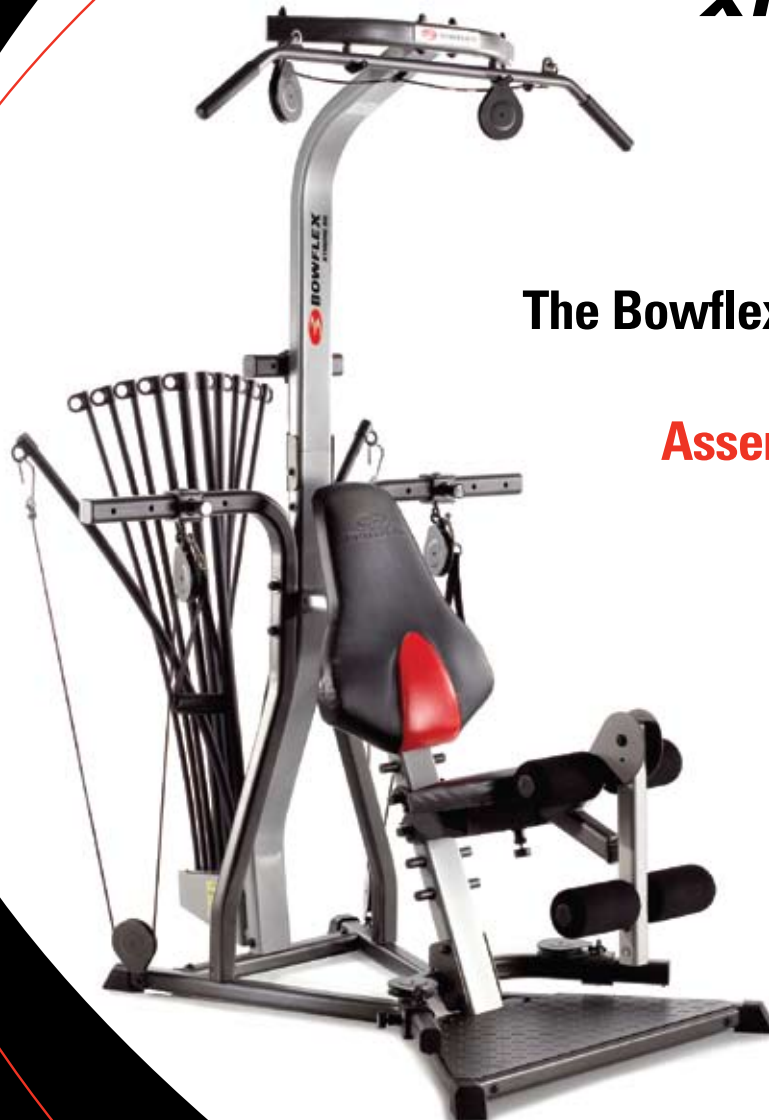


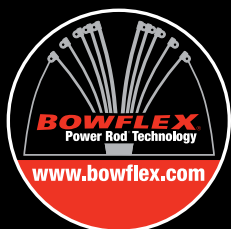


# **BOWFLEX**

## **XTREME SE**



### **The Bowflex Xtreme® SE** **Home Gym** **Assembly Manual**



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

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## ***Table of Contents***

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# ***Important Safety Instructions***

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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 equipment in a wet or damp 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 and can void the warranty.
- If replacement parts are necessary use only genuine Nautilus replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly or void the warranty.
- Do not use or put the machine into service 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 Manual for future reference.

# ***Before Assembly***

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**Please take the time to read all assembly instructions before attempting to assemble your Bowflex Xtreme®**

**SE home gym.** Select where you are going to locate your machine carefully. The best place for your Bowflex Xtreme® SE home gym is 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.

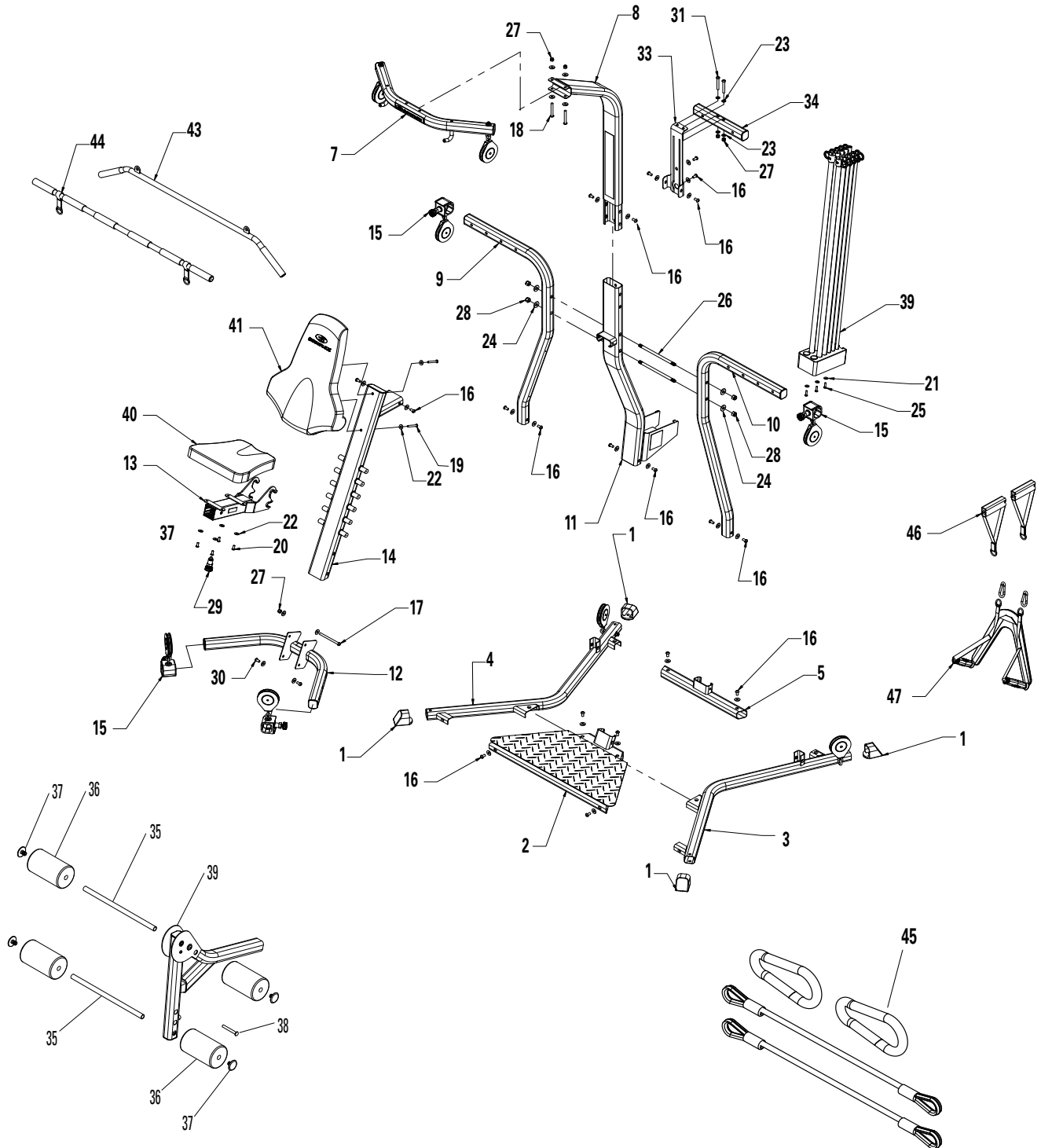
## **Basic Assembly Principles**

Here are a few basic tips that will make your assembly of the Bowflex Xtreme® SE home gym 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 Xtreme® SE home gym, turn bolts or nuts toward the right (clockwise) to tighten and left (counterclockwise) to loosen.

