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**NOTICE:** This document provides important safety instructions, adjustments, and general troubleshooting information for the maintenance of the Bowflex™ SelectTech™ 2080 Barbell with Curlbar.


**If you need assistance, please contact Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: [www.nautilusinternational.com](http://www.nautilusinternational.com)**

 **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 machine.**


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## Important Safety Instructions

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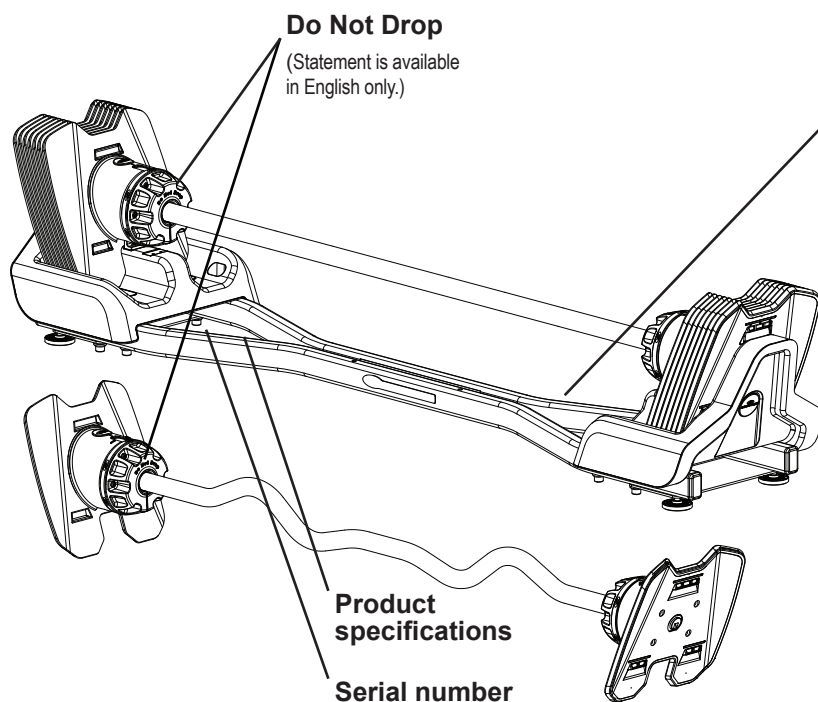
**Before servicing or using this equipment, obey the following warnings:**

 **Read and understand the Service Manual before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.**

- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- Use only replacement parts and hardware that are supplied or approved by Nautilus. Failure to use Nautilus-approved replacement parts can adversely affect the safety and functionality of the equipment creating a risk to users and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. 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.
- Do not try to change the design or functionality of the machine being serviced as this can adversely affect user safety and will void the warranty.
- Do not put the machine back in service until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

# SAFETY WARNING LABELS AND SERIAL NUMBER

Record serial number in the Serial Number field at the beginning of this manual.



