



BOWFLEX

REVOLUTION[®] XP



The Bowflex Revolution[®] XP

Home Gym

Assembly Instructions

POWERED BY
 **SPIRAFLEX[®]**

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Before You Start

Before You Assemble

Select where you are going to locate your Bowflex Revolution®XP carefully. The best place for your Bowflex Revolution®XP is on a hard, level surface. For best results, assemble your the unit in the location where you intend to use it. Allow a workout area of at least 10' length x 6' width (2.6m L x 2m W) of free space for safe operation of the Bowflex Revolution®XP.

Basic Assembly Principles

Here are a few basic tips that will make your assembly of the Bowflex Revolution®XP quick and easy. By using these principles, you can simplify each process and save yourself extra time and effort.

1. To make the assembly process go faster, gather the pieces you need for each step and thoroughly read the assembly instructions for that step prior to starting assembly for the step.
2. When tightening a locknut on a bolt, use a combination wrench to grip the locknut and ensure that it is fastened securely.
3. When attaching two pieces, gently lift and look through the bolt holes to help guide the bolt through the holes.
4. As a general rule, and for all bolts and nuts on your Bowflex Revolution®XP, turn bolts or nuts toward the right to tighten and left to loosen. Or you can remember the mnemonic: "Righty tighty, lefty loosey."

Tools You Will Need

Hex Wrenches Are Provided in the Box

3/32" Allen Wrench for #8 Allen Screws

5/16" Allen Wrench for 1/2" Allen Screws

7/32" Allen Wrench for 3/8" Allen Screws

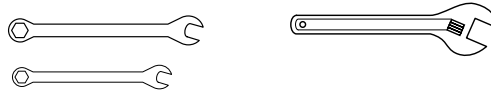
1/8" Allen Wrench for Top Cover Screws

3/16" Allen Wrench for Upholstery Screws

These Tools Are Not Provided in the Box

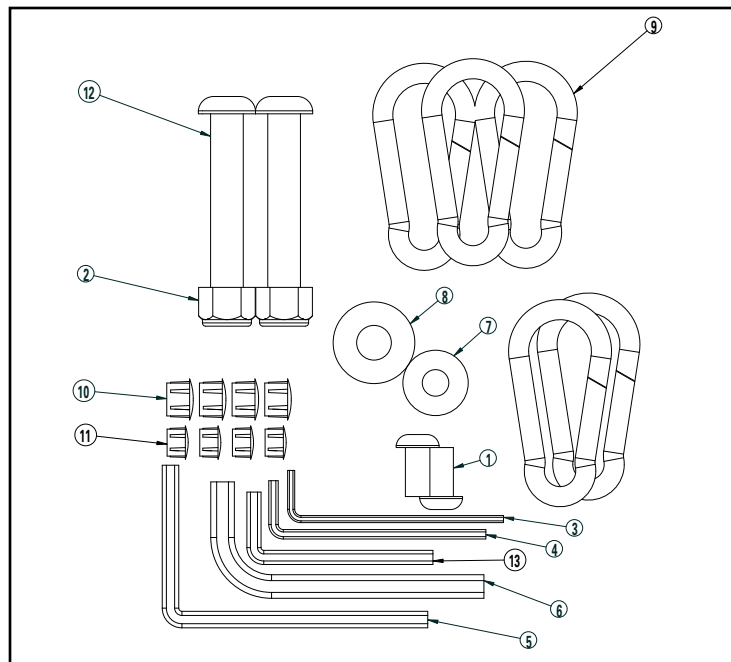
Phillips Head Screwdriver

3/4" and 9/16" Wrenches or Adjustable Wrenches



* Tool and Hardware specifications subject to change without notice.

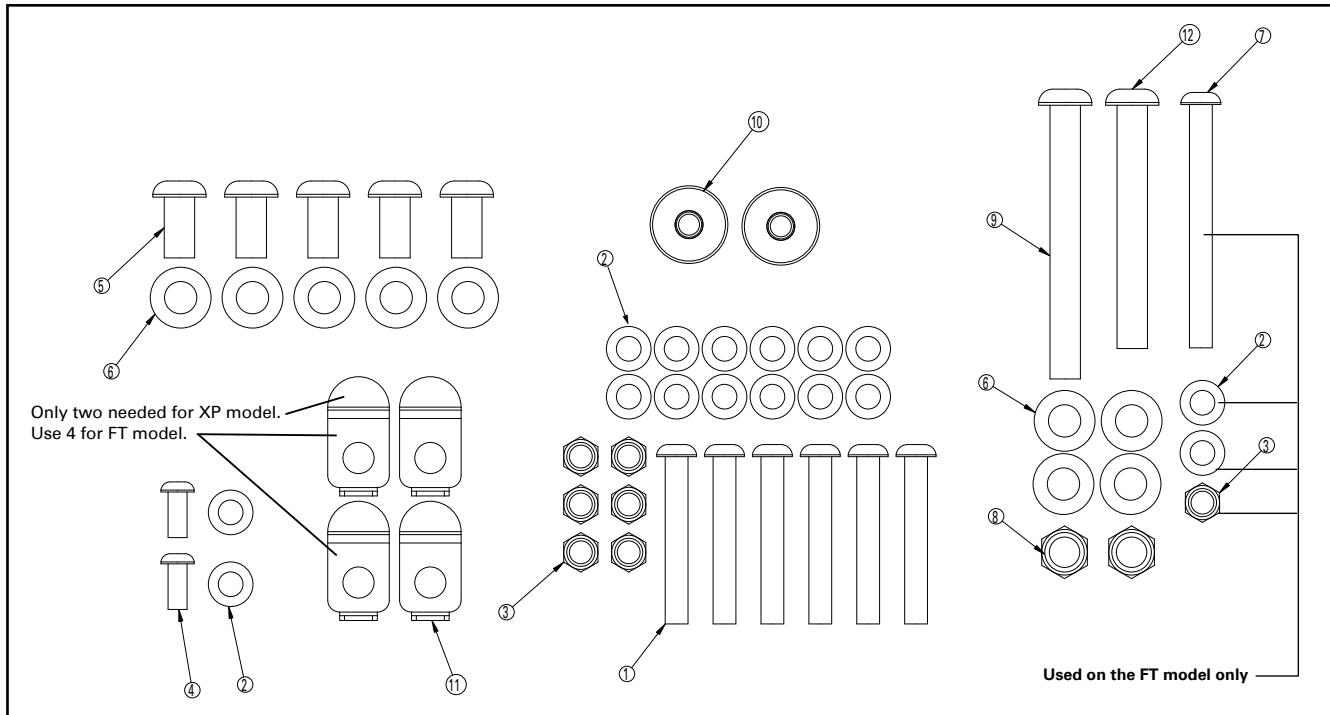
Hardware



Hardware Card (Box 2)

ITEM NO.	QTY.	DESCRIPTION
1	2	BUTTON HEAD CAP SCREW WITH THREADLOCK 3/8" X 3/4"
2	2	NYLOCK NUT 1/2"
3	1	WRENCH, ALLEN HEX 3/32"
4	1	WRENCH, ALLEN HEX 1/8"
5	1	WRENCH, ALLEN 7/32"
6	1	WRENCH, ALLEN HEX 5/16"
7	2	WASHER 3/8"
8	4	WASHER 1/2"
9	5	SPRING CLIP
10	4	1/2" PLASTIC PLUG
11	4	3/8" PLASTIC PLUG
12	2	BUTTON HEAD CAP SCREW 1/2" x 3/4"
13	1	WRENCH, HEX 3/16"

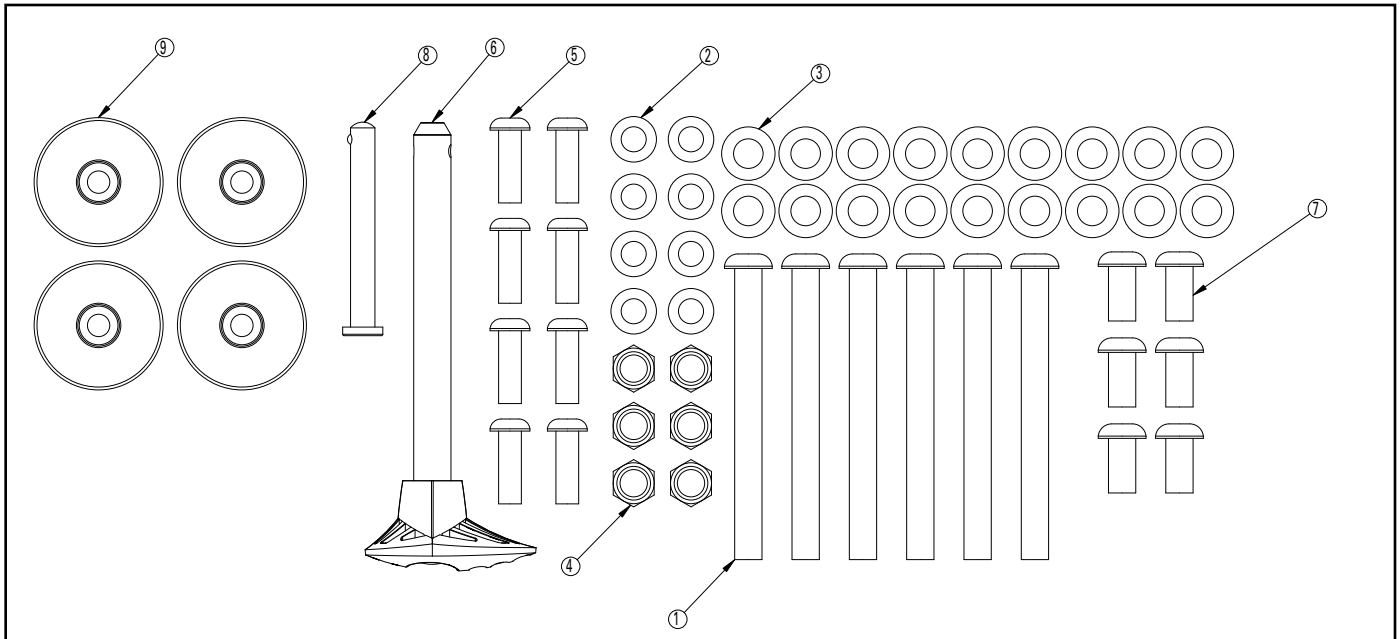
Hardware



Hardware Card (Box 3)

ITEM NO.	QTY.	DESCRIPTION
1	6	BUTTON HEAD CAP SCREW 3/8" x 2 3/4"
2	16	NARROW WASHER 3/8"
3	7	NYLOCK NUT 3/8"
4	2	BUTTON HEAD CAP SCREW WITH THREADLOCK 3/8" x 3/4"
5	5	BUTTON HEAD CAP SCREW WITH THREADLOCK 1/2" x 1"
6	9	NARROW WASHER 1/2"
7	1	BUTTON HEAD CAP SCREW 3/8" x 4"
8	2	NYLOCK NUT 1/2"
9	1	BUTTON HEAD CAP SCREW 1/2" x 4 1/2"
10	2	RUBBER PAD
11	4	CABLE HOOK
12	1	BUTTON HEAD CAP SCREW 1/2" x 4"

Hardware

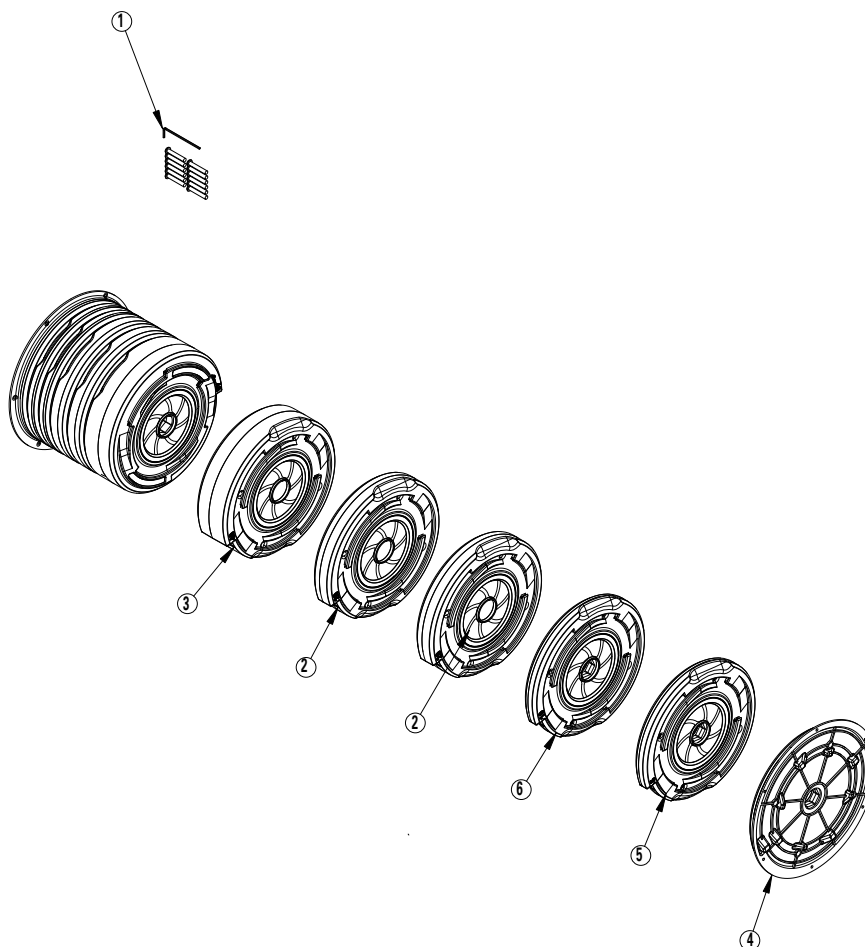


Hardware Card (Box 4)

ITEM NO.	QTY.	DESCRIPTION
1	6	BUTTON HEAD CAP SCREW 3/8" x 4"
2	8	NARROW WASHER 5/16"
3	18	NARROW WASHER 3/8"
4	6	NYLOCK NUT 3/8"
5	8	BUTTON HEAD CAP SCREW WITH THREADLOCK 5/16" x 1"
6	1	SEAT BOTTOM LOCK PIN
7	6	BUTTON HEAD CAP SCREW WITH THREADLOCK 3/8" x 3/4"
8	1	LEG EXTENSION PIN
9	4	END CAP