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

# Parts Reference Guide



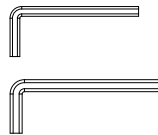
# Parts Reference Guide

ITEM	QTY.	DESCRIPTION
1	4	FOOT, END CAP, FRAME
2	1	BASE FRAME
3	1	RIGHT FRAME RAIL (Cable Pulley Slider and Cable are included with frame rail pulley)
4	1	LEFT FRAME RAIL (Cable Pulley Slider and Cable are included with frame rail pulley)
5	1	REAR CROSSMEMBER
6	1	ABDOMINAL BRACKET
7	1	LAT CROSS BAR W/ PULLEYS (One cable is wrapped in each pulley bundle)
8	1	UPPER LAT TOWER
9	1	RIGHT PULLEY ARM
10	1	LEFT PULLEY ARM
11	1	LOWER LAT TOWER FRAME
12	1	SQUAT PULLEY FRAME
13	1	SEAT BACKBONE
14	1	SEAT SUPPORT RAIL
15	4	PULLEY SLIDER
16	20	BUTTON HEAD CAP SCREW 0375-16X0.75 G2
17	1	BUTTON HEAD CAP SCREW 0375-16X5 G2
18	2	BUTTON HEAD CAP SCREW 0375-16X3 G2
19	2	BUTTON HEAD CAP SCREW 03125-18X2.5 G2
20	4	BUTTON HEAD CAP SCREW 03125-18X0.75 G2
21	3	FLAT WASHER 0250
22	6	FLAT WASHER 0313
23	32	FLAT WASHER 0375
24	4	FLAT WASHER 0500
25	3	PHILLIPS SCREW 10-24X1

ITEM	QTY.	DESCRIPTION
26	2	THREADED STUD 0.500-13X9.5X.625X.750 BLK
27	5	LOCK NUT 0375-16 G2
28	4	LOCK NUT 0500-13 G2
29	1	LOCK KNOB
30	2	BUTTON HEAD CAP SCREW .375-16X1
31	2	BUTTON HEAD CAP SCREW .0375-16X2.75 G2-BIKO
32		Not used
33	1	BRKT, AB CRUNCH
34	1	XTREME SE AB BRKT TUBE ASSY
35	2	CHROME TUBE, FOAM ROLLER
36	4	FOAM ROLLER
37	4	END CAP, 3/4 INCH
38	1	PIN, LEG EXT
39	1	LEG EXTENSION BACKBONE ASSEMBLY
40	1	XTREME SE SEAT ASSEMBLY
41	1	XTREME SE SEAT BACK ASSEMBLY
42	1	BOWFLEX ROD PACK 210#
43	1	BAR 50" BENT LAT BAR
44	1	BAR 48" LONG WITH FOAM GRIPS
45	1	ACC BAG LEG #1 ASSEMBLY
46	1	PVC HANDGRIP PAIR ASSEMBLY
47	1	AB CRUNCH STRAP ASSEMBLY

## Tools included:

- 3/16" Allen Wrench
- 7/32" Allen Wrench



NOTE: Specifications Subject to Change Without Notice

# Hardware Guide

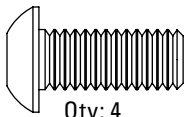
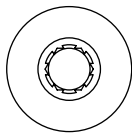
## Tools you will need:

You will need the tools listed below to complete the assembly of your Bowflex Xtreme® SE home gym. If you don't have these tools, you can find them at any hardware or department store.

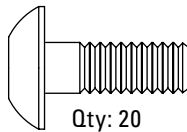
- 7/16" Combination Wrench
- 9/16" Combination Wrench
- Adjustable Wrench
- Socket Wrench Set
- Phillips Screw Driver
- Flat Blade Screw Driver
- Rubber Mallet
- Utility Knife
- Scissors

(NOTE: Drawings not to scale.)

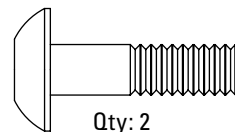
### Button Head Screws:



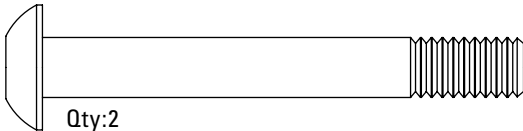
Qty: 4  
(5/16" x 3/4")



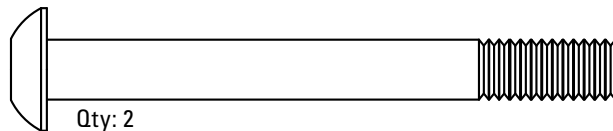
Qty: 20  
(3/8" x 3/4")



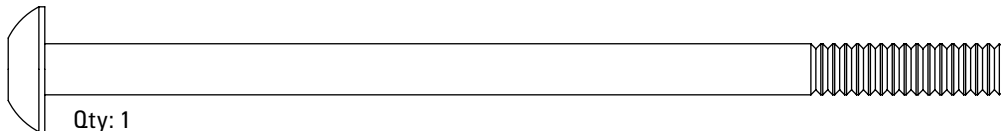
Qty: 2  
(3/8" x 1")



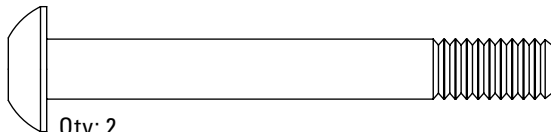
Qty: 2  
(5/16" x 2 1/2")



Qty: 2  
(3/8" x 3")

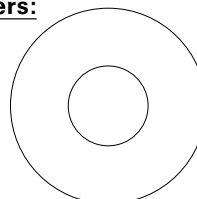


Qty: 1  
(3/8" x 5")

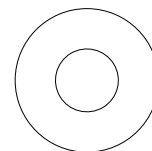


Qty: 2  
(3/8" x 2 3/4")

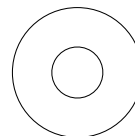
### Flat Washers:



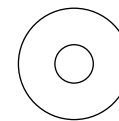
Qty: 4  
(1/2")



Qty: 32  
(3/8")

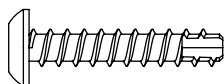


Qty: 6  
(5/16")



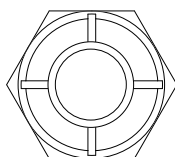
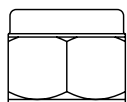
Qty: 3  
(1/4")

### Self Threading Screw:

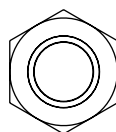


Qty: 3  
Self Threading Screws (#10 x 1")

### Nylock Nuts:

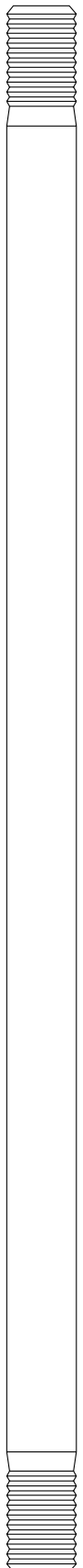


Qty: 4  
(1/2")



Qty: 5  
(3/8")

Qty: 2 Threaded Studs  
(1/2" x 9 1/2")



