

Important Safety Instructions - Before using this equipment, obey the following warnings:

⚠ This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Read and understand all Warnings on this equipment.

- Children must not be let on or near to this equipment. Moving parts and other features of the equipment can be dangerous to children.
- Not intended for use by anyone under 14 years of age.
- Not intended for use by persons with medical conditions where those conditions may impact the safe operation of the equipment or pose a risk of injury to the user.
- Consult a physician before starting 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 using the equipment again.
- Examine this equipment for loose parts or signs of wear. Tighten or replace any worn or loose components before use. Examine all fasteners carefully. Contact your local distributor for repair information.
- This equipment is for home use only.
- Set up and operate stand on a hard, level surface.
- Keep at least 1.3 m (50 in) clear on each side of the stand. This is the recommended safe distance for access and passage around the stand.
- Keep third parties out of this area when the device is in use.
- Do not stand, sit or climb on this device.
- Read and understand the complete user guide. Keep manual for future reference.
- Read and understand all warnings on this device. If at any time the warning stickers become loose, unreadable or dislodged, contact your local distributor for replacement stickers.
- Children must not be allowed on or near to this device.

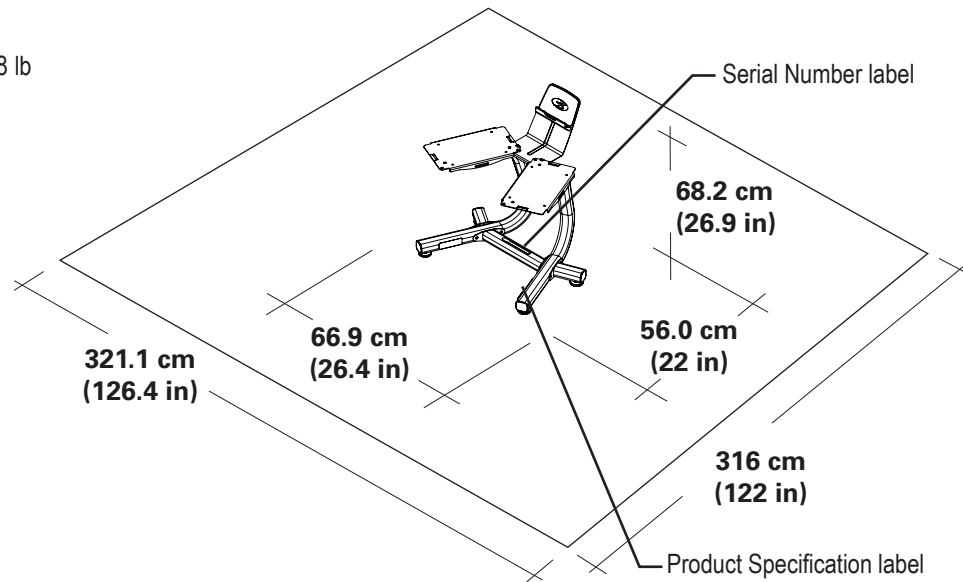
SAVE THESE INSTRUCTIONS.

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 | © 2017 Nautilus, Inc. | Bowflex, the B logo, and SelectTech are trademarks owned by or licensed to Nautilus, Inc., which are registered or otherwise protected by common law in the United States and other countries. | ORIGINAL DOCUMENT - ENGLISH VERSION ONLY

Specifications

Total Surface Area (footprint) of equipment:
3746 cm² (581 in²)

Stand Weight: approx. 13.5 kg / 29.8 lb



Maintenance

⚠ The safety and performance of this product can be maintained only if it is examined regularly for damage and wear.

Examine the equipment before each use for damage and wear. Replace broken components immediately or put the equipment out of use until repaired.

Daily/Before Each Use: Examine equipment. Make sure it looks in good condition and operates smoothly. If you find damage, DO NOT USE. Contact your local distributor for servicing.

