

1

# Thank You

for choosing the Bowflex® Elliptical BXE326

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

2



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

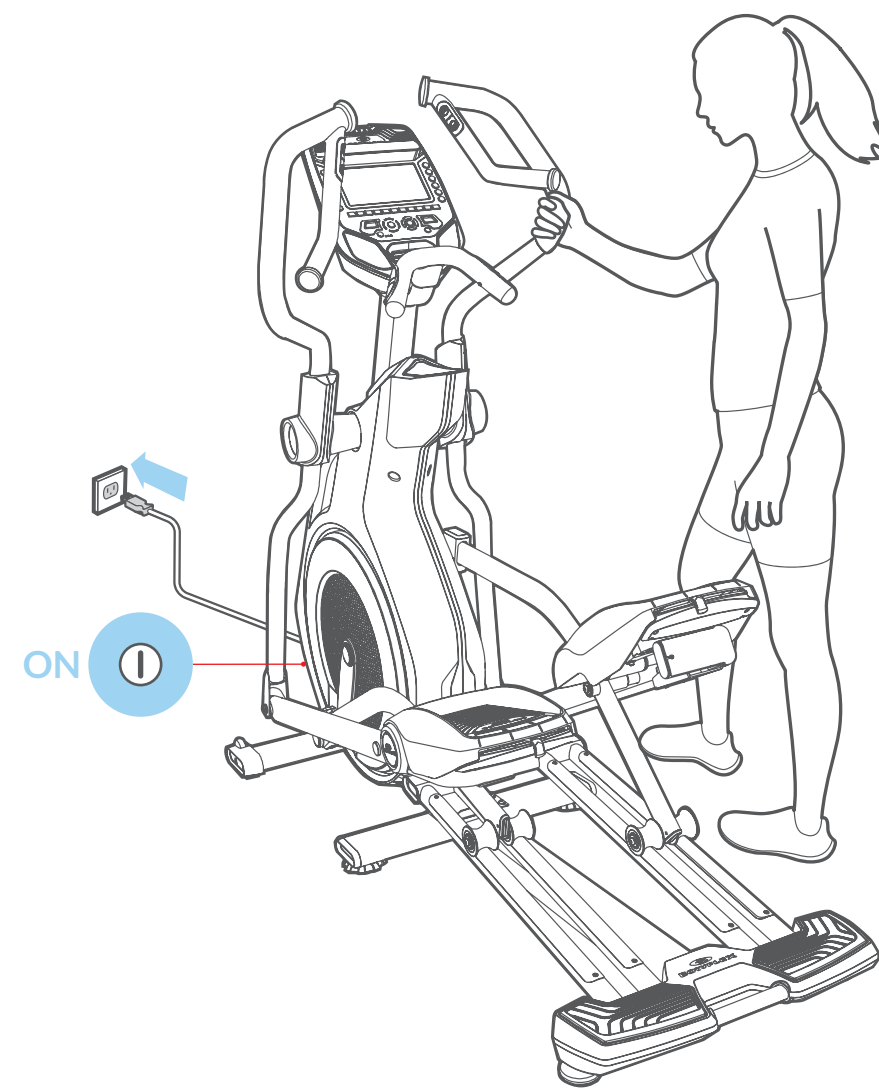
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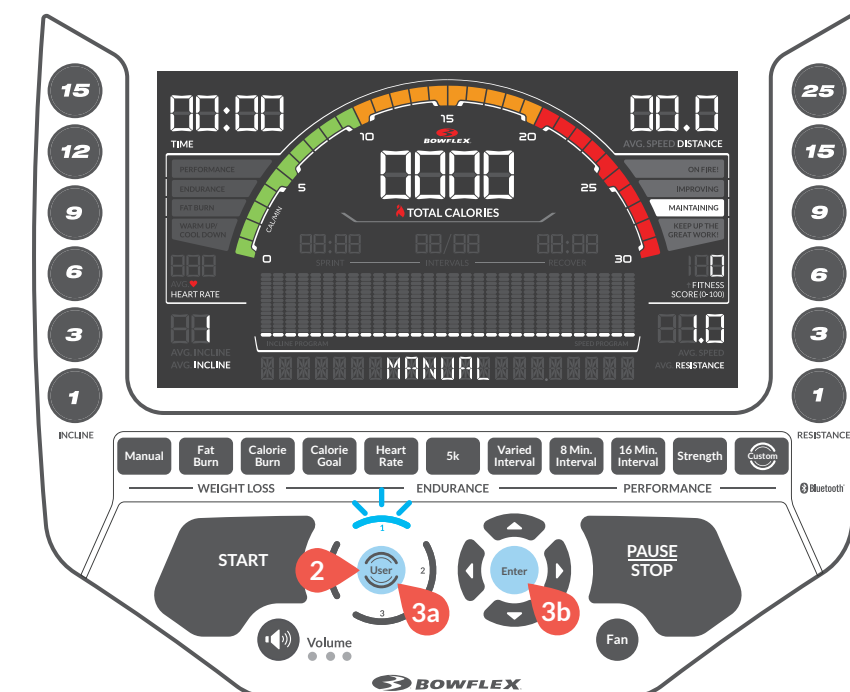
## Start your workout