# Assembly Guide

## Step 1 Base Frame Assembly

### Parts:

- Base Frame
- Left Frame Rail
- Right Frame Rail
- Rear Cross Member

### Hardware:

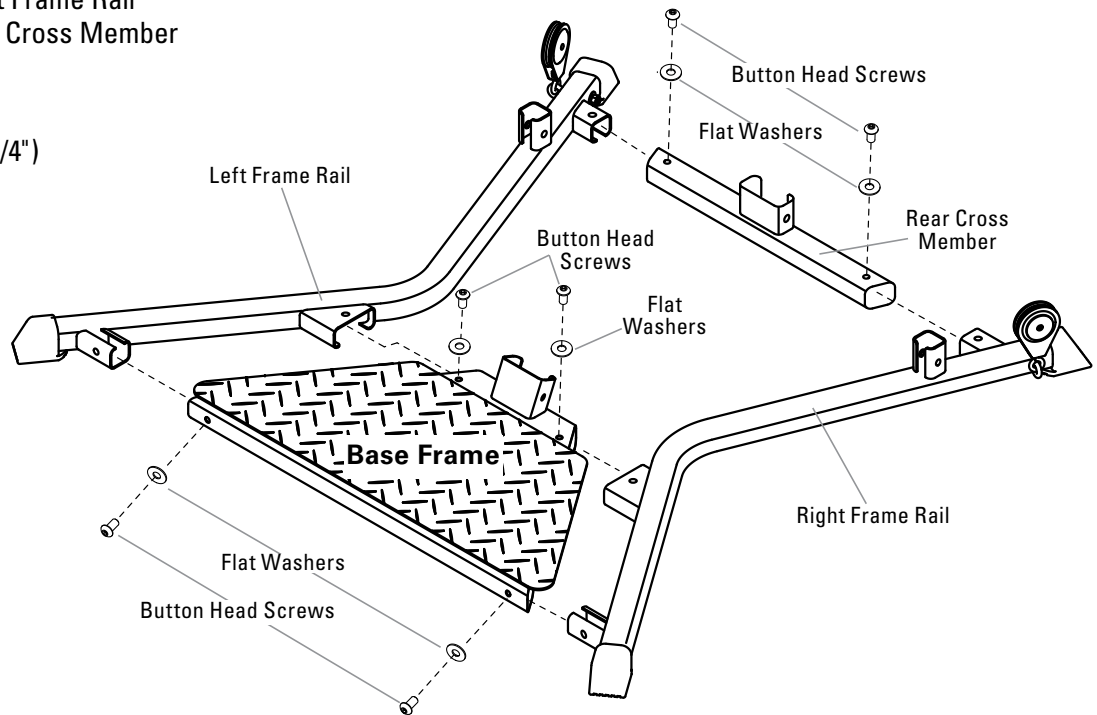
- 6 Button Head Screws ( 3/8" X 3/4" )
- 6 Flat Washers (3/8")

**Tool:** 7/32" Allen Wrench  
(or Hex Wrench)

**1-1** Lay all parts on floor as shown.

**1-2** Insert Frame Rail connectors into the Base Frame and Rear Cross Member. Secure with screws and washers as shown.

**Finger tighten screws at this time.**



## Step 2 Lower Lat Tower Assembly

### Parts:

- Lower Lat Tower Frame
- Rod Box with Power Rod® Pack

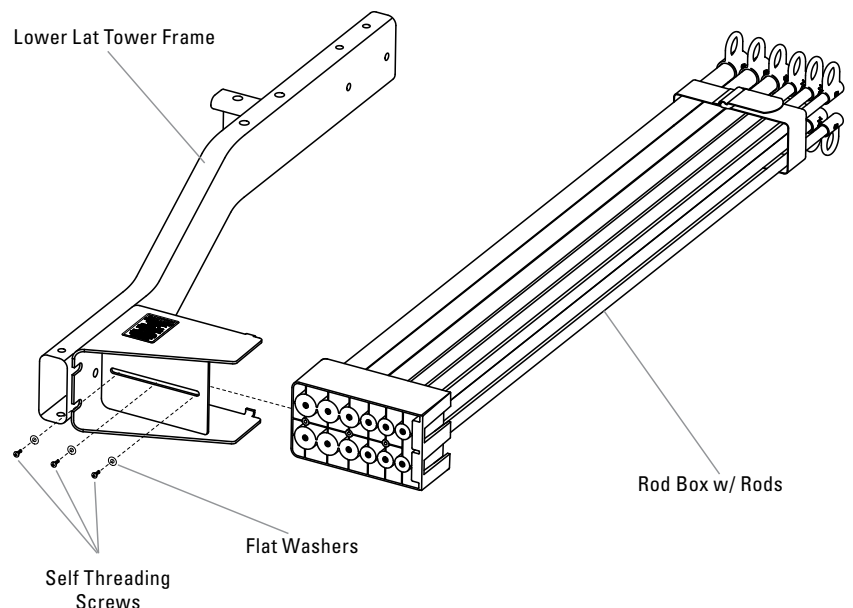
### Hardware:

- 3 Self Threading Screws (#10 X 1")
- 3 Flat Washers (1/4")

**Tool:** Phillips Screw Driver

**2-1** Lay parts on floor as shown. Firmly slide Rod Box into Lower Lat Tower Frame.

**2-2** Fasten the Rod Box to the Lower Lat Tower Frame with screws and washers as shown. Tighten screws until snug.





# Assembly Guide

## Step 3 Install Lower Lat Tower Assembly

### Parts:

- Lower Lat Tower Assembly
- Base Frame Assembly

### Hardware:

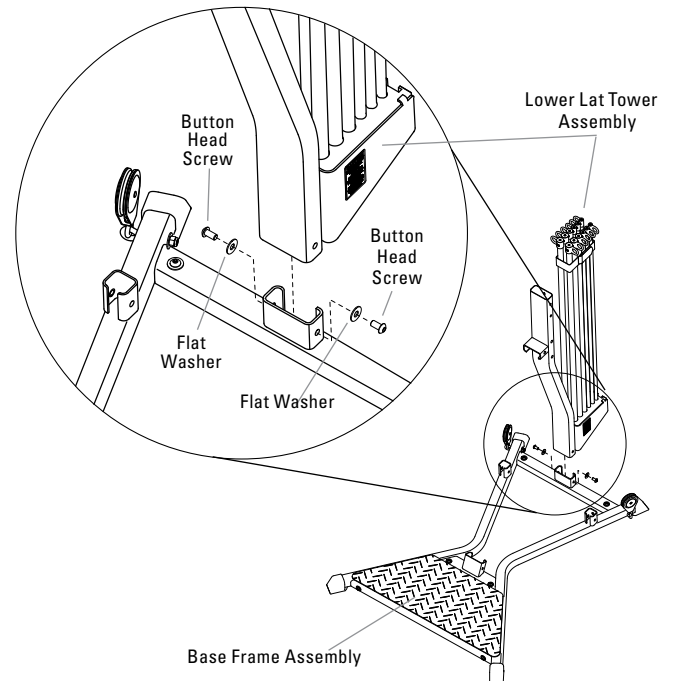
- 2 Button Head Screws (3/8" X 3/4")
- 2 Flat Washers (3/8")

**Tool:** 7/32" Hex Wrench

**3-1** Align the Lower Lat Tower Assembly over the Base Frame. Push the bottom of the Lower Lat Tower onto the connector of the Rear Cross Member as shown.

**3-2** Secure Lower Lat Tower Assembly using screws and washers as shown.

**Finger tighten screws at this time.**



## Step 4 Install Seat Support Rail

### Parts:

- Seat Support Rail
- Base Frame Assembly

### Hardware:

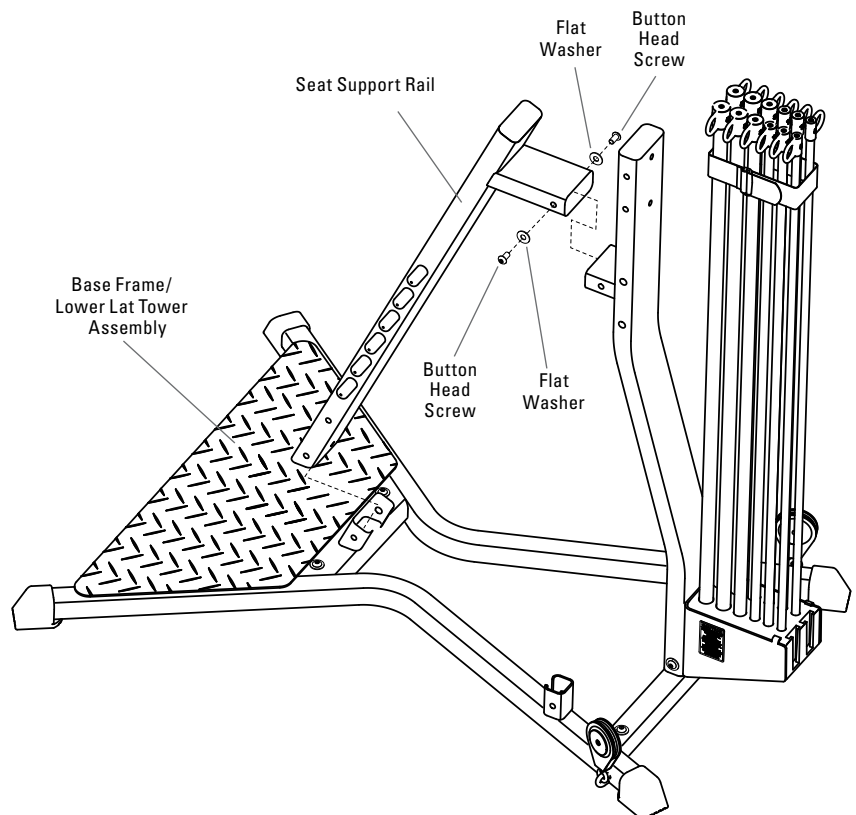
- 2 Button Head Screws (3/8" X 3/4")
- 2 Flat Washers (3/8")

