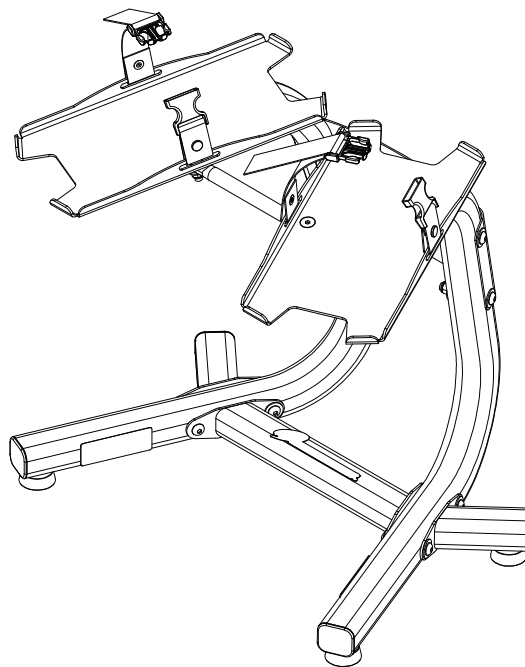




Dumbbell Stand



Assembly Manual




 This product is compliant with the applicable CE requirements.

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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.


To find your local distributor, go to: **www.bowflexinternational.com** or **www.nautilus.cn**

If you have questions or problems with your product, please contact your local Bowflex distributor.

Important Safety Instructions

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

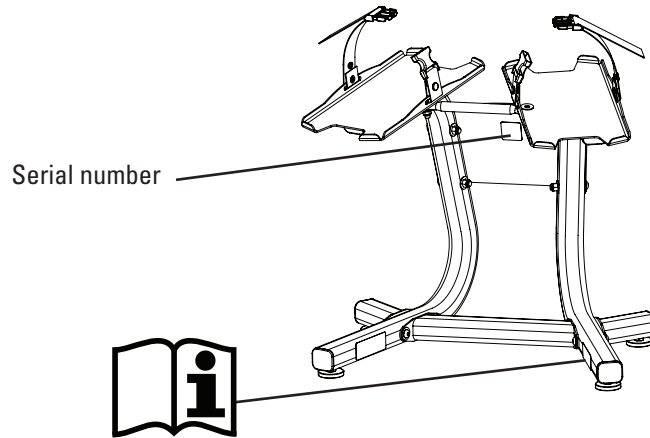
Before using this equipment, obey the following warnings:

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

- Keep bystanders and children away from the product you are assembling at all times.
- 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.
- This equipment is for home use only.
- Set up and operate this equipment on a solid, level, horizontal surface.
- Do not assemble or operate this equipment outdoors or in a wet or moist location.
- Do all assembly steps in the sequence given. Incorrect assembly can lead to injury.
- 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 for your SelectTech® dumbbells.
- Read and understand the complete Owner's Manual supplied for your SelectTech® dumbbells before first use. Keep the Owner's and Assembly Manuals for future reference.
- 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 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 equipment again.
- Do not wear loose clothing or jewelry. This equipment contains moving parts. Do not put fingers or other objects into moving parts of the exercise equipment.
- Always wear rubber soled athletic shoes when you use this equipment. Do not use the equipment with bare feet or only wearing socks.
- Before each use, examine this equipment for loose parts or signs of wear. Contact your local distributor for repair information.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- **SAVE THESE INSTRUCTIONS.**

