

BOWFLEX *Xceed*TM

ASSEMBLY MANUAL

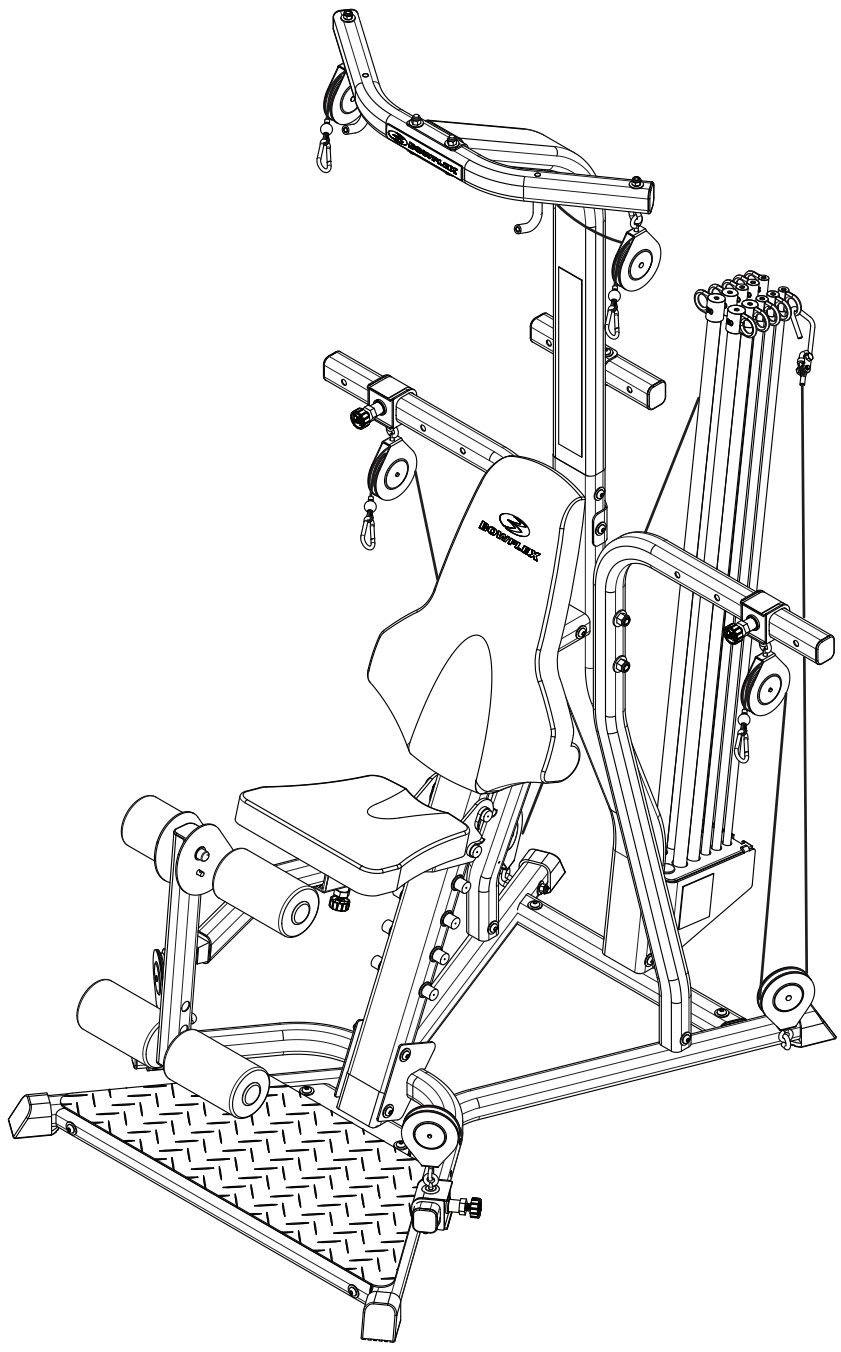


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Congratulations on your commitment to fitness and your purchase of the Bowflex Xceed™ home gym. Before assembling your Bowflex Xceed™ home gym please read the Assembly Manual and follow the Important Safety Precautions. For information on how to use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

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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 or 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 Bowflex distributor. To find your local distributor, go to: www.nautilusinternational.com

Nautilus, Inc., 5415 Centerpoint Parkway, Groveport, OH 43125 USA, www.NautilusInc.com - Customer Service: North America (800) 605-3369, csnls@nautilus.com | outside U.S. or Canada: www.nautilusinternational.com | Printed in China | © 2018 Nautilus, Inc. | ® indicates trademarks registered in the United States. These marks may be registered in other nations or otherwise protected by common law. Bowflex, the Bowflex logo, Bowflex Xceed, Power Rod, Nautilus, Schwinn, and Universal are trademarks owned by or licensed to Nautilus, Inc.

ORIGINAL MANUAL - ENGLISH VERSION ONLY

Important Safety Instructions / Before Assembly

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

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 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 the machine until it 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.
- SAVE THESE INSTRUCTIONS.

Before Assembly

Please take the time to read all assembly instructions before attempting to assemble your Bowflex Xceed™ home gym. Select where you are going to locate your machine carefully. The best place for your Bowflex Xceed™ home gym is on a hard, level surface.

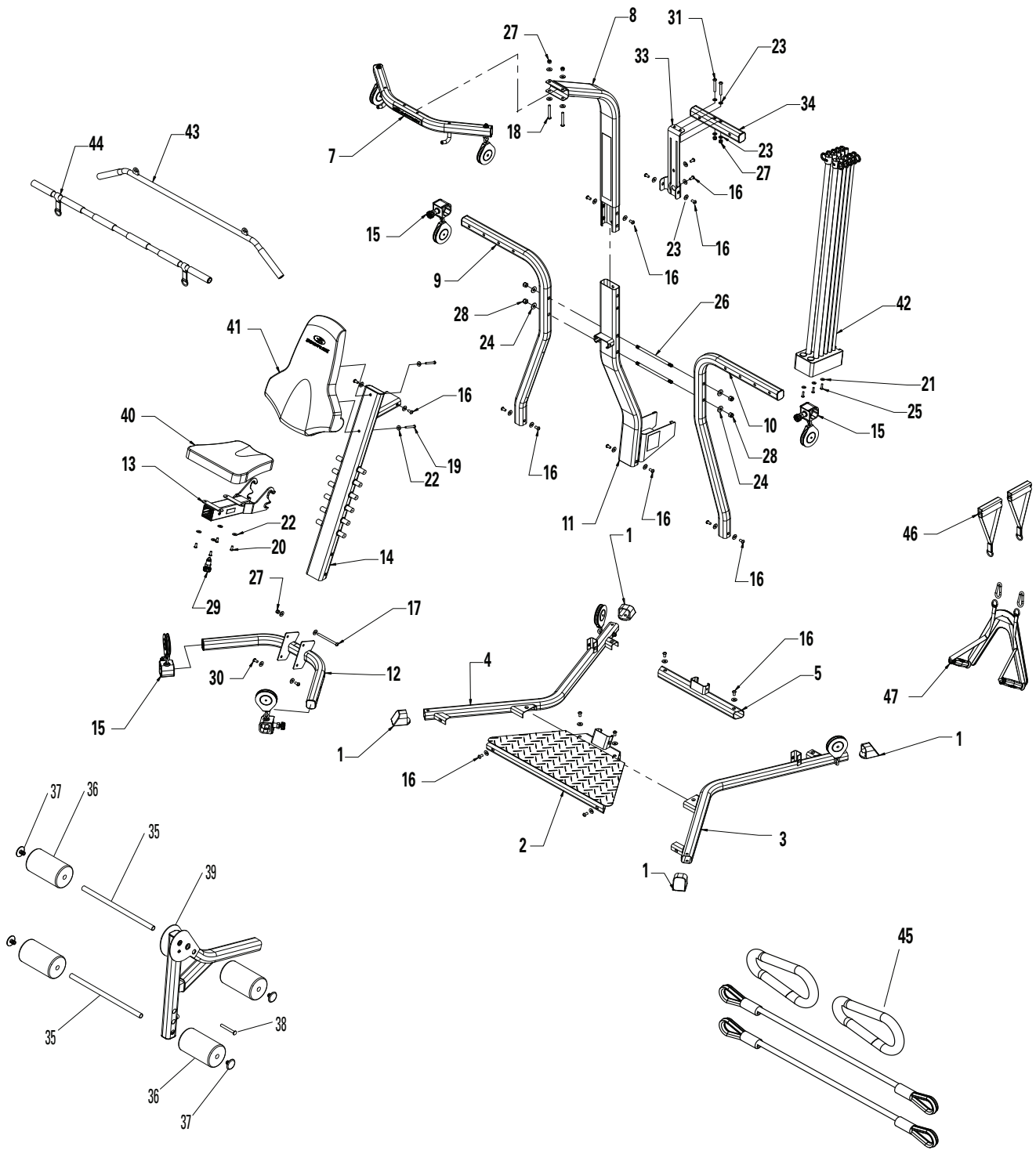
Select a workout area that provides a minimum clearance behind the rod box of 0.5 ft (15 cm) and a total width of 6.5 ft (2.0 m). Allow a minimum of 3.0 ft (0.9 m) free space in front of the machine.

