BOWFLEX®
BXT326

CE

Welcome to the Bowflex® BXT326 fitness machine!

You're about to experience an incredible workout that can help you lose weight and reshape your entire body so you'll look and feel better than ever before. We thank you for trusting in the Bowflex brand.

Use this Manual as a guide to getting started on your Bowflex® workouts and for tips to keep your machine well maintained.

Yours in Health,
The Bowflex Family

Table of Contents

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 distributor. To find your local distributor, go to: **www.nautilusinternational.com**

ORIGINAL MANUAL - ENGLISH VERSION ONLY

When using an electrical appliance, basic precautions should always be followed, including the following:

⚠ **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/Owner's Manual.

⚠ **DANGER** **Carefully read and understand the Assembly instructions. Read and understand the complete Manual. Keep the Manual for future reference.**

⚠ **DANGER** **To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug this machine from the electrical outlet immediately after using and before cleaning.**

⚠ **WARNING** **To decrease the risk of burns, electric shock, or injury to persons, read and understand the complete Assembly/Owner's Manual. Failure to follow these guidelines can cause a serious or possibly fatal electrical shock or other serious injury.**

- Keep bystanders and children away from the product you are assembling at all times.
- Do not connect power supply to the machine until instructed to do so.
- The machine should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- Before each use, examine the machine for damage to power cord, loose parts or signs of wear. Do not use if found in this condition. Contact your local distributor for repair information.
- Not intended for use by persons with medical conditions where those conditions may impact the safe operation of the treadmill or pose a risk of injury to the user.
- Do not drop or put objects into any opening of the machine.
- Never operate this treadmill with the air openings blocked. Keep the air openings free of lint, hair and the like.
- 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.
- Do not try to change the design or functionality of this machine. This could compromise the safety of this machine and will 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 and void the warranty.
- Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Manual.
- Use this machine only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- Do all assembly steps in the sequence given. Incorrect assembly can lead to injury or incorrect function.
- Connect this machine to a properly earthed outlet only (see Earthing Instructions).
- Keep the power cord away from heat sources and hot surfaces.
- Do not operate where aerosol products are being used.
- To disconnect, turn all controls to the off position, then remove plug from outlet.
- SAVE THESE INSTRUCTIONS.

Before using this equipment, obey the following warnings:

⚠ **Read and understand the complete Manual. Keep the 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 your local distributor for replacement stickers.

⚠ **DANGER** **To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and/or the machine and wait 5 minutes before cleaning, maintaining or repairing the machine. Place the power cord in a secure location.**

- 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. Use the values calculated or measured by the machine's computer for reference purposes only.
- Before each use, examine this machine for damage to power cord, power receptacle, loose parts or signs of wear. Do not use if found in this condition. Contact your local distributor for repair information.
- Maximum user weight limit: 181 kg (400 lbs). Do not use if you are over this weight.
- 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.
- Use caution when you step on and off the machine. Use the supplied foot support platforms for stability before walking on the moving belt.
- To prevent injury, stand on the foot support platforms before you start the machine or end a workout. Do not dismount the machine by standing on the moving Walking Belts and exiting off the rear of the machine.
- Disconnect all power before servicing this machine.
- Do not operate this machine outdoors or in moist or wet locations.
- Keep at least 0.6 m (24") on each side of the machine and 2 m (79") behind 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.
- Perform all regular and periodic maintenance procedures recommended in the manual.
- Read, understand, and test the Emergency Stop Procedure before use.
- Keep the walking belt clean and dry.
- Do not drop or put objects into any opening of the machine.
- Do not stand on machine motor cover or front trim cover.
- Keep power cord away from heat source and hot surfaces.
- This machine must be connected to an appropriate, dedicated electrical circuit. Nothing else must be connected to the circuit.
- Always connect the power cord to a circuit capable of handling 15 amperes with no other loads applied.
- Connect this machine to a correctly grounded outlet; consult a licensed electrician for assistance.
- Do not operate where aerosol products are being used.
- Do not let liquids touch the electronic controller. If it does, the controller must be inspected and tested for safety by an approved technician before it can be used again.
- The electrical wiring for the residence in which the machine will be used must obey the applicable local and provincial requirements.
- Exercise on this machine requires coordination and balance. Be sure to anticipate that changes in belt speed and incline angle of deck can occur during workouts, and be attentive in order to avoid loss of balance and possible injury
- A machine should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- Use this machine only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- This appliance is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Keep children under the age of 14 away from this machine.

Assembly / Owner's Manual

WARNING! Keep young children away from this machine at all times. Contact with the moving surface may result in severe friction burns.
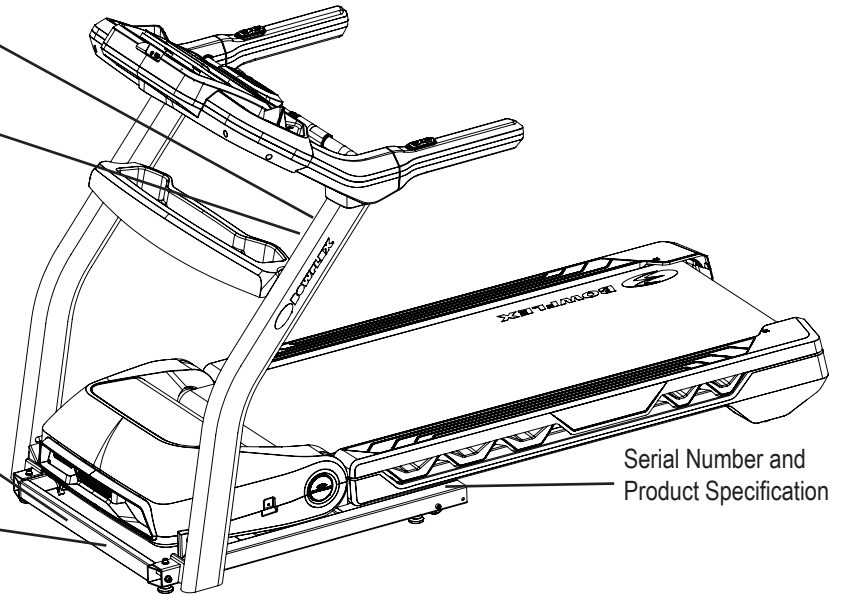
WARNING!
HAZARDOUS VOLTAGE.
- Contact may cause electrical shock or burn.
- Turn off and lock out power before servicing.

WARNING!
- Moving parts can crush and cut.
- Keep guards in place.
- Lock out power before servicing.

Serial Number and Product Specification

Earthing Instructions

This product must be electrically earthed. If a malfunction occurs, correct earthing decreases the risk of electric shock. The power cord is equipped with an equipment-earthing conductor, and must be connected to an outlet that is properly installed and earthed.

⚠DANGER **The electrical wiring must comply with all applicable local and provincial standards and requirements. Incorrect connection of the equipment-earthing conductor can result in a risk of electric shock. Consult a licensed electrician if you are not sure that the machine is correctly earthed. Do not change the plug on the machine – if it does not fit the outlet, have a correct outlet installed by a licensed electrician.**

If you connect the machine to an outlet with RCBO (Residual-Current circuit Breaker with Overload protection), machine operation can cause the circuit to trip. A Surge Protector Device is recommended to protect the machine.

⚠ **If a Surge Protector Device (SPD) is used with this machine, be sure that it matches the power rating of this equipment (220-240V AC). Do not connect other appliances or devices to the surge protector in combination with this machine.**

Make sure that the product is connected to an outlet having the same configuration as the plug. Use the appropriate adapter supplied with this product.

Emergency Stop Procedure

The Treadmill machine is equipped with a Safety Key that can prevent serious injury, as well as prevent children from playing with and/or being injured on the machine. If the Safety Key is not correctly inserted into the Safety Key Port, the belt will not operate.

⚠ **Always attach the Safety Key Clip to your clothing during your workout.**

When you use the machine, only remove the Safety Key in an emergency. When the key is removed while the machine is in operation, it will stop quickly, which could cause the loss of balance and possible injury.

For safe storage of the machine, and to prevent unsupervised operation of the machine, always remove the Safety Key and disconnect the power cord from the wall outlet and the power inlet. Place the power cord in a secure location.

The Console will display " ERROR SAFETY KEY ", followed by "INSERT SAFETY KEY ", for a Safety Key fault. The Treadmill machine will not start a Workout, or will end and clear an active Workout, when the Safety Key is removed. Inspect the Safety Key and be sure it is connected to the Console correctly.

Maximum User Weight: 181.4 kgs (400 lbs)
Total Surface Area (footprint) of equipment: 20988 cm^2
Maximum Inclined Deck Height: 40.6 cm (16 inches)
Machine Weight: 137.9 kg (304 lbs)

Power Requirements:
    Operational Voltage: 220V - 240V AC, 50Hz
    Operating Current: 8 A
    Heart Rate Chest Strap: 1 CR2032 battery

Sound Emission: Less than 70 db average without load. Noise emission under load is higher than without load.

139 cm (54.7″)
214.6 cm (84.5″)
97.8 cm (38.5″)
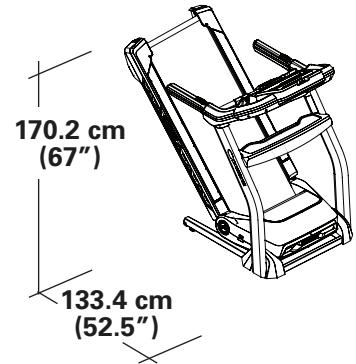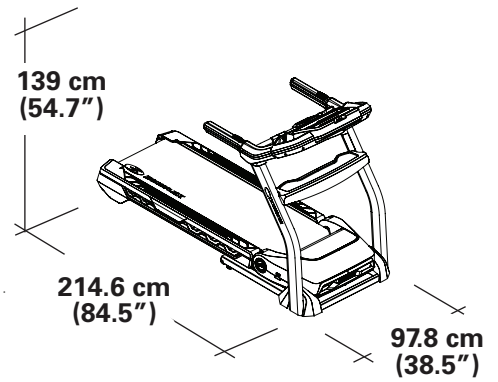
DO NOT dispose of this product as refuse. This product is to be recycled. For proper disposal of this product, please follow the prescribed methods at an approved waste center.

170.2 cm (67″)
**133.4 cm (52.5″)**

Before Assembly

Select the area where you are going to set up and operate your machine. For safe operation, the location must be on a hard, level surface. Allow a minimum workout area of 218.7 cm x 415.3 cm (86.5" x 163.5"). Be sure that the workout space you are utilizing has adequate height clearance, taking into consideration the height of the user and the maximum incline of the machine.

Basic Assembly

Follow these basic points when you assemble your machine:

- Read and understand the "Important Safety Instructions" before assembly.

- Collect all the pieces necessary for each assembly step.

- Using the recommended wrenches, turn the bolts and nuts to the right (clockwise) to tighten, and the left (counterclockwise) to loosen, unless instructed otherwise.

- When attaching 2 pieces, lightly lift and look through the bolt holes to help insert the bolt through the holes.

- The assembly requires 2 people.

- Do not use any power tools for assembly.

4.2m (163.5″)
0.6m (24″)
2.2m (86.5″)
2m (79″)
0.6m (24″)
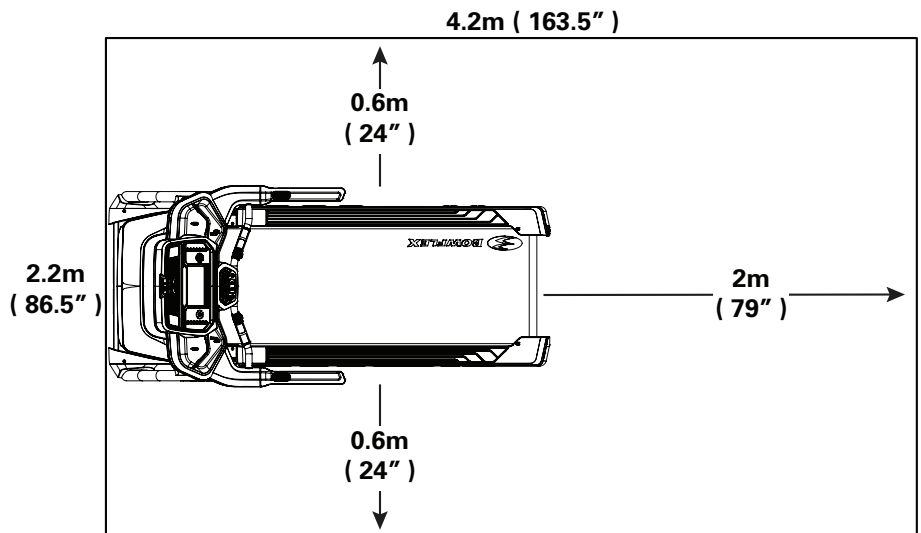
Machine Mat

The Bowflex™ Machine Mat is an optional accessory that helps keep your workout area clear and adds a layer of protection to your floor. The rubber machine mat provides a non-slip, rubber surface which limits static discharge and reduces the possibility of display errors. If possible, put your Bowflex™ Machine Mat in your selected workout area before you begin assembly.

To order the optional machine mat, contact your local distributor.

Parts
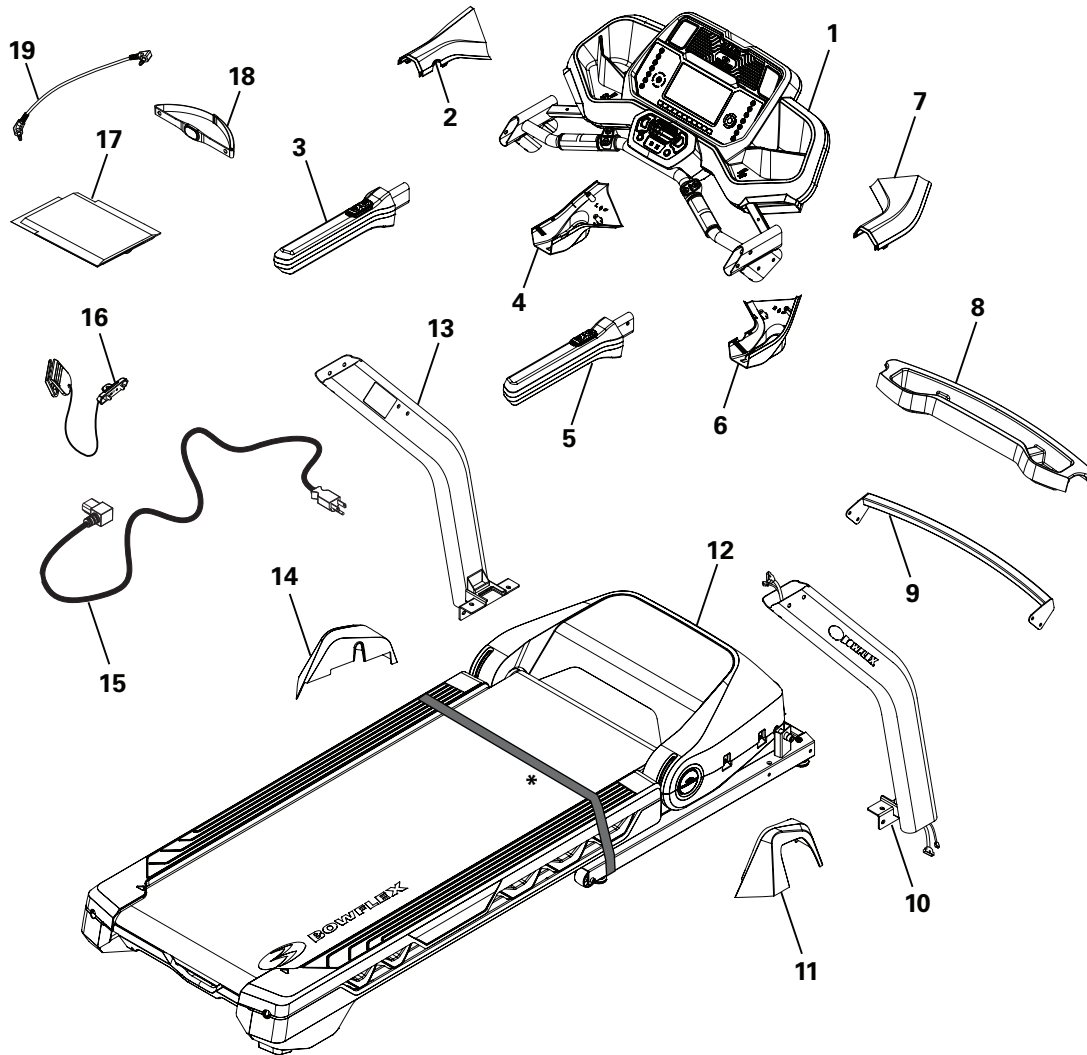
Item	Qty	Description	Item	Qty	Description
1	1	Console Assembly	11	1	Base Shroud, Right
2	1	Upper Junction Cover, Left	12	1	Base Assembly
3	1	Handlebar Assembly, Incline	13	1	Upright, Left
4	1	Lower Junction Cover, Left	14	1	Base Shroud, Left
5	1	Handlebar Assembly, Speed	15	1	Power Cord
6	1	Lower Junction Cover, Right	16	1	Safety Key
7	1	Upper Junction Cover, Right	17	1	Document Kit / Hardware Card
8	1	Tray	18	1	Heart Rate Strap
9	1	Crossbar	19	1	Media Cable
10	1	Upright, Right			

⚠ **DO NOT CUT the Shipping Strap (*) on the Base Assembly until instructed.**

When moving the Base Assembly, do not touch the Walking Deck Release Button. Pressing the Walking Deck Release Button releases the locking mechanism on the hydraulic lift.
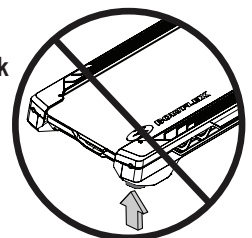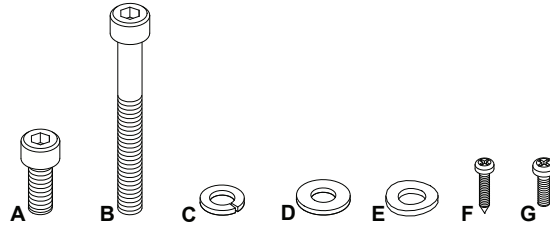
Item	Qty	Description	Item	Qty	Description
A	22	Socket Hex Head Screw, M8x1.25x20 Black	E	6	Curved Washer, M8x18 Black
B	4	Socket Hex Head Screw, M8x1.25x70 Black	F	4	Pan Phillips Head Screw, M3.9x16 Black
C	26	Lock Washer, M8x18 Black	G	2	Pan Phillips Head Screw, M5x10 Black
D	20	Flat Washer, M8x18 Black			

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

 6mm

 #2

Not Included

 (recommended)

⚠ WARNING **DO NOT CUT the Shipping Strap on the Base Assembly until it has been placed face up as shown in the appropriate work space.**
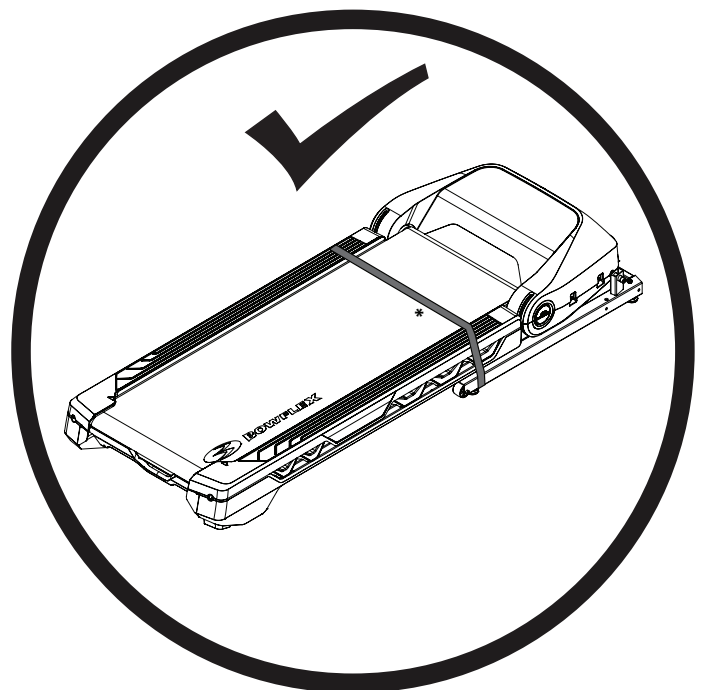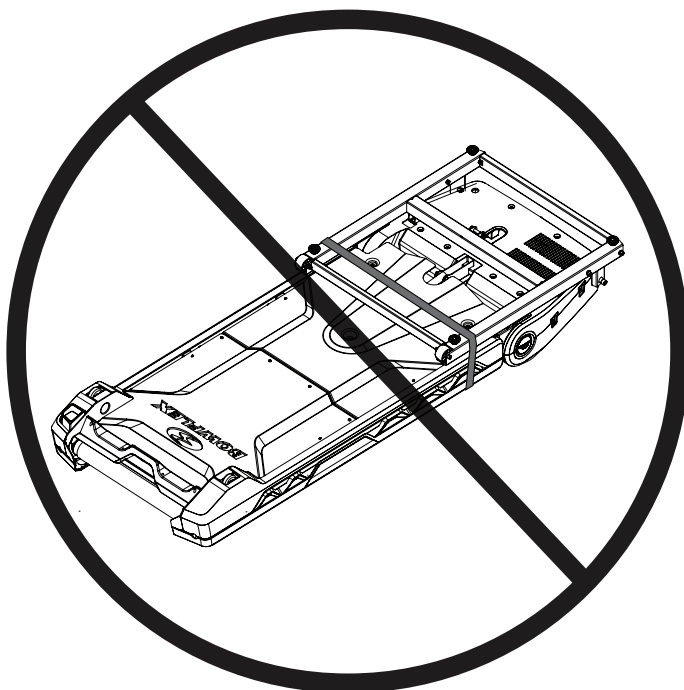
1. Connect the Cables and Attach the Uprights to Frame

Note: Do not crimp cables. Do not fully tighten Hardware until instructed.