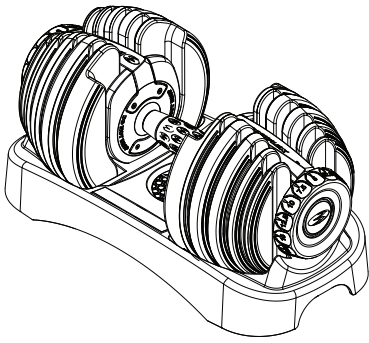
Daily/After Each Use: Clean equipment with a clean, dry cloth. Do not use cleansers containing enzymes.

Weekly: Clean equipment fully with a clean cloth and ammonia-based cleaner. Touch up any scratches with touch-up paint to prevent rust, if necessary.

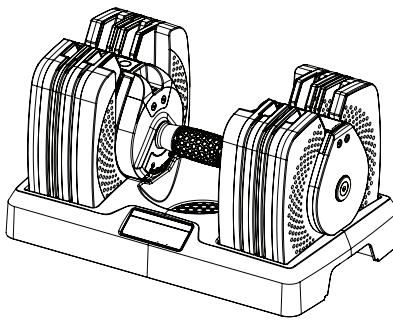
Monthly: Examine the frame for signs of cracking or permanent bending. Do not use the equipment if you see these signs. Contact your local distributor immediately.

If you have any questions on the correct use or maintenance of this equipment, contact your local distributor. Only Nautilus-trained or Nautilus-authorized personnel should make extensions, readjustments, modifications, or repairs.

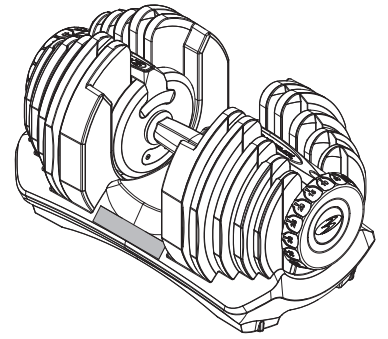
552 Dumbbell



560 Dumbbell



1090 Dumbbell



(Note: Go to page 5 for the 560 Dumbbells.)

Tools (included)



3mm
6mm



#2



Item	Qty	Description
1	1	Bottom Cross Brace
2	1	Stand Leg, Left
3	1	Stand Leg, Right
4	2	Rear Stabilizer
5	2	Dumbbell Platform
6	1	Media Tray
7	2	Retaining Strap
8	4	Leveler

Large Hardware Card

Item	Qty	Description
A	4	Bumpers (for 552 or 1090 dumbbell)
B	8	Pan Phillips Screw, M3.5x9.5
C	8	Button Head Cap Screw, M10x1.5x70
D	8	Securing Nut, M10
E	16	Flat Washer, M10
F	4	Flat Washer, M5
G	4	Flat Head Cap Screw, M5x0.8x12
H	4	Securing Nut, M5

Small Hardware Card (for 560 Dumbbells only)

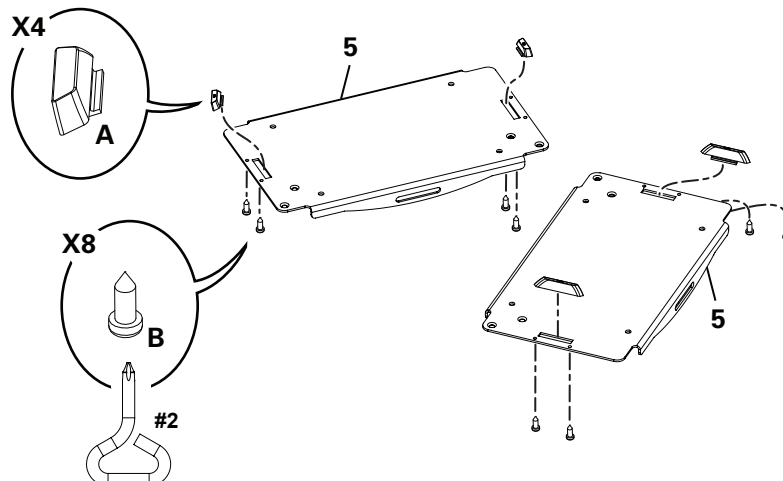
J	8	Bumpers (for 560 dumbbell)
K	8	Pan Phillips Screw, M6x16

