



BOWFLEX **REVOLUTION[®] XP** **Lat Attachment**



The Bowflex Revolution[®] XP
Lat Attachment
Assembly Instructions

POWERED BY
SPIRAFLEX[™]

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Before You Start

Basic Assembly Principles

Here are a few basic tips that will make your assembly of the Bowflex Revolution™ XP 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 Revolution™ XP, turn bolts or nuts toward the right to tighten and left to loosen. Or you can remember the mnemonic: “Righty tighty, lefty loosey.”

Tools You Will Need

These Tools Are Not Provided in the Box

Phillips Head Screwdriver

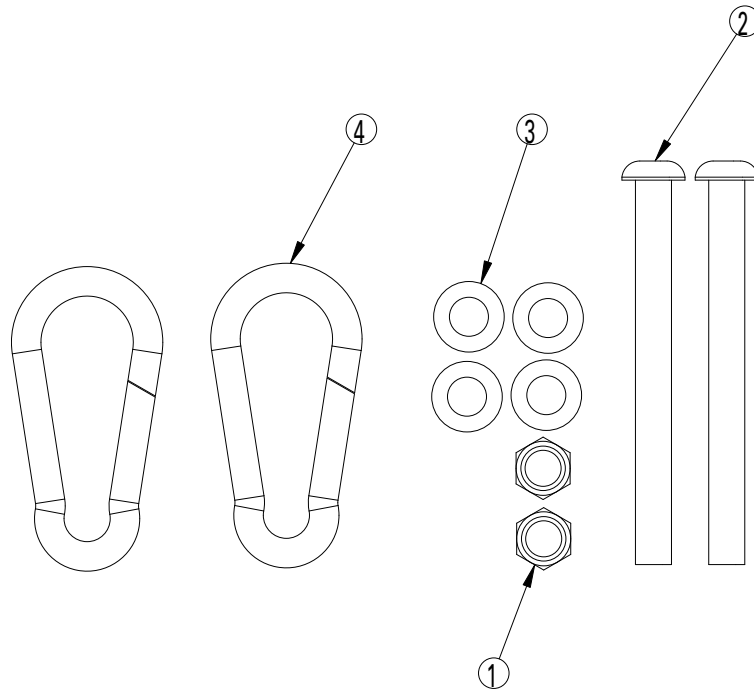
7/32" Allen Wrench for 3/8" Allen Screws

9/16" Wrench or Adjustable Wrench



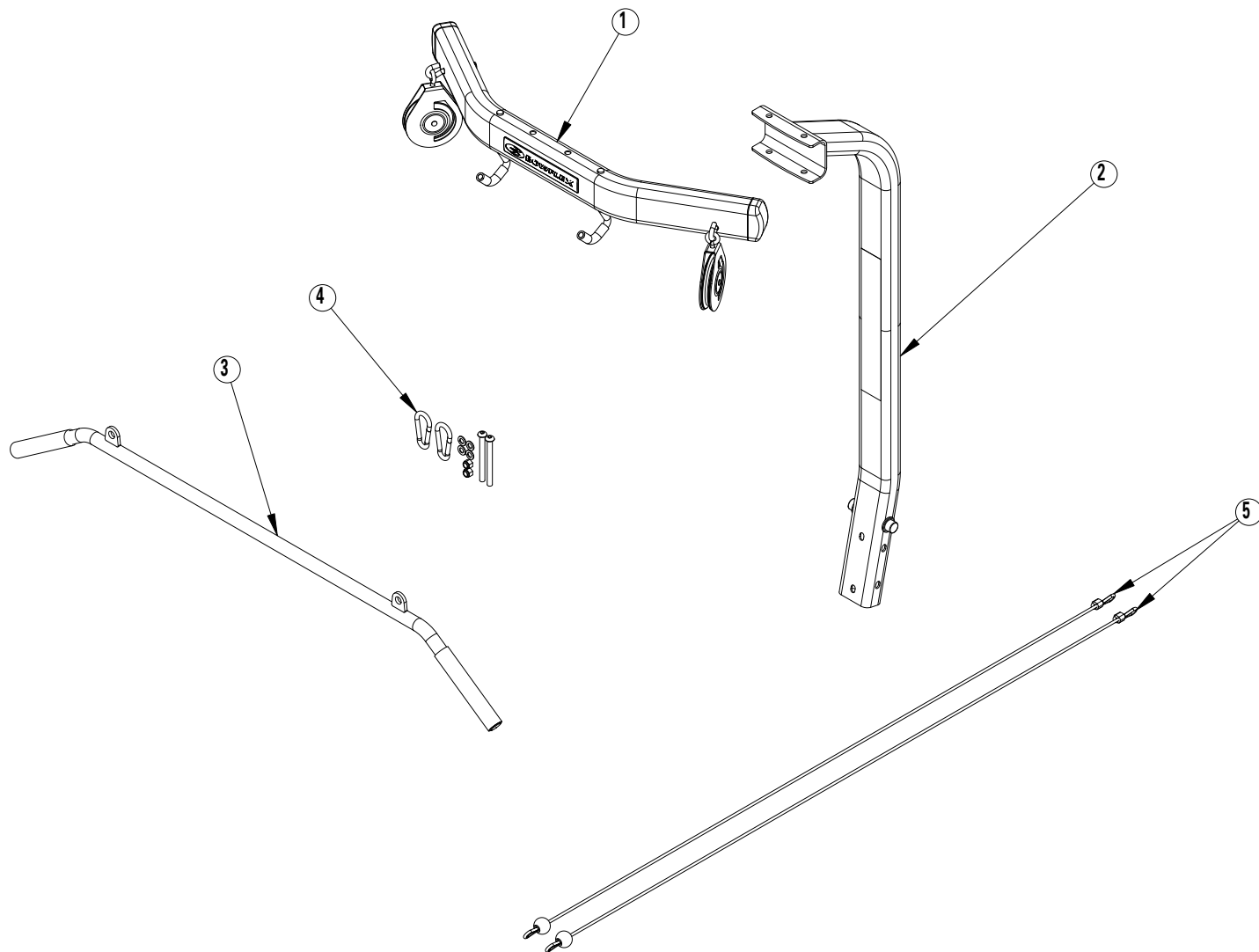
* Tool and Hardware specifications subject to change without notice.

