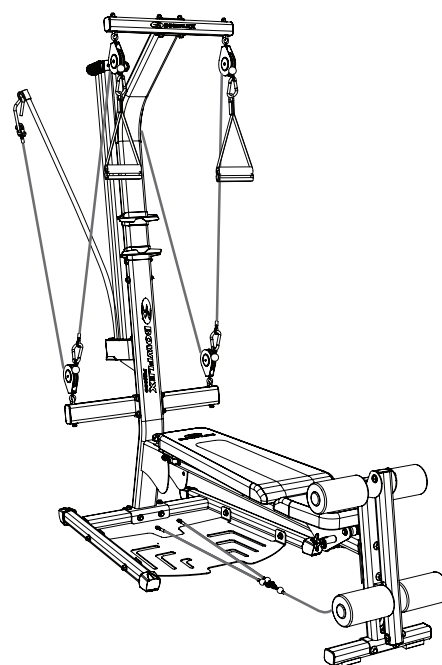
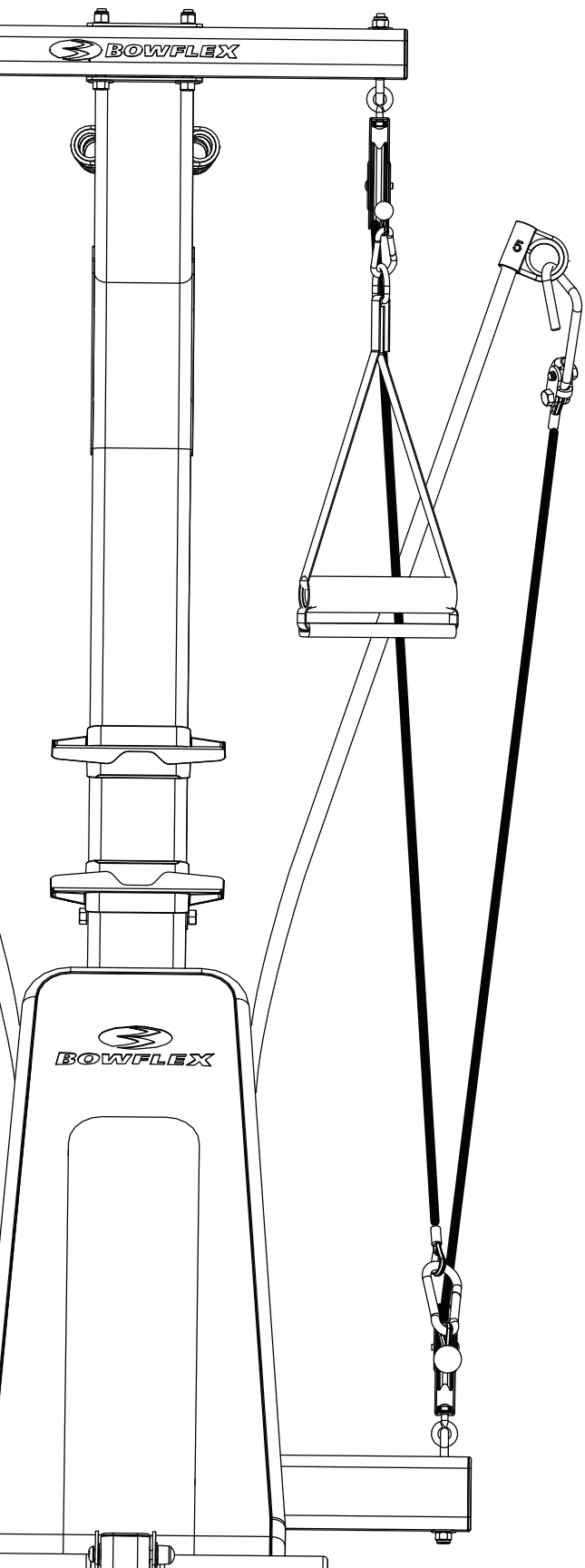


# **BOWFLEX®**

## PR1000

### ASSEMBLY / OWNER'S MANUAL



Go to [www.pr1000workouts.com](http://www.pr1000workouts.com)  
for workout training videos, tips and fitness guidance!

To get the most out of your home gym, be sure to use the  
trainer designed workout programs provided with your  
Bowflex® PR1000 home gym:

- 20 Minute Better Body
- Advanced General Conditioning
- 20 Minute Upper/Lower Body
- Body Building
- Circuit Trainer - Anaerobic/Cardiovascular
- True Aerobic Circuit Training
- Strength Training



Manual en Español  
Latino Americano:  
[www.support.nautilus.com](http://www.support.nautilus.com)

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## Important Safety Instructions / Registration



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 all Warnings on this machine.

Carefully read and understand the Assembly Manual.

- Keep bystanders and children away from the product you are assembling at all times.
- Do not assemble this machine outdoors or in a wet or moist location.
- Make sure assembly is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Some components of the machine can be heavy or awkward. Use a second person when doing the assembly steps involving these parts. Do not do steps that involve heavy lifting or awkward movements on your own.
- Set up this machine on a solid, level, horizontal surface.

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, go to: [www.bowflex.com/register](http://www.bowflex.com/register)

Or call 1 (800) 605-3369.

If you have questions or problems with your product, please call 1 (800) 605-3369.

Nautilus, Inc., (800) NAUTILUS / (800) 628-8458, [www.NautilusInc.com](http://www.NautilusInc.com) - Customer Service: North America (800) 605-3369, [csnls@nautilus.com](mailto:csnls@nautilus.com) | outside U.S. [www.nautilusinternational.com](http://www.nautilusinternational.com) | Printed in China | © 2017 Nautilus, Inc. | ® indicates trademarks registered in the United States. These marks may be registered in other nations or otherwise protected by common law. Bowflex, the B logo, Power Rod, Nautilus, Schwinn, and Universal are trademarks owned by or licensed to Nautilus, Inc.

- Do not try to change the design or functionality of this machine. This could compromise the safety and can void the warranty.
- If replacement parts are necessary use only genuine Nautilus replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly or void the warranty.
- Do not use the machine until it has been fully assembled and inspected for correct performance in accordance with the Owner's Manual.
- Read and understand the complete Owner's Manual supplied with this machine before first use. Keep the Owner's and Assembly Manuals for future reference.
- Do all assembly steps in the sequence given. Incorrect assembly can lead to injury.
- SAVE THESE INSTRUCTIONS.



**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 all Warnings on this machine.**

**Read and understand the complete Owner's Manual. Keep Owner's Manual for future reference.**

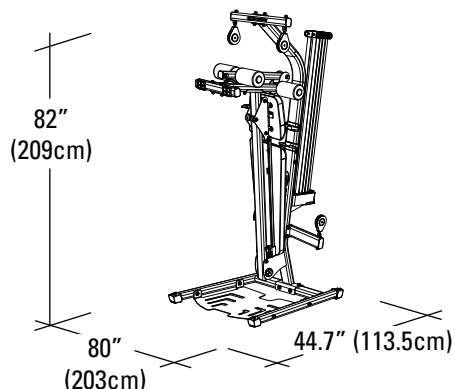
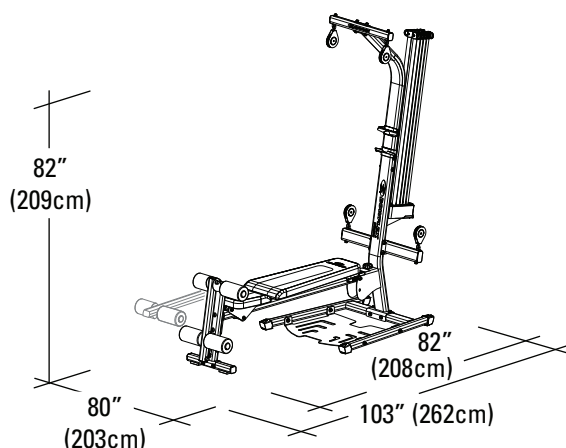
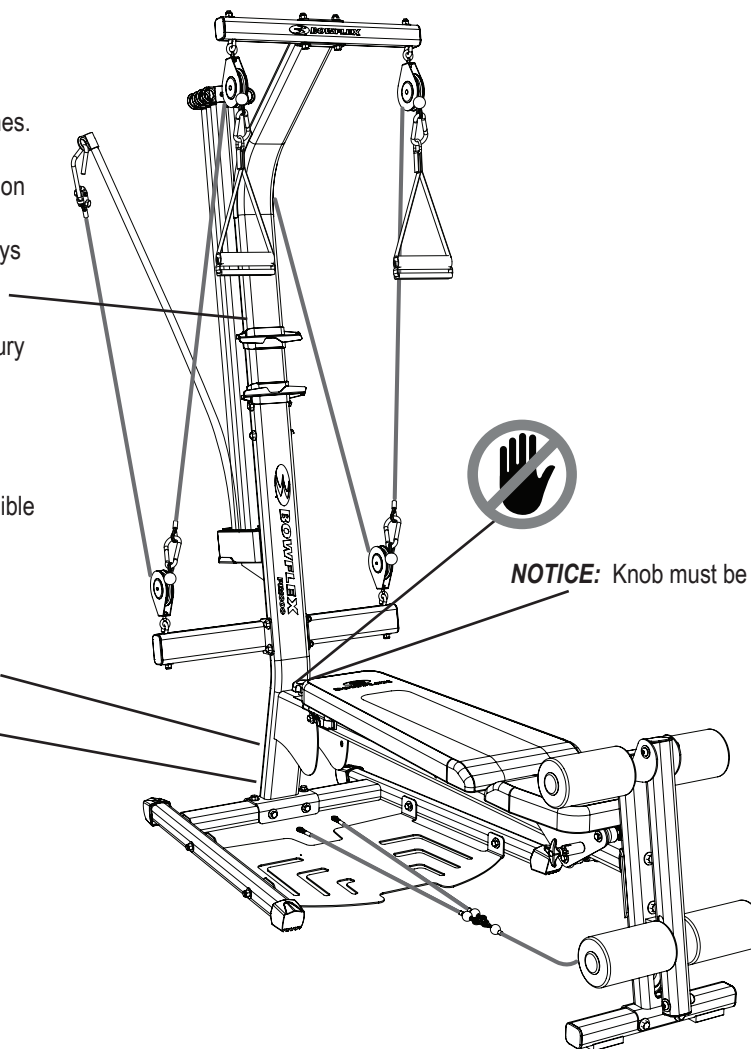
**Read and understand all warnings on this machine. If at any time the Warning stickers become loose, unreadable or dislodged, contact Nautilus Customer Service for replacement stickers.**

- Children must not be let on or near to this machine. Moving parts and other features of the machine can be dangerous to children.
- 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 machine again.
- Before each use, examine this machine for loose parts or signs of wear. Inspect all cables, pulleys and their connections, making sure they are properly secured and attached, and show no signs of visible wear or damage. Contact Nautilus Customer Service for repair information.
- Maximum user weight limit: 300 lb. (136 kg). Do not use if you are over this weight.
- This machine is for home use only.
- Do not wear loose clothing or jewelry. This machine contains moving parts. Do not put fingers or other objects into moving parts of the exercise equipment.
- Always wear rubber soled athletic shoes when you use this machine. Do not use the machine with bare feet or only wearing socks.
- Set up and operate this machine on a solid, level, horizontal surface.
- Do not operate this machine outdoors or in moist or wet locations.
- Keep at least 36" (0.9m) on each side of the machine clear. This is the recommended safe distance for access and passage around and emergency dismounts from the machine. Keep third parties out of this space when machine is in use.
- Do not over exert yourself during exercise. Operate the machine in the manner described in this manual.
- Never attempt to exercise with more resistance than you can safely and comfortably handle.
- Do not use Dumbbells or other weight equipment to incrementally increase the weight resistance. Use only the weight resistance that came with your gym.
- Rods are under tension. Be careful when connecting the Selector Hook to the Rod. Correctly engage the Selector Hook to the Rod End. Be sure their is a solid connection before releasing the Rod.
- Never stand directly over the top of the rods. Stay off to the side while you attach the rods.
- Correctly adjust and safely engage all Positional Adjustment Devices. Make sure that the Adjustment Devices do not hit the user.
- Keep clear of Power Rod® movement path during operation. Keep any bystanders clear of machine and Power Rod® movement path during operation.

# Safety Warning Labels and Serial Number / Specifications

## WARNING!

- Keep children and pets away from this machine at all times.
- Prior to use, read and understand the User's Guide, including all Warnings which may or may not be present on this machine.
- Before each use, check all snap hooks, cables and pulleys for wear and proper function. Tighten all fasteners as necessary. Do not use if any parts are in need of repair.
- Use Caution when you use this equipment or serious injury can occur.
- This machine is for Residential use only.
- The Maximum user Weight for this machine is 300lbs./136kgs.
- Replace any Warning label that becomes damaged, illegible or is removed.
- Not intended for use by anyone under 14 years of age.

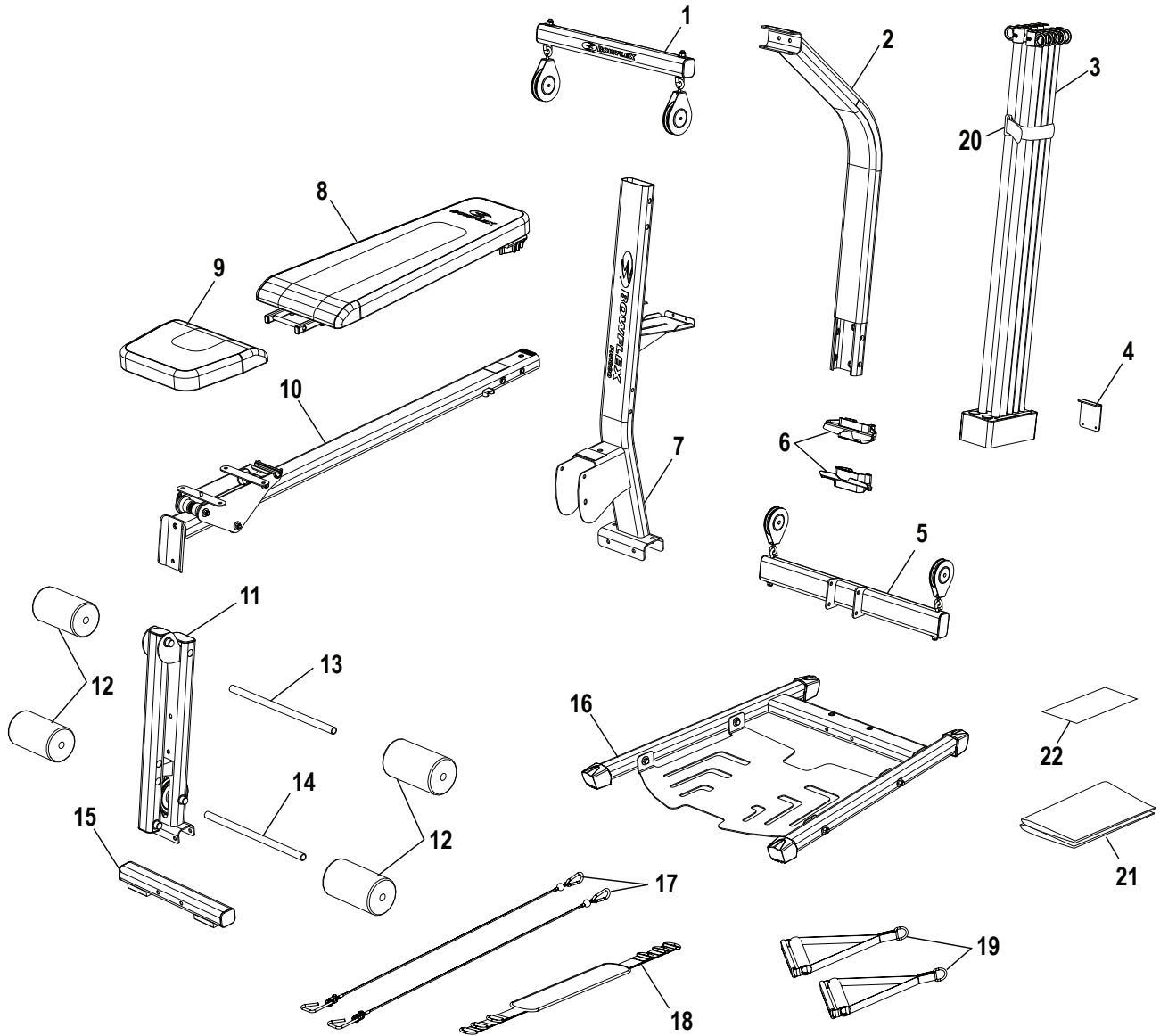


**Maximum User Weight:** 300 lbs (136 kgs)

**Machine Weight:** 131 lbs (59.5 kg)

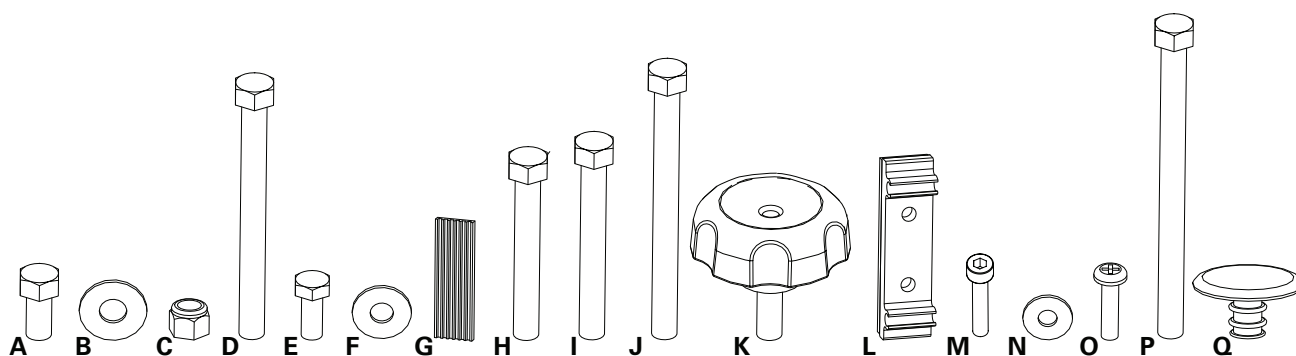
## ⚠ WARNING

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 web site at [www.nautilus.com/prop65](http://www.nautilus.com/prop65).



| Item | Qty | Description        | Item | Qty | Description                          |
|------|-----|--------------------|------|-----|--------------------------------------|
| 1    | 1   | Top Cross Bar      | 12   | 4   | Foam Roller Pad                      |
| 2    | 1   | Upper Lat Tower    | 13   | 1   | Long Roller Tube                     |
| 3    | 1   | Rod Pack           | 14   | 1   | Short Roller Tube                    |
| 4    | 1   | Rod Box End Plate  | 15   | 1   | Leg Extension Base                   |
| 5    | 1   | Chest Cross Bar    | 16   | 1   | Base Platform                        |
| 6    | 2   | Media Tray         | 17   | 2   | Cable, Rod to Chest Cross Bar Pulley |
| 7    | 1   | Lower Lat Tower    | 18   | 1   | Belt, Leg Press                      |
| 8    | 1   | Bench              | 19   | 2   | Handgrip                             |
| 9    | 1   | Seat               | 20   | 1   | Rod Strap, Binding                   |
| 10   | 1   | Seat Rail Assembly | 21   | 1   | Manual Kit                           |
| 11   | 1   | Leg Extension      | 22   | 1   | Hardware Card                        |

# Hardware / Tools / Before Assembly



| Item | Qty | Description                   | Item | Qty | Description                        |
|------|-----|-------------------------------|------|-----|------------------------------------|
| A    | 8   | Hex Head Screw, 3/8" x 3/4"   | J    | 1   | Hex Head Screw, 3/8" x 4-1/4"      |
| B    | 29  | Flat Washer, 3/8"             | K    | 1   | Seat Rail Securing Knob            |
| C    | 10  | Securing Nut, 3/8" Nylock     | L    | 1   | Upper Cable Clip                   |
| D    | 2   | Hex Head Screw, 3/8" x 4"     | M    | 3   | Socket Head Screw, M5 x 25         |
| E    | 4   | Hex Head Screw, 5/16" x 3/4"  | N    | 5   | Flat Washer, 1/4"                  |
| F    | 4   | Flat Washer, 5/16"            | O    | 2   | Pan Phillips Head Screw, 1/4" x 1" |
| G    | 1   | Rubber Pad                    | P    | 2   | Hex Head Screw, 3/8" x 5"          |
| H    | 2   | Hex Head Screw, 3/8" x 2-3/4" | Q    | 4   | Plug                               |
| I    | 4   | Hex Head Screw, 3/8" x 3"     |      |     |                                    |

**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 your machine.

## Tools Included



## Before Assembly

Select where you are going to locate your Bowflex® home gym carefully. The best location is on a hard, level surface that is not outdoors, or in a moist or wet location, and does not experience extreme temperatures. For best results, assemble your home gym in the location where you intend to use it. For safe operation, allow a workout area of at least 127" x 82" (3.3m x 2.1m) of free space.

