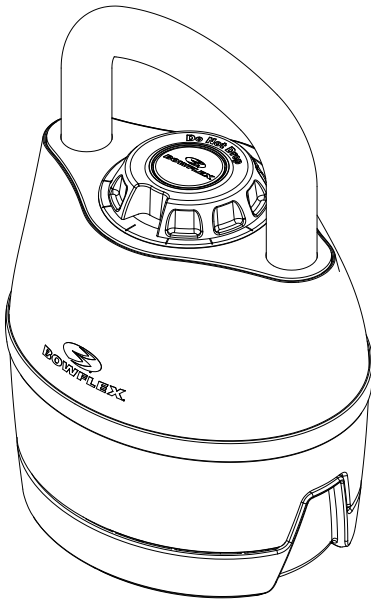




**BOWFLEX**<sup>™</sup>  
**SelectTech**<sup>™</sup>

## SelectTech<sup>™</sup> 840 Kettlebell Owner's Manual



For workout training videos, tips and fitness guidance for the Bowflex<sup>™</sup> SelectTech<sup>™</sup> Kettlebell, go to:

<https://www.bowflex.com/kb>

<https://www.bowflex.ca/kb>

<https://global.bowflex.com/kb>



# Introduction

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Congratulations on the your purchase of the Bowflex™ SelectTech™ Kettlebell. This innovative kettlebell is a versatile training tool that will help you reach your fitness goal. This product has been carefully engineered and manufactured to provide a wide array of weight options starting at 8 lbs (3.63 kg) and going all the way up to 40 lbs. (18.14 kg). In order to utilize this product to its fullest extent, it is critical that you read and fully understand this owner’s manual prior to using the SelectTech™ kettlebell.

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**To validate warranty support, keep the original proof of purchase and record the following information:**

**Serial Number** \_\_\_\_\_ **Date of Purchase** \_\_\_\_\_

**If purchased in US/Canada:** To register your product warranty, go to: **[www.bowflex.com/register](http://www.bowflex.com/register)**  
Or call 1 (800) 605–3369.

If you have questions or problems with your product, please call 1 (800) 605–3369.

**If purchased outside US/Canada:** To register your product warranty, contact your local distributor.


For details regarding product warranty or if you have questions or problems with your product, please contact your local distributor. To find your local distributor, go to: **[www.nautilusinternational.com](http://www.nautilusinternational.com)** or **[www.nautilus.cn](http://www.nautilus.cn)**

Nautilus, Inc., 5415 Centerpoint Parkway, Groveport, OH 43125 USA, [www.NautilusInc.com](http://www.NautilusInc.com) - Customer Service: North America (800) 605-3369, [csnls@nautilus.com](mailto:csnls@nautilus.com) | Nautilus (Shanghai) Fitness Equipments Co, Ltd, Room 1701 & 1702, 1018 Changning Road, Changning District, Shanghai, China 200042, [www.nautilus.cn](http://www.nautilus.cn) - 86 21 6115 9668 | outside U.S. [www.nautilusinternational.com](http://www.nautilusinternational.com) | Printed in China | © 2019 Nautilus, Inc. | Bowflex, the B logo, SelectTech, Nautilus, and Schwinn are trademarks owned by or licensed to Nautilus, Inc., which are registered or otherwise protected by common law in the United States and other countries.

ORIGINAL MANUAL - ENGLISH VERSION ONLY

# Important Safety Instructions

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 This icon means 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 the complete Owner's Manual. Keep Owner's Manual for future reference.**

**Read and understand all Warnings on this machine. If at any time the Warning stickers become loose, unreadable or dislodged, replace the labels. If purchased in US/Canada, contact Customer Service for replacement labels. If purchased outside US/Canada, contact your local distributor for them.**

