

# Get To Know Your Machine

1

CONGRATULATIONS on your commitment to fitness! With the Bowflex Xtreme as your exercise partner, you know that you have the tool to exceed all of your physical fitness, strength and health expectations!

Bowflex Xtreme's exceptional resistance and quality is unmatched by any other single piece of home fitness equipment available. You will not believe the amazing results your body will get with Bowflex!

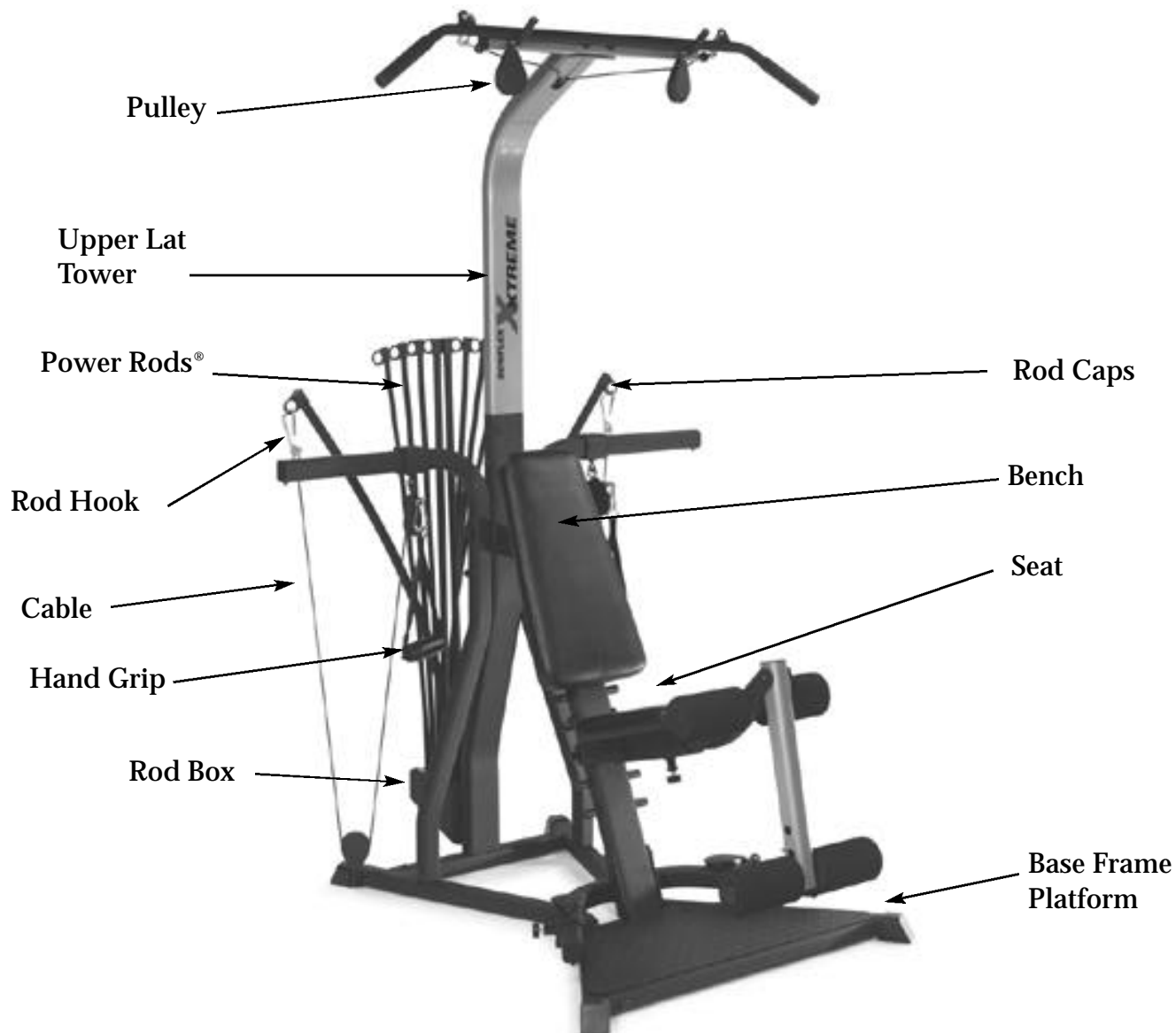
In this Owner's Manual you'll find a variety of exercises and leanness-enhancing workout programs.

Please take your time to read through the entire manual before attempting to use your Bowflex. It's important to understand how to properly perform each exercise before you do so using Power Rod® Resistance.

