



BOWFLEX[®]

Treadmills



Bowflex[®] 3, 5 & 7 Series Treadmills Assembly Manual

Congratulations on your commitment to fitness and your purchase of the Bowflex® 3, 5 and 7 Series treadmill. Before assembling your Bowflex® 3, 5, and 7 Series treadmill please read the Assembly Manual and follow the Important Safety Precautions. For information on how to use your Bowflex® 3, 5, and 7 Series treadmill refer to the Bowflex® 3, 5, and 7 Series treadmill Owner's Manual.

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Fax (800) 898-9410
Nautilus.com
Bowflex.com

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Important Safety Precautions

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 3 warnings listed below are also located on the handlebar 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 1-800-628-8458 (USA), 1-800-636-8316 (French Canadian) or +41-26-460-77-77 (International) to obtain one.
- If you feel any unusual pain or tightness in your chest, shortness of breath or dizziness, feel faint or have any discomfort while you exercise, STOP! Consult your physician.
- Keep children and pets off the treadmill.



**READ ALL INSTRUCTIONS BEFORE
ASSEMBLING THE MACHINE.**

Recycling

Do not dispose of this product as refuse. This product is to be recycled. For information on the proper method of disposal contact a Nautilus Customer Service Representative. Contact information is available in the Important Contact Numbers section in this manual.



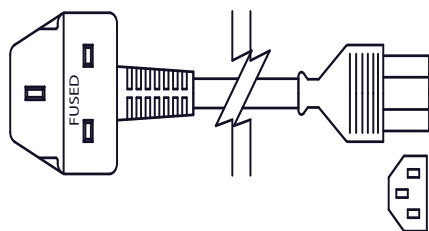
Getting To Know Your Machine

Power Cord Information

Nautilus, Inc. sells its products in many different countries some of which have different power cord and power outlet configurations. For locations where the furnished cord(s) are not suitable, contact your local dealer or service provider to find where a local high quality power cord meeting the following technical requirements is available. Do not attempt to use the treadmill without the proper power cord appropriate for your country and location.

Plug the power cord of the treadmill directly into a dedicated grounded circuit carrying 15 amps (110 Volt model) or 7 amps (220 Volt model). We recommend the use of a surge protector. Position the treadmill so that the wall plug is visible and accessible. If the Bowflex® Treadmill power cord is damaged, it must be replaced with a new power cord from Nautilus, Inc. Please contact your local dealer or Nautilus, Inc. directly.

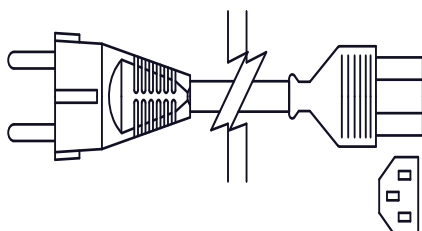
DEPENDING UPON YOUR REGION YOU WILL HAVE ONE OF THE FOLLOWING POWER CORDS.



Part: Power Cord (British)

Qty: 1

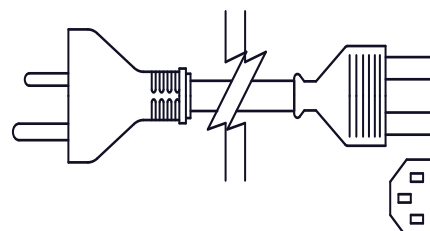
P/N: HH2132



Part: Power Cord (European)

Qty: 1

P/N: HH2133



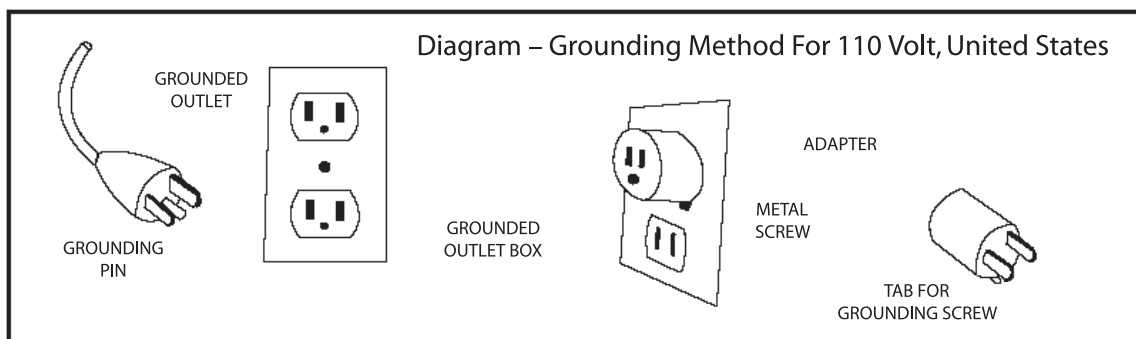
Part: Power Cord (Australian)

Qty: 1

P/N: HH2135

Grounding Instructions

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current, reducing the risk of electric shock. The power cord is equipped with an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.



- Position the treadmill on a clear, level surface. Do not place the treadmill on thick carpet as it may interfere with proper ventilation. Treadmill mats can usually be purchased from your treadmill dealer.

Basic Assembly Principles

Here are few basic assembly tips that can make assembly of your Bowflex® 3, 5, and 7 Series treadmill quick and easy.

1. You can make the assembly process go faster by gathering the pieces you need for each step prior to starting the step.
2. As a general rule, and for all fasteners on your Bowflex® 3, 5, and 7 Series treadmill, turning toward the right will tighten, turning towards the left will loosen. An easy way to remember this is by remembering the expression, “Lefty loosey, righty tighty.”
3. The Allen wrenches and Phillips screwdriver tools needed to assemble your Bowflex® 3, 5, and 7 Series treadmill are provided. You may find the use of a utility knife or scissors beneficial during the unpacking process.
4. It is recommended that you use two people to assemble your Bowflex® 3, 5, and 7 Series treadmill.