- Children must not be let on or near to this machine. Moving parts and other features of the machine can be dangerous to children.
- Not intended for use by anyone under 14 years of age.
- Consult a physician before starting an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before using the machine again.
- Inspect the kettlebell prior to each use. Do not use a kettlebell with worn or damaged parts. If purchased in US/Canada, contact Customer Service for repair information. If purchased outside US/Canada, contact your local distributor for repair information.
- This machine is for home use only. Do not place or use the machine in a commercial or institutional setting. This includes gyms, corporations, work places, clubs, fitness centers and any public or private entity that has a machine for use by its members, customers, employees or affiliates.
- Periodically inspect and test the locking mechanism for correct function. Follow the test procedures included in this manual.
- Do not operate this machine outdoors or in moist or wet locations.
- Before you start your workout, make sure that your surroundings are free from possible interference and third parties. Your workout free space should be 0.6 m (24") more than the maximum reach of the exercise in all directions.
- Do not over exert yourself during exercise. Operate the machine in the manner described in this manual.
- Do not engage the locking mechanism and use the handle to try to lift the kettlebell and base together. To lift the kettlebell and base together, engage the locking mechanism and use the lift handles molded into the base assembly.
- Do not try to force the Adjustment Knob to turn when the Kettlebell has been removed from the Kettlebell base.
- Do not let the Kettlebell fall freely to the ground. Damage to the product and possible personal injury can occur.
- Do not let Kettlebells forcefully hit together during operation. Damage to the product and possible personal injury can occur.
- Do not lean on the Kettlebell handle or use Kettlebells to support your body weight, such as using them as a base to perform a push up. Damage to the product and possible personal injury can occur.
- Do not try to disassemble your Kettlebell handle, or base assembly. The product is not designed to be serviced by the customer. If purchased in US/Canada, contact Customer Service for repair information. If purchased outside US/Canada, contact your local distributor for repair information.
- The Kettlebell is very heavy. Put the Kettlebell assembly directly on the floor for best support.

# Safety Warning Labels and Serial Number / Specifications

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Record serial number in the Serial Number field at the beginning of this manual.

## WARNING

- This product is for Home use only.
- Not intended for use by anyone under 14 years of age.
- Consult a physician prior to using any exercise equipment.
- Keep children and pets away from this machine at all times.
- Use Caution when you use this equipment or serious injury can occur.
- Prior to use, read and understand the Owner's Manual, including all Warnings.
- Inspect product before use. Do not use if any parts are in need of repair.
- Replace any "Caution" "Warning" or "Danger" label that is illegible, damaged, or removed.

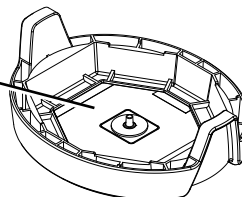
(The label on the machine is available in English, French Canadian and Chinese only.)

Do Not Drop



Serial number

Product specifications



## Specifications

Dimensions

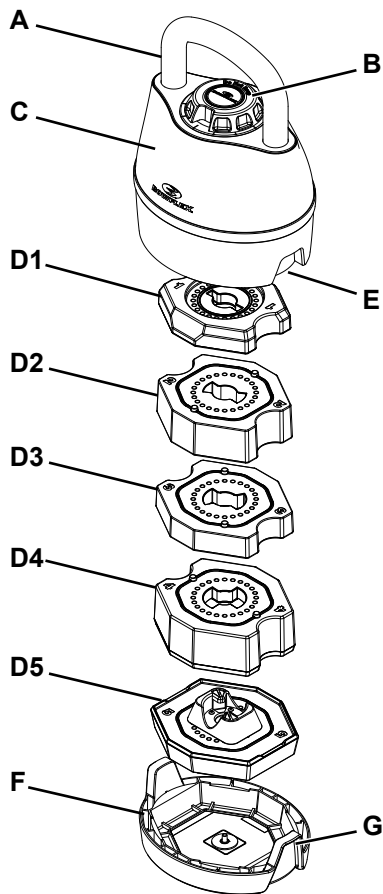
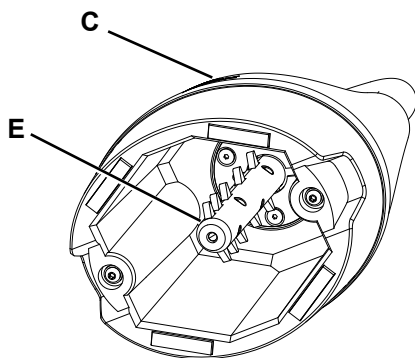
22.4cm L x 17.8cm W x 31.8cm H (8.8" L x 7" W x 12.5" H)