## WARNING

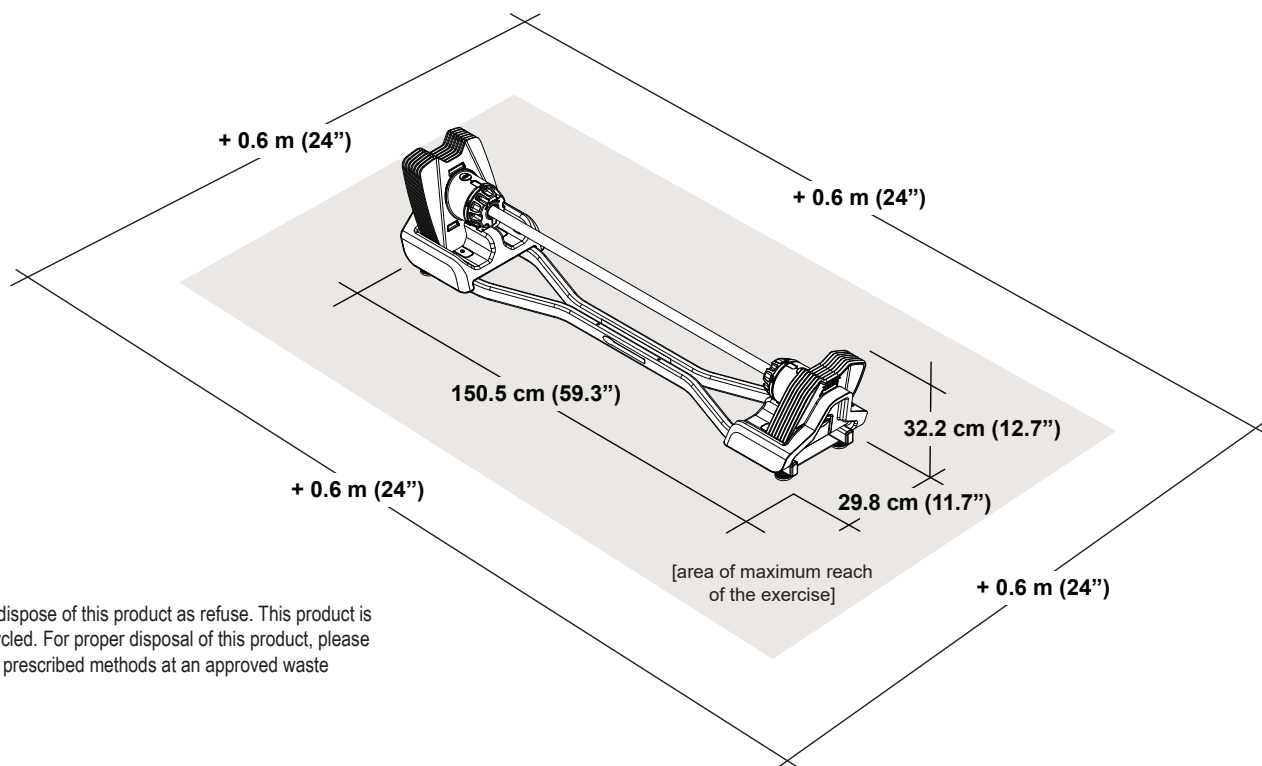
- This product is for Home use only.
- Not intended for use by anyone under 14 years of age.
- Consult a physician prior to using any exercise equipment.
- Keep children and pets away from this machine at all times.
- Use Caution when you use this equipment or serious injury can occur.
- Prior to use, read and understand the Owner's Manual, including all Warnings.
- Inspect product before use. Do not use if any parts are in need of repair.
- Replace any "Caution" "Warning" or "Danger" label that is illegible, damaged, or removed

(The label on the product is available in English, French Canadian and Chinese only.)

## SPECIFICATIONS

Total Surface Area (footprint) of equipment: 4484.9 cm<sup>2</sup>

Barbell with Curl Bar Assembly Weight: 53.2 kg (117.3 lbs)



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.

## Moving the Equipment

The fully assembled STB2080 Barbell assembly requires caution when being moved.

- 80-lb configuration—approximately 117.3 lbs (58.2 kg)
- 120-lb configuration—approximately 157.3 lbs (76.3 kg)

To move:

1. Remove the barbell assembly and weight plates from the base before moving the equipment.

 **The equipment 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 equipment safely.**

**Use proper safety precautions and lifting techniques. Bend your knees and elbows, keep your back straight and pull up equally with both arms. Straighten your legs to lift.**


**Place the equipment on a clean, hard, level surface, free from unwanted material or other objects that may hamper your ability to move freely. A rubber mat should be used below the equipment to protect your flooring.**

2. Carefully replace the weight plates and barbell assembly in the base.

## Leveling the Base


The equipment needs to be leveled if your workout area is uneven or if the Base Assembly is slightly off the floor. To adjust:

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

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

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

## MAINTENANCE

 **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 replaced immediately or the equipment removed from service until the repair is made. 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.**

