BOWFLEX
HVT™

OWNER'S / ASSEMBLY MANUAL

Welcome to the Bowflex™ HVT™ machine!

You're about to experience an incredible workout that can help you lose weight and reshape your entire body so you'll look and feel better than ever before. We thank you for trusting in the Bowflex brand.

Use this Manual as a guide to getting started on your Bowflex™ workouts and for tips to keep your machine well maintained.

Yours in Health,
The Bowflex Family

Table of Contents

To validate warranty support, keep the original proof of purchase and record the following information:

Serial Number _____

Date of Purchase _____

To register your product warranty, contact your local distributor.

For details regarding product warranty or if you have questions or problems with your product, please contact your local Bowflex distributor. To find your local distributor, go to: www.nautilusinternational.com

ORIGINAL MANUAL - ENGLISH VERSION ONLY

When using an electrical appliance, basic precautions should always be followed, including the following:

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

Obey the following warnings:

⚠️ **Read and understand all Warnings on this machine.**

Carefully read and understand the Assembly/Owner's Manual.

⚠ DANGER **Carefully read and understand the Assembly instructions. Read and understand the complete Manual. Keep the Manual for future reference.**

⚠ DANGER **To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug this machine from the electrical outlet immediately after using and before cleaning.**

⚠ WARNING **To decrease the risk of burns, electric shock, or injury to persons, read and understand the complete Assembly/Owner's Manual. Failure to follow these guidelines can cause a serious or possibly fatal electrical shock or other serious injury.**

- Keep bystanders and children away from the product you are assembling at all times.
- Do not connect power supply to the machine until instructed to do so.
- The machine should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- Before each use, examine the machine for damage to power cord, loose parts or signs of wear. Do not use if found in this condition. Contact your local distributor for repair information.
- Do not drop or put objects into any opening of the machine.
- Do not assemble this machine outdoors or in a wet or moist location.
- Make sure assembly is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Some components of the machine can be heavy or awkward. Use a second person when doing the assembly steps involving these parts. Do not do steps that involve heavy lifting or awkward movements on your own.
- Set up this machine on a solid, level, horizontal surface.
- Do not try to change the design or functionality of this machine. This could compromise the safety of this machine and will void the warranty.
- If replacement parts are necessary, use only genuine Nautilus replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and void the warranty.
- Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Manual.
- Use this machine only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- Do all assembly steps in the sequence given. Incorrect assembly can lead to injury or incorrect function.
- Do not move the machine without aid. Injury to you or damage to the machine can occur.
- Connect this machine to a properly earthed outlet only.
- Keep the power cord away from heat sources and hot surfaces.
- Do no operate where aerosol products are being used.
- SAVE THESE INSTRUCTIONS.

Before using this equipment, obey the following warnings:

⚠ **Read and understand the complete Manual. Keep the Manual for future reference.**
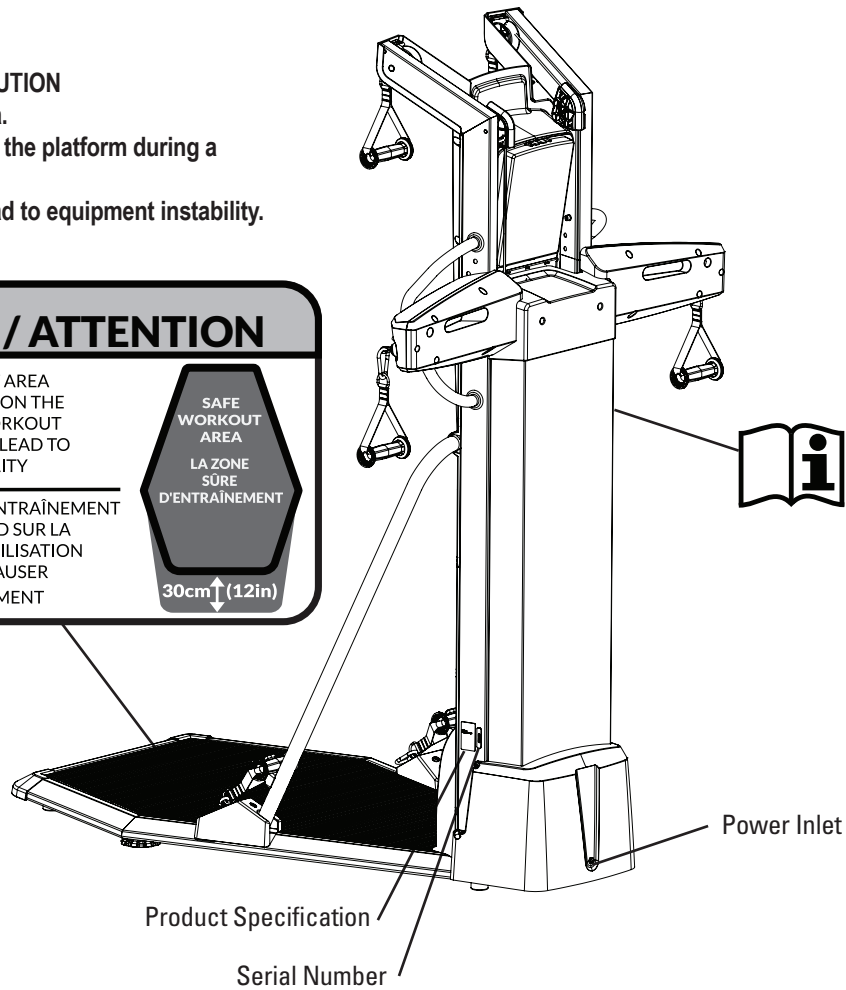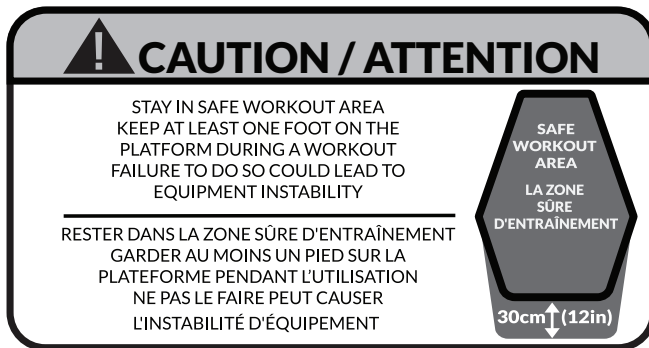
Read and understand all Warnings on this machine. If at any time the Warning stickers become loose, unreadable or dislodged, contact your local distributor for replacement stickers.

To reduce the risk of unsupervised use of the equipment, remove the AC Adapter from the wall outlet and the machine. Place the AC Adapter in a secure location
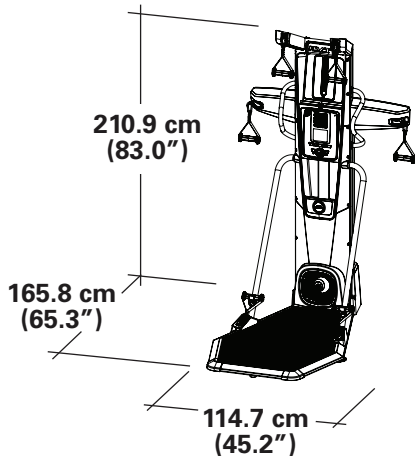
- Children must not be let on or near to this machine. Moving parts and other features of the machine can be dangerous to children.
- Not intended for use by anyone under 14 years of age.
- Consult a physician before you start an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before you use the machine again. Use the values calculated or measured by the machine's computer for reference purposes only.
- Only operate this machine when standing in the safe workout area. The safe workout area is anywhere on the Platform, and outward from the Front Platform Frame by 30.5cm (12"). Never operate the machine when standing to the sides or behind the machine. Doing so could lead to equipment instability and harm to the user. If required to perform an exercise, the user can step off the platform with one foot but must stay within the workout area. At least one foot must be kept on the Platform during a workout.
- Before each use, examine this machine for damage to power cord, power receptacle, loose parts or signs of wear. Inspect all cables, pulleys and their connections, making sure they are properly secured and attached, and show no signs of visible wear or damage. Do not use if found in this condition. Contact your local distributor for repair information.
- Do not let liquids touch the electronic controller. If it does, the controller must be inspected and tested for safety by an approved technician before it can be used again.
- The electrical wiring for the residence in which the machine will be used must obey the applicable local and provincial requirements.
- This appliance should only be used with the power supply unit provided, or a replacement power supply unit supplied from Nautilus, Inc.
- Maximum user weight limit: 136 kg (300 lbs). Do not use if you are over this weight.
- This machine is for home use only.
- Do not wear loose clothing or jewelry. This machine contains moving parts. Do not put fingers, feet, or other objects into moving parts of the exercise equipment.
- Always wear rubber soled athletic shoes when you use this machine. Do not use the machine with bare feet or only wearing socks.
- Set up and operate this machine on a solid, level, horizontal surface.
- Use caution when you step on and off the platform. Keep the Platform clean and dry.
- Do not operate this machine outdoors or in moist or wet locations.
- Keep at least 0.9 m (36") to the right, left, and in front of the machine clear. This is the recommended safe distance for access and passage around the machine, emergency dismounts, and the workout training area. Keep third parties out of this space when machine is in use.
- Do not over exert yourself during exercise. Operate the machine in the manner described in this manual.
- Be sure to correctly engage the Hand Grips to the Ropes.
- Keep clear of cable movement path during operation. Keep any bystanders clear of machine and out of exercise area during operation.
- Perform all regular and periodic maintenance procedures recommended in the Owner's Manual.
- Do not drop or put objects into any opening of the machine.
- Exercise on this machine requires coordination and balance. Be sure to anticipate that changes in orientation, foot positioning, and resistance level can occur during workouts, and be attentive in order to avoid loss of balance and possible injury.
- Use this machine only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- This appliance is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Keep children under the age of 14 away from this machine.

CAUTION
- Stay in safe workout area.
- Keep at least one foot on the platform during a workout.
- Failure to do so could lead to equipment instability.

⚠ CAUTION / ATTENTION

STAY IN SAFE WORKOUT AREA
KEEP AT LEAST ONE FOOT ON THE
PLATFORM DURING A WORKOUT
FAILURE TO DO SO COULD LEAD TO
EQUIPMENT INSTABILITY

RESTER DANS LA ZONE SÛRE D'ENTRAÎNEMENT
GARDER AU MOINS UN PIED SUR LA
PLATEFORME PENDANT L'UTILISATION
NE PAS LE FAIRE PEUT CAUSER
L'INSTABILITÉ D'ÉQUIPEMENT

SAFE
WORKOUT
AREA

LA ZONE
SÛRE
D'ENTRAÎNEMENT

30cm (12in)

Power Inlet

Product Specification

Serial Number

Maximum User Weight: 136 kg (300 lbs)

Assembled Weight: approx. 82.5kg (182 lbs)

Total Surface Area (footprint) of equipment: 19017.3 cm2

Power Requirements:
Operational Voltage: 9VDC
Operating Current: 1500 mA

210.9 cm (83.0″)

165.8 cm (65.3″)

114.7 cm (45.2″)

DO NOT dispose of this product as refuse. This product is to be recycled. For proper disposal of this product, please follow the prescribed methods at an approved waste center.

Before Assembly

Select the area where you are going to set up and operate your machine. For safe operation, the location must be on a hard, level surface. Allow a workout area of a minimum 257.3cm x 297.7cm (101.3" x 117.2"). Be sure that the workout space you are utilizing has adequate height clearance, taking into consideration the height and the maximum reach overhead of the user. It is recommended that assembly of the fitness machine should be done in the intended workout location.

2.98m (117.2″)

0.9m (36″)

2.57m (101.3″)

0.9m (36″)

0.9m (36″)

Basic Assembly Tips

Follow these basic points when you assemble your machine:
- Read and understand the "Important Safety Instructions" before assembly.
- Collect all the pieces necessary for each assembly step.
- Using the recommended wrenches, turn the bolts and nuts to the right (clockwise) to tighten, and the left (counterclockwise) to loosen, unless instructed otherwise.
- When attaching 2 pieces, lightly lift and look through the bolt holes to help insert the bolt through the holes.
- The assembly requires 2 people.

Machine Mat

The Bowflex™ HVT™ Machine Mat is an optional accessory that helps keep your workout area clear and adds a layer of protection to your floor. The rubber machine mat provides a non-slip, rubber surface which limits static discharge and reduces the possibility of display or running errors. If possible, put your Bowflex™ HVT™ Machine Mat in your selected workout area before you begin assembly.

To order the optional machine mat, contact your local distributor.
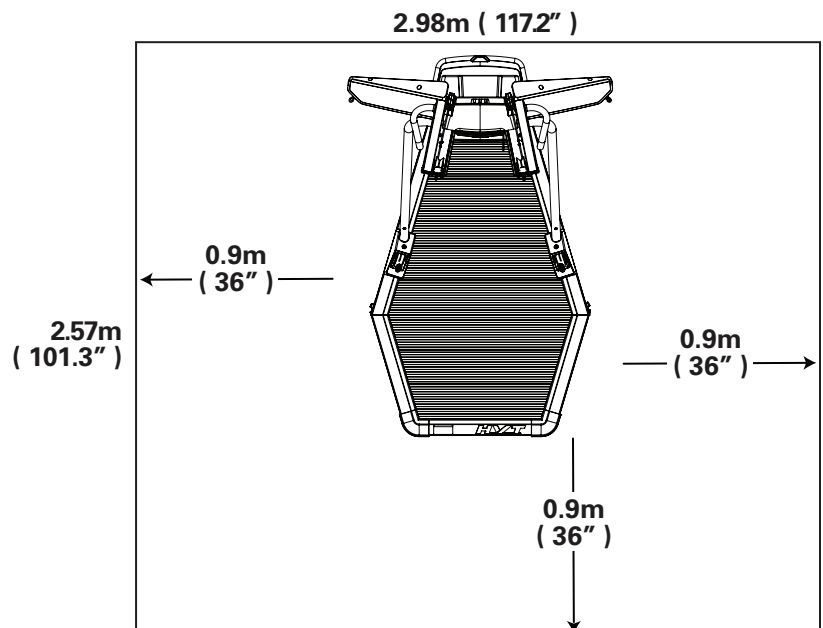
(2 BOXES)

BOX 1
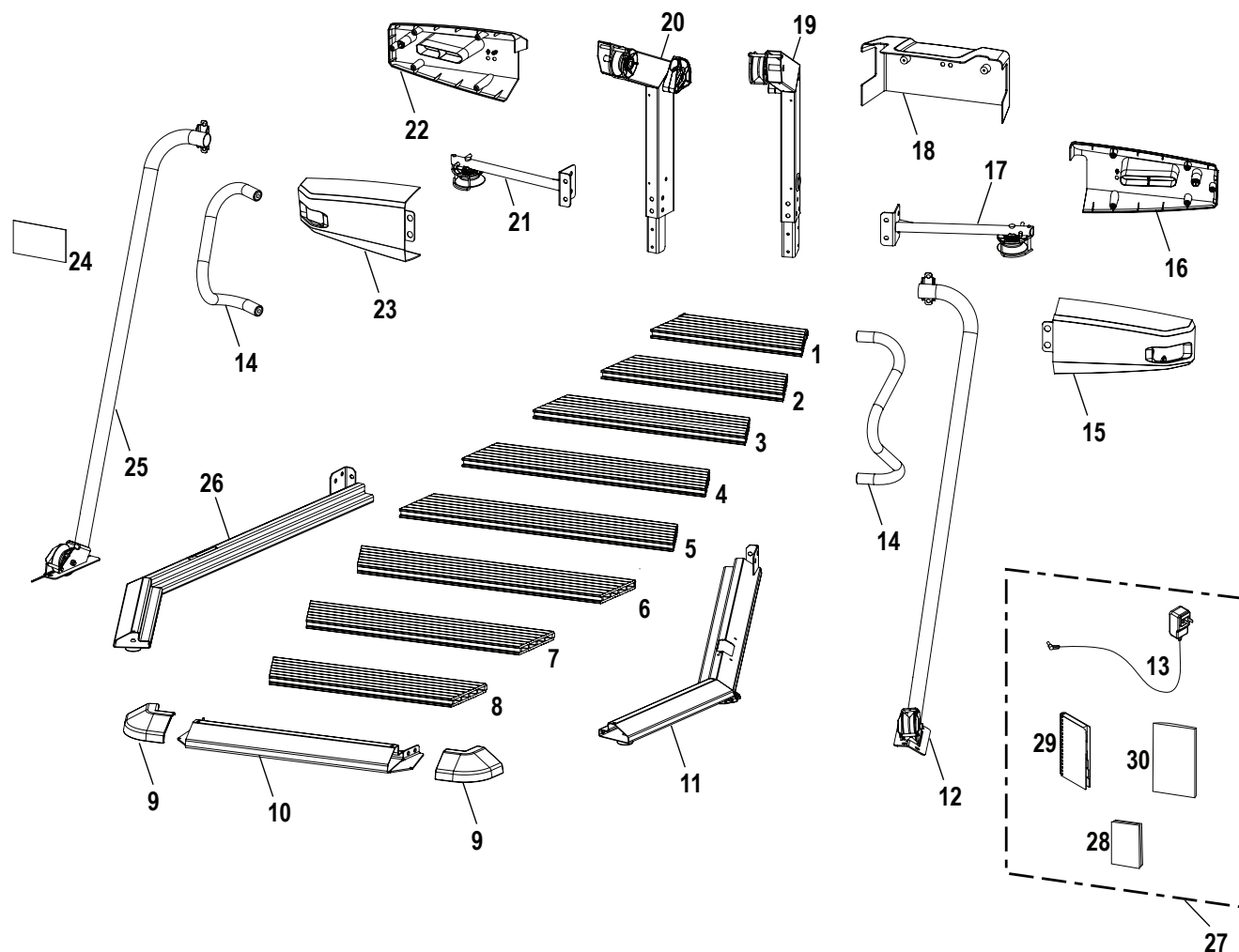
Item	Qty	Description		Item	Qty	Description
1 - 8	1 each	Platform Decking		20	1	Upper Pulley Arm, Left
9	2	Platform Corner Shroud		21	1	Middle Pulley Arm, Left
10	1	Platform Frame, Front		22	1	Middle Shroud, Left Back
11	1	Right Platform Frame		23	1	Middle Shroud, Left Front
12	1	Support Arm, Right		24	1	Hardware Card
13	1	AC Power Adapter		25	1	Support Arm, Left
14	2	Handlebar		26	1	Left Platform Frame
15	1	Middle Shroud, Right Front		27	1	Document Kit
16	1	Middle Shroud, Right Back		28	1	Quick Start Guide
17	1	Middle Pulley Arm, Right		29	1	Training Guide
18	1	Rear Shroud, Upper		30	1	Assembly / Owner's Manual
19	1	Upper Pulley Arm, Right				

BOX 2
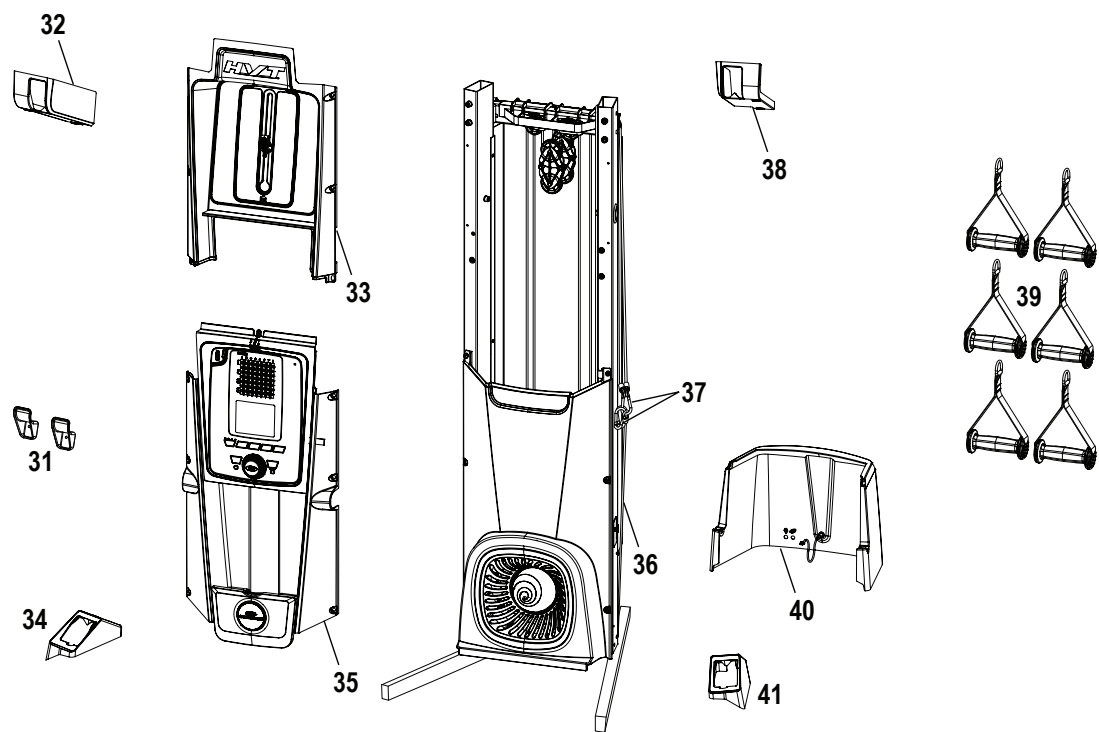
Item	Qty	Description	Item	Qty	Description
31	2	Lower Grip Holder	37	6	Snap Hooks
32	1	Upper Pulley Shroud, Left	38	1	Upper Pulley Shroud, Right
33	1	Upper Front Shroud	39	6	Hand Grip, 1-D Ring
34	1	Lower Pulley Shroud, Left	40	1	Rear Shroud, Lower
35	1	Console Assembly	41	1	Lower Pulley Shroud, Right
36	1	Frame Assembly			
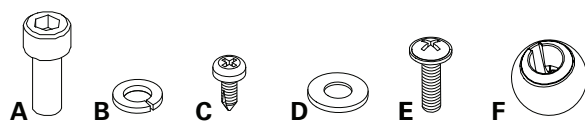
Item	Qty	Description	Item	Qty	Description
A	32	Socket Hex Head Screw, M8x1.25x20 Black	D	6	Flat Washer, M8x18 Black
B	32	Lock Washer, M8x14.8 Black	E	24	Truss Phillips Head Screw, M5x16 Black
C	14	Phillips Head Screw, M4.2x16 Black	F	6	Securing Ball

Note: Select pieces of Hardware have been provided as spares on the Hardware Card. Be aware that there may be remaining Hardware after the proper assembly of your machine.