Kettlebell Assembly Weight

18.4 kg (40.5 lbs)

# Features / Operation

- A. Handle grip
- B. Adjustment knob
- C. Hull
- D. Weight plates
  - 1. 4 lbs (1.81 kg)
  - 2. 8 lbs (3.63 kg)
  - 3. 5 lbs (2.27 kg)
  - 4. 10 lbs (4.54 kg)
  - 5. 5 lbs (2.27 kg)
- E. Weight selector shaft
- F. Base
- G. Lift handles



## Getting to know your Bowflex™ SelectTech™ Kettlebell

The Bowflex™ SelectTech™ 840 kettlebell is shipped fully assembled, one kettlebell to a box. After carefully removing the kettlebell from its box, there are some initial steps that should be taken to familiarize you with the function of the product, and to assure that all aspects of the kettlebell are performing according to their specifications.

**⚠ Do not drop the kettlebell. Dropping the kettlebell will damage the weight plates and/or the locking mechanism, and can cause the weight plates to disengage (drop) from the handle without warning. This can cause serious injury, and will void the warranty.**

1. After removing the kettlebell from its protective packaging, inspect the product and packaging material for any damages.

# Operation

2. Push down slightly on the handle assembly to make sure it is fully seated in the base. Rotate the adjustment knob several full rotations to make sure it turns freely in both directions. Make sure there is a click at each weight increment of the adjustment knob. This click will help you locate the proper alignment to select a given weight increment.
3. The weight increments range from 8 to 40 lbs (3.5kg to 18kg) on the weight selection dial. To properly select a given weight (20 lbs [9kg] for example), rotate the adjustment knob until the Weight Selection Window is aligned with that number (20) on the weight selection dial.
4. After confirming the proper rotational function of the adjustment knob, turn the adjustment knob so that the number 8 (3.5) shows in the center of the Weight Selection Window (Fig.1).
5. With the adjustment knob set to 8 (3.5), pull the handle straight up from the kettlebell. This will remove only the hull from the base, leaving all of the weight plates on the base (Fig. 2). The handle without plates represents the starting weight of 8 lbs (3.5 kg).
6. You may increase the selected weight by rotating the adjustment knob clockwise.
7. The kettlebell hull and weight plates are symmetrical. The handle is inserted with either end facing the user. The plates must be in the correct order to ensure that they are securely seated in the base.

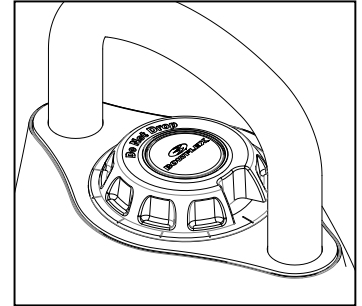


Figure 1

**NOTICE:** When you remove the kettlebell from the base or return it to the base, use a vertical motion, perpendicular to the base. Do not tilt the kettlebell or move it laterally (parallel to the base) until it is fully clear of the unselected weight plates. Do not change the order of the stacked weight plates.

- ⚠ To lift the kettlebell and base together, set the adjustment knob to the maximum weight selection and use the lift handles molded into the base assembly.**
- Do not lean on the kettlebell handle or use it to support your body weight, such as using it as a base to perform a push up. Doing so will damage the weight plates and/or the locking mechanisms, and can cause the weight plates to disengage (drop) from the handle without warning. This can cause serious injury, and will void the warranty.**

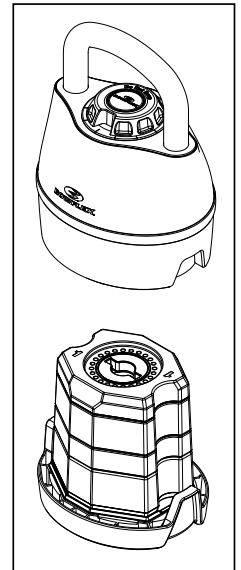


Figure 2

There are 6 weight increments:

8	12	20	25	35	40
(3.5kg)	(5.5kg)	(9kg)	(11kg)	(16kg)	(18kg)

**Note:** Weight increments represent estimated values only. Exact values can vary due to manufacturing variances.

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## Understanding and testing the locking mechanism function

The Bowflex™ SelectTech™ Kettlebell features an exclusive locking mechanism designed to ensure proper and complete selection of the weight plates as well as to ensure weight plate retention during the workout.