Box Contents

BOX 1

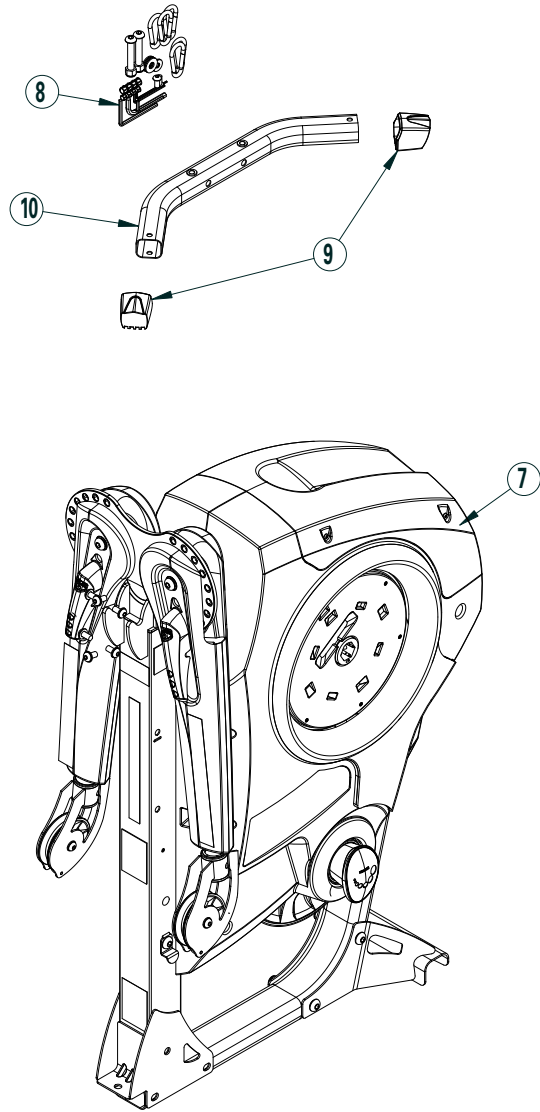


Box 1 Contents

ITEM	QTY.	DESCRIPTION
1	1	PRE STRETCH HARDWARE PACK
2	4	20LB PACK ASSEMBLY
3	2	40LB PACK ASSEMBLY
4	2	PRE-STRETCH PACK ASSEMBLY
5	2	5LB PACK ASSEMBLY
6	2	10LB PACK ASSEMBLY

Box Contents

BOX 2

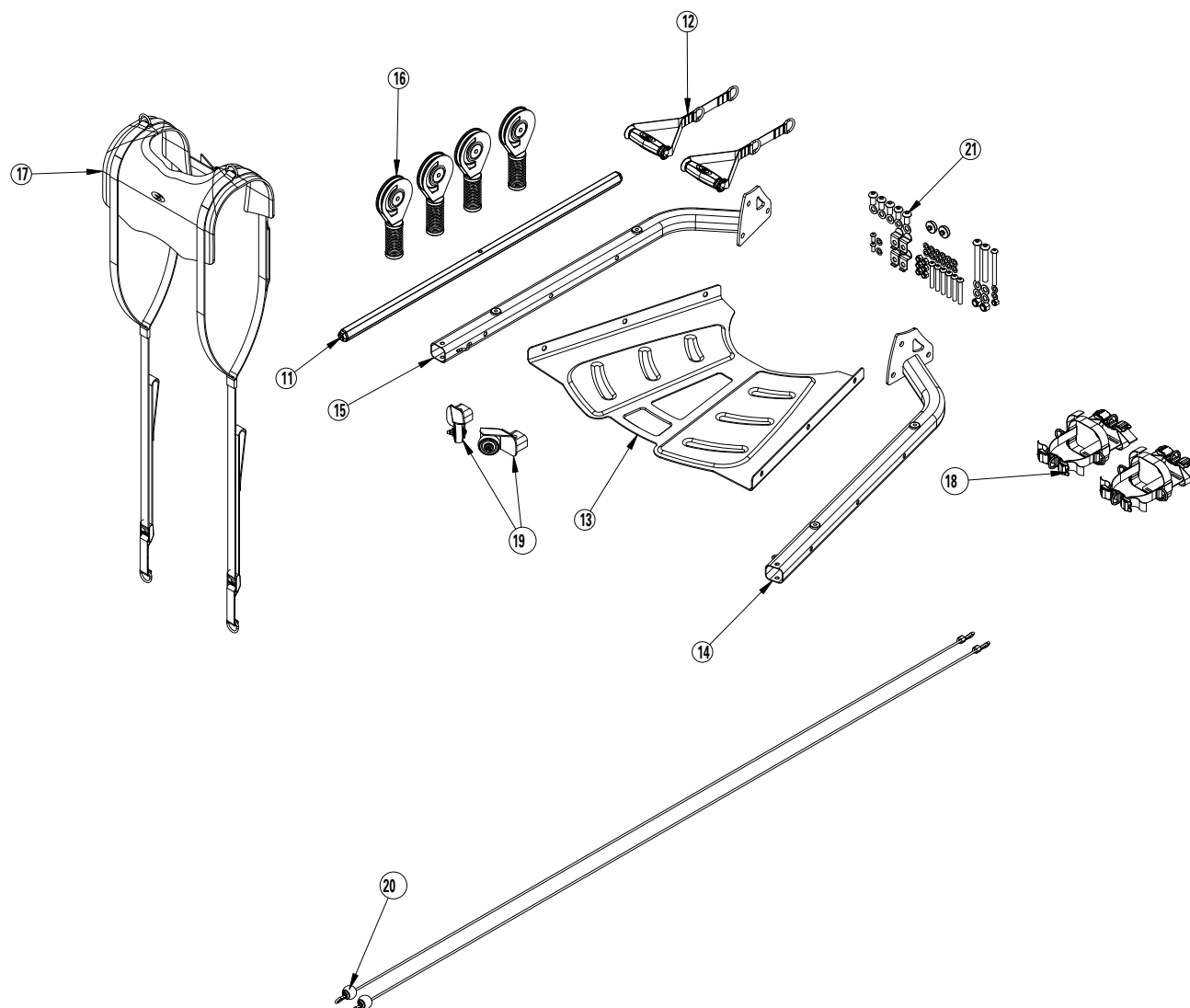


Box 2 Contents

ITEM NO.	QTY.	DESCRIPTION
7	1	REVOLUTION MAIN UNIT
8	1	BOX HARDWARE CARD
9	2	FOOT CAP
10	1	REAR STABILIZER

Box Contents

BOX 3

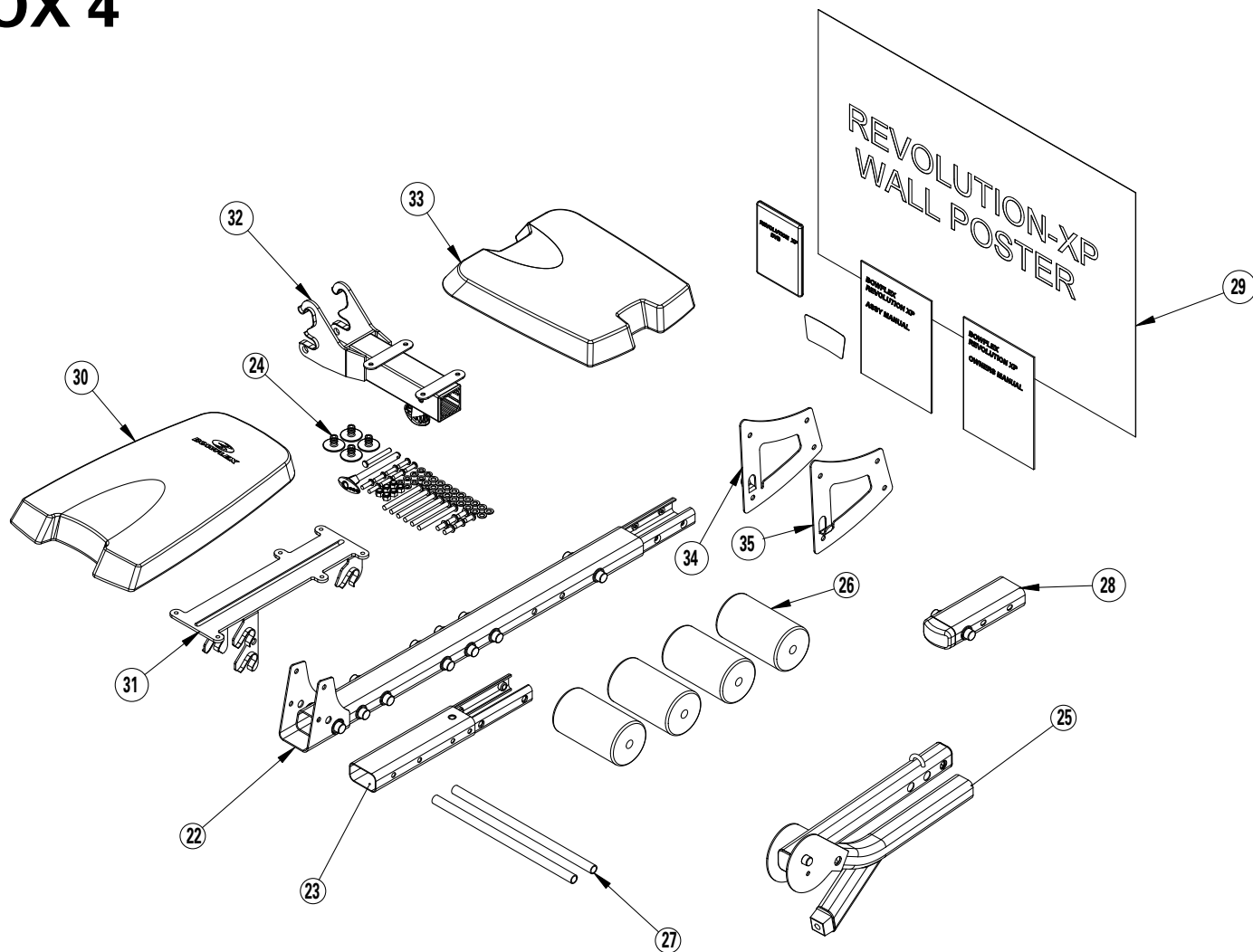


Box 3 Contents

ITEM NO.	QTY.	DESCRIPTION
11	1	SHAFT
12	1	BOWFLEX HANDLE KIT
13	1	PLATFORM
14	1	LEFT STABILIZER
15	1	RIGHT STABILIZER
16	4	PULLEY
17	1	SQUAT HARNESS
18	1	MULTI POINT FOOT HARNESS
19	1	TRANSPORT WHEELS
20	2	LEG EXT CABLES
21	1	BOX 3 HARDWARE CARD

Box Contents

BOX 4



Box 4 Contents

ITEM NO.	QTY.	DESCRIPTION
22	1	SEAT TUBE
23	1	LOWER SEAT CONNECTOR
24	1	HARDWARE CARD BOX 4
25	1	LEG EXT ASSEMBLY
26	4	FOAM ROLLER PAD
27	2	ROLLER TUBE
28	1	SEAT TUBE CAP
29	1	DOCUMENTS KIT
30	1	BACK PAD
31	1	BACK PAD BRACKET
32	1	SEAT PAD BRACKET
33	1	SEAT PAD
34	1	RIGHT SEAT SUPPORT PLATE
35	1	LEFT SEAT SUPPORT PLATE

Assembly (Unboxing)



WARNING

Warning: The Bowflex Revolution® XP Home Gym is very heavy. Whenever possible use two people to unbox the main unit.

We have designed the packaging to make unboxing the main unit as safe and easy as possible.

NOTE: Some of the hardware needed for unboxing is located on the Box 3 Hardware Card

Step 1

- 1-1** Open the top flaps of Box 2 (Figure A) and split the corners along the perforations to expose the top layer of styrofoam. (Figure B)

Open top flaps

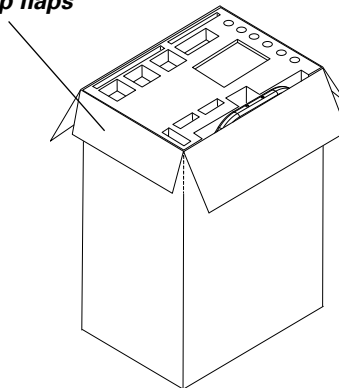


Figure A

Top layer of styrofoam

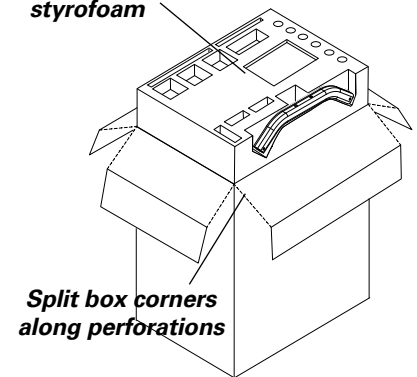


Figure B

Step 2

- 2-1** Remove the Rear Stabilizer, and Hardware Pack, (Figure C) then remove the top layer of styrofoam to expose the lower portion of the Main Frame. (Figure D)

Rear Stabilizer Hardware

Rear Stabilizer

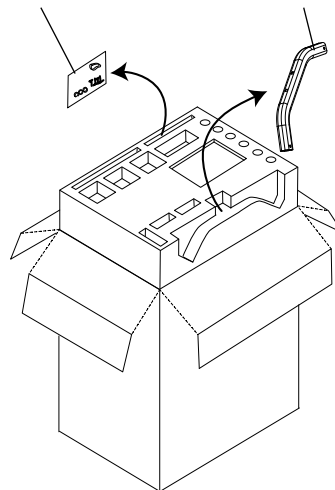


Figure C

Top layer of styrofoam

Lower portion of Main Frame

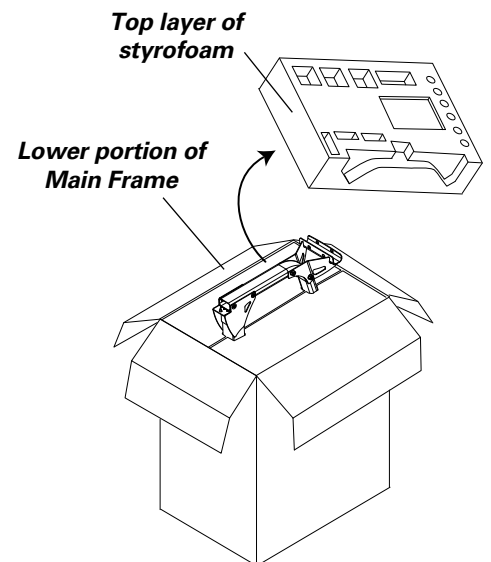


Figure D

The two Foot Caps that are packaged in this box will be installed in Step 6. (Figure E)

Foot Caps

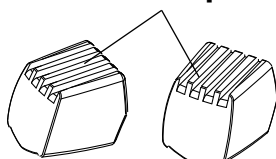


Figure E

Assembly (Unboxing)

Step 3 Assemble Rear Stabilizer

Parts:

- Rear Stabilizer (*Box 2*)
- Rubber Pads (*Box 3 hardware card*)
- Transport Wheels (*Box 3*)

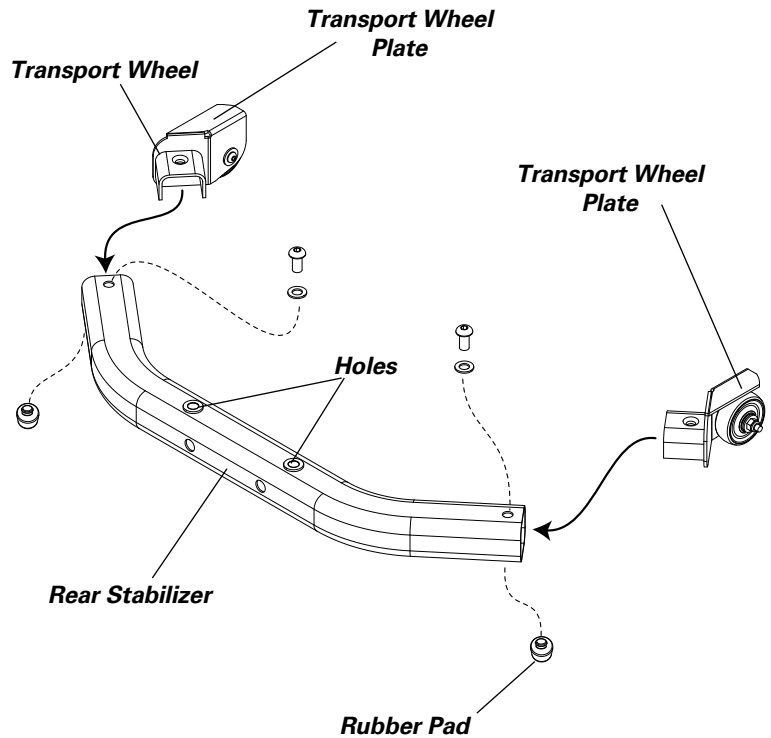
Tools:

- 7/32" Allen Wrench

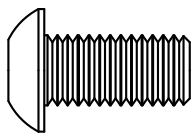
3-1 Insert Transport Wheels into Rear Stabilizer making sure that the holes in the Stabilizer and the plates on the Transport Wheels are pointing up.

