

BOWFLEX® **BOOST™**



User's Guide

The Smart Activity Tracker

The Bowflex Boost™ device was designed with one simple goal, to keep you moving! Everyday activities like walking, running and lifting count toward your progress and burning calories is now easier than ever thanks to the pre-programmed daily goals and easy Bluetooth® syncing. Even the calories you burn while sleeping are counted by always wearing the device.

iProducts with Bluetooth® 4.0 BLE that work with the Bowflex Boost™ device :

- iPhone® 4S
- iPhone® 5
- iPod® touch (5th generation)
- iPad® (3rd generation)
- iPad® wi-fi +4g
- iPad® (4th generation)
- iPad® wi-fi + cellular (4th generation)
- iPad® mini
- iPad® mini wi-fi + cellular


To validate warranty support, keep the original proof of purchase.




To register your product warranty, go to: **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 / 100% Satisfaction Guarantee

 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 the complete User's Manual. Keep the User's Manual for future reference.

- 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 try to change the design or functionality of this device. This could compromise the safety of this device and will void the warranty.
- Do not submerge the device. The device can operate in a moist or wet location. Keep the device clean and dry.
- Due to individual factors, calorie tracking numbers and activity values should be considered general estimates.

100% Satisfaction Guarantee

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

This Bowflex Boost™ 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.

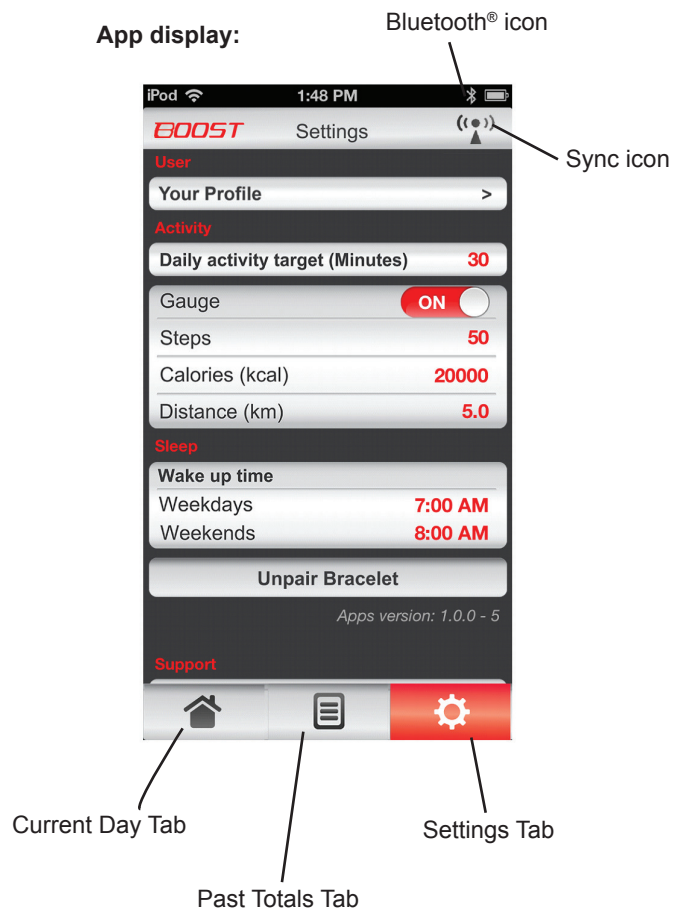
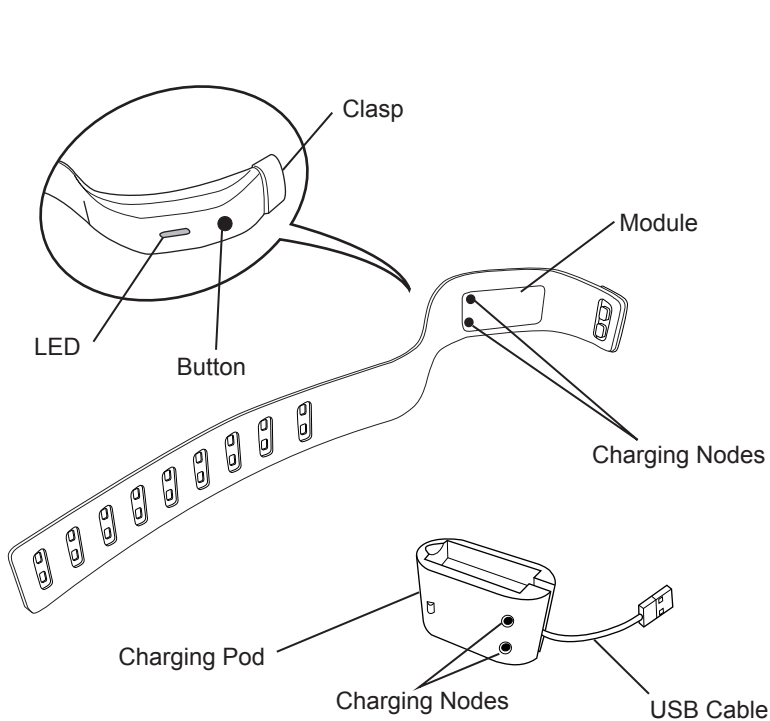
1. Call a Bowflex Boost™ Representative at 1-800-605-3369 for a Return Authorization Number (RMA). An RMA will be granted if:
 - a. The Bowflex Boost™ device was purchased directly from Nautilus, Inc.
 - b. The request to return the product is within 30 days of the delivery date of your merchandise.
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 Bowflex Boost™ 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.

