



BOWFLEX

SelectTech



**SelectTech[®] 3.1 Bench
Assembly/Owner's
Manual**

Congratulations on your commitment to fitness and your purchase of the Bowflex® SelectTech® 3.1 Bench. Before assembling your Bowflex® SelectTech® 3.1 Bench, please read the Assembly/Owner's Manual and follow the Important Safety Precautions.

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Bowflex.com

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Important Safety Precautions

IMPORTANT SAFETY INSTRUCTIONS

The following definition applies to the word “WARNING” found throughout this manual:

 WARNING	Used to call attention to POTENTIAL hazards that could result in personal injury or loss of life.
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WARNING!

Before beginning any exercise program consult your physician or health care professional. Only he or she can determine the exercise program that is appropriate for your particular age and condition. If you experience any light-headedness, dizziness, or shortness of breath while exercising, stop the exercise and consult your physician.



Read all instructions and warning labels before using the equipment.

- It is your responsibility to read and understand all warnings and instructions. This is essential to safe operation.
- Keep your body weight centered on the bench while exercising.
- Never allow children on the bench. Teenagers should always have parental supervision when using this bench.
- Set up and operate bench only on a level surface.
- Do not wear loose clothing while you are near the bench.
- Do not exceed the max. user weight of 300 lbs (136.1 kg).
- Do not exceed the maximum lifting load of 300 lbs (136.1 kg).
- Make sure you have adequate room to use the equipment without interference with other objects or third party.
- The approximate weight of this bench is 55 lbs (25 kg).
- This bench is not intended for institutional use.
- Before exercising, make sure the back and seat supports are securely fastened and the bench is firmly in place.
- Inspect your bench before each workout. Periodically check all fasteners to make sure none have loosened with use.
- Never attempt to exercise with more resistance than you are physically able to handle.
- For safety, it is recommended that you exercise with a training partner or spotter.
- Do not use the bench if any component is found worn or damaged.

Safety Warning Labels

The following safety warnings are located on the Bowflex® SelectTech® 3.1 Bench. Please read all safety precautions and warning information prior to using your product. Be sure to replace any warning label if damaged, illegible, or missing. If you need replacement labels, please call a Nautilus Representative at 1-800-864-1270.

Label 1: “Warning!: Use only genuine Bowflex® replacement parts. Failure to do so will void warranty and could result in personal injury. There is a risk assumed by individuals who use this type of equipment. To minimize the risk always read your owner’s manual and follow these simple rules:

- Do not exceed max user weight - 300 lbs. (136.3 kg)
- Do not exceed maximum allowed lifting load 300 lbs. (136.3 kg)
- This machine is not intended for institutional use.
- Inspect equipment before each use. Replace all parts at the first signs of wear or damage. If in doubt about a certain part, DO not use the equipment until the part is replaced. Failure to replace worn or damaged parts may result in injury.

CONSULT YOUR PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAM. Warm up properly before engaging in weight resistance training. Stop exercising if you feel faint or dizzy.

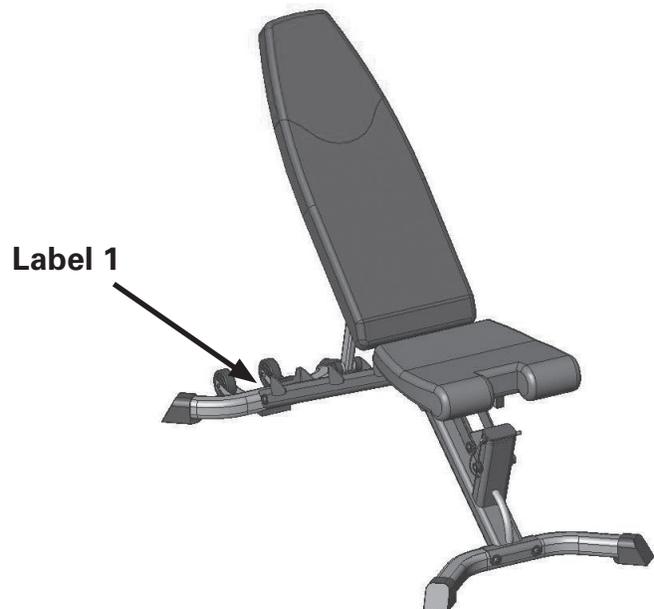
TO PREVENT THE POSSIBILITY OF SERIOUS INJURY, KEEP BODY AND CLOTHING CLEAR OF ALL MOVING PARTS.

