



BOWFLEX

CONQUEST



The Bowflex Conquest™ Home Gym Assembly Instructions



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Before You Start

Before You Assemble

Select where you are going to locate your Bowflex Conquest™ home gym carefully. The best place for your Bowflex Conquest™ home gym is on a hard, level surface. For best results, assemble your Bowflex Conquest™ home gym in the location where you intend to use it. Allow a workout area of at least 8'4" L x 6'6" W (2.6m L x 2m W) of free space for safe operation of the Bowflex Conquest™ home gym.

Every effort has been made to provide you with a clear and accurate assembly / owners manual. Should you find any inconsistencies, have questions about your (model) or have suggestions for improving our manuals, please call 1-800-NAUTILUS f(628-8458) for assistance.

Basic Assembly Principles

Here are a few basic tips that will make your assembly of the Bowflex Conquest™ home gym quick and easy. By using these principles, you can simplify each process and save yourself extra time and effort.

1. To make the assembly process go faster, gather the pieces you need for each step and thoroughly read the assembly instructions for that step prior to starting assembly for the step.
2. When tightening a locknut on a bolt, use a combination wrench to grip the locknut and ensure that it is fastened securely.
3. When attaching two pieces, gently lift and look through the bolt holes to help guide the bolt through the holes.
4. As a general rule, and for all bolts and nuts on your Bowflex Conquest™ home gym, turn bolts or nuts toward the right to tighten and left to loosen. Or you can remember the mnemonic: "Righty tighty, lefty loosey."

Tools You Will Need

Hex Wrenches Are Provided in the Box

3/16" Hex Key for 5/16" Button Head Screws:

7/32" Hex Key for 3/8" Button Head Screws:

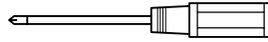


These Tools Are Not Provided in the Box

Wrench (9/16") or Adjustable Wrench
(not provided):

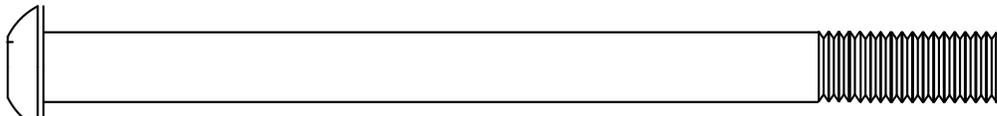


Phillips Head Screwdriver
(not provided):

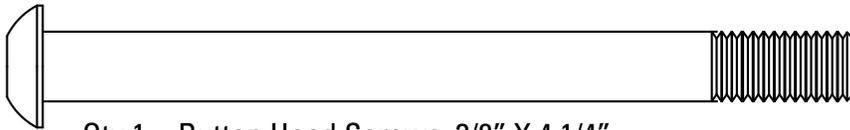


* Specifications subject to change without notice.

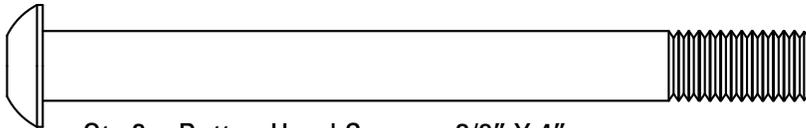
Hardware Chart (1:1 Scale)



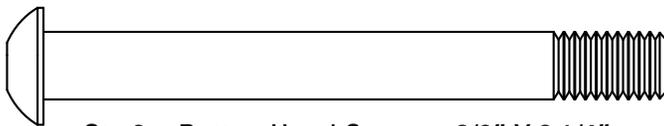
Qty 2 Button Head Screws 3/8" X 5"



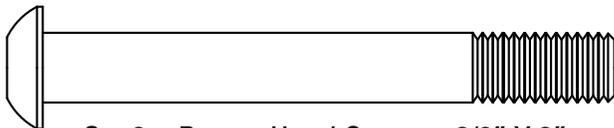
Qty 1 Button Head Screws 3/8" X 4 1/4"



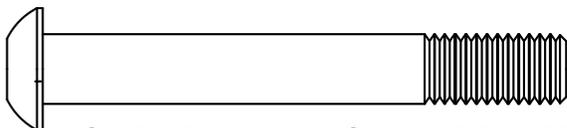
Qty 2 Button Head Screws 3/8" X 4"



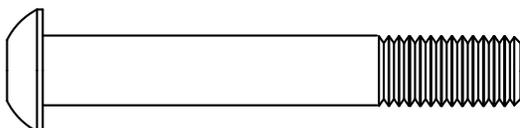
Qty 2 Button Head Screws 3/8" X 3 1/4"



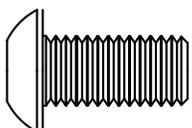
Qty 2 Button Head Screws 3/8" X 3"



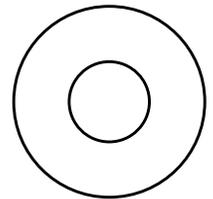
Qty 2 Button Head Screws 3/8" X 2 3/4"



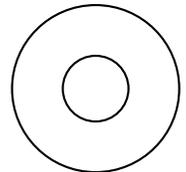
Qty 2 Button Head Screws 3/8" X 2 1/2"



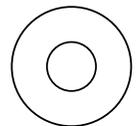
Qty 14 Button Head Screws 3/8" X 3/4"



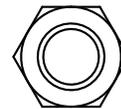
Qty 37 Washer 3/8"



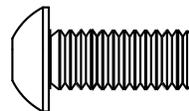
Qty 8 Washers 5/16"



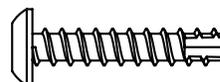
Qty 3 Washers 1/4"



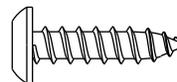
Qty 10
Hex Nut 3/8"



Qty 8 Button Head Screws 5/16" X 3/4"