**Tool:** 7/32" Hex Wrench

**4-1** Slide the bottom of the Seat Support Rail onto the Base Frame connector as shown.

**4-2** 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 5 Install Squat Pulley Frame

### Parts:

- Squat Pulley Frame Assembly
- Main Assembly

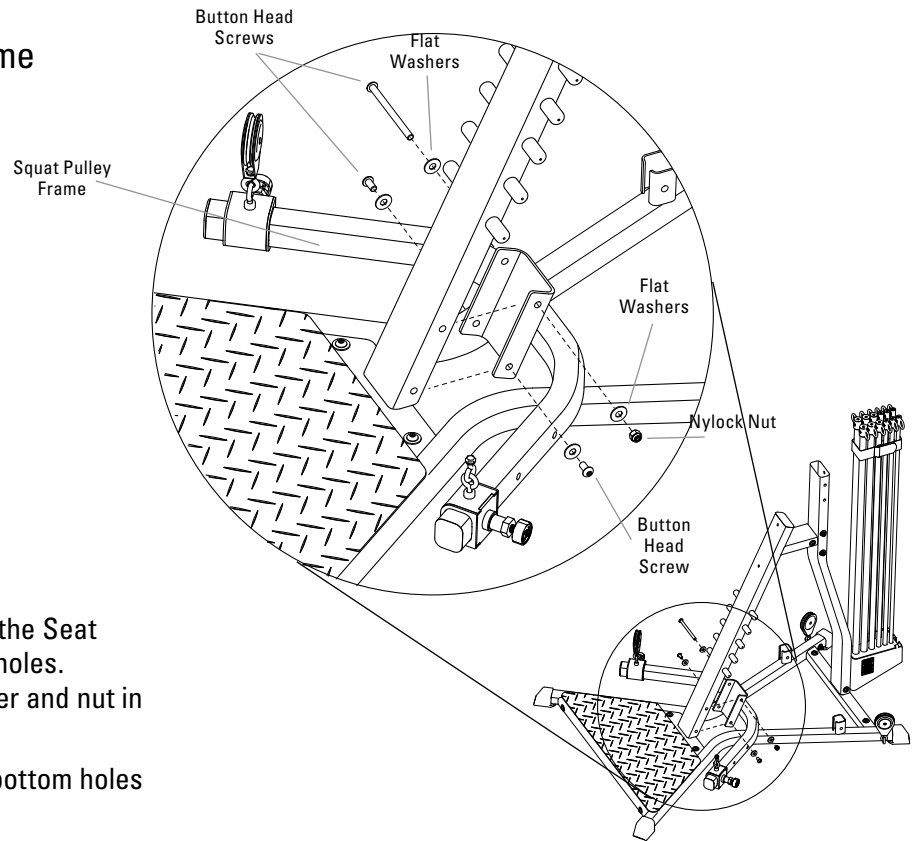
### Hardware:

- 1 Button Head Screw (3/8" X 5")
- 1 Nylock Nut (3/8")
- 2 Button Head Screws (3/8" X 1")
- 4 Washers (3/8")

**Tools:** 7/32" Hex Wrench & Adjustable or Socket Wrench

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

**5-2** Install screws and washers into the bottom holes of the Squat Pulley Frame as shown.



## Step 6 Install Pulley Arms

### Parts:

- Right Pulley Arm
- Left Pulley Arm
- Main Assembly

### Hardware:

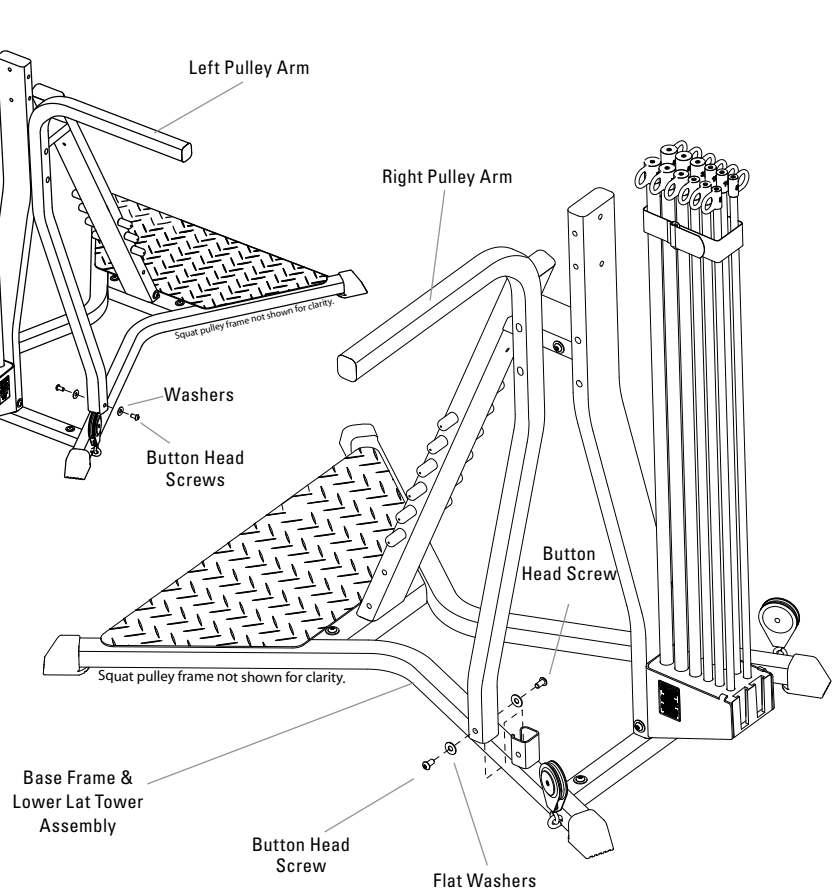
- 4 Washers (3/8")
- 4 Button Head Screws (3/8" X 3/4")

