



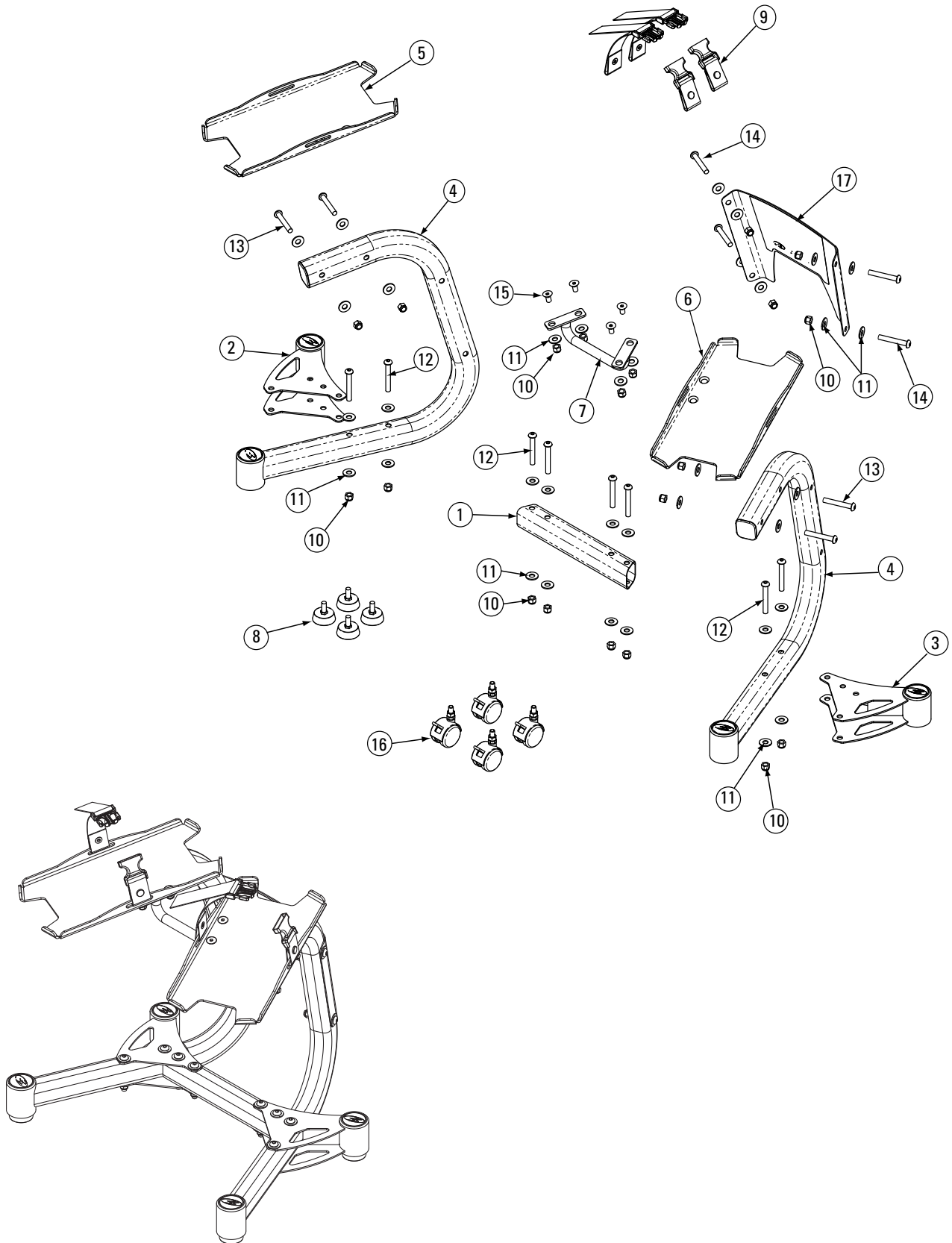
***BOWFLEX***<sup>®</sup>

***SelectTech***<sup>™</sup>

**2-In-1 Stand  
Assembly Instructions**

**Model: BDS1642**

# Complete Stand Component Diagram



Parts		
#	Qty.	Description
1	1	TUBE, BOTTOM CROSS BRACE
2	1	ASSEMBLY, REAR LEFT STABILIZER
3	1	ASSEMBLY, REAR RIGHT STABILIZER
4	2	ASSY, STAND LEG
5	1	WELDMENT, LEFT DUMBBELL PLATFORM
6	1	WELDMENT, RIGHT DUMBBELL PLATFORM
7	1	WELDMENT, TOWEL BAR
8	1	FOOT PEGS, SET OF FOUR
9	1	HOLD DOWN STRAPS, 2F 2M
10	20	NUT-NL 0.375-16 G2-BkZ
11	36	WASHER-FLAT 0.375 REGULAR BLKZ
12	8	SCREW-BHCS 0.375-16x3.0 G2-BkO
13	4	SCREW-BHCS 0.375-16x2.75 G2-BkO
14	4	SCREW-BHCS 0.375-16x2.5 G2-BkO
15	4	SCREW-FHCS 0.375-16x1.0 G2-BkO
16	1	WHEELS, CASTER SET OF FOUR
17	1	PLATE, CENTER W/ LOGO

