



BOWFLEX

Treadmills™



**Bowflex® 3, 5 & 7 Series
Treadmills
Assembly Guide**

Fitness Safeguards and Warnings

Before starting any exercise program, consult with your physician or health professional. He or she can help establish the correct exercise frequency, intensity (target heart-rate zone) and time appropriate for your particular age and condition.

The following three warnings are also located on the computer console of the treadmill. Failure to follow any of these safeguards may result in injury or serious health problems.

- Read and understand the Owner's Manual and operation instructions prior to use. If you do not have an Owner's Manual, call 1-800-864-1270 or 1-800-636-8316 (French Canadian) to obtain one.
- If you feel any unusual pain or tightness in your chest, feel short of breath or dizzy, feel faint or have any discomfort while you exercise, STOP! Consult your physician.
- Keep children and pets off the treadmill.

Other Important Safeguards and Warnings

1. Do not exceed maximum user weight of: 124 kg (275 lb.) for model 3 Series, and 136 kg (300 lb.) for models 5 or 7 Series.
2. It is the responsibility of the owner to ensure that all users of this equipment are adequately informed of all precautions.
3. Use this equipment only on a solid, level surface. Cover the floor or carpet beneath this equipment for protection.
4. Read and understand the Warning Label located on the console.
5. Do not place fingers or any other objects into moving parts of the exercise equipment.
6. This equipment is designed for use by persons aged 13 years and older. Teenagers should be supervised.
7. Always wear athletic shoes for foot protection. Avoid wearing loose clothing that may become entangled in the drive mechanism.
8. Warn bystanders to keep a safe distance, especially from the moving parts. Do not allow anyone to touch the treadmill while it is in operation.
9. This equipment is for home use only. Do not use in a commercial, institutional, or rental setting.
10. Care should be taken when mounting or dismounting the treadmill.
11. Do not operate in damp or wet conditions.
12. Follow proper set-up and guidance as outlined in the Owner's Manual and Assembly Instructions. Only use the treadmill as outlined in usage instructions of the Owner's Manual.
13. Prior to each use, inspect the treadmill for loose, broken, or worn parts. Do not use if any of these conditions are found. The safety of the equipment can only be ensured if it is regularly examined and maintained. (See Maintenance section of the Owner's Manual)
14. Refer to the Maintenance section in the Owner's Manual and disconnect power supply before servicing the treadmill.
15. Replace Warning Label if damaged, illegible, or removed.
16. We recommend that a minimum distance of 20 inches (.5 meter) on each side and 79 inches (2 meters) behind the treadmill is kept clear of all obstructions, including children, bystanders, and pets. This is to ensure adequate clearance for easy access to the treadmill and to avoid any possible contact with the moving parts.

Parts and Hardware Lists

Bowflex® 3, 5, and 7 Series Treadmills' Parts' List, Treadmill Hardware List, and Assembly Instructions

Assembly of the Bowflex® 3, 5, or 7 Series Treadmill is divided into 5 easy stages; each comprised of only a few set-up steps. Before proceeding with the assembly, please read over the easy-to-follow instructions to familiarize yourself with the process. You will need the following:

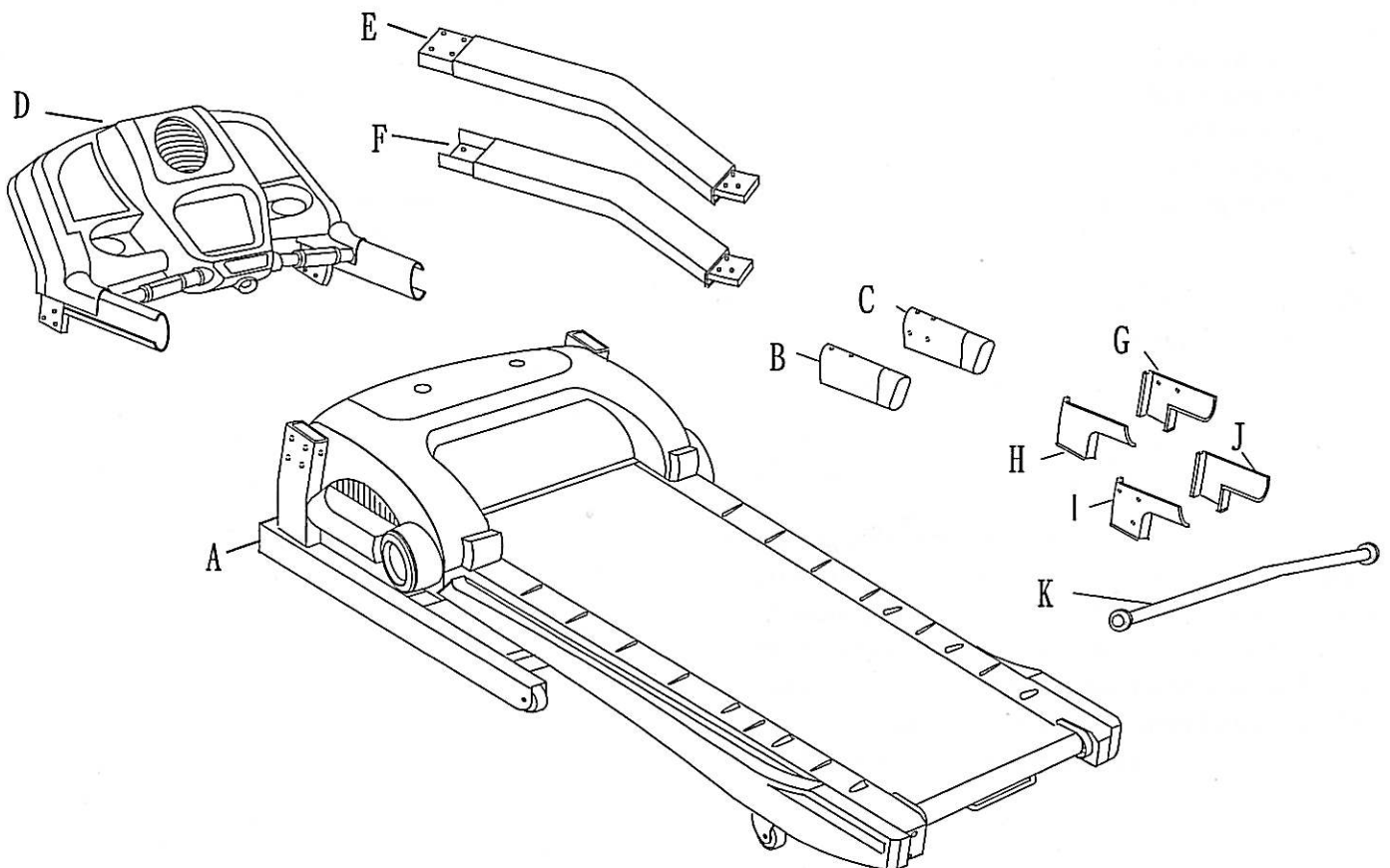
- Flat area of 4' x 8' to assemble and properly use the Bowflex® 3, 5, or 7 Series Treadmill
- Two people to assemble the treadmill
- 5 mm Allen wrench (supplied)
- Phillips head screwdriver (supplied)
- Silicon Lube (supplied)

Also, to ensure quick and easy set-up of the Bowflex® 3, 5, or 7 Series Treadmill, please verify the size and quantity of each of the enclosed assembly hardware. Included are parts' lists and images of the hardware.

Parts' List

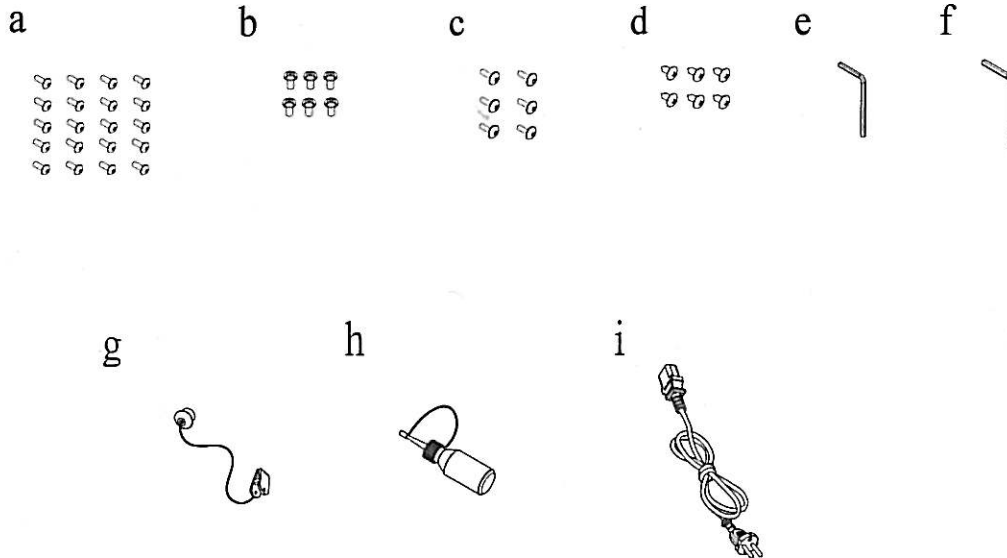
Check	Quantity	Description	Item
	1	Frame	A
	1	Handrail (L)	B
	1	Handrail (R)	C
	1	Computer Console	D
	1	Left Upright	E
	1	Right Upright	F
	1	Inner Handrail Cover (L)	G
	1	Outer Handrail Cover (L)	H
	1	Inner Handrail Cover (R)	I
	1	Outer Handrail Cover (R)	J
	1	Cross Bar	K