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

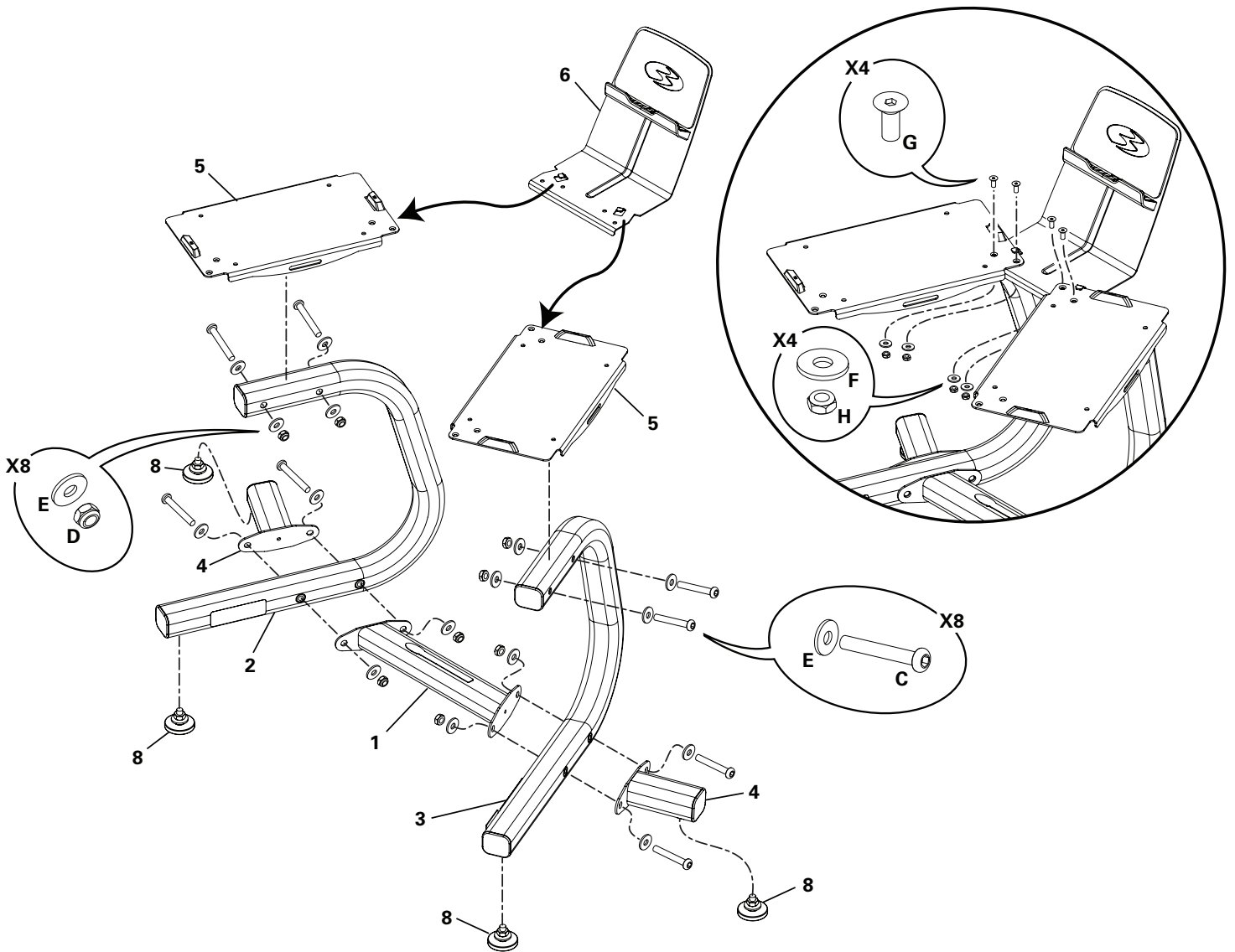
(for the 552 or 1090 Dumbbells)

