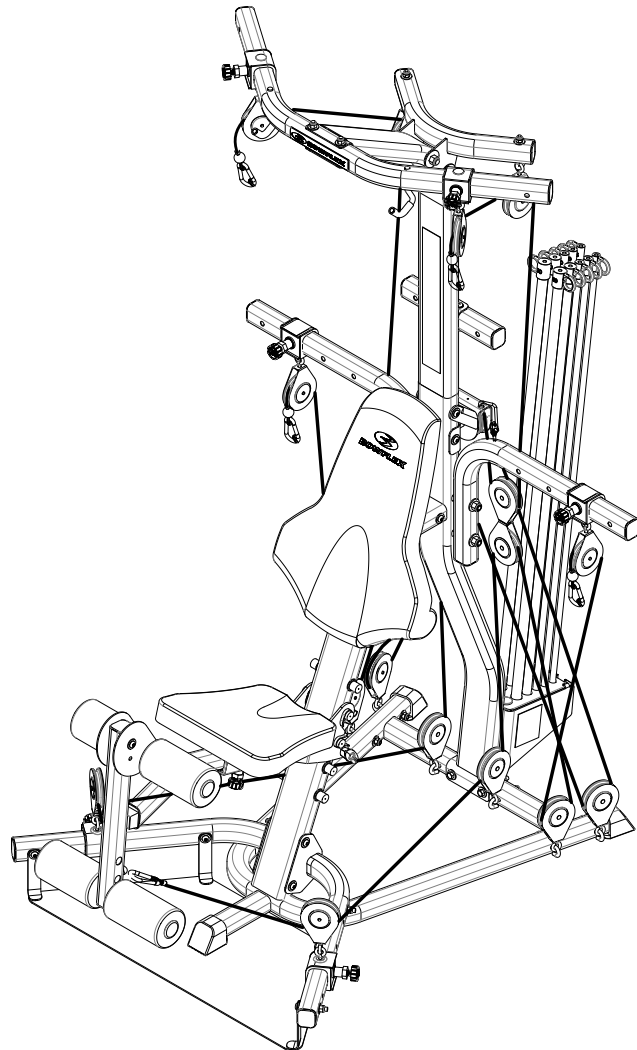




Bowflex Xtreme[®] 2 SE Home Gym



Assembly Manual



Congratulations on your commitment to fitness and your purchase of the Bowflex Xtreme® 2 SE home gym. Before assembling your Bowflex Xtreme® 2 SE home gym please read the Assembly Manual and follow the Important Safety Precautions. For information on how to use your Bowflex Xtreme® 2 SE home gym, refer to the Bowflex Xtreme® 2 SE Owner's Manual.

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Important Safety Instructions



Indicates a potentially hazardous situation which, if not avoided, could result in death or serious injury.

Before using this equipment, obey the following warnings:



Read and understand all warnings on this machine.

Carefully read and understand the Assembly Manual.

- Keep bystanders and children away from the product you are assembling at all times.
- Do not assemble this machine outdoors or in a wet or moist location.
- Make sure assembly is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Some components of the machine can be heavy or awkward. Use a second person when doing the assembly steps involving these parts. Do not do steps that involve heavy lifting or awkward movements on your own.
- Set up this machine on a solid, level, horizontal surface.
- Do not try to change the design or functionality of this machine. This could compromise the safety of this machine and will void the warranty.
- If replacement parts are necessary use only genuine replacement parts and hardware supplied by Nautilus. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and void the warranty.
- Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Owner's Manual.
- Read and understand the complete Owner's Manual supplied with this machine before first use. Keep the Owner's and Assembly Manuals for future reference.
- Do all assembly steps in the sequence given. Incorrect assembly can lead to injury or incorrect function.

Before Assembly

Select the area where you are going to set up and operate your machine. For safe operation, the location must be on a hard, level surface.

Select a workout area that provides a minimum clearance behind the rod box of 0.5 ft (15 cm) and a total width of 6.5 ft (2.0 m). Allow a minimum of 3.0 ft (0.9 m) free space in front of the machine.

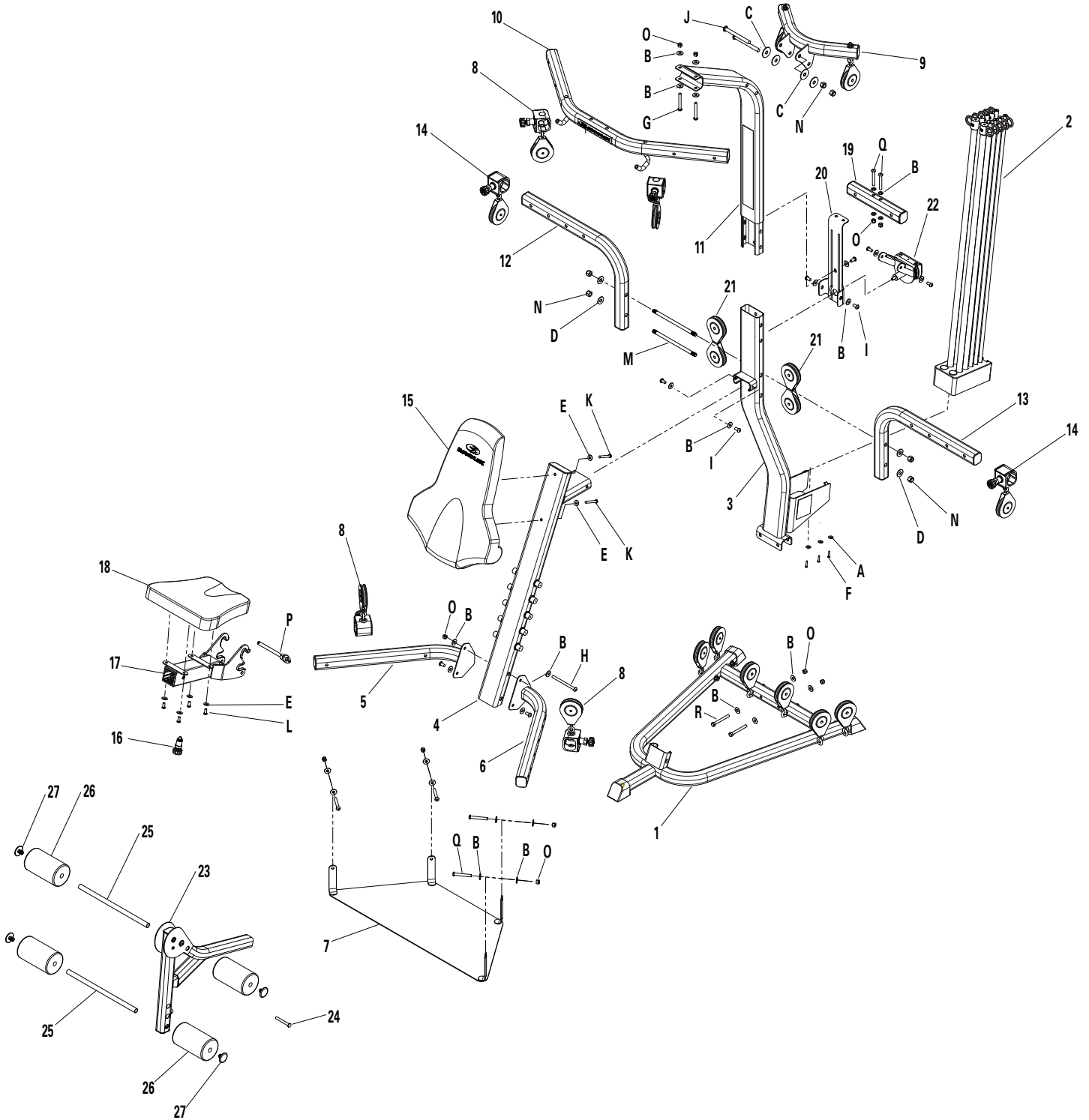
Basic Assembly Tips

Follow these basic points when you assemble your machine:

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 before starting assembly for the step.
2. When tightening a locknut on a bolt, use a combination wrench to grip the locknut and make sure 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 Xtreme® 2 SE home gym, turn bolts or nuts toward the right (clockwise) to tighten and left (counterclockwise) to loosen.

Parts

IMPORTANT: LEAVE ALL CABLES COILED AND WRAPPED UNTIL YOUR BOWFLEX XTREME® 2 SE HOME GYM IS FULLY ASSEMBLED.



Note: Cables are not shown for clarity.

Parts

| Item | Qty | Description | Item | Qty | Description |
|------|-----|-----------------------------|------|-----|-----------------------------|
| 1 | 1 | Base Frame Assembly | 16 | 1 | Lock Knob |
| 2 | 1 | Bfx Rod Pack 210# | 17 | 1 | Seat Backbone Assembly |
| 3 | 1 | Lower Lat Tower | 18 | 1 | Seat Bottom |
| 4 | 1 | Seat Support Rail | 19 | 1 | Ab Crunch Crossbar |
| 5 | 1 | Squat Frame Left | 20 | 1 | Ab Crunch Bracket |
| 6 | 1 | Squat Frame Right | 21 | 2 | Pulley, Pair Floating |
| 7 | 1 | Squat Platform | 22 | 1 | Lat Double Pulley / Housing |
| 8 | 4 | Pulley Slider, 4" w/o Decal | 23 | 1 | Leg Extension Backbone |
| 9 | 1 | Rear Lat Crossmember | 24 | 1 | Leg Extension Pin |
| 10 | 1 | Lat Cross Bar Assembly | 25 | 2 | Tube, Foam Roller |
| 11 | 1 | Upper Lat Tower Tube | 26 | 4 | Pad, Foam Roller |
| 12 | 1 | Pulley Arm Assembly, Right | 27 | 4 | End Cap 3/4" |
| 13 | 1 | Pulley Arm Assembly, Left | 28 | 1 | Rod Cables Assembly, Pair |
| 14 | 2 | Pulley Slider, 4" w/ Decal | 29 | 1 | Squat Cables Assembly, Pair |
| 15 | 1 | Seat Back Pad | | | |