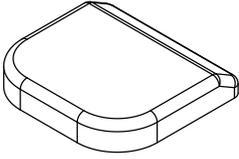
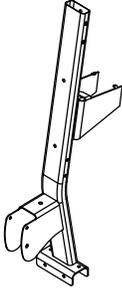
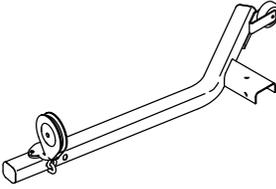
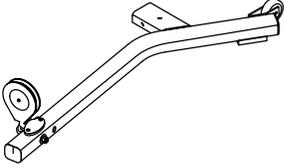
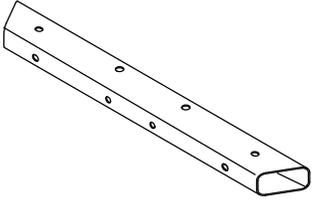
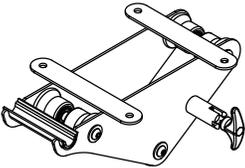
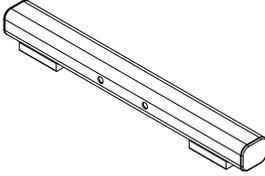
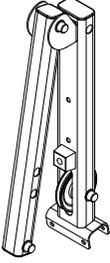
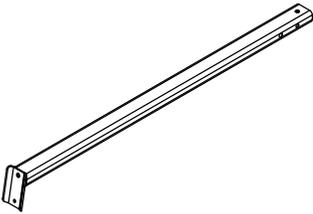
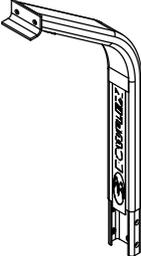
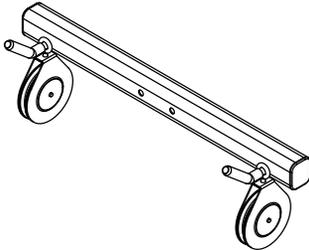
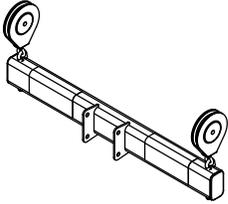
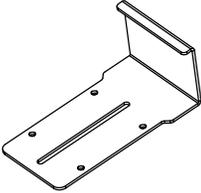
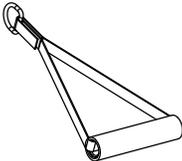
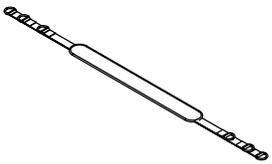
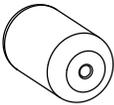
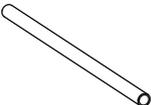


Qty 3 Self Tapping Screws #10 x 1"

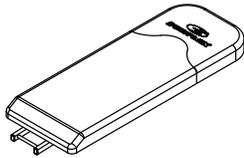
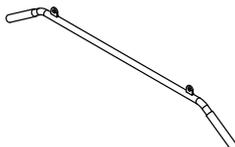
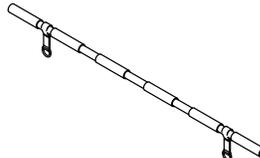
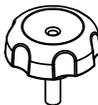
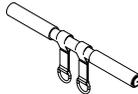
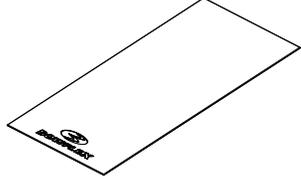
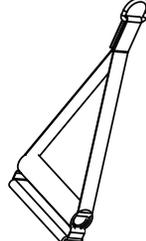
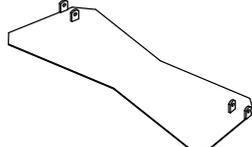
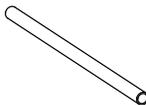


Qty 4 Self Tapping Screws #10 x 3/4"

Bowflex Conquest™ Home Gym Parts List

<p>Seat Qty. 1</p> 	<p>Lower Tower Qty. 1</p> 	<p>Left Stabilizer Qty. 1</p> 	<p>Right Stabilizer Qty. 1</p> 
<p>Base Crossbar Qty. 1</p> 	<p>Seat roller Bracket Qty. 1</p> 	<p>Front Stabilizer Qty. 1</p> 	<p>Leg Extension Assy. Qty. 1</p> 
<p>Seat Rail Qty. 1</p> 	<p>Upper Tower Qty. 1</p> 	<p>Lat Crossbar Qty. 1</p> 	<p>Chest Bar Qty. 1</p> 
<p>Rod Box Mount Qty. 1</p> 	<p>Rod Pack Qty. 1</p> 	<p>Handle Grip Qty. 2</p> 	<p>Leg Press Belt Qty. 1</p> 
<p>Roller Pad Qty. 4</p> 	<p>15 3/4" Roller Bar Qty. 1</p> 	<p>End Cap Qty. 4</p> 	<p>Snap Hook Qty. 6</p> 

Bowflex Conquest™ Home Gym Parts List

Bench Qty. 1 	Lat Bar Qty. 1 	Squat Bar Qty. 2 	Locking Knob Qty. 1 
Low Row Bar Qty. 1 	Rubber Mat Qty. 1 	Squat Bar Strap Qty. 2 	Grip Ankle Cuff Qty. 2 
Face Plate Qty. 1 	Back Panel Qty. 2 	Squat Platform Qty. 1 	16 1/2" Roller Bar Qty. 1 

Assembled Unit Weight: 154 lbs. [82.1 kg.]

Shipping Box Weight and Contents for Multi-carton Package:

Box 1: Shipping Weight: 15 lbs. [6.8kg.]

- 210# Rod Pack
- Assembly Manual
- Owners Manual

Box 2: Shipping Weight: 63 lbs. [28.5kg.]

- Front Stabilizer
- Bench
- Lat Crossbar
- Seat Rail
- Leg Extension Assembly
- Lat Bar
- Seat Rail
- Seat Roller bracket
- Squat Bar
- Adjustable Belt
- Seat
- Low Row Bar
- Squat Bar Straps

Box 3: Shipping Weight: 74 lbs. [33.5kg.]

- Lower Tower
- Upper Tower
- Chest Bar
- Face Plate
- Back Plates
- Handle Grips
- Grip Ankle Cuffs
- Rod Box Mount
- Roller Pads
- Roller Bars
- Snap Hooks
- Endcaps

Box 4: Shipping Weight: 52 lbs. [23.5kg.]

