



**UPPER  
CUT™**



## Assembly / Owner's Manual

The UpperCut™ device relies on tension provided by the resistance cables to create the necessary exercise motion. Be aware that any sudden or complete release of force on the device while under tension will cause it to quickly snap back to its upright position. Damage to the device, or possible injury to the user, may occur if there is a sudden or complete release of force under these circumstances.

 **Fall or breakage hazard. Do not stand or sit on this device. Injury to the user, or possible damage to the device, may occur by misuse of the device or if there is an addition of weight not prescribed in a specific Exercise identified by Bowflex.**

Go to [www.UCWorkouts.com](http://www.UCWorkouts.com) for the mobile web app and additional exercises not shown on the Exercise Poster.

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

**Serial Number** \_\_\_\_\_

**Date of Purchase** \_\_\_\_\_

To register your product warranty, go to: [www.bowflex.com/register](http://www.bowflex.com/register) or call 1 (800) 605-3369.

If you have questions or problems with your product, please call 1 (800) NAUTILUS (628-8458).



# Important Safety Instructions

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

## Obey the following warnings:

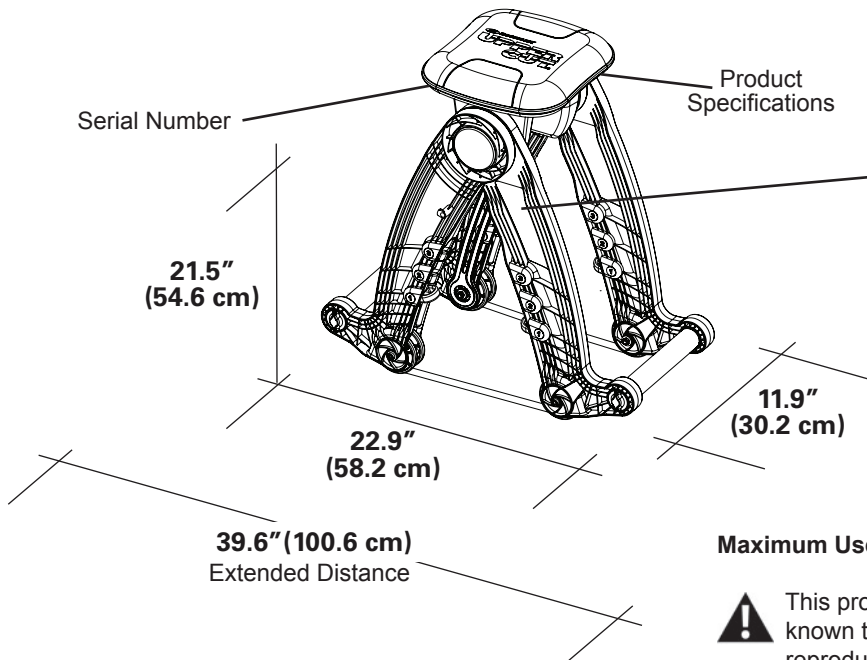


Read and understand all warnings on this device. Read and understand the complete Manual supplied with this device before first use. Keep the Manual for future reference.

Carefully read and understand the Assembly instructions. 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.

- Keep bystanders and children away from the product you are assembling at all times.
- Children must not be let on or near to this device. Moving parts and other features of the device can be dangerous to children.
- Not intended for use by anyone under 14 years of age.
- Consult a physician before you start an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before you use the device again.
- Do not assemble or operate this device outdoors or in a wet or moist location. Keep the device clean and dry.
- Make sure assembly is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Set up and operate this device on a solid, level, horizontal surface.
- Do not try to change the design or functionality of this device. This could compromise the safety of this device and will void the warranty.
- If replacement parts are necessary, use only genuine Nautilus® replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the device from operating correctly and void the warranty.
- Do not use until the device has been fully assembled and inspected for correct performance in accordance with the Manual.
- Do all assembly steps in the sequence given. Incorrect assembly can lead to injury or incorrect function.
- Before each use, examine this device for loose parts or signs of wear. Do not use if found in this condition. Monitor the Cables and Wheels closely. Contact Nautilus® Customer Service for repair information.
- Maximum user weight limit: 300 lbs. (136 kg). Do not use if you are over this weight.
- This device is for home use only.
- Do not wear loose clothing or jewelry. This device contains moving parts. Do not put fingers or other objects into moving parts of the exercise equipment.
- Make the device stable before you mount it. Use caution when you mount on or off of the device as the Leg Assemblies may move.
- When the device is fully extended, keep at least 24" (0.6 m) on all sides of the device, including the length of user, clear. This is the recommended safe distance for access and passage around and emergency dismounts from the device. Keep third parties out of this space when device is in use.
- Do not over exert yourself during exercise. Operate the device in the manner described in the program.
- Perform all regular and periodic maintenance procedures recommended in the Manual.
- Exercise on this device requires coordination, strength, and balance. Be sure to anticipate that changes in height, location, resistance, muscle fatigue, and stability can occur during workouts, and be attentive in order to avoid possible injury.
- Fall hazard. Do not stand or sit on the Pad of this device.
- To prevent unsupervised operation of the device always secure the Leg Assemblies with the Leg Assembly Locks. Place the device in a secure location from children and pets.
- Correctly engage the End Caps to the Leg Assemblies. Be sure the End Caps or Locking Arms are properly secured before each use.
- Keep clear of the Leg Assemblies movement path during operation. Keep any bystanders clear of the device and movement during operation.

