



Dumbbell Stand



Assembly Manual

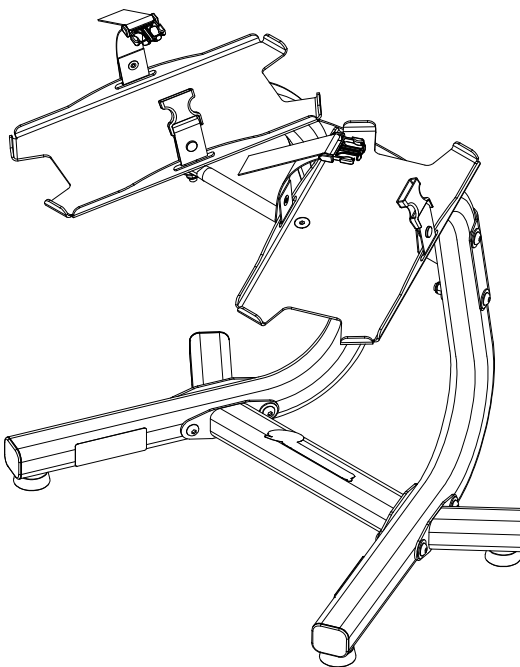


Table of Contents

Important Safety Instructions	3
Safety Warning Labels and Serial Number	4
Specifications.....	4
Parts	5
Hardware.....	6
Tools	6
Assembly Steps.....	7
Maintenance.....	14

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.

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

Nautilus, Inc., (800) NAUTILUS / (800) 628-8458, www.NautilusInc.com - Customer Service: North America (800) 605-3369, csnls@nautilus.com | outside U.S. +01-360-859-5180, technics-APLA@nautilus.com | Printed in China | © 2011 Nautilus, Inc., All rights reserved. ™ and ® indicate a trademark or registered trademark. Nautilus, Inc. (www.NautilusInc.com) trademarks include NAUTILUS®, BOWFLEX®, SCHWINN® and UNIVERSAL® and respective logos. Other trademarks are the property of their respective owners.

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:



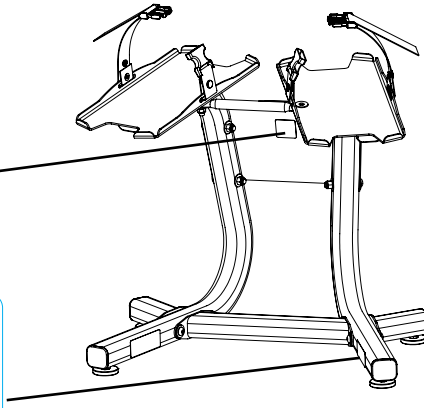
Read and understand all warnings on this equipment.
Carefully read and understand the Assembly Manual.

- 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.
- This equipment is for home use only.
- 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.
- Do all assembly steps in the sequence given. Incorrect assembly can lead to injury.
- Before each use, examine this equipment for loose parts or signs of wear. Contact your local distributor for repair information.

Safety Warning Labels and Serial Number

The equipment is shipped with safety warning labels in English affixed to the frame. Safety warning labels in other languages are supplied on a separate sheet of labels for the customer to apply to the equipment. If a label becomes damaged or illegible or is removed, contact your local distributor for a replacement label.

Serial number



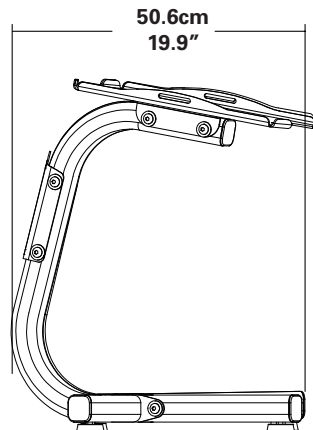
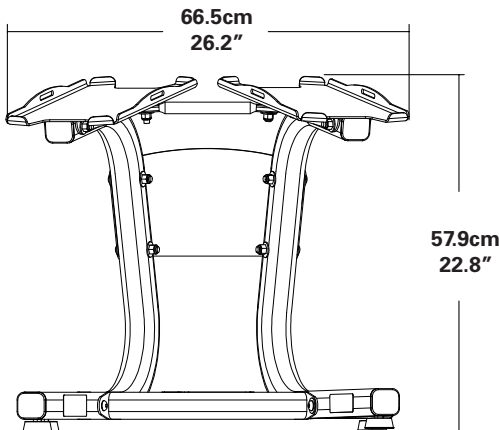
WARNING

