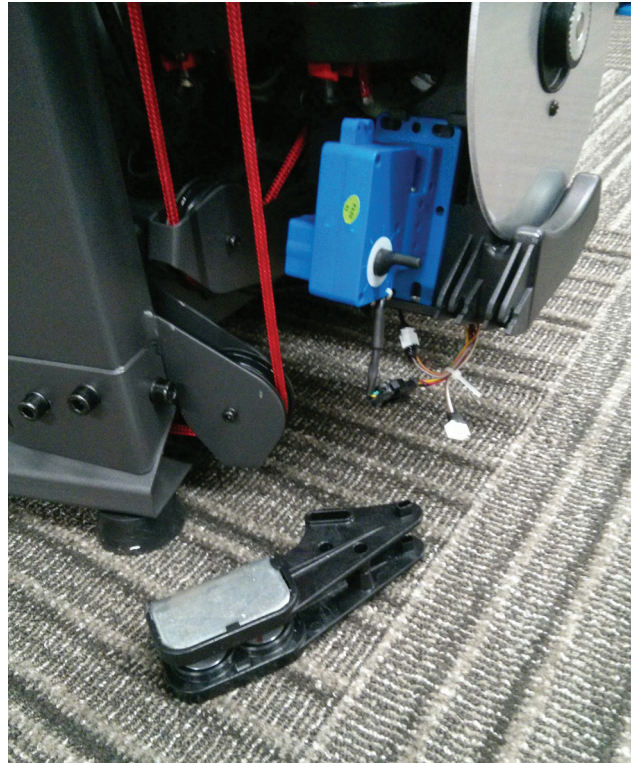
Brake Assembly loose:



Servo Motor loose:

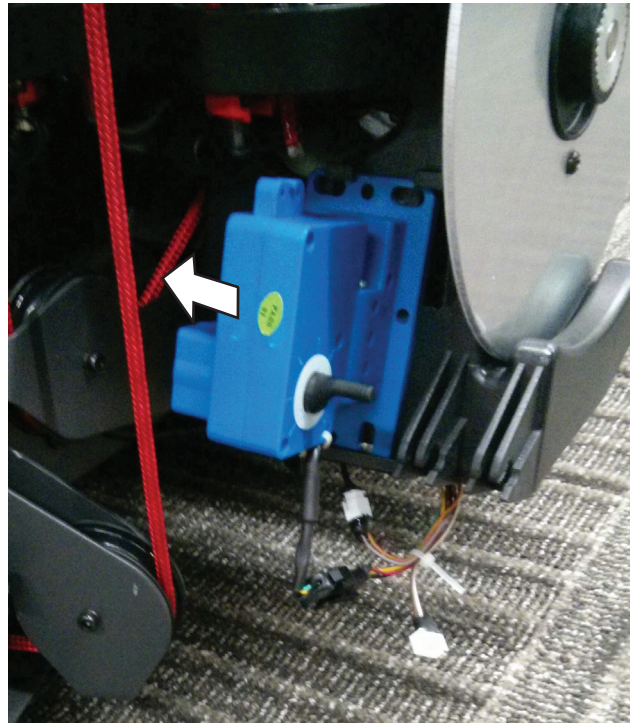


7. With the Brake Assembly released and pivoted downward, slide it out of the Pivot Housing. Note the angle the Brake Assembly must be held at to slide it into or out of the Pivot Housing.



8. Slide the Servo Motor toward the front of the machine until released from the clips.

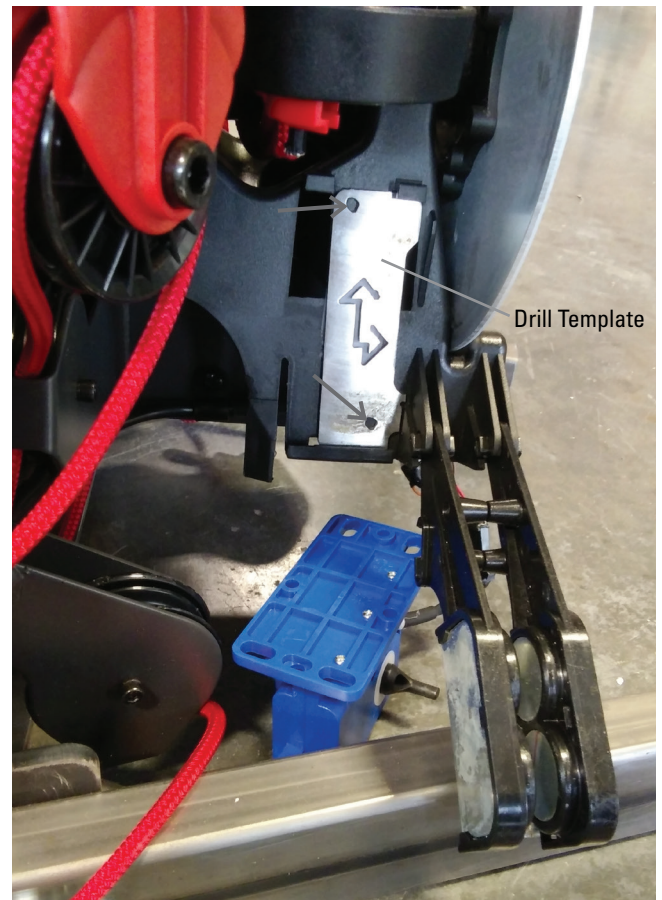
Note: Do not crimp the cables.



9. Slide the provided Drill Template into where the Servo Motor attaches to the Pivot Housing. Be sure to orient the Drill Template as shown in the image, with the arrows up and away from the machine.

10. Using a Power Drill, drill the two provided screws into the holes of the Drill Template (indicated by arrows) so they are fully through the Pivot Housing and stop. Do not fully set the screws.