13

6mm

X4

A

C

D

10

12

X4

D   C

B

6mm
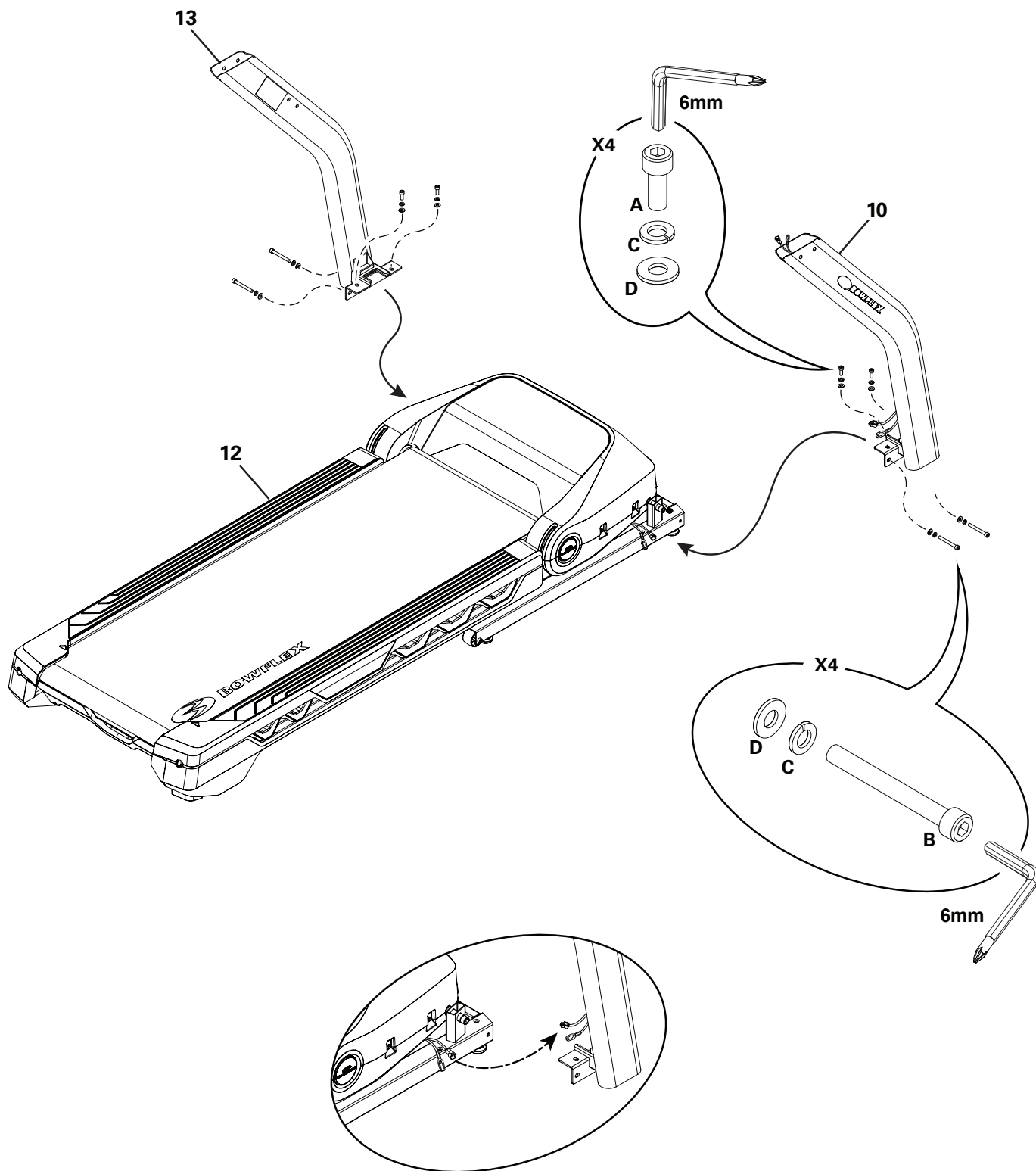
2. Attach the Crossbar to the Frame Assembly

Note: Do not crimp cables. Do not fully tighten Hardware until instructed.

A right (" **R** ") decal has been applied to the right side of this part to assist with assembly.
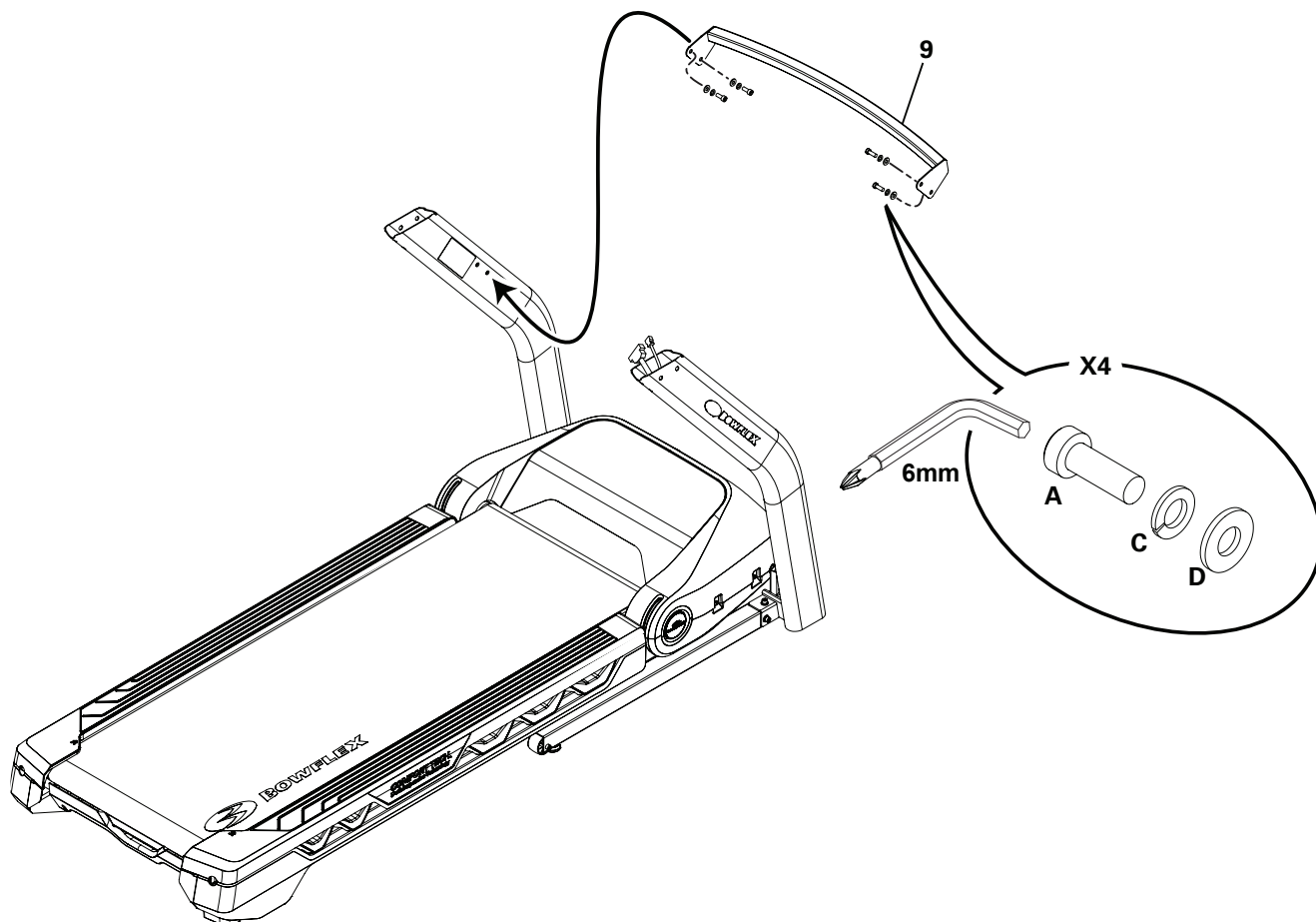
3. Place the Lower Junction Covers onto the Uprights

Note: Do not let the Console Cables to fall into the Right Upright.
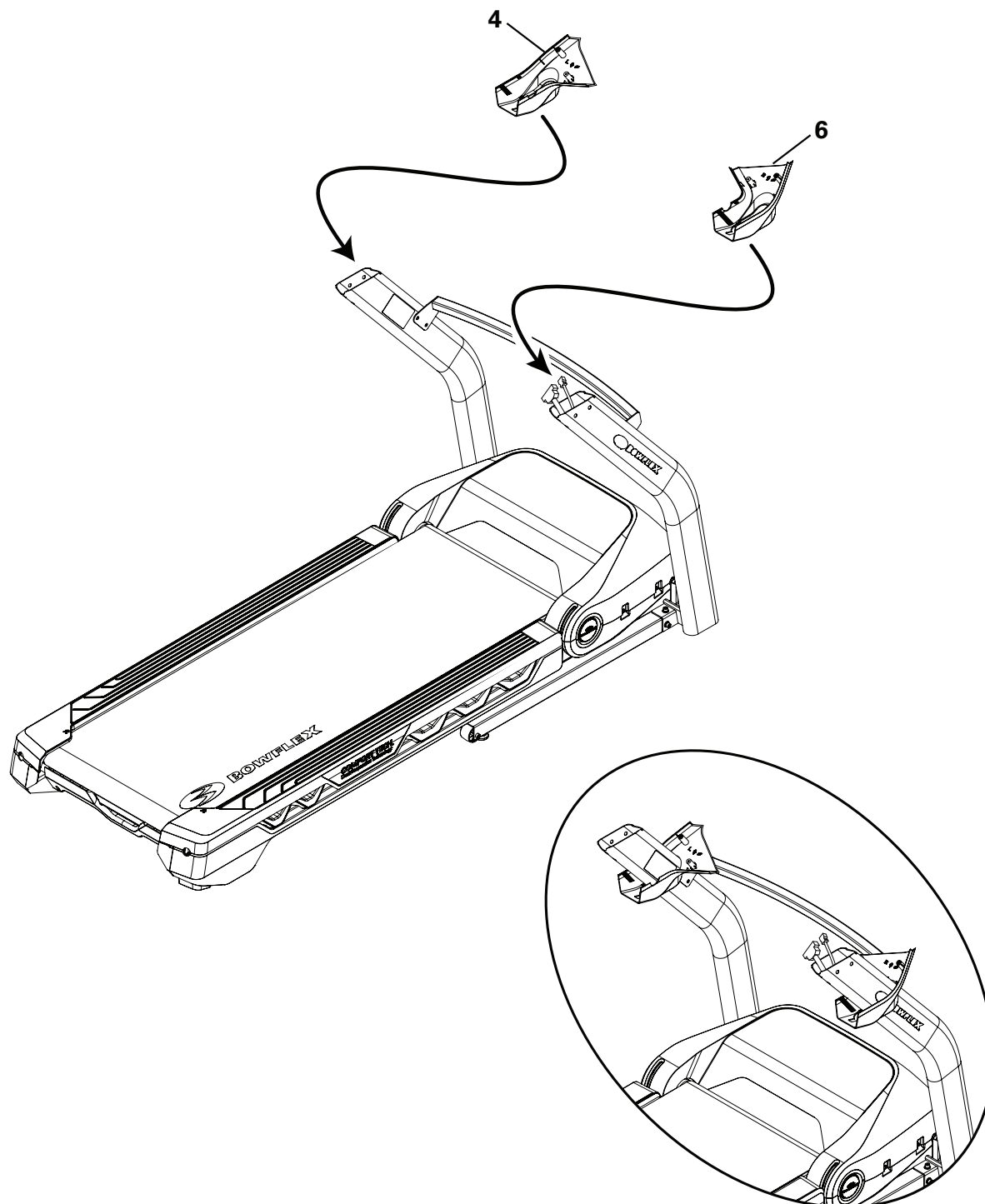
4. Connect the Cables and Attach the Lower Junction Covers and Console Assembly

Note: Do not crimp cables. Do not fully tighten Hardware until instructed.
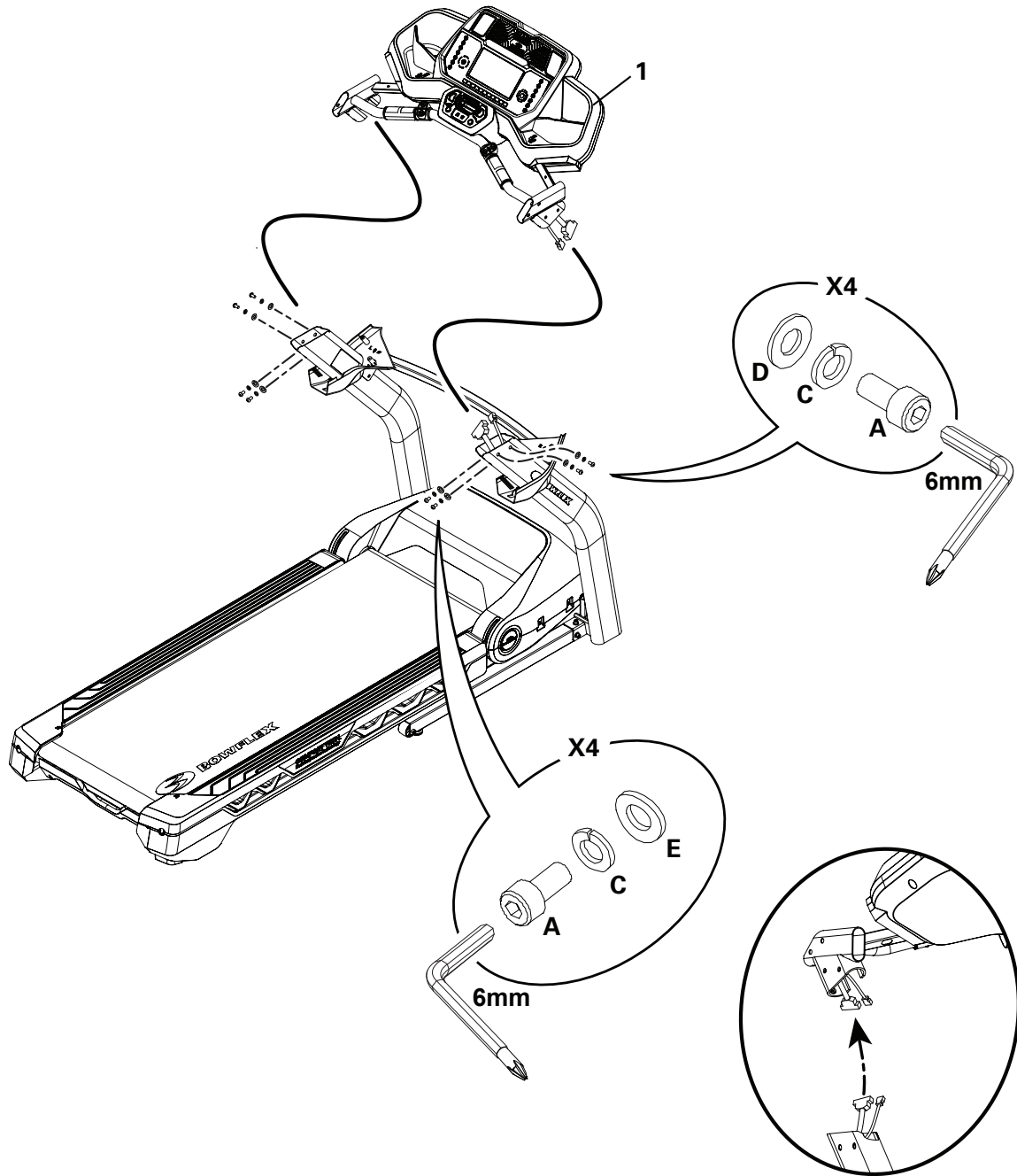
5. Fully Tighten All Hardware from Previous Steps

Note: Do not crimp the Cables.

6. Connect the Cables and Attach the Side Handlebars to the Frame Assembly

Note: Do not crimp the Cables.

3

"INCLINE"

5

"SPEED"

X4

D

C

A

6mm

X2

E

C

A

6mm
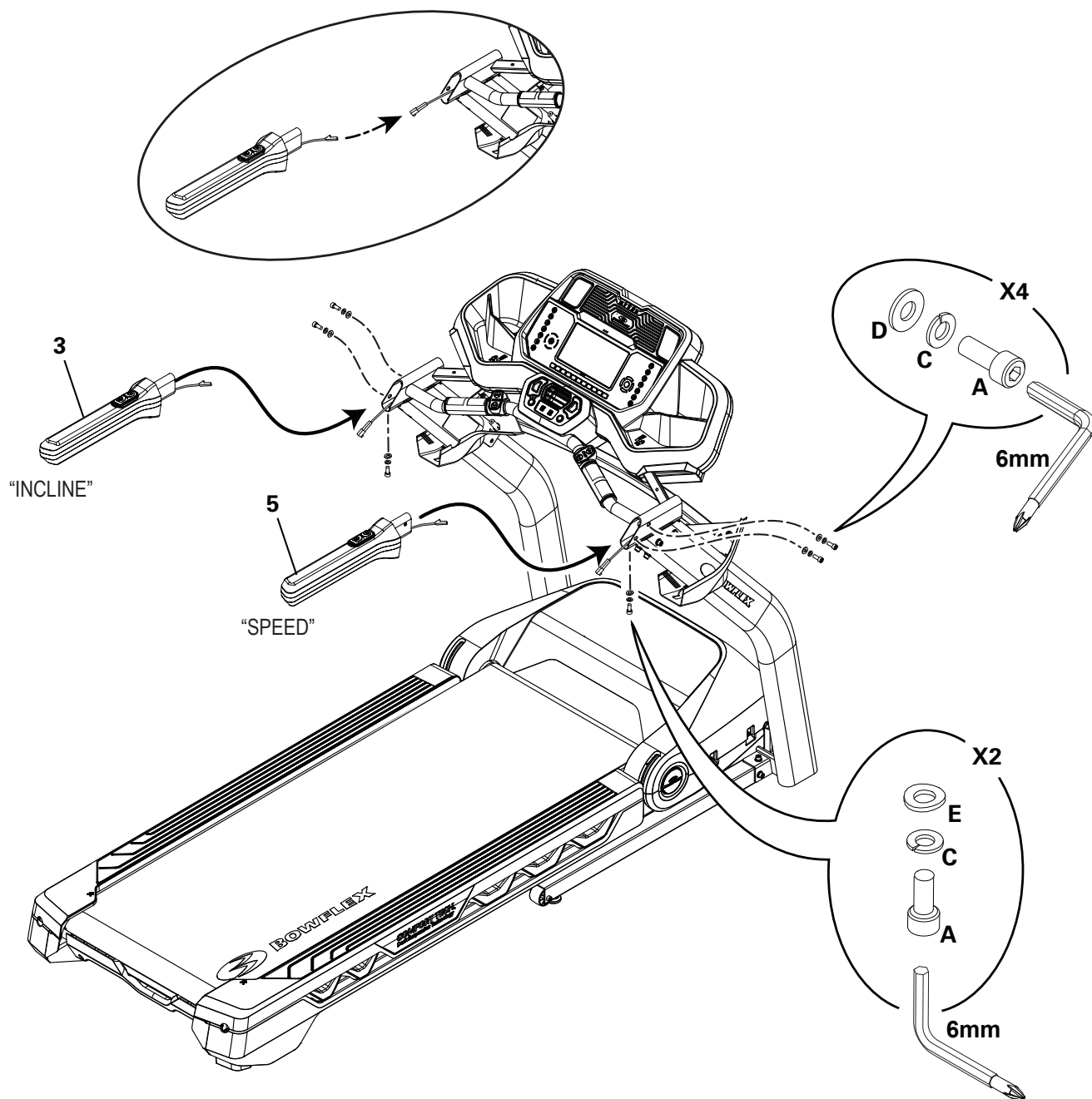
7. **Snap the Upper and Lower Junction Covers into Place and Secure with Hardware to the Frame Assembly**

2

7

X4

F

#2
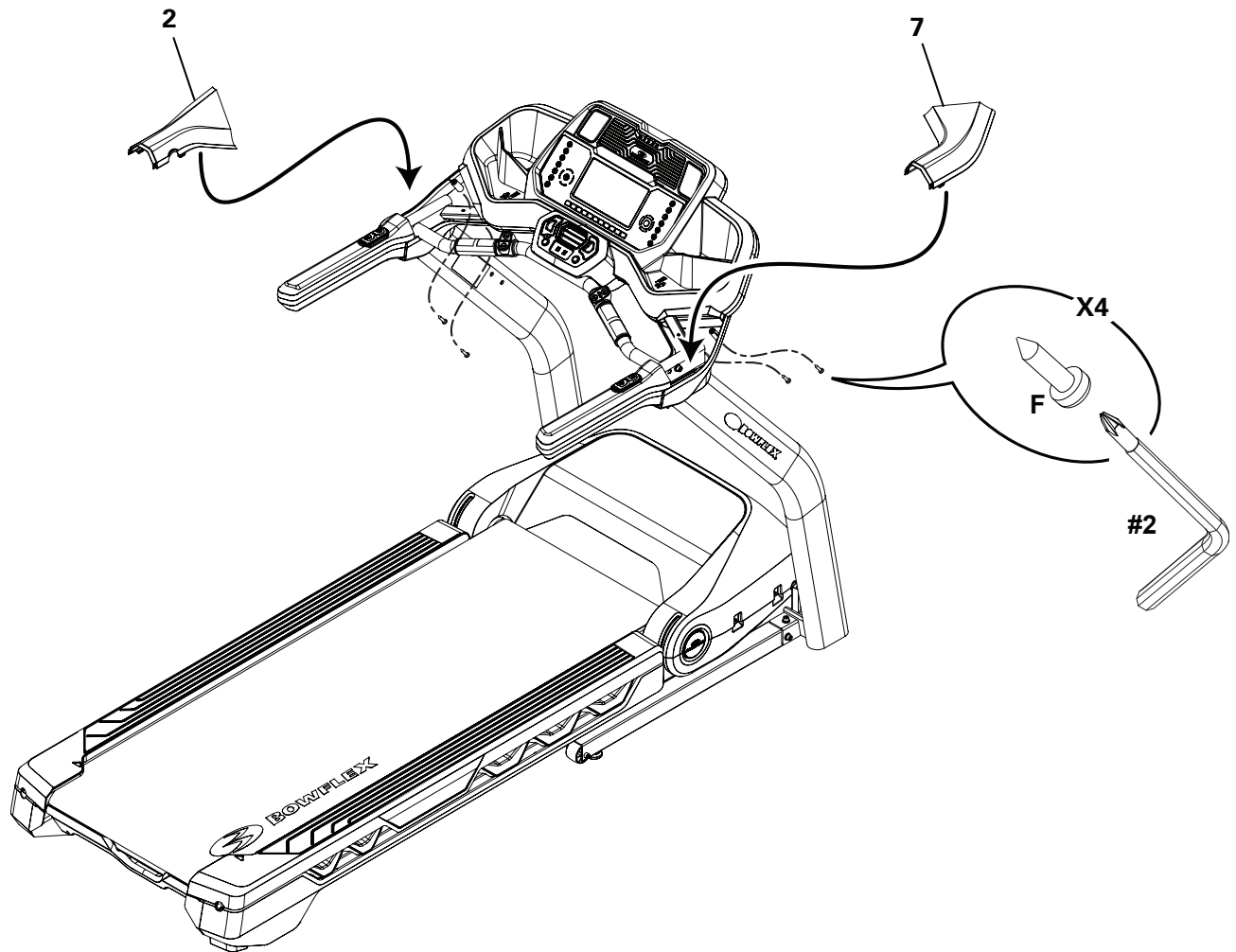
8. Tighten All Hardware from Previous Steps and Attach the Crossbar Tray to the Frame Assembly

