Preface

Congratulations on your purchase of the Bowflex® SelectTech™ 220 dumbbell set. This innovative dumbbell is a versatile training tool that will help you reach your fitness goal. This product has been carefully engineered and manufactured to provide a wide array of weight options starting at 2.5 lbs and going all the way up to 20 lbs. In order to utilize this product to its fullest extent, it is critical that you read and fully understand this owner’s manual prior to using the SelectTech™ dumbbells.

Important Symbols

This symbol appearing throughout this manual means: PAY ATTENTION! BE ALERT! YOUR SAFETY IS INVOLVED!

The following definitions apply to the words “Danger” and “Warning” found throughout this manual.

Danger - Used to call attention to IMMEDIATE hazards that, if not avoided, will result in immediate, serious personal injury or loss of life.

Warning - Used to call attention to POTENTIAL hazards that could result in personal injury or loss of life.

Important Safety Instructions

1. Read and fully understand all instructions contained in this manual prior to using the product.
2. This product is intended for home use only and is not suitable for commercial application.
3. Never allow children to use or play near this equipment. Teenagers under the age of 18 must always have parental supervision and instruction on the use of this product.
4. Inspect the dumbbells prior to each use. Do not use a dumbbell with worn or damaged parts.
5. Periodically inspect and test the locking mechanism for proper function. Follow the test procedures included in this manual.
6. Never attempt to force the adjustment knob to rotate when the dumbbell has been removed from the dumbbell base.
7. Never allow the dumbbells to drop freely to the ground. Damage to the product and potential personal injury may occur. Please see the warranty section for specific warranty limitations related to dropped dumbbells.
8. Never allow dumbbells to forcefully bump together during use. Damage to the product and potential personal injury may occur.
9. Never attempt to disassemble your SelectTech™ 220 handle, or base assembly—the product is not designed to be user serviced. Contact your Bowflex® retailer or Nautilus, Inc. directly for service.
10. Before beginning your workout, make certain that your surroundings are free from potential interference.
11. SelectTech™ 220 dumbbells are very heavy; if you are not using the optional SelectTech™ 220 Dumbbell Stand we suggest you place the dumbbell assembly directly on the floor for best support.

ATTENTION

WARNING

Before beginning any exercise program, consult your physician or health care professional. Only he or she can determine the exercise program that is appropriate for your particular age and condition. If you experience any light-headedness, dizziness or shortness of breath while exercising, stop the exercise and consult your physician immediately.
Getting to know your Bowflex® SelectTech™ 220 dumbbells

The Bowflex® SelectTech™ 220 dumbbells are shipped fully assembled in one box. After carefully removing the dumbbells from the box, there are some initial steps that should be taken to familiarize you with the function of the product and to assure that all aspects of the dumbbells are performing according to their specifications. Perform these steps for each dumbbell.

1. After removing the dumbbell from its protective packaging, push down slightly on the handle assembly to make sure it is fully depressed into the base.

2. Rotate each adjustment knob several full rotations to make sure it is turning freely—do this in both directions. Make sure there is a click at each weight increment of the adjustment knob. This click will help you locate the proper alignment to select a given weight increment.

3. You will notice that there are weight increments from 2.5 to 20 lbs on both adjustment knobs. To properly select a given weight (20 lbs for example), both adjustment knobs should be rotated until 20 is aligned with the arrow located on the outward edge of the Bowflex® nameplate (Fig. 1).

4. After confirming the proper rotational function of the adjustment knob, turn each adjustment so that the number 2.5 is aligned with the arrow in the Bowflex® nameplate.

5. With both adjustment knobs set to 2.5, pull the handle straight up from the dumbbell. This will remove just the handle from the base, leaving all of the weight plates standing in the base. The handle without plates represents the starting weight of 2.5 lbs.

6. You may increase the selected weight by rotating each adjustment knob clockwise.

7. The dumbbell handle and weight plates are symmetrical. This means that one may insert the handle with either end facing the user provided that you have selected the same weight number on both ends of the dumbbell.

8. When either returning or removing the dumbbell to or from the base, do so in a vertical motion, perpendicular to the base. Try not to tilt the dumbbell or move it laterally (parallel to the base) until it is fully clear of the unselected weight plates.

Weight will increment in the following 8 steps:

| 2.5 | 5  | 7.5 | 10 | 12.5 | 15 | 17.5 | 20 |
Understanding and testing the locking mechanism function

The Bowflex® SelectTech™ 220 features a locking mechanism designed to assure proper and complete selection of the weight plates as well as to ensure weight plate retention during the workout. It is important that you fully understand the function of this mechanism and periodically test it to ensure it is properly functioning.

Function
The locking mechanism provides two key functions:
1. The mechanism will only allow the adjustment knobs to be rotated when the dumbbell handle is completely inserted and engaging the dumbbell base.
2. The mechanism is designed to lock the dumbbell handle to the base if either adjustment knob is not fully engaging the selected weight plates.

Purpose
The locking mechanism serves two important purposes:
1. The mechanism will prevent deselecting (dropping) weight plates from the dumbbell when it is NOT in the dumbbell base.
2. The mechanism will prevent partial selection of the weight plates in which the plates are not fully supported and the locking pin is not fully engaged.

Given the importance of this locking mechanism, it is critical that you understand how it operates and how to periodically test it to make sure it is functioning correctly.

Testing proper locking mechanism function

1. With the dumbbell handle set in the dumbbell base, turn both adjustment knobs to the number 2.5. You will know you have fully and correctly selected the number when you feel the adjustment knob settle into a notch (known as a detent). You will also hear a slight, but audible, clicking noise that corresponds with the detent locations for each number.
2. You should be able to withdraw the handle from the base leaving all the weight plates behind.
3. With the handle removed from the base, grab one adjustment knob with your other hand and gently attempt to turn the knob, the knob should not rotate. A locking pin in the mechanism will have engaged the rotational assembly when the unit was withdrawn from the base. Perform this test with all adjustment knobs.

**WARNING**

Do not use a great deal of force in an attempt to turn the locked adjustment knob. Excessive force may damage the locking mechanism.