3-2 Install and completely tighten the hardware.

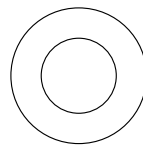
3-3 Press the Rubber Pads into the holes on the opposite side of the hardware.



Hardware (1:1):



2 Button Head Cap Screw With Threadlock (3/8" X 3/4")



2 Washer (3/8")

Assembly (Unboxing)

Step 4 Install Rear Stabilizer

Parts:

- Rear Stabilizer (From Step 3)

Tools:

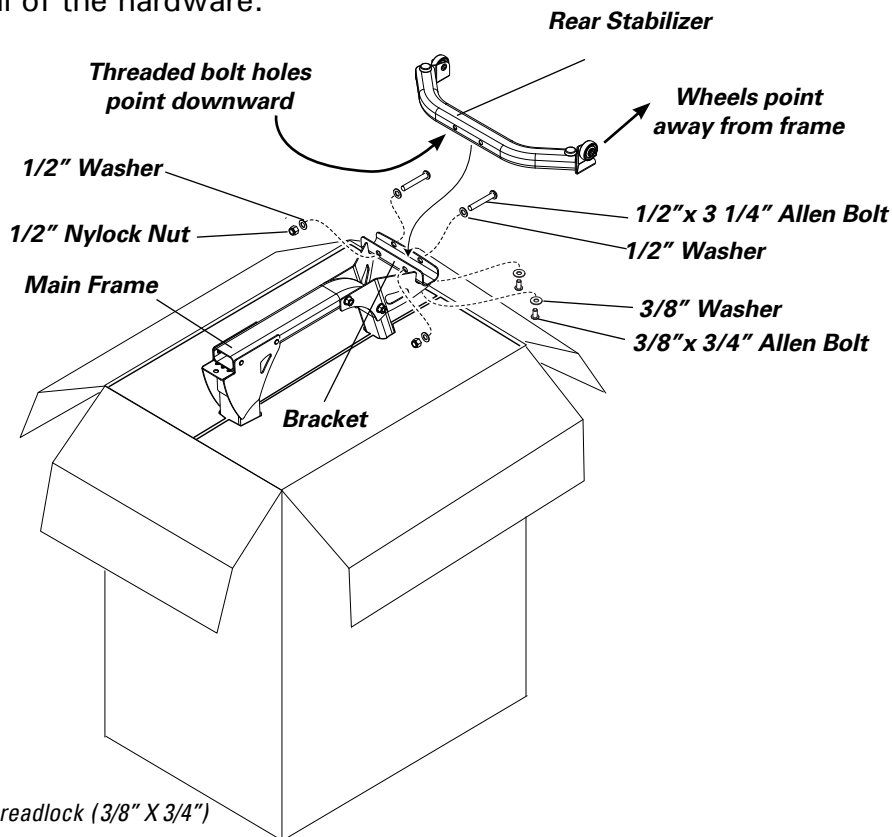
- 5/16" Allen Wrench
- 7/32" Allen Wrench
- 3/4" Wrench or Adjustable Wrench

4-1 Place the Rear Stabilizer in the bracket on the Main Frame with the wheels pointing away from the frame. Make sure the two bolt holes in the Rear Stabilizer are pointing *downward*.

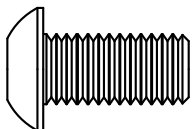
4-2 Install *but do not tighten* two 3/8"x3/4" Allen Bolts and 3/8" washers (Box 3 Hardware Card) in the underside of the Rear Stabilizer.

4-3 Install two 1/2"x3 1/4" Allen Bolts with 1/2" washers and Nylock Nuts in the sides of the Rear Stabilizer.

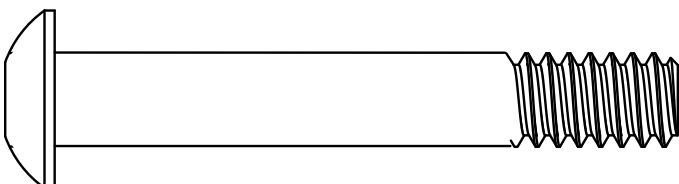
4-4 Completely tighten all of the hardware.



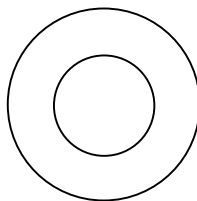
Hardware (1:1):



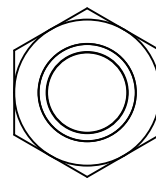
2 Button Head Cap Screw With Threadlock (3/8" X 3/4")



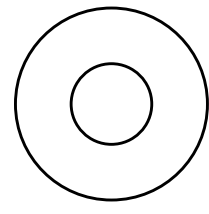
2 Button Head Cap Screw (1/2" X 3 1/4")



4 Washer (1/2")



2 Nylock Nut (1/2")



2 Washer (3/8")

Assembly (Unboxing)

Step 5 Install Stabilizers and Lower Lat Connector

Parts:

- Right and Left Stabilizer (*Box 3*)
- Lower Seat Connector (*Box 4*)

Tools:

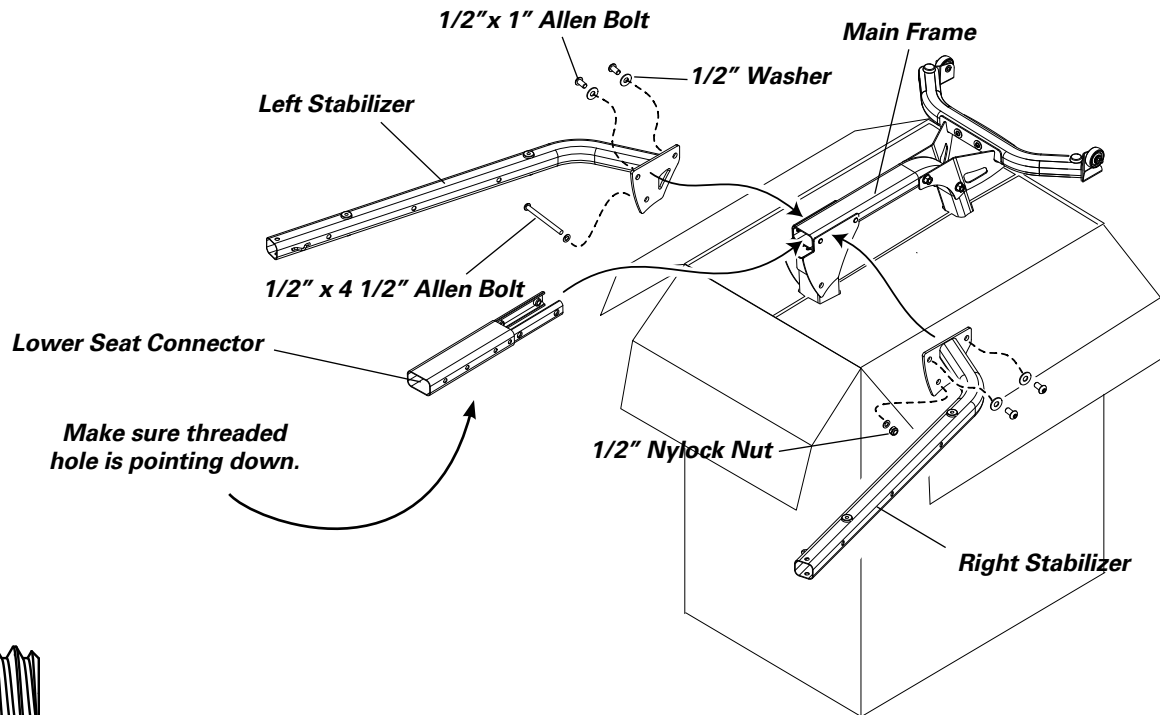
- 5/16" Allen Wrench
- 3/4" Wrench or Adjustable Wrench

5-1 Insert Lower Seat Connector into the Main Frame with the threaded hole on the flat side *pointing down* as shown.

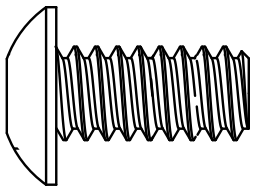
5-2 Align the Right and Left Stabilizers with the holes in the Main frame.

5-3 Install but *DO NOT TIGHTEN* the hardware.

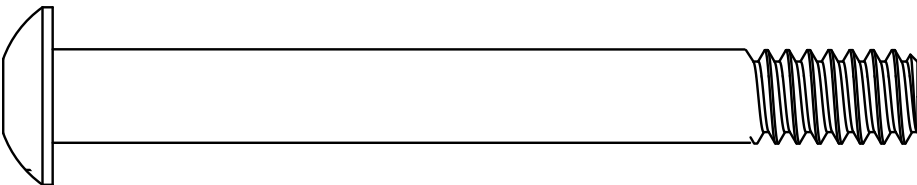
NOTE: You will install an additional screw in the Lower Seat Connector when the unit is upright.



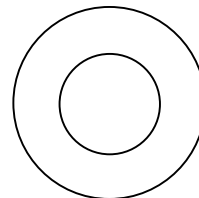
Hardware (1:1):



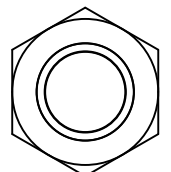
4 Button Head Cap Screw With Threadlock (1/2" X 1")



1 Button Head Cap Screw (1/2" X 4 1/2")



6 Washer (1/2")



1 Nylock Nut (1/2")

Assembly (Unboxing)

Step 6

Parts:

- Platform (Box 3)
- Foot Caps (Box 2)

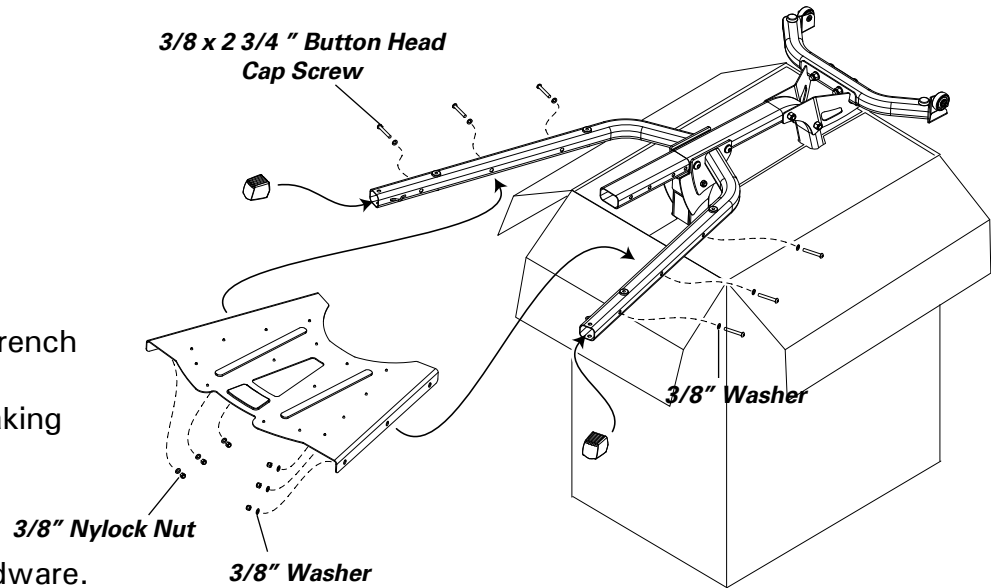
Tools:

- 7/32" Allen Wrench
- 9/16" Wrench or Adjustable Wrench

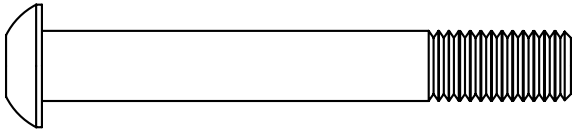
6-1 Align Platform with Stabilizers making sure the rubber pads are pointing downward.

6-2 Install *DO NOT TIGHTEN* the hardware.

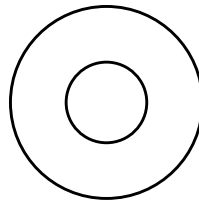
6-3 Install Foot Caps onto the ends of the Stabilizers.



