



BOWFLEX

ULTIMATE[®] 2



The Bowflex Ultimate[®] 2

Assembly Instructions

(Shown with optional accessories)



Congratulations

Congratulations on your commitment to improving your health and fitness! With the Bowflex Ultimate® 2 home gym, you have everything you need to exceed all of your physical fitness, strength and health expectations!

The Bowflex Ultimate® 2 home gym’s exceptional resistance and quality is unmatched by any other single piece of home fitness equipment available. You will not believe the amazing results your body will get with the Bowflex Ultimate® 2 home gym!

With all of the fitness choices available today, finding the best workout equipment for your needs can be confusing. Everyone at Nautilus would like to congratulate you and thank you for selecting the Bowflex Ultimate® 2 home gym.

The Bowflex Ultimate® 2 home gym is the best home fitness product available, and you’re just about to prove it to yourself.

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Bowflex Ultimate® 2 Seat Rail Securing Device Addendum

NOTICE: This Addendum provides important instructions for securing the Bowflex Ultimate® 2 Home Gym Seat Rail to the Seat Rail Securing Device. Be aware that the Owner's and Assembly Manuals refer to the Seat Rail Securing Device as the "Squat Holder" and/or "rail securing device".

If you need assistance, please call Bowflex® Customer Service at 1-800-628-8458.

⚠ WARNING Failure to secure the Seat Rail Securing Device into the Seat Rail may cause injury.

It is important to latch the Seat Rail Securing Device into the Seat Rail before performing the following exercises:

- Standing Lat Row
- Standing Biceps Curl (with pulleys)
- Squat
- Lunge
- Standing Calf Press
- Wide Squat

Part A

Latch the Seat Rail Securing Device

Step 1: Remove the Seat Back

Step 2: Lock the Sliding Seat

2-1 Seat must be locked at the end of the Seat Rail.

2-2 Make sure that the sliding seat lock handle is in the locked position (Figure 1).

Step 3: Lift the Seat Rail

3-1 Bend at the knees and grab the Seat Rail with one hand and the locked Sliding Seat with your other hand (Figure 2).

3-2 Use your legs to lift the Seat Rail (Figure 3).

(Part A continued on page 2)

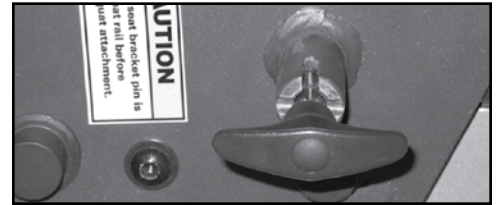


Figure 1



Figure 2



Figure 3

Bowflex Ultimate® 2 Seat Rail Securing Device Addendum

Part A (continued)

Step 4: Latch the Seat Rail Securing Device

4-1 Insert the Seat Rail Securing Device into the hole in the Seat Rail until it clicks (Figures 4, 5, 6).

Step 5: Make sure that the Seat Rail is secured.

5-1 Stand to the side of the machine base and Seat Rail.

⚠ WARNING Do not stand on the base below the Seat Rail when you pull on it. This may cause injury.

5-2 Pull down on the Seat Rail to make sure that the Seat Rail Securing Device is secured (Figure 7).

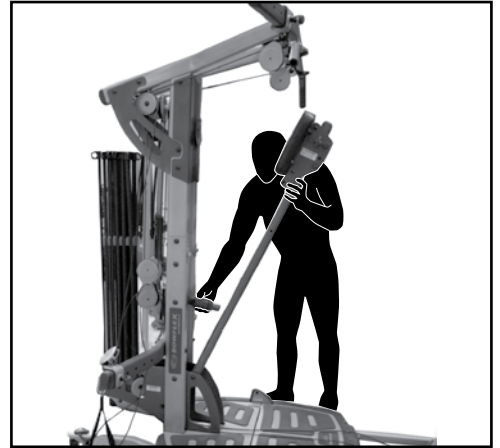


Figure 4

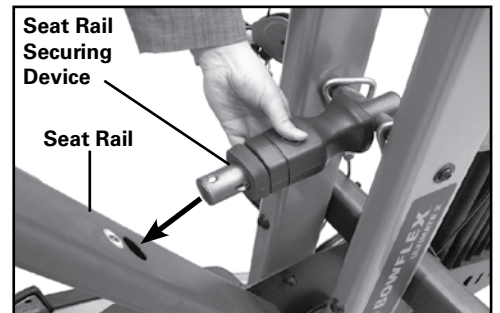


Figure 5



Figure 6



Figure 7

Part B

Release the Seat Rail Securing Device

Step 1: Secure the Seat Rail Securing Device

- 1-1 With your inside foot on the machine base, hold the Seat Rail with one hand and push your shoulder into it lightly (Figure 8).
- 1-2 Continue to hold the Seat Rail with one hand and your shoulder. Use your free hand to unlock the Seat Rail Securing Device (Figures 8 and 9) until it releases (Figure 10).

Step 2: Lower the Seat Rail

- 2-1 When the Seat Rail Securing Device releases, use both hands to hold onto the Seat Rail (Figure 11).
 - 2-2 Use both hands to carefully lower the seat down into the horizontal position (Figure 12).
- ⚠ WARNING** Do not stand on the base below the Seat Rail when you lower it. This may cause injury.
- ⚠ WARNING** Always use both hands to lift and lower the Seat Rail. Bend at the knees when lifting or setting down the Seat Rail. Failure to use proper lifting techniques may cause injury.



Figure 8

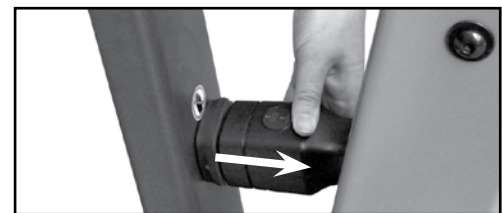


Figure 9

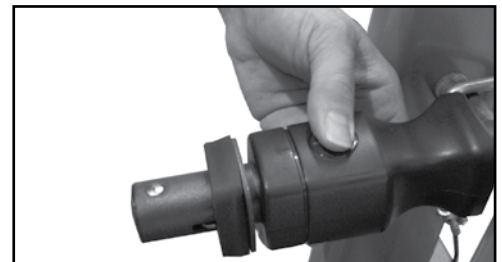


Figure 10

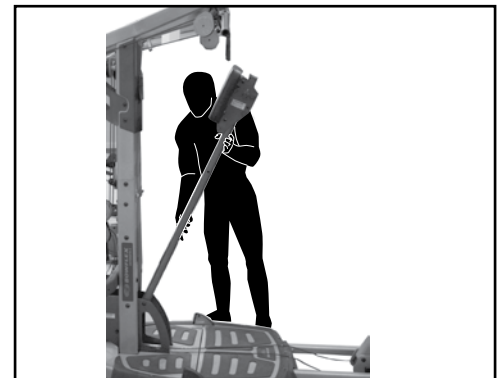


Figure 11

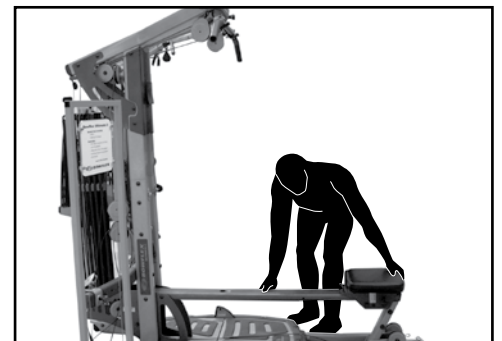


Figure 12

Before You Start

Before You Assemble

Select where you are going to locate your Bowflex Ultimate® 2 home gym carefully. The best place for your home gym is on a hard, level surface. For best results, assemble your home gym in the location where you intend to use it. Allow a workout area of at least 8'4"L x 6'6"W (2.6m L x 2m W) of free space for safe operation of the Bowflex Ultimate® 2 home gym.

A minimum of 7'4" of ceiling height will be required to assemble your Bowflex Ultimate® 2 home gym.

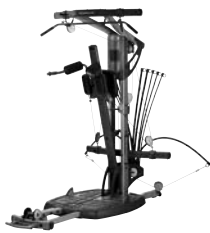
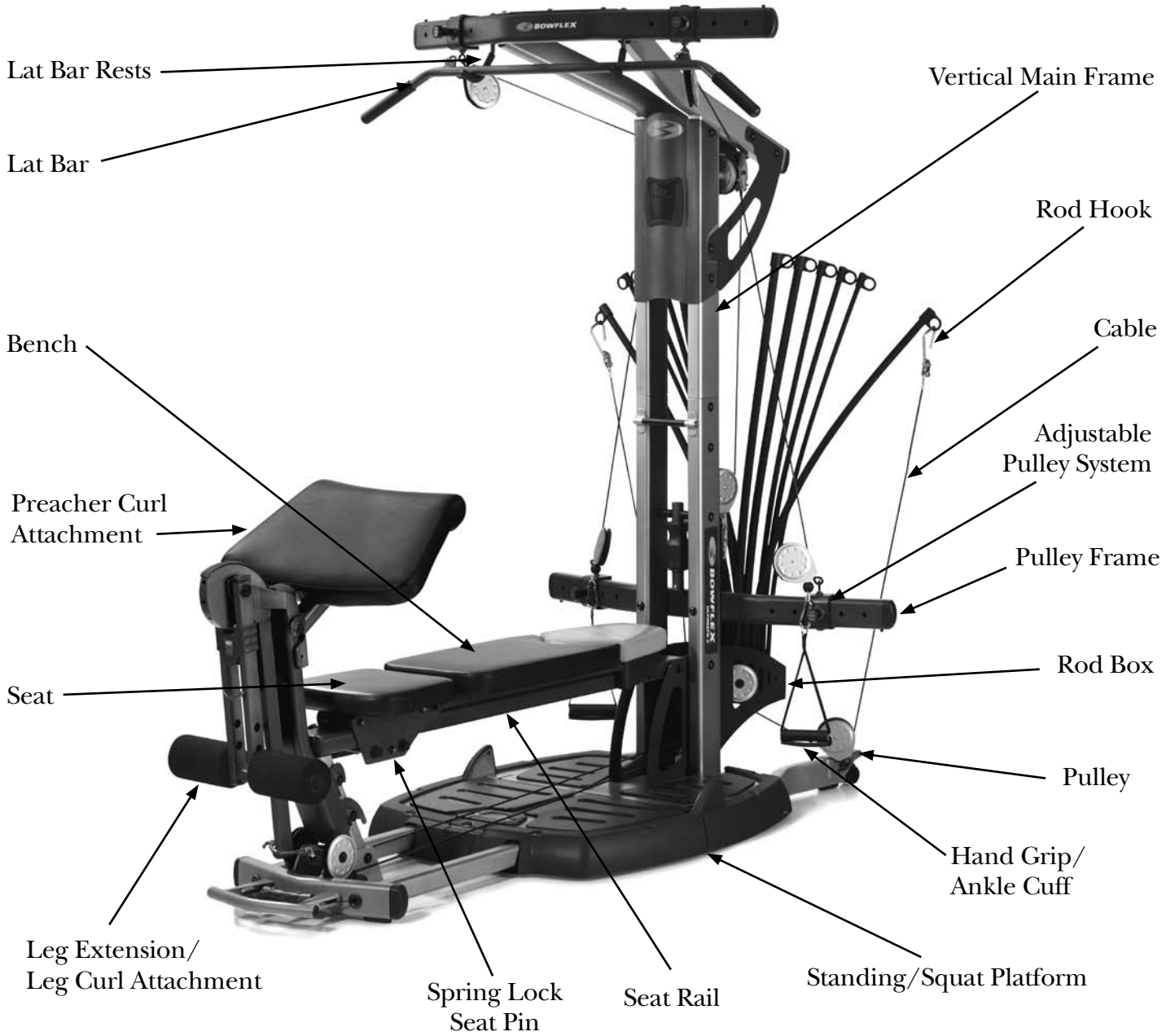
Basic Assembly Principles

Here are a few basic tips that will make your assembly of the Bowflex Ultimate® 2 home gym 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 Ultimate® 2 home gym, turn bolts or nuts toward the right to tighten and left to loosen.

NOTE: LEAVE ALL CABLES WRAPPED AND BAGGED UNTIL YOUR BOWFLEX ULTIMATE® 2 IS FULLY ASSEMBLED.

Bowflex Ultimate® 2 Parts Reference Guide



Squat Attachment



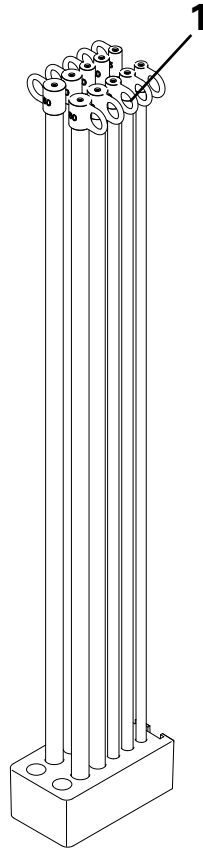
Preacher Curl Attachment



Ab Curl Attachment (optional)

Box Contents / Parts List

BOX 1

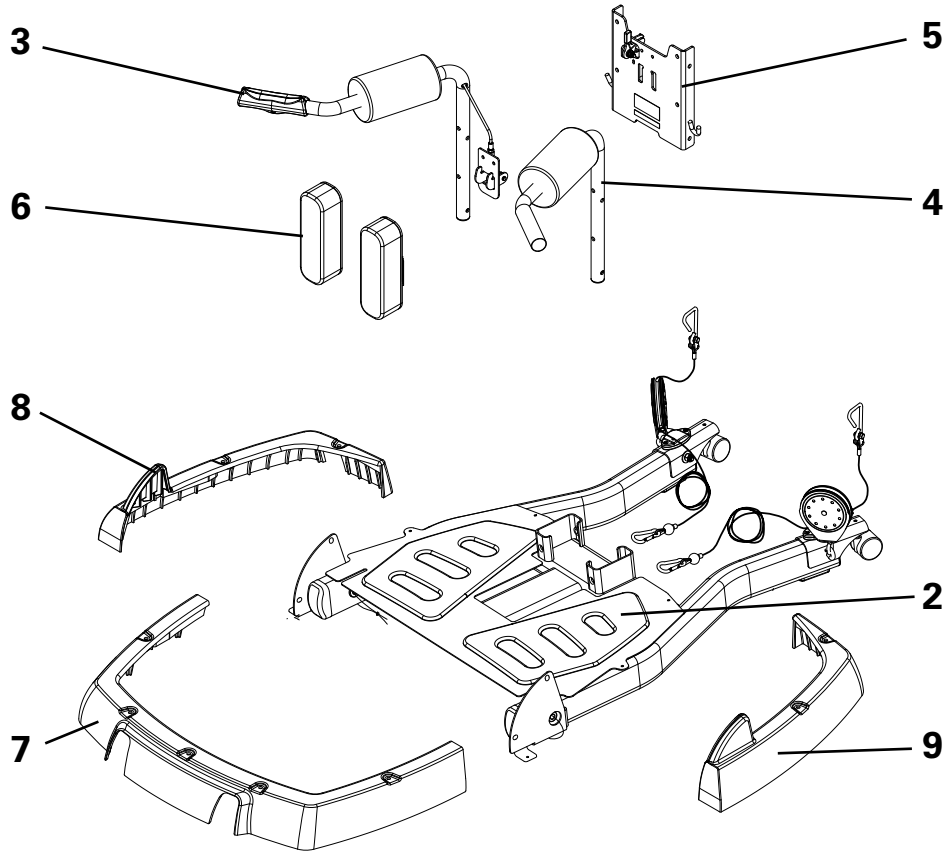


Box 1 Contents

| Reference # | Qty. | Description |
|--------------------|-------------|--------------------|
| 1 | 1 | 210 lb. Rod Pack |

Box Contents / Parts List

BOX 2

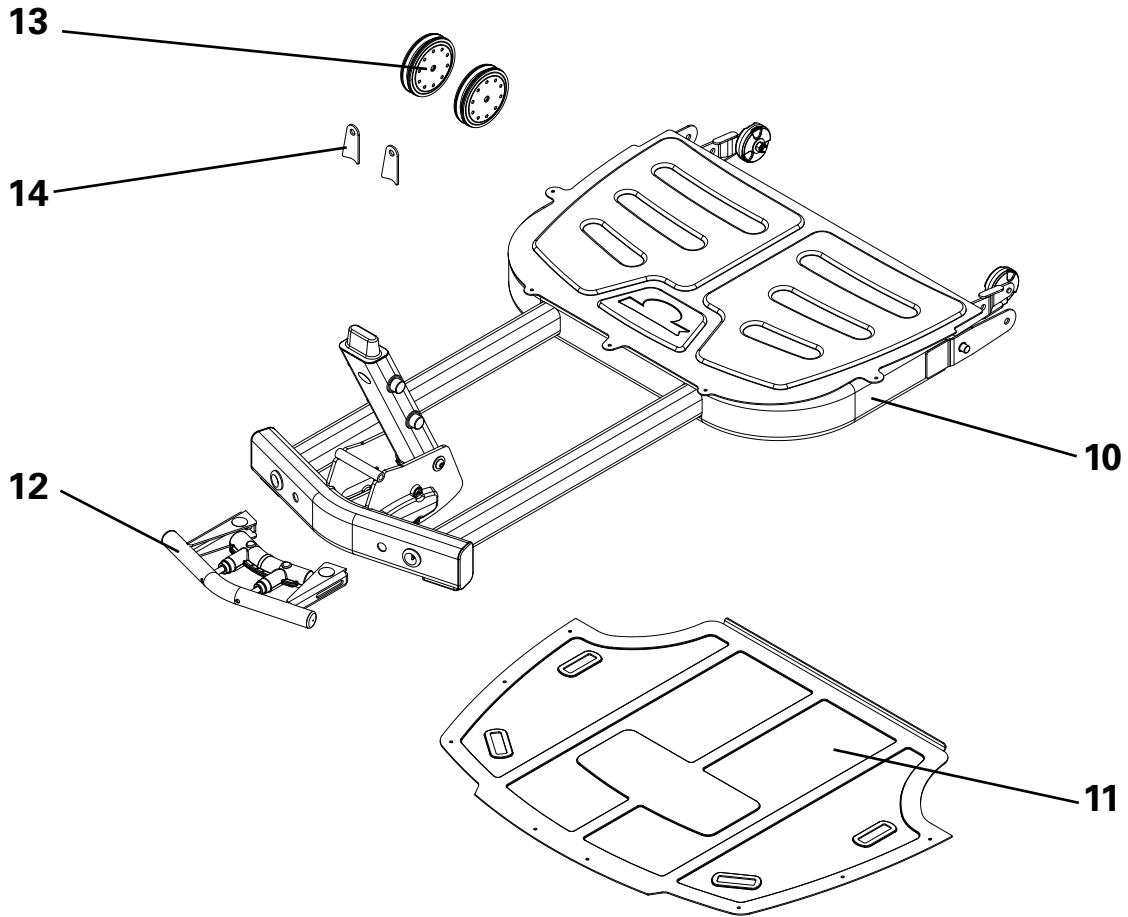


Box 2 Contents

| Reference # | Qty. | Description |
|-------------|------|--------------------------------|
| 2 | 1 | Rear Base Assembly |
| 3 | 1 | Right Squat Assembly Handlebar |
| 4 | 1 | Left Squat Assembly Handlebar |
| 5 | 1 | Squat Frame |
| 6 | 2 | Squat Assembly Pad |
| 7 | 1 | Front Plastic Cover |
| 8 | 1 | Right Rear Plastic Cover |
| 9 | 1 | Left Rear Plastic Cover |

Box Contents / Parts List

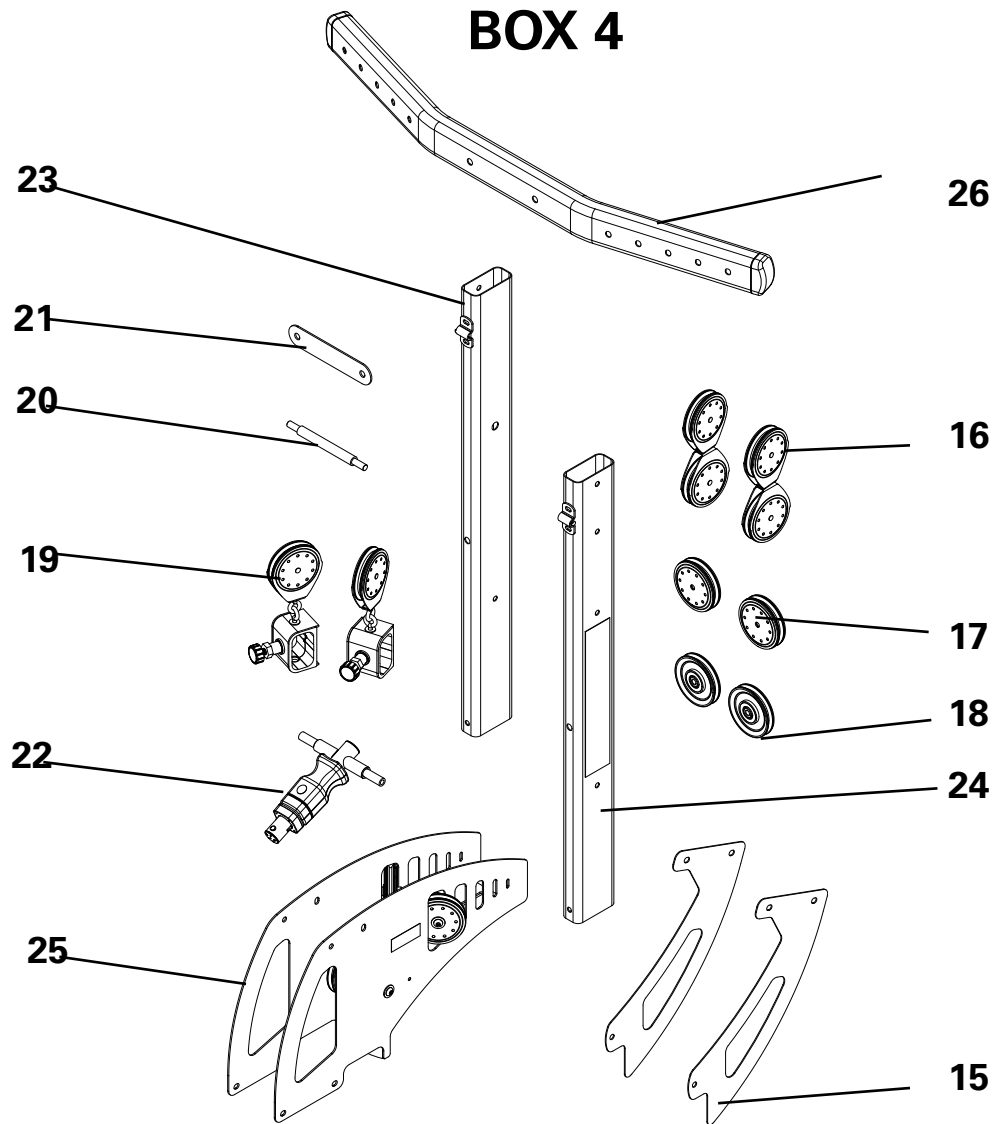
BOX 3



Box 3 Contents

| Reference # | Qty. | Description |
|-------------|------|--|
| 10 | 1 | Front Base Assembly |
| 11 | 1 | Front Base Plate |
| 12 | 1 | Front Handle Assembly |
| 13 | 2 | Single Pulley Assembly With Two Cheeks |
| 14 | 2 | Leg Extension Pulley Bracket |