Select Your Workout Area

Select where you are going to put your Bowflex® 3, 5, and 7 Series treadmill carefully. The best place for your treadmill is on a hard, level surface. You will need at least 20 inches (.5 meters) on each side of the treadmill and 79 inches (2 meters) behind your treadmill for dismount.

Make sure that the location you choose has a grounded, 3-prong power outlet within reach of the treadmill power cord, and you have the appropriate power cord for the outlet.

NOTE: The Bowflex® 3, 5, and 7 Series treadmill is designed to plug into a grounded, non-GFI outlets only. To determine if your outlet or circuit breaker is GFI, look for a test and reset button on them. If they have the test and reset button it is a GFI outlet or circuit breaker.

Further, if you ever perform any repairs on your treadmill that require you to lay it on its side, you will need at least five feet to one side of your workout area.

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 setup 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:

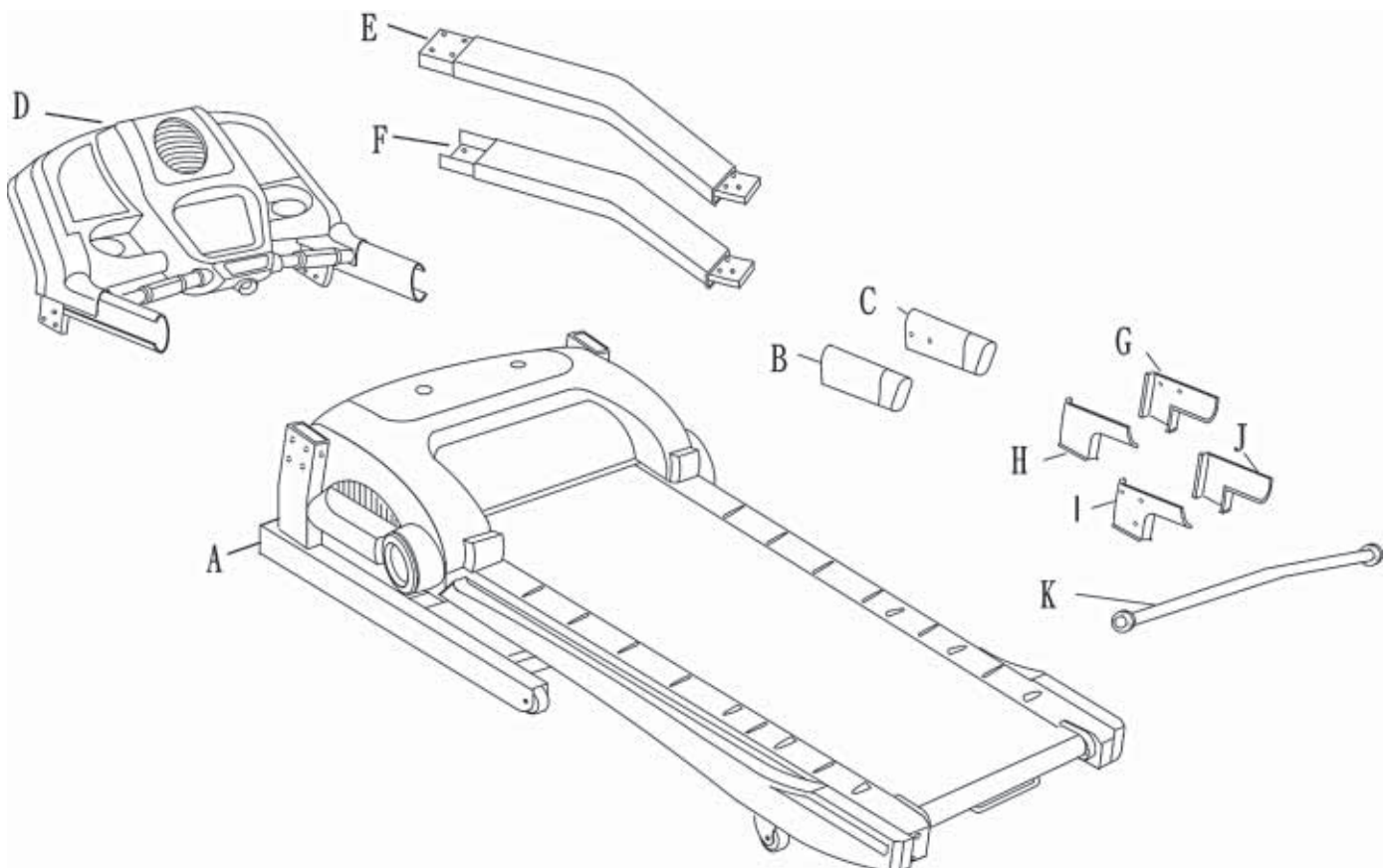
- Flat area of 4' x 8' to assemble and properly use the Bowflex® 3, 5, or 7 Series Treadmill.
- Two people to assemble the treadmill.
- 5 mm Allen wrench (supplied)
- Phillips head screw driver (supplied)
- Silicon Lube (supplied)

