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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 power cord from the wall outlet and/or the machine before cleaning, maintaining or repairing the machine. Place the power cord 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 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

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 A 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.

WARNING!

• Injury or death is possible if caution is not used while using this machine.
• Keep children and pets away.
• Read and follow all warnings on this machine.
• Refer to the Owner’s Manual for additional warnings and safety information.
• The heart rate displayed is an approximation and should be used for reference only.
• Not intended for use by anyone under 14 years of age.
• The maximum user weight for this machine is 136 kg, (300 lbs)
• This machine is for home use only.
• Consult a physician prior to using any exercise equipment.

(Label on machine is available in English and French Canadian only.)
**SPECIFICATIONS**

Maximum User Weight: 136 kg (300 lbs.)

Total Surface Area (footprint) of equipment: 9648.8 cm² (1494.5 in²)

Maximum Pedal Height: 48.5 cm (19.1 inches)

Machine Weight: 67.1 kg (148 lbs.)

Power Requirements:

(AC Adaptor)

Input Voltage: 100-240V AC, 50-60Hz, 1.5A

Output Voltage: 12V DC, 3A

Heart Rate Armband: 1 Lithium battery (not replaceable)

Console: 1 Lithium battery (not replaceable)

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.

For safe operation, the location must be on a hard, level surface. Allow a workout area of a minimum 199.4 cm (78.5") x 246.4 cm (97"). Be sure that the workout space you are utilizing has adequate height clearance, taking into consideration the height of the user and the maximum pedal height of the fitness machine.
Moving the Machine

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.

1. Grasp the Main Bar of the Static Handlebar Assembly to carefully tilt the machine toward you onto the transport rollers. Be sure not to grab the Console Display.

Be aware of the Handlebars and the weight of the machine before tilting the machine.

2. Push the machine into position.
3. Carefully lower the machine into position.

NOTICE: Be careful when you move the machine. All abrupt motions can affect the computer operation.

Leveling the Machine

The machine needs to be leveled if your workout area is uneven or if the Rail 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 are evenly balanced in contact with 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. Tighten the locking nuts.

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

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.

Media Rack (Optional Accessory)

An optional accessory can be added to your fitness machine that will hold additional media above the Console. The optional Media Rack easily attaches to your machine, adding more space for media and devices.

To order the optional Media Rack, contact Customer Service (if in US/Canada) or your local distributor (if outside US/Canada).
Bluetooth® Heart Rate Armband

Your fitness machine is provided with a Bluetooth® Heart Rate Armband. When the Bluetooth® Heart Rate Armband is connected, the Console will display the Bluetooth® Heart Rate Device icon.

⚠️ If you have a pacemaker or other implanted electronic device, consult your doctor before using a Bluetooth® armband or other Bluetooth® heart rate monitor.

The Heart Rate Armband should be worn on the upper portion of your forearm, with the Heart Rate Sensor to the inside of your forearm. It should be snug enough not to move around on your arm, but not so tight that it restricts blood circulation.

Note: Be sure to remove the protective cover from the Heart Rate Sensor before use.

1. Put the Bluetooth® Heart Rate Armband onto the upper portion of your forearm.
2. Confirm that Bluetooth® is active on the machine. If the Bluetooth® icon is blue, then it is active.
   
   If the icon is red, then Bluetooth® must be activated. To activate Bluetooth®:
   a. Tap the Bluetooth® icon.
   b. Tap "Manage Bluetooth®".
   c. Slide the option from "OFF" to "ON".
   d. Tap Back to exit.
3. When ready to exercise, start your workout.
4. Push the On/Off LED button on the Heart Rate Armband. The LED will flash blue quickly, indicating that the armband has been activated. Be sure to only push the On/Off LED button once.
5. During your workout, the Heart Rate Armband may take up to 60 seconds to connect. When connected, the Bluetooth® Heart Rate Device icon will be displayed along with your heart rate.
   
   Note: The Armband can only be connected once to an active workout. If the On/Off LED button is pushed after being connected, the workout must be restarted.

At the end of your workout, push the On/Off LED button to disconnect and deactivate your Heart Rate Armband.

If you press the On/Off LED button and the LED flashes red several times, the battery is low and should be charged. To charge the Bluetooth® Heart Rate Armband, connect the Charging Cable to the Charging Terminals on the inside of the Sensor. Connect the Charging Cable to a powered USB Port. The LED will flash red and green while charging. When fully charged, the LED will be green continuously.

Speakers

To play audio through the speakers on your machine, open an App on the Console and allow it to stream audio.

Note: Though your machine is Bluetooth® enabled, it is unable to receive and play audio across a Bluetooth® connection from your device or stream audio from the machine to your Bluetooth® device (such as Bluetooth® headphones).
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 your local distributor for them.

To reduce the risk of electrical shock or unattended/unsupervised usage, always unplug the power cord from the wall outlet and the machine and wait 5 minutes before cleaning, maintaining or repairing the machine. Place the power cord 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:**
Check for smooth roller operation. Wipe the machine to remove dust, dirt, or grime. Clean the rails and surface of the rollers with a damp cloth.
Apply silicone lubricant to a dry cloth and wipe the rails to eliminate roller noise.

⚠️ Silicon lubricant is not intended for human consumption. Keep out of reach of children. Store in a safe place.

*Note:* Do not use petroleum based products.

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

*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.
# Maintenance Parts

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B. Machine Goes to Sleep While in Use
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D. Machine Seized Up
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   I. - Rubbing / Belt
   J. - Clicking, Clunking or Knocking
   K. - Squeaking, Squealing or Chirping
L. Contact Heart Rate
M. Bluetooth® Heart Rate
N. Upper (Drive) Pulley
BEGIN HERE

Unplug the power adapter from both ends. Inspect the entire cord for any visible wires, cuts, breaks or crimps. Check that the Adapter end is not broken.

Is the end of the adapter cord broken? YES → Replace the Power Adapter and Power Inlet Plug.

NO

Test the wall power outlet with something, to ensure it is working. For example, plug a lamp in to the wall power outlet.

Are there any visible wires showing on the adapter cord? YES → Replace the Power Adapter.

NO

Plug the adapter into the wall and the machine. Does the console turn on at all?

Does the console display charging message?

NO → Test the wall power outlet with something, to ensure it is working. For example, plug a lamp in to the wall power outlet.

YES → Go to Troubleshooting: Console Lights Up Partially

Does the outlet work properly?

YES → Let the console charge for one hour.

NO → Use a different wall outlet.

Does the outlet work properly?

YES → Does a cable already unplugged?

NO → Unplug the power adapter from both ends. Inspect the entire cord for any visible wires, cuts, breaks or crimps. Check that the Adapter end is not broken.

YES → Replace the power plug inlet wire.

NO → Is the power plug inlet damaged?

YES → Connect the power plug wire back into the main I/O cable and connect the power adapter.

NO → Replace the power plug inlet wire.

Was the wire already unplugged when you looked inside the machine?

YES → Remove the hardware from the right side lower round cover (4 screws). Carefully remove the cover. The power plug inlet wire is attached to the inside. It needs to be gently unplugged, before completely removing the cover.

NO → Replace the power plug inlet wire.

Was a cable already unplugged?

YES → Replace the power plug inlet wire.