Exploded View



Hardware List

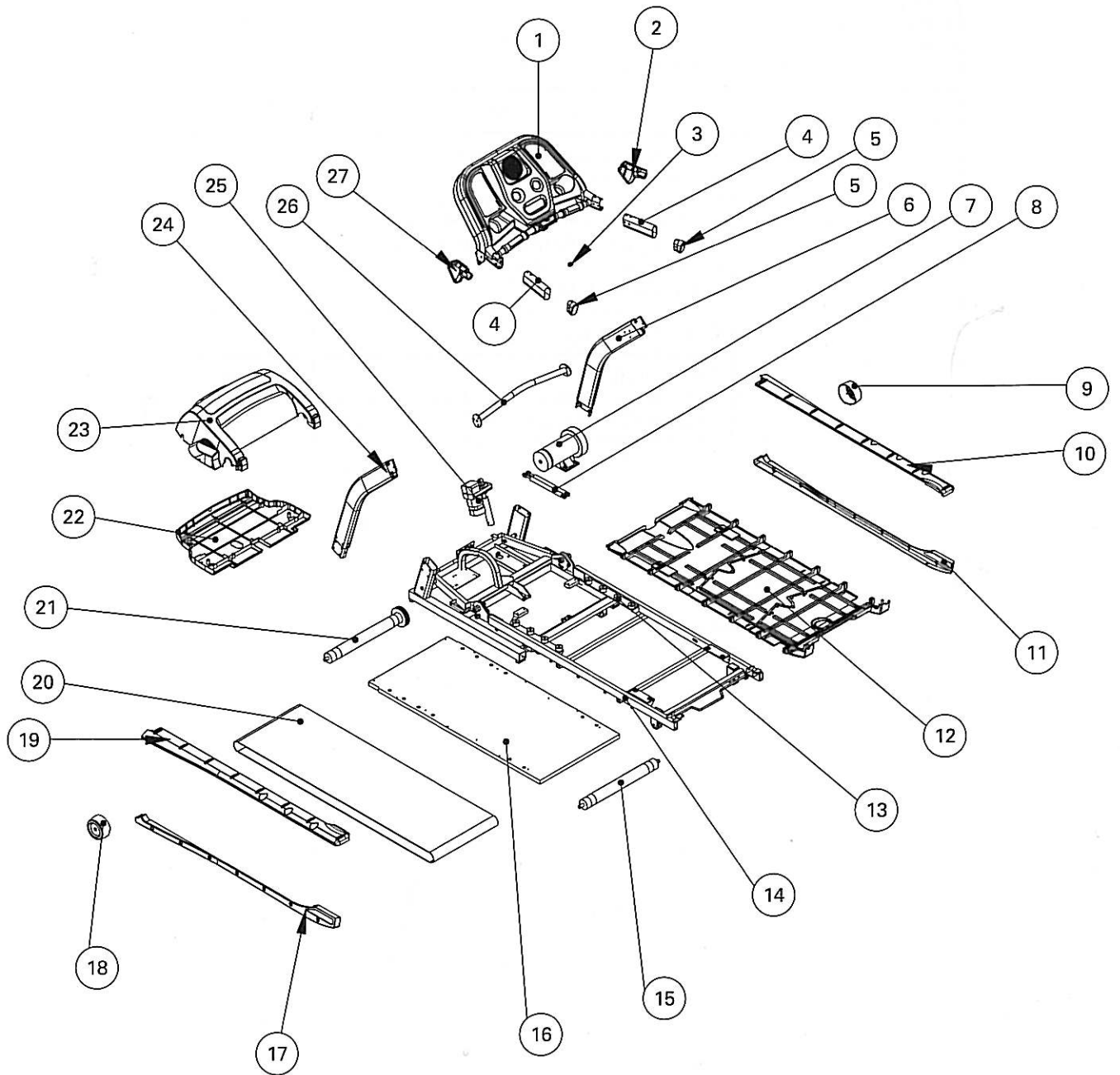
Check	Quantity	Description	Item
	20	Allen Screw M8xP1.25x15	a
	6	Phillips-Head Screw M6xP1.0x1	b
	6	Allen Screw M8xP1.25x15	c
	6	Phillips-Head Screw 4x16	d
	1	Allen Wrench 5mm/Screwdriver	e
	1	Allen Wrench 6mm	f
	1	Safety Key/Clip	g
	1	Silicon Lube	h
	1	*Power Cord (attached on 3 Series)	i



Note: Please verify that you have all correct parts and quantities before assembling the unit.

If you are missing items, are short quantities, or have damaged components, please contact Bowflex® at 1-800-864-1270 or 1-800-636-8316 (French Canadian).

Assembly Drawing with Reference Numbers



Replacement Parts' List

Reference #	Quantity	Description	3 Series Part Number	5 Series Part Number	7 Series Part Number
1	1	Console	18565	18557	18582
2	1	Hand Rail Cover set/Right	18569	18569	18569
3	1	Emergency Stop Magnet	18540	18540	18540
4	2	Hand Rail	18602	18602	18602
5	2	Hand Rail End Cap	18545	18545	18545
6	1	Right Upright Assembly	18625	18625	18625
7	1	Motor	18511	18513	18514
8	1	Soft Drop Cylinders	18504	18503	18503
9	1	Right Roller Cover	18539	18539	18539
10	1	Right Side Rail	18521	18535	18535
11	1	Right Bottom Side Rail	n/a	18533	18533
12	1	Deck Bottom Plastic Cover	18541	18529	18529
	1	Deck Bottom Cover Middle	n/a	18530	18530
	1	Deck Bottom Cover Rear	n/a	18531	18531
13	8	Rubber Isolator	18527	18527	18527
14	1	Frame Assembly	n/a	n/a	n/a
15	1	Rear Roller	18551	18549	18549
16	1	Deck	18519	18517	18517
17	1	Left Bottom Side Rail	n/a	18532	18532
18	1	Left Roller Cover	18539	18539	18539
19	1	Left Side Rail	18521	18534	18534
20	1	Walking Belt	18564	18581	18581
21	1	Front Roller	18550	18550	18550
22	1	Motor Pan	18542	18542	18542
23	1	Motor Cover	18562	18562	18562
24	1	Left Upright Assembly	18624	18624	18624
25	1	Incline Motor	18512	18515	18515
26	1	Upright Crossbar Assembly	18595	18595	18595
27	1	Hand Rail Cover set/Left	18554	18554	18554