1

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



4

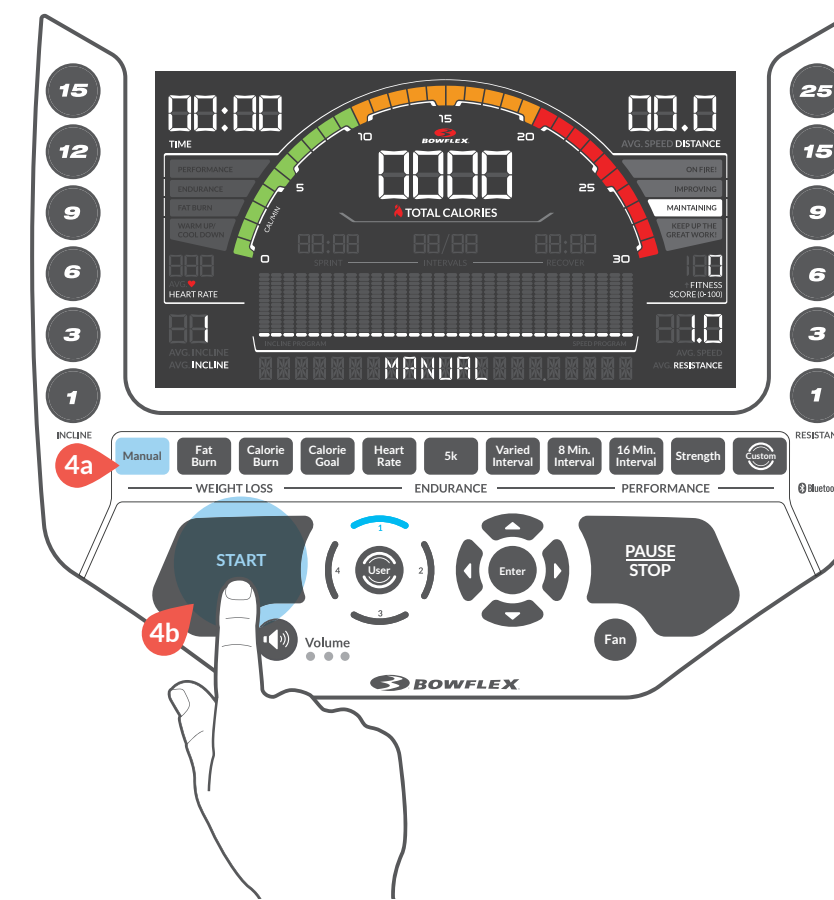


**Push** the User button to select a user.

2

4

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



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

3

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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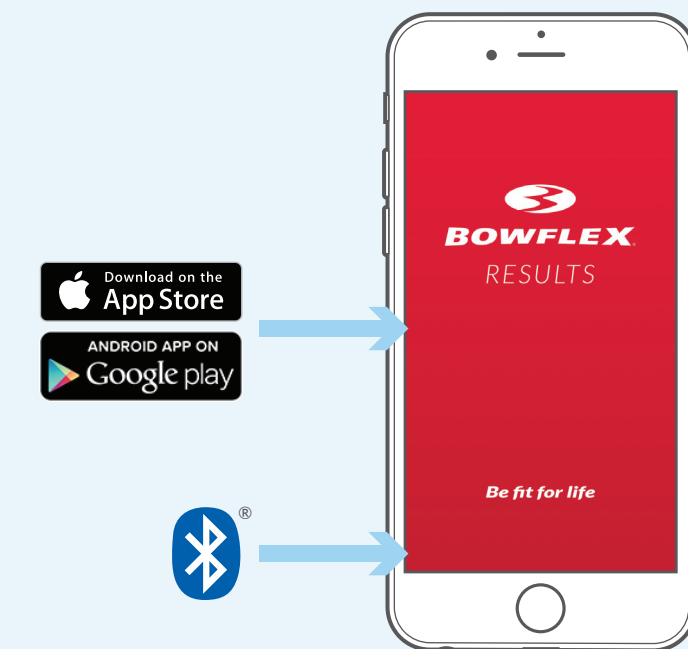