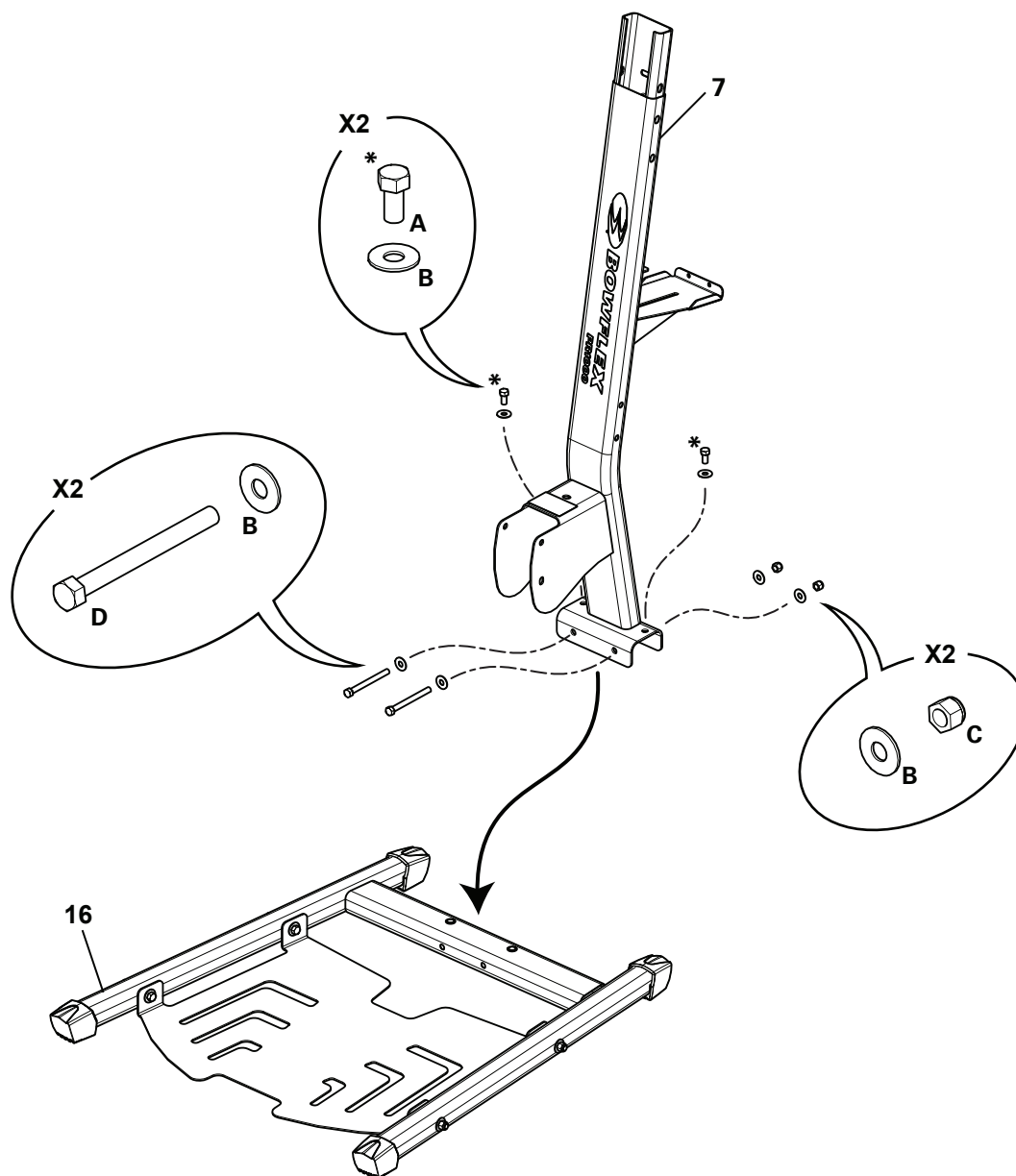
Follow these basic tips when assembling your home gym.

1. Collect all the pieces needed for each assembly step.
2. Turn all the bolts and locknuts toward the right to tighten. Turn towards the left to loosen.
3. Use a combination wrench to grip the locknut when you tighten a bolt that has a locknut to make sure it is tight.
4. You may find the use of a utility knife or scissors beneficial during the unpacking and assembly process.
5. Carefully lift pieces when attaching. Look through the bolt holes to help guide bolt placement.
6. Assembly requires 2 people.

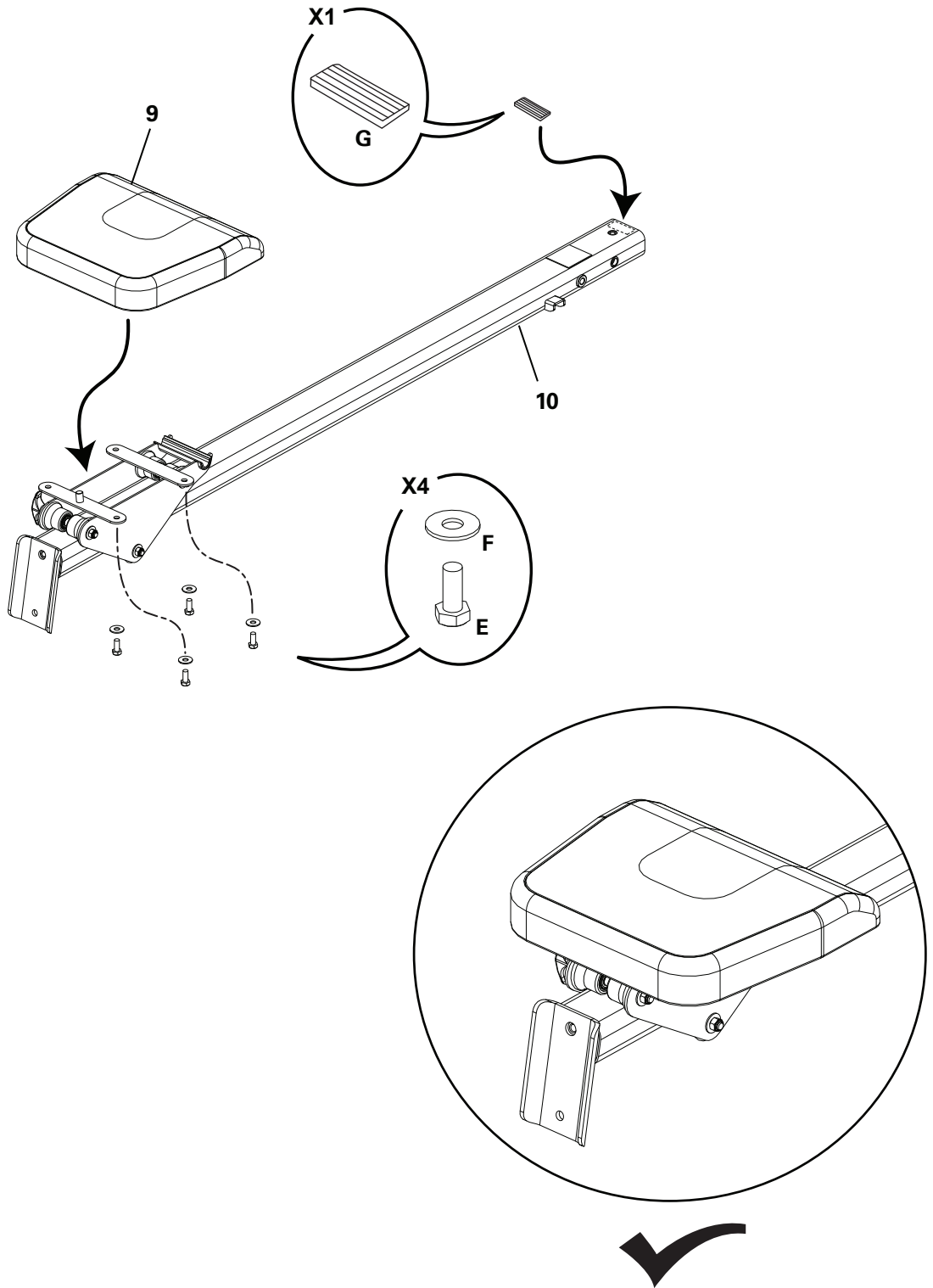
**NOTICE:** Leave all of the cables wrapped and bagged until the Bowflex® home gym is completely assembled.

## 1. Attach the Lower Lat Tower to the Base Assembly

**Note:** Insert the upper hardware first to secure the Lower Lat Tower ( \* ).



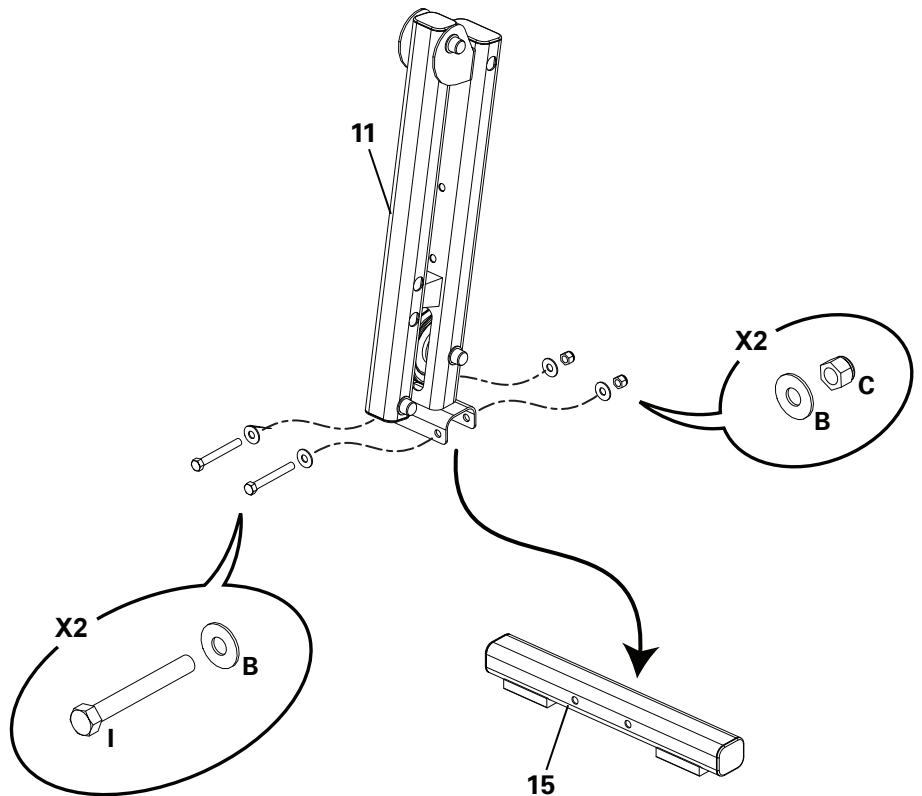
## 2. Attach the Seat and Rubber Pad to the Seat Rail Assembly



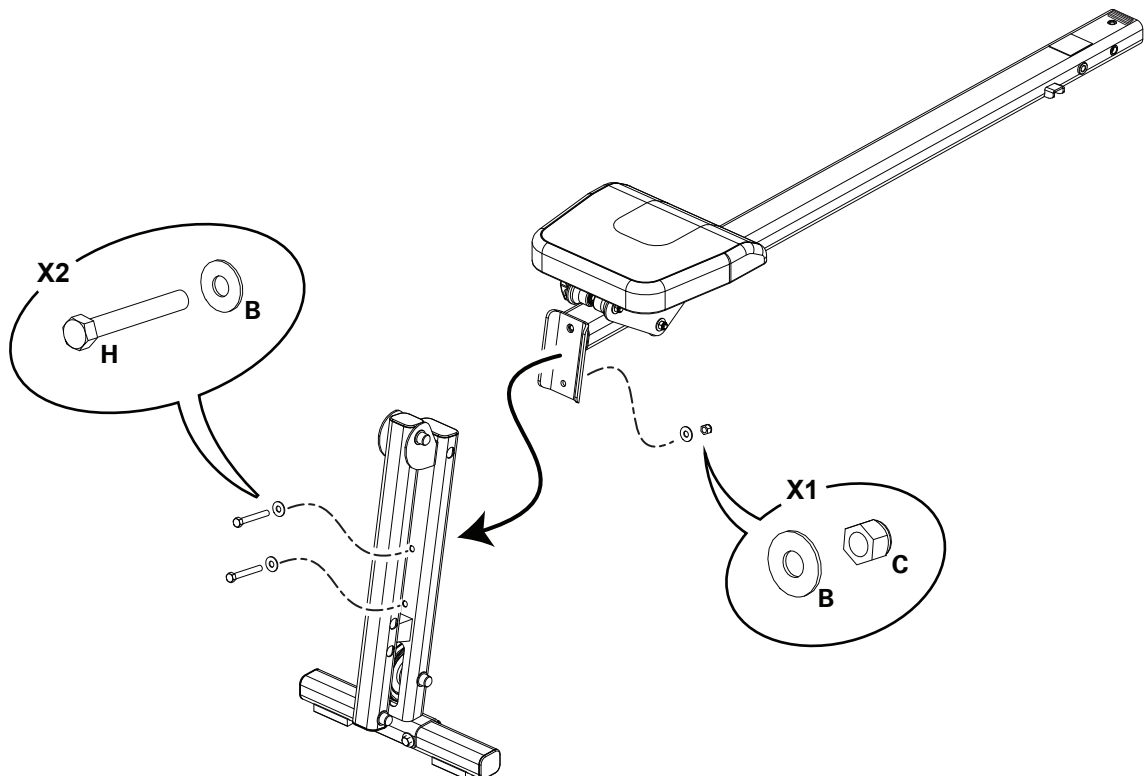


### 3. Attach the Leg Extension to the Leg Extension Tube

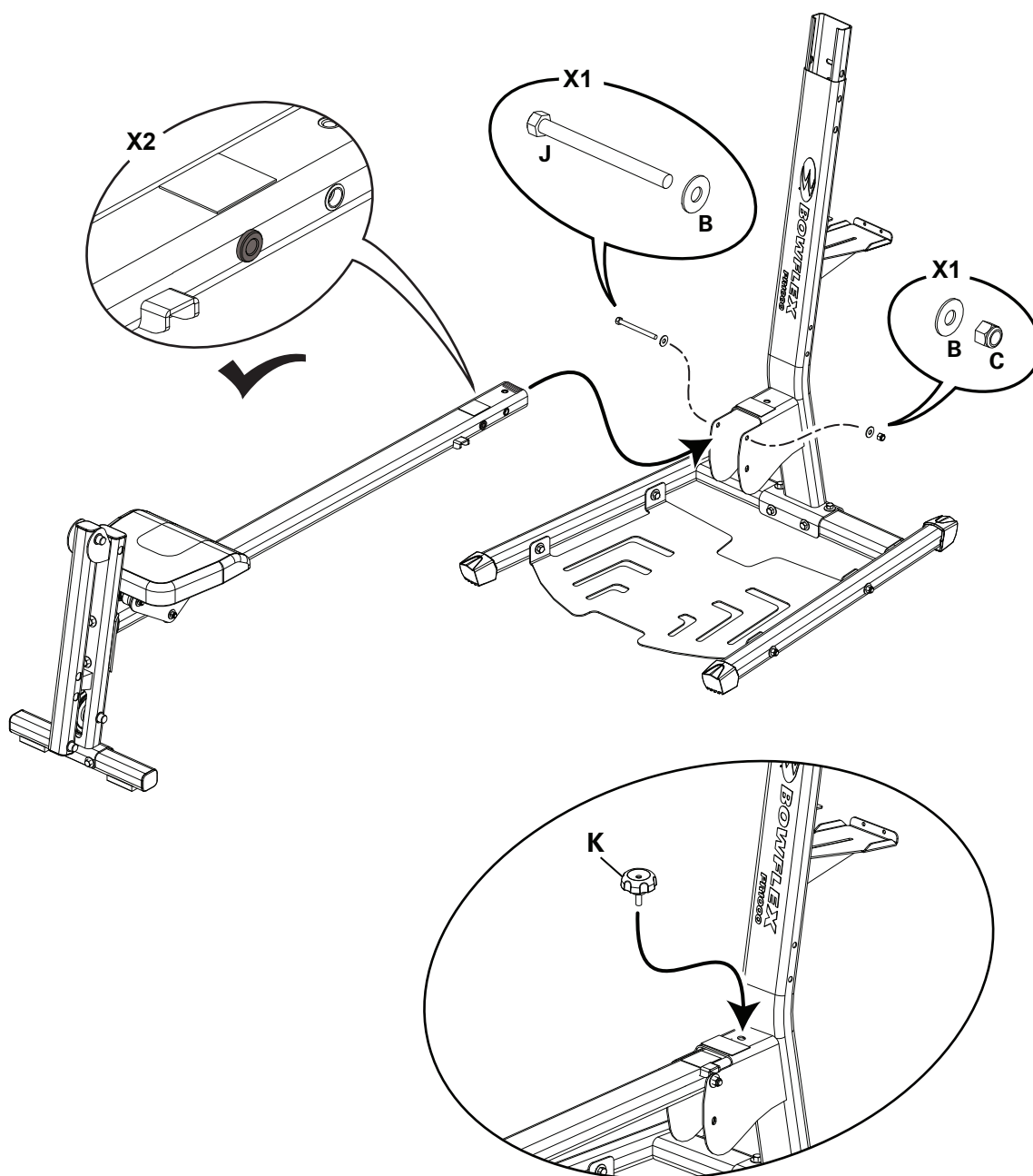
**Note:** Do not unwrap the cable from the pulley until the machine is fully assembled.



