



Mobia™ Fitness Machine



Assembly Instructions

003-3300.101509.C

Nautilus, Inc., World Headquarters, 16400 SE Nautilus Dr. Vancouver, WA, USA 98683, (800) NAUTILUS / (800) 628-8458, www.NautilusInc.com - Customer Service: North America (800) 605-3369, tcinquiries@nautilus.com | Europe, Middle East & Africa 49 02203 2020 0, technics@nautilus.com | Germany & Austria + 49 02203 2020 0, Switzerland + 41 26 460 77 66, United Kingdom + 44 1908 267 345, Asia Pacific & Latin America (360) 859-5180, technics-APLA@nautilus.com | Patent information: This product may be covered by US and Foreign Patents and Patents Pending. See Product for more information. | Printed in China | © 2009 Nautilus, Inc., All rights reserved. ™ and ® indicate a trademark or registered trademark. Nautilus, Inc. (www.nautilus.com) trademarks include NAUTILUS®, BOWFLEX®, STAIRMASTER®, SCHWINN® and UNIVERSAL® and respective logos. Other trademarks are the property of their respective owners.

www.mobia.com/quickstart

View this web site for a "getting started" video, assembly tips, and the latest accessories for your Mobia™ fitness machine.

Important Safety Instructions

 This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. 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.
- Do not connect power supply to the machine until instructed to do so.
- Do not assemble this machine 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 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.
- Set up this machine on a solid, level, horizontal surface.
- Do not try to change the design or functionality of this machine. This could compromise the safety of this machine and can void the warranty.
- If replacement parts are necessary use only genuine Nautilus® replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly, or void the warranty.
- Do not use or put the machine into service until the machine has been fully assembled and inspected for correct performance in accordance with the Owner's Manual.
- Read and understand the complete Owner's Manual supplied with this machine 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.

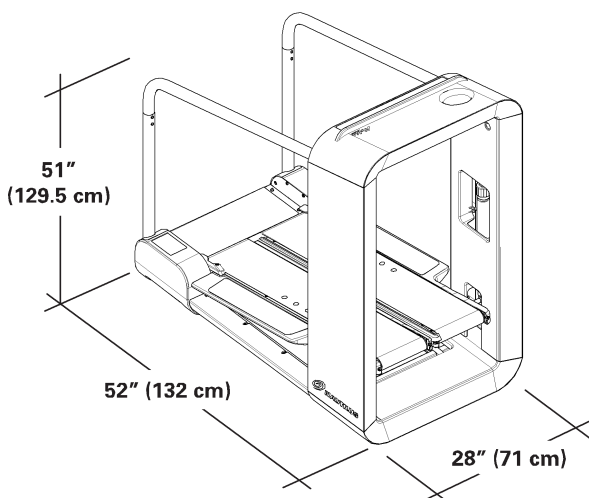
Before Assembly

Select the area where you are going to set up and operate your machine. For safe operation, the location must be on a hard, level surface. Allow a minimum workout area of 67" x 150.5" (170 cm x 380 cm).

Follow these basic points when you assemble your machine:

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, lightly lift and look through the bolt holes to help insert the bolt through the holes.
5. The assembly requires 2 people.

Specifications and Tools



Included



3 mm
4 mm
5 mm



10 mm
13 mm

Not Included



#2



(recommended)

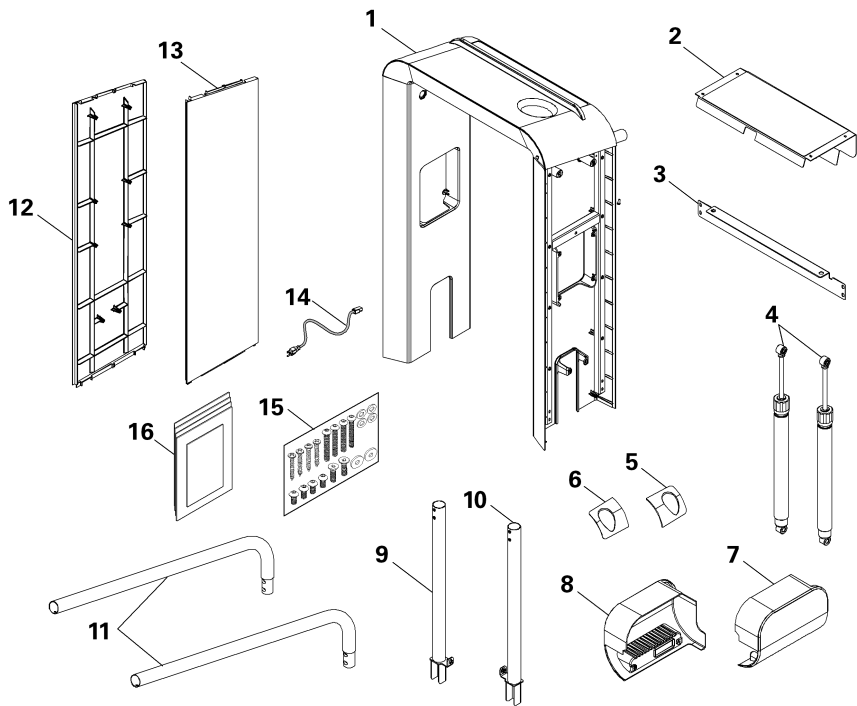


(recommended)

Parts

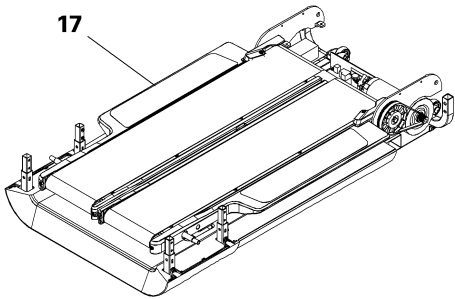
(2 BOXES)