11. Remove the screws from the Drill Template, and then remove it from the Pivot Housing.

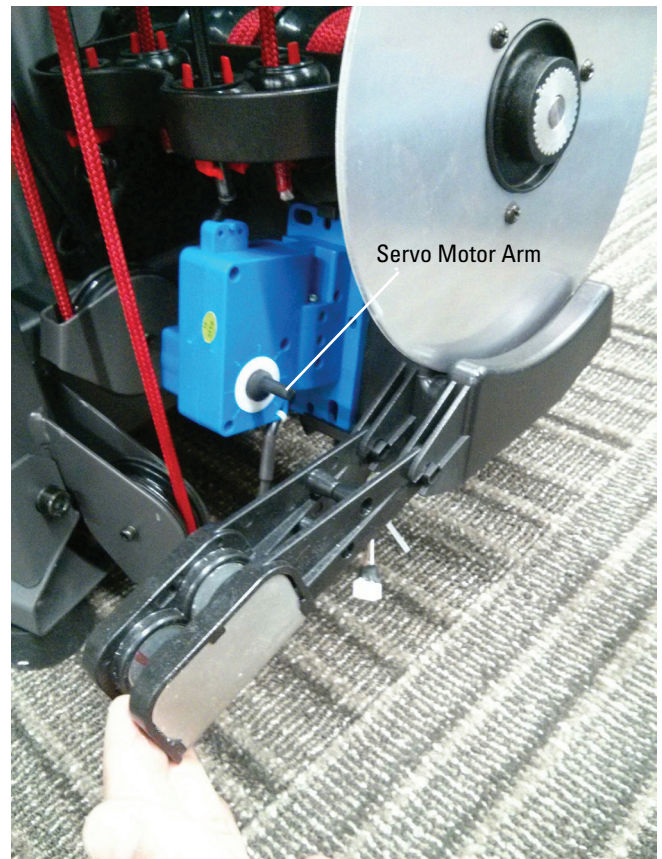


12. Slide the Servo Motor slightly into the clips, but only enough to hold it in place without support. Do not fully slide the Servo Motor into place or the Brake Assembly will not be able to be installed. If the clips are missing and the Servo Motor cannot be supported, skip to the next step.

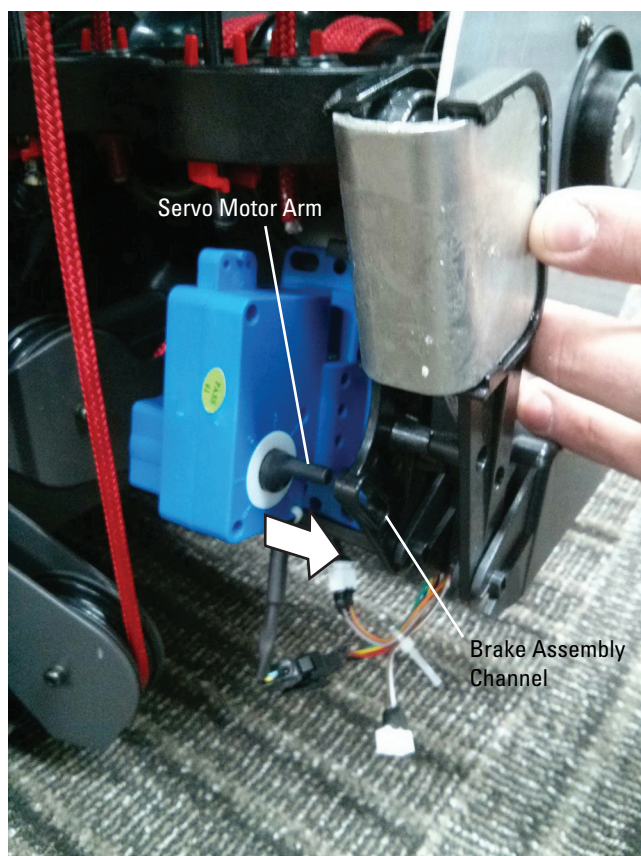
Note: Do not crimp the cables.

13. With the Brake Assembly oriented as shown, slide it into the Pivot Housing. Once inserted, pivot the Brake Assembly up toward the Disc Brake and hold in place.

Note: If there is any resistance when pivoting the Brake Assembly, it is not correctly oriented in the Pivot Housing. Remove the Brake Assembly and try again.



14. With the Brake Assembly pivoted upward, slide the Servo Motor over so that the Servo Motor Arm slides into the Brake Assembly Channel. The Servo Motor may latch into place when slid to the right, securing the Brake Assembly. If the Servo Motor does not latch, hold and align the Servo Motor with the newly drilled holes. Be sure that the Servo Motor Arm is still properly set into the Brake Assembly Channel.



15. Using a small #2 Phillips screwdriver, secure the Servo Motor to the Pivot Housing using the starter holes.

Note: Do not use a power tool to set these screws.



16. Re-assemble the machine in the reverse order of when the parts were removed.

17. Final Inspection


Inspect your machine to ensure that all hardware is tight and components are properly assembled.



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NOTICE: This document provides instructions for the replacement of the Speed Sensor Assembly on the Bowflex® HVT™ machine.

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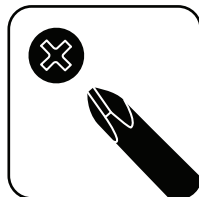
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Tools Required (not included)

#2 Phillips screwdriver



Replacement Zip-Ties (included in kit)

