

Table of Contents

Section Code	Section	Page Number
1	Important Safety Instructions	2
1	Safety Warning Labels and Serial Number	3
1	Specifications	4
1	Grounding Instructions	5
1	Moving Your Machine	6
1	Leveling the Machine	6
1	Connectivity	7
1	Maintenance	8
1	Heart Rate Chest Strap Battery Replacement	8
1	Maintenance Parts	9
1	Troubleshooting	10
1	Machine Settings Mode	16
1	Engineering Mode	17
1	Electrical Wiring Diagram	18
1	Demonstration Mode	19
1	Replacement Procedure Skill Level	19
	Mechanical / Modification Procedures	
2	Demonstration Mode	20
3	Adjust the Belt Tension	21
4	Set the Brake Tension (Calibration)	26
	Part Replacement	
5	Replace the Brake Assembly	31
6	Replace the Console Assembly	36
7	Replace the Console Mast	40
8	Replace the Crank Arm	46
9	Replace the Crank Cover	49
10	Replace the Drive Belt and Flywheel	51
11	Replace the Front Stabilizer	59
12	Replace the Handlebars	61
13	Replace the Remote Handlebar Cables	64
14	Replace the Incline Adjuster Assembly	70
15	Replace the I/O or Lift Motor Cables	76
16	Replace the Lift Motor	82
17	Replace the MCB	91
18	Replace the Pedals and Legs	98
19	Replace the Power Switch	101
20	Replace the Rail Assembly	107
21	Replace the Servo Motor	110
22	Replace the Shrouds	119
23	Replace the Speed Sensor	125
24	Replace the Static Handlebars	130
25	Replace the Tensioner	133
26	Replace the Transport Wheel	140
27	Replace the Wireless Heart Rate Sensor	142

NOTICE: This document provides important safety instructions, adjustments, and general troubleshooting information for the maintenance of the Bowflex® BXE116 / BXE216 Ellipticals.

If you need assistance, please call Nautilus Customer Service at 1-800-605-3369.



This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Read and understand all Warnings on this machine.

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Important Safety Instructions



This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Read and understand all Warnings on this machine.

Before servicing or using this equipment, obey the following warnings:



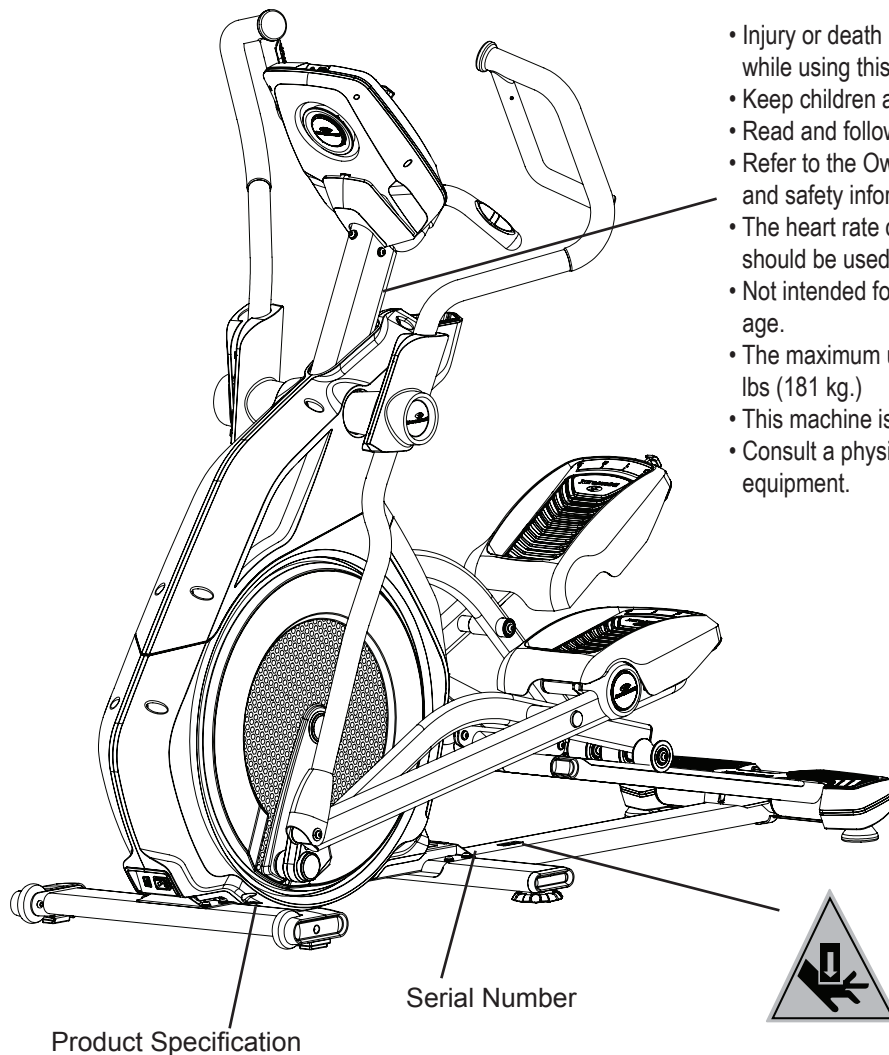
Read and understand the Service Manual before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.

⚠ DANGER

To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and/or the machine and wait 5 minutes before cleaning, maintaining or repairing the machine. Place the power cord in a secure location.

- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair 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. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- Use only replacement parts and hardware that are supplied or approved by Nautilus. Failure to use Nautilus-approved replacement parts can adversely affect the safety and functionality of the equipment creating a risk to users and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If necessary, request replacement warning stickers or placards from Nautilus customer service.
- Do not try to change the design or functionality of the machine being serviced as this can adversely affect user safety and will void the warranty.
- Do not put the machine back in service until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

SAFETY WARNING LABELS AND SERIAL NUMBER



WARNING!

- Injury or death is possible if caution is not used while using this machine.
- Keep children and pets away.
- Read and follow all warnings on this machine.
- Refer to the Owner's Manual for additional warnings and safety information.
- The heart rate displayed is an approximation and should be used for reference only.
- Not intended for use by anyone under 14 years of age.
- The maximum user weight for this machine is 400 lbs (181 kg.)
- This machine is for home use only.
- Consult a physician prior to using any exercise equipment.

WARNING!

Keep hands and feet away.

SPECIFICATIONS

Maximum User Weight - BXE116: 375 lbs. (170 kg)
- BXE216: 400 lbs (181.4 kgs)

Maximum Pedal Height - with full incline: 29" (73.7 cm)

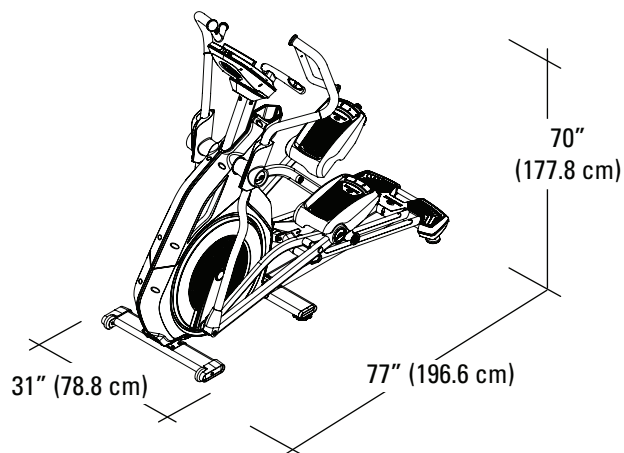
Machine Weight: approx. 263 lbs (119 kg)

Power Requirements:

Operational Voltage: 120V AC @60Hz

Operating Current: 2 A

Heart Rate Chest Strap: 1 CR2032 battery



⚠ WARNING

This product, its packaging, and components contain chemicals known to the State of California to cause cancer, birth defects, or reproductive harm. This Notice is provided in accordance with California's Proposition 65. If you would like additional information, please refer to our web site at www.nautilus.com/prop65.

Grounding Instructions

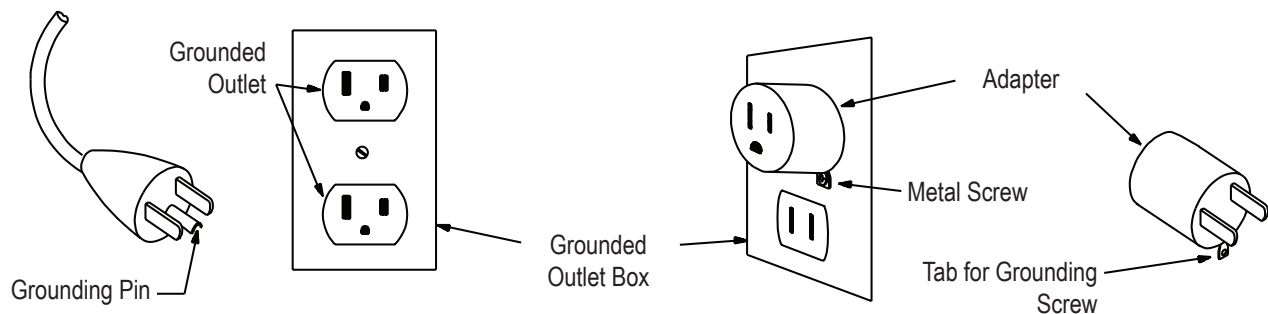
This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

⚠ DANGER Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

If you connect the machine to an outlet with GFI (ground fault interrupt) or AFI (arc fault interrupt), machine operation can cause the circuit to trip.

⚠ This machine is for use on a nominal 120-V circuit, and has a grounding plug that looks like the plug illustrated below. A temporary adapter that looks like the adapter illustrated may be used to connect this plug to a 2-pole receptacle as shown if a properly grounded outlet is not available.

The temporary adapter should be used only until a properly grounded outlet can be installed by a qualified electrician. The tab for the grounding screw must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used, it must be held in place by a metal screw.



FCC Compliance

⚠ Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

The machine and power supply comply with Part 15 of the FCC rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Note: This machine and power supply have been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications.

However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Moving Your Machine

The fitness machine weighs approximately 263 lbs (119 kg) when fully assembled and requires caution when being moved. Use the Transport Handle found under the rear of the machine to move it. To get access to the Transport Handle, turn the Levelers until you have sufficient clearance between the machine and floor.

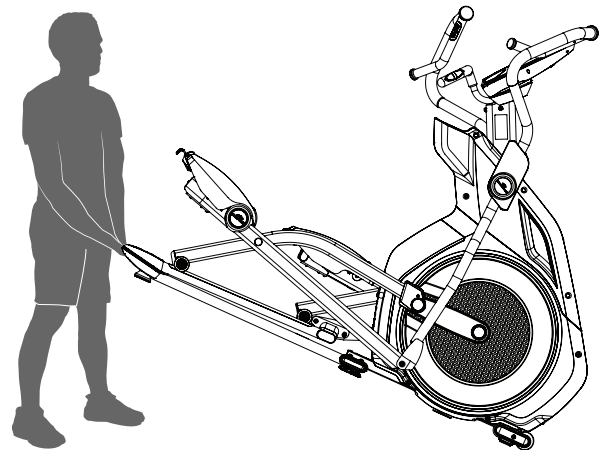
Your machine can be rolled on the transport wheels to a new location. Lower your machine slowly into its new location without injury to your head or fingers.

! Do not use the handlebars, Console Mast, or the Console to lift or move the machine. Injury to you or damage to the machine can occur.

The machine may be moved by one or more persons depending on their physical abilities and capacities. Make sure that you and others are all physically fit and able to move the machine safely.

Place the machine on a clean, hard, level surface, free from unwanted material or other objects that may hamper your ability to move freely. A rubber mat should be used below the machine to prevent the release of static electricity and protect your flooring.

To prevent unsupervised operation of the machine always turn the power switch to Off and disconnect the power cord from the wall outlet and machine power input. Place the power cord in a secure location.



Leveling the Machine

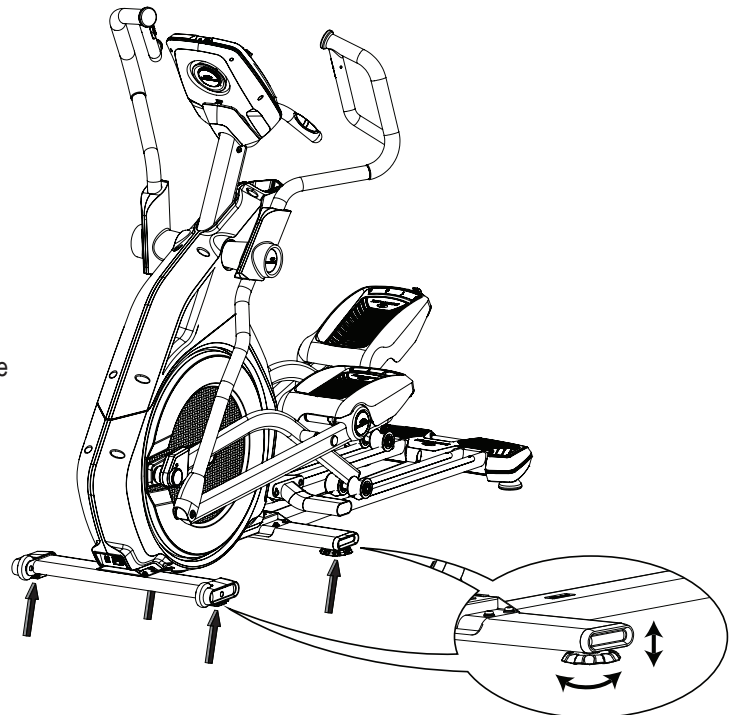
The machine needs to be leveled if your workout area is uneven or if the Rail Assembly is slightly off the floor. To adjust:

1. Place the machine in your workout area.
2. Safely stand on the back of the Rail Assembly for approximately 20 seconds.
3. Step off the machine.
4. Loosen the locking nuts and adjust the levelers until they all contact the floor.

! Do not adjust the levelers to such a height that they detach or unscrew from the machine. Injury to you or damage to the machine can occur.

5. Adjust until the machine is level. Tighten the locking nuts.

Make sure the machine is level and stable before you exercise.



CONNECTIVITY

Bluetooth® Connectivity with the “Bowflex Results Series™” Fitness App

This fitness machine is equipped with Bluetooth® connectivity and can wirelessly sync with the “Bowflex Results Series™” Fitness App on supported devices. The Software App syncs with your fitness machine to track total calories burned, time, distance, and more. It records and stores every workout for quick reference.

1. Download the free Software App, named Bowflex Results Series™. The software app is available on iTunes® and Google Play™.

Note: For a complete list of supported devices, review the software app on iTunes® or Google Play™.

2. Follow the instructions on the Software App to sync your device to your exercise machine.

Workout with Other Fitness Apps

This fitness machine has integrated Bluetooth® connectivity which allows it to work with a number of digital partners. For our latest list of supported partners, please visit: www.nautilus.com/partners

USB Charging

If a USB Device is attached to the USB Port, the Port will attempt to charge the Device. The power supplied from the USB Port may not be enough to operate the Device and charge it at the same time.

Read all maintenance instructions fully before you start any repair work. In some conditions, an assistant is required to do the necessary tasks.

⚠ 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 repaired or replaced immediately. Only manufacturer supplied components can be used to maintain and repair the equipment.

If at any time the Warning labels become loose, unreadable or dislodged, contact Nautilus Customer Service for re-placement labels.

⚠ DANGER To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and/or the machine and wait 5 minutes before cleaning, maintaining or repairing the machine. Place the power cord in a secure location.

Daily: Before each use, examine the exercise machine for loose, broken, damaged, or worn parts. Do not use if found in this condition. Repair or replace all parts at the first sign of wear or damage. After each workout, use a damp cloth to wipe your machine and Console free of moisture.

Note: Avoid excessive moisture on the Console.

Weekly: Check for smooth roller operation. Wipe the machine to remove dust, dirt, or grime. Clean the rails and surface of the rollers with a damp cloth.
Apply silicone lubricant to a dry cloth and wipe the rails to eliminate roller noise.

⚠ Silicone lubricant is not intended for human consumption. Keep out of reach of children. Store in a safe place.

Note: Do not use petroleum based products.

Monthly or after 20 hours: Make sure all bolts and screws are tight. Tighten if necessary.

NOTICE: If necessary, only use a mild dish soap with a soft cloth to clean the Console. Do not clean with a petroleum based solvent, automotive cleaner, or any product that contains ammonia. Do not clean the Console in direct sunlight or at high temperatures. Be sure to keep the Console free of moisture.

Replace Batteries in Chest Strap

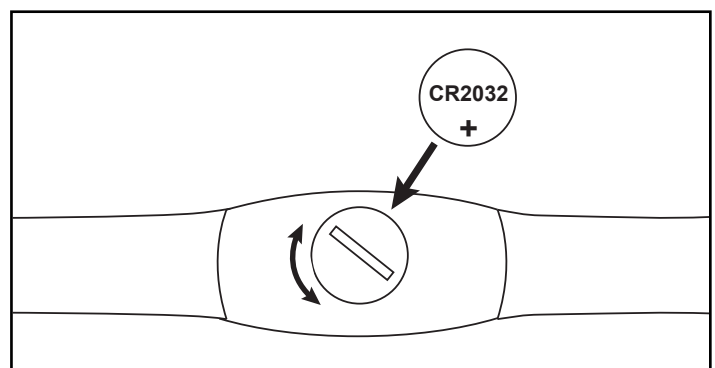
The heart rate (HR) chest strap uses a CR2032 battery.

⚠ Do not perform this procedure outdoors or in moist or wet locations.

1. Using a coin, loosen the slotted cover on the battery bay. Remove the cover and battery.
2. When replacing the battery, insert it in the battery bay with the + symbol facing up.

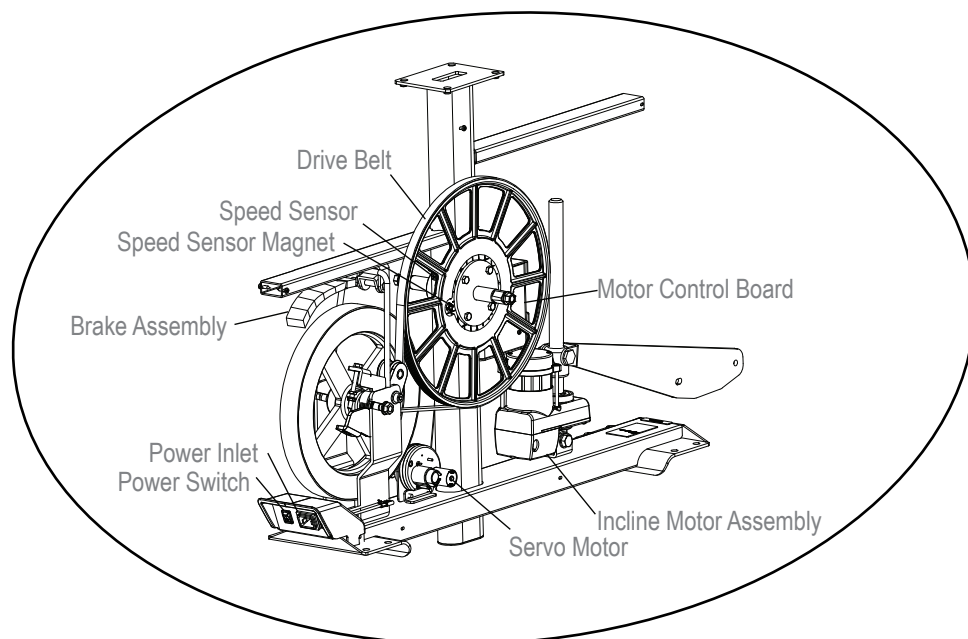
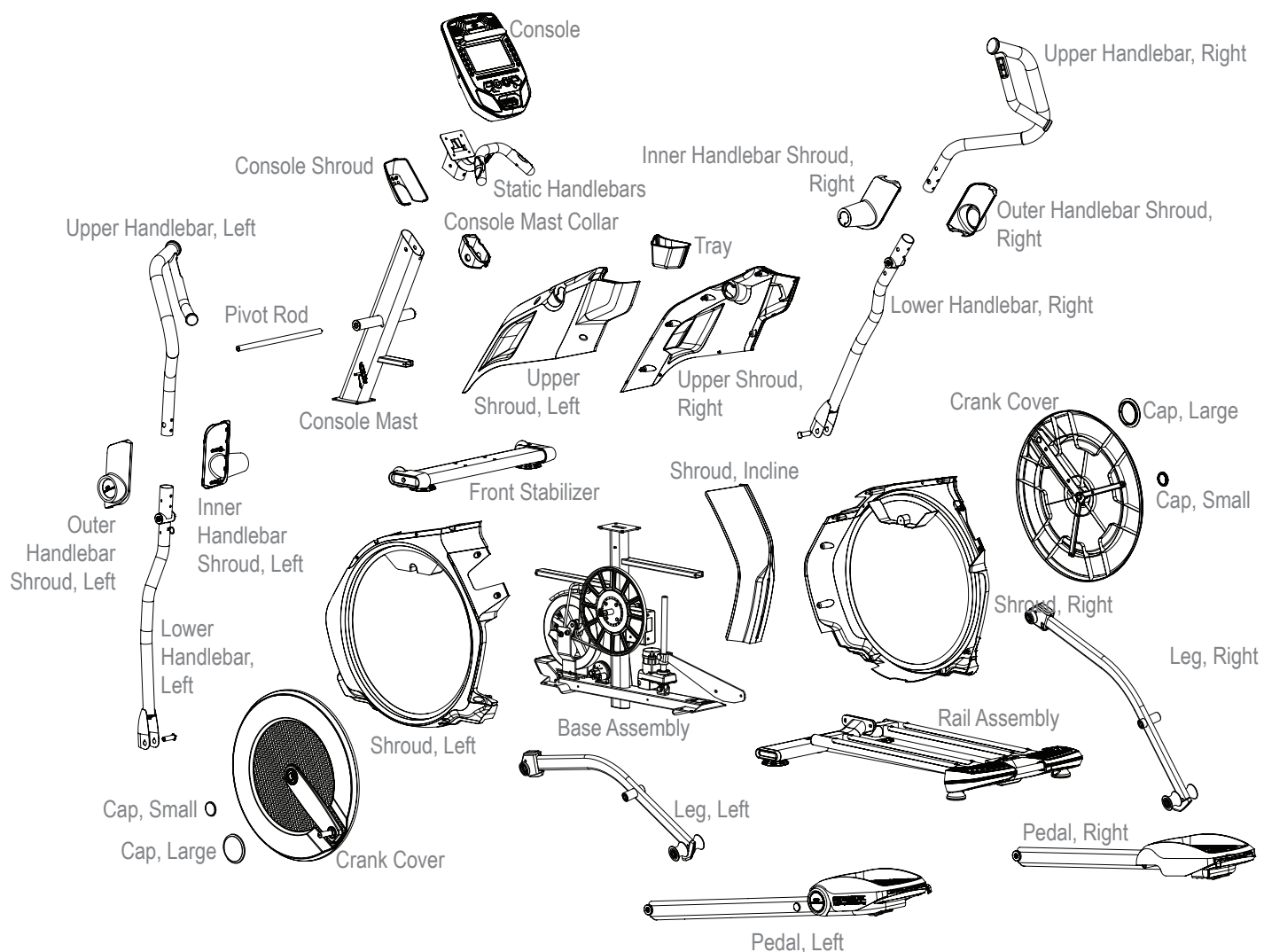
Note: The chest strap uses CR2032 size batteries.

3. Reinstall the cover on the strap.
4. Discard the old battery. Dispose of in accordance with local regulations and/or at approved recycling centers.
5. Inspect your chest strap to ensure function.



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

Maintenance Parts



PROCEDURE 1: CHECK FIRMWARE VERSION AND ERROR LOG:

1. Hold down the PAUSE/STOP button and Down arrow button together for 3 seconds while at the Welcome screen to enter the Console Setup Mode.
2. The Console displays the TOTAL HOURS screen.
3. Push the Right arrow button to show the Console Firmware Version.
4. Record the code.
5. Push the Right arrow button four times.
6. The Console display shows "VIEW ERROR MSG NO" prompt.
7. Push the Up arrow button. The Console will display the "VIEW ERROR MSG YES" prompt.
8. The Console display shows "ERROR LOG VER2". Push ENTER to access the log.
9. Push the Right arrow button and record the code shown.
10. Push the Right arrow button again and record the next code.
11. If you have recorded all the numbers, push the ENTER button and screen will display "ERROR LOG RESET YES". Push Enter.
12. Press PAUSE/STOP to return to Welcome screen.

PROCEDURE 2: RESET MACHINE (workout data will be lost):

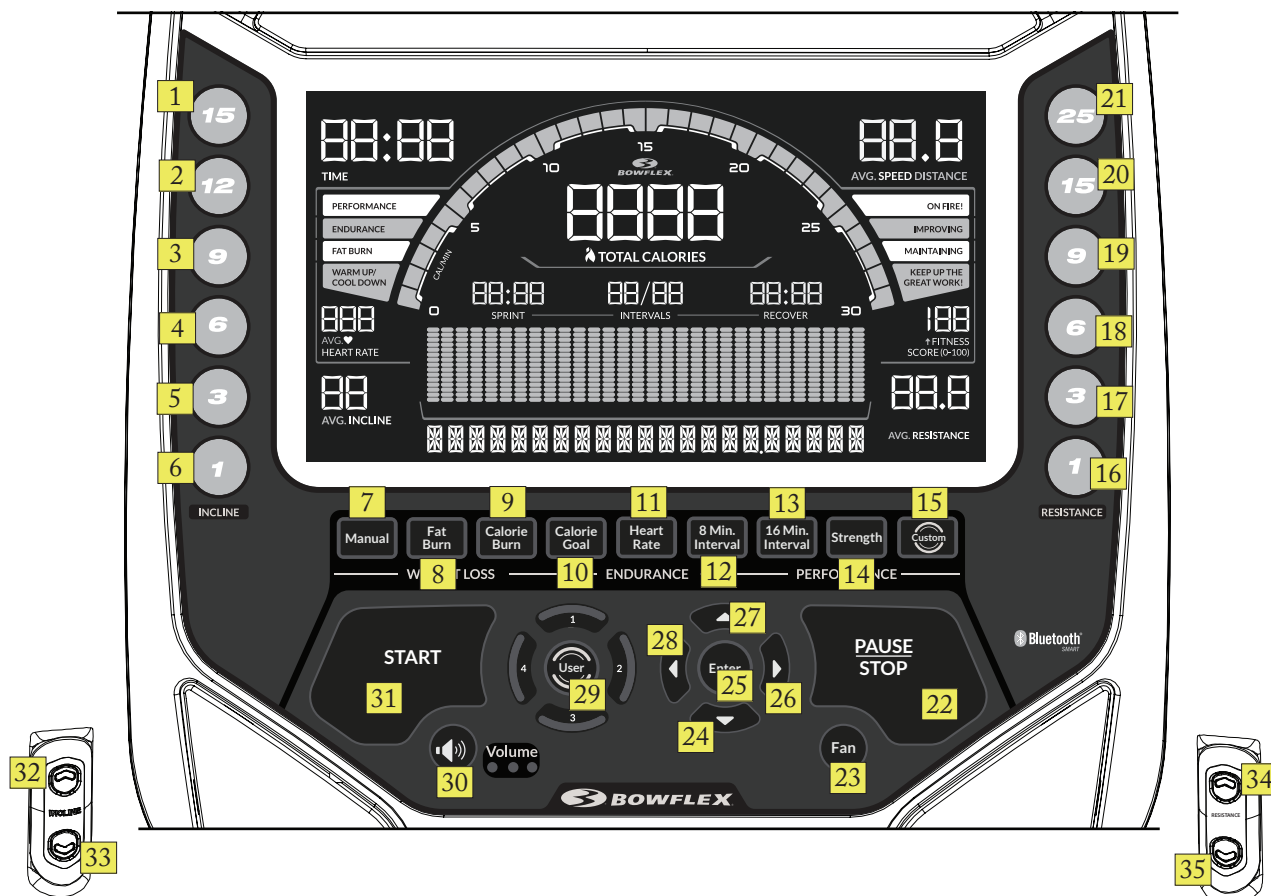
1. Hold down the PAUSE/STOP button and Down arrow button together for 3 seconds while at the Welcome screen to enter the Console Setup Mode.
2. The Console displays the TOTAL HOURS screen.
3. Push the Right arrow button six times until the Console display shows the "RESET CONSOLE NO" prompt.
4. Press the Up arrow button and the screen will display RESET CONSOLE YES.
5. Push the Enter button.
6. Turn the machine off when the Console displays the "POWER CYCLE NOW".

PROCEDURE 3: BUTTON (or KEY) TEST:

1. Hold down the PAUSE/STOP button and Down arrow button together for three seconds while at the Welcome screen to enter the Console Setup Mode.
2. The Console displays the TOTAL HOURS screen.
3. Hold down the PAUSE/STOP button and Down arrow button together for 3 seconds to go into the Engineering Mode.
4. Push the Down arrow button 14 times until the Console displays "ENTR KEY TEST".
5. Push the Enter button. The Console will display "BUTTON TEST".
6. Using the guide below, push the corresponding button in the order provided. Continue through all the buttons.
Note: If a faulted button is discovered, the Console may need to be powered down to exit the button test.
7. When the button test is complete, the Console will display "DONE", followed by "BUTTON PASS". Push the PAUSE/STOP button to return to Welcome screen.
8. Flip the power switch to OFF.

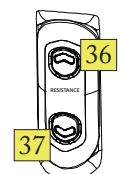
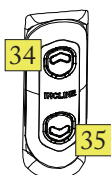
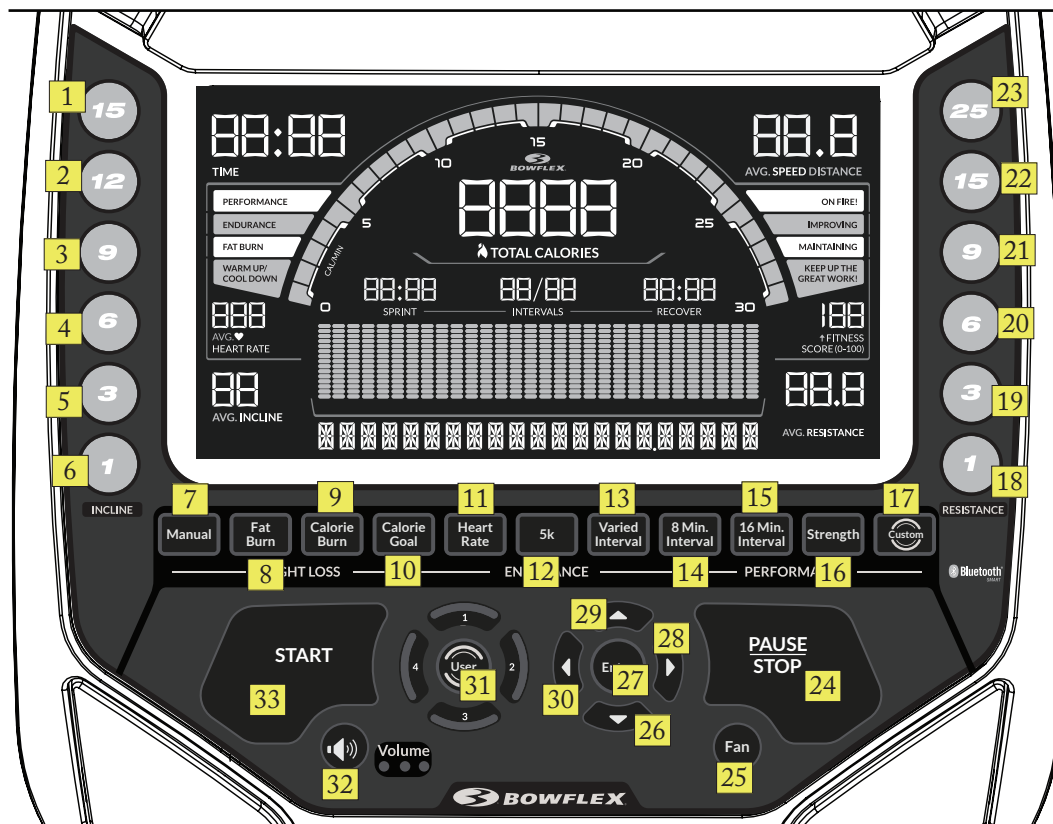
E116 Button Sequence

1	Incline 15	14	Strength	27	Up Arrow
2	Incline 12	15	Custom	28	Left Arrow
3	Incline 9	16	Resistance 1	29	User
4	Incline 6	17	Resistance 3	30	Volume
5	Incline 3	18	Resistance 6	31	Start
6	Incline 1	19	Resistance 9	32	Incline +
7	Manual	20	Resistance 15	33	Incline -
8	Fat Burn	21	Resistance 25	34	Resistance +
9	Calorie Burn	22	Stop	35	Resistance -
10	Calorie Goal	23	Fan		
11	Heart Rate	24	Down Arrow		
12	8 Minute Interval	25	Enter		
13	16 Minute Interval	26	Right Arrow		



E216 Button Sequence

1	Incline 15	14	8 Minute Interval	27	Enter
2	Incline 12	15	16 Minute Interval	28	Right Arrow
3	Incline 9	16	Strength	29	Up Arrow
4	Incline 6	17	Custom	30	Left Arrow
5	Incline 3	18	Resistance 1	31	User
6	Incline 1	19	Resistance 3	32	Volume
7	Manual	20	Resistance 6	33	Start
8	Fat Burn	21	Resistance 9	34	Incline +
9	Calorie Burn	22	Resistance 15	35	Incline -
10	Calorie Goal	23	Resistance 25	36	Resistance +
11	Heart Rate	24	Stop	37	Resistance -
12	5K	25	Fan		
13	Varied Interval	26	Down Arrow		



TROUBLESHOOTING

No display/partial display/unit will not turn on	Check electrical (wall) outlet	Make sure unit is plugged into a functioning wall outlet.
	Check connection at front of unit	Connection should be secure and undamaged. Replace adapter or connection at unit if either are damaged.
	Check data cable integrity	All wires in cable should be intact. If any are visibly crimped or cut, replace cable.
	Check data cable connections/orientation	Be sure cable is connected securely and oriented properly. Small latch on connector should line up and snap into place.
	Check console display for damage	Check for visual sign that console display is cracked or otherwise damaged. Replace Console if damaged.
	Console Display	If Console only has partial display and all connections are fine, replace the Console.
		If the above steps do not resolve the problem, contact Customer Care for further assistance.
Unit operates but Contact HR not displayed	HR cable connection at Console	Be sure cable is connected securely to Console.
	HR cable box connection	Be sure cables from handlebars and cable to Console are secure and undamaged.
	Sensor grip	Be sure hands are centered on HR sensors. Hands must be kept still with relatively equal pressure applied to each side.
	Dry or calloused hands	Sensors may have difficulty with dried out or calloused hands. A conductive electrode cream (heart rate cream) can help make better conduct. These are available on the web or at medical or some larger fitness stores.
	Static Handlebar	If tests reveal no other issues, Static Handlebar should be replaced.
Unit operates but Telemetric HR not displayed	Chest Strap (optional)	Strap should be "POLAR®" compatible and uncoded. Make sure strap is directly against skin and contact area is wet.
	Check User Profile	Select the Edit User Profile option for the User Profile. Go to the WIRELESS HR setting and make sure that the current value is set to ON.
	Interference	Try moving unit away from sources of interference (TV, Microwave, etc).
	Replace Chest Strap	If interference is eliminated and HR does not function, replace strap.
	Replace Console	If HR still does not function, replace Console.
Unit operates but Telemetric HR displayed incorrectly	Interference	Make sure that the HR receiver is not blocked by a personal electronic device in the left side of the media tray.
No speed/RPM reading, Console displays "Please Stride" error code	Check data cable integrity	All wires in cable should be intact. If any are cut or crimped, replace cable.
	Check data cable connections/orientation	Be sure cable is connected securely and oriented properly. Small latch on connector should line up and snap into place.
	Check magnet position (requires shroud removal)	Magnet should be in place on pulley.
	Check Speed Sensor (requires shroud removal)	Speed sensor should be aligned with magnet and connected to data cable. Realign sensor if necessary. Replace if there is any damage to the sensor or the connecting wire.

