



BOWFLEX®



**Preacher Curl Attachment
Owner's / Assembly Manual**



Congratulations on your commitment to fitness and your purchase of the Bowflex® Preacher Curl attachment. Before assembling your Bowflex® Preacher Curl attachment, please read the Owner's/Assembly Manual and follow the Important Safety Precautions.

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

Serial Number _____ **Date of Purchase** _____

To register your product warranty, go to: www.bowflex.com/register

Or call 1 (800) 605-3369.

If you have questions or problems with your product, please call 1 (800) NAUTILUS (628-8458).

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Important Safety Precautions

IMPORTANT SAFETY INSTRUCTIONS

 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 complete manual for this accessory equipment.

- Refer to your original Owner's Manual for your Bowflex® home gym for a list of general warnings. If you do not have the Owner's Manual, please contact Nautilus, Inc. at 1-800-605-3369 for a replacement copy.
- Keep bystanders and children away from the product you are assembling at all times.
- 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.
- Maximum user weight: 300 lbs. (136 kg). Do not use if you are over this weight.
- Keep the Power Rod® resistance rods bound when they are not in use to immobilize the machine.
- This product, its packaging, and components contain chemicals known to the State of California to cause cancer, birth defects, or reproductive harm. This Notice is provided in accordance with California's Proposition 65. If you would like additional information, please refer to our website at www.nautilus.com/prop65.

Safety Warning Labels

There are no warning labels on the Preacher Curl attachment itself. Once the Preacher Curl attachment is installed, pay attention to the warning labels located on the Bowflex® home gym. Please read all safety precautions and warning information prior to using your product. Be sure to replace any warning label if damaged, illegible, or missing. If you need replacement labels, please call a Bowflex® Representative at 1-800-605-3369.

Before You Assemble

Before You Assemble

Please take the time to read all assembly instructions before attempting to assemble your Bowflex® Preacher Curl accessory.

Please note that the procedure for installing the Preacher Curl attachment is slightly different for a Bowflex Xtreme®, Bowflex Xtreme® 2, Bowflex Xtreme® SE or Bowflex Xceed™ home gym. Most of these models will require the seat to be stabilized with the Seat Locking Pin in the Preacher Curl kit. However, some Bowflex® home gym models are already equipped with a Seat Locking Pin.

Basic Assembly Principles

Here are a few basic tips that will make your assembly of the Bowflex® Preacher Curl attachment 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® Preacher Curl attachment, turn bolts or nuts toward the right (clockwise) to tighten and left (counterclockwise) to loosen. Or you can remember the mnemonic: "Righty tighty, lefty loosey."

Hardware and Tool Guide

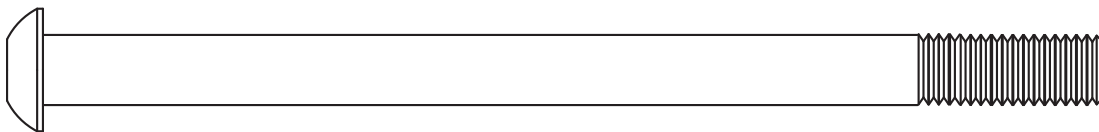
Tools Required:

- 9/16" Wrench or socket wrench
- 1/2" Wrench (for older Xtreme® 2 model only)
- 7/32" Allen Wrench (provided)
- 3/16" Allen Wrench (provided)



Hardware:

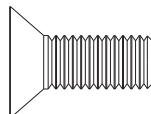
NOTE: Illustrations not to scale.



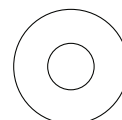
Descr: Allen Bolt - 3/8" x 5-3/4"
Qty: 1