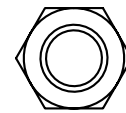
Hardware (1:1):



6 Button Head Cap Screw (3/8" X 2 3/4")



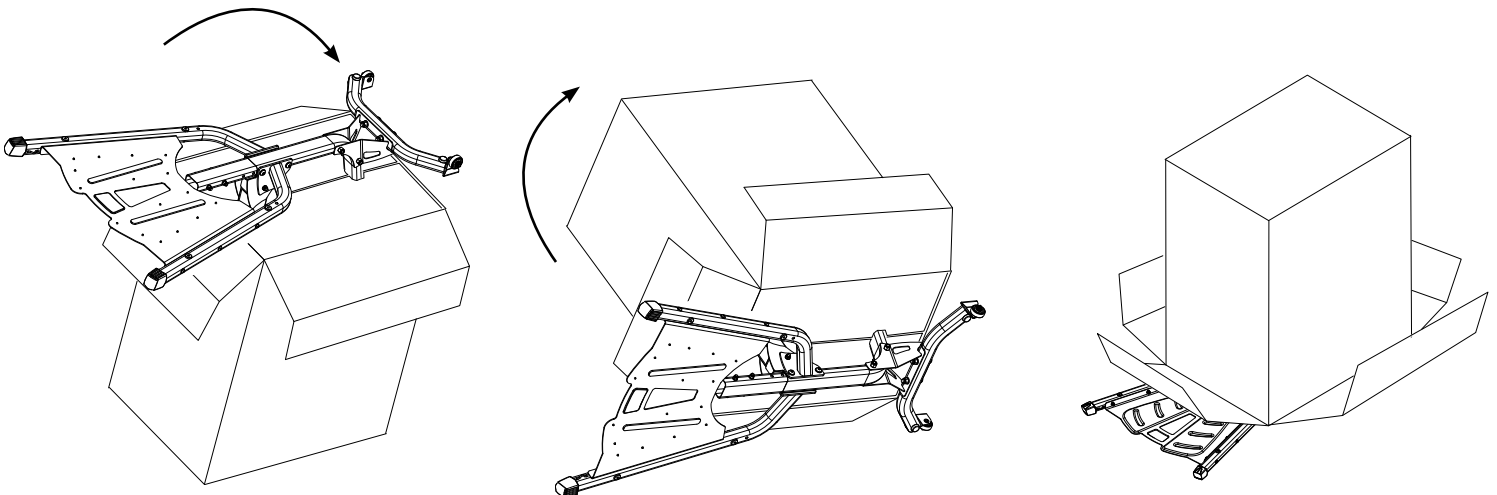
12 Washer (3/8")



6 Nylock Nut (3/8")

Step 7

With the help of a partner, slowly roll the box completely over so the unit rests on the Rear Stabilizer and Platform.

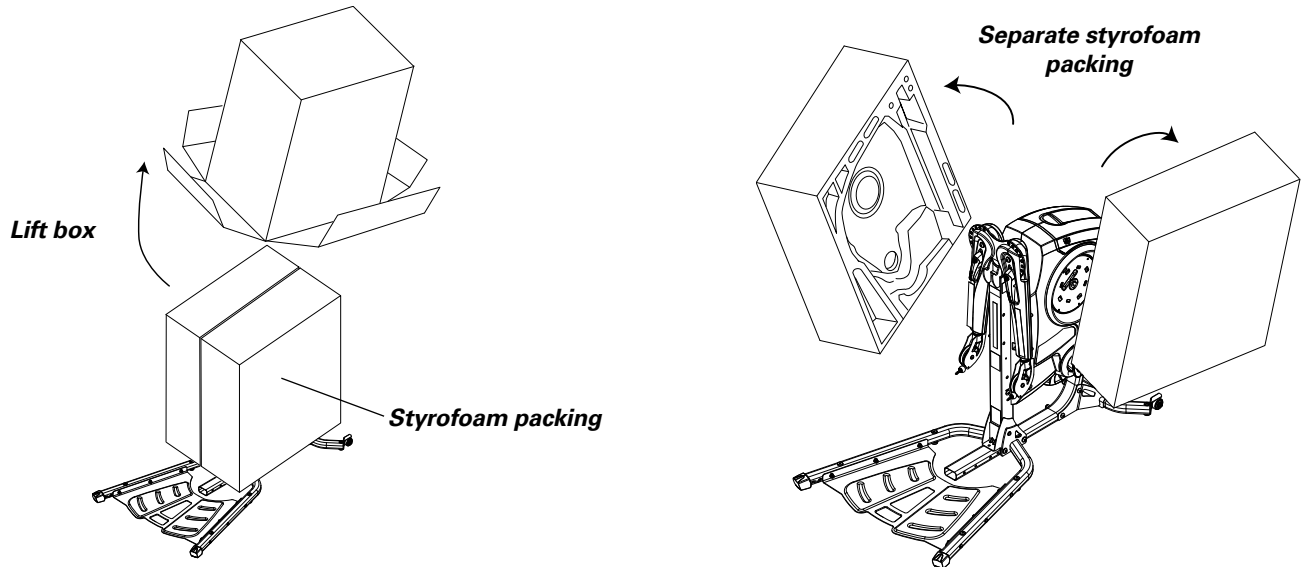


Assembly (Unboxing)

Step 8

8-1 Lift the box up and off of the styrofoam packing.

8-2 Separate the styrofoam packing. **Remove plastic wrapping from the engine.**



Step 9

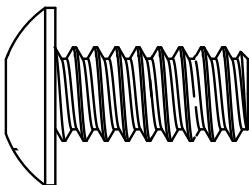
Tools:

- 5/16" Allen Wrench

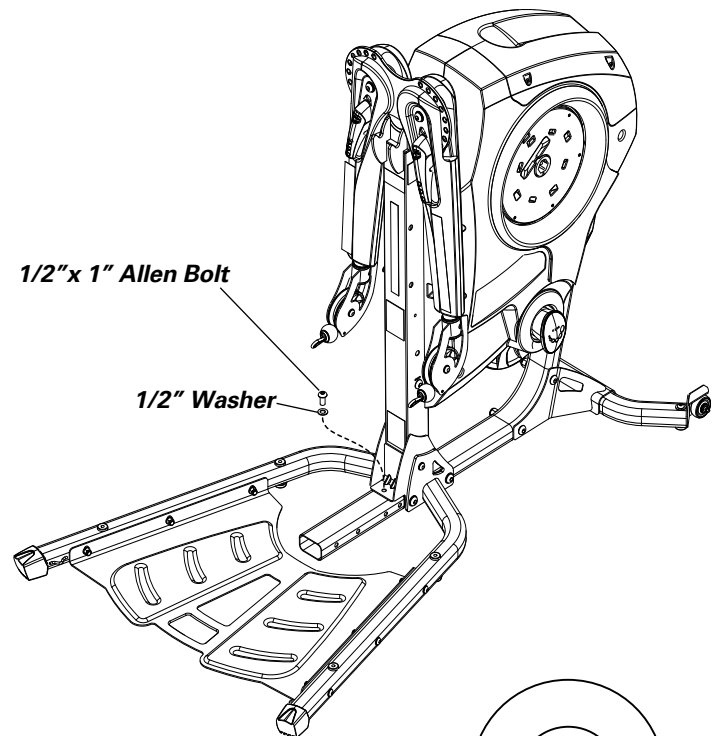
9-1 Install one 1/2"x3/4" Allen Bolt.

9-2 Make sure Platform is flat and level and completely tighten hardware from steps 5 through 9.

Hardware (1:1):



1 Button Head Cap Screw With Threadlock (1/2" X 1")



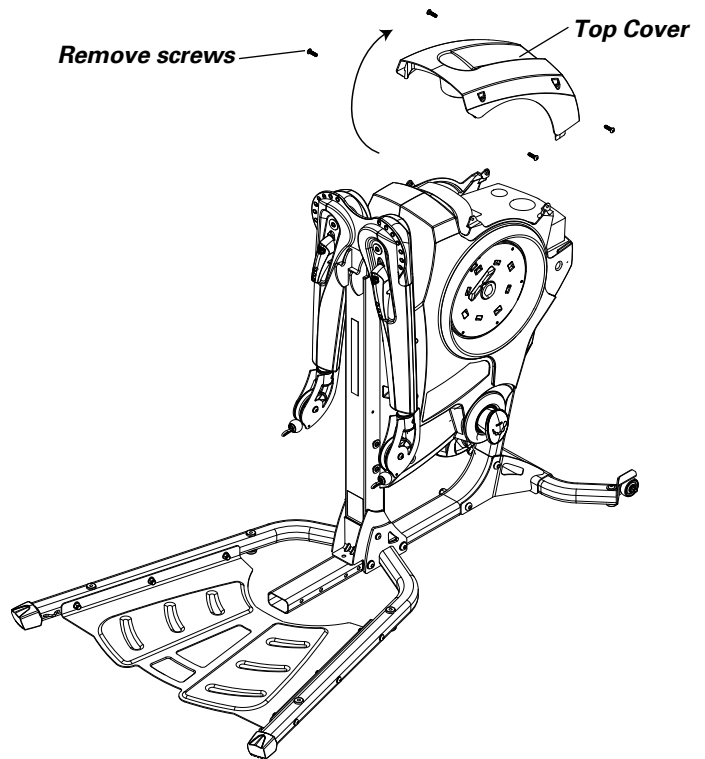
1 Washer (1/2")

Step 10 Remove Top Cover

Tools:

- 1/8" Allen wrench

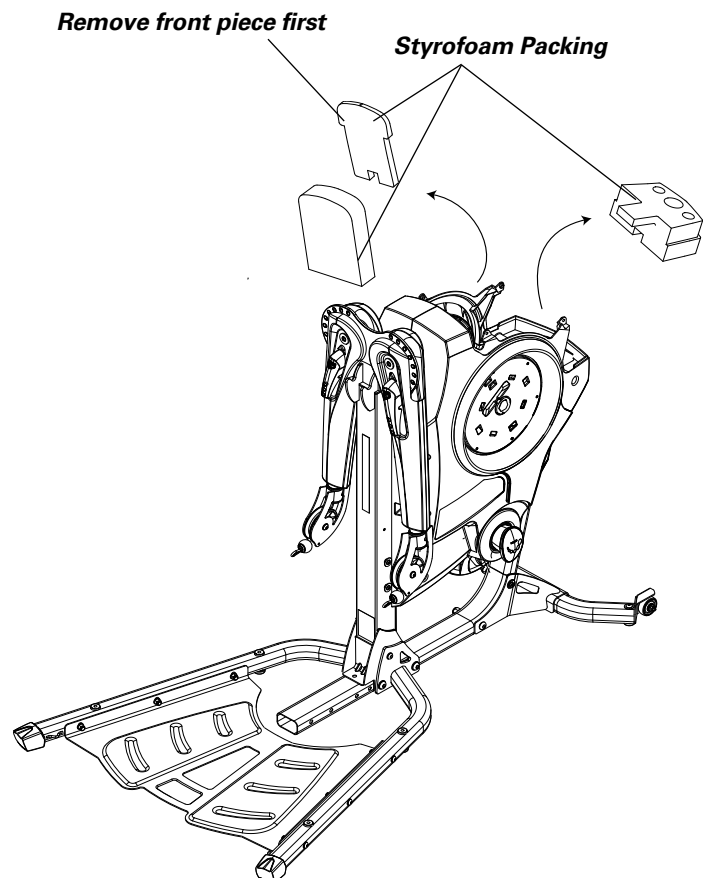
10-1 Use a 1/8" Allen Wrench to remove the four screws in the Top Cover, then remove the Top Cover and set it aside. Set screws aside for Step 16.



Step 11 Remove Styrofoam Inner Packing

11-1 Remove and discard the three pieces of Styrofoam Inner Packing.

Note: You must open the plastic bag and remove each piece of styrofoam individually.



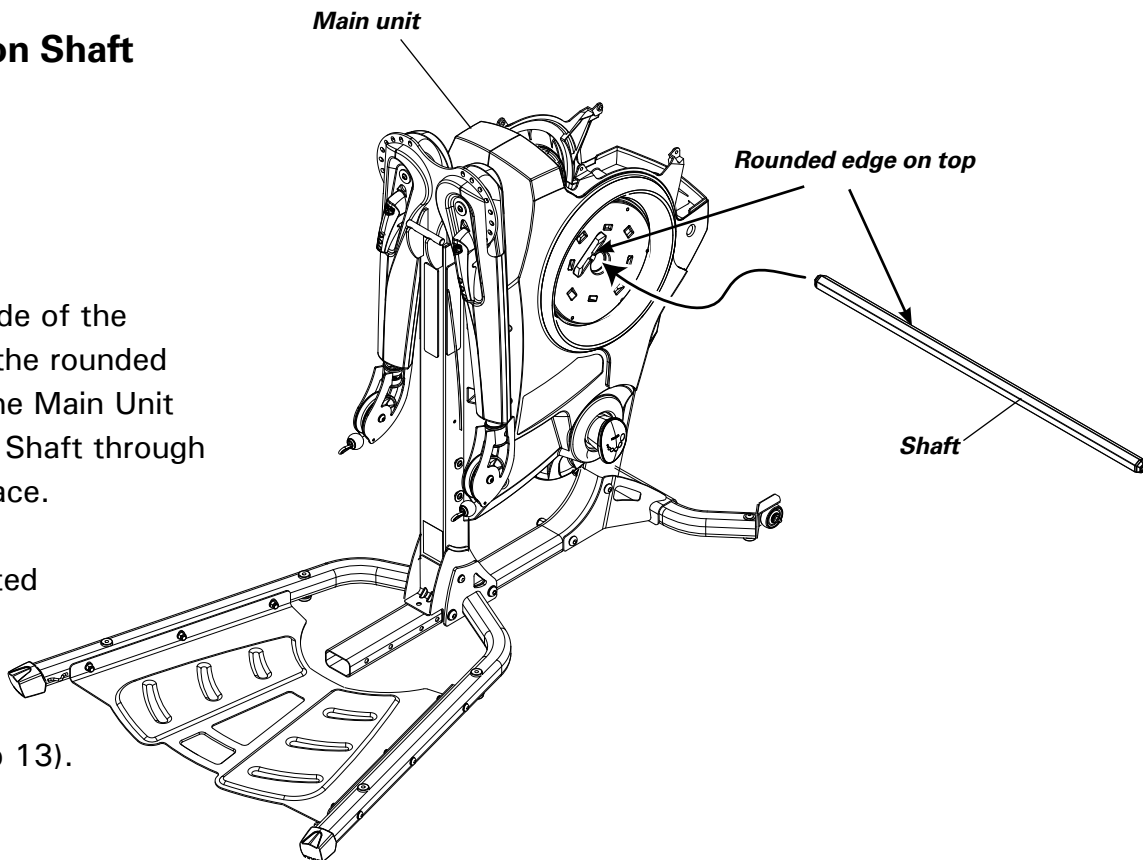
Step 12 Install Tension Shaft

Parts:

- Main Unit
- Shaft (Box 3)

12-1 Align the rounded side of the Tension Shaft with the rounded side of the hole in the Main Unit and slowly slide the Shaft through until it clicks into place.

If the Shaft is obstructed inside the Main Unit, loosen the tension screws in the Tension Shaft Holder (see Step 13).