Basic Assembly Principles

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

IMPORTANT: LEAVE ALL CABLES WRAPPED AND COILED UNTIL INSTRUCTED.



Item	Qty	Description	Item	Qty	Description
1	4	FOOT, END CAP, FRAME	25	3	PHILLIPS SCREW 10-24X1
2	1	BASE FRAME			
3	1	RIGHT FRAME RAIL (Cable Pulley Slider and Cable are included with frame rail pulley)	26	2	THREADED STUD 1/2 X 9 1/2 BLK
4	1	LEFT FRAME RAIL (Cable Pulley Slider and Cable are included with frame rail pulley)	27	5	LOCK NUT 3/8 G2
5	1	REAR CROSSMEMBER	28	4	LOCK NUT 1/2 G2
6	1	ABDOMINAL BRACKET	29	1	LOCK KNOB
7	1	LAT CROSS BAR W/ PULLEYS (One cable is wrapped in each pulley bundle)	30	2	BUTTON HEAD CAP SCREW 3/8 X1
8	1	UPPER LAT TOWER	31	2	BUTTON HEAD CAP SCREW 3/8 X 2 3/4 G2-BlkO
9	1	RIGHT PULLEY ARM	32		Not used
10	1	LEFT PULLEY ARM	33	1	BRKT, AB CRUNCH
11	1	LOWER LAT TOWER FRAME	34	1	XTREME SE AB BRKT TUBE ASSY
12	1	SQUAT PULLEY FRAME	35	2	CHROME TUBE, FOAM ROLLER
13	1	SEAT BACKBONE	36	4	FOAM ROLLER
14	1	SEAT SUPPORT RAIL	37	4	END CAP, 3/4 INCH
15	4	PULLEY SLIDER	38	1	PIN, LEG EXT
16	20	BUTTON HEAD CAP SCREW 3/8 X 3/4 G2	39	1	LEG EXTENSION BACKBONE ASSEMBLY
17	1	BUTTON HEAD CAP SCREW 3/8 X 5 G2	40	1	XTREME SE SEAT ASSEMBLY
18	2	BUTTON HEAD CAP SCREW 3/8 X 3 G2	41	1	XTREME SE SEAT BACK ASSEMBLY
19	2	BUTTON HEAD CAP SCREW 5/16 X 2 1/2 G2	42	1	BOWFLEX ROD PACK 210#
20	4	BUTTON HEAD CAP SCREW 5/16 X 3/4 G2	43	1	BAR 50" BENT LAT BAR
21	3	FLAT WASHER 1/4	44	1	BAR 48" LONG WITH FOAM GRIPS
22	6	FLAT WASHER 5/16	45	1	ACC BAG LEG #1 ASSEMBLY
23	32	FLAT WASHER 3/8	46	1	PVC HANDGRIP PAIR ASSEMBLY
24	4	FLAT WASHER 1/2	47	1	AB CRUNCH STRAP ASSEMBLY

Tools

Included



3/16"
7/32"

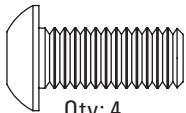
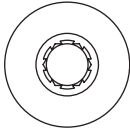
Not included

- 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

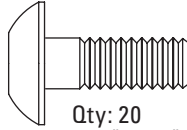
NOTE: Specifications Subject to Change Without Notice

(NOTE: Drawings not to scale.)

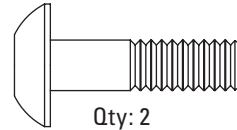
Button Head Screws:



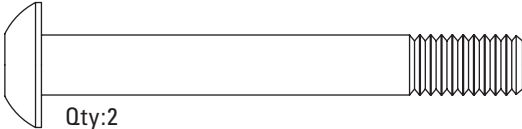
Qty: 4
(5/16" x 3/4")



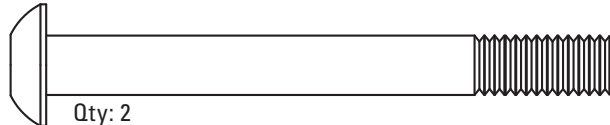
Qty: 20
(3/8" x 3/4")



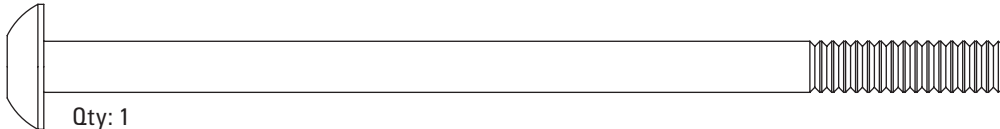
Qty: 2
(3/8" x 1")



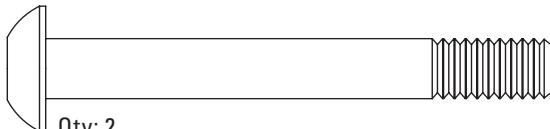
Qty: 2
(5/16" x 2 1/2")



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

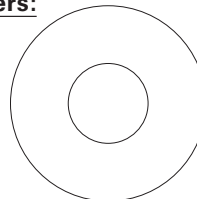


Qty: 1
(3/8" x 5")

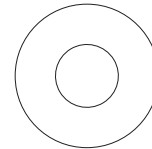


Qty: 2
(3/8" x 2 3/4")

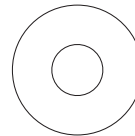
Flat Washers:



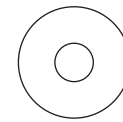
Qty: 4
(1/2")



