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NOTICE: This document provides important safety instructions, adjustments, and general troubleshooting information for the maintenance of the Bowflex Max Trainer® M7.

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



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

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Important Safety Instructions



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

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



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

⚠ DANGER

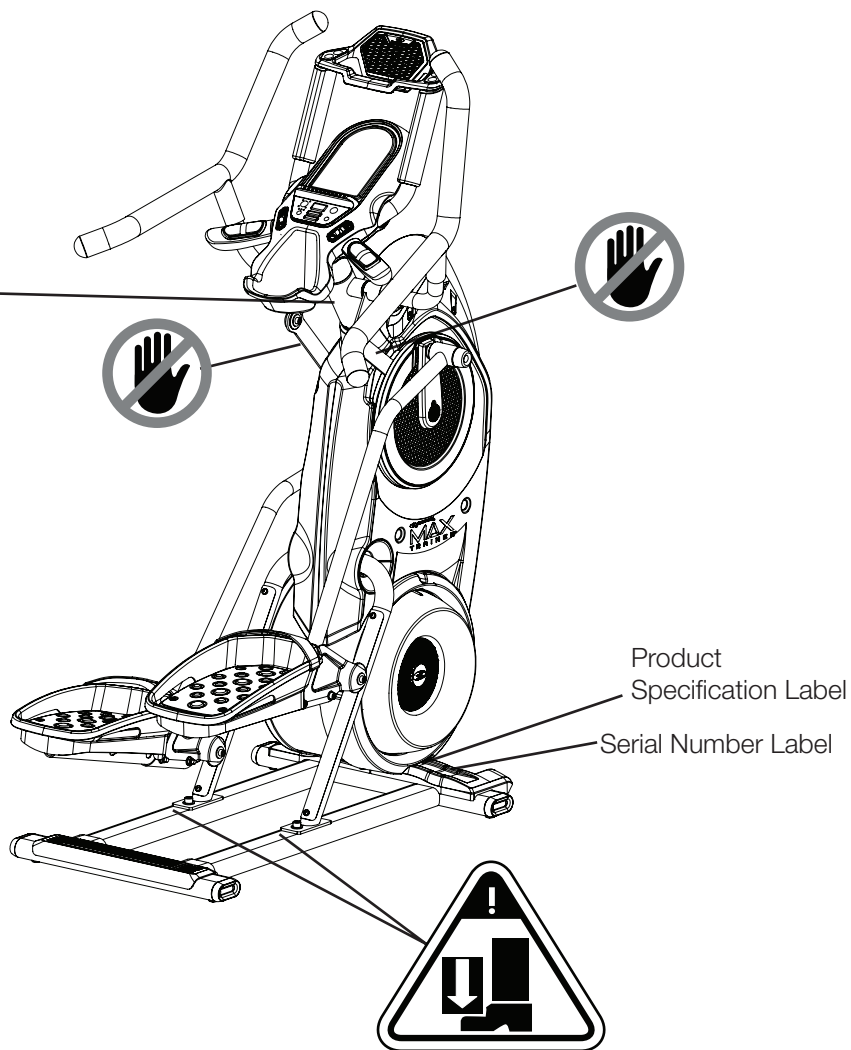
To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and/or the machine and wait 5 minutes before cleaning, maintaining or repairing the machine. Place the power cord in a secure location.

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

SAFETY WARNING LABELS AND SERIAL NUMBER

WARNING!

1. Prior to use, read and understand the Owner's Manual, including all Warnings.
2. Inspect product before use. Do not use if any parts are in need of repair.
3. Keep children and pets away from this machine at all times.
4. Not intended for use by anyone under 14 years of age.
5. This machine is for Home use only.
6. Use Caution when you use this equipment or serious injury can occur.
7. The maximum user weight for this machine is 136 Kg (300 lbs).
8. Replace any "Caution", "Warning" or "Danger label that is illegible, damaged, or removed.
9. The heart rate displayed on the console is an approximation and should be used for reference only.
10. The Target LED Range is a suggested workout level, and should only be followed if your physical fitness level allows. Cease exercise if you feel faint or dizzy.
11. Consult a physician prior to using any exercise equipment.



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.

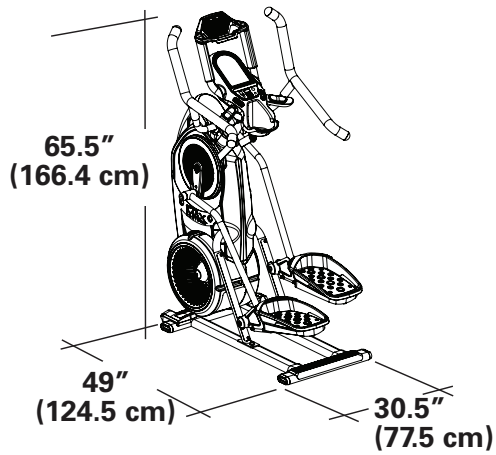
The machine and power supply comply with part 15 of the FCC rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Note: This machine and power supply have been tested and found to comply with the limits for a Class A 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.

SPECIFICATIONS



Maximum User Weight: 300 lbs. (136 kg)
Maximum Pedal Height: 19.1 inches (48.5 cm)

Power Requirements:

Operational Voltage: 9VDC
Operating Current: 1500 mA
Heart Rate Chest Strap: 1 CR2032 battery

Assembled Weight: approximately 148 lbs (67.1 kg)

Regulatory Approvals:

AC Power Adapter: UL listed, CSA certified (or equivalent), Rated 120V 60Hz Input, 9VDC, 1500mA Output. Class 2 or LPS.

Moving the Machine

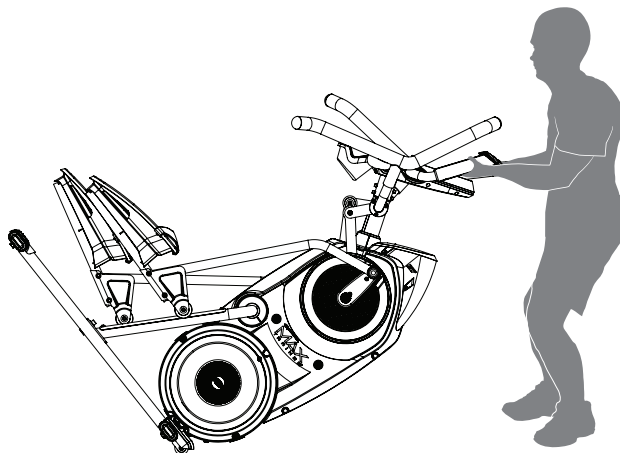
! The machine may be moved by one or more persons depending on their physical abilities and capacities. Make sure that you and others are all physically fit and able to move the machine safely.

1. Grasp the Aero Bars to carefully tilt the machine toward you onto the transport rollers. Be sure not to grab the Media Shelf.

! Be aware of the Handlebars and the weight of the machine before tilting the machine.

2. Push the machine into position.
3. Carefully lower the machine into position.

NOTICE: Be careful when you move the machine. All abrupt motions can affect the computer operation.



Leveling the Machine

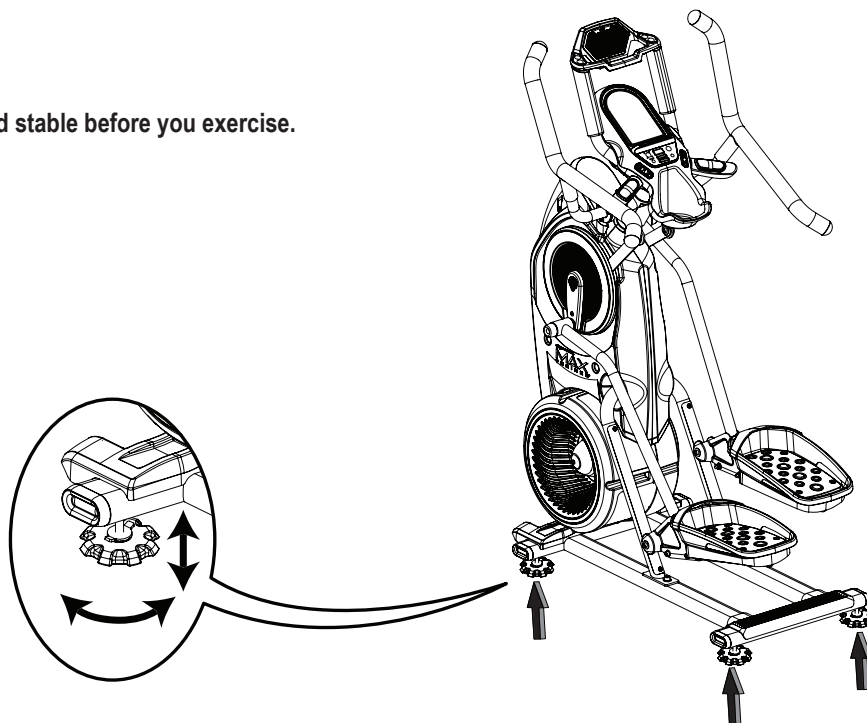
The machine needs to be leveled if your workout area is uneven or if the Rail Assembly is slightly off the floor. To adjust:

1. Place the machine in your workout area.
2. Loosen the locking nuts and adjust the levelers until they are evenly balanced in contact with 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. Tighten the locking nuts.

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



Connectivity on your Bowflex Max Trainer® machine

The Bowflex Max Trainer® M7 cardio machine is equipped with Bluetooth® connectivity and can wirelessly sync with the “Bowflex Max Trainer®” Fitness App on supported devices.

Fitness App (“Bowflex Max Trainer® 2”)

The Bowflex Max Trainer® 2 App syncs with your Bowflex Max Trainer® M7 to track total calories burned, time, watts, and more. Records and stores every workout for quick reference. Plus, it automatically syncs your workout data with MyFitnessPal® to make hitting your daily goals easier than ever! Track your results and share with friends and family.

1. Download the free software App, named “Bowflex Max Trainer® 2”. The software app is available on the App Store and Google Play™.
2. Follow the instructions on the App to sync your device to the Bowflex Max Trainer® cardio machine.

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

! Equipment must be regularly examined for damage and repairs. The owner is responsible to make sure that regular maintenance is done. Worn or damaged components must be repaired or replaced immediately. Only manufacturer supplied components can be used to maintain and repair the equipment.

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

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

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

Note: Avoid excessive moisture on the Console.

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

Note: Do not use petroleum based products.

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

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

Replace Batteries in Chest Strap

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

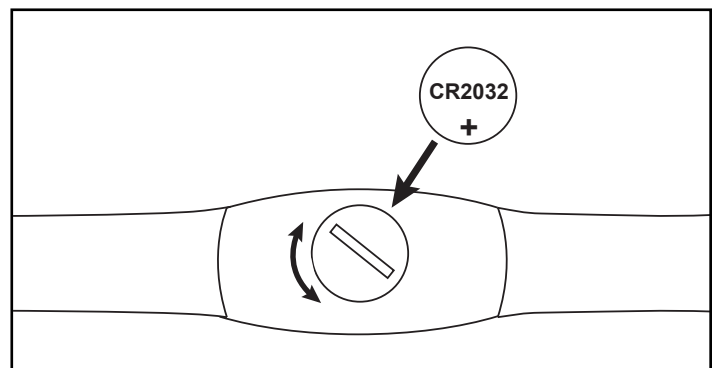
! Do not perform this procedure outdoors or in moist or wet locations.

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

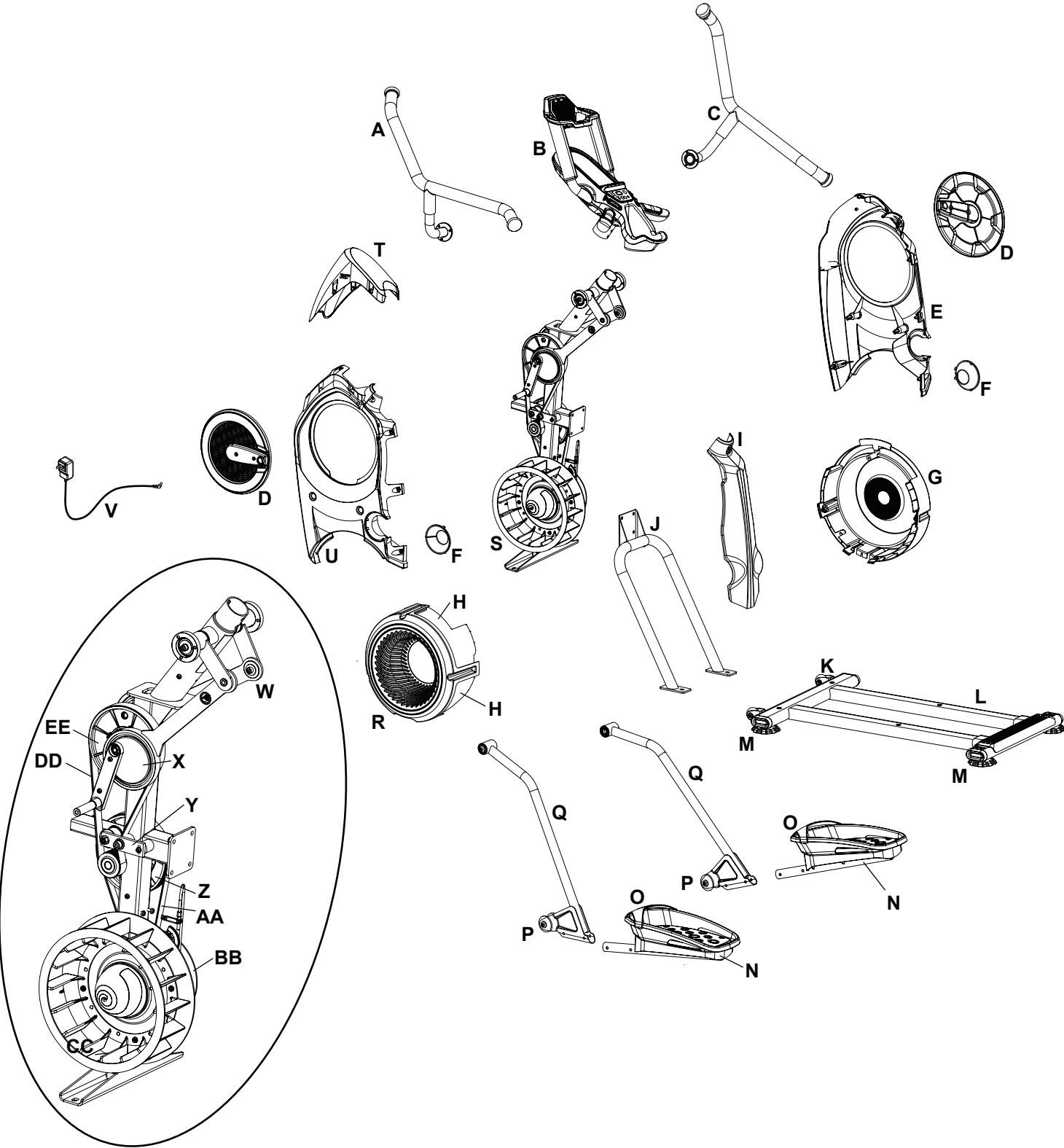
Note: The chest strap uses CR2032 size batteries.

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

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



Maintenance Parts

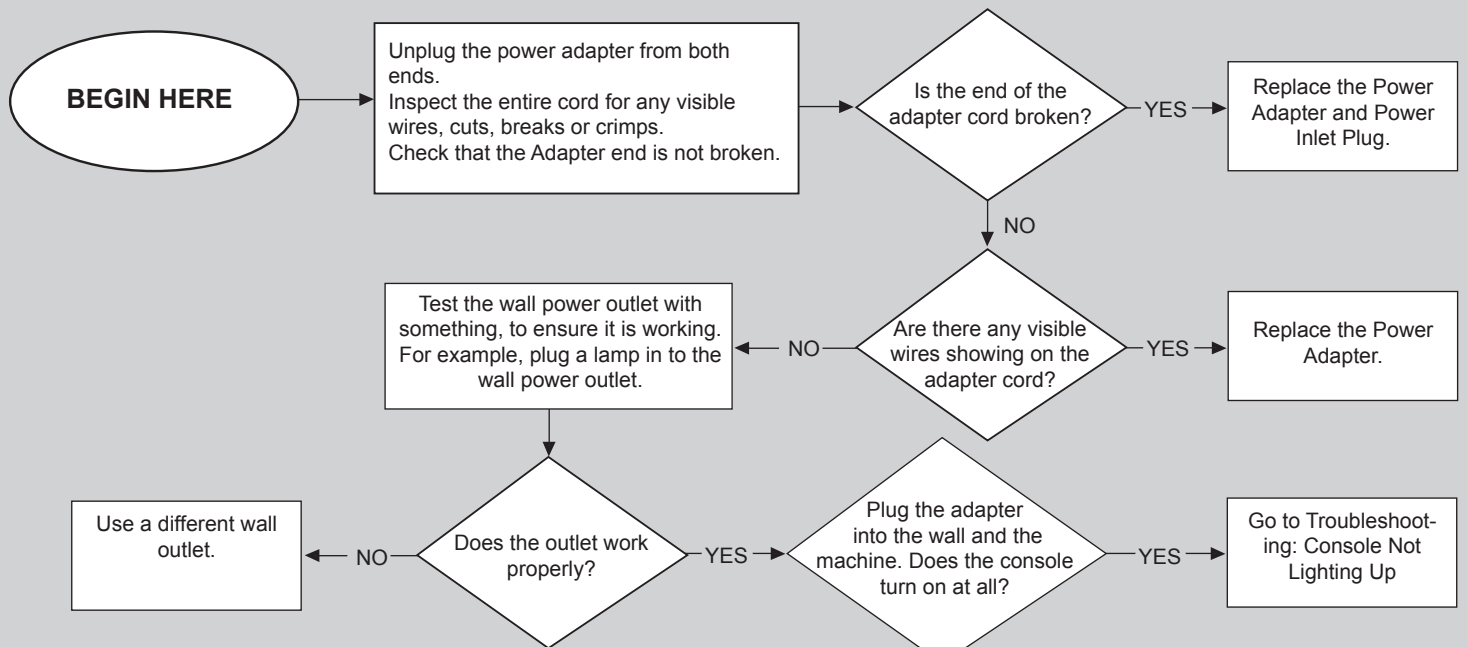


A	Dynamic Handlebar, Left	L	Stabilizer	W	Handlebar Pivot Assembly
B	Console Assembly (w/Aerobars)	M	Leveler	X	Crank Arm
C	Dynamic Handlebar, Right	N	Pedal	Y	Tensioner
D	Crank Cover	O	Foot Pad	Z	Drive Pulley, Lower
E	Shroud, Right	P	Roller	AA	Fan Belt
F	Cap	Q	Leg	BB	Disc Brake
G	Shroud, Right Fan	R	Shroud, Left Fan	CC	Speed Sensor (behind Fan)
H	Fan Assembly Inserts	S	Fan Assembly	DD	Drive Belt
I	Shroud, Rear	T	Upper Shroud	EE	Drive Pulley, Upper
J	Rail Assembly	U	Shroud, Right		
K	Transport Wheel	V	Power Adapter		

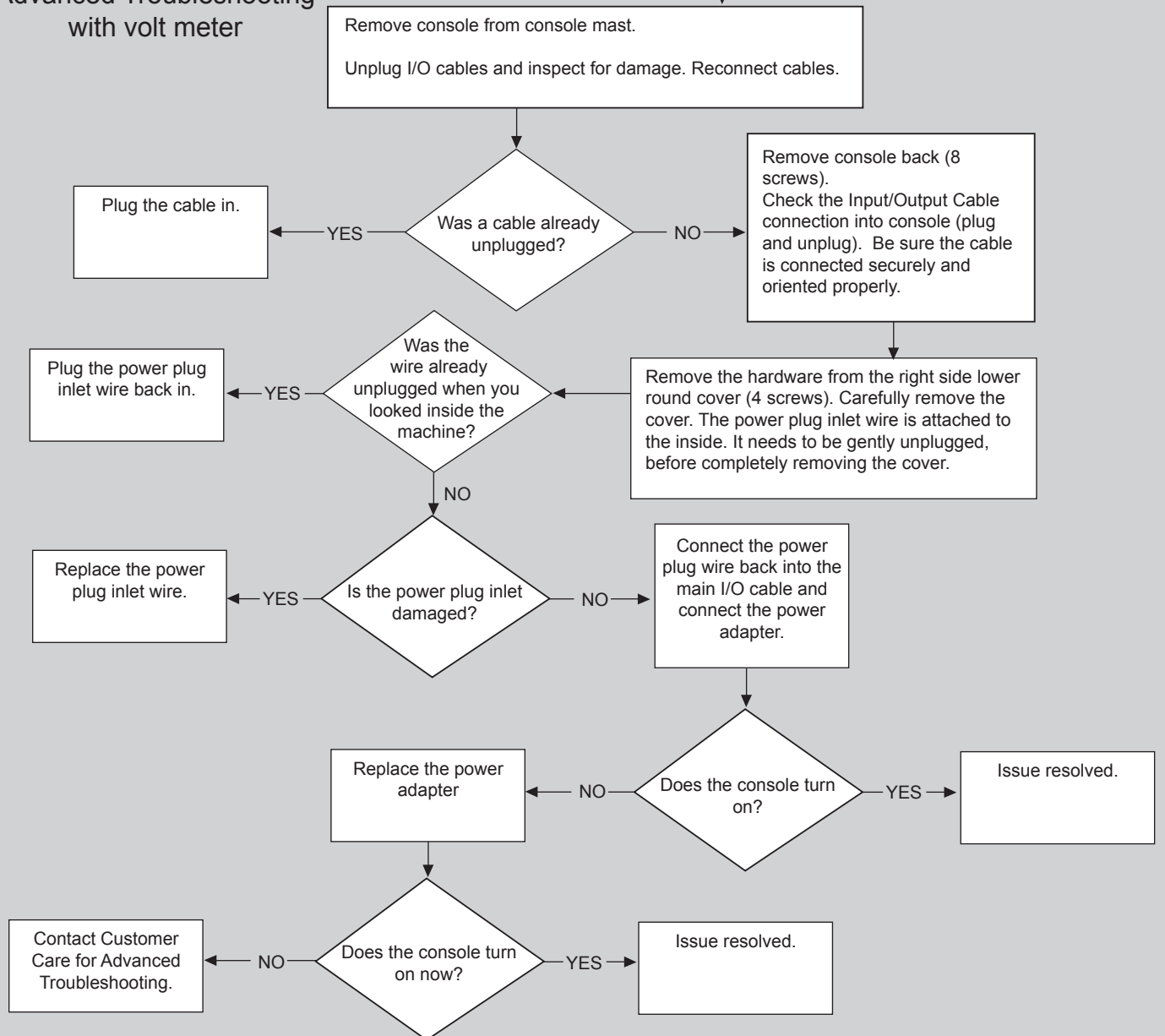
Troubleshooting - Sections

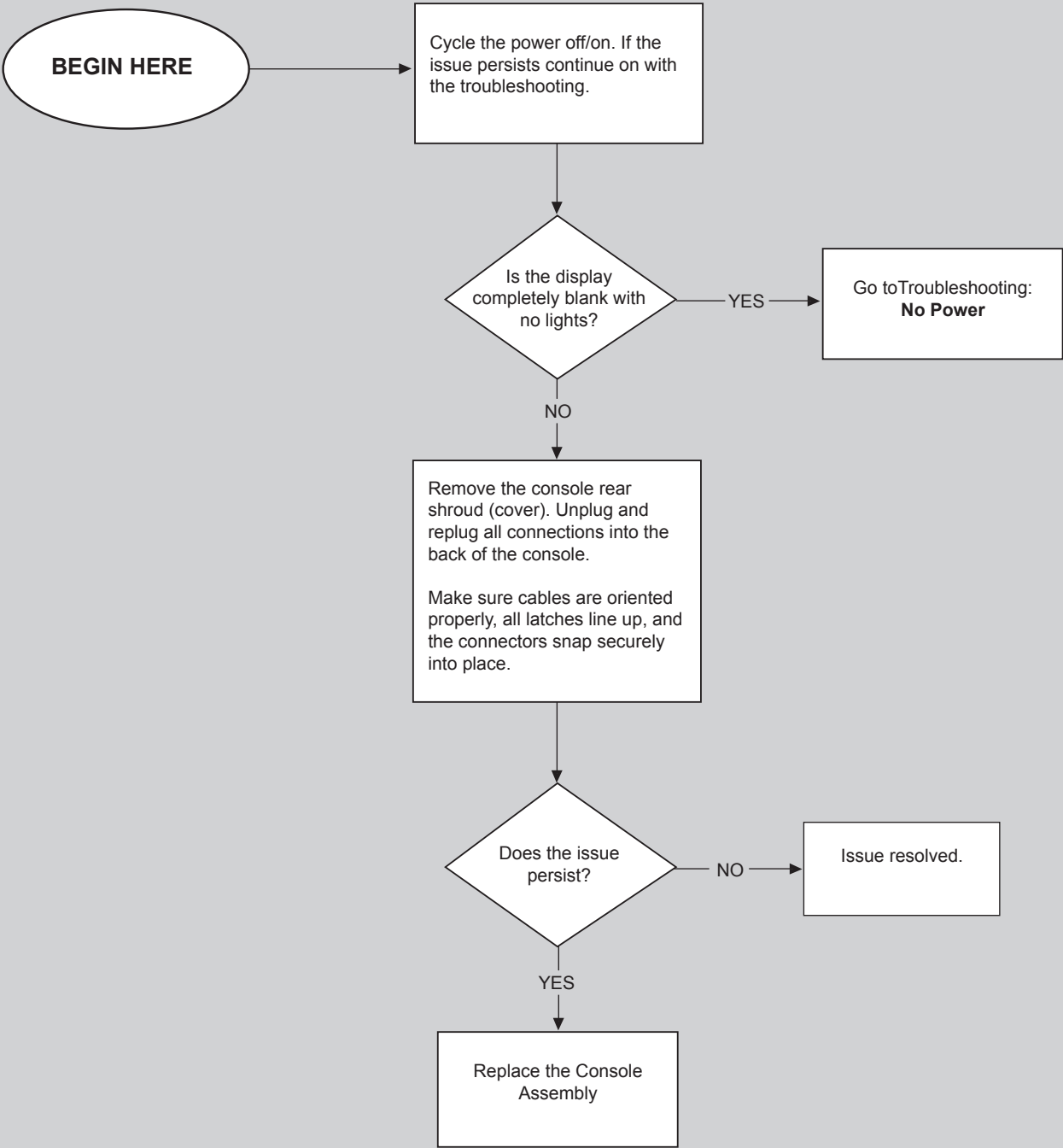
- A. No Power / Display Will Not Turn On
- B. Buttons Do Not Respond
- C. Needle Does Not Move or Machine Goes to Sleep While in Use
- D. Resistance Does Not Respond
- E. Machine Seized Up
- F. Console Does Not Light Up Completely
- G. Machine Slips During Use
- H. Rollers and Pedals
- I. Noises - Main
- J. - Metallic Grinding or Scraping
- K. - Rubbing / Belt
- L. - Clicking, Clunking or Knocking
- M. - Squeaking, Squealing or Chirping
- N. Telemetric Heart Rate
- O. Contact Heart Rate
- P. Upper (Drive) Pulley

No Power / Display Will Not Turn On

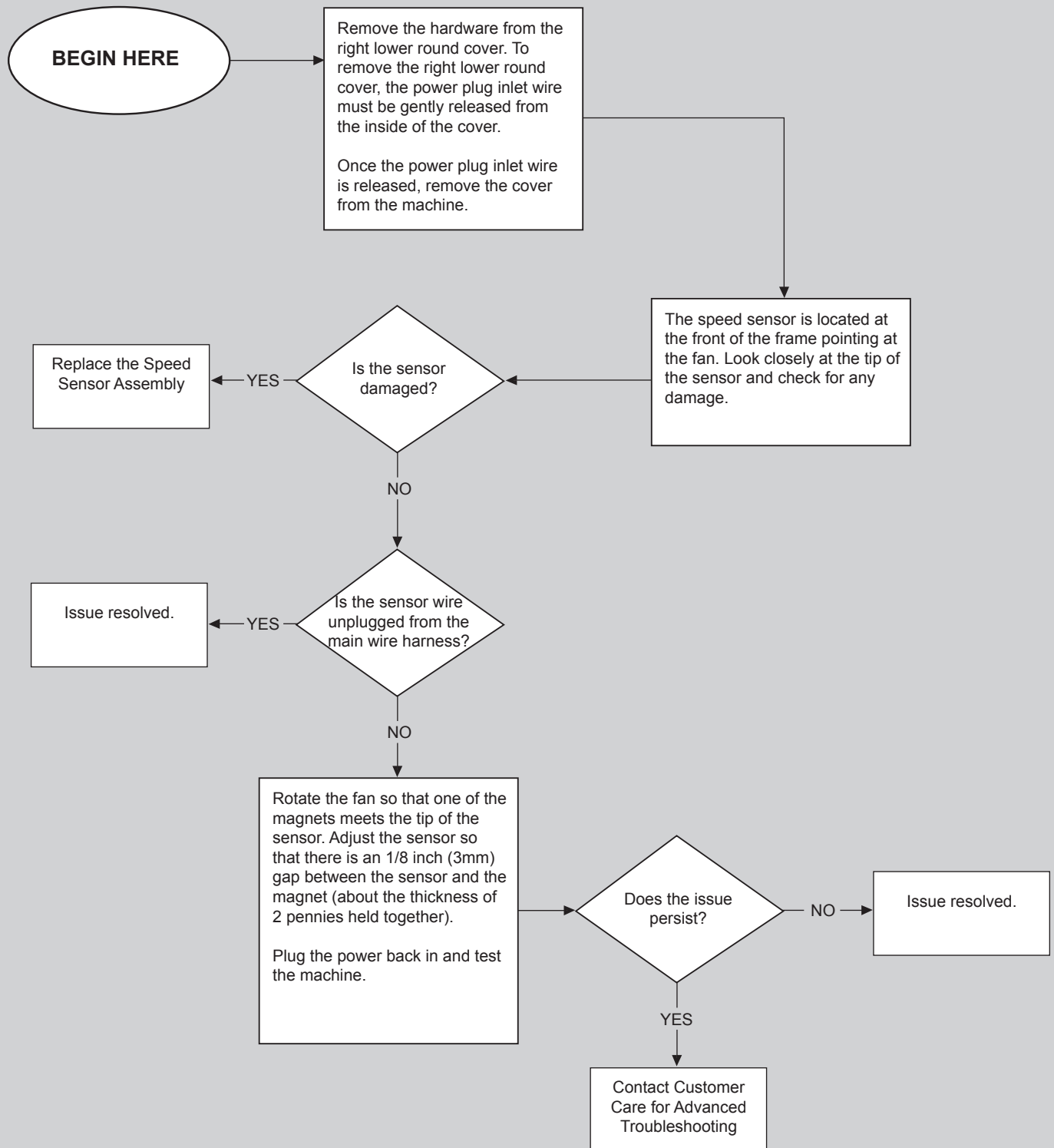


Advanced Troubleshooting with volt meter

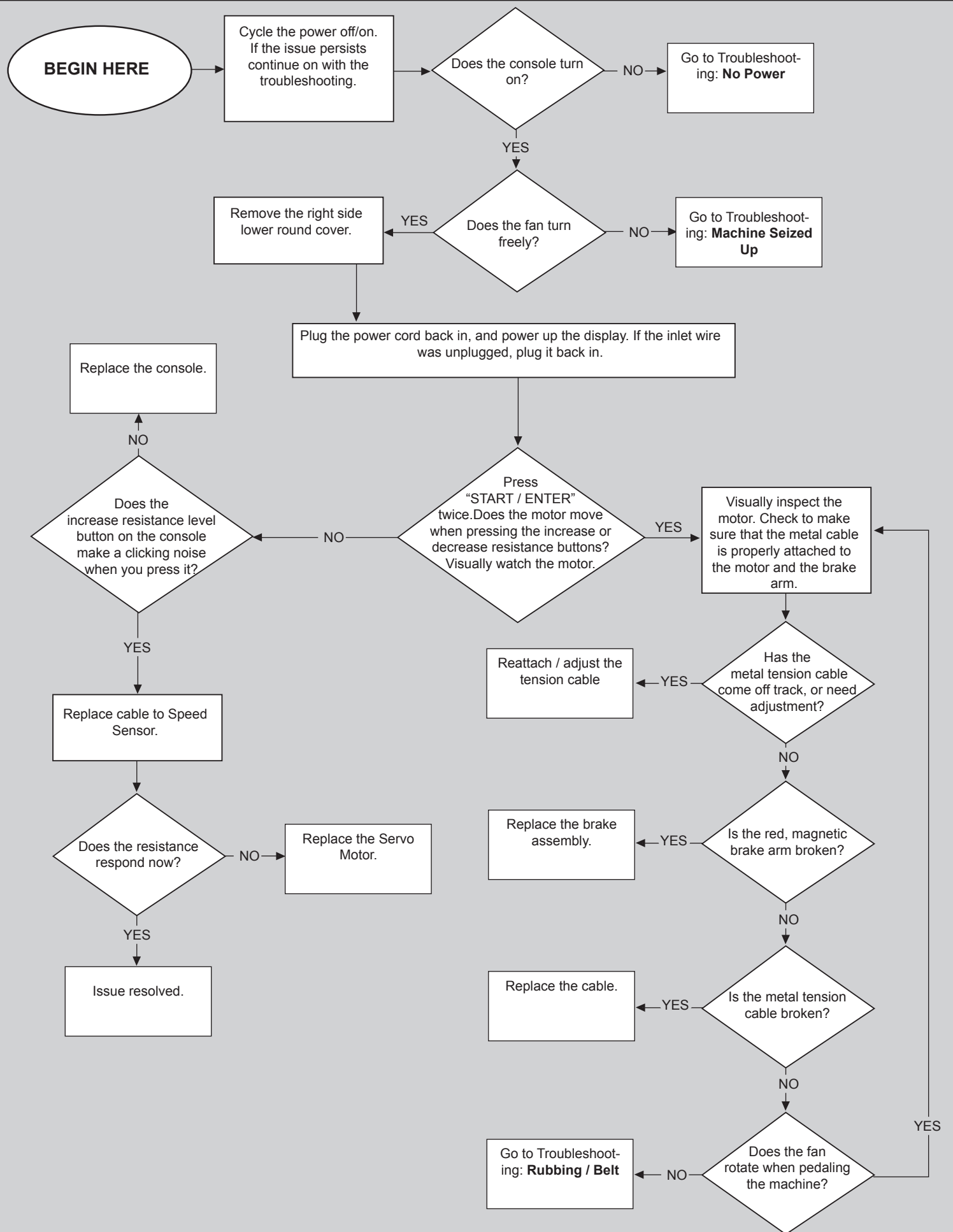




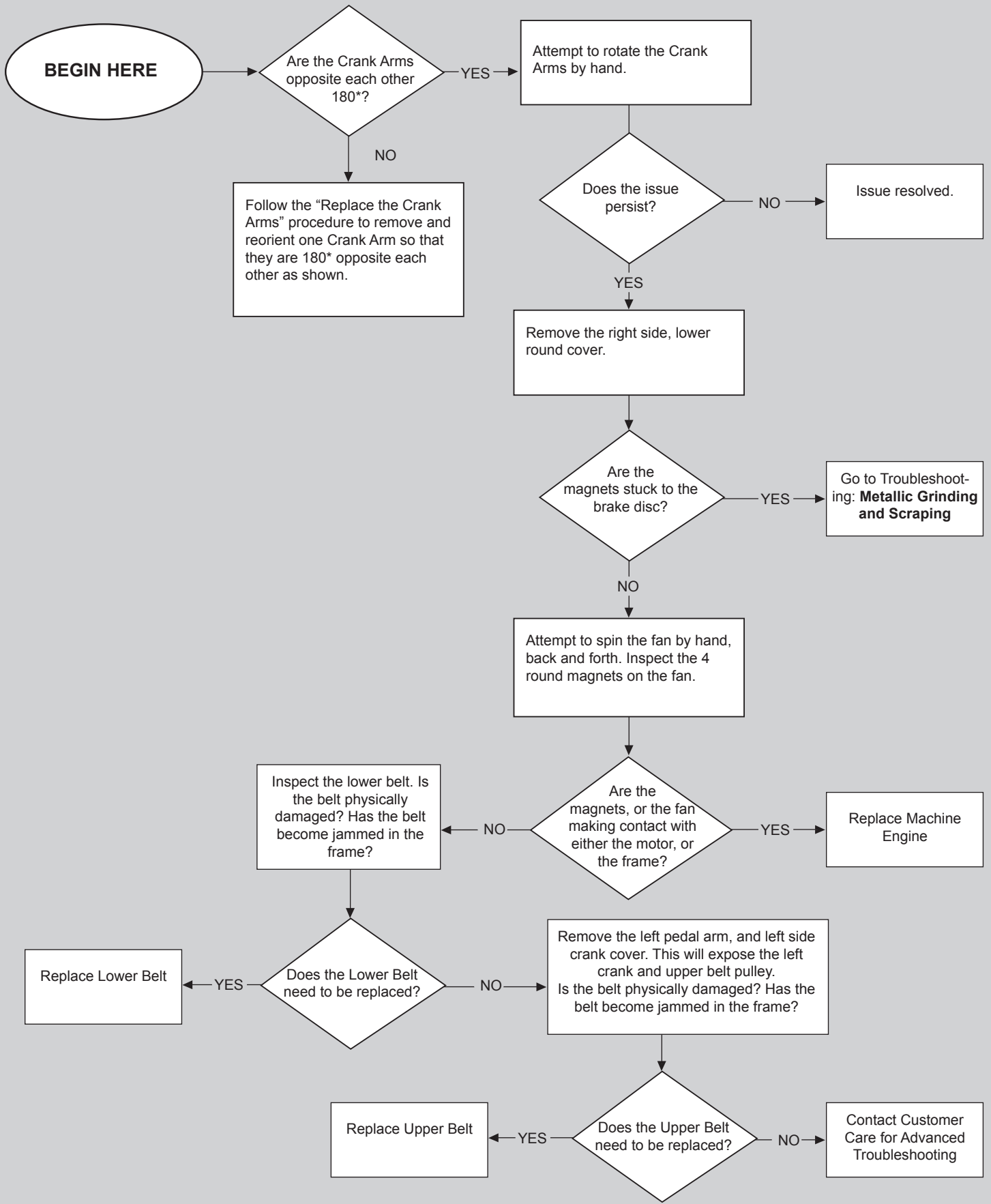
Needle will Not Move or Machine Goes to Sleep While in Use



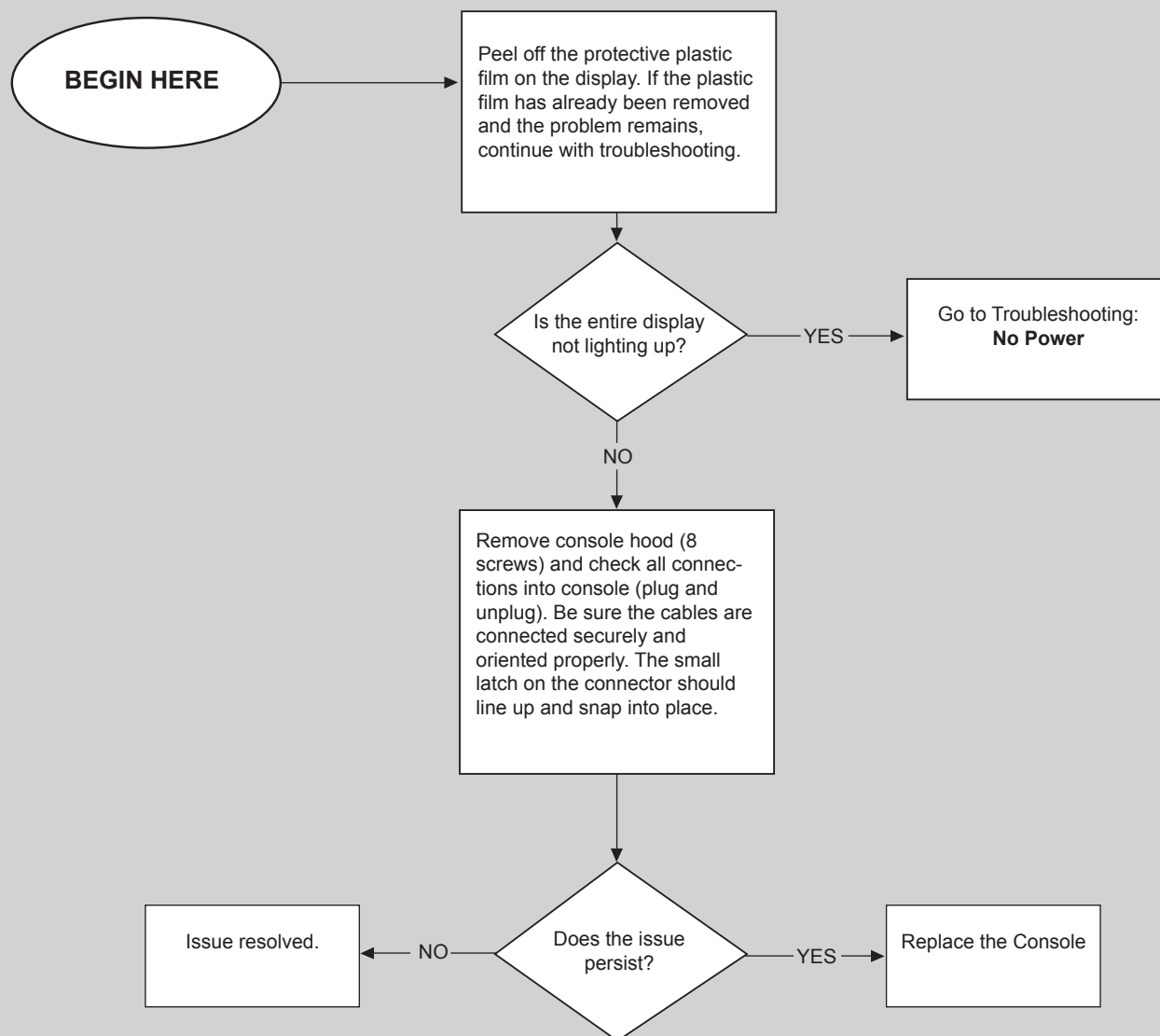
Resistance Does Not Respond

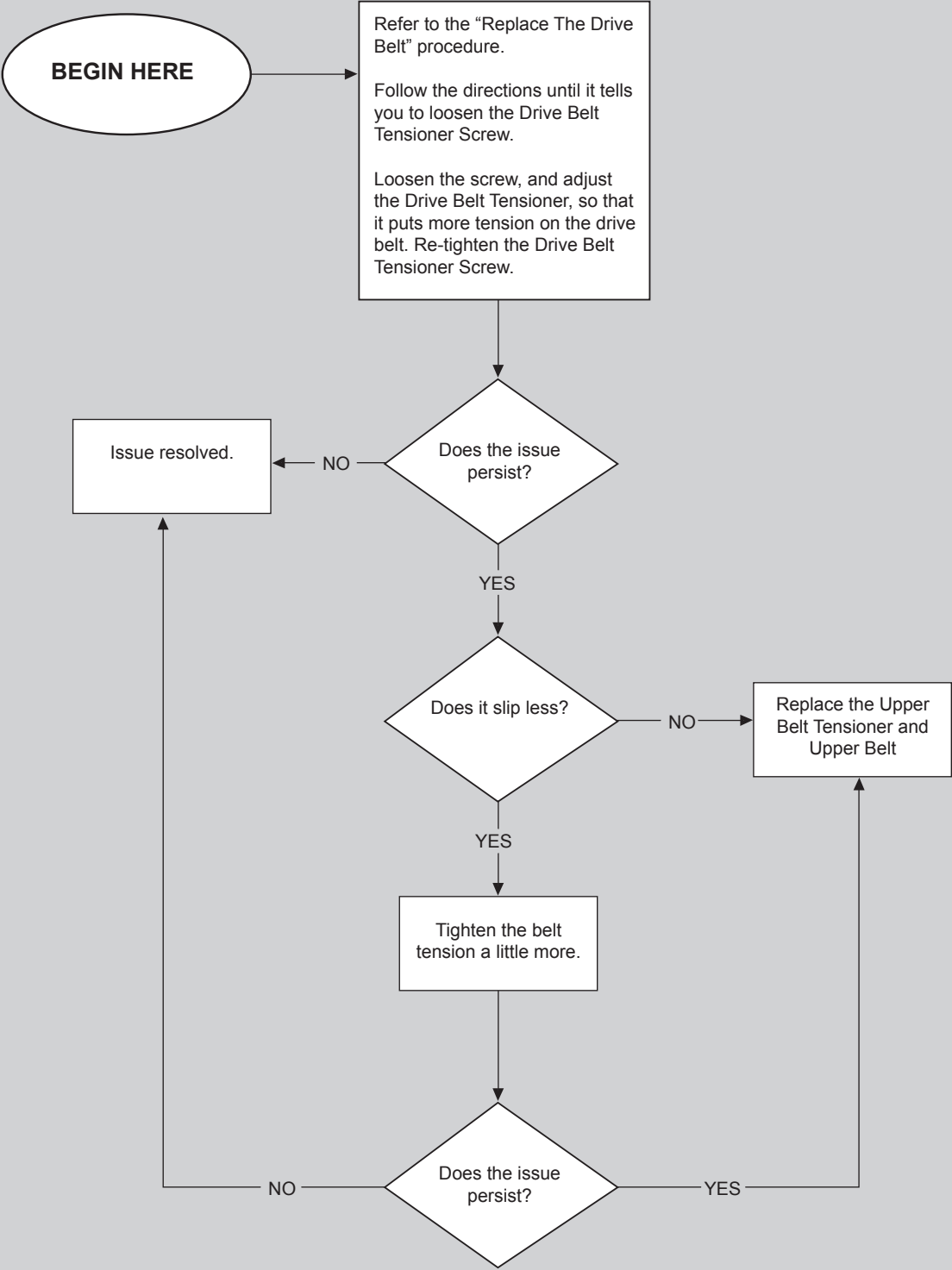


Machine Seized Up

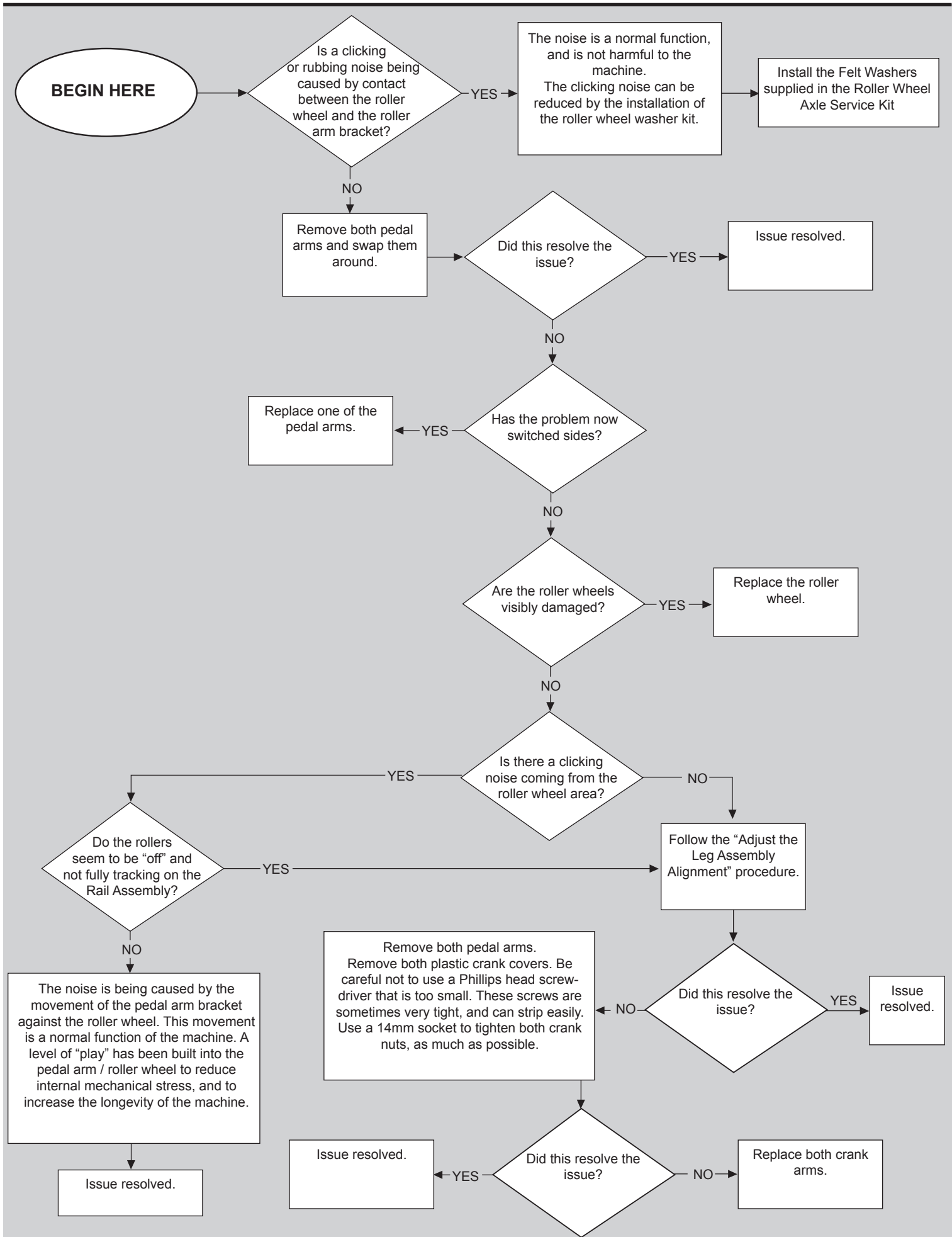


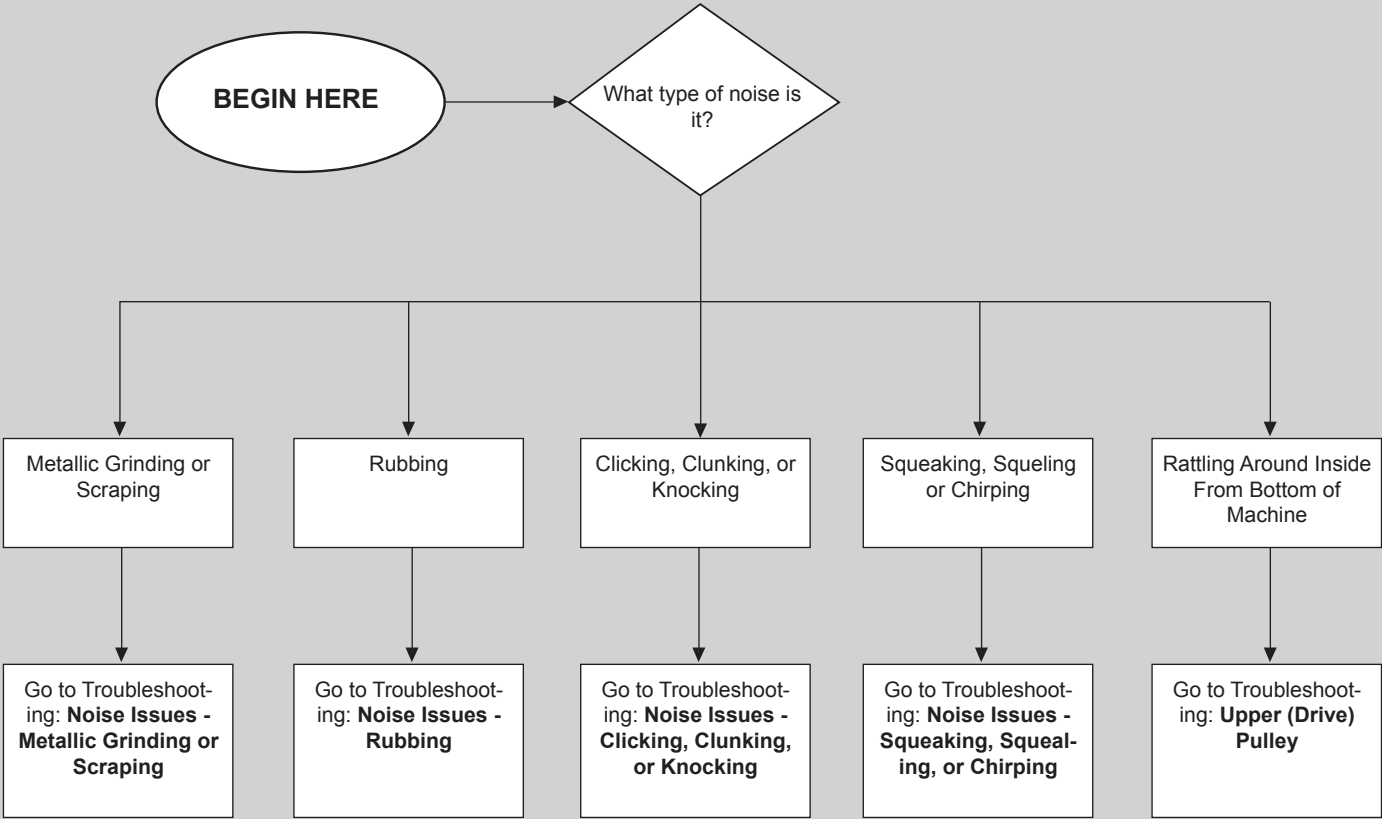
Console Does Not Light Up Completely



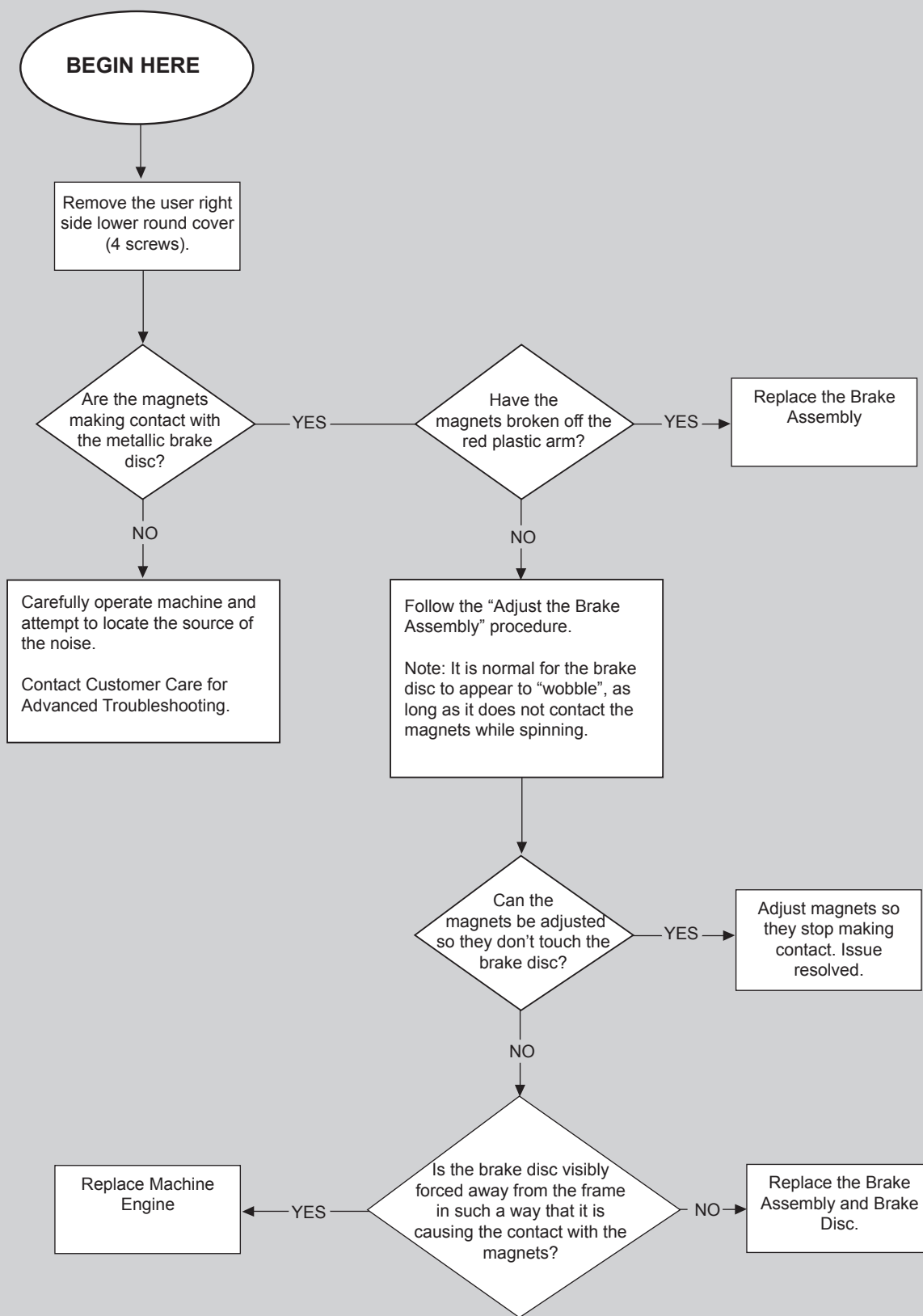


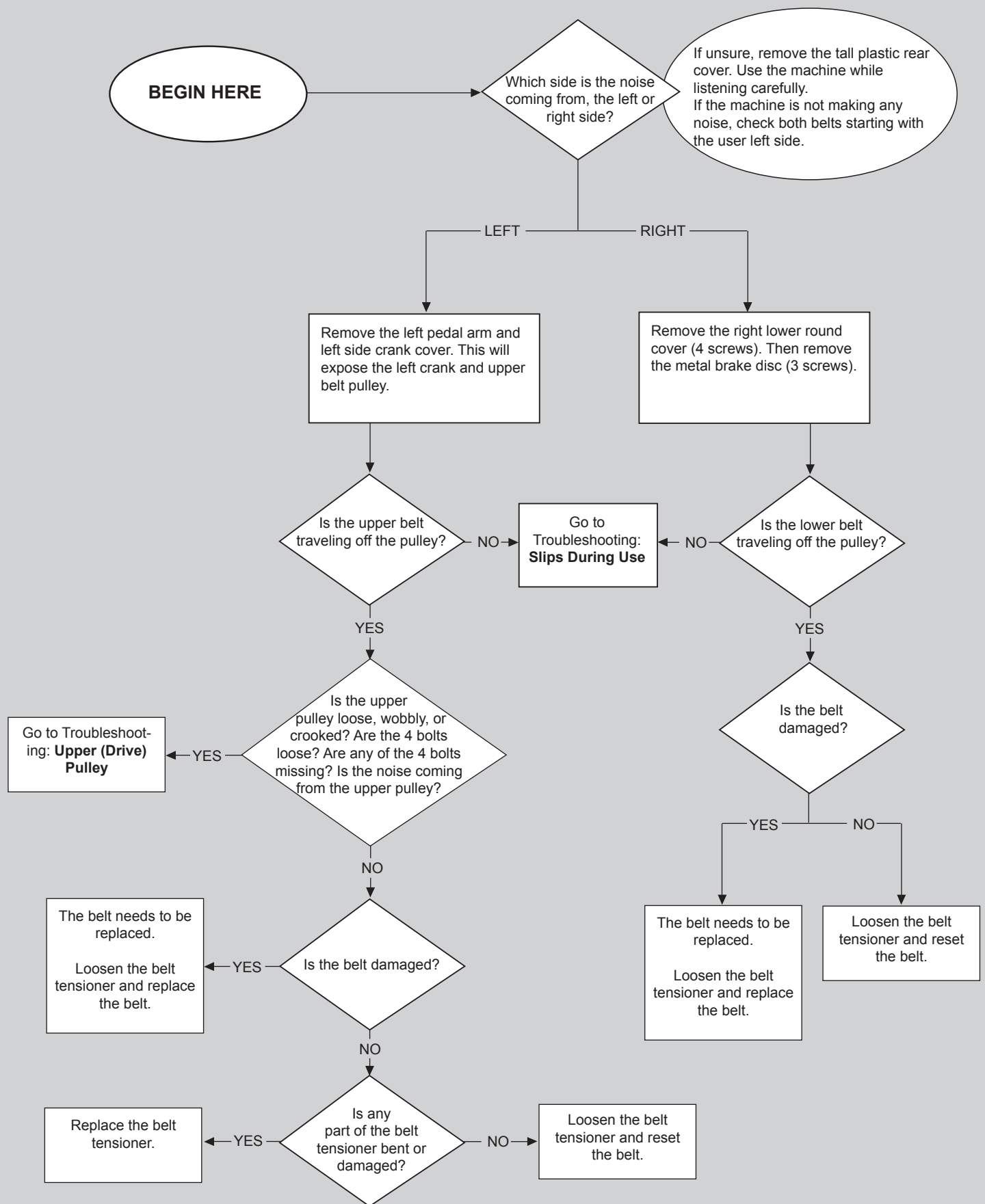
Rollers and Pedals



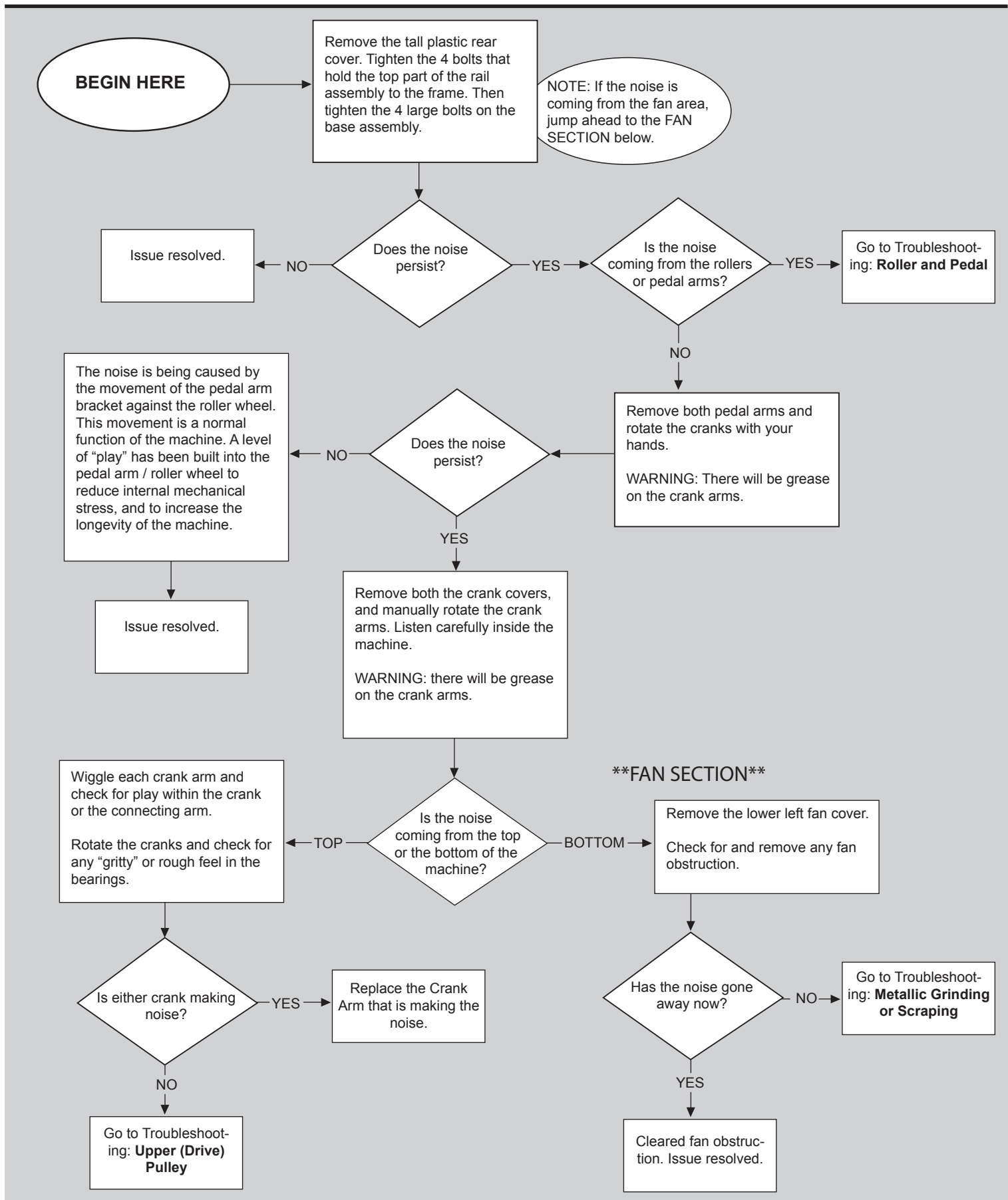


Noise Issues - Metallic Grinding or Scraping

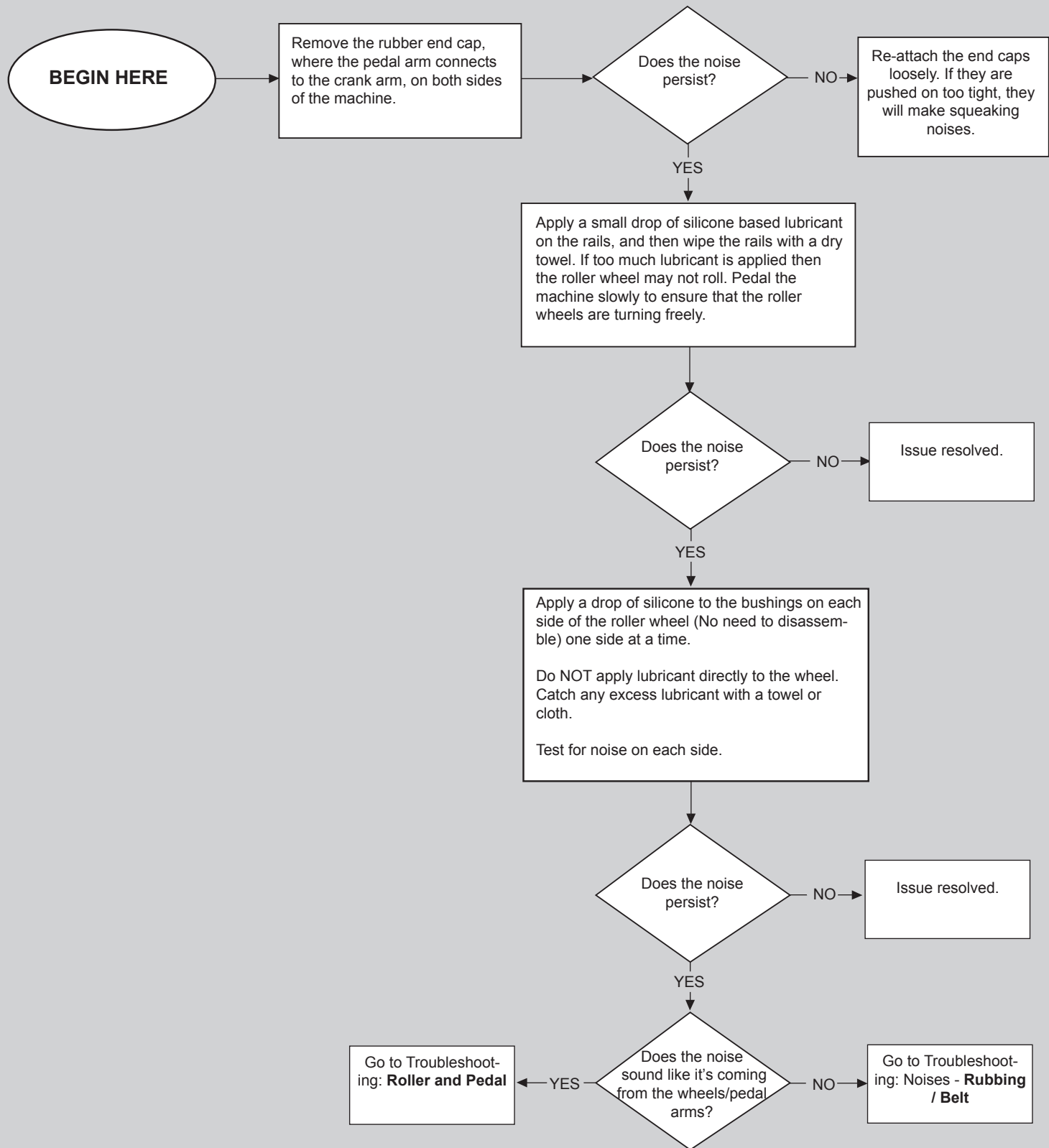




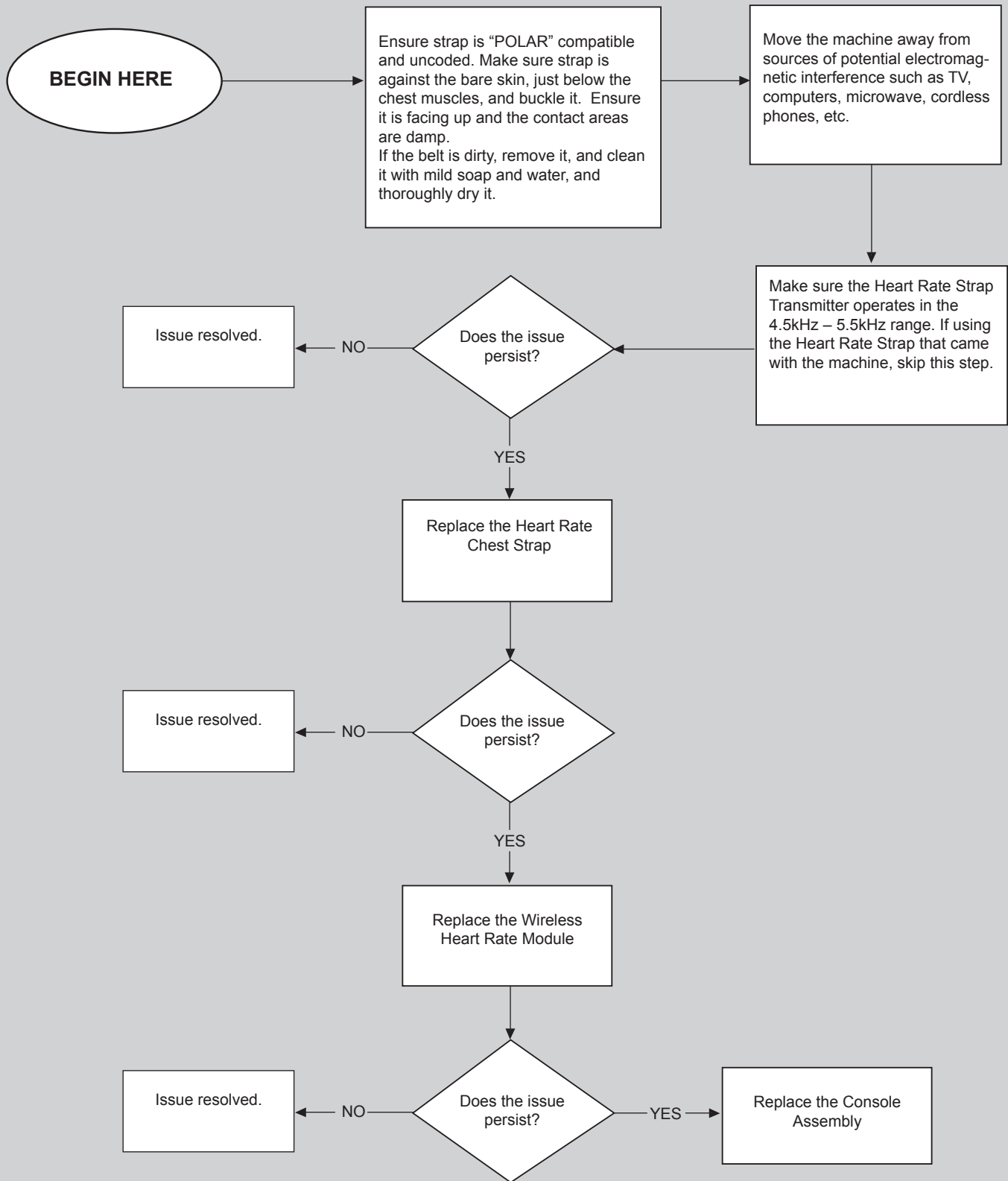
Noise Issues - Clicking, Clunking, or Knocking



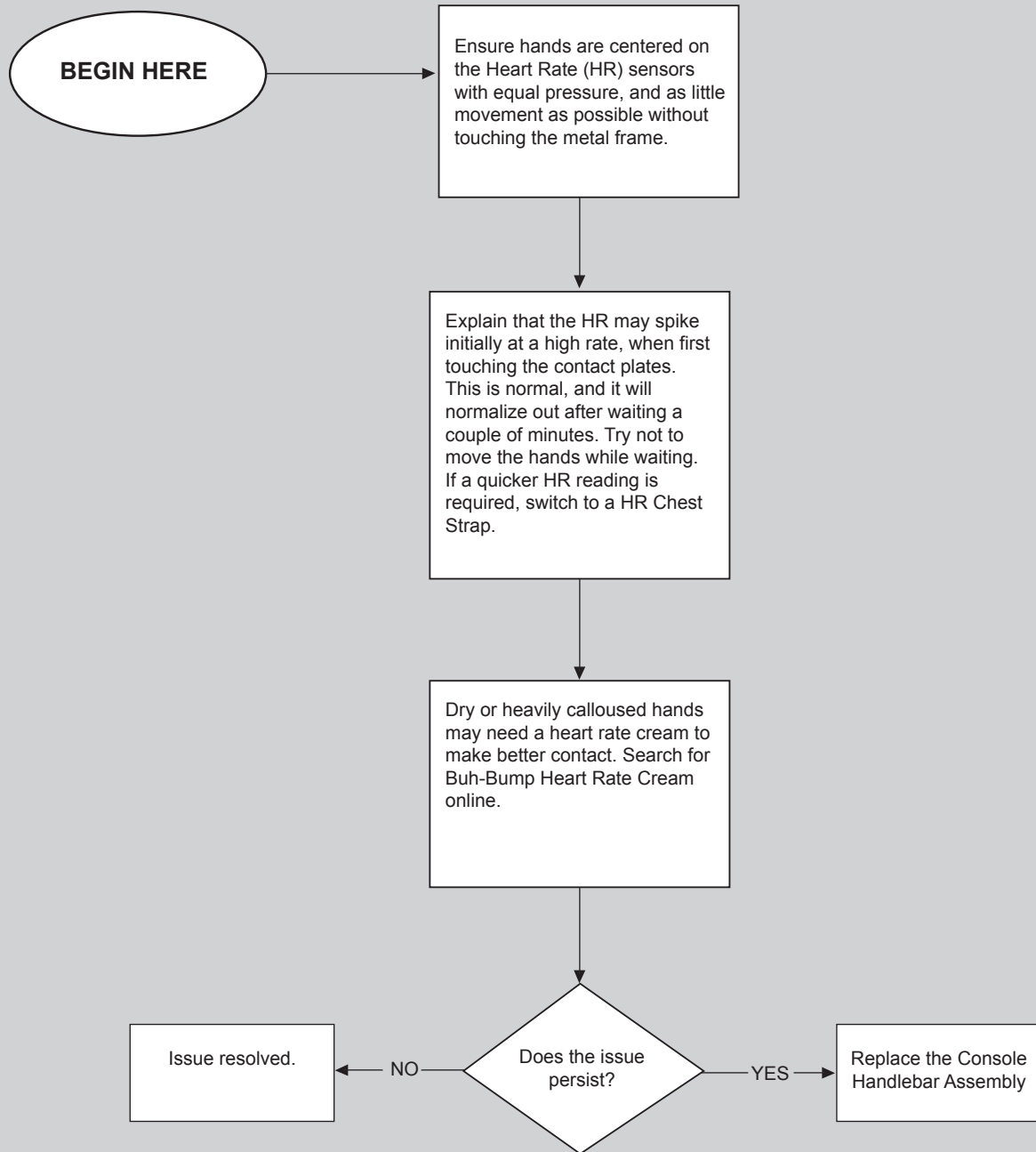
Noise Issues - Squeaking, Squealing or Chirping



Telemetric Heart Rate Issues



Contact Heart Rate Issues



Upper (Drive) Pulley

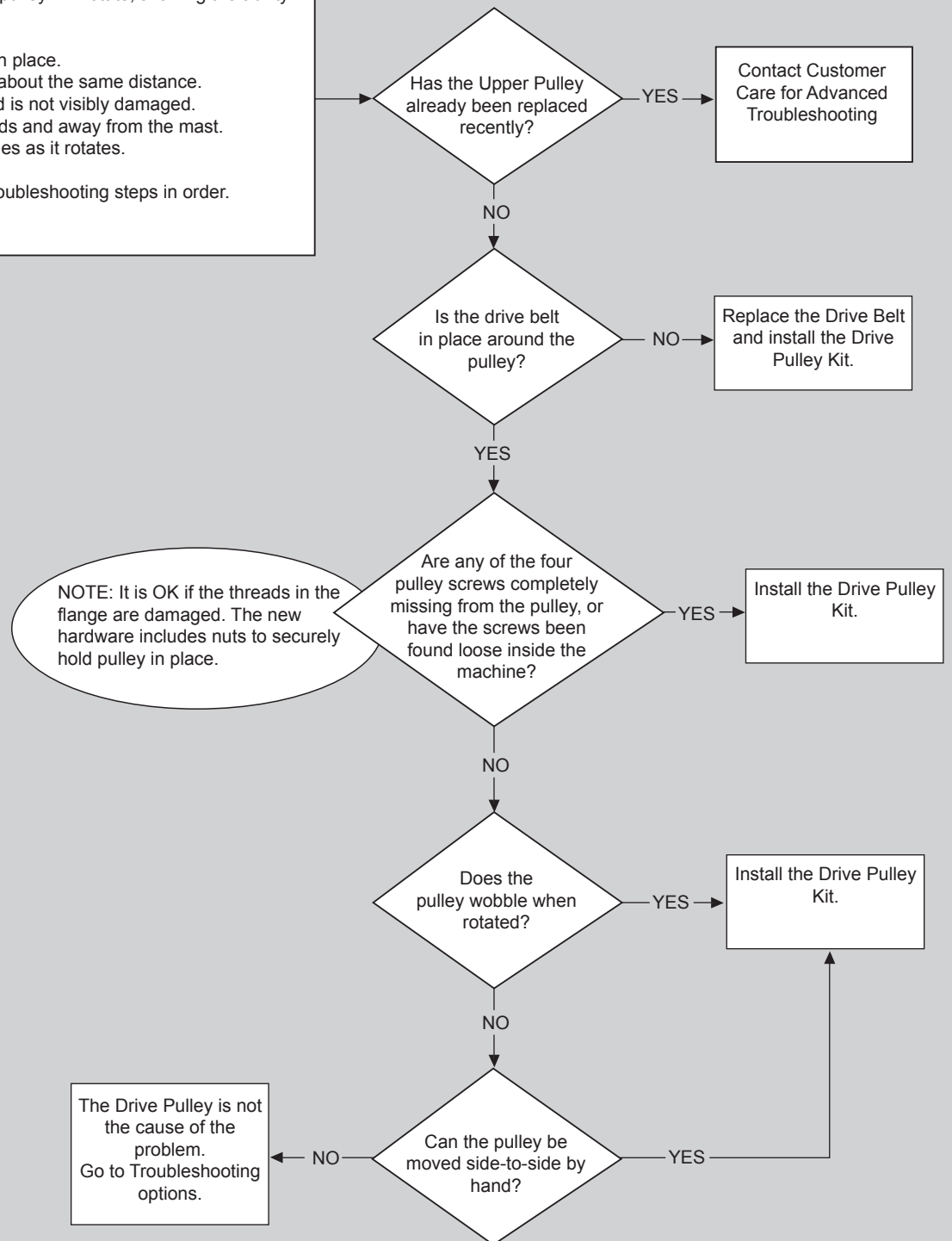
Begin by inspecting around the machine for any hardware that may have fallen out of the machine.
Next remove the rear shroud, and inspect the upper, or drive, pulley. A flashlight may be needed.