- Right Stabilizer
- Left Stabilizer
- Base Crossbar
- Squat Platform
- Rubber Mat

Assembling Your Bowflex Conquest™ Home Gym

Step 1 Attach Stabilizers to Crossbar

Parts:

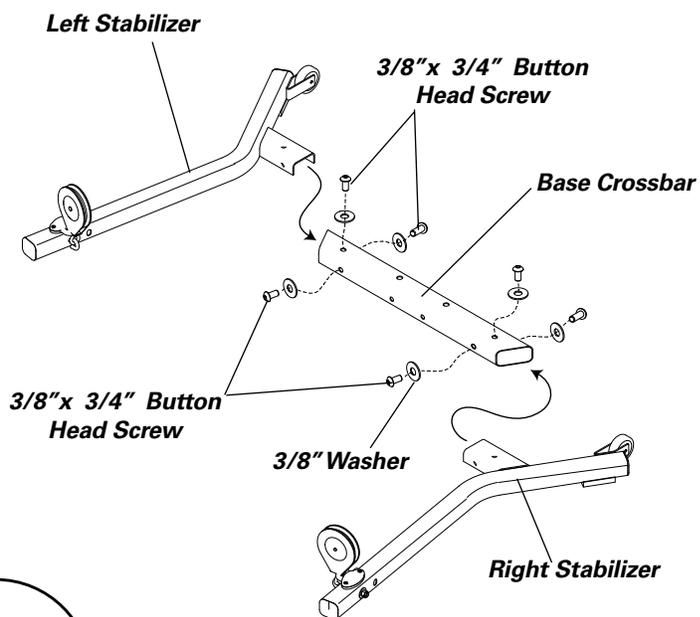
- Left and Right Stabilizers
- Base Crossbar

Tools:

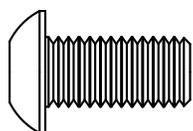
- 7/32" Allen wrench

1-1 Insert Left and Right Stabilizers into the Base Crossbar.

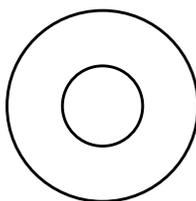
1-2 Install *but do not tighten* the hardware.



Hardware (1:1):



6 Button Head Screw (3/8" X 3/4")



6 Washer (3/8")

Step 2 Attach Squat Platform To Base Assembly

Parts:

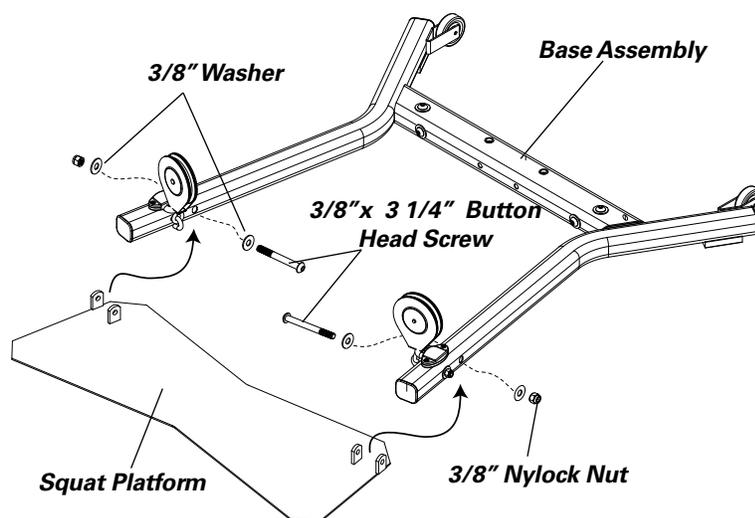
- Base Assembly (from step 1)
- Squat Platform

Tools:

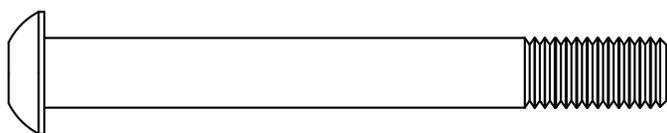
- 7/32" Allen Wrench
- 9/16" Wrench or Adjustable

2-1 Align the tabs on the Squat Platform with the holes in the Base Assembly.

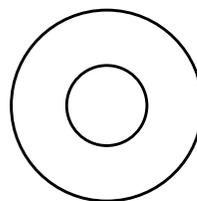
2-2 Install and completely tighten hardware from steps 1 and 2.



Hardware (1:1):



2 Button Head Screw (3/8" X 3 1/4")



4 Washer (3/8")



2 Nylock Nut (3/8")

Assembling Your Bowflex Conquest™ Home Gym

Step 3 Attach Lower Tower to Base Assembly

Parts:

- Base Assembly (from step 2)
- Lower Tower

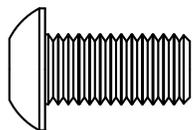
Tools:

- 7/32" Allen wrench
- 9/16" Wrench or Adjustable

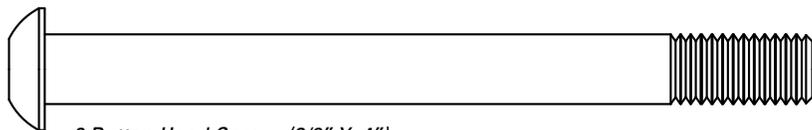
3-1 Align the holes in the Lower Tower with the holes in the Base Assembly.

3-2 Install and completely tighten the hardware.