# Safety Warning Labels and Serial Number / Specifications / 100% Satisfaction Guarantee



**⚠ WARNING**

1. Keep children and pets away from this machine at all times.
2. FALL HAZARD! Do not stand or sit on this device.
3. Inspect product before use. Do not use if any parts are in need of repair.
4. Use Caution when you use this equipment or serious injury can occur.
5. Prior to use, read and understand the User's Guide, including all Warnings.
6. This machine is for Residential use only.
7. The Maximum user Weight for this machine is 300lbs./136kgs.
8. Replace any Warning label that becomes damaged, illegible or is removed.
9. Not intended for use by anyone under 14 years of age.

**Maximum User Weight:** 300 lbs. (136 kg)

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

## 100% Satisfaction Guarantee

We want you to know that your UpperCut™ device is a quality product. Your satisfaction is guaranteed. If, for any reason, you are not 100% satisfied with your UpperCut™ device, please follow the instructions below to return your merchandise and receive a refund of the purchase price, less shipping and handling.

This UpperCut™ Satisfaction Guarantee applies only to merchandise purchased by consumers directly from Nautilus, Inc. This guarantee does not apply to sales made by dealers or distributors.

1. Call an UpperCut™ Representative at 1-800-605-3369 for a Return Authorization Number (RMA). An RMA will be granted if:
  - a. The UpperCut™ exercise device was purchased directly from Nautilus, Inc.
  - b. The request to return the product is within 30 days of the delivery date of your merchandise.
2. If an RMA is granted, the following instructions will prevent delays in the processing of your refund.
  - a. The merchandise must be returned to the address given to you at the time of the Return Authorization Call.
  - b. All returned merchandise must be properly packaged in good condition, preferably in the original boxes.
  - c. The exterior of the boxes should be marked clearly with:

Return Authorization Number  
Your Name  
Your Address  
Your Phone Number
  - d. Additionally, a piece of paper with your name, address and phone number or copies of your original invoice should be placed in each box of merchandise.
  - e. Your RMA number is time sensitive. Your shipment must be post marked within two weeks from the date the UpperCut™ Representative issued the Return Authorization Number.

**Note:** You are responsible for return shipping and for any damage or loss to merchandise that occur during return shipment. Nautilus recommends that you obtain tracking numbers and insure your shipment.

## Unauthorized Returns

Nautilus, Inc. defines an unauthorized return as any merchandise returned to our facilities without a valid and current Return Merchandise Authorization (RMA) number issued by Nautilus. Failure to properly mark packages with a valid RMA number, or allowing an RMA number to expire, will cause Nautilus, Inc. to consider a return unauthorized. Any merchandise returned without a RMA number will not be subject to a refund or credit and Nautilus will discard the product. The customer assumes all shipping and handling charges for any unauthorized return.

# Before Assembly / Parts / Hardware

## Before Assembly

Select the area where you are going to set up and operate your machine. For safe operation, the location must be on a hard, level surface. Allow a workout area of a minimum 87.6" (222.5 cm) x 59.9" (152.1 cm) plus adequate room for the length of the user when in use.

### Basic Assembly Tips

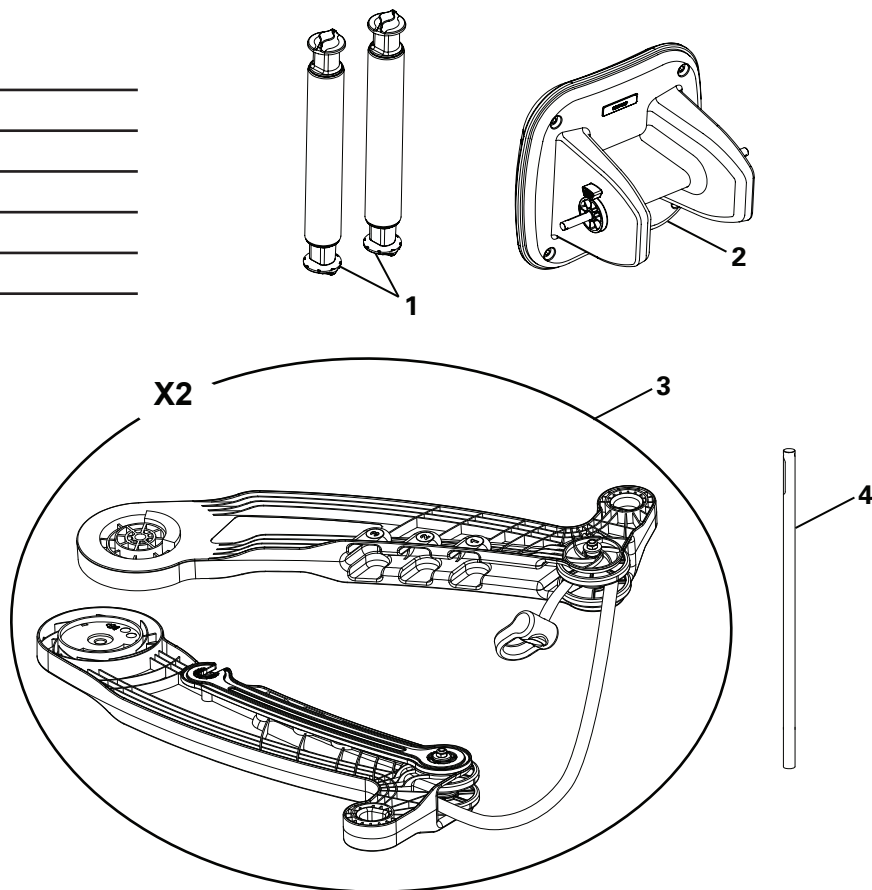
Follow these basic points when you assemble your machine:

- Read and understand the "Important Safety Instructions" before assembly.
- Collect all the pieces necessary for each assembly step.
- Turn the bolts and nuts to the right (clockwise) to tighten, and the left (counterclockwise) to loosen, unless instructed otherwise.
- When attaching 2 pieces, lightly lift and look through the bolt holes to help insert the bolt through the holes.