Features / Getting Started



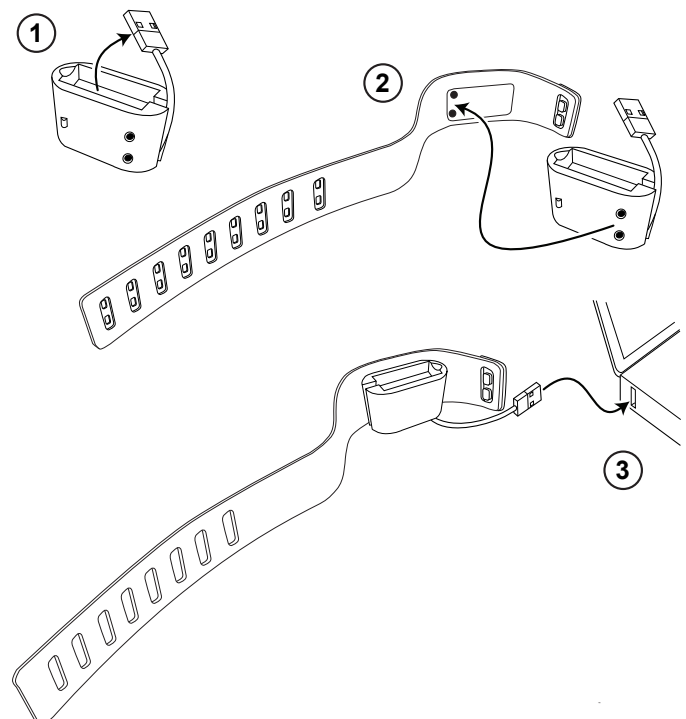
1. Charging the Bowflex Boost™ Device

The Bowflex Boost™ device is equipped with a quick charge (one hour), rechargeable battery.

1. Remove the USB cable from the Charging Pod.
2. Attach the magnetic Charging Nodes on the Charging Pod to the device.
3. Plug the USB Cable into a USB Port that has power supplied to it. The red LED will activate.

Note: The device should be fully charged in approximately an hour, and will activate the Green LED. It is recommended to recharge the device every day or two to be sure of no gaps in activity recording.

Do not leave the device plugged into the Charging Unit for an extended period of time. Be sure to remove it once the Green LED is active.



Getting Started

2. Download the Bowflex Boost™ App

Download the App “Bowflex Boost”, available on iTunes®. The Bowflex Boost™ device requires the App to read your data. The App works with an iProduct that is equipped with Bluetooth® 4.0 BLE.

