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# How to assemble a bowflex

Before you begin, you will need a 9/16" wrench, a 7/16" wrench, a 1/2" open end wrench, a crescentwrench (to hold the bolt while tightening with other), a rubber mallet (for step #5) and a phillips head(+) screw driver. Please follow these assembly instructions carefully. If you experience any difficulty, please call a Bowflex customer service representative and ask for assistance. 1-800-269-3539. Bowflex XTL Power Pro Table of Content Bowflex Power Pro ..... 4-10 Part Reference and Size Guide ..... 4 PowerPro Reference Guide ..... 5 Assembly Instructions ..... 6-10 Leg Extension Attachment ..... 11-13 Part Reference and Size Guide ..... 11 Assembly Instructions ..... 12-13 Chest Bar Attachment ..... 14-17 Assembly Instructions ..... 15-17 Lat Pulldown Attachment ..... 18-22 Part Reference and Size Guide ..... 18 Assembly Instructions ..... 19-22 Squat Attachment ..... 23-24 Assembly Instructions ..... 23 Exercise Instructions ..... 23-24 Foot Harness Attachment ..... 25-26 Assembly Instructions ..... 25-26 Additional Power Rods ..... 27 Assembly Instructions ..... 27 Bowflex XTL Power Pro Assembly Instructions Before you begin, you will need a 9/16" wrench, a 7/16" wrench, a 1/2" open end wrench, a crescent wrench (to hold the bolt while tightening with other), a rubber mallet (for step #5) and a phillips head (+) screw driver. Please follow these assembly instructions carefully. If you experience any difficulty, please call a Bowflex customer service representative and ask for assistance. 1-800-269-3539. Bowflex Power Pro Parts Reference Guide Step 1: Locate the Rear Leg and Seat Rail. 1a. Take two 3/8" x 3/4" square head bolts and place them through holes on the Rear Leg Bolt Keeper. Take that assembly and slide it into the Seat Rail channel, starting on the end closest to the warning label. Make sure to line up the end of the bolt keeper with the end of the rail. Repeat for the other bolt keeper. Once you have both bolt keepers in place, install the Rear Leg - place four 3/8" washers and tighten a 3/8" nylon locknut on to each of the bolts. Please use caution when inserting the bolt keeper. Edges may be sharp. 1b. Next, take two 3/8" x 3/4" square head bolts and slide one into each side of the Seat Rail channel from the opposite end. Locate the Riser Bracket and attach it to the Seat Rail with the two square head bolts. Wait to tighten bolts with a wrench until after Step 1c. 1c. Now, locate the bolt keeper for the pivot bracket and two 3/8" x 3/4" square head bolts. Install the bolts into the bolt keeper. Slide them into the Seat Rail Channel making sure the keeper is flush with the end of the Seat Rail. Repeat for the other bolt keeper. Locate the Pivot Bracket and Pulley Frame. Snap the Pivot Bracket between the screw heads on the Pulley Frame. Install the rail so the four bolts at the front of the rail slide through the four holes in the pivot bracket. Use 3/8" washers and 3/8" nylon lock nuts to secure the rail. IMPORTANT: Place Seat Rail so that the end of the rail is flush with the edge of the Pivot Bracket. Connect the bottom of the Riser Bracket to the standing platform with the 1" Knob. See example 1c. Readmore and Download Bowflex XTL User Manual on PDF Below Title : Bowflex XTL User Manual on PDF Below Format : PDF Pages : Pages Language : English File Size : 5 MB Video Transcript: Bowflex Revolution Home Gym Assembly Video. This video is intended to be a supplement to the assembly manual provided with your product. Please be sure to read your assembly manual thoroughly as it contains important safety warnings and assembly tips. We encourage you to follow along with your assembly manual. Step 2: remove styrofoam inner packing. Step 2-1: remove and discard the three pieces of styrofoam inner packing. You must open the plastic bag and remove each piece of styrofoam individually. Step 3: install tension shaft. Step 3-1: align the rounded side of the tension shaft with the rounded side of the hole in the main unit and slowly slide the shaft through until it clicks into place. If the shaft is obstructed inside the main unit, loosen the tension screws in the tension shaft holder. If you didn't feel or hear a distinct click, make sure the shaft is centered by measuring the amount of exposed shaft on each side of the main unit. There should be an equal measure on each side. Step 4: tighten tension shaft holder. Step 4-1: use a 7/32" allen wrench to tighten the tension shaft holder by tightening the screws in numerical order shown on the tensioner. Tighten the two screws marked "1" then the two marked "2" etc. The screws may be difficult to see so make sure that the allen wrench is seated properly before turning. Do not replace top cover at this time. Step 5: install pre-tension SpyraFlex packs. Step 5-1: align the rounded edge of the pre-tension SpyraFlex pack with the rounded edge of the tension shaft and slide it all the way onto the shaft. Step 5-2: when the pack makes contact with the cam continue to apply pressure and twist the pack to the left until you feel the pack seat into place. Step 5-3: install and completely tighten hardware. Installing screws in a star pattern around the pre-tension pack. Enjoy your new Bowflex Revolution Home Gym. A ratcheting phillips head screwdriver sits on a white counter. Image Credit: Zoonar/P.Malyshhev/Zoonar/Getty Images The Bowflex Classic machine is one type of home gym supplied by the Bowflex company. It uses what is called a power rod system - rather than weight plates -- to provide resistance for your strength-training workouts. Power rods are tall, plastic bars of various thickness, that bend and flex as you exercise. The Bowflex classic also offers a rowing station for cardiovascular exercise. According to the manufacturer, typical assembly time of most Bowflex systems takes between one and three hours. The disassembling of the machine should take less time, but remember to store all of the machine's parts in a safe location. Step 1 Detach any handles from the ends of the cables. Unhook the cables from the power rods and remove the cables from the pulleys. Set the cables aside to store them. Step 2 Slide the placard, which is the plastic frame that contains workout instructions, off the tower. Slide the top of the bench out of the clip on the bottom of the bench. Set the bench to the side. Step 3 Remove the plastic pieces on the sides of the leg extension rollers. Slide out the rod that holds the rollers in place. Set the rollers and the rods to the side. Step 4 Using the Allen wrench and small wrench, remove the bolts on the chest pulley bar. Set the bar to the side. Use the Phillips head screwdriver to unscrew the bolts on the bottom of the power rods to detach them from the tower. Turn the screwdriver to the left to loosen the bolts, then remove the rods. Step 5 Loosen the bolts on the tower and the top pulley with the Allen wrench. Remove the bolts and detach the top pulley and the top portion of the tower. Step 6 Detach the seat rail from the tower base using your wrench and Allen wrench. Remove the plastic coverings from the tops of the bolts if those are attached. Unscrew the leg extension assembly from the seat rail. Detach the seat and the sliding control from the seat rail using the Allen wrench. Step 7 Unscrew the bottom of the tower from the floor base using your wrench and Allen wrench. Remove the plastic end caps from the floor base, or leave them attached if you are going to reassemble the machine in another location. 2 supplied Allen wrenches Small wrench Phillips head screwdriver





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