Tools

Included



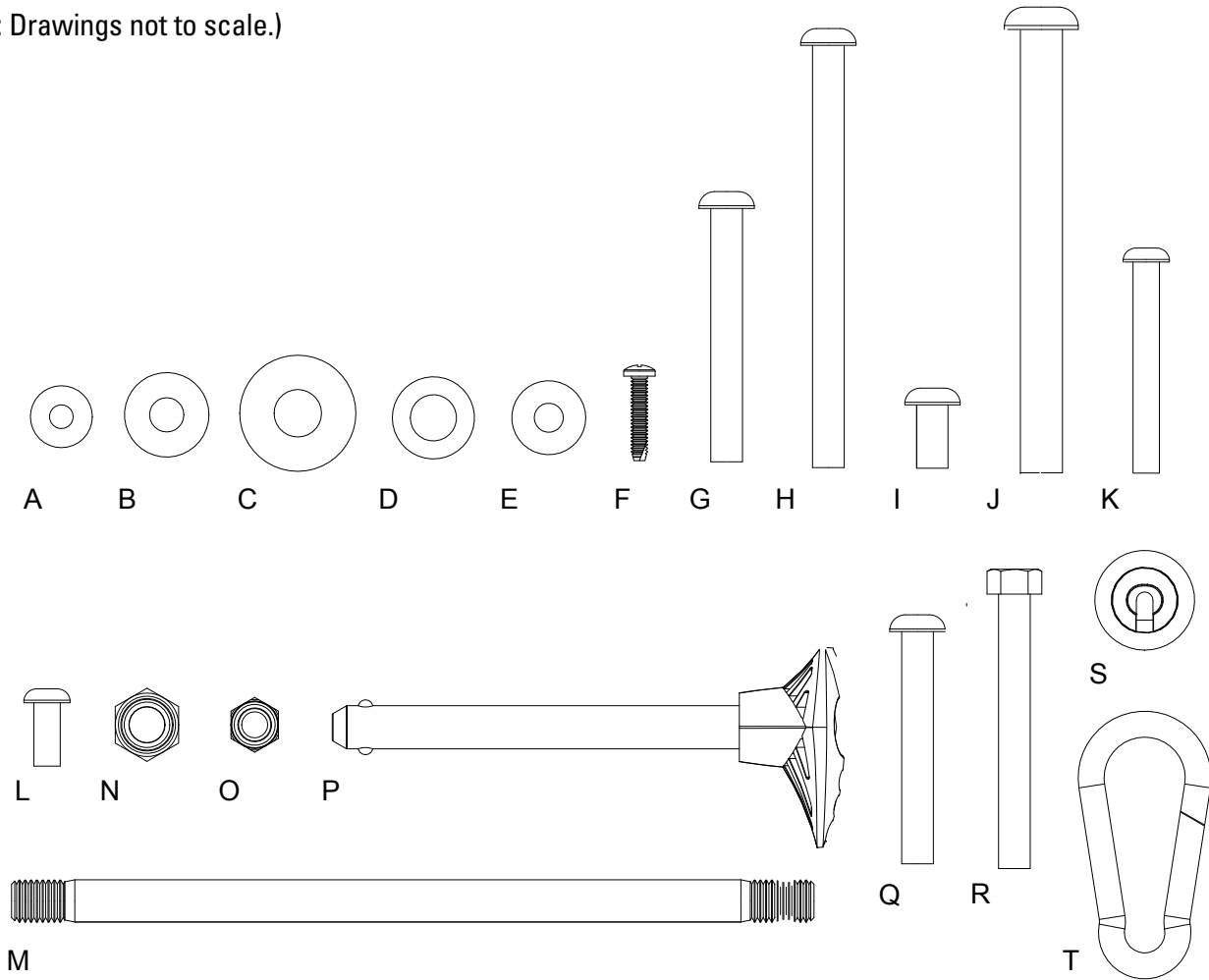
3/16"
7/32"
5/16"

Not Included (recommended)

- 7/16" Combination Wrench
- 9/16" Combination Wrench
- Adjustable Wrench
- Socket Wrench Set
- Phillips Screw Driver
- Flat Blade Screw Driver
- Rubber Mallet
- Utility Knife
- Scissors

Hardware

(NOTE: Drawings not to scale.)



| Item | Qty | Description | Item | Qty | Description |
|------|-----|---------------------------------|------|-----|----------------------------------|
| A | 3 | Flat Washer 1/4" Regular | K | 2 | Button Head Screw 5/16" X 2 1/2" |
| B | 31 | Flat Washer 3/8" Regular | L | 4 | Button Head Screw 5/16" X 3/4" |
| C | 4 | Flat Washer 1/2" Wide | M | 2 | Threaded Stud 1/2" X 9 1/2" |
| D | 4 | Flat Washer 1/2" Regular | N | 6 | Nylock Nut 1/2" |
| E | 6 | Flat Washer 5/16" Regular | O | 11 | Nylock Nut 3/8" |
| F | 3 | Phillips Screw #10-16 X 1" | P | 1 | Seat Locking Pin |
| G | 2 | Button Head Screw 3/8" X 3" | Q | 6 | Button Head Screw 3/8" X 2 3/4" |
| H | 1 | Button Head Screw 3/8" X 5" | R | 2 | Hex Head Bolt 3/8" X 3 1/4" |
| I | 9 | Button Head Screw 3/8" X 3/4" | S | 4 | Cable End Stop Ball |
| J | 2 | Button Head Screw 1/2" X 5 1/4" | T | 6 | Snaphook |

Assembly Guide

Step 1 Install Power Rod® Pack to Lower Lat Tower Assembly

Parts:

- Lower Lat Tower (3)
- Rod Box with Power Rod® Pack (2)

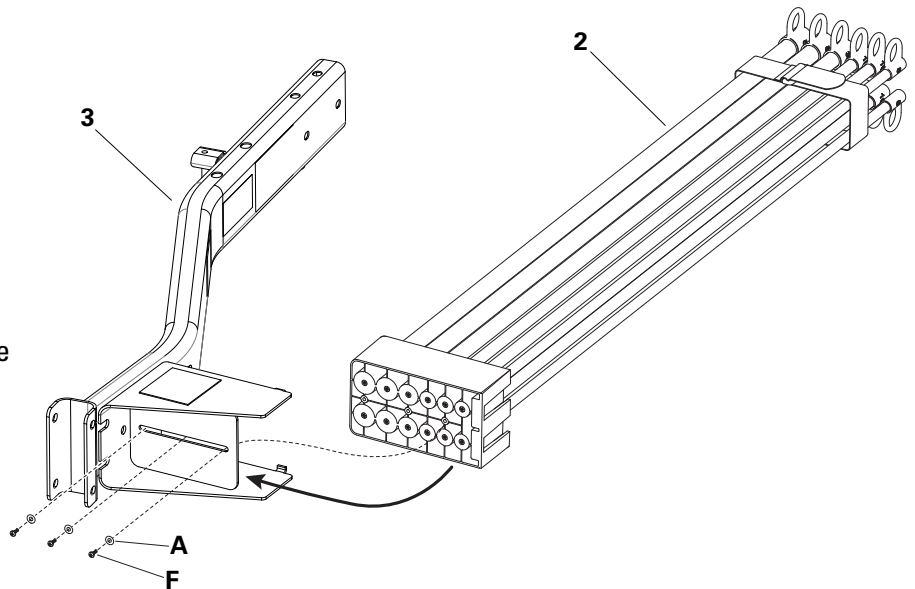
Hardware:

- 3 Phillips Screws #10 X 1" (F)
- 3 Flat Washers 1/4" (A)

Tool: Phillips Screw Driver

1-1 Lay parts on floor as shown. Firmly slide Rod Box into Lower Lat Tower frame.

1-2 Fasten the Rod Box to the Lower Lat Tower frame as shown. Tighten screws until snug.



Step 2 Install Lower Lat Tower Assembly

Parts:

- Lower Lat Tower Assembly
- Base Frame Assembly (1)

Hardware:

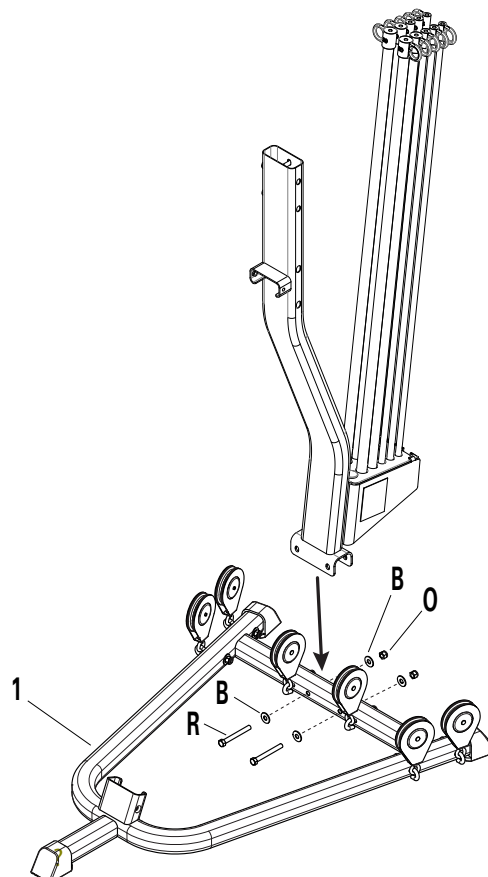
- 2 Hex Head Bolts 3/8" X 3 1/4" (R)
- 4 Flat Washers 3/8" (B)
- 2 Nylock Nuts 3/8" (O)

Tool: 7/32" Hex Wrench

2-1 Align the Lower Lat Tower Assembly over the Base Frame.

2-2 Secure Lower Lat Tower Assembly using screws and washers as shown.

Finger tighten screws at this time.



Assembly Guide

Step 3 Install Seat Support Rail

Parts:

- Seat Support Rail (4)
- Base Frame Assembly

Hardware:

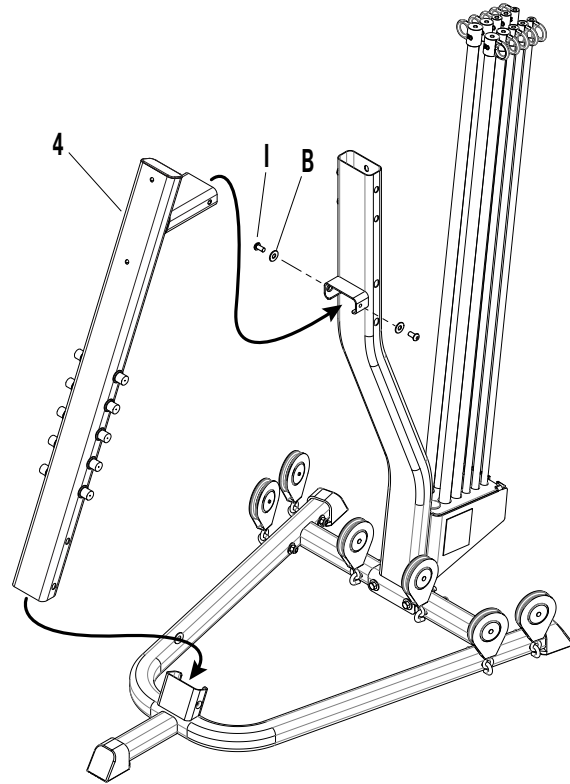
- 2 Button Head Screws 3/8" X 3/4" (I)
- 2 Flat Washers 3/8" (B)

Tool: 7/32" Hex Wrench

3-1 Slide the bottom of the Seat Support Rail onto the Base Frame connector as shown.

