

 **BOWFLEX**  
**REVOLUTION.**  
**Accessory Rack**  
**Assembly Instructions**

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# Safety Requirements

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## IMPORTANT SAFETY INSTRUCTIONS

The following definition applies to the word "Caution" found throughout this manual:



Used to call attention to POTENTIAL hazards that could result in personal injury or damage to equipment.

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## READ ALL INSTRUCTIONS BEFORE USING THE EQUIPMENT.

- Always read and follow the Safety labels attached to your Bowflex Revolution™ Accessory Rack. Do not remove these labels. If you need replacement labels, please call a Nautilus Representative at 1-800-NAUTILUS (628-8458).
  - Read the manual and follow it carefully before using the rack.
  - Never allow children to use the Bowflex Revolution™ Accessory Rack unsupervised. To do so could result in injury. This equipment is under no circumstances suitable as a children's toy.
  - Inspect your rack for any worn or loose components prior to use. Tighten or replace any worn or loose components prior to use.
  - Set up and use your Bowflex Revolution™ Accessory Rack on a hard, level surface.
  - Use your Bowflex Revolution™ Accessory Rack ONLY to store accessory equipment for your Bowflex Revolution™ home gym. Store each accessory only in its designated holder on the rack.
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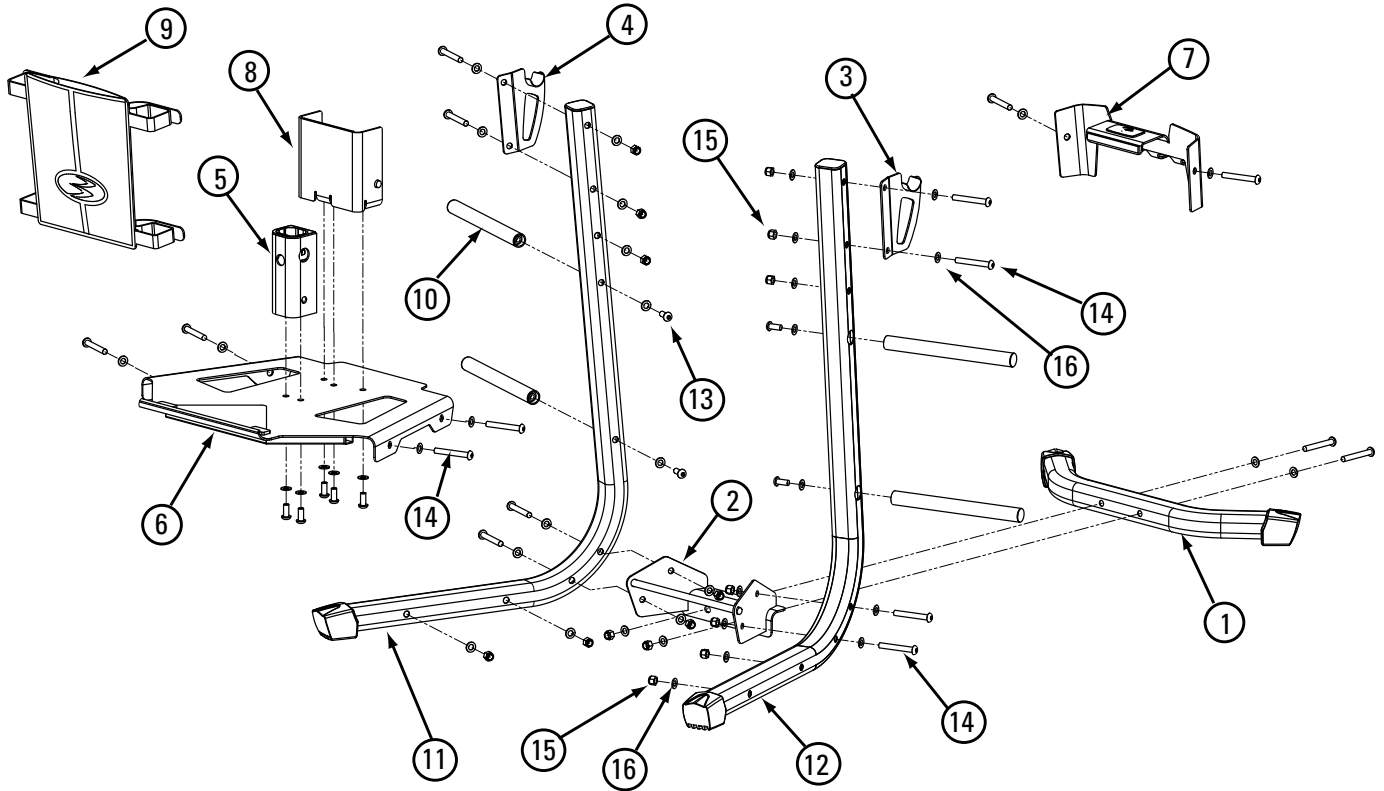
## Product Specifications