Condition/Problem	Things to Check	Solution
Resistance does not change (machine turns on and operates)	Check Console	Check for visual sign that Console is damaged. Replace Console if damaged.
	Check data cable integrity	All wires in cable should be intact. If any are visibly crimped or cut, replace cable.
	Check data cable connections/ orientation	Be sure cable is connected securely and oriented properly. Reseat all connections. Small latch on connector should line up and snap into place.
	Resistance handlebar connection	Be sure cable from right Upper Handlebar and cables to Console are secure and undamaged.
	Check Servo Motor (requires shroud removal)	If magnets move, adjust until they are within the proper range. Replace Servo Motor if not functioning properly.
	MCB (requires shroud removal)	Replace MCB.
		If the above steps do not resolve the problem, contact Customer Care for further assistance.
Incline does not adjust (machine turns on and operates)	Check Console	Check for visual sign that Console is damaged. Replace Console if damaged.
	Incline handlebar connection	Be sure cable from left Upper Handlebar and cables to Console are secure and undamaged.
	Lower and Upper I/O Cables (requires shroud removal)	All wires in the cables should be intact. If any are cut or crimped, replace cable.
	Incline Adjuster Assembly (requires shroud removal)	Be sure Incline Adjuster Assembly is attached to Incline Motor drive screw.
		If the above steps do not resolve the problem, contact Customer Care for further assistance.
Console shuts off (enters sleep mode) while in use	Check electrical (wall) outlet	Make sure unit is plugged into a functioning wall outlet.
	Check connection at front of unit	Connection should be secure and undamaged. Replace adapter or connection at unit if either are damaged.
	Check data cable integrity	All wires in the cable should be intact. If any are cut or crimped, replace cable.
	Check data cable connections/orientation	Be sure cable is connected securely and oriented properly. Small latch on connector should line up and snap into place.
	Reset machine	Unplug unit from electrical outlet for 3 minutes. Reconnect to outlet.
	Check magnet position (requires shroud removal)	Magnet should be in place on pulley.
	Check Speed Sensor (requires shroud removal)	Speed sensor should be aligned with magnet and connected to data cable. Realign sensor if necessary. Replace if there is any damage to the sensor or the connecting wire.
Fan will not turn on or will not turn off	Check data cable integrity	All wires in cable should be intact. If any are cut or crimped, replace cable.
	Check data cable connections/orientation	Be sure cable is connected securely and oriented properly. Small latch on connector should line up and snap into place.
	Reset machine	Unplug unit from electrical outlet for 3 minutes. Reconnect to outlet.
Fan will not turn on, but Console operates	Check for blockage of fan	Unplug unit from electrical outlet for 5 minutes. Remove material from fan. If necessary, detach the Console to help with removal. Replace the Console if unable to remove blockage.

Unit rocks/does not sit level	Check leveler adjustment	Adjust levelers until machine is level.
	Check surface under unit	Adjustment may not be able to compensate for extremely uneven surfaces. Move machine to level area.
Foot pedals loose/unit difficult to operate	Hardware	Tightly secure all hardware on the Pedal Arms and Handlebar Arms.
Drive train click/tick noise once per full crank revolution	Check crank/pulley assembly	Disconnect left and right foot assemblies and rotate crank. If sound persists, replace crank/pulley assembly. If sound does not come from rotating crank, check foot assemblies and upper/lower handlebars.
	Check foot assemblies, leg assemblies, handlebar assemblies	Manually move foot, leg, and handlebar assemblies to isolate sound. Replace part making sound.
	Check for loose hardware	Tightly secure all hardware on the Stabilizers and the base of the Console Mast.
Knocking sound during machine operation	Check hardware at junction between Lower Handlebar Arm and Pedal	Make sure that the alignment tab on the Pivot Sleeve goes into the slot in the hole. Be sure the Pivot Sleeve extends through the opposite hole in the joint cover.
Squeaking noise that appears a few minutes into a workout and normally will get progressively worse as the workout continues	Bolt that connects the swing arms to the axle running through the console mast	Loosen pivot rod bolt slightly until noise goes away. White lithium grease can also be applied for a temporary fix. Contact Customer Care for assistance.
	Roller squeaking on rail	Apply silicone lubricant to a dry cloth and wipe the rails to eliminate roller noise.
Console continuously displays a different program every 15 seconds	Console is in demonstration mode	Push and hold down the ENTER and PAUSE/ENTER buttons for 3 seconds.
Workout results will not sync with Bluetooth® enabled device	Current console mode	Machine must be in Idle Mode to sync. Push the PAUSE/STOP button until the Power-Up Mode screen is displayed.
	Total time of workout	A workout must be longer than 1 minute to be saved and posted by the Console.
	Fitness machine	Unplug unit from electrical outlet for 5 minutes. Reconnect to outlet.
	Bluetooth® enabled device	Consult your device to be sure that the Bluetooth® wireless feature has been enabled on it.
	Fitness App	Review Specifications of Fitness App and confirm your device is compatible.
		Contact appsupport@nautilus.com for further assistance.
Workout results not posting to Bowflex Connect™	Fitness App on Bluetooth® enabled device	Workout results transfer from the machine to the App, and then post to the Bowflex Connect™ website. Review account and password for the Bowflex Connect™ website.
		Contact appsupport@nautilus.com for further assistance.

MACHINE SETTINGS MODE

The Machine Settings Mode lets you view the total run hours for the machine and the current versions of the main systems.

1. Hold down the PAUSE/STOP button and Down button together for 3 seconds while in the Power-Up Mode to access the Machine Settings Mode.

Note: Push PAUSE/STOP to exit the Machine Settings Mode and return to the Power-Up Mode screen.

2. The Console displays the TOTAL HOURS for the machine.
3. Push the Right button to go to the next option.
4. The Console display shows the current Console Firmware Version.
5. Push the Right button to go to the next option.
6. The Console display shows the current Motor Control Board Firmware Version.
7. Push the Right button to go to the next option.
8. The Console display shows the current BLE Version.
9. Push the Right button to go to the next option.
10. The Console displays the DISCONNECT BLE NO prompt.

Note: If you want to disconnect the Bluetooth® transmitter, push the Increase/Decrease buttons to select the “DISCONNECT BLE YES” option, and push Enter. The Console will exit the Machine Settings Mode and return to the Power-Up Mode screen.

11. Push the Right button to go to the next option.
12. The Console displays the VIEW ERROR MSG NO option. This option is for Service Technicians use only.
13. Push the Right button to go to the next option.
14. The Console displays the RESET CONSOLE NO prompt.

Note: If you want to reset the Console to factory settings, push the Increase/Decrease buttons to select the “RESET CONSOLE YES” option, and push Enter. Turn the machine off when the Console displays the “POWER CYCLE NOW” prompt.

15. Push the Right button to exit the Machine Settings Mode and return to the Power-Up Mode screen.

ENGINEERING MODE

ENGINEERING MODE is a sub-menu from the MACHINE SETTINGS MODE. Most of the options contained within the Engineering Mode are for Service Technicians and should not need to be accessed by a user.

To access the Engineering Mode:

1. From the Power Up (or Welcome) screen, push and hold down the PAUSE/STOP button and Down arrow button for about 5 seconds to go into the Console Setup Mode. The Console display will show the TOTAL HOURS with the current value.

Note: Push PAUSE/STOP to exit the Console Setup Mode and return to the Power-Up Mode screen.

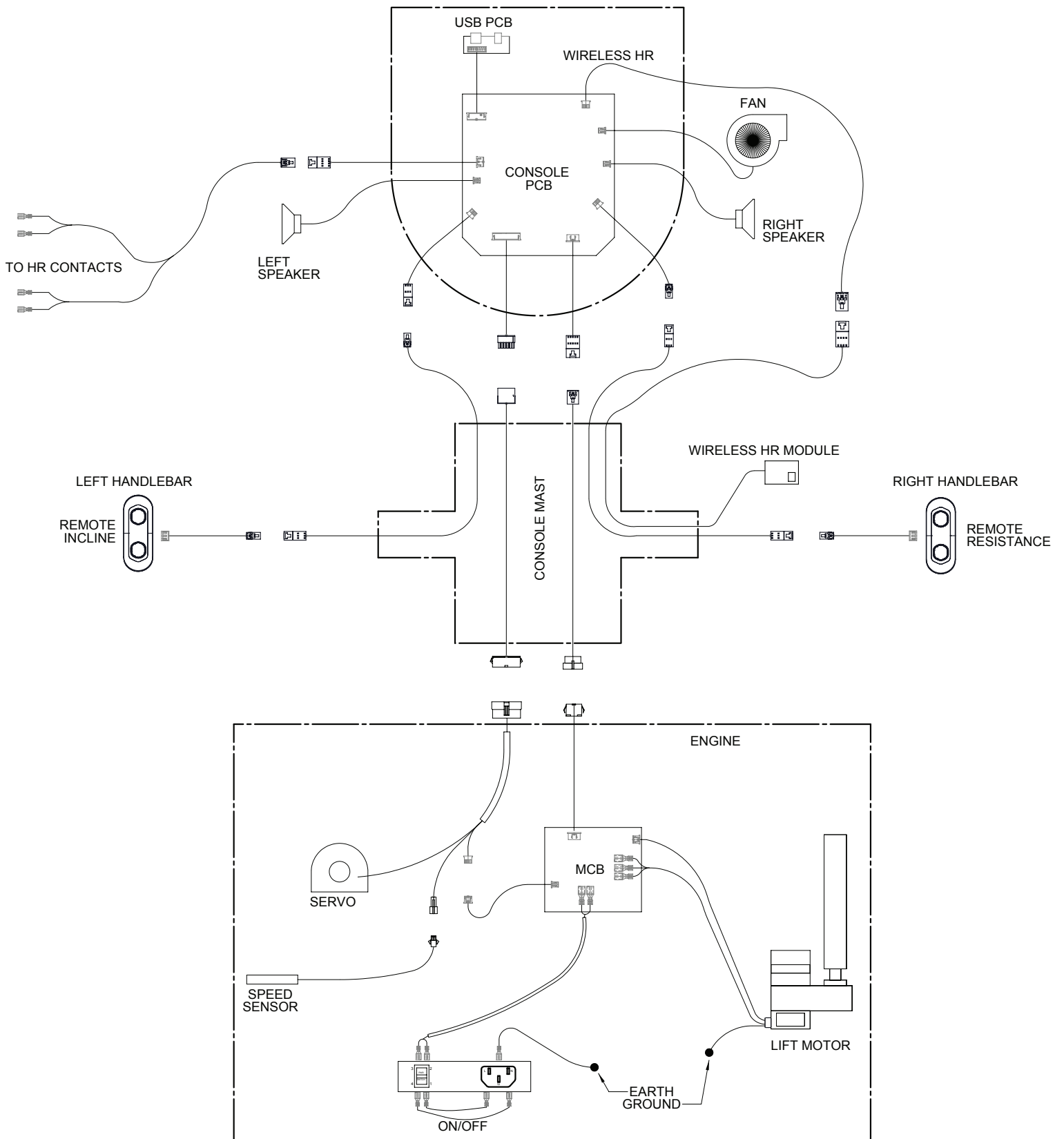
2. From the TOTAL HOURS screen, push and hold down the PAUSE/STOP button and Down arrow button for about 5 seconds to go into the Engineering Mode. The Console display will show the current Firmware Version.

Prompts displayed by the Console (in order using the Down arrow button) :

- A. ENTR MFG TEST
- B. Firmware Version ("xxxxxxxxxxRxx")
- C. ENTR NVM (Non-volatile memory) TST
- D. ENTR LED TST 1
- E. ENTR LED TST 2
- F. ENTR LCD
- G. ENTR RTC (Real time clock) TST
- H. ENTR AUD (Audio) TST
- I. ENTR FAN TST
- J. ENTR HR TST (Contact and Wireless Heart Rate)
- K. ENTR SERVO MOTOR (Resistance)
- L. ENTR LIFT MOTOR (Incline)
- M. ENTR TACH (Pedal Speed)
- N. ENTR BLE (Bluetooth Low Energy) TST
- O. ENTR KEY TST
- P. ENTR RST CNSL (Reset Console)

Push the PAUSE/STOP button twice to exit Engineering Mode.

ELECTRICAL WIRING DIAGRAM



DEMONSTRATION MODE

Demonstration Mode educates an observer about the console in a trade show or retail environment. During Demonstration Mode, the Console will display each workout Program for 4 seconds from a specific point of the workout. The Fitness machine ships with Demonstration Mode inactive.

1. With the machine at the Power-Up Mode screen, push and hold down the PAUSE/STOP button and the ENTER button for 3 seconds to shift the Console into the Demonstration Mode.

To exit Demonstration mode, push and hold down the PAUSE/STOP button and the ENTER button for 3 seconds.

Replacement Procedure Skill Level

- | | |
|-------------|--|
| Level I : | Low - very little mechanical knowledge or exposure. |
| Level II : | Intermediate - some experience with mechanical procedures. |
| Level III : | Advanced - knowledgeable about mechanical procedures. |

NOTICE: This document provides instructions on activating/deactivating the demonstration mode on the Bowflex® BXE116/BXE216 Elliptical and BXT116/BXT216 Treadmill machines. When in demonstration mode, the Console will cycle through the workout programs.

If you need assistance, please call Bowflex Customer Service at 1-800-605-3369.



This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Read and understand all Warnings on this machine.

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Important Safety Instructions - Before servicing or using this equipment, obey the following warnings:



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- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair 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. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- 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 and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If necessary request replacement warning stickers or placards from Nautilus customer service.
- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety and will void the warranty.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

The Fitness machine ships with Demonstration Mode inactive.

1. With the machine at the Power-Up Mode screen, push and hold down the ENTER button and the PAUSE/STOP button for 3 seconds to shift the Console into the Demonstration Mode.

During Demonstration Mode, the Console will display each Workout Program for 15 seconds from a specific part of the workout. In addition to the Console showing how each Workout Program functions, the lights and display will show how they relate to the user during a workout.

To deactivate the Demonstration Mode, push and hold down the ENTER button and the PAUSE/STOP button for 3 seconds.

NOTICE: This document provides instructions to adjust the Belt Tension on the Bowflex® BXE116 / BXE216 Ellipticals.

If you need assistance, please call Bowflex Customer Service at 1-800-605-3369.

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- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders, children and pets away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- 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 and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If necessary request replacement warning stickers or placards from Nautilus customer service.
- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety and will void the warranty.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

Tools Required (not included)

6mm hex wrench



#2 Phillips screwdriver



Small standard screwdriver



10mm open end wrench



⚠ DANGER To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.

1. Using a 6mm hex wrench, remove the indicated hardware from the Lower Left Handlebar Arm and Pedal.

⚠ Be aware that the Handlebar Arm will be loose and will pivot when the hardware is removed. Safely allow the Handlebar Arm to pivot downward and come to rest. Be sure not to be in the path of the Handlebar Arm.

Note: To assist with reassembly, observe how the Pivot Sleeve engages flush with the Lower Handlebar Arm.



2. Using a small Standard screwdriver, remove the indicated Cap (by arrow) from the Frame Assembly.



3. Using a 6mm hex wrench, remove the indicated hardware from the Left Crank Arm and Leg.



4. Using a small standard screwdriver, gently pry the indicated Cap off of the center of the Left Crank Cover.



5. Using a #2 Phillips screwdriver, remove the 6 indicated screws (ovals and arrows) from the Left Crank Cover.

NOTICE: To assist with re-assembly, observe that the white arrows are the longer screws.



Note: Your machine may not match the image. For reference only.

6. To test the Drive Belt tension:

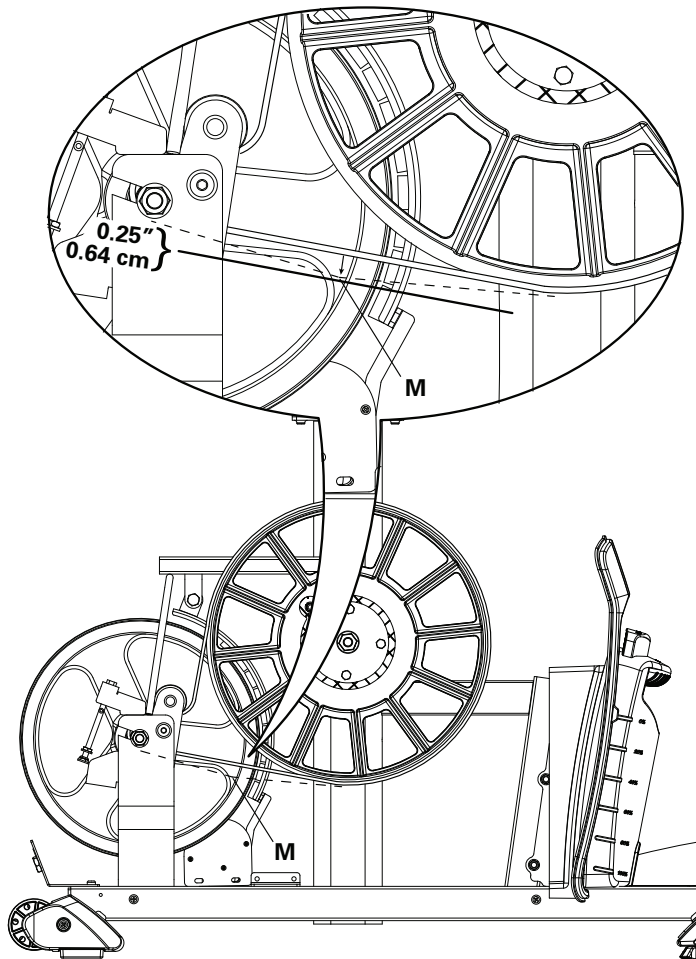
- Push the Drive Belt downward at the midpoint (M) between the pulleys and measure the distance. The Drive Belt should have only 0.25" (0.64 cm) of give.

Or:

- Hold the edges of the Drive Belt at the midpoint (M) and twist it. The Drive Belt should turn only 90 degrees (1/4 turn, to vertical).

If the tension is correct, go to Step 10.

If the tension is too loose or too tight, adjust the nuts and bolt on the Tensioner Assembly (Idler Assembly).



7. To adjust the Tensioner Nuts on the Tensioner Bracket, use a 10mm open end wrench to hold the Tensioner Bolt steady and turn the nuts with a second 10mm open end wrench.

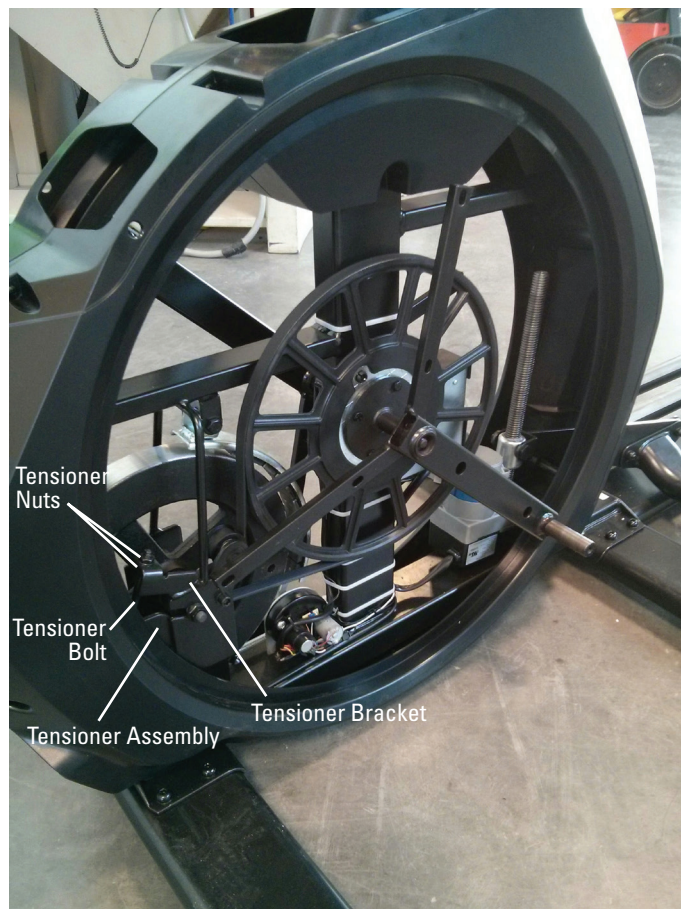
8. When the tension is correct, tighten the nuts against the Tensioner Bracket to hold the bolt and the Tensioner Assembly in position.

Note: This step may require two people.

9. Carefully turn the Right Crank Arm and check the movement of the Drive Belt. The Crank Arms and Flywheel should move as one.

⚠ Be sure to keep fingers clear of all pinch hazards when you turn the Right Crank Arm.

Adjust the belt tension again if necessary.



10. Re-assemble the machine in the reverse order of when the parts were removed.

11. Inspect your machine to ensure that all hardware is tight and components are properly assembled.



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

NOTICE: This document provides instructions to the set the Brake Tension on the Bowflex® BXE116 / BXE216 Ellipticals.

If you need assistance, please call Bowflex Customer Service at 1-800-605-3369.

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⚠ DANGER To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.

- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders, children and pets away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- 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 and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If necessary request replacement warning stickers or placards from Nautilus customer service.
- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety and will void the warranty.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

Tools Required (not included)

6mm hex wrench



#2 Phillips screwdriver



Small standard screwdriver



13mm open end wrench



2.5" x 10" cardboard and tape



⚠ DANGER To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.

1. With power supplied to the machine and it turned on, adjust the Resistance to the highest setting. Allow the machine to adjust to the new resistance level.

2. Unplug the power cord from the machine and wait 5 minutes. Place the power cord in a secure location.

⚠ DANGER To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.

3. Using a 6mm hex wrench, remove the indicated hardware from the Lower Handlebar Arm and Pedal.

⚠ Be aware that the Handlebar Arm will be loose and will pivot when the hardware is removed. Safely allow the Handlebar Arm to pivot downward and come to rest. Be sure not to be in the path of the Handlebar Arm.

Note: To assist with reassembly, observe how the Pivot Sleeve engages flush with the Lower Handlebar Arm.



4. Using a small Standard screwdriver, remove the indicated Cap (by arrow) from the Frame Assembly.

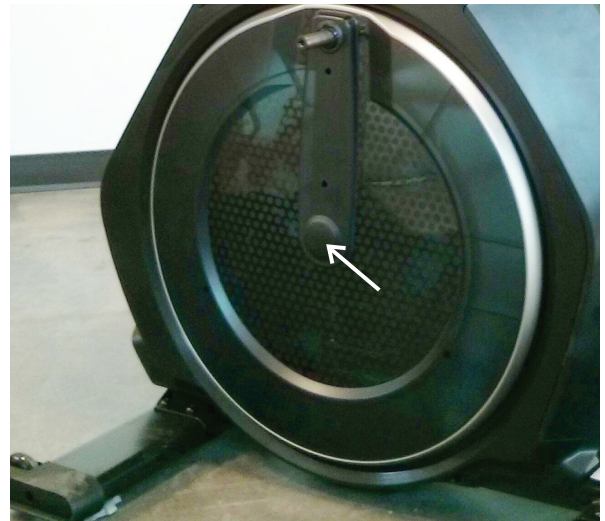


5. Using a 6mm hex wrench, loosen and remove the indicated hardware from the Crank Arm and Leg, and set it safely aside for reassembly. Remove the Leg and Pedal together and set them safely aside for reassembly.

NOTICE: This step may require two people.



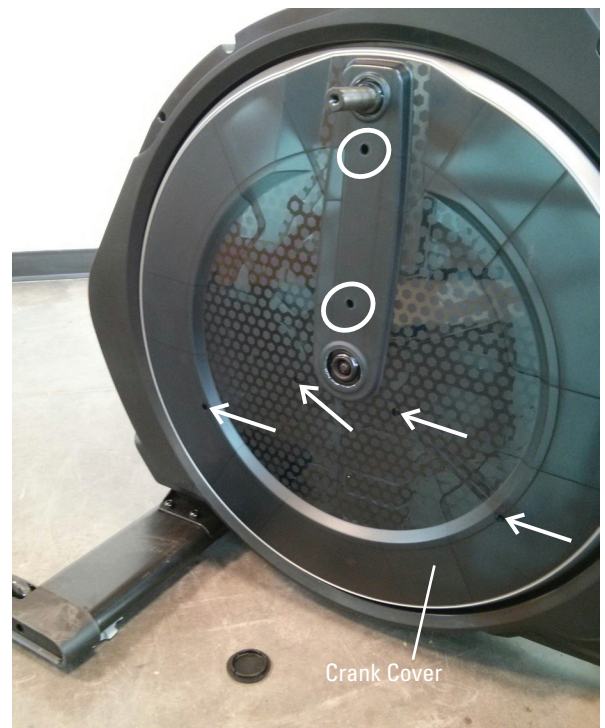
6. Using a small standard screwdriver, gently pry the Cap off of the center of the Crank Cover.



7. Using a #2 Phillips screwdriver, remove the 6 indicated screws (ovals and arrows) from the Crank Cover.

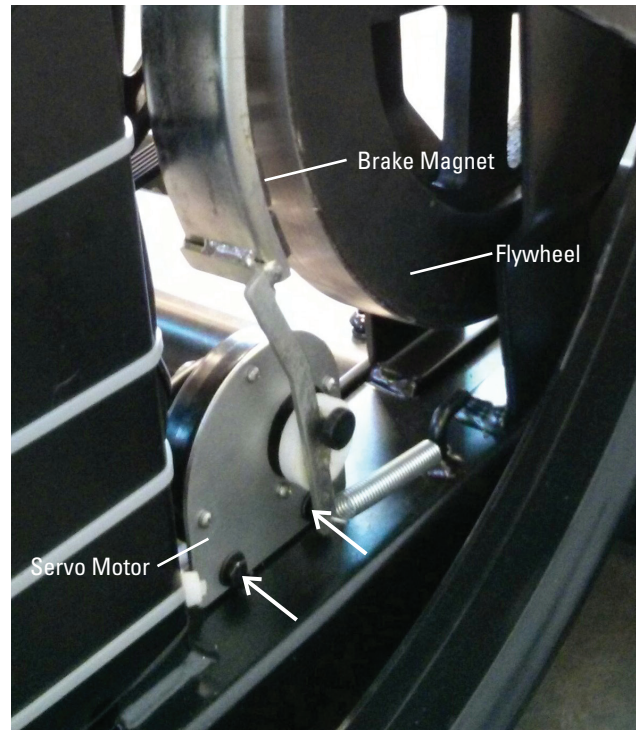
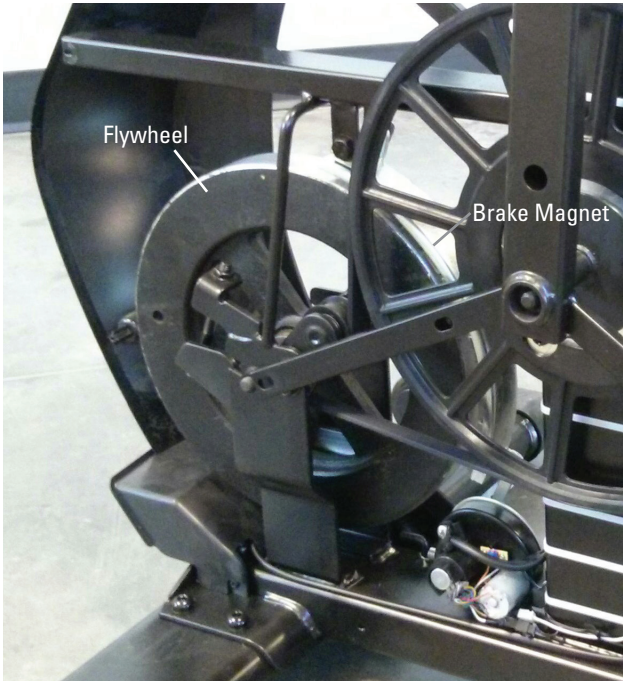
NOTICE: To assist with re-assembly, observe that the white arrows are the longer screws.

8. Repeat steps 3-7 on the other side of the machine.



9. Insert 2.5" x 10" cardboard between the Flywheel and the Brake Magnet, and tape the cardboard to the Brake Magnet.

Note: Be sure the cardboard covers all of the Brake Magnet.



10. To adjust the Brake tension, loosen the 2 hex head bolts and move the Servo Motor assembly until the closest point on the Brake Magnet is within 3.0mm (1/8") of the Flywheel. Tighten the bolts.

Note: If the cardboard is not 3mm (1/8") thick, you can use the pages of a paperback book to measure the gap. Approximately 36 pages (sheets) = 3mm.

11. Remove the cardboard from between the Brake Magnet and the Flywheel.

12. Before fully attaching the Shrouds, power up the machine to verify that the Magnet Arm can move freely, and that the Brake Magnet and Flywheel do not touch at the maximum resistance level.

⚠ Machine is on. Current is active. There is risk of electrical shock. Be sure to keep fingers clear of all pinch hazards when you change the resistance level.

13. Turn the power switch to off and disconnect all power and allow to sit for 5 minutes.

⚠ DANGER To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.

14. Re-assemble the machine in the reverse order of when the parts were removed. Put the Left Shroud in position first to align the screws for the Right Shroud. Install the top screws first. Be sure the tabs in the Motorized Lift Cover snap into the Side Shrouds.

NOTICE: This step may require two people. Be sure not to crimp any cables.

15. Inspect your machine to ensure that all hardware is tight and components are properly assembled.



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

NOTICE: This document provides instructions for the replacement of the Brake Assembly on the Bowflex® BXE116 / BXE216 Ellipticals.

If you need assistance, please call Bowflex Customer Service at 1-800-605-3369.

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- Keep bystanders, children and pets away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
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- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

Tools Required (not included)

6mm hex wrench



#2 Phillips screwdriver



Small standard screwdriver



13mm open end wrench
17mm open end wrench



2.5" x 10" cardboard and tape



⚠ DANGER To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.

1. Using a 6mm hex wrench, remove the indicated hardware from the Lower Handlebar Arm and Pedal.

⚠ Be aware that the Handlebar Arm will be loose and will pivot when the hardware is removed. Safely allow the Handlebar Arm to pivot downward and come to rest. Be sure not to be in the path of the Handlebar Arm.

Note: To assist with reassembly, observe how the Pivot Sleeve engages flush with the Lower Handlebar Arm.



2. Using a small Standard screwdriver, remove the indicated Cap (by arrow) from the Frame Assembly.

3. Using a 6mm hex wrench, remove the indicated hardware from the Crank Arm and Leg.

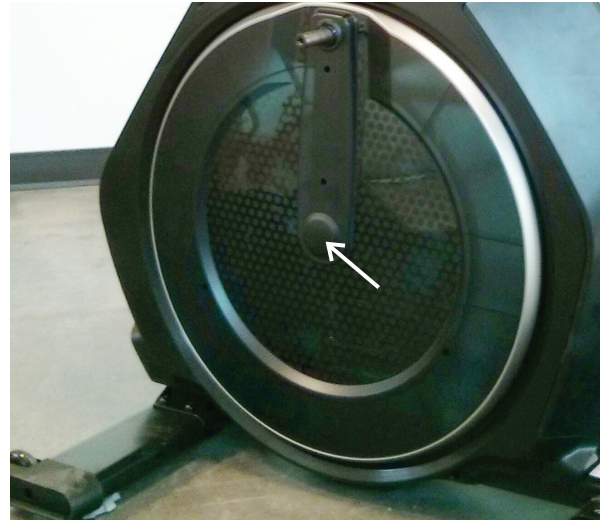


4. Using a 6mm hex wrench, loosen and remove the indicated hardware from the Crank Arm and Leg, and set it safely aside for reassembly. Remove the Leg and Pedal together and set them safely aside for reassembly.

NOTICE: This step may require two people.



5. Using a small standard screwdriver, gently pry the indicated Cap off of the center of the Crank Cover.



6. Using a #2 Phillips screwdriver, remove the 6 indicated screws (ovals and arrows) from the Crank Cover.

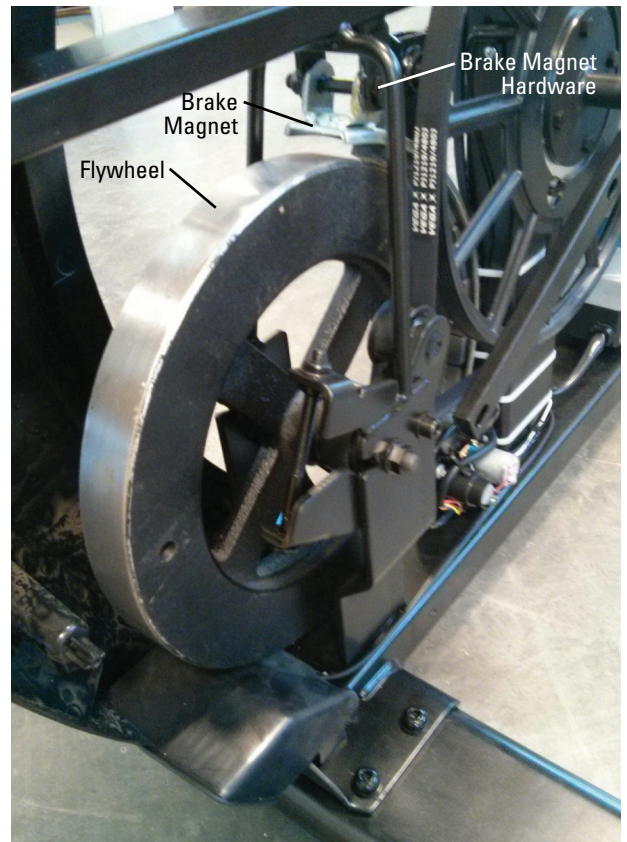
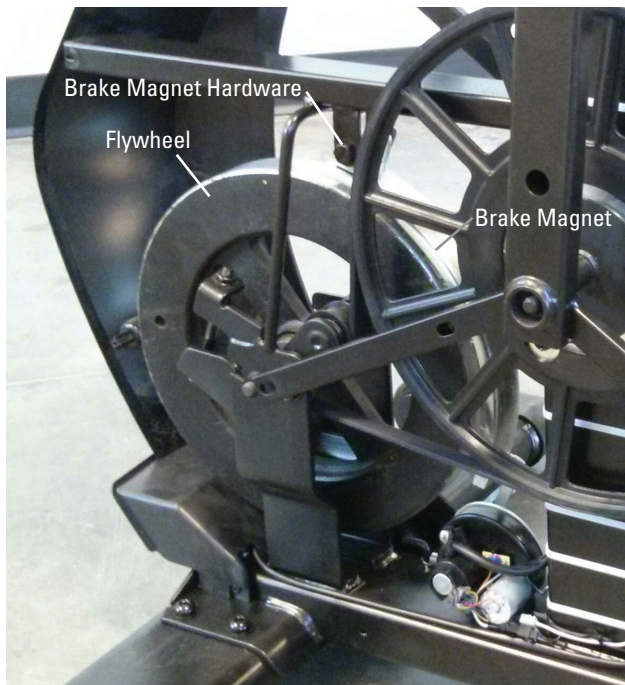
NOTICE: To assist with re-assembly, observe that the white arrows are the longer screws.