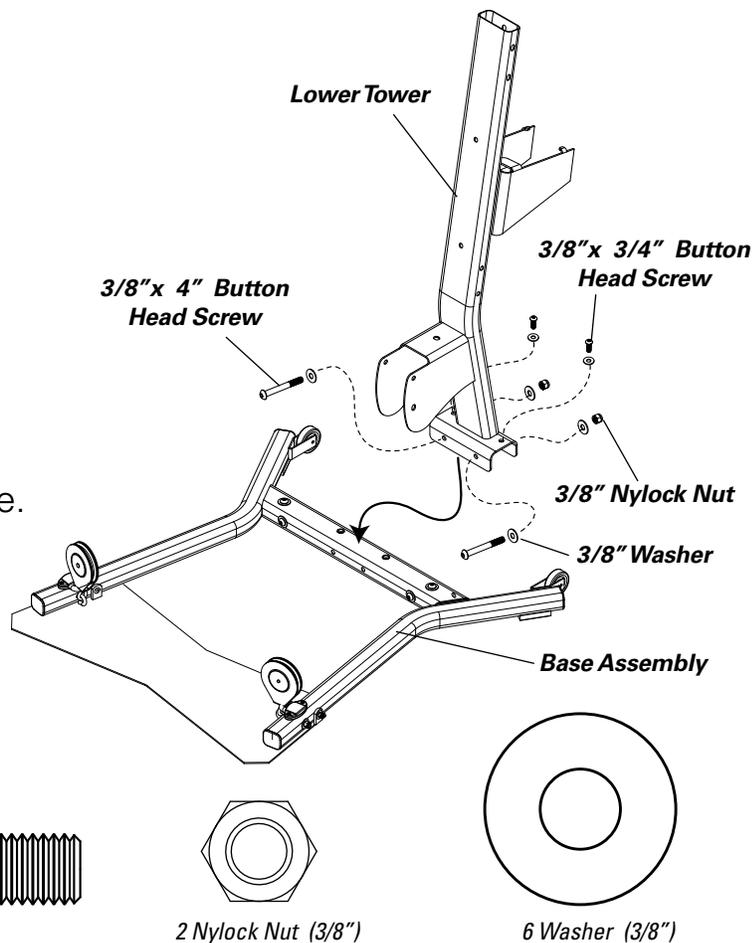
Hardware (1:1):



2 Button Head Screw (3/8" X 3/4")



2 Button Head Screw (3/8" X 4")



Step 4 Attach Chest Bar to Lower Tower

Parts:

- Chest Bar

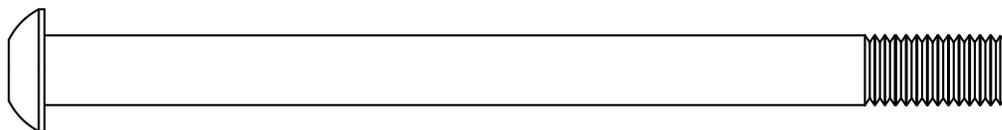
Tools:

- 7/32" Allen wrench
- 9/16" Wrench or Adjustable

4-1 With the pulleys pointing up, align the holes in the Chest Bar with the holes in the Lower Tower.

4-2 Install and completely tighten the hardware.

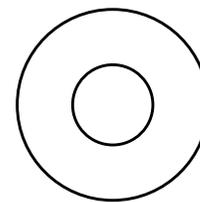
Hardware (1:1):



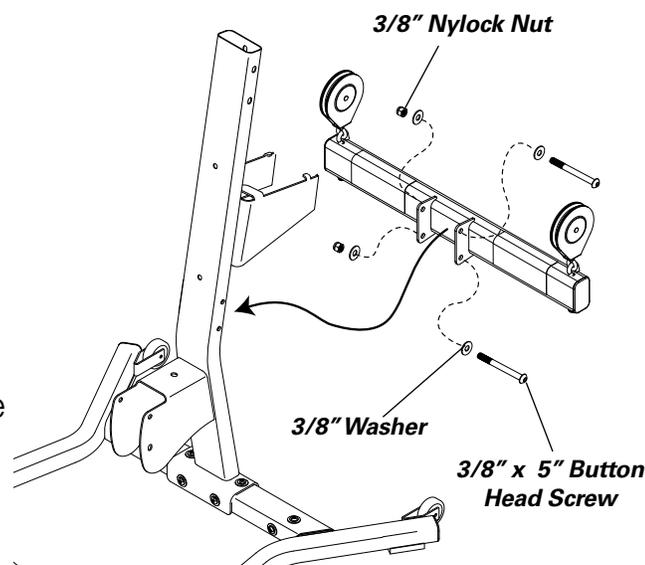
2 Button Head Screw (3/8" X 5")



2 Nylock Nut (3/8")



4 Washer (3/8")



Assembling Your Bowflex Conquest™ Home Gym

Step 5 Attach Seat to Seat Roller Bracket

Parts:

- Seat
- Seat Rail with Seat Roller Bracket

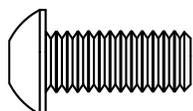
Tools:

- 3/16" Allen wrench

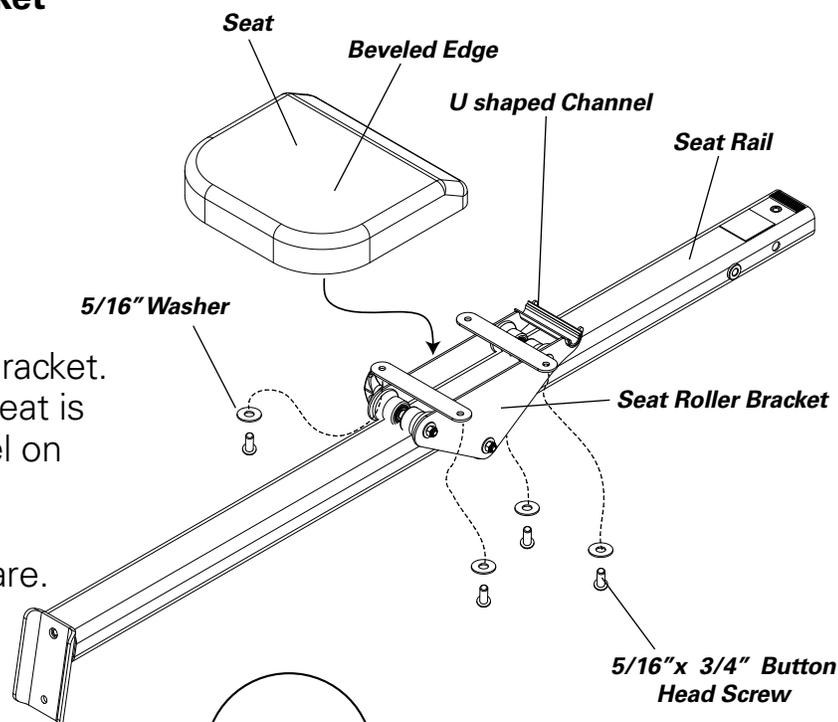
5-1 Align Seat with holes in Seat Roller Bracket. Make sure the beveled edge of the Seat is pointing toward the U shaped channel on the Seat Roller Bracket.

