

BOWFLEX HVT™

OWNER'S / ASSEMBLY MANUAL



 Manual en Español
Latino Americano:
www.support.nautilus.com

Welcome to the Bowflex® HVT™ machine!

You're about to experience an incredible workout that can help you lose weight and reshape your entire body so you'll look and feel better than ever before. We thank you for trusting in the Bowflex brand.

Use this Manual as a guide to getting started on your Bowflex® workouts and for tips to keep your machine well maintained.

Yours in Health,
The Bowflex Family

Table of Contents

Important Safety Instructions	3	Power Up Mode	41
Safety Warning Labels and Serial Number.....	5	Edit a User Profile	41
FCC Compliance	5	Workout Programs	41
Specifications / Before Assembly	6	Paused/Results	44
Parts	7	Add Time	44
Hardware / Tools	9	Change Resistance Levels	45
Assembly	10	Total Power score	45
Storing Your Machine	32	Machine Settings Mode	46
Leveling Your Machine	32	Maintenance	47
Features	33	Troubleshooting.....	50
Connectivity on your fitness machine	37	Buy Back Guarantee	54
Operations	39	Warranty	55
Getting Started	40		

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) 605-3369.

Nautilus, Inc., (800) 605-3369, www.NautilusInc.com - Customer Service: North America (800) 605-3369, csnls@nautilus.com | outside U.S. www.nautilusinternational.com | Printed in China | © 2017 Nautilus, Inc. | Bowflex, the Bowflex logo, HVT, Bowflex Toolbox, Nautilus, Schwinn, and Universal are trademarks owned or licensed by Nautilus, Inc., registered or otherwise protected by common law in the U.S. and other countries. MyFitnessPal®, Polar®, OwnCode®, Android™, and Google Play™ are trademarks of their respective owners. Apple and the Apple logo are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc. The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc., and any use of such marks by Nautilus, Inc. is under license.

Important Safety Instructions

When using an electrical appliance, basic precautions should always be followed, including the following:

 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/Owner's Manual.

⚠ DANGER Carefully read and understand the Assembly instructions. Read and understand the complete Manual. Keep the Manual for future reference.

⚠ DANGER To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug this machine from the electrical outlet immediately after using and before cleaning.

⚠ WARNING To decrease the risk of burns, electric shock, or injury to persons, read and understand the complete Assembly/Owner's Manual. Failure to follow these guidelines can cause a serious or possibly fatal electrical shock or other serious injury.

- Keep bystanders and children away from the product you are assembling at all times.
- Do not connect power supply to the machine until instructed to do so.
- The machine should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- Before each use, examine the machine for damage to power cord, loose parts or signs of wear. Do not use if found in this condition. Contact Nautilus Customer Service for repair information.
- Do not drop or put objects into any opening of the machine.
- 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 of this machine and will 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 and void the warranty.
- Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Manual.
- Use this machine only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- Do all assembly steps in the sequence given. Incorrect assembly can lead to injury or incorrect function.
- Do not move the machine without aid. Injury to you or damage to the machine can occur.
- Connect this machine to a properly grounded outlet only (see Grounding Instructions).
- Keep the power cord away from heat sources and hot surfaces.
- Do not operate where aerosol products are being used.
- SAVE THESE INSTRUCTIONS.

Before using this equipment, obey the following warnings:

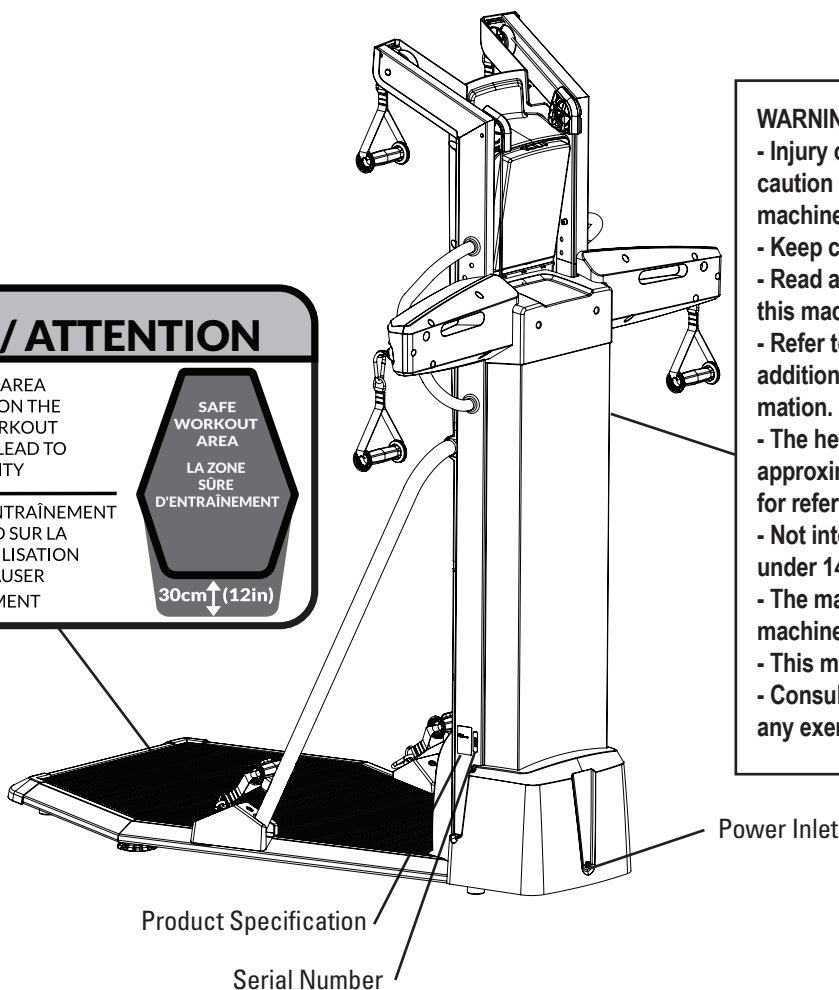
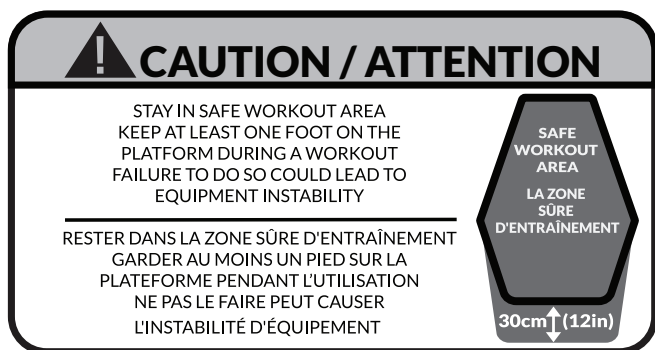


Read and understand the complete Manual. Keep the Manual for future reference.

Read and understand all Warnings on this machine. If at any time the Warning stickers become loose, unreadable or dislodged, contact Nautilus Customer Service for replacement stickers.

To reduce the risk of unsupervised use of the equipment, remove the AC Adapter from the wall outlet and the machine. Place the AC Adapter in a secure location

- 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 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.
- Only operate this machine when standing in the safe workout area. The safe workout area is anywhere on the Platform, and outward from the Front Platform Frame by 12" (30.5cm). Never operate the machine when standing to the sides or behind the machine. Doing so could lead to equipment instability and harm to the user. If required to perform an exercise, the user can step off the platform with one foot but must stay within the workout area. At least one foot must be kept on the Platform during a workout.
- Before each use, examine this machine for damage to power cord, power receptacle, loose parts or signs of wear. Inspect all cables, pulleys and their connections, making sure they are properly secured and attached, and show no signs of visible wear or damage. Do not use if found in this condition. Contact Nautilus Customer Service for repair information.
- Do not let liquids touch the electronic controller. If it does, the controller must be inspected and tested for safety by an approved technician before it can be used again.
- The electrical wiring for the residence in which the machine will be used must obey the applicable local and provincial requirements.
- Maximum user weight limit: 300 lbs. (136 kg). Do not use if you are over this weight.
- This machine is for home use only.
- Do not wear loose clothing or jewelry. This machine contains moving parts. Do not put fingers, feet, or other objects into moving parts of the exercise equipment.
- Always wear rubber soled athletic shoes when you use this machine. Do not use the machine with bare feet or only wearing socks.
- Set up and operate this machine on a solid, level, horizontal surface.
- Use caution when you step on and off the platform. Keep the Platform clean and dry.
- Do not operate this machine outdoors or in moist or wet locations.
- Keep at least 36" (0.9 m) to the right, left, and in front of the machine clear. This is the recommended safe distance for access and passage around the machine, emergency dismounts, and the workout training area. Keep third parties out of this space when machine is in use.
- Do not over exert yourself during exercise. Operate the machine in the manner described in this manual.
- Never attempt to exercise with more resistance than you can safely and comfortably handle.
- Be sure to correctly engage the Hand Grips to the Ropes.
- Keep clear of cable movement path during operation. Keep any bystanders clear of machine and out of exercise area during operation.
- Perform all regular and periodic maintenance procedures recommended in the Owner's Manual.
- Do not drop or put objects into any opening of the machine.
- Exercise on this machine requires coordination and balance. Be sure to anticipate that changes in orientation, foot positioning, and resistance level can occur during workouts, and be attentive in order to avoid loss of balance and possible injury.
- Use this machine only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- This appliance is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Keep children under the age of 14 away from this machine.



- WARNING!**
- Injury or death is possible if caution is not used while using this machine.
 - Keep children and pets away.
 - Read and follow all warnings on this machine.
 - Refer to to the Owner's Manual for additional warnings and safety information.
 - The heart rate displayed is an approximation and should be used for reference only.
 - Not intended for use by anyone under 14 years of age.
 - The maximum user weight for this machine is 300 lbs (136 kg).
 - This machine is for home use only.
 - Consult a physician prior to using any exercise equipment.

FCC Compliance

! Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

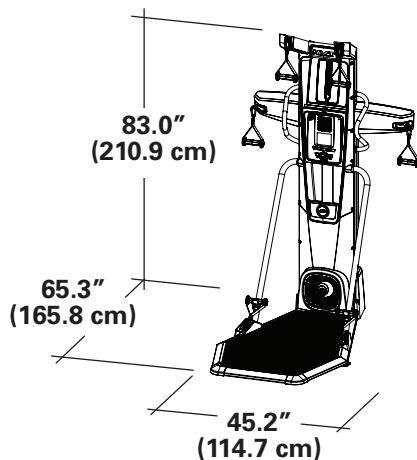
The machine and power supply comply with part 15 of the FCC rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Note: This machine and power supply have been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications.

However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Specifications / Before Assembly



Maximum User Weight: 300 lbs. (136 kg)

Assembled Weight: approx. 182 lbs (82.5kg)

Power Requirements:

Operational Voltage: 9VDC
Operating Current: 1500 mA

Complies with the following:

AC Power Adapter: UL1310 and CAN/CSA-C22.2 No.223 Listed, Rated 120V 60Hz Input, 9VDC, 1500mA Output. Class 2 or LPS.

Before Assembly

Select the area where you are going to set up and operate your machine. For safe operation, the location must be on a hard, level surface. Allow a workout area of a minimum 101.3" (257.3 cm) x 117.2" (297.7 cm). Be sure that the workout space you are utilizing has adequate height clearance, taking into consideration the height and the maximum reach overhead of the user. It is recommended that assembly of the fitness machine should be done in the intended workout location.

Basic Assembly Tips

Follow these basic points when you assemble your machine:

- Read and understand the "Important Safety Instructions" before assembly.
- Collect all the pieces necessary for each assembly step.
- Using the recommended wrenches, turn the bolts and nuts to the right (clockwise) to tighten, and the left (counterclockwise) to loosen, unless instructed otherwise.
- When attaching 2 pieces, lightly lift and look through the bolt holes to help insert the bolt through the holes.
- The assembly requires 2 people.

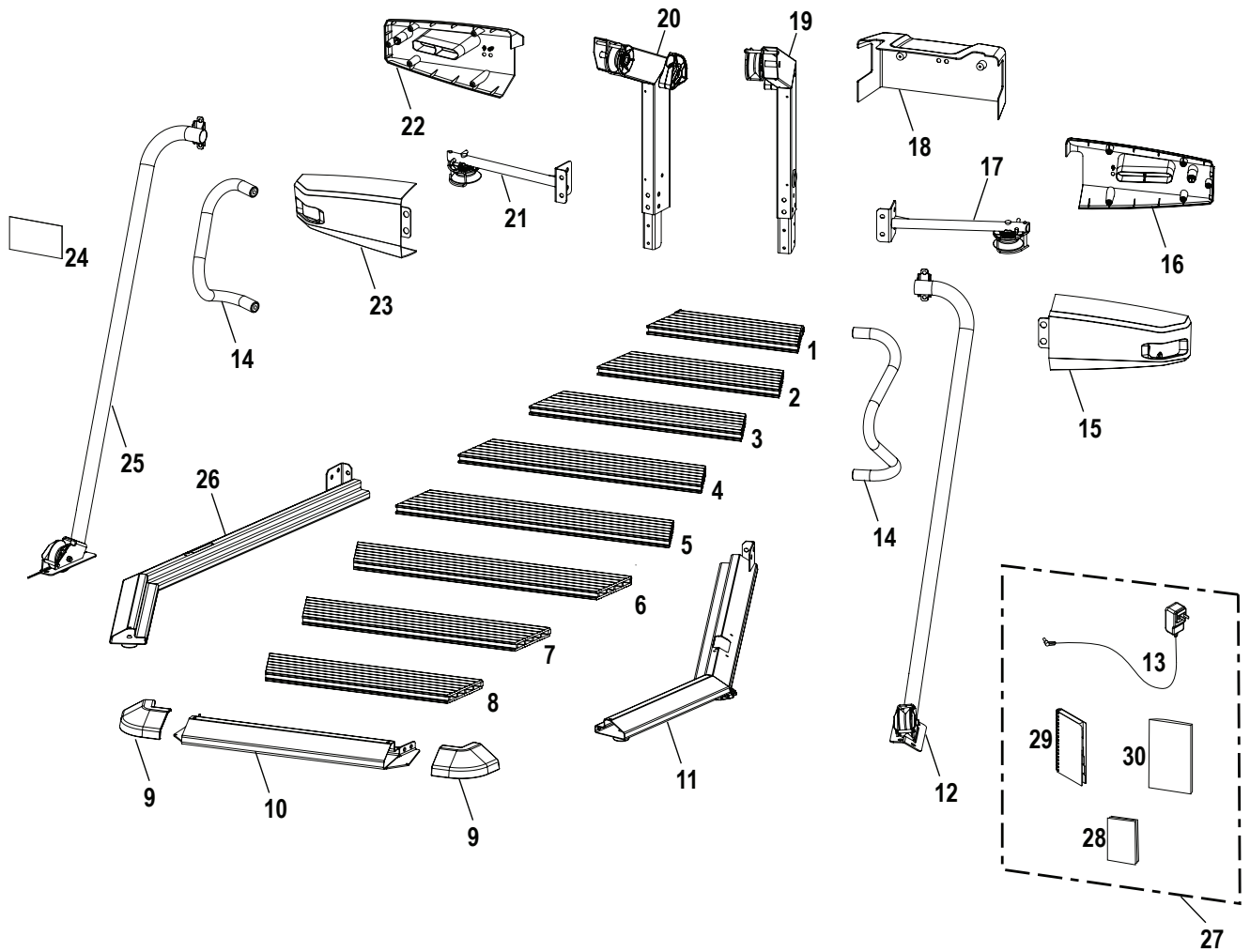
Machine Mat

The Bowflex® HVT™ Machine Mat is an optional accessory that helps keep your workout area clear and adds a layer of protection to your floor. The rubber machine mat provides a non-slip, rubber surface which limits static discharge and reduces the possibility of display or running errors. If possible, put your Bowflex® HVT™ Machine Mat in your selected workout area before you begin assembly.

To order the optional machine mat, go to: www.bowflex.com, or call 1 (800) 605-3369.

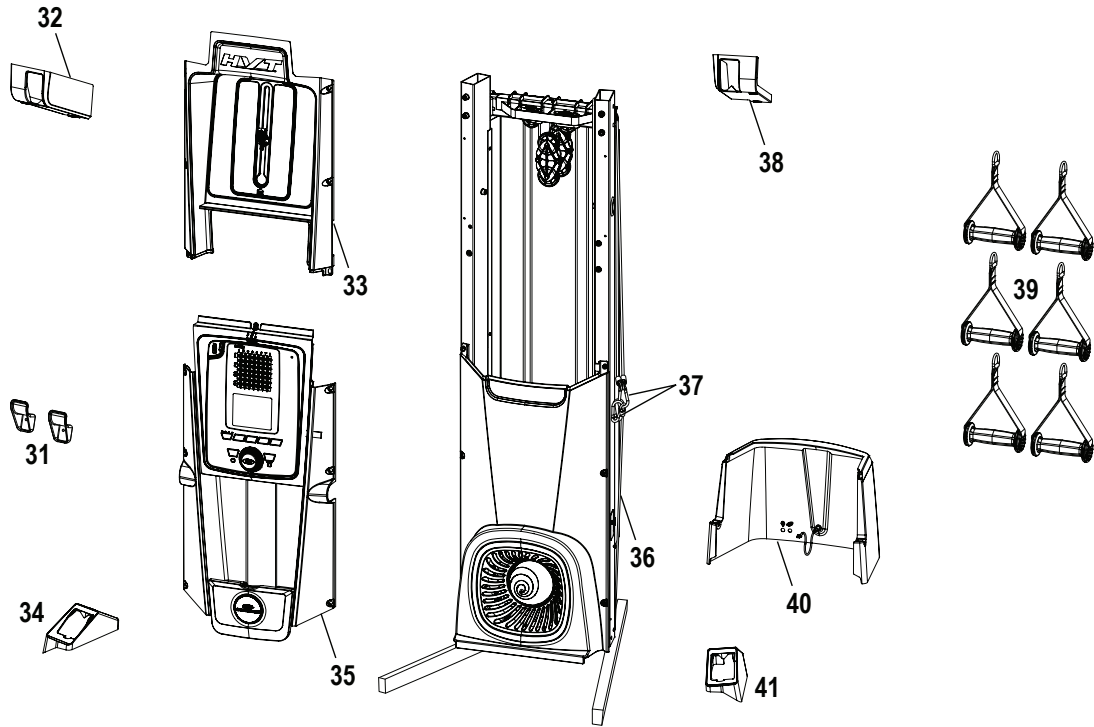
BOX 1

(2 BOXES)

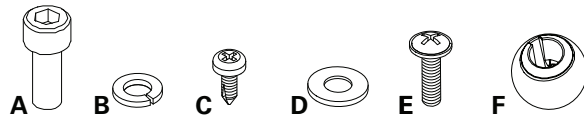


Item	Qty	Description	Item	Qty	Description
1 - 8	1 each	Platform Decking	20	1	Upper Pulley Arm, Left
9	2	Platform Corner Shroud	21	1	Middle Pulley Arm, Left
10	1	Platform Frame, Front	22	1	Middle Shroud, Left Back
11	1	Right Platform Frame	23	1	Middle Shroud, Left Front
12	1	Support Arm, Right	24	1	Hardware Card
13	1	AC Power Adapter	25	1	Support Arm, Left
14	2	Handlebar	26	1	Left Platform Frame
15	1	Middle Shroud, Right Front	27	1	Document Kit
16	1	Middle Shroud, Right Back	28	1	Quick Start Guide
17	1	Middle Pulley Arm, Right	29	1	Training Guide
18	1	Rear Shroud, Upper	30	1	Assembly / Owner's Manual
19	1	Upper Pulley Arm, Right			

BOX 2



Item	Qty	Description	Item	Qty	Description
31	2	Lower Grip Holder	37	6	Snap Hooks
32	1	Upper Pulley Shroud, Left	38	1	Upper Pulley Shroud, Right
33	1	Upper Front Shroud	39	6	Hand Grip, 1-D Ring
34	1	Lower Pulley Shroud, Left	40	1	Rear Shroud, Lower
35	1	Console Assembly	41	1	Lower Pulley Shroud, Right
36	1	Frame Assembly			



Item	Qty	Description	Item	Qty	Description
A	32	Socket Hex Head Screw, M8x1.25x20 Black	D	6	Flat Washer, M8x18 Black
B	32	Lock Washer, M8x14.8 Black	E	24	Truss Phillips Head Screw, M5x16 Black
C	14	Phillips Head Screw, M4.2x16 Black	F	6	Securing Ball

Note: Select pieces of Hardware have been provided as spares on the Hardware Card. Be aware that there may be remaining Hardware after the proper assembly of your machine.