3-2 Slide the top of the Seat Support Rail onto the Lower Lat Tower Assembly connector as shown. Secure using screws and washers as shown.

Finger tighten screws at this time.



Assembly Guide

Step 4 Install Squat Pulley Frame

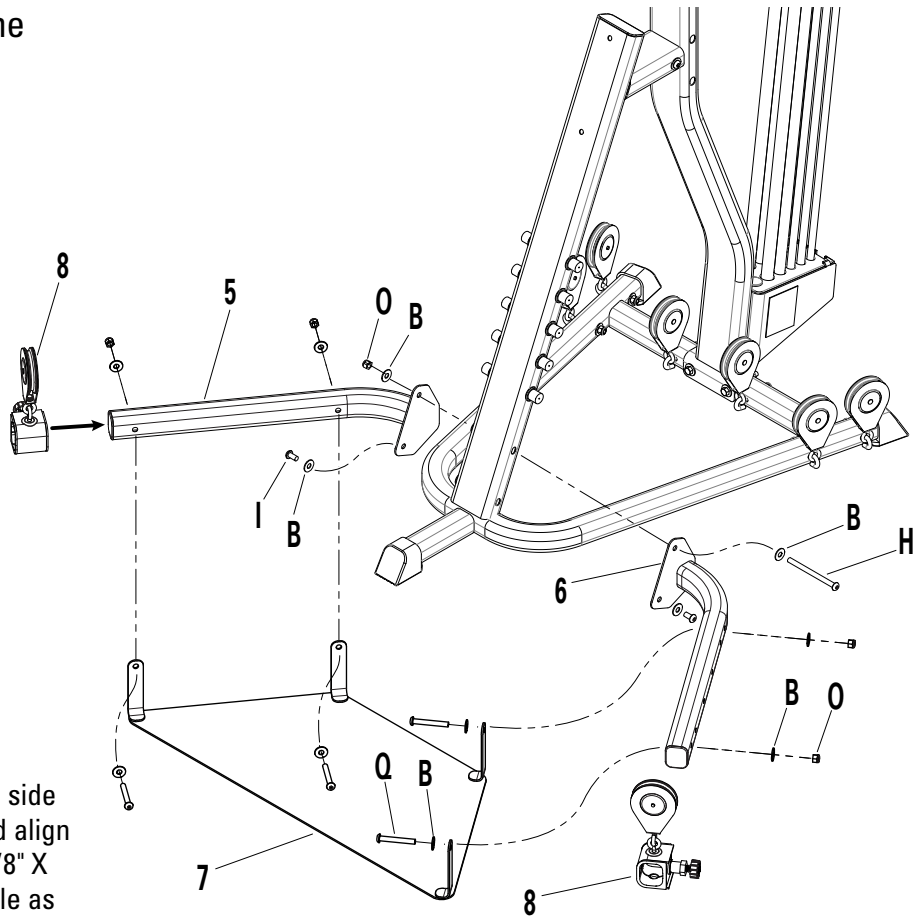
Parts:

- Left Squat Pulley Frame (5)
- Right Squat Pulley Frame (6)
- Main Assembly
- 2 Slider Pulleys w/o Decal (8)
- Squat Platform (7)

Hardware:

- 1 Button Head Screw 3/8" X 5" (H)
- 5 Nylock Nut 3/8" (O)
- 2 Button Head Screws 3/8" X 3/4" (I)
- 12 Washers 3/8" (B)
- 4 Button Head Screws 3/8" X 2 3/4" (Q)

Tools: 7/32" Hex Wrench, Adjustable or Socket Wrench



4-1 Place one Squat Pulley Frame on each side of the Seat Support Rail as shown, and align the top screw holes. Secure using a 3/8" X 5" screw, washer and nut in the top hole as shown.

4-2 Install screws and washers through the bottom holes of each Squat Pulley Frame into the Support Rail as shown.

4-3 Put the Squat Platform in position under the front foot of the Base Frame Assembly. Align the screw holes in the Squat Platform brackets with the screw holes on the inner side of each Squat Pulley Frame.

4-4 Slide one Slider Pulley onto the free end of the Left Squat Pulley Frame as shown.

Note: Be sure the Slider Pulley knob points away from the Squat Platform.

Lock the pulley in position near the Seat Support Rail.

4-5 Install the hardware to attach the Squat Platform to the Left Squat Pulley Frame.

4-6 Repeat Steps 4-3 through 4-5 for the Right Squat Pulley Frame.

Assembly Guide

Step 5 Install Pulley Arms

Parts:

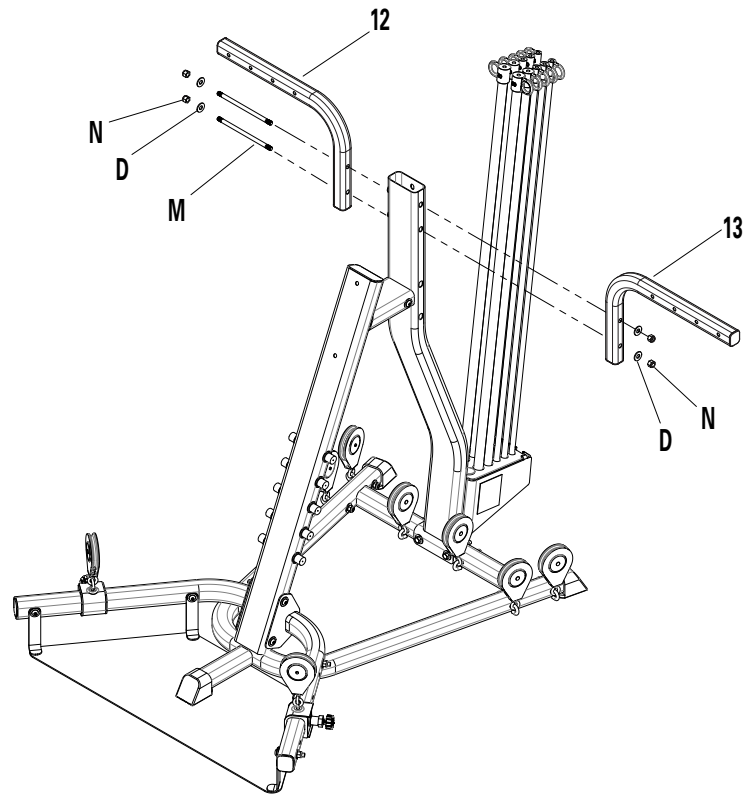
- Right Pulley Arm (12)
- Left Pulley Arm (13)
- Main Assembly

Hardware:

- 2 Threaded Studs 1/2" X 9 1/2" (M)
- 4 Nylock Nuts 1/2" (N)
- 4 Washers 1/2" (D)

Tools: 7/32" Hex Wrench, Rubber Mallet

- 5-1** Align the two holes in the Pulley Arms with those in the Lower Lat Tower Assembly and secure using threaded studs, 1/2" washers and nuts as shown.



Step 6 Install Slider Pulleys

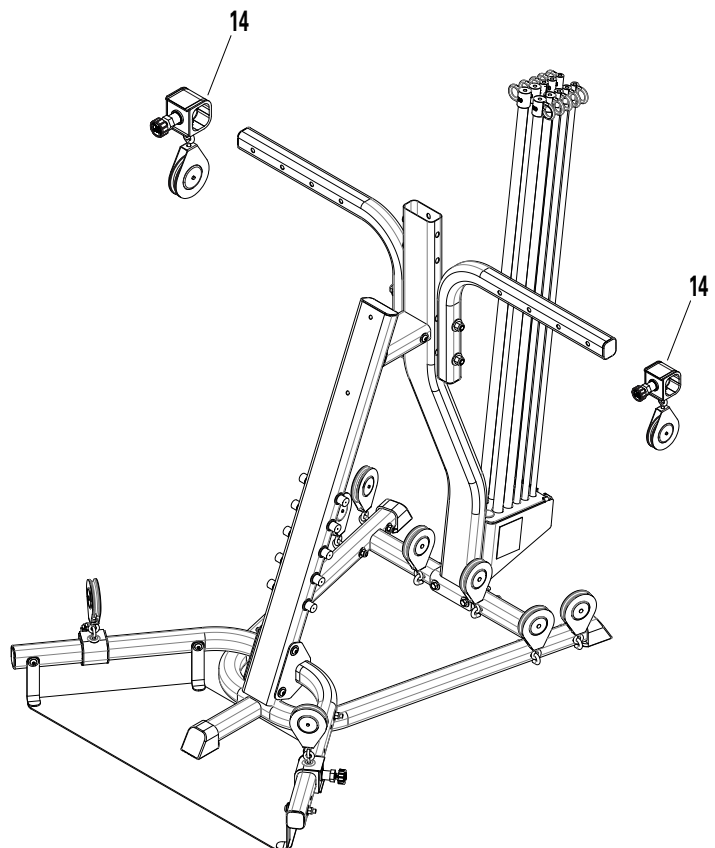
Parts:

- 2 Slider Pulleys w/ Decal (14)
- Main Assembly

Tools: 3/16 Hex Wrench

- 6-1** Install a Slider Pulley onto each Pulley Arm as shown.

- 6-2** Choose any of the four holes to secure.