8
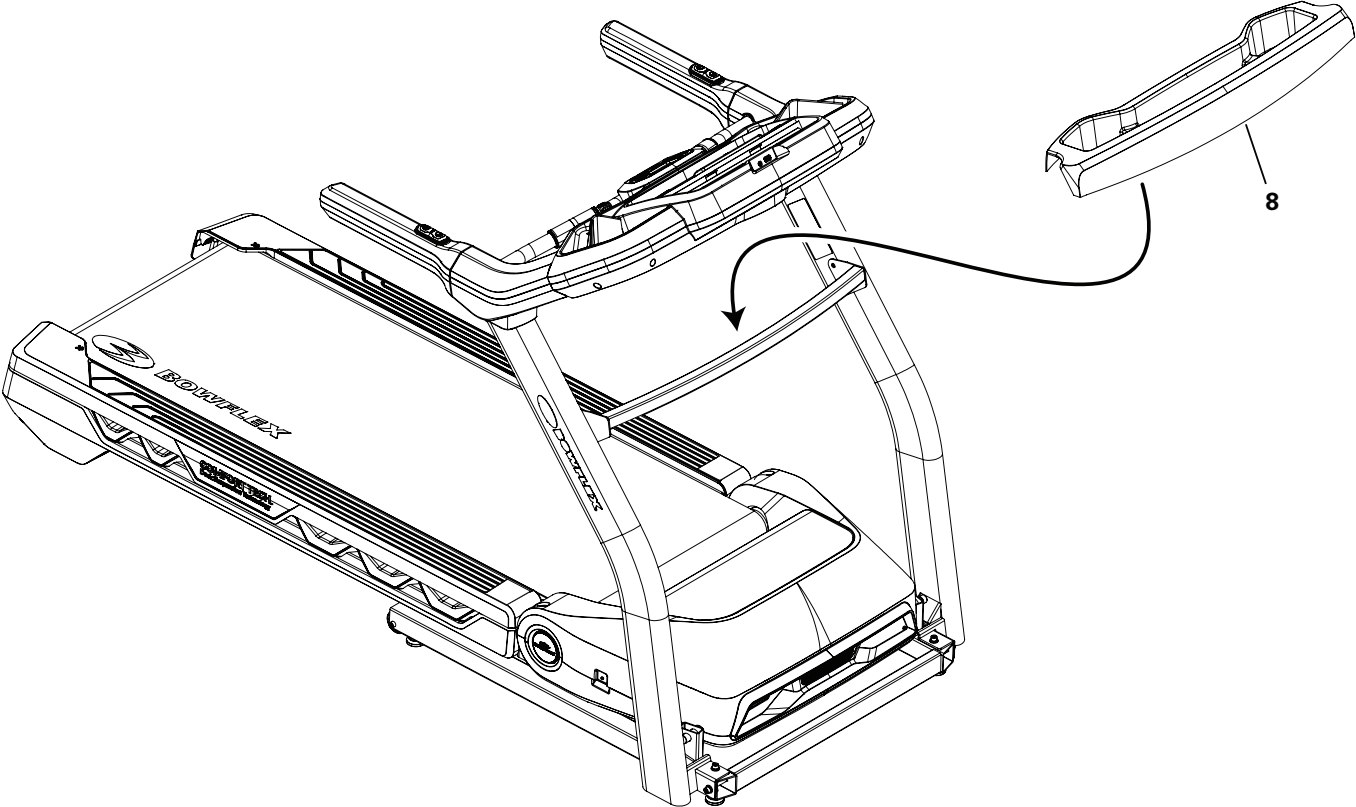
9. Attach the Base Shrouds to the Frame Assembly
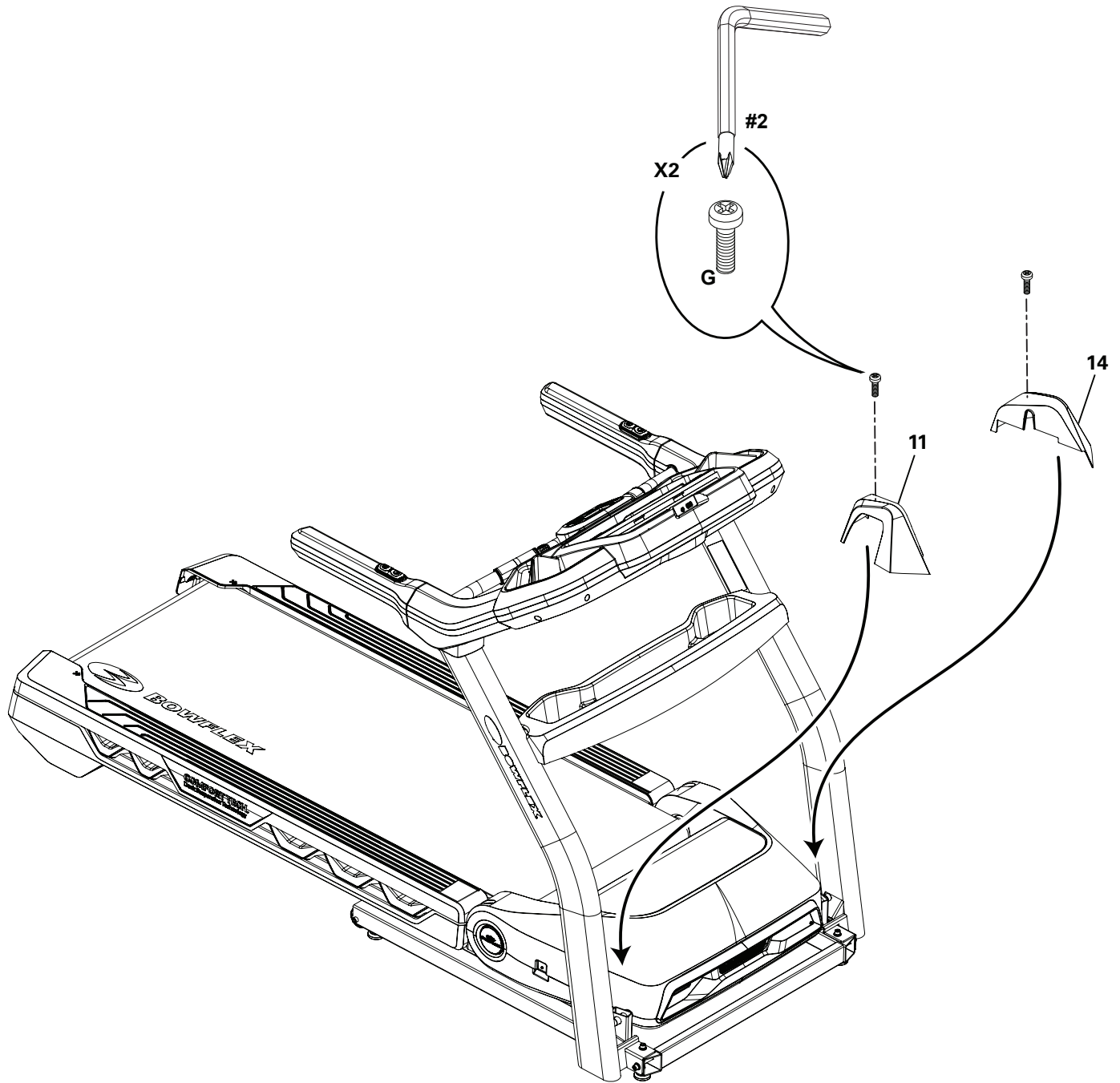
10. Connect the Power Cord and Safety Key to the Frame Assembly

⚠ **Connect this machine to a properly earthed outlet only (see Earthing Instructions).**

Make sure that the product is connected to an outlet having the same configuration as the plug. Use the appropriate adapter supplied with this product.

Note: When ready to operate the machine, be sure to turn on the power with the Power Switch.
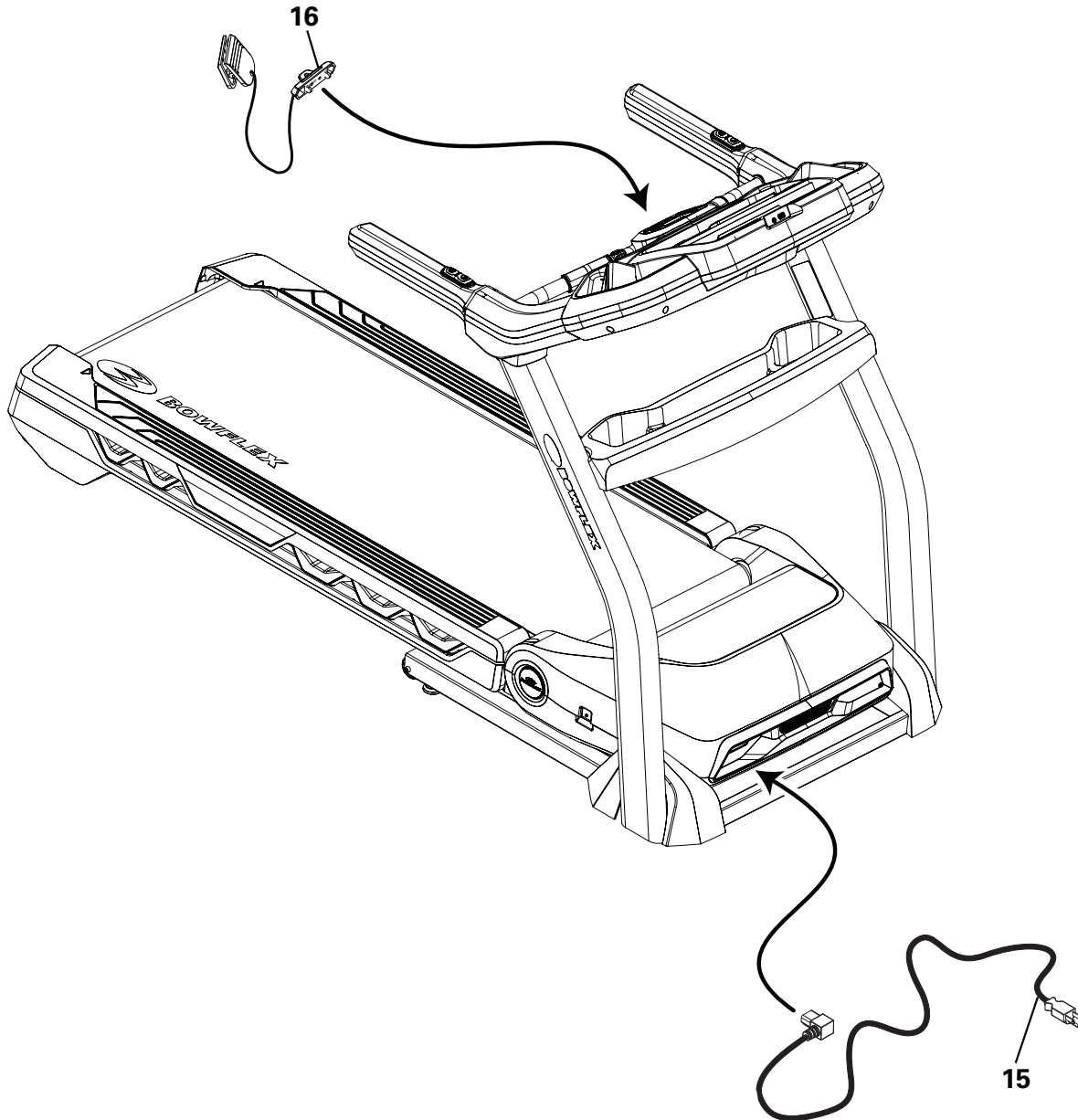
11. Final Inspection

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

Note: Remove any protective covers from the face of the Console.

Be sure to record the serial number in the field provided at the front of this manual.

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

Moving and Storing the Machine

⚠️ **The machine can be moved by one or more persons. Use caution when you move the machine. The treadmill is heavy and can be awkward. Make sure that your own physical strength is capable of moving the machine. Use a second person if necessary.**

1. Before the machine can be moved, inspect the Walking Deck to be sure the Incline setting is at "1". If necessary, adjust the Incline setting to "1".

⚠️ **Be sure the area below the machine is clear before adjusting the incline of the Deck. Fully lower the incline of the Deck after each workout.**

2. Remove the Safety Key and place it in a secure location.

⚠️ **When this machine is not in operation, remove the Safety Key and keep out of the reach of children.**

3. Make sure that the power switch is turned Off, and the power cord is disconnected.

4. You must fold the treadmill before you move it. Never move the treadmill if it is not folded.

⚠️ **Never move the machine with the Walking Deck not folded. Rotating or moving parts can pinch, resulting in personal injury.**

5. Make sure that there is safe clearance around, on and above your treadmill. Make sure there is no object to spill or cause blockage from the fully folded position.

⚠️ **Be sure there is adequate height clearance for the raised deck.**

6. With your right hand, push and hold down the Walking Deck Release Button. Using the lifting handle found below the rear of the walking belt, lift the walking deck fully upward and engage the hydraulic lift. The Walking Deck Release Button can be released when the walking deck has moved about 10 inches (25.4 cm). Be sure that the hydraulic lift is correctly locked in place.
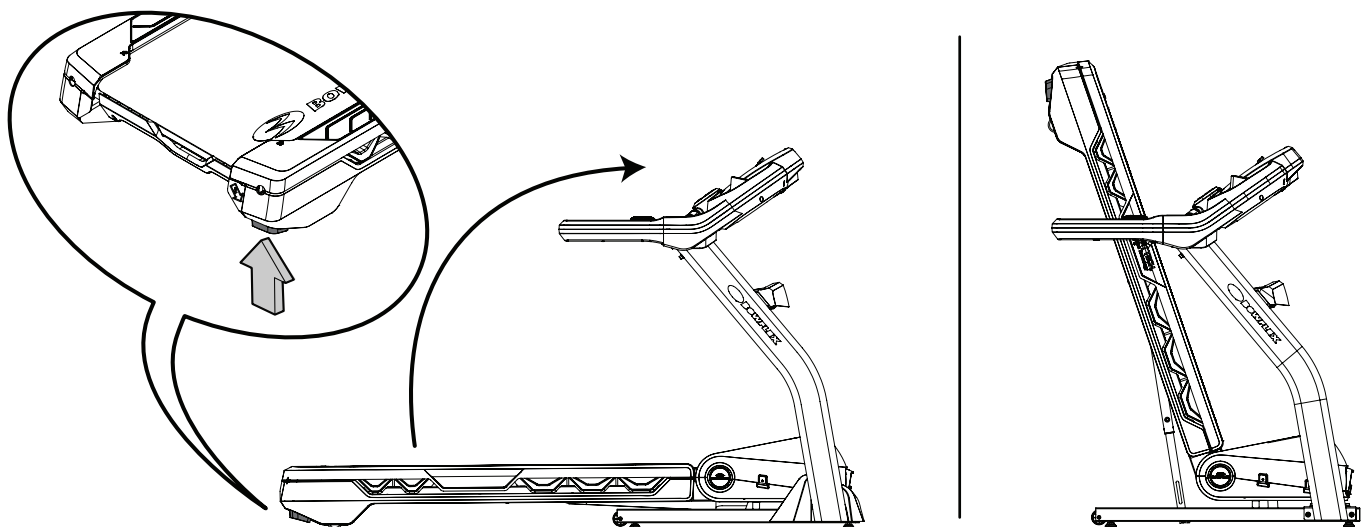
⚠ **Use proper safety precautions and lifting techniques. Bend your knees and elbows, keep your back straight and pull up equally with both arms. Make sure that your own physical strength is capable of lifting the walking deck until it engages the locking mechanism. Use a second person if necessary.**

Do not use the walking belt or rear roller to lift the treadmill. These parts do not lock in place and can abruptly move. Injury to you or damage to the machine can occur.

7. Make sure that the locking mechanism is engaged. Carefully pull back on the walking deck and make sure that it does not move. When you do this, keep clear of movement path in case the treadmill lock is not engaged.

⚠ **Do not lean against the treadmill when it is folded. Do not put items on it that could cause it to become unstable or fall.**

Do not connect the power cord or try to operate the treadmill in the folded position.

8. Carefully tilt the base frame of the folded treadmill a small distance back on the transport wheels while grasping the front support bar.

⚠ **Do not use the Console, handlebars, or lifted walking deck to lift or move the treadmill. Damage to the treadmill can occur.**

Keep clear of the movement path of the lifted walking deck.

9. Roll the machine on the transport wheels to its new location.

⚠ **Place the machine on a clean, hard, level surface, free from unwanted material or other objects that may hamper your ability to move freely. A rubber mat should be used below the machine to prevent the release of static electricity and protect your flooring.**

Do not put objects in the path of the walking deck when lowered.

   NOTICE: Move the machine carefully so that it does not hit other objects. This can damage the Console operation.

10. Prior to use, refer to the "Unfolding the Machine" procedure in this manual.

⚠ **To prevent unsupervised operation of the machine always turn the power switch to Off, remove the Safety Key, and disconnect the power cord from the wall outlet and machine power input. Place the power cord in a secure location.**

Unfolding the Machine

1. Make sure there is sufficient space to lower the walking deck.

⚠️ **Keep a minimum clearance behind the machine of 79" (2 m) and 24" (0.6 m) on each side. This is the recommended safe distance for access, movement and emergency dismounts from the machine.**

Place the machine on a clean, hard, level surface, free from unwanted material or other objects that may hamper your ability to move freely with a sufficient clear workout area. A rubber mat below the machine is recommended to prevent electrostatic discharge and protect your floor.

Be sure that the workout space you are utilizing has adequate height clearance, taking into consideration the height of the user and the maximum incline of the deck.

2. Make sure there is no object on or around the treadmill to spill or cause blockage from the fully unfolded position.

3. Slightly push the walking deck toward the console. With your right hand, push and hold down the Walking Deck Release Button and pull the walking deck away from the console. Once the end of the walking deck has moved about 10 inches (25.4 cm), release the button and move to the side of the machine. Continue to pull the walking deck.