5-2 Install and completely tighten hardware.

Hardware (1:1):



4 Button Head Screw (5/16" X 3/4")



4 Washer (5/16")

Step 6 Attach Front Stabilizer to Leg Extension Assembly

Parts:

- Leg Extension Assembly
- Front Stabilizer

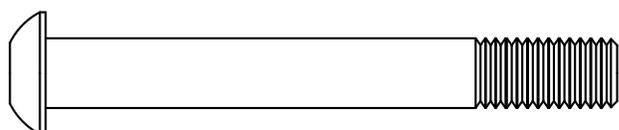
Tools:

- 7/32" Allen Wrench
- 9/16" Wrench or Adjustable

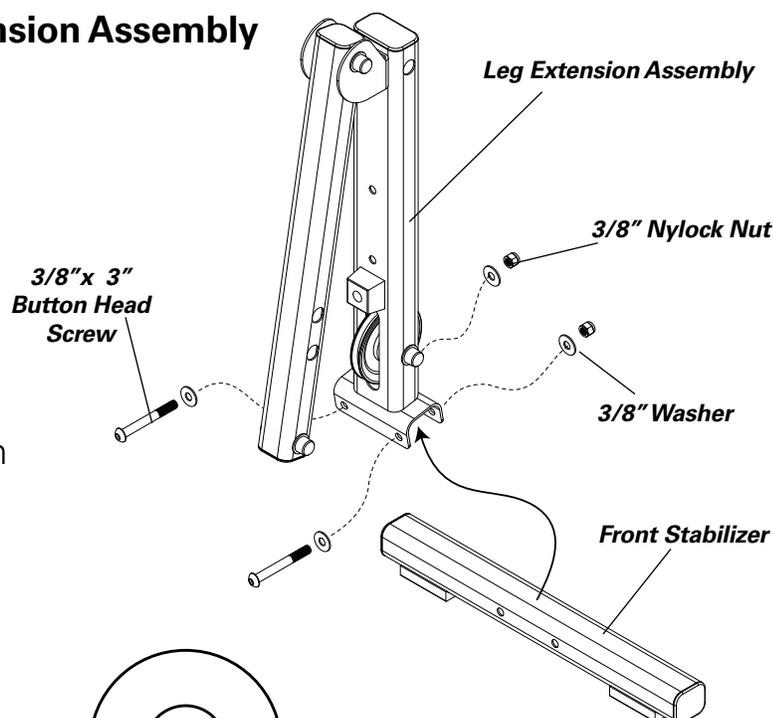
6-1 Align the holes in the Front Stabilizer with the holes in the Leg Extension Assembly.

6-2 Install and completely tighten hardware.

Hardware (1:1):



2 Button Head Screw (3/8" X 3")



4 Washer (3/8")

2 Nylock Nut (3/8")

Assembling Your Bowflex Conquest™ Home Gym

Step 7 Attach Lower Tower to Base Assembly

Parts:

- Seat Rail Assembly (from step 5)
- Leg Extension Assembly (from step 6)

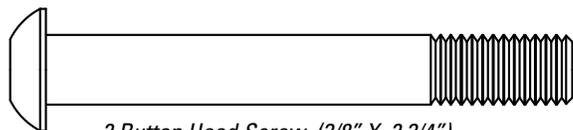
Tools:

- 7/32" Allen wrench
- 9/16" Wrench or Adjustable Wrench

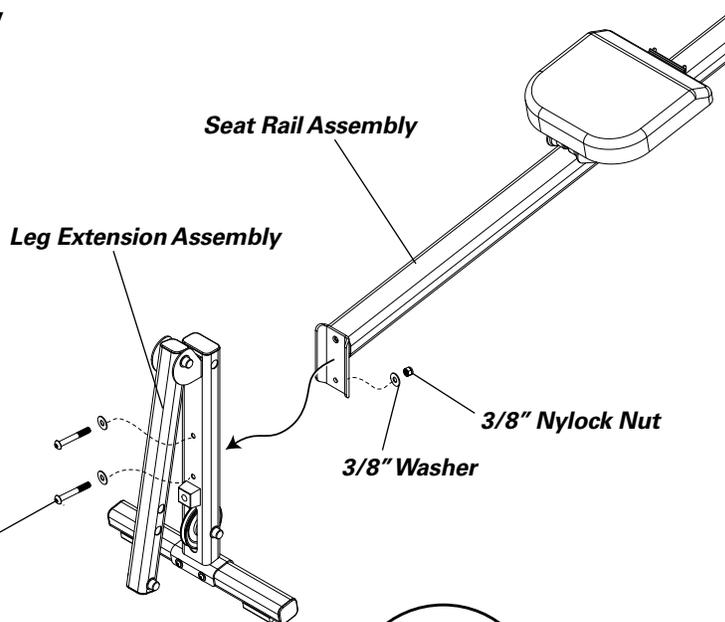
7-1 Align the holes in the Seat Rail with the holes in the Leg Extension Assembly.

7-2 Install and completely tighten the hardware

Hardware (1:1):



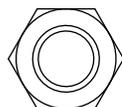
2 Button Head Screw (3/8" X 2 3/4")



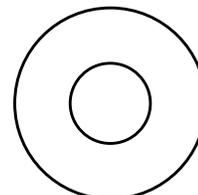
3/8" x 2 3/4" Button Head Screw

3/8" Nylock Nut

3/8" Washer



1 Nylock Nut (3/8")



3 Washer (3/8")

Step 8 Attach Seat Rail

Parts:

- Seat Rail Assembly (from step 7)
- Locking Knob

Tools:

- 7/32" Allen wrench
- 9/16" Wrench or Adjustable Wrench

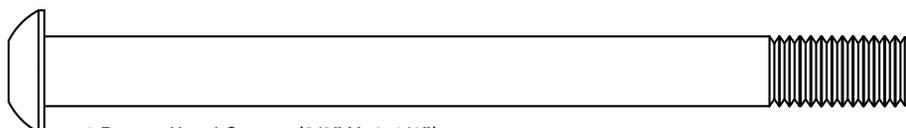
8-1 Remove twist tie holding bushings in seat rail.