Note: *If you didn't 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. There should be an equal measure on each side.*

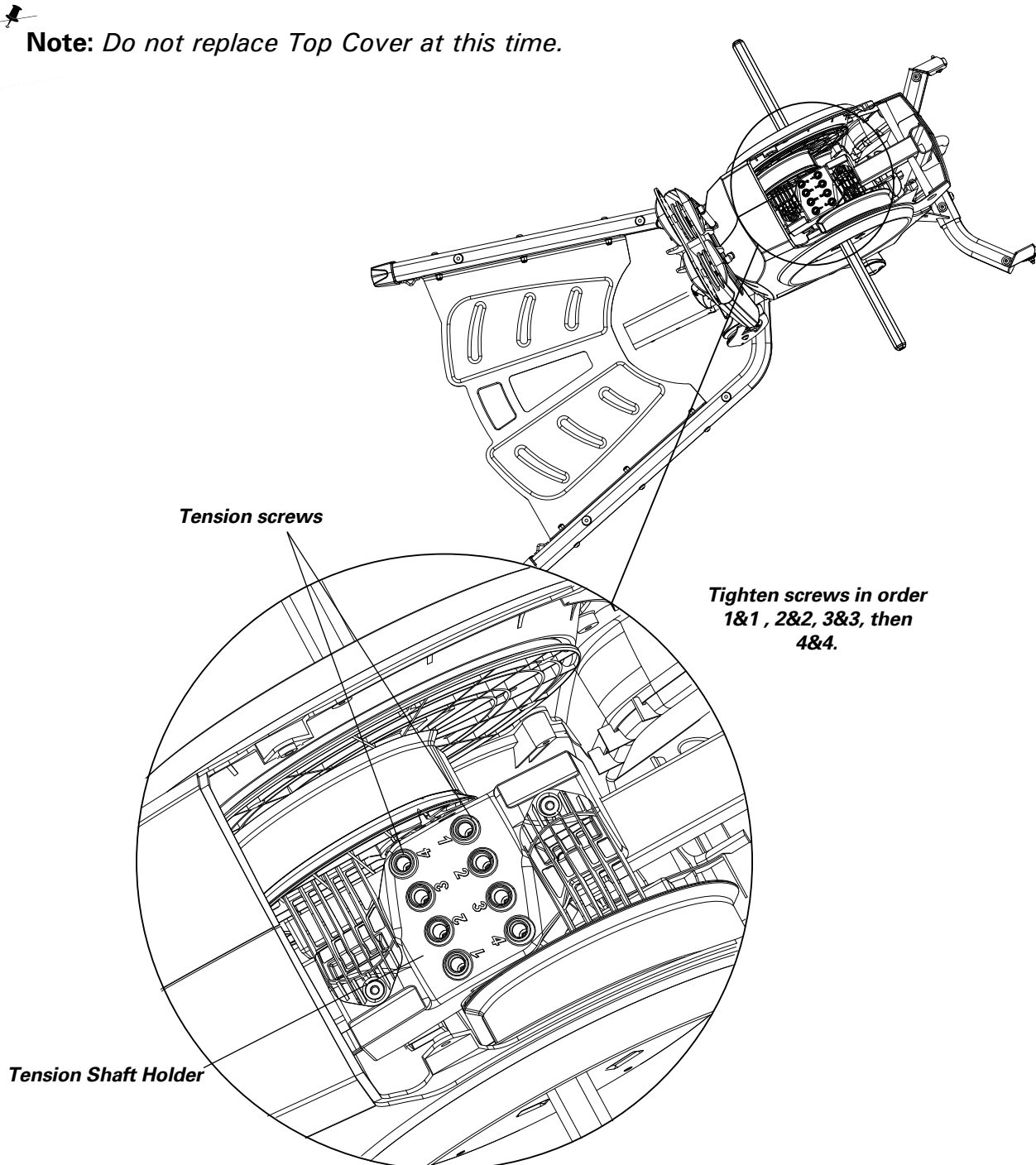
Step 13 Tighten Tension Shaft Holder

Tools:

- 7/32" Allen Wrench

- 13-1** Use a 7/32" Allen Wrench to tighten the Tension Shaft Holder by tightening the screws in numerical order shown on the tensioner. Tighten the two screws marked 1, then the two marked 2, etc.

Note: Do not replace Top Cover at this time.



Step 14 Install Pre-Tension SpiraFlex® Packs.

Tools:

- 3/32" Allen Wrench (Box 1)

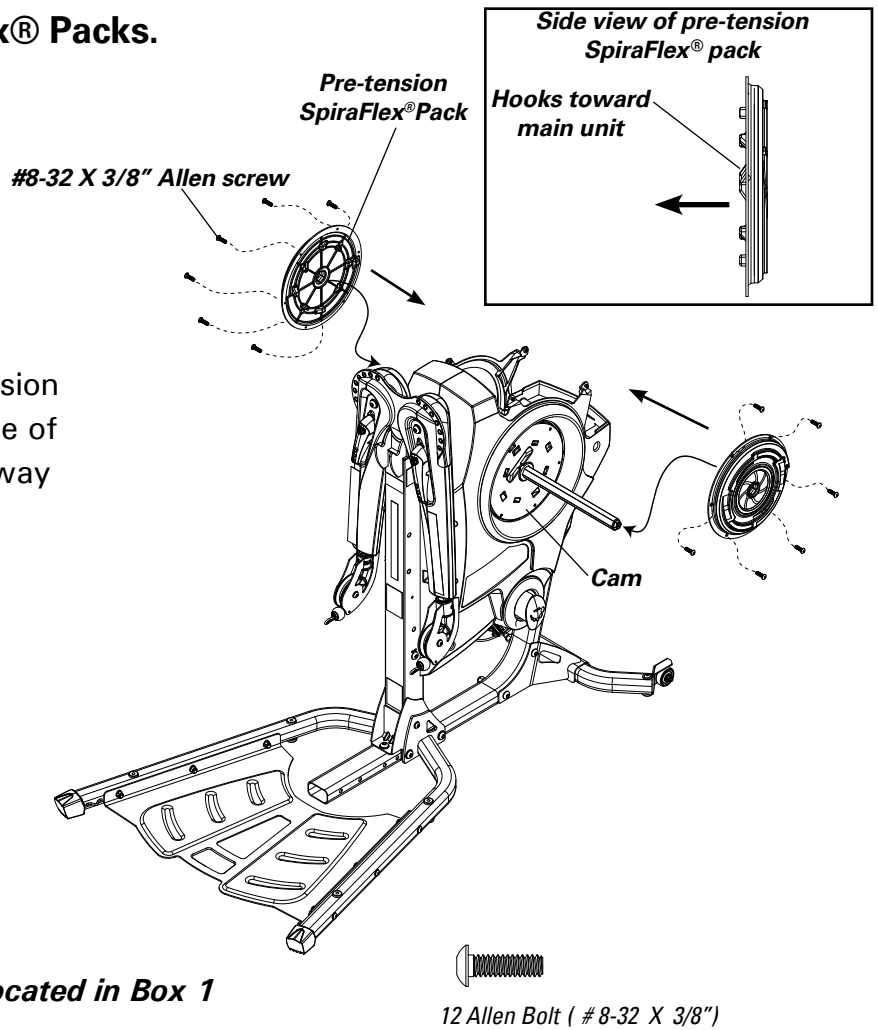
Parts:

- Pre-tension SpiraFlex® Packs (Box 1)

14-1 Align the rounded edge of the Pre-tension SpiraFlex® Pack with the rounded edge of the Tension Shaft and slide it all the way onto the shaft.

14-2 When the Pack makes contact with the Cam, continue to apply pressure and twist the Pack to the left until you feel the Pack seat into place.

14-3 Install and completely tighten hardware, installing screws in a star pattern around pre-tension pack.



Hardware (1:1): *Hardware for this step located in Box 1*

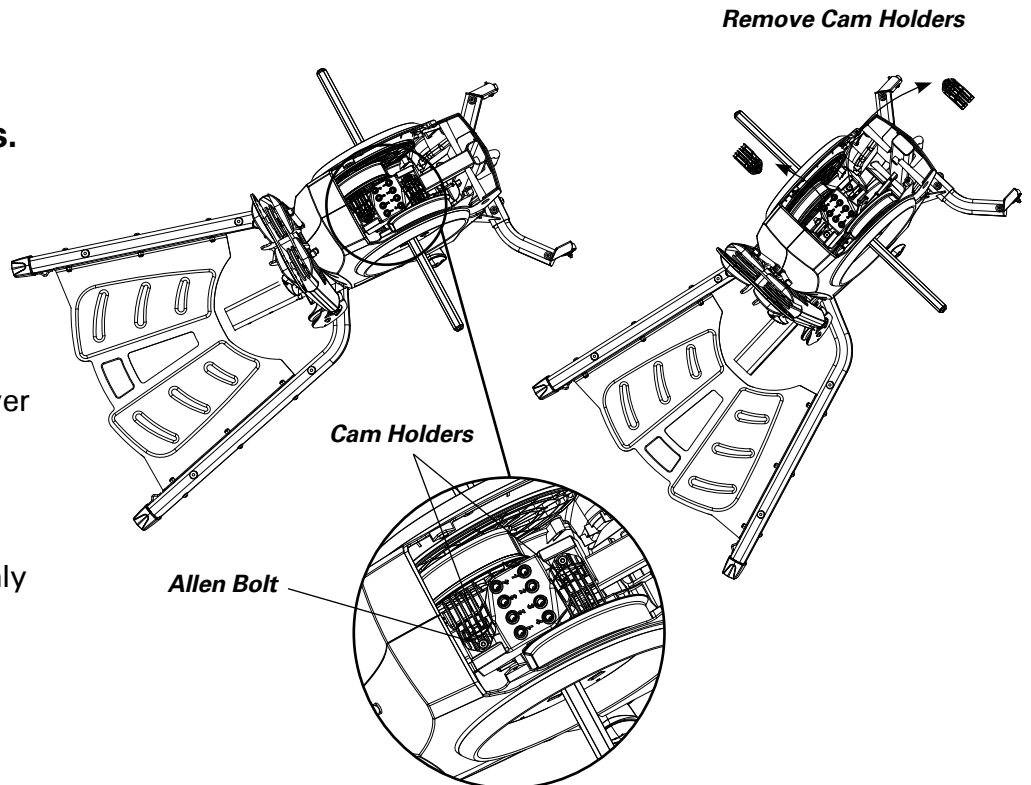
Step 15 Remove Cam Holders.

Tools:

- Phillips Head Screwdriver

15-1 Use a Phillips Head Screwdriver to remove the Cam Holders.

Note: The Cam Holders are only needed when the Spiraflex® packs are not installed and may be discarded or recycled.



Step 16 Replace Top Cover

Parts:

- Top Cover

Tools:

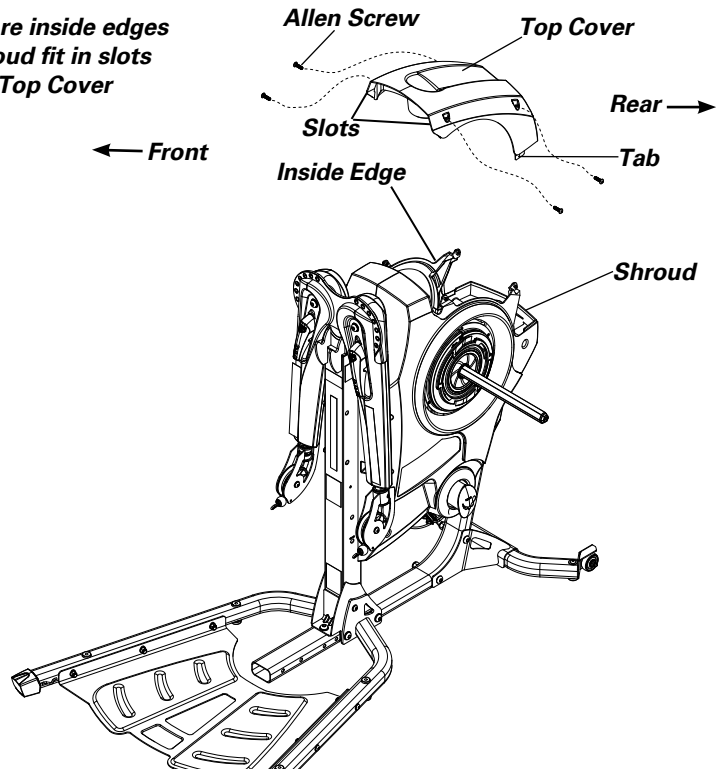
- 1/8" Allen Wrench

16-1 If the screws are still in the Top Cover from Step 1, remove them to avoid dropping them into the Main Unit.

16-2 Replace the Top Cover **front end first**. Make sure inside edge of the Shroud fits into the slots in the Top Cover. Now seat the rear making sure the tabs on the Top Cover fit inside the Shroud.

16-3 Install and completely tighten the hardware.

Make sure inside edges of Shroud fit in slots on Top Cover



ATTENTION

Before Installing the Seat Support Plates (Step 17), make sure the Cables are properly tensioned according to the following procedure . If there is slack in the Cables, the Support Plate Bolts could cause interference.

Adjusting Cable Tension

Pay close attention to maintenance of the cable tension. Over time and with heavy use, the cables are designed to give slightly. Located on the main engine housing is a tension control knob which allows you to increase the tension in the cables.

Checking for incorrect cable tension is simple.

1. Position the adjustable swing arms in the upper most position.
2. Check to see if clips at end of cable hang down or if they are tight against the pulley.
3. If cables don't have enough tension, use the tension control knob on the side of the machine to tighten the cables. (See image).
4. To increase tension, pull tension knob outward and turn the large pulley clockwise. The clip on the cable should be touching the pulley.

Adjusting Cable Tension (continued)

There are tension knobs on each side of the machine. To increase cable tension, pull knob and turn the large pulley clockwise. You'll know when you have enough tension when the cable retracts and the cable clip touches the pulley.



Large pulley. This is what you need to turn to increase the tension on the cable. Pull the tension knob and use your other hand to turn the large pulley clockwise.



In this image, the cable clip extends a few inches below the pulley, so there is not enough tension in the cable. The cable clip should be tight against the pulley with appropriate tension.