## Parts

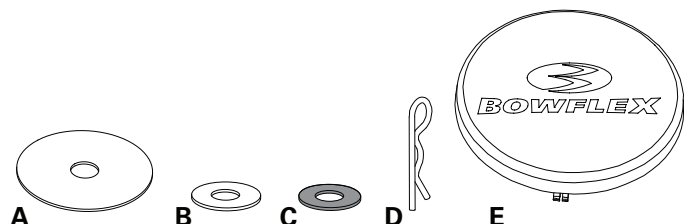
Item	Qty	Description
1	2	Handle
2	1	Pad Assembly
3	2	Leg Assembly *
4	1	Shaft, Pad

\* Be sure the Resistance Cables and End Caps are loose and not secure before assembly.



## Hardware

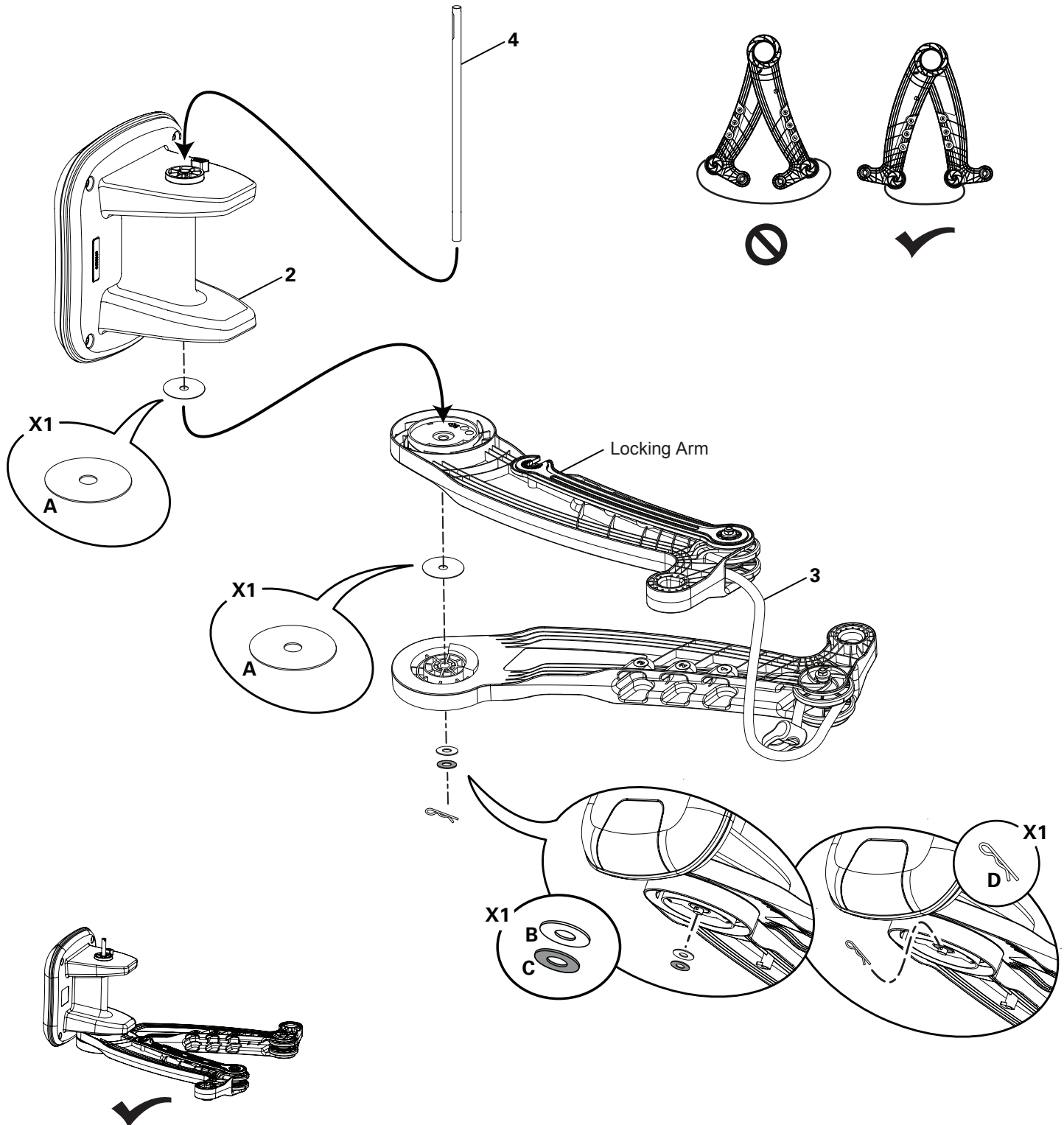
Item	Qty	Description
A	4	Washer, Large Plastic
B	2	Washer, Plastic
C	2	Washer, Black
D	2	Cotter Pin
E	2	Cover