⚠️ **Keep clear of the movement path of the walking deck.**

4. The hydraulic lift is set up to drop lightly. Hold onto the walking deck until approximately 2/3 of the movement down. Make sure that you use proper lifting technique; bend your knees and keep your back straight. The walking deck can possibly drop quickly in the last part of the movement.
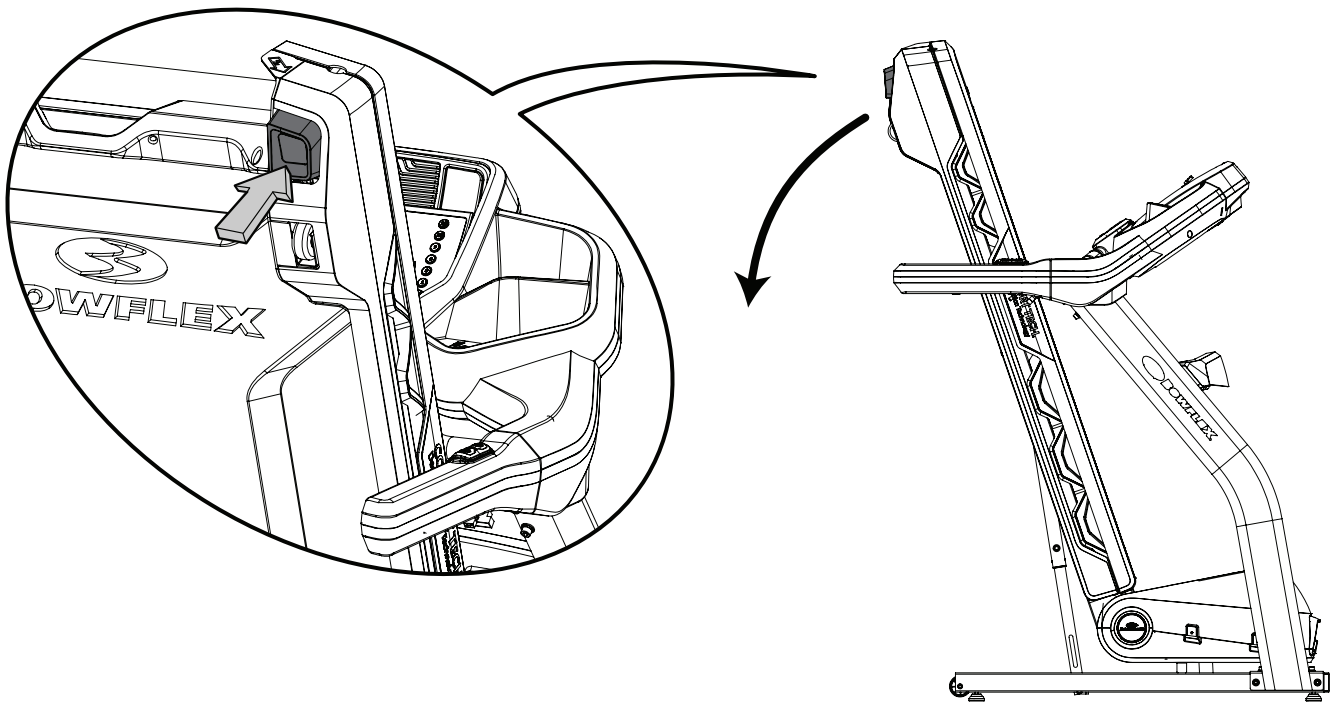
Leveling the Machine

The machine needs to be leveled if your workout area is uneven. To adjust:

1. Place the machine in your workout area.

2. Adjust the levelers until they all contact the floor.

⚠️ **Do not adjust the levelers to such a height that they detach or unscrew from the machine. Injury to you or damage to the machine can occur.**

3. Adjust until the machine is level.

Make sure the machine is level and stable before you exercise.
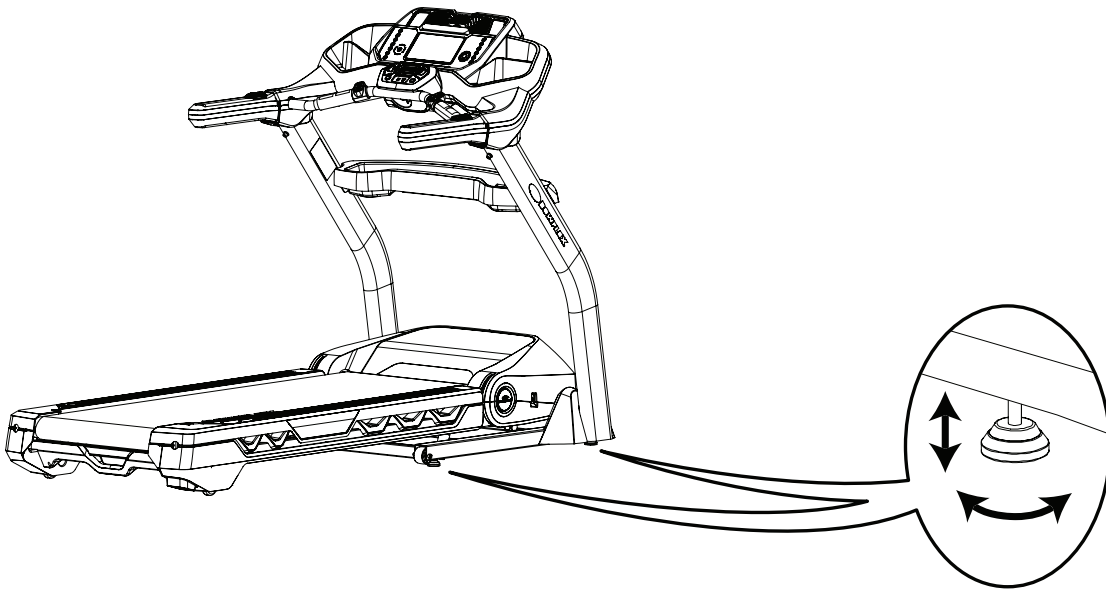
Treadmill Belt

Your treadmill comes equipped with a durable, high quality walking belt designed to provide many hours of reliable service. The walking belt on a treadmill that has not been operated for a length of time, either in factory packaging or after assembly, can exhibit a "thumping" noise when started. This is due to the belt taking on the curve of the front and rear rollers. This is a common occurrence and does not indicate a problem with your machine. After the treadmill has been used for a short period of time the thumping noise will discontinue. The amount of time will vary depending on the temperature and humidity of the environment where the treadmill is placed.

Emergency Safety Key Port
Incline Ergo Controls
Contact Heart Rate (HR) Sensors
Ergo Bar
Incline Controls
Side Handlebar

Console
Fan

Speaker
MP3 Input/ Charger
USB Port

Media Shelf

Water Bottle Holder / Storage Tray
Speed Ergo Controls
Speed Controls

Media Cable

Tray

Heart Rate Strap

Upright

Side Foot Support Rails

Walking Belt and Deck

Base

Leveler
Transport Wheel

Motor Cover

Lift Handle

Dampener

Lift Shock (under
Walking Deck)

Front Support
Bar

Walking Deck Release Button

Fuse
Power Inlet   Power Switch
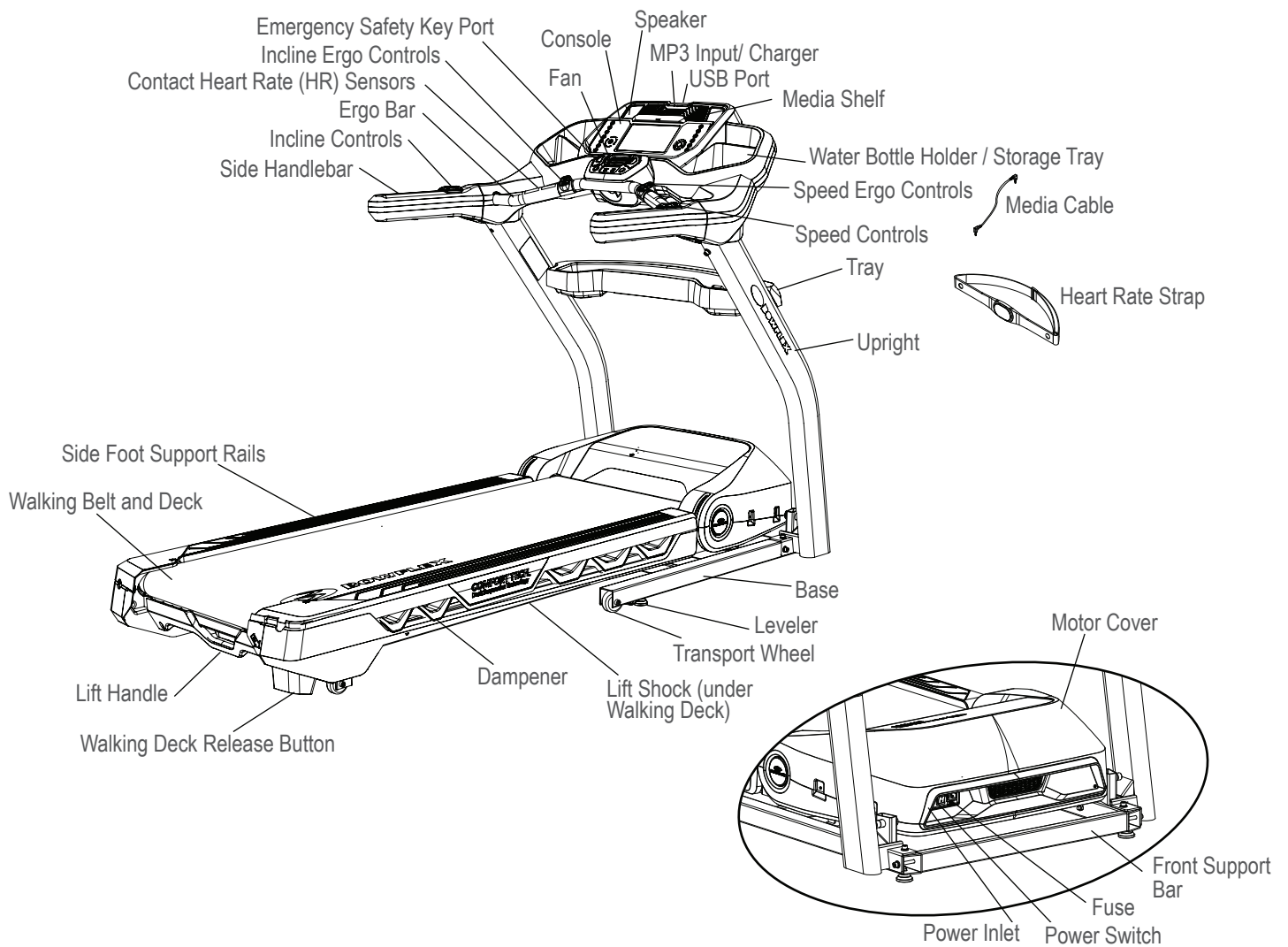
⚠ WARNING   **Use the values calculated or measured by the machine's computer for reference purposes only. The heart rate displayed is an approximation and should be used for reference only. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.**

Console

Bluetooth® App Connected display

Pre-Set Incline buttons

Pre-Set Speed buttons

Active User display

Program buttons

Incline Rapid Controls

Speed Rapid Controls
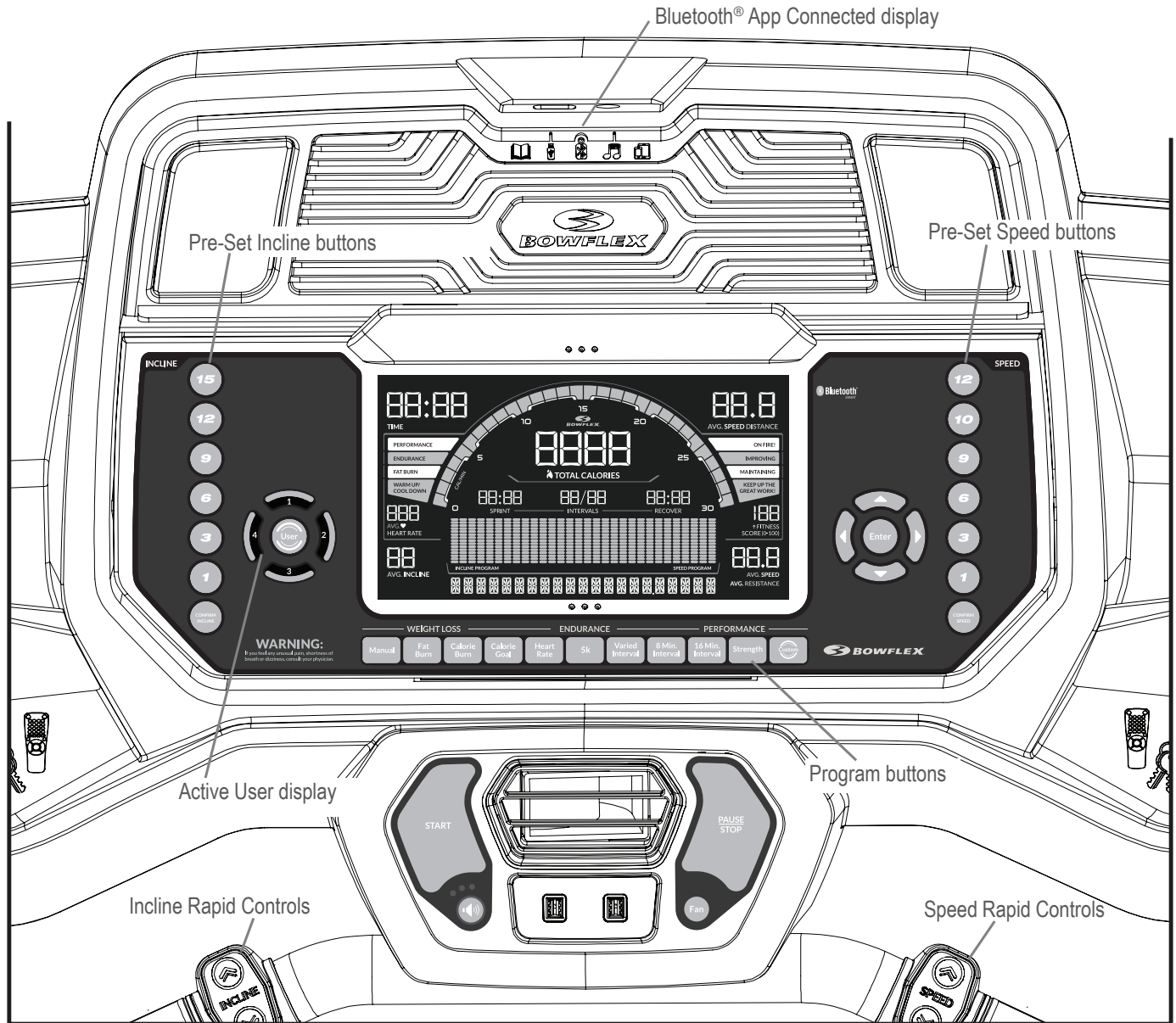
Bluetooth® App Connected display
Display shows when the machine is paired with the App.

Pre-Set Incline buttons
Selects an incline setting for the Walking Deck. After pushing a Pre-Set Incline button, push the Confirm Incline button within 12 seconds for the Walking Deck to be adjusted to the desired incline.

Confirm Incline button
Activates the incline motor to adjust the Walking Deck to the selected Pre-Set Incline setting.

Active User display
The Active User display shows the selected user profile. A user profile is always selected. From a power up, the last User will be the default User.

Note: For more accurate calorie count, be sure to edit your User Profile.

User button

Push to select the desired User Profile, push and hold for 3 seconds to edit the selected User Profile.

Increase (▲) / Decrease (▼) buttons

The Increase / Decrease buttons change a value, or move through options. A button will light up to indicate it is an available option.

Enter button

Confirms information or a selection.

Left (◄) / Right (►) buttons

Push to shift the currently active segment. A button will light up to indicate it is an available option.

Pre-Set Speed buttons

Selects a speed setting for the Walking Belt. After pushing a Pre-Set Speed button, push the Confirm Speed button within 12 seconds for the Walking Belt to be adjusted to the desired speed.

Confirm Speed button

Adjusts the Walking Belt to the selected Pre-Set Speed setting.

Program buttons

Push to select one of the workout Programs. The illuminated light around the button shows the currently selected program. A Workout Program is always selected.

START button

Push to start the currently selected workout Program, or resume a paused workout.

STOP/PAUSE button

Push to pause a workout, exit the User Profile or Machine Settings mode, or end a paused workout.

Volume button and indicator lights

The Volume button sets the sound level of the Console, and the indicator lights show the current setting; low (1 LED), medium (2 LEDs), high (3 LEDs), or off (no LEDs).

Fan button

Controls 4-speed fan (off, low, medium, high).

Assembly / Owner's Manual

Console Display

Burn Rate display

Heart Rate Zone display

Fitness Score Zone display

Workout Segment Display
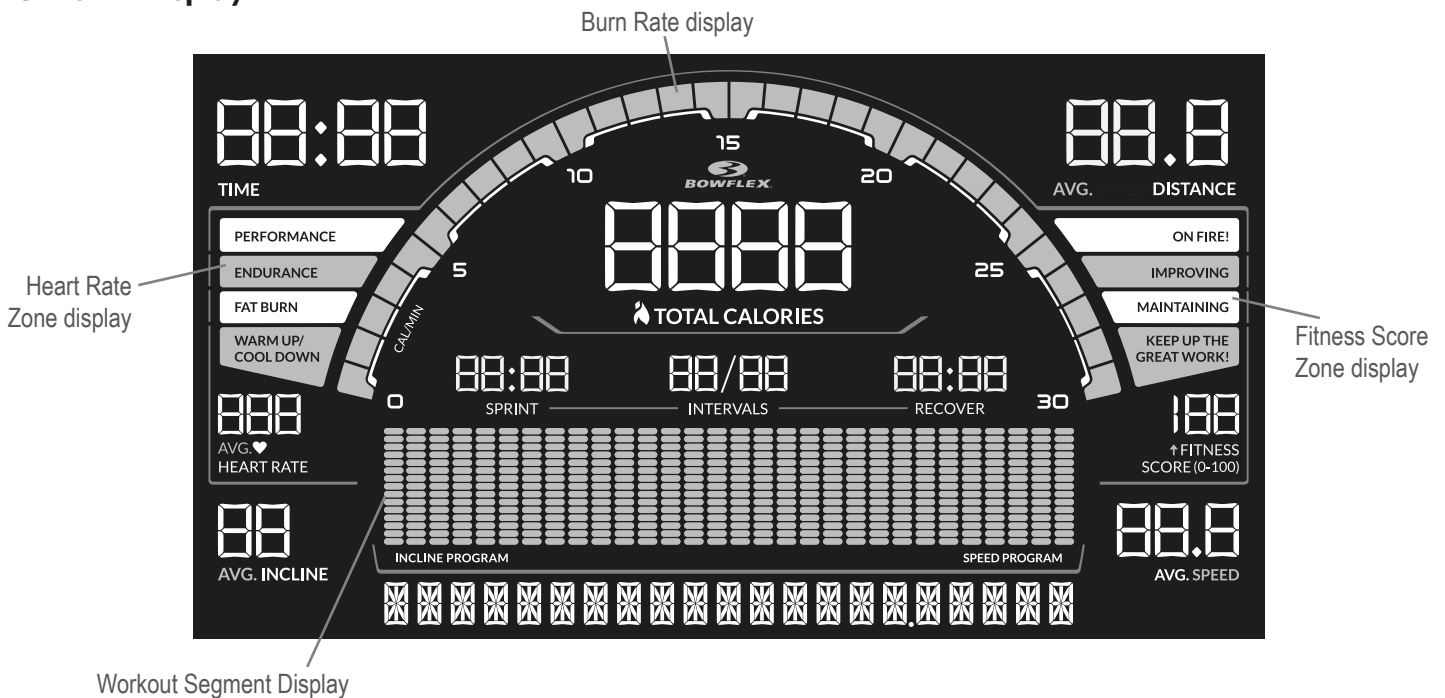
Time display
Counts in minutes and seconds the total time of your workout (e.g. 15:42 minutes). The maximum time for a workout is 59:99.

Burn Rate display
The Burn Rate display shows the rate of calories burned for a minute at the current workout levels.

Distance display
The Distance display shows your workout distance in miles or kilometers based on the user setting. Miles is the default setting.

Heart Rate Zone display
During a workout, the Heart Rate Zone displays the current Heart Rate Zone based on the age of the selected user.
Warm-Up/Cool Down: 1-59% of maximum heart rate, Fat Burn: 60-69%, Endurance: 70-79%, Performance: 80% and higher.

Heart Rate display
The Heart Rate display shows your heart beats per minute. The heart icon will flash when acquiring the rate. With a stable reading, the icon will be shown as solid.

⚠ **The heart rate displayed is an approximation and should be used for reference only.**

Total Calories display
The Total Calories display counts your total calories. The maximum value for calories during a workout is 9999.

Sprint display
During an Interval workout, the Sprint display shows the remaining time of the Sprint segment of the current Interval. Each Interval has a Sprint and a Recover segment. Sprint is the high Intensity segment of an Interval workout.

Intervals display

During an Interval workout, the Intervals display show the currently active Interval and the total number of Intervals for the workout. Each Interval has a Sprint and a Recover workout segment.

Recover display

The reduced workout segment of an Interval workout, counting down until the next Sprint segment.

Fitness Score Zone display

The display shows the current Fitness Score Zone for the selected User. At the end of a workout, if the Fitness Score has increased, an upward arrow icon will be displayed to show the increase in the score.

> **Note:** This display is blank during the workout.

Fitness Score Display

The Fitness Score Display shows the current Fitness Score of the selected User Profile.

Incline display

The Incline display shows the current percent of Incline for the Walking Deck.

Workout Segment display

The Workout Segment display shows the course profile of the workout program. A course profile has 30 columns with 15 segments. The segments show changes of incline or speed depending on the type of workout. Under the display, the Incline or Speed Program display defines the workout segments.

The more intense the incline or speed setting, the higher the number of segments. The flashing column shows your location in the workout.

Incline Program display

The Incline Program display shows that the segments of the Workout Segment display are incline based.

Speed Program display

The Speed Program display shows that the segments of the Workout Segment display are speed based.

Speed display

The Speed display shows your current speed in miles (MI) or kilometers (KM) per hour to one decimal (e.g. 3.4 MI). MI is the default setting.

Incline and Speed Controls

The Incline and Speed Controls are located on the Side Handlebars. The Incline Ergo and Speed Ergo Controls are located on the Ergo Bar. The incline and speed of the walking belt can be controlled from these controls. The buttons on the left side include an Incline Increase button (▲) and an Incline Decrease (▼) button. The controls on the right side include a Speed Increase button (▲) and a Speed Decrease (▼) button. Push and hold the button to quickly adjust the incline or speed setting.

⚠ **Do not push these buttons when grabbing onto the Side Handlebars or Ergo Bar.**

Bluetooth® Connectivity with the "Bowflex Results Series™" Fitness App

This fitness machine is equipped with Bluetooth® connectivity and can wirelessly sync with the "Bowflex Results Series™" Fitness App on supported devices. The Software App syncs with your fitness machine to track total calories burned, time, distance, and more. Records and stores every workout for quick reference. Plus, it can automatically sync your workout data to Under Armour® Connected Fitness to make hitting your daily calorie goal easier than ever! Track your results and share with friends and family.

1. Download the free Software App, the "Bowflex Results Series™" Fitness App. The software app is available on iTunes® and Google Play™.

    Note: For a complete list of supported devices, review the software app on iTunes® or Google Play™.

2. Follow the instructions on the Software App to sync your device to your exercise machine.

Workout with Other Fitness Apps

This fitness machine has integrated Bluetooth® connectivity which allows it to work with a number of digital partners. For our latest list of supported partners, please visit: **www.nautilus.com/partners**

USB Charging

If a USB Device is attached to the USB Port, the Port will attempt to charge the Device. The power supplied from the USB Port may not be enough to operate the Device and charge it at the same time.

Remote Heart Rate Monitor

Monitoring your Heart Rate is one of the best procedures to control the intensity of your exercise. The Console reads the telemetry HR signals from the Heart Rate Chest Strap Transmitter that operates in the 4.5kHz - 5.5kHz range.

> **Note:** The heart rate chest strap must be an uncoded heart rate strap from Polar Electro or an uncoded POLAR® compatible model. (Coded POLAR® heart rate straps such as POLAR® OwnCode® chest straps will not work with this equipment.).

⚠ **If you have a pacemaker or other implanted electronic device, consult your doctor before using a wireless chest strap or other telemetric heart rate monitor.**

Chest Strap

Using the provided heart rate transmitter chest strap lets you monitor your heart rate at any time during your workout.

