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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.

Disconnect all power to the machine before you service it.

- 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 at any time the Warning labels become loose, unreadable or dislodged, replace the labels. If purchased in US/Canada, contact Customer Service for replacement labels. If purchased outside US/Canada, contact your local distributor for them.
- 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

WARNING!
- Injury or death is possible if caution is not used while using this machine.
- Not intended for children under 14 yrs. of age.
- Keep children & pets away.
- Read and follow all warnings on this machine.
- This product is for Home use only.
- Refer to the owner’s manual for additional warnings and safety information.
- Heart rate displayed, if applicable, is an approximation and should be used for reference only.
- Consult a physician prior to using any exercise equipment.
- The maximum user weight for this machine is: 136 kg/ 300lbs.
- Care should be used when mounting or dismounting the equipment. Before mounting or dismounting, move the pedal on the mounting or dismounting side to its lowest position and bring the machine to a complete stop.
- This unit is not equipped with a free-wheel. Pedal speed should be reduced in a controlled manner.

(The label on the product is available in English and French Canadian only.)
**SPECIFICATIONS**

Maximum User Weight: 136 kg (300 lbs)

Maximum Pedal Height: 55.9 cm (22”)

Machine Weight: approx. 117 kg (258 lbs)

Total Surface Area (footprint) of equipment: 16,007 cm²

Power Requirements:
- Input Voltage: 100 - 240V AC, 50/60Hz
- Output Voltage: 12VDC, 5A
- Heart Rate Chest Strap: 1 CR2032 battery

⚠️ DO NOT dispose of this product as refuse. This product is to be recycled. For proper disposal of this product, please follow the prescribed methods at an approved waste center.

**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.
Moving Your Machine
The fitness machine weighs approximately 258 lbs (117 kg) when fully assembled and requires caution when being moved. The width of the machine is wider than a standard room door frame. Disassembly may be required if transporting to a different area.

**NOTICE:** Always disconnect the power cord and power adapter from the wall outlet and the machine before attempting to move the machine.

Use the Transport Handles at the rear of the machine to lift and move the machine. Your machine can be rolled on the transport wheels to a new location. Lower your machine slowly into its new location without injury to your head or fingers.

⚠️ **Do not use the handlebars, Console Mast, or the Console to lift or move the machine. Injury to you or damage to the machine can occur.**

The machine may be moved by one or more persons depending on their physical abilities and capacities. Make sure that you and others are all physically fit and able to move the machine safely.

Place the machine on a clean, hard, level surface, free from unwanted material or other objects that may hamper your ability to move freely. A rubber mat should be used below the machine to prevent the release of static electricity and protect your flooring.

To prevent unsupervised operation of the machine always disconnect the power cord from the wall outlet and machine power input. Place the power cord in a secure location.

Leveling the Machine
The machine needs to be leveled if your workout area is uneven or if the Base Assembly is slightly off the floor. To adjust:

1. Place the machine in your workout area.
2. Loosen the locking nuts and 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.**

3. Adjust until the machine is level. Tighten the locking nuts.

Make sure the machine is level and stable before you exercise.
CONNECTIVITY

Bluetooth® Connectivity with the “Bowflex LateralX™” Fitness App
This fitness machine is equipped with Bluetooth® connectivity and can wirelessly sync with the “Bowflex LateralX™” Fitness App on supported devices. The Software App syncs with your fitness machine to track total calories burned, time, distance, and more. Records and stores every workout for quick reference. Track your results and share with friends and family.

1. Download the free Software App, named the “Bowflex LateralX™” Fitness App. The software app is available on the App Store and Google Play™.

   Note: For a complete list of supported devices, review the software app on the App Store or Google Play™.

2. Follow the instructions on the Software App to sync your device to your exercise machine.

Workout with Other Fitness Apps
This fitness machine has integrated Bluetooth® connectivity which allows it to work with a number of digital partners. For our latest list of supported partners, please visit: www.bowflex.com/apps.

USB Charging
If a USB Device is attached to the USB Port, the Port will attempt to charge the Device. The power supplied from the USB Port may not be enough to operate the Device and charge it at the same time.
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, replace the labels. If purchased in US/Canada, contact Customer Service for replacement labels. If purchased outside US/Canada, contact our local distributor for them.

Disconnect all power to the machine before you service it.

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 moisture.

**NOTICE:** If necessary, only use a mild dish soap with a soft cloth to clean the Console. Do not clean with a petroleum based solvent, automotive cleaner, or any product that contains ammonia. Do not clean the Console in direct sunlight or at high temperatures Be sure to keep the Console free of moisture.

Weekly: Check for smooth crank and pedal arm operation. Wipe the machine to remove dust, dirt, or grime.

**NOTICE:** Do not use petroleum based products. Do not apply petroleum based products, lubricant or chemicals to the chrome-plated shafts in the Adjustable Arms.

Monthly or after 20 hours: Make sure all bolts and screws are tight. Tighten if necessary.

Replace Batteries in Chest Strap
The heart rate (HR) chest strap uses a CR2032 battery.

⚠️ Do not perform this procedure outdoors or in moist or wet locations.

1. Using a coin, loosen the slotted cover on the battery bay. Remove the cover and battery.
2. When replacing the battery, insert it in the battery bay with the + symbol facing up.  
   **Note:** The chest strap uses CR2032 size batteries.
3. Reinstall the cover on the strap.
4. Discard the old battery. Dispose of in accordance with local regulations and/or at approved recycling centers.
5. Inspect your chest strap to ensure function.

⚠️ Do not use until the equipment has been fully assembled and inspected for correct performance in accordance with the Owner’s Manual.
### Maintenance Parts