8-2 Align bushings in Seat Rail with holes in Seat Rail Bracket.

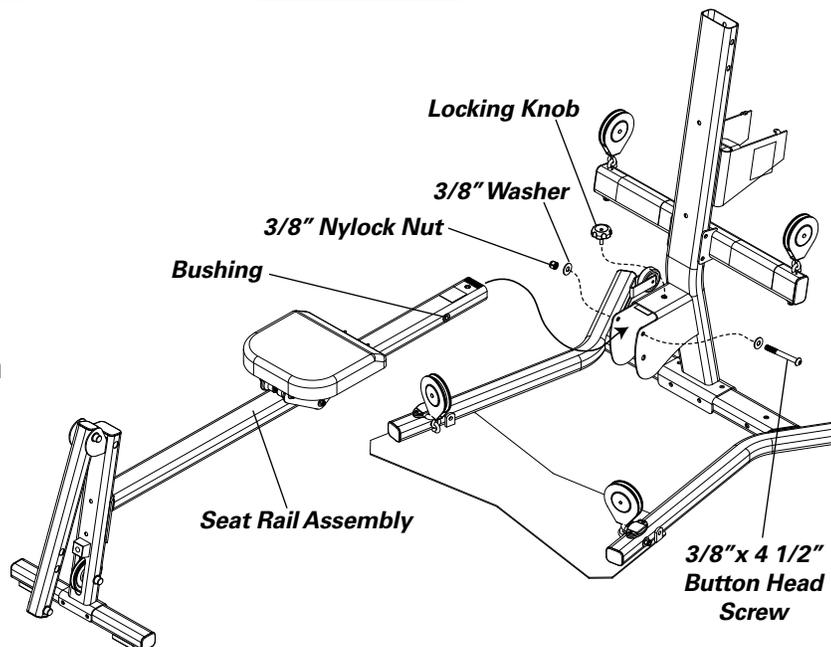
8-3 Install hardware and tighten but allow seat rail to pivot freely.

8-4 Install Locking Knob.

Hardware (1:1):



1 Button Head Screw (3/8" X 4 1/4")



Locking Knob

3/8" Washer

3/8" Nylock Nut

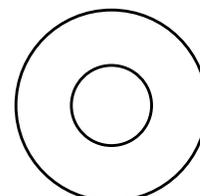
Bushing

Seat Rail Assembly

3/8" x 4 1/4" Button Head Screw



1 Nylock Nut (3/8")



2 Washer (3/8")

Assembling Your Bowflex Conquest™ Home Gym

Step 9 Attach Lat Crossbar to Upper Tower

Parts:

- Upper Tower
- Lat Crossbar

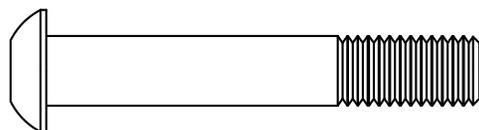
Tools:

- 7/32" Allen wrench

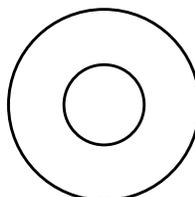
9-1 Make sure hooks on Lat Crossbar are pointing up and Align holes in Lat Bar with holes in Upper Tower.

9-2 Install and completely tighten hardware.

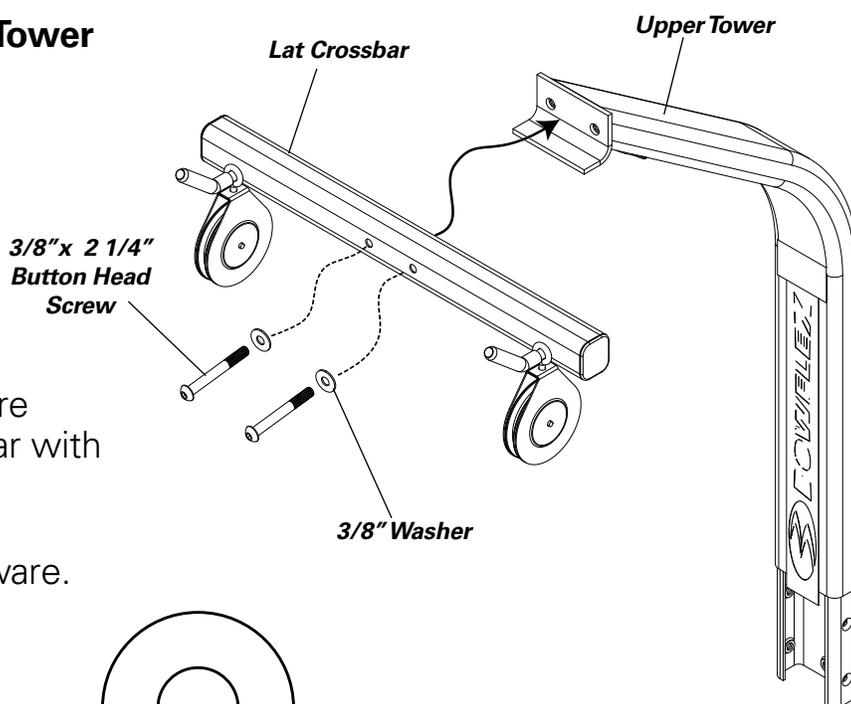
Hardware (1:1):



2 Button Head Screw (3/8" X 2 1/2")



2 Washer (3/8")



Step 10 Attach Upper Tower Assembly (from step 9)

Parts:

- Upper Tower Assembly

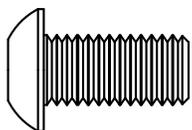
Tools:

- 7/32" Allen Wrench

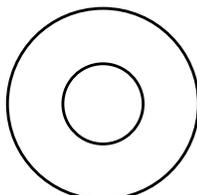
10-1 Insert Upper Tower into Lower Tower.