Assembly Guide

Step 7 Seat Assembly

Parts:

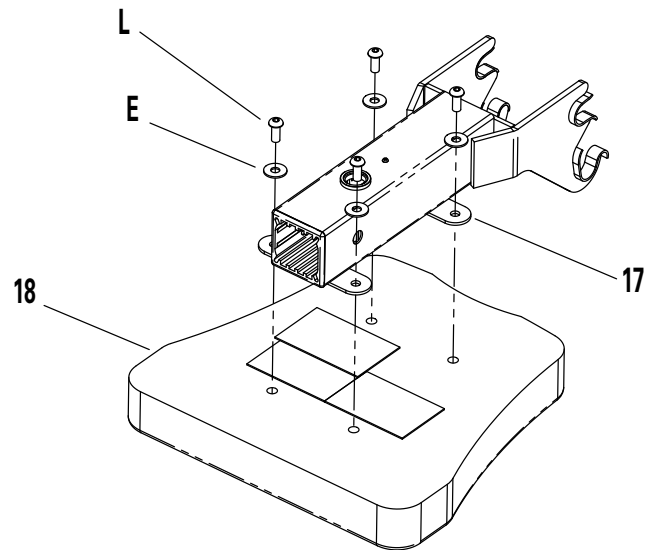
- Seat Backbone (17)
- Seat Bottom (18)

Hardware:

- 4 Button Head Screws 5/16" X 3/4" (L)
- 4 Washers 5/16" (E)

Tool: 3/16" Hex Wrench

- 7-1** Install the Seat Backbone to the underside of the Seat Pad using screws and washers as shown.



Step 8 Leg Extension Assembly

Parts:

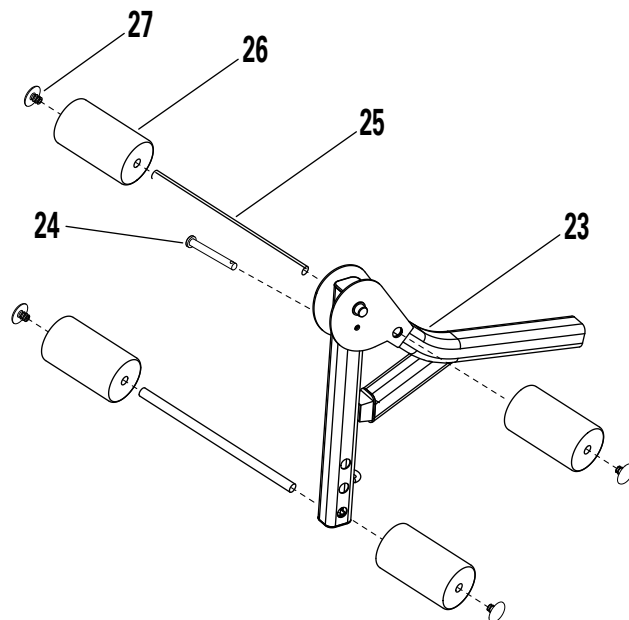
- Leg Extension Backbone (23)
- 2 Chrome Tubes (25)
- 4 Foam Rollers (26)
- 4 End Caps (27)

Tool: Rubber Mallet

- 8-1** Insert Chrome Tubes through the upper hole and one of the lower holes in the Leg Extension. (Select hole for your comfort level.)

- 8-2** Slide Foam Rollers onto the Chrome Tubes and secure with end caps. A rubber mallet may be needed to secure the end caps.

Note: The Leg Extension may be adjusted during workout to best suit your height and personal preferences.



Assembly Guide

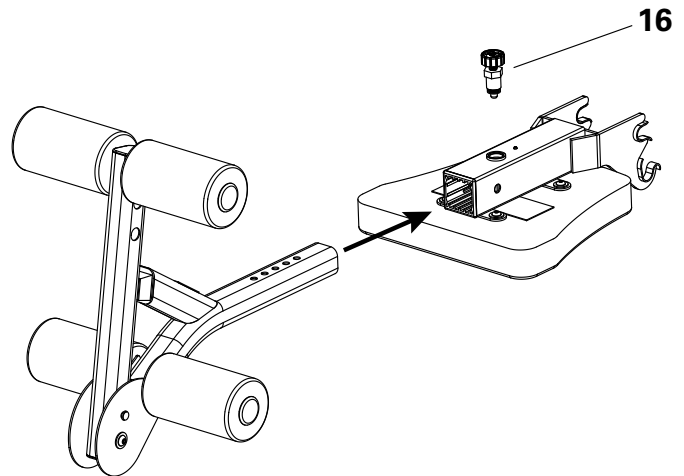
Step 9 Install Leg Extension Assembly

Parts:

- Leg Extension Assembly
- Lock Knob (16)
- Seat Assembly

9-1 Insert Leg Extension Backbone into open end of Seat Backbone as shown.

9-2 Align one hole of the Leg Extension with the hole in the Seat Backbone to fit your height and secure with the Lock Knob as shown.



Step 10 Install Seat Back Pad

Parts:

- Seat Back Pad (15)
- Main Assembly

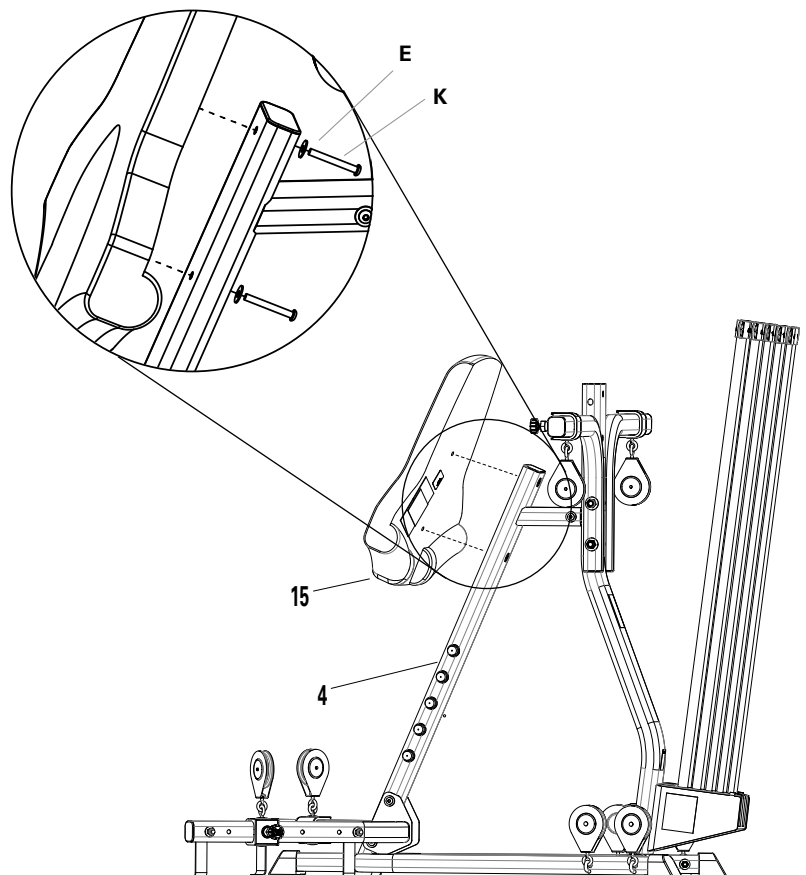
Hardware:

- 2 Button Head Screws 5/16" X 2 1/2" (K)
- 2 Washers 5/16" (E)

Tool: 3/16" Hex Wrench

10-1 Align the screw holes on the Seat Back Pad with the screw holes on the Seat Support Rail.

10-2 Install the Seat Back Pad to the Seat Support Rail using screws and washers as shown.



Assembly Guide

Step 11 Install Seat Assembly

Parts:

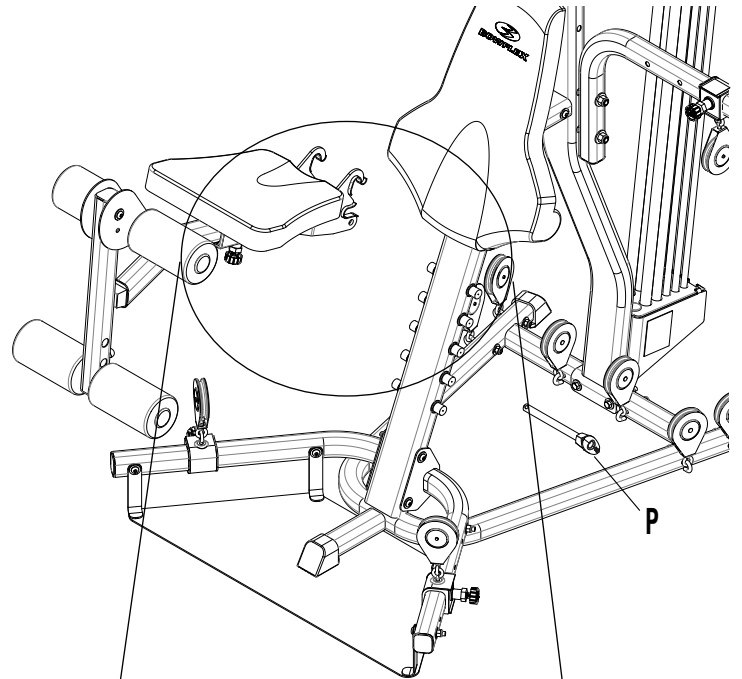
- Seat Assembly
- Seat Locking Pin (P)
- Main Assembly

11-1 Align the top two hooks on the Seat Backbone (17) with one of the pairs of pins on the Seat Support Rail (4), as shown in **Detail 11a**.

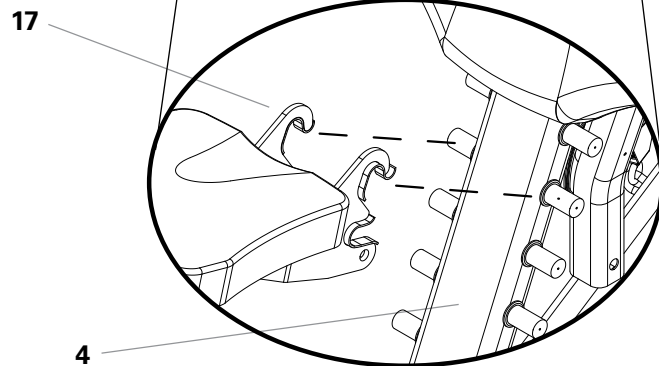
11-2 Tip seat front up and slide hooks onto pins. Rotate seat down and back to use.

11-3 Slide the Seat Locking Pin through the holes in the Seat Backbone hooks to secure the seat assembly on the Seat Support Rail as shown in **Figure 11b**.

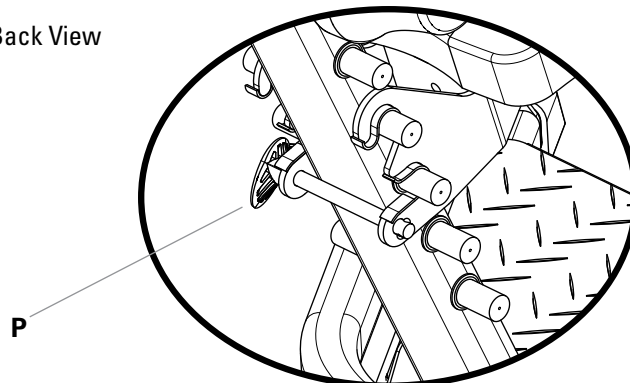
Note: Reverse procedure to remove seat.