Hardware



ITEM	QTY.	DESCRIPTION
1	2	NYLOCK NUT 3/8"
2	2	BUTTON HEAD CAP SCREW 3/8" x 4"
3	4	NARROW WASHER 3/8"
4	2	CABLE CLIP

Box Contents



ITEM	QTY.	DESCRIPTION
1	1	CROSS BAR
2	1	UPPER TOWER
3	1	LAT BAR
4	1	LAT HARDWARE CARD
5	1	LAT PULL ROPES

Assembly

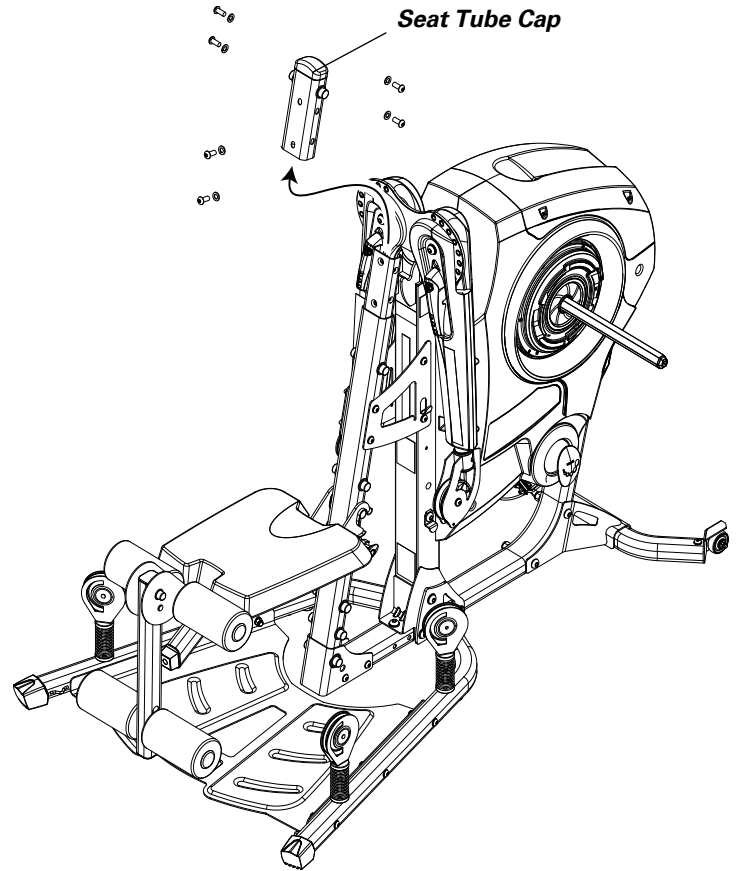
Step 1 Remove Seat Tube Cap

If you have not previously installed the Seat Tube Cap, proceed to Step 2.

Tools:

- 7/32" Allen Wrench

- 1-1** If previously installed, Remove the Seat Tube Cap and set the hardware aside for use in Step 2.