Box Contents / Parts List

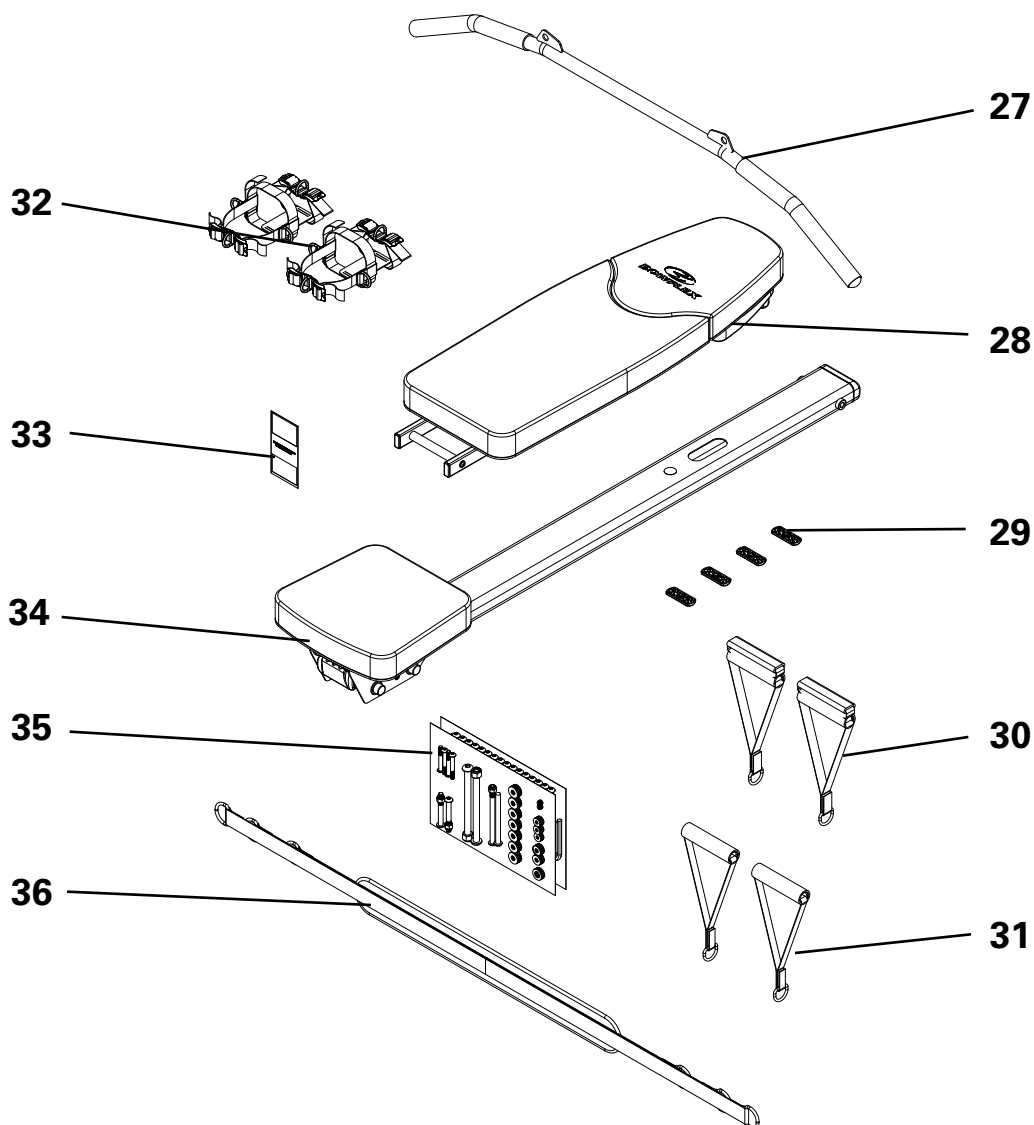


Box 4 Contents

| Reference # | Qty. | Description |
|-------------|------|--|
| 15 | 2 | Side Plate |
| 16 | 2 | Floating Pulley assembly |
| 17 | 2 | Single Pulley Assembly With Two Cheeks |
| 18 | 2 | Pulley |
| 19 | 2 | Pulley Slider |
| 20 | 1 | Cross Brace |
| 21 | 1 | Washer Plate |
| 22 | 1 | Squat Holder |
| 23 | 1 | Right Lower Upright |
| 24 | 1 | Left Lower Upright |
| 25 | 1 | Rod Box (Rod Box Retainer is located on hardware card) |
| 26 | 1 | Chest Bar |

Box Contents / Parts List

BOX 5

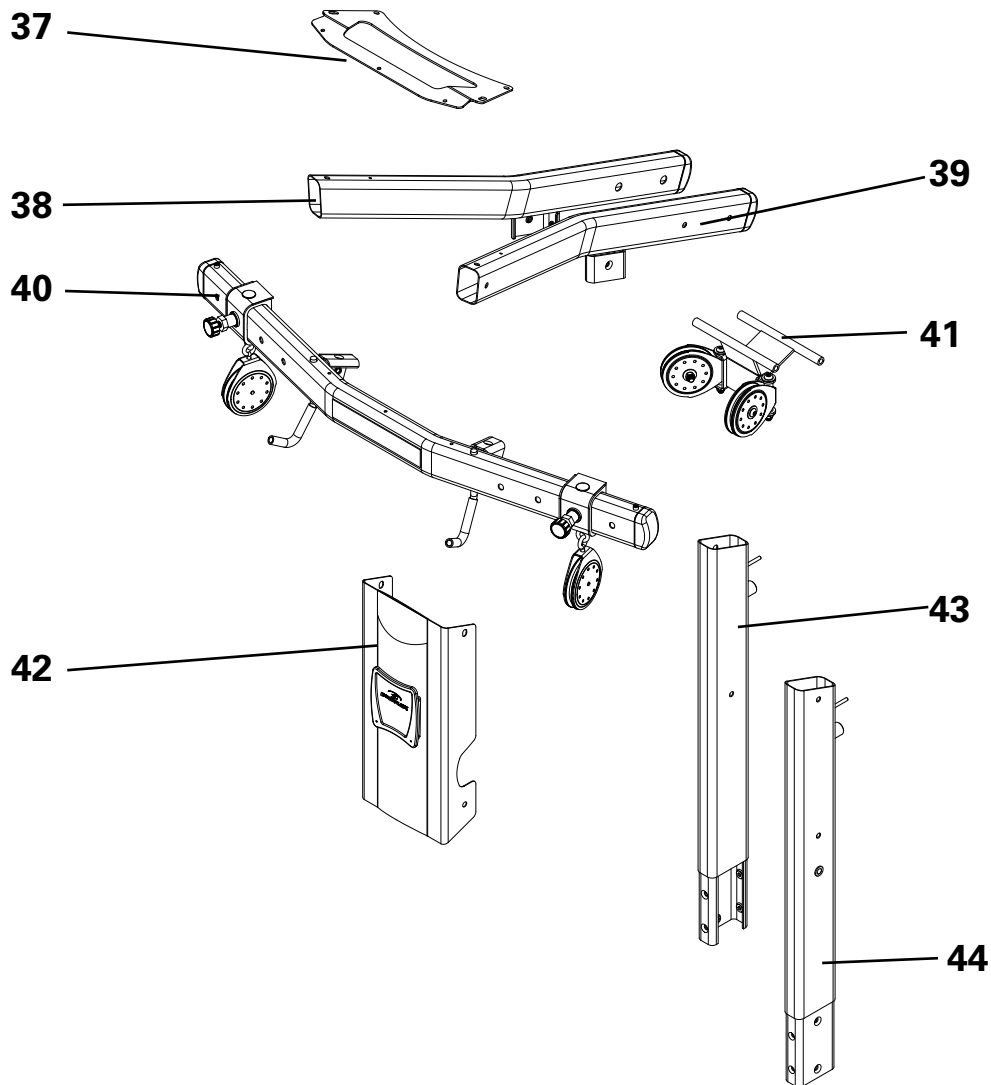


Box 5 Contents

| Reference # | Qty. | Description |
|-------------|------|-----------------------------|
| 27 | 1 | Lat Pull Down Bar |
| 28 | 1 | Bench |
| 29 | 4 | Plastic Foot |
| 30 | 2 | Grip Ankle Cuff |
| 31 | 2 | Hand Grip |
| 32 | 2 | Foot Harness |
| 33 | 1 | Foot Harness Instructions |
| 34 | 1 | Seat Rail With Sliding Seat |
| 35 | 2 | Hardware Cards |
| 36 | 1 | Rowing Belt |

Box Contents / Parts List

BOX 6

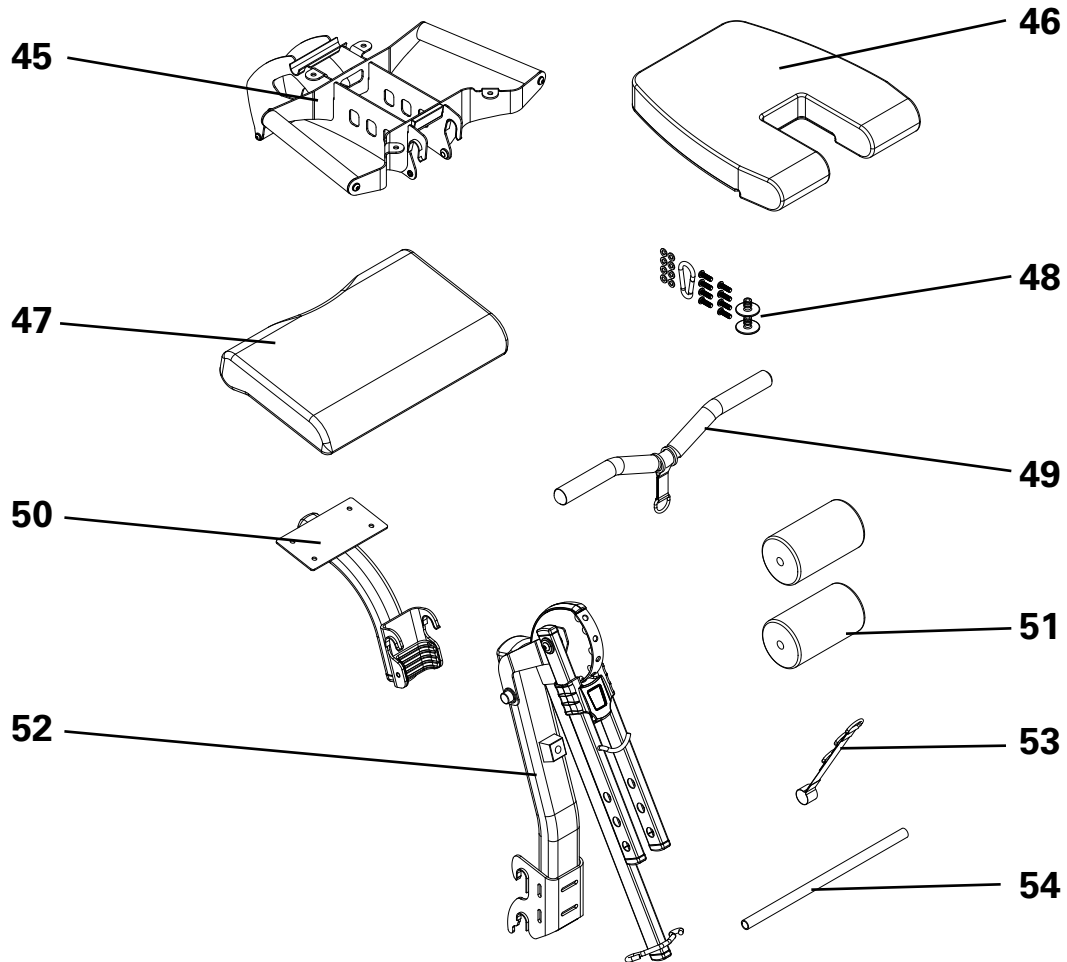


Box 6 Contents

| Reference # | Qty. | Description |
|-------------|------|-----------------------------|
| 37 | 1 | Top Plate |
| 38 | 1 | Right Lat Boom |
| 39 | 1 | Left Lat Boom |
| 40 | 1 | Lat Bar With Pulley Sliders |
| 41 | 1 | Rear Pulley Frame |
| 42 | 1 | Face Plate |
| 43 | 1 | Left Upper Lat Upright |
| 44 | 1 | Right Upper Lat Upright |

Box Contents / Parts List

BOX 7

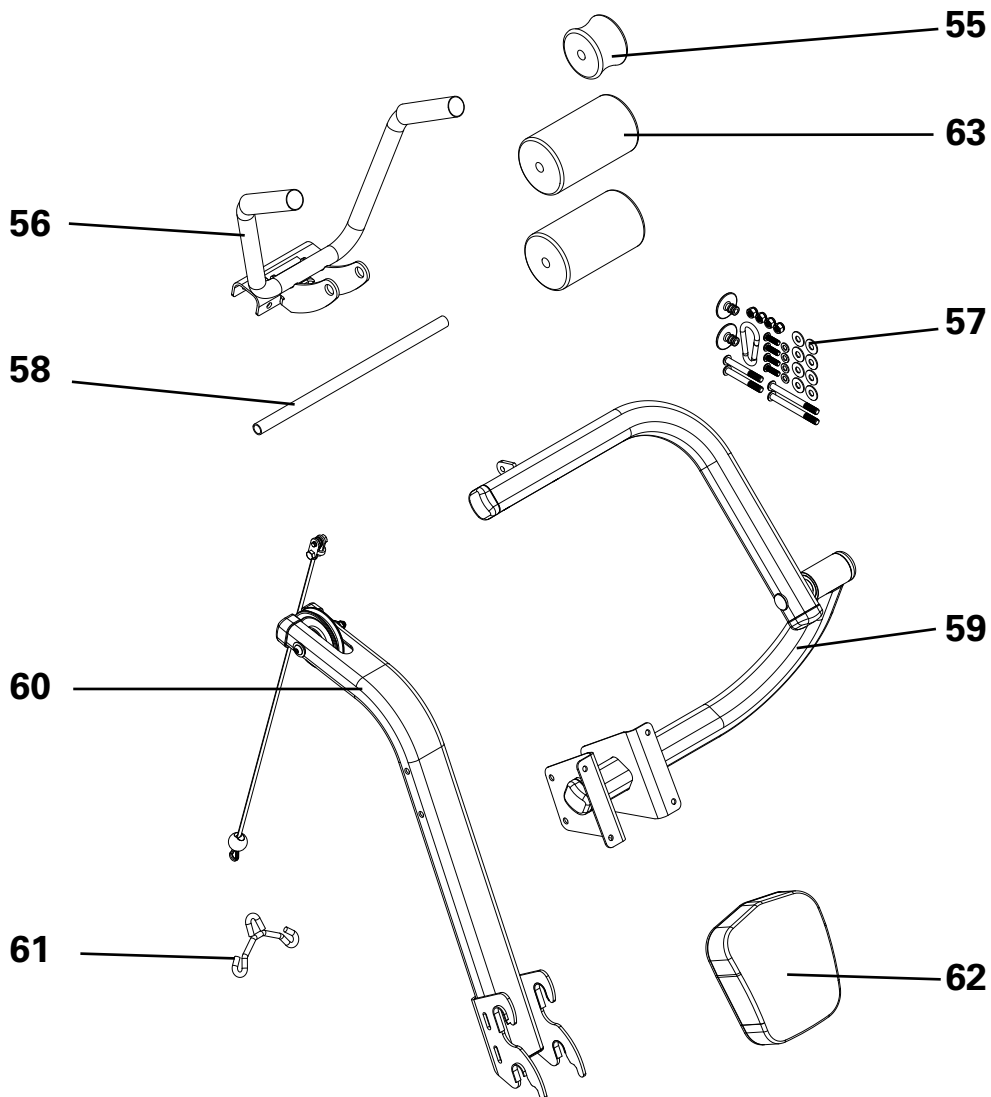


Box 7 Contents

| Reference # | Qty. | Description |
|-------------|------|----------------------------|
| 45 | 1 | Leg Extension Seat Frame |
| 46 | 1 | Leg Extension Seat Pad |
| 47 | 1 | Preacher Curl Pad |
| 48 | 1 | Hardware Bag |
| 49 | 1 | Preacher Curl Bar |
| 50 | 1 | Preacher Curl Frame |
| 51 | 2 | Roller Pad |
| 52 | 1 | Leg Extension Assembly |
| 53 | 1 | Webbing With Steel Rings |
| 54 | 1 | Leg Extension Roller Shaft |

Box Contents / Parts List

Ab Box



Ab Box Contents

| Reference # | Qty. | Description |
|-------------|------|------------------------|
| 55 | 1 | Ab Crunch Middle pad |
| 56 | 1 | Ab Crunch Handle Bar |
| 57 | 1 | Hardware Bag |
| 58 | 1 | Ab Crunch Roller Shaft |
| 59 | 1 | Ab Crunch Pivot Arm |
| 60 | 1 | Ab Crunch Frame |
| 61 | 1 | Ab Cable Hook |
| 62 | 1 | Ab Crunch Back Pad |
| 63 | 2 | Ab Crunch Roller Pads |

Tools You Will Need

Hex Wrenches Are Provided in the Box

3/16" Hex Key for 5/16" Pan Head Allen Bolts :



7/32" Hex Key for 3/8" Pan Head Allen Bolts :

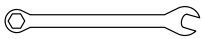


5/32" Hex Key for #10 Cap Screws :

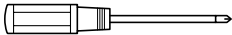


These Tools Are Not Provided in the Box

Wrench (1/2"), (7/16"), (9/16") and (3/4") or Adjustable Wrench
(not provided):

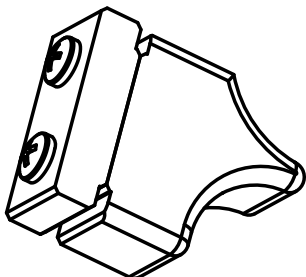


Phillips Head Screwdriver (not provided):

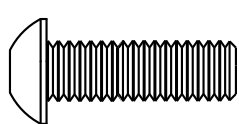
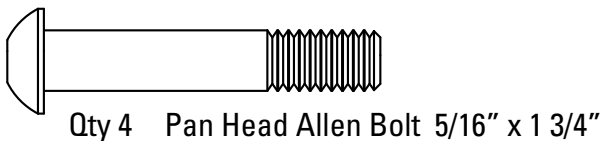
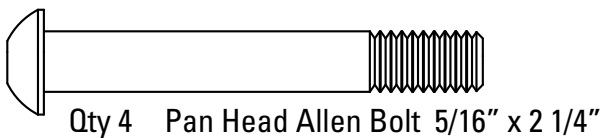
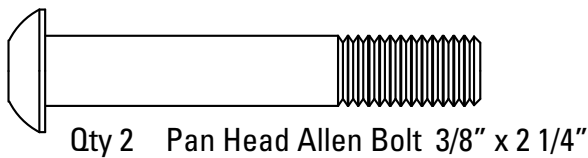
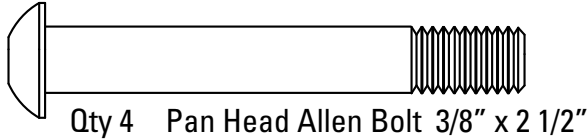
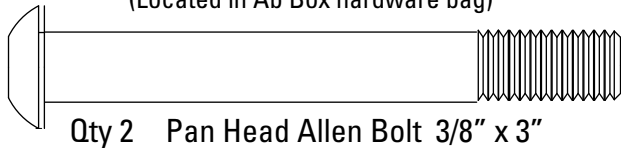
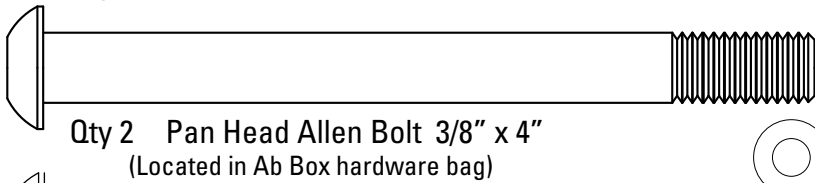
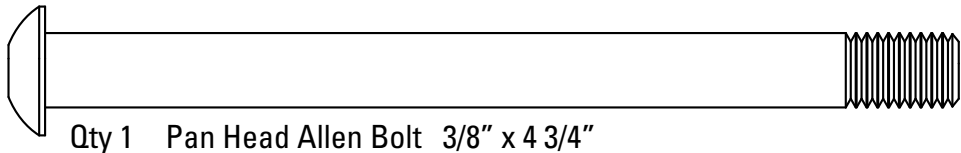
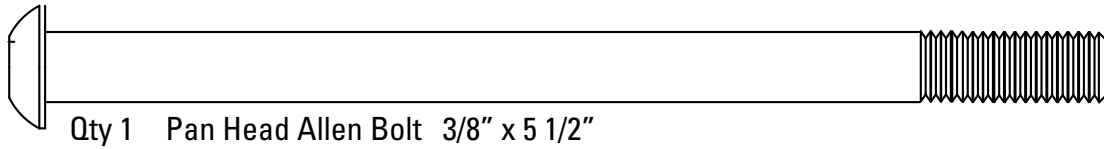
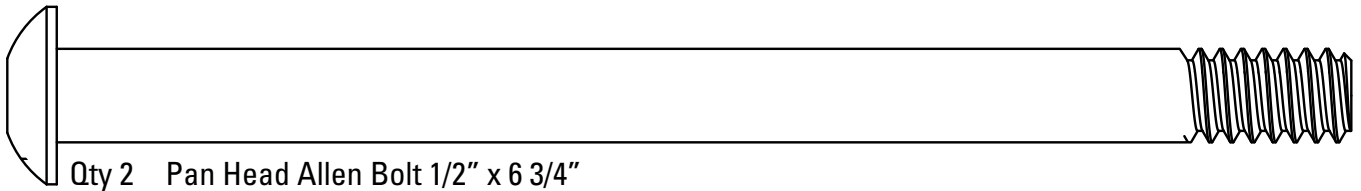


* Specifications subject to change without notice.

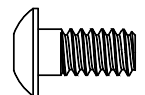
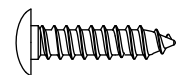
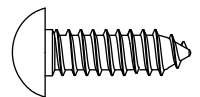
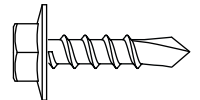
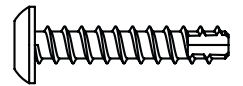
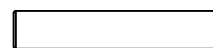
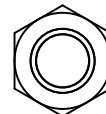
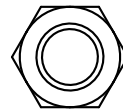
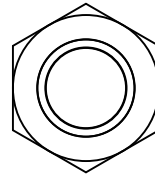
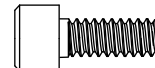
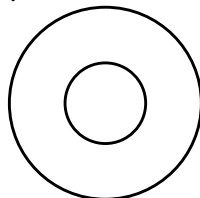
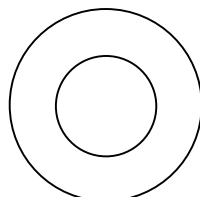
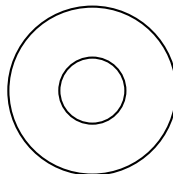
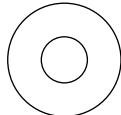
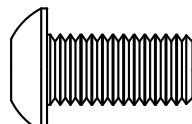
NOTE: THE ROD BOX RETAINER (WITH 2 PRE-INSTALLED SCREWS) IS LOCATED ON THE HARDWARE CARD.



Hardware Chart (1:1 scale)



(Located in Box 7 hardware bag)



Assembling Your Bowflex Ultimate® 2

STEP 1

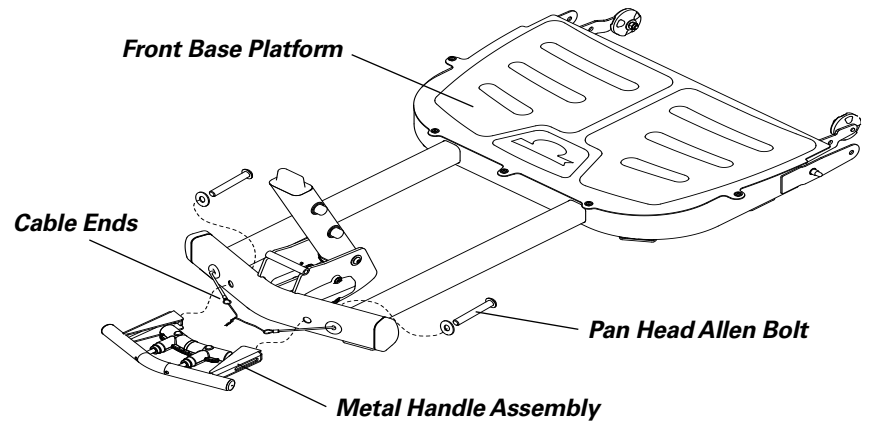
Parts:

- Front Base Platform (Box 3)
- Metal Handle Assembly (Box 3)

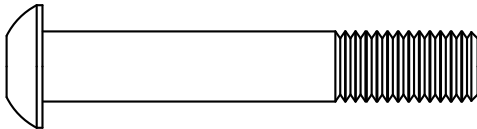
Tools:

- Hex Key (7/32")

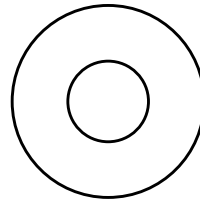
- 1-1** Move twist ties and cable ends up and out of the way.
- 1-2** Position the Metal Handle Assembly (Label side up) on the Front Base Platform.
- 1-3** Install and completely tighten the hardware.



