

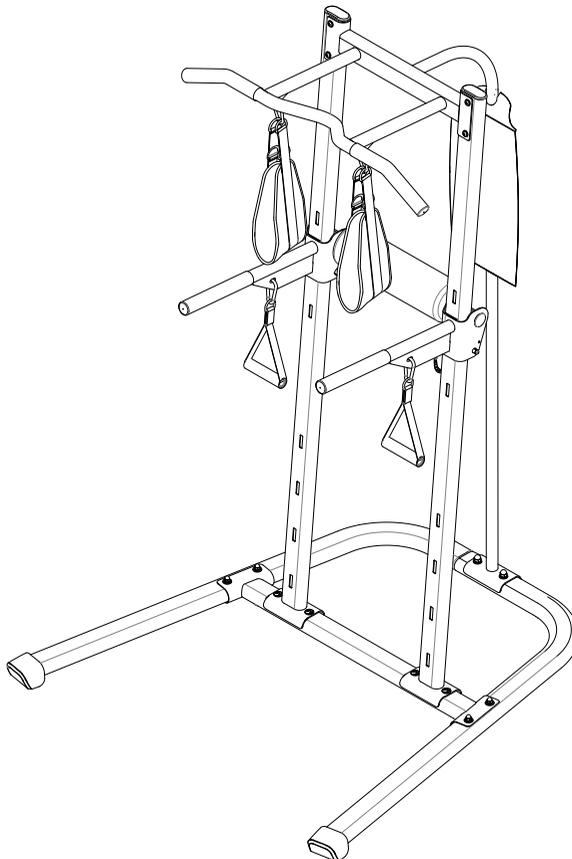


# Bowflex® BodyTower™

<https://best-powertower.com>



## Assembly Manual



Manual en Español Latino Americano:  
<http://www.bowflex.com>

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# Important Safety Instructions

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

## **Before using this equipment, obey the following warnings:**

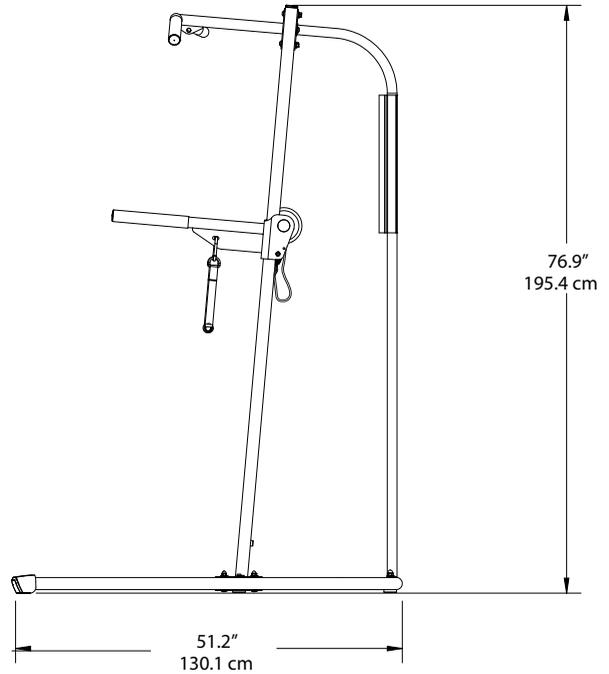
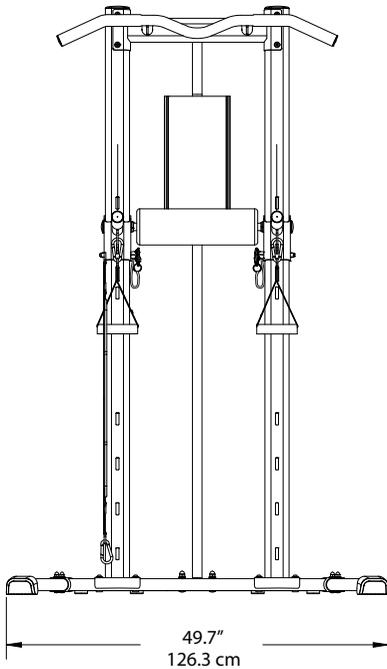


Read and understand all warnings on this equipment.  
Carefully read and understand the Assembly Manual.

- Keep bystanders and children away from the product you are assembling at all times.
- Do not assemble this equipment 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 equipment 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 equipment on a solid, level, horizontal surface.
- Do not try to change the design or functionality of this equipment. This could compromise the safety of this equipment 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 equipment from operating correctly and void the warranty.
- Do not use until the equipment has been fully assembled and inspected for correct performance in accordance with the Owner's Manual.
- Read and understand the complete Owner's Manual before first use. Keep the Owner's and Assembly Manuals for future reference.
- Do all assembly steps in the sequence given. Incorrect assembly can lead to injury.