Qty: 32
(3/8")

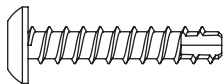


Qty: 6
(5/16")



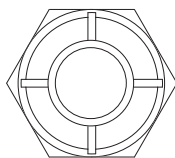
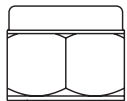
Qty: 3
(1/4")

Self Threading Screw:

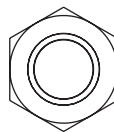


Qty: 3
Self Threading Screws (#10 x 1")

Nylock Nuts:

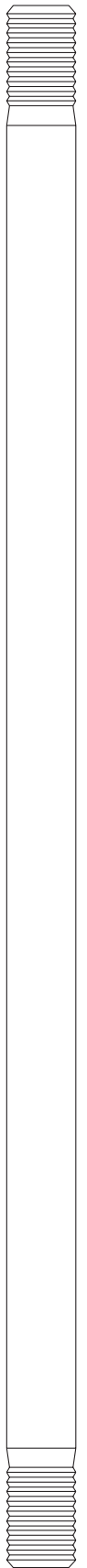


Qty: 4
(1/2")



Qty: 5
(3/8")

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



Assembly

Step 1. Base Frame Assembly

Parts:

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

Hardware:

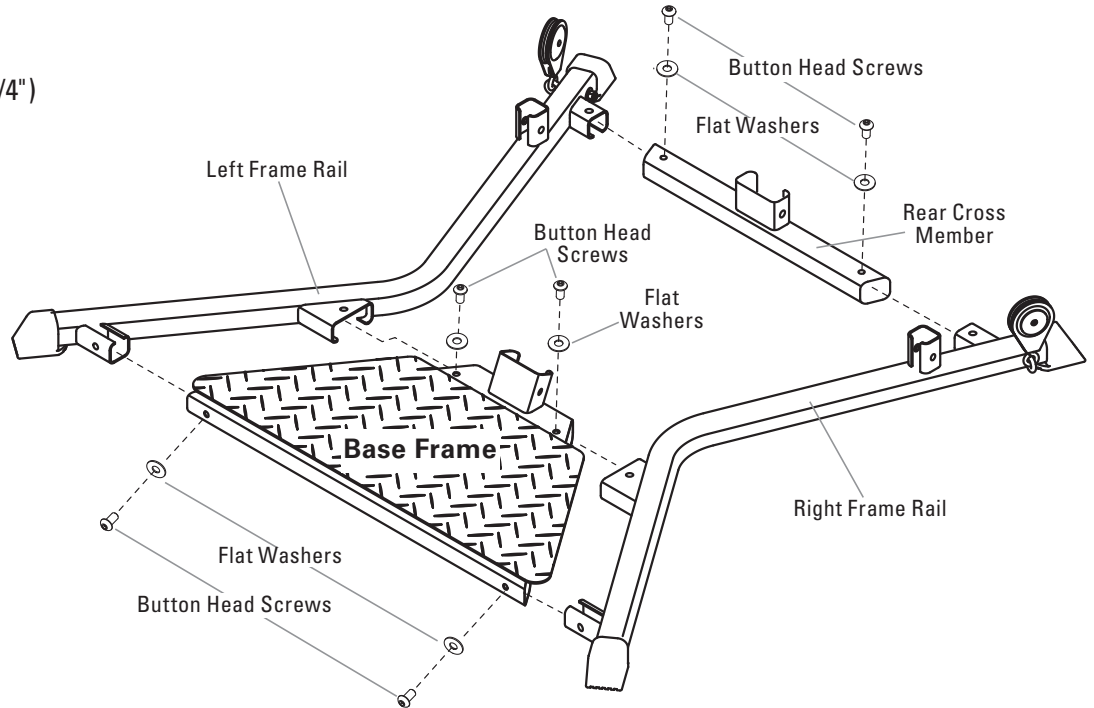
- 6 Button Head Screws (3/8" X 3/4"
- 6 Flat Washers (3/8")

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.



2. Lower Lat Tower Assembly

Parts:

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

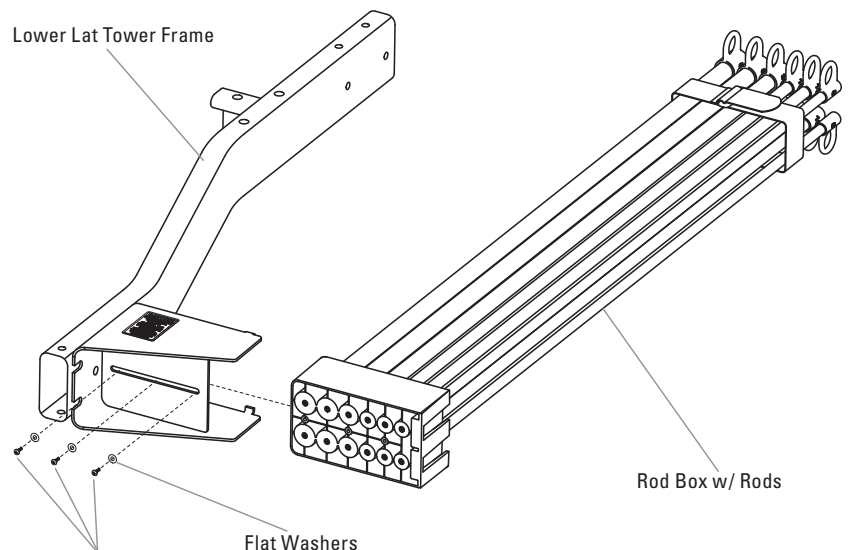
Hardware:

- 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.



3. Install Lower Lat Tower Assembly

Parts:

- Lower Lat Tower Assembly
- Base Frame Assembly

Hardware:

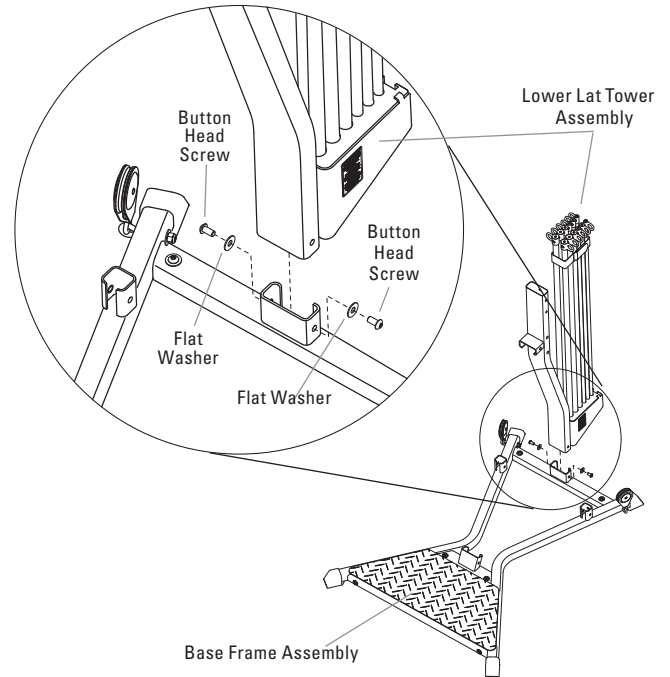
- 2 Button Head Screws (3/8" X 3/4")
- 2 Flat Washers (3/8")

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.