# Assembly

## 1. Attach the Pad Shaft and a Leg Assembly to the Pad Assembly

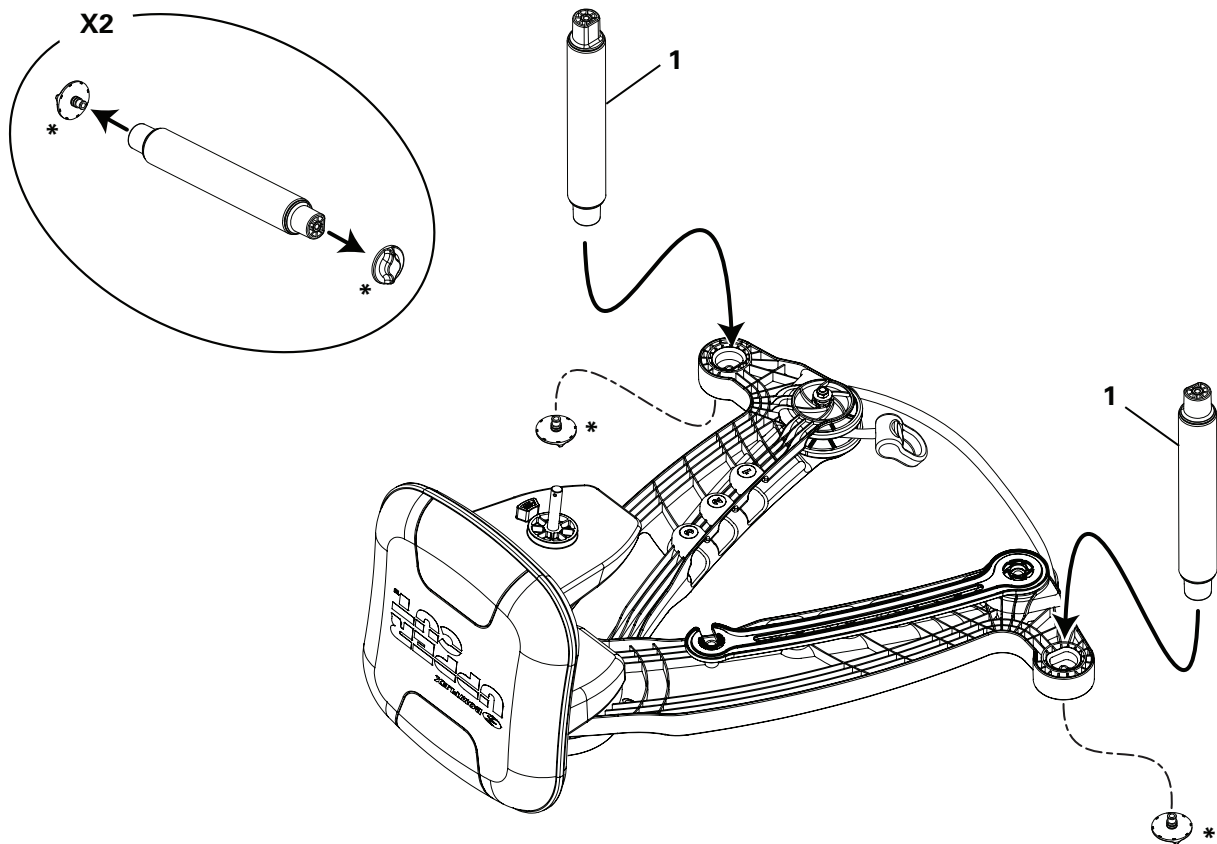
**Note:** Be sure the Leg with the Locking Arm is installed first and in the proper orientation.



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## 2. Attach Handles to Main Assembly

**Note:** ( \* ) pre-installed on Handles and not on Hardware Card.



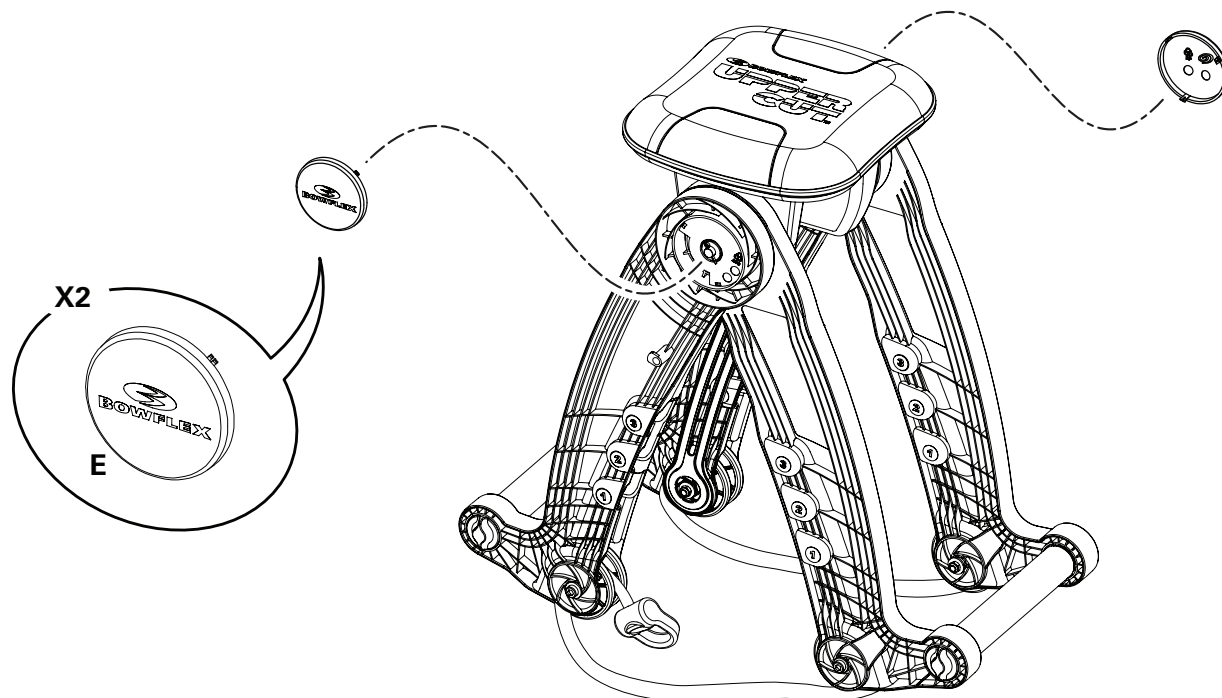
**Note:** ( \* ) pre-installed on Handles and not on Hardware Card. Be sure the Leg with the Locking Arm is installed first and in the proper orientation.