⚠ **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. The heart rate displayed is an approximation and should be used for reference only.**

To put on your chest strap:

1. Secure the strap around your chest just below the chest muscles.

2. Lift the transmitter off your chest and moisten the two Grooved Electrode Areas on the back.

3. Check that the wet electrode areas are firmly against your skin.
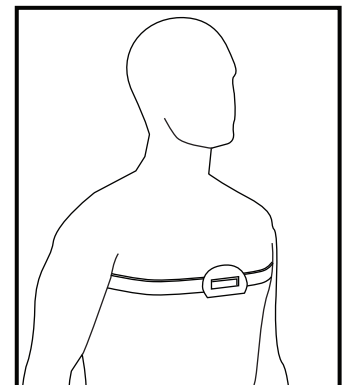
The transmitter will send your heart rate to the machine's receiver and display your estimated Beats Per Minute (BPM).

Always remove the transmitter before you clean the chest strap. Clean the chest strap regularly with mild soap and water, and thoroughly dry it. Residual sweat and moisture may keep the transmitter active and drain the battery in the transmitter. Dry and wipe clean the transmitter after each use.

> **Note:** Do not use abrasives or chemicals such as steel wool or alcohol when you clean the chest strap, as they can damage the electrodes permanently.

If the Console does not display a heart rate value, the transmitter may be at fault. Check that the textured contact areas on the chest strap are making contact with your skin. You may need to lightly wet the contact areas. Check that the curve of the transmitter is oriented upward. If no signal appears or you need further assistance, contact your local distributor.

⚠️ **The heart rate displayed is an approximation and should be used for reference only.**

Before discarding a chest strap, remove the battery. Dispose of in accordance with local regulations and/or at approved recycling centers.

Contact Heart Rate Sensors

Contact Heart Rate (CHR) sensors send your heart rate signals to the Console. The CHR sensors are the stainless steel parts of the Handlebars. To use, put your hands comfortably around the sensors. Be sure that your hands touch both the top and the bottom of the sensors. Hold firm, but not too tight or loose. Both hands must make contact with the sensors for the Console to detect a pulse. After the Console detects four stable pulse signals, your initial pulse rate will be shown.

Once the Console has your initial heart rate, do not move or shift your hands for 10 to 15 seconds. The Console will now validate the heart rate. Many factors influence the ability of the sensors to detect your heart rate signal:

• Movement of the upper body muscles (including arms) produces an electrical signal (muscle artifact) that can interfere with pulse detection. Slight hand movement while in contact with the sensors can also produce interference.

• Calluses and hand lotion may act as an insulating layer to reduce the signal strength.

• Some Electrocardiogram (EKG) signals generated by individuals are not strong enough to be detected by the sensors.

• The proximity of other electronic machines can generate interference.

If your heart rate signal ever seems erratic after validation, wipe off your hands and the sensors and try again.

⚠️ **The heart rate displayed is an approximation and should be used for reference only.**

Heart Rate Calculations

Your maximum heart rate usually decreases from 220 Beats Per Minute (BPM) in childhood to approximately 160 BPM by age 60. This fall in heart rate is usually linear, decreasing by approximately one BPM for each year. There is no indication that training influences the decrease in maximum heart rate. Individuals of the same age could have different maximum heart rates. It is more accurate to find this value by getting a stress test than by using an age related formula.

Your at rest heart rate is influenced by endurance training. The typical adult has an at rest heart rate of approximately 72 BPM, where as highly trained runners may have readings of 40 BPM or lower.

The Heart Rate table is an estimate of what Heart Rate Zone (HRZ) is effective to burn fat and improve your cardiovascular system. Physical conditions vary, therefore your individual HRZ could be several beats higher or lower than what is shown.

The most efficient procedure to burn fat during exercise is to start at a slow pace and gradually increase your intensity until your heart rate reaches between 60 – 85% of your maximum heart rate. Continue at that pace, keeping your heart rate in that target zone for over 20 minutes. The longer you maintain your target heart rate, the more fat your body will burn.

Fat-Burning Target Heart Rate
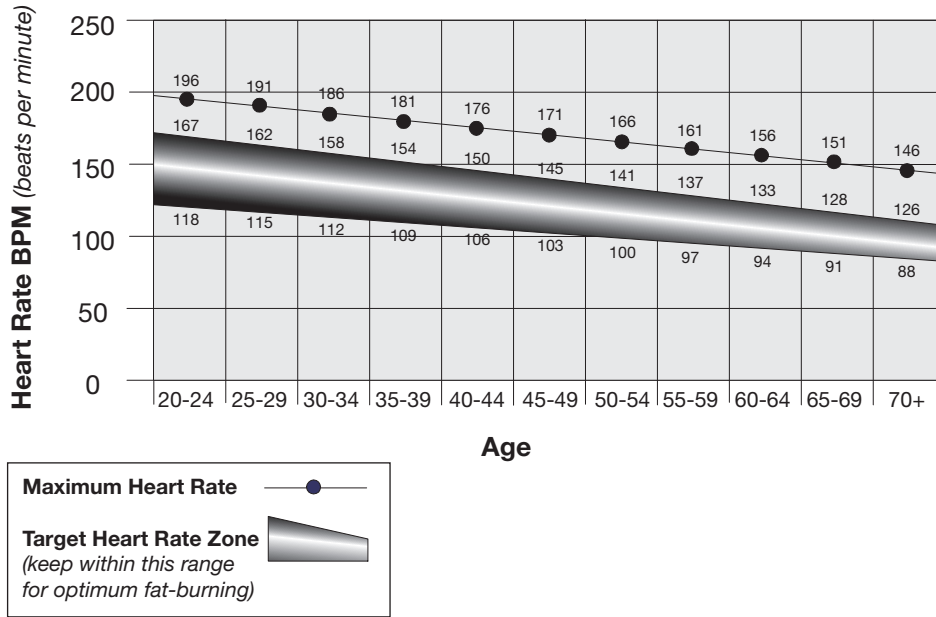
The graph is a brief guideline, describing the generally suggested target heart rates based on age. As noted above, your optimal target rate may be higher or lower. Consult your physician for your individual target heart rate zone.

Note: As with all exercises and fitness regimens, always use your best judgment when you increase your exercise time or intensity.

Fitness Basics

Frequency

To maintain good health, lose weight and improve your cardiovascular endurance, try and use the Bowflex® fitness machine a minimum of 3 times per week, 30 minutes each day.

If you are new to exercise (or returning to a regular exercise program), and you are unable to comfortably complete 30 minutes of continuous exercise at one time, just do 5 – 10 minutes, and gradually increase your workout time until you can reach 30 minutes total.

If your schedule is busy, and you are unable to fit 30 minutes of continuous exercise into your day, try accumulating 30 minutes by doing multiple shorter workouts on the same day. For example, 15 minutes in the morning and 15 minutes in the evening.

For best results, combine your Bowflex® fitness machine workouts with a strength training program using a Bowflex® home gym or Bowflex® Select-Tech® dumbbells, and follow the Bowflex™ Body Weight Loss Guide that is included in this manual.

Consistency

Busy work schedules, family obligations and daily chores can make it difficult to fit regular exercise into your life. Try these tips to increase your chances of success:

Schedule your workouts the same way you schedule meetings or appointments. Select specific days and times each week, and try not to change your workout times.

Make a commitment to a family member, friend or spouse, and encourage each other to stay on track each week. Leave messages with friendly reminders to be consistent, and keep each other accountable.

Make your workouts more interesting by alternating between steady state (single-speed) workouts and interval training (varied speed) workouts. The Bowflex® fitness machine is even more fun when you add this kind of variety.

Apparel

It is important to wear appropriate, safe and comfortable footwear and clothing when using the Bowflex® fitness machine, including:

• Rubber-soled athletic walking or running shoes.
• Exercise clothing that allows you to move freely, and keep comfortably cool.
• Athletic support that provides stability and comfort.

⚠️ **Do not wear loose clothing or jewelry. This machine contains moving parts. Do not put fingers, feet, 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.

Warm-Up *

Before you use your Bowflex® fitness machine, consider doing these dynamic warm-up stretches, which will help prepare your body for the workout:

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* Source: Blahnik, Jay. *Full-Body Flexibility, 2nd Edition*. Champaign, IL: Human Kinetics, 2010. HumanKinetics.com

Dynamic Knee Hug

Stand with the feet together. Bring one knee forward and up toward the chest. Place the hands around the shin and pull the knee into the chest. Release the stretch by putting the foot on the floor. Each repetition of the sequence should take 1 to 3 seconds. Repeat as a continuous, controlled, fluid sequence 10 or 20 times. Repeat the stretch with the other leg.
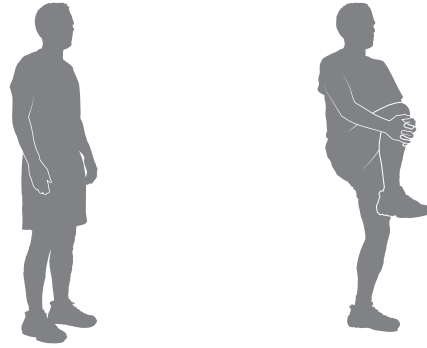
Dynamic Knee Bend

Stand with the feet together. Raise the heel of one foot toward the gluteals. Release the stretch by putting the foot on the floor. Each repetition of the sequence should take 1 to 3 seconds. Repeat as a continuous, controlled, fluid sequence 10 or 20 times. Repeat the stretch with the other leg.
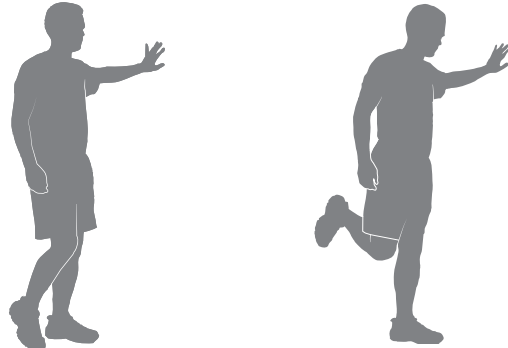
Dynamic Knee Kick

Stand tall and hold one leg up with the hands at hip height, keeping the knee bent. Hold onto a wall for balance with one hand, if necessary. Straighten the knee as far as comfortably possible. Release the stretch by bending the knee. Each repetition of the sequence should take 1 to 3 seconds. Repeat as a continuous, controlled, fluid sequence 10 or 20 times. Repeat the stretch with the other leg.
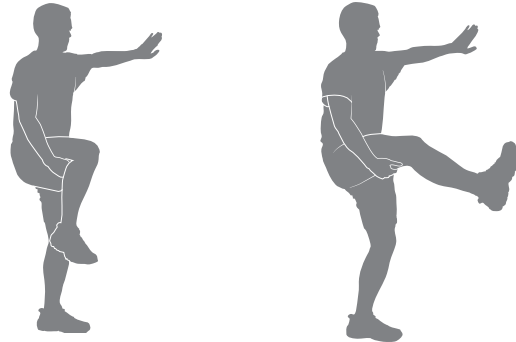
Dynamic Twist

Stand with the feet shoulder-width apart. Bend the elbows; hold the arms out to the sides. Twist the upper body to one side and then the other side as far as comfortably possible. Each repetition of the sequence should take 1 to 3 seconds. Repeat as a continuous, controlled, fluid sequence 10 or 20 times
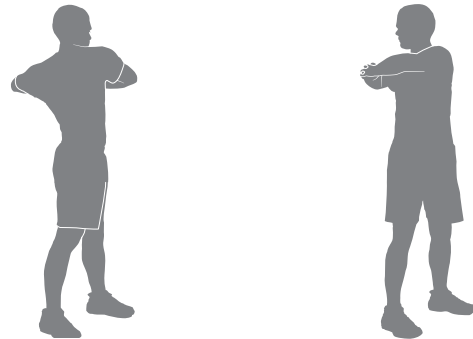
Dynamic Bent Knee Heel Press

Stand with one foot forward and one foot back, hip-width apart and feet facing forward. Bend both knees putting weight on the back heel. Release the stretch by returning to the start position. Each repetition of the sequence should take 1 to 3 seconds. Repeat as a continuous, controlled, fluid sequence 10 or 20 times. Repeat the stretch with the other leg. Touch a wall or hold onto something for balance, if necessary.

Dynamic Side Reach
Stand with the feet apart, the knees slightly bent and the arms at the sides of the body. Reach with one hand above the head and lean over to the opposite side. Release the stretch by returning to the start position. Then reach with the other hand to the opposite side. Use the other arm to support the body weight on the thigh, if necessary. Each repetition of the sequence should take 1 to 3 seconds. Repeat as a continuous, controlled, fluid sequence 10 or 20 times.

Workouts

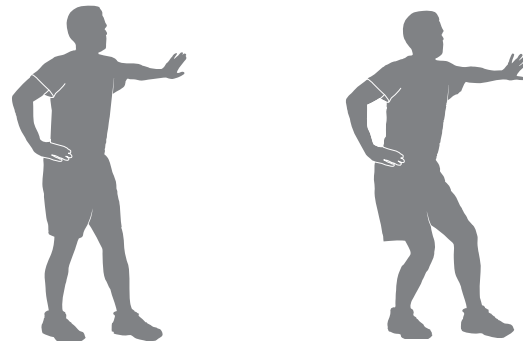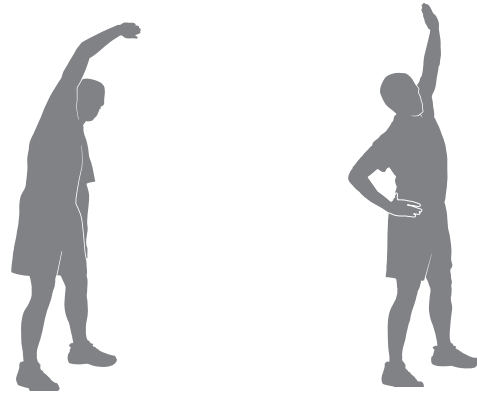Follow these guidelines to ease yourself into a weekly exercise regimen. Use your judgment and/or the advice of your physician or health care professional to find the intensity and level of your workouts.

⚠️ **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. Use the values calculated or measured by the machine's computer for reference purposes only. The heart rate displayed is an approximation and should be used for reference only. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.**

Steady State and Interval Training are 2 types of workouts you can do on your Bowflex® fitness machine:

Steady State workouts
A Steady State workout involves slowly increasing your workout speed to a challenging, but comfortable speed you can hold for most of your work-out. For example, holding a 3.0 MPH walking pace for the entire workout, except during the warm-up and cool-down. Steady State workouts help you build exercise confidence, stamina and endurance, and are essential to a well-rounded cardiovascular training program.

Interval Training workouts
An Interval Training workout involves adjusting your speed faster and slower for specific lengths of time to raise and lower your breathing rate, heart rate and calorie burn. Here is a sample Interval Training workout:

- 7 minutes walking at a slow, easy, comfortable speed.
- 1 minute walking at a more challenging speed that is approximately 50% faster.
- 7 minutes walking at a slow, easy, comfortable speed.
- 1 minute walking at a more challenging speed that is approximately 2x faster.
- 7 minutes walking at a slow, easy, comfortable speed.
- 1 minute walking at a more challenging speed that is approximately 50% faster.
- 6 minutes walking at a slow, easy, comfortable speed.

Interval Training workouts provide variety, maximize calorie burn and improve fitness.

The Bowflex® fitness machine is designed to cushion your joints and muscles, and both Steady State and Interval Training workouts should feel more comfortable than walking or running outside on a hard surface.

Workout Schedule

Here is a beginner, intermediate and advanced sample workout schedule. Use the workout schedule that reflects your current fitness level. With each of these sample workout schedules, do not move on to the next week until the current week feels easier and comfortable.

Beginner	Week 1	Week 2	Week 3	Week 4	Week 5
Workout 1	Steady State	Steady State	Steady State	Interval Training	Interval Training
Workout 2	Steady State	Steady State	Interval Training	Steady State	Steady State
Workout 3	Steady State	Steady State	Steady State	Interval Training	Interval Training

Intermediate	Week 1	Week 2	Week 3	Week 4	Week 5
Workout 1	Steady State	Steady State	Interval Training	Steady State	Interval Training
Workout 2	Steady State	Interval Training	Steady State	Interval Training	Steady State
Workout 3	Steady State	Steady State	Interval Training	Steady State	Interval Training

Advanced	Week 1	Week 2	Week 3	Week 4	Week 5
Workout 1	Steady State	Interval Training	Interval Training	Interval Training	Interval Training
Workout 2	Interval Training	Steady State	Steady State	Steady State	Interval Training
Workout 3	Steady State	Interval Training	Interval Training	Interval Training	Interval Training

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Workout Log

Use this log to track your workouts and progress. Tracking your workouts helps you stay motivated and achieve your goals.

Date	Program	Time	Distance	Calories	Heart Rate (Average)	Incline (Average)	Speed (Average)

Cool-Down *

When you are done using your Bowflex® fitness machine, consider doing these relaxing stretches, which will help your body recover from the workout and make you more flexible:


Lying Leg Raise
Lie on the floor face up with the legs slightly bent. Lift one leg up toward the ceiling, keeping the knee straight. Place the hands (or a strap) around the thigh and move the leg closer to the head. Hold the stretch for 10 to 30 seconds. Repeat the stretch on the other leg. Keep the head on the floor and do not round the spine.
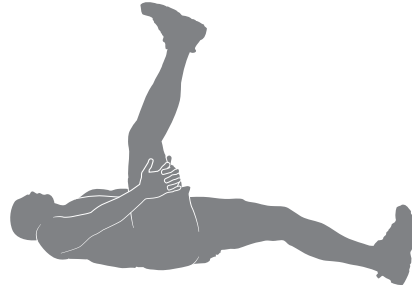

Side Lying Knee Bend
Lie on the floor on one side of the body and rest the head on the lower arm. Bend the top knee and hold the ankle with the same-side hand, then pull the heel toward the gluteals. Hold the stretch for 10 to 30 seconds. Lie on the other side and repeat the stretch with the other leg. Remember to hold the knees close together.
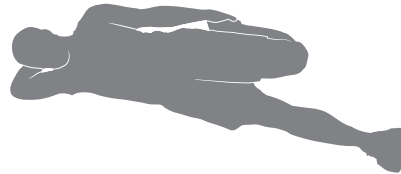

Lying Figure Four
Lie on the floor face up with the legs bent. Place one foot across the thigh of the opposite leg in the figure four position. Reach for the leg on the floor and pull it toward the chest. Hold the stretch for 10 to 30 seconds. Repeat the stretch with the other leg. Keep the head on the floor.
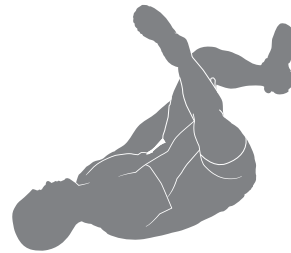
Seated Twist
Sit on the floor and extend the legs straight out in front of the body with the knees slightly bent. Place one hand on the floor behind the body and the other hand across the thigh. Twist the upper body as far as comfortably possible to one side. Hold the stretch for 10 to 30 seconds. Repeat the stretch on the other side.
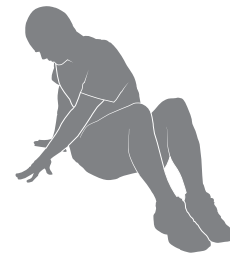

Seated Figure Four
Sit on the floor and extend one leg straight out in front of the body. Place the foot of the other leg across the thigh in the figure four position. Move the chest toward the legs, pivoting at the hip. Hold the stretch for 10 to 30 seconds. Repeat on the other leg. Use the arms to support the back.

Dynamic Heel Drop
Place the ball of one foot on the edge of a step or staircase. Place the other foot slightly in front. Lower the heel of the back foot as far as comfortably possible, keeping the knee straight. Release the stretch by lifting the heel as high as comfortably possible. Each repetition of the sequence should take 1 to 3 seconds. Repeat as a continuous, controlled, fluid sequence 10 or 20 times. Repeat the stretch with the other leg
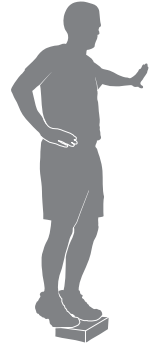
Before You Start

⚠️ **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. Use the values calculated or measured by the machine's computer for reference purposes only.**

Place the machine on a clean, hard, level surface, free from unwanted material or other objects that may hamper your ability to move freely with a sufficient clear workout area. A rubber mat below the machine is recommended to prevent electrostatic discharge and protect your floor.

Be sure that the workout space you are utilizing has adequate height clearance, taking into consideration the height of the user and the maximum incline of the deck.

1. With the fitness machine in your workout area, inspect the walking belt to make sure it is centered and aligned. If necessary, refer to the "Aligning the Walking Belt" Procedure in the Maintenance section of this manual.

   Note: This machine is for home use only.

2. Examine below the walking belt for any objects. Be sure it is clear below the machine.

3. Connect the Power Cord to a correctly earthed AC wall outlet.

⚠️ **Do not step on the power cord and plug.**

   Note: The machine is designed to plug directly into a properly wired and earthed 220V outlet.

4. If you use the Remote Heart Rate Monitor, follow the Chest Strap directions.

5. Switch on the power. Power is now supplied to the machine.

6. Straddle the walking belt and stand on the Side Foot Support Platforms. Put the Safety Key into the Safety Key Port and clip the Safety Key cord to your clothing.

⚠️ **Care should be used when mounting or dismounting the machine.**

   To prevent injury, stand on the Side Foot Support Platforms before you start the machine or end a workout. Do not dismount the machine by standing on the moving Walking Belt and exiting off the rear of the machine.

   • Examine the Safety Key and be sure it is connected to the Console correctly.

   Note: if the Safety Key is not installed, the machine will allow the User to perform all activities except to activate the Walking Belt. The Console will display reminders to insert the Safety Key ("ERROR SAFETY KEY" and "INSERT SAFETY KEY").

   • Always attach the Safety Key Clip to your clothing during workouts.

   • If there is a need to immediately stop the machine, pull out the Safety Key to shut off the power to the Belt and Incline Motors. This will quickly stop the belt (brace yourself- this is an abrupt stop) and clear the workout. Push the PAUSE/STOP button to stop the belt and pause the program.