Detail 11a



Detail 11b - Back View



Assembly Guide

Step 12 Upper Lat Tower Assembly

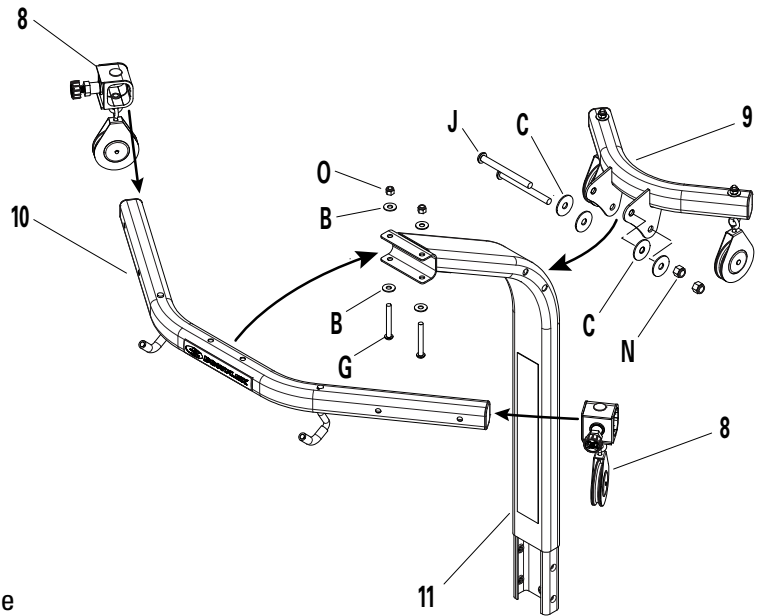
Parts:

- Upper Lat Tower (11)
- Lat Cross Bar (10)
- Rear Lat Crossmember (9)

Hardware:

- 2 Button Head Screws 3/8" X 3" (G)
- 4 Washers 3/8" (B)
- 2 Nylock Nuts 3/8" (O)
- 2 Button Head Screws 1/2" X 5 1/4" (J)
- 4 Wide Washers 1/2" (C)
- 2 Nylock Nuts 1/2" (N)

Tool: 7/32" Hex Wrench and Adjustable Wrench



12-1 Align the two holes on the Lat Cross Bar with those on the Upper Lat Tower as shown.

12-2 Attach using 3/8" screws, washers and nuts as shown.

Note: Do not tighten hardware at this time.

12-3 Align the bracket on the Rear Lat Crossmember with the bolt on the Upper Lat Tower as shown.

12-4 Attach using 1/2" screws, washers and nuts as shown.

12-5 Tighten all hardware from this step.

Step 13 Ab Crunch Station Assembly

Parts:

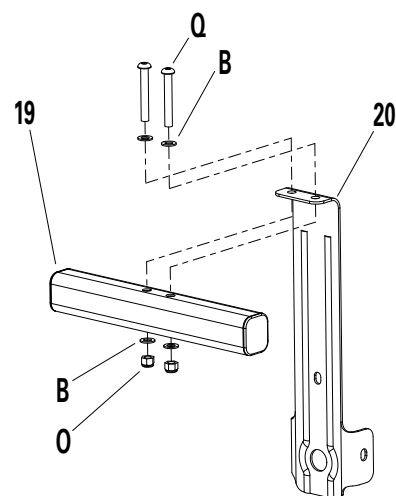
- Ab Crunch Bracket (20)
- Ab Crunch Crossbar (19)

Hardware:

- 2 Button Head Screws 3/8" X 2 3/4" (Q)
- 4 Washers 3/8" (B)
- 2 Nylock Nuts 3/8" (O)

Tool: 7/32" Hex Wrench

13-1 Attach the Ab Crunch Crossbar to the Ab Crunch Bracket as shown. Tighten all hardware from this step.



Assembly Guide

Step 14 Install Upper Lat Tower Assembly, Ab Crunch Station and Lat Pulley

Parts:

- Upper Lat Tower Assembly
- Ab Crunch Station
- Lat Pulley Housing (22)
- Main Assembly

Hardware:

- 5 Button Head Screws 3/8" X 3/4" (I)
- 5 Flat Washers 3/8" (B)

Tool: 7/32" Hex Wrench

14-1 Slide the Upper Lat Tower Assembly onto the Lower Lat Tower as shown.

14-2 Place the Ab Crunch Bracket against back of the Lat Tower Assembly. Align the bolt holes on the Ab Crunch Bracket's side flaps with the lower bolt holes on the sides of the Lat Tower.

14-3 To attach the Ab Crunch Station to the Lat Tower, install a 3/4" screw and washer through the upper bolt hole on the Ab Crunch Station into the back of the Lat Tower as shown in **Detail 14a**. Secure the Ab Crunch Station to the sides of the Lat Tower with 2 screws and washers as shown in **Detail 14a**.

14-4 Remove the plastic cap from the end of the the long bolt (*) already installed in the back of the Lat Pulley/Housing. Finger tighten the bolt—it will be removed and reinstalled during Step 16 and 17.

14-5 Position the Lat Pulley Housing bracket against the Lat Tower, over the Ab Crunch Station. Align the bolt holes as shown in **Figure 14b**.

14-6 Place one washer over the end of each screw. Attach the Lat Pulley Housing to the Lat Tower by installing the screws loosely into the aligned holes as shown in **Figure 14b**.

Do not tighten hardware at this time.

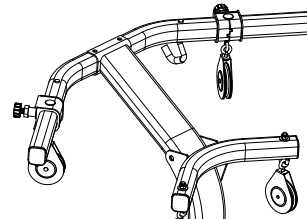


Figure 14a

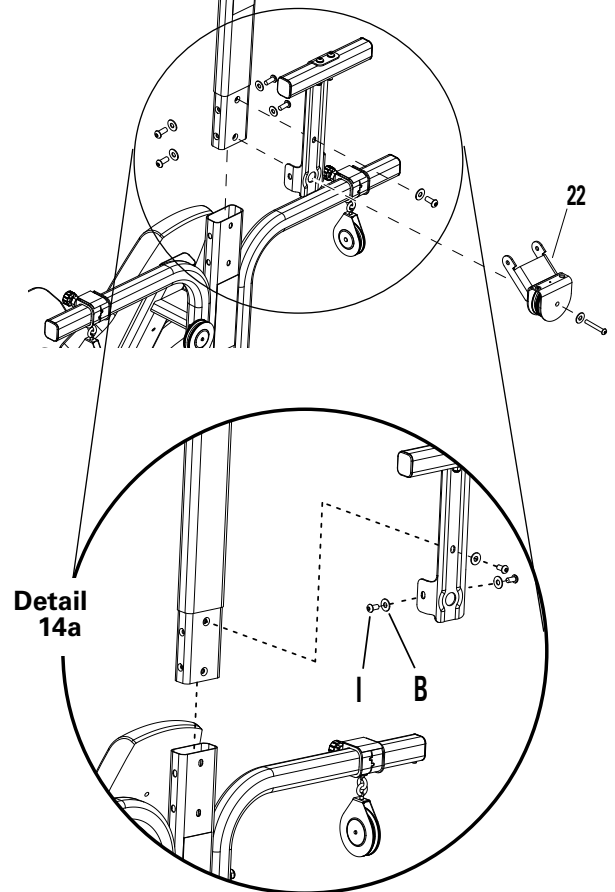
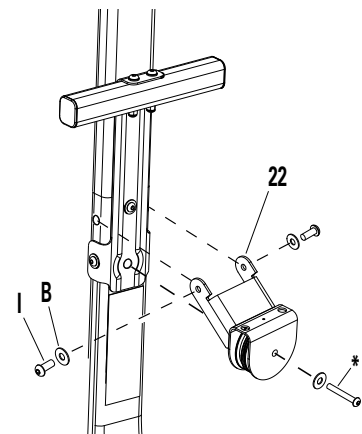