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#### 4. Attach Covers to Main Assembly

**Note:** Be sure the Pad Assembly is centered between the Leg Assemblies.



#### 5. Final Inspection

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

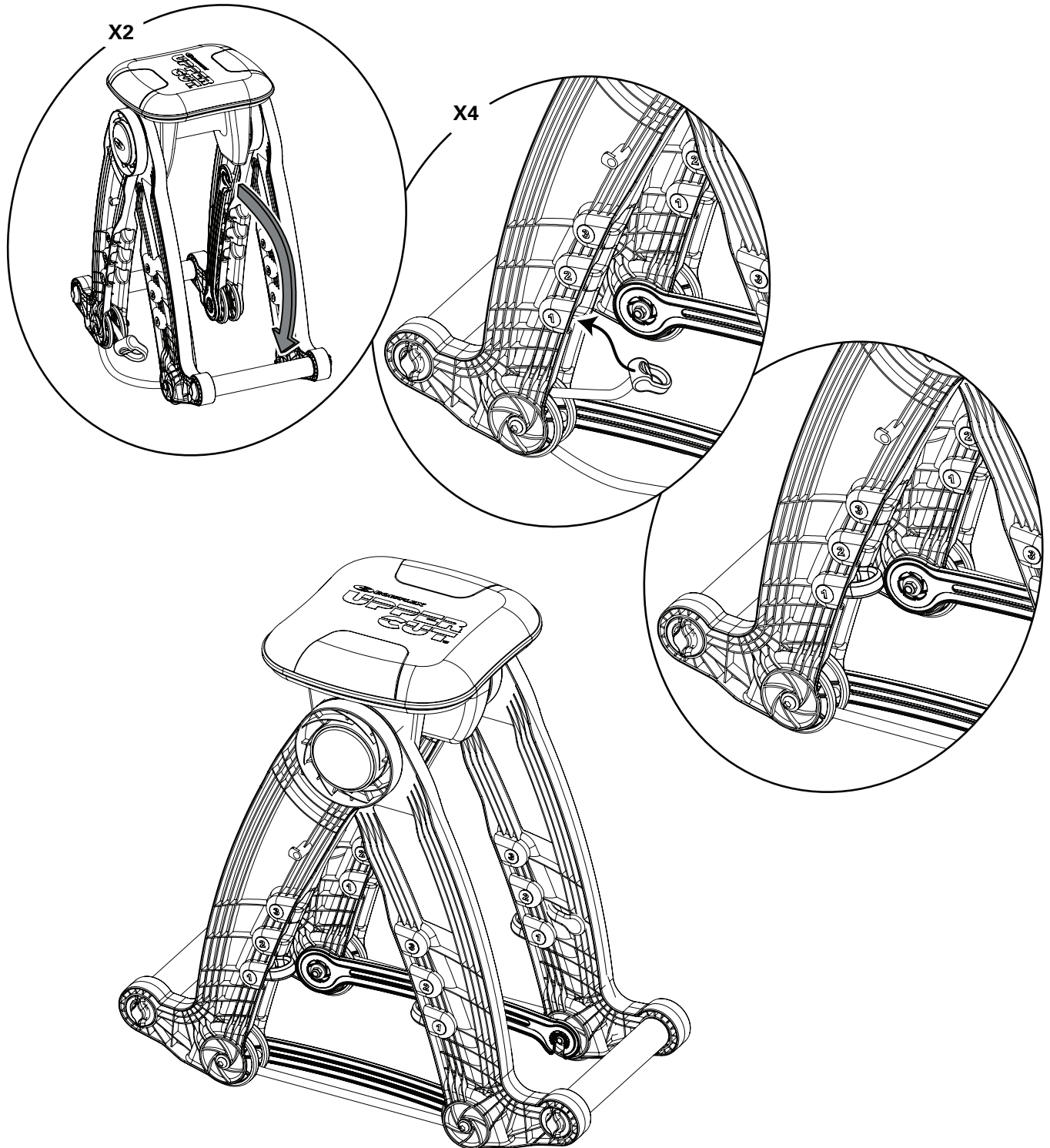
**!** Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the User's Manual.