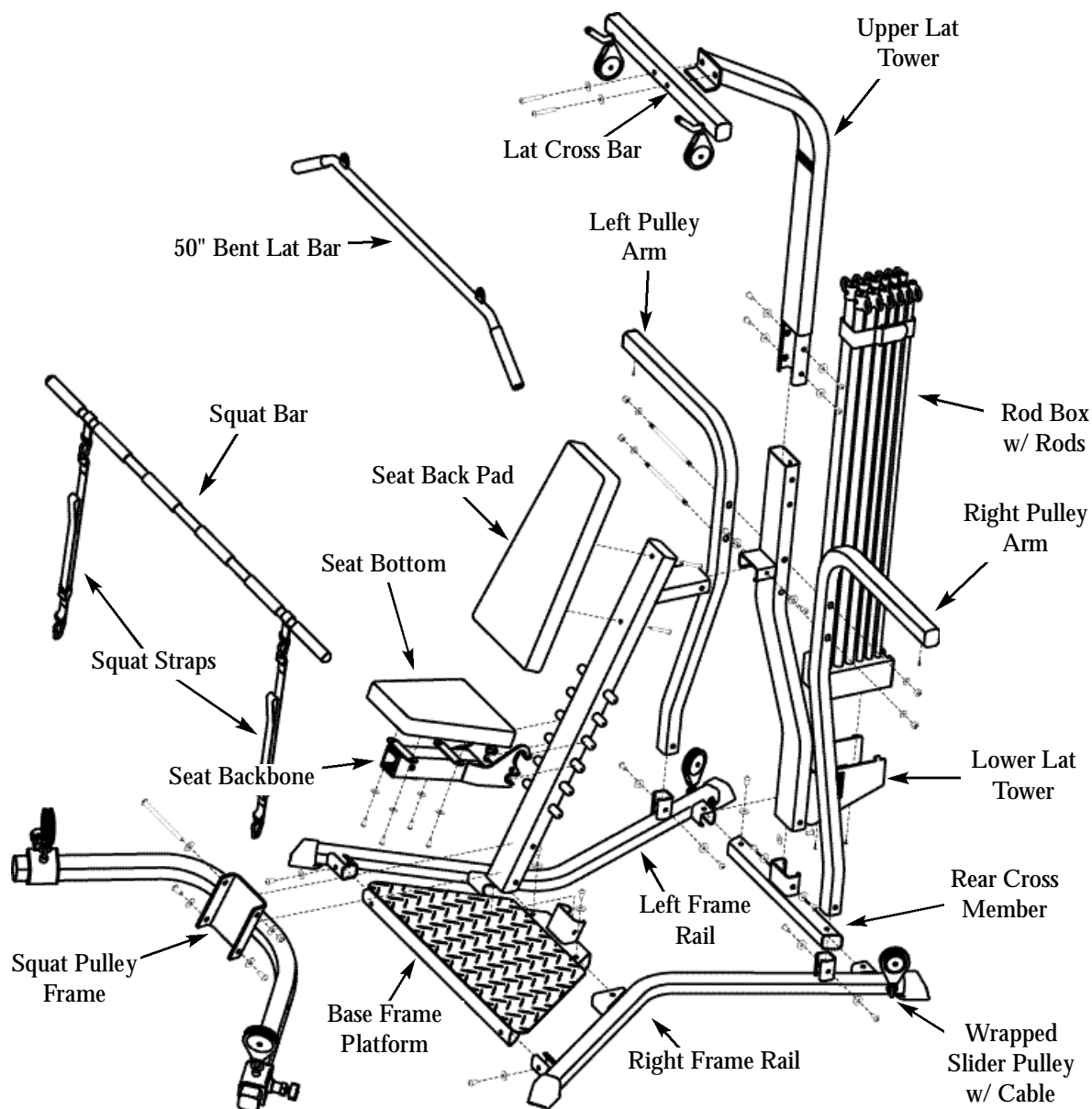
With all of the fitness choices available today, we understand that finding the best workout equipment for your needs can be very confusing. Everyone at The Nautilus Group, Inc. would like to congratulate you and thank you for selecting the Bowflex Xtreme. Bowflex is the best home fitness product available, and you're just about to prove it to yourself.

Again, thank you for choosing Bowflex.

## THE BOWFLEX XTREME

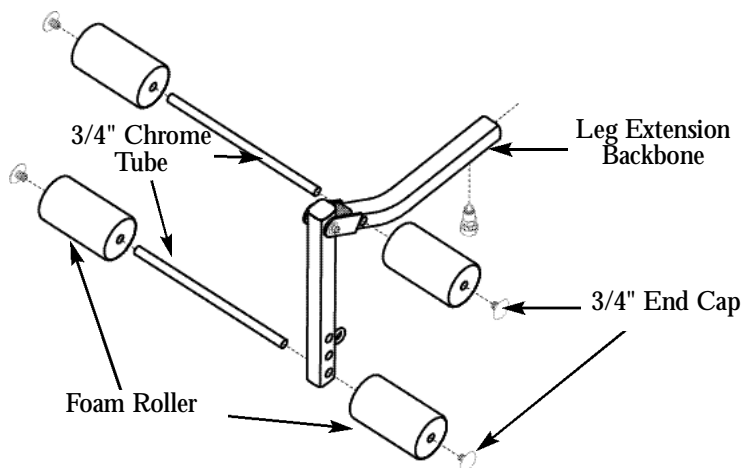


# Get To Know Your Machine



## Leg Extension - Optional Attachment

If you ordered the optional Leg Extension Attachment, you will receive the parts shown to the left.



## Basic Assembly Principles

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

1. Make the assembly process go faster by gathering the pieces you need for each step prior to starting the step.
2. When using a ratchet to tighten a locknut on a bolt, use a close-ended combination wrench to grip the locknut. This will ensure that the locknut is fastened securely.
3. When placing a bolt between two separate pieces, you can help the bolt holes to line up by gently lifting one of the pieces. You can also lift gently and look between the pieces to help guide the bolt through the holes.
4. As a general rule, and for all bolts and nuts on your Bowflex Xtreme, turn bolts or nuts toward the right to tighten, or left to loosen. Or you can remember the mnemonic: "Righty tighty, lefty loosey."

## Tools You Will Need

You will need the following tools to complete the assembly of your Bowflex Xtreme. If you don't have these tools, you can find them at any hardware or department store for a reasonable price.

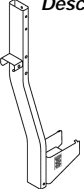
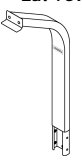
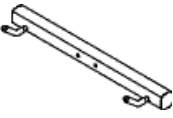
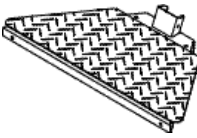
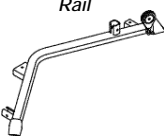
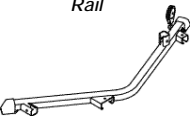
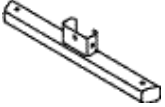


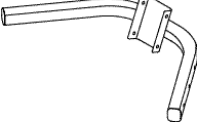

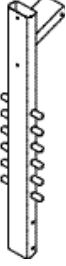
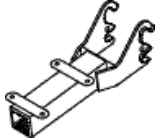
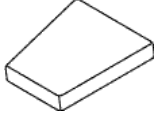



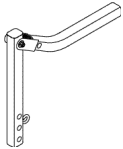
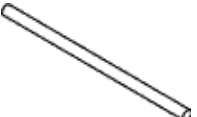



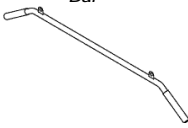
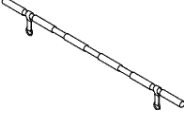


- 7/16" combination wrench
- 9/16" combination wrench
- An adjustable wrench
- A socket wrench set
- Phillips screw driver
- Flat blade screw driver
- Rubber mallet
- Utility Knife
- Scissors