Tools

Included

 6mm

 #2

Assembly

1. Safely Remove the Frame Assembly from the Shipping Box and Stand Upright in the Intended Workout Area. Remove the Upper Shroud from Frame Assembly.

   Note: Do not disconnect the indicated ropes and snap rings until instructed. Remove all the packaging from the parts to assist with assembly.

⚠️ **Some components of the machine can be heavy or awkward. Use at least a second person when doing the assembly steps involving these parts. Do not do steps that involve heavy lifting or awkward movements on your own.**
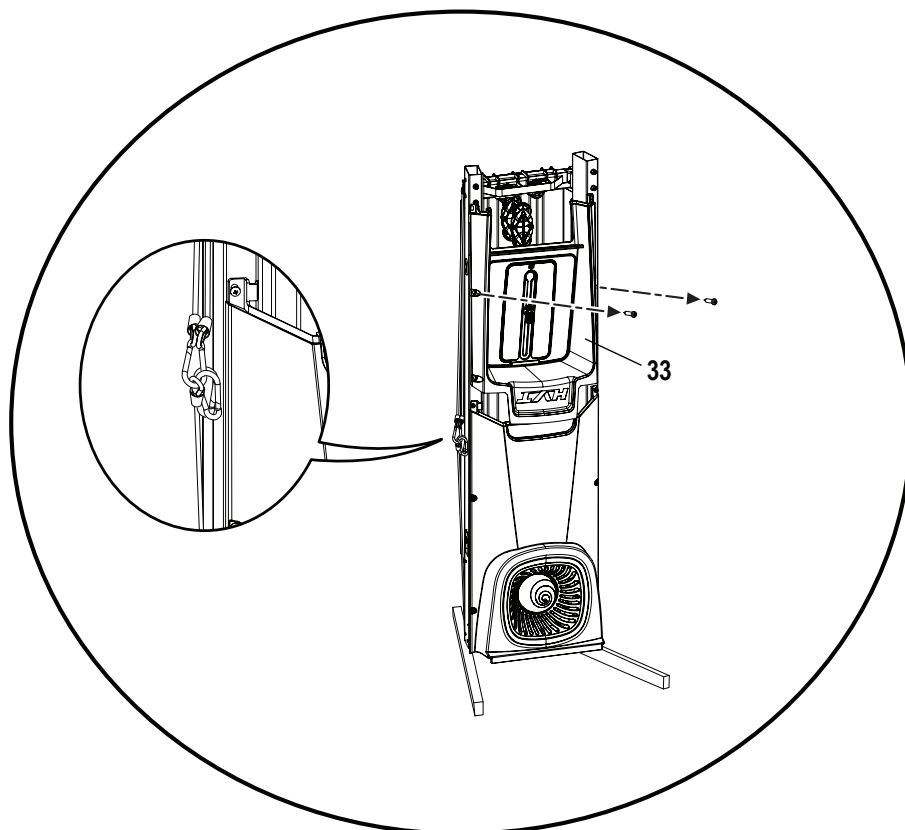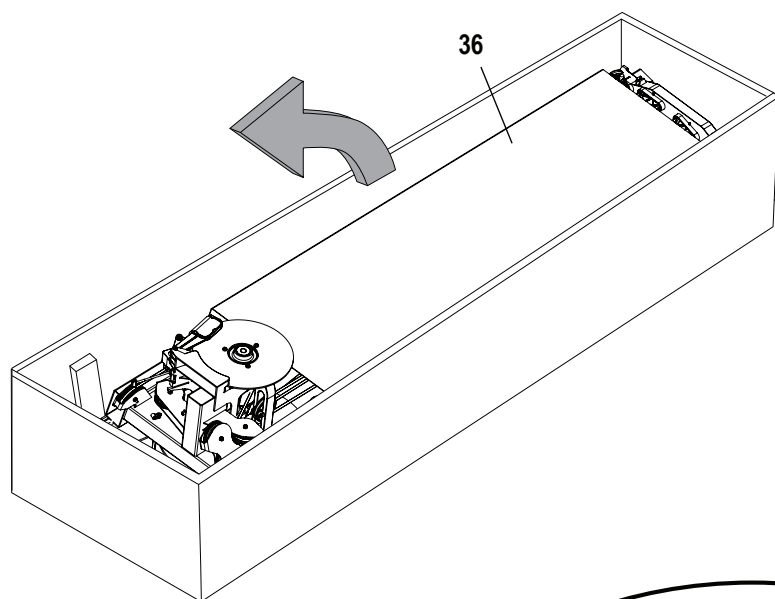
2. Safely Remove the Right Shipping Support and Attach the Right Platform Frame to the Frame Assembly

Note: Only finger-tighten the hardware until instructed to fully tighten. Be sure not to pinch the ropes during assembly.
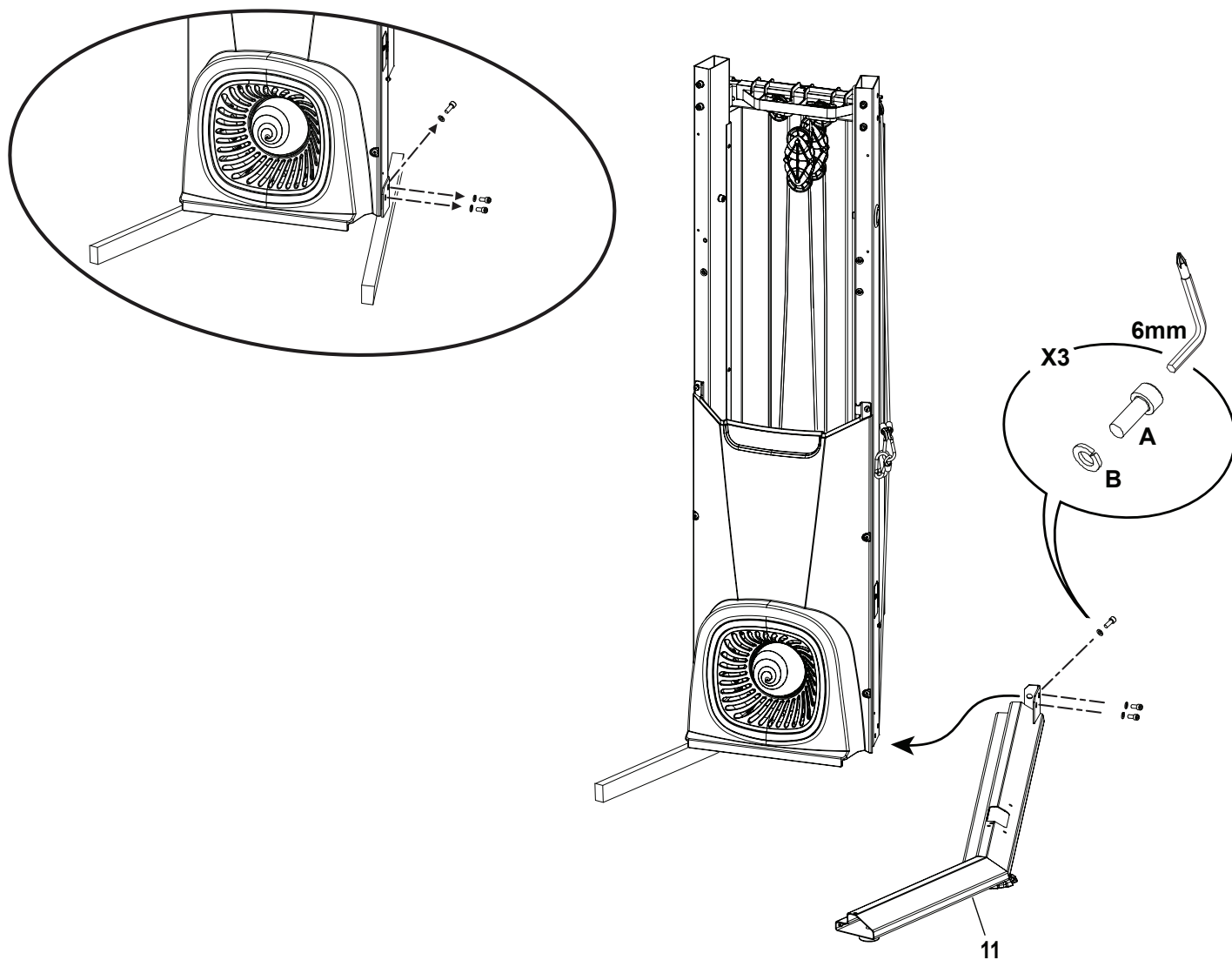
## 3. Safely Remove the Left Shipping Support and Attach the Left Platform Frame to the Frame Assembly

Note: Only finger-tighten the hardware until instructed to fully tighten. The Shipping Supports and attached hardware are not used on the final assembly, and should be disposed of according to your local regulations.
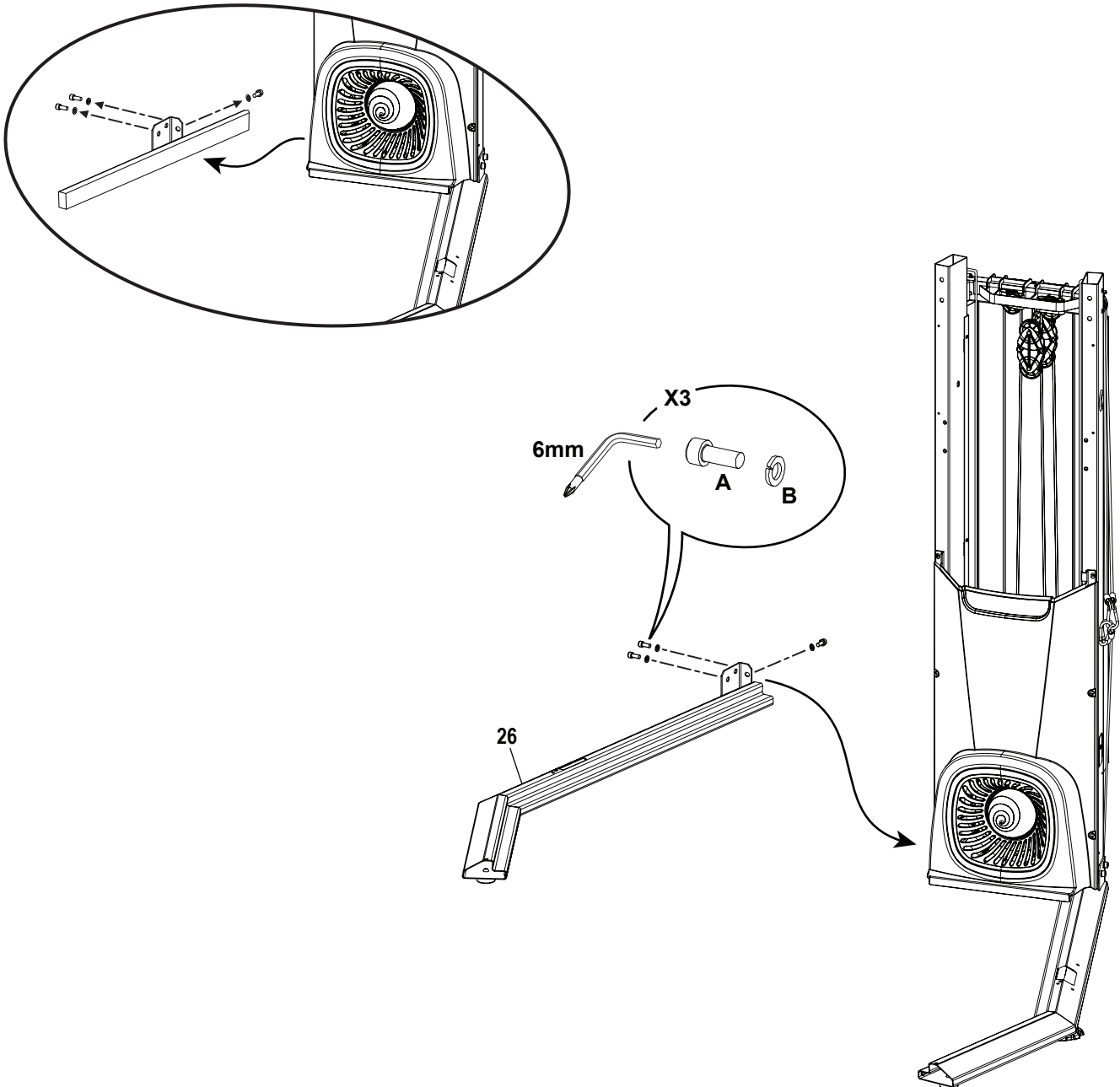
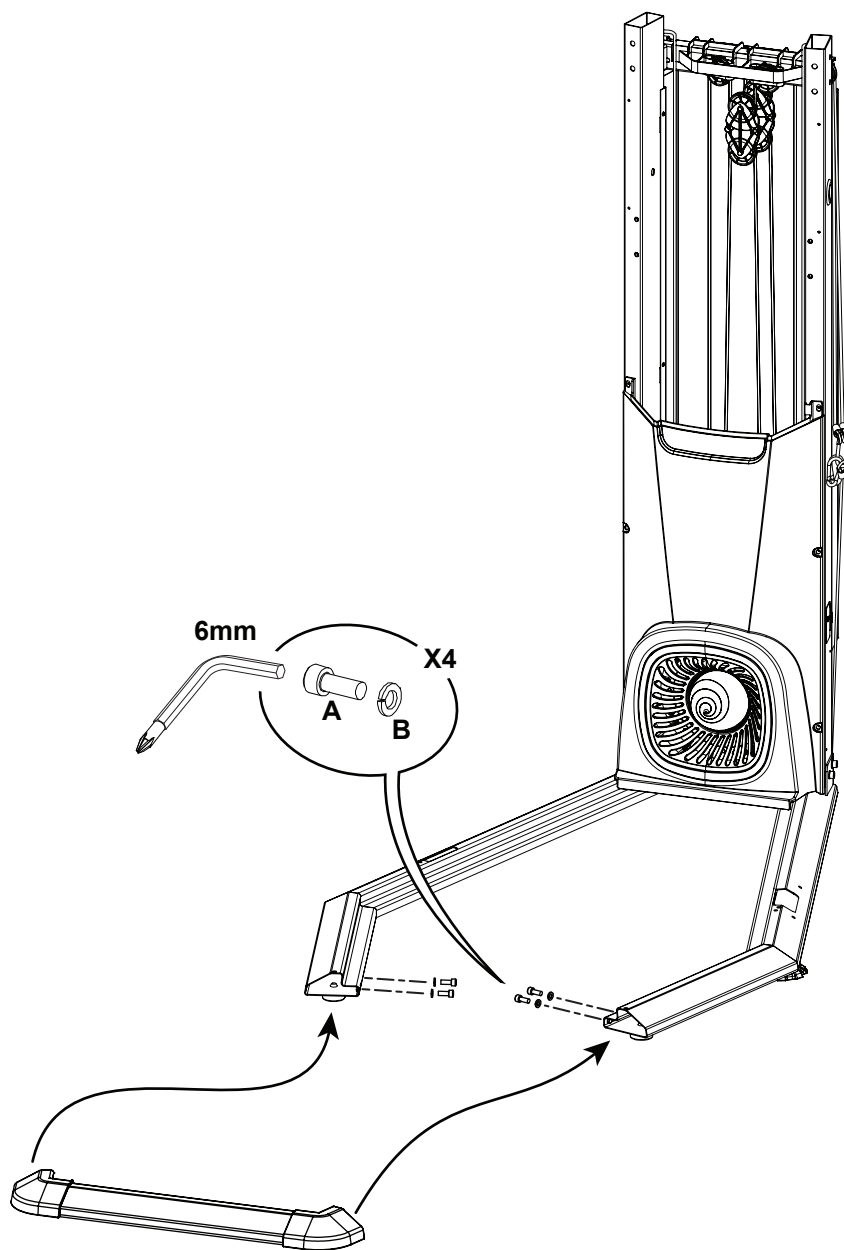## 4. Flip the Front Platform Frame and Attach the Platform Corner Shrouds
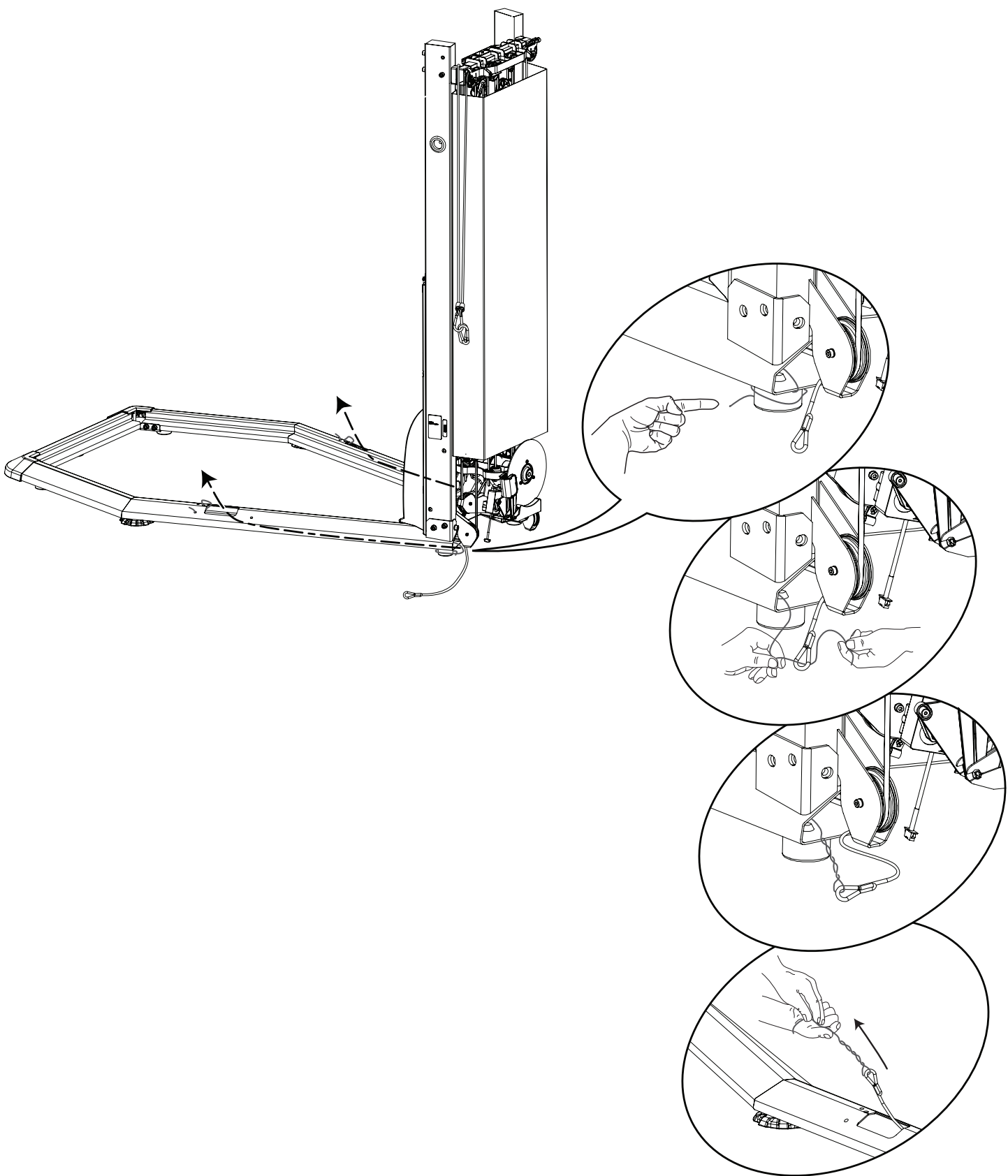
9