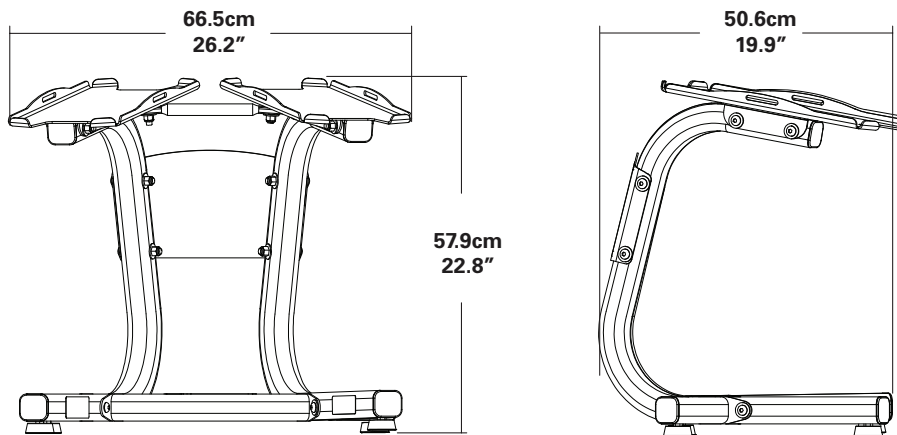
Safety Warning Labels and Serial Number

If a label becomes damaged or illegible or is removed, contact your local distributor for a replacement label.



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

Specifications

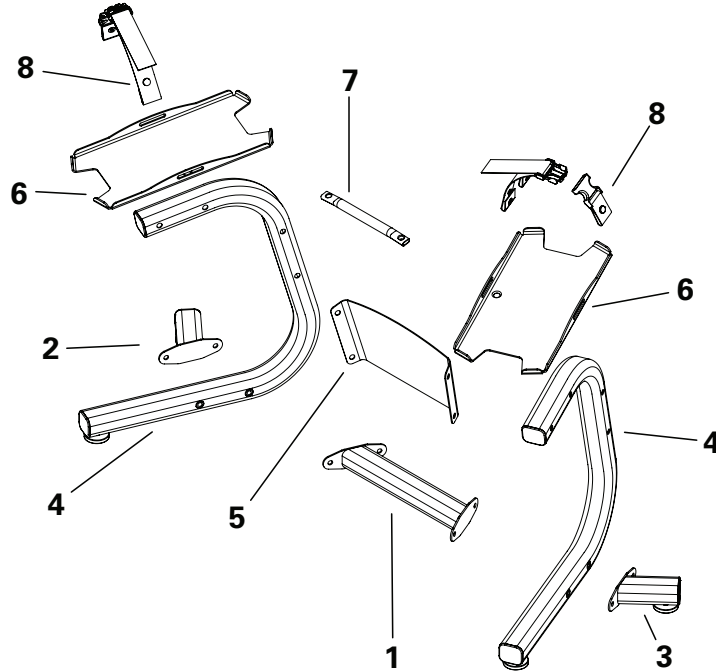


Regulatory Approvals



This product is compliant with the applicable CE requirements.

Parts



Ref.	Description	Qty
1	Bottom Cross Brace	1
2	Rear Left Stabilizer	1
3	Rear Right Stabilizer	1
4	Stand Leg	2
5	Center Plate	1
6	Dumbbell Platforms	2
7	Towel Bar	1
8	Hold Down Straps, 2F 2M	2 Pairs

Before Assembly

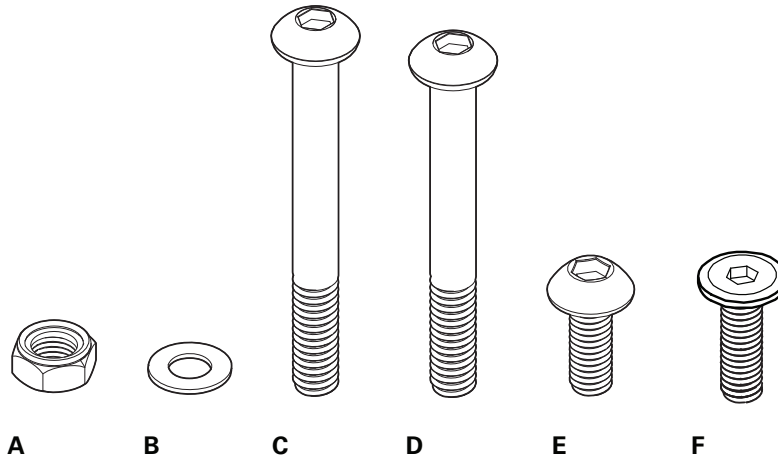
Select the area where you are going to set up and operate your equipment. For safe operation, the location must be on a hard, level surface.

Basic Assembly Tips

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.