BOX 1



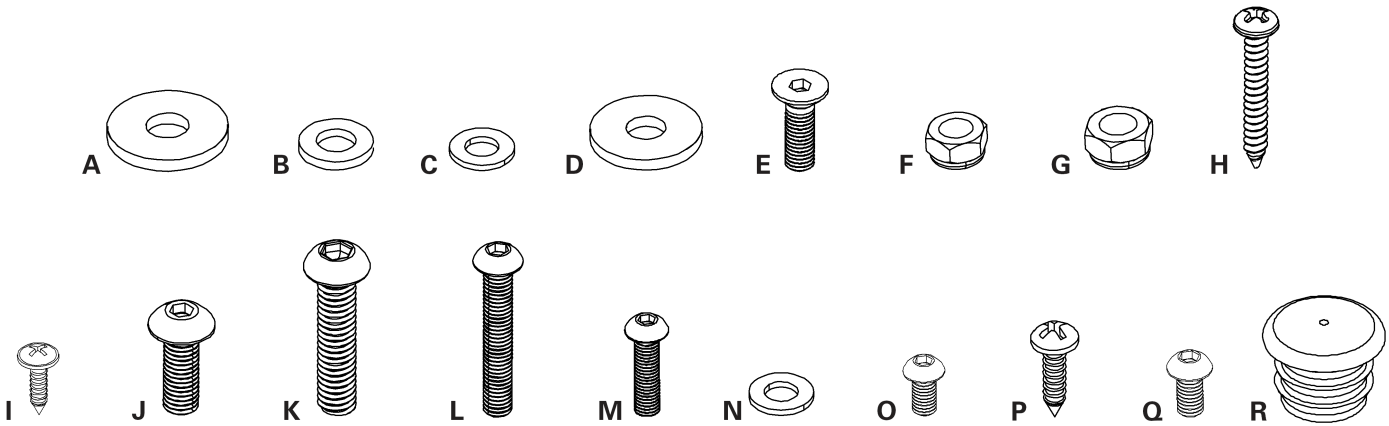
Item	Qty	Description	Item	Qty	Description
1	1	Console Assembly	9	1	Hand Bar, Lower Right
2	1	Rear Step	10	1	Hand Bar, Lower Left
3	1	Rear Upright Support Bracket	11	2	Hand Bar, Upper
4	2	Cylinder	12	1	Upright Cover, Right
5	1	Bar Cover, Right	13	1	Upright Cover, Left
6	1	Bar Cover, Left	14	1	Power Cord
7	1	Rear Side Cover, Left	15	1	Hardware Card
8	1	Rear Side Cover, Right	16	1	Manual Pack

BOX 2



Item	Qty	Description
17	1	Treadle Assembly

Hardware

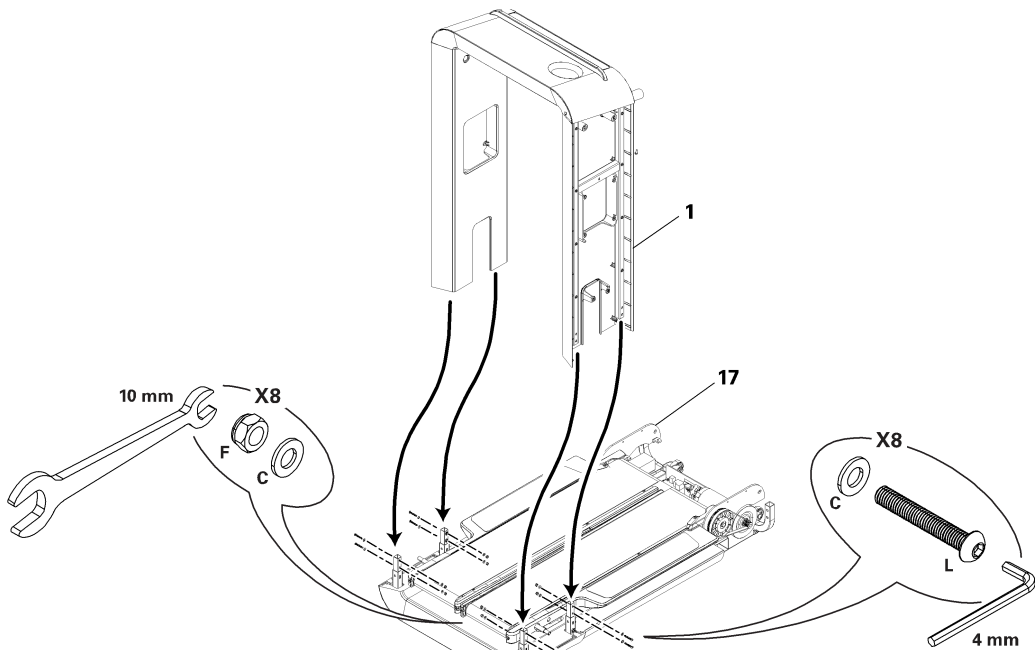


Item	Qty	Description	Item	Qty	Description
A	2	Flat Washer, M8 Wide Black	J	2	Button Head Hex Screw, M8 x1.25 x25 Black
B	4	Flat Washer, M8 Black	K	2	Button Head Hex Screw, M8 x1.25 x40 Black
C	16	Flat Washer, M6 Black	L	8	Button Head Hex Screw, M6 x1.0 x35 Black
D	6	Flat Washer, M6 Wide Black	M	4	Button Head Hex Screw, M6 x1.0 x25 Black
E	2	Flat Head Screw, M6	N	4	Washer, M6
F	10	Nut, M6 Black	O	8	Button Head Hex Screw, M5 x0.8 x16
G	2	Nut, M8 Black	P	16	Phillips Head Self Drill Screw
H	4	Phillips Head Self Drill Screw Black	Q	4	Button Head Hex Screw, M6 x1.0 x12
I	8	Phillips Head Screw	R	4	Plug