1. Attach the Appropriate Bumpers for Your 552 or 1090 Dumbbells

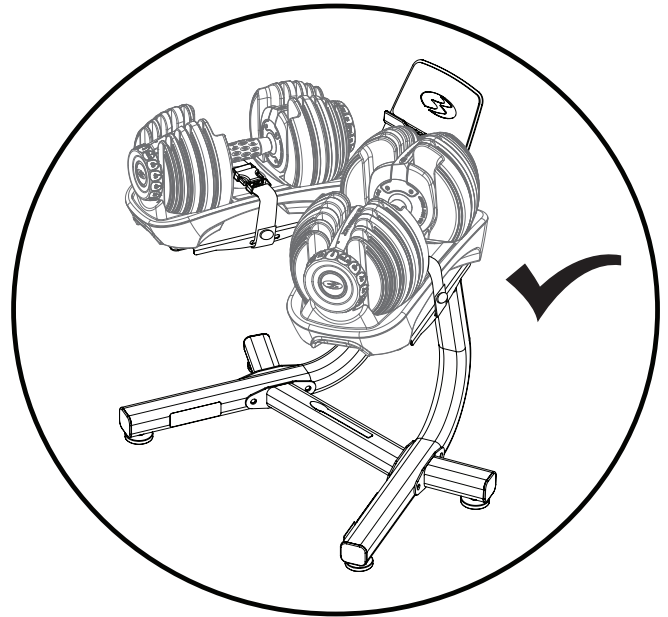
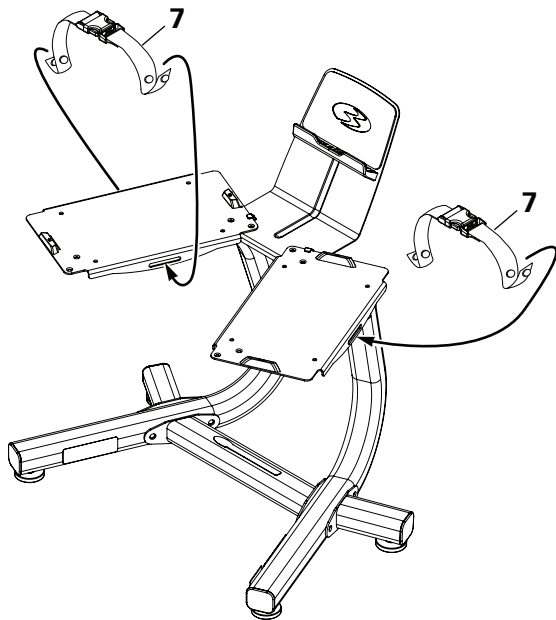
Note: Go to page 5 for the 560 Dumbbells.



2. Assemble the Stand



3. Attach the Retaining Straps to the Stand and Fully Secure each Dumbbell Base



4. Final Inspection

Inspect your equipment to ensure that all fasteners are tight and components are properly assembled.

⚠ Do not use or put the equipment into service until the equipment has been fully assembled and inspected for correct performance in accordance with the User's Guide. Fully tighten the hardware before you put the dumbbells into the installed dumbbell platforms or bases on the stand.