# Adjustments

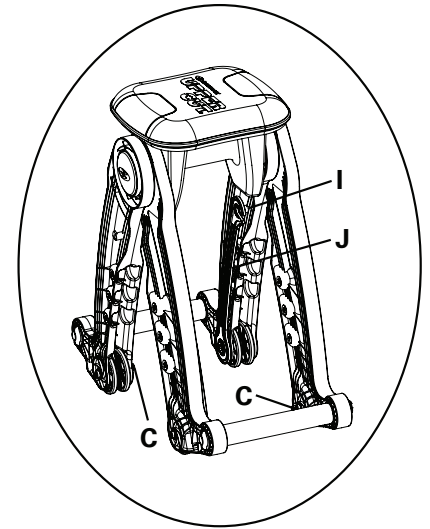
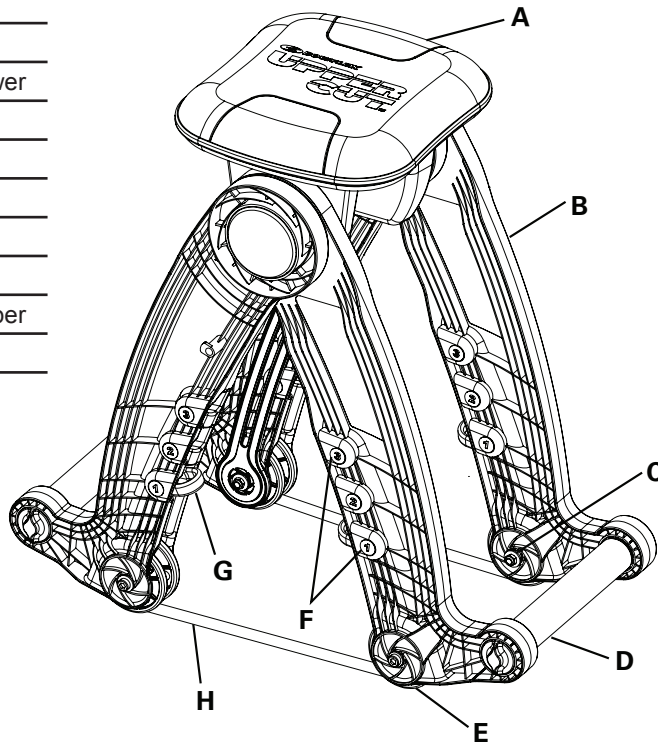
## Lock the Leg Assemblies and Tighten the Resistance Cables

**Note:** the Leg Assembly Lock will snap into place when properly engaged.



# Features / Operations / Maintenance

A	Pad
B	Leg Assembly
C	Locking Bracket, Lower
D	Handle
E	Wheel
F	Slot
G	End Cap
H	Resistance Cable
I	Locking Bracket, Upper
J	Leg Assembly Lock



## Locking the Device / Storage

When the device needs to be stable for a workout or is not in use, be sure to secure the Leg Assembly Lock on each Leg Assembly.

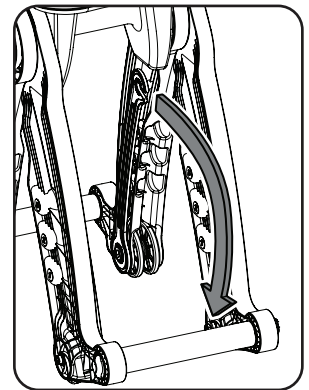


To prevent unsupervised operation of the device always secure the Leg Assemblies with the Leg Assembly Locks. Place the device in a secure location from children and pets.

To engage, release the Leg Assembly Lock from the Upper Locking Bracket and pivot it down to the Lower Locking Bracket. Snap it into place and be sure it is secure. Repeat on the other Leg Assembly.



Be sure the Leg Assembly Locks are secure and in place before beginning a workout.



To disengage the Leg Assembly Lock, pull up on it near the Locking Bracket. Pivot the Leg Assembly Lock up and secure it to the Upper Locking Bracket.

## Adjusting the End Caps

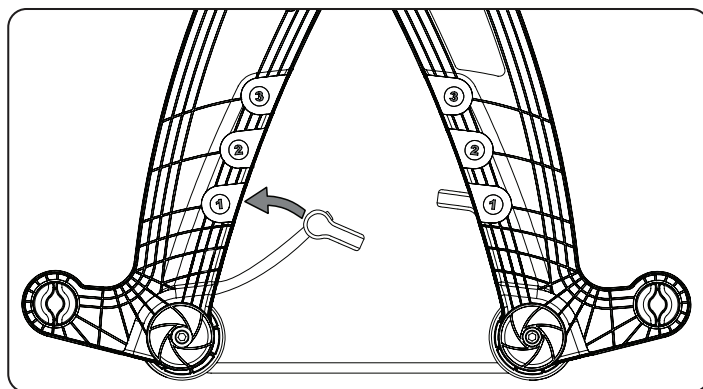
The End Caps must be secure in a Slot before any workout. The End Caps should be set at a level that is helpful to your workout. The settings of each Leg Assembly must match the other for the device to operate correctly.

1. Lock the Leg Assemblies.
2. Grasp the End Cap and remove it from the Slot.
3. Move the End Cap to the desired Slot and secure it.



Correctly adjust and safely engage all Positional Adjustment Devices.