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

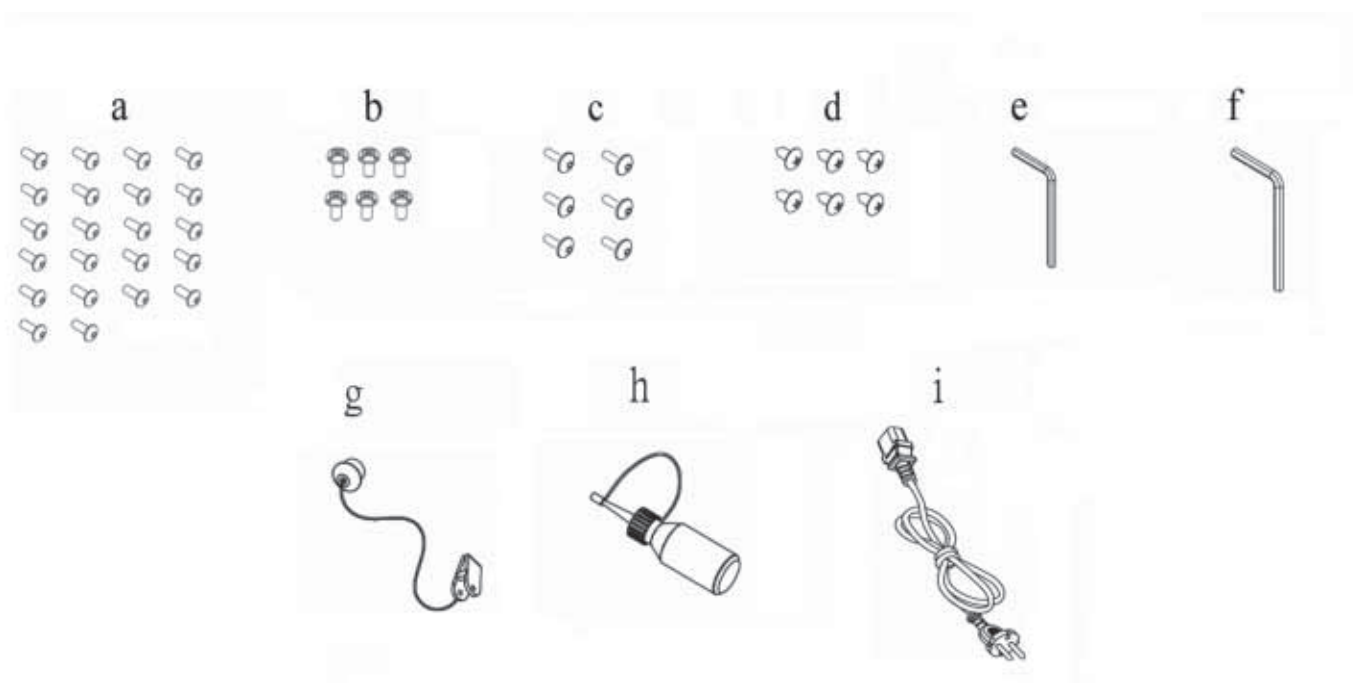
Check	Quantity	Description	Reference #
	1	Frame	A
	1	Handrail (L)	B
	1	Handrail (R)	C
	1	Computer Console	D
	1	Left Upright	E
	1	Right Upright	F
	1	Inner Handrail Cover (L)	G
	1	Outer Handrail Cover (L)	H
	1	Inner Handrail Cover (R)	I
	1	Outer Handrail Cover (R)	J
	1	Cross Bar	K

Exploded View



Hardware List

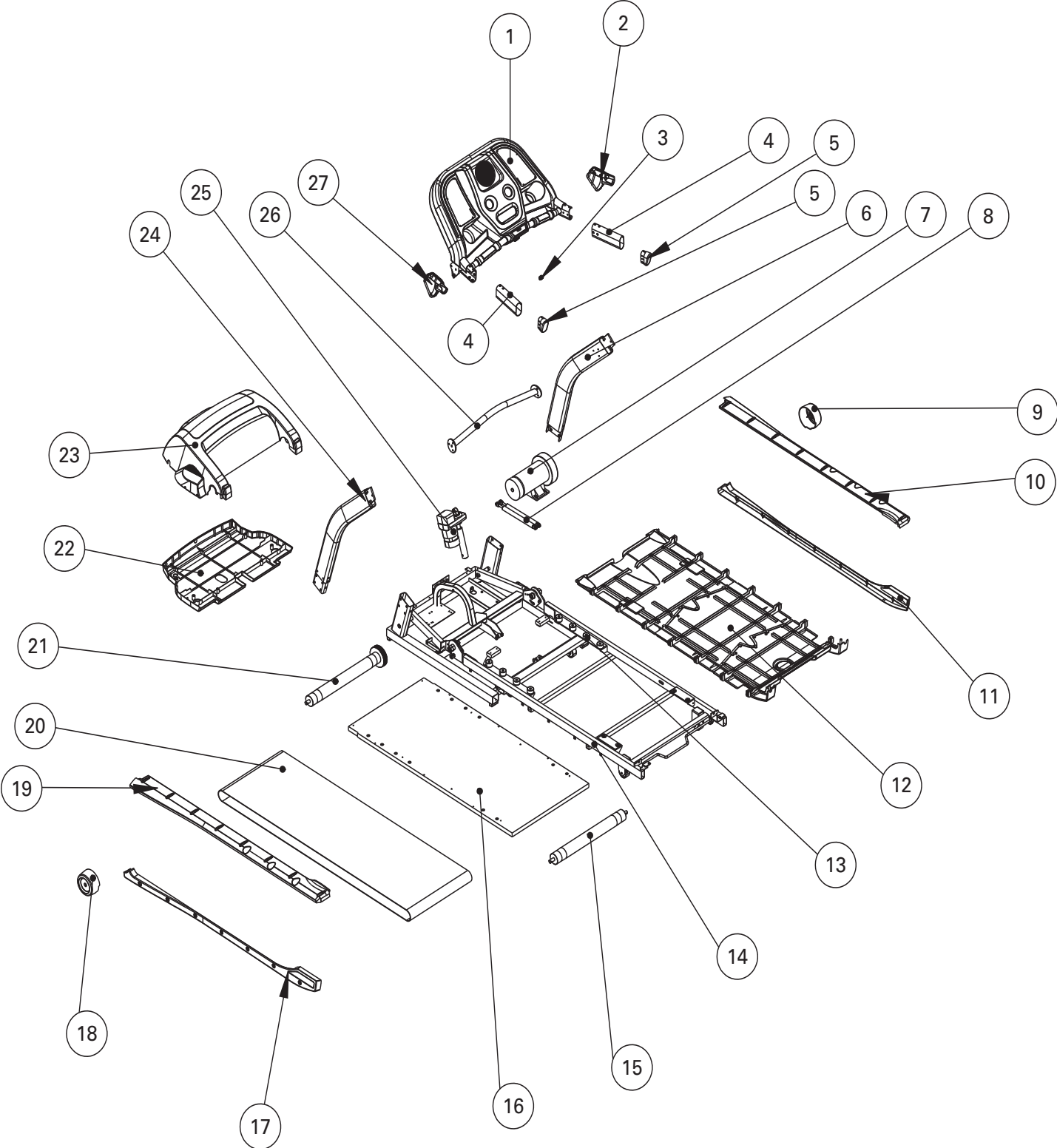
Check	Quantity	Description	Reference #
	22	Allen Screw M8 x P1.25 x 15	a
	6	Phillips Head Screw M8 x P1.0 x 15	b
	6	Allen Screw M8 x P1.25 x 15	c
	6	Phillips Head Screw 4 x 16	d
	1	Allen Wrench 5mm/Screwdriver	e
	1	Allen Wrench 6mm	f
	1	Safety Key/Clip	g
	1	Silicon Lube	h
	1	*Power Cord (attached on 3.1 model)	i