Hardware (1:1):



2 Pan Head Allen Bolt (3/8" X 2 1/4")



2 Washers (3/8")

Assembling Your Bowflex Ultimate® 2

STEP 2

Parts:

- Handle and Base Assembly (from Step 1)
- Plastic Handle Top and Bottom
- Cable Retainer Pins (Hardware Card)
- Plastic Plug Covers

Tools:

- Hex Key (5/32")

2-1 Lay the Handle and Base Assembly down on the floor, remove the Plastic Plug Covers and separate the Top and Bottom of the Plastic Handle.

2-2 Remove the Twist Ties.

2-3 Feed cables through Metal Handle and position the Cable End Loop just inside the Hollow Tube. **You may have to slide the Hollow Tube toward the Front Base to allow cables to reach.**

2-4 Insert Cable Retainer Pins through hole and cable loop. (See Detail A)

2-5 Position Top and Bottom of Plastic Handle.

NOTE: The hexagonal holes in the left side of the Handle are shallower than the holes in the right side. The #10 Nuts go in the deeper hexagonal holes on the right side of the handle. The right side can be identified by noting a small hole in the plastic flange. (See Detail B)

2-6 Install and completely tighten the hardware.

2-7 Install Plastic Plug Covers over hardware.

NOTE: The Plug Covers are marked on the inside with an "N" or an "H". To insure proper fit, use the caps marked with an "N" to cover the nuts and the caps marked with an "H" to cover the screw heads.

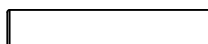
Hardware (1:1):



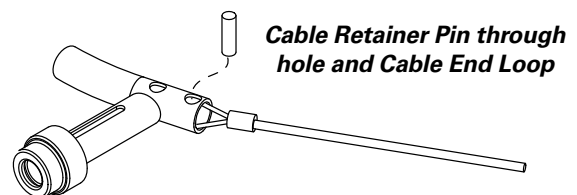
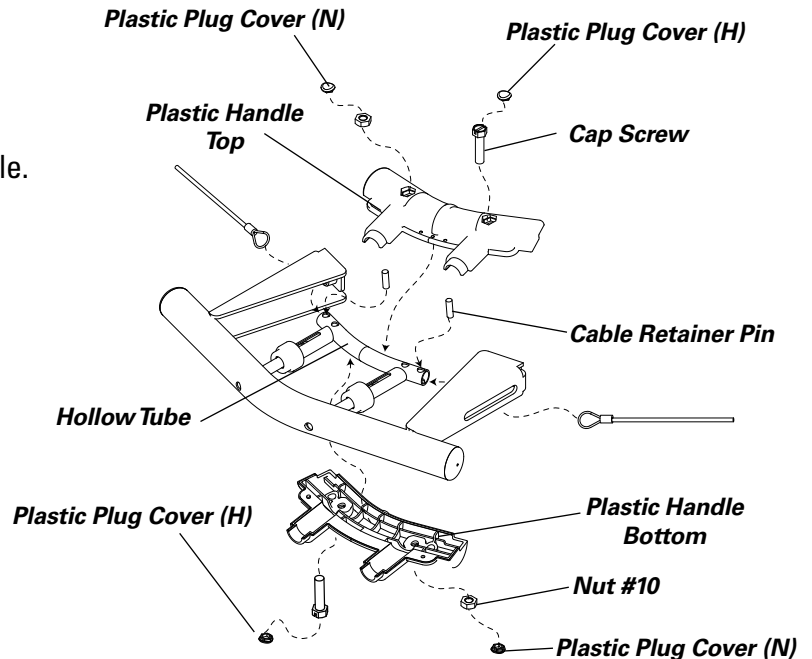
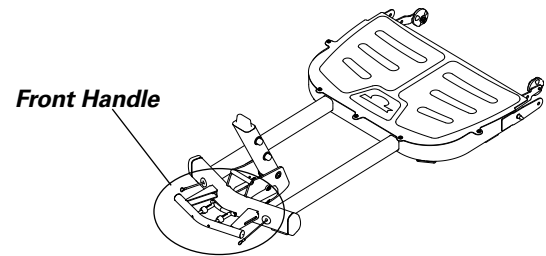
2 Cap Screws (#10 X 1")



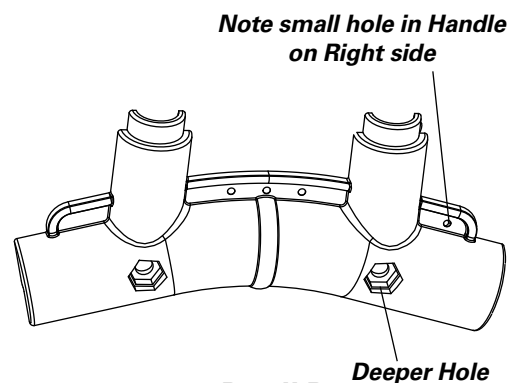
2 Nut (#10)



2 5.27 Cable Retainer Pins



Detail A



Detail B

Assembling Your Bowflex Ultimate® 2

STEP 3 – Use two people for this step!

Parts:

- Front Base Assembly
- Rear Base Platform (Box 2)

Tool:

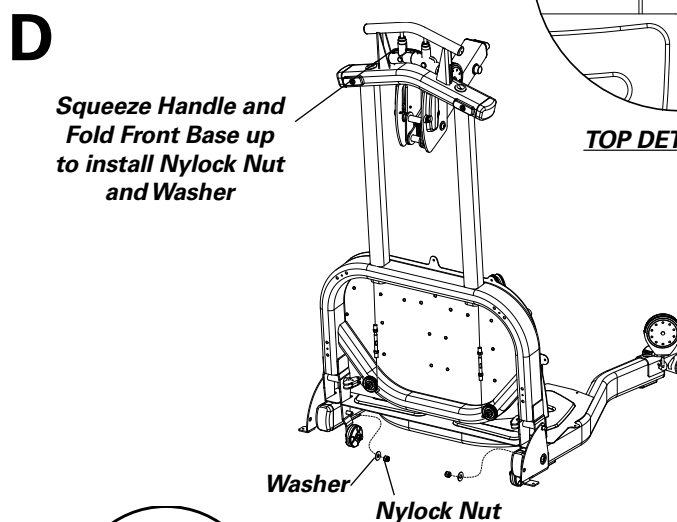
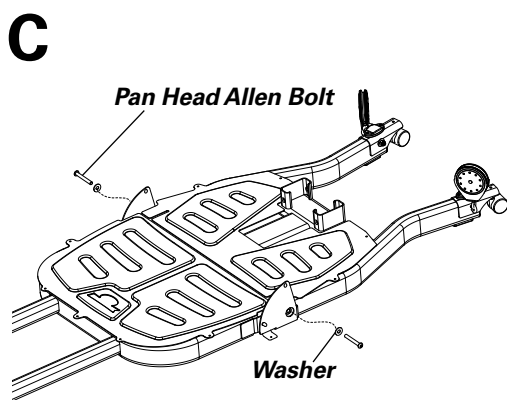
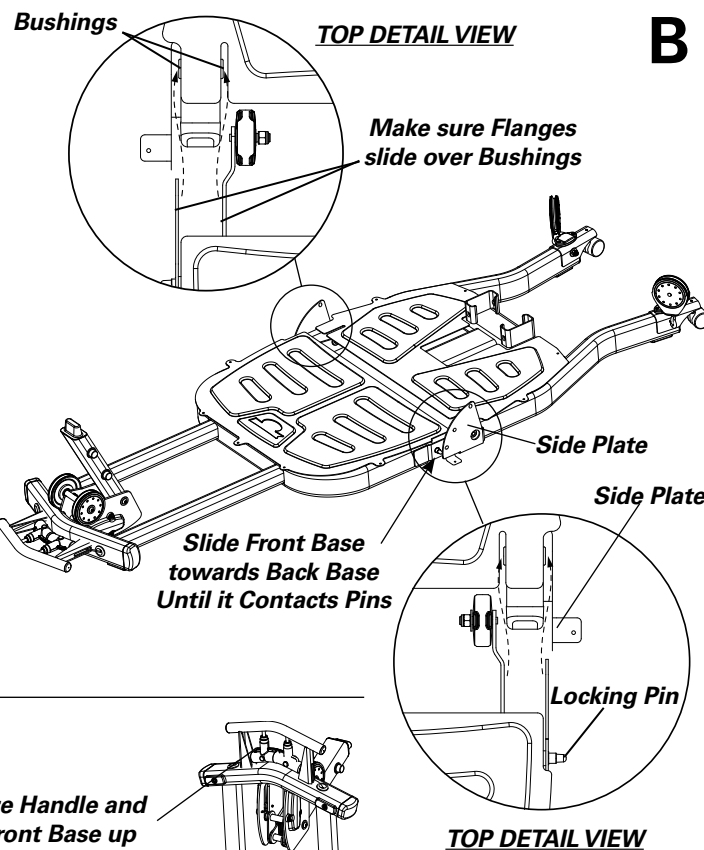
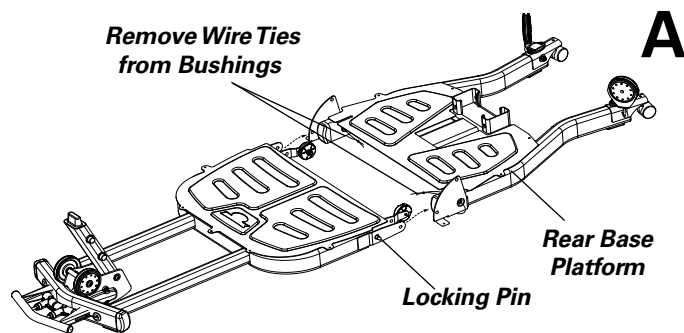
- Hex Key (7/32")
- Wrench (9/16") - or Adjustable Wrench

3-1 Remove Wire Ties from Bushings.

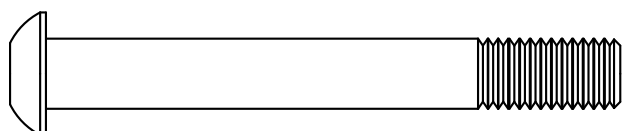
3-2 Slide Front Base toward rear base until the Locking Pins make contact with the side plates. **MAKE SURE** the Flanges slide over the Bushings during this procedure. (See Top Detail View)

3-3 Squeeze the Front Handle to retract the Locking Pins, lift the handle about 3-4 inches and push Front Base completely into the Rear Base. Release the handle and make sure the Locking Pins protrude through the Side Plates.

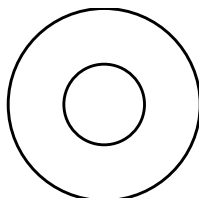
3-4 Insert the Button Head Bolt and Washer then squeeze Front Handle and fold Front Base up to install Inside Washer and Hex nut. Completely tighten hardware.



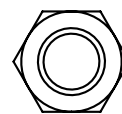
Hardware (1:1):



2 Pan Head Allen Bolt (3/8" X 3")



4 Washers (3/8")



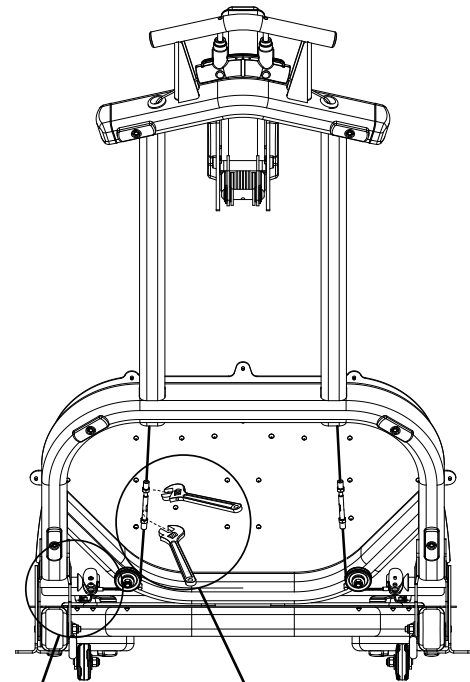
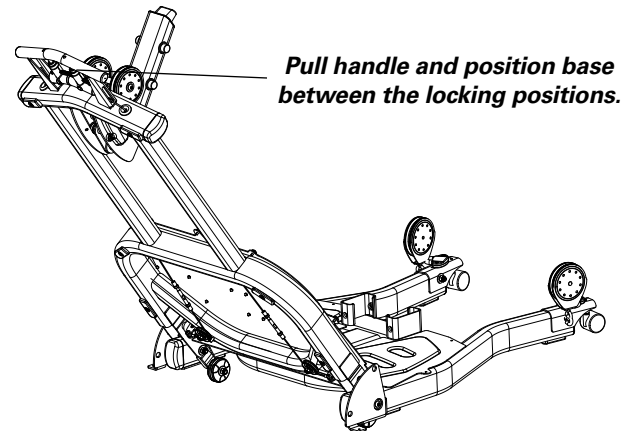
2 Nylock Nut (3/8")

Assembling Your Bowflex Ultimate® 2

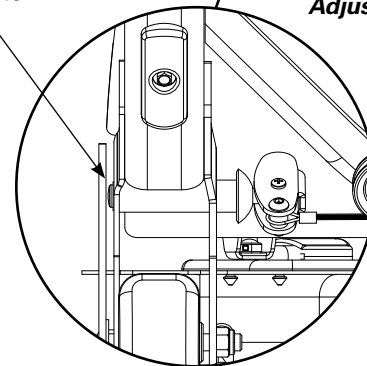
The cables that retract the locking pins may stretch with use. If the locking pins do not fully retract or interfere with the side plates, make the following adjustment.

Cable Adjustment (Requires Two People)

1. Position the base somewhere between the two locking positions.
2. Pull the handle until it is in the most compressed position.
3. Place a 1/4" or adjustable wrench on the Adjusting Barrel and use a 1/4" or adjustable wrench to loosen the locking nut. (See Detail B)
4. Rotate the Adjusting Barrel clockwise to increase the cable tension. The Locking Pins should be as close to the Side Plates as possible without making contact. (See Detail A)
5. Test the adjustment by releasing the handle and rotating the base to a locking hole. Make sure pin securely engages with the locking hole then pull the handle and make sure the unit moves freely.
6. Repeat the procedure for both sides if necessary.
7. Tighten Lock Nuts against Adjusting Barrel.

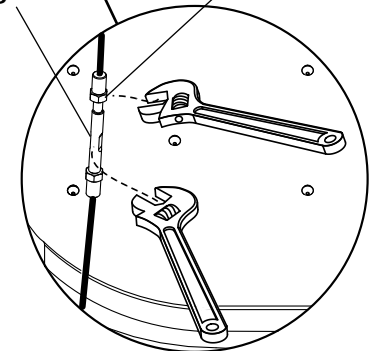


Make sure Locking Pin is as close as possible without making contact with Side Plate



Detail A

Adjusting Barrel **Locking Nut**



Detail B

Assembling Your Bowflex Ultimate® 2

STEP 4

Parts:

- Base Assembly (from step 3)
- Front & Rear Plastic Base Covers (Box 2)

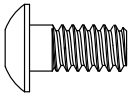
Tool:

- Hex Key (7/32")

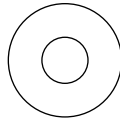
4-1 Position Plastic Covers on Front and Rear Base Platforms.

4-2 Install and completely tighten the hardware.

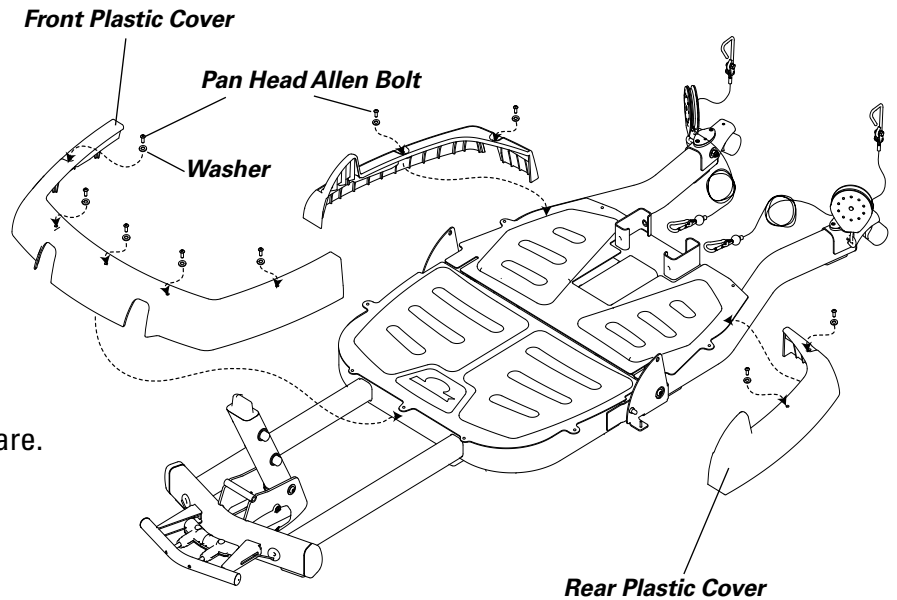
Hardware (1:1):



9 Pan Head Allen Bolt (1/4" X 1/2")



9 Washers (1/4")



STEP 5

Parts:

- Base Assembly
- Front Base Plate (Box 3)
- Front Base Feet (4) (Box 5)

Tools:

- Wrench (5/16")
- Phillips Head Screwdriver

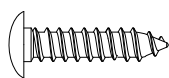
5-1 Fold the front base assembly into the upright position.

5-2 Position the Base Plate and secure with eight Phillips Head Screws and Washers.

5-3 Position the four Base Feet and secure with Hex Washer Head Screws. **Do not over tighten. Feet could crack with excess pressure!**

5-4 Completely tighten the Base Plate hardware.

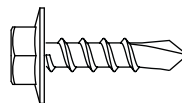
Hardware (1:1):



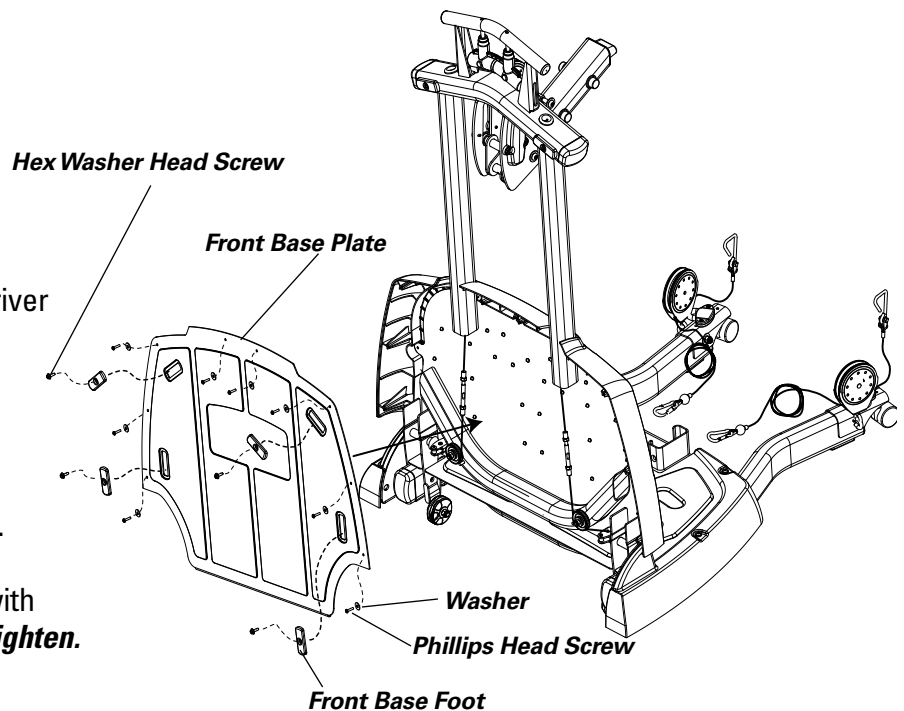
8 Self Tapping Screws (#8 X 3/4")



8 Washers (#8)



4 Coach Screws (#10 X 3/4")



Assembling Your Bowflex Ultimate® 2

STEP 6

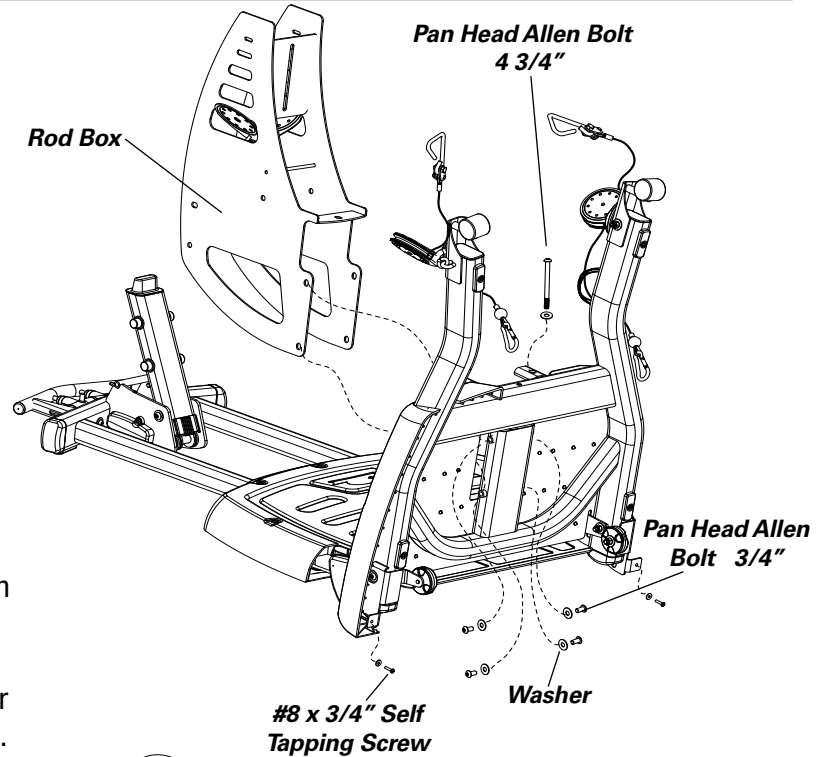
Parts:

- Base Assembly
- Rod Box (Box 4)

Tools:

- Hex Key (7/32")

- 6-1** Leave Base in folded position and tilt forward to gain access to bottom of Rear Base.
- 6-2** Place the Rod Box through Rear Base and align with holes in base frame.
- 6-3** Install the 4 3/4" screw first to hold the Rod Box in position then install the four 3/4" screws.
- 6-4** Install the two #8 x 3/4" screws to secure the rear base covers. Completely tighten all the hardware.



Hardware (1:1):



STEP 7 (Requires Two People)

Parts:

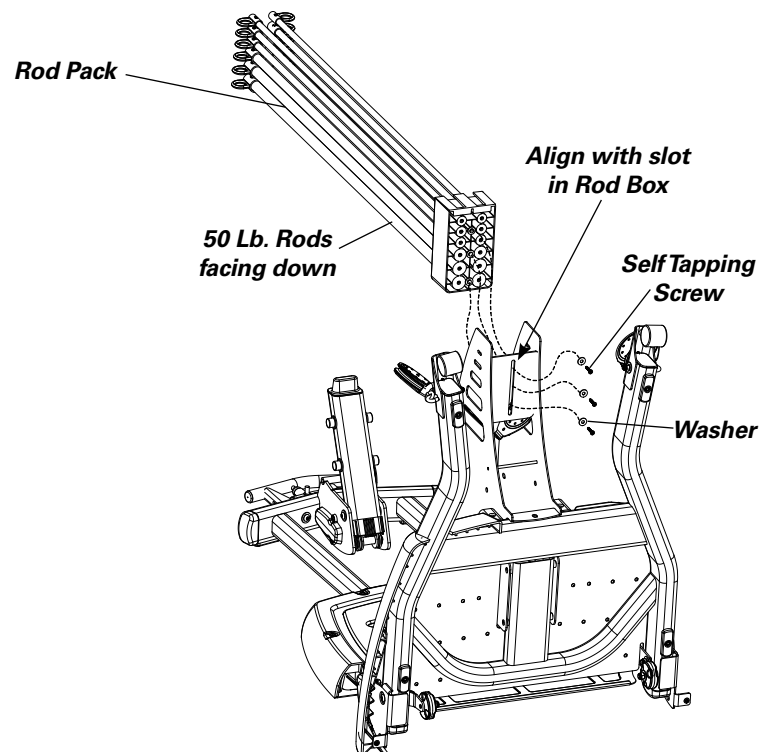
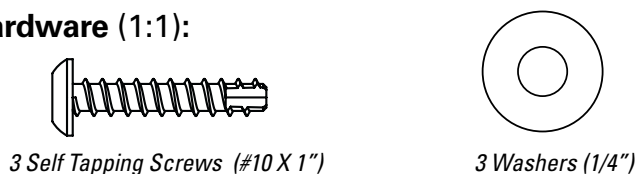
- Base Assembly
- Rod Pack (Box 1)

Tools:

- Phillips Head Screwdriver

- 7-1** Leave Base in folded position from step 6.
- 7-2** Have one person align the Rod Pack with the slot in the Rod Box with the 50 Lb. rods facing down.
- 7-3** Have second person Install and completely tighten hardware.