Step 17 Install Seat Support Plates

Parts:

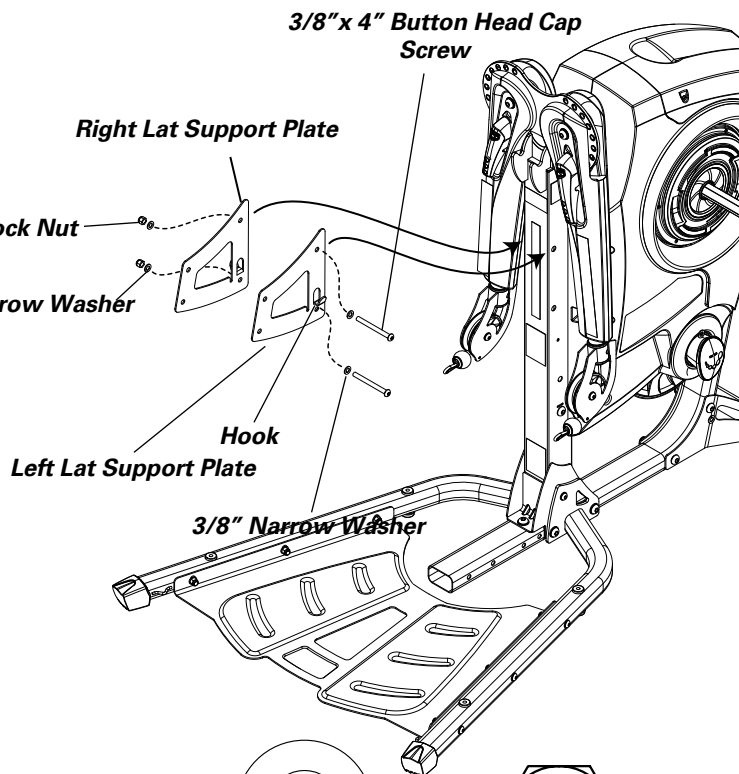
- Right and Left Lat Support Plate (Box 4)

Tools:

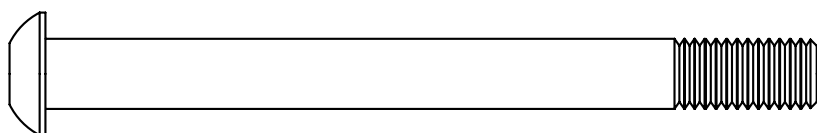
- 7/32" Allen Wrench

17-1 Orient the Lat Support Plates so the hooks on the plates are on the outside and align the Left and Right Lat Support Plates with the holes on the Main unit.

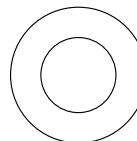
17-2 Install *BUT DO NOT TIGHTEN* the hardware.



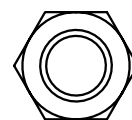
Hardware (1:1):



2 Button Head Cap Screw (3/8" X 4")



4 Narrow Washer (3/8")



2 Nylock Nut (3/8")

Step 18 Install Seat Tube

Parts:

- Seat Tube (Box 4)

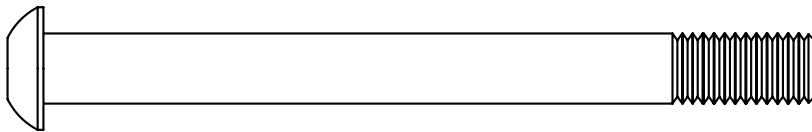
Tools:

- 7/32" Allen Wrench

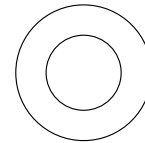
18-1 Align the Seat Tube with the holes in the Seat Support Plates and the Lower Seat Connector.

18-2 Install and completely tighten the hardware from step 17 and 18.

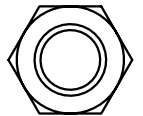
Hardware (1:1):



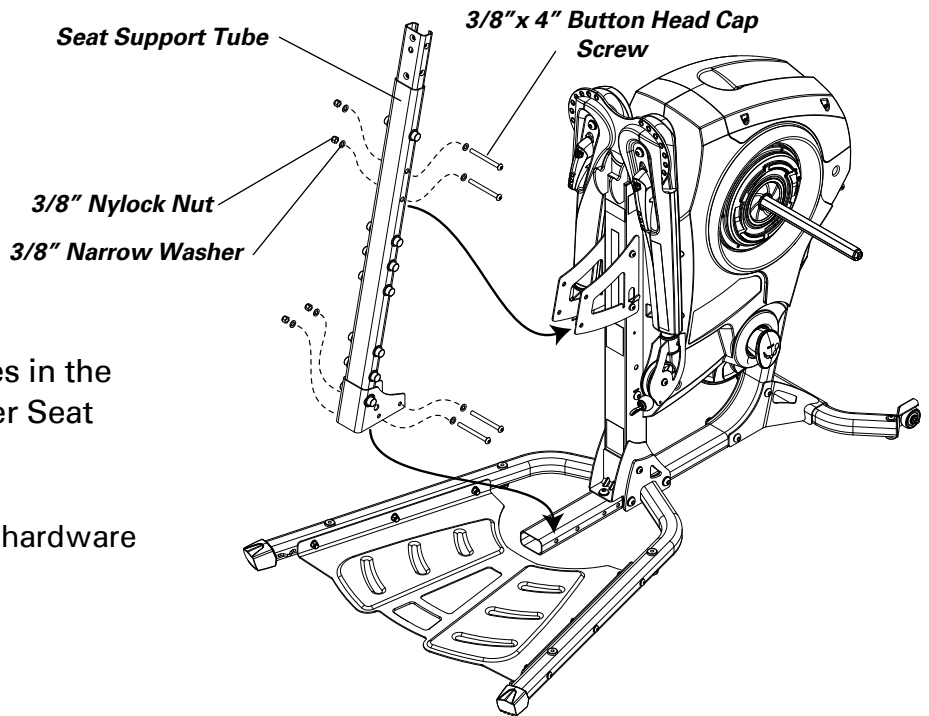
4 Button Head Cap Screw (3/8" X 4")



8 Narrow Washer (3/8")



4 Nylock Nut (3/8")



Step 19 Seat Tube Cap

If you ordered the Lat Attachment, do not install the Seat Tube Cap. Refer to the Lat Attachment Assembly Manual

Parts:

- Seat Tube Cap (Box 4)

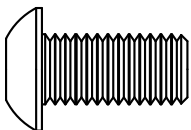
Tools:

- 7/32" Allen Wrench

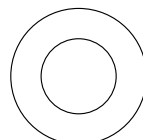
19-1 Insert the Seat Tube Cap into the top of the Seat Tube.

19-2 Install and completely tighten the hardware.

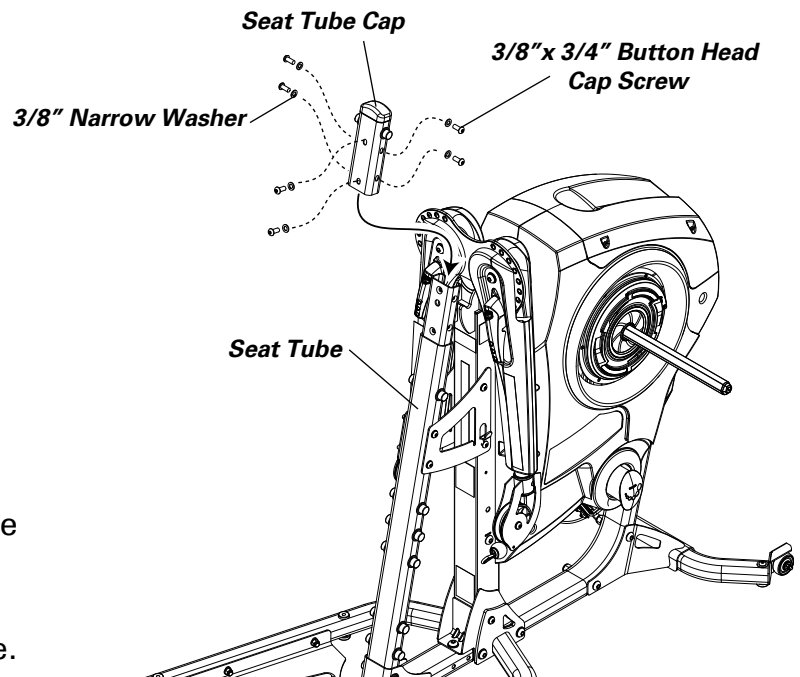
Hardware (1:1):



6 Button Head Cap Screw With Threadlock (3/8" X 3/4")



6 Narrow Washer (3/8")



Step 20 Install Cable Hooks

Parts:

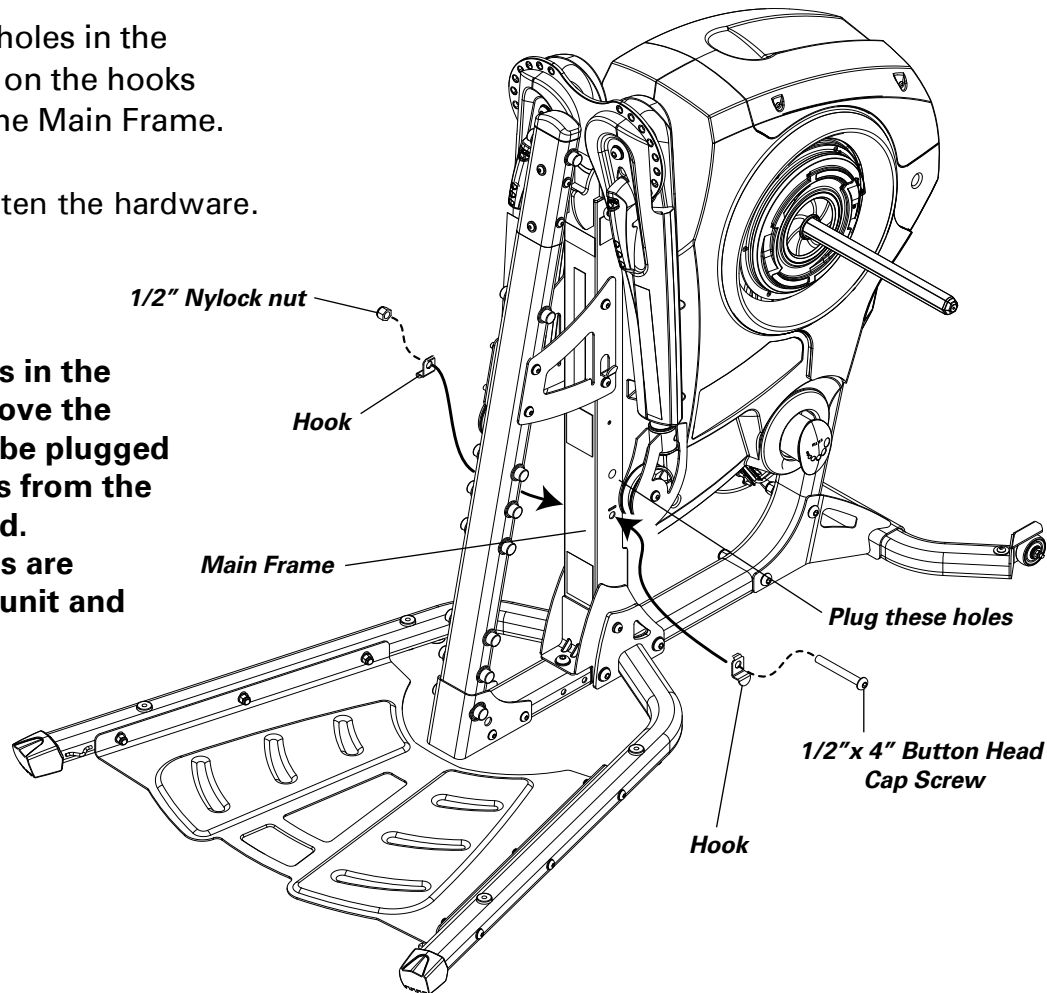
- Rope Hooks (*Box 3 Hardware Card*)

Tools:

- 5/16" Allen Wrench

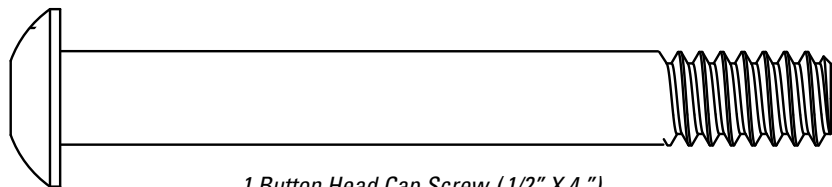
20-1 Align the Hooks with the holes in the Main Frame with the tabs on the hooks inserted into the slots in the Main Frame.

20-2 Install and completely tighten the hardware.

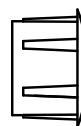


NOTE: The remaining holes in the Main Frame just above the Hook Holes should be plugged with two 1/2" plugs from the Box 2 hardware card. The remaining plugs are not needed on this unit and can be discarded.

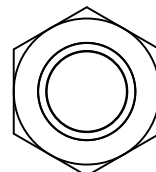
Hardware (1:1):



1 Button Head Cap Screw (1/2" X 4")



Plug



1 Nylock Nut (1/2")

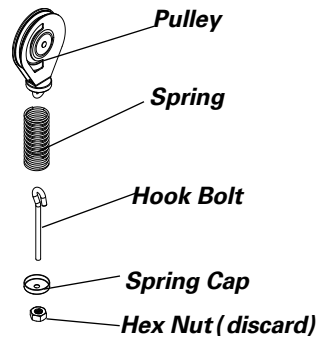
Step 21 Install Pulleys

Parts:

- Pulley Components (*Box 3*)

Tools:

- Screwdriver



NOTE: Remove and discard the hex nut to disassemble the Pulley components.

21-1 Place a Spring Cap over a threaded hole in a Stabilizer and screw the Hook Bolt into the hole *ONLY* about three turns. (Figure A)

21-2 Place the Spring down over the Hook Bolt. Compress the Spring and hook the Eyelet under the Pulley to the Hook Bolt. (Figure B)

21-3 Place a screwdriver through the Spring and Hook Bolt on the Pulleys and tightly screw them into the Stabilizers. (Figure C)

NOTE: Place the pulleys with the pre-installed cable closest to the main frame.