Tools

Included



6mm



#2

Not Included



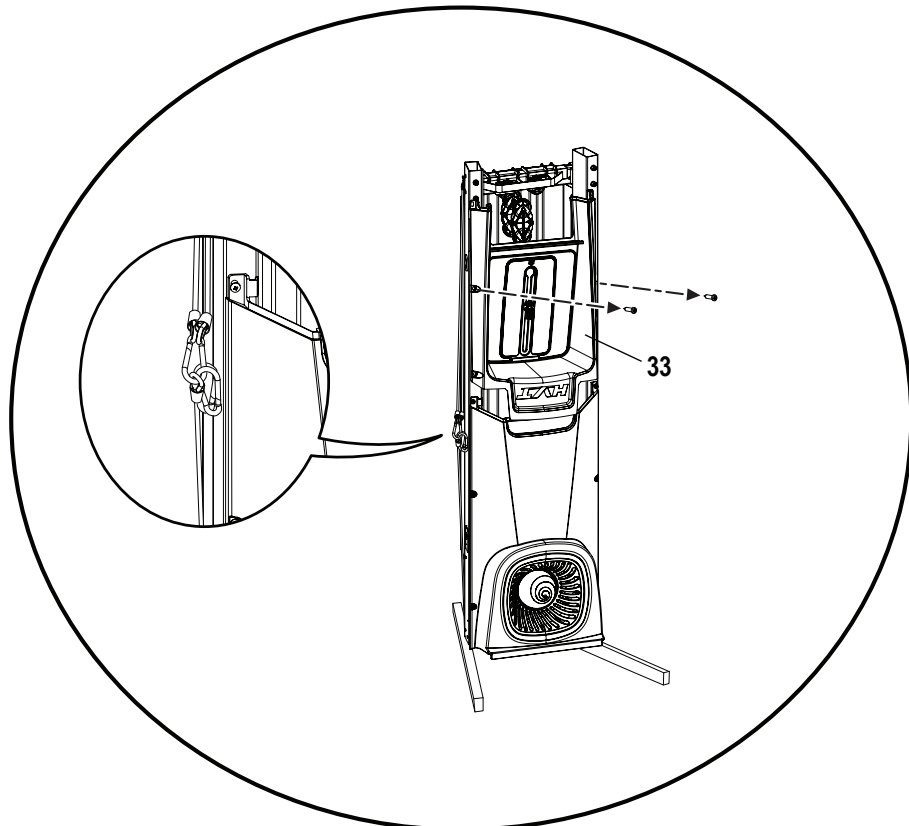
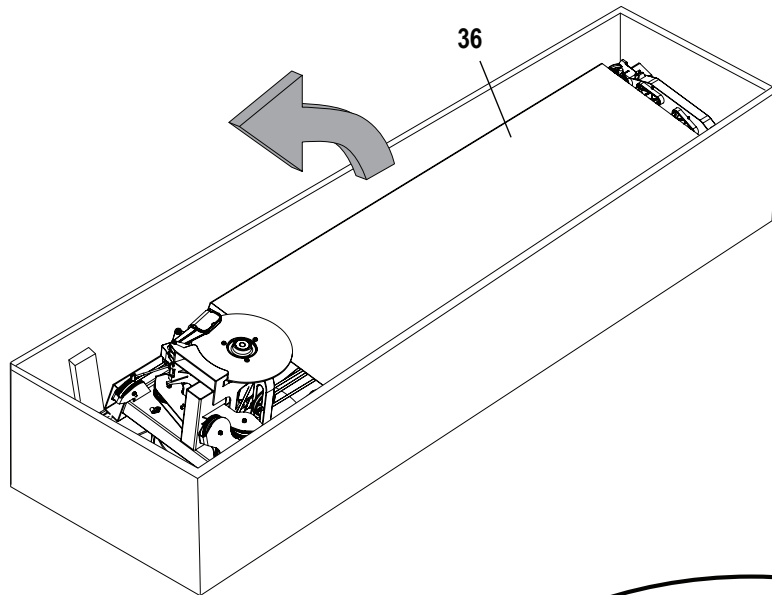
(recommended)

Assembly

1. Safely Remove the Frame Assembly from the Shipping Box and Stand Upright in the Intended Workout Area. Remove the Upper Shroud from Frame Assembly.

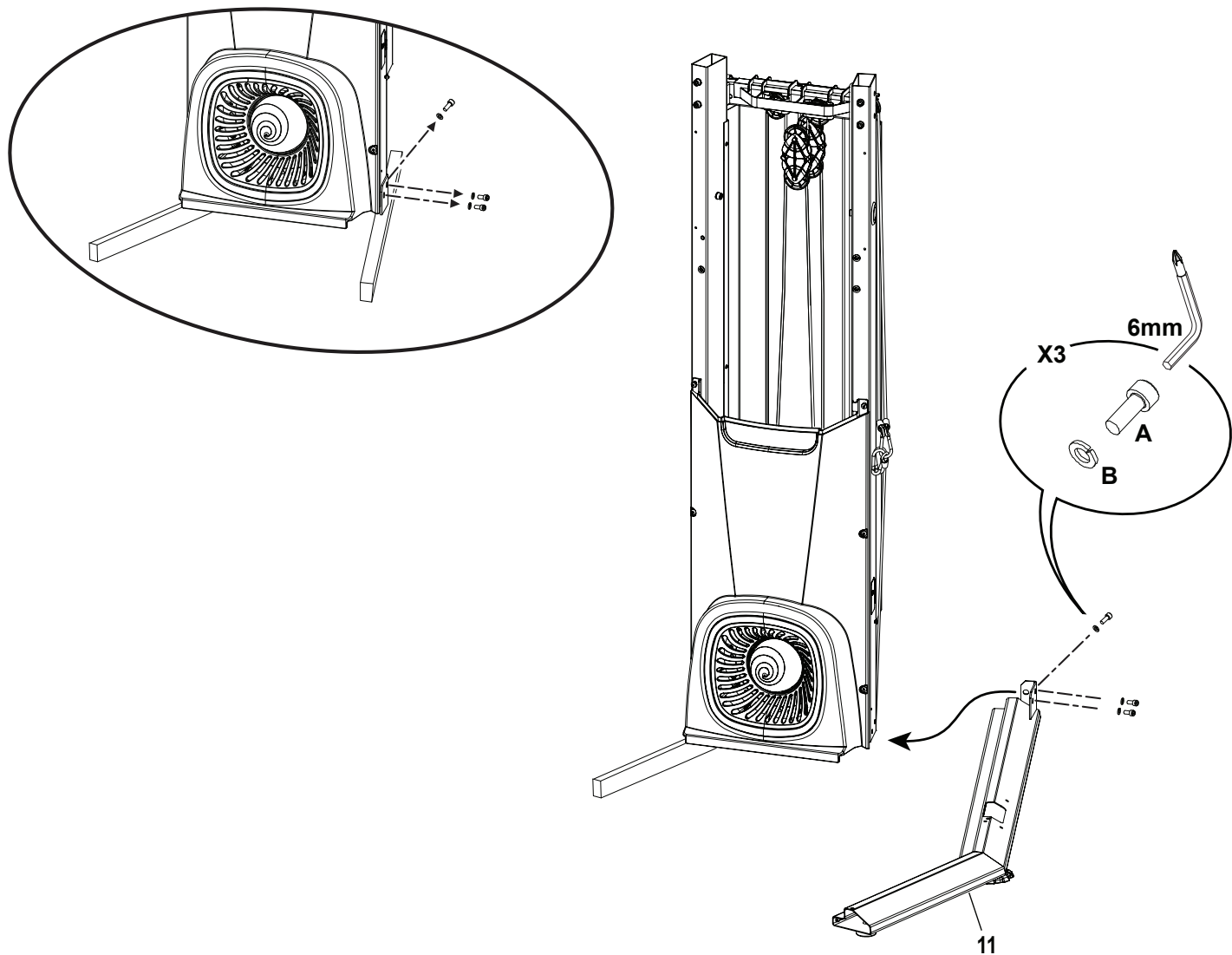
Note: Do not disconnect the indicated ropes and snap rings until instructed. Remove all the packaging from the parts to assist with assembly.

⚠ Some components of the machine can be heavy or awkward. Use at least 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.



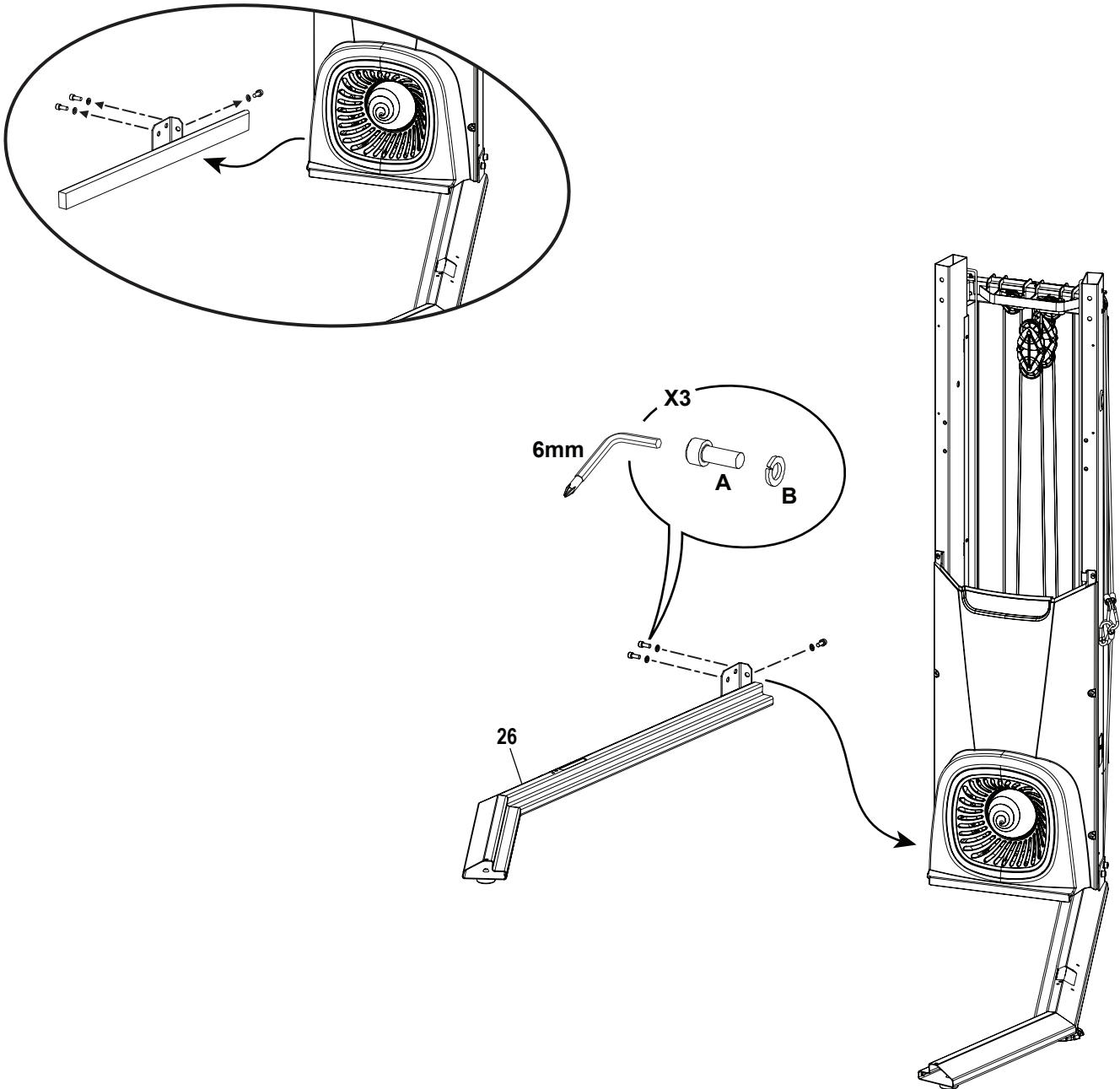
2. Safely Remove the Right Shipping Support and Attach the Right Platform Frame to the Frame Assembly

Note: Only finger-tighten the hardware until instructed to fully tighten. Be sure not to pinch the ropes during assembly.

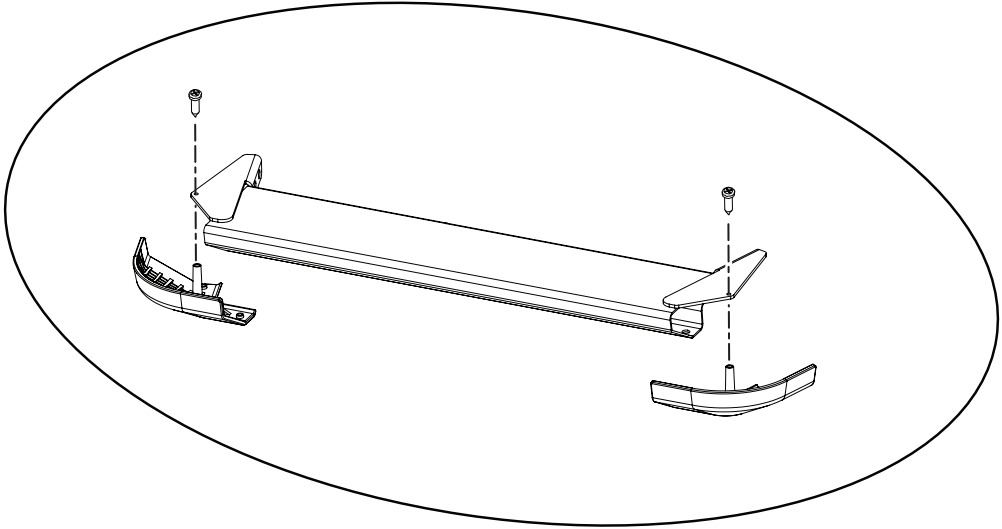
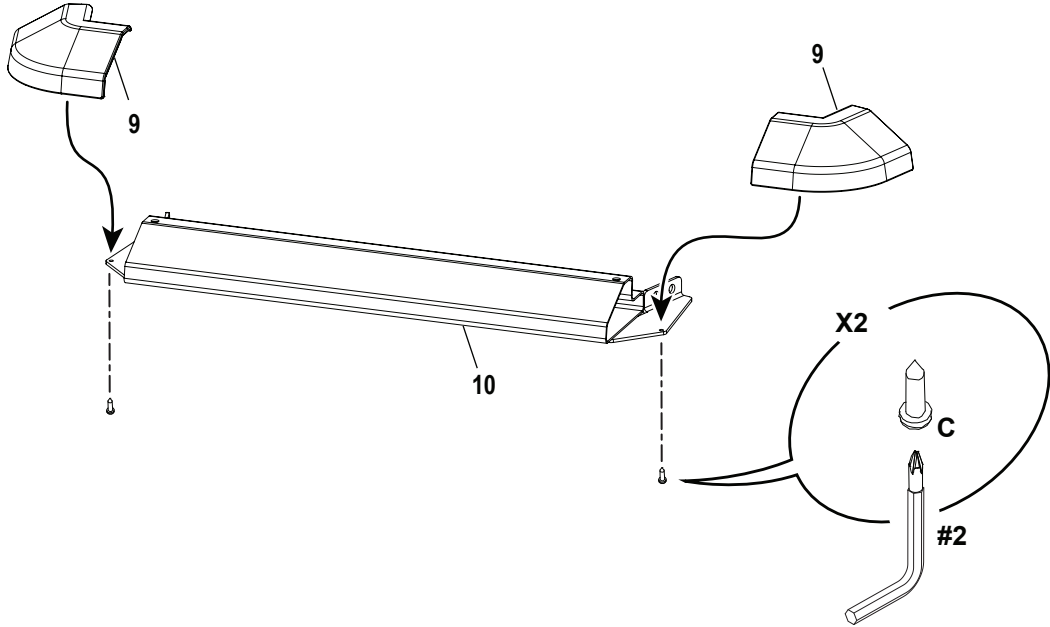


3. Safely Remove the Left Shipping Support and Attach the Left Platform Frame to the Frame Assembly

Note: Only finger-tighten the hardware until instructed to fully tighten. The Shipping Supports and attached hardware are not used on the final assembly, and should be disposed of according to your local regulations.