4. After confirming the proper function of the locking mechanism as described above, return and fully insert the dumbbell handle back into the base assembly.
5. With the handle back in the base, turn the adjustment knob on one side to a position that is in between two weight settings. This represents an incomplete weight selection where the adjustment knob has not fully selected a weight and the knob is between the selection detents (clicks).
6. With the selection knob in this improper position, gently attempt to lift up on the handle to remove it from the base. You should find that the handle is locked to the base and cannot be removed with light pressure as it can normally.
7. Return the improperly selected adjustment knob to a full and proper weight selection and assure that the dumbbell handle can once again be removed.
8. Repeat this test for all adjustment knobs.
9. Assure the entire dumbbell handle assembly is properly tightened. Do this by setting the adjustment knobs to five pounds and removing the handle assembly from the base. Grab both adjustment knobs and very slightly push and pull the knobs toward and away from the handle grip. The knobs should not exhibit free play and all of the selection discs should feel tightly connected.
10. You have now tested the function of the locking mechanism. We suggest you repeat this test periodically (once a month) to confirm the proper function of the locking mechanism.
Offset weight selection

As indicated above, proper selection for a given weight is accomplished by selecting that weight number on both ends of the dumbbell. For example: to select 20 lbs, one must dial both adjustment knobs on the dumbbell to the number 20. By selecting the same number on both sides of the dumbbell, you will replicate a common dumbbell, this is to say, a balanced dumbbell with equal weight on both sides. While this is the most common form of weight selection and will be used in the vast majority of workouts, the Bowflex® SelectTech™ 220 dumbbell offers a useful and unique workout alternative known as offset weight selection. Offset weight selection involves using a different weight setting on one side of the dumbbell relative to the other. Doing so can be a powerful muscle development tool during certain workouts, such as the biceps curl. The SelectTech™ 220 functions exactly the same way whether you have selected balanced or offset weights. The only exception is that when you are using offset weights, you must return the dumbbell to the base in the same orientation that you removed it. When you have offset weight selection the combination of weight plates selected will not be the same on both sides of the dumbbell. You must therefore make certain to return the dumbbell to the base in the same orientation in which it was removed, in order for the weight plates to settle back into the corresponding vacant slots in the dumbbell base.

Example of offset weight selection workout

Performed traditionally, dumbbell curls strengthen the biceps, but do little for the forearm muscles that assist in supination and pronation of the wrist. Supination and pronation are terms describing a rotating motion of the wrist. For example, turning a doorknob and turning your key in your car’s ignition are examples of supination and pronation. When using your right hand, turning a doorknob clockwise would be the supination direction, while counter-clockwise would be the pronation direction (directions are reversed for left-handed motion). Whether you are training for a specific sport, or just training to become stronger and improve activities of daily living, training your forearm muscles that are involved in supination and pronation can be beneficial.

These dumbbells allow you to train differently than traditional dumbbells. By using different weight settings on either side of the dumbbells, you can use those supination/pronation muscles during your curls. Using more weight on the thumb side of the dumbbell will improve pronation strength, while more weight on the little finger side will improve supination strength. Not only will you be strengthening your biceps, but also you can become stronger in activities involving rotation of the wrist!

The following example of a Biceps Curl using offset weight is a good demonstration of the superior muscle development

<table>
<thead>
<tr>
<th>Weight settings selected</th>
<th>Side 1</th>
<th>Side 2</th>
<th>Total dumbbell weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 lbs</td>
<td>20 lbs</td>
<td>15 lbs</td>
<td></td>
</tr>
<tr>
<td>Weight Difference</td>
<td>▲ 10 lbs</td>
<td></td>
<td></td>
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<tr>
<td>Weight Distribution</td>
<td>5 lbs</td>
<td>10 lbs</td>
<td>7.5 lbs</td>
</tr>
<tr>
<td>Weight offset</td>
<td>+ 5 lbs</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
provided by the SelectTech™ 220.

The dumbbell weight has been set to 10 lbs on one side and 20 lbs on the other. The total weight of the dumbbell is therefore 15 lbs. This 15 lb dumbbell has the weight distributed such that there are 5 lbs on one side and 10 lbs on the other for a total of 15 lbs.

With the dumbbell weight configured as defined above, the user should grip the dumbbell with 10 lbs on the thumb side of the hand and the 20 lbs on the little finger side of the hand.

Start the biceps curl with a neutral wrist and forearm position (palm facing leg). As the curl progresses from the start to finish position, the wrist should be rotated progressively outward (palm up). During this curl the user will be lifting the weight of the dumbbell (15 lbs) with the biceps but also lifting the offset weight of 5 lbs with wrist rotation (supination). Unlike a conventional dumbbell that is balanced end to end, this offset weight will require more muscle activation and therefore develop the forearm and wrist.

Below you will find some helpful charts that will provide the total dumbbell weight for various combinations of weight

<table>
<thead>
<tr>
<th>2.5</th>
<th>2.5</th>
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<tbody>
<tr>
<td>5</td>
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<td>6.25</td>
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<td>8.75</td>
<td>10</td>
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<td>10</td>
<td>11.25</td>
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<td>11.25</td>
<td>12.5</td>
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<tr>
<td>12.5</td>
<td>13.75</td>
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<tr>
<td>15</td>
<td>16.25</td>
</tr>
</tbody>
</table>

Use the matrix above to quickly determine the offset weight selection total for your dumbbell
Bowflex® SelectTech™ 220 maintenance:

The Bowflex® SelectTech™ 220 is a very low maintenance product. However, there are steps that you should take to keep the product performing and looking its very best.

1. Should your SelectTech™ 220 handle assembly, plates or base become soiled you may clean them with a rag lightly dampened with warm water and a small amount of mild soap. Wipe dry with a separate rag.

2. The SelectTech™ 220 is internally lubricated and will not require further internal lubrication. The contact between weight plates and selection discs is not lubricated but has naturally low friction. This generally will not require any lubrication. Should you feel it necessary to lubricate the weight plates and/or selection discs, use only a silicon lubricant, preferably “food grade”.

1. Do not use any solvents, harsh detergents, chemicals or bleach on this product – doing so may damage the materials, resulting in degradation of the products performance or strength.

2. Do not attempt to disassemble the dumbbell handle or base assembly. These items are not designed to be user serviced. Doing so will void the manufacturers warranty. Contact your Bowflex® retailer or Nautilus, Inc. directly for service.

WARNING
<table>
<thead>
<tr>
<th>Problem</th>
<th>Solution</th>
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</table>
| Dumbbell handle does not fully insert into base when no plates are selected (handle has no plates attached). | 1. Make certain that both adjustment knobs are set directly to the number 2.5.  
2. Make certain that all of the weight plates have the “selection tongue” facing away from the dumbbell grip. If one or more of these are backwards (selection tongue facing inward toward grip), the handle can get blocked, and the plates may wedge into the handle. |
| Dumbbell handle does not fully insert into base when plates are selected (handle has plates attached). | 1. Check to see if you have selected different weights on each side of the dumbbell (for example one adjustment knob is set to 2.5 and the other is set to 5). If this is the case, you must replace the dumbbell in the base with the same orientation in which was withdrawn. This is to allow the plates to settle back into the correct and vacant openings in the base.  
2. Verify that the plates not selected (those plates remaining in the dumbbell base) are in their correct spots and have not been moved to a different support slot. This may be blocking the dumbbell from fitting back into the base.  
3. See solution #2 from problem above. |
| Adjustment knob will not turn while handle is in base.                 | 1. Check to assure that the dumbbell handle is fully depressed into the dumbbell base. If not fully depressed, the locking mechanism will not be released and may be keeping the adjustment knobs from rotating.  
2. Check to see if any weight plates have been put into the base assembly backwards with the “support tongue” facing the grip of the dumbbell handle. All weight plates must have the selection tongue facing away from the grip of the dumbbell handle.  
3. Check to see if there is any dirt, debris or other obstruction in the dumbbell base. You may need to remove the weight plates from the base to accomplish this check. Remember to put each weight plate back in its appropriate location with the selection tongue facing away from the dumbbell grip. |
Bowflex® SelectTech™ 220 Dumbbell Stand (optional)

This attractive stand features an ergonomic design to enhance the functionality of the SelectTech™ 220.