Descr: Allen Bolt - 3/8" x 2-3/4"
Qty: 2



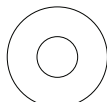
Descr: Flathead Bolt - 3/8" x 1"
Qty: 4



Descr: Flat Washer 3/8"
Qty: 4



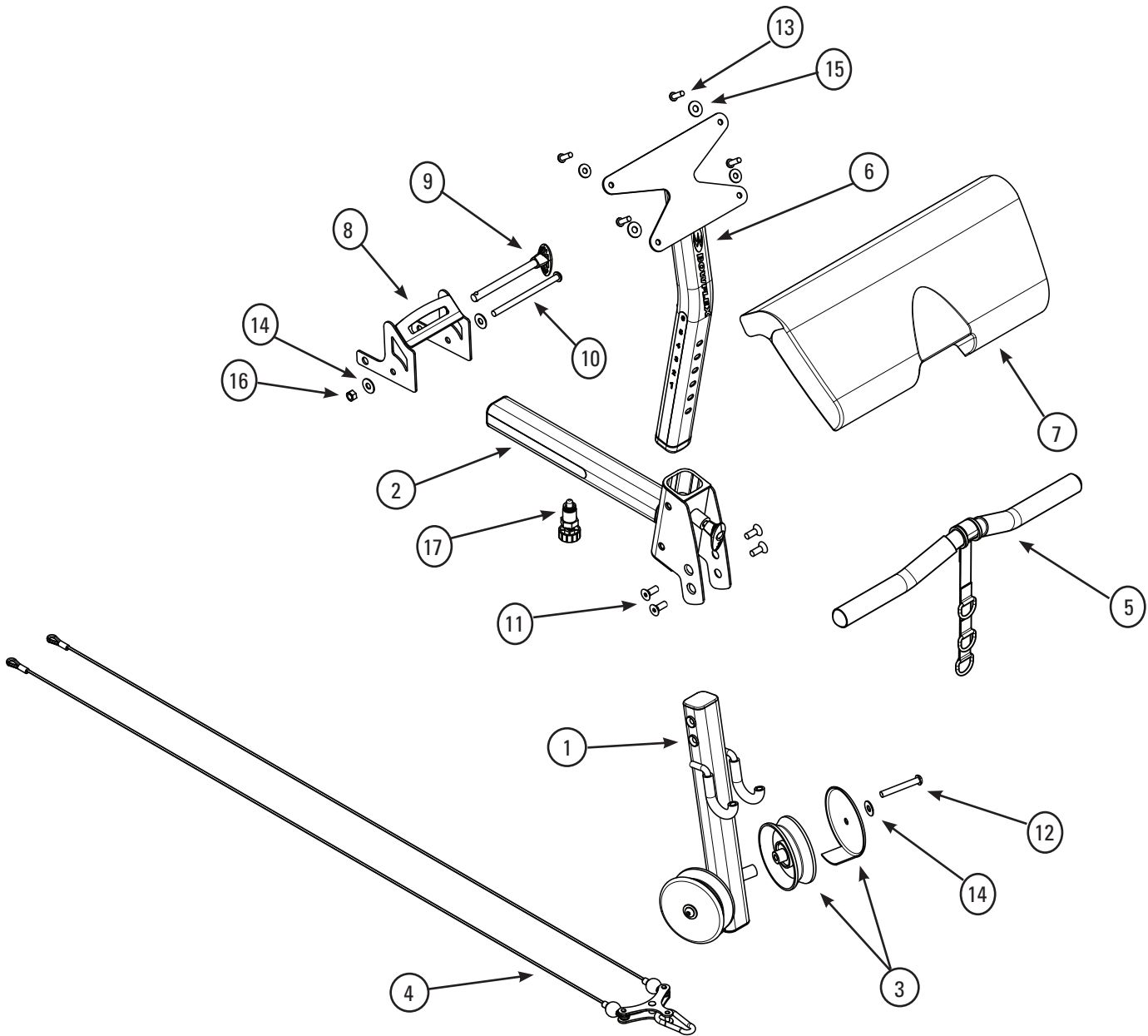
Descr: Allen Bolt - 5/16" x 1"
Qty: 4



Descr: Flat Washer 5/16"
Qty: 4



Descr: Lock Nut 3/8"
Qty: 1



<i>Item #:</i>	<i>Qty:</i>	<i>Description:</i>	<i>Item #:</i>	<i>Qty:</i>	<i>Description:</i>
1	1	FRONT ASSEMBLY	10	1	Allen Bolt 3/8" X 5-3/4"
2	1	BACKBONE ASSEMBLY	11	4	Flathead Bolt 3/8" X 1"
3	2	V-PULLEY ASSEMBLY	12	2	Allen Bolt 3/8" X 2-3/4"
4	1	CABLE ASSEMBLY	13	4	Allen Bolt 5/16" X 1"
5	1	PREACHER CURL BAR	14	4	Flat Washer 3/8"
6	1	SEAT POST	15	4	Flat Washer 5/16"
7	1	PREACHER CURL PAD	16	1	Hex Nut 3/8"
8	1	SUPPORT BRACKET	17	1	LOCKING KNOB
9	1	SEAT LOCKING PIN			

Assembly Instructions

STEP 1: Secure the Seat Assembly

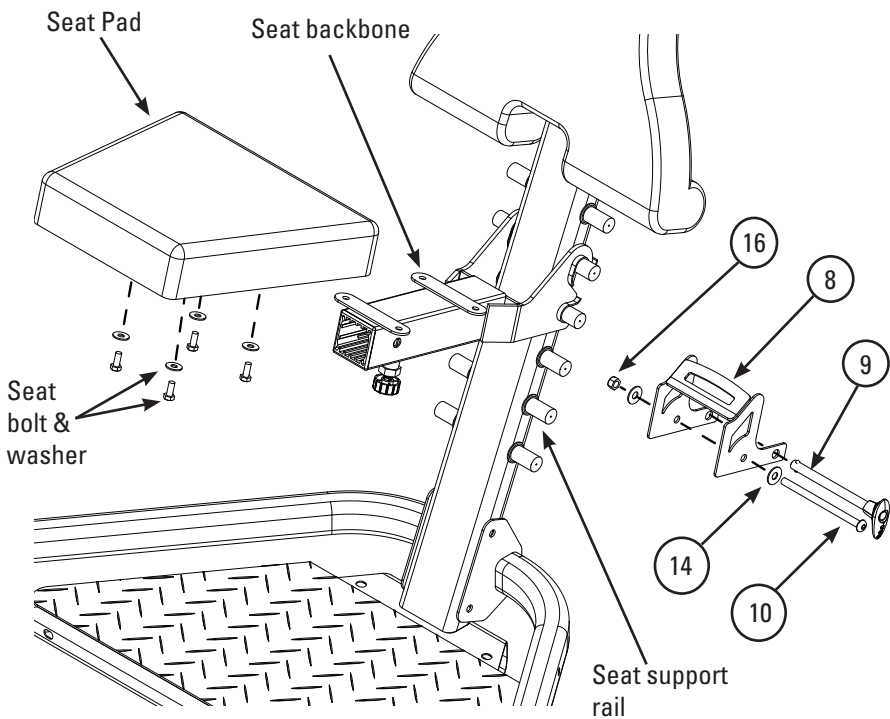


Figure 1a - Remove seat pad to install support bracket

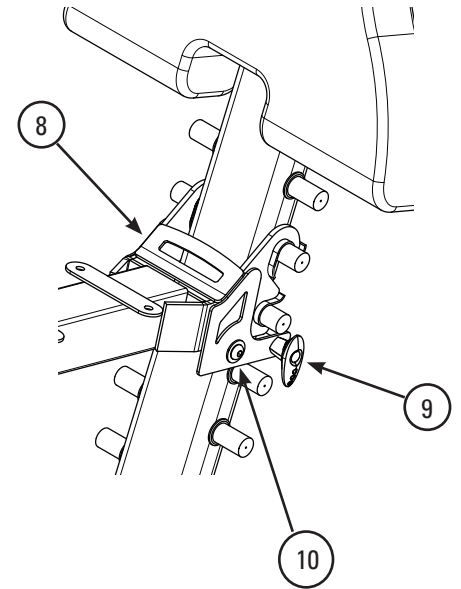


Figure 1b - Installed support bracket (seat pad not shown for clarity)

