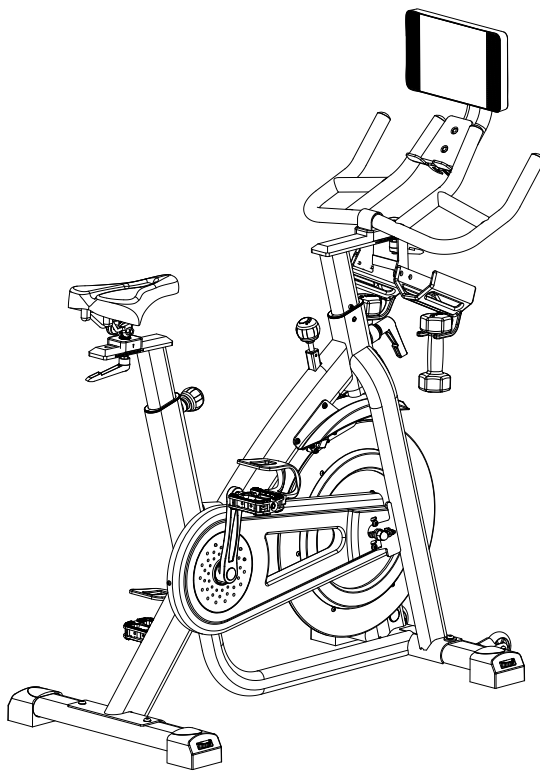


BOWFLEX™ **C7**

ASSEMBLY / OWNER'S MANUAL



Workout with Other Fitness Apps

This fitness machine has integrated Bluetooth® connectivity which allows it to work with a number of fitness apps. For our latest list of supported apps, please visit:

www.nautilus.com/partners



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

Serial Number _____

Date of Purchase _____

If purchased in US/Canada: To register your product warranty, go to: www.bowflex.com/register or call 1 (800) 605-3369.

If purchased outside US/Canada: To register your product warranty, contact your local distributor.


For details regarding product warranty or if you have questions or problems with your product, please contact your local distributor. To find your local distributor, go to: www.nautilusinternational.com or www.nautilus.cn

Nautilus, Inc., 5415 Centerpoint Parkway, Groveport, OH 43125 USA, www.NautilusInc.com - Customer Service: North America (800) 605-3369, csnls@nautilus.com | Nautilus (Shanghai) Fitness Equipments Co, Ltd, Room 1701 &1702, 1018 Changning Road, Changning District, Shanghai, China 200042, www.nautilus.cn - 86 21 6115 9668 | outside U.S. www.nautilusinternational.com | Printed in China | © 2020 Nautilus, Inc. | Bowflex, the B logo, Bowflex C7, JRNY, Explore the World, Nautilus, and Schwinn are trademarks owned or licensed by Nautilus, Inc., registered or otherwise protected by common law in the U.S. and other countries. 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. Other trademarks are the property of their respective owners.

ORIGINAL MANUAL - ENGLISH VERSION ONLY

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

- 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.
- To reduce the risk of electrical shock or unattended/unsupervised usage, always unplug the AC Adapter from the wall outlet and the machine and wait 5 minutes before cleaning, maintaining or repairing the machine. Place the AC Adapter in a secure location.
- 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 replacement parts and hardware supplied by Nautilus. 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 or put the machine into service until the machine has been fully assembled and inspected for correct performance in accordance with the Manual.
- Read and understand the complete Manual supplied with this machine before first use. Keep the Manual for future reference.
- Do all assembly steps in the sequence given. Incorrect assembly can lead to injury or incorrect function.
- Connect this machine to a properly grounded or earthed outlet only.
- Keep the AC Adapter away from heat sources and hot surfaces.
- **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, replace the labels. If purchased in US/Canada, contact Customer Service for replacement labels. If purchased outside US/Canada, contact your local distributor for them.

- 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.
- Before each use, examine this machine for damage to power cord, power receptacle, loose parts or signs of wear. Do not use if found in this condition. Monitor the Seat, Pedals and Crank Arms closely. If purchased in US/Canada, contact Customer Service for repair information. If purchased outside US/Canada, contact your local distributor for repair information.
- This appliance should only be used with the power supply unit provided, or a replacement power supply unit supplied from Nautilus, Inc.

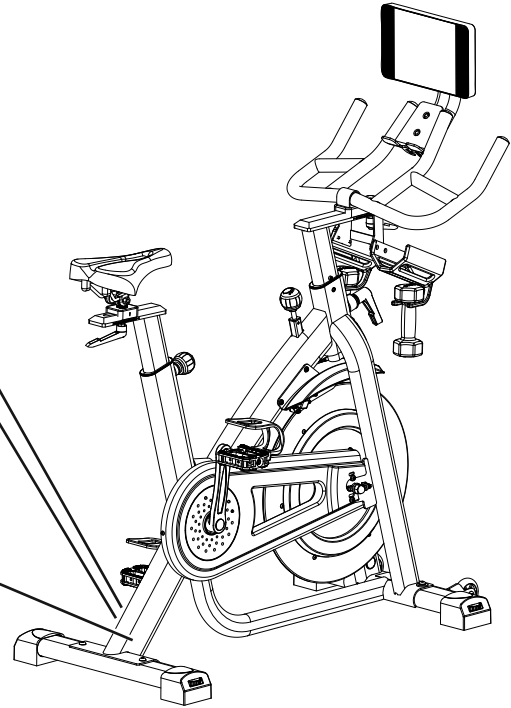
- Maximum user weight limit: 150 kg (330 lbs.). Do not use if you are over this weight.
- This machine is for home use only. Do not place or use the machine in a studio or institutional setting. This includes gyms, corporations, work places, clubs, fitness centers and any public or private entity that has a machine for use by its members, customers, employees or affiliates.
- Do not wear loose clothing or jewelry. This machine contains moving parts. Do not put fingers or other objects into moving parts of the exercise equipment.
- Always wear rubber soled athletic shoes or cycling shoes with cleats 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.
- Do not step off the machine until the Pedals have fully stopped.
- Make the Pedals stable before you step on them. Use caution when you step on and off the machine.
- Disconnect all power before servicing this machine.
- Do not operate this machine outdoors or in moist or wet locations. Keep the Pedals clean and dry.
- Keep at least 0.6 m (24") along the side used to access the machine and to the rear of the machine clear. This is the recommended safe distance for access, passage and emergency dismounts from the machine. 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.
- 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.
- Correctly adjust and safely engage all Positional Adjustment Devices. Make sure that the Adjustment Devices do not hit the user.
- Exercise on this machine requires coordination and balance. Be sure to anticipate that changes in speed and resistance level can occur during workouts, and be attentive in order to avoid loss of balance and possible injury.
- For safe storage of the machine, remove the power supply and place in a secure location. Tighten the Brake/Resistance Adjustment Knob as described until the Flywheel is locked. Place the machine in a secure location away from children and pets.
- Since this machine operates with a fixed gear, do not back, or reverse, pedal. Doing so may loosen the Pedals, which could result in damage to the machine and/or injury to the user. Never operate this machine with loose Pedals.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- This bike cannot stop the Pedals independently of the Flywheel. Reduce the pace to slow the Flywheel and Pedals to a stop. Do not dismount the bike until the Pedals have come to a complete stop. Be aware that the moving Pedals can strike the backs of the legs.
- Children should be supervised to ensure that they do not play with the appliance.
- **SAVE THESE INSTRUCTIONS.**



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 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 330 lbs (150 kg.).
- This machine is for home use only.
- Consult a physician prior to using any exercise equipment.

Serial number
Product specification



(Label is available in English and French Canadian only.)

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.

This product complies 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 product has been tested and found to comply with the limits for a Class B digital device, pursuant to CFR47 Part 15 Subpart B of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates 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. In the unlikely event that 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.
- Consult the dealer or an experienced radio/TV technician for help.

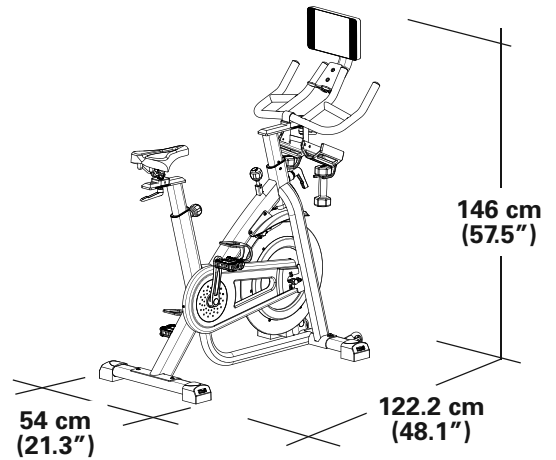
This product complies with the European Radio Equipment Directive 2014/53/EU.

Specifications

Maximum User Weight:	150 kg (330 lb.)
Machine Weight without Dumbbells:	50.4 kg (111.1 lb.)
Weight of Dumbbells (supplied in U.S./Canada):	2.7 kg (6 lb.)
Total Surface Area (footprint) of equipment:	6599 cm ² (1025 in ²)

Power Requirements

(Power Adapter):	
Input Voltage:	100-240V AC, 50-60Hz, 0.5A
Output Voltage:	12V DC, 5A
(Arm Band - supplied in U.S./Canada):	Rechargeable lithium battery



DO NOT dispose of this product as refuse. This product is to be recycled. For proper disposal of this product, please follow the prescribed methods at an approved waste center.

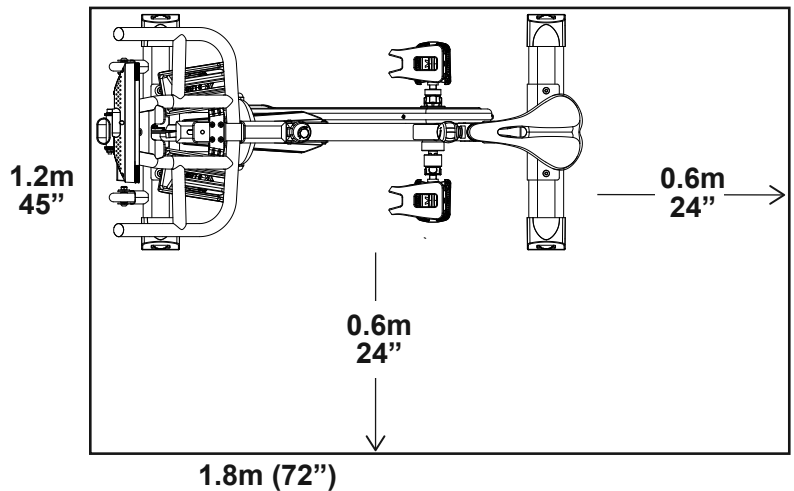
Before Assembly

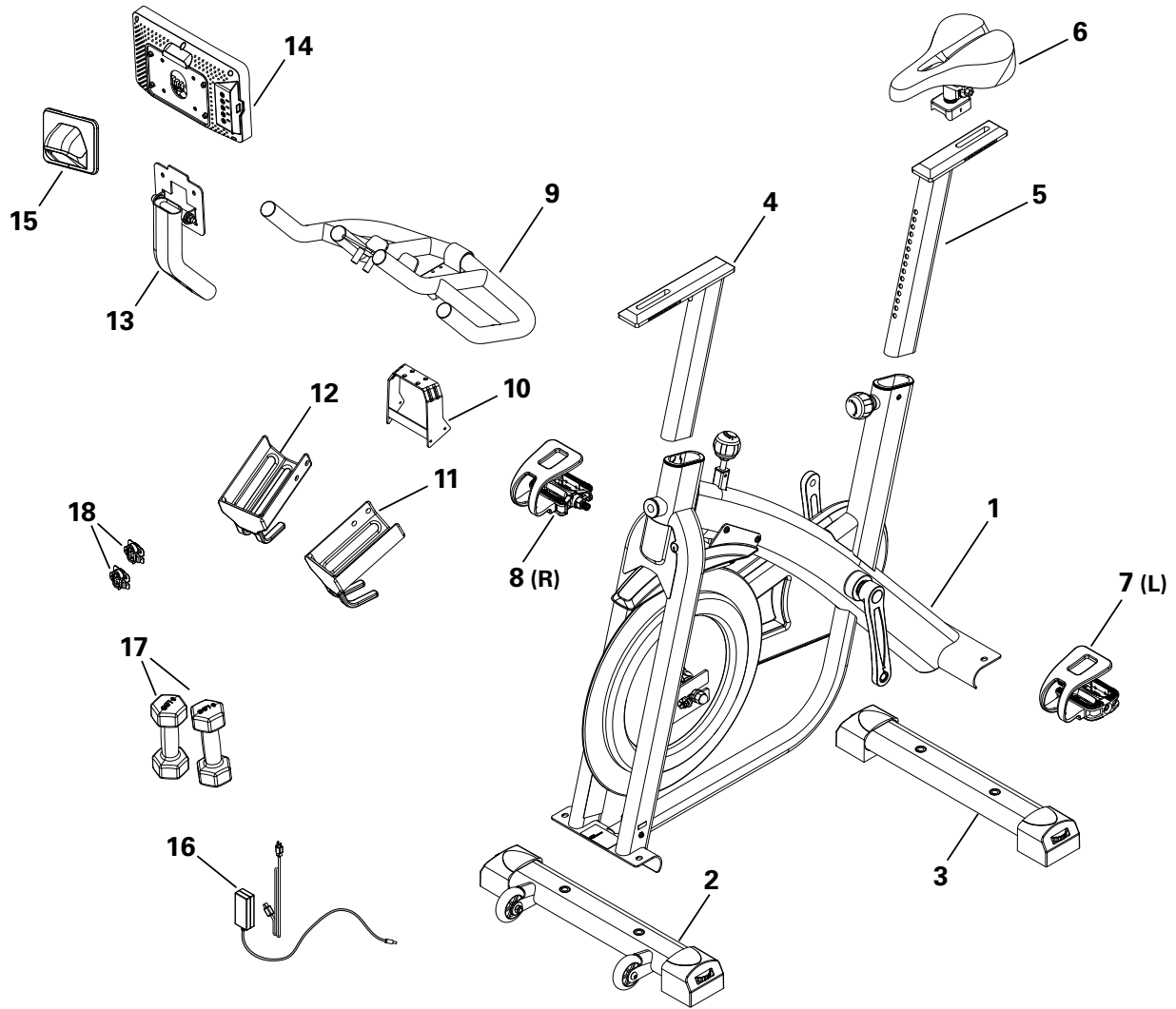
Select the area where you are going to set up and operate your machine. For safe operation, the location must be on a hard, level surface. Allow a workout area of a minimum 1.8 m x 1.2 m (72" x 45").

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, carefully lift and look through the bolt holes to help insert the bolt through the holes.
- The assembly requires 2 people.





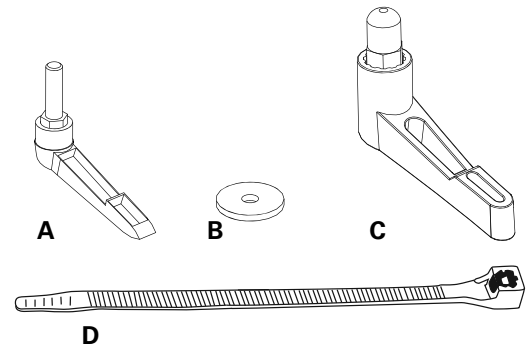
Item	Qty	Description	Item	Qty	Description
1	1	Frame	11	1	Water Bottle Holder, Left
2	1	Stabilizer, Front	12	1	Water Bottle Holder, Right
3	1	Stabilizer, Rear	13	1	Adjustable Console Mast
4	1	Handlebar Post	14	1	Console
5	1	Seat Post	15	1	Console Junction Shroud
6	1	Seat Assembly	16	1	AC Adapter w/Cord
7	1	Pedal, Left (L)	17	2	Dumbbell
8	1	Pedal, Right (R)	18	2	Shoe Clips (Cleats) *
9	1	Handlebar Assembly			
10	1	Water Bottle Bracket			

* These items are in bag with Tools.

Hardware

Item	Qty	Description
A	2	Adjustment Handle, Handlebar / Seat
B	2	Flat Washer, M10 Wide
C	1	Adjustment Handle, Handlebar Post
D	2	Zipties, 8" (200mm)

Note: Selected pieces of the pre-installed hardware have been provided as spares in the bag.



Tools

Included



4 mm



15 mm/17 mm



#2
6 mm

Not included

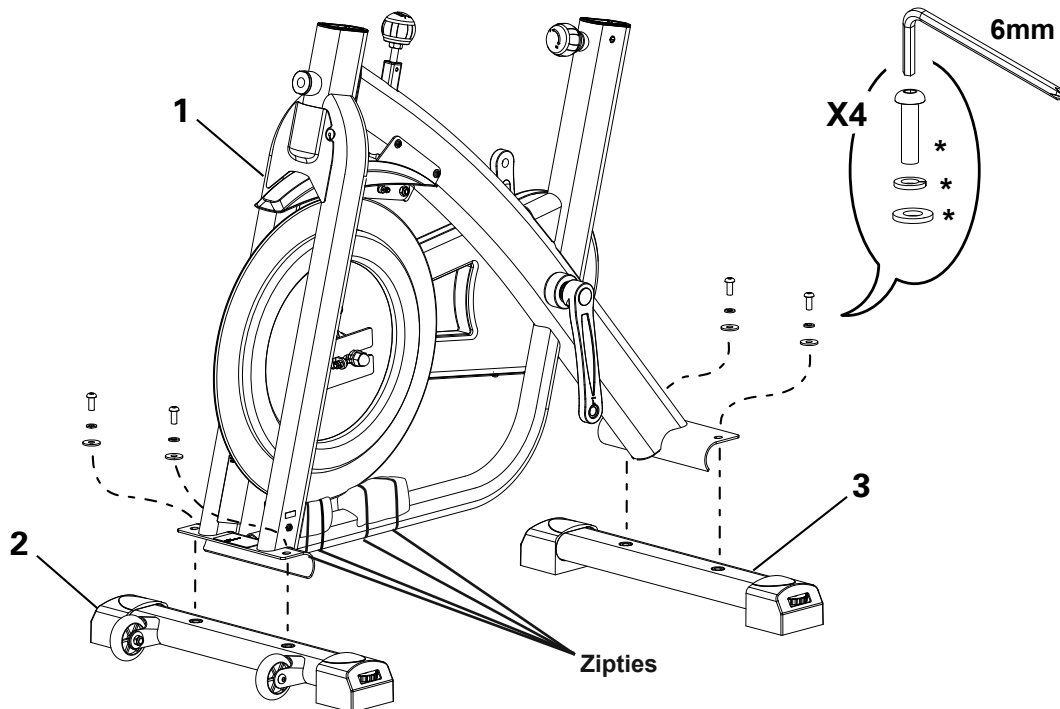


(recommended)

Assembly

1. Attach Stabilizers to Frame

Note: The hardware (*) is pre-installed and not in the hardware bag. Cut the indicated zipties. Remove packaging material under flywheel and safely discard. If a tube is pre-installed in the stabilizer bracket, remove and safely discard.



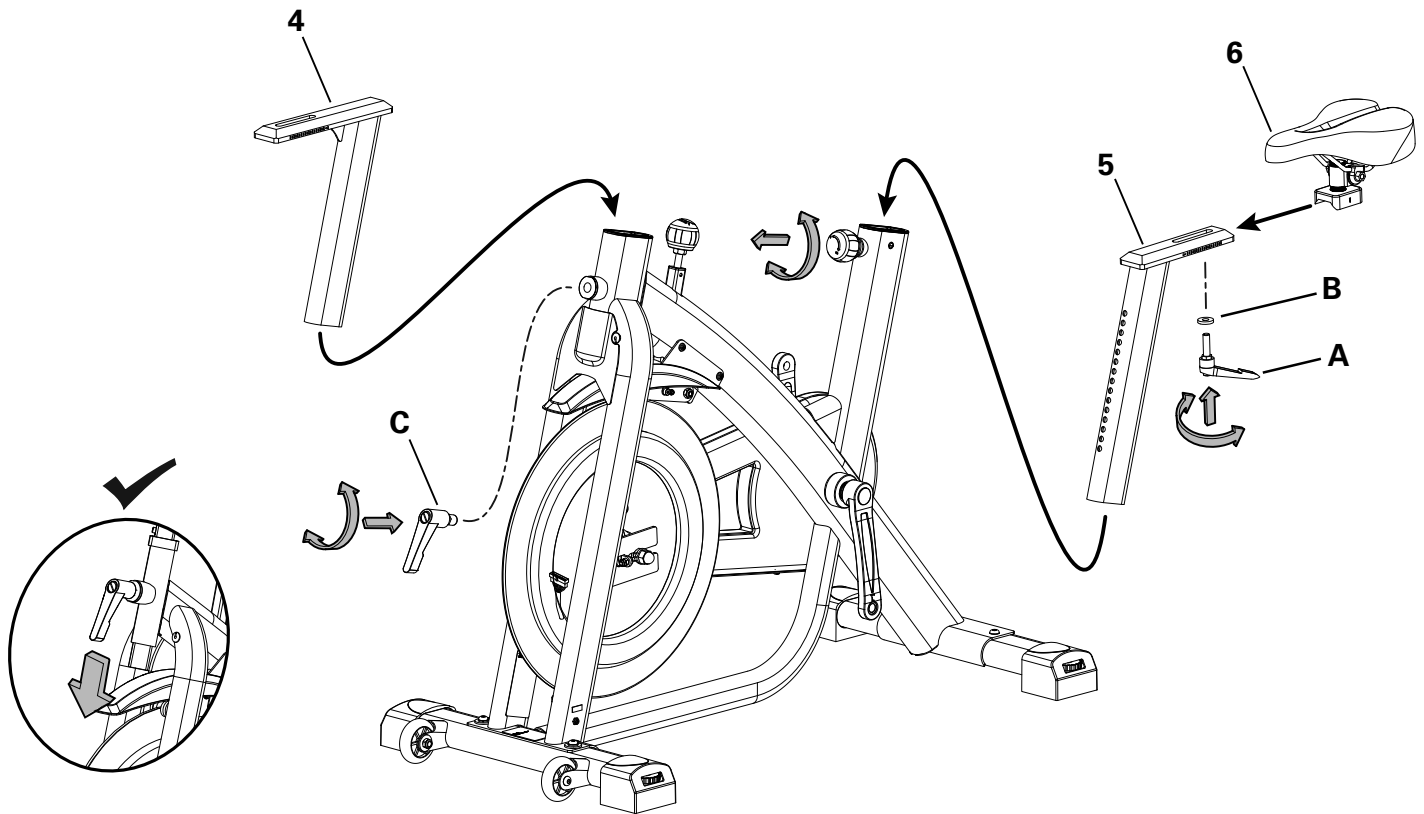
2. Attach the Handlebar Post and Seat Post to the Frame Assembly, and then Attach the Seat

! Do not set the Seat Post or Handlebar Post position higher than the stop mark (STOP) on the tube.

NOTICE: Make sure the Handlebar Post Adjustment Handle is fully tightened to secure it on the Handlebar Post, and the Seat Adjustment Knob engages the holes in the Seat Post. When fully tightened, the Handlebar Post Adjustment Handle must point downward. Make sure the Seat Adjustment Knob is fully tightened to secure the Seat Assembly on the Seat Stem. When fully tightened, the Adjustment Handle must point rearward.

Note: To adjust the Handlebar Post height after the handle is tightened, loosen the handle as you hold the upright post to prevent it from dropping. Move it to the desired position and tighten the handle. Pull the handle out to disengage and turn so that it points down, then release.

To adjust the seat after the handle is tightened, loosen the handle. Move the seat to the desired position and tighten the handle. Pull the handle out to disengage and turn so that it points rearward, then release.

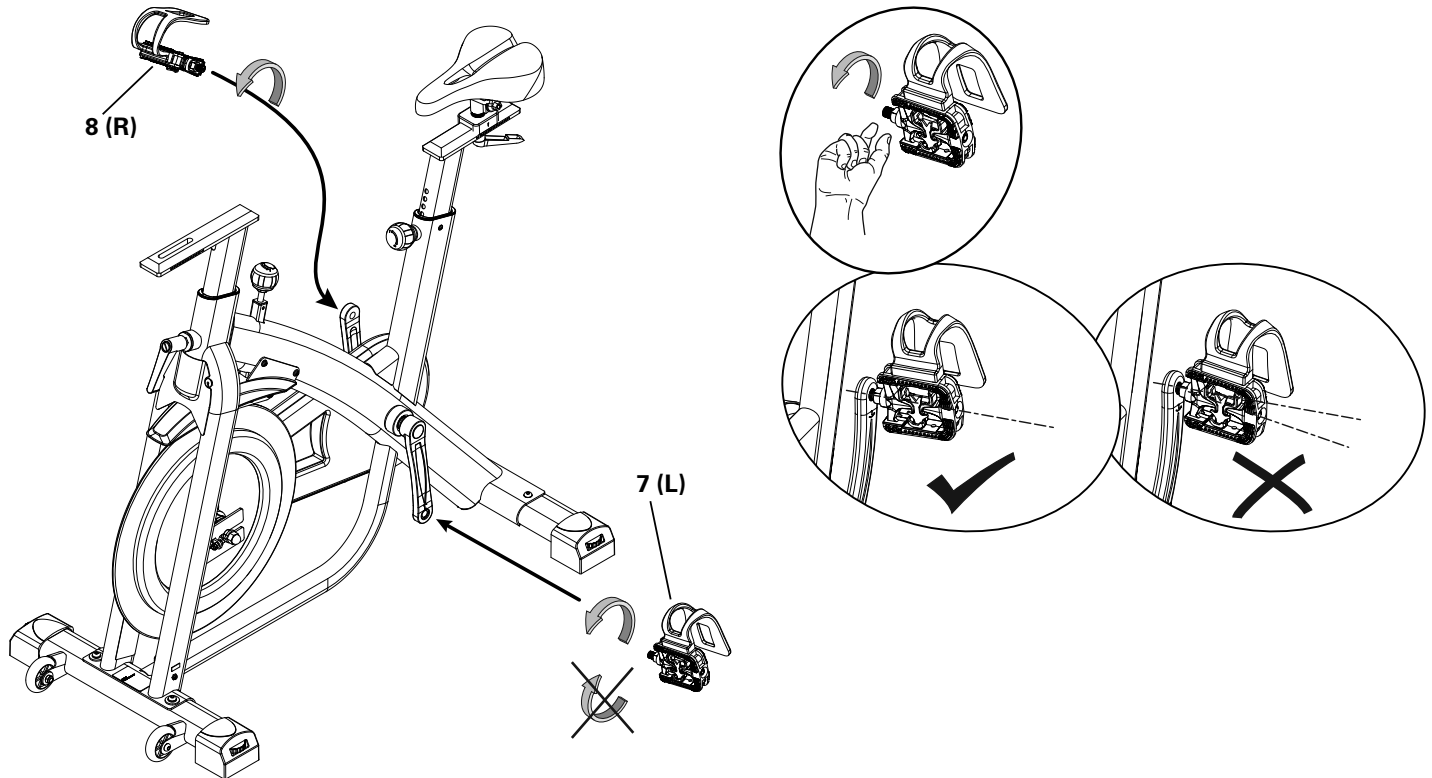


3. Attach Pedals to Frame Assembly

! If the threads strip due to improper installation, then the Pedals can disengage from the bike and/or break while under usage, which can result in serious injury to the user.

Note: The Left Pedal is reverse-threaded. Be sure to attach Pedals on the proper side of the Bike. Orientation is based from a seated position on the bike. The Left Pedal has an "L", the Right Pedal an "R".

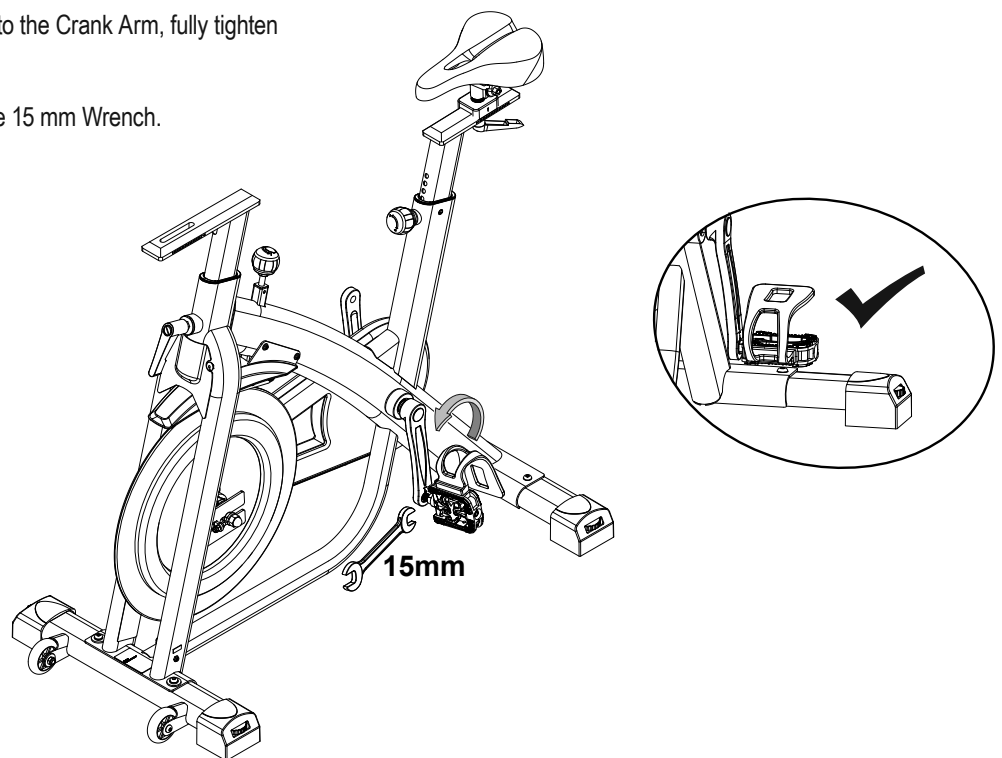
NOTICE: The Pedals MUST be installed straight into the Crank Arms by hand or the threads that secure the Pedals may strip. Start the Pedal by hand. If you feel resistance and the Pedal does not turn smoothly into the Crank Arm, make sure that the threads are aligned correctly. Be sure that the Pedal is going on straight into the Crank Arm. If the Pedal is not in-line with the opening, remove the Pedal and start again.



With the Pedal started by several hand turns into the Crank Arm, fully tighten it with the 15 mm Wrench.

Confirm that the Pedal is fully tightened with the 15 mm Wrench.

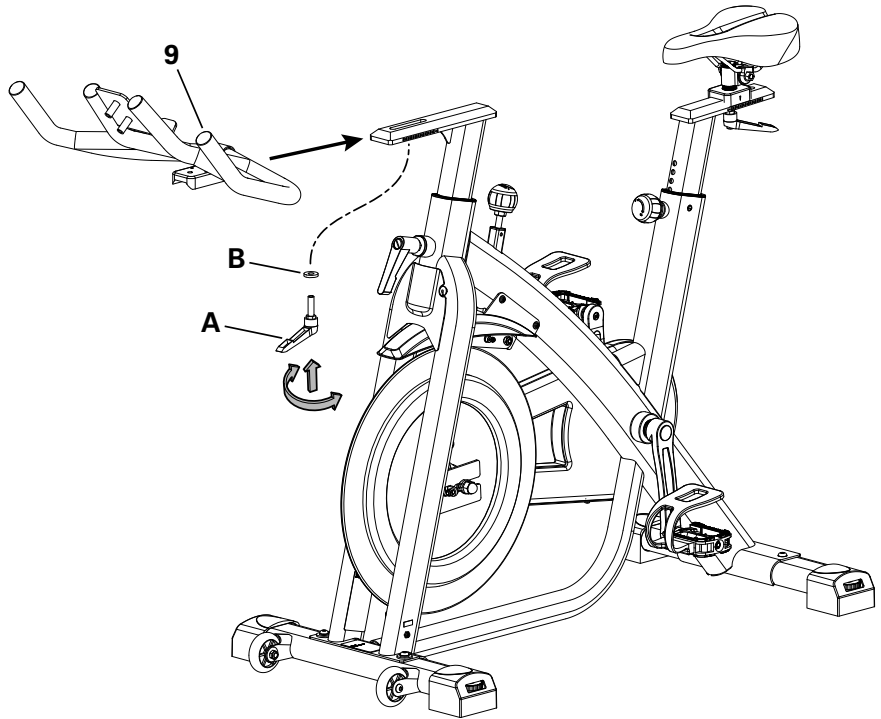
Repeat with the other Pedal.



4. Attach the Handlebar Assembly to the Frame Assembly

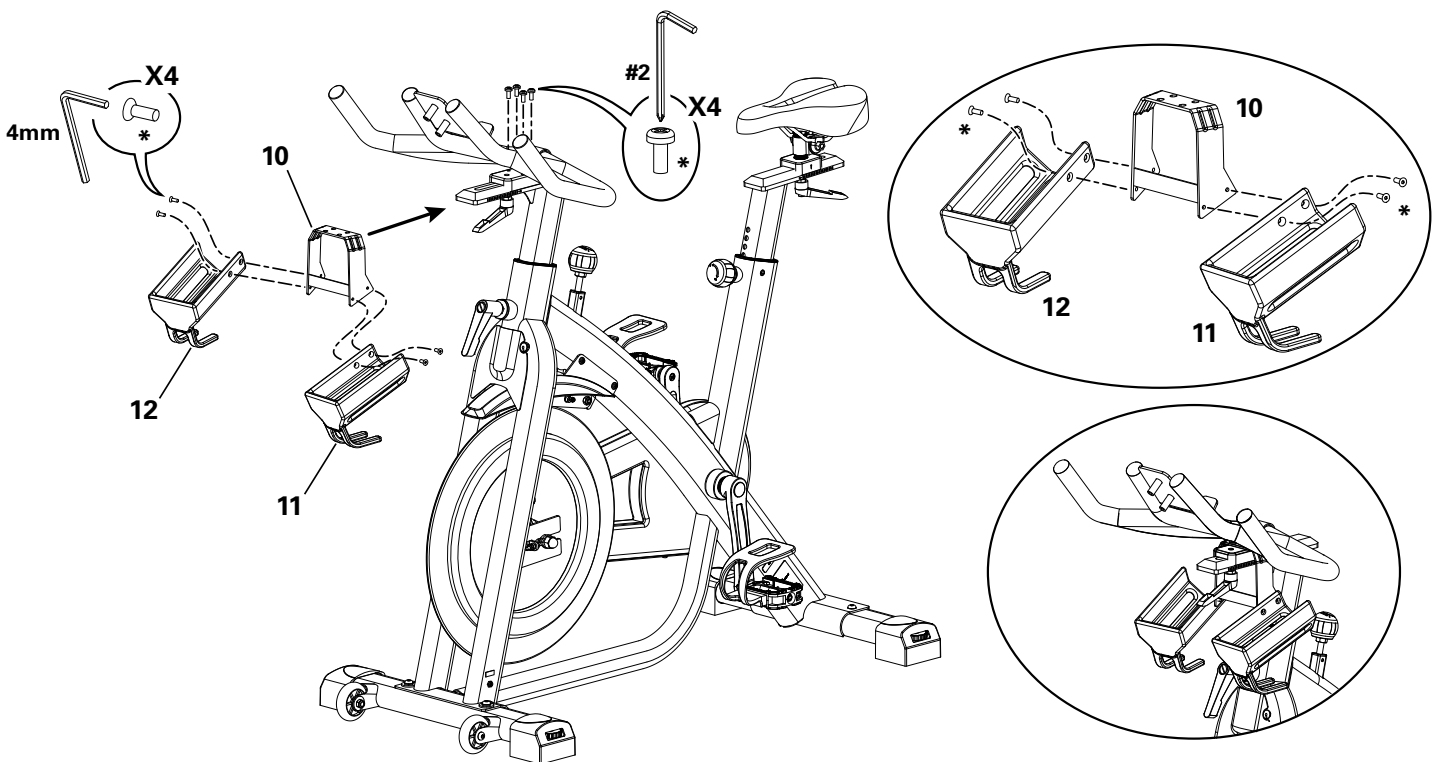
NOTICE: Make sure the Adjustment Handle engages the holes in the Handlebar Post. When fully tightened, the Handlebar Adjustment Handle must point forward.

Note: To adjust the Handlebar after the handle is tightened, loosen the handle. Move the handlebar to the desired position and tighten the handle. Pull the handle out to disengage and turn so that it points forward, then release.



5. Attach the Water Bottle Holders to the Frame Assembly

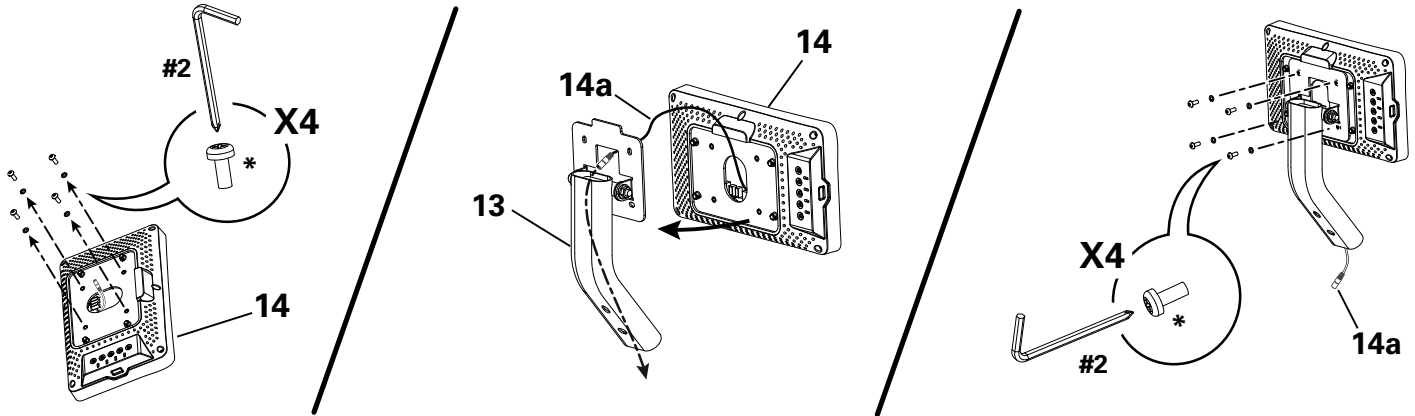
Note: The hardware (*) is pre-installed and not in the hardware bag.



6. Attach the Console to the Adjustable Console Mast

NOTICE: Remove the pre-installed hardware(*) from the back of the Console before you connect the cable. Do not let the screws fall inside the Console.

Use the pull cable in the Adjustable Console Mast to route the Console Cable (14a) through the mount plate and the tube to the base of the mast. Reinstall the Console hardware (*) through the mount plate on the Adjustable Console Mast.

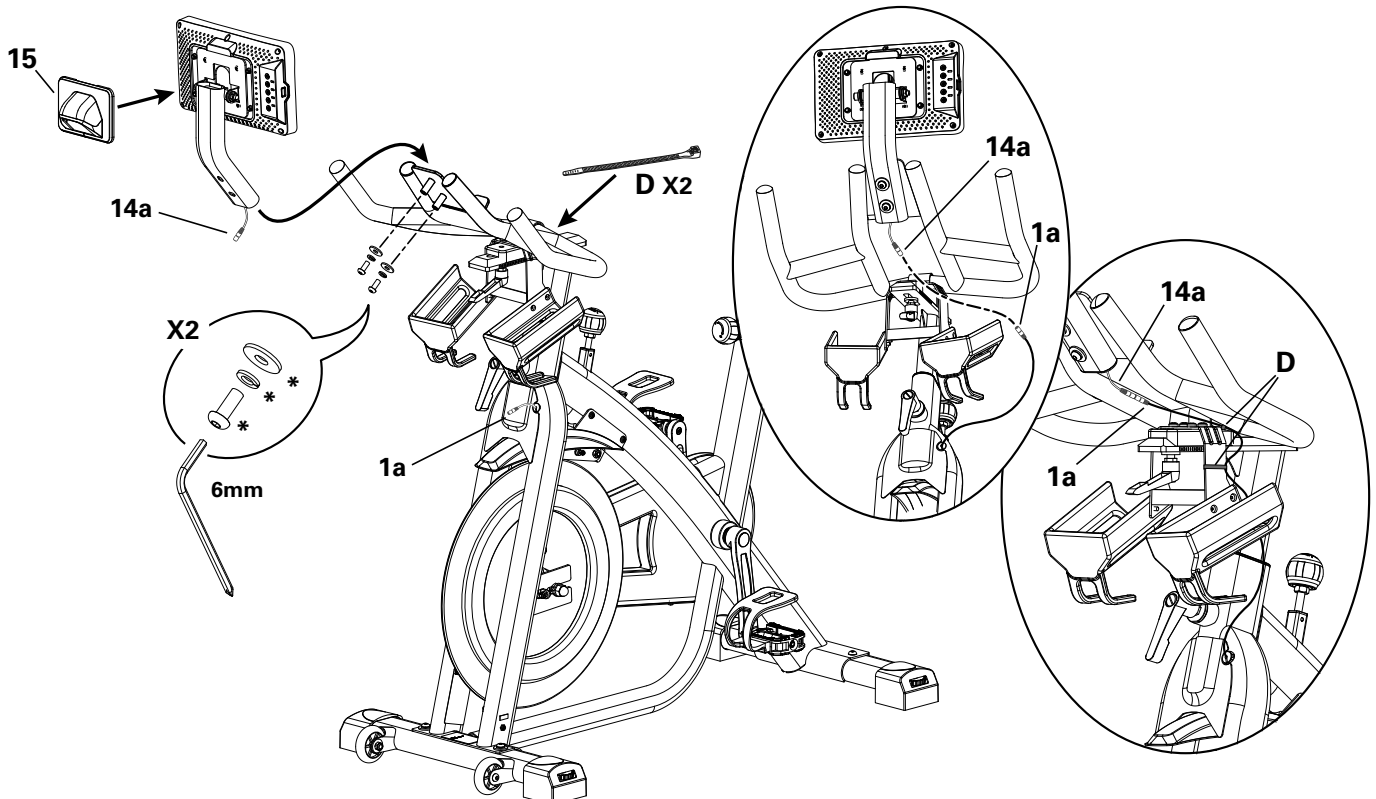


7. Install the Console/Mast Assembly to the Frame Assembly

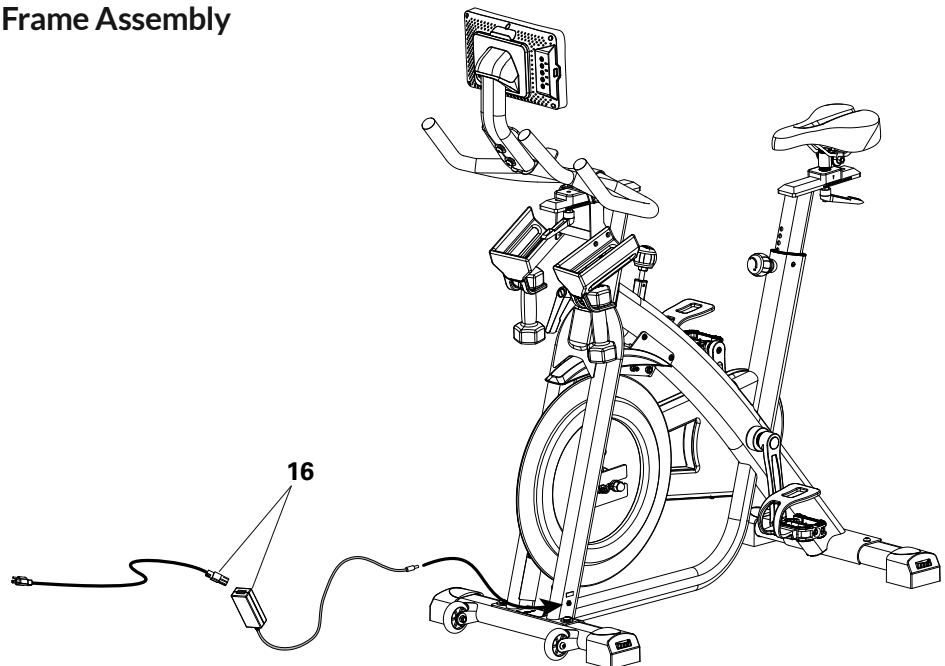
NOTICE: Remove the pre-installed hardware (*) from the Handlebar Assembly. Attach the Adjustable Console Mast with the hardware (*). Before tightening the hardware, carefully move the wire up and down in the mast to ensure that it is not pinched.

Connect the Console Cable (14a) to the Data Cable (1a). Make sure the cable connectors are aligned, push together securely and tighten the nut on the connector. Adjust the Handlebar to the highest, most forward position. Use the zipties provided (D) to attach the cable so that it stays clear of moving parts, allowing enough slack for Handlebar adjustment. Attach the Console Junction Shroud. Do not crimp the cables.

Note: The location of zipties shown is an approximation. Adjust the zipties as needed.



8. Attach the AC Adapter to the Frame Assembly



9. Set Up Your Machine

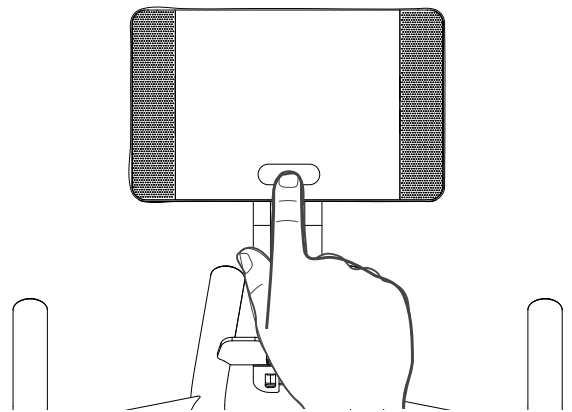
- a. With the machine plugged into a functioning wall outlet, the machine will start up and the red Status LED will activate.

Note: The Console may go to sleep if it does not receive any input. Touch the screen of the Console to wake up the machine.

- b. The machine will activate and display the Welcome - Connect Wifi screen. Tap on Connect.

Note: A Wifi connection is required to use your Bowflex™ machine. If you do not have a Wifi connection available, contact your Bowflex™ Representative or your local distributor immediately for further assistance.

- c. The Console will display the list of available Wifi connections. Tap on the desired Wifi connection, and enter the password. Tap on Connect.
- d. The Console will test and connect to the Wifi connection.
If the Console displays an Update Available screen, tap on the Agree button. The Console will update the software.
- e. With a Wifi connection established, tap on Back.
- f. Tap on Get Started.
- g. The Console will display the options screen. Choose Log In or Create Account. Follow the prompts to register your new fitness machine. When registration is completed, your fitness machine is now ready for use.
- h. The Console will display the Just for You tab. Complete the Fitness Assessment workout to unlock all workout content available to you. You can go to the Learn tab for more information about your options.



10. Final Inspection

Inspect your machine to ensure that all hardware is tight and components are properly assembled.

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

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

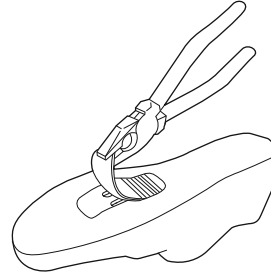
Installing the Shoe Clips (Cleats) on SPD Cycling Shoes (SPD Cycling Shoes not provided)

Note: The provided shoe Cleats fit both the right and left Pedals.

Tools needed (not included): pliers, 4 mm hex wrench

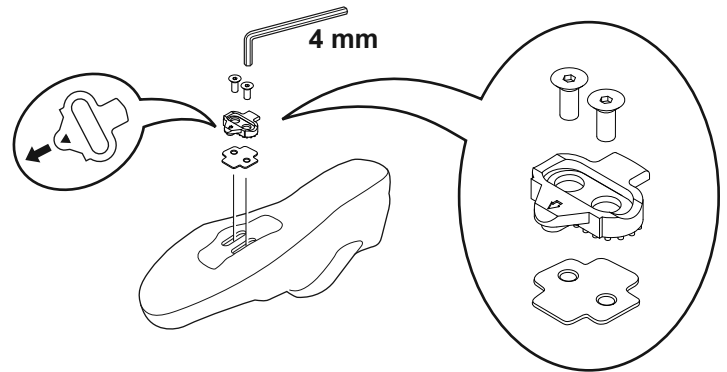
1. With a pair of pliers, pull off the rubber cover to expose the cleat mounting holes on the bottom of the cycling shoe.

Note: This step may not be necessary, depending on the type of shoe.



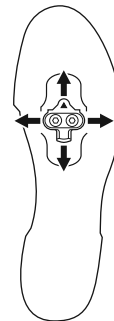
2. From the bottom of the shoe, put the anti-skid sheet in position over the cleat holes and then a cleat. Be sure the single arrow on the cleat points toward the toe of the shoe. Tighten the cleat mounting bolts (2.5 N·m).

Note: The mounting bolts must be very tight. Tighten one bolt then the other, then repeat to get them both very tight.



3. The cleat has an adjustment range of 20mm front to back and 5mm left to right. Practice engaging with the Pedal and releasing, one shoe at a time. Readjust to determine the best cleat position.

4. Using a 4mm hex key, fully tighten the cleat mounting bolts (5 – 6 N·m).



Note: For more information on how to use the shoes with the pedals, go to the “Using the Shoe Clips (Cleats)” section.

Moving and Storing the Machine

! The machine may be moved by one or more persons depending on their physical abilities and capacities. Make sure that you and others are all physically fit and able to move the machine safely.

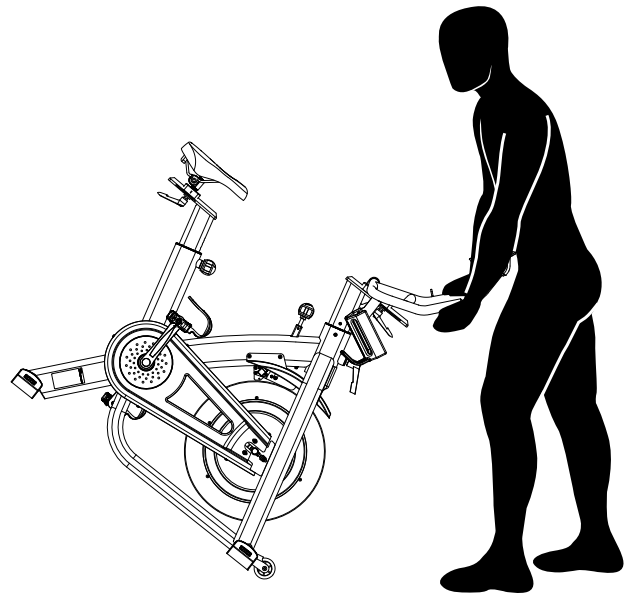
1. Remove the dumbbells, any media devices, or water bottles from the bike before moving it.
2. To lock the Flywheel, turn the Emergency Brake/Resistance Adjustment Knob clockwise until it encounters an increase in resistance. Then rotate the Emergency Brake/Resistance Adjustment Knob another 1/2 turn clockwise.

! Tighten the Emergency Brake/Resistance Adjustment Knob as described until the Flywheel is locked before moving it.

3. To move the bike, carefully pull the Handlebars toward you while pushing the front of the bike downward. Push the bike to the desired location.

NOTICE: Be careful when you move the machine. Abrupt motions can affect the computer operation.

! For safe storage of the machine, remove the power supply and place in a secure location. Tighten the Brake/Resistance Adjustment Knob as described until the Flywheel is locked. Place the machine in a secure location away from children and pets.

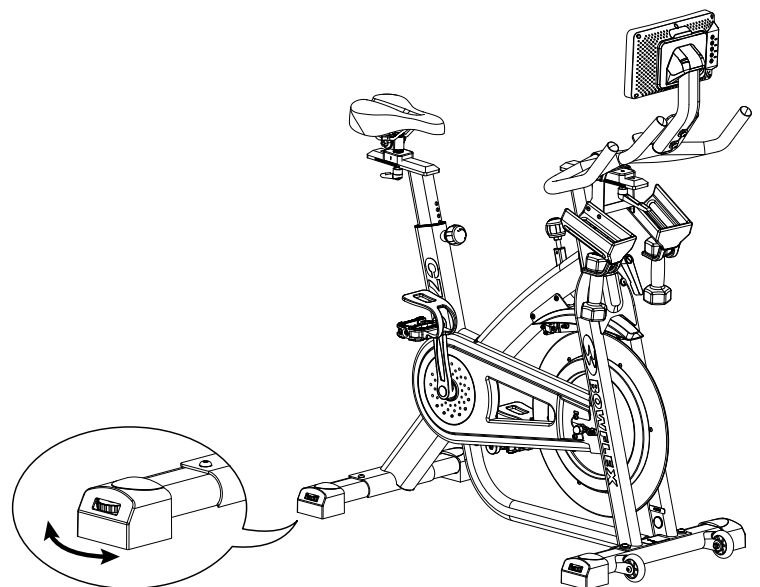


Leveling the Machine

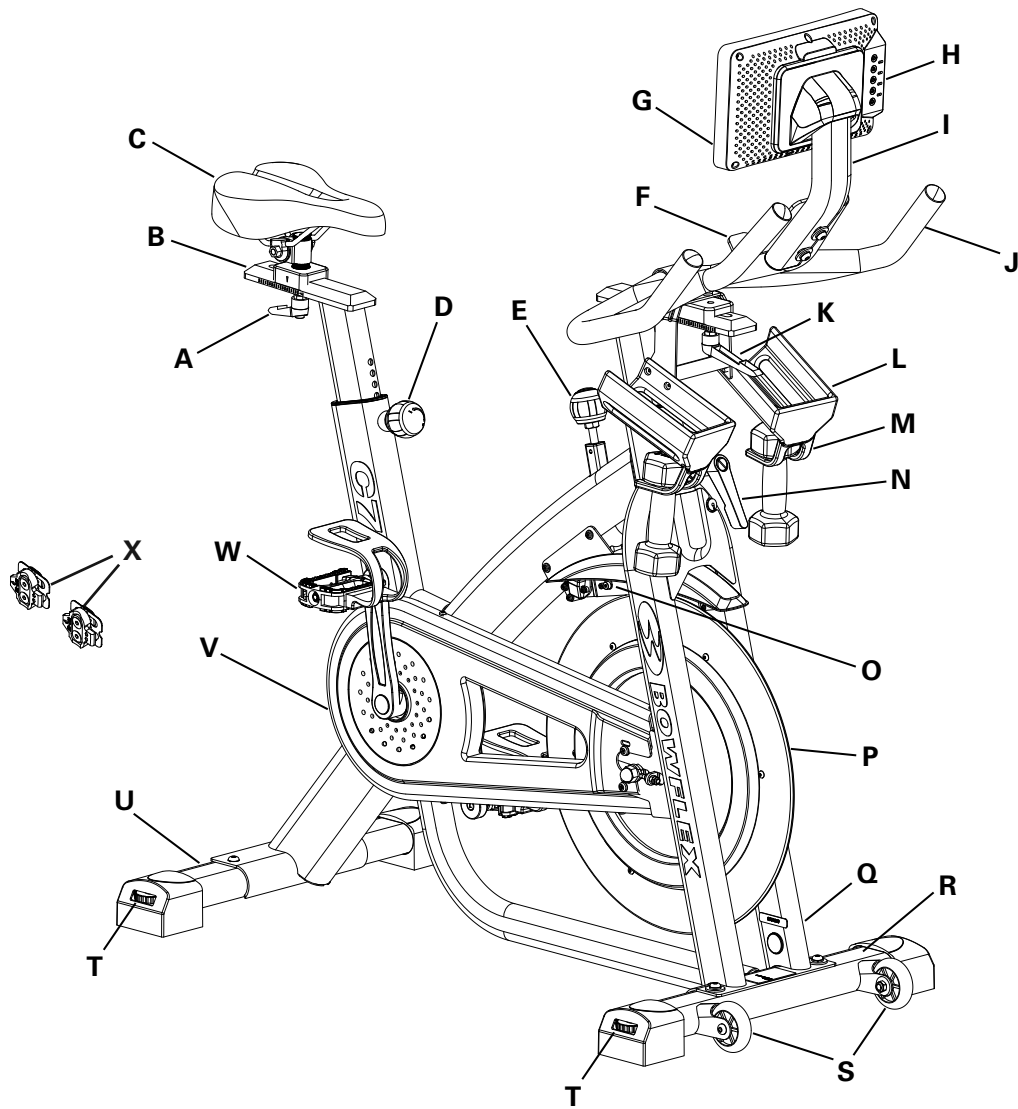
The machine needs to be leveled if your workout area is uneven. Levelers are found on each side of the stabilizers. Lift the stabilizer slightly to take the weight off the adjuster, then turn the stabilizer foot to adjust.

! 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.

Make sure the machine is level and stable before you exercise.



Features



A	Adjustment Handle, Seat Slider	N	Adjustment Handle, Handlebar Post
B	Seat Slider	O	Brake Assembly
C	Seat	P	Flywheel
D	Adjustment Knob, Seat Post	Q	Power Inlet
E	Emergency Brake/Resistance Adjustment Knob	R	Front Stabilizer
F	Media Tray	S	Transport Wheel
G	Console	T	Leveler
H	USB Charging Port	U	Rear Stabilizer
I	Adjustable Console Mast	V	Cover, Drive Belt
J	Handlebar Assembly	W	Pedal w/Foot Restraint and Shoe Cleat
K	Adjustment Handle, Handlebar Slider	X	Shoe Clips (Cleats)
L	Water Bottle Holder	Y	Bluetooth® Connectivity (not shown)
M	Dumbbell Rack	Z	Bluetooth® Heart Rate (HR) Receiver (not shown)

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.

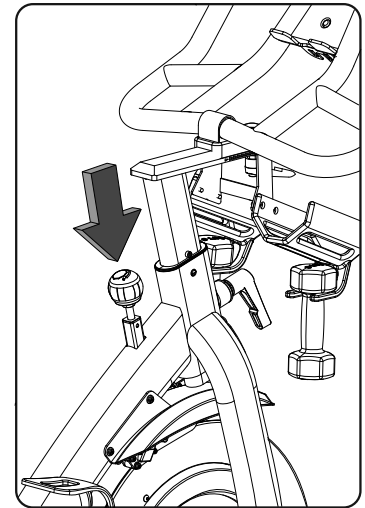
Emergency Stop

To stop the pedals immediately, push down hard on the Emergency Brake/Resistance Adjustment Knob.

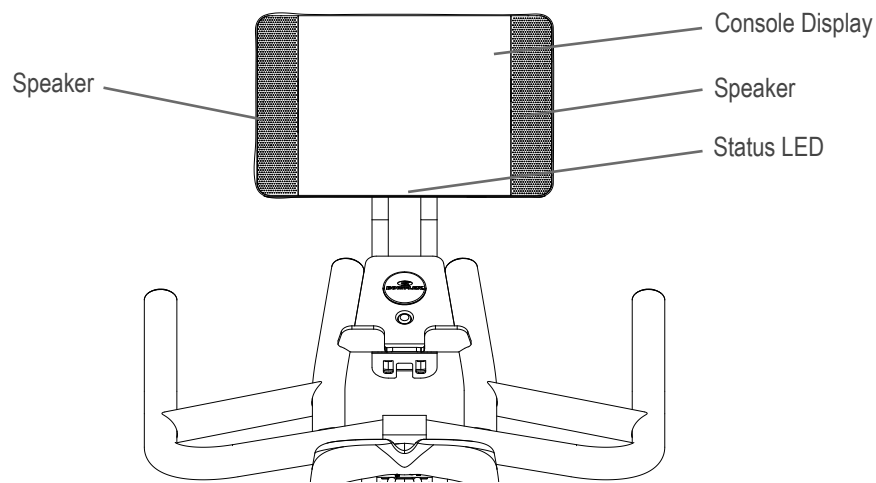
! This bike cannot stop the Pedals independently of the Flywheel. Reduce the pace to slow the Flywheel and Pedals to a stop. Do not dismount the bike until the Pedals have come to a complete stop. Be aware that the moving Pedals can strike the backs of the legs.

Resistance Adjustment

Turn the Emergency Brake/Resistance Adjustment Knob to adjust the resistance level. Clockwise will increase the value, counter-clockwise will decrease the value.



Console



You can access your JRNY™ membership* through the console of this Bowflex™ machine. With a JRNY™ membership, you receive guided workouts adapted to your capabilities, conveniently displayed on your console, and friendly virtual voice coaching designed to support you on your journey to long-term fitness success.

A Wifi connection is required to use your Bowflex™ machine. If you do not have a Wifi connection available, contact your Bowflex™ Representative immediately for further assistance.

Note: Your Console may not look exactly as the provided images. These images are to be used only as a guide to your machine. Users without a JRNY™ membership may find some content disabled or locked. All coaching, custom workouts, Explore The World™ videos and trainer led workout videos are only available through a Wifi connection with a JRNY™ membership. Available workouts can be found on the Programs tab, Explore the World™ tab, Workouts, and the JUST FOR YOU tab.

Console Display

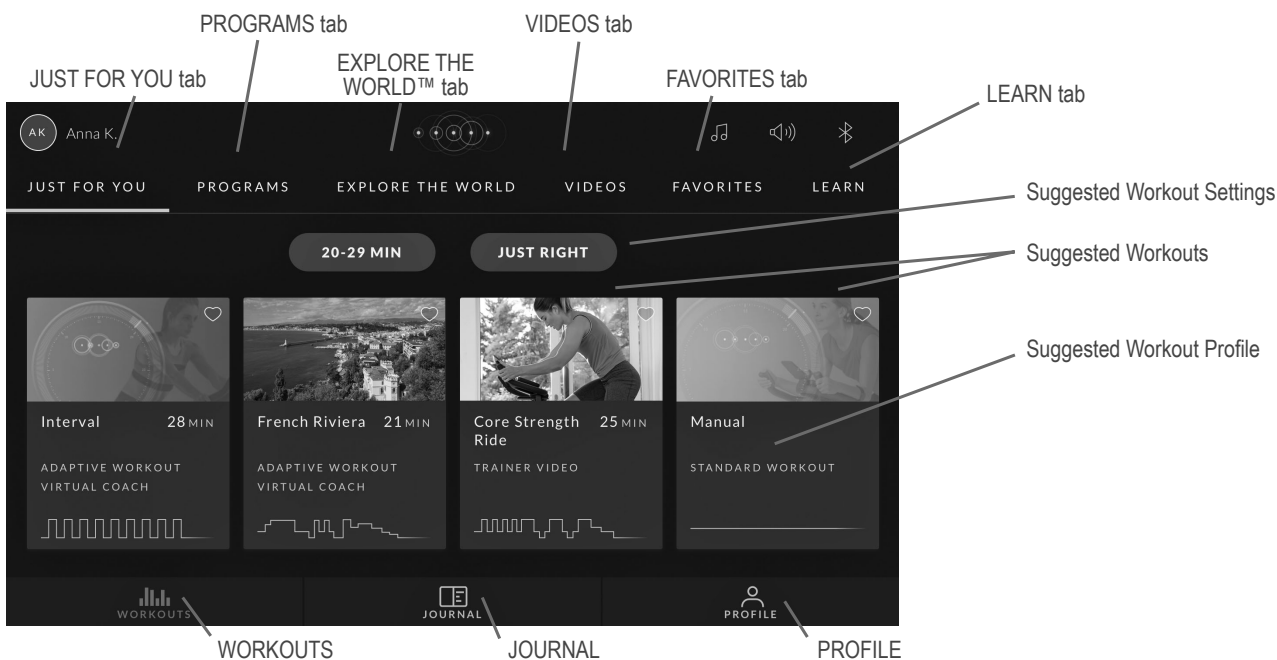
The Console Display home page includes convenient access to basic features, such as manual and standard workout programs. Everything can be controlled with a simple touch of the Display. Just touch the Display to make a selection, start a workout, or to simply wake up the Console.

Note: The buttons on the back of the Console are for factory reset and recovery. They are not intended for customer use. The Power/Sleep button turns off the backlight on the console, so it appears off but the electronics are still on.

* A JRNY™ membership is required for the JRNY™ experience – see www.bowflex.com/jrny for details. For United States and Canada customers, you can obtain a JRNY™ membership by calling 800-269-4126 or visiting www.bowflex.com/jrny. Where available (including the United States), you can also obtain a JRNY™ membership by downloading the JRNY™ app onto your phone or tablet and signing up within the downloaded app. JRNY™ memberships may not be available in all countries.

Status LED

The Status LED shows if the Console is activated and starting up/operating correctly (LED is on), or if the Console is experiencing an error (LED blinks 3 times). To reset the Console during an error, disconnect the power to the machine for 30 seconds and reconnect it.



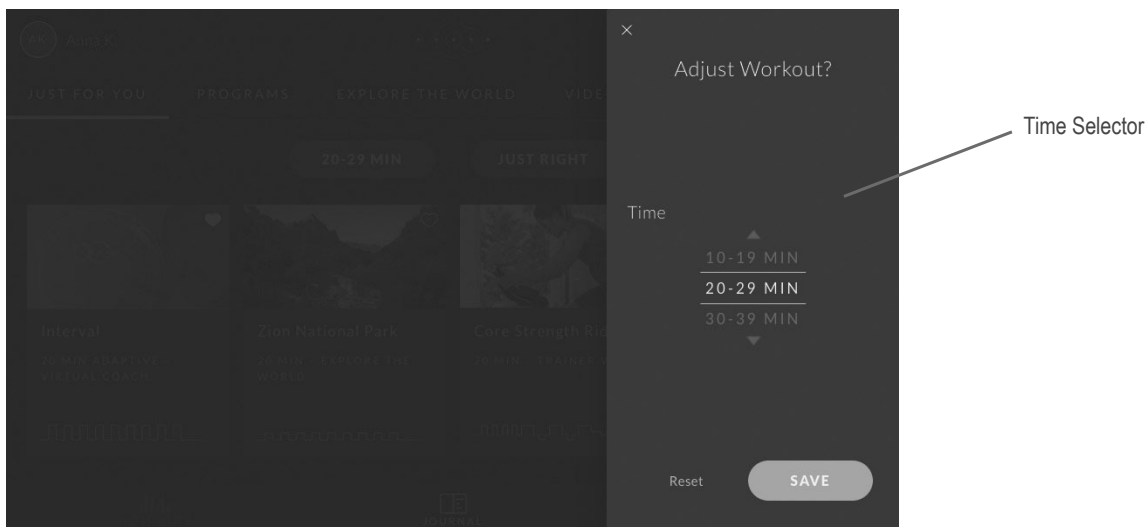
JUST FOR YOU tab

After logging in, the Just For You tab is the starting, or home, screen for your machine. Guided adaptive workout options* and educational videos are presented here, encouraging you on your fitness journey. Tap on any of the available options to see additional details and to start the workout.

Recommend Workouts

Recommended workouts are based on your current fitness level, past workouts and selected time and difficulty settings.

Note: Users without a JRNY™ membership will see only the Time selection button.



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PROGRAMS tab

The Programs tab provides access to all guided adaptive workouts (with or without virtual voice coaching)*, along with the standard workouts programs.

EXPLORE THE WORLD™ tab

The Explore The World™ videos* allow you to ride through virtual outdoor destinations.

VIDEOS tab

The Videos tab provides workouts led by fitness trainers*, categorized by difficulty and organized by time.

FAVORITES tab

Quick access to your favorite content. To add an option to your Favorites tab, tap on the heart icon in the upper-right corner.

LEARN tab

Provides educational videos and key feature information about fitness.

WORKOUTS

The Workouts tab centrally collects all of the available workouts and educational videos.

JOURNAL

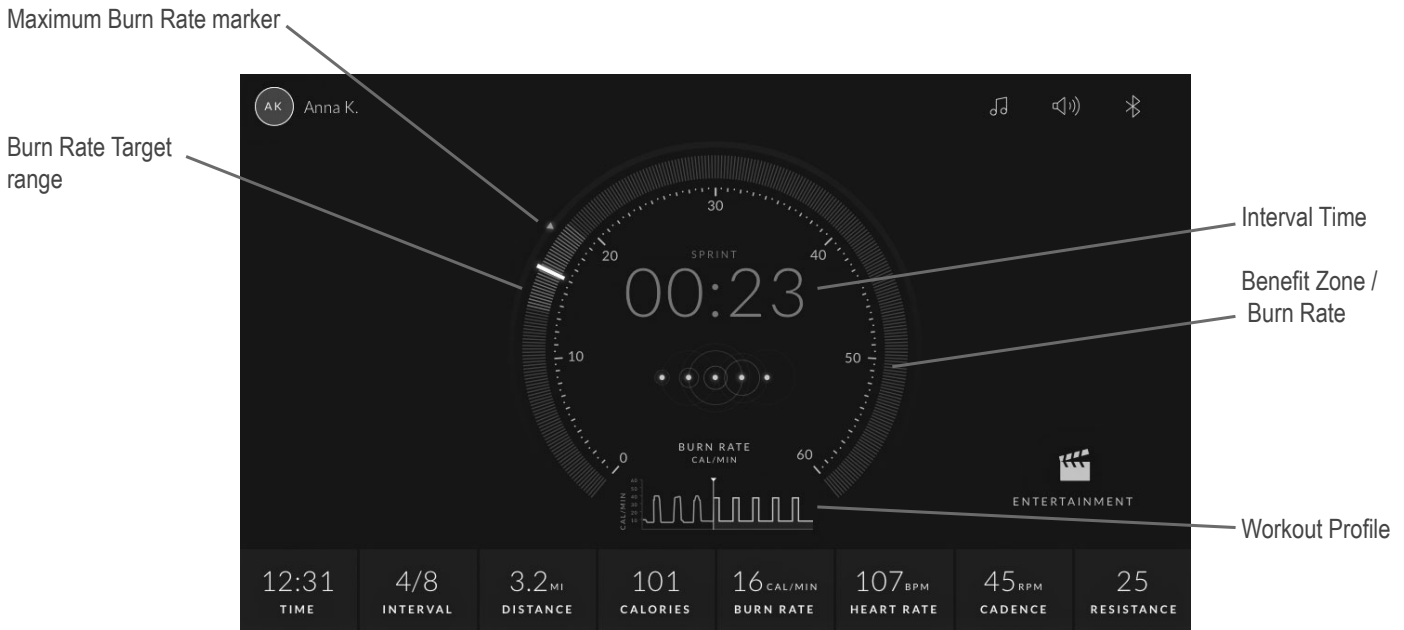
Displays the workout summary (Overview), Past Workouts, and Awards for the selected User Profile.

PROFILE

View and edit your User Profile details, settings, and JRNY™ membership information.

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Console Display with Workout Screen



Metrics Bar

Time

Counts in minutes and seconds the total time of your workout (e.g. 15:42 minutes).

Interval

During an Interval workout, the Intervals display show the currently active Interval and the total number of Intervals for the workout. Each Interval has a Sprint and a Recover workout segment.

Distance

The Distance display shows your workout distance in miles or kilometers based on the user setting.

Calories

The Calories display counts your total calories.

Burn Rate

The Burn Rate display shows the level of calories being burned per minute. This rate is a function of Intensity, which is the current level of RPM (pedal speed) and resistance level. As either of those values increase, the Burn Rate will increase.

Heart Rate

Remote Heart Rate (HR) Monitor required. The Heart Rate display shows your heart beats per minute. The heart icon will flash when acquiring the rate. With a stable reading, the icon will be shown as solid.



The heart rate displayed is an approximation and should be used for reference only.

Cadence

Cadence shows your current pedal speed in revolutions per minute (RPM).

Resistance

Resistance shows the resistance level set by the Resistance Knob.

Workout Profile

The Workout Profile is a visualization of the workout (showing intensity). The higher the profile line, the more intense the workout.

Interval Time

The Goal display shows the total workout time or the total calories for a non-interval workout. During an Interval workout, the Goal display counts down the time until the end of the workout. This display will be blank during a Manual workout. When the goal is time based, the clock icon is displayed. Use the Subtraction (-) or Addition (+) buttons to modify the Goal display.

Burn Rate / Benefit Zone Meter

The Burn Rate / Benefit Zone Meter shows the level of calories being burned per minute. This rate is a function of Intensity, which is the current level of RPM (pedal speed) and resistance level. As either of those values increase, the Burn Rate will increase.

Burn Rate Target range

The Burn Rate Target range is based on the selected User Profile. A range of Burn Rate segments are activated during an Interval workout. The intensity of the range is based on the Workout Profile display.

Note: For a more exact calorie burn rate and suggested target range, be sure to complete a Fitness Assessment workout and keep the User Profile current.



The Target Range is a suggested workout level, and should only be followed if your physical fitness level allows.

During an Interval workout, the SPRINT range will be the red segments, and the RECOVER range will be the blue segments.

Maximum Burn Rate marker

The Maximum Burn Rate marker is an indicator that shows the highest rate of calorie burn achieved during the current workout.

Benefit Zone meter

The Benefit Zone meter will be displayed during Standard and Manual workouts, with three suggested zones: Fat Burn, Endurance, and Performance.

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.

Bluetooth® Heart Rate Enabled


Your fitness machine is equipped to be able to receive a signal from a Bluetooth® Heart Rate (HR) Monitor. Follow the instructions provided with your Bluetooth® HR monitor.

 **If you have a pacemaker or other implanted electronic device, consult your doctor before using a Bluetooth® strap or other Bluetooth® heart rate monitor.**

Note: Be sure to remove the protective cover (if provided) from the Heart Rate Sensor before use.

Bluetooth® Heart Rate Armband

A Bluetooth® Heart Rate Armband is provided with your fitness machine. To use the Bluetooth® Heart Rate Armband, follow the instructions that were included with the Armband.

 **If you have a pacemaker or other implanted electronic device, consult your doctor before using a Bluetooth® armband or other Bluetooth® heart rate monitor.**

Note: Be sure to remove the protective cover (if provided) from the Heart Rate Sensor before use.

1. Put the Bluetooth® Heart Rate Armband onto the upper portion of your forearm.
2. Confirm that Bluetooth® wireless connection is active on the machine. If the Bluetooth® icon is blue, then it is active. If the icon is red, then Bluetooth® wireless connection must be activated. To activate Bluetooth® wireless connection:
 - a. Tap the Bluetooth® icon.
 - b. Tap “Manage Bluetooth®”.
 - c. Slide the option from “OFF” to “ON”.
 - d. Tap Back to exit.
3. When ready to exercise, start your workout.
4. Push the On/Off LED button on the Heart Rate Armband. Be sure to only push the On/Off LED button once.
5. During your workout, the Heart Rate Armband may take up to 60 seconds to connect. When connected, the Bluetooth® Heart Rate Device icon will be displayed along with your heart rate.

Note: The Armband can only be connected once to an active workout. If the On/Off LED button is pushed after being connected, the workout must be restarted.



 **Use the values calculated or measured by the machine’s computer for reference purposes only.**

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 completing a stress test than by using an age related formula.

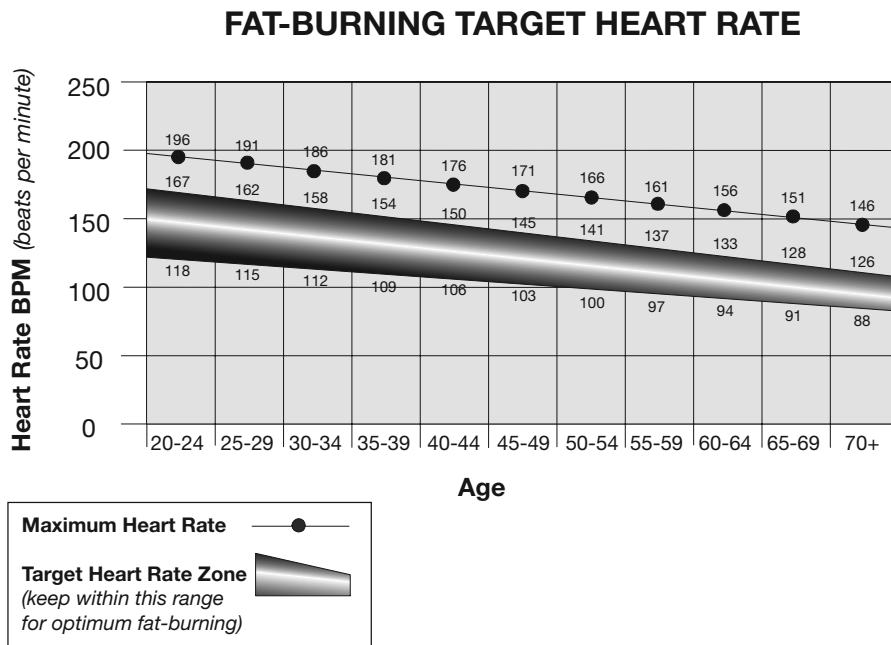
Your at-rest heart rate is influenced by endurance training. The typical adult has an at-rest heart rate of approximately 72 BPM, whereas highly trained runners may have readings of 40 BPM or lower.

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.




Speakers

To play audio through the speakers on your machine, open an App on the Console and allow it to stream audio.

Note: Your machine is also able to receive and play audio across a Bluetooth® connection from your device or stream audio from the machine to your Bluetooth® device (such as Bluetooth® headphones). Bluetooth® audio can only be streamed in one direction (in or out) at a time.

Shoe Clips (Cleats)

Foot pedals that are equipped for cycling shoes with cleats provide secure footing on the exercise bike. The shoe cleats provided fit both the right and left Pedals.

 **Prior to use, make sure you understand the operation of the engagement / release mechanism for the pedals and cleats (shoes).**

Keep cleats and bindings clear of dirt and debris to ensure engagement and release.

Check the cleats periodically for wear. When the cleats are worn, replace them. Replace the cleat when it becomes difficult to release, or starts to release with much less effort than when it was in new condition.

Pedals and cleats are SPD Compatible. They fit any shoe size with the correct cleat mounts: shoes with "Standard 2-Hole MTB SPD Cleat Mounts" (MTB SPD = Mountain Bike Shimano Pedaling Dynamics).

What to Wear

Wear rubber-soled athletic shoes or cycling shoes with cleats. You will need the appropriate clothes for exercise that allow you to move freely.

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 is an approximation and should be used for reference purposes only.

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

Seat Adjustment

Correct seat placement encourages exercise efficiency and comfort, while reducing the risk of injury. When you adjust the seat, use the shoes that you plan to wear for riding.

1. Standing next to the bike, raise/lower the Seat so that it is level with the top of your hip bone.
2. Sit on the bike. With the hips level, place the ball of the foot on the Pedal at the bottom of the pedal stroke (6 o'clock). The leg should be slightly bent at the knee (approx. 20 degrees).
3. If your leg is too straight or your foot cannot touch the Pedal, you need to move the seat downward. If your leg is bent too much, you need to move the seat upward.

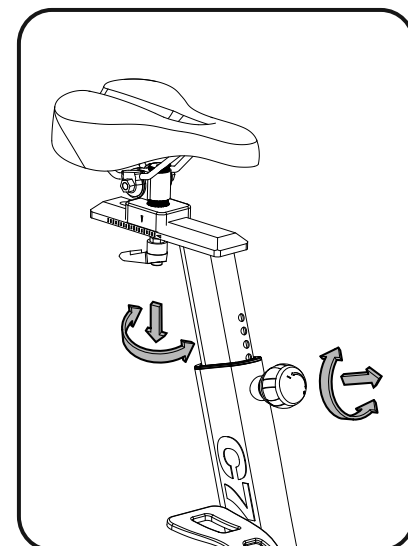
⚠️ Step off the machine before you adjust the seat.

4. Loosen and pull the Seat Post Adjustment Knob on the Seat Post as you hold the upright post to prevent it from dropping. Adjust the seat to the desired height.

⚠️ Do not lift the Seat post above the "STOP" mark on the Seat Post.

5. Release the Seat Post Adjustment Knob to engage the locking pin. Be sure that the pin is fully engaged and fully tighten the adjustment knob.
6. While seated, rotate the Pedals so they are level (a 3 o'clock/9 o'clock position). In this position, be sure the front knee is aligned over or slightly behind the pedal axle.
7. To move the seat closer to, or away from the console, loosen the Seat Slider Adjustment Handle. Slide the seat to the desired position and fully tighten the handle. Pull the handle down and turn so that it points rearward, then release.

Note: If the handle cannot turn due to contact with another part, pull the handle, turn and push it back in to reposition it. Continue turning as needed.

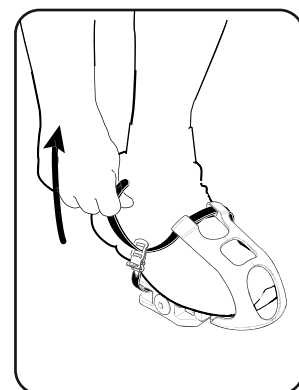


Foot Position / Pedal Strap Adjustment

Foot pedals with straps provide secure footing to the exercise bike.

1. Put the ball of each foot in the Foot Restraint on the Pedals.
2. Fasten the strap over the shoe.
3. Repeat for the other foot.

Be sure toes and knees point directly forward to ensure maximum Pedal efficiency. Pedal straps can be left in position for subsequent workouts.



Using the Shoe Clips (Cleats)

Foot pedals that are equipped for cycling shoes with cleats provide secure footing on the exercise bike. Be sure to turn the Pedals so that the Foot Restraint is under the Pedal.

! Prior to use, make sure you understand the operation of the engagement / release mechanism for the pedals and cleats (shoes).

Keep cleats and bindings clear of dirt and debris to ensure engagement and release.

Check the cleats periodically for wear. When the cleats are worn, replace them. Replace the cleat when it becomes difficult to release, or starts to release with much less effort than when it was in new condition.

Pedals and cleats are SPD Compatible. They fit any shoe size with the correct cleat mounts: shoes with "Standard 2-Hole MTB SPD Cleat Mounts" (MTB SPD = Mountain Bike Shimano Pedaling Dynamics).

1. Be sure that the arrow on top of the Pedal points forward.
2. Push the cleat down and forward to engage the Pedal.
3. Repeat for the other foot.
4. Practice engaging and disengaging from the Pedals before starting your workout.

To disengage (release) the cleats from the pedals, push the heels outward and lift.

If the body weight of a user is very low, the user may have difficulty with operation of the engagement/release mechanism in the Pedals. It may be necessary to decrease the retention force of the mechanism. To adjust the retention:

1. Locate the opening in the rear of the Pedal for access to the adjustment bolt. It is between the 2 screws that attach the Foot Restraint to the Pedal.
2. Use a 3mm hex wrench to turn the adjustment bolt. To decrease the retention, turn it left (counterclockwise). To increase the retention, turn it right (clockwise).

Handlebar Adjustment

To adjust the handlebar position:

1. Loosen the Handlebar Post Adjustment Handle on the Handlebar Post as you hold the upright post to prevent it from dropping. Adjust the Handlebar to the desired height.

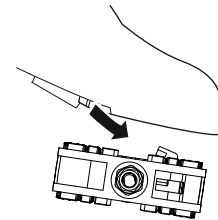
! Do not lift the Handlebar Post above the "STOP" mark on the Handlebar Post.

2. Tighten the Handlebar Post Adjustment Handle to secure the Handlebar. Be sure that the handle is fully tightened. Pull the handle out and turn so that it points down, then release.

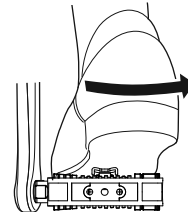
NOTICE: Do not crimp the cables.

3. To move the Handlebar closer to, or away from the seat, loosen the Handlebar Slider Adjustment Handle. Slide the Handlebar to the desired position and tighten the Handlebar Post Adjustment Handle to secure the Handlebar. Be sure that the handle is fully tightened. Pull the handle out and turn so that it points forward, then release.

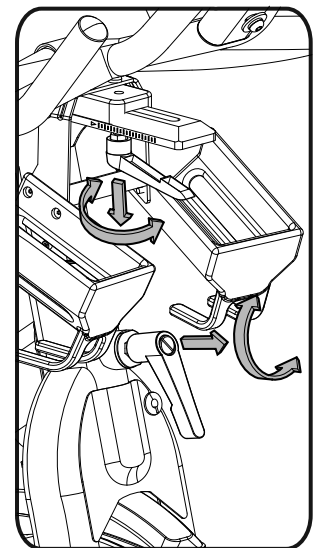
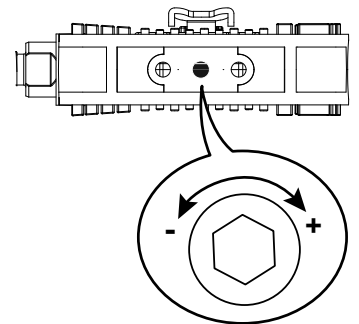
Note: If the handle cannot turn due to contact with another part, pull the handle, turn and push it back in to reposition it. Continue turning as needed.



Engage



Disengage (release)



Locking the Flywheel for Storage

When the machine is not in use, be sure to lock the Flywheel with the Emergency Brake/Resistance Adjustment Knob. To lock the Flywheel, turn the Emergency Brake/Resistance Adjustment Knob clockwise until it encounters an increase in resistance. Then rotate the Emergency Brake/Resistance Adjustment Knob another 1/2 turn clockwise. The Flywheel is now locked. The Flywheel should be locked for storage of the machine.

 **For safe storage of the machine, remove the power supply and place in a secure location. Tighten the Brake/Resistance Adjustment Knob as described until the Flywheel is locked. Place the machine in a secure location away from children and pets.**

With the Flywheel locked, the level of resistance will be out of the range of operation displayed by the Console. Do not use the machine with the level of resistance outside of the 0% - 100% range. This will damage the ability to quickly stop the Flywheel during an emergency, and the effectiveness of securing the bike for storage. Turn the Emergency Brake/Resistance Adjustment Knob until the LEVEL displayed on the Console is less than 100%. The resistance is now in the designed range of operation for the bike.

Initial Set-Up

1. Plug in the machine to a functioning wall outlet. The machine will start up, and the red Status LED will activate.
Note: The Console may go to sleep if it does not receive any input. Touch the screen of the Console to wake up the machine.
2. The machine will activate and display the Welcome - Connect Wifi screen. Tap on Connect.
Note: A Wifi connection is required to use your machine. If you do not have a Wifi connection available, contact your Bowflex™ Representative or your local distributor immediately for further assistance.
3. The Console will display the list of available Wifi connections. Tap on the desired Wifi connection, and enter the password. Tap on Connect.
4. The Console will test and connect to the Wifi connection.
If the Console displays an Update Available screen, tap on the Agree button. The Console will update the software.
5. With a Wifi connection established, tap on Back.
6. Tap on Get Started.
7. The Console will display the options screen. Choose Log In or Create Account. Follow the prompts to register your new fitness machine. When registration is completed, your fitness machine is now ready for use.
8. The Console will display the Just for You tab. Complete the Fitness Assessment workout to unlock all workout content available to you. You can go to the Learn tab for more information about your options.

Power-Up Mode

The Console will enter Power-Up / Home Tab if it is plugged into a power source, the Console display is touched, or if it receives a signal from the RPM sensor as a result of pedaling the machine.

Auto Shut-Off (Sleep Mode)

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.

Resistance Adjustment

To increase the resistance and workload, turn the Resistance Adjustment Knob clockwise. To reduce the resistance, turn the Resistance Adjustment Knob counter-clockwise. The range of movement of the Resistance Adjustment Knob is 0% to slightly past the 100% level of resistance (locked Flywheel). Do not turn the Resistance Adjustment Knob past the range of movement. If turned past the range of movement, damage to the machine may occur.

Paused / Workout Complete Mode

1. To Pause a workout, stop pedaling during the workout.
Note: The Console will automatically pause if there is no RPM signal for 5 seconds, or if you tap the screen and tap the Pause button.
When paused, the Console will display the Play and Stop buttons.
2. To continue the workout, begin pedaling or tap the Play button.
To end the workout before completing it, tap Stop.
3. After the workout, the Console will display the Workout Complete values (Total Time, Total Intervals, Total Calories, Average Sprint Burn Rate, Average Heart Rate, Average RPM, and Average Resistance).
4. Tap Continue.
5. The Console will go to the Overview of the Latest Workout of the JOURNAL tab.

Power-Off or Restart the Machine

Note: When active, the machine checks for software updates and installs them. If the machine is de-activated for a period of time, it may try to install updates when restarted.

To turn off the machine:

1. Log off.
2. Disconnect the power cord from the wall outlet.

To restart the machine:

1. Plug in the machine to a functioning wall outlet. The machine will start up, and the red Status LED will activate.

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, replace the labels. If purchased in US/Canada, contact Customer Service for replacement labels. If purchased outside US/Canada, contact your local distributor for them.

Disconnect all power to the machine before you service it.

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. Make sure adjustment knobs are tight. Tighten as necessary. Check the Pedals and tighten as necessary. After each workout, use a damp cloth to wipe your machine and Console free of moisture.

NOTICE: If necessary, only use a mild dish soap with a soft cloth to clean the Console. Do not clean with a petroleum based solvent, automotive cleaner, or any product that contains ammonia. Do not clean the Console in direct sunlight or at high temperatures. Be sure to keep the Console free of moisture.

Weekly: Clean the machine to remove any dust, dirt, or grime from the surfaces. Check pedals and crank arms and tighten as necessary. Make sure all bolts and screws are tight. Tighten as necessary. Check for smooth seat operation.

Note: Do not use petroleum based products.

Monthly or after 20 hours: Check the drive belt tension and adjust if necessary.

! We recommend that the Pedals be replaced every year to maintain maximum user safety and performance. Only use replacement Pedals available from Nautilus. Other brands of Pedals may not be designed for Indoor Cycling or this product, and can cause danger to users and bystanders, and will void the warranty.

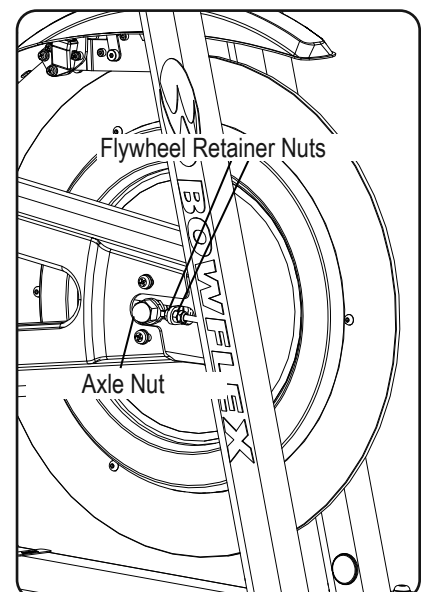
Checking the Drive Belt Tension

To check the Drive Belt tension, the bike needs to be operated. Set the resistance at a medium to high level. Get the pedals rotating at about 20 RPM. Then suddenly increase the RPM to your maximum ability. If the pedals move normally with no slipping, the tension is correct. If the Pedals slip, the belt needs to be adjusted.

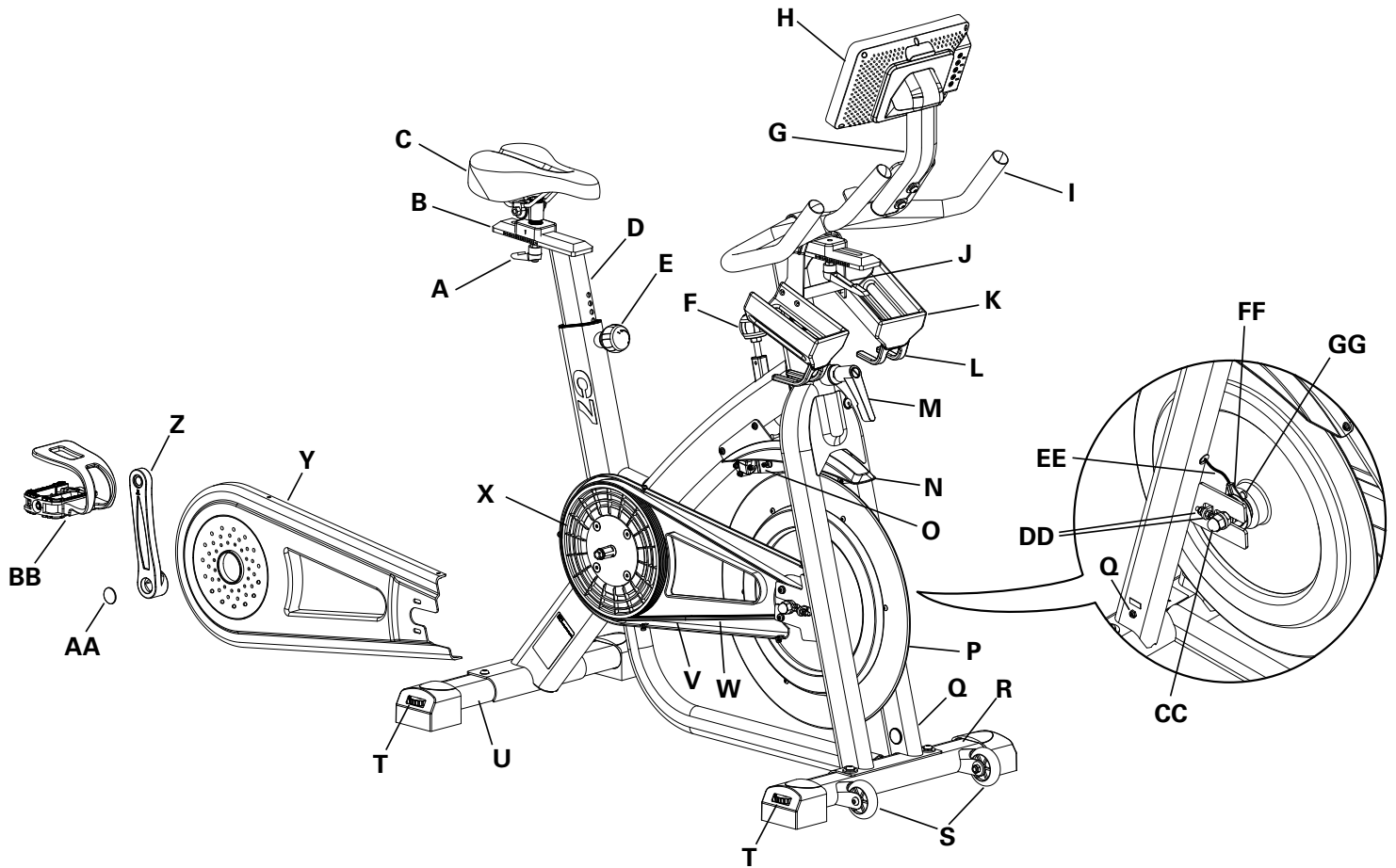
Adjusting the Drive Belt Tension

1. To change the tension of the Drive Belt, loosen the Axle Nuts. Use a 19mm open end wrench to hold the Axle Nut on one side steady, and loosen the Axle Nut on the opposite side with a 19mm socket and wrench.
2. If the Drive Belt is too loose and slipping, use a 10mm wrench to turn each Flywheel Retainer Nut a 1/4 turn to the right (clockwise).
3. Re-test the tension of the Drive Belt, and adjust if still necessary.

A detailed "Adjust the Belt Tension" procedure can be found in the Service Manual.



Maintenance Parts



A	Adjustment Handle	L	Dumbbell Rack	W	Cover, Drive Belt Inside
B	Seat Slider	M	Adjustment Handle, Handlebar Post	X	Drive Pulley
C	Seat	N	Fender	Y	Cover, Drive Belt
D	Seat Post	O	Brake Assembly	Z	Crank Arm
E	Seat Post Adjustment Knob	P	Flywheel	AA	Crank Cap
F	Brake/Resistance Knob	Q	Power Inlet	BB	Pedal w/Foot Restraint
G	Adjustable Console Mast	R	Front Stabilizer	CC	Axle Nut
H	Console	S	Transport Wheel	DD	Flywheel Retainer Nut
I	Handlebar	T	Leveler	EE	Data Cable
J	Adjustment Handle, Handlebar Slider	U	Rear Stabilizer	FF	Speed Sensor
K	Water Bottle Holder	V	Drive Belt	GG	Speed Sensor Magnet

Condition/Problem	Things to Check	Solution
No display/partial display/unit will not turn on	Check electrical (wall) outlet	Make sure unit is plugged into a functioning wall outlet.
	Check connection at front of unit	Connection should be secure and undamaged. Make sure the adapter is fully plugged into the power inlet connector. Replace adapter or connection at unit if either are damaged.
	Check data cable integrity	All wires in cable should be intact. If any are visibly crimped or cut, replace cable.
	Check data cable connections/orientation	Be sure cable is connected securely and oriented properly. Small latch on connector should line up and snap into place.
	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 the above steps do not resolve the problem, contact Customer Service (if inside US/Canada) or your local distributor (if outside US/Canada).
Speed displayed is not accurate	Check Speed Sensor Magnet position	Speed Sensor Magnet should be in place on Flywheel.
Speed displayed is always "0"/ stuck in Pause mode	Data cable	Make sure the data cable is connected to the Console from the main frame assembly.
	Speed Sensor	Make sure the data cable is connected to the Speed Sensor.
No Speed/RPM reading	Check data cable integrity	All wires in cable should be intact. If any are cut or crimped, replace cable.
	Check data cable connections/orientation	Be sure cable is connected securely and oriented properly. Small latch on connector should line up and snap into place.
	Check Speed Sensor Assembly	Speed Sensor Assembly should be connected to data cable. Realign sensor if necessary. Replace if there is any damage to the sensor or the connecting wire.
Unit operates but Bluetooth® Heart Rate (HR) not displayed	Bluetooth® Heart Rate Sensing Device (Armband provided with U.S./Canada machines)	Make sure device is directly against skin and device is on.
	Bluetooth® Heart Rate Sensing Device Batteries	If device has replaceable batteries, install new batteries. Make sure batteries are charged, if applicable.
	Interference	Try moving unit away from sources of interference (TV, Microwave, etc).
	Connected to previous user	The Console may be still connected to the previous user. Push Connect Bluetooth® button to disconnect from them/ connect to your Heart Rate Sensing Device.
Unit operates but Bluetooth® HR displayed incorrectly	Connected to previous user	The Console may be still connected to the previous user. Push Connect Bluetooth® button to disconnect from them/ connect to your Heart Rate Sensing Device.
Console shuts off (enters sleep mode) while in use	Check electrical (wall) outlet	Make sure unit is plugged into a functioning wall outlet.
	Check connection at front of unit	Connection should be secure and undamaged. Replace adapter or connection at unit if either are damaged.
	Check data cable integrity	All wires in the cable should be intact. If any are cut or crimped, replace cable.
	Check data cable connections/orientation	Be sure cable is connected securely and oriented properly. Small latch on connector should line up and snap into place.
	Reset machine	Unplug unit from electrical outlet for 3 minutes. Reconnect to outlet.

Condition/Problem	Things to Check	Solution
	Check Speed Sensor	Speed sensor should be connected to data cable. Realign sensor if necessary. Replace if there is any damage to the sensor or the connecting wire.
		Contact Customer Service (if inside US/Canada) or your local distributor (if outside US/Canada).
Unit rocks/does not sit level	Check level adjustment	Levelers may be turned to level machine.
	Check surface under unit	Adjustment may not be able to compensate for extremely uneven surfaces. Move machine to level area.
Pedals loose/unit difficult to pedal/ Pedals seem to skip or slip with a sudden increase in rpm	Check pedal to crank connection	Pedal should be tightened securely to crank arm. Be sure connection is not cross-threaded.
	Check crank arm to axle connection	Crank arm should be tightened securely to axle.
	Check drive belt tension	Refer to the "Adjust the Belt Tension" procedure. Contact Customer Service (if inside US/Canada) or your local distributor (if outside US/Canada).
Clicking sound when pedaling	Check pedal to crank connection	Remove pedals. Make sure there is no debris on threads, and reinstall the pedals.
Seat post movement	Check locking pin	Be sure adjustment pin is locked into one of the seat post adjustment holes.
	Check locking knob	Be sure knob is securely tightened.
Console continuously displays a video of machine features	Console is in demonstration mode	Tap on the upper-right corner of the console display ten times. Tap on "Demo mode app", and then tap on the "De-activate Demo mode" option.
Console displays a series of colors at start-up (LCD display test mode)	Reset machine	Unplug unit from electrical outlet for 30 seconds. Reconnect to outlet.

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 3 years
- Mechanical parts 3 years
- Electronics 1 year
- Labor 1 year

(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.