Step 2 Install Upper Tower

Parts:

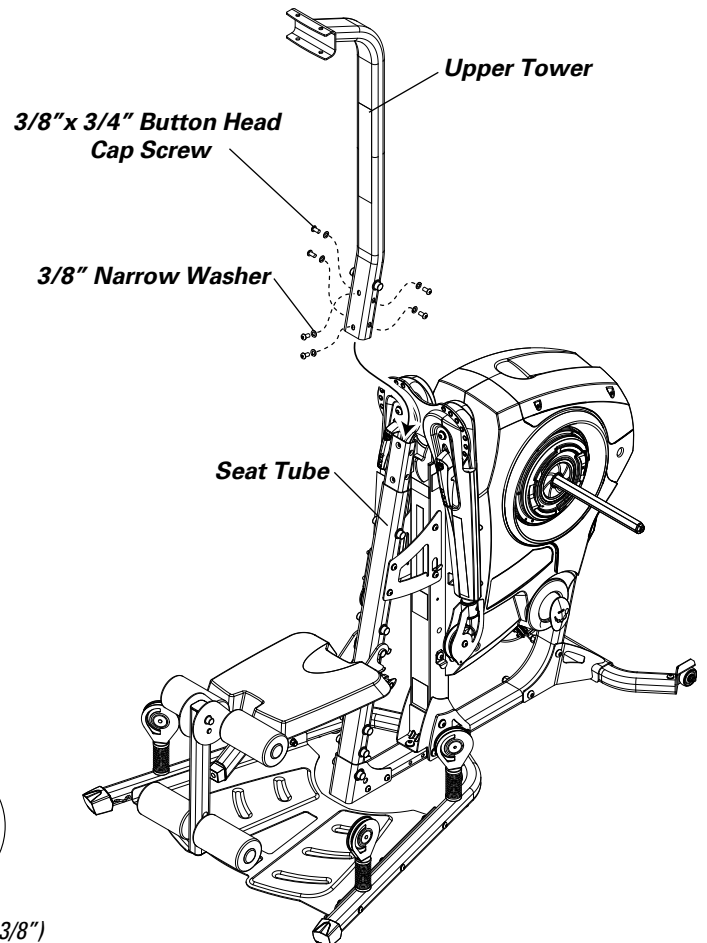
- Upper Tower

Tools:

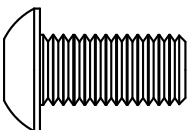
- 7/32" Allen Wrench

- 2-1** Place the Upper Tower on the Seat Tube.

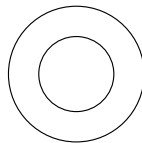
- 2-2** Install and completely tighten the hardware.



Hardware (1:1):



6 Button Head Cap Screw With Threadlock (3/8" X 3/4")



6 Narrow Washer (3/8")

Assembly

Step 3 Install Cross Bar

Parts:

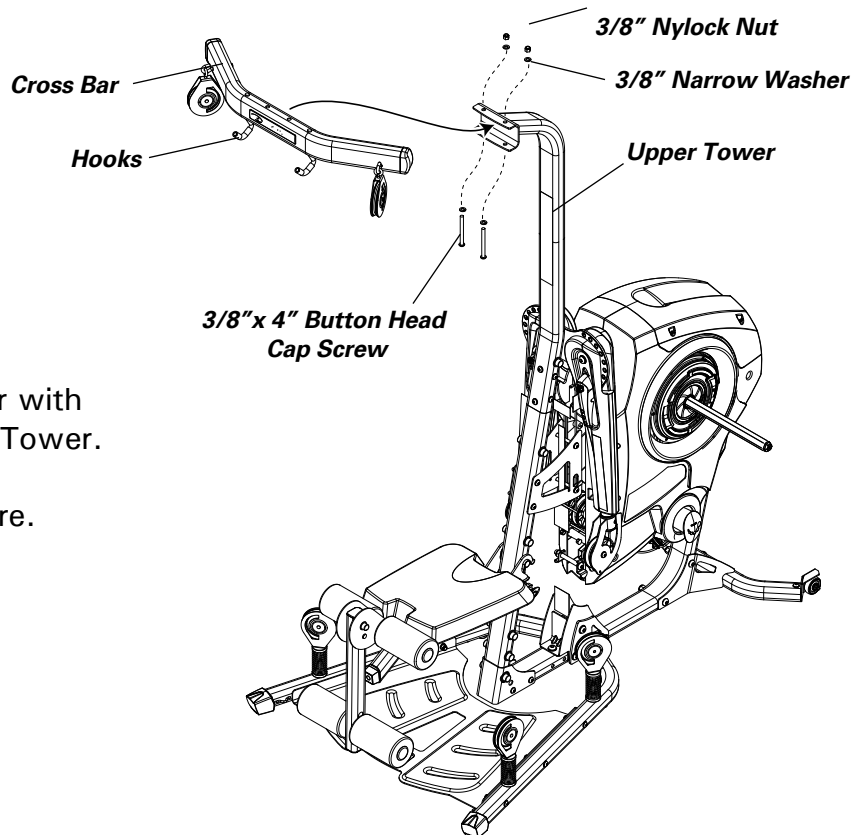
- Cross Bar

Tools:

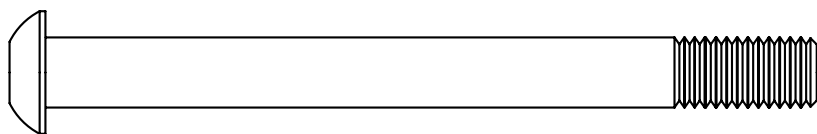
- 7/32" Allen Wrench

3-1 Align the Cross Bar with the Upper Tower with the Hooks pointing away from the Upper Tower.

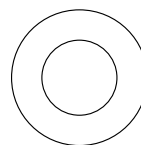
3-2 Install and completely tighten the hardware.



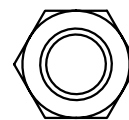
Hardware (1:1):



2 Button Head Cap Screw (3/8" X 4")



4 Narrow Washer (3/8")



2 Nylock Nut (3/8")

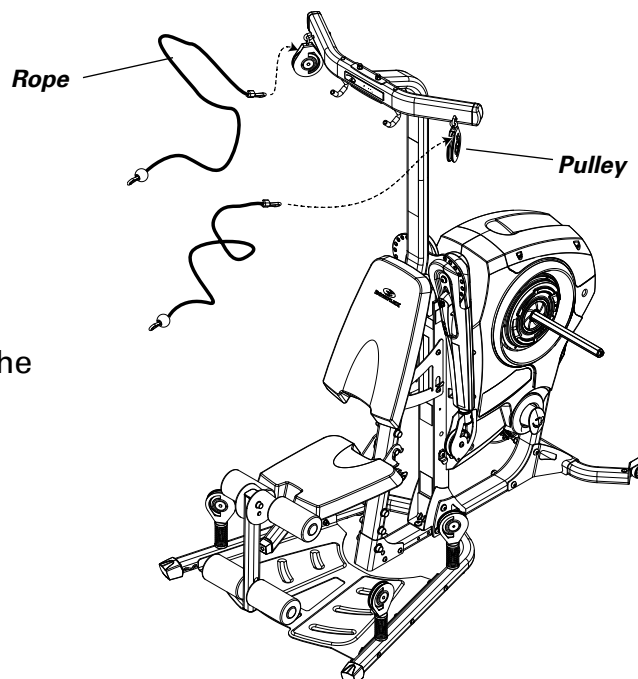
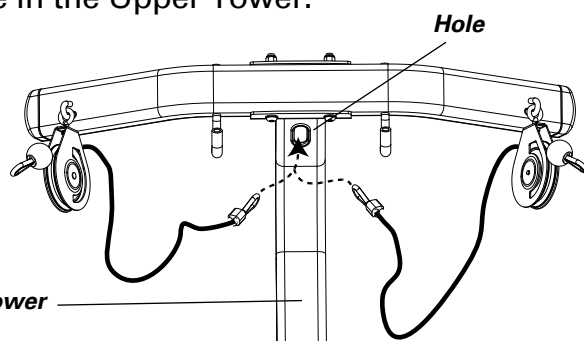
Step 4 Install Ropes

Parts:

- Ropes

4-1 Route the Ropes over the top of the Pulleys.

NOTE: When not in use, tuck the ends of the ropes into the hole in the Upper Tower.



Step 22 Final Inspection

Please inspect your machine to ensure that all fasteners are tight and components are properly assembled. Review all warnings affixed to machine.

Congratulations! You have successfully completed assembly of your Bowflex Revolution® XP home gym Lat Attachment!



WARNING

Failure to visually check and test assembly before use can cause damage to the Bowflex Revolution® XP home gym and serious injury to users and bystanders and can also compromise the effectiveness of your exercise program.

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.

Please record the following information for future reference.

Serial Number

Date of Purchase

OFFICES IN THE UNITED STATES:

E-mail: customerservice@nautilus.com

- 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:

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
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- GERMANY and AUSTRIA OFFICE
Nautilus GmbH
Tel: +49-2203-20-20-0
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Fax: +86-21-523-707-09



 **BOWFLEX**
REVOLUTION[™] XP

This manual is written and designed by industry professionals. If you have any questions regarding your Bowflex Revolution[™] XP Home Gym or any instructions found in this manual, please call 1-800-NAUTILUS (800-628-8458) for assistance.