



Power-Pak.

445 Adjustable Dumbbell System



Assembly / Owner's Manual



This product is compliant with the applicable CE requirements.

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

Serial Number _____ **Serial Number** _____

Serial Number _____ **Date of Purchase** _____


To register your product warranty, contact your local distributor.

If you have questions or problems with your product, please contact your local Bowflex® distributor

To find your local distributor, go to: **www.bowflexinternational.com**

Nautilus, Inc., (800) NAUTILUS / (800) 628-8458, www.NautilusInc.com - Customer Service: North America (800) 605-3369, csnls@nautilus.com | outside U.S. +01-360-859-5180, technics-APLA@nautilus.com | Printed in China | © 2012 Nautilus, Inc.

Important Safety Instructions

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

Before using this equipment, obey the following warnings:

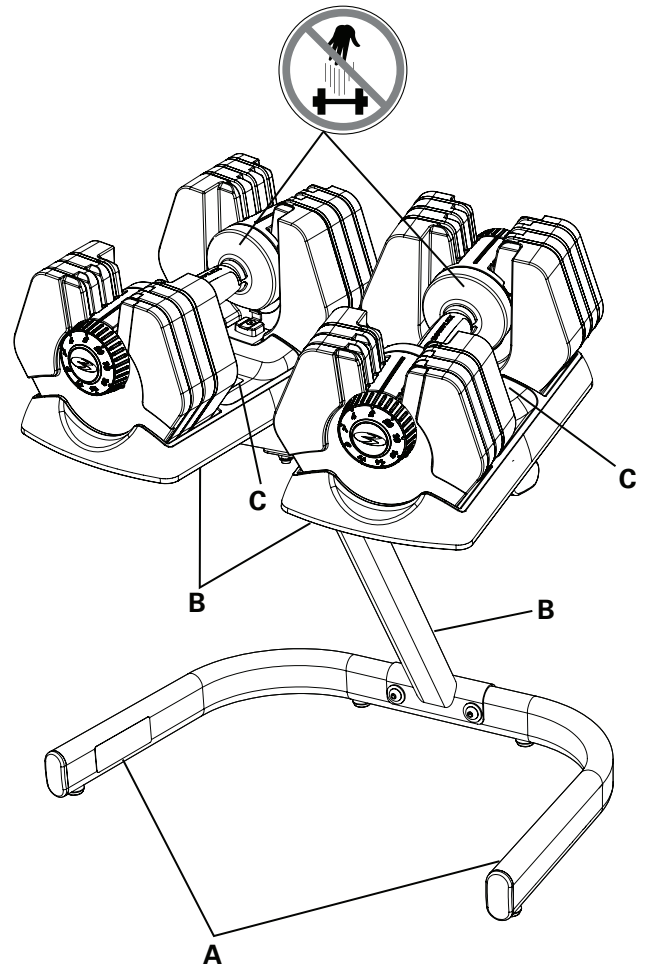
- Read and understand the complete Manual. Keep the Manual for future reference.
- Read and understand all warnings on this equipment. If at any time the Warning stickers become loose, unreadable or dislodged, contact your local Bowflex® distributor or vendor for replacement stickers.
- Keep bystanders and children away from the product you are assembling at all times.
- Children must not be let on or near to this equipment. Moving parts and other features of the equipment can be dangerous to children.
- Not intended for use by anyone under 14 years of age.
- Consult a physician before starting an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before you use the equipment again.
- Do not assemble equipment in a wet or moist location.
- Some components of the equipment can be heavy or awkward. Use a second person when doing the assembly steps involving these parts. Do not do steps that involve heavy lifting or awkward movements on your own.
- Set up this equipment on a solid, level, horizontal surface.
- This equipment is for home use only.
- Do not try to change the design or functionality of this equipment. This could compromise the safety and will void the warranty.
- If replacement parts are necessary, use only genuine replacement parts and hardware supplied by Nautilus. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and void the warranty.
- Do not use until the equipment has been fully assembled and inspected for correct performance in accordance with the Owner's Manual for your Power-Pak® dumbbells.
- Before each use, examine this equipment for loose parts or signs of wear. Contact your local Bowflex® distributor or vendor for repair information.
- Periodically inspect and test the locking mechanism for correct function. Follow the test procedures included in this manual.
- Do not operate this machine outdoors or in moist or wet locations.
- Before you start your workout, make sure that your surroundings are free from possible interference and third parties. Your workout free space should be 0.6 m (24") more than the maximum reach of the exercise in all directions.
- Do not over exert yourself during exercise. Operate the equipment in the manner described in this manual.
- Do not try to force the Adjustment Knob to turn when the Dumbbell has been removed from the Dumbbell base.
- Do not let the Dumbbells fall freely to the ground. Damage to the product and possible personal injury can occur.