Hardware (1:1):



Assembling Your Bowflex Ultimate® 2

After installing the Rod Box in Step 7, install the Rod Retainer.

STEP 7B

Parts:

- 1 Rod Box Retainer

Tool:

- Phillips Head Screw Driver

Note: Rod Box screws must be installed before proceeding.

7B-1 Remove both screws connecting the backing plate and the face plate (See Figure A).

7B-2 Stand facing the rear of the Bowflex Ultimate® 2 unit. Place the backing plate (larger piece), with the curved side facing up, in between the two right-side 50 lb. rods (See Figure B). Verify that the notched lip of the backing plate is located in the slot of the Box Frame.

7B-3 Match up the face plate (thinner piece) to the backing plate on the outside of the rod box. Make sure that the notched lip of both backing plates are touching and that the holes are aligned.

7B-4 Fasten both screws into the lined up holes (See Figure C). Tighten until snug and then another quarter turn.

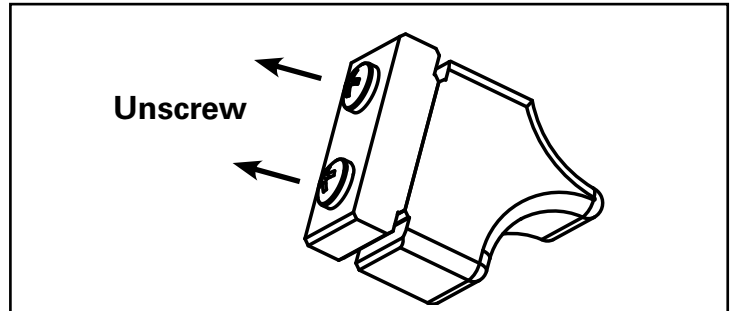


Figure A

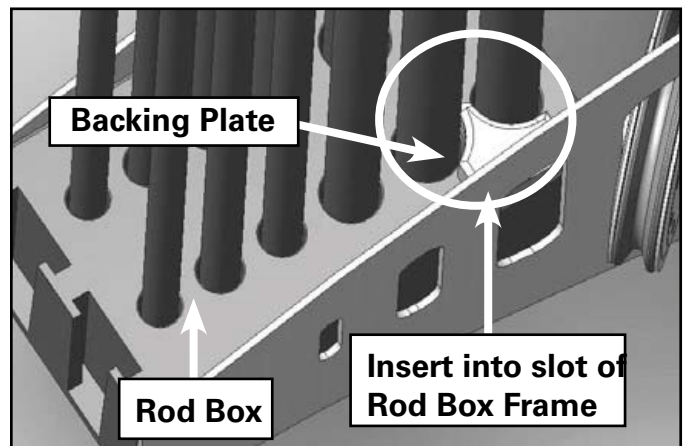


Figure B

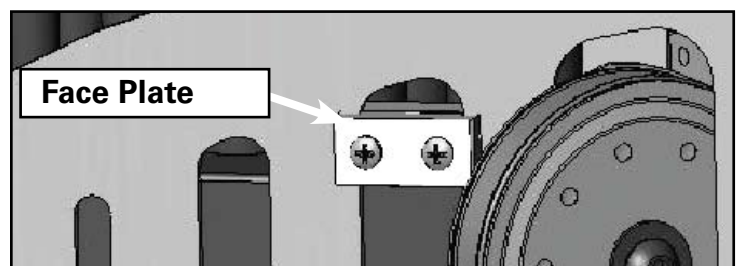
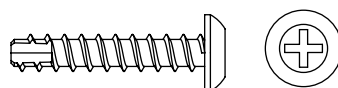
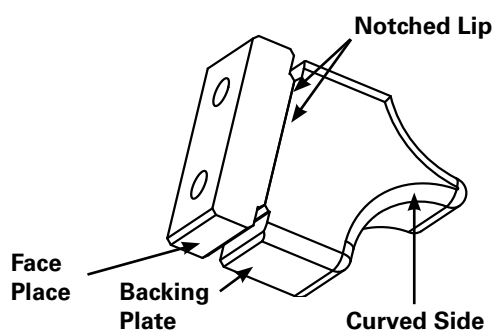


Figure C

Rod Box Retainer (screws are pre-installed)



Qty: 2
Self Threading Screws (#10 x 1")

Assembling Your Bowflex Ultimate® 2

STEP 8 (Do Not Tighten The Hardware For This Step Until Step 9)

Parts:

- Lower Lat Tower Uprights (Box 4)
- Squat Holder (Box 4)
- Cross Brace (Box 4)

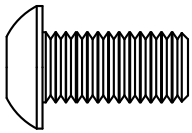
Tool:

- Hex Key (7/32")

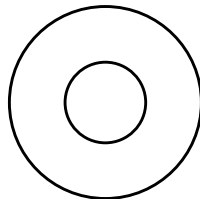
8-1 Insert Cross Brace and Squat Holder into Lower Lat Tower Uprights. Make sure the Squat Holder faces the the *front* of the Uprights. *The label is on the front and the screw holes are on the back of the holder.*

8-2 Install but **do not tighten** the hardware until Step 9.

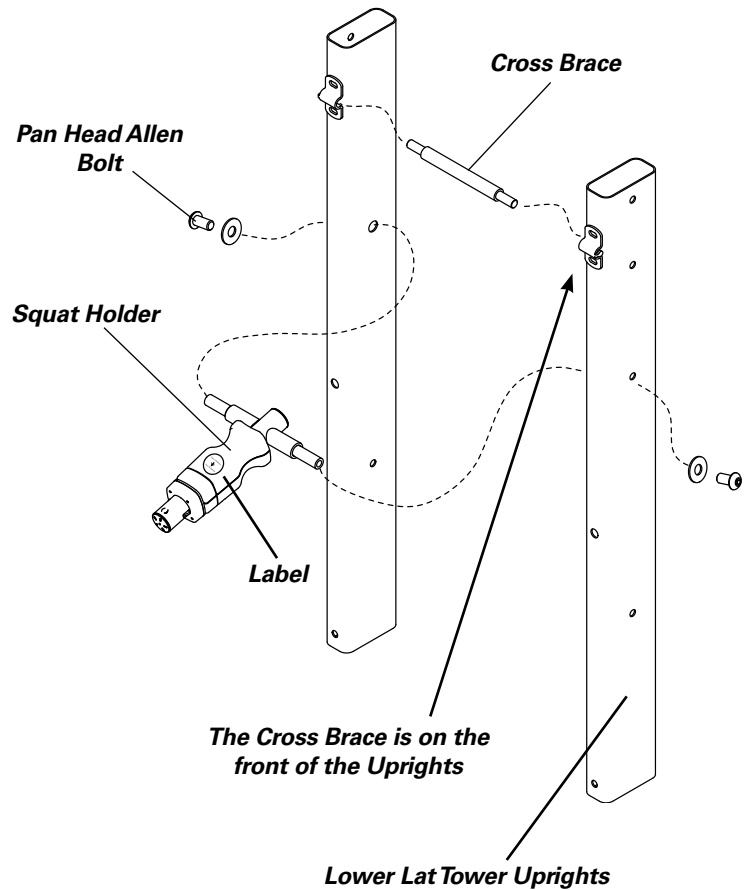
Hardware (1:1):



2 Pan Head Allen Bolt (3/8" X 3/4")



2 Washers (3/8")



STEP 9

Parts:

- Lower Lat Tower Assembly (from step 8)
- Base Assembly

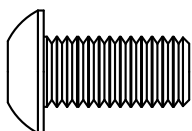
Tools:

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

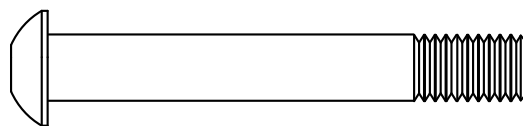
9-1 Place Lower Lat Tower over extrusions on Base Assembly.

9-2 Install and completely tighten the hardware from steps 8 and 9.

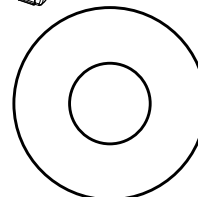
Hardware (1:1):



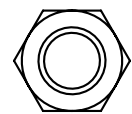
4 Pan Head Allen Bolt (3/8" X 3/4")



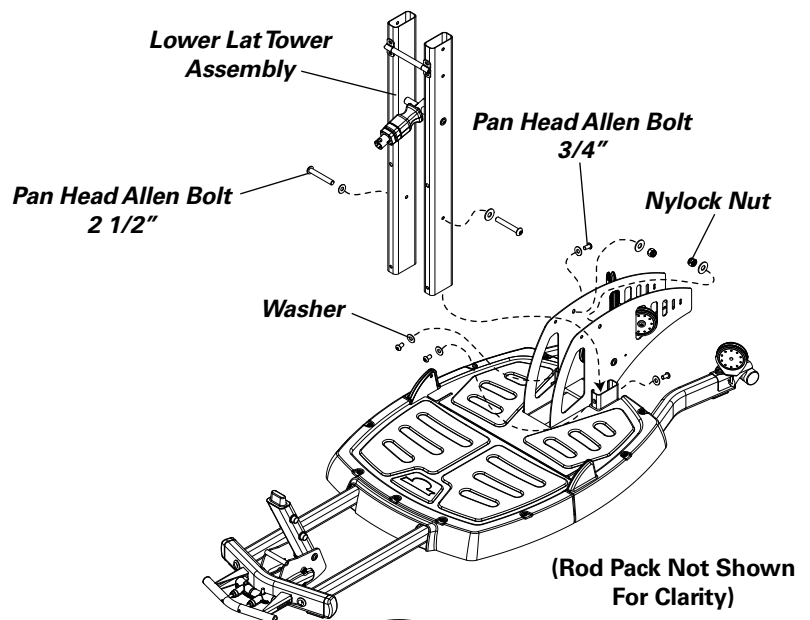
2 Pan Head Allen Bolt (3/8" X 2 1/2")



8 Washers (3/8")



2 Nylock Nuts (3/8")



Assembling Your Bowflex Ultimate® 2

STEP 10

Parts:

- Seat Rail Assembly (Box 5)
- Base Assembly

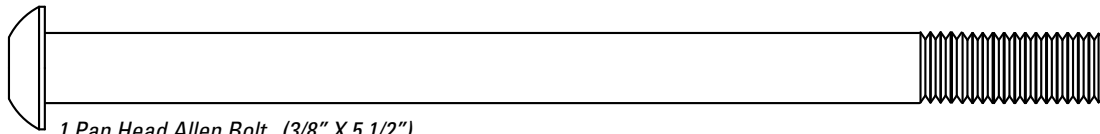
Tool:

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

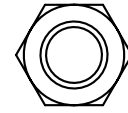
10-1 Align holes on Seat Rail with holes in Rod Box Assembly.

10-2 Install and completely tighten the hardware.

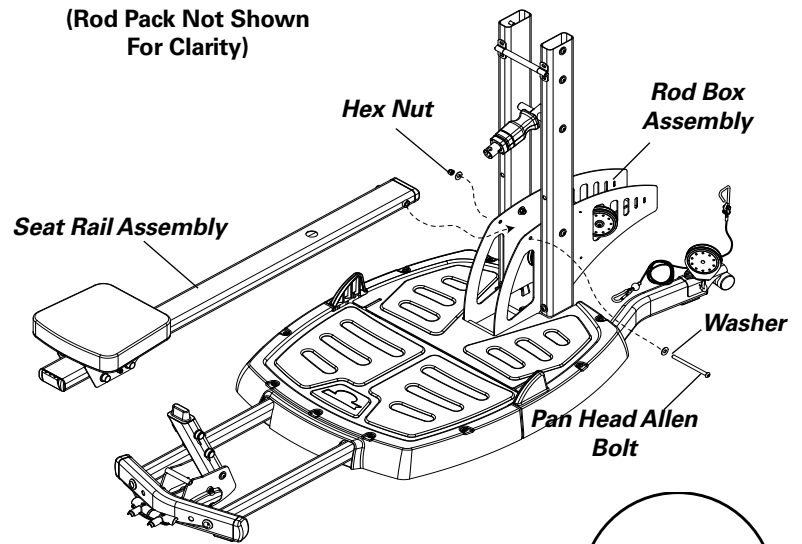
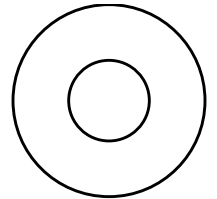
Hardware (1:1):



1 Pan Head Allen Bolt (3/8" X 5 1/2")



1 Nylock Nut (3/8") 2 Washers (3/8")



STEP 11

Parts:

- Chest Bar (Box 4)
- Pulley Sliders (Box 4)
- Washer Plate (Box 4)

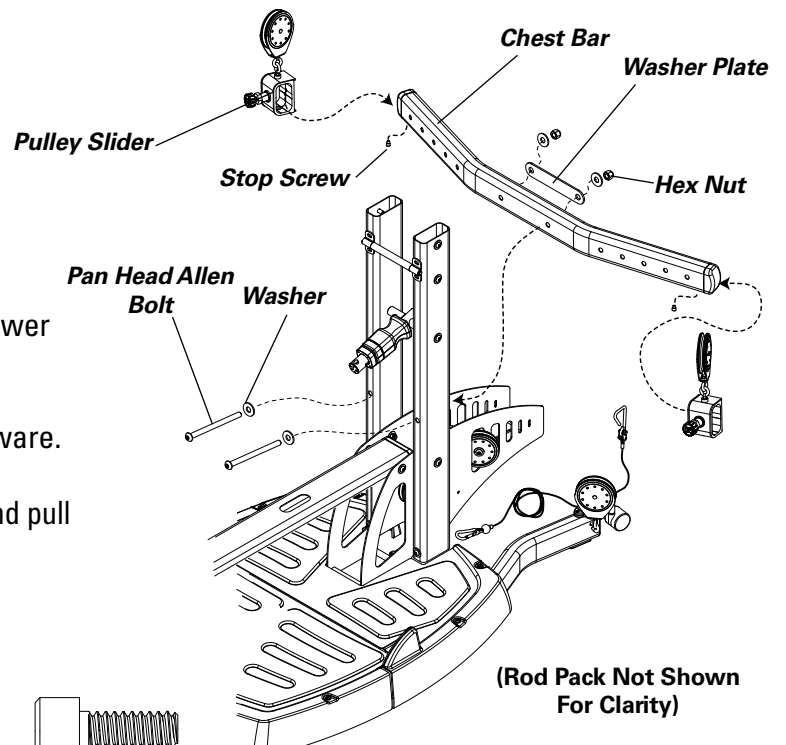
Tools:

- Hex Key (5/16")
- Wrench (3/4") - or adjustable wrench

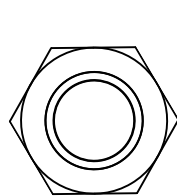
11-1 Align holes in Chest Bar, Washer Plate and Lat Tower Uprights.

11-2 Install and completely tighten the Chest Bar hardware.

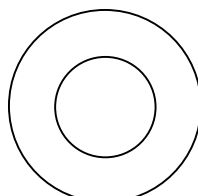
11-3 Slide the Pulley Sliders on (with pulleys facing up and pull knob facing the seat rail) then install and tighten the 1/4"x1/2" Stop Screws.



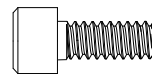
Hardware (1:1):



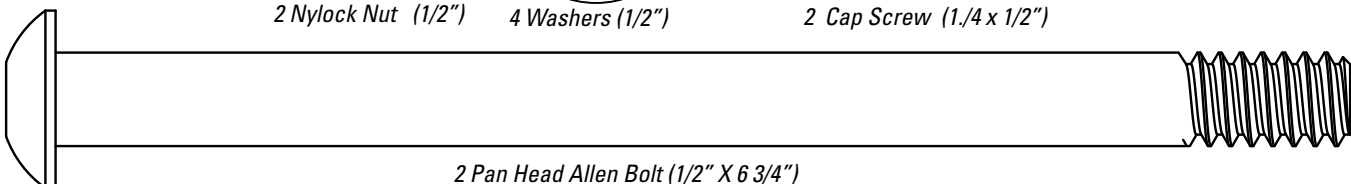
2 Nylock Nut (1/2")



4 Washers (1/2")



2 Cap Screw (1/4 x 1/2")



2 Pan Head Allen Bolt (1/2" X 6 3/4")

Assembling Your Bowflex Ultimate® 2

NOTE: Before you continue, be sure you have a minimum of 88" (7'4") of ceiling height to insert the Upper Lat Assembly into the Lower Base (see step 17).

STEP 12

Parts:

- Left Lat Boom (Box 6)
- Rear Pulley Frame (Box 6)
- Side Plate (Box 4)

Tool:

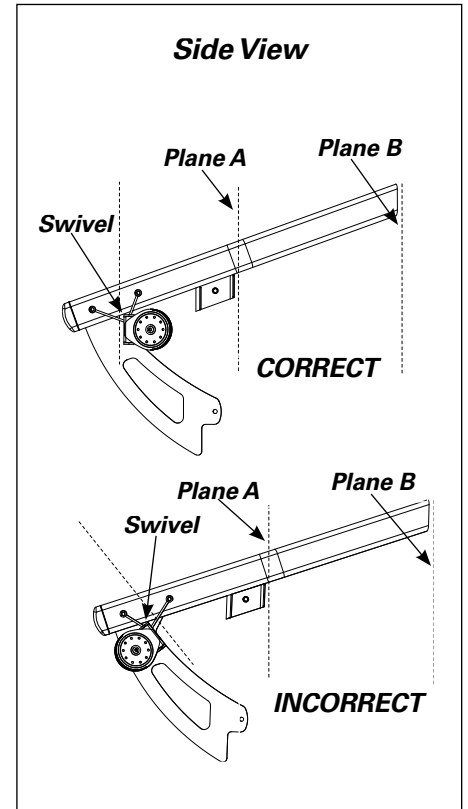
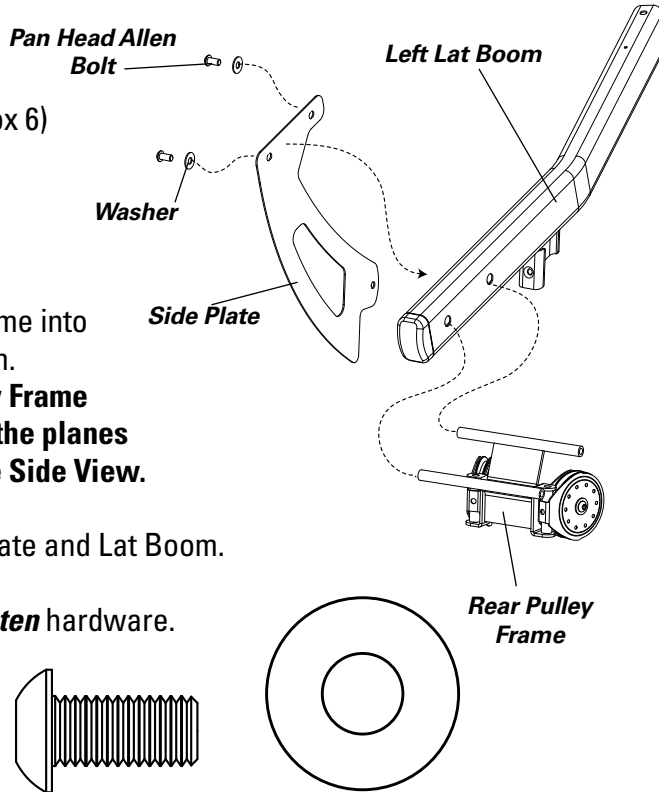
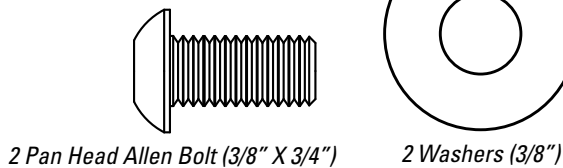
- Hex Key (3/16")

12-1 Insert Rear Pulley Frame into holes in Left Lat Boom. **Make sure the Pulley Frame Swivel is parallel to the planes A and B shown in the Side View.**

12-2 Align holes in Side Plate and Lat Boom.

12-3 Install **but do not tighten** hardware.

Hardware (1:1):



STEP 13

Parts:

- Pulley Frame Boom Assembly (from step 12)
- Lat Bar (Box 6)

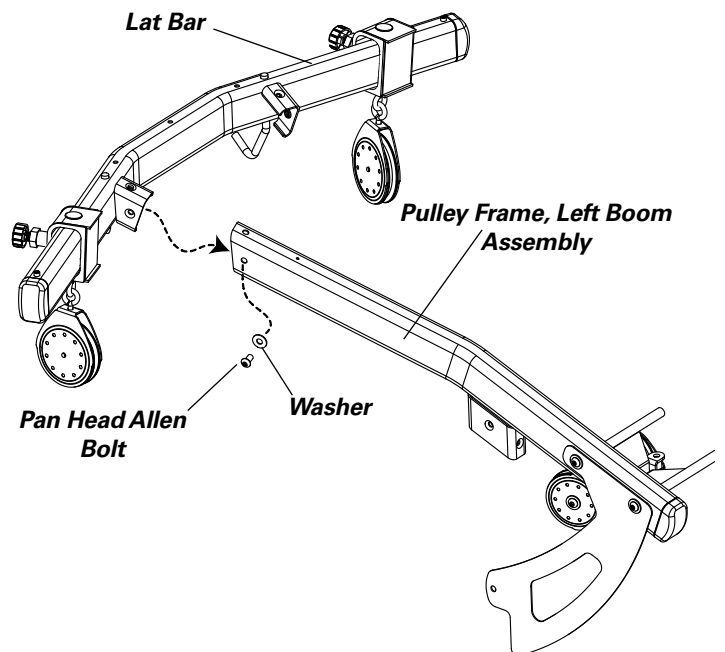
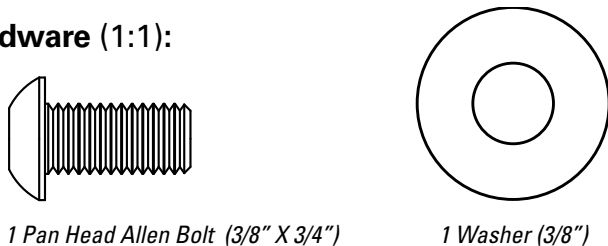
Tool:

- Hex Key (3/16")

13-1 Insert left side of Lat Bar into Left Boom.

13-2 Install **but do not tighten** hardware.

Hardware (1:1):



Assembling Your Bowflex Ultimate® 2

STEP 14

Parts:

- Lat Bar, Boom Assembly (From step 13)
- Right Lat Boom (Box 6)
- Side Plate (Box 4)

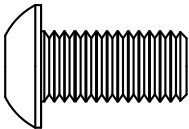
Tool:

- Hex Key (3/16")

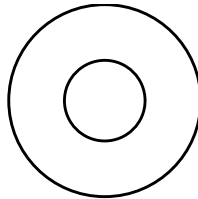
14-1 Align holes in Right Lat Boom with Rear Pulley Frame Cross Bars and insert right side of Lat Bar and Pulley Frame Cross Bars into Right Lat Boom.

14-2 Align Side Plate with Right Lat Boom and install **but do not tighten** hardware.

