

EN

Start your workout

1. Turn on machine, and attach the Safety Key to the machine and you.
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.
4. Push the Manual button, and then the Start button to begin your workout!

Track your progress

1. Download the free "Bowflex™ Results Series™" App. The app is available on Google Play™ and the App Store.
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™" App is compatible with Bowflex app partners.

Learn more: www.nautilusinternational.com

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.