## Tools Required

7/32" Allen Wrench (included)



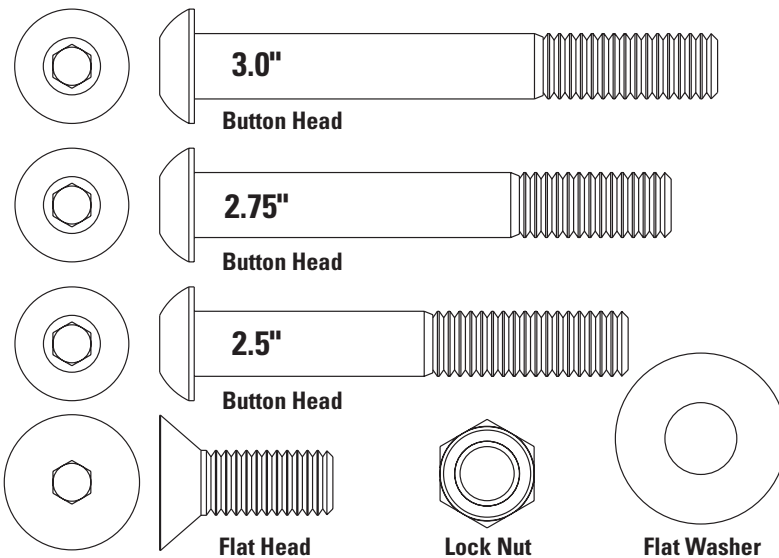
### You will also need:

9/16" Socket

9/16" Wrench or Adjustable Wrench

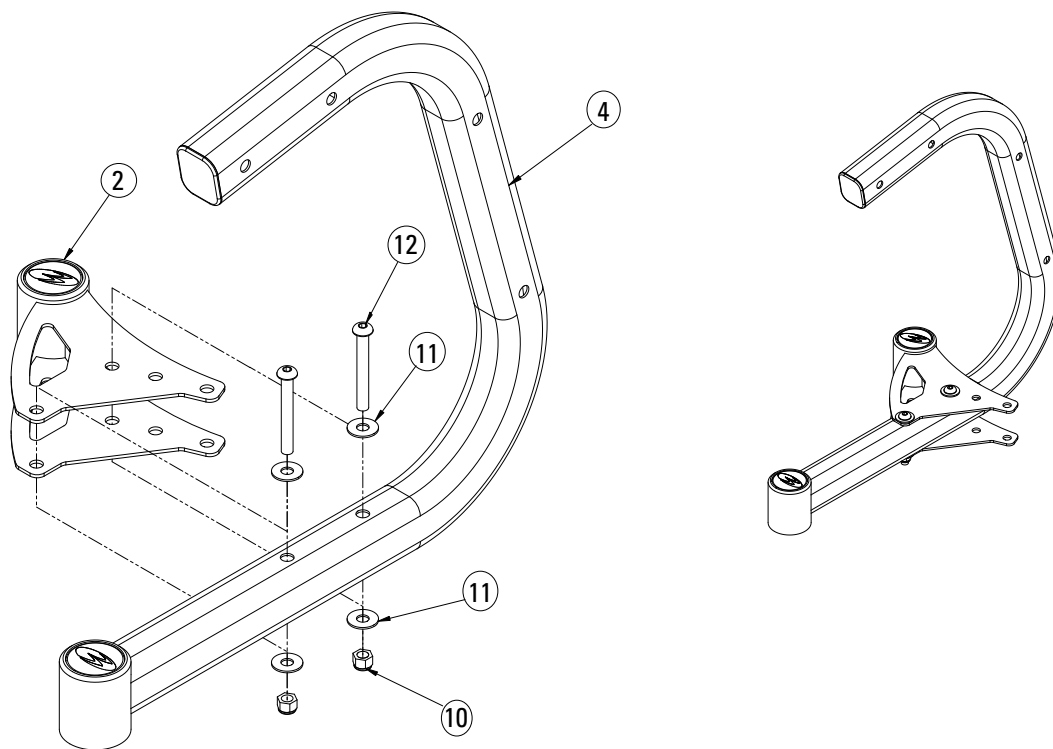
Utility knife or scissors to cut nylon ties