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
<th>Item</th>
<th>Description</th>
<th>Item</th>
<th>Description</th>
<th>Item</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>Console</td>
<td>P</td>
<td>Pivot Bolt Cover</td>
<td>EE</td>
<td>Static Handlebar</td>
<td>TT</td>
<td>Data Cable, Lower Lateral</td>
</tr>
<tr>
<td>B</td>
<td>Console Mast</td>
<td>Q</td>
<td>Pedal Arm, Right</td>
<td>FF</td>
<td>Cupholder</td>
<td>UU</td>
<td>Servo Motor, Resistance</td>
</tr>
<tr>
<td>C</td>
<td>Engine Assembly</td>
<td>R</td>
<td>Pedal Arm, Left</td>
<td>GG</td>
<td>Contact HR Sensor</td>
<td>VV</td>
<td>Resistance Flywheel</td>
</tr>
<tr>
<td>D</td>
<td>Base Assembly, Right</td>
<td>S</td>
<td>Pedal Arm Topcap</td>
<td>HH</td>
<td>Telemetric HR Receiver</td>
<td>WW</td>
<td>Crank</td>
</tr>
<tr>
<td>E</td>
<td>Base Assembly, Left</td>
<td>T</td>
<td>Pedal Shroud, Right</td>
<td>II</td>
<td>Remote Resistance Control</td>
<td>XX</td>
<td>Pulley, Second Stage Crank</td>
</tr>
<tr>
<td>F</td>
<td>Leveler Foot</td>
<td>U</td>
<td>Pedal Shroud, Left</td>
<td>JJ</td>
<td>Remote Lateral Control</td>
<td>YY</td>
<td>Drive Belt, Right, J10</td>
</tr>
<tr>
<td>G</td>
<td>Transport Wheel</td>
<td>V</td>
<td>Foot Pad, Right</td>
<td>KK</td>
<td>Data Cable, Upper Resistance</td>
<td>ZZ</td>
<td>Drive Belt, Leftt, J8</td>
</tr>
<tr>
<td>H</td>
<td>Upper Shroud, Right</td>
<td>W</td>
<td>Foot Pad, Left</td>
<td>LL</td>
<td>Data Cable, Upper Lateral</td>
<td>AAA</td>
<td>Dual Speed/Direction Sensor</td>
</tr>
<tr>
<td>I</td>
<td>Upper Shroud, Left</td>
<td>X</td>
<td>Parallel Link</td>
<td>MM</td>
<td>Remote Resistance Control Wire</td>
<td>BBB</td>
<td>Speed Sensor Magnet</td>
</tr>
<tr>
<td>J</td>
<td>Mast Gasket</td>
<td>Y</td>
<td>Lateral Link</td>
<td>NN</td>
<td>Remote Lateral Control Wire</td>
<td>CCC</td>
<td>Cable Actuator</td>
</tr>
<tr>
<td>K</td>
<td>Handlebar Link</td>
<td>Z</td>
<td>Lateral Link Endcap</td>
<td>OO</td>
<td>HR Cable, Console Mast</td>
<td>DDD</td>
<td>PCBA Slim Control Board</td>
</tr>
<tr>
<td>L</td>
<td>Handlebar Arm, Right</td>
<td>AA</td>
<td>Mid Pedal Arm, Right</td>
<td>PP</td>
<td>Mast EndCap</td>
<td>EEE</td>
<td>Power Inlet</td>
</tr>
<tr>
<td>M</td>
<td>Pivot Cover, Right</td>
<td>BB</td>
<td>Mid Pedal Arm, Left</td>
<td>QQ</td>
<td>Lower Shroud, Right</td>
<td>FFF</td>
<td>Power Adapter w/Cord</td>
</tr>
<tr>
<td>N</td>
<td>Handlebar Arm, Left</td>
<td>CC</td>
<td>Adjustable Arm, Right</td>
<td>RR</td>
<td>Lower Shroud, Left</td>
<td></td>
<td></td>
</tr>
<tr>
<td>O</td>
<td>Pivot Cover, Left</td>
<td>DD</td>
<td>Adjustable Arm, Left</td>
<td>SS</td>
<td>Data Cable, Lower Resistance</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