CHILDREN SHOULD NOT BE ALLOWED TO USE THIS EQUIPMENT. To avoid possible injury children should be kept at a safe distance when this equipment is in use. Teenagers should not use this equipment without adult supervision.

CALL YOUR AUTHORIZED BOWFLEX® DEALER if you have any questions on the proper use or maintenance of this equipment or BOWFLEX® CUSTOMER SERVICE AT: 1-800-605-3369 or www.bowflex.com

DO NOT REMOVE”

Location: On the rear Bench Frame.



Before You Assemble

Before You Assemble

Please take the time to read all assembly instructions before attempting to assemble your Bowflex® SelectTech® 3.1 Bench. The best place for your Bowflex® SelectTech® 3.1 Bench is on a hard, level surface.

Basic Assembly Principles

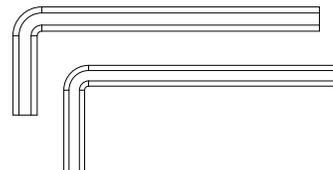
Here are a few basic tips that will make your assembly of the Bowflex® SelectTech® 3.1 Bench quick and easy. By using these principles, you can simplify each process and save yourself extra time and effort.

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® SelectTech® 3.1 Bench, turn bolts or nuts toward the right to tighten and left to loosen. Or you can remember the mnemonic: "Righty tighty, lefty loosey."

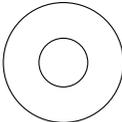
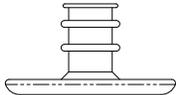
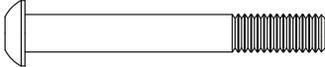
Hardware and Tool Guide

Tools Required:

- 9/16 Socket
- 9/16 Wrench or Adjustable wrench
- 7/32 Allen Wrench (provided)
- 3/16 Allen Wrench (provided)