## Hardware



	Qty
<b>Hardware Card A:</b>	
2.75" Screw, Button Head	4
2.5" Screw, Button Head	4
1.0" Screw, Flat Head	4
Nut, Lock	12
Washer, Flat	20
<b>Hardware Card B:</b>	
3.0" Screw, Button Head	8
Nut, Lock	8
Washer, Flat	16
7/32" Allen Wrench	

**step**  
**1**



**Figure 1**

**Parts:**

- Stand Leg (#4)
- Rear Left Stabilizer (#2)

**Hardware**

**Qty**

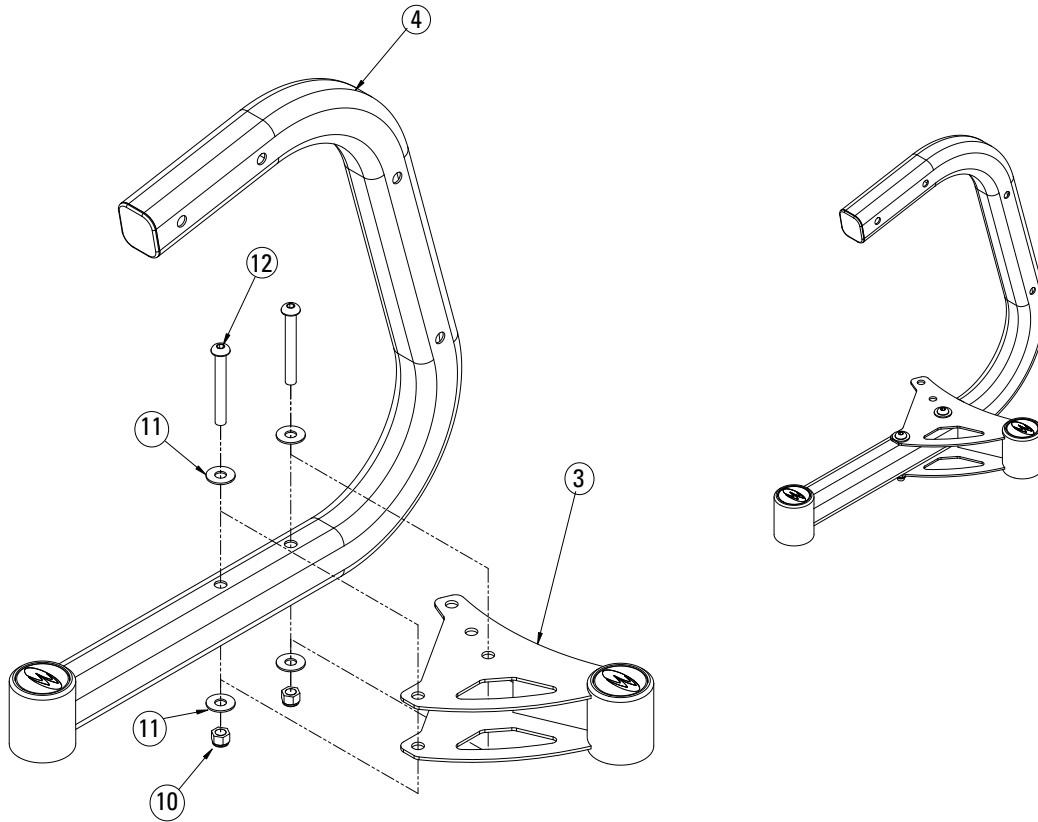
- |                   |   |
|-------------------|---|
| • 3" Screws (#12) | 2 |
| • Washers (#11)   | 4 |
| • Nuts (#10)      | 2 |

**Tools:**

- Hex Key (7/32")

**1-1** Attach the Rear Left Stabilizer (#2) to the Stand Leg (#4) using the hardware shown in **Figure 1**.

**Note:** Do not tighten hardware.



**Figure 2**

**Parts:**

- Stand Leg (#4)
- Rear Right Stabilizer (#3)

