

1

# Thank You

for choosing the Bowflex® Elliptical BXE226

**Need help?**  
www.nautilusinternational.com

2

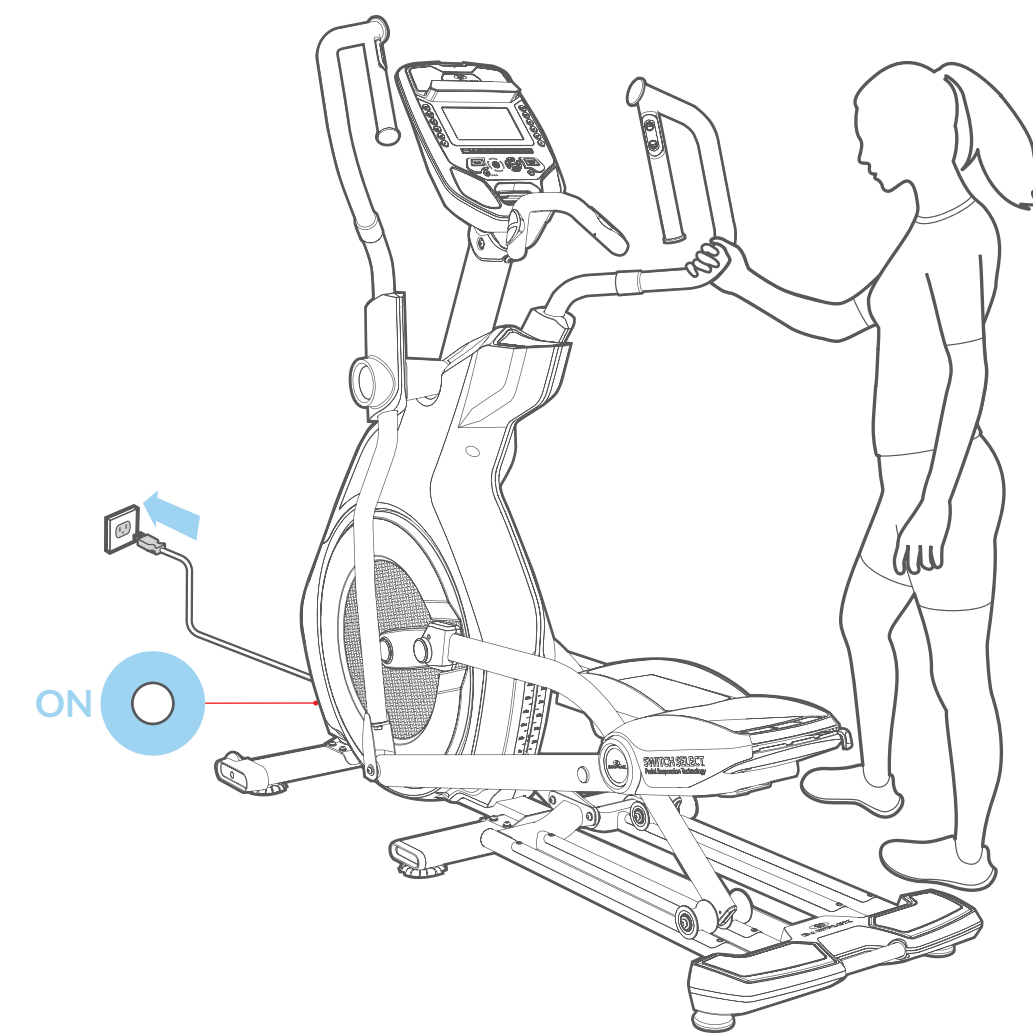


3

## Start your workout

1

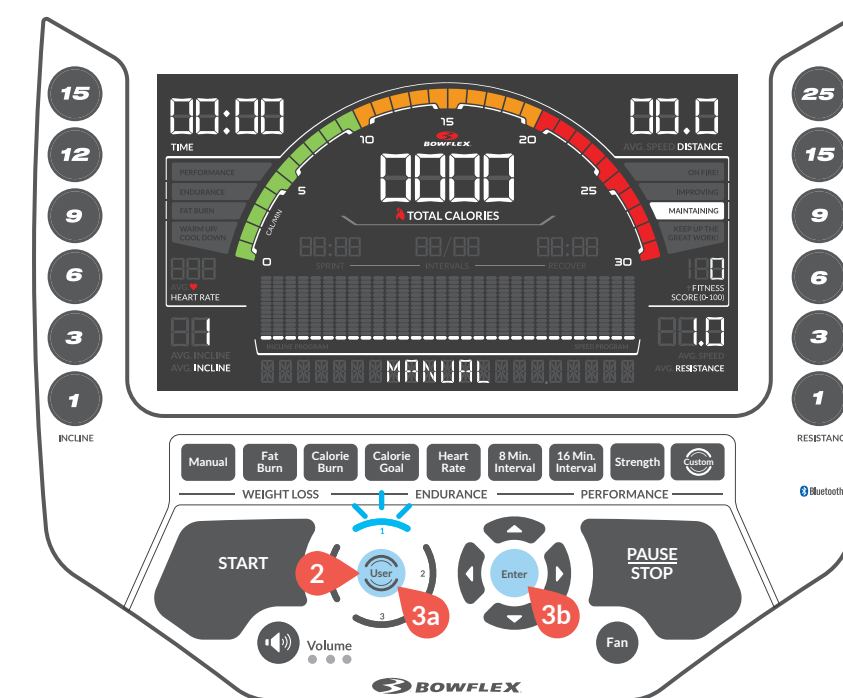
**Plug in** and **turn on** the machine.



4

2