### 4. Attach the Seat Rail Assembly to the Leg Extension Assembly

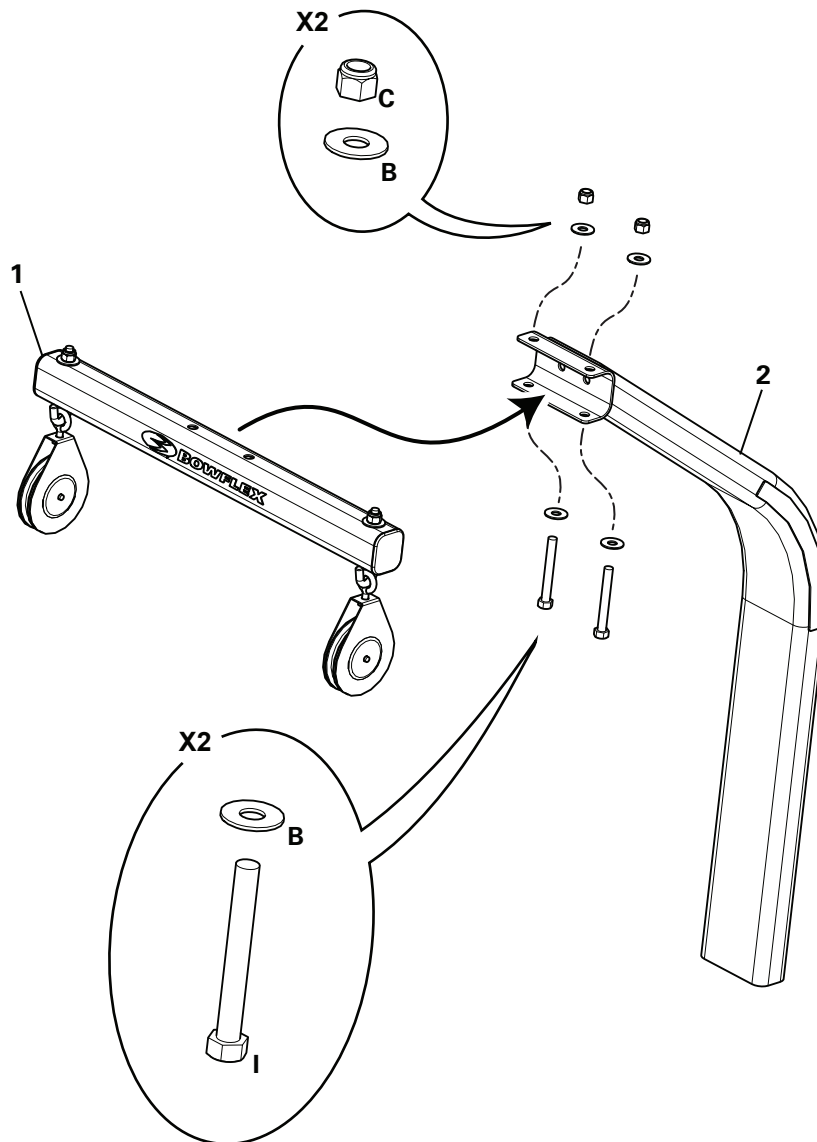


5. Attach the Seat Rail Assembly to the Frame Assembly, and Secure it with the Seat Rail Securing Knob.

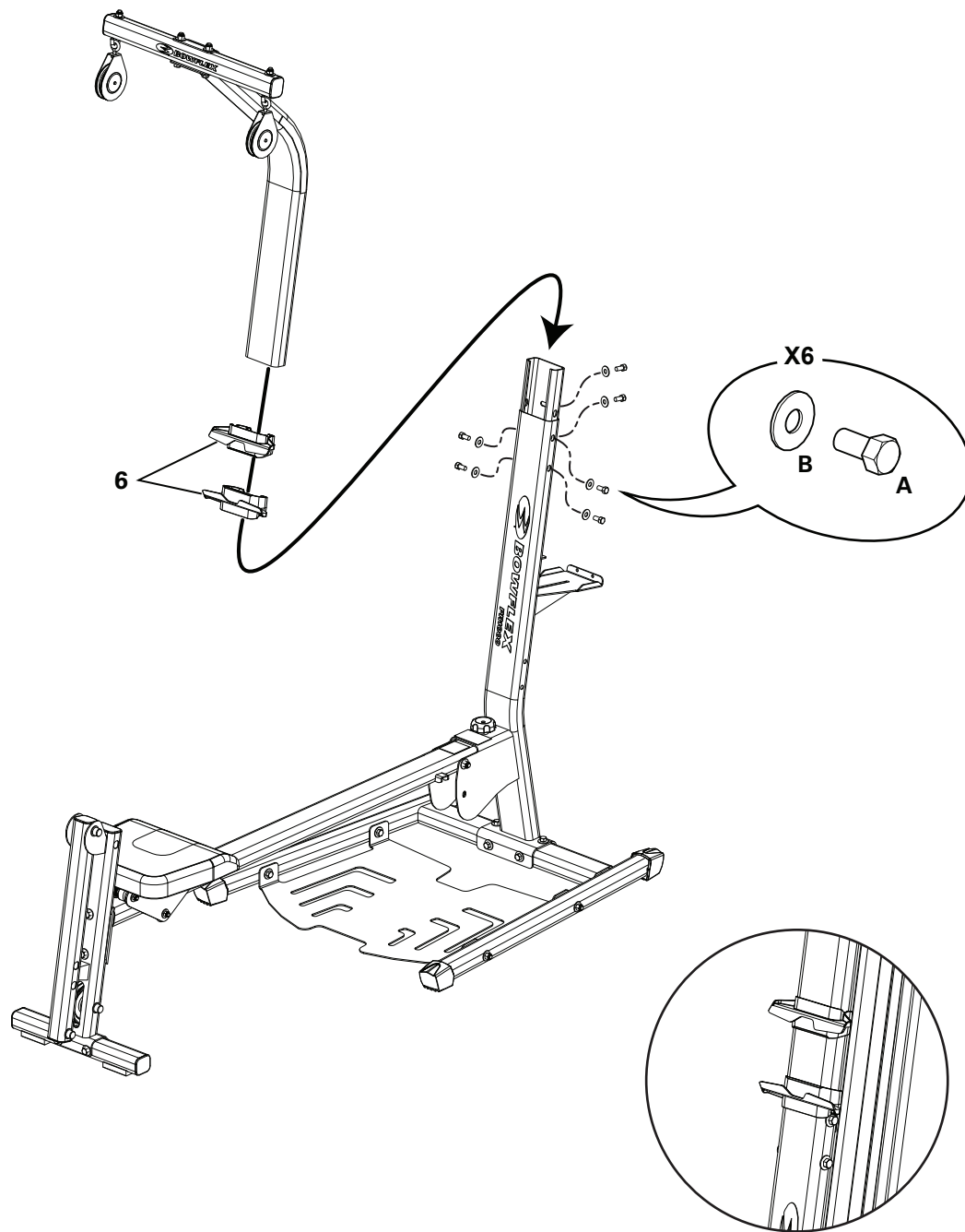


## 6. Attach the Top Cross Bar to the Upper Lat Tower

**Note:** Do not unwrap the cables from the pulleys until the machine is fully assembled.

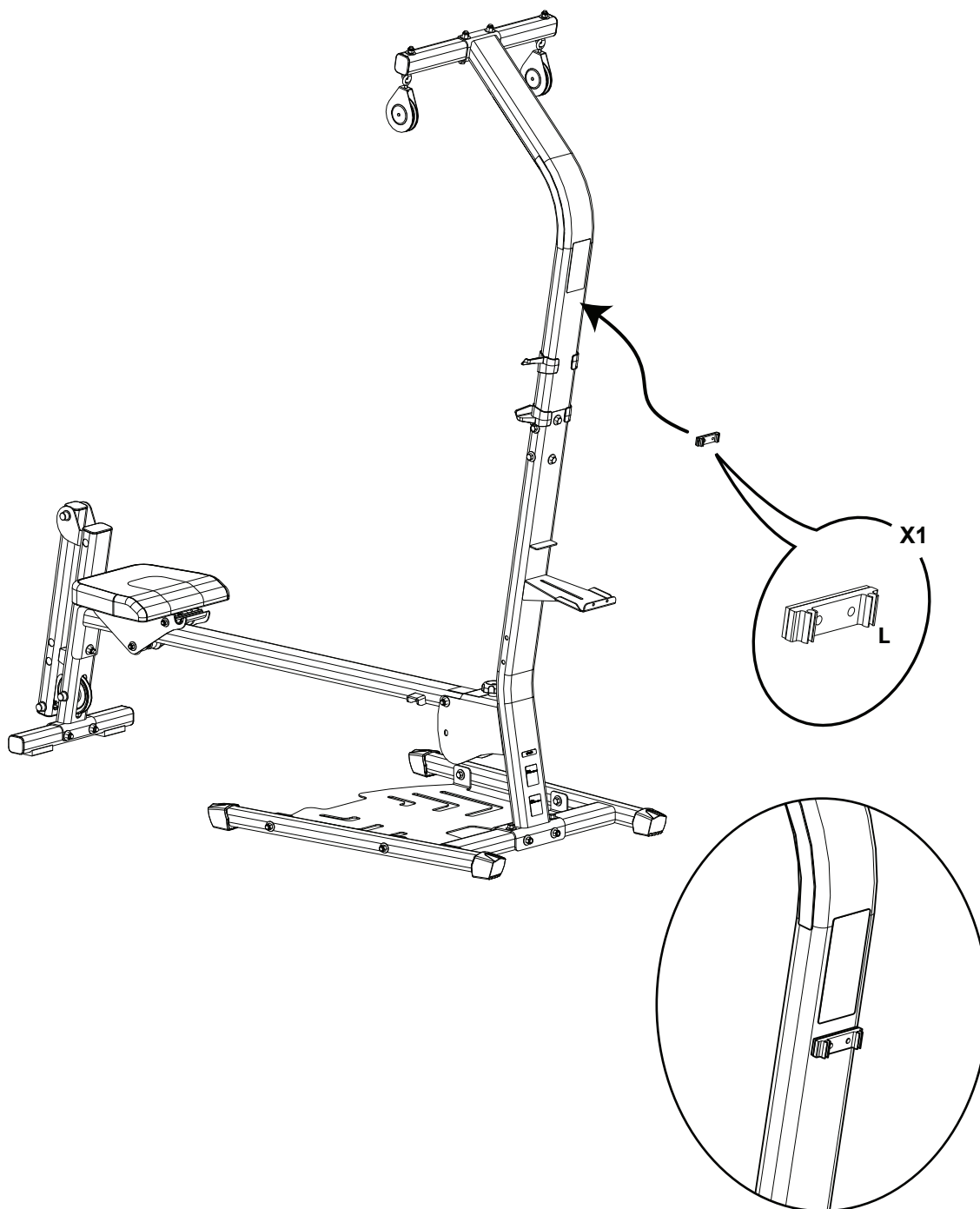


## 7. Attach the Media Trays and Upper Lat Tower Assembly to the Frame Assembly



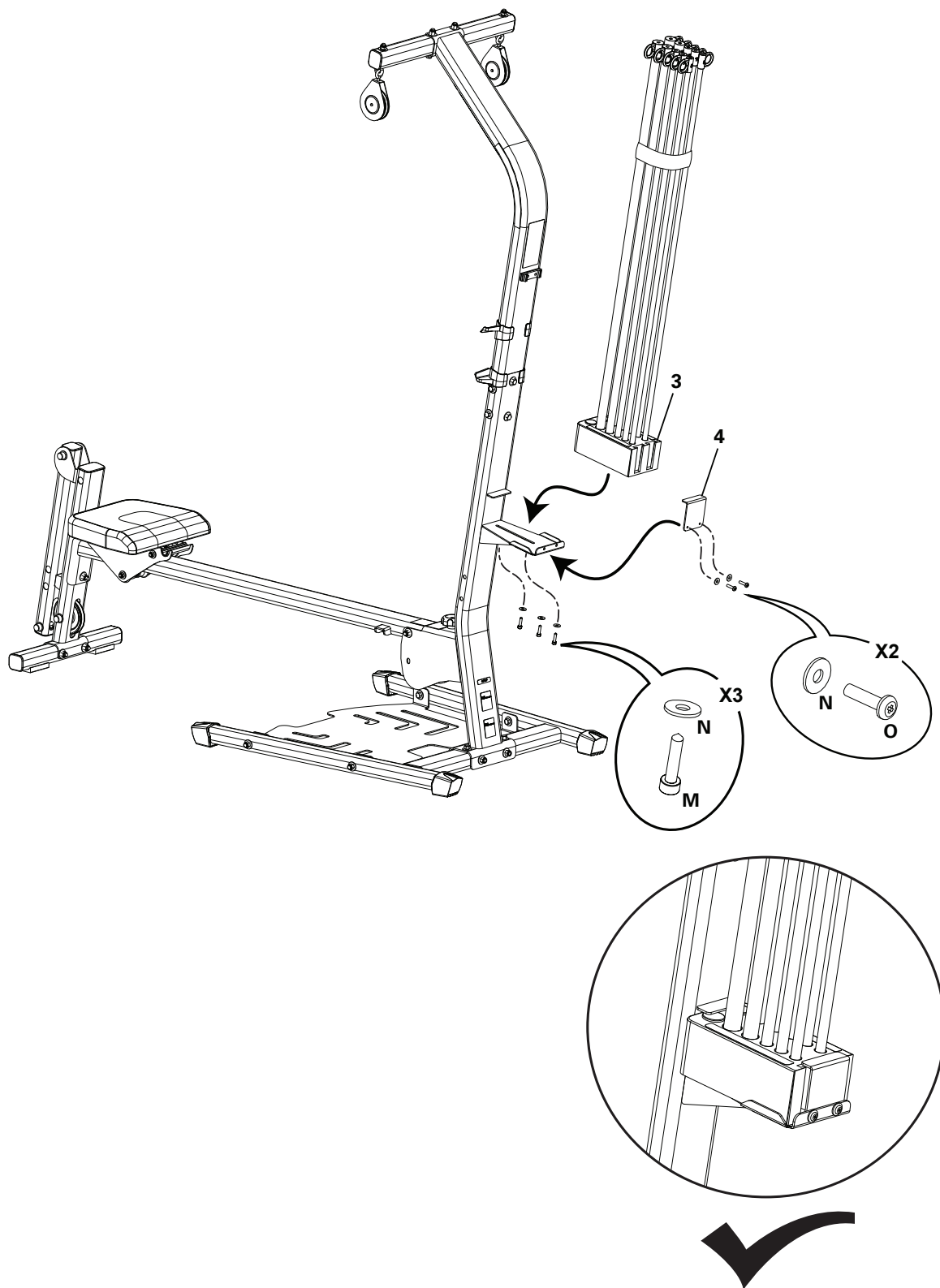
## 8. Apply the Upper Cable Clip to the Lat Tower

**Note:** Be sure to use the Cable Clip when the cables are not in use.



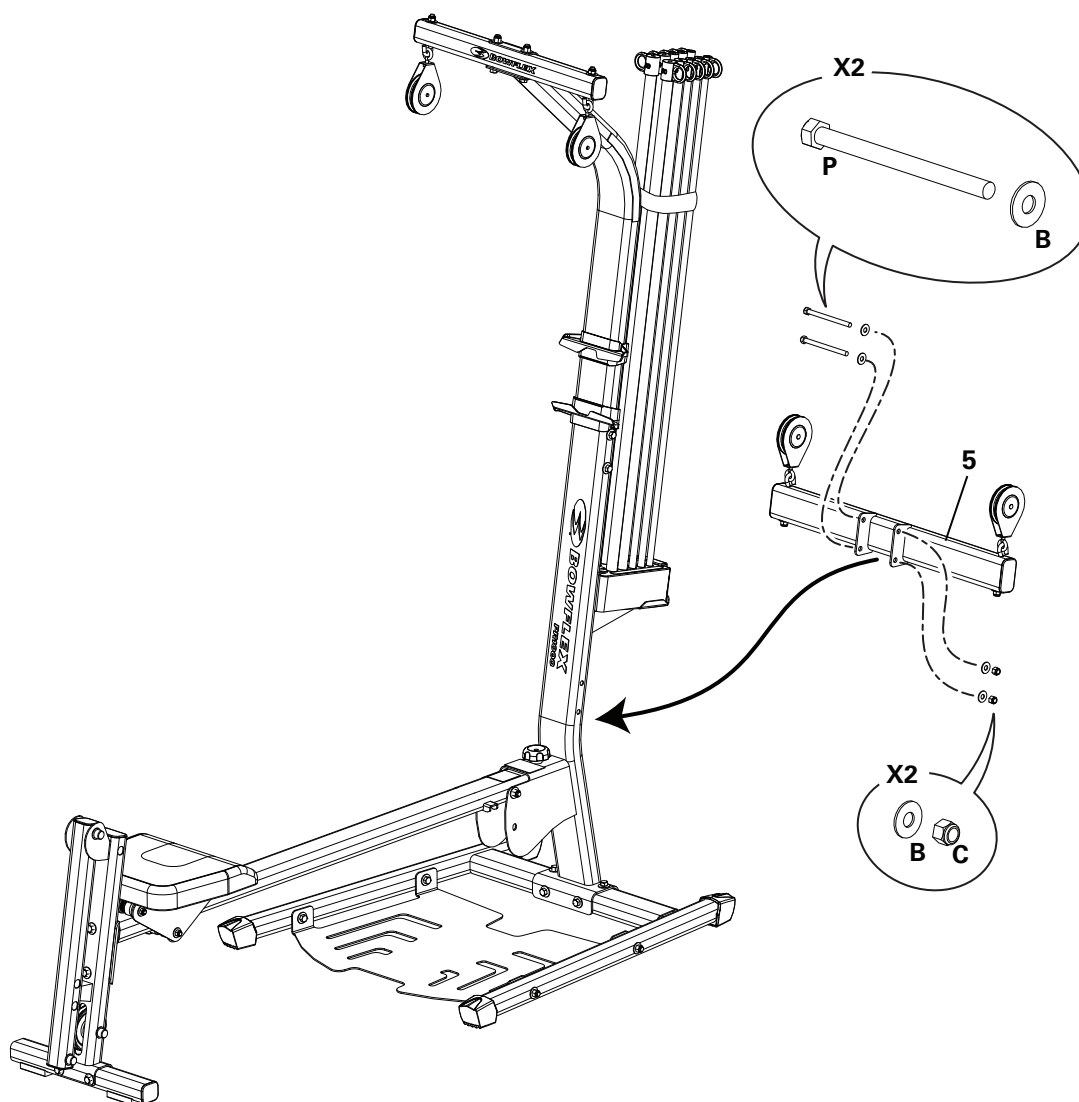
## 9. Attach the Rod Pack Holder and Rod Pack to the Frame Assembly