- Read and understand the complete user manual. 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 Nautilus Customer Service for replacement stickers.
- Children must not be let on or near to this device.
- This device is for home use only.
- Set up and operate this device on a solid, level, horizontal surface.
- Make sure that you give users enough free space around the device for safe operation.
- Keep third parties out of this area when the device is in use.
- Do not stand or climb on this device.

003-9577_B

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

Specifications

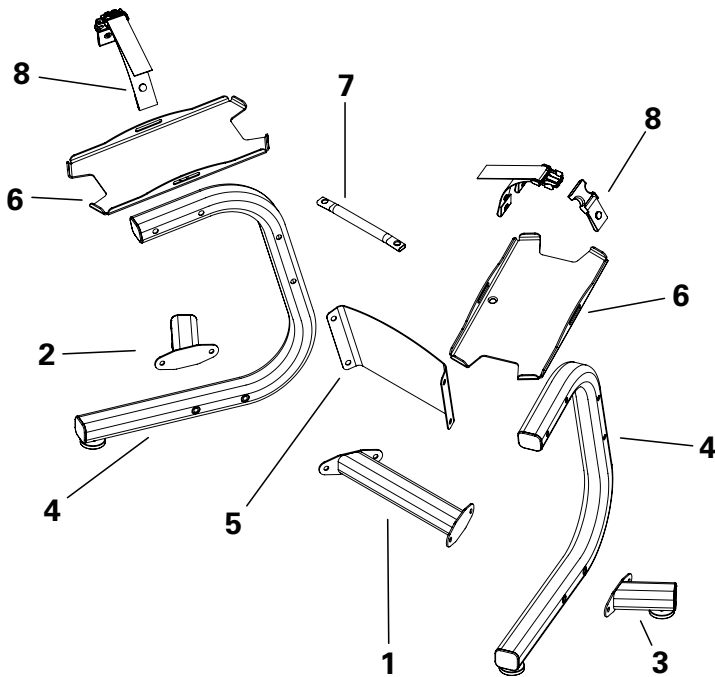


Regulatory Approvals



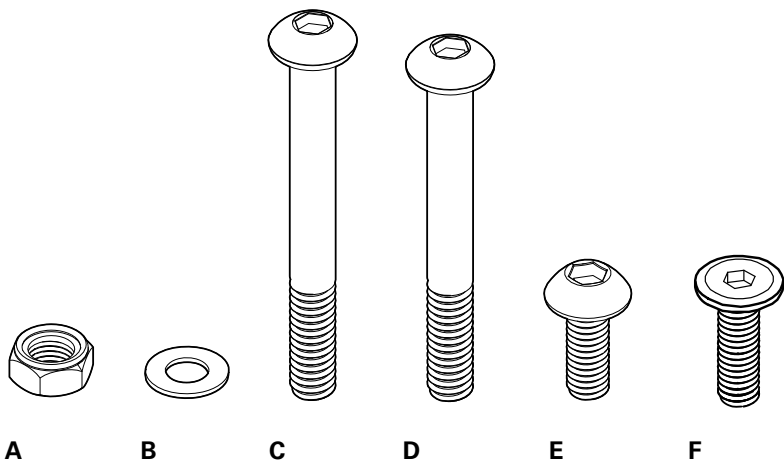
This product is compliant with the applicable CE requirements.