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

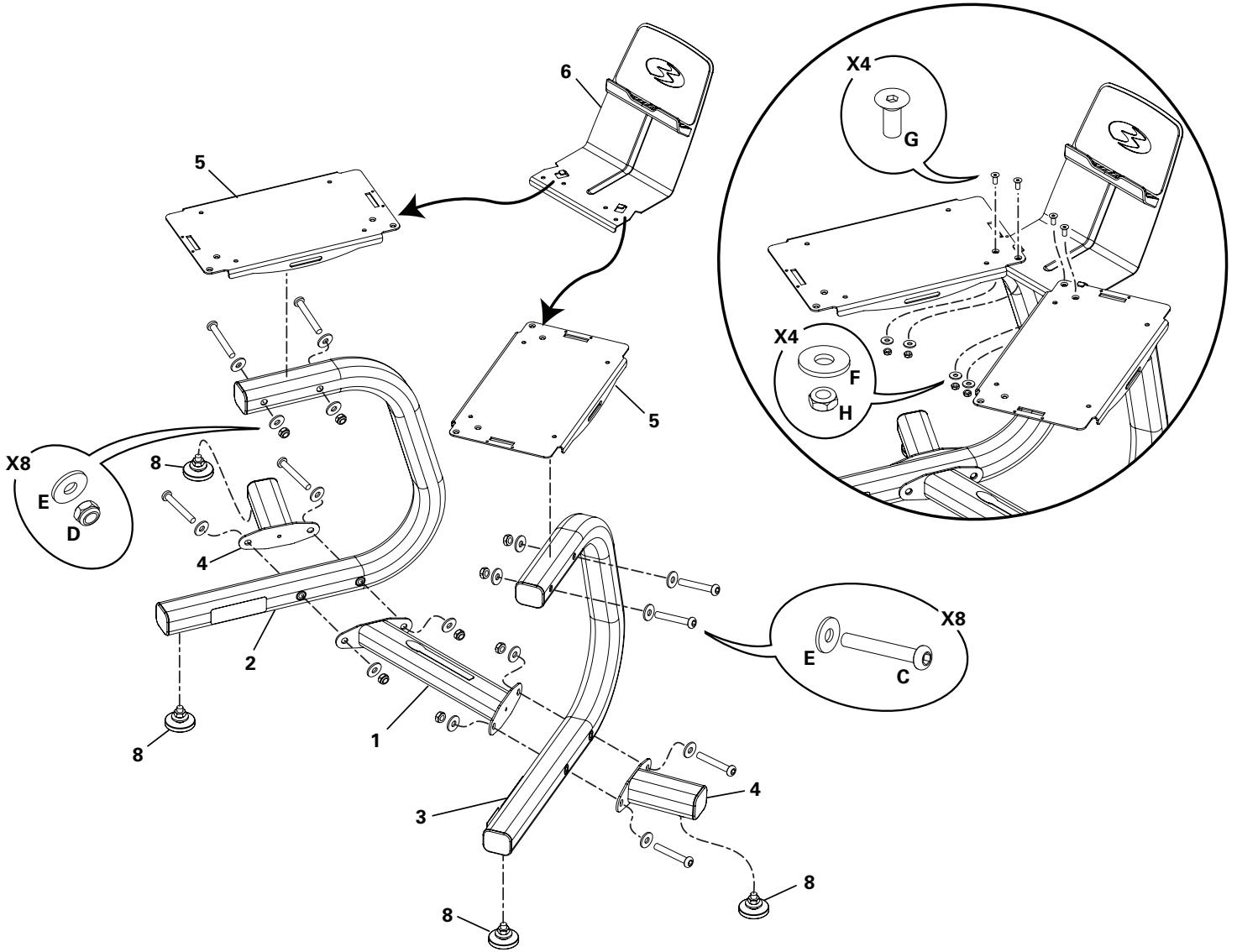
Serial Number _____ **Date of Purchase** _____

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

If you have questions or problems with your product, please call 1 (800) 605-3369, or go to: www.bowflex.com.