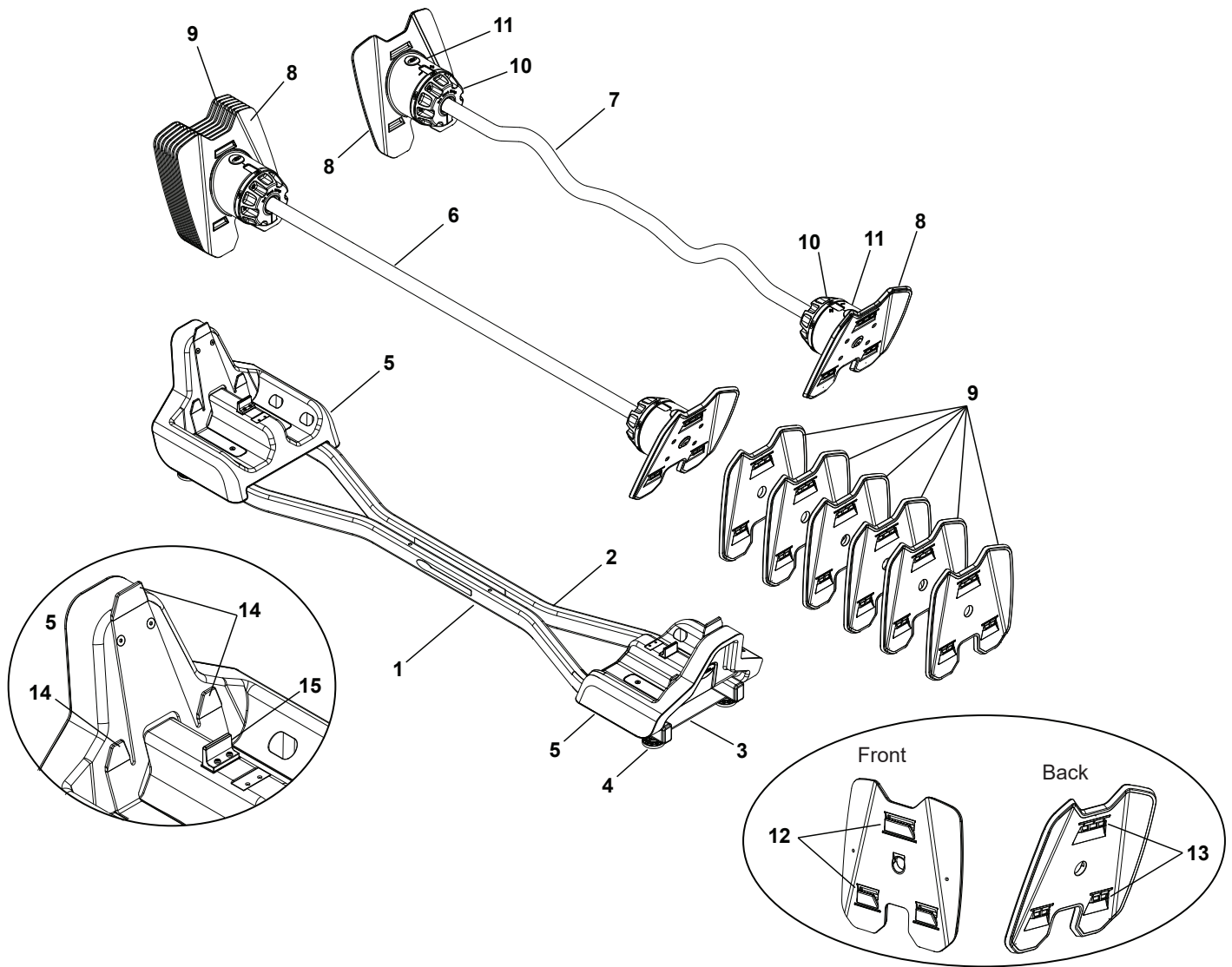
The Bowflex™ SelectTech™ Barbell is a very low maintenance product. However, there are steps that you should take to keep the product performing and looking its very best.

1. Should your SelectTech™ Barbell handle assembly, plates or base become soiled you may clean them with a cloth lightly dampened with warm water and a small amount of mild soap. Wipe dry with a separate cloth.
2. The SelectTech™ Barbell is internally lubricated and will not require further internal lubrication. The contact between weight plates and selection mechanism is not lubricated but has naturally low friction. This generally will not require any lubrication. Should you feel it necessary to lubricate the weight plates and/or selection mechanism, use only a 100% silicon lubricant.

 **Do not use any solvents, harsh detergents, chemicals or bleach on this product – doing so may damage the materials, resulting in degradation of the product's performance or strength.**

**Do not attempt to disassemble the barbell/curl bar handle or base assembly. These items are not designed to be user serviced. Doing so will void the manufacturers warranty. Contact Customer Service (if inside US/Canada) or your local distributor (if outside US/Canada).**

# Maintenance Parts



| Item | Description                  | Item | Description                      |
|------|------------------------------|------|----------------------------------|
| 1    | Base Tube, Front             | 10   | Adjustment knob (selection knob) |
| 2    | Base Tube, Rear              | 11   | Weight selection housing         |
| 3    | Base Plates                  | 12   | Locking tab, plate               |
| 4    | Levelers                     | 13   | Selection lip (pocket)           |
| 5    | Base End Shrouds             | 14   | Locking tab, base                |
| 6    | Barbell Handle Assembly      | 15   | Lock pin actuator, base          |
| 7    | Curl Bar Handle Assembly     |      |                                  |
| 8    | Adapter Plates               |      |                                  |
| 9    | 5-lb (2.27 kg) Weight Plates |      |                                  |

