



Bowflex® SelectTech® Stand with Media Rack
(for use with the Bowflex® SelectTech® 552, 560 or 1090 Adjustable Dumbbells)

User's Guide
8016324.031518.B

Important Safety Instructions - Before using this equipment, obey the following warnings:

 This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Read and understand all Warnings on this equipment.

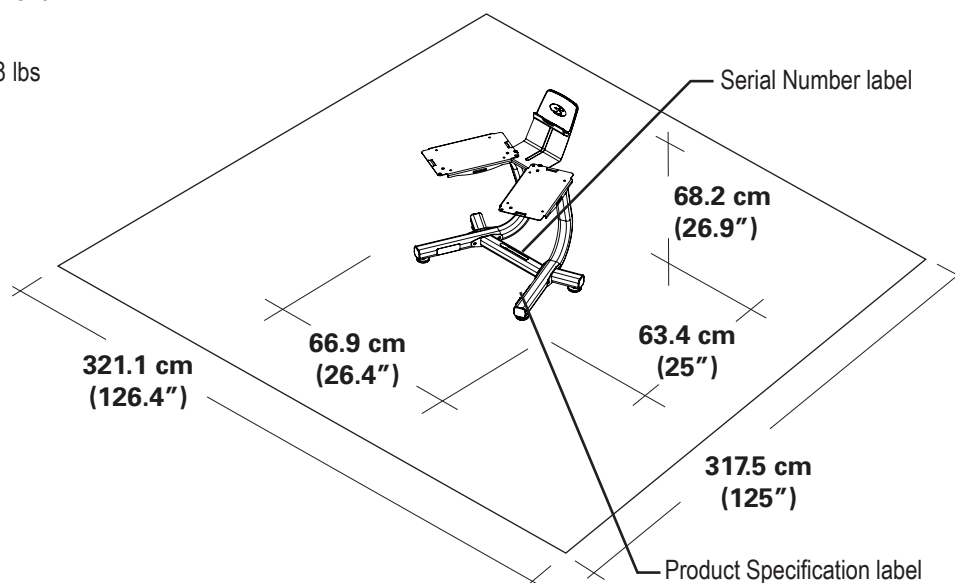
- Children must not be let on or near to this equipment. Moving parts and other features of the equipment can be dangerous to children.
- Not intended for use by anyone under 14 years of age.
- Not intended for use by persons with medical conditions where those conditions may impact the safe operation of the equipment or pose a risk of injury to the user.
- Consult a physician before starting 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 using the equipment again.
- Examine this equipment for loose parts or signs of wear. Tighten or replace any worn or loose components before use. Examine all fasteners carefully. Contact your local distributor for repair information.
- This equipment is for home use only.
- Set up and operate stand on a hard, level surface.
- Keep at least 1.3 m (50") clear on each side of the stand. This is the recommended safe distance for access and passage around the stand.
- Keep third parties out of this area when the device is in use.
- Do not stand, sit or climb on this device.
- Read and understand the complete user guide. Keep manual for future reference.
- Read and understand all warnings on this device. If at any time the warning stickers become loose, unreadable or dislodged, contact your local distributor for replacement stickers.
- Children must not be allowed on or near to this device.

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Specifications

Total Surface Area (footprint) of equipment:
4241.5 cm² (660 in²)

Stand Weight: approx. 13.5 kg / 29.8 lbs



Maintenance

 The safety and performance of this product can be maintained only if it is examined regularly for damage and wear.

Examine the equipment before each use for damage and wear. Replace broken components immediately or put the equipment out of use until repaired.

Daily/Before Each Use: Examine equipment. Make sure it looks in good condition and operates smoothly. If you find damage, DO NOT USE. Contact your local distributor for servicing.

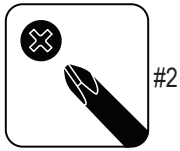
Daily/After Each Use: Clean equipment with a clean, dry cloth. Do not use cleansers containing enzymes.

Weekly: Clean equipment fully with a clean cloth and ammonia-based cleaner. Touch up any scratches with touch-up paint to prevent rust, if necessary.

Monthly: Examine the frame for signs of cracking or permanent bending. Do not use the equipment if you see these signs. Contact your local distributor immediately.

If you have any questions on the correct use or maintenance of this equipment, contact your local distributor. Only Nautilus-trained or Nautilus-authorized personnel should make extensions, readjustments, modifications, or repairs.

Tools (included)



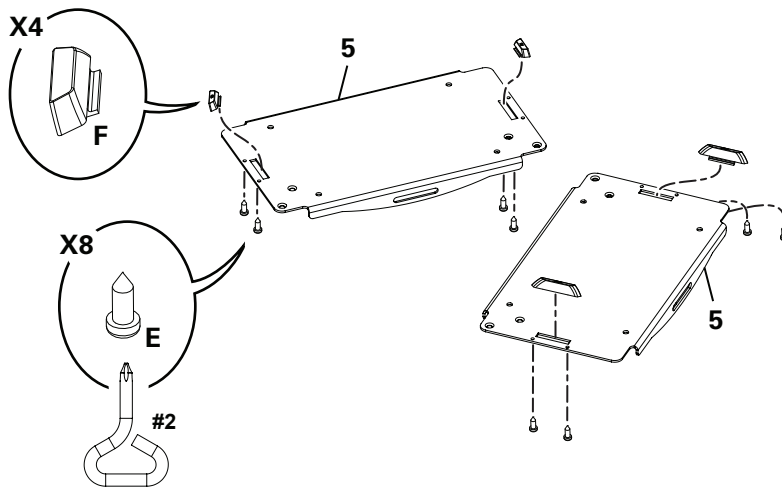
Item	Qty	Description
1	1	Bottom Cross Brace
2	1	Stand Leg, Left
3	1	Stand Leg, Right
4	2	Rear Stabilizer
5	2	Dumbbell Platform
6	1	Media Tray
7	2	Retaining Strap

Item	Qty	Description
A	8	Button Head Cap Screw, M10x1.5x20
B	16	Flat Washer, M10
C	4	Securing Nut, M10
D	4	Button Head Cap Screw, M10x1.5x70
E	8	Pan Phillips Screw, M3.5x9.5
F	4	Bumpers (for 552 or 1090 dumbbell)
G	4	Flat Head Cap Screw, M5x0.8x12
H	4	Flat Washer, M5
I	4	Securing Nut, M5
J	8	Bumpers (for 560 dumbbell)
K	8	Pan Phillips Screw, M6x16

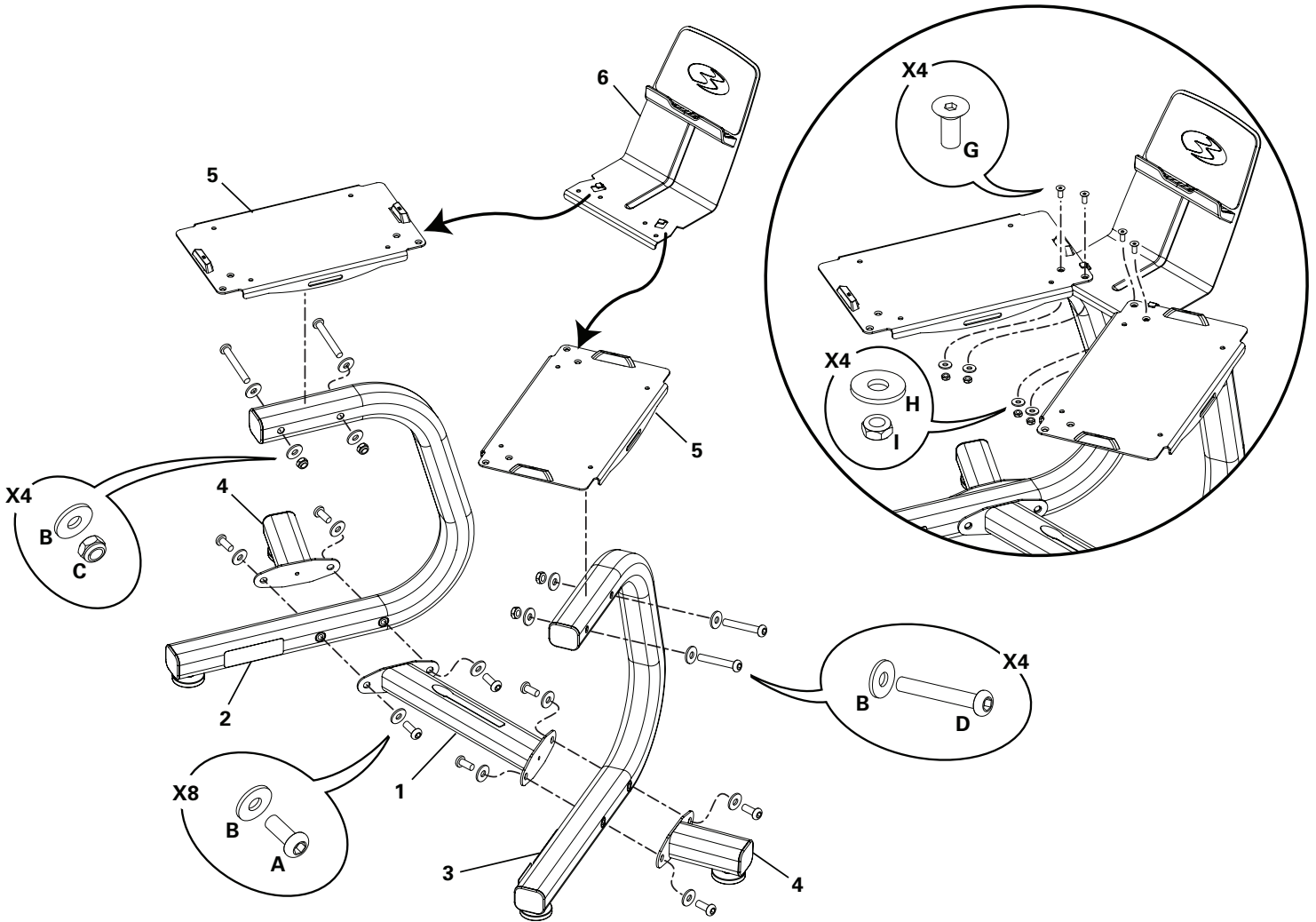
Note: Select pieces of Hardware have been provided as spares on the Hardware Card. Be aware that there may be remaining Hardware after the proper assembly of the equipment.