Assembly

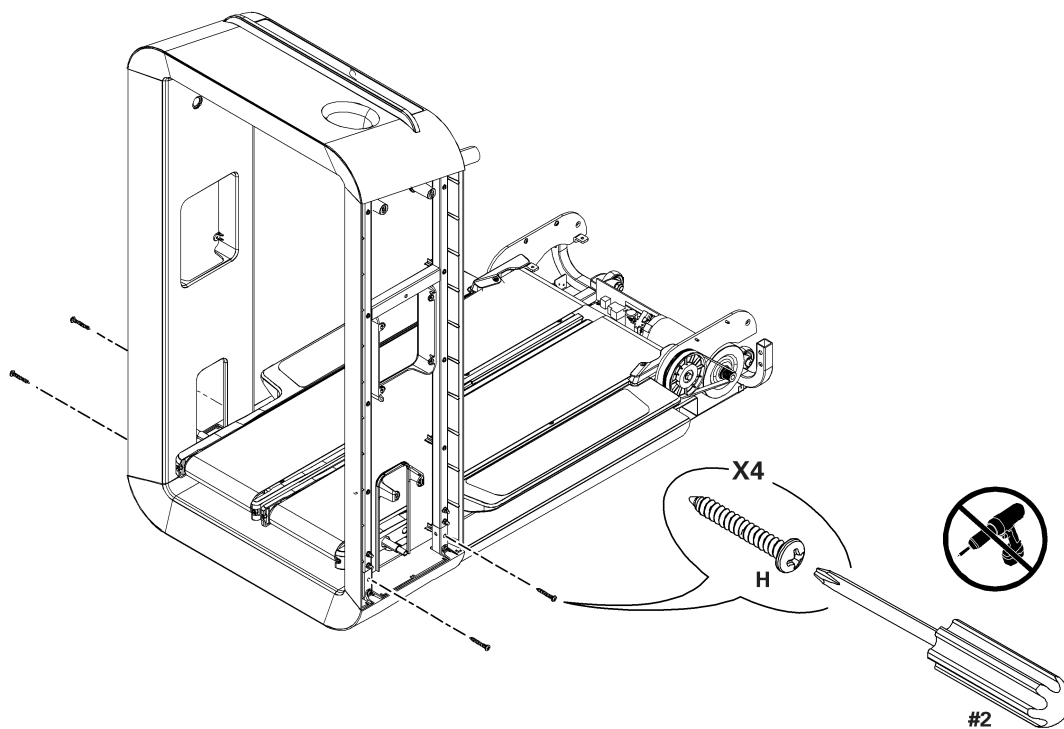
1. Attach Console Assembly to Treadle Assembly

- Note:** Do not tighten hardware completely.
- This step requires two people.
- Be sure to remove the plastic wrap and separate the Upright Covers from the Console Assembly.

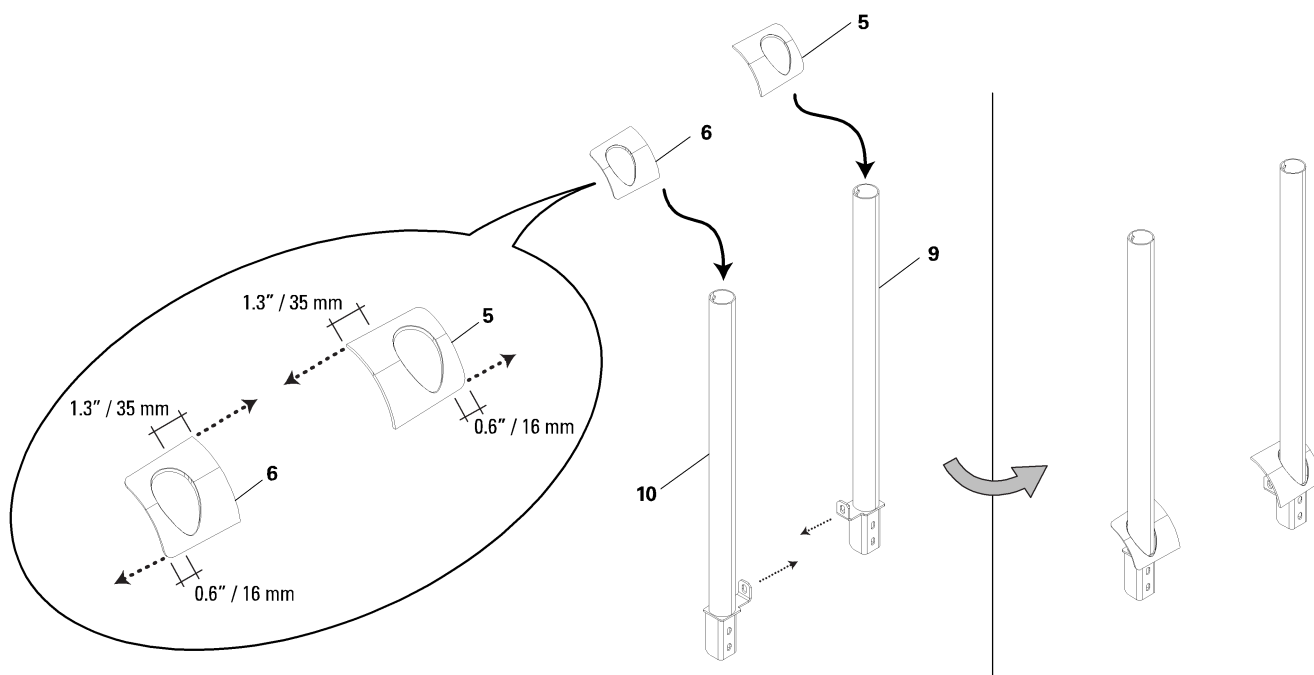


2. Secure Console Assembly to Treadle Assembly

Note: Do not tighten hardware completely.