Hardware



Ref.	Description	Qty
A	Nut Nylock M10	10
B	Flat Washer M10 Regular	26
C	Button Head Hex Screw M10 X 75	4
D	Button Head Hex Screw M10 X 70	4
E	Button Head Hex Screw M10 X 20	8
F	Flat Head Hex Screw M10 X 30	2

Tools

Included



6mm



17mm

Not Included

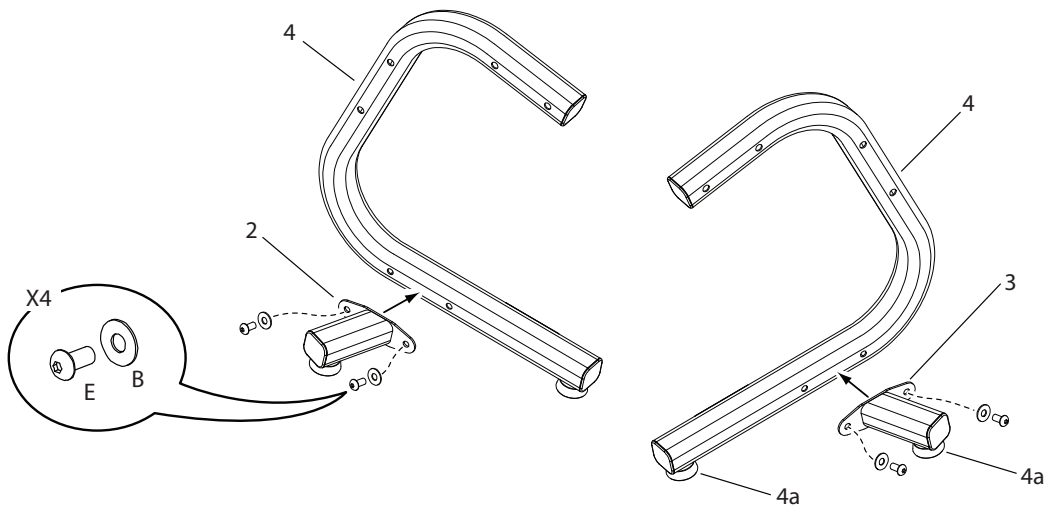
Utility knife or scissors to cut nylon ties

Assembly

Step 1: Attach Stabilizers to Stand Legs

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

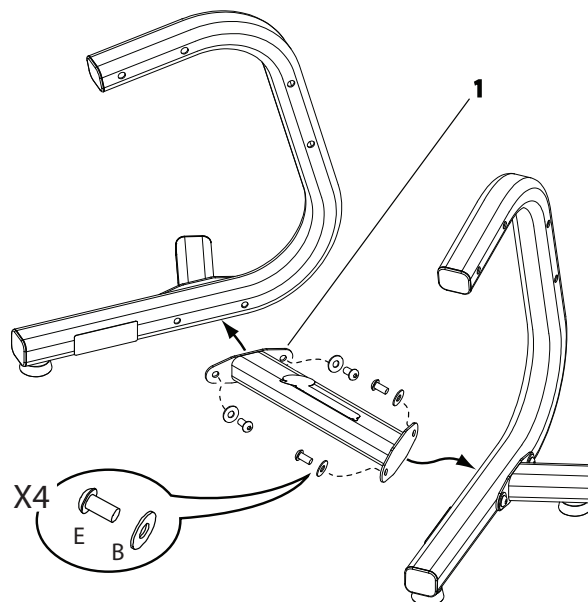
If the feet (4a) are not pre-installed, install them on the legs and stabilizers.



Step 2: Install Bottom Cross Brace

Note: Make sure that the narrower edge of the Bottom Cross Brace (1) is closer to the Stand Leg uprights.

Do not completely tighten the hardware at this time.