Standard screwdriver

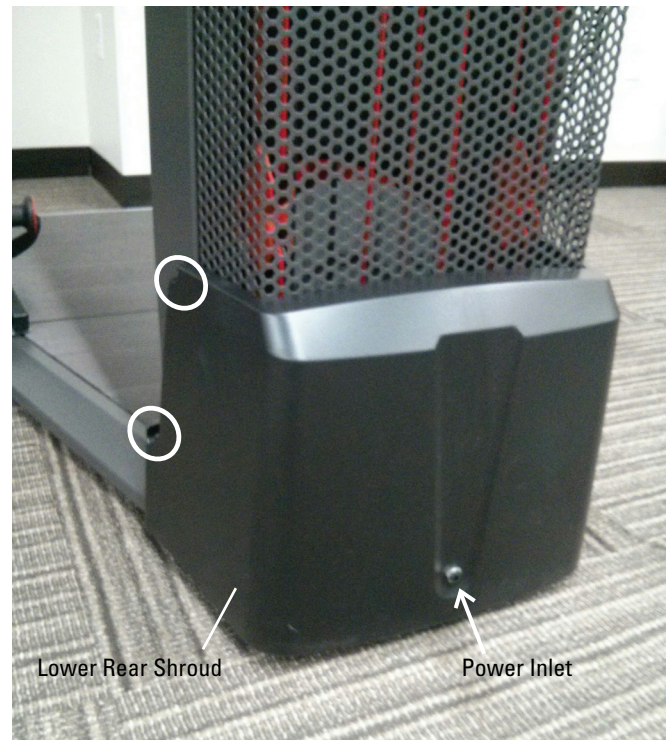


Wire cutters



1. Unplug the AC Adapter from the wall outlet and machine.

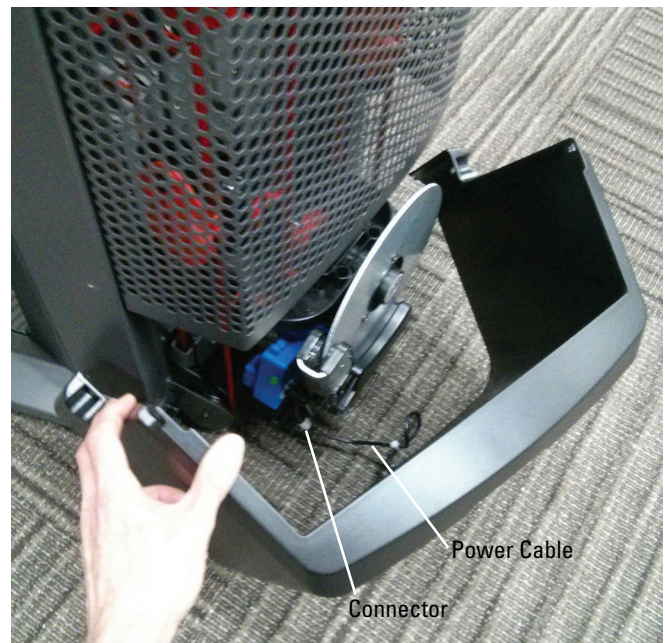
2. Using a #2 Phillips screwdriver, remove the four screws that secure the Lower Rear Shroud- two on the right side (indicated by ovals) and two on the left side (not shown).



3. Slightly remove the Lower Rear Shroud exposing the Power Cable.

Note: The Power Cable is attached to the inside of the Lower Rear Shroud. Be sure not to crimp the cable by placing the Lower Rear Shroud close to the assembly.

4. Disconnect the Power Cable at the connector.

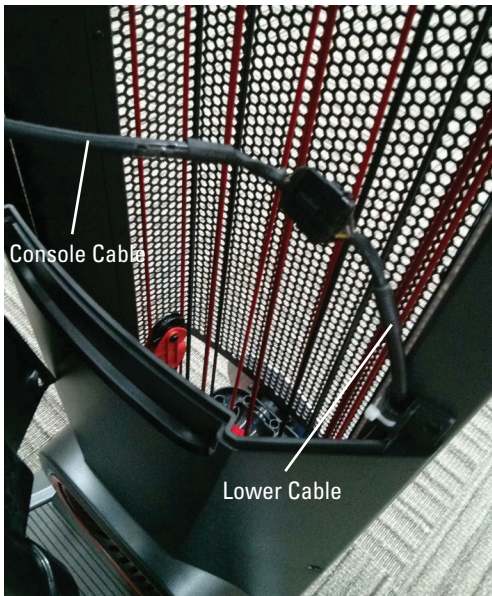


5. Using a #2 Phillips screwdriver, remove the six indicated screws (by ovals) from the Console Assembly.

Note: Be sure to be prepared to support the Console Assembly.

6. Slightly pivot the top of the Console Assembly out to expose the Console Cable.

Note: Be sure not to crimp the cable by supporting the Console Assembly.

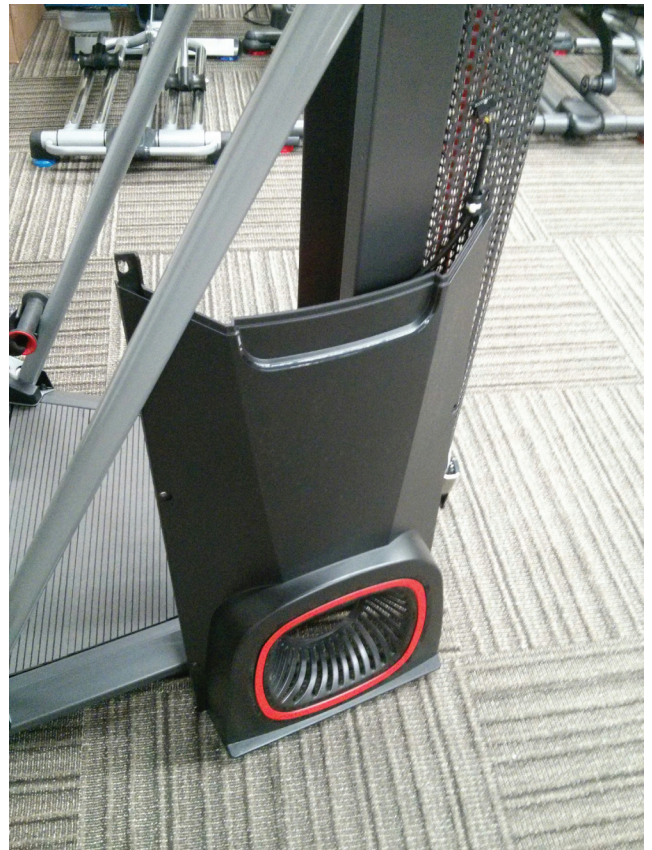


7. Disconnect the Console Cable from the Lower Cable and safely place the Console Assembly out of the work area.

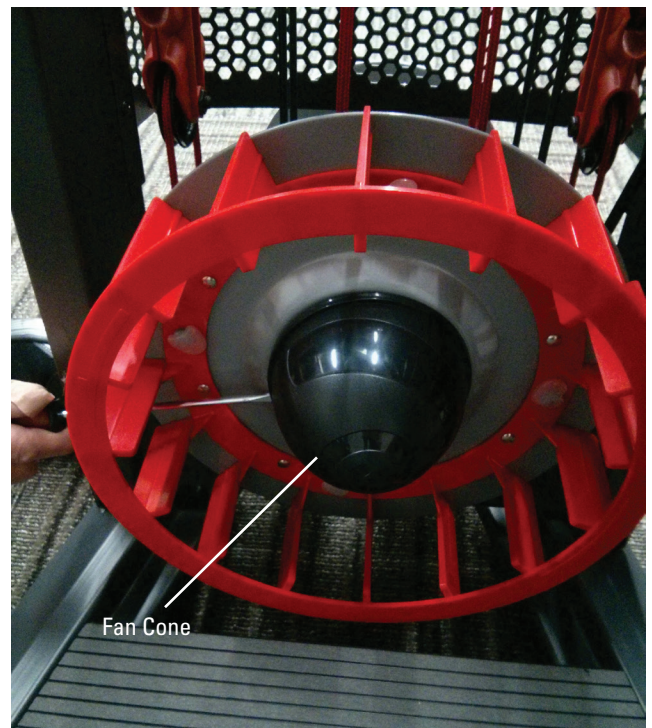
8. Using a #2 Phillips screwdriver, remove the four indicated screws from the Fan Assembly Shroud.