7. Repeat steps 1-6 on the other side of the machine.



8. Insert 2.5" x 10" cardboard between the Flywheel and the Brake Magnet, and tape the cardboard to the Brake Magnet.

Note: Be sure the cardboard covers all of the Brake Magnet.

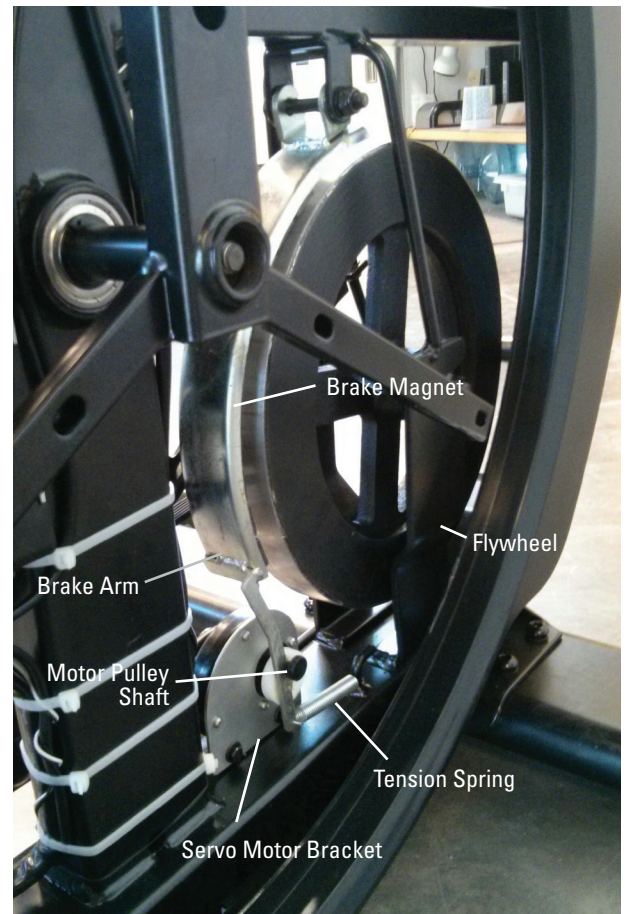


9. Pull back on the Brake Arm enough to clear the Motor Pulley Shaft. Move it to the side and gently allow it to come to rest against the cardboard on the flywheel.

10. Loosen and remove the Brake Magnet Hardware that attaches the Brake Assembly to the Main Frame Bracket.

NOTICE: Hold the Brake Assembly so that it does not fall.
Do not crimp the cables

11. Remove the Brake Assembly, and then the cardboard. Discard the old Brake Assembly.



12. Re-assemble the machine in the reverse order of when the parts were removed. Tape the cardboard to the new Brake Magnet. Be sure the cardboard will completely cover the new Brake Magnet before installation.

NOTICE: Do not crimp the cables.

13. Before fully attaching the Shrouds, power up the machine to verify that the Magnet Arm can move freely, and that the Brake Magnet and Flywheel do not touch at the maximum resistance level.

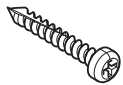


Machine is on. Current is active. There is risk of electrical shock. Be sure to keep fingers clear of all pinch hazards when you change the resistance level.

14. Re-assemble the machine in the reverse order of when the parts were removed. Put the Left Shroud in position first to align the screws for the Right Shroud. Install the top screws first. Be sure the tabs in the Motorized Lift Cover snap into the Side Shrouds.

NOTICE: This step may require two people. Be sure not to crimp any cables.

Note: Self-tapping screws attach the Shrouds to the Frame.



15. Inspect your machine to ensure that all hardware is tight and components are properly assembled.



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

NOTICE: This document provides instructions for the replacement of the Console Assembly on the Bowflex® BXE116 / BXE216 Ellipticals.

If you need assistance, please call Bowflex Customer Service at 1-800-605-3369.

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- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders, children and pets away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- 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 and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If necessary request replacement warning stickers or placards from Nautilus customer service.
- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety and will void the warranty.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

Tools Required (not included)

#2 Phillips screwdriver



6mm hex wrench



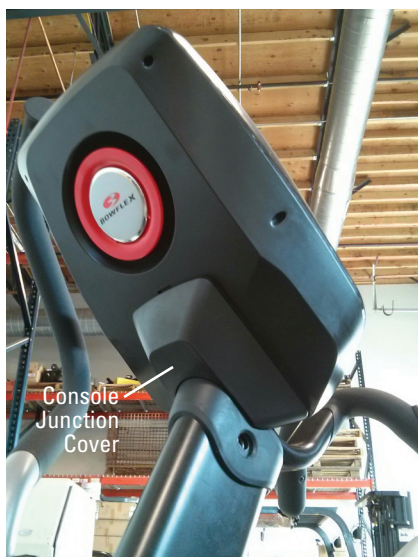
A Zip-Tie, rubber band or piece of wire to restrict Console Cable from falling into Right Upright





To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and the machine and wait 5 minutes before cleaning, maintaining or repairing the machine. Place the power cord in a secure location.

1. To remove the Console Junction Cover, pinch the sides to release the side snaps, and then pivot it forward and off of the machine.



2. Using a 6mm hex wrench, remove the three screws from the Console Mast.



3. Gently lift and remove the Console/Static Handlebar Assembly from the Console Mast and disconnect the five cables (the Input/Output, Lift Motor, Resistance Control, Wireless Heart Rate, and Incline Control Cables) that come from the back of the Console.

Note: Do not let the Cables fall down inside the Console Mast. If necessary, use a rubber band or wire tie to secure them. This step may require two people.



4. Using a #2 Phillips screwdriver, remove the four indicated screws from the Console and remove the Static Handlebar.

Note: Be sure to observe how the cables route through the Static Handlebar from the Console before removing it to assist with re-assembly. Do not crimp the cables.

5. Re-assemble the machine in the reverse order of when the parts were removed.

NOTICE: Do not crimp the cables.

6. Final Inspection

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



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

7. Plug the machine in and turn the power on to the machine.



Initial Setup

During the first power-up, the Console should be setup with the date and time.

8. Set Date: Push the Increase/Decrease buttons to adjust the currently active value (flashing). Push the Left/Right buttons to change which segment is the currently active value (month / day / year).

9. Push the Right button to set.

10. Set Time: Push the Increase/Decrease buttons to adjust the currently active value (flashing). Push the Left/Right buttons to change which segment is the currently active value (hour / minute / AM or PM).

11. Push ENTER to set. The Console goes back to the Power-Up / Idle Mode screen.

12. Turn off the power switch and remove the power cord.

NOTICE: This document provides instructions for the replacement of the Console Mast on the Bowflex® BXE116 / BXE216 Ellipticals.

If you need assistance, please call Bowflex Customer Service at 1-800-605-3369.

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Important Safety Instructions - Before servicing or using this equipment, obey the following warnings:

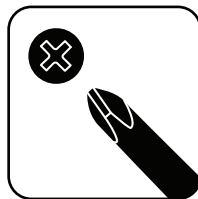
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- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders, children and pets away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- 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 and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If necessary request replacement warning stickers or placards from Nautilus customer service.
- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety and will void the warranty.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

Tools Required (not included)

#2 Phillips screwdriver



6mm hex wrench



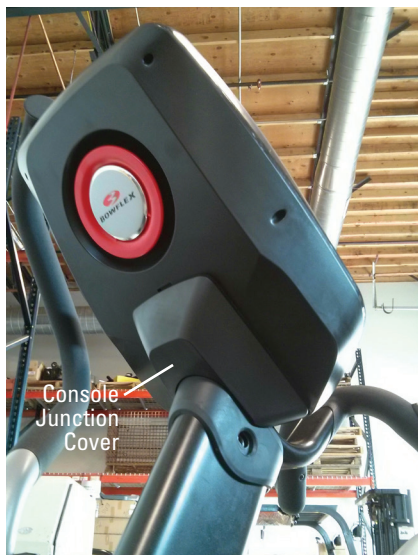
A Zip-Tie, rubber band or piece of wire to restrict Console Cable from falling into Right Upright





To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and the machine and wait 5 minutes before cleaning, maintaining or repairing the machine. Place the power cord in a secure location.

1. To remove the Console Junction Cover, pinch the sides to release the side snaps, and then pivot it forward and off of the machine.



2. Using a 6mm hex wrench, remove the three screws from the Console Mast.



3. Gently lift and remove the Console/Static Handlebar Assembly from the Console Mast and disconnect the five cables (the Input/Output, Lift Motor, Resistance Control, Wireless Heart Rate, and Incline Control Cables) that come from the back of the Console.

Note: Do not let the Cables fall down inside the Console Mast. If necessary, use a rubber band or wire tie to secure them. This step may require two people.



4. Using a Standard screwdriver to gently pry, unsnap the Exterior Pivot Covers. Place them safely aside.



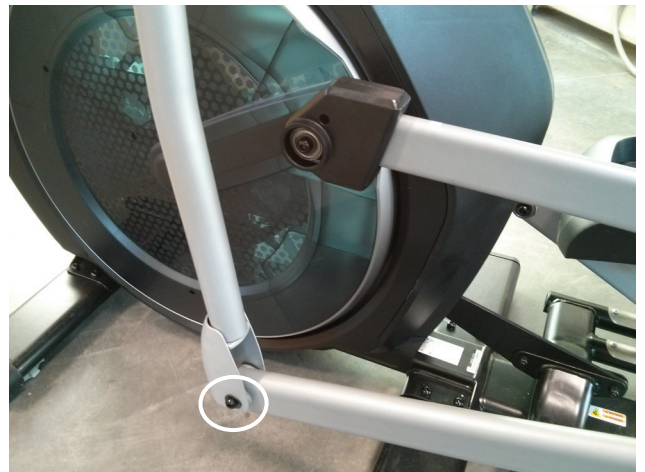
5. Using a #2 Phillips screwdriver, remove the two screws that secure the Interior Pivot Cover to the Handlebar Arm.



6. Using a 6mm hex wrench and a 13mm wrench, remove the indicated hardware from the Lower Handlebar Arm and Pedal.

! Be aware that the Handlebar Arm will be loose and will pivot when the hardware is removed. Safely allow the Handlebar Arm to pivot downward and come to rest. Be sure not to be in the path of the Handlebar Arm.

Note: To assist with reassembly, observe how the Pivot Sleeve engages flush with the Lower Handlebar Arm.



7. Using two 6mm hex wrenches, remove the indicated hardware from the Lower Handlebar Arm and the Arm Pivot Rod. The hardware on both ends of the Arm Pivot Rod will need to be held to remove it.



8. Slightly pull the Handlebar Arm off the machine to expose the Cable Connections.

9. Disconnect the Handlebar Cable from the Upper Handlebar that goes into the Console Mast.

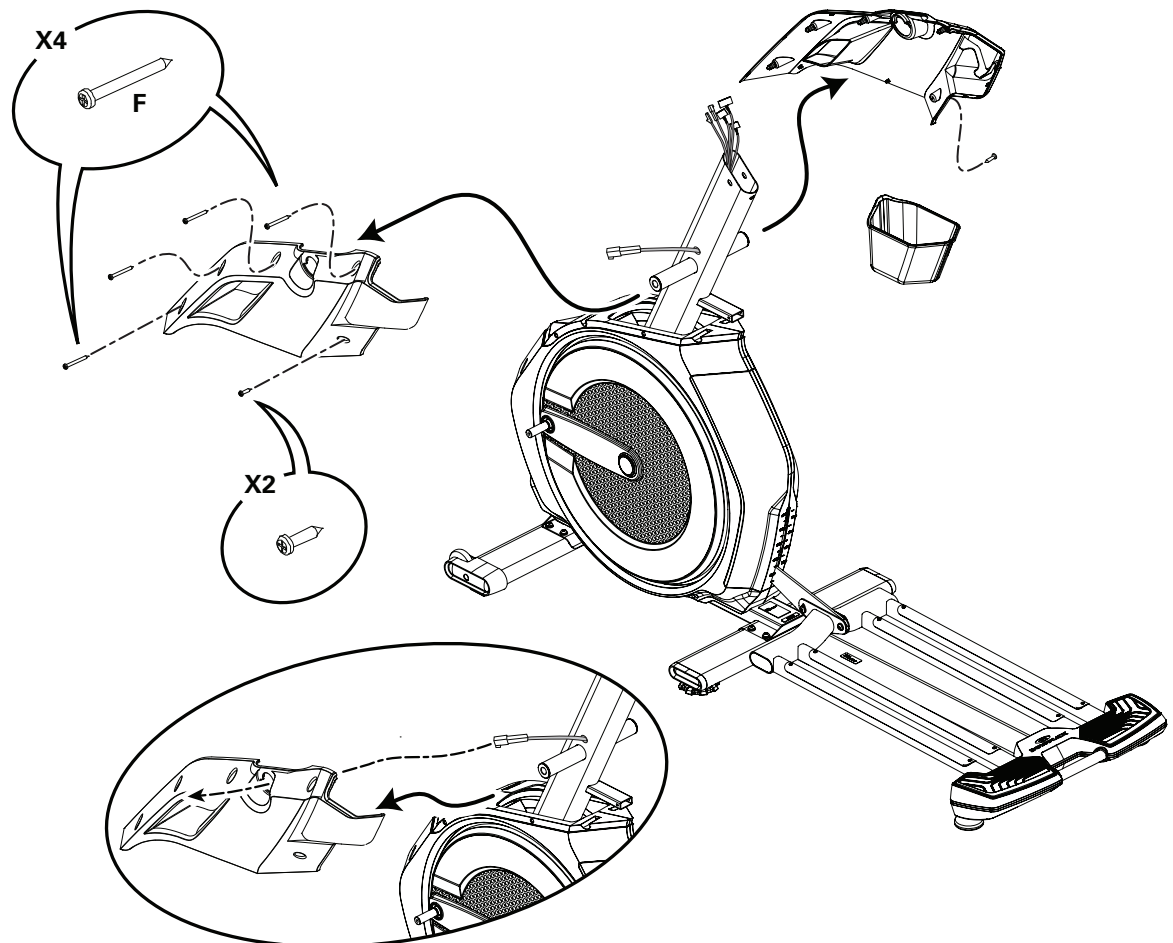
10. Remove the Handlebar Arm from the machine.

11. Repeat steps 5-10 on the other side of the machine.



12. Using a #2 Phillips screwdriver, remove the screws that secure the Upper Shrouds and Tray.

Note: Be sure to observe how the Handlebar Cables route through the Upper Shrouds to assist with re-assembly.



13. Using a 6mm hex wrench, remove the hardware (indicated) from the Console Mast. Slightly pull the Mast up and disconnect the cables. Set the hardware aside for reassembly.

NOTICE: Do not crimp the cables. Do not allow the cables to fall down into the Main Unit or into the Console Mast. This step may require two people.



14. Re-assemble the machine in the reverse order of when the parts were removed.

NOTICE: Do not crimp the cables.

15. Final Inspection

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



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

NOTICE: This document provides instructions for the replacement of the Crank Arm on the Bowflex® BXE116 / BXE216 Ellipticals.

If you need assistance, please call Bowflex Customer Service at 1-800-605-3369.

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- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders, children and pets away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- 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 and will void the warranty.
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Tools Required (not included)

6mm hex wrench



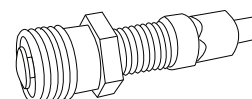
#2 Phillips screwdriver



Standard screwdriver



Crank puller



14mm socket and wrench



⚠ DANGER To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.

1. Using a Standard screwdriver, remove the indicated Cap (by arrow) from the Frame Assembly.



2. Using a 6mm hex wrench, remove the indicated hardware from the Crank Arm and Leg.

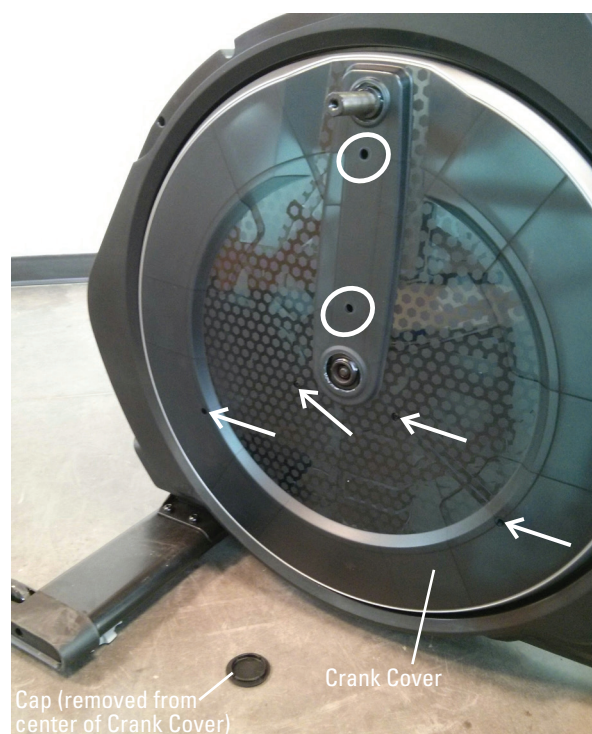
3. Remove the Leg from the Crank Arm.



4. Using a small standard screwdriver, gently pry the Cap off of the center of the Crank Cover.

5. Using a #2 Phillips screwdriver, remove the 6 indicated screws (ovals and arrows) from the Crank Cover.

NOTICE: To assist with re-assembly, observe that the white arrows are the longer screws.



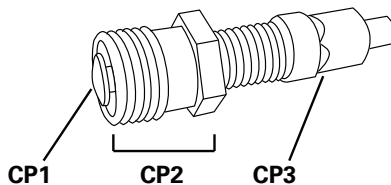
6. Using a 14mm socket and ratchet, remove the Lock Nut from the Crank Arm.



Note: Image does not match your machine. For illustrative purposes only.

7. Thread the Crank Puller into the Crank Arm. When the Crank Puller is in the correct position, only 1-2 threads on the outer portion (CP2) of the Crank Puller should show.

Note: Be sure the end of the Bolt (CP1) of the Crank Puller is flush with the Nut (CP2) as shown, before use.



8. Using a wrench, turn the inner portion (CP3) of the Crank Puller clockwise. The Crank Arm will slide off as it is tightened.

Note: Be advised that it may take a lot of force to get the Crank Puller to start to slide off the Crank Arm.



9. Re-assemble the machine in the reverse order of when the parts were removed.

10. Final Inspection


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



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

NOTICE: This document provides instructions for the replacement of the Crank Cover on the Bowflex® BXE116 / BXE216 Ellipticals.

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- Disconnect all power and allow to sit for 5 minutes before you service this machine.
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Tools Required (not included)

6mm hex wrench



#2 Phillips screwdriver



Standard screwdriver



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1. Using a Standard screwdriver, remove the indicated Cap (by arrow) from the Frame Assembly.



2. Using a 6mm hex wrench, remove the indicated hardware from the Crank Arm and Leg.

3. Remove the Leg from the Crank Arm.



4. Using a small standard screwdriver, gently pry the Cap off of the center of the Crank Cover.

5. Using a #2 Phillips screwdriver, remove the 6 indicated screws (ovals and arrows) from the Crank Cover.

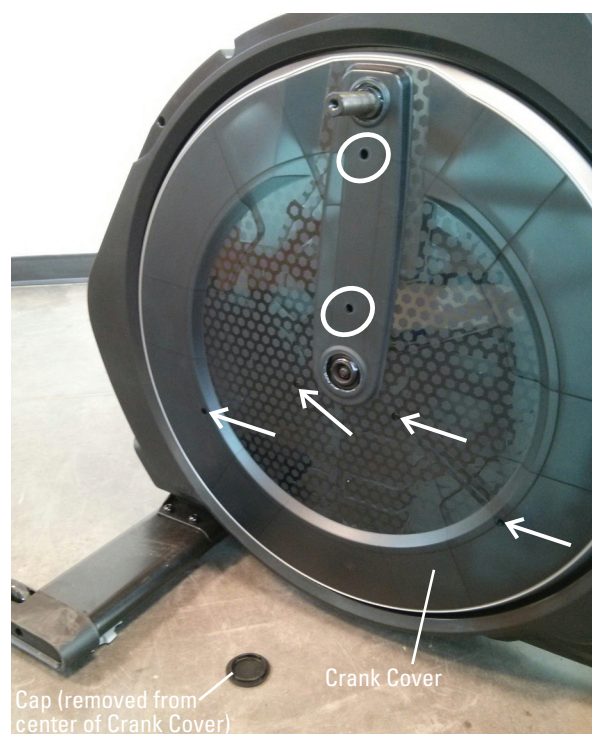
NOTICE: To assist with re-assembly, observe that the white arrows are the longer screws.

6. Re-assemble the machine in the reverse order of when the parts were removed.

7. Final Inspection

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

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



NOTICE: This document provides instructions for the replacement of the Drive Belt and Flywheel on the Bowflex® BXE116 / BXE216 Ellipticals.

If you need assistance, please call Bowflex Customer Service at 1-800-605-3369.

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Tools Required (not included)

(2) 6mm hex wrenches



#2 Phillips screwdriver



Small standard screwdriver



10mm open end wrench
13mm open end wrench
(2) 17mm open end wrenches



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1. Using a Standard screwdriver to gently pry, unsnap the Exterior Pivot Covers. Place them safely aside.

Note: This procedure shows the removal and replacement of the Left Upper and Lower Handlebar Arm. To remove the Right Handlebar, adjust the procedure accordingly.



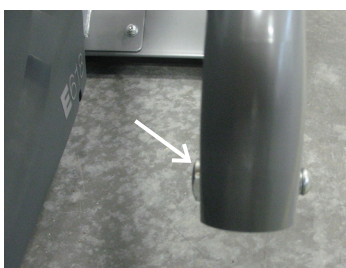
2. Using a #2 Phillips screwdriver, remove the two screws that secure the Interior Pivot Cover to the Handlebar Arm.



3. Using a 6mm hex wrench, remove the indicated hardware from the Lower Handlebar Arm and Pedal.

⚠ Be aware that the Handlebar Arm will be loose and will pivot when the hardware is removed. Safely allow the Handlebar Arm to pivot downward and come to rest. Be sure not to be in the path of the Handlebar Arm.

Note: To assist with reassembly, observe how the Pivot Sleeve engages flush with the Lower Handlebar Arm.



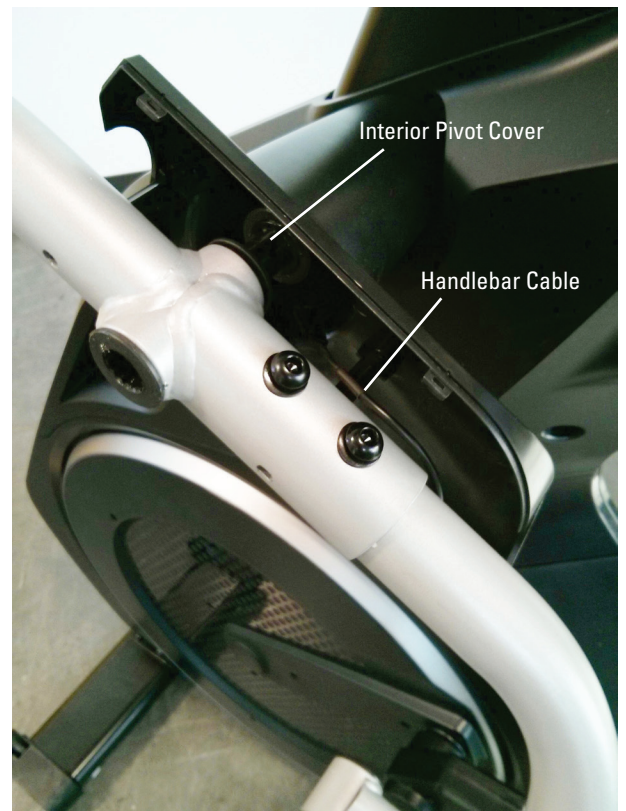
4. Using two 6mm hex wrenches, remove the indicated hardware from the Lower Handlebar Arm and the Arm Pivot Rod. The hardware on both ends of the Arm Pivot Rod will need to be held to remove it.



5. Slightly pull the Handlebar Arm off the machine to expose the Cable Connections.

6. Disconnect the Handlebar Cable from the Upper Handlebar that goes into the Console Mast.

7. Remove the Handlebar Arm from the machine.



8. Using a small Standard screwdriver, remove the indicated Cap (by arrow) from the Frame Assembly.

9. Using a 6mm hex wrench, remove the indicated hardware from the Crank Arm and Leg.

10. Remove the Interior Pivot Cover while noting how the Handlebar Cable runs through it for re-assembly.



11. Using a 6mm hex wrench, loosen and remove the indicated hardware from the Crank Arm and Leg, and set it safely aside for reassembly. Remove the Leg and Pedal together and set them safely aside for reassembly.

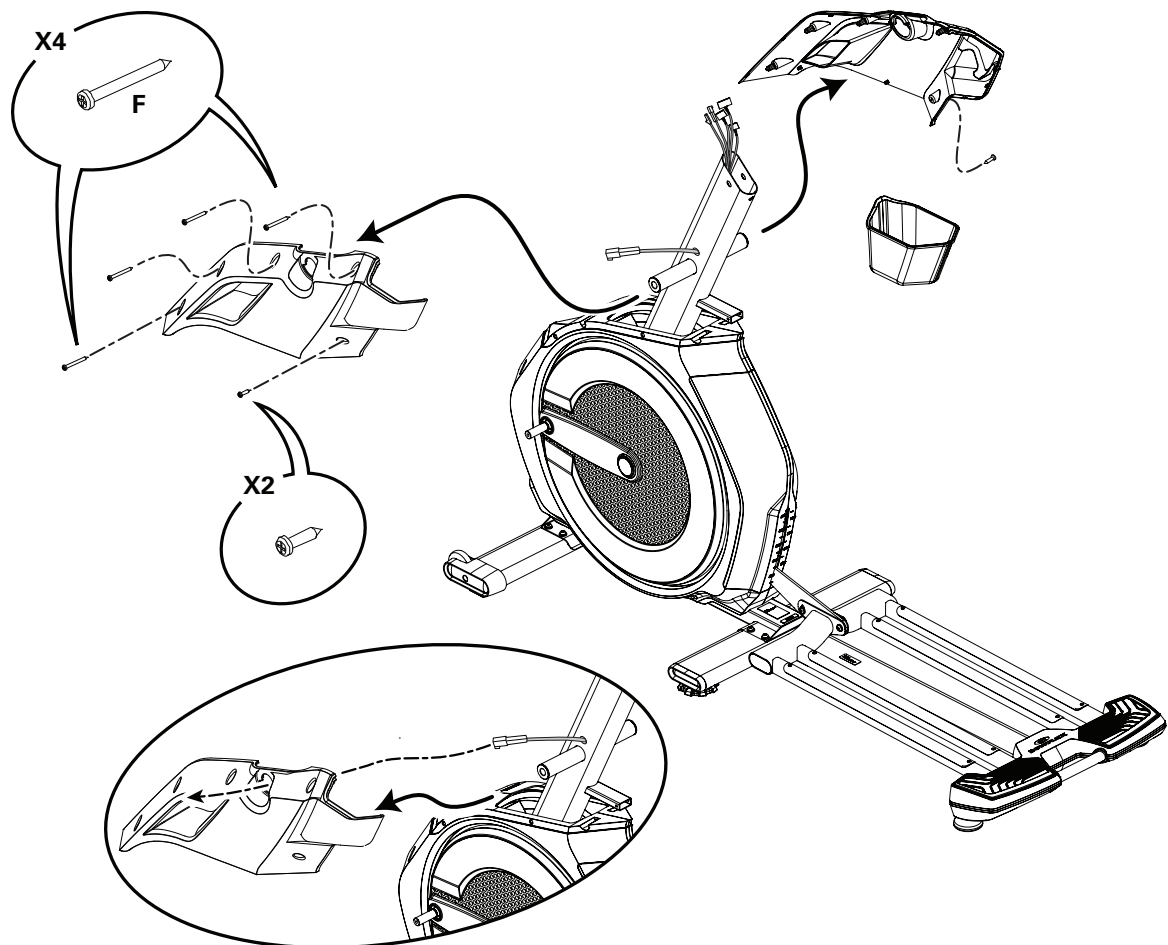
NOTICE: This step may require two people.

12. Repeat steps 2-11 on the other side of the machine.

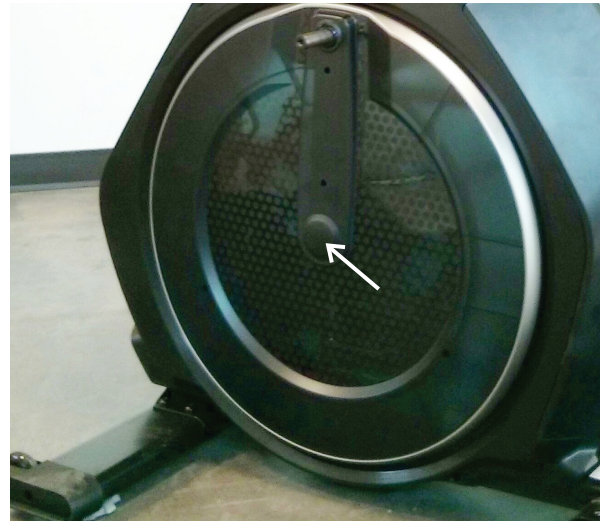


13. Using a #2 Phillips screwdriver, remove the screws that secure the Upper Shrouds and Tray.

Note: Be sure to observe how the Handlebar Cables route through the Upper Shrouds to assist with re-assembly.



14. Using a small standard screwdriver, gently pry the indicated Cap off of the center of the Crank Cover.



15. Using a #2 Phillips screwdriver, remove the 6 indicated screws (ovals and arrows) from the Crank Cover.

NOTICE: To assist with re-assembly, observe that the white arrows are the longer screws.

16. Repeat steps 14-15 on the other side of the machine.



17. Using a #2 Phillips screwdriver, remove the 7 indicated screws (with arrows) that secure the Left Shroud. Remove the bottom screws first, and then the top screw. Slowly remove the Left Shroud.



18. Measure or mark a piece of scrap paper the length from the end of the Tensioner Bolt to the outer Tensioner Nut. This will assist with re-assembly.

19. Using a 10mm wrench, loosen and remove the outer Tensioner Nut so the Tension Bolt can be released from the Tensioner Bracket.

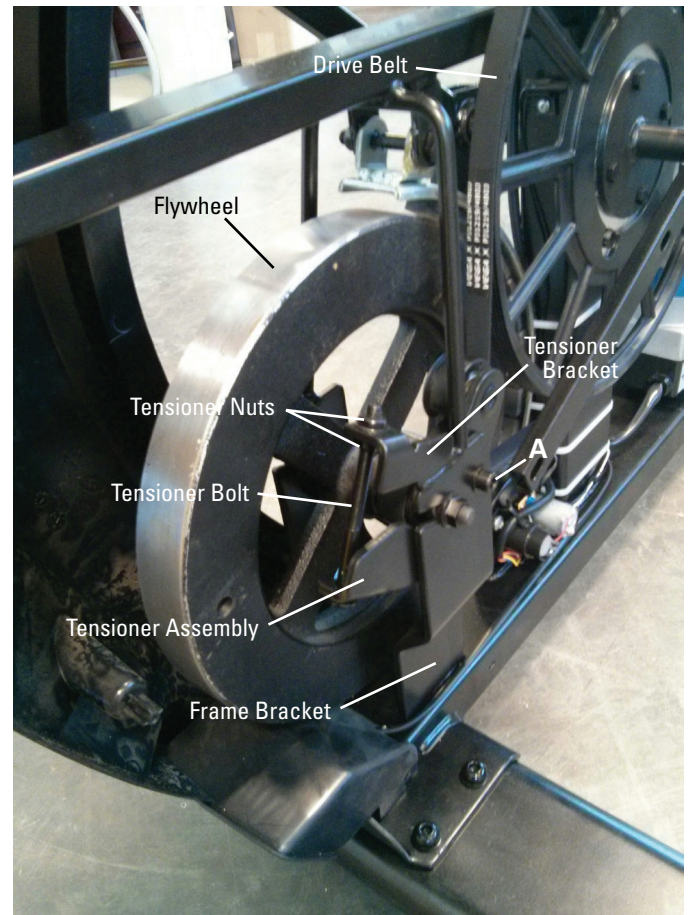
22. Using a 6mm hex wrench and a 13mm wrench, loosen the Tensioner Assembly Hardware (A) that attaches the Tensioner Assembly to the Frame Bracket.

Note: Use the hex wrench to hold the bolt in place on the outside and turn the nut from the inside.

21. Turn the Drive Pulley clockwise while forcing the Drive Belt to the outside to remove it. The belt will come off of the Drive Pulley.



Keep fingers out of any pinch hazards when turning the Pulleys.



22. To remove the indicated hardware (by oval) from the Flywheel, use a 17mm open end wrench to hold the nut on one side steady and remove the nut on the opposite side with the 17mm socket and wrench. Set the hardware safely aside.

23. Adjust the angle of the Tensioner Assembly to allow the Flywheel to move forward. Remove the Flywheel from the Frame Brackets and the Drive Belt.



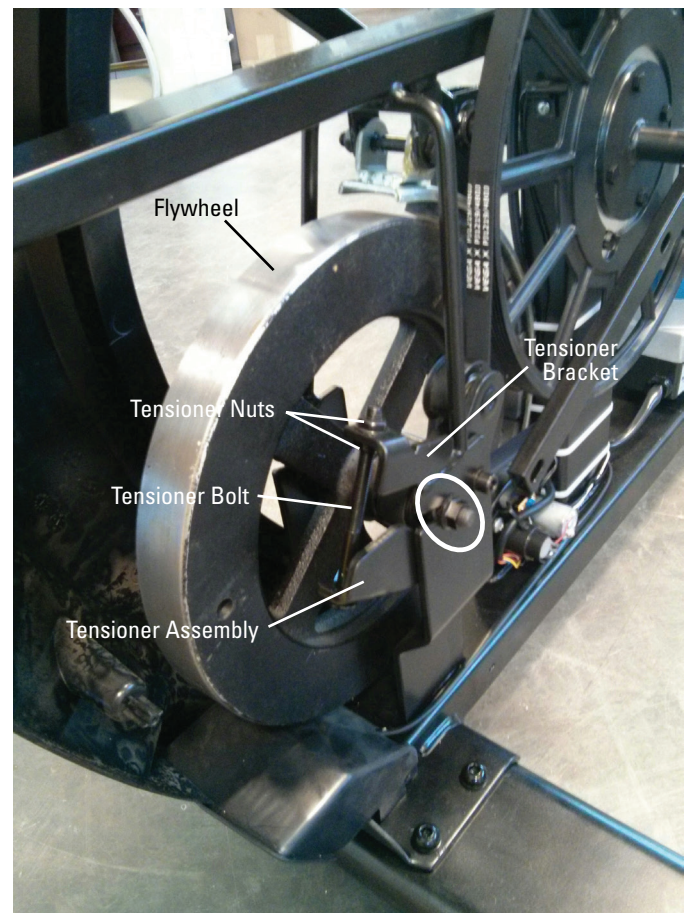
The Flywheel is heavy. This step may require two people.