Parts:

- Seat Assembly on home gym
- (1) Support Bracket - Item 8
- (1) Seat Locking Pin - Item 9

Hardware:

- (4) Bolts under Seat at mounting bracket
- (1) 3/8" X 5-3/4 Allen Bolt - Item 10
- (2) 3/8" Washers - Item 14
- (1) 3/8" Nut - Item 16

Tools:

- 7/32" Hex Wrench
- 3/16" Hex Wrench (for seat bolts)
- 1/2" Hex Wrench (for seat bolts on older Bowflex Xtreme® 2 model)

Assembly Steps:

- 1-1 If your home gym is equipped with a Leg Extension attachment, make sure that the Leg Extension is not installed under the seat.
- 1-2 If your home gym seat is equipped with a Seat Locking Pin (9), secure the Seat Assembly on the Seat Support Rail with the Seat Locking Pin. Go to Step 2.

If your home gym is not equipped with a Seat Locking Pin, detach the Seat Pad from the Seat Backbone by unscrewing the 4 seat bolts in the seat mounting bracket.

- 1-3 Slip the Support Bracket (8) onto the Seat Backbone and secure with the Allen Bolt (10), Washers (14) and Nut (16). See **Figure 1a** and **1b**. Reattach the Seat Pad to the Seat Backbone with the 4 seat bolts and washers.
- 1-4 Secure the Seat Assembly and Support Bracket on the Seat Support Rail with the Seat Locking Pin. See **Figure 1b**.

STEP 2: Preacher Curl Sub-assembly

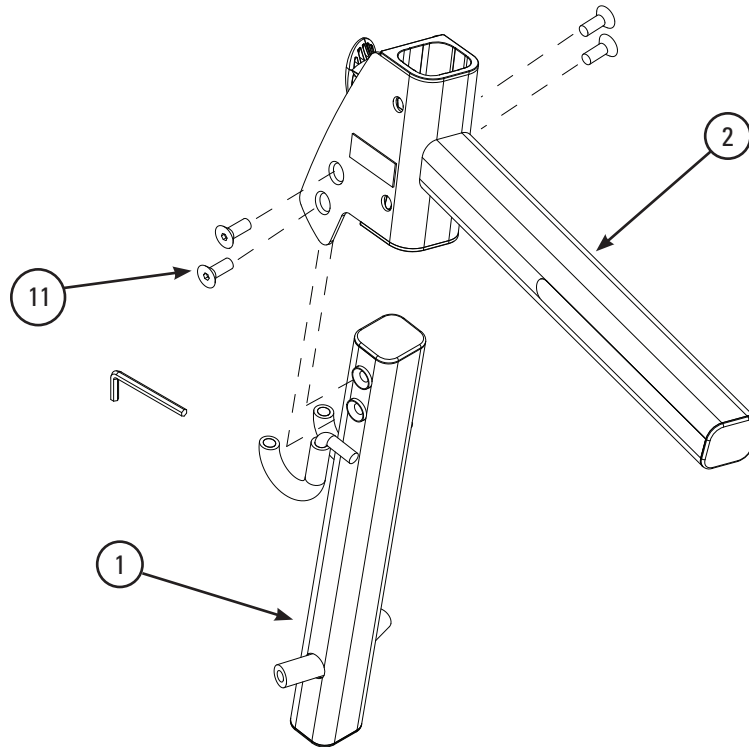


Figure 2

Parts:

- (1) Front Assembly - Item 1
- (1) Backbone Assembly - Item 2

Hardware:

- (4) 3/8" X1" Flathead Screws - Item 11

Tools:

- 7/32" Hex Wrench

Assembly Steps:

2-1 Attach the Front Assembly (1) to the Backbone Assembly (2) using the hardware shown. See **Figure 2**.

2-2 Tighten hardware.

