The Bowflex Revolution®, Revolution®XP, and Revolution®FT Home Gym
Service Manual
# Table of Contents

- Specifications / Approvals ........................................ 3
- Revolution Models .................................................. 4
- Preventative Maintenance ........................................ 5
- Untangle Derailed Rope ......................................... 6
- Adjust Rope Tension ................................................ 15
- Replace Cam Assembly ............................................. 15
- Replace Rope .......................................................... 22
## Specifications

### Product Specifications

<table>
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Preventative Maintenance

**Daily**

Wipe down with a damp cloth. Pay special attention to areas where perspiration could settle.

**Monthly**

Inspect the unit for loose parts, nuts, bolts, etc. Inspect ropes and straps for fraying or excessive wear.

**Yearly**

Remove the Top Cover and inspect the condition of the internal components. Look for fraying or excessive wear on straps, ropes, and moving parts and replace as necessary.

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**Note:**

Before adding or removing resistance packs, spray a light coating of silicone lube on the shaft. This will allow the packs to slide easily on and off the shaft.
Untangle Derailed Rope

Tools needed:
• 1/8” Allen Wrench
• 6” Phillips Screwdriver
• 7/32” Allen Wrench

Note: All instructions in this bulletin are given with the orientation of standing facing the engine with the bench behind you.

Instructions:

Before beginning this procedure, remove all resistance packs except for the attached pre-stretch pack.

Step 1: Remove Top Cover

1-1 Use a 1/8” allen wrench to remove the four allen bolts that secure the Top Cover. See Figure 1. Set bolts aside for Step 14.

1-2 Remove Top Cover and set aside.

Step 2: Remove Shroud Clip.

2-1 If there is a Clip securing the shrouds under top inside, remove the Clip. (The clip may already have been removed after shipping.) See Figure 2. Set Clip aside for Step 11.

If Clip is not present, go to Step 3.
Untangle Derailed Rope (continued)

Step 3: Remove Tension Adjust Knob Cap

3-1 Use a phillips head screwdriver to remove the screw securing Tension Adjust Knob Cap (Figure 3a) and set aside for Step 13.

3-2 Once the Screw is removed, use the screwdriver to gently pry the cap out of the knob (Figure 3b).

Step 4: Remove Tension Adjust Knob.

4-1 Use a phillips head screwdriver to remove the four screws securing the Tension Adjust Knob. See Figure 4. Set screws aside for Step 12.

4-2 Remove the Tension Adjust Knob and set aside.
Step 5: Remove Shroud

5-1 Use a phillips head screwdriver to remove the five screws securing the shroud (one longer screw and four shorter screws). Set screws safely aside for Step 10.

5-2 Remove the Shroud and set aside. See Figure 5.

Step 6: Remove Lower Spool

6-1 Use a 7/32” allen wrench to remove the bolt securing the Lower Spool. See Figure 6a. Set bolt aside for Step 9.

6-2 Remove the Spool (Figure 6a), unwrap the Strap (Figure 6b), and hook the Spool behind the frame (Figure 6c) to keep it out of your way.
Step 7: Remove Large Pulley.

7-1 Slide the Large Pulley (Figure 7a) and tangled Rope (Figure 7b) off of the axle.
Maintenance Procedures

Untangle Derailed Rope (continued)

Step 8: Re-wrap Rope

8-1 Begin to re-wrap the rope in the outer most channel on the Large Pulley (Figure 8a).

8-2 Slide the Large Pulley back onto the axle and finish wrapping the Rope by turning the Large Pulley in a clockwise direction.

NOTE: Do not let go of the Large Pulley. (See Figure 8b.) Keep tension on the Rope to make sure it stays in the channel while performing the next step.
Step 9: Replace Lower Spool.

9-1 While still holding the Large Pulley in place, coil the Strap around the Spool in a counter clockwise direction. (See Figure 9a).

9-2 Slide the Spool back onto the axle (Figure 9b) and secure the Lower Spool with allen bolt (Figure 9c).
Step 10: Replace Shroud.

10-1 Make sure that the right Rope (Figure 10a) passes above the flat guide to the upper right side of the Pulley.

10-2 Replace the Shroud (Figure 10b) making sure the left Rope passes between the guides on the inside of the Shroud (Figure 10c) and beneath the “fender” on the left side of the Pulley (see Figure 10a).

10-3 Secure the Shroud with five phillips head screws (one longer screw and four shorter screws) from Step 5. Note the location for the long screw in Figure 10d.
Step 11: Replace Shroud Clip

11-1 Replace the Clip securing the shrouds under top inside. See Figure 11.

If there is no Clip, go to Step 12.

Step 12: Replace Tension Adjust Knob

12-1 Use a phillips head screwdriver and four screws to secure the Tension Adjust Knob. See Figure 12.