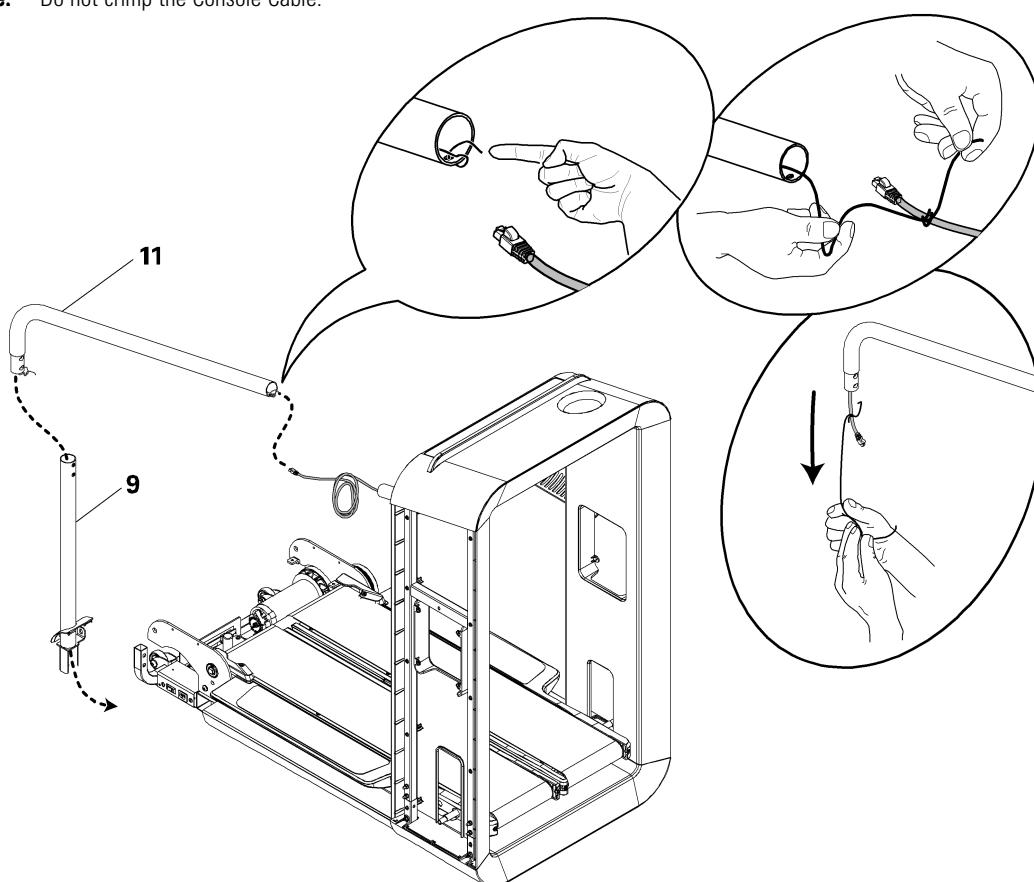


3. Set Bar Covers on Lower Hand Bars



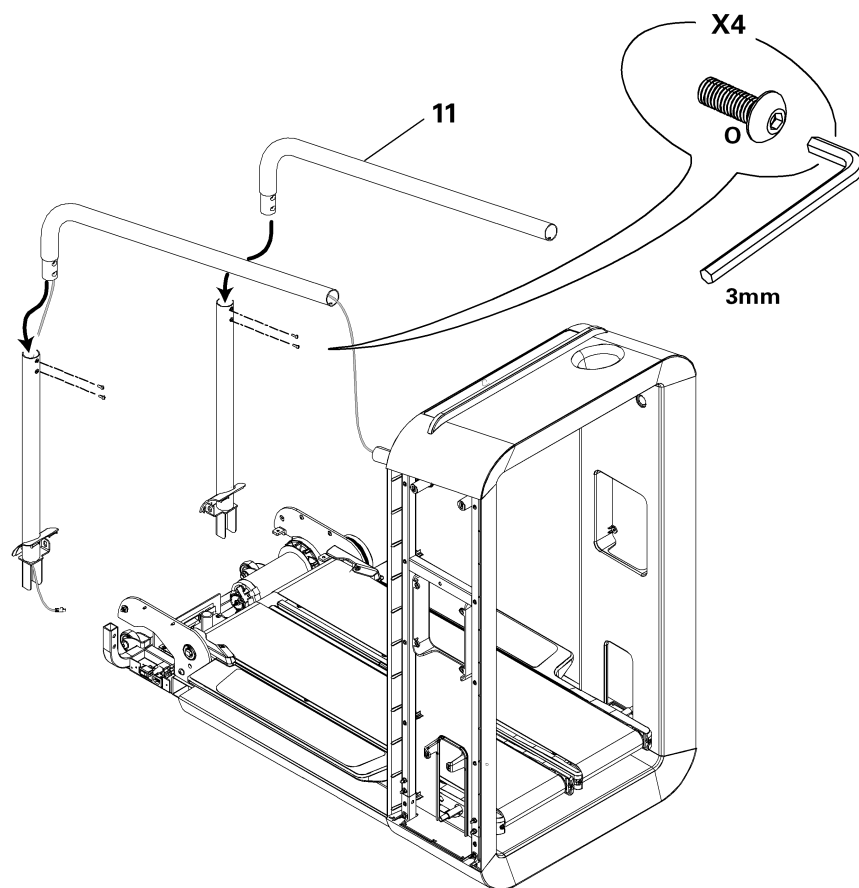
4. Run Console Cable through the Upper and Lower Right Hand Bars

Note: Do not crimp the Console Cable.