24. Remove the old Drive Belt after noting how to properly route the new Belt.

25. Hold the Flywheel near the Frame Brackets and put the new Drive Belt in position on the Flywheel Pulley. Put the Drive Belt in position around the Tensioner Assembly. Be sure that the upper portion of the Drive Belt is under the Tensioner Bearings on the Tensioner Assembly.



The Flywheel is heavy. This step may require two people.



26. Center the Flywheel Axle in the Frame Brackets and hand tighten the hardware on each end of the Flywheel Axle.

27. Put the Drive Belt onto the Drive Pulley. Make sure the Drive Belt is aligned on the Flywheel Pulley, Belt Tensioner and Drive Pulley.

28. Before you fully tighten the Flywheel hardware, adjust the Tensioner Bolt to the recorded length and tighten the hardware Tensioner Nuts. Make sure that the belt tension is correct.

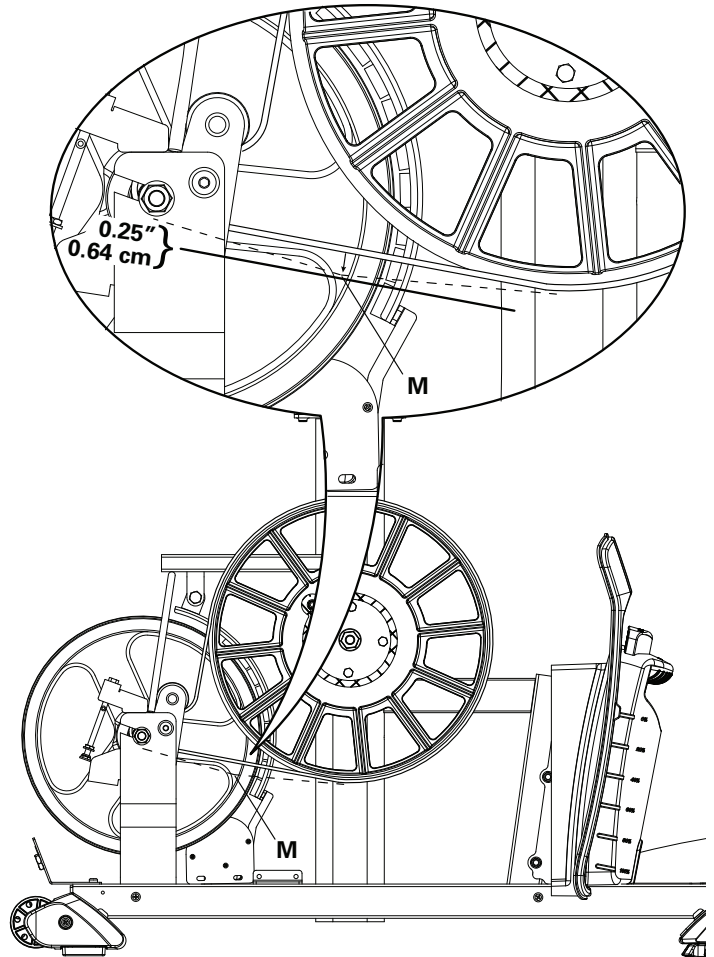
Note: Your machine may not match the image. For reference only.

29. To test the Drive Belt tension:

- Push the Drive Belt downward at the midpoint (M) between the pulleys and measure the distance. The Drive Belt should have only 0.25" (0.64 cm) of give.

Or:

- Hold the edges of the Drive Belt at the midpoint (M) and twist it. The Drive Belt should turn only 90 degrees (1/4 turn, to vertical).



If the tension is correct, go to Step 31.

If the tension is too loose or too tight, adjust the nuts and bolt on the Tensioner Assembly (Idler Assembly).

30. To adjust the Tensioner Nuts on the Tensioner Bracket, use a 10mm open end wrench to hold the Tensioner Bolt steady and turn the nuts with a second 10mm open end wrench.

31. When the tension is correct, tighten the nuts against the Tensioner Bracket to hold the bolt and the Tensioner Assembly in position.

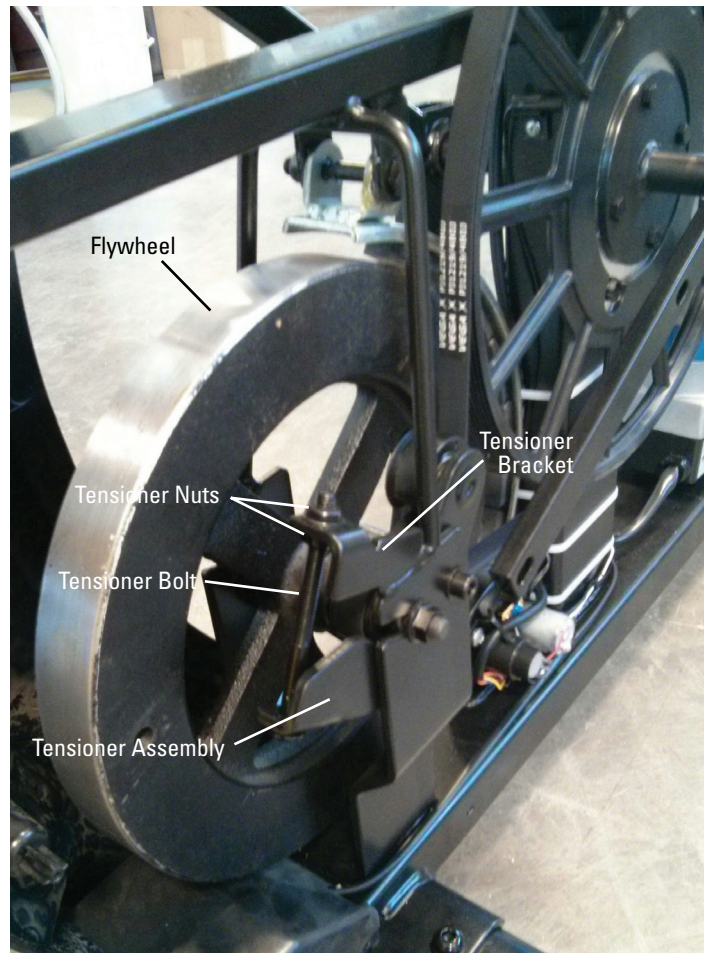
Note: This step may require two people.

32. Carefully turn the Right Crank Arm and check the movement of the Drive Belt. The Crank Arms and Flywheel should move as one.

⚠ Be sure to keep fingers clear of all pinch hazards when you turn the Right Crank Arm.

Adjust the belt tension again if necessary.

33. To tighten the Flywheel hardware use the 17mm open end wrench to hold the nut on one side steady and tighten the nut on the opposite side with the 17mm socket and wrench.



34. Before fully attaching the Shrouds, power up the machine to verify that the Magnet Arm can move freely, and that the Brake Magnet and Flywheel do not touch at the maximum resistance level.

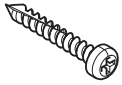


Machine is on. Current is active. There is risk of electrical shock. Be sure to keep fingers clear of all pinch hazards when you change the resistance level.

35. Re-assemble the machine in the reverse order of when the parts were removed. Put the Left Shroud in position first to align the screws for the Right Shroud. Install the top screws first. Be sure the tabs in the Motorized Lift Cover snap into the Side Shrouds.

NOTICE: This step may require two people. Be sure not to crimp any cables.

Note: Self-tapping screws attach the Shrouds to the Frame.



36. Inspect your machine to ensure that all hardware is tight and components are properly assembled.



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

NOTICE: This document provides instructions for the replacement of the Front Stabilizer on the Bowflex® BXE116 / BXE216 Treadmills.

If you need assistance, please call Bowflex Customer Service at 1-800-605-3369.

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Tools Required (not included)

6mm hex wrench



A non-compressible static object (like a book or box) about 2" thick



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1. Place a static object (like a book or box) under the front of the main frame but not under the Front Stabilizer. The static object should not be compressible.



2. Loosen and remove the 4 screws that attach the Front Stabilizer using a 6mm hex wrench.

3. Safely remove the Front Stabilizer.



4. Re-assemble the machine in the reverse order of when the parts were removed.

5. Inspect your machine to ensure that all hardware is tight and components are properly assembled.

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

NOTICE: This document provides instructions for the replacement of the Upper and Lower Handlebars on the Bowflex® BXE116 / BXE216 Ellipticals.

If you need assistance, please call Bowflex Customer Service at 1-800-605-3369.

! This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Read and understand all Warnings on this machine.

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Important Safety Instructions - Before servicing or using this equipment, obey the following warnings:

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⚠ DANGER To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.

- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders, children and pets away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- 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 and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If necessary request replacement warning stickers or placards from Nautilus customer service.
- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety and will void the warranty.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

Tools Required (not included)

6mm hex wrench



#2 Phillips screwdriver



Standard screwdriver



13mm open end wrench



⚠ DANGER To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.

1. Using a Standard screwdriver to gently pry, unsnap the Exterior Pivot Covers. Place them safely aside.

Note: This procedure shows the removal and replacement of the Left Upper and Lower Handlebar Arm. To remove the Right Handlebar, adjust the procedure accordingly.



2. Using a #2 Phillips screwdriver, remove the two screws that secure the Interior Pivot Cover to the Handlebar Arm.



3. Using a 6mm hex wrench and a 13mm wrench, remove the indicated hardware from the Lower Handlebar Arm and Pedal.

⚠ Be aware that the Handlebar Arm will be loose and will pivot when the hardware is removed. Safely allow the Handlebar Arm to pivot downward and come to rest. Be sure not to be in the path of the Handlebar Arm.

Note: To assist with reassembly, observe how the Pivot Sleeve engages flush with the Lower Handlebar Arm.



4. Using a 6mm hex wrench and a 13mm wrench, remove the indicated hardware from the Lower Handlebar Arm and the Arm Pivot Rod. The hardware on both ends of the Arm Pivot Rod will need to be held to remove it.

5. Slightly pull the Handlebar Arm off the machine to expose the Cable Connections.

6. Disconnect the Handlebar Cable from the Upper Handlebar that goes into the Console Mast.

7. Remove the Handlebar Arm from the machine.

8. Using a 6mm hex wrench, remove the 4 screws (two indicated, two on other side of Handlebar) from the Upper Handlebar Arm.

9. Remove the Upper Handlebar Arm from the Lower Handlebar Arm.

10. Re-assemble the machine in the reverse order of when the parts were removed.



Make sure the Upper Handlebar Arms are secure before you exercise.

11. Final Inspection

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




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



NOTICE: This document provides instructions for the replacement of the Remote Incline or Resistance Cable to the Upper Handlebars on the Bowflex® BXE116 / BXE216 Ellipticals.

If you need assistance, please call Bowflex Customer Service at 1-800-605-3369.

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- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders, children and pets away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- 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 and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If necessary request replacement warning stickers or placards from Nautilus customer service.
- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety and will void the warranty.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

Tools Required (not included)

#2 Phillips screwdriver



(2) 6mm hex wrenches



Approximately a 4' (1.2m) length of string

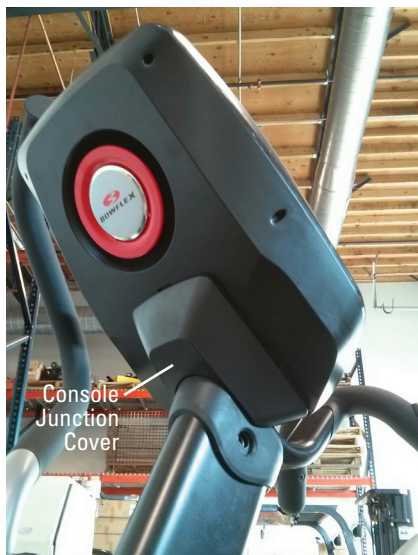
A Zip-Tie, rubber band or piece of wire to restrict Console Cable from falling into Right Upright





To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and the machine and wait 5 minutes before cleaning, maintaining or repairing the machine. Place the power cord in a secure location.

1. To remove the Console Junction Cover, pinch the sides to release the side snaps, and then pivot it forward and off of the machine.



2. Using a 6mm hex wrench, remove the three screws from the Console Mast.

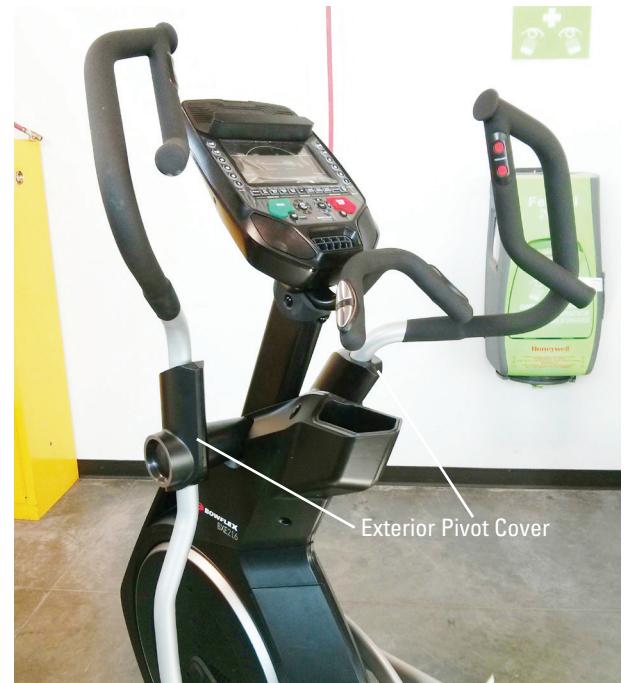


3. Gently lift and remove the Console/Static Handlebar Assembly from the Console Mast and disconnect the five cables (the Input/Output, Lift Motor, Resistance Control, Wireless Heart Rate, and Incline Control Cables) that come from the back of the Console.

Note: Do not let the Cables fall down inside the Console Mast. If necessary, use a rubber band or wire tie to secure them. This step may require two people.



4. Using a Standard screwdriver to gently pry, unsnap the Exterior Pivot Covers. Place them safely aside.



5. Using a #2 Phillips screwdriver, remove the two screws that secure the Interior Pivot Cover to the Handlebar Arm.



6. Using a 6mm hex wrench, remove the indicated hardware from the Lower Handlebar Arm and Pedal.

! Be aware that the Handlebar Arm will be loose and will pivot when the hardware is removed. Safely allow the Handlebar Arm to pivot downward and come to rest. Be sure not to be in the path of the Handlebar Arm.

Note: To assist with reassembly, observe how the Pivot Sleeve engages flush with the Lower Handlebar Arm.



7. Using two 6mm hex wrenches, remove the indicated hardware from the Lower Handlebar Arm and the Arm Pivot Rod. The hardware on both ends of the Arm Pivot Rod will need to be held to remove it.



8. Depending on which cable is being replaced (Incline is left, resistance is right), slightly pull that Handlebar Arm off the machine to expose the Cable Connections.

Note: These images show the left or Incline cable being replaced.

9. Disconnect the Handlebar Cable from the Upper Handlebar that goes into the Console Mast.

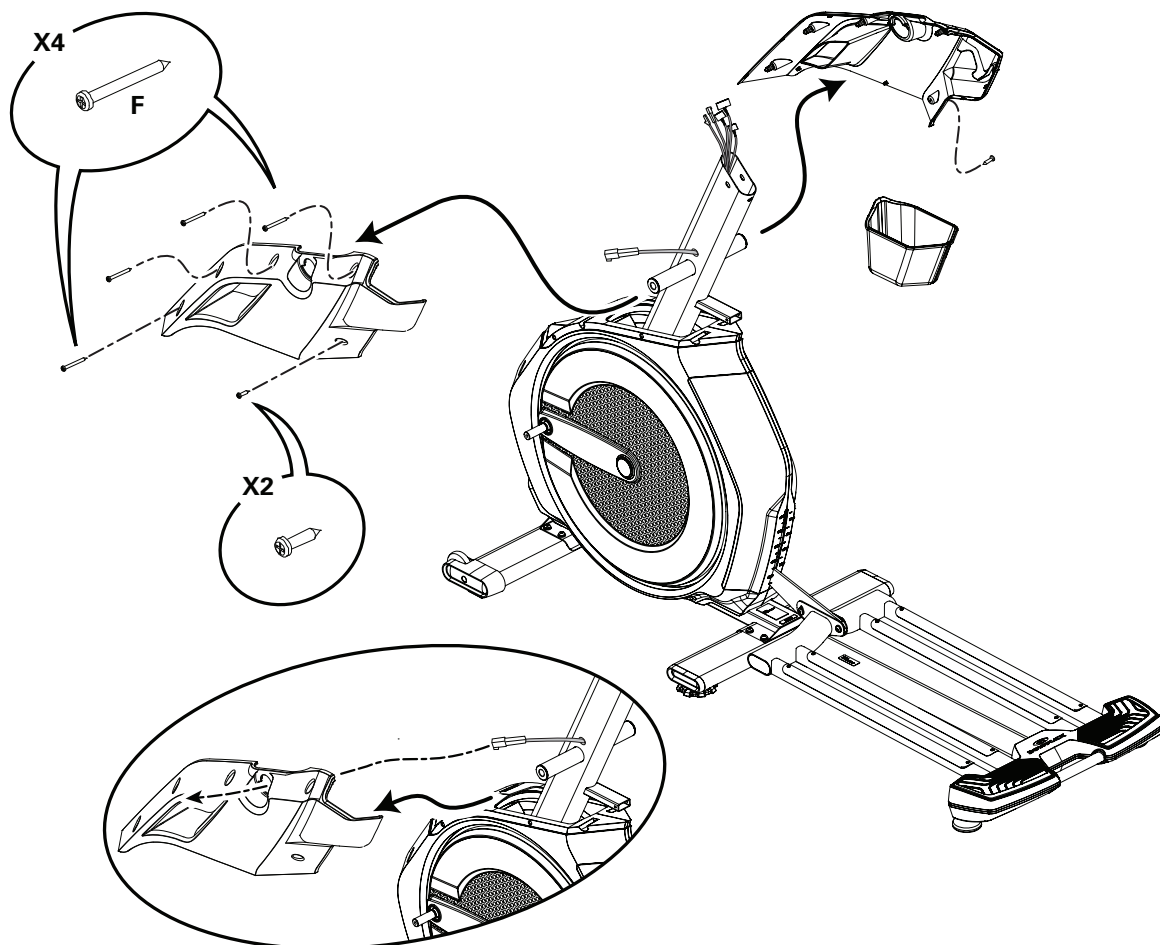
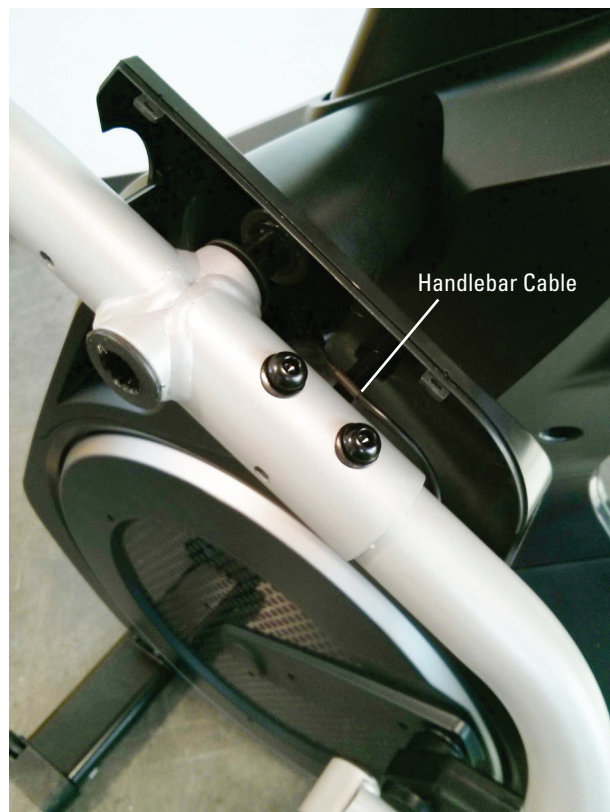
10. Remove the Handlebar Arm from the machine.

11. Remove the Handlebar Arm from the machine.

12. If replacing both of the Upper Handlebar Cables, repeat steps 5-12 on the other side of the machine.

13. Using a #2 Phillips screwdriver, remove the screws that secure the Upper Shrouds and Tray.

Note: Be sure to observe how the Handlebar Cables route through the Upper Shrouds to assist with re-assembly.



14. Remove the indicated grommet (by arrow) from the Console mast that secures the Remote Incline Cable and remove it from the Cable.

15. Tie a length of string to the end of the Remote Incline Cable. Hold the other end of the Remote Incline Cable and carefully pull it out of the Console Mast so that the string extends through the Console Mast.

NOTICE: Do not crimp the cables.

16. Untie the string from the old Remote Incline Cable and discard the old cable.

17. Tie the end of the string out of the side of the Cable Mast to the upper end of the replacement Remote Incline Cable. Hold the other end of the string and carefully pull the new Remote Incline Cable through the Cable Mast.

NOTICE: Do not crimp the cables.

18. Untie the string from the new Remote Incline Cable.

19. Re-assemble the machine in the reverse order of when the parts were removed.

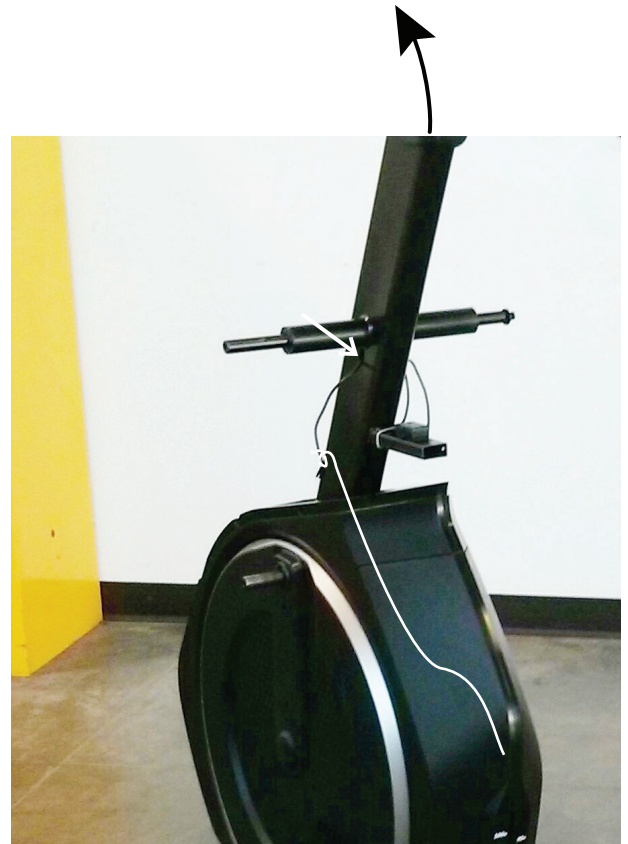
NOTICE: Do not crimp the cables.

20. Final Inspection

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



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



NOTICE: This document provides instructions for the replacement of the Incline Adjuster Assembly on the Bowflex® BXE116 / BXE216 Ellipticals.

If you need assistance, please call Bowflex Customer Service at 1-800-605-3369.

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⚠ DANGER To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.

- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders, children and pets away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- 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 and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If necessary request replacement warning stickers or placards from Nautilus customer service.
- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety and will void the warranty.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

Tools Required (not included)

(2) 6mm hex wrenches



#2 Phillips screwdriver



Small standard screwdriver



18mm socket and wrench



15mm open ended wrench
18mm open ended wrench



⚠ DANGER To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.

1. Using a Standard screwdriver to gently pry, unsnap the Exterior Pivot Covers. Place them safely aside.

Note: This procedure shows the removal and replacement of the Left Upper and Lower Handlebar Arm. To remove the Right Handlebar, adjust the procedure accordingly.



2. Using a #2 Phillips screwdriver, remove the two screws that secure the Interior Pivot Cover to the Handlebar Arm.



3. Using a 6mm hex wrench, remove the indicated hardware from the Lower Handlebar Arm and Pedal.

⚠ Be aware that the Handlebar Arm will be loose and will pivot when the hardware is removed. Safely allow the Handlebar Arm to pivot downward and come to rest. Be sure not to be in the path of the Handlebar Arm.

Note: To assist with reassembly, observe how the Pivot Sleeve engages flush with the Lower Handlebar Arm.

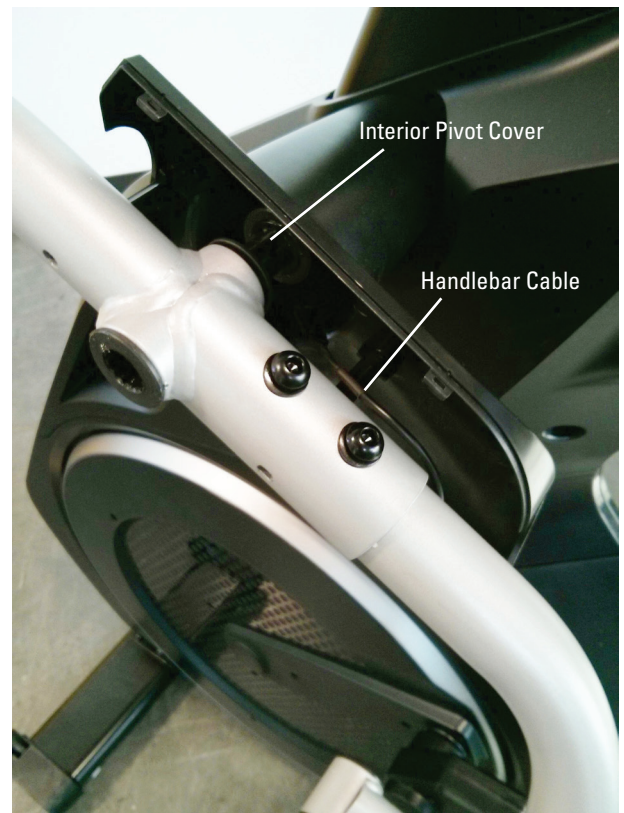


4. Using two 6mm hex wrenches, remove the indicated hardware from the Lower Handlebar Arm and the Arm Pivot Rod. The hardware on both ends of the Arm Pivot Rod will need to be held to remove it.

5. Slightly pull the Handlebar Arm off the machine to expose the Cable Connections.

6. Disconnect the Handlebar Cable from the Upper Handlebar that goes into the Console Mast.

7. Remove the Handlebar Arm from the machine.



8. Using a small Standard screwdriver, remove the indicated Cap (by arrow) from the Frame Assembly.

9. Using a 6mm hex wrench, remove the indicated hardware from the Crank Arm and Leg.

10. Remove the Interior Pivot Cover while noting how the Handlebar Cable runs through it for re-assembly.



11. Using a 6mm hex wrench, loosen and remove the indicated hardware from the Crank Arm and Leg, and set it safely aside for reassembly. Remove the Leg and Pedal together and set them safely aside for reassembly.

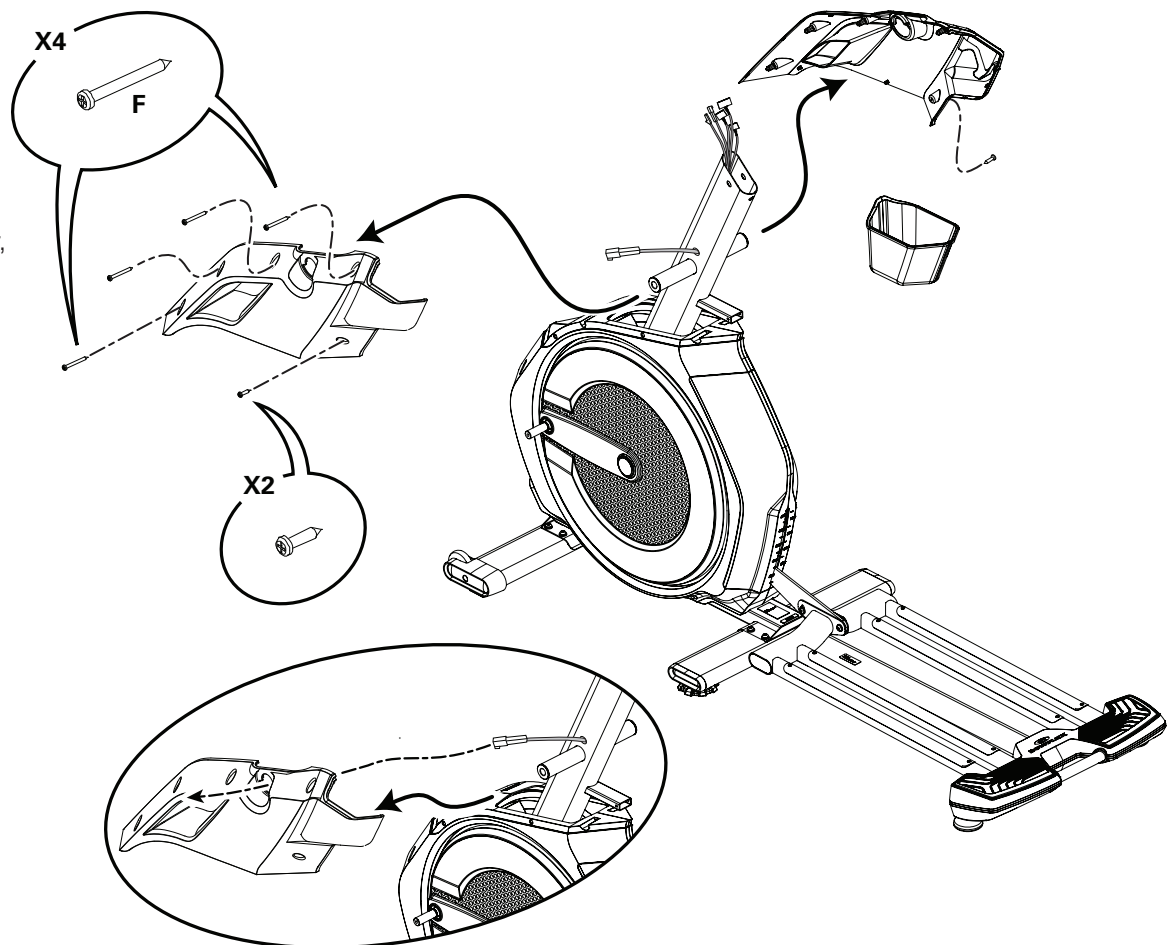
NOTICE: This step may require two people.

12. Repeat steps 2-11 on the other side of the machine.



13. Using a #2 Phillips screwdriver, remove the screws that secure the Upper Shrouds and Tray.

Note: Be sure to observe how the Handlebar Cables route through the Upper Shrouds to assist with re-assembly.



14. Using a small standard screwdriver, gently pry the Cap off of the center of the Crank Cover.

15. Using a #2 Phillips screwdriver, remove the 6 indicated screws (ovals and arrows) from the Crank Cover.

NOTICE: To assist with re-assembly, observe that the white arrows are the longer screws.

16. Repeat steps 14-15 on the other side of the machine.



17. Using the 15mm open end wrench and 6mm hex wrench, remove the indicated bolts (with an oval) that attach the Incline Adjuster bracket to the Lift Motor Assembly. This will allow the Incline Adjuster Assembly to pivot.



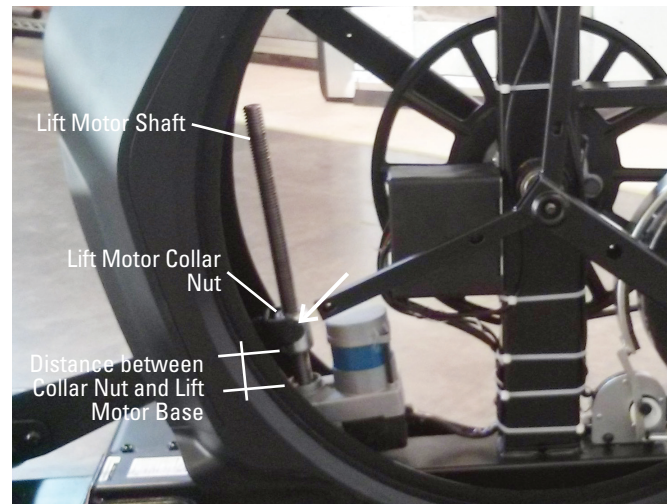
18. Count the number of threads showing on the Lift Motor Shaft between the Collar Nut and the Lift Motor base, and record the number.

19. Using the 18mm socket and wrench and 18mm open end wrench, loosen and remove the hex head bolts that attach the Incline Adjuster Assembly to the Lift Motor shaft. Set the bolts aside for reassembly.

20. Carefully remove the old Incline Adjuster Assembly and discard.

Note: Do not rotate the Lift Motor Collar Nut on the Shaft while the Incline Adjuster Assembly is not installed.

NOTICE: Do not crimp any cables.



21. Re-assemble the machine in the reverse order of when the parts were removed.


Note: Be sure the number of threads showing on the Lift Motor shaft between the Collar Nut and the Lift Motor base is the same as the number recorded in Step 16. If the number is different, turn the collar nut until the thread count is the same.

22. Inspect your machine to ensure that all hardware is tight and components are properly assembled.

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

NOTICE: This document provides instructions for the replacement of the Input/Output (I/O) or Lift Motor Cables on the Bowflex® BXE116 / BXE216 Ellipticals.

If you need assistance, please call Bowflex Customer Service at 1-800-605-3369.

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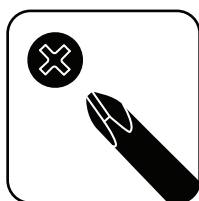
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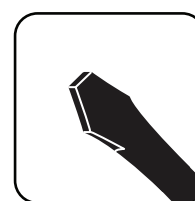
- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders, children and pets away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- 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 and will void the warranty.
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- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety and will void the warranty.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

Tools Required (not included)

#2 Phillips screwdriver



Standard screwdriver



(2) 6mm hex wrenches



Approximately a 4' (1.2m) length of string

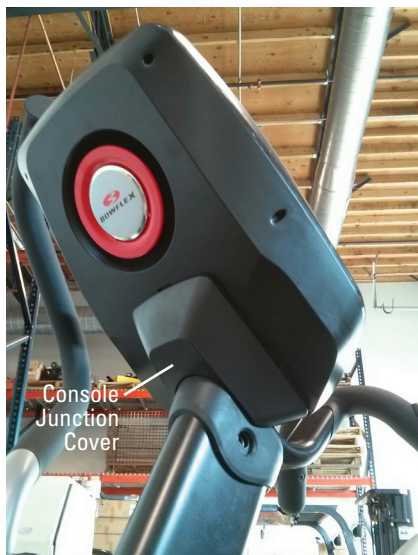
A Zip-Tie, rubber band or piece of wire to restrict Console Cable from falling into Right Upright





To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and the machine and wait 5 minutes before cleaning, maintaining or repairing the machine. Place the power cord in a secure location.

1. To remove the Console Junction Cover, pinch the sides to release the side snaps, and then pivot it forward and off of the machine.