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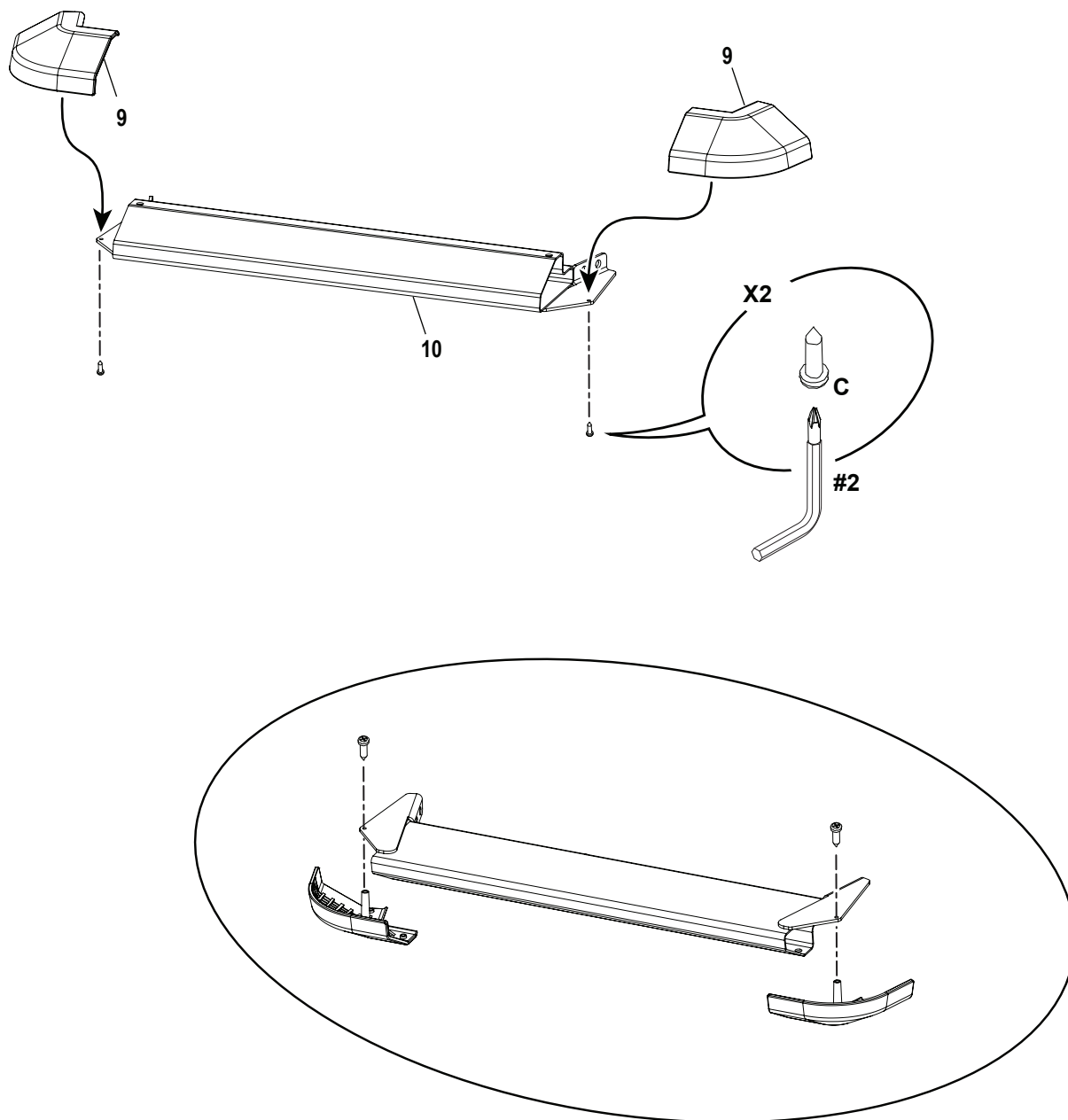
5. Attach Front Platform Frame Assembly to Platform Frames

Note: To assist with assembly, pivot the Front Platform Frame Assembly upward slightly until holes are aligned and install hardware.

6. Release the Lower Ropes from the Snap Hooks and Route through the Platform Frames

7. Pivot, Connect, and Place the Platform Decking into the Platform Frame Assembly

Note: Start with the piece marked "8" and work toward the Frame Assembly. With the initial piece pivoted up and toward the Frame Assembly, insert the tab of the next piece and pivot the initial piece downward. With the last two pieces (marked "1" and "2"), place them so they form a 'v' in the Platform Frame. With your foot centered on the piece marked '2', push downward to set into place.
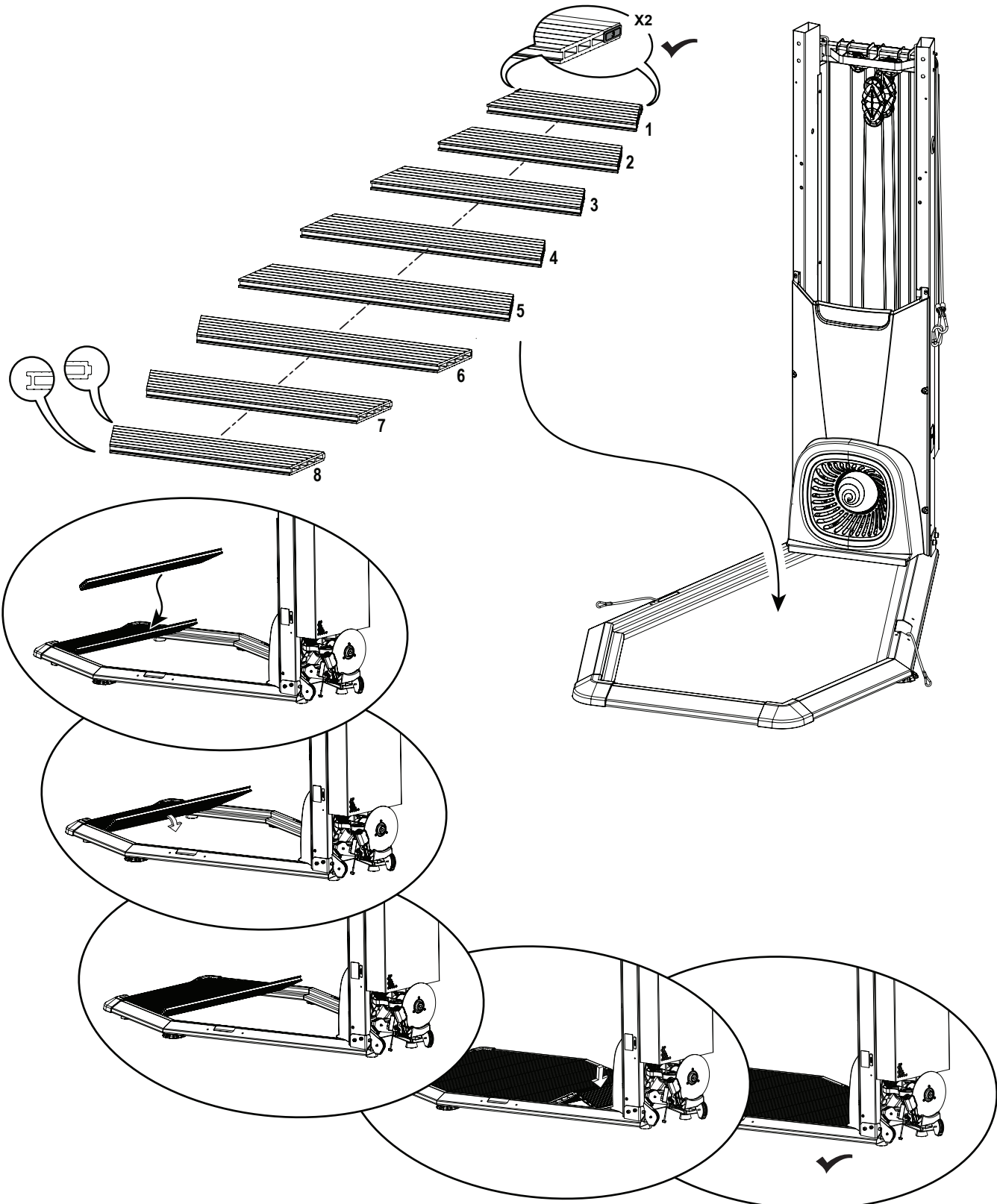
8. Route the Lower Rope and Attach the Support Arms and Securing Ball

Note: Route Lower Rope through the Support Arm. Then attach the upper hardware first (*). Only finger-tighten the hardware until instructed to fully tighten. Attach Securing Ball to Rope and remove the routing wire. Start the rope through the oval opening of the securing ball, and pull out of the round opening.
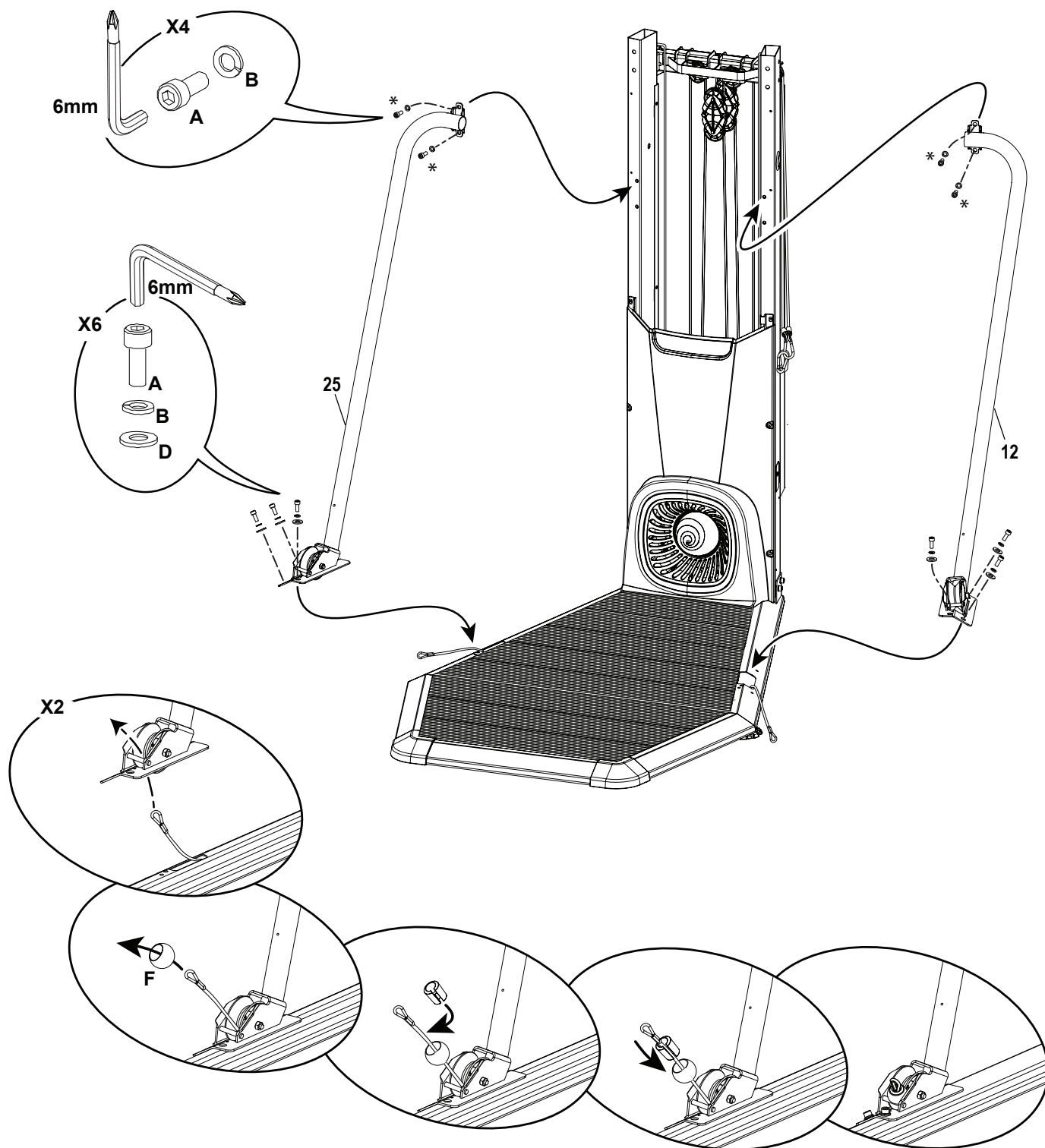
9. Tighten All Hardware from Previous Steps

10. Disconnect the Ropes and Route the Front Rope (*) through Upper Pulley Arms and Insert to Frame Assembly

Note: Attach a securing ball to the end of the rope after routing. Start the rope through the oval opening of the securing ball, and pull out of the round opening.

11. Attach the Middle Pulley Arms and Route the Middle Ropes

Note: The parts have a right (" R ") and left (" L ") mark to assist with assembly. If necessary, push the Upper Pulley Arms toward the back to align the side hardware openings. Attach front hardware first (*). Do not fully tighten until all hardware has been started. Attach a securing ball to the end of the rope after routing. Start the rope through the oval opening of the securing ball, and pull out of the round opening.
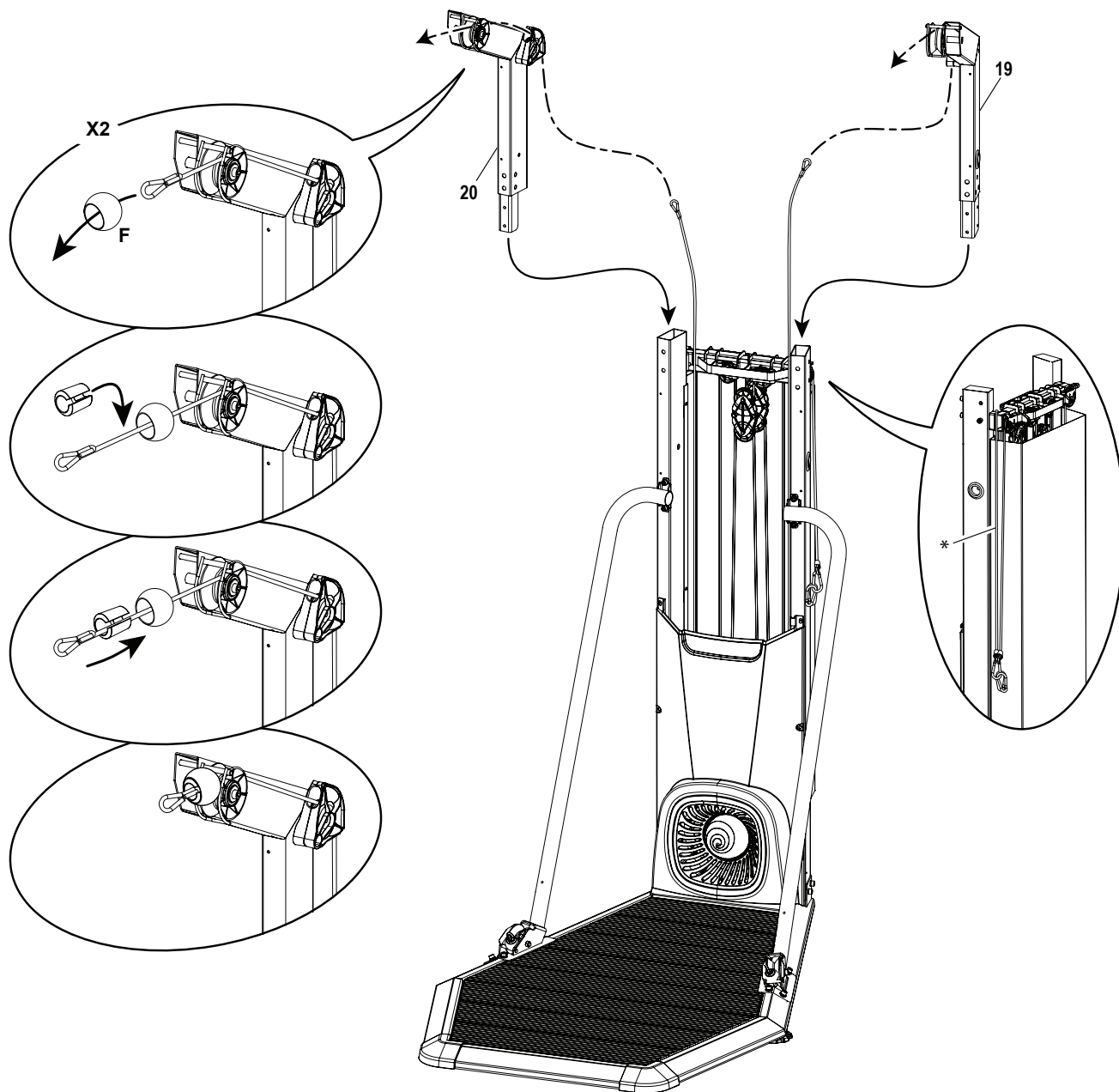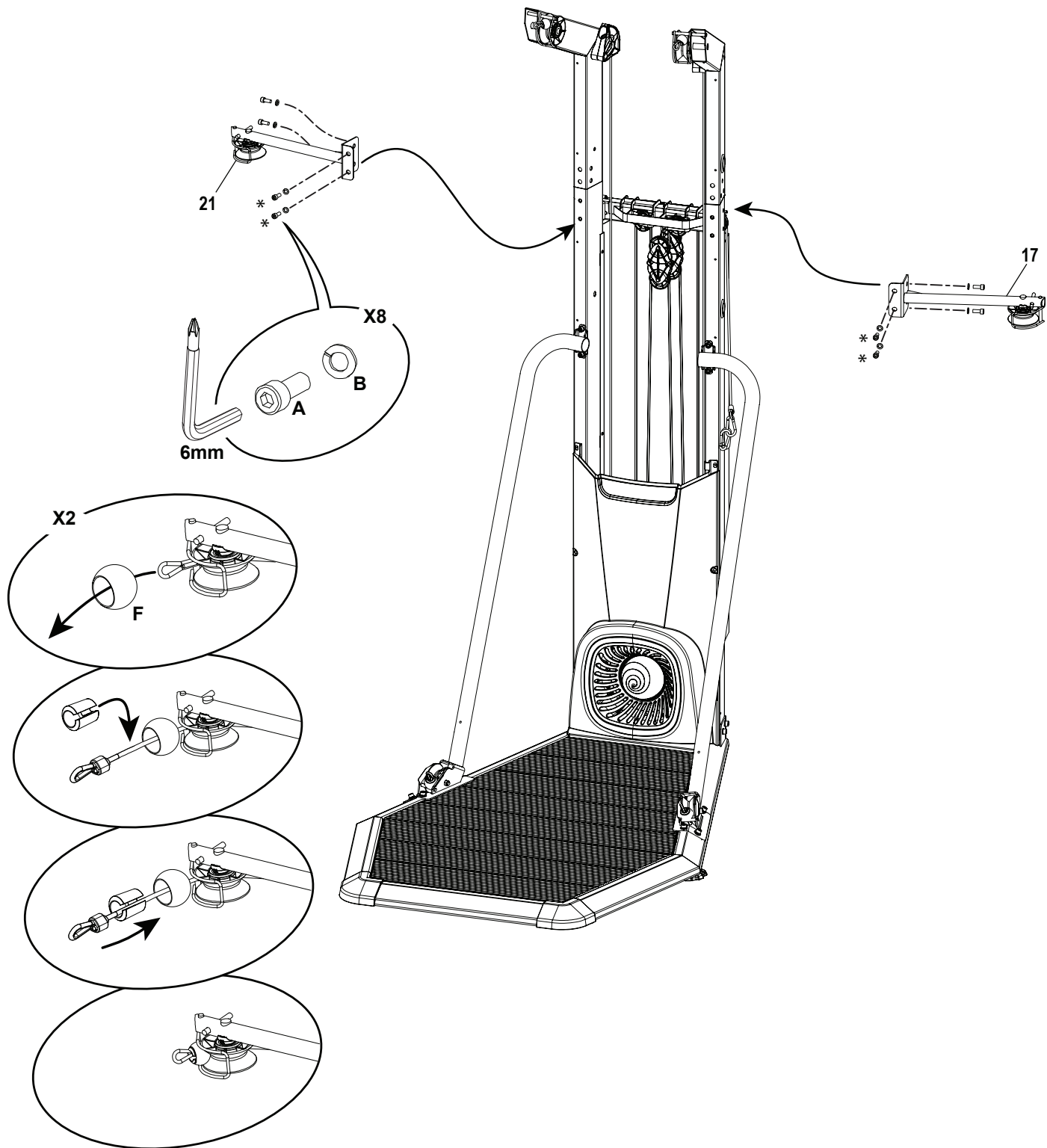
12. Attach Upper Pulley Shrouds to Upper Pulley Arms

Note: Be sure the tab on the Upper Pulley Shroud is behind the securing ball cage. Fully tighten this hardware and future hardware unless specifically instructed not to tighten.