Figure 14b

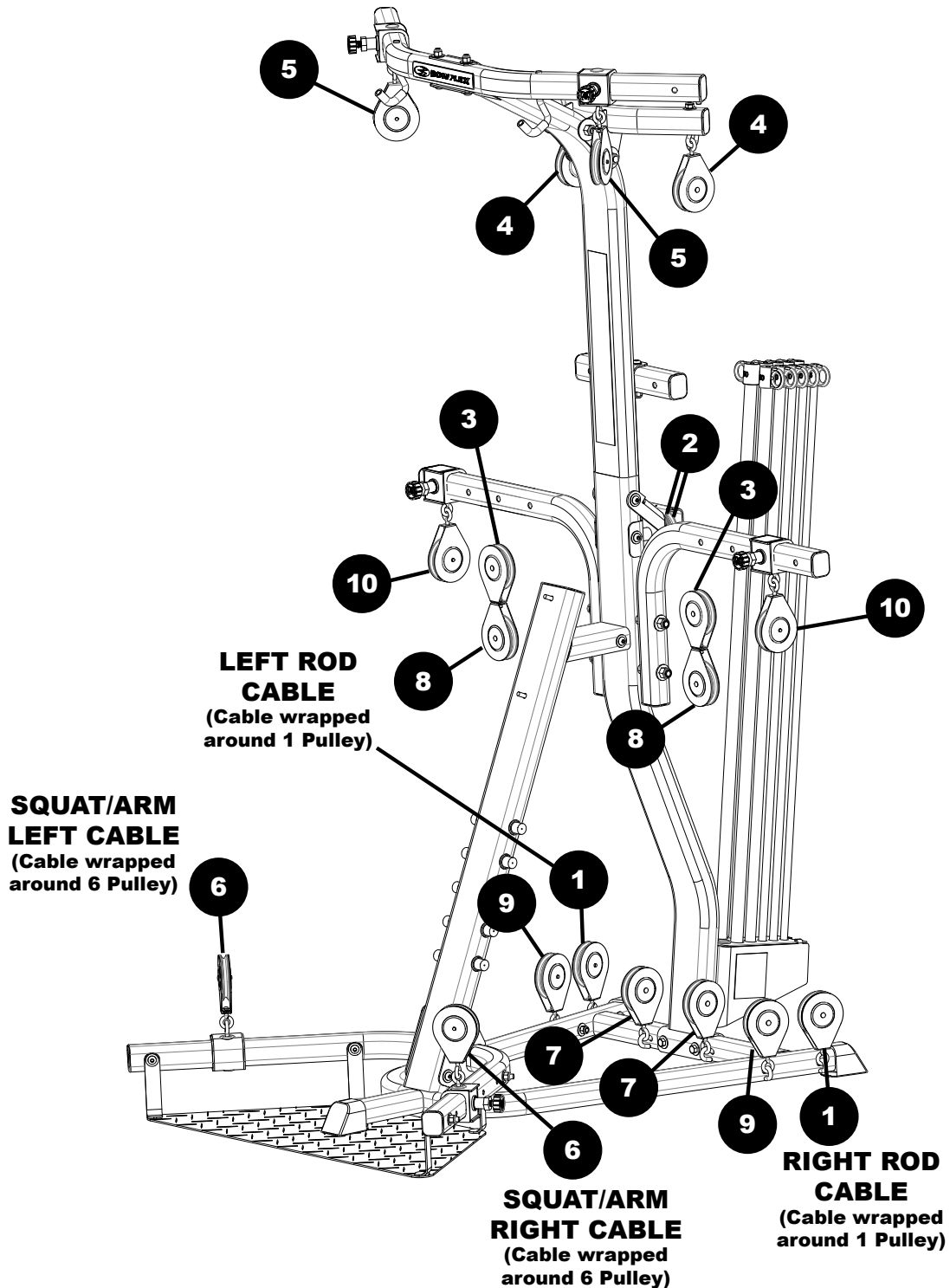


Assembly Guide

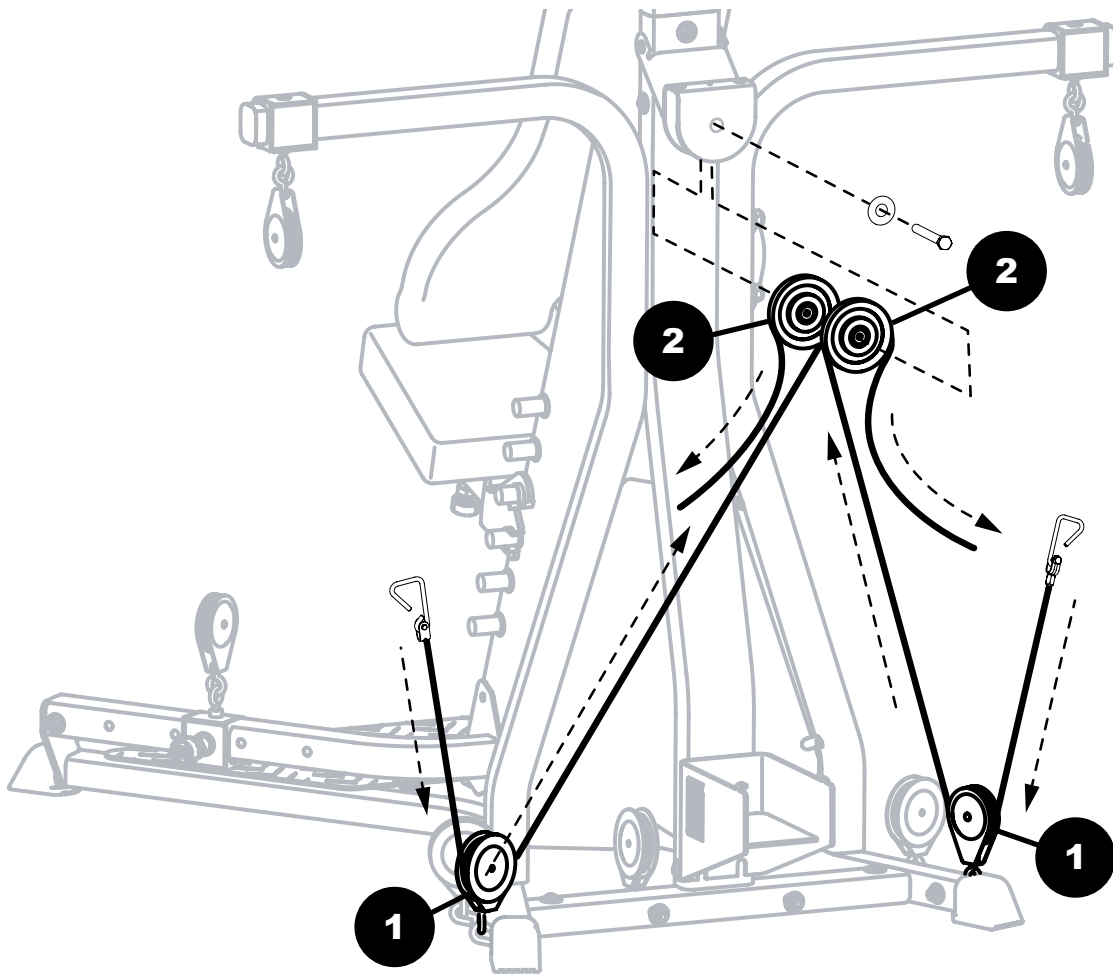
Step 15 Cable and Pulley Routing – Overview

The figure below shows all Pulleys on the Bowflex Xtreme 2 SE home gym. Subsequent images show how to connect and route each of the Cables through the Pulleys. (The Ab Crunch Station is not shown for clarity.) Connecting the Cables is much easier with a second person assisting you.

Note: All references to the right or left of the machine are from the viewpoint of standing in front of the machine facing the seat. Your machine may not match the image. For reference only.



Assembly Guide



Step 16 Cable and Pulley Routing – Prepare Cables to be installed to the Lat Pulley Housing

Locate the following items on the Lat Pulley Housing assembly:

- (2) Pulleys – already installed, labeled as item 2 in figure
- 3/8" X 4 1/2" Hex Head Bolt – installed
- 3/8" Washer – already installed

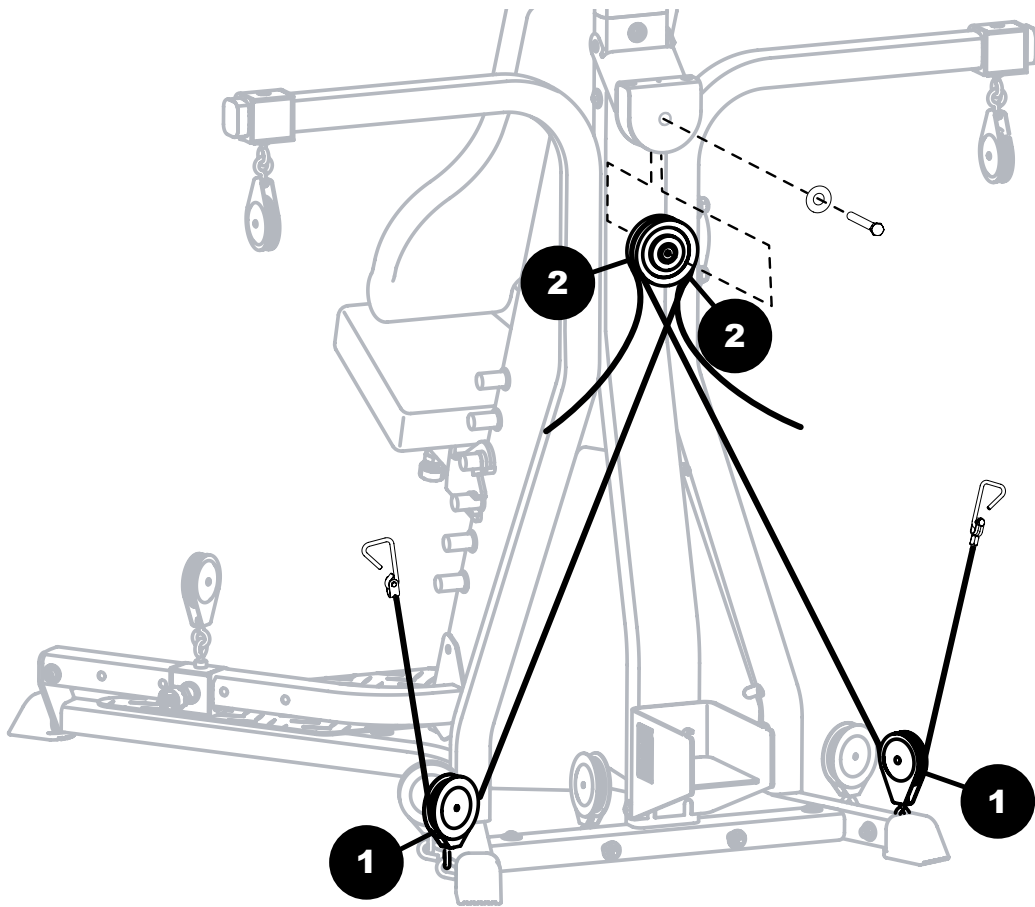
Note: Connecting the Cables is much easier with a second person assisting you.

16-1 Remove the 4 1/2" Bolt and Washer from the back of the Lat Pulley Housing, and set safely aside for Step 18.

16-2 The 2 Pulleys will slide down and out of the housing without the hex bolt holding them in place. Unwrap the Right Pulley Cable on the Right Frame Rail. Thread the cable beneath and then over one Lat Pulley (2), following the arrows shown in **Figure 16** and holding the cable tightly where indicated.

16-3 Repeat for the Left Pulley Cable (on the Left Frame Rail), without loosening your grip on the Right Pulley Cable.

Assembly Guide



Step 17 Cable and Pulley Routing – Connect Pulleys and Cables to the Lat Pulley Housing

Locate the following items for the Lat Pulley Housing assembly:

- (2) Pulleys from step 16
- 3/8" X 4 1/2" Hex Head Bolt – uninstalled in Step 16
- 3/8" Washer – uninstalled in Step 16

Note: Connecting the Cables is much easier with a second person assisting you.

17-1 Holding both Cables from Step 16 in place, align the 2 Lat Pulleys as shown in **Figure 17**. Slide the Pulleys back into the Lat Pulley Housing, lining up the bolt holes in the Pulleys and Lat Pulley Housing.

17-2 Place the Washer over the 4 1/2" Bolt from Step 16. Slide the Bolt through the aligned holes in the Lat Pulley Housing and Lat Pulleys as shown in **Figure 17**.

Tighten all hardware.

Note: You will probably need to push the Power Rod® unit out of the way for this step. The Power Rod® unit is not pictured for the sake of clarity.