**Dimensions:** 31" L x 29" W x 37" H (79cm x 74cm x 94cm)

**Assembled Unit Weight:** 46.2 lbs. (21 kg)

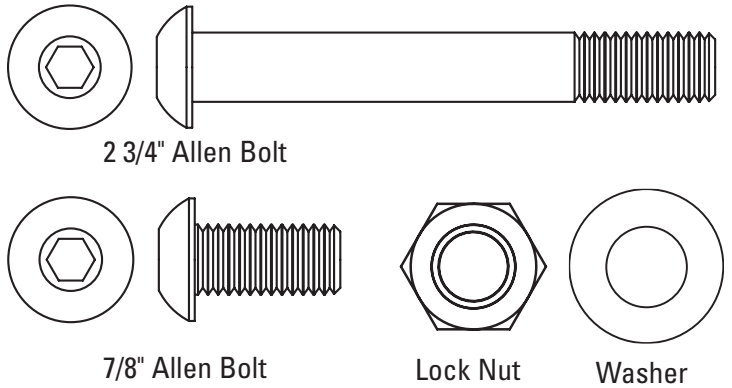
**Shipping Package Weight:** 51.7 lbs. (23.5 kg)

# Complete Rack Component Diagram



Parts		
#	Qty.	Description
1	1	BASE SUPPORT
2	1	BASE BRACKET
3	1	CURL BAR HOOK, RIGHT
4	1	CURL BAR HOOK, LEFT
5	1	MOUNT, PREACHER CURL ASSEMBLY
6	1	BASE PLATE
7	1	CROSS MEMBER
8	4	SEAT BRACKET
9	1	FLEX BAG
10	1	RODS - (4 ROD PACK ASSEMBLY)
11	1	LEFT TUBE
12	1	RIGHT TUBE
13	9	3/8" X 7/8" ALLEN BOLT
14	16	3/8" X 2 3/4" ALLEN BOLT
15	16	3/8" NYLOCK NUT
16	41	M10 or 3/8" WASHER

## Hardware



## Tools Required

7/32" Allen Wrench (included)



**You will also need:**

9/16" Socket Wrench

9/16" Wrench or Adjustable Wrench

Utility knife or scissors to cut nylon ties

**Parts:**

- Base Plate (#6)
- Seat Bracket (#8)
- Preacher Curl Mount (#5)

**Hardware**

	<b>Qty</b>
• 7/8" Bolts (#13)	5
• Washers (#16)	5

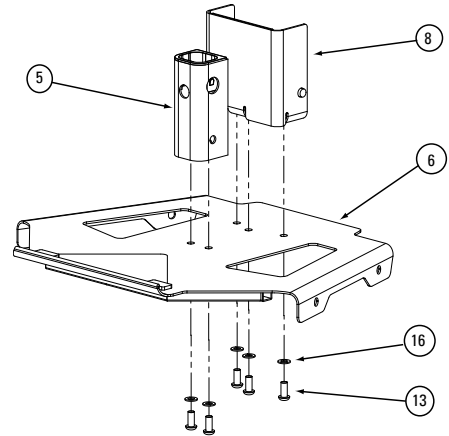
**Tools:**

- Allen wrench (7/32")

**1-1** Attach the Seat Bracket (#8) to the Base Plate (#6) using the hardware as shown in **Figure 1**.

**1-2** Attach the Preacher Curl Mount (#5) to the Base Plate using the hardware shown in **Figure 1**.

Tighten hardware completely.