Assembly Instructions

STEP 3: Install Preacher Curl Sub-assembly

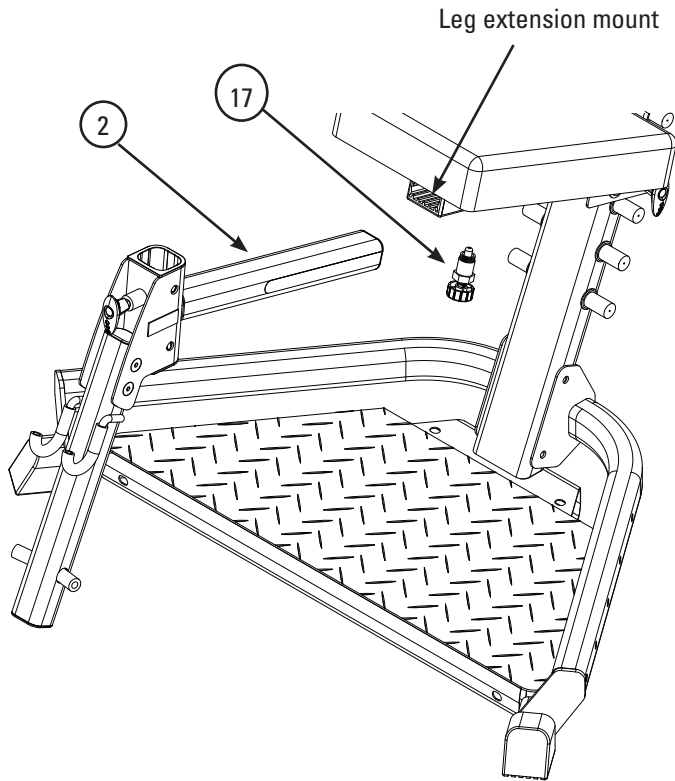


Figure 3a

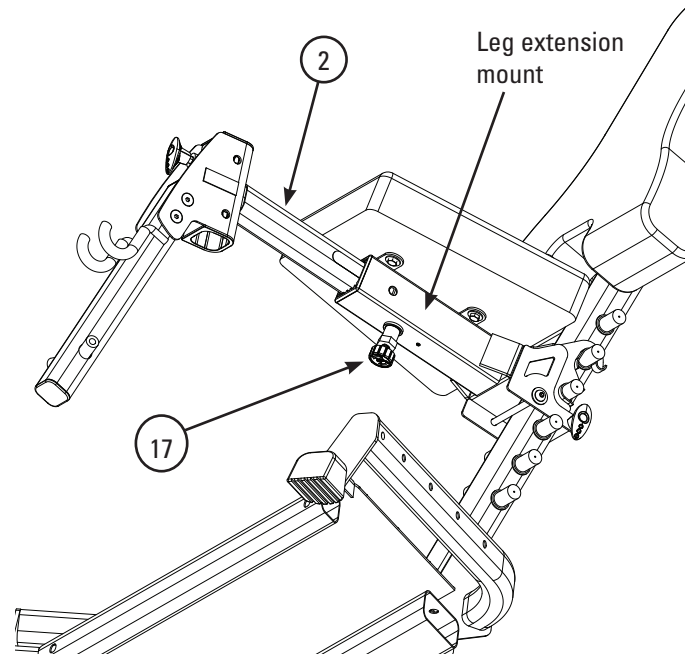


Figure 3b - view from below seat

Parts:

- Preacher Curl Sub-assembly from Step 2
- (1) Locking Knob - Item 17 (for the Bowflex Xtreme® home gym without Leg Extension)

Tools:

- 7/32" Hex Wrench

Assembly Steps:

- 3-1 Slide the Backbone Assembly (2) into the Leg Extension mount under the seat.
- 3-2 If your home gym is already equipped with a Locking Knob under the seat, lock the Preacher Curl Sub-assembly in position.

If your home gym's seat assembly is not equipped with a Locking Knob, secure the Preacher Curl Sub-assembly with the Locking Knob (17).

STEP 4: Install V-Pulley Assembly

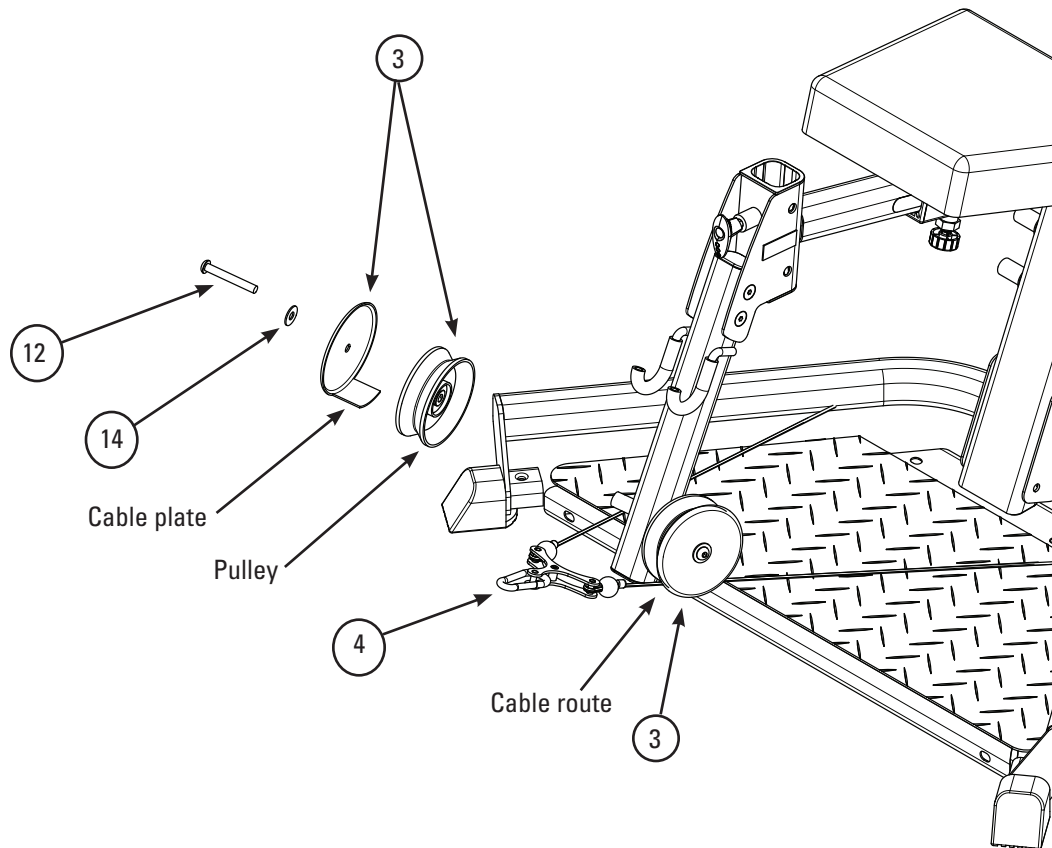


Figure 4 - V-pulley assembly (squat pulleys not shown)