**Push** the User button to select a user.



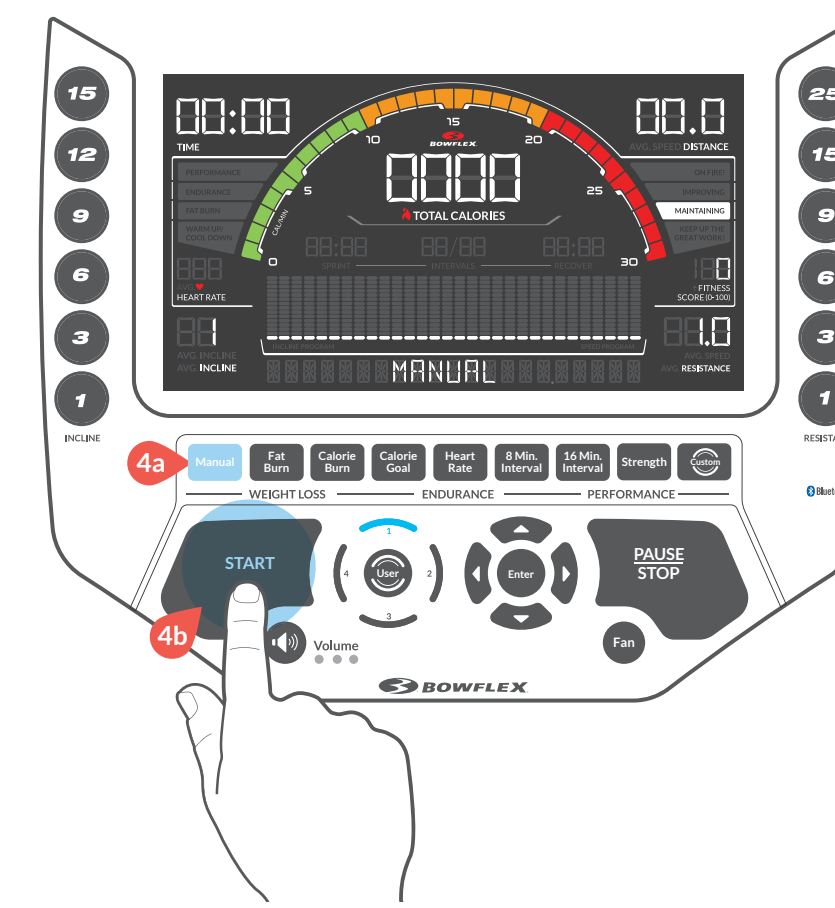
3

**Push and hold** the User button to customize your profile, then **push** Enter to confirm.

5

4

**Push** the Manual button, and then the Start button to **begin** your workout!



6

## Your Custom Workout

Great workout?  
Wanna repeat it?