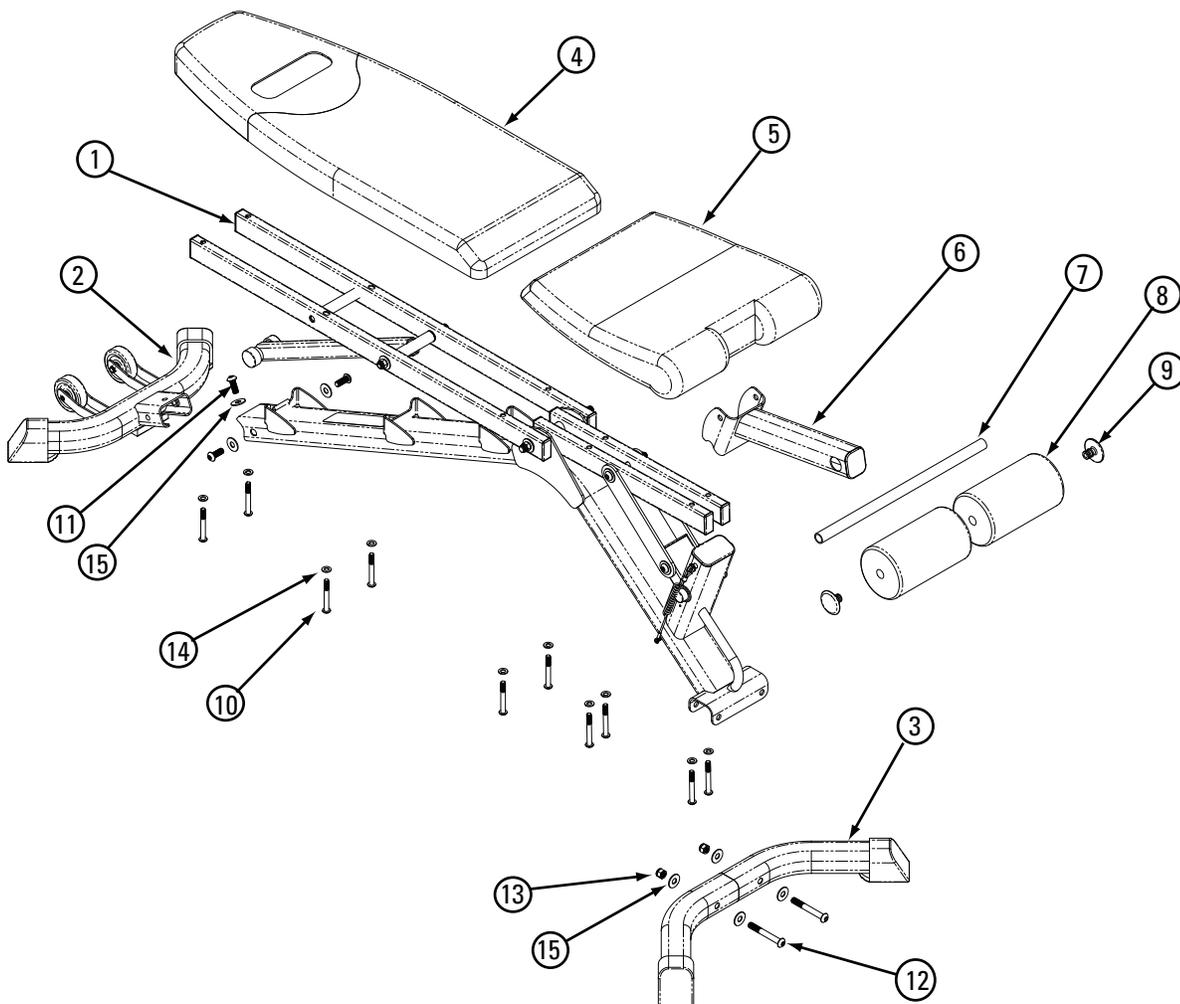


Hardware:

 <p>Descr: Flat Washer 3/8 Qty: 7</p>	 <p>Descr: Allen Bolt - 3/8 x 3 Qty: 2</p>	 <p>Descr: End Cap 3/4" Qty: 2</p>
 <p>Descr: Flat Washer 5/16 Qty: 10</p>	 <p>Descr: Allen Bolt - 5/16 x 2 1/2 Qty: 10</p>	<p><i>NOTE: Illustrations not to scale.</i></p>
 <p>Descr: Lock Nut 3/8-16 Qty: 2</p>	 <p>Descr: Allen Bolt - 3/8 x 1 Qty: 3</p>	