10-2 Install and completely tighten hardware.

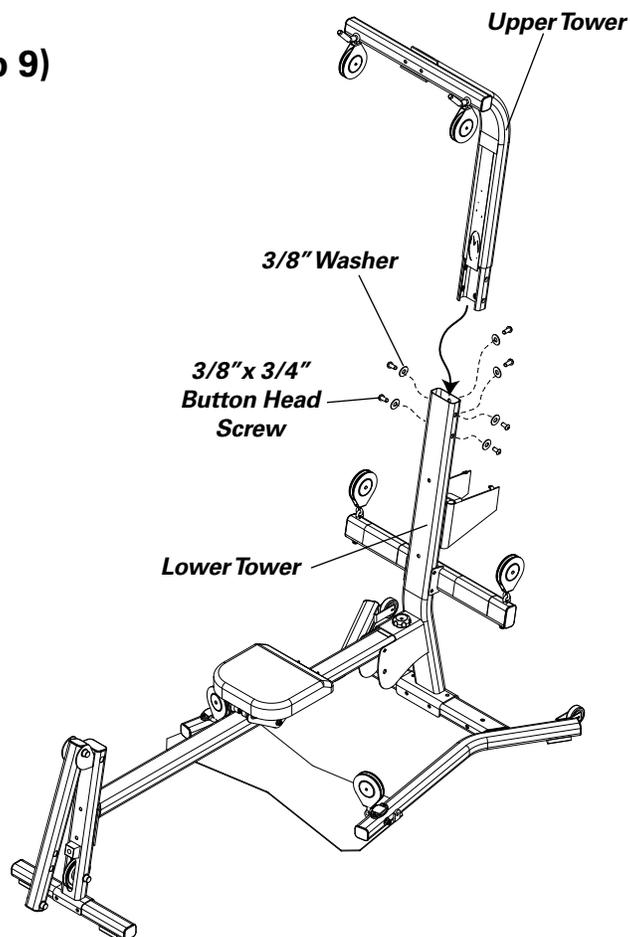
Hardware (1:1):



6 Button Head Screw (3/8" X 3/4")



6 Washer (3/8")



Assembling Your Bowflex Conquest™ Home Gym

Step 11 Attach Face Plate and Back Panels

Parts:

- Face Plate
- Back Panels

Tools:

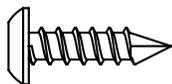
- Phillips Head Screwdriver

11-1 Place the Face Plate against the Lower Tower.

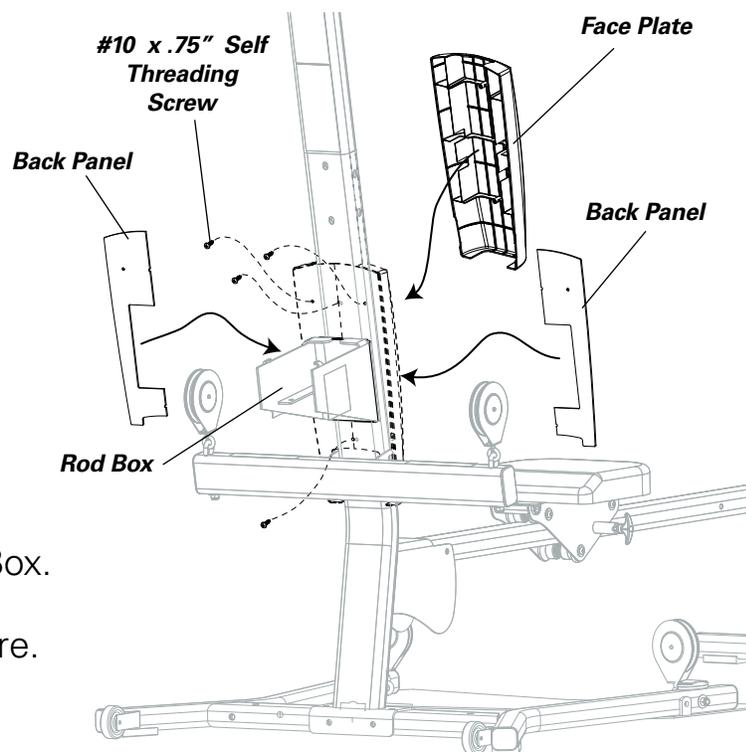
11-2 Position the Back Panels against the back of the Lower Tower and around the Rod Box.

11-3 Install and completely tighten the hardware.

Hardware (1:1):



4 Self Threading Screw (#10 x .75")



Step 12 Attach Rod Box Mount

Parts:

- Rod Pack
- Rod Box Mount

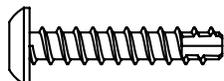
Tools:

- Phillips Head Screwdriver

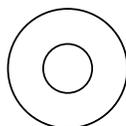
12-1 Place the Rod Box Mount on the bottom of the Rod Pack.

12-2 Install and completely tighten the hardware.

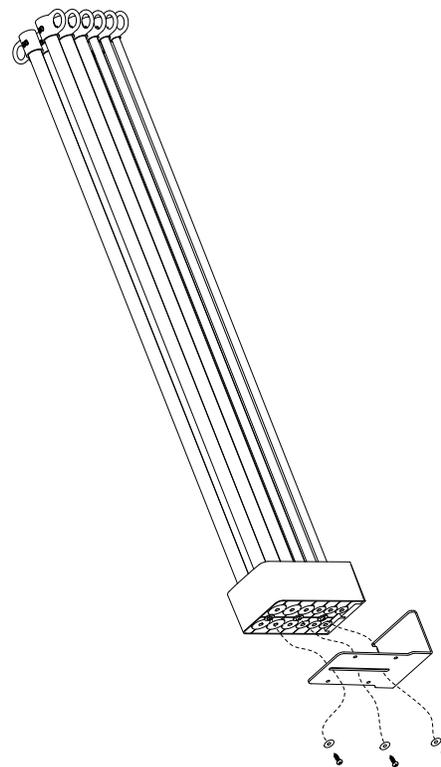
Hardware (1:1):



3 Self Threading Screw (#10 x 1")



3 Washer (1/4")



Assembling Your Bowflex Conquest™ Home Gym

Step 13 Install Rod Pack

Parts:

- Rod Pack Assembly (from step 12)

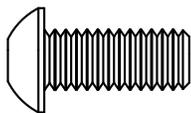
Tools:

- 3/16" Allen wrench

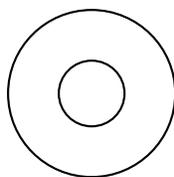
13-1 Position Rod Pack Assembly in the Rod Box with the 50lb. Rods closest to the Back Plates

13-2 Install and completely tighten hardware.