# TROUBLESHOOTING

| Problem  | Solution   |
|--|--|
| <p>Barbell handle does not fully insert into base when no plates are selected (handle has no plates attached).</p> | <ol style="list-style-type: none"> <li>1. Make certain that both adjustment knobs are set directly to the number 20.</li> <li>2. Ensure that base spacing is set correctly per step 6 of the assembly instructions.</li> <li>3. Ensure that the correct number of plates are installed in each side of the base (6 for the 80-lb version, 10 with the 40-lb Weight Upgrade).</li> </ol>  |
| <p>Barbell handle does not fully insert into base when plates are selected (handle has plates attached).</p>       | <ol style="list-style-type: none"> <li>1. Check to see if you have selected different weights on each side of the barbell (for example one adjustment knob is set to 20 and the other is set to 30). If this is the case, you must replace the barbell in the base with the same orientation from which it was withdrawn. This is to allow the plates to settle back into the correct and vacant openings in the base.</li> <li>2. Verify that the plates not selected (those plates remaining in the barbell base) are in their correct spots and are correctly seated with all tabs interlocked. This may be blocking the barbell from fitting back into the base.</li> <li>3. Ensure that base spacing is set correctly (refer to step 6 of the assembly instructions).</li> <li>4. If you are using the 40-lb Weight Upgrade, ensure that the lock pin actuator was set correctly per the assembly instructions.</li> <li>5. Ensure that the correct number of plates are installed in each side of the base (6 for the 80-lb version, 10 with the 40-lb Weight Upgrade).</li> </ol>   |
| <p>Adjustment knob will not turn while handle is in base.</p>  | <ol style="list-style-type: none"> <li>1. Check to assure that the barbell handle is fully depressed into the barbell base. If not fully depressed, the locking mechanism will not be released and may prevent the adjustment knobs from rotating.</li> <li>2. Check to see if there is any dirt, debris or other obstruction in the barbell base. You may need to remove the weight plates from the base to accomplish this check. Remember to put each weight plate back in its appropriate location with the selection lip facing away from the barbell grip.</li> <li>3. Verify that all plates (with correct number per side) are correctly seated in the base with all tabs properly interlocked. The adjustment knob mechanism may be blocked if any plates are not seated properly into the base or if any weight plates are missing from the base—for example, plates that are still mounted on the handle that is not in use.</li> <li>4. If weight plates are missing from the base and the handle selection rods do not engage plates for the selected weight (plates are on the other handle), set the the handle that you are currently using to 20 and remove it from the base. Rerack the handle that holds the missing weight plates into the barbell base. Set the selection dial to 20 and remove the handle, leaving the weight plates in the base.</li> </ol> |

## Understanding and testing the locking mechanism function

The Bowflex™ SelectTech™ Barbell features an exclusive locking mechanism designed to ensure proper and complete selection of the weight plates as well as to ensure weight plate retention during the workout.

**!** Fully understand the function of this mechanism and do tests of the mechanism regularly to make sure it operates correctly.

### Function

The locking mechanism provides a key function:

The mechanism will only allow the adjustment knobs to be rotated when the barbell handle is completely inserted and engaging the barbell base.

### Purpose

The locking mechanism serves an important purpose:

The mechanism will prevent deselecting (dropping) weight plates from the barbell when it is NOT in the barbell base.

Given the importance of this locking mechanism, it is critical that you understand how it operates, and periodically test it to make sure it is functioning correctly.

## Testing proper locking mechanism function

**!** Some components of the machine can be heavy or awkward. Use a second person when doing the steps involving these parts. Do not do steps that involve heavy lifting or awkward movements on your own.

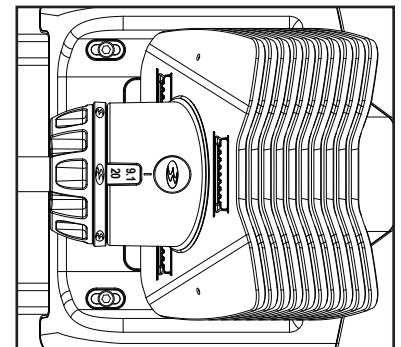
1. With the barbell handle set in the barbell base, turn both adjustment knobs to the number 20. You will know you have fully and correctly selected the number when you feel the adjustment knob settle into a notch (known as a detent). You will also hear a slight, but audible, clicking noise that corresponds with the detent locations for each number.
2. You should be able to withdraw the handle from the base leaving all the weight plates behind.
3. With the handle removed from the base, grab one adjustment knob with your other hand and gently attempt to turn the knob, the knob should not rotate. A locking pin in the mechanism will have engaged the rotational assembly when the unit was withdrawn from the base. Perform this test with all adjustment knobs.

**!** Do not use too much force to try to turn the locked adjustment knob. Too much force can damage the locking mechanism.

4. After confirming the proper function of the locking mechanism as described above, return and fully insert the barbell handle back into the base assembly.
5. With the handle back in the base, attempt to turn the adjustment knob on one side to a position that is between the numbers 20 and 30. It should not be possible to stop the adjustment knob in this “in-between” position. The spring action of the knob should automatically select either the 20-lb or 30-lb position.
6. Ensure that the adjustment knob has returned to a full and proper weight selection and assure that the barbell handle can once again be removed.
7. Repeat this test for all adjustment knobs.
8. Assure the entire barbell handle assembly is properly tightened. Do this by setting the adjustment knobs to 20 pounds and removing the handle assembly from the base. Grab both adjustment knobs and very slightly push and pull the knobs toward and away from the handle grip. The knobs should not exhibit excessive free play.