4. If necessary, repeat the procedure on the other End Cap of the Leg Assembly.
5. Perform the same adjustments to the End Caps on the other Leg Assembly. Be sure the Cable settings match between the Leg Assemblies.



## Maintenance

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

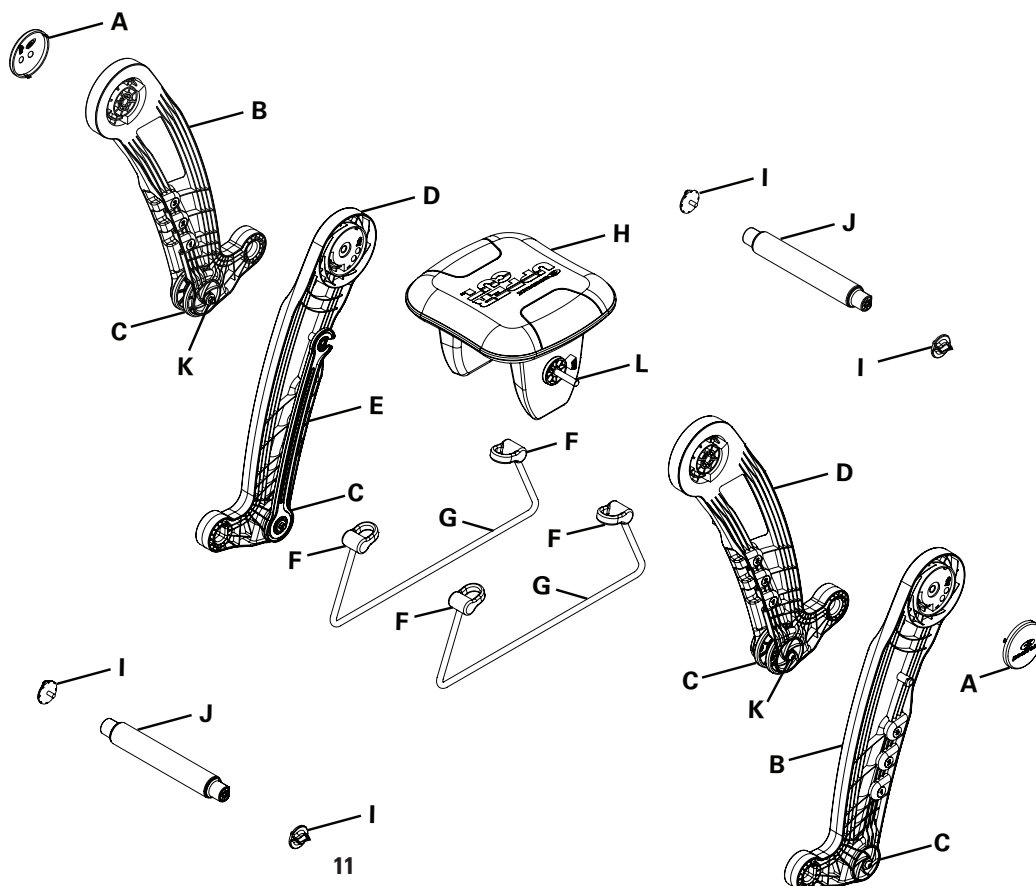
**!** Equipment must be regularly examined for damage and repairs. The owner is responsible to make sure that regular maintenance is done. Worn or damaged components must be repaired or replaced immediately. Only manufacturer supplied components can be used to maintain and repair the equipment.

<b>Daily:</b>	Before each use, examine the exercise device for loose, broken, damaged, or worn parts. Do not use if found in this condition. Repair or replace all parts at first sign of wear or damage. After each workout, use a clean, dry cloth to wipe the device.
<b>Weekly:</b>	Clean the device fully with a clean cloth lightly dampened with warm water and a small amount of mild soap. Wipe dry with a separate cloth. <b>Note:</b> Do not use petroleum based products or cleansers containing enzymes.
<b>Monthly or after 20 hours:</b>	Make sure all parts are tight and secure. Tighten as necessary.

**NOTICE:** Do not clean with a petroleum based solvent or an automotive cleaner.

## Maintenance Parts

<b>A</b>	Cover
<b>B</b>	Leg, Outer
<b>C</b>	Wheel
<b>D</b>	Leg, Inner
<b>E</b>	Lock Arm
<b>F</b>	End Cap
<b>G</b>	Resistance Cable
<b>H</b>	Pad Assembly
<b>I</b>	Handle Knob
<b>J</b>	Handle
<b>K</b>	Locking Bracket
<b>L</b>	Pad Shaft



# Troubleshooting / Warranty

Condition/Problem	Things to Check	Solution
Device does not return to start position	Wheels	Check and remove any obstacles that may be restricting the operation of the Wheels
	End Cap placement	Move the End Caps to a higher numbered Slot
Device does not lower	Wheels	Check and remove any obstacles that may be restricting the operation of the Wheels
	Leg Assembly Locks	Be sure the Leg Assembly Locks are not engaged, release as necessary
	End Cap placement	Move the End Caps to a lower numbered Slot
	Pad Shaft	Remove the Covers, be sure there are no obstacles that may be restricting the Pad Shaft.

## Warranty

### Who Is Covered

This warranty is valid only to the original purchaser and is not transferable or applicable to any other person(s).