**Tools:** 7/32" Hex Wrench

**6-1** Slide Left and Right Pulley Arms onto the connectors on the base frame as shown.

**6-2** Secure Pulley Arms to Base Frame using screws and washers as shown.

**Finger tighten screws at this time.**



# Assembly Guide

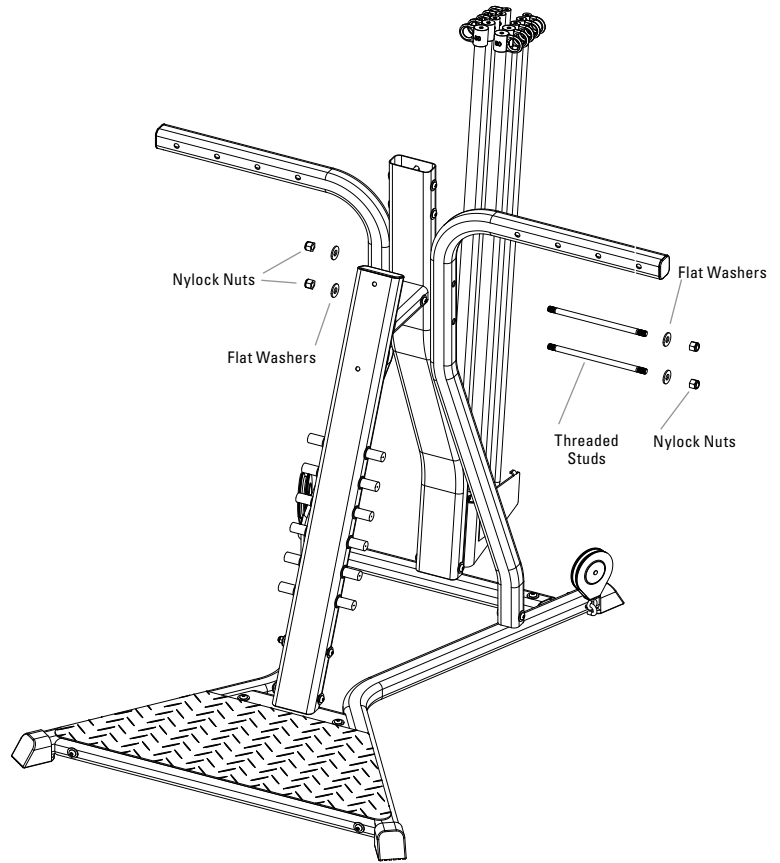
## Step 7 Secure Pulley Arms

### Hardware:

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

**Tool:** Rubber Mallet

- 7-1** Align the two holes in the Pulley Arms with those in the Lower Lat Tower Assembly and secure using threaded studs, washers and nuts as shown.



## Step 8 Install Slider Pulleys

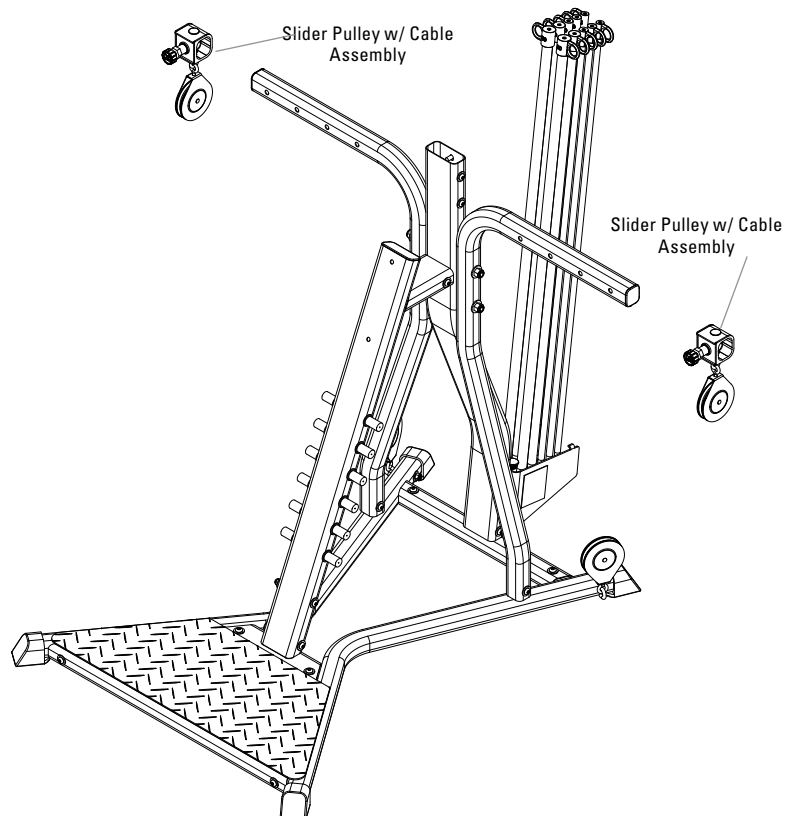
### Parts:

- 2 Slider Pulleys with Cable Assembly
- Main Assembly

**Tools:** 3/16 Hex Wrench

- 8-1** Install a Slider Pulley onto each Pulley Arm as shown.

- 8-2** Choose any of the four holes to secure.



# Assembly Guide

## Step 9 Seat Assembly

### Parts:

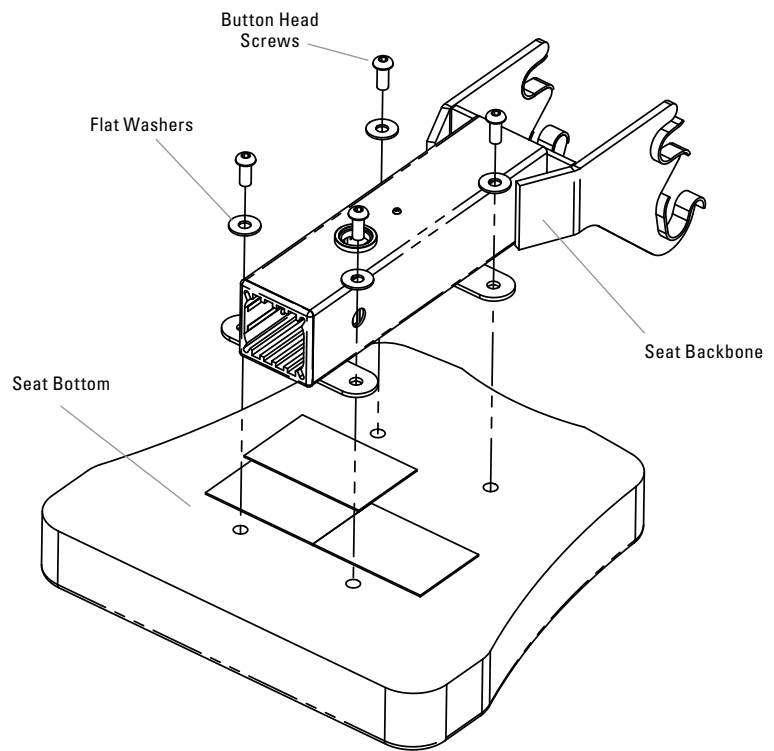
- Seat Backbone
- Seat Bottom

### Hardware:

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

**Tool:** 3/16" Hex Wrench

- 9-1** Install the Seat Backbone to the underside of the Seat Pad using screws and washers as shown.



## Step 10 Leg Extension Assembly

### Parts:

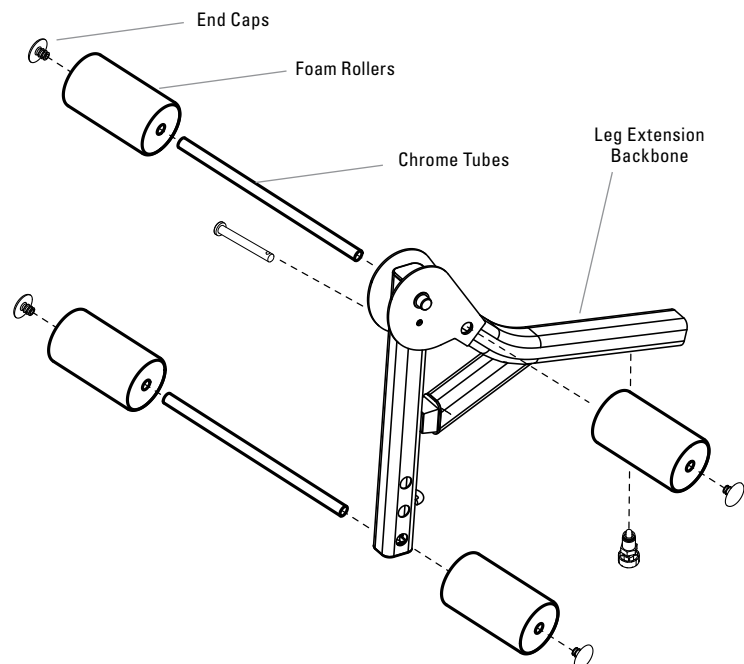
- Leg Extension Backbone
- 2 Chrome Tubes
- 4 Foam Rollers
- 4 End Caps

**Tool:** Rubber Mallet

- 10-1** Insert Chrome Tubes through the upper hole and one of the lower holes in the Leg Extension. (Select hole for your comfort level.)