---
<table>
<thead>
<tr>
<th>Condition/Problem</th>
<th>Things to Check</th>
<th>Solution</th>
</tr>
</thead>
<tbody>
<tr>
<td>No display/partial display/unit will not turn on</td>
<td>Check electrical (wall) outlet</td>
<td>Make sure unit is plugged into a functioning wall outlet.</td>
</tr>
<tr>
<td>Check power adapter</td>
<td>Check for visual sign that power adapter is damaged. Replace power adapter if damaged.</td>
<td></td>
</tr>
<tr>
<td>Check connection at front of unit</td>
<td>Connection should be secure and undamaged. Replace adapter or connection at unit if either are damaged.</td>
<td></td>
</tr>
<tr>
<td>Check data cable integrity</td>
<td>All wires in cable should be intact. If any are visibly crimped or cut, replace cable.</td>
<td></td>
</tr>
<tr>
<td>Check data cable connections/orientation</td>
<td>Be sure cable is connected securely and oriented properly. Small latch on connector should line up and snap into place.</td>
<td></td>
</tr>
<tr>
<td>Console Display</td>
<td>If Console only has partial display and all connections are fine, replace the Console.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>If the above steps do not resolve the problem, contact Customer Service (if inside US/Canada) or your local distributor (if outside US/Canada).</td>
<td></td>
</tr>
<tr>
<td>Unit operates but Contact HR not displayed</td>
<td>HR cable connection</td>
<td>Be sure cable is connected securely at top of Console Mast.</td>
</tr>
<tr>
<td>Sensor grip</td>
<td>Be sure hands are centered on HR sensors. Hands must be kept still with relatively equal pressure applied to each side. If there is plastic film on the HR sensor, carefully peel off the film.</td>
<td></td>
</tr>
<tr>
<td>Dry or calloused hands</td>
<td>Sensors may have difficulty with dried out or calloused hands. A conductive electrode cream (heart rate cream) can help make better conduct. These are available on the web or at medical or some larger fitness stores.</td>
<td></td>
</tr>
<tr>
<td>Static Handlebar</td>
<td>If tests reveal no other issues, Static Handlebar should be replaced.</td>
<td></td>
</tr>
<tr>
<td>Unit operates but Telemetric HR not displayed</td>
<td>Chest Strap (optional)</td>
<td>Strap should be “POLAR®” compatible and uncoded. Make sure strap is directly against skin and contact area is wet.</td>
</tr>
<tr>
<td>Chest Strap Battery</td>
<td>If strap has replaceable batteries, install new batteries.</td>
<td></td>
</tr>
<tr>
<td>Interference</td>
<td>Try moving unit away from sources of interference (TV, Microwave, etc).</td>
<td></td>
</tr>
<tr>
<td>Replace Chest Strap</td>
<td>If interference is eliminated and HR does not function, replace strap.</td>
<td></td>
</tr>
<tr>
<td>Replace Console</td>
<td>If HR still does not function, replace Console.</td>
<td></td>
</tr>
<tr>
<td>Unit operates but Telemetric HR displayed incorrectly</td>
<td>Interference</td>
<td>Make sure that the HR receiver is not blocked by a personal electronic device in the cupholder.</td>
</tr>
<tr>
<td>Resistance does not change (machine turns on and operates)</td>
<td>Check data cable connections/orientation</td>
<td>Be sure cable connections at top and bottom of Console Mast are connected securely and oriented properly. Reset all connections. Small latch on connector should line up and snap into place.</td>
</tr>
<tr>
<td>Resistance handlebar connection</td>
<td>Be sure cable from Static Handlebar and cables to Console are secure and undamaged.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>If the above steps do not resolve the problem, contact Customer Service (if inside US/Canada) or your local distributor (if outside US/Canada).</td>
<td></td>
</tr>
<tr>
<td>Console shuts off (enters sleep mode) while in use</td>
<td>Check connection at front of unit</td>
<td>Connection should be secure and undamaged. Replace adapter or connection at unit if either are damaged.</td>
</tr>
<tr>
<td>Check data cable connections/orientation</td>
<td>Be sure cable connections at top and bottom of Console Mast are connected securely and oriented properly. Small latch on connector should line up and snap into place.</td>
<td></td>
</tr>
<tr>
<td>Check Speed Sensor (requires shroud removal)</td>
<td>Speed sensors should be aligned with magnet and connected to data cable. Realign sensor if necessary. Replace if there is any damage to the sensor or the connecting wire.</td>
<td></td>
</tr>
<tr>
<td>Fan will not turn on or will not turn off</td>
<td>Check data cable integrity</td>
<td>All wires in cable should be intact. If any are cut or crimped, replace cable.</td>
</tr>
<tr>
<td></td>
<td>Check data cable connections/orientation</td>
<td>Be sure cable is connected securely and oriented properly. Small latch on connector should line up and snap into place.</td>
</tr>
<tr>
<td>Condition/Problem</td>
<td>Things to Check</td>
<td>Solution</td>
</tr>
<tr>
<td>-------------------</td>
<td>----------------</td>
<td>----------</td>
</tr>
<tr>
<td>Fan will not turn on, but Console operates</td>
<td>Check for blockage of fan</td>
<td>Unplug unit from electrical outlet for 5 minutes. Remove material from fan. If necessary, detach the Console to help with removal. Replace the Console if unable to remove blockage.</td>
</tr>
<tr>
<td>Unit rocks/does not sit level</td>
<td>Check leveler adjustment</td>
<td>Adjust levelers until machine is level.</td>
</tr>
<tr>
<td>Machine slides from side to side during operation</td>
<td>Check surface under unit</td>
<td>Adjustment may not be able to compensate for extremely uneven surfaces. Move machine to level area.</td>
</tr>
<tr>
<td>Foot pedals loose/unit difficult to operate</td>
<td>Hardware</td>
<td>Tightly secure all hardware on the Pedal Arms and Handlebar Arms.</td>
</tr>
<tr>
<td>Click, tick or knocking sound</td>
<td>Check for loose hardware</td>
<td>Tightly secure all hardware.</td>
</tr>
<tr>
<td>Check foot assemblies, leg assemblies, handlebar assemblies</td>
<td></td>
<td>Manually move foot, leg, and handlebar assemblies to isolate sound. Contact Customer Service (if inside US/Canada) or your local distributor (if outside US/Canada).</td>
</tr>
<tr>
<td>Workout results will not sync with Bluetooth® enabled device</td>
<td>Current console mode</td>
<td>Machine must be in Idle Mode to sync. Push the STOP/PAUSE button until the Power-Up Mode screen is displayed.</td>
</tr>
<tr>
<td>Total time of workout</td>
<td></td>
<td>A workout must be longer than 1 minute to be saved and posted by the Console.</td>
</tr>
<tr>
<td>Fitness machine</td>
<td></td>
<td>Unplug unit from electrical outlet for 5 minutes. Reconnect to outlet.</td>
</tr>
<tr>
<td>Bluetooth™ enabled device</td>
<td></td>
<td>Consult your device to be sure that the Bluetooth® wireless feature has been enabled on it.</td>
</tr>
<tr>
<td>Fitness App</td>
<td></td>
<td>Review Specifications of Fitness App and confirm your device is compatible.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Contact <a href="mailto:appsupport@nautilus.com">appsupport@nautilus.com</a> (if inside US/Canada) or your local distributor (if outside US/Canada) for further assistance.</td>
</tr>
</tbody>
</table>
MACHINE SETTINGS MODE

The Machine Settings Mode lets you view the total run hours for the machine and the current versions of the main systems.

1. Hold down the STOP/PAUSE button and Right arrow button together for 3 seconds while in the Power-Up Mode to access the Machine Settings Mode.
   
   **Note:** Push STOP/PAUSE to exit the Machine Settings Mode and return to the Power-Up Mode screen.

2. The Console displays the TOTAL HOURS for the machine.
3. Push the Right button to go to the next option.
4. The Console display shows the current Console Firmware Version.
5. Push the Right button to go to the next option.
6. The Console display shows the current Motor Control Board Firmware Version.
7. Push the Right button to go to the next option.
8. The Console display shows the current BLE Version.
9. Push the Right button to go to the next option.
10. The Console displays the DISCONNECT BLE NO prompt.
    
    **Note:** If you want to disconnect the Bluetooth® transmitter, push the Increase/Decrease buttons to select the "DISCONNECT BLE YES" option, and push Enter. The Console will exit the Machine Settings Mode and return to the Power-Up Mode screen.
11. Push the Right button to go to the next option.
12. The Console displays the VIEW ERROR MSG NO option. This option is for Service Technicians use only.
13. Push the Right button to go to the next option.
14. The Console displays the RESET CONSOLE NO prompt.
    
    **Note:** If you want to reset the Console to factory settings, push the Increase/Decrease buttons to select the “RESET CONSOLE YES” option, and push ENTER. Turn the machine off when the Console displays the “POWER CYCLE NOW” prompt.
15. Push the STOP/PAUSE button to exit the Machine Settings Mode and return to the Power-Up Mode screen.
Slim PCBA and cable connections
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.

⚠️ Disconnect all power to the machine before you service it.
When disposing of old parts, obey the applicable local and provincial requirements.

For instructions to replace the following parts, please refer to the Assembly Manual for your machine:

- Power Cord
Adjust the Belt Tension on the Bowflex™ LateralX™ LX5/LX5i Lateral Trainers

NOTICE: This document provides instructions to adjust the tension of the left and right Drive Belts on the Bowflex™ LateralX™ LX5 and LX5i Lateral Trainers.

If you need assistance, please contact Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: www.nautilusinternational.com

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.

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.

Disconnect all power to the machine before you service it.