9. The Fan Assembly Shroud has the Lower Cable secured to the upper right corner. Slightly pivot the Fan Assembly Shroud to the right side of the machine without damaging the Lower Cable.



10. Using a standard screwdriver, gently pry the Fan Cone off of the Fan Assembly.

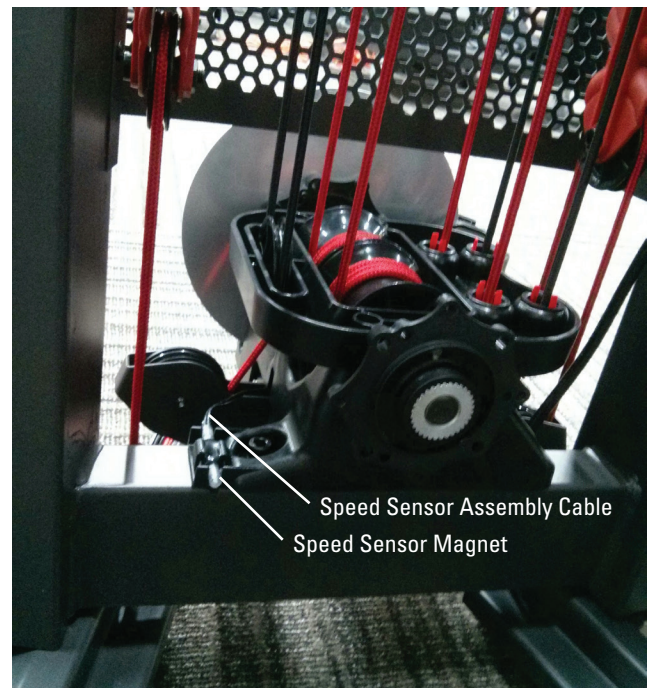


Note: If any of the spacers that secure the Fan Cone to the Fan Assembly stayed attached to the Fan Assembly, remove and replace them inside the Fan Cone as shown.

11. Using a #2 Phillips screwdriver, remove the four indicated screws from the Fan Assembly and replace it.



12. Release the Speed Sensor Magnet after noting the distance the magnet extends from the channel toward the fan. This will assist with re-assembly and proper placement of the magnet.



13. Cut the securing Zip-Tie under the Lower Pulley Retainer.

Note: Be sure to cut only the Zip-Tie and not any cables.

14. Disconnect the Speed Sensor Assembly Cable and remove from the machine.

15. Re-assemble the machine in the reverse order of when the parts were removed.

16. Final Inspection

Inspect your machine to ensure that all hardware is tight and components are properly assembled.




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NOTICE: This document provides instructions for the replacement of an Upper Pulley Retainer on the Bowflex® HVT™ machine.

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Tools Required (not included)

6mm hex wrench



1. Unplug the AC Adapter from the wall outlet and machine.

Note: This procedure shows the replacement of the Left Upper Pulley Retainer. Adjust to the other side of the machine for the Right Upper Pulley Retainer.



2. Safely remove the Upper Hand Grip and the Snap Hook from the Upper Rope.

Note: Place the Snap Hook in your pocket or somewhere you can easily access it from the upper, rear area of the machine.

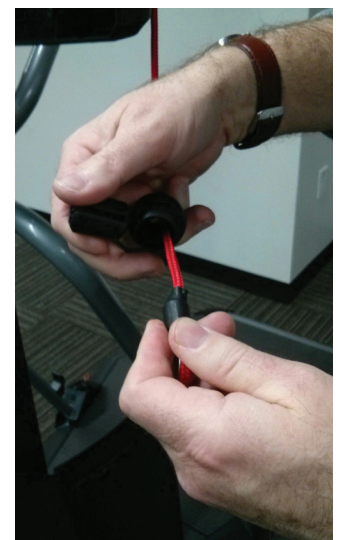
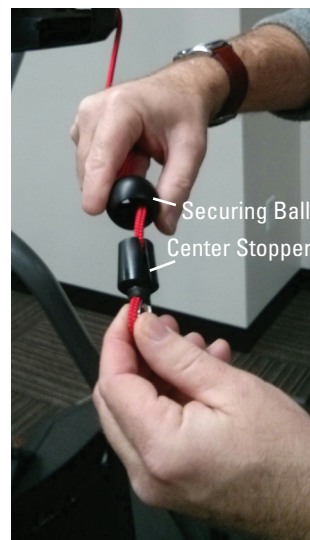


3. Slowly pull out enough of the Upper Rope to be able to remove the Securing Ball from it.

⚠ The Rope will be under tension and will want to pull itself into the Upper Pulley Shroud. Be sure not to allow any fingers or hands to be pinched.

4. While keeping the rope from retracting, remove the Securing Ball from the rope. Do not release the rope until instructed.

Note: Be sure to observe how the rope routes through the Upper Pulley to assist with re-assembly. To remove the Securing Ball: Slide the Securing Ball up the rope, remove the Center Stopper from the rope, and slide the Securing Ball off the rope.

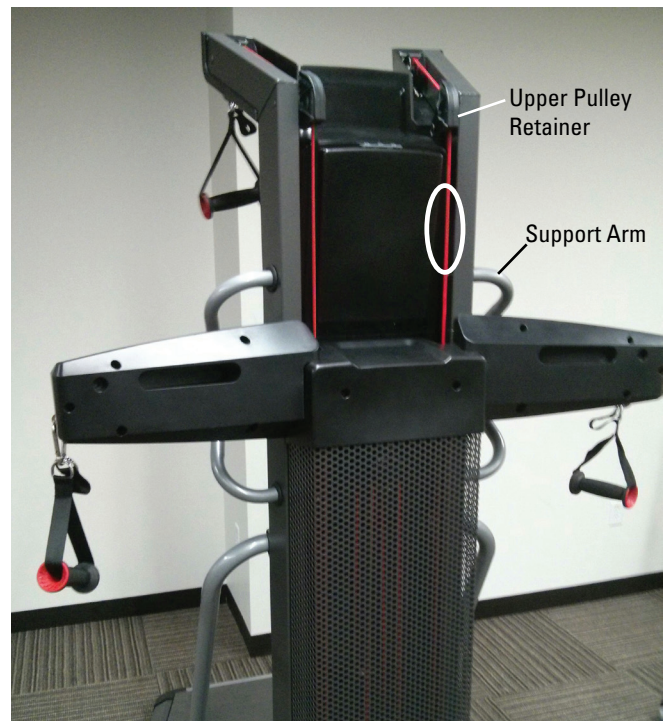


5. With your free hand, grasp the rope below the Upper Pulley Retainer so it will not retract into the Frame Assembly. Release the front end of the rope and pull the rope out of the Upper Pulley Retainer. Do not release the rope until instructed.