NO → Remove the hardware from the right side lower round cover (4 screws). Carefully remove the cover. The power plug inlet wire is attached to the inside. It needs to be gently unplugged, before completely removing the cover.

Plug the power plug inlet wire back in.

Let the console charge for one hour.

Does the console charge for one hour?

YES → Does the console turn on? YES → Issue resolved.

NO → Contact Customer Care for Advanced Troubleshooting.

NO → Does the console turn on now? YES → Issue resolved.

NO

Can you hear a humming sound from the console?

YES → Issue resolved.

NO → Contact Customer Care for Advanced Troubleshooting.

Did you try to reset the console?

YES → Issue resolved.

NO → Try a different location.

NO → Contact Customer Care for Advanced Troubleshooting.

Contact Customer Care for Advanced Troubleshooting.
Machine Goes to Sleep While in Use

BEGIN HERE

Remove console from console mast. Unplug I/O cables and inspect for damage. Reconnect cables. Each Cable connector (3-pin, 4-pin, 5-pin and 12-pin) has a corresponding end connector with that many openings. Be sure to orient the cables properly (as shown), and to fully connect the cable connectors.

Plug the cable in.

YES

Was a cable already unplugged?

NO

Remove the hardware from the right lower round cover. To remove the right lower round cover, the power plug inlet wire must be gently released from the inside of the cover.

Once the power plug inlet wire is released, remove the cover from the machine.

Replace the Speed Sensor Assembly

YES

Is the sensor damaged?

NO

Issue resolved.

YES

Is the sensor wire unplugged from the main wire harness?

NO

Contact Customer Care for Advanced Troubleshooting

YES

Does the issue persist?

NO

Issue resolved.

Rotate the fan so that one of the magnets meets the tip of the sensor. Adjust the sensor so that there is an 1/8 inch (3mm) gap between the sensor and the magnet (about the thickness of 2 pennies held together).

Plug the power back in and test the machine.

Contact Customer Care for Advanced Troubleshooting

DOES THE ISSUE PERSIST?

NO

Issue resolved.
Resistance Does Not Respond

BEGIN HERE

Is the red light around the Resistance Knob lit?

NO

Remove the right side lower round cover.

YES

Does the fan turn freely?

NO

Replace the Servo Motor.

YES

Begin any workout using the console. Turn the Resistance Knob up and see if the Servo Motor and Brake Arm move. Did they move?

NO

Does the resistance respond now?

NO

Replace the Servo Motor.

YES

Issue resolved.

YES

Replace the Mast Harness Cable

NO

Plug the cable in.

YES

If still not working, replace the Static Handlebar Assembly

NO

Begin troubleshooting: Machine Seized Up

Plug the power cord back in, and power up the display. If the inlet wire was unplugged, plug it back in.

YES

Visually inspect the motor. Check to make sure that the metal cable is properly attached to the motor and the brake arm.

YES

Reattach / adjust the tension cable

NO

Has the metal tension cable come off track, or need adjustment?

YES

Replace the brake assembly.

NO

Is the red, magnetic brake arm broken?

YES

Replace the cable.

NO

Is the metal tension cable broken?

Replace the cable.
Machine Seized Up

BEGIN HERE

Are the Crank Arms opposite each other 180°?

NO

Follow the “Replace the Crank Arms” procedure to remove and reorient one Crank Arm so that they are 180° opposite each other as shown.

YES

Attempt to rotate the Crank Arms by hand.

The Pedals may also be “bottomed out”. Safely grasp the Static Handlebars and apply your weight to the heel of the higher foot. While still grasping the Static Handlebar, lean back slightly applying more weight onto the heel. Once the Pedals begin to move, resume your intended workout.

Does the issue persist?

NO

Issue resolved.

YES

Remove the right side, lower round cover.

Are the magnets stuck to the brake disc?

NO

Go to Troubleshooting: Metallic Grinding and Scraping

YES

Inspect the lower belt. Is the belt physically damaged? Has the belt become jammed in the frame?

NO

Replace Lower Belt

YES

Does the Lower Belt need to be replaced?

NO

Replace Upper Belt

YES

Does the Upper Belt need to be replaced?

NO

Contact Customer Care for Advanced Troubleshooting

Remove the left pedal arm, and left side crank cover. This will expose the left crank and upper belt pulley. Is the belt physically damaged? Has the belt become jammed in the frame?

Replace Machine Engine

Attempt to spin the fan by hand, back and forth. Inspect the 4 round magnets on the fan.

Are the magnets, or the fan making contact with either the motor, or the frame?

NO

Replace Lower Belt

YES

Does the Lower Belt need to be replaced?

NO

Replace Upper Belt

YES

Does the Upper Belt need to be replaced?

NO

Contact Customer Care for Advanced Troubleshooting

Replace Machine Engine

Inspect the lower belt. Is the belt physically damaged? Has the belt become jammed in the frame?

NO

Replace Lower Belt

YES

Does the Lower Belt need to be replaced?

NO

Replace Upper Belt

YES

Does the Upper Belt need to be replaced?

NO

Contact Customer Care for Advanced Troubleshooting

Replace Machine Engine

Inspect the lower belt. Is the belt physically damaged? Has the belt become jammed in the frame?

NO

Replace Lower Belt

YES

Does the Lower Belt need to be replaced?

NO

Replace Upper Belt

YES

Does the Upper Belt need to be replaced?

NO

Contact Customer Care for Advanced Troubleshooting

Replace Machine Engine

Inspect the lower belt. Is the belt physically damaged? Has the belt become jammed in the frame?

NO

Replace Lower Belt

YES

Does the Lower Belt need to be replaced?

NO

Replace Upper Belt

YES

Does the Upper Belt need to be replaced?

NO

Contact Customer Care for Advanced Troubleshooting

Remove the left pedal arm, and left side crank cover. This will expose the left crank and upper belt pulley. Is the belt physically damaged? Has the belt become jammed in the frame?
Machine Slips During Use

BEGIN HERE

Refer to the “Replace The Drive Belt” procedure.

Follow the directions until it tells you to loosen the Drive Belt Tensioner Screw.

Loosen the screw, and adjust the Drive Belt Tensioner, so that it puts more tension on the drive belt. Re-tighten the Drive Belt Tensioner Screw.

Does the issue persist?

YES

Does it slip less?

NO

Replace the Upper Belt Tensioner and Upper Belt

YES

Tighten the belt tension a little more.

NO

Does the issue persist?

YES

Issue resolved.

NO

Does the issue persist?

YES

NO

NO
**BEGIN HERE**

Are Wave Washers installed between Pedals and Crank Arms?

- NO: Install Wave Washer between Pedals and Crank Arms.
- YES: Is a clicking or rubbing noise being caused by contact between the roller wheel and the roller arm bracket?
  - NO: The noise is a normal function, and is not harmful to the machine.
  - YES: Follow the "Adjust the Leg Assembly Alignment" procedure.

Did this resolve the issue?

- NO: Issue resolved.
- YES: Replace one of the pedal arms.

Has the problem now switched sides?

- NO: Are the roller wheels visibly damaged?
  - NO: Remove both pedal arms and swap them around.
  - YES: Replace the roller wheel set.
- YES: Follow the "Adjust the Leg Assembly Alignment" procedure.