Assembly Instructions

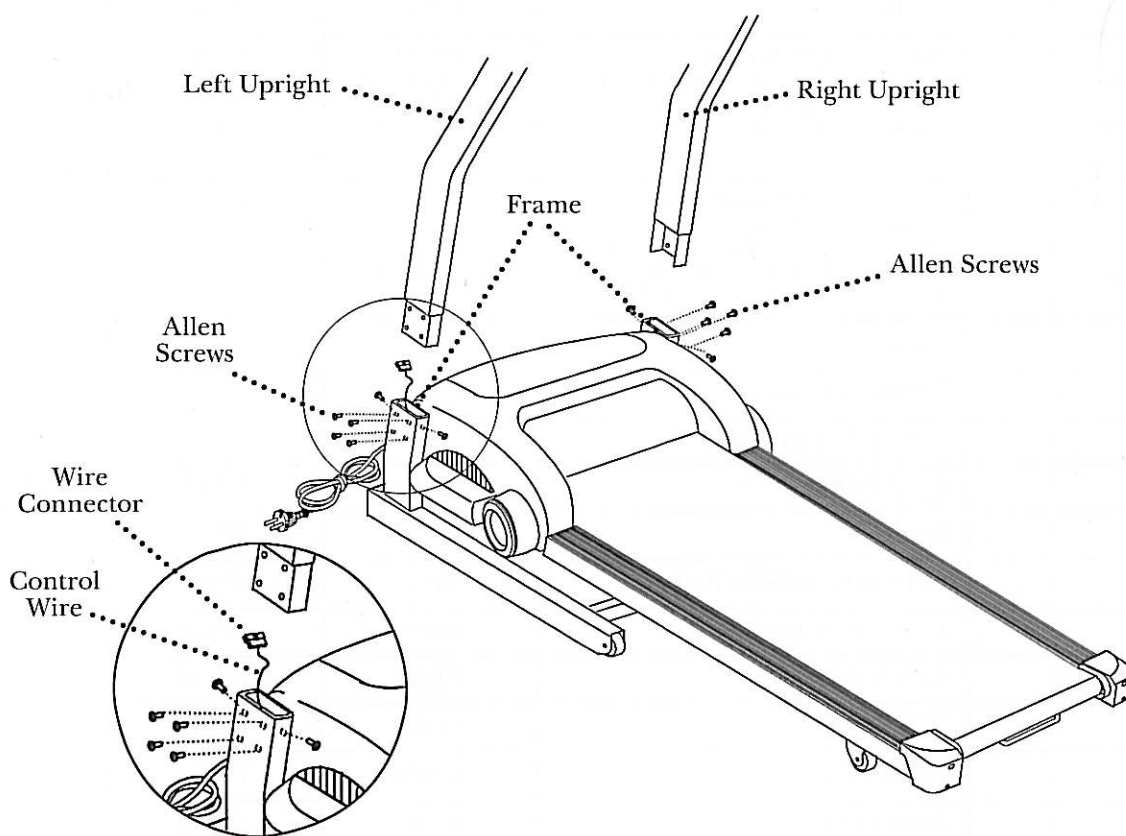


IMPORTANT

To ensure ease of assembly, please verify the size and quantity of all the required assembly hardware and parts with the enclosed parts' list and hardware chart.

Each stage of the assembly process has been broken down into five easy-to-follow steps. Please take just a few moments to read over these instructions to familiarize yourself with the process, in order to make assembly quick and trouble-free.