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13. Attach the Handlebars to the Frame Assembly

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6mm
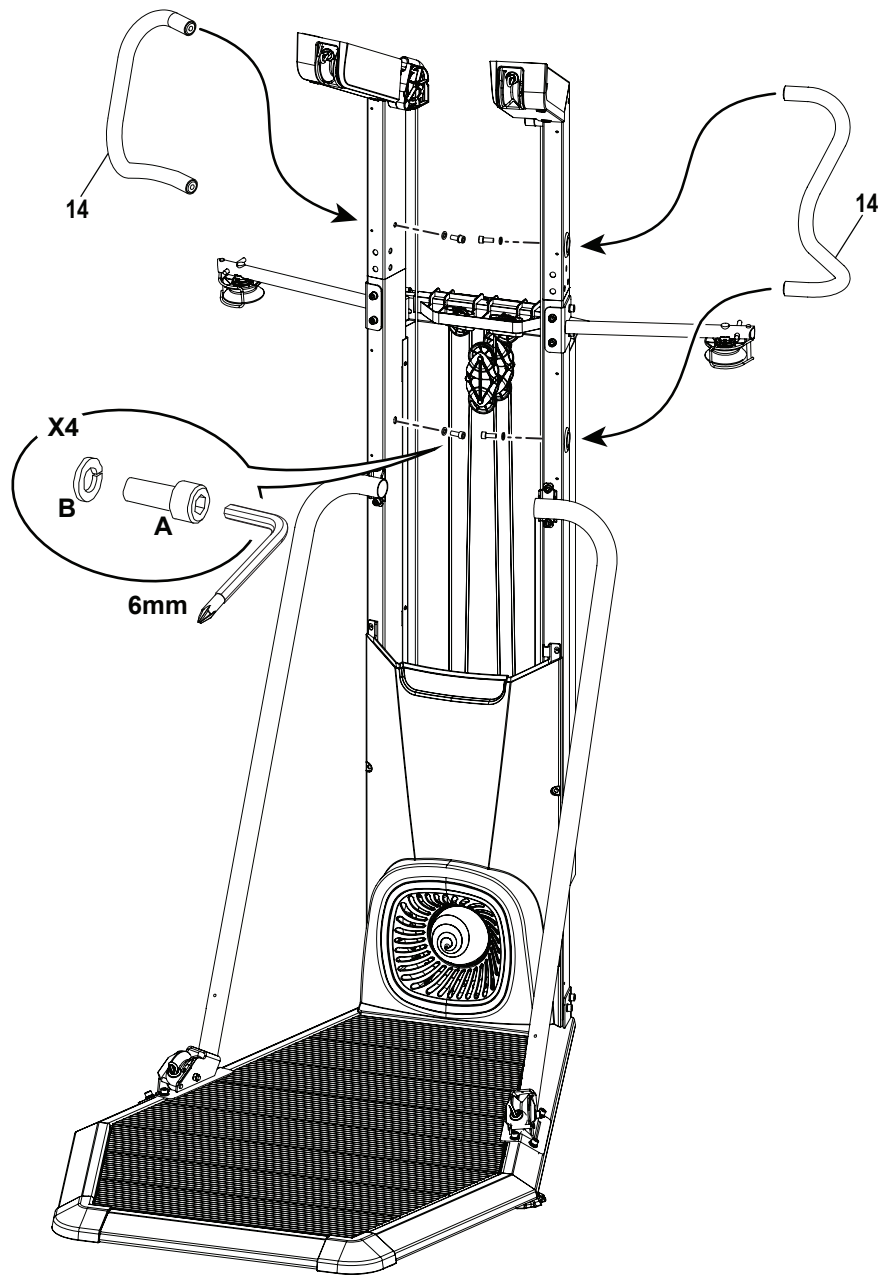
14. Attach Upper Rear Shroud to Frame Assembly
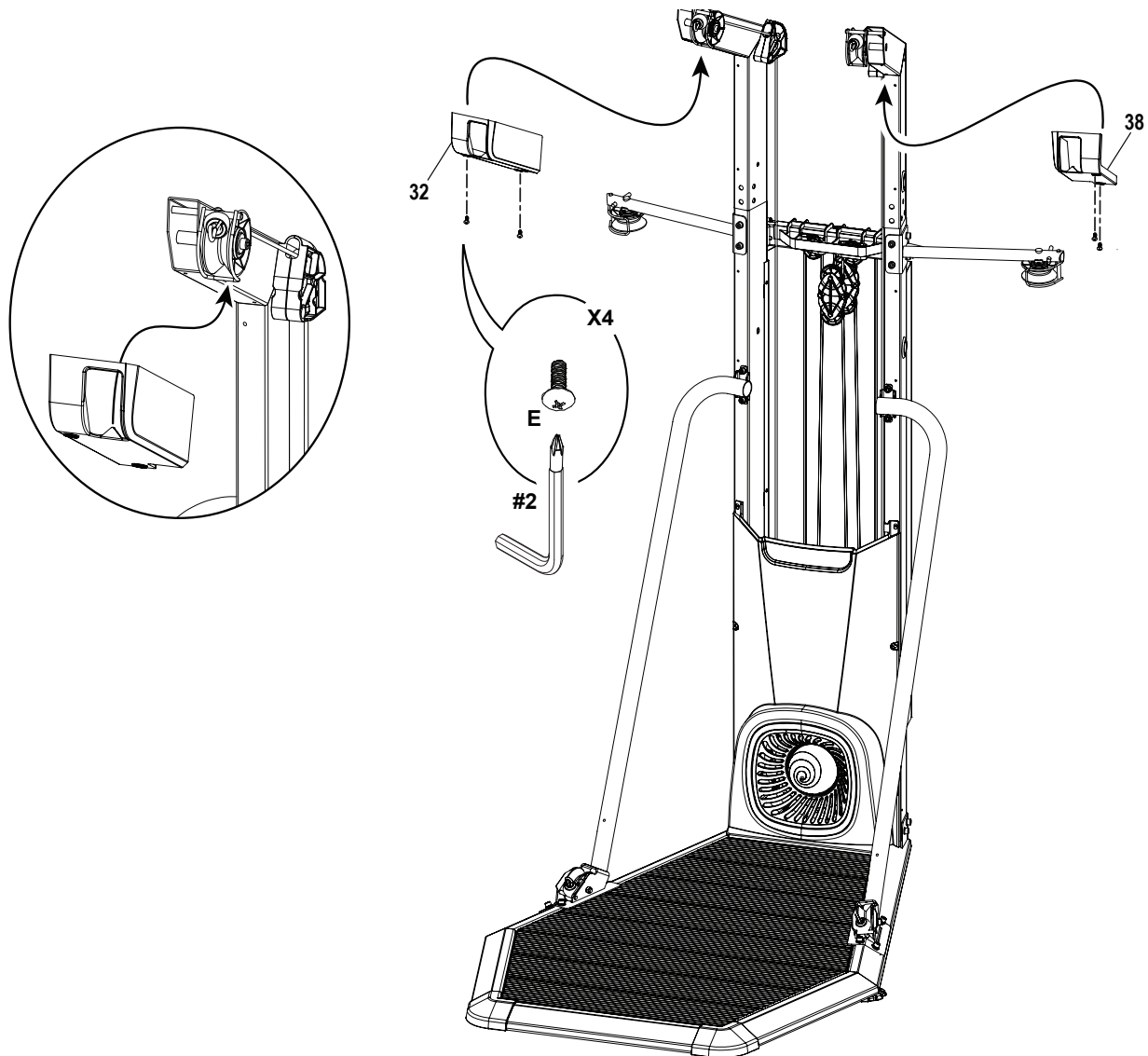
18

X2

C

#2
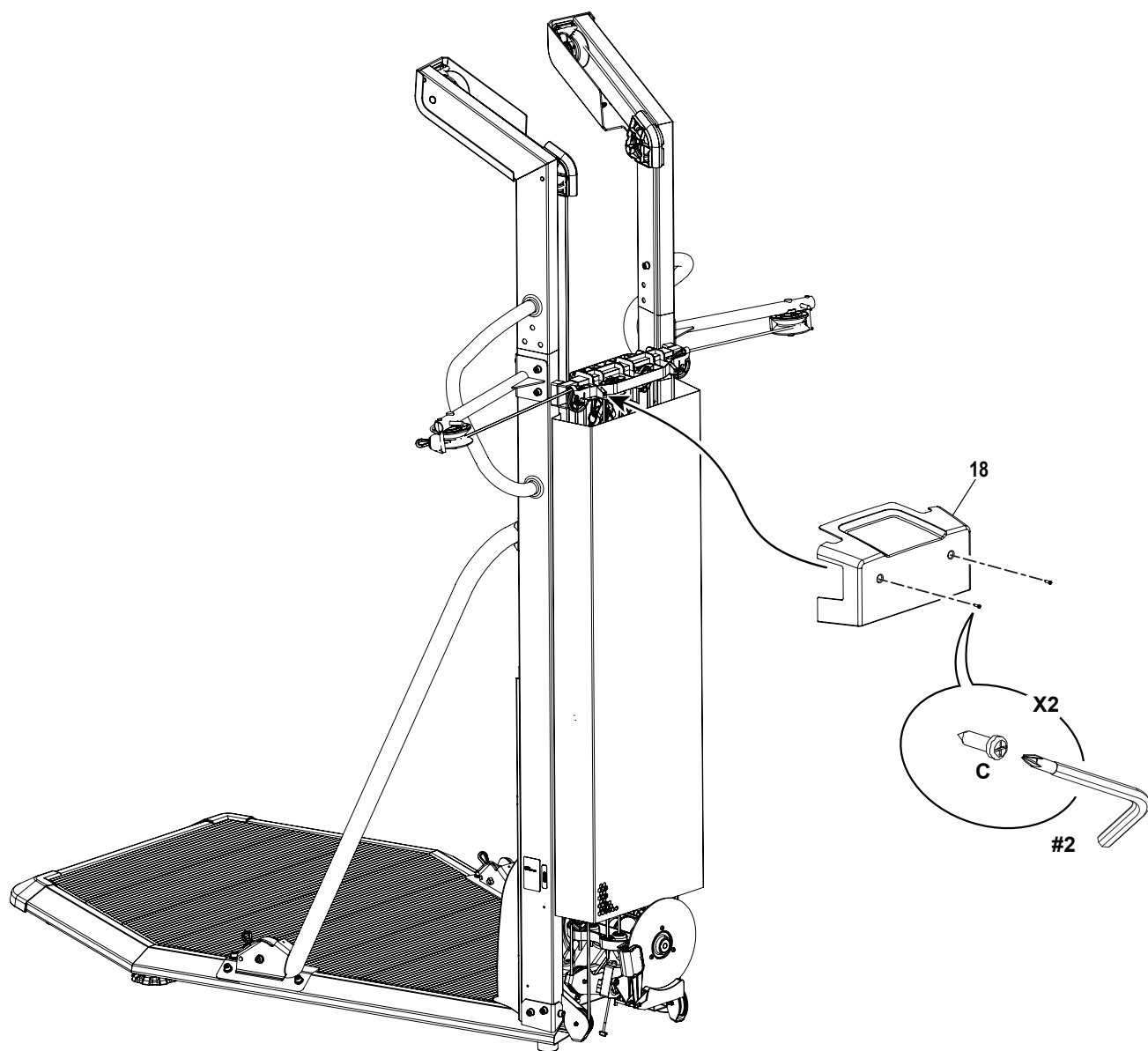
15. Attach the Middle Pulley Shrouds to the Frame Assembly

Note: The parts have a right (" R ") and left (" L ") mark to assist with assembly. Snap the Rear Shrouds onto the Middle Pulley Assemblies first (*****).
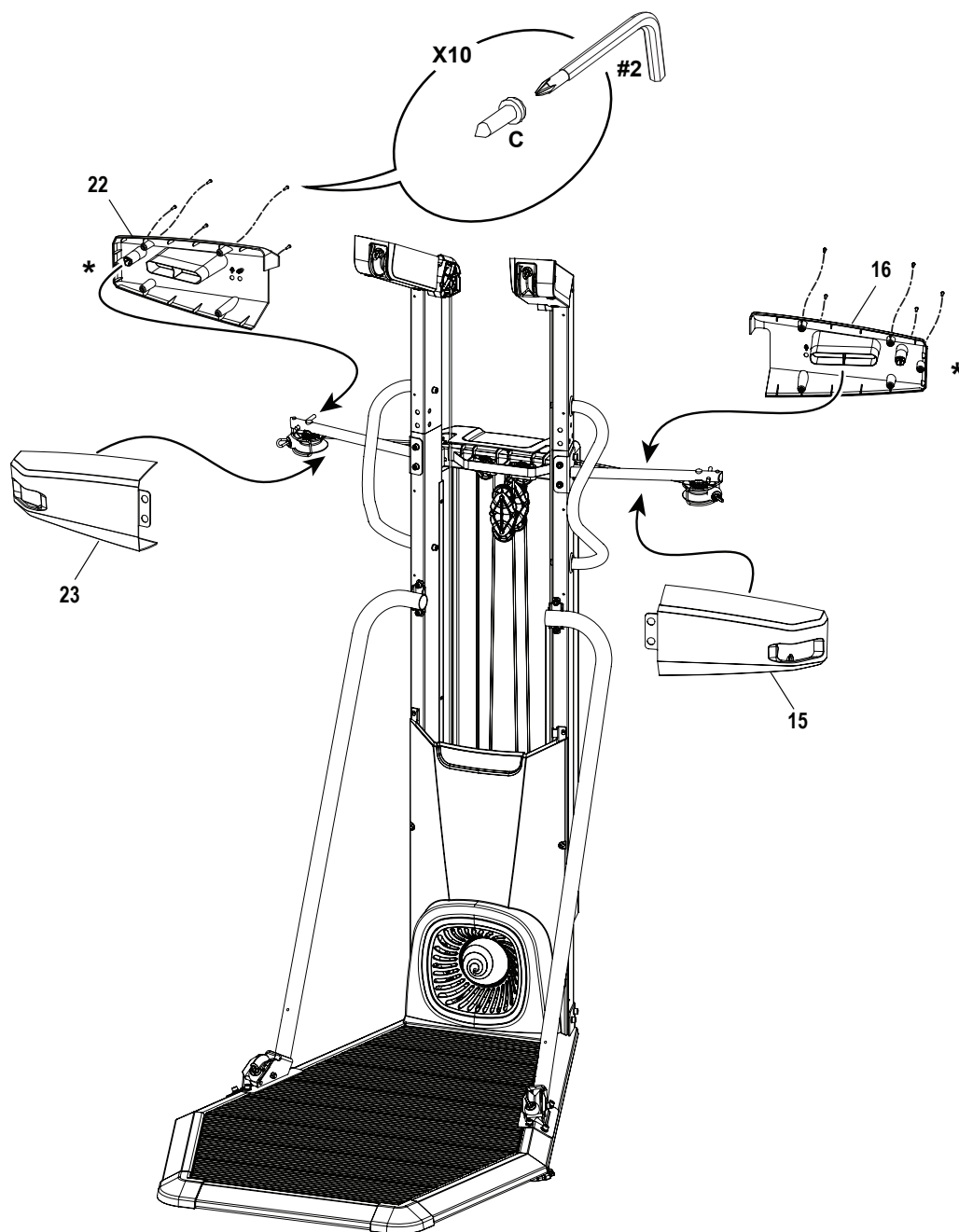
16. Attach Upper Shroud to Frame Assembly