Important Safety Instructions

- Do not let the Dumbbells forcefully hit together during operation. Damage to the product and possible personal injury can occur.
- Do not lean on the Dumbbell handles or use them to support your body weight, such as using them as a base to perform a push up. Damage to the product and possible personal injury can occur.
- Do not try to disassemble your Dumbbell handles, or base assembly. The product is not designed to be serviced by the customer. Contact your local Bowflex® distributor or vendor for service.
- The Dumbbells are very heavy. If you are not using the Dumbbell Stand, put the Dumbbell assembly directly on the floor for best support.

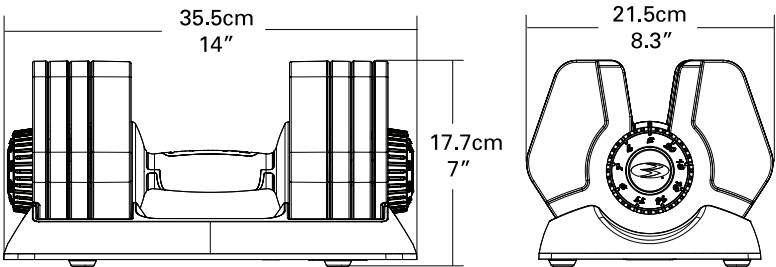
Safety Warning Labels and Serial Number

Type	Description
A WARNING	<ul style="list-style-type: none"> • Read and understand the complete user manual. Keep manual for future reference. • Read and understand all warnings on this device. If at any time the warning stickers become loose, unreadable or dislodged, contact Nautilus Customer Service for replacement stickers. • Children must not be allowed on or near to this device. • This device is for home use only. • Set up and operate this device on a solid, level, horizontal surface. • Make sure that you give users enough free space around the device for safe operation. Keep third parties out of this area when the device is in use. • Do not stand or climb on this device.
B Product Specification and Serial Number	Record the serial numbers in the Serial Number fields at the beginning of this manual.
C WARNING	<ul style="list-style-type: none"> • Do not allow Children to use this product. • Inspect product before use. • Do not use if any parts are in need of repair. • Use Caution when using this equipment. • Injury or death is possible if Caution is not used. • Read and understand the Owners Manual prior to use. • Replace this or other CAUTION, WARNING, or DANGER Labels if they become damaged or illegible or removed. • This product is for Residential use only.

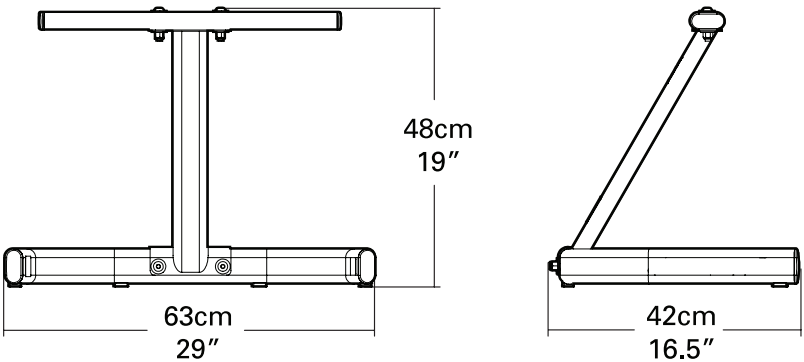


Specifications

Dumbbell Assembled Weight Approximately 22.7 kg (50 lbs)