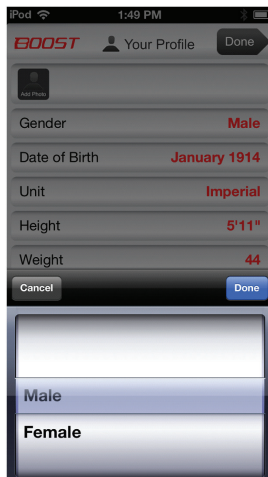


3. Define the User

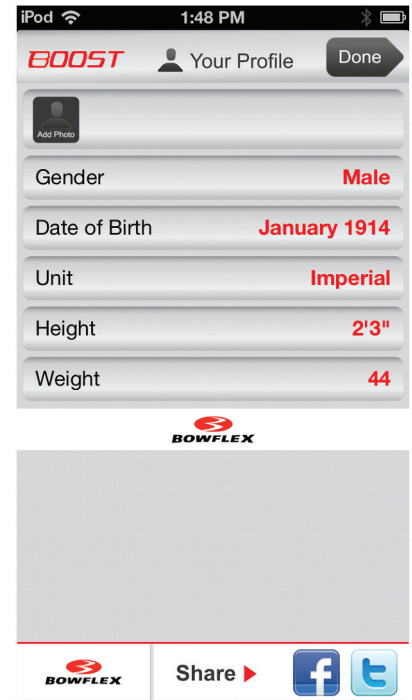
Start the the Bowflex Boost™ App. It will ask you to define the User and setup the daily goals on the Settings Tab.

The values in red can be adjusted to the User. Tap the red value with your finger and the options window will open at the lower part of the screen. Select the desired value and push “DONE”. The setting is now set to the new value.

When the User Profile has been updated, push “DONE” to accept and set the values.



Sample screen of “Gender” being adjusted:



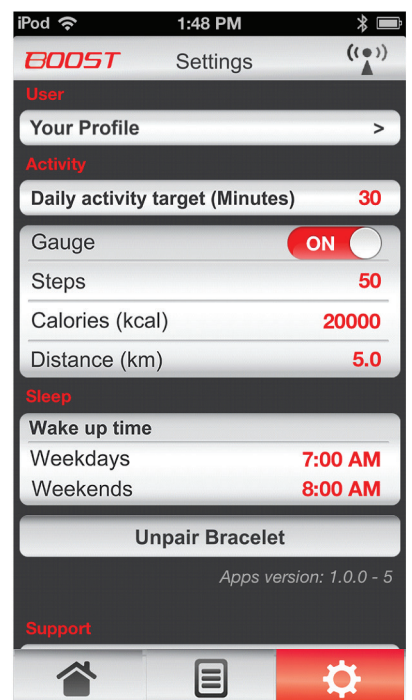
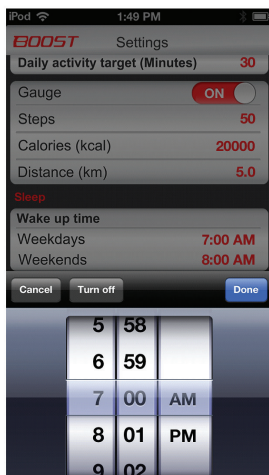
4. Define the Activity Goals and Sleep Times

Your daily Goals and Wake up times (Weekday and Weekend) are set on the Settings Tab. Adjust these values to the User. Once adjusted, push “DONE”. The User settings are now set, and can be adjusted at any time.

“GAUGE” allows you to gauge, or see, where you are with your current totals and your goals on the Current Day: Activity tab.

Note: The device will automatically switch to Awake mode based on the Wake up time settings.

Sample screen of “Wake up time” being adjusted:



5. Wear the Device and be active!

Operations

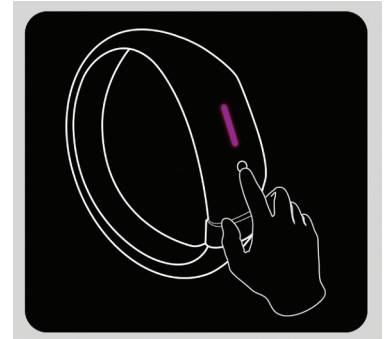
Operation (Sleep / Awake Mode)

With the device charged, the Bowflex Boost™ device is active and is either in Sleep or Awake mode. Be sure to switch it between modes for more accurate activity details for the time of day.

