



BOWFLEX®



**Gym Style Ab Crunch Station
Owner's / Assembly Manual**



Congratulations on your commitment to fitness and your purchase of the Bowflex® Gym Style Ab Crunch Station accessory. Before assembling your Bowflex® Gym Style Ab Crunch Station, please read the Owner's / Assembly Manual and follow the Important Safety Precautions.

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

Serial Number _____

Date of Purchase _____

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

Or call 1 (800) 605-3369.


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

Table of Contents


Important Safety Precautions	3
Safety Warning Labels	3
Before You Assemble	4
Hardware and Tool Guide	5
Parts Guide	6
Assembly Instructions	7
How to Use Your Gym Style Ab Crunch Station	14
Maintenance	16
Workout Guide	16
Exercises	17
Muscle Chart	18
Warranty Information	19
Contacts	20

Important Safety Precautions

IMPORTANT SAFETY INSTRUCTIONS

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

Obey the following warnings:

 Read and understand all Warnings on this machine.
Carefully read and understand the complete manual for this accessory equipment.

- Refer to your original Owner's Manual for your Bowflex® home gym for a list of general warnings. If you do not have the Owner's Manual, please contact Nautilus, Inc. at 1-800-605-3369 for a replacement copy.
- Keep bystanders and children away from the product you are assembling at all times.
- Children must not be let on or near to this machine. Moving parts and other features of the machine can be dangerous to children.
- Not intended for use by anyone under 14 years of age.
- Maximum user weight: 300 lbs. (136 kg). Do not use if you are over this weight.
- Keep the Power Rod® resistance rods bound when they are not in use to immobilize the machine.
- This product, its packaging, and components contain chemicals known to the State of California to cause cancer, birth defects, or reproductive harm. This Notice is provided in accordance with California's Proposition 65. If you would like additional information, please refer to our website at www.nautilus.com/prop65.

Safety Warning Labels

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

Before You Assemble

Before You Assemble

Please take the time to read all assembly instructions before attempting to assemble and install your Bowflex® Gym Style Ab Crunch Station accessory.

Basic Assembly Principles

Here are a few basic tips that will make your assembly of the Bowflex® Gym Style Ab Crunch Station quick and easy. By using these principles, you can simplify each process and save yourself extra time and effort.

1. To make the assembly process go faster, gather the pieces you need for each step and thoroughly read the assembly instructions for that step prior to starting assembly for the step.
2. When tightening a locknut on a bolt, use a wrench to grip the locknut and ensure that it is fastened securely.
3. When attaching two pieces, gently lift and look through the bolt holes to help guide the bolt through the holes.
4. As a general rule, and for all bolts and nuts on your Bowflex® Gym Style Ab Crunch Station, turn bolts or nuts toward the right (clockwise) to tighten and left (counterclockwise) to loosen. Or you can remember the mnemonic: "Righty tighty, lefty loosey."

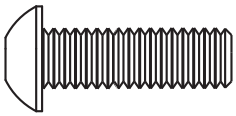
Tools Required:

- 9/16" Socket
- 9/16" Wrench or Adjustable wrench
- 7/32" Hex Wrench (provided)
- 3/16" Hex Wrench (provided)

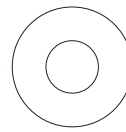


Hardware:

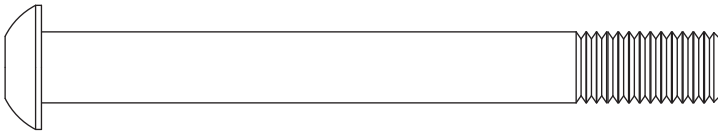
Hardware card also includes Lock Knob and Seat Locking Pin.



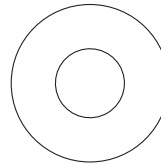
Descr: Allen Bolt - 5/16" x 1"
Qty: 4



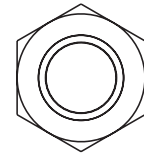
Descr: Flat Washer 5/16"
Qty: 4



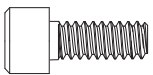
Descr: Allen Bolt - 3/8" x 3-1/2"
Qty: 2