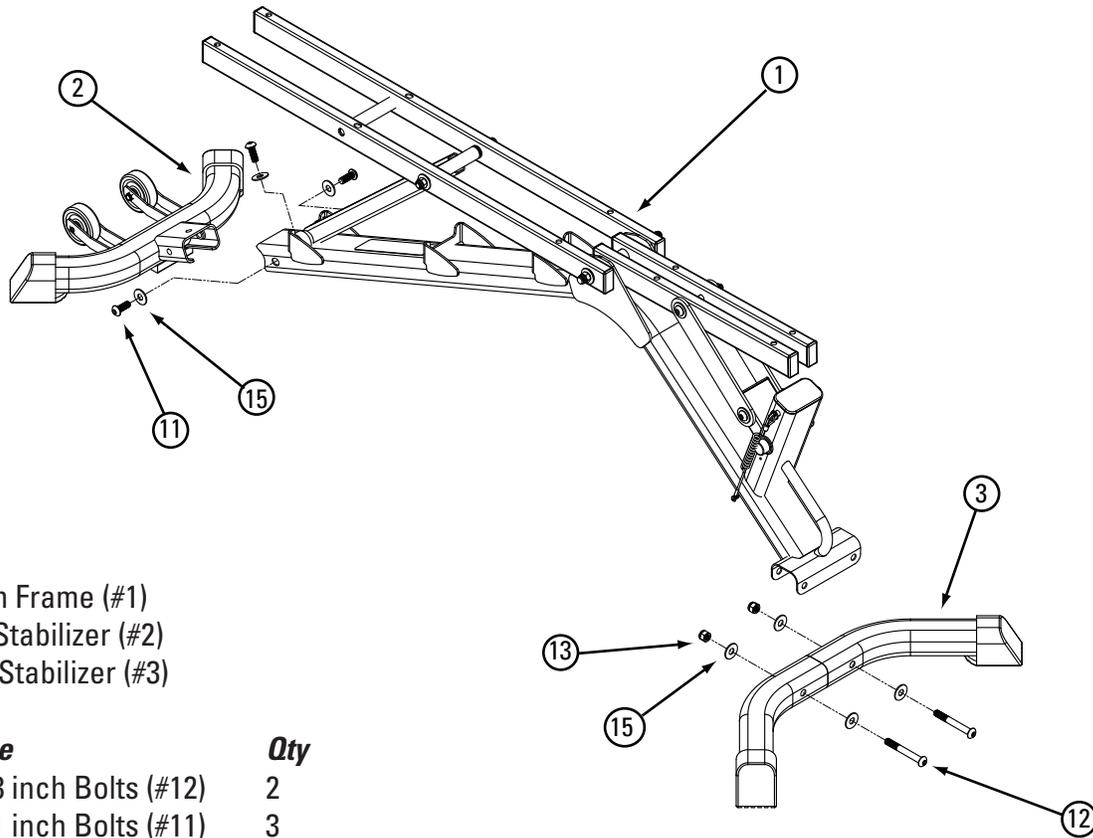
Parts Guide

Item #	Qty	Description
1	1	Frame Assembly
2	1	Rear Stabilizer
3	1	Front Stabilizer
4	1	Back Pad
5	1	Seat Bottom
6	1	Leg Hold Down Assembly
7	1	Tube, Foam Roller
8	2	Pad, Foam Roller
9	2	End Cap 3/4"
10	10	Allen Bolt 5/16 x 2 1/2"
11	3	Allen Bolt 3/8 x 1"
12	2	Allen Bolt 3/8 x 3"
13	2	Nylock Nut 3/8
14	10	Flat Washer 5/16
15	7	Flat Washer 3/8



Assembly Instructions

STEP 1: Attaching Front and Rear Stabilizers



Parts

- Bench Frame (#1)
- Rear Stabilizer (#2)
- Front Stabilizer (#3)

Hardware

- | | |
|----------------------------|---|
| • 3/8 x 3 inch Bolts (#12) | 2 |
| • 3/8 x 1 inch Bolts (#11) | 3 |
| • 3/8 Washers (#15) | 7 |
| • 3/8 Nuts (#13) | 2 |