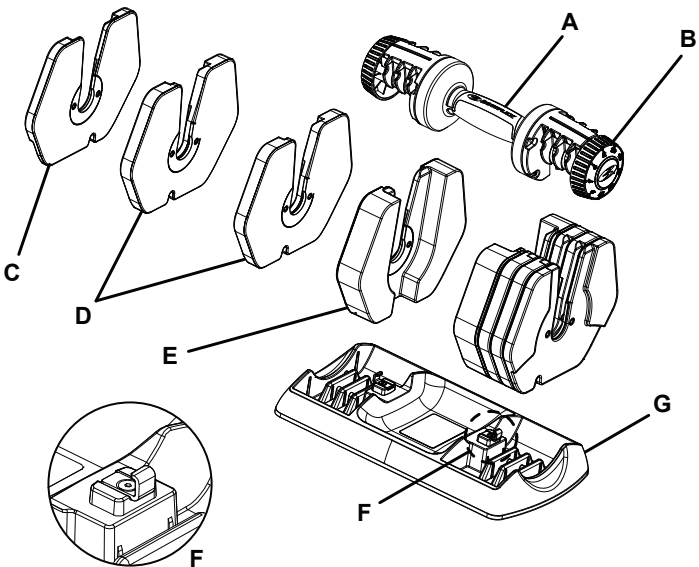


Stand Assembled Weight Approximately 5.4 kg (12 lbs)



Features

A	Handle grip
B	Adjustment knob
C, D, E	Weight plates
F	Fail safe hook
G	Base



Assembly

Hardware

Item	Qty	Description
A	8	Button Head Cap Screw M10 X 2
B	12	Flat Washer M10
C	4	Nut M10
D	4	Lock Washer M10

Parts

Item	Qty	Description
1	1	Base Assembly
2	1	Upright
3	1	Cross Tube

Tools (included)



8mm



14mm
17mm

Installing the Dumbbells on the Stand

! Remove the dumbbell from its base before you attach the dumbbell base to the stand to make sure that the dumbbell does not fall during installation.

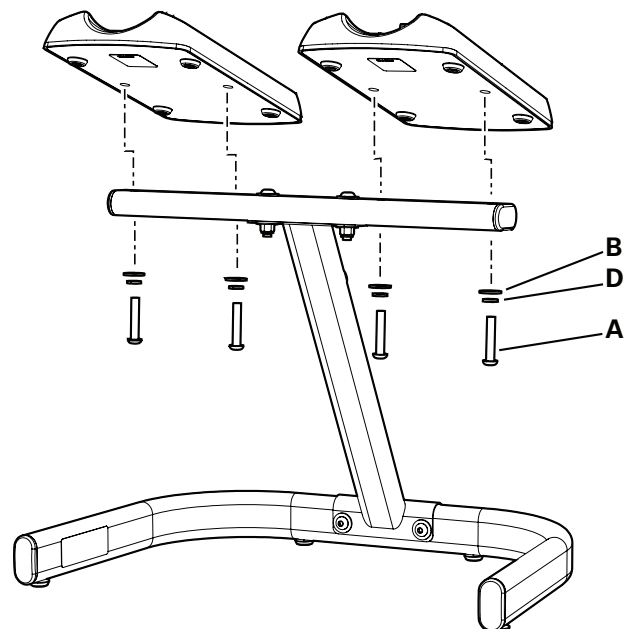
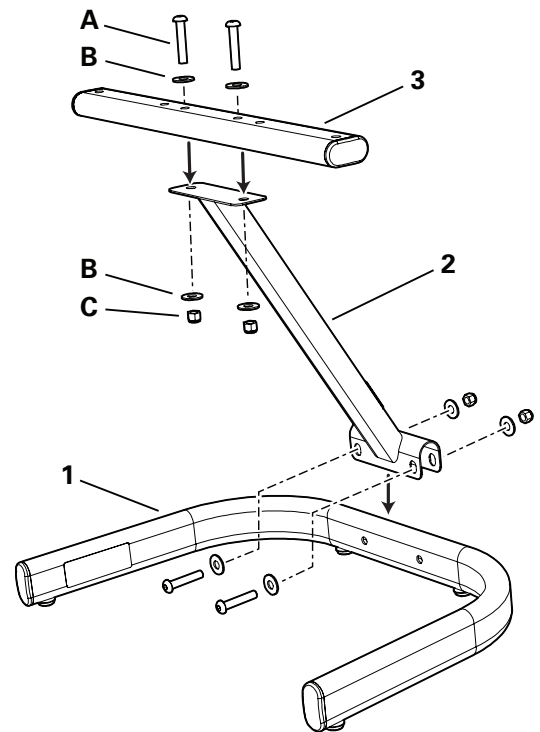
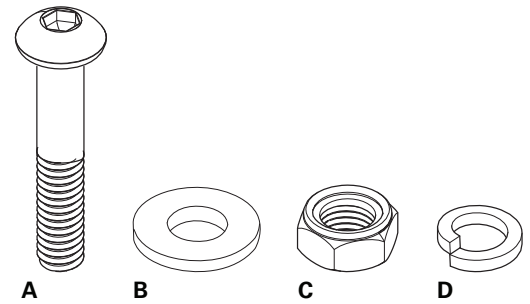
! Fully tighten the hardware before you put the dumbbells into the installed dumbbell bases on the stand.