Descr: Flat Washer 3/8"
Qty: 4



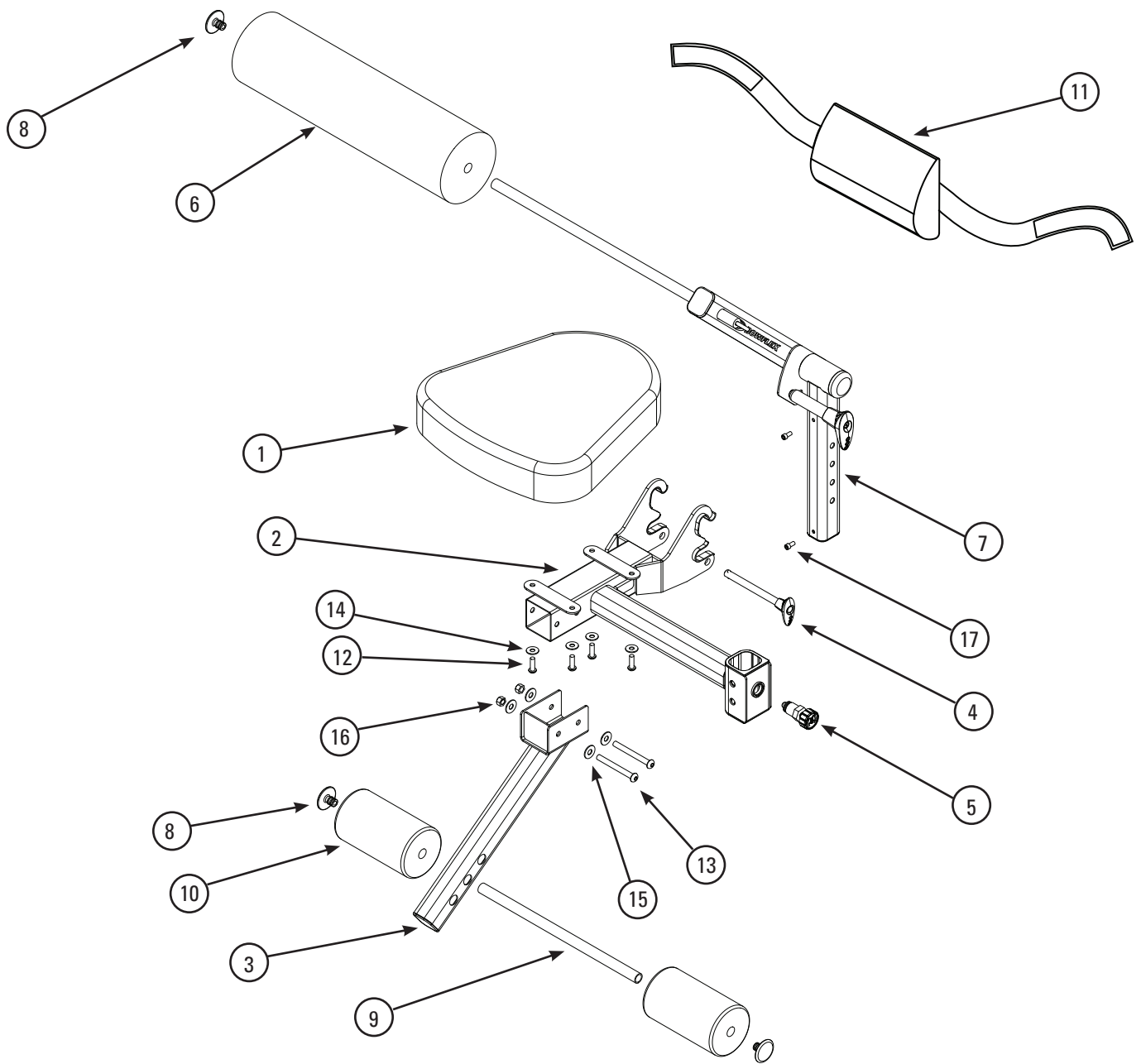
Descr: Lock Nut 3/8"
Qty: 2



Descr: Bolt - 1/4" x 1/2"
Qty: 2

NOTE: Illustrations not to scale.

Parts Guide



<i>Item #:</i>	<i>Qty:</i>	<i>Description:</i>	<i>Item #:</i>	<i>Qty:</i>	<i>Description:</i>
1	1	SEAT BOTTOM	12	4	5/16" X 1" Bolt
2	1	SIDE SUPPORT	13	2	3/8" X 3-1/2" Bolt
3	1	LEG EXTENSION	14	4	5/16" Flat Washer
4	1	SEAT LOCKING PIN	15	4	Flat Washer 3/8"
5	1	LOCK KNOB	16	2	Nut, Nylock 3/8"
6	1	PAD	17	2	1/4 X 1/2" Bolt
7	1	UPPER ASSEMBLY			
8	3	END CAP			
9	1	EXTENSION TUBE			
10	2	FOAM ROLLER PAD			
11	1	LUMBAR SUPPORT PAD			

Assembly Instructions

STEP 1: Seat Assembly

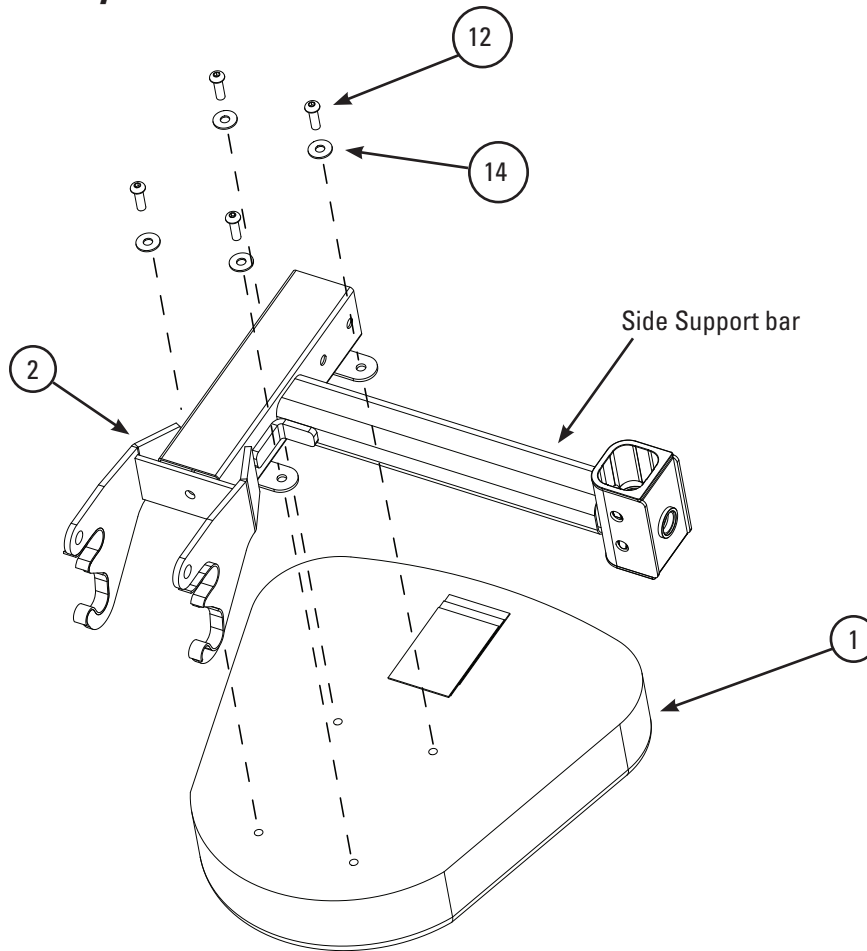


Figure 1

Parts:

- (1) Seat Bottom - Item 1
- (1) Side Support - Item 2

Hardware:

- (4) 5/16" X 1" - Item 12
- (4) Flat Washer 5/16" - Item 14

Tools:

- 3/16" Hex Wrench

Assembly Steps:

- 1-1 Lay the Seat Bottom (1) on the floor, seat cushion down, with the narrow back of the seat toward you.
- 1-2 Position the Side Support (2) so that the bracket is toward the back of the Seat Bottom and the Side Support bar extends to the right side.
- 1-3 Attach the Side Support (2) to the Seat Bottom (1) using the hardware shown. See **Figure 1**.
- 1-4 Tighten hardware.