- The V-shape “step-in” design allows the user to maintain proper upper body position while lifting or returning the dumbbells to the base.
- The dumbbell handles are positioned in a natural orientation providing a comfortable and secure lifting position.
- Large adjustable stabilizer feet assure maximum stability (optional).
- Includes two “seat belts” to secure dumbbells to the base.

Check out the selection of products available from Nautilus, Inc. at www.bowflexselecttech.com
SelectTech™ 6 Week Challenge

FREQUENCY: 3-Days a Week
TIME: About 30 minutes

For a successful workout, focus on generating the muscular contraction required to create the motion of the weight (demonstrated in your “The Secrets of the 4-Step Rep” DVD) not just lifting the weight.

# of Reps: 8-12 (30 to 40 second intervals between sets)

<table>
<thead>
<tr>
<th>Workout 1</th>
<th>Set #1</th>
<th>Set #2</th>
<th>Set #3</th>
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<tr>
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<td>Weight</td>
<td>Reps</td>
<td>Weight</td>
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<tr>
<td>Flat Chest Press</td>
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<td>Overhead Press</td>
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<td>Lying Triceps Extension</td>
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<tr>
<td>Overhead Triceps Extension</td>
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<td>Single Arm Row</td>
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<td>Standing Curl</td>
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<tr>
<td>Concentration Curls</td>
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<td>Ab Crunch</td>
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<tr>
<td>Lying Trunk Rotation</td>
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<td>Weight</td>
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<td>Overhead Press Alternating</td>
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<td>Single Arm Row</td>
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<td>Standing Curl Alternating</td>
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<td>Workout 5</td>
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<td>Set #3</td>
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<td>Scott Curl</td>
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<td>Reps</td>
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## Wide Squats

**Muscles worked**
Quadriceps, glutes, hamstrings and adductors

**Success tips:**
- Keep the knees pointed in the same direction as the toes.
- Keep the head and neck in line with the trunk.
- Pay close attention to all alignment and stabilization issues on every part of each and repetition.

**START**
- Grab the dumbbell with both hands and stand with your feet slightly wider than shoulder width apart.
- Slightly rotate your hips outward, feet and knees should be lined up in that outward position as well.
- Stabilize your torso by lifting your chest, tightening your abs and maintaining a slight arch in your lower back.

**ACTION**
- Under control, slowly squat down by sticking the hips back as the knees start to bend.
- Keep the chest up and the back flat as the hips continue to move backward.
- Lower to approximately 90 degrees at the knees, unless otherwise determined.
- Return to the starting position.
- Do not lockout the knees at the top of the squat.

**FINISH**

**Muscles worked**
Gastrocnemius and soleus

**Success tips**
- Do not change your hip or knee position during the exercise.
- Rise up as high as you can, maintaining your balance, on the balls of your feet.

**START**
- Stand with your feet about shoulder width apart, feet facing straight forward.
- Hold the dumbbells at your sides with your palms facing in.
- Keep your chest lifted, abs tight and a slight curve in your lower back.

**ACTION**
- Slowly rise up on the balls of your feet, lifting your heels as high as you can off the floor.
- Slowly return to the starting position, keeping tension on the calf muscles.

**FINISH**
**Leg Exercises**

### Stationary Lunges

**Muscles worked**
Quadiceps, glutes, hamstrings and adductors

**Success tips**
- Place feet in a position so that when you lunge down, your front foot is directly under your knee and your back leg lines up under your hip.
- Keep your head and chest lifted, with a slight arch in the lower back during the movement.
- Do only one side to fatigue, then switch to the other side.

**START**
- Stand with your feet approximately shoulder width apart
- Hold the dumbbells down in front of your thighs with your palms facing back.
- Stand with a very slight bend at the knees.
- Keep the chest lifted, abs tight and a very slight arch in your lower back.

**ACTION**
- Slowly lower your body bending at both knees, simultaneously keeping the front knee in line with the toes.
- Move down and stop just before the back knee is going to touch the floor.
- Reverse the motion and come back up to the starting position.

**FINISH**

### Stiff-leg Dead Lift

**Muscles worked**
Hamstrings, glutes and spinal erectors

**Success tips**
- Your torso should move from standing vertical to leaning forward at the hips without rounding your spine during any part of the movement.
- Keep the knees slightly bent.
- Only move as far as you can correctly.
- It is critical that you keep the chest lifted and do not allow your spine to round at any time during the movement.

**START**
- Stand with your feet approximately shoulder width apart
- Hold the dumbbells down in front of your thighs with your palms facing back.
- Stand with a very slight bend at the knees.
- Keep the chest lifted, abs tight and a very slight arch in your lower back.

**ACTION**
- Maintaining your knee position, slowly bend forward at the hips moving your butt backward.
- Stop as your hamstrings begin to get taut and before your back begins to round.
- Concentrate on tensing your hamstrings to pull you back up to the starting position.

**FINISH**
Leg Exercises

Reverse Lunge

Muscles worked
Quadriceps, glutes, hamstrings and adductors

Success tips
• Place feet in a position so that when you lunge back, your front foot is directly under your knee and your back leg lines up under your hip.
• Keep your head and chest lifted, with a slight arch in the lower back during the movement.
• Do only one side to fatigue and then switch to the other side.

START
• Stand with your feet together.
• Hold the dumbbells at your sides with your palms facing inward.
• Keep the chest lifted, abs tight and a slight arch in the lower back.

ACTION
• Initiate the movement by tightening your glutes and slowly pivoting your leg from your hip. Move your entire leg backward, keeping your knee steady at a 90 degree angle.
• Slowly move your leg as far as you can, without allowing any movement at the waist, knee or lower back.
• Slowly return to start position.