## Parts List

Item No.	Qty.	Part No.	Description	Item No.	Qty.	Part No.	Description
1	1	11476	LOWER LAT TOWER	A	4	11450	SCREW, 5/16" X 3/4" BUTTON HEAD
2	1	11480	UPPER LAT TOWER	B	20	11465	SCREW, 3/8" X 3/4" BUTTONHEAD
3	1	11487	LAT CROSS BAR	C	2	11472	SCREW, 3/8" X 1" BUTTON HEAD
4	1	11402	BASEFRAME	D	2	11453	SCREW, 5/16" X 2 1/2" BUTTON HEAD
5	1	11421	RIGHT FRAME RAIL	E	2	11468	SCREW, 3/8" X 2 1/2" BUTTON HEAD
6	1	11410	LEFT FRAME RAIL	F	1	11466	SCREW, 3/8" X 5" BUTTONHEAD
7	1	11407	REAR CROSSMEMBER	G	3	10183	SCREW, #10 X 1" SELF THREADING
8	1	11469	RIGHT PULLEY ARM	H	2	10191	SCREW, 1/4" X 1/2" CAP
9	1	11463	LEFT PULLEY ARM	I	2	11515	STUD, 1/2" X 11" THREADED
10	1	11426	SQUAT PULLEY FRAME	J	3	90156	WASHER, 1/4"
11	1	10080	ROD BOX w/ RODS	K	26	90138	WASHER, 3/8"
12	1	11441	SEAT SUPPORT RAIL	L	4	11448	WASHER, 1/2"
13	1	11457	SEAT BACKBONE	M	6	80106	WASHER, 5/16"
14	1	11451	SEAT BOTTOM	N	4	11449	NYLOCKNUT 1/2"
15	1	11446	SEAT BACK PAD	O	1	90196	NYLOCK NUT 3/8"
16	6	11431	SLIDER PULLEY w/ CABLE ASSY	P	2	90134	HAND GRIP
17	1	10074	LOCKKNOB	Q	1	11491	50" BENT LAT BAR
18	1	11499	LEG EXTENSION BACKBONE	R	1	90650	SQUAT BAR
19	2	95206	3/4" CHROME TUBE	S	1	10073	SQUAT STRAP
20	4	40304	FOAM ROLLERS	T	4	50334	SNAP HOOK
21	4	90218	3/4" END CAPS				

# Assembly Guide

## Bowflex Xtreme Assembly Components

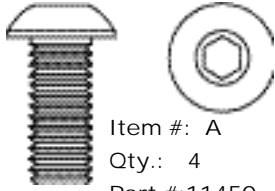
<p>Item #: 1 Qty.: 1 Part #: 11476 Descr: Lower Lat Tower</p> 	<p>Item #: 2 Qty.: 1 Part #: 11480 Descr: Upper Lat Tower</p> 	<p>Item #: 3 Qty.: 1 Part #: 11487 Descr: Lat Cross Bar</p> 	<p>Item #: 4 Qty.: 1 Part #: 11402 Descr: Base Frame</p> 	<p>Item #: 5 Qty.: 1 Part #: 11421 Descr: Right Frame Rail</p> 	<p>Item #: 6 Qty.: 1 Part #: 11410 Descr: Left Frame Rail</p> 
<p>Item #: 7 Qty.: 1 Part #: 11407 Descr: Rear Cross Member</p> 	<p>Item #: 8 Qty.: 1 Part #: 11469 Descr: Right Pulley Arm</p> 	<p>Item #: 9 Qty.: 1 Part #: 11463 Descr: Left Pulley Arm</p> 	<p>Item #: 10 Qty.: 1 Part #: 11426 Descr: Squat Pulley Frame</p> 	<p>Item #: 11 Qty.: 1 Part #: 10080 Descr: Rod Box w/ Rods</p> 	<p>Item #: 12 Qty.: 1 Part #: 11441 Descr: Seat Support Rail</p> 
<p>Item #: 13 Qty.: 1 Part #: 11457 Descr: Seat Backbone</p> 	<p>Item #: 14 Qty.: 1 Part #: 11451 Descr: Seat Bottom</p> 	<p>Item #: 15 Qty.: 1 Part #: 11446 Descr: Seat Back Pad</p> 	<p>Item #: 16 Qty.: 6 Part #: 11431 Descr: Slider Pulley w/ Cable Assembly</p> 	<p>Item #: 17 Qty.: 1 Part #: 10074 Descr: Lock Knob</p> 	<p>Item #: 18 Qty.: 1 Part #: 11499 Descr: Leg Extension Backbone</p> 
<p>Item #: 19 Qty.: 2 Part #: 95206 Descr: 3/4" Chrome Tube</p> 	<p>Item #: 20 Qty.: 4 Part #: 50304 Descr: Foam Rollers</p> 	<p>Item #: 21 Qty.: 4 Part #: 90218 Descr: 3/4" End Caps</p> 	<p>Item #: P Qty.: 2 Part #: 90134 Descr: Hand Grip</p> 	<p>Item #: Q Qty.: 1 Part #: 11491 Descr: 50" Bent Lat Bar</p> 	<p>Item #: R Qty.: 1 Part #: 90650 Descr: Squat Bar</p> 
<p>Item #: S Qty.: 1 Part #: 10073 Descr: Squat Strap</p> 	<p>Item #: T Qty.: 4 Part #: 50334 Descr: Snap Hook</p> 				

# Assembly Guide

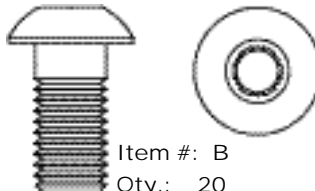
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## Bowflex Xtreme Assembly Hardware

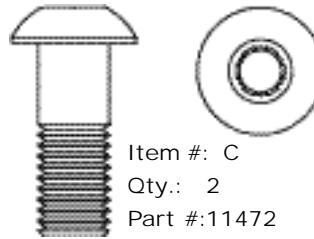
Note: Drawings are actual size



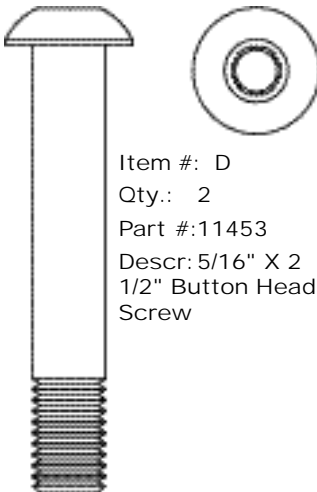
Item #: A  
Qty.: 4  
Part #:11450  
Descr: 5/16 X 3/4"  
Button Head  
Screw



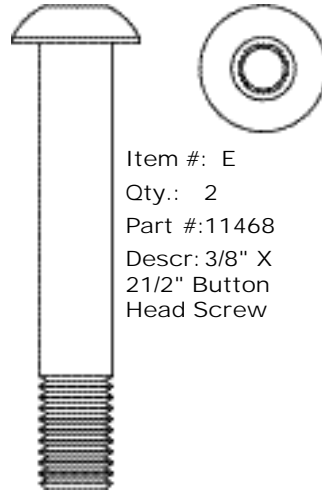
Item #: B  
Qty.: 20  
Part #:11465  
Descr: 3/8" x 3/4"  
Button Head  
Screw