Assembly Guide

Step 18 Cable and Pulley Routing – Connect Rod Cables through the Right Floating and Lat Tower Pulleys

Locate the following items for the Lat Pulley Housing assembly:

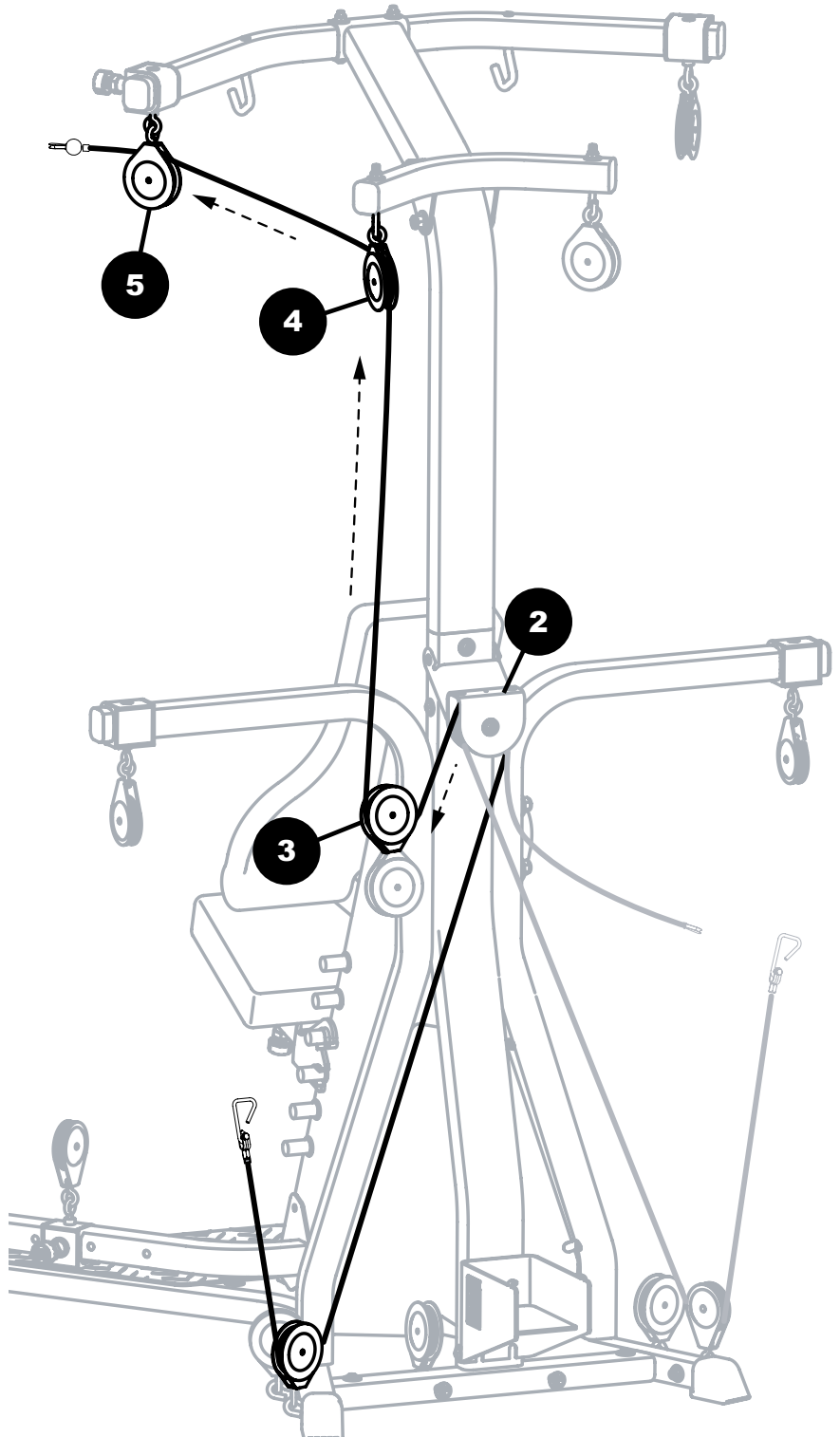
- 3 & 8 Floating Pulleys (connected unit)
- (2) Cable End Stop Balls with Core (see Detail)

18-1 Locate the Right Rod Cable that you ran through the Lat Pulley Housing. Thread the Cable through the (3) Floating Pulley, as shown.

18-2 Continue to guide the Cable through the (4) Pulley on the Rear Lat Cross Bar, and then through the (5) Pulley on the Front Lat Cross Bar as shown.

18-3 Insert the Cable End through the Cable End Stop Ball, and attach the Cable Core to keep the Cable from slipping back through the Pulleys. See **Figure 18b**.

Note: The Cable End Stop Ball Core should fit over the Ferrule when installed correctly. Rotate the Core to align it with the groove in the Ball.



Assembly Guide

Step 18b Cable and Pulley Routing – Connect Cable End Stop Ball with Core

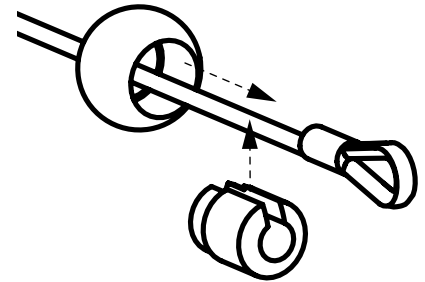


Figure 18b - Detail

Step 18c Cable and Pulley Routing – Connect Rod Cables through Left (3) Floating and Lat Tower Pulleys

18-4 Repeat with Left Rod Cable and (3) and (8) Floating Pulleys, as shown in **Figure 18c**.

Note: Once the Cable End Stop Balls are attached, hook each Rod Hook onto the Lat Pulley Housing as shown in **Figure 18d**.

Figure 18c

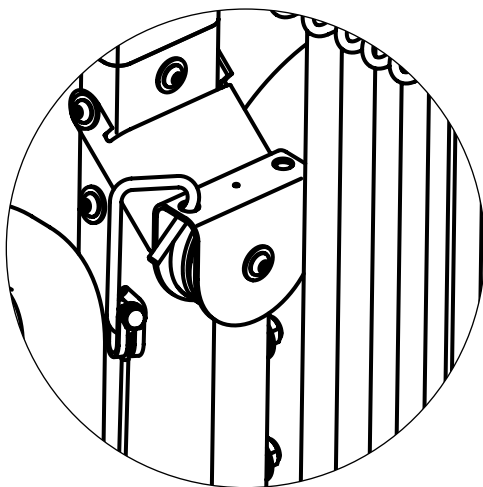
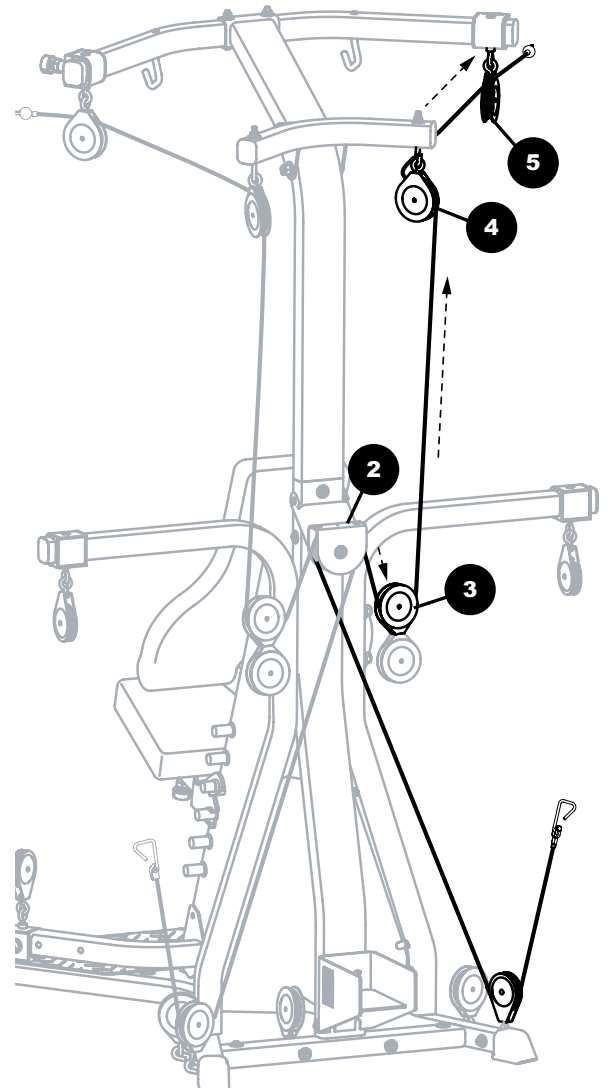
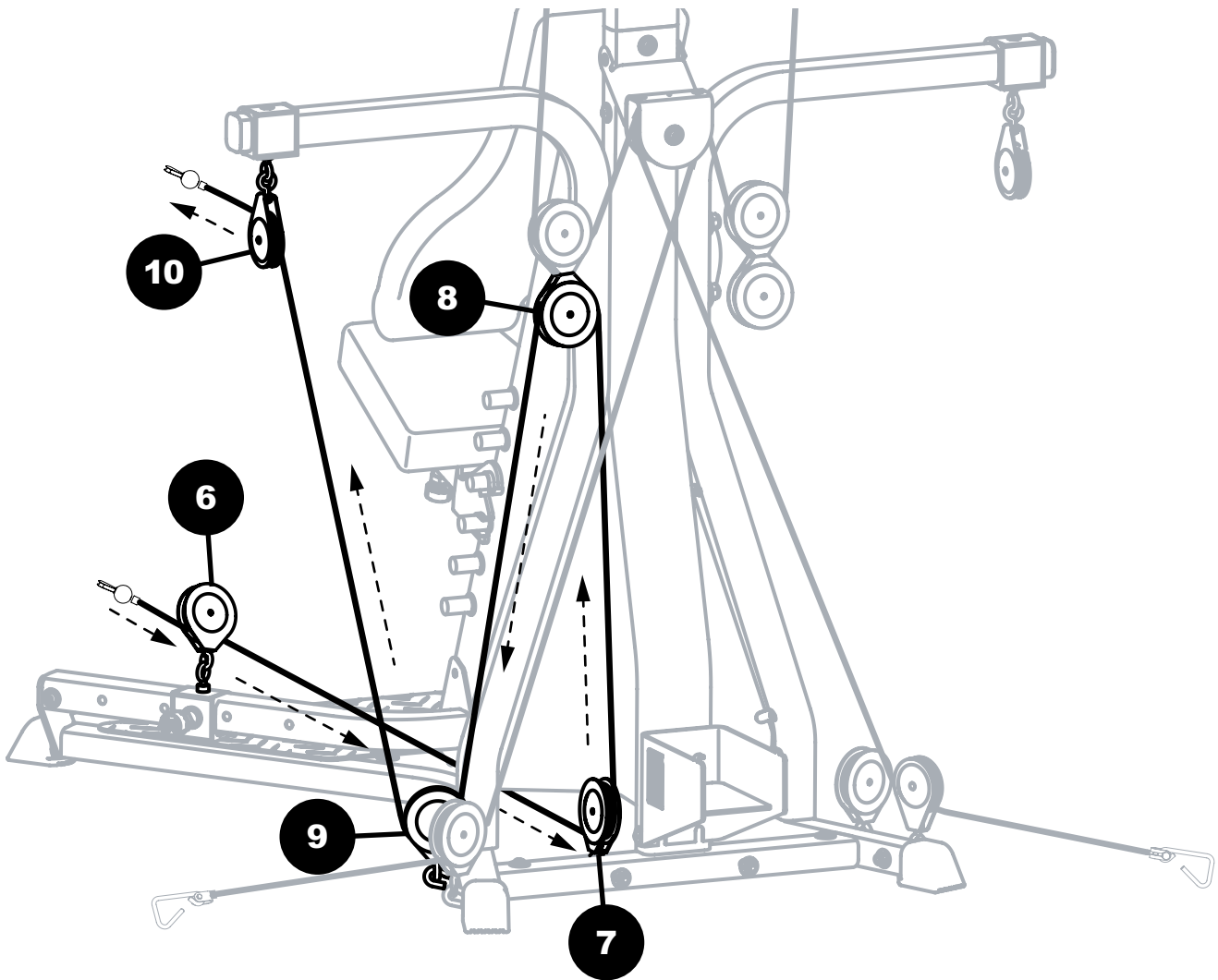