5. Attach Upper and Lower Hand Bars

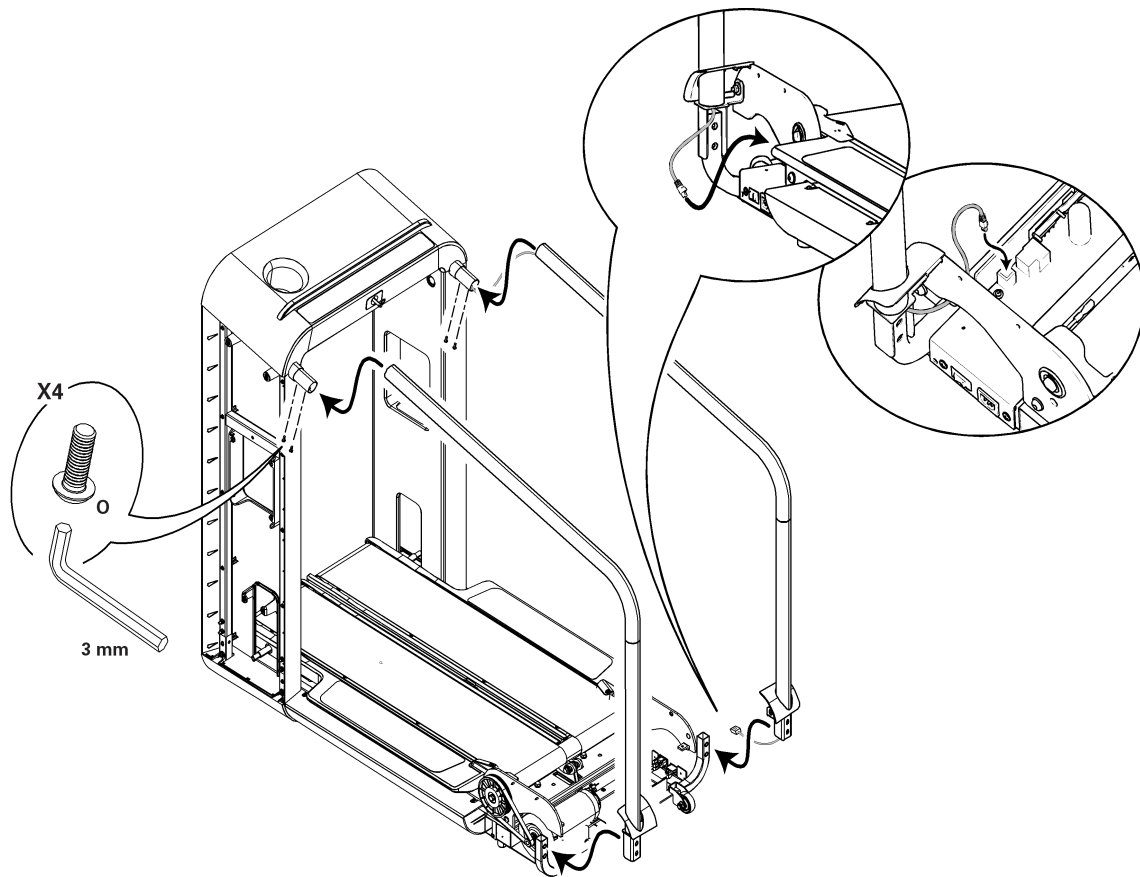
Note: Do not crimp the Console Cable.



6. Attach Hand Bar Assemblies to Main Assembly

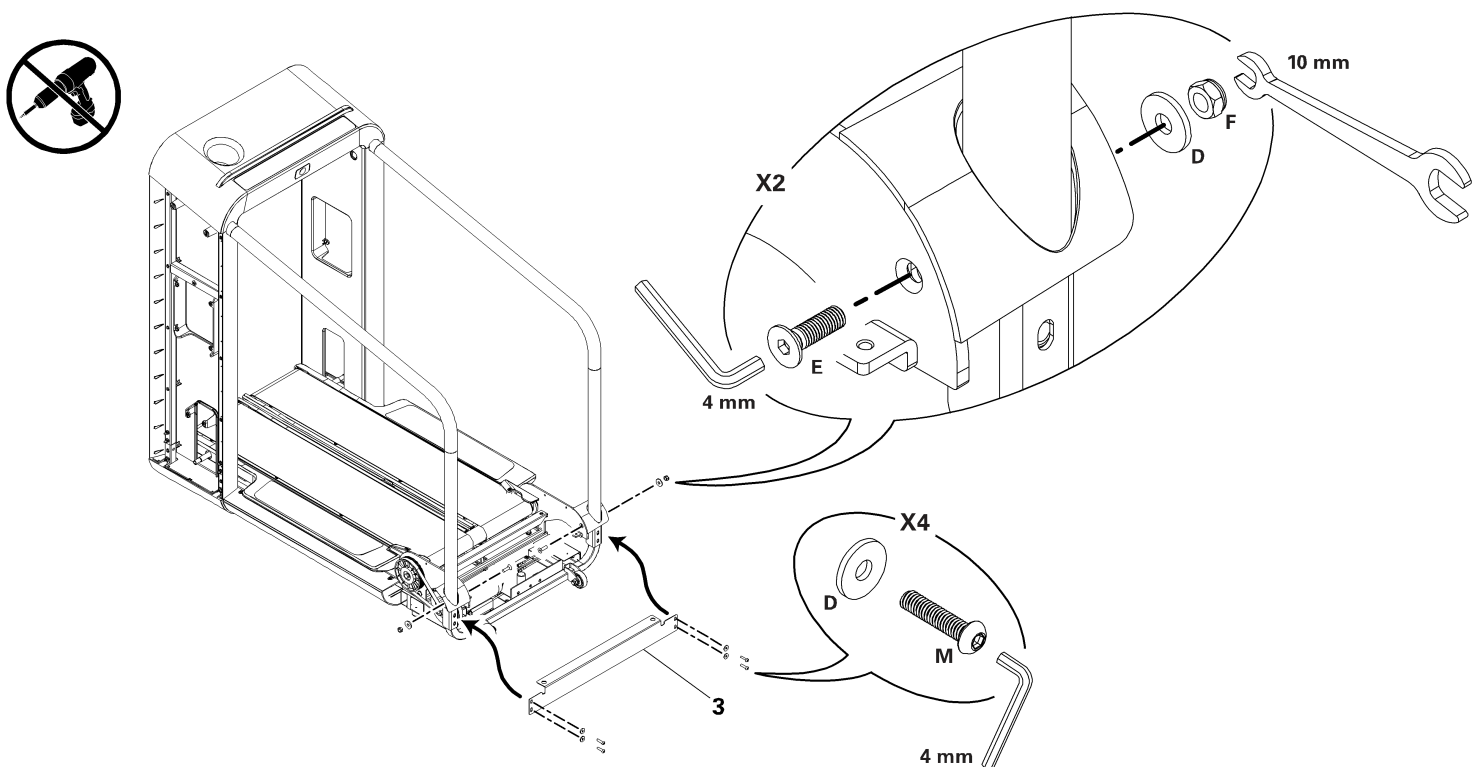
Note: Do not crimp the Console Cable.

Do not tighten hardware completely.