Note: Do not install hardware in the lower openings. Do not fully tighten hardware until instructed.
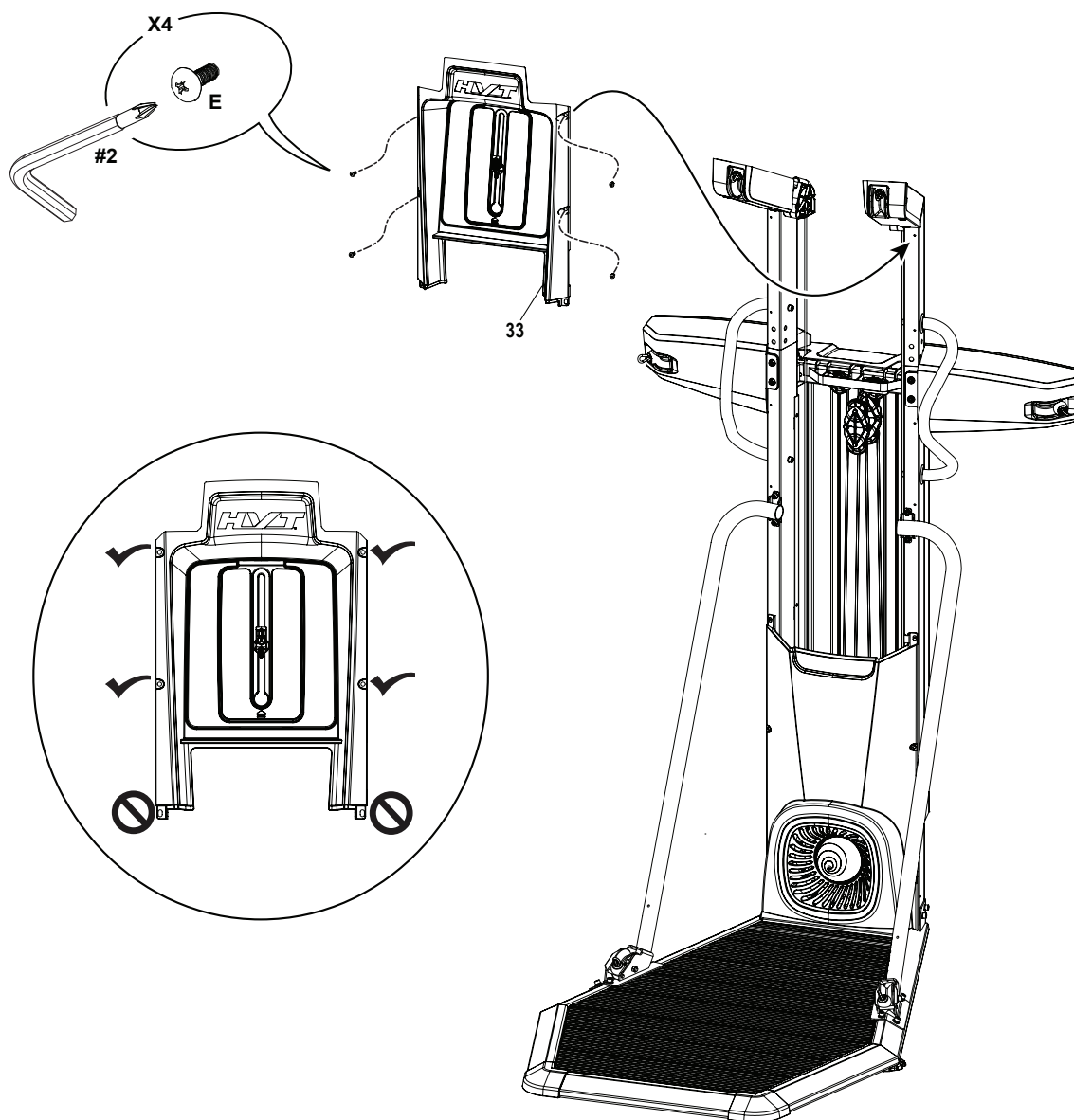
17. Connect the Cables and Attach the Console Assembly to Frame Assembly

Note: Do not crimp the Cables. Tighten all hardware from previous steps.
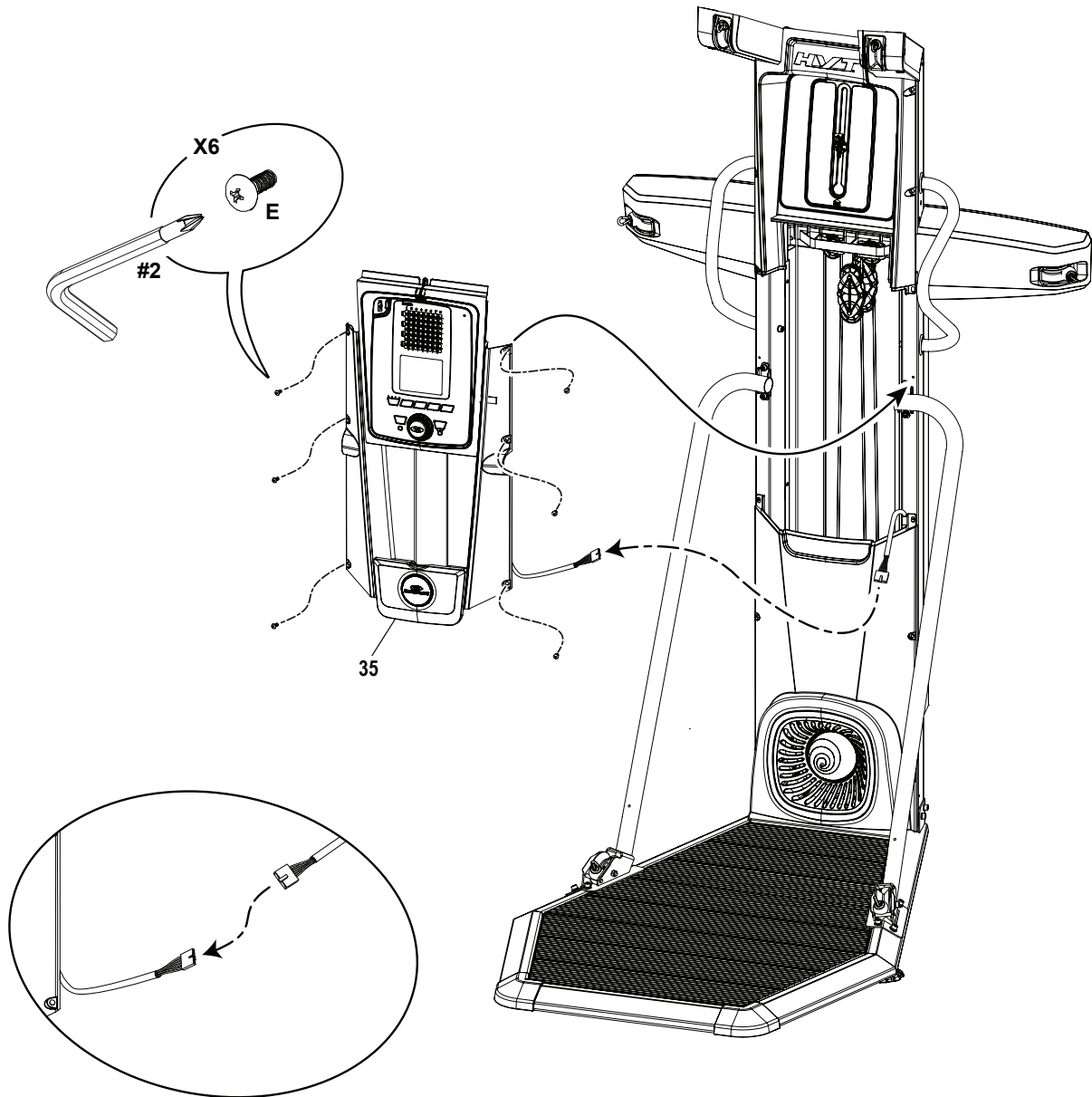
18. Attach Lower Pulley Shrouds to Frame Assembly

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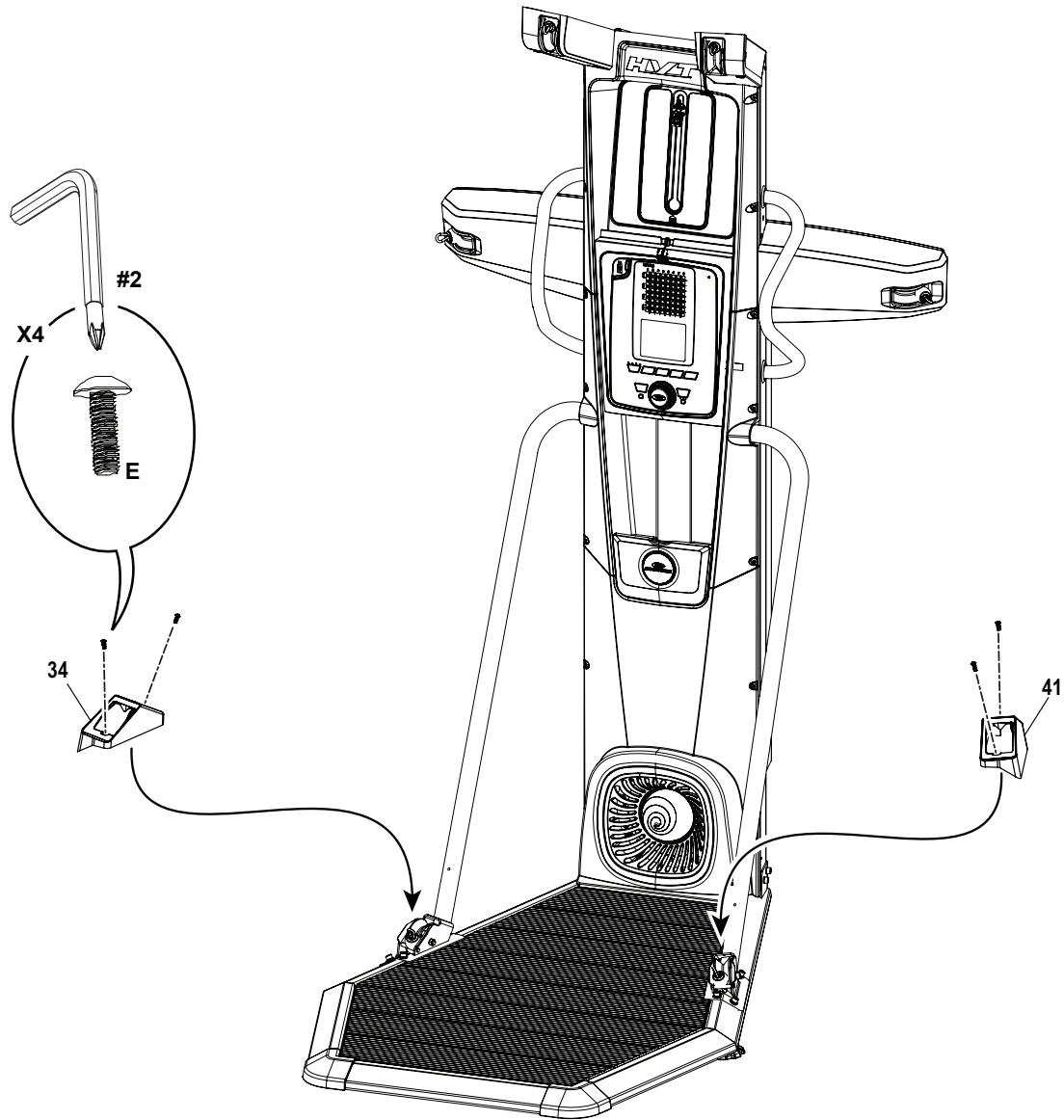
19. Attach Lower Grip Holders to Frame Assembly
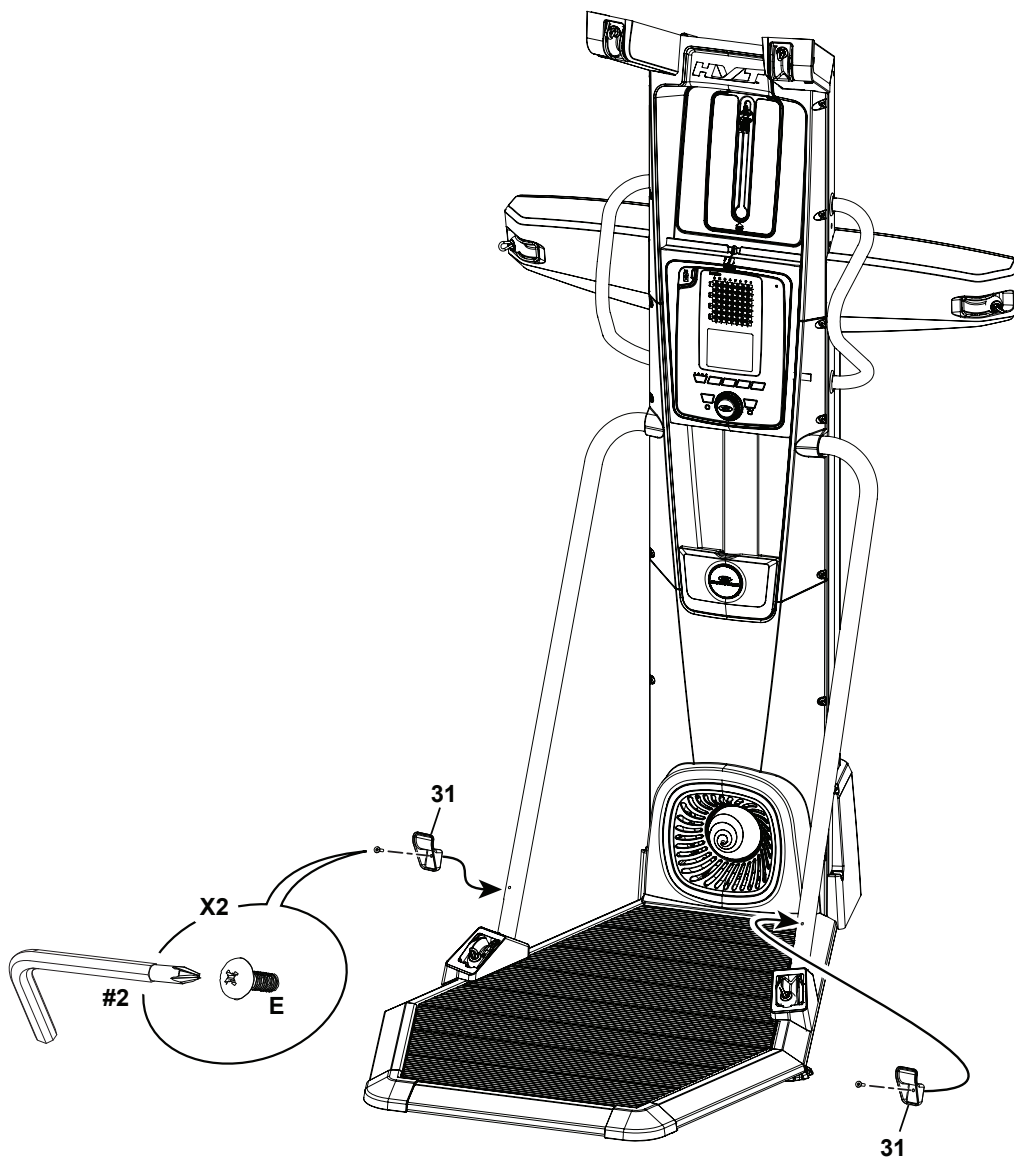
20. Connect the Power Input Cables and Attach the Lower Rear Shroud to Frame Assembly

Note: Be sure to remove any shipping cardboard before attaching the Rear Shroud. Do not crimp the Cables.

X4

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40
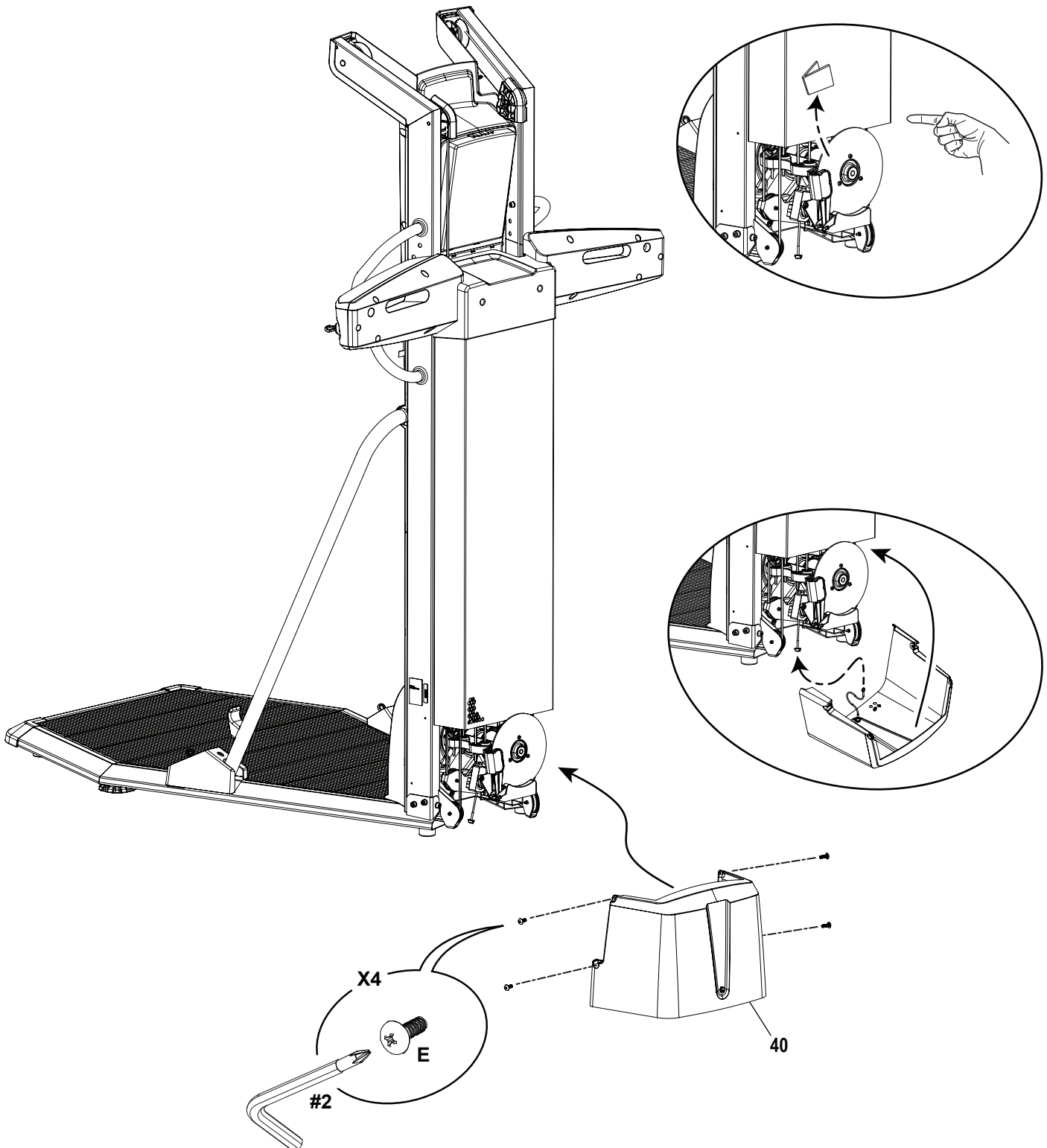
21. Carefully Attach Hand Grips to Ropes

Note: Be sure to keep your hands away from the snap hooks when attaching the Hand Grips.
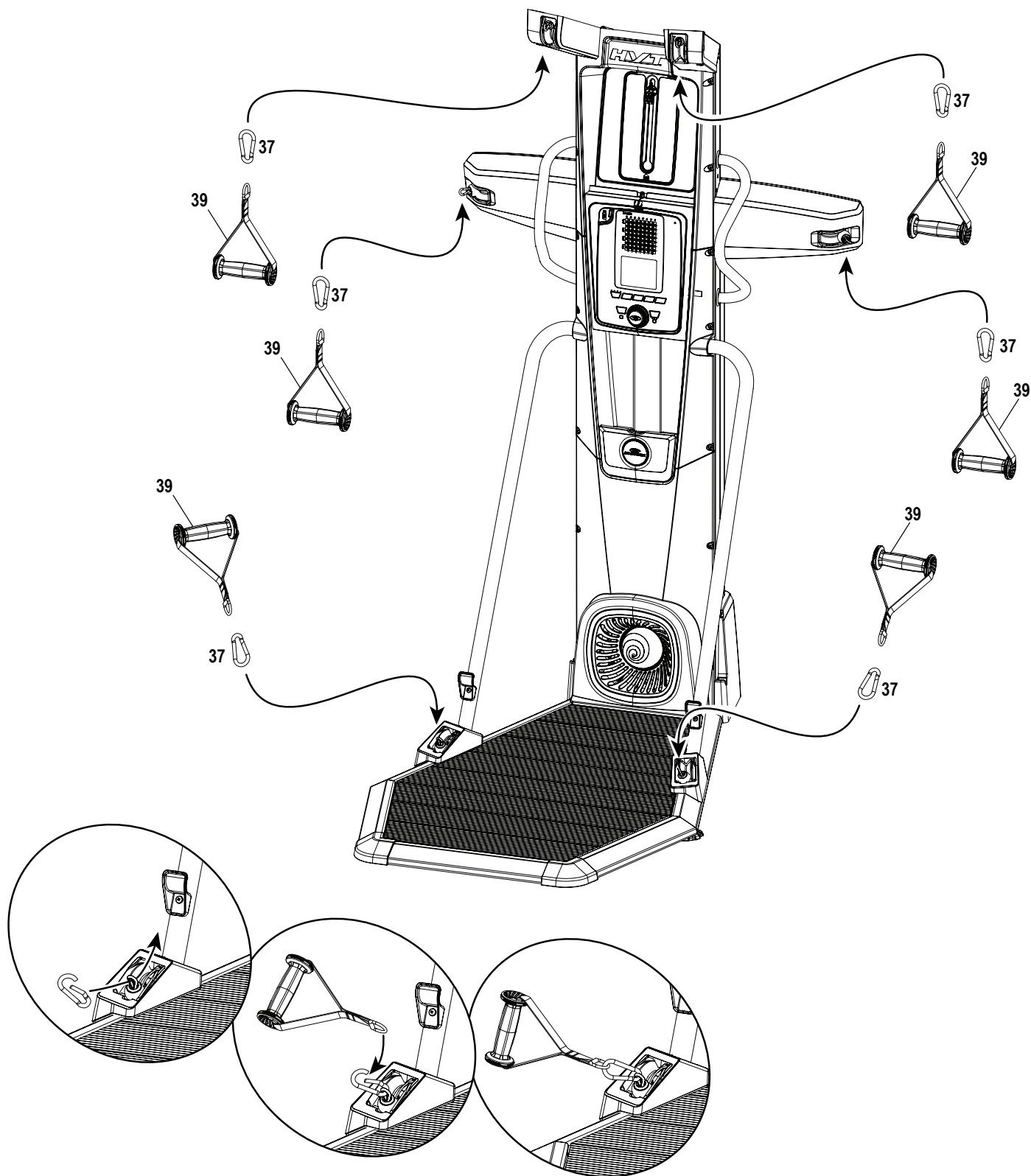
22. Secure the Training Guide to the Media Tray on the Upper Shroud