FINISH

Muscles worked
Quadriceps, glutes, hamstrings and adductors
**Chest Exercises**

### Flat Chest Press

**Muscles worked**
- Pectoralis major, deltoids and triceps

**Bench position**
- Flat

**Success tips**
- Maintain a 60-90 degree angle between your upper arms and torso at the start of the motion, and a 90 degree angle from your torso at the top.
- Keep knees bent so your feet are positioned flat on the floor directly under your knees.
- Do not let your elbows travel behind your shoulders when you are lowering the dumbbells.
- Keep shoulder blades pinched together and maintain good spinal alignment.

**START**
- Grab the dumbbells and lie back on the bench.

**ACTION**
- Slowly press the dumbbells upward, straightening your arms while moving the dumbbells toward each other, directly over the center of your chest.
- Don't lock out your elbows, keep the tension on the chest.
- Slowly return to the starting position, keeping your wrists steady and your movements slow and controlled.

**FINISH**
- Don't lock out your elbows, keep the tension on the chest.

---

### Incline Chest Press

**Muscles worked**
- Pectoralis major, deltoids and triceps

**Bench position**
- Inclined to 45 degrees

**Success tips**
- Maintain a 60-90 degree angle between your upper arms and torso at the start of the motion, and slightly more than 90 degrees from your torso at the top.
- Keep knees bent so your feet are positioned flat on the floor directly under your knees.
- Do not let your elbows travel behind your shoulders when you are lowering the dumbbells.
- Keep shoulder blades pinched together and maintain good spinal alignment.
- Keep your arms directly in line with the dumbbell over your wrists and elbows.

**START**
- Grab the dumbbells and lie back on the bench.

**ACTION**
- Slowly press the dumbbells upward, straightening your arms while moving the dumbbells toward each other, directly over the center of your chest.
- Don't lock out your elbows, keep the tension on the chest.
- Slowly return to the starting position, keeping your wrists steady and your movements slow and controlled.

**FINISH**
Chest Exercises

Flat Chest Fly

**Muscles worked**
Pectoralis major and deltoids

**Bench position**
Flat

**Success tips**
- Maintain a 60-90 degree angle between your upper arms and torso at the start of the motion, and slightly more than 90 degrees from your torso at the top.
- Keep knees bent so your feet are positioned flat on the floor directly under your knees.
- Do not let your elbows travel behind your shoulders when you are lowering the dumbbells.
- Keep shoulder blades pinched together and maintain good spinal alignment.

**START**
- Grab the dumbbells and lie back on the bench.
- Rotate your upper arms away from your torso so that your elbows and palms are pointing upward.
- Maintain a slight bend at the elbow and stabilize your wrist in a neutral position.
- Raise your chest, pinch your shoulder blades together and maintain a comfortable arch in your lower back.

**ACTION**
- Slowly move the dumbbells forward, then upward, keeping your arms stable at the elbow, while moving the dumbbells toward each other directly over the center of your chest.
- Keep the tension on the chest throughout the movement.
- Slowly return to the starting position, keeping your wrists steady and your movement slow and controlled.

**FINISH**

Incline Chest Fly

**Muscles worked**
Pectoralis major and deltoids

**Bench position**
Inclined 45 degrees

**Success tips**
- Maintain a 60-90 degree angle between your upper arms and torso at the start of the motion, and slightly more than 90 degrees from your torso at the top.
- Keep knees bent so your feet are positioned flat on the floor directly under your knees.
- Do not let your elbows travel behind your shoulders when you are lowering the dumbbells.
- Keep shoulder blades pinched together and maintain good spinal alignment.

**START**
- Grab the dumbbells and lie back on the bench.
- Rotate your upper arms away from your torso so that your elbows and palms are pointing upward.
- Maintain a slight bend at the elbow and stabilize your wrist in a neutral position.
- Raise your chest, pinch your shoulder blades together and maintain a comfortable arch in your lower back.

**ACTION**
- Slowly move the dumbbells forward, then upward, keeping your arms stable at the elbow. Move the dumbbells toward each other directly over the center of your upper chest.
- Keep the tension on the chest throughout the movement.
- Slowly return to the starting position.
Decline Chest Press

Muscles worked
Pectoralis major, deltoids and triceps

Bench position
Declined

Success tips
- Maintain a 60-90 degree angle between your upper arms and torso at the start of the motion, and 90 degree angle from your torso at the top.
- Keep knees bent so your feet are positioned flat on the floor directly under your knees.
- Do not let your elbows travel behind your shoulders when you are lowering the dumbbells.
- Keep shoulder blades pinched together and maintain good spinal alignment.
- Keep your arms directly in line with the dumbbell over your wrists and elbows.

START
- Grab the dumbbells and lie back on the bench.
- Bend your elbows back, keeping your arms at approximately 60-90 degrees away from your sides, and your elbows equal to your shoulder.
- Raise your chest, pinch your shoulder blades together and maintain a comfortable arch in your lower back.

FINISH
- Slowly press the dumbbells upward, straightening your arms while moving the dumbbells toward each other, directly over the center of your chest.
- Don’t lock out your elbows, keep the tension on the chest.
- Slowly return to the starting position, keeping your wrists steady and your movements slow and controlled.
## Arm Exercises

### Standing Curls

**Muscles worked**
Biceps and other elbow flexors

**Success tips**
- Keep elbows at your sides.
- Keep your wrists straight.
- Keep your trunk muscles tight and maintain a very slight arch in your lower back.

**START**
- Hold the dumbbells with your hands facing forward.
- Stand with your upper arms by your sides, lift your chest, tighten your abdominals and maintain a very slight arch in your lower back.

**ACTION**
- Curl the dumbbells forward, then upward, and then toward your shoulders while keeping your elbows at your sides and your upper arms completely still.
- Slowly lower to the starting position by performing the same arcing motion.

### Concentration Curls

**Muscles worked**
Biceps and other elbow flexors

**Bench position**
Flat

**Success tips**
- Do not rock the upper body while bending the elbow.
- Keep your wrist straight.
- Keep your chest lifted, trunk muscles tight and maintain a very slight arch in your lower back.

**START**
- Sit on the bench sideways and place your feet flat on the floor slightly wider than shoulder width.
- Grab the dumbbell and rest the back of your upper arm against the inside of your leg just above the knee.
- The arm holding the dumbbell should be slightly bent maintaining tension on the biceps.
- Maintain a good spinal alignment.

**ACTION**
- Curl the forearm toward the upper arm, keeping your upper arm and shoulder blade completely still.
- Slowly return to the starting position without relaxing the biceps.
Arm Exercises

Incline Bench Curls

Muscles worked
Biceps and other elbow flexors

Bench position
Inclined to 45 degrees

Success tips
- Keep tension on the biceps throughout the movement, don't allow the arm to go to full extension.
- Keep your wrist straight.
- Keep your chest lifted, trunk muscles tight and maintain a very slight arch in your lower back.