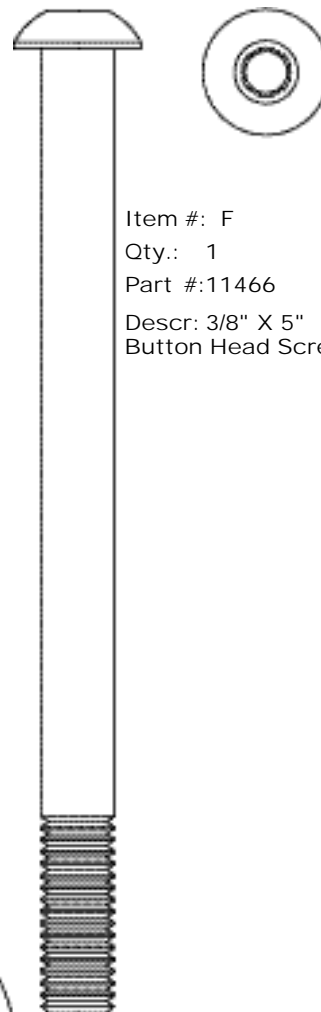
Item #: C  
Qty.: 2  
Part #:11472  
Descr: 3/8 X 1"  
Button Head  
Screw



Item #: D  
Qty.: 2  
Part #:11453  
Descr: 5/16" X 2  
1/2" Button Head  
Screw



Item #: E  
Qty.: 2  
Part #:11468  
Descr: 3/8" X  
2 1/2" Button  
Head Screw



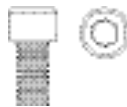
Item #: F  
Qty.: 1  
Part #:11466  
Descr: 3/8" X 5"  
Button Head Screw



Item #: N  
Qty.: 4  
Part #:11449  
Descr: 1/2" Nylock N



Item #: G  
Qty.: 3  
Part #:10183  
Descr: #10 X 1"  
Self Threading  
Screw



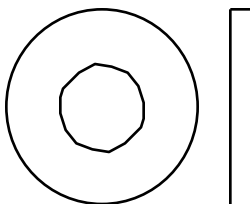
Item #: H  
Qty.: 2  
Part #:10191  
Descr: 1/4" x 1/2"  
Cap Screw



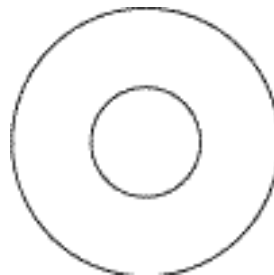
Item #: O  
Qty.: 1  
Part #:90196  
Descr: 3/8" Nylock N



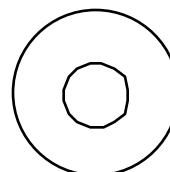
Item #: J  
Qty.: 3  
Part #: 90156  
Descr: 1/4"  
Flat Washer



Item #:K  
Qty.: 26  
Part #: 90138  
Descr: 3/8"  
Flat Washer



Item #:L  
Qty.: 4  
Part #:11448  
Descr: 1/2"  
Flat Washer



Item #: M  
Qty.: 6  
Part #:80106  
Descr: 5/16" Flat Washer



Item #: I  
Qty.: 2  
Part #: 11515  
Descr: 1/2" X 11"  
Threaded Stud

# Assembly Guide

## Step 1: Assemble the Base Frame Assembly

Locate the following items:

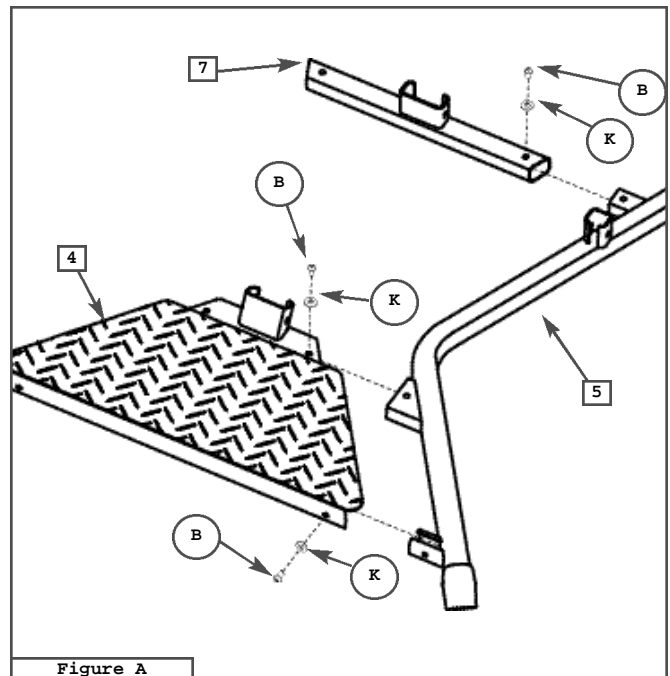
- Base Frame (Item #4)
- Right Frame Rail (Item #5)
- Left Frame Rail (Item #6)
- Rear Cross Member (Item #7)
- (6) 3/8" X 3/4" Button Head Screws (Item #B)
- (6) 3/8" Washers (Item #K)

Place the Base Frame (Item #4) onto the floor with the wide end facing you. Line up and insert the connectors from the Right Frame Rail (Item #5) into the right side of the Frame.

Place (2) 3/8" Washers (K) over the end of (2) 3/8" X 3/4" Button Head Screws (B) - one washer per screw. Insert screws through the holes in the Base Frame and Frame Rail (see Figure A). Do not tighten at this time.

Line up the Rear Cross Member (Item #7) with the Right Frame Rail. Insert connector from the Frame Rail into the end of the Rear Cross Member. Place (1) 3/8" washer over (1) 3/8" X 3/4" Button Head Screw, loosely insert screw into corresponding holes in Cross Member and Frame Rail but do not tighten at this time.

Repeat with Left Frame Rail (Item #6).