- 10-2** 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

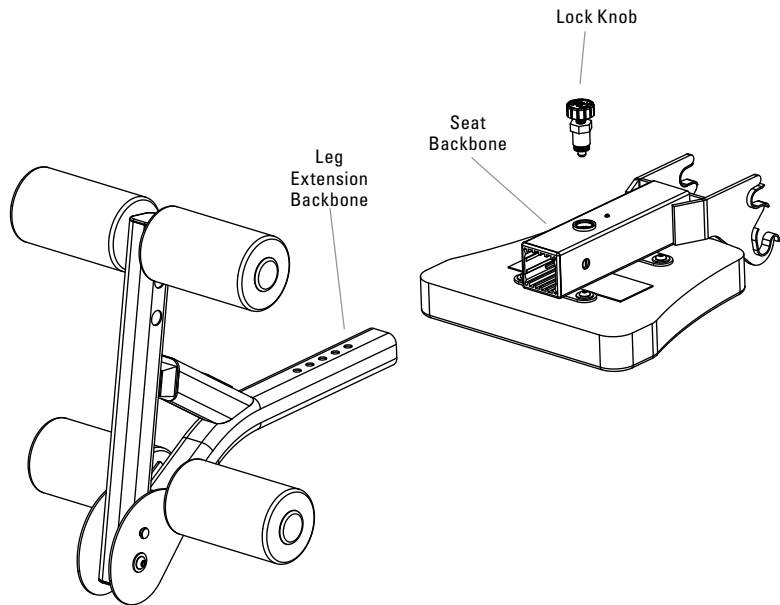
## Step 11 Install Leg Extension Assembly

### Parts:

- Leg Extension Assembly
- Lock Knob

**11-1** Insert Leg Extension Backbone into open end of Seat Backbone as shown.

**11-2** 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 12 Install Seat Assembly

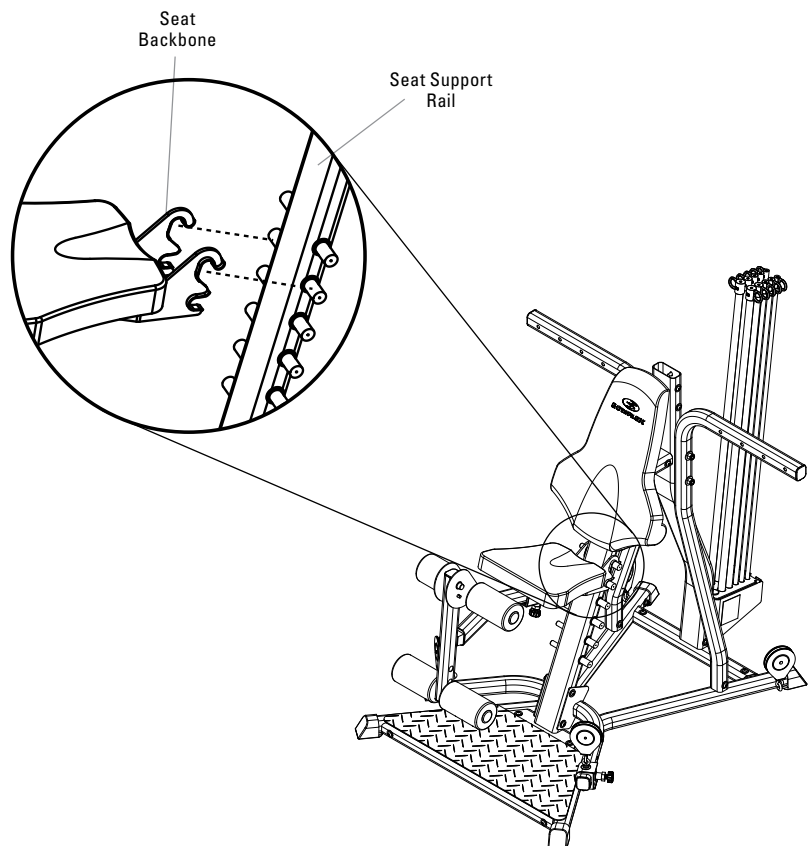
### Parts:

- Seat Assembly
- Main Assembly

**12-1** Align the top two hooks on the Seat Backbone with one of the lower pairs of pins on the Seat Support Rail.

**12-2** Tip seat front up and slide hooks onto pins. Rotate seat down and back to use.

**Note:** Use lower pins until the seat back is installed. Reverse procedure to remove seat.



# Assembly Guide

## Step 13 Install Seat Back Pad

**Note:** The back of the Seat Back Pad has two pairs of holes. Select the appropriate set based on your height.

### Parts:

- Seat Back Pad
- Main Assembly

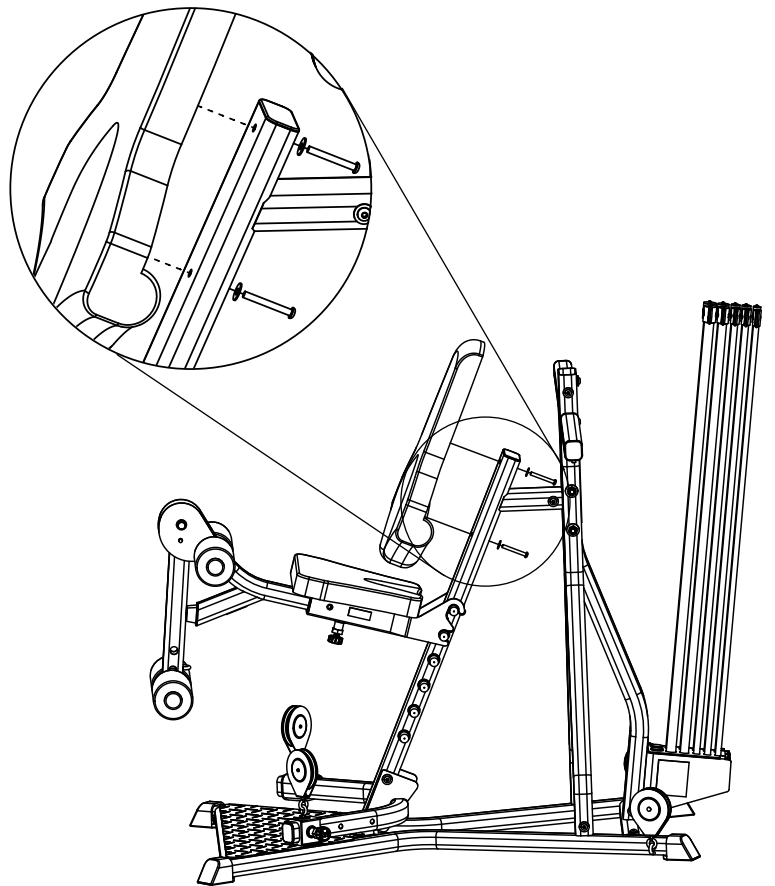
### Hardware:

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

**Tool:** 3/16" Hex Wrench

**13-1** Position Seat Back Pad against the Seat Support Rail and align the screw holes for your height with those on the Seat Support Rail.