START ACTION
- Grab the dumbbell and rest the back of your upper arm against the upper portion of the bench pad.
- The arm holding the dumbbell should be slightly bent maintaining tension on the biceps.
- Place the other arm between the bench and the upper arm.
- Maintain a good spinal alignment.

FINISH
- Curl the forearms toward the upper arm, keeping your upper arm and shoulder blade completely still.
- Slowly return to the starting position without relaxing the biceps.

START
- Grab the dumbbells and sit on the inclined bench and place your feet flat on the floor directly under your knees.
- Hold the dumbbell with a slight bend at the elbow maintaining tension on the biceps.
- Maintain a good spinal alignment with the chest lifted and the abs tight.

FINISH
- Slowly return to the starting position without relaxing the biceps.

Scot Curls — Standing Concentration Curls

Muscles worked
Biceps and other elbow flexors

Bench position
Inclined to 60 degrees

Success tips
- Do not rock the upper body while bending the elbow.
- Keep your wrist straight.
- Keep your chest lifted, trunk muscles tight and maintain a very slight arch in your lower back.
- Stop the arm motion at the top of the movement slightly before your arm is straight up.
- Keep feet slightly wider than shoulder width.

START
- Grab the dumbbell and rest the back of your upper arm against the upper portion of the bench pad.
- The arm holding the dumbbell should be slightly bent maintaining tension on the biceps.
- Place the other arm between the bench and the upper arm.
- Maintain a good spinal alignment.

ACTION
- Curl the forearm toward the upper arm, keeping your upper arm and shoulder blade completely still.
- Slowly return to the starting position without relaxing the biceps.
Arm Exercises

Overhead Triceps Extension

Muscles Worked
Triceps

Success tips
• Keep your knees slightly bent with your feet approximately shoulder width apart.
• Keep your chest lifted, shoulders pinched together and a very slight arch in your lower back.
• Keep your upper arms and shoulders motionless and your wrists straight.
• Tighten your triceps throughout the exercise, using a controlled motion.

START ACTION
• Kneel with one leg on the bench, bend forward at the hips and place one hand on the bench.
• Support yourself with one arm on the bench and hold the dumbbell with the other with your palm facing in.
• Keeping your elbow bent, bring your upper arm to your side, parallel to the ground.

START
• Stand with your knees slightly bent and feet shoulder width apart.
• Place both hands over the inside edge of one side of the dumbbell weights.
• Bring the arms up over your head with an approximate 90 bend at the elbow.

ACTION
• Keeping your upper arms stable, slowly straighten your elbows moving your arms in an arcing motion upward, over your head.
• Stop the motion before your arms are completely straight, and then reverse the motion, slowing returning to the starting position, keeping tension on the muscle.

FINISH

Muscles Worked
Triceps

Bench position
Flat

Success tips
• Maintain spinal alignment.
• Keep your arm at your side and your wrist straight throughout the entire motion.
• Tighten your triceps throughout the exercise and control the motion.

START
• Kneel with one leg on the bench, bend forward at the hips and place one hand on the bench.
• Support yourself with one arm on the bench and hold the dumbbell with the other with your palm facing in.
• Keeping your elbow bent, bring your upper arm to your side, parallel to the ground.

ACTION
• Straighten the elbow while keeping your upper arm completely still.
• When the arm is completely straight, slowly return to the starting position.
**Lying Triceps Extension**

**Muscles worked**
Triceps

**Bench position**
Flat

**Success tips**
- Keep the upper arm motionless.
- Keep the wrists straight.
- Tighten your triceps throughout the exercise and control the motion all the way down.
- Keep the knees bent and the feet planted on the floor directly under your knees.

**START**
- Lie back on the bench with your head supported on the bench.
- Grab the dumbbells and move your upper arm up to a position that your elbow is facing upward and your hands holding the dumbbells are just over your forehead.
- Raise your chest and pinch your shoulder blades together.
- Maintain a very slight arch in the lower back.

**ACTION**
- Keep the upper arms stationary while moving the hands in an arcing motion upward.
- Stop the motion slightly before locking out the elbows. Do not lock out the elbow!
- Slowly reverse the arcing motion back to the starting position.

**Finish**

**Muscles worked**
Biceps, brachioradialis and brachialis

**Success tips**
- Keep the upper arms motionless and your wrists straight throughout the entire exercise.
- Keep the chest lifted, spine straight and a slight arch in the low back.

**START**
- Stand with your feet shoulder width apart and knees slightly bent.
- Grab the dumbbells with your palms facing inward toward each other.
- Stabilize the hips, knees and spine.

**ACTION**
- Curl the dumbbells forward, then upward, then in toward the shoulder, keeping the upper arm completely motionless.
- Keep the palms facing in without rotating the lower arm.
- Slowly move back to the starting position.
### Single Arm Row — Alternating Rows

**Muscles Worked**  
Latissimus Dorsi, teres minor, posterior deltoid and biceps

**Bench position**  
Flat

**Success tips**  
- Stabilize your body in position so the effort is focused on your lat as you lead the movement with extending your elbow upward.
- Keep the dumbbell lined up directly under your wrist and elbow when doing the movement.
- Keep your spine aligned, abs tight and a slight arch in your lower back.
- Do not let your spine rotate side to side, keep the shoulder at equal height during the movement.

**START**  
- Put one knee on the bench and place the other foot on the floor directly under your hip.
- Place free hand on the bench slightly in front of you in a position that allows you to stabilize your upper body.
- Allow the arm with the dumbbell to hang straight down, while maintaining control of your back and shoulder.
- Hold dumbbell in a neutral grip with your palm facing the bench.

**ACTION**  
- Initiate the movement by pinching your shoulder blades back, while simultaneously moving your elbow backward, then upward.
- Continue moving the elbow up, slightly above the height of your trunk while keeping the forearm lined up under the elbow.
- While controlling the resistance, lower the arm back to the starting position letting the shoulder blade slide forward without slouching.

**FINISH**  

**Muscles worked**  
Rear deltoid, rear portion of the middle deltoid, posterior rotator cuff, upper lats and teres minor

**Success tips**  
- Place the feet in a comfortable shoulder width position.
- Keep the chest lifted, abs tight and a very slight arch in the lower back.
- Lean forward slightly at the hip while keeping the upper body in alignment.
- Your forearms should always point in the direction of the dumbbells.

**START**  
- While standing holding the dumbbells, lean forward at the hip allowing the arms to extend directly in line with the resistance.
- Keep your spine in a stable position.
- Rotate the shoulder so that you palms are facing behind you.

**ACTION**  
- Allow your arms to bend as you go, move your elbows outward and backward keeping a 70-90 degree angle between your upper arms and your torso.
- Move until your elbows are slightly behind your shoulders, then slowly reverse the action keeping the rear shoulder muscles tightened during the entire motion.