4. Install Seat Support Rail

Parts:

- Seat Support Rail
- Base Frame Assembly

Hardware:

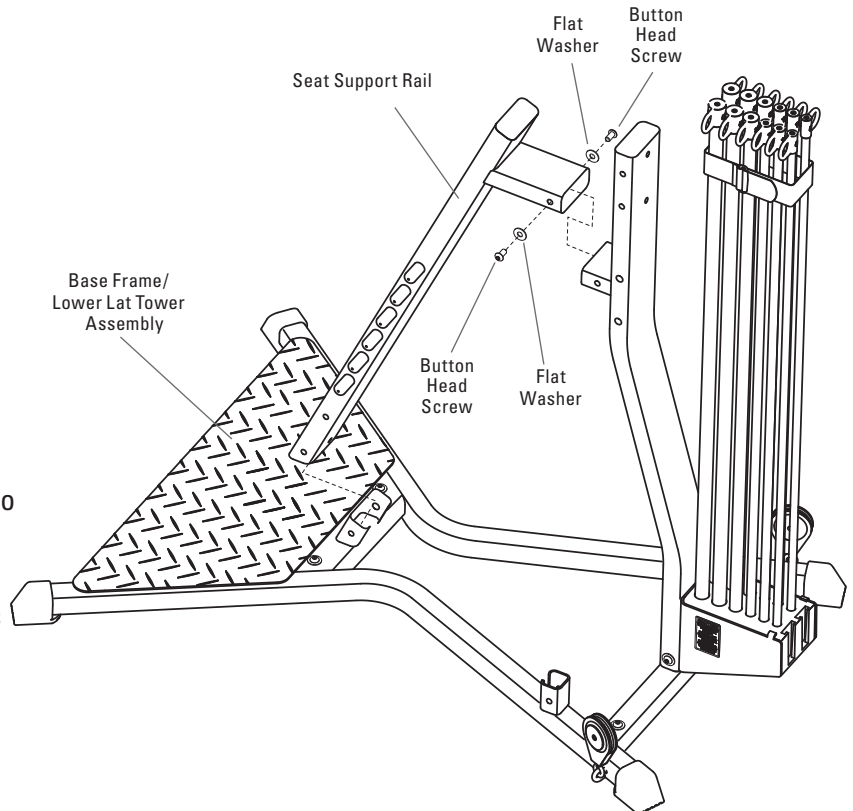
- 2 Button Head Screws (3/8" X 3/4")
- 2 Flat Washers (3/8")

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.



5. Install Squat Pulley Frame

Parts:

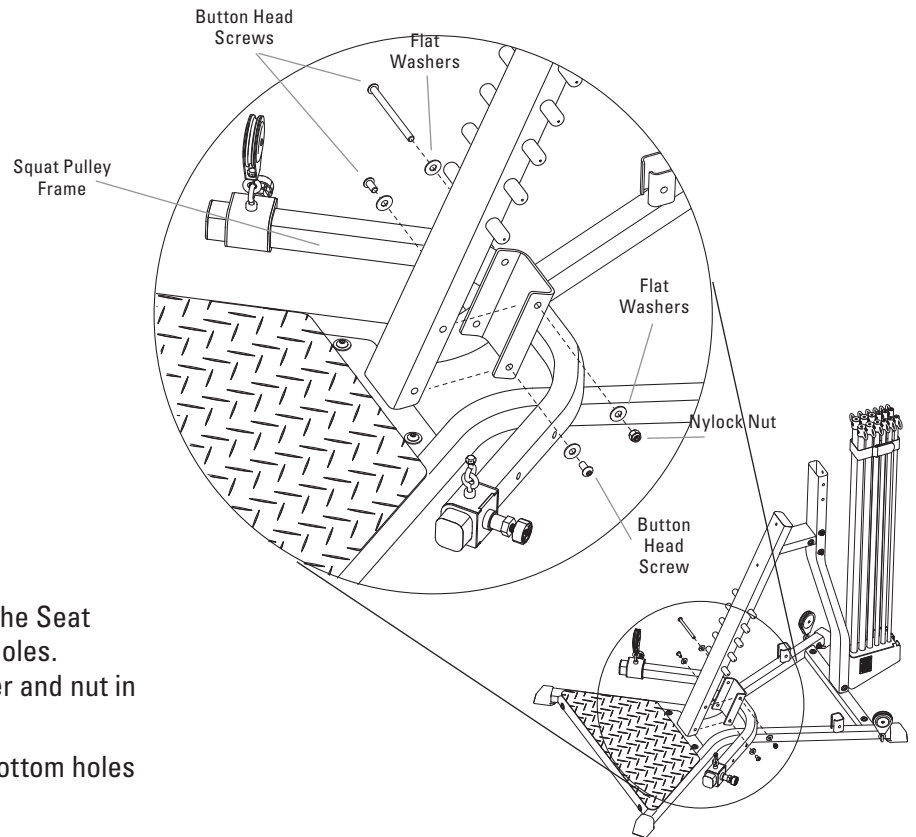
- Squat Pulley Frame Assembly
- Main Assembly

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.



6. Install Pulley Arms

Parts:

- Right Pulley Arm
- Left Pulley Arm
- Main Assembly

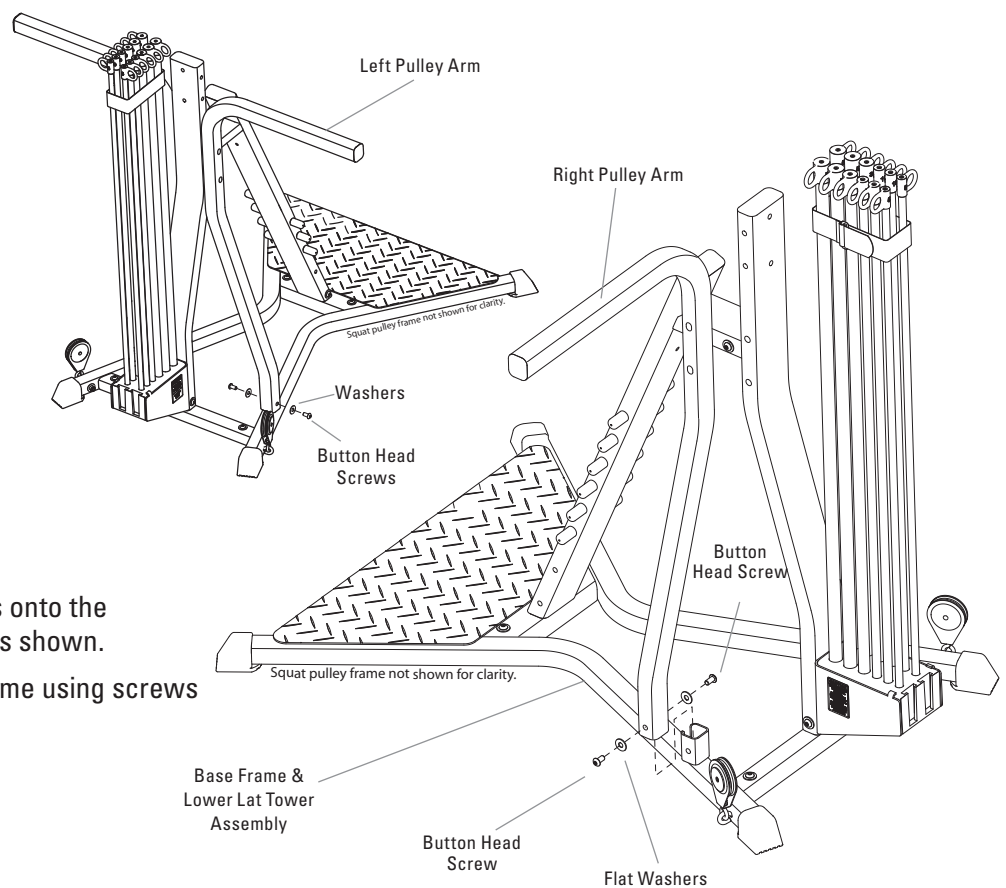
Hardware:

- 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.