Note: Be sure to observe how the rope routes through the Upper Pulley to assist with re-assembly. Be sure not to pinch any fingers or hands.

6. Attach the Snap Hook to the end of the rope, and secure it by looping and snapping it around the Support Arm.

7. Once the rope is secured to the Support Arm, release the rope.



8. Using a 6mm hex wrench, remove the indicated screw from the Upper Pulley Retainer. Be prepared to support the Upper Pulley Retainer before removing the hardware.

9. Install the new Upper Pulley Retainer.



10. Re-assemble the machine in the reverse order of when the parts were removed.

11. Final Inspection


Inspect your machine to ensure that all hardware is tight and components are properly assembled.



Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Owner's Manual.


NOTICE: This document provides instructions for the replacement of an Upper Rope on the Bowflex® HVT™ machine.

If you need assistance, please call Bowflex Customer Service at 1-800-605-3369.

 **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, csnls@nautilus.com | outside U.S. www.nautilusinternational.com | Printed in China | © 2017 Nautilus, Inc. | ® indicates trademarks registered in the United States. These marks may be registered in other nations or otherwise protected by common law. Bowflex, the B logo, and HVT are trademarks owned by or licensed to Nautilus, Inc.

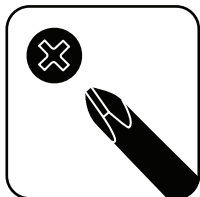
Important Safety Instructions - Before servicing or using this equipment, obey the following warnings:

 **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.**

- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- If replacement parts are necessary, use only genuine Nautilus replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If necessary request replacement warning stickers or placards from Nautilus customer service.
- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety and will void the warranty.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

Tools Required (not included)

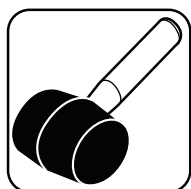
#2 Phillips screwdriver



6mm hex wrench



Rubber mallet, or any tool that
can be used for leverage that
is about 7" in length



1. Unplug the AC Adapter from the wall outlet and machine.

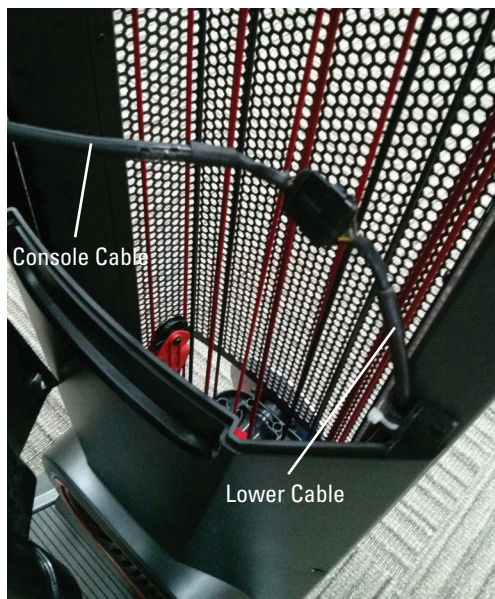
2. Using a #2 Phillips screwdriver, remove the six indicated screws (by white ovals) from the Console Assembly.

Note: Be prepared to support the Console Assembly.

3. Slightly pivot the top of the Console Assembly out to expose the Console Cable.

Note: Be sure not to crimp the cable by supporting the Console Assembly.

4. Disconnect the Console Cable from the Lower Cable and safely place the Console Assembly out of the work area.



5. Using a #2 Phillips screwdriver, remove the four indicated screws from the Fan Assembly Shroud.



6. The Fan Assembly Shroud has the Lower Cable secured to the upper right corner. Slightly pivot the Fan Assembly Shroud to the right side of the machine without damaging the Lower Cable.



7. Safely remove the Upper Hand Grip and the Snap Hook from the Upper Rope.



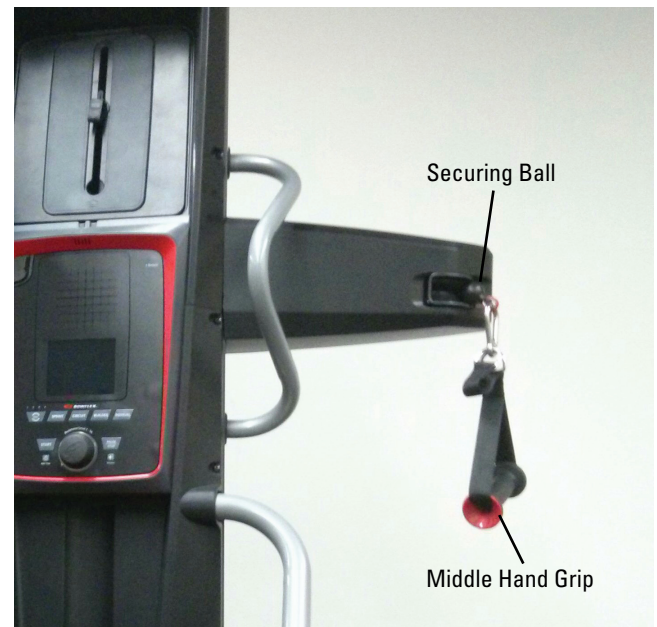
8. Using a #2 Phillips screwdriver, remove the 5 indicated screws (by ovals) from each of the Rear Middle Pulley Shrouds. Place them outside the work area.

9. Using a #2 Phillips screwdriver, remove the two indicated screws (by arrows) from the Upper Rear Shroud.

10. Remove the Upper Rear Shroud and place out of the work area.



11. Safely remove the Middle Hand Grip and the Snap Hook from the Middle Pulley Arm.

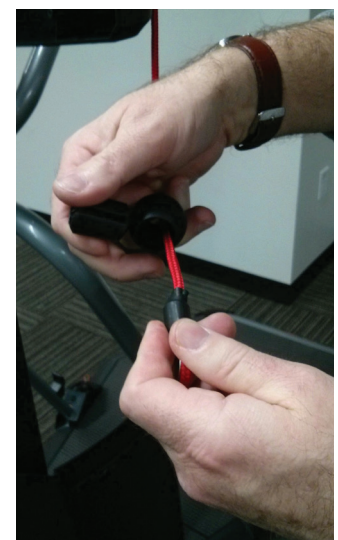


12. Slowly pull out enough of the Middle Rope to be able to remove the Securing Ball from it.

⚠ The Rope will be under tension and will want to pull itself into the Middle Pulley Shroud. Be sure not to allow fingers or hands to be pinched.