**!** This step requires two people. Do not use too much force to try to turn the locked adjustment knob. Too much force can damage the locking mechanism.

9. You have now tested the function of the locking mechanisms. We suggest you repeat this test monthly to make sure that the locking mechanisms operate correctly.



## Replacement Procedure Skill Level

- Level I : Low - very little mechanical knowledge or exposure.  
Level II : Intermediate - some experience with mechanical procedures.  
Level III : Advanced - knowledgeable about mechanical procedures.



When disposing of old parts, obey the applicable local and provincial requirements.

For instructions to replace the following parts, please refer to the Assembly Manual for your machine:

- Weight Plates



**NOTICE:** This document provides instructions on how to properly align the Base and Weight Plates on the Bowflex™ SelectTech™ 2080 Barbell with Curlbar.

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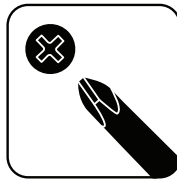
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- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product being serviced at all times.
- Disconnect all power to the machine before you service it.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
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- Do not try to change the design or functionality of the machine being serviced as this can adversely affect user safety.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

### Tools Required (not included)

#2 Phillips screwdriver



6 mm Hex wrench



**Note:** Your machine may not match the images provided exactly.

**⚠** Do not drop the barbell/curl bar or weight plates. Dropping the barbell/curl bar or weight plates will damage the weight plates and/or the locking mechanism, and can cause the weight plates to disengage (drop) from the handle without warning. This can cause serious injury, and will void the warranty.

Do not lean on the barbell handle or use it to support your body weight, such as using it as a base to perform a push up. Doing so will damage the weight plates and/or the locking mechanisms, and can cause the weight plates to disengage (drop) from the handle without warning. This can cause serious injury, and will void the warranty.

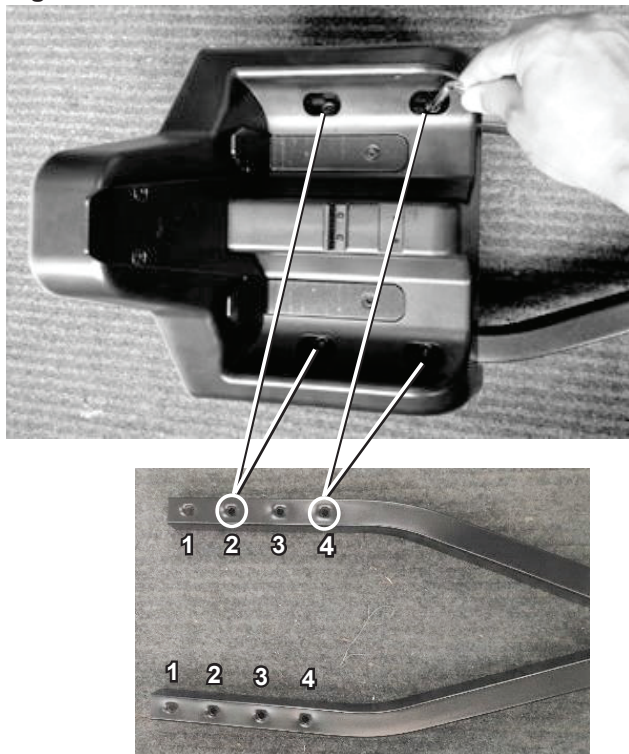
1. Place the Base End Shrouds on the Base Tubes. Ensure that the Shroud screw holes are aligned to the correct Base Tube screw holes:

- **80-lb barbell configuration**—use Base Tube screw holes #2 and 4 as shown in Figure 1.
- **120-lb barbell configuration** (with the 40-lb Weight Upgrade)—use Base Tube screw holes #1 and 3.

Turn the screws only a few threads in.