Note: Please verify 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 Nautilus, Inc.
at 1-800-864-1270 (USA), 1-800-636-8316 (French Canadian) or +41-26-460-77-77 (International).

Assembly Drawing with Reference Numbers



Parts List

Reference #	QTY	Description
1	1	Console
2	1	Hand Rail Cover set / Right
3	1	Emergency Stop Magnet
4	2	Hand Rail
5	2	Hand Rail End Cap
6	1	Right Upright Assembly
7	1	Motor
8	1	Soft Drop™ Cylinders
9	1	Right Roller Cover
10	1	Right Side Rail
11	1	Right Bottom Side Rail
12	1	Deck Bottom Plastic Cover
13	8	Rubber Isolator
14	1	Frame Assembly
15	1	Rear Roller
16	1	Deck
17	1	Left Bottom Side Rail
18	1	Left Roller Cover
19	1	Left Side Rail
20	1	Walking Belt
21	1	Front Roller
22	1	Motor Pan
23	1	Motor Cover
24	1	Left Upright Assembly
25	1	Incline Motor
26	1	Upright Crossbar Assembly
27	1	Hand Rail Cover Set / Left

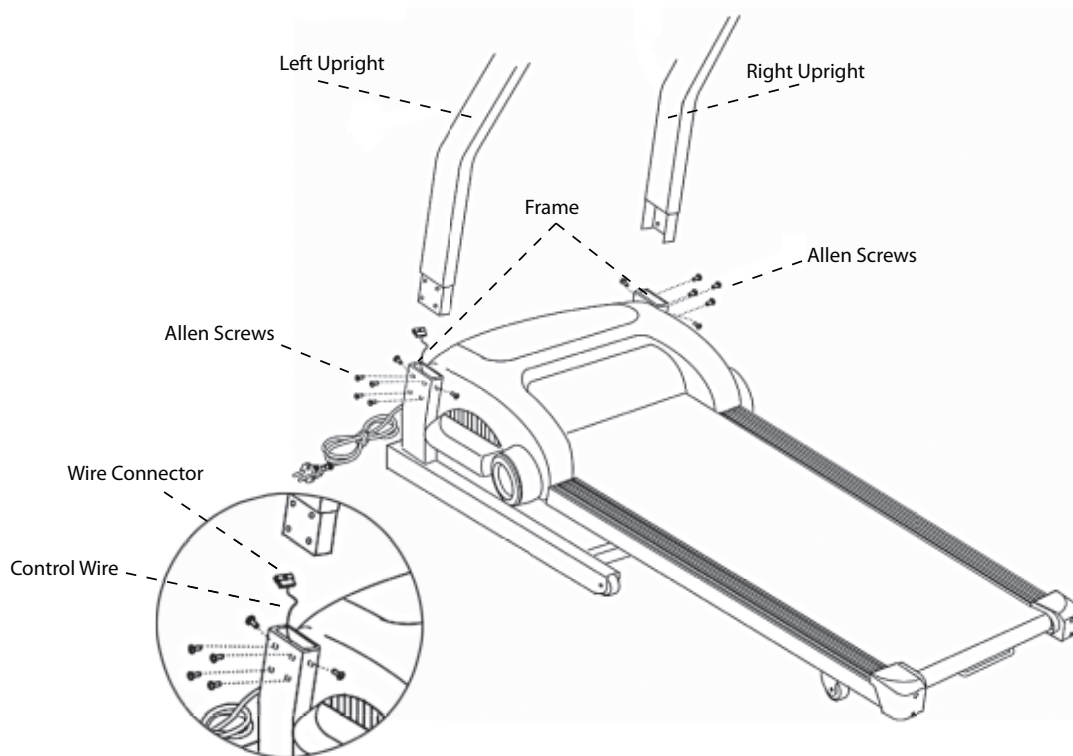
Assembly Instructions

ATTENTION

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.