**!** Fully understand the function of this mechanism and do tests of the mechanism regularly to make sure it operates correctly.

### Function

The locking mechanism provides two key functions:

1. The mechanism will only allow the adjustment knob to be rotated when the kettlebell handle is completely inserted and engaging the kettlebell base.
2. The mechanism is designed to lock the kettlebell handle to the bottom plate if the adjustment knob is not fully engaging the selected weight plates.

### Purpose

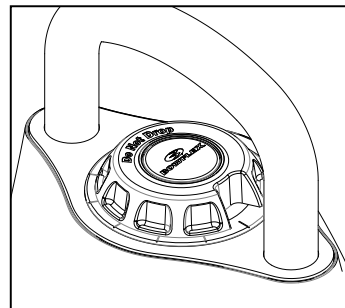
The locking mechanism serves two important purposes:

1. The mechanism will prevent deselecting (dropping) weight plates from the kettlebell when it is NOT in the kettlebell base.
2. The mechanism will prevent partial selection of the weight plates in which the plates are not fully supported and the locking pin is not fully engaged.

Given the importance of this locking mechanism, it is critical that you understand how it operates, and periodically test it to make sure it is functioning correctly.

## Testing proper locking mechanism function

1. With the kettlebell handle set in the kettlebell base, turn the adjustment knob to the number 8 (3.5). You will know you have fully and correctly selected the number when you feel the adjustment knob settle into a notch (known as a detent). You will also hear a slight, but audible, clicking noise that corresponds with the detent locations for each number.
2. You should be able to withdraw the handle from the base leaving all the weight plates behind.
3. With the handle removed from the base, grab the adjustment knob with your other hand and gently attempt to turn the knob. The knob should not rotate.



**!** Do not use too much force to try to turn the locked adjustment knob. Too much force can damage the locking mechanism.

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4. After confirming the proper function of the locking mechanism as described above, return and fully insert the kettlebell handle back into the base assembly.
  5. With the handle back in the base, try to turn the adjustment knob to a position that is between the numbers 8 and 12 (3.5 and 5.5). This represents an incomplete weight selection where the adjustment knob has not fully selected a weight and the knob is in-between the selection detents (clicks).
  6. The selection knob should not stop and engage in this improper position. Without holding the adjustment knob, gently attempt to lift up on the handle to remove it from the base. If the adjustment knob stays in a position in-between selection detents when removing the handle from the base, do not use the kettlebell. This could result in dropping of plates.
  7. Return the improperly selected adjustment knob to a full and proper weight selection and assure that the kettlebell handle can once again be removed.
  8. Repeat this test for all weight selections.
  9. Assure the entire kettlebell handle assembly is properly tightened. Do this by setting the adjustment knob to 8 pounds and removing the handle assembly from the base. Grab the adjustment knob and very slightly push and pull the knob toward and away from the handle grip. The knob should not exhibit free play and all of the selection discs should feel tightly connected.
  10. You have now tested the function of the locking mechanism. We suggest you repeat this test monthly to make sure that the locking mechanism operates correctly.

If the kettlebell locking mechanism operates unsatisfactorily in the test procedure above, do the following:

1. Stop use of the product immediately until approved service is available.
2. Contact Customer Service (if inside US/Canada) or your local distributor (if outside US/Canada).



# Maintenance

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## Exercises


For workout training videos for the Bowflex™ SelectTech™ Kettlebell, go to:

<https://www.bowflex.com/kb>  
<https://www.bowflex.ca/kb>  
<https://global.bowflex.com/kb>

Optional exercise bench and mat are available separately.