**FINISH**
# Back Exercises

## Dead Lifts

**Muscles worked**
Glutes, adductors, hamstrings, quads, spinal erectors and traps

**Success tips**
- Keep knees pointed in the same direction as the feet.
- Keep head and neck in line with the trunk.
- Pay close attention to all the alignment and stabilization issues on every part of each repetition.
- Keep pressure through the middle of the arches/feet, not the toes or heels.

**START ACTION**
- Position your feet in line with the dumbbell about shoulder width apart.
- Point your toes outward slightly and direct the thighs to the same outward angle as the feet.
- Hold the dumbbells with your palms facing backward.
- Under control, slowly squat down by sticking the hips out as the knees start to bend.
- Keep the chest lifted and back flat as the hips continue to move backward.
- Lower to approximately a 90-degree bend at the knees, unless otherwise determined.
- Move back to the starting position, keeping the chest lifted while moving the hips forward and extending the knee.

**Muscles worked**
Glutes, adductors, hamstrings, quads, spinal erectors and traps

**Success tips**
- Keep knees pointed in the same direction as the feet.
- Keep head and neck in line with the trunk.
- Pay close attention to all the alignment and stabilization issues on every part of each repetition.
- Keep pressure through the middle of the arches/feet, not the toes or heels.

## Ab Crunch

**Muscles worked**
Rectus abdominus and obliques

**Bench position**
Flat

**Success tips**
- Do not lift your head or chin. Your head should follow the rib motion, rather than lead it.
- Maintain normal neck posture.
- Move slowly to eliminate momentum.
- Allow exhalation up and inhalation down, without exaggerating breathing.

**START ACTION**
- Grab a dumbbell with both hands, as shown.
- Lie flat on the bench holding the dumbbell over your upper chest.
- Place your legs behind the roller pads, as shown, for added support, with your feet flat on the floor.
- Your lower back can start out flat or in a normal arch.
- Under control, slowly squat down by sticking the hips out as the knees start to bend.
- Keep the chest lifted and back flat as the hips continue to move backward.
- Lower to approximately a 90-degree bend at the knees, unless otherwise determined.
- Move back to the starting position, keeping the chest lifted while moving the hips forward and extending the knee.

**Muscles worked**
Rectus abdominus and obliques

**Bench position**
Flat

**Success tips**
- Do not lift your head or chin. Your head should follow the rib motion, rather than lead it.
- Maintain normal neck posture.
- Move slowly to eliminate momentum.
- Allow exhalation up and inhalation down, without exaggerating breathing.
Shoulder Exercises

Standing Shoulder Press

Muscles worked
Front deltoid, upper traps and triceps

Success tips
- Keep knees slightly bent.
- Keep abs tight and a good spinal alignment.
- Do not increase the arch in the lower back as you raise your arms. Keep your spine steady.

START
- Grab the dumbbells with the palms facing each other.
- Stand with your feet slightly wider than shoulder width apart.
- Maintain an erect spinal alignment with the chest lifted, abs tight and a slight curve in the lower back.
- Raise arms directly outward, then upward, to approximately shoulder height.
- Lift your hand and elbow at the same speed.
- Do not turn or rotate your arms while raising them.
- Keep the side of your arm/elbow facing out/up throughout the movement.

FINISH
- Straighten your arms slowly over your head, focusing on moving your elbows up and inward toward your ears.
- Slowly return to the starting position, keeping tension on your front shoulder muscles through the entire motion.

Lateral Raise

Muscles worked
Front and middle deltoids

Success tips
- Do not swing the arms upward or move the trunk during the motion.
- Maintain good spinal alignment.

START
- Grab the dumbbells and stand up straight.
- Keep your chest lifted, abs tight and a slight arch in the lower back.
- Raise the dumbbells to shoulder height, keeping your palms facing forward.
- Upper arms should be 90 degrees away from your torso and your elbows should be bent to 90 degrees, as shown.

FINISH
- Straighten your arms slowly over your head, focusing on moving your elbows up and inward toward your ears.
- Slowly return to the starting position, keeping tension on your front shoulder muscles through the entire motion.

START ACTION
- Lower arms at the same speed.
Shoulder Exercises

Seated Overhead Press

Muscles worked
Front deltoid, upper traps and triceps

Success tips
- Keep feet flat on the floor and directly under your knees.
- Keep abs tight and a good spinal alignment.
- Do not increase the arch in the lower back as you raise your arms. Keep you spine steady.

START ACTION
- Grab the dumbbells and stand up straight.
- Keep your chest lifted, abs tight and a slight arch in the lower back.
- Raise the dumbbells the shoulder height, keeping your palms facing forward.
- Upper arms should be 90 degrees away from your torso and your elbows should be bent to 90 degrees as shown.

START
- Straighten your arms slowly over your head, focusing on moving your elbows up and inward toward your ears.
- Slowly return to the starting position, keeping tension on your front shoulder muscles through the entire motion.

FINISH

Muscles worked
Front deltoid, upper traps and triceps

Success tips
- Keep knees slightly bent.
- Keep abs tight and a good spinal alignment.
- Do not increase the arch in the lower back as you raise your arms. Keep you spine steady.

START
- Grab the dumbbells and stand up straight.
- Feet should be approximately shoulder width a part.
- Keep your chest lifted, abs tight and a slight arch in the lower back.
- Hold the dumbbells in front of you with your palms facing back.

ACTION
- Keep the arms straight and the palms facing down, move your arms forward and then upward to shoulder height.
- Slowly return to the starting position, keeping tension on your front shoulder muscles through the entire motion.

FINISH
Shoulder Exercises

**Rear Delt Row**

**Muscles worked**
Back of the middle deltoid, the rear deltoid, posterior rotator cuff, trapezius and rhomboids.

**Success tips**
- Keep your spine and hips stable and do not allow your body to sway during the motion.
- For normal pulling exercises you may choose to let the shoulder blades float forward and backward naturally. However, for more emphasis to the rear deltoid, keep the shoulder blades pinched together throughout the movement.
- Keep your abs tight, chest lifted and maintain a slight arch in your lower back.

**START**
- Stand with your feet approximately shoulder width apart.
- Grab the dumbbells with your palms facing back.
- Bend forward at the knees and hips so that your arms will hang slightly in front of your knees holding the dumbbells.
- Keep your head/neck in line with your spine, as shown.

**ACTION**
- Allow your arms to bend as you move your elbows upward keeping a 60-80 degree angle between your arms and your torso.
- Your forearms should always point in the direction of the dumbbells.
- Move till your elbows are slightly behind your shoulders, then slowly reverse the motion, keeping tension on the rear shoulder muscles during the entire motion.