# Specifications

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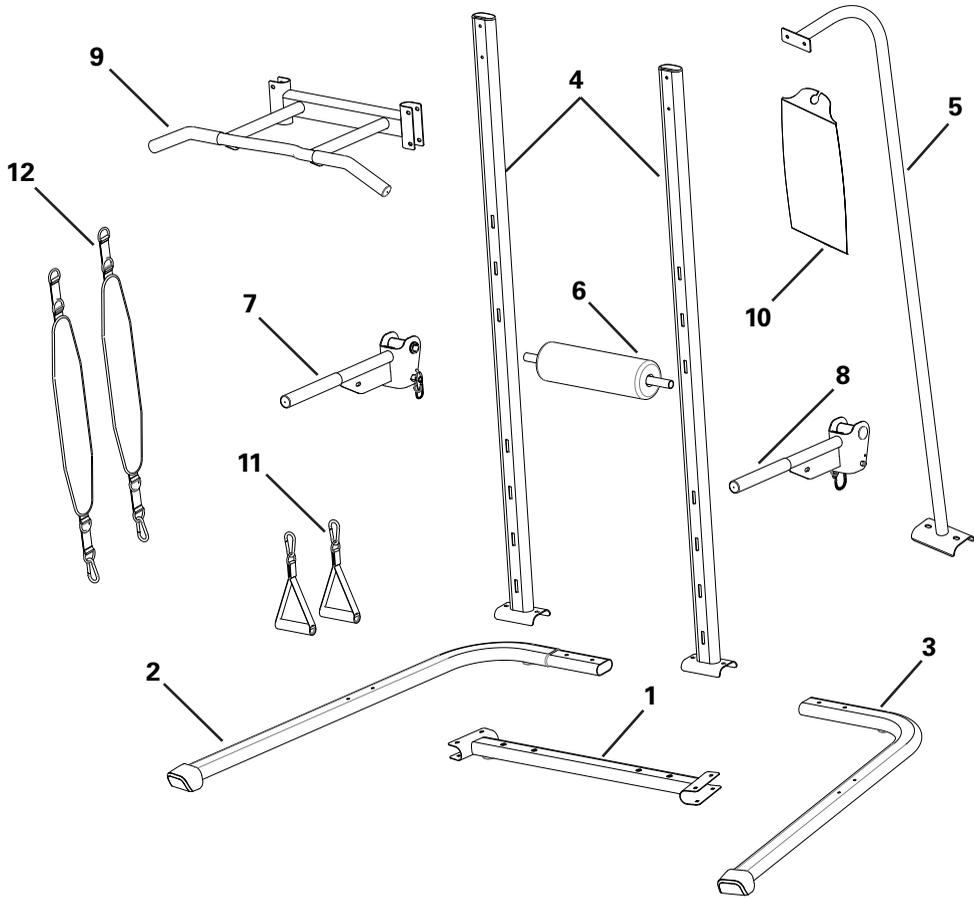
## Before Assembly

Select the area where you are going to set up and operate your equipment. For safe operation, the location must be on a hard, level surface. Allow a workout area of minimum 123" x 123" (3.1m x 3.1m).

Follow these basic points when you assemble your equipment:

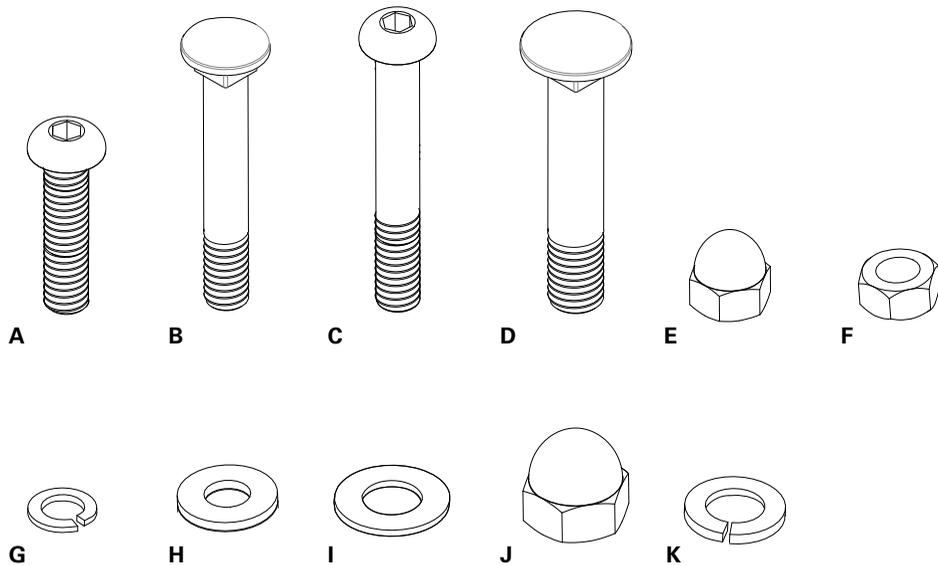
1. Read and understand the "Important Safety Instructions" before assembly.
2. Collect all the pieces necessary for each assembly step.
3. Using the recommended wrenches, turn the bolts and nuts to the right (clockwise) to tighten, and the left (counterclockwise) to loosen, unless instructed otherwise.
4. When attaching 2 pieces, carefully lift and look through the bolt holes to help insert the bolt through the holes.
5. The assembly requires 2 people.