**13-2** Secure Seat Back Pad to the Seat Support Rail using screws and washers as shown.



## Step 14 Upper Lat Tower Assembly

### Parts:

- Upper Lat Tower
- Lat Cross Bar

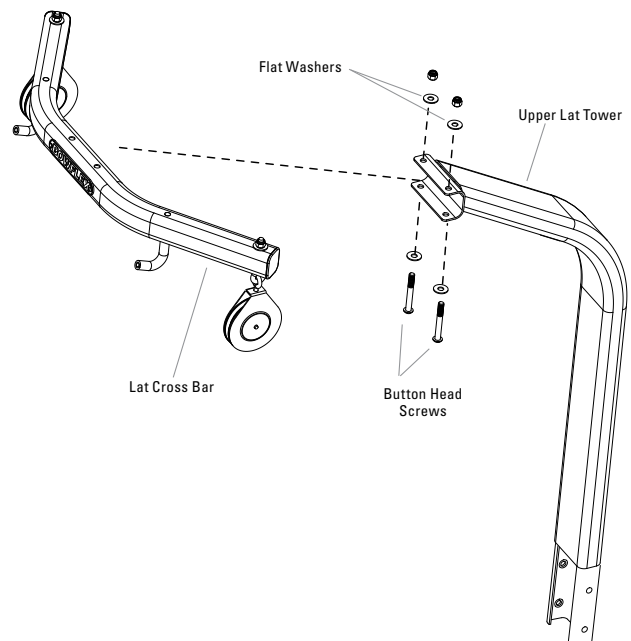
### Hardware:

- 2 Button Head Screws (3/8" X 3")
- 2 Washers (3/8")
- 2 Nylock Nuts (3/8")

**Tool:** 7/32" Hex Wrench and Adjustable Wrench

**14-1** Align the two holes on the Lat Cross Bar with those on the Upper Lat Tower as shown.

**14-2** Secure using washers and screws as shown.



# Assembly Guide

## Step 15 Ab Bracket Assembly

### Parts:

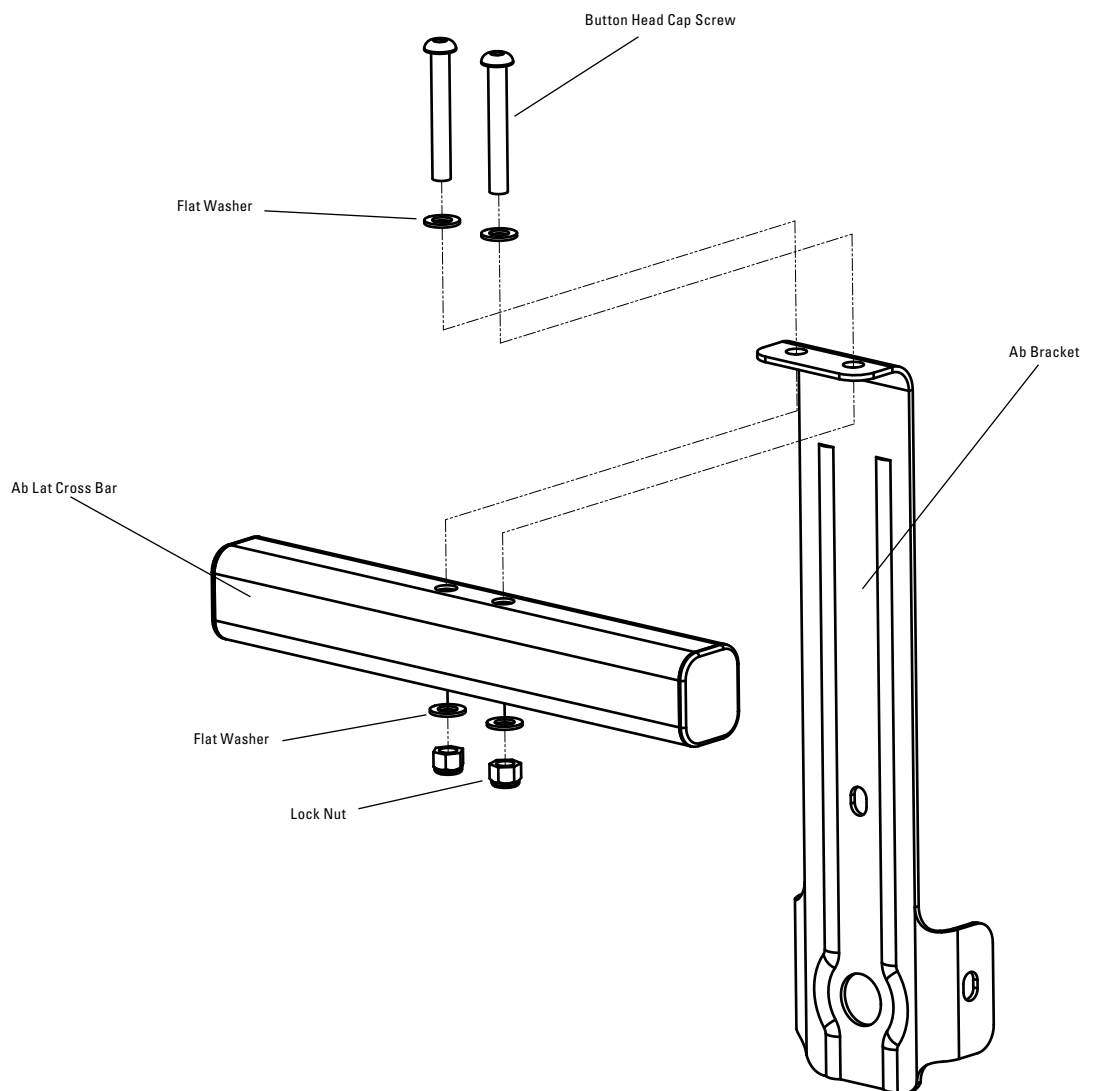
- Abdominal Bracket (2 pieces)

### Hardware (1:1):

- 2 Button Head Screws (3/8" X 2 3/4")
- 4 Washers (3/8")
- 2 Lock Nuts 3/8 -16

**Tool:** 7/32" Hex Wrench

**15-1** Attach the Ab Lat Cross Bar to the Ab Bracket as shown.



# Assembly Guide

## Step 16 Install Upper Lat Tower Assembly and Ab Bracket

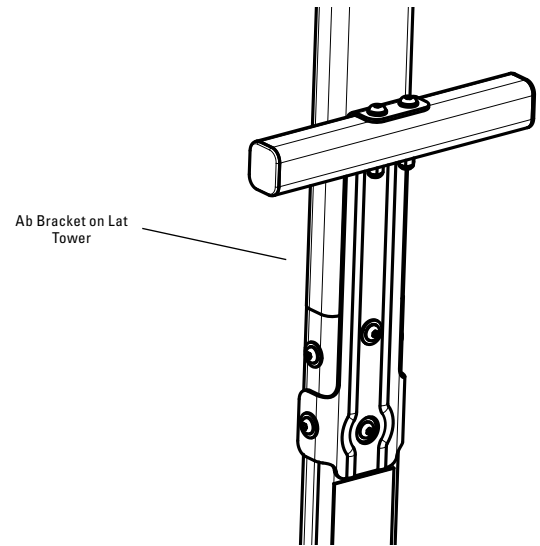
### Parts:

- Upper Lat Tower Assembly
- Abdominal Bracket
- Main Assembly

### Hardware (1:1):

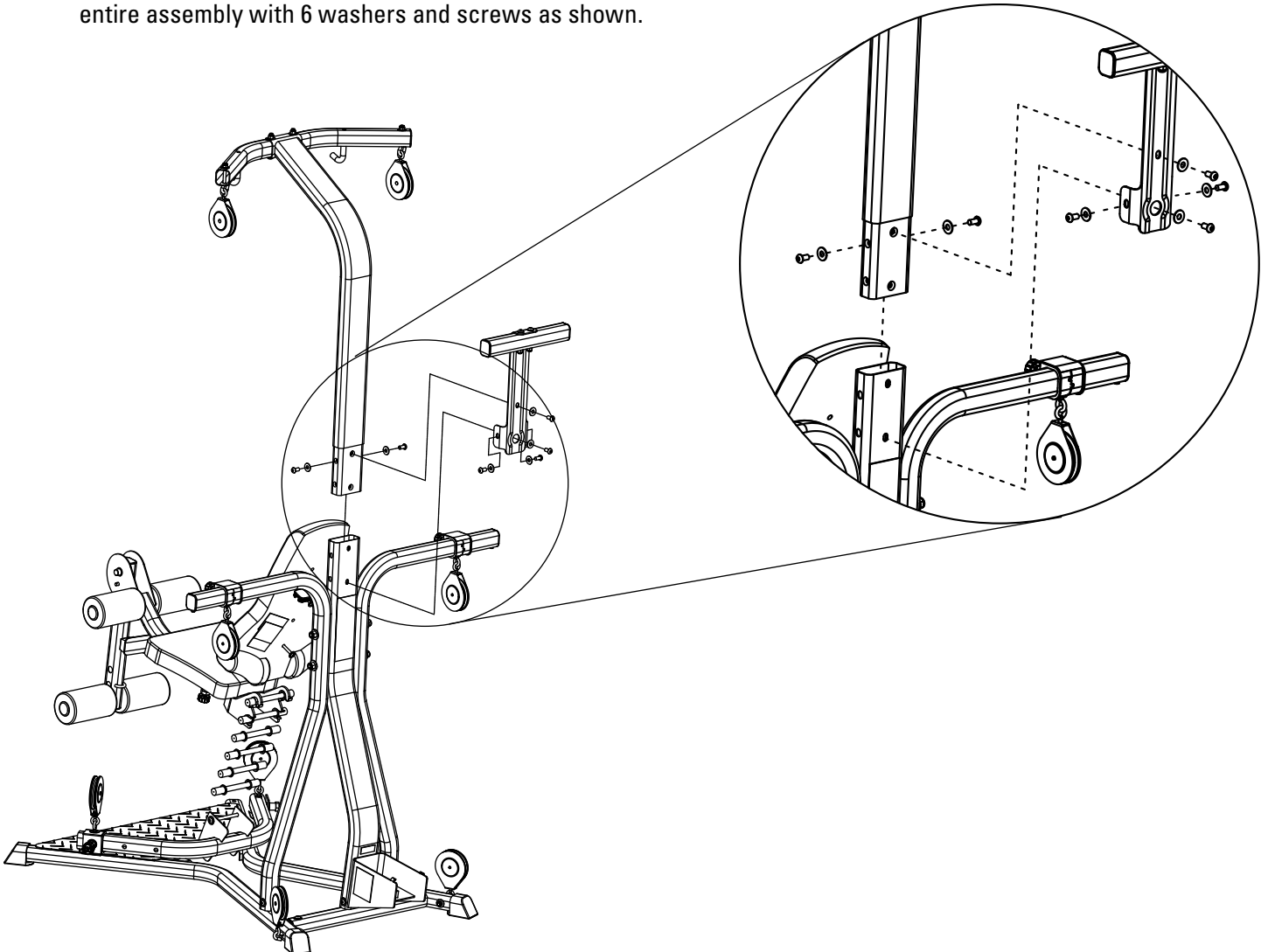
- 6 Button Head Screws (3/8" X 3/4")
- 6 Washers (3/8")

**Tool:** 7/32" Hex Wrench



**16-1** Slide the Upper Lat Tower Assembly onto the Lower Lat Tower.

**16-2** Place the Ab Bracket against the Lat Tower and secure the entire assembly with 6 washers and screws as shown.





# Assembly Guide

## Step 17 Tighten Hardware

**17-1** Carefully go over the entire Bowflex Xtreme® SE home gym and tighten all hardware before proceeding to the next step. Pay close attention to the hardware installed in Steps 1, 3, 4, and 6.

## Step 18 Connecting Cables

**Parts:** Completed Bowflex Xtreme® SE home gym

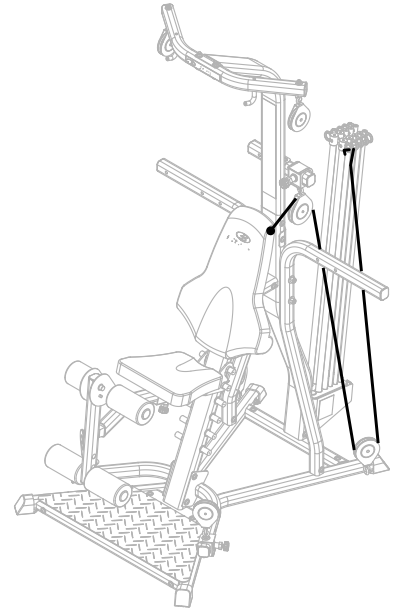
**Tool:** Scissors or other cutting tool (not included)

**18-1** Remove the wrapping from around the coiled cable and pulley attached to the Right and Left Frame Rails.

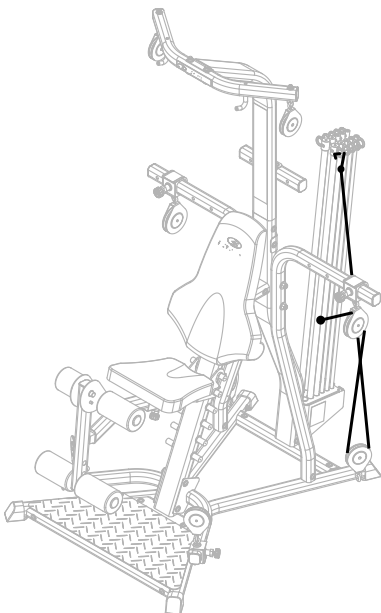
**18-2** Remove the wrapping from around the coiled cable and pulley attached to the left and right side of the lat tower.

**18-3** Attach the cable to the home gym following the routing for the various exercise positions.

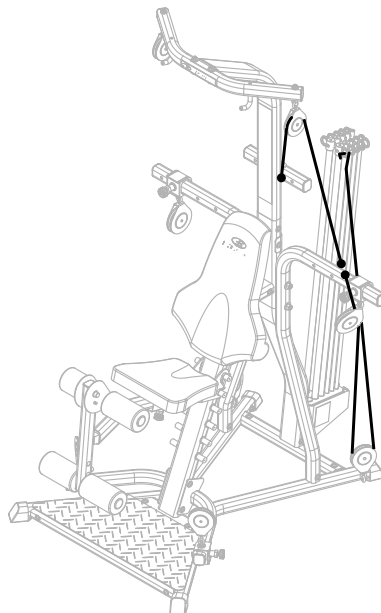
**NOTE:** As you use your home gym, you will connect the cables and pulleys in a variety of ways to perform the exercises. Refer to the Owner's Manual for information on using the Bowflex Xtreme® SE home gym..



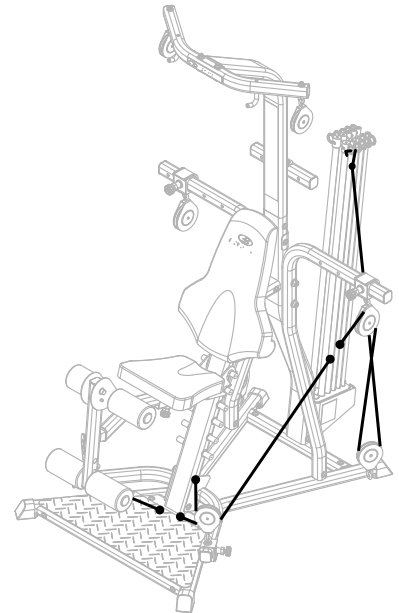
**Abdominal Exercises**



**Chest Exercises**



**Lat Pulldown Exercises**



**Leg and Squat Exercises**

# Assembly Guide

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## Step 19 Final Inspection

You have successfully completed assembly of your Bowflex Xtreme® SE home gym! Please inspect your machine 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 Xtreme® SE home gym and serious injury to users and bystanders and can also compromise the effectiveness of your exercise program.**

# Contacts

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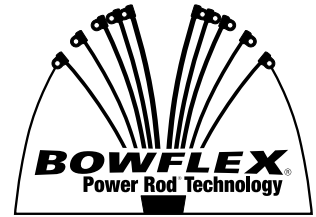
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