**Note:** Fully tighten the hardware. Be sure that the Rod Pack is fully secured.

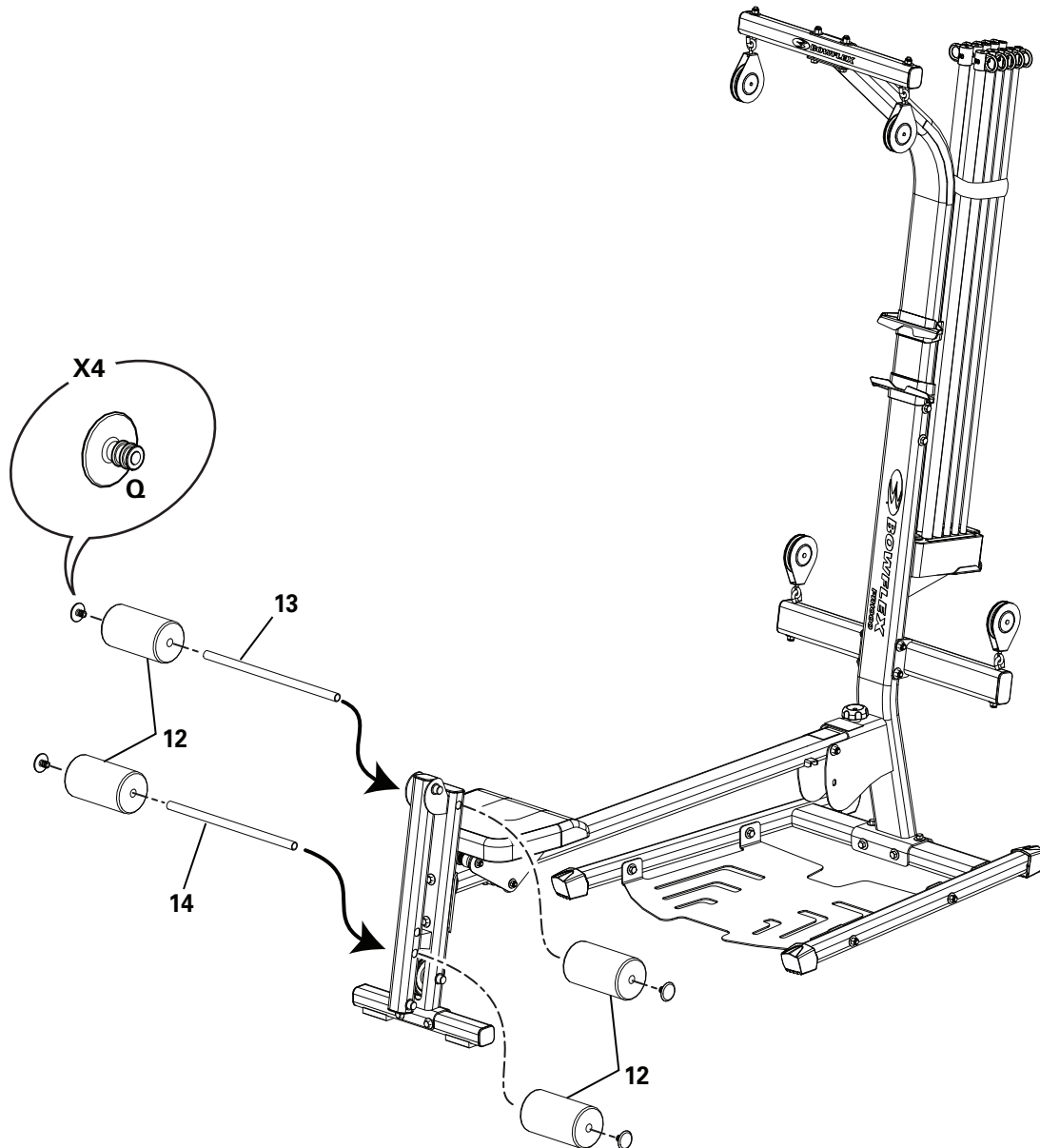


## 10. Attach the Chest Cross Bar to the Frame Assembly

**Note:** Do not unwrap the cables from the pulleys until the machine is fully assembled.



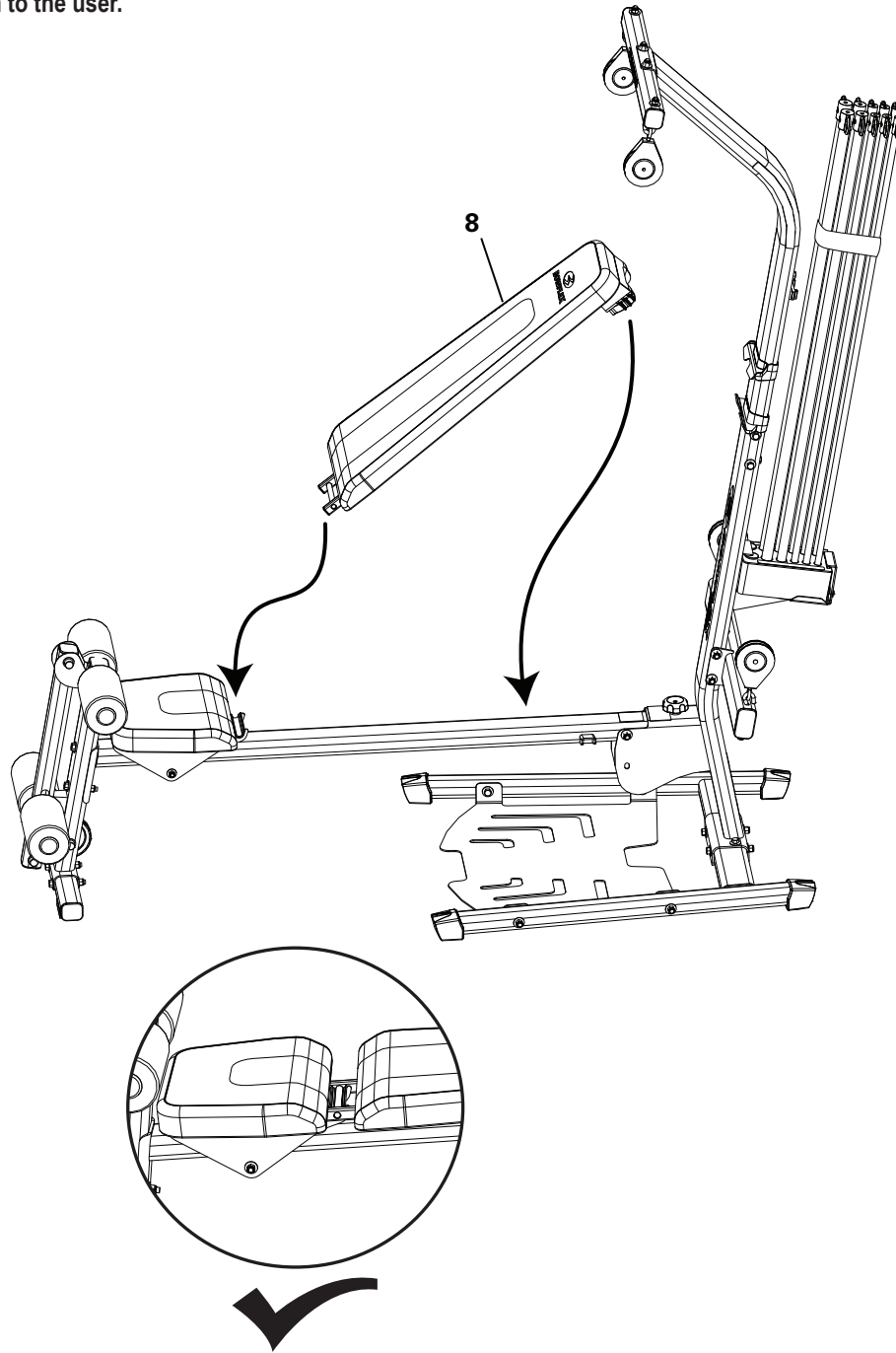
## 11. Attach the Leg Extension Rollers to the Frame Assembly





## 12. Insert the Bench into the Seat Slider and then Pivot onto the Seat Rail

- !** Be sure the end of the Bench sets firmly into the hinge on the Seat Slider, and then pivot it downward onto the Seat Rail. If the Bench is not fully engaged with the Seat Slider and Seat Rail, the Bench will be unstable and could disengage and potentially cause injury or harm to the user.



## 13. Final Inspection

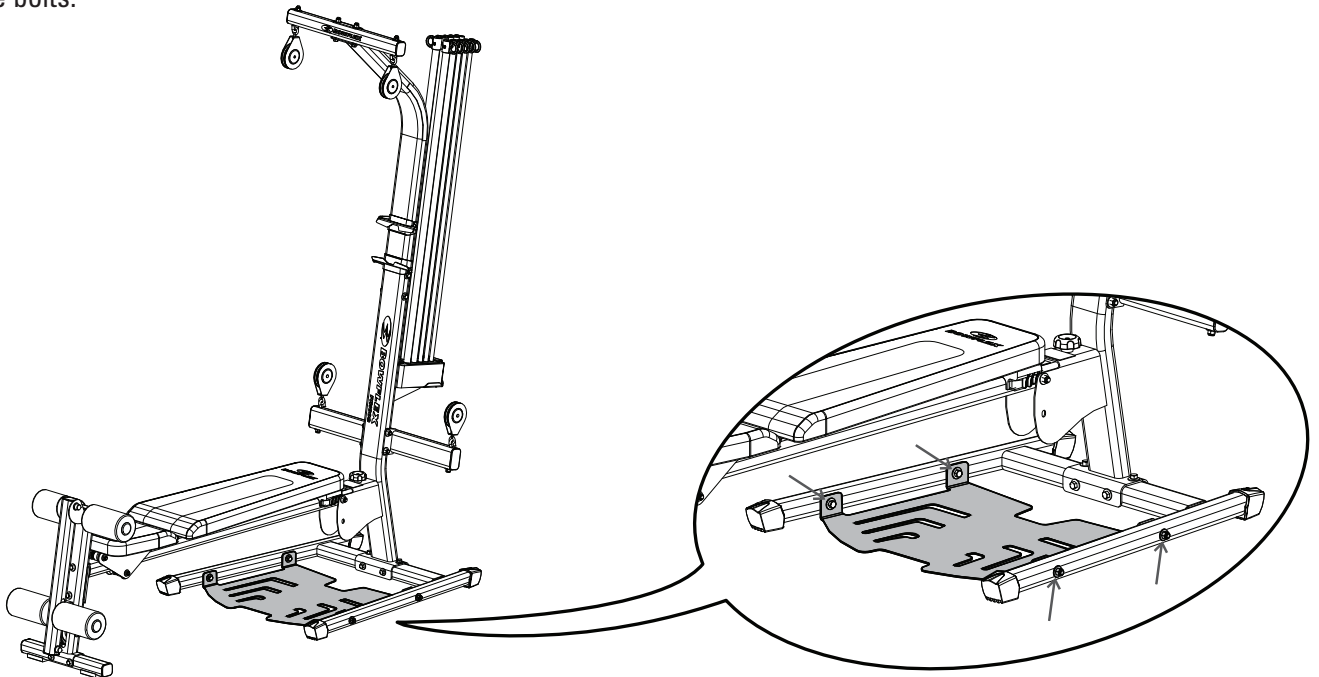
Inspect your machine to ensure that all fasteners are tight and components are properly assembled. Unwrap the cables without crimping them.

- !** Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Owner's Manual.

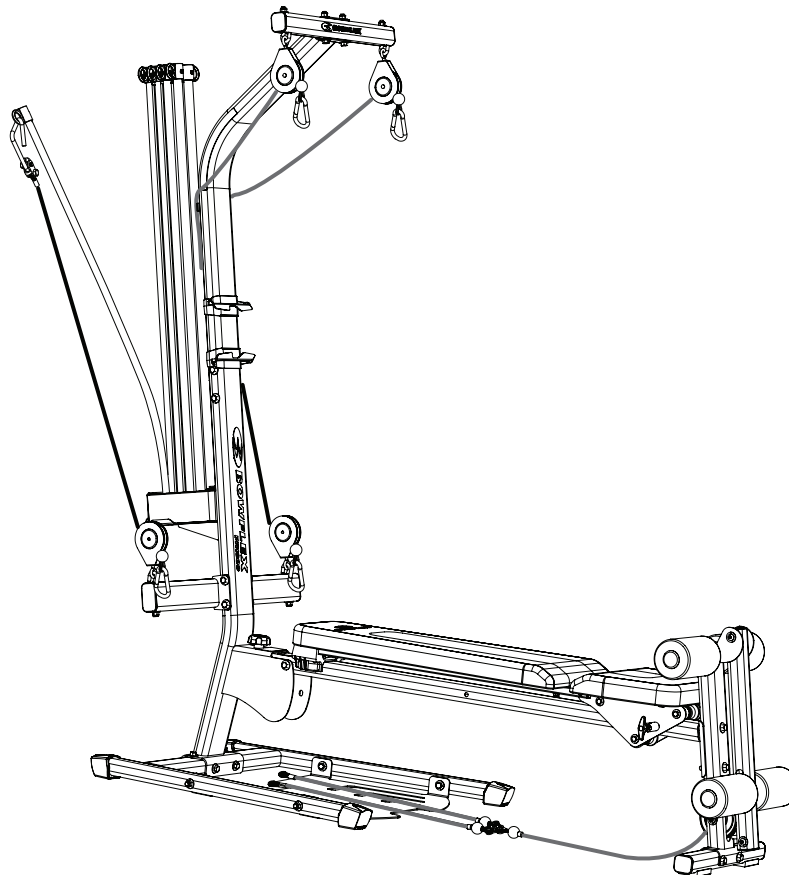
# Adjustments

## Leveling Your Machine

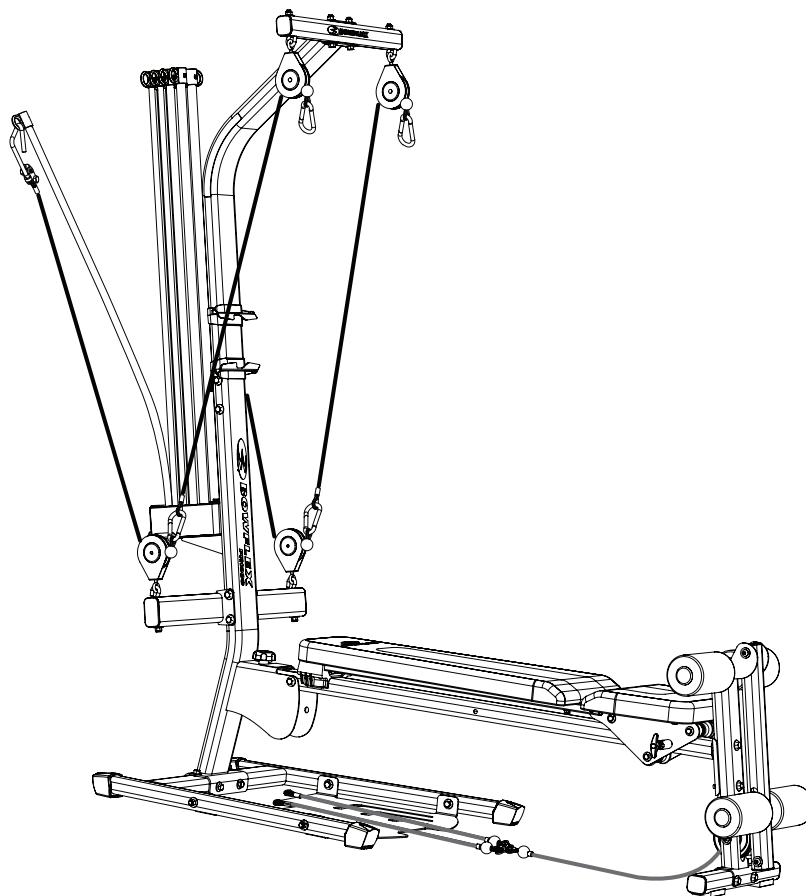
Loosen but do not remove the indicated bolts on the foot plate. Stand on the foot plate until it rests flat on the floor. Retighten the bolts.



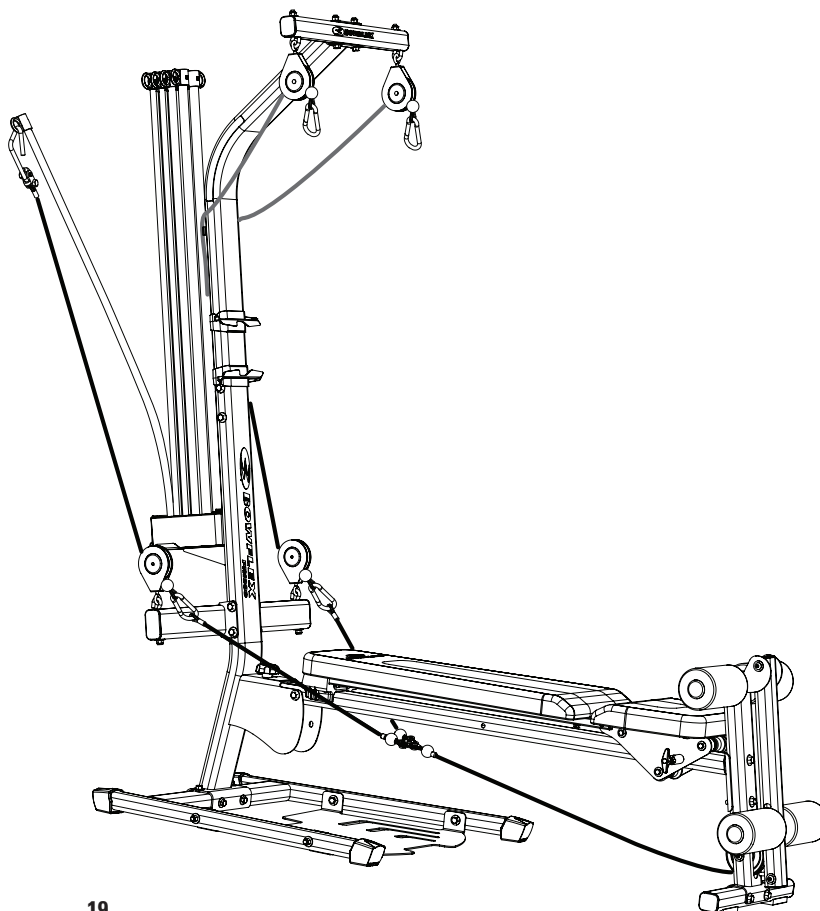
## Cable Routing for Chest Cross Bar Use:



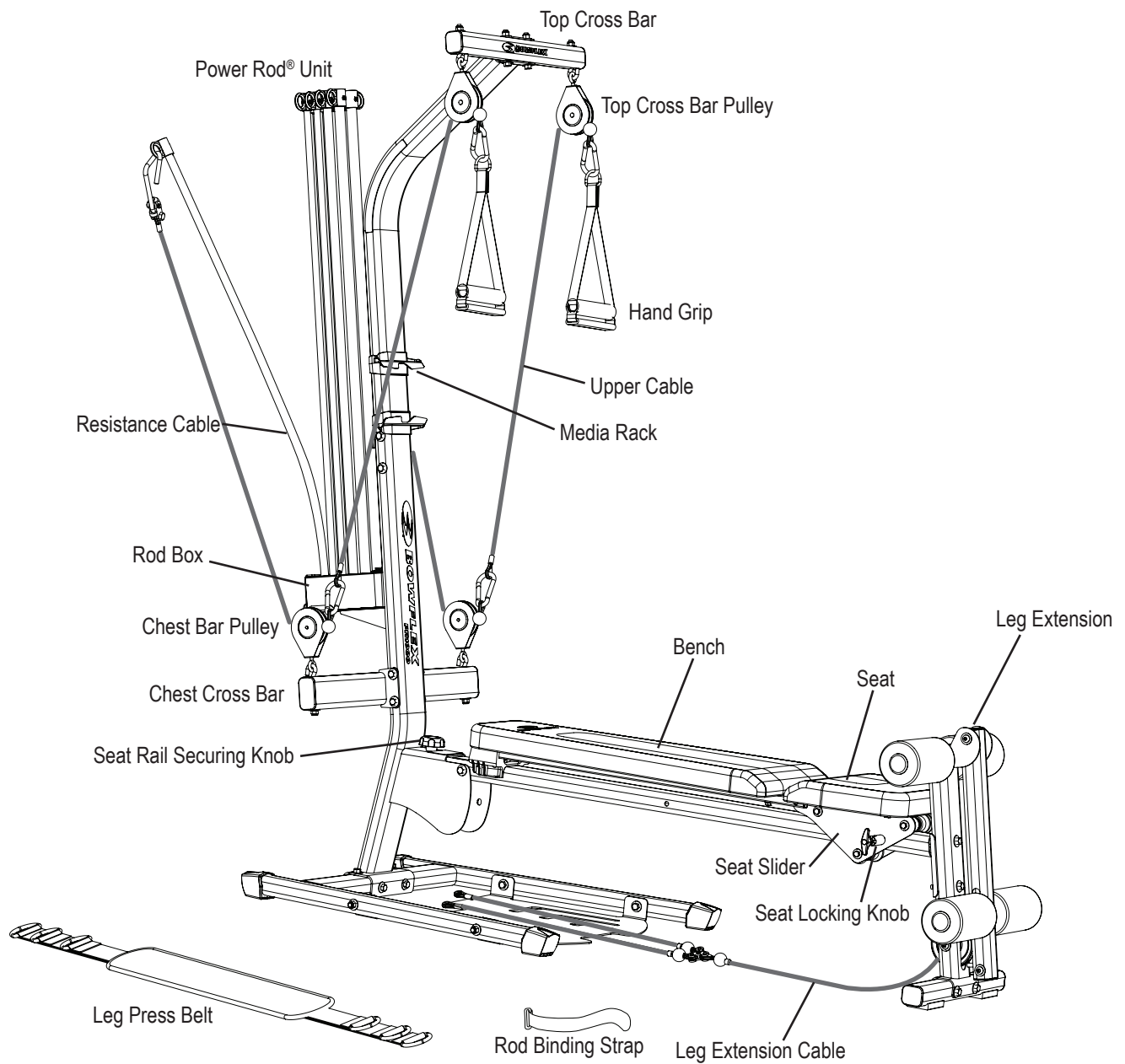
### Cable Routing for Lat Cross Bar Use:



### Cable Routing for Leg Extension Use:



# Features

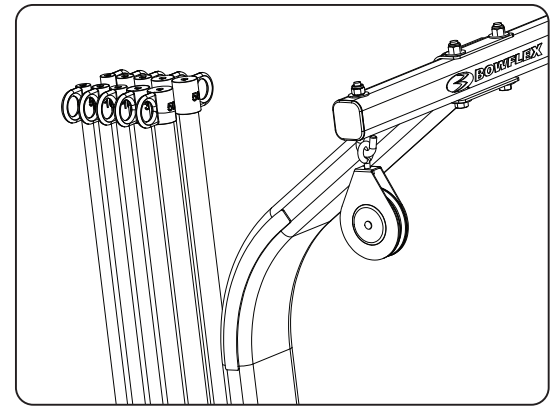


## Adjusting and Understanding the Power Rod® Resistance

Power Rod® units are made from a special composite material. The rods are sheathed with a protective black coating. Each rod is marked with a weight rating on the "Rod Cap" and at the base of each Rod on the Rod Box.