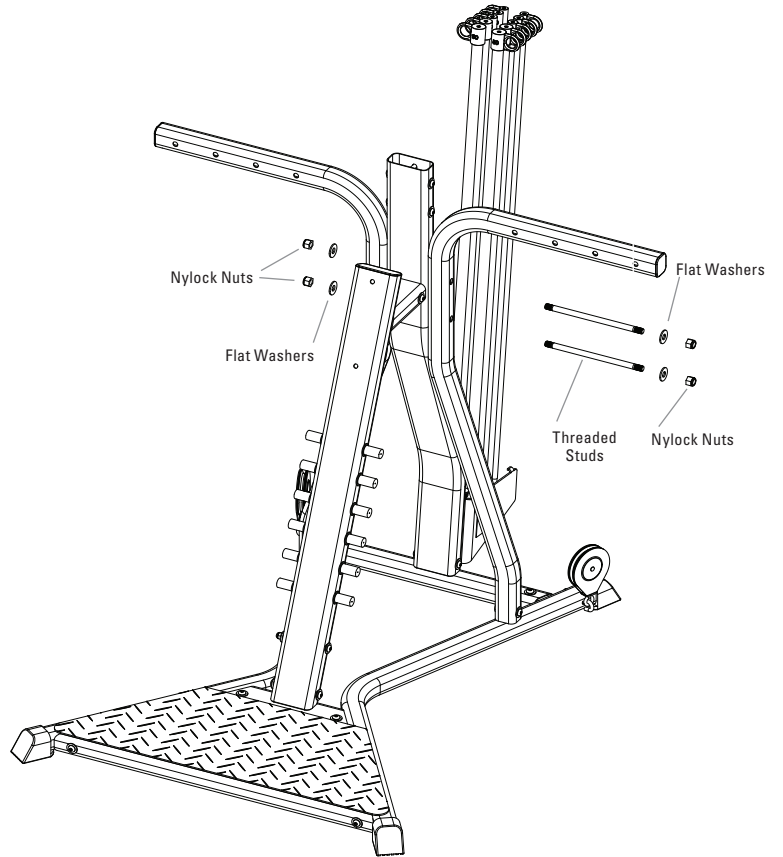
7. Secure Pulley Arms

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.



8. Install Slider Pulleys

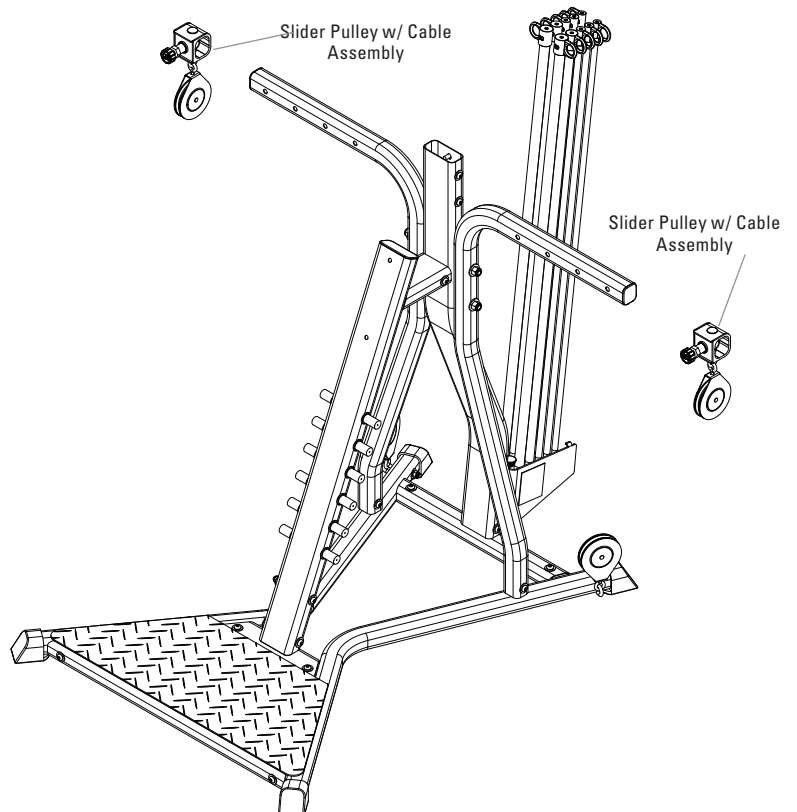
Parts:

- 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.



9. Seat Assembly

Parts:

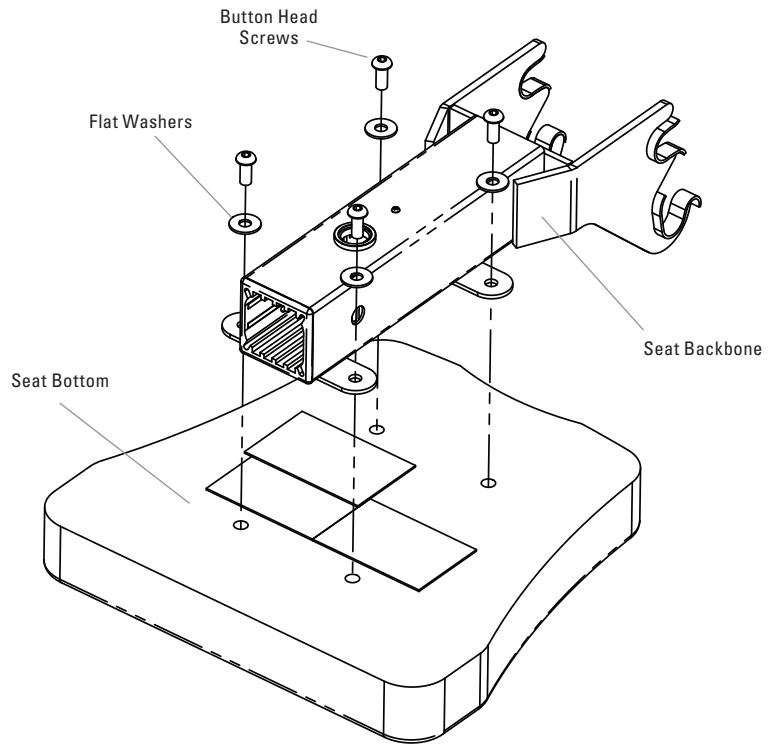
- Seat Backbone
- Seat Bottom

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.