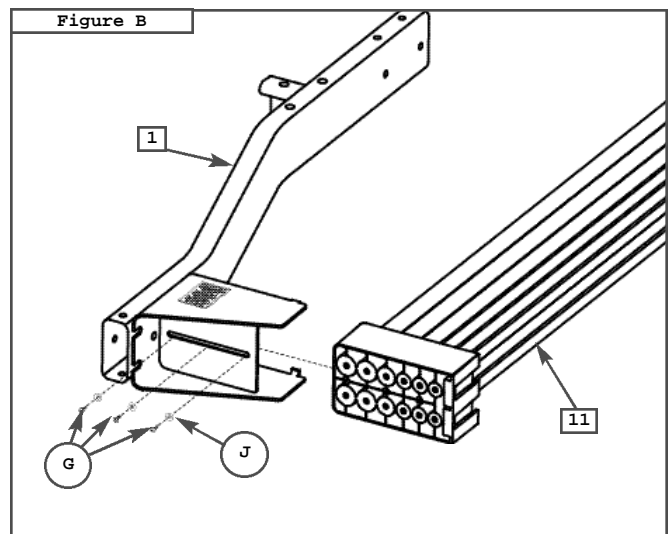
## Step 2: Attach Rod Box to the Lower Lat Tower

Locate the following items:

- Lower Lat Tower (Item #1)
- Rod Box with Rods (Item #11)
- (3) #10 X 1" Self Threading Screws (Item #G)
- (3) 1/4" Washers (Item #J)

Lay the Rod Box w/ Rods (Item #11) on the floor facing the Lower Lat Tower (Item #1) as shown in Figure B. Slide the Rod Box into the Rod Box Frame firmly.

Place (3) 1/4" Washers (J) over the end of (3) #10 X 1" Self Threading Screws (G) - one washer per screw. Secure the Rod Box to the Frame with the screws and washers as shown in Figure B and tighten.



# Assembly Guide

7

## Step 3: Attach the Lower Lat Tower to the Base Frame Assembly

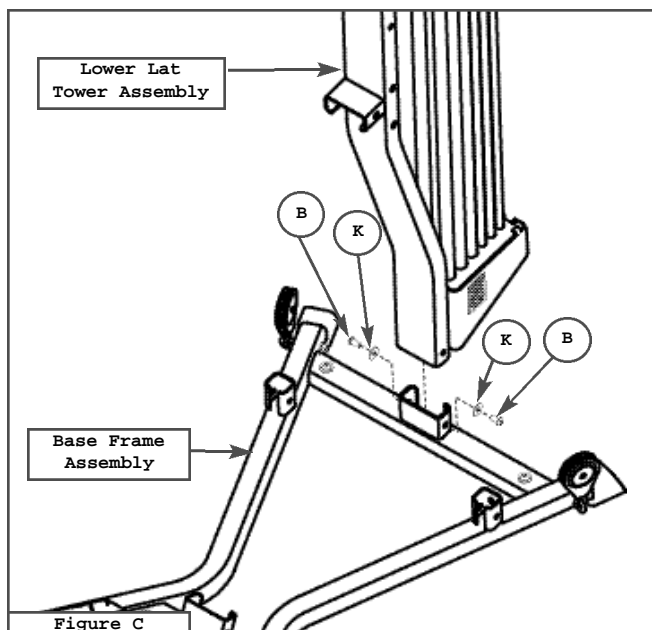
Locate the following items:

- Lower Lat Tower Assembly (from Step 2)
- Base Frame Assembly (from Step 1)
- (2) 3/8" X 3/4" Button Head Screws (Item #B)
- (2) 3/8" Washers (Item #K)

Place the Base Frame Assembly on the floor, wide end facing you. Center the Lower Lat Tower Assembly (Rod Box facing away from you) over the Frame Assembly as shown in Figure C.

Place the bottom of the Lower Lat Tower onto the Rear Cross Member.

Place (2) 3/8" Washers (K) over the end of (2) 3/8" X 3/4" Button Head Screws (B) - one washer per screw. Loosely secure the Lower Lat Tower to the Rear Cross Member with the screws and washers.



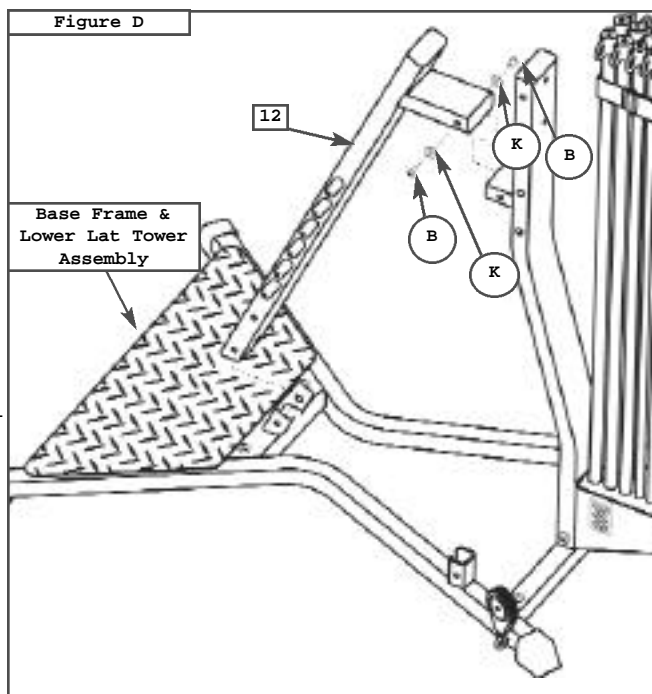
## Step 4: Attach the Seat Support Rail to the Lat Tower

Locate the following items:

- Base Frame Assembly with Lower Lat Tower Assembly (from Step 3)
- Seat Support Rail (Item #12)
- (2) 3/8" X 3/4" Button Head Screws (Item #B)
- (2) 3/8" Washers (Item #K)

Place the Base Frame with Lower Lat Tower Assembly (from Step 3) flat on the floor and place the Seat Support Rail (Item #12) onto the connector on the Base Frame as shown in Figure D.

Gently push the Seat Support Rail onto the Lower Lat Tower connector. Place (2) 3/8" Washers (K) over the end of (2) 3/8" X 3/4" Button Head Screws (B) - one washer per screw. Loosely install the screws with washers into the two side holes near the top of the Seat Support Rail.