- 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, children and pets 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 at any time the Warning labels become loose, unreadable or dislodged, replace the labels. If purchased in US/Canada, contact Customer Service for replacement labels. If purchased outside US/Canada, contact your local distributor for them.
- 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)

<table>
<thead>
<tr>
<th>Tool</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>6mm hex wrench</td>
<td>M10 socket wrench</td>
</tr>
<tr>
<td>8mm hex wrench</td>
<td>13mm socket wrench (or open end wrench)</td>
</tr>
<tr>
<td>10mm hex wrench</td>
<td>24mm or 15/16” socket wrench</td>
</tr>
<tr>
<td>#2 Phillips screwdriver</td>
<td>(2) 8” or longer adjustable wrenches</td>
</tr>
<tr>
<td>Flathead screwdriver</td>
<td>or M24 socket wrench and 24mm box end wrench</td>
</tr>
<tr>
<td>17mm open end wrench</td>
<td></td>
</tr>
</tbody>
</table>

Nautilus, Inc., www.NautilusInc.com, 5415 Centerpoint Parkway, Groveport, OH 43125 U.S.A. - Customer Service: North America (800) 605-3369, csnils@nautilus.com | outside U.S. www.nautilusinternational.com | Printed in China | © 2017 Nautilus, Inc. | Bowflex, the B logo and LateralX are trademarks owned or licensed by Nautilus, Inc. which are registered or otherwise protected by common law in the United States and other countries. | ORIGINAL DOCUMENT - ENGLISH VERSION ONLY
Disconnect all power to the machine before you service it.

Some components of the machine can be heavy or awkward. Use a second person when doing the assembly steps involving these parts. Do not do steps that involve heavy lifting or awkward movements on your own.

**Note:** Your machine may not match the image. For reference only.

1. Remove the Pivot Bolt Covers from the Handlebar Arms. Using a 6mm hex wrench, remove the indicated hardware. Set them safely aside.

2. Using a 10mm hex wrench, remove the indicated Screws (by arrow) from the Handlebar Arms and Handlebar Links.

**Be aware that the Handlebar Arm will be loose and will pivot when the hardware is removed. Safely allow the Handlebar Arm to pivot downward and come to rest. Be sure to stay out of the path of the Handlebar Arm.**

3. Remove the Handlebar Arms and Wave Washers. Set them safely aside.
4. Using a #2 Phillips screwdriver, remove the 6 indicated screws (arrows) from the Upper Shrouds. Use a flathead screwdriver to separate the Shrouds at the push fasteners. Remove the Shrouds and Mast Gasket, and set them safely aside.

5. Using a 6mm hex wrench, remove the indicated screw. Rotate the Lateral Link out of the way.

6. Using a 6mm hex wrench, remove the indicated hardwar Parallel Links.
7. Remove the Pedal Arm Topcaps.

8. Using a 6mm hex wrench, remove the indicated hardware.

9. Using a 6mm hex wrench, remove the indicated hardware. Remove the Pedal Arms and Collars.
10. Remove the Endcaps from the Mid Pedal Arms. Using a 13mm socket or box end wrench, remove the indicated hardware.
   **Note:** The hardware is very tight (factory installed).

11. Using an M24 or 15/16" socket wrench (inside of arm) and 24mm open end wrench or adjustable wrench (outside of arm), remove the indicated screw and nut.
   **Note:** The hardware is very tight (factory installed).

**Pivot** the Adjustable Arms toward the front and remove the Mid Pedal Arms.
12. Using a #2 Phillips screwdriver, remove the indicated screws from the Crank Shrouds. Remove the Crank Shrouds and set them safely aside.

13. Using a #2 Phillips screwdriver, remove the 5 indicated screws from the Right Lower Shroud. Carefully remove the Right Lower Shroud and set it safely aside.

14. Using a 17mm open end wrench, loosen and remove the indicated nut from the Left Lower Shroud. Carefully pull the Power Inlet plug out of the hole toward the inside of the Shroud.
15. Using a #2 Phillips screwdriver, remove the 5 indicated screws from the Left Lower Shroud. Carefully remove the Left Lower Shroud and set it safely aside.

**Note:** Your machine may not match the image. For reference only.

**First stage belt tension adjustment**

16. To test the Right Drive Belt tension:
On the lower part of the belt, twist the belt at the midpoint between the pulleys. The belt should not twist more than 45 degrees.

If the tension is correct, go to Step 26.
If the tension is too loose, adjust:

17. Use a 17mm open-end wrench to loosen the indicated nut (arrow) two turns.
18. Use an 8mm hex wrench to loosen the two screws shown in the illustration for two turns.

19. Use a 17mm open-end wrench to loosen the indicated nut.

20. Use a 17mm open-end wrench to adjust the hex socket screws.
21. Turn the crank 3 to 5 turns in the direction of the arrow, and check the tension. On the lower part of the belt, twist the belt at the midpoint between the pulleys. The belt should not twist more than 45 degrees.

Be sure to keep fingers clear of all pinch hazards when you turn the Crank.

If necessary, tighten more.

22. Using a 17mm open-end wrench, fully tighten the indicated nut.

23. Using an 8mm hex wrench, tighten the two indicated screws.
24. Using a 17mm open-end wrench, fully tighten the illustrated nut.

25. Turn the crank 3~5 turns in the direction of the arrow to make the belt rotate smoothly.

⚠️ Be sure to keep fingers clear of all pinch hazards when you turn the Crank.

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**Second stage belt tension check**

26. To test the Left Drive Belt tension:

On the upper part of the belt, twist the belt at the midpoint between the pulleys. The belt should not twist more than 90 degrees (vertical).

If the tension is correct, go to Step 32.
If the tension is too loose, adjust:
27. Use a 17mm open-end wrench to loosen the indicated flywheel nuts (arrow) two turns.

26. Use an M10 socket wrench to adjust the nylon lock nuts. If the tension is too loose, tighten the nuts. If the tension is too tight, loosen the nuts.

NOTICE: Be sure to adjust the nuts on both sides evenly and turn the nuts the same number of times.

27. Turn the crank 3 to 5 turns in the direction of the arrow, and check the tension. On the upper part of the belt, twist the belt at the midpoint between the pulleys. The belt should not twist more than 90 degrees (vertical).

⚠️ Be sure to keep fingers clear of all pinch hazards when you turn the Crank.
28. Use a 17mm open-end wrench to tighten the illustrated nuts.

29. Turn the crank 3~5 turns in the direction of the arrow to make the belt rotate smoothly.
   Be sure to keep fingers clear of all pinch hazards when you turn the Crank.

Reassembly
30. Using a Phillips screwdriver, attach the Left Lower Shroud, to the main frame. First, lock the screw in position A, then lock the screw in position B, and then tighten the screws in the other positions.
31. Insert the Power Inlet cable connector into the Left Lower Shroud. Using a 17mm wrench, tighten the nut to secure the power cable connector.