The Bowflex® PR1000 home gym comes with 210 units of resistance provided by the Rod Pack. The full resistance is divided among a 5, two 10s, a 30, and a 50 unit rod on each side of the machine, for a combined total of 210 units.

**Note:** Power Rod® Resistance Rods are manufactured using nylon composite material. The weight resistance measurements are estimates and resistance can vary based on environmental and usage patterns and other factors. Rod resistance will normally degrade over time and after extensive usage. If you have any questions regarding the resistance of your Power Rod® Resistance Rods, contact the Bowflex Customer Service department for assistance.



## Connecting the Power Rod® Unit to the Cables

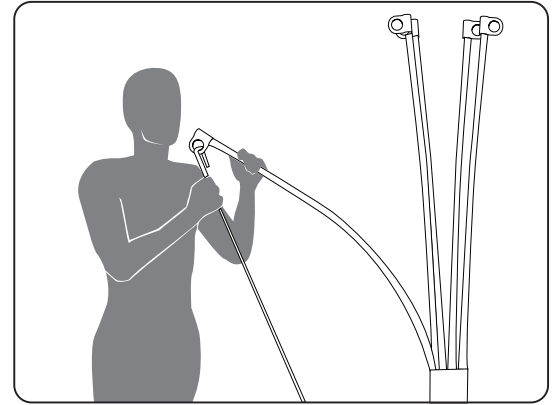
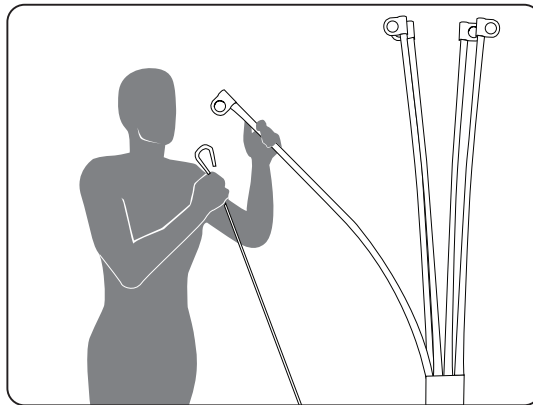
You may use one rod or several rods in combination, to create your desired resistance level.

To hook multiple rods up to one cable, bend the closest rod toward the cable and place the cable hook through that rod cap. You can then hook up the next closest rod through the same cable hook.

Hooking up the closest rod first prevents rods from crossing over the top of one another.

**!** When you attach the Power Rod® units do not stand directly looking above the top of the rods. Stay off to the side while you attach the rods.

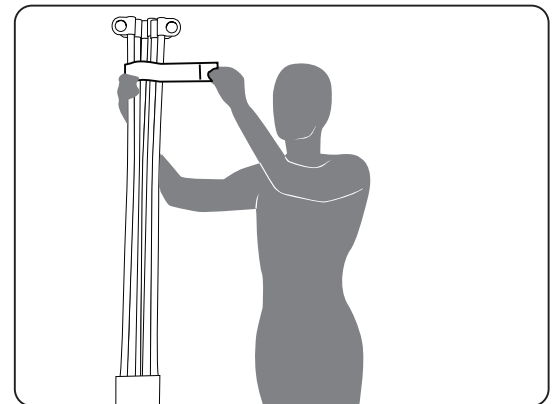
Be sure to maintain a firm grip on the rods when handling them since they are under tension.



## When You Are Not Using Your Home Gym

Disconnect the cables from the Power Rod® unit when you are not using your home gym. Use the Rod Binding Strap included with your machine to bind all the rods together at the top. You can also place your cables and grips through the strap to keep them out of the way. Leaving the rods and cables under tension could cause injury if a rod were inadvertently released.

**!** Keep the cables and Power Rod® units bound with the rod binding strap when not in operation, and be sure and remove the binding strap before beginning any exercises using the rods.

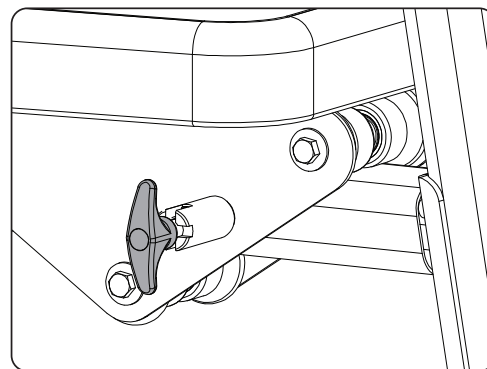


When not using the Upper Cables, secure the lower ends to the Clip mounted on the rear of the Lat Tower. This will keep them secure and out of the workout area. And when not using the Leg Extension Cables, place them so they do not interfere with your workout.

## The Workout Bench

Your Bowflex® home gym has a number of Seat and Bench positions: Flat bench, 45° incline and free-sliding seat extension. To adjust the Seat, pull out the Seat Locking Knob, then slide the Seat to the other hole on the Seat Rail. Release the Seat Locking Knob to secure the Seat. Make sure the Seat Locking Knob is securely in place.

**⚠ Do not make any adjustments to the seat while sitting on it. Do not stand on the seat.**



## Flat Bench

The flat Bench position is used for most of the exercises.

## 45° Incline Bench

Starting with a flat Bench, follow the above instructions to release and move the Seat and Bench. Lift the Bench while you slide the Seat toward the Power Rod® unit until the Bench back rests against the Lat Tower.

## Removing the Bench

The Bench easily attaches and releases from the Seat. To attach the Bench, insert the half hinge on the end of the Bench into the half hinge on the Seat Slider and pivot the other end downward onto the Seat Rail.

**⚠ Be sure the end of the Bench sets firmly into the hinge on the Seat Slider, and then pivot it downward onto the Seat Rail. If the Bench is not fully engaged with the Seat Slider and Seat Rail, the Bench will be unstable and could disengage and potentially cause injury or harm to the user.**

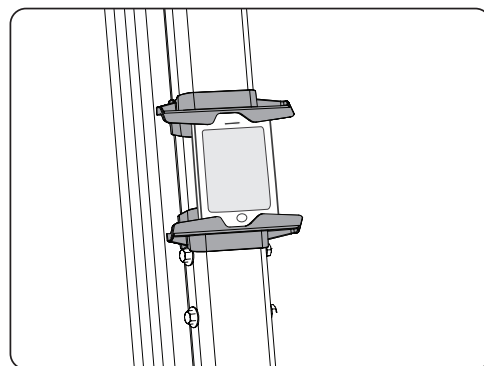
To remove the Bench, lift up the end nearest the Tower and pull it out of the hinge on the Seat Slider.

## Free-Sliding Seat

Remove the Bench, pull out the Seat Locking Knob, twist it a half turn and release it to put the Seat in a “free sliding” position.

## Media Rack

Your Bowflex® home gym is equipped with a Media Rack on the Lat Tower. The Media Rack secures your mobile device, or other media, to the Lat Tower. Place your mobile device on the lower part of the Media Rack. Holding your mobile device in place, slide down the upper part until your device is secure between the lower and upper parts. To get the most of your workouts, find and follow the trainer lead workouts and workout video aids located at [www.pr1000workouts.com](http://www.pr1000workouts.com).



## Maintenance and Care of Your Bowflex® Home Gym

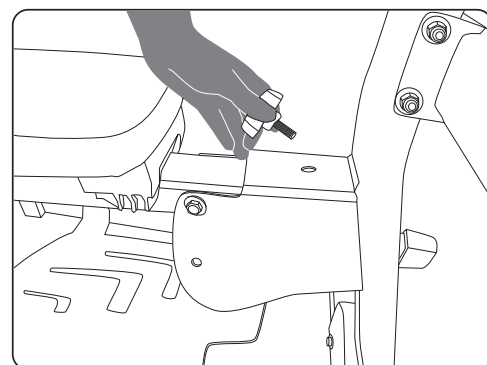
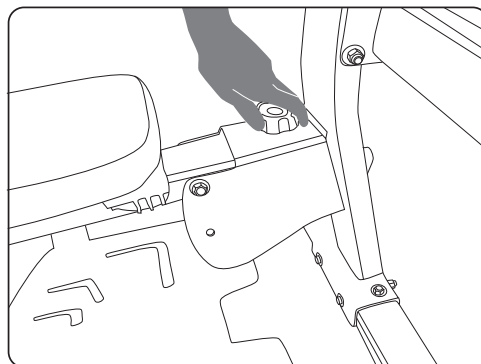
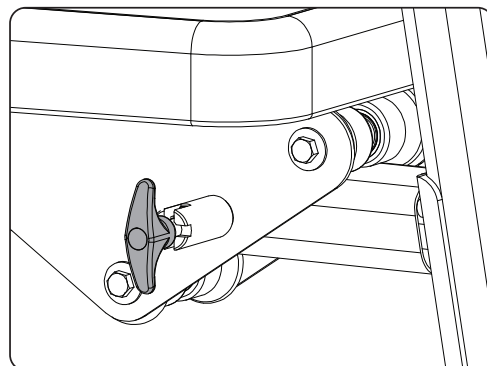
Inspect your machine for any worn or loose components prior to use. Tighten or replace any worn or loose components prior to use. Pay close attention to cables, pulleys, or belts and their connections.

**⚠ The safety and integrity designed into a machine can only be maintained when the equipment is regularly examined for damage and repaired. It is the sole responsibility of the owner to ensure that regular maintenance is performed. Worn or damaged components should be replaced immediately or the equipment removed from service until the repair is made. Only manufacturer supplied components should be used to maintain/repair the equipment.**

Clean the bench with a non-abrasive household cleaner after each use. Do not use automotive cleaner, which can make the bench too “slick”.

## Storing Your Home Gym

1. Lock the Seat and Bench into the flat position with the Seat Locking Knob.
2. Remove all Power Rod® resistance and then bind the Power Rod® unit with the rod binding strap.
3. Remove the Seat Rail Securing Knob from the seat rail.



4. Tilt the bench toward the Power Rod® unit.
5. Secure the bench by carefully inserting the Seat Rail Securing Knob into the hole in the side of the Seat Rail Bracket.

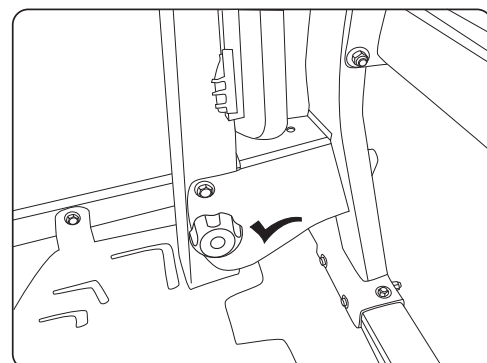
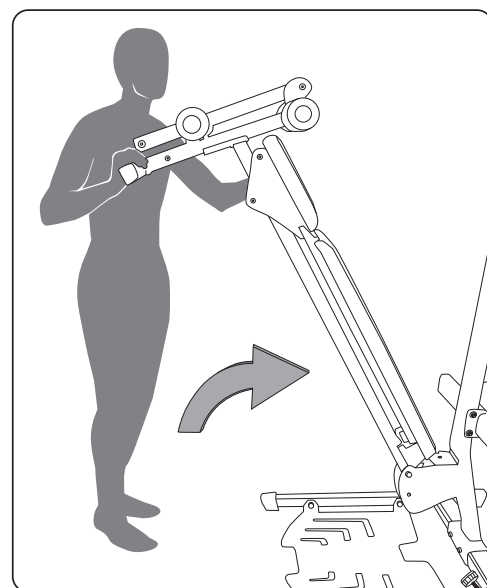
**!** Failure to correctly attach and fully engage the Seat Rail Securing Knob into the seat rail can cause injury.

**Do not stand on the base below the Seat Rail when you lift or lower it. This can cause injury.**

**Always use two hands to lift and lower the Seat Rail. Bend at the knees when you lift or lower the Seat Rail. Failure to use correct lifting procedure can cause injury.**

**Do not try to exercise when the seat rail is in the folded position.**

**Do not move the machine without aid. Injury to you or damage to the machine can occur.**



If you have any questions regarding your Bowflex® home gym, please call the Nautilus Customer Service Department at 1-800-605-3369.

## Equipment and Accessories



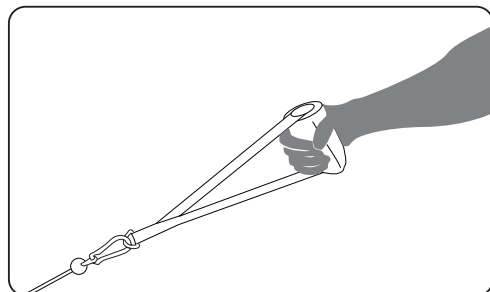
Always inspect for wear prior to use.

### Handgrips

After fitting the handgrips firmly to your hand, ankle, or wrist, attach the pulley cable clips to the D-rings on the handgrips to attach them to the cables.

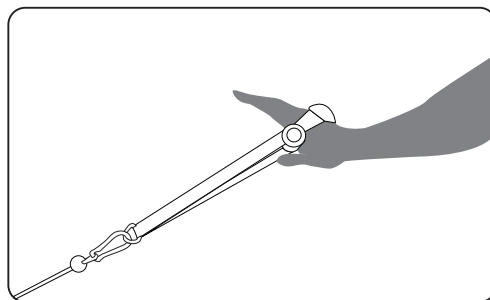
#### Standard Grip

Grasp the grip and cuff together to form a grip without inserting your hand through the cuff portion. Most of the exercises you perform utilize this grip. The Standard Grip also is used for Hammer Grip exercises, when you need to hold the handgrip vertically for greater wrist support.



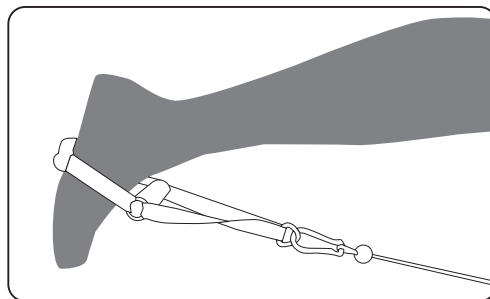
#### Hand Cuff Grip

Slip your hand through the cuff portion of the grip so that the foam pad rests on the back of your hand. Then grasp the remainder of the grip that is sitting in your palm. This method of gripping is great for exercises like front shoulder raises or any exercise where your palm is facing down.



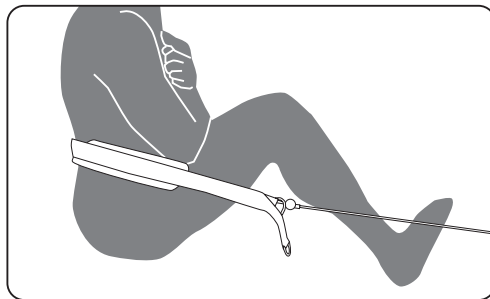
#### Foot Grip

Slip your foot through the cuff of the handle and slide the foam grip against the top of your foot.



#### Leg Press Belt

Wear the Leg Press Belt around your lower arch of spine and attach the D-rings to cable clips. Belt must remain in slight tension to not fall from arch during exercise.



### Additional Accessories

For additional accessories for your home gym, contact Nautilus at 1-800-NAUTILUS (1-800-628-8458) or [www.bowflex.com](http://www.bowflex.com).



It is important to define your goals before you begin your workout routine. The following fitness guidelines will help you define your goals and choose your fitness program.



**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 machine again.**

**Muscle Strength** is the maximum force that you can exert against resistance at one time. Your muscle strength comes into play when you pick up a heavy bag of groceries or lift a small child. It is developed when a localized muscle is worked both positively (concentric) and negatively (eccentric) at a resistance—great enough so you can perform only five to eight repetitions of the exercise before the muscle fails. Each set of repetitions is followed by a rest interval that typically runs three times longer than the set. Later, between exercise sessions, the muscle overcompensates for the stress and usually increases in both strength and size.

**Muscle Endurance** is the ability to perform repeated contractions. It comes into play when you cross-country ski or work on your feet all day. Endurance training addresses the slow twitch, endurance muscle fibers, which depend on oxygen for energy. To develop muscle endurance, use low resistance and high repetitions about 15-20 repetitions in each set, three sets to each exercise, working the muscle only to fatigue.

**Muscle Power** is the combination of strength and speed of the muscular contraction. This is often misinterpreted as; a) being directly associated with certain skill or sport and/or; b) meaning that you must move fast. Load is actually a more important factor than speed when attempting to improve power. When training to achieve muscular power, pick a resistance that fatigues you in the 3-5 repetition range. When performing these reps, it is more important to think of contracting the muscles faster rather than attempting to move faster. Performing sport simulation exercises usually results in a deterioration of the motor pattern or skill. The biomechanically sound method of improving power in your sport is to train for power using the correct joint movements, as described in this manual. Then practice the skill associated with your sport, learning to apply this newly achieved power.

**Body Composition** is the ratio of fat weight (fat) to lean weight (muscles, bones and tissue). As you age, the ratio shifts. The fat weight increases and the lean weight decreases. Training for muscle strength will generally increase muscle size and aerobic conditioning will help burn extra calories. Performing these two forms of exercise, either at different times or together, will create the greatest changes in body fat weight. Balanced Strength and alignment are the result of equal strength developed in all parts of the body. It comes into play in your standing and sitting posture, and in your ability to perform just about any activity safely and effectively. An over-development of the back will round the shoulders; weak or stretched abdominals can cause lower back pain. You want a balance of muscle strength in front and back. In addition, you need a balance of strength between your middle, lower, and upper body.

**Flexibility** is the ability of a muscle or group of muscles to move the joint through a full range of motion. Flexibility comes into play when you execute an overhand serve or stretch for the top shelf in the kitchen. It is a cooperative movement of opposite muscle groups. When a muscle contracts, its opposite muscle group must relax for the action to occur. Increased flexibility means an increased range of motion, made possible by this simultaneous contracting and relaxing. Good flexibility is important in protecting the body from injury and can be achieved through the balanced strength training programs that are included in this manual.

**Cardiovascular Endurance** is the ability of the heart and lungs to supply oxygen and nutrients to exercising muscles over an extended period of time. It comes into play when you jog a mile or ride a bike. It is a critical component of overall fitness and health.

## **Design Your Own Program**

You may want to design your own personal program specifically geared to your goals and lifestyle. Designing a program is easy by following the guidelines below.

### **Understand fitness and its components**

Improperly designed programs can be dangerous. Take some time to review this manual as well as other fitness guides.

### **Know your current fitness level**

Before you start any fitness program you should consult a physician who will help you determine your current abilities.

### **Identify your goals**

Goals are critical to choosing and designing an exercise program that fits and enhances your lifestyle, but so is strategy. It's important not to rush the process and try to accomplish too much too soon. That will lead to setbacks and discouragement. Instead, set a series of smaller achievable goals.

### **Select complementary exercises**

Be sure to pair exercises that address compound joint movements and single joint movements. In addition, select exercises that address complementary muscle groups.

### **Put first things first**

During each session, first work muscle groups that need the most training.

Remember your cardiovascular component. Any fitness program should contain a cardiovascular fitness component to be complete. So complement your resistance training with aerobic exercise such as walking, running, or bicycling.

## **Training variables**

When designing your own program there are several variables that, when mixed properly, will equal the right fitness formula for you. In order to find out the best formula, you must experiment with several combinations of variables.

### **The variables are as follows**

- **Training Frequency:** The number of times you train per week. We recommend daily activity but not daily training of the same muscle group.
- **Training Intensity:** The amount of resistance used during your repetition.
- **Training Volume:** The number of repetitions and sets performed.
- **Rest Intervals:** The time you rest between sets and the time you rest between workouts.

### **Once you've established a base of fitness, follow these basic principles**

- **Isolate Muscle Groups:** Focus work on specific muscle groups.
- **Progressive Loading:** The gradual systematic increase of repetitions, resistance and exercise period.

## **Working Out**

A good pre-workout mental routine is to sit and relax, so that you can focus on what you are about to do and think about achieving your end goal.

## Warming Up

We recommend that you warm up by doing light stretching and performing light exercises on the Bowflex® home gym.