13. While keeping the rope from retracting, remove the Securing Ball from the rope. Do not release the rope until instructed.

Note: Be sure to observe how the rope routes through the Middle Pulley to assist with re-assembly. To remove the Securing Ball: Slide the Securing Ball up the rope, remove the Center Stopper from the rope, and slide the Securing Ball off the rope.



14. With your free hand, grasp the rope behind the Front Middle Pulley Shroud so it will not retract. Release the other end of the rope and pull it out of the Middle Pulley Arm.

Note: Be sure not to pinch any fingers or hands.

15. After noting how the Upper Rope routes around the Floating Pulley, safely release it.

16. Attach the Securing Ball to one end of the new Upper Rope.

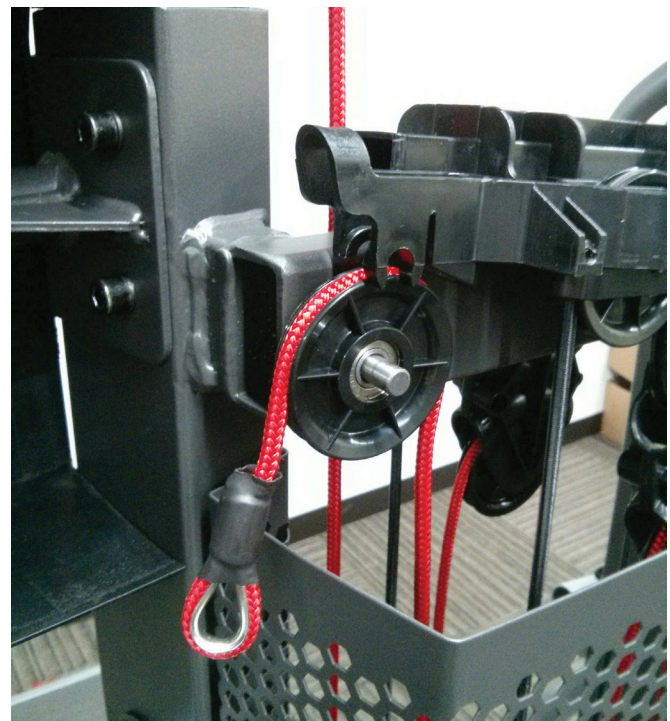
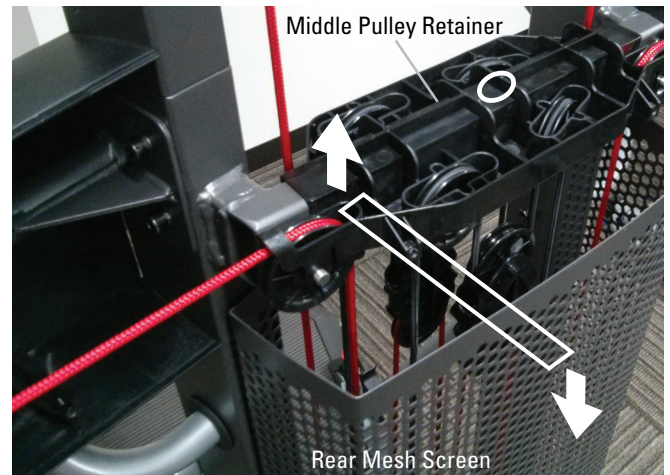
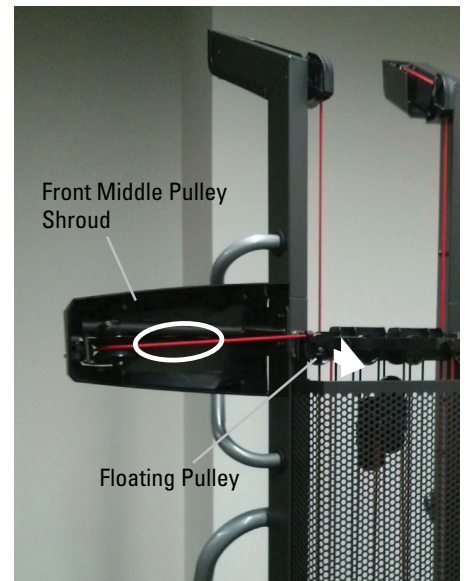
17. Route the other end of the new Upper Rope through the Middle Pulley Arm.

18. Fully push the Floating Pulleys toward the rear of the machine.

19. Using a #2 Phillips screwdriver, remove the indicated screw (by oval) from the Middle Pulley Retainer.

20. Place a tool that spans the distance from the Rear Mesh Screen to under the Middle Pulley Retainer, such as the handle of a rubber mallet, that can be used for leverage. Be sure it is placed between the Floating and Plain Bearing Pulleys.

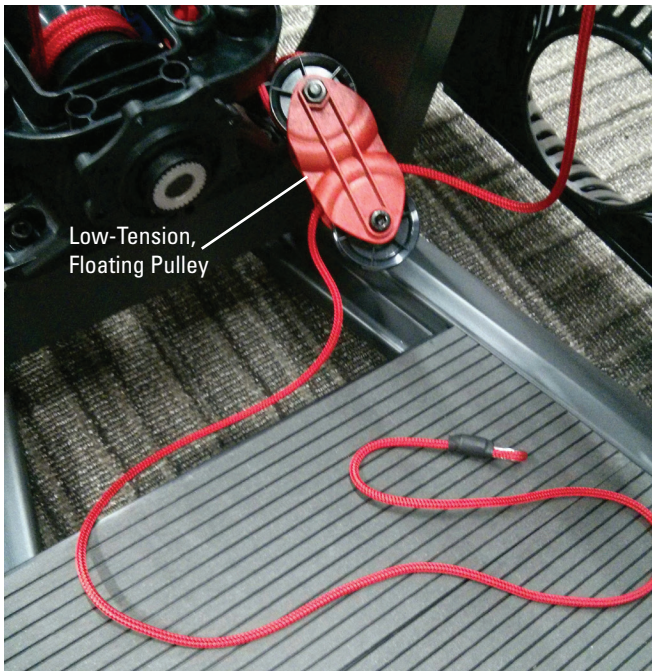
21. Using the exposed end of the leverage tool, suddenly push downward to get the Middle Pulley Retainer to release on the side with the Floating Pulley.