Did this resolve the issue?

- NO: Replace both crank arms.
- YES: Issue resolved.

Remove both pedal arms. Remove both plastic crank covers. Be careful not to use a Phillips head screwdriver that is too small. These screws are sometimes very tight, and can strip easily. Use a 14mm socket to tighten both crank nuts, as much as possible.
Noise Issues - Main

BEGIN HERE

What type of noise is it?

Metallic Grinding or Scraping
- Go to Troubleshooting: Noise Issues - Metallic Grinding or Scraping

Rubbing
- Go to Troubleshooting: Noise Issues - Rubbing

Clicking, Clunking, or Knocking
- Go to Troubleshooting: Noise Issues - Clicking, Clunking, or Knocking

Squeaking, Squealing or Chirping
- Go to Troubleshooting: Noise Issues - Squeaking, Squealing, or Chirping

Rattling Around Inside From Bottom of Machine
- Go to Troubleshooting: Upper (Drive) Pulley
BEGIN HERE

Remove the user right side lower round cover (4 screws).

Are the magnets making contact with the metallic brake disc?  YES NO

Carefully operate machine and attempt to locate the source of the noise.

Contact Customer Care for Advanced Troubleshooting.

Have the magnets broken off the red plastic arm?  YES NO

Follow the "Adjust the Brake Assembly" procedure.

Note: It is normal for the brake disc to appear to "wobble", as long as it does not contact the magnets while spinning.

Can the magnets be adjusted so they don't touch the brake disc?  YES NO

Adjust magnets so they stop making contact. Issue resolved.

Replace Machine Engine YES

Is the brake disc visibly forced away from the frame in such a way that it is causing the contact with the magnets?  YES NO

Replace the Brake Assembly and Brake Disc.
BEGIN HERE

Which side is the noise coming from, the left or right side?

If unsure, remove the tall plastic rear cover. Use the machine while listening carefully. If the machine is not making any noise, check both belts starting with the user left side.

LEFT

Remove the left pedal arm and left side crank cover. This will expose the left crank and upper belt pulley.

Is the upper belt traveling off the pulley?

NO

Go to Troubleshooting: Upper (Drive) Pulley

YES

Is the upper pulley loose, wobbly, or crooked? Are the 4 bolts loose? Are any of the 4 bolts missing? Is the noise coming from the upper pulley?

NO

The belt needs to be replaced.

Loosen the belt tensioner and replace the belt.

YES

The belt needs to be replaced.

Loosen the belt tensioner and replace the belt.

NO

Is the belt damaged?

NO

Loosen the belt tensioner and reset the belt.

YES

Loosen the belt tensioner and replace the belt.

NO

Replace the belt tensioner.

YES

Is any part of the belt tensioner bent or damaged?

NO

Is the lower belt traveling off the pulley?

NO

Loosen the belt tensioner and reset the belt.

YES

Is the belt damaged?

NO

Go to Troubleshooting: Slips During Use

RIGHT

Remove the right lower round cover (4 screws). Then remove the metal brake disc (3 screws).

Is the lower belt traveling off the pulley?

NO

Loosen the belt tensioner and reset the belt.

YES

Is the belt damaged?
Noise Issues - Clicking, Clunking, or Knocking

BEGIN HERE

Remove the tall plastic rear cover. Tighten the 4 bolts that hold the top part of the rail assembly to the frame. Then tighten the 4 large bolts on the base assembly.

NOTE: If the noise is coming from the fan area, jump ahead to the FAN SECTION below.

Does the noise persist?

YES

Is the noise coming from the rollers or pedal arms?

YES

Go to Troubleshooting: Roller and Pedal

NO

Is the noise coming from the rollers or pedal arms?

NO

The noise is being caused by the movement of the pedal arm bracket against the roller wheel. This movement is a normal function of the machine. A level of "play" has been built into the pedal arm / roller wheel to reduce internal mechanical stress, and to increase the longevity of the machine.

Does the noise persist?

YES

Remove both pedal arms and rotate the cranks with your hands.

WARNING: There will be grease on the crank arms.

NO

Does the noise persist?

YES

Remove both the crank covers, and manually rotate the crank arms. Listen carefully inside the machine.

WARNING: there will be grease on the crank arms.

NO

Wiggle each crank arm and check for play within the crank or the connecting arm. Rotate the cranks and check for any "gritty" or rough feel in the bearings.

Is either crank making noise?

YES

Replace the Crank Arm that is making the noise.

NO

Has the noise gone away now?

NO

Go to Troubleshooting: Upper (Drive) Pulley

YES

Cleared fan obstruction. Issue resolved.

**FAN SECTION**

TOP

Is the noise coming from the top or the bottom of the machine?

YES

Remove the lower left fan cover. Check for and remove any fan obstruction.

NO

Go to Troubleshooting: Metallic Grinding or Scraping

BOTTOM

Issue resolved.

Issue resolved.
Noise Issues - Squeaking, Squealing or Chirping

BEGIN HERE

- Remove the rubber end cap, where the pedal arm connects to the crank arm, on both sides of the machine.

Does the noise persist?

- YES
  - Apply a small drop of silicone based lubricant on the rails, and then wipe the rails with a dry towel. If too much lubricant is applied then the roller wheel may not roll. Pedal the machine slowly to ensure that the roller wheels are turning freely.
  - NO
    - Issue resolved.

- NO
  - Apply a drop of silicone to the bushings on each side of the roller wheel (No need to disassemble) one side at a time.
    - Do NOT apply lubricant directly to the wheel.
    - Catch any excess lubricant with a towel or cloth.
    - Test for noise on each side.
  - YES
    - Issue resolved.

GO TO Troubleshooting: Roller and Pedal

- YES
  - Does the noise sound like it's coming from the wheels/pedal arms?
  - NO
    - Go to Troubleshooting: Noises - Rubbing / Belt

- NO
  - Issue resolved.
Contact Heart Rate Issues

BEGIN HERE

Ensure hands are centered on the Heart Rate (HR) sensors with equal pressure, and as little movement as possible without touching the metal frame.

Explain that the HR may spike initially at a high rate, when first touching the contact plates. This is normal, and it will normalize out after waiting a couple of minutes. Try not to move the hands while waiting. If a quicker HR reading is required, switch to a Bluetooth® HR Strap.

Dry or heavily calloused hands may need a heart rate cream to make better contact. Search for Buh-Bump Heart Rate Cream online.

Does the issue persist?

Issue resolved. NO Replace the Static Handlebar Assembly YES

Replace the Static Handlebar Assembly
Bluetooth® Heart Rate Issues

BEGIN HERE

Make sure the machine has the latest firmware by having an active Wifi connection to the console.

Make sure you are using a Bluetooth® Heart Rate (HR) Strap. Follow the manufacturer’s instructions for use.

Be sure that Bluetooth® is enabled on the Console. If the Bluetooth® icon is red, it is disabled. Tap the icon and activate it.

Make sure that the Strap is fully charged.

If using the supplied Heart Rate Strap, only push the On/Off LED button once after the workout has started. It may take up to 60 seconds to connect. If the On/Off LED button is pushed multiple times, the workout must be re-started.