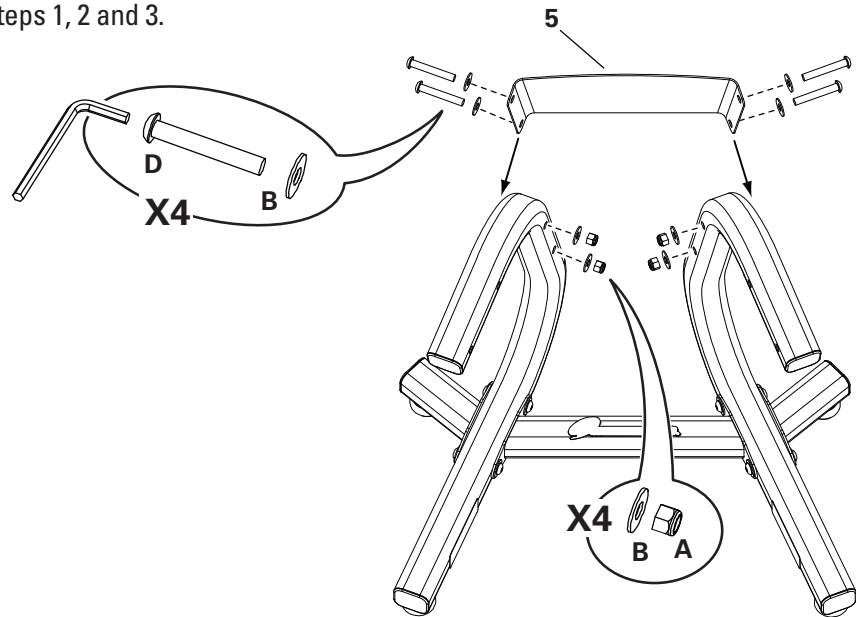


Assembly

Step 3: Install Center Plate

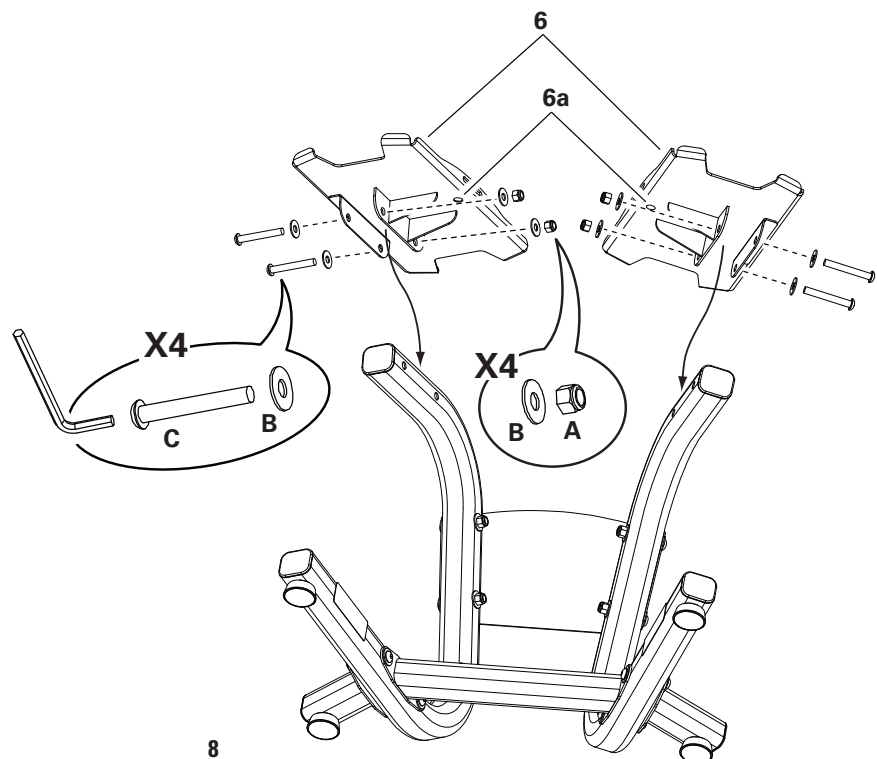
Note: Make sure that the Center Plate edges are on the outer sides of the legs, and that the logo on the Center Plate is right side up.

Tighten all hardware from Steps 1, 2 and 3.