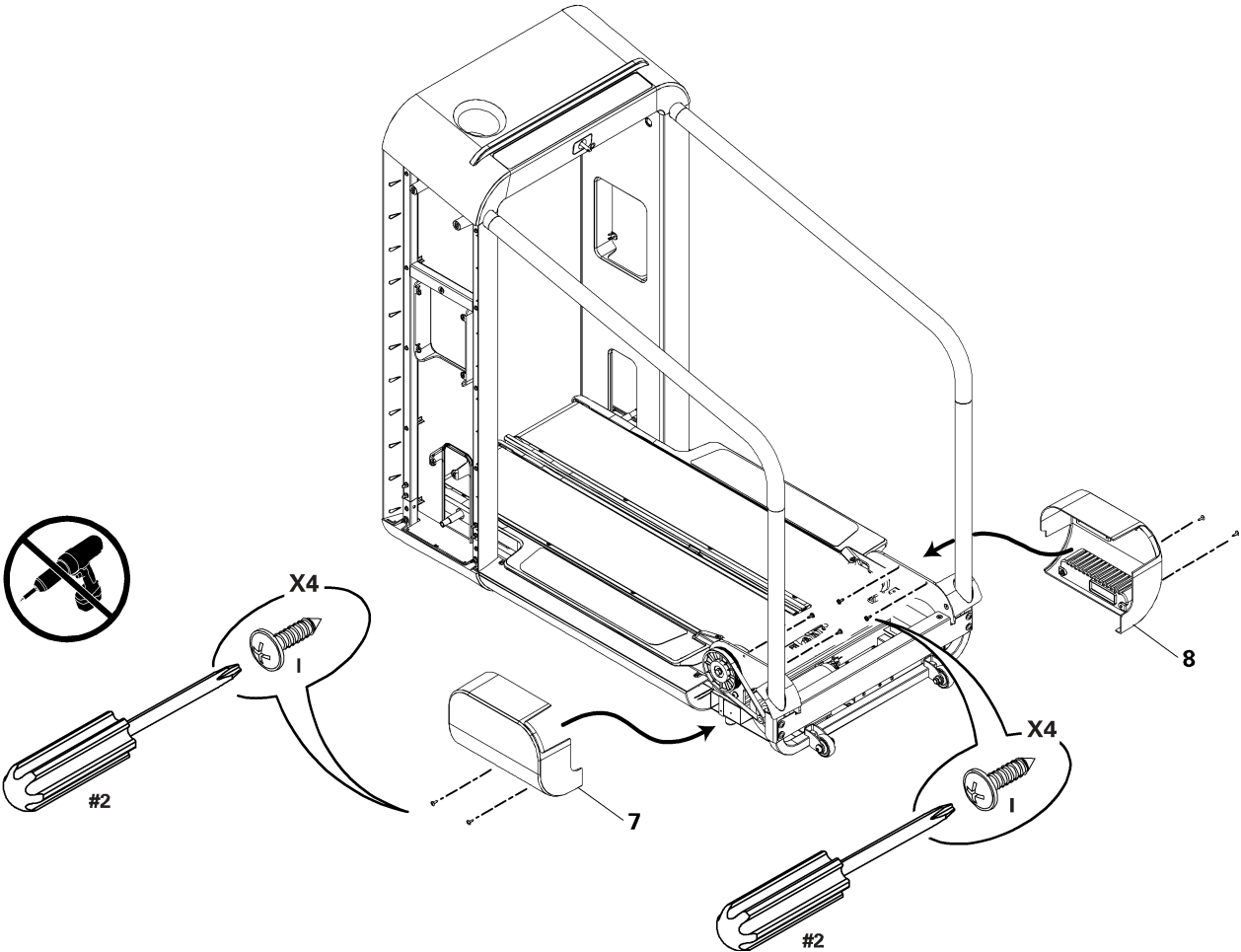


7. Attach Rear Upright Support Bracket to Main Assembly

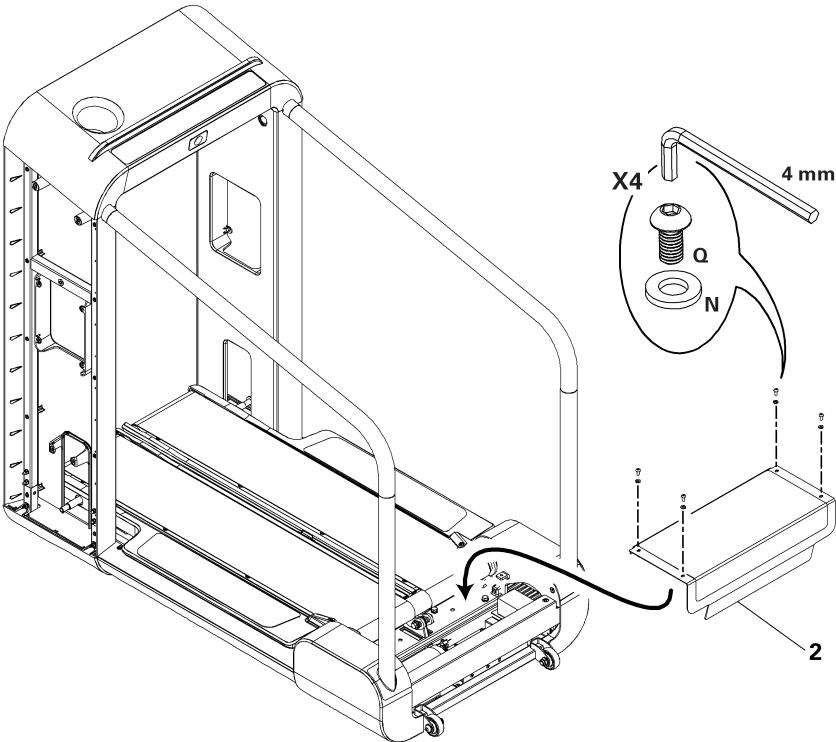
Note: Install hardware and then tighten **all** hardware from previous steps. Be sure machine is still level.