**Hardware**

**Qty**

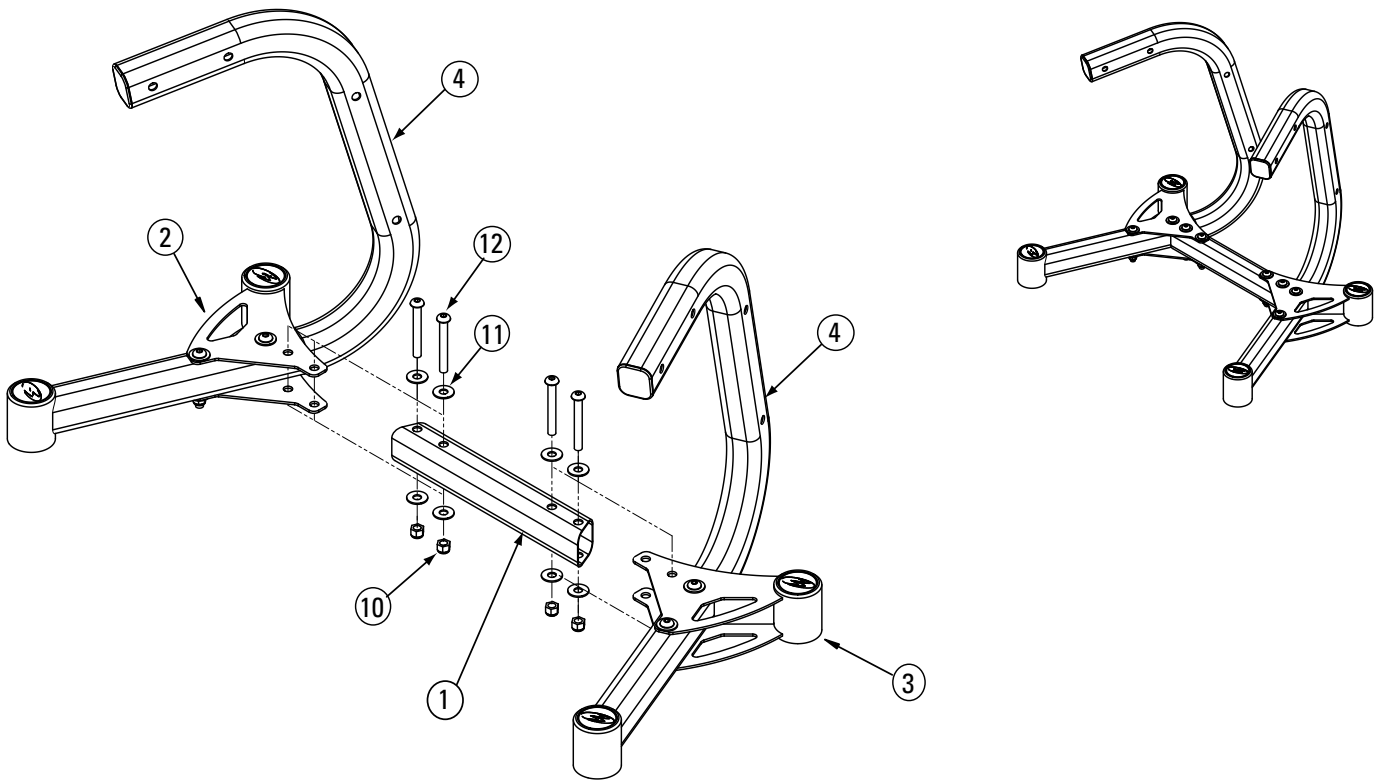
- |                   |   |
|-------------------|---|
| • 3" Screws (#12) | 2 |
| • Washers (#11)   | 4 |
| • Nuts (#10)      | 2 |

**Tools:**

- Hex Key (7/32")

**2-1** Attach the Rear Right Stabilizer (#3) to the Stand Leg (#4) using the hardware shown in **Figure 2**.

**Note:** Do not tighten hardware.



**Figure 3**

**Parts:**

- Cross Brace (#1)
- Left Stand Leg assembly from Step 1
- Right Stand Leg assembly from Step 2