# Parts



Ref.	Qty	Description	Ref.	Qty	Description
1	1	Base Cross Brace	7	1	E-Z Adjust Arm, Left
2	1	Base Frame, Left	8	1	E-Z Adjust Arm, Right
3	1	Base Frame, Right	9	1	Pull Up Bar
4	2	Upright	10	1	Exercise Placard
5	1	Backbone	11	2	Handgrip
6	1	Back Pad Assembly	12	2	Sling Strap

# Hardware Guide



Ref.	Qty	Description	Ref.	Qty	Description
A	6	Button Head Hex Screw M8 X 35	G	14	Lock Washer M8
B	4	Carriage Bolt M8 X 55	H	18	Flat Washer M8
C	4	Button Head Hex Screw M8 X 60	I	2	Flat Washer M10
D	2	Carriage Bolt M10 X 55	J	2	Acorn Nut M10
E	4	Acorn Nut M8	K	2	Lock Washer M10
F	4	Hex Nut M8			

## Tools

### Included



6mm



M8/M10

### Not Included

Rubber mallet

Utility knife or scissors to cut nylon ties

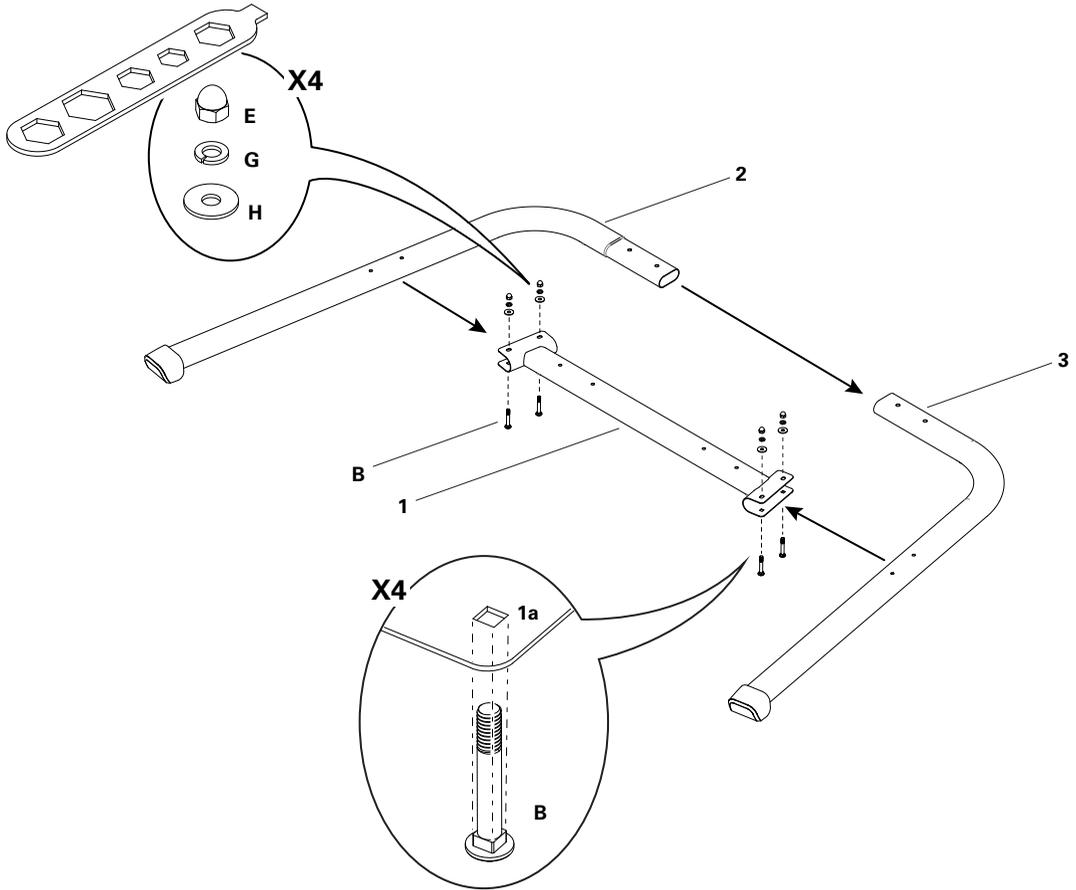
Tape

# Assembly Steps

## Step 1: Attach Base Cross Brace to Base Frames

**Note:** Do not tighten the hardware until the parts of the base are together. Make sure that the square on the bolt is in the square hole (1a) on the Base Cross Brace.

Do not install the hardware that joins the left and right Base Frames at this time.

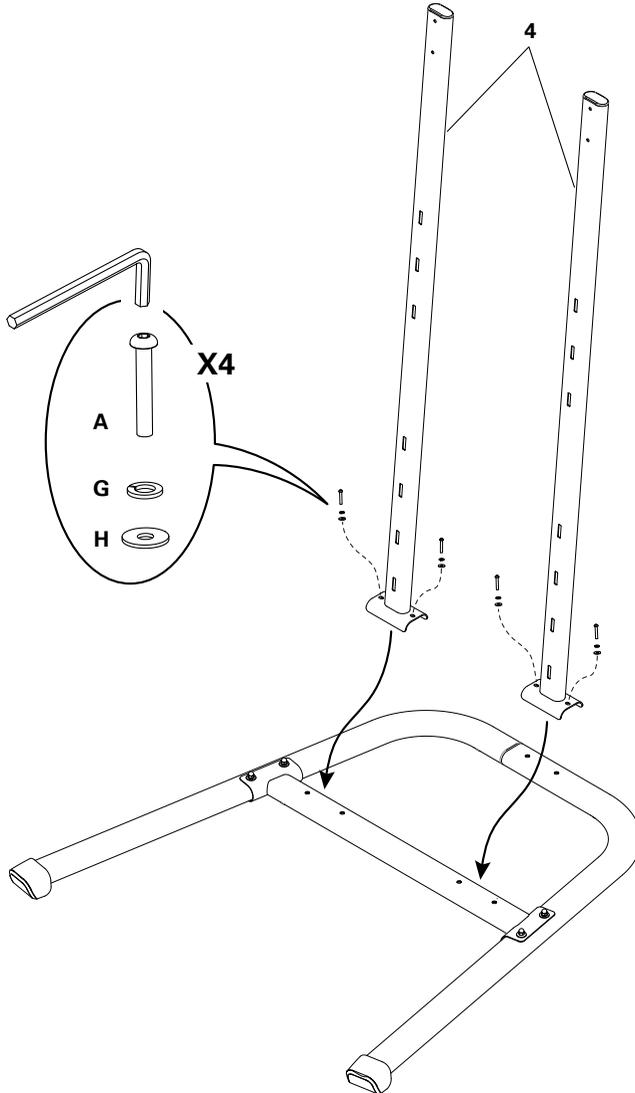


# Assembly Steps

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## Step 2: Attach Uprights to Cross Brace

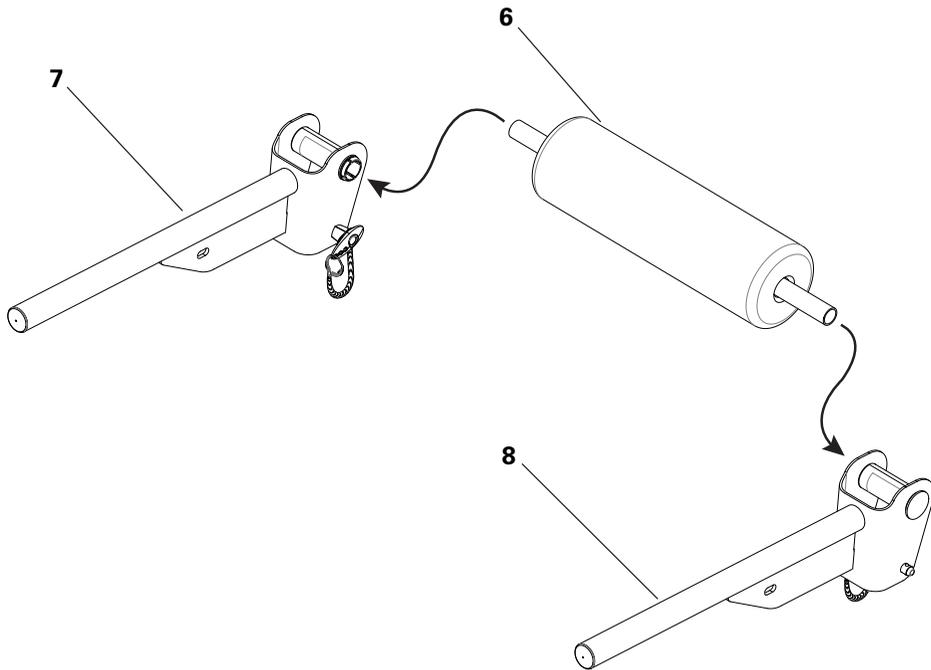
**Note:** Do not completely tighten the hardware at this time.