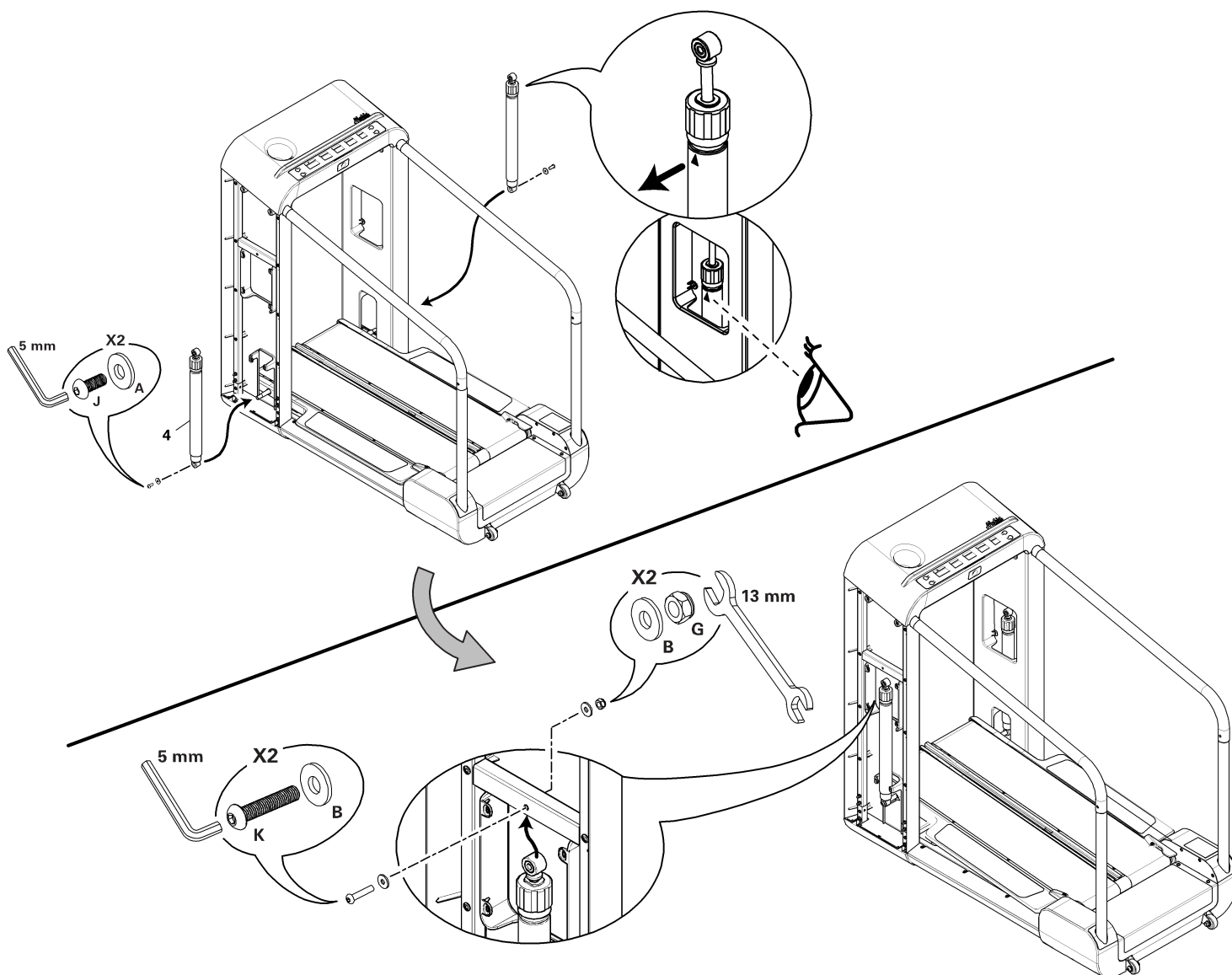
8. Attach Rear Side Covers to Main Assembly