7. Push the USER button to select the desired User for the workout.

8. Push the desired Program button to select the workout program.

9. With your desired workout selected, push the START button.

   If the selected workout is a Speed Program, the Console will ask for the maximum speed of the workout. Use the Increase/Decrease buttons and push the Enter button.

10. The Console will display "RAMPING UP" as the Walking Belt gets up to speed. Be sure to carefully step onto the walking belt.

⚠️ **The belt will only move after a 3 second, audible beep countdown unless the machine has been muted.**

   Always use the handlebars to step on or off the treadmill, or when the incline or speed change.

   To perform an emergency dismount, grab onto the Front or Side Handlebars and safely step onto the Side Foot Platforms. Bring the Walking Belt to a stop and carefully step off the machine.

⚠️ **If the Sound has been muted on a Speed Based workout program, the Console will display the "AUDIO OFF" prompt for a few seconds.**

> **Note:** Your treadmill comes equipped with a durable, high quality walking belt designed to provide many hours of reliable service. The walking belt on a treadmill that has not been operated for a length of time, either in factory packaging or after assembly, can exhibit a "thumping" noise when started. This is due to the belt taking on the curve of the front and rear rollers. This is a common occurrence and does not indicate a problem with your machine. After the treadmill has been used for a short period of time the thumping noise will discontinue. The amount of time will vary depending on the temperature and humidity of the environment where the treadmill is placed.
>
> As you use your fitness machine, the Console will show "LUBRICATE BELT" followed by "REVIEW USER MANUAL" at set times. This is only a reminder and should be added to your inspection schedule. Only apply lubricant as necessary. Push any button to accept the reminder.

Power Up / Idle Mode
The Console will enter Power Up mode when initially plugged into a power source and the On/Off button is switched to On.

⚠️ **The belt will only move after a 3 second, audible beep countdown unless the machine has been muted.**

Shut Off (Sleep Mode)
If the Console does not receive any input for five minutes, it will automatically shut off unless in Demonstration mode.

Push any button to start (wake up) the Console. If your machine is in Demonstration mode, push and hold down for 3 seconds the ENTER and PAUSE/STOP buttons.

⚠️ **To prevent unsupervised operation of the machine always turn the power switch to Off, remove the Safety Key, and disconnect the power cord from the wall outlet and machine power input. Place the power cord in a secure location.**

Initial Setup / Adjust Date and Time
During the first power-up, the Console will request the date and time for workout tracking. To adjust these settings after the Initial Setup, push and hold the Right (▶) and PAUSE/STOP buttons from the Power-Up Mode screen.

1. The Console display shows the SET DATE prompt with the default date setting. The month value will be the currently active values (flashing). Push the Increase (▲) or Decrease (▼) buttons to adjust the currently active value (flashing). Push the Left (◀) or Right (▶) buttons to change which segment is the currently active value (month / day / year).

2. Push the Right button until the next prompt is displayed.

3. The Console display shows the SET TIME prompt with the default time setting. The hour value will be the currently active values (flashing). Push the Increase/Decrease buttons to adjust the currently active value (flashing). Push the Left/Right buttons to change which segment is the currently active value (hour / minute / AM or PM).

4. Push Enter to set.

The Console goes to the Power-Up Mode screen.

User Profiles
The Console is equipped with 4 User Profiles. Each User Profile has values and options specific to it:

• Gender
• Age
• Display Units
• Weight
• Screen Brightness
• Erase Workouts

Select a User Profile

Every workout is saved to the User Profile and can be reviewed with the online health tracker at www.bowflexconnect.com. Be sure to select the proper User Profile before starting a workout. The last User that completed a workout will be the default User.

User Profiles are assigned the default values until they are customized by editing. Be sure to edit the User Profile for more accurate calorie and heart rate information.

Edit User Profile

1. From the Power-Up Mode screen, push the User button to select one of the User Profiles.

2. Push and hold down for 3 seconds the User button to edit the User Profile.

3. The Console display shows the Gender prompt and the current value.

   Push the Increase or Decrease buttons to change the displayed Gender value, and push the Enter button to accept the displayed value.

   Note: To exit the User Profile options, push the PAUSE/STOP button and the console will go back to the Power-Up Mode screen.

4. To edit the other User data (Age, Display Units, Weight, and Screen Brightness) use the Increase/Decrease buttons to adjust, and push Enter to set each option.

   Note: To return to the previous prompt push the Left, or Back, arrow button.

5. The Console display shows the Erase Workouts prompt and the current value ("NO"). To erase all workouts for the selected User, push the Increase (▲) or Decrease (▼) button to change the value to "YES", and push Enter. The Console will now confirm if the User wants to erase the workouts. Use the Increase (▲) or Decrease (▼) button to change the value to "YES", and push Enter. The workouts for this User have been erased.

6. The Console display shows the confirmation screen for two seconds, and then will go to the Power-Up Mode screen

Workout Programs

Each Workout Program has 30 columns allowing for a variety of workouts. For each Workout Program, the Workout Segment display either shows incline (Incline Program) or speed (Speed Program) columns. For a Speed Program, when a workout starts the Console will ask for the maximum speed. Use the Increase/ Decrease buttons to adjust the value, and press START to accept and begin the workout.

As each column is done, the Console hides it so only the remaining columns are visible. The user can also manually adjust the incline and speed values at any time during a workout.

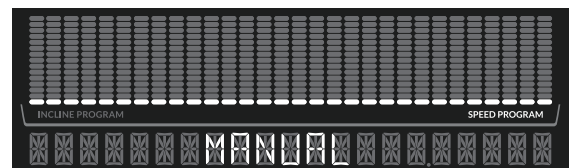⚠ **During a Profile Program workout, the Console will make an audible beep when the next segment of the workout occurs. Be prepared for changes in Incline and Speed with each segment change.**

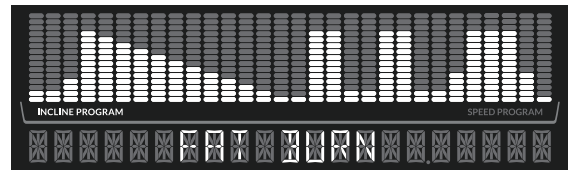   **If the Sound has been muted, the Console will display the "AUDIO OFF" prompt for a few seconds.**

Manual
(Speed Program - open-ended workout, 1 minute each column)
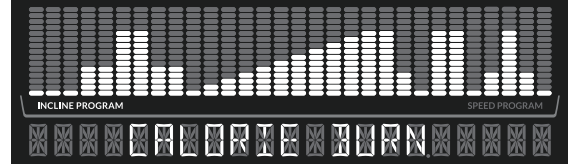   **Note:** maximum time is 99:59.

Fat Burn
(Incline Program - 30 minutes, 1 minute each column)

Calorie Burn
(Incline Program - 30 minutes, 1 minute each column)
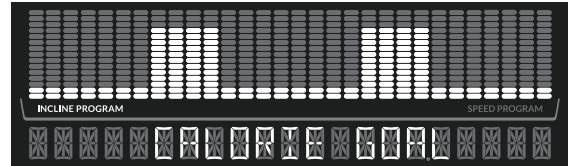

Calorie Goal
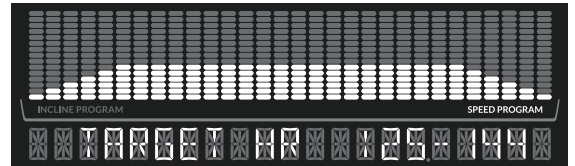(Incline Program - 300 calories, 1 minute each column)
Before a workout, push the Increase (▲) or Decrease (▼) buttons to adjust the Goal by 50 calorie increments.

   Note: 50 calories is the minimum, 9950 calories is the maximum.

Target Heart Rate (HR)
(Speed Program - 30 minutes plus the initial time to raise heart rate into the Endurance heart rate zone)

5k Distance
(Incline Program - 3.1 miles/ 5 kilometers, 0.1 miles/ 0.17 kilometers per column)
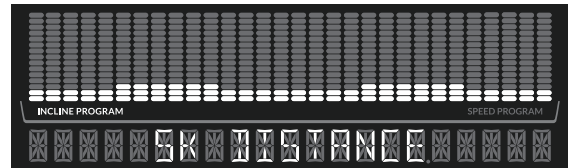
Interval Workout Programs
During an Interval Workout, the User will be encouraged to adjust the Walking Belt speed between an increased burst of speed ("Sprint") to a slower paced, 'catch your breath' time period ("Recover"). This shift will be repeated for the total number of intervals. The Console will count down the time remaining of the active part of the Interval. The Console will also show the current Interval and how many Intervals need to be completed ("01/08" is the first Interval of a total of eight Intervals).

⚠ **The "Sprint" period of an Interval Workout is a suggested workout level increase, and should only be followed if your physical fitness level allows.**

Varied Interval
(Incline Program - 8 intervals, Sprint 30 seconds and Recover 90 seconds for each interval)
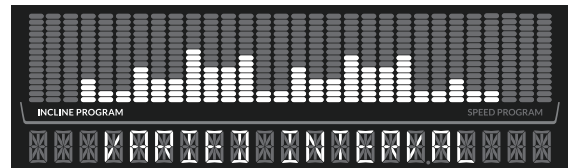
8 Minute Interval
(Speed Program - 4 intervals, Sprint 30 seconds and Recover 90 seconds for each interval)

16 Minute Interval
(Speed Program - 8 intervals, Sprint 30 seconds and Recover 90 seconds for each interval)

Strength
(Speed Program - 30 minutes, 1 minute per column)

Custom
(Incline Program - open-ended workout, 1 minute each column or saved workout)

The Custom workout program allows a user to "design as you go", adjusting the currently active incline segment of each column. When the workout ends, the workout will be assigned to the Custom program.

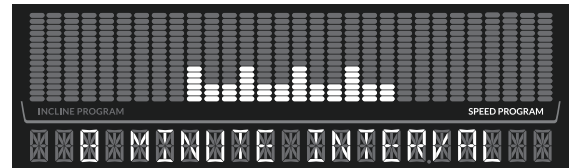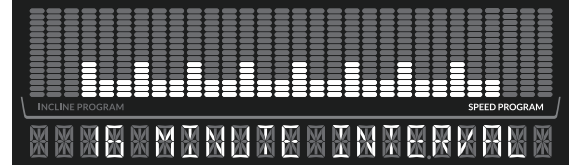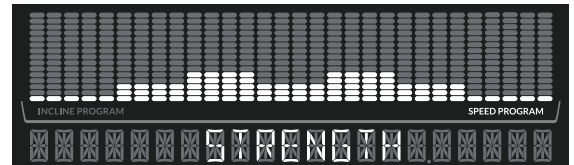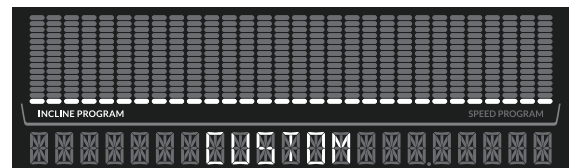In addition to the "design as you go" option, a completed workout can be saved as the Custom program. All modifications to the workout segments are saved, allowing the same workout to be repeated by selecting the Custom workout.

> **Note:** Once a completed workout is saved as a custom workout, it may be desired to reset the program. To reset the Custom program, push and hold for 3 seconds the Custom button. The Console will display RESET CUSTOM YES. Push Enter to reset, or PAUSE/STOP to exit reset option.

Starting a Workout
To begin a workout:

1. Review the currently selected User Profile. Push the USER button to change the active User Profile.

2. Straddle the belts and stand on the Side Foot Support Platforms. Put the Safety Key into the Safety Keyhole and clip the Safety Key cord to your clothing.

3. Push the button for the desired Program Workout. The Console will show the selected workout.

4. Push the START button.

   If the workout is a Speed Program, the Console will request the maximum speed of the Walking Belt. Use the Increase(▲) or Decrease(▼) buttons to adjust the Maximum Speed and push Enter. The Profile Program will adjust so the Maximum Speed value is the highest Speed of the Profile Program when accepted.

The belt will only move after a 3 second, audible beep countdown unless the machine has been muted.

If the Sound has been muted on a Speed Based workout program, the Console will display the "AUDIO OFF" prompt for a few seconds.

Note: Be sure to read the "Before You Start" section of your manual.

⚠️ **During a Profile Program workout, the Console will make an audible beep (unless muted) when the next segment of the workout occurs. Be prepared for changes in Incline and Speed with each segment change.**

If during a workout the User pushes one of the Program buttons, the Console will ask if they would like to switch workouts. If the User confirms the switch by pressing the Enter button, the current workout will be ended. The new workout program will be displayed, and will begin when the START button is pushed.

Changing Incline Levels

Push the Incline Level Increase(▲) or Decrease(▼) buttons to change the incline angle of the Deck at any time with the Safety Key installed. To rapidly change the incline level push the desired Pre-Set Incline button, and then the Confirm Incline button. The Deck will adjust to the selected incline setting.

Note: After a Pre-Set Incline button is pushed, the Confirm Incline button must be pushed within 12 seconds.

⚠️ **Be sure the area below the machine is clear before lowering the Deck. Fully lower the Deck after each workout.**

Exercise on this machine requires coordination and balance. Be sure to anticipate that changes in belt speed and incline angle of deck can occur during workouts, and be attentive in order to avoid loss of balance and possible injury.

Be sure that the workout space you are utilizing has adequate height clearance, taking into consideration the height of the user and the maximum height of the fully inclined Deck.

Changing the Walking Belt Speed

During a workout, the Walking Belt starts at 1.0 mph/kph. To adjust the speed of the Walking Belt, push the Speed Increase or Decrease button to adjust by 0.1 mph/kph increments. Push and hold down the Speed Increase or Decrease button to adjust the increments quickly.

To rapidly change the Speed level push the desired Pre-Set Speed button, and then the Confirm Speed button. The Walking Belt will adjust to the desired speed.

Note: After a Pre-Set Speed button is pushed, the Confirm Speed button must be pushed within 12 seconds.

Pausing or Stopping a Workout

1. With a firm hold on the Handlebars, step off of the belts and onto the Side Foot Support Platforms on either side of the Walking Deck.

2. Push PAUSE/STOP to pause the workout. The belts will slow to a complete stop.

   Note: If a paused workout is not restarted in 5 minutes, the machine will end the workout and display the workout results.

3. To restart your workout, push the START button. To end your workout, push PAUSE/STOP again. The Console will display your workout results.

4. The Console will ask if you would like to save the workout as the Custom workout program. Use the Increase or Decrease buttons to modify the option, and push Enter. After 5 seconds the Console will perform the currently selected option.

⚠️ **To prevent unsupervised operation of the machine always turn the power switch to Off, remove the Safety Key, and disconnect the power cord from the wall outlet and machine power input. Place the power cord in a secure location.**

Workout Complete / Results

When the goal of a workout is achieved the Console will display, "Workout Complete," for two seconds and then bring the Walking Belt to a stop. The Console will display the workout results.

> **Note:** If a workout is completed with a USB Flash Drive already inserted, the Console will not export the new Workout Results until the Console exits the Results mode and displays the Power-Up Mode screen. If the Console does not receive any further input after 5 minutes, the Console will shut off.

Customize the Goal for the Calorie Goal Program

The workout goal for the Calorie Goal program can be adjusted. Once changed, the new value will be the default for future Calorie Goal workouts.

1. Push the Calorie Goal button.

2. Push the Increase or Decrease buttons to adjust the displayed calorie goal value.

    The default Calorie Goal value is 300 calories and is adjusted in 50 calorie increments. 50 calories is the minimum value for a workout, 9950 calories the maximum value.

3. Push START to set the value and begin a Calorie Goal Program workout.

Target Heart Rate (HR) Program

The Target Heart Rate Program adjusts the incline to get and keep the User in the Endurance heart rate zone. When the heart rate reaches the zone, the 30 minute workout begins.

> **Note:** The console must be able to read the heart rate information from the Heart Rate Monitor for the program to work correctly.

1. Push the Target HR button.

2. The Console shows the TARGET HR values for the selected user. Push OK.

⚠️ **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. Use the values calculated or measured by the machine's computer for reference purposes only. The heart rate displayed on the console is an approximation and should be used for reference only.**

The Target Heart Rate program uses the age of the user profile to set the Endurance heart rate zone values. Review the user profile to be sure the age value is correct.

> **Note:** Be sure to allow time for your heart rate to reach the desired heart rate zone when setting the goal. The Console will display the heart rate value based on the current User settings.

Fitness Score Display

The Fitness Score is based on an estimate of the User's VO2 Max and calorie burn over their last five workouts. VO2 Max estimates are calculated using performance data (time, distance and average heart rate or an estimate of average heart rate if that data is unavailable). VO2 Max is the maximal oxygen consumption of the aerobic physical fitness of the individual, and is a determinant of the endurance capacity of the User during prolonged exercise. (V = Volume, O2 = Oxygen, and Max = maximum rate).

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For every workout completed that is longer than 10 minutes or a mile (1.6 km) in distance, the Console will apply those workout values toward your Fitness Score. This value is displayed on the Fitness Score Display area of the Console.

Note: Using a Heart Rate Chest Strap provides the most accurate information to calculate the Fitness Score. A Fitness Score is provided when a minimum of 10 minutes or 1 mile (1.6 km) of distance is done during a workout. If no heart rate is supplied, an approximation based on the User Profile will be used to calculate the score.

The Fitness Score may change only slightly for a User that performs the same length of workout at a similar intensity level. However, if that same User were to increase intensity over the same length of a workout, their score would increase. Since the score is based on VO2 Max (estimated), even a small score increase shows a significant shift in the User's fitness level.

Note: A User's score may drop slightly if fatigue is present. With the proper combination of exercise and rest, a User's Fitness Score will rise in a similar way to their VO2 Max. This will also be reflected in their ability to perform longer or faster workouts. Fitness Scores should only be compared to your previous scores and not to other User Profiles.

User Fitness Level Based on Fitness Score
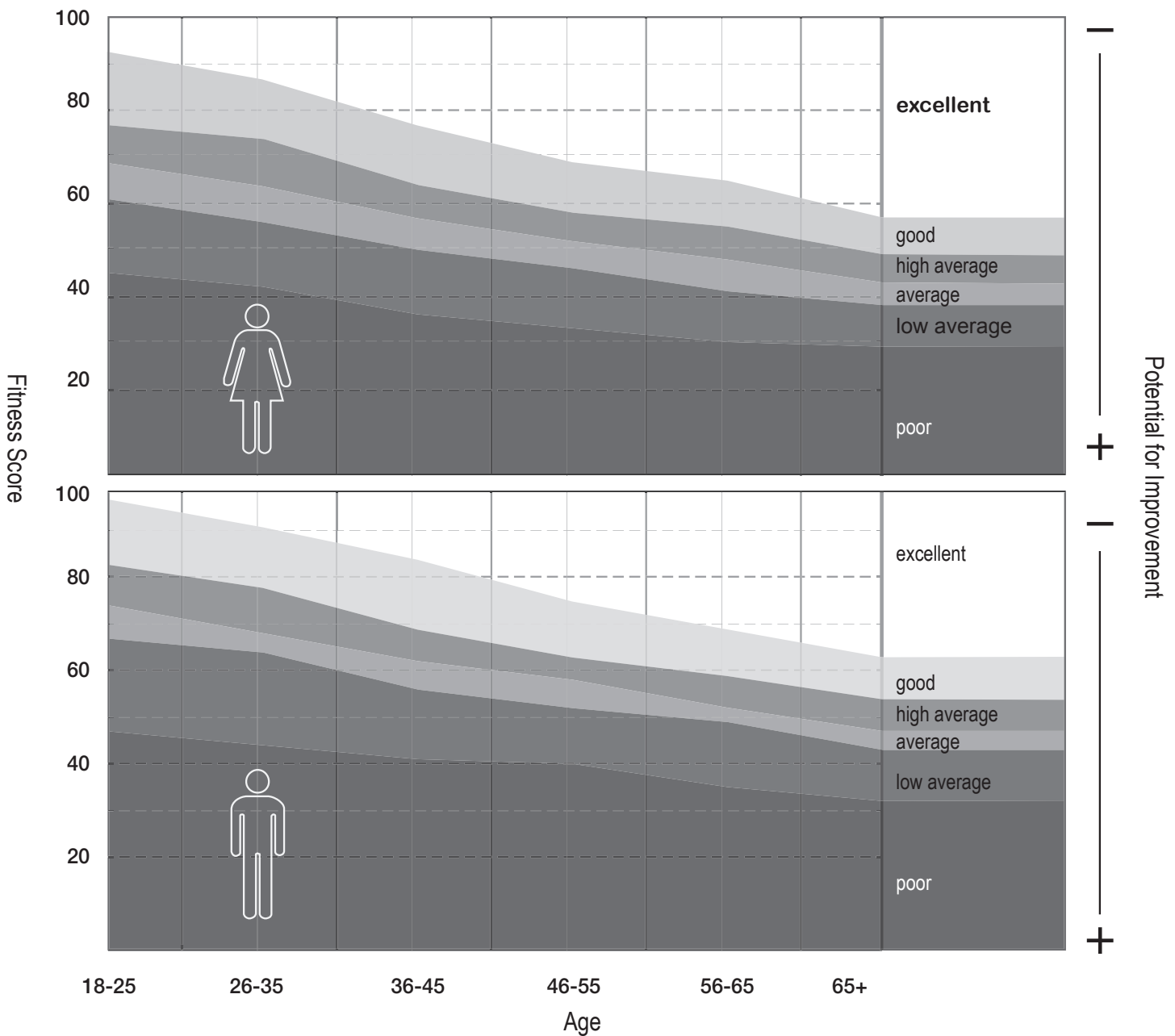
Celebrations

When a Celebration is earned the Console will make an audible sound, display the name of the achievement, and animate the lights in a certain sequence.

- For every 100 calories burned
- Farthest Workout
- Longest (timed) Workout
- Maximized Calories per minute (Cal/Min) rate display

The Machine Settings Mode lets you view the total run hours for the machine and the current versions of the main systems.

1. Hold down the PAUSE/STOP button and Right (▶) button together for 3 seconds while in the Power-Up Mode to access the Machine Settings Mode.

    Note: Push PAUSE/STOP to exit the Machine Settings Mode and return to the Power-Up Mode screen.