# Assembly Steps

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## Step 3: Attach E-Z Adjust Arms to Back Pad Assembly



# Assembly Steps

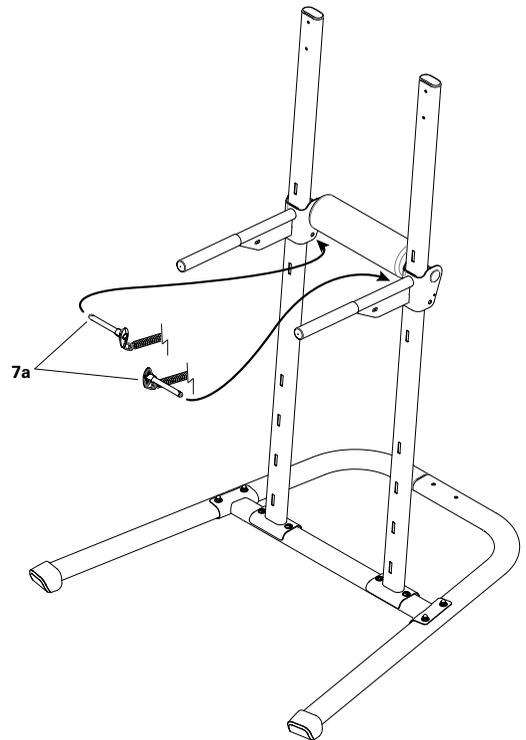
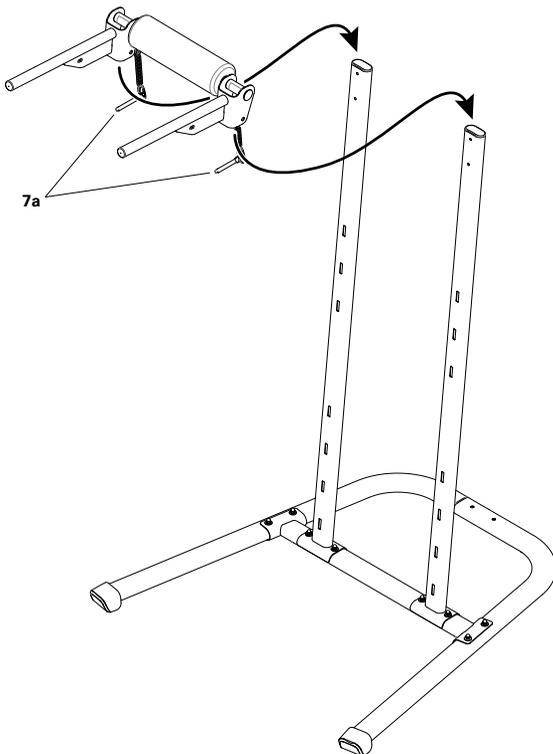
## Step 4: Install the E-Z Adjust Bar Assembly on the Uprights

Remove the Locking Pins (7a) from E-Z Adjust brackets before you install the assembly on the Uprights. Tilt the assembly to put it on the Uprights. If necessary, remove end caps from the Uprights. Grasp the assembly near the Uprights and tilt it to move clear of the height adjustment holes in the Uprights. Carefully slide it down the Uprights.

**Note:** The scratch guard strips on the front of the Uprights help to protect the finish during assembly.

**NOTICE:** Be careful to avoid damage to the plastic sliders inside the E-Z Adjust brackets.

**!** Be sure that the E-Z Adjust Bar assembly fully engages the holes in the Uprights. Insert the Locking Pins (7a) through the holes in the brackets to lock the E-Z Adjust Bar in position on the Uprights.