**Hardware**

**Qty**

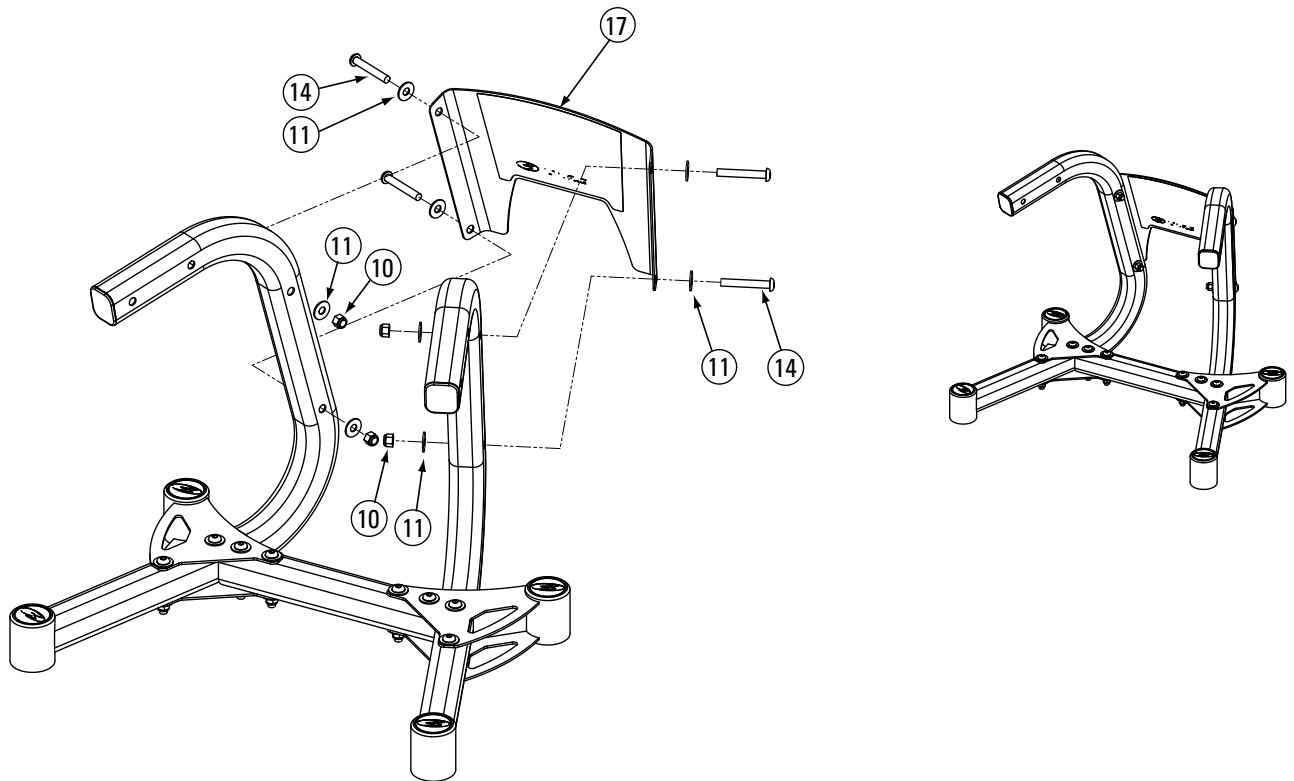
- |                   |   |
|-------------------|---|
| • 3" Screws (#12) | 4 |
| • Washers (#11)   | 8 |
| • Nuts (#10)      | 4 |

**Tools:**

- Hex Key (7/32")

**3-1** Attach the Bottom Cross Brace (#1) to the Rear Left Stabilizer (#2) and Rear Right Stabilizer (#3) using the hardware shown in **Figure 3**. Make sure that the narrower edge of the Cross Brace (#1) is closer to the Stand Leg (#4) uprights.

**Note:** Do not tighten hardware.



**Figure 4**

**Parts:**

- Stand Leg and Cross Brace assembly from Step 3
- Center Plate (#17)

**Hardware**

**Qty**

- |                     |   |
|---------------------|---|
| • 2.5" Screws (#14) | 4 |
| • Washers (#11)     | 8 |
| • Nuts (#10)        | 4 |

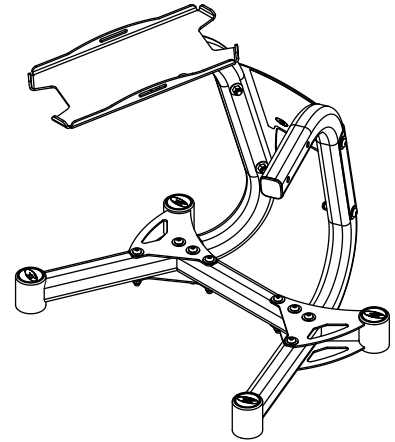
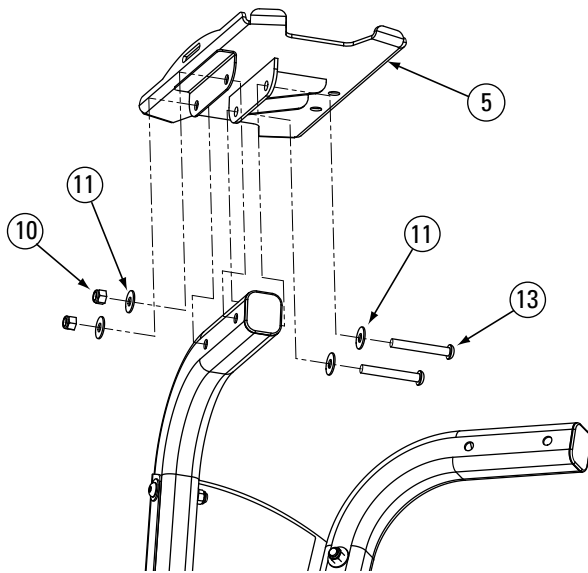
**Tools:**