**Figure 1**

**Parts:**

- Left Tube (#11)
- Right Tube (#12)
- Base Bracket (#2)

**Hardware**

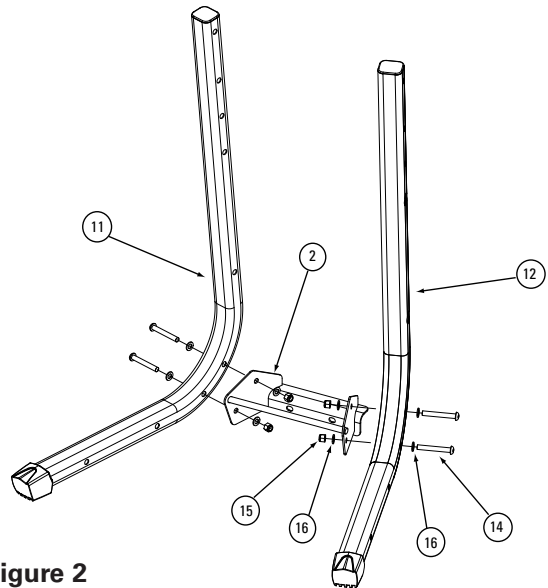
	<b>Qty</b>
• 2 3/4" Bolts (#14)	4
• Washers (#16)	8
• Nuts (#15)	4

**Tools:**

- Allen wrench (7/32")
- Wrench/Socket (9/16") or Open End Wrench

**2-1** Attach the Base Bracket (#2) to the Left Tube (#11) and Right Tube (#12) using the hardware as shown in **Figure 2**. Make sure that the large holes on the Tube uprights are facing away from the Base Bracket.

**Note:** Do not tighten hardware at this time.



**Figure 2**

### step 3

#### Parts:

- Base assembly from Step 2
- Base Support (#1)

#### Hardware

#### Qty

- |                      |   |
|----------------------|---|
| • 2 3/4" Bolts (#14) | 2 |
| • Washers (#16)      | 4 |
| • Nuts (#15)         | 2 |

#### Tools:

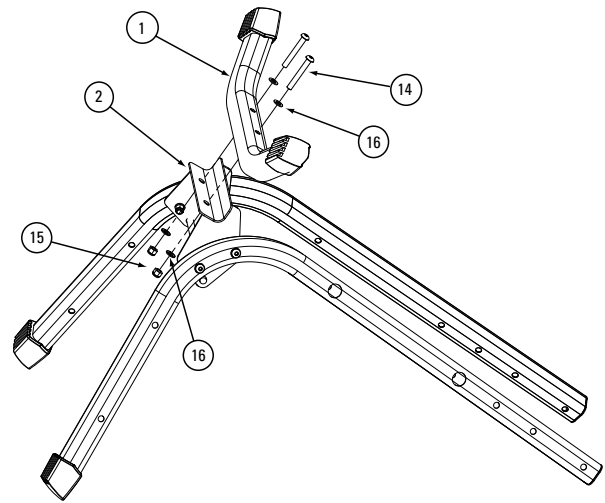
- Allen wrench (7/32")
- Wrench/Socket (9/16") or Open End Wrench

**3-1** Carefully tilt the base assembly forward to rest on the four Tube ends.

**3-2** Attach the Base Support (#1) to the Base Bracket (#2) using the hardware shown in **Figure 3**. Make sure that the Base Support feet are pointing away from the base assembly.