2. The Console displays the TOTAL HOURS for the machine.
3. Push the Right button to go to the next option.
4. The Console display shows the current Console Firmware Version.
5. Push the Right button to go to the next option.
6. The Console display shows the current Motor Control Board Firmware Version.
7. Push the Right button to go to the next option.
8. The Console display shows the current BLE Version.
9. Push the Right button to go to the next option.
10. The Console displays the DISCONNECT BLE NO prompt.

    Note: If you want to disconnect the Bluetooth® transmitter, push the Increase/Decrease buttons to select the "DISCONNECT BLE YES" option, and push Enter. The Console will exit the Machine Settings Mode and return to the Power-Up Mode screen.

11. Push the Right button to go to the next option.
12. The Console displays the VIEW ERROR MSG NO option. This option is for Service Technicians use only.
13. Push the Right button to go to the next option.
14. The Console displays the RESET CONSOLE NO prompt.

    Note: If you want to reset the Console to factory settings, push the Increase/Decrease buttons to select the "RESET CONSOLE YES" option, and push Enter. Turn the machine off when the Console displays the "POWER CYCLE NOW" prompt.

15. Push the Right button to exit the Machine Settings Mode and return to the Power-Up Mode screen.

Maintenance

Read all maintenance instructions fully before you start any repair work. In some conditions, an assistant is required to do the necessary tasks.

⚠️ **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.**

If at any time the Warning labels become loose, unreadable or dislodged, contact your local distributor for replacement labels.

⚠️**DANGER** **To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and the machine and wait 5 minutes before cleaning, maintaining or repairing the machine. Place the power cord in a secure location.**

Daily:	Before each use, examine the exercise machine for loose, broken, damaged, or worn parts. Do not use if found in this condition. Repair or replace all parts at the first sign of wear or damage, except for the Walking Deck. The Walking Deck is designed for wear on both sides of it. If only one side of the Walking Deck is worn, a replacement Deck is not required. It is recommended that a qualified service technician is used to flip the Walking Deck. After each workout, use a damp cloth to wipe your machine and Console free of moisture.
	Note: Avoid excessive moisture on the Console.
Weekly:	Check for smooth roller operation. Wipe the machine to remove dust, dirt, or grime.

⚠️ **Do not remove the Motor Control Board (MCB) Cover, as dangerous voltages and moving parts are present. The components are serviceable only by approved service personnel or by following service procedures supplied by Nautilus, Inc.**

Note: Do not use petroleum based products.

Monthly or after 20 hours:	Make sure all bolts and screws are tight. Tighten as necessary.
Quarterly:	Or after 25 hours—Lubricate the walking belt with a 100% pure silicone lubricant.

⚠️ **Silicone lubricant is not intended for human consumption. Keep out of reach of children. Store in a safe place.**

Note: Do not use petroleum based products.

Cleaning

⚠️**DANGER** **To reduce the risk of electrical shock, always unplug the power cord and wait 5 minutes before cleaning, maintaining or repairing this machine.**

Wipe the treadmill down after each use to keep the treadmill clean and dry. It may be necessary to use a mild dish soap at times to remove all dirt and salt from the belt, painted parts and the display.

NOTICE: If necessary, only use a mild dish soap with a soft cloth to clean the Console. Do not clean with a petroleum based solvent, automotive cleaner, or any product that contains ammonia. Do not clean the Console in direct sunlight or at high temperatures. Do not apply too much moisture to the Console.

Adjusting the Belt Tension

If the walking belt starts to slip during use, it is necessary to adjust the tension. Your treadmill has tension bolts at the rear of the treadmill.

1. Remove the Safety Key and place it in a secure location.

⚠ **When this machine is not in operation, remove the Safety Key and keep out of the reach of children.**

2. Make sure that the power switch is turned Off, and the power cord is disconnected.

3. Use a 6 mm hex wrench to turn the right and left belt adjustment bolts clockwise a 1/2 turn, first one bolt and then the other bolt.

4. After you adjust each side the 1/2 turn, start the belt and do a test to see if the belt stopped slipping. If the belt still slips, return to step 3 and repeat the procedure.

   If you turn one side more than the other, the belt will move away from that side of the treadmill and may need realignment.

   NOTICE: Too much tension on the belt causes unnecessary friction and wears the belt, motor and electronics.

6mm
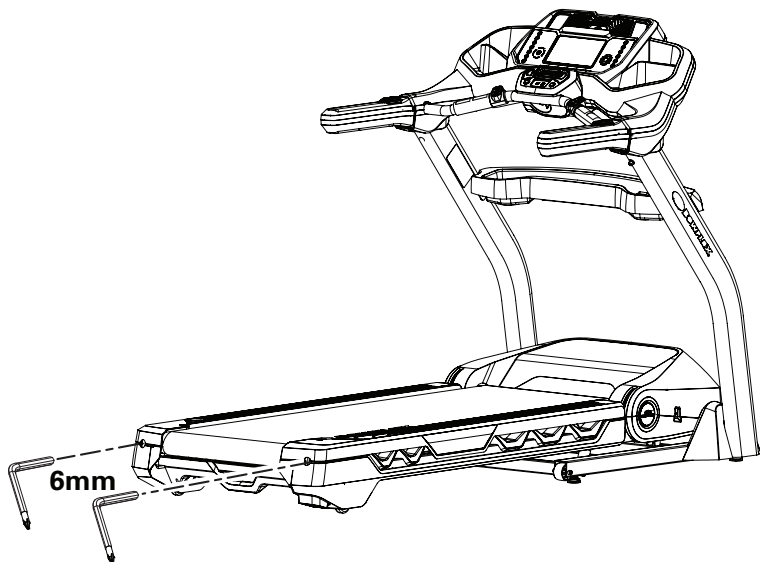
Aligning the Walking Belt

The walking belt should be centered on your treadmill at all times. Running style and a non-level surface can cause the belt to move off center. Minor adjustments to the 2 bolts at the rear of the treadmill are necessary when the belt is off center.

1. Push the START button to start the walking belt.

⚠ **Be sure not to touch the walking belt or step on the power cord. Keep bystanders and children away from the product you are servicing at all times.**

2. Stand at the rear of the treadmill to see which direction the belt moves.

3. If the belt moves to the left, turn the left belt adjustment bolt 1/4 turn clockwise and the right belt adjustment bolt 1/4 turn counterclockwise.

   If the belt moves to the right, turn the left adjustment bolt 1/4 turn counterclockwise and the right adjustment bolt 1/4 turn clockwise.

4. Monitor the path of the belt for approximately 2 minutes. Continue to adjust the bolts until the walking belt is centered.

5. Push PAUSE/STOP twice to stop the walking belt and end the Quick Start workout.

Lubricating the Walking Belt

Your treadmill is equipped with a low maintenance deck and belt system. The Walking Belt is pre-lubricated. Belt friction can affect the function and life of the machine. Lubricate the belt every 3 months or every 25 hours of use, whichever comes first. Even if the treadmill is not in use, silicone will dissipate and the belt will dry out. For the best results, lubricate the deck periodically with a silicone lubricant using the following instructions:

1. Turn off the power to the machine with the power switch.

2. Unplug the treadmill fully from the wall outlet, and remove the power cord from the machine.

⚠**DANGER** **To reduce the risk of electrical shock, always unplug the power cord and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.**

   Note: Make sure the treadmill is located on a surface that is easy to clean.

3.   Apply a few drops of the lubricant on the deck below the belt. Carefully lift the belt and apply a few drops of the lubricant the entire width of the belt. A very thin layer of silicone lubricant on the entire deck below the belt is desired.

   NOTICE: Always use a 100% pure silicone lubricant. Do not use a degreaser like WD-40® as this could seriously impact performance. We can recommend that you use the following:
   • 100% pure silicone, available at most hardware and auto parts stores.
   • Lube-N-Walk® Treadmill Lubrication Kit, available from your local specialty fitness dealer or local distributor.

⚠️ **Silicone lubricant is not intended for human consumption. Keep out of reach of children. Store in a safe place.**

4.   Manually rotate the belt 1/2 of the length of the belt and apply lubricant again.

⚠️ **If you used spray lubricant, wait 5 minutes before turning on power to the machine to allow the aerosol to dissipate.**

5.   Connect the power cord back into the machine and then into the wall outlet.

6.   Turn on the power to the machine with the power switch.

7.   Stay to one side of your machine and start the belt at the slowest speed. Let the belt operate for approximately 15 seconds.

⚠️ **Be sure not to touch the walking belt or step on the power cord. Keep bystanders and children away from the product you are servicing at all times.**

8.   Switch off your machine.

9.   Take care to clean up any excess lubricant from the deck.

⚠️ **To decrease the possibility of slipping, be sure the deck area is free from grease or oil. Clean off any excess oil from the machine surfaces.**

As you use your fitness machine, the Console will show "LUBRICATE BELT" followed by "REVIEW USER MANUAL" at set times. This is only a reminder and should be added to your inspection schedule. Only apply lubricant as necessary. Push any button to accept the reminder.

Replace Batteries in Chest Strap

The heart rate (HR) chest strap uses a CR2032 battery.

⚠️ **Do not perform this procedure outdoors or in moist or wet locations.**

1.   Using a coin, loosen the slotted cover on the battery bay. Remove the cover and battery.

2.   When replacing the battery, insert it in the battery bay with the + symbol facing up.

   Note: The chest strap uses CR2032 size batteries.

3.   Reinstall the cover on the strap.

4.   Discard the old battery. Dispose of in accordance with local regulations and/or at approved recycling centers.

5.   Inspect your chest strap to ensure function.
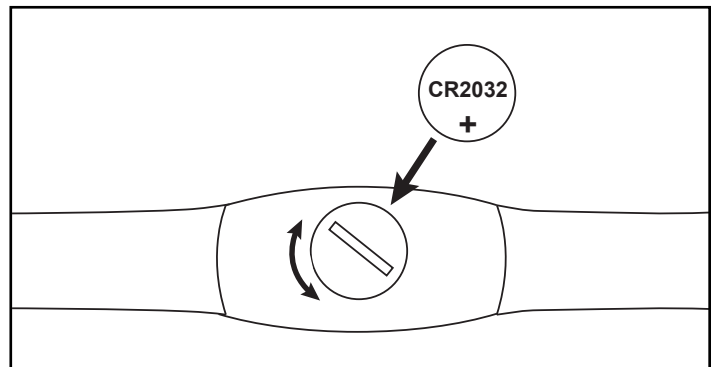
⚠️ **Do not use until the equipment has been fully assembled and inspected for correct performance in accordance with the Owner's Manual.**

Maintenance Parts

Left Upper Junction Cover

Heart Rate Chest Strap

Console Assembly

Right Upper Junction Cover

Side Handlebar, Left

Left Lower Junction Cover

Safety Key

Right Lower Junction Cover

Side Handlebar, Right

Crossbar Tray

Power Cord

Left Upright

Crossbar

Left Base Shroud

Right Upright

Right Base Shroud
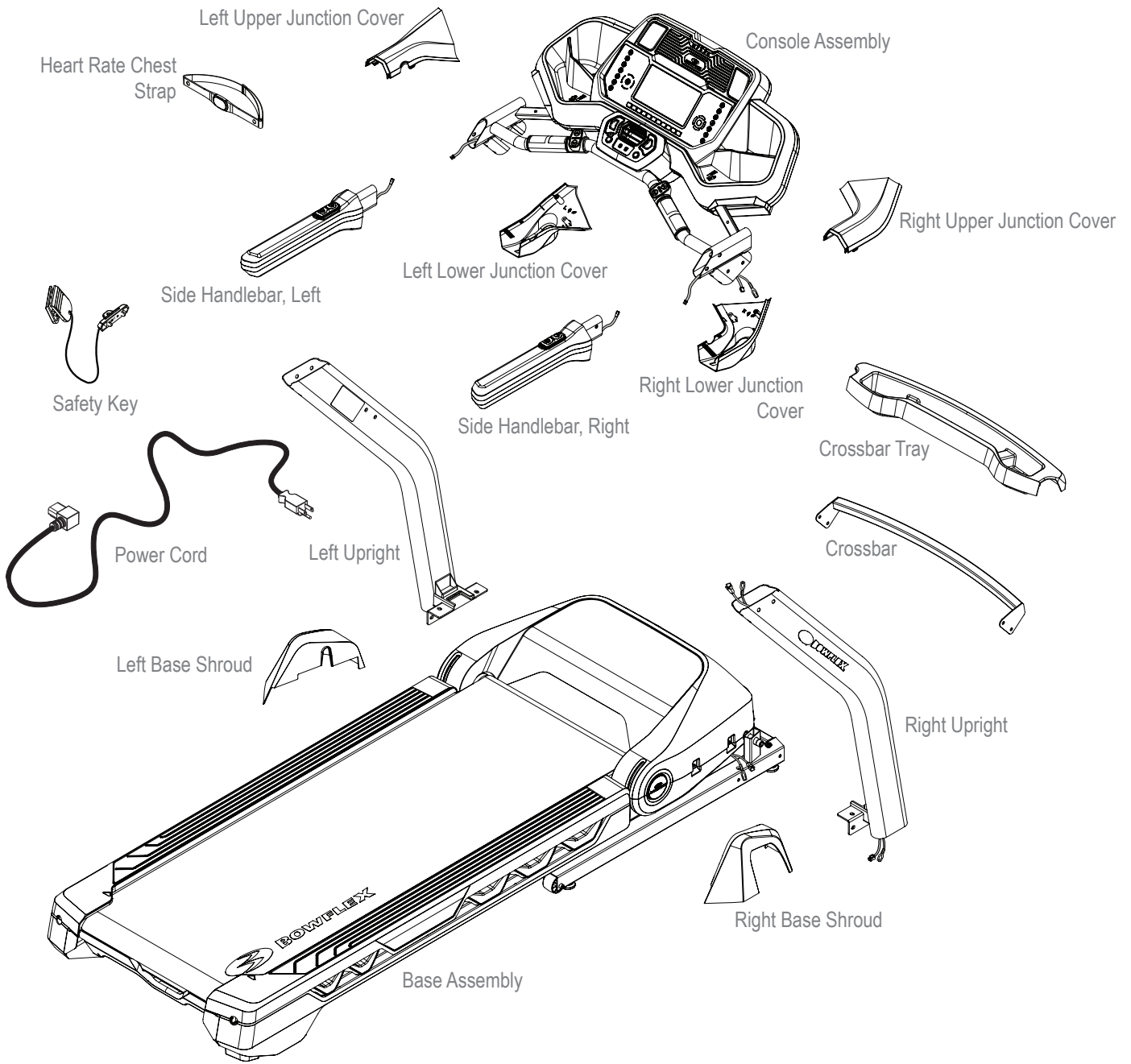
Base Assembly

Maintenance Parts (Base Assembly)

Motor Cover

Side Foot Platform

Motor Control Board Cover

Deck Cushioner

Transport Wheel

A/C Inlet
Power Switch

Drive Motor

Drive Belt

Fuse

Incline Adjuster

Motor Cover

Walking Belt

Walking Belt Adjustment
Screw

Leveler

Rear Roller
Cover

Deck Lift Shock Assembly

Transport Handle

Rear Roller

Deck Release
Button

Base Support
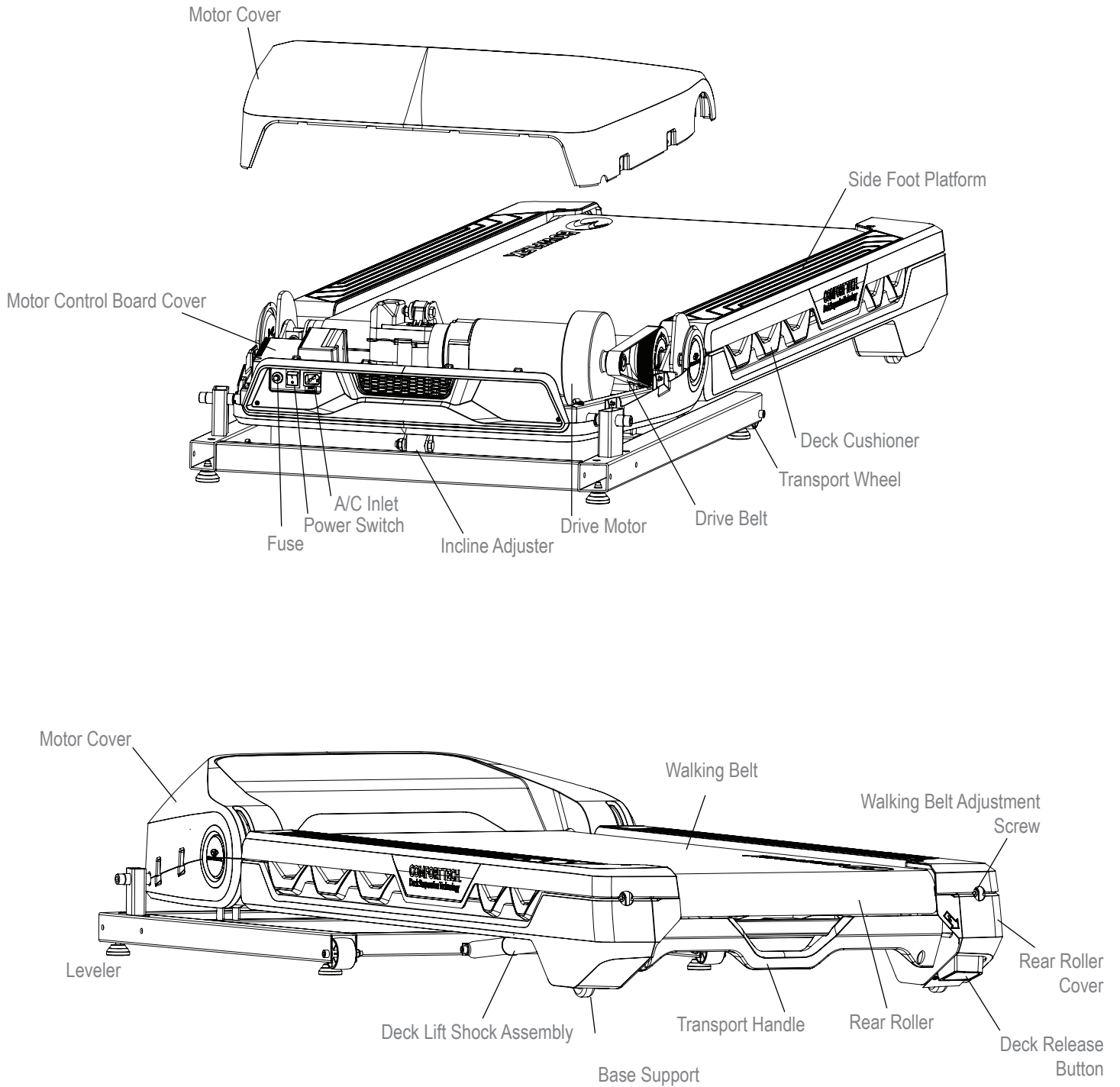
Condition/Problem	Things to Check	Solution
No display/partial display/unit will not turn on	Check electrical (wall) outlet	Make sure unit is plugged into a functioning wall outlet. Test the outlet with a known functioning device such as a lamp.
	Check connection at front of unit	Connection should be secure and undamaged. Replace power cord or connection at unit if either are damaged.
	Power Switch	Turn on the power with the Power Switch
	Check data cable integrity	All wires in cable should be intact. If any are visibly crimped or cut, replace cable.
	Check data cable connections/orientation	Be sure cable is connected securely and oriented properly. Small latch on connector should line up and snap into place.
	Check console display for damage	Check for visual sign that console display is cracked or otherwise damaged. Replace Console if damaged.
	Console Display	If Console only has partial display and all connections are fine, replace the Console.
		If the above steps do not resolve the problem, contact your local distributor for further assistance.
Unit operates but Contact Heart Rate (HR) not displayed	Sensor grip	Be sure hands are centered on HR sensors. Hands must be kept still with relatively equal pressure applied to each side.
	Dry or calloused hands	Sensors may have difficulty with dried out or calloused hands. A conductive electrode cream (heart rate cream) can help make better conduct. These are available on the web or at medical or some larger fitness stores.
		If tests reveal no other issues, contact your local distributor for further assistance.
Unit operates but Telemetric HR not displayed	Chest Strap	Strap should be "POLAR®" compatible and uncoded. Make sure strap is directly against skin and contact area is wet. Make sure the transmitter has the curve oriented upward.
	Check User Profile	Select the Edit User Profile option for the User Profile. Go to the WIRELESS HR setting and make sure that the current value is set to ON.
	Interference	Try moving unit away from sources of interference (TV, Microwave, etc).
	Replace Chest Strap	If interference is eliminated and HR does not function, replace strap.
	Replace Console	If HR still does not function, contact your local distributor for further assistance.
Speed display is not accurate	Display set to wrong unit of measure. (English/Metric)	Change display to show correct units.
Speed does not adjust (machine turns on and operates)	Check Console	Check for visual sign that Console is damaged. Replace Console if damaged.
	Speed handlebar connection (requires junction cover removal)	Be sure cable from right Side Handlebar and cables to Console are secure and undamaged.
	Lower and Upper I/O Cables (requires console removal)	All wires in the cables should be intact. If any are cut or crimped, replace cable.
	Drive Belt	Check to be sure drive belt is around drive pulley and motor; inspect tension.
		If the above steps do not resolve the problem, contact your local distributor for further assistance.