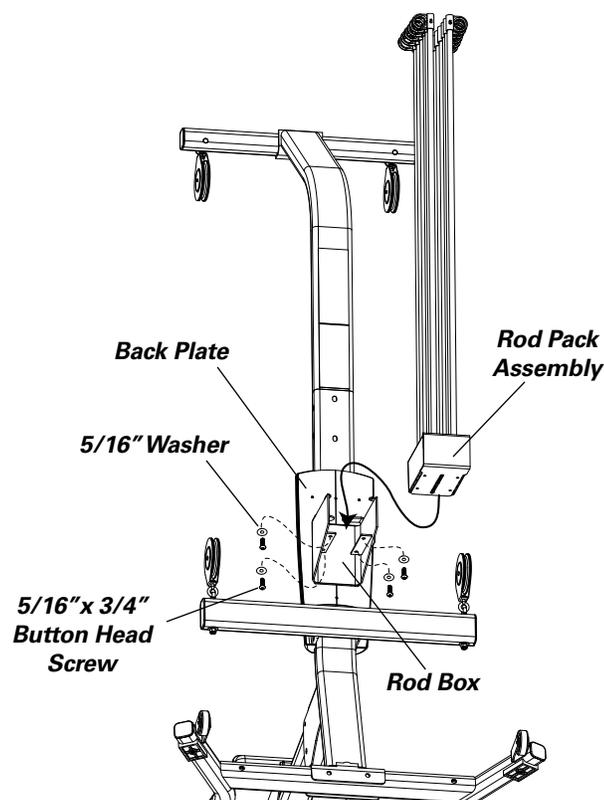
Hardware (1:1):



4 Button Head Screw (5/16" X 3/4")



4 Washer (5/16")



Step 14 Install Roller Pads

Parts:

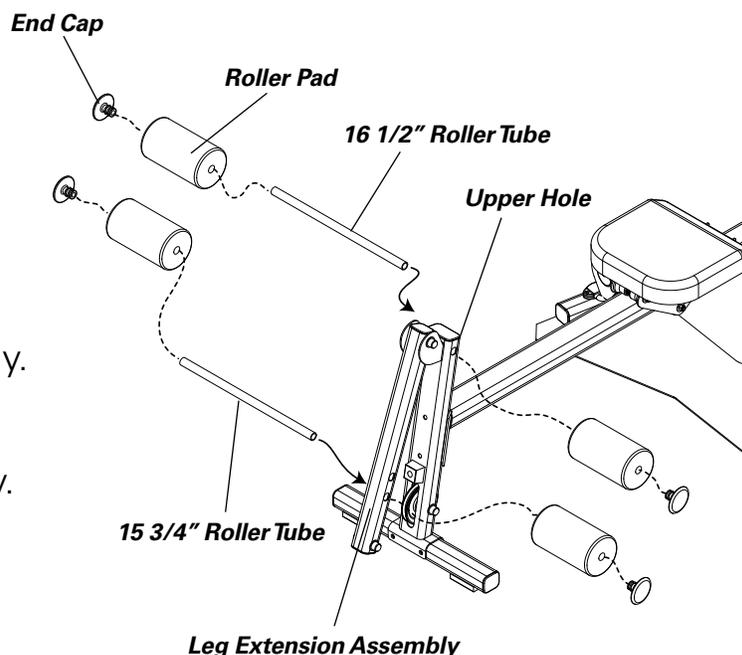
- Roller Pads
- 15 3/4" Roller Tube
- 16 1/2" Roller Tube
- End Caps

14-1 Insert the 16 1/2" Roller Tube into the *upper holes* on the Leg Extension Assembly.

14-1 Insert the 15 3/4" Roller Tube into the *lower holes* on the Leg Extension Assembly.

14-2 Slide the Roller Pads onto the Roller Tubes.

14-3 Insert the End Caps into the Roller Tubes.



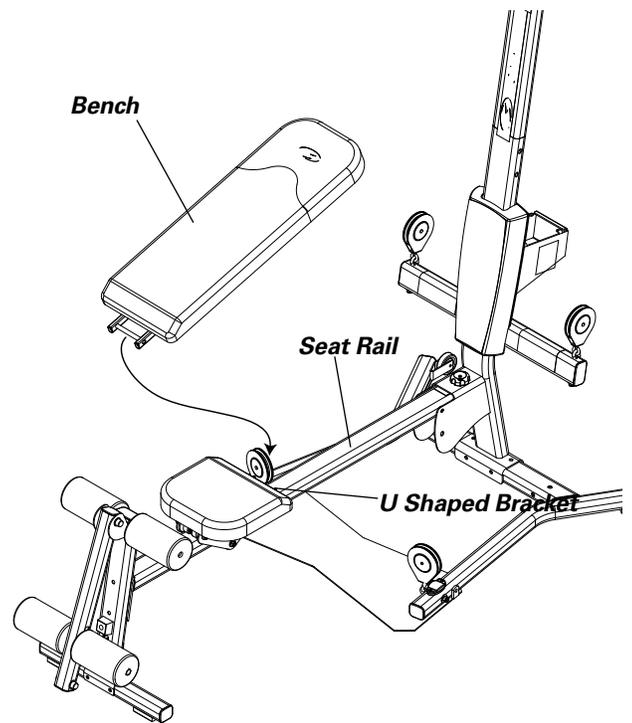
Assembling Your Bowflex Conquest™ Home Gym

Step 15 Install Bench

Parts:

