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**NOTICE:** This document provides important safety instructions, adjustments, and general troubleshooting information for the maintenance of the Bowflex™ LateralX™ LX3 and LX3i Lateral Trainers.

**If you need assistance, please contact Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: [www.nautilusinternational.com](http://www.nautilusinternational.com)**



**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.**

Nautilus, Inc., (800) 605-3369, [www.NautilusInc.com](http://www.NautilusInc.com) - Customer Service: North America (800) 605-3369, [csnls@nautilus.com](mailto:csnls@nautilus.com) | outside U.S. [www.nautilusinternational.com](http://www.nautilusinternational.com) | Printed in China | © 2017 Nautilus, Inc. | Bowflex, the B logo, LateralX and Bowflex LateralX are trademarks owned or licensed by Nautilus, Inc., which are registered or otherwise protected by common law in the United States and other countries. Google Play™ is a trademark of its respective owner. App Store is a service mark of Apple Inc. The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc., and any use of such marks by Nautilus, Inc. is under license. | ORIGINAL DOCUMENT - ENGLISH VERSION ONLY

## 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:**

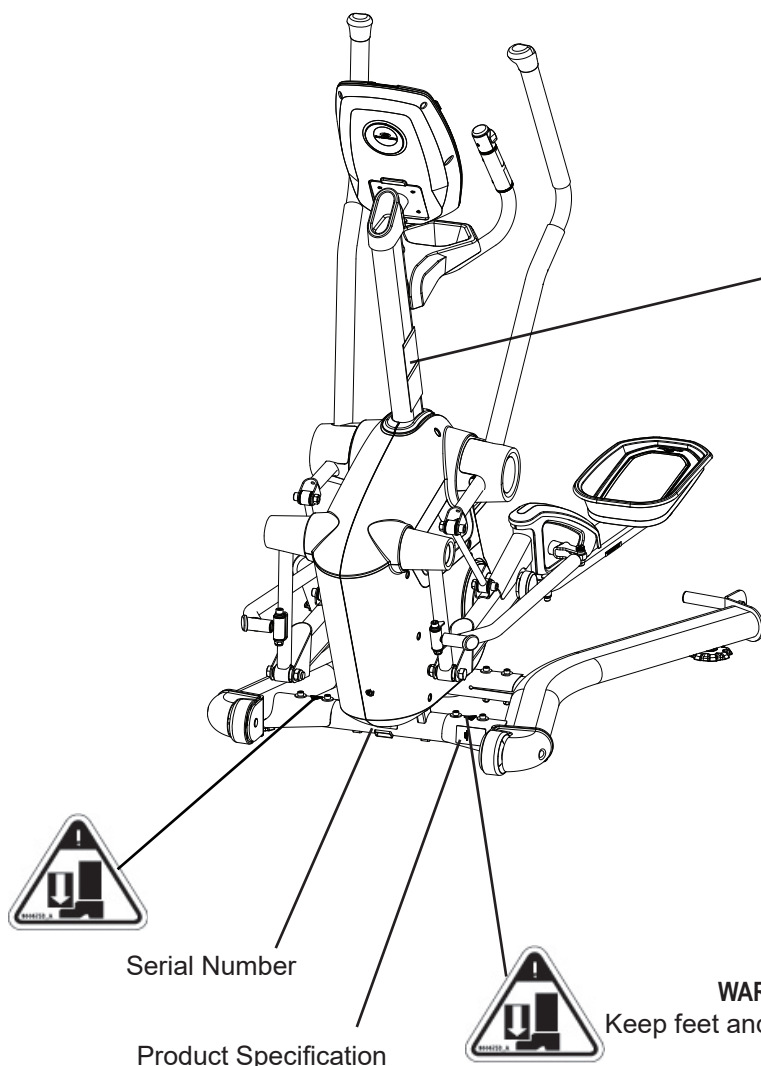


**Read and understand the Service Manual before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.**

**Disconnect all power to the machine before you service it.**

- 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 at any time the Warning labels become loose, unreadable or dislodged, replace the labels. If purchased in US/Canada, contact Customer Service for replacement labels. If purchased outside US/Canada, contact your local distributor for them.
- 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.
- Not intended for children under 14 yrs. of age.
- Keep children & pets away.
- Read and follow all warnings on this machine.
- This product is for Home use only.
- Refer to the owner's manual for additional warnings and safety information.
- Heart rate displayed, if applicable, is an approximation and should be used for reference only.
- Consult a physician prior to using any exercise equipment.
- The maximum user weight for this machine is: 136 kg/ 300lbs.
- Care should be used when mounting or dismounting the equipment. Before mounting or dismounting, move the pedal on the mounting or dismounting side to its lowest position and bring the machine to a complete stop.
- This unit is not equipped with a free-wheel. Pedal speed should be reduced in a controlled manner.

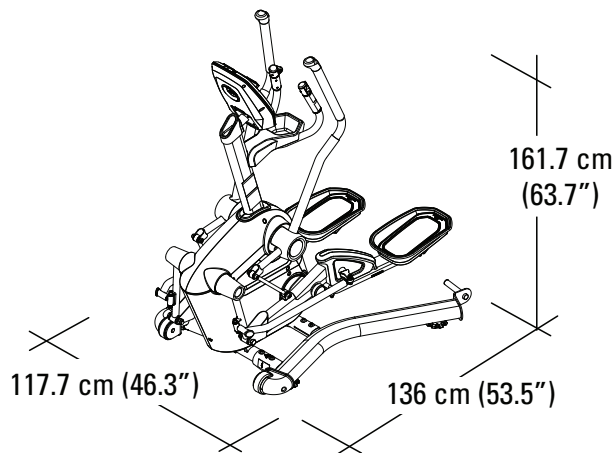
(The label on the product is available in English and French Canadian only.)

## SPECIFICATIONS

<b>Maximum User Weight:</b>	136 kg (300 lbs)
<b>Maximum Pedal Height:</b>	50.8 cm (20")
<b>Machine Weight:</b>	approx. 102 kg (224 lbs)
<b>Total Surface Area (footprint) of equipment:</b>	16,007 cm <sup>2</sup>
<b>Power Requirements (Power Adapter):</b>	
Input Voltage:	100 - 240V AC, 50/60Hz
Output Voltage:	9VDC, 1.5A



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.



## 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 224 lbs (102 kg) when fully assembled and requires caution when being moved. The width of the machine is wider than a standard room door frame. Disassembly may be required if transporting to a different area.

**⚠** Always disconnect the power adapter from the wall outlet and the machine before attempting to move the machine.

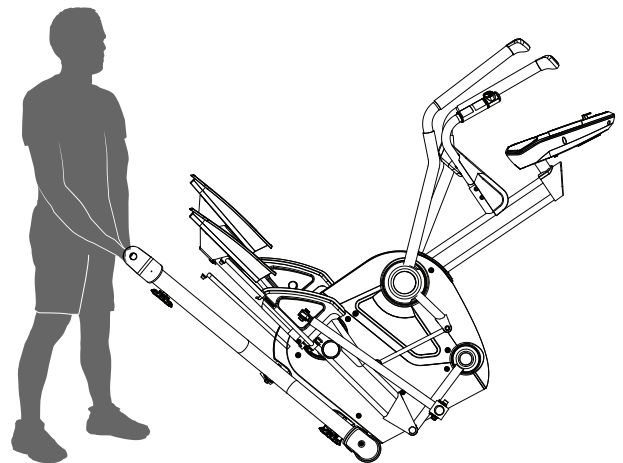
Use the Transport Handles at the rear of the machine to lift and move the machine. Your machine can be rolled on the transport wheels to a new location. Lower your machine slowly into its new location without injury to your head or fingers.

**⚠** 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 disconnect the power cord from the wall outlet and machine power input. Place the power cord in a secure location.





## Leveling the Machine

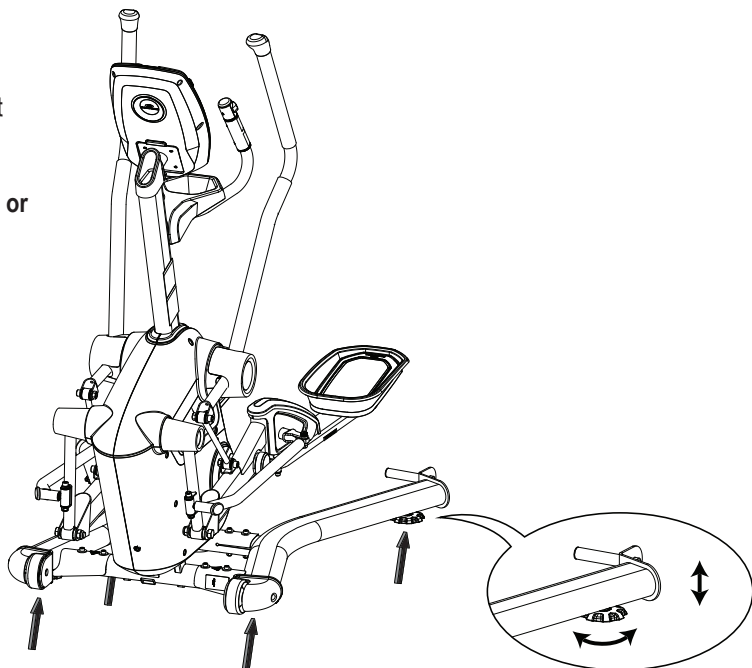
The machine needs to be leveled if your workout area is uneven or if the Base Assembly is slightly off the floor. To adjust:

1. Place the machine in your workout area.
2. 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.**

3. 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 LateralX™” Fitness App

This fitness machine is equipped with Bluetooth® connectivity and can wirelessly sync with the “Bowflex LateralX™” Fitness App on supported devices. The Software App syncs with your fitness machine to track total calories burned, time, distance, and more. Records and stores every workout for quick reference. Track your results and share with friends and family.

1. Download the free Software App, named the “Bowflex LateralX™” Fitness App. The software app is available on the App Store and Google Play™.

**Note:** For a complete list of supported devices, review the software app on the App Store 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.bowflex.com/apps](http://www.bowflex.com/apps).

### 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.

# MAINTENANCE

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, replace the labels. If purchased in US/Canada, contact Customer Service for replacement labels. If purchased outside US/Canada, contact our local distributor for them.

Disconnect all power to the machine before you service it.

**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.

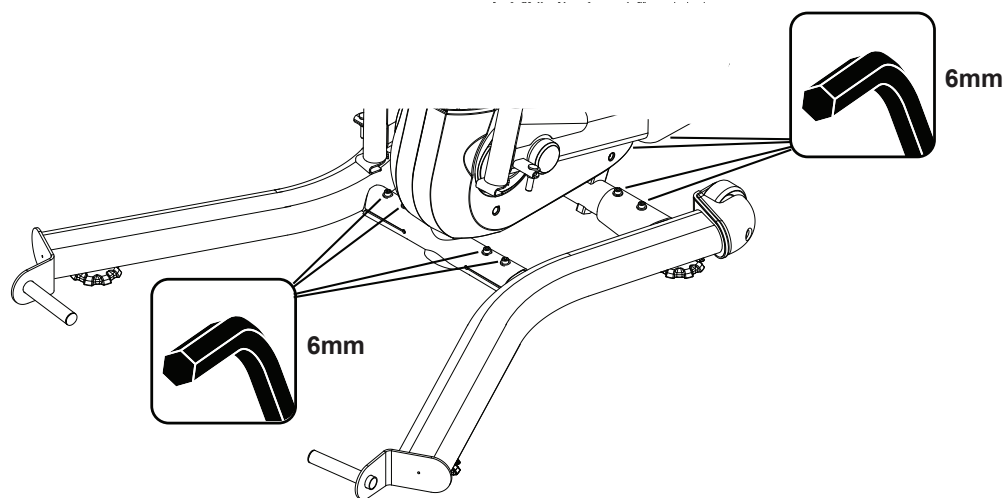
**NOTICE:** If necessary, only use a mild dish soap with a soft cloth to clean the Console. Do not clean with a petroleum based solvent, automotive cleaner, or any product that contains ammonia. Do not clean the Console in direct sunlight or at high temperatures. Be sure to keep the Console free of moisture.

**Weekly:** Check for smooth crank and pedal arm operation. Wipe the machine to remove dust, dirt, or grime.

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

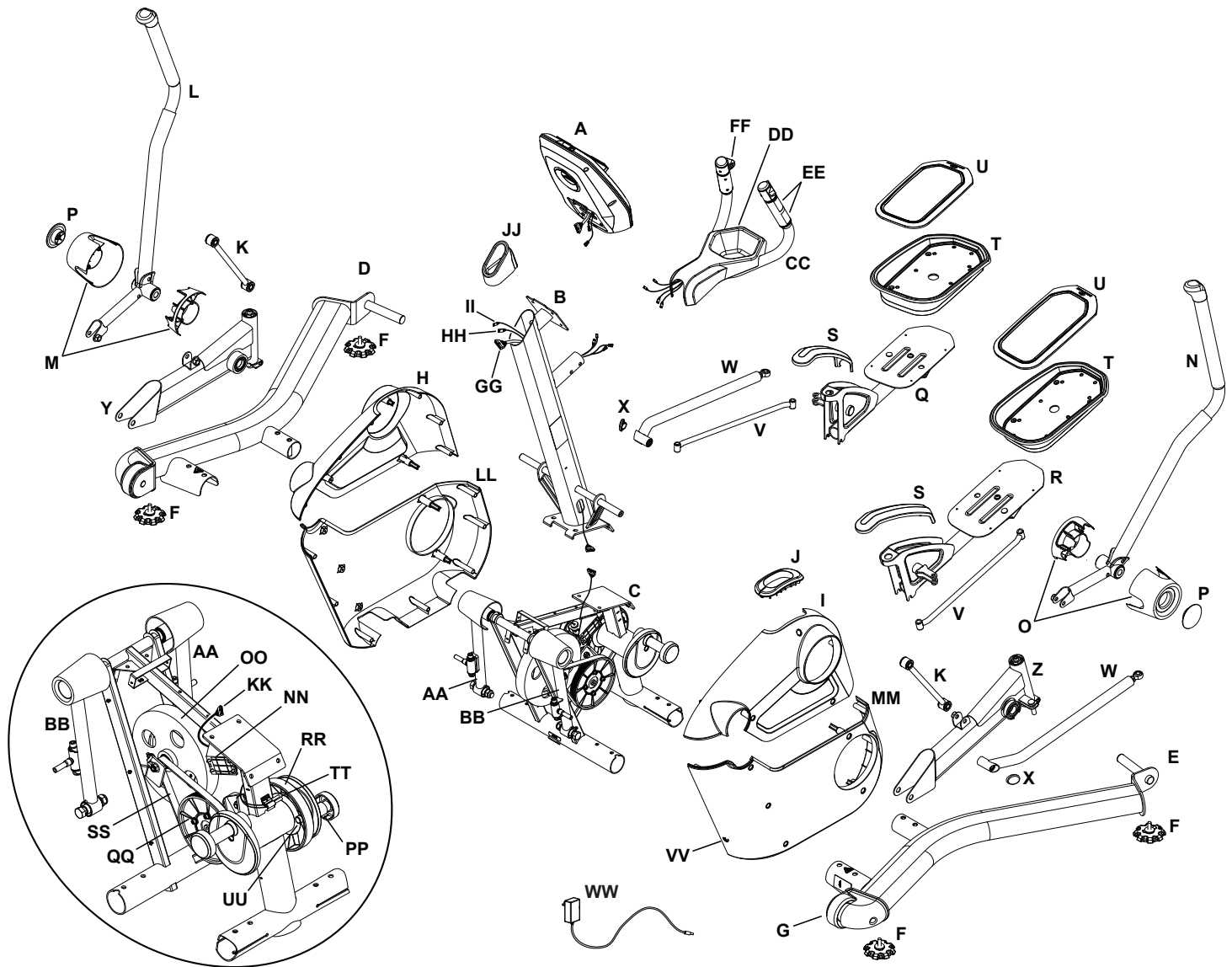
**Monthly or after 20 hours:** Make sure all bolts and screws are tight. Tighten if necessary.

**NOTICE:** Loose screws at the indicated locations may cause squeaking, clicking or knocking noises. Be sure to tighten *FULLY*.



Pedal arms not shown

## Maintenance Parts



Item	Description	Item	Description	Item	Description	Item	Description
A	Console	N	Handlebar Arm, Left	AA	Swing Arm, Right	NN	Servo Motor
B	Console Mast	O	Pivot Cover, Left	BB	Swing Arm, Left	OO	Resistance Flywheel
C	Engine Assembly	P	Pivot Bolt Cover	CC	Static Handlebar	PP	Crank
D	Base Assembly, Right	Q	Pedal Arm, Right	DD	Cupholder	QQ	Pulley, Second Stage Crank
E	Base Assembly, Left	R	Pedal Arm, Left	EE	Contact HR Sensor	RR	Drive Belt, Right, J10
F	Leveler Foot	S	Pedal Arm Topcap	FF	Remote Resistance Control	SS	Drive Belt, Left, J8
G	Transport Wheel	T	Pedal Shroud	GG	Data Cable, Console Mast	TT	Dual Speed/Direction Sensor
H	Upper Shroud, Right	U	Foot Pad	HH	HR Cable, Console Mast	UU	Speed Sensor Magnet
I	Upper Shroud, Left	V	Parallel Link	II	Remote Resistance Control Wire	VV	Power Inlet
J	Mast Gasket	W	Lateral Link	JJ	Mast EndCap	WW	Power Adapter
K	Handlebar Link	X	Lateral Link Endcap	KK	Data Cable, Lower		
L	Handlebar Arm, Right	Y	Mid Pedal Arm, Right	LL	Lower Shroud, Right		
M	Pivot Cover, Right	Z	Mid Pedal Arm, Left	MM	Lower Shroud, Left		

# TROUBLESHOOTING

Condition/Problem	Things to Check	Solution
No display/partial display/unit will not turn on	Check electrical (wall) outlet	Make sure unit is plugged into a functioning wall outlet.
	Check power adapter	Check for visual sign that power adapter is damaged. Replace power adapter if damaged.
	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.
	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 Service (if inside US/Canada) or your local distributor (if outside US/Canada).
Unit operates but Contact HR not displayed	HR cable connection	Be sure cable is connected securely at top of Console Mast.
	Sensor grip	Be sure hands are centered on HR sensors. Hands must be kept still with relatively equal pressure applied to each side. If there is plastic film on the HR sensor, carefully peel off the film.
	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.
Resistance does not change (machine turns on and operates)	Check data cable connections/orientation	Be sure cable connections at top and bottom of Console Mast are 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 Static Handlebar and cables to Console are secure and undamaged.
		If the above steps do not resolve the problem, contact Customer Service (if inside US/Canada) or your local distributor (if outside US/Canada).
Console shuts off (enters sleep mode) while in use	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 connections/orientation	Be sure cable connections at top and bottom of Console Mast are connected securely and oriented properly. Small latch on connector should line up and snap into place.
	Check Speed Sensor (requires shroud removal)	Speed sensors 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.
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.
Machine slides from side to side during operation	Floor surface	The machine may slide on a hard surface. Put the machine on a rubber machine mat, which will provide a non-slip surface.
Foot pedals loose/unit difficult to operate	Hardware	Tightly secure all hardware on the Pedal Arms and Handlebar Arms.
Click, tick or knocking sound	Check for loose hardware	Tightly secure all hardware.
	Check foot assemblies, leg assemblies, handlebar assemblies	Manually move foot, leg, and handlebar assemblies to isolate sound. Contact Customer Service (if inside US/Canada) or your local distributor (if outside US/Canada).

Condition/Problem	Things to Check	Solution
Workout results will not sync with Bluetooth® enabled device	Current console mode	Machine must be in Idle Mode to sync. Push the STOP/PAUSE 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 <a href="mailto:appsupport@nautilus.com">appsupport@nautilus.com</a> (if inside US/Canada) or your local distributor (if outside US/Canada) 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 STOP/PAUSE button and Right arrow button together for 3 seconds while in the Power-Up Mode to access the Machine Settings Mode.

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

## 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.



**Disconnect all power to the machine before you service it.**

**When disposing of old parts, obey the applicable local and provincial requirements.**

**NOTICE:** For all procedures that require removal of the Mid Pedal Arm—this arm cannot be re-used once it is removed. Make sure to have a replacement Mid Pedal Arm available before attempting the procedure.

For instructions to replace the following parts, please refer to the Assembly Manual for your machine:

- Handlebar Arms
- Power Cord
- Static Handlebar
- Upper Shrouds

**NOTICE:** This document provides instructions to adjust the tension of the left and right Drive Belts on the Bowflex™ LateralX™ LX3 and LX3i Lateral Trainers.

**If you need assistance, please contact Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: [www.nautilusinternational.com](http://www.nautilusinternational.com)**



**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:



**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.**

**Disconnect all power to the machine before you service it.**

- 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 at any time the Warning labels become loose, unreadable or dislodged, replace the labels. If purchased in US/Canada, contact Customer Service for replacement labels. If purchased outside US/Canada, contact your local distributor for them.
- 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  
8mm hex wrench  
10mm hex wrench



10mm socket wrench  
13mm socket wrench (or open end wrench)



#2 Phillips screwdriver



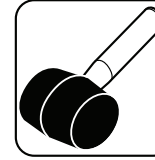
(2) 8" or longer adjustable wrenches  
or 24mm (or 15/16") socket wrench and  
24mm (or 15/16") box end wrench



Flathead screwdriver



2 lb (min.) dead blow hammer  
or heavy rubber mallet



17mm open end wrench







**Disconnect all power to the machine before you service it.**

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.

This procedure requires removal of the Mid Pedal Arms. This arm cannot be re-used once it is removed. Make sure to have replacement Mid Pedal Arms available before attempting the procedure.

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

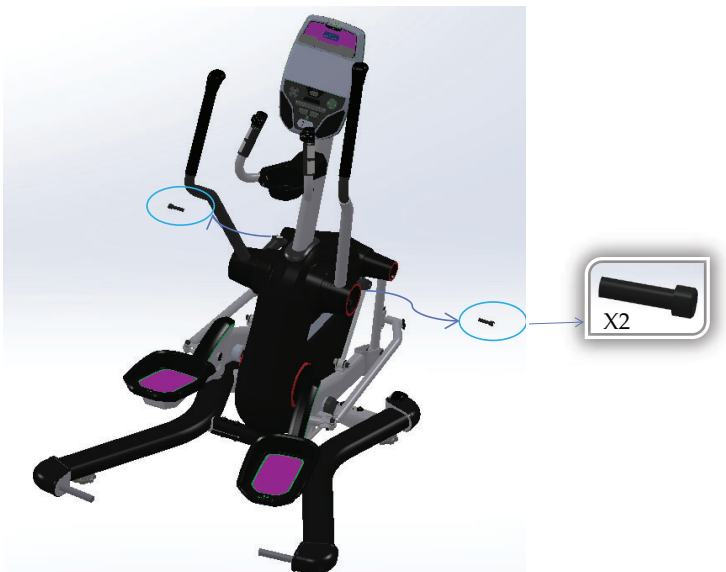
1. Remove the Pivot Bolt Covers from the Handlebar Arms. Using a 6mm hex wrench, remove the indicated hardware. Set them safely aside.



2. Using a 10mm hex wrench, remove the indicated Screws (by arrow) from the Handlebar Arms and Handlebar Links.



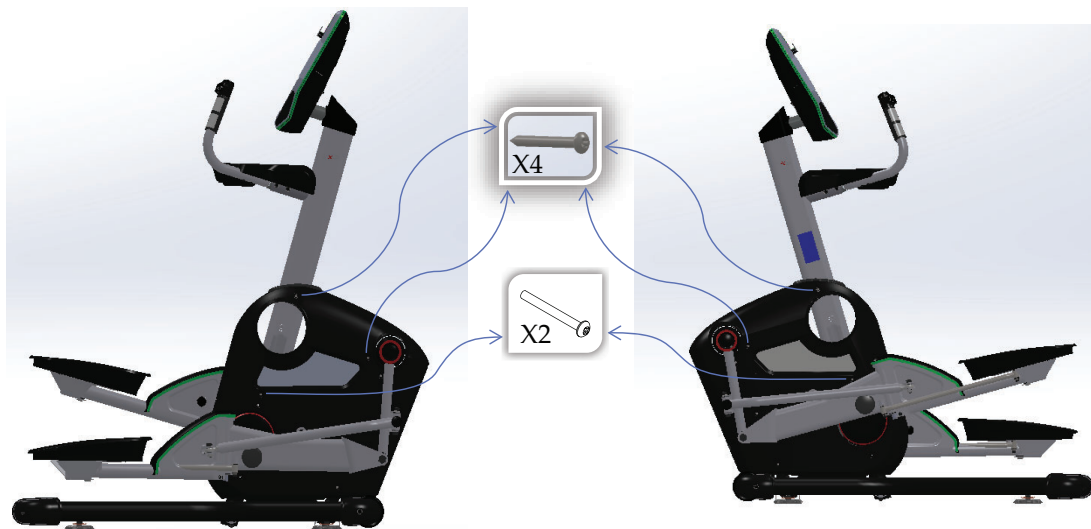
Be aware that the Handlebar Arm will be loose and will pivot when the hardware is removed. Safely allow the Handlebar Arm to pivot downward and come to rest. Be sure to stay out of the path of the Handlebar Arm.



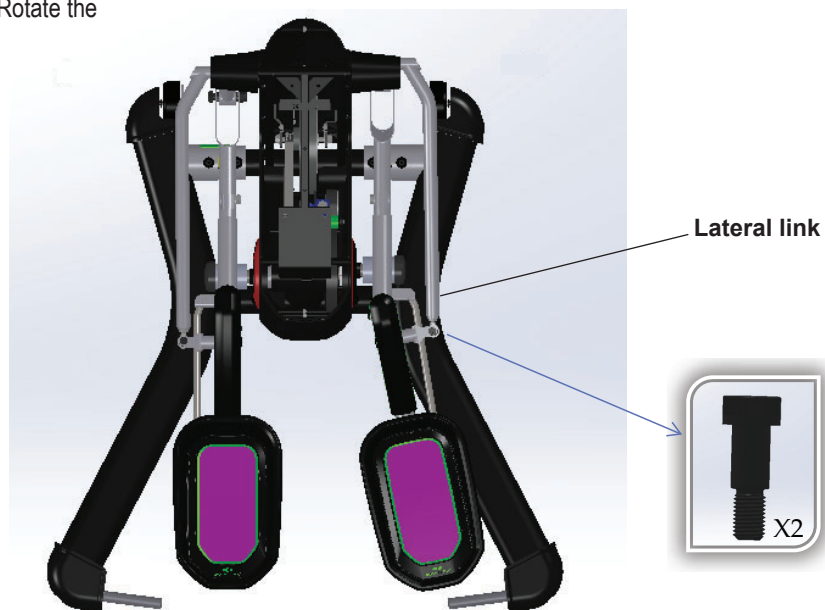
3. Remove the Handlebar Arms and Wave Washers. Set them safely aside.



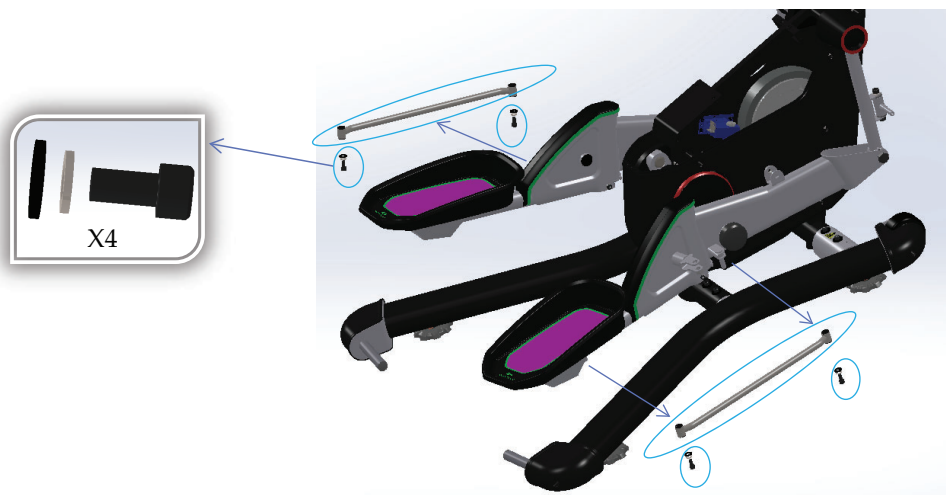
4. Using a #2 Phillips screwdriver, remove the 6 indicated screws (arrows) from the Upper Shrouds. Use a flathead screwdriver to separate the Shrouds at the push fasteners. Remove the Shrouds and Mast Gasket, and set them safely aside.



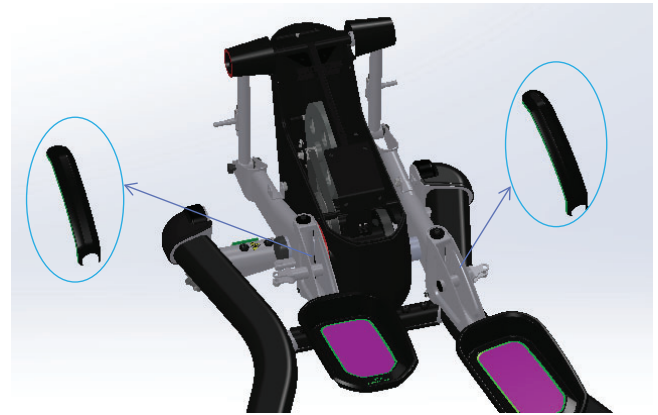
5. Using a 6mm hex wrench, remove the indicated hardware. Rotate the Lateral Links out of the way.



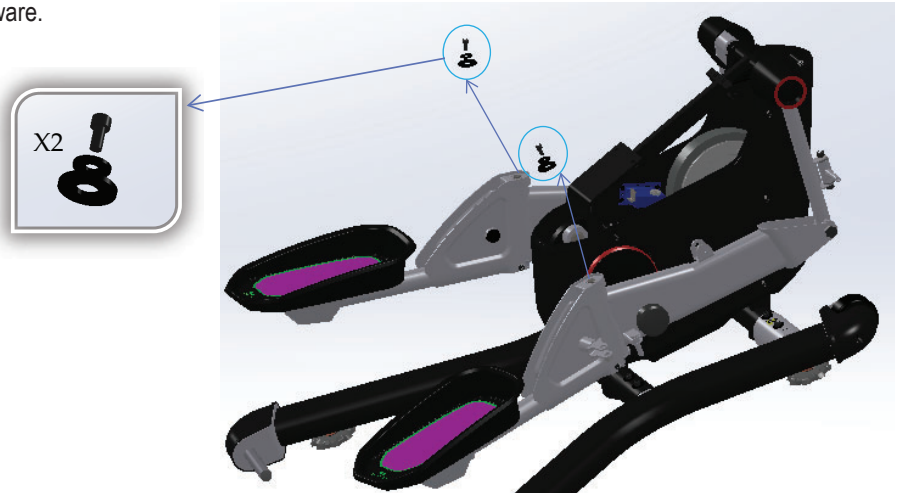
6. Using a 6mm hex wrench, remove the indicated hardware. Remove the Parallel Links.



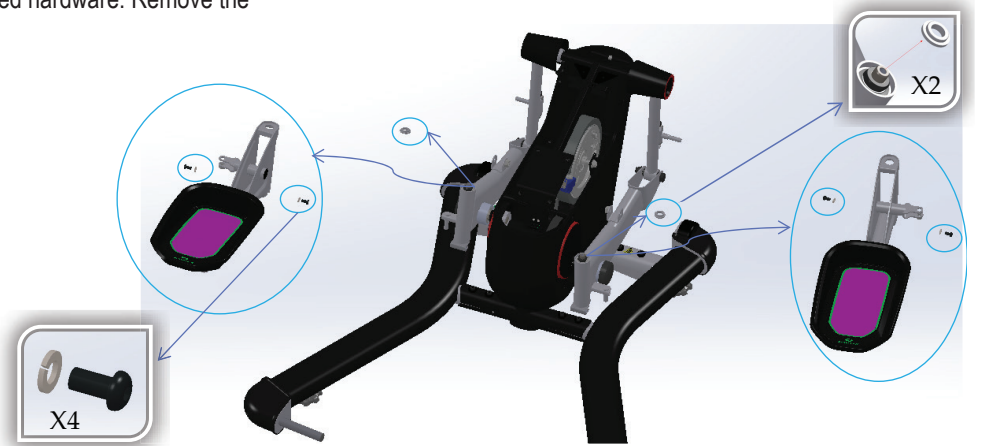
7. Remove the Pedal Arm Topcaps.



8. Using a 6mm hex wrench, remove the indicated hardware.

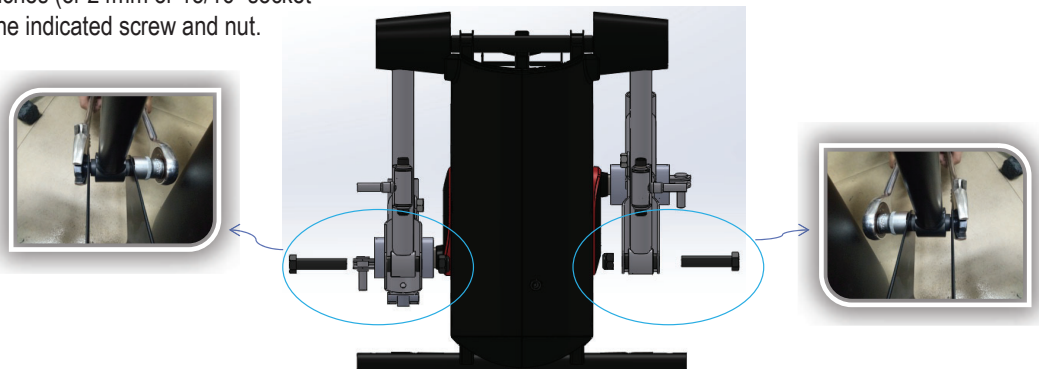


9. Using a 6mm hex wrench, remove the indicated hardware. Remove the Pedal Arms and Collars.

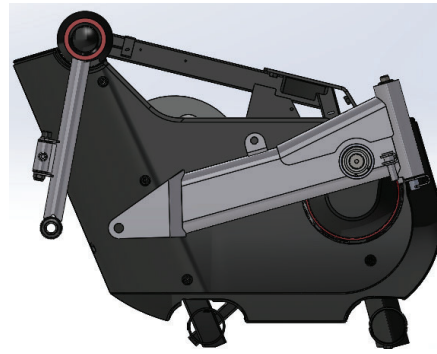


10. Using two 8" or longer adjustable wrenches (or 24mm or 15/16" socket wrench and 24mm box wrench), remove the indicated screw and nut.

**Note:** The hardware is very tight (factory installed).



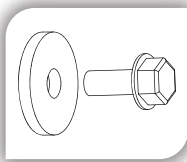
**Pivot** the Swing Arms toward the front.



11. Remove the Endcaps from the Mid Pedal Arms. Using the appropriate tool, remove the indicated hardware.

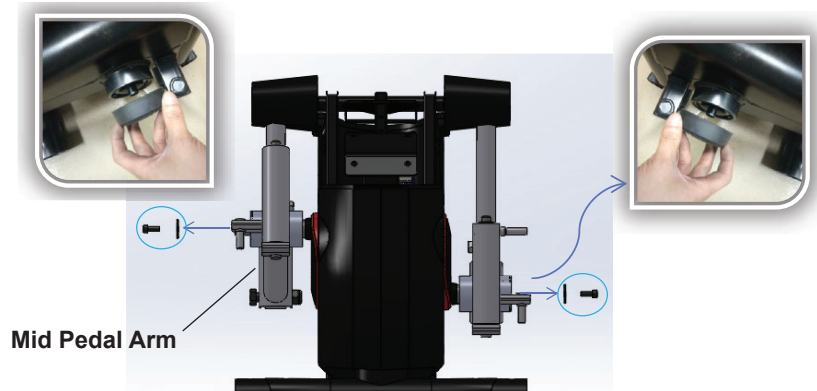
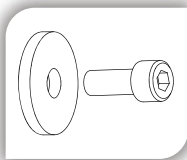
**Note:** The hardware is very tight (factory installed).

—Use a 13mm socket or box end wrench:



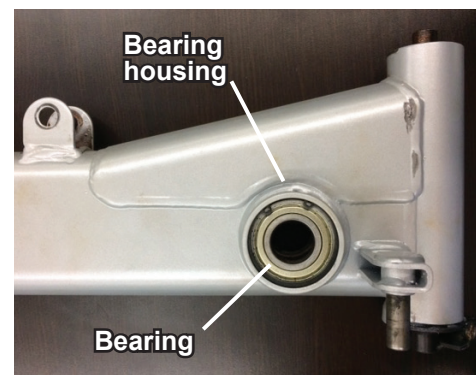
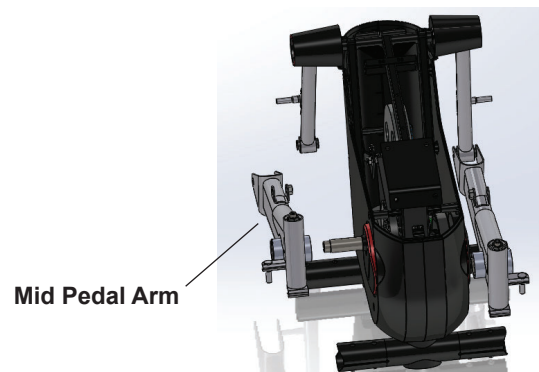
or

—Use a 6mm hex key:



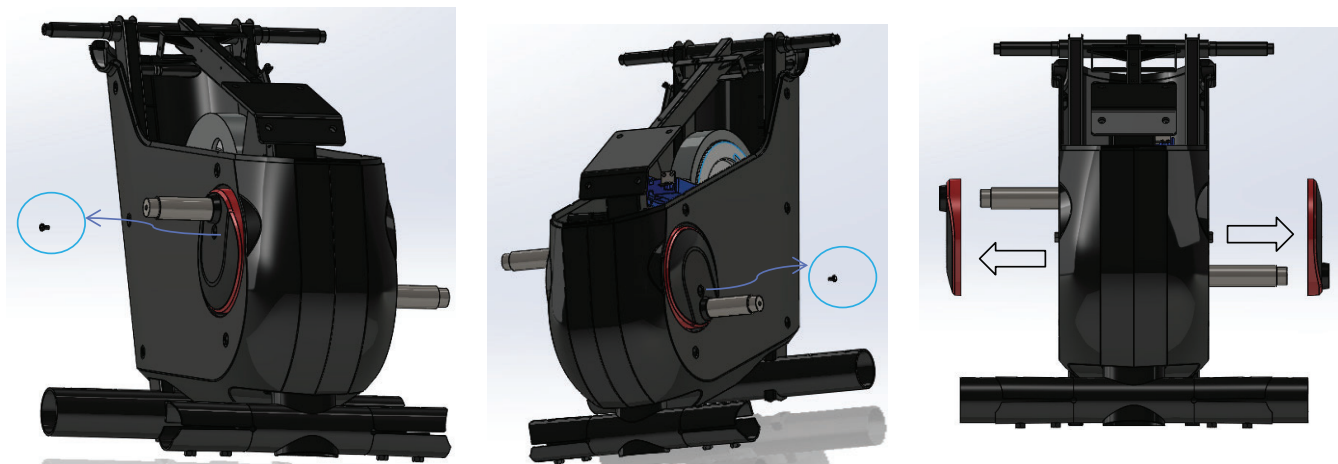
12. To remove the Mid Pedal Arm, use the dead blow hammer (or mallet) to strike it on the surface closer to the main frame alternately on either side of the bearing housing until you drive it off the Crank arm. Set the old Mid Pedal Arm safely aside.

**Note:** It may be helpful to rotate the Mid Pedal Arm to allow easier access to the other side of the bearing housing. Be sure the Mid Pedal Arm stays aligned on the Crank arm as you remove it, to avoid damage to the Crank.





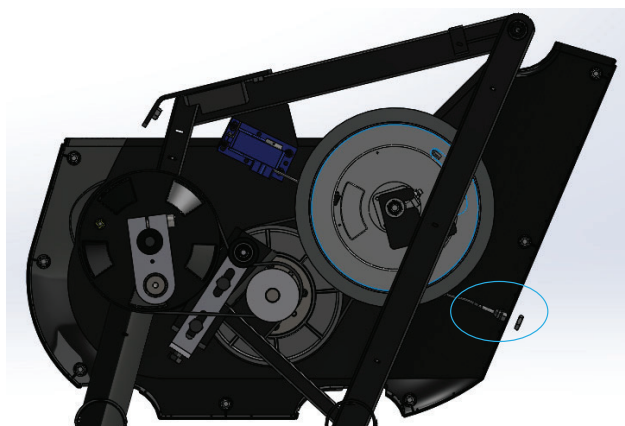
13. Using a #2 Phillips screwdriver, remove the indicated screws from the Crank Shrouds. Remove the Crank Shrouds and set them safely aside.