**Note:** Do not tighten hardware at this time.

**3-3** Turn the base assembly upright to rest on all four feet.



**Figure 3**

### step 4

#### Parts:

- Base Plate assembly from Step 1
- Base assembly from Step 3

#### Hardware

#### Qty

- |                      |   |
|----------------------|---|
| • 2 3/4" Bolts (#14) | 4 |
| • Washers (#16)      | 8 |
| • Nuts (#15)         | 4 |

#### Tools:

- Allen wrench (7/32")
- Wrench/Socket (9/16") or Open End Wrench

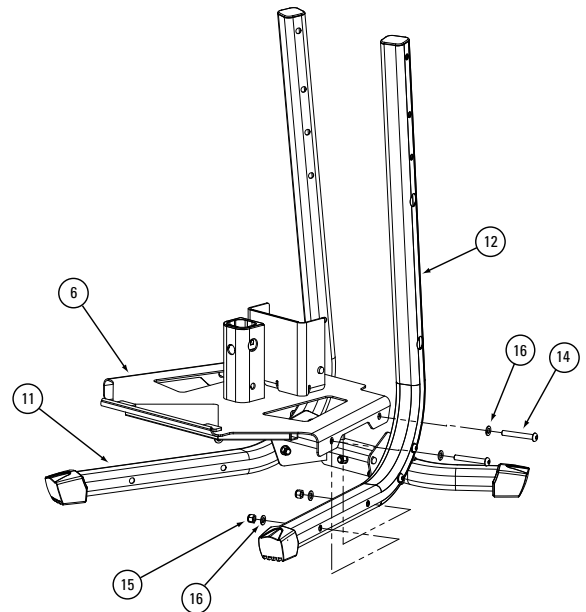
**4-1** Place the Base Plate (#6) on the lower Left Tube (#11) and Right Tube (#12), narrow edge toward the Tube uprights and the curved edges outside the Tubes. Align the bolt holes in the Base Plate and Tubes. Install the hardware in the two bolt holes closer to the uprights. See **Figure 4**.

**4-2** At the two bolt holes farther from the Tube uprights, insert a 2 3/4" Bolt (#14) through a Washer (#16) and into each bolt hole.

**4-3** Carefully tilt the base assembly forward to rest on the four Tube ends. Install a Washer (#16) and Nut (#15) onto each of the Bolts from Step 4-2.

**Note:** Do not tighten hardware at this time.

**4-4** Turn the base assembly upright to rest on all four feet.



**Figure 4**

**Parts:**

- Rack base assembly from Step 4
- Right Curl Bar Hook (#3)
- Left Curl Bar Hook (#4)
- Rods (#10)

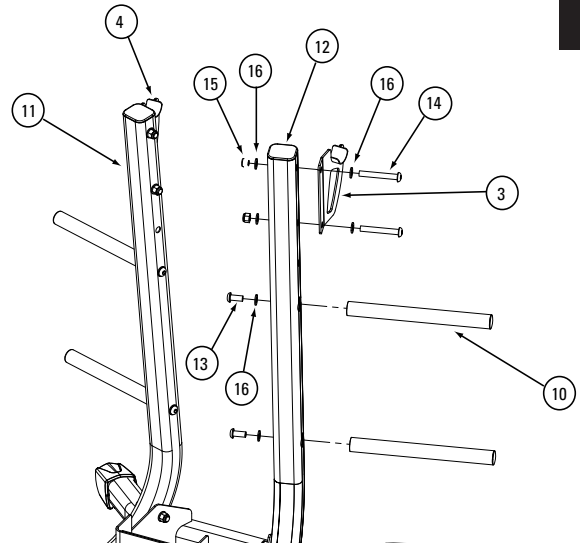
**Hardware**

**Qty**

- |                      |    |
|----------------------|----|
| • 2 3/4" Bolts (#14) | 4  |
| • 7/8" Bolts (#13)   | 4  |
| • Washers (#16)      | 12 |
| • Nuts (#15)         | 4  |

**Tools:**

- Allen wrench (7/32")
- Wrench/Socket (9/16") or Open End Wrench



**Figure 5**

**5-1** Install the Right Curl Bar Hook (#3) at the two top, outside bolt holes on the Right Tube (#12) using the hardware as shown in **Figure 5**. Make sure that the Curl Bar Hook curves outward from the Tube, and the hook points away from the Base Plate. Tighten hardware completely.