32. Align the Right Lower Shroud with the push fasteners on the Left Lower Shroud and move the Right Lower Shroud into position. Push the Shrouds together so that the Push Fasteners are fully seated.

33. Install the Lower Shroud to the Frame Assembly with the screws. Use a Phillips screwdriver to lock the screw in position A, then lock the screw in position B, and then tighten the screws in the other positions.
34. Using a #2 Phillips screwdriver, re-install the Crank Shrouds.

35. Put the Right Mid Pedal Arm back on the Crank and move the Adjustable Arm end into the Mid Pedal Arm bracket. Using an M24 or 15/16” socket wrench (inside of arm) and 24mm open end wrench or adjustable wrench (outside of arm), install the indicated screw and nut. Fully tighten the nut.

36. Secure the Mid Pedal Arm to the Crank using the indicated screw and washer. Use a 13mm socket or wrench to tighten securely. Install the Endcap.

37. Repeat steps 35-36 for the Left Mid Pedal Arm.
38. The remaining assembly steps are the reverse procedure.

**Note:** Put the Left Upper Shroud in position first. Align the Right Upper Shroud with the Push Fasteners and move the Right Shroud into position. Push the Shrouds together so that the Push Fasteners are fully seated. Using a #2 Phillips screwdriver, install the 6 screws. Re-install the Mast Gasket.

Be sure the Handlebar Links are tilted forward. Put the Wave Washers on the pivot rods.

⚠️ Be aware that the Handlebar Arms are top heavy, and will want to pivot when attached onto the Pivot Rod. Be sure to stay out of the path of the Handlebar.

Align the Handlebar Arm assembly with the pivot rod and attach the lower Handlebar Arm to the Handlebar Link.

39. 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.
**Tools Required (not included)**

- 6mm hex wrench
- Small standard screwdriver
- 24mm or 15/16” socket wrench
- Lateral Link Puller
- 8” or longer adjustable wrench (or 24mm socket wrench and open end wrench)
- #2 Phillips screwdriver
Disconnect all power to the machine before you service it.

Some components of the machine can be heavy or awkward. Use a second person when doing the assembly steps involving these parts. Do not do steps that involve heavy lifting or awkward movements on your own.

**Note:** It is only necessary to remove parts from the side that you are replacing.

Your machine may not match the image. For reference only.

1. Remove the Lateral Link Endcaps. Using a 6mm hex wrench, remove the indicated hardware. Using the Lateral Link Puller tool, remove the Lateral Links.

   **Note:** Handlebar Arms and Links, Upper Shrouds, and Console Mast not shown.

2. Using an M24 or 15/16” socket wrench (inside of arm) and 24mm open end wrench or adjustable wrench (outside of arm), remove the indicated screw and nut.

   **Note:** The hardware is very tight (factory installed).

**Pivot** the Adjustable Arm toward the front until it is clear of the Mid Pedal Arm.
3. Using a #2 Phillips screwdriver, remove the 2 screws from the Adjustable Arm Shroud.

   **Note**: Mid Pedal Arm bracket not shown.

4. Use a flathead screwdriver to separate the outer and inner Shrouds at the push fasteners. Carefully remove the Adjustable Arm Shroud.

   **NOTICE**: Pull mainly on the outer Shroud to avoid damage to the inner Shroud and the electronic parts in it.

5. Align the new outer Adjustable Arm Shroud with the push fasteners on the inner Shroud and move the outer Shroud into position. Carefully push the outer Shroud onto the inner Shroud so that the Push Fasteners are fully seated.

6. Install the new Adjustable Arm Shroud to the Adjustable Arm assembly with the screws. Use a Phillips screwdriver to tighten the upper screw first, then the lower screw.
7. Move the Adjustable Arm to engage the Mid Pedal Arm bracket. Using an M24 or 15/16" socket wrench (inside of arm) and 24mm open end wrench or adjustable wrench (outside of arm), install the indicated screw and nut. Fully tighten the nut.

8. Using a 6mm hex wrench, attach the Lateral Link to the Adjustable Arm and finger tighten the screw. Then attach the Lateral Link to the Pedal Arm. Fully tighten the hardware.

**Note:** Installation of the Lateral Link does not require the Lateral Link Puller.

9. 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.**
Replace the Crank on the Bowflex™ LateralX™ LX5/LX5i Lateral Trainers

**NOTICE:** This document provides instructions for the replacement of the Crank weldments (arms) on the Crank pulley on the Bowflex™ LateralX™ LX5 and LX5i Lateral Trainers.

If you need assistance, please contact Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: www.nautilusinternational.com

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.

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

- **Disconnect all power to the machine before you service it.**

- **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, children and pets 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 at any time the Warning labels become loose, unreadable or dislodged, replace the labels. If purchased in US/Canada, contact Customer Service for replacement labels. If purchased outside US/Canada, contact your local distributor for them.**

- **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)

- 6mm hex wrench
- 8mm hex wrench
- 10mm hex wrench
- #2 Phillips screwdriver
- Flathead screwdriver
- 13mm socket wrench or open end wrench
- 24mm or 15/16” socket wrench
- (2) 8” or longer adjustable wrenches
- (or 24mm socket wrench and open end wrench)
- 17mm open end wrench
Disconnect all power to the machine before you service it.

Some components of the machine can be heavy or awkward. Use a second person when doing the assembly steps involving these parts. Do not do steps that involve heavy lifting or awkward movements on your own.

**Note:** If you are only replacing one Crank, it is only necessary to remove parts from the side that you are replacing.

Your machine may not match the image. For reference only.

1. Remove the Pivot Bolt Covers from the Handlebar Arms. Using a 6mm hex wrench, remove the indicated hardware. Set them safely aside.

2. Using a 10mm hex wrench, remove the indicated Screws (by arrow) from the Handlebar Arms and Handlebar Links.

   Be aware that the Handlebar Arm will be loose and will pivot when the hardware is removed. Safely allow the Handlebar Arm to pivot downward and come to rest. Be sure to stay out of the path of the Handlebar Arm.

3. Remove the Handlebar Arms and Wave Washers. Set them safely aside.
4. Using a #2 Phillips screwdriver, remove the 6 indicated screws (arrows) from the Upper Shrouds. Use a flathead screwdriver to separate the Shrouds at the push fasteners. Remove the Shrouds and Mast Gasket, and set them safely aside.

5. Using a 6mm hex wrench, remove the indicated screw. Rotate the Lateral Link out of the way.

6. Using a 6mm hex wrench, remove the indicated hardware. Remove the Parallel Links.
7. Remove the Pedal Arm Topcaps.

8. Using a 6mm hex wrench, remove the indicated hardware.

9. Using a 6mm hex wrench, remove the indicated hardware. Remove the Pedal Arms and Collars.
10. Remove the Endcaps from the Mid Pedal Arms. Using a 13mm socket or box end wrench, remove the indicated hardware.