**Note:** Do not fully tighten screws. Shrouds should still move slightly.

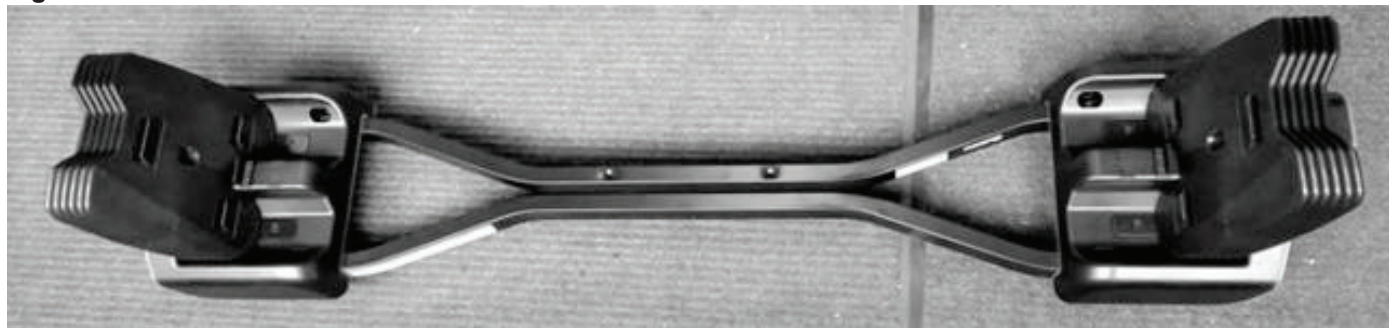
**Figure 1**



2. After both ends are attached loosely, place the Weight Plates in the Base End Shrouds (Figure 2).

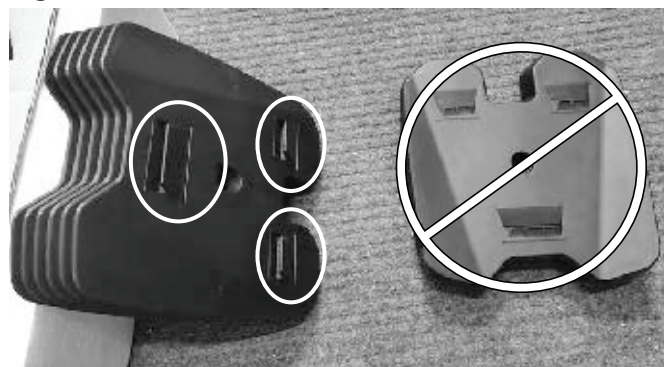
**⚠** In order to avoid possible serious injury, when placing the Weight Plates in the Base Assembly, be careful to avoid fingers or hands being caught or pinched.

**Figure 2**



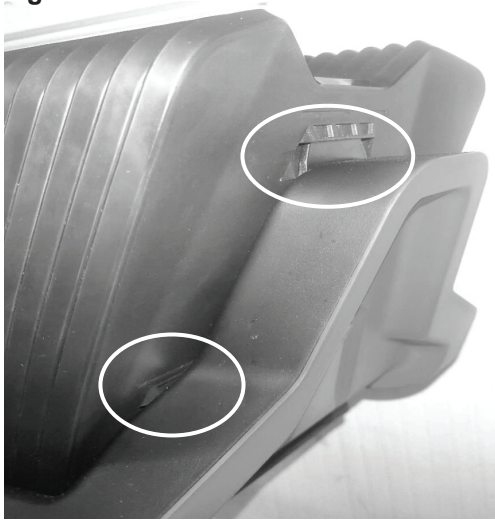
**NOTICE:** The Weight Plates must be placed so that the locking tabs are pointed up (indicated in Figure 2a). The tabs can be deformed if plates are placed with the tabs facing downward. Dropping the plates can also cause the tabs to become deformed.

**Figure 2a**



Ensure the locking tabs of the Shroud bracket are seated inside the pockets (selection lip) of the back Weight Plate (Figure 2b). The plate surfaces should be parallel, and lean on the Shroud bracket and base.

**Figure 2b**



**Plates correctly aligned**



**Plates misaligned**

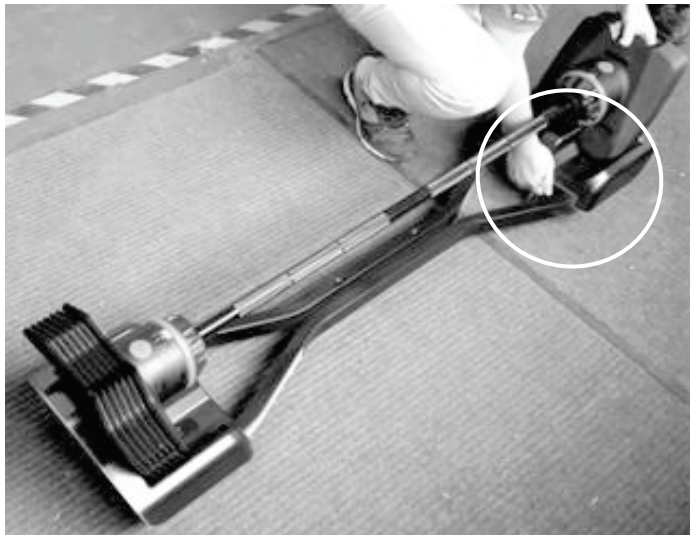


3. Place the Barbell (handle assembly with adapter plates) into the Base. The pockets of the adapter plates must be thoroughly seated onto the tabs of the Weight Plates on the Base. If any interference is found, adjust the distance between the Base Shrouds.