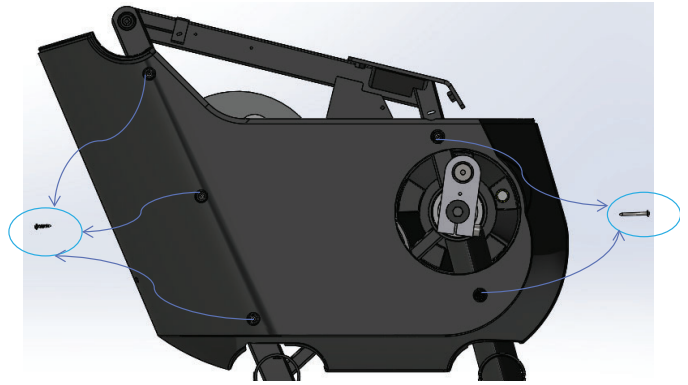
14. Using a #2 Phillips screwdriver, remove the 5 indicated screws from the Right Lower Shroud. Carefully remove the Right Lower Shroud and set it safely aside.



15. Using a 17mm open end wrench, loosen and remove the indicated nut from the Left Lower Shroud. Carefully pull the Power Inlet plug out of the hole toward the inside of the Shroud.



16. Using a #2 Phillips screwdriver, remove the 5 indicated screws from the Left Lower Shroud. Carefully remove the Left Lower Shroud and set it safely aside.

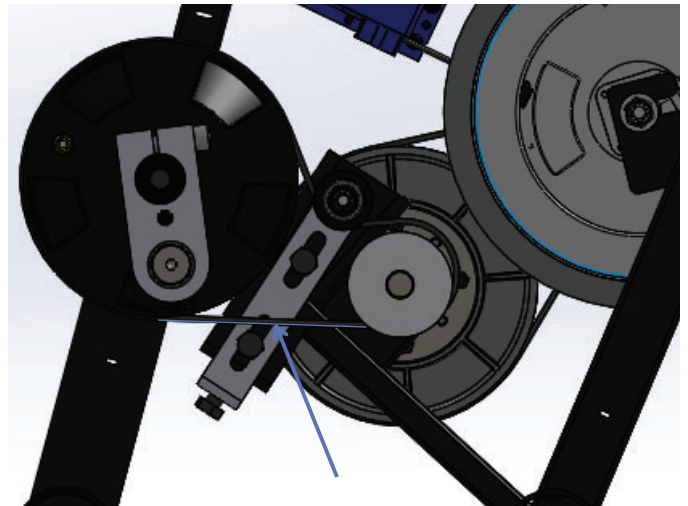


**Note:** Your machine may not match the image. For reference only.

#### First stage belt tension adjustment

17. To test the Right Drive Belt tension:

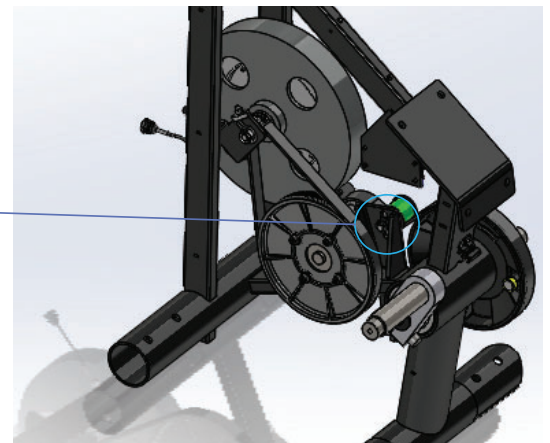
On the lower part of the belt, twist the belt at the midpoint between the pulleys. The belt should not twist more than 45 degrees.



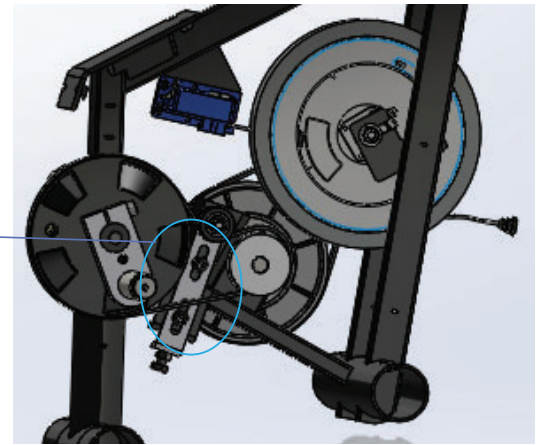
If the tension is correct, go to Step 27.

If the tension is too loose, adjust:

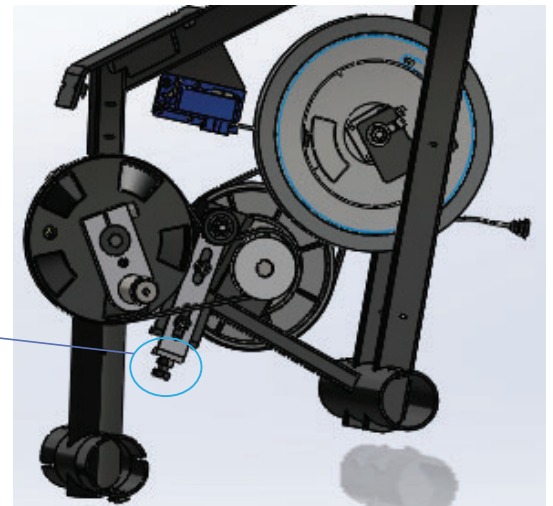
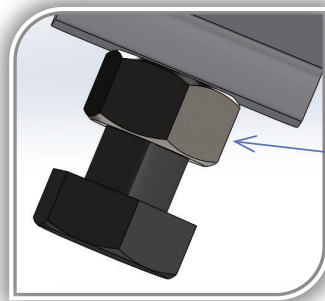
18. Use a 17mm open-end wrench to loosen the indicated nut (arrow) two turns.



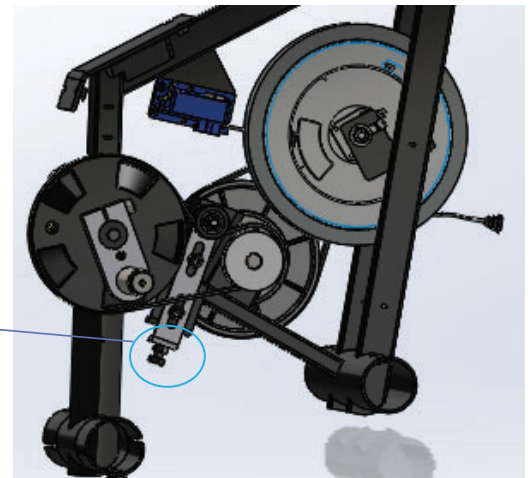
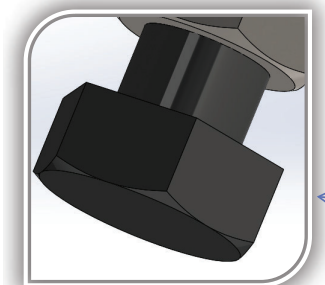
19. Use an 8mm hex wrench to loosen the 2 screws shown in the illustration for two turns.



20. Use a 17mm open-end wrench to loosen the indicated nut.



21. Use a 17mm open-end wrench to adjust the hex socket screw.

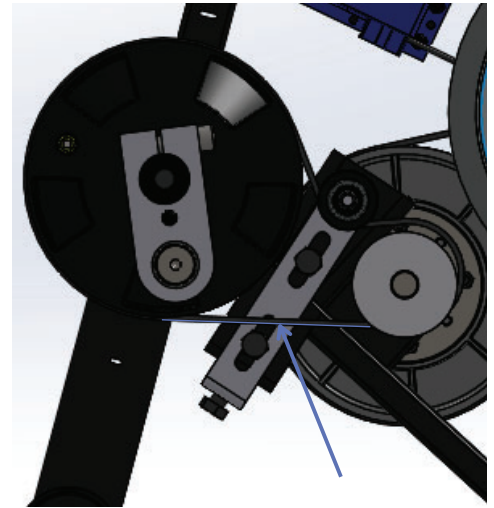
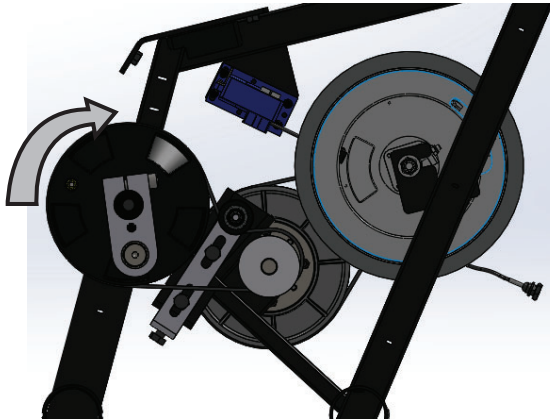




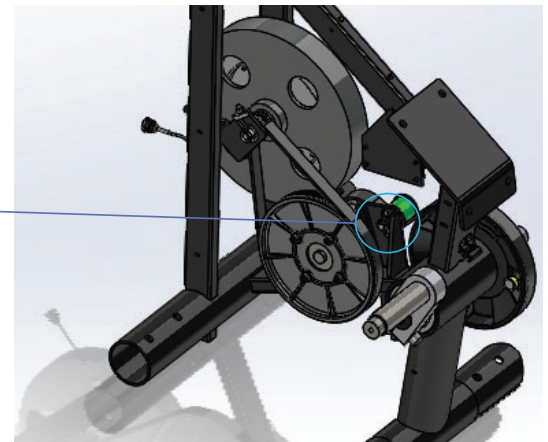
22. Turn the crank 3 to 5 turns in the direction of the arrow, and check the tension. On the lower part of the belt, twist the belt at the midpoint between the pulleys. The belt should not twist more than 45 degrees.

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

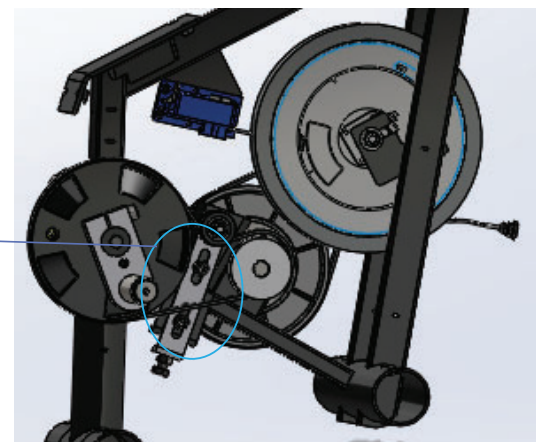
If necessary, tighten more.



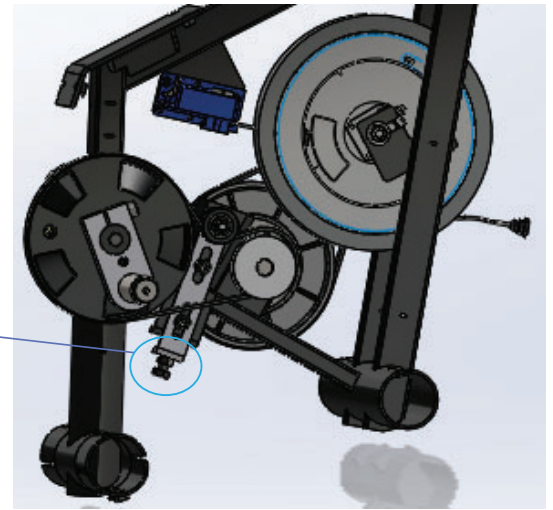
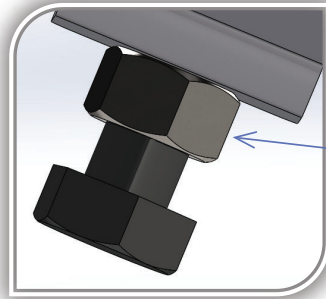
23. Using a 17mm open-end wrench, fully tighten the indicated nut.



24. Using a 8mm hex wrench, tighten the two indicated screws



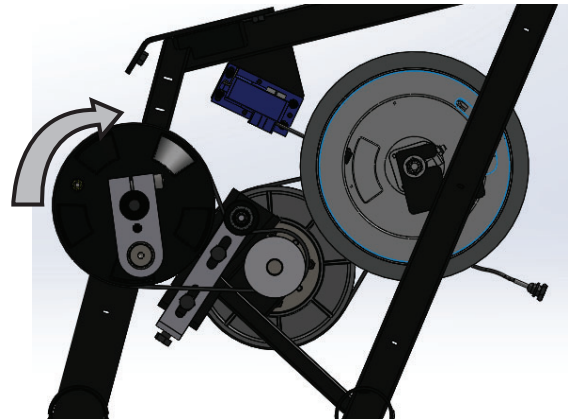
25. Using a 17mm open-end wrench, fully tighten the illustrated nut.



26. Turn the crank 3~5 turns in the direction of the arrow to make the belt rotate smoothly.



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



### Second stage belt tension check

27. To test the Left Drive Belt tension:

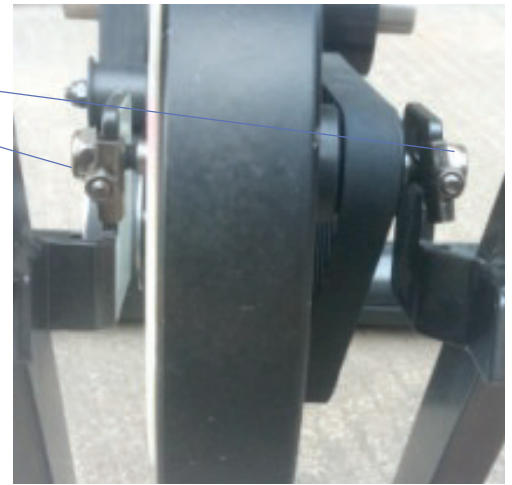
On the upper part of the belt, twist the belt at the midpoint between the pulleys. The belt should not twist more than 90 degrees (vertical).



If the tension is correct, go to Step 33.

If the tension is too loose, adjust:

28. Use a 17mm open-end wrench to loosen the indicated flywheel nuts (arrow) two turns.



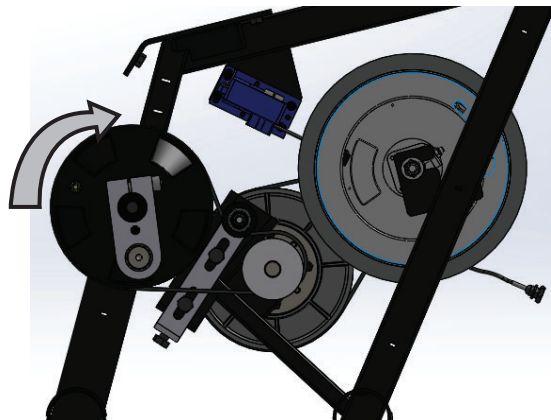
29. Use an 10mm socket wrench to adjust the nylon lock nuts. If the tension is too loose, tighten the nuts. If the tension is too tight, loosen the nuts.

*NOTICE:* Be sure to adjust the nuts on both sides evenly and turn the nuts the same number of times.



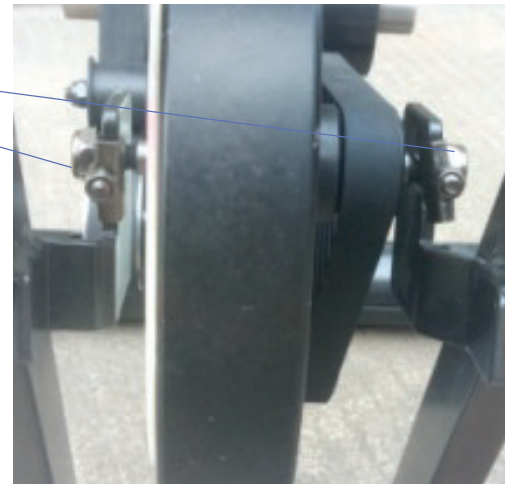
30. Turn the crank 3 to 5 turns in the direction of the arrow, and check the tension. On the upper part of the belt, twist the belt at the midpoint between the pulleys. The belt should not twist more than 90 degrees (vertical).

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



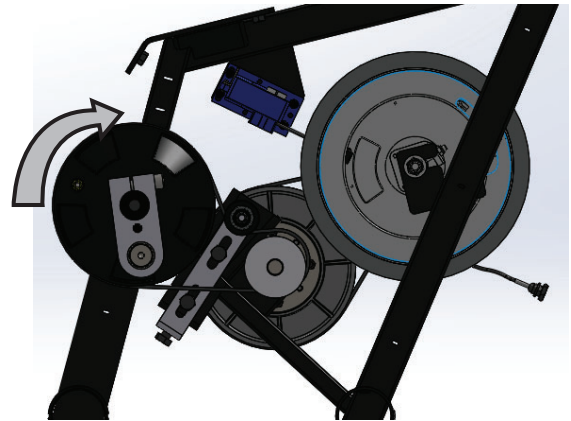


31. Use a 17mm open-end wrench to tighten the illustrated nut (do not skip this step if the tension is correct).



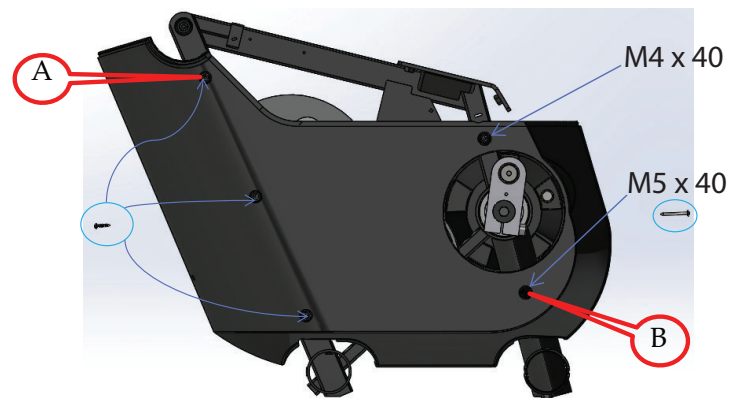
32. Turn the crank 3~5 turns in the direction of the arrow to make the belt rotate smoothly.

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

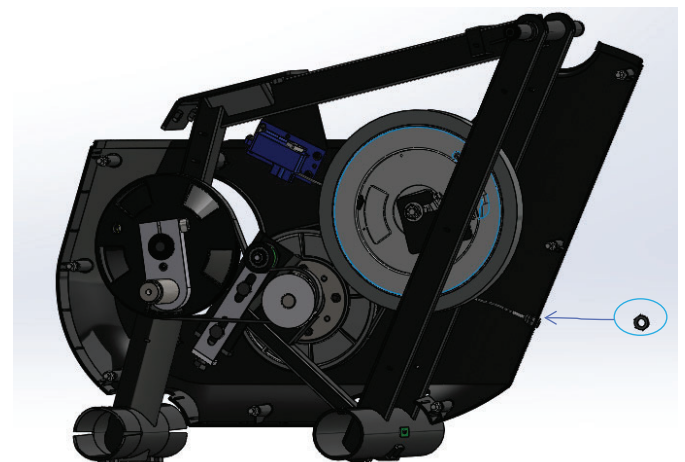


### Reassembly

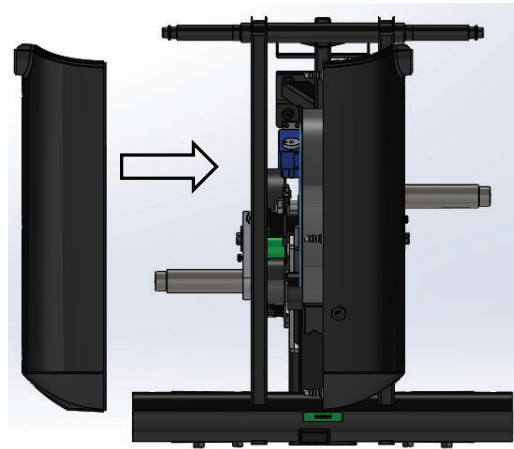
33. Using a Phillips screwdriver, attach the Left Lower Shroud, to the main frame. First, tighten the screw in position A, then tighten the screw in position B, and then tighten the screws in the other positions.



34. Insert the Power Inlet cable connector into the Left Lower Shroud. Using a 17mm wrench, tighten the nut to secure the power cable connector.



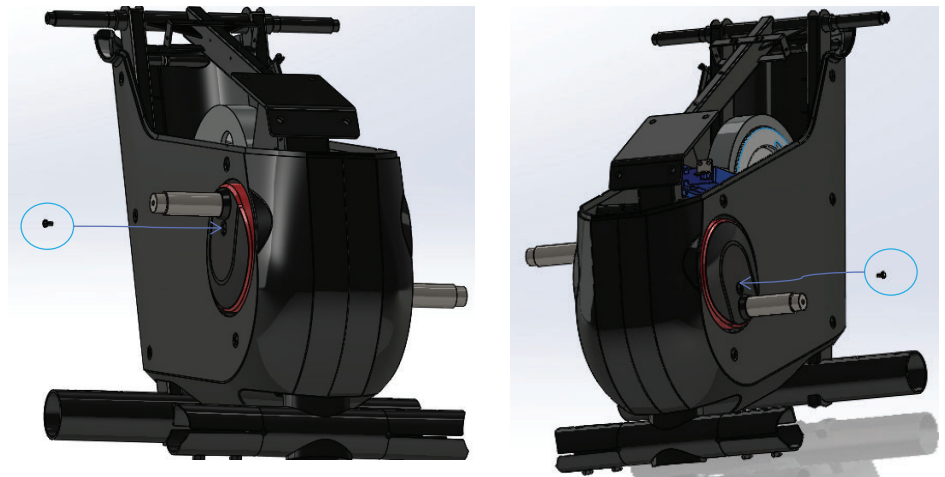
35. Align the Right Lower Shroud with the push fasteners on the Left Lower Shroud and move the Right Lower Shroud into position. Push the Shrouds together so that the Push Fasteners are fully seated.



36. Install the Lower Shroud to the Frame Assembly with the screws. Use a Phillips screwdriver to tighten the screw in position A, then tighten the screw in position B, and then tighten the screws in the other positions.

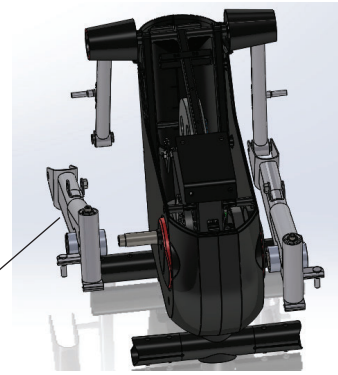


37. Using a #2 Phillips screwdriver, re-install the Crank Shrouds.



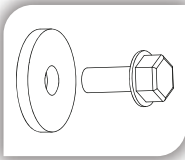
38. Put the new Left Mid Pedal Arm on the Crank and push it on by hand, wiggling it until it goes on as far as possible.

Mid Pedal Arm



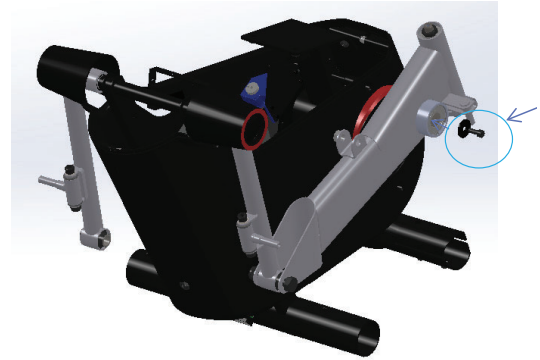
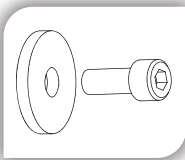
39. Finger tighten the screw and washer to attach the Mid Pedal Arm. Using the appropriate tool, tighten the hardware to secure the Mid Pedal Arm to the Crank.

—Use a 13mm socket or box end wrench:



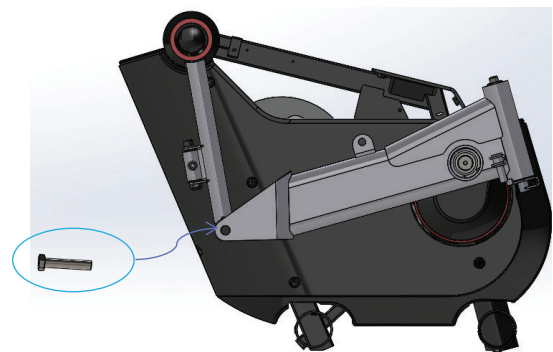
or

—Use a 6mm hex key:

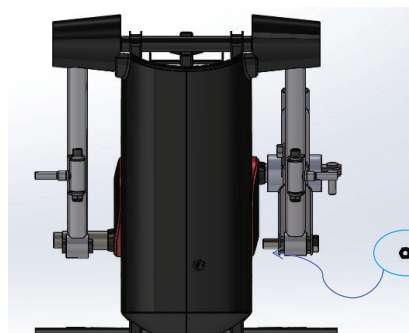


Install the Endcap.

40. Move the Swing Arm end into the Mid Pedal Arm bracket. Using two 8" or longer adjustable wrenches (or 24mm or 15/16" socket wrench and 24mm or 15/16" box wrench), install the indicated screw and nut. Completely tighten the nut, or torque to 120 Nm (89 ft-lb).



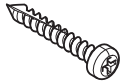
41. Repeat steps 38-40 for the Right Mid Pedal Arm.



42. The remaining assembly steps are the reverse procedure.

**Note:** Put the Left Upper Shroud in position first. Align the Right Upper Shroud with the Push Fasteners and move the Right Shroud into position. Push the Shrouds together so that the Push Fasteners are fully seated. Using a #2 Phillips screwdriver, install the 6 screws.

Self-tapping screws attach the Shrouds to the Frame.



Re-install the Mast Gasket.

Be sure the Handlebar Links are tilted forward. Put the Wave Washers on the pivot rods.



**Be aware that the Handlebar Arms are top heavy, and will want to pivot when attached onto the Pivot Rod. Be sure to stay out of the path of the Handlebar.**

Align the Handlebar Arm assembly with the pivot rod and attach the lower Handlebar Arm to the Handlebar Link

43. 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™ LateralX™ LX3, LX3i, LX5 and LX5i Lateral Trainers.

**If you need assistance, please contact Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: [www.nautilusinternational.com](http://www.nautilusinternational.com)**



**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:**



**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.**

**Disconnect all power to the machine before you service it.**

- 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 at any time the Warning labels become loose, unreadable or dislodged, replace the labels. If purchased in US/Canada, contact Customer Service for replacement labels. If purchased outside US/Canada, contact your local distributor for them.
- 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



A Zip-Tie, rubber band or piece of wire to restrict cables from falling into Console Mast





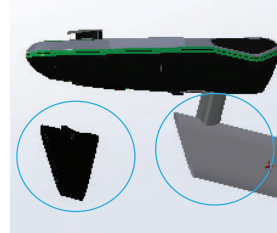
**Disconnect all power to the machine before you service it.**

**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.**

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

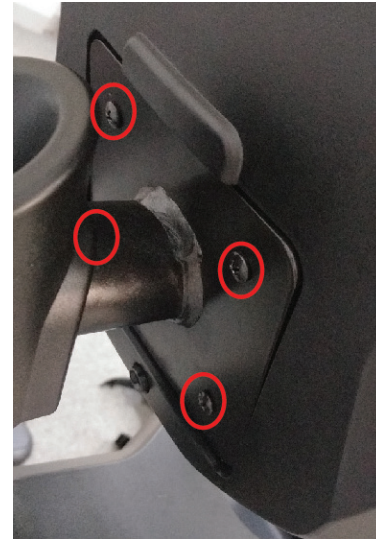
1. Remove the Mast Endcap and set it aside. Carefully disconnect the Mast Cables from the Console Cables.

**NOTICE:** Do not crimp the cables. Do not allow the cables to fall down into the Console Mast.



2. Using a #2 Phillips screwdriver, remove the 4 indicated screws. Carefully remove the Console. Set the Console and hardware safely aside.

**Note:** This step may require two people.



3. Carefully route the cables from the new Console through the hole in the mount plate on the Console Mast. The remaining assembly steps are the reverse procedure.

**NOTICE:** Do not crimp the Cables. Make sure the Mast Cable connectors do not fall into the Console Mast. Make sure to connect all cables. Each connector end can only be connected to the matching connector. Push the excess cable length down into the Console Mast.

4. 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.**

5. Sync your device to your exercise machine. Follow the instructions on the Software App, named the "Bowflex LateralX™" Fitness App.



**NOTICE:** This document provides instructions for the replacement of the Console Mast assembly on the Bowflex™ LateralX™ LX3, LX3i, LX5 and LX5i Lateral Trainers.

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



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**Disconnect all power to the machine before you service it.**

- 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



Flathead screwdriver



(2) 6mm hex wrenches  
10mm hex wrench



A Zip-Tie, rubber band or piece of wire to restrict cables from falling into Console Mast





**Disconnect all power to the machine before you service it.**

**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.**

**Note:** Your machine may not match the image (LX3 is shown). For reference only.

1. Remove the Pivot Bolt Cover from the left Handlebar Arm. Using a 6mm hex wrench, remove the indicated hardware. Set it safely aside.



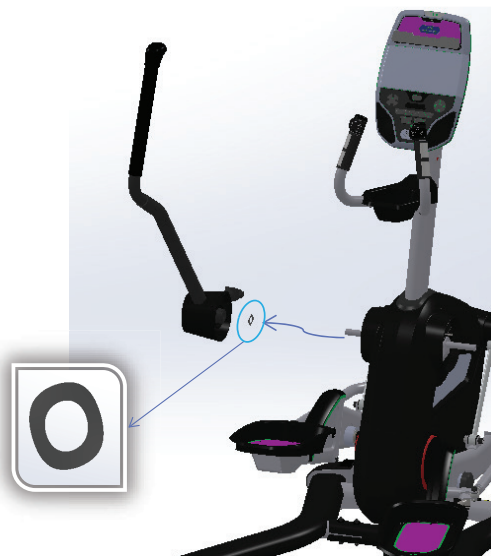
2. Using a 10mm hex wrench, remove the indicated Screw (by arrow) from the Handlebar Arm and Handlebar Link.



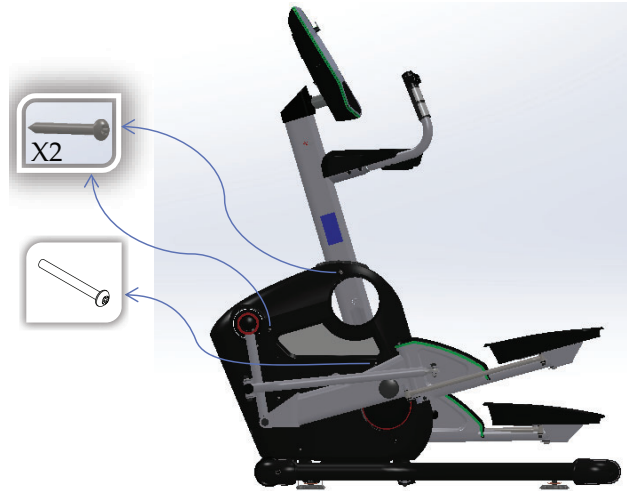
**Be aware that the Handlebar Arm will be loose and will pivot when the hardware is removed. Safely allow the Handlebar Arm to pivot downward and come to rest. Be sure to stay out of the path of the Handlebar Arm.**



3. Remove the Handlebar Arm and Wave Washer. Set them safely aside.

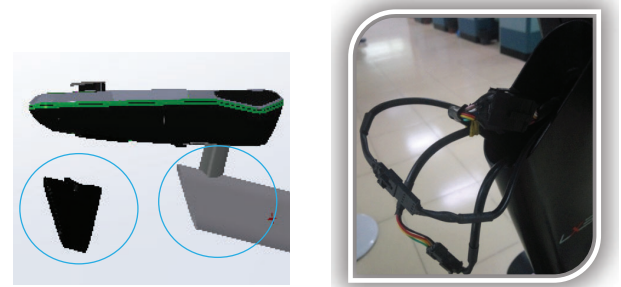


4. Using a #2 Phillips screwdriver, remove the 3 indicated screws (arrows) from the Left Upper Shroud. Use a flathead screwdriver to separate the Shrouds at the push fasteners. Remove the Left Shroud and set it safely aside.



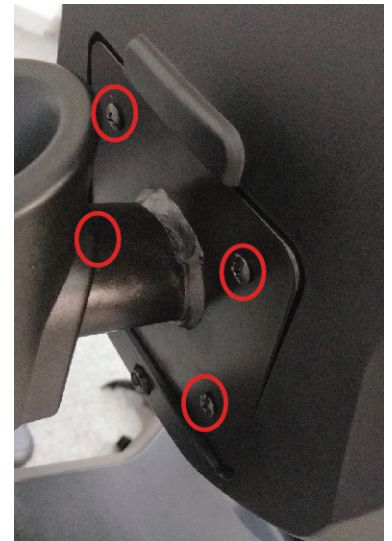
5. Remove the Mast Endcap and set it aside. Disconnect the Mast Cables from the Console Cables.

**NOTICE:** Do not crimp the cables. Do not allow the cables to fall down into the Console Mast.

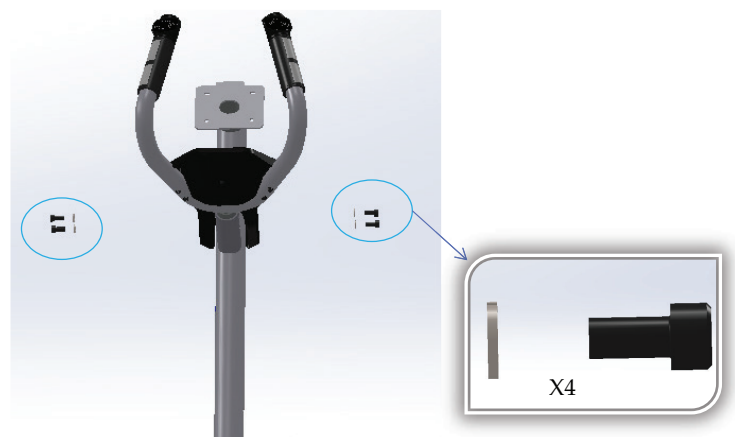
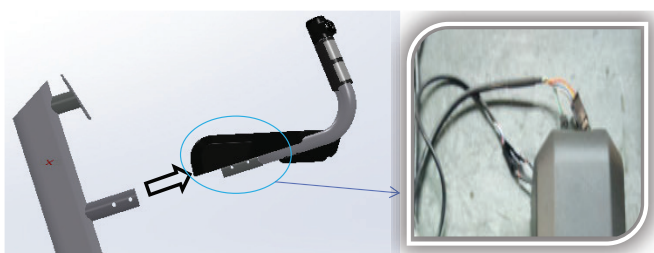


6. Using a #2 Phillips screwdriver, remove the 4 indicated screws. Carefully remove the Console. Set the Console and hardware aside for reassembly.

**Note:** This step may require two people.



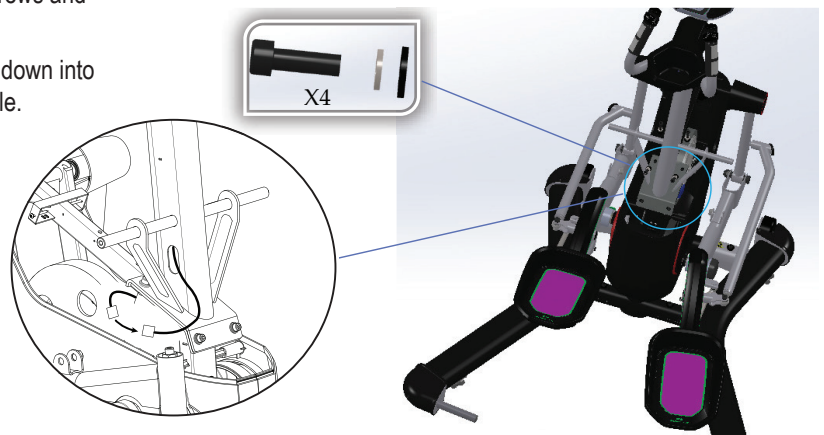
7. Using a 6mm hex wrench, remove the indicated hardware. Carefully remove the Static Handlebar and disconnect the cables. Set the Static Handlebar and hardware aside for reassembly.





8. Disconnect the cables from the Engine Assembly and the Console Mast cables. Using a 6mm hex wrench, remove the indicated screws and washers (arrows). Remove the Console Mast assembly.

**NOTICE:** Do not crimp the cables. Do not allow the cable to fall down into the Engine Assembly. This step may require two people.

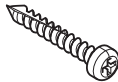


9. Installation steps are the reverse procedure.

**NOTICE:** Do not crimp the Cables. If the Mast Cables are routed through the Mounting Plate on the Console Mast, pull them back through the opening. Make sure the Mast Cable connectors do not fall into the Console Mast. Make sure to connect all cables. Each connector end can only be connected to the matching connector. Push the excess cable length down into the Console Mast.

**Note:** Put the Right Upper Shroud in position. Align the Push Fasteners. Push the Shrouds together so that the Push Fasteners are fully seated. Using a #2 Phillips screwdriver, re-install the 3 screws.

Self-tapping screws attach the Shroud to the Frame.



Re-install the Mast Gasket.

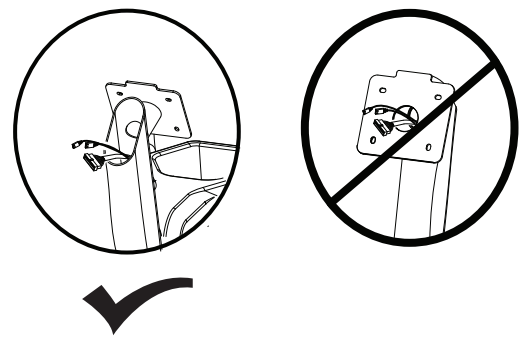
Be sure the Handlebar Link is tilted forward. Put the Wave Washer on the pivot rod.

**⚠ Be aware that the Handlebar Arms are top heavy, and will want to pivot when attached onto the Pivot Rod. Be sure to stay out of the path of the Handlebar.**

Align the Handlebar Arm assembly with the pivot rod and attach the lower Handlebar Arm to the Handlebar Link using a 10mm hex wrench. Slide the Handlebar Arm assembly fully onto the pivot rod and install the hardware using a 6mm hex wrench. Re-install the Pivot Bolt Cover.

10. 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 weldments (arms) on the Crank pulley on the Bowflex™ LateralX™ LX3 and LX3i Lateral Trainers.

**If you need assistance, please contact Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: [www.nautilusinternational.com](http://www.nautilusinternational.com)**



**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:



**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.**

**Disconnect all power to the machine before you service it.**

- 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 at any time the Warning labels become loose, unreadable or dislodged, replace the labels. If purchased in US/Canada, contact Customer Service for replacement labels. If purchased outside US/Canada, contact your local distributor for them.
- 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  
8mm hex wrench  
10mm hex wrench



13mm socket wrench or open end wrench



#2 Phillips screwdriver



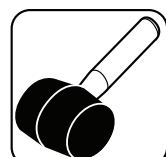
(2) 8" or longer adjustable wrenches  
or 24mm (or 15/16") socket wrench and 24mm  
(or 15/16") box end wrench



Flathead screwdriver



2 lb (min.) dead blow hammer  
or heavy rubber mallet



17mm open end wrench







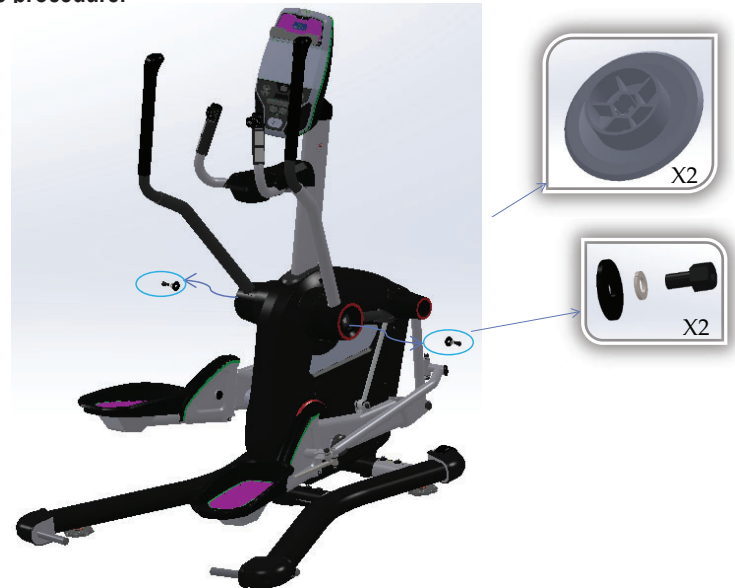
**Disconnect all power to the machine before you service it.**

**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.**

**This procedure requires removal of the Mid Pedal Arms. This arm cannot be re-used once it is removed. Make sure to have replacement Mid Pedal Arms available before attempting the procedure.**

**Note:** If you are only replacing one Crank, it is only necessary to remove parts from the side that you are replacing.  
Your machine may not match the image. For reference only.