- **Achilles Tendon and Calf:** With both hands against a wall, place one foot behind you. Lean in toward the wall while keeping the rear leg straight and your heel on the ground. Repeat for the other leg.
- **Quadriceps:** Put your left hand on a wall or table for balance. Reach your right hand behind your back and grasp your right ankle, pull it gently toward your buttocks until you feel tension along the front of your thigh. Repeat on the other side.
- **Hamstring:** Stand on one leg and prop the other leg parallel to the ground on a stable cabinet or table top. Slide both hands toward the propped-up ankle as far as is comfortable. Repeat on other side.

## Cooling Down

An essential part of the exercise routine is the cool down. Gradually reduce the level of exercise intensity so that blood does not accumulate in one muscle group, but continues to circulate at a decreasing rate. Remember to gradually move yourself into a relaxed state.

## Breathing

Breathing in or out during the actual performance is not dependent upon the direction of air flow relative to exertion. It is, in fact, a mechanical process that changes the position of your spine as your rib cage moves. Here are some tips for breathing:

1. Be cautious when you are concentrating or exerting effort. This is when you will probably hold your breath. Do not hold your breath. Do not exaggerate breathing. Depth of inhalation and exhalation should be natural for the situation.
2. Allow breathing to occur naturally, do not force it.

## What to Wear

Wear rubber-soled athletic shoes. You will need the appropriate clothes for exercise that allow you to move freely.

# The Programs

## 20 Minute Better Body Workout

**Frequency:** 3 days per week (M-W-F)

**Time:** 20 minutes

Start by performing one set of each exercise. Warm up with a light resistance that you can perform easily for 5–10 reps without fatigue. Focus on practicing and learning your technique before increasing the resistance. Then move to a more challenging resistance that you can perform no less than 10 reps and no more than 15 reps. As you become stronger, you can advance to two sets for each exercise. Complete all sets of each exercise before moving on to the next one. Rest 30 to 45 seconds between sets. Move slowly on each rep. Use a pace that would allow you to stop the movement instantly at any point in the rep. Count three seconds up and three seconds down and work to fatigue during each set.

| Body Part | Exercise                           | Sets | Reps  |
|-----------|------------------------------------|------|-------|
| Chest     | Bench Press                        | 1-2  | 10-15 |
| Back      | Seated Lat Rows                    | 1-2  | 10-15 |
| Shoulders | Crossover Seated Rear Deltoid Rows | 1-2  | 10-15 |
| Arms      | Standing Biceps Curl               | 1-2  | 10-15 |
|           | Triceps Pushdown                   | 1-2  | 10-15 |
| Legs      | Calf Raise                         | 1-2  | 10-15 |
|           | Leg Press                          | 1-2  | 10-15 |
| Trunk     | Trunk Rotation                     | 1-2  | 10-15 |
|           | Seated Abdominal Crunch            | 1-2  | 10-15 |

## Advanced General Conditioning

**Frequency:** 4 days per week (M-T-Th-F)

**Time:** 20 minutes

When you are proficient in performing the exercise techniques of the above workout and are no longer realizing results, or have become just plain bored, it is time to change your program. You can increase your training with this "split system" routine that works opposing muscle groups on different days. To do this, you will increase your resistance when you can perform 12 reps perfectly, and you will increase your volume by performing more sets and more exercises. Move slowly on each rep. Use a pace that would allow you to stop the movement instantly at any point in the rep. Count three seconds up and three seconds down and work to fatigue during each set.

|                       |           |                       |     |       |
|-----------------------|-----------|-----------------------|-----|-------|
| <b>Days 1 &amp; 3</b> | Chest     | Bench Press           | 1-3 | 10-12 |
|                       | Shoulders | Seated Shoulder Press | 1-3 | 10-12 |
|                       | Arms      | Triceps Pushdown      | 1-3 | 10-12 |
|                       |           | Standing Biceps Curl  | 1-3 | 10-12 |
|                       | Legs      | Leg Extension         | 1-3 | 10-12 |
|                       |           | Calf Raise            | 1-3 | 10-12 |

|                       |           |                                   |     |       |
|-----------------------|-----------|-----------------------------------|-----|-------|
| <b>Days 2 &amp; 4</b> | Back      | Seated Lat Rows                   | 1-3 | 10-12 |
|                       |           | Stiff Arm Pulldowns               | 1-3 | 10-12 |
|                       | Shoulders | Crossover Seated Rear Deltoid Row | 1-3 | 10-12 |
|                       | Arms      | Standing Biceps Curl              | 1-3 | 10-12 |
|                       |           | Triceps Pushdown                  | 1-3 | 10-12 |
|                       | Trunk     | Trunk Rotation                    | 1-3 | 10-12 |
|                       |           | Seated Abdominal Crunch           | 1-3 | 10-12 |

## 20 Minute Upper/Lower Body

**Frequency:** 4 days per week (M-T-Th-F)

**Time:** 20 minutes

This program provides a quick and effective workout that combines muscle conditioning with some cardiovascular benefits. Perform this routine when you are limited in time or just want a variation to your normal routine. Perform this program training 2 days, resting 1 to 2. Perform all exercises to near failure, stopping at the point that your technique starts to deteriorate. Rest only 20-30 seconds between sets. As you get stronger, increase the number of sets you perform. Move slowly on each rep. Use a pace that would allow you to stop the movement instantly at any point in the rep. Count three seconds up and three seconds down.

|                       |           |                                    |     |       |
|-----------------------|-----------|------------------------------------|-----|-------|
| <b>Days 1 &amp; 3</b> | Chest     | Bench Press                        | 1-3 | 12-15 |
|                       | Back      | Seated Lat Rows                    | 1-3 | 12-15 |
|                       | Shoulders | Crossover Seated Rear Deltoid Rows | 1-3 | 12-15 |
|                       | Arms      | Standing Biceps Curl               | 1-3 | 12-15 |
|                       |           | Lying Triceps Extension            | 1-3 | 12-15 |

|                       |       |                         |     |       |
|-----------------------|-------|-------------------------|-----|-------|
| <b>Days 2 &amp; 4</b> | Legs  | Leg Extension           | 1-3 | 12-15 |
|                       |       | Leg Press               | 1-3 | 12-15 |
|                       |       | Standing Leg Kickback   | 1-3 | 12-15 |
|                       |       | Standing Hip Adduction  | 1-3 | 12-15 |
|                       | Trunk | Trunk Rotation          | 1-3 | 10-12 |
|                       |       | Seated Abdominal Crunch | 1-3 | 10-12 |

## Body Building

**Frequency:** 6 days on, 1 day off (Day 6)

**Time:** 45-60 minutes

Body building requires focused concentration and dedication to training, as well as proper eating habits. Work each muscle group to fatigue before moving on to the next exercise. Do not neglect any muscle group. If needed, include an aerobic activity to increase your caloric expenditure and help to reduce your body fat levels to achieve a defined muscular look. Rest 30-60 seconds between each set and exercise. Focus on proper form. Tighten the muscle before you move, squeeze the muscle as you move, cramp the muscle at the point of full contraction, and resist the movement as you lower the weight. Move slowly on each rep. Use a pace that would allow you to stop the movement instantly at any point in the rep. Count three seconds up and three seconds down and work to fatigue during each set.

|                       |           |                                    |     |      |
|-----------------------|-----------|------------------------------------|-----|------|
| <b>Days 1 &amp; 3</b> | Chest     | Bench Press                        | 2-4 | 8-12 |
|                       |           | Decline Bench Press                | 2-4 | 8-12 |
|                       | Shoulders | Seated Shoulder Press              | 2-4 | 8-12 |
|                       |           | Crossover Seated Rear Deltoid Rows | 2-4 | 8-12 |
|                       |           | Front Shoulder Raise               | 2-4 | 8-12 |
|                       |           | Scapular Retraction                | 2-4 | 8-12 |

|                       |      |                         |     |      |
|-----------------------|------|-------------------------|-----|------|
| <b>Days 2 &amp; 4</b> | Back | Seated Lat Rows         | 2-4 | 8-12 |
|                       |      | Reverse Grip Pulldowns  | 2-4 | 8-12 |
|                       | Arms | Standing Biceps Curl    | 2-4 | 8-12 |
|                       |      | Standing Wrist Curl     | 2-4 | 8-12 |
|                       |      | Triceps Pushdown        | 2-4 | 8-12 |
|                       |      | Lying Triceps Extension | 2-4 | 8-12 |

|                       |       |                         |     |      |
|-----------------------|-------|-------------------------|-----|------|
| <b>Days 5 &amp; 7</b> | Legs  | Leg Press               | 2-4 | 8-12 |
|                       |       | Leg Extension           | 2-4 | 8-12 |
|                       |       | Standing Leg Kickback   | 2-4 | 8-12 |
|                       |       | Seated Hip Abduction    | 2-4 | 8-12 |
|                       | Trunk | Seated Abdominal Crunch | 2-4 | 8-12 |
|                       |       | Trunk Rotation          | 2-4 | 8-12 |

## Circuit Training - Anaerobic/Cardiovascular

**Frequency:** 6 days on, 1 day off (Day 6)

**Time:** 20-45 minutes

Circuit training is a great way to achieve the benefits of strength training and cardiovascular training in one quick, challenging routine. The idea is to move quickly from exercise to exercise, taking only as much rest between sets as it takes to set up the next exercise (less than 20 seconds). One circuit equals one set of each exercise. Initially, start with completing one round of Circuit 1. Then add an additional round of the same circuit. Once you reach three rounds of Circuit 1, add one round of Circuit 2. Add additional rounds of Circuit 2 as your fitness level increases. Repeat the process with Circuit 3. Do not let your heart rate exceed 220, minus your resting heart rate. Perform each rep of each exercise slowly. Count three seconds up and three seconds down.

|                       |       |                         |      |
|-----------------------|-------|-------------------------|------|
| <b>Days 1 &amp; 3</b> | Chest | Bench Press             | 8-12 |
|                       | Legs  | Leg Press               | 8-12 |
|                       | Back  | Seated Lat Rows         | 8-12 |
|                       | Legs  | Calf Raise              | 8-12 |
|                       | Trunk | Seated Abdominal Crunch | 8-12 |

|                       |           |                         |      |
|-----------------------|-----------|-------------------------|------|
| <b>Days 2 &amp; 4</b> | Shoulders | Seated Shoulder Press   | 8-12 |
|                       | Legs      | Leg Extension           | 8-12 |
|                       | Back      | Narrow Pulldowns        | 8-12 |
|                       | Trunk     | Seated Abdominal Crunch | 8-12 |
|                       | Arms      | Standing Biceps Curl    | 8-12 |

|                       |           |                                    |      |
|-----------------------|-----------|------------------------------------|------|
| <b>Days 5 &amp; 7</b> | Shoulders | Crossover Seated Rear Deltoid Rows | 8-12 |
|                       | Arms      | Triceps Pushdown                   | 8-12 |
|                       | Legs      | Calf Raise                         | 8-12 |
|                       | Trunk     | Trunk Rotation                     | 8-12 |

## True Aerobic Circuit Training

**Frequency:** 2-3 times per week

**Time:** 20-60 minutes

Circuit training is a great way to achieve the benefits of strength training and cardiovascular training in one quick, challenging routine. By returning to an aerobic exercise between each set you are increasing your aerobic capacity, endurance and burning fat as energy. The idea is to move quickly from exercise to exercise, taking only as much rest between sets as it takes to set up the next exercise (less than 20 seconds). One circuit equals one set of each exercise. Initially, start with completing one round of Circuit 1. Then add an additional round of the same circuit. Once you reach three rounds of Circuit 1, add one round of Circuit 2. Add additional rounds of Circuit 2 as your fitness level increases. Do not let your heart rate exceed 220 minus your resting heart rate. Perform each rep of each exercise slowly and with perfect technique. Count three seconds up and three seconds down.

Any type of aerobic exercise can be used for this routine. Some examples are: jumping jacks, jogging in place, or stair climbing.

|                  |                  |                         |      |
|------------------|------------------|-------------------------|------|
| <b>Circuit 1</b> | Chest            | Bench Press             | 8-12 |
|                  | Aerobic Exercise | 30-60 Seconds           |      |
|                  | Legs             | Leg Press               | 8-12 |
|                  | Aerobic Exercise | 30-60 Seconds           |      |
|                  | Back             | Seated Lat Rows         | 8-12 |
|                  | Aerobic Exercise | 30-60 Seconds           |      |
|                  | Legs             | Calf Raise              | 8-12 |
|                  | Aerobic Exercise | 30-60 Seconds           |      |
|                  | Trunk            | Seated Abdominal Crunch | 8-12 |
|                  | Aerobic Exercise | 30-60 Seconds           |      |

|                  |                  |                       |      |
|------------------|------------------|-----------------------|------|
| <b>Circuit 2</b> | Shoulders        | Seated Shoulder Press | 8-12 |
|                  | Aerobic Exercise | 30-60 Seconds         |      |
|                  | Legs             | Leg Extension         | 8-12 |
|                  | Aerobic Exercise | 30-60 Seconds         |      |
|                  | Back             | Reverse Grip Pulldown | 8-12 |
|                  | Aerobic Exercise | 30-60 Seconds         |      |
|                  | Trunk            | Trunk Rotation        | 8-12 |
|                  | Aerobic Exercise | 30-60 Seconds         |      |
|                  | Arms             | Standing Biceps Curl  | 8-12 |
|                  |                  |                       |      |



## Strength Training

**Frequency:** 3 days per week (M-W-F)

**Time:** 45-60 minutes

This program is designed to emphasize overall strength development. This is an advanced routine to be used only after you have progressed from the advanced general conditioning routine and only after you have perfected your exercise techniques. Work each set to near exhaustion. If you can perform more than 5 to 8 reps, you should increase your resistance 5 lbs and decrease your reps to 5. Rest 60–120 seconds between each set and exercise. Focus on proper form. Tighten the muscle before you move, squeeze the muscle as you move, cramp the muscle at the point of full contraction, and resist the movement as you lower the weight. Move slowly on each rep. Use a pace that would allow you to stop the movement instantly at any point in the rep. Count two seconds up and four seconds down and work to fatigue during each set.

### Day 1

|           |                                    |     |     |
|-----------|------------------------------------|-----|-----|
| Chest     | Bench Press                        | 2-4 | 5-8 |
|           | Decline Bench Press                | 2-4 | 5-8 |
| Shoulders | Seated Shoulder Press              | 2-4 | 5-8 |
|           | Crossover Seated Rear Deltoid Rows | 2-4 | 5-8 |
|           | Front Shoulder Raise               | 2-4 | 5-8 |

### Day 2

|      |                      |     |     |
|------|----------------------|-----|-----|
| Back | Seated Lat Rows      | 2-4 | 5-8 |
|      | Stiff Arm Pulldowns  | 2-4 | 5-8 |
| Arms | Standing Biceps Curl | 2-4 | 5-8 |
|      | Standing Wrist Curl  | 2-4 | 5-8 |
|      | Triceps Pushdown     | 2-4 | 5-8 |
|      | Triceps Extension    | 2-4 | 5-8 |

### Day 3

|       |                         |     |     |
|-------|-------------------------|-----|-----|
| Legs  | Leg Press               | 2-4 | 5-8 |
|       | Leg Extension           | 2-4 | 5-8 |
|       | Standing Leg Kickback   | 2-4 | 5-8 |
|       | Calf Raise              | 2-4 | 5-8 |
| Trunk | Trunk Rotation          | 2-4 | 5-8 |
|       | Seated Abdominal Crunch | 2-4 | 5-8 |



Keep your body weight centered on the machine, seat or base frame platform while exercising.

When using the machine for standing leg exercises, always hold the Lat Tower of the machine for stability.

All exercises in this manual are based on the calibrated resistance and capacity levels of this machine. Only exercises included in this manual or in written materials authorized and supplied by Bowflex® are recommended for operation with this machine.

## Aerobic Rowing

### Muscles worked

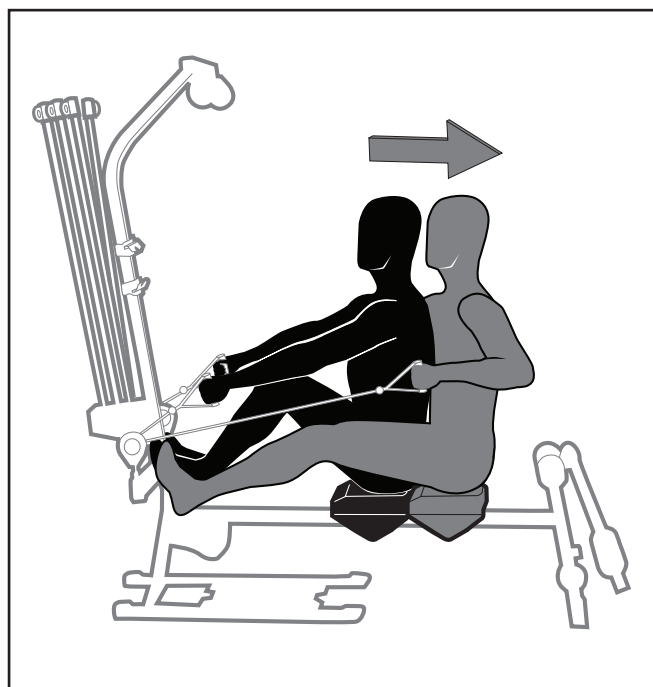
Pectoralis Major; Anterior Deltoids

### Machine Set-Up

- Remove bench and seat rail knob
- Chest Cross Bar pulleys
- Hand Grips
- Attach the clips to the resistance rods

### Success Tips

- Maintain good spinal alignment. Keep chest lifted.
- Bend from the hip during movement, not from the waist.



## Bench Press - Shoulder Horizontal Adduction (and elbow extension)

### Muscles Worked

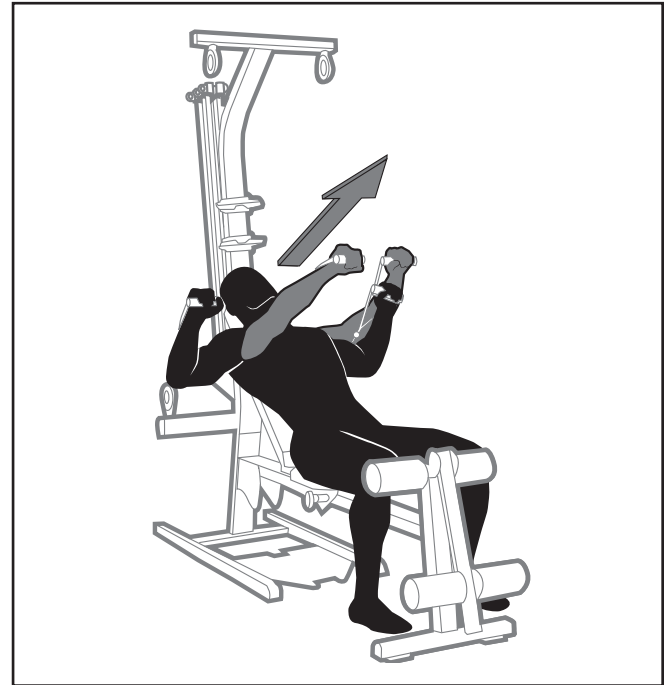
Pectoralis Major, Deltoids, Triceps

### Machine Set-Up

- Adjust the bench to a 45° incline.
- Chest Cross Bar pulleys
- Handgrips
- Attach the clips to the Power Rod® resistance rods.

### Success Tips

- Maintain a 90° angle between your upper arms and your torso throughout the motion.
- Keep your chest muscles tight.
- Limit and control your range of motion.
- Keep your knees bent, feet flat on the floor, head back against the bench.
- Keep your shoulder blades pinched together and maintain good spinal alignment.