Final Inspection

Inspect your machine to ensure that all fasteners are 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.

Note: Record serial number in the Serial Number field at the beginning of this manual.



Operation

Before You Start

The dumbbells are shipped fully assembled. After carefully removing the dumbbell from its box, there are some initial steps that should be taken to familiarize you with the function of the product, and to make sure that all features of the dumbbell operate correctly.

! Do not drop the dumbbell. Dropping the dumbbell will damage the weight plates and/or the locking mechanisms, and can cause the weight plates to disengage (drop) from the handle without warning. This can cause serious injury, and will void the warranty.

1. After you remove the dumbbell from its protective packaging, inspect the products and packaging material for damage.
2. Push down slightly on the handle assembly to make sure it is fully seated in the base. Rotate the adjustment knob several full rotations to make sure it turns freely in both directions. Make sure there is a click at each weight increment of the adjustment knob. This click will help you align the knob correctly to make a weight selection.

Note: The weight increments range from 2 to 20 kg (~4 to 45 lbs) on the adjustment knobs.

To make a weight selection, turn the adjustment knobs until that number is aligned with the line (L1) on the top surfaces of the handle (Fig. 1). For example, to set the weight to 2 kg (~4 lbs), align the number 2 with the line on the handle.

3. After you make sure that the adjustment knob turns correctly, turn the knob so that the number 2 is aligned with the line on the handle (Fig. 1).
4. With the adjustment knobs set to 2, pull the handle straight up from the dumbbell. This will remove only the handle from the base, and let all of the weight plates stay in the base (Fig. 2). The handle without plates gives the initial weight of 2 kg (~4 lbs).

NOTICE: When you remove the dumbbell from the base or return it to the base, use a vertical motion, perpendicular to the base. Do not tilt the dumbbell or move it laterally (parallel to the base) until it is fully clear of the unselected weight plates.

Note: The dumbbell handle and weight plates are symmetrical. When you put the dumbbell back into the base, the ends of the handle can point in either direction.