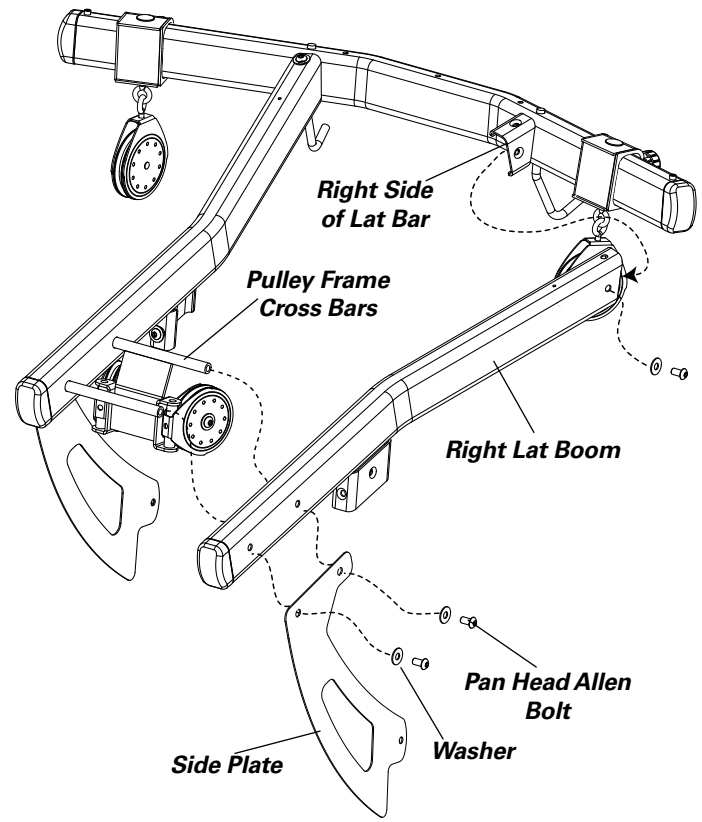
Hardware (1:1):



3 Pan Head Allen Bolt (3/8" X 3/4")



3 Washers (3/8")



STEP 15

Parts:

- Lat Bar, Boom Assembly (From step 14)
- Top Plate (Box 6)

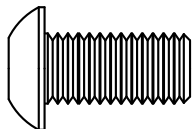
Tools:

- Hex Key (3/16")
- Phillips Head Screwdriver

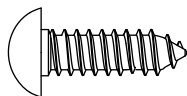
15-1 Align holes in Top Plate with Lat Bar and Booms.

15-2 Install **but do not tighten** hardware.

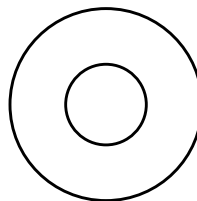
Hardware (1:1):



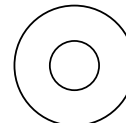
2 Pan Head Allen Bolt
(3/8" X 3/4")



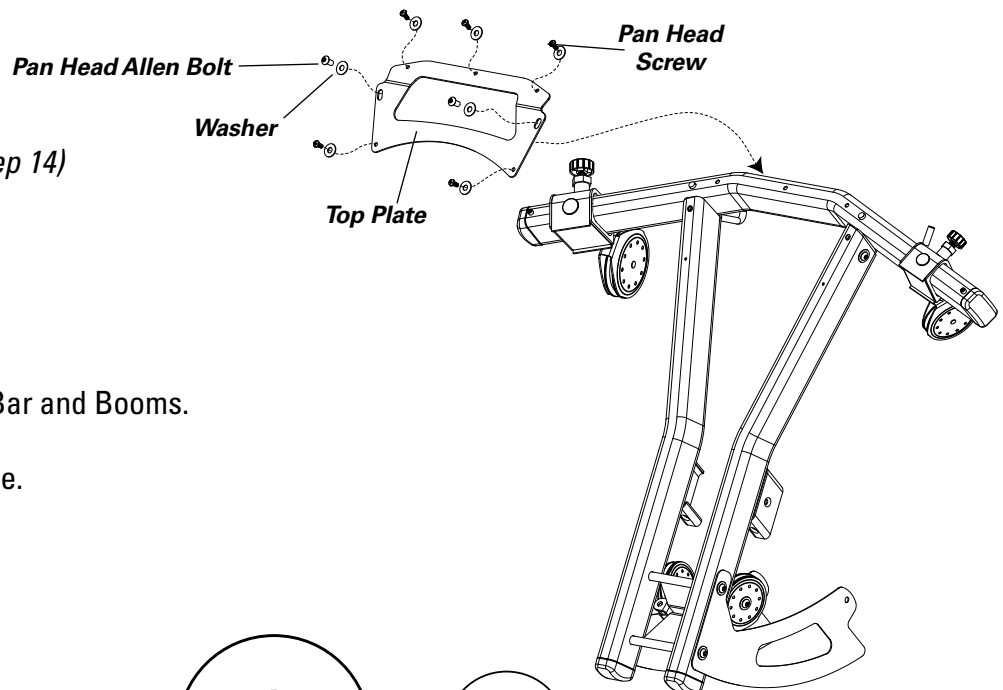
5 Self Tapping Screws
(1/4" X 3/4")



2 Washers (3/8")



5 Washers (1/4")



Assembling Your Bowflex Ultimate® 2

STEP 16

Parts:

- Lat Boom Assembly (from step 15)
- Upper Lat Uprights (Box 6)

Tool:

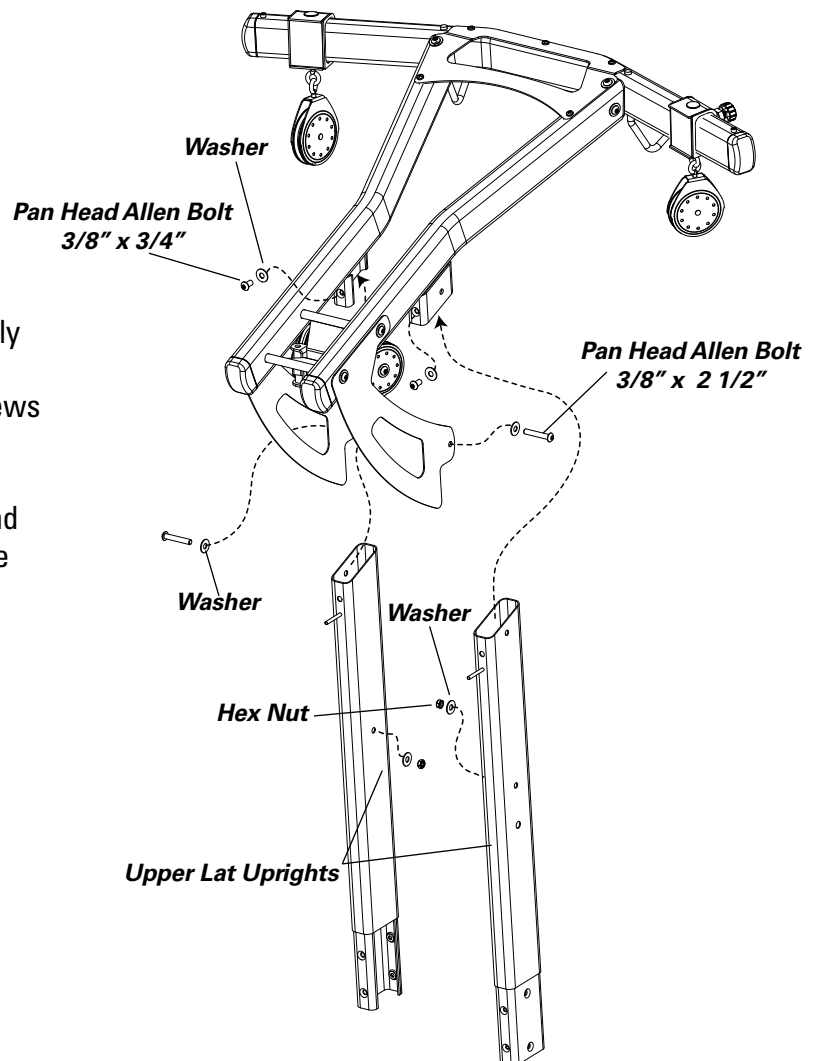
- Hex Key (7/32")
- Wrench (9/16") - or Adjustable Wrench

16-1 Slide Upper Lat Uprights onto Lat Boom assembly

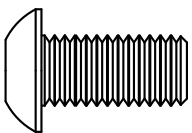
16-2 Install but *do not tighten* the two 3/8" x 3/4" screws into the top of the uprights.

16-3 Install the two 3/8" x 2 1/4" Screws, Washers and Nylock Nut through the Side Plates and into the Uprights.

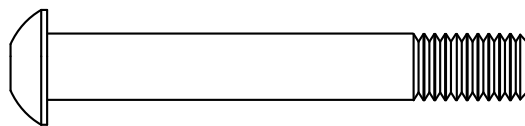
16-4 Completely tighten all of the hardware for steps 12 through 16.



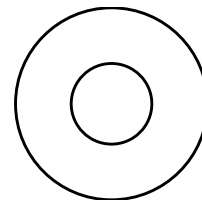
Hardware (1:1):



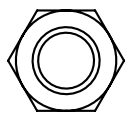
2 Pan Head Allen Bolt (3/8" X 3/4")



2 Pan Head Allen Bolt (3/8" X 2 1/2")



6 Washers (3/8")



2 Nylock Nut (3/8")

Assembling Your Bowflex Ultimate® 2

STEP 17 – Upper Assembly is very heavy! Use two people for this step!

Parts:

- Upper Lat Assembly (from step 16)
- Base Assembly (from step 11)

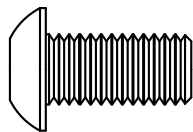
Tool:

- Hex Key (7/32")

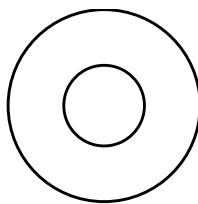
17-1 Insert Upper Lat Uprights into Lower Lat Uprights.

17-2 Install and completely tighten the hardware.

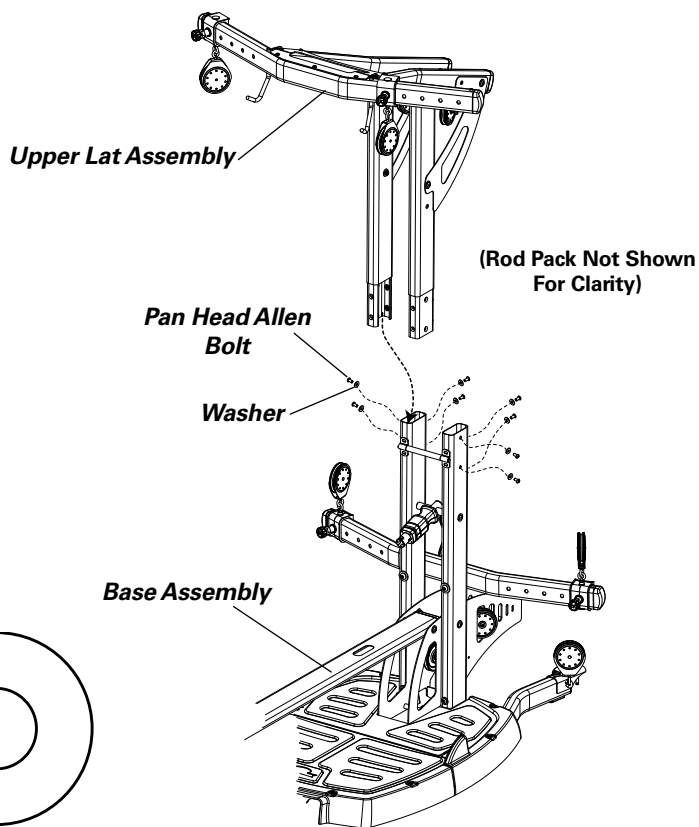
Hardware (1:1):



8 Pan Head Allen Bolt (3/8" X 3/4")



8 Washers (3/8")



STEP 18

Parts:

- Front Face Plate (Box 6)
- Assembled Unit (from step 17)

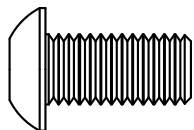
Tool:

- Hex Key (7/32")

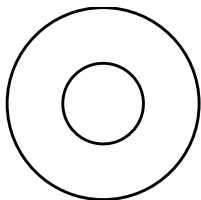
18-1 Align holes in Face Plate and Uprights.

18-2 Install and completely tighten hardware.

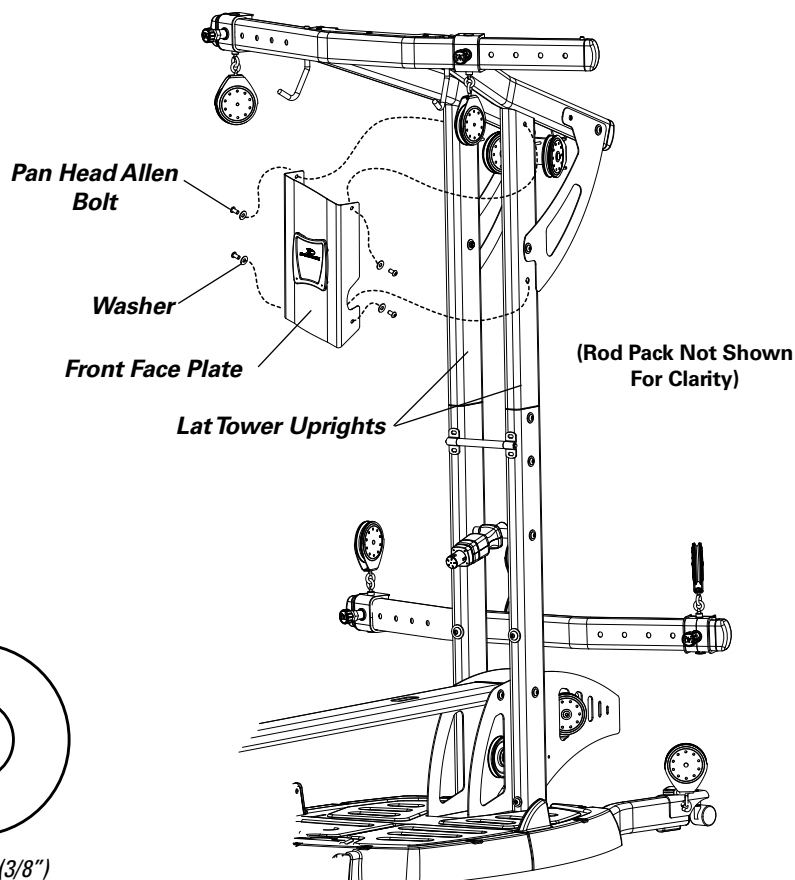
Hardware (1:1):



4 Pan Head Allen Bolt (3/8" X 3/4")



4 Washers (3/8")



Assembling Your Bowflex Ultimate® 2

STEP 19

Parts:

- Squat Frame (Box 2)
- Shoulder Bars (Box 2)

Tool:

- Hex Key (3/16") and (5/32")
- Wrench (1/2") & (7/16") - or Adjustable Wrench

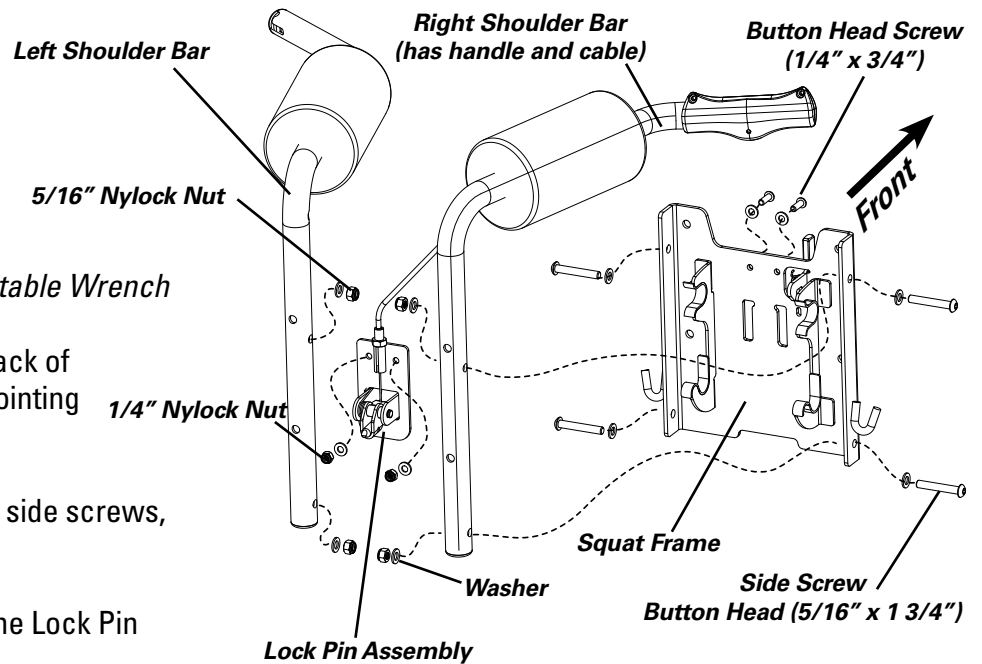
19-1 Position Shoulder Bars against back of Squat Frame with bend in arms pointing towards the front of the frame.

19-2 Install and completely tighten the side screws, washers and nylock nuts.

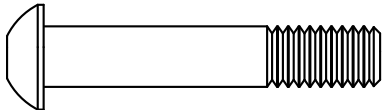
19-2 Remove the hardware securing the Lock Pin Assembly to the Squat Frame.

19-3 Align holes in Lock Pin Assembly and Squat Frame.

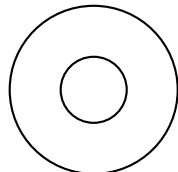
19-4 Re-install and completely tighten Lock Pin Assembly hardware.



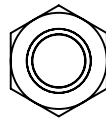
Hardware (1:1):



4 Pan Head Allen Bolt (5/16" X 1 3/4")



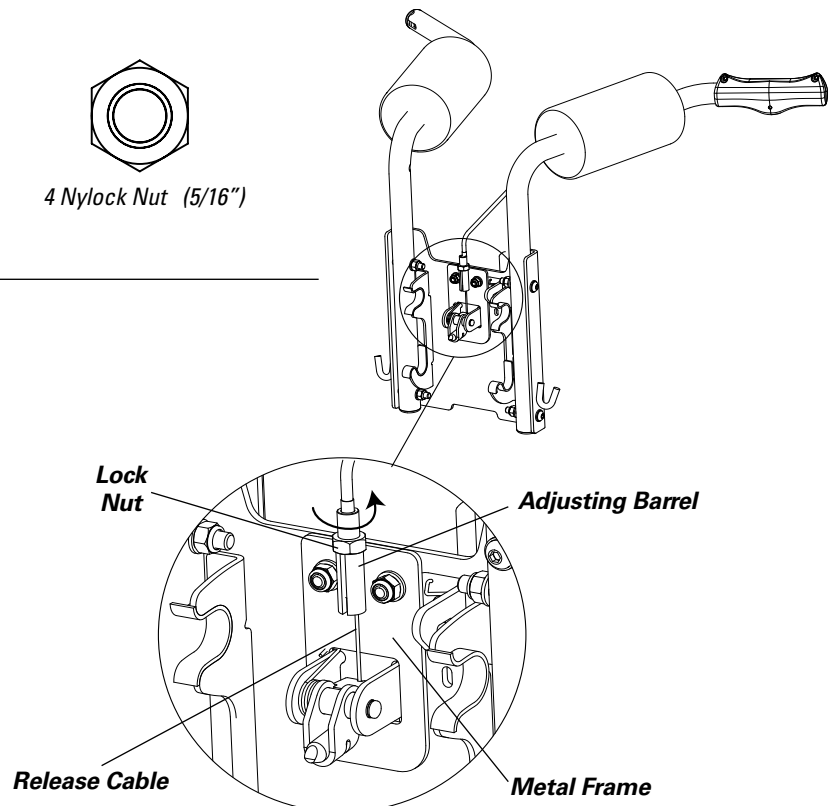
8 Washers (5/16")



4 Nylock Nut (5/16")

Cable Adjustment

The Release Cable should be adjusted so that there is enough tension to keep the cable from laying on the metal frame. In most cases this adjustment will be fine out of the box. If the cable needs adjustment, loosen the locknut and turn the Adjusting Barrel counter-clockwise until cable is taut. The release cable may stretch with use. Check the cable tension regularly and adjust if needed.



Assembling Your Bowflex Ultimate® 2

STEP 20

Parts:

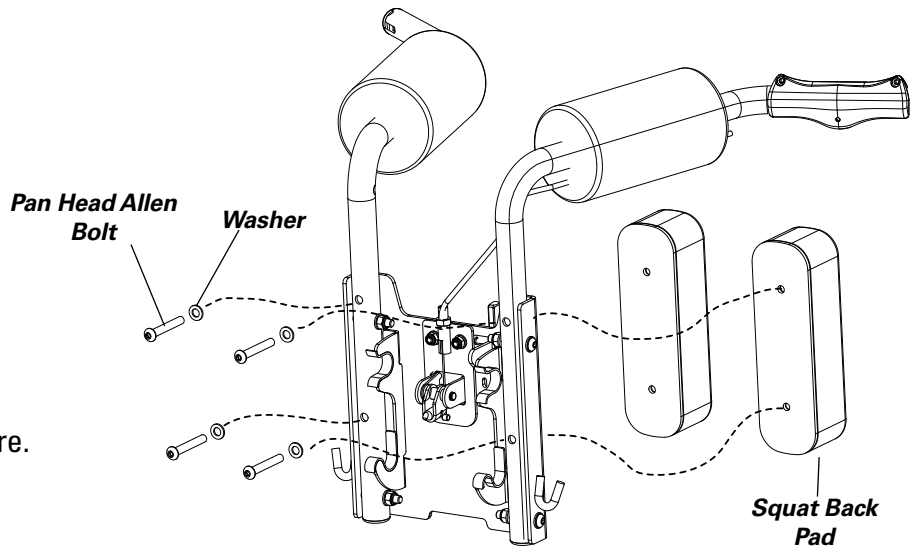
- Squat Assembly (from step 19)
- Squat Back Pads (Box 2)

Tool:

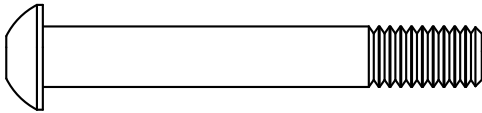
- Hex Key (3/16")

20-1 Align holes in Squat Back Pads and Squat Assembly.

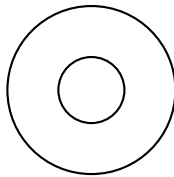
20-2 Install and completely tighten hardware.



Hardware (1:1):



4 Pan Head Allen Bolt (5/16" X 2 1/4")



4 Washers (5/16")

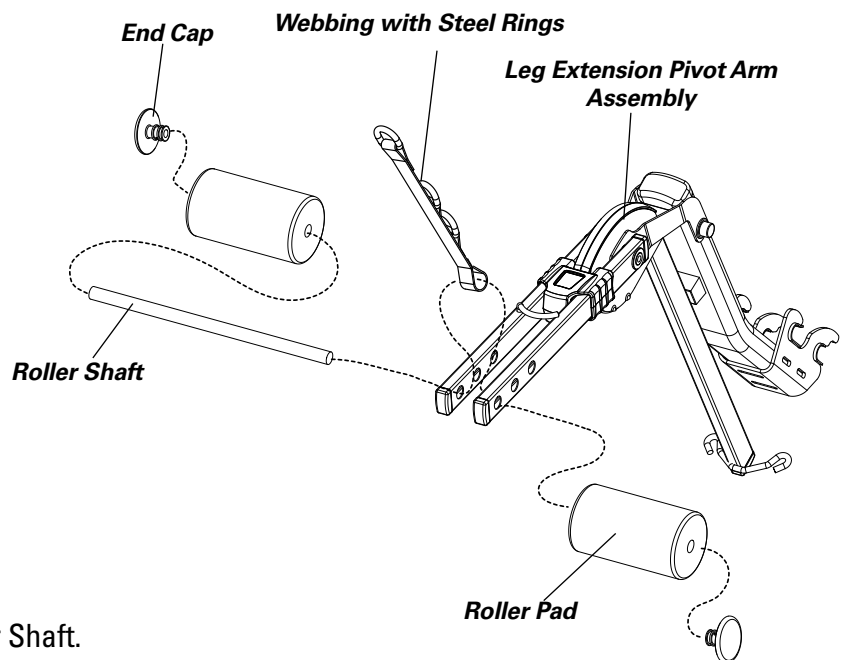
STEP 21

Parts:

- Leg Extension Pivot Arm Assembly (Box 7)
- Roller Pads (Box 7)
- Webbing with Steel Ring (Box 7)
- Roller Shaft (Box 7)
- End Caps (Box 7)

21-1 Insert Roller Shaft through hole in one of the rectangular arms. Place the Webbing with Steel Rings between the two rectangular arms, and continue to slide the Shaft through the Webbing and hole in opposite arm.

21-2 Slide Roller Pads and End Caps onto Roller Shaft.



Assembling Your Bowflex Ultimate® 2

STEP 22 (optional attachment)

Parts:

- Ab Crunch Frame (Ab Box)
- Ab Crunch Pivot Arm (Ab Box)

Tool:

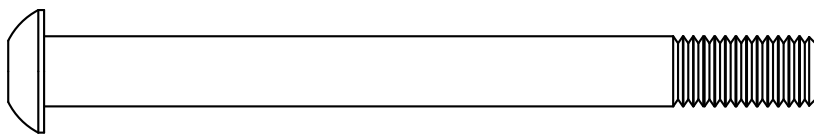
- Hex Key (7/32")
- Wrench (9/16") - or Adjustable Wrench

22-1 Place Ab Crunch Frame on floor with hooks on the top and pulley end pointing away from you.

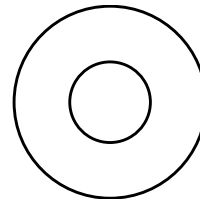
22-2 Align Ab Crunch Pivot Arm on Ab Crunch Frame with the pivot mechanism to the right side as shown.

22-3 Install and completely tighten hardware.

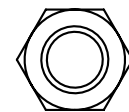
Hardware (1:1): Hardware for this step is in the hardware bag in the AB BOX.



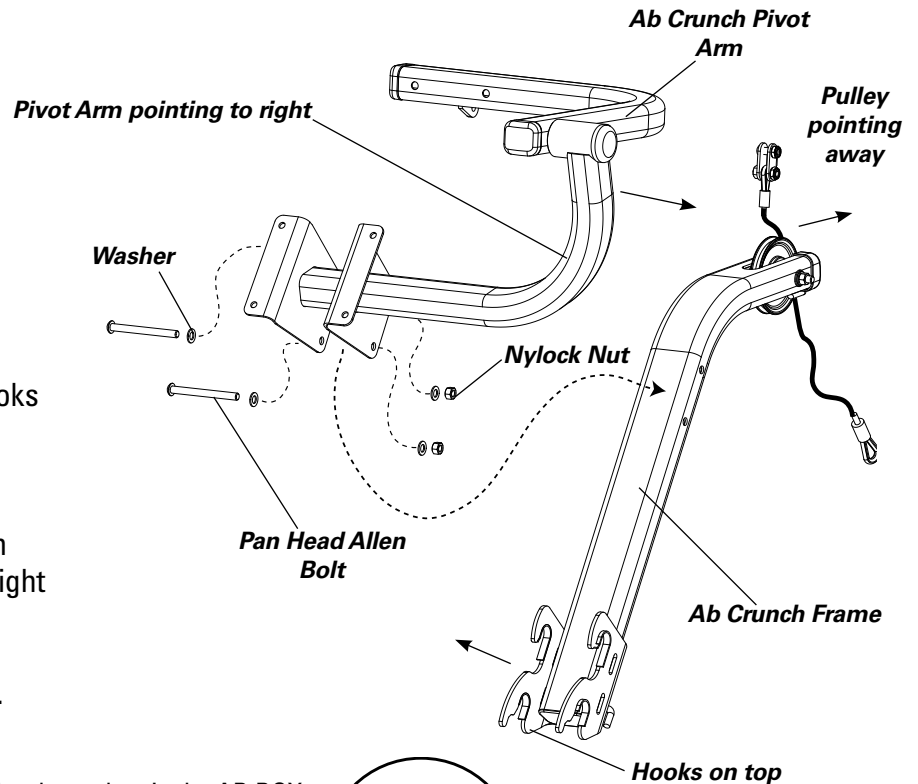
2 Pan Head Allen Bolt (3/8" X 4")



4 Washers (3/8")



2 Nylock Nuts (3/8")



STEP 23

Parts:

- Ab Crunch Assembly (from step 21)
- Ab Handle Bars (Ab Box)

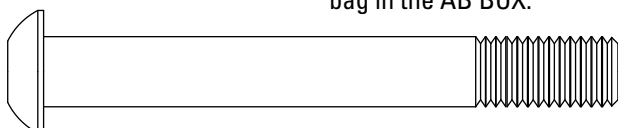
Tool:

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

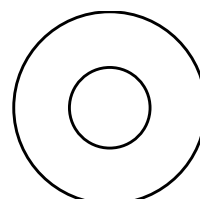
23-1 Place the Ab Handle Bars on the Ab Pivot Arm with the Handle Bars pointing toward the same side as the hooks on the Ab Frame as shown.

23-2 Install and completely tighten hardware.

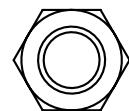
Hardware (1:1): Hardware for this step is in the hardware bag in the AB BOX.



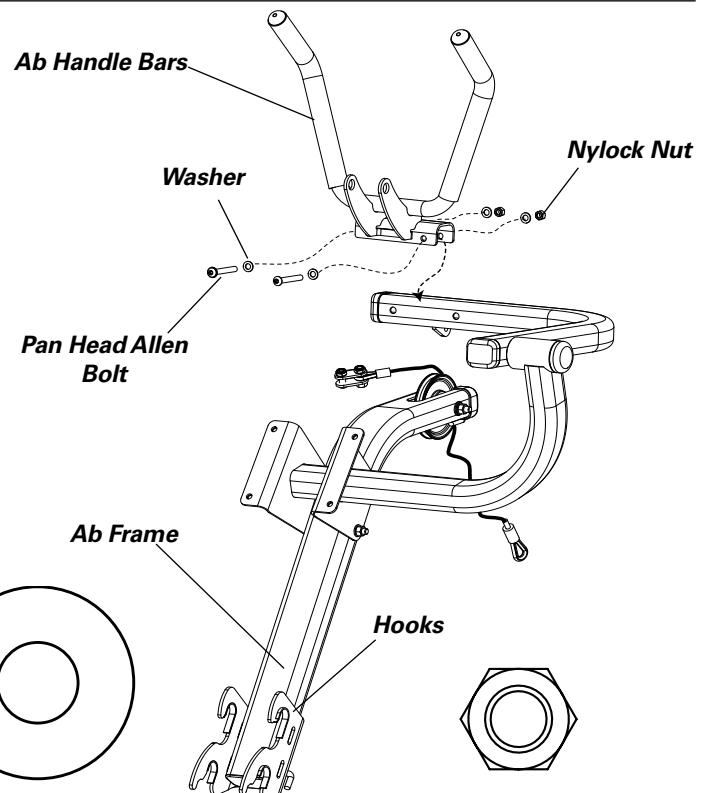
2 Pan Head Allen Bolt (3/8" X 3")



4 Washers (3/8")



2 Nylock Nut (3/8")



Assembling Your Bowflex Ultimate® 2

STEP 24

Parts:

- Ab Crunch Assembly (from step 22)
- Ab Back Pad (Ab Box)
- Roller Pads (Ab Box)
- Middle Pad (Ab Box)
- Roller Pad Shaft (Ab Box)
- End Caps (Ab Box)

Tool:

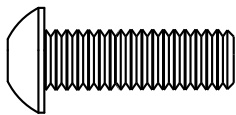
- Hex Key (3/16")

24-1 Place the Middle Pad between the arms on the bracket. Slide the Roller Pad Shaft through bracket and the Middle Pad then install Roller Pads and End Caps.

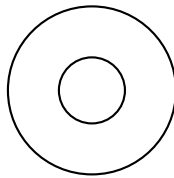
24-2 Align the Ab Back Pad with the wider end pointing toward the Handlebars.

24-3 Install and completely tighten hardware.

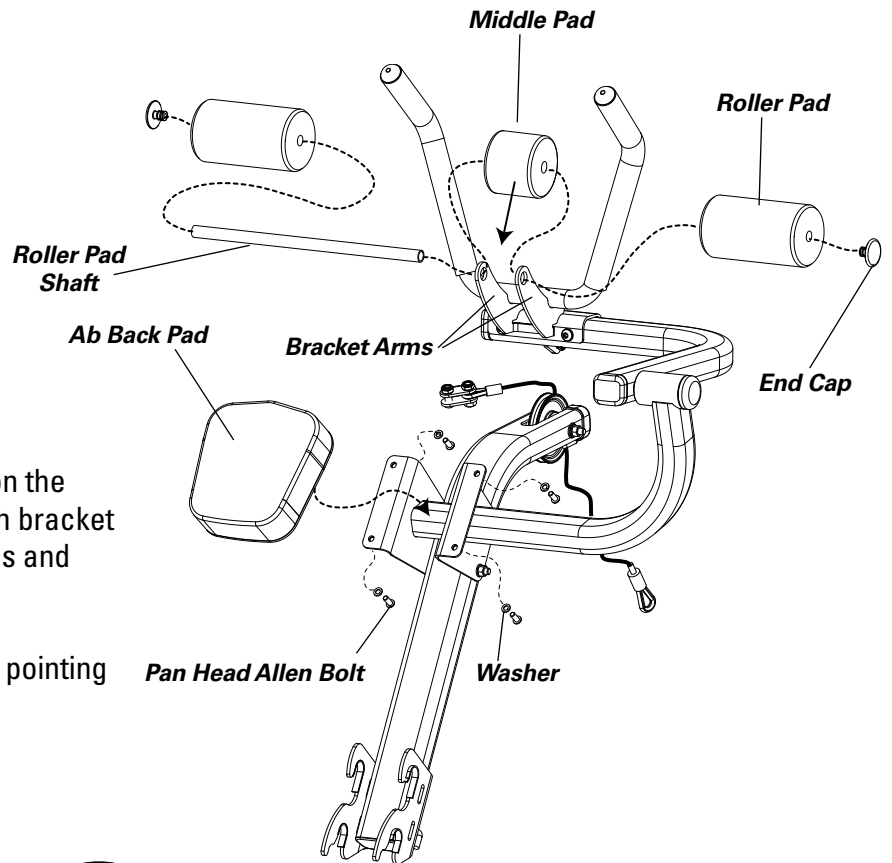
Hardware (1:1): Hardware for this step is in the hardware bag in the AB BOX.



4 Pan Head Allen Bolt (5/16" X 1")



4 Washers (5/16")



STEP 25

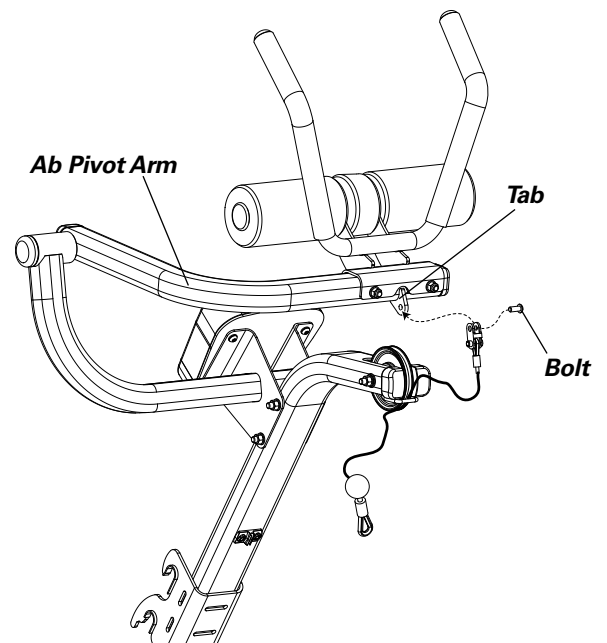
Parts:

- Ab Crunch Assembly (from step 23)

Tool:

- Wrench (1/2") - or Adjustable Wrench

25-1 Undo the 1/2" bolt from the bracket at the upper end of the cable and use the same 1/2" bolt to attach the bracket to the tab on the Pivot Arm.



Assembling Your Bowflex Ultimate® 2

STEP 26

Parts:

- Seat Frame (Box 7)
- Leg Extension Seat Pad (Box 7)

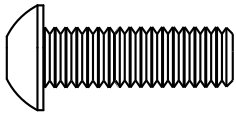
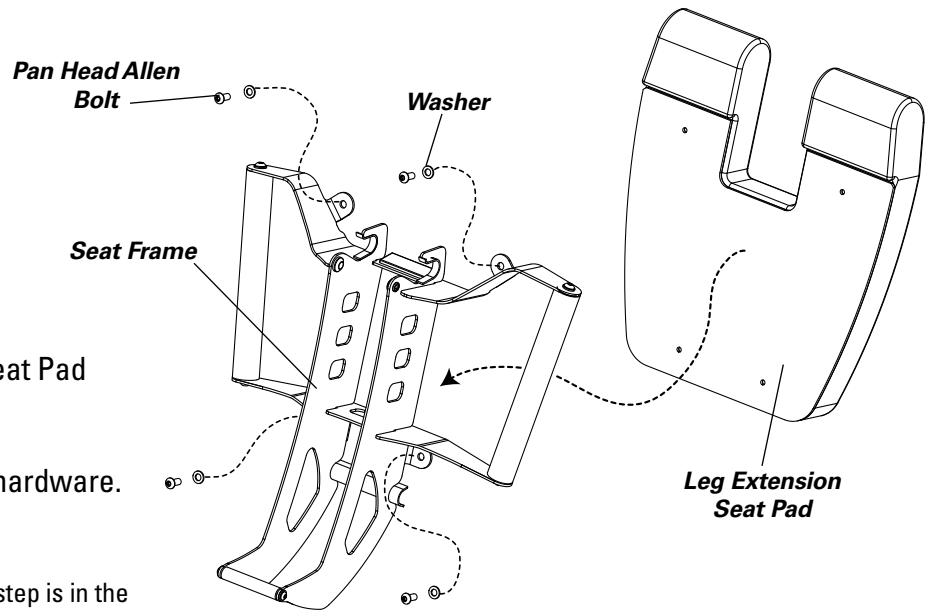
Tool:

- Hex Key (3/16")

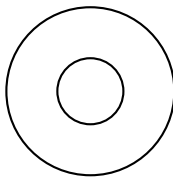
26-1 Align holes in Leg Extension Seat Pad and Seat Frame.

26-2 Install and completely tighten hardware.

Hardware (1:1): Hardware for this step is in the hardware bag in BOX 7



4 Pan Head Allen Bolt (5/16" X 1")



4 Washers (5/16")

STEP 27

Parts:

- Preacher Curl Frame (Box 7)
- Preacher Curl Pad (Box 7)

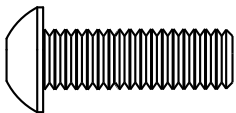
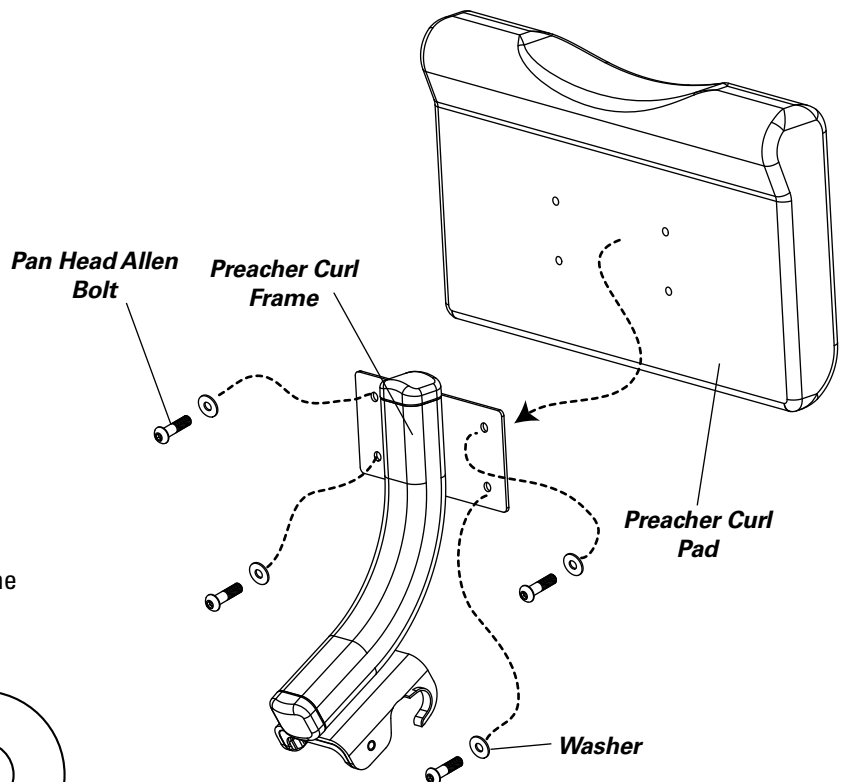
Tool:

- Hex Key (3/16")

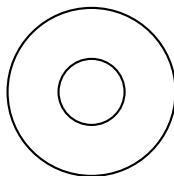
27-1 Align holes in Preacher Curl Pad and Preacher Curl Frame.

27-2 Install and completely tighten hardware.

Hardware (1:1): Hardware for this step is in the hardware bag in BOX 7



4 Pan Head Allen Bolt (5/16" X 1")



4 Washers (5/16")

Installing Your Bowflex Ultimate® 2 Cables

Cable Installation STEP 1

Tool:

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

- Uncoil cable from Upper Pulley Slider.
- Remove Ball Stop from the end of cable that is to be routed through pulleys by sliding the outer ball back from the cable end and pushing out the slotted insert. Slide the ball off of the cable and set aside. (See Figure A)
- Remove the pulley from the Upper Pulley Bracket, wrap the cable over the pulley (See Figure B) and reinsert the pulley back into the Upper Pulley Bracket. Make sure the cable is inside the Side Plate before moving on to STEP 2. (See Figure C)

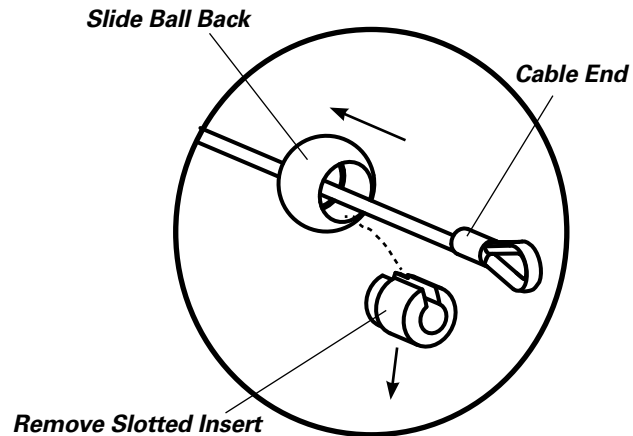


Figure A

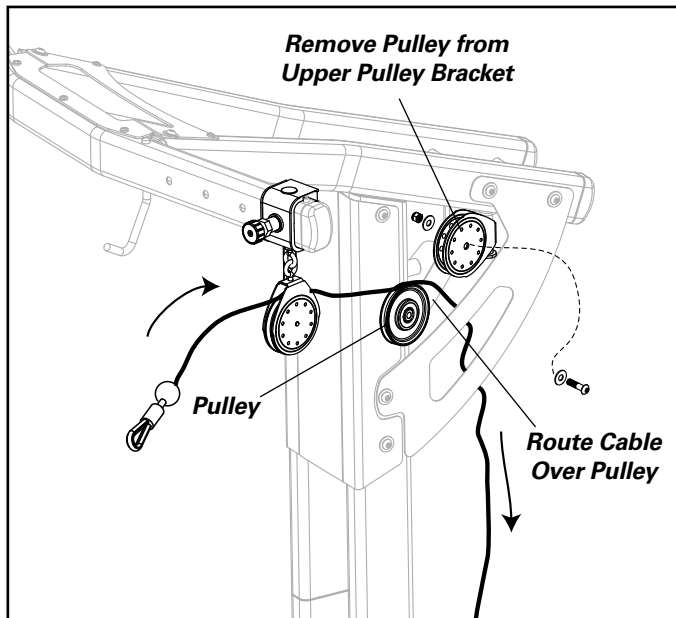


Figure B

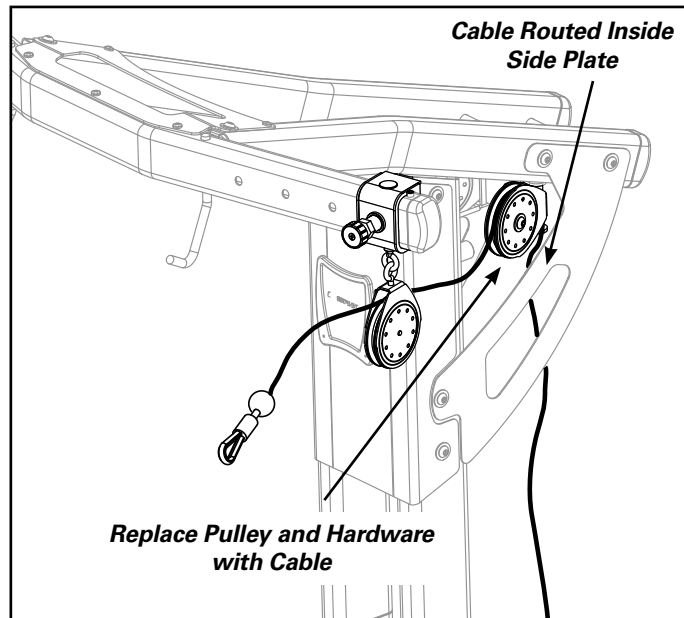


Figure C

Installing Your Bowflex Ultimate® 2 Cables

Cable Installation STEP 2

Tool:

- Hex Key (7/32")

- In Box 4 Locate a Floating Pulley Assembly and a Single Pulley Assembly with two Cheeks. (See Figure A)
- Feed the cable through the Floating Pulley Assembly. (See Figure B)
- Route the cable behind the Side Plate and wrap over the Single Pulley Assembly. (See Figure C)
- Install Single Pulley with cable on the back side of the Lat Tower as shown. (See Figure D)

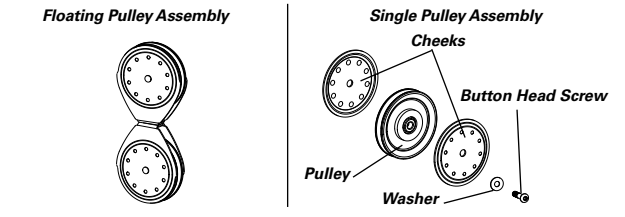


Figure A

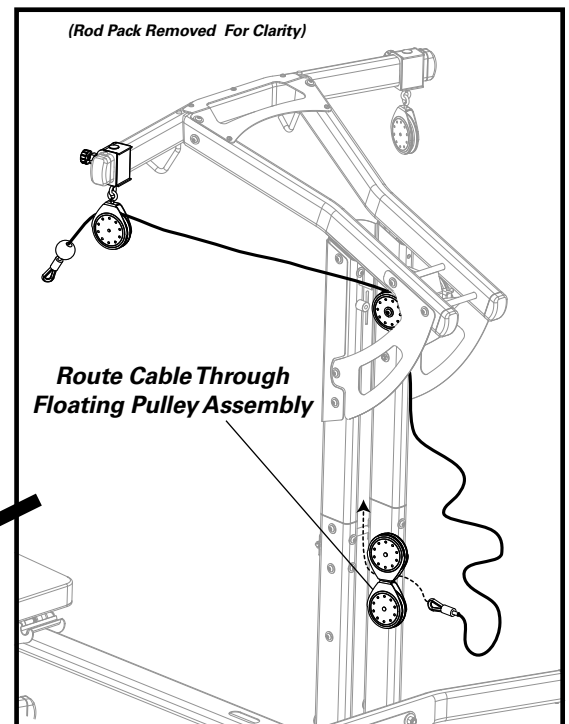


Figure B

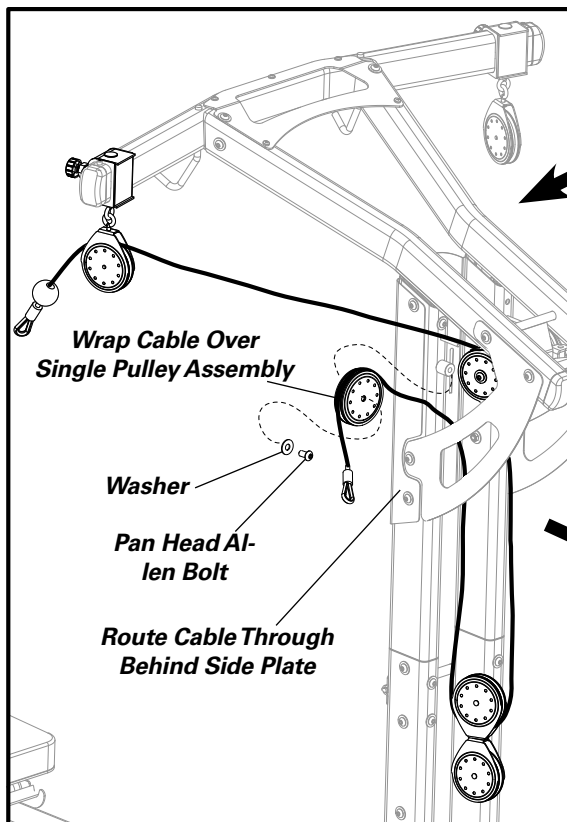


Figure C

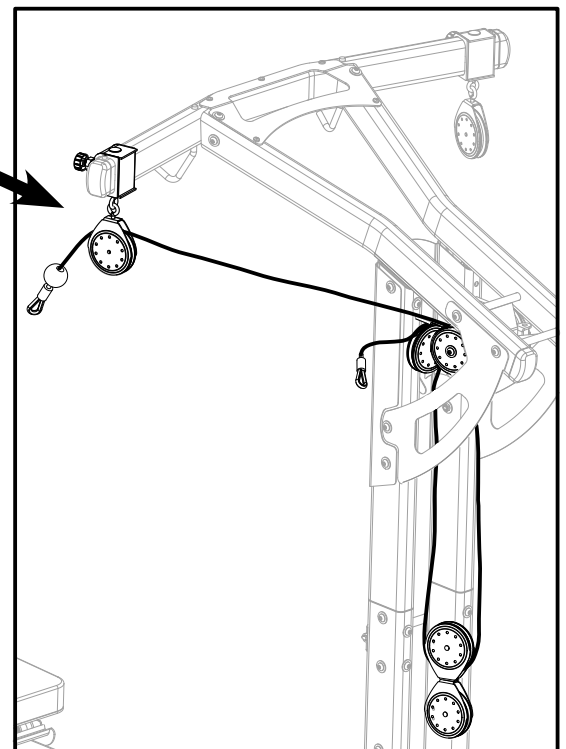


Figure D

Installing Your Bowflex Ultimate® 2 Cables

Cable Installation STEP 3

- a. Route Cable down and thread through Pulley Slider on Chest Bar. (See Figure A)
- b. Replace the Ball Stop. (See Figure B and C)