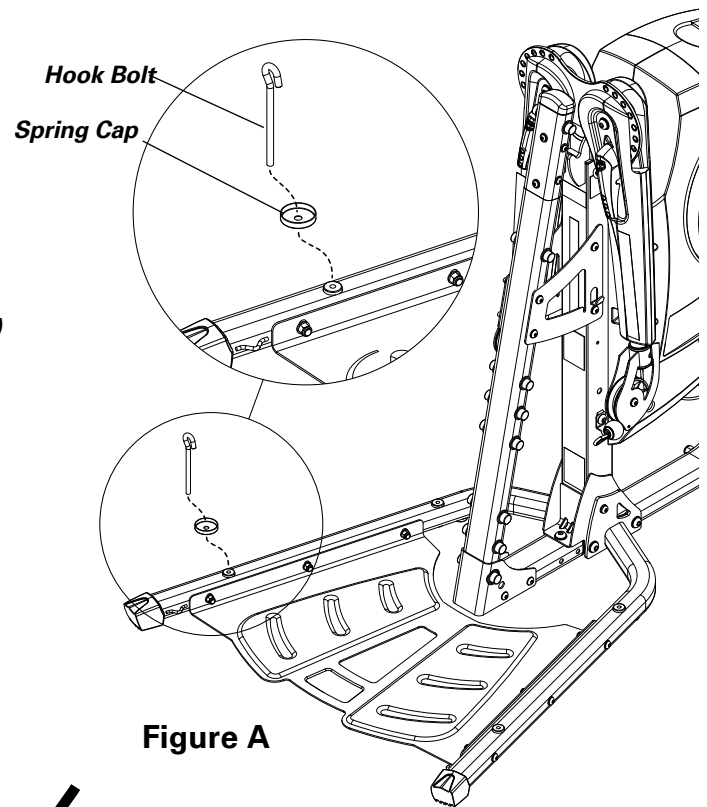


Figure A

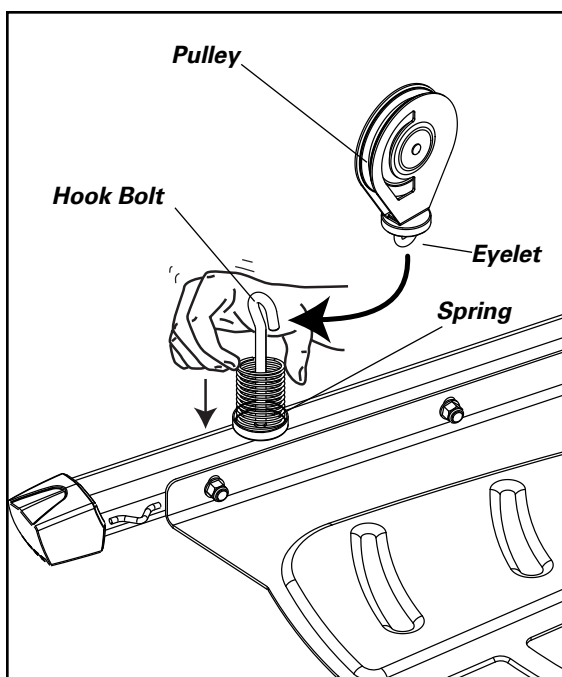


Figure B

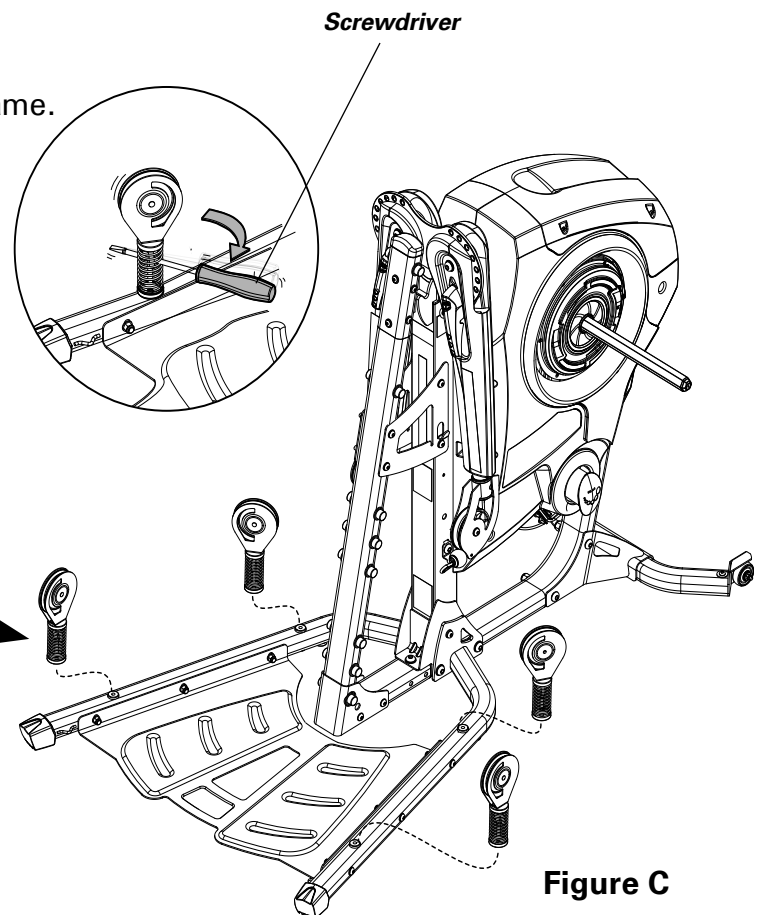


Figure C

Step 22 Install Back Pad

Parts:

- Back Pad (*Box 4*)
- Back Pad Bracket (*Box 4*)

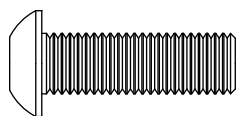
Tools:

- 3/16" Allen Wrench

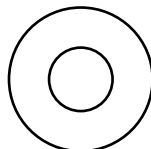
22-1 Align the Back Pad with the lower 4 holes in the Back Pad Bracket. The upper holes are not used with this pad.

22-2 Install and completely tighten the hardware.

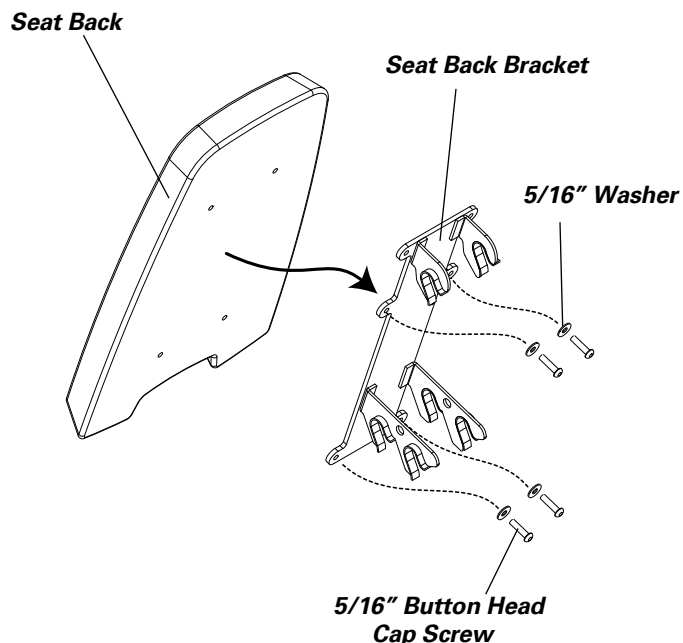
Hardware (1:1):



4 Button Head Cap Screw (5/16" X 1")



4 Washer (5/16")



Step 23 Install Seat Pad

Parts:

- Seat Pad (*Box 4*)
- Seat Pad Bracket (*Box 4*)

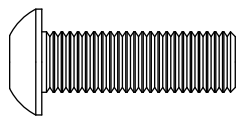
Tools:

- 3/16" Allen Wrench

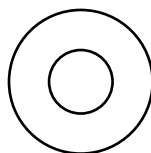
23-1 Align the Seat Pad with the holes in the Seat Pad Bracket. Make sure the smaller notch in the Seat Pad is opposite the hooks on the Bracket.

23-2 Install and completely tighten the hardware.

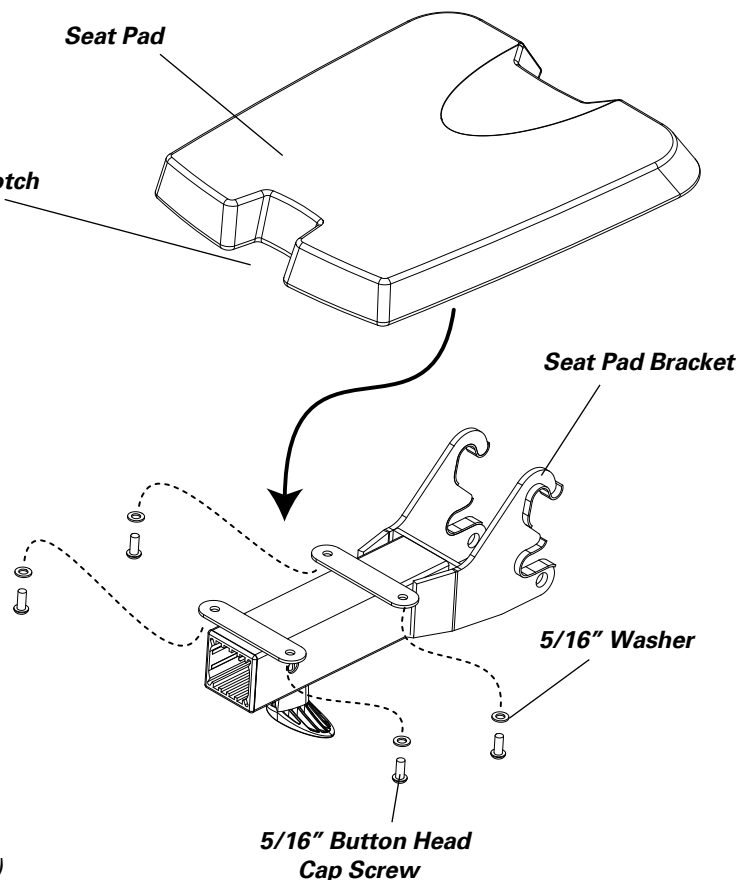
Hardware (1:1):



4 Button Head Cap Screw (5/16" X 1")



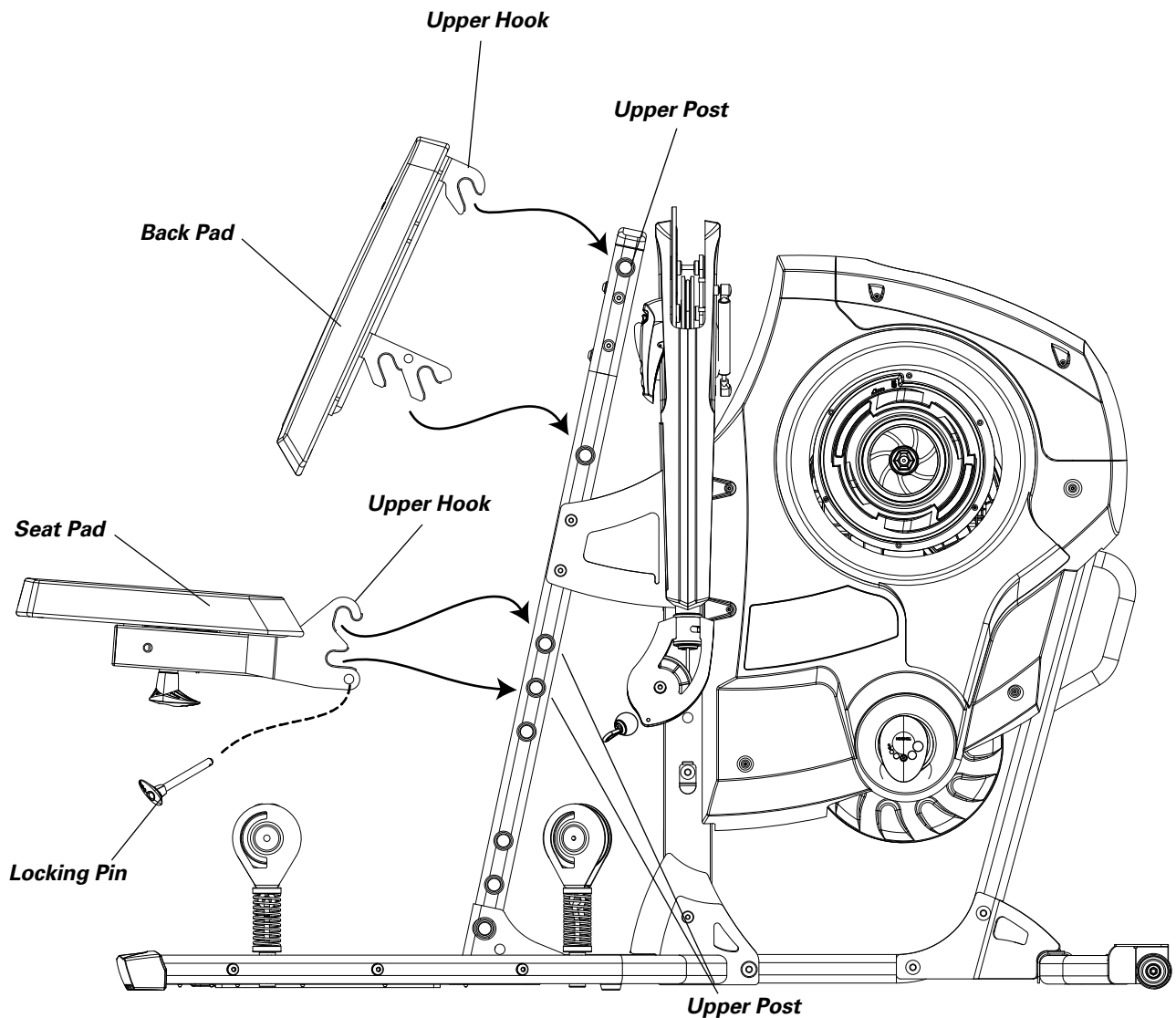
4 Washer (5/16")



Attaching Seat and Back Pad

Attach the Seat and Back Pad to the Main unit by placing the Upper Hooks onto the respective Upper Post and rotating the Lower Hook into position.

Once the Seat Pad is in position, insert the Locking Pin through the hole behind the Lower Hook to secure the pad to the Seat Tube.