The assembly process has been broken down into 5 easy-to-follow steps. Please take just a few moments to read over these instructions to familiarize yourself with the process to make assembly quick and trouble-free.

Assembly Step #1 Attach Uprights to Main Unit

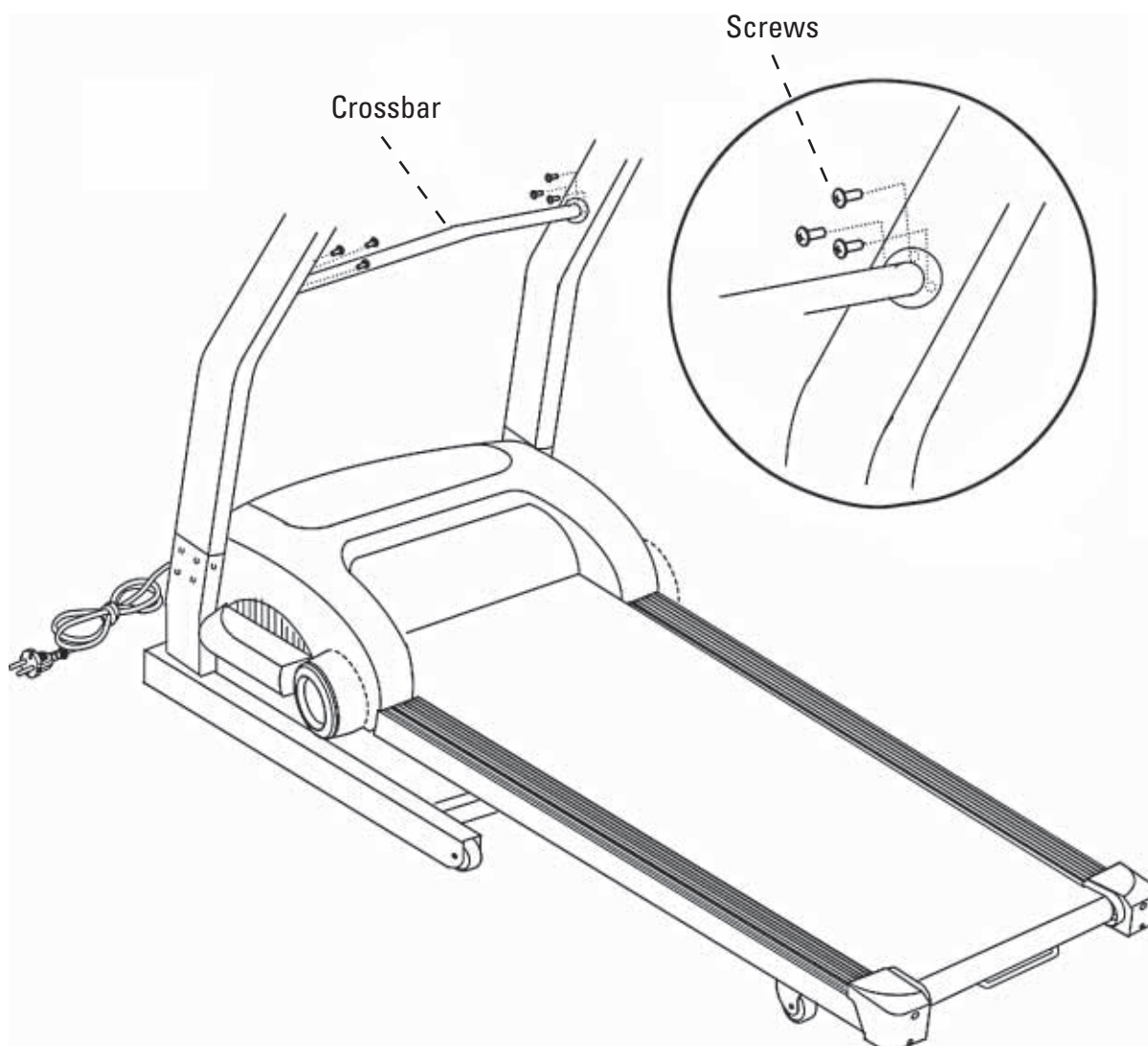


Assembly hardware required: (12) M8 x P1.25 x 15 Allen Screws (item a)

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 them to the main unit.