Tools

- 7/32 Allen Wrench

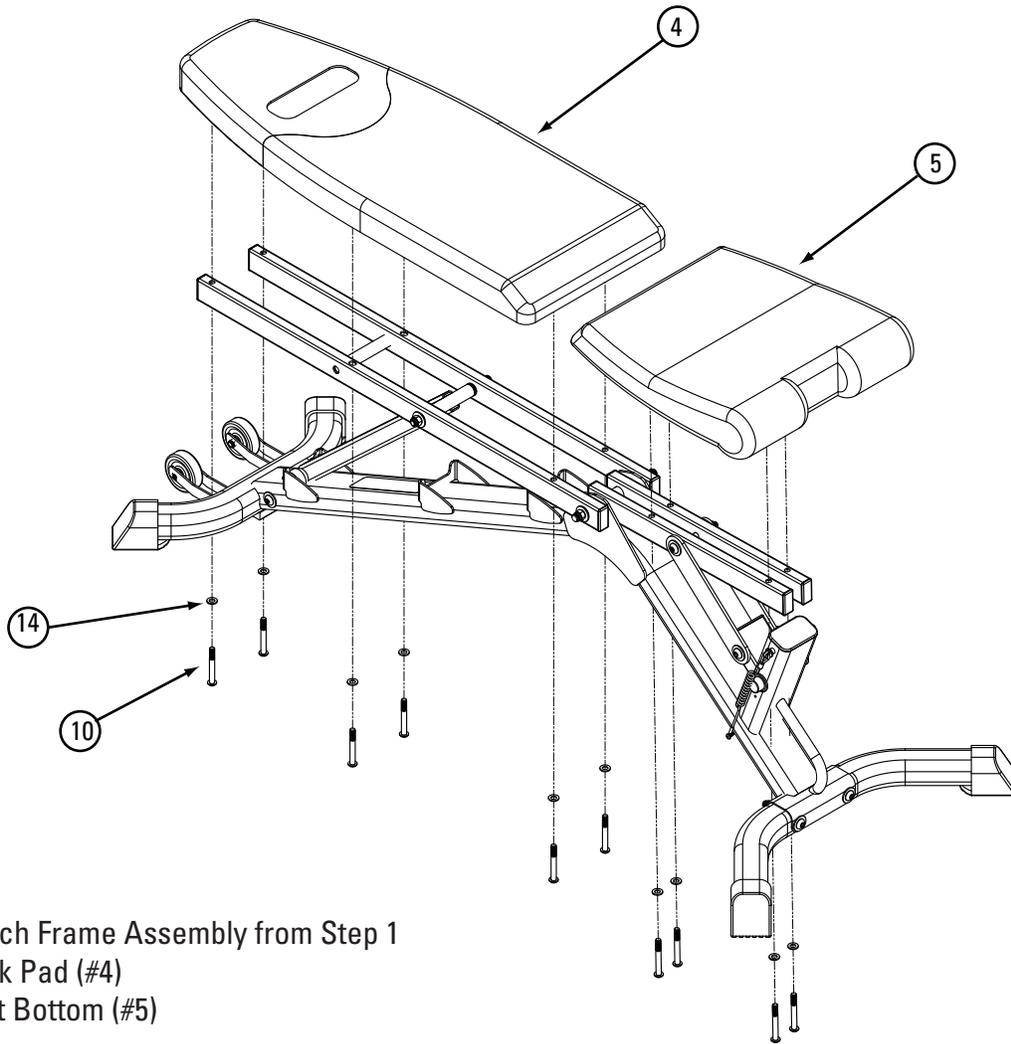
1-1 Attach the Front Stabilizer (3) to the Bench Frame (1) using the hardware shown.

1-2 Tighten hardware.

1-3 Attach the Rear Stabilizer (2) to the Bench Frame (1) using the hardware shown.

1-4 Tighten hardware.