**FINISH**

**Muscles worked**
Upper trapezius

**Success tips**
- Do not bend the neck backward or forward while raising the shoulders.
- Keep abs tight and a good spinal alignment.
- Make sure both shoulders are raised evenly.

**START**
- Grab the dumbbells and stand up straight.
- Feet should be approximately shoulder width a part.
- Keep your chest lifted, abs tight and a slight arch in the lower back.
- Hold the dumbbells naturally to your sides.

**ACTION**
- Raise your shoulders toward the back of your head, making sure your neck/head position does not move.
- Slowly return the shoulders to the starting position, keeping tension on your upper shoulder and neck muscles through the entire motion without slouching or rounding your upper spine.

**FINISH**
SELECTTECH™ MENU PLAN
For Females
You may choose plan A, B, C or D for each meal or snack

BREAKFAST: 300-335 calories
A. 1/2 New York style bagel (125)
   2 TBSP of cream cheese or 1 TSP of peanut butter (100)
   1 cup of orange juice (110)
B. 1/2 serving of Champion Metabolol II® drink (130)
   1 cup of 1% milk (200)
C. 1 cup of Honey Nut Cheerios® cereal (115)
   1/2 cup of 1% milk (100)
   1 cup of orange juice (110)
D. 1 egg, any style (80)
   1 slice of whole-grain bread (75)
   1 cup of orange juice (110)
   1 TSP of butter or margarine (35)

MORNING SNACK: 180-215 calories
A. 1/2 serving of Champion Met Max (115)
   1/2 cup of 1% milk (100)
B. 1 Champion SnacBar (180)
C. 1 cup of 1% low-fat cottage cheese (180)
D. 6 oz. of Yoplait® 99% fat free yogurt (180)

LUNCH: 350-380 calories
A. 2 slices of whole-grain bread (150)
   1.5 oz. of turkey, ham, chicken or tuna fish (75)
   1 TBSP of light mayonnaise (50)
   (lettuce, tomato, onion and pickles optional)
   1 serving of medium-sized fruit (100)
B. 3 oz. of boneless, skinless chicken breast (150)
   3/4 cup of cooked rice (preferably brown) (150)
   1 cup of broccoli (80)
C. 1 serving of Champion Metabolol II® drink (260)
   1/2 cup of 1% milk (100)
D. Frozen Microwave meal of no more than 350 calories. You may choose from Healthy Choice®, Lean Cuisine® or Michelina’s® Authentico, for example.

AFTERNOON SNACK: 180-215 calories
A. 1/2 serving of Champion Met Max (115)
   1/2 cup of 1% milk (100)
B. 2 servings of medium-sized fruit (200)
C. 1 cup of 1% low-fat cottage cheese (180)
D. 6 oz. of Yoplait® 99% fat free yogurt (180)

DINNER: 350-360 calories
A. 3 oz. of Chicken, Turkey or Fish (150)
   1/2 medium baked potato or 1/2 cup of cooked rice (preferably brown) (100)
   Side salad with 2 TBSP of low-fat dressing or 2 cups of broccoli (100)
B. Frozen Microwave dinners of no more than 350 calories. You may choose from Healthy Choice®, Lean Cuisine® or Michelina’s® Authentico, for example.
C. 1 serving of Champion Metabolol II® drink (260)
   1/2 cup of 1% milk (100)
D. 1 oz. spaghetti, American Beauty®, thin, uncooked (105)
   3 oz. ground turkey, Louis Rich® (140)
   1/2 cup of tomato sauce (30)
   1 cup of desired vegetables sautéed with ground turkey (80)

EVENING SNACK (optional): 100-180 calories
A. 1 Champion SnacBar (180)
B. 1 serving of medium-sized fruit (100)

CHAMPION CREATINE SUPPLEMENT: On weight-training days, please take one serving before your workout and one serving after your workout. CREATINE CALORIES...280 on workout days.

BEVERAGES: Please follow the hydration program for your water intake. You may also have soft drinks, tea or coffee as long as it’s calorie and caffeine free. This would be in addition to your water.

TOTAL CALORIES WILL DEPEND ON WHETHER YOU CHOOSE OPTION A, B, C OR D DURING THE DAY

Workout days: LOW 1640 HIGH 1785
Off days: LOW 1360 HIGH 1505
SELECTTECH™ MENU PLAN
For Males
You may choose plan A, B, C or D for each meal or snack

BREAKFAST: 455-490 calories
A. 1 New York style bagel (250)
   2 TBSP of cream cheese or 1 TSP of peanut butter (100)
   1 cup of orange juice (110)
B. 1 serving of Champion Metabolol II® drink (260)
   1 cup of 1% milk (200)
C. 2 cups of Honey Nut Cheerios® cereal (230)
   3/4 cup of 1% milk (150)
   1 cup of orange juice (110)
D. 2 eggs, any style (160)
   2 slices of whole-grain bread (150)
   1 cup of orange juice (110)
   1 TSP of butter or margarine (35)

MORNING SNACK: 280-315 calories
A. 1/2 serving of Champion Met Max (115)
   1 cup of 1% milk (200)
B. 1 Champion SnacBar (180)
   1 serving of medium-sized fruit (100)
C. 1 cup of 1% low-fat cottage cheese (180)
   1 serving of medium-sized fruit (100)
D. 6 oz. of Yoplait® 99% fat free yogurt (180)
   1 serving of medium-sized fruit (100)

LUNCH: 425-460 calories
A. 2 slices of whole-grain bread (150)
   3 oz. of turkey, ham, chicken or tuna fish (150)
   1 TBSP of light mayonnaise (50)
   (lettuce, tomato, onion and pickles optional)
   1 serving of medium-sized fruit (100)
B. 3 oz. of boneless, skinless chicken breast (150)
   1 cup of cooked rice (preferably brown) (200)
   1 cup of broccoli (80)
C. 1 serving of Champion Metabolol II® drink (260)
   1 cup of 1% milk (200)
D. Frozen Microwave meal of no more than 350 calories. You may choose from Healthy Choice®, Lean Cuisine® or Michelina’s® Authentico, for example.
   1 slice of whole-grain bread (75)
   1 cup of 1% milk (200)

EVENING SNACK (optional): 180-315 calories
A. 1/2 serving of Champion Met Max (115)
   1 cup of 1% milk (200)
B. 1 Champion SnacBar (180)

CREATINE SUPPLEMENT: On weight-training days, please take one serving before your workout and one serving after your workout.
CREATINE CALORIES…280 on workout days.

BEVERAGES: Please follow the hydration program for your water intake. You may also have soft drinks, tea or coffee as long as it’s calorie and caffeine free. This would be in addition to your water.