Step 4: Install Dumbbell Platforms

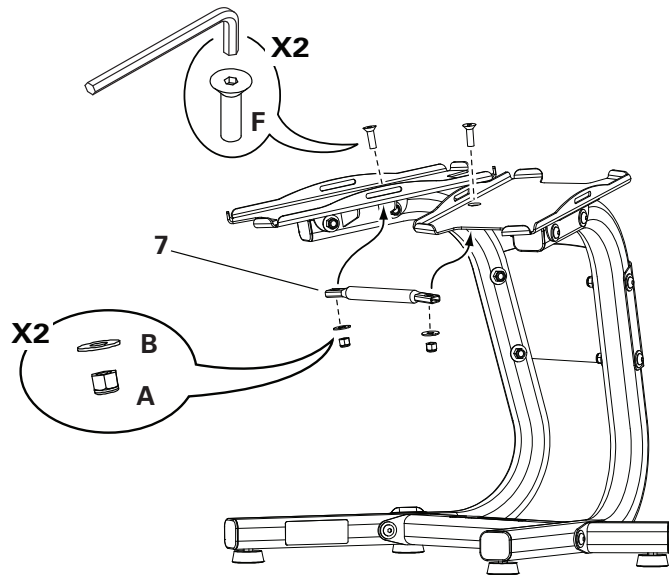
Note: Make sure that the screw holes (6a) in the Dumbbell Platforms are toward the center of the stand.



Assembly

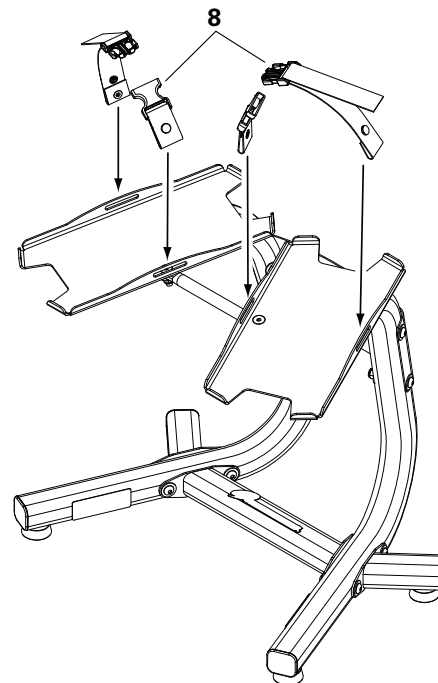
Step 5: Install Towel Bar

Note: Tighten all hardware completely.



Step 6: Attach Hold Down Straps to Dumbbell Platforms

Note: Make sure that the snaps are securely fastened.



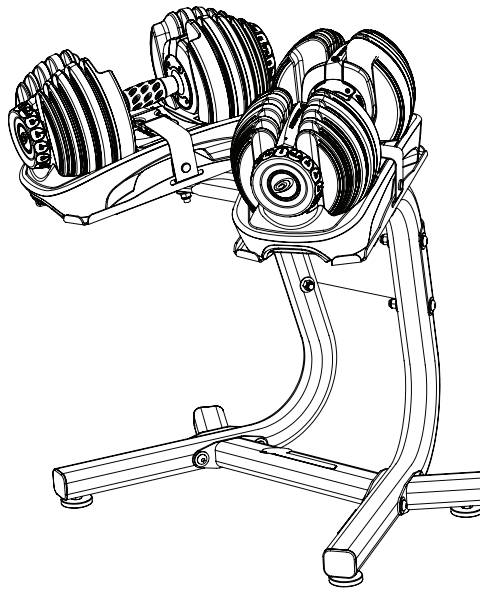
Assembly

Step 7: Final Inspection

Inspect your equipment to ensure that all fasteners are tight, the equipment is level, and components are properly assembled. If necessary, adjust the feet until they all contact the floor.

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

Use the Hold Down Straps to attach each dumbbell base to the Dumbbell Platforms. Make sure that the straps are safely connected across the dumbbell base to prevent unwanted movement.



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.

Daily/Before Each Use:	Examine equipment. Make sure it looks in good condition and operates smoothly. If you find damage, DO NOT USE.
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Daily/After Each Use:	Clean equipment with a clean, dry cloth. Do not use cleansers containing enzymes.
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Weekly:	Clean equipment fully with a clean cloth lightly dampened with warm water and a small amount of mild soap. Wipe dry with a separate cloth. Touch up any scratches with touch-up paint to prevent rust, if necessary.
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Monthly:	Examine the frame for signs of cracking or permanent bending. Do not use the equipment if you see this. Contact your local distributor immediately.
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If you have any questions on the correct use or maintenance of this equipment, contact your local distributor.



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