Then save it as your Custom workout.



**Save your custom workout**  
push Enter button after workout, all features are remembered.

**Begin your custom workout**  
push Custom button and then Start button.

**Save a new custom workout**  
after a workout, push Enter to save over your old one.

**Reset your custom workout**  
push and hold the Custom button and then Enter button.





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## Track your progress

1

Download the free  
"Bowflex™ Results Series™" Software App.

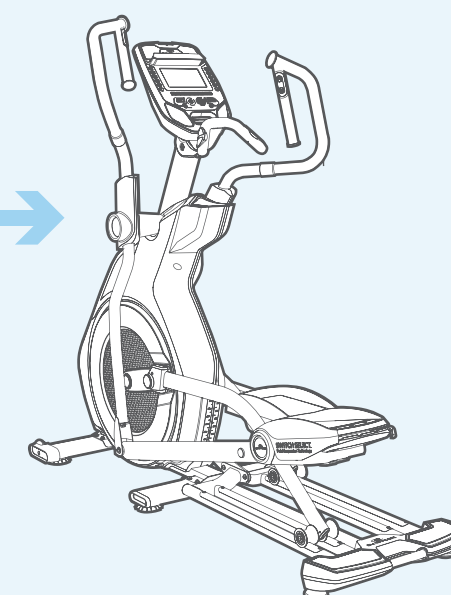
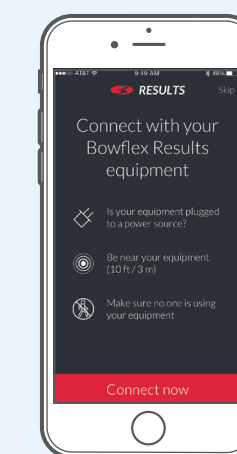


2

Enable the Bluetooth® wireless feature  
on your smart device.

3

Turn on the machine.  
Do not use machine while pairing.

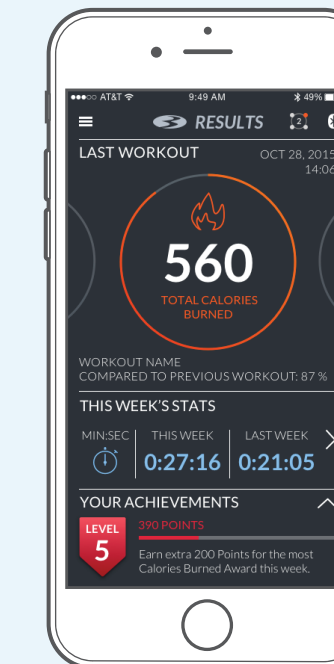
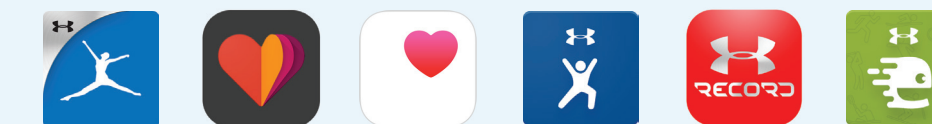


4

Open the App and follow  
the instructions to sync your  
device and machine.

5

The "Bowflex™ Results Series™" Software App is compatible with  
Bowflex™ app partners.



Learn more:  
[www.nautilusinternational.com](http://www.nautilusinternational.com)



Read and understand all warnings on the machine  
and the complete manual.

**BOWFLEX**  
BXE226

## QUICK START GUIDE