**STOP! TAKE TIME NOW TO REVIEW AND TIGHTEN ALL INSTALLED HARDWARE!**

# Assembly Guide

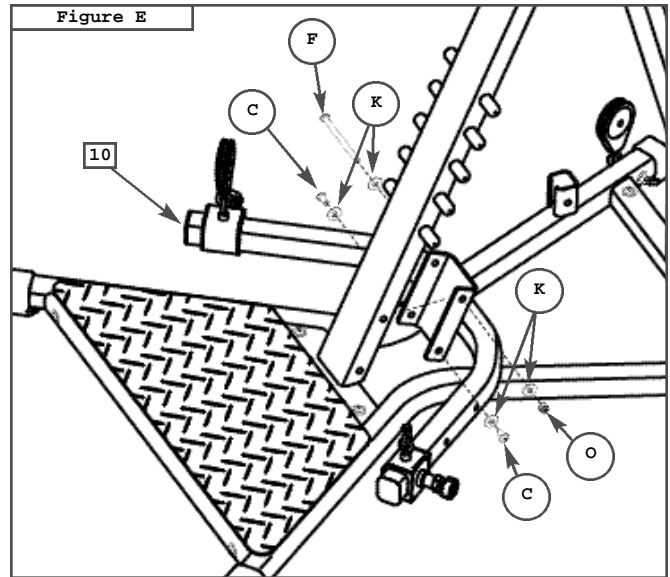
## Step 5: Install the Squat Pulley Frame

Locate the following items:

- Squat Pulley Frame (Item #10)
- Assembly Frame (From Step 4)
- (2) 3/8" X 1" Button Head Screws (Item #C)
- (1) 3/8" X 5" Button Head Screw (Item #F)
- (4) 3/8" Washers (Item #K)
- (1) 3/8" Nylock Nut (Item #O)

Place the Squat Pulley Frame (Item #10) behind the Seat Support Rail as shown in **Figure E**, and line up the holes in the Squat Pulley Frame with the holes in the Seat Support Rail.

Firmly secure the Squat Attachment Bracket to the Seat Support Rail using (1) 3/8" X 5" Button Head Screw (F) with (2) 3/8" Washers (K) - one on each side of the Seat Support Rail, and (1) 3/8" Nylock Nut (O) on the upper hole (see **Figure E**) and (2) 3/8" X 1" Button Head Screw (C) and (2) 3/8" Washers (K) on the lower holes (one per side).



## Step 6: Attach the Pulley Arms and Slider Pulleys

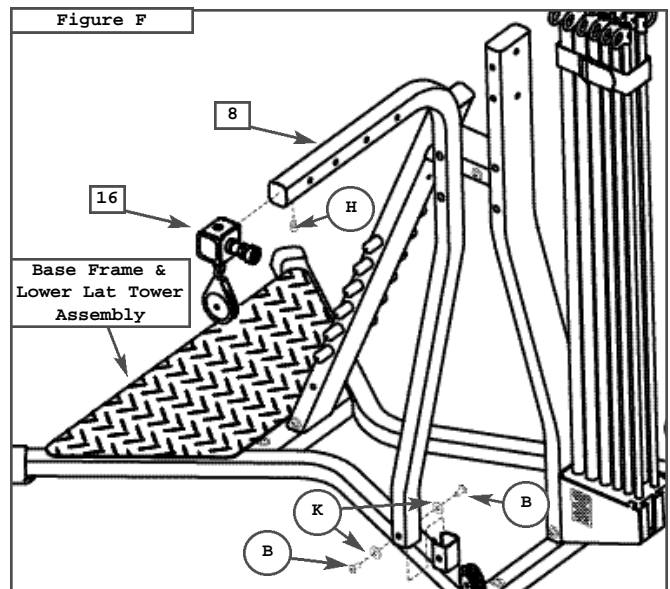
Locate the following items:

- Right and Left Pulley Arms (Items #8 and #9)
- Slider Pulley w/Cable Assembly (Item #16)
- (4) 3/8" X 3/4" Button Head Screws (Item #B)
- (4) 3/8" Washers (Item #K)
- (2) 1/4" X 1/2" Cap Screw (Item #H)

Place the Right Pulley Arm (Item #8) onto the right side connector on the Base Frame/Lat Tower Assembly (from Step 5) (see **Figure F**.)

Use (2) 3/8" Washers (K) over (2) 3/8" X 3/4" Button Head Screws (B) - one washer per screw - to loosely secure the Pulley Arm to the Frame Rail. Repeat for Left Pulley Arm (Item #9).

Position one Slider Pulley (Item #16) over the end of each Pulley Arm. Choose any of the four holes. Secure (1) 1/4" X 1/2" Cap Screw (H) through the hole on the underside of the Pulley Arm.





# Assembly Guide

## Step 7: Secure the Pulley Arms

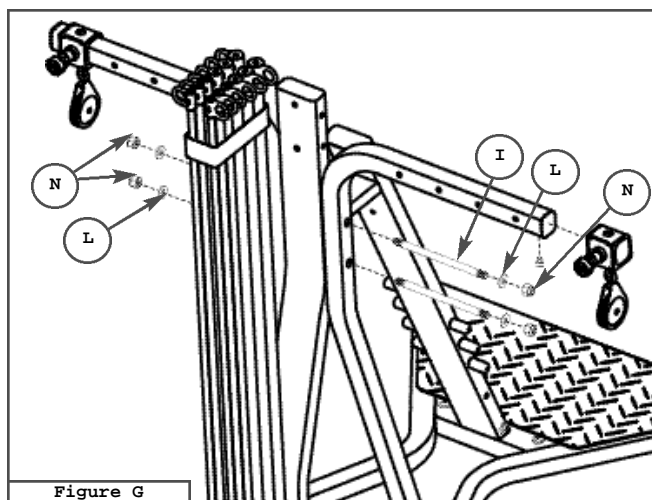
Locate the following items:

- (2) 1/2" X 11" Threaded Studs (Item #I)
- (4) 1/2" Washers (Item #L)
- (4) 1/2" Nylock Nuts (Item #N)

Align the remaining two slotted holes on the Right and Left Pulley Arms (Items #8 and #9) with the Lower Lat Tower.

Place (2) 1/2" Washers (L) over the end of (2) 1/2" X 11" Threaded Studs (I) - one washer per stud. Insert studs through both Pulley Arms and the Lat Tower, and then place one more washer over the end of each stud as shown in Figure G.

Secure using (4) 1/2" Nylock Nuts - one on each stud end.