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

Hardware Guide



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

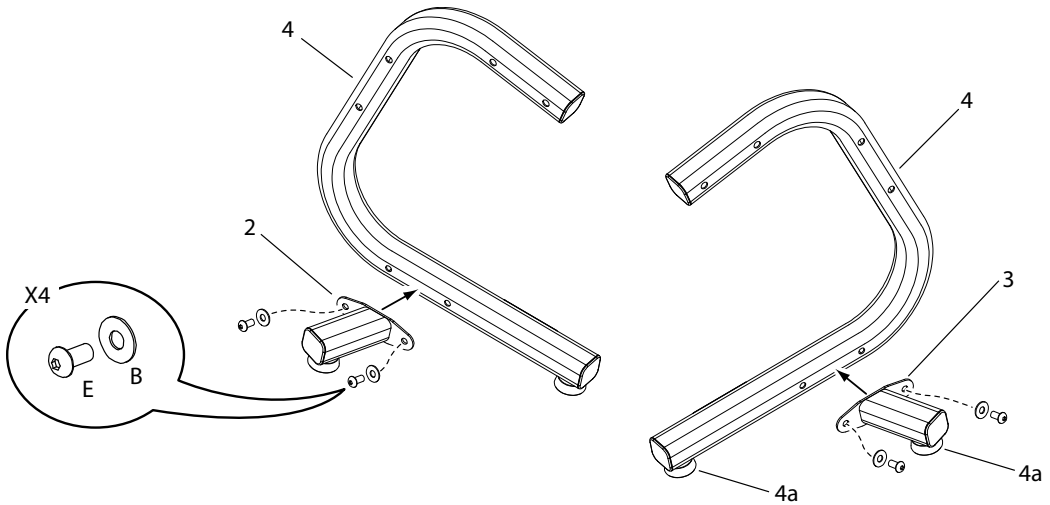
Utility knife or scissors to cut nylon ties

Assembly Steps

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.

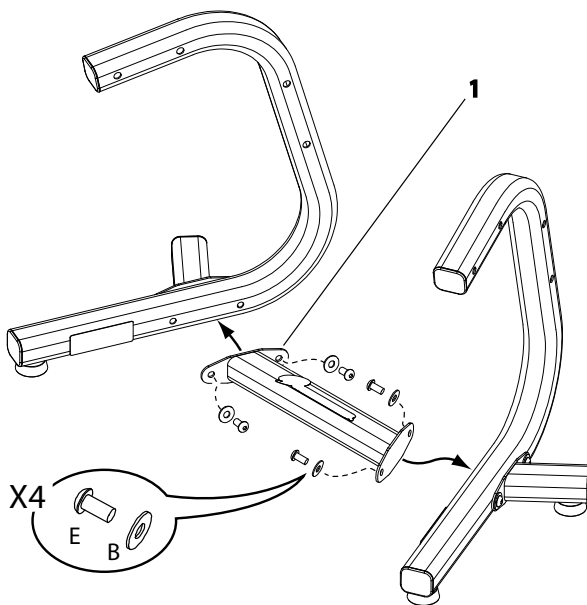


Assembly Steps

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.

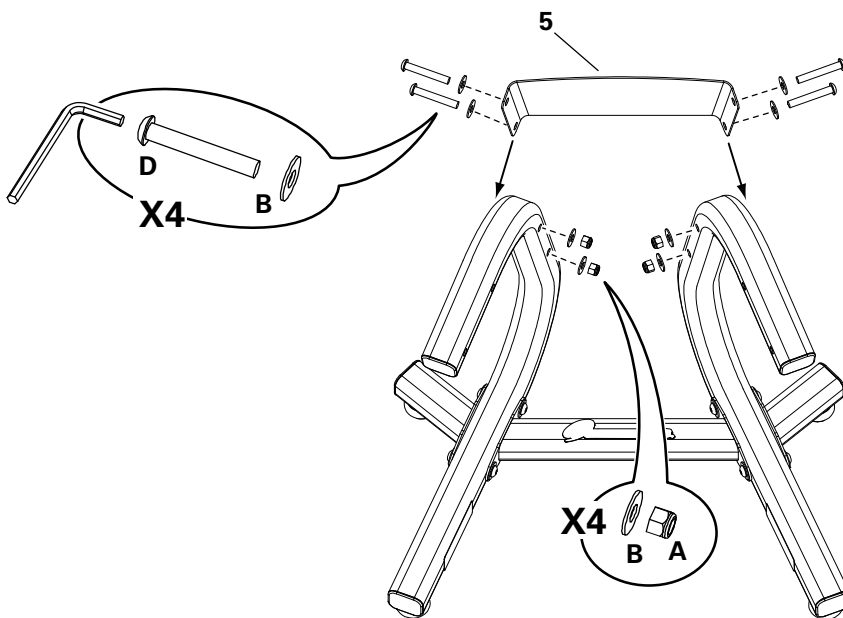


Assembly Steps

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.

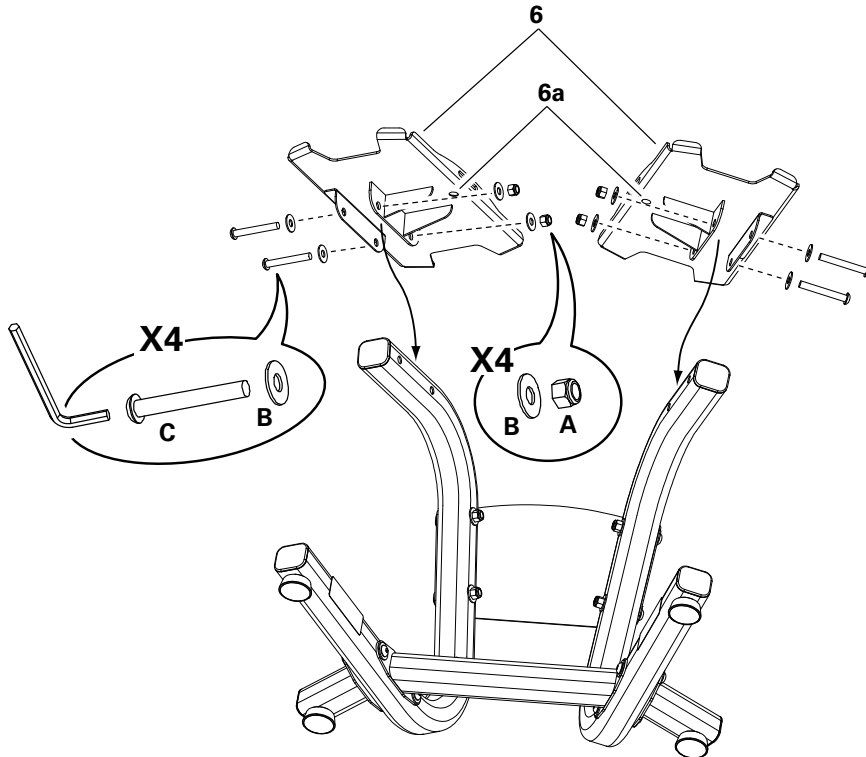
Tighten all hardware from Steps 1, 2 and 3.



Assembly Steps

Step 4: Install Dumbbell Platforms

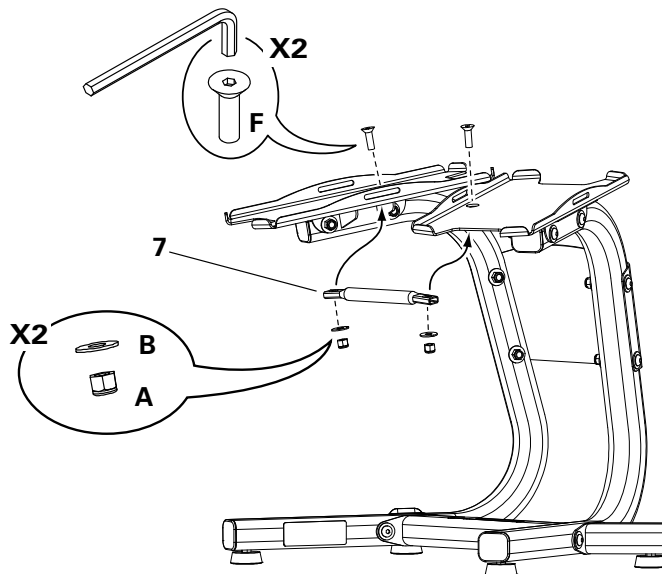
Note: Make sure that the screw holes (6a) in the Dumbbell Platforms are toward the center of the stand.



Assembly Steps

Step 5: Install Towel Bar

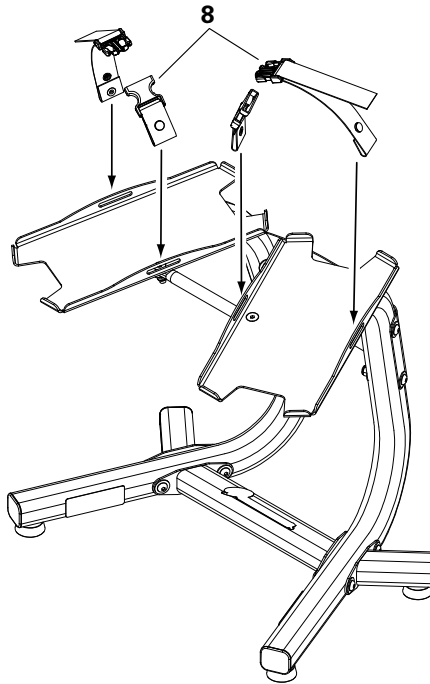
Note: Tighten all hardware completely.



Assembly Steps

Step 6: Attach Hold Down Straps to Dumbbell Platforms

Note: Make sure that the snaps are securely fastened.



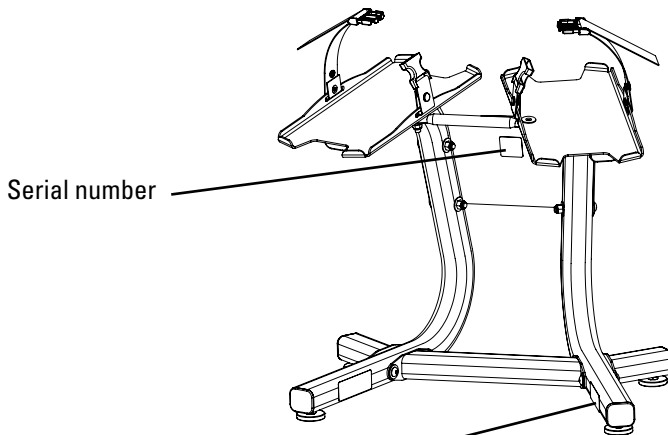
Assembly Steps


Step 7: Apply Label to Frame Assembly



Apply Safety Warning Labels in the applicable language if the equipment will be used by persons who do not read English.

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



**WARNING**

- Read and understand the complete user manual. 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 Nautilus Customer Service for replacement stickers.
- Children must not be let on or near to this device.
- This device is for home use only.
- Set up and operate this device on a solid, level, horizontal surface.
- Make sure that you give users enough free space around the device for safe operation.
- Keep third parties out of this area when the device is in use.
- Do not stand or climb on this device.

003-9577-B

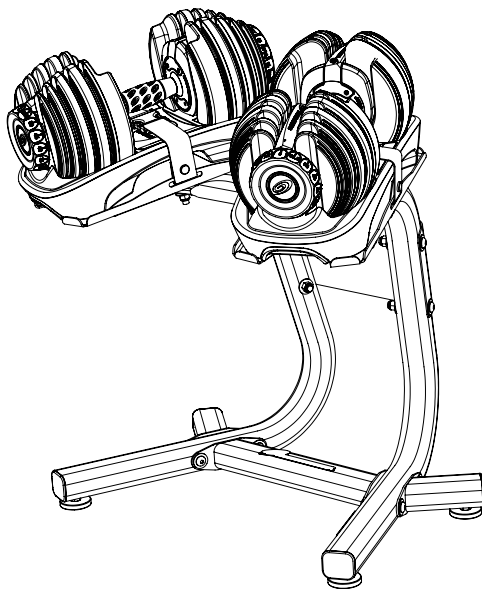
Assembly Steps

Step 8: 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.

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 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.

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.

If you have any questions on the correct use or maintenance of this equipment, contact your local distributor.



Nautilus®

Bowflex®

Schwinn® Fitness

Universal®