Issue resolved.  NO  Does the issue persist?  YES  Contact the HR Strap manufacturer for assistance.
Begin by inspecting around the machine for any hardware that may have fallen out of the machine.
Next remove the rear shroud, and inspect the upper, or drive, pulley. A flashlight may be needed.

Note the pulley screws, which can be seen protruding from the back of the pulley.
By manipulating the foot pedals the pulley will rotate, allowing the ability to check all four screws.

* Note whether all four screws are in place.
* Note whether all screws stick out about the same distance.
* Check that the belt is in place, and is not visibly damaged.
* Attempt to wiggle the pulley towards and away from the mast.
* Observe whether the pulley wobbles as it rotates.

After inspection, proceed with the troubleshooting steps in order.
Restart the Machine
It may be necessary to restart your machine if there is a communication error or after an update. To restart the machine:
1. Unplug the power adapter from the machine and wall.
2. Push the On/Off (or outer) button on the back of the Console.
   If nothing happens on the Console after the button is pushed, the Console Assembly may have been assembled too tight. The On/Off button may not be striking the switch. With a #2 Phillips screwdriver, slightly loosen the upper right screw (indicated by arrow) by a turn and a half. Push the On/Off button again.
4. The machine will de-activate. Allow the machine to sit without power for a few minutes.
5. Plug in the power adapter to the wall and the machine.
4. After a few moments, the machine will be fully activated from the restart.
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 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.
**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, 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)**

- #2 Phillips screwdriver
- 10mm hex wrench
- 8mm open ended wrench
1. With power supplied to the machine, adjust the resistance to the maximum setting.

2. When the machine has completed the adjustments to the resistance, unplug the AC Adapter from the wall outlet and machine.

3. Remove the Right Stabilizer Shroud from the machine (if equipped).

4. Using a #2 Phillips screwdriver, remove the indicated (by ovals) screws and only loosen the lowest indicated screw (arrow) from the Right Fan Cover.

   **Note:** Loosen the lowest screw by at least 3 full rotations.

5. The Right Fan Cover has a tab that needs to be pushed upward to clear the loosened screw. While pushing up on the tab, remove the Right Fan Cover from the assembly.

   **Note:** The Power Cable is attached to the inside of the Right Fan Cover. Be sure not to crimp the cable by placing the Right Fan Cover close to the front of the machine.

   To assist with assembly, note that the upper screw is a machine screw and not a self-tapping screw.
6. At the maximum resistance setting, the outer edge of the Brake Magnet should line up with the outer edge of the Brake Disc.
7. If the Brake Assembly needs to be adjusted, use a 8mm open ended wrench to loosen the Brake Cable Securing Nut. Turn the Adjustment Barrel by hand until the magnet is placed correctly.

8. Carefully rotate the Brake Disc. If the Brake Disc does not rub against the Brake Magnet, skip to step 11.

! Keep fingers out of any pinch opportunities when rotating the Brake Disc.

Note: The Brake Disc may appear to have a slight “wobble”. This is normal and will not affect machine function.

9. The Brake Magnets should be aligned with the Brake Disc and centered around the Brake Disc.

10. If the Brake Assembly only needs to be slightly adjusted, loosen the front screw (indicated by double-tailed arrow) that secures the Brake Assembly using a 10mm wrench. Rotate the Brake Assembly until the Magnets are aligned and of equal distance from the Brake Disc.

If the Brake Assembly must be fully shifted, loosen the 2 screws (indicated by arrows) that secure the assembly and shift it until centered and aligned with the Brake Disc. Fully tighten the hardware.

Rotate the Brake Disc to be sure it does not make contact with the magnets. If further adjustment is needed, repeat step 10.

! Keep fingers out of any pinch opportunities when rotating the Brake Disc.
**Note:** The Brake Disc may appear to have a slight “wobble”. This is normal and will not affect machine function.

11. Installation is the reverse procedure.

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.**
**Replace the Brake Assembly on the Bowflex™ Max Total™ machine**

**Replacement Procedure**
Skill Level: II

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**Tools Required (not included)**

- #2 Phillips screwdriver
- 8mm wrench
- 10mm wrench
- 2.5mm hex wrench
- Tape, any type (only used as a place holder)

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

- 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.

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**Notice:** This document provides instructions for the replacement of the Brake Assembly on the Bowflex™ Max Total™ machine.

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

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Note: Your machine may not match the images provided exactly.

1. With power supplied to the machine, adjust the resistance to the maximum setting.

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

3. Remove the Right Stabilizer Shroud from the machine.

4. Using a #2 Phillips screwdriver, remove the indicated (by ovals) screws and only loosen the lowest indicated screw (arrow) from the Right Fan Cover.

   **Note:** Loosen the lowest screw by at least 3 full rotations.

5. The Right Fan Cover has a tab that needs to be pushed upward to clear the loosened screw. While pushing up on the tab, remove the Right Fan Cover from the assembly.

   **Note:** The Power Cable is attached to the inside of the Right Fan Cover. Be sure not to crimp the cable by placing the Right Fan Cover close to the front of the machine.

To assist with assembly, note that the upper screw is a machine screw and not a self-tapping screw.
6. Using a #2 Phillips screwdriver, remove the 3 indicated screws from the Brake Disc.

7. Carefully remove the Brake Disc from the machine.

8. Place a piece of tape (as a marker) on the Brake Cable immediately above the Brake Arm. During re-assembly, the tape will be a guide for the placement of the new Brake Arm on the Brake Cable.
9. While applying upward pressure to the Brake Arm, remove the hardware that secures the Brake Cable to the Brake Arm with a 2.5mm hex wrench. Once loose, gradually lower the Brake Arm.

**Note:** Be aware that the Spring will pull the Brake Arm once released. An object can be placed under the Brake Arm to supply resistance during the release of the Brake Cable Hardware.

10. Remove the Brake Spring from the Brake Arm.

11. Using a 10mm open-end wrench, remove the screws that connect the Brake Assembly and remove it.

12. Attach the new Brake Assembly, but do not fully tighten the hardware.

13. Attach the Brake Disc.

14. Reattach the Brake Spring and the Brake Cable to the Brake Arm, and adjust to the tape marker.

15. At the maximum resistance setting, the outer edge of the Brake Magnet should line up with the outer edge of the Brake Disc.
16. If the Brake Assembly needs to be adjusted, use a 8mm open ended wrench to loosen the Brake Cable Securing Nut. Turn the Adjustment Barrel by hand until the magnet is placed correctly.

17. Carefully rotate the Brake Disc. If the Brake Disc does not rub against the Brake Magnet, skip to step 20.

⚠️ Keep fingers out of any pinch opportunities when rotating the Brake Disc.

Note: The Brake Disc may appear to have a slight “wobble”. This is normal and will not affect machine function.

18. The Brake Magnets should be aligned with the Brake Disc and centered around the Brake Disc.

19. If the Brake Assembly only needs to be slightly adjusted, loosen the front screw (indicated by double-tailed arrow) that secures the Brake Assembly using a 10mm open-end wrench. Rotate the Brake Assembly until the Magnets are aligned and of equal distance from the Brake Disc.

If the Brake Assembly must be fully shifted, loosen the 2 screws that secure the assembly and shift it until centered and aligned with the Brake Disc. Fully tighten the hardware.

20. Rotate the Brake Disc to be sure it does not make contact with the magnets. If further adjustment is needed, repeat step 20.