   Note: The hardware is very tight (factory installed).

11. Using an M24 or 15/16” socket wrench (inside of arm) and 24mm open end wrench or adjustable wrench (outside of arm), remove the indicated screw and nut.

   Note: The hardware is very tight (factory installed).

Pivot the Adjustable Arms toward the front and remove the Mid Pedal Arms.
12. Using a #2 Phillips screwdriver, remove the indicated screws from the Crank Shrouds. Remove the Crank Shrouds and set them safely aside.

13. Using a #2 Phillips screwdriver, remove the 5 indicated screws from the Right Lower Shroud. Carefully remove the Right Lower Shroud and set it safely aside.

If you are only replacing the Right Crank arm, go to step 16. If you are replacing the Left Crank arm, continue to step 14.

14. Using a 17mm open end wrench, loosen and remove the indicated nut from the Left Lower Shroud. Carefully pull the Power Inlet plug out of the hole toward the inside of the Shroud.
15. Using a #2 Phillips screwdriver, remove the 5 indicated screws from the Left Lower Shroud. Carefully remove the Left Lower Shroud and set it safely aside.

16. Using a 13mm wrench, loosen and remove the indicated hex head screws and washers from the Crank and set them safely aside.

17. Using an 8mm hex wrench, loosen and remove the indicated screws from the Crank arms.

18. Insert the M8 washer from step 16 in the gap in the Crank arm. Using an 8mm hex wrench, screw the M10 x 50 screw into the threaded hole to open the gap in the Crank arm.
19. Remove the old Crank arm from the Crank pulley.

20. Insert M8 washer in the gap of the new Crank arm. Using an 8mm hex wrench, screw the M10 x 50 screw from one end of the threaded hole into the Crank arm to open the gap in the Crank arm.

21. Put the new Crank arm in position on the Crank pulley.

22. Remove the M10 x 50 screw and M8 washer from Crank arm. Using an 8mm hex wrench, install the screw from the unthreaded end of the screw hole through the gap and tighten securely.
23. Using a 13mm socket wrench, install the M8 x 20 hex screw and washer into the crankshaft and tighten securely.

Reassembly

If you only replaced the Right Crank, go to step 26. If you replaced the Left Crank, continue to step 24.

24. Using a Phillips screwdriver, attach the Left Lower Shroud, to the main frame. First, lock the screw in position A, then lock the screw in position B, and then tighten the screws in the other positions.

25. Insert the Power Inlet cable connector into the Left Lower Shroud. Using a 17mm wrench, tighten the nut to secure the power cable connector.
26. Align the Right Lower Shroud with the push fasteners on the Left Lower Shroud and move the Right Lower Shroud into position. Push the Shrouds together so that the Push Fasteners are fully seated.

27. Install the Lower Shroud to the Frame Assembly with the screws. Use a Phillips screwdriver to lock the screw in position A, then lock the screw in position B, and then tighten the screws in the other positions.

28. Using a #2 Phillips screwdriver, re-install the Crank Shrouds.
29. Put the Right Mid Pedal Arm back on the Crank and move the Adjustable Arm end into the Mid Pedal Arm bracket. Using an M24 or 15/16” socket wrench (inside of arm) and 24mm open end wrench or adjustable wrench (outside of arm), install the indicated screw and nut. Fully tighten the nut.

30. Secure the Mid Pedal Arm to the Crank using the indicated screw and washer. Use a 13mm socket or wrench to tighten securely. Install the Endcap.

31. Repeat steps 29-30 for the Left Mid Pedal Arm.

32. The remaining assembly steps are the reverse procedure.

   **Note:** Put the Left Upper Shroud in position first. Align the Right Upper Shroud with the Push Fasteners and move the Right Shroud into position. Push the Shrouds together so that the Push Fasteners are fully seated. Using a #2 Phillips screwdriver, install the 6 screws. Re-install the Mast Gasket.

   Be sure the Handlebar Links are tilted forward. Put the Wave Washers on the pivot rods.

   **Be aware that the Handlebar Arms are top heavy, and will want to pivot when attached onto the Pivot Rod. Be sure to stay out of the path of the Handlebar.**

   Align the Handlebar Arm assembly with the pivot rod and attach the lower Handlebar Arm to the Handlebar Link

33. 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.**
Replace the Engine Assembly on the Bowflex™ LateralX™ LX3/LX3i/LX5/LX5i Lateral Trainers

NOTICE: This document provides instructions for the replacement of the Engine Assembly on the Bowflex™ LateralX™ LX3, LX3i, LX5 and LX5i Lateral Trainers.

If you need assistance, please contact Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: www.nautilusinternational.com

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.

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.

Disconnect all power to the machine before you service it.

• 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, children and pets 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 at any time the Warning labels become loose, unreadable or dislodged, replace the labels. If purchased in US/Canada, contact Customer Service for replacement labels. If purchased outside US/Canada, contact your local distributor for them.
• 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)

6mm hex wrench
10mm hex wrench

#2 Phillips screwdriver

Lateral Link Puller

Utility knife or scissors to cut zipties
Disconnect all power to the machine before you service it.

Some components of the machine can be heavy or awkward. Use a second person when doing the assembly steps involving these parts. Do not do steps that involve heavy lifting or awkward movements on your own.

**Note:** Your machine may not match the image. For reference only.

1. Remove the Pivot Bolt Covers from the Handlebar Arms. Using a 6mm hex wrench, remove the indicated hardware. Set them safely aside.

2. Using a 10mm hex wrench, remove the indicated Screws (by arrow) from the Handlebar Arms and Handlebar Links.

   Be aware that the Handlebar Arm will be loose and will pivot when the hardware is removed. Safely allow the Handlebar Arm to pivot downward and come to rest. Be sure to stay out of the path of the Handlebar Arm.

3. Remove the Handlebar Arms and Wave Washers. Set them safely aside.
4. Using a 10mm hex wrench, remove the indicated Screws (by arrow) and remove the Handlebar Links.

5. Using a #2 Phillips screwdriver, remove the 6 indicated screws (ovals and arrows) from the Upper Shrouds. Use a flathead screwdriver to separate the Shrouds at the push fasteners. Remove the Shrouds and Mast Gasket, and set them safely aside.

6. Disconnect the cables from the Engine Assembly and the Console Mast cables. Using a 6mm hex wrench, remove the indicated screws and washers (arrows). Remove the Console Mast assembly.