Note the pulley screws, which can be seen protruding from the back of the pulley.
By manipulating the foot pedals the pulley will rotate, allowing the ability to check all four screws.

- * Note whether all four screws are in place.
- * Note whether all screws stick out about the same distance.
- * Check that the belt is in place, and is not visibly damaged.
- * Attempt to wiggle the pulley towards and away from the mast.
- * Observe whether the pulley wobbles as it rotates.

After inspection, proceed with the troubleshooting steps in order.

Crank Puller:
A Crank Puller is required to replace the drive pulley.



CONSOLE SETUP MODE

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

1. Push and hold down the Volume and PAUSE/STOP buttons for 3 seconds while in the Power-Up Mode to go into the Console Setup Mode.

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

2. The Console display shows the TOTAL HOURS the machine has operated.
3. Push the ENTER/START button for the next prompt.
4. The Console display shows the Firmware Version prompt.
5. Push the ENTER/START button for the next prompt.
6. The Console display shows the BLE VERSION prompt.
7. Push the ENTER/START button for the next prompt.
8. The Console displays the DISCONNECT BLE 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/START. The Console will exit the Machine Settings Mode and return to the Power-Up Mode screen.

9. Push the ENTER/START button for the next prompt.
10. The Console displays the UPGRADE BLE NO option. This option is for Service Technicians use only.
11. Push the ENTER/START button for the next prompt.
12. The Console displays the UPGRADE SOUND NO option. This option is for Service Technicians use only.
13. Push the ENTER/START button for the next prompt.
14. The Console displays the VIEW ERROR MSG NO option. This option is for Service Technicians use only.
15. Push the ENTER/START button for the next prompt.
16. The Console displays the RESET CONSOLE NO prompt.

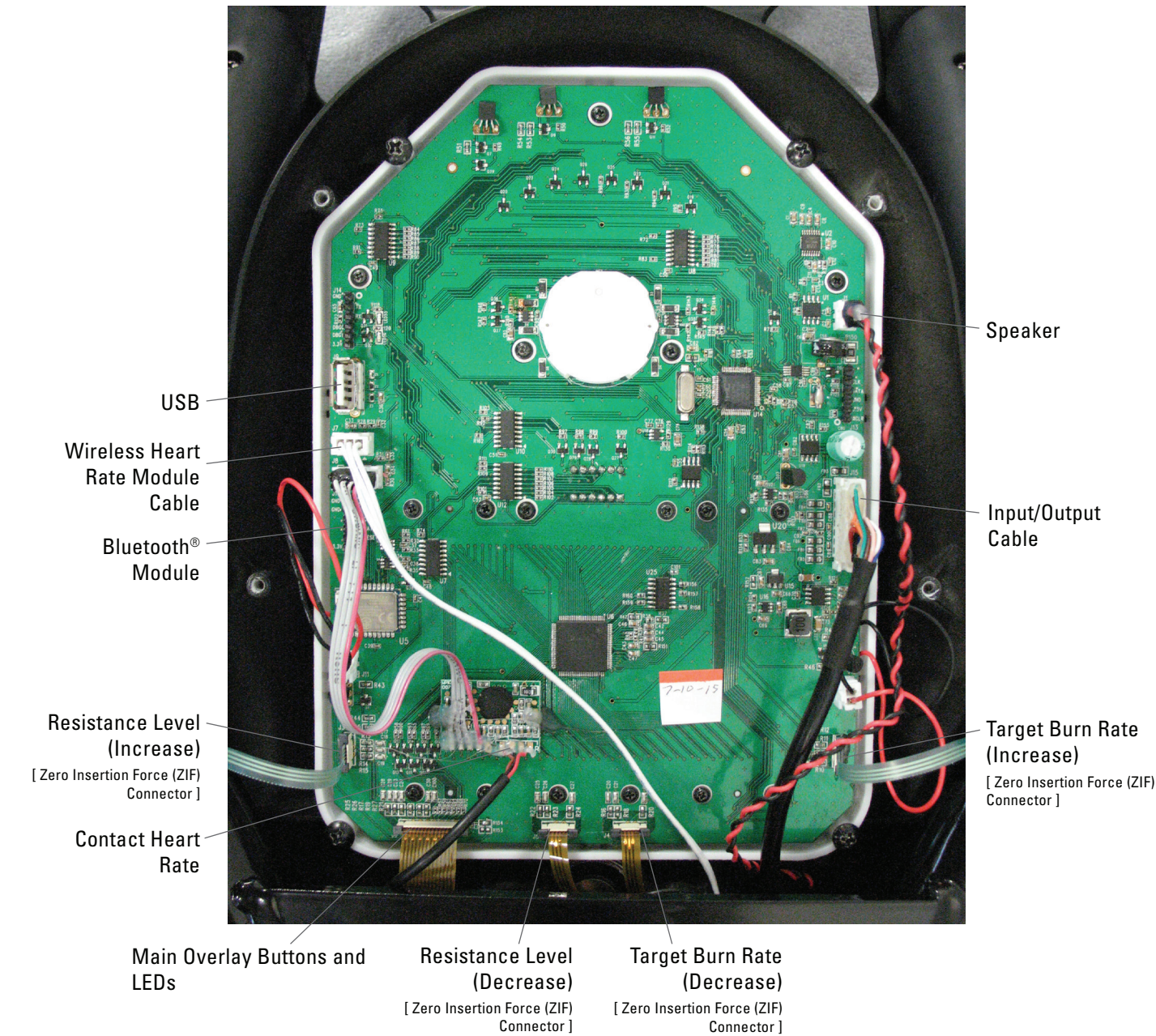
Note: If you want to reset the Console to factory settings, push the Increase/Decrease buttons to select the “RESET CONSOLE YES” option, and push ENTER/START. Turn the machine off when the Console displays the "POWER CYCLE NOW" prompt.

17. Push the PAUSE/STOP button to exit the Console Setup Mode.

The Console will display the Power-Up Mode screen.

CONSOLE BOARD DETAIL

Note: The color of the Board may vary.

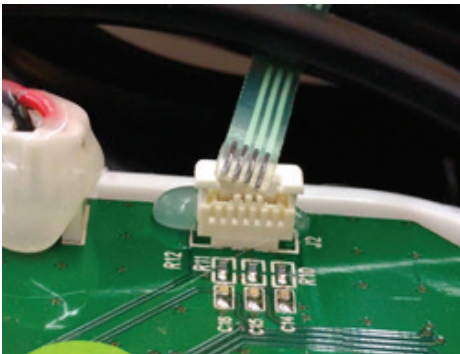
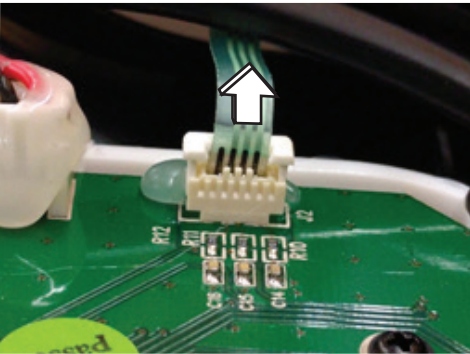
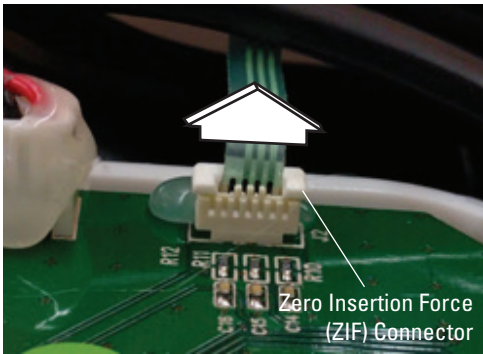


Disconnecting the Zero Insertion Force (ZIF) Connectors:

A. Lift the retaining clip.

B. Remove the cable.

C. Cable is disconnected from connector.



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

⚠ DANGER

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



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

NOTICE: This document provides instructions for the periodic maintenance of the Roller Wheels on the Bowflex Max Trainer® M7. High intensity users will want to perform this procedure every 3 to 6 months.

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



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

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



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.

- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- If replacement parts are necessary, use only genuine Nautilus replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If necessary request replacement warning stickers or placards from Nautilus customer service.
- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety and will void the warranty.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.
- This product contains magnets. Magnetic fields can interfere with the normal use of certain medical devices at a close range. Users may come into proximity of the magnets in the assembly, maintenance, and/or use of the product. Given the obvious importance of these devices, such as a pacemaker, it is important that you consult with your medical provider in connection with the use of this equipment. Please consult the "Safety Warning Labels and Serial Number" section in the Owner's Manual to determine the location of the magnets on this product.

Tools and Items Required (not included)

(2) 6mm hex wrenches



Multi-purpose Mineral Oil

Towel or rag (disposable)

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

1. Unplug the AC Power Adapter from the machine and wait 5 minutes.

2. Using two 6mm hex wrenches, remove the Wheel Assembly from the Pedal Arm. Place the components onto a disposable towel or rag. Be sure not to get any oil onto your clothing.

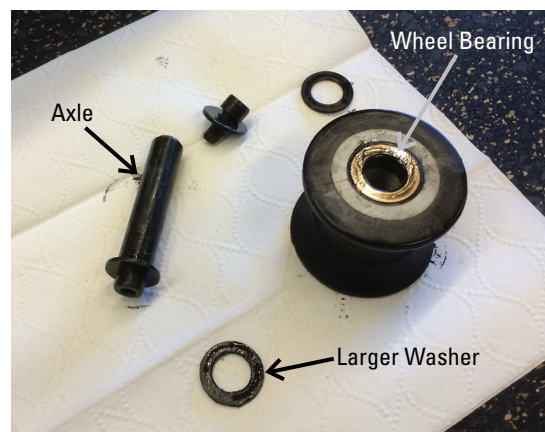
⚠ In order to avoid possible serious injury when removing the Wheel Assembly, be careful to avoid fingers or hands being caught or pinched.

⚠ Be aware that the Pedal Arms and the Upper Handlebars are connected and when either of these parts move the other does as well.



Be sure to remove all of the components of the Wheel Assembly from the Pedal Arm. (See image for all parts.)

Note: the Larger Washers may stick to the Wheel Bracket on the Pedal Arm or to the Wheel.



3. Using a clean rag or paper towel, clean both the Axle and the Wheel Bearing (including the inner edge). Wipe off any residue or debris.



4. Apply one drop of Multi-purpose Mineral Oil to the inside of the Wheel Bearing (Areas 1 and 2), which is the surface that contacts the Axle.

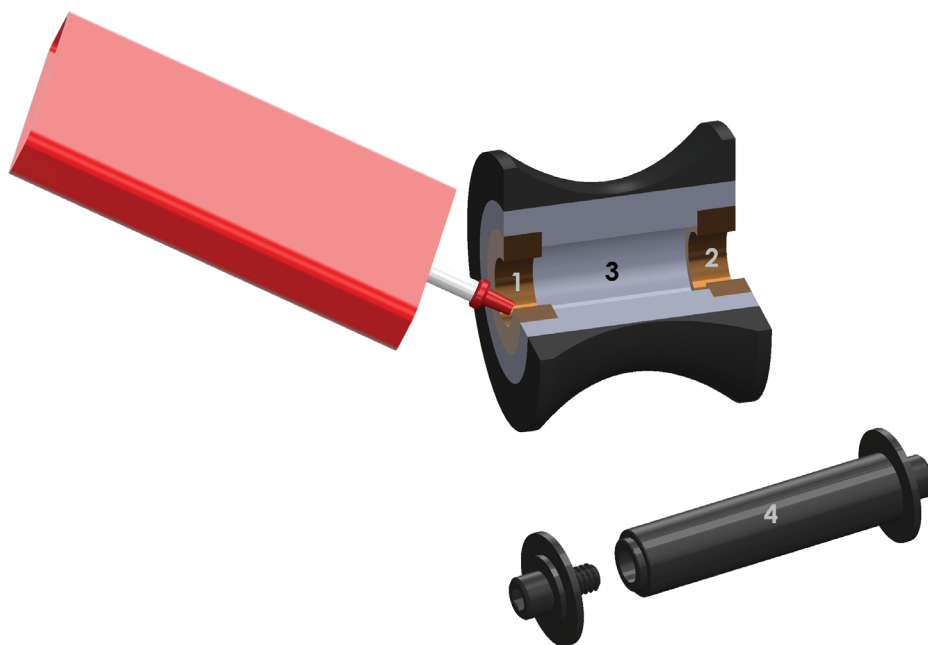
Apply 4 drops of oil in the space between the Wheel Bearings (Area 3).

Apply a thin coating of oil to the length of the Axle (Area 4).

Note: Do not allow any oil onto the outside material of the Wheel.

Do not use any silicone-based lubricant or grease.

Use a disposable towel or rag to prevent any oil from getting onto clothing or area.



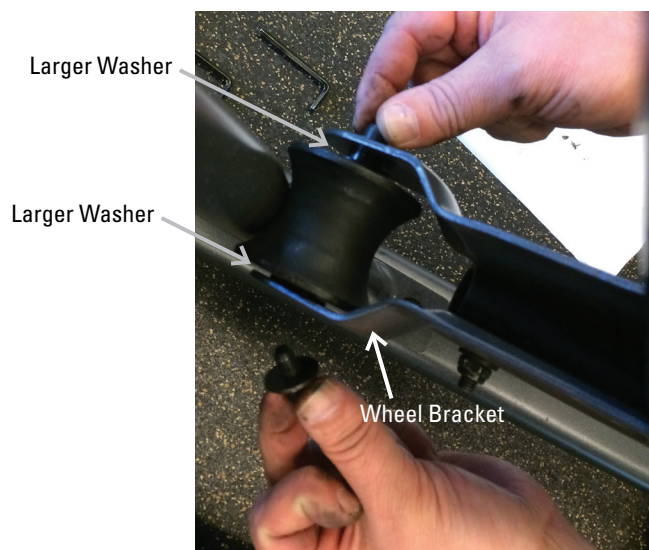
5. Re-assemble the Wheel Assembly. Be sure that the Larger Washers are placed between the Wheel and the Wheel Bracket. Spin the Wheel a couple times by hand to help the lubricant distribute evenly.

6. Final Inspection

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




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




NOTICE: This document provides instructions for the adjustment of the Brake Assembly on the Bowflex Max Trainer® M7.

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

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

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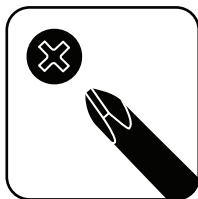
Important Safety Instructions - Before servicing or using this equipment, obey the following warnings:

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

Tools Required (not included)

#2 Phillips screwdriver



10mm hex wrench



8mm open ended wrench



1. With power supplied to the machine, adjust the resistance to the maximum setting.
2. When the machine has completed the adjustments to the resistance, unplug the AC Adapter from the wall outlet and machine.
3. Remove the Right Stabilizer Shroud from the machine.



4. Using a #2 Phillips screwdriver, remove the indicated (by ovals) screws and only loosen the lowest indicated screw (arrow) from the Right Fan Cover.

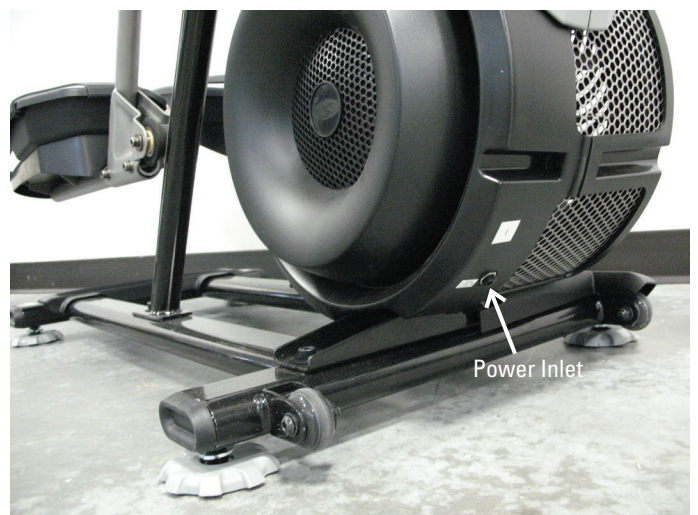
Note: Loosen the lowest screw by at least 3 full rotations.

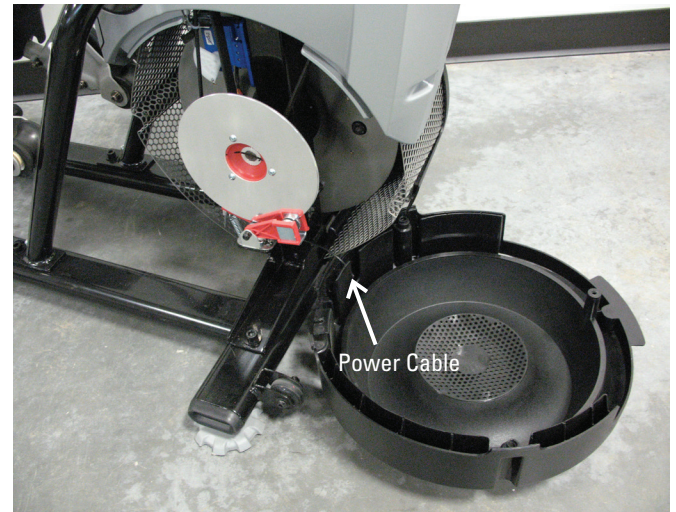
5. The Right Fan Cover has a tab that needs to be pushed upward to clear the loosened screw. While pushing up on the tab, remove the Right Fan Cover from the assembly.

Note: the Power Cable is attached to the inside of the Right Fan Cover. Be sure not to crimp the cable by placing the Right Fan Cover close to the front of the machine.

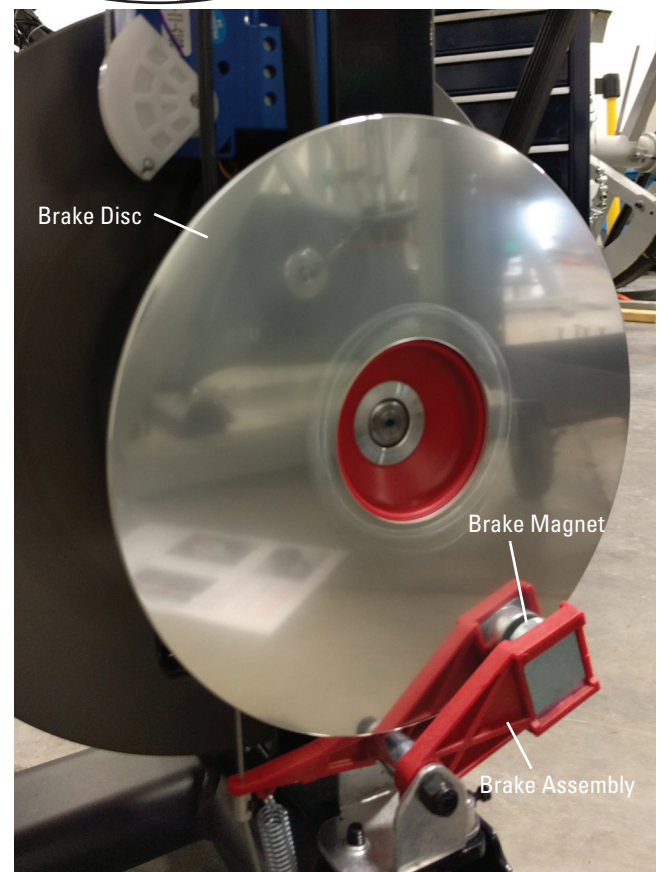
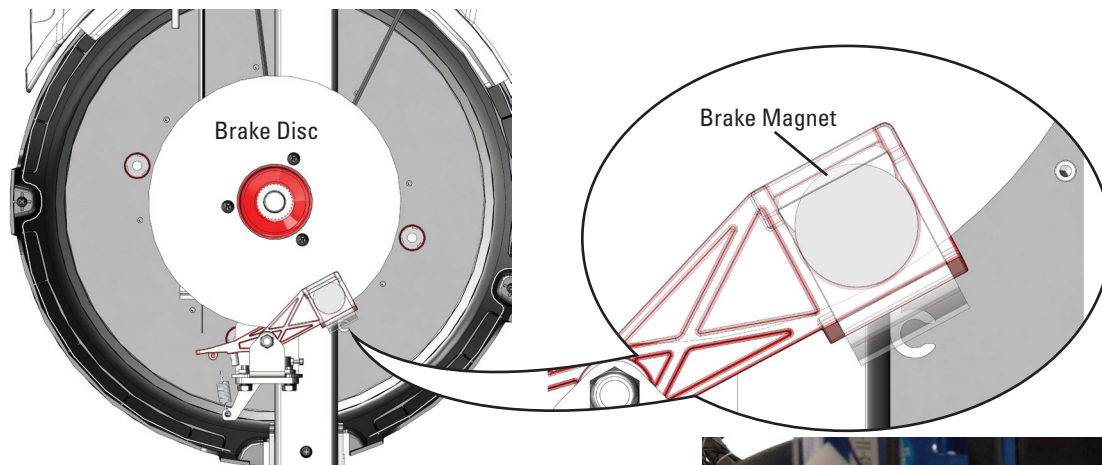


To assist with assembly, note that the upper screw is a machine screw and not a self-tapping screw.





6. At the maximum resistance setting, the outer edge of the Brake Magnet should line up with the outer edge of the Brake Disc.

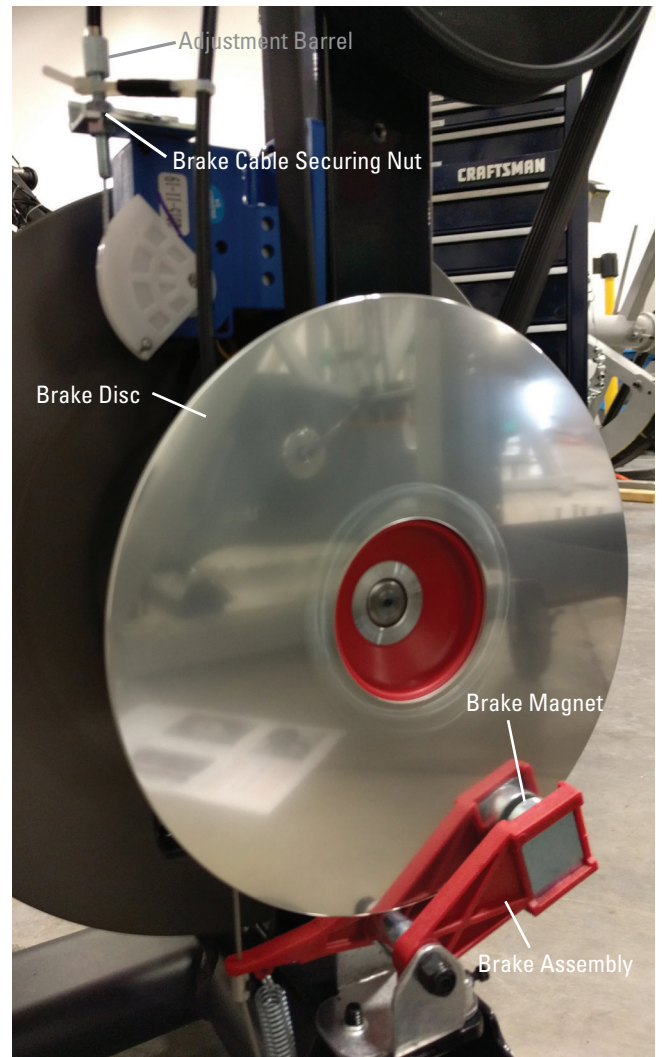


7. If the Brake Assembly needs to be adjusted, use a 8mm open ended wrench to loosen the Brake Cable Securing Nut. Turn the Adjustment Barrel by hand until the magnet is placed correctly.

8. Carefully rotate the Brake Disc. If the Brake Disc does not rub against the Brake Magnet, skip to step 11.



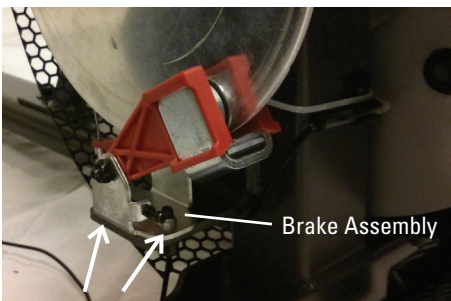
Keep fingers out of any pinch opportunities when rotating the Brake Disc.



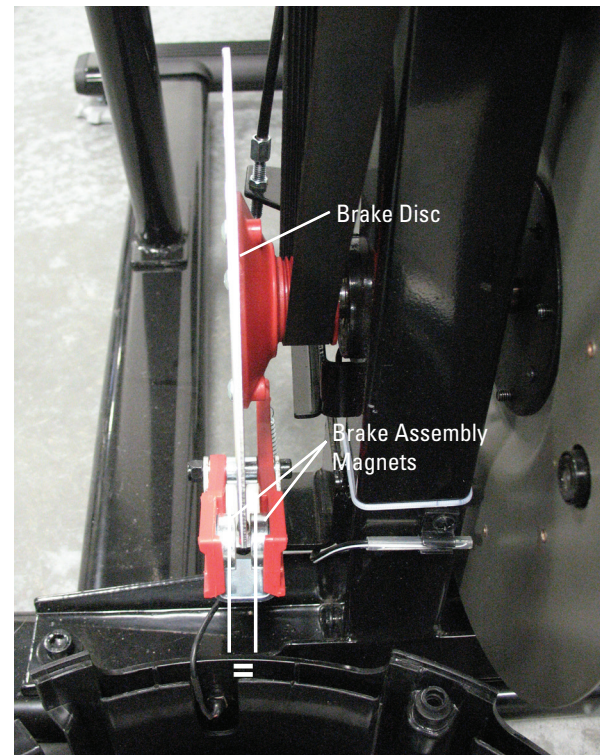
9. The Brake Magnets should be aligned with the Brake Disc and centered around the Brake Disc.

10. If the Brake Assembly only needs to be slightly adjusted, loosen the front screw that secures the Brake Assembly using a 10mm wrench. Rotate the Brake Assembly until the Magnets are aligned and of equal distance from the Brake Disc.

If the Brake Assembly must be fully shifted, loosen the 2 screws (indicated by arrows) that secure the assembly and shift it until centered and aligned with the Brake Disc. Fully tighten the hardware.



Rotate the Brake Disc to be sure it does not make contact with the magnets. If further adjustment is needed, repeat step 10.



11. Installation is the reverse procedure.

12. Final Inspection

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



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

NOTICE: This document provides instructions for the adjustment of the Leg Assembly Alignment on the Bowflex Max Trainer® M7. The Rollers on the Leg Assemblies may be slightly “off”, or not fully centered onto the Rail Assembly. This procedure may assist with this condition.

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



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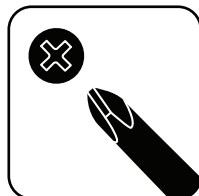


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- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product 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.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- If replacement parts are necessary, use only genuine Nautilus replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If necessary request replacement warning stickers or placards from Nautilus customer service.
- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety and will void the warranty.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.
- This product contains magnets. Magnetic fields can interfere with the normal use of certain medical devices at a close range. Users may come into proximity of the magnets in the assembly, maintenance, and/or use of the product. Given the obvious importance of these devices, such as a pacemaker, it is important that you consult with your medical provider in connection with the use of this equipment. Please consult the “Safety Warning Labels and Serial Number” section in the Owner’s Manual to determine the location of the magnets on this product.

Tools Required (not included)

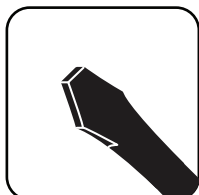
#2 Phillips screwdriver



6mm hex wrench
8mm hex wrench



#2 standard screwdriver

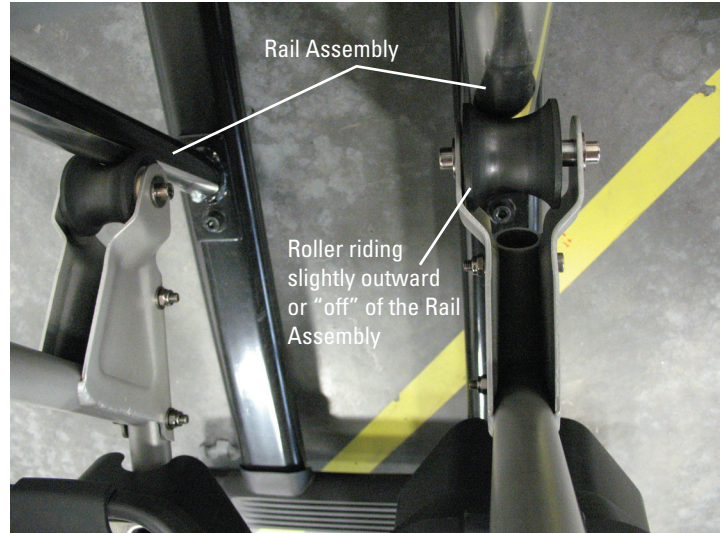


⚠ DANGER

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

If the Rollers seem to be “off” and not fully tracked on the Rail Assembly, this procedure may assist.

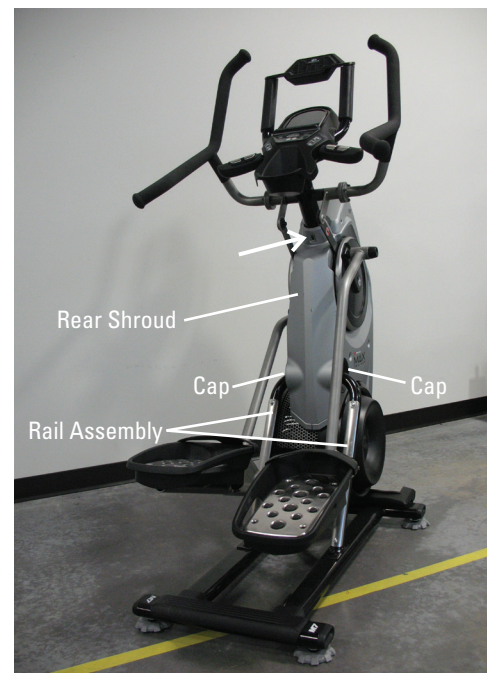
1. Unplug the AC Power Adapter from the machine and wait 5 minutes.




2. Using a #2 Phillips screwdriver, remove the 1 indicated screw from the Rear Shroud.

3. Carefully remove the Rear Shroud from the machine. Place a standard screwdriver behind and near the middle of the Rear Shroud and gently pry until it just releases. Then move the screwdriver to the bottom and gently pry until the Rear Shroud comes off.

4. Remove the Caps from the machine.



5. Using a 6mm hex wrench, slightly loosen the indicated bolts that secure the Rail Assembly to the Frame Assembly.

 **Do not fully remove the hardware.**



6. Using a 8mm hex wrench, slightly loosen the indicated bolts that secure the Rail Assembly to the Base Assembly.

 **Do not fully remove the hardware.**




7. Shift the Rail Assembly back and forth, or “wiggle”, until it seems to settle into the correct configuration. The Rollers will have adjusted with the Rail Assembly, and should be more “on” with the groove of the Roller centered onto the Rail Assembly.

8. Installation is the reverse procedure.

9. Final Inspection

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

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



NOTICE: This document provides instructions to reset the Console to the manufactured settings on the Bowflex Max Trainer® M7. Be aware that all information will be erased on the Console.

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



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- 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.
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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.
- This product contains magnets. Magnetic fields can interfere with the normal use of certain medical devices at a close range. Users may come into proximity of the magnets in the assembly, maintenance, and/or use of the product. Given the obvious importance of these devices, such as a pacemaker, it is important that you consult with your medical provider in connection with the use of this equipment. Please consult the "Safety Warning Labels and Serial Number" section in the Owner's Manual to determine the location of the magnets on this product.

1. With the machine at the Power-Up Mode screen, push and hold down the Volume and PAUSE/STOP buttons for 3 seconds to go into the Console Setup Mode.

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

2. The Console display shows the TOTAL HOURS the machine has operated.
3. Push the ENTER/START button.
4. The Console display shows the Firmware Version prompt.
5. Push the ENTER/START button.
6. The Console display shows the BLE VERSION prompt.
7. Push the ENTER/START button.
8. The Console displays the DISCONNECT BLE prompt.
9. Push the ENTER/START button.
10. The Console displays the UPGRADE BLE NO option. This option is for Service Technicians use only.
11. Push the ENTER/START button.
12. The Console displays the UPGRADE SOUND NO option. This option is for Service Technicians use only.
13. Push the ENTER/START button.
14. The Console displays the VIEW ERROR MSG NO option. This option is for Service Technicians use only.
15. Push the ENTER/START button.

16. The Console displays the RESET CONSOLE NO prompt.
17. Push the Increase button to select the RESET CONSOLE YES prompt.

NOTICE: With a reset of the Console, all User Profile settings and previous Workouts will be erased from the Console. This information is not retrievable after a reset.

18. Push ENTER/START button. The Console will reset to factory settings.
19. Turn the machine off when the Console displays the "POWER CYCLE NOW" prompt.

NOTICE: This document provides instructions to set the Date and Time for proper tracking of workouts on the Bowflex Max Trainer® M7.

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



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- This product contains magnets. Magnetic fields can interfere with the normal use of certain medical devices at a close range. Users may come into proximity of the magnets in the assembly, maintenance, and/or use of the product. Given the obvious importance of these devices, such as a pacemaker, it is important that you consult with your medical provider in connection with the use of this equipment. Please consult the "Safety Warning Labels and Serial Number" section in the Owner's Manual to determine the location of the magnets on this product.

1. With the machine at the Power-Up Mode (GET READY screen), push and hold down the PAUSE/STOP and ADD TIME buttons for 3 seconds to go into the Date/Time Setup Mode.

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


2. The Console display shows SET DATE and the current values (month / day / year).
3. Use the Burn Rate Increase/Decrease buttons to adjust the value, and push the ENTER/START button to set and move to the next value.
4. After setting the year value, the Console display shows SET TIME and the current values (hour / minute / AM or PM).
5. Use the Burn Rate Increase/Decrease buttons to adjust the value, and push the ENTER/START button to set and move to the next value.

After setting the AM or PM value, the Console will accept the values and exit the Date/Time Setup Mode. The Console will display the Power-Up Mode (GET READY screen).

If you live in a part of the world that adjusts their clocks, such as for Daylight saving time, you will need to adjust the time on the machine when these events occur for proper workout tracking.

NOTICE: This document provides instructions for the replacement of the Brake Assembly on the Bowflex Max Trainer® M7.

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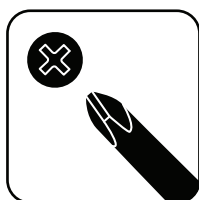
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- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product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

Tools Required (not included)

#2 Phillips screwdriver



8mm wrench
10mm wrench



1.5mm hex wrench
10mm hex wrench



Tape, any type (only used as a place holder)



1. With power supplied to the machine, adjust the resistance to the maximum setting.
2. Unplug the AC Adapter from the wall outlet and machine.
3. Remove the Right Stabilizer Shroud from the machine.



4. Using a #2 Phillips screwdriver, remove the indicated (by ovals) screws and only loosen the lowest indicated screw (arrow) from the Right Fan Cover.

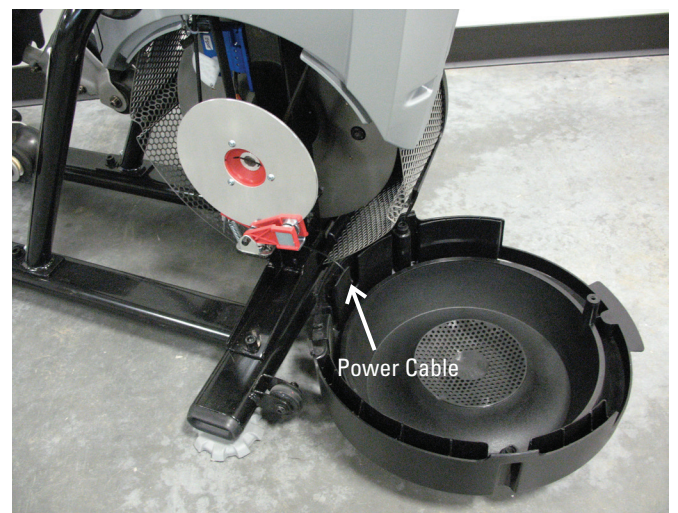
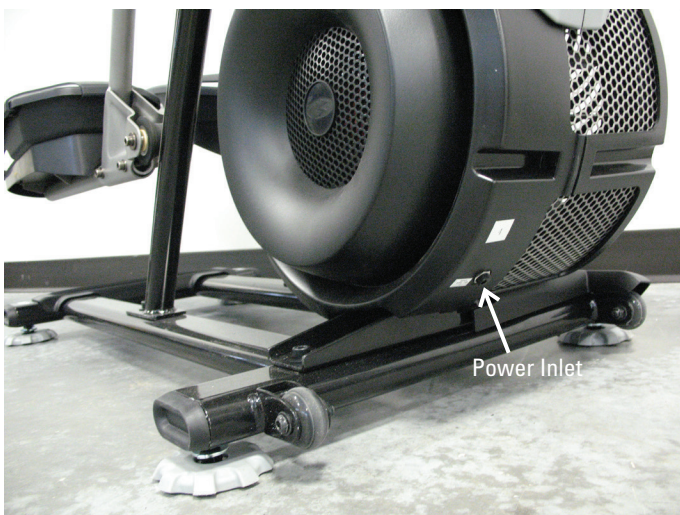
Note: Loosen the lowest screw by at least 3 full rotations.

5. The Right Fan Cover has a tab that needs to be pushed upward to clear the loosened screw. While pushing up on the tab, remove the Right Fan Cover from the assembly.



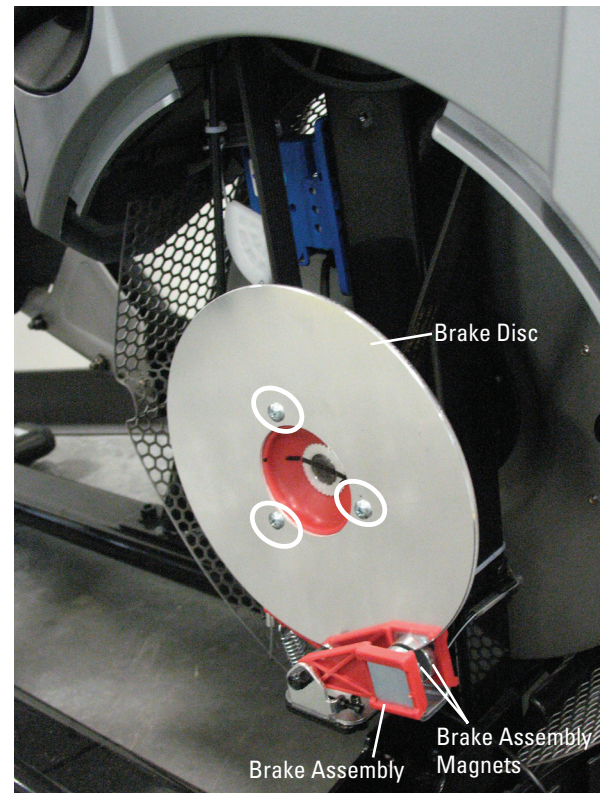
Note: the Power Cable is attached to the inside of the Right Fan Cover. Be sure not to crimp the cable by placing the Right Fan Cover close to the front of the machine.

To assist with assembly, note that the upper screw is a machine screw and not a self-tapping screw.