**5-2** Install the Left Curl Bar Hook (#4) to the Left Tube (#11) as described above.

**5-3** Install a Rod (#10) in each of the four large holes on the outsides of the Tube uprights, using the hardware shown in **Figure 5**. Tighten hardware completely.

**Parts:**

- Rack assembly from Step 5
- Cross Member (#7)
- Flex Bag (#9)

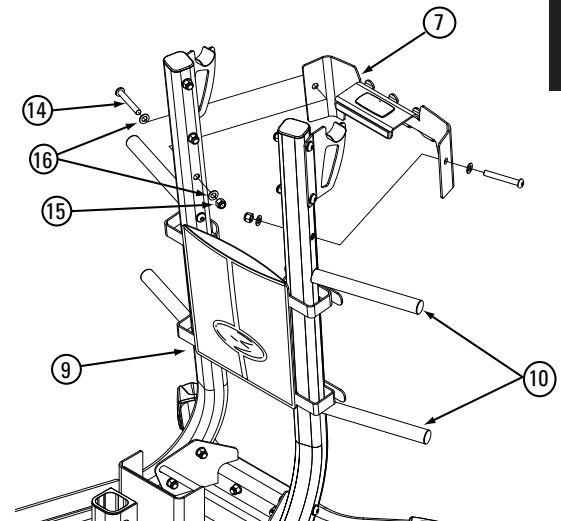
**Hardware**

**Qty**

- |                      |   |
|----------------------|---|
| • 2 3/4" Bolts (#14) | 2 |
| • Washers (#16)      | 4 |
| • Nuts (#15)         | 2 |

**Tools:**

- Allen wrench (7/32")
- Wrench/Socket (9/16") or Open End Wrench



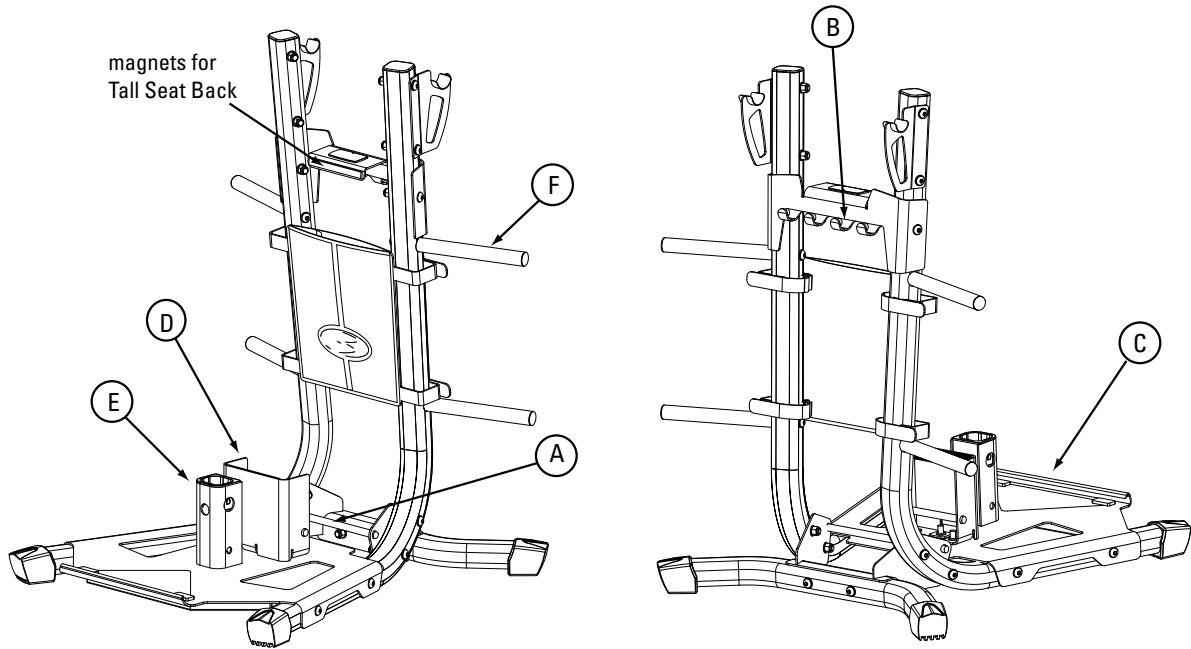
**Figure 6**

**6-1** Install the Cross Member (#7) to the outer sides of Tube uprights above the Rods (#10) using the hardware as shown in **Figure 6**. Make sure that the logo faces upward and the hooks point the same direction as the Curl Bar Hooks. Tighten hardware completely.