(for the 560 Dumbbell)

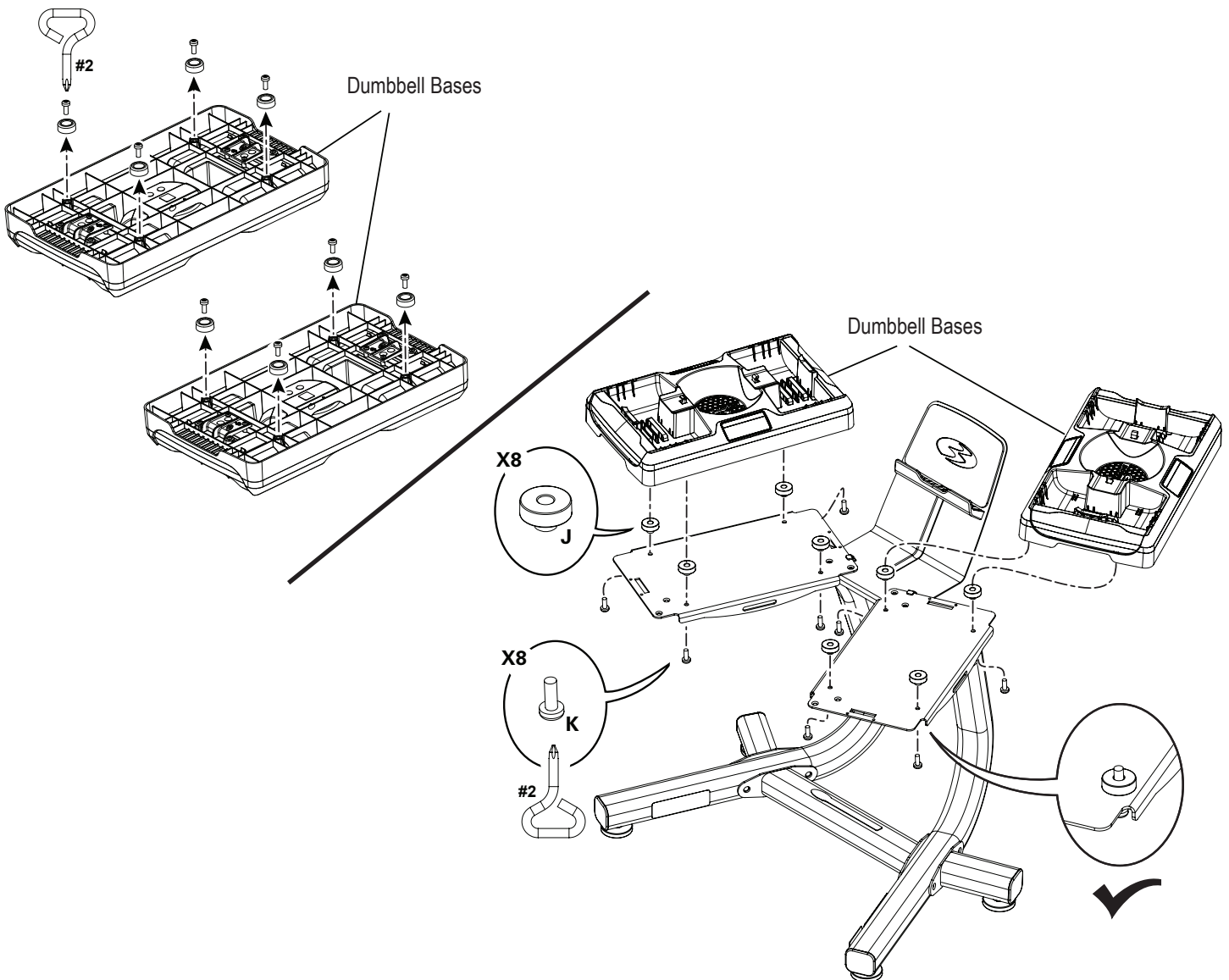
1. Assemble the Stand



2. Remove and Discard the Rubber Stabilizers, and then Attach the Dumbbell Bases

- ⚠** Remove the dumbbell from its base before you attach the Dumbbell Base to the stand to make sure that the dumbbell does not fall during installation.
Fully tighten the hardware before you put the dumbbells into the installed Dumbbell Bases on the stand.

Note: The Rubber Stabilizers and hardware must be removed from the Dumbbell Bases and discarded. The 560 Dumbbell Base is not included with the Stand.



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Inspect your equipment to ensure that all fasteners are tight and components are properly assembled.

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

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Warranty

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, contact your local distributor.

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