Before sleeping, put the device into Sleep mode. Push and hold down the button for 3 seconds. The purple LED will activate for 2 seconds to confirm that the device is in Sleep mode.

Note: if you push the button and the purple LED shows for 2 seconds, the device is in Sleep mode.

When you wake up, put the device into Awake mode. Push and hold down the button until the purple LED flashes two times.

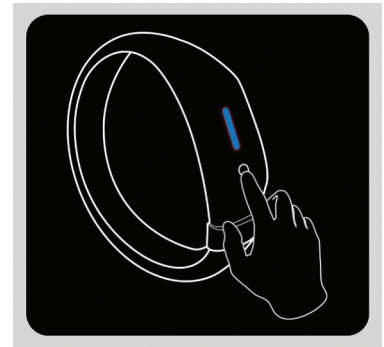
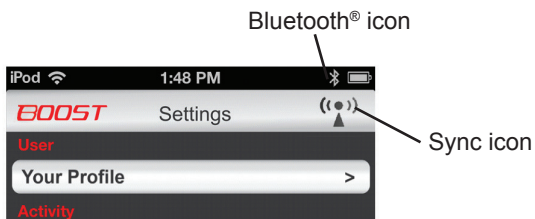


Syncing the Bowflex Boost™ Device

To sync your Bowflex Boost™ device, place it near your iProduct and push and hold down the button for 5 seconds. The LED will shift from red to a purple to blue, and then blink blue as the information is exported to your iProduct.

Note: Be sure that your iProduct is set to receive a Bluetooth® transmission.

As the App receives the information, the Bluetooth® icon will begin to flash. After a few seconds the Sync icon will flash, and then the Activity totals will be updated with the new information in about 20 seconds.

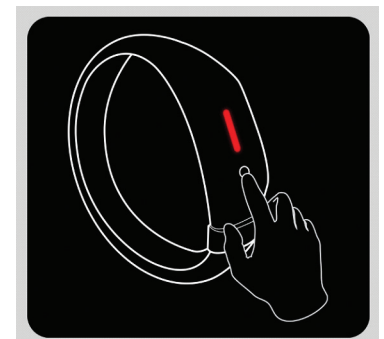


Achievements and Goal Indicator

While in Awake mode, your Bowflex Boost™ device can quickly tell you how close you are toward your goal by the color of the LED. From red to green, your Bowflex Boost™ device will be subtly encouraging you along with your activity. The chart will help you see where you are in relation to your goal.

Simply push the button to see the indicator light up with your current activity achievement level color:

RED LED	YELLOW LED	GREEN LED
0-50%	51-99%	100%



Current Day Tab

Current Day: Activity screen

The Current Day : Activity screen shows your current daily totals based on the last time the device was synced for Activity Level, Steps, Calories, and Distance. These value are presented in relation to your Goals.

Note: If the Gauge setting is OFF, the Activity screen will only display your current totals without a reference to the Goals.

To see your current totals, be sure to synch your device and allow the app to update the values. Synching does not happen automatically, so develop a daily routine to follow your activities. The activity values for the Current Day will end when Sleep mode is activated, resetting them to zero for the next day.

Workout Values

Activity Level - shows an estimate of how many minutes you have been active for the day. "Active" is when the device is moved more than a foot, such as the natural arm swing of a runner or elliptical user.

Steps - shows an estimate of how many steps you have taken over the day.

Calories (kcal) - shows an estimate of how many calories (kilocalories) have been burned over the day.

Distance (km) - shows an estimate of how many kilometers have been covered for the day based on the User height.