STEP 2: Attaching Back Pad and Seat Bottom to Bench Frame



Parts

- Bench Frame Assembly from Step 1
- Back Pad (#4)
- Seat Bottom (#5)

Hardware

- 5/16 x 2 1/2 inch Bolts (#10)
- 5/16 Washers (#14)

Qty

10
10

Tools

- 3/16 Allen Wrench

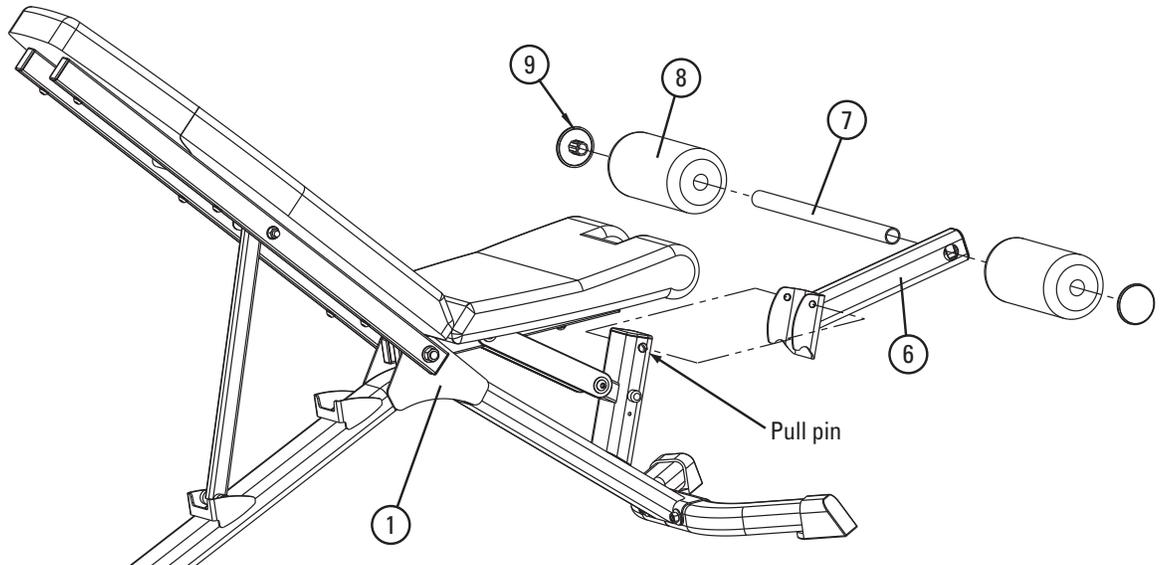
2-1 Align the Seat Pad to the Bench Frame Assembly and secure with the hardware shown.

2-2 Tighten hardware.

2-3 Align the Seat Pad to the Bench Frame Assembly and secure with the hardware shown.

2-4 Tighten hardware.

STEP 3: Attaching Leg Hold Down Assembly to Bench Frame



Parts:

- Bench Assembly from Step 2
- Leg Hold Down Assembly (#6)
- Roller Tube (#7)
- Roller Pad (#8)
- End Caps (#9)

Hardware:

- Pull Pin (part of Frame Assembly)

3-1 Attach the Leg Hold Down attachment (#6) to the Bench Assembly.

Begin by inserting the Roller Tube (#7) through the hole in the Leg Hold Down (#6), leaving room on each side for the Roller Pads (#8).

3-2 Slide both Roller Pads onto the Roller Tube so that the entire assembly is centered on the Leg Hold Down Assembly.

Secure the End Caps (#9) onto each end of the Roller Pads.

3-3 Attach the Leg Hold Down assembly to the Bench as shown in the figure, with the hook portion of the Leg Hold Down resting on the rubber stop of the bench and the top portion of the Leg Hold Down aligning with the pull pin hole.

Secure the Leg Hold Down by inserting the pull pin through the Leg Hold Down Assembly and the bench through the area shown.

STEP 4: Congratulations!

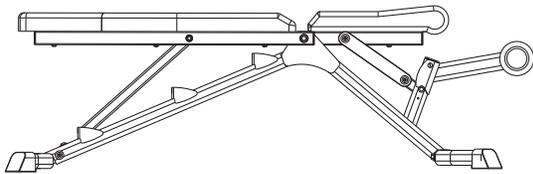
You have successfully completed assembly of your Bowflex® SelectTech® 3.1 Bench! Please inspect your exercise bench to ensure that all fasteners are tight and components are properly assembled. Review all warnings affixed to machine.