6. Using a #2 Phillips screwdriver, remove the 3 indicated screws from the Brake Disc.

7. Carefully remove the Brake Disc from the machine.

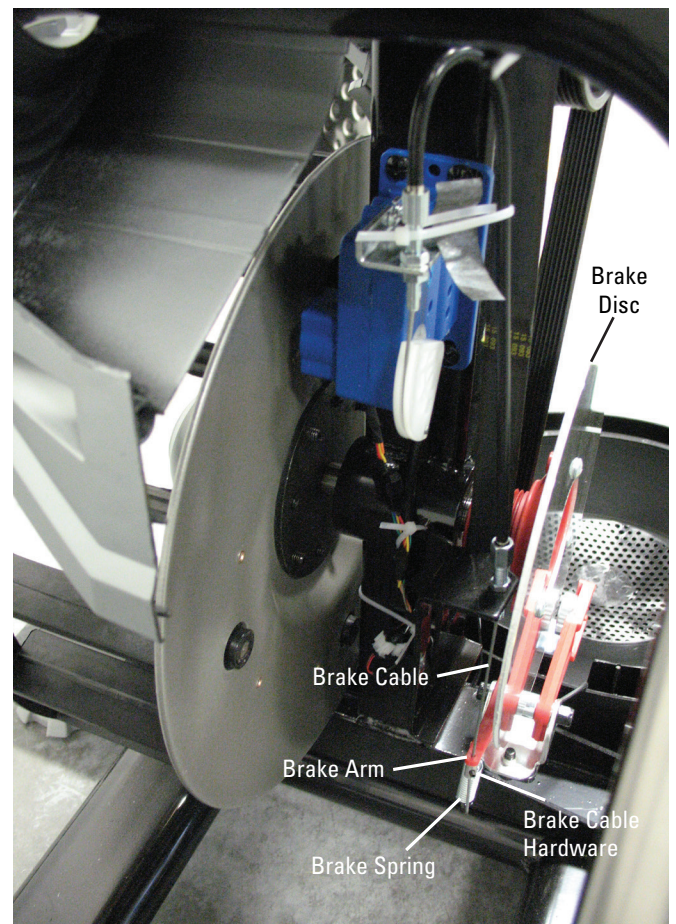


8. Place a piece of tape on the Brake Cable immediately above the Brake Arm. During re-assembly, the tape will be a guide for the placement of the new Brake Arm on the Brake Cable.

9. While applying upward pressure to the Brake Arm, remove the hardware that secures the Brake Cable to the Brake Arm with a 1.5mm hex wrench. Once loose, gradually lower the Brake Arm.

Note: Be aware that the Spring will pull the Brake Arm once released. An object can be placed under the Brake Arm to supply resistance during the release of the Brake Cable Hardware.

10. Remove the Brake Spring from the Brake Arm.



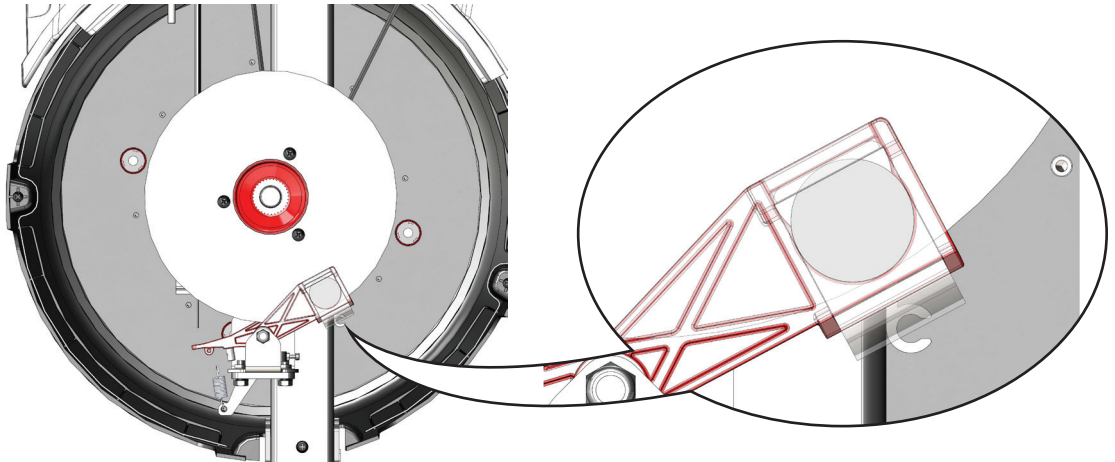
11. Using a 10mm hex wrench, remove the screws that connect the Brake Assembly and remove it.

12. Attach the new Brake Assembly, but do not fully tighten the hardware.

13. Attach the Brake Disc.

14. Reattach the Brake Spring and the Brake Cable to the Brake Arm, and adjust to the tape marker.

15. At the maximum resistance setting, the outer edge of the Brake Magnet should line up with the outer edge of the Brake Disc.

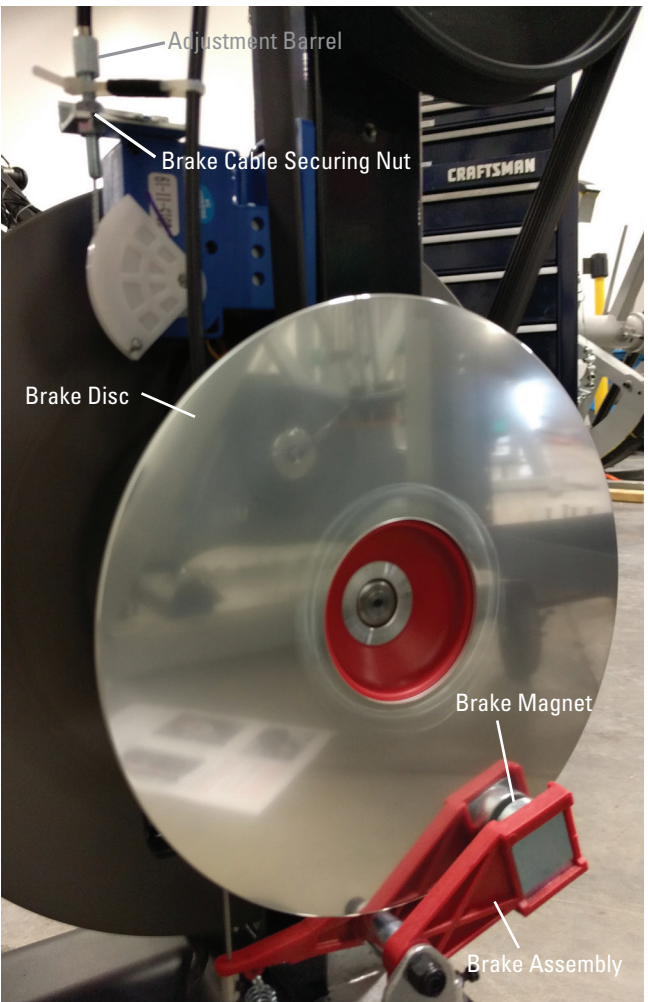


16. If the Brake Assembly needs to be adjusted, use a 8mm open ended wrench to loosen the Brake Cable Securing Nut. Turn the Adjustment Barrel by hand until the magnet is placed correctly.

17. Carefully rotate the Brake Disc. If the Brake Disc does not rub against the Brake Magnet, skip to step 21.



Keep fingers out of any pinch opportunities when rotating the Brake Disc.



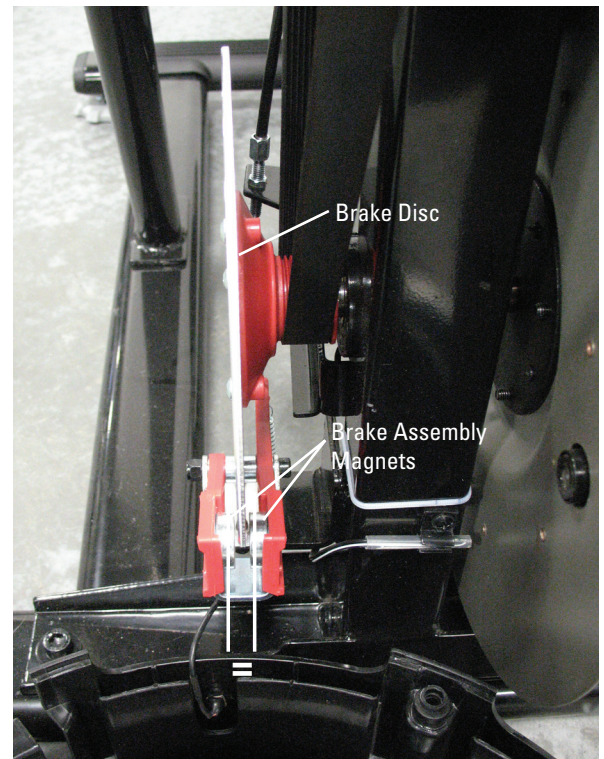
18. The Brake Magnets should be aligned with the Brake Disc and centered around the Brake Disc.

19. If the Brake Assembly only needs to be slightly adjusted, loosen the front screw that secures the Brake Assembly using a 10mm hex wrench. Rotate the Brake Assembly until the Magnets are aligned and of equal distance from the Brake Disc.

If the Brake Assembly must be fully shifted, loosen the 2 screws that secure the assembly and shift it until centered and aligned with the Brake Disc. Fully tighten the hardware.



Rotate the Brake Disc to be sure it does not make contact with the magnets. If further adjustment is needed, repeat step 20.



20. Installation is the reverse procedure.

21. Final Inspection

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



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


NOTICE: This document provides instructions for the replacement of the Console Assembly on the Bowflex Max Trainer® M7.

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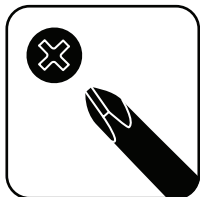
- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
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- Make sure that the repair is done in an appropriate 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.
- This product contains magnets. Magnetic fields can interfere with the normal use of certain medical devices at a close range. Users may come into proximity of the magnets in the assembly, maintenance, and/or use of the product. Given the obvious importance of these devices, such as a pacemaker, it is important that you consult with your medical provider in connection with the use of this equipment. Please consult the "Safety Warning Labels and Serial Number" section in the Owner's Manual to determine the location of the magnets on this product.

Tools Required (not included)

5mm hex wrench



#2 Phillips screwdriver



1. Unplug the AC Adapter from the wall outlet and machine.

2. Using a 5mm hex wrench, remove the 4 screws (2 on each side of the Console Mast) from the Console Assembly.



3. Carefully lift the Console Assembly and expose the Cable Connections.

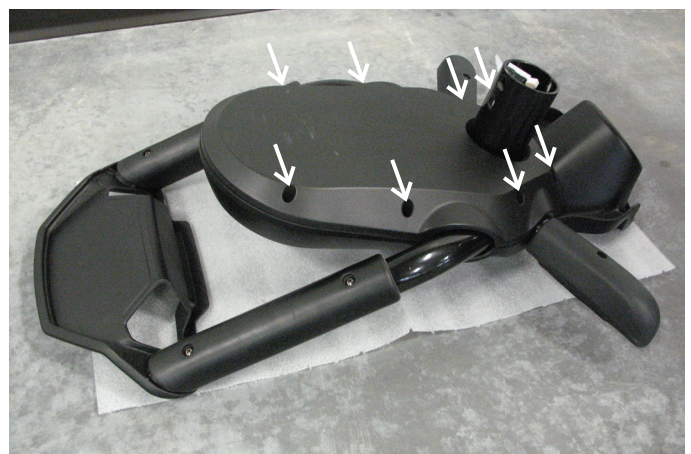
Note: do not crimp any of the Console Cables. This step may require two people.

4. Carefully disconnect the Cables while not allowing them to fall into the Console Mast.

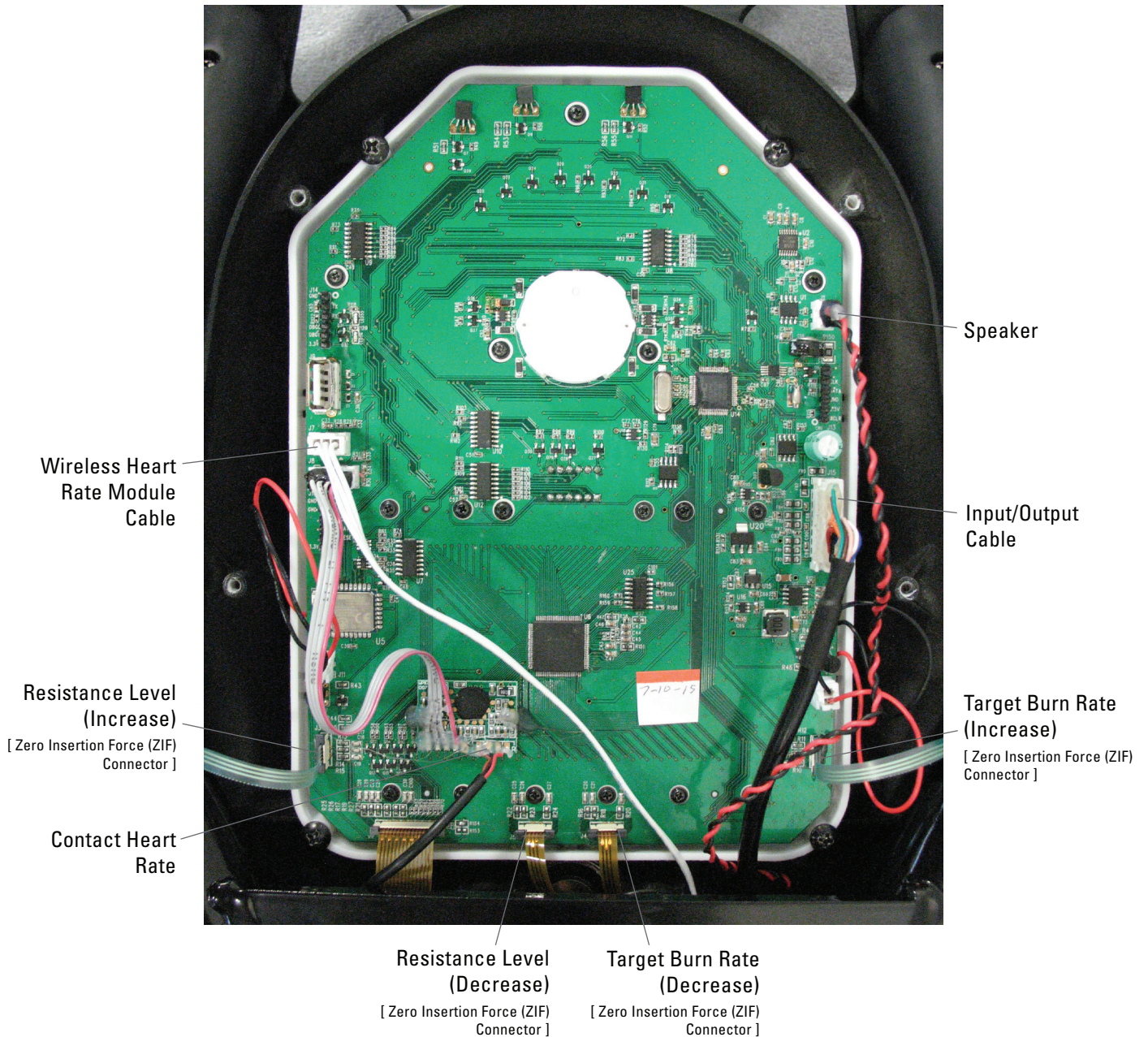
Note: do not crimp any of the Console Cables.



5. Using a #2 Phillips screwdriver, remove the 8 indicated screws from the back of the Console, and remove the Console Backing.



6. After noting their location for re-assembly, disconnect the indicated cables from the Console Board. Do not remove the Cables from the Console Handlebar Assembly.

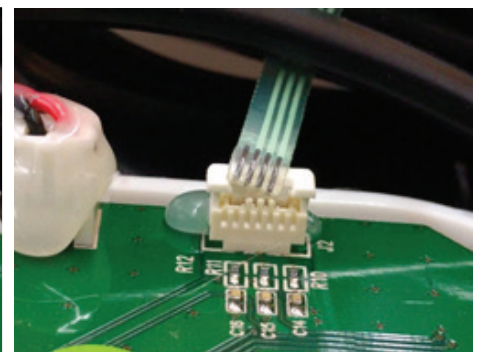
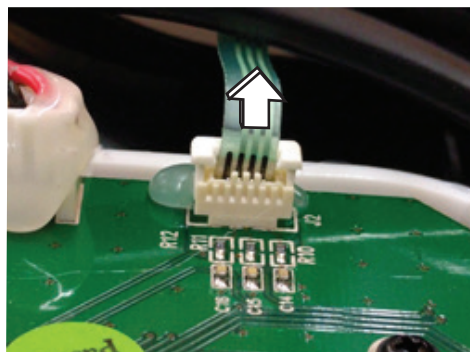
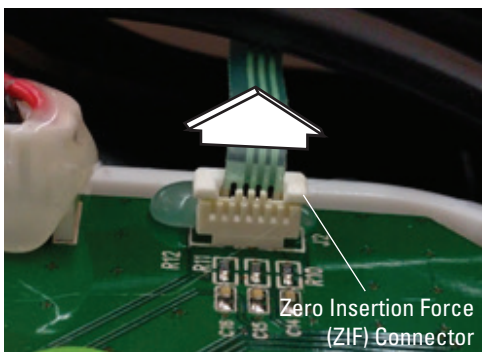


Disconnecting the Zero Insertion Force (ZIF) Connectors:

A. Lift the retaining clip.

B. Remove the cable.

C. Cable is disconnected from connector.



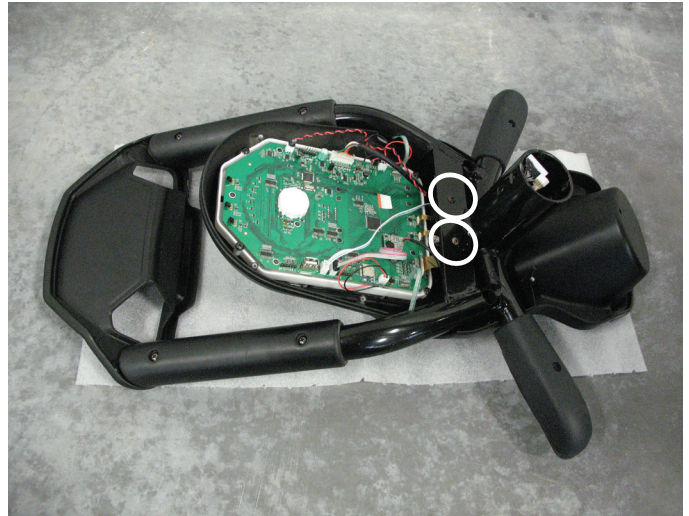
7. Using a #2 Phillips screwdriver, remove the 2 indicated screws that secure the Console Assembly to the Console Handlebar Assembly.

8. Remove the old Console Assembly noting how the cables route, and replace with the new Console Assembly.

9. Installation is the reverse procedure. Do not crimp the Cables.

10. Final Inspection

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



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

NOTICE: This document provides instructions for the replacement of the Console Handlebar Assembly on the Bowflex Max Trainer® M7.

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



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

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



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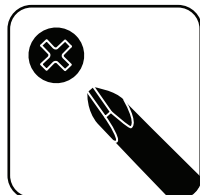
- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- If replacement parts are necessary, use only genuine Nautilus replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If necessary request replacement warning stickers or placards from Nautilus customer service.
- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety and will void the warranty.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.
- This product contains magnets. Magnetic fields can interfere with the normal use of certain medical devices at a close range. Users may come into proximity of the magnets in the assembly, maintenance, and/or use of the product. Given the obvious importance of these devices, such as a pacemaker, it is important that you consult with your medical provider in connection with the use of this equipment. Please consult the "Safety Warning Labels and Serial Number" section in the Owner's Manual to determine the location of the magnets on this product.

Tools Required (not included)

5mm hex wrench
6mm hex wrench



#2 Phillips screwdriver



1. Unplug the AC Adapter from the wall outlet and machine.

2. Using a 5mm hex wrench, remove the 4 screws (2 on each side of the Console Mast) from the Console Assembly.



3. Carefully lift the Console Assembly and expose the Cable Connections.

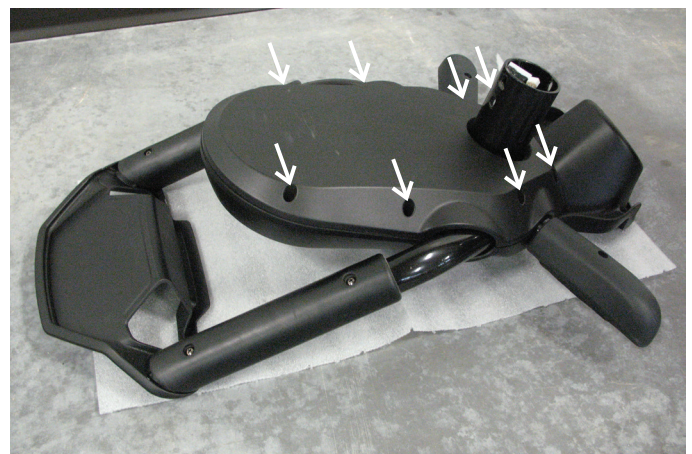
Note: do not crimp any of the Console Cables. This step may require two people.

4. Carefully disconnect the Cables while not allowing them to fall into the Console Mast.

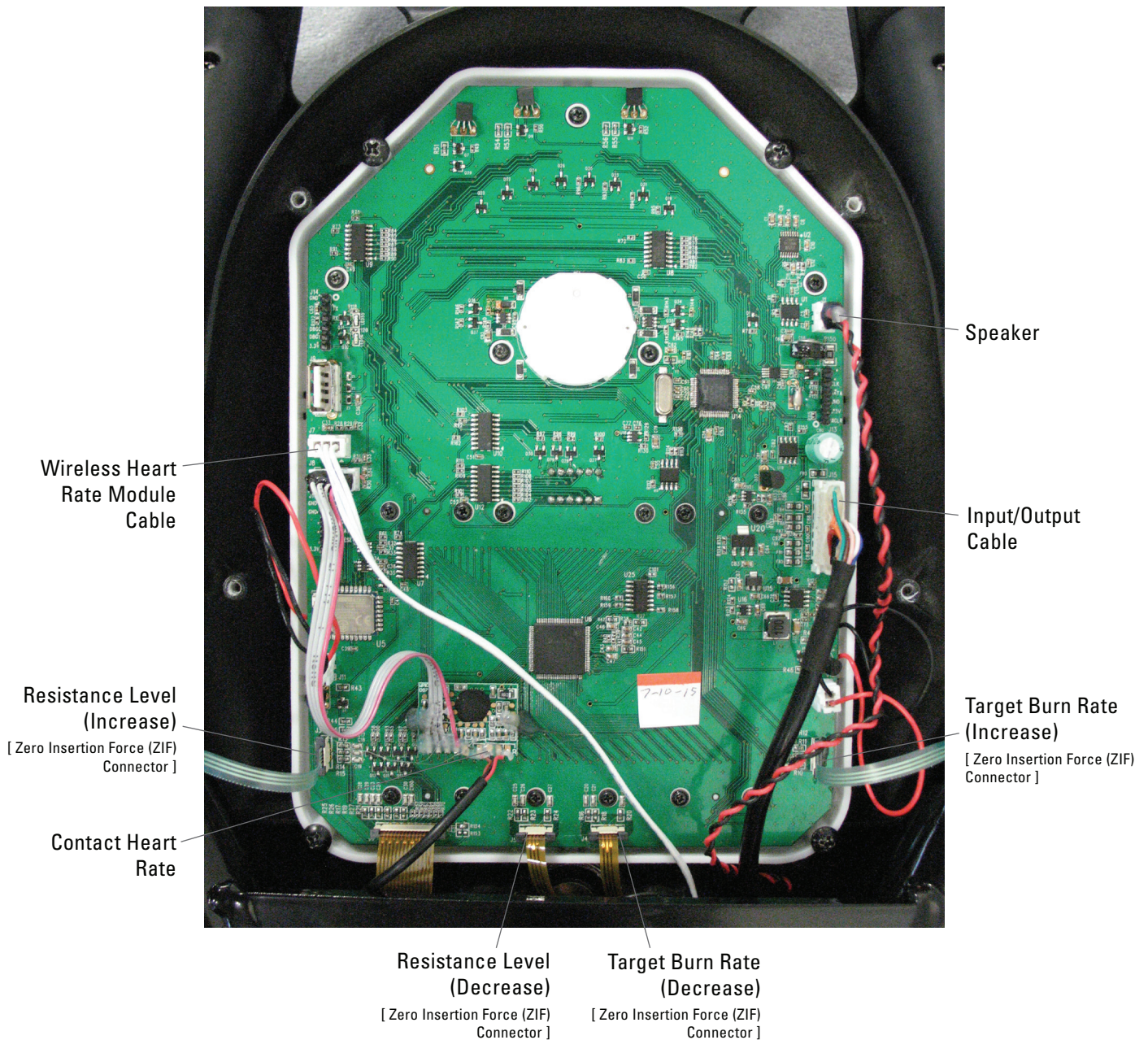
Note: do not crimp any of the Console Cables.



5. Using a #2 Phillips screwdriver, remove the 8 indicated screws from the back of the Console, and remove the Console Backing.



6. After noting their location for re-assembly, disconnect the indicated cables from the Console Board.

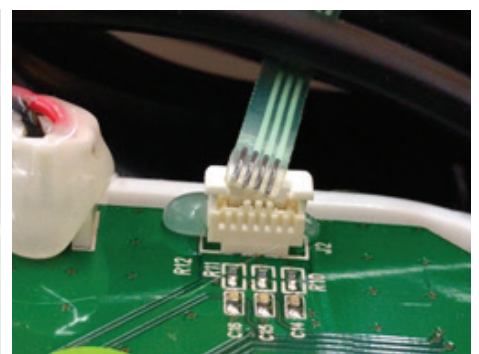
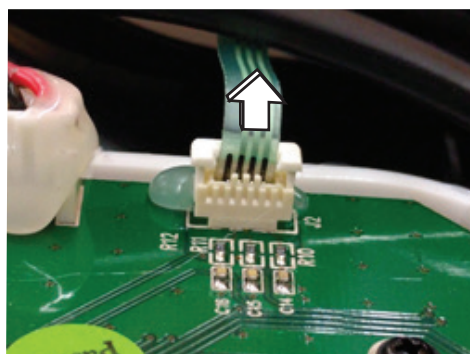
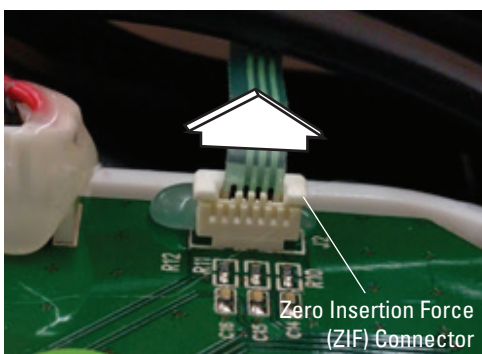


Disconnecting the Zero Insertion Force (ZIF) Connectors:

A. Lift the retaining clip.

B. Remove the cable.

C. Cable is disconnected from connector.



7. Using a #2 Phillips screwdriver, remove the 2 indicated screws that secure the Console Assembly to the Console Handlebar Assembly.

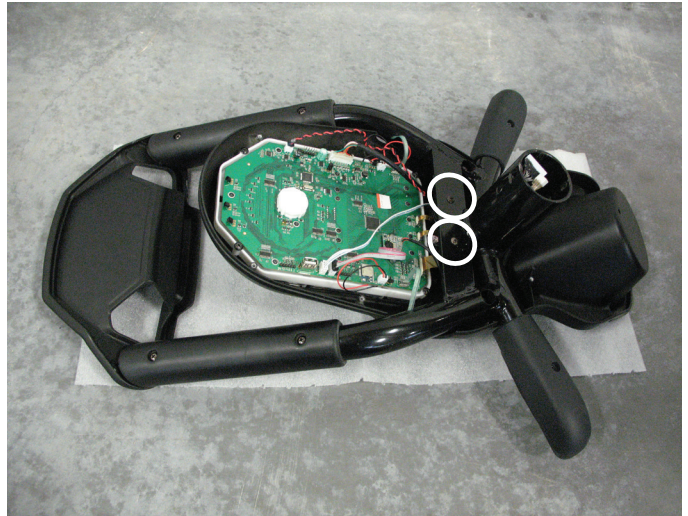
8. Remove the Console Assembly noting how the cables route.

9. Route the cables from the new Console Handlebar Assembly to the Console Assembly.

10. Installation is the reverse procedure. Do not crimp the Cables.

11. Final Inspection

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



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

NOTICE: This document provides instructions for the replacement of the Crank Arms on the Bowflex Max Trainer® M7.

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



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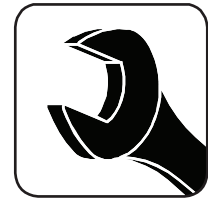
- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- If replacement parts are necessary, use only genuine Nautilus replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If necessary request replacement warning stickers or placards from Nautilus customer service.
- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety and will void the warranty.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.
- This product contains magnets. Magnetic fields can interfere with the normal use of certain medical devices at a close range. Users may come into proximity of the magnets in the assembly, maintenance, and/or use of the product. Given the obvious importance of these devices, such as a pacemaker, it is important that you consult with your medical provider in connection with the use of this equipment. Please consult the "Safety Warning Labels and Serial Number" section in the Owner's Manual to determine the location of the magnets on this product.

Tools Required (not included)

#2 Phillips screwdriver



16mm wrench



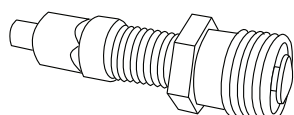
5mm hex wrench
6mm hex wrench



9/16" or 14mm Socket and Wrench



Crank Puller (non-handled,
JIS/ISO square taper
with M22x1.0 threads)



1. From the side with the Crank Arm that needs to be replaced, remove the indicated Cap.

Note: The following photos show the removal of the Right Crank Arm.

2. Using a 6mm hex wrench, remove the hardware exposed from below the Cap.

3. Lift the Foot Pedal and slide the Leg Assembly straight off the machine. Be sure to pull straight out, or the Leg Assembly may be difficult to remove.

Note: A rubber mallet may be necessary if the Leg Assembly will not slide off.



4. Using a 5mm hex wrench, remove the indicated hardware from the Upper Handlebar.

Note: Be aware that the Upper Handlebar must be supported when removing the hardware.



5. Place a rag or protective material below the Connector Arm to protect the Shrouds from potential scratches from the Connector Arms.

6. Using a 6mm hex wrench, remove the hardware that connects the Connector Arm and the Pivot Arm.

Note: The Connector Arm will pivot downward if not lowered slowly onto the rag protecting the Shroud.



7. Using a #2 Phillips screwdriver, remove the 2 indicated screws from the Crank Cover.

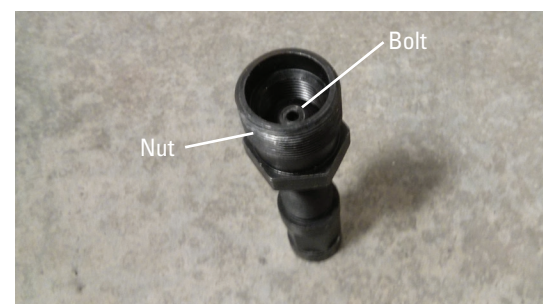
8. Remove the Crank Cover from the machine.



9. Using a 9/16" or 14mm socket and wrench, remove the indicated nut from the Crank Assembly.



10. Adjust the Crank Puller until the end of the Bolt is inside the Nut (as shown).



11. Carefully thread the Crank Puller into the Crank Arm. Be sure the Crank Puller has at least three rounds of threads inserted.

12. Using a 16mm wrench, turn the inner portion (the Bolt) of the Crank Puller clockwise. The Crank Arm will slide off as it is tightened.

Note: Be aware that the Crank Arm will be loose and will need to be supported.

13. Remove the Crank Puller from the Crank Arm.

14. If necessary, repeat the procedure to remove the other Crank Arm.



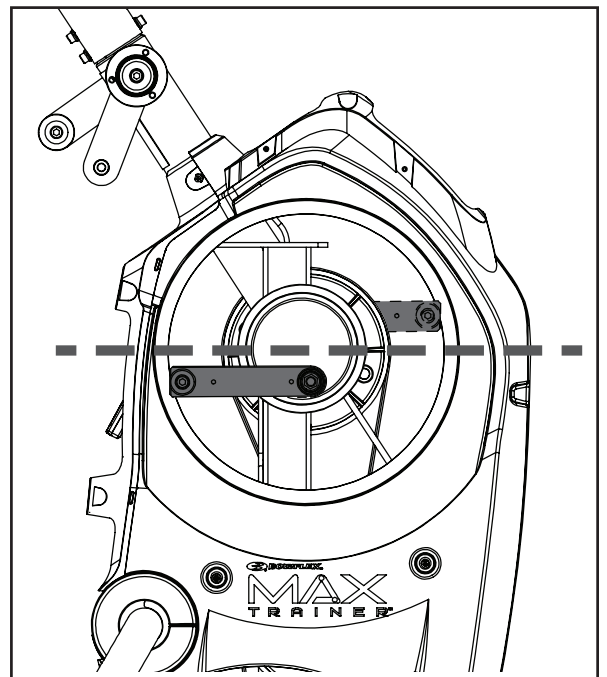
15. Installation is the reverse procedure excluding steps with the Crank Puller. The Crank Puller is not required for re-assembly.

Note: When replacing the Crank Arm be sure the Right and Left Crank Arms are oriented inline and opposite each other.

The Crank Nut should be tightened to a torque value of 29-32.5 ft lbs (or 350-390 in lbs).

16. Final Inspection

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



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


NOTICE: This document provides instructions for the replacement of the Drive Belt on the Bowflex Max Trainer® M7.

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

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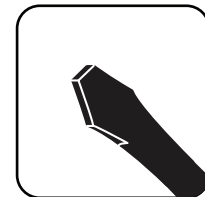
- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair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

Tools Required (not included)

#2 Phillips screwdriver



#2 Standard screwdriver

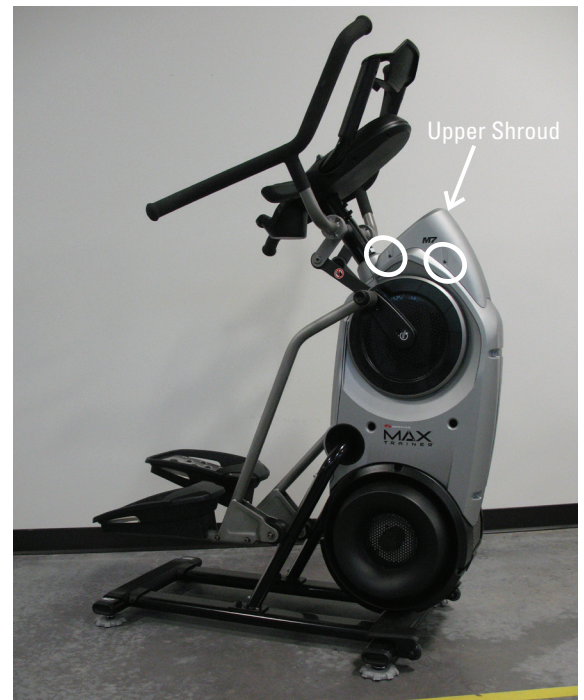


4mm hex wrench
5mm hex wrench
6mm hex wrench
8mm hex wrench



1. Unplug the AC Adapter from the wall outlet and machine.

2. Using a #2 Phillips screwdriver, remove the 4 screws (2 indicated on one side) from the Upper Shroud and remove it.



3. Using a 5mm hex wrench, remove the indicated hardware from the Upper Handlebars and remove them.

Note: Be aware that the Upper Handlebars must be supported when removing the hardware.



4. Remove the Right and Left Stabilizer Shrouds from the machine.



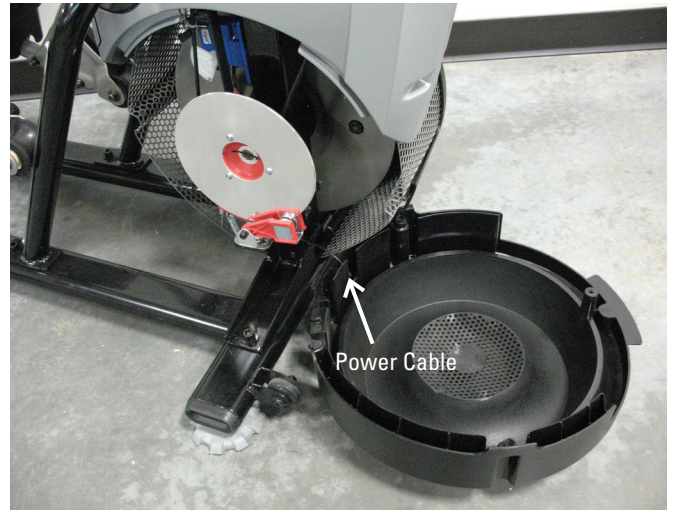
5. Using a #2 Phillips screwdriver, remove the indicated (by ovals) screws and only loosen the lowest indicated screw (arrow) from the Right Fan Cover.

6. The Right Fan Cover has a tab that needs to be pushed upward to clear the loosened screw. While pushing up on the tab, remove the Right Fan Cover from the assembly.

Note: the Power Cable is attached to the inside of the Right Fan Cover. Be sure not to crimp the cable by placing the Right Fan Cover close to the front of the machine.



To assist with assembly, note that the upper screw is a machine screw and not a self-tapping screw.



7. Remove the indicated Cap from both sides of the machine.

8. Using a 6mm hex wrench, remove the hardware exposed from below the Cap from both sides of the machine.

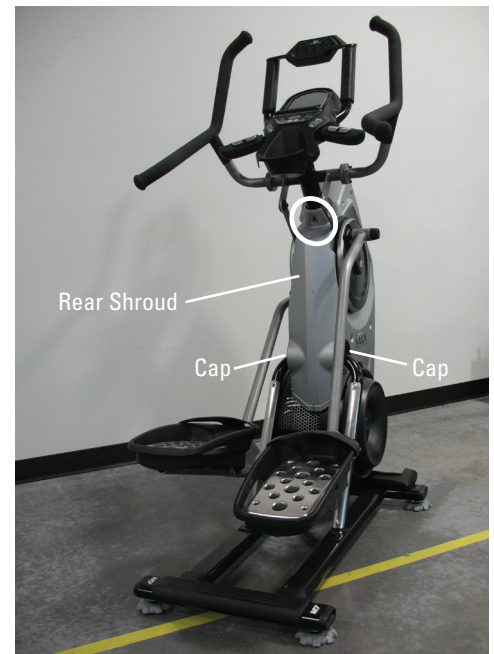
9. Slide the Leg Assemblies off of the machine.



10. Using a #2 Phillips screwdriver, remove the indicated screw from the Rear Shroud.

11. Carefully remove the Rear Shroud from the machine. Place a standard screwdriver behind and near the middle of the Rear Shroud and gently pry until it releases. Then move the screwdriver to the bottom and gently pry until the Rear Shroud comes off.

12. Remove the indicated Caps from the machine.



13. Using a #2 Phillips screwdriver, remove the indicated (by oval) screw and only loosen the lowest indicated screw (arrow) from the Left Fan Cover.

14. The Left Fan Cover Assembly has a tab that needs to be pushed upward to clear the loosened screw. While pushing up on the tab, remove the Left Fan Cover Assembly.

15. Remove the Left Fan Cover Assembly from the machine. Be sure to note how the fan screens are set into the Left Fan Cover to assist with the replacement procedure.



16. Using a #2 Phillips screwdriver, remove the 2 indicated (by ovals) screws from the Crank Cover. Repeat on the other side of the machine.