Assembly Step #1 Attach Uprights to Main Unit



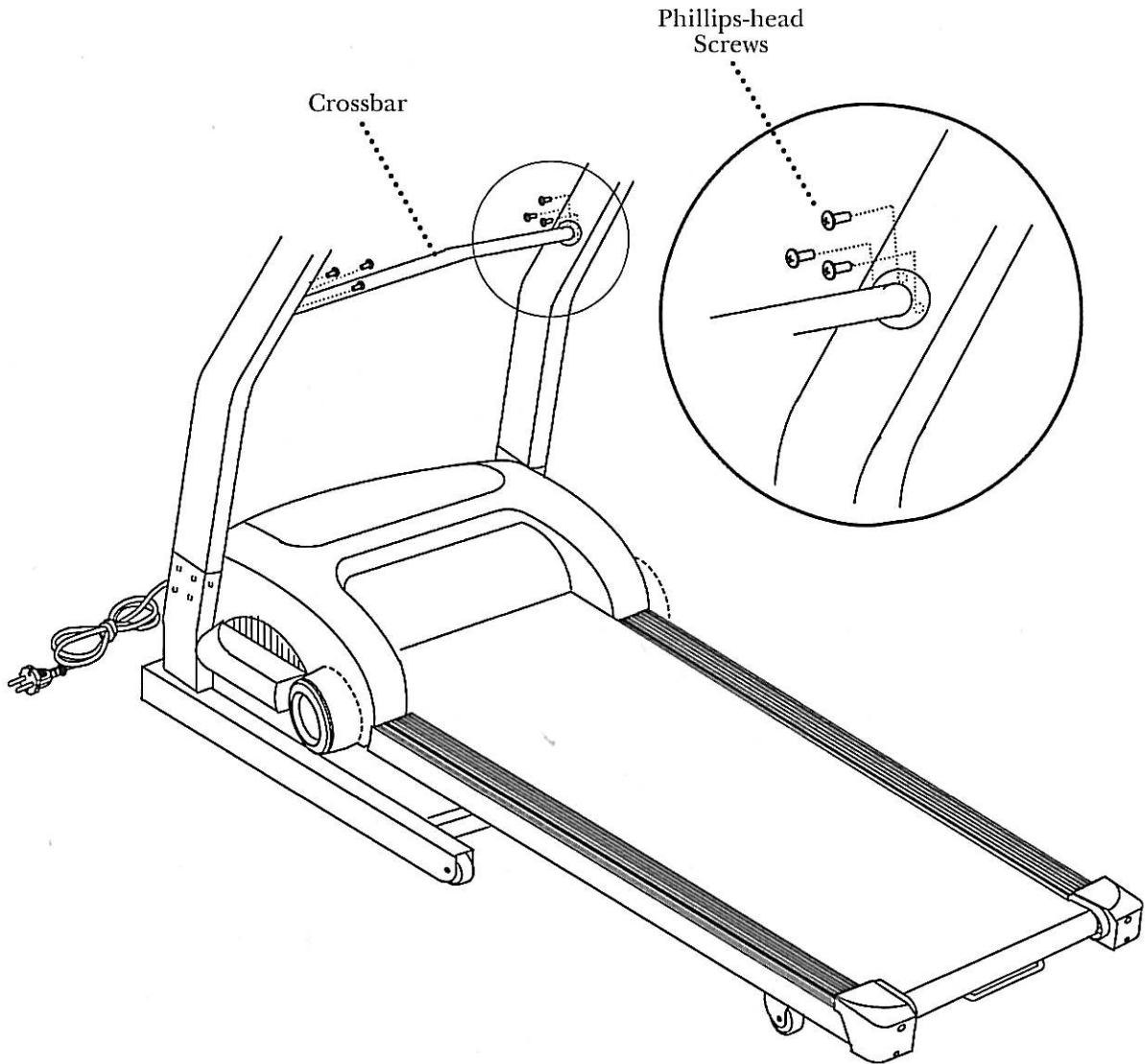
Assembly hardware required: (12) M8xP1.25x15 Allen Screws (item a)

1. Tie the attached black guide wire to the wire connector and feed the wire slowly through the bottom left upright.
2. Insert Left Upright, and Right Upright into the Frame. **Be sure not to pinch the control wire when inserting Left Upright.** Use Allen screws to secure in position. Do not fully tighten Allen screws – leave loose for adjustment.



Note: For safety, have one person hold the upright while securing each of them to the main unit.