Parts:

- Preacher Curl Sub-assembly from Step 3
- (2) V-Pulley Assembly - Item 3
- (1) Cable Assembly - Item 4

Hardware:

- (2) 3/8" X 2-3/4" Bolts - Item 12
- (2) 3/8" Washers - Item 14

Tools:

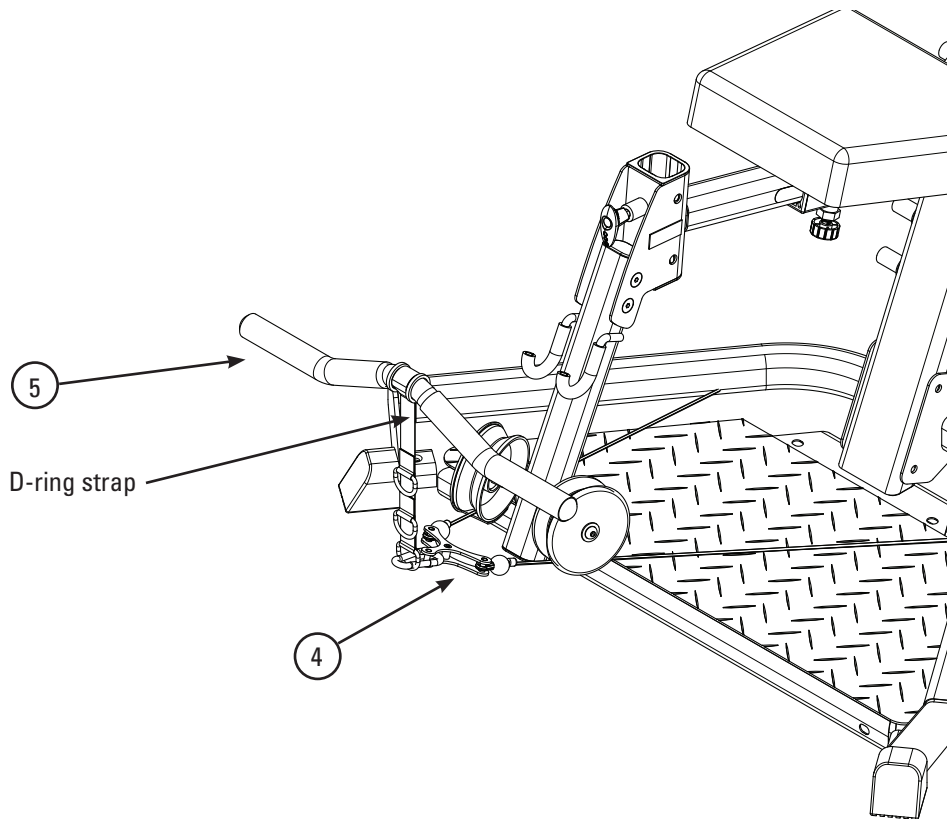
- 7/32" Hex Wrench

Assembly Steps:

- 4-1 Mount one V-Pulley (3) on the Front Assembly (1) using the hardware shown. See **Figure 4**. Tighten the Bolt only halfway.
- 4-2 Route one Cable (4) through the opening between the pulley groove and cable plate. Tighten the pulley Bolt.
- 4-3 Repeat for the second V-Pulley Assembly.

Assembly Instructions

STEP 5: Attach Cables to Preacher Curl Bar



**Figure 5 - Attach cable assembly to D-ring strap
(squat pulleys not shown)**

Parts:

- Preacher Curl Sub-assembly from Step 4
- Squat pulleys and cables on home gym
- (1) Cable Assembly - Item 4
- (1) Preacher Curl Bar - Item 5

Assembly Steps:

5-1 Attach the snap hook on the yoke of the Cable Assembly (4) to the D-ring strap on the Preacher Curl Bar (5). See **Figure 5**.

5-2 Route the other end of each Cable (4) through the squat pulley on the same side of the machine, then up to the chest bar pulley. Connect the Cable to the cable in the chest bar pulley.

Note: To route the Cables for the Bowflex Xtreme® 2 unit, thread each Cable between the squat pulley cable and the pulley groove in the squat pulley.

5-3 Place the squat pulleys in the #1 position (closest to the Power Rod® unit).

STEP 6: Bicep Curl Pad Assembly

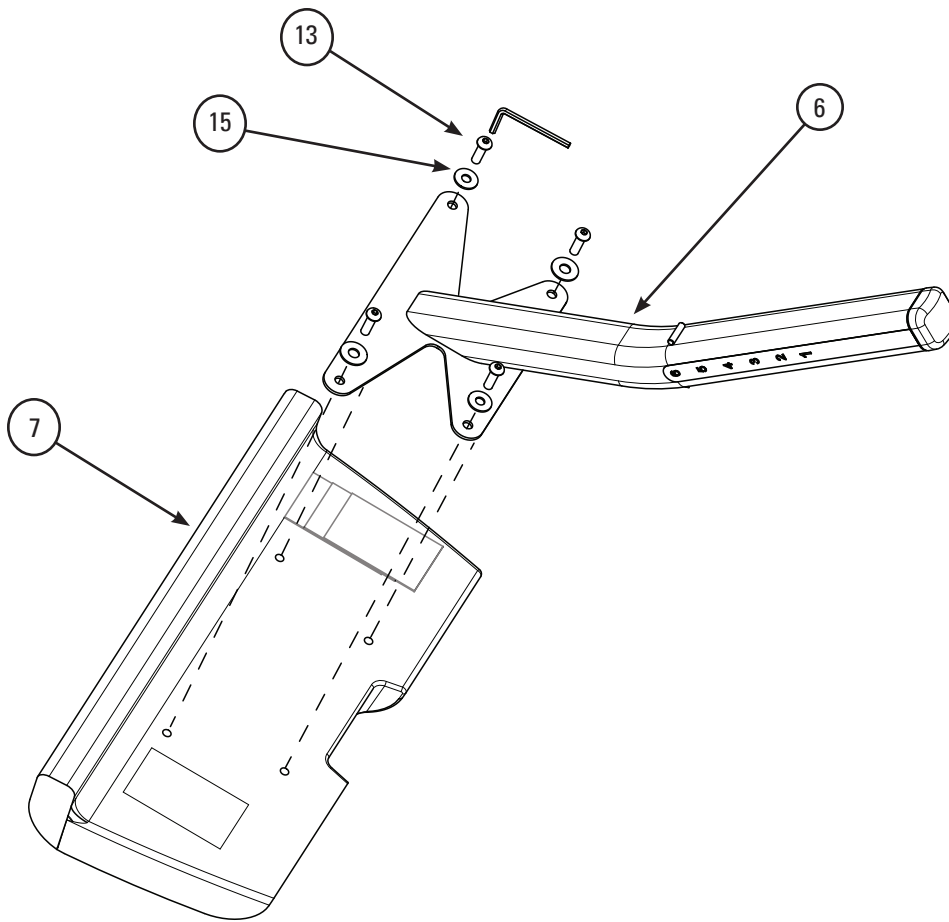


Figure 6

Parts:

- (1) Seat Post - Item 6
- (1) Pad - Item 7

Hardware:

- (4) 5/16" X 1" Hex Bolts - Item 13
- (4) 5/16" Washers - Item 15

Tools:

- 3/16" Hex Wrench

Assembly Steps:

6-1 Attach the Pad (7) to the Seat Post (6) using the hardware shown. See **Figure 6**.

6-2 Tighten hardware.

Assembly Instructions

STEP 7: Mount Bicep Curl Pad on Lower Sub-assembly

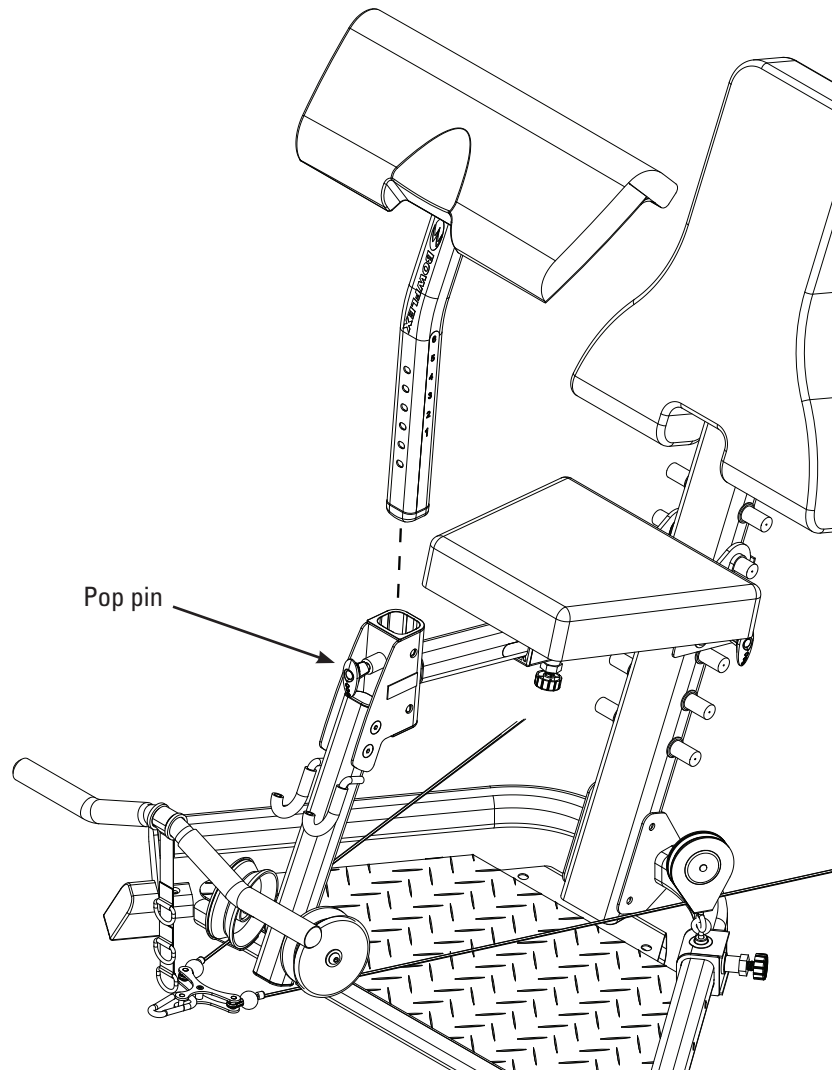


Figure 7 - (only one squat pulley shown)

Parts:

- Bicep Curl Pad Assembly from Step 6
- Preacher Curl Sub-assembly from Step 5

Assembly Steps:

- 7-1 Insert the Bicep Curl Pad Assembly in the mount on the Preacher Curl Sub-assembly, as shown in **Figure 7**.
- 7-2 Adjust the Bicep Curl Pad Assembly to the desired height and secure with the pop pin.

STEP 8: Final Inspection

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

Congratulations! You have successfully completed assembly and installation of your Bowflex® Preacher Curl attachment!



WARNING

Failure to visually check and test assembly before use can cause damage to the Bowflex® Preacher Curl Attachment and Home Gym, and serious injury to users and bystanders, and can also compromise the effectiveness of your exercise program.

Maintenance

Daily

After each use, wipe the equipment free of sweat with a clean, dry cloth. Upholstery can be cleaned with a mild detergent or spray cleaner.

Weekly

If used often, your accessory should be thoroughly cleaned using a clean cloth and an ammonia based cleanser. Wipe the unit down completely and be sure to touch up any scratches with touch up paint to prevent rusting.

Monthly

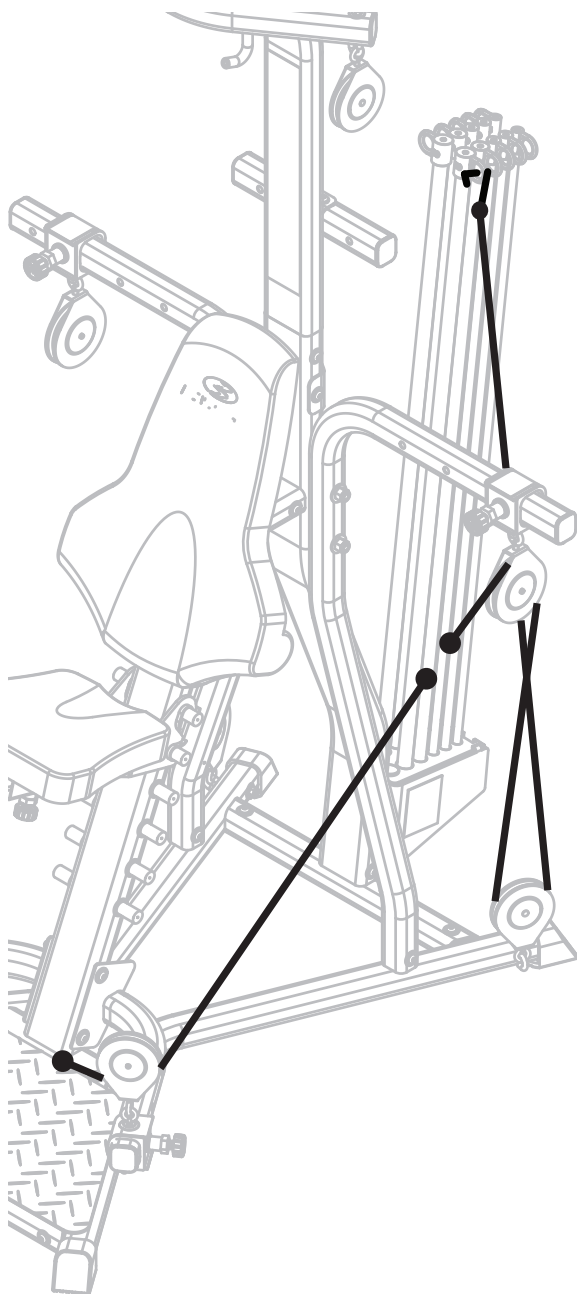
Check the frame of the unit for any sign of cracking or permanent bending. If you find this situation, do not use the accessory and contact Bowflex Service immediately.

How to Use Your Preacher Curl

Pulley Position and Cable Routing

When using the Preacher Curl attachment, attach the cables to the squat pulley cables. The squat pulleys are placed in the #1 position (closest to the Power Rod® unit).

Refer to the illustration below for proper cable routing.



Active pulleys are on the squat station and center cross bar.
(Bowflex Xtreme® SE model shown)

How to Use Your Preacher Curl

The Bowflex® Preacher Curl attachment is specifically designed to give added support for working the biceps. The attachment is installed at the Leg Extension mount under the seat, and serves to stabilize the arms to create a more effective exercise. Before you connect the Preacher Curl cables, unhook the cables on the home gym from the Power Rod® unit.

Attach the snap hook on the Preacher Curl cable assembly to the D-ring strap on the Preacher Curl Bar. Adjust the height of the bicep curl pad as needed for a comfortable exercise position. This optimum position will be different for each person.

Connect the Preacher Curl cables to the pulley cables as shown in the preceding cable routing illustration.

Adjust the D-ring strap to the correct length for your arms' reach.

Safety:

- Make sure the attachment is locked in position and that the seat has been stabilized with the seat locking pin before sitting on it or adding weight to the cables.
- Before using the attachment, make sure all fasteners are in place and tightened.
- Always check fasteners, snap hooks, cables and pulleys before each workout to ensure proper functioning.

! Consult a physician before you start 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 you use the machine again. Use the values calculated or measured by the machine's computer for reference purposes only.

E-Z Curl Bar

The E-Z Curl Bar is available separately as an accessory for your Bowflex® home gym.

The E-Z Curl Bar allows variations on the Preacher Curl exercise by increasing the number of possible hand/arm positions.

Unhook the preacher curl bar from the cables, and set it safely aside. Attach the E-Z Curl Bar chain to the cables, and place it on the hooked bar holders above the V-pulleys. Use a length of chain that allows a full range of motion without bottoming out the rods.

Adjust the height of the bicep curl pad as needed for a comfortable exercise position. This optimum position will be different for each person.



Check out the E-Z Curl Bar and a wide selection of other great products available at www.bowflex.com

Exercises

Preacher Curl – Elbow Flexion (in supination)

Muscles worked:

Biceps; Brachialis; Brachioradialis

Position:

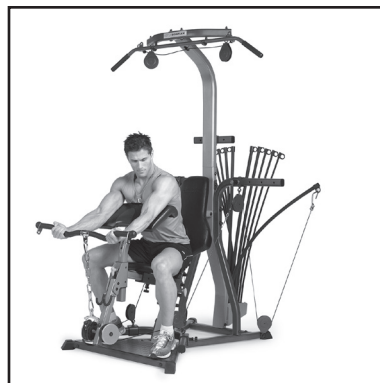
Seated – facing outward

Accessory:

Preacher Curl Attachment,
E-Z Curl Bar (optional - shown in exercise photos)

Pulleys:

Squat station



START

- Seated, facing away from the Power Rod® unit.
- Rest your elbows on the pad and grasp the handles of the preacher curl bar with an underhand grip.
- Your knees should be bent and feet flat on the floor.



ACTION

- Slowly curl the handles in an arc toward your head while keeping your elbows and upper arms completely still.
- Slowly lower to the starting position.

Key Points:

- Keep wrists straight.
- Keep chest lifted, abs tight and maintain a very slight arch in your lower back.

Reverse Curl

Muscles worked:

Biceps, brachioradialis

Position:

Seated – facing outward

Accessory:

Preacher Curl Attachment,
E-Z Curl Bar (optional - shown in exercise photos)

Pulleys:

Squat station



START

- Seated, facing away from the Power Rod® unit.
- Rest your elbows on the pad and grasp the handles of the preacher curl bar with palms facing down. Your hands should be turned in slightly.
- Your knees should be bent and feet flat on the floor.



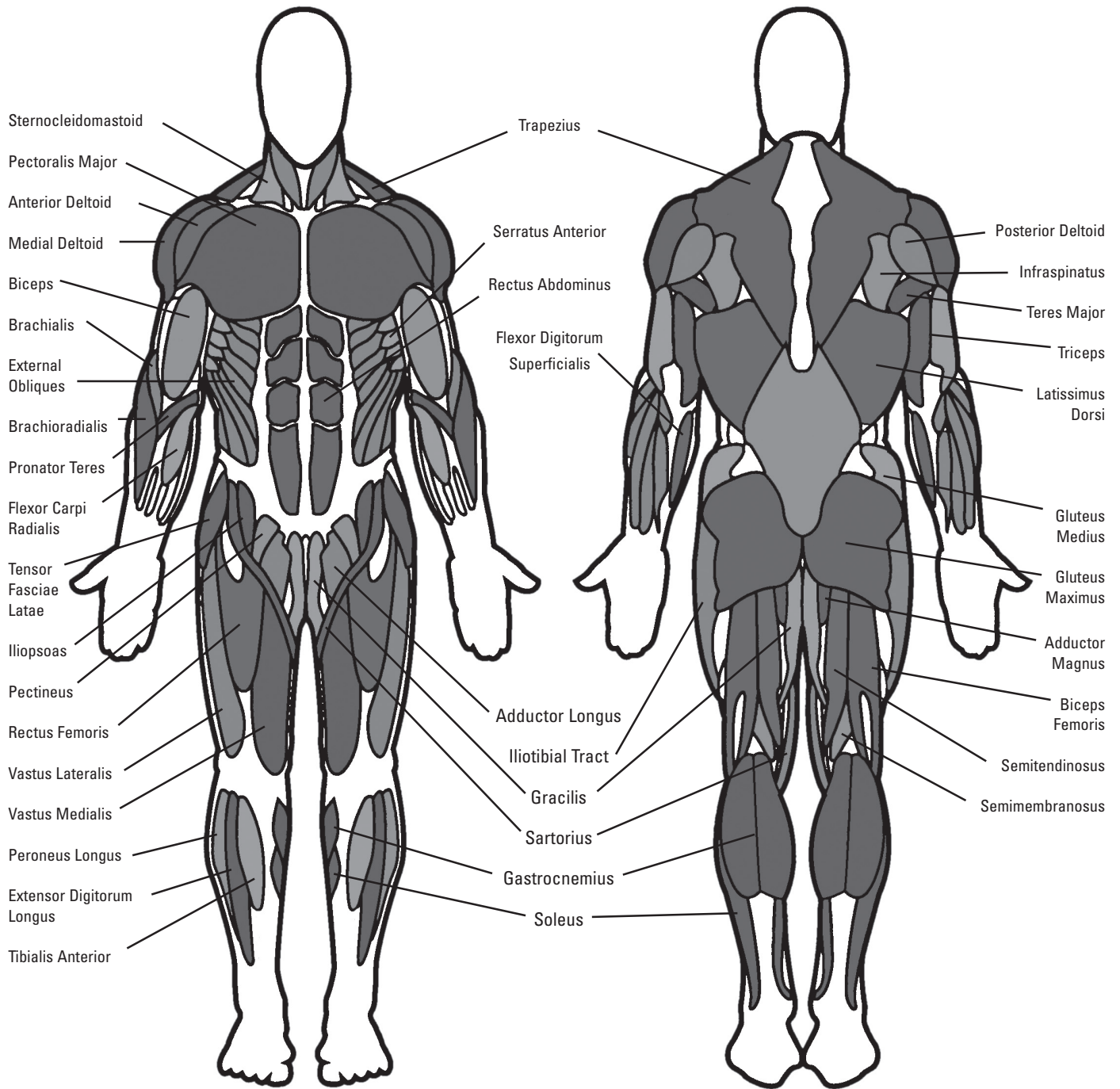
ACTION

- Curl the bar upward toward your shoulders, keeping upper arms completely still.
- Slowly lower to the starting position by performing the same arching motion.
- Keep tension on the muscles throughout the exercise.

Key Points:

- Keep wrists straight.
- Keep trunk muscles tight and maintain a very slight arch in the low back.

Muscle Chart



Limited Warranty

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 6 weeks

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.

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.