2. Using a 6mm hex wrench, remove the three screws from the Console Mast.



3. Gently lift and remove the Console/Static Handlebar Assembly from the Console Mast and disconnect the five cables (the Input/Output, Lift Motor, Resistance Control, Wireless Heart Rate, and Incline Control Cables) that come from the back of the Console.

Note: Do not let the Cables fall down inside the Console Mast. If necessary, use a rubber band or wire tie to secure them. This step may require two people.



4. Using a Standard screwdriver to gently pry, unsnap the Exterior Pivot Covers. Place them safely aside.



5. Using a #2 Phillips screwdriver, remove the two screws that secure the Interior Pivot Cover to the Handlebar Arm.



6. Using a 6mm hex wrench, remove the indicated hardware from the Lower Handlebar Arm and Pedal.

! Be aware that the Handlebar Arm will be loose and will pivot when the hardware is removed. Safely allow the Handlebar Arm to pivot downward and come to rest. Be sure not to be in the path of the Handlebar Arm.

Note: To assist with reassembly, observe how the Pivot Sleeve engages flush with the Lower Handlebar Arm.



7. Using two 6mm hex wrenches, remove the indicated hardware from the Lower Handlebar Arm and the Arm Pivot Rod. The hardware on both ends of the Arm Pivot Rod will need to be held to remove it.



8. Slightly pull the Handlebar Arm off the machine to expose the Cable Connections.

9. Disconnect the Handlebar Cable from the Upper Handlebar that goes into the Console Mast.

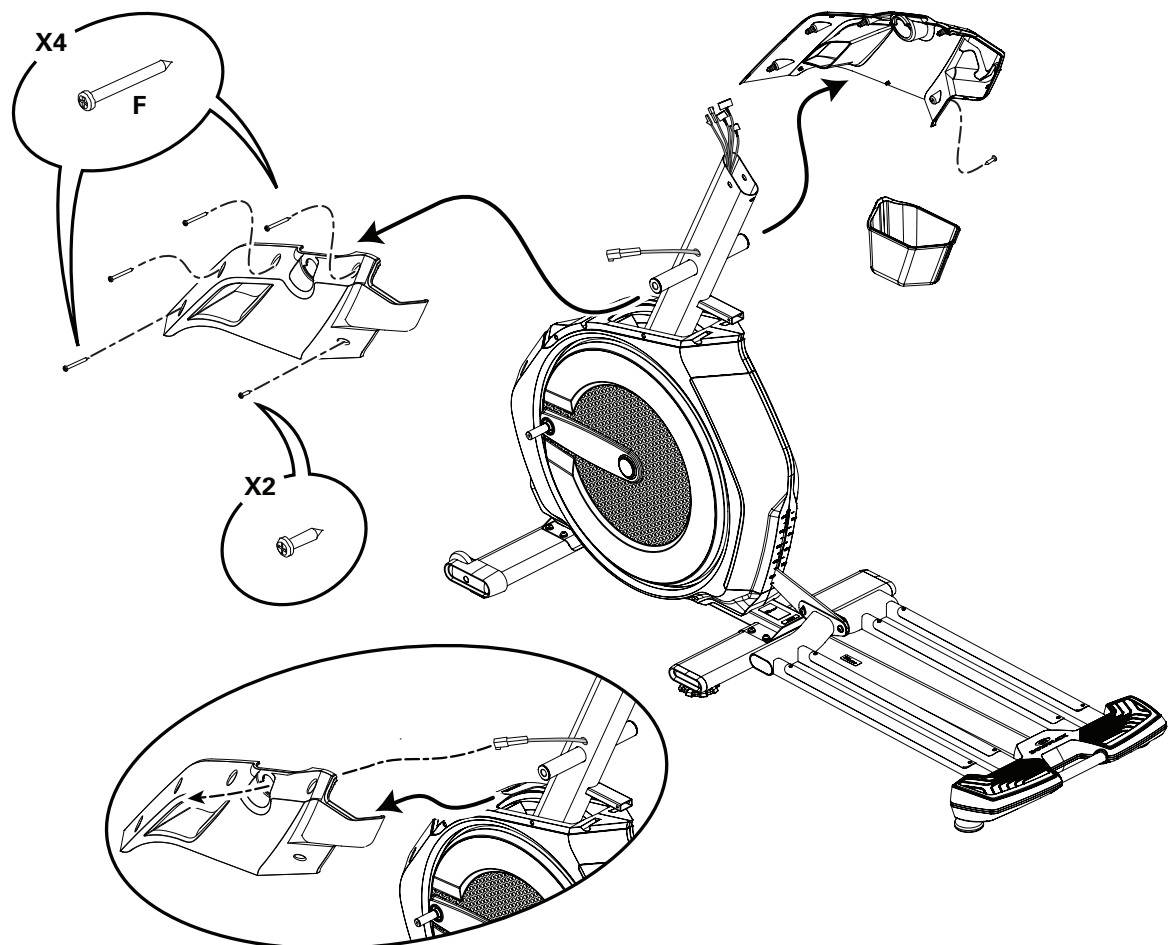
10. Remove the Handlebar Arm from the machine.

11. Repeat steps 5-10 on the other side of the machine.



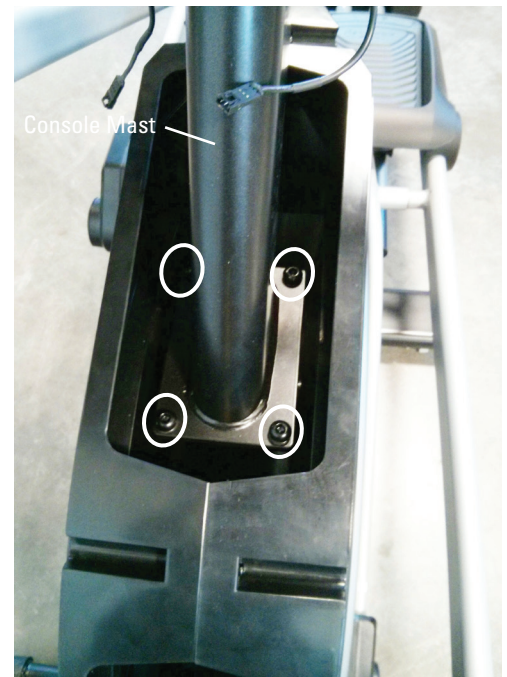
12. Using a #2 Phillips screwdriver, remove the screws that secure the Upper Shrouds and Tray.

Note: Be sure to observe how the Handlebar Cables route through the Upper Shrouds to assist with re-assembly.



13. Using a 6mm hex wrench, remove the hardware (indicated) from the Console Mast. Slightly pull the Mast up and disconnect the cables. Set the hardware aside for reassembly.

NOTICE: Do not crimp the cables. Do not allow the cables to fall down into the Main Unit or into the Console Mast. This step may require two people.



14. Tie a length of string to the lower end of the cable being replaced. Hold the other end of the cable and carefully pull it out of the Console Mast so that the string extends through the Console Mast.

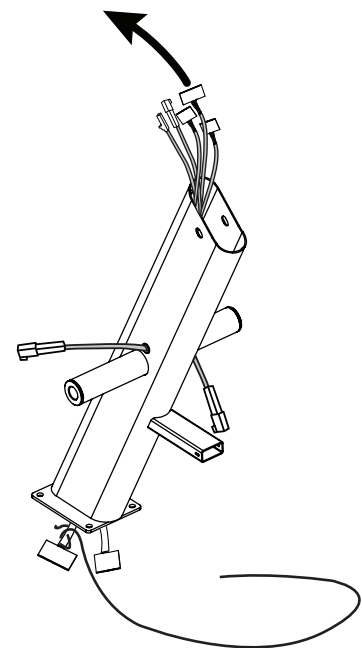
NOTICE: Do not crimp or pull other cables out of the Console Mast.

15. Untie the string from the old cable and discard it.

16. Tie the lower end of the string coming out of the bottom of the Cable Mast to the upper end of the replacement cable. Hold the upper end of the string and carefully pull the new cable through the Cable Mast.

NOTICE: Do not crimp or pull other cables out of the Console Mast.

17. Untie the string from the new cable.



18. Re-assemble the machine in the reverse order of when the parts were removed.

NOTICE: Do not crimp the cables.

19. Final Inspection

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



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

NOTICE: This document provides instructions for the replacement of the Lift Motor Assembly on the Bowflex® BXE116 / BXE216 Ellipticals.

If you need assistance, please call Bowflex Customer Service at 1-800-605-3369.

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- Keep bystanders, children and pets away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
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Tools Required (not included)

(2) 6mm hex wrenches



#2 Phillips screwdriver



Small standard screwdriver



18mm socket and wrench



18mm open ended wrench



⚠ DANGER To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.

1. Using a Standard screwdriver to gently pry, unsnap the Exterior Pivot Covers. Place them safely aside.

Note: This procedure shows the removal and replacement of the Left Upper and Lower Handlebar Arm. To remove the Right Handlebar, adjust the procedure accordingly.



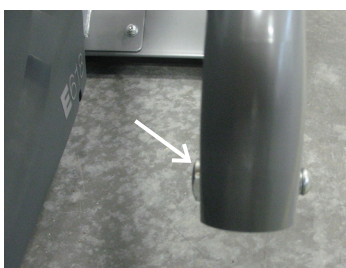
2. Using a #2 Phillips screwdriver, remove the two screws that secure the Interior Pivot Cover to the Handlebar Arm.



3. Using a 6mm hex wrench, remove the indicated hardware from the Lower Handlebar Arm and Pedal.

⚠ Be aware that the Handlebar Arm will be loose and will pivot when the hardware is removed. Safely allow the Handlebar Arm to pivot downward and come to rest. Be sure not to be in the path of the Handlebar Arm.

Note: To assist with reassembly, observe how the Pivot Sleeve engages flush with the Lower Handlebar Arm.

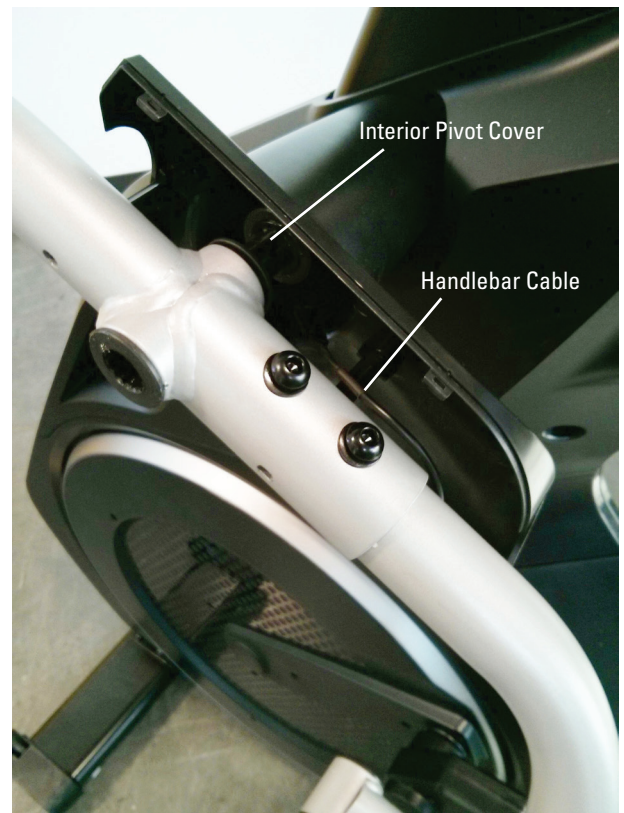


4. Using two 6mm hex wrenches, remove the indicated hardware from the Lower Handlebar Arm and the Arm Pivot Rod. The hardware on both ends of the Arm Pivot Rod will need to be held to remove it.

5. Slightly pull the Handlebar Arm off the machine to expose the Cable Connections.

6. Disconnect the Handlebar Cable from the Upper Handlebar that goes into the Console Mast.

7. Remove the Handlebar Arm from the machine.



8. Using a small Standard screwdriver, remove the indicated Cap (by arrow) from the Frame Assembly.

9. Using a 6mm hex wrench, remove the indicated hardware from the Crank Arm and Leg.

10. Remove the Interior Pivot Cover while noting how the Handlebar Cable runs through it for re-assembly.



11. Using a 6mm hex wrench, loosen and remove the indicated hardware from the Crank Arm and Leg, and set it safely aside for reassembly. Remove the Leg and Pedal together and set them safely aside for reassembly.

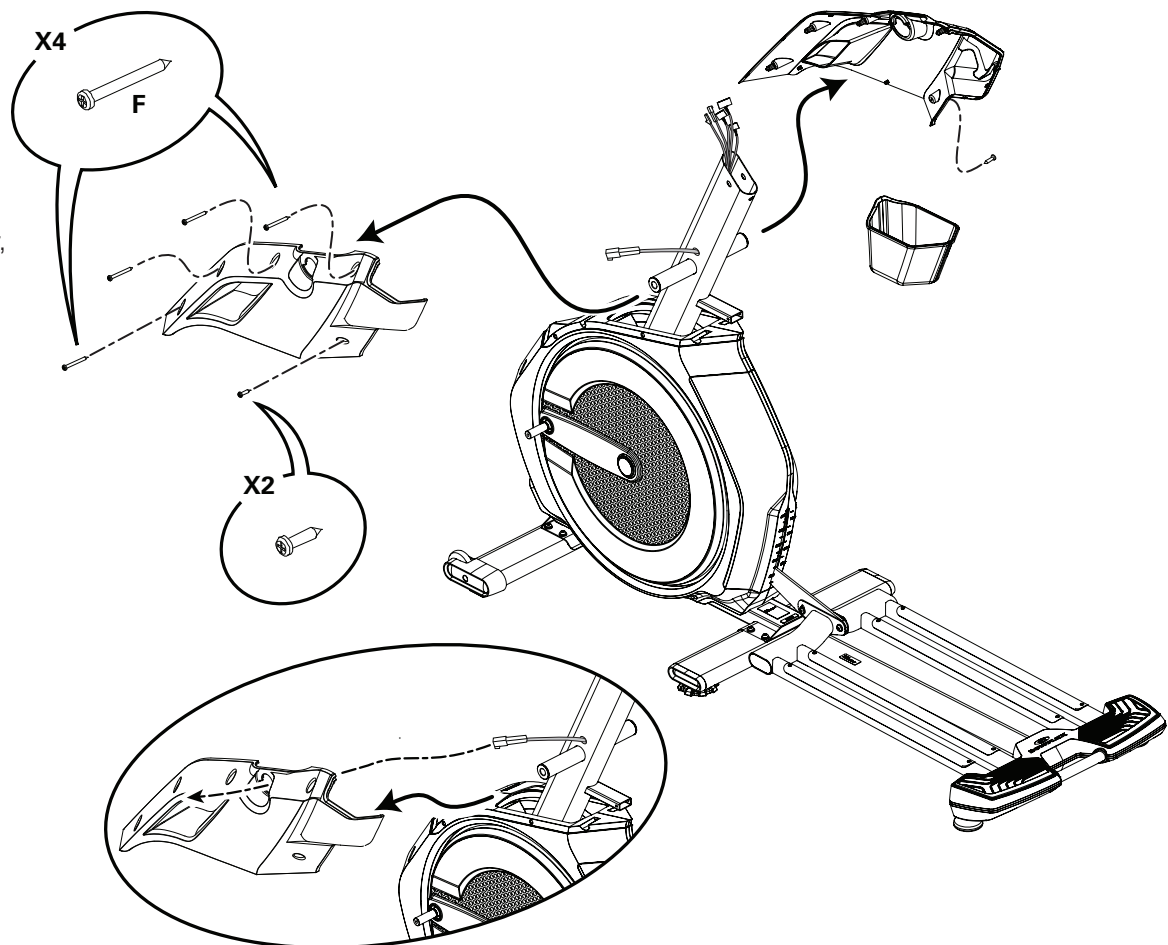
NOTICE: This step may require two people.

12. Repeat steps 2-11 on the other side of the machine.



13. Using a #2 Phillips screwdriver, remove the screws that secure the Upper Shrouds and Tray.

Note: Be sure to observe how the Handlebar Cables route through the Upper Shrouds to assist with re-assembly.

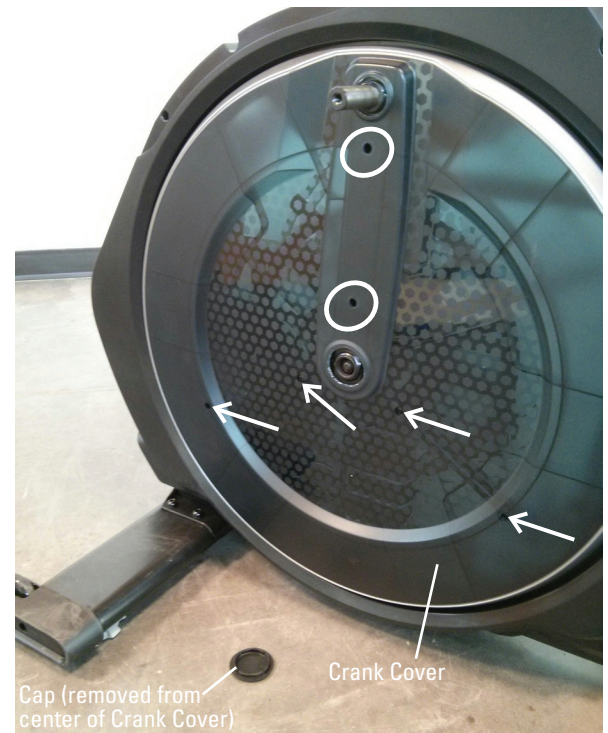


14. Using a small standard screwdriver, gently pry the Cap off of the center of the Crank Cover.

15. Using a #2 Phillips screwdriver, remove the 6 indicated screws (ovals and arrows) from the Crank Cover.

NOTICE: To assist with re-assembly, observe that the white arrows are the longer screws.

16. Repeat steps 14-15 on the other side of the machine.



17. Using a #2 Phillips screwdriver, remove the 7 indicated screws (with arrows) that secure the Left Shroud. Remove the bottom screws first, and then the top screw. Slowly remove the Left Shroud.

18. Using a #2 Phillips screwdriver, remove the 3 indicated screws (with arrows) that secure the Right Shroud. Remove the bottom screws first, and then the top screw. Slowly remove the Right Shroud.



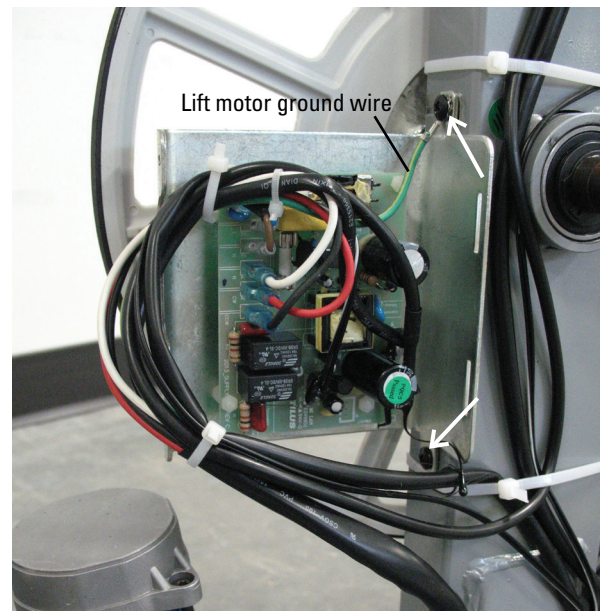
19. Using a short #2 Phillips screwdriver, remove the indicated screws (by arrows) from the MCB Cover. Carefully remove the MCB cover.

NOTICE: Do not crimp the cables.



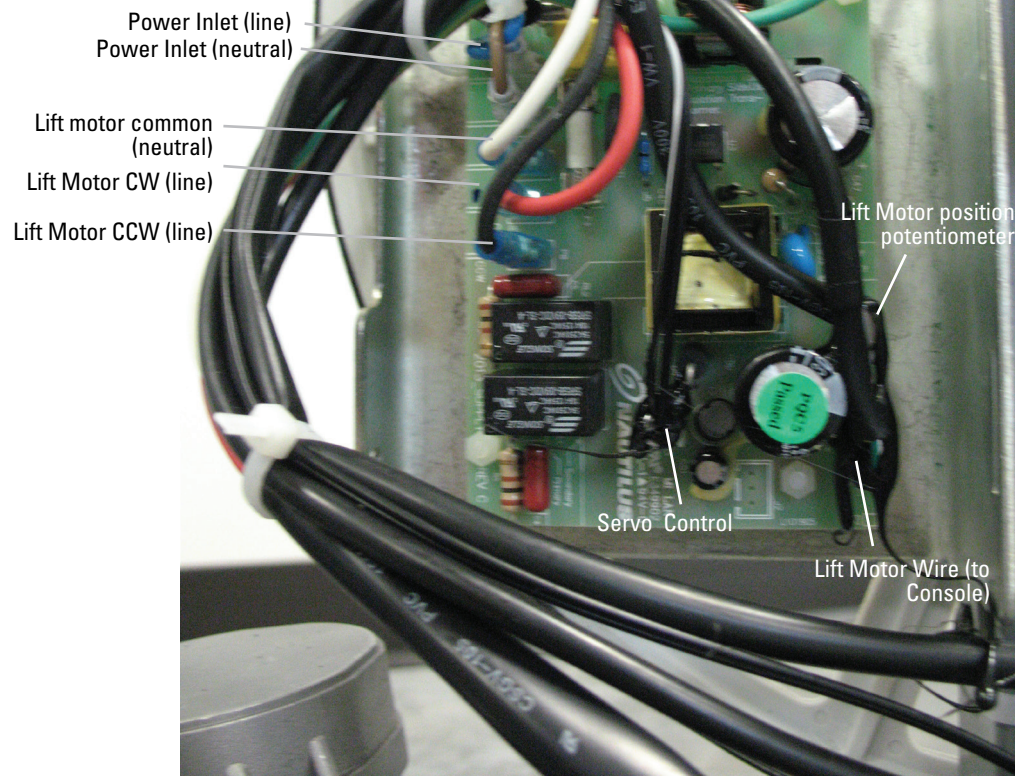
Note: Your machine may not match the image. For reference only.

20. Using a #2 Phillips screwdriver, remove the top screw to free the Lift Motor ground wire. Hand tighten the top screw to hold the MCB Assembly in position on the Frame until reassembly.



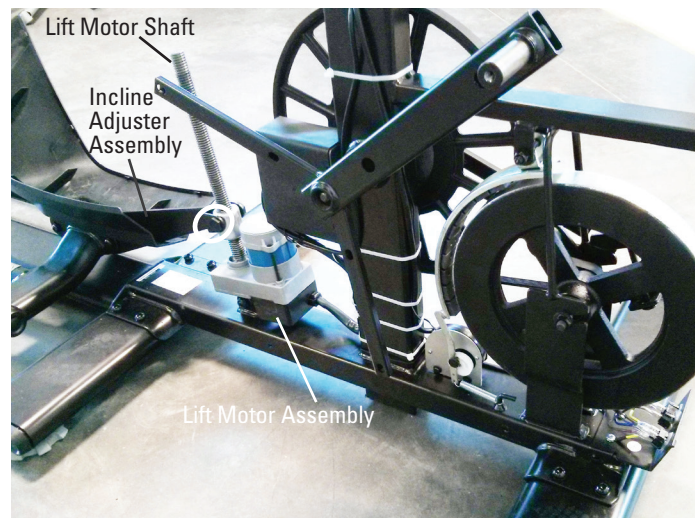
21. Disconnect the Lift Motor cable from the Motor Control Board after noting the connector locations.

Note: Be sure to note where all cables attach for re-assembly.



22. Remove the zipties that hold the cables.

23. Using the 18mm socket and wrench and 18mm open end wrench, loosen and remove the indicated hex head bolts (by oval) that attach the Incline Adjuster Assembly to the Lift Motor shaft. Set the bolts aside for reassembly.



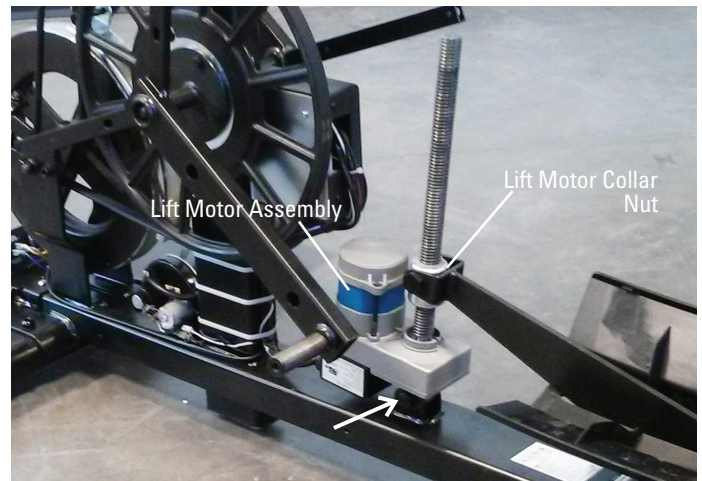
24. Remove the indicated hardware (by arrow) that attaches the Lift Motor Assembly to the Frame.

NOTICE: Do not crimp any cables.

25. Remove old Lift Motor assembly, and discard.

26. Install the replacement Lift Motor assembly and hardware to the Frame.

Note: Do not connect the Incline Adjuster Assembly at this stage.



27. Connect the Lift Motor cable to the proper locations on the MCB. Secure the cables with zipties.



Use the top screw to attach the green Lift Motor ground wire to the Frame. Be sure not to crimp any cables.

28. Turn the power on.



Machine is on. Current is active. There is risk of electrical shock.

29. From the Power Up Mode screen, push and hold down the PAUSE/STOP button and Down arrow button for 3 seconds until the Console displays the TOTAL RUN HOURS.

30. Push and hold the PAUSE/STOP and DOWN arrow buttons for 3 seconds until the FIRMWARE VERSION STRING is displayed.

31. Push the DOWN arrow button until it displays ENTR INCL TST and push ENTER to start the test.

32. The Console will display INCLINE TEST and work through the numbers 1,2,3 as the motor moves. INCLINE TEST PASS will be displayed when done and successful.

33. When the motor has stopped turning, adjust the nut (A2) on the shaft (A1) to 35mm above the Lift Motor base, using a ruler or 35mm spacer.

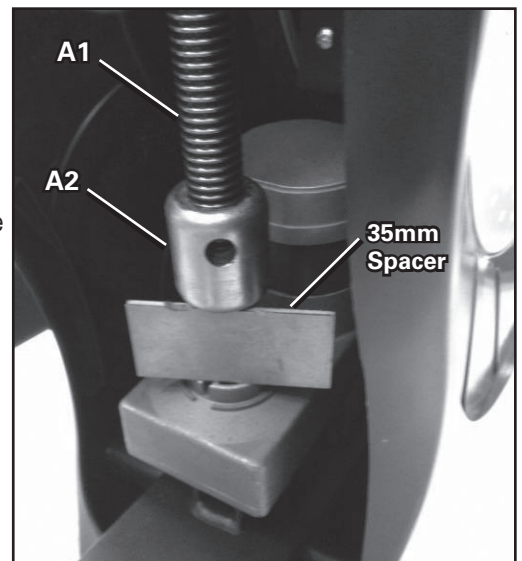
34. Adjust the nut (A2) upward away from the motor base until the holes in the nut align with the holes in the Incline Adjuster (J) bracket. Install the hex head bolts (K) to secure the bracket to the nut.

35. Push the ENTER button to exit the TST menu, and then push PAUSE/END to go back to the Power-Up Mode screen.

36. Push the 15* lift preset button to confirm correct operation. Push the 1* lift preset button to confirm correct operation.



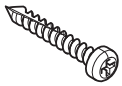
Disconnect all power and allow to sit for 5 minutes.



37. Re-assemble the machine in the reverse order of when the parts were removed. Put the Left Shroud in position first to align the screws for the Right Shroud. Install the top screws first. Be sure the tabs in the Motorized Lift Cover snap into the Side Shrouds.

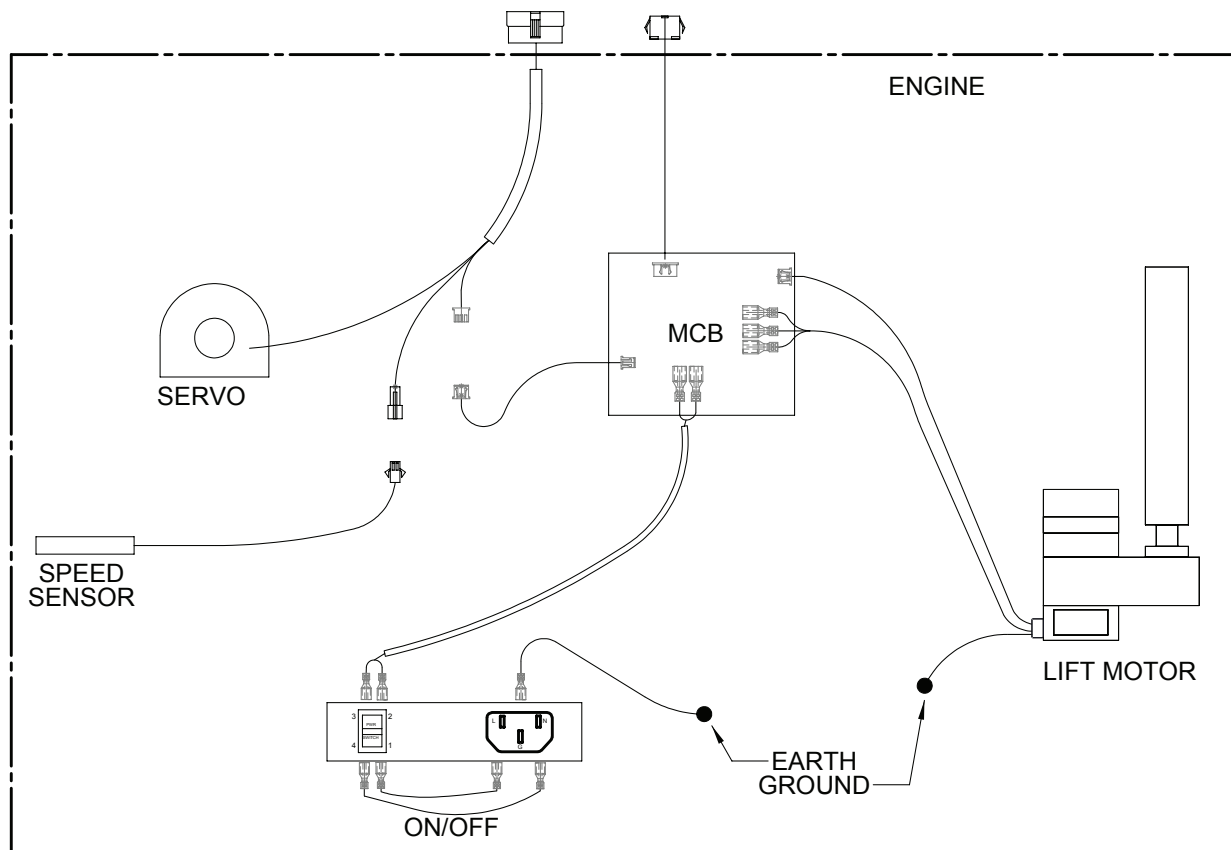
NOTICE: This step may require two people. Be sure not to crimp any cables.

Note: Self-tapping screws attach the Shrouds to the Frame.



38. Inspect your machine to ensure that all hardware is tight and components are properly assembled.

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



NOTICE: This document provides instructions for the replacement of the Motor Control Board (MCB) on the Bowflex® BXE116 / BXE216 Ellipticals.

If you need assistance, please call Bowflex Customer Service at 1-800-605-3369.

 **This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Read and understand all Warnings on this machine.**

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Important Safety Instructions - Before servicing or using this equipment, obey the following warnings:

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⚠ DANGER To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.

- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders, children and pets away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- 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 and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If necessary request replacement warning stickers or placards from Nautilus customer service.
- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety and will void the warranty.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

Tools Required (not included)

(2) 6mm hex wrenches



#2 Phillips screwdriver



Small standard screwdriver



⚠ DANGER To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.

1. Using a Standard screwdriver to gently pry, unsnap the Exterior Pivot Covers. Place them safely aside.

Note: This procedure shows the removal and replacement of the Left Upper and Lower Handlebar Arm. To remove the Right Handlebar, adjust the procedure accordingly.



2. Using a #2 Phillips screwdriver, remove the two screws that secure the Interior Pivot Cover to the Handlebar Arm.



3. Using a 6mm hex wrench, remove the indicated hardware from the Lower Handlebar Arm and Pedal.

⚠ Be aware that the Handlebar Arm will be loose and will pivot when the hardware is removed. Safely allow the Handlebar Arm to pivot downward and come to rest. Be sure not to be in the path of the Handlebar Arm.

Note: To assist with reassembly, observe how the Pivot Sleeve engages flush with the Lower Handlebar Arm.

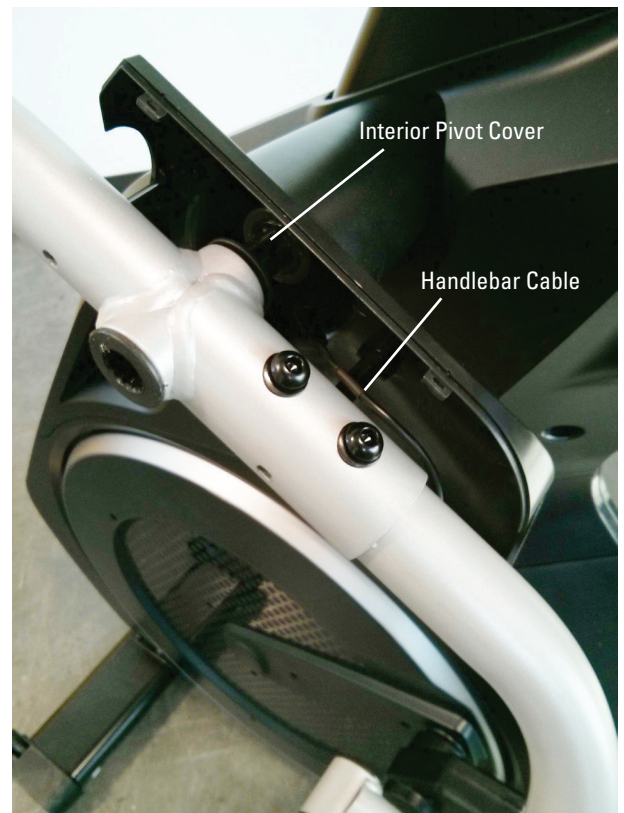


4. Using two 6mm hex wrenches, remove the indicated hardware from the Lower Handlebar Arm and the Arm Pivot Rod. The hardware on both ends of the Arm Pivot Rod will need to be held to remove it.

5. Slightly pull the Handlebar Arm off the machine to expose the Cable Connections.

6. Disconnect the Handlebar Cable from the Upper Handlebar that goes into the Console Mast.

7. Remove the Handlebar Arm from the machine.



8. Using a small Standard screwdriver, remove the indicated Cap (by arrow) from the Frame Assembly.

9. Using a 6mm hex wrench, remove the indicated hardware from the Crank Arm and Leg.

10. Remove the Interior Pivot Cover while noting how the Handlebar Cable runs through it for re-assembly.



11. Using a 6mm hex wrench, loosen and remove the indicated hardware from the Crank Arm and Leg, and set it safely aside for reassembly. Remove the Leg and Pedal together and set them safely aside for reassembly.