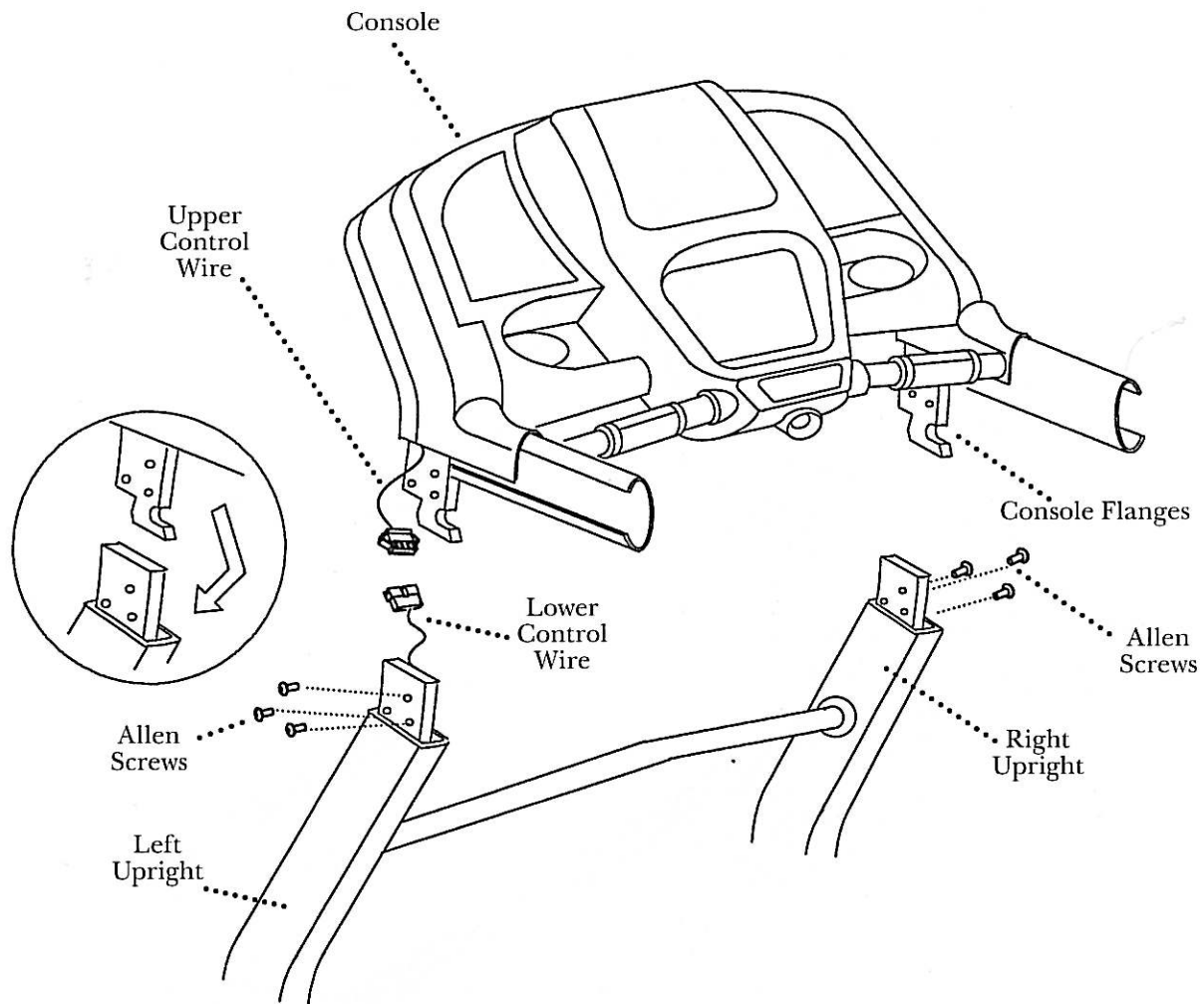
Assembly Step #2 Attach Cross Bar to Uprights



Assembly hardware required: (6) M8xP1.0x15 Phillips-head Screws (item b)

1. Attach Crossbar between the Left and Right Uprights using Phillips-head screws. Do not fully tighten screws – leave loose for adjustment.

Assembly Step #3 Attach Console to Uprights



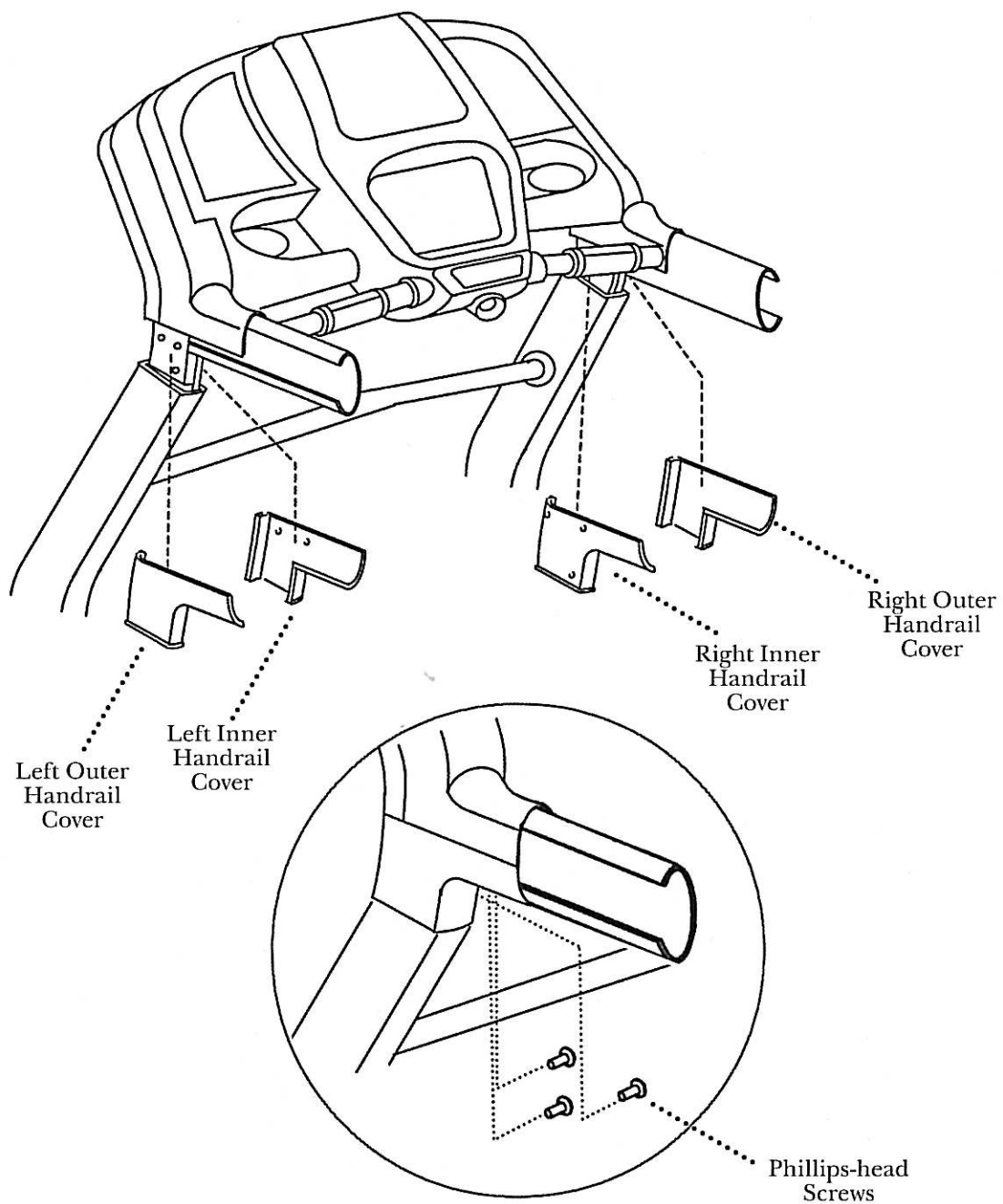
Assembly hardware required: (6) M8xP1.25x15 Allen Screws (item c)