Condition/Problem	Things to Check	Solution
Incline does not adjust (machine turns on and operates)	Check Console	Check for visual sign that Console is damaged. Replace Console if damaged.
	Incline handlebar connection (requires junction cover removal)	Be sure cable from left Side Handlebar and cables to Console are secure and undamaged.
	Lower and Upper I/O Cables (requires console removal)	All wires in the cables should be intact. If any are cut or crimped, replace cable.
	Incline Adjuster Assembly (requires cover removal)	Be sure Incline Adjuster Assembly is attached to Incline Motor drive screw.
		If the above steps do not resolve the problem, contact your local distributor for further assistance.
Console shuts off (enters sleep mode) while in use	Check electrical (wall) outlet	Make sure unit is plugged into a functioning wall outlet. Test the outlet with a known functioning device such as a lamp.
	Check connection at front of unit	Connection should be secure and undamaged. Replace power cord or connection at unit if either are damaged.
	Check data cable integrity	All wires in the cable should be intact. If any are cut or crimped, replace cable.
	Check data cable connections/ orientation	Be sure cable is connected securely and oriented properly. Small latch on connector should line up and snap into place.
	Reset machine	Unplug unit from electrical outlet for 3 minutes. Reconnect to outlet.
		If the above steps do not resolve the problem, contact your local distributor for further assistance.
Fan will not turn on or will not turn off	Reset machine	Unplug unit from electrical outlet for 5 minutes. Reconnect to outlet.
Fan will not turn on, but Console operates	Check for blockage of fan	Unplug unit from electrical outlet for 5 minutes. Remove material from fan. If necessary, detach the Console to help with removal. Replace the Console if unable to remove blockage.
Unit rocks/does not sit level	Check leveler adjustment	Adjust levelers until machine is level.
	Check surface under unit	Adjustment may not be able to compensate for extremely uneven surfaces. Move machine to level area.
Thumping sound when belt operates	Walking belt	Walking belt needs to be used for wear in period. Sound will go away after the wear in period.
Walking belt not aligned	Machine leveling	Make sure the machine is level. Refer to the procedure for leveling the machine in this manual.
	Walking belt tension and alignment	Make sure the walking belt is centered and tension is correct. Refer to the procedures for adjusting tension and aligning the belt in this manual.
Motor sounds strained	Silicone lubrication on walking belt	Apply silicone to the inner surface of the walking belt. Refer to the belt lubrication procedure in this manual.
Hesitation or walking belt slips when in use	Belt tension	Adjust the belt tension at the rear of the machine. Refer to the procedure for adjusting belt tension in this manual.
Belt stops moving while in use	Safety key	Plug Safety Key into Console. (See Emergency Stop Procedure in the Important Safety Instructions section.)
	Motor overload	Unit may be overloaded and draw too much current, which causes power to turn off to protect motor. Refer to maintenance schedule for belt lubrication. Make sure the walking belt tension is correct, and start unit again.
		If the above steps do not resolve the problem, contact your local distributor for further assistance.

Console displays "LUBRICATE BELT" followed by "REVIEW USER MANUAL"	Belt lubrication	Consult lubrication schedule and apply if necessary. Push any button to exit the notice.
Console continuously displays a different program every 15 seconds	Console is in demonstration mode	Push and hold down the ENTER and PAUSE/ENTER buttons for 3 seconds.
Workout results will not sync with Bluetooth® enabled device	Current console mode	Machine must be in Idle Mode to sync. Push the PAUSE/STOP button until the Power-Up Mode screen is displayed.
	Total time of workout	A workout must be longer than 1 minute to be saved and posted by the Console.
	Fitness machine	Unplug unit from electrical outlet for 5 minutes. Reconnect to outlet.
	Bluetooth® enabled device	Consult your device to be sure that the Bluetooth® wireless feature has been enabled on it.
	Fitness App	Review Specifications of Fitness App and confirm your device is compatible.
		Contact your local distributor for further assistance.

Bowflex™ Body Weight Loss Guide

Introduction and Overview

Welcome to the Bowflex™ Body Weight Loss Guide. This guide is designed to be used with your Bowflex® equipment and will help you:
- Lose weight and get lean
- Improve your health and wellness
- Increase your energy and vitality

⚠️ **Consult a physician before you start an exercise program or a new health and diet plan. 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. Use the values calculated or measured by the machine's computer for reference purposes only. The heart rate displayed on the console is an approximation and should be used for reference only.**

By focusing on the main three elements of the Bowflex™ Body Weight Loss Guide- quality, balance, and consistency- you'll be able to reach and maintain your weight loss and fitness goals for the next six weeks and beyond.
- **Quality** – The emphasis of this plan is on eating more whole foods and getting the most nutrients from your calories as possible. Making the majority of your diet from foods that have a single ingredient (for example fruits, vegetables, fish, lean protein, eggs, beans, nuts, and whole grains) provides the vitamins, minerals, fiber, protein, and healthy fats your body needs.
- **Balance** – Each of the meals and snacks in this guide have a source of fiber or smart carbohydrate, protein, and healthy fat to keep your energy levels consistent throughout the day to fuel your workouts. By having this balance you'll feel fuller longer, which is critical to weight loss success.
- **Consistency** – Getting about the same number of calories each day is important for your metabolism and your mindset. If you overdo it one day, don't try to make up for it the next day by not eating or cutting your calories drastically. Get right back on track by following this guide!

Results & Expectations

Results will vary depending on your age, starting weight, and exercise level but on average you may lose 1-3 lbs per week and experience increased energy levels.

5 Tips for Long-Term Success

1. **Keep a food log** including hunger levels and water intake. Free online food logs and mobile apps are available at www.myfitnesspal.com and www.loseit.com
2. **Weigh and/or take measurements weekly** – no more and no less. Weighing weekly rather than daily or every other day is best. You'll track your progress and keep yourself in check without getting discouraged if the scale doesn't move for a few days. And remember, weight is just a number and it's influenced by muscle gain as well as fat loss. Feeling how your clothes fit can often be a better indicator of progress as your body adapts to exercise and nutrition changes.
3. **Measure portions** – To avoid portion creep, use measuring cups and spoons for grains (rice, pasta, cereal), beans, nuts, oils, and dairy. Use the Portion Sizes Guide for other foods.
4. **Plan ahead** – Make a meal plan for the week or log your food a day in advance. Planning sets you up for success, especially for social events and eating out.
5. **Practice your desired long-term habits** – It's easy to justify poor eating choices when you're only focused on the short term. Focus on the long term satisfaction of a slimmer, healthier you rather than the temporary gratification you'll get from splurging.

How to Use this Guide

- **Eat breakfast within 90 minutes of waking up and balance your meals and snacks throughout the day**
  - Don't go longer than 5-6 hours without eating
  - If you're not used to eating breakfast, start out small with a piece of fruit and have something else 1-2 hours later. Your body adapts to not eating breakfast, but as soon as you start eating early in the day and cutting back on dinner portions you'll notice your hunger will increase. This is a good sign your metabolism is working!
- **Mix and match meal options**
  - Select 1 option from the appropriate meal plan (male or female) for breakfast, lunch, and dinner, paying close attention to portion sizes
  - Select 1-2 snack options per day
  - You have the option to substitute one snack for one treat under 150 calories
  - Use the meal plan, sample options, and grocery list to create your own meals for more variety

- You can swap out any type of protein, vegetables or smart carbs for the suggested meal options. For example:
  - Turkey for tuna
  - Any fish or seafood for chicken
  - Cooked vegetables instead of salad
- **Eat your calories**
  - Cut out high calorie beverages like soda, juices, coffee drinks, and alcohol
  - Stick with water, unsweetened tea, and coffee. Aim for a minimum of 64oz (1.9 liters) of water per day to stay well hydrated
- **If you're still hungry after or in between meals:**
  - Have a glass of water and wait 15-20 minutes. Many times we mistake thirst (or even boredom!) for hunger. Wait out the initial urge to eat and sometimes it will pass.
  - If you're still hungry after waiting 15-20 minutes have a snack or mini-meal with fruit, vegetables, and protein.

If your goal is muscle gain or strength:
- Use the same meal plan but increase portion sizes in the same ratios to increase the total number of calories you eat every day. For example, increase portion sizes of protein and smart carbs at meals by 50%. Adding a snack is another option to meet your body's increased calorie needs in order to gain muscle and strength.
- Focus on post-workout nutrition by having one of your snacks within 30 minutes after you complete your workout. Make sure to have a combination of carbohydrates such as fruit with protein (yogurt, milk, or protein powder) to promote muscle growth and recovery. Chocolate milk is also a great option.

Meal Plan Overview

The female meal plan provides about 1400 calories, and the male plan provides about 1600 calories, of high quality nutrition to not only help you lose weight and feel great but get the most out of your calories. The vitamins, minerals, and antioxidants from eating mostly whole foods help support optimal health. These calorie levels will result in healthy weight loss for the majority of people. Keep in mind that everyone's metabolism is very different depending on age, height, weight, activity level, and genetics. Pay close attention to your weight, hunger levels, and energy and adjust your calories if needed.

Follow these guidelines if you're over 55:
- If you're over 55, you need fewer calories because your metabolism slows as you age. Stick with three meals with one optional snack per day.

Follow these guidelines if you're under 25:
- If you're under 25 you may need more calories. Add another snack if you feel low on energy or are extremely hungry.

Breakfast

Breakfast includes a smart carb, fruit, and a source of protein, which will also have fat. With a balance of carbohydrates and fiber from the smart carb and fruit combined with protein and fat, you'll energize your day and help control hunger levels throughout the day.

Snacks

Each snack is a balance of carbohydrates and protein to keep your blood sugar more consistent, which means you won't experience hunger and energy level spikes and drops.

This happens when you have a high carb-only snack like chips, candy, soda, crackers, or pretzels.

Lunch and Dinner

Lunch combines filling fiber from vegetables and smart carbs with a lean, or low-fat, protein. The healthy fat can come either from the protein added during cooking (nuts on a salad) or as a dressing or sauce (such as oil and vinegar salad dressing).

Here's an overview of what an ideal day looks like:
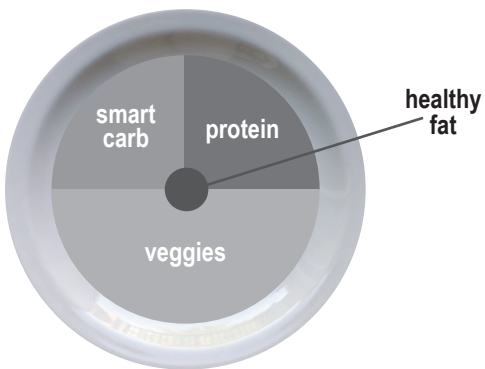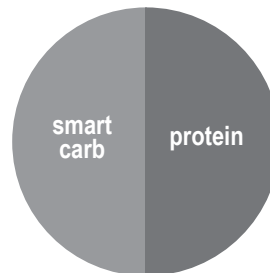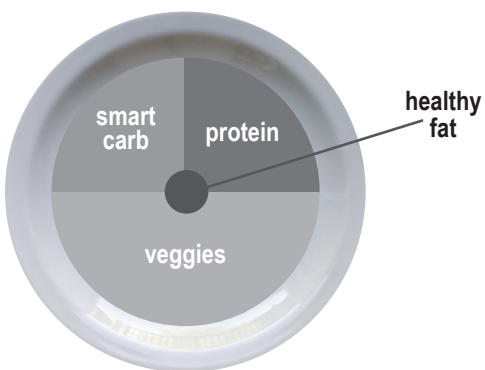(See Portion Size Guide for proper serving sizes)

Breakfast
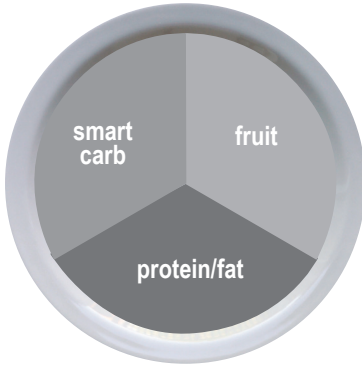
Snack #1
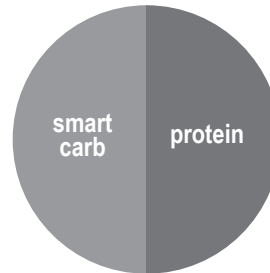
Lunch

Snack #2

Dinner

Breakfast Options	Fruit	Smart Carb	Protein/Fat
Fruit and Nut Oatmeal Cook plain oats in water. Top with fruit, nuts, milk, cinnamon, and honey.	Berries or banana	Plain oats (Regular or quick-cook)	Nuts and milk
Egg Muffin Cook egg/s. Toast bread and top with 1 slice of cheese, 1 slice of ham, and tomato.	Tomato	English muffin or sandwich thin	Egg, ham, and cheese
Yogurt Power Parfait Top yogurt with fruit. Sprinkle with 1 serving of nuts, 2-3 tbsp wheat germ, or ground flaxseed, 1 tbsp oats, and cinnamon.	Chopped fruit of your choice	Oats, wheat germ, and ground flaxseed	Plain non-fat Greek yogurt and nuts
On the Go PB & Apple Sandwich Toast bread. Spread on peanut butter, thin slices of ½ an apple, and 1 teaspoon of honey.	Sliced apple	Sandwich thin, bread, or bagel thin	Peanut butter

Lunch & Dinner Options	Lean Protein	Smart Carb	Veggies
Pork Loin, Sweet Potato & Green Beans	Grilled or baked pork loin	Baked Sweet Potato	Green Beans
Chicken Stir Fry Flavor with 2 tablespoon teriyaki sauce	Chicken breast or boneless skinless thigh	Brown or wild rice	Mixed stir fry vegetables (fresh or frozen)
Steak Tacos with Side Salad (3 for males, 2 for females) Top with salsa, cilantro, and sprinkle of shredded cheese	Flank or sirloin steak	Corn tortillas	Salad
Whole Wheat Pasta with Shrimp or Cannellini Beans & Marinara Sauce	Shrimp (frozen or fresh) or cannellini beans	Whole wheat pasta	Steamed broccoli
Bunless Burgers with Oven Fries, Corn, & Salad Grill burgers. Bake sliced potatoes on sprayed cookie sheet for 25-30 minutes @ 425°F.	93% lean ground beef or turkey	Oven baked fries	Corn on the cob + side salad
Tuna & Avocado Wrap with Vegetable Soup Use 3oz of tuna (1 can). Top with lettuce, tomato, avocado, and mustard.	Tuna	High-fiber wrap	Vegetable soup (homemade or low-sodium canned)

Snack Options	
Smart Carb	**Protein**
1 medium apple	10-15 almonds
Baby carrots	2 tbsp hummus
1 serving of crackers*	1 string cheese
Energy or protein bar with <200 calories*	

*See www.Bowflex.com/Resources for brand recommendations

Optional Treats

You have the choice of replacing Snack #2 with a 100-150 calorie treat. You can have an optional treat every day but for optimal health it is recommended to limit small splurges to 3-4 times per week. Use the approach that works best for you. Here are a few examples:
- ½ cup lowfat ice cream
- 1 small bag of baked potato chips
- 4oz of wine or 12oz light beer
- 3 cups of air-popped or light popcorn

Sample 3 Day Plan

Based on each of the meal options listed above, a typical 3 day plan could look like this:

	Day 1	Day 2	Day 3
Breakfast	Egg muffin	Power yogurt parfait	Fruit + nut oatmeal
Snack 1	Apple with almonds	Nut Thins® + string cheese	Baby carrots and hummus
Lunch	Tuna & avocado wrap with soup	Leftovers from dinner- day 1	Leftovers from dinner- day 2
Optional Snack 2 or Treat	½ cup ice cream bar	Energy bar	100 calorie bag of light popcorn
Dinner	Shrimp pasta	Chicken stir fry	Bunless burgers

Portion Size Guide

Each of the items listed are for one serving

MALE	FEMALE
PROTEIN	
2 eggs 5oz chicken, fish, lean meat, or tofu 2/3 cup beans or lentils* 1 cup greek yogurt* 1.5oz cheese*	1 egg 3oz chicken, fish, or lean meat 1/2 cup beans or lentils* 1/2 cup greek yogurt* 1.5oz cheese*
HEALTHY FAT	
2 Tblspn peanut or nut butter* 2 tspn olive, flax, or walnut oil 1/4 cup of nuts 1/3 medium avocado	1 tblspn peanut or nut butter* 1 tspn olive, flax or walnut oil 1/8 cup or 2 tablespoons of nuts (approx.15 almonds) 1/4 medium avocado
SMART CARB	
1 cup cooked grains (1/2 cup raw): oats, brown rice, quinoa, pasta 1 medium sweet or regular potato 2 corn tortillas 1 slice of bread (or 2 light slices equaling 120 calories or less) 1 english muffin, sandwich thin, or high-fiber wrap	1/2 cup cooked (1/4 cup raw) grains 1/2 medium sweet potato or regular potato 2 corn tortillas 1 slice of bread (or 2 light slices equaling 120 calories or less) 1 english muffin, sandwich thin, or high-fiber wrap
FRUIT	
1 medium apple, orange, or pear 1 small banana (length of your hand) 1 cup berries or chopped fruit 1/4 cup dried fruit (fresh or frozen is optimal)	
Vegetables* You can have unlimited vegetables except for peas and corn; stick with 1/2 cup serving	
2 cups spinach or lettuce = 2 cupped hands 1 cup raw vegetables 1/2 cup cooked vegetables 6oz low sodium vegetable juice	
OPTIONAL TREATS	
1/2 cup lowfat ice cream 1 small bag of baked potato chips 1oz dark chocolate 4oz of wine or 12oz light beer 3 cups air-popped or light popcorn	

* some foods are a combination of protein and carbs or protein and fat
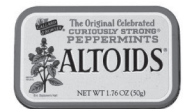

1 cup = baseball

1/2 cup = lightbulb

1 oz or 2 tbsp
= golf ball

1/4 cup nuts
= Altoids tin

3 oz chicken or meat
= deck of cards

1 medium potato
= computer mouse

1 medium piece of
fruit = tennis ball

1 -1/2 oz cheese
= 3 dice

Grocery List

BREAD & GRAINS

100% whole wheat bread Sprouted grain breads Light or whole wheat english muffins Sandwich or bagel thins Corn or low-carb whole wheat tortillas High-fiber wraps Plain oats: 1 minute or old fashioned Whole grains: brown rice, bulgar, barley, quinoa, couscous	Tips: Look for 100% whole wheat as the first ingredient. Look for 4g of fiber per slice or 5g per 2 slices of light or diet bread. Aim for bread with less than 100 calories per slice.

DAIRY & DAIRY ALTERNATIVES

Plain non-fat greek yogurt
Kefir (yogurt like drink)
Organic low-fat milk
Enriched almond or soy milk
Cheese: feta, parmesan, mozzarella, light havarti, provolone, swiss, string cheese, or single serving packages

MEAT, FISH, POULTRY & PROTEIN

Wild game
Salmon, halibut, tuna, tilapia, shrimp, catfish, scallops, or crab
Pork loin, pork chops, or pork roast
Chicken or turkey breast or thighs (no skin)
Eggs and 100% egg whites
Lean beef: sirloin, chuck, round, tenderloin, 93% lean (organic and grass fed is best)
Canned salmon or tuna (in water)
Nitrate-free, reduced sodium ham, turkey, chicken, or roast beef lunch-meat
Any type of bean, dry or canned low-sodium varieties
Tofu and tempeh

Tips: Look for "Choice" or "Select" cuts of meat rather than "Prime". Prime cuts are fattier. Limit intake of highly processed meat and imitation meat products like sausage, bacon, pepperoni, and hot dogs to once a week or less.

FROZEN FOODS

All vegetables without sauce
All fruit
Grains and grain medleys

CRACKERS, SNACKS & ENERGY BARS

Any unsalted nuts or seeds	Energy bars
Air-popped or light popcorn	Crackers
Edamame in the pod	Hummus

Tips: Limit crackers, pretzels, and chips to 2-3 servings per week. Always pair with protein such as hummus, cheese, or nuts. Look for energy bars with less than 200 calories and 20g of sugar and at least 3g of protein and 3g of fiber. Look for crackers with less than 130 calories and 4g or less of fat per serving.

FATS & OILS

Avocado
Olive, grapeseed, walnut, sesame, or flaxseed oil
Butter/spreads: look for products free of trans fats and partially hydrogenated oils on the ingredient list.

Tips: Light olive oil refers to the flavor, not the calorie content. Always measure oil and butter. Even if a fat is considered healthy, it's still very high in calories and portions need to be controlled.

DRESSINGS, CONDIMENTS & SAUCES

Vinegars: rice, wine, balsamic
All fresh or dried herbs and spices
Mustard
Salsa and chili sauce
Marinara sauce with no high-fructose corn syrup
Lemon and lime juice
Bottled minced garlic and ginger
Low-sodium soy sauce

Tips: Look for products free of MSG, added colors, and high fructose corn syrup. Look for sauces under 50 calories per serving. Avoid cream based sauces and dressings like ranch, bleu cheese, and alfredo.

All fruits and vegetables, fresh and frozen, are great choices. Since every meal has one or both, your shopping cart should reflect this.

Keep It Going

Tips for continued weight loss and maintaining changes
- **Keep weighing yourself weekly**, even after you've reached your goal weight
- **Continue keeping a food log.** If you have your meal plan well-established, log your food every other week to keep yourself on track. Don't feel like you have to do it every day.
- **Prepare for plateaus.** The scale might not budge for a few weeks or even months after some initial weight loss. This is normal and to be expected. It's the body's natural process for adjusting to your new lower weight. Stay focused on your long-term goal, celebrate your successes and changes, and mix up your workouts to help overcome the plateau.
- **Calorie adjustments for maintaining weight loss.** Once you've reached your goal weight, you can increase your calories 100-200 per day as long as your activity level stays the same
- **Treat yourself.** Have a non-food reward for each goal you hit such as a massage, a new outfit, or an outing with friends and family
- **Use the resources below** to find new recipes, get expert advice, and support to stay motivated

Resources

Downloadable Resources from Bowflex™ Website (www.Bowflex.com/Resources)
- Grocery Shopping List for Fridge (Blank Form)
- 7 Day Meal Planning Form
- Additional Dinner Options
- Pre and Post Workout Fueling Guide

Questions & Support
- Ask questions, post suggestions, and connect with our online Bowflex™ Dietitian on the Bowflex Facebook page

Recipes
- www.wholeliving.com
- www.eatingwell.com
- www.whfoods.org
- www.livebetteramerica.org

Online food logs
- www.myfitnesspal.com
- www.loseit.com

INCLINE

15
12
9
6
3
1
CONFIRM INCLINE

1
User 2
4 3

WARNING: If you feel any unusual pain, shortness of breath or dizziness, consult your physician.

20:43
TIME

ENDURANCE

145
HEART RATE

1
INCLINE
AVG. INCLINE

CALORIE

WEIGHT LOSS | ENDU
Manual | Fat Burn | Calorie Burn | Calorie Goal | Heart Rate

START

INCLINE

INCLINE

EN