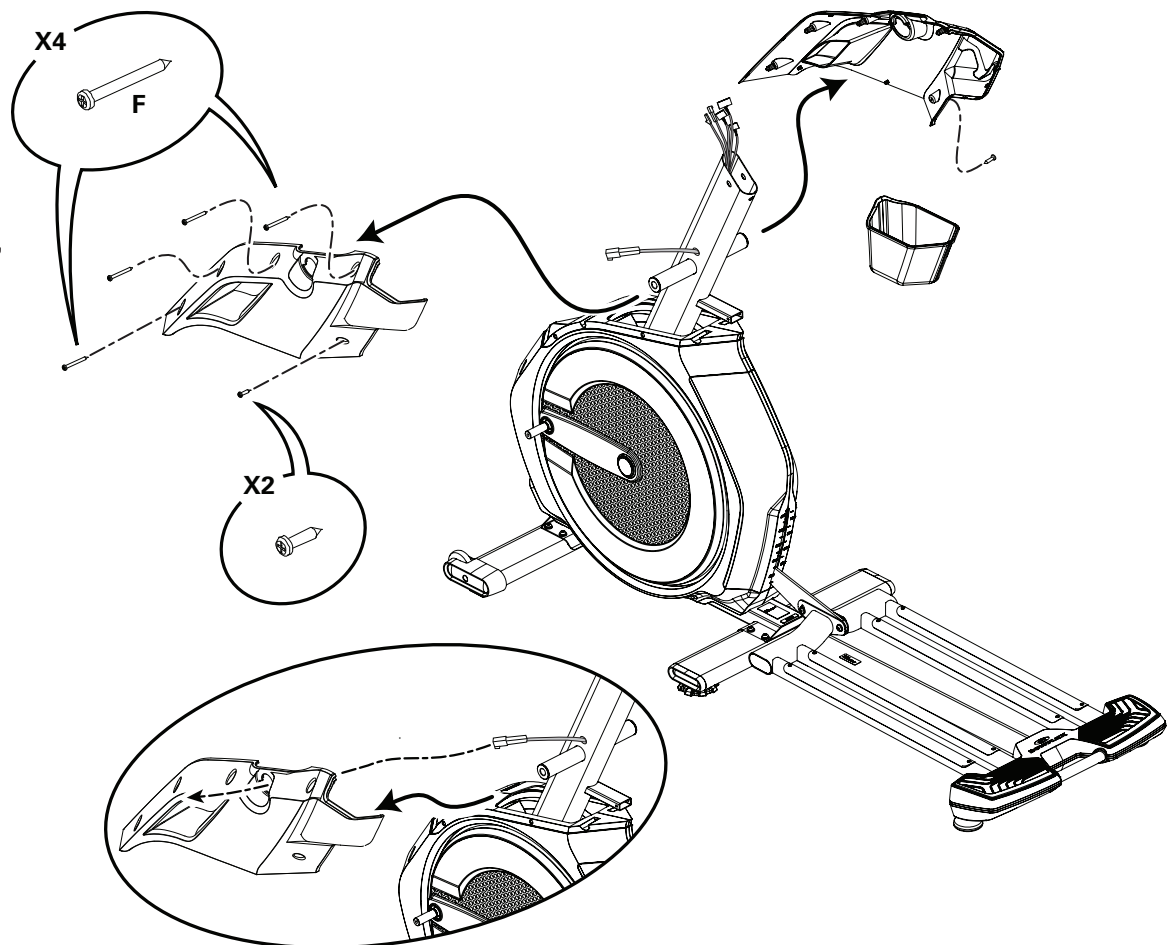
NOTICE: This step may require two people.

12. Repeat steps 2-11 on the other side of the machine.



13. Using a #2 Phillips screwdriver, remove the screws that secure the Upper Shrouds and Tray.

Note: Be sure to observe how the Handlebar Cables route through the Upper Shrouds to assist with re-assembly.



14. Using a small standard screwdriver, gently pry the Cap off of the center of the Right Crank Cover.

15. Using a #2 Phillips screwdriver, remove the 6 indicated screws (ovals and arrows) from the Right Crank Cover.

NOTICE: To assist with re-assembly, observe that the white arrows are the longer screws.



16. Observe the cable routing from the Motor Control Board (MCB) Assembly on your machine.

- Power Inlet Cable (Power switch to MCB)
- Lift Motor Cable, Lower (Lift Motor to MCB)
- Lift Motor Wire, Upper (MCB to Console)
- Servo Control Wire (MCB to Servo Motor)
- Speed Sensor Cable (Speed Sensor to Servo Motor)
- Input/Output (I/O) Cable (Servo Motor to Console)

Note: Be sure to note where all cables are routed for re-assembly.



17. Remove the zipties that hold the cables.

18. Using a short #2 Phillips screwdriver, remove the indicated screws (by arrows) from the MCB Cover. Carefully remove the MCB cover.

NOTICE: Do not crimp the cables.



Note: Your machine may not match the image. For reference only.

19. Disconnect the cables from the Motor Control Board after noting their locations (see next page for detailed image).

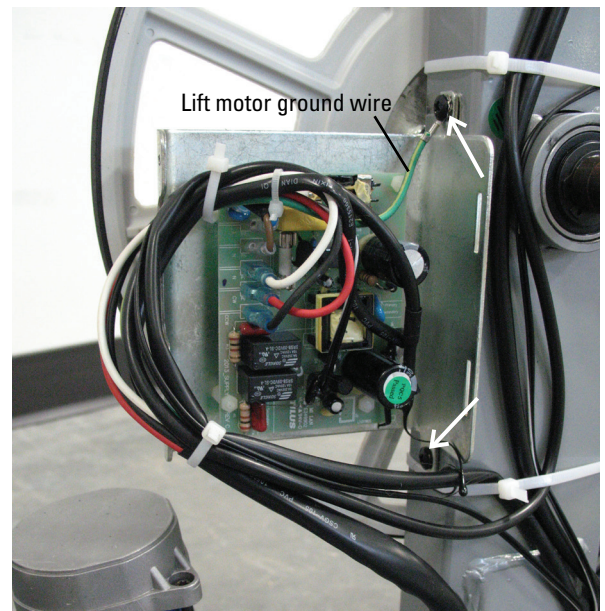
Note: Be sure to note where all cables attach for re-assembly.

20. Using a #2 Phillips screwdriver, remove the 2 indicated screws that attach the MCB Assembly to the Frame.

21. Remove the old MCB Assembly, and install the new MCB Assembly. Connect the cables to the MCB in their proper locations.



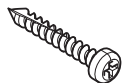
Use the upper screw to attach the green Lift Motor ground wire to the Frame. Be sure not to crimp any cables.



22. Installation is the reverse procedure. Put the Left Shroud in position first to align the screws for the Right Shroud. Install the top screws first. Be sure the tabs in the Motorized Lift Cover snap into the Side Shrouds.

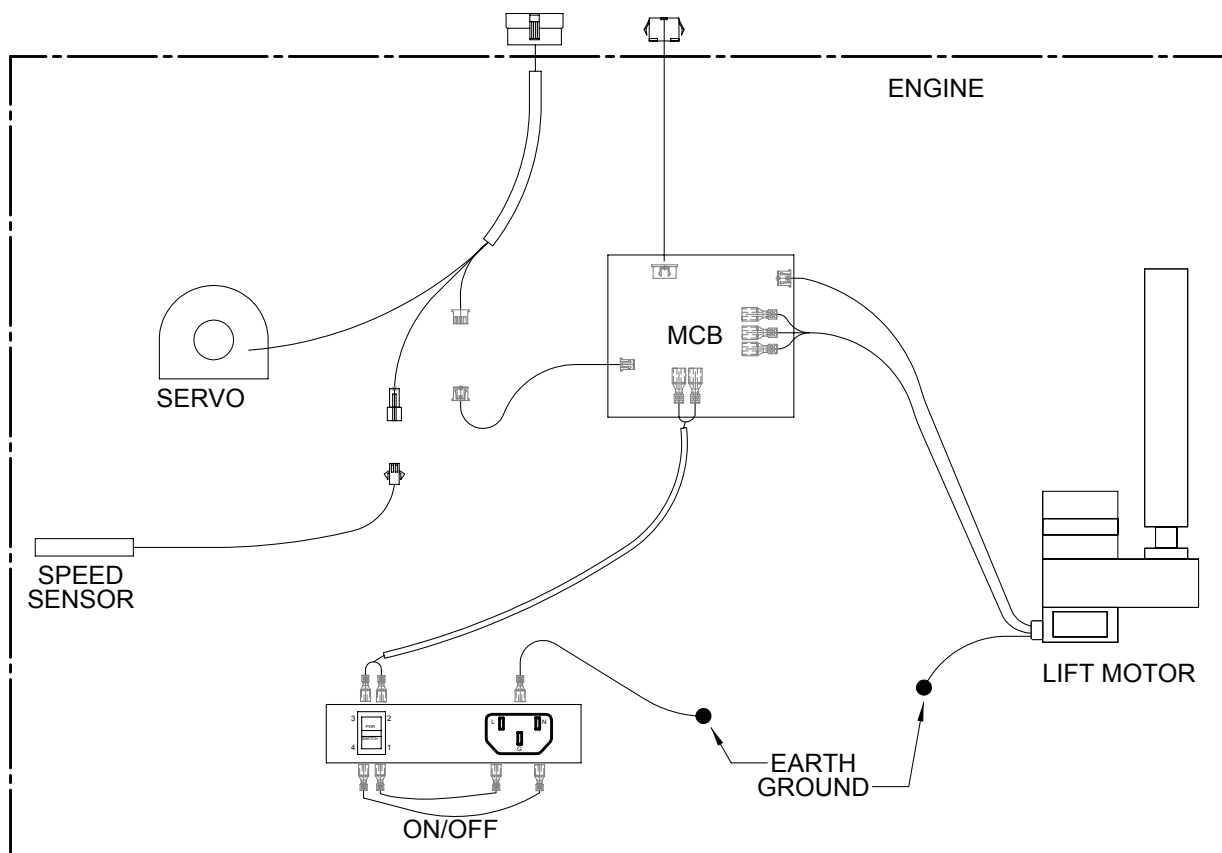
NOTICE: This step may require two people. Be sure not to crimp any cables.

Note: Self-tapping screws attach the Shrouds to the Frame.



23. Inspect your machine to ensure that all hardware is tight and components are properly assembled.

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



NOTICE: This document provides instructions for the replacement of the Pedals and Legs on the Bowflex® BXE116 / BXE216 Ellipticals.

If you need assistance, please call Bowflex Customer Service at 1-800-605-3369.

⚠ This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Read and understand all Warnings on this machine.

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Important Safety Instructions - Before servicing or using this equipment, obey the following warnings:

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⚠ DANGER To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.

- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders, children and pets away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- 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 and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If necessary request replacement warning stickers or placards from Nautilus customer service.
- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety and will void the warranty.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

Tools Required (not included)

6mm hex wrench



#2 Phillips screwdriver



Standard screwdriver



13mm open end wrench



⚠ DANGER To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.

Note: This procedure shows the removal and replacement of the Left Pedal and Leg. To remove the Right Pedal and Leg, adjust the procedure accordingly.

1. Using a 6mm hex wrench and 13mm wrench, remove the indicated hardware (by arrow) from the inside of the Pedal.



2. Using a 6mm hex wrench, remove the indicated hardware (by oval) from the Lower Handlebar Arm and Pedal.

⚠ Be aware that the Handlebar Arm will be loose and will pivot when the hardware is removed. Safely allow the Handlebar Arm to pivot downward and come to rest. Be sure not to be in the path of the Handlebar Arm.

Note: To assist with reassembly, observe how the Pivot Sleeve engages flush with the Lower Handlebar Arm.



3. Remove the Pedal.

4. Using a Standard screwdriver, remove the indicated Cap (by arrow) from the Frame Assembly.

5. Using a 6mm hex wrench, remove the indicated hardware from the Crank Arm and Leg.

6. Remove the old Leg and replace with the new one.



7. Re-assemble the machine in the reverse order of when the parts were removed.

8. Final Inspection


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



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

NOTICE: This document provides instructions for the replacement of the Power Switch Assembly on the Bowflex® BXE116 / BXE216 Ellipticals.

If you need assistance, please call Bowflex Customer Service at 1-800-605-3369.

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- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders, children and pets away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- 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 and will void the warranty.
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- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety and will void the warranty.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

Tools Required (not included)

(2) 6mm hex wrenches



#2 Phillips screwdriver



Small standard screwdriver



⚠ DANGER To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.

1. Using a Standard screwdriver to gently pry, unsnap the Exterior Pivot Covers. Place them safely aside.

Note: This procedure shows the removal and replacement of the Left Upper and Lower Handlebar Arm. To remove the Right Handlebar, adjust the procedure accordingly.



2. Using a #2 Phillips screwdriver, remove the two screws that secure the Interior Pivot Cover to the Handlebar Arm.



3. Using a 6mm hex wrench, remove the indicated hardware from the Lower Handlebar Arm and Pedal.

⚠ Be aware that the Handlebar Arm will be loose and will pivot when the hardware is removed. Safely allow the Handlebar Arm to pivot downward and come to rest. Be sure not to be in the path of the Handlebar Arm.

Note: To assist with reassembly, observe how the Pivot Sleeve engages flush with the Lower Handlebar Arm.

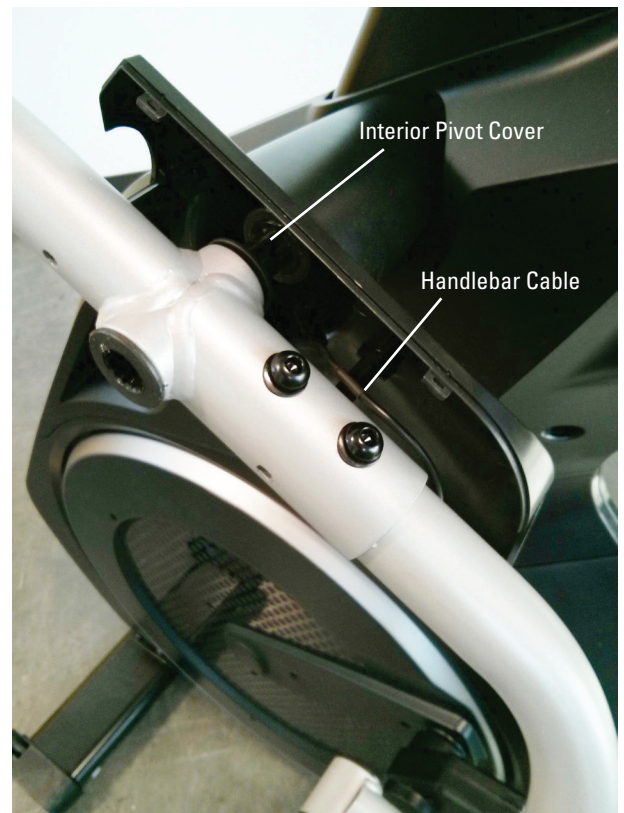


4. Using two 6mm hex wrenches, remove the indicated hardware from the Lower Handlebar Arm and the Arm Pivot Rod. The hardware on both ends of the Arm Pivot Rod will need to be held to remove it.

5. Slightly pull the Handlebar Arm off the machine to expose the Cable Connections.

6. Disconnect the Handlebar Cable from the Upper Handlebar that goes into the Console Mast.

7. Remove the Handlebar Arm from the machine.



8. Using a small Standard screwdriver, remove the indicated Cap (by arrow) from the Frame Assembly.

9. Using a 6mm hex wrench, remove the indicated hardware from the Crank Arm and Leg.

10. Remove the Interior Pivot Cover while noting how the Handlebar Cable runs through it for re-assembly.



11. Using a 6mm hex wrench, loosen and remove the indicated hardware from the Crank Arm and Leg, and set it safely aside for reassembly. Remove the Leg and Pedal together and set them safely aside for reassembly.

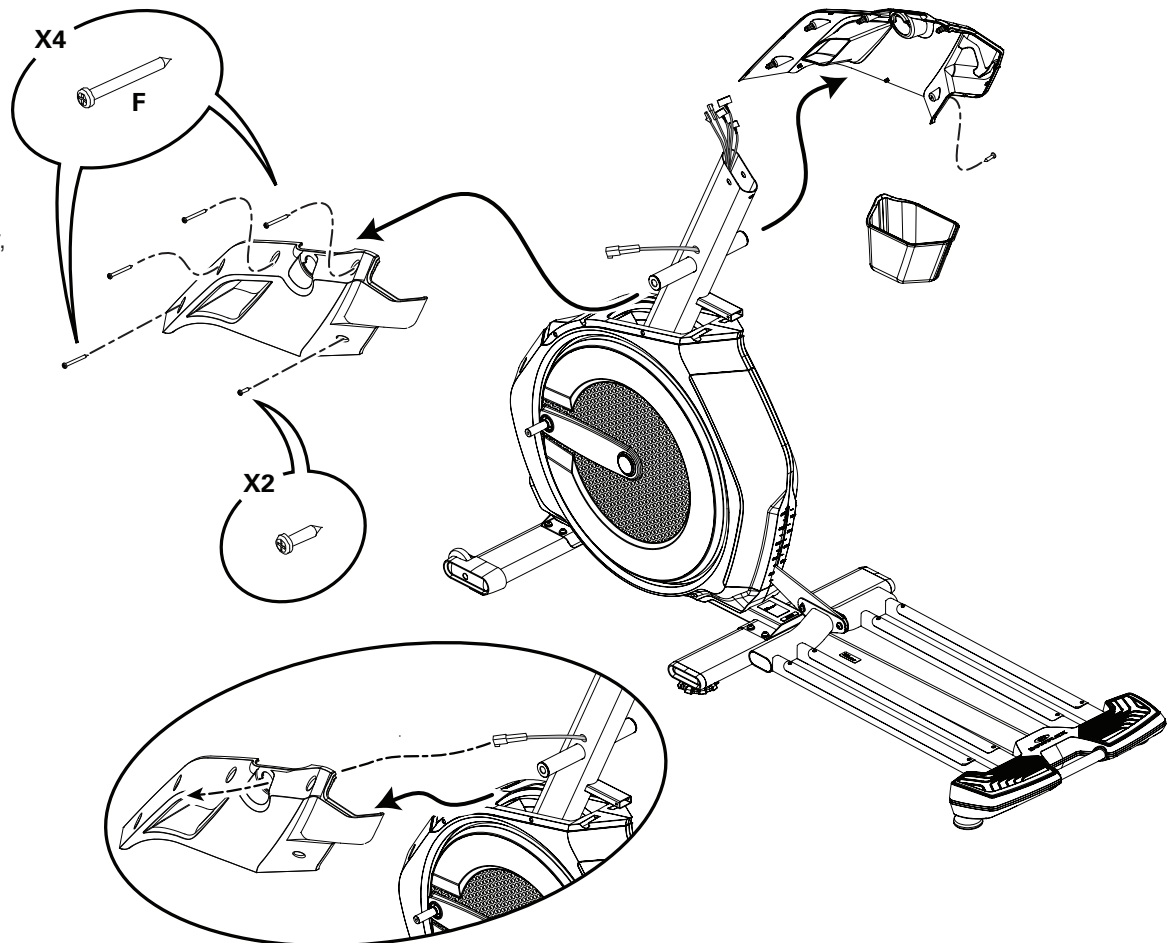
NOTICE: This step may require two people.

12. Repeat steps 2-11 on the other side of the machine.



13. Using a #2 Phillips screwdriver, remove the screws that secure the Upper Shrouds and Tray.

Note: Be sure to observe how the Handlebar Cables route through the Upper Shrouds to assist with re-assembly.

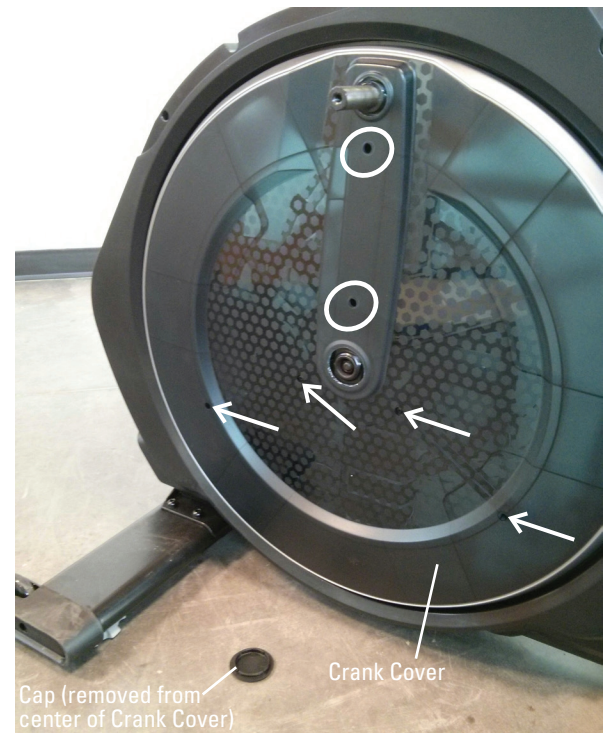


14. Using a small standard screwdriver, gently pry the Cap off of the center of the Crank Cover.

15. Using a #2 Phillips screwdriver, remove the 6 indicated screws (ovals and arrows) from the Crank Cover.

NOTICE: To assist with re-assembly, observe that the white arrows are the longer screws.

16. Repeat steps 14-15 on the other side of the machine.

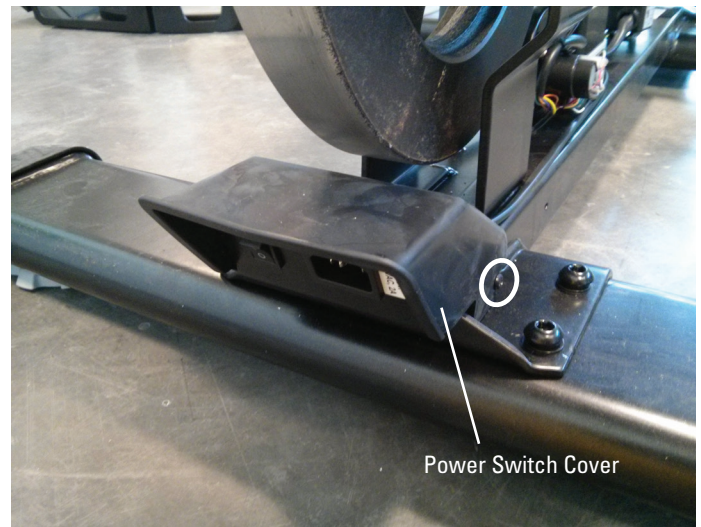


17. Using a #2 Phillips screwdriver, remove the 7 indicated screws (with arrows) that secure the Left Shroud. Remove the bottom screws first, and then the top screw. Slowly remove the Left Shroud.

18. Using a #2 Phillips screwdriver, remove the 3 indicated screws (with arrows) that secure the Right Shroud. Remove the bottom screws first, and then the top screw. Slowly remove the Right Shroud.



19. Using a #2 Phillips screwdriver, remove the two screws (one indicated) from each side of the Power Switch Cover. Remove the Cover.



20. Note the location of each cable and how they connect to the old Power Switch Assembly.

21. Carefully disconnect a cable and connect it to the new Power Switch Assembly. Repeat until all cables are connected to the new Power Switch Assembly.

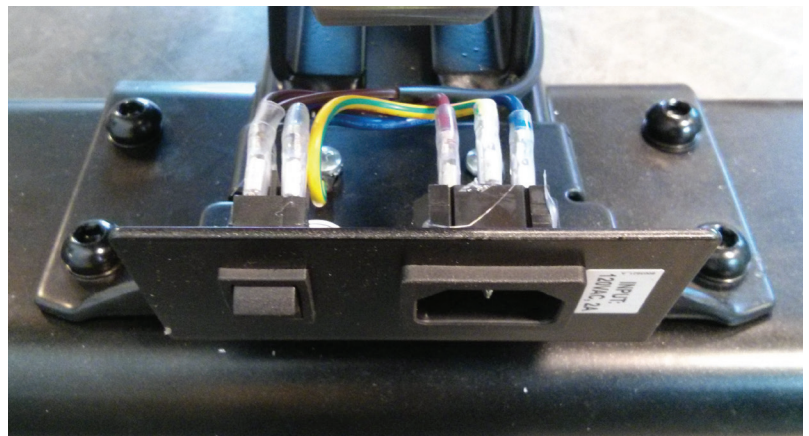
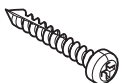
22. Using a #2 Phillips screwdriver, remove the two indicated screws from the old Power Switch Assembly. Remove it.



23. Installation is the reverse procedure. Put the Left Shroud in position first to align the screws for the Right Shroud. Install the top screws first. Be sure the tabs in the Motorized Lift Cover snap into the Side Shrouds.

NOTICE: This step may require two people. Be sure not to crimp any cables.

Note: Self-tapping screws attach the Shrouds to the Frame.




24. Inspect your machine to ensure that all hardware is tight and components are properly assembled.

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

NOTICE: This document provides instructions for the replacement of the Rail Assembly on the Bowflex® BXE116 / BXE216 Ellipticals.

If you need assistance, please call Bowflex Customer Service at 1-800-605-3369.

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- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders, children and pets away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- 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 and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If necessary request replacement warning stickers or placards from Nautilus customer service.
- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety and will void the warranty.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

Tools Required (not included)

6mm hex wrench



13mm open end wrench



Small flathead screwdriver



Static solid object (like a book or box) about 2" thick



⚠ DANGER To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.

1. Be sure the Incline Assembly on the Rail Assembly is fully lowered.

⚠ Do not adjust the incline angle when on the machine.
Be sure the area below the machine is clear before lowering.

Push the Incline Level Decrease (▼) button to change the incline angle of the rail assembly, or push the 0% Incline Level Quick Button.

⚠ Disconnect all power and allow to sit for 5 minutes.

2. Using a 6mm hex wrench and 13mm wrench, remove the indicated hardware (by arrow) from the inside of the Pedal.



3. Using a 6mm hex wrench, remove the indicated hardware (by oval) from the Lower Handlebar Arm and Pedal.

⚠ Be aware that the Handlebar Arm will be loose and will pivot when the hardware is removed. Safely allow the Handlebar Arm to pivot downward and come to rest. Be sure not to be in the path of the Handlebar Arm.

Note: To assist with reassembly, observe how the Pivot Sleeve engages flush with the Lower Handlebar Arm.



4. Remove the Pedal.

5. Using a Standard screwdriver, remove the indicated Cap (by arrow) from the Frame Assembly.

6. Using a 6mm hex wrench, remove the indicated hardware from the Crank Arm and Leg.

7. Remove the Leg and Pedal Assembly from the Frame Assembly.

8. Repeat steps 2-6 on the other side of the machine.

9. Place a static object (like a book or box) under the back of the main frame but not under the Rail Assembly. The static object (*) should not be compressible.

10. Using a 6mm hex wrench and a 13mm wrench, remove the 2 indicated screws (by arrow) that attach the Rail Assembly to the Incline Arm.

⚠ Be aware that the Frame Assembly may be unstable and slightly top heavy.

11. Using a 6mm hex wrench, remove the 4 indicated screws (by ovals) that attach the Rail Assembly to the Frame Assembly.

12. Remove the old Rail Assembly and replace with the new one.

⚠ Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.

NOTICE: This step may require two people.

13. Re-assemble the machine in the reverse order of when the parts were removed.

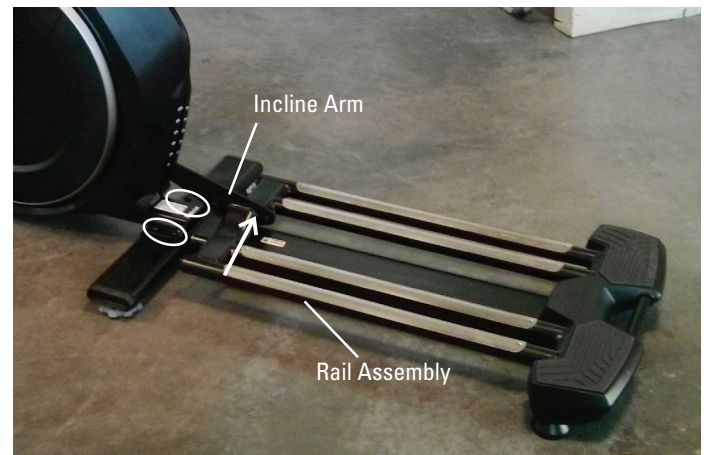
⚠ Make sure the Upper Handlebar Arms are secure before you exercise.

Note: Remove the plastic scratch guard strips from the Rails. If necessary, apply silicone lubricant to a cloth and wipe the Rails to eliminate roller noise.

14. Final Inspection

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

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



NOTICE: This document provides instructions for the replacement of the Servo Motor on the Bowflex® BXE116 / BXE216 Ellipticals.

If you need assistance, please call Bowflex Customer Service at 1-800-605-3369.

⚠ This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Read and understand all Warnings on this machine.

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Important Safety Instructions - Before servicing or using this equipment, obey the following warnings:

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⚠ DANGER To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.

- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders, children and pets away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- 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 and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If necessary request replacement warning stickers or placards from Nautilus customer service.
- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety and will void the warranty.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

Tools Required (not included)

(2) 6mm hex wrenches



#2 Phillips screwdriver



Small standard screwdriver



13mm open end wrench



2.5" x 10" cardboard and tape
Utility knife or scissors to cut zipties
4' (1.2m) length of string
Zipties



⚠ DANGER To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.

1. Using a Standard screwdriver to gently pry, unsnap the Exterior Pivot Covers. Place them safely aside.

Note: This procedure shows the removal and replacement of the Left Upper and Lower Handlebar Arm. To remove the Right Handlebar, adjust the procedure accordingly.



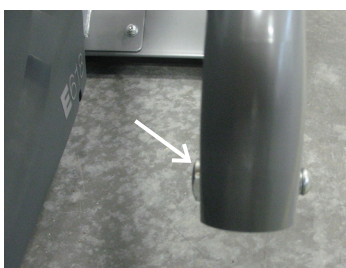
2. Using a #2 Phillips screwdriver, remove the two screws that secure the Interior Pivot Cover to the Handlebar Arm.



3. Using a 6mm hex wrench, remove the indicated hardware from the Lower Handlebar Arm and Pedal.

⚠ Be aware that the Handlebar Arm will be loose and will pivot when the hardware is removed. Safely allow the Handlebar Arm to pivot downward and come to rest. Be sure not to be in the path of the Handlebar Arm.

Note: To assist with reassembly, observe how the Pivot Sleeve engages flush with the Lower Handlebar Arm.



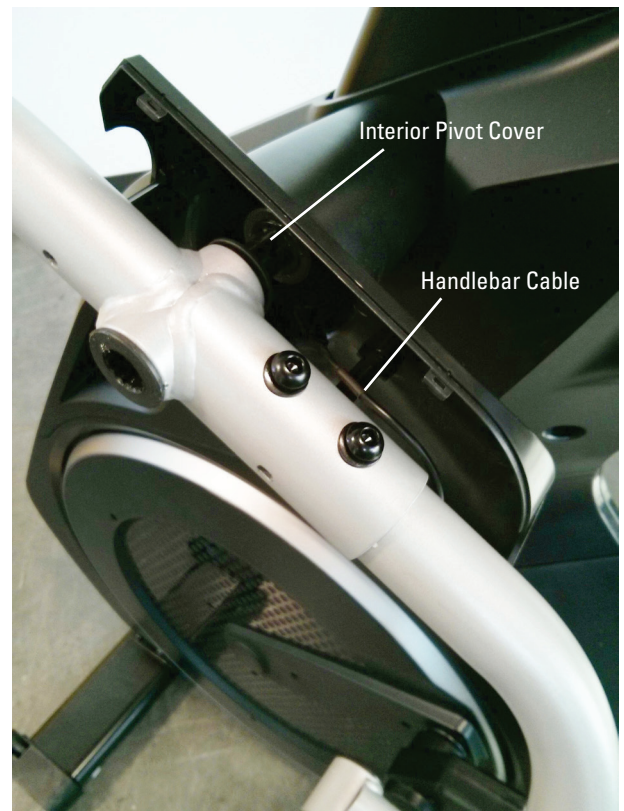
4. Using two 6mm hex wrenches, remove the indicated hardware from the Lower Handlebar Arm and the Arm Pivot Rod. The hardware on both ends of the Arm Pivot Rod will need to be held to remove it.



5. Slightly pull the Handlebar Arm off the machine to expose the Cable Connections.

6. Disconnect the Handlebar Cable from the Upper Handlebar that goes into the Console Mast.

7. Remove the Handlebar Arm from the machine.



8. Using a small Standard screwdriver, remove the indicated Cap (by arrow) from the Frame Assembly.

9. Using a 6mm hex wrench, remove the indicated hardware from the Crank Arm and Leg.

10. Remove the Interior Pivot Cover while noting how the Handlebar Cable runs through it for re-assembly.



11. Using a 6mm hex wrench, loosen and remove the indicated hardware from the Crank Arm and Leg, and set it safely aside for reassembly. Remove the Leg and Pedal together and set them safely aside for reassembly.

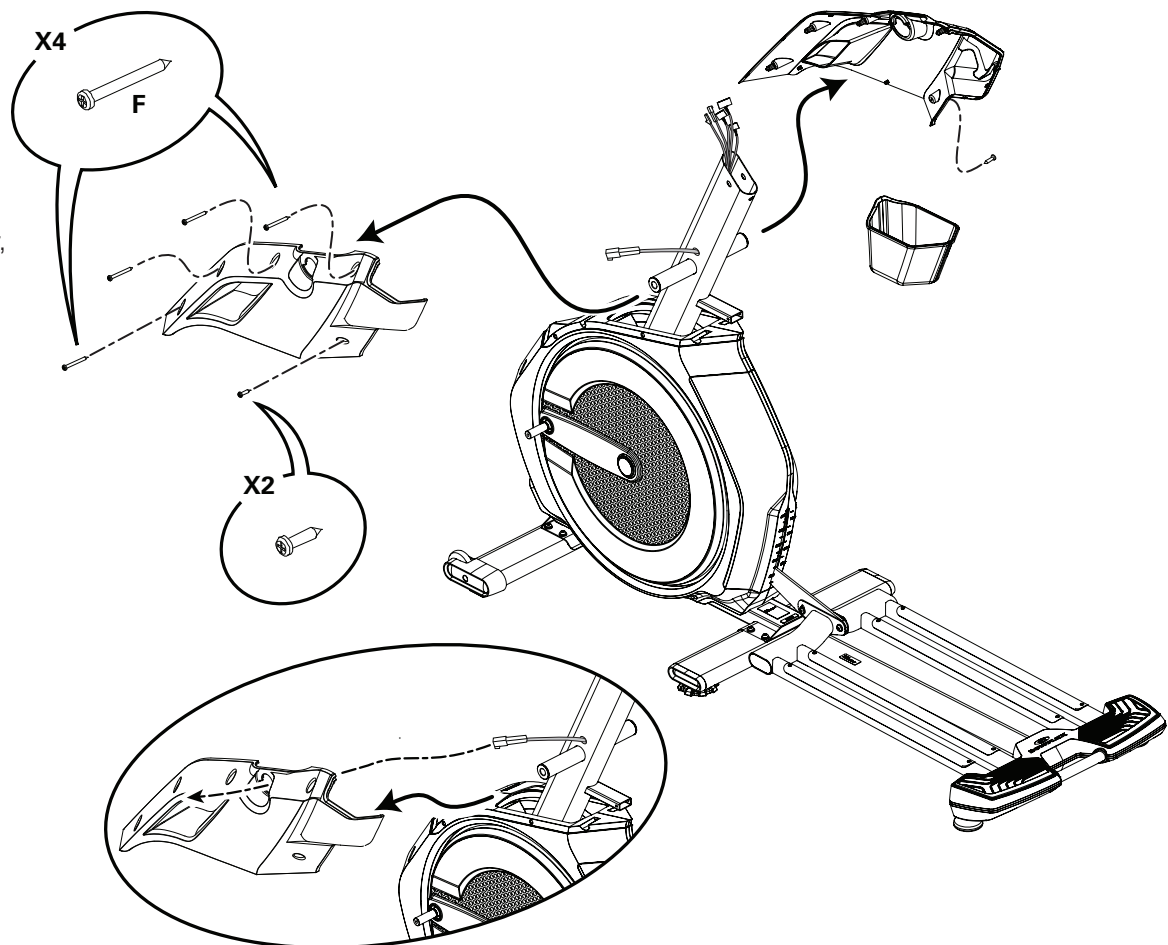
NOTICE: This step may require two people.

12. Repeat steps 2-11 on the other side of the machine.



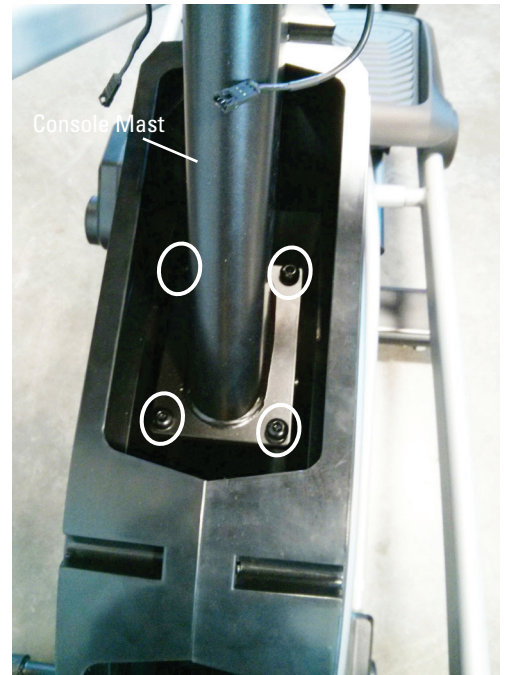
13. Using a #2 Phillips screwdriver, remove the screws that secure the Upper Shrouds and Tray.

Note: Be sure to observe how the Handlebar Cables route through the Upper Shrouds to assist with re-assembly.



14. Using a 6mm hex wrench, remove the hardware (indicated) from the Console Mast. Slightly pull the Mast up and disconnect the cables. Set the hardware aside for reassembly.

NOTICE: Do not crimp the cables. Do not allow the cables to fall down into the Main Unit or into the Console Mast. This step may require two people.



15. Using a small standard screwdriver, gently pry the Cap off of the center of the Crank Cover.

16. Using a #2 Phillips screwdriver, remove the 6 indicated screws (ovals and arrows) from the Crank Cover.

NOTICE: To assist with re-assembly, observe that the white arrows are the longer screws.

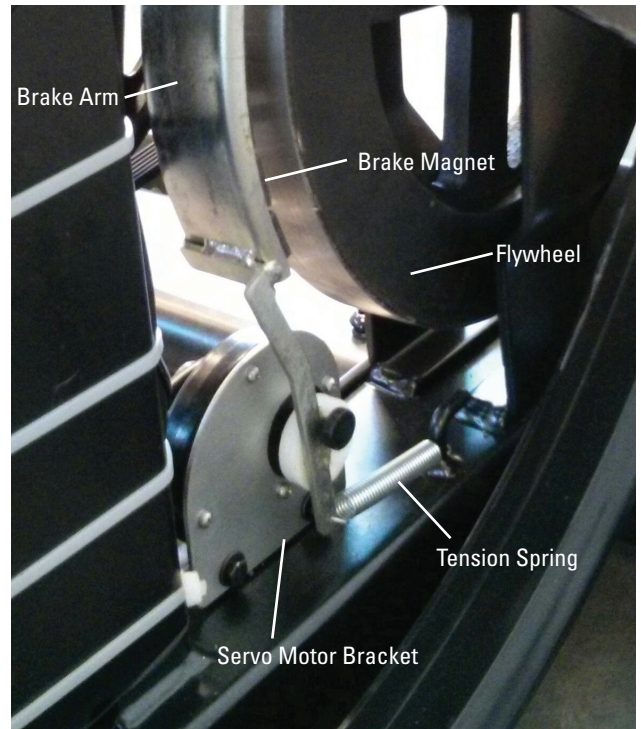
17. Repeat steps 15-16 on the other side of the machine.



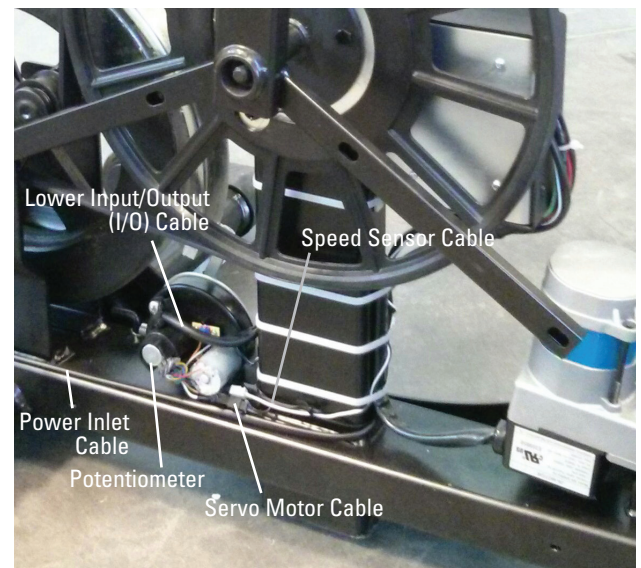
18. Measure and mark the position of the Servo Motor Bracket on the Main Frame.

19. Insert 2.5" x 10" cardboard between the Brake Magnet and the Flywheel, and tape the cardboard to the Brake Magnet.

Note: Be sure the cardboard covers all of the Brake Magnet.



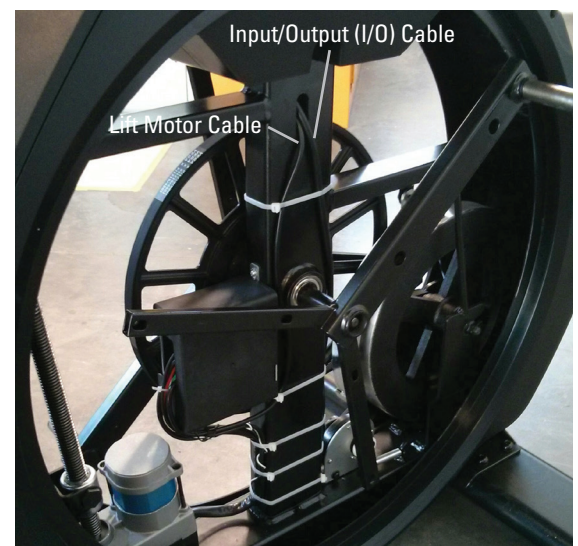
20. Observe the cable routing to the wiring harness on your machine. Disconnect the Speed Sensor Cable and Servo Motor Cable from the wiring harness.



21. Tie the length of string to the end of the Input/Output (I/O) Cable at the top where the Console Mast attached. Remove the zipties that attach the I/O Cable to the Frame. Pull the cable and string down through the hole on the side of the Frame so that the string extends through the Frame.

NOTICE: Hold the Lift Motor Cable so that you do not pull it out of the Mast. Do not crimp the cables.

22. Untie the string from the I/O Cable Cable.



23. Pull back on the Brake Arm enough to clear the Motor Pulley Shaft. Move it to the side and gently allow it to come to rest against the cardboard on the flywheel.

24. Loosen and remove the two socket head bolts from the Servo Motor (indicated by ovals).

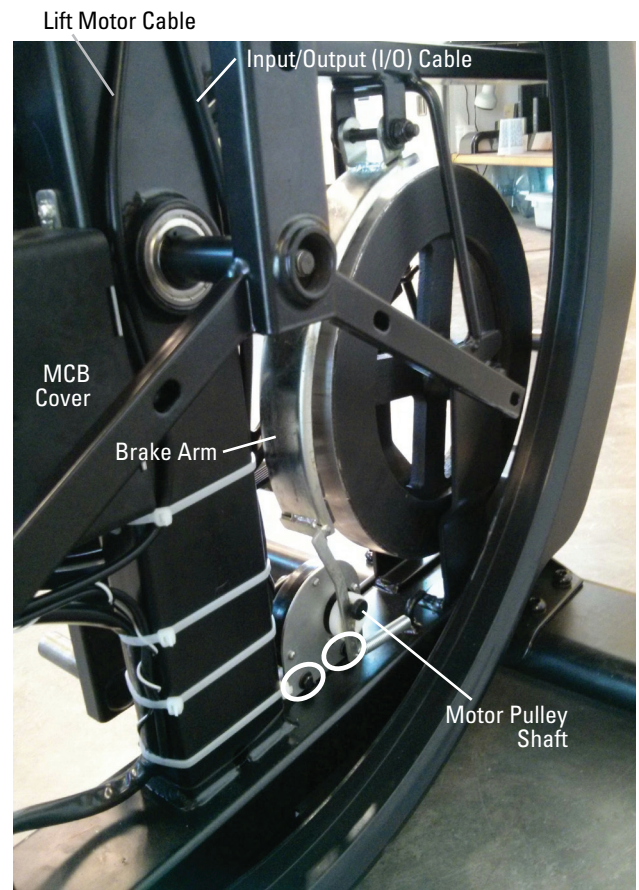
25. Remove the Servo Motor and discard it.

26. Install the new Servo Motor and adjust it to the previously recorded position.

NOTICE: Do not touch the Potentiometer. Do not crimp any cables.

27. Tie the end of the string at the hole in the Mast to the end of the Console Cable on the new Servo Motor. Carefully pull the cable through the hole to the top of the Console Mast mount. Untie the string and discard it.

NOTICE: Do not crimp the cables.



28. Reinstall the Console Mast with the Upper Shroud. Turn the power on.

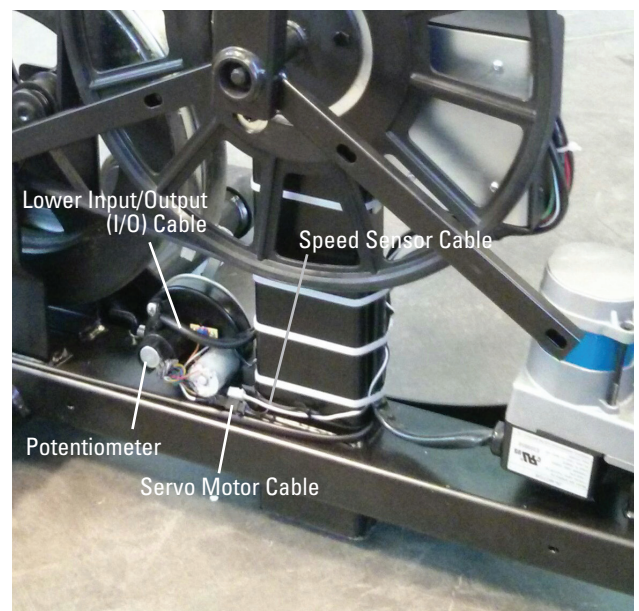


Machine is on. Current is active. There is risk of electrical shock.

29. Use the console to set the resistance to the highest level. Unplug the machine.



Disconnect all power and allow to sit for 5 minutes.

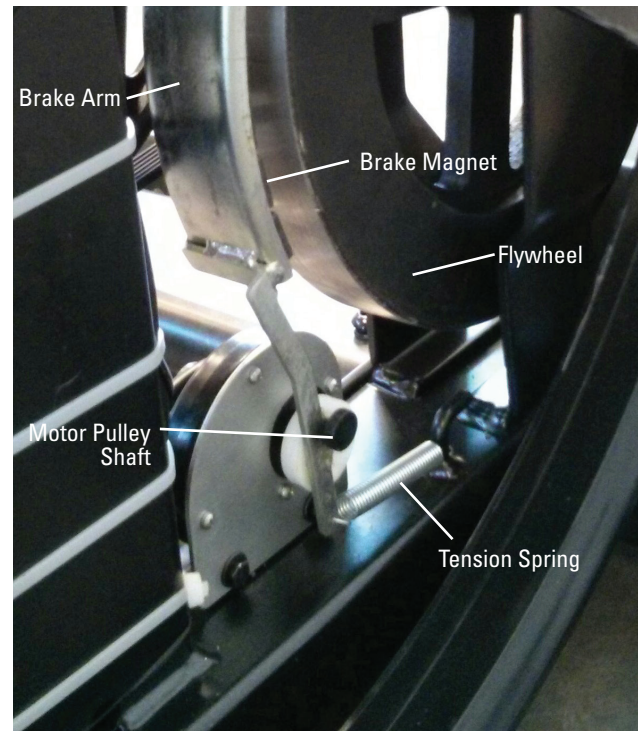


30. Pull back on the Brake Arm enough to clear the Motor Pulley Shaft. Move the Brake Arm toward the new Servo Motor and gently allow it to come to rest against the Motor Pulley Shaft.

Note: Before fully attaching the Shrouds, remove the cardboard from between the Brake Magnet and the Flywheel. Power up the machine to verify that the Magnet Arm can move freely, and that the Brake Magnet and Flywheel do not touch at the maximum resistance level. If necessary, refer to the “Set the Brake Tension” procedure.

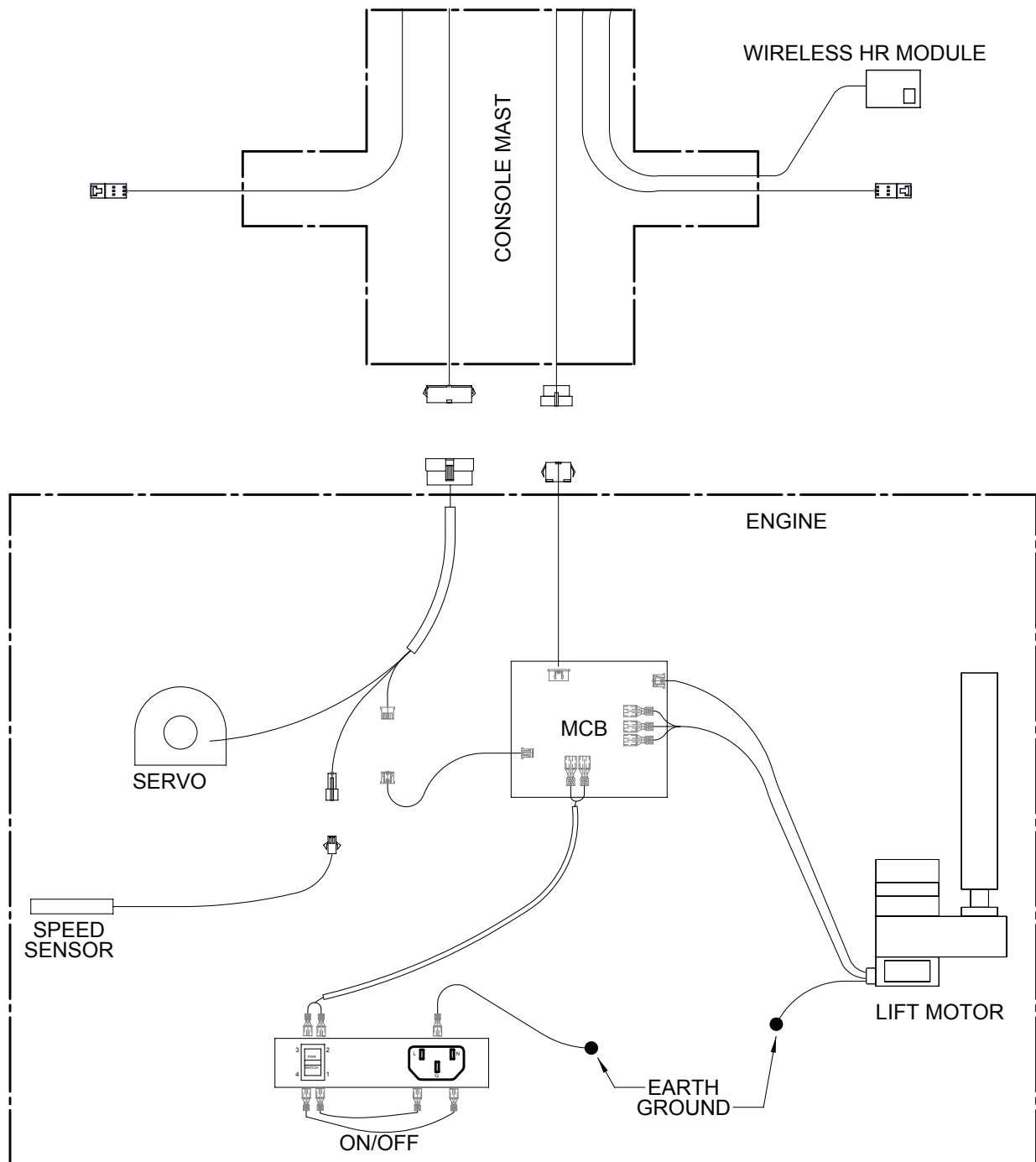
31. Re-assemble the machine in the reverse order of when the parts were removed. Put the Left Shroud in position first to align the screws for the Right Shroud. Install the top screws first. Be sure the tabs in the Motorized Lift Cover snap into the Side Shrouds.

NOTICE: This step may require two people. Be sure not to crimp any cables.




32. Inspect your machine to ensure that all hardware is tight and components are properly assembled.

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



NOTICE: This document provides instructions for the replacement of the Shrouds on the Bowflex® BXE116 / BXE216 Ellipticals.

If you need assistance, please call Bowflex Customer Service at 1-800-605-3369.

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- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders, children and pets away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- 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 and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If necessary request replacement warning stickers or placards from Nautilus customer service.
- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety and will void the warranty.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

Tools Required (not included)

(2) 6mm hex wrenches



#2 Phillips screwdriver



Small standard screwdriver



13mm open ended wrench



⚠ DANGER To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.

1. Using a Standard screwdriver to gently pry, unsnap the Exterior Pivot Covers. Place them safely aside.

Note: This procedure shows the removal and replacement of the Left Upper and Lower Handlebar Arm. To remove the Right Handlebar, adjust the procedure accordingly.



2. Using a #2 Phillips screwdriver, remove the two screws that secure the Interior Pivot Cover to the Handlebar Arm.



3. Using a 6mm hex wrench, remove the indicated hardware from the Lower Handlebar Arm and Pedal.

⚠ Be aware that the Handlebar Arm will be loose and will pivot when the hardware is removed. Safely allow the Handlebar Arm to pivot downward and come to rest. Be sure not to be in the path of the Handlebar Arm.

Note: To assist with reassembly, observe how the Pivot Sleeve engages flush with the Lower Handlebar Arm.

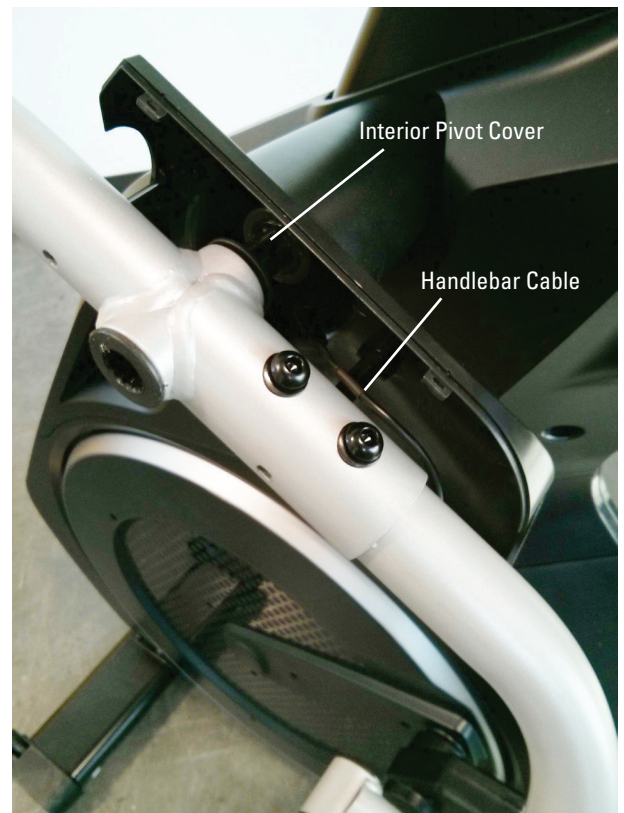


4. Using two 6mm hex wrenches, remove the indicated hardware from the Lower Handlebar Arm and the Arm Pivot Rod. The hardware on both ends of the Arm Pivot Rod will need to be held to remove it.

5. Slightly pull the Handlebar Arm off the machine to expose the Cable Connections.

6. Disconnect the Handlebar Cable from the Upper Handlebar that goes into the Console Mast.

7. Remove the Handlebar Arm from the machine.



8. Using a small Standard screwdriver, remove the indicated Cap (by arrow) from the Frame Assembly.

9. Using a 6mm hex wrench, remove the indicated hardware from the Crank Arm and Leg.

10. Remove the Interior Pivot Cover while noting how the Handlebar Cable runs through it for re-assembly.



11. Using a 6mm hex key, loosen and remove the indicated hardware from the Crank Arm and Leg, and set it safely aside for reassembly. Remove the Leg and Pedal together and set them safely aside for reassembly.

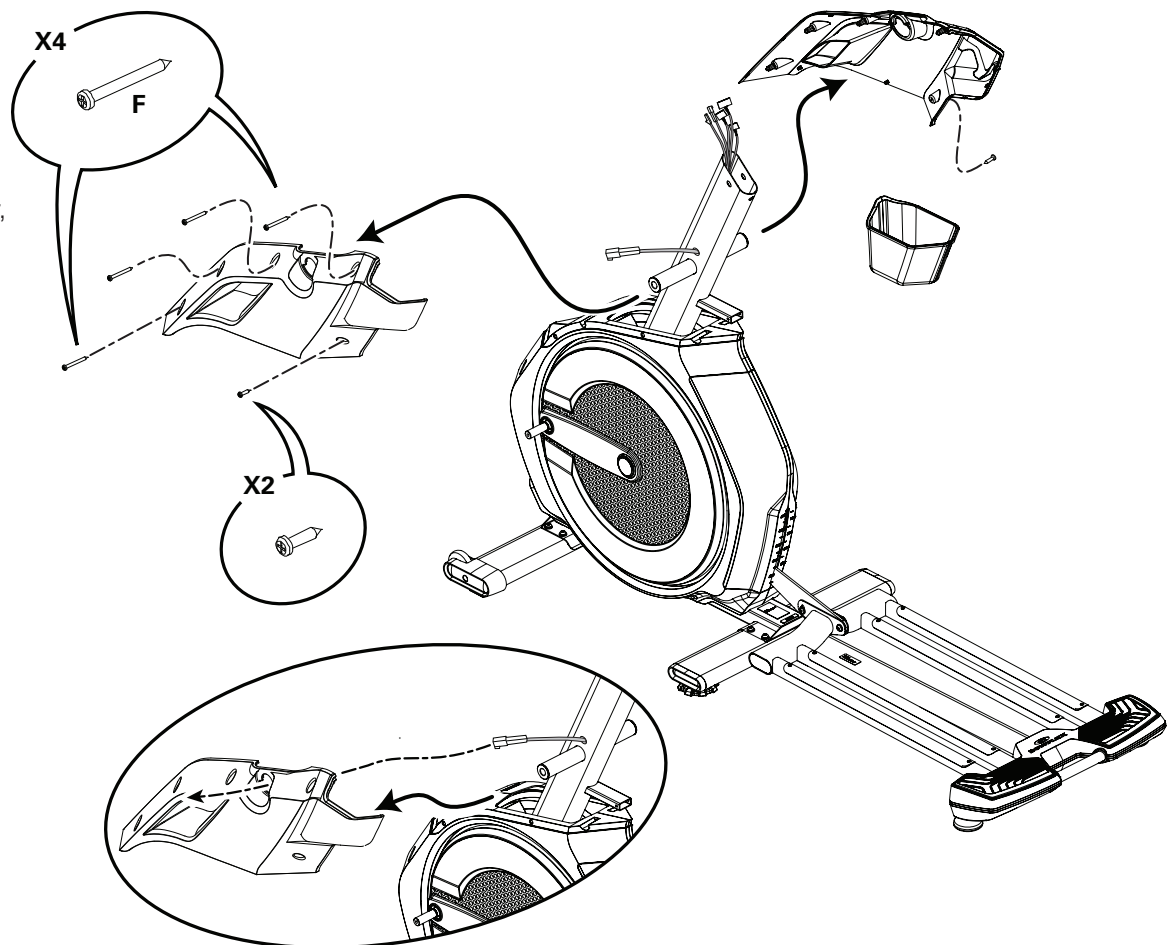
NOTICE: This step may require two people.

12. Repeat steps 2-11 on the other side of the machine.



13. Using a #2 Phillips screwdriver, remove the screws that secure the Upper Shrouds and Tray.

Note: Be sure to observe how the Handlebar Cables route through the Upper Shrouds to assist with re-assembly.

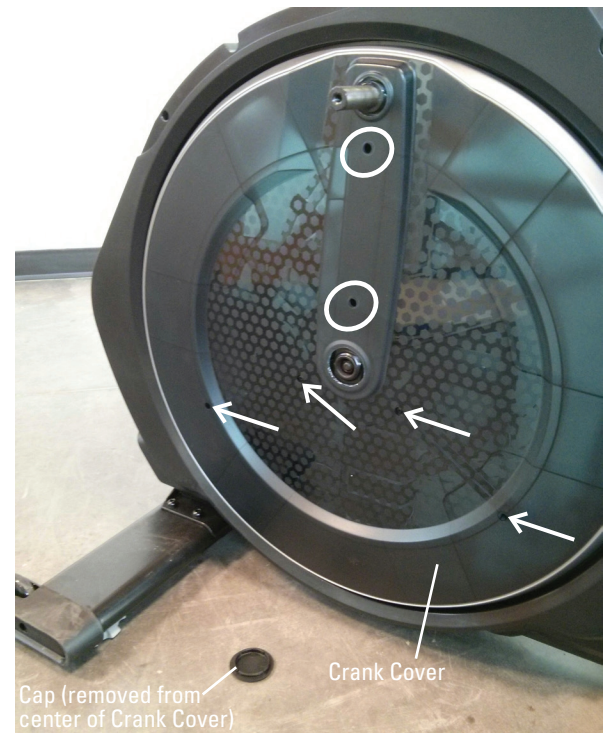


14. Using a small standard screwdriver, gently pry the Cap off of the center of the Crank Cover.

15. Using a #2 Phillips screwdriver, remove the 6 indicated screws (ovals and arrows) from the Crank Cover.

NOTICE: To assist with re-assembly, observe that the white arrows are the longer screws.

16. Repeat steps 14-15 on the other side of the machine.



17. Using a #2 Phillips screwdriver, remove the 7 indicated screws (with arrows) that secure the Left Shroud. Remove the bottom screws first, and then the top screw. Slowly remove the Left Shroud.

18. Using a #2 Phillips screwdriver, remove the 3 indicated screws (with arrows) that secure the Right Shroud. Remove the bottom screws first, and then the top screw. Slowly remove the Right Shroud.



If you are not replacing the Motorized Lift Cover—go to Step 20.

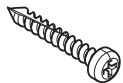
If you are replacing the Motorized Lift Cover — Using a 6mm hex wrench and a 13mm wrench, remove the 2 screws (indicated by oval, under the Motorized Lift Cover) that attach the Rail Assembly to the Incline Arm.

19. Remove the Motorized Lift Cover from the Incline Arm, and replace with the new Cover. Be sure to orient it correctly.

20. Re-assemble the machine in the reverse order of when the parts were removed. Put the Left Shroud in position first to align the screws for the Right Shroud. Install the top screws first. Be sure the tabs in the Motorized Lift Cover snap into the Side Shrouds.

NOTICE: This step may require two people. Be sure not to crimp any cables.

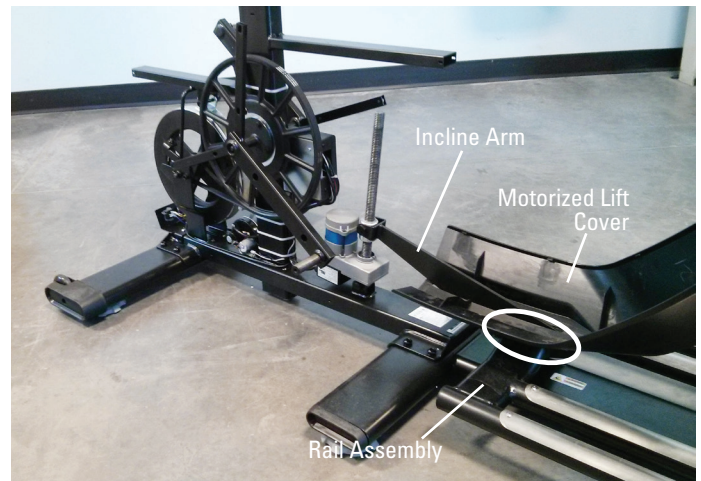
Note: Self-tapping screws attach the Shrouds to the Frame.



21. Inspect your machine to ensure that all hardware is tight and components are properly assembled.




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



NOTICE: This document provides instructions to replace the Speed Sensor on the Bowflex® BXE116 / BXE216 Ellipticals.

If you need assistance, please call Bowflex Customer Service at 1-800-605-3369.

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- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders, children and pets away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- 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 and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If necessary request replacement warning stickers or placards from Nautilus customer service.
- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety and will void the warranty.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

Tools Required (not included)

6mm hex wrench



#2 Phillips screwdriver



Small standard screwdriver



Replacement Zip Ties

Something to safely cut the Zip Ties



⚠ DANGER To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.

1. Using a 6mm hex wrench, remove the indicated hardware from the Lower Left Handlebar Arm and Pedal.

⚠ Be aware that the Handlebar Arm will be loose and will pivot when the hardware is removed. Safely allow the Handlebar Arm to pivot downward and come to rest. Be sure not to be in the path of the Handlebar Arm.

Note: To assist with reassembly, observe how the Pivot Sleeve engages flush with the Lower Handlebar Arm.



2. Using a small Standard screwdriver, remove the indicated Cap (by arrow) from the Frame Assembly.



3. Using a 6mm hex wrench, remove the indicated hardware from the Left Crank Arm and Leg.



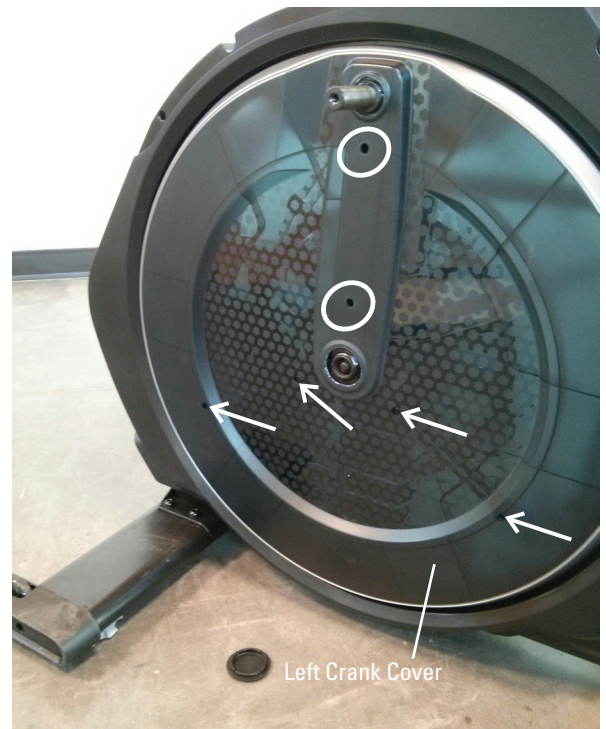
4. Using a small standard screwdriver, gently pry the indicated Cap off of the center of the Left Crank Cover.



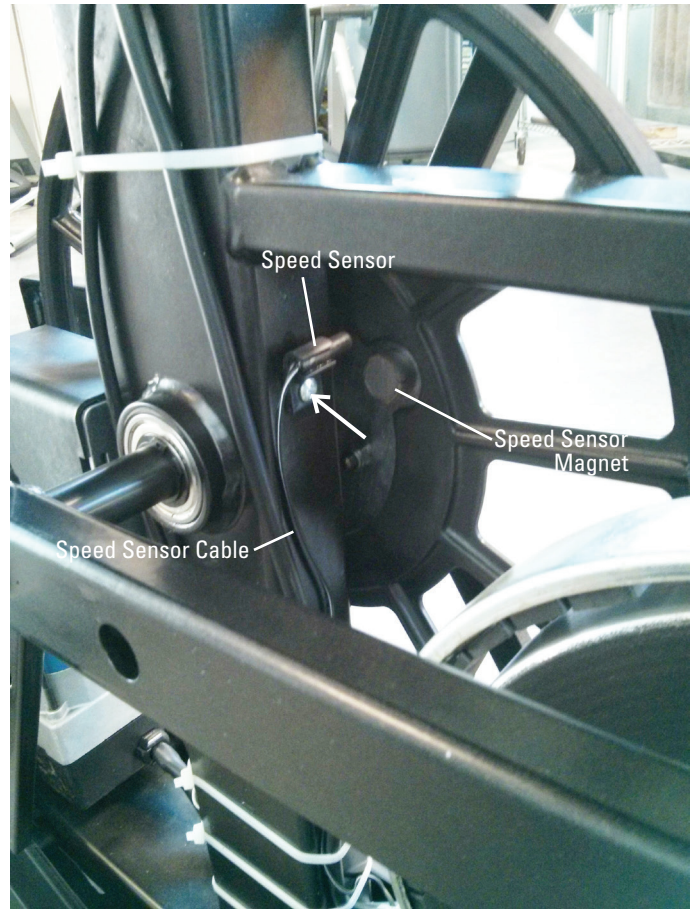
5. Using a #2 Phillips screwdriver, remove the 6 indicated screws (ovals and arrows) from the Left Crank Cover.

NOTICE: To assist with re-assembly, observe that the white arrows are the longer screws.