⚠️ Keep fingers out of any pinch opportunities when rotating the Brake Disc.
Note: The Brake Disc may appear to have a slight “wobble”. This is normal and will not affect machine function.

20. Installation is the reverse procedure.

21. 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.
Replace the Console Assembly on the Bowflex™ Max Total™ machine

NOTICE: This document provides instructions for the replacement of the Console Assembly on the Bowflex™ Max Total™ machine.

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:

- 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)

#2 Phillips screwdriver
1. Unplug the AC Adapter from the wall outlet and machine.

2. Remove the Rear Console Cover from the Console Assembly.

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

4. Carefully tilt the Console Assembly off of the Static Handlebar and expose the Cable Connections.  
   **Note:** Do not crimp any of the Console Cables. This step may require two people.

5. Carefully disconnect the Cables.  
   **Note:** Do not crimp any of the Console Cables.

6. Installation is the reverse procedure.  
   **Note:** Do not cut or crimp the Cables. Each Cable connector (3-pin, 4-pin, 5-pin and 12-pin) has a corresponding end connector with that many openings. Be sure to fully connect the cable connectors.
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.
Replace the Console Rear Panel on the
Bowflex™ Max Total™ machine

NOTICE: This document provides instructions for the replacement of the Console Rear Panel on the Bowflex™ Max Total™ machine.

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

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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, 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)

#2 Phillips screwdriver
Note: Your machine may not match the images provided exactly.

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

2. Remove the Rear Console Cover from the Console Assembly.

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

4. Carefully tilt the Console Assembly off of the Static Handlebar and expose the Cable Connections.
   
   Note: Do not crimp any of the Console Cables. This step may require two people.

5. Carefully disconnect the Cables.
   
   Note: Do not crimp any of the Console Cables.
6. To protect the Console display from scratches, gently place the Console Assembly face down on a towel or piece of cardboard.

7. Using a #2 Phillips screwdriver, remove the screws (indicated by arrows) from the back of the Console Assembly.

8. Carefully tilt the Console Rear Panel outward off of the Console Assembly, exposing the USB Cable connected to the Console Front Panel. 
   **Note:** Do not crimp any of the Cables. This step may require two people.

9. Carefully disconnect the USB Cable from the Console Front Panel to the Console Rear Panel.
   **Note:** Do not crimp any of the Cables.

10. Swap in the new Console Rear Panel.

11. Carefully bring the new Console Rear Panel over to the Console Front Panel. Route the four Cables from the Console Front Panel through the opening on the new Console Rear Panel.
   **Note:** Do not crimp any of the Cables. This step may require two people.

12. Carefully connect the USB Cable from the new Console Rear Panel to the Console Front Panel.
   **Note:** Do not crimp any of the Cables.
13. Using a #2 Phillips screwdriver, attach the new Console Rear Panel to the Console Front Panel.

14. Installation is the reverse procedure.

**Note:** Do not cut or crimp the Cables. Each Cable connector (3-pin, 4-pin, 5-pin and 12-pin) has a corresponding end connector with that many openings. Be sure to fully connect the cable connectors.

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.
Replace the Left Crank Arm on the Bowflex™ Max Total™ machine

NOTICE: This document provides instructions for the replacement of the Left Crank Arm on the Bowflex™ Max Total™ machine.

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

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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, 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)

#2 Phillips screwdriver
Adjustable wrench

5mm hex wrench
6mm hex wrench

9/16” or 14mm Socket and Wrench

Crank Puller (non-handled, JIS/ISO square taper with M22x1.0 threads)
1. Remove the indicated Cap from the left side of the machine.

2. Using a 6mm hex wrench, remove the hardware exposed from below the Cap.

3. Lift the Foot Pedal and slide the Leg Assembly straight off the machine. Be sure to pull straight out, or the Leg Assembly may be difficult to remove.

4. Remove the Wave Washer from the Crank Arm, and place it in a secure location for re-use.

5. Using a 5mm hex wrench, remove the indicated hardware from the Upper Handlebar.

   **Note:** Be aware that the Upper Handlebar must be supported when removing the hardware.

6. Place a rag or protective material below the Connector Arm to protect the Shrouds from potential scratches from the Connector Arms.

7. Using a 6mm hex wrench, remove the hardware that connects the Connector Arm and the Pivot Arm.

   **Note:** The Connector Arm will pivot downward if not lowered slowly onto the rag protecting the Shroud.
8. Using a #2 Phillips screwdriver, remove the 2 indicated screws from the Left Crank Cover.  
**Note:** The Left Crank Cover screws may have been over-tightened when installed. Try not to strip the screws when removing them.

9. Remove the Left Crank Cover from the machine.

10. Using a 9/16” or 14mm socket and wrench, remove the indicated nut from the Crank Assembly.

11. Adjust the Crank Puller until the end of the Bolt is inside the Nut (as shown).
12. Carefully thread the Crank Puller into the Left Crank Arm. Be sure the Crank Puller has at least three rounds of threads inserted.

13. Using an adjustable wrench, turn the inner portion (the Bolt) of the Crank Puller clockwise. The Crank Arm will slide off as it is tightened.  
**Note:** Be aware that the Crank Arm will be loose and will need to be supported.

14. Remove the Crank Puller from the Crank Arm.

15. Installation is the reverse procedure excluding steps with the Crank Puller. The Crank Puller is not required for re-assembly.  
**Note:** When replacing the Crank Arm be sure the Right and Left Crank Arms are oriented inline and opposite each other. The Crank Nut should be tightened to a torque value of 29-32.5 ft lbs (or 350-390 in lbs).

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.**
Replace the Right Crank Arm on the Bowflex™ Max Total™ machine

Skill Level: III
8023489.091519.A

Tools Required (not included)

- #2 Phillips screwdriver
- Adjustable wrench
- 5mm hex wrench
- 6mm hex wrench
- 9/16” or 14mm Socket and Wrench
- Crank Puller (non-handled, JIS/ISO square taper with M22x1.0 threads)

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, 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.
**Note:** Your machine may not match the images provided exactly.

1. Remove the Cap from the right side of the machine.

2. Using a 6mm hex wrench, remove the hardware exposed from below the Cap.

3. Lift the Foot Pedal and slide the Leg Assembly straight off the machine. Be sure to pull straight out, or the Leg Assembly may be difficult to remove.

4. Remove the Wave Washer from the Crank Arm, and place it in a secure location for re-use.

5. Using a 5mm hex wrench, remove the indicated hardware from the Upper Handlebar.
   **Note:** Be aware that the Upper Handlebar must be supported when removing the hardware.

6. Place a rag or protective material below the Connector Arm to protect the Shrouds from potential scratches from the Connector Arms.

7. Using a 6mm hex wrench, remove the hardware that connects the Connector Arm and the Pivot Arm.
   **Note:** The Connector Arm will pivot downward if not lowered slowly onto the rag protecting the Shroud.
8. Using a #2 Phillips screwdriver, remove the 4 screws (2 indicated on one side) from the Upper Shroud.

9. Using a #2 Phillips screwdriver, remove the 2 indicated screws from the Crank Cover.

**Note:** The Crank Cover screws may have been over-tightened when installed. Try not to strip the screws when removing them.

10. Remove the Crank Cover from the machine.

11. Place a towel or rag inside of the machine below the indicated screws (with arrows). The towel or rag should be placed so that it will catch the screws if dropped.

12. Using a #2 Phillips screwdriver, remove the screws (indicated by arrows) that secure the Upper Body Sensor. Allow the Upper Body Sensor to hang on the Cable, away from the Right Crank Arm.

**Note:** Shrouds are removed for clarity.
13. Using a 9/16" or 14mm socket and wrench, remove the indicated nut from the Crank Assembly.

14. Adjust the Crank Puller until the end of the Bolt is inside the Nut (as shown).

15. Carefully thread the Crank Puller into the Crank Arm. Be sure the Crank Puller has at least three rounds of threads inserted.

16. Using an adjustable wrench, turn the inner portion (the Bolt) of the Crank Puller clockwise. The Crank Arm Assembly will slide off as it is tightened.

Note: Be aware that the Crank Arm Assembly will be loose and will need to be supported.
17. Remove the Crank Puller from the Crank Arm.

18. Slide the new Right Crank Arm Assembly onto the machine.

**Note:** Be sure not to damage or break the Codewheel on the new Right Crank Arm or the one still remaining on the machine.

19. Re-attach the Upper Body Sensor so that it is centered on the Codewheels.

20. With the Upper Body Sensor centered on the Codewheels, confirm that the Upper Body Sensor does not rub anything by using the machine briefly. Adjust the Upper Body Sensor as necessary.

21. Installation is the reverse procedure excluding steps with the Crank Puller. The Crank Puller is not required for re-assembly.

**Note:** When replacing the Right Crank Arm, be sure the Right and Left Crank Arms are oriented inline and opposite each other. The Crank Nut should be tightened to a torque value of 29-32.5 ft lbs (or 350-390 in lbs).

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.**
Replace the Drive Belt on the Bowflex™ Max Total™ machine

Replacement Procedure
Skill Level: III
8023624.091519.A

NOTICE: This document provides instructions for the replacement of the Drive Belt on the Bowflex™ Max Total™ machine.

Tools Required (not included)
- #2 Phillips screwdriver
- #2 Standard screwdriver
- 4mm hex wrench
- 6mm hex wrench
- 8mm hex wrench

NOTICE: This document provides instructions for the replacement of the Drive Belt on the Bowflex™ Max Total™ machine.

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

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

3. Using a 6mm hex wrench, remove the indicated hardware from the Upper Handlebars and remove them.

Note: Be aware that the Upper Handlebars must be supported when removing the hardware.

2. Using a #2 Phillips screwdriver, remove the 4 screws (2 indicated on one side) from the Upper Shroud and remove it.

4. Remove the Right and Left Stabilizer Shrouds from the machine (if equipped).
5. Using a #2 Phillips screwdriver, remove the indicated (by ovals) screws and only loosen the lowest indicated screw (arrow) from the Right Fan Cover.

6. The Right Fan Cover has a tab that needs to be pushed upward to clear the loosened screw. While pushing up on the tab, remove the Right Fan Cover from the assembly.

**Note:** The Power Cable is attached to the inside of the Right Fan Cover. Be sure not to crimp the cable by placing the Right Fan Cover close to the front of the machine.

To assist with assembly, note that the upper screw is a machine screw and not a self-tapping screw.

7. Remove the indicated Cap from the left side of the machine.

8. Using a 6mm hex wrench, remove the hardware exposed from below the Cap.

9. Lift the Foot Pedal and slide the Leg Assembly straight off the machine. Be sure to pull straight out, or the Leg Assembly may be difficult to remove.

**Note:** A rubber mallet may be necessary if the Leg Assembly will not slide off.

10. Remove the Wave Washer from the Crank Arm, and place it in a secure location for re-use.
11. Using a #2 Phillips screwdriver, remove the indicated screw from the Rear Shroud.

12. Carefully remove the Rear Shroud from the machine. Place a standard screwdriver behind and near the middle of the Rear Shroud and gently pry until it releases. Then move the screwdriver to the bottom and gently pry until the Rear Shroud comes off.

13. Remove the indicated Caps from the machine.

14. Using a #2 Phillips screwdriver, remove the indicated (by oval) screw and only loosen the lowest indicated screw (arrow) from the Left Fan Cover.

15. The Left Fan Cover Assembly has a tab that needs to be pushed upward to clear the loosened screw. While pushing up on the tab, remove the Left Fan Cover Assembly.

16. Remove the Left Fan Cover Assembly from the machine. Be sure to note how the fan screens are set into the Left Fan Cover to assist with the replacement procedure.

17. Using a #2 Phillips screwdriver, remove the 2 indicated (by ovals) screws from the Crank Cover. Repeat on the other side of the machine.

18. Remove the Crank Covers from the machine.

Note: The Crank Cover screws may have been over-tightened when installed. Try not to strip the screws when removing them.

19. Place a rag or protective material below the Connector Arm to protect the Shrouds from potential scratches from the Connector Arms.

20. Using a 6mm hex wrench, remove the hardware (indicated by arrows) that connects the Connector Arms and the Pivot Arms.

Note: The Connector Arm will pivot downward if not lowered slowly onto the rag protecting the Shrouds.
21. Using a #2 Phillips screwdriver, remove the screws from the Left Shroud. (9 screws on the Left Shroud) Remove the upper screws labeled ‘*’ last.

22. Using a 4mm hex wrench, remove the screw indicated by “A” from the Drive Belt Tensioner Arm.

23. Using a 8mm hex wrench, loosen the screw indicated by “B” until the Drive Belt is free enough to be removed from the Drive Pulley. Remove the Drive Belt.

⚠️ Keep fingers out of any pinch opportunities when removing the Fan Belt.

24. Replace and tighten the “A” screw on the Drive Belt Tensioner Arm, and then tighten the “B” screw.

25. Installation is the reverse procedure.

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.

Note: Shrouds are removed for clarity.
Replace the Fan Belt on the Bowflex™ Max Total™ machine

Skill Level: III

Replacement Procedure

NOTICE: This document provides instructions for the replacement of the Fan Belt on the Bowflex™ Max Total™ machine. 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.

Tools Required (not included)

- #2 Phillips screwdriver
- 6mm hex wrench
- #2 Standard screwdriver
- Eye Protection
- Wire Cutter
- Heavy Duty Zip-Tie

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, 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.
Note: Your machine may not match the images provided exactly.

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

2. Using a 6mm hex wrench, remove the indicated hardware from the Right Upper Handlebar.

Note: Be aware that the Right Upper Handlebar must be supported when removing the hardware.

3. Using a #2 Phillips screwdriver, remove the 4 screws (2 indicated on one side) from the Upper Shroud.

4. Remove the Right and Left Stabilizer Shrouds from the machine (if equipped).
5. Using a #2 Phillips screwdriver, remove the indicated (by ovals) screws and only loosen the lowest indicated screw (arrow) from the Right Fan Cover.

6. The Right Fan Cover has a tab that needs to be pushed upward to clear the loosened screw. While pushing up on the tab, remove the Right Fan Cover from the assembly.

**Note:** The Power Cable is attached to the inside of the Right Fan Cover. Be sure not to crimp the cable by placing the Right Fan Cover close to the front of the machine.