Step 1. (for the 552 or 1090)

Attach the Appropriate Bumpers for Your Dumbbell



Step 2. (for the 552, 560 or 1090)
Assemble the Stand

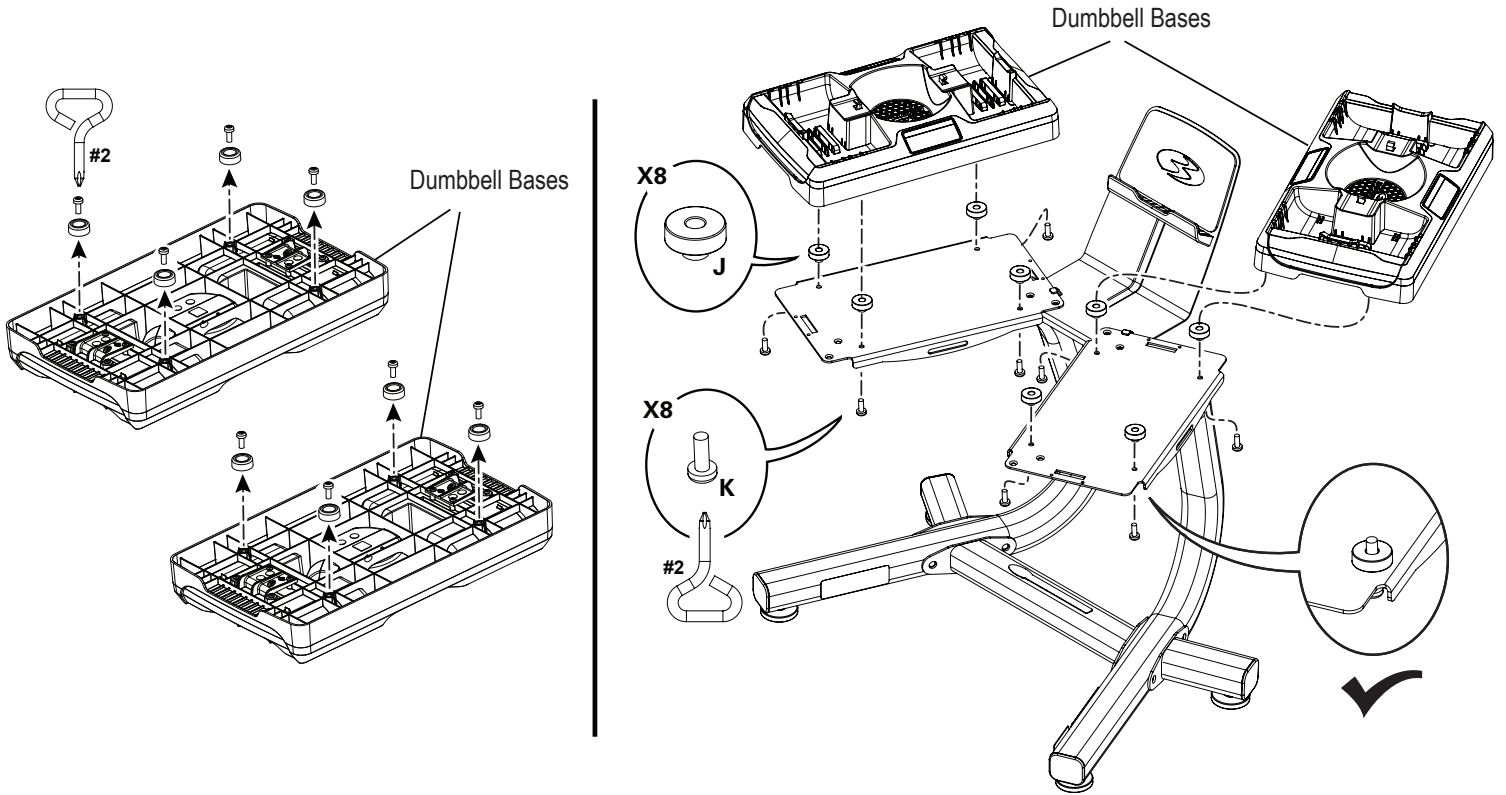


Step 3. (for the 560)

Remove the Rubber Stabilizers and then Attach the Dumbbell Bases

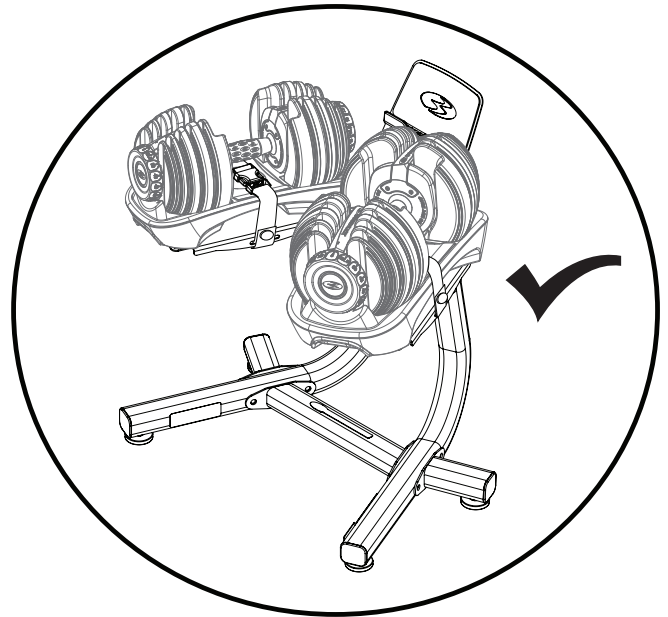
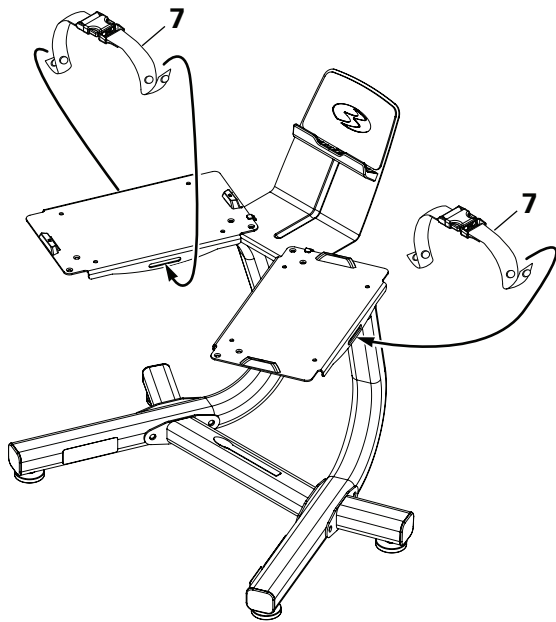
- ⚠ Remove the dumbbell from its base before you attach the Dumbbell Base to the stand to make sure that the dumbbell does not fall during installation.
- Fully tighten the hardware before you put the dumbbells into the installed dumbbell bases on the stand.

Note: 560 Dumbbell Base not included with Stand.



Step 4. (for the 552, 560 or 1090)

Attach the Retaining Straps to the Stand and Fully Secure each Dumbbell Base



Step 5. (for the 552, 560 or 1090)

Final Inspection

Inspect your equipment to ensure that all fasteners are tight and components are properly assembled.

⚠ Do not use or put the equipment into service until the equipment has been fully assembled and inspected for correct performance in accordance with the User's Guide. Fully tighten the hardware before you put the dumbbells into the installed dumbbell platforms or bases on the stand.

Warranty

To validate warranty support, keep the original proof of purchase and record the following information:

Serial Number _____

Date of Purchase _____

To register your product warranty, contact your local distributor.

For details regarding product warranty or if you have questions or problems with your product, please contact your local Bowflex distributor. To find your local distributor, go to: www.nautilusinternational.com