Additional products are available from Nautilus, Inc. at [www.nautilusinc.com](http://www.nautilusinc.com)

## Bowflex™ SelectTech™ Kettlebell maintenance

 Equipment must be examined for damage and repairs before each use. The owner is responsible to perform routine testing of the locking mechanisms. Worn or damaged components must be replaced immediately or the equipment removed from service until the repair is made. Only manufacturer supplied components can be used to maintain and repair the equipment.

If at any time the Warning labels become loose, unreadable or dislodged, replace the labels. If purchased in US/Canada, contact Customer Service for replacement labels. If purchased outside US/Canada, contact your local distributor for them.

The Bowflex™ SelectTech™ Kettlebell is a very low maintenance product. However, there are steps that you should take to keep the product performing and looking its very best.

1. Should your SelectTech™ Kettlebell handle assembly, plates or base become soiled you may clean them with a cloth lightly dampened with warm water and a small amount of mild soap. Wipe dry with a separate cloth.
2. The SelectTech™ Kettlebell is internally lubricated and will not require further internal lubrication. The contact between weight plates and the selector mechanism is not lubricated but has naturally low friction. This generally will not require any lubrication. Should you feel it necessary to lubricate the selector mechanism, use only a silicon lubricant, preferably “food grade”.

 Do not use any solvents, harsh detergents, chemicals or bleach on this product – doing so may damage the materials, resulting in degradation of the product’s performance or strength.

Do not attempt to disassemble the kettlebell handle or base assembly. These items are not designed to be user serviced. Doing so will void the manufacturers warranty. Contact Nautilus, Inc. or your local distributor for service.

# Troubleshooting / Warranty

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Problem	Solution
Kettlebell handle does not fully insert into base when no plates are selected (handle has no plates attached).	<ol style="list-style-type: none"><li>1. Make certain that the adjustment knob is set directly to the number 8.</li></ol>
Kettlebell handle does not fully insert into base when plates are selected (handle has plates attached).	<ol style="list-style-type: none"><li>1. Verify that the plates not selected (those plates remaining in the kettlebell base) are in the correct order and have not been switched. This may be blocking the kettlebell from fitting back into the base.</li></ol>
Adjustment knob will not turn while handle is in base.	<ol style="list-style-type: none"><li>1. Check to assure that the kettlebell handle is fully depressed into the kettlebell base. If not fully depressed, the locking mechanism will not be released and may prevent the adjustment knob from rotating.</li><li>2. Check to see if there is any dirt, debris or other obstruction in the kettlebell base. You may need to remove the weight plates from the base to accomplish this check. Remember to put each weight plate back in the correct sequence and orientation.</li></ol>

## Warranty *(if purchased in US/Canada)*

### Who Is Covered

This warranty is valid only to the original purchaser and is not transferable or applicable to any other person(s).

### What Is Covered

Nautilus, Inc. warrants that this product is free from defects in materials and workmanship, when used for the purpose intended, under normal conditions, and provided it receives proper care and maintenance as described in the Product's Assembly and Owner's manual. This warranty is good only for authentic, original, legitimate machines manufactured by Nautilus, Inc. and sold through an authorized agent and used in the United States or Canada.

### Terms

- Parts (including hand assembly, weight plates and base assembly) 2 years

For warranty & service of products purchased outside US/Canada, please contact your local distributor. To find your local international distributor, go to: [www.nautilusinternational.com](http://www.nautilusinternational.com) or [www.nautilus.cn](http://www.nautilus.cn)

### How Nautilus Will Support the Warranty

Throughout and as set forth under the terms of the Warranty, Nautilus, Inc. will provide a replacement for any component or part that proves to be defective in materials or workmanship. Nautilus, Inc. reserves the right to substitute material of equal or better quality if identical materials are not available under this warranty.

In the event that replacement parts or components do not correct the issue, Nautilus, Inc. reserves the right to replace the product or apply a limited credit reimbursement toward another Nautilus Inc. brand product, at our discretion. Reasonable substitution may be required depending upon Product availability. Any replacement of the Product under the terms of the Warranty in no way extends the original Warranty period. THESE REMEDIES ARE THE EXCLUSIVE AND SOLE REMEDIES FOR ANY BREACH OF WARRANTY.