Note: Insert the Pointed Tabs into the spiral binding of the Training Guide. The Securing Clasp can be adjusted and rotated as necessary. When placed properly, the Training Guide should be easily opened and the pages easily turned.
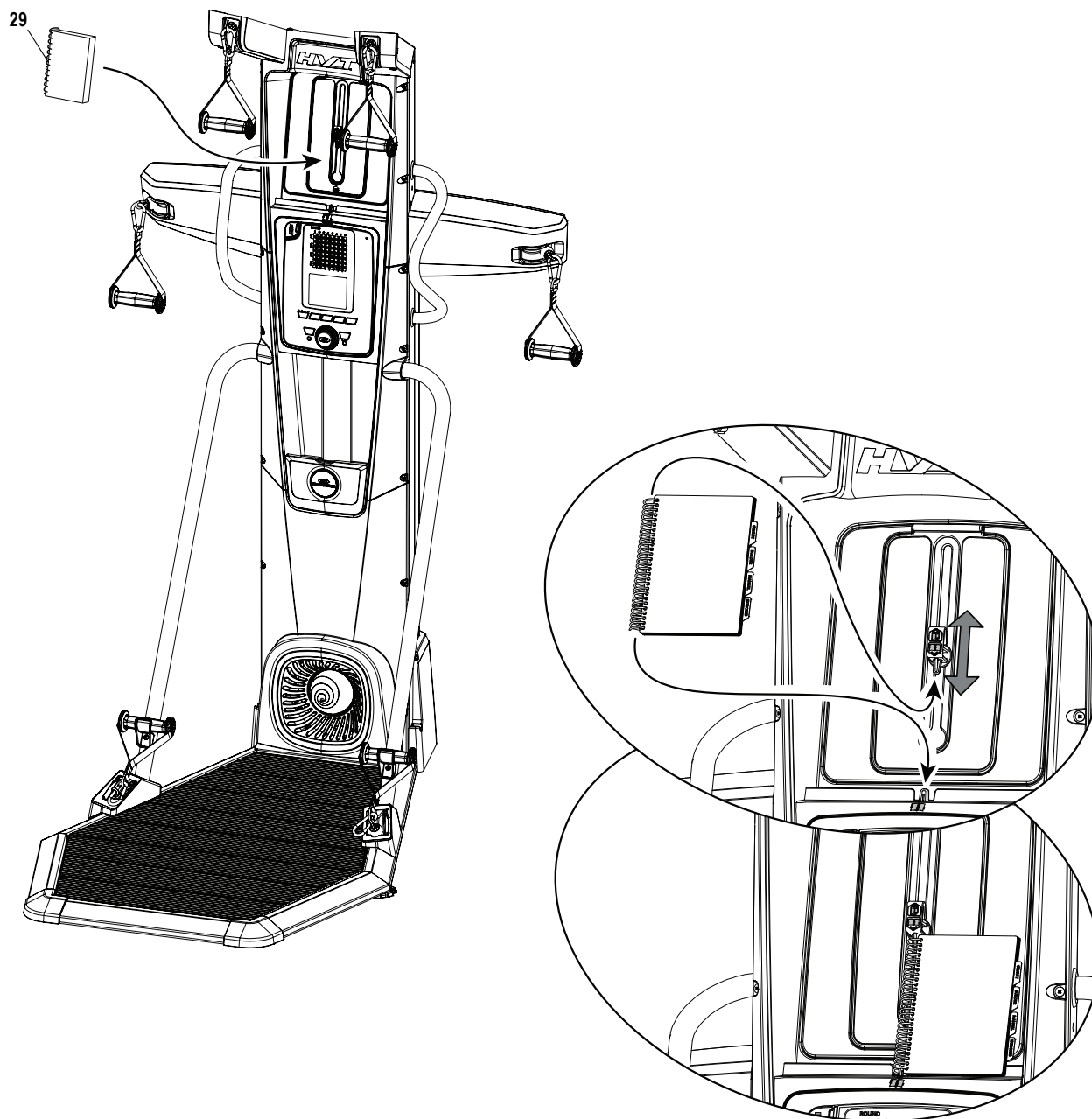
23. Attach Power Adapter to Frame Assembly

Note: Do not crimp the Cables.

13
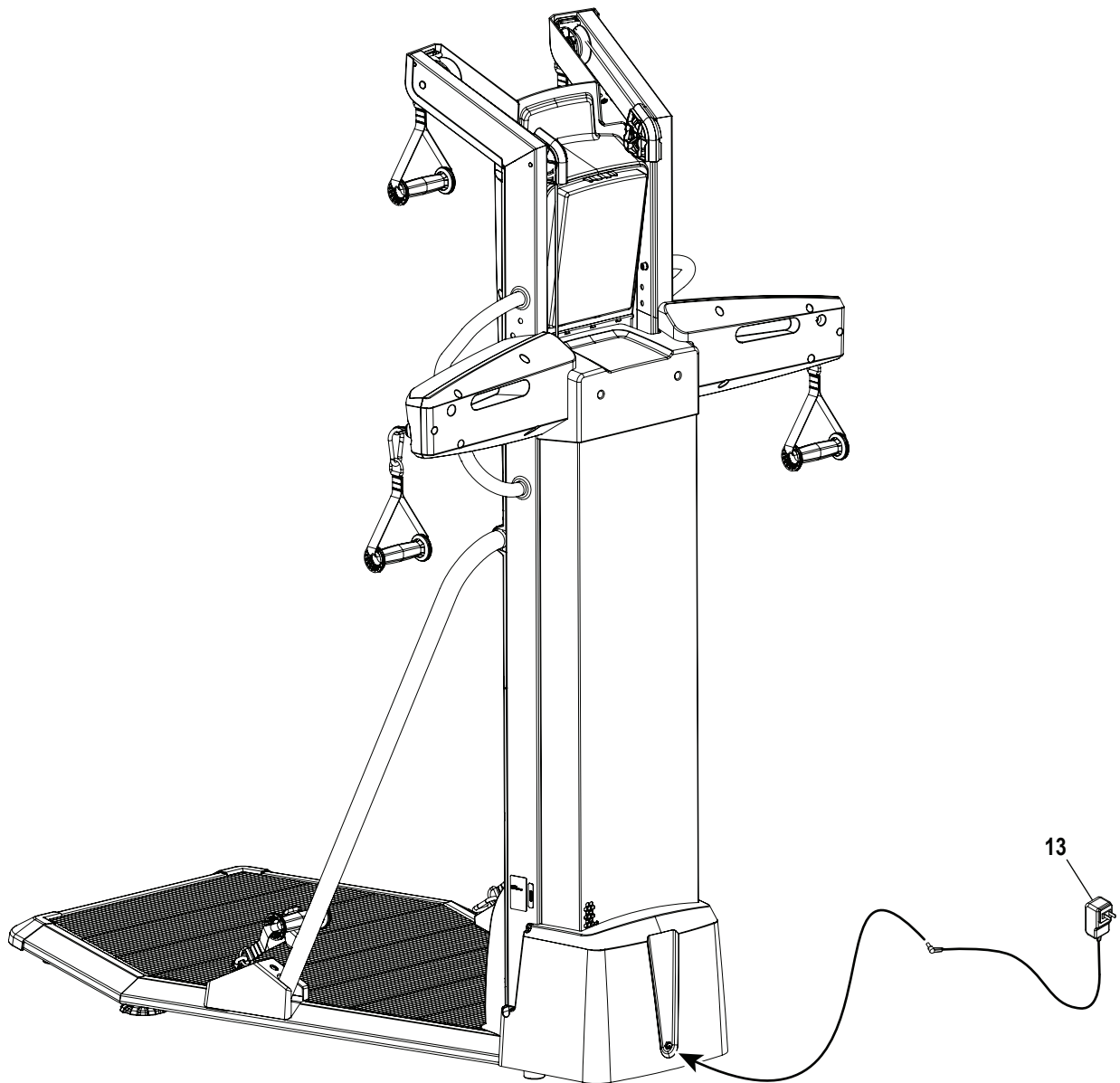
24. Final Inspection

Inspect your machine to ensure that all hardware is tight and components are properly assembled. Recycle or discard the Shipping Supports and excess hardware according to your local regulations.

Be sure to record the serial number in the field provided at the front of this manual.

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

Moving and Storing the Machine

⚠️ **Do not move the machine without aid. Injury to you or damage to the machine can occur.**

1. Remove the power adapter and hand grips, and place in a secure location.

Leveling the Machine

The machine needs to be leveled if your workout area is uneven. To adjust:

1. Place the machine in your workout area.

2. 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.**

Upper Pulley

Media Shelf / Accessory Storage Area

Static Handlebars

Training Guide

Middle Pulley

Resistance Level Dial

Console

Water Bottle Holder

Resistance Engine

Hand Grip Holder

Resistance Fan

Hand Grip

Power Inlet

Lower Pulley

Leveler

Platform
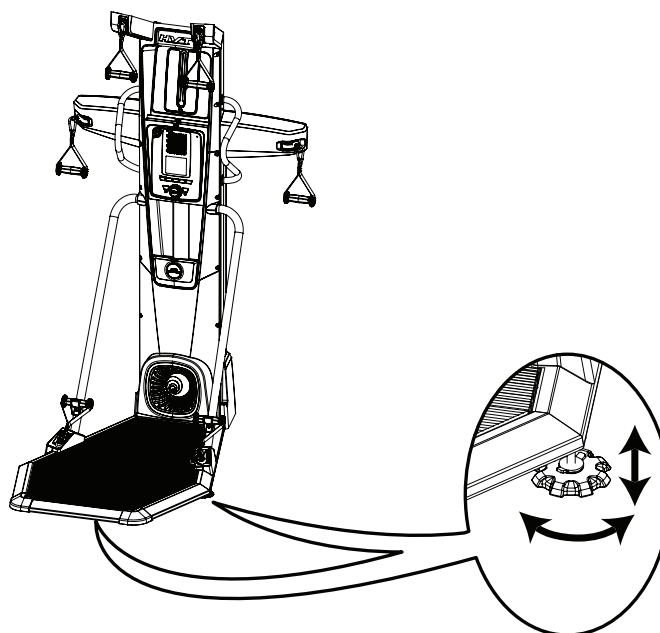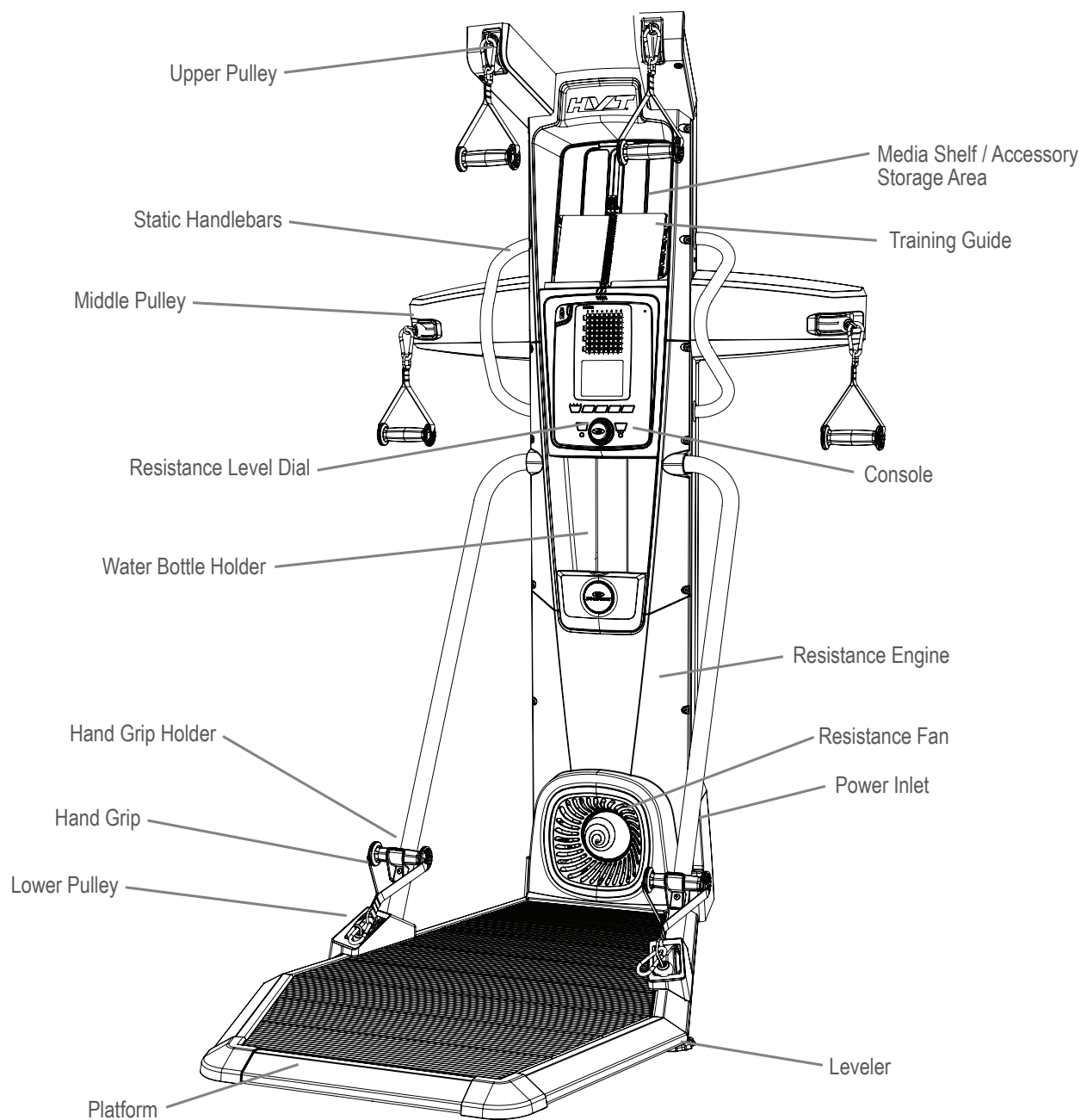
⚠ WARNING **Use the values calculated or measured by the machine's computer for reference purposes only. The heart rate displayed is an approximation and should be used for reference only. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.**

Pulleys

The Bowflex® HVT™ machine has three different pulley positions: Upper, Middle and Lower. Each exercise uses the hands grips attached to the specific pulleys to affect the intended muscle group.

Platform

The Platform is a slightly raised stage defining the workout area. Most of the exercises involve the user being fully on the Platform. If required to perform an exercise, the user can step off the platform with one foot but must stay within the Workout area. At least one foot must be kept on the Platform during a workout. Be prepared for the step down from the Platform.

> **Note:** If necessary, grab onto the Static Handlebars for stability.

Console Features

The Console provides information about your workout on the display screen.

Round display

Bluetooth® icon

Exercise segment
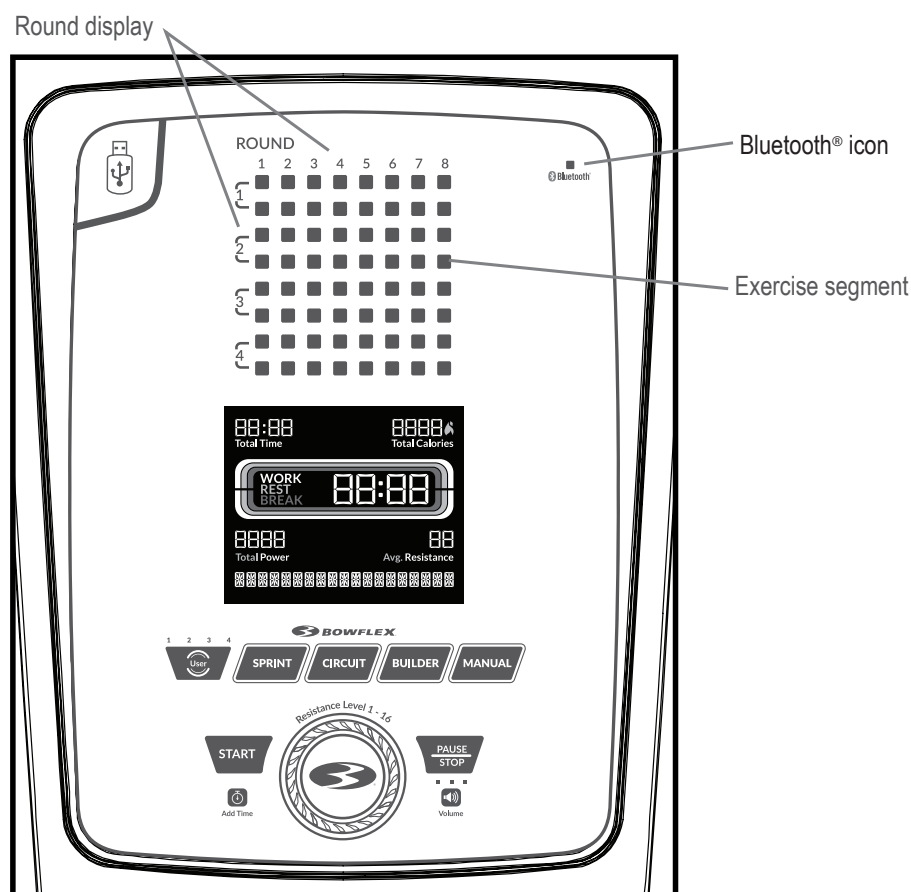
Bluetooth® icon

The Bluetooth® icon is displayed when a Bluetooth® enabled device is connected to the Console.

Round display

A Round is a series of exercises presented in a specific order for each Workout Program. Each Workout Program has a minimum number of Rounds. At the end of each Round during a SPRINT or CIRCUIT Workout Program, a Break segment is provided before the next Round.

> **Note:** The MANUAL Workout Program does not contain Rounds since it is an open-ended Workout Program.