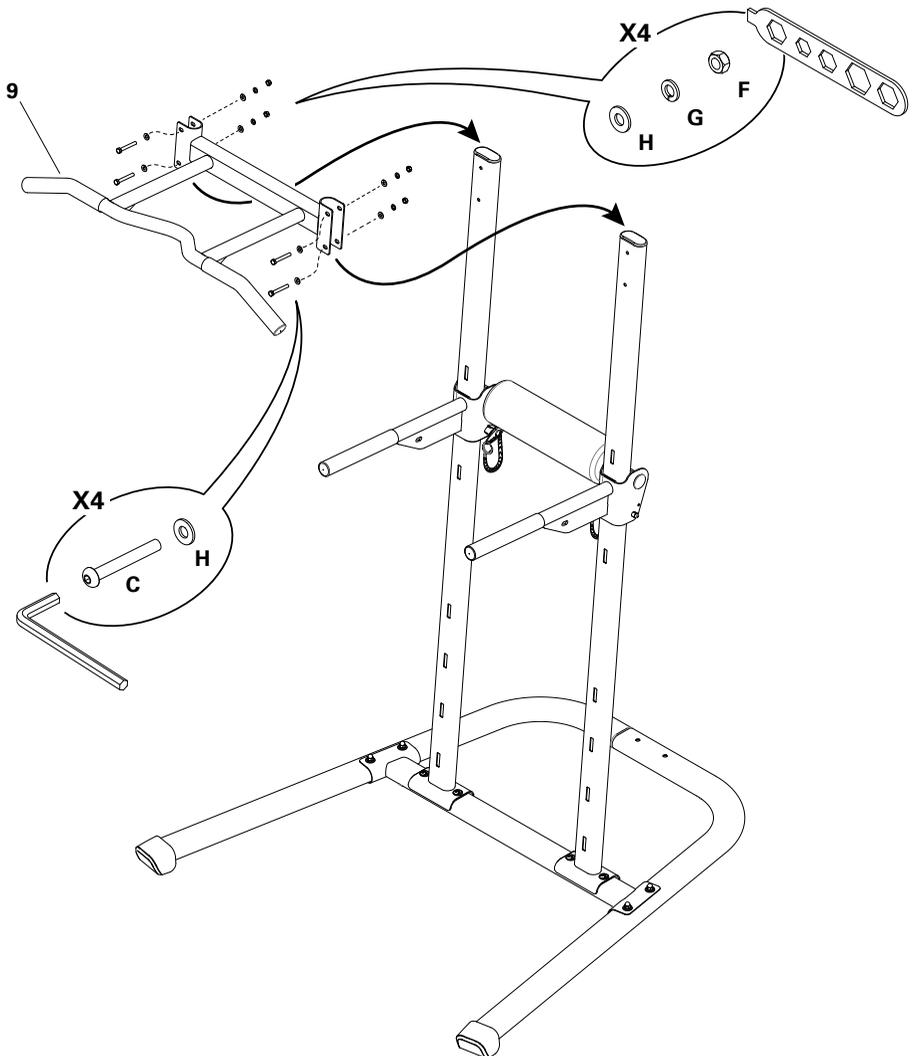


# Assembly Steps

## Step 5: Install the Pull Up Bar to the Uprights

**Note:** Move the E-Z Adjust Bar to the bottom of the Uprights and tighten the hardware at the base of the Uprights completely. Then move the E-Z Adjust Bar to the top of the Uprights and tighten the hardware on the Pull Up Bar.