**6-2** Completely tighten all hardware from Steps 2 – 4. Make sure the rack sits evenly on all four feet. You may need to loosen and retighten the hardware from Steps 2 – 4 and 6-1 to adjust the unit.

**6-3** Fasten the Flex Bag (#9) to the Tube uprights between the upper and lower Rods, using the hook-and-loop straps.

**step**  
**7**



**Figure 7**

**Parts:**

- Rack assembly from Step 6
- Color-coded Dots (6 pairs)

**7-1** The pairs of colored dots will identify the storage locations for the Bowflex Revolution™ accessory equipment listed in the guide chart below. As you peel each pair of dots from the paper backing, place one dot on the accessory and the other on its holder on the rack. See **Figure 7**.

**CAUTION**

**To avoid damage to equipment or injury, store Bowflex Revolution™ accessories only in their designated holders on the rack.**

Location	Accessory
A	Tall Seat Back
B	Handgrips & Foot Harnesses
C	Leg Press Plate
D	Leg Press Seat Back
E	Preacher Curl Assembly
F	Resistance Packs

**step**  
**8**

**Parts:**

- Rack assembly from Step 7

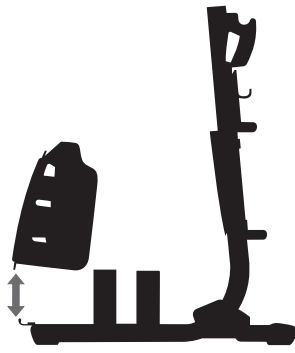
**Tools:**

- Allen wrench (7/32")
- Wrench/Socket (9/16") or Open End Wrench

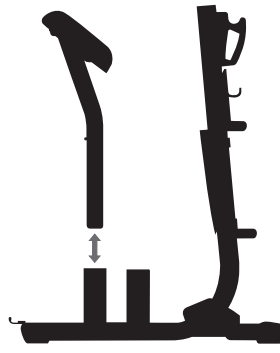
**8-1** Now that you have assembled your Bowflex Revolution™ Accessory Rack, it is very important to tighten all hardware and visually inspect the rack. Make sure that your Bowflex Revolution™ Accessory Rack has been assembled correctly and securely.



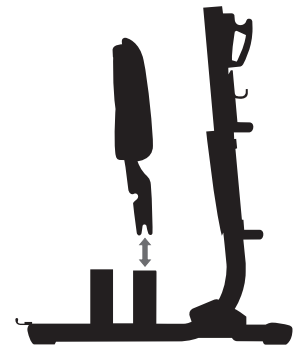
Your Bowflex Revolution™ Accessory Rack is now complete. You are ready to store your equipment.



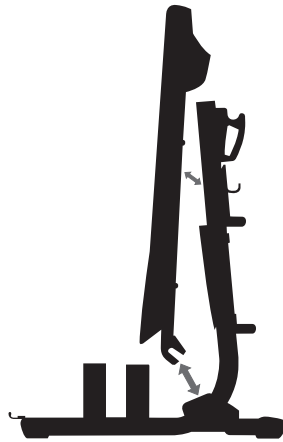
**Leg Press Plate**



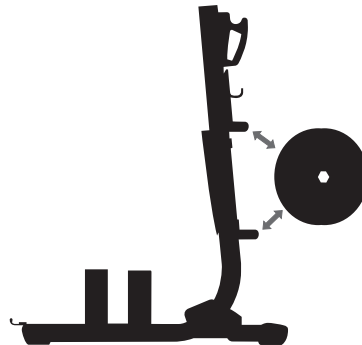
**Preacher Curl Assembly**



**Leg Press Seat Back**

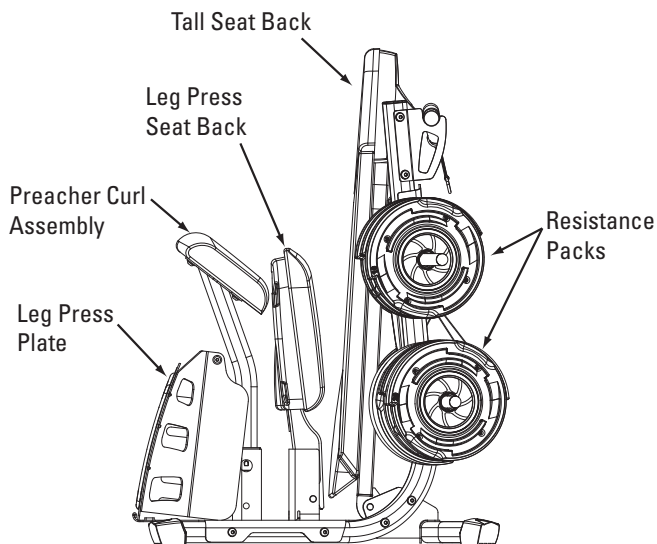


**Tall Seat Back**

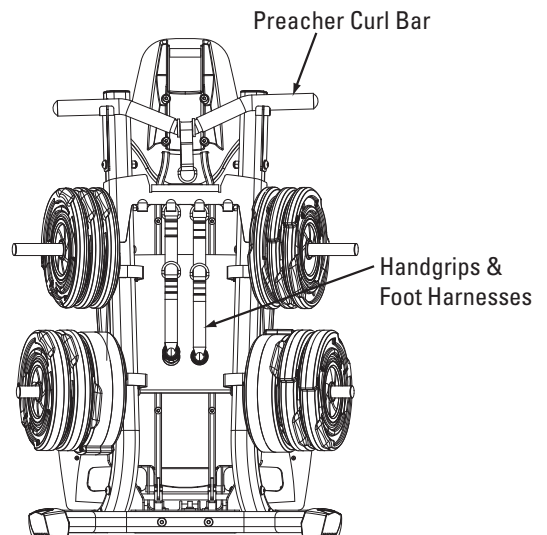


**Resistance Packs**

**Loaded Side View**



**Loaded Back View**



# WARRANTY

## LIMITED WARRANTY FOR EXERCISE PRODUCTS

All Bowflex® branded exercise products manufactured by Nautilus, Inc. are warranted to the retail purchaser to be free from defects in materials and workmanship. Warranty coverage valid to the original purchaser only and proof of purchase will be required. Any product sold or placed in an application not recommended by Nautilus will void any warranty coverage set forth by Bowflex® warranty policies and procedures.

### TIME PERIOD

This product was designed, warranted, and intended for residential use only.

Residential Environment:

Frame Parts: 90 days

### THIS WARRANTY DOES NOT COVER

1. Use in a commercial setting such as health clubs, schools, hotels and hospitals.
2. Damage due to normal wear and tear.
3. Any damage, failure or loss caused by accident, misuse, neglect, abuse, improper assembly, improper maintenance, Acts of God (such as floods or power surges), or failure to follow instructions or warnings in Owner's Manual.
4. Use of products in an application not recommended by Nautilus, Inc., or in a manner or environment for which they were not designed.
5. Extended warranties: Nautilus will not be responsible for any extended coverage terms offered by a distributor or service provider.

### LIMITATIONS

The foregoing warranties are in lieu of and exclude all other warranties not expressly set forth herein, whether express or implied by operation of law or otherwise, including, but not limited to, WARRANTY OF MERCHANTABILITY or WARRANTY OF FITNESS FOR A PARTICULAR PURPOSE. Nautilus, Inc. shall in no event be liable for incidental or consequential losses, damages or expenses in connection with its exercise products. Nautilus liability hereunder is expressly limited to the replacement of goods not complying with this warranty or, at Nautilus, Inc.'s sole election, to the repayment of an amount of the purchase price of the exercise product in question. Some states do not permit the exclusion or limitation of implied warranties or incidental or consequential damages, so the preceding limitations and exclusions may not apply to you.