TOTAL CALORIES WILL DEPEND ON WHETHER YOU CHOOSE OPTION A, B, C OR D DURING THE DAY

Workout days: LOW 2145 HIGH 2320
Off days: LOW 1865 HIGH 2040
WARRANTY
LIMITED WARRANTY FOR EXERCISE PRODUCTS

All Bowflex® branded exercise products manufactured by Nautilus, Inc. are warranted to the purchaser to be free from defects in materials and workmanship. Warranty coverage valid to the original purchaser only and proof of purchase will be required. Any product sold or placed in an application not recommended by Nautilus, Inc. will void any warranty coverage set forth by Nautilus, Inc. warranty policies and procedures.

TIME PERIOD
This product was designed, warranted, and intended for residential use only.
Residential Environment:
Parts (including handle assembly and base assembly): 2 years
Weight Plates: 5 years
Labor: 1 year from the date of original purchase

THIS WARRANTY DOES NOT COVER
1. Damage to the product resulting from a drop of greater than 12 inches in height.
2. Normal wear and tear.
3. Any damage, failure or loss caused by accident, misuse, neglect, abuse, improper assembly, improper maintenance, Acts of God (such as floods or power surges), or failure to follow instructions or warnings in Owner's Manual.
4. Use of products in a manner or environment for which they were not designed.
5. Extended warranties: Nautilus, Inc. will not be responsible for any extended coverage terms offered by a distributor or service provider.

LIMITATIONS
The foregoing warranties are in lieu of and exclude all other warranties not expressly set forth herein, whether express or implied by operation of law or otherwise, including, but not limited to, warranties of merchantability or fitness for a particular purpose. Nautilus, Inc. shall in no event be liable for incidental or consequential losses, damages or expenses in connection with its exercise products. Nautilus, Inc. liability hereunder is expressly limited to the replacement of goods not complying with this warranty or, at Nautilus, Inc. election, to the repayment of an amount of the purchase price of the exercise product in question. Some states do not permit the exclusion or limitation of implied warranties or incidental or consequential damages, so the preceding limitations and exclusions may not apply to you.

PROCEDURES
Warranty service will be performed by the original retailer (seller) or an authorized Bowflex® service provider. The original purchaser must provide proof of purchase. Service calls, assembly, transportation, and/or delivery expenses are the responsibility of the purchaser 1-800-605-3369.
Nautilus, Inc. will have the option to repair or replace any exercise product(s), which require warranty service.
2. Nautilus, Inc. will replace any equipment frame that is structurally defective with a new frame or replace the unit with a unit of equal value. Nautilus, Inc. is not responsible for labor charges in replacing defective frames.
3. In the event a product cannot be repaired, Nautilus, Inc. will apply a limited credit reimbursement toward another Bowflex® exercise product of equal or greater value.
4. Nautilus, Inc. is not responsible for dealer labor charges for component changeovers completed after the labor-related warranty period(s) stated herein.
5. If you elect to repair an exercise product or part yourself, using the services of someone other than an Authorized Bowflex® Dealer, or use a replacement part not supplied by Nautilus, Inc., Nautilus, Inc. shall not be liable for any cost, damage, failure or loss caused by the use of such unauthorized service or parts.
6. See an authorized Bowflex® distributor for more information or write to us at:

Nautilus, Inc.
World Headquarters
16400 SE Nautilus Drive
Vancouver, WA 98683
Bowflex® SelectTech™ 220 Warranty Registration Card

IMPORTANT! MAIL WITHIN 30 DAYS OF PURCHASE

PLEASE PRINT CLEARLY – THANK YOU

Serial #

Mr. ☒ Mrs. ☒ Ms. ☒ Miss ☒ Customer ID from Invoice

Name: ____________________________________________

Address: _________________________________________ Apt. #: _______________________

City: _____________________________________________ State: ___________ ZIP: ___________________

Phone number: __________________________ EXT: __________________

E-Mail address: _______________________________________

Is this your primary address? ☒ Yes ☒ No

Place of purchase: ____________________________________

Date of purchase: M M D D Y Y

Purchaser date of birth: M M D D Y Y

Gender: ☒ Male ☒ Female

Marital status: ☒ Married ☒ Single

Including yourself, total number of people living in your household: (Examples: 01, 02, 03 …) _______

Would you like to receive additional information on healthy lifestyle products? ☒ Yes ☒ No

Which best describes your family income:

☒ Under $15,000 ☒ $25,000 – $34,999 ☒ $50,000 – $74,999 ☒ $100,000 – $149,999

☒ $15,000 – $24,999 ☒ $35,000 – $49,999 ☒ $75,000 – $99,999 ☒ Over $150,000

What other types of exercise equipment do you own? ________________________________________________

Did you receive this item as a gift? ☒ Yes ☒ No

Name of original purchaser: __________________________________________________________

Original purchaser customer ID number: ________________________________________________

Thanks for filling out this questionnaire. Your answers are important to us. Please check here ☐ if you would prefer not to obtain information on new and interesting opportunities from other exciting companies.
WHAT IS COVERED
Nautilus, Inc. warrants to the original purchaser of the Bowflex® product that it is free from defects in materials or workmanship, with the exceptions stated below. This warranty is not transferable or applicable to any person other than the original purchaser and is only applicable for products sold and used in the United States or Canada. Tampering with the unit will void the warranty.

BOWFLEX® SELECTTECH™ DUMBBELLS
• Parts (including handle assembly and base assembly): 2 years
• Weight Plates: 5 years
• Labor: 1 year from the date of original purchase

WARRANTIES DO NOT COVER
• Bowflex® SelectTech™ 220 purchased for commercial or institutional use.
• Damage due to use by persons who weigh more than 300 pounds.
• Damage due to abuse, accident, failure to follow instructions or warnings in the Owner's Manual, misuse, mishandling, accident or Acts of God (such as floods or power surges).
• Damage due to normal wear and tear.

WHAT WE WILL DO
During your Warranty Coverage Period, Nautilus, Inc. will repair any Bowflex® SelectTech™ 220 that proves to be defective in materials or workmanship. In the event repair is not possible, Nautilus, Inc. will either replace your Bowflex® SelectTech™ 220 or refund your purchase price, less shipping and handling.

SERVICE SUPPORT
Call to speak to a Bowflex® Representative at 1-800-605-3369. You may need to return the defective part, at your expense, to the address given to you by a Bowflex® Representative. Always include an explanation of the problem. Adequate protective packaging of the defective parts or unit and cost of shipping are your responsibility.

The repaired part or unit will be returned to you at the company’s expense.

HOW STATE LAW APPLIES
This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

Nautilus, Inc. World Headquarters
16400 S.E. Nautilus Drive
Vancouver, WA 98683
This manual is written and designed by industry professionals. If you have any questions regarding your Bowflex® SelectTech™220 dumbbells or any instructions found in this manual, please call Customer Service at 1-800-605-3369 for assistance.