**NOTICE:** Do not crimp the cables. This step may require two people.
7. Remove the Lateral Link Endcaps. Using a 6mm hex wrench, remove the indicated hardware. Using the Lateral Link Puller tool, remove the Lateral Links.

8. Using a 6mm hex wrench, remove the indicated hardware. Remove the Parallel Links.

9. Remove the Pedal Arm Topcaps.
10. Using a 6mm hex wrench, remove the indicated hardware.

11. Using a 6mm hex wrench, remove the indicated hardware. Remove the Pedal Arms and Collars.

12. Using a 6mm hex wrench, remove the indicated hardware and set it safely aside.
Remove the Base Assemblies one at a time and set them safely aside for reassembly. Set the old Engine Assembly safely aside.

⚠️ **This step requires two people.**

**Note:** It may be helpful to tilt the machine to the side or put a static solid object (like a book or box) under the front mount tube in order to slide the Base Assemblies off the mount tubes.

13. Carefully turn box on long side and cut the packing tape on the bottom of the box.

14. Fold the flaps out to expose the shipping platform and tip the box upright.

⚠️ **This step requires two people.**

**Note:** Be sure to fold the bottom flap under the box so that the shipping platform will rest on the floor.

15. Lift the box off the contents. Using a Phillips screwdriver, remove the protective sheet from the base mount on top of the Engine assembly. Cut off the zipties that attach the Engine assembly to the shipping platform.

**NOTICE:** Do not remove the platform until the Base Assemblies are attached in order to prevent damage to the floor.
16. Install the Base Assemblies on the new Engine Assembly one at a time. Tilt the Engine Assembly to the side and slide the correct Base Assembly into position and install the hardware. It may be helpful to put a static solid object (like a book or box) under the front tube to align the screws and holes.

⚠️ This step requires two people.

Be sure to FULLY tighten hardware with 6 mm hex wrench when all hardware has been finger tightened. Remove the shipping platform and set it safely aside.

⚠️ In order to avoid possible serious injury, when installing the Base Assemblies to the Engine Assembly, be careful to avoid fingers or hands being caught or pinched.

13. The remaining assembly steps are the reverse procedure.

**NOTICE:** Align the clips on the cable connectors and make sure the connectors lock. Do not crimp the cables.

**Note:** Installation of the Lateral Links does not require the Lateral Link Puller.

Put the Left Upper Shroud in position first. Align the Right Upper Shroud with the Push Fasteners and move the Right Shroud into position. Push the Shrouds together so that the Push Fasteners are fully seated. Using a #2 Phillips screwdriver, install the 6 screws. Re-install the Mast Gasket.

Be sure the Handlebar Links are tilted forward. Put the Wave Washers on the pivot rods.

⚠️ Be aware that the Handlebar Arms are top heavy, and will want to pivot when attached onto the Pivot Rod. Be sure to stay out of the path of the Handlebar.

Align the Handlebar Arm assembly with the pivot rod and attach the lower Handlebar Arm to the Handlebar Link

**NOTICE:** This step may require two people.

Align the clips on the cable connectors and make sure the connectors lock. Do not crimp the cables.

20. 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.
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• Keep bystanders, children and pets 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 at any time the Warning labels become loose, unreadable or dislodged, replace the labels. If purchased in US/Canada, contact Customer Service for replacement labels. If purchased outside US/Canada, contact your local distributor for them.
• 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)

- 6mm hex wrench
- 8mm hex wrench
- 10mm hex wrench
- #2 Phillips screwdriver
- (2) 8” or longer adjustable wrenches
- (or M24 socket wrench and 24mm open end wrench)
- 17mm open end wrench
- 13mm socket wrench or open end wrench
- 24mm or 15/16” socket wrench (for LX5/LX5i)
Disconnect all power to the machine before you service it. Some components of the machine can be heavy or awkward. Use a second person when doing the assembly steps involving these parts. Do not do steps that involve heavy lifting or awkward movements on your own.

Note: It is only necessary to remove parts from the side that you are replacing.
Your machine may not match the image (LX3 is shown). For reference only.

1. Remove the Pivot Bolt Covers from the Handlebar Arms. Using a 6mm hex wrench, remove the indicated hardware. Set them safely aside.

2. Using a 10mm hex wrench, remove the indicated Screws (by arrow) from the Handlebar Arms and Handlebar Links.

   Be aware that the Handlebar Arm will be loose and will pivot when the hardware is removed. Safely allow the Handlebar Arm to pivot downward and come to rest. Be sure to stay out of the path of the Handlebar Arm.

3. Remove the Handlebar Arms and Wave Washers. Set them safely aside.
4. Using a #2 Phillips screwdriver, remove the 6 indicated screws (arrows) from the Upper Shrouds. Use a flathead screwdriver to separate the Shrouds at the push fasteners. Remove the Shrouds and Mast Gasket, and set them safely aside.

5. Using a 6mm hex wrench, remove the indicated hardware. Rotate the Lateral Link out of the way.

6. Using a 6mm hex wrench, remove the indicated hardware. Remove the Parallel Links.
7. Remove the Pedal Arm Topcaps.

8. Using a 6mm hex wrench, remove the indicated hardware.

9. Using a 6mm hex wrench, remove the indicated hardware. Remove the Pedal Arms and Collars.

10. Remove the Endcaps from the Mid Pedal Arms. Using a 13mm socket or box end wrench, remove the indicated hardware.

   Note: The hardware is very tight (factory installed).
11. Remove the indicated screw and nut:

**Note:** The hardware is very tight (factory installed).

**LX3/LX3i**—Use two 8” or longer adjustable wrenches (or M24 socket wrench and 24mm box wrench). Pivot the Swing Arms toward the front and remove the Mid Pedal Arms.

**LX5/LX5i**—Use an M24 or 15/16” socket wrench (inside of arm) and 24mm open end wrench or adjustable wrench (outside of arm). Pivot the Adjustable Arms toward the front and remove the Mid Pedal Arms.

12. Using a #2 Phillips screwdriver, remove the 5 indicated screws from the Right Lower Shroud. Carefully remove the old Right Lower Shroud and set it safely aside.

If you are only replacing the Right Lower Shroud, go to step 17.
If you are replacing the Left Lower Shroud, continue to step 13.

13. Using a 17mm open end wrench, loosen and remove the indicated nut from the Left Lower Shroud. Carefully pull the Power Inlet plug out of the hole toward the inside of the Shroud.
14. Using a #2 Phillips screwdriver, remove the 5 indicated screws from the Left Lower Shroud. Carefully remove the old Left Lower Shroud and set it safely aside.