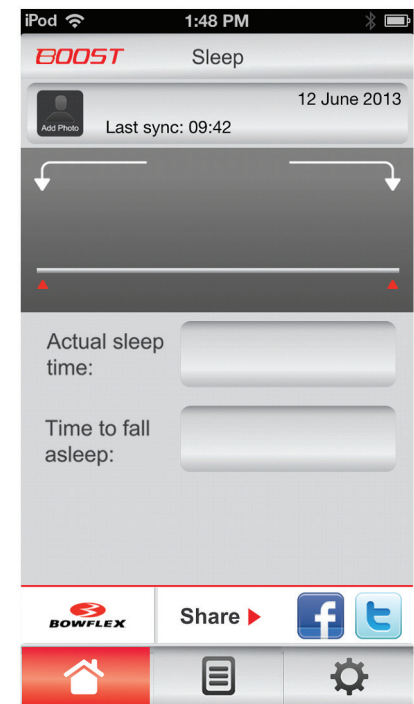
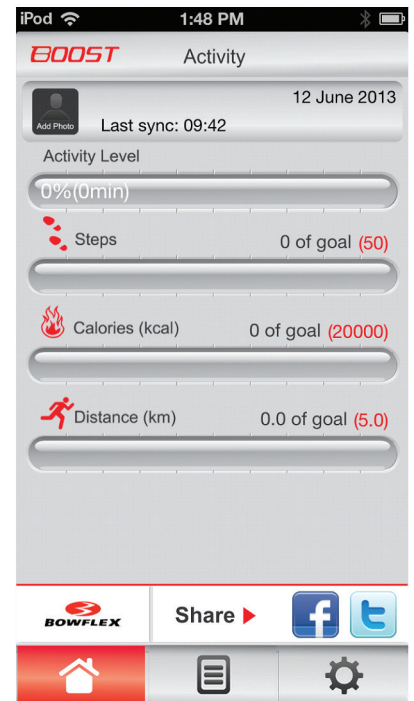
Post to Social Media

Want to share with others? Select a Social Media, customize your message, and a screen shot of your Activity screen will be posted along with it.

Swipe the screen to the left to see the Current Day: Sleep screen.

The Current Day : Sleep screen shows your activity from when you activated the Sleep mode to the Wake up time. The device is able to estimate how long it took you to fall to sleep, as well as how much time you actually spent sleeping.

Note: The level of "activity" during sleep is lower than the active part of the day.

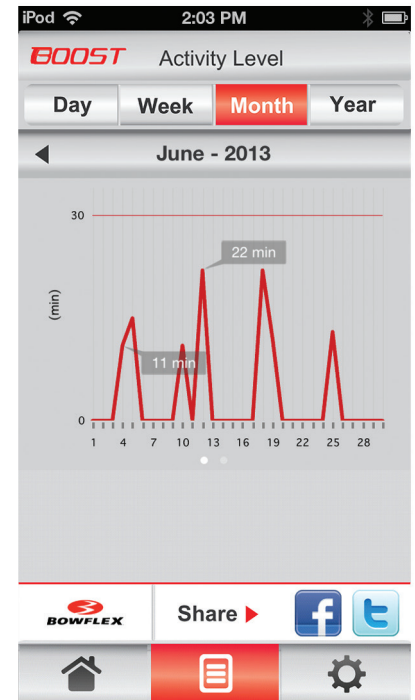


Past Totals Tab

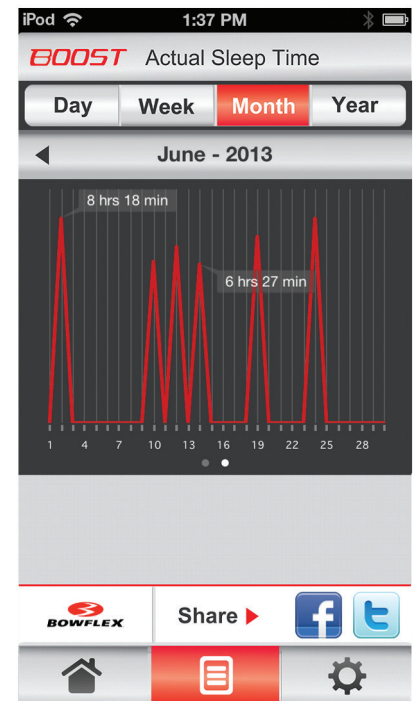
Past Totals Tab: Activity Level screen

The Past Totals Tab : Activity Level allows the User to explore their levels of activity based on different time periods (Day, Week, Month, and Year). This may allow a User to realize a pattern to their activity levels, and be able to change their activity plan accordingly.