STEP 2: Leg Extension Assembly

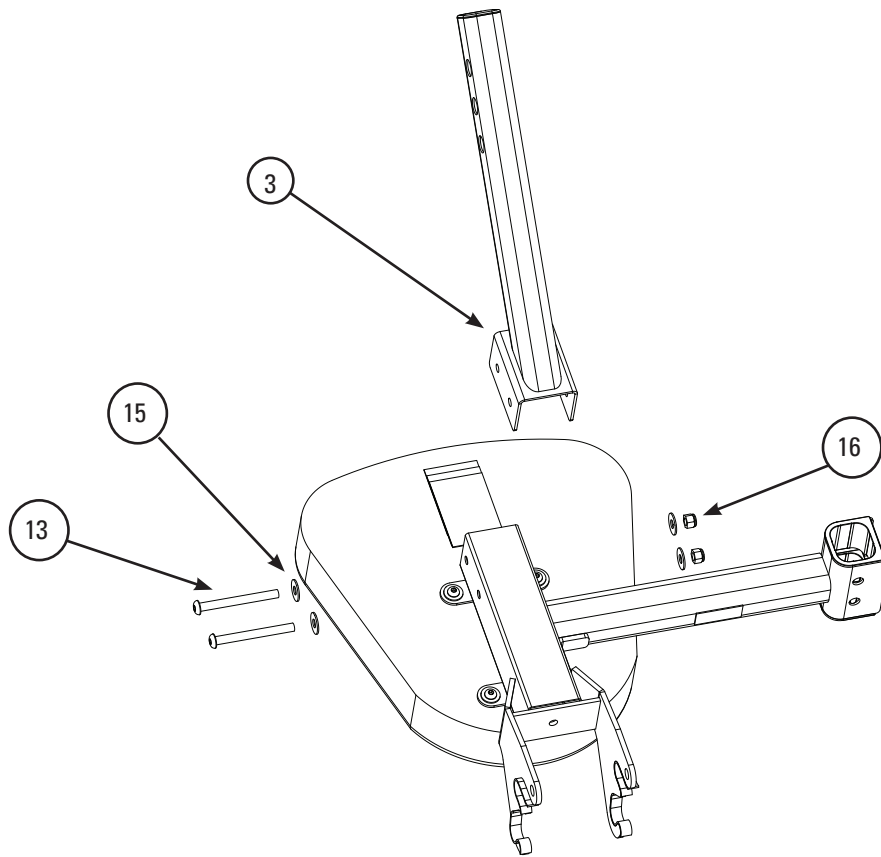


Figure 2

Parts:

- Seat Assembly from Step 1
- (1) Leg Extension - Item 3

Hardware:

- (2) 3/8" X 3-1/2" Hex Bolts - Item 13
- (2) 3/8" Flat Washers - Item 15
- (2) 3/8" Nylock Nuts - Item 16

Tools:

- 7/32" Hex Wrench
- 9/16" Socket/Wrench

Assembly Steps:

- 2-1 Attach the Leg Extension (3) to the Seat Assembly with the hardware shown. See **Figure 2**.
- 2-2 Tighten hardware.