- Hex Key (7/32")
- Wrench/Socket (9/16") or Adjustable Wrench

**4-1** Install the Center Plate (#17) to both Stand Legs (#4) using the hardware shown in **Figure 4**.

**Note:** Make sure that the Center Plate edges are on the outer sides of the legs, and that the logo on the Plate is right side up.

**4-2** Tighten all hardware from Steps 1, 2 and 3 securely.



**Figure 5**

**Parts:**

- Stand base assembly from Step 4
- Left Dumbbell Platform (#5)

**Hardware**

**Qty**

- 2.75" Screws (#13) 2
- Washers (#11) 4
- Nuts (#10) 2

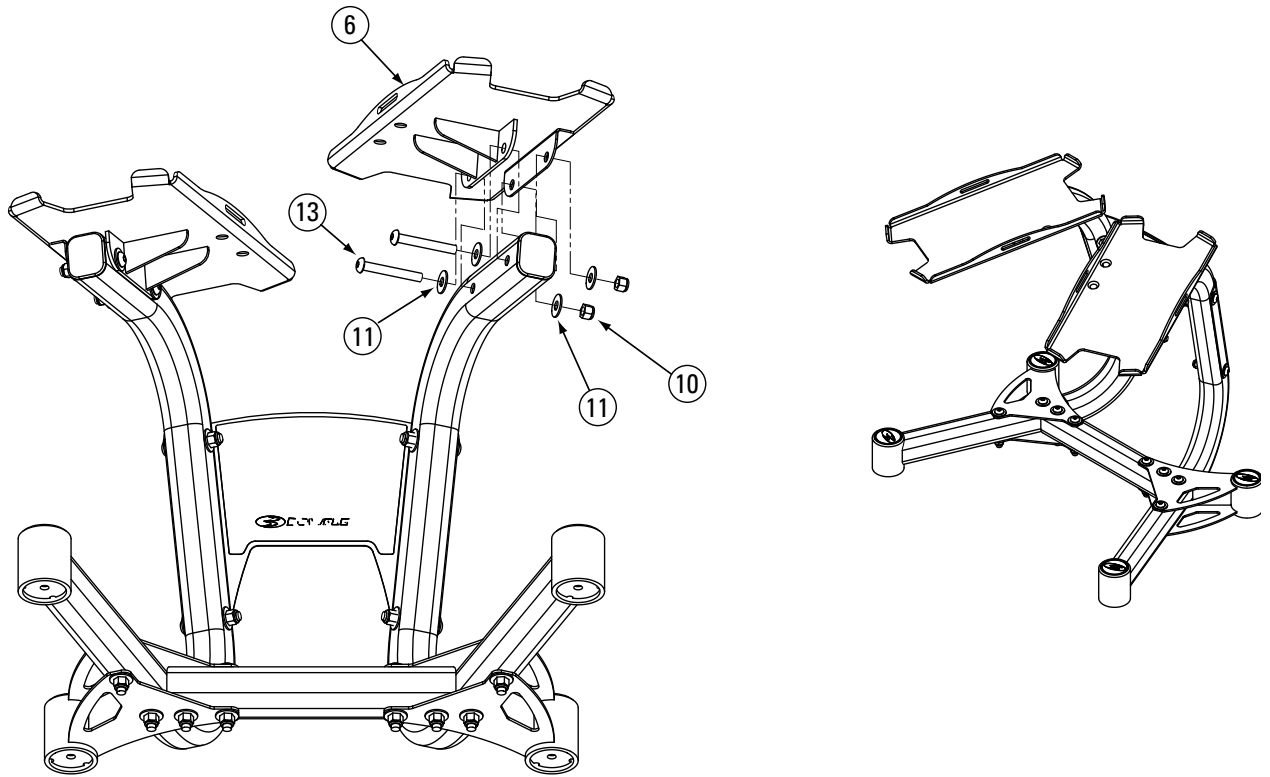
**Tools:**

- Hex Key (7/32")
- Wrench/Socket (9/16") or Adjustable Wrench

**5-1** Secure the Left Dumbbell Platform (#5) to left Stand Leg (#4) using the hardware shown in **Figure 5**.

**Note:** Make sure the screw holes in the Platform are toward the center of the stand.





**Figure 6**

**Parts:**

- Stand base assembly from Step 5
- Right Dumbbell Platform (#6)