22. Route the unsecured end of the new Upper Rope through the machine by following the old Upper Rope. Be sure to replace it exactly as the old Rope. Use the routing images on the following pages to assist.

23. Using a 6mm hex wrench, remove the upper pulley from the Low-Tension, Floating Pulley and replace the rope.

Note: Be sure to note the routing of the rope before removing the pulley.



24. With the rope routed properly around the new Floating Pulley, push the Middle Pulley Retainer down until it snaps into place. Be sure the Floating Pulley is centered in position before re-installing the Retainer.

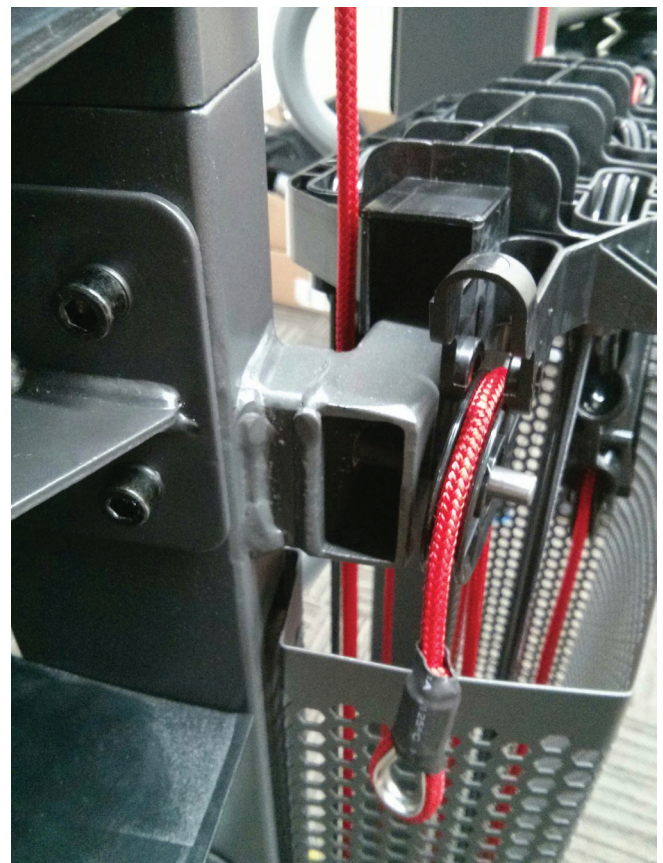
25. Re-assemble the machine in the reverse order of when the parts were removed.

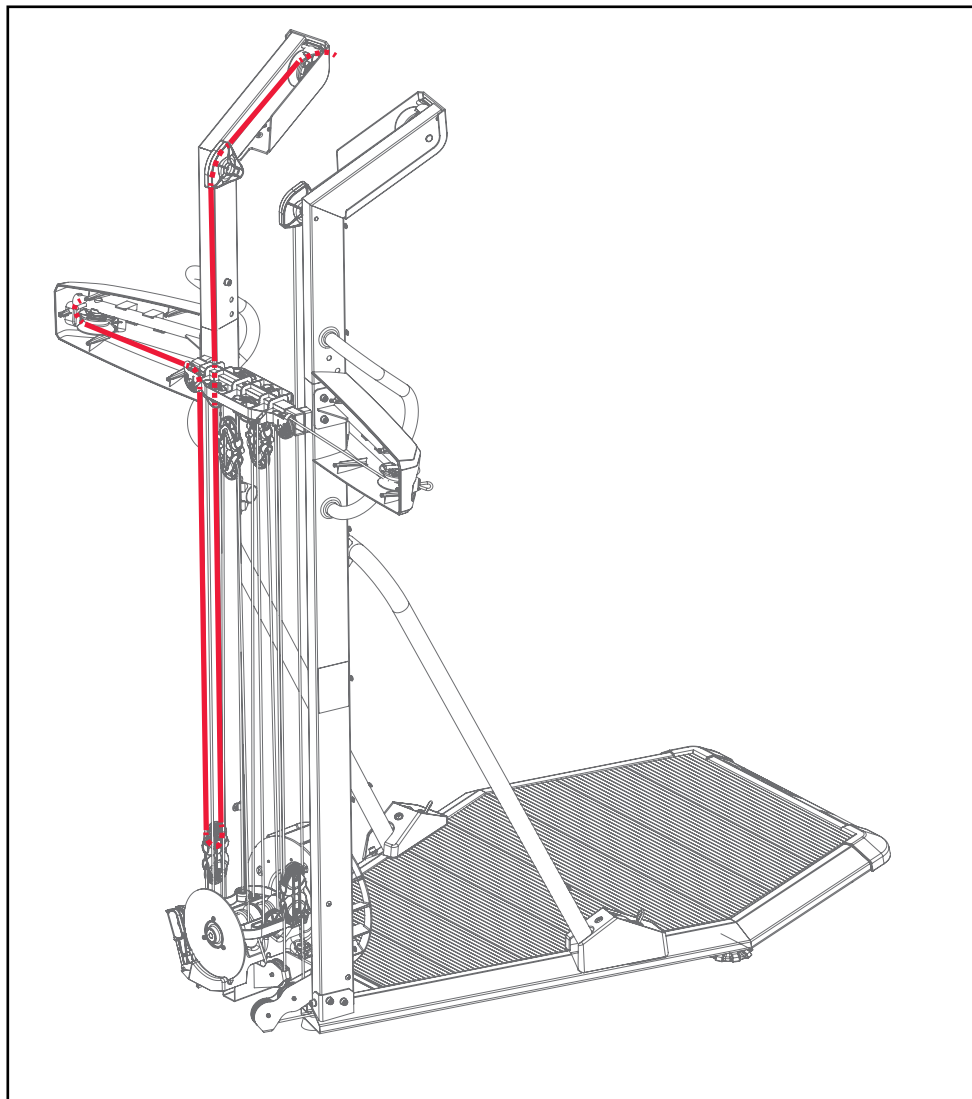
26. Final Inspection

Inspect your machine to ensure that all hardware is tight and components are properly assembled.