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## Track your progress

1

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

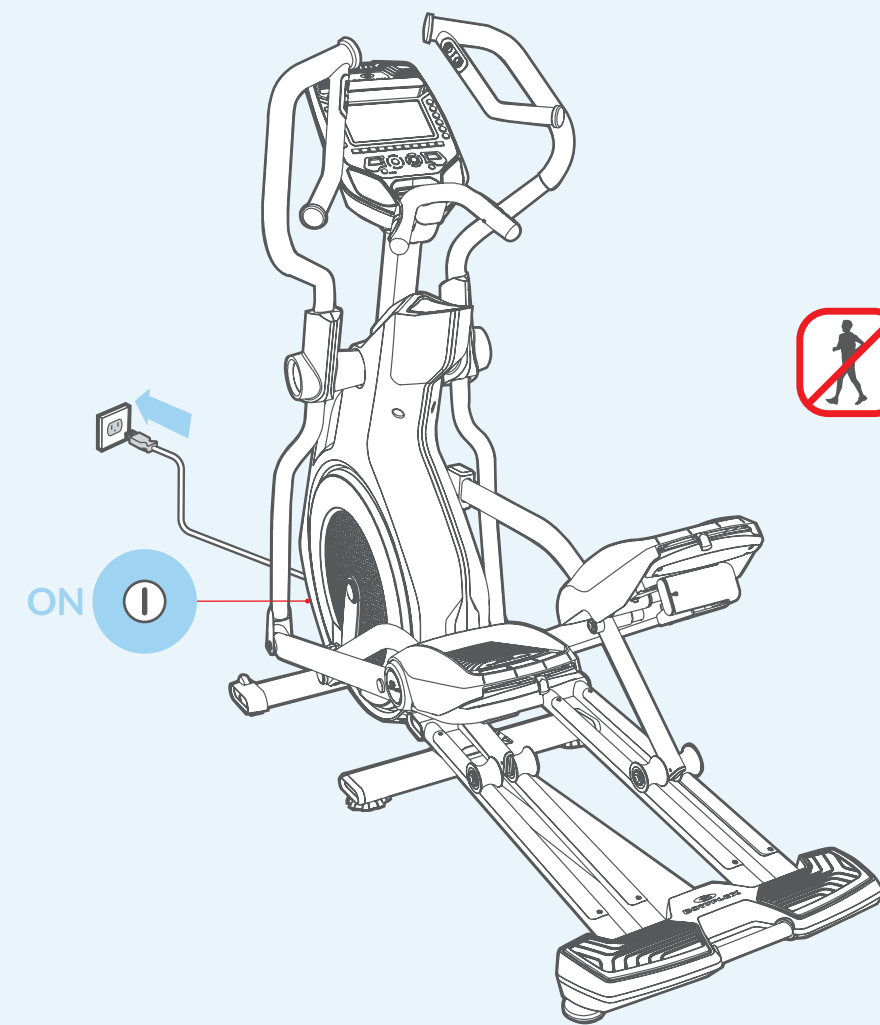


2

Enable the Bluetooth® wireless feature on your smart device.

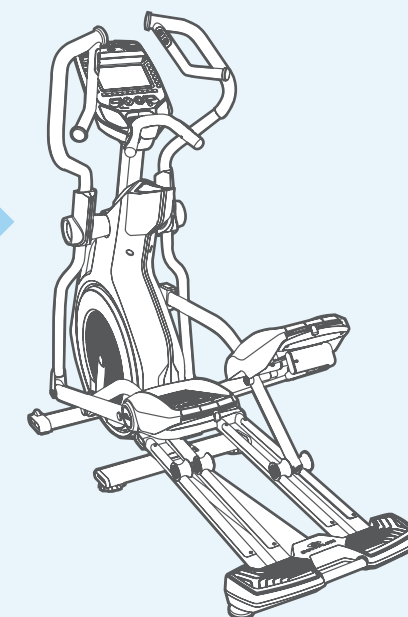
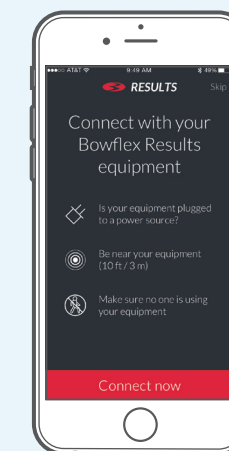
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Turn on the machine. Do not use machine while pairing.



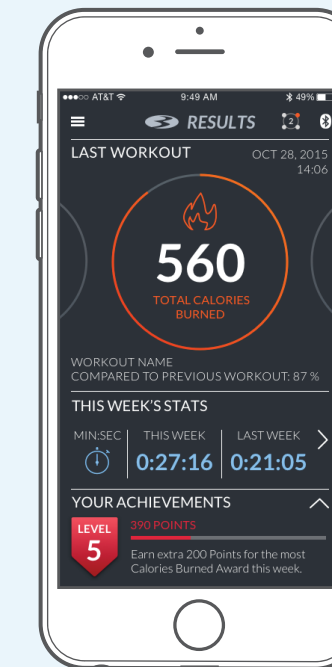
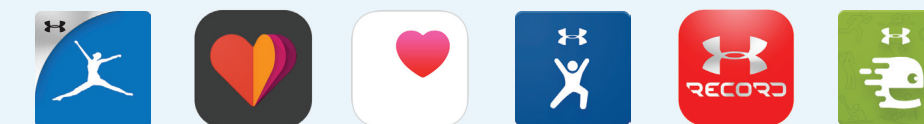
4

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



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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**  
BXE326

QUICK START GUIDE