**Hardware**

**Qty**

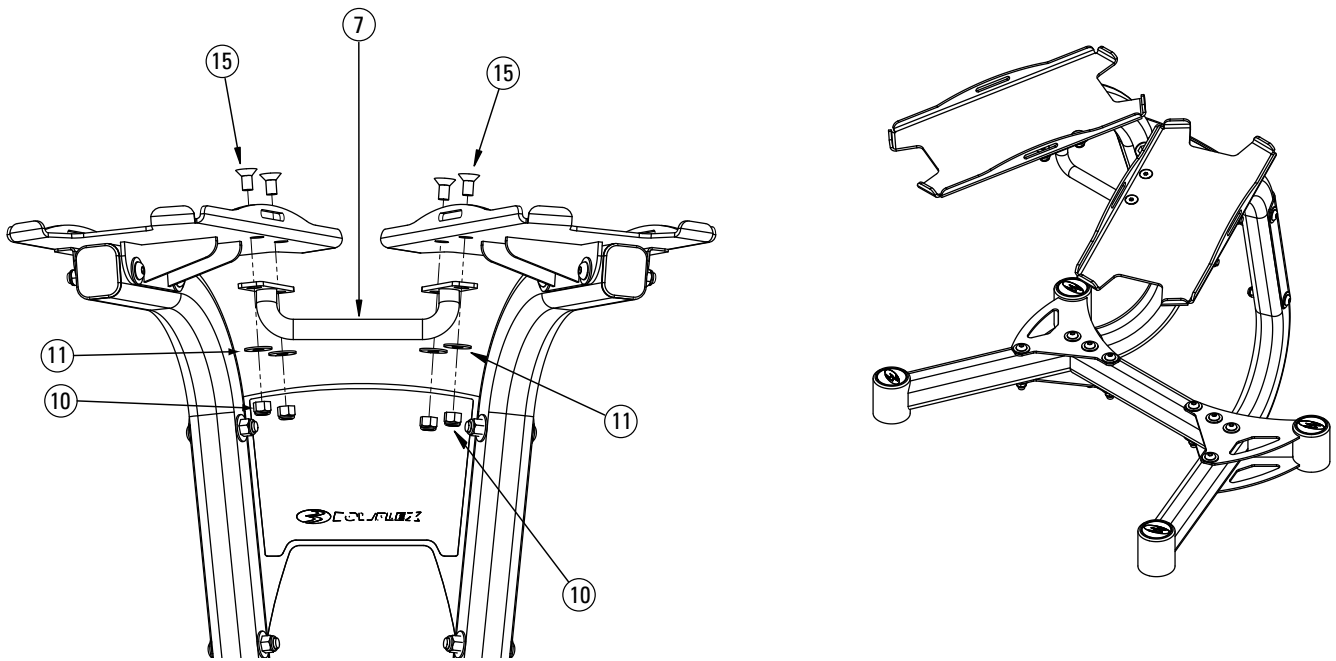
- 2.75" Screws (#13) 2
- Washers (#11) 4
- Nuts (#10) 2

**Tools:**

- Hex Key (7/32")
- Wrench/Socket (9/16") or Adjustable Wrench

**6-1** Secure the Right Dumbbell Platform (#6) to right Stand Leg (#4) using the hardware shown in **Figure 6**.

**Note:** Make sure the screw holes in the Platform are toward the center of the stand.



**Figure 7**

**Parts:**

- Stand assembly from Step 6
- Towel Bar (#7)