Swipe the screen to the left to see the Past Daily Tab : Actual Sleep Level screen.



The Past Totals Tab : Actual Sleep Level allows the User to explore their levels of slumber based on different time periods, Day, Week, Month, and Year. This may allow a User to realize a pattern to their activity levels, and be able to plan accordingly.



Maintenance / Troubleshooting

Maintenance

! 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.

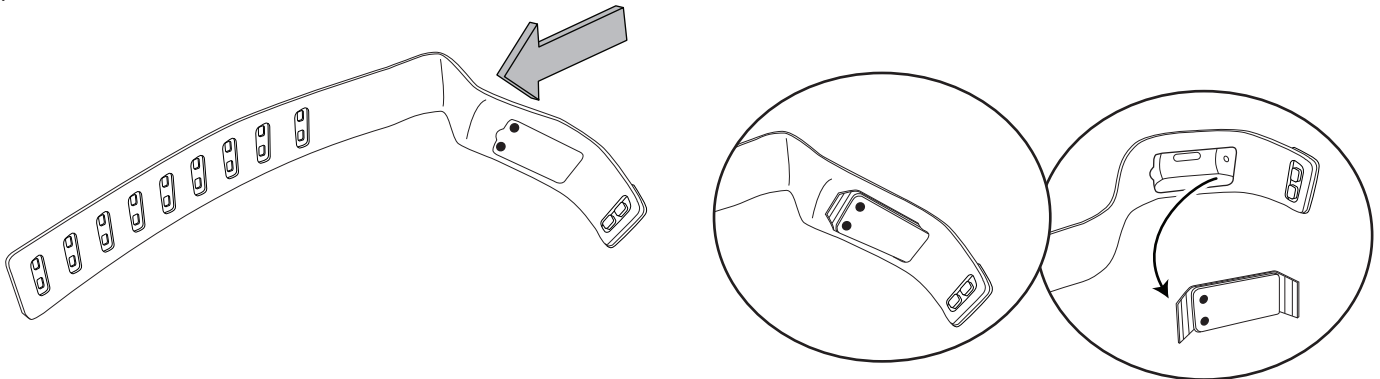
! This product, its packaging, and components contain chemicals known to the State of California to cause cancer, birth defects, or reproductive harm. This Notice is provided in accordance with California's Proposition 65. If you would like additional information, please refer to our website at www.nautilus.com/prop65.

Daily:	Examine the exercise device and charging pod 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. Keep the charging pod clean and dry.
Weekly:	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. Note: Do not use petroleum based products or cleansers containing enzymes.

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

Cleaning the strap

The Module can be removed from the device to allow the inside of the strap to be washed. Use a clean cloth lightly dampened with warm water and a small amount of mild soap. Be sure the strap is fully dry before replacing the Module, and to orient it correctly in the strap.



Troubleshooting

Condition/Problem	Things to Check	Solution
Device does not charge	Power Supply	Check to see if the USB device has power
	Charging Nodes	Inspect the Charging Nodes on the Charger and device, be sure they are clear of debris
Device does not sync with iProduct	Correct app installed?	Install the "Bowflex Boost" app from the iTunes® store.
	Proximity to iProduct	Place the iProduct closer to the device and try again.
	Bluetooth® 4.0 BLE enabled	Be sure Bluetooth® 4.0 BLE has been activated on the iProduct.
	Charge	Be sure the device has an adequate charge to allow syncing. If unsure, charge and try again.

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 for the period of one year, 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 Products manufactured by Nautilus, Inc. and sold through an authorized agent and used in the United States or Canada.

How Nautilus Will Support the Warranty

Throughout the terms of the warranty coverage, Nautilus, Inc. will repair any Product 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. 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, User's Manual, etc.).
- Product must be used exclusively for the purpose intended.
- Notify Nautilus within 30 days after detecting an issue with the product.
- Perform diagnostic procedures with a trained Nautilus, Inc representative if requested.

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, power surges.
- 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 section of the Product's User'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.



Nautilus®

Bowflex®

Schwinn® Fitness

Universal®