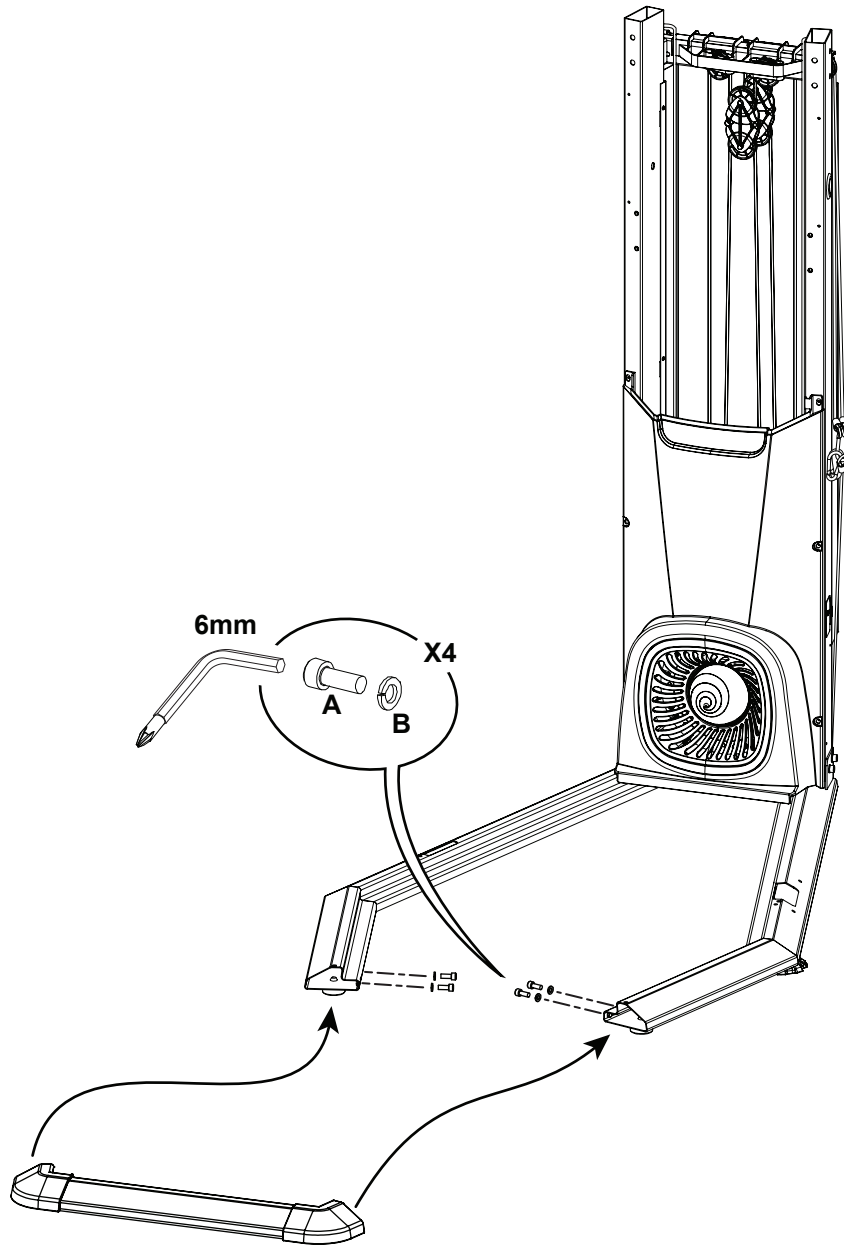


4. Flip the Front Platform Frame and Attach the Platform Corner Shrouds

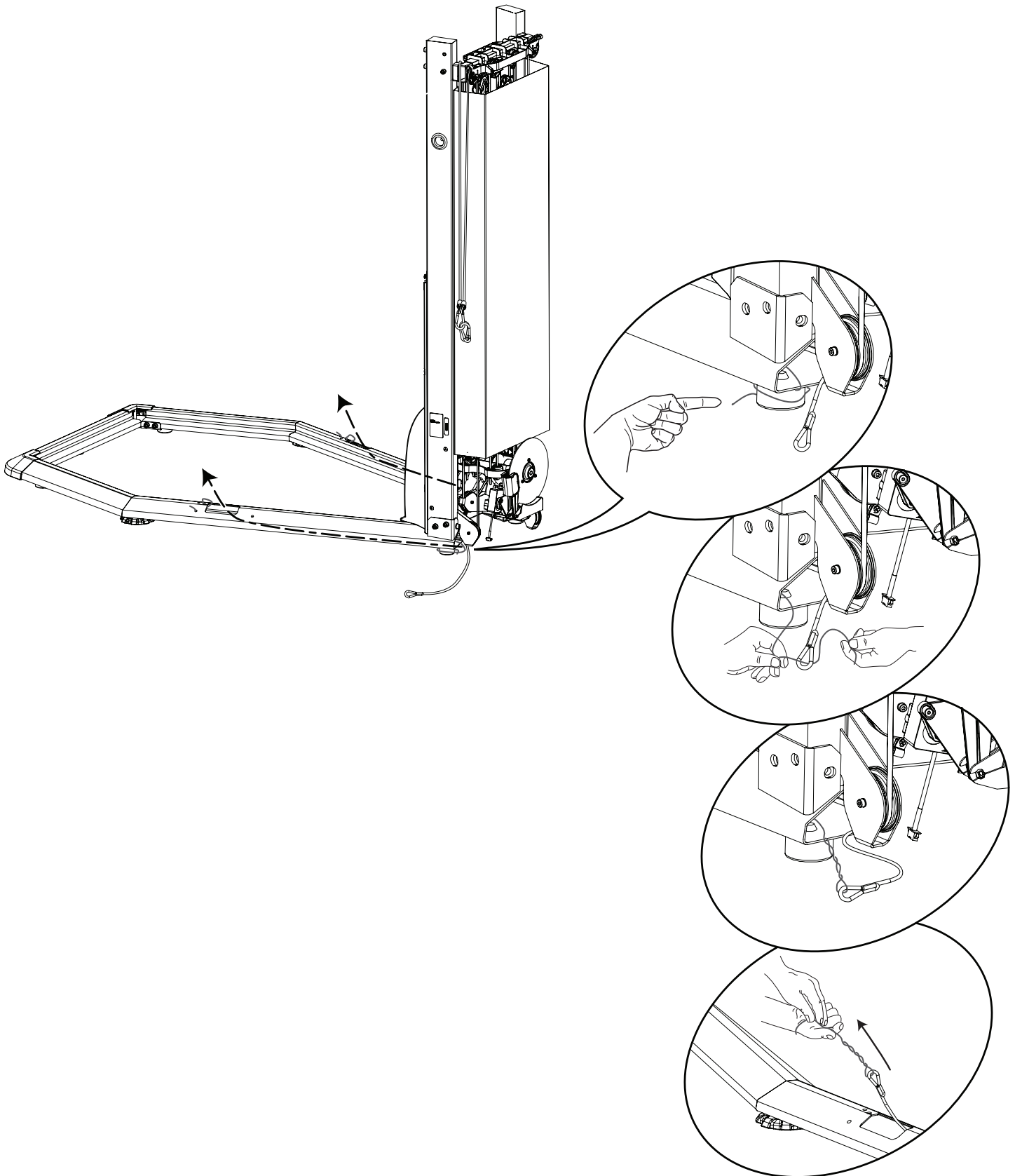


5. Attach Front Platform Frame Assembly to Platform Frames

Note: To assist with assembly, pivot the Front Platform Frame Assembly upward slightly until holes are aligned and install hardware.

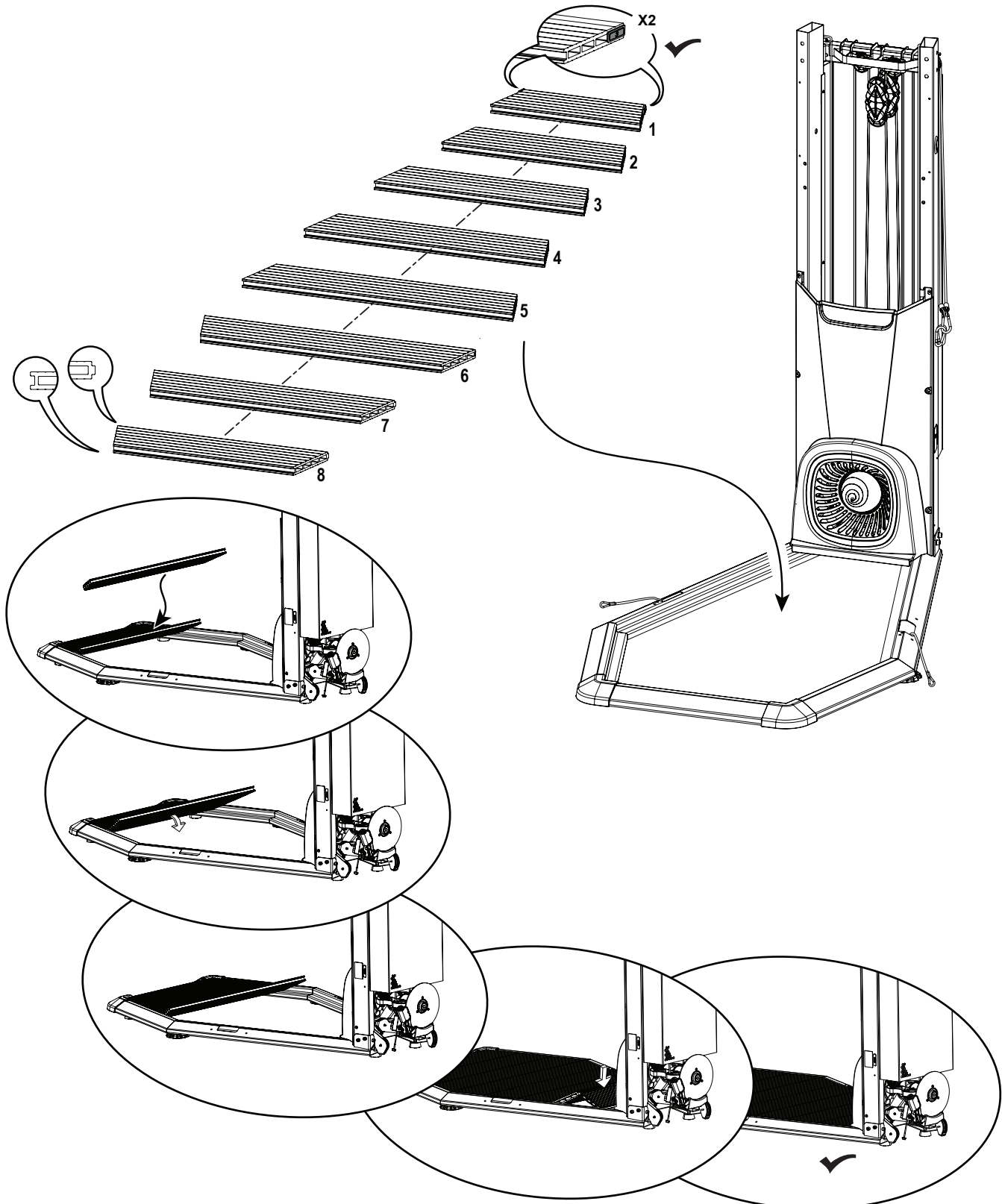


6. Release the Lower Ropes from the Snap Hooks and Route through the Platform Frames



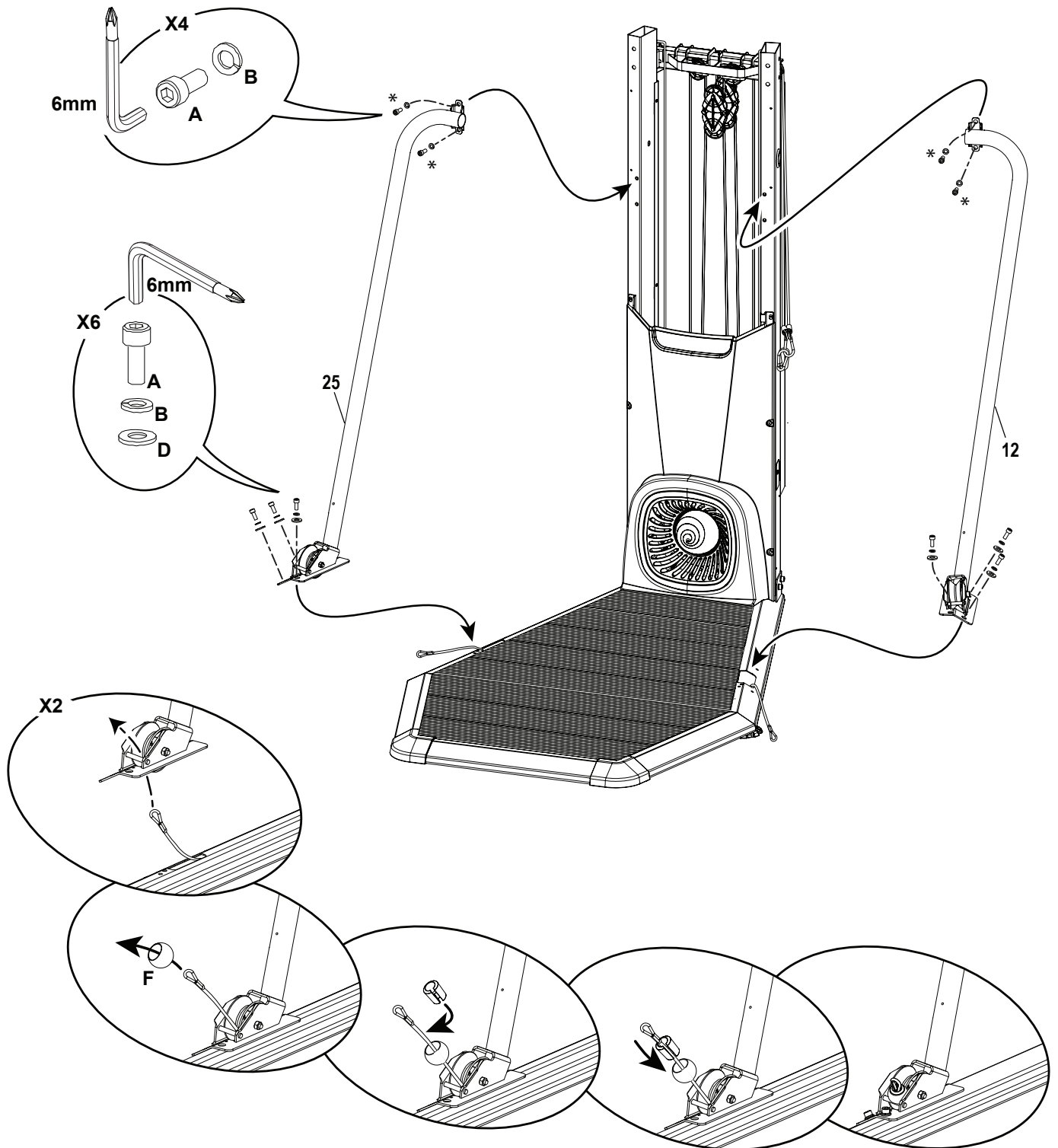
7. Pivot, Connect, and Place the Platform Decking into the Platform Frame Assembly

Note: Start with the piece marked "8" and work toward the Frame Assembly. With the initial piece pivoted up and toward the Frame Assembly, insert the tab of the next piece and pivot the initial piece downward. With the last two pieces (marked "1" and "2"), place them so they form a 'v' in the Platform Frame. With your foot centered on the piece marked '2', push downward to set into place.

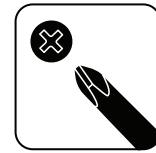


8. Route the Lower Rope and Attach the Support Arms and Securing Ball

Note: Route Lower Rope through the Support Arm. Then attach the upper hardware first (*). Only finger-tighten the hardware until instructed to fully tighten. Attach Securing Ball to Rope and remove the routing wire. Start the rope through the oval opening of the securing ball, and pull out of the round opening.

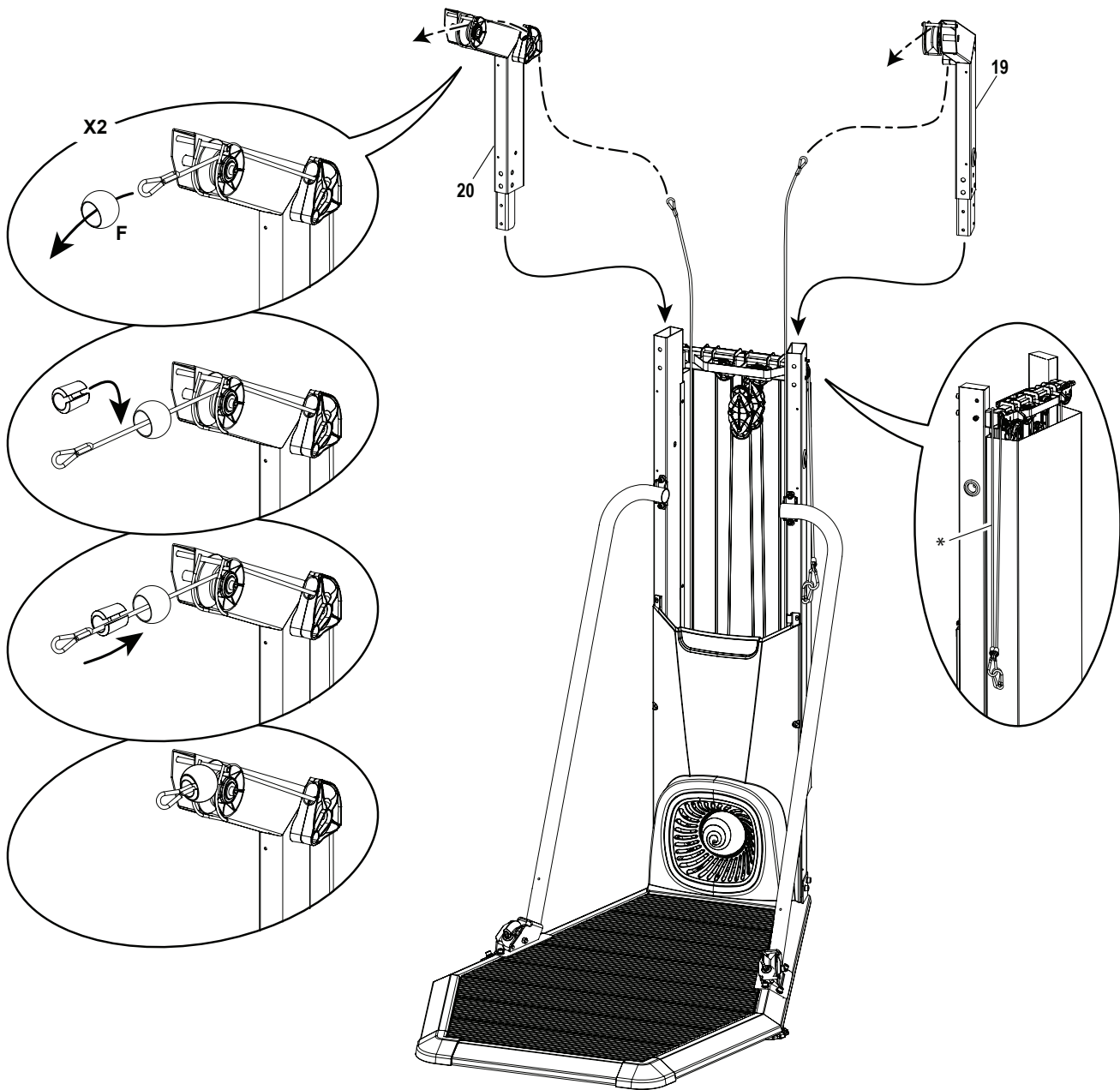


9. Tighten All Hardware from Previous Steps



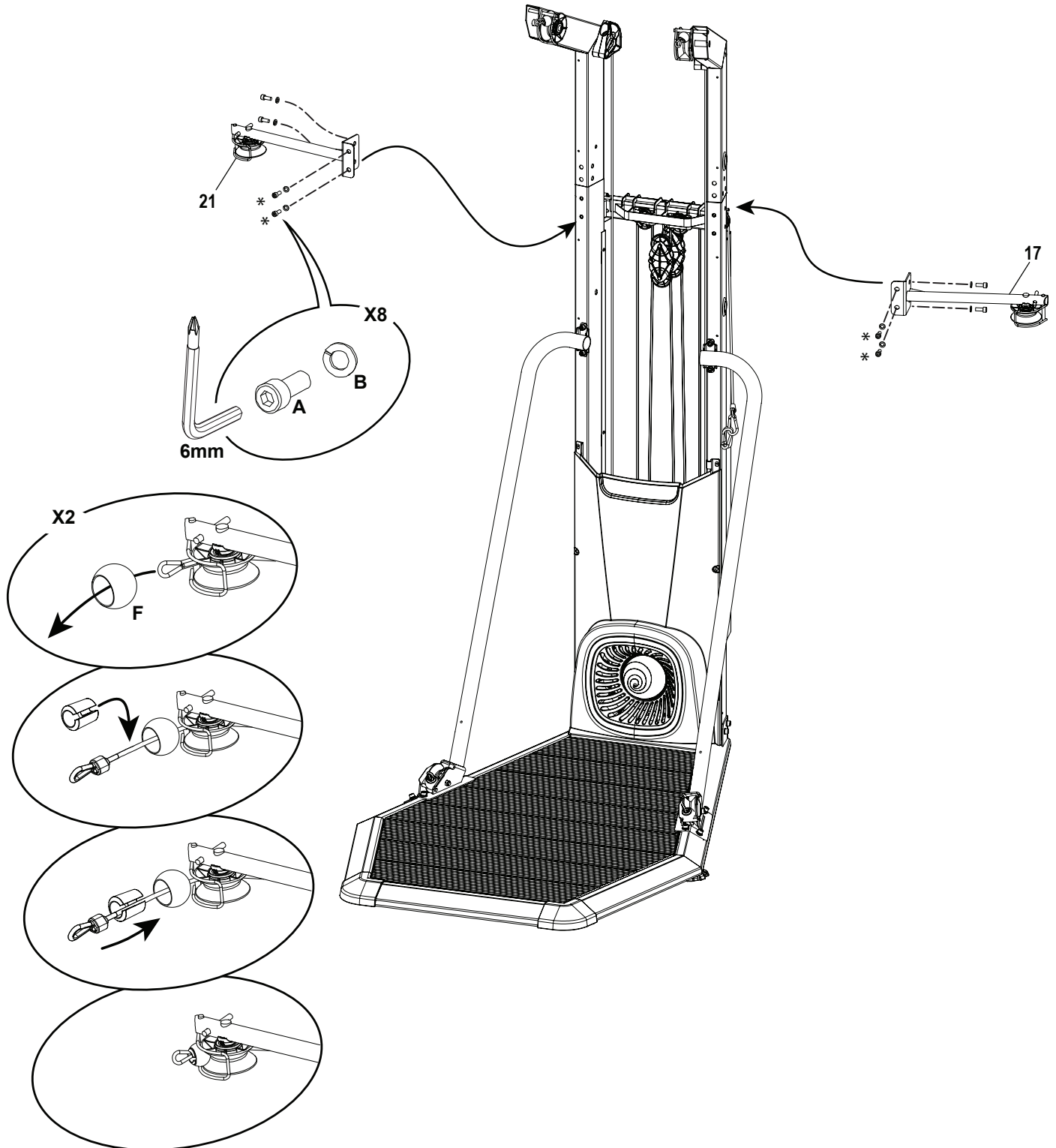
10. Disconnect the Ropes and Route the Front Rope (*) through Upper Pulley Arms and Insert to Frame Assembly

Note: Attach a securing ball to the end of the rope after routing. Start the rope through the oval opening of the securing ball, and pull out of the round opening.



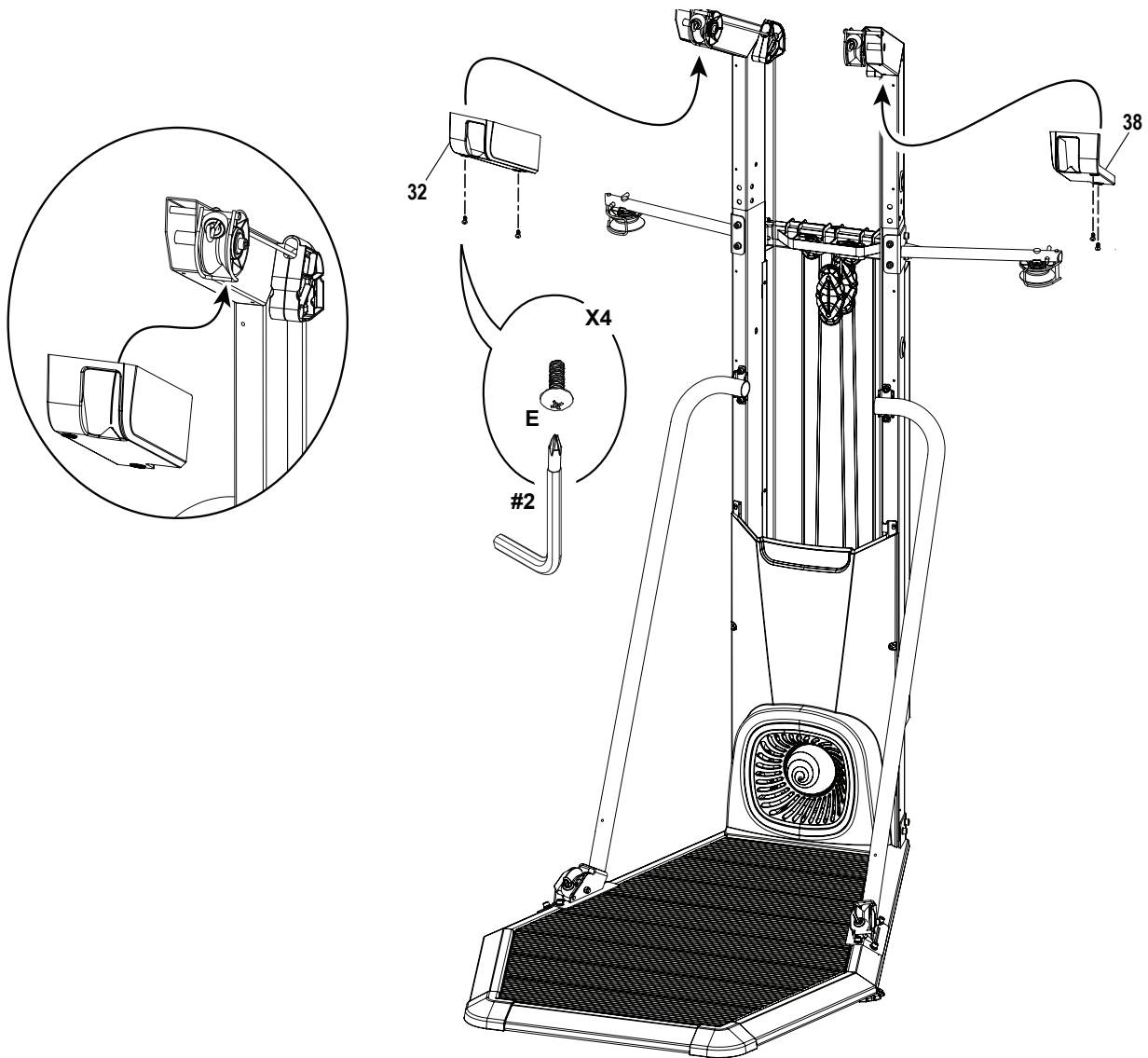
11. Attach the Middle Pulley Arms and Route the Middle Ropes

Note: The parts have a right (" R ") and left (" L ") mark to assist with assembly. If necessary, push the Upper Pulley Arms toward the back to align the side hardware openings. Attach front hardware first (*). Do not fully tighten until all hardware has been started. Attach a securing ball to the end of the rope after routing. Start the rope through the oval opening of the securing ball, and pull out of the round opening.

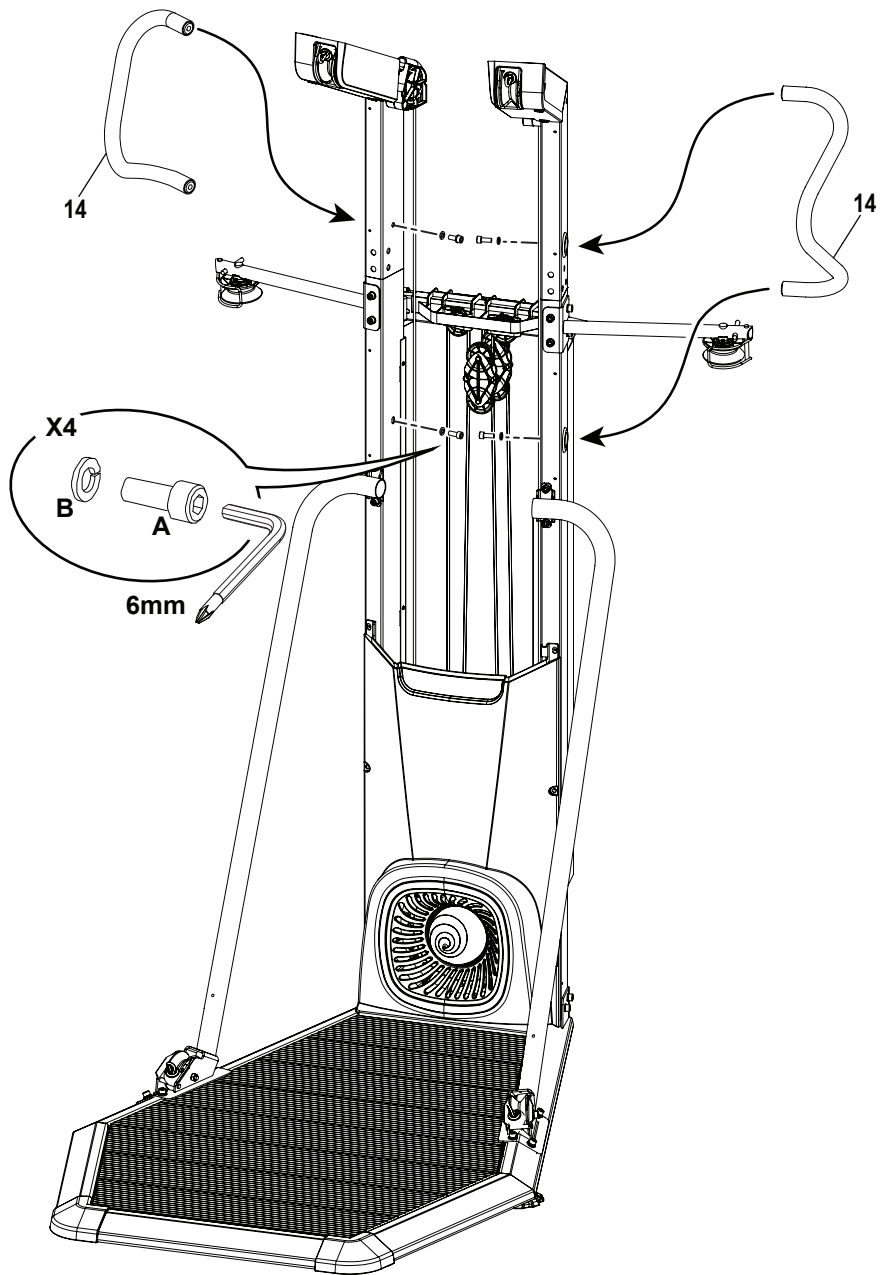


12. Attach Upper Pulley Shrouds to Upper Pulley Arms

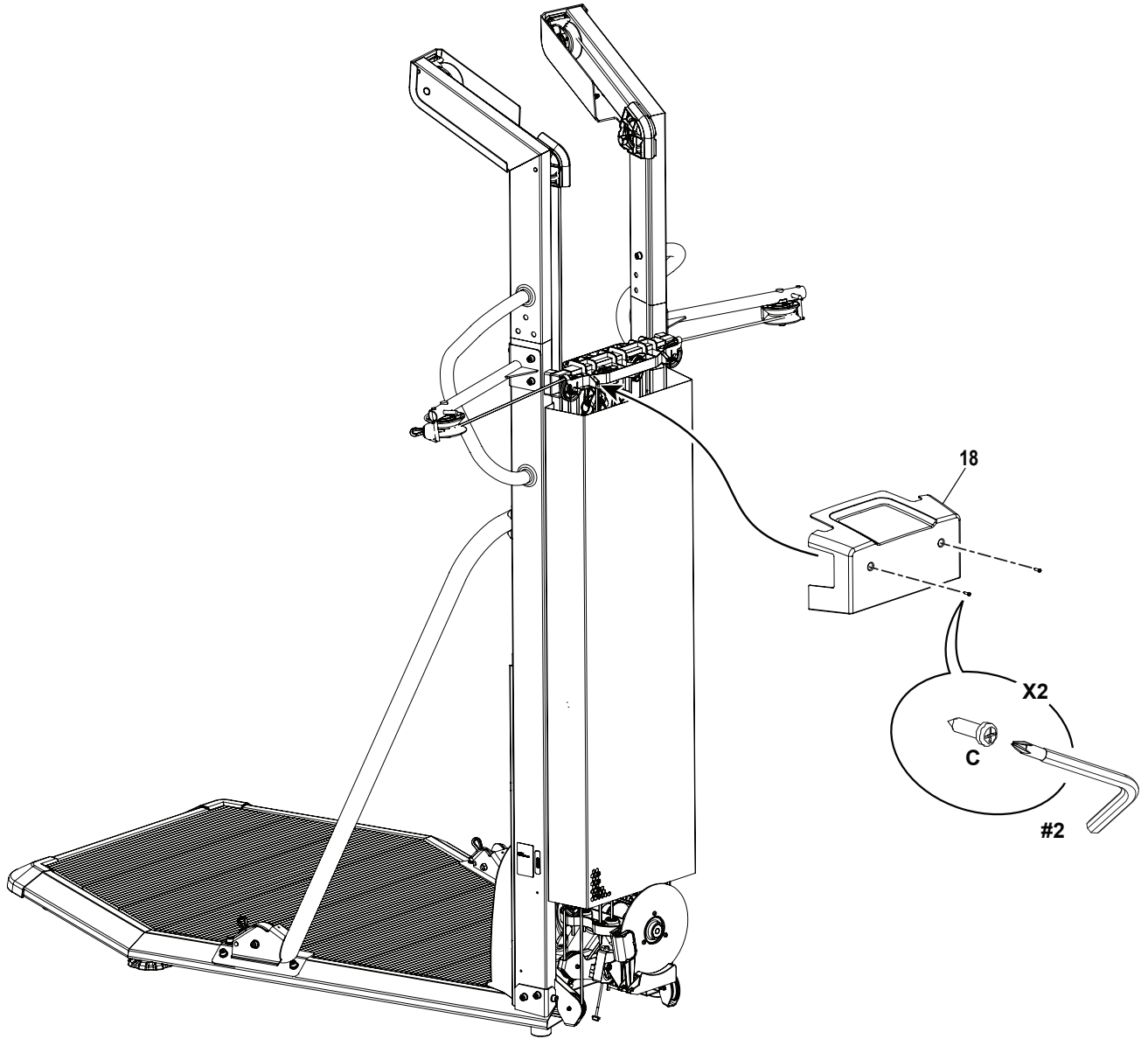
Note: Be sure the tab on the Upper Pulley Shroud is behind the securing ball cage. Fully tighten this hardware and future hardware unless specifically instructed not to tighten.



13. Attach the Handlebars to the Frame Assembly

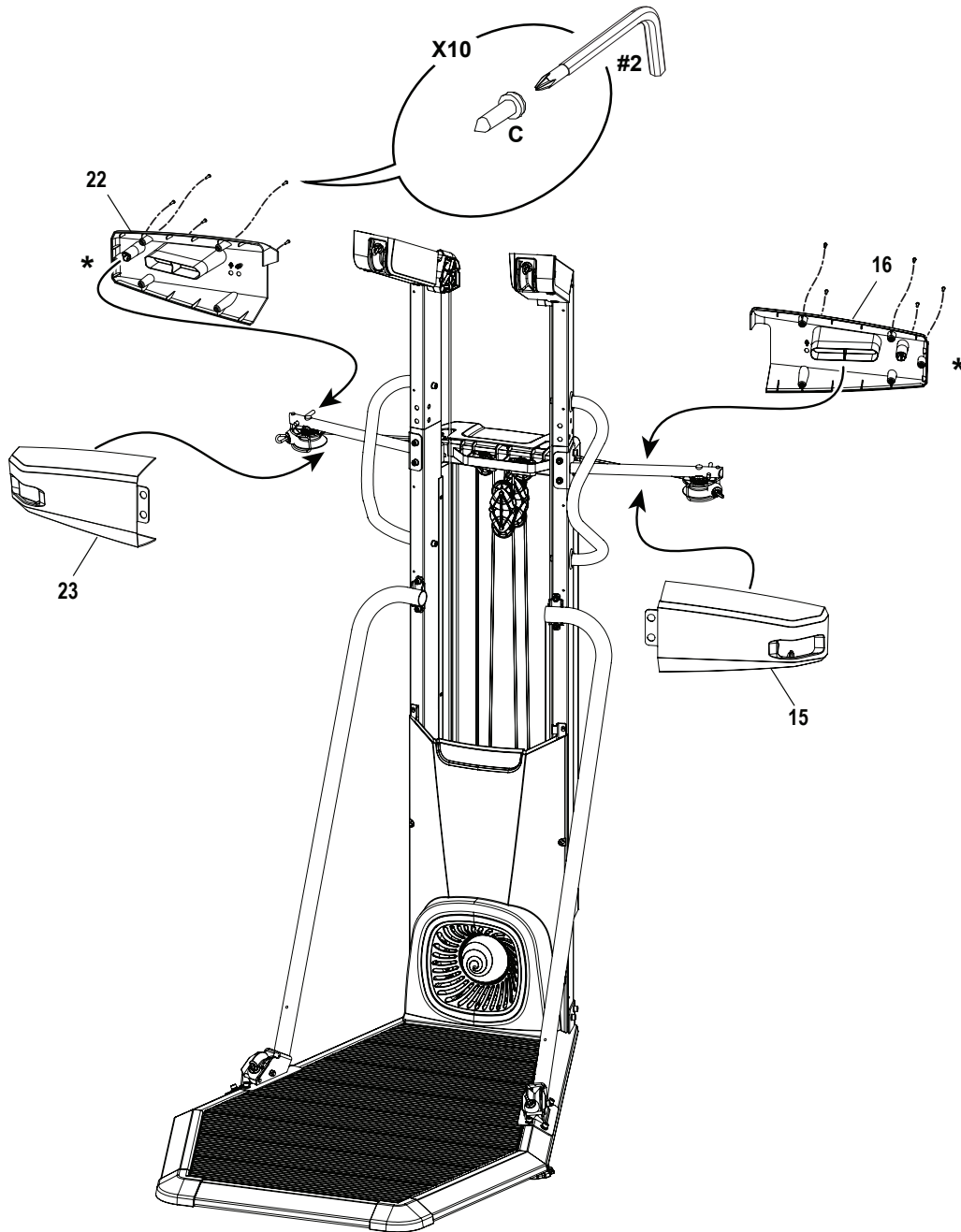


14. Attach Upper Rear Shroud to Frame Assembly



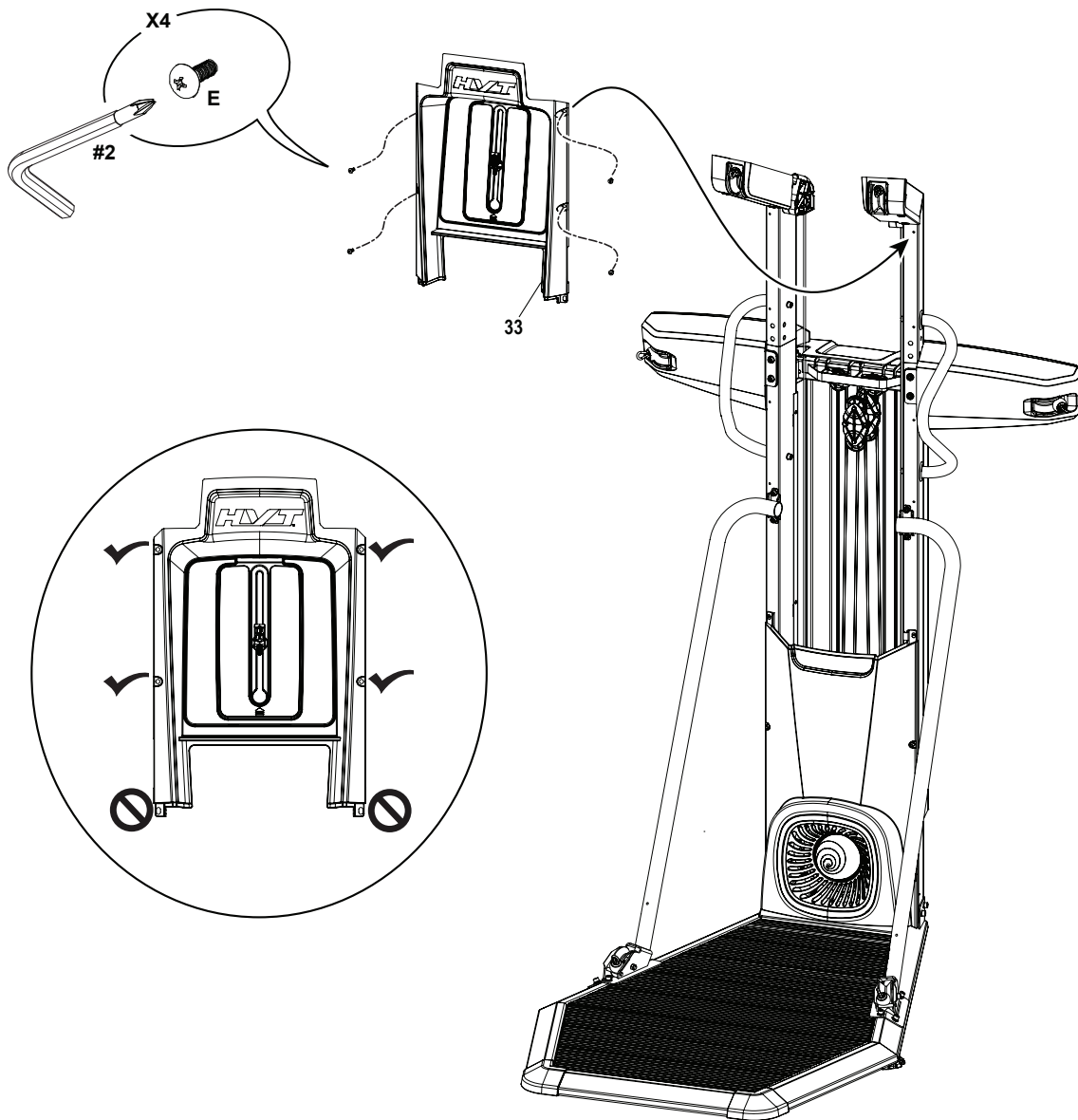
15. Attach the Middle Pulley Shrouds to the Frame Assembly

Note: The parts have a right (" R ") and left (" L ") mark to assist with assembly. Snap the Rear Shrouds onto the Middle Pulley Assemblies first (*).



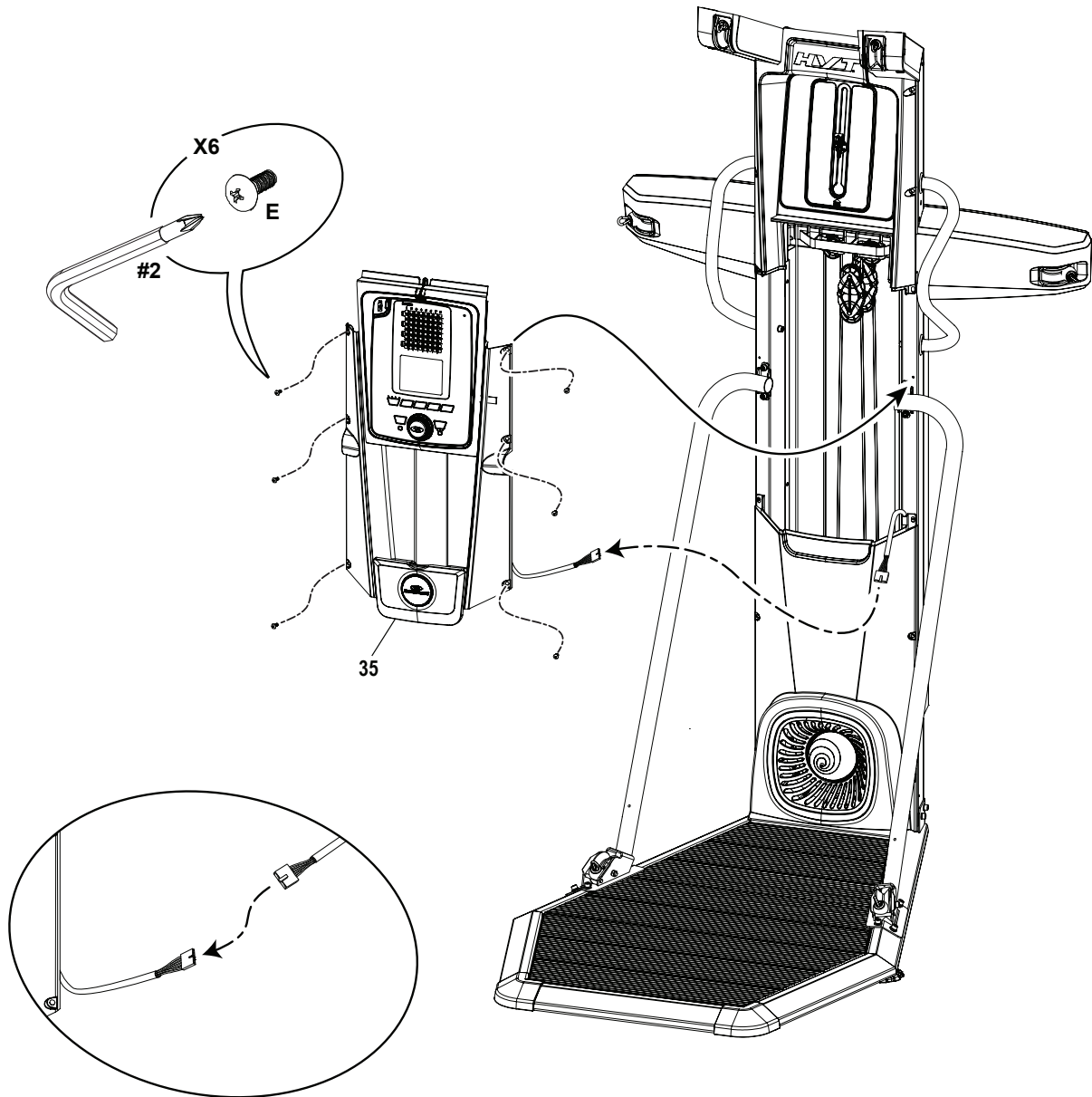
16. Attach Upper Shroud to Frame Assembly

Note: Do not install hardware in the lower openings. Do not fully tighten hardware until instructed.

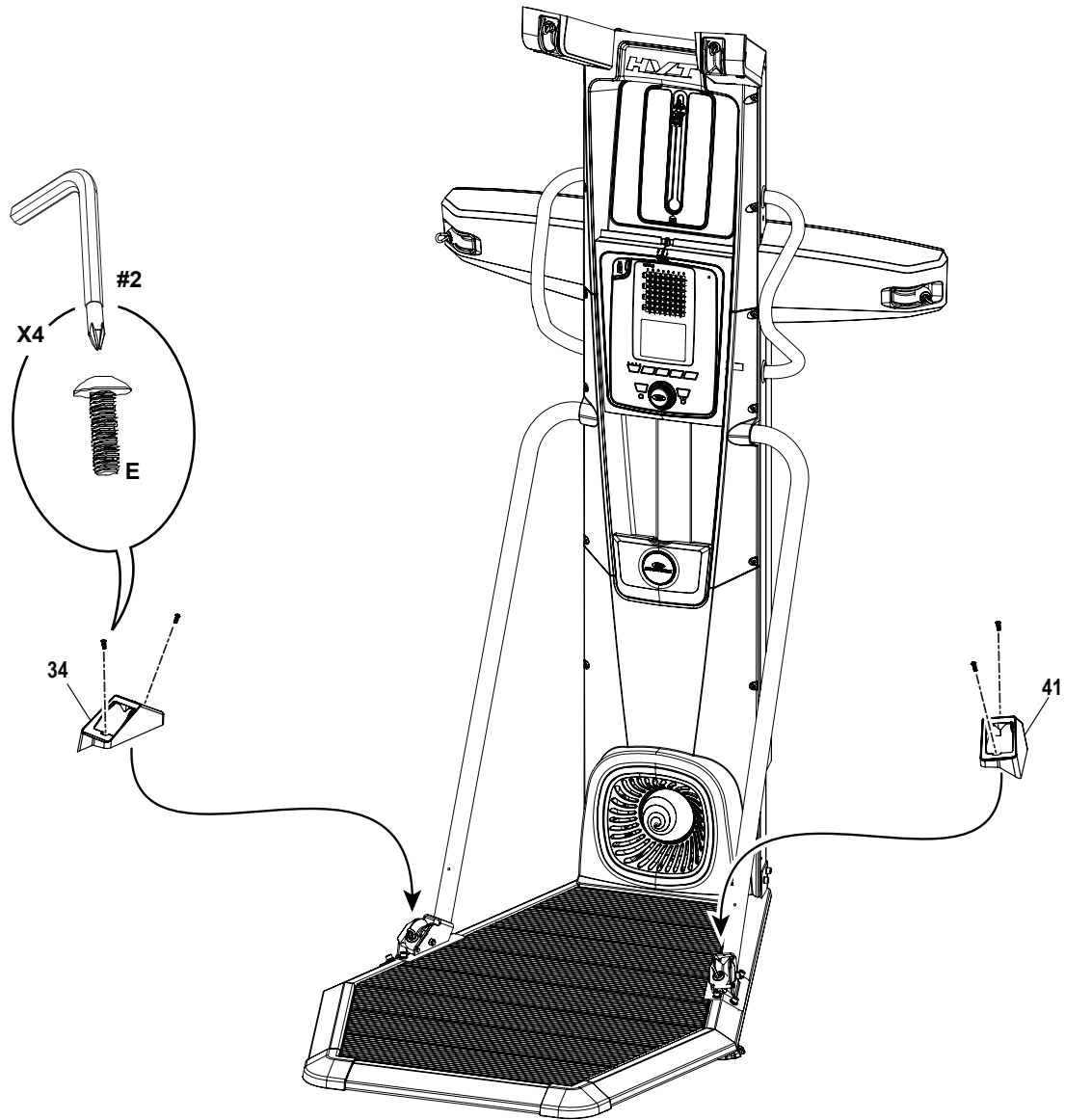


17. Connect the Cables and Attach the Console Assembly to Frame Assembly

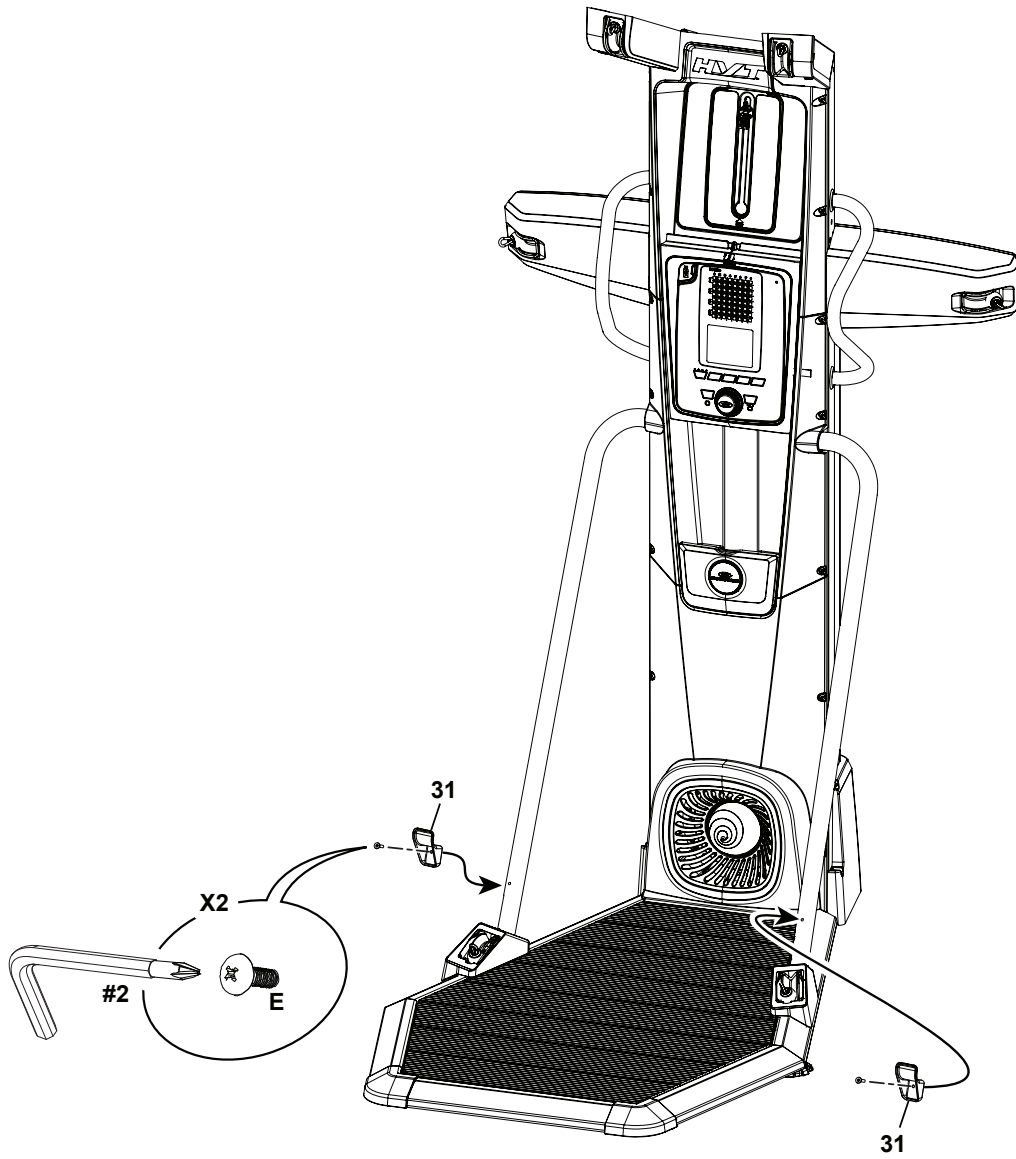
Note: Do not crimp the Cables. Tighten all hardware from previous steps.



18. Attach Lower Pulley Shrouds to Frame Assembly

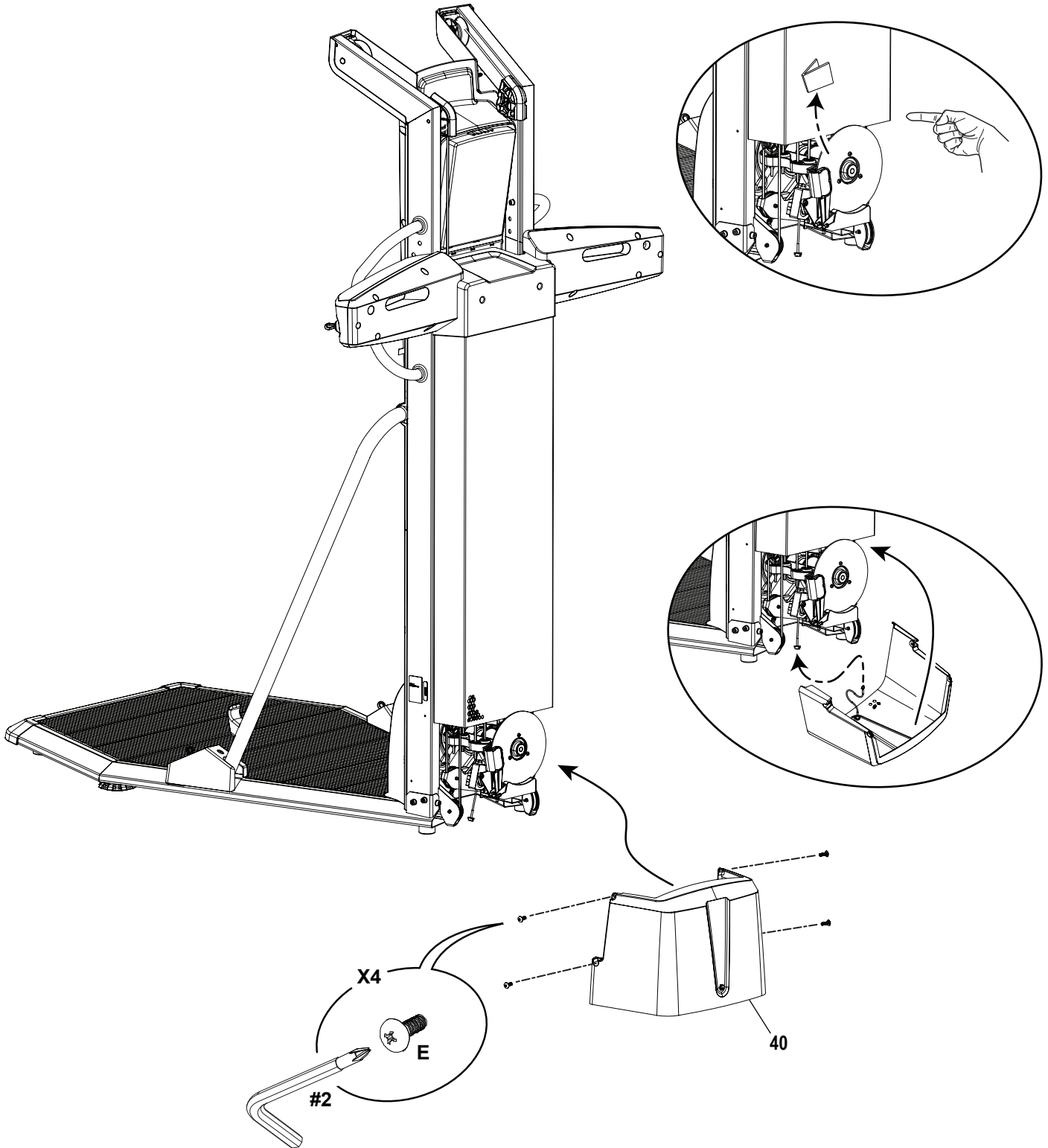


19. Attach Lower Grip Holders to Frame Assembly



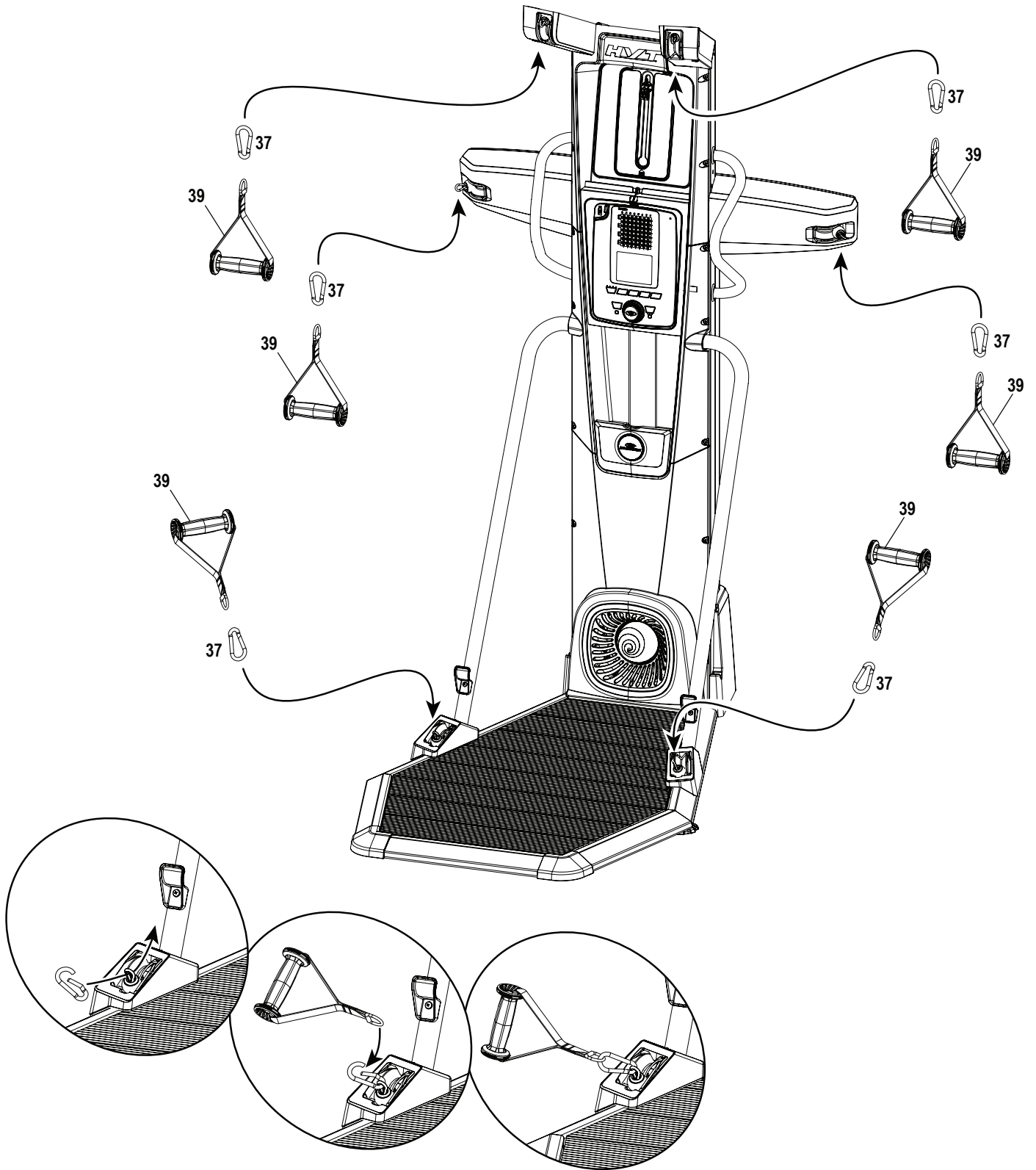
20. Connect the Power Input Cables and Attach the Lower Rear Shroud to Frame Assembly

Note: Be sure to remove any shipping cardboard before attaching the Rear Shroud. Do not crimp the Cables.



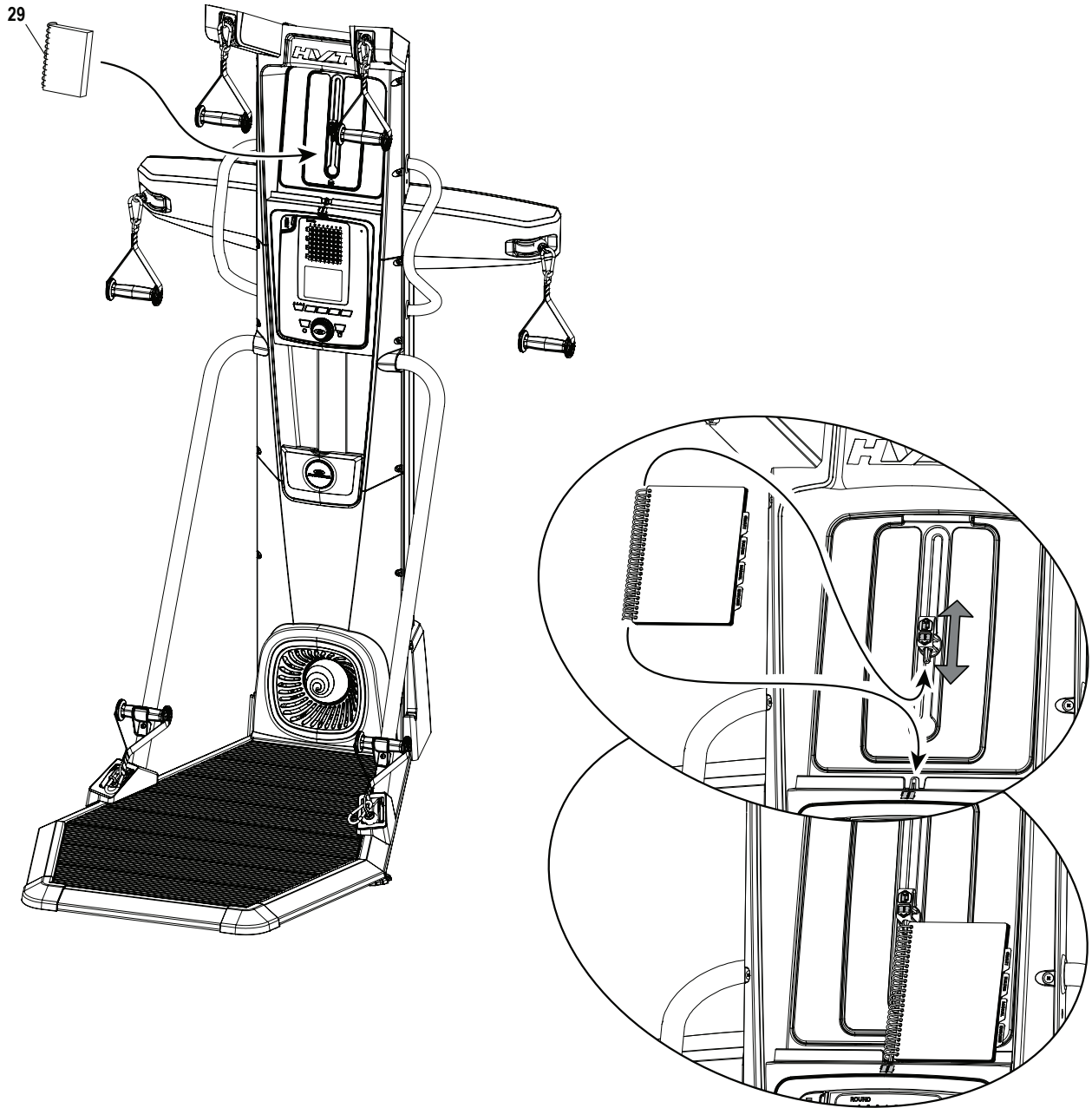
21. Carefully Attach Hand Grips to Ropes

Note: Be sure to keep your hands away from the snap hooks when attaching the Hand Grips.



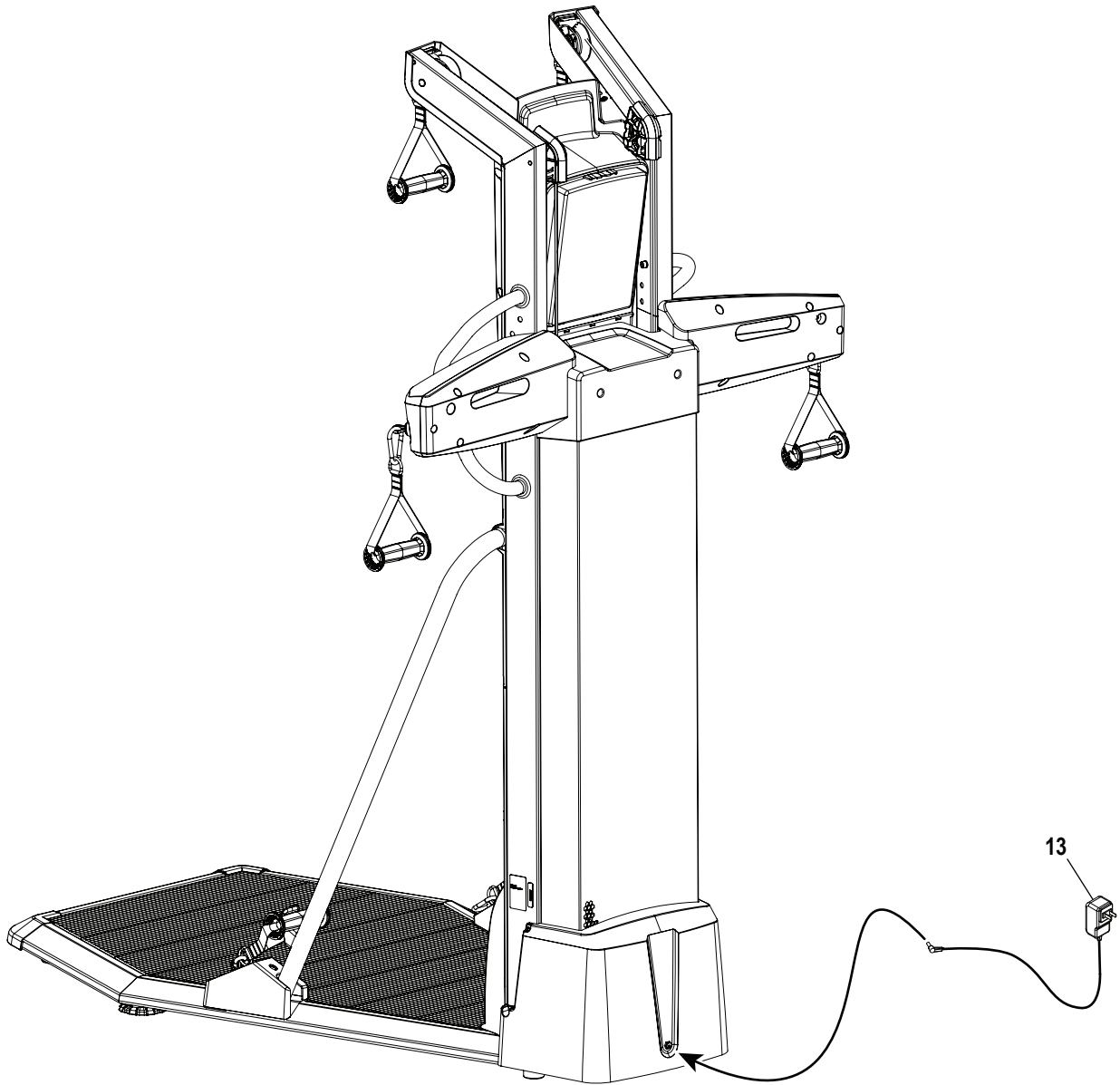
22. Secure the Training Guide to the Media Tray on the Upper Shroud

Note: Insert the Pointed Tabs into the spiral binding of the Training Guide. The Securing Clasp can be adjusted and rotated as necessary. When placed properly, the Training Guide should be easily opened and the pages easily turned.



23. Attach Power Adapter to Frame Assembly

Note: Do not crimp the Cables.



24. Final Inspection

Inspect your machine to ensure that all hardware is tight and components are properly assembled. Recycle or discard the Shipping Supports and excess hardware according to your local regulations.

Be sure to record the serial number in the field provided at the front of this manual.

! Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Owner's Manual.

Moving and Storing the Machine

! Do not move the machine without aid. Injury to you or damage to the machine can occur.

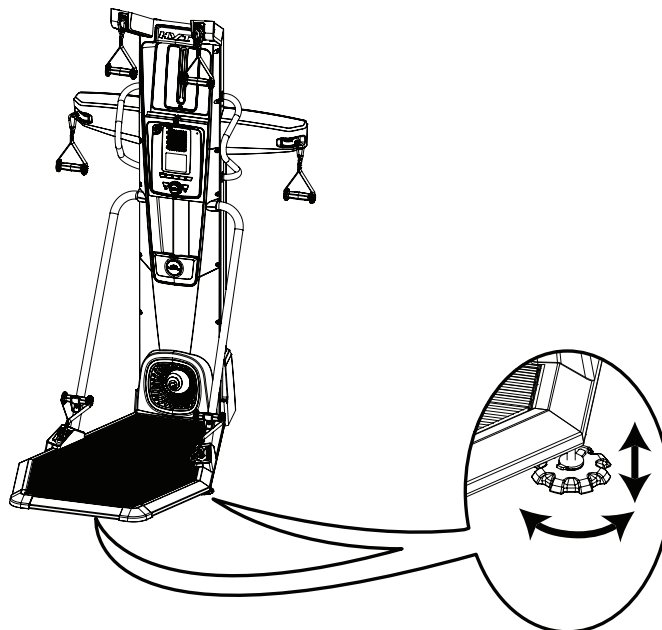
1. Remove the power adapter and hand grips, and place in a secure location.

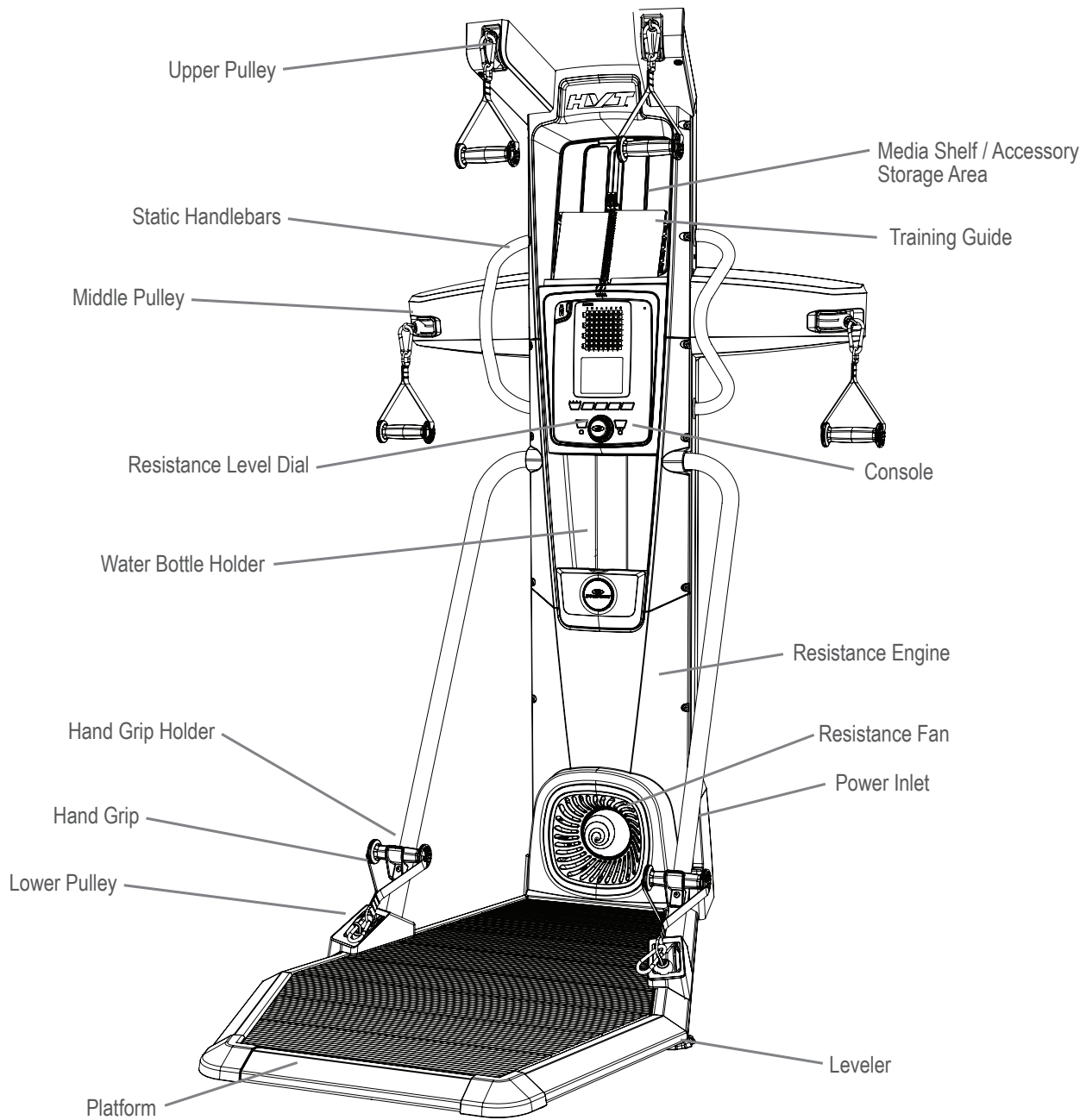
Leveling the Machine

The machine needs to be leveled if your workout area is uneven. To adjust:

1. Place the machine in your workout area.
2. Adjust the levelers until they all contact the floor.

! Do not adjust the levelers to such a height that they detach or unscrew from the machine. Injury to you or damage to the machine can occur.





⚠ WARNING

Use the values calculated or measured by the machine's computer for reference purposes only. The heart rate displayed is an approximation and should be used for reference only. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.

Pulleys

The Bowflex® HVT™ machine has three different pulley positions: Upper, Middle and Lower. Each exercise uses the hands grips attached to the specific pulleys to affect the intended muscle group.

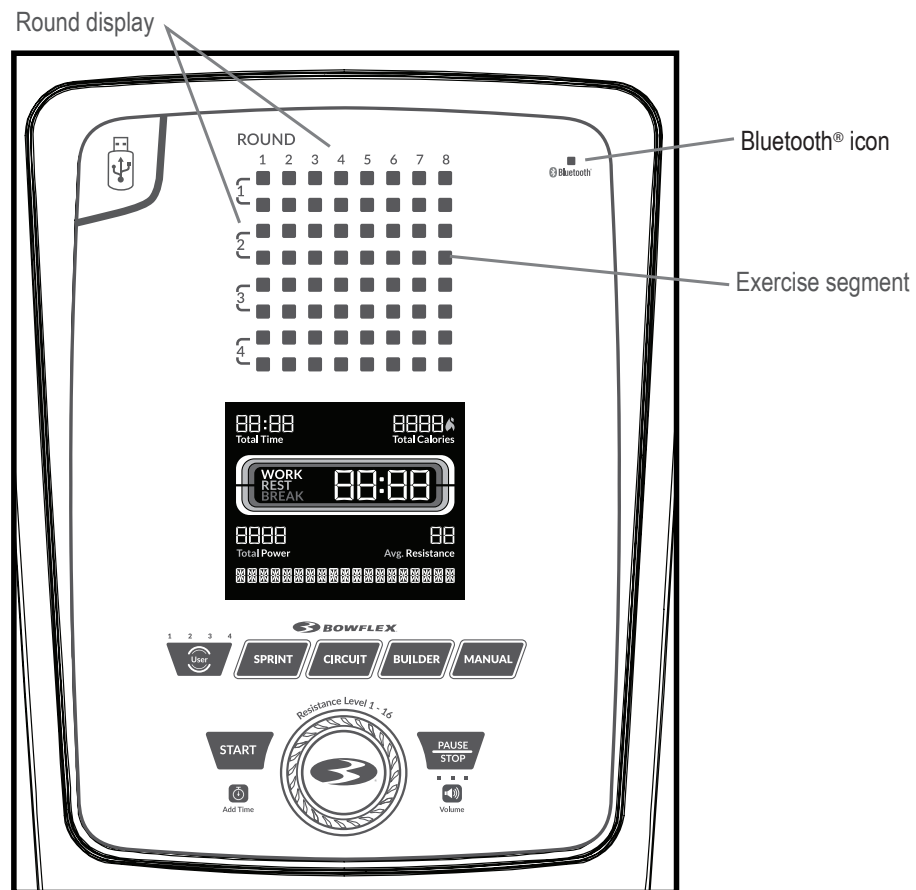
Platform

The Platform is a slightly raised stage defining the workout area. Most of the exercises involve the user being fully on the Platform. If required to perform an exercise, the user can step off the platform with one foot but must stay within the Workout area. At least one foot must be kept on the Platform during a workout. Be prepared for the step down from the Platform.

Note: If necessary, grab onto the Static Handlebars for stability.

Console Features

The Console provides information about your workout on the display screen.



Bluetooth® icon

The Bluetooth® icon is displayed when a Bluetooth® enabled device is connected to the Console.

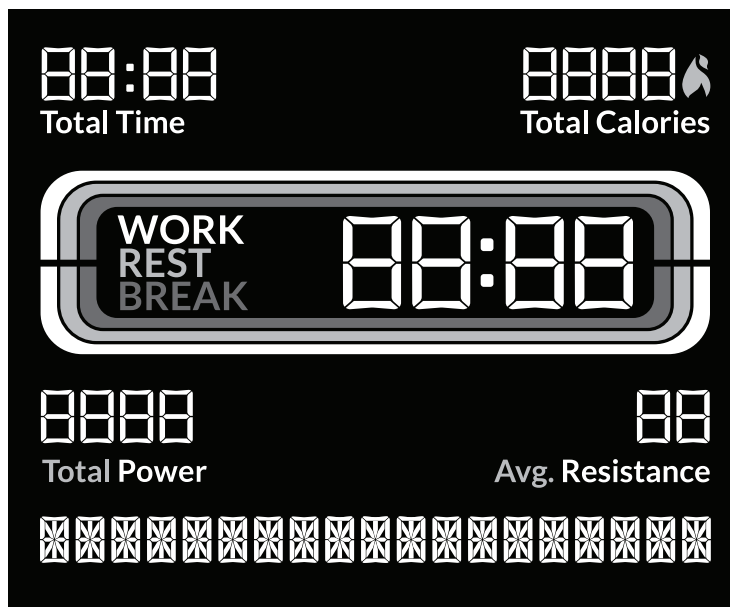
Round display

A Round is a series of exercises presented in a specific order for each Workout Program. Each Workout Program has a minimum number of Rounds. At the end of each Round during a SPRINT or CIRCUIT Workout Program, a Break segment is provided before the next Round.

Note: The MANUAL Workout Program does not contain Rounds since it is an open-ended Workout Program.

Exercise segment

Each segment on the Console is a specific exercise for the Workout Program. Exercise segments with matching colors are the same exercise for that Workout Program.



Total Time display

The Total Time display shows the length of time for the selected Workout Program. The maximum time is 99:59 minutes.

Total Calories display

The Total Calories display shows the estimated calories that have been burned during a workout. The maximum display is 9999.

Active Exercise Segment Timers:

Work display

The Work, or active, segment for each exercise counts down to the next segment.

Rest display

The Rest segment counts down to the next Work segment. During rest, review the stance, hand grips, and motion for the next exercise.

Break display

The Break, or recovery, segment is at the end of a Round during a SPRINT or CIRCUIT Workout Program.

Total Power display

The Total Power display shows the Power score for the selected User. The maximum display is 9999.

Resistance display

The Resistance display shows the current Resistance level (1-16). The higher the level, the more resistance is applied to the fan.

Heart Rate (if supplied)

The Heart Rate display shows the heart rate in beats per minute (BPM) supplied by a remote heart rate monitor. The Console will replace the name of the Program with the Heart Rate value when one is detected for more than 30 seconds.

⚠ 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. The heart rate displayed on the console is an approximation and should be used for reference only.

Keypad Functions

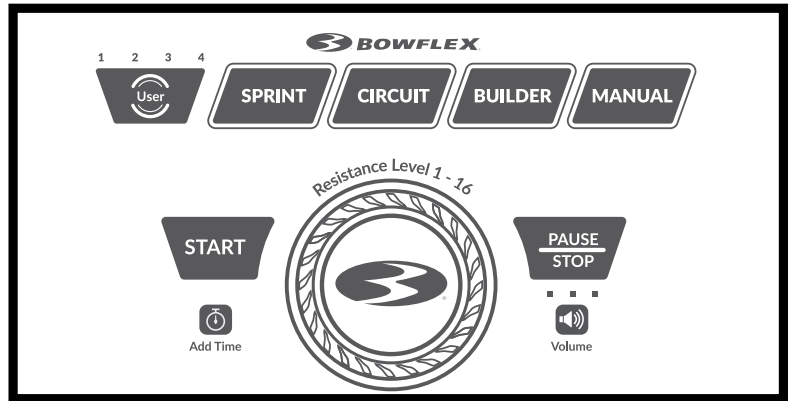
User button

Push to select the desired User Profile, push and hold for 3 seconds to edit the selected User Profile.

Active User display

The Active User display shows the selected User Profile. A User Profile is always selected.

Note: For a more accurate calorie count, be sure to edit your User Profile.



Workout Program buttons

Push the desired Workout Program button to select the program (SPRINT, CIRCUIT, BUILDER, or MANUAL). The illuminated light around the button shows the currently selected program. A Workout Program is always selected.

START button

From the Power-Up/ Current Workout Program screen, begins the selected Workout Program or resumes a paused workout.

Resistance Level dial

Turn the dial to adjust a value (resistance level, units, weight, auto resistance, or erase workouts), and push it to accept a value. Clockwise will increase a value, counter-clockwise will decrease a value.

PAUSE/STOP button

Pauses an active workout, ends a paused workout, or goes back to the previous screen.

Add Time button

Increases the time by adding an additional Round to the workout. The length of time added depends on the Workout Program (SPRINT: 4:50 minutes, CIRCUIT: 5:25 minutes, BUILDER: 4:30 minutes).

Note: The Add Time button is disabled for MANUAL workouts.

Volume button and indicator lights

The Volume button sets the sound level of the Console, and the indicator lights show the current setting; low (1 LED), medium (2 LEDs), high (3 LEDs), or off (no LEDs).

Training Guide

The Training Guide coaches the user through the three core Workout Programs, and contains all the exercises available with the Bowflex® HVT™ machine. Each of the Workout Programs have been designed to take full advantage of the Bowflex® HVT™ machine.

The Training Guide presents each exercise with the specific stance, pulley, grip, and motion to engage the intended muscle group in a certain orientation. Since each Workout Program has a specific focus, the order of exercises performed is important. Perform the exercises in the order recommended by the Workout Program. Follow along with the Training Guide for the descriptions, hints and photographs of each exercise.

Place the Training Guide on the media shelf to be an easy reference during a workout. Use the Workout Program tabs to quickly locate the start of the program. The order and color of the Exercise segments on the Console match the exercises in the Guide.

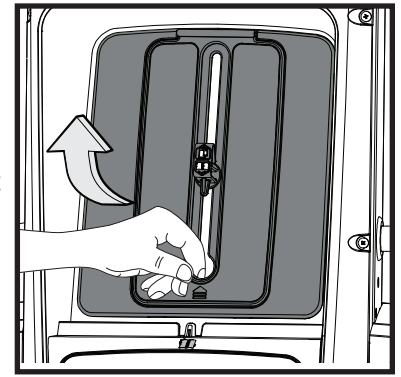
Note: If desired, a smart device with the Bowflex® HVT™ App can be used in place of the Training Guide. Refer to the “Bowflex® HVT™ Software App” section on how to use the Software App with your smart device.

⚠ Exercise on this machine requires coordination and balance. Be sure to anticipate that changes to resistance level can occur during workouts, and be attentive in order to avoid loss of balance and possible injury. Grab onto the Static Handlebars to stabilize yourself at any moment.

Accessory Storage Area behind Media Shelf

When the Bowflex® HVT™ machine is not in use, place the Training Guide inside the Accessory Storage Area. The Accessory Storage Area is within the Upper Shroud behind the Media Shelf. With nothing on the Media Shelf, lift and pull outward the Media Shelf backing.

The clasp can be rotated to hold the Training Guide by inserting it into the spiral binding, or rotate and adjust to the height of the device you have on the Media Shelf.



Connectivity on your fitness machine

This fitness machine is equipped with Bluetooth® connectivity and can wirelessly connect with the “Bowflex® HVT™” Software Fitness App on supported iOS and Android™ devices. When connected with the Software App, the Bluetooth® icon will activate. If the icon light is not on, then the fitness machine is not connected to the device.

The “Bowflex® HVT™” Software App

The “Bowflex® HVT™” Software App connects with your fitness machine to provide the sequence of exercises that make each of the workout programs. Each exercise is presented with hints, descriptions, and video demonstrations. The Software App tracks the total time, calories burned, power score, resistance, and heart rate (if supplied). Plus, it automatically posts your workout data to MyFitnessPal® to make hitting your fitness goal easier than ever! Track your results and share with friends and family. Once you understand how the Bowflex® HVT™ machine works with your body, you can create your own workout program on the Software App.

1. Download the free Software App, named “Bowflex® HVT™” Software App. The Software App is available on the App Store and Google Play™.
2. Follow the instructions on the Software App to pair your device to your exercise machine.

Frequently asked questions and installation videos for the Software App can be found online at www.Bowflex.com/help.

Updates to Your Machine using the “Bowflex Toolbox™” App

This fitness machine is equipped with Bluetooth® connectivity and can be wirelessly updated with the “Bowflex Toolbox™” App. Once the App is installed on your device, the App will inform you of when there is an update to your machine.

1. Download the free App, named Bowflex Toolbox™. The App is available on the App Store and Google Play™.

Note: For a complete list of supported devices, review the App on the App Store or Google Play™.

2. Install the App.

When notified that there is an update to your fitness machine, follow the prompts on the App. Place the device that is running the App on the Media Tray. The App will update the software on the machine with the latest version. Do not remove your device from the Media Tray until the update is complete.

USB Charging

If a USB Device is attached to the USB Port, the Port will attempt to charge the Device. The power supplied from the USB Port may not be enough to operate the Device and charge it at the same time.

Remote Heart Rate Monitor

Monitoring your Heart Rate is one of the best procedures to control the intensity of your exercise. The Console reads the telemetry HR signals from the Heart Rate Chest Strap Transmitter that operates in the 4.5kHz - 5.5kHz range.

Note: The heart rate chest strap must be an uncoded heart rate strap from Polar Electro or an uncoded POLAR® compatible model. (Coded POLAR® heart rate straps such as POLAR® OwnCode® chest straps will not work with this equipment.)

! If you have a pacemaker or other implanted electronic device, consult your doctor before using a wireless chest strap or other telemetric heart rate monitor.

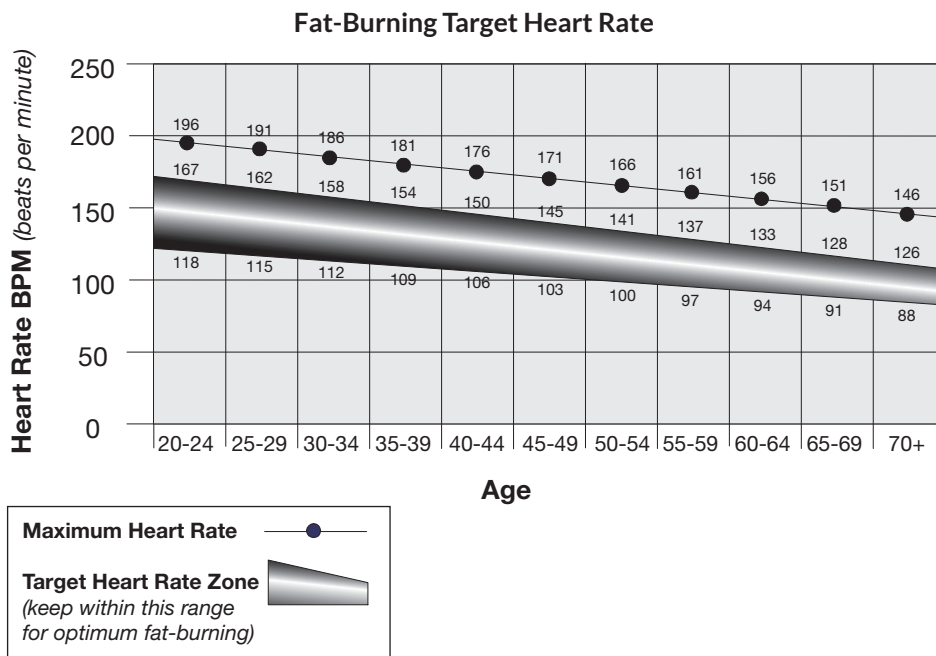
Heart Rate Calculations

Your maximum heart rate usually decreases from 220 Beats Per Minute (BPM) in childhood to approximately 160 BPM by age 60. This fall in heart rate is usually linear, decreasing by approximately one BPM for each year. There is no indication that training influences the decrease in maximum heart rate. Individuals of the same age could have different maximum heart rates. It is more accurate to find this value by getting a stress test than by using an age related formula.

Your at rest heart rate is influenced by endurance training. The typical adult has an at rest heart rate of approximately 72 BPM, where as highly trained runners may have readings of 40 BPM or lower.

The Heart Rate table is an estimate of what Heart Rate Zone (HRZ) is effective to burn fat and improve your cardiovascular system. Physical conditions vary, therefore your individual HRZ could be several beats higher or lower than what is shown.

The most efficient procedure to burn fat during exercise is to start at a slow pace and gradually increase your intensity until your heart rate reaches between 60 – 85% of your maximum heart rate. Continue at that pace, keeping your heart rate in that target zone for over 20 minutes. The longer you maintain your target heart rate, the more fat your body will burn.



The graph is a brief guideline, describing the generally suggested target heart rates based on age. As noted above, your optimal target rate may be higher or lower. Consult your physician for your individual target heart rate zone.

Note: As with all exercises and fitness regimens, always use your best judgment when you increase your exercise time or intensity.

How Often Should You Exercise

! 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. The heart rate displayed on the console is an approximation and should be used for reference only.

It is highly recommended to warm up before any workout with the Bowflex HVT™ machine.

- 3 times a week for about 20 minutes each day.
- Schedule workouts in advance and try to follow the schedule.

Note: If you are new to exercise (or returning to a regular exercise program), and you are unable to comfortably complete 20 minutes of continuous exercise at one time, select a few workouts and do them for 5 – 10 minutes. Gradually increase your workout time until you can comfortably complete the total time for one of the Workout Programs.

Apparel

It is important to wear appropriate, safe and comfortable footwear and clothing when using the Bowflex® HVT™ machine, including:

- Rubber-soled athletic walking or running shoes.
- Exercise clothing that allows you to move freely, and keep comfortably cool.
- Athletic support that provides stability and comfort.

! Do not wear loose clothing or jewelry. This machine contains moving parts. Do not put fingers, feet, or other objects into moving parts of the exercise equipment.

Always wear rubber soled athletic shoes when you use this machine. Do not use the machine with bare feet or only wearing socks.

Intensity of Workout

To increase the intensity of your workout:

- Add another Round to the workout by pushing the Add Time button.
- Increase the resistance level while keeping the number of repetitions constant.

Note: If Save Resistance is active, the Console will automatically adjust the resistance to the ending resistance level the last time that exercise was done.

- Push yourself to increase the number of repetitions during the Work segment of each exercise.


An Interval Training workout involves adjusting your workout intensity for specific lengths of time to raise and lower your breathing rate, heart rate and calorie burn. This form of workout allows you to burn more calories than a standard workout in a shorter period of time.

The Bowflex® HVT™ machine combines “Work” and “Rest” segments to create an Interval workout. During a “Work” segment, push yourself to a level of high calorie burn and maximum repetitions. Then during the “Rest” segment, allow yourself to relax and prepare for the next “Work” segment. These extreme changes in intensity, along with pushing your body, is where the maximum benefits are gained from Interval Training workouts.


Interval Training workouts provide variety, maximize calorie burn and improve fitness.

Getting Started

1. Place the Bowflex® HVT™ machine in your workout area. Be sure there is an adequate height clearance to safely perform the exercises. This required clearance includes the full extent of your reach above your head.

 **Place the machine on a clean, hard, level surface, free from unwanted material or other objects that may hamper your ability to move freely. A rubber mat can be used below the machine to prevent the release of static electricity and protect your flooring.**
The machine can be moved by one or more persons. Make sure that your own physical strength is capable of safely moving the machine.

2. Examine for any objects in the workout area and in the Resistance Fan. Be sure it is clear.

 **Be sure there is nothing in the workout area or in the Resistance Fan before moving anything on the machine. Do not put any objects into an opening of the machine.**

3. Connect the AC power adapter to the machine and into a grounded AC Wall Outlet.
4. If you use the Heart Rate Monitor, follow the Chest Strap directions.
5. Carefully mount the platform. Use the Static Handlebars to steady yourself at any time.

 **Care should be used when mounting or dismounting the platform.**

Always wear rubber soled athletic shoes when you use this machine. Do not use the machine with bare feet or only wearing socks.

Be aware that the Hand Grips, Ropes, and the Resistance Fan are connected and when either of these parts move the other does as well.

Be sure to stay in the safe workout area as marked on the Platform during a workout. Keep at least one foot on the Platform during a workout. Failure to do so could lead to equipment instability and harm to the user.

6. Turn the Resistance Dial to adjust the resistance level so you can complete the Workout Program without changing it. During the initial workout focus on proper form, motion, and order of exercises.

Note: When starting a full body workout program, consider reducing the resistance level for upper body exercises. If this is the first workout, the current value for resistance will be the default value for the next exercise.

7. If you plan to use a smart device with your workout, open the software app and connect to the Bowflex® HVT™ machine. The Bluetooth® light and icon will activate when connected.

Once connected, select the “WORKOUT NOW” option in the software app.

8. Push the User button to select the desired User Profile.

If using the software app, select the user on the smart device after selecting it on the Console.

9. Push and hold the User button to edit the User Profile.

10. The Console will display the Units value. Turn the Resistance Dial to adjust the value, and push the Resistance Dial to accept the value.

11. The Console will display the Weight value for the User Profile. Turn the Resistance Dial to adjust the value, and push the Resistance Dial to accept the value.

12. Push the PAUSE/STOP button to exit the Edit User mode.


13. Push the SPRINT workout program button to select it.

If using the software app, select the SPRINT workout program after selecting it on the Console.

14. With the Training Guide on the media shelf, open it to the SPRINT workout program.

15. When ready to begin the SPRINT workout, push the START button.

If using the software app, the workout will automatically start on the connected smart device.

 **It is highly recommended to warm up before any workout with the Bowflex® HVT™ machine.**

Do not release the Hand Grips until the Hand Grip Stops are at rest and the ropes are fully retracted. Releasing the Hand Grips when not at rest may cause damage to the machine or injury to the user or bystanders.

The SPRINT workout has 4 Rounds and a total time of 18:20.

Note: Be sure to place the Hand Grips back to their starting orientation without twisting them. If twists develop on the ropes, they may not fully retract into the machine.

Power-Up Mode (Start-Up screen)

The Console will display the Power-Up / last selected Workout Program screen when it is plugged into a power source, any button is pushed, or if it receives a signal from the RPM (Revolutions per Minute) sensor on the Resistance Fan. The SPRINT Workout Program is the default program.

Auto Shut-Off (Sleep Mode)

From the Power-Up mode screen, if the Console does not receive any input in approximately 5 minutes, it will automatically shut off. The LCD display is off while in Sleep Mode.

Note: The Console does not have an On/Off switch.

Edit a User Profile

For a more accurate calorie count, a User Profile should be customized to the User.

1. Push User button to select your User Profile (User 1- 4).
2. Push and hold the User button for 3 seconds to begin the Edit User mode.
Note: To exit the Edit User mode, push the PAUSE/STOP button. The current values will be saved to the User Profile.
3. The Console will display the LBS OR KG prompt with the default units value ("LBS"). Turn the Resistance Dial to adjust the value, and push the Resistance Dial to set the value.
4. The Console will display the WEIGHT prompt with the default weight value (180 LBS / 82 KG). Turn the Resistance Dial to adjust the value, and push the Resistance Dial to set the value.



Maximum user weight limit: 300 lbs. (136 kg). Do not use if you are over this weight.

5. The Console will display the SAVE RESISTANCE prompt with the default value ("ON"). With save resistance on, the Console will automatically adjust the resistance to the ending resistance level the last time that exercise was done.
Note: If this is the first workout, the current value for resistance will be the default value for the next exercise.
If necessary, turn the Resistance Dial to adjust the value. Push the Resistance Dial to accept the value.
6. The Console will display the ERASE WORKOUTS prompt with the default value ("NO"). Push the Resistance Dial to accept the value.
If necessary, turn the Resistance Dial to adjust the value to "YES" and push the Resistance Dial. The Console will now confirm if the User wants to erase the workouts. Turn the Resistance Dial to change the value to "YES", and push the Resistance Dial. The workouts for this User have been erased.
7. The User Profile review is complete, and the Console will display the Power-Up / last selected Workout Program screen.

Workout Programs

The Bowflex® HVT™ machine has four Workout Programs; SPRINT, CIRCUIT, BUILDER, and MANUAL. Each Workout Program guides the user through a unique sequence of exercises, quantity of Rounds, and times for each workout segment (Work, Rest, and Break).

Each Exercise Segment is an exercise for that the Workout Program. Using the Training Guide, find the selected Workout Program and then the matching exercise using the color of the Exercise Segment. As the Exercise Segment shifts colors, use the Training Guide to perform the next workout.

The Software App follows along with the Console, showing the exercise and all the workout information to perform it. The Software App automatically shifts to the next exercise in the program.

SPRINT program

(WORK: 20 seconds, REST: 10 seconds, BREAK: 60 seconds, Total Time: 18:20)

The SPRINT program has 4 Rounds, with each Round containing two exercises. The program switches between the two exercises until the Round is completed. A Break for 60 seconds is provided at the end of the Round. Then the first exercise of the next Round starts, repeating the routine.

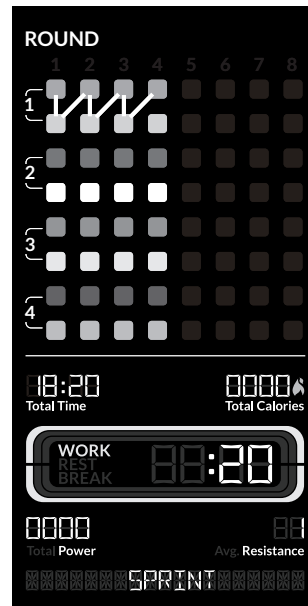
Each exercise is performed for 20 seconds (Work) followed by 10

CIRCUIT program

(Work: 25 seconds, Rest: 15 seconds, Break: 20 seconds, Total Time: 21:20)

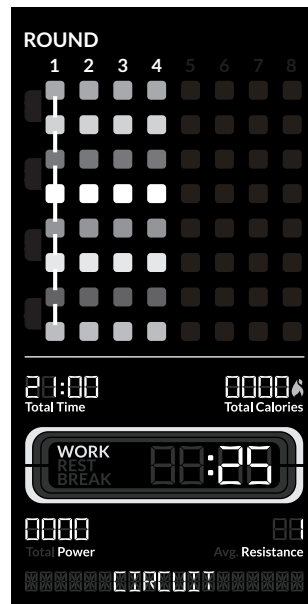
The CIRCUIT program has 4 Rounds, with each Round containing all eight exercises. The program moves through each exercise until the Round is completed, and a Break for 20 seconds is provided. Then the next Round starts, and moves through all of the exercises again.

Each exercise is performed for 25 seconds (Work) followed by 15 seconds of Rest.



1. Speed squat
2. Chest press
3. Squat jump
4. Bent over row
5. Reverse lunge straight arm pulldown
6. Split leg alternating bicep curl
7. Tricep pushdown
8. Squat with overhead press

seconds of Rest.



1. Tricep pushdown
2. Forward lunge chest fly
3. Crossover reverse fly
4. Split jump
5. Lunge bicep curl
6. Lateral lunge high to low chop
7. Deadlift
8. Arm shoulder press split stance

BUILDER program

(Work: 30 seconds, Rest: 0 seconds, Break: 30 seconds, Total Time: 21:30)

The BUILDER program has 8 Rounds, with each Round having an additional exercise. Round 8 contains all eight exercises. The program moves through each exercise for that Round, and then provides a Break for 30 seconds. Then the next Round starts with an additional exercise.

Each exercise is performed for 30 seconds (Work).



1. Speed squat
2. Chest fly
3. Reverse lunge low row
4. Bicep curl
5. Abdominal chop high to low
6. Crossover reverse fly
7. Combo tricep extension bicep curl
8. Forward lunge chest press

MANUAL program

The MANUAL workout program is an open-ended workout that counts up the total time, total Work time, and total power. A MANUAL program is completely defined by the user.

During a MANUAL program, the Work Active Segment counts up the total time that the fan is moving. When the resistance fan stops, the time count pauses, while the total time of the workout continues.

Note: Because of the open-ended design of the MANUAL workout, the Add Time button is disabled. The maximum time is 99:59 minutes.



All exercises in this manual are based on the calibrated resistance and capacity levels of this machine. Only exercises included in this manual or in materials authorized and supplied by Bowflex are recommended for operation with this machine.



To start a Workout Program:

1. Carefully step up onto the platform.
2. Place the Training Guide on the Media Shelf opened to the first exercise of the Workout Program, or your synced smart device with the Software App open.
3. Push the desired Workout Program; SPRINT, CIRCUIT, BUILDER, or MANUAL.
4. Push the START button to begin the selected Workout Program.
5. Grasp the appropriate Handle (Upper, Middle, or Lower Handles) and begin the first exercise of the Workout Program after the 3-2-1 countdown. During the Work segment, safely do as many repetitions while following form and stance of the exercise. Be sure to alternate sides if the exercise requires it.
6. At the end of the Work segment, the next segment begins. Depending on the Workout Program, after the initial Work segment will be a Rest segment or another Work segment.

When a Rest or Break segment starts, safely lower and release the Hand Grips. Relax and prepare for the next exercise. Stretch if necessary. When there are 3 seconds remaining in the Rest or Break segment, the next Work segment will flash allowing you to prepare for the next exercise.

 **Do not release the Hand Grips until the Hand Grip Stops are at rest and the ropes are fully retracted. Releasing the Hand Grips when not at rest may cause damage to the machine or injury to the user or bystanders.**

Note: The initial Work segment for MANUAL will not end until the fan stops revolving or the total time reaches 99:59 minutes. The Power value is set to zero after each exercise segment. At the end of the workout, the Total Power value is displayed.

The Console shows the segments that need to be performed, hiding the completed segments. The Power value is reset to zero after each exercise segment. At the end of the workout, the Total Power value is displayed.

Note: For every 100 calories burned during a workout, the Console will congratulate with an audible sound and a notification. When 30 seconds remain in the workout, the Console will notify the user by displaying “30 SECONDS LEFT”.

Paused / Results Mode

To Pause a workout:

1. Push the PAUSE/STOP button to pause your workout.

When paused, the Console display will show “WORKOUT PAUSED”.

2. To continue your workout, push START or resume current exercise.

To end a paused workout, push the PAUSE/STOP button. The Console will display “WORKOUT COMPLETE”, save the workout, and then display the workout result values (Total Time, Total Calories, Total Power, Average Resistance Level, and Average Heart Rate if supplied). The completed exercise segments are displayed on the Console.

A SPRINT, CIRCUIT, or BUILDER workout will end when the last exercise is completed.

Note: If there is no input to the Console for 5 minutes, it automatically goes to the Power-Up / last selected Workout Program screen. If the Console does not receive any further input, it will automatically shut off in approximately 5 minutes.

Add Time to a Workout Program

Push the Add Time button to add an additional Round to the Workout Program. The amount of time added depends on the Workout Program (SPRINT: 4:50 minutes, CIRCUIT: 5:25 minutes, BUILDER: 4:30 minutes), and can be done before or during a workout. When added during a workout, the adjusted Total Time of the workout is displayed for a few seconds, and then switches to the current workout time.

Note: Because of the open-ended design of the MANUAL workout, the Add Time button is disabled.

Changing Resistance Levels

Turn the Resistance Dial to adjust the additional resistance applied to the fan at any time.

The Console is also equipped with a Save Resistance feature, which remembers the resistance level at the end of each exercise. When that exercise occurs again, the Console automatically adjusts the resistance to the remembered resistance level. Save Resistance can be deactivated for each User through the “Edit a User Profile” options. If the resistance level is manually adjusted during a workout, Save Resistance is deactivated for that exercise segment.

Note: When starting a full body workout program, consider reducing the Resistance Level for upper body exercises.

The resistance settings supplied by the resistance fan can vary based on environmental and usage patterns and other factors. Supplied resistance may degrade over time and after extensive usage. If you have any questions regarding the resistance of your fitness machine, contact our Customer Service department for assistance.

Total Power score

The Total Power score is a unit-less point system that dynamically represents a User’s performance on the Bowflex® HVT™ machine. The Total Power score is made up of:

- SPEED – The speed at which you pull the cable.
- RESISTANCE – The amount of resistance applied to each exercise.
- RANGE OF MOTION – A combination of your body weight, body movement, and how far you pull the cable.

During a workout, a Total Power score is provided for each exercise. At the end of the workout, a Total Power score for the entire workout is also displayed. The Total Power score may not change significantly for a User that performs an entire workout at the same level of intensity. However, if that same User were to increase resistance and/or speed for a given exercise, their score for that exercise as well as their overall score would increase. Since the score is based on speed, resistance, and range of motion, even a small score increase shows a significant shift in the User’s fitness level.

By tracking these three factors the Bowflex® HVT™ machine can provide instant and motivating feedback for Users as well as the ability to track your improvement over time. As you increase your work rate and intensity, your Total Power score will also increase.

Note: For a more accurate score, be sure to enter your weight value for the user profile. A Total Power score should only be compared to your previous scores and not to other User Profiles.

Machine Settings Mode

The Machine Settings Mode lets you view maintenance statistics (Total Hours and Software Version) or fully reset the Console.

1. Push and hold down the ADD TIME and PAUSE/STOP buttons for 3 seconds while in the Power-Up Mode to go into the Machine Settings Mode.

Note: Push PAUSE/STOP to exit the Machine Settings Mode and return to the Power-Up Mode screen.

2. The Console display shows the TOTAL HOURS the machine has operated.
3. Push the Resistance Dial for the next prompt.
4. The Console display shows the Firmware Version prompt.
5. Push the Resistance Dial for the next prompt.
6. The Console display shows the BLE VERSION prompt.
7. Push the Resistance Dial for the next prompt.
8. The Console displays the UPGRADE BLE NO prompt. This option is for Service Technicians use only.
9. Push the Resistance Dial for the next prompt.
10. The Console displays the DISCONNECT BLE NO prompt.

Note: If you want to disconnect the Bluetooth® transmitter, turn the Resistance Dial to select the DISCONNECT BLE YES option, and push the dial. The Console will exit the Machine Settings Mode and return to the Power-Up Mode screen.

11. Push the Resistance Dial for the next prompt.
12. The Console displays the UPGRADE SOUND NO option. This option is for Service Technicians use only.
13. Push the Resistance Dial for the next prompt.
14. The Console displays the RESET CONSOLE NO prompt.

Note: If you want to reset the Console to factory settings, turn the Resistance Dial to select the RESET CONSOLE YES option, and push the dial. Turn the machine off when the Console displays the POWER CYCLE NOW prompt.

15. Push the PAUSE/STOP button to exit the Machine Settings Mode.

The Console will display the Power-Up Mode screen.

Read all maintenance instructions fully before you start any repair work. In some conditions, an assistant is required to do the necessary tasks.

! Equipment must be regularly examined for damage and repairs. The owner is responsible to make sure that regular maintenance is done. Worn or damaged components must be repaired or replaced immediately. 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, contact Nautilus Customer Service for re-placement labels.

To reduce the risk of unsupervised use of the equipment, remove the AC Adapter from the wall outlet and the machine. Place the AC Adapter in a secure location.

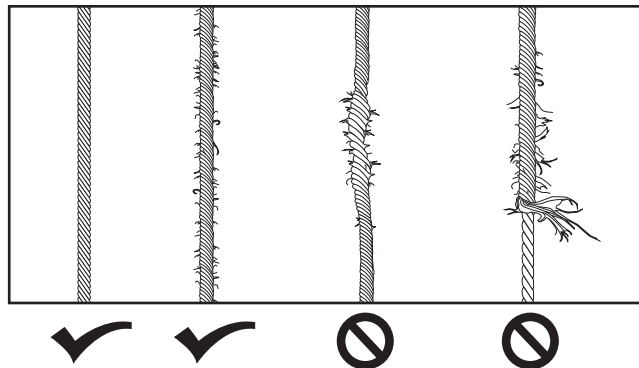
Daily: Before each use, examine the exercise machine for loose, broken, damaged, or worn parts. Do not use if found in this condition. Repair or replace all parts at the first sign of wear or damage. After each workout, use a damp cloth to wipe your machine and Console free of sweat.

Note: Avoid excessive moisture on the Console.

Weekly: Inspect all pulleys and their connections making sure they are properly secured and attached, and show no signs of visible wear or damage. Inspect all ropes to be sure they have not been twisted. Remove any twists from the ropes. Wipe the machine to remove dust, dirt, or grime. Clean the platform and front of machine with a damp cloth.

Note: Do not use petroleum based products.

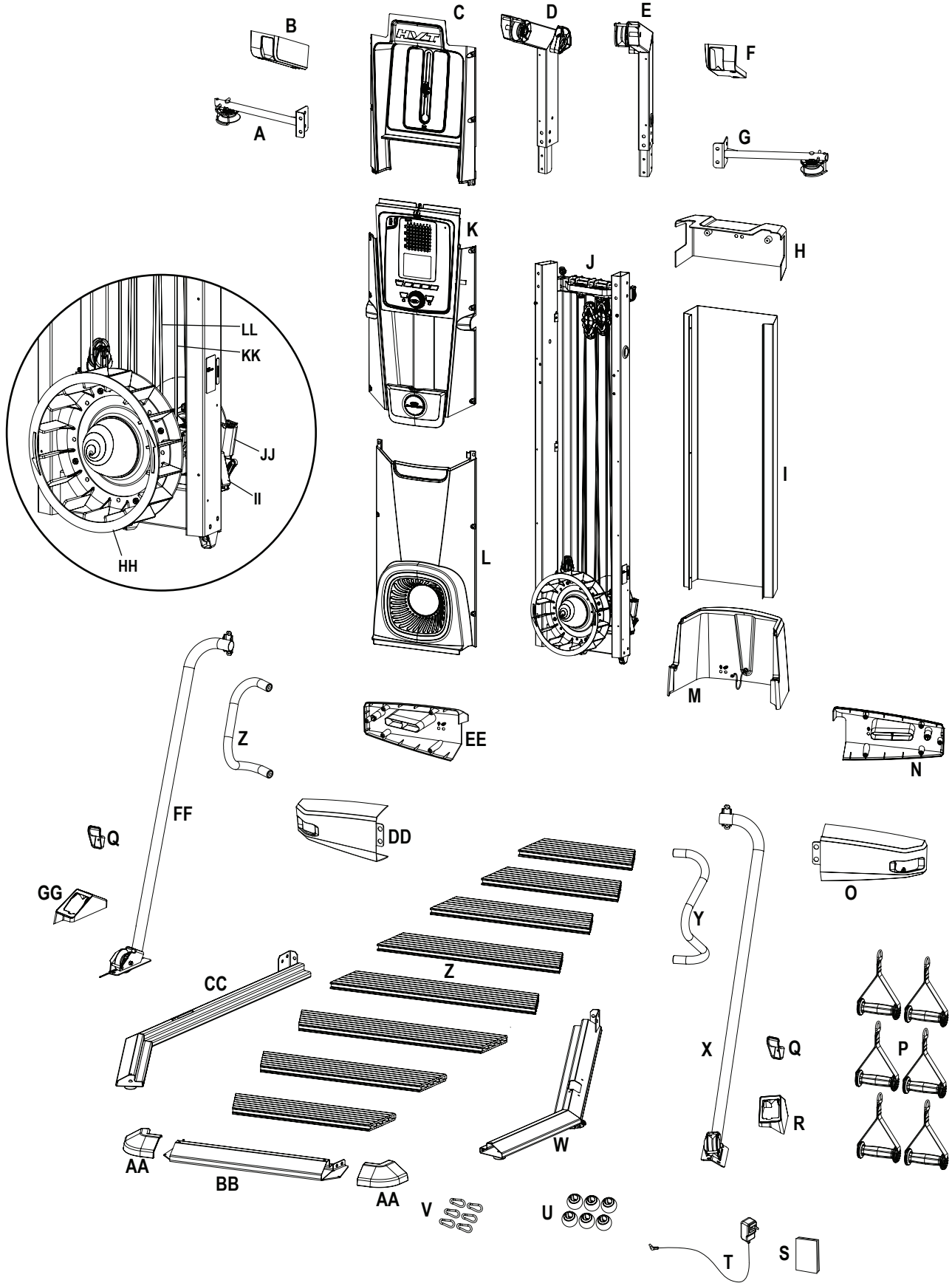
Monthly or after 20 hours: Make sure all bolts and screws are tight. Tighten as necessary. Be sure to fully inspect the condition of all ropes for wear. Repair or replace the ropes at the first sign of wear or damage based on the images below.



Yearly: Remove the front and rear shrouds, and inspect the condition of all ropes, elastic cords, and moving parts for wear within the Frame Assembly. Repair or replace the ropes and elastic cords at the first sign of wear or damage based on the images above. Replace moving parts as necessary. Wipe the exposed area within the Frame Assembly to remove dust, dirt, or grime.


NOTICE: Do not clean with a petroleum based solvent or an automotive cleaner. Be sure to keep the Console free of moisture.

Maintenance Parts



A	Middle Pulley Arm, Left	N	Middle Shroud, Right Back	AA	Platform Corner Shrouds
B	Upper Pulley Shroud, Left	O	Middle Shroud, Right Front	BB	Front Platform Frame
C	Upper Front Shroud	P	Hand Grip, 1-D Ring	CC	Left Platform Frame
D	Upper Pulley Arm, Left	Q	lower Grip Holder	DD	Middle Shroud, Left Front
E	Upper Pulley Arm, Right	R	Lower Pulley Shroud, Right	EE	Middle Shroud, Left Back
F	Upper Pulley Shroud, Right	S	Training Guide	FF	Left Support Arm
G	Middle Pulley Arm, Right	T	AC Power Adapter	GG	Lower Pulley Shroud, Left
H	Rear Shroud, Upper	U	Securing Ball	HH	Fan Assembly
I	Rear Cover	V	Snap Clip	II	Servo Motor
J	Frame Assembly	W	Right Platform Frame	JJ	Brake Assembly
K	Console Assembly	X	Right Support Arm	KK	Elastic Cord
L	Fan Shroud	Y	Handlebar	LL	Rope
M	Rear Shroud, Lower	Z	Platform Decking		

Troubleshooting

Condition/Problem	Things to Check	Solution
Unit will not power up/turn on/start	Outlet	Make sure outlet is functioning correctly. Verify this by plugging another device (ex: lamp) into the outlet. If outlet is connected to a light switch, check to make sure it is on. If outlet is not functioning find a working outlet.
	Power cord not plugged in	Make sure the power cord is firmly secured to A/C inlet on the machine and firmly inserted into a non-GFI/AFCI wall socket.
	Check console display for damage	Check for visual sign that console display is cracked or otherwise damaged. Replace Console if damaged.
	Console display	If Console only has partial display and all connections are fine, replace the Console.
	If problem persists	Contact Customer Service.
Unit operates but Telemetric HR not displayed	Chest Strap (optional)	Strap should be "POLAR®" compatible and uncoded. Make sure strap is directly against skin and contact area is wet.
	Interference	Try moving unit away from sources of interference (TV, Microwave, etc).
	Replace Chest Strap	If interference is eliminated and HR does not function, replace strap.
	Replace Console	If HR still does not function, replace Console.
Unit operates but Telemetric HR displayed incorrectly	Interference	Make sure that the HR receiver is not blocked by a personal electronic device in the left side of the media tray.
No resistance/ fan does not rotate when rope is pulled	Ropes	Inspect ropes to see if they are intact, and inspect all connections to be sure they are connected.
	If problem persists	Contact Customer Care for further assistance.
Fan will not turn	Check for blockage of fan	Safely remove material from fan. Do not pull on ropes when removing material because the fan will turn.  Be aware that the Fan, Ropes, and Elastic Cords are connected and when either of the Ropes or Elastic Cords are pulled the Fan will turn. If necessary, detach the Shrouds to help with removal. Do not operate machine until Shrouds have been replaced.
Machine rocks/does not sit level	Check leveler adjustment	Adjust levelers until machine is level.
	Check surface under unit	Adjustment may not be able to compensate for extremely uneven surfaces. Move machine to level area.
Squeaking noise that appears a few minutes into a workout and normally will get progressively worse as the workout continues	Bolt that connects the pulleys	Apply white lithium grease to bolt..
Ropes do not fully retract when released	Inspect all ropes for a twist	Pull out each rope and inspect; remove any twists in ropes.
Workout results will not sync with Bluetooth® enabled device	Current console mode	Machine must be in Idle Mode to sync. Push the PAUSE/STOP button until the Power-Up Mode screen is displayed.
	Total time of workout	A workout must be longer than 1 minute to be saved and posted by the Console.
	Fitness machine	Unplug unit from electrical outlet for 5 minutes. Reconnect to outlet.
	Bluetooth® enabled device	Consult your device to be sure that the Bluetooth® wireless feature has been enabled on it.
	Fitness App	Review Specifications of Fitness App and confirm your device is compatible.
		Contact appsupport@nautilus.com for further assistance.

Buy Back Guarantee

We want you to know that your Bowflex® HVT™ machine is a superior product. Your satisfaction is guaranteed. If, for any reason, you are not 100% satisfied with your Bowflex® HVT™ machine, please follow the instructions below to return your merchandise and receive a refund of the purchase price, less shipping and handling.

This Bowflex® HVT™ Buy Back Guarantee applies only to merchandise purchased by consumers directly from Nautilus, Inc. This guarantee does not apply to sales made by dealers or distributors.

1. Call a Bowflex® HVT™ Representative at 1-800-605-3369 for a Return Authorization Number (RMA). An RMA will be granted if:
 - a. The Bowflex® HVT™ machine was purchased directly from Nautilus, Inc.
 - b. The request to return the product is within 6 weeks of the delivery date of your merchandise.

2. If an RMA is granted, the following instructions will prevent delays in the processing of your refund.
 - a. The merchandise must be returned to the address given to you at the time of the Return Authorization Call.
 - b. All returned merchandise must be properly packaged in good condition, preferably in the original boxes.
 - c. The exterior of the boxes should be marked clearly with:
 - Return Authorization Number
 - Your Name
 - Your Address
 - Your Phone Number
 - d. Additionally, a piece of paper with your name, address and phone number or copies of your original invoice should be placed in each box of merchandise.
 - e. Your RMA number is time sensitive. Your shipment must be post marked within two weeks from the date the Bowflex® HVT™ Representative issued the Return Authorization Number.

Note: You are responsible for return shipping and for any damage or loss to merchandise that occur during return shipment. Nautilus recommends that you obtain tracking numbers and insure your shipment.

Unauthorized Returns

Nautilus, Inc. defines an unauthorized return as any merchandise returned to our facilities without a valid and current Return Merchandise Authorization (RMA) number issued by Nautilus. Failure to properly mark packages with a valid RMA number, or allowing an RMA number to expire, will cause Nautilus, Inc. to consider a return unauthorized. Any merchandise returned without a RMA number will not be subject to a refund or credit and Nautilus will discard the product. The customer assumes all shipping and handling charges for any unauthorized return.

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

Warranty terms for products purchased in US/Canada are as stated below.

- Frame 2 years
- Mechanical parts 2 years
- Electronics 2 years
- Labor 90 days

(Labor support does not include the installation of replacement parts involved in the initial product assembly and preventative maintenance services. All repairs covered under the labor portion of the warranty must be preauthorized by Nautilus.)

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

How Nautilus Will Support the Warranty

Throughout the terms of the warranty coverage, Nautilus, Inc. will repair any machine that proves to be defective in materials or workmanship. Nautilus reserves the right to replace the product in the event a repair is not possible. When Nautilus determines replacement is the correct remedy, Nautilus may apply a limited credit reimbursement toward another Nautilus, Inc. brand Product, at our discretion. This reimbursement may be prorated based on length of ownership. Nautilus, Inc. provides repair service within major metropolitan areas. Nautilus, Inc. reserves the right to charge the consumer for travel outside these areas. Nautilus, Inc. is not responsible for dealer labor or maintenance charges beyond the applicable warranty period(s) stated herein. Nautilus, Inc. reserves the right to substitute material, parts or products of equal or better quality if identical materials or products are not available at the time of service under this warranty. Any replacement of the product under the terms of the Warranty in no way extends the original Warranty period. Any limited credit reimbursement may be prorated based on length of ownership. 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.

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 the Product's Owner's manual or 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 Service

For Products purchased directly from Nautilus, Inc. contact the Nautilus office listed on the Contacts page of the products 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 retailer, 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.