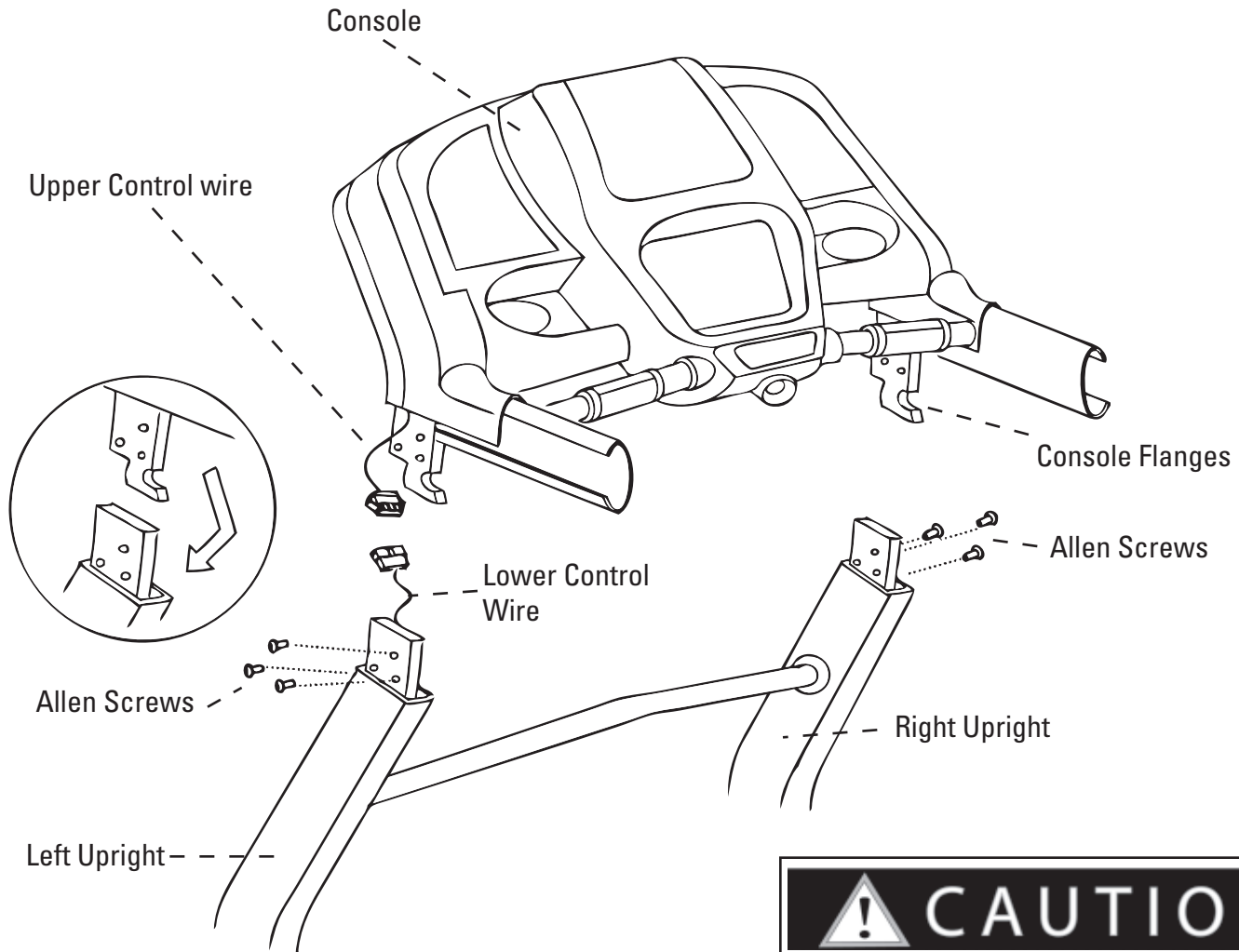
Assembly Step #2 Attach Cross Bar to Uprights



Assembly hardware required: (6) M8 x P1.0 x 15 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

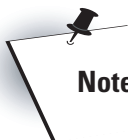


Assembly Hardware Required: (6) M8 x P1.25 x 15 Allen Screws (item c)

**CAUTION**

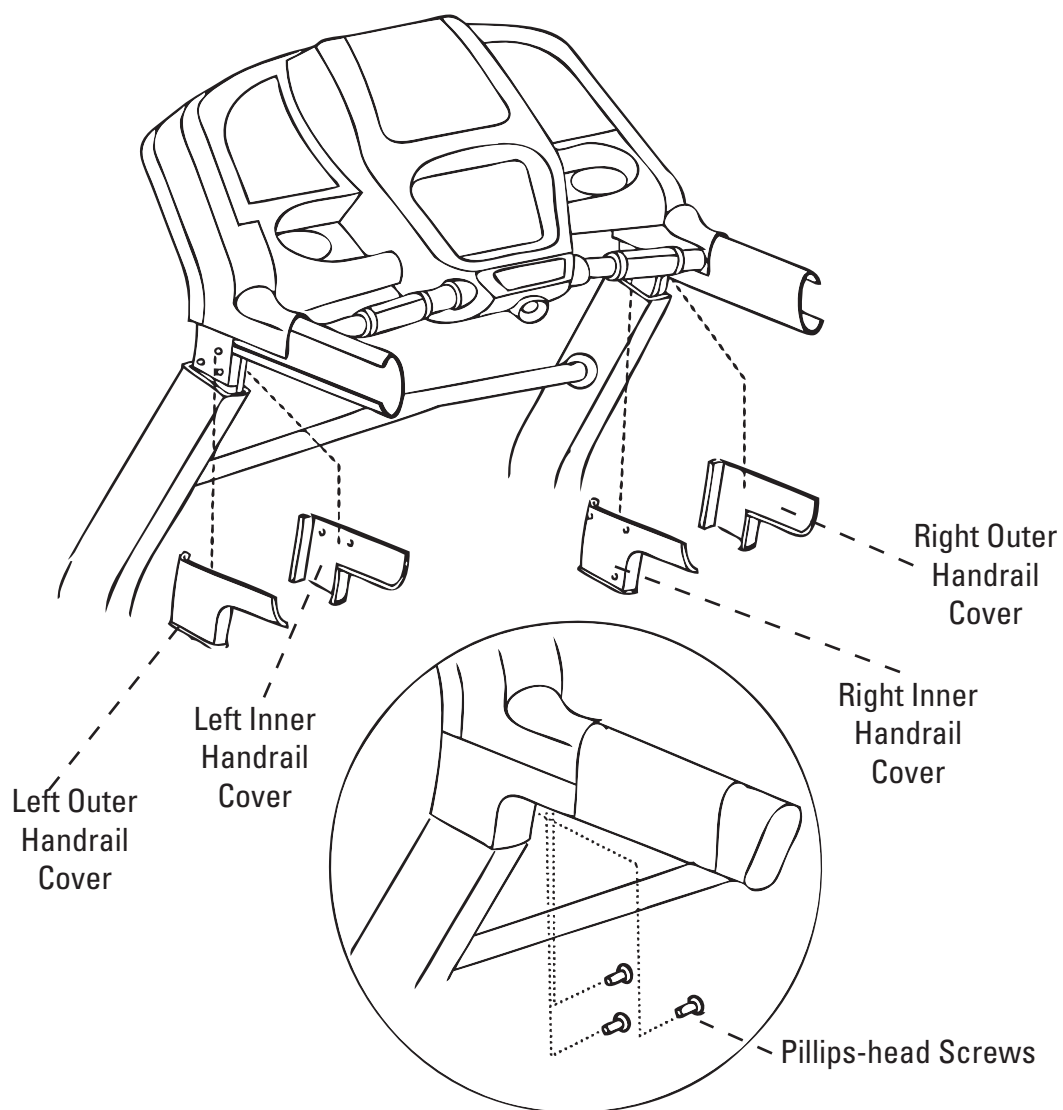
THIS STEP REQUIRES TWO PEOPLE. THE CONSOLE IS AWKWARD AND HEAVY. IT IS POSSIBLE TO PINCH YOUR FINGERS WHEN CONNECTING IT TO THE UPRIGHTS.

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. Before proceeding to the next step tighten all the Allen Screws on the Uprights and Phillips Head Screws on the Crossbar.



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

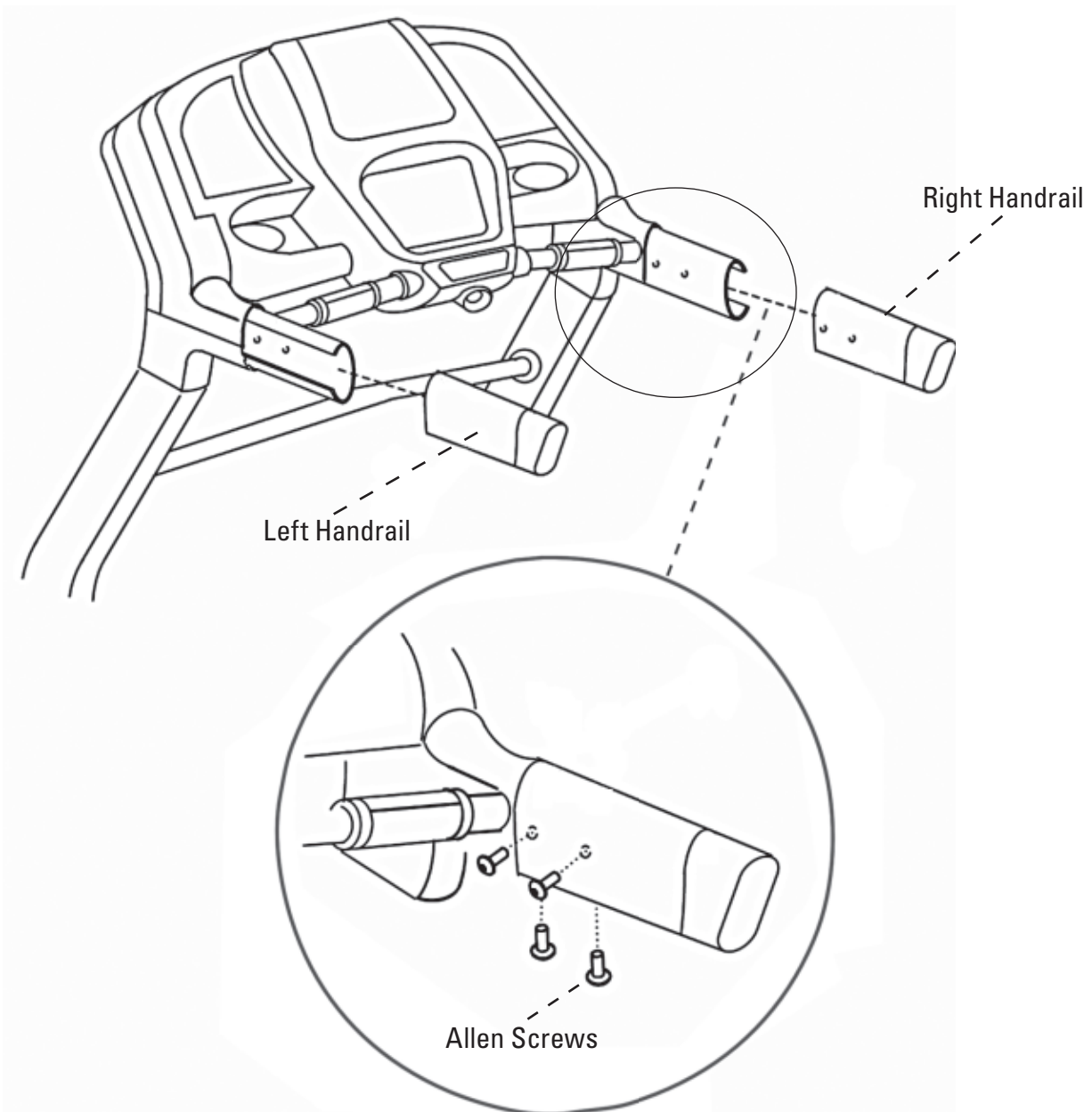
Assembly Step #4 Attach Handrail Covers



Assembly Hardware Required: (6) 4 x 16 Phillips-head Screws, 3 per side (item d).