**!** Make sure that the E-Z Adjust Bar is locked in position with the locking pins after each move.

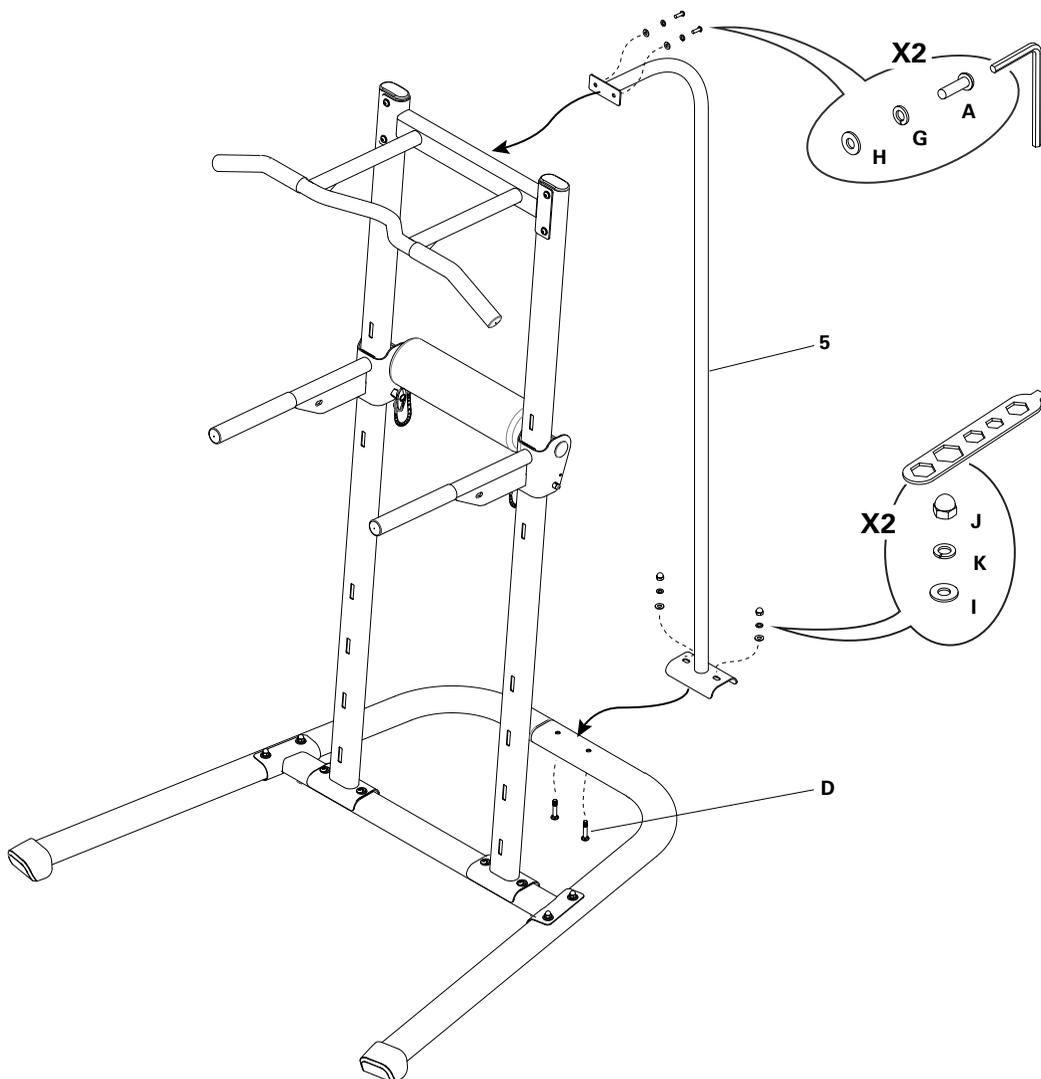


# Assembly Steps

## Step 6: Install the Backbone to the Pull Up Bar and Base

**Note:** Attach the Backbone to the Pull Up Bar first. For the carriage bolts at the base, you can put a piece of tape on each bolt head to hold it in position during installation. Tighten the outer bolts first.

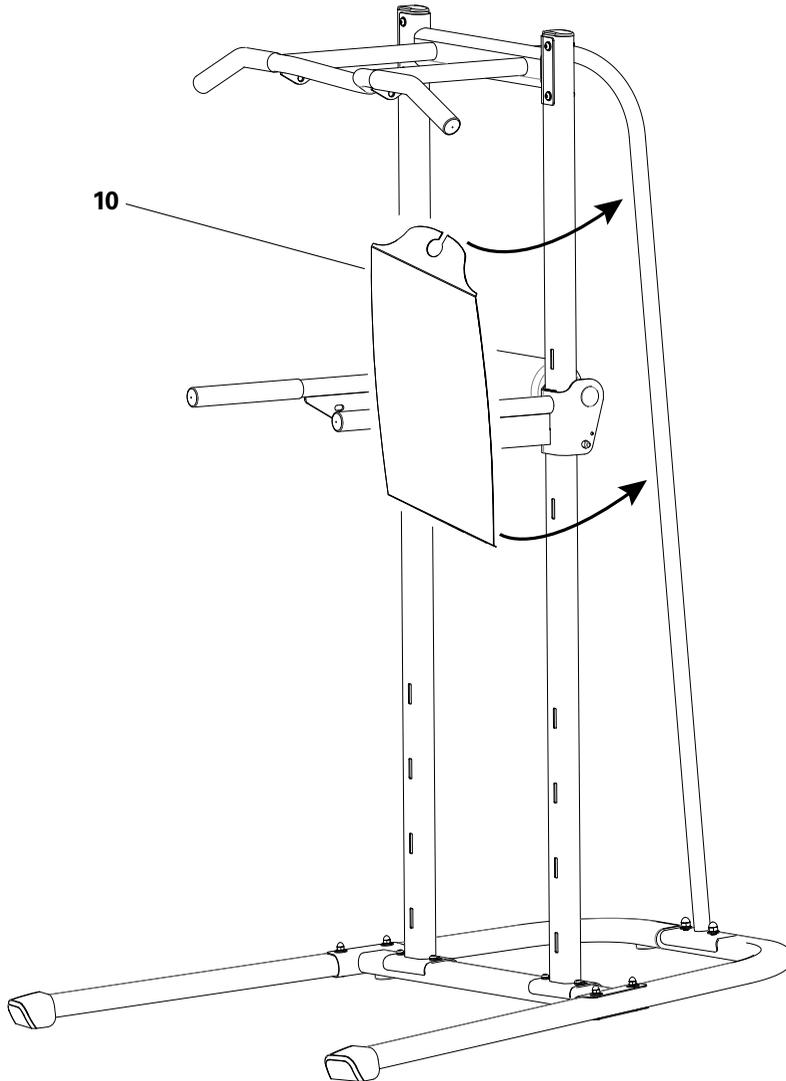
Tighten all hardware. Slide the E-Z Adjust Bar up and down to be sure it moves easily on the Uprights.