## Decline Bench Press - Shoulder Horizontal Adduction (and elbow extension)

### Muscles Worked

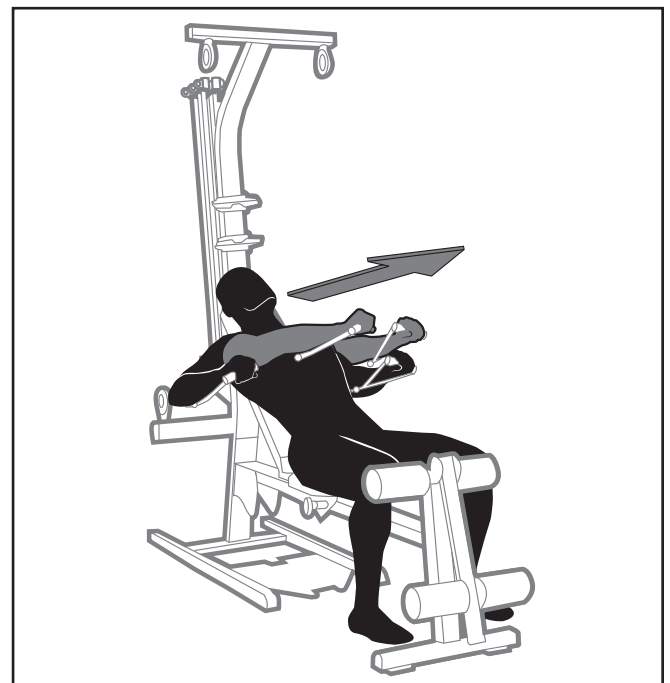
Pectoralis Major, Deltoids, Triceps

### Machine Set-Up

- Adjust the bench to a 45° incline.
- Chest Cross Bar pulleys
- Handgrips
- Attach the clips to the Power Rod® resistance rods.

### Success Tips

- Maintain a 90° angle between your upper arms and torso at the start of the motion, and slightly less than 90° at the finish.
- Keep your knees bent, feet flat on the floor, head back against the bench.
- Do not let your elbows travel behind your shoulders.
- Keep your shoulder blades pinched together and maintain good spinal alignment.



## Incline Bench Press - Shoulder Horizontal Adduction (and elbow extension)

### Muscles Worked

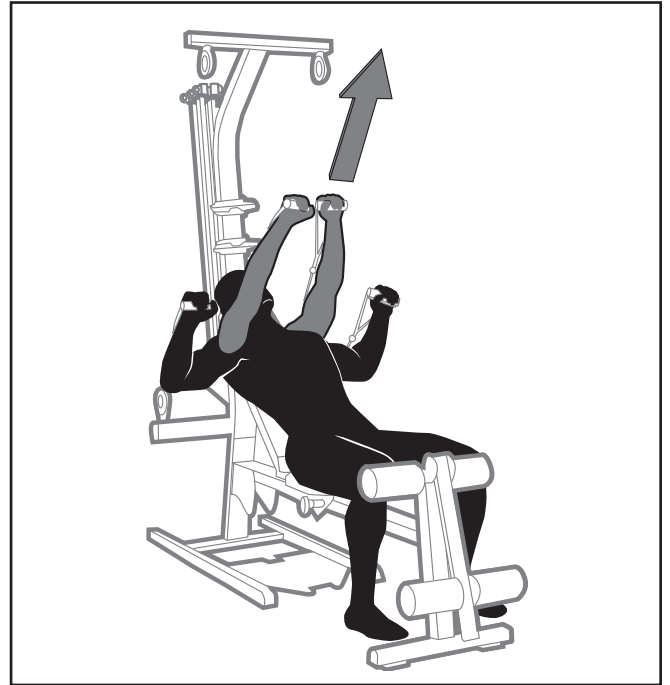
Pectoralis Major, Deltoids, Triceps

### Machine Set-Up

- Adjust the bench to a 45° incline.
- Chest Cross Bar pulleys
- Handgrips
- Attach the clips to the Power Rod® resistance rods.

### Success Tips

- Maintain a 90° angle between your upper arms and torso at the start of the motion, and slightly less than 90° at the finish.
- Keep your knees bent, feet flat on the floor, head back against the bench.
- Do not let your elbows travel behind your shoulders.
- Keep your shoulder blades pinched together and maintain good spinal alignment.



## Shoulder Exercises

## Seated Shoulder Press - Shoulder Adduction (and elbow extension)

### Muscles Worked

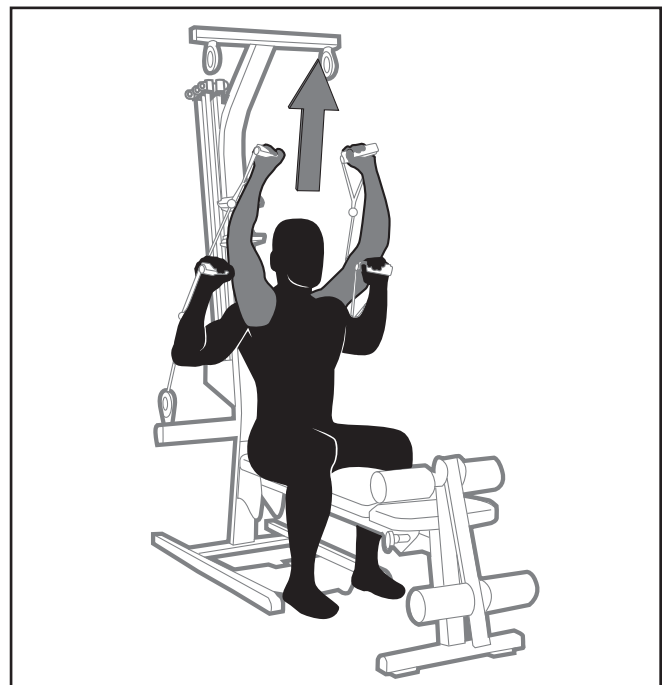
Front Deltoids, Upper Trapezius, Triceps

### Machine Set-Up

- Adjust to Flat Bench position
- Chest Cross Bar pulleys
- Handgrips
- Attach the clips to the Power Rod® resistance rods

### Success Tips

- Keep your knees bent and your feet flat on the floor.
- Do not increase the arch in your lower back as you raise your arms, but keep your spine steady and tight.
- Keep your abdominals tight and maintain good spinal alignment.
- Keep tension in your front shoulder muscles when you return to the starting position.



## Front Shoulder Raise - Shoulder Flexion (elbow stabilized)

### Muscles Worked

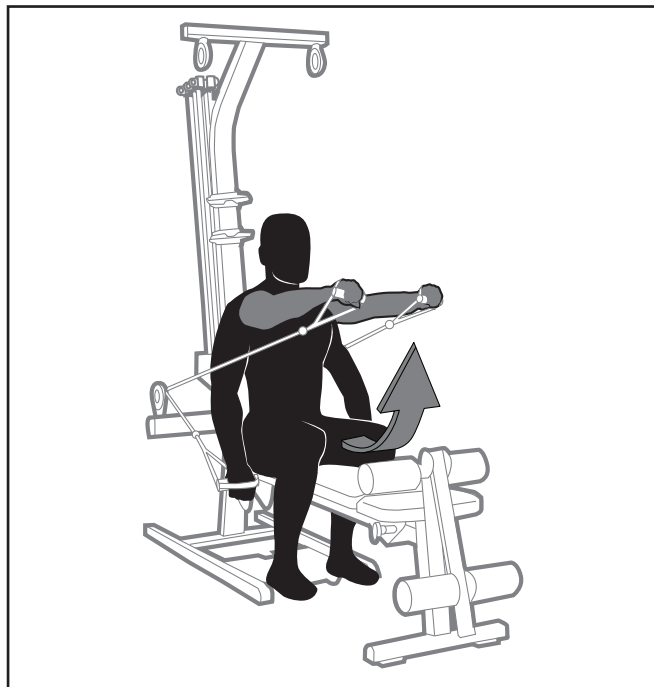
Front and Middle Deltoids

### Machine Set-Up

- Adjust to Flat Bench position.
- Chest Cross Bar pulleys
- Handgrips
- Attach the clips to the Power Rod® resistance rods.

### Success Tips

- Keep your abdominals tight and maintain good spinal alignment with a slight arch in your lower back.
- Keep your knees bent and your feet flat on the floor.
- Do not increase the arch in your lower back as you raise your arms, but keep your spine steady and tight.
- Your arms may be moved alternately or together.



## Crossover Seated Rear Deltoid Rows

### Muscles Worked

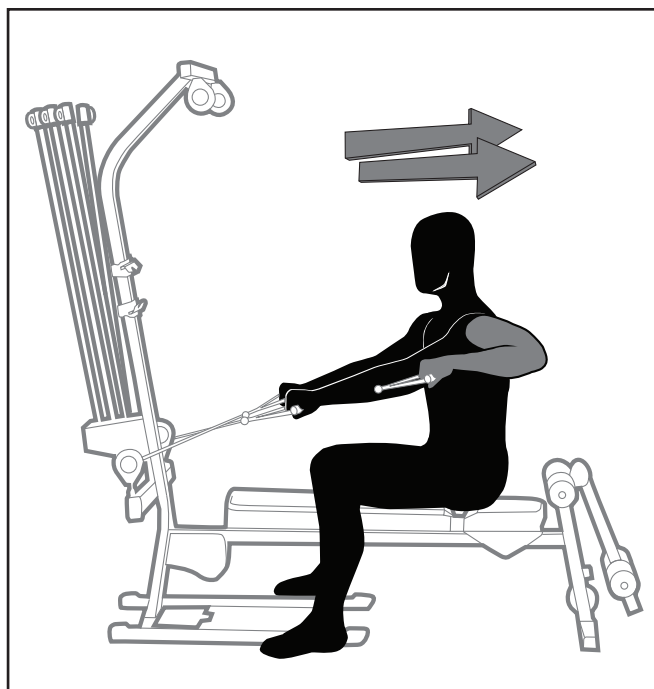
Rear and Middle Deltoids, Posterior, Rotator Cuff, Upper Latissimus, Teres Major, Trapezius, Rhomboids

### Machine Set-Up

- Adjust to Flat Bench position.
- Chest Cross Bar pulleys
- Handgrips
- Attach the clips to the Power Rod® resistance rods.

### Success Tips

- Maintain a 90° angle between your upper arms and torso throughout the motion.
- Keep your knees bent and your feet flat on the floor.
- To work one arm at a time place the non-working hand on the bench to stabilize.
- Keep your shoulder blades pinched together and maintain good spinal alignment.



## Scapular Retraction

### Muscles Worked

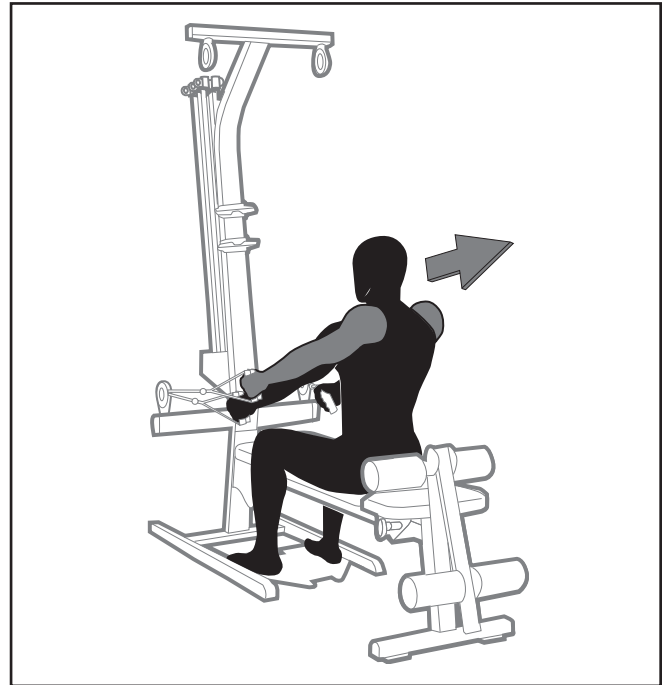
Middle Trapezius, Rhomboids

### Machine Set-Up

- Adjust to Flat Bench position.
- Chest Cross Bar pulleys
- Handgrips
- Attach the clips to the Power Rod® resistance rods.

### Success Tips

- Do not lose your spinal alignment.
- Keep your chest lifted.
- Keep your knees bent and your feet flat on the floor.
- Keep your spine aligned and a slight arch in your lower back.
- Do not use your arm muscles for this movement.



## Back Exercises

## Narrow Pulldowns

### Muscles Worked

Latissimus Dorsi, Teres Major, Rear Deltoids, Biceps

### Machine Set-Up

- Adjust to Flat Bench position.
- Top Cross Bar pulleys
- Handgrips
- Attach the clips to the Power Rod® resistance rods.

### Success Tips

- Keep your knees bent and your feet flat on the floor.
- Keep your spine aligned, abs tight and a slight arch in your lower back.
- Keep your lats tightened throughout the exercise.
- Release your shoulder blades at the top of each rep.
- Initiate each new rep by depressing your shoulder blades.



## Stiff Arm Pulldowns

### Muscles Worked

Latissimus Dorsi, Teres Major, Rear Deltoids, Biceps

### Machine Set-Up

- Adjust to Flat Bench position.
- Top Cross Bar pulleys
- Handgrips
- Attach the clips to the Power Rod® resistance rods.

### Success Tips

- Keep your knees slightly bent and your feet flat on the floor.
- Keep your spine aligned, abs tight and a slight arch in your lower back.



## Seated Lat Rows - Shoulder Extension (and elbow flexion)

### Muscles Worked

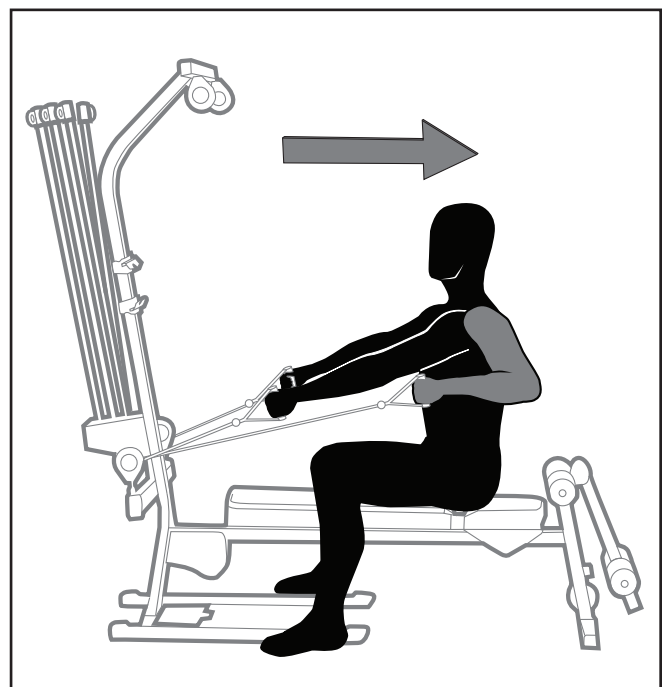
Latissimus Dorsi, Teres Major, Rear Deltoids, Biceps

### Machine Set-Up

- Adjust to Flat Bench position.
- Chest Cross Bar pulleys
- Handgrips
- Attach the clips to the Power Rod® resistance rods.

### Success Tips

- Keep your knees bent and your feet flat on the floor.
- Do not bend your torso forward.
- Keep your chest lifted and maintain spinal alignment.
- Release your shoulder blades at the top of each rep.
- Initiate each new rep by depressing your shoulder blades.



## Reverse Grip Pulldown

### Muscles Worked

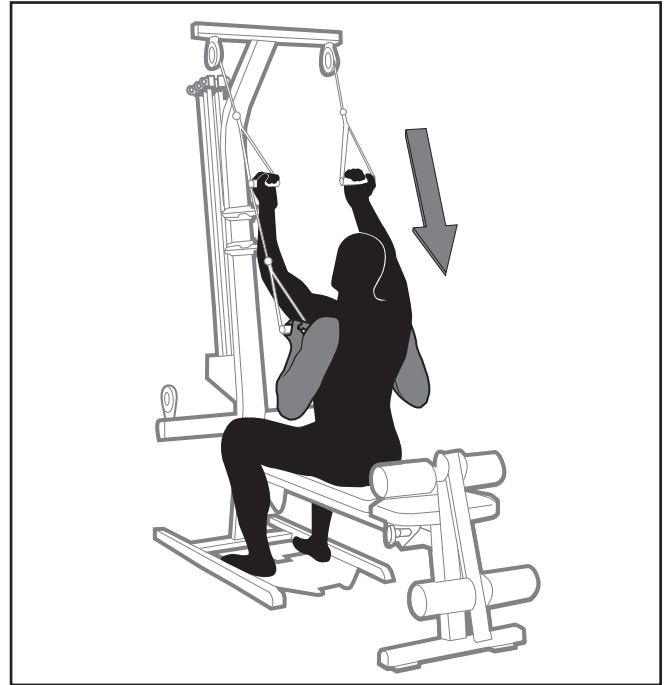
Lower Trapezius

### Machine Set-Up

- Adjust to Flat Bench position.
- Top Cross Bar pulleys
- Handgrips
- Attach the clips to the Power Rod® resistance rods.

### Success Tips

- Keep your knees bent and your feet flat on the floor.
- Keep your spine aligned, abs tight and a slight arch in your lower back.
- Keep your lats tightened through this exercise.
- Release your shoulder blades at the top of each rep.
- Initiate each new rep by depressing your shoulder blades.



## Seated Low Back Extension

### Muscles Worked

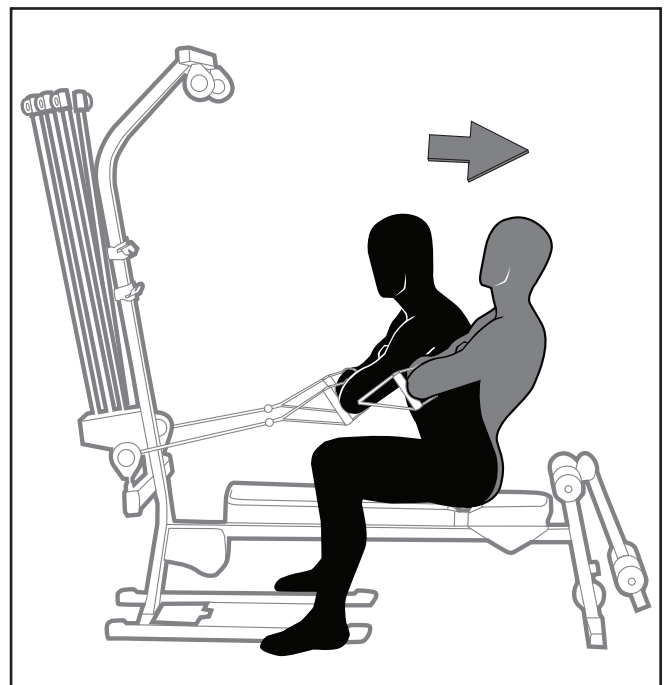
Lower Trapezios

### Machine Set-Up

- Adjust to Flat Bench position.
- Chest Cross Bar pulleys
- Handgrips
- Attach the clips to the Power Rod® resistance rods.

### Success Tips

- Keep your knees bent and your feet flat on the floor.
- Pivot at torso only.
- Keep your chest lifted and maintain spinal alignment.
- Keep arms crossed with hand grips looped onto forearm.
- Release your shoulder blades at the top of each rep.
- Initiate each new rep by depressing your shoulder blades.





## Triceps Pushdown - Elbow Extension

### Muscles Worked

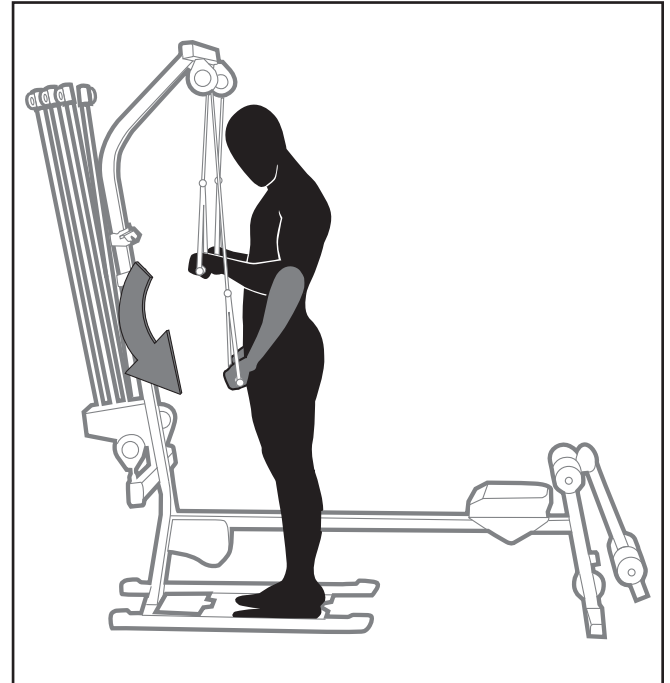
Triceps

### Machine Set-Up

- Remove the bench.
- Top Cross Bar pulleys
- Handgrips
- Attach the clips to the Power Rod® resistance rods.