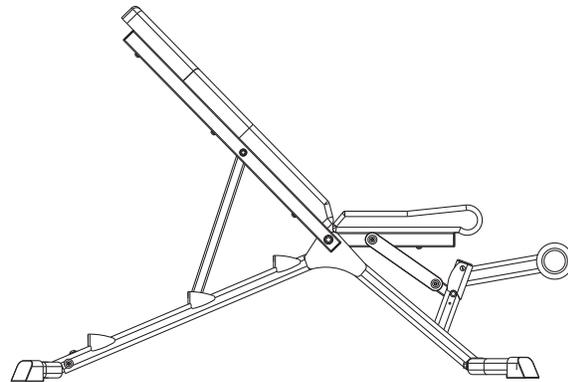
WARNING

Failure to visually check and test assembly before use can cause damage to the Bowflex® SelectTech® 3.1 Bench and serious injury to users and bystanders and can also compromise the effectiveness of your exercise program.

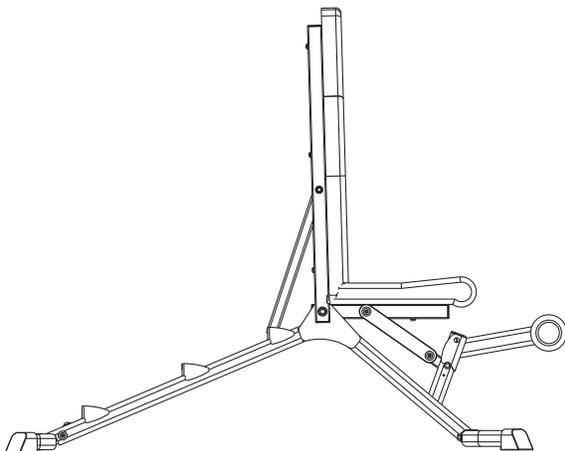
Bench Positions



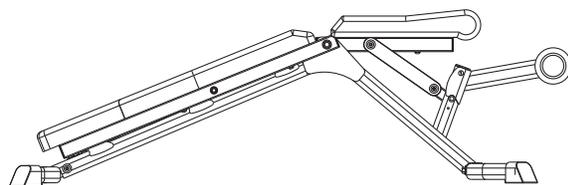
Flat



45 degrees



90 degrees



Decline

Bench Maintenance

Daily

After each use, wipe bench free of sweat with a clean, dry cloth. Upholstery can be cleaned with a mild detergent or spray cleaner.

Weekly

If used often, your bench should be thoroughly cleaned using a clean cloth and an ammonia based cleanser. Wipe bench down completely and be sure to touch up any scratches with touch up paint to prevent rusting.

Monthly

Check the frame of the bench for any sign of cracking or permanent bending. If you find this situation, do not use this bench and contact a Bowflex® Representative or Nautilus, Inc. immediately.

Companion Exercise Equipment

The Bowflex® SelectTech® 3.1 and 5.1 benches are designed for use with Bowflex® SelectTech® dumbbell equipment. The SelectTech® Dumbbell features a patented locking mechanism designed to assure proper and complete selection of the weight plates for each exercise. The SelectTech® dumbbell line includes the following models:

- SelectTech® 552 dumbbell – weight range 5-52 lbs. (2.7 - 23.6 kg)
- SelectTech® 220 dumbbell – weight range 2-20 lbs. (0.9 - 9.0 kg)
- SelectTech® 1090 dumbbell – weight range 10-90 lbs. (4.5 - 40.8 kg)

Using the bench expands the variety of exercises that you can include in your workout routine. The Owner's Manual for each dumbbell model describes the variety of exercises available to enhance your workout routine.

Dumbbell stands for the SelectTech® dumbbells are also available separately. These stands feature an ergonomic design to enhance the functionality of the SelectTech® Dumbbell. The dumbbell handles are positioned in a natural orientation providing a comfortable and secure lifting position. In addition, the stand's V-shape "step-in" design allows the user to maintain proper upper body position while lifting or replacing the dumbbells in the base.

- SelectTech® 220 Dumbbell Stand
- SelectTech® 2-in-1 Dumbbell Stand – for use with both the SelectTech® 552 and the SelectTech® 1090 dumbbell

Please contact Nautilus, Inc. or a Bowflex® Representative for information about other products, or go to www.nautilus.com



**Bowflex® SelectTech® 552 Dumbbell
with 2-in-1 Dumbbell Stand**

Warranty Information

What is Covered

Warrants to the original purchaser of this BOWFLEX® product that the equipment is free from defects in materials or workmanship, with the exceptions stated below. This warranty is not transferable or applicable to any person other than the original purchaser.

Warranty

The frame and welds of this product are warranted to the original purchaser for thirty (30) years from date of original purchase. Upholstery and parts are warranted for one (1) years to the original purchaser from the date of purchase.

Warranties Do Not Cover

- Damage due to use by persons who weigh more than 300 lbs (136.1kg).
- Damage due to abuse, accident, failure to follow instructions or warnings, misuse, mishandling, accident or Acts of God (such as floods or power surges).
- Consequential or incidental damage.
- Use in any institutional or commercial settings such as health clubs, schools, or recreation centers. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.

What We Will Repair

During your Warranty Coverage Period, Nautilus, Inc. will repair any BOWFLEX® equipment that proves to be defective in materials or workmanship. In the event repair is not possible, Nautilus, Inc., at its option, will either replace your equipment or refund your purchase price, less shipping and handling.

How To Obtain Service

To obtain service for a BOWFLEX® Fitness Product, contact an authorized BOWFLEX® Fitness Retailer. You may also contact a Nautilus Representative at 800-864-1270 to help you locate a dealer in your area.

How State Law Applies

This warranty gives you specific legal rights. You may also have other rights which vary from state-to-state.

What Is Covered

Nautilus, Inc. warrants to the original purchaser of the Bowflex® SelectTech® 3.1 Bench that the machine is free from defects in materials or workmanship, with the exceptions stated below. This warranty is not transferable or applicable to any person other than the original purchaser and is only applicable for products sold and used in the United States or Canada. Tampering with the unit will void the warranty.

Bowflex® SelectTech® 3.1 Bench

- 30 years on frame and welds
- 5 years on upholstery and parts

Warranties Do Not Cover

- A Bowflex® SelectTech® 3.1 Bench purchased for commercial or institutional use.

- Damage due to use by persons who weigh more than 300 pounds (136 kg).
- Damage due to abuse, accident, failure to follow instructions or warnings in the Assembly Manual, misuse, mishandling, accident or Acts of God (such as floods or power surges).
- Damage due to normal wear and tear.

What We Will Do

During your Warranty Coverage Period, Nautilus, Inc. will repair any Bowflex® SelectTech® 3.1 Bench that proves to be defective in materials or workmanship. In the event repair is not possible, Nautilus, Inc. will either replace your Bowflex® SelectTech® 3.1 Bench or refund your purchase price, less shipping and handling.

How To Get Service

Return the defective part, at your expense, to the address given to you by a Bowflex® Representative at 1-800-864-1270. Include an explanation of the problem. Adequate protective packaging of the defective parts or unit and cost of shipping are your responsibility.

The repaired part or unit will be returned to you at the company's expense.

How State Law Applies

This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.



Please fold over and tape before mailing



Please fold over and tape before mailing

**Place
Stamp
Here**

Nautilus, Inc.
World Headquarters
16400 S.E. Nautilus Drive
Vancouver, WA 98683

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 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
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

INTERNATIONAL 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
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- **ITALY OFFICE**

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- **CHINA OFFICE**

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Fax: +86-21-523-707-09



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