# Assembly Steps

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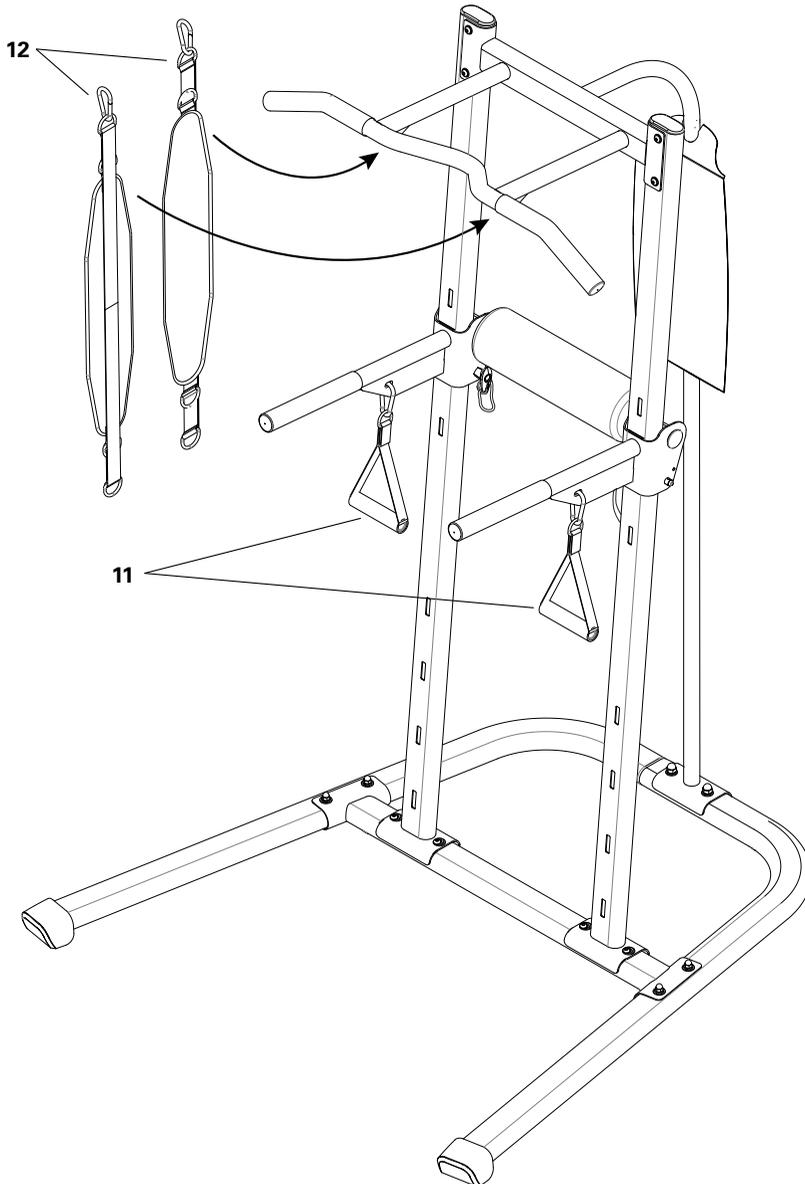
## Step 7: Install Placard on Backbone



# Assembly Steps

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## Step 8: Attach Handgrips and Sling Straps



# Assembly Steps

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## Step 9: Final Inspection

Inspect your equipment to ensure that all fasteners are tight, the equipment is level, and components are properly assembled.

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

**Note:** Record serial number in the Serial Number field at the beginning of the Owner's Manual.



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