### PROCEDURES

Warranty service will be performed by the original retailer (seller) or an authorized Bowflex® service provider. The original purchaser must provide proof of purchase. Service calls, assembly, transportation, and/or delivery expenses are the responsibility of the purchaser: 1-800-NAUTILUS (628-8458).

1. Nautilus will have the option in its discretion to repair or replace any exercise product(s), which require warranty service, or to apply a limited credit reimbursement toward another Bowflex® exercise product of equal or greater value.
2. Nautilus is not responsible for dealer labor charges for component changeovers completed after the labor-related warranty period(s) stated herein.
3. See an authorized Bowflex® distributor for more information or write to us at:

Nautilus, Inc.

16400 SE Nautilus Dr.

Vancouver, Washington, USA 98683

# IMPORTANT CONTACT NUMBERS

If you need assistance, please have both the serial number of your rack and the date of purchase available when you contact the appropriate Nautilus, Inc. office listed below.

## WORLDWIDE CUSTOMER SERVICE

### • NORTH AMERICA OFFICE

Nautilus, Inc.  
World Headquarters  
16400 S.E. Nautilus Drive  
Vancouver, Washington, USA 98683  
Phone: 800-NAUTILUS (628-8458)  
e-mail: [cstech@nautilus.com](mailto:cstech@nautilus.com)

## INTERNATIONAL CUSTOMER SERVICE

### • SWITZERLAND OFFICE

Nautilus International S.A.  
Rue Jean Prouve 6  
1762 Givisiez / Switzerland  
Tel: +41-26-460-77-77  
Fax: +41-26-460-77-70

### INTERNATIONAL OFFICES:

### • SWITZERLAND OFFICE

Nautilus Switzerland S.A.  
Rue Jean Prouve 6  
1762 Givisiez / Switzerland  
Tel: +41-26-460-77-66  
Fax: +41-26-460-77-60  
Web: [www.nhfg-intl.com](http://www.nhfg-intl.com)

### • GERMANY and AUSTRIA OFFICE

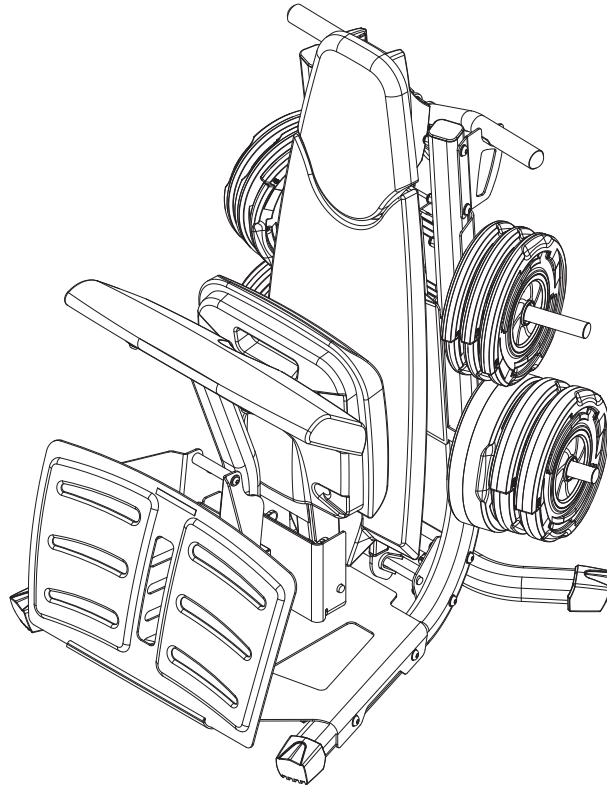
Nautilus GmbH  
Tel: 02204-61027  
Fax: 02204-62890

### • ITALY OFFICE

Nautilus Italy s.r.l.  
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### • UNITED KINGDOM OFFICE

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Fax: 01-908-267-346



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