### What Is Covered

Nautilus, Inc. warrants that this product is free from defects in materials and workmanship, when used for the purpose intended, under normal conditions, and provided it receives proper care and maintenance as described in the Product's Assembly and Owner's manual. This warranty is good only for authentic, original, legitimate machines manufactured by Nautilus, Inc. and sold through an authorized agent and used in the United States or Canada.

### Terms

- Frame 1 year
- Mechanical parts 1 year
- Wear items 90 days
- All other components 1 year

### How Nautilus Will Support the Warranty

Throughout the terms of the warranty coverage, Nautilus, Inc. will repair any machine that proves to be defective in materials or workmanship. Nautilus reserves the right to replace the product in the event a repair is not possible. When Nautilus determines replacement is the correct remedy, Nautilus may apply a limited credit reimbursement toward another Nautilus, Inc. brand Product, at our discretion. This reimbursement may be prorated based on length of ownership. Nautilus, Inc. is not responsible for dealer labor or maintenance charges beyond the applicable warranty period(s) stated herein. Nautilus, Inc. reserves the right to substitute material, parts or products of equal or better quality if identical materials or products are not available at the time of service under this warranty. Any replacement of the product under the terms of the Warranty in no way extends the original Warranty period. Any limited credit reimbursement may be prorated based on length of ownership. THESE REMEDIES ARE THE EXCLUSIVE AND SOLE REMEDIES FOR ANY BREACH OF WARRANTY.

### What You Must Do

- Retain appropriate and acceptable Proof of Purchase.
- Operate, maintain, and inspect the product as specified in the Product Documentation (Assembly, Owner's Manuals, etc.).
- Product must be used exclusively for the purpose intended.
- Notify Nautilus within 30 days after detecting an issue with the product.
- Install replacement parts or components in accordance with any Nautilus instructions.
- Perform diagnostic procedures with a trained Nautilus, Inc representative if requested.
- This warranty does not cover in home repair costs (labor, etc) or related charges.

### What Is Not Covered

- Damage due to abuse, tampering or modification of the Product, failure to properly follow assembly instructions, maintenance instructions, or safety warnings as stated in the Product Documentation (Assembly, Owner's Manuals, etc), damage due to improper storage or the effect of environmental conditions such as moisture or weather, misuse, mishandling, accident, natural disasters.
- A machine placed or used in a commercial or institutional setting. This includes gyms, corporations, work places, clubs, fitness centers and any public or private entity that has a machine for use by its members, customers, employees or affiliates.
- Damage caused by exceeding maximum user weights as defined in Products Owner's Manual or on the warning label.
- Damage due to normal usage and wear and tear.
- This warranty does not extend to any territories or countries outside the United States and Canada.

### How to Obtain Warranty Support

For Products purchased directly from Nautilus, Inc. contact the Nautilus office listed on the Contacts page of the Product's Owner's manual. You may be required to return the defective component to a specified address for repair or inspection, at your expense. Standard ground shipping of any warranty replacement parts will be paid by Nautilus, Inc. For products purchased from a retail outlet, you may be asked to contact your retailer for warranty support.

### Exclusions

The preceding warranties are the sole and exclusive express warranties made by Nautilus, Inc. They supersede any prior, contrary or additional representations, whether oral or written. No agent, representative, dealer, person or employee has the authority to alter or increase the obligations or limitations of this warranty. Any implied warranties, including the WARRANTY OF MERCHANTABILITY and any WARRANTY OF FITNESS FOR A PARTICULAR PURPOSE, are limited in duration to the term of the applicable express warranty provided above, whichever is longer. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

### Limitation of Remedies

EXCEPT AS OTHERWISE REQUIRED BY APPLICABLE LAW, THE PURCHASER'S EXCLUSIVE REMEDY IS LIMITED TO REPAIR OR REPLACEMENT OF ANY COMPONENT DEEMED BY NAUTILUS, INC. TO BE DEFECTIVE UNDER THE TERMS AND CONDITIONS STATED HEREIN. IN NO EVENT WILL NAUTILUS, INC. BE LIABLE FOR ANY SPECIAL, CONSEQUENTIAL, INCIDENTAL, INDIRECT OR ECONOMIC DAMAGES, REGARDLESS OF THE THEORY OF LIABILITY (INCLUDING, WITHOUT LIMITATION, PRODUCT LIABILITY, NEGLIGENCE OR OTHER TORT) OR FOR ANY LOST REVENUE, PROFIT, DATA, PRIVACY OR FOR ANY PUNITIVE DAMAGES ARISING OUT OF OR RELATED TO THE USE OF THE FITNESS MACHINE EVEN IF NAUTILUS, INC. HAS BEEN ADVISED OF THE POSSIBILITY OF SUCH DAMAGES. THIS EXCLUSION AND LIMITATION SHALL APPLY EVEN IF ANY REMEDY FAILS OF ITS ESSENTIAL PURPOSE. SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF CONSEQUENTIAL OR INCIDENTAL TYPE DAMAGES SO THE ABOVE LIMITATION MAY NOT APPLY TO YOU.

### State Laws

This warranty gives you specific legal rights. You may also have other rights, which vary from state to state.

### Expirations

If the warranty has expired, Nautilus, Inc. may assist with replacements or repairs to parts and labor, but there will be a charge for these services. Contact a Nautilus® office for information on post-warranty parts and services. Nautilus® does not guarantee availability of spare parts after expiration of warranty period.

### International Purchases

If you purchased your machine outside of the United States consult your local distributor or dealer for warranty coverage.