# Warranty

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## What You Must Do

- Retain appropriate and acceptable Proof of Purchase.
- Operate, maintain, and inspect the product as specified in the Product Documentation (Assembly, Owner's Manuals, etc.).
- Product must be used exclusively for the purpose intended.
- Notify Nautilus within 30 days after detecting an issue with the product.
- Install replacement parts or components in accordance with any Nautilus instructions.
- Perform diagnostic procedures with a trained Nautilus, Inc representative if requested.
- This warranty does not cover in home repair costs (labor, etc) or related charges.

## What Is Not Covered

- Damage due to abuse, tampering or modification of the Product, failure to properly follow assembly instructions, maintenance instructions, or safety warnings as stated in the Product Documentation (Assembly, Owner's Manuals, etc), damage due to improper storage or the effect of environmental conditions such as moisture or weather, misuse, mishandling, accident, natural disasters, power surges.
- A machine placed or used in a commercial or institutional setting. This includes gyms, corporations, work places, clubs, fitness centers and any public or private entity that has a machine for use by its members, customers, employees or affiliates.
- Damage caused by exceeding maximum user weights as defined in Products Owner's Manual or on the warning label.
- Damage due to normal usage and wear and tear.
- This warranty does not extend to any territories or countries outside the United States and Canada.

## How to Obtain Warranty Support

For Products purchased directly from Nautilus, Inc. contact the Nautilus office listed on the Contacts page of the Product's Owner's manual. You may be required to return the defective component to a specified address for repair or inspection, at your expense. Standard ground shipping of any warranty replacement parts will be paid by Nautilus, Inc. For products purchased from a retail outlet, you may be asked to contact your retailer for warranty support.

## Exclusions

The preceding warranties are the sole and exclusive express warranties made by Nautilus, Inc. They supersede any prior, contrary or additional representations, whether oral or written. No agent, representative, dealer, person or employee has the authority to alter or increase the obligations or limitations of this warranty. Any implied warranties, including the WARRANTY OF MERCHANTABILITY and any WARRANTY OF FITNESS FOR A PARTICULAR PURPOSE, are limited in duration to the term of the applicable express warranty provided above, whichever is longer. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

## Limitation of Remedies

EXCEPT AS OTHERWISE REQUIRED BY APPLICABLE LAW, THE PURCHASER'S EXCLUSIVE REMEDY IS LIMITED TO REPAIR OR REPLACEMENT OF ANY COMPONENT DEEMED BY NAUTILUS, INC. TO BE DEFECTIVE UNDER THE TERMS AND CONDITIONS STATED HEREIN. IN NO EVENT WILL NAUTILUS, INC. BE LIABLE FOR ANY SPECIAL, CONSEQUENTIAL, INCIDENTAL, INDIRECT OR ECONOMIC DAMAGES, REGARDLESS OF THE THEORY OF LIABILITY (INCLUDING, WITHOUT LIMITATION, PRODUCT LIABILITY, NEGLIGENCE OR OTHER TORT) OR FOR ANY LOST REVENUE, PROFIT, DATA, PRIVACY OR FOR ANY PUNITIVE DAMAGES ARISING OUT OF OR RELATED TO THE USE OF THE FITNESS MACHINE EVEN IF NAUTILUS, INC. HAS BEEN ADVISED OF THE POSSIBILITY OF SUCH DAMAGES. THIS EXCLUSION AND LIMITATION SHALL APPLY EVEN IF ANY REMEDY FAILS OF ITS ESSENTIAL PURPOSE. SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF CONSEQUENTIAL OR INCIDENTAL TYPE DAMAGES SO THE ABOVE LIMITATION MAY NOT APPLY TO YOU.

## State Laws

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

## Expirations

If the warranty has expired, Nautilus, Inc. may assist with replacements or repairs to parts and labor, but there will be a charge for these services. Contact a Nautilus office for information on post-warranty parts and services. Nautilus does not guarantee availability of spare parts after expiration of warranty period.

## International Purchases

If you purchased your machine outside of the United States consult your local distributor or dealer for warranty coverage.