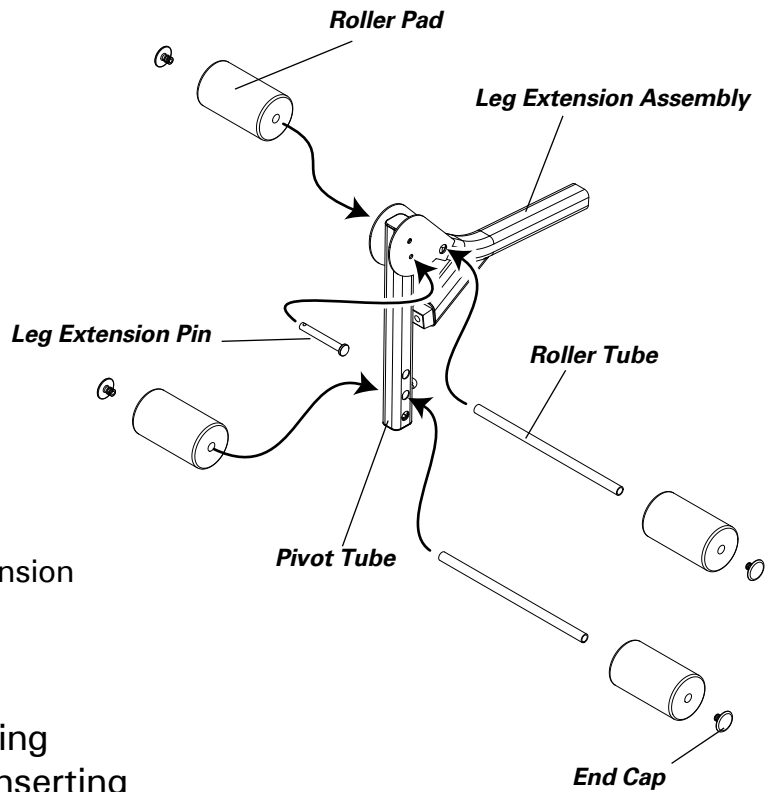
Step 24 Assemble Leg Extension

Parts:

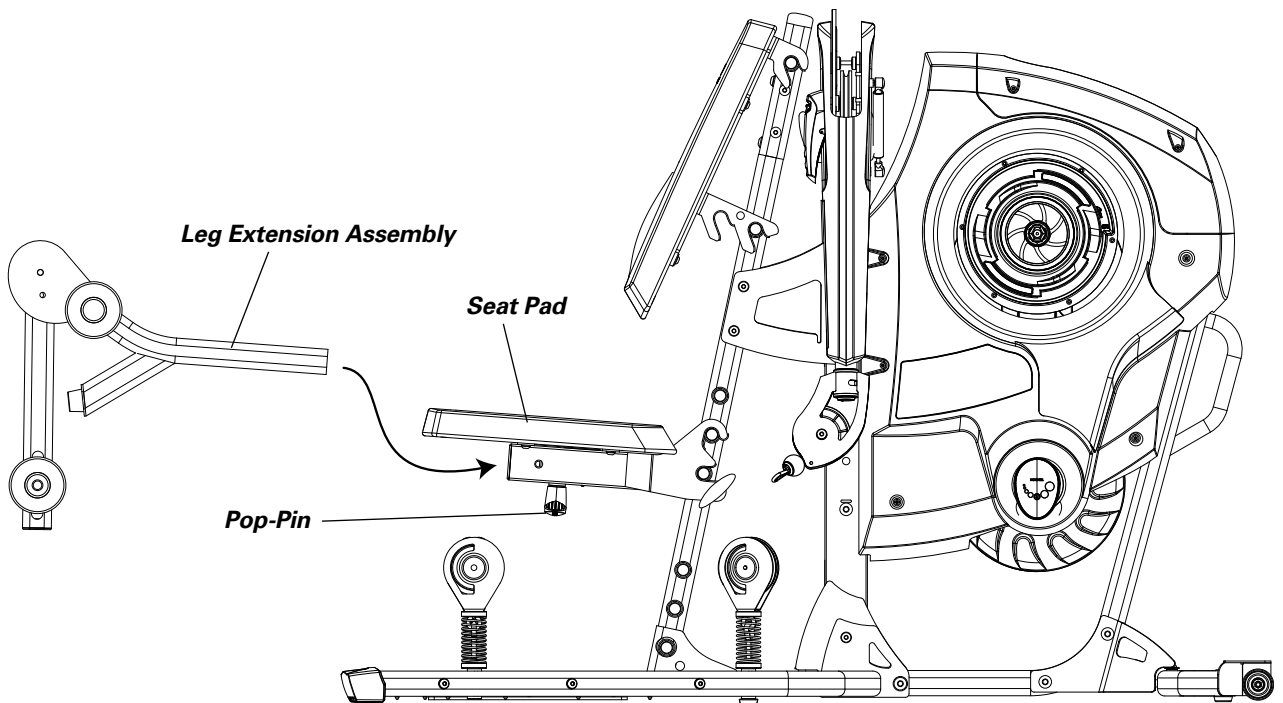
- Foam Roller Pads Pad (Box 4)
- Roller Tubes (Box 4)
- Leg Extension Assembly (Box 4)
- End Caps (Box 4 Hardware Card)
- Leg Extension Pin (Box 4 Hardware Card)

24-1 Slide the Roller Tubes through the holes in the Leg Extension Assembly followed by the Roller Pads and End Caps.

24-1 Place the Leg Extension Pin through Leg Extension Assembly and Pivot Tube.



Install the Leg Extension Assembly by pulling down on the Pop-Pin under the Seat and inserting the Leg Extension into the bracket. Slide the Leg extension to the desired position and screw the Pop-Pin tightly into place.



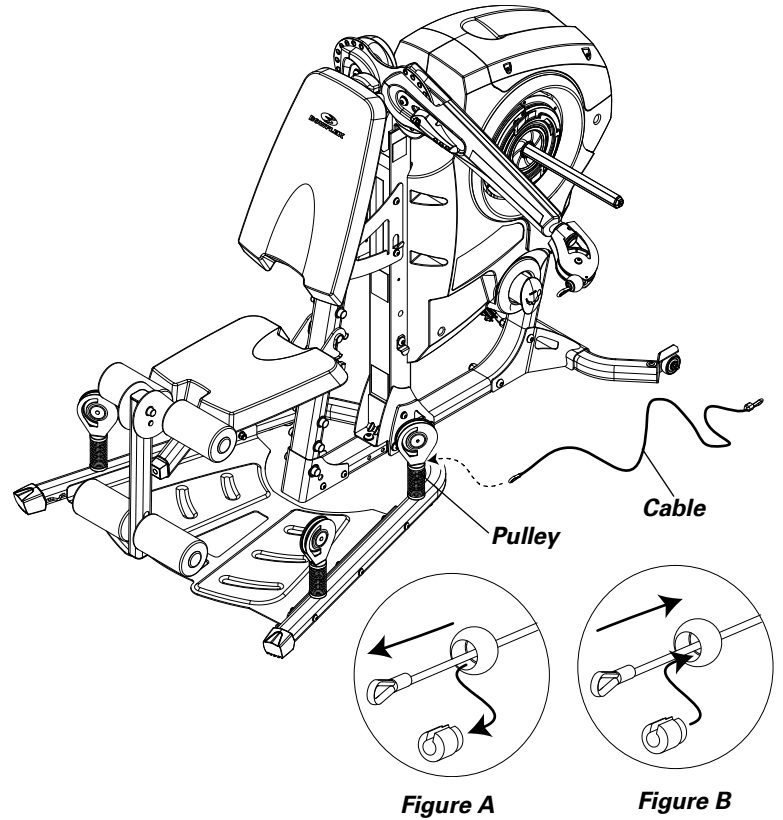
Step 25 Install Cables

Parts:

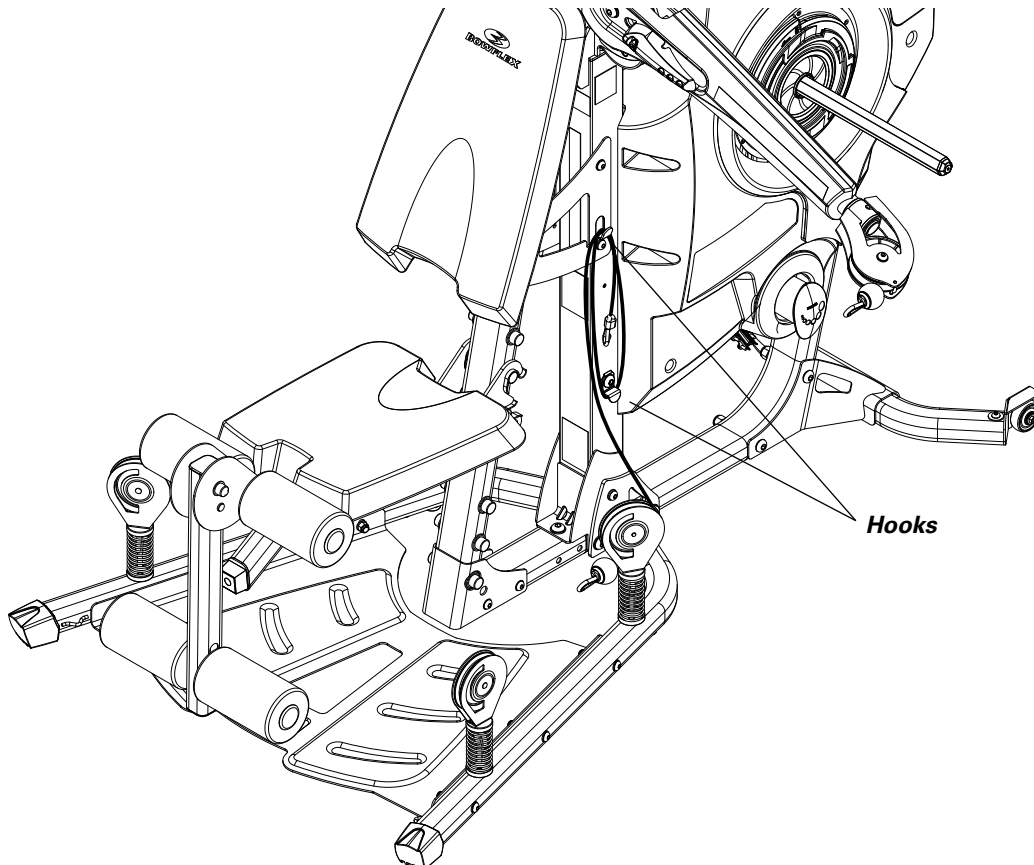
- Ropes (*Box 3*)

25-1 Remove the Ball End from the cable by pressing the insert out of the ball (Figure A) and slide the ball off of the cable.

25-2 Route the cable under the Pulley closest to the Main Unit and reinstall the Ball End (Figure B).



NOTE: When not in use, store the cable by wrapping it around the Cable Hooks as shown.

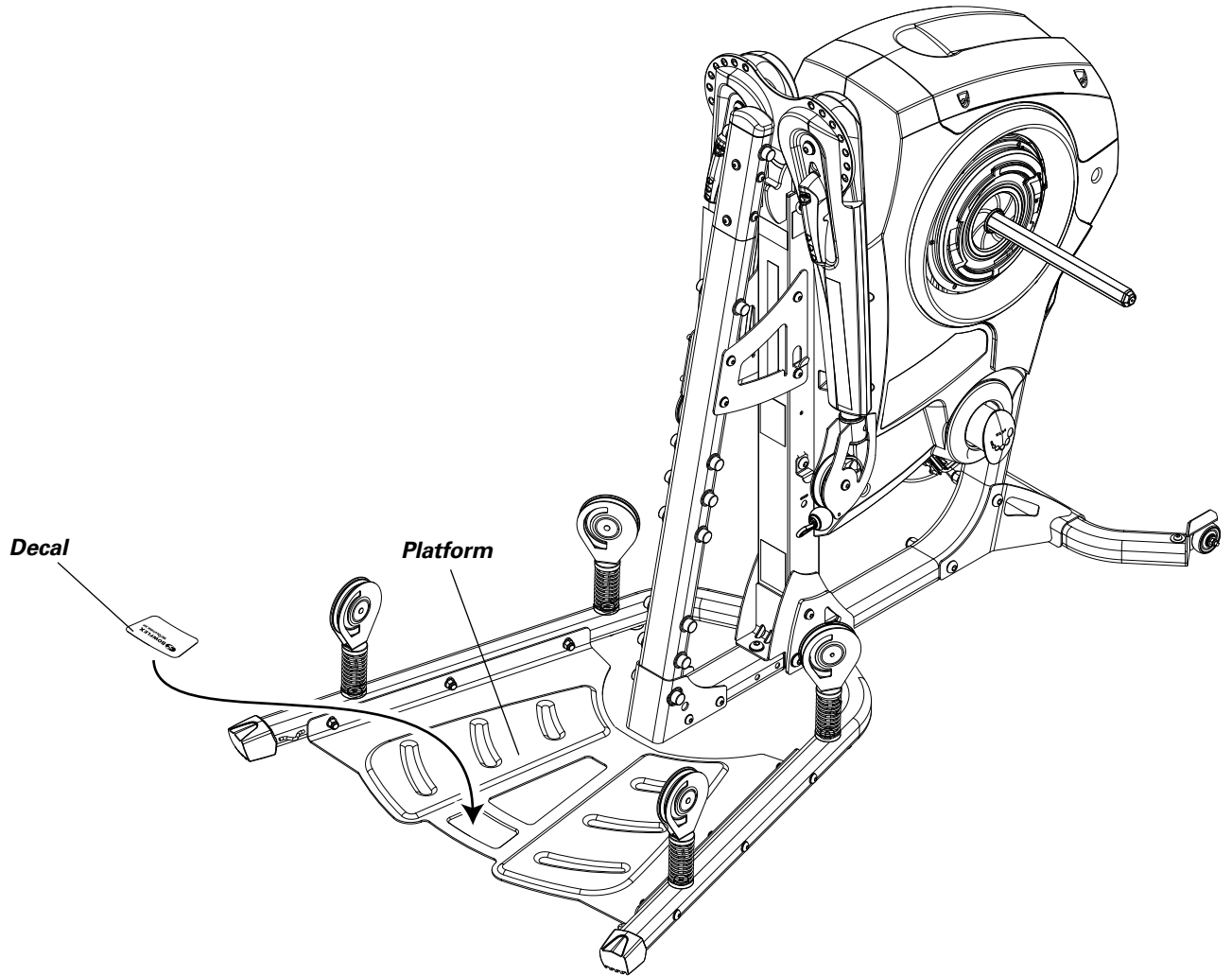


Step 26 Apply Revolution XP Decal

Parts:

- Revolution® XP Decal (*Box 4 Documentation Kit*)

26-1 Apply the Decal to the Platform in the indented area as shown. .



Step 27 Final Inspection

Please inspect your machine to ensure that all fasteners are tight and components are properly assembled. Review all warnings affixed to machine.

Congratulations! You have successfully completed assembly of your Bowflex Revolution® XP home gym!



WARNING

Failure to visually check and test assembly before use can cause damage to the Bowflex Revolution® XP home gym and serious injury to users and bystanders and can also compromise the effectiveness of your exercise program.

If you need assistance, please have both the serial number of your machine and the date of purchase available when you contact the appropriate Nautilus office listed below.

Please record the following information for future reference.

Serial Number
Date of Purchase

OFFICES IN THE UNITED STATES:

E-mail: customerservice@nautilus.com

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Nautilus, Inc.
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16400 SE Nautilus Drive
Vancouver, Washington, USA 98683
Phone: 800-NAUTILUS (800-628-8458)
Email: customerservice@nautilus.com
Fax: 877-686-6466

- CORPORATE HEADQUARTERS
Nautilus, Inc.
World Headquarters
16400 SE Nautilus Drive
Vancouver, Washington, USA 98683
Phone: 800-NAUTILUS (800-628-8458)

INTERNATIONAL:

For technical assistance and a list of distributors in your area, please call or fax one of the following numbers.

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Fax: + 41-26-460-77-70
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Fax: +44-1908-267-346

- CHINA OFFICE
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Tel: +86-21-523-707-00
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BOWFLEX **REVOLUTION[®] XP**

This manual is written and designed by industry professionals. If you have any questions regarding your Bowflex Revolution[®]XP Home Gym or any instructions found in this manual, please call 1-800-NAUTILUS (800-628-8458) for assistance.

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