Figure 18d - Rod Hooks Storage on Lat Pulley Housing

Assembly Guide



Step 19 Cable and Pulley Routing – Connect Right Squat Cable through the Floating and Main Assembly Pulleys

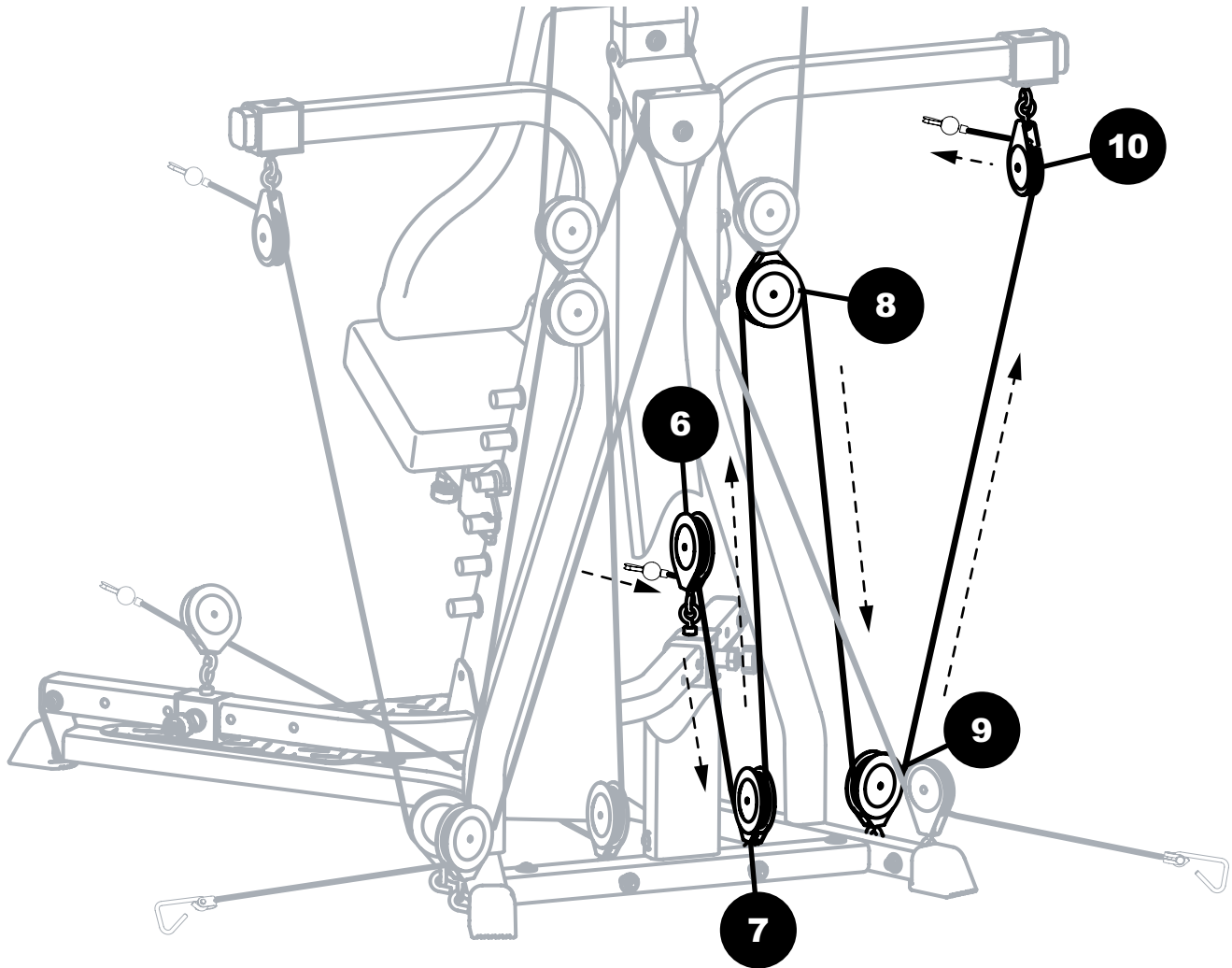
Slide the Right Squat Frame Pulley (6) to the furthest back hole, as indicated in **Figure 19**.

Unwrap the Right Squat Cable from the (6) Pulley and guide the Cable, threading under and through the Rear Cross Bar Pulley (7), and up through the Floating (8) Pulley. Follow the arrows as indicated in **Figure 19**.

Continue to guide the Cable down through the Inner Right Frame Rail Pulley (9), up through the Right Pulley Arm Pulley (10), as shown in **Figure 19**.

Finally, insert the Cable End through the Cable End Stop Ball and attach the Cable Core, as completed during Step 18.

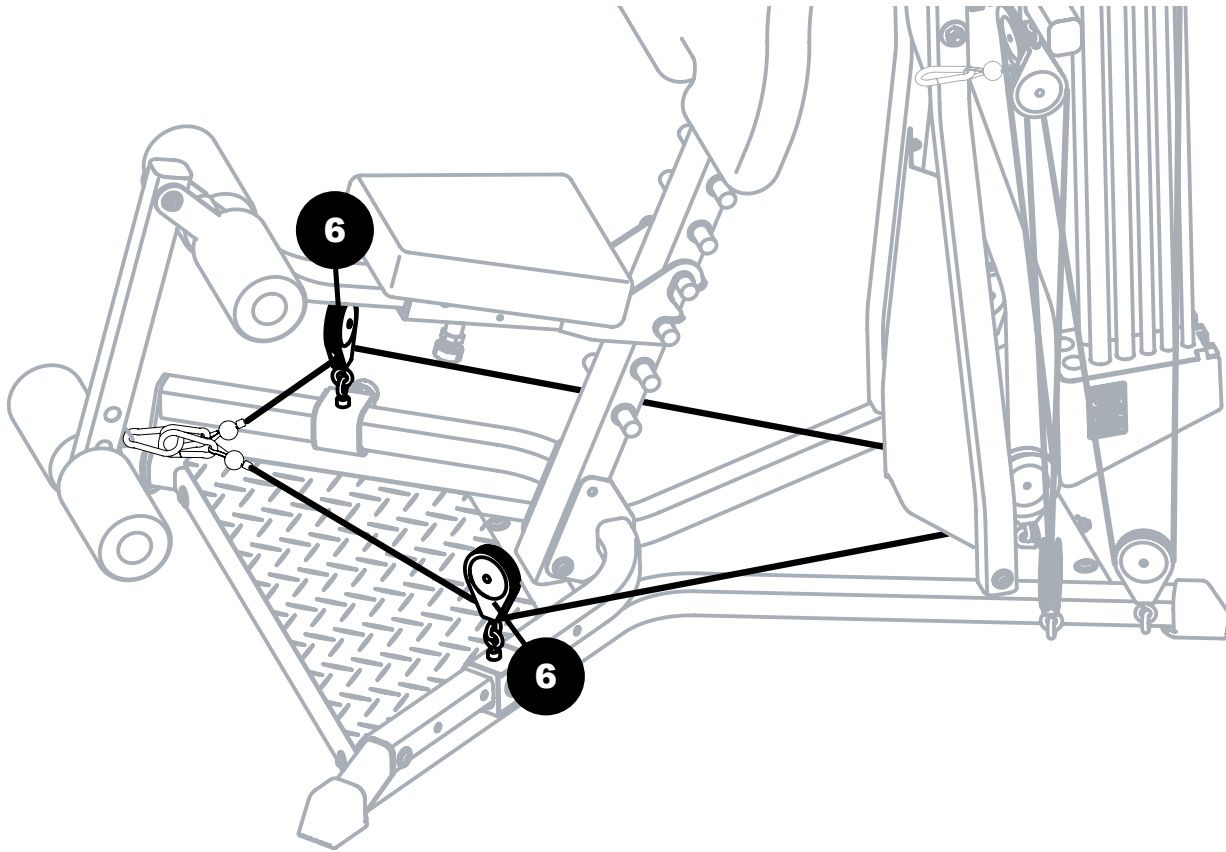
Assembly Guide



Step 19b Cable and Pulley Routing – Connect Left Squat Cable through the Floating and Main Assembly Pulleys

Repeat the same procedure completed during Step 19 for the Left Squat Cable.

Assembly Guide



Step 20 Cable & Pulley Routing

Attach the hooks on the ends of the Left and Right Squat Cables to the Hook installed onto the Leg Extension, as shown in **Figure 20**.

Step 21 Final Inspection

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

Be sure to record the serial number in the field provided at the front of the Owner's Manual. Refer to the Safety Warning Labels and Serial Number section of the Owner's Manual.

⚠ Failure to visually check and test assembly before use can cause damage to the equipment. It can also cause serious injury to users and bystanders.



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