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

Assembly Step #5 Attach Handrails

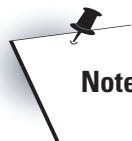


Assembly Hardware Required: (8) M8 x P1.25 x 15 Allen Screws, 4 per side (item a).

1. Attach Handrails to the sides of Console, aligning the holes and securing with Allen Screws.

Folding, Transporting & Unfolding Your Treadmill

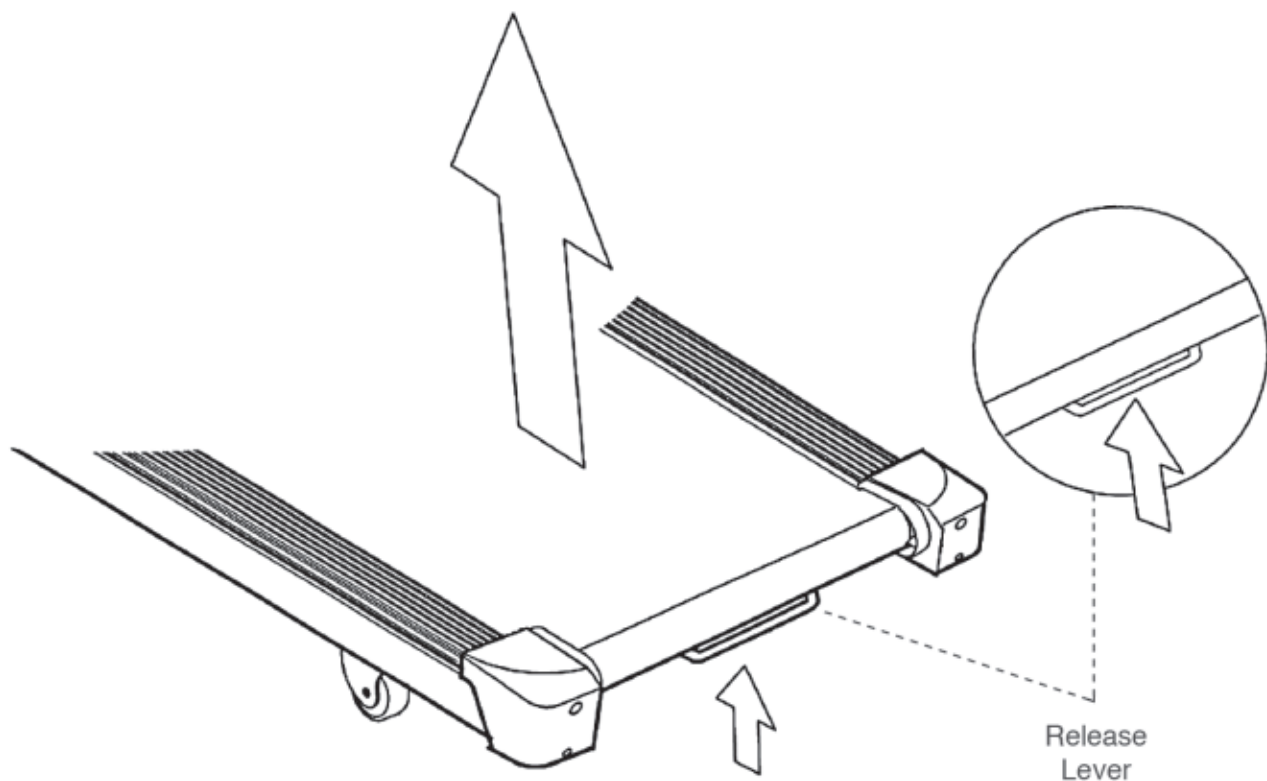
This treadmill has a folding mechanism; you must stop operation while folding and transporting. Make sure the power is off and the power cord is removed and unplugged before folding and transporting the treadmill.



Note: After initial assembly your Bowflex Treadmill must be calibrated before it can be folded. Please follow calibration instructions in your Owner's Manual.

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 the **To Fold the Treadmill** section, please be sure deck is locked and engaged in the up position. If treadmill will not lock in up position, check to see that elevation is 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.

Important Contact Numbers

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, Inc. office listed below.

OFFICES IN THE UNITED STATES:

E-mail: customerservice@nautilus.com

- **NAUTILUS INNOVATION CENTER**

Nautilus, Inc.
1886 Prairie Way
Louisville, Colorado, USA 80027
Vancouver, Washington, USA 98683
Phone: 800-NAUTILUS (800-628-8458)
Email: customerservice@nautilus.com
Fax: 800-898-9410

- **TECHNICAL/CUSTOMER SERVICE**

Nautilus, Inc.
World Headquarters
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 OFFICES:

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

- **INTERNATIONAL CUSTOMER SERVICE**

Nautilus International S.A.
Rue Jean Prouvé 6
1762 Givisiez / Switzerland
Tel: + 41-26-460-77-77
Fax: + 41-26-460-77-70
Email: technics@nautilus.com

BUSINESS OFFICES:

- **SWITZERLAND OFFICE**

Nautilus Switzerland S.A.
Tel: + 41-26-460-77-66
Fax: + 41-26-460-77-60

- **GERMANY and AUSTRIA OFFICE**

Nautilus GmbH
Tel: +49-2203-20-20-0
Fax: +49-2203-20-20-4545

- **ITALY OFFICE**

Nautilus Italy s.r.l.
Tel: +39-051-664-6201
Fax: +39-051-664-7461

- **UNITED KINGDOM OFFICE**

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Fax: +44-1908-267-346

- **CHINA OFFICE**

Nautilus Representative Office
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Fax: +86-21-523-707-09



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