## Step 8: Attach the Seat Bottom to the Seat Backbone

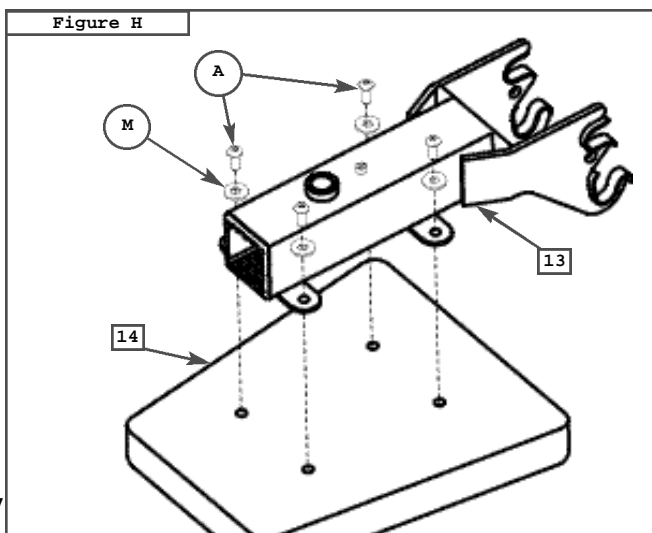
Locate the following items:

- Seat Backbone (Item #13)
- Seat Bottom (Item #14)
- (4) 5/16" X 3/4" Button Head Screws (Item #A)
- (4) 5/16" Washers (Item #M)

Turn the Seat Bottom (Item #14) upside down (holes upward), and place the Seat Backbone (Item #13) over the Seat Bottom.

Place (4) 5/16" Washers (M) over the end of (4) 5/16" X 3/4" Button Head Screws (A) - one washer per screw. Tightly affix the Seat Backbone to the Seat Bottom as shown in Figure H.

*If you purchased the Leg Extension, install it in Step 8a & 8b. If you did not purchase the Leg Extension, proceed to Step 9*



## Step 8a: Install the Leg Extension (Optional Attachment)

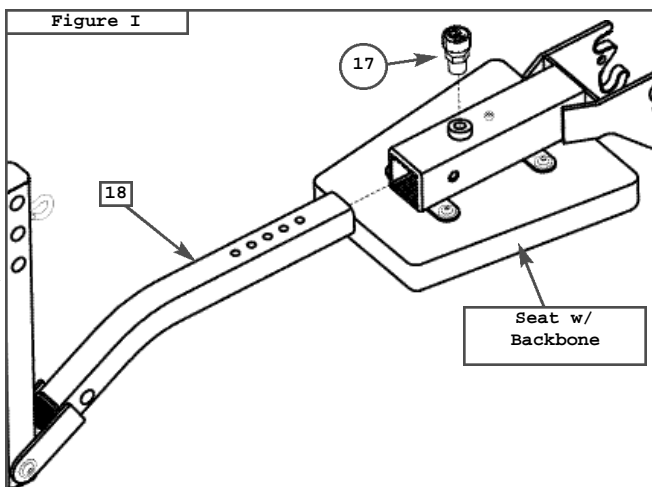
Locate the following items:

- Lock Knob (Item #17)
- Leg Extension Assembly (Item #18)

Turn the Seat (assembled in Step 8) upside down. Insert the Leg Extension Assembly (Item #18) into the open end of the Seat Backbone, and line up one of the holes from the leg extension with the hole in the backbone - and adjust for your height.

Screw the Lock Knob (Item #17) into the hole on the backbone, as shown in Figure I to secure the Leg Extension into place.

**NOTE:** Leg Extension may be adjusted during workout to best suit your height and personal preferences.



# Assembly Guide

## Step 8b: Leg Assembly Rollers (Optional Attachment)

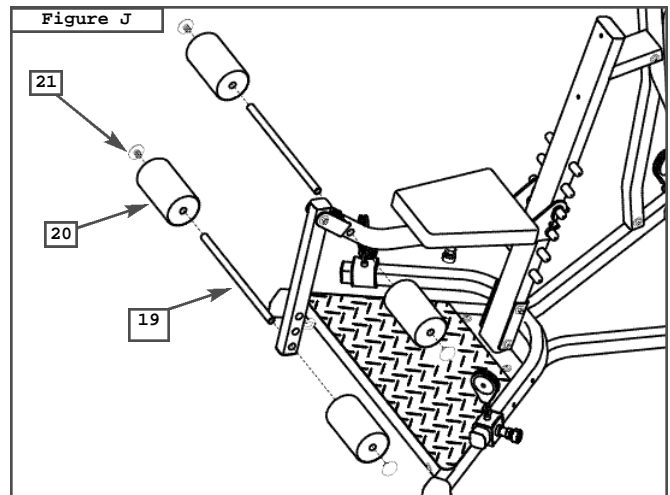
Locate the following items:

- (2) 3/4" Chrome Tubes (Item #19)
- (4) Foam Rollers (Item #20)
- (4) 3/4" End Caps (Item #21)

Insert the Chrome Tubes (Item #19) through the upper hole and one of the lower holes of the Leg Extension (select the lower hole based on your height) as shown in Figure J.

Slide the Foam Rollers (Item #20) onto the ends of both Chrome Tubes, then secure the Foam Rollers with an End Cap (Item #21).

**NOTE:** You may need to use a Rubber Mallet to fully insert the End Caps into the Tube ends.



## Step 9: Attach the Seat Bottom to the Seat Support Rail

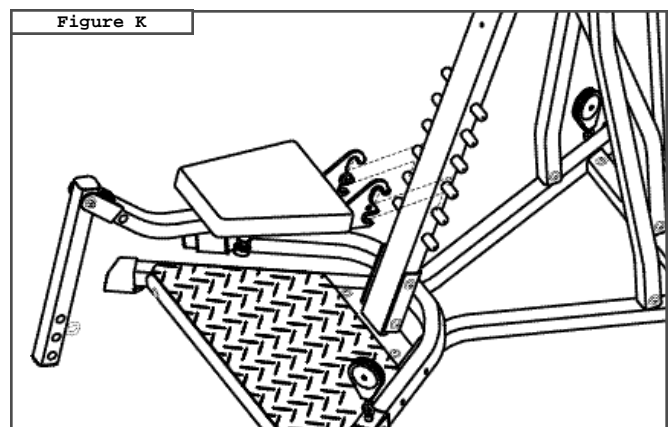
Locate the following items:

- Seat Backbone w/Seat Assembly (from Step 8)

The Seat can be moved easily to accommodate a large number of positions.

With the seat facing upward, align the top two "hooks" on the Seat Backbone with a pair of "pins" on the Seat Support Rail. Tip the seat up while engaging the hooks, and then rotate down for use.