### Success Tips

- Keep your upper arms motionless and your wrists straight.
- Keep your chest lifted, abs tight and maintain a slight arch in your lower back.
- Keep your knees slightly bent and your feet flat on the floor.
- Use a controlled motion and tighten your triceps throughout the exercise.



## Lying Triceps Extension - Elbow Extension

### Muscles Worked

Triceps

### Machine Set-Up

- Adjust to Flat Bench position.
- Chest Cross Bar pulleys
- Handgrips
- Attach the clips to the Power Rod® resistance rods.

### Success Tips

- Keep your knees bent and your feet flat on the floor.
- Lay your head back against the bench.
- Keep your chest lifted, shoulders pinched together and a very slight arch in your lower back.
- Keep your upper arms and shoulders motionless and your wrists straight.
- Use a controlled motion and tighten your triceps throughout the exercise.



## Standing Biceps Curl - Elbow Flexion (in supination)

### Muscles Worked

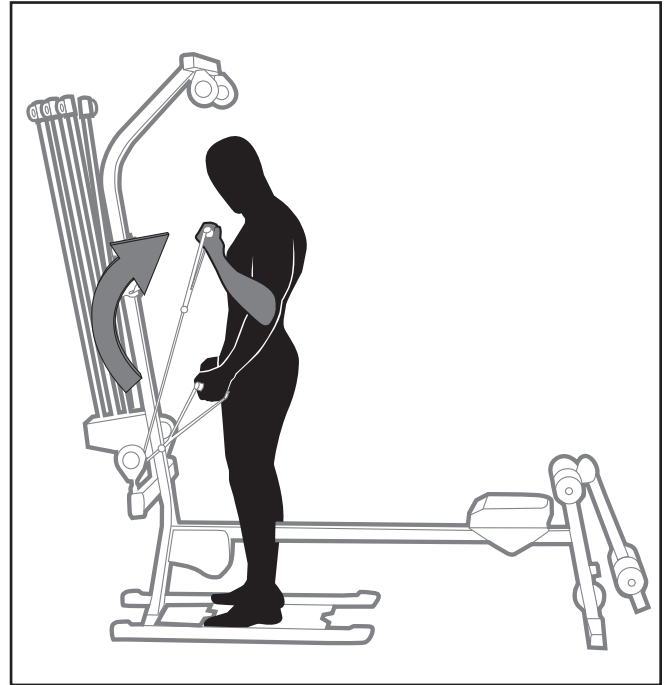
Biceps

### Machine Set-Up

- Remove the bench.
- Chest Cross Bar pulleys
- Handgrips
- Attach the clips to the Power Rod® resistance rods.

### Success Tips

- Keep your chest lifted, abs tight and a very slight arch in your lower back.
- Keep your knees slightly bent and your feet flat on the floor.
- Keep your elbows at your sides and your wrists straight.



## Standing Wrist Curl

### Muscles Worked

Biceps, Forearms

### Machine Set-Up

- Remove the bench
- Chest Cross Bar pulleys
- Handgrips
- Attach the clips to the Power Rod® resistance rods

### Success Tips

- Keep your chest lifted, trunk muscles tight and a very slight arch in your lower back.
- Move slowly, keeping tension in the front of your forearms at all times.
- Keep your knees slightly bent and your feet flat on the floor.
- Do not increase or decrease the bend in your elbow during this exercise. Keep all motion in the wrist.
- Do not rock your body back and forth during the wrist motion.



## Seated (Resisted) Abdominal Crunch - Spinal Flexion

### Muscles Worked

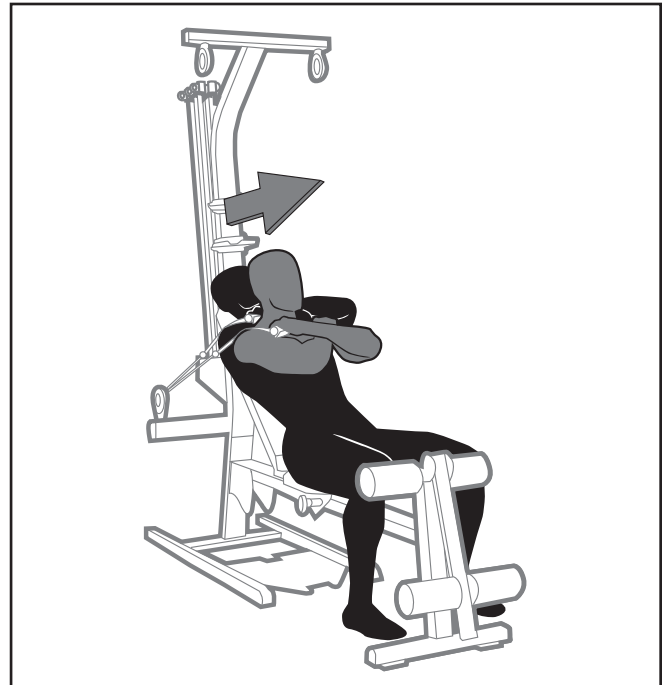
Rectus Abdominus, Obliques

### Machine Set-Up

- Adjust the bench to a 45° incline.
- Chest Cross Bar pulleys
- Handgrips
- Attach the clips to the Power Rod® resistance rods.

### Success Tips

- Do not lift your head or chin. Your head should follow the rib motion rather than lead it.
- Maintain normal neck posture.
- Tighten your abs throughout the entire exercise and relax only at the end of each set.
- Move slowly to eliminate momentum.
- Exhale during the upward movement and inhale during the downward movement.



## Trunk Rotation

### Muscles Worked

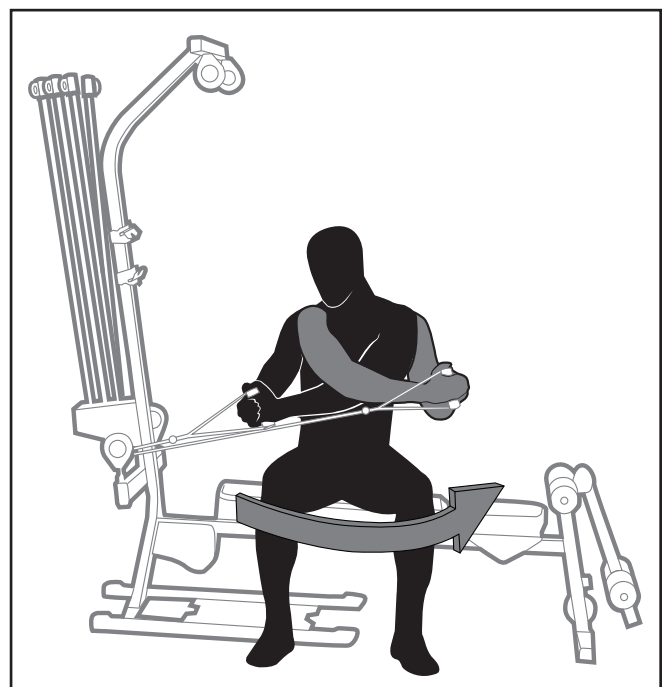
Rectus Abdominus, Obliques, Serratus Anterior

### Machine Set-Up

- Adjust to Flat Bench position.
- Chest Cross Bar pulleys
- Handgrips
- Attach the clips to the Power Rod® resistance rods.

### Success Tips

- Keep your chest lifted, shoulders pinched, abs tight and a slight arch in your lower back.
- Use only low weight Rods.
- Keep all motion in your torso.
- Move only as far as your muscles let you. Do not use momentum to increase your range of motion.



**⚠ Failure to perform this exercise correctly could result in injury. Use only low weight rods.**

## Leg Extension

### Muscles Worked

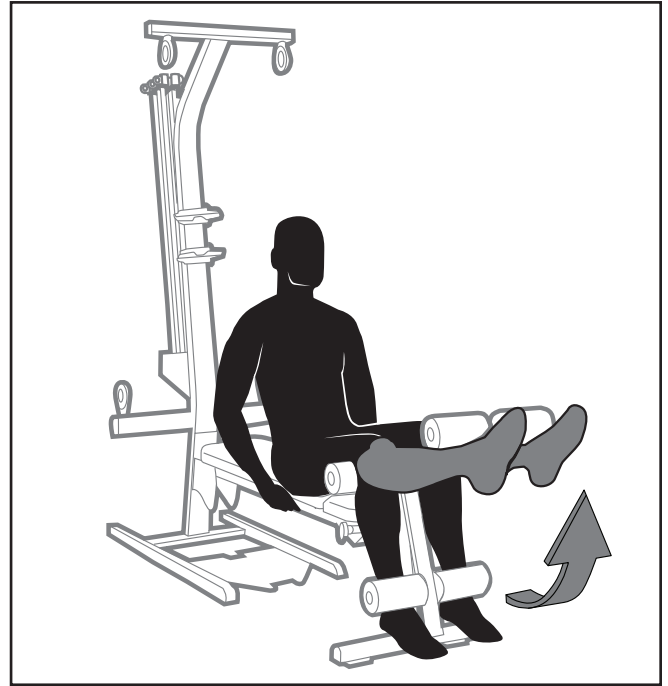
Quadriceps

### Machine Set-Up

- Adjust to Flat Bench position.
- Use the Leg Extension Seat.
- Leg Extension pulleys
- Attach the clips to the Power Rod® resistance rods.

### Success Tips

- Use slow, controlled motion. Do not kick into the extension.
- Do not let your knees rotate outward during the exercise. Keep your kneecaps pointing up and straight forward.



## Calf Raise

### Muscles Worked

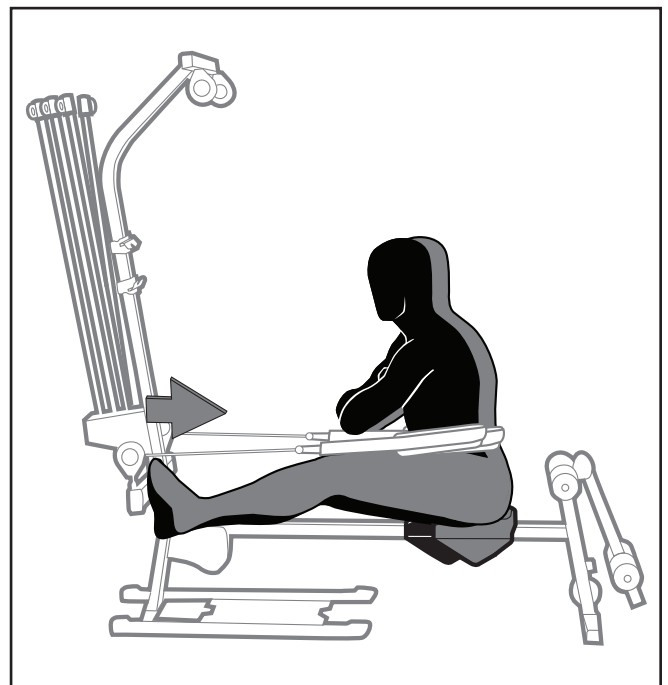
Gastrocnemius, Soleus

### Machine Set-Up

- Remove bench and seat rail knob.
- Chest Cross Bar pulleys
- Leg Press Belt
- Attach the clips to the Power Rod® resistance rods.

### Success Tips

- Keep your chest lifted, spine aligned, abs tight and a very slight arch in your lower back.
- Do not bend from hip or waist during movement.
- Push with end of foot to fully extend leg.



## Seated Hip Adduction

### Muscles Worked

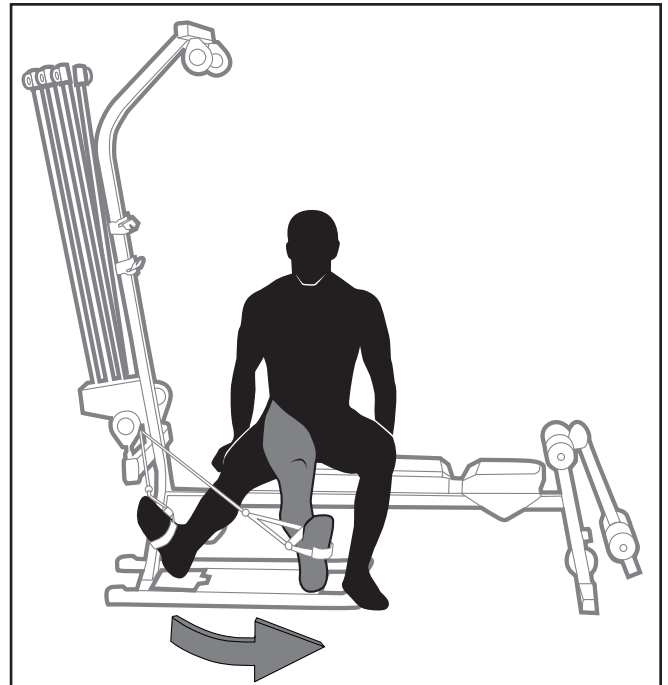
Adductor Longus, Gluteus Medius

### Machine Set-Up

- Adjust to Flat Bench position
- Chest Cross Bar pulleys
- Handgrips
- Attach the clips to the Power Rod® resistance rods

### Success Tips

- Do not cross the attached leg in front of the stabilized leg.
- Keep your abs tight and do not lift your hips or excessively arch your back.
- Keep your spine straight and your hips level. Do not raise your hips during the motion.
- Use only a small range of motion.



## Seated Hip Abduction

### Muscles Worked

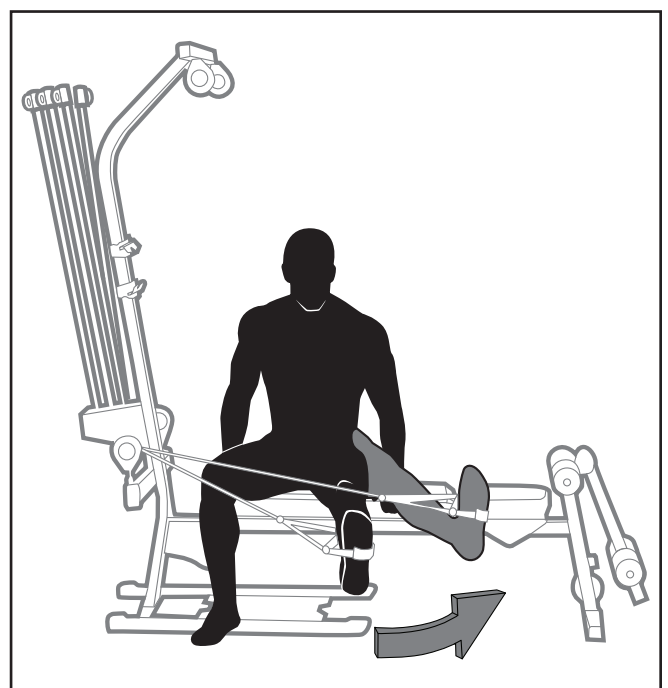
Piriformis, Gluteus Maximus

### Machine Set-Up

- Adjust to Flat Bench position.
- Chest Cross Bar pulleys
- Handgrips
- Attach the clips to the Power Rod® resistance rods.

### Success Tips

- Keep your spine straight and your hips level. Do not raise your hips during the motion.
- Use only a small range of motion.
- Keep your hips motionless throughout this exercise.



## Standing Leg Kickback - Hip and Knee Extension

### Muscles Worked

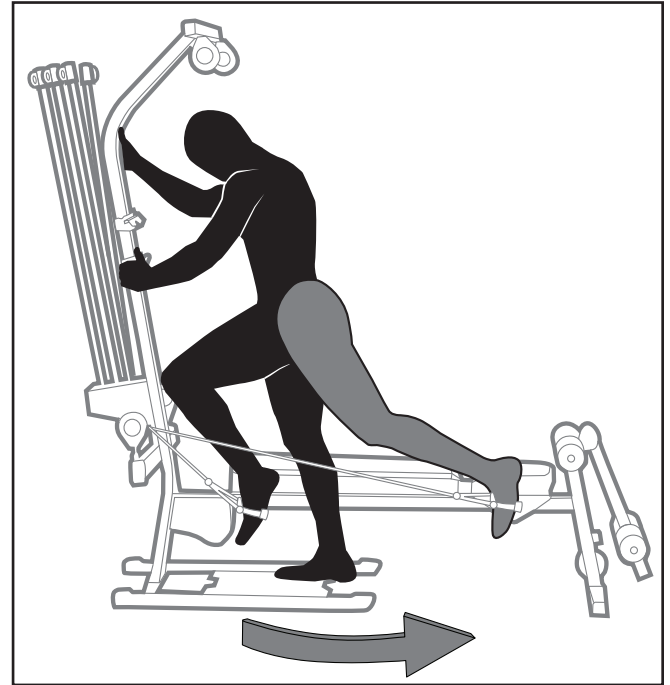
Gluteus Maximus

### Machine Set-Up

- Adjust to Flat Bench position.
- Chest Cross Bar pulleys
- Handgrips
- Attach the clips to the Power Rod® resistance rods.

### Success Tips

- Keep your chest lifted, spine aligned, abs tight and a very slight arch in your lower back.
- Do not bend from your waist or lower back.
- Hold on to Lat Tower for stability.
- Keep stabilizer foot on foot plate.



## Leg Press

### Muscles Worked

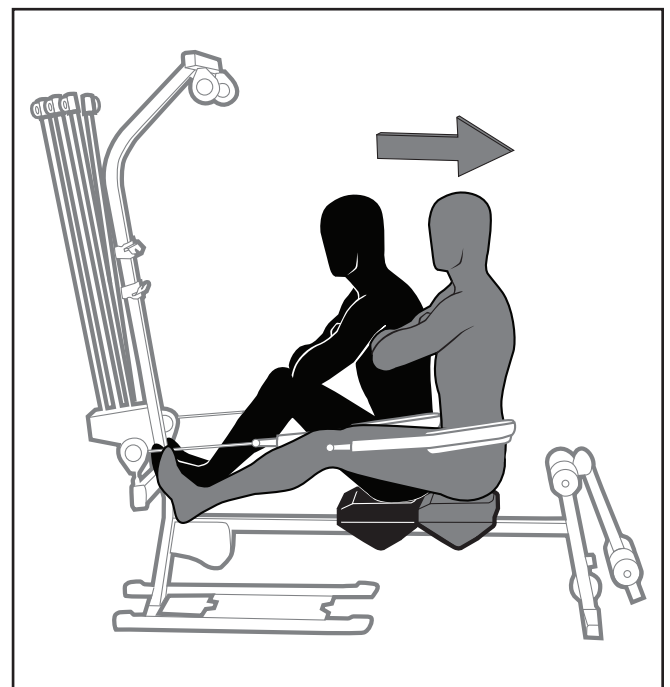
Gluteus Maximus

### Machine Set-Up

- Remove the bench and seat rail knob
- Chest Cross Bar pulleys
- Leg Press Belt
- Attach the clips to the Power Rod® resistance rods.

### Success Tips

- Keep your chest lifted, spine aligned, abs tight and a very slight arch in your lower back.
- Bend from hip during movement, not from waist.



## 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, 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 machines manufactured by Nautilus, Inc. and sold through an authorized agent and used in the United States or Canada.

## Terms

- Frame 1 year
- Parts 60 days
- Rods 5 years

## How Nautilus Will Support the Warranty

Throughout the terms of the warranty coverage, Nautilus, Inc. will repair any machine 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. is not responsible for dealer labor or maintenance charges beyond the applicable warranty period(s) stated herein. 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, etc.).
- Product must be used exclusively for the purpose intended.
- Notify Nautilus within 30 days after detecting an issue with the product.
- Install replacement parts or components in accordance with any Nautilus instructions.
- Perform diagnostic procedures with a trained Nautilus, Inc representative if requested.
- This warranty does not cover in home repair costs (labor, etc) or related charges.

## 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.
- A machine placed or used in a commercial or institutional setting. This includes gyms, corporations, work places, clubs, fitness centers and any public or private entity that has a machine for use by its members, customers, employees or affiliates.
- Damage caused by exceeding maximum user weights as defined in Products Owner's Manual or on the warning label.
- 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 page of the Product's Owner'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.