6. Repeat steps 1-5 on the right side of the machine.

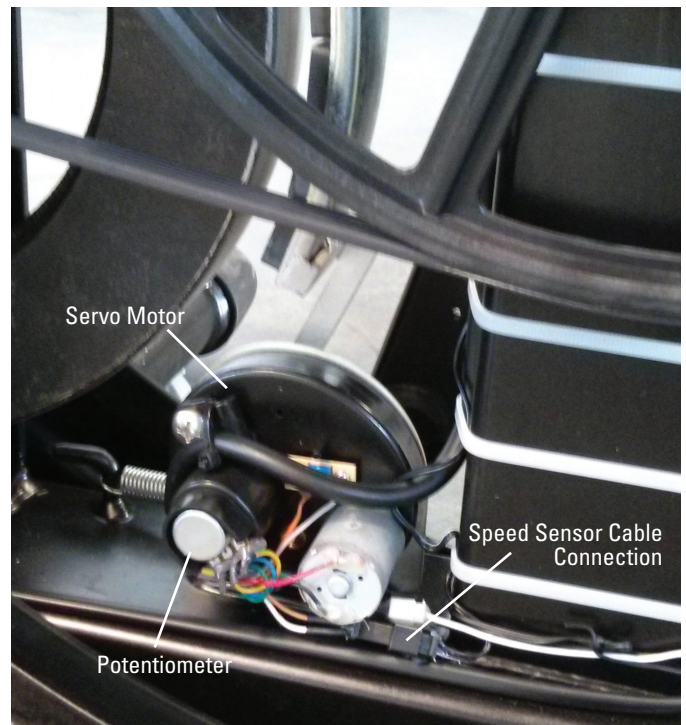


7. Observe the cable routing from the Speed Sensor Magnet to the Servo Motor wiring harness.



8. Disconnect the Speed Sensor Cable from the Servo Motor wiring harness.

NOTICE: Do not touch the Potentiometer. Do not crimp any cables.



9. Remove the Zip Ties that attach the Speed Sensor Cable to the Frame.

NOTICE: Do not crimp the cables.

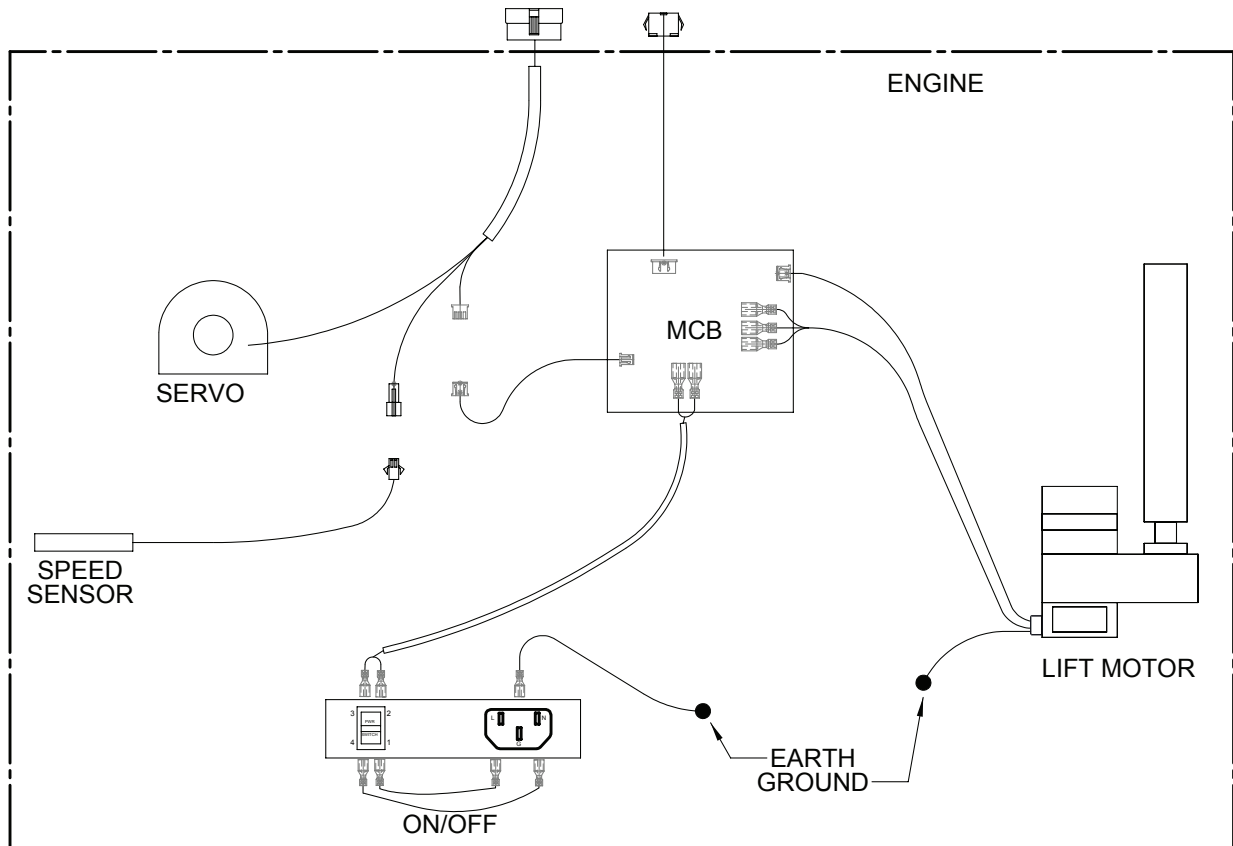
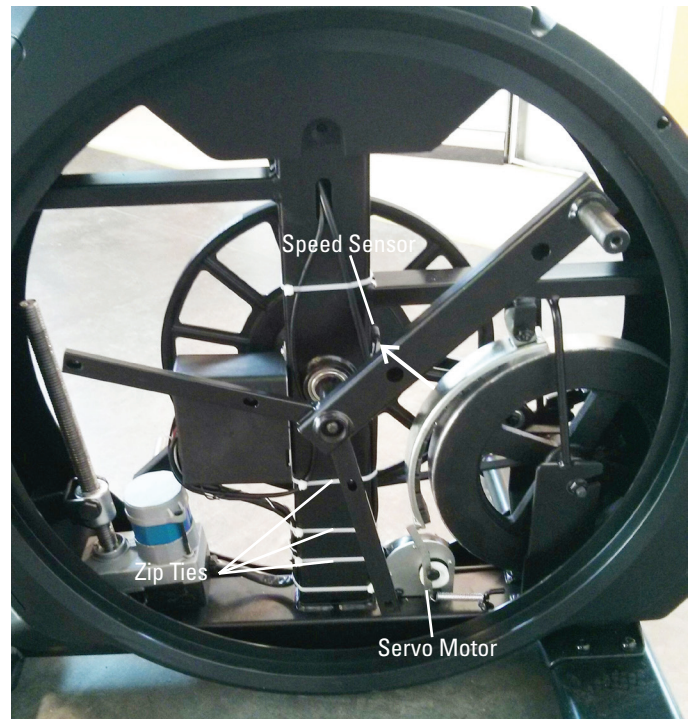
10. Using a #2 Phillips screwdriver, remove the indicated screw (by arrow) from the Speed Sensor Magnet.

11. Attach the replacement Zip Ties so they secure the cables to the Frame.

12. Re-assemble the machine in the reverse order of when the parts were removed.

13. Inspect your machine to ensure that all hardware is tight and components are properly assembled.

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



NOTICE: This document provides instructions for the replacement of the Static Handlebars on the Bowflex® BXE116 / BXE216 Ellipticals.

If you need assistance, please call Bowflex Customer Service at 1-800-605-3369.

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- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders, children and pets away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
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- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If necessary request replacement warning stickers or placards from Nautilus customer service.
- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety and will void the warranty.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

Tools Required (not included)

#2 Phillips screwdriver



6mm hex wrench



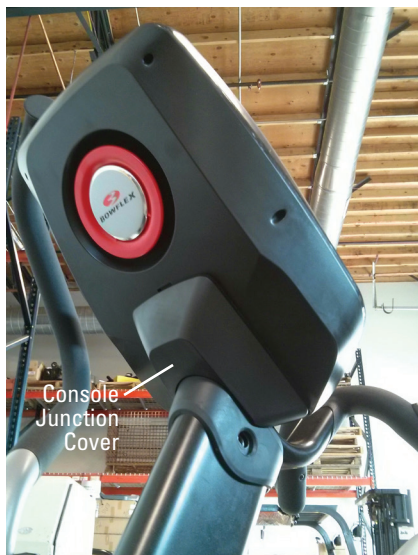
A Zip-Tie, rubber band or piece of wire to restrict Console Cable from falling into Right Upright





To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and the machine and wait 5 minutes before cleaning, maintaining or repairing the machine. Place the power cord in a secure location.

1. To remove the Console Junction Cover, pinch the sides to release the side snaps, and then pivot it forward and off of the machine.



2. Using a 6mm hex wrench, remove the three screws from the Console Mast (two screws indicated by ovals).



3. Gently lift and remove the Console/Static Handlebar Assembly from the Console Mast and disconnect the five cables (the Input/Output, Lift Motor, Resistance Control, Wireless Heart Rate, and Incline Control Cables) that come from the back of the Console.

Note: Do not let the Cables fall down inside the Console Mast. If necessary, use a rubber band or wire tie to secure them. This step may require two people.



4. Using a #2 Phillips screwdriver, remove the four indicated screws from the Console and remove the Static Handlebar.

Note: Be sure to observe how the cables route through the Static Handlebar from the Console before removing it to assist with re-assembly. Do not crimp the cables.

5. Re-assemble the machine in the reverse order of when the parts were removed.

NOTICE: Do not crimp the cables.

6. Final Inspection

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



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



NOTICE: This document provides instructions for the replacement of the Tensioner on the Bowflex® BXE116 / BXE216 Ellipticals.

If you need assistance, please call Bowflex Customer Service at 1-800-605-3369.

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Tools Required (not included)

(2) 6mm hex wrenches



#2 Phillips screwdriver



Small standard screwdriver



10mm open end wrench
13mm open end wrench



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1. Using a Standard screwdriver to gently pry, unsnap the Exterior Pivot Covers. Place them safely aside.

Note: This procedure shows the removal and replacement of the Left Upper and Lower Handlebar Arm. To remove the Right Handlebar, adjust the procedure accordingly.



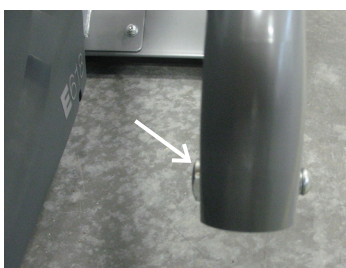
2. Using a #2 Phillips screwdriver, remove the two screws that secure the Interior Pivot Cover to the Handlebar Arm.



3. Using a 6mm hex wrench, remove the indicated hardware from the Lower Handlebar Arm and Pedal.

⚠ Be aware that the Handlebar Arm will be loose and will pivot when the hardware is removed. Safely allow the Handlebar Arm to pivot downward and come to rest. Be sure not to be in the path of the Handlebar Arm.

Note: To assist with reassembly, observe how the Pivot Sleeve engages flush with the Lower Handlebar Arm.



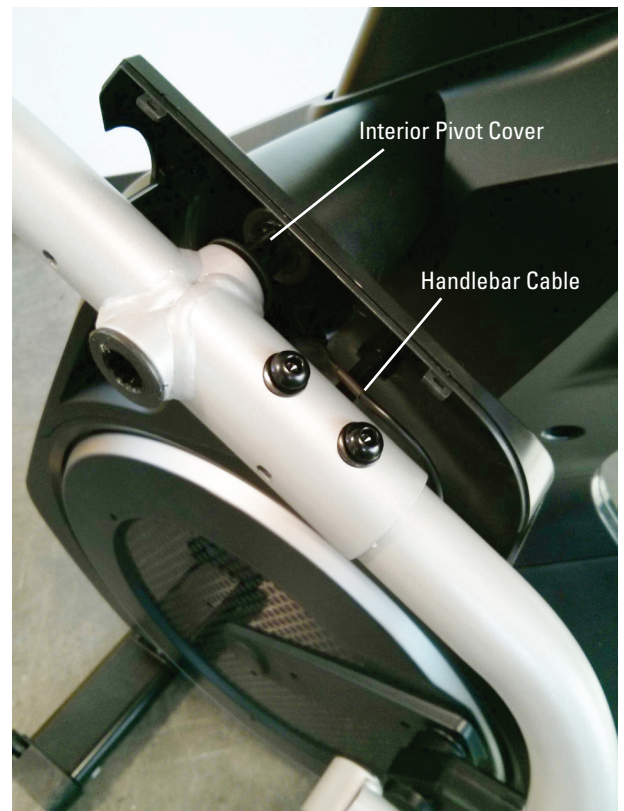
4. Using two 6mm hex wrenches, remove the indicated hardware from the Lower Handlebar Arm and the Arm Pivot Rod. The hardware on both ends of the Arm Pivot Rod will need to be held to remove it.



5. Slightly pull the Handlebar Arm off the machine to expose the Cable Connections.

6. Disconnect the Handlebar Cable from the Upper Handlebar that goes into the Console Mast.

7. Remove the Handlebar Arm from the machine.



8. Using a small Standard screwdriver, remove the indicated Cap (by arrow) from the Frame Assembly.

9. Using a 6mm hex wrench, remove the indicated hardware from the Crank Arm and Leg.

10. Remove the Interior Pivot Cover while noting how the Handlebar Cable runs through it for re-assembly.



11. Using a 6mm hex wrench, loosen and remove the indicated hardware from the Crank Arm and Leg, and set it safely aside for reassembly. Remove the Leg and Pedal together and set them safely aside for reassembly.

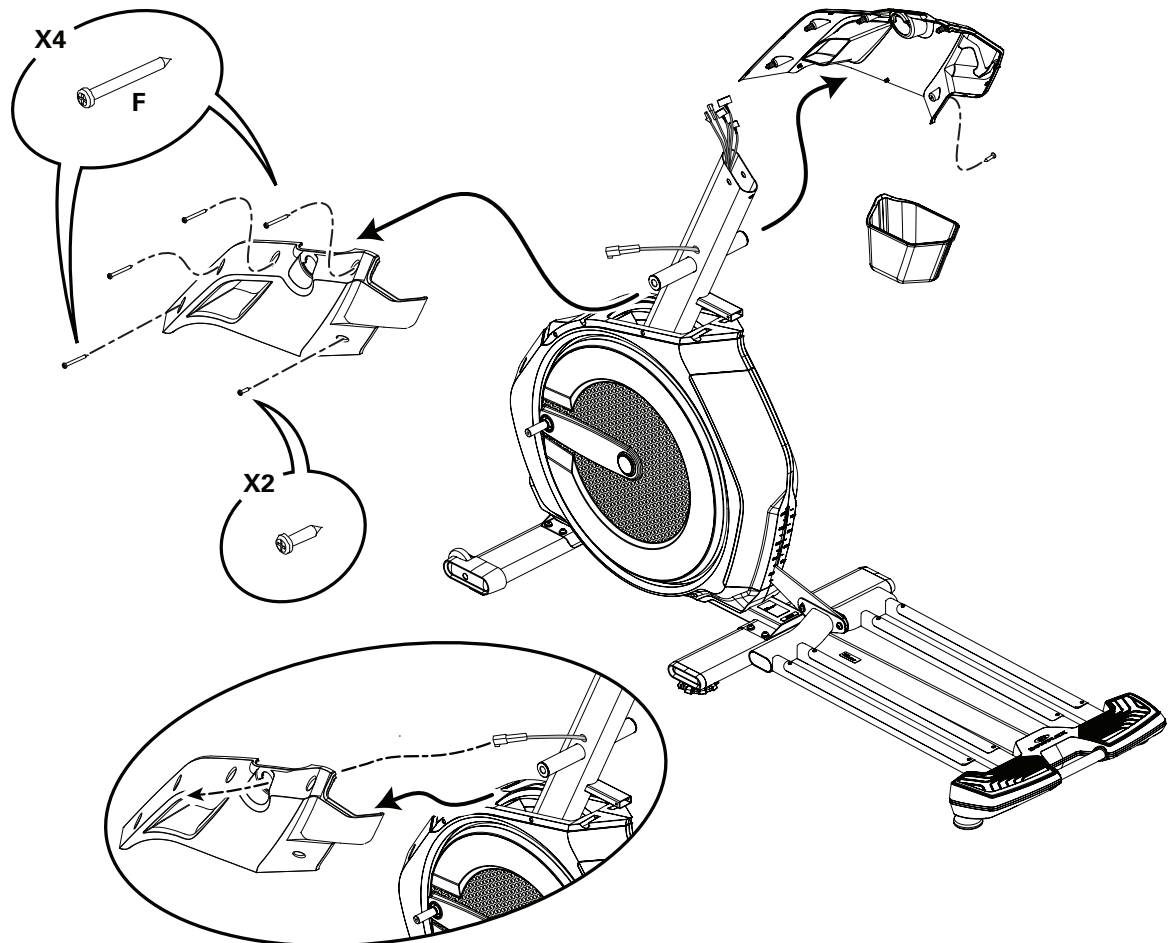
NOTICE: This step may require two people.

12. Repeat steps 2-11 on the other side of the machine.

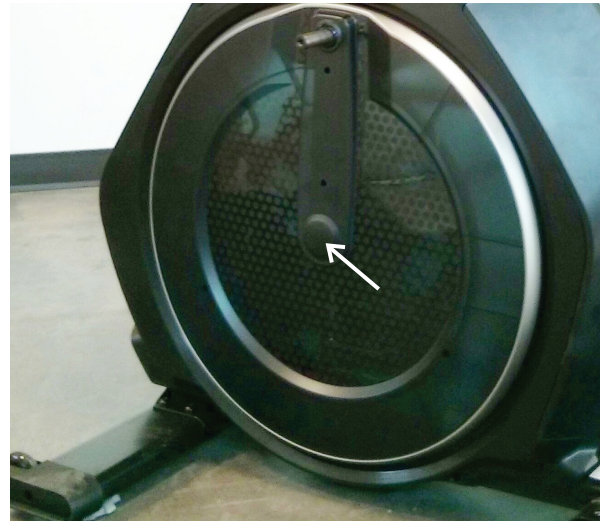


13. Using a #2 Phillips screwdriver, remove the screws that secure the Upper Shrouds and Tray.

Note: Be sure to observe how the Handlebar Cables route through the Upper Shrouds to assist with re-assembly.



14. Using a small standard screwdriver, gently pry the indicated Cap off of the center of the Crank Cover.



15. Using a #2 Phillips screwdriver, remove the 6 indicated screws (ovals and arrows) from the Crank Cover.

NOTICE: To assist with re-assembly, observe that the white arrows are the longer screws.

16. Repeat steps 14-15 on the other side of the machine.



17. Using a #2 Phillips screwdriver, remove the 7 indicated screws (with arrows) that secure the Left Shroud. Remove the bottom screws first, and then the top screw. Slowly remove the Left Shroud.



18. Measure or mark on a piece of scrap paper the length from the end of the Tensioner Bolt to the outer Tensioner Nut. This will assist with re-assembly.

19. Using a 10mm wrench, loosen and remove the outer Tensioner Nut so the Tension Bolt can be released from the Tensioner Bracket.

20. Using a 6mm hex wrench and a 13mm wrench, remove the Tensioner Assembly Hardware (A) that attaches the Tensioner Assembly to the Frame Upright.

Note: Use the hex wrench to hold the bolt (A) in place on the outside and turn the nut from the inside.

21. Remove the Tensioner Assembly from the Frame Assembly and the Drive Belt.

22. Install the new Tensioner Assembly routing the Drive Belt correctly. Secure the hardware.

Note: Be sure to adjust the replacement Tensioner Bolt and Tensioner Nuts to the previous length.

Note: Your machine may not match the image. For reference only.

23. To test the Drive Belt tension:

- Push the Drive Belt downward at the midpoint (M) between the pulleys and measure the distance. The Drive Belt should have only 0.25" (0.64 cm) of give.

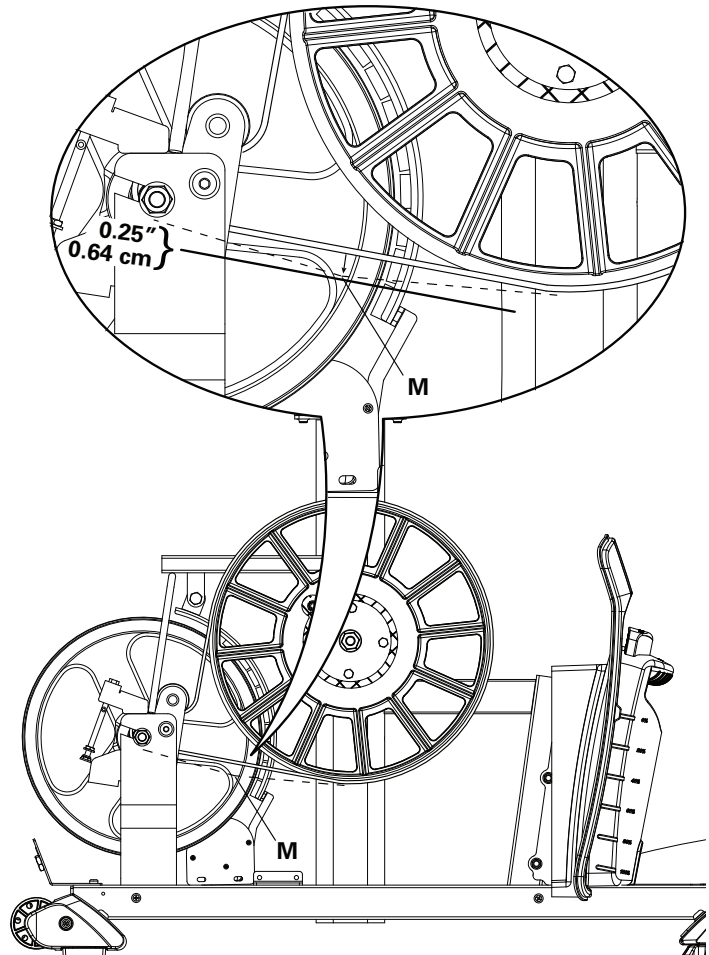
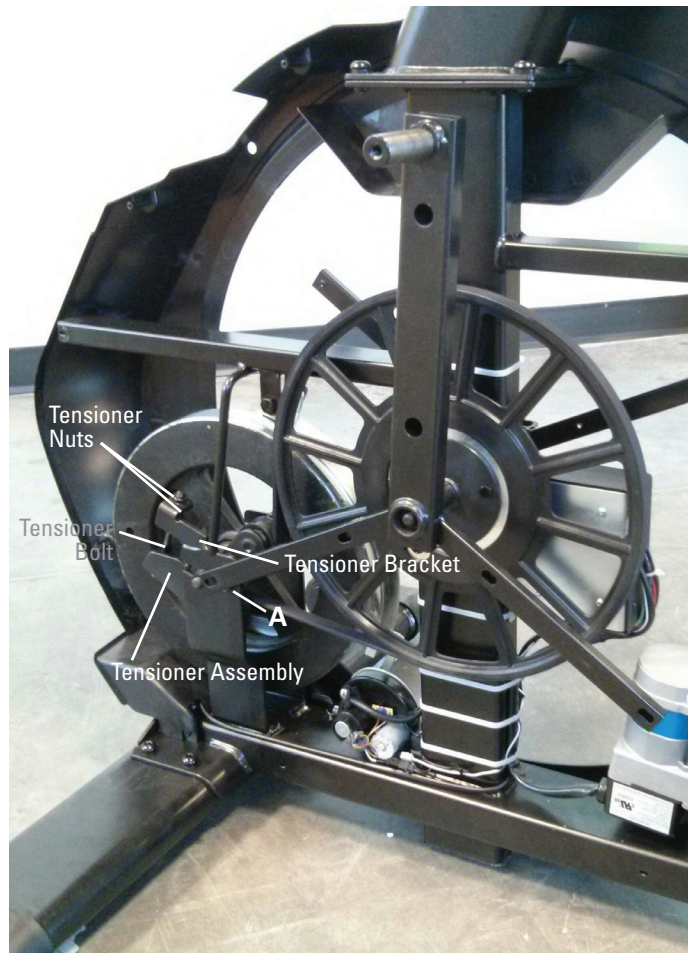
Or:

- Hold the edges of the Drive Belt at the midpoint (M) and twist it. The Drive Belt should turn only 90 degrees (1/4 turn, to vertical).

If the tension is correct, go to Step 27.

If the tension is too loose or too tight, adjust the nuts and bolt on the Tensioner Assembly (Idler Assembly).

24. To adjust the Tensioner Nuts on the Tensioner Bracket, use a 10mm open end wrench to hold the Tensioner Bolt steady and turn the nuts with a second 10mm open end wrench.



25. When the tension is correct, tighten the nuts against the Tensioner Bracket to hold the bolt and the Tensioner Assembly in position.

Note: This step may require two people.

26. Carefully turn the Right Crank Arm and check the movement of the Drive Belt. The Crank Arms and Flywheel should move as one.



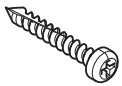
Be sure to keep fingers clear of all pinch hazards when you turn the Right Crank Arm.

Adjust the belt tension again if necessary.

27. Re-assemble the machine in the reverse order of when the parts were removed. Put the Left Shroud in position first to align the screws for the Right Shroud. Install the top screws first. Be sure the tabs in the Motorized Lift Cover snap into the Side Shrouds.

NOTICE: This step may require two people. Be sure not to crimp any cables.

Note: Self-tapping screws attach the Shrouds to the Frame.




28. Inspect your machine to ensure that all hardware is tight and components are properly assembled.



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

NOTICE: This document provides instructions for the replacement of the Transport Wheel on the Bowflex® BXE116 / BXE216 Ellipticals.

If you need assistance, please call Bowflex Customer Service at 1-800-605-3369.

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Tools Required (not included)

6mm hex wrench



13mm wrench

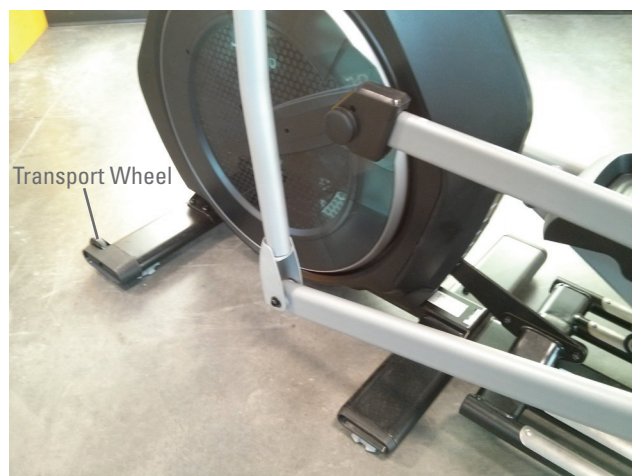


#2 Phillips screwdriver



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1. Unplug the power cord from the machine and wait 5 minutes. Place the power cord in a secure location.



2. Using a #2 Phillips screwdriver, remove the indicated screw from the Front Stabilizer Shroud. Remove the Front Stabilizer Shroud.



3. Using a 13mm wrench and a 6mm hex wrench, remove the indicated hardware from the Transport Wheel.

4. Using a 13mm wrench and a 6mm hex wrench, attach the new Transport Wheel to the Frame Assembly.

5. Re-assemble the machine in the reverse order of when the parts were removed.

6. Final Inspection

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



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NOTICE: This document provides instructions for the replacement of the Wireless Heart Rate Sensor on the Bowflex® BXE116 / BXE216 Ellipticals.

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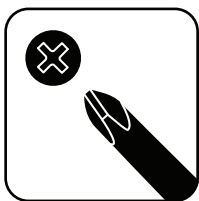
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Tools Required (not included)

#2 Phillips screwdriver



Small standard screwdriver



(2) 6mm hex wrenches



Replacement Zip-Tie
Something to cut a Zip-Tie

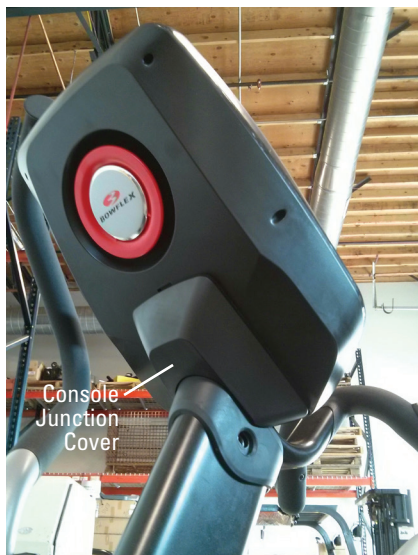
A piece of wire or cable to pull a Cable through the Console Mast
A rubber band or piece of wire to restrict Console Cable from falling into Right Upright





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1. To remove the Console Junction Cover, pinch the sides to release the side snaps, and then pivot it forward and off of the machine.



2. Using a 6mm hex wrench, remove the three screws from the Console Mast (two screws indicated by ovals).



3. Gently lift and remove the Console/Static Handlebar Assembly from the Console Mast and disconnect the five cables (the Input/Output, Lift Motor, Resistance Control, Wireless Heart Rate, and Incline Control Cables) that come from the back of the Console.

Note: Do not let the Cables fall down inside the Console Mast. If necessary, use a rubber band or wire tie to secure them. This step may require two people.



4. Using a Standard screwdriver to gently pry, unsnap the Exterior Pivot Covers. Place them safely aside.



5. Using a #2 Phillips screwdriver, remove the two screws that secure the Interior Pivot Cover to the Handlebar Arm.



6. Using a 6mm hex wrench, remove the indicated hardware from the Lower Handlebar Arm and Pedal.

! Be aware that the Handlebar Arm will be loose and will pivot when the hardware is removed. Safely allow the Handlebar Arm to pivot downward and come to rest. Be sure not to be in the path of the Handlebar Arm.

Note: To assist with reassembly, observe how the Pivot Sleeve engages flush with the Lower Handlebar Arm.



7. Using two 6mm hex wrenches, remove the indicated hardware from the Lower Handlebar Arm and the Arm Pivot Rod. The hardware on both ends of the Arm Pivot Rod will need to be held to remove it.



8. Slightly pull the Handlebar Arm off the machine to expose the Cable Connections.

9. Disconnect the Handlebar Cable from the Upper Handlebar that goes into the Console Mast.

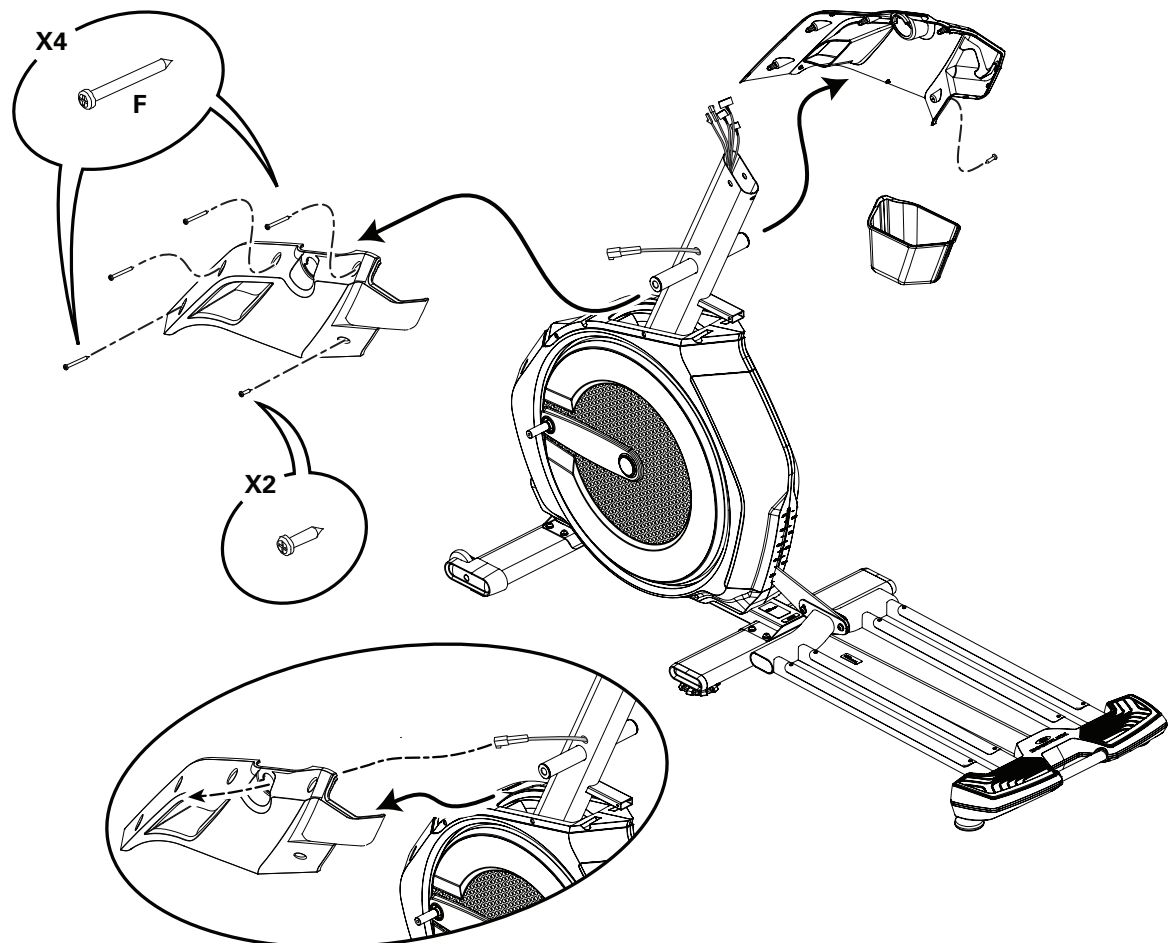
10. Remove the Handlebar Arm from the machine.

11. Repeat steps 5-10 on the other side of the machine.



12. Using a #2 Phillips screwdriver, remove the screws that secure the Upper Shrouds and Tray.

Note: Be sure to observe how the Handlebar Cables route through the Upper Shrouds to assist with re-assembly.



13. Cut the indicated Zip-Tie without damaging the cables.

14. Tie a length of cable or wire to the end of the Wireless Heart Rate Sensor Cable at the top of the Console Mast. This cable or wire will be used to route the new Cable through the Console Mast.

15. Gently pull the cable or wire into the Console Mast by pulling downward the old Wireless Heart Rate Sensor.

16. Remove the old Wireless Heart Rate Sensor from the cable, and dispose of it accordingly.

17. Tie the Cable to the Connector of the new Wireless Heart Rate Sensor.

18. Gently pull the Cable through the Console Mast until the Connector is at the top of the Console Mast.

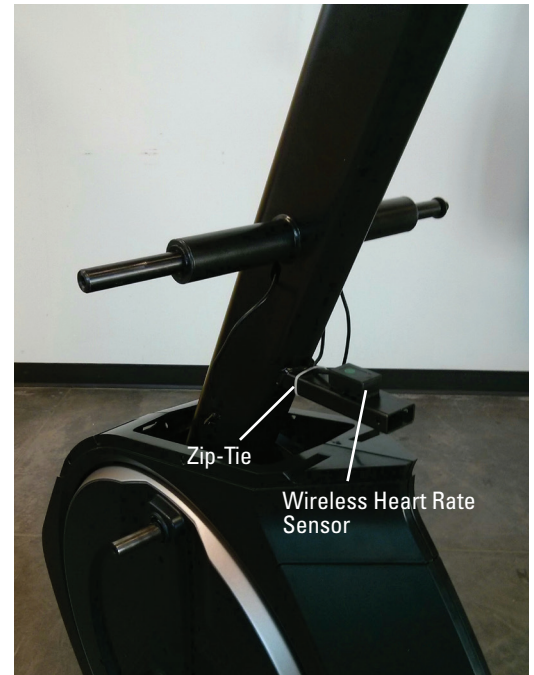
NOTICE: Do not crimp the cables.

19. Re-assemble the machine in the reverse order of when the parts were removed.

NOTICE: Do not crimp the cables.

20. Final Inspection

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