Repeat this step using the Curlbar.



4. After the initial adjustment, fully tighten the exposed screws for one of the Base Shrouds (indicated). Then fully tighten the exposed screws for the other Base Shroud.





5. Turn both Barbell adjustment knobs to 30 lbs. (13.6 kg).

**Note:** Setting the weight selection to 30 lbs (13.6 kg) is the most efficient and effective way to determine the proper distance between the two Base Shrouds.

6. Remove the Barbell from the Base. There should be 2 Weight Plates lifted on each side of the Barbell.

**⚠ If the Barbell picks up more than 2 Weight Plates on each side, do not use the Barbell. Contact Bowflex Customer Service or your local distributor for a replacement Barbell handle assembly.**

Put the Barbell back into the Base. When the base is adjusted to the correct distance, there should not be any interference during the process of removing and installing the Barbell.

Repeat this step using the Curlbar.



7. Turn both adjustment knobs to the maximum setting (80 lbs., or 120 lbs. with the 40-lb Upgrade) and remove the Barbell from the Base. All Weight Plates should be lifted with no interference if the Base Shrouds are spaced correctly.

8. With the Barbell and all Weight Plates removed from the Base, fully tighten the remaining screws and ensure that both Base Shrouds are firmly secured in position.

9. Put the Barbell back into the Base. There should not be any interference during the process of placing or removing the Barbell.

10. Repeat the 30-lb test in Steps 5 - 6. There should not be any interference during the process of placing or removing the Barbell.

If there is interference, repeat the adjustment procedure.




## 11. Final Inspection

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

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

**NOTICE:** This document provides instructions for the replacement of the Selection Knob (Adjustment Knob) and Housing on the Bowflex™ SelectTech™ 2080 Barbell with Curlbar.

**If you need assistance, please call Bowflex Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: [www.nautilusinternational.com](http://www.nautilusinternational.com)**

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### Tools Required (not included)

#2 Phillips screwdriver



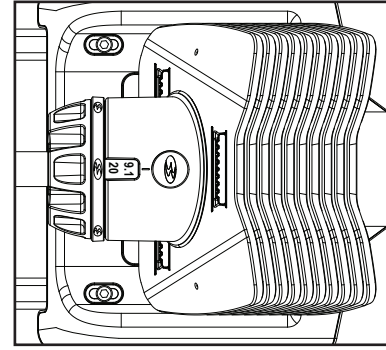
3mm Hex wrench



**!** 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.

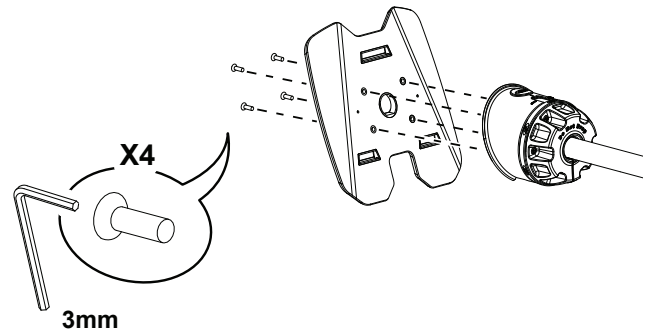
**Note:** Your machine may not match the images provided exactly.

1. Turn both Adjustment Knobs to the number 20. Remove the barbell assembly from the base and set it carefully on the floor.