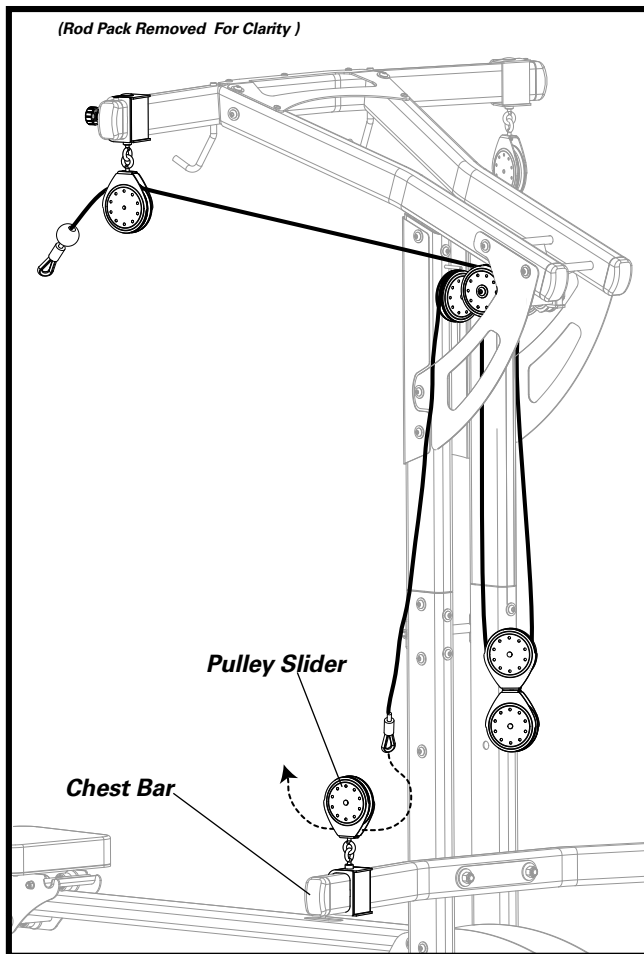


Figure A

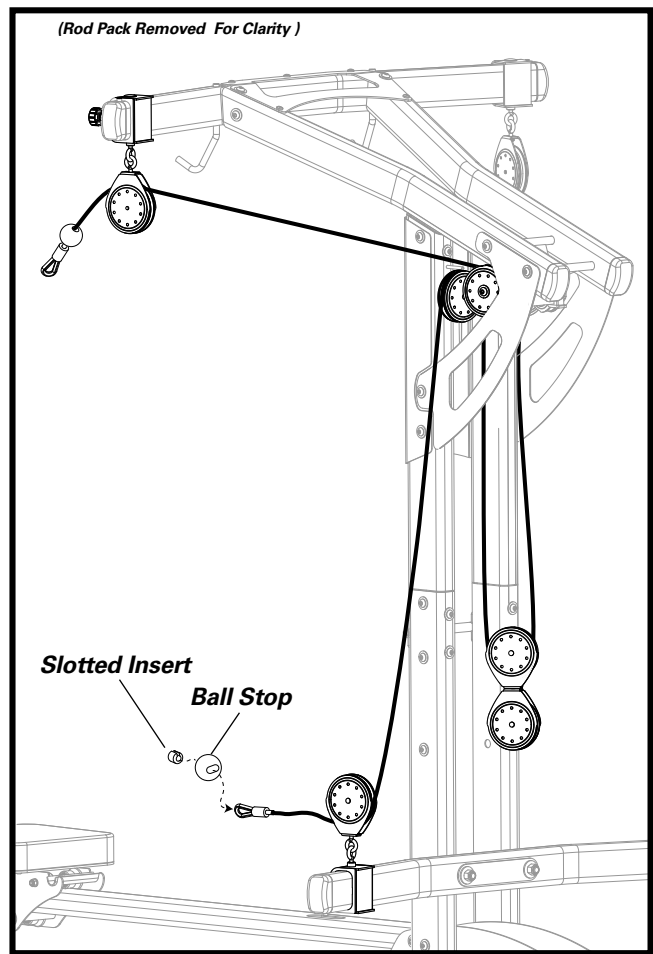


Figure B

Slide Ball tightly against
Insert and Cable End

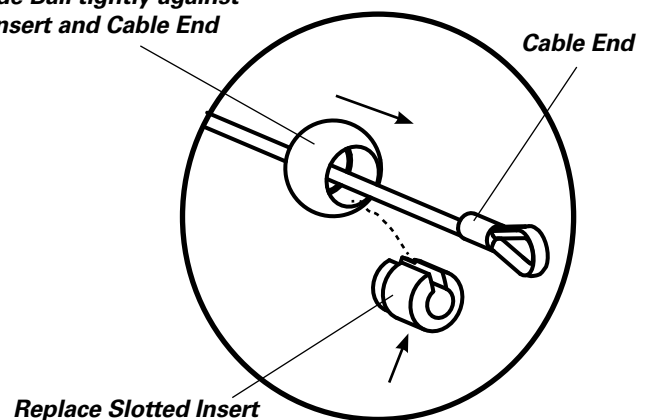


Figure C

Installing Your Bowflex Ultimate® 2 Cables

Cable Installation STEP 4

Tool:

- Hex Key (7/32")

- Uncoil the Cable from Lower Pulley and remove the Ball Stop. (See Step 1/Figure A)
- In Box 4, locate a Single Pulley Assembly with one Cheek. Wrap the Cable under the Pulley and feed the Cable through the hole in the Rod Box. (See Figure A)
- Install the Single Pulley (See Figure B) making sure the cable is between the Pulley and the small Metal Post on the Pulley Bracket. (See Top View of Angled Pulley)
- Feed the Cable through the lower half of the Floating Pulley Assembly.

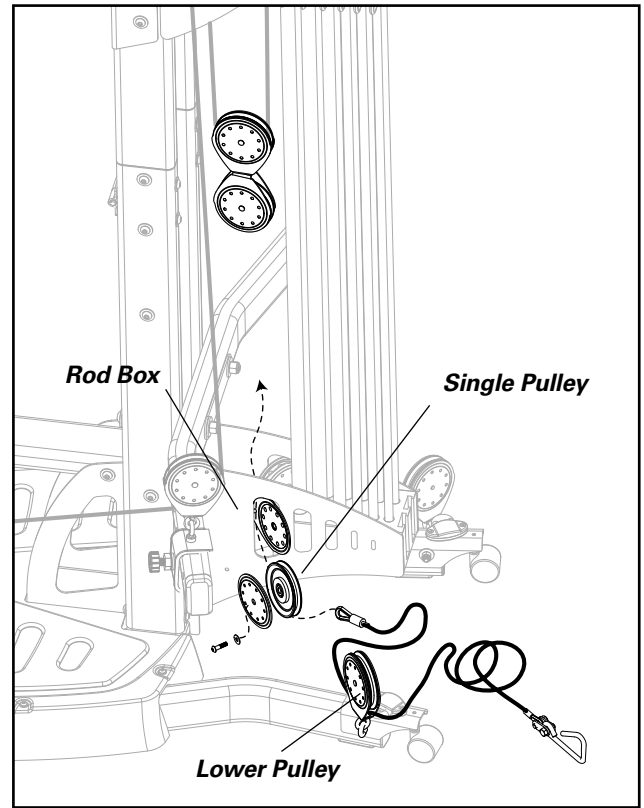


Figure A

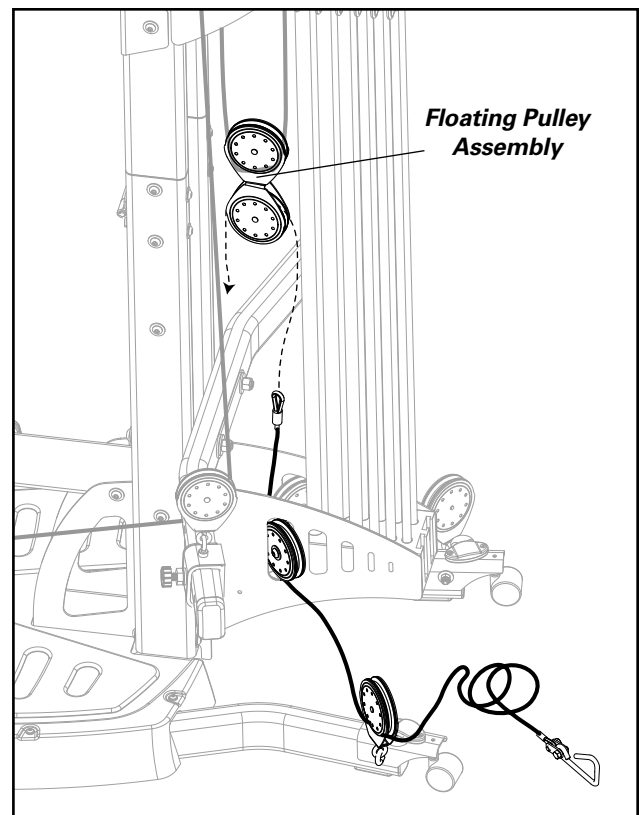
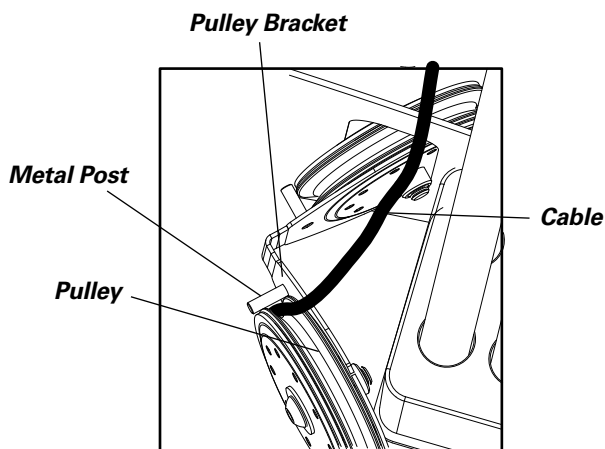


Figure B



Top View of Angled Pulley

Installing Your Bowflex Ultimate® 2 Cables

Cable Installation STEP 5

Tool:

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

- Observe the Cable routing in Figure A.
- Unscrew the Nut and pull the Long Screw out just enough to angle the Pulley Assembly and allow the Cable to thread between the Rod and the Pulley. (See Figure B) Leave the Long Screw loose until you have routed the Cable on the other side of the unit.

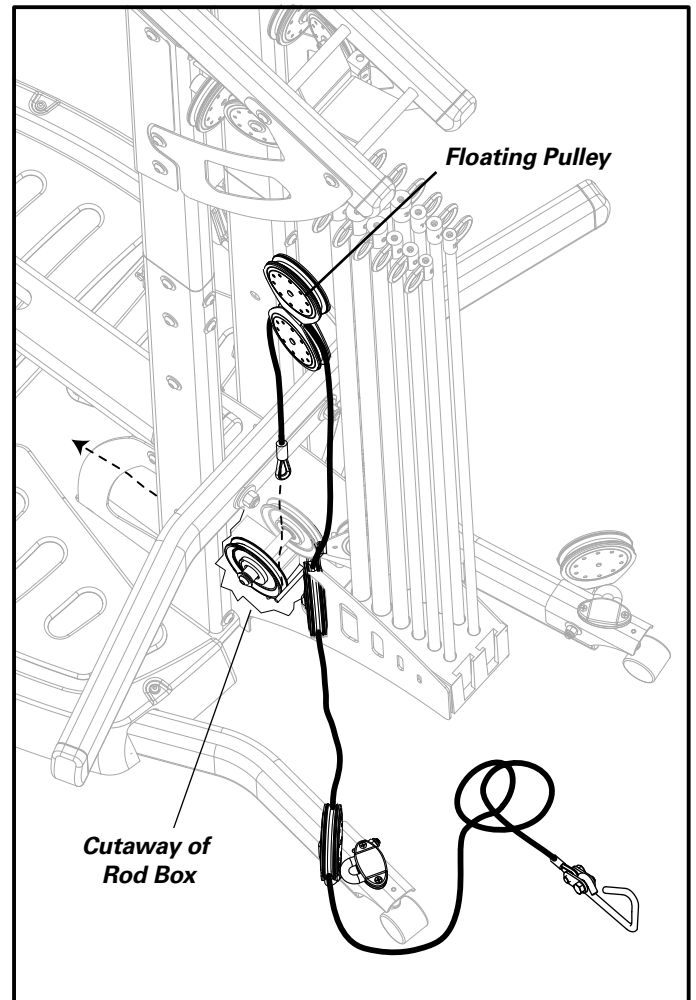


Figure A

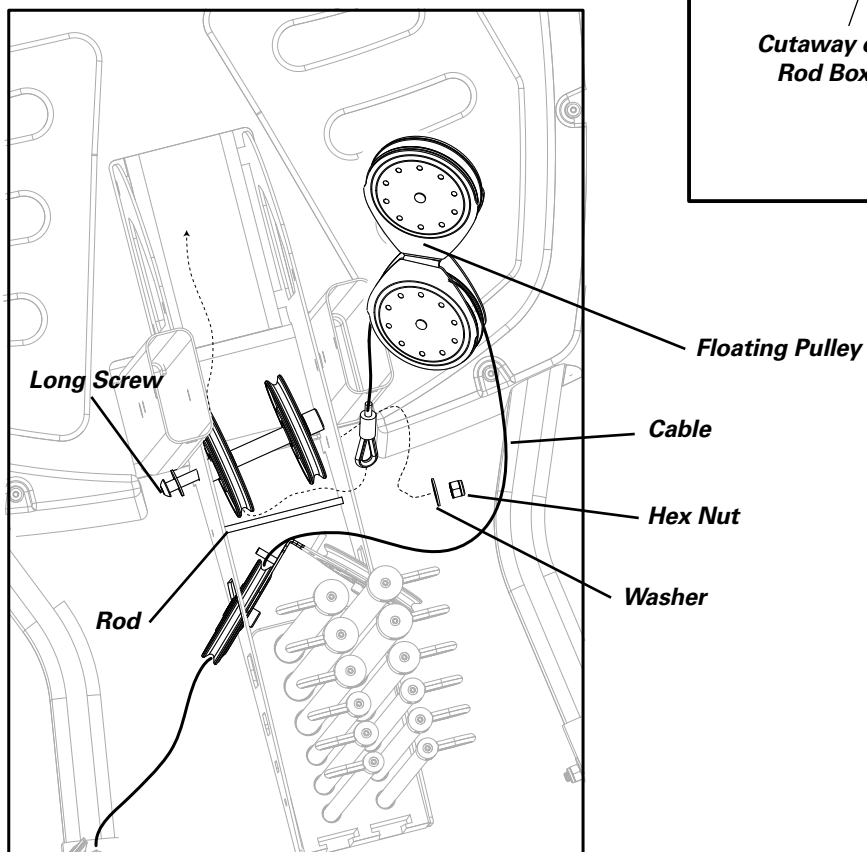


Figure B

Installing Your Bowflex Ultimate® 2 Cables

Cable Installation STEP 6

Tool:

- Hex Key (7/32")

- In Box 3, Locate a Single Pulley Assembly with two Cheeks and a Cable Retainer Bracket. (See Figure A)
- Extend the Cable to the front of the unit.
- Route the Cable under the Pulley and attach the Pulley to the Frame in front of the Bench Support.

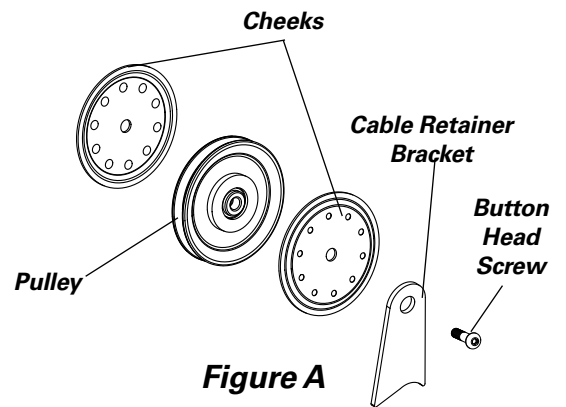


Figure A

NOTE: Make sure the Bracket is oriented as shown. (Detail C)

- Replace the Ball Stop. (See Figure C and D)

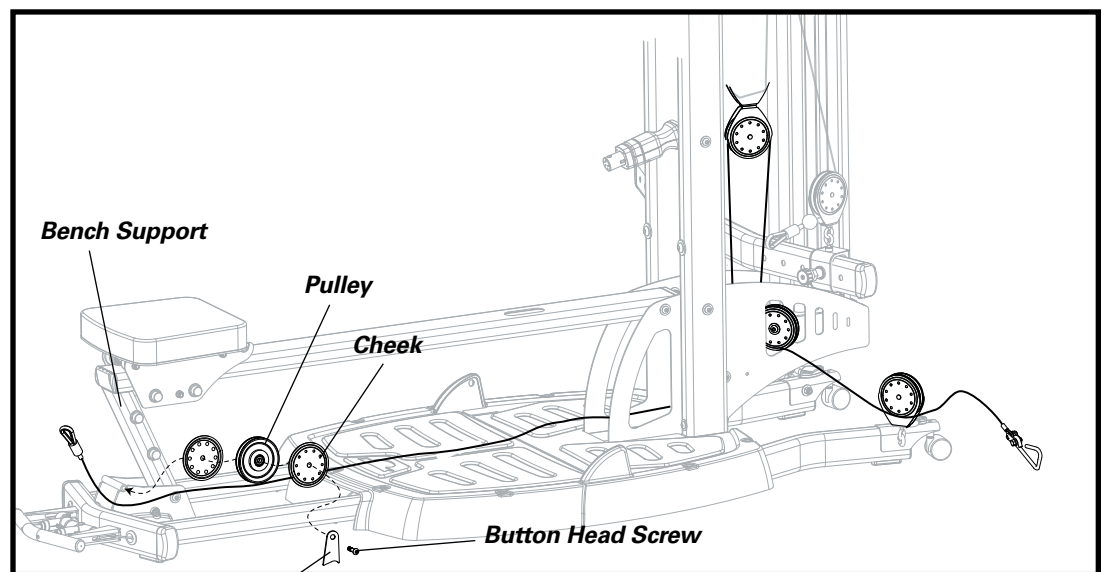
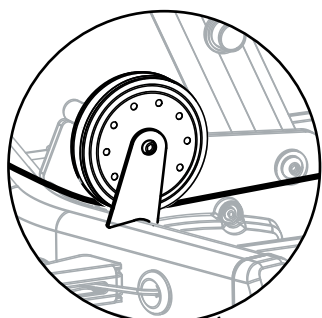


Figure B



Detail C

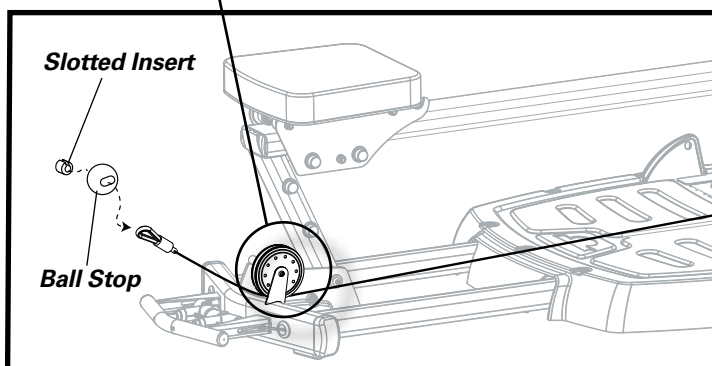
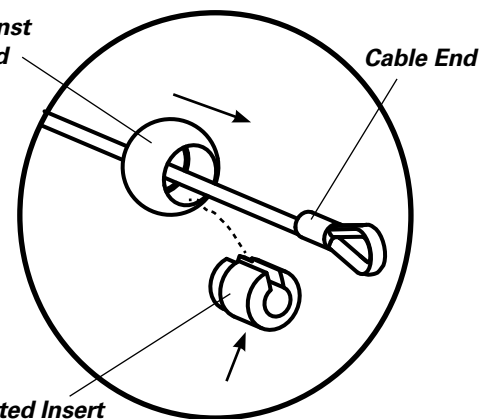


Figure C

Slide Ball Tightly Against
Insert and Cable End



Replace Slotted Insert

Figure D

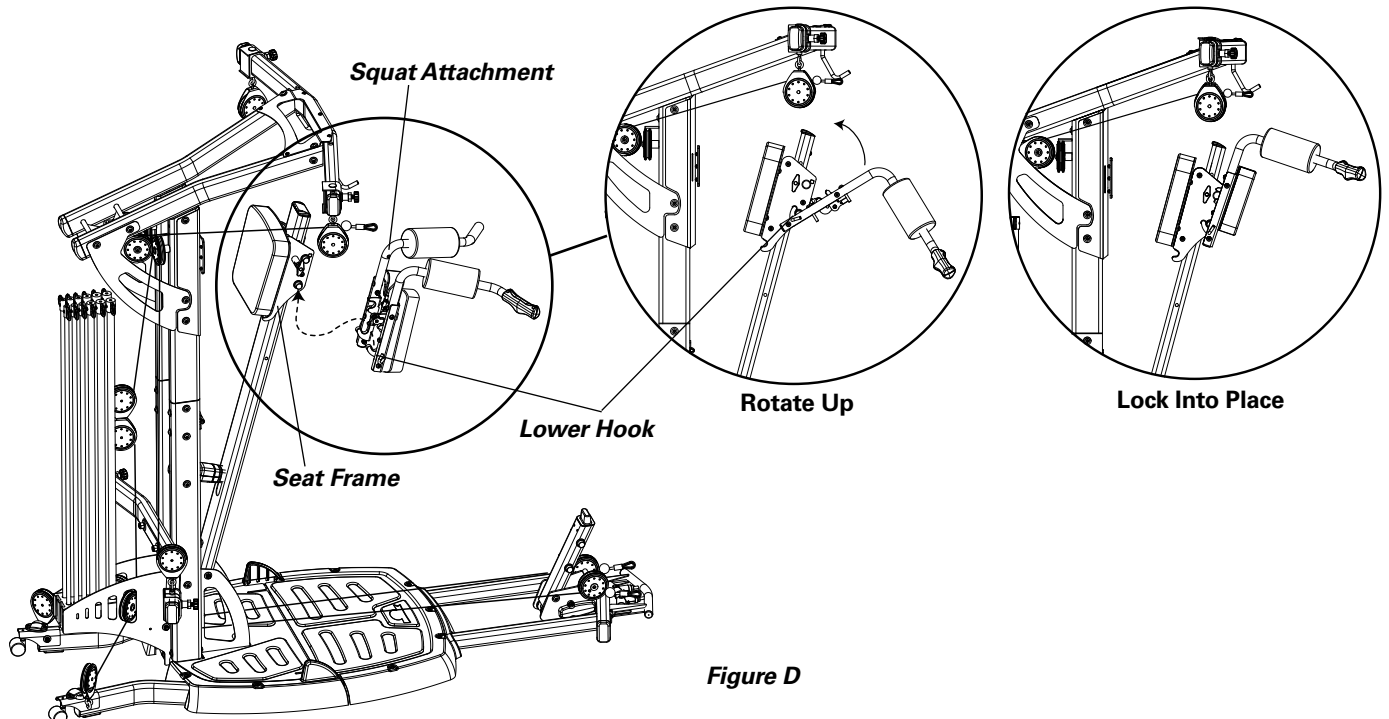
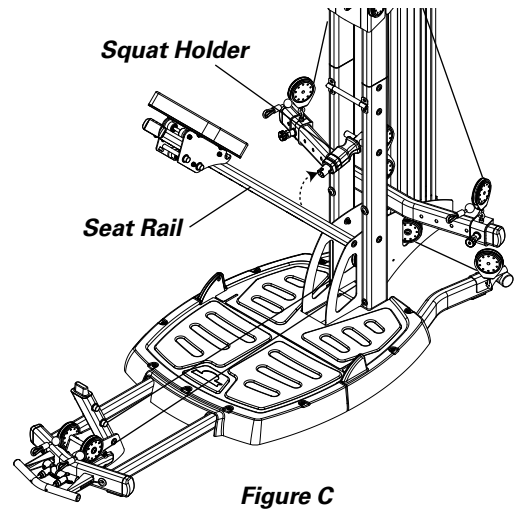
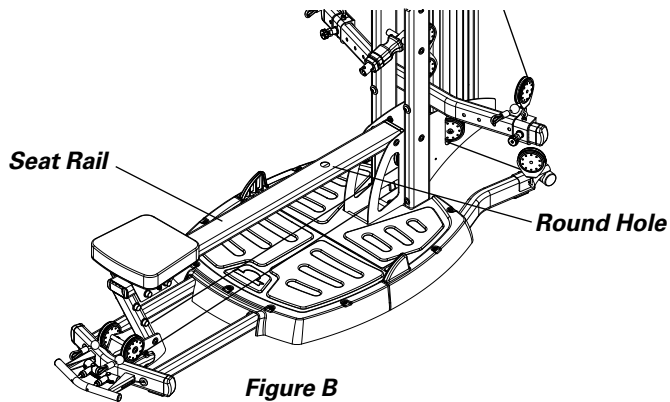
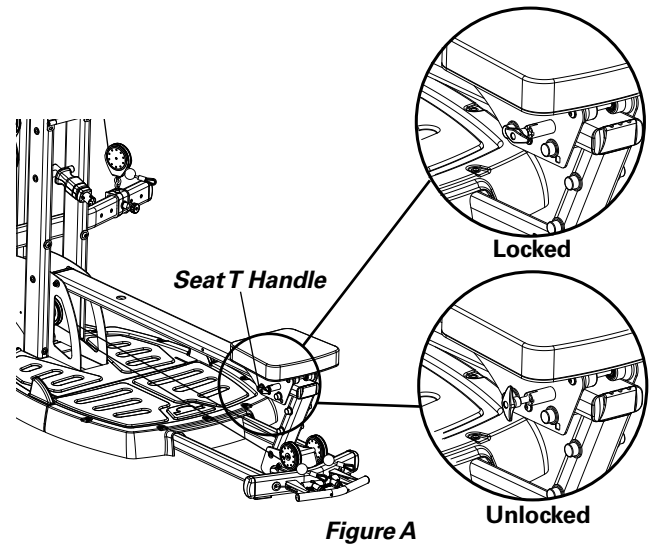
REPEAT CABLE INSTALLATION STEPS 1-6 FOR THE CABLES ON THE OPPOSITE SIDE OF THE UNIT.