9. Attach Rear Step to Main Assembly

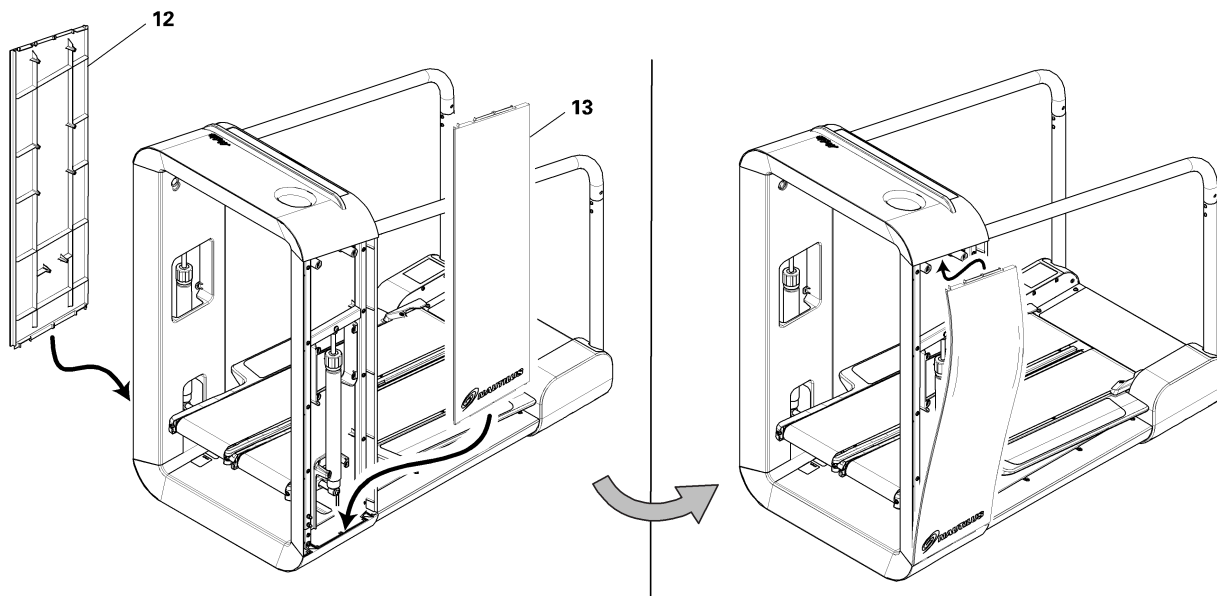


10. Attach Cylinders to Treadles and then Uprights

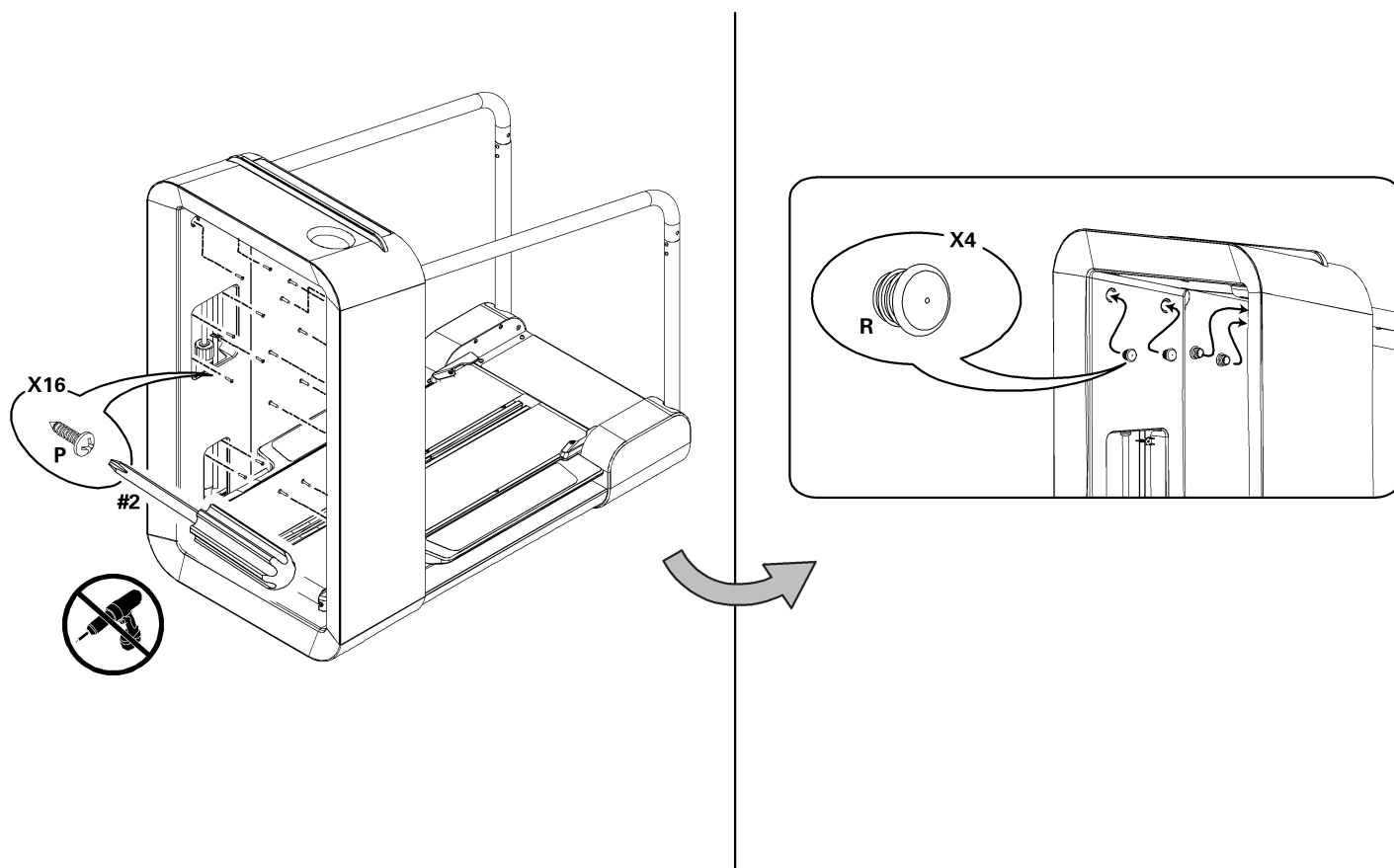


11. Attach Upright Covers to Main Assembly

Note: Place lower tabs first, and flex the Upright Cover to set the upper tabs.

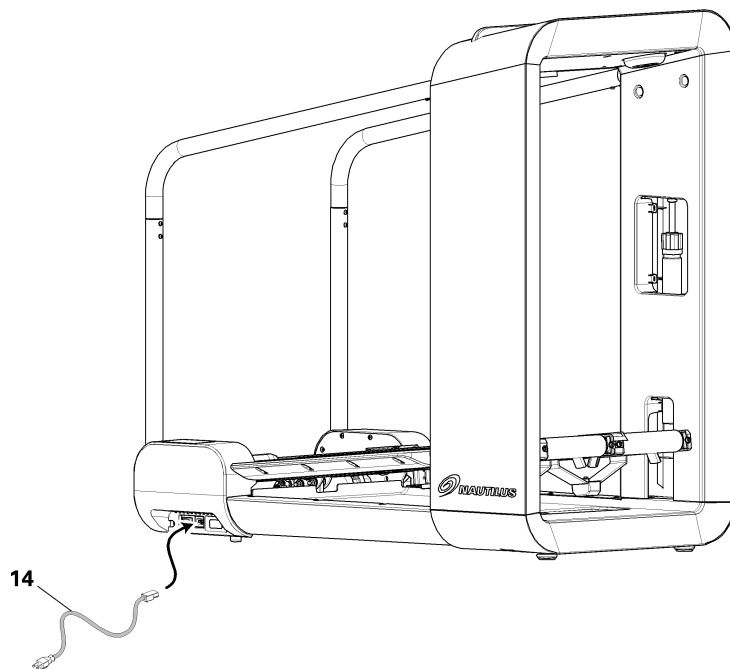


12. Secure Upright Covers to Main Assembly




13. Connect Power Cord to Main Assembly

Note: The Mobia™ fitness machine is designed to plug directly into a properly wired and grounded three prong 120V outlet



Final Inspection

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

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