Exercise segment

Each segment on the Console is a specific exercise for the Workout Program. Exercise segments with matching colors are the same exercise for that Workout Program.
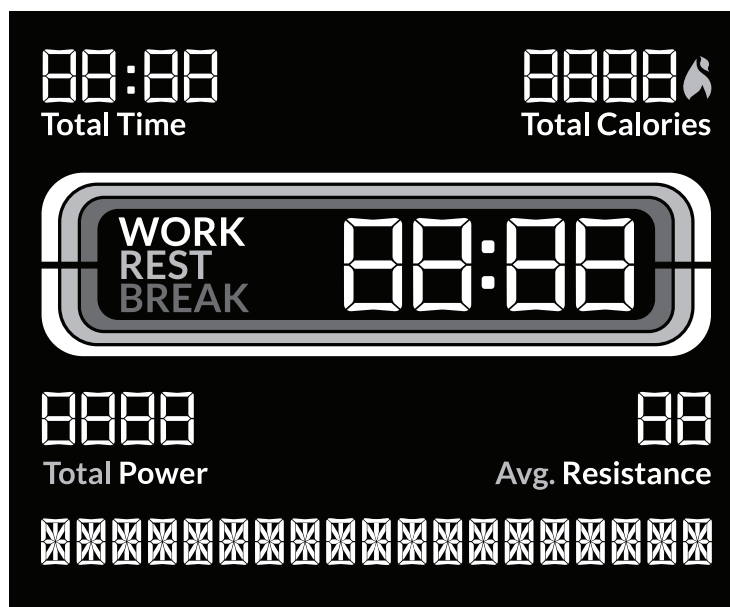
Total Time display

The Total Time display shows the length of time for the selected Workout Program. The maximum time is 99:59 minutes.

Total Calories display

The Total Calories display shows the estimated calories that have been burned during a workout. The maximum display is 9999.

Active Exercise Segment Timers:

Work display

The Work, or active, segment for each exercise counts down to the next segment.

Rest display

The Rest segment counts down to the next Work segment. During rest, review the stance, hand grips, and motion for the next exercise.

Break display

The Break, or recovery, segment is at the end of a Round during a SPRINT or CIRCUIT Workout Program.

Total Power display

The Total Power display shows the Power score for the selected User. The maximum display is 9999.

Resistance display

The Resistance display shows the current Resistance level (1-16). The higher the level, the more resistance is applied to the fan.

Heart Rate (if supplied)

The Heart Rate display shows the heart rate in beats per minute (BPM) supplied by a remote heart rate monitor. The Console will replace the name of the Program with the Heart Rate value when one is detected for more than 30 seconds.

⚠ **Consult a physician before you start an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before you use the machine again. The heart rate displayed on the console is an approximation and should be used for reference only.**

Keypad Functions

User button
Push to select the desired User Profile, push and hold for 3 seconds to edit the selected User Profile.

Active User display
The Active User display shows the selected User Profile. A User Profile is always selected.

> **Note:** For a more accurate calorie count, be sure to edit your User Profile.

Workout Program buttons
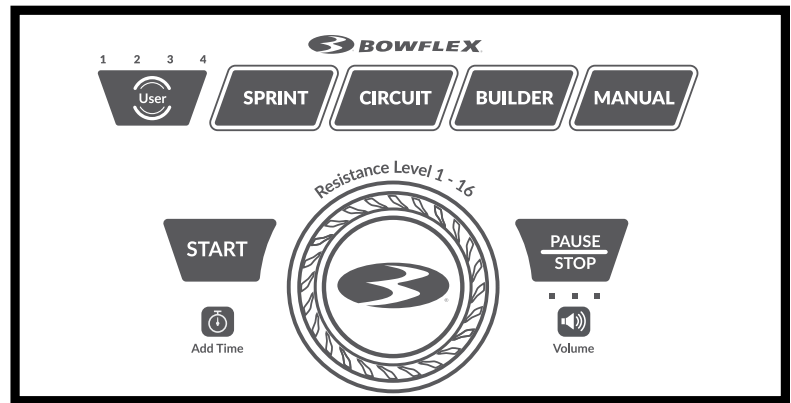Push the desired Workout Program button to select the program (SPRINT, CIRCUIT, BUILDER, or MANUAL). The illuminated light around the button shows the currently selected program. A Workout Program is always selected.

START button
From the Power-Up/ Current Workout Program screen, begins the selected Workout Program or resumes a paused workout.

Resistance Level dial
Turn the dial to adjust a value (resistance level, units, weight, auto resistance, or erase workouts), and push it to accept a value. Clockwise will increase a value, counter-clockwise will decrease a value.

PAUSE/STOP button
Pauses an active workout, ends a paused workout, or goes back to the previous screen.

Add Time button
Increases the time by adding an additional Round to the workout. The length of time added depends on the Workout Program (SPRINT: 4:50 minutes, CIRCUIT: 5:25 minutes, BUILDER: 4:30 minutes).

> **Note:** The Add Time button is disabled for MANUAL workouts.

Volume button and indicator lights
The Volume button sets the sound level of the Console, and the indicator lights show the current setting; low (1 LED), medium (2 LEDs), high (3 LEDs), or off (no LEDs).

Training Guide

The Training Guide coaches the user through the three core Workout Programs, and contains all the exercises available with the Bowflex™ HVT™ machine. Each of the Workout Programs have been designed to take full advantage of the Bowflex™ HVT™ machine.

The Training Guide presents each exercise with the specific stance, pulley, grip, and motion to engage the intended muscle group in a certain orientation. Since each Workout Program has a specific focus, the order of exercises performed is important. Perform the exercises in the order recommended by the Workout Program. Follow along with the Training Guide for the descriptions, hints and photographs of each exercise.

Place the Training Guide on the media shelf to be an easy reference during a workout. Use the Workout Program tabs to quickly locate the start of the program. The order and color of the Exercise segments on the Console match the exercises in the Guide.

> **Note:** If desired, a smart device with the Bowflex™ HVT™ App can be used in place of the Training Guide. Refer to the "Bowflex™ HVT™ Software App" section on how to use the Software App with your smart device.

⚠️ **Exercise on this machine requires coordination and balance. Be sure to anticipate that changes to resistance level can occur during workouts, and be attentive in order to avoid loss of balance and possible injury. Grab onto the Static Handlebars to stabilize yourself at any moment.**

Accessory Storage Area behind Media Shelf

When the Bowflex™ HVT™ machine is not in use, place the Training Guide inside the Accessory Storage Area. The Accessory Storage Area is within the Upper Shroud behind the Media Shelf. With nothing on the Media Shelf, lift and pull outward the Media Shelf backing.

The clasp can be rotated to hold the Training Guide by inserting it into the spiral binding, or rotate and adjust to the height of the device you have on the Media Shelf.
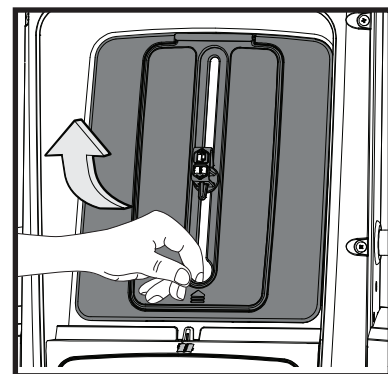
Connectivity on your fitness machine

This fitness machine is equipped with Bluetooth® connectivity and can wirelessly connect with the "Bowflex™ HVT™" Software Fitness App on supported iOS and Android™ devices. When connected with the Software App, the Bluetooth® icon will activate. If the icon light is not on, then the fitness machine is not connected to the device.

The "Bowflex™ HVT™" Software App

The "Bowflex™ HVT™" Software App connects with your fitness machine to provide the sequence of exercises that make each of the workout programs. Each exercise is presented with hints, descriptions, and video demonstrations. The Software App tracks the total time, calories burned, power score, resistance, and heart rate (if supplied). Plus, it automatically posts your workout data to MyFitnessPal® to make hitting your fitness goal easier than ever! Track your results and share with friends and family. Once you understand how the Bowflex™ HVT™ machine works with your body, you can create your own workout program on the Software App.

1. Download the free Software App, named "Bowflex™ HVT™" Software App. The Software App is available on the App Store and Google Play™.

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

Frequently asked questions and installation videos for the Software App can be found online at www.Bowflex.com/help.

Updates to Your Machine using the "Bowflex Toolbox™" App

This fitness machine is equipped with Bluetooth® connectivity and can be wirelessly updated with the "Bowflex Toolbox™" App. Once the App is installed on your device, the App will inform you of when there is an update to your machine.

1. Download the free App, named Bowflex Toolbox™. The App is available on the App Store and Google Play™.

    Note: For a complete list of supported devices, review the App on the App Store or Google Play™.

2. Install the App.

When notified that there is an update to your fitness machine, follow the prompts on the App. Place the device that is running the App on the Media Tray. The App will update the software on the machine with the latest version. Do not remove your device from the Media Tray until the update is complete.

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.

Remote Heart Rate Monitor

Monitoring your Heart Rate is one of the best procedures to control the intensity of your exercise. The Console reads the telemetry HR signals from the Heart Rate Chest Strap Transmitter that operates in the 4.5kHz - 5.5kHz range.

Note: The heart rate chest strap must be an uncoded heart rate strap from Polar Electro or an uncoded POLAR® compatible model. (Coded

POLAR® heart rate straps such as POLAR® OwnCode® chest straps will not work with this equipment.)

⚠ **If you have a pacemaker or other implanted electronic device, consult your doctor before using a wireless chest strap or other telemetric heart rate monitor.**

Heart Rate Calculations

Your maximum heart rate usually decreases from 220 Beats Per Minute (BPM) in childhood to approximately 160 BPM by age 60. This fall in heart rate is usually linear, decreasing by approximately one BPM for each year. There is no indication that training influences the decrease in maximum heart rate. Individuals of the same age could have different maximum heart rates. It is more accurate to find this value by getting a stress test than by using an age related formula.

Your at rest heart rate is influenced by endurance training. The typical adult has an at rest heart rate of approximately 72 BPM, where as highly trained runners may have readings of 40 BPM or lower.

The Heart Rate table is an estimate of what Heart Rate Zone (HRZ) is effective to burn fat and improve your cardiovascular system. Physical conditions vary, therefore your individual HRZ could be several beats higher or lower than what is shown.

The most efficient procedure to burn fat during exercise is to start at a slow pace and gradually increase your intensity until your heart rate reaches between 60 – 85% of your maximum heart rate. Continue at that pace, keeping your heart rate in that target zone for over 20 minutes. The longer you maintain your target heart rate, the more fat your body will burn.

Fat-Burning Target Heart Rate
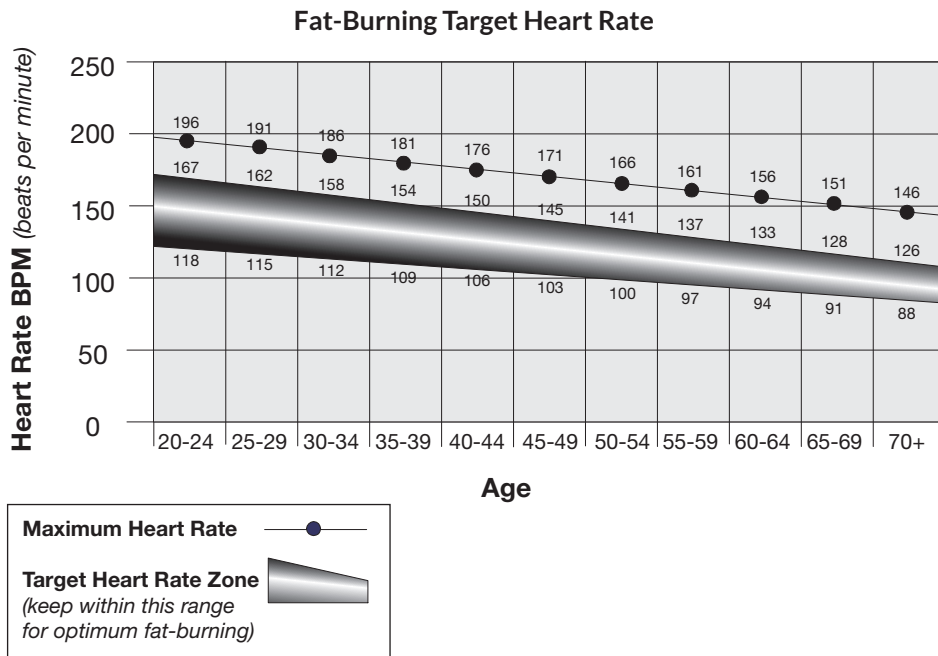
The graph is a brief guideline, describing the generally suggested target heart rates based on age. As noted above, your optimal target rate may be higher or lower. Consult your physician for your individual target heart rate zone.

Note: As with all exercises and fitness regimens, always use your best judgment when you increase your exercise time or intensity.

How Often Should You Exercise

⚠️ **Consult a physician before you start an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before you use the machine again. Use the values calculated or measured by the machine's computer for reference purposes only. The heart rate displayed on the console is an approximation and should be used for reference only.**

It is highly recommended to warm up before any workout with the Bowflex™ HVT™ machine.

- 3 times a week for about 20 minutes each day.
- Schedule workouts in advance and try to follow the schedule.

   Note: If you are new to exercise (or returning to a regular exercise program), and you are unable to comfortably complete 20 minutes of continuous exercise at one time, select a few workouts and do them for 5 – 10 minutes. Gradually increase your workout time until you can comfortably complete the total time for one of the Workout Programs.

Apparel

It is important to wear appropriate, safe and comfortable footwear and clothing when using the Bowflex™ HVT™ machine, including:

- Rubber-soled athletic walking or running shoes.
- Exercise clothing that allows you to move freely, and keep comfortably cool.
- Athletic support that provides stability and comfort.

⚠️ **Do not wear loose clothing or jewelry. This machine contains moving parts. Do not put fingers, feet, or other objects into moving parts of the exercise equipment.**

Always wear rubber soled athletic shoes when you use this machine. Do not use the machine with bare feet or only wearing socks.

Intensity of Workout

To increase the intensity of your workout:

- Add another Round to the workout by pushing the Add Time button.
- Increase the resistance level while keeping the number of repetitions constant.

   Note: If Save Resistance is active, the Console will automatically adjust the resistance to the ending resistance level the last time that exercise was done.

- Push yourself to increase the number of repetitions during the Work segment of each exercise.

An Interval Training workout involves adjusting your workout intensity for specific lengths of time to raise and lower your breathing rate, heart rate and calorie burn. This form of workout allows you to burn more calories than a standard workout in a shorter period of time.

The Bowflex™ HVT™ machine combines "Work" and "Rest" segments to create an Interval workout. During a "Work" segment, push yourself to a level of high calorie burn and maximum repetitions. Then during the "Rest" segment, allow yourself to relax and prepare for the next "Work" segment. These extreme changes in intensity, along with pushing your body, is where the maximum benefits are gained from Interval Training workouts.

Interval Training workouts provide variety, maximize calorie burn and improve fitness.

Getting Started

1. Place the Bowflex™ HVT™ machine in your workout area. Be sure there is an adequate height clearance to safely perform the exercises. This required clearance includes the full extent of your reach above your head.

⚠ **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 can be used below the machine to prevent the release of static electricity and protect your flooring.**

The machine can be moved by one or more persons. Make sure that your own physical strength is capable of safely moving the machine.

2. Examine for any objects in the workout area and in the Resistance Fan. Be sure it is clear.

⚠ **Be sure there is nothing in the workout area or in the Resistance Fan before moving anything on the machine. Do not put any objects into an opening of the machine.**

3. Connect the AC power adapter to the machine and into a grounded AC Wall Outlet.

4. If you use the Heart Rate Monitor, follow the Chest Strap directions.

5. Carefully mount the platform. Use the Static Handlebars to steady yourself at any time.

⚠ **Care should be used when mounting or dismounting the platform.**

Always wear rubber soled athletic shoes when you use this machine. Do not use the machine with bare feet or only wearing socks.

Be aware that the Hand Grips, Ropes, and the Resistance Fan are connected and when either of these parts move the other does as well.

Be sure to stay in the safe workout area as marked on the Platform during a workout. Keep at least one foot on the Platform during a workout. Failure to do so could lead to equipment instability and harm to the user.

6. Turn the Resistance Dial to adjust the resistance level so you can complete the Workout Program without changing it. During the initial workout focus on proper form, motion, and order of exercises.

   Note: When starting a full body workout program, consider reducing the resistance level for upper body exercises. If this is the first workout, the current value for resistance will be the default value for the next exercise.

7. If you plan to use a smart device with your workout, open the software app and connect to the Bowflex™ HVT™ machine. The Bluetooth® light and icon will activate when connected.

   Once connected, select the "WORKOUT NOW" option in the software app.

8. Push the User button to select the desired User Profile.

   If using the software app, select the user on the smart device after selecting it on the Console.

9. Push and hold the User button to edit the User Profile.

10. The Console will display the Units value. Turn the Resistance Dial to adjust the value, and push the Resistance Dial to accept the value.

11. The Console will display the Weight value for the User Profile. Turn the Resistance Dial to adjust the value, and push the Resistance Dial to accept the value.

12. Push the PAUSE/STOP button to exit the Edit User mode.

13. Push the SPRINT workout program button to select it.

    If using the software app, select the SPRINT workout program after selecting it on the Console.

14. With the Training Guide on the media shelf, open it to the SPRINT workout program.

15. When ready to begin the SPRINT workout, push the START button.

    If using the software app, the workout will automatically start on the connected smart device.

⚠ **It is highly recommended to warm up before any workout with the Bowflex™ HVT™ machine.**

Do not release the Hand Grips until the Hand Grip Stops are at rest and the ropes are fully retracted. Releasing the Hand Grips when not at rest may cause damage to the machine or injury to the user or bystanders.

The SPRINT workout has 4 Rounds and a total time of 18:20.

> **Note:** Be sure to place the Hand Grips back to their starting orientation without twisting them. If twists develop on the ropes, they may not fully retract into the machine.

Power-Up Mode (Start-Up screen)

The Console will display the Power-Up / last selected Workout Program screen when it is plugged into a power source, any button is pushed, or if it receives a signal from the RPM (Revolutions per Minute) sensor on the Resistance Fan. The SPRINT Workout Program is the default program.

Auto Shut-Off (Sleep Mode)

From the Power-Up mode screen, if the Console does not receive any input in approximately 5 minutes, it will automatically shut off. The LCD display is off while in Sleep Mode.

> **Note:** The Console does not have an On/Off switch.

Edit a User Profile

For a more accurate calorie count, a User Profile should be customized to the User.

1. Push User button to select your User Profile (User 1- 4).

2. Push and hold the User button for 3 seconds to begin the Edit User mode.

   Note: To exit the Edit User mode, push the PAUSE/STOP button. The current values will be saved to the User Profile.

3. The Console will display the LBS OR KG prompt with the default units value ("LBS"). Turn the Resistance Dial to adjust the value, and push the Resistance Dial to set the value.

4. The Console will display the WEIGHT prompt with the default weight value (180 LBS / 82 KG). Turn the Resistance Dial to adjust the value, and push the Resistance Dial to set the value.

⚠️ **Maximum user weight limit: 300 lbs. (136 kg). Do not use if you are over this weight.**

5. The Console will display the SAVE RESISTANCE prompt with the default value ("ON"). With save resistance on, the Console will automatically adjust the resistance to the ending resistance level the last time that exercise was done.

   Note: If this is the first workout, the current value for resistance will be the default value for the next exercise.

   If necessary, turn the Resistance Dial to adjust the value. Push the Resistance Dial to accept the value.

6. The Console will display the ERASE WORKOUTS prompt with the default value ("NO"). Push the Resistance Dial to accept the value.

   If necessary, turn the Resistance Dial to adjust the value to "YES" and push the Resistance Dial. The Console will now confirm if the User wants to erase the workouts. Turn the Resistance Dial to change the value to "YES", and push the Resistance Dial. The workouts for this User have been erased.

7. The User Profile review is complete, and the Console will display the Power-Up / last selected Workout Program screen.

Workout Programs

The Bowflex™ HVT™ machine has four Workout Programs; SPRINT, CIRCUIT, BUILDER, and MANUAL. Each Workout Program guides the user through a unique sequence of exercises, quantity of Rounds, and times for each workout segment (Work, Rest, and Break).

Each Exercise Segment is an exercise for that the Workout Program. Using the Training Guide, find the selected Workout Program and then the matching exercise using the color of the Exercise Segment. As the Exercise Segment shifts colors, use the Training Guide to perform the next workout.
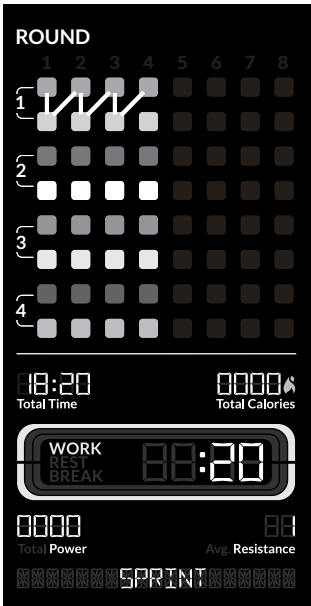
The Software App follows along with the Console, showing the exercise and all the workout information to perform it. The Software App automatically shifts to the next exercise in the program.

SPRINT program
(WORK: 20 seconds, REST: 10 seconds, BREAK: 60 seconds, Total Time: 18:20)

The SPRINT program has 4 Rounds, with each Round containing two exercises. The program switches between the two exercises until the Round is completed. A Break for 60 seconds is provided at the end of the Round. Then the first exercise of the next Round starts, repeating the routine.

Each exercise is performed for 20 seconds (Work) followed by 10 seconds of Rest.

ROUND

18:20
Total Time

0000
Total Calories

WORK
REST
BREAK
88:20

0000
Total **Power**

88
Avg. **Resistance**

SPRINT

1. Speed squat
2. Chest press
3. Squat jump
4. Bent over row
5. Reverse lunge straight arm pulldown
6. Split leg alternating bicep curl
7. Tricep pushdown
8. Squat with overhead press

CIRCUIT program
(Work: 25 seconds, Rest: 15 seconds, Break: 20 seconds, Total Time: 21:20)

The CIRCUIT program has 4 Rounds, with each Round containing all eight exercises. The program moves through each exercise until the Round is completed, and a Break for 20 seconds is provided. Then the next Round starts, and moves through all of the exercises again.

Each exercise is performed for 25 seconds (Work) followed by 15 seconds of Rest.

ROUND

21:00
Total Time

0000
Total Calories

WORK
REST
BREAK
88:25

0000
Total **Power**

88
Avg. **Resistance**

CIRCUIT
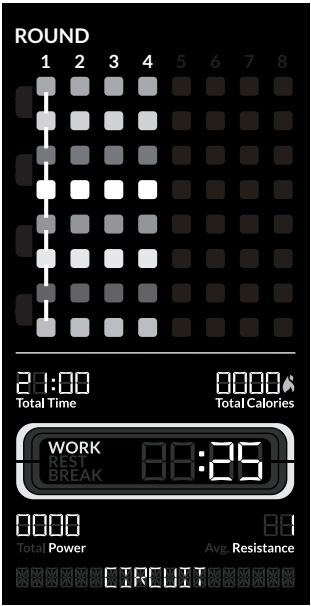
1. Tricep pushdown
2. Forward lunge chest fly
3. Crossover reverse fly
4. Split jump
5. Lunge bicep curl
6. Lateral lunge high to low chop
7. Deadlift
8. Arm shoulder press split stance

BUILDER program
(Work: 30 seconds, Rest: 0 seconds, Break: 30 seconds, Total Time: 21:30)

The BUILDER program has 8 Rounds, with each Round having an additional exercise. Round 8 contains all eight exercises. The program moves through each exercise for that Round, and then provides a Break for 30 seconds. Then the next Round starts with an additional exercise.

Each exercise is performed for 30 seconds (Work).

ROUND
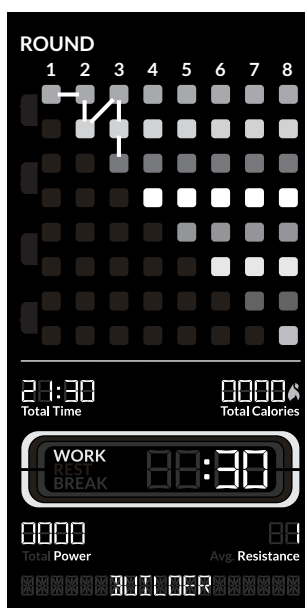
1. Speed squat
2. Chest fly
3. Reverse lunge low row
4. Bicep curl
5. Abdominal chop high to low
6. Crossover reverse fly
7. Combo tricep extension bicep curl
8. Forward lunge chest press

21:30 — Total Time
0000 — Total Calories
WORK / REST / BREAK — 00:30
0000 — Total Power
00 — Avg. Resistance
BUILDER

MANUAL program
The MANUAL workout program is an open-ended workout that counts up the total time, total Work time, and total power. A MANUAL program is completely defined by the user.

During a MANUAL program, the Work Active Segment counts up the total time that the fan is moving. When the resistance fan stops, the time count pauses, while the total time of the workout continues.

Note: Because of the open-ended design of the MANUAL workout, the Add Time button is disabled. The maximum time is 99:59 minutes.

⚠ **All exercises in this manual are based on the calibrated resistance and capacity levels of this machine. Only exercises included in this manual or in materials authorized and supplied by Bowflex are recommended for operation with this machine.**

ROUND

00:00 — Total Time
0000 — Total Calories
WORK / REST / BREAK — 00:00
0000 — Total Power
00 — Avg. Resistance
MANUAL
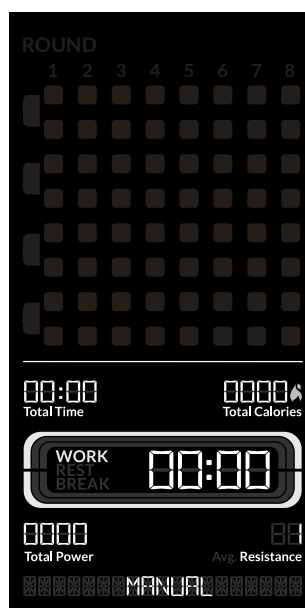
To start a Workout Program:

1. Carefully step up onto the platform.

2. Place the Training Guide on the Media Shelf opened to the first exercise of the Workout Program, or your synced smart device with the Software App open.

3. Push the desired Workout Program; SPRINT, CIRCUIT, BUILDER, or MANUAL.

4. Push the START button to begin the selected Workout Program.

5. Grasp the appropriate Handle (Upper, Middle, or Lower Handles) and begin the first exercise of the Workout Program after the 3-2-1 countdown.

    During the Work segment, safely do as many repetitions while following form and stance of the exercise. Be sure to alternate sides if the exercise requires it.

6. At the end of the Work segment, the next segment begins. Depending on the Workout Program, after the initial Work segment will be a Rest segment or another Work segment.

    When a Rest or Break segment starts, safely lower and release the Hand Grips. Relax and prepare for the next exercise. Stretch if necessary. When there are 3 seconds remaining in the Rest or Break segment, the next Work segment will flash allowing you to prepare for the next exercise.

⚠️ **Do not release the Hand Grips until the Hand Grip Stops are at rest and the ropes are fully retracted. Releasing the Hand Grips when not at rest may cause damage to the machine or injury to the user or bystanders.**

Note: The initial Work segment for MANUAL will not end until the fan stops revolving or the total time reaches 99:59 minutes. The Power value is set to zero after each exercise segment. At the end of the workout, the Total Power value is displayed.

The Console shows the segments that need to be performed, hiding the completed segments. The Power value is reset to zero after each exercise segment. At the end of the workout, the Total Power value is displayed.

Note: For every 100 calories burned during a workout, the Console will congratulate with an audible sound and a notification. When 30 seconds remain in the workout, the Console will notify the user by displaying "30 SECONDS LEFT".

Paused / Results Mode

To Pause a workout:

1. Push the PAUSE/STOP button to pause your workout.

    When paused, the Console display will show "WORKOUT PAUSED".

2. To continue your workout, push START or resume current exercise.

    To end a paused workout, push the PAUSE/STOP button. The Console will display "WORKOUT COMPLETE", save the workout, and then display the workout result values (Total Time, Total Calories, Total Power, Average Resistance Level, and Average Heart Rate if supplied). The completed exercise segments are displayed on the Console.

A SPRINT, CIRCUIT, or BUILDER workout will end when the last exercise is completed.

Note: If there is no input to the Console for 5 minutes, it automatically goes to the Power-Up / last selected Workout Program screen. If the Console does not receive any further input, it will automatically shut off in approximately 5 minutes.

Add Time to a Workout Program

Push the Add Time button to add an additional Round to the Workout Program The amount of time added depends on the Workout Program (SPRINT: 4:50 minutes, CIRCUIT: 5:25 minutes, BUILDER: 4:30 minutes), and can be done before or during a workout. When added during a workout, the adjusted Total Time of the workout is displayed for a few seconds, and then switches to the current workout time.

Note: Because of the open-ended design of the MANUAL workout, the Add Time button is disabled.

Changing Resistance Levels

Turn the Resistance Dial to adjust the additional resistance applied to the fan at any time.

The Console is also equipped with a Save Resistance feature, which remembers the resistance level at the end of each exercise. When that exercise occurs again, the Console automatically adjusts the resistance to the remembered resistance level. Save Resistance can be deactivated for each User through the "Edit a User Profile" options. If the resistance level is manually adjusted during a workout, Save Resistance is deactivated for that exercise segment.

Note: When starting a full body workout program, consider reducing the Resistance Level for upper body exercises.

The resistance settings supplied by the resistance fan can vary based on environmental and usage patterns and other factors. Supplied resistance may degrade over time and after extensive usage.

Total Power score

The Total Power score is a unit-less point system that that dynamically represents a User's performance on the Bowflex™ HVT™ machine. The Total Power score is made up of:

- SPEED – The speed at which you pull the cable.
- RESISTANCE – The amount of resistance applied to each exercise.
- RANGE OF MOTION – A combination of your body weight, body movement, and how far you pull the cable.

During a workout, a Total Power score is provided for each exercise. At the end of the workout, a Total Power score for the entire workout is also displayed. The Total Power score may not change significantly for a User that performs an entire workout at the same level of intensity. However, if that same User were to increase resistance and/or speed for a given exercise, their score for that exercise as well as their overall score would increase. Since the score is based on speed, resistance, and range of motion, even a small score increase shows a significant shift in the User's fitness level.

By tracking these three factors the Bowflex™ HVT™ machine can provide instant and motivating feedback for Users as well as the ability to track your improvement over time. As you increase your work rate and intensity, your Total Power score will also increase.

Note: For a more accurate score, be sure to enter your weight value for the user profile. A Total Power score should only be compared to your previous scores and not to other User Profiles.

Machine Settings Mode

The Machine Settings Mode lets you view maintenance statistics (Total Hours and Software Version) or fully reset the Console.

1. Push and hold down the ADD TIME and PAUSE/STOP buttons for 3 seconds while in the Power-Up Mode to go into 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 display shows the TOTAL HOURS the machine has operated.

3. Push the Resistance Dial for the next prompt.

4. The Console display shows the Firmware Version prompt.

5. Push the Resistance Dial for the next prompt.

6. The Console display shows the BLE VERSION prompt.

7. Push the Resistance Dial for the next prompt.

8. The Console displays the UPGRADE BLE NO prompt. This option is for Service Technicians use only.

9. Push the Resistance Dial for the next prompt.

10. The Console displays the DISCONNECT BLE NO prompt.

    Note: If you want to disconnect the Bluetooth® transmitter, turn the Resistance Dial to select the DISCONNECT BLE YES option, and push the dial. The Console will exit the Machine Settings Mode and return to the Power-Up Mode screen.

11. Push the Resistance Dial for the next prompt.

12. The Console displays the UPGRADE SOUND NO option. This option is for Service Technicians use only.

13. Push the Resistance Dial for the next prompt.

14. The Console displays the RESET CONSOLE NO prompt.

    Note: If you want to reset the Console to factory settings, turn the Resistance Dial to select the RESET CONSOLE YES option, and push the dial. Turn the machine off when the Console displays the POWER CYCLE NOW prompt.

15. Push the PAUSE/STOP button to exit the Machine Settings Mode.

    The Console will display the Power-Up Mode screen.

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 your local distributor for re-placement labels.

To reduce the risk of unsupervised use of the equipment, remove the AC Adapter from the wall outlet and the machine. Place the AC Adapter 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 sweat.

   Note: Avoid excessive moisture on the Console.

Weekly: Inspect all pulleys and their connections making sure they are properly secured and attached, and show no signs of visible wear or damage. Inspect all ropes to be sure they have not been twisted. Remove any twists from the ropes. Wipe the machine to remove dust, dirt, or grime. Clean the platform and front of machine with a damp cloth.

   **Note:** Do not use petroleum based products.

Monthly or after 20 hours: Make sure all bolts and screws are tight. Tighten as necessary. Be sure to fully inspect the condition of all ropes for wear. Repair or replace the ropes at the first sign of wear or damage based on the images below.
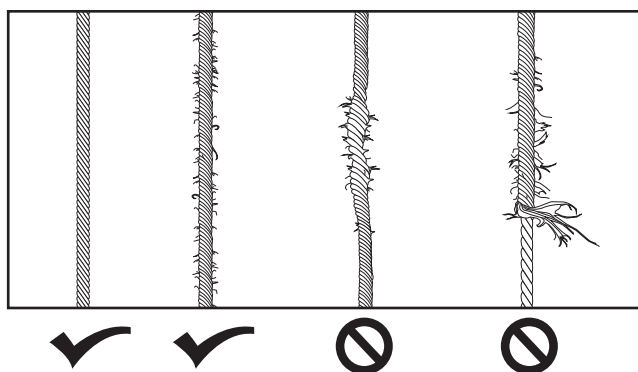
Yearly: Remove the front and rear shrouds, and inspect the condition of all ropes, elastic cords, and moving parts for wear within the Frame Assembly. Repair or replace the ropes and elastic cords at the first sign of wear or damage based on the images above. Replace moving parts as necessary. Wipe the exposed area within the Frame Assembly to remove dust, dirt, or grime.

   NOTICE: Do not clean with a petroleum based solvent or an automotive cleaner. Be sure to keep the Console free of moisture.

Maintenance Parts
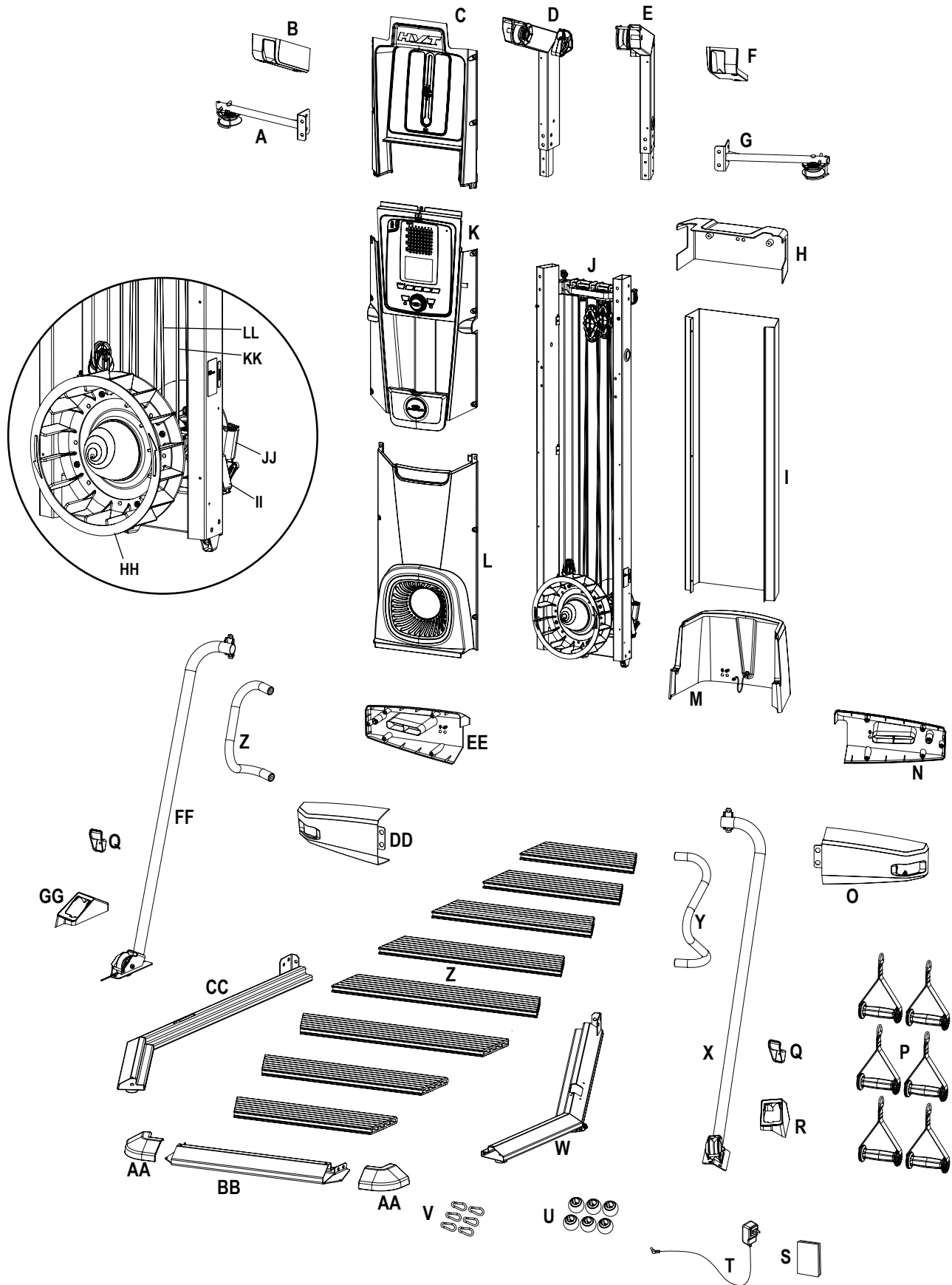
A	Middle Pulley Arm, Left	N	Middle Shroud, Right Back	AA	Platform Corner Shrouds
B	Upper Pulley Shroud, Left	O	Middle Shroud, Right Front	BB	Front Platform Frame
C	Upper Front Shroud	P	Hand Grip, 1-D Ring	CC	Left Platform Frame
D	Upper Pulley Arm, Left	Q	lower Grip Holder	DD	Middle Shroud, Left Front
E	Upper Pulley Arm, Right	R	Lower Pulley Shroud, Right	EE	Middle Shroud, Left Back
F	Upper Pulley Shroud, Right	S	Training Guide	FF	Left Support Arm
G	Middle Pulley Arm, Right	T	AC Power Adapter	GG	Lower Pulley Shroud, Left
H	Rear Shroud, Upper	U	Securing Ball	HH	Fan Assembly
I	Rear Cover	V	Snap Clip	II	Servo Motor
J	Frame Assembly	W	Right Platform Frame	JJ	Brake Assembly
K	Console Assembly	X	Right Support Arm	KK	Elastic Cord
L	Fan Shroud	Y	Handlebar	LL	Rope
M	Rear Shroud, Lower	Z	Platform Decking		

Troubleshooting

Condition/Problem	Things to Check	Solution
Unit will not power up/turn on/start	Outlet	Make sure outlet is functioning correctly. Verify this by plugging another device (ex: lamp) into the outlet. If outlet is connected to a light switch, check to make sure it is on. If outlet is not functioning find a working outlet.
	Power cord not plugged in	Make sure the power cord is firmly secured to A/C inlet on the machine and firmly inserted into a non-GFI/AFCI wall socket.
	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 problem persists	Contact your local distributor.
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.
	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 resistance/ fan does not rotate when rope is pulled	Ropes	Inspect ropes to see if they are intact, and inspect all connections to be sure they are connected.
	If problem persists	Contact your local distributor for further assistance.
Fan will not turn	Check for blockage of fan	Safely remove material from fan. Do not pull on ropes when removing material because the fan will turn. ⚠ **Be aware that the Fan, Ropes, and Elastic Cords are connected and when either of the Ropes or Elastic Cords are pulled the Fan will turn.** If necessary, detach the Shrouds to help with removal. Do not operate machine until Shrouds have been replaced.
Machine 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.
Squeaking noise that appears a few minutes into a workout and normally will get progressively worse as the workout continues	Bolt that connects the pulleys	Apply white lithium grease to bolt..
Ropes do not fully retract when released	Inspect all ropes for a twist	Pull out each rope and inspect; remove any twists in ropes.
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 your local distributor for further assistance.