17. Remove the Crank Covers from the machine.

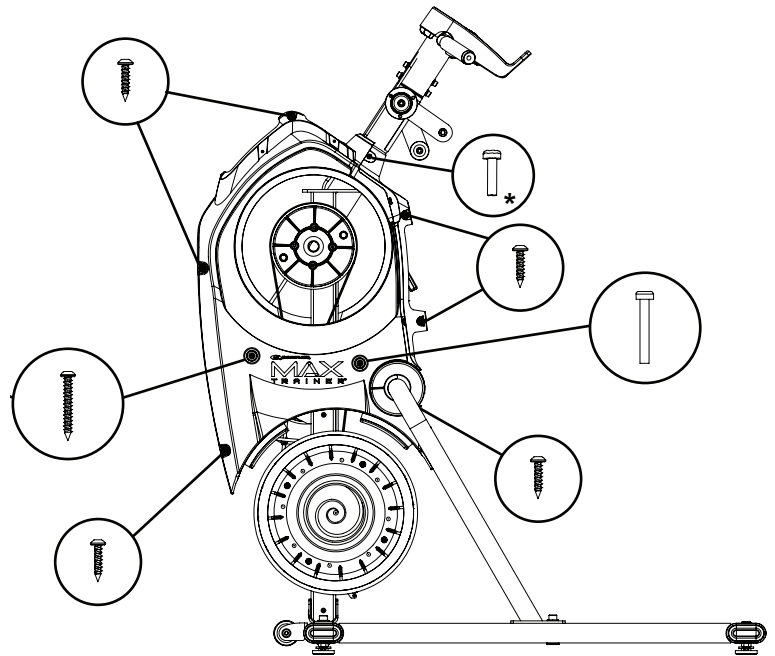
18. Place a rag or protective material below the Connector Arm to protect the Shrouds from potential scratches from the Connector Arms.

19. Using a 6mm hex wrench, remove the hardware (indicated by arrows) that connects the Connector Arms and the Pivot Arms.

Note: The Connector Arm will pivot downward if not lowered slowly onto the rag protecting the Shrouds



20. Using a #2 Phillips screwdriver, remove the screws from the Left Shroud. (9 screws on the Left Shroud) Remove the upper screws labeled ‘ * ’ last.



Left Side

21. Using a 4mm hex wrench, remove the screw indicated by “A” from the Drive Belt Tensioner Arm.

22. Using a 8mm hex wrench, loosen the screw indicated by “B” until the Drive Belt is free enough to be removed from the Drive Pulley. Remove the Drive Belt.

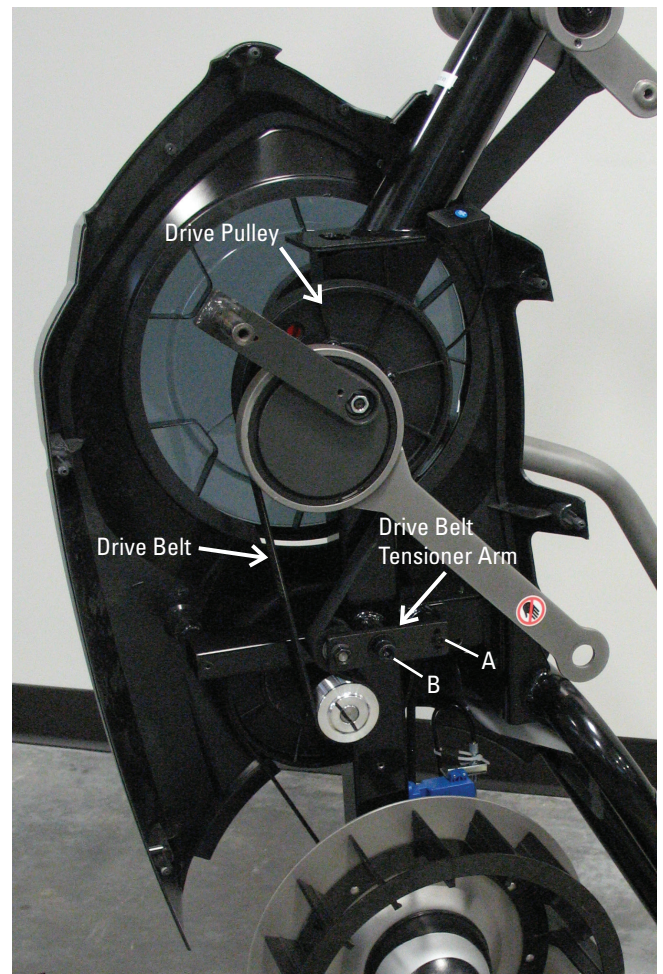
⚠ Keep fingers out of any pinch opportunities when removing the Fan Belt.

23. Replace and tighten the “A” screw on the Drive Belt Tensioner Arm, and then tighten the “B” screw.

24. Installation is the reverse procedure excluding steps with the Crank Puller.


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

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




NOTICE: This document provides instructions for the replacement of the Drive Pulley on the Bowflex Max Trainer® M7.

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

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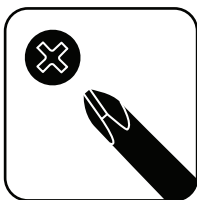
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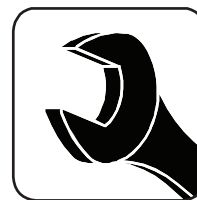
- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power to the machine before you service it.
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Tools Required (not included)

#2 Phillips screwdriver



10mm wrench
16mm wrench



4mm hex wrench
5mm hex wrench
6mm hex wrench
8mm hex wrench



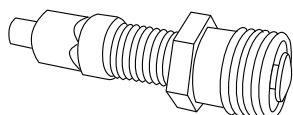
#2 Standard screwdriver



9/16" or 14mm Socket and Wrench

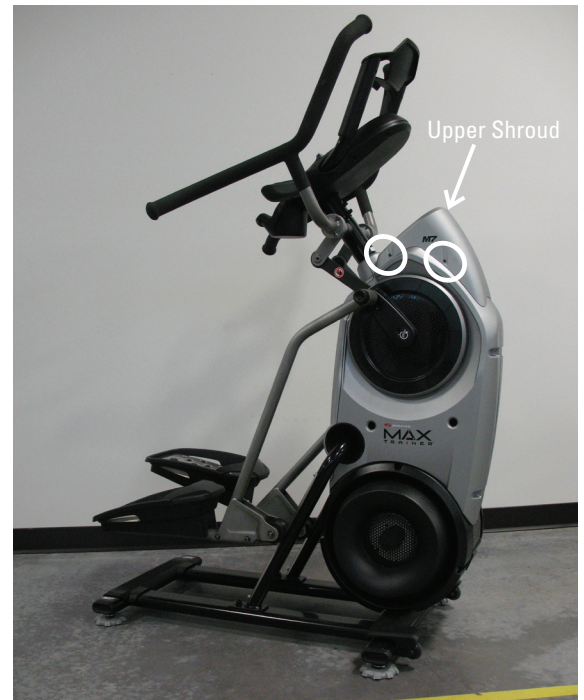


Crank Puller (non-handled,
JIS/ISO square taper
with M22x1.0 threads)



1. Unplug the AC Adapter from the wall outlet and machine.

2. Using a #2 Phillips screwdriver, remove the 4 screws (2 indicated on one side) from the Upper Shroud and remove it.



3. Using a 5mm hex wrench, remove the indicated hardware from the Left Upper Handlebar.

Note: Be aware that the Upper Handlebar must be supported when removing the hardware.



4. Remove the Right and Left Stabilizer Shrouds from the machine.



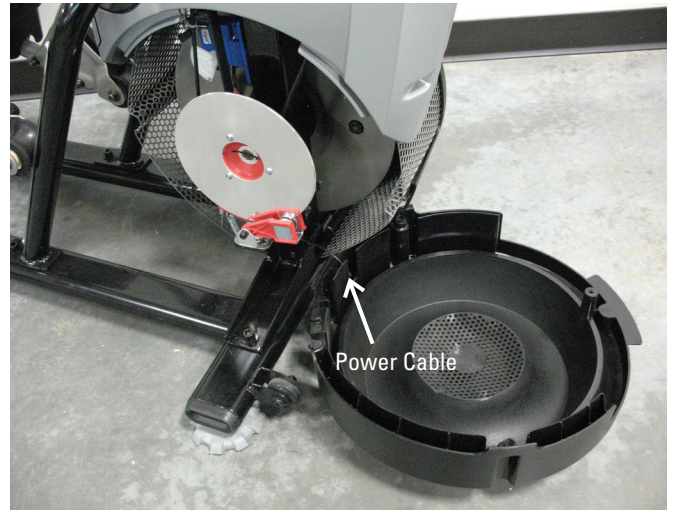
5. Using a #2 Phillips screwdriver, remove the indicated (by ovals) screws and only loosen the lowest indicated screw (arrow) from the Right Fan Cover.

6. The Right Fan Cover has a tab that needs to be pushed upward to clear the loosened screw. While pushing up on the tab, remove the Right Fan Cover from the assembly.

Note: the Power Cable is attached to the inside of the Right Fan Cover. Be sure not to crimp the cable by placing the Right Fan Cover close to the front of the machine.



To assist with assembly, note that the upper screw is a machine screw and not a self-tapping screw.



7. Remove the indicated Cap from the machine.

8. Using a 6mm hex wrench, remove the hardware exposed from below the Cap.

9. Slide the Left Leg Assembly off of the machine.



10. Using a #2 Phillips screwdriver, remove the indicated screw from the Rear Shroud.

11. Carefully remove the Rear Shroud from the machine. Place a standard screwdriver behind and near the middle of the Rear Shroud and gently pry until it releases. Then move the screwdriver to the bottom and gently pry until the Rear Shroud comes off.

12. Remove the indicated Caps from the machine.



13. Using a #2 Phillips screwdriver, remove the indicated (by oval) screw and only loosen the lowest indicated screw (arrow) from the Left Fan Cover.

14. The Left Fan Cover Assembly has a tab that needs to be pushed upward to clear the loosened screw. While pushing up on the tab, remove the Left Fan Cover Assembly.

15. Remove the Left Fan Cover Assembly from the machine. Be sure to note how the fan screens are set into the Left Fan Cover to assist with the replacement procedure.



16. Using a #2 Phillips screwdriver, remove the 2 indicated screws from the Left Crank Cover.

Note: The image displays the Right Crank Cover being removed.

17. Remove the Left Crank Cover from the machine.

18. Place a rag or protective material below the Left Connector Arm to protect the Shroud from potential scratches from the Connector Arm.

19. Using a 6mm hex wrench, remove the hardware that connects the Left Connector Arm and the Pivot Arm.

Note: The Connector Arm will pivot downward if not lowered slowly onto the rag protecting the Shroud.



20. Using a 9/16" or 14mm socket and wrench, remove the nut from the Left Crank Assembly.



21. Adjust the Crank Puller until the end of the Bolt is inside the Nut (as shown).



22. Carefully thread the Crank Puller into the Left Crank Arm. Be sure the Crank Puller has at least three rounds of threads inserted.

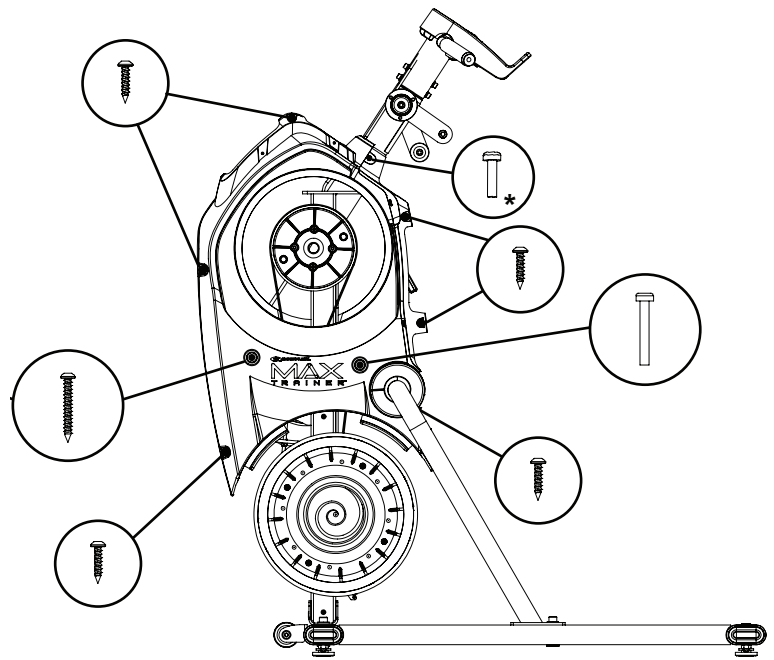
23. Using a 16mm wrench, turn the inner portion (the Bolt) of the Crank Puller clockwise. The Left Crank Arm will slide off as it is tightened.

Note: Be aware that the Left Crank Arm will be loose and will need to be supported.

24. Remove the Crank Puller from the Left Crank Arm.



25. Using a #2 Phillips screwdriver, remove the screws from the Left Shroud. (9 screws on the Left Shroud) Remove the upper screws labeled ‘ * ’ last.



Left Side

26. Using a 4mm hex wrench, remove the screw indicated by “A” from the Drive Belt Tensioner Arm.

27. Using a 10mm wrench, remove the securing nuts (if present) from the back side of the Drive Pulley.

28. Using a 8mm hex wrench, loosen the screw indicated by “B” until the Drive Belt is free enough to be removed from the Drive Pulley. Remove the Drive Belt.

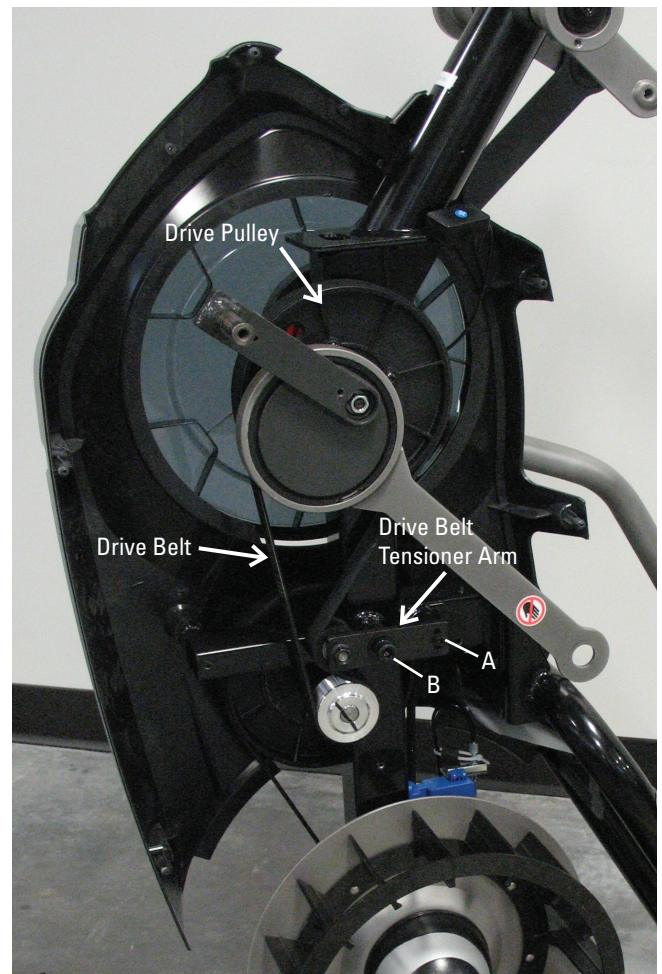
⚠ Keep fingers out of any pinch opportunities when removing the Fan Belt.

29. Using a 5mm hex wrench, remove the four screws that attach the Drive Pulley. Be sure to support the weight of the Drive Pulley when removing hardware because it will fall.

30. Using a 5mm hex wrench, attach the new Drive Pulley to the Frame Assembly.

31. Replace the Drive Belt around the new Drive Pulley.

32. Replace and tighten the “A” screw on the Drive Belt Tensioner Arm, and then tighten the “B” screw.



33. Installation is the reverse procedure excluding steps with the Crank Puller. The Crank Puller is not required for re-assembly.

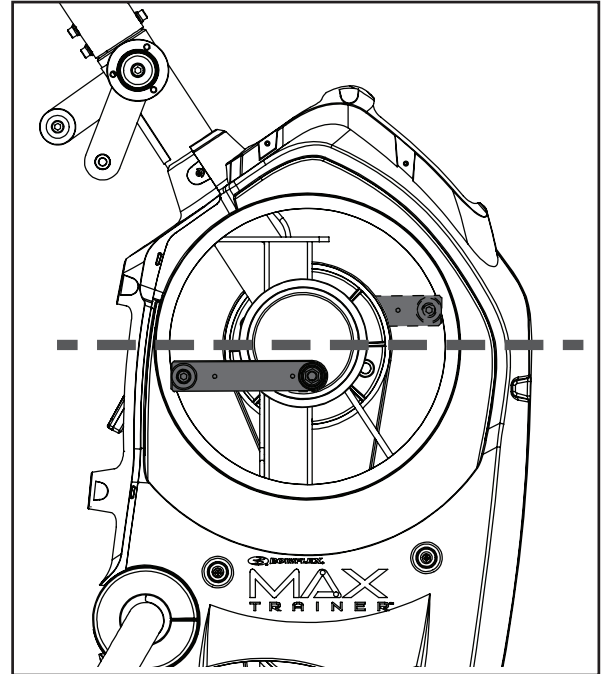
Note: When replacing the Crank Arm be sure the Right and Left Crank Arms are oriented inline and opposite each other. The Crank Nut should be tightened to a torque value of 29-32.5 ft lbs (or 350-390 in lbs).

34. Final Inspection

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



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



NOTICE: This document provides instructions for the replacement of the Hardware that attaches the Drive Pulley on the Bowflex Max Trainer® M7.

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



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

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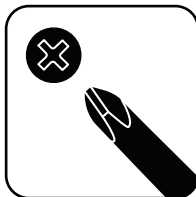


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- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- If replacement parts are necessary, use only genuine Nautilus replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If necessary request replacement warning stickers or placards from Nautilus customer service.
- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety and will void the warranty.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.
- This product contains magnets. Magnetic fields can interfere with the normal use of certain medical devices at a close range. Users may come into proximity of the magnets in the assembly, maintenance, and/or use of the product. Given the obvious importance of these devices, such as a pacemaker, it is important that you consult with your medical provider in connection with the use of this equipment. Please consult the "Safety Warning Labels and Serial Number" section in the Owner's Manual to determine the location of the magnets on this product.

Tools Required (not included)

#2 Phillips screwdriver



10mm wrench



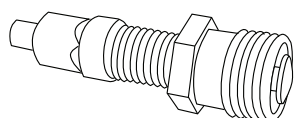
5mm hex wrench
6mm hex wrench



9/16" or 14mm Socket and Wrench



Crank Puller (non-handled,
JIS/ISO square taper
with M22x1.0 threads)



1. Unplug the AC Adapter from the wall outlet and machine.

2. Using a #2 Phillips screwdriver, remove the 4 screws (2 indicated on one side) from the Console Assembly.



3. Using a 5mm hex wrench, remove the indicated hardware from the Left Upper Handlebar.

Note: Be aware that the Upper Handlebar must be supported when removing the hardware.



4. Remove the Right and Left Stabilizer Shrouds from the machine.



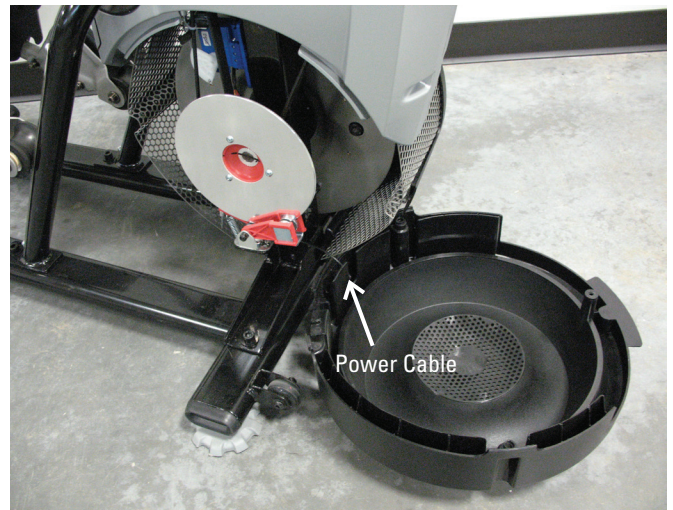
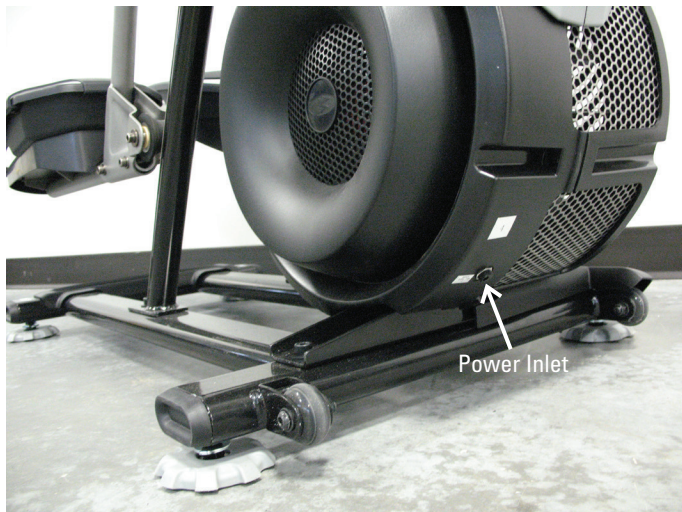
5. Using a #2 Phillips screwdriver, remove the indicated (by ovals) screws and only loosen the lowest indicated screw (arrow) from the Right Fan Cover.

6. The Right Fan Cover has a tab that needs to be pushed upward to clear the loosened screw. While pushing up on the tab, remove the Right Fan Cover from the assembly.

Note: the Power Cable is attached to the inside of the Right Fan Cover. Be sure not to crimp the cable by placing the Right Fan Cover close to the front of the machine.



To assist with assembly, note that the upper screw is a machine screw and not a self-tapping screw.



7. Remove the indicated Cap from the machine.

8. Using a 6mm hex wrench, remove the hardware exposed from below the Cap.

9. Slide the Left Leg Assembly off of the machine.



10. Using a #2 Phillips screwdriver, remove the 2 indicated screws (by ovals) from the Left Crank Cover.

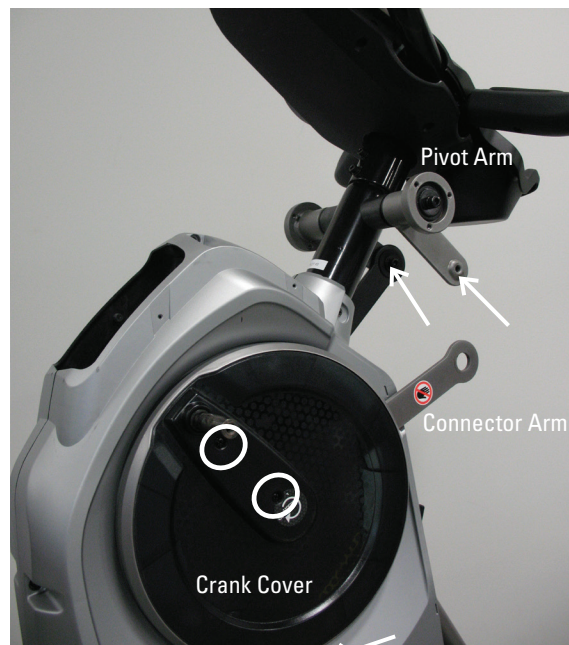
Note: The image displays the Right Crank Cover being removed.

11. Remove the Left Crank Cover from the machine.

12. Place a rag or protective material below the Left Connector Arm to protect the Shroud from potential scratches from the Connector Arm.

13. Using a 6mm hex wrench, remove the indicated hardware (with arrows) that connects the Left Connector Arm and the Pivot Arm.

Note: The Connector Arm will pivot downward if not lowered slowly onto the rag protecting the Shroud.



14. Using a 9/16" or 14mm socket and wrench, remove the nut from the Left Crank Assembly.



15. Adjust the Crank Puller until the end of the Bolt is flush with the Nut (as shown).

16. Carefully thread the Crank Puller into the Left Crank Arm. Be sure the Crank Puller has at least three rounds of threads inserted.



17. Using a 16mm wrench, turn the inner portion (the Bolt) of the Crank Puller clockwise. The Left Crank Arm will slide off as it is tightened.

Note: Be aware that the Left Crank Arm will be loose and will need to be supported.

18. Remove the Crank Puller from the Left Crank Arm.



19. Inspect the Drive Pulley and the screws that secure it.

* If the Drive Pulley is worn or damaged OR any of the screws have been sheared off, use the "Replace the Drive Pulley" Procedure for replacement instructions.

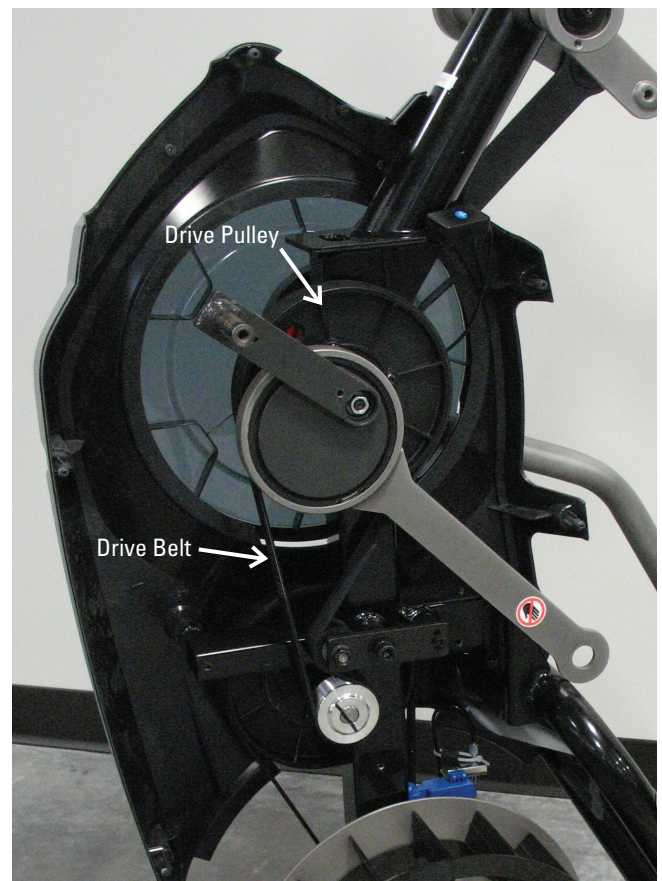
* If one or more screws are currently missing, skip to Step 21.

* If all four screws are present, use an appropriately sized hex wrench to remove one of the four screws that attach the Drive Pulley.

20. Using a 5mm hex wrench, attach one of the replacement screws and lock washers provided in the kit. Fully tighten the screw. Once fully tightened, secure the screw with one of the provided securing nuts using a 10mm wrench.

21. Rotate the Drive Pulley to replace each screw with the provided hardware (screw and securing nut) one at a time.

Note: The kit contains a replacement Drive Pulley. This part will not be used if this procedure is performed correctly.



22. Installation is the reverse procedure excluding steps with the Crank Puller. The Crank Puller is not required for re-assembly.

Note: When replacing the Crank Arm be sure the Right and Left Crank Arms are oriented inline and opposite each other.

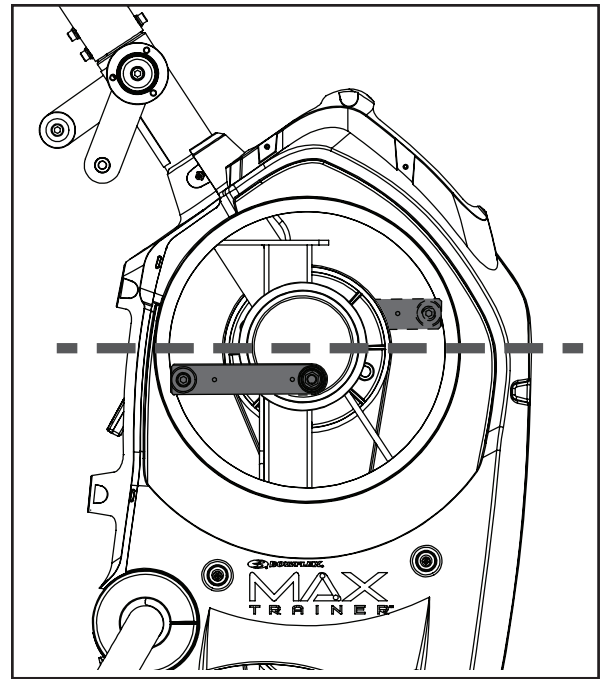
The Crank Nut should be tightened to a torque value of 29-32.5 ft lbs (or 350-390 in lbs).

23. Final Inspection

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



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



NOTICE: This document provides instructions for the replacement of the Fan Assembly on the Bowflex Max Trainer® M7.

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



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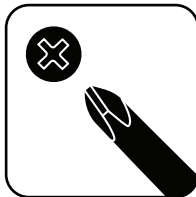


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- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product 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.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- If replacement parts are necessary, use only genuine Nautilus replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If necessary request replacement warning stickers or placards from Nautilus customer service.
- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety and will void the warranty.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.
- This product contains magnets. Magnetic fields can interfere with the normal use of certain medical devices at a close range. Users may come into proximity of the magnets in the assembly, maintenance, and/or use of the product. Given the obvious importance of these devices, such as a pacemaker, it is important that you consult with your medical provider in connection with the use of this equipment. Please consult the "Safety Warning Labels and Serial Number" section in the Owner's Manual to determine the location of the magnets on this product.

Tools Required (not included)

#2 Phillips screwdriver



5mm hex wrench



Standard Screwdriver



1. Unplug the AC Adapter from the wall outlet and machine.
2. Remove the Right and Left Stabilizer Shrouds from the machine.



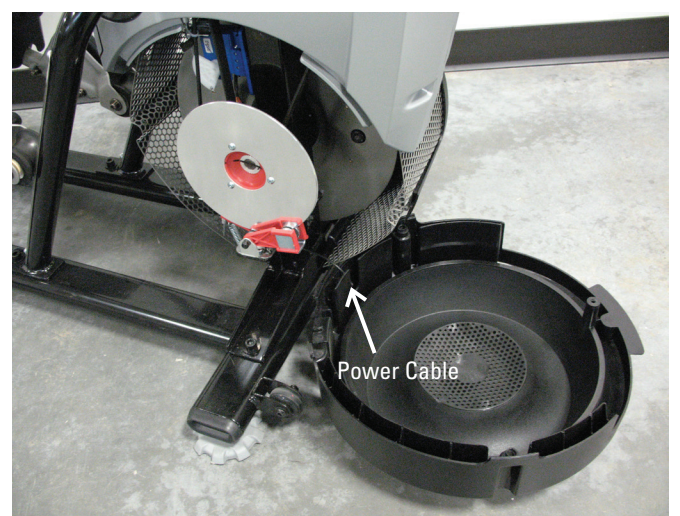
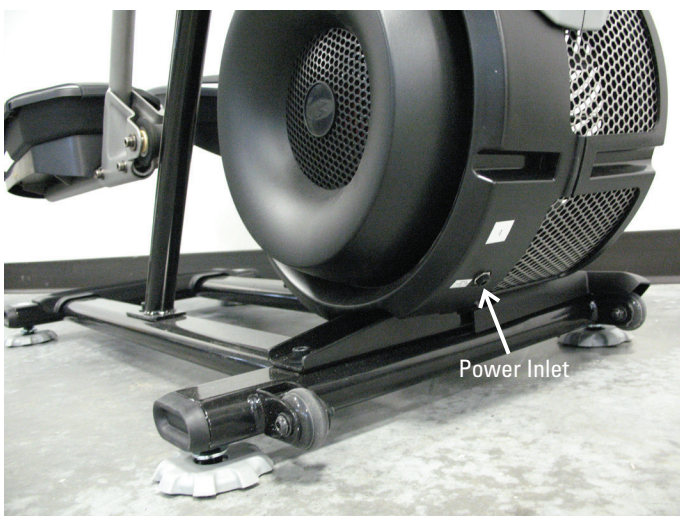
3. Using a #2 Phillips screwdriver, remove the indicated (by ovals) screws and only loosen the lowest indicated screw (arrow) from the Right Fan Cover.

4. The Right Fan Cover has a tab that needs to be pushed upward to clear the loosened screw. While pushing up on the tab, remove the Right Fan Cover from the assembly.

Note: the Power Cable is attached to the inside of the Right Fan Cover. Be sure not to crimp the cable by placing the Right Fan Cover close to the front of the machine.



To assist with assembly, note that the upper screw is a machine screw and not a self-tapping screw.



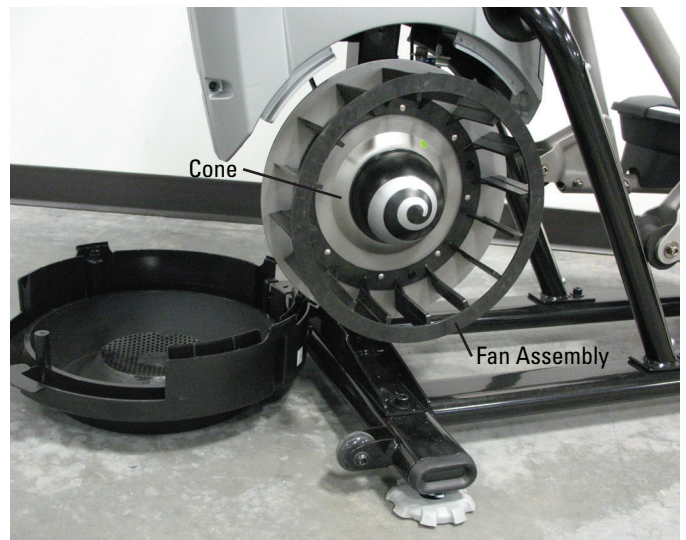
5. Using a #2 Phillips screwdriver, remove the indicated (by oval) screw and only loosen the lowest indicated screw (arrow) from the Left Fan Cover.

6. The Left Fan Cover Assembly has a tab that needs to be pushed upward to clear the loosened screw. While pushing up on the tab, remove the Left Fan Cover Assembly.

7. Remove the Left Fan Cover Assembly from the machine. Be sure to note how the fan screens are set into the Left Fan Cover to assist with the replacement procedure.



8. Remove the Cone from the Fan Assembly. There are 4 clips that attach the Cone that can be accessed behind the Fan Assembly. Using a small standard screwdriver, gently release the clips.

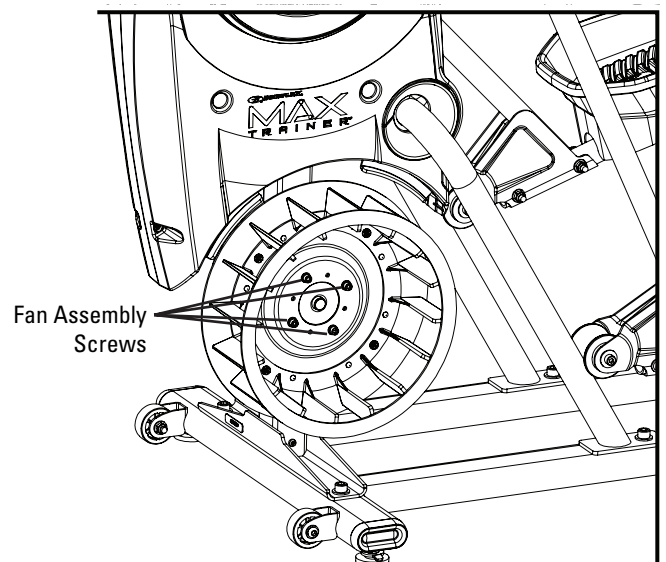


9. Using a 5mm hex wrench, remove the 4 screws from the Fan Assembly. Be sure to support the Fan Assembly when removing hardware.

10. Installation is the reverse procedure.

11. Final Inspection

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



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

NOTICE: This document provides instructions for the replacement of the Fan Pulley on the Bowflex Max Trainer® M7.

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

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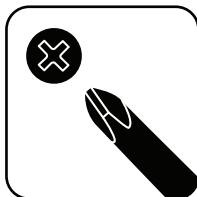
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- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product 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.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- If replacement parts are necessary, use only genuine Nautilus replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If necessary request replacement warning stickers or placards from Nautilus customer service.
- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety and will void the warranty.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.
- This product contains magnets. Magnetic fields can interfere with the normal use of certain medical devices at a close range. Users may come into proximity of the magnets in the assembly, maintenance, and/or use of the product. Given the obvious importance of these devices, such as a pacemaker, it is important that you consult with your medical provider in connection with the use of this equipment. Please consult the "Safety Warning Labels and Serial Number" section in the Owner's Manual to determine the location of the magnets on this product.

Tools Required (not included)

#2 Phillips screwdriver



10mm wrench
16mm wrench



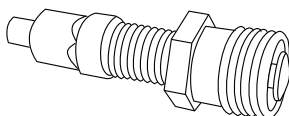
9/16" or 14mm Socket and Wrench



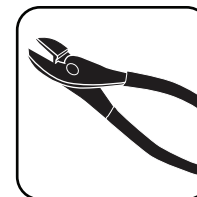
5mm hex wrench
6mm hex wrench



Crank Puller (non-handled,
JIS/ISO square taper
with M22x1.0 threads)



Wire Cutter



Eye Protection

Heavy Duty Zip-Tie



1. Unplug the AC Adapter from the wall outlet and machine.

2. Using a #2 Phillips screwdriver, remove the 4 screws (2 indicated on one side) from the Upper Shroud.



3. Remove the Right and Left Stabilizer Shrouds from the machine.



4. Using a 5mm hex wrench, remove the indicated hardware from the Right Upper Handlebar.

Note: Be aware that the Right Upper Handlebar must be supported when removing the hardware.



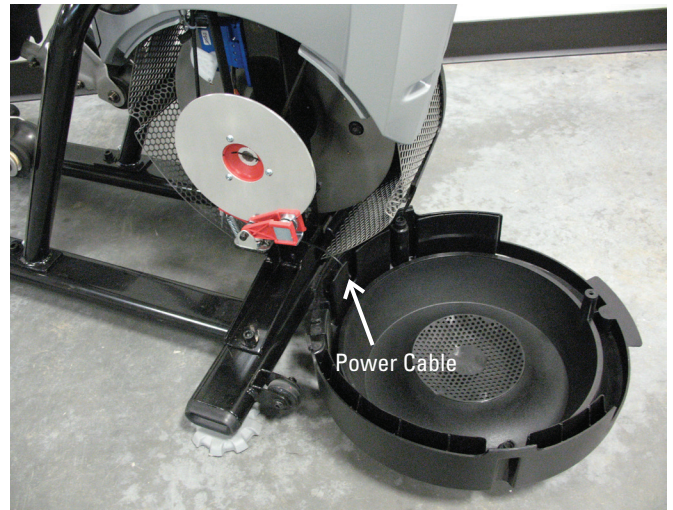
5. Using a #2 Phillips screwdriver, remove the indicated (by ovals) screws and only loosen the lowest indicated screw (arrow) from the Right Fan Cover.

6. The Right Fan Cover has a tab that needs to be pushed upward to clear the loosened screw. While pushing up on the tab, remove the Right Fan Cover from the assembly.

Note: the Power Cable is attached to the inside of the Right Fan Cover. Be sure not to crimp the cable by placing the Right Fan Cover close to the front of the machine.



To assist with assembly, note that the upper screw is a machine screw and not a self-tapping screw.



7. Remove the indicated Cap from the machine.

8. Using a 6mm hex wrench, remove the hardware exposed from below the Cap.

9. Slide the Right Leg Assembly off of the machine.



10. Using a #2 Phillips screwdriver, remove the indicated screw from the Rear Shroud.

11. Carefully remove the Rear Shroud from the machine. Place a standard screwdriver behind and near the middle of the Rear Shroud and gently pry until it releases. Then move the screwdriver to the bottom and gently pry until the Rear Shroud comes off.

12. Remove the indicated Caps from the machine.



13. Using a #2 Phillips screwdriver, remove the indicated (by oval) screw and only loosen the lowest indicated screw (arrow) from the Left Fan Cover.

14. The Left Fan Cover Assembly has a tab that needs to be pushed upward to clear the loosened screw. While pushing up on the tab, remove the Left Fan Cover Assembly.