Step 13: Replace Tension Adjust Knob Cap

13-1 Use a phillips head screwdriver and one screw to secure the Tension Adjust Knob Cap. See Figure 13.
Step 14: Replace Top Cover

14-1 Use a 1/8” allen wrench and four allen bolts from step 1 to secure the Top Cover. See Figure 14.

Step 15: Adjust Rope Tension

15-1 Pull out Tension Adjust Knob and rotate Large Pulley in a clockwise direction until it stops, then release the Tension Adjust Knob to lock. See Figure 15.

Step 16: Final Check

Please inspect your machine to ensure that all fasteners are tight and everything is properly assembled.
Adjust Rope Tension

Pull out Tension Adjust Knob and rotate Large Pulley in a clockwise direction until it stops then release the Tension Adjust Knob to lock.

Replace Cam Assembly

1. Remove Top Cover.
   1-1. Use a 1/8” allen wrench to remove the four allen bolts that secure the Top Cover.
   1-2. Remove Top Cover and set aside.

2. Remove Shroud Clip.
   2-1. Remove the Clip securing the shrouds under top inside.
3. Remove Tension Adjust Knob Cap.

3-1. Use a phillips head screwdriver to remove the screw securing Tension Adjust Knob Cap. (Figure A)

3-2. Once the Screw is removed, use the screwdriver to gently pry the cap out of the knob. (Figure B)

4. Remove Tension Adjust Knob.

4-1. Use a phillips head screwdriver to remove the four screws securing the Tension Adjust Knob.

4-2. Remove the Tension Adjust Knob and set aside.
5. Remove Shroud.

5-1. Use a phillips head screwdriver to remove the five screws securing the shroud

5-2. Remove the Shroud and set aside.

6. Remove Tension Shaft From Cam Assembly.

6-1. Use a 7/32” allen wrench to loosen the eight bolts on the Tension Shaft Holder. (Figure A)

6-2. Pull the Tension Shaft through (Figure B) until it clears the Cam Assembly (Figure C) being replaced.
7. Remove Pre-Tension Pack.

7-1. Use a 3/32" allen wrench to remove the six allen bolts from the Pre-Tension Pack. (Figure A)

7-2. Remove the Pre-Tension Pack. (Figure B)

8. Remove Lock Collar From Cam.

8-1. Use a flat head screwdriver to pry up the bottom tab on the Lock Collar. (Figure A / Detail A)

8-2. Remove the Lock Collar from Cam. (Figure B)
9. Remove Cam.
   
   9-1. Remove Cam from Cam Axle.

10. Remove Lower Spool.

   10-1. Use a 7/32” allen wrench to remove the bolt securing the Lower Spool.

   10-2. Remove the Lower Spool.
11. Install New Cam Assembly.

Reverse the disassembly procedure to install the new Cam Assembly with the following notes.

1. When replacing the Lower Spool, make sure to wind the strap counter clockwise. (Figure A)

2. When sliding the Tension Shaft back into position, slowly slide the shaft through until it clicks into place. If you do not feel or hear a distinct click, make sure the shaft is centered by measuring the amount of exposed shaft on each side of the main unit.
2. When tightening the Tension Shaft Holder, tighten the screws in numerical order shown on the tensioner. Tighten the two screws marked 1 then the two marked 2 and so on.

Tension Screws

Tighten screws in order 1&1, 2&2, 3&3, then 4&4.

Tension Shaft Holder
Replace Rope

1. Follow Steps 1-5 of Replace Cam Assembly to Remove Shroud.

2. Remove Lower Spool

2-1. Use a 7/32” allen wrench to remove the bolt securing the Lower Spool.

2-2. Remove the Spool, (Figure A) unwrap the Strap (Figure B) and hook the Spool behind the frame (Figure C) to keep it out of your way.

3. Remove Large Pulley.

3-1. Slide the Large Pulley off of the axle.
Replace Rope (continued)

4. Remove Rope From Pulley.

   9-1. Remove Cam from Cam Axle.

5. Remove Old Rope.

   5-1. Raise the Arm to fully upright position.

   5-2. Tie a piece of string (about 6 feet long) to the end of the old Rope. (Figure A)

   5-3. Gently pull the old Rope through the Arm and over the Upper Pulley leaving the string threaded through the arm. (Figure B)

Note: Do not pull the string through the arm. Leave enough string exiting at the Lower Pulley to pull the new Rope back through.
Replace Rope (continued)

6. Route New Rope.

6-1. Untie the old Rope from the string at the Upper Pulley and tie the string to the new Rope.

6-2. Thread the new Rope through the Arm by gently pulling the string from the Lower Pulley.

7. Clamp Rope In Large Pulley.

7-1. Feed the Rope through the hole in the Large Pulley and clamp in place.

Note: To be sure Rope is securely clamped, leave about 1/4” showing on the inside of the clamp.

8. Reverse Steps 3, 2, and 1 to reassemble.