1. With one person holding the Console in place, have the second person connect the Upper Control Wire (attached to the Console) to the lower Control Wire (on the Left Upright).
2. Once the Control Wire has been connected, tuck the excess wire into the Upright. Insert the Console Flanges into the Left and Right Uprights and secure with Allen Screws.
3. Go back and tighten all Allen screws on Uprights and Crossbar.



Note: Be sure not to pinch the control wire when securing the Console to the Upright

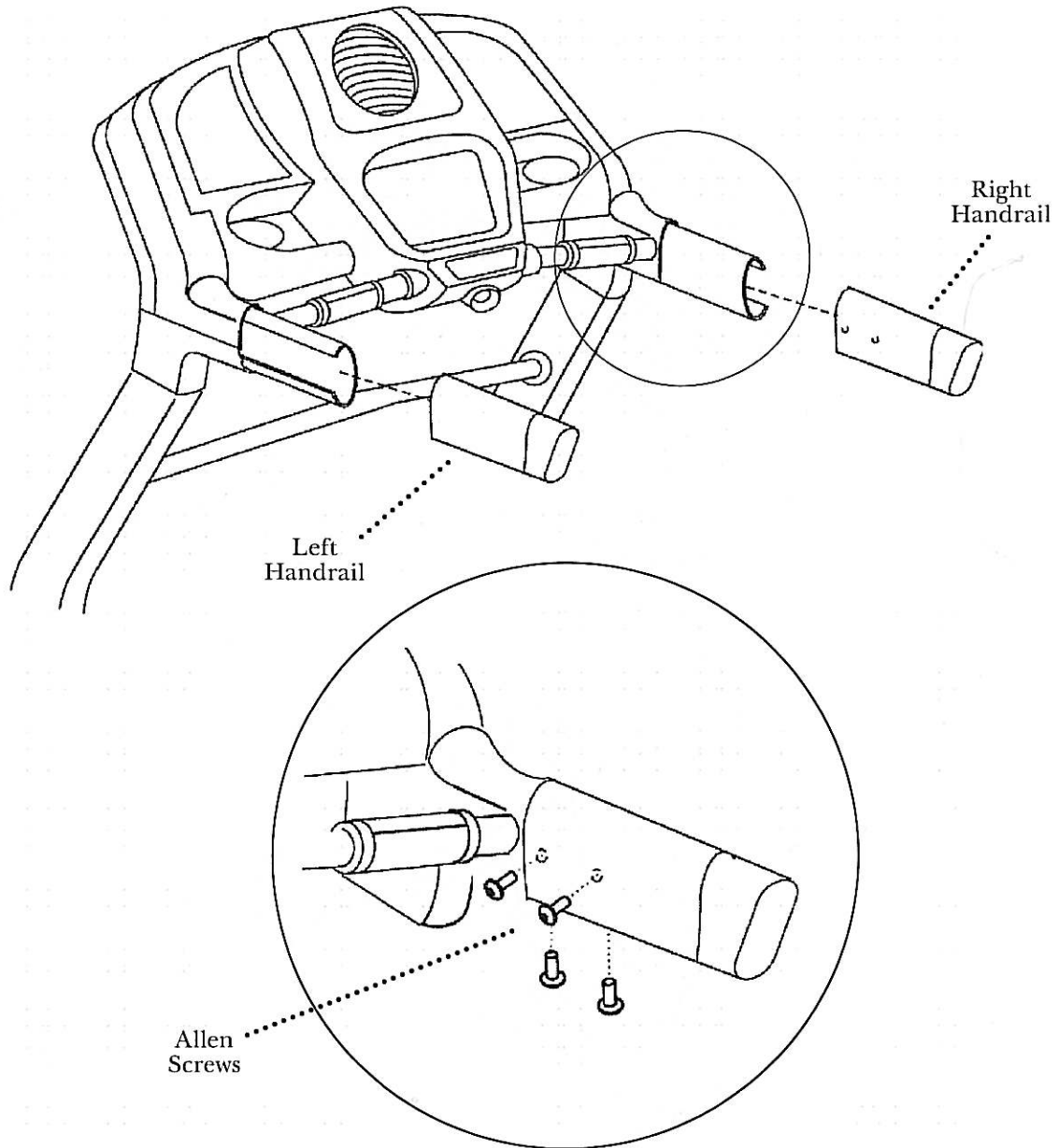
Assembly Step #4 Attach Handrail Covers



Assembly hardware required: (4) 4x16 Phillips-head Screws (item d)

Attach Inner and Outer Handrail Covers using Phillips-head screws.