**NOTE:** Reverse this procedure to remove the Seat.



## Step 10: Attach the Seat Back Pad to the Seat Support Rail

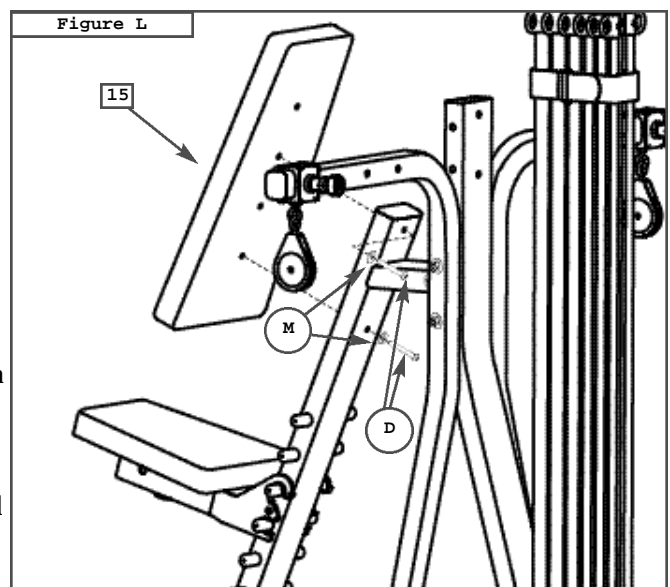
Locate the following items:

- Seat Back Pad (Item #15)
- Main Assembly (from Step 7)
- (2) 5/16" X 2 1/2" Button Head Screws (Item #D)
- (2) 5/16" Washers (Item #M)

The Seat Back Pad (Item #15) has two pair of holes on the back. Before you attach the Seat Back Pad to the Seat Support Rail, assess which holes to use for your height.

Position the Seat Back Pad against the Seat Support Rail as shown in Figure L. Align the selected holes on the Seat Back Pad with the two holes on the Seat Support Rail.

With (2) 5/16" Washers (M) over (2) 5/16" X 2 1/2" Button Head Screws (D), secure the Seat Back Pad tightly to the Seat Backbone.



# Assembly Guide

11

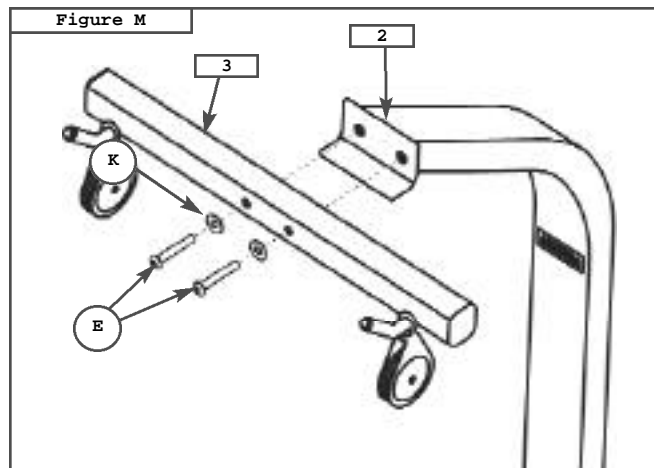
## Step 11: Attach the Lat Cross Bar to the Upper Lat Tower

Locate the following items:

- Upper Lat Tower (Item #2)
- Lat Cross Bar (Item #3)
- (2) 3/8" X 2 1/2" Button Head Screws (Item #E)
- (2) 3/8" Washers (Item #K)

Align the two holes on the Lat Cross Bar (Item #3) with those on the Upper Lat Tower (Item #2). Be certain to face the Cross Bar Hooks away from the Tower (see Figure M).

Place (2) 3/8" Washers (K) over the end of (2) 3/8" X 2 1/2" Button Head Screws (E) - one washer per screw. With the screws and washers, tightly secure the Lat Cross Bar to the Upper Lat Tower.



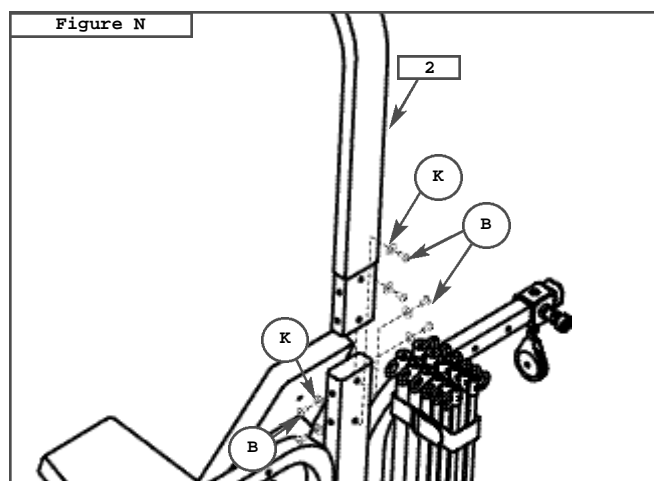
## Step 12: Attach Upper Lat Tower to the Lower Assembly

Locate the following items:

- Upper Lat Tower Assembly (from Step 11)
- Main Assembly (from Step 10)
- (6) 3/8" X 3/4" Button Head Screws (Item #B)
- (6) 3/8" Washers (Item #K)

Position the Upper Lat Tower Assembly over the Main Assembly as shown in Figure N.

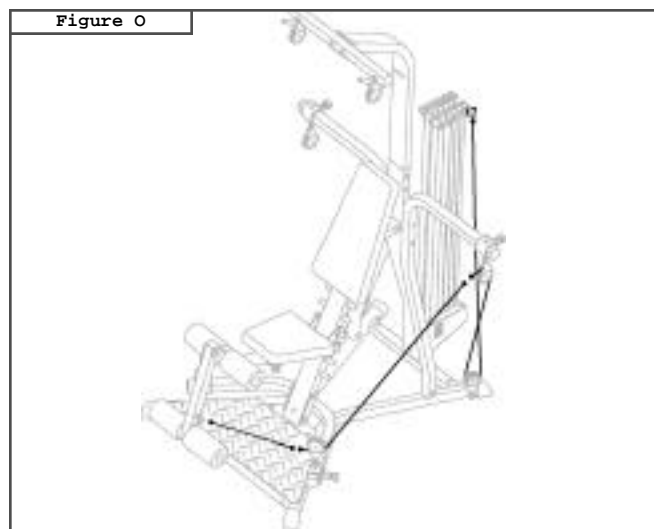
Insert the base of the Upper Lat Tower into the top of the Main Assembly. Align all six holes and secure using (6) 3/8" X 3/4" Button Head Screws (B) and (6) 3/8" Washers (K).



## Step 13: Unwrap the Cables and Tighten Assembly

Connect and route each of the pulley Cables through the pulleys as illustrated.

Carefully go over the entire Bowflex Xtreme assembly, and tighten all screws, nuts and other hardware before using your Bowflex Xtreme.



**CONGRATULATIONS! Your Bowflex Xtreme is ready to give you an Xtreme Workout!**