15. Using a Phillips screwdriver, attach the new Left Lower Shroud to the main frame. First, lock the screw in position A, then lock the screw in position B, and then tighten the screws in the other positions.

16. Insert the Power Inlet cable connector into the Left Lower Shroud. Using a 17mm wrench, tighten the nut to secure the power cable connector.

17. Align the new Right Lower Shroud with the push fasteners on the Left Lower Shroud and move the Right Lower Shroud into position. Push the Shrouds together so that the Push Fasteners are fully seated.
18. Install the new Lower Shroud to the Frame Assembly with the screws. Use a Phillips screwdriver to lock the screw in position A, then lock the screw in position B, and then tighten the screws in the other positions.

19. Put the Left Mid Pedal Arm back on the Crank.
   **LX3/LX3i**—move the Swing Arm end into the Mid Pedal Arm bracket. Using two 8” or longer adjustable wrenches (or M24 socket wrench and 24mm box wrench), install the indicated screw and nut.
   **LX5/LX5i**—move the Adjustable Arm to engage the Mid Pedal Arm bracket. Using an M24 or 15/16” socket wrench (inside of arm) and 24mm open end wrench or adjustable wrench (outside of arm), install the indicated screw and nut. Fully tighten the nut.

20. Secure the Mid Pedal Arm to the Crank using the indicated screw and washer. Use a 13mm socket to tighten securely.
    Install the Endcap.

22. The remaining assembly steps are the reverse procedure.

**Note:** Put the Left Upper Shroud in position first. Align the Right Upper Shroud with the Push Fasteners and move the Right Shroud into position. Push the Shrouds together so that the Push Fasteners are fully seated. Using a #2 Phillips screwdriver, install the 6 screws. Re-install the Mast Gasket.

Be sure the Handlebar Links are tilted forward. Put the Wave Washers on the pivot rods.

⚠ **Be aware that the Handlebar Arms are top heavy, and will want to pivot when attached onto the Pivot Rod. Be sure to stay out of the path of the Handlebar.**

Align the Handlebar Arm assembly with the pivot rod and attach the lower Handlebar Arm to the Handlebar Link.

23. 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.**
Replace the Mast Cables on the Bowflex™ LateralX™ LX5/LX5i Lateral Trainers

**NOTICE:** This document provides instructions for the replacement of the Mast Cables on the Bowflex™ LateralX™ LX5 and LX5i Lateral Trainers.

If you need assistance, please contact Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: www.nautilusinternational.com

**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.**

**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.

Disconnect all power to the machine before you service it.

- 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, children and pets 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 at any time the Warning labels become loose, unreadable or dislodged, replace the labels. If purchased in US/Canada, contact Customer Service for replacement labels. If purchased outside US/Canada, contact your local distributor for them.
- 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 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
- (2) 6mm hex wrenches
- 10mm hex wrench
- (2) approximately 4’ (1.2m) lengths of string
- A Zip-Tie, rubber band or piece of wire to restrict cables from falling into Console Mast
Disconnect all power to the machine before you service it. Some components of the machine can be heavy or awkward. Use a second person when doing the assembly steps involving these parts. Do not do steps that involve heavy lifting or awkward movements on your own.

Note: Your machine may not match the image. For reference only.

1. Remove the Pivot Bolt Cover from the left Handlebar Arm. Using a 6mm hex wrench, remove the indicated hardware. Set it safely aside.

2. Using a 10mm hex wrench, remove the indicated Screw (by arrow) from the Handlebar Arm and Handlebar Link.

Be aware that the Handlebar Arm will be loose and will pivot when the hardware is removed. Safely allow the Handlebar Arm to pivot downward and come to rest. Be sure to stay out of the path of the Handlebar Arm.

3. Remove the Handlebar Arm and Wave Washer. Set them safely aside.
4. Using a #2 Phillips screwdriver, remove the 3 indicated screws from the Left Upper Shroud. Use a flathead screwdriver to separate the Shrouds at the push fasteners. Remove the Left Shroud and set it safely aside.

5. Disconnect the cables from the Engine Assembly and the Console Mast cables. Tie one piece of string to the Mast Cable end at the base of the Console Mast.

NOTICE: Do not crimp the cables. Do not allow the cable to fall down into the Engine Assembly. This step may require two people.
6. Remove the Mast Endcap and set it aside. Disconnect the Mast Cables from the Console Cables.

**NOTICE:** Do not crimp the cables. Do not allow the cables to fall down into the Console Mast.

7. Using a 6mm hex wrench, remove the indicated hardware. Carefully remove the Static Handlebar and disconnect the cables. Set the Static Handlebar and hardware aside for reassembly.

Tie the other piece of string to the Mast Cable ends at the Static Handlebar mount.

8. Hold the ends of the Mast Cables at the top of the Console Mast and carefully pull them out of the Console Mast so that the strings extend through the mast and out of the base and the Static Handlebar mount.

**Note:** The red line is the 9Pin cable, the orange line is the 4Pin cable, the blue line is the 11Pin cable, and the green line is the 8Pin cable.

9. Untie the strings from the old Mast Cables, and tie those string ends to the corresponding ends of the new Mast Cables. Use the strings to pull the new cables carefully through the Console Mast.

**NOTICE:** Do not crimp the cables.
10. Connect the Static Handlebar cables to the new Mast Cables at the handlebar mount opening. Reinstall the Static Handlebar on the Console Mast.

NOTICE: Align the clips on the cable connectors and make sure the connectors lock. Do not crimp the cables.

11. Connect the Console Cables to the new Mast Cables. Reinstall the Mast Endcap.

NOTICE: Align the clips on the cable connectors and make sure the connectors lock. Do not crimp the cables.

12. Connect the Mast Cable to the Engine Assembly cable.

NOTICE: Align the clips on the cable connectors and make sure the connectors lock. Do not crimp the cables.

13. Put the Left Upper Shroud in position. Align the Push Fasteners. Push the Shrouds together so that the Push Fasteners are fully seated. Using a #2 Phillips screwdriver, re-install the 3 screws. Re-install the Mast Gasket.
14. Be sure the Handlebar Link is tilted forward. Put the Wave Washer on the pivot rod.

Be aware that the Handlebar Arms are top heavy, and will want to pivot when attached onto the Pivot Rod. Be sure to stay out of the path of the Handlebar.

Align the Handlebar Arm assembly with the pivot rod and attach the lower Handlebar Arm to the Handlebar Link using a 10mm hex wrench. Slide the Handlebar Arm assembly fully onto the pivot rod and install the hardware using a 6mm hex wrench. Re-install the Pivot Bolt Cover.

15. 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.