Assembly Step #5 Attach Handrails



Assembly hardware required: (4) M8xP1.25x15 Allen screws (item a)

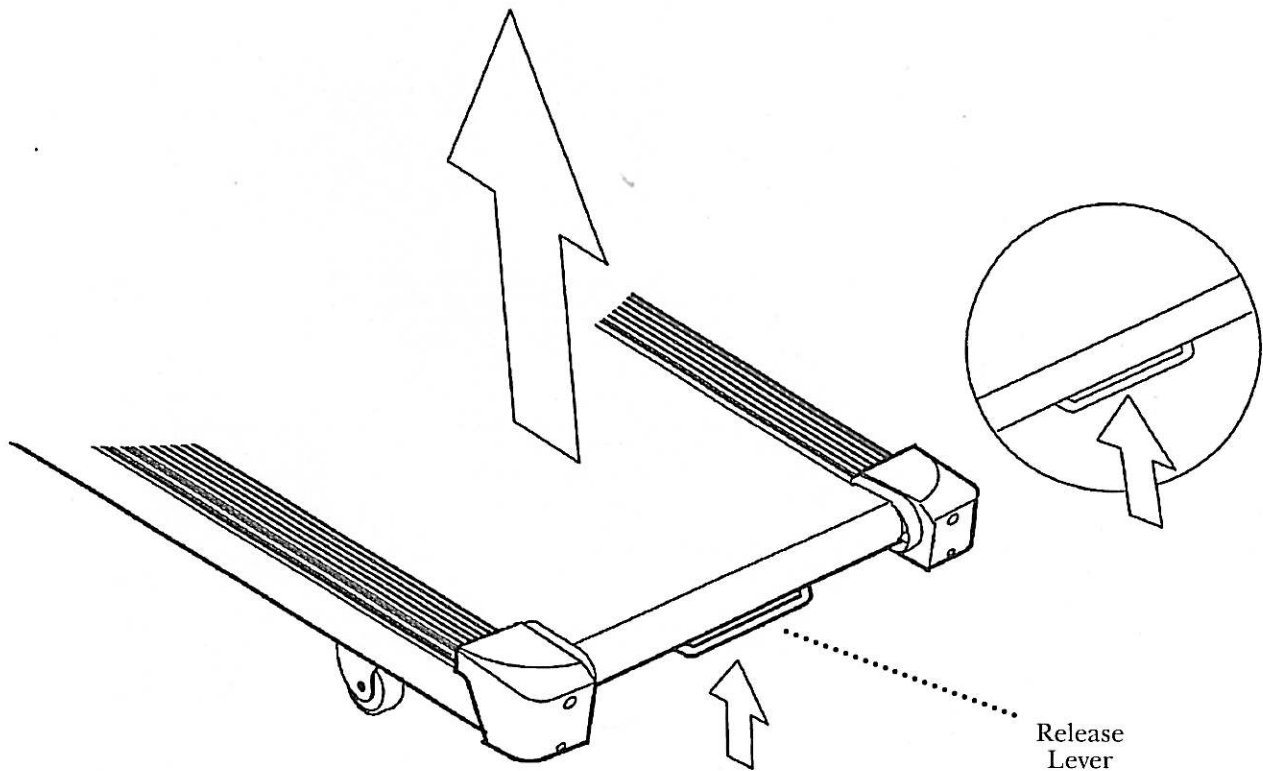
Attach Handrails (B & C) to the sides of Console, aligning the holes and securing with Allen Screws.

Folding, Transporting & Unfolding Your Treadmill

This treadmill has a folding mechanism; you must stop operation while folding and transporting. Make sure the power is off and the power cord is removed and unplugged before folding and transporting the treadmill.

To Fold the Treadmill:

1. Stop the Treadmill belt
2. Bring Elevation to zero
3. Turn off power
4. Squeeze the release mechanism then, lift the deck to fold-up the treadmill. Make sure the pin clicks into position and the deck is secure before moving the treadmill.



To Transport the Treadmill:

1. After folding, as mentioned in step 4 on page 13, please be sure deck is locked/engaged in the up position. If Treadmill will not lock in up position, check to see that elevation is not at zero.
2. Unplug the power cord
3. Pull backwards, holding the top of the deck, until the wheels can move smoothly



To Unfold the Treadmill:

Squeeze the release mechanism and slowly lower the deck until it sits on level ground. The SoftDrop™ feature lets the deck drop gently and safely under its own weight.



That's it!

You're finished, and now you can begin to reach your fitness goals!

Please reference the Owner's Manual for information regarding computer operation, product maintenance and warranty information.



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