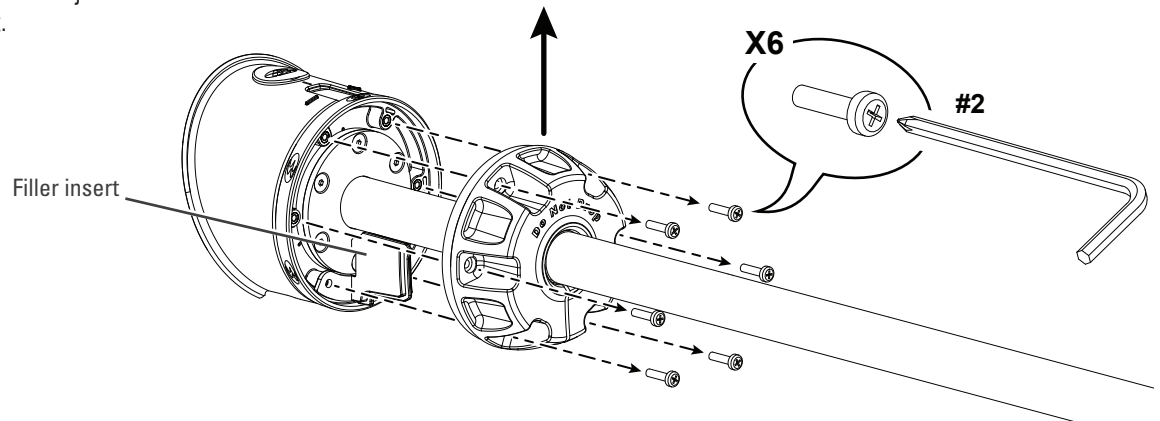


2. Using a 3 mm hex wrench, loosen and remove the hardware that attaches the Adapter Plate to the Selection Knob/Housing assembly. Set the Adapter Plate and hardware safely aside for reassembly.

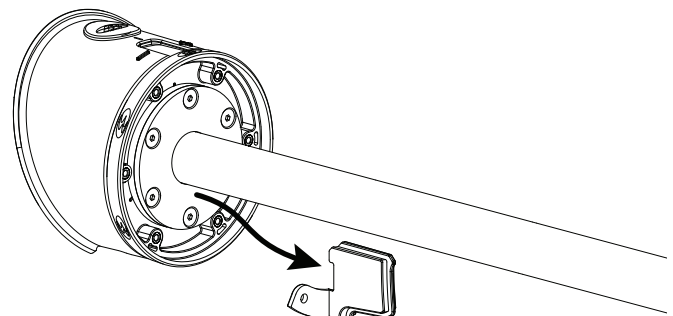
**NOTICE:** Hold the Adapter Plate and the end of the Barbell Handle assembly so that they do not fall. This step may require two people.



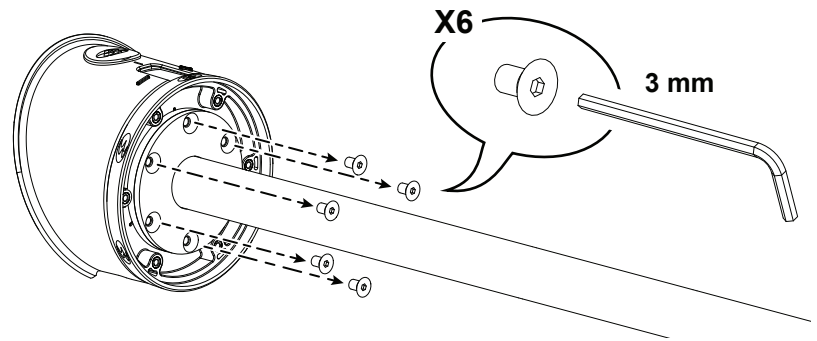
3. Using a #2 Phillips screwdriver, remove the hardware that attaches the Adjustment Knob to the Selection Housing. Set the hardware safely aside for reassembly. Remove the Adjustment Knob and discard. Observe the position of the Filler Insert.



Remove the Filler Insert and discard.

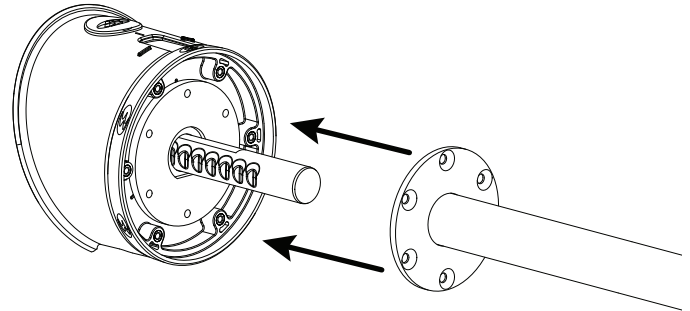


4. Using a 3 mm hex wrench, loosen and remove the hardware (indicated by arrows) that attaches the Barbell Handle to the Selection Housing. Set the hardware safely aside for reassembly.



5. Slide the old Selection Housing assembly out of the Barbell Handle tube and discard.

**Note:** This step may require two people.



6. Installation is the reverse procedure.

**NOTICE:** Make sure the new Selection Housing is aligned with the Selection Housing assembly at the other end of the Barbell Handle. Fully tighten the hardware.

When installing the new Adjustment Knob, make sure the Filler Insert is correctly oriented. Fully tighten the hardware.

7. Carefully replace the barbell assembly in the base.

**NOTICE:** Be sure the barbell assembly is fully seated in the base.

8. Test the locking mechanism to make sure it is functioning correctly. Refer to “Testing Proper Locking Mechanism Function” in this manual.

## 9. Final Inspection

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



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