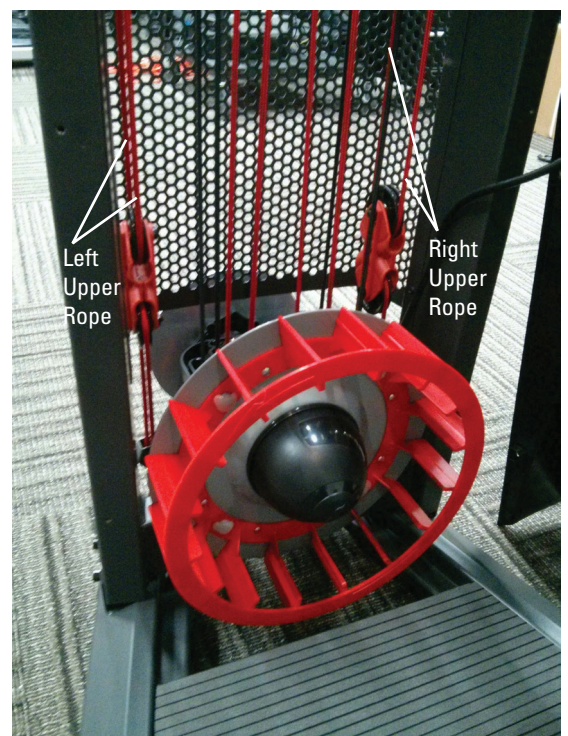
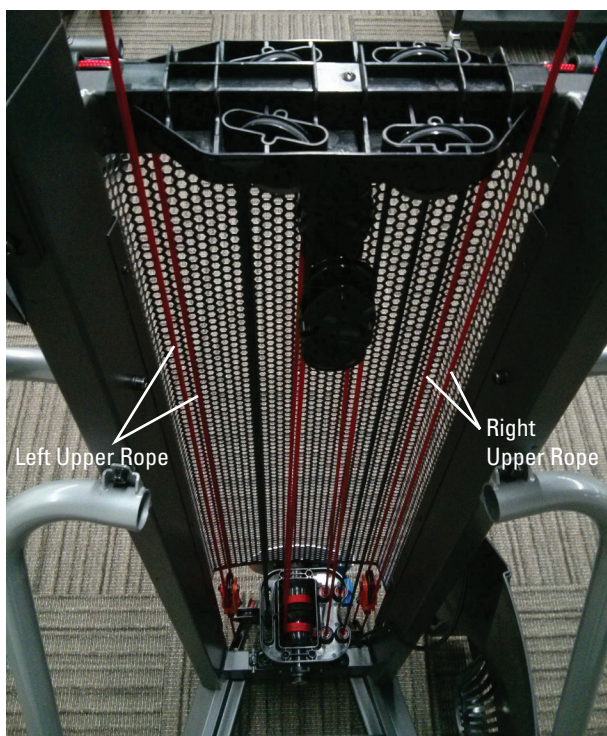


Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Owner's Manual.

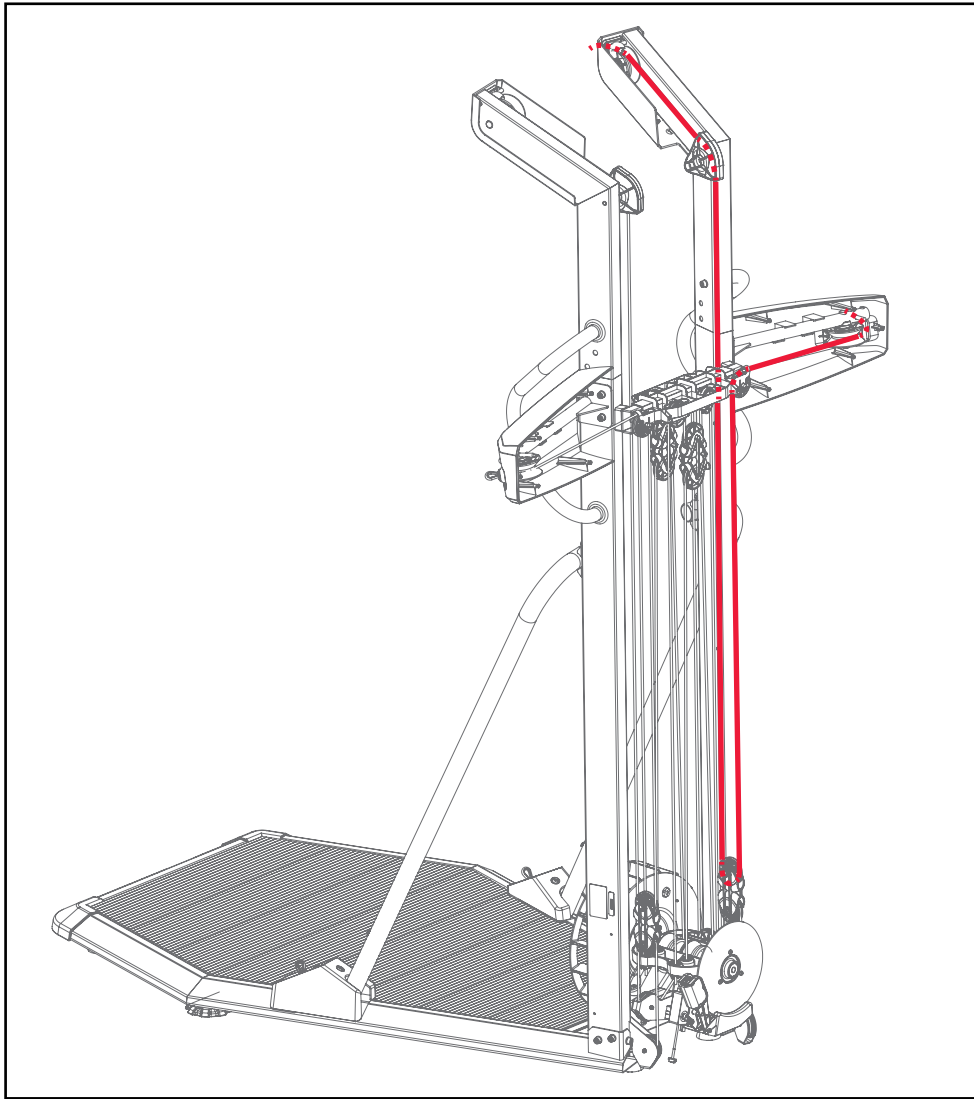




Upper Right Rope routing to assist with replacement



Photos of Upper Rope routing to assist with replacement



Upper Left Rope routing to assist with replacement