1. Remove the Pivot Bolt Covers from the Handlebar Arms. Using a 6mm hex wrench, remove the indicated hardware. Set them safely aside.



2. Using a 10mm hex wrench, remove the indicated Screws (by arrow) from the Handlebar Arms and Handlebar Links.



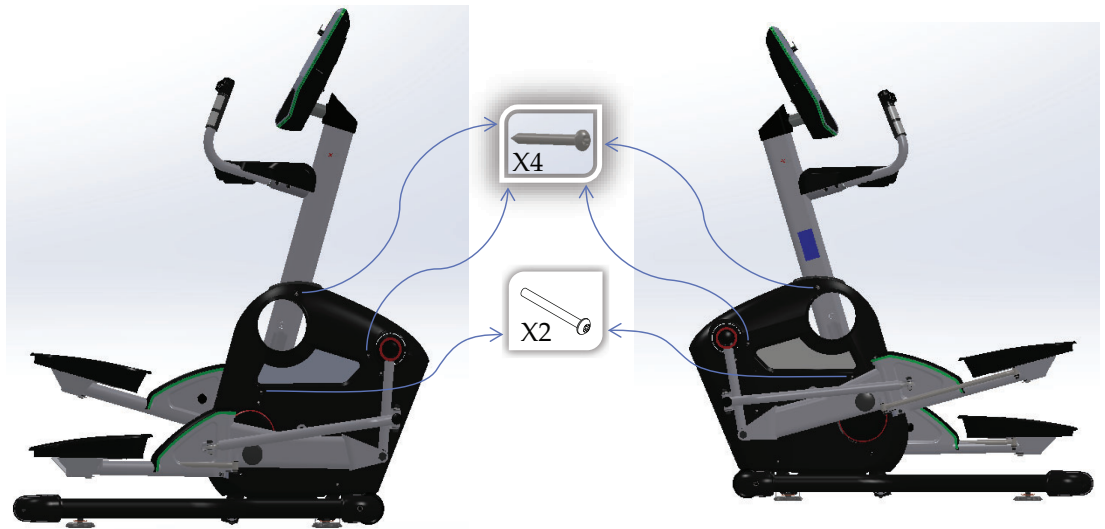
**Be aware that the Handlebar Arm will be loose and will pivot when the hardware is removed. Safely allow the Handlebar Arm to pivot downward and come to rest. Be sure to stay out of the path of the Handlebar Arm.**



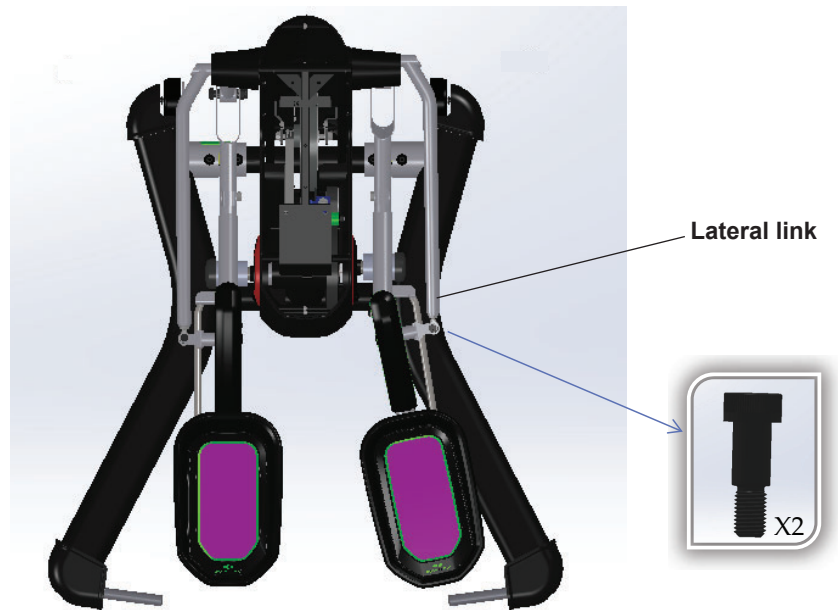
3. Remove the Handlebar Arms and Wave Washers. Set them safely aside.



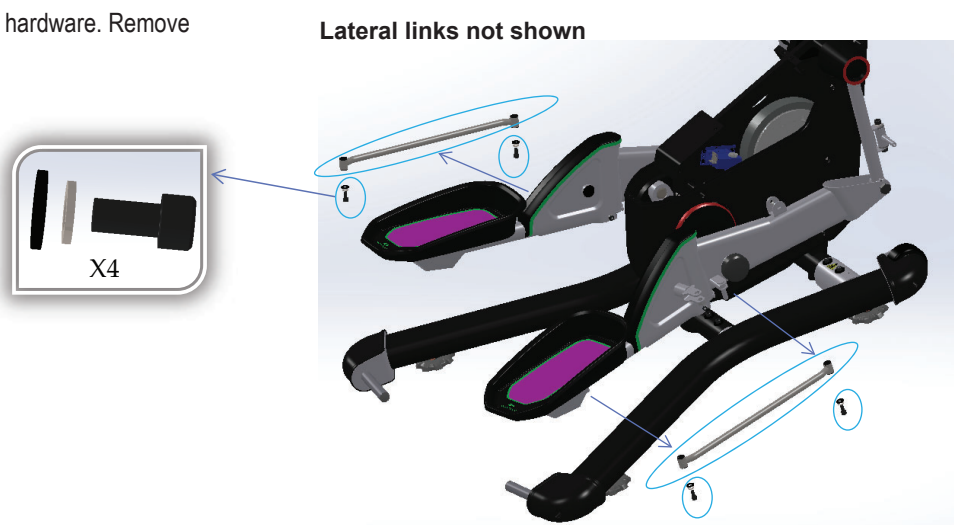
4. Using a #2 Phillips screwdriver, remove the 6 indicated screws (arrows) from the Upper Shrouds. Use a flathead screwdriver to separate the Shrouds at the push fasteners. Remove the Shrouds and Mast Gasket, and set them safely aside.



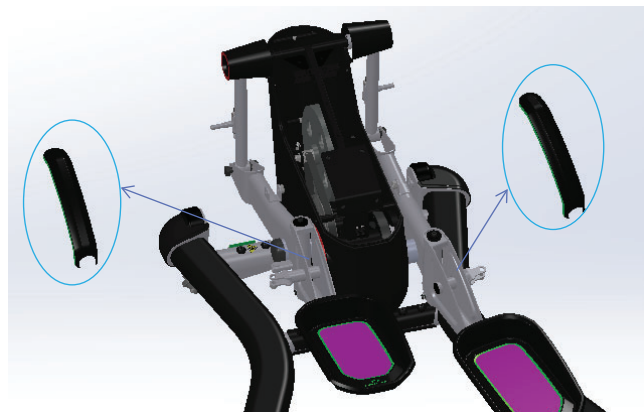
5. Using a 6mm hex wrench, remove the indicated screw. Rotate the Lateral Link out of the way.



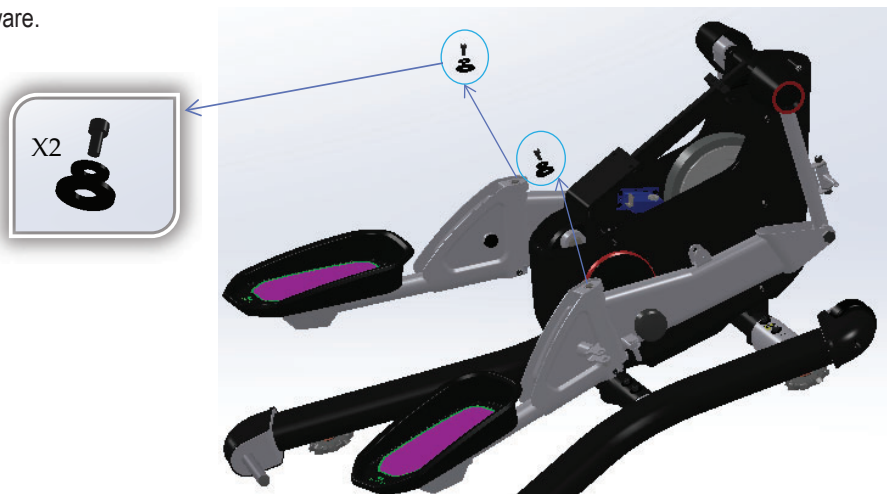
6. Using a 6mm hex wrench, remove the indicated hardware. Remove the Parallel Links.



7. Remove the Pedal Arm Topcaps.



8. Using a 6mm hex wrench, remove the indicated hardware.

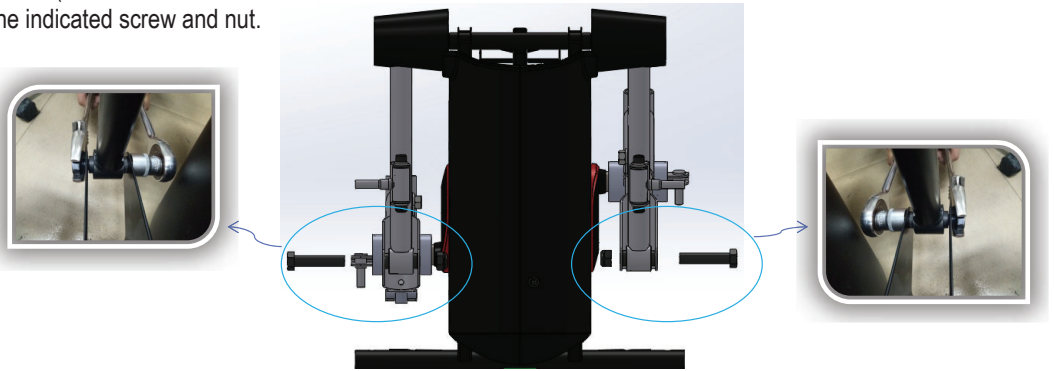


9. Using a 6mm hex wrench, remove the indicated hardware. Remove the Pedal Arms and Collars.

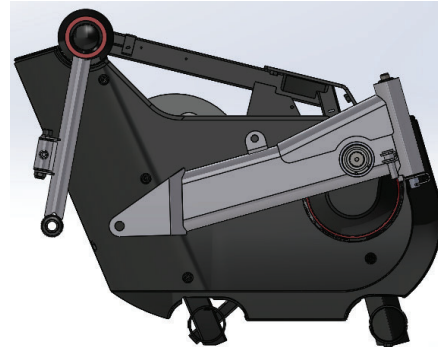


10. Using two 8" or longer adjustable wrenches (or 24mm or 15/16" socket wrench and 24mm box wrench), remove the indicated screw and nut.

**Note:** The hardware is very tight (factory installed).



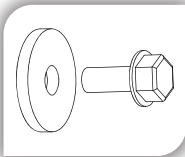
**Pivot** the Swing Arms toward the front.



11. Remove the Endcaps from the Mid Pedal Arms. Using the appropriate tool, remove the indicated hardware.

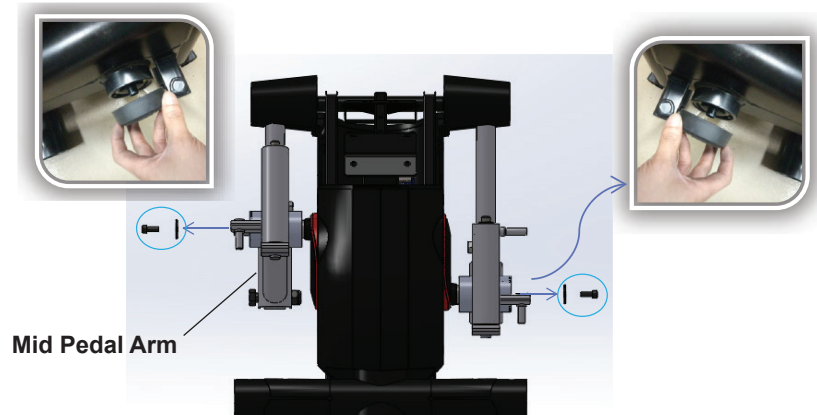
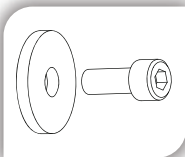
**Note:** The hardware is very tight (factory installed).

—Use a 13mm socket or box end wrench:



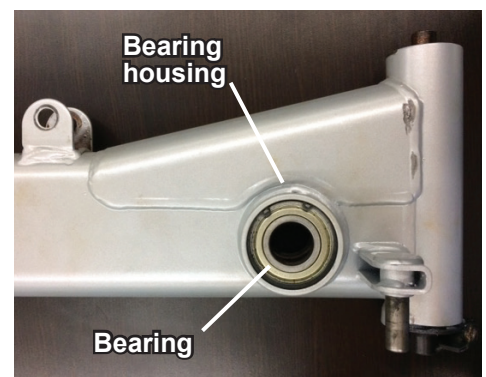
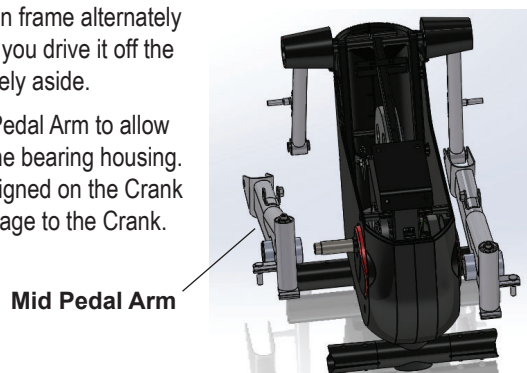
or

—Use a 6mm hex key:



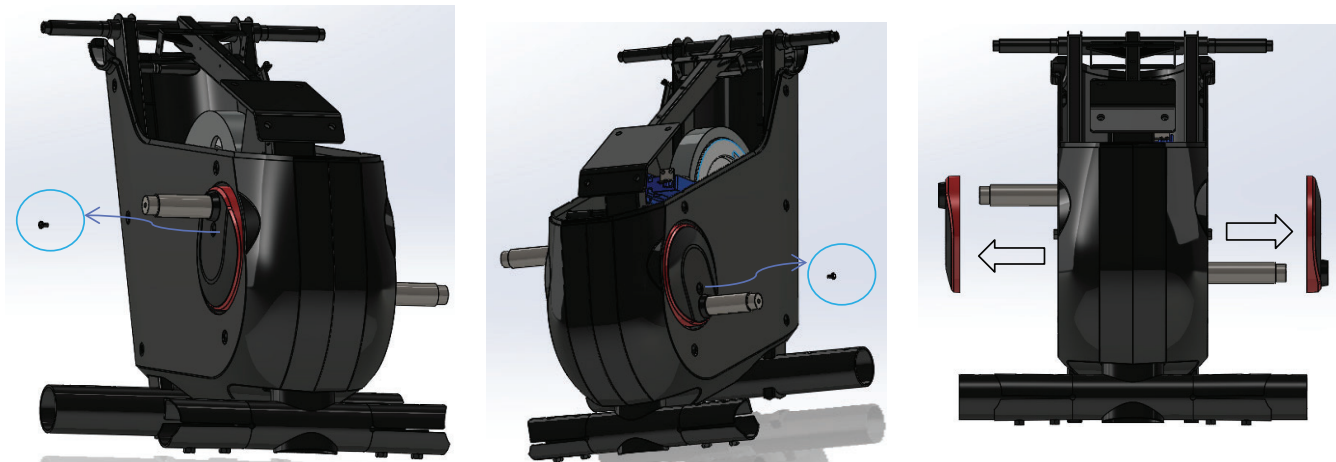
12. To remove the Mid Pedal Arm, use the dead blow hammer (or mallet) to strike it on the surface closer to the main frame alternately on either side of the bearing housing until you drive it off the Crank arm. Set the old Mid Pedal Arm safely aside.

**Note:** It may be helpful to rotate the Mid Pedal Arm to allow easier access to the other side of the bearing housing. Be sure the Mid Pedal Arm stays aligned on the Crank arm as you remove it, to avoid damage to the Crank.





13. Using a #2 Phillips screwdriver, remove the indicated screws from the Crank Shrouds. Remove the Crank Shrouds and set them safely aside.

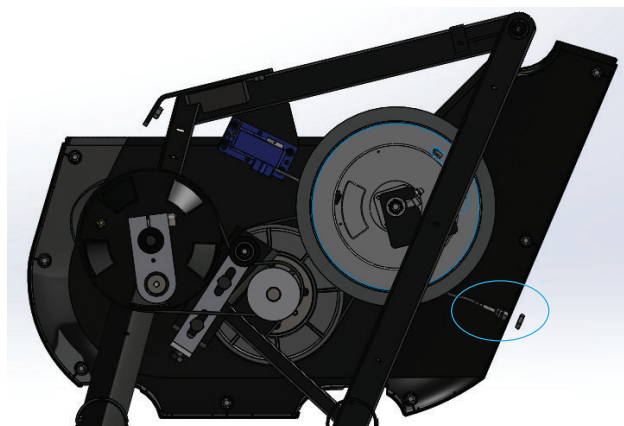


14. Using a #2 Phillips screwdriver, remove the 5 indicated screws from the Right Lower Shroud. Carefully remove the Right Lower Shroud and set it safely aside.

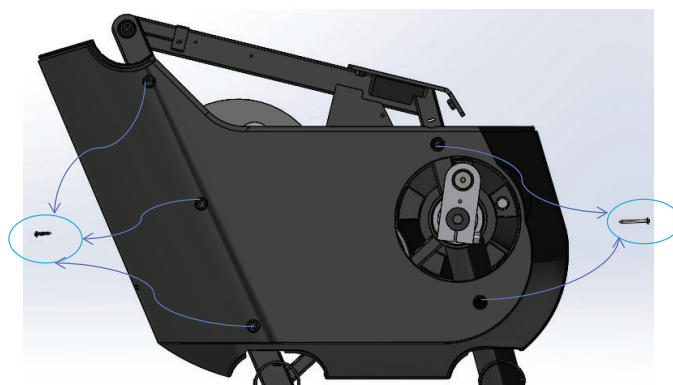


**If you are only replacing the Right Crank arm, go to step 17.**  
**If you are replacing the Left Crank arm, continue to step 15.**

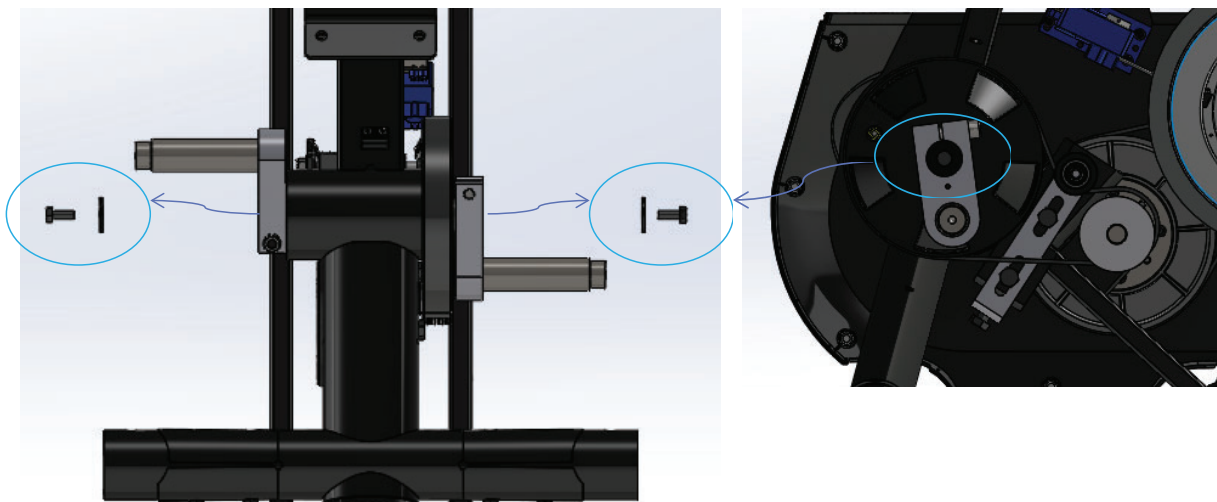
15. Using a 17mm open end wrench, loosen and remove the indicated nut from the Left Lower Shroud. Carefully pull the Power Inlet plug out of the hole toward the inside of the Shroud.



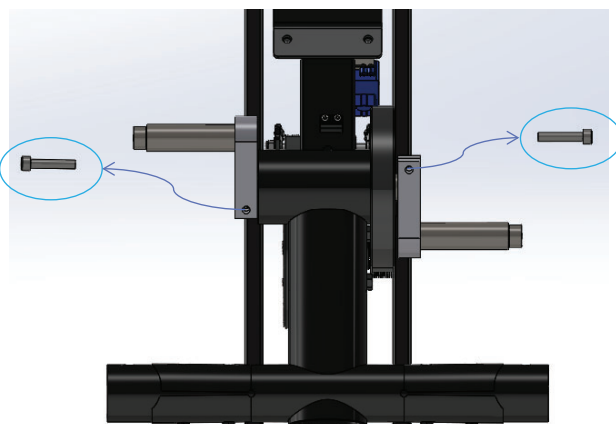
16. Using a #2 Phillips screwdriver, remove the 5 indicated screws from the Left Lower Shroud. Carefully remove the Left Lower Shroud and set it safely aside.



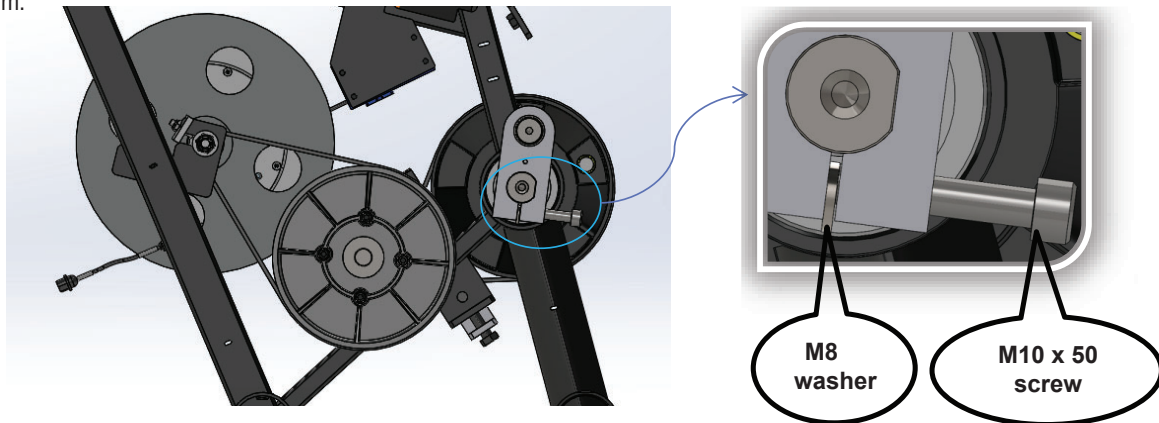
17. Using a 13mm wrench, loosen and remove the indicated hex head screws and washers from the Crank and set them safely aside.



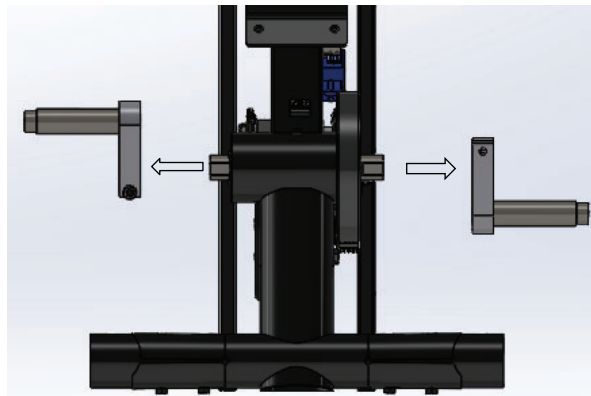
18. Using an 8mm hex wrench, loosen and remove the indicated screws from the Crank arms.



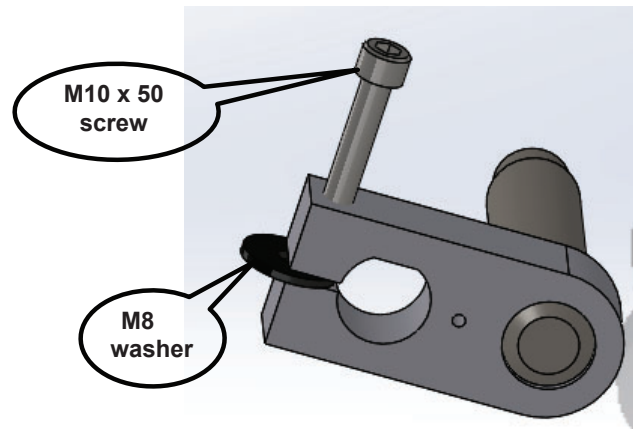
19. Insert the M8 washer from step 16 in the gap in the Crank arm. Using an 8mm hex wrench, screw the M10 x 50 screw into the threaded hole to open the gap in the Crank arm.



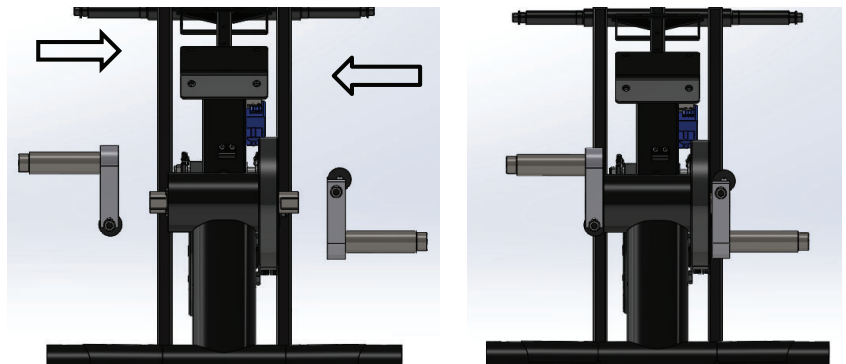
20. Remove the old Crank arm from the Crank pulley.



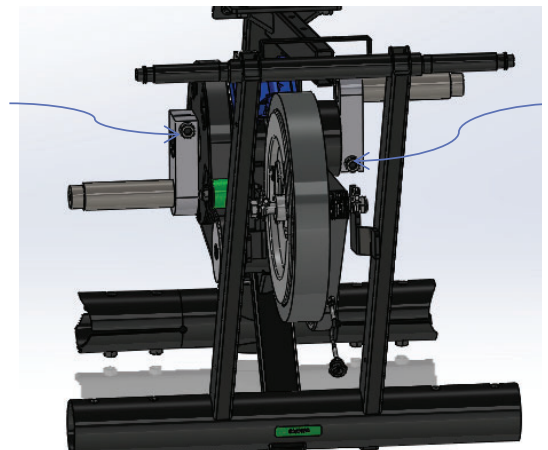
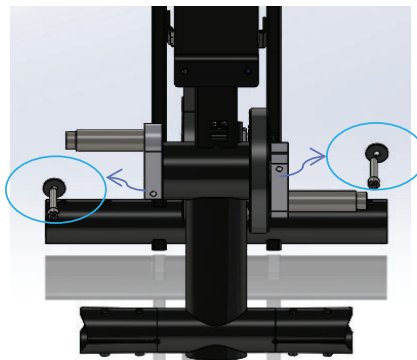
21. Insert M8 washer in the gap of the new Crank arm. Using an 8mm hex wrench, screw the M10 x 50 screw from one end of the threaded hole into the Crank arm to open the gap in the Crank arm.



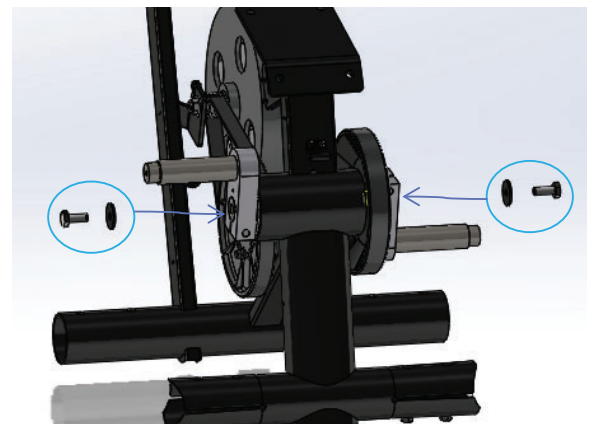
22. Put the new Crank arm in position on the Crank pulley.



23. Remove the M10 x 50 screw and M8 washer from Crank arm. Using an 8mm hex wrench, install the screw from the unthreaded end of the screw hole through the gap and tighten securely.



24. Using a 13mm socket wrench, install the M8 x 20 hex screw and washer into the crankshaft and tighten securely.

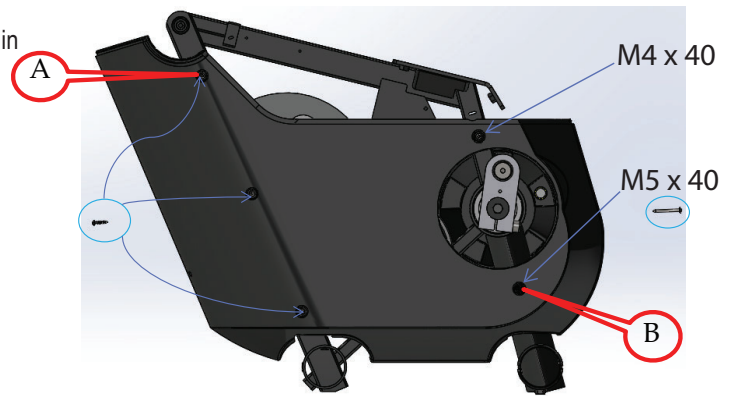


## Reassembly

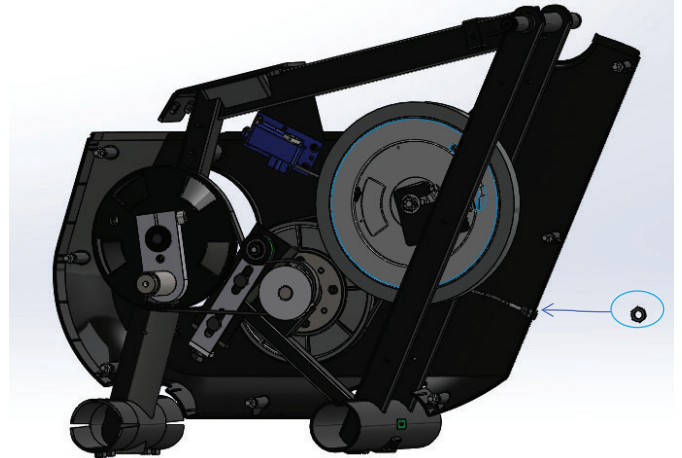
If you only replaced the Right Crank, go to step 27.

If you replaced the Left Crank, continue to step 25.

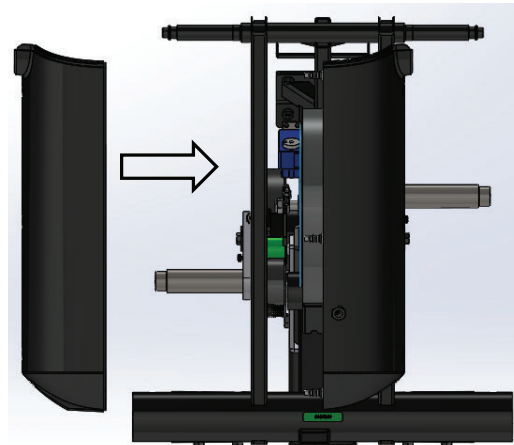
25. Using a Phillips screwdriver, attach the Left Lower Shroud, to the main frame. First, tighten the screw in position A, then tighten the screw in position B, and then tighten the screws in the other positions.



26. Insert the Power Inlet cable connector into the Left Lower Shroud. Using a 17mm wrench, tighten the nut to secure the power cable connector.



27. Align the Right Lower Shroud with the push fasteners on the Left Lower Shroud and move the Right Lower Shroud into position. Push the Shrouds together so that the Push Fasteners are fully seated.

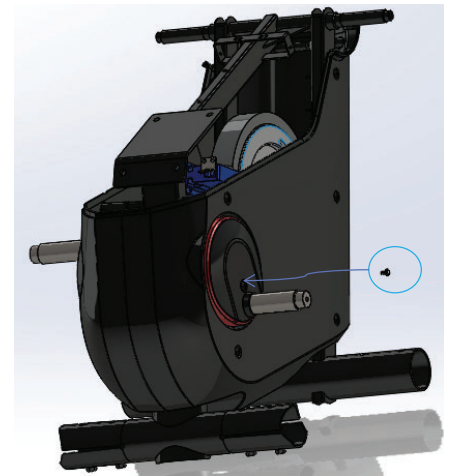
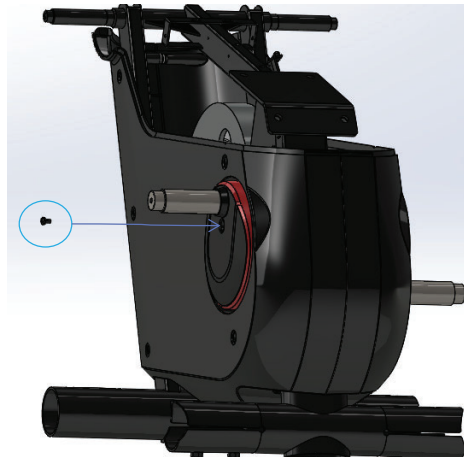


28. Install the Lower Shroud to the Frame Assembly with the screws. Use a Phillips screwdriver to tighten the screw in position A, then tighten the screw in position B, and then tighten the screws in the other positions.

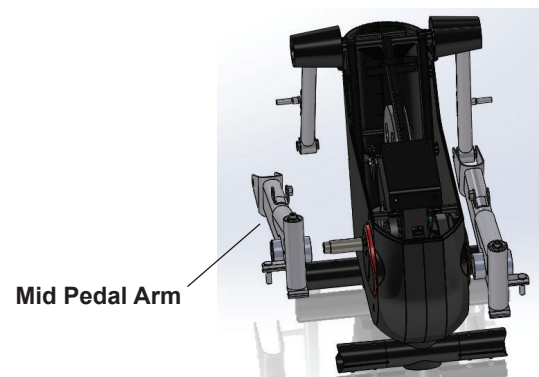




29. Using a #2 Phillips screwdriver, re-install the Crank Shrouds.

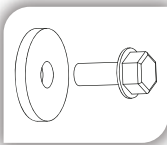


30. Put the new Left Mid Pedal Arm on the Crank and push it on by hand, wiggling it until it goes on as far as possible.



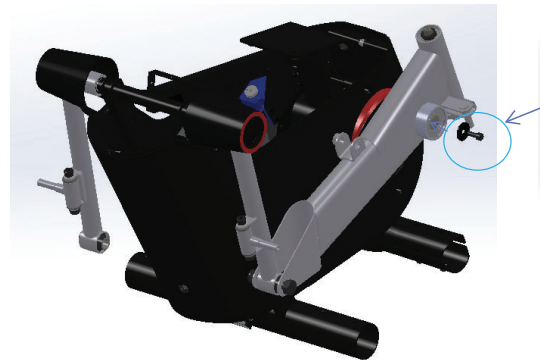
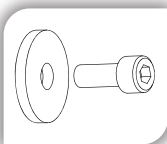
31. Finger tighten the screw and washer to attach the Mid Pedal Arm. Using the appropriate tool, tighten the hardware to secure the Mid Pedal Arm to the Crank.

—Use a 13mm socket or box end wrench:



or

—Use a 6mm hex key:



Install the Endcap.

32. Move the Swing Arm end into the Mid Pedal Arm bracket. Using two 8" or longer adjustable wrenches (or 24mm or 15/16" socket wrench and 24mm or 15/16" box wrench), install the indicated screw and nut. Completely tighten the nut, or torque to 120 Nm (89 ft-lb).

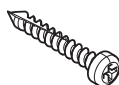


33. Repeat steps 30-32 for the Right Mid Pedal Arm.

34. The remaining assembly steps are the reverse procedure.

**Note:** Put the Left Upper Shroud in position first. Align the Right Upper Shroud with the Push Fasteners and move the Right Shroud into position. Push the Shrouds together so that the Push Fasteners are fully seated. Using a #2 Phillips screwdriver, install the 6 screws.

Self-tapping screws attach the Shrouds to the Frame.



Re-install the Mast Gasket.

Be sure the Handlebar Links are tilted forward. Put the Wave Washers on the pivot rods.

**!** Be aware that the Handlebar Arms are top heavy, and will want to pivot when attached onto the Pivot Rod. Be sure to stay out of the path of the Handlebar.

Align the Handlebar Arm assembly with the pivot rod and attach the lower Handlebar Arm to the Handlebar Link

35. 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 right (first stage) and left (second stage) Drive Belts and Flywheel assembly on the Bowflex™ LateralX™ LX3, LX3i, LX5 and LX5i Lateral Trainers.

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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.

**Disconnect all power to the machine before you service it.**

- 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 at any time the Warning labels become loose, unreadable or dislodged, replace the labels. If purchased in US/Canada, contact Customer Service for replacement labels. If purchased outside US/Canada, contact your local distributor for them.
- 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  
8mm hex wrench  
10mm hex wrench



10mm socket wrench or open end wrench  
13mm socket wrench or open end wrench  
17mm socket wrench



#2 Phillips screwdriver



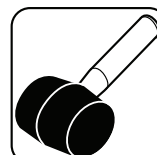
(2) 8" or longer adjustable wrenches  
or 24mm (or 15/16") socket wrench and 24mm  
(or 15/16") box end wrench



Flathead screwdriver



2 lb (min.) dead blow hammer  
or heavy rubber mallet



17mm open end wrench





**Disconnect all power to the machine before you service it.**

**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.**

**This procedure requires removal of the Mid Pedal Arm. This arm cannot be re-used once it is removed. Make sure to have a replacement Mid Pedal Arm available before attempting the procedure.**

**Note:** It is only necessary to remove parts from the side that you are replacing.  
Your machine may not match the image (LX3 is shown). For reference only.

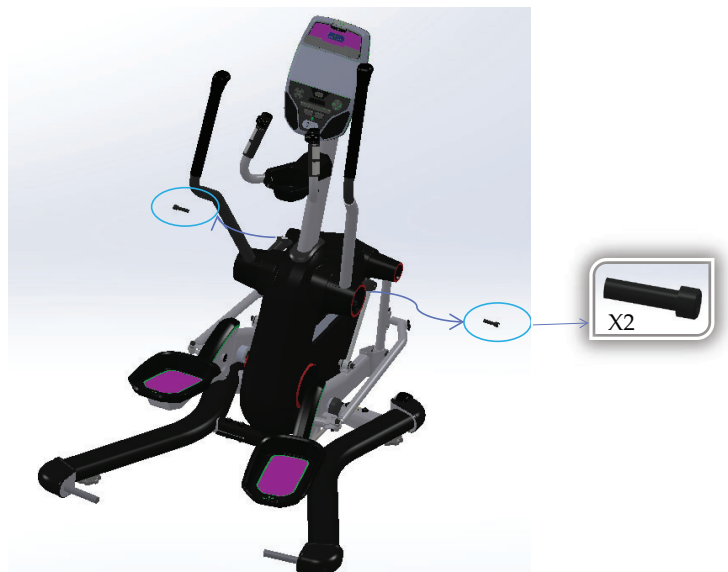
1. Remove the Pivot Bolt Covers from the Handlebar Arms. Using a 6mm hex wrench, remove the indicated hardware. Set them safely aside.



2. Using a 10mm hex wrench, remove the indicated Screws (by arrow) from the Handlebar Arms and Handlebar Links.



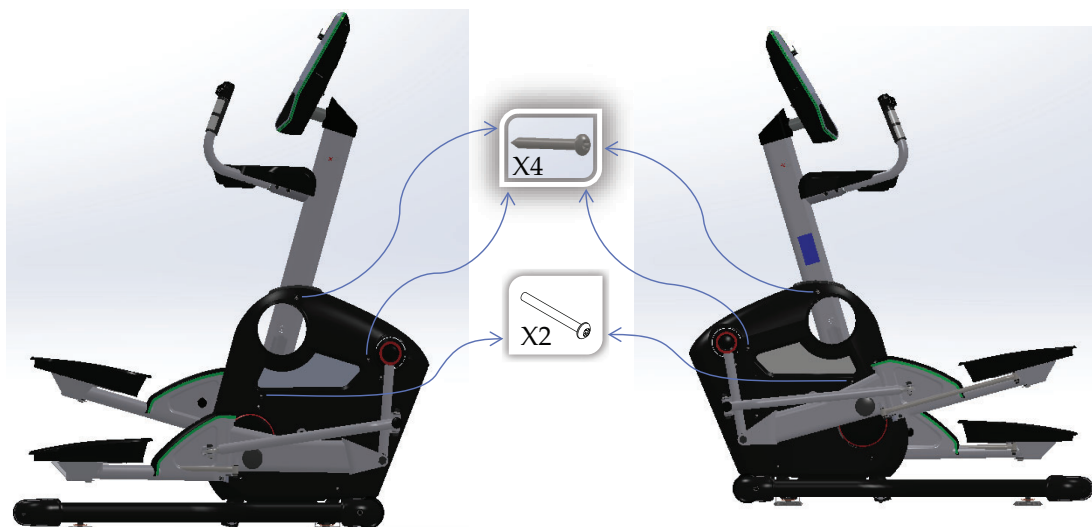
**Be aware that the Handlebar Arm will be loose and will pivot when the hardware is removed. Safely allow the Handlebar Arm to pivot downward and come to rest. Be sure to stay out of the path of the Handlebar Arm.**



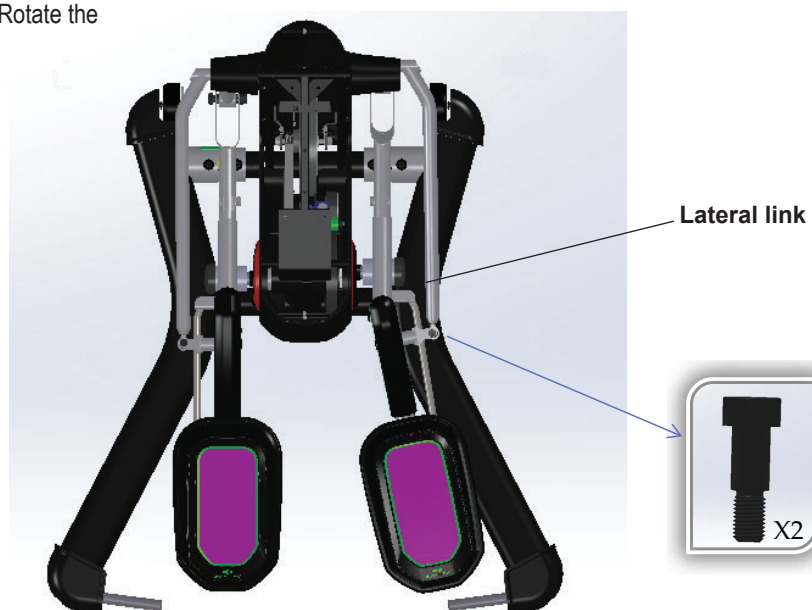
3. Remove the Handlebar Arms and Wave Washers. Set them safely aside.



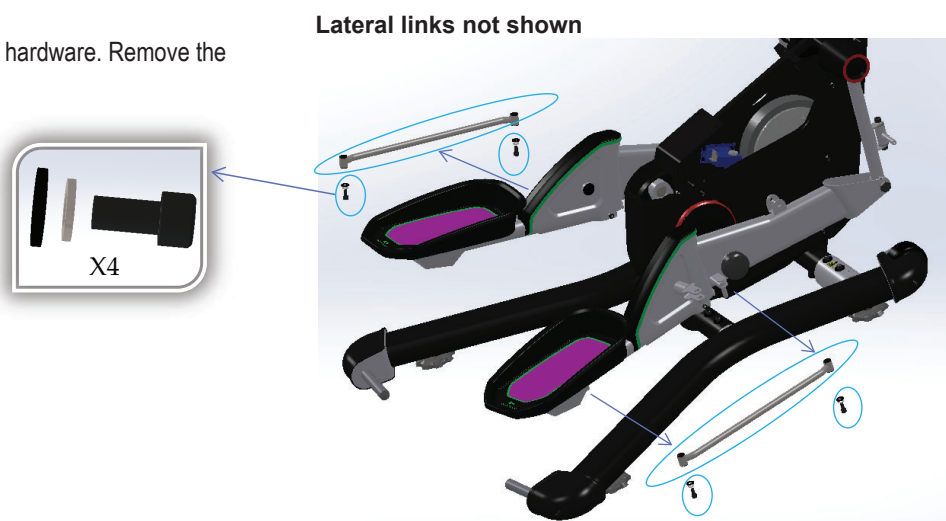
4. Using a #2 Phillips screwdriver, remove the 6 indicated screws (arrows) from the Upper Shrouds. Use a flathead screwdriver to separate the Shrouds at the push fasteners. Remove the Shrouds and Mast Gasket, and set them safely aside.



5. Using a 6mm hex wrench, remove the indicated hardware. Rotate the Lateral Link out of the way.

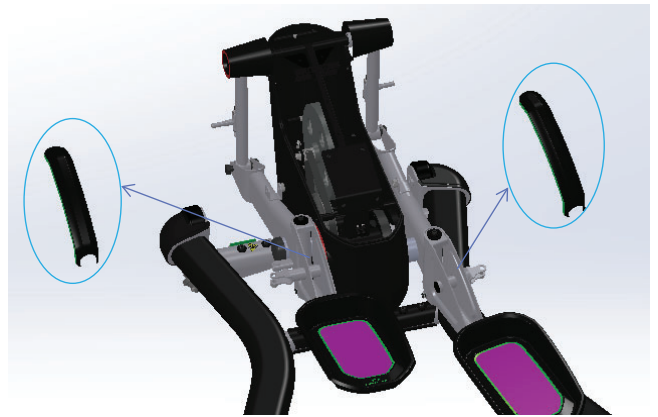


6. Using a 6mm hex wrench, remove the indicated hardware. Remove the Parallel Links.

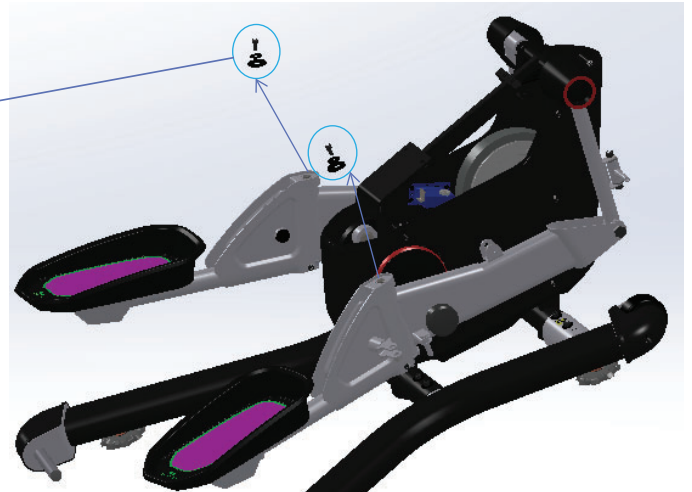
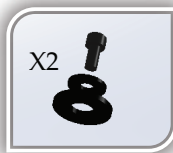




7. Remove the Pedal Arm Topcaps.



8. Using a 6mm hex wrench, remove the indicated hardware.



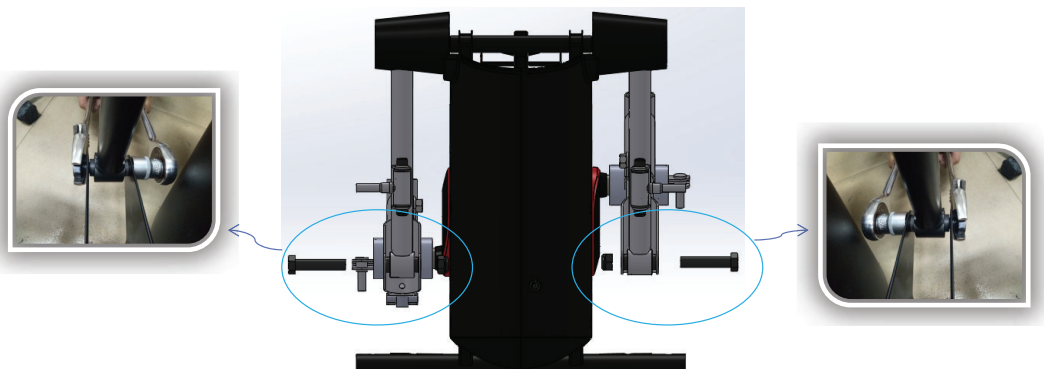
9. Using a 6mm hex wrench, remove the indicated hardware. Remove the Pedal Arms and Collars.



10. Remove the indicated screw and nut:

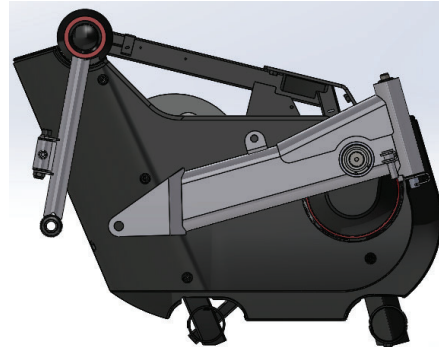
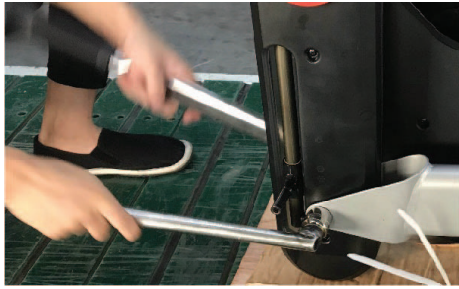
**Note:** The hardware is very tight (factory installed).

**LX3/LX3i**—Use two 8" or longer adjustable wrenches (or 24mm socket wrench and 24mm box wrench). Pivot the Swing Arms toward the front.



**LX5/LX5i**—Use an 24mm or 15/16" socket wrench (inside of arm) and 24mm open end wrench or adjustable wrench (outside of arm). Pivot the Adjustable Arms toward the front.

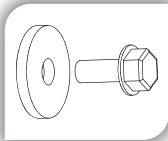
#### LX5



11. Remove the Endcaps from the Mid Pedal Arms. Using the appropriate tool, remove the indicated hardware.

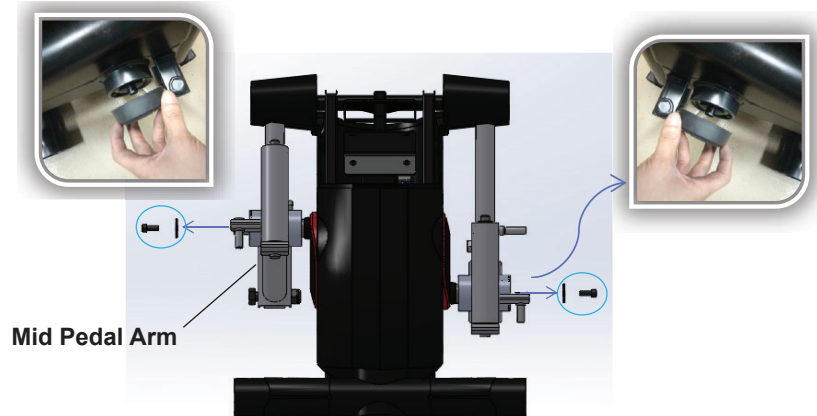
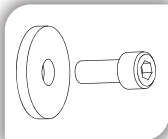
**Note:** The hardware is very tight (factory installed).

—Use a 13mm socket or box end wrench:



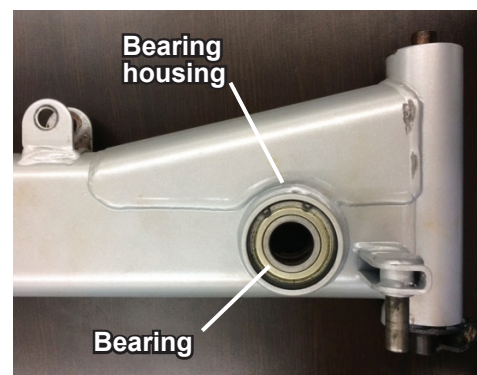
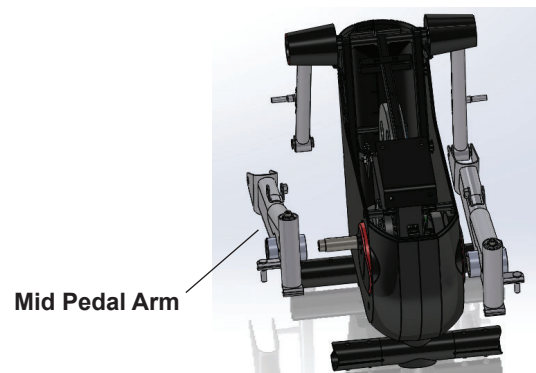
or

—Use a 6mm hex key:



12. To remove the Mid Pedal Arm, use the dead blow hammer (or mallet) to strike it on the surface closer to the main frame alternately on either side of the bearing housing until you drive it off the Crank arm. Set the old Mid Pedal Arm safely aside.

**Note:** It may be helpful to rotate the Mid Pedal Arm to allow easier access to the other side of the bearing housing. Be sure the Mid Pedal Arm stays aligned on the Crank arm as you remove it, to avoid damage to the Crank.

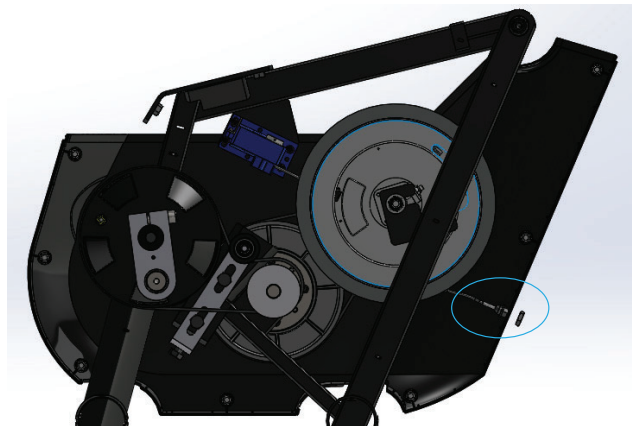


13. Using a #2 Phillips screwdriver, remove the 5 indicated screws from the Right Lower Shroud. Carefully remove the old Right Lower Shroud and set it safely aside.

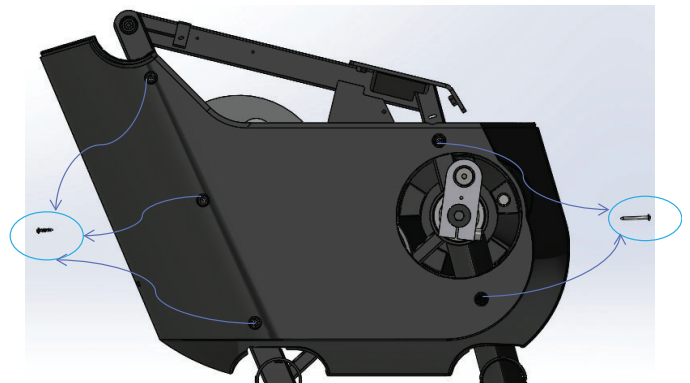


**If you are only replacing the Right Drive Belt, go to step 16.**  
**If you are replacing the Left Drive Belt or Flywheel, continue to step 14.**

14. Using a 17mm open end wrench, loosen and remove the indicated nut from the Left Lower Shroud. Carefully pull the Power Inlet plug out of the hole toward the inside of the Shroud.



15. Using a #2 Phillips screwdriver, remove the 5 indicated screws from the Left Lower Shroud. Carefully remove the Left Lower Shroud and set it safely aside.



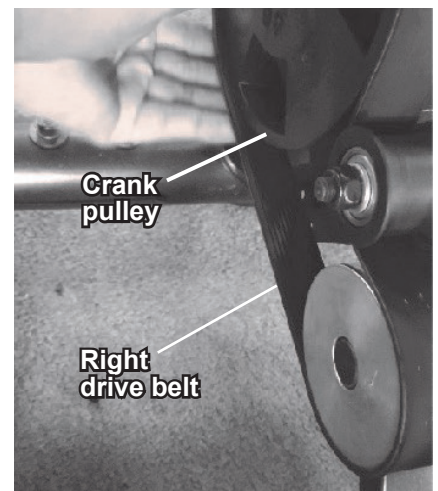
**If you are only replacing the Left Drive Belt or Flywheel, go to step 18.**  
**If you are replacing the Right Drive Belt, continue to step 16.**



16. Slowly turn the Crank Assembly backward and carefully ease the Right Drive Belt off the Crank pulley to the outside.

**!** Be sure to keep fingers clear of all pinch hazards as you turn the Crank pulley.

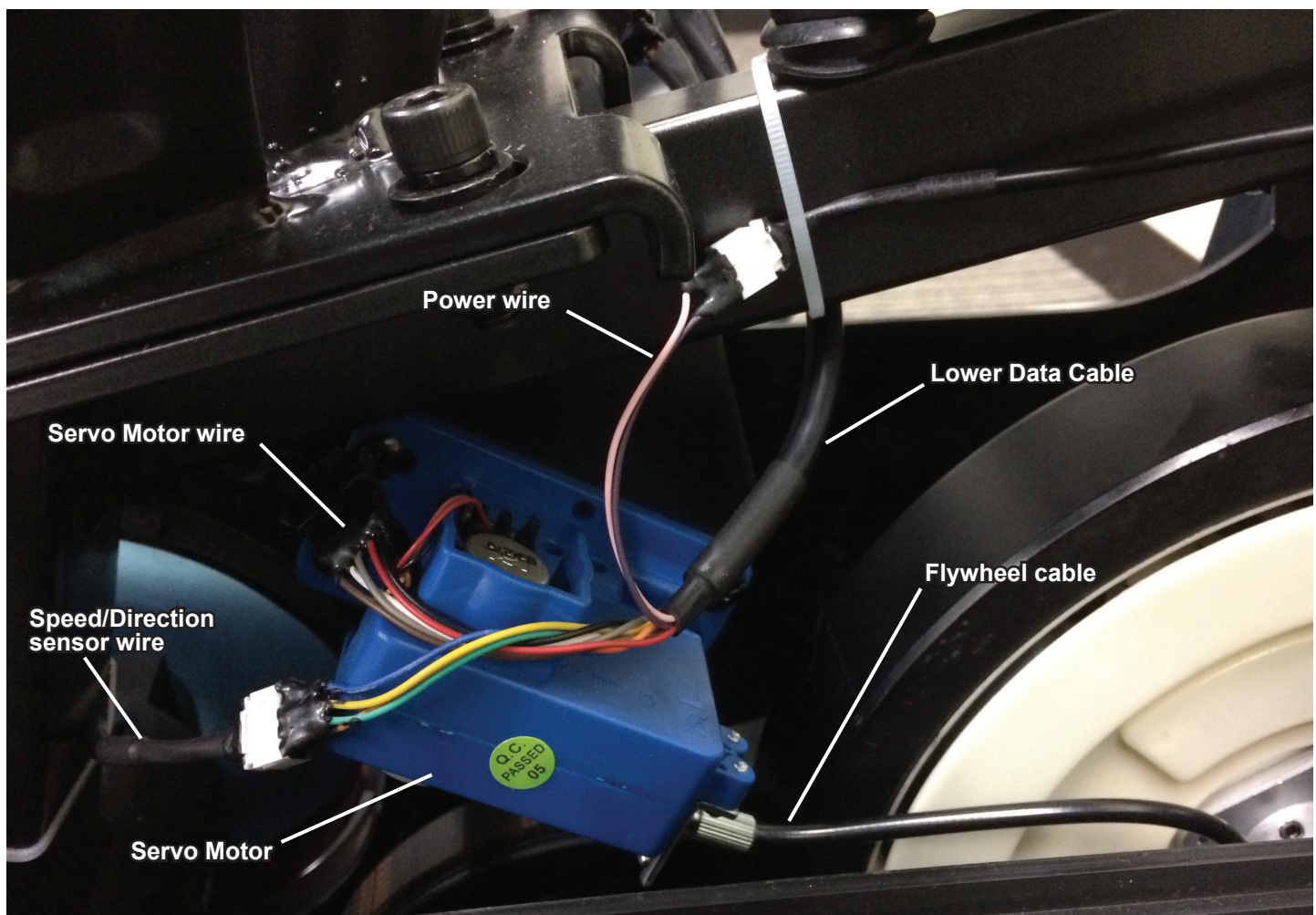
17. Remove the old Right Drive Belt and set it safely aside.



If you are only replacing the Right Drive Belt, go to step 34.

18. Carefully disconnect the Lower Data Cable from the Servo Motor wire.

*NOTICE:* Do not crimp the cables.

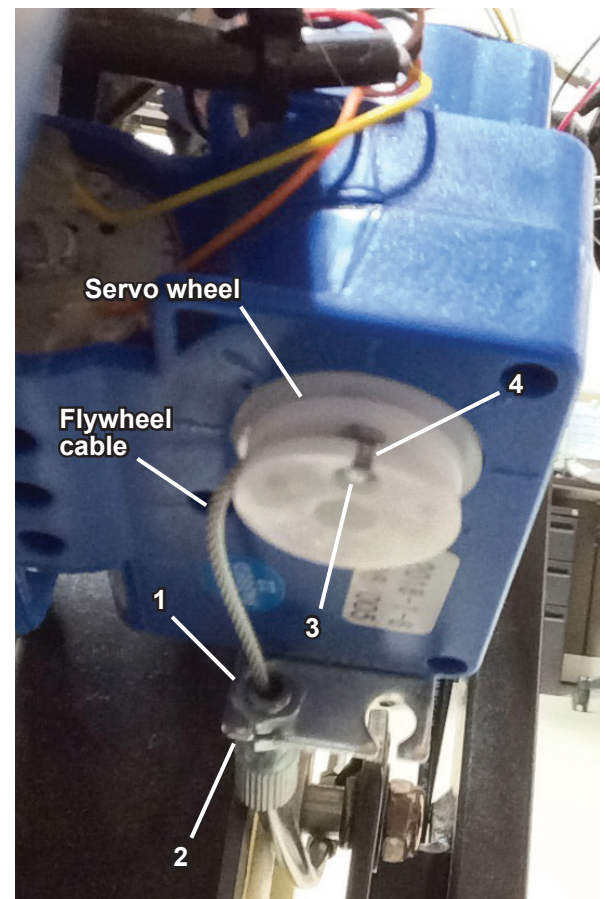


19. Using a #2 Phillips Screwdriver, remove the 4 screws that attach the Servo Motor to the frame. Remove the bottom screws (5a) first and then the top screws (5b). Set the screws safely aside.



20. Using an 8mm open end wrench, loosen the indicated nut (1) on the Flywheel cable two turns. Observe the routing of the cable around the white nylon servo wheel. Carefully pull the cable straight down out of the mounting bracket (2) and move the cable toward the servo wheel. Pull down to remove the “barrel” end (3) of the cable from its slot (4) on the servo wheel. Remove the Servo Motor and set it safely aside.

**Note:** If you are not replacing the Flywheel, you can skip this step.





21. To remove the hardware from the Flywheel, use the 17mm open end wrench to hold the Flywheel lock nut (5) on one side steady and remove the nut on the opposite side with the 17mm socket and wrench. Set them safely aside for reassembly.

**Note:** If you are only replacing the Drive Belt, it is only necessary to loosen these parts.

22. Measure the length or count the number of exposed threads on the Threaded Tensioners (6) on both sides of the machine. Record the information for reassembly. Using a 10mm open end wrench, loosen the Adjustment Nuts (7).

23. Slowly turn the Second Stage Crank assembly backward and carefully ease the Left Drive Belt off the Second Stage Crank pulley to the outside.

**!** Be sure to keep fingers clear of all pinch hazards as you turn the Crank pulley.

24. Remove the Adjustment Nuts (7), Spindle Clips (8) and Threaded Tensioners (6) on both sides of the machine. Set them safely aside for reassembly.

**Note:** If you are not replacing the Flywheel, you can skip this step.

25. Remove the Flywheel from the Main Frame brackets and the Left Drive Belt.

**Note:** The Flywheel is heavy.

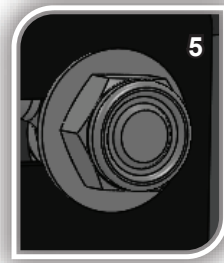
26. Remove the old Left Drive Belt and set it safely aside.

27. Hold the new Flywheel near the Main Frame brackets and put the new Left Drive Belt in position on the Flywheel belt pulley (9). Align the grooves of the belt with the grooves at the top of the pulley, with the slack of the belt to the outside. While holding the belt on the pulley, rotate the Second Stage Crank backward until the belt is completely seated in the grooves. Make sure the Drive Belt is centered on the Flywheel pulley and Second Stage Crank.

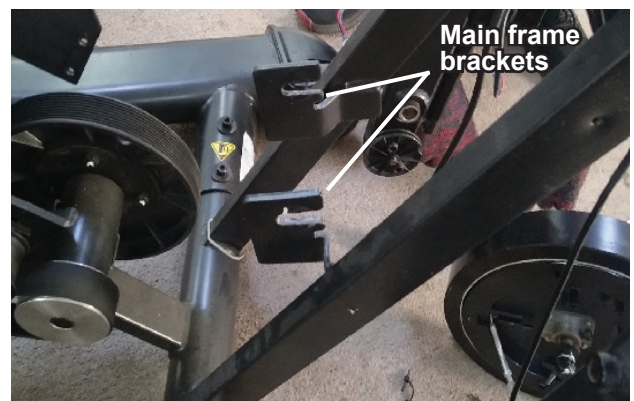
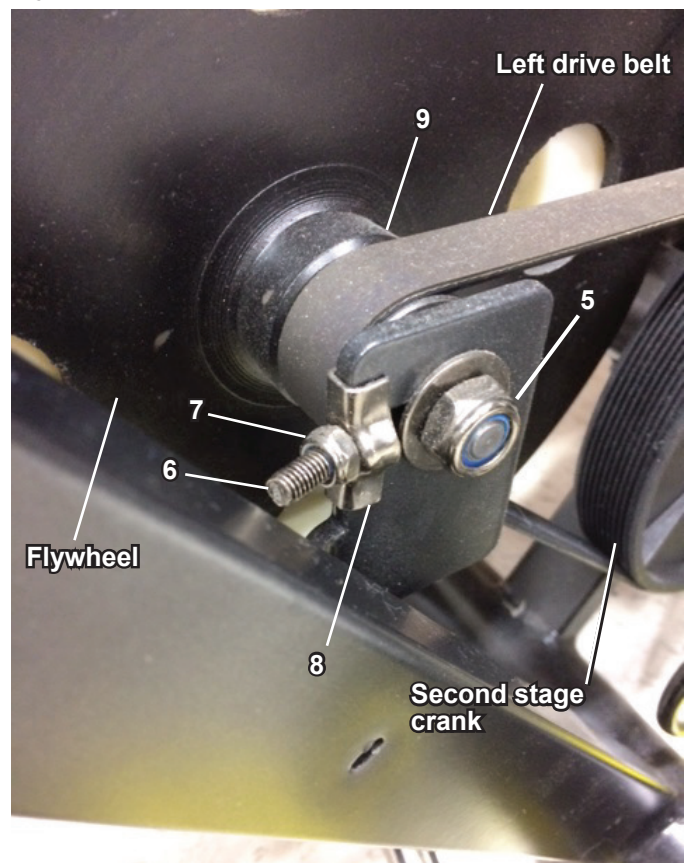
**!** Be sure to keep fingers clear of all pinch hazards as you turn the Crank pulley. This step may require two people.

28. Move the Flywheel axle to the back of the slots in the Main Frame brackets. Re-install the Adjustment Nuts (7) and Spindle Clips (8) on the Threaded Tensioners (6) on both ends of the Flywheel axle and set the Adjustment Nuts (7) to the measurement recorded in step 22. Hand tighten the Flywheel lock nuts (5) on each end of the Flywheel axle.

29. To tighten the Flywheel hardware, use the 17mm open end wrench to hold the Flywheel lock nut (5) on one side steady and tighten the nut on the opposite side with the 17mm socket and wrench.



Flywheel and Left Drive Belt



30. Carefully put the “barrel” end (3) of the Flywheel cable in the slot (4) on the servo wheel on the Servo Motor. Be sure the cable’s path around the servo wheel is the same as it was before removal. Carefully push the cable into position in the mounting bracket (2). Using an 8mm open end wrench, tighten the nut (1) on the Flywheel cable to secure the cable.



31. Using a #2 Phillips Screwdriver, attach the Servo Motor to the frame. Install the top screws (5b) first and then the bottom screws (5a).

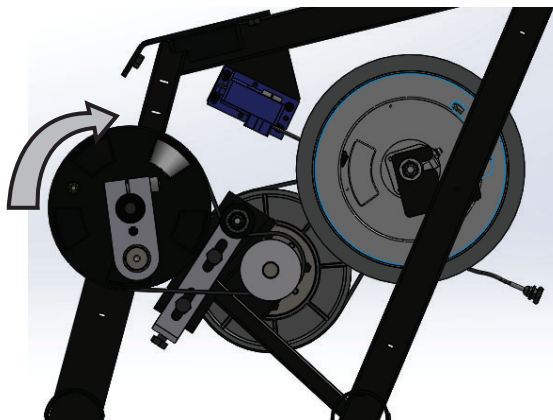
32. Connect the Servo Motor wire to the Lower Data Cable.

**NOTICE:** Align the clips on the cable connectors and make sure the connectors lock. Do not crimp the cables.

33. Turn the crank 3 to 5 turns in the direction of the arrow, and check the tension. On the upper part of the belt, twist the belt at the midpoint between the pulleys. The belt should not twist more than 90 degrees (vertical).

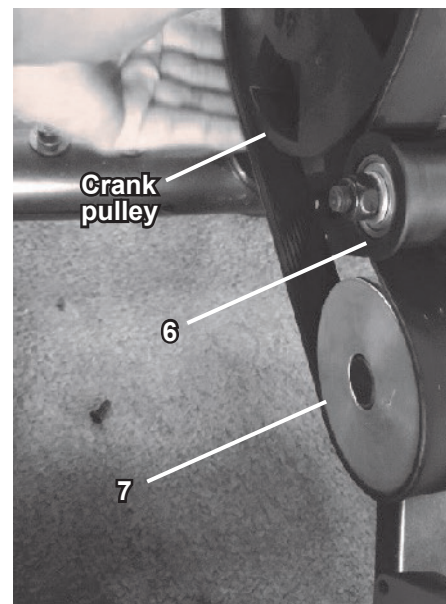
**⚠ Be sure to keep fingers clear of all pinch hazards when you turn the Crank.**

If necessary, tighten more. Refer to the “Adjust the Belt Tension” procedure in this manual.





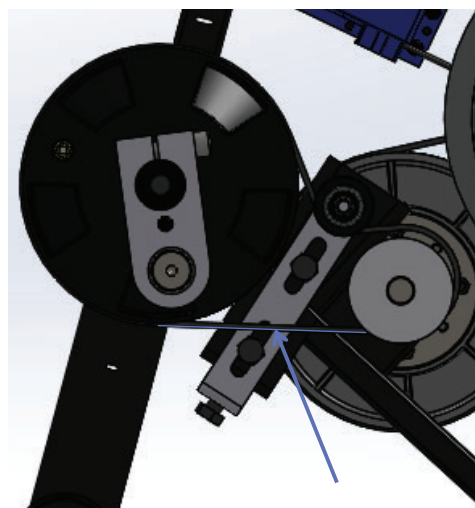
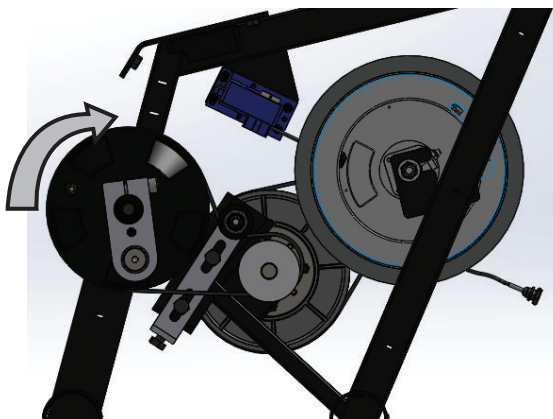
34. Put the Right Drive Belt onto the Crank pulley. Put the Drive Belt in position around the Tensioner Pulley (6) and Second Stage Crank belt pulley (7). Be sure that the upper portion of the Drive Belt is under the bearings on the Tensioner Pulley.



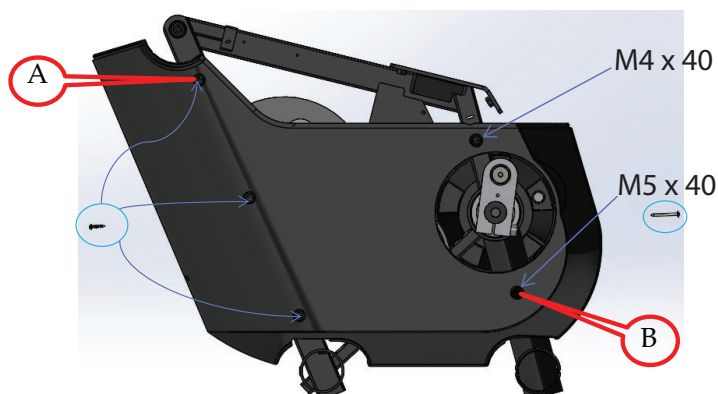
35. Turn the crank 3 to 5 turns in the direction of the arrow, and check the tension. On the lower part of the belt, twist the belt at the midpoint between the pulleys. The belt should not twist more than 45 degrees.

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

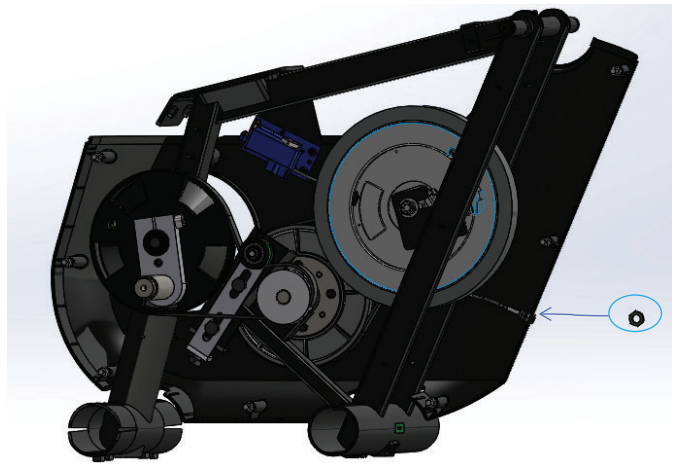
If necessary, tighten more. Refer to the "Adjust the Belt Tension" procedure in this manual.



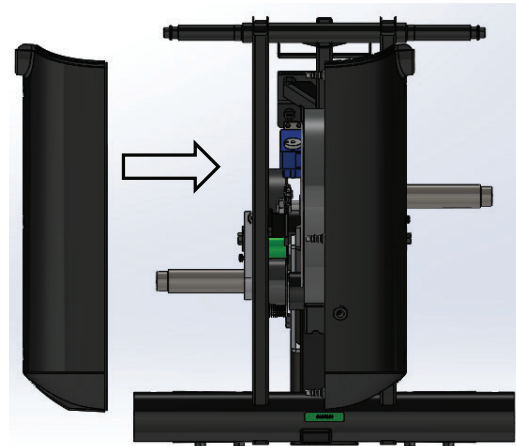
36. Using a Phillips screwdriver, attach the Left Lower Shroud to the main frame. First, tighten the screw in position A, then tighten the screw in position B, and then tighten the screws in the other positions.



37. Insert the Power Inlet cable connector into the Left Lower Shroud. Using a 17mm wrench, tighten the nut to secure the power cable connector.



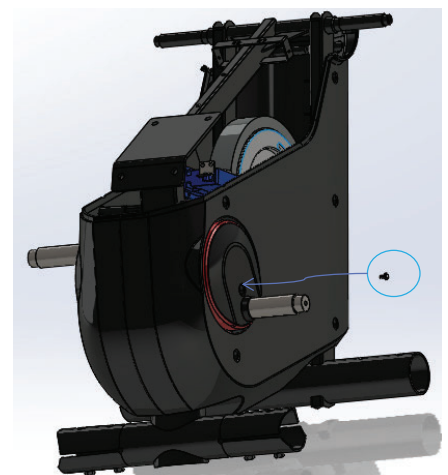
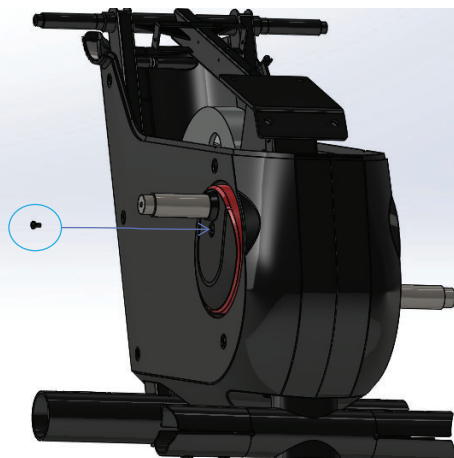
38. Align the Right Lower Shroud with the push fasteners on the Left Lower Shroud and move the Right Lower Shroud into position. Push the Shrouds together so that the Push Fasteners are fully seated.



39. Install the Lower Shroud to the Frame Assembly with the screws. Using a Phillips screwdriver, fully tighten the screw in position A, then fully tighten the screw in position B, and then tighten the screws in the other positions.

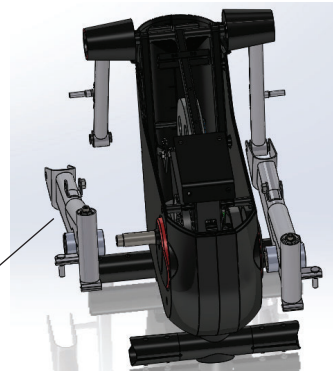


40. Using a #2 Phillips screwdriver, re-install the Crank Shrouds.



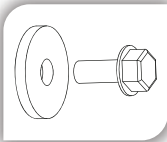
41. Put the new Left Mid Pedal Arm on the Crank and push it on by hand, wiggling it until it goes on as far as possible.

Mid Pedal Arm



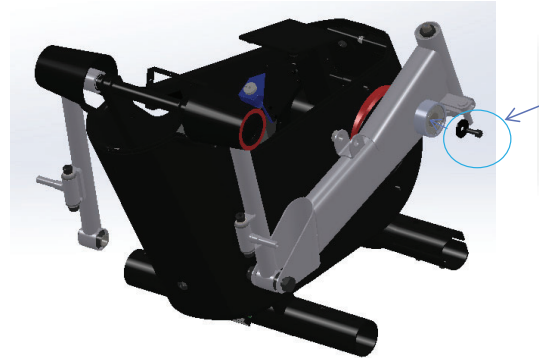
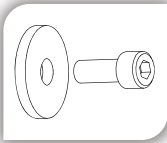
42. Finger tighten the screw and washer to attach the Mid Pedal Arm. Using the appropriate tool, tighten the hardware to secure the Mid Pedal Arm to the Crank.

—Use a 13mm socket or box end wrench:



or

—Use a 6mm hex key:



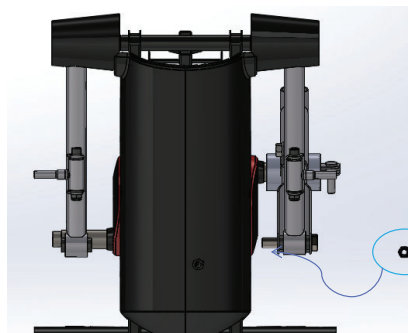
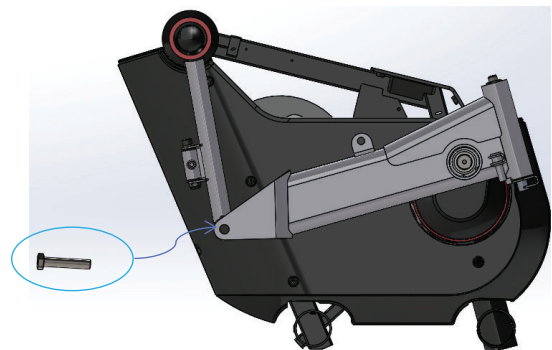
Install the Endcap.

43. Install the indicated screw and nut:

**LX3/LX3i**—move the Swing Arm end into the Mid Pedal Arm bracket. Using two 8" or longer adjustable wrenches (or 24mm or 15/16" socket wrench and 24mm or 15/16" box wrench), install the indicated screw and nut.

**LX5/LX5i**—move the Adjustable Arm to engage the Mid Pedal Arm bracket. Using an 24mm or 15/16" socket wrench (inside of arm) and 24mm or 15/16" open end wrench or adjustable wrench (outside of arm), install the indicated screw and nut.

Completely tighten the nut, or torque to 120 Nm (89 ft-lb).



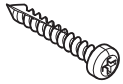
44. Repeat steps 41-43 for the Right Mid Pedal Arm.



45. The remaining assembly steps are the reverse procedure.

**Note:** Put the Left Upper Shroud in position first. Align the Right Upper Shroud with the Push Fasteners and move the Right Shroud into position. Push the Shrouds together so that the Push Fasteners are fully seated. Using a #2 Phillips screwdriver, install the 6 screws.

Self-tapping screws attach the Shrouds to the Frame.



Re-install the Mast Gasket.

Be sure the Handlebar Links are tilted forward. Put the Wave Washers on the pivot rods.



**Be aware that the Handlebar Arms are top heavy, and will want to pivot when attached onto the Pivot Rod. Be sure to stay out of the path of the Handlebar.**

Align the Handlebar Arm assembly with the pivot rod and attach the lower Handlebar Arm to the Handlebar Link

46. 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 Engine Assembly on the Bowflex™ LateralX™ LX3, LX3i, LX5 and LX5i Lateral Trainers.

**If you need assistance, please contact Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: [www.nautilusinternational.com](http://www.nautilusinternational.com)**



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:



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.

**Disconnect all power to the machine before you service it.**

- 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 at any time the Warning labels become loose, unreadable or dislodged, replace the labels. If purchased in US/Canada, contact Customer Service for replacement labels. If purchased outside US/Canada, contact your local distributor for them.
- 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)

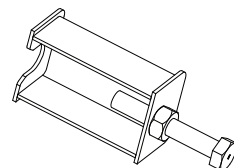
6mm hex wrench  
10mm hex wrench



#2 Phillips screwdriver



Lateral Link Puller



Scissors to cut zipties



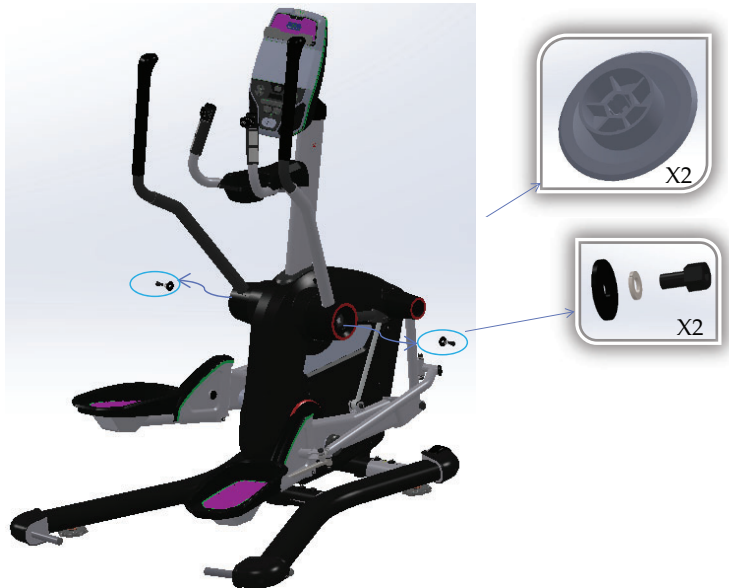


**Disconnect all power to the machine before you service it.**

**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.**

**Note:** Your machine may not match the image (LX3 is shown). For reference only.

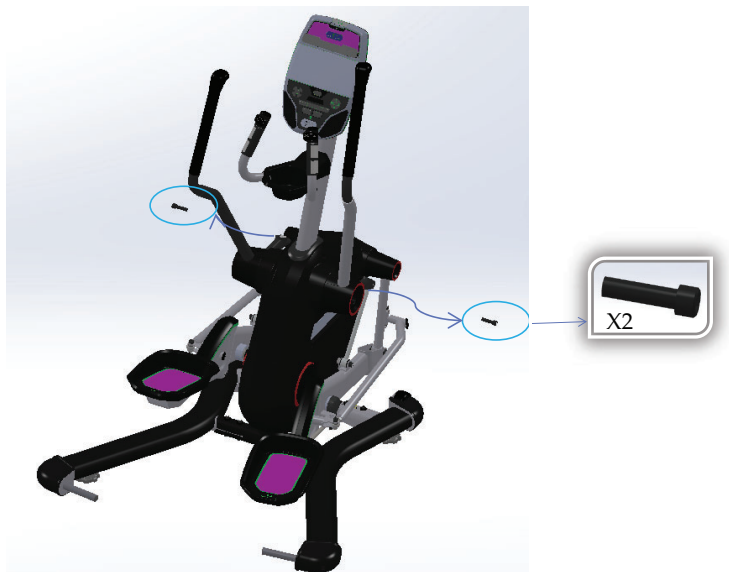
1. Remove the Pivot Bolt Covers from the Handlebar Arms. Using a 6mm hex wrench, remove the indicated hardware. Set them safely aside.



2. Using a 10mm hex wrench, remove the indicated Screws (by arrow) from the Handlebar Arms and Handlebar Links.



**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 to stay out of the path of the Handlebar Arm.**



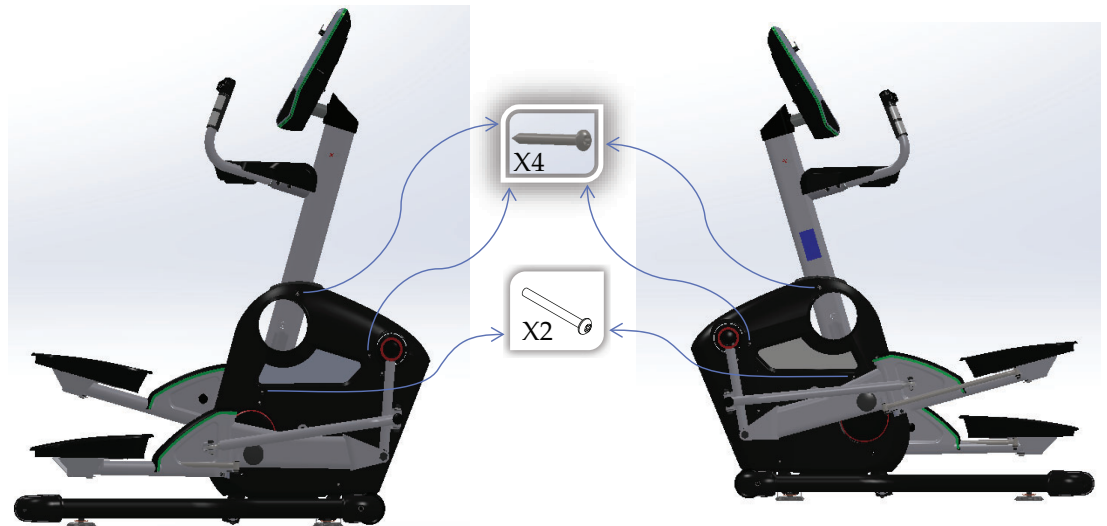
3. Remove the Handlebar Arms and Wave Washers. Set them safely aside.



4. Using a 10mm hex wrench, remove the indicated Screws (by arrow) and remove the Handlebar Links.

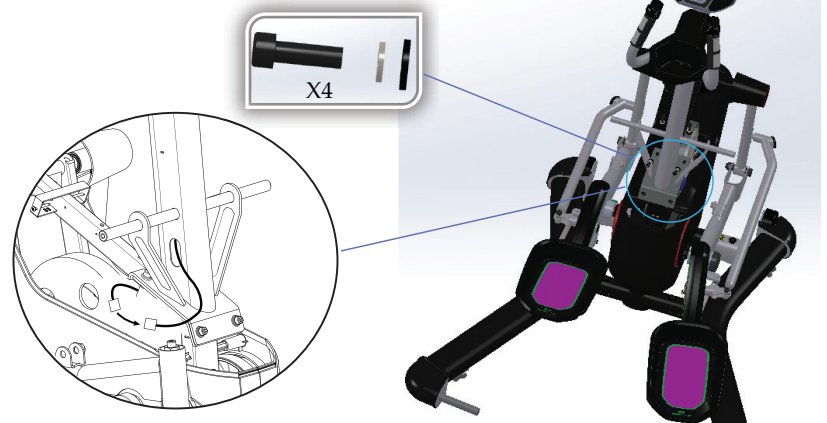


5. Using a #2 Phillips screwdriver, remove the 6 indicated screws (arrows) from the Upper Shrouds. Use a flathead screwdriver to separate the Shrouds at the push fasteners. Remove the Shrouds and Mast Gasket, and set them safely aside.

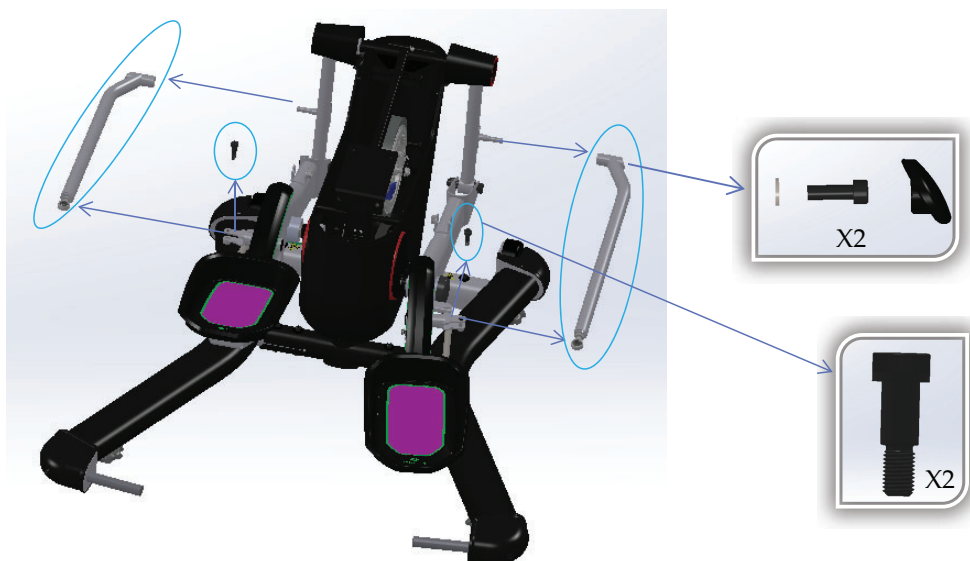


6. Disconnect the cables from the Engine Assembly and the Console Mast cables. Using a 6mm hex wrench, remove the indicated screws and washers (arrows). Remove the Console Mast assembly.

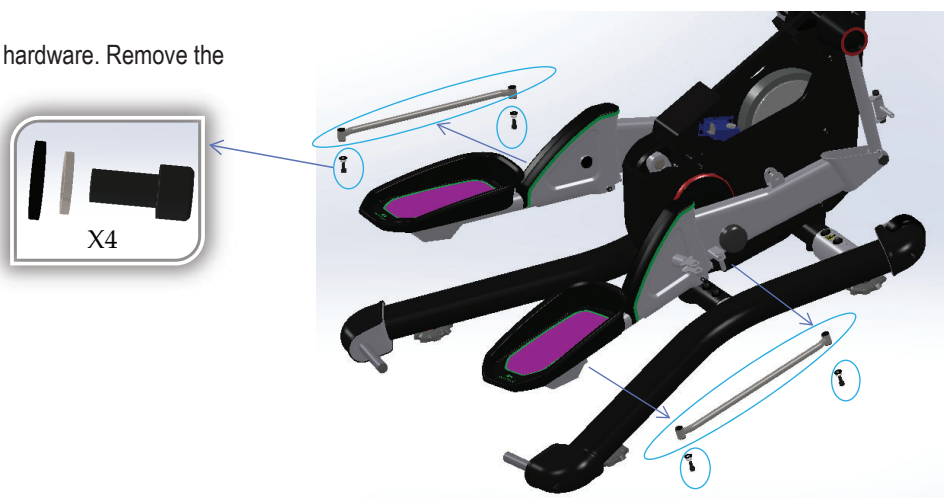
**NOTICE:** Do not crimp the cables. This step may require two people.



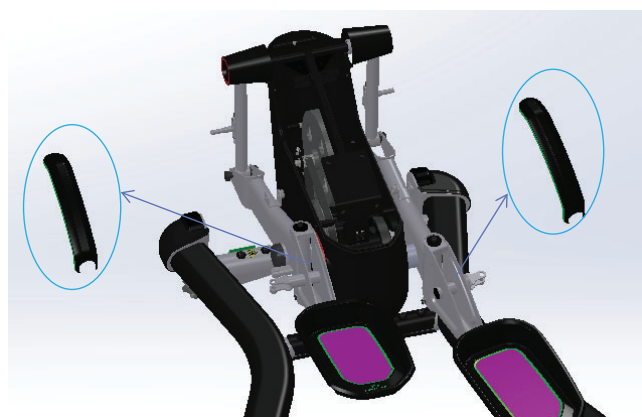
7. Remove the Lateral Link Endcaps. Using a 6mm hex wrench, remove the indicated hardware. Using the Lateral Link Puller tool, remove the Lateral Links.



8. Using a 6mm hex wrench, remove the indicated hardware. Remove the Parallel Links.

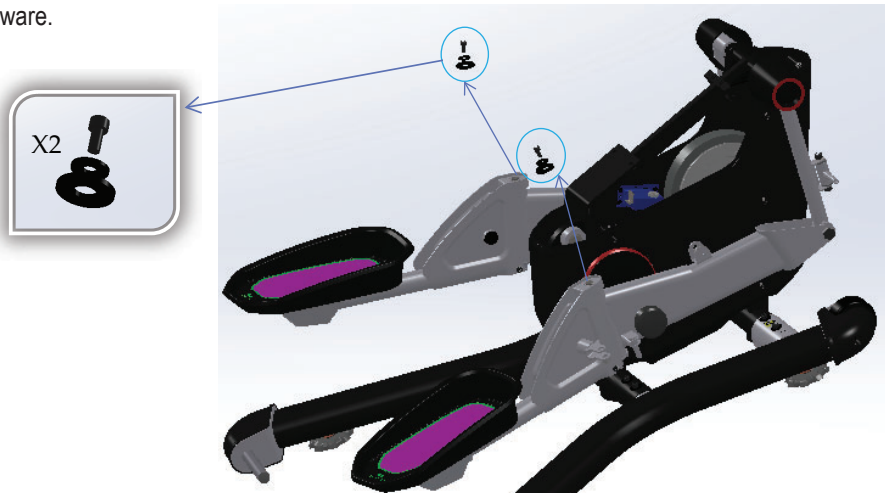


9. Remove the Pedal Arm Topcaps.





10. Using a 6mm hex wrench, remove the indicated hardware.



11. Using a 6mm hex wrench, remove the indicated hardware. Remove the Pedal Arms and Collars.



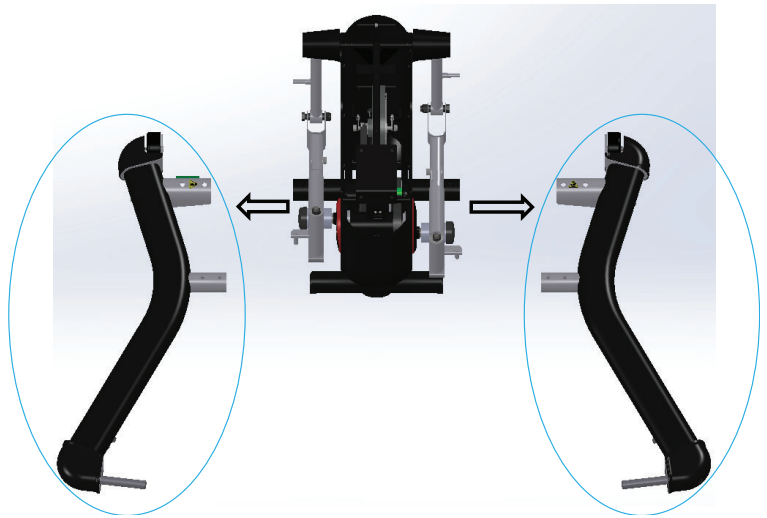
12. Using a 6mm hex wrench, remove the indicated hardware and set it safely aside.



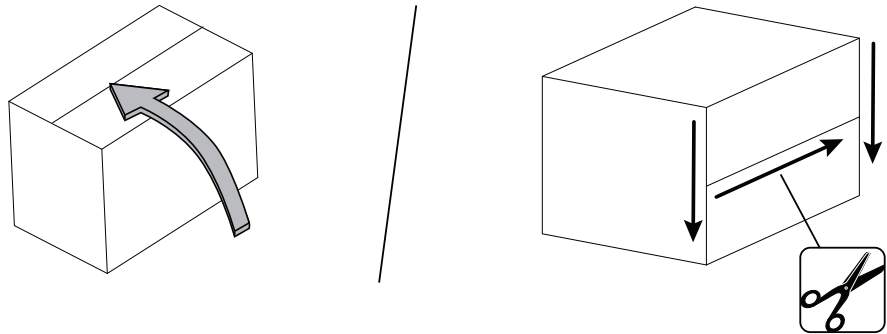
13. Remove the Base Assemblies one at a time and set them safely aside for reassembly. Set the old Engine Assembly safely aside.

**⚠ This step requires two people.**

**Note:** It may be helpful to tilt the machine to the side or put a static solid object (like a book or box) under the front mount tube in order to slide the Base Assemblies off the mount tubes.



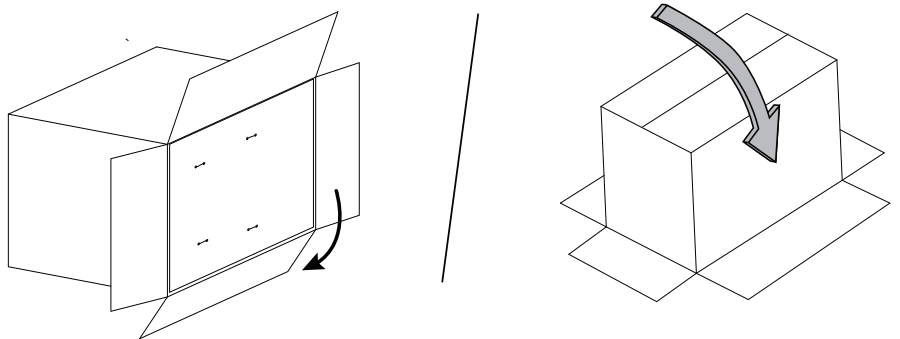
14. Carefully turn box on long side and cut the packing tape on the bottom of the box.



15. Fold the flaps out to expose the shipping platform and tip the box upright.

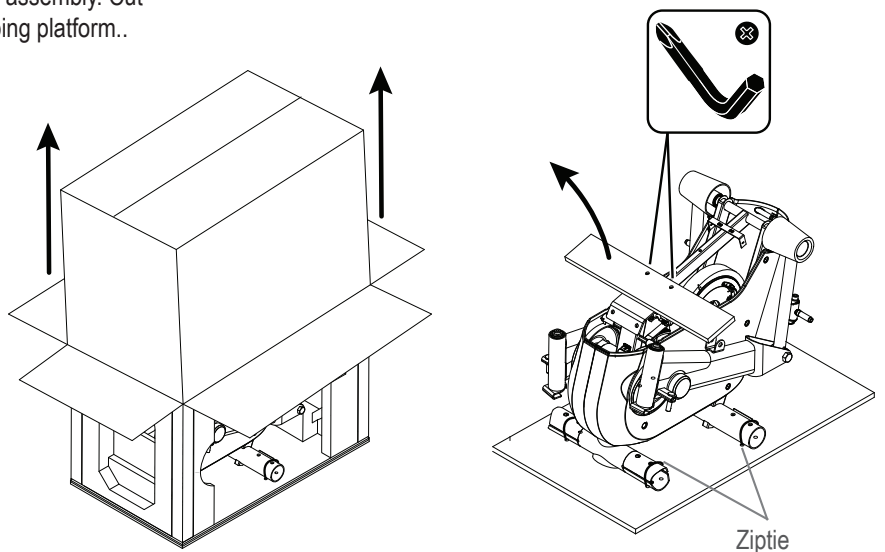
**⚠ This step requires two people.**

**Note:** Be sure to fold the bottom flap under the Box so that the shipping platform will rest on the floor.



16. Lift the box off the contents. Using a Phillips screwdriver, remove the protective sheet from the base mount on top of the Engine assembly. Cut off the zipties that attach the Engine assembly to the shipping platform..

**NOTICE:** Do not remove the platform until the Base Assemblies are attached in order to prevent damage to the floor.

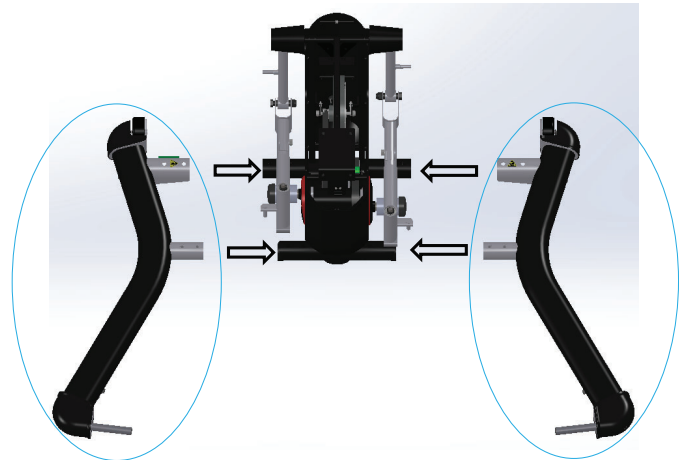


17. Install the Base Assemblies on the new Engine Assembly one at a time. Tilt the Engine Assembly to the side and slide the correct Base Assembly into position and install the hardware. It may be helpful to put a static solid object (like a book or box) under the front tube to align the screws and holes.

**⚠ This step requires two people.**

Be sure to FULLY tighten hardware with 6 mm hex wrench when all hardware has been finger tightened. Remove the shipping platform and set it safely aside.

**⚠ In order to avoid possible serious injury, when installing the Base Assemblies to the Engine Assembly, be careful to avoid fingers or hands being caught or pinched.**



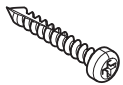
18. The remaining assembly steps are the reverse procedure.

**NOTICE:** Align the clips on the cable connectors and make sure the connectors lock. Do not crimp the cables.

**Note:** Installation of the Lateral Links does not require the Lateral Link Puller.

Put the Left Upper Shroud in position first. Align the Right Upper Shroud with the Push Fasteners and move the Right Shroud into position. Push the Shrouds together so that the Push Fasteners are fully seated. Using a #2 Phillips screwdriver, install the 6 screws.

Self-tapping screws attach the Shrouds to the Frame.



Re-install the Mast Gasket.

Be sure the Handlebar Links are tilted forward. Put the Wave Washers on the pivot rods.

**⚠ Be aware that the Handlebar Arms are top heavy, and will want to pivot when attached onto the Pivot Rod. Be sure to stay out of the path of the Handlebar.**


Align the Handlebar Arm assembly with the pivot rod and attach the lower Handlebar Arm to the Handlebar Link

19. 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 Lateral Links on the Bowflex™ LateralX™ LX3, LX3i, LX5 and LX5i Lateral Trainers.

**If you need assistance, please contact Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: [www.nautilusinternational.com](http://www.nautilusinternational.com)**

 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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**Disconnect all power to the machine before you service it.**

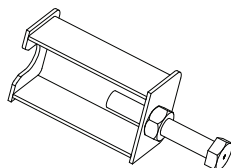
- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders, children and pets away from the product being serviced at all times.
- Make sure that 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 at any time the Warning labels become loose, unreadable or dislodged, replace the labels. If purchased in US/Canada, contact Customer Service for replacement labels. If purchased outside US/Canada, contact your local distributor for them.
- 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



Lateral Link Puller







**Disconnect all power to the machine before you service it.**

**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.**

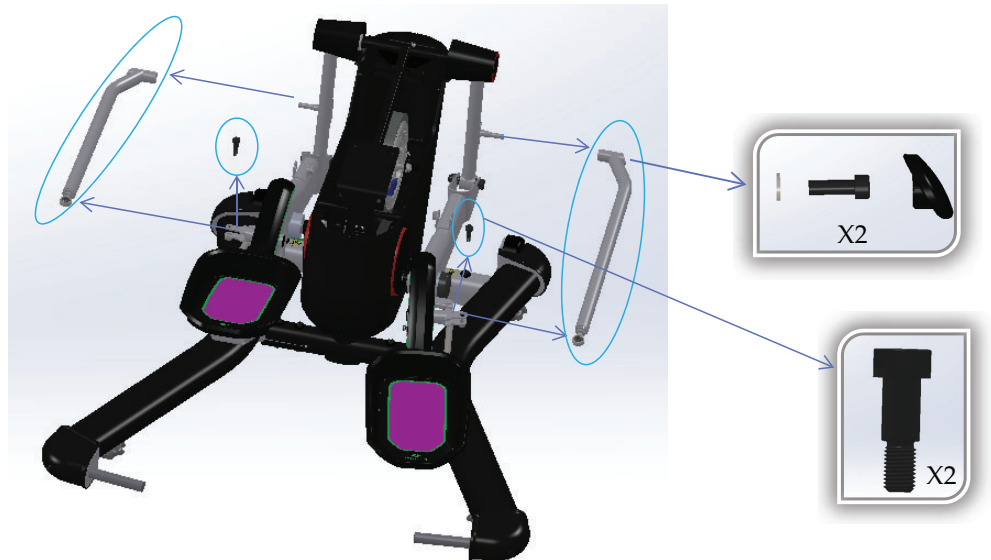
**Note:** Your machine may not match the image. For reference only.

1. Remove the Lateral Link Endcaps and set them safely aside.

LX3 shown (no Upper Shrouds)

2. Using a 6mm hex wrench, remove the indicated hardware and set it safely aside.

3. Using the Lateral Link Puller tool, remove the Lateral Links and set them safely aside.



4. Installation is the reverse procedure.

**Note:** Installation of the Lateral Links does not require the Lateral Link Puller.

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 Lower Data Cable on the Bowflex™ LateralX™ LX3 and LX3i Lateral Trainers.

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**Disconnect all power to the machine before you service it.**

- 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)

6mm hex wrench  
10mm hex wrench



#2 Phillips screwdriver



Flathead screwdriver



Scissors to cut zipties  
Ziptie





**Disconnect all power to the machine before you service it.**

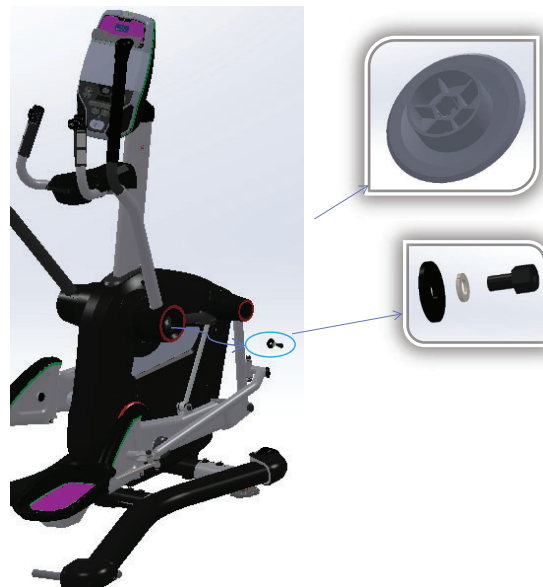
**Some components of the machine can be heavy or awkward. Use a second person when doing the assembly steps involving these parts. Do not do steps that involve heavy lifting or awkward movements on your own.**

**NOTICE:** Before starting the procedure, make sure that the Resistance level of the machine is set to zero (0).

**Note:** It is only necessary to remove parts from the side that you are replacing.

Your machine may not match the image (LX3 is shown). For reference only.

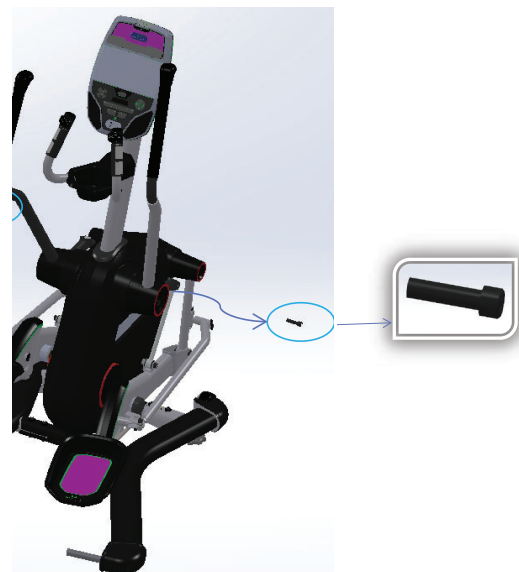
1. Remove the Pivot Bolt Cover from the Right Handlebar Arm. Using a 6mm hex wrench, remove the indicated hardware. Set the parts safely aside.



2. Using a 10mm hex wrench, remove the indicated Screw (by arrow) from the Right Handlebar Arm and Handlebar Link.



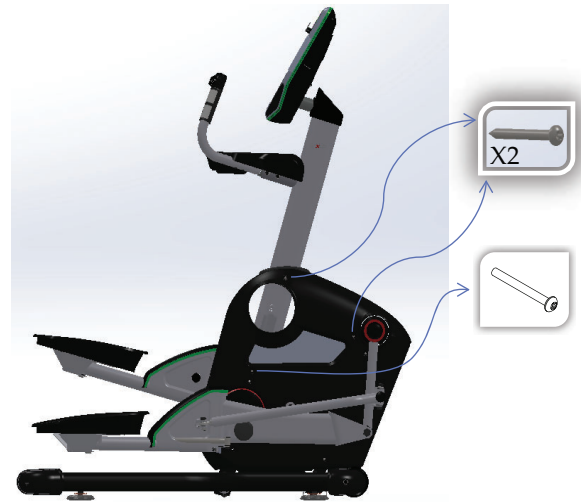
**Be aware that the Handlebar Arm will be loose and will pivot when the hardware is removed. Safely allow the Handlebar Arm to pivot downward and come to rest. Be sure to stay out of the path of the Handlebar Arm.**



3. Remove the Right Handlebar Arm and Wave Washer. Set them safely aside.



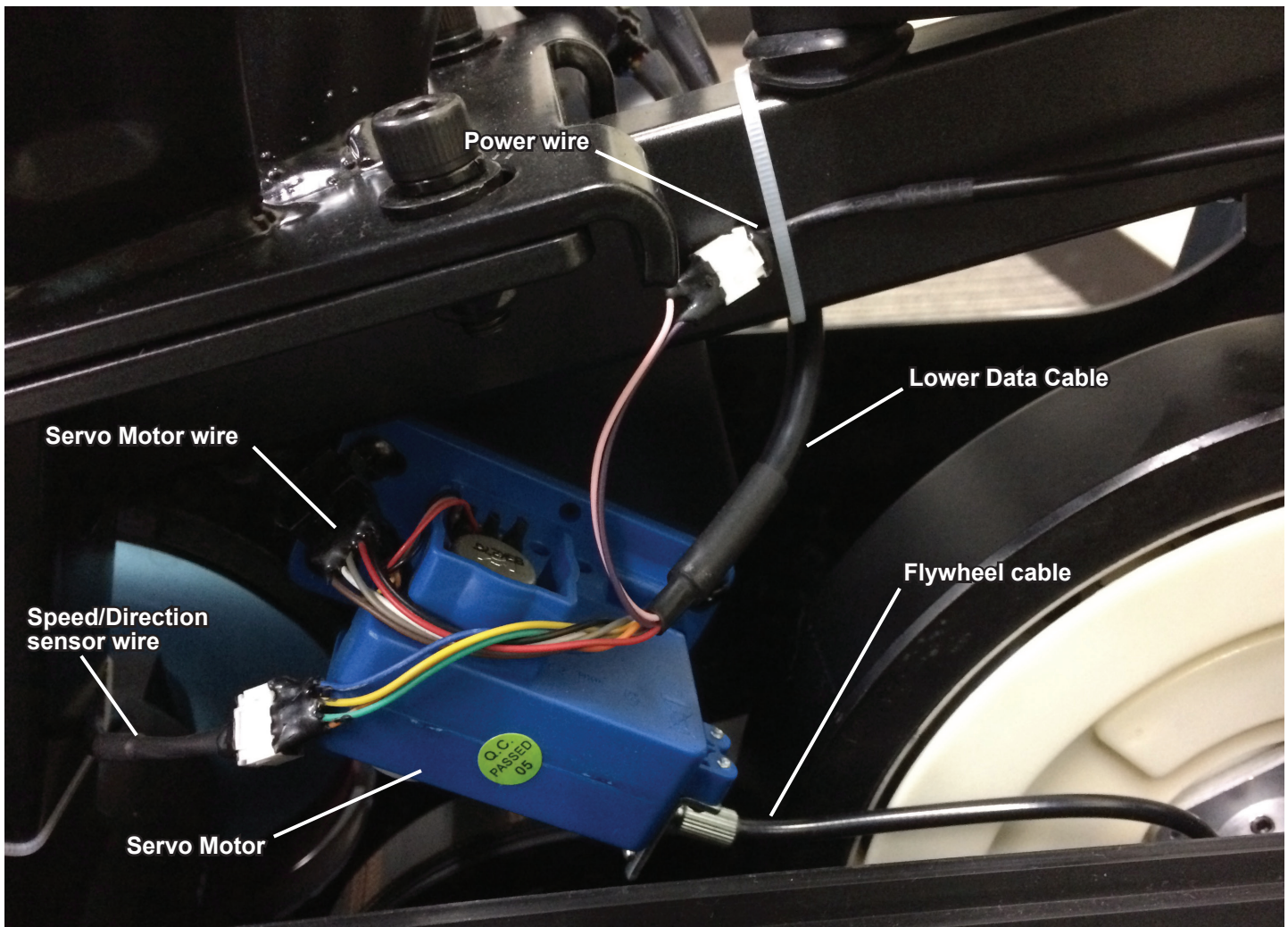
4. Using a #2 Phillips screwdriver, remove the 3 indicated screws (arrows) from the Right Upper Shroud. Set the screws safely aside for reassembly. Use a flathead screwdriver to separate the Shrouds at the push fasteners. Remove the Right Shroud, and set it safely aside.



5. Carefully disconnect the Power wire, Servo Motor wire and Speed/Direction Sensor wire from the Lower Data Cable.

**NOTICE:** Do not crimp the cables. Observe the routing of the Lower Data Cable to the Console Mast Data Cable at the base of the Console Mast.

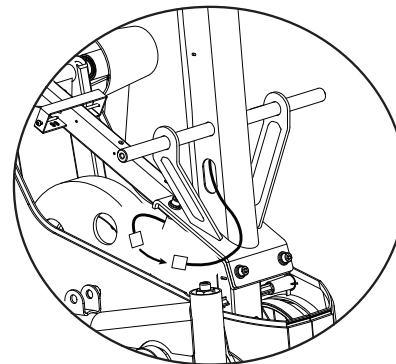
**LX5 engine shown**





8. Disconnect the Lower Data Cable and the Console Mast Data Cable. Remove the ziptie and the Lower Data Cable. Set them safely aside.

**NOTICE:** Do not crimp the cables.

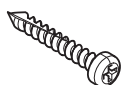


9. Installation steps are the reverse procedure.

**NOTICE:** Do not crimp the Cables. Make sure to connect all cables.  
Each connector end can only be connected to the matching connector.

**Note:** Put the Right Upper Shroud in position. Align the Push Fasteners. Push the Shrouds together so that the Push Fasteners are fully seated. Using a #2 Phillips screwdriver, re-install the 3 screws.

Self-tapping screws attach the Shroud to the Frame.



Re-install the Mast Gasket.

Be sure the Handlebar Link is tilted forward. Put the Wave Washer on the pivot rod.

**!** Be aware that the Handlebar Arms are top heavy, and will want to pivot when attached onto the Pivot Rod. Be sure to stay out of the path of the Handlebar.

Align the Handlebar Arm assembly with the pivot rod and attach the lower Handlebar Arm to the Handlebar Link using a 10mm hex wrench. Slide the Handlebar Arm assembly fully onto the pivot rod and install the hardware using a 6mm hex wrench. Re-install the Pivot Bolt Cover.

10. 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™ LateralX™ LX3, LX3i, LX5 and LX5i Lateral Trainers.

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



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**Disconnect all power to the machine before you service it.**

- 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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- 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  
8mm hex wrench  
10mm hex wrench



13mm socket wrench or open end wrench  
24mm or 15/16" socket wrench (for LX5/LX5i)



#2 Phillips screwdriver



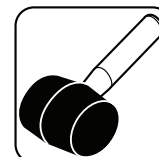
(2) 8" or longer adjustable wrenches  
or 24mm (or 15/16") socket wrench and 24mm  
(or 15/16") box end wrench



Flathead screwdriver



2 lb (min.) dead blow hammer  
or heavy rubber mallet



17mm open end wrench





**Disconnect all power to the machine before you service it.**

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.

This procedure requires removal of the Mid Pedal Arm. This arm cannot be re-used once it is removed. Make sure to have a replacement Mid Pedal Arm available before attempting the procedure.

**Note:** It is only necessary to remove parts from the side that you are replacing.  
Your machine may not match the image (LX3 is shown). For reference only.

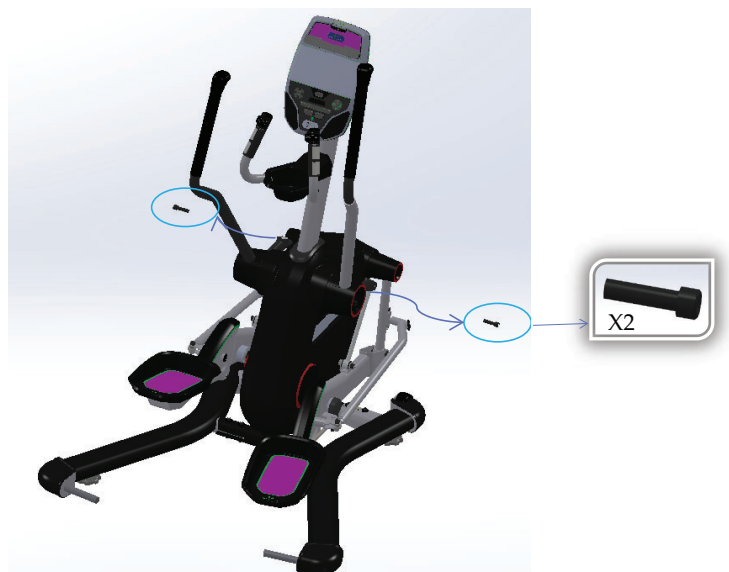
1. Remove the Pivot Bolt Covers from the Handlebar Arms. Using a 6mm hex wrench, remove the indicated hardware. Set them safely aside.



2. Using a 10mm hex wrench, remove the indicated Screws (by arrow) from the Handlebar Arms and Handlebar Links.



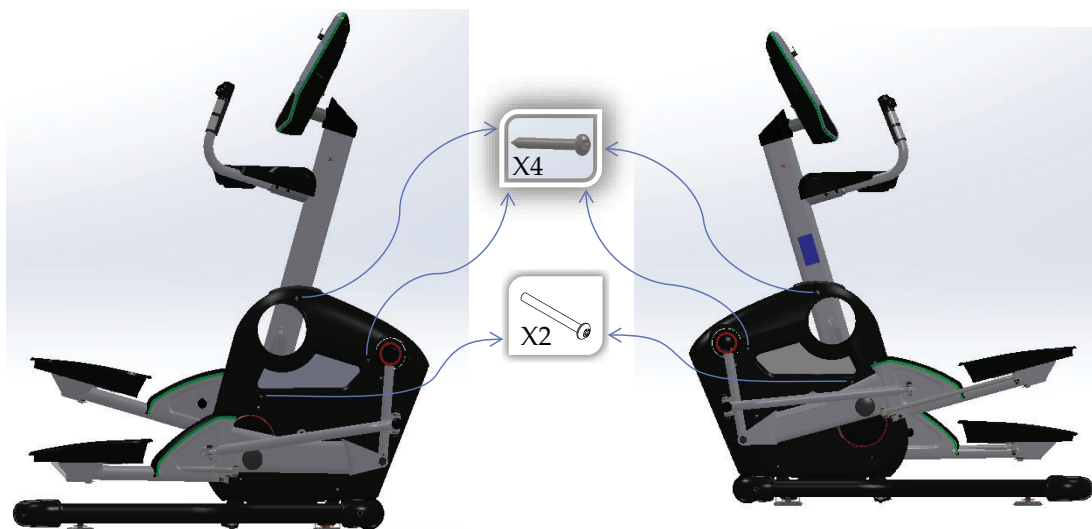
Be aware that the Handlebar Arm will be loose and will pivot when the hardware is removed. Safely allow the Handlebar Arm to pivot downward and come to rest. Be sure to stay out of the path of the Handlebar Arm.



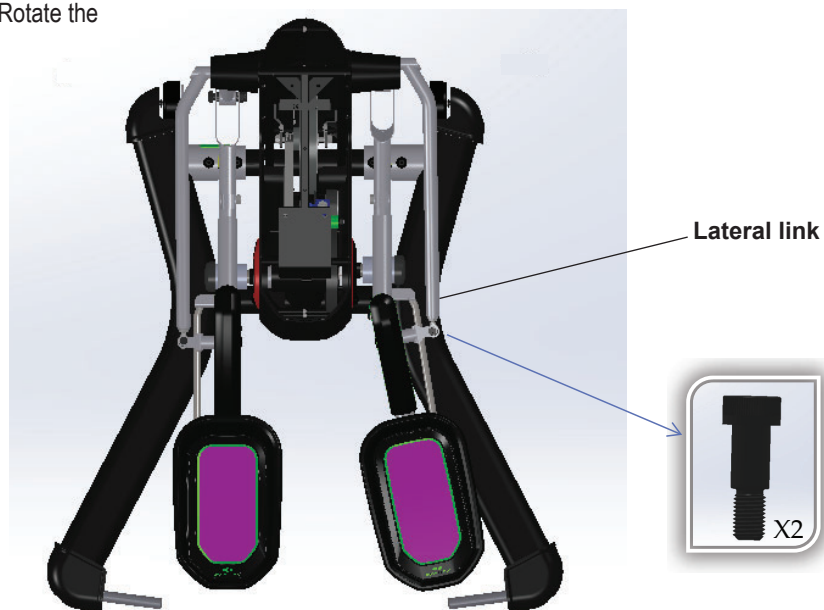
3. Remove the Handlebar Arms and Wave Washers. Set them safely aside.



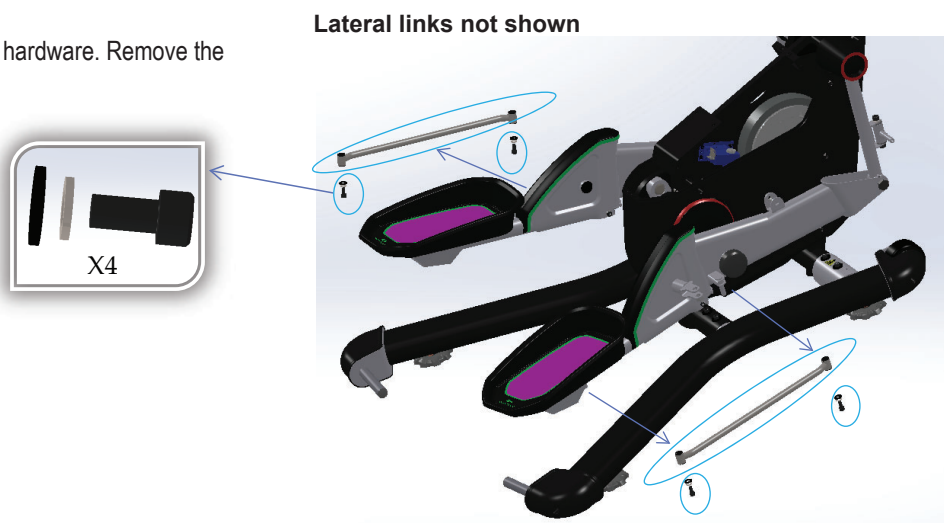
4. Using a #2 Phillips screwdriver, remove the 6 indicated screws (arrows) from the Upper Shrouds. Use a flathead screwdriver to separate the Shrouds at the push fasteners. Remove the Shrouds and Mast Gasket, and set them safely aside.



5. Using a 6mm hex wrench, remove the indicated hardware. Rotate the Lateral Link out of the way.

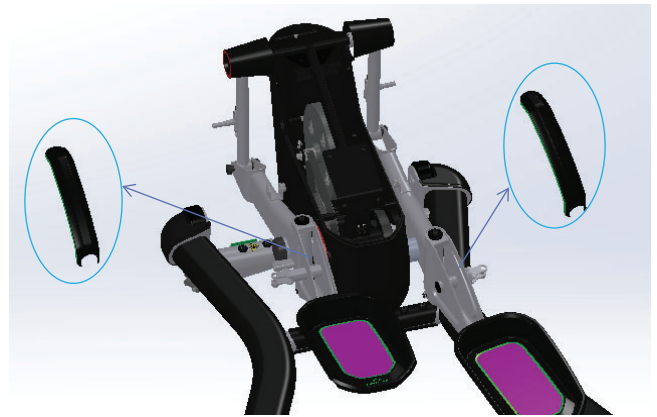


6. Using a 6mm hex wrench, remove the indicated hardware. Remove the Parallel Links.

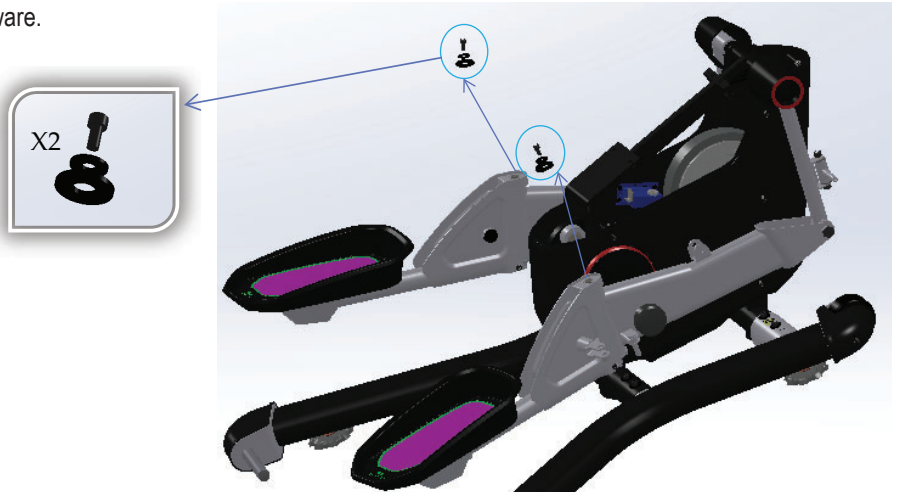




7. Remove the Pedal Arm Topcaps.



8. Using a 6mm hex wrench, remove the indicated hardware.



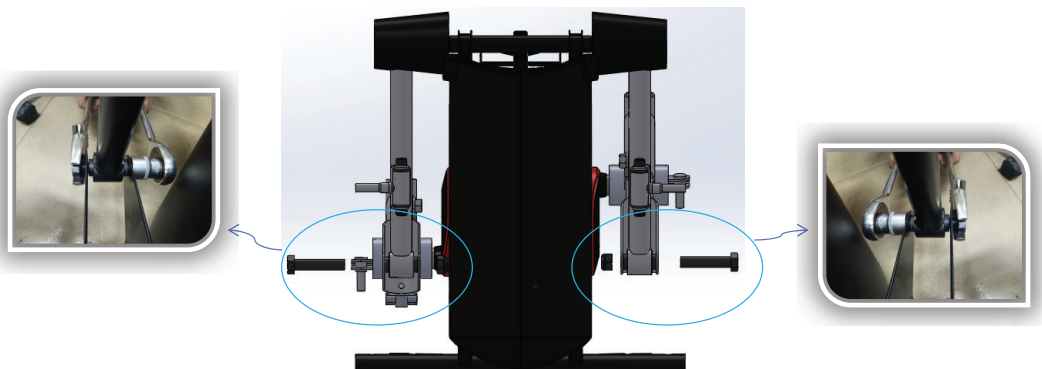
9. Using a 6mm hex wrench, remove the indicated hardware. Remove the Pedal Arms and Collars.



10. Remove the indicated screw and nut:

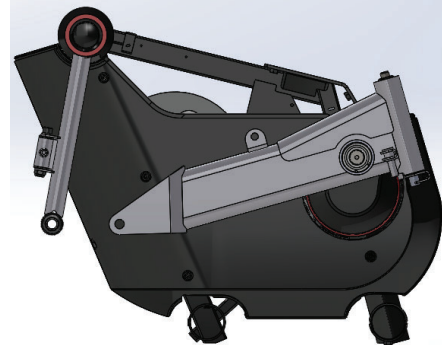
**Note:** The hardware is very tight (factory installed).

**LX3/LX3i**—Use two 8" or longer adjustable wrenches (or 24mm socket wrench and 24mm box wrench). Pivot the Swing Arms toward the front.



**LX5/LX5i**—Use an 24mm or 15/16" socket wrench (inside of arm) and 24mm open end wrench or adjustable wrench (outside of arm). Pivot the Adjustable Arms toward the front.

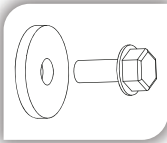
**LX5**



11. Remove the Endcaps from the Mid Pedal Arms. Using the appropriate tool, remove the indicated hardware.

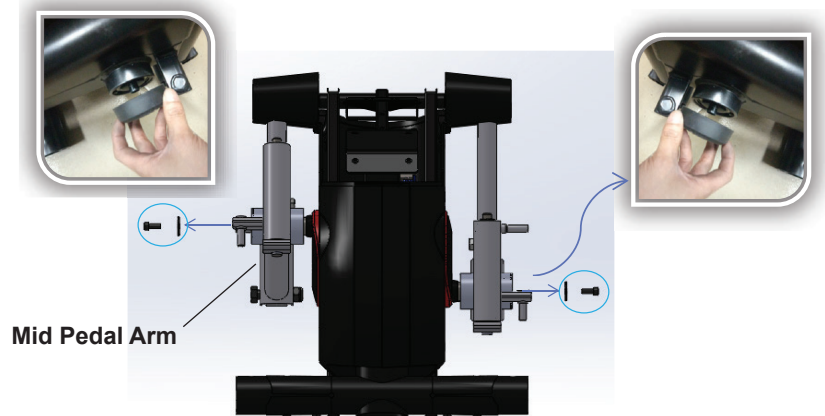
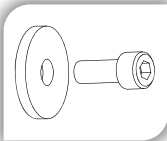
**Note:** The hardware is very tight (factory installed).

—Use a 13mm socket or box end wrench:



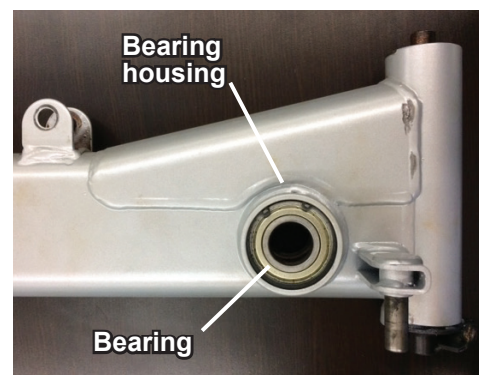
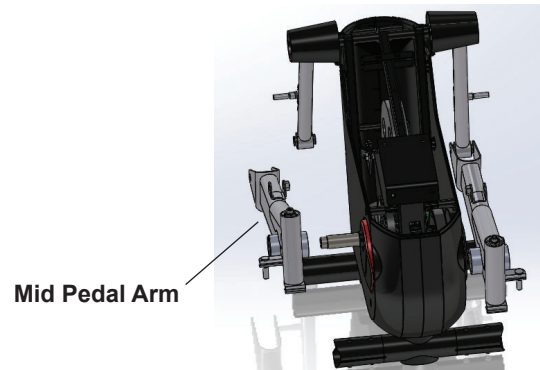
or

—Use a 6mm hex key:



12. To remove the Mid Pedal Arm, use the dead blow hammer (or mallet) to strike it on the surface closer to the main frame alternately on either side of the bearing housing until you drive it off the Crank arm. Set the old Mid Pedal Arm safely aside.

**Note:** It may be helpful to rotate the Mid Pedal Arm to allow easier access to the other side of the bearing housing. Be sure the Mid Pedal Arm stays aligned on the Crank arm as you remove it, to avoid damage to the Crank.

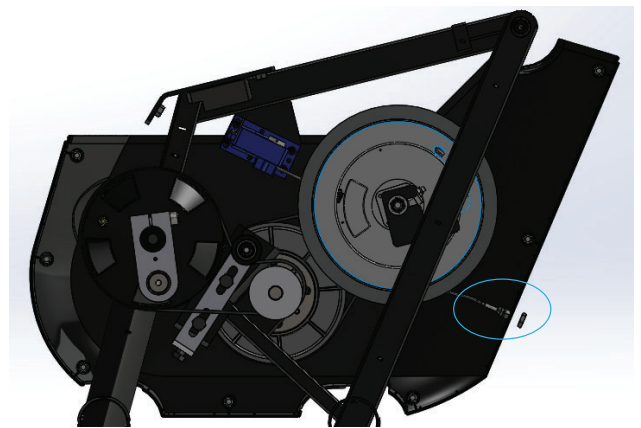


13. Using a #2 Phillips screwdriver, remove the 5 indicated screws from the Right Lower Shroud. Carefully remove the old Right Lower Shroud and set it safely aside.

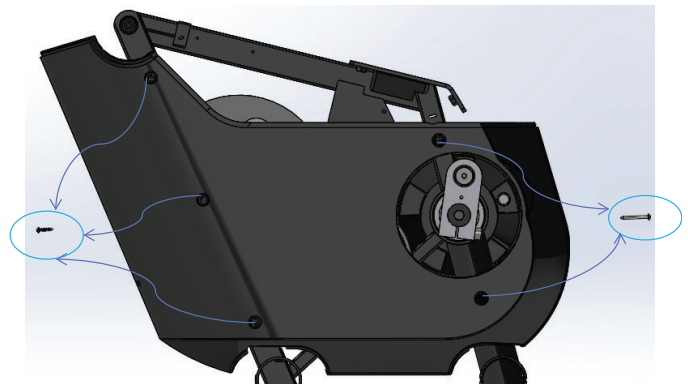


**If you are only replacing the Right Lower Shroud, go to step 18.**  
**If you are replacing the Left Lower Shroud, continue to step 14.**

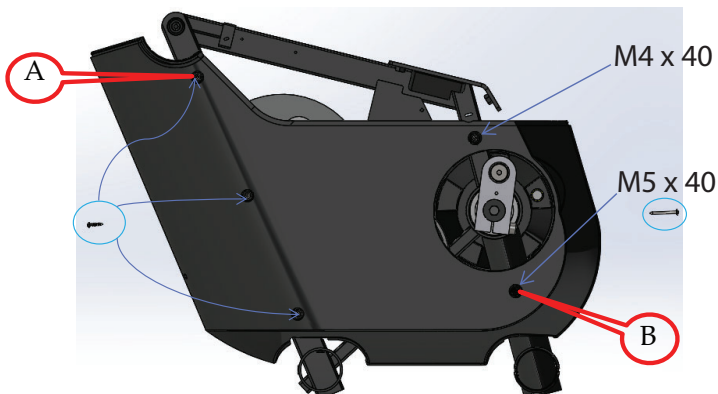
14. Using a 17mm open end wrench, loosen and remove the indicated nut from the Left Lower Shroud. Carefully pull the Power Inlet plug out of the hole toward the inside of the Shroud.



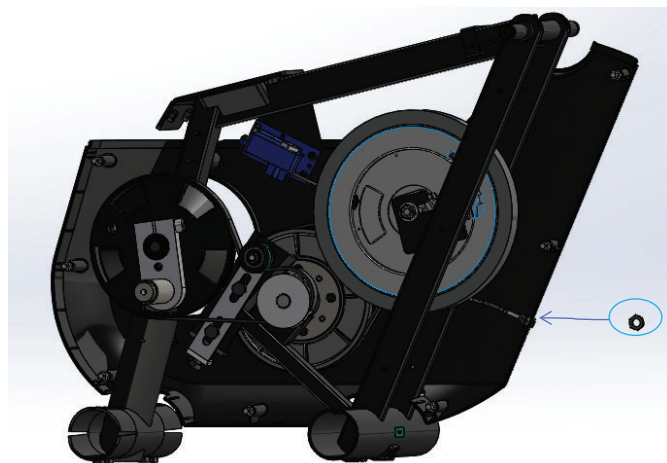
15. Using a #2 Phillips screwdriver, remove the 5 indicated screws from the Left Lower Shroud. Carefully remove the old Left Lower Shroud and set it safely aside.



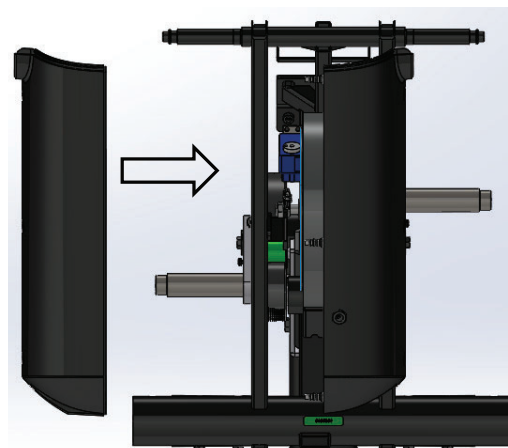
16. Using a Phillips screwdriver, attach the new Left Lower Shroud to the main frame. First, tighten the screw in position A, then tighten the screw in position B, and then tighten the screws in the other positions.



17. Insert the Power Inlet cable connector into the Left Lower Shroud. Using a 17mm wrench, tighten the nut to secure the power cable connector.



18. Align the new Right Lower Shroud with the push fasteners on the Left Lower Shroud and move the Right Lower Shroud into position. Push the Shrouds together so that the Push Fasteners are fully seated.



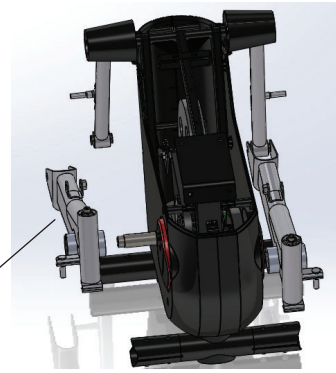
19. Install the new Lower Shroud to the Frame Assembly with the screws. Use a Phillips screwdriver to tighten the screw in position A, then tighten the screw in position B, and then tighten the screws in the other positions.





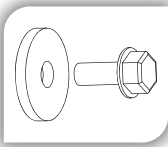
20. Put the new Left Mid Pedal Arm on the Crank and push it on by hand, wiggling it until it goes on as far as possible.

Mid Pedal Arm



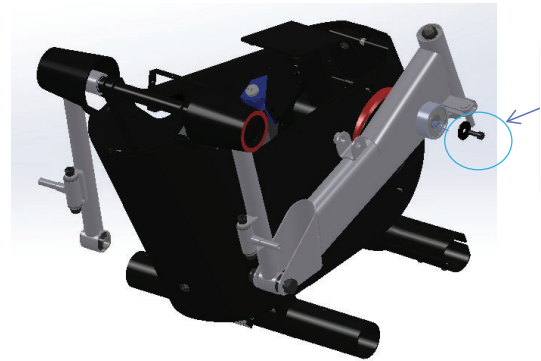
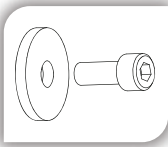
21. Finger tighten the screw and washer to attach the Mid Pedal Arm. Using the appropriate tool, tighten the hardware to secure the Mid Pedal Arm to the Crank.

—Use a 13mm socket or box end wrench:



or

—Use a 6mm hex key:



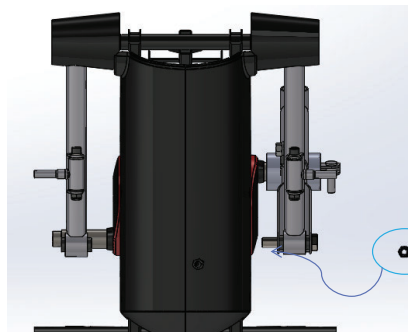
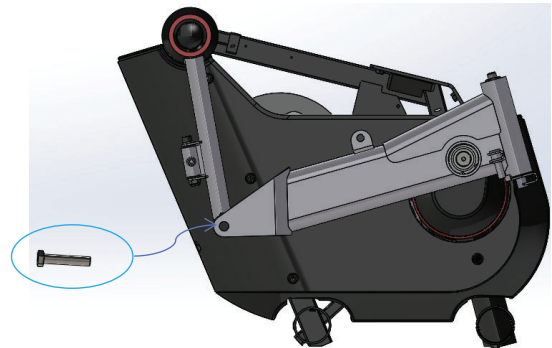
Install the Endcap.

22. Install the indicated screw and nut:

**LX3/LX3i**—move the Swing Arm end into the Mid Pedal Arm bracket. Using two 8" or longer adjustable wrenches (or 24mm or 15/16" socket wrench and 24mm or 15/16" box wrench), install the indicated screw and nut.

**LX5/LX5i**—move the Adjustable Arm to engage the Mid Pedal Arm bracket. Using an 24mm or 15/16" socket wrench (inside of arm) and 24mm or 15/16" open end wrench or adjustable wrench (outside of arm), install the indicated screw and nut.

Completely tighten the nut, or torque to 120 Nm (89 ft-lb).



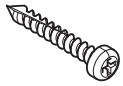
23. Repeat steps 20-22 for the Right Mid Pedal Arm.



24. The remaining assembly steps are the reverse procedure.

**Note:** Put the Left Upper Shroud in position first. Align the Right Upper Shroud with the Push Fasteners and move the Right Shroud into position. Push the Shrouds together so that the Push Fasteners are fully seated. Using a #2 Phillips screwdriver, install the 6 screws.

Self-tapping screws attach the Shrouds to the Frame.



Re-install the Mast Gasket.

Be sure the Handlebar Links are tilted forward. Put the Wave Washers on the pivot rods.



**Be aware that the Handlebar Arms are top heavy, and will want to pivot when attached onto the Pivot Rod. Be sure to stay out of the path of the Handlebar.**

Align the Handlebar Arm assembly with the pivot rod and attach the lower Handlebar Arm to the Handlebar Link

25. 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™ LateralX™ LX3 and LX3i Lateral Trainers.

**If you need assistance, please contact Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: [www.nautilusinternational.com](http://www.nautilusinternational.com)**



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**Disconnect all power to the machine before you service it.**

- 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 at any time the Warning labels become loose, unreadable or dislodged, replace the labels. If purchased in US/Canada, contact Customer Service for replacement labels. If purchased outside US/Canada, contact your local distributor for them.
- 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



Flathead screwdriver



(2) 6mm hex wrenches  
10mm hex wrench



(2) approximately 4' (1.2m) lengths of string

A Zip-Tie, rubber band or piece of wire to restrict cables from falling into Console Mast





**Disconnect all power to the machine before you service it.**

**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.**

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

1. Remove the Pivot Bolt Cover from the left Handlebar Arm. Using a 6mm hex wrench, remove the indicated hardware. Set it safely aside.



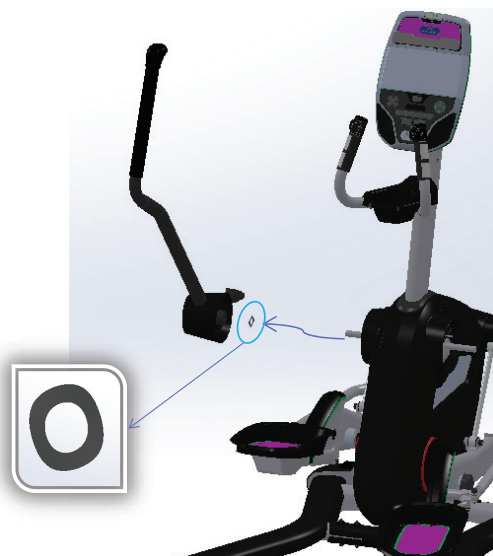
2. Using a 10mm hex wrench, remove the indicated Screw (by arrow) from the Handlebar Arm and Handlebar Link.



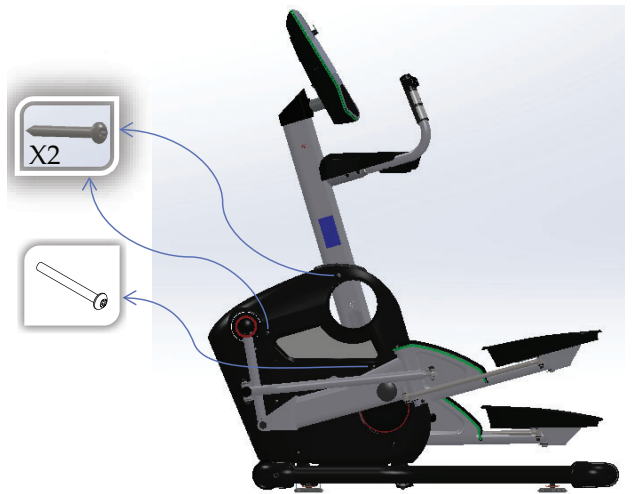
**Be aware that the Handlebar Arm will be loose and will pivot when the hardware is removed. Safely allow the Handlebar Arm to pivot downward and come to rest. Be sure to stay out of the path of the Handlebar Arm.**



3. Remove the Handlebar Arm and Wave Washer. Set them safely aside.

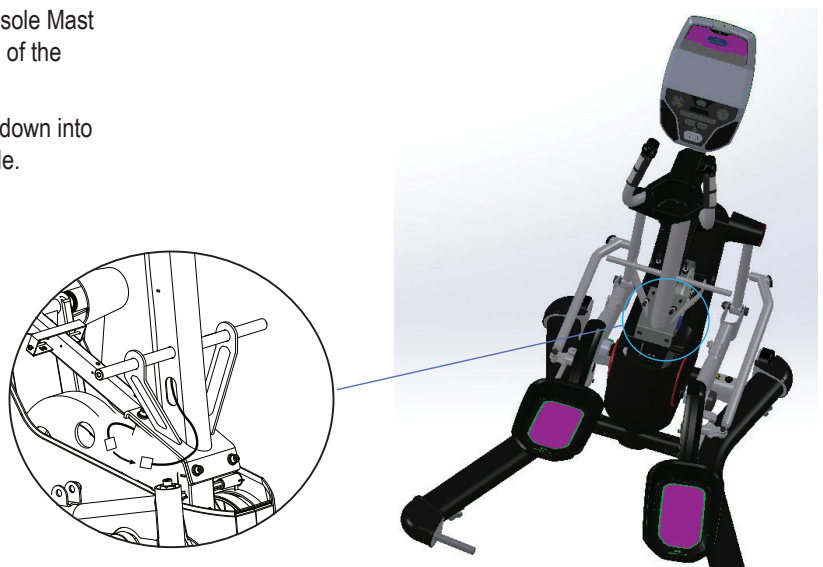


4. Using a #2 Phillips screwdriver, remove the 3 indicated screws (arrows) from the Left Upper Shroud. Use a flathead screwdriver to separate the Shrouds at the push fasteners. Remove the Left Shroud and set it safely aside.



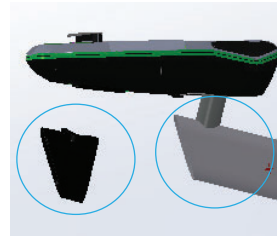
5. Disconnect the cables from the Engine Assembly and the Console Mast cables. Tie one piece of string to the Mast Cable end at the base of the Console Mast.

**NOTICE:** Do not crimp the cables. Do not allow the cable to fall down into the Engine Assembly. This step may require two people.

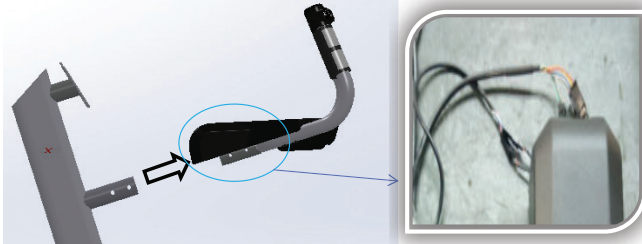


6. Remove the Mast Endcap and set it aside. Disconnect the Mast Cables from the Console Cables.

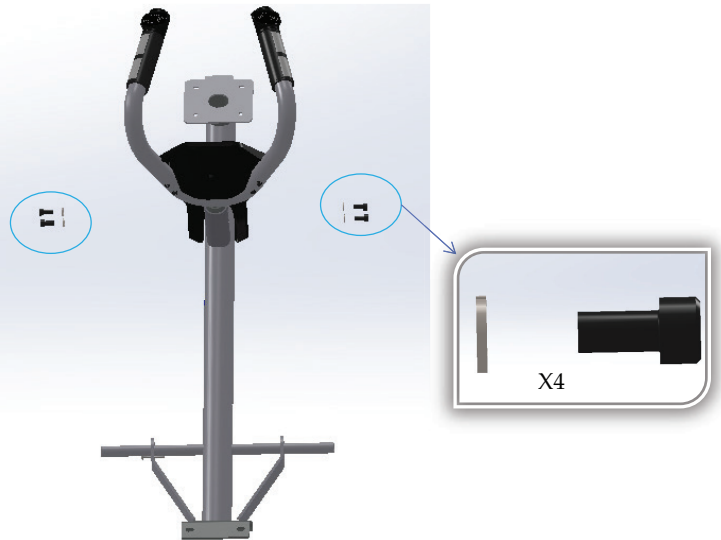
**NOTICE:** Do not crimp the cables. Do not allow the cables to fall down into the Console Mast.



7. Using a 6mm hex wrench, remove the indicated hardware. Carefully remove the Static Handlebar and disconnect the cables. Set the Static Handlebar and hardware aside for reassembly.

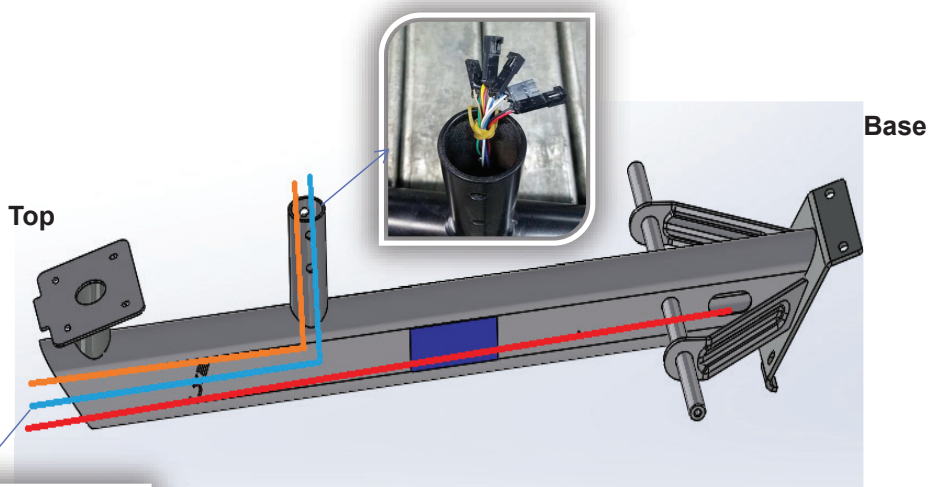


Tie the other piece of string to the Mast Cable ends at the Static Handlebar mount.



8. Hold the ends of the Mast Cables at the top of the Console Mast and carefully pull them out of the Console Mast so that the strings extend through the mast and out of the base and the Static Handlebar mount.

**Note:** The red line is the 11Pin cable, the orange line is the 9Pin cable, and the blue line is the 4Pin cable.



9. Untie the strings from the old Mast Cables, and tie those string ends to the corresponding ends of the new Mast Cables. Use the strings to pull the new cables carefully through the Console Mast.

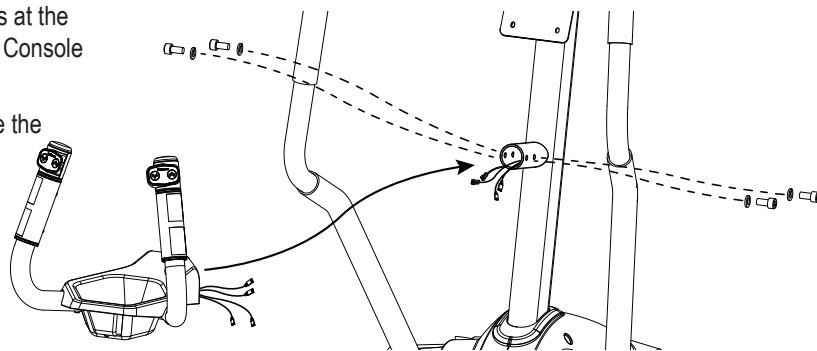
**NOTICE:** Do not crimp the cables.





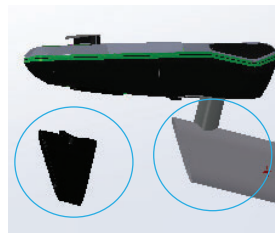
10. Connect the Static Handlebar cables to the new Mast Cables at the handlebar mount opening. Reinstall the Static Handlebar on the Console Mast.

**NOTICE:** Align the clips on the cable connectors and make sure the connectors lock. Do not crimp the cables.



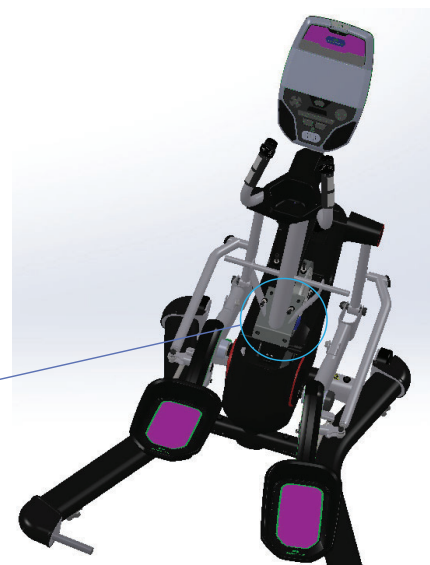
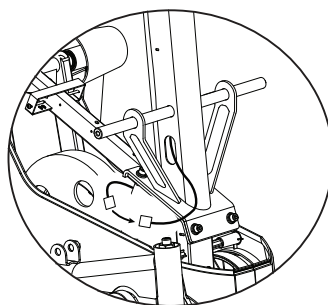
11. Connect the Console Cables to the new Mast Cables. Reinstall the Mast Endcap.

**NOTICE:** Align the clips on the cable connectors and make sure the connectors lock. Do not crimp the cables.



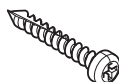
12. Connect the Mast Cable to the Engine Assembly cable.

**NOTICE:** Align the clips on the cable connectors and make sure the connectors lock. Do not crimp the cables.

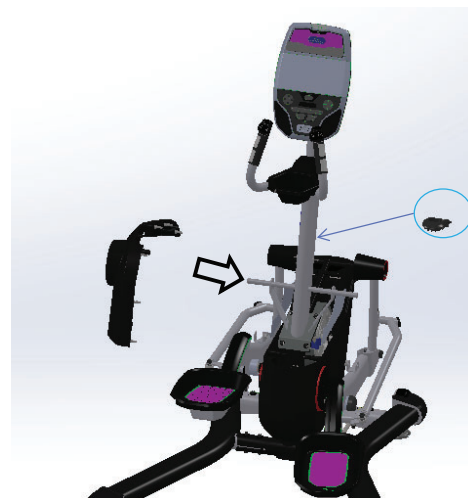


13. Put the Left Upper Shroud in position. Align the Push Fasteners. Push the Shrouds together so that the Push Fasteners are fully seated. Using a #2 Phillips screwdriver, re-install the 3 screws.

**Note:** Self-tapping screws attach the Shroud to the Frame.



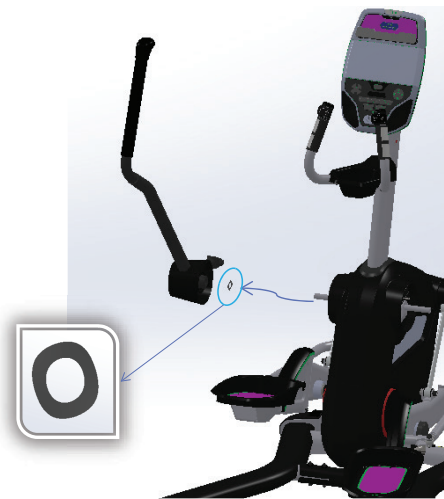
Re-install the Mast Gasket.



14. Be sure the Handlebar Link is tilted forward. Put the Wave Washers on the pivot rod.

**!** Be aware that the Handlebar Arms are top heavy, and will want to pivot when attached onto the Pivot Rod. Be sure to stay out of the path of the Handlebar.

Align the Handlebar Arm assembly with the pivot rod and attach the lower Handlebar Arm to the Handlebar Link using a 10mm hex wrench. Slide the Handlebar Arm assembly fully onto the pivot rod and install the hardware using a 6mm hex wrench. Re-install the Pivot Bolt Cover.




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 Mid Pedal Arms on the Bowflex™ LateralX™ LX3, LX3i, LX5 and LX5i Lateral Trainers.

**If you need assistance, please contact Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: [www.nautilusinternational.com](http://www.nautilusinternational.com)**

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

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**Disconnect all power to the machine before you service it.**

- 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 at any time the Warning labels become loose, unreadable or dislodged, replace the labels. If purchased in US/Canada, contact Customer Service for replacement labels. If purchased outside US/Canada, contact your local distributor for them.
- 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  
10mm hex wrench



13mm socket wrench or open end wrench



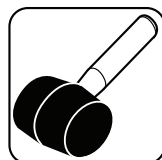
#2 Phillips screwdriver



(2) 8" or longer adjustable wrenches  
or 24mm (or 15/16") socket wrench and 24mm  
(or 15/16") box end wrench



2 lb (min.) dead blow hammer  
or heavy rubber mallet





**Disconnect all power to the machine before you service it.**

**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.**

**This procedure requires removal of the Mid Pedal Arm. This arm cannot be re-used once it is removed. Make sure to have a replacement Mid Pedal Arm available before attempting the procedure.**

**Note:** If you are only replacing one Mid Pedal Arm, it is only necessary to remove parts from the side that you are replacing.  
Your machine may not match the image. For reference only.

1. Using a 10mm hex wrench, remove the indicated Screws (by arrow) from the Handlebar Arms and Handlebar Links.



**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 to stay out of the path of the Handlebar Arm.**

2. Remove the Pivot Bolt Covers from the Handlebar Arms. Using a 6mm hex wrench, remove the indicated hardware. Set them safely aside.



3. Remove the Handlebar Arms and Wave Washers. Set them safely aside.

**NOTICE:** Do not allow the wave washer to fall down into the Engine Assembly. This step may require two people.



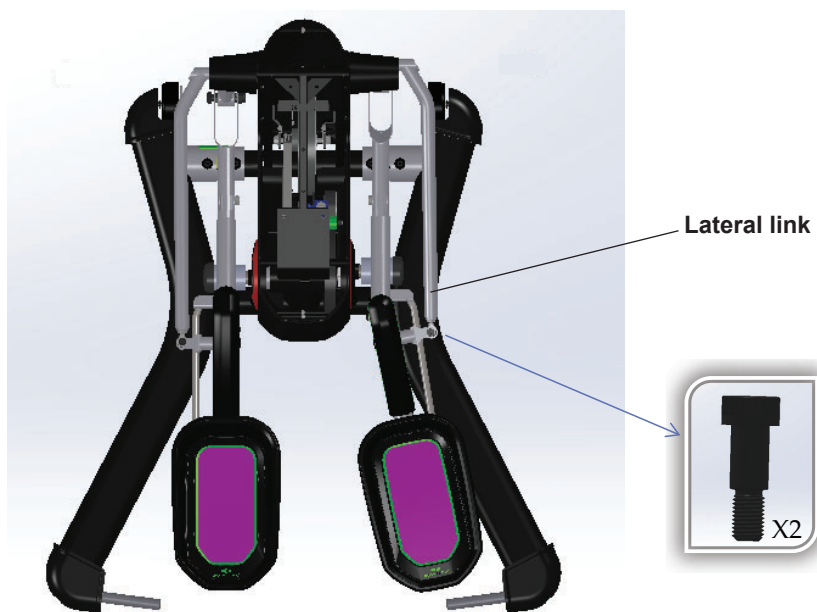
LX5 shown in photos





4. Using a 6mm hex wrench, remove the indicated hardware. Rotate the Lateral Links out of the way. Set the screws safely aside.

LX3 shown (no Upper Shrouds)

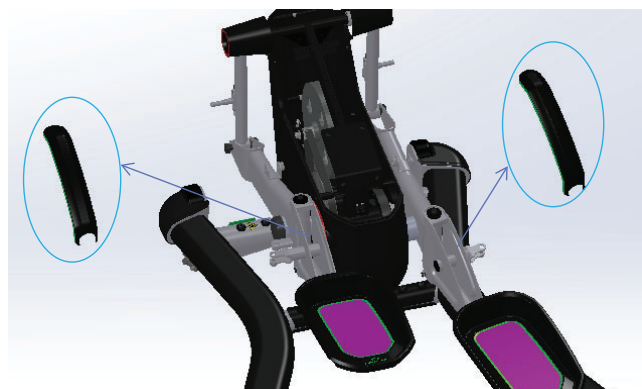


5. Using a 6mm hex wrench, remove the indicated hardware. Remove the Parallel Links.



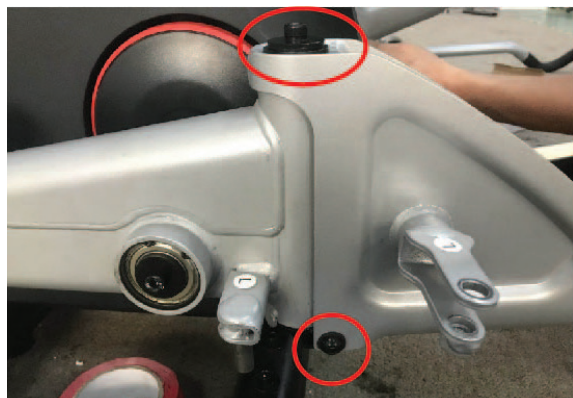
6. Remove the Pedal Arm Topcaps.

LX3 (Lateral Links and Upper Shrouds not shown)





7. Using a 6mm hex wrench, remove the indicated hardware.



Remove the Pedal Arms and Collars. Set them safely aside.



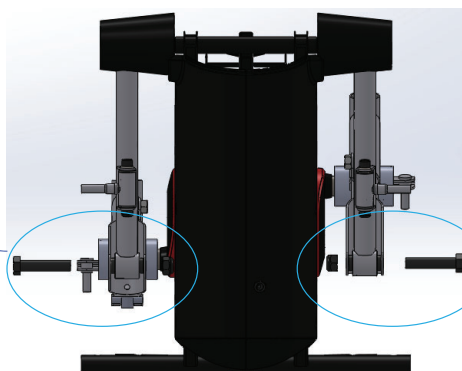
8. Remove the indicated screw and nut:

**Note:** The hardware is very tight (factory installed).

**LX3/LX3i**—Use two 8" or longer adjustable wrenches (or 24mm or 15/16" socket wrench and 24mm or 15/16" box wrench). Pivot the Swing Arms toward the front.

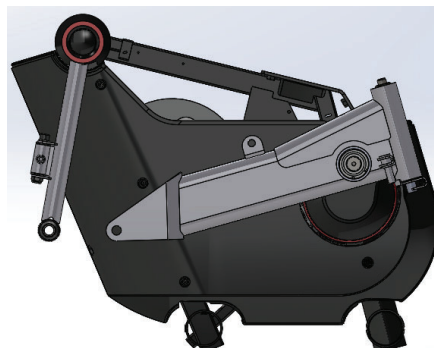


LX3 shown (no Upper Shrouds)



**LX5/LX5i**—Use an 24mm or 15/16" socket wrench (inside of arm) and 24mm or 15/16" open end wrench or adjustable wrench (outside of arm). Pivot the Adjustable Arms toward the front.

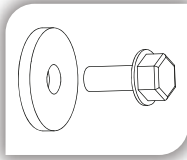
**LX5**



9. Remove the Endcaps from the Mid Pedal Arms. Using the appropriate tool, remove the indicated hardware.

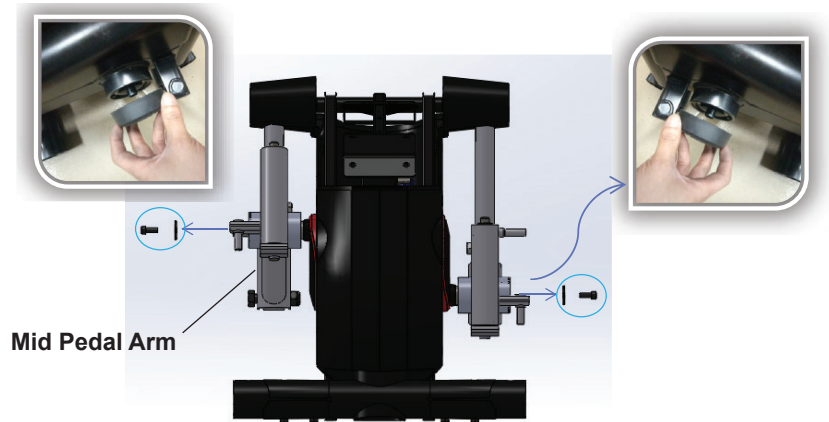
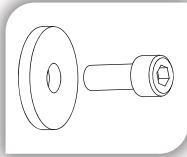
**Note:** The hardware is very tight (factory installed).

—Use a 13mm socket or box end wrench:



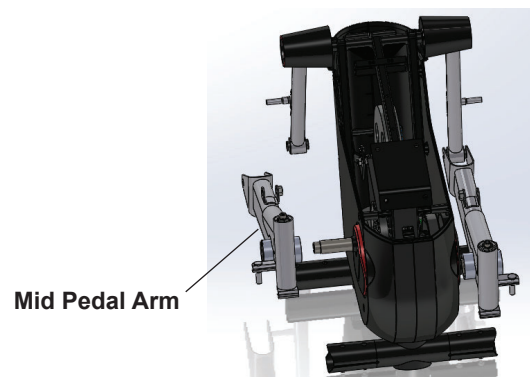
or

—Use a 6mm hex key:



10. To remove the Mid Pedal Arm, use the dead blow hammer (or mallet) to strike it on the surface closer to the main frame alternately on either side of the bearing housing until you drive it off the Crank arm. Set the old Mid Pedal Arm safely aside.

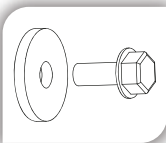
**Note:** It may be helpful to rotate the Mid Pedal Arm to allow easier access to the other side of the bearing housing. Be sure the Mid Pedal Arm stays aligned on the Crank arm as you remove it, to avoid damage to the Crank.



11. Put the new Left Mid Pedal Arm on the Crank and push it on by hand, wiggling it until it goes on as far as possible.

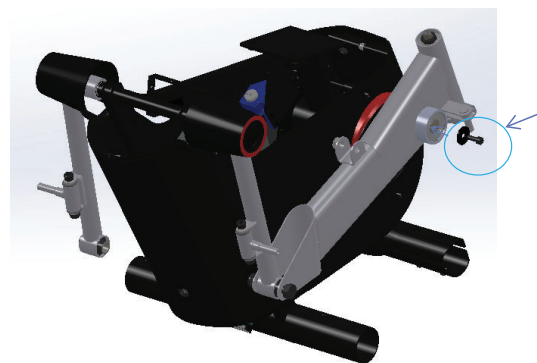
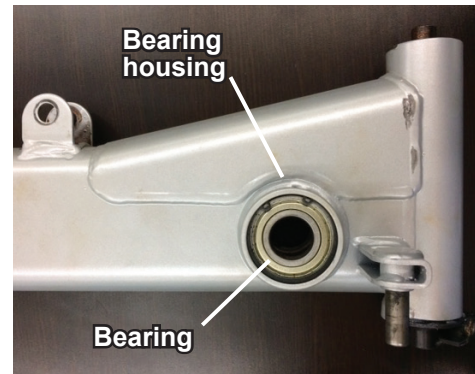
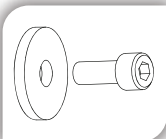
12. Finger tighten the screw and washer to attach the Mid Pedal Arm. Using the appropriate tool, tighten the hardware to secure the Mid Pedal Arm to the Crank.

—Use a 13mm socket or box end wrench:



or

—Use a 6mm hex key:



Install the Endcap.

13. Install the indicated screw and nut:

**LX3/LX3i**—move the Swing Arm end into the Mid Pedal Arm bracket. Using two 8" or longer adjustable wrenches (or 24mm or 15/16" socket wrench and 24mm or 15/16" box wrench), install the indicated screw and nut.

**LX5/LX5i**—move the Adjustable Arm to engage the Mid Pedal Arm bracket. Using an 24mm or 15/16" socket wrench (inside of arm) and 24mm or 15/16" open end wrench or adjustable wrench (outside of arm), install the indicated screw and nut.

Completely tighten the nut, or torque to 120 Nm (89 ft-lb).



14. Repeat steps 11-13 for the Right Mid Pedal Arm.

15. The remaining assembly steps are the reverse procedure.

Be sure the Handlebar Links are tilted forward. Put the Wave Washers on the pivot rods.

**⚠ Be aware that the Handlebar Arms are top heavy, and will want to pivot when attached onto the Pivot Rod. Be sure to stay out of the path of the Handlebar.**

Align the Handlebar Arm assembly with the pivot rod and attach the lower Handlebar Arm to the Handlebar Link

16. 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.**

## Replace the Parallel Links on the Bowflex™ LateralX™ LX3/LX3i/LX5/LX5i Lateral Trainers

**NOTICE:** This document provides instructions for the replacement of the Parallel Links on the Bowflex™ LateralX™ LX3, LX3i, LX5 and LX5i Lateral Trainers.

**If you need assistance, please contact Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: [www.nautilusinternational.com](http://www.nautilusinternational.com)**

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**Disconnect all power to the machine before you service it.**

- 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 at any time the Warning labels become loose, unreadable or dislodged, replace the labels. If purchased in US/Canada, contact Customer Service for replacement labels. If purchased outside US/Canada, contact your local distributor for them.
- 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







**Disconnect all power to the machine before you service it.**

**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.**

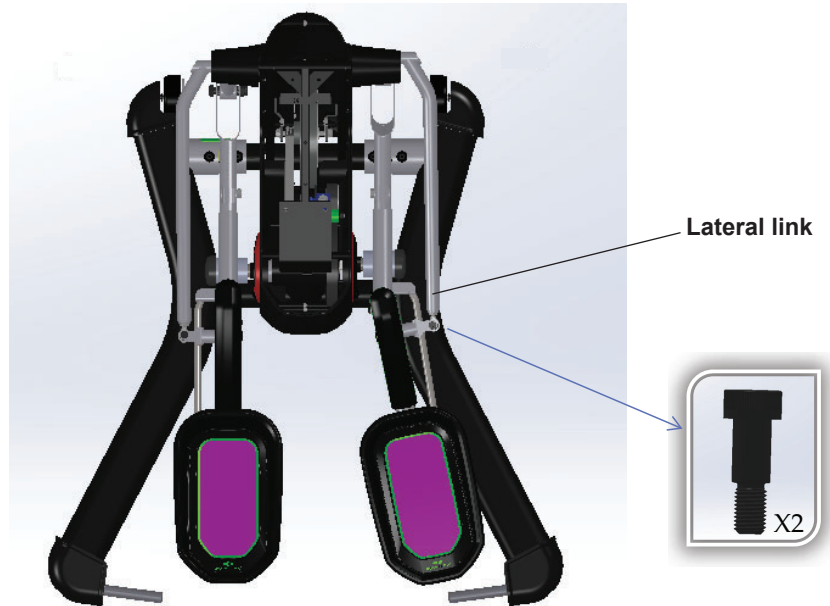
**Note:** Your machine may not match the image. For reference only.

1. Using a 6mm hex wrench, remove the indicated hardware.

Rotate the Lateral Links out of the way.

Set the screws safely aside.

LX3 shown (no Upper Shrouds)



2. Using a 6mm hex wrench, remove the indicated hardware. Remove the Parallel Links.

LX5 shown



3. Installation is the reverse procedure.



4. 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.**



## Replace the Pedal Arms and Pedal Shrouds on the Bowflex™ LateralX™ LX3/LX3i Lateral Trainers

**NOTICE:** This document provides instructions for the replacement of the Pedal Arms and Pedal Shrouds on the on the Bowflex™ LateralX™ LX3 and LX3i Lateral Trainers.

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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.
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- 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.
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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)

6mm hex wrench  
10mm hex wrench



#2 Phillips screwdriver





**Disconnect all power to the machine before you service it.**

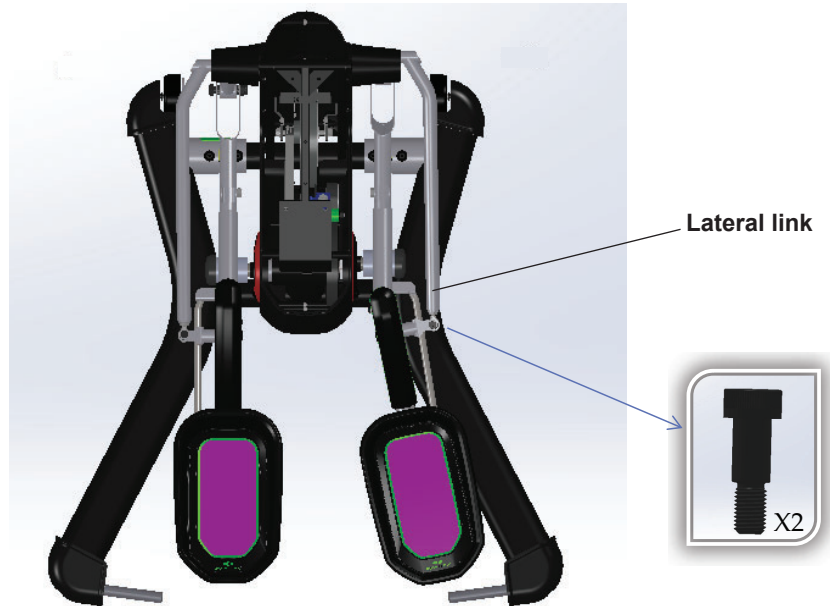
**Some components of the machine can be heavy or awkward. Use a second person when doing the assembly steps involving these parts. Do not do steps that involve heavy lifting or awkward movements on your own.**

**Note:** If you are only replacing one Pedal Arm, it is only necessary to remove parts from the side that you are replacing.  
Your machine may not match the image. For reference only.

**If you are only replacing the Pedal Shrouds, go to step 5.**

1. Using a 6mm hex wrench, remove the indicated hardware.  
Rotate the Lateral Links out of the way.  
Set the screws safely aside.

LX3 shown (no Upper Shrouds)



2. Using a 6mm hex wrench, remove the indicated hardware.  
Remove the Parallel Links.

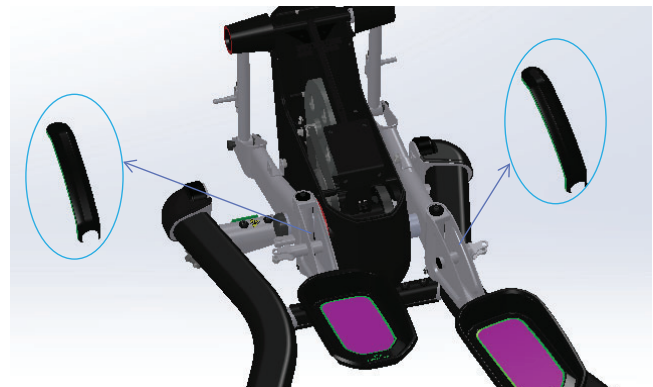


LX5 shown

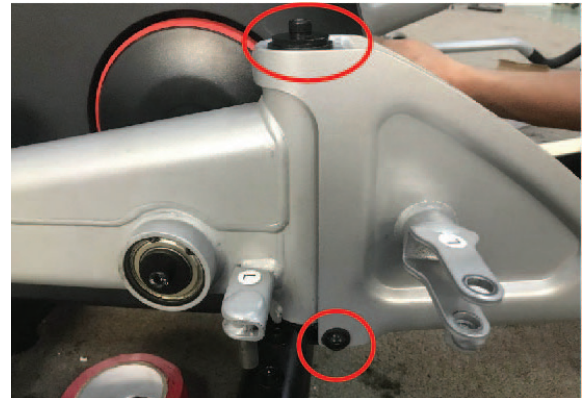


3. Remove the Pedal Arm Topcaps.

LX3 (Lateral Links and Upper Shrouds not shown)



4. Using a 6mm hex wrench, remove the indicated hardware.

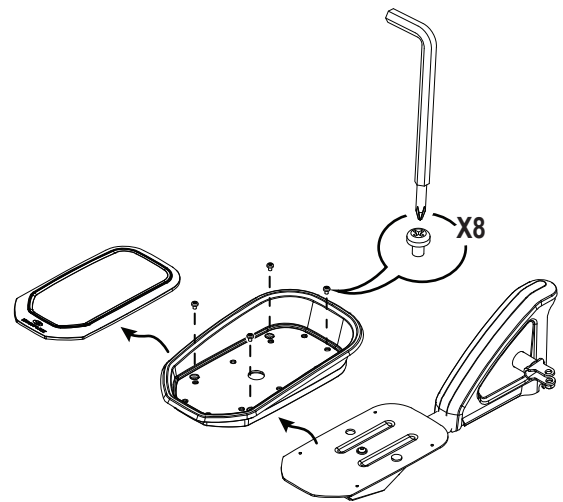
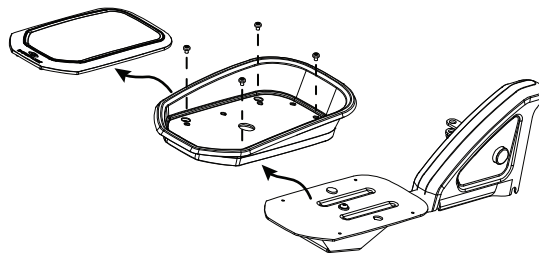


Remove the Pedal Arms and Collars from the Mid Pedal Arms. Set them safely aside.



5. Remove the Footpads from the Pedals.

6. Using a #2 Phillips screwdriver, remove the screws from the Pedal Shrouds. Remove the Pedal Shrouds, and set the parts safely aside.



7. Installation is the reverse procedure.

8. 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 Inlet assembly on the Bowflex™ LateralX™ LX3 and LX3i Lateral Trainers.

**If you need assistance, please contact Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: [www.nautilusinternational.com](http://www.nautilusinternational.com)**



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:



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.

**Disconnect all power to the machine before you service it.**

- 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 at any time the Warning labels become loose, unreadable or dislodged, replace the labels. If purchased in US/Canada, contact Customer Service for replacement labels. If purchased outside US/Canada, contact your local distributor for them.
- 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  
8mm hex wrench  
10mm hex wrench



#2 Phillips screwdriver



Flathead screwdriver



17mm open end wrench



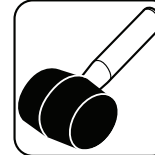
13mm socket wrench or open end wrench



(2) 8" or longer adjustable wrenches  
or 24mm (or 15/16") socket wrench and 24mm  
(or 15/16") box end wrench



2 lb (min.) dead blow hammer  
or heavy rubber mallet



Scissors to cut zipties  
Zipties





**Disconnect all power to the machine before you service it.**

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.

This procedure requires removal of the Mid Pedal Arm. This arm cannot be re-used once it is removed. Make sure to have a replacement Mid Pedal Arm available before attempting the procedure.

**Note:** Your machine may not match the image (LX3 is shown). For reference only.

1. Remove the Pivot Bolt Covers from the Handlebar Arms. Using a 6mm hex wrench, remove the indicated hardware. Set them safely aside.



2. Using a 10mm hex wrench, remove the indicated Screws (by arrow) from the Handlebar Arms and Handlebar Links.



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 to stay out of the path of the Handlebar Arm.

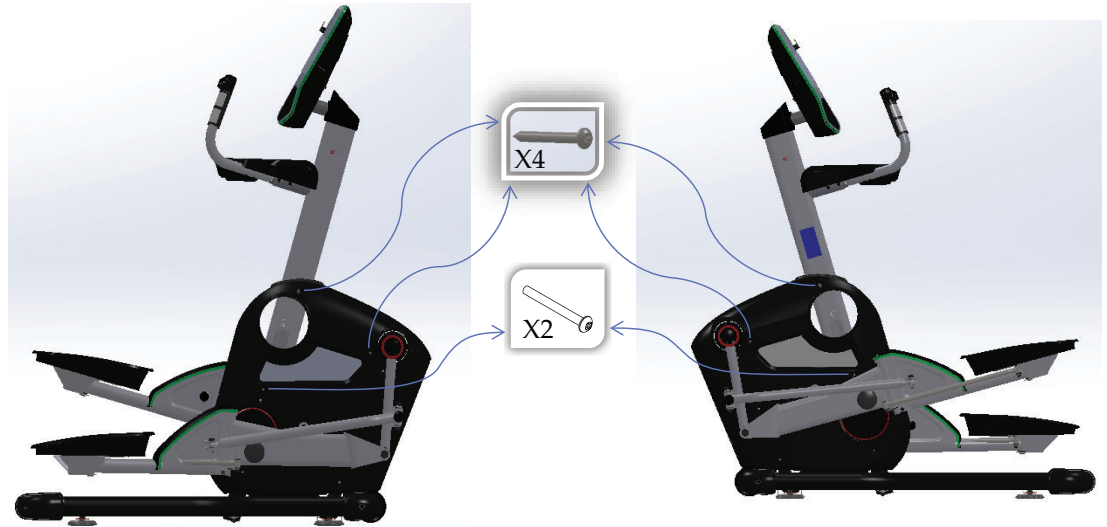


3. Remove the Handlebar Arms and Wave Washers. Set them safely aside.



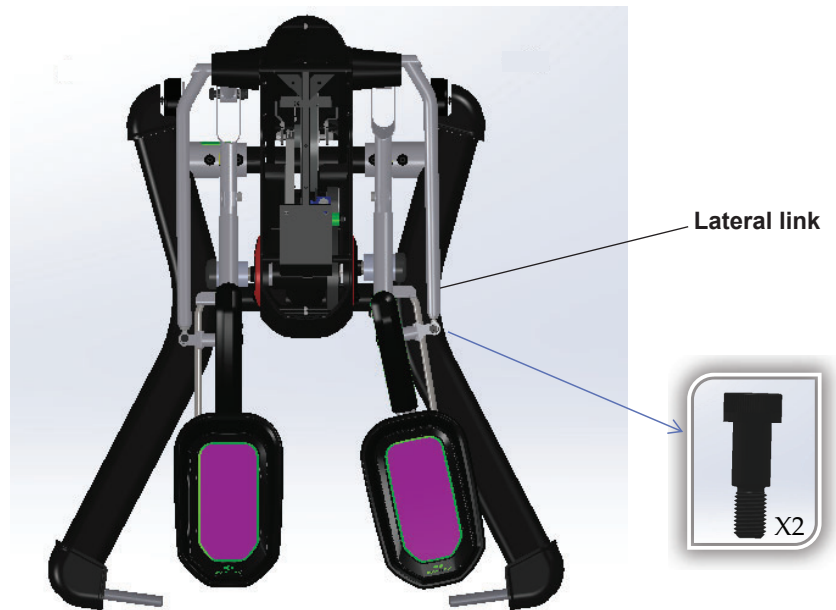


4. Using a #2 Phillips screwdriver, remove the 6 indicated screws (arrows) from the Upper Shrouds. Use a flathead screwdriver to separate the Shrouds at the push fasteners. Remove the Shrouds and Mast Gasket, and set them safely aside.



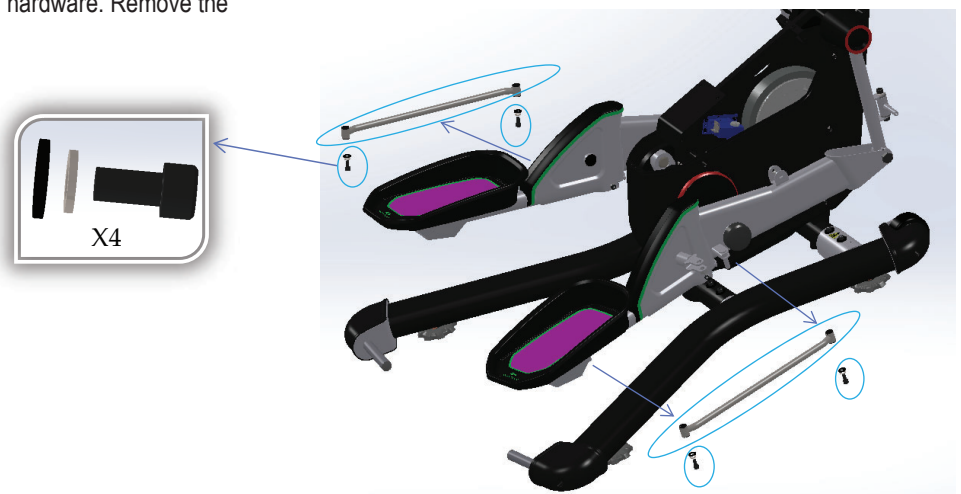
**Note:** After step 4 it is only necessary to remove parts and hardware on the left side of the machine.

5. Using a 6mm hex wrench, remove the indicated hardware. Rotate the Left Lateral Link out of the way.

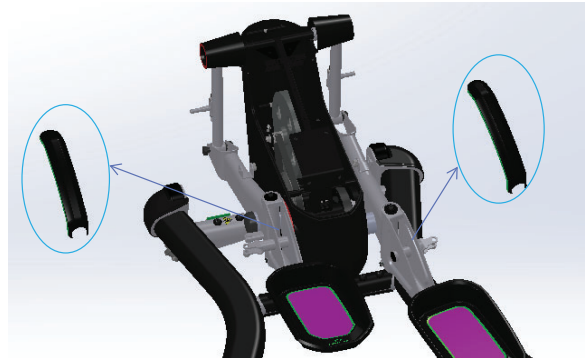


6. Using a 6mm hex wrench, remove the indicated hardware. Remove the Left Parallel Link.

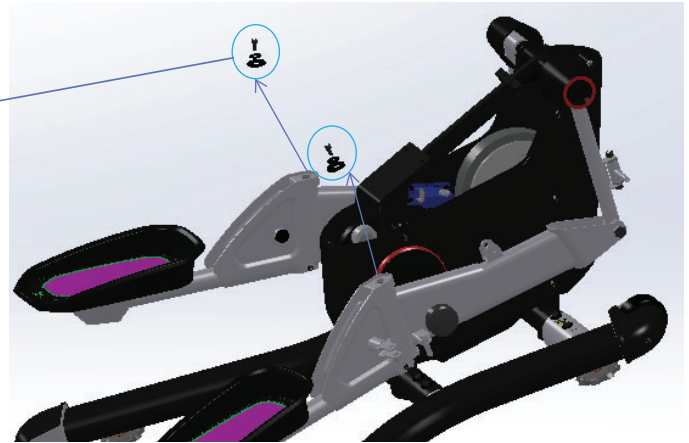
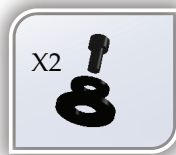
**Lateral links not shown**



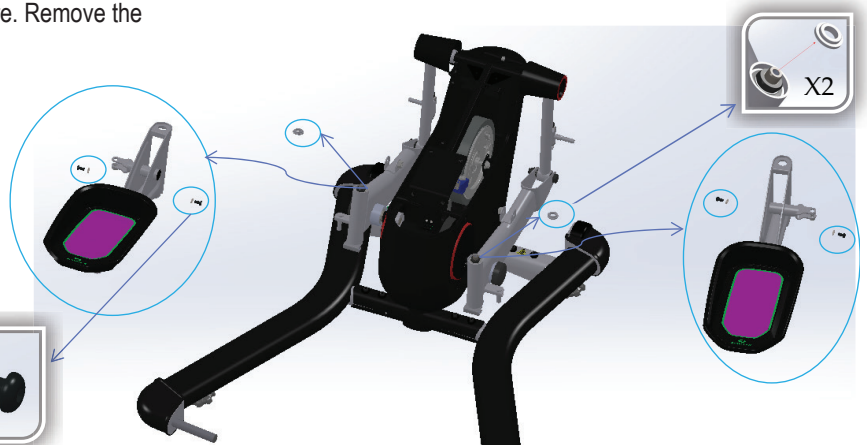
7. Remove the Left Pedal Arm Topcap.



8. Using a 6mm hex wrench, remove the indicated hardware.

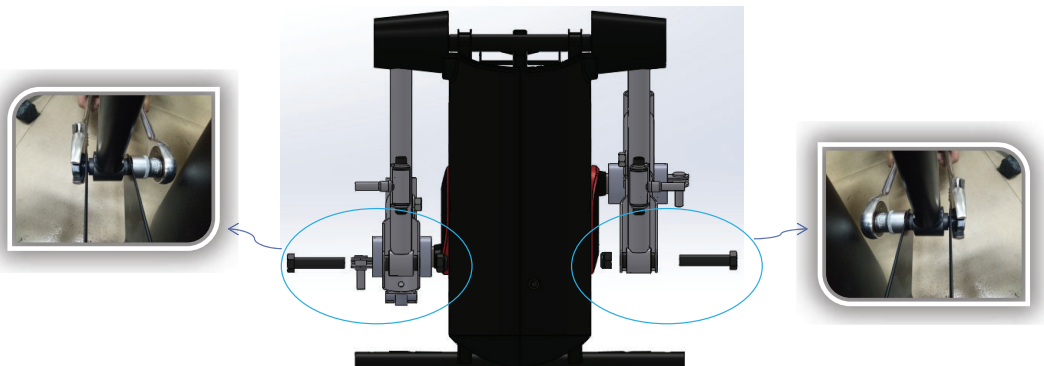


9. Using a 6mm hex wrench, remove the indicated hardware. Remove the Left Pedal Arm and Collar.

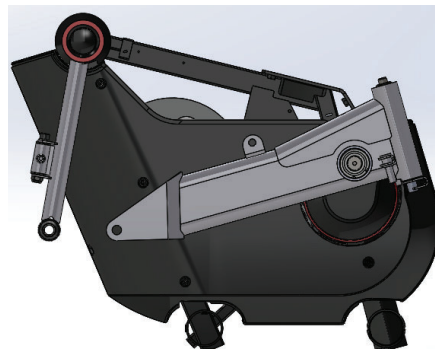


10. Remove the indicated screw and nut, using two 8" or longer adjustable wrenches (or M24 socket wrench and 24mm box wrench).

**Note:** The hardware is very tight (factory installed).



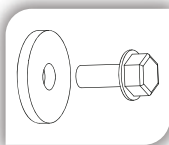
Pivot the Left Swing Arm toward the front.



11. Remove the Endcap from the Left Mid Pedal Arm. Using the appropriate tool, remove the indicated hardware.

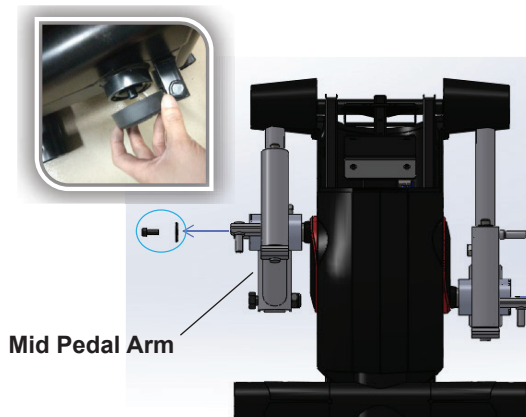
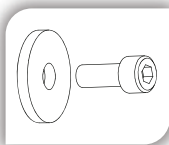
**Note:** The hardware is very tight (factory installed).

—Use a 13mm socket or box end wrench:



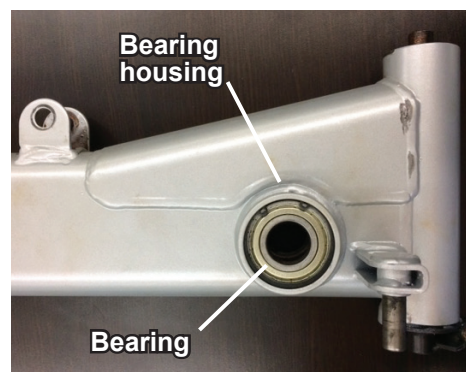
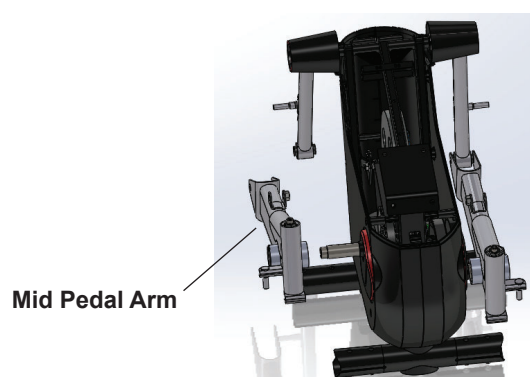
or

—Use a 6mm hex key:

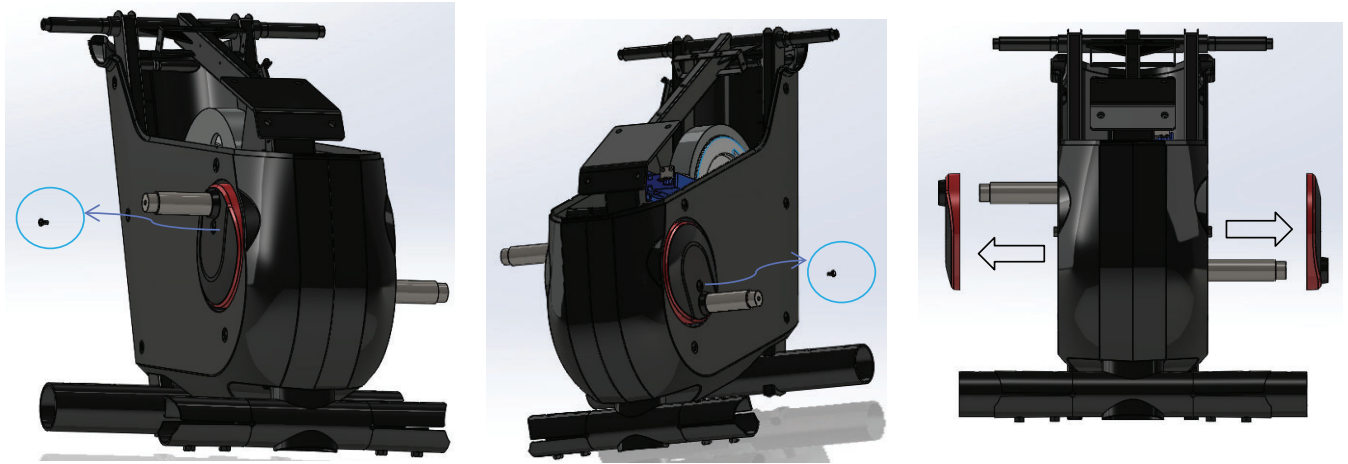


12. To remove the Left Mid Pedal Arm, use the dead blow hammer (or mallet) to strike it on the surface closer to the main frame alternately on either side of the bearing housing until you drive it off the Crank arm. Set the old Mid Pedal Arm safely aside.

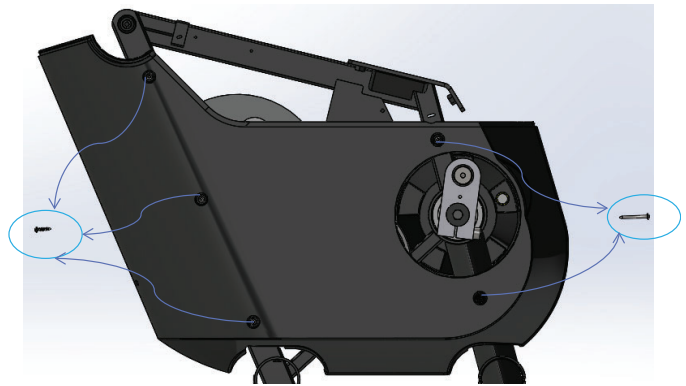
**Note:** It may be helpful to rotate the Mid Pedal Arm to allow easier access to the other side of the bearing housing. Be sure the Mid Pedal Arm stays aligned on the Crank arm as you remove it, to avoid damage to the Crank.



13. Using a #2 Phillips screwdriver, remove the indicated screws from the Left Crank Shroud. Remove the Crank Shrouds and set them safely aside.

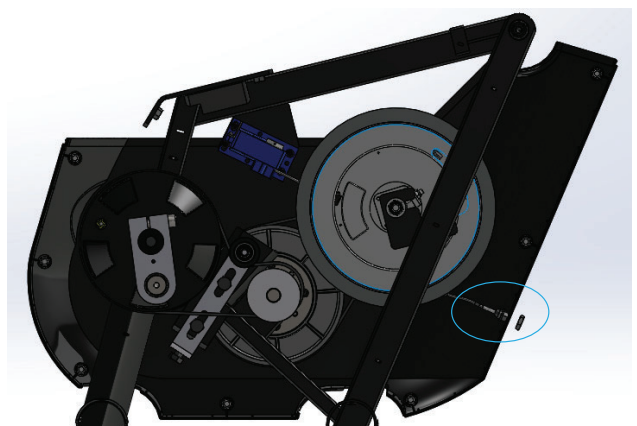


14. Using a #2 Phillips screwdriver, remove the 5 indicated screws from the Left Lower Shroud. Carefully remove the Left Lower Shroud and separate it from the Right Lower Shroud.



15. Using a 17mm open end wrench, loosen and remove the indicated nut from the Left Lower Shroud. Carefully pull the Power Inlet plug out of the hole toward the inside of the Shroud.

**NOTICE:** Observe the routing of the Power Inlet wire to the Servo Motor on the right side of the frame.

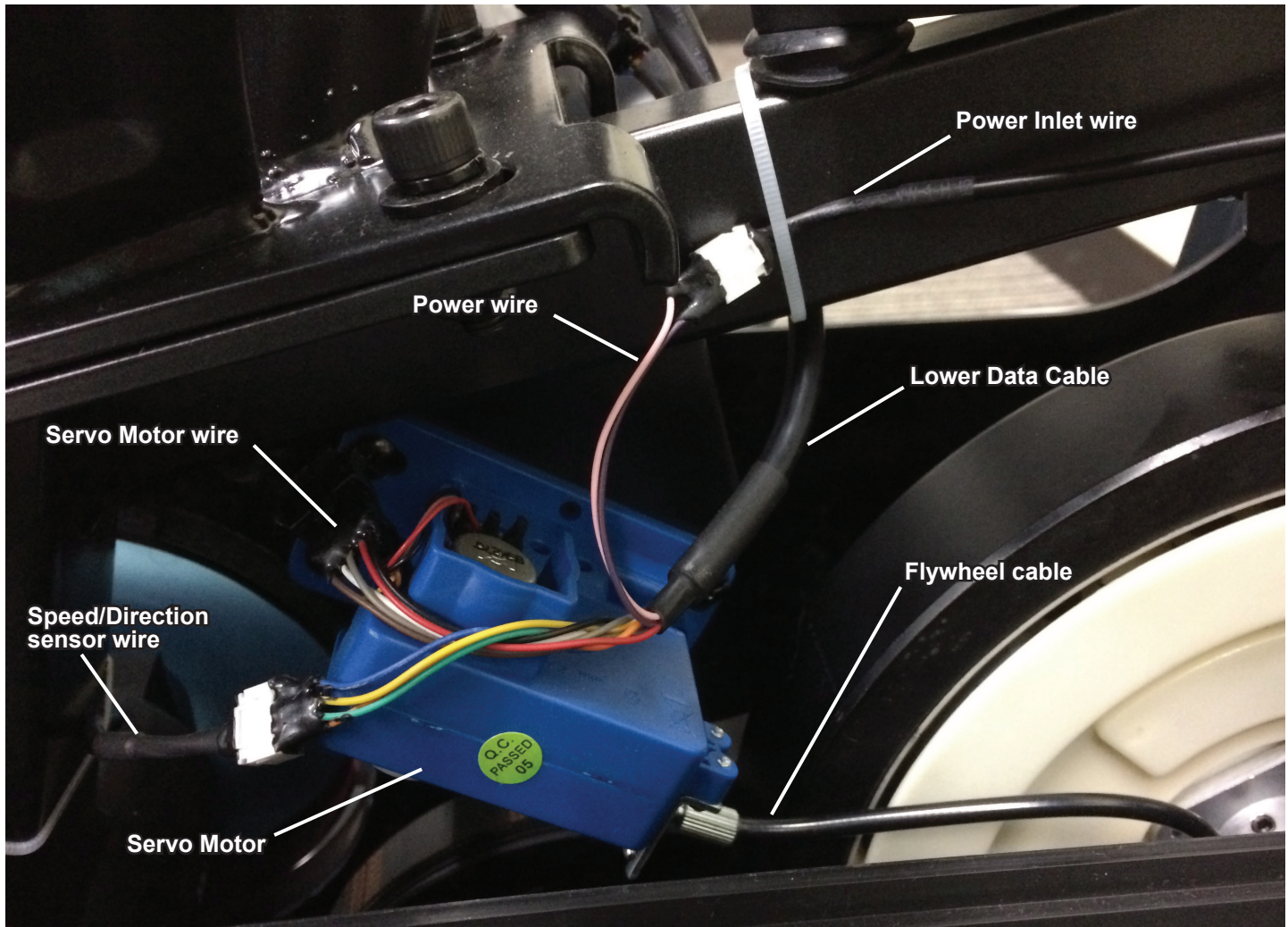




16. Carefully disconnect the Power Inlet wire from the Lower Data Cable. Remove the old Power Inlet assembly and set it safely aside.

*NOTICE:* Do not crimp the cables.

**LX5 engine shown**



17. Insert the new Power Inlet cable connector into the Left Lower Shroud. Using a 17mm wrench, tighten the nut to secure the power cable connector.

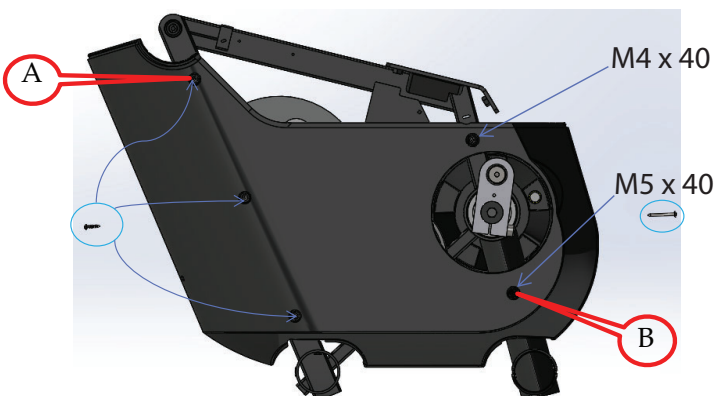
18. Carefully route the new Power Inlet wire and connect the Power Inlet cable connector to the Lower Data Cable.

*NOTICE:* Be sure the connectors lock. Do not crimp the cables.

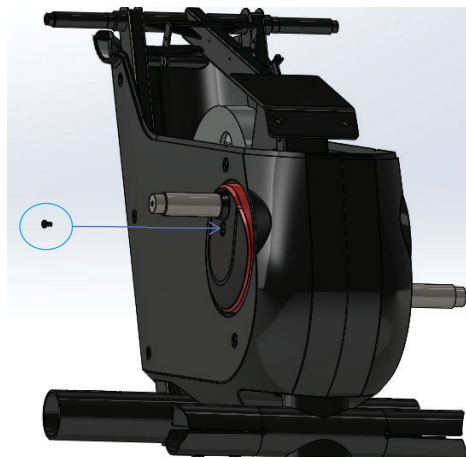


19. Align the Left Lower Shroud with the push fasteners on the Right Lower Shroud and move the Left Lower Shroud into position. Push the Shrouds together so that the Push Fasteners are fully seated.

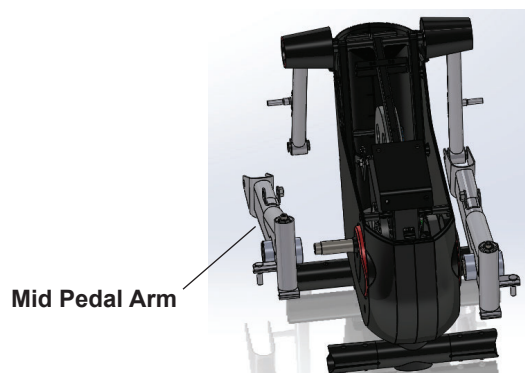
Using a Phillips screwdriver, attach the Left Lower Shroud to the main frame. First, tighten the screw in position A, then tighten the screw in position B, and then tighten the screws in the other positions. )



20. Using a #2 Phillips screwdriver, re-install the Crank Shrouds.

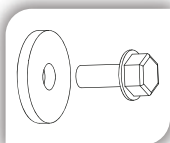


21. Put the new Left Mid Pedal Arm on the Crank and push it on by hand, wiggling it until it goes on as far as possible.

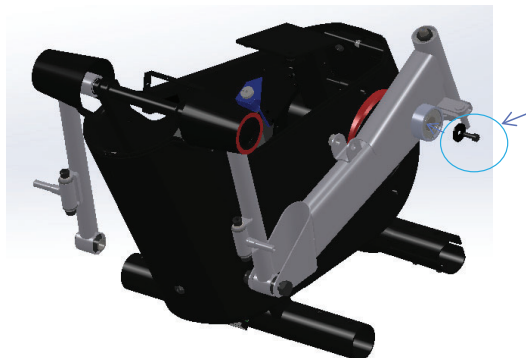


22. Finger tighten the screw and washer to attach the Mid Pedal Arm. Using the appropriate tool, tighten the hardware to secure the Mid Pedal Arm to the Crank.

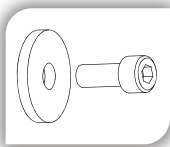
—Use a 13mm socket or box end wrench:



or

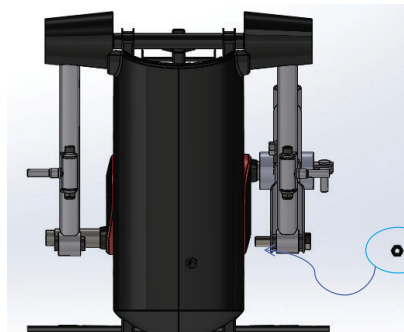
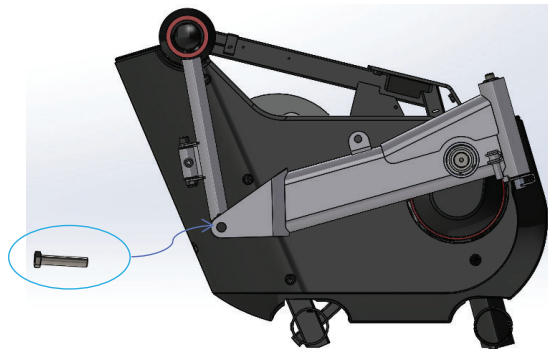


—Use a 6mm hex key:



Install the Endcap.

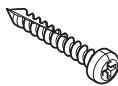
23. Move the Swing Arm end into the Mid Pedal Arm bracket. Using two 8" or longer adjustable wrenches (or 24mm or 15/16" socket wrench and 24mm or 15/16" box wrench), install the indicated screw and nut. Completely tighten the nut, or torque to 120 Nm (89 ft-lb).



24. The remaining assembly steps are the reverse procedure.

**Note:** Put the Left Upper Shroud in position first. Align the Right Upper Shroud with the Push Fasteners and move the Right Shroud into position. Push the Shrouds together so that the Push Fasteners are fully seated. Using a #2 Phillips screwdriver, install the 6 screws.

Self-tapping screws attach the Shrouds to the Frame.



Re-install the Mast Gasket.

Be sure the Handlebar Links are tilted forward. Put the Wave Washers on the pivot rods.

**!** Be aware that the Handlebar Arms are top heavy, and will want to pivot when attached onto the Pivot Rod. Be sure to stay out of the path of the Handlebar.

Align the Handlebar Arm assembly with the pivot rod and attach the lower Handlebar Arm to the Handlebar Link

25. 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 Resistance Servo Motor on the Bowflex™ LateralX™ LX3, LX3i, LX5 and LX5i Lateral Trainers.

**If you need assistance, please contact Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: [www.nautilusinternational.com](http://www.nautilusinternational.com)**



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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**Disconnect all power to the machine before you service it.**

- 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 at any time the Warning labels become loose, unreadable or dislodged, replace the labels. If purchased in US/Canada, contact Customer Service for replacement labels. If purchased outside US/Canada, contact your local distributor for them.
- 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  
8mm hex wrench  
10mm hex wrench



#2 Phillips screwdriver



Flathead screwdriver



8mm open end wrench





**Disconnect all power to the machine before you service it.**

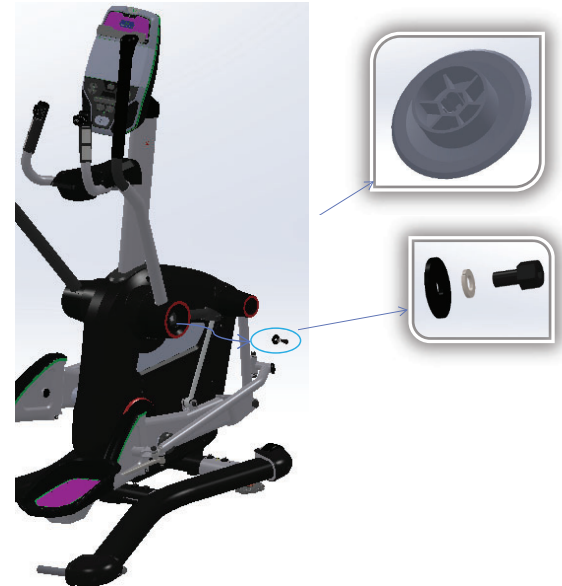
**Some components of the machine can be heavy or awkward. Use a second person when doing the assembly steps involving these parts. Do not do steps that involve heavy lifting or awkward movements on your own.**

**NOTICE:** Before starting the procedure, make sure that the Resistance level of the machine is set to zero (0).

**Note:** It is only necessary to remove parts from the side that you are replacing.

Your machine may not match the image (LX3 is shown). For reference only.

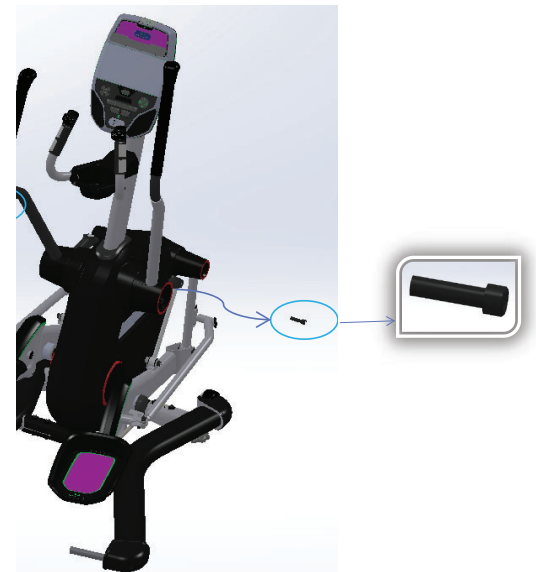
1. Remove the Pivot Bolt Cover from the Right Handlebar Arm. Using a 6mm hex wrench, remove the indicated hardware. Set the parts safely aside.



2. Using a 10mm hex wrench, remove the indicated Screw (by arrow) from the Right Handlebar Arm and Handlebar Link.



**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 to stay out of the path of the Handlebar Arm.**

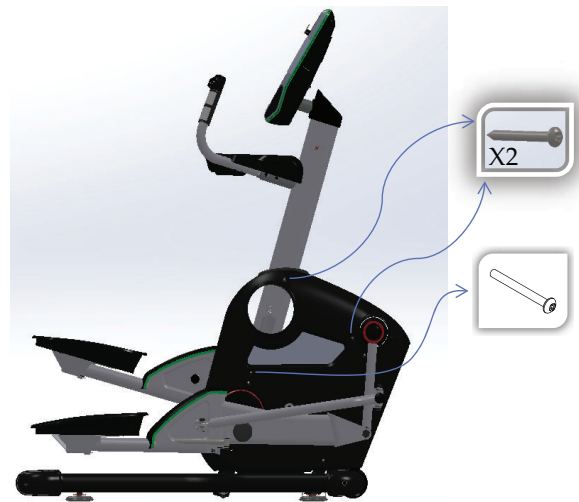


3. Remove the Right Handlebar Arm and Wave Washer. Set them safely aside.





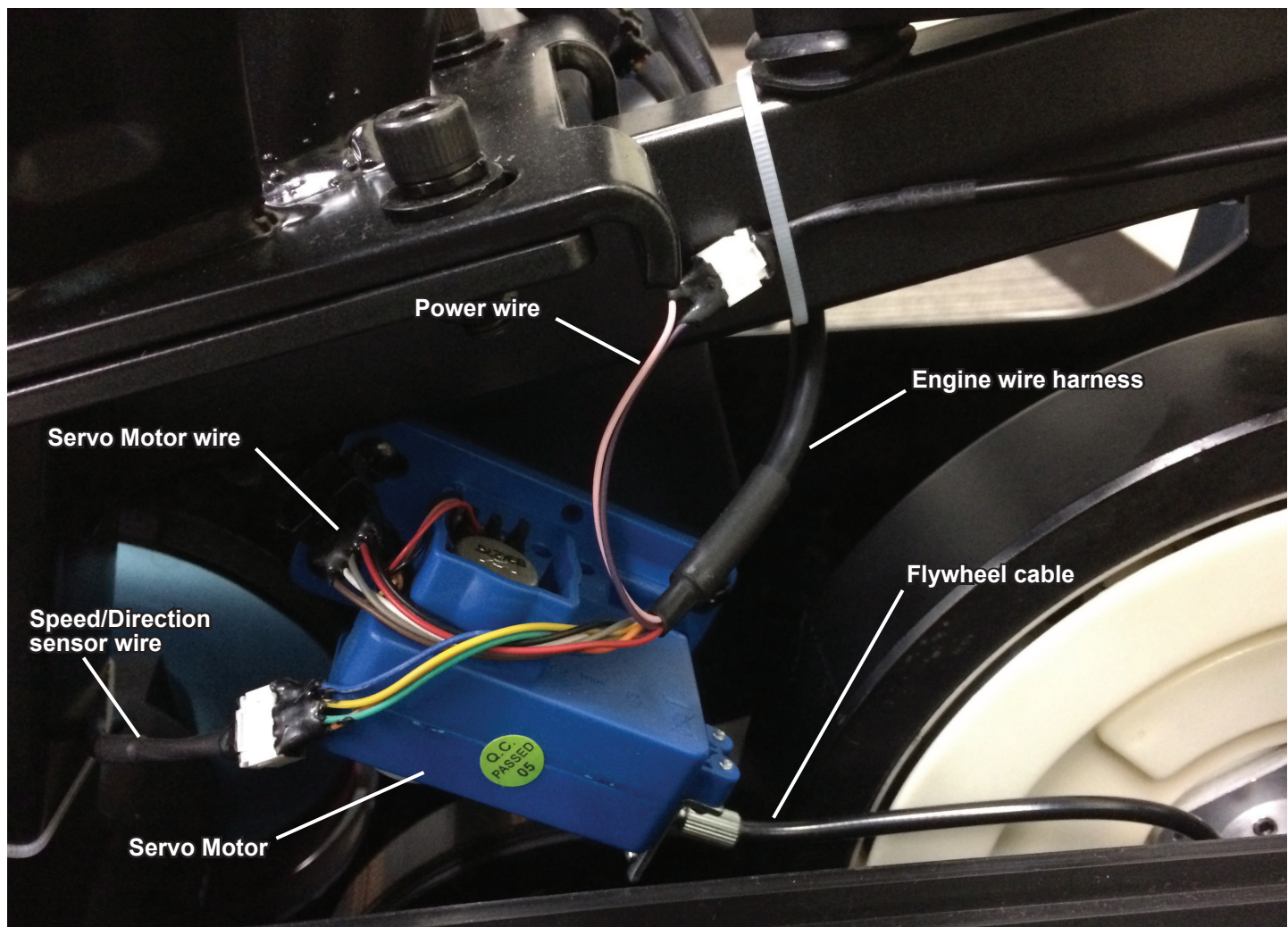
4. Using a #2 Phillips screwdriver, remove the 3 indicated screws (arrows) from the Right Upper Shroud. Set the screws safely aside for reassembly. Use a flathead screwdriver to separate the Shrouds at the push fasteners. Remove the Right Shroud, and set it safely aside.



5. Carefully disconnect the Servo Motor wire from the engine wire harness.

*NOTICE:* Do not crimp the cables.

**LX5 engine shown**



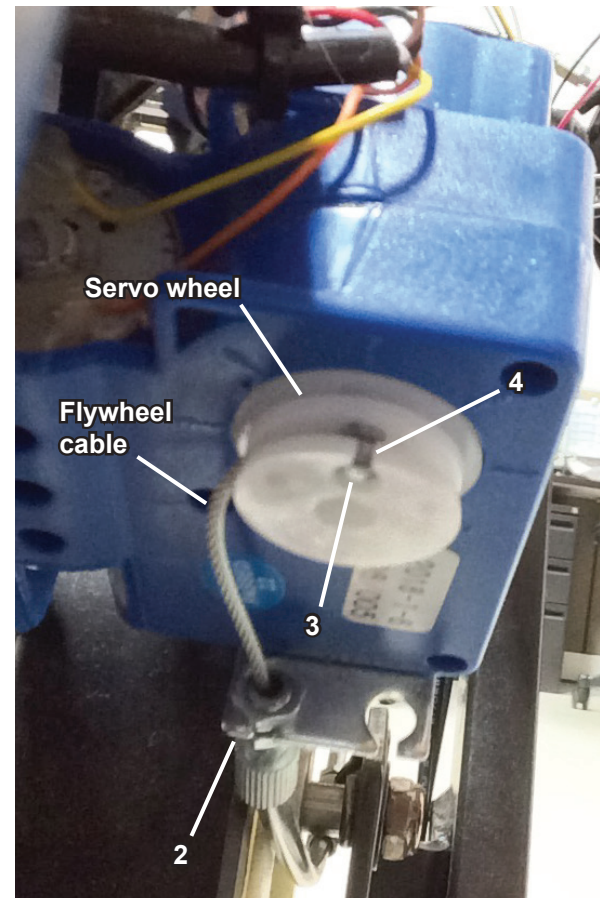


6. Using a #2 Phillips Screwdriver, remove the 4 screws that attach the Servo Motor to the frame. Remove the bottom screws (5a) first and then the top screws (5b). Set the screws safely aside.



7. Using an 8mm open end wrench, loosen the indicated nut (1) on the Flywheel cable two turns. Observe the routing of the cable around the white nylon servo wheel. Carefully pull the cable straight down out of the mounting bracket (2) and move the cable toward the servo wheel. Pull down to remove the “barrel” end (3) of the cable from its slot (4) on the servo wheel. Remove the Servo Motor. Set the old Servo Motor safely aside.

#### Flywheel cable routing



8. Carefully put the “barrel” end (3) of the Flywheel cable in the slot (4) on the servo wheel on the new Servo Motor. Be sure the cable’s path around the servo wheel is the same as it was on the old Servo Motor. Carefully push the cable into position in the mounting bracket (2). Using an 8mm open end wrench, tighten the nut (1) on the Flywheel cable to secure the cable.

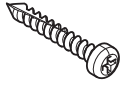
9. Using a #2 Phillips Screwdriver, attach the new Servo Motor to the frame. Install the top screws (5b) first and then the bottom screws (5a).

10. Carefully connect the Servo Motor cable to the engine cable harness.

**NOTICE:** Align the clips on the cable connectors and make sure the connectors lock. Do not crimp the cables.

11. The remaining assembly steps are the reverse procedure.

**Note:** Put the Right Upper Shroud in position. Align the Push Fasteners. Push the Shrouds together so that the Push Fasteners are fully seated. Using a #2 Phillips screwdriver, re-install the 3 screws. Self-tapping screws attach the Shroud to the Frame.



Re-install the Mast Gasket.

Be sure the Handlebar Link is tilted forward. Put the Wave Washer on the pivot rod.

**!** Be aware that the Handlebar Arms are top heavy, and will want to pivot when attached onto the Pivot Rod. Be sure to stay out of the path of the Handlebar.


Align the Handlebar Arm assembly with the pivot rod and attach the lower Handlebar Arm to the Handlebar Link using a 10mm hex wrench. Slide the Handlebar Arm assembly fully onto the pivot rod and install the hardware using a 6mm hex wrench. Re-install the Pivot Bolt Cover.

12. 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 Dual Speed/Direction Sensor assembly on the Bowflex™ LateralX™ LX3, LX3i, LX5 and LX5i Lateral Trainers.

**If you need assistance, please contact Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: [www.nautilusinternational.com](http://www.nautilusinternational.com)**

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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.
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- 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 at any time the Warning labels become loose, unreadable or dislodged, replace the labels. If purchased in US/Canada, contact Customer Service for replacement labels. If purchased outside US/Canada, contact your local distributor for them.
- 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  
10mm hex wrench



#2 Phillips screwdriver



Flathead screwdriver





**Disconnect all power to the machine before you service it.**

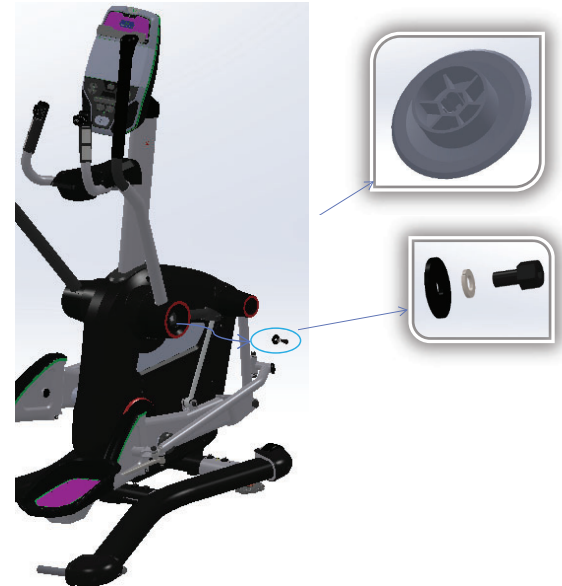
**Some components of the machine can be heavy or awkward. Use a second person when doing the assembly steps involving these parts. Do not do steps that involve heavy lifting or awkward movements on your own.**

**NOTICE:** Before starting the procedure, make sure that the Resistance level of the machine is set to zero (0).

**Note:** It is only necessary to remove parts from the side that you are replacing.

Your machine may not match the image (LX3 is shown). For reference only.

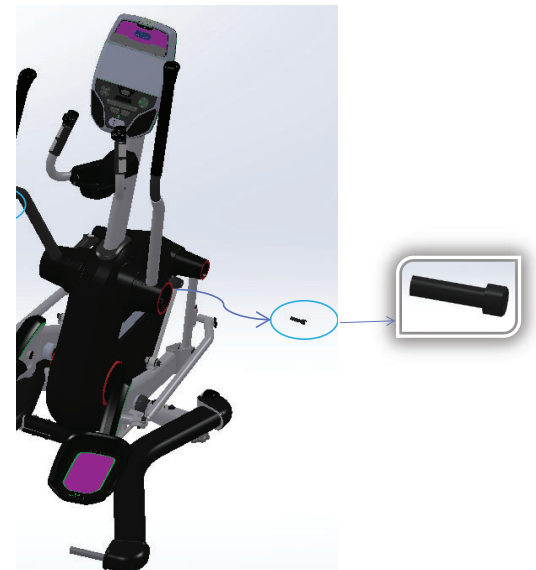
1. Remove the Pivot Bolt Cover from the Right Handlebar Arm. Using a 6mm hex wrench, remove the indicated hardware. Set the parts safely aside.



2. Using a 10mm hex wrench, remove the indicated Screw (by arrow) from the Right Handlebar Arm and Handlebar Link.



**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 to stay out of the path of the Handlebar Arm.**

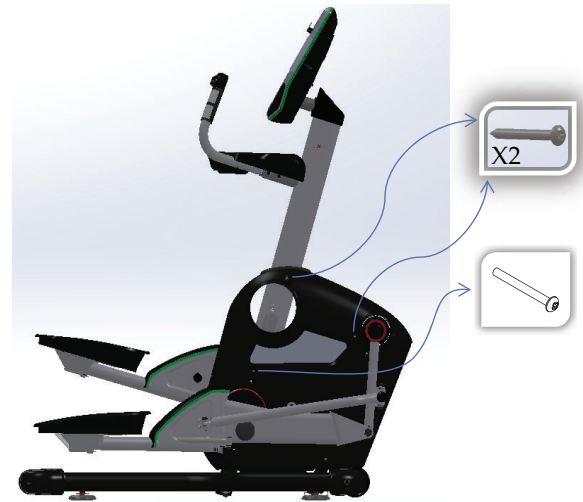


3. Remove the Right Handlebar Arm and Wave Washer. Set them safely aside.





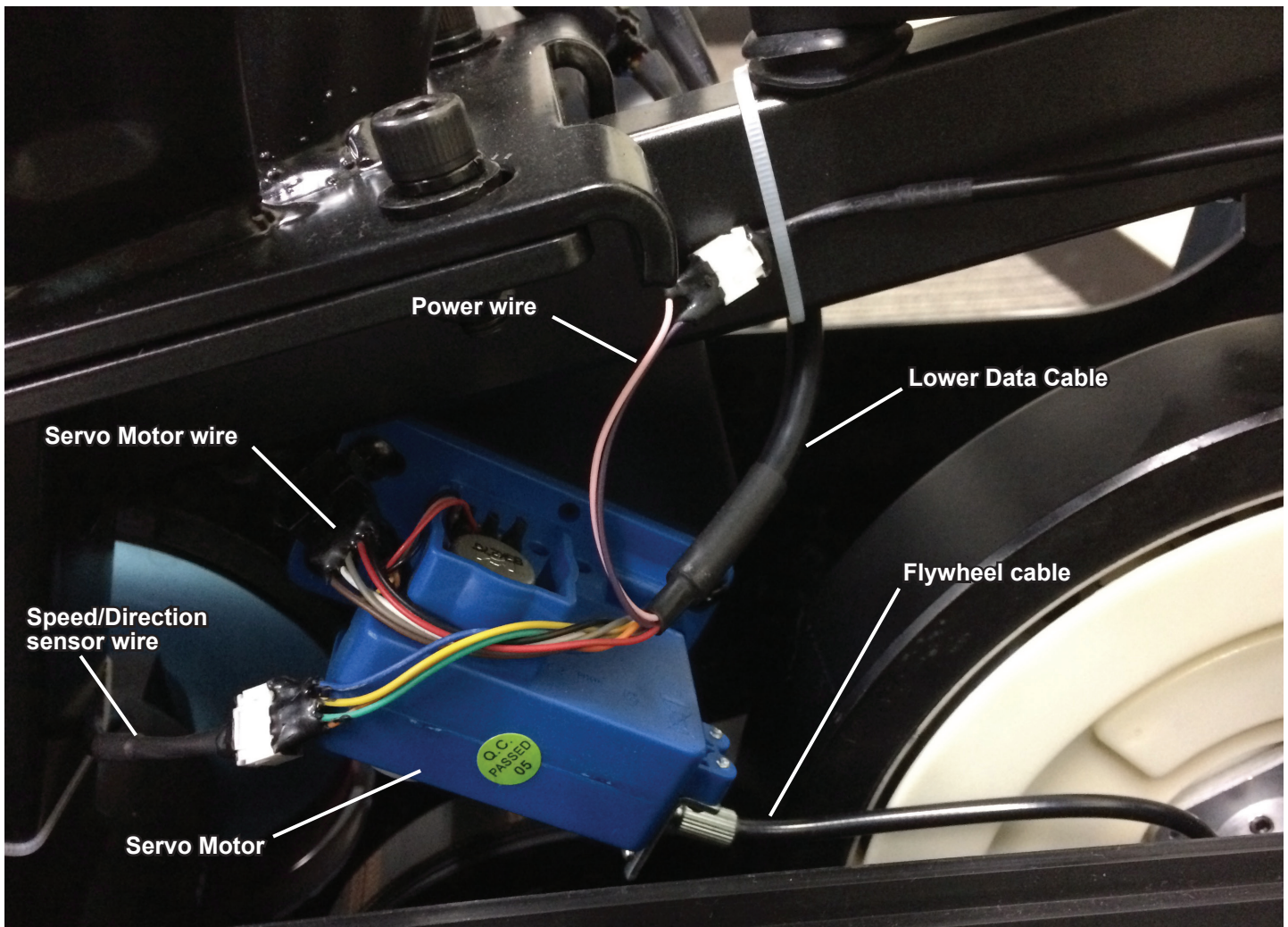
4. Using a #2 Phillips screwdriver, remove the 3 indicated screws (arrows) from the Right Upper Shroud. Set the screws safely aside for reassembly. Use a flathead screwdriver to separate the Shrouds at the push fasteners. Remove the Right Shroud, and set it safely aside.



5. Carefully disconnect the Speed/Direction Sensor wire from the Lower Data Cable.

**NOTICE:** Do not crimp the cables. Observe the routing of the Speed/Direction Sensor wire to the Dual Speed/Direction Sensor on the rear frame below the Console Mast.

**LX5 engine shown**

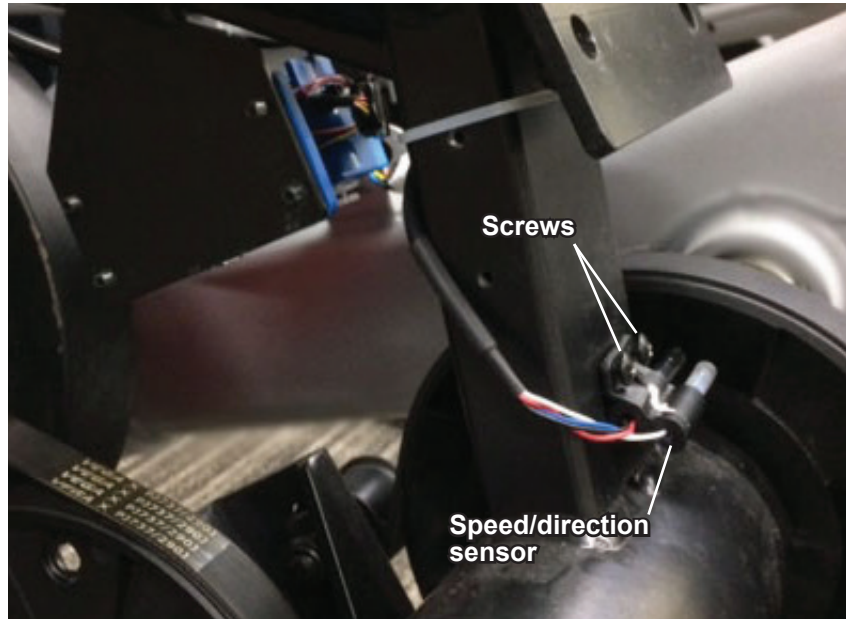


6. Using a #2 Phillips Screwdriver, remove the 2 screws that attach the Speed/Direction Sensor to the frame, and set them safely aside. Remove the old Speed/Direction Sensor and set it safely aside.

7. Using a #2 Phillips Screwdriver, attach the new Speed/Direction Sensor to the frame.

**NOTICE:** Do not crimp the cables. Be sure the routing for the new Speed/Direction Sensor wire and other wiring is correct to prevent interference from moving parts.

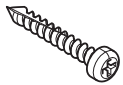
**Note:** Before fully attaching the Shrouds, verify that the Speed/Direction Sensor and Speed Sensor Magnet on the Drive Pulley do not touch.



8. The remaining assembly steps are the reverse procedure.

**Note:** Put the Right Upper Shroud in position. Align the Push Fasteners. Push the Shrouds together so that the Push Fasteners are fully seated. Using a #2 Phillips screwdriver, re-install the 3 screws.

Self-tapping screws attach the Shroud to the Frame.



Re-install the Mast Gasket.

Be sure the Handlebar Link is tilted forward. Put the Wave Washer on the pivot rod.

**!** Be aware that the Handlebar Arms are top heavy, and will want to pivot when attached onto the Pivot Rod. Be sure to stay out of the path of the Handlebar.

Align the Handlebar Arm assembly with the pivot rod and attach the lower Handlebar Arm to the Handlebar Link using a 10mm hex wrench. Slide the Handlebar Arm assembly fully onto the pivot rod and install the hardware using a 6mm hex wrench. Re-install the Pivot Bolt Cover.

9. 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 Swing Arms on the Bowflex™ LateralX™ LX3 and LX3i Lateral Trainers.

**If you need assistance, please contact Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: [www.nautilusinternational.com](http://www.nautilusinternational.com)**

 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:

 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.

**Disconnect all power to the machine before you service it.**

- 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 at any time the Warning labels become loose, unreadable or dislodged, replace the labels. If purchased in US/Canada, contact Customer Service for replacement labels. If purchased outside US/Canada, contact your local distributor for them.
- 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)

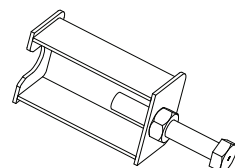
6mm hex wrench  
10mm hex wrench



#2 Phillips screwdriver



Lateral Link Puller



(2) 8" or longer adjustable wrenches  
or 24mm (or 15/16") socket wrench and  
24mm (or 15/16") box end wrench







**Disconnect all power to the machine before you service it.**

**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.**

**Note:** Your machine may not match the image (LX3 is shown). For reference only.

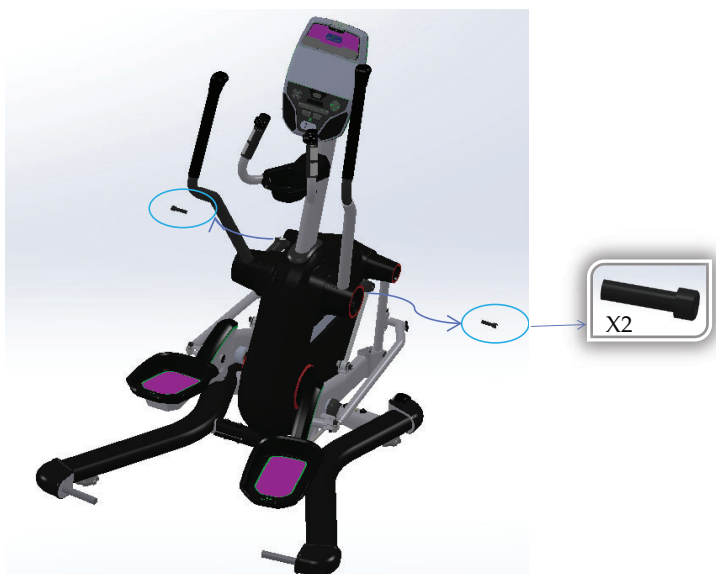
1. Remove the Pivot Bolt Covers from the Handlebar Arms. Using a 6mm hex wrench, remove the indicated hardware. Set them safely aside.



2. Using a 10mm hex wrench, remove the indicated Screws (by arrow) from the Handlebar Arms and Handlebar Links.



**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 to stay out of the path of the Handlebar Arm.**



3. Remove the Handlebar Arms and Wave Washers. Set them safely aside.

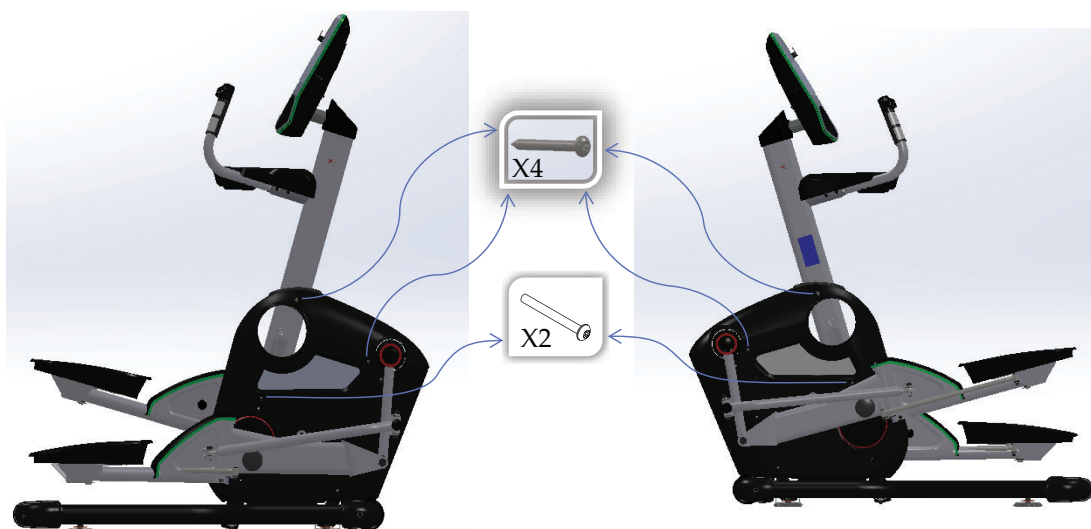




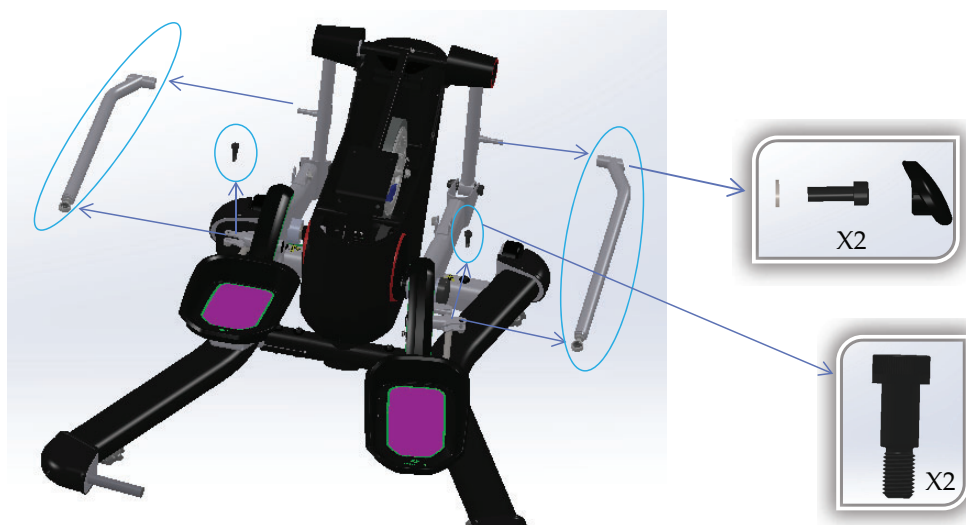
4. Using a 10mm hex wrench, remove the indicated Screws (by arrow) and remove the Handlebar Links.



5. Using a #2 Phillips screwdriver, remove the 6 indicated screws (arrows) from the Upper Shrouds. Use a flathead screwdriver to separate the Shrouds at the push fasteners. Remove the Shrouds and Mast Gasket, and set them safely aside.

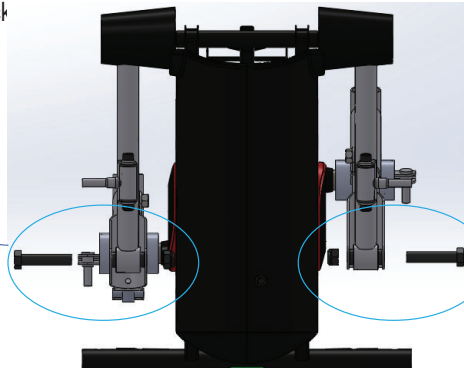


6. Remove the Lateral Link Endcaps. Using a 6mm hex wrench, remove the indicated hardware. Using the Lateral Link Puller tool, remove the Lateral Links.

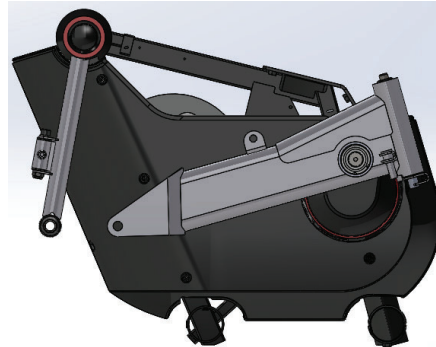


7. Using two 8" or longer adjustable wrenches (or 24mm or 15/16" sock wrench and 24mm box wrench), remove the indicated screw and nut.

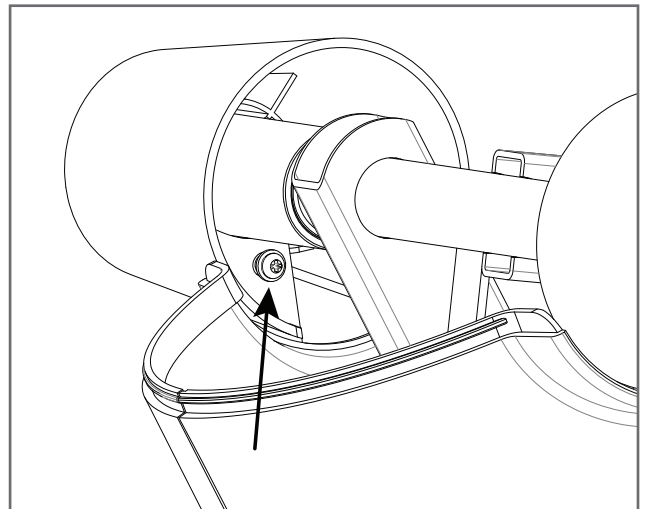
**Note:** The hardware is very tight (factory installed).



**Pivot** the Swing Arms toward the front.



8. Using a #2 Phillips screwdriver, remove the indicated screw and washer. Remove the Pivot Shroud. Set them safely aside.



9. Using an 8mm hex wrench, remove the indicated screw and washer, and set them safely aside. Remove the Swing Arm.

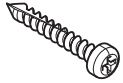


10. Installation is the reverse procedure.

**Note:** Installation of the Lateral Links does not require the Lateral Link Puller.

Put the Left Upper Shroud in position first. Align the Right Upper Shroud with the Push Fasteners and move the Right Shroud into position. Push the Shrouds together so that the Push Fasteners are fully seated. Using a #2 Phillips screwdriver, install the 6 screws.

Self-tapping screws attach the Shrouds to the Frame.



Re-install the Mast Gasket.

Be sure the Handlebar Links are tilted forward. Put the Wave Washers on the pivot rods.

**⚠ Be aware that the Handlebar Arms are top heavy, and will want to pivot when attached onto the Pivot Rod. Be sure to stay out of the path of the Handlebar.**

Align the Handlebar Arm assembly with the pivot rod and attach the lower Handlebar Arm to the Handlebar Link

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.**