15. Using a #2 Phillips screwdriver, remove the 2 indicated screws from the Right Crank Cover.

16. Remove the Right Crank Cover from the machine.

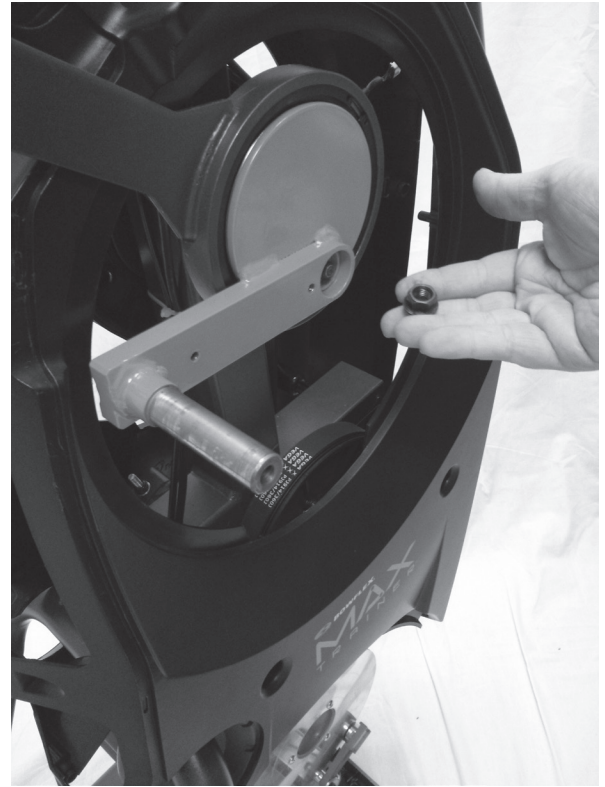
17. Place a rag or protective material below the Right Connector Arm to protect the Shrouds from potential scratches from the Connector Arms.

18. Using a 6mm hex wrench, remove the hardware that connects the Right Connector Arm and the Pivot Arm.

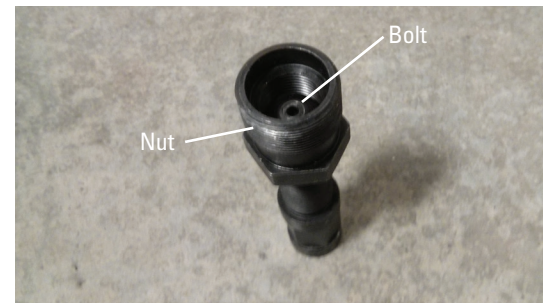
Note: The Connector Arm will pivot downward if not lowered slowly onto the rag protecting the Shroud.



19. Using a 9/16" or 14mm socket and wrench, remove the nut from the Right Crank Assembly.



20. Adjust the Crank Puller until the end of the Bolt is inside the Nut (as shown).



21. Carefully thread the Crank Puller into the Right Crank Arm. Be sure the Crank Puller has at least three rounds of threads inserted.

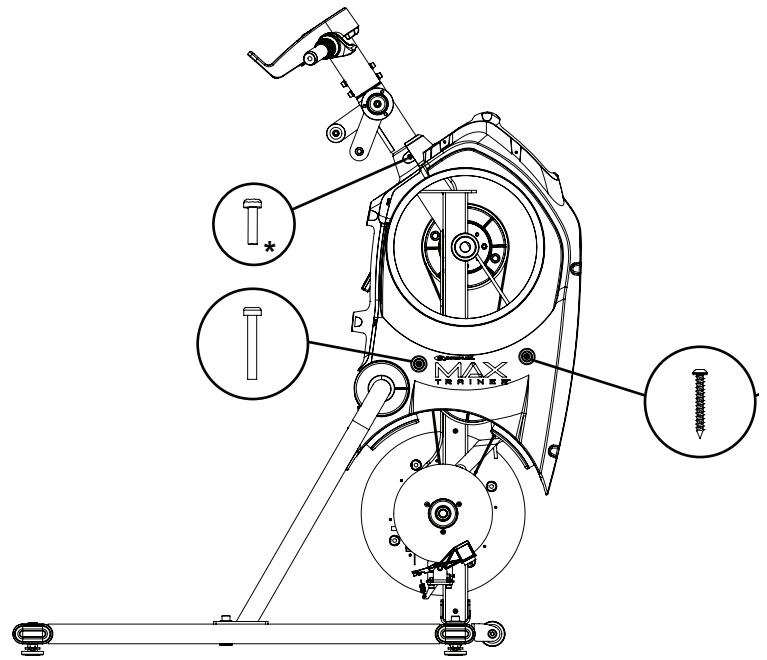
22. Using a 16mm wrench, turn the inner portion (the Bolt) of the Crank Puller clockwise. The Right Crank Arm will slide off as it is tightened.

Note: Be aware that the Right Crank Arm will be loose and will need to be supported.

23. Remove the Crank Puller from the Right Crank Arm.



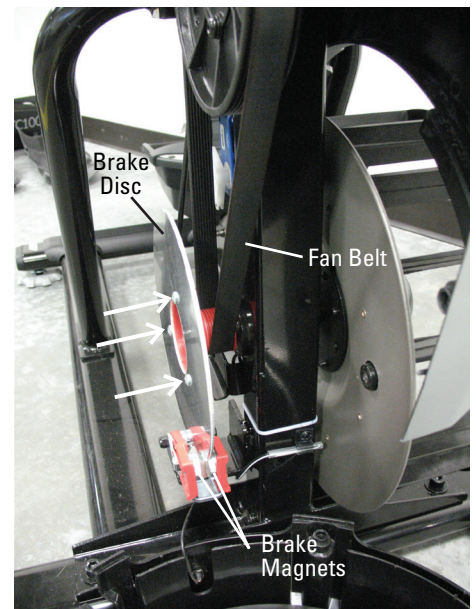
24. Using a #2 Phillips screwdriver, remove the screws from the Right Shroud (3 screws on the Right Shroud). Remove the upper screws labeled ' * ' last.



Right Side

25. Using a #2 Phillips screwdriver, remove the 3 indicated screws from the Brake Disc.

26. Carefully remove the Brake Disc from the machine exposing the lower Fan Belt.



27. Turn the Fan Pulley while forcing the Fan Belt to the outside. Belt will come off of the Fan Pulley.



Keep fingers out of any pinch opportunities when removing the Fan Belt.

28. Using a 10mm wrench, remove the securing nuts (if present) from the back side of the Drive Pulley.

29. Using a 5mm hex wrench, remove the four screws that attach the Fan Pulley. Be sure to support the weight of the Fan Pulley when removing hardware because it will fall.

30. Using a 5mm hex wrench, attach the new Fan Pulley to the Frame Assembly.

31. Loop the new Fan Belt around the lower Pulley and start it on the face of the Fan Pulley.

32. Be sure the Fan Belt is centered on both pulleys.



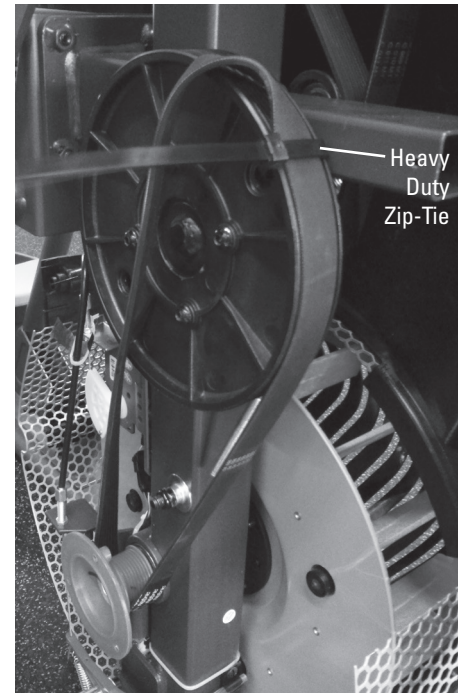
33. Secure the Fan Belt to the Fan Pulley with a Heavy Duty Zip-Tie. Be sure to attach the Zip-Tie where the Fan Belt is fully in contact with the Fan Pulley.

34. Grasp the Fan Pulley where the Fan Belt is engaged on it, and forcibly rotate the Fan Pulley until the Fan Belt is fully engaged.



Keep fingers out of any pinch opportunities when rotating the Fan Pulley.

35. Put on eye protection and cut the Zip-Tie without damaging the new Fan Belt or Fan Pulley.



36. Installation is the reverse procedure excluding steps with the Crank Puller. The Crank Puller is not required for re-assembly.

Note: When replacing the Crank Arms, be sure the Right and Left Crank Arms are oriented inline and opposite each other.

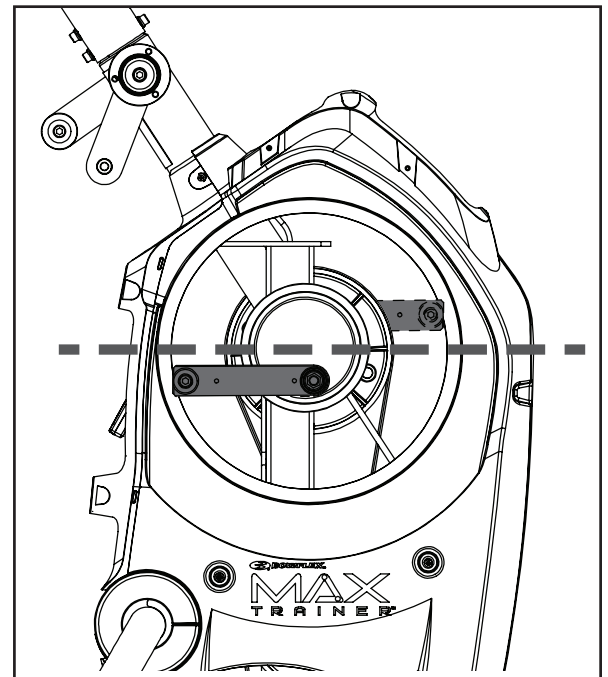
The Crank Nuts should be tightened to a torque value of 29-32.5 ft lbs (or 350-390 in lbs).

37. Final Inspection

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



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



NOTICE: This document provides instructions for the replacement of the Frame Assembly on the Bowflex Max Trainer® M7.

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

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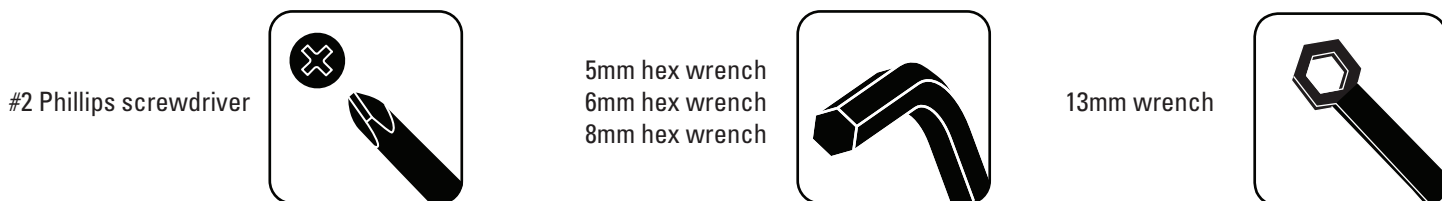
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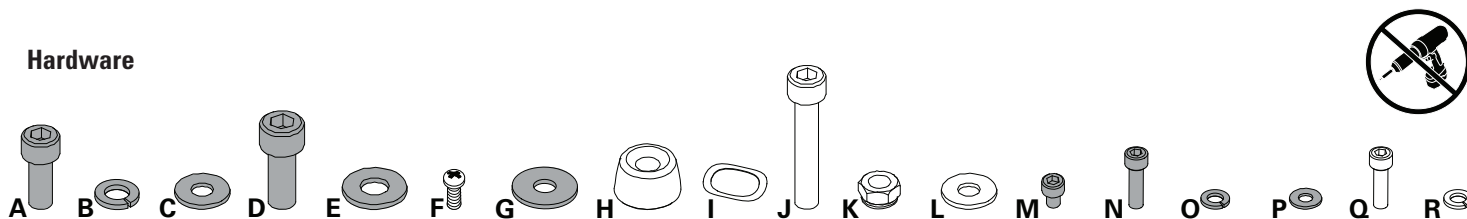
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- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy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

Tools Required (included)



Hardware



Item	Qty	Description	Item	Qty	Description
A	6	Socket Head Hex Screw, M8x1.25x20 Black	J	4	Lock Nut, M8
B	6	Lock Washer, M8x14.8 Black	K	8	Washer, Flat M8x18
C	4	Washer, Flat M8x18 Black	L	8	Flat Socket Head Hex Screw, M6x1.0x30 Black
D	4	Socket Head Hex Screw, M10x1.5x25 Black	M	4	Socket Head Hex Screw, M6x1.0x20 Black
E	4	Washer, Flat M10x23 Black	N	4	Lock Washer, M6x14.8 Black
F	1	Pan Phillips Screw, M5x0.8x20	O	4	Washer, Flat M6x13 Black
G	2	Washer, Flat M8x24 Black	P	6	Socket Head Hex Screw, M6x1.0x20
H	2	Cap	Q	6	Lock Washer, M6x14.8
I	4	Socket Head Hex Screw, M8x1.0x55			

Note: Replace any damaged hardware with the new hardware provided with this kit for re-assembly.

1. Unplug the AC Adapter from the wall outlet and machine.

2. Remove the Right and Left Stabilizer Shrouds from the machine.



3. Using a 5mm hex wrench, remove the indicated hardware from the Right and Left Upper Handlebar.

Note: Be aware that the Right and Left Upper Handlebar must be supported when removing the hardware.



4. Using a #2 Phillips screwdriver, remove the indicated screw from the Rear Shroud.

5. Carefully remove the Rear Shroud from the machine. Place a standard screwdriver behind and near the middle of the Rear Shroud and gently pry until it releases. Then move the screwdriver to the bottom and gently pry until the Rear Shroud comes off.

6. Remove the Caps from the machine.

7. Using a 6mm hex wrench, remove the hardware exposed from below the Cap from both sides of the machine.

8. Slide the Leg Assemblies off of the machine.



9. Using a 5mm hex wrench, remove the 4 screws (2 on each side of the Console Mast) from the Console Assembly.



10. Carefully lift the Console Assembly and expose the Cable Connections.

Note: do not crimp any of the Console Cables. This step may require two people.

11. Carefully disconnect the Cables while not allowing them to fall into the Console Mast.

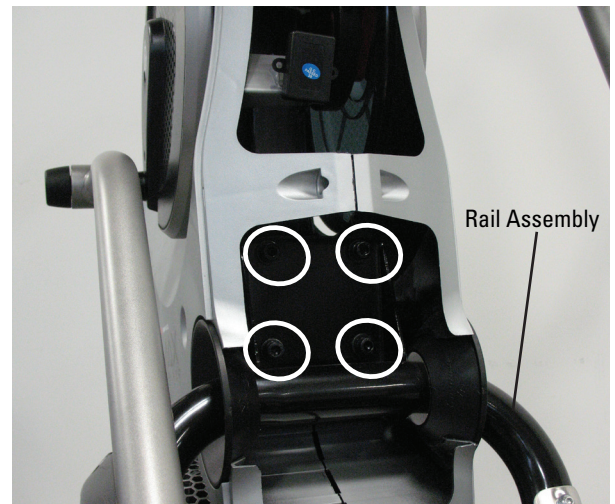
Note: Do not crimp any of the Console Cables.



12. Using an 8mm hex wrench, remove the indicated hardware from the Rail Assembly.



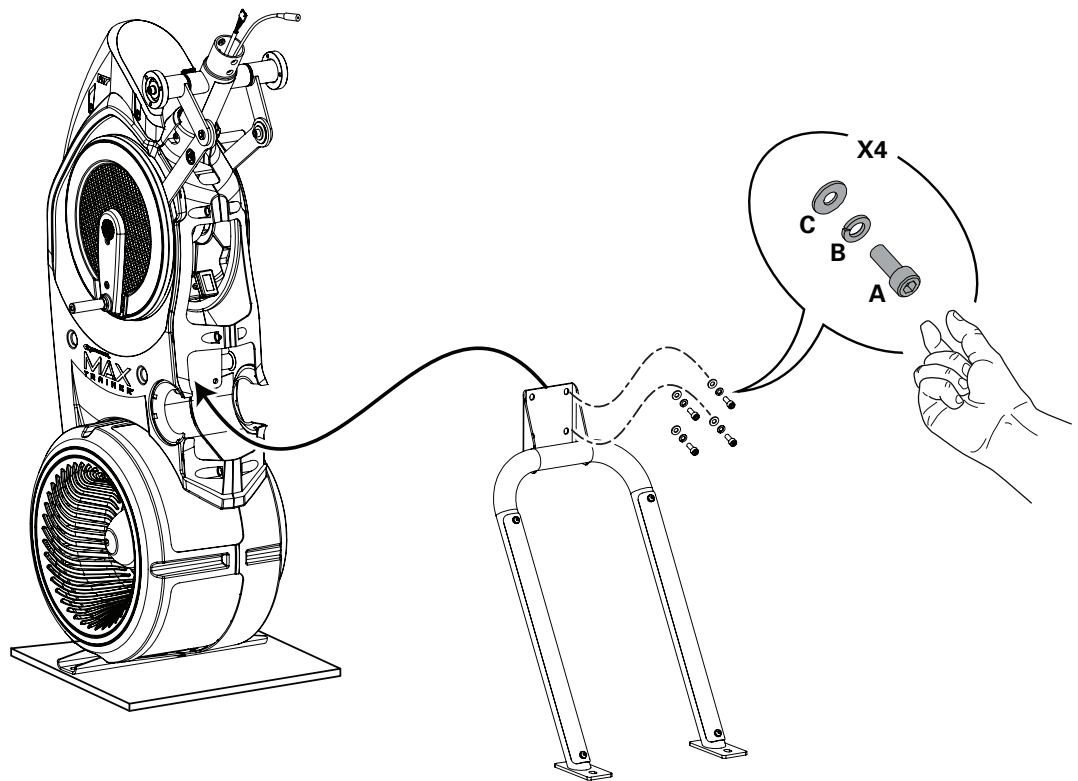
13. Using a 6mm hex wrench, remove the indicated hardware from the Rail Assembly. Be prepared to support the weight of the Rail Assembly.



14. Using new Hardware Items C, B, and A, attach the Rail Assembly to the new Frame Assembly.

⚠ 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: Hand tighten hardware.



⚠ A second person is recommended to stabilize the Frame Assembly.

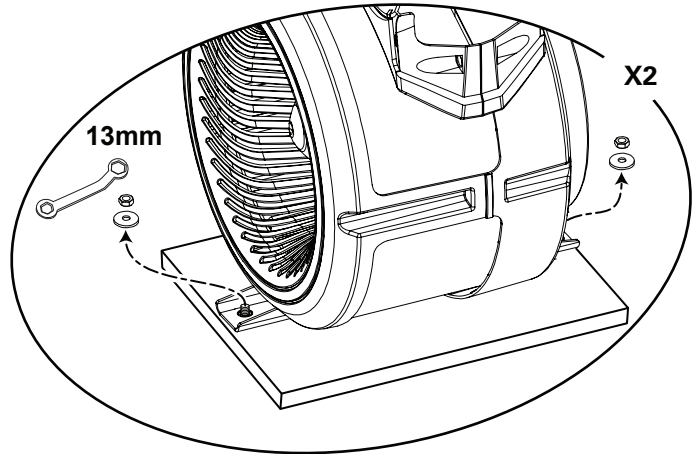
15. Using an 8mm hex wrench, remove the indicated hardware from the old Frame Assembly. Be prepared to support the Frame Assembly before removing the hardware.

⚠ The Frame Assembly may be awkward when released from the Stabilizer Assembly. Some components of the machine can be heavy or awkward. Use a second person to hold the Frame Assembly stable and upright. Do not do steps that involve heavy lifting or awkward movements on your own.



16. With the assistance of a second person, carefully lift the old Frame Assembly from the Stabilizer Assembly and place outside the assembly area. To protect your flooring, carefully place it onto its side on some cardboard or a blanket.

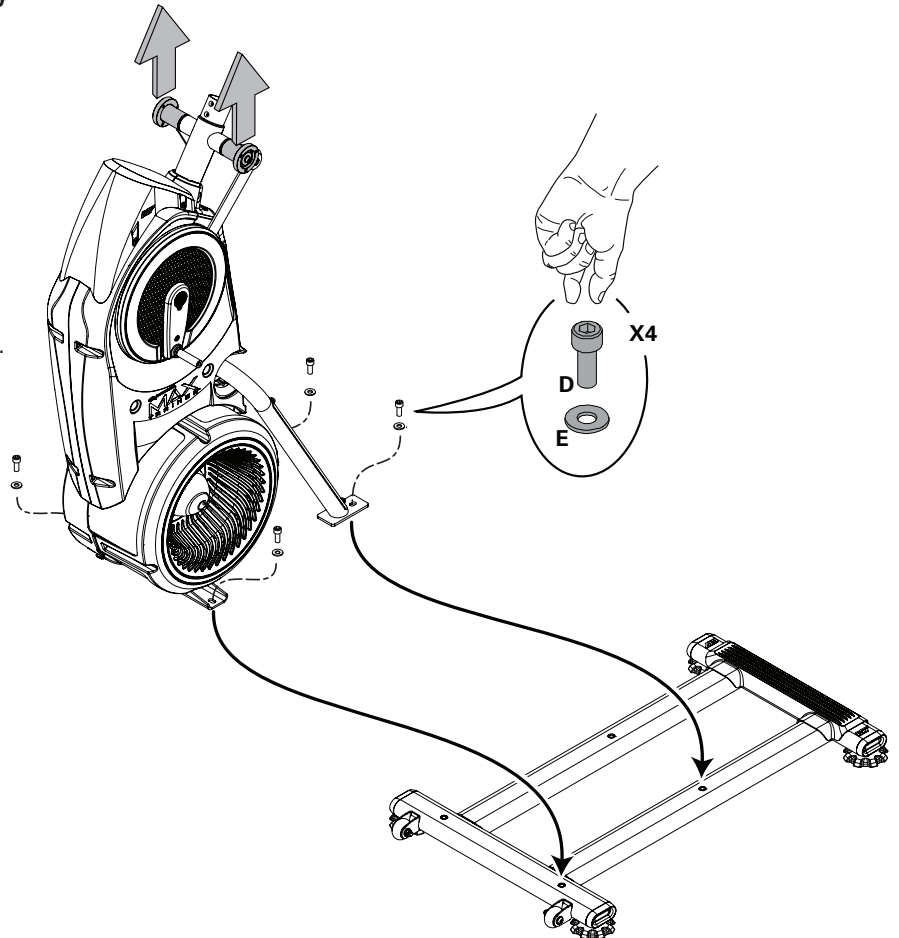
17. Using a 13mm wrench, remove the hardware that secures the new Frame Assembly to the shipping plate.



18. Carefully Lift the new Frame Assembly and Attach It to the Stabilizer Assembly

⚠ 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. Lift the Frame Assembly from the exterior of the pivot assembly as indicated below.

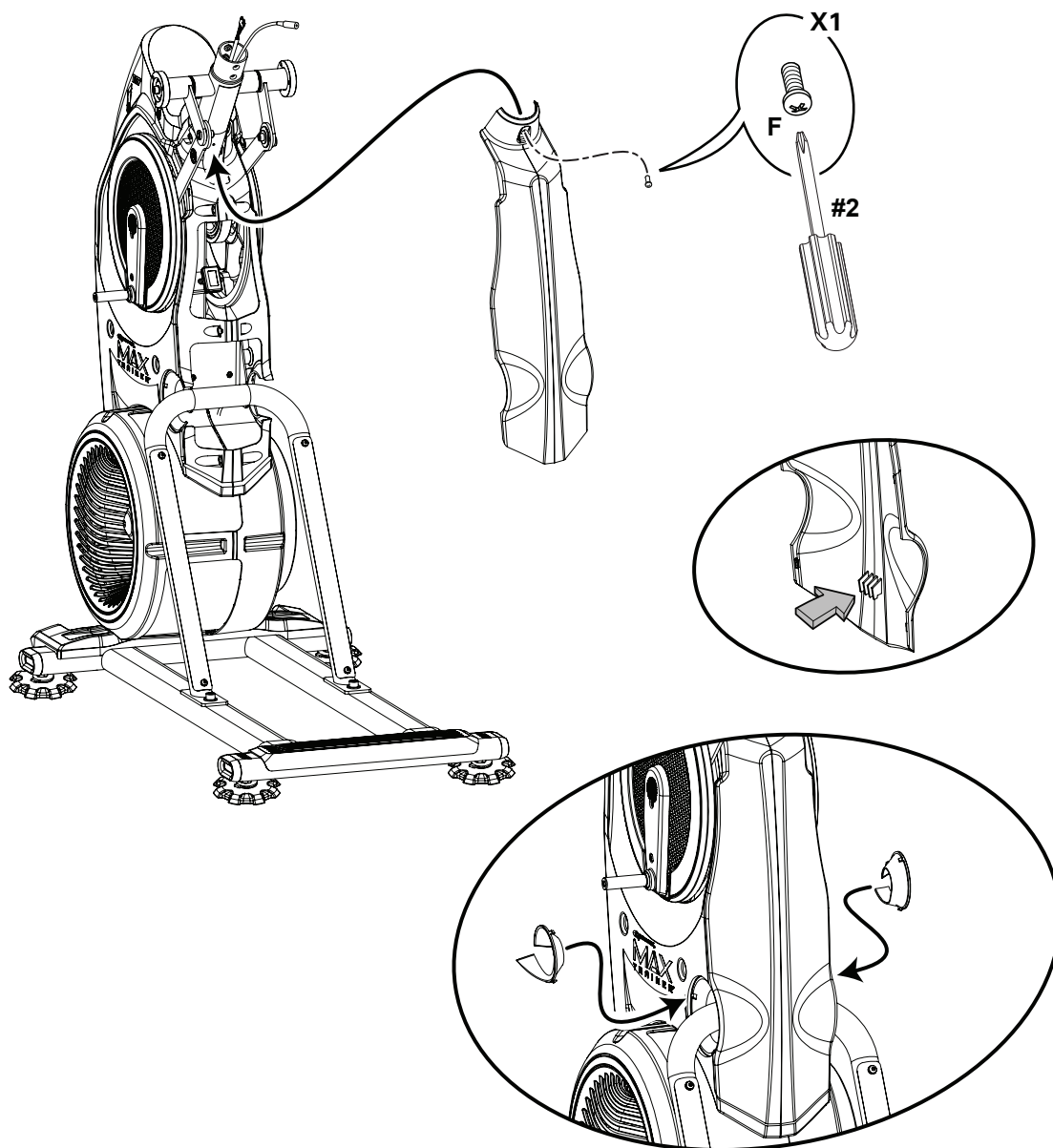
19. Fully tighten the hardware that attaches the Rail Assembly to the new Frame Assembly (from Step 13), and then the hardware just installed to the Stabilizer Assembly.



20. Using a #2 Phillips screwdriver, attach the Upper Shroud to the Frame Assembly.

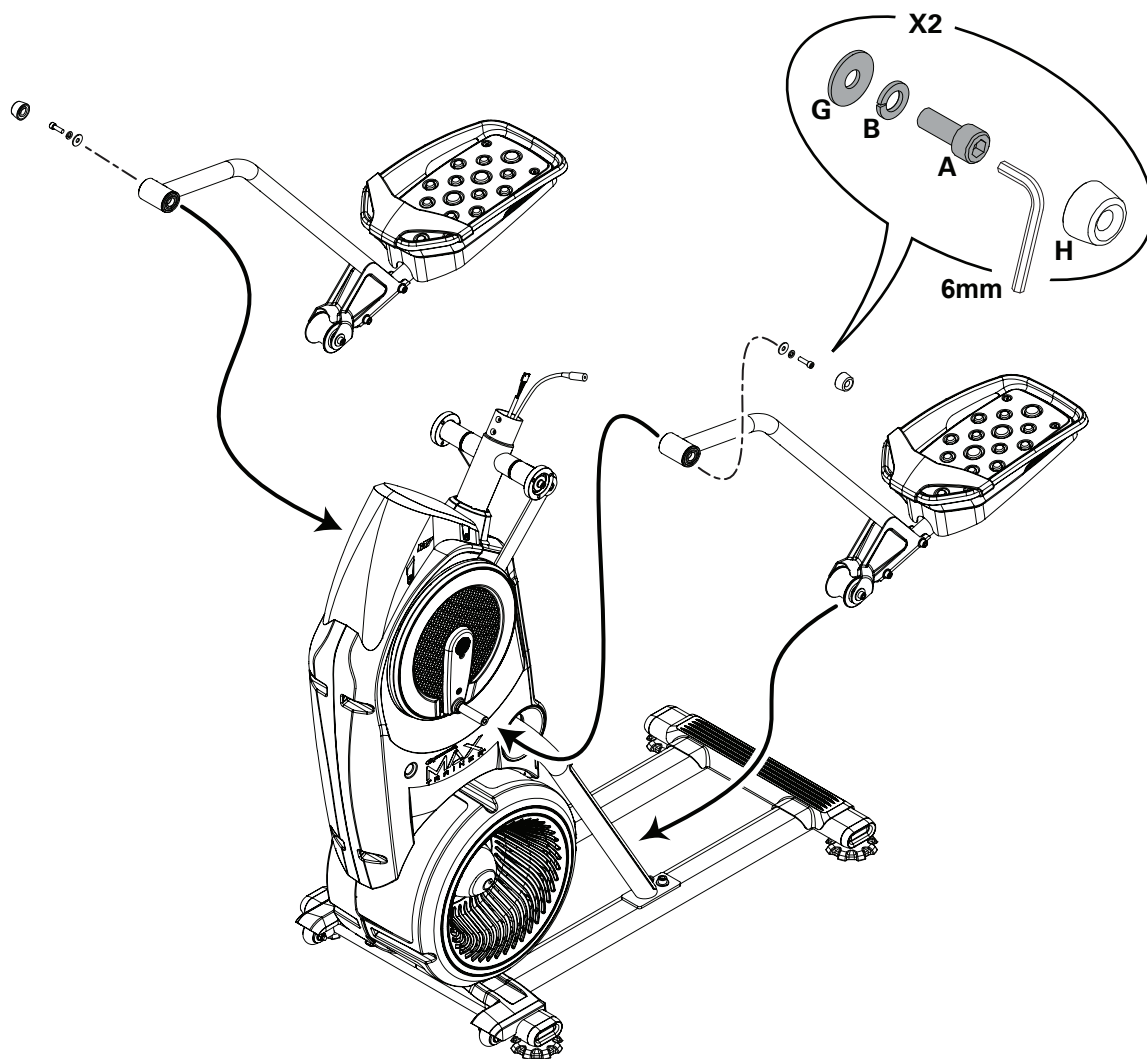
21. Attach the Rear Shroud and Caps to the Frame Assembly

NOTICE: Place the inside hook of the Rear Shroud on the Frame Assembly and then pivot it up into place.

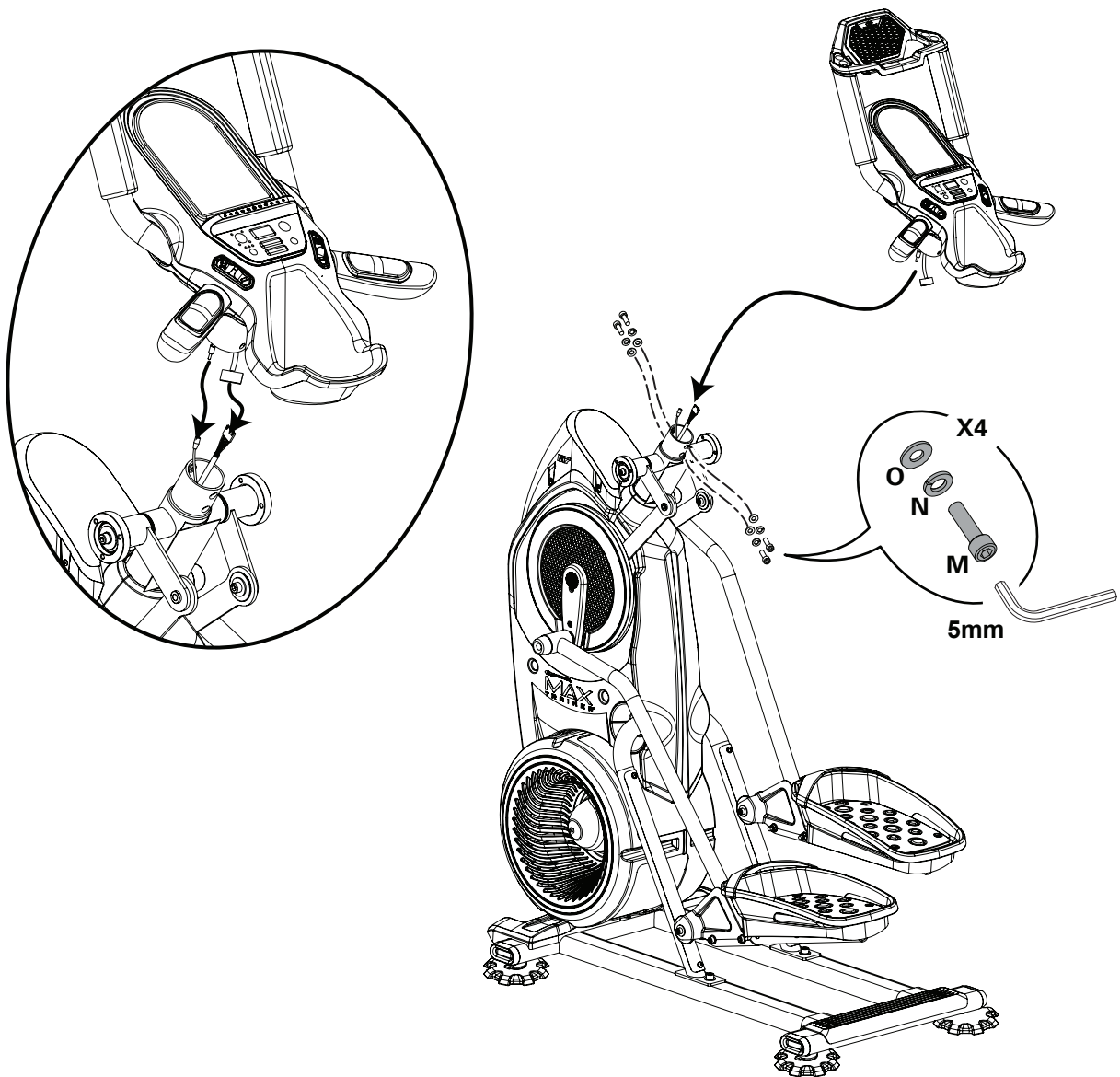


22. Attach Leg Assemblies to Frame Assembly

! Be aware that the Legs are connected and when either of these parts move the other does as well.



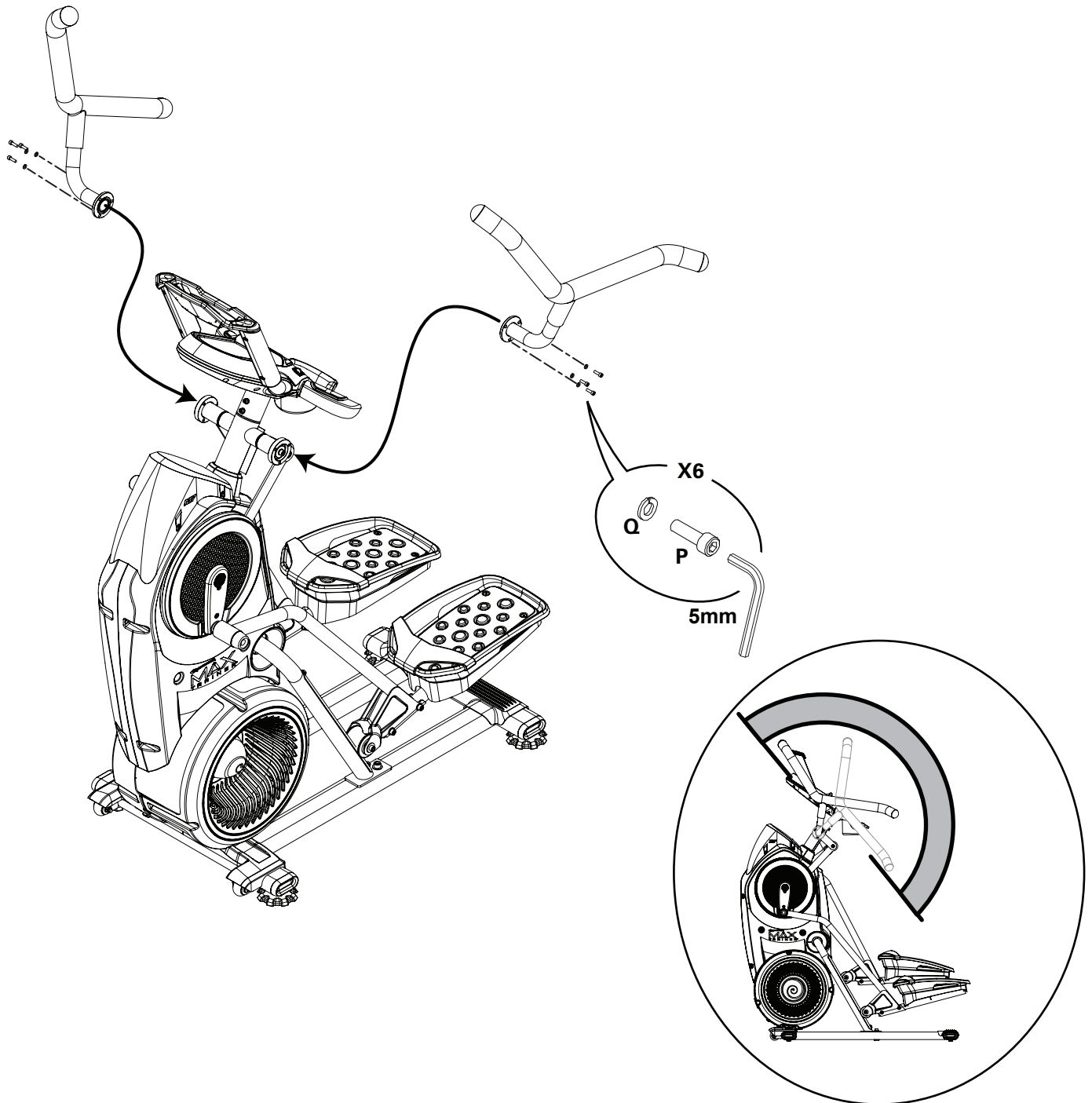
23. Connect the Console Assembly to the Frame Assembly
NOTICE: Do not crimp the Console Cable.



24. Attach the Upper Handlebars to Frame Assembly

! Be aware that the Pedals and the Upper Handlebars are connected and when either of these parts move the other does as well. 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: Be sure to attach the Upper Handlebars so they can be correctly grasped by a User when on the machine.



25. Final Inspection

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

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

NOTICE: This document provides instructions for the replacement of the Handlebar Pivot Assembly on the Bowflex Max Trainer® M7.

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



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



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- 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.
- 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 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.
- This product contains magnets. Magnetic fields can interfere with the normal use of certain medical devices at a close range. Users may come into proximity of the magnets in the assembly, maintenance, and/or use of the product. Given the obvious importance of these devices, such as a pacemaker, it is important that you consult with your medical provider in connection with the use of this equipment. Please consult the "Safety Warning Labels and Serial Number" section in the Owner's Manual to determine the location of the magnets on this product.

Tools Required (not included)

5mm hex wrench
6mm hex wrench



1. Unplug the AC Adapter from the wall outlet and machine.

2. . Using a 5mm hex wrench, remove the indicated hardware from the Left Upper Handlebar.

Note: Be aware that the Upper Handlebar must be supported when removing the hardware.



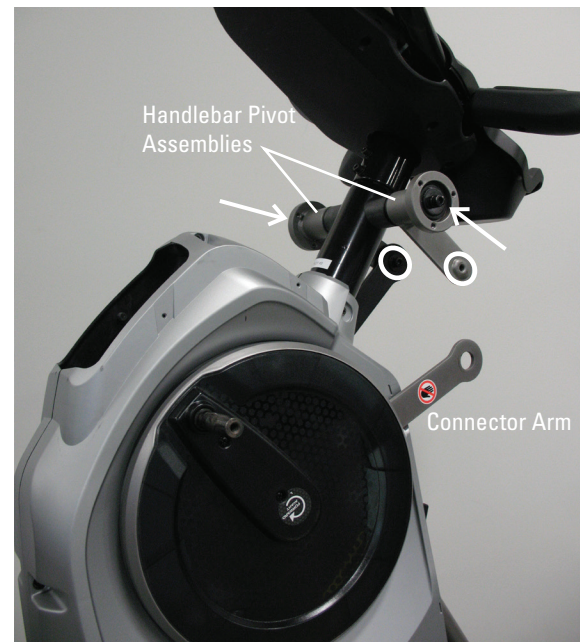
3. Place a rag or protective material below the Connector Arm to protect the Shroud from potential scratches from the Connector Arm.

4. Using a 6mm hex wrench, remove the indicated hardware (by oval) that connects the Connector Arm and the Handlebar Pivot Assembly.

Note: The Connector Arm will pivot downward if not lowered slowly onto the rag protecting the Shroud.

5. Using a 6mm hex wrench, remove the indicated hardware (by arrow) that connects the Handlebar Pivot Assembly to the Console Mast.

6. Slide the Handlebar Pivot Assembly off of the Console Mast and replace with the new assembly.



7. Installation is the reverse procedure.

8. Final Inspection


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



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

NOTICE: This document provides instructions for the replacement of the I/O Cable on the Bowflex Max Trainer® M7.

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

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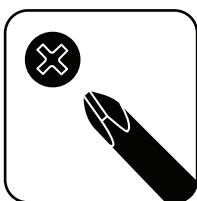
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- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power to the machine before you service it.
- 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)

#2 Phillips screwdriver



5mm hex wrench



(2) Replacement Zip-Ties

Something to cut Zip-Ties

Piece of wire or string (around 6" in length)



1. Unplug the AC Adapter from the wall outlet and machine.

2. Remove the Right Stabilizer Shroud from the machine.



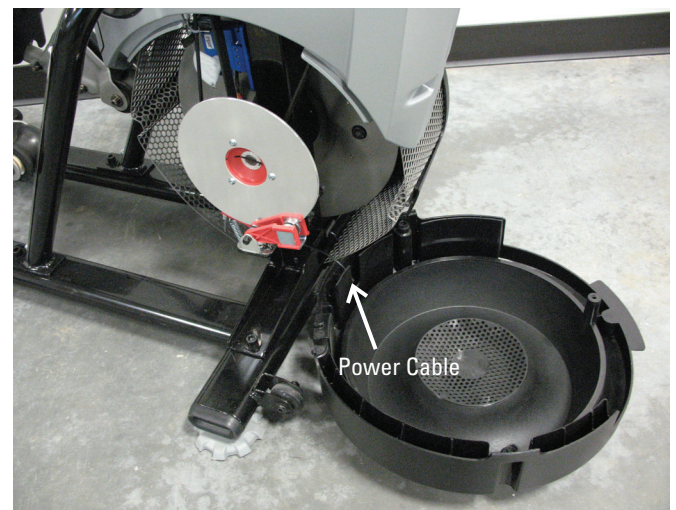
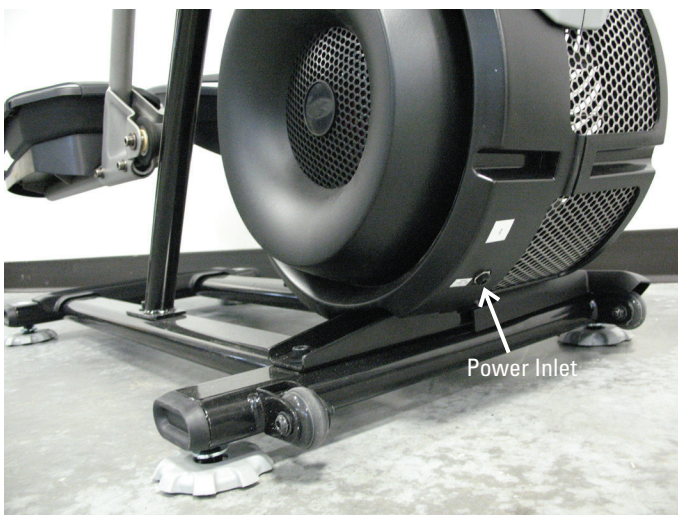
3. Using a #2 Phillips screwdriver, remove the indicated (by ovals) screws and only loosen the lowest indicated screw (arrow) from the Right Fan Cover.

Note: Loosen the lowest screw by at least 3 full rotations. To assist with assembly, note that the upper screw is a machine screw and not a self-tapping screw.



4. The Right Fan Cover has a tab that needs to be pushed upward to clear the loosened screw. While pushing up on the tab, remove the Right Fan Cover from the assembly.

Note: the Power Cable is attached to the inside of the Right Fan Cover. Be sure not to crimp the cable by placing the Right Fan Cover close to the front of the machine.



Note: Shrouds are removed for clarity.

5. Note how the I/O Cable routes through the machine.

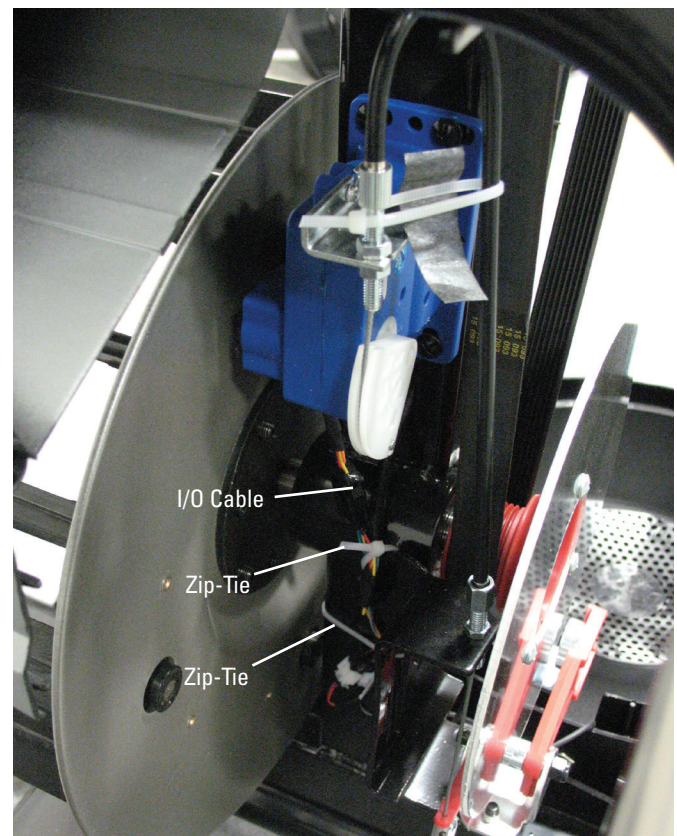


6. Cut the two lower Zip-Ties without damaging the Cables.

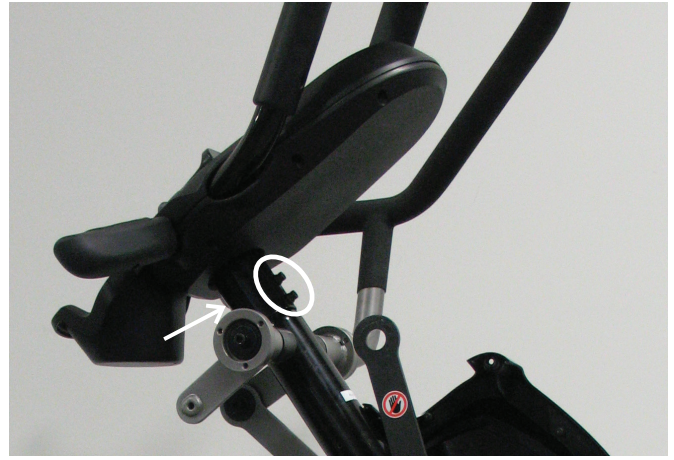
7. Disconnect all the Cables that connect to the lower part of the old I/O Cable.

8. Connect all the Cables to the new I/O Cable.

9. Attach the unattached end of the new I/O Cable to the old I/O Cable using a piece of wire or string.



10. Using a 5mm hex wrench, remove the 4 screws (2 on each side of the Console Mast) from the Console Assembly.



11. Carefully lift the Console Assembly and expose the Cable Connections.

Note: do not crimp any of the Console Cables. This step may require two people.

12. Carefully disconnect the Cables while not allowing them to fall into the Console Mast.

Note: Do not crimp any of the Console Cables.



13. Gently pull the old I/O Cable out of the frame, routing the new I/O Cable into place.

14. Remove the piece of wire or string, and discard the old I/O Cable.

15. Secure the lower Cables with a replacement Upper Zip-Tie.

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

17. Final Inspection


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



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


NOTICE: This document provides instructions for the replacement of the Power Inlet on the Bowflex Max Trainer® M7.

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

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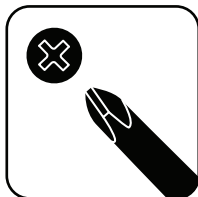
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- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes 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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- This product contains magnets. Magnetic fields can interfere with the normal use of certain medical devices at a close range. Users may come into proximity of the magnets in the assembly, maintenance, and/or use of the product. Given the obvious importance of these devices, such as a pacemaker, it is important that you consult with your medical provider in connection with the use of this equipment. Please consult the "Safety Warning Labels and Serial Number" section in the Owner's Manual to determine the location of the magnets on this product.

Tools Required (not included)

#2 Phillips screwdriver



15mm wrench



1. Unplug the AC Adapter from the wall outlet and machine.

2. Remove the Right Stabilizer Shroud from the machine.



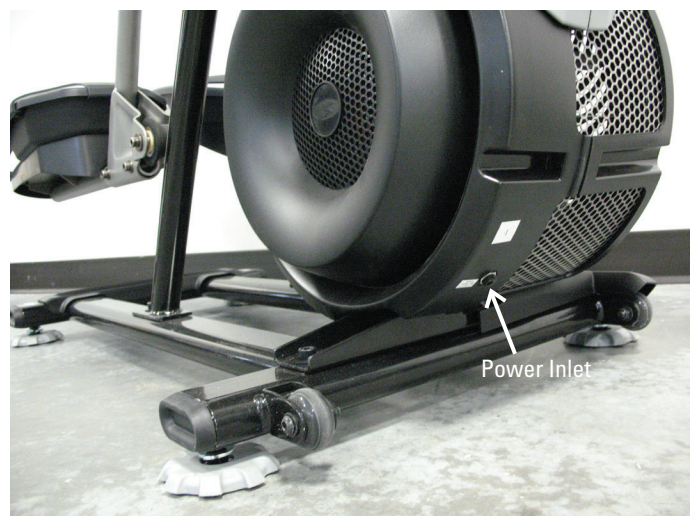
3. Using a #2 Phillips screwdriver, remove the indicated (by ovals) screws and only loosen the lowest indicated screw (arrow) from the Right Fan Cover.

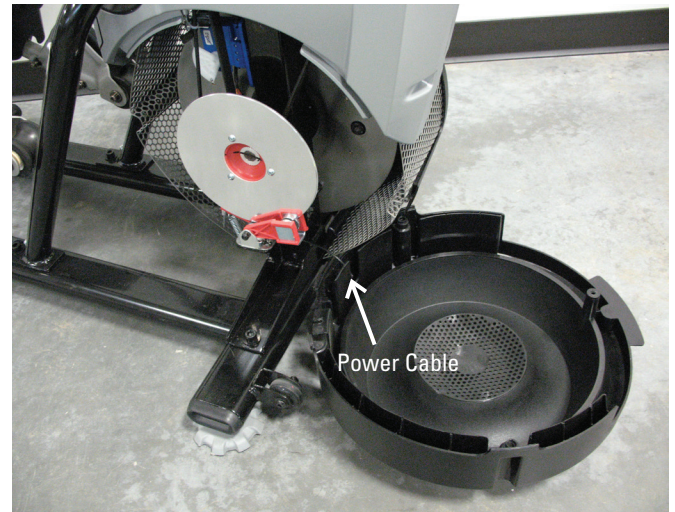
Note: Loosen the lowest screw by at least 3 full rotations.

4. The Right Fan Cover has a tab that needs to be pushed upward to clear the loosened screw. While pushing up on the tab, remove the Right Fan Cover from the assembly.

Note: the Power Cable is attached to the inside of the Right Fan Cover. Be sure not to crimp the cable by placing the Right Fan Cover close to the front of the machine.

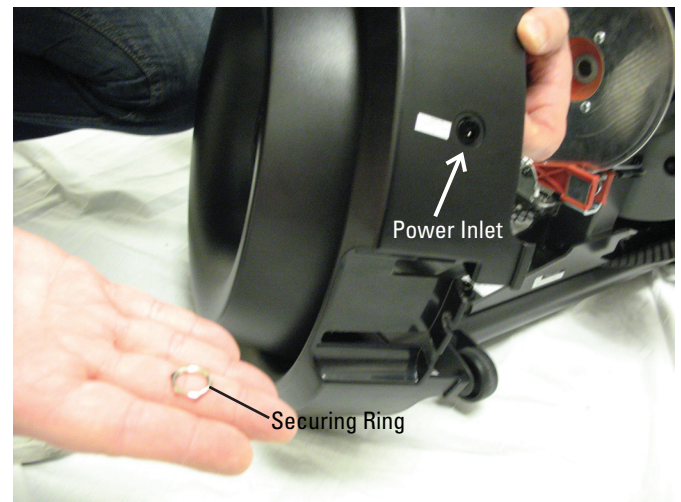
To assist with assembly, note that the upper screw is a machine screw and not a self-tapping screw.





5. Using a 15mm open end wrench, remove the Securing Ring from the outside of the Right Fan Cover.

6. Remove the Power Inlet from the inside of the Right Fan Cover.



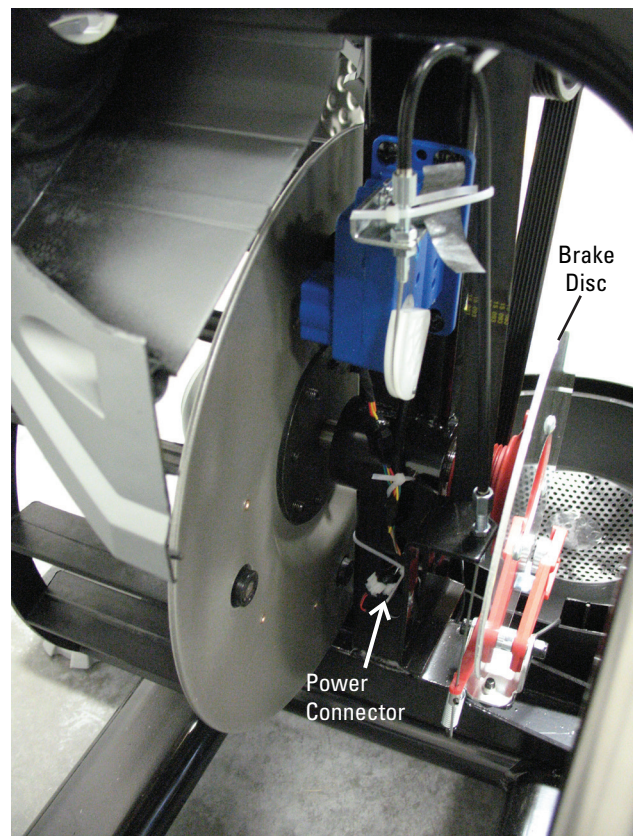
7. Disconnect the Power Inlet from the Power Connector behind the Brake Disc.

8. Installation is the reverse procedure.

9. Final Inspection

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

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



NOTICE: This document provides instructions for the replacement of the Roller Wheel Assembly on the Bowflex Max Trainer® M7.

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



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- 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 (not included)

(2) 6mm hex wrenches



1. Unplug the AC Power Adapter from the machine and wait 5 minutes.

2. Using two 6mm hex wrenches, remove the Roller Wheel Assembly from the Pedal Arm.

⚠ In order to avoid possible serious injury when removing the Roller Wheel Assembly, be careful to avoid fingers or hands being caught or pinched.

⚠ Be aware that the Pedal Arms and the Upper Handlebars are connected and when either of these parts move the other does as well.

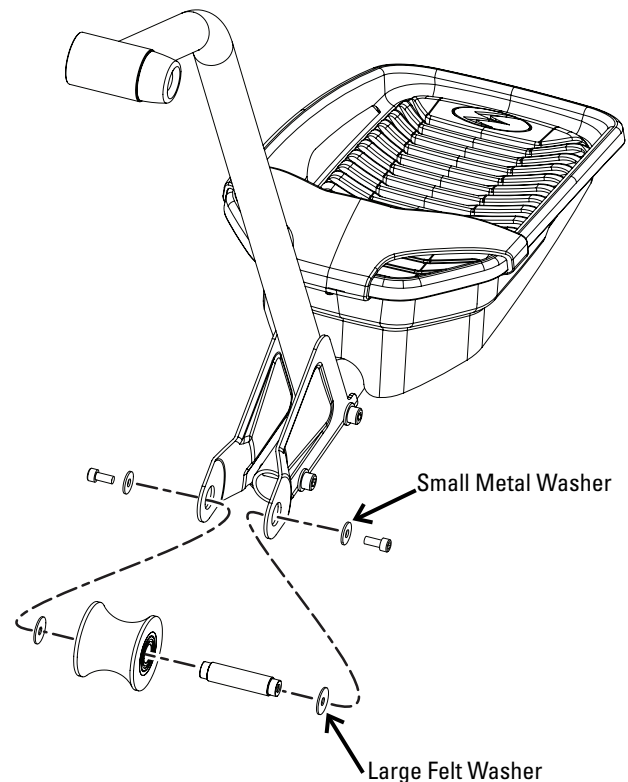
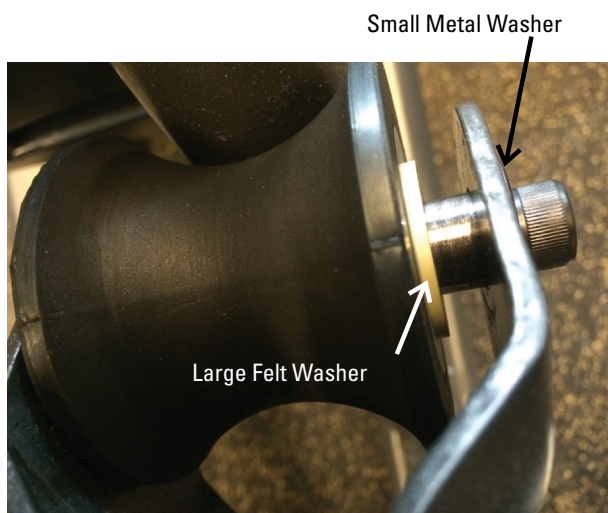
3. Remove and dispose of the old Roller Wheel, Axle, Screws, and any Washers that were installed.

Note: Some Washers may stick to the Wheel Bracket on the Pedal Arm. Be sure to remove them before re-assembly.



4. Attach the new Roller Wheel Assembly with the provided hardware. The new Roller Wheel Assembly includes two Small Metal Washers and two Large Felt Washers. Make sure the Small Metal Washers are installed on the *outside* of the Wheel Brackets, while the Large Felt Washers are on the *inside* of the Wheel Bracket next to the Roller Wheel.

Note: The new washer configuration may differ from what was originally installed on the machine. The Wheel Bracket is sized so the Axle can only be inserted in one direction.



5. Final Inspection

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

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

NOTICE: This document provides instructions for the replacement of a Self Tensioning Fan Belt on the Bowflex Max Trainer® M7.

If your machine has a Fan Belt Tensioner, it does not use a Self-Tensioning Belt. Please refer to the “Replace the Fan Belt on the Bowflex Max Trainer® M7” procedure instead.

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



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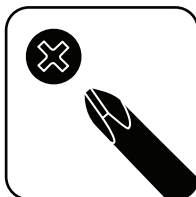


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- This product contains magnets. Magnetic fields can interfere with the normal use of certain medical devices at a close range. Users may come into proximity of the magnets in the assembly, maintenance, and/or use of the product. Given the obvious importance of these devices, such as a pacemaker, it is important that you consult with your medical provider in connection with the use of this equipment. Please consult the “Safety Warning Labels and Serial Number” section in the Owner’s Manual to determine the location of the magnets on this product.

Tools Required (not included)

#2 Phillips screwdriver



#2 Standard screwdriver



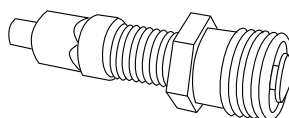
5mm hex wrench
6mm hex wrench



14mm (or 9/16”) socket and wrench



Crank Puller (non-handled,
JIS/ISO square taper
with M22x1.0 threads)



Heavy Duty Zip-Tie

Eye Protection

Wire Cutter



1. Unplug the AC Adapter from the wall outlet and machine.

2. Using a #2 Phillips screwdriver, remove the 4 screws (2 indicated on one side) from the Upper Shroud.



3. Remove the Right and Left Stabilizer Shrouds from the machine.



4. Using a 5mm hex wrench, remove the indicated hardware from the Right Upper Handlebar.

Note: Be aware that the Right Upper Handlebar must be supported when removing the hardware.



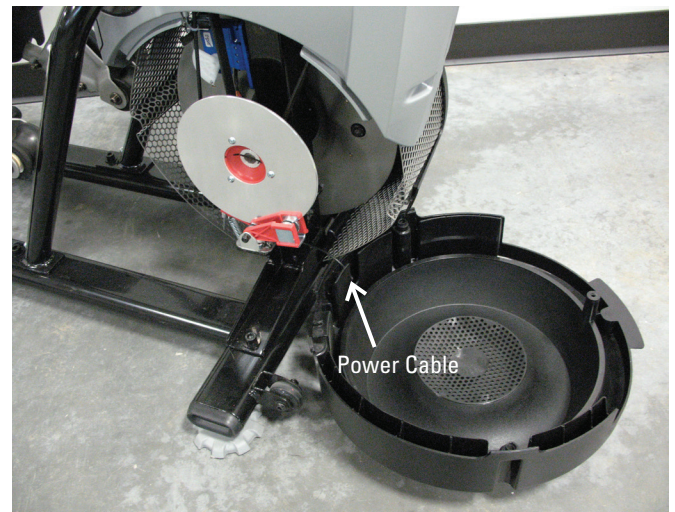
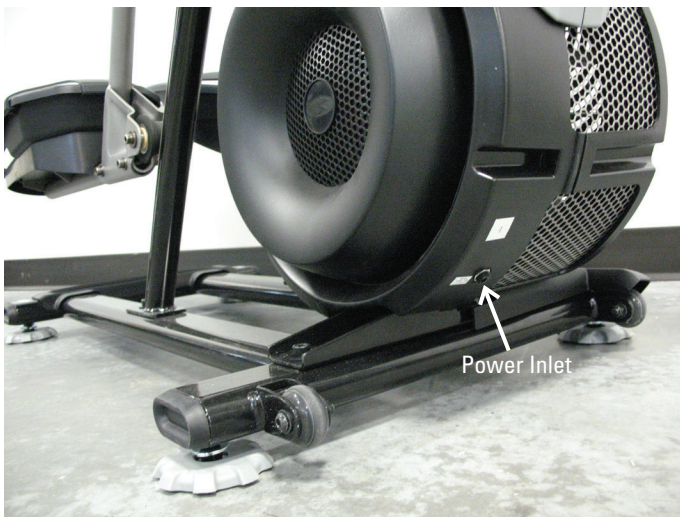
5. Using a #2 Phillips screwdriver, remove the indicated (by ovals) screws and only loosen the lowest indicated screw (arrow) from the Right Fan Cover.

6. The Right Fan Cover has a tab that needs to be pushed upward to clear the loosened screw. While pushing up on the tab, remove the Right Fan Cover from the assembly.

Note: the Power Cable is attached to the inside of the Right Fan Cover. Be sure not to crimp the cable by placing the Right Fan Cover close to the front of the machine.



To assist with assembly, note that the upper screw is a machine screw and not a self-tapping screw.



7. Remove the indicated Cap from the machine.

8. Using a 6mm hex wrench, remove the hardware exposed from below the Cap.

9. Slide the Right Leg Assembly off of the machine.



10. Using a #2 Phillips screwdriver, remove the indicated screw from the Rear Shroud.

11. Carefully remove the Rear Shroud from the machine. Place a standard screwdriver behind and near the middle of the Rear Shroud and gently pry until it releases. Then move the screwdriver to the bottom and gently pry until the Rear Shroud comes off.

12. Remove the indicated Caps from the machine.



13. Using a #2 Phillips screwdriver, remove the indicated (by oval) screw and only loosen the lowest indicated screw (arrow) from the Left Fan Cover.

14. The Left Fan Cover Assembly has a tab that needs to be pushed upward to clear the loosened screw. While pushing up on the tab, remove the Left Fan Cover Assembly.



15. Using a #2 Phillips screwdriver, remove the 2 indicated screws from the Right Crank Cover.

16. Remove the Right Crank Cover from the machine.

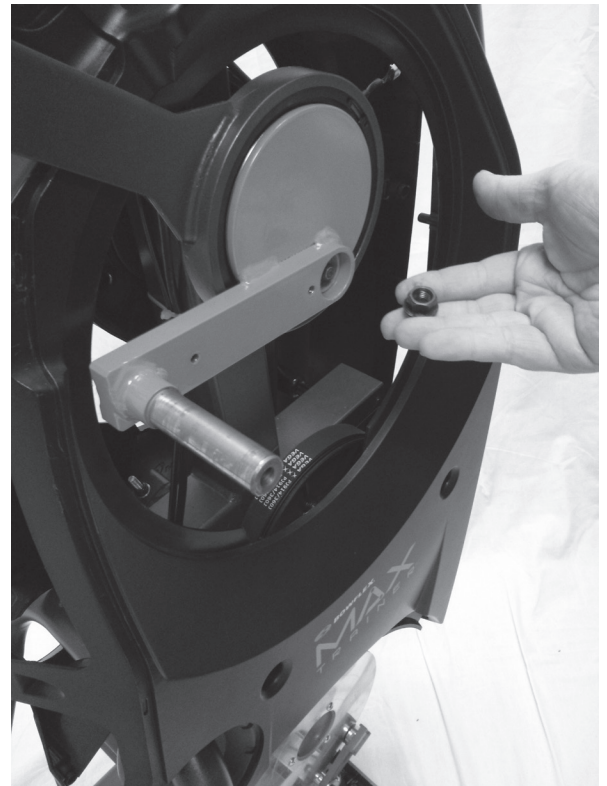
17. Place a rag or protective material below the Right Connector Arm to protect the Shrouds from potential scratches from the Connector Arms.

18. Using a 6mm hex wrench, remove the hardware that connects the Right Connector Arm and the Pivot Arm.

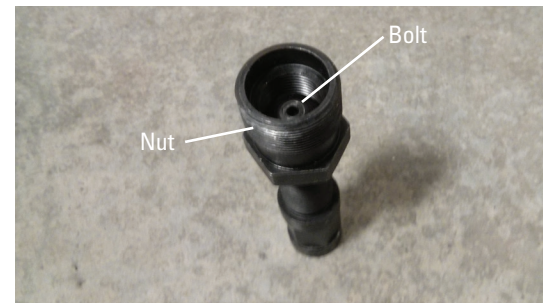
Note: The Connector Arm will pivot downward if not lowered slowly onto the rag protecting the Shroud.



19. Using a 9/16" or 14mm socket and wrench, remove the nut from the Right Crank Assembly.



20. Adjust the Crank Puller until the end of the Bolt is inside the Nut (as shown).



21. Carefully thread the Crank Puller into the Right Crank Arm. Be sure the Crank Puller has at least three rounds of threads inserted.

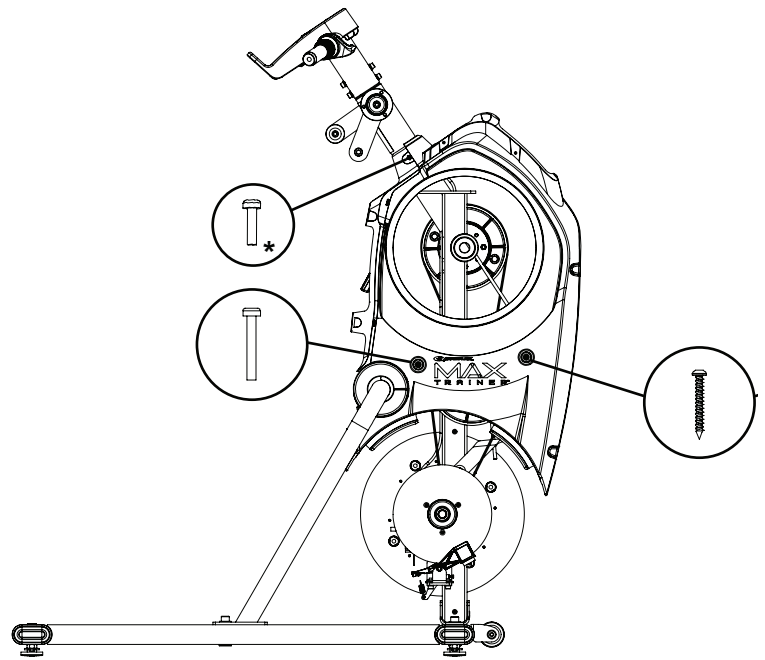
22. Using a 16mm wrench, turn the inner portion (the Bolt) of the Crank Puller clockwise. The Right Crank Arm will slide off as it is tightened.

Note: Be aware that the Right Crank Arm will be loose and will need to be supported.

23. Remove the Crank Puller from the Right Crank Arm.



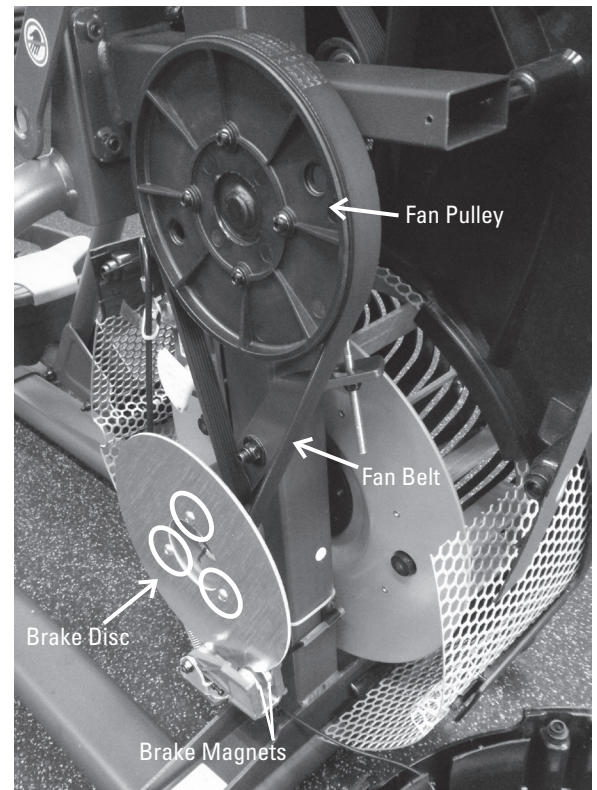
24. Using a #2 Phillips screwdriver, remove the screws from the Right Shroud (3 screws on the Right Shroud). Remove the upper screws labeled ' * ' last.



Right Side

25. Using a #2 Phillips screwdriver, remove the 3 indicated screws from the Brake Disc.

26. Carefully remove the Brake Disc from the machine exposing the lower Fan Belt.



27. Turn the Fan Pulley while forcing the Fan Belt to the outside. Belt will come off of the Fan Pulley.

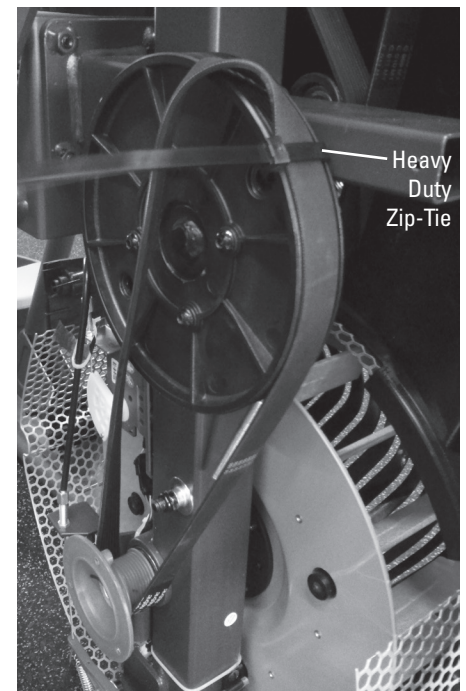


Keep fingers out of any pinch opportunities when removing the Fan Belt.

28. Loop the new Fan Belt around the lower Pulley and start it on the face of the Fan Pulley.

29. Be sure the Fan Belt is centered on both pulleys.

30. Secure the Fan Belt to the Fan Pulley with a Heavy Duty Zip-Tie. Be sure to attach the Zip-Tie where the Fan Belt is fully in contact with the Fan Pulley.



31. Grasp the Fan Pulley where the Fan Belt is engaged on it, and forcibly rotate the Fan Pulley until the Fan Belt is fully engaged.



Keep fingers out of any pinch opportunities when rotating the Fan Pulley.

32. Put on eye protection and cut the Zip-Tie without damaging the new Fan Belt or Fan Pulley.



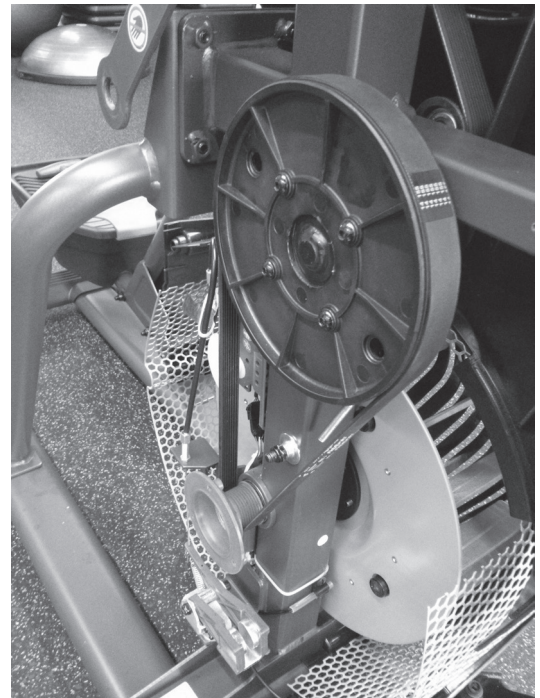
33. Installation is the reverse procedure.

34. Final Inspection

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




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




NOTICE: This document provides instructions for the replacement of the Servo Motor on the Bowflex Max Trainer® M7.

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

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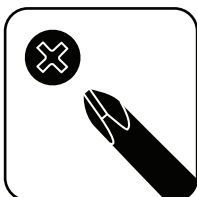
Important Safety Instructions - Before servicing or using this equipment, obey the following warnings:

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- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders 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.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- If replacement parts are necessary, use only genuine Nautilus replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If necessary request replacement warning stickers or placards from Nautilus customer service.
- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety and will void the warranty.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.
- This product contains magnets. Magnetic fields can interfere with the normal use of certain medical devices at a close range. Users may come into proximity of the magnets in the assembly, maintenance, and/or use of the product. Given the obvious importance of these devices, such as a pacemaker, it is important that you consult with your medical provider in connection with the use of this equipment. Please consult the "Safety Warning Labels and Serial Number" section in the Owner's Manual to determine the location of the magnets on this product.

Tools Required (not included)

#2 Phillips screwdriver



8mm wrench
10mm wrench



1. With power supplied to the machine, adjust the resistance to the maximum setting.
2. Unplug the AC Adapter from the wall outlet and machine.
3. Remove the Right Stabilizer Shroud from the machine.



4. Using a #2 Phillips screwdriver, remove the indicated (by ovals) screws and only loosen the lowest indicated screw (arrow) from the Right Fan Cover.

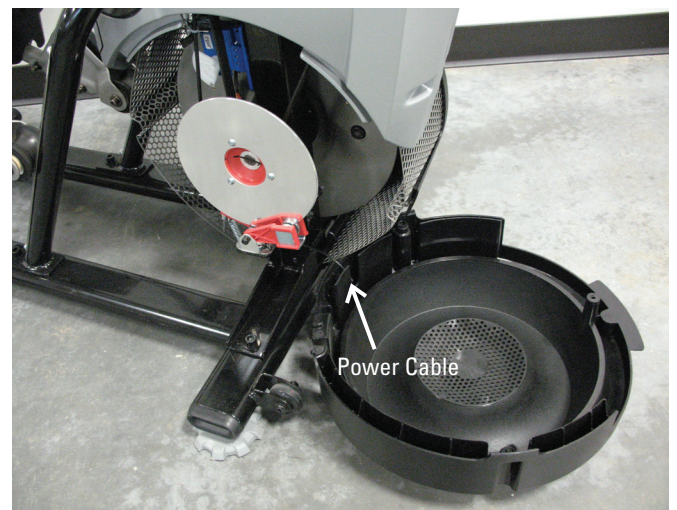
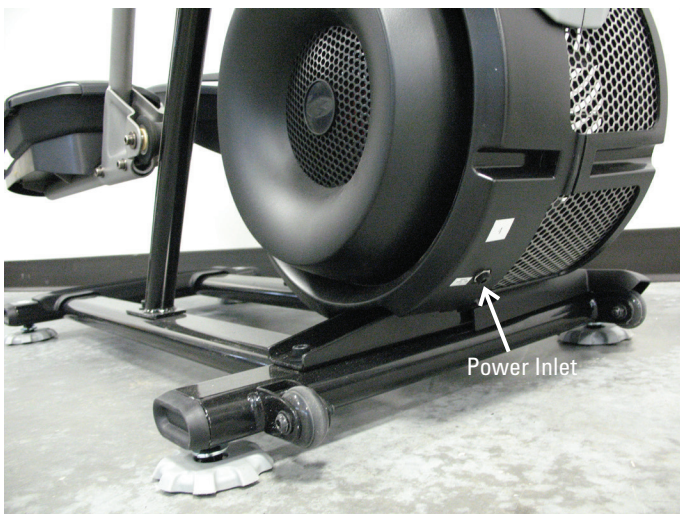
Note: Loosen the lowest screw by at least 3 full rotations.

5. The Right Fan Cover has a tab that needs to be pushed upward to clear the loosened screw. While pushing up on the tab, remove the Right Fan Cover from the assembly.

Note: the Power Cable is attached to the inside of the Right Fan Cover. Be sure not to crimp the cable by placing the Right Fan Cover close to the front of the machine.

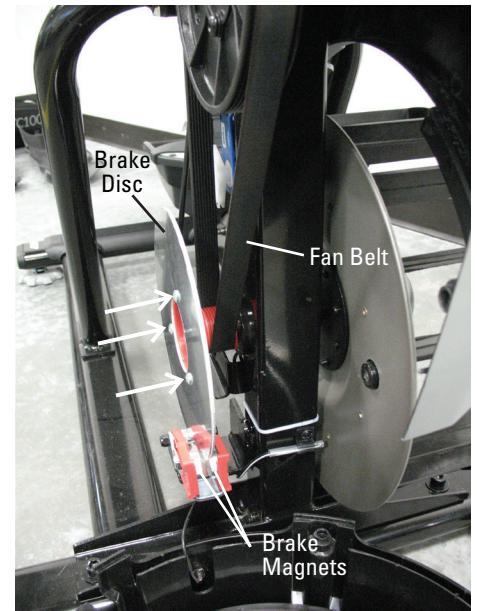


To assist with assembly, note that the upper screw is a machine screw and not a self-tapping screw.



6. Using a #2 Phillips screwdriver, remove the 3 indicated screws from the Brake Disc.

7. Carefully remove the Brake Disc from the machine.



8. Using a 8mm open ended wrench, loosen the Brake Cable Securing Nut until the Brake Cable can be released from the Servo Motor Arm.

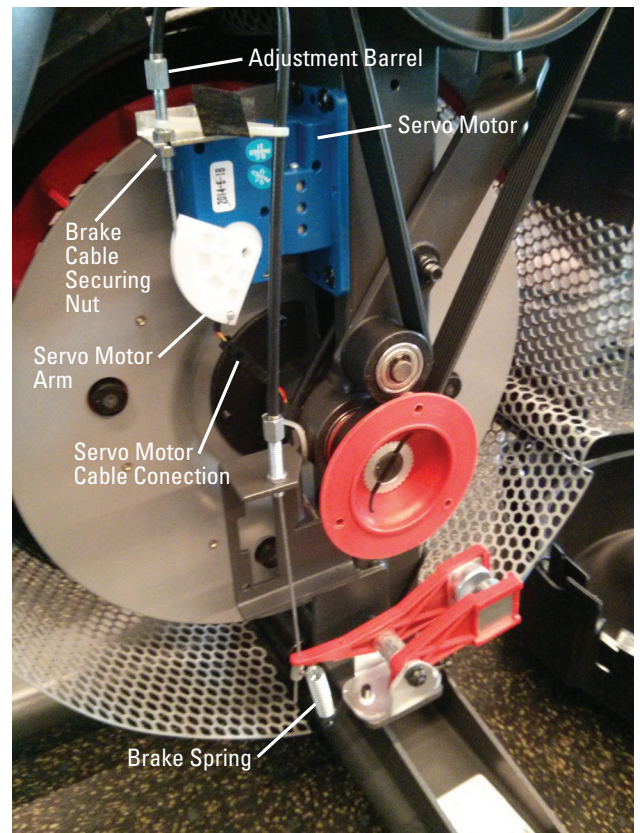
9. Remove the Brake Spring from the Brake Arm.

10. Disconnect the Cables from the Servo Motor.

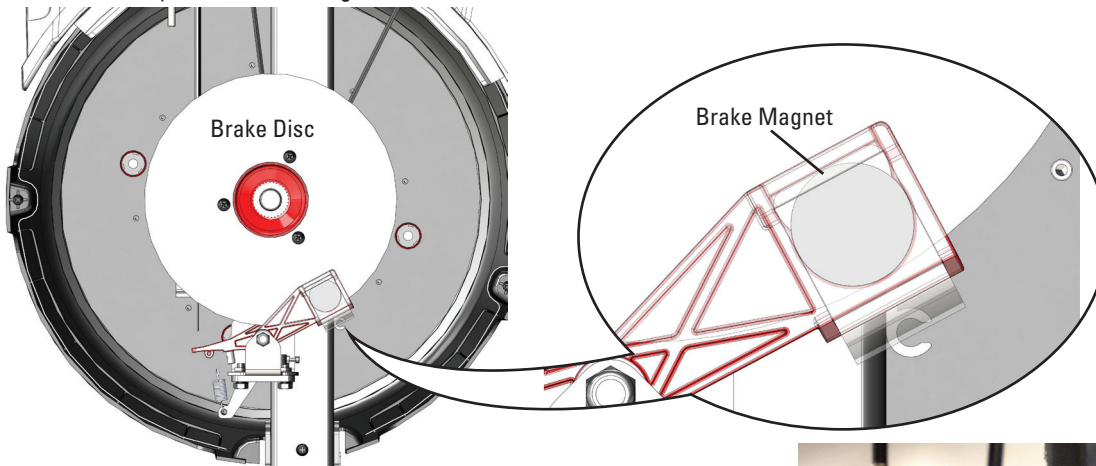
11. Using a #2 Phillips screwdriver, remove the 4 screws that attach the Servo Motor to the Frame.

12. Attach the new Servo Motor to the Frame and reconnect the Cables.

13. Carefully replace the Brake Disc.



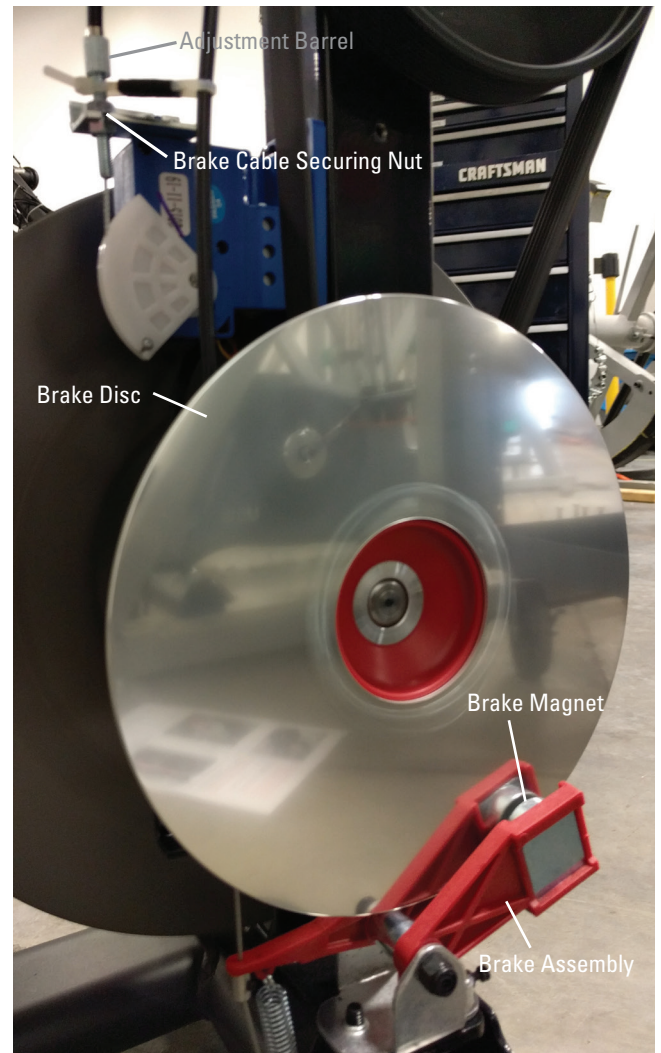
14. At the maximum resistance setting, the outer edge of the Brake Magnet should line up with the outer edge of the Brake Disc.



15. If the Brake Assembly needs to be adjusted, use a 8mm open ended wrench to loosen the Brake Cable Securing Nut. Turn the Adjustment Barrel by hand until the magnet is placed correctly.

16. Carefully rotate the Brake Disc. If the Brake Disc does not rub against the Brake Magnet, skip to step 21.

 **Keep fingers out of any pinch opportunities when rotating the Brake Disc.**



17. The Brake Magnets should be aligned with the Brake Disc and centered around the Brake Disc. If they are not aligned and centered, then the Magnets are adding drag.

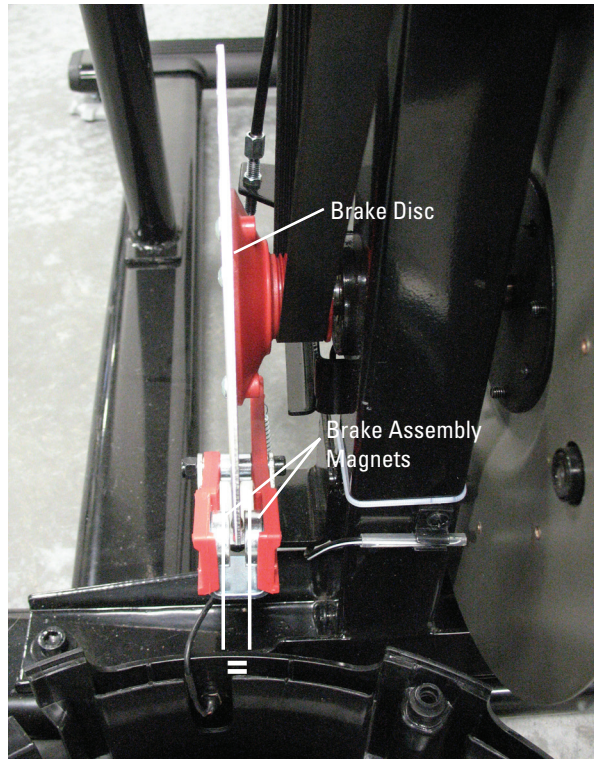
18. If the Brake Assembly only needs to be slightly adjusted, loosen the front screw that secures the Brake Assembly using a 10mm hex wrench. Rotate the Brake Assembly until the Magnets are aligned and of equal distance from the Brake Disc.

If the Brake Assembly must be fully shifted, loosen the 2 screws that secure the assembly and shift it until centered and aligned with the Brake Disc. Fully tighten the hardware.

19. Installation is the reverse procedure.

20. Final Inspection


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



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

NOTICE: This document provides instructions for the replacement of the Shrouds on the Bowflex Max Trainer® M7.

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

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

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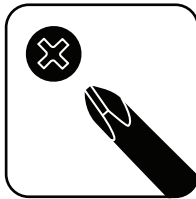
Important Safety Instructions - Before servicing or using this equipment, obey the following warnings:

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

Tools Required (not included)

#2 Phillips screwdriver



5mm hex wrench
6mm hex wrench



(if replacing Right Fan Cover)
15mm wrench



1. Unplug the AC Adapter from the wall outlet and machine.

2. Using a #2 Phillips screwdriver, remove the 4 screws (2 indicated on one side) from the Upper Shroud.



3. Remove the Right and Left Stabilizer Shrouds from the machine.



4. Using a 5mm hex wrench, remove the indicated hardware from the Right and Left Upper Handlebar.

Note: Be aware that the Right and Left Upper Handlebar must be supported when removing the hardware.



5. Using a #2 Phillips screwdriver, remove the indicated (by ovals) screws and only loosen the lowest indicated screw (arrow) from the Right Fan Cover.

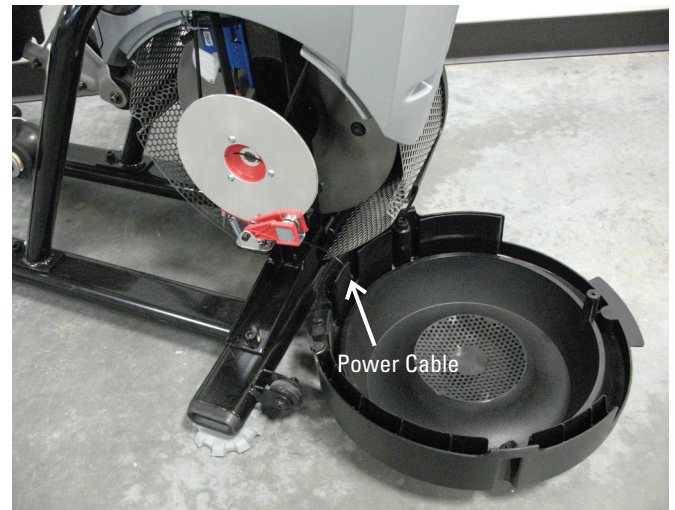
Note: Loosen the lowest screw by at least 3 full rotations.

6. The Right Fan Cover has a tab that needs to be pushed upward to clear the loosened screw. While pushing up on the tab, remove the Right Fan Cover from the assembly.

Note: the Power Cable is attached to the inside of the Right Fan Cover. Be sure not to crimp the cable by placing the Right Fan Cover close to the front of the machine.



To assist with assembly, note that the upper screw is a machine screw and not a self-tapping screw.



7. Remove the indicated Cap from both sides of the machine.

8. Using a 6mm hex wrench, remove the hardware exposed below the Cap from both sides of the machine.

9. Slide the Leg Assemblies off of the machine.



10. Using a #2 Phillips screwdriver, remove the indicated screw from the Rear Shroud.

11. Carefully remove the Rear Shroud from the machine. Place a standard screwdriver behind and near the middle of the Rear Shroud and gently pry until it releases. Then move the screwdriver to the bottom and gently pry until the Rear Shroud comes off.

12. Remove the Caps from the machine.



13. Using a #2 Phillips screwdriver, remove the indicated (by oval) screw and only loosen the lowest indicated screw (arrow) from the Left Fan Cover.

14. The Left Fan Cover Assembly has a tab that needs to be pushed upward to clear the loosened screw. While pushing up on the tab, remove the Left Fan Cover Assembly.

15. Remove the Left Fan Cover Assembly from the machine. Be sure to note how the fan screens are set into the Left Fan Cover to assist with the replacement procedure.



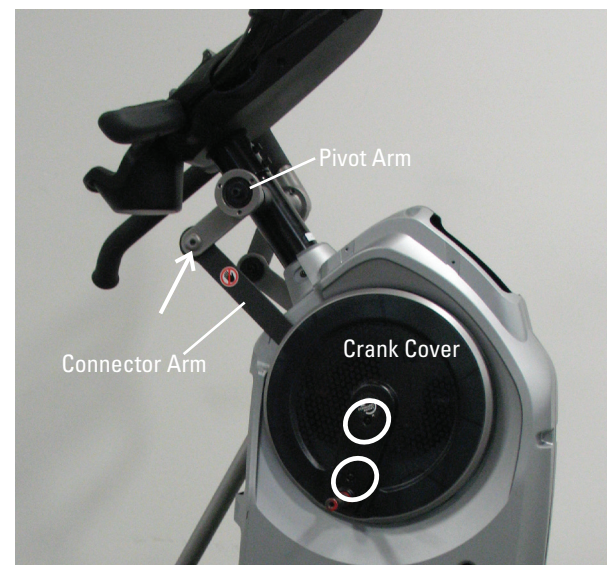
16. Using a #2 Phillips screwdriver, remove the 2 indicated screws from the Right Crank Cover.

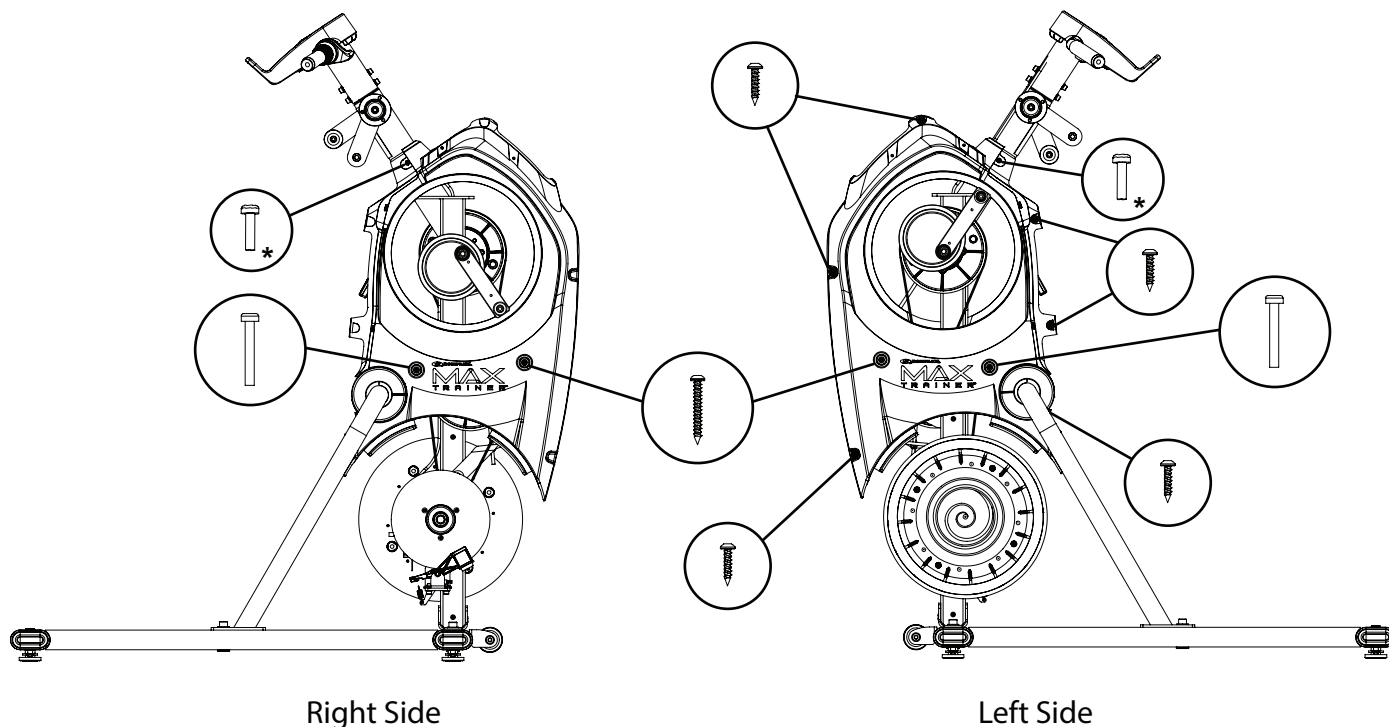
17. Remove the Right Crank Cover from the machine.

18. Place a rag or protective material below the Right Connector Arm to protect the Shrouds from potential scratches from the Connector Arms.

19. Using a 6mm hex wrench, remove the hardware that connects the Right Connector Arm and the Pivot Arm.

Note: The Connector Arm will pivot downward if not lowered slowly onto the rag protecting the Shroud.





20. Using a #2 Phillips screwdriver, remove the screws from the Right and Left Shrouds. (3 screws on the Right Shroud, 9 on the Left Shroud) Remove the upper screws labeled ' * ' last.

21. Carefully remove the Shrouds from the machine.

If replacing the Right Fan Cover:

A. Using a 15mm open face wrench, remove the Securing Ring from the outside of the Right Fan Cover.

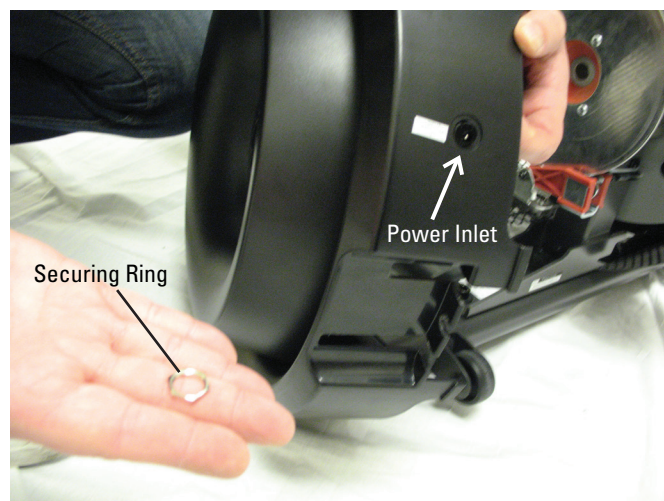
B. Remove the Power Inlet from the inside of the Right Fan Cover.

22. Installation is the reverse procedure.

Note: When replacing the Crank Arms, be sure the Right and Left Crank Arms are oriented inline and opposite each other. The Crank Nuts should be tightened to a torque value of 29-32.5 ft lbs (or 350-390 in lbs).

23. Final Inspection

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



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

NOTICE: This document provides instructions for the replacement of the Speed Sensor on the Bowflex Max Trainer® M7.

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



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

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

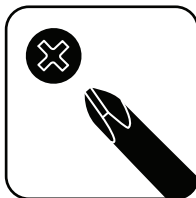


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- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- If replacement parts are necessary, use only genuine Nautilus replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If necessary request replacement warning stickers or placards from Nautilus customer service.
- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety and will void the warranty.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.
- This product contains magnets. Magnetic fields can interfere with the normal use of certain medical devices at a close range. Users may come into proximity of the magnets in the assembly, maintenance, and/or use of the product. Given the obvious importance of these devices, such as a pacemaker, it is important that you consult with your medical provider in connection with the use of this equipment. Please consult the "Safety Warning Labels and Serial Number" section in the Owner's Manual to determine the location of the magnets on this product.

Tools Required (not included)

#2 Phillips screwdriver



1. Unplug the AC Adapter from the wall outlet and machine.

2. Remove the Right Stabilizer Shroud from the machine.



3. Using a #2 Phillips screwdriver, remove the indicated (by ovals) screws and only loosen the lowest indicated screw (arrow) from the Right Fan Cover.

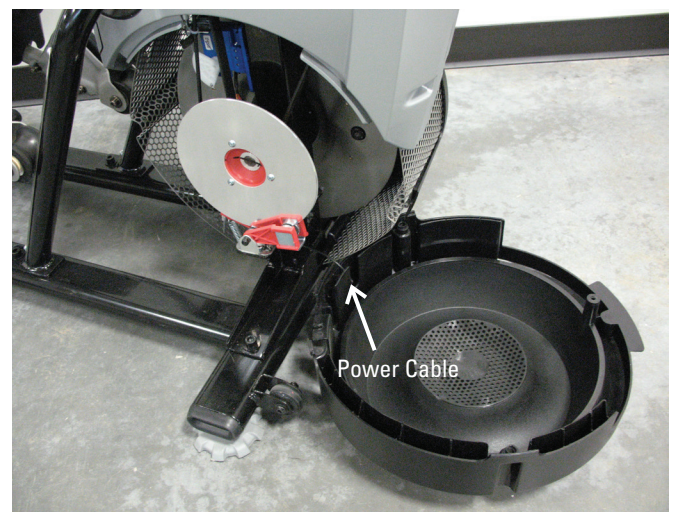
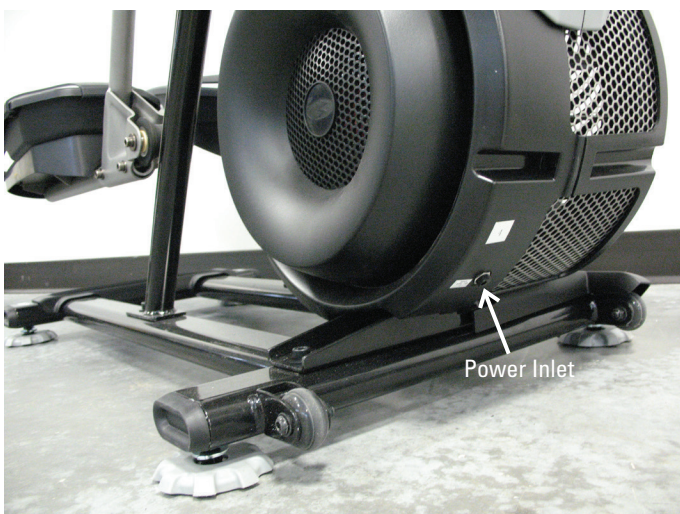
Note: Loosen the lowest screw by at least 3 full rotations.

4. The Right Fan Cover has a tab that needs to be pushed upward to clear the loosened screw. While pushing up on the tab, remove the Right Fan Cover from the assembly.

Note: the Power Cable is attached to the inside of the Right Fan Cover. Be sure not to crimp the cable by placing the Right Fan Cover close to the front of the machine.



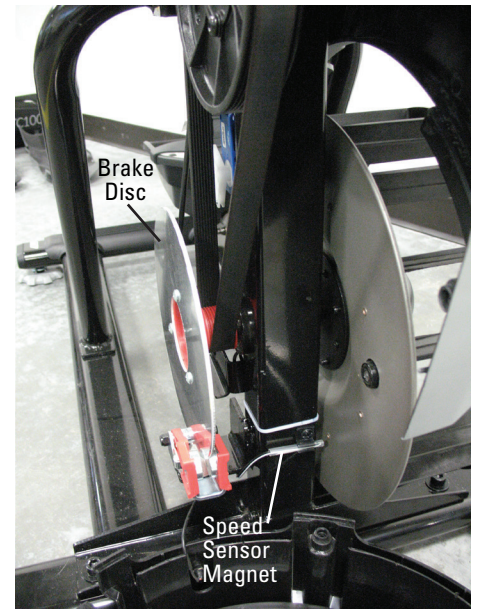
To assist with assembly, note that the upper screw is a machine screw and not a self-tapping screw.



Note: Left Fan Cover is hidden for image clarity.

5. Using a #2 Phillips screwdriver, remove the screw that attaches the Speed Sensor.

Note: The distance of the new Speed Sensor Magnet must be the same distance from the Fan Disc for proper operation. Be sure to note the distance before removing the Speed Sensor Magnet.



6. Disconnect the Speed Sensor Cable noting how it was routed for re-assembly.

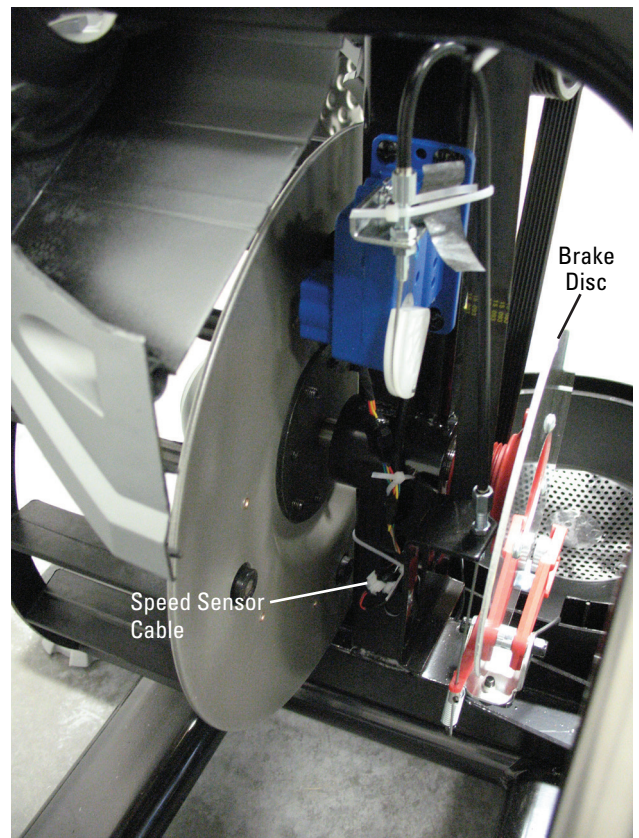
Note: Do not crimp the Cables.

7. Using a #2 Phillips screwdriver, attach the new Speed Sensor. Be sure to place it the same distance from the Pulley as the old Speed Sensor Magnet.

8. Route the new Speed Sensor Cable under the bracket and connect the cable.

9. Installation is the reverse procedure.

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



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

NOTICE: This document provides instructions for the replacement of the Tensioner on the Bowflex Max Trainer® M7.

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



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

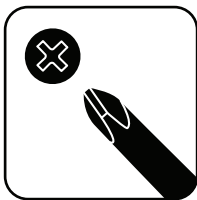


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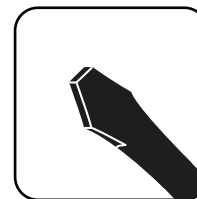
- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair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

Tools Required (not included)

#2 Phillips screwdriver



#2 Standard screwdriver



4mm hex wrench
5mm hex wrench
6mm hex wrench
8mm hex wrench

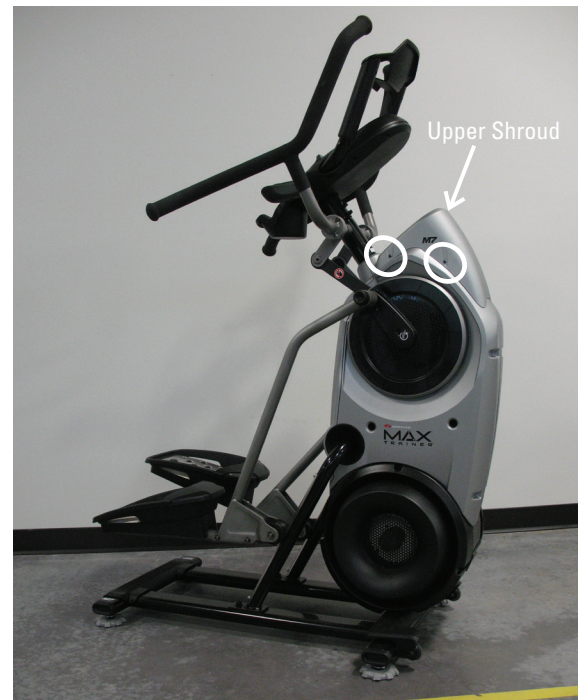


10mm wrench



1. Unplug the AC Adapter from the wall outlet and machine.

2. Using a #2 Phillips screwdriver, remove the 4 screws (2 indicated on one side) from the Upper Shroud and remove it.



3. Using a 5mm hex wrench, remove the indicated hardware from the Left Upper Handlebar and remove it.

Note: Be aware that the Left Upper Handlebar must be supported when removing the hardware.



4. Remove the Left Stabilizer Shroud from the machine.



5. Using a #2 Phillips screwdriver, remove the indicated (by ovals) screws from the Right Fan Cover.

6. The Right Fan Cover has a tab that needs to be pushed upward to clear the loosened screw. While pushing up on the tab, remove the Right Fan Cover from the assembly.



7. Remove the indicated Cap from the left side of the machine.

8. Using a 6mm hex wrench, remove the hardware exposed from below the Cap from the left side of the machine.

9. Slide the Leg Assembly off of the machine.



10. Using a #2 Phillips screwdriver, remove the indicated screw from the Rear Shroud.

11. Carefully remove the Rear Shroud from the machine. Place a standard screwdriver behind and near the middle of the Rear Shroud and gently pry until it releases. Then move the screwdriver to the bottom and gently pry until the Rear Shroud comes off.

12. Remove the indicated Cap from the machine.



13. Using a #2 Phillips screwdriver, remove the indicated (by oval) screw and only loosen the lowest indicated screw (arrow) from the Left Fan Cover.

14. The Left Fan Cover Assembly has a tab that needs to be pushed upward to clear the loosened screw. While pushing up on the tab, remove the Left Fan Cover Assembly.

15. Remove the Left Fan Cover Assembly from the machine. Be sure to note how the fan screens are set into the Left Fan Cover to assist with the replacement procedure.



16. Using a #2 Phillips screwdriver, remove the 2 indicated (by ovals) screws from the Crank Cover. Repeat on the other side of the machine.

17. Remove the Left Crank Cover from the machine.

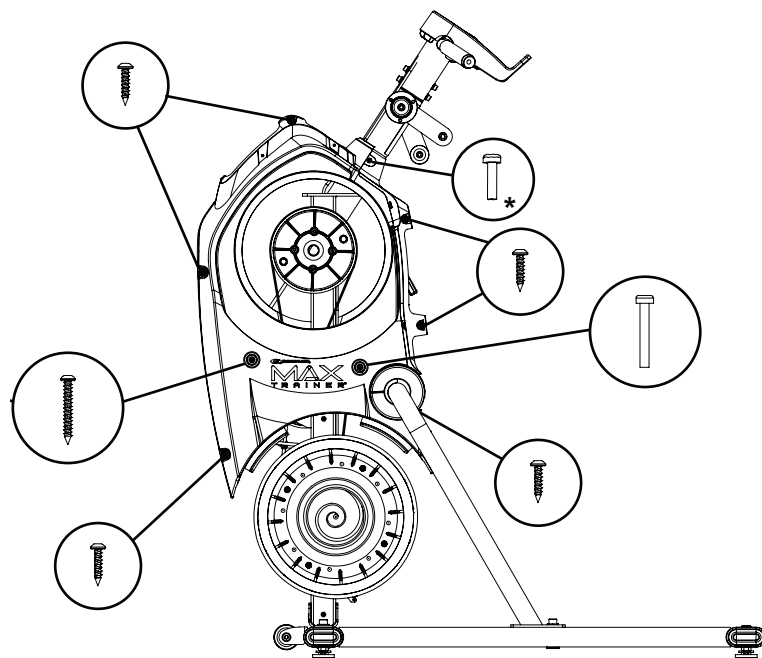
18. Place a rag or protective material below the Connector Arm to protect the Shrouds from potential scratches from the Connector Arms.

19. Using a 6mm hex wrench, remove the hardware (indicated by arrows) that connects the Connector Arm and the Pivot Arm.

Note: The Connector Arm will pivot downward if not lowered slowly onto the rag protecting the Shrouds



20. Using a #2 Phillips screwdriver, remove the screws from the Left Shroud. (9 screws on the Left Shroud) Remove the upper screws labeled ‘ * ’ last.



Left Side

21. Observe the location of the “A” screw in the opening of the Tensioner. This will help with re-assembly.

22. Using a 4mm hex wrench, remove the screw indicated by “A” from the Tensioner.

23. Using a 8mm hex wrench, remove the screw indicated by “B” from the Tensioner.



Keep fingers out of any pinch opportunities caused by the Drive Belt.

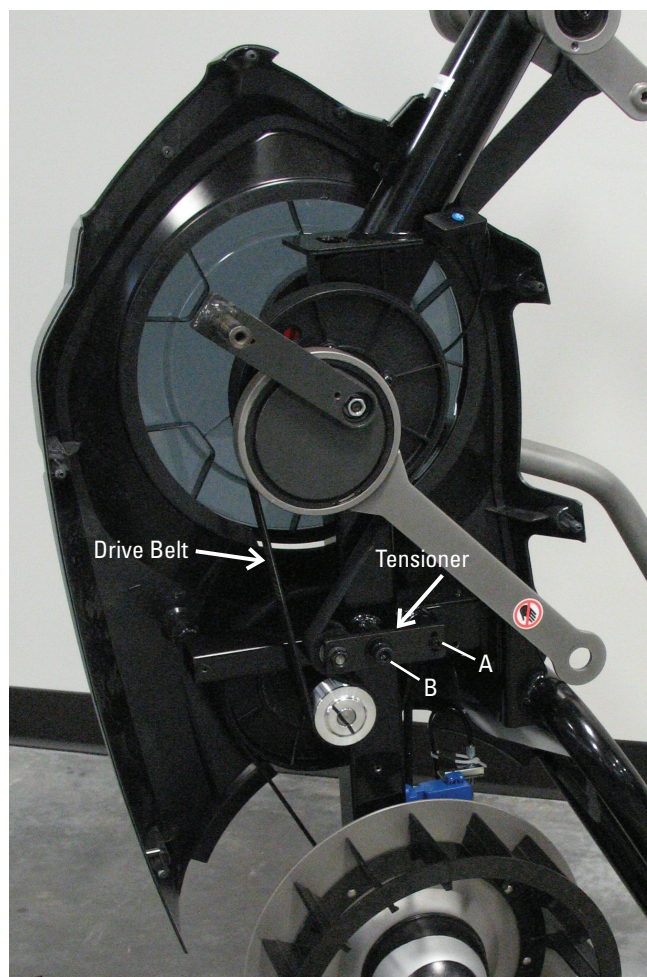
24. Replace the old Tensioner with the new one by installing the “B” screw.

25. Adjust the new Tensioner so that the “A” screw can be tightened to be in the same location from Step 22. This will correctly tension the Drive Belt.

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

27. Final Inspection

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



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


NOTICE: This document provides instructions for the replacement of the Wireless Heart Rate Sensor on the Bowflex Max Trainer® M7.

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

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

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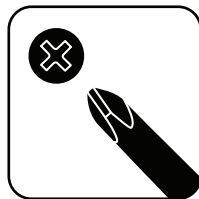
Important Safety Instructions - Before servicing or using this equipment, obey the following warnings:

 **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.**

- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- If replacement parts are necessary, use only genuine Nautilus replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If necessary request replacement warning stickers or placards from Nautilus customer service.
- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety and will void the warranty.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.
- This product contains magnets. Magnetic fields can interfere with the normal use of certain medical devices at a close range. Users may come into proximity of the magnets in the assembly, maintenance, and/or use of the product. Given the obvious importance of these devices, such as a pacemaker, it is important that you consult with your medical provider in connection with the use of this equipment. Please consult the "Safety Warning Labels and Serial Number" section in the Owner's Manual to determine the location of the magnets on this product.

Tools Required (not included)

#2 Phillips screwdriver



5 mm hex wrench



Standard screwdriver



Piece of wire or string (around 3-4' in length)

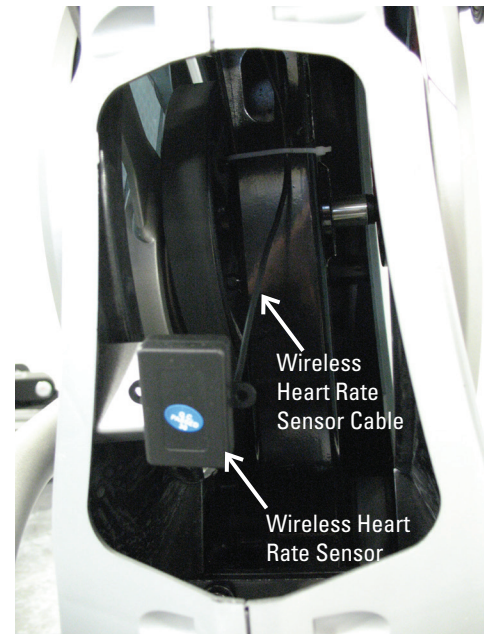


⚠ DANGER

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

1. Unplug the AC Power Adapter from the machine and wait 5 minutes.
2. Using a #2 Phillips screwdriver, remove the indicated screw from the Rear Shroud.
3. Carefully remove the Rear Shroud from the machine. Place a standard screwdriver behind and near the middle of the Rear Shroud and gently pry until it releases. Then move the screwdriver to the bottom and gently pry until the Rear Shroud comes off.

View of the exposed opening (behind Rear Shroud) showing the location of the Wireless Heart Rate Sensor and Cable:



4. Using a 5mm hex wrench, remove the 4 screws (2 on each side of the Console Mast) from the Console Assembly.



5. Carefully lift the Console Assembly and expose the Cable Connections.

Note: do not crimp any of the Console Cables. This step may require two people.

6. Carefully disconnect the Cables while not allowing them to fall into the Console Mast.

Note: do not crimp any of the Console Cables.

7. Place the Console Assembly in a safe and secure location.

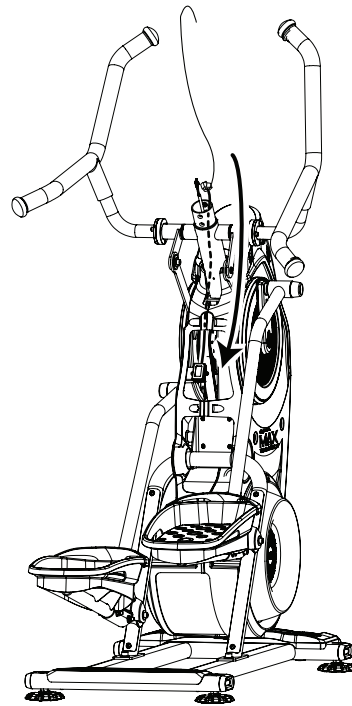


8. Attach a piece of wire or string to the upper Heart Rate Cable of the Wireless Heart Rate Sensor (where it attached to the Console).

9. Gently remove the Wireless Heart Rate Sensor and Cable, routing the newly attached wire or string down to the Rear Shroud opening.

Note: If the Wireless Heart Rate Sensor was attached by an adhesive, be sure to remove any residue to be able to attach the new Sensor correctly.

10. Remove the old Wireless Heart Rate Sensor and Cable, leaving the piece of wire or string routed through the machine.



11. Attach the Connector end of the new Wireless Heart Rate Sensor to the wire or string, and gently route the Wireless Heart Rate Sensor cable up to the Console.

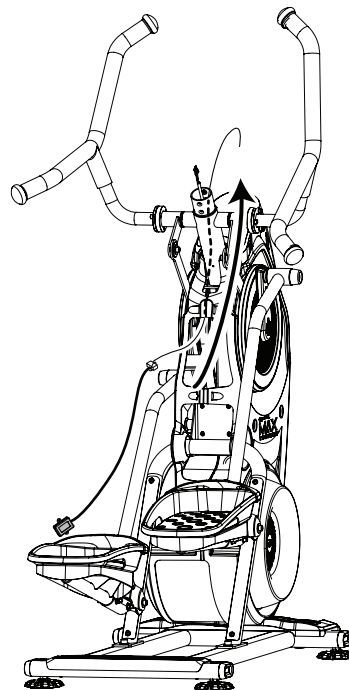
Note: do not crimp the Cable.

12. Remove the routing wire or string from the Wireless Heart Rate Cable.

13. Installation is the reverse procedure.

14. Final Inspection

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



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