**Hardware**

**Qty**

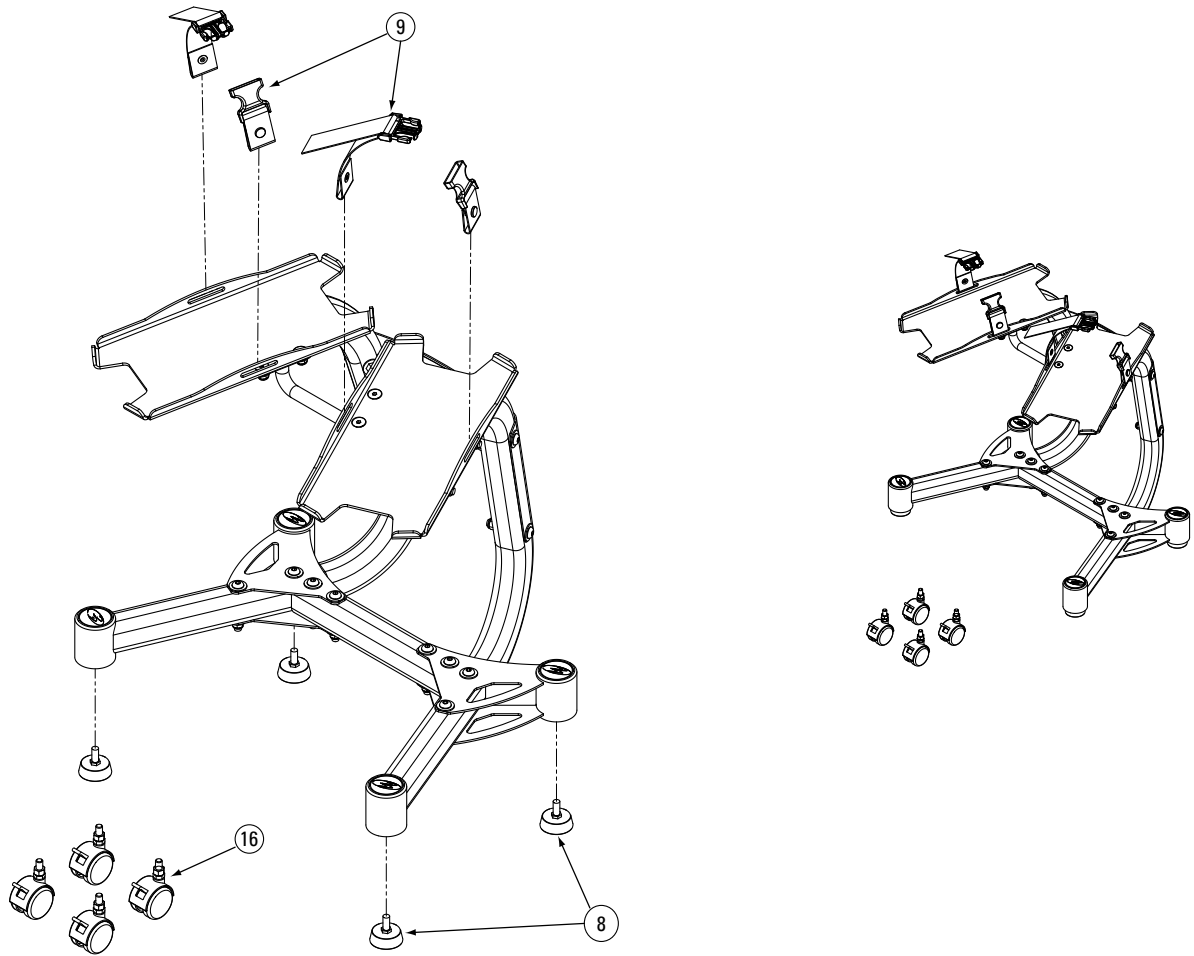
- |                   |   |
|-------------------|---|
| • 1" Screws (#15) | 4 |
| • Washers (#11)   | 4 |
| • Nuts (#10)      | 4 |

**Tools:**

- Hex Key (7/32")
- Wrench/Socket (9/16") or Adjustable Wrench

**7-1** Attach the Towel Bar (#7) to the Left Dumbbell Platform (#5) and the Right Dumbbell Platform (#6) using hardware shown in **Figure 7**. Hand tighten screws in a cross pattern, to ensure even fit.

**7-2** Tighten all screws securely.



**Figure 8**

**Parts:**

- Stand assembly from Step 7
- Foot Pegs (#8) or Caster Wheels (#15)
- Hold Down Straps (#9)

**8-1** Attach either Foot Pegs (#8) or Caster Wheels (#15) to the Rear Left Stabilizer (#2), the Rear Right Stabilizer (#3), and both Stand Legs (#4). See **Figure 8**.

**8-2** Attach the Hold Down Straps (#9) to the Left Dumbbell Platform (#5) and the Right Dumbbell Platform (#6) as shown in **Figure 8**.

# ***BOWFLEX***<sup>®</sup>

16400 SE Nautilus Dr.  
Vancouver, Washington, USA 98683  
1-800-NAUTILUS [www.nautilus.com](http://www.nautilus.com)

© 2006 Nautilus, Inc. All Rights Reserved.  
Bowflex and Bowflex SelectTech are either registered  
trademarks or trademarks of Nautilus, Inc.

Specifications subject to change.

P/N 000-3708 RevB 02/06