To assist with assembly, note that the upper screw is a machine screw and not a self-tapping screw.

7. Remove the indicated Cap from the machine.

8. Using a 6mm hex wrench, remove the hardware exposed from below the Cap.

9. Slide the Right Leg Assembly off of the machine.
10. Using a #2 Phillips screwdriver, remove the indicated screw (by arrow) from the Rear Shroud.

11. Carefully remove the Rear Shroud from the machine. Place a standard screwdriver behind and near the middle of the Rear Shroud and gently pry until it releases. Then move the screwdriver to the bottom and gently pry until the Rear Shroud comes off.

12. Remove the indicated Caps from the machine.

13. Using a #2 Phillips screwdriver, remove the indicated (by oval) screw and only loosen the lowest indicated screw (arrow) from the Left Fan Cover.

14. The Left Fan Cover Assembly has a tab that needs to be pushed upward to clear the loosened screw. While pushing up on the tab, remove the Left Fan Cover Assembly.

15. Using a #2 Phillips screwdriver, remove the 2 indicated screws from the Right Crank Cover.

16. Remove the Right Crank Cover from the machine.

   **Note:** The Right Crank Cover screws may have been over-tightened when installed. Try not to strip the screws when removing them.

17. Place a rag or protective material below the Right Connector Arm to protect the Shrouds from potential scratches from the Connector Arms.

18. Using a 6mm hex wrench, remove the hardware that connects the Right Connector Arm and the Pivot Arm.

   **Note:** The Connector Arm will pivot downward if not lowered slowly onto the rag protecting the Shroud.
19. Using a #2 Phillips screwdriver, remove the screws from the Right Shroud (3 screws on the Right Shroud). Remove the upper screws labeled ‘*’ last.

20. Using a #2 Phillips screwdriver, remove the 3 screws (indicated by arrows) from the Brake Disc.

21. Carefully remove the Brake Disc from the machine exposing the lower Fan Belt.
22. Turn the Fan Pulley while forcing the Fan Belt to the outside. Belt will come off of the Fan Pulley.

⚠️ Keep fingers out of any pinch opportunities when removing the Fan Belt.

23. Loop the new Fan Belt around the lower Pulley and start it on the face of the Fan Pulley.

24. Be sure the Fan Belt is centered on both pulleys.

25. Secure the Fan Belt to the Fan Pulley with a Heavy Duty Zip-Tie. Be sure to attach the Zip-Tie where the Fan Belt is fully in contact with the Fan Pulley.
26. Grasp the Fan Pulley where the Fan Belt is engaged on it, and forcibly rotate the Fan Pulley until the Fan Belt is fully engaged.

⚠️ Keep fingers out of any pinch opportunities when rotating the Fan Pulley.

27. Put on eye protection and cut the Zip-Tie without damaging the new Fan Belt or Fan Pulley.

28. Installation is the reverse procedure.

29. 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.
Replace the Servo Motor on the Bowflex™ Max Total™ machine

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

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:

- 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)

- #2 Phillips screwdriver
- 8mm wrench
- 10mm wrench
**Note:** Your machine may not match the images provided exactly.

1. With power supplied to the machine, adjust the resistance to the maximum setting.

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

3. Remove the Right Stabilizer Shroud from the machine (if equipped).

4. Using a #2 Phillips screwdriver, remove the indicated (by ovals) screws and only loosen the lowest indicated screw (arrow) from the Right Fan Cover.

**Note:** Loosen the lowest screw by at least 3 full rotations.

5. The Right Fan Cover has a tab that needs to be pushed upward to clear the loosened screw. While pushing up on the tab, remove the Right Fan Cover from the assembly.

**Note:** The Power Cable is attached to the inside of the Right Fan Cover. Be sure not to crimp the cable by placing the Right Fan Cover close to the front of the machine.

To assist with assembly, note that the upper screw is a machine screw and not a self-tapping screw.
6. Using a #2 Phillips screwdriver, remove the 3 indicated screws from the Brake Disc.

7. Carefully remove the Brake Disc from the machine.

8. Using an 8mm open ended wrench, loosen the Brake Cable Securing Nut until the Brake Cable can be released from the Servo Motor Arm.

9. Remove the Brake Spring from the Brake Arm.

10. Disconnect the Cables from the Servo Motor.

11. Using a #2 Phillips screwdriver, remove the 4 screws that attach the Servo Motor to the Frame.

12. Attach the new Servo Motor to the Frame and reconnect the Cables.

13. Carefully replace the Brake Disc.
14. At the maximum resistance setting, the outer edge of the Brake Magnet should line up with the outer edge of the Brake Disc.

15. If the Brake Assembly needs to be adjusted, use a 8mm open ended wrench to loosen the Brake Cable Securing Nut. Turn the Adjustment Barrel by hand until the magnet is placed correctly.

16. Carefully rotate the Brake Disc. If the Brake Disc does not rub against the Brake Magnet, skip to step 19.

⚠ Keep fingers out of any pinch opportunities when rotating the Brake Disc.

Note: The Brake Disc may appear to have a slight “wobble”. This is normal and will not affect machine function.
17. The Brake Magnets should be aligned with the Brake Disc and centered around the Brake Disc. If they are not aligned and centered, then the Magnets are adding drag.

18. If the Brake Assembly only needs to be slightly adjusted, loosen the front screw (indicated by double-tailed arrow) that secures the Brake Assembly using a 10mm hex wrench. Rotate the Brake Assembly until the Magnets are aligned and of equal distance from the Brake Disc.

If the Brake Assembly must be fully shifted, loosen the 2 screws (indicated by arrows) that secure the assembly and shift it until centered and aligned with the Brake Disc. Fully tighten the hardware.

19. Installation is the reverse procedure.

20. 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.
Replace the Shrouds on the Bowflex™ Max Total™ machine

Tools Required (not included)

#2 Phillips screwdriver

5mm hex wrench
6mm hex wrench

(if replacing Right Fan Cover) 14mm wrench

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

2. Using a 6mm hex wrench, remove the indicated hardware from the Right and Left Upper Handlebar.

   **Note:** Be aware that the Right and Left Upper Handlebar must be supported when removing the hardware.

3. Using a #2 Phillips screwdriver, remove the 4 screws (2 indicated on one side) from the Upper Shroud.

4. Remove the Right and Left Stabilizer Shrouds from the machine.
5. Using a #2 Phillips screwdriver, remove the indicated (by ovals) screws and only loosen the lowest indicated screw (arrow) from the Right Fan Cover.

**Note:** Loosen the lowest screw by at least 3 full rotations.

6. The Right Fan Cover has a tab that needs to be pushed upward to clear the loosened screw. While pushing up on the tab, remove the Right Fan Cover from the assembly.

**Note:** The Power Cable is attached to the inside of the Right Fan Cover. Be sure not to crimp the cable by placing the Right Fan Cover close to the front of the machine.

To assist with assembly, note that the upper screw is a machine screw and not a self-tapping screw.

7. Remove the indicated Cap from both sides of the machine.

8. Using a 6mm hex wrench, remove the hardware exposed below the Cap from both sides of the machine.

9. Slide the Leg Assemblies off of the machine.
10. Using a #2 Phillips screwdriver, remove the indicated screw (by arrow) from the Rear Shroud.

11. Carefully remove the Rear Shroud from the machine. Place a standard screwdriver behind and near the middle of the Rear Shroud and gently pry until it releases. Then move the screwdriver to the bottom and gently pry until the Rear Shroud comes off.

12. Remove the Caps from the machine.

13. Using a #2 Phillips screwdriver, remove the indicated (by oval) screw and only loosen the lowest indicated screw (arrow) from the Left Fan Cover.

14. The Left Fan Cover Assembly has a tab that needs to be pushed upward to clear the loosened screw. While pushing up on the tab, remove the Left Fan Cover Assembly.

15. Remove the Left Fan Cover Assembly from the machine. Be sure to note how the fan screens are set into the Left Fan Cover to assist with the replacement procedure.

16. Using a #2 Phillips screwdriver, remove the 2 indicated screws from each of the Crank Covers.

Note: The Crank Cover screws may have been over-tightened when installed. Try not to strip the screws when removing them.

17. Remove the Crank Covers from the machine.

18. Place a rag or protective material below each of the Connector Arms to protect the Shrouds from potential scratches from the Connector Arms.

19. Using a 6mm hex wrench, remove the hardware that connects each of the Connector Arms to the Pivot Arms.

Note: The Connector Arm will pivot downward if not lowered slowly onto the rag protecting the Shroud.
20. Using a #2 Phillips screwdriver, remove the screws from the Right and Left Shrouds. (3 screws on the Right Shroud, 9 on the Left Shroud) Remove the upper screws labeled ‘*’ last.

21. Carefully remove the Shrouds from the machine.

If replacing the Right Fan Cover:

A. Using a 14mm open face wrench, remove the Securing Ring from the outside of the Right Fan Cover.

B. Remove the Power Inlet from the inside of the Right Fan Cover.

22. Installation is the reverse procedure.

23. 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.
Replace the Static Handlebar Assembly on the Bowflex™ Max Total™ machine

NOTICE: This document provides instructions for the replacement of the Static Handlebar Assembly on the Bowflex™ Max Total™ machine.

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

Tools Required (not included)

- 5mm hex wrench
- #2 Phillips screwdriver

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

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

2. Remove the Rear Console Cover from the Console Assembly.

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

4. Carefully tilt the Console Assembly off of the Static Handlebar and expose the Cable Connections.

   Note: Do not crimp any of the Console Cables. This step may require two people.

5. Carefully disconnect the Cables.

   Note: Do not crimp any of the Console Cables.
6. Using a 5mm hex wrench, remove the four screws (indicated by ovals) from the Static Handlebar Assembly.

7. Carefully lift the Static Handlebar Assembly and expose the Cable Connections.

   **Note:** Do not crimp any of the Console Cables. This step may require two people.

8. Carefully disconnect the Cables while not allowing them to fall into the Console Mast.

   **Note:** Do not crimp any of the Console Cables.

9. Replace the old Static Handlebar Assembly for the new one.

10. Installation is the reverse procedure.

    **Note:** Do not cut or crimp the Cables. Each Cable connector (3-pin, 4-pin, 5-pin and 12-pin) has a corresponding end connector with that many openings. Be sure to fully connect the cable connectors.

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.
Replace the Upper Wiring Harness on the Bowflex™ Max Total™ machine

**NOTICE:** This document provides instructions for the replacement of the Cables that are the Upper Wiring Harness on the Bowflex™ Max Total™ machine.

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.

Nautilus, Inc., www.NautilusInc.com, 5415 Centerpoint Parkway, Groveport, OH 43125 U.S.A. - Customer Service: North America (800) 605-3369, csinfo@nautilus.com | outside U.S. www.nautilusinternational.com | Printed in China | © 2019 Nautilus, Inc. | Bowflex, the B logo, and Max Total are trademarks owned or licensed by Nautilus, Inc., registered or otherwise protected by common law in the United States and other nations. | ORIGINAL DOCUMENT - ENGLISH VERSION ONLY

**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, 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)**

- #2 Phillips screwdriver
- 5mm hex wrench
- Piece of wire or string (around 6” in length)
1. Unplug the AC Adapter from the wall outlet and machine.

2. Remove the Rear Console Cover from the Console Assembly.

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

4. Carefully tilt the Console Assembly off of the Static Handlebar and expose the Cable Connections.
   \[\textbf{Note}: \text{Do not crimp any of the Console Cables. This step may require two people.}\]

5. Carefully disconnect the Cables.
   \[\textbf{Note}: \text{Do not crimp any of the Console Cables.}\]
6. Using a 5mm hex wrench, remove the four screws (indicated by ovals) from the Static Handlebar Assembly.

7. Carefully lift the Static Handlebar Assembly and expose the Cable Connections.

**Note:** Do not crimp any of the Console Cables. This step may require two people.

8. Carefully disconnect the Cables while not allowing them to fall into the Console Mast.

**Note:** Do not crimp any of the Console Cables.

9. To protect the paint and finishes from scratches, gently place all parts on a towel or piece of cardboard before attempting to replace any Cable(s).

10. From the top of the Static Handlebar Assembly, there are 4 Cables:

   **Upper Body Sensor Cable** (3-pin, flat connector)
   To replace, go to the next Step.

   **Input/Output (I/O) Cable** (14-pin, two-row connector)
   To replace, go to the next Step.

   **Resistance Knob Cable** (5-pin, flat connector)
   To replace, go to Step 14.

   **Contact Heart Rate Cable** (4-pin, flat connector)
   The Contact Heart Rate Cable is not available for replacement.
11. To replace the Upper Body Sensor or the Input/Output (I/O) Cables, attach the ends of the new Cable to the old Cable using a piece of wire or string.  
**Note:** Only replace one Cable at a time because of the limited space.

12. Gently pull the old Cable out of the top of the Static Handlebar Assembly, routing the new Cable into place.  
**Note:** Do not crimp any of the Console Cables.

13. Remove the piece of wire or string, and discard the old Cable.  
If not replacing the Resistance Cable, go to Step 21.

14. To replace the Resistance Cable that connects to the Resistance Knob, remove the hardware (indicated by an arrow) from the Static Handlebar Assembly using a #2 Phillips screwdriver.

15. Gently flip over the Static Handlebar Assembly onto a towel or piece of cardboard.

16. Using a #2 Phillips screwdriver, remove the hardware (indicated by arrows) from the Static Handlebar Assembly.

17. Slightly lift the Static Handlebars from the Tray, and disconnect the Resistance Cable.
18. Using a piece of wire or string, attach the new Resistance Cable to the end of old Resistance Cable where it connected to the Resistance Knob. Be sure to connect the Cables so that when the new Resistance Cable is routed the connectors will match the old Resistance Cable connectors.

19. Gently pull the old Resistance Cable out of the top of the Static Handlebar, routing the new Resistance Cable into place.

**Note:** Do not crimp any of the Console Cables.

20. Remove the piece of wire or string, and discard the old Resistance Cable.

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

**Note:** Do not cut or crimp the Cables. Each Cable connector (3-pin, 4-pin, 5-pin and 14-pin) has a corresponding end connector with that many openings. Be sure to fully connect the cable connectors. When attaching the Console Assembly, do not fully tighten the hardware until all hardware has been hand tightened.

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.**