Installing Your Bowflex Ultimate® 2 Squat Attachment

Install Squat Attachment

1. Make sure the Seat T Handle is Locked in position on the Seat Rail. (See Figure A)
2. Fold Seat Rail up and insert Squat Holder into the Round Hole on the Seat Rail. Make sure the Squat Holder locks securely into Seat Rail. (See Figure C)
3. Hook the lower Hook on the Squat Attachment up onto the lower Post on the Seat Frame. (See Figure D)
4. Rotate Squat Attachment up until it locks into place. (See Figure D)

(Continued on page 33)



Installing Your Bowflex Ultimate® 2 Squat Attachment

Install Squat Attachment

(Continued from page 32)

6. Extend the Cable from the Chest Bar Sliding Pulley to the Hooks on both sides of the Squat Attachment.
(See Figure E)

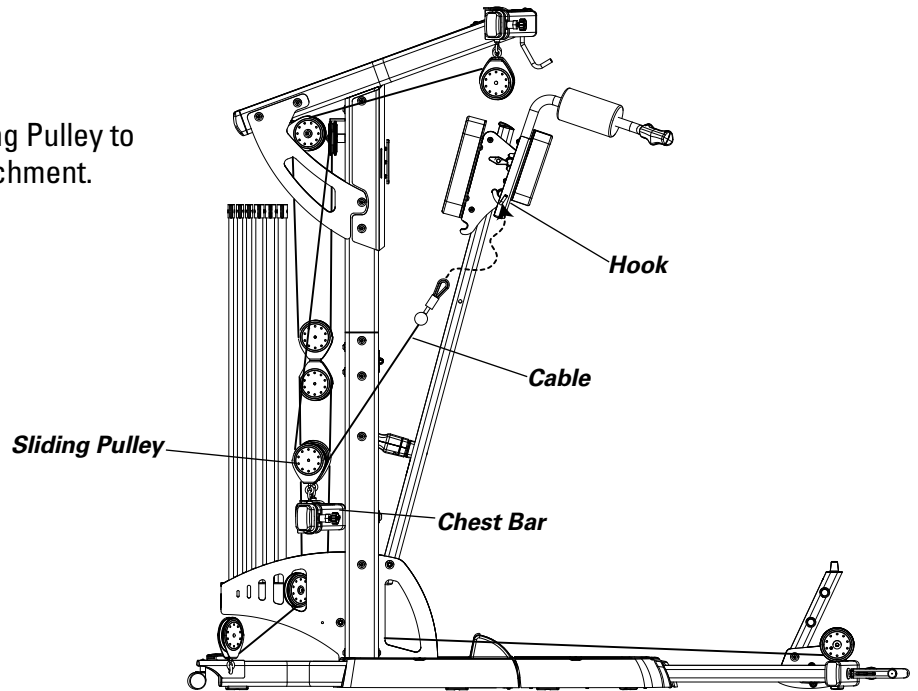
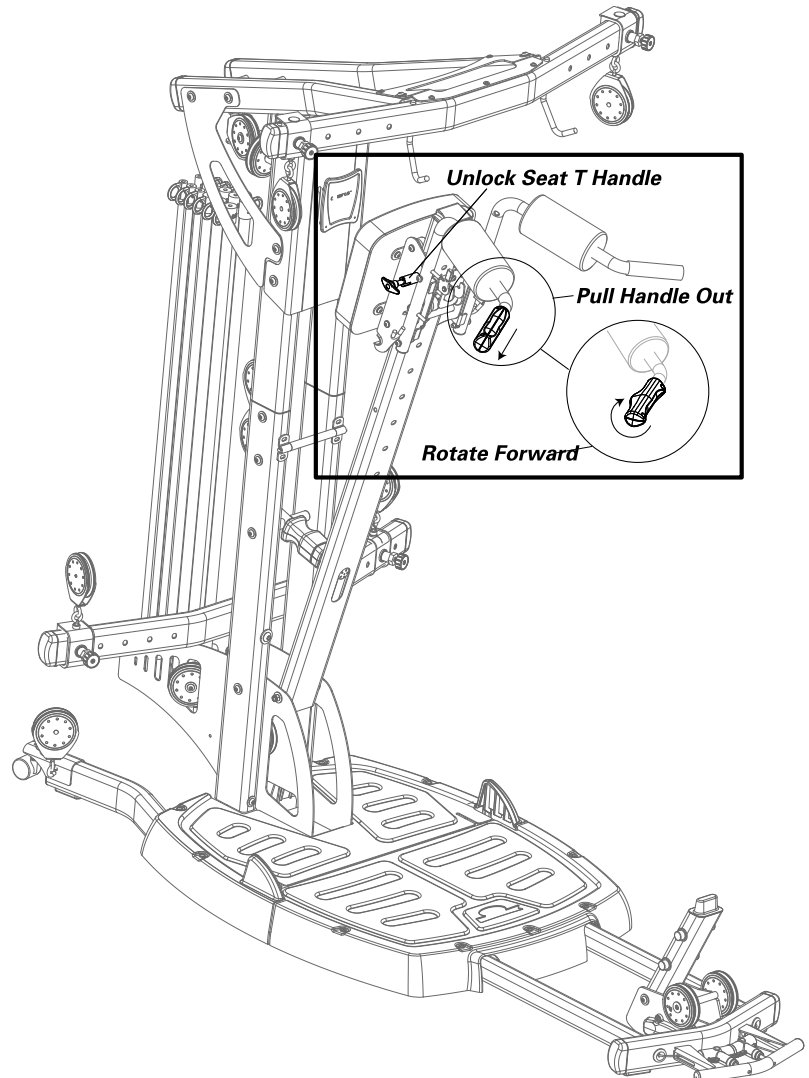


Figure E

Operating Squat Attachment

1. Unlock Seat T Handle. (See Figure A)
2. Stand under Squat Attachment with Shoulder Pads resting on shoulders.
3. Pull the Release Handle out and rotate it forward to allow the Squat Attachment slide freely on the Seat Rail. (See Figure F)

Note: The Squat Attachment will not slide downward until you push upward to release the safety lock.



Installing Your Bowflex Ultimate® 2 Leg Extension Attachment

Install Leg Extension Attachment

1. Place Hooks on Leg Extension Attachment over Posts on Seat Rail Support and press down into position. (See Figure A)
2. Attach Cables to Cable Hooks at the bottom of the Leg Extension Attachment. (See Figure B)

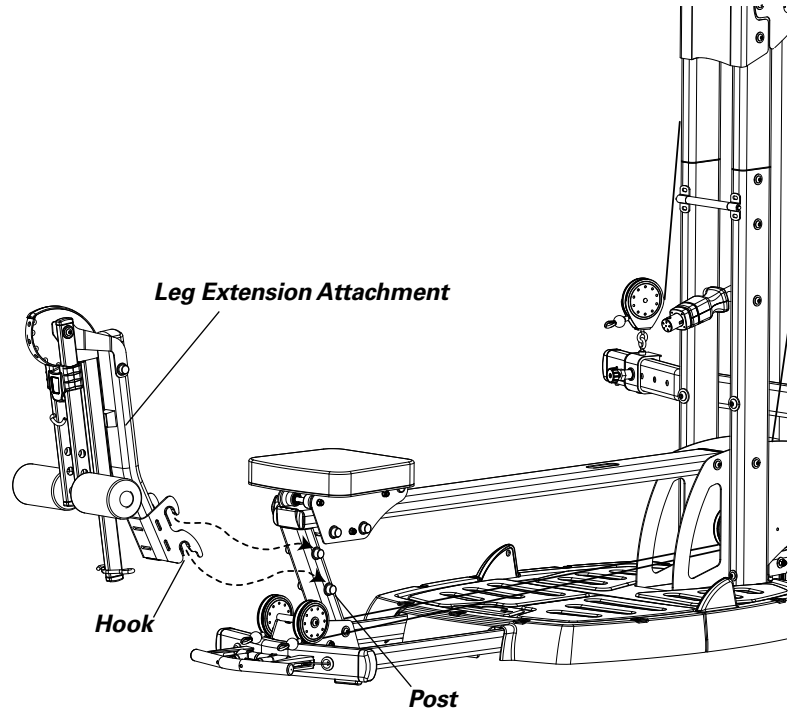


Figure A

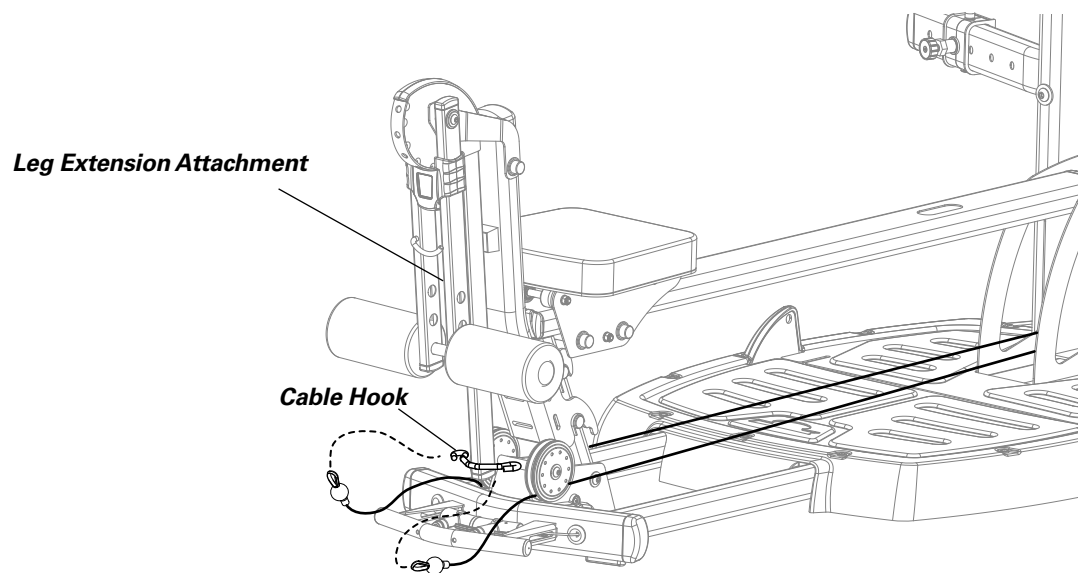
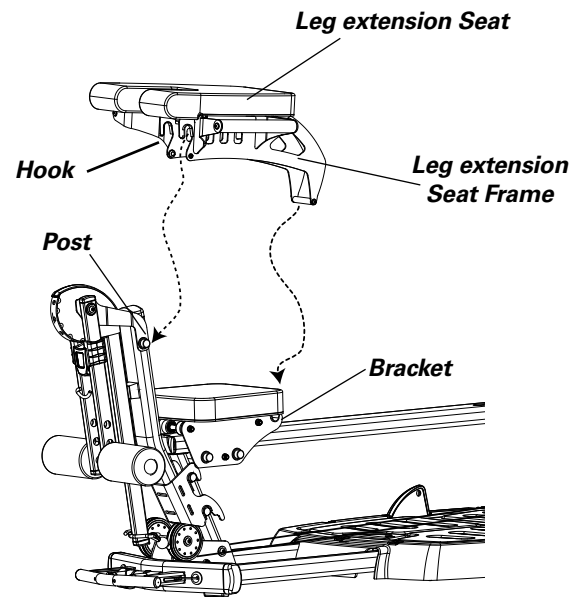


Figure B

Installing Your Bowflex Ultimate® 2 Leg Extension Seat and Preacher Curl

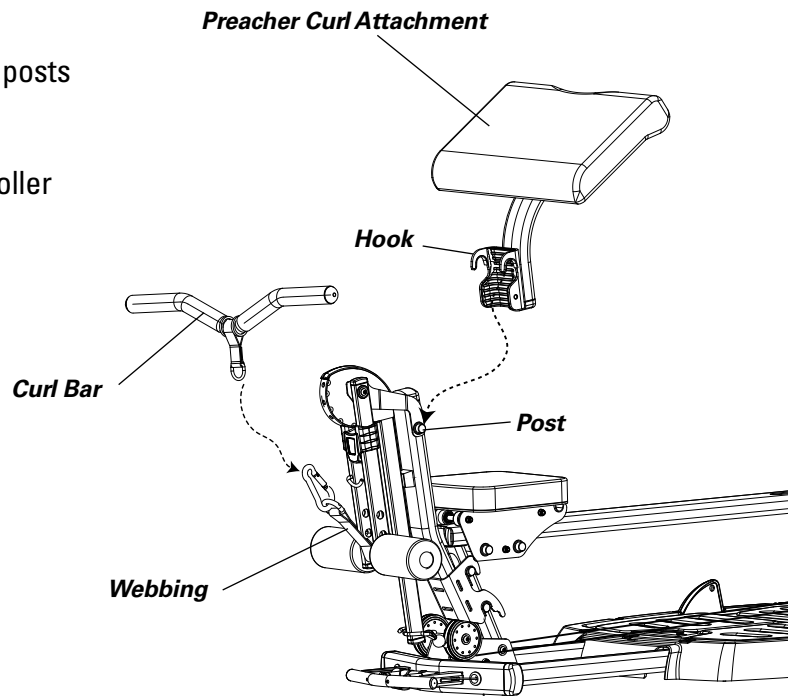
Install Leg Extension Seat

1. Place Hooks on Leg Extension Seat Frame over the posts on the Leg Extension Attachment.
2. Make sure the Cross Bar on the Seat Frame rests in the Bracket on the Sliding Seat Frame.



Install Preacher Curl Attachment

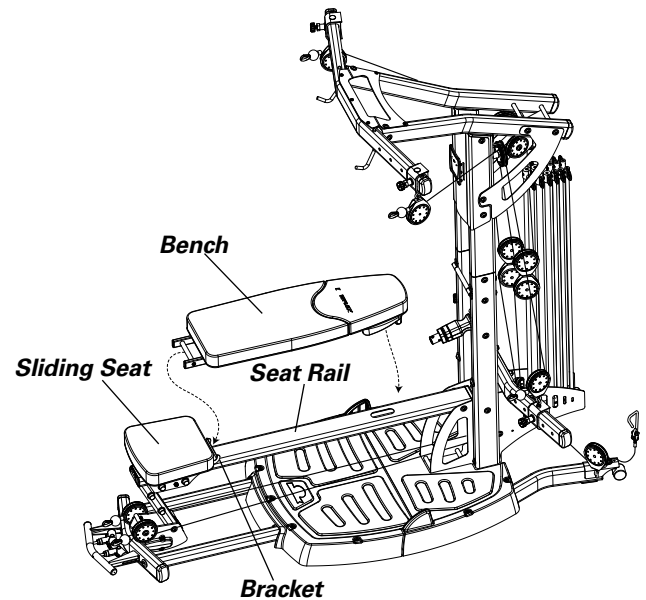
1. Place Hooks on Preacher Curl Attachment over the posts on the Leg Extension Attachment.
2. Hook the Curl Bar to the Webbing attached to the Roller Pad Bar on the Leg Extension Attachment.



Installing Your Bowflex Ultimate® 2 Bench and Ab Crunch Attachment

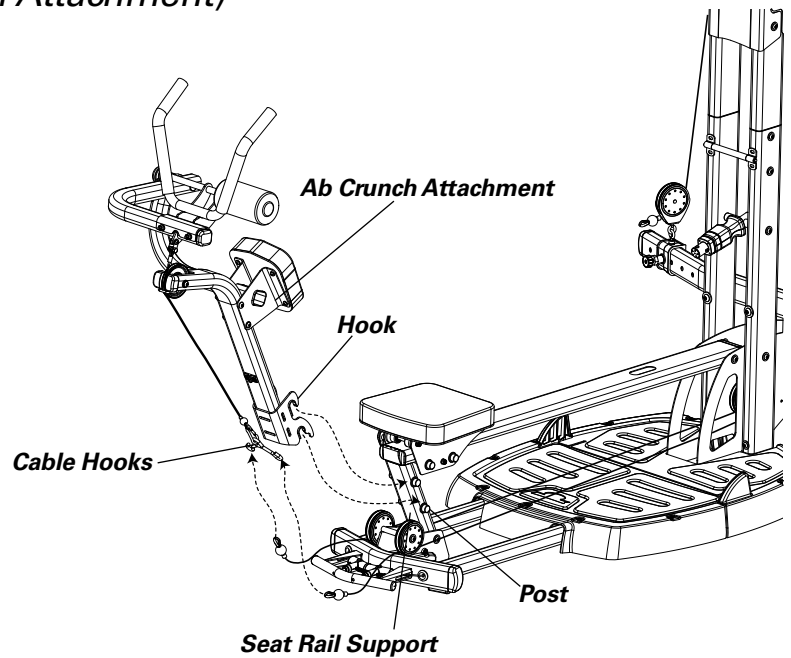
Install Bench

1. Place Cross Brace in Bracket on Sliding Seat and lay Bench on Seat Rail.



Install Ab Crunch Attachment (Optional Attachment)

1. Place Hooks on Ab Crunch Attachment over the posts on the Seat Rail Support and press down into position.
2. Attach Cables to Cable Hooks at bottom of Ab Crunch Cable.



Installing Your Bowflex Ultimate® 2 DVD Player

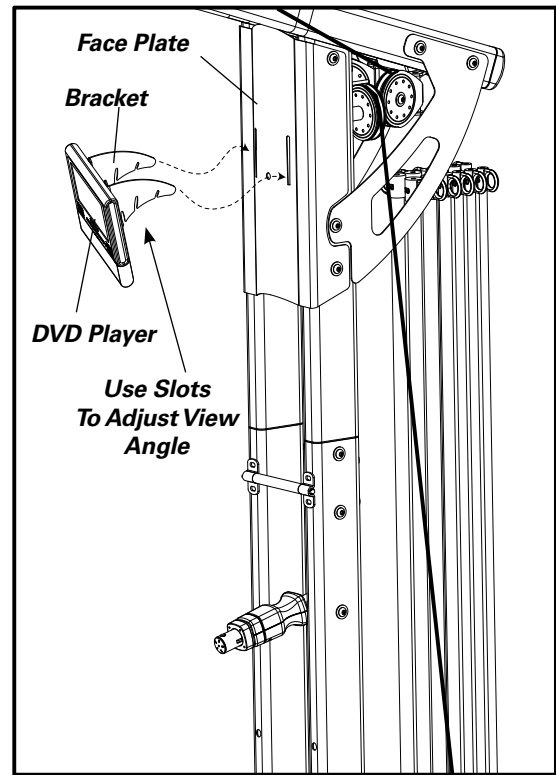
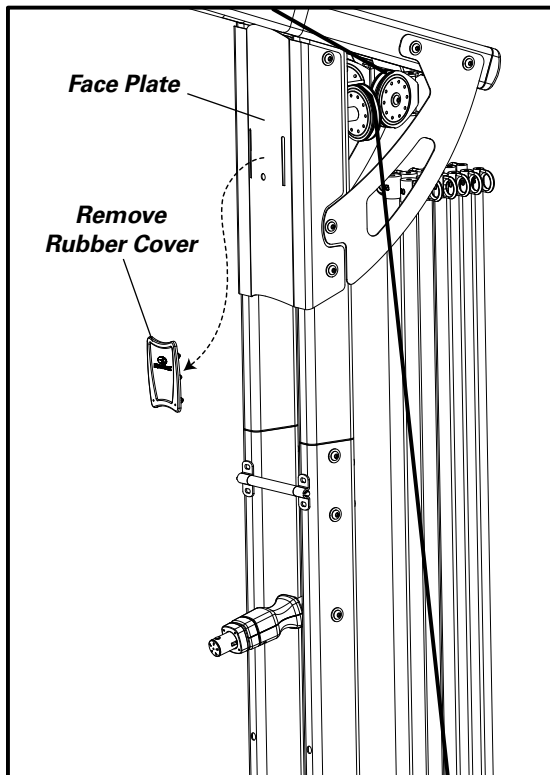
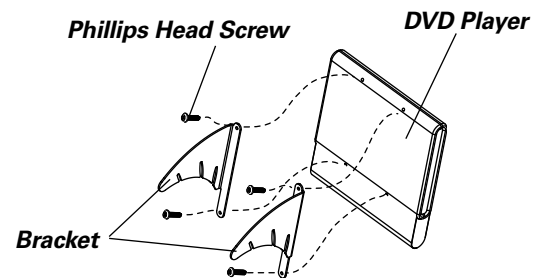
Install DVD Player (Optional Attachment)

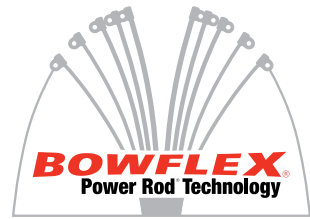
Tool:

- Small Phillips Head Screwdriver

1. Attach the DVD Player to the two DVD Player Brackets using the four small Phillips Head Screws provided in the Bracket packaging. (See Figure A)
2. Remove the Rubber Cover from the Face Plate. (See Figure B) Insert the DVD Player Bracket into the slots in the Face Plate. (See Figure C)

Note: The three slots in the DVD Bracket provide three possible angles for viewing.





BOWFLEX
ULTIMATE 2

This manual is written and designed by industry professionals. If you have any questions regarding your Bowflex Ultimate® 2 or any instructions found in this manual, please call **1-800-605-3369** for assistance.

(Shown with optional accessories)