Fig. 1

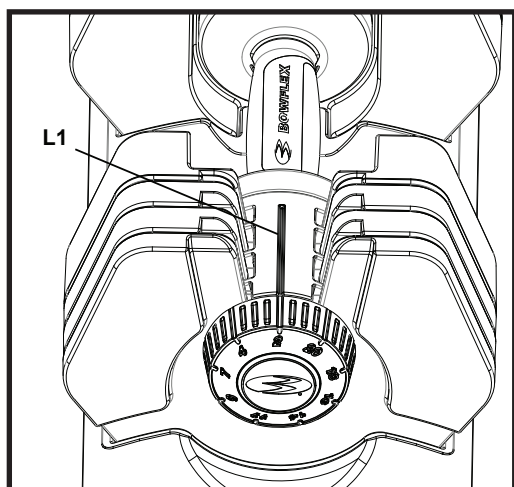
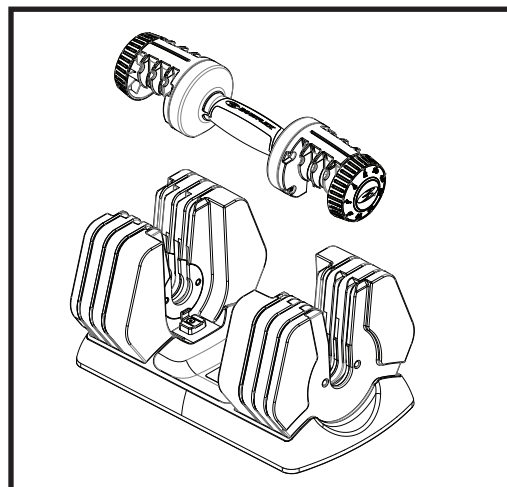


Fig. 2



! Do not lean on the dumbbell handles or use them to support your body weight, such as using them as a base to perform a push up. Doing so will damage the weight plates and/or the locking mechanisms, and can cause the weight plates to disengage (drop) from the handle without warning. This can cause serious injury, and will void the warranty.

Inspect the dumbbells prior to each use. Do not use a dumbbell with worn or damaged parts. Contact your local Bowflex® distributor or vendor for service.

Weight Increments

There are 9 weight increments:

2kg (4 lbs)	4kg (10 lbs)	7kg (15 lbs)	9kg (20 lbs)	11kg (25 lbs)	14kg (30 lbs)	16kg (35 lbs)	18kg (40 lbs)	20kg (45 lbs)
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Note: Weight increments represent estimated values only. Exact values can vary due to manufacturing variances.

Operation

Understanding the Locking Mechanism Function

The dumbbell features SelectTech® technology. This has a locking mechanism designed to make sure of correct selection of the weight plates and to hold the weight plates safely during the workout.

! Fully understand the function of this mechanism and do tests of the mechanism regularly to make sure it operates correctly.

The locking mechanism supplies two key functions:

1. The mechanism will only let the adjustment knobs turn when the dumbbell handle fully engages the dumbbell base. The mechanism prevents deselecting (dropping) weight plates from the dumbbell when it is NOT in the dumbbell base.
2. The mechanism will lock the dumbbell handle to the base if the adjustment knobs do not fully engage the weight plate selection. The mechanism prevents partial selection of the weight plates in which the locking pin is not fully engaged and does not fully hold the plates.

Testing the Locking Mechanism Function

1. With the dumbbell handle set in the dumbbell base, turn the adjustment knobs to the number 2. When you fully and correctly make the number selection, you can feel the adjustment knob move into a notch (known as a detent). You will also hear a small, but audible, click at the detent location for each number.
2. Pull the handle vertically from the base and all the weight plates will stay in the base.
3. With the handle removed from the base, hold one adjustment knob with your other hand and carefully try to turn the knob. The knob should not turn. A locking pin in the mechanism engages the rotational assembly when the unit is removed from the base. Do this test with all adjustment knobs.

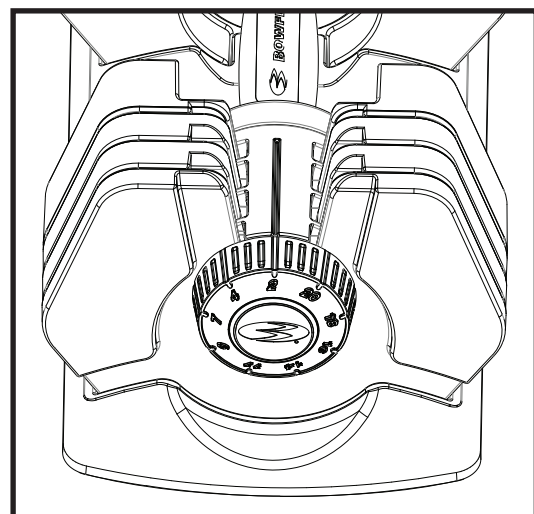
! Do not use too much force to try to turn the locked adjustment knob. Too much force can damage the locking mechanism.

4. After you make sure that the locking mechanism operates correctly, put the dumbbell handle back and set it fully into the base assembly.
5. With the handle back in the base, turn the adjustment knob to a position that is between the numbers 2 and 20. This is an incomplete weight selection where the adjustment knob has not fully made a weight selection and the knob is between the selection detents (clicks).
6. With the selection knob in this incorrect position, carefully try to lift the handle to remove it from the base. You should find that the handle is locked to the base and cannot be removed with light pressure, as it usually can.
7. Change the adjustment knob to a full and correct weight selection and make sure that the dumbbell handle can again be removed.
8. Repeat this test for all adjustment knobs.
9. Make sure the dumbbell handle assembly is properly tightened. To do this, set the adjustment knobs to 4 pounds and remove the handle assembly from the base. Hold the adjustment knobs, and push and pull the knobs to and away from the handle grip. The knobs should not move freely and all of the selection discs should feel tightly connected.
10. The test of the locking mechanism function is now complete. We suggest that you repeat this test monthly to make sure that the locking mechanism operates correctly.

! Do not engage the locking mechanism and use the handle to try to lift the dumbbell and base together. To lift the dumbbell and base together, engage the locking mechanism and hold the base assembly.

If the dumbbell locking mechanism operates unsatisfactorily in the test procedure above, do the following:

1. Stop use of the product immediately until approved service is available.
2. Contact your local Bowflex® distributor or vendor for service.



Maintenance / Troubleshooting

! 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 replaced immediately or the equipment removed from service until the repair is made. Only manufacturer supplied components can be used to maintain and repair the equipment.

Adjustable Dumbbell Maintenance:

1. If your dumbbell handle assembly, plates or base become dirty, you can clean them with a cloth lightly dampened with warm water and a small amount of mild soap. Wipe dry with a separate cloth.
2. The adjustable dumbbell is internally lubricated and will not require more internal lubrication. The contact between weight plates and selection discs is not lubricated but has naturally low friction. Lubrication is usually not necessary. If you feel it is necessary to lubricate the weight plates and/or selection discs, use only a "food grade" silicon lubricant.

! Do not use any solvents, harsh detergents, chemicals or bleach on this product - this can damage the materials, resulting in degradation of the product's performance or strength.

Never attempt to disassemble the dumbbell handle or base assembly – the product is not designed to be user serviced. Doing so will void the manufacturers warranty. Contact your local Bowflex® distributor or vendor for service.

Daily / Before Each Use:	Examine equipment. Make sure it looks in good condition and operates smoothly. If you find damage, DO NOT USE.
Daily / After Each Use:	Clean equipment with a clean, dry cloth. Do not use cleansers containing enzymes.
Weekly:	Clean equipment fully with a clean cloth lightly dampened with warm water and a small amount of mild soap. Wipe dry with a separate cloth. Touch up any scratches with touch-up paint to prevent rust, if necessary.
Monthly:	Examine the frame for signs of cracking or permanent bending. Do not use the equipment if you see this. Contact your local Bowflex® distributor or vendor for service.

Troubleshooting

Problem	Solution
Dumbbell handle does not fully go into base when no plates are attached.	1. Make sure that the adjustment knobs are set directly to the number 4. 2. Make sure that the weight plates are seated correctly in the base assembly.
Dumbbell handle does not fully go into base when plates are attached.	Make sure that the plates that are still in the dumbbell base are in their correct spots and not moved to different support slots. This may be blocking the dumbbell from fitting back into the base.
Adjustment knob will not turn while handle is in base.	1. Make sure that the dumbbell handle is fully pushed into the dumbbell base. If not fully set into the base, the locking mechanism will not be released and will prevent the adjustment knobs from turning. 2. Make sure that the weight plates are seated correctly in the base assembly. 3. Inspect the dumbbell base for dirt, debris or other unwanted material. If necessary, remove the weight plates from the base to do this check. Remember to put each weight plate back in its correct location.
Plates are not attached safely to the handle and drop out.	Make sure that the plates that are still in the dumbbell base are in their correct spots and not moved to different support slots.