Assembly Instructions

STEP 3: Install Seat Assembly on Seat Support Rail

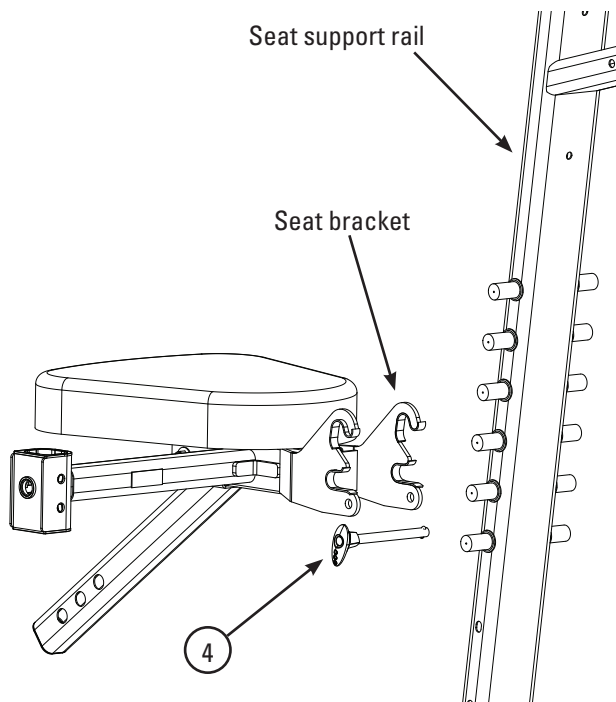


Figure 3a - Seat bracket and seat locking pin

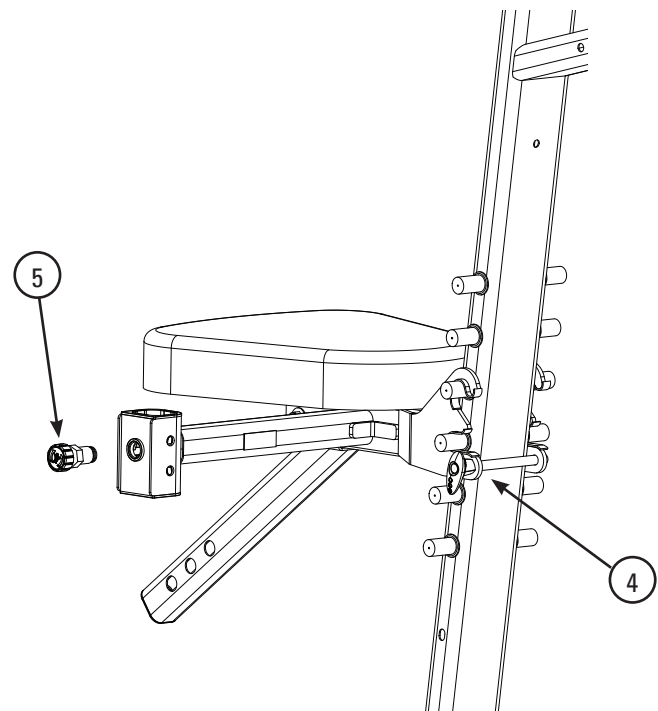


Figure 3b - Seat Assembly secured on Seat Support Rail

Parts:

- Seat Assembly from Step 2
- Seat Locking Pin - Item 4
- Lock Knob - Item 5

Assembly Steps:

- 3-1 Install the Seat Assembly on the home gym's Seat Support Rail. See **Figure 3a** and **3b**.
- 3-2 Secure the Seat Assembly with the Seat Locking Pin (4). See **Figure 3b**.
- 3-3 Install the Lock Knob (5) in the end of the Side Support bar. See **Figure 3b**.

STEP 4: Attach Pad to Upper Assembly

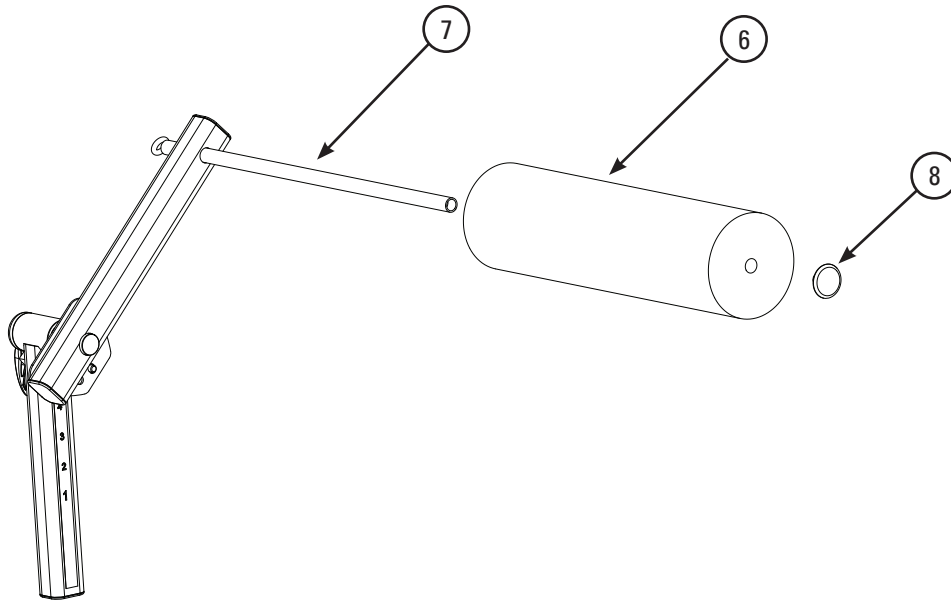


Figure 4

Parts:

- (1) Pad - Item 6
- (1) Upper Assembly - Item 7
- (1) End Cap - Item 8

Assembly Steps:

4-1 Slide the Pad (6) onto the Upper Assembly (7) tube and secure with the End Cap (8). See **Figure 4a**.

Assembly Instructions

STEP 5: Install Upper Assembly

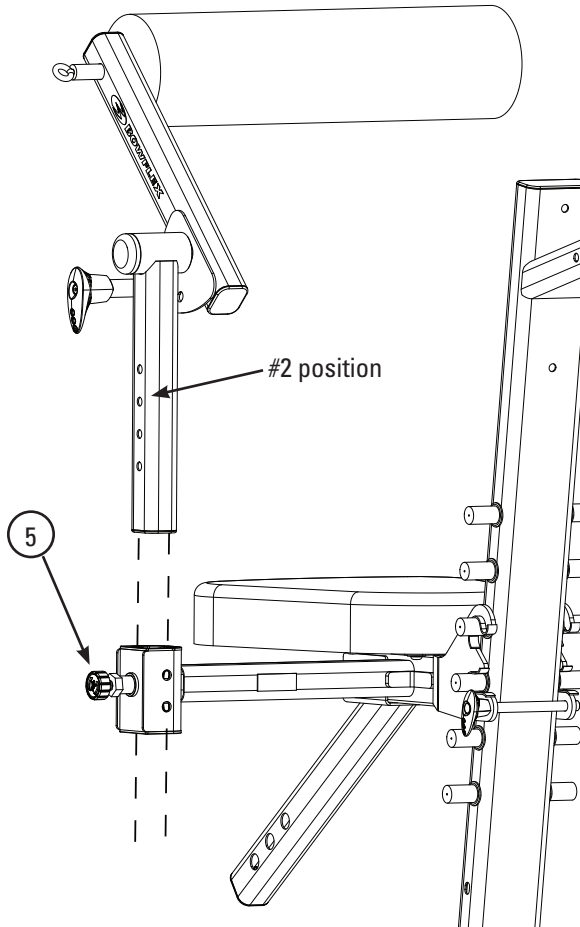


Figure 5a - view from behind seat

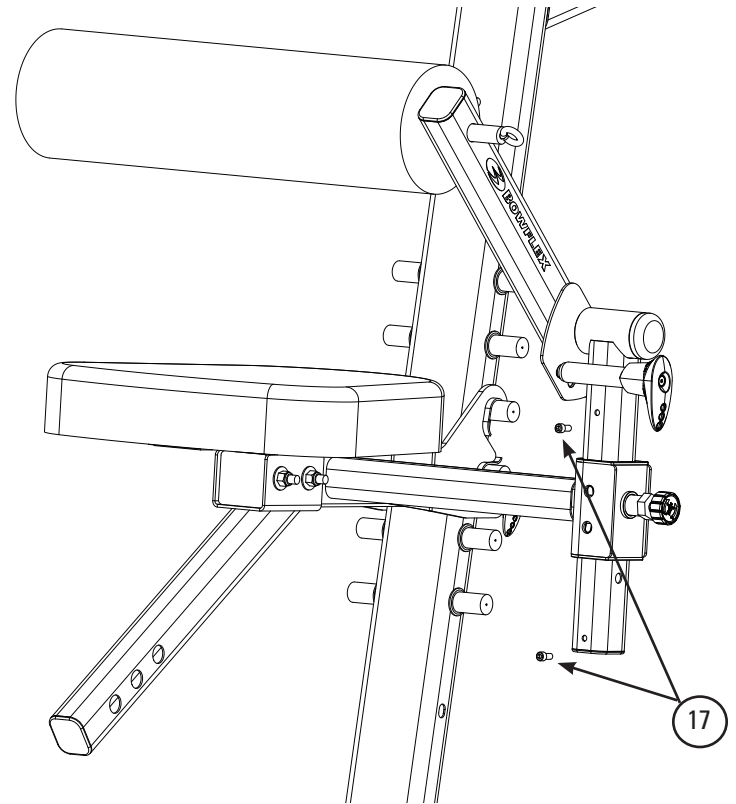


Figure 5b - view from front of seat

Parts:

- Upper Assembly from Step 4
- Seat Assembly from Step 3

Hardware:

- (2) 1/4" X 1/2" inch Bolt - Item 17

Tools:

- 3/16" Hex Wrench

Assembly Steps:

- 5-1 Insert the Upper Assembly in the side bracket on the Seat Assembly (**Figure 5a**). Lock the Upper Assembly in the #2 position with the Lock Knob (5).
- 5-2 Screw one 1/4" X 1/2" Bolt (17) into the lowest hole on the Upper Assembly support. See **Figure 5b**. Screw the other 1/4" X 1/2" Bolt into the highest hole on the support.

STEP 6: Install Roller Pads

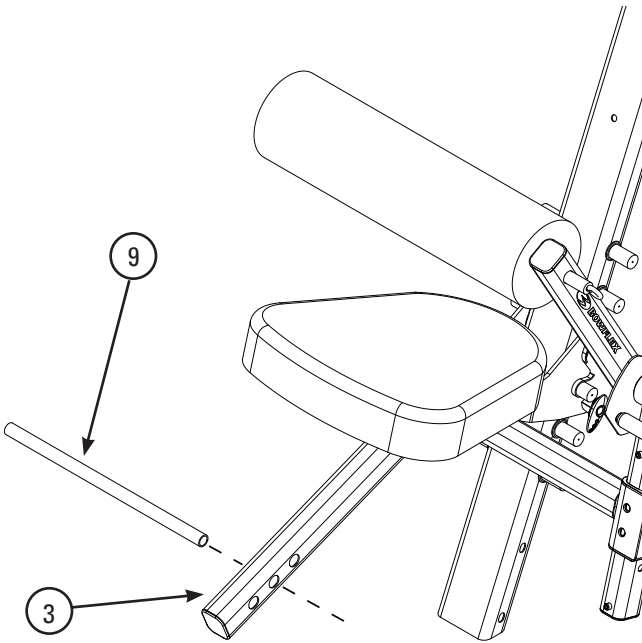


Figure 6a

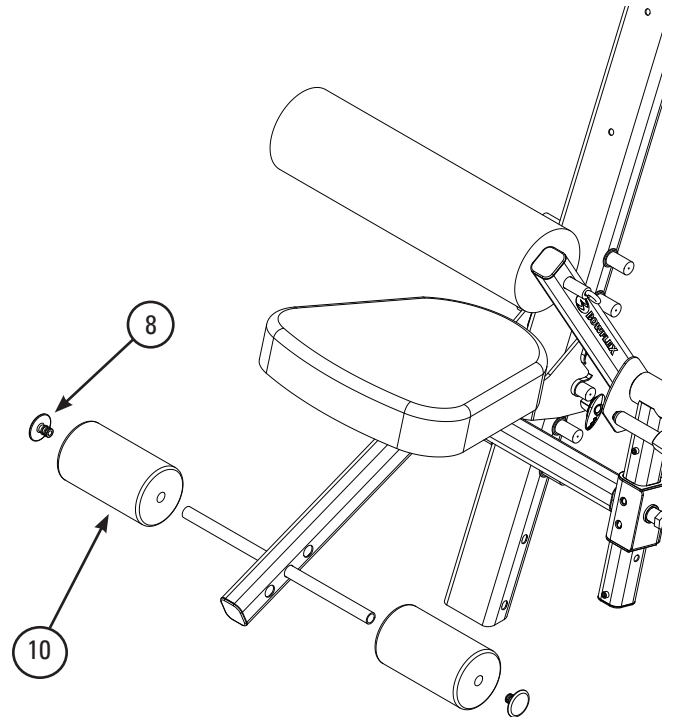


Figure 6b

Parts:

- Ab Crunch Assembly from Step 5
- (1) Extension Tube - Item 9
- (2) Foam Roller Pad - Item 10
- (2) End Cap - Item 8

Assembly Steps:

- 6-1 Insert the Extension Tube (9) through the mounting hole in the Leg Extension (3). See **Figure 6a**.
- 6-2 Slide a Foam Roller Pad (10) onto each end of the Extension Tube (9) and secure with End Caps (8). See **Figure 6b**.

Assembly Instructions

STEP 7: Final Inspection

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

Congratulations! You have successfully completed assembly and installation of your Bowflex® Gym Style Ab Crunch Station!



WARNING

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

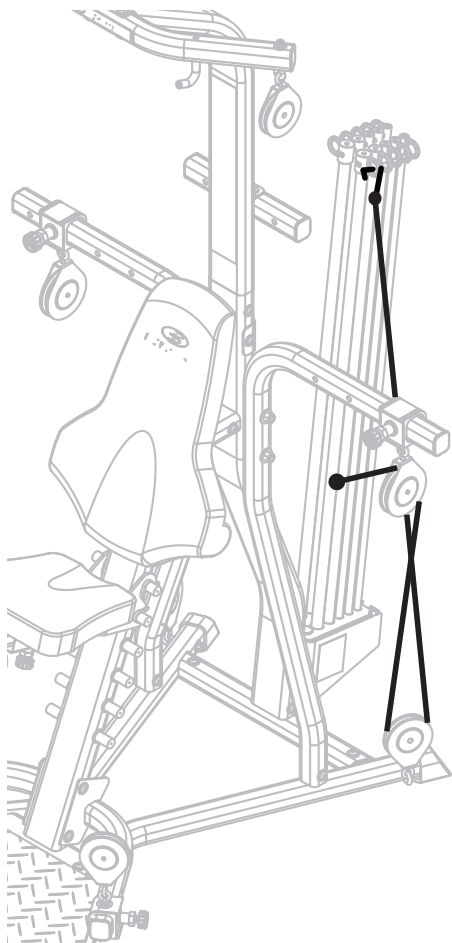
How to Use Your Gym Style Ab Crunch Station

Pulley Position and Cable Routing

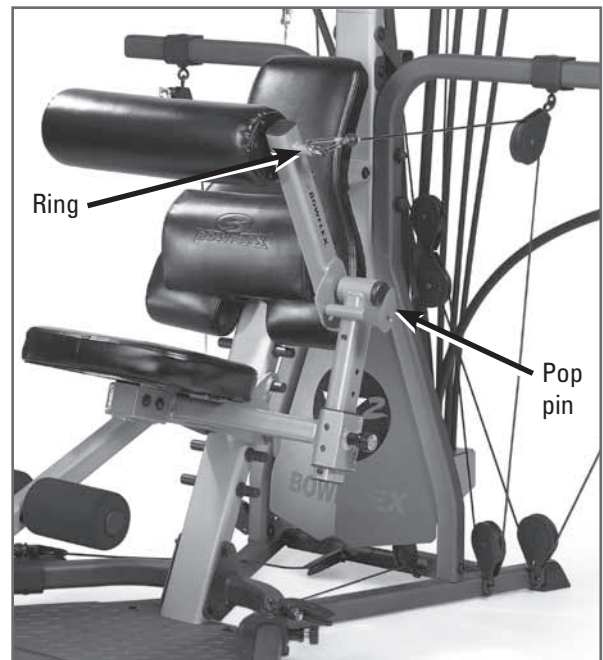
The Gym Style Ab Crunch Station connects only to the pulley cable on the same side as the attachment's side support. When using the Ab Crunch Station attachment, secure the slider pulley in one of the mid-bar positions on the Chest Bar. The pulley should align with the ring on the attachment's side support.

Make sure that the pop-pin on the side support is engaged before you attach the cable from the slider pulley to the ring on the side support. Attach the cable to the side support ring with the carabiner (snap hook) before you attach the other end of the cable to Power Rod® resistance.

Refer to the illustrations below for proper cable routing.



Active pulley is on the Chest Bar.



Cable connects to ring on Gym Style Ab Crunch Station side support with carabiner (snap hook).

How to Use Your Gym Style Ab Crunch Station

The Gym Style Ab Crunch Station gives you the ability to strengthen the muscles of the abdomen by safely adding resistance to abdominal exercises. When using the ab crunch station, position the pulley on the chest bar to align with the cable hookup on the upper pad assembly.

Adjust the seat and the lumbar support pad to fit your height. You can also adjust the height of the upper pad assembly to fit your individual chest space requirements. When the adjustments are complete, lock the pop-pin on the side support. Connect the chest bar pulley cable: first to the ring on the upper pad assembly, then to the desired Power Rod® resistance.

Position yourself comfortably and securely on the seat. With your right hand, push slightly forward on the round chest pad to take pressure off the pop-pin that holds the Upper Assembly in the pre/post exercise position. With the left hand, slowly and firmly pull the pop-pin out, and rotate it one quarter turn to position the small stop pins in the pin saddle. This will enable the Upper Assembly support arm to pivot freely during your exercise. Before exercising, ensure that the pop-pin is seated securely in the “out” position. Slowly release your right hand to let the tension on the cable bring the chest pad to rest on your pectorals. You can now begin the exercise.

After completion of your exercise, make sure you engage the pop-pin prior to exiting and disconnecting the cable from the ring.

Safety:

- Before using ab crunch station, make sure that the seat is secured on the seat support rail with the Seat Locking Pin.
- Always use the lock knob on the slider to secure pulleys. Do not allow pulleys to change position during any exercise.
- Lock the pivoting arm in place with the pop-pin before and after using the ab crunch station.

Lumbar Support Pad

The lumbar support pad increases the effectiveness of the Abdominal Crunch exercise by increasing extension of the back.

Place the lumbar support pad on the padded upholstery of the Seat Back, and fasten the adjustment straps behind the Seat Back.

Adjust the height of the lumbar support pad as needed for a comfortable exercise position. The pad should be positioned below your shoulder blades and above your hips. This optimum position will be different for each person.



Maintenance

Daily

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


Weekly

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

Monthly

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

Workout Guide

 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.

Working Out

A workout begins in your mind's eye. With concentration and visualization you can approach your workout with a positive, constructive attitude. A good pre-workout mental routine is to sit and relax, so that you can focus on what you are about to do and think about achieving your end goal.

Warming Up

We recommend that you warm up by doing light stretching and performing light exercises on the Bowflex® home gym.

Your Routine

The workout portion of your fitness routine is the series of exercises devoted to your particular goals. Remember, make sure to have fun!

Cool Down

An essential part of the exercise routine is the cool down. Gradually reduce the level of exercise intensity so that blood does not accumulate in one muscle group, but continues to circulate at a decreasing rate. Remember to gradually move yourself into a relaxed state.

Breathing

The most important part of breathing during exercise is, quite simply, that you do it. Breathing in or out during the actual performance is not dependent upon the direction of air flow relative to exertion. It is, in fact, a mechanical process that changes the position of your spine as your rib cage moves. Here are some tips for breathing:

- 1) Be cautious when you are concentrating or exerting effort. This is when you will probably hold your breath. DO NOT hold your breath. Do not exaggerate breathing. Depth of inhalation and exhalation should be natural for the situation.
- 2) Allow breathing to occur, naturally, don't force it.

Exercises

Abdominal Crunch

Muscles worked:

Rectus abdominus, obliques

Position:

Seated – facing outward

Accessory:

Gym Style Ab Crunch Station, Lumbar Support Pad

Pulleys:

Chest bar, mid position

Before You Begin:

Attach Lumbar Support Pad to seat back.

Key Points:

- Position the Lumbar Support Pad below the shoulderblades and above the hips, and adjust to a comfortable location on the seat back.
- Allow exhalation down and inhalation up, but don't exaggerate it.
- Head should follow rib motion, not lead it. Maintain normal neck posture.
- Tighten abs throughout range of motion. Do



not let abs relax until set is over.

- **MOVE SLOWLY**, in a controlled motion, to eliminate momentum.

START

- Once you are seated with the Lumbar Support Pad positioned correctly, mid back can start out with a slight arch, knees and hips bent and feet flat on floor.



ACTION

- Tighten abs and curl only the torso, slowly moving rib cage toward hips. Move as far as you can without moving hips or neck. Mid back should not lose contact with the pad when fully crunched.
- Slowly reverse motion, returning to start position without relaxing the abs.

Lower Back Extension

Muscles worked:

Lower back (erector spinae, deep spinal muscles), gluteus maximus, hamstrings

Position:

Seated – facing inward

Accessory:

Gym Style Ab Crunch Station

Pulleys:

Chest bar, mid position



START

- Sit on the seat facing the machine.
- Keep feet flat on the floor.
- Lift the chest and maintain a slight arch in the lower back.
- Lean forward from the hips, slightly letting out tension in the cables.



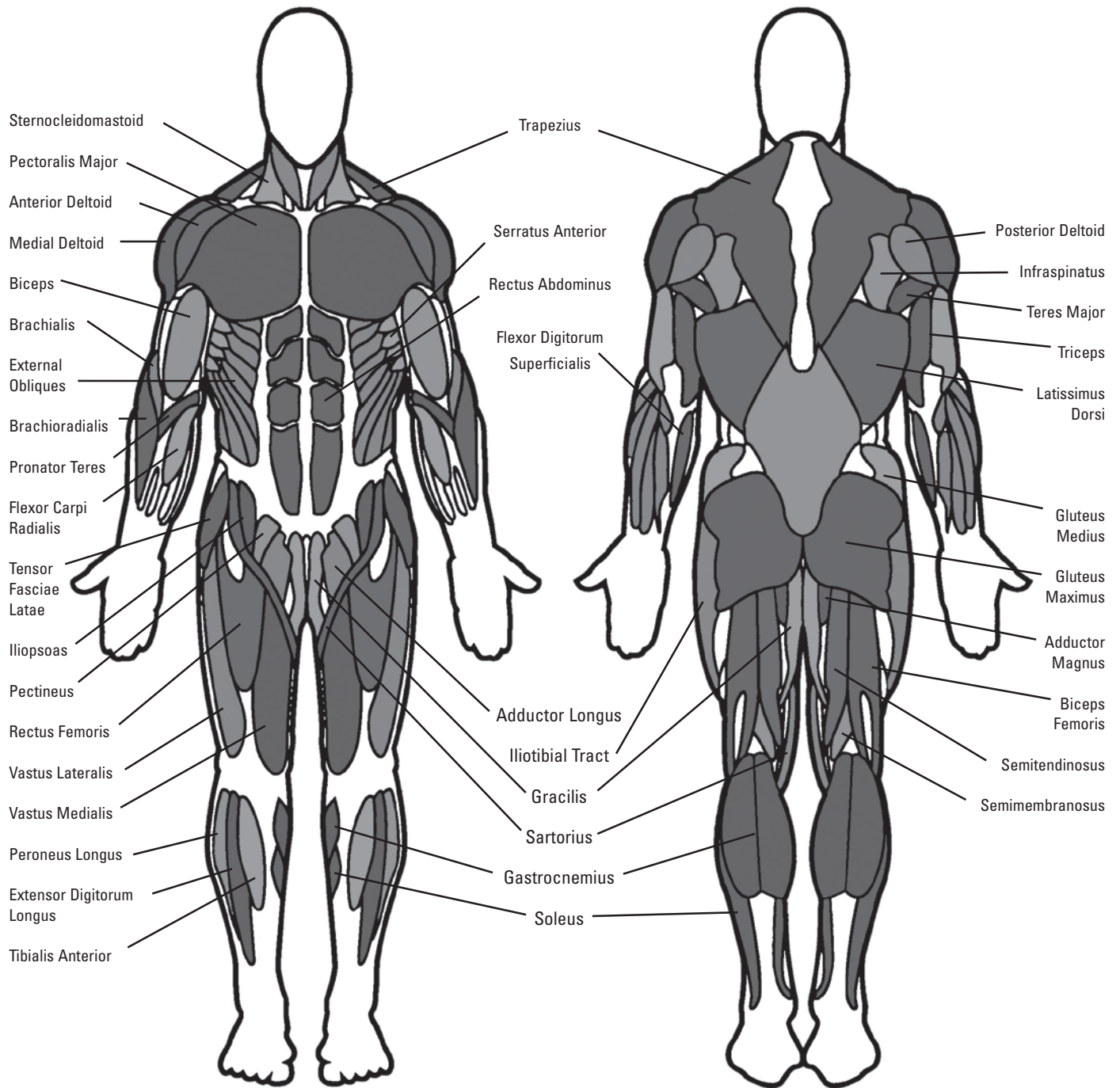
ACTION

Key Points:

- Keep chest lifted and a very slight arch in the lower back.
- Move from the hips, not the waist. Do not increase or decrease the arch in the lower back during the movement.

- Keep chest lifted and move the entire torso back as a unit, pivoting at the hips.
- Slowly return to the starting position without slouching forward or changing spinal alignment.

Muscle Chart



Limited Warranty

Who Is Covered

This warranty is valid only to the original purchaser and is not transferable or applicable to any other person(s).

What Is Covered

Nautilus, Inc. warrants that this product is free from defects in materials and workmanship, when used for the purpose intended, under normal conditions, and provided it receives proper care and maintenance as described in the Product's Assembly and Owner's manual. This warranty is good only for authentic, original, legitimate machines manufactured by Nautilus, Inc. and sold through an authorized agent and used in the United States or Canada.

Terms

- Parts 6 weeks

How Nautilus Will Support the Warranty

Throughout and as set forth under the terms of the Warranty, Nautilus, Inc. will provide a replacement for any component or part that proves to be defective in materials or workmanship. Nautilus, Inc. reserves the right to substitute material of equal or better quality if identical materials are not available under this warranty.

In the event that replacement parts or components do not correct the issue, Nautilus, Inc. reserves the right to replace the product or apply a limited credit reimbursement toward another Nautilus Inc. brand product, at our discretion. Reasonable substitution may be required depending upon Product availability. Any replacement of the Product under the terms of the Warranty in no way extends the original Warranty period. THESE REMEDIES ARE THE EXCLUSIVE AND SOLE REMEDIES FOR ANY BREACH OF WARRANTY.

What You Must Do

- Retain appropriate and acceptable Proof of Purchase.
- Operate, maintain, and inspect the product as specified in the Product Documentation (Assembly, Owner's Manuals, etc.).
- Product must be used exclusively for the purpose intended.
- Notify Nautilus within 30 days after detecting an issue with the product.
- Install replacement parts or components in accordance with any Nautilus instructions.
- Perform diagnostic procedures with a trained Nautilus, Inc representative if requested.
- This warranty does not cover in home repair costs (labor, etc) or related charges.

What Is Not Covered

- Damage due to abuse, tampering or modification of the Product, failure to properly follow assembly instructions, maintenance instructions, or safety warnings as stated in the Product Documentation (Assembly, Owner's Manuals, etc), damage due to improper storage or the effect of environmental conditions such as moisture or weather, misuse, mishandling, accident, natural disasters, power surges.
- A machine placed or used in a commercial or institutional setting. This includes gyms, corporations, work places, clubs, fitness centers and any public or private entity that has a machine for use by its members, customers, employees or affiliates.
- Damage caused by exceeding maximum user weights as defined in Products Owner's Manual or on the warning label.
- Damage due to normal usage and wear and tear.
- This warranty does not extend to any territories or countries outside the United States and Canada.

How to Obtain Warranty Support

For Products purchased directly from Nautilus, Inc. contact the Nautilus office listed on the Contacts page of the Product's Owner's manual. You may be required to return the defective component to a specified address for repair or inspection, at your expense. Standard ground shipping of any warranty replacement parts will be paid by Nautilus, Inc. For products purchased from a retail outlet, you may be asked to contact your retailer for warranty support.

Exclusions

The preceding warranties are the sole and exclusive express warranties made by Nautilus, Inc. They supersede any prior, contrary or additional representations, whether oral or written. No agent, representative, dealer, person or employee has the authority to alter or increase the obligations or limitations of this warranty. Any implied warranties, including the WARRANTY OF MERCHANTABILITY and any WARRANTY OF FITNESS FOR A PARTICULAR PURPOSE, are limited in duration to the term of the applicable express warranty provided above, whichever is longer. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

Limitation of Remedies

EXCEPT AS OTHERWISE REQUIRED BY APPLICABLE LAW, THE PURCHASER'S EXCLUSIVE REMEDY IS LIMITED TO REPAIR OR REPLACEMENT OF ANY COMPONENT DEEMED BY NAUTILUS, INC. TO BE DEFECTIVE UNDER THE TERMS AND CONDITIONS STATED HEREIN. IN NO EVENT WILL NAUTILUS, INC. BE LIABLE FOR ANY SPECIAL, CONSEQUENTIAL, INCIDENTAL, INDIRECT OR ECONOMIC DAMAGES, REGARDLESS OF THE THEORY OF LIABILITY (INCLUDING, WITHOUT LIMITATION, PRODUCT LIABILITY, NEGLIGENCE OR OTHER TORT) OR FOR ANY LOST REVENUE, PROFIT, DATA, PRIVACY OR FOR ANY PUNITIVE DAMAGES ARISING OUT OF OR RELATED TO THE USE OF THE FITNESS MACHINE EVEN IF NAUTILUS, INC. HAS BEEN ADVISED OF THE POSSIBILITY OF SUCH DAMAGES. THIS EXCLUSION AND LIMITATION SHALL APPLY EVEN IF ANY REMEDY FAILS OF ITS ESSENTIAL PURPOSE. SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF CONSEQUENTIAL OR INCIDENTAL TYPE DAMAGES SO THE ABOVE LIMITATION MAY NOT APPLY TO YOU.

State Laws

This warranty gives you specific legal rights. You may also have other rights, which vary from state to state.

Expirations

If the warranty has expired, Nautilus, Inc. may assist with replacements or repairs to parts and labor, but there will be a charge for these services. Contact a Nautilus® office for information on post-warranty parts and services. Nautilus® does not guarantee availability of spare parts after expiration of warranty period.

International Purchases

If you purchased your machine outside of the United States consult your local distributor or dealer for warranty coverage.