10. Leg Extension Assembly

Parts:

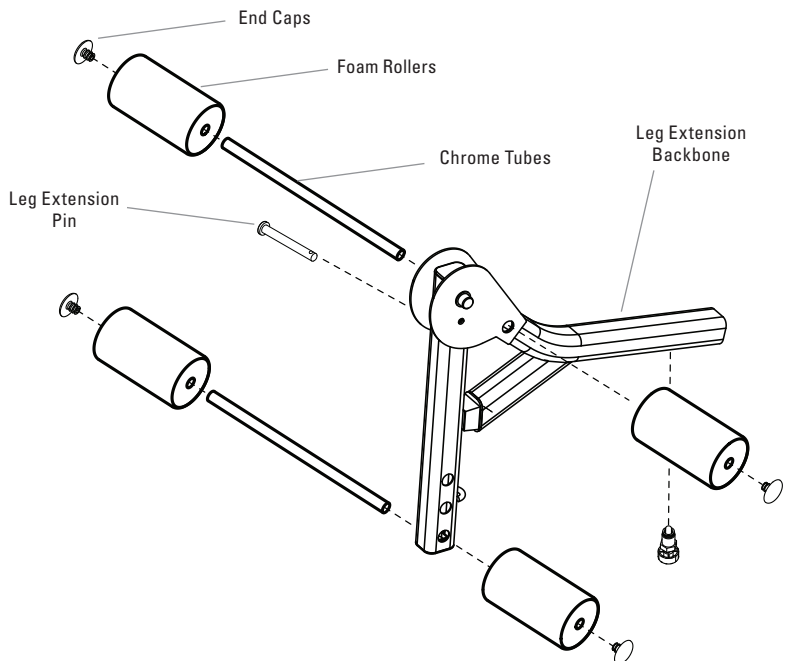
- Leg Extension Backbone
- 2 Chrome Tubes
- 4 Foam Rollers
- 4 End Caps

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.



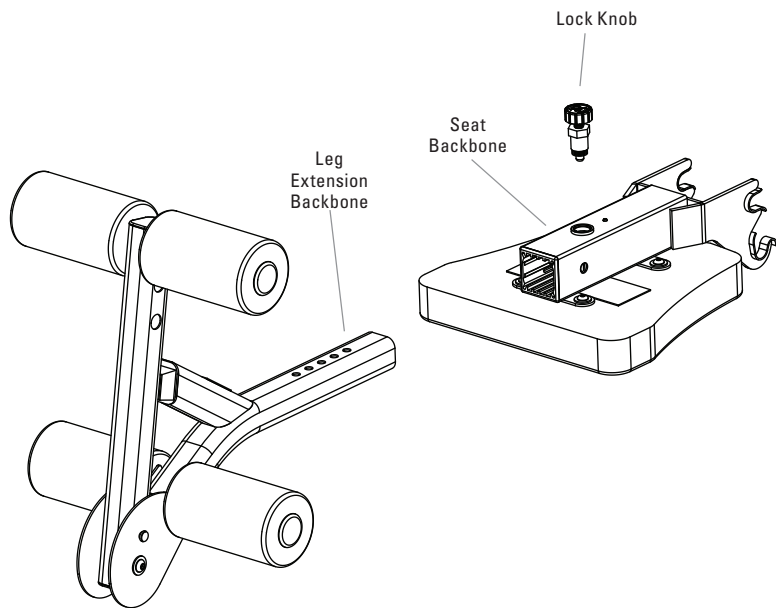
11. Install Leg Extension Assembly

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.



12. Install Seat Assembly

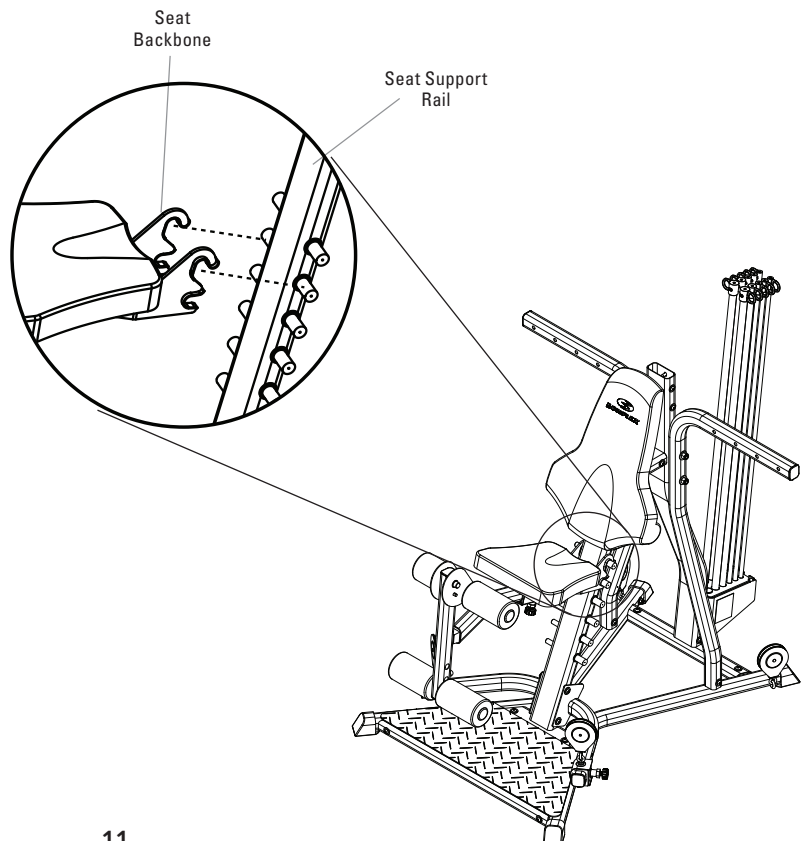
Parts:

- 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.



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

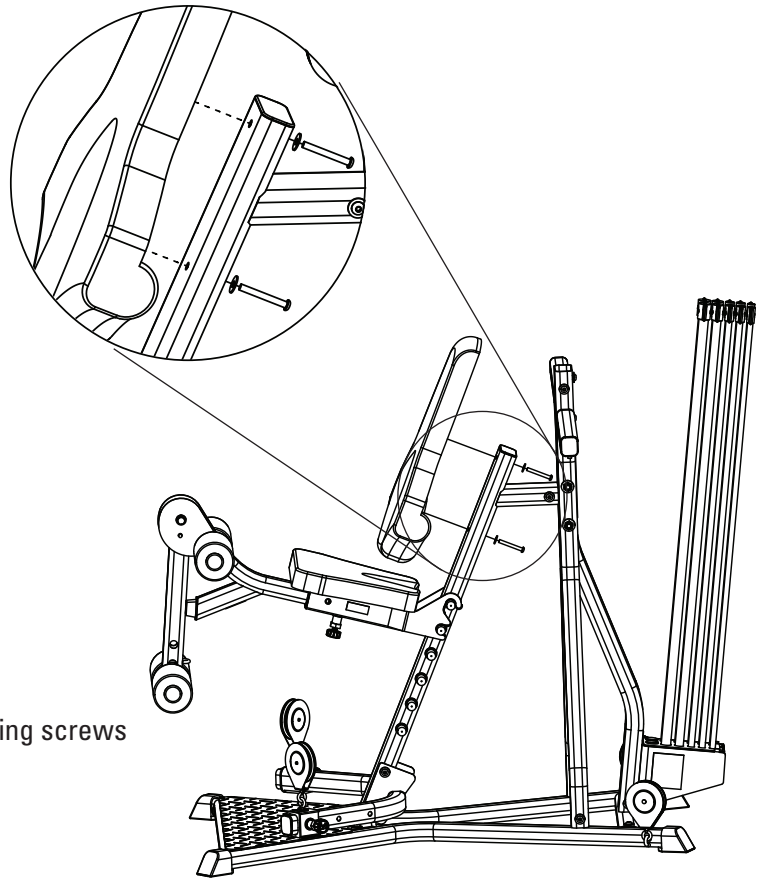
Hardware:

- 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.



14. Upper Lat Tower Assembly

Parts:

- Upper Lat Tower
- Lat Cross Bar

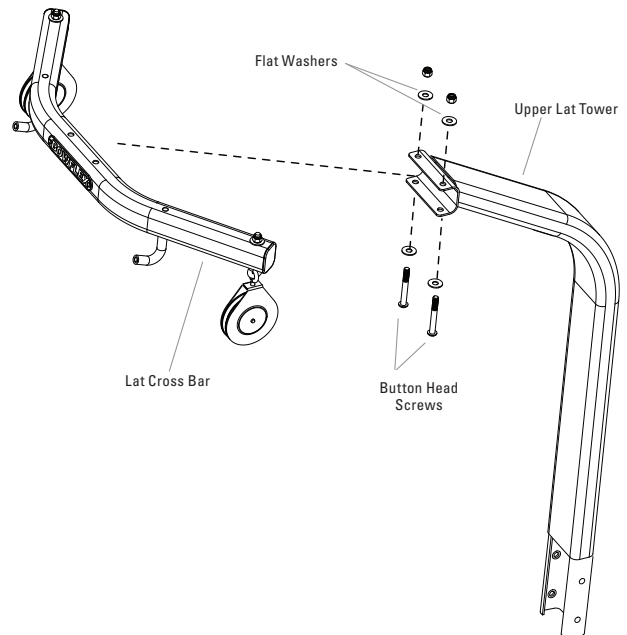
Hardware:

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



15. Ab Bracket Assembly

Parts:

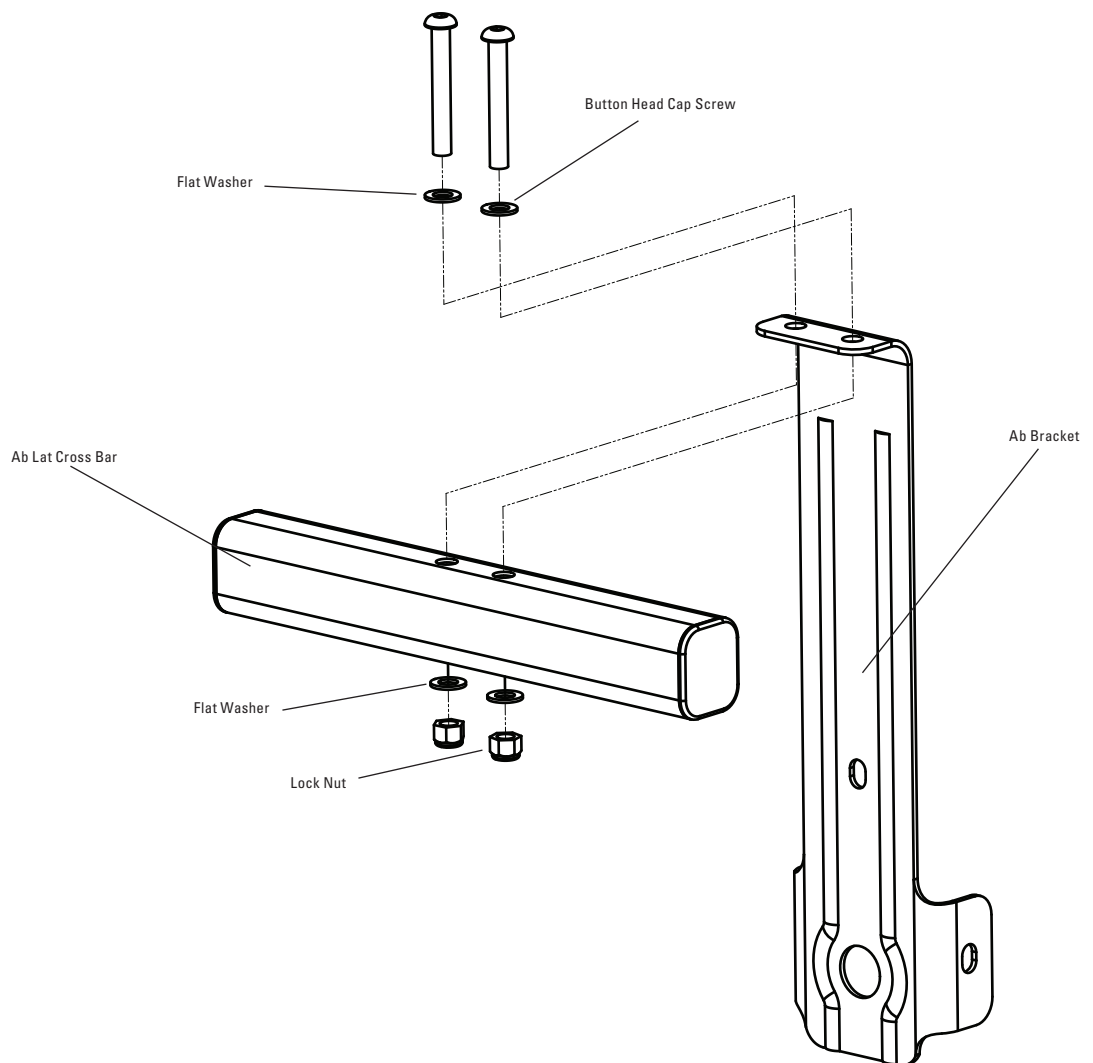
- Abdominal Bracket (2 pieces)

Hardware:

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

Tool: 7/32" Hex Wrench

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



16. Install Upper Lat Tower Assembly and Ab Bracket

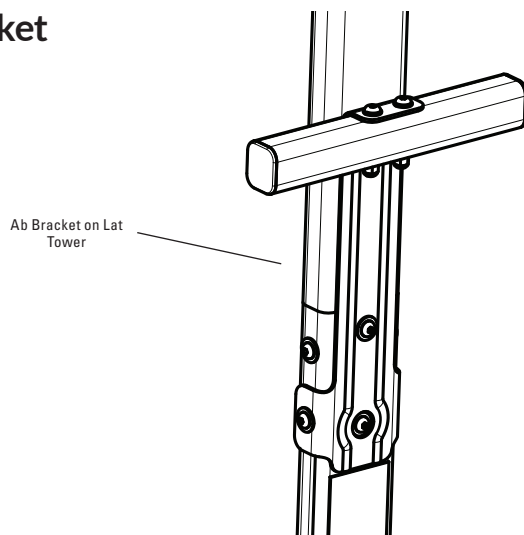
Parts:

- Upper Lat Tower Assembly
- Abdominal Bracket
- Main Assembly

Hardware:

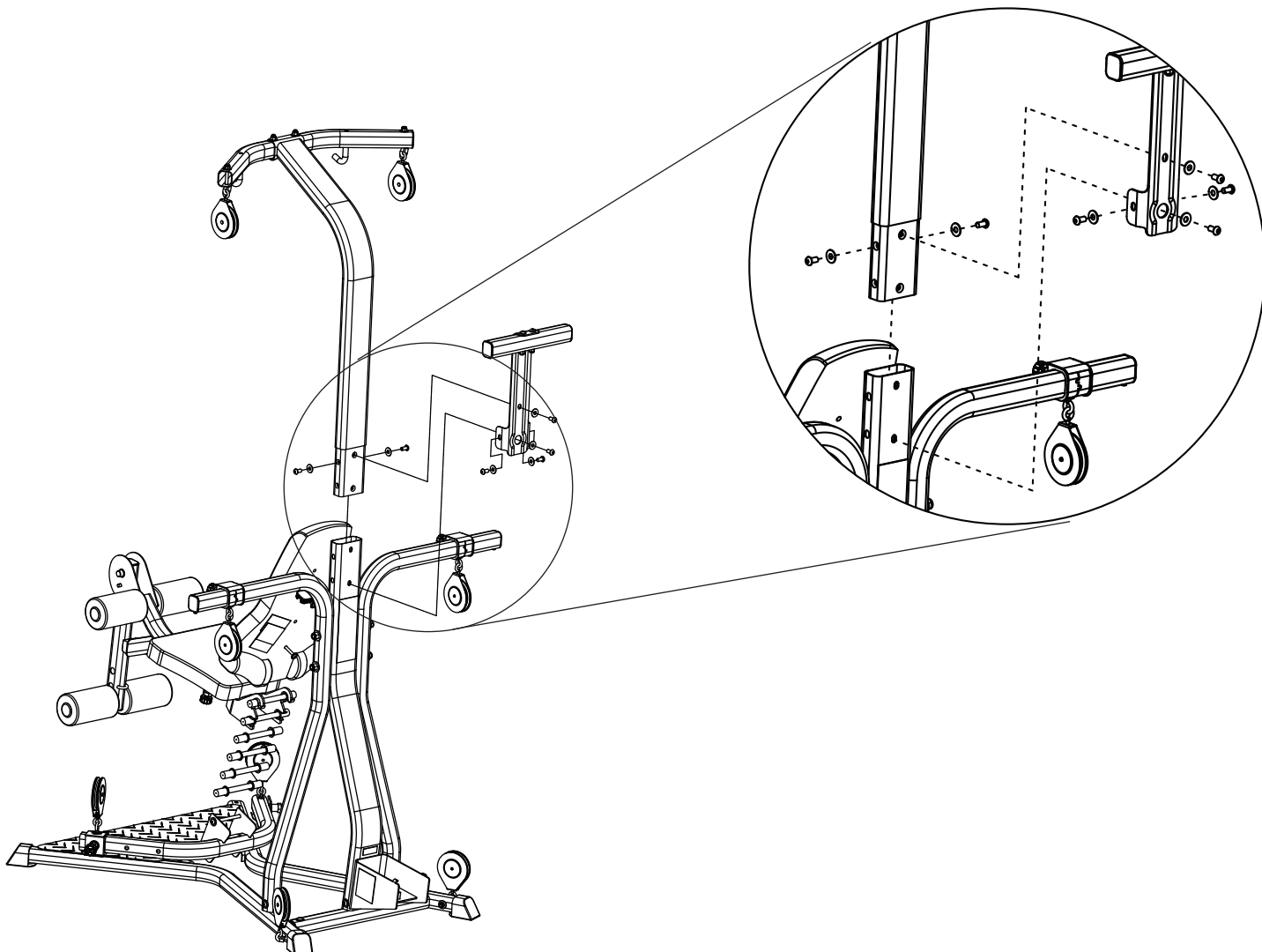
- 6 Button Head Screws (3/8" X 3/4")
- 6 Washers (3/8")

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.



17. Tighten Hardware

17-1 Carefully go over the entire Bowflex Xceed™ 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.

18. Connecting Cables

Parts: Completed Bowflex Xceed™ home gym

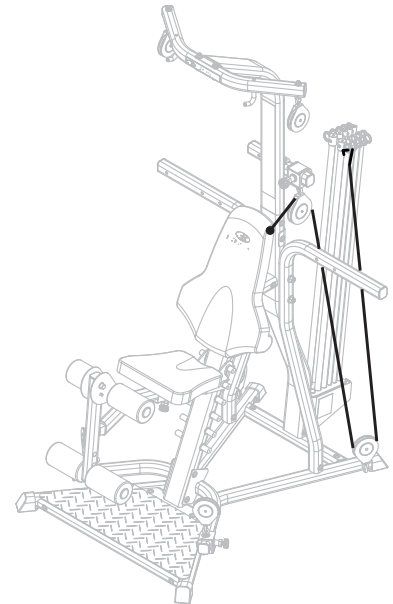
Tool: Scissors or other cutting tool (not included)

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

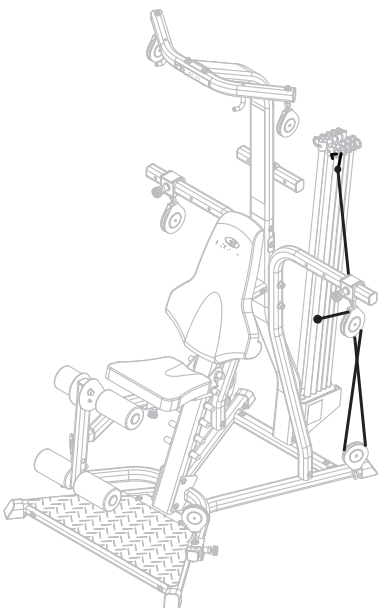
18-2 Remove the wrapping from around the coiled cable and pulley attached to the left and right side of the lat tower.

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

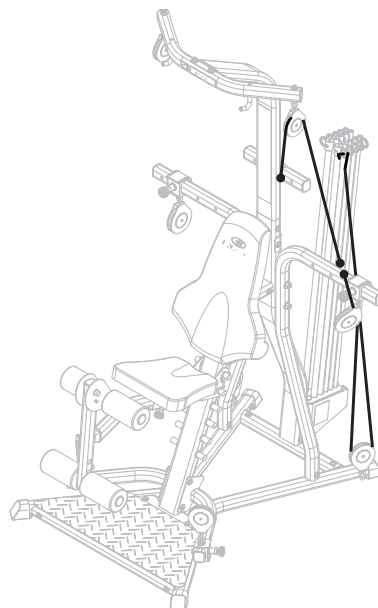
Note: As you use your home gym, you will connect the cables and pulleys in a variety of ways to perform the exercises. Refer to the Owner's Manual for information on using the Bowflex Xceed™ home gym.



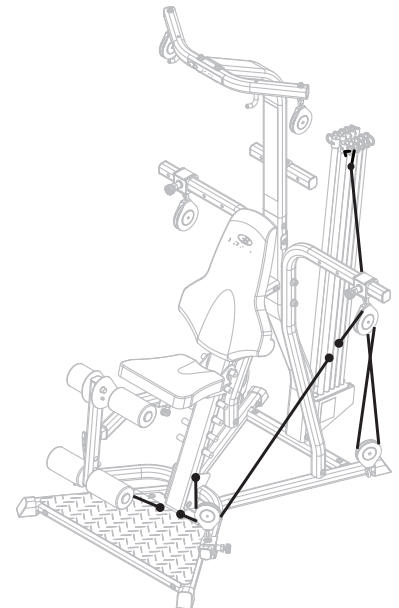
Abdominal Exercises



Chest Exercises



Lat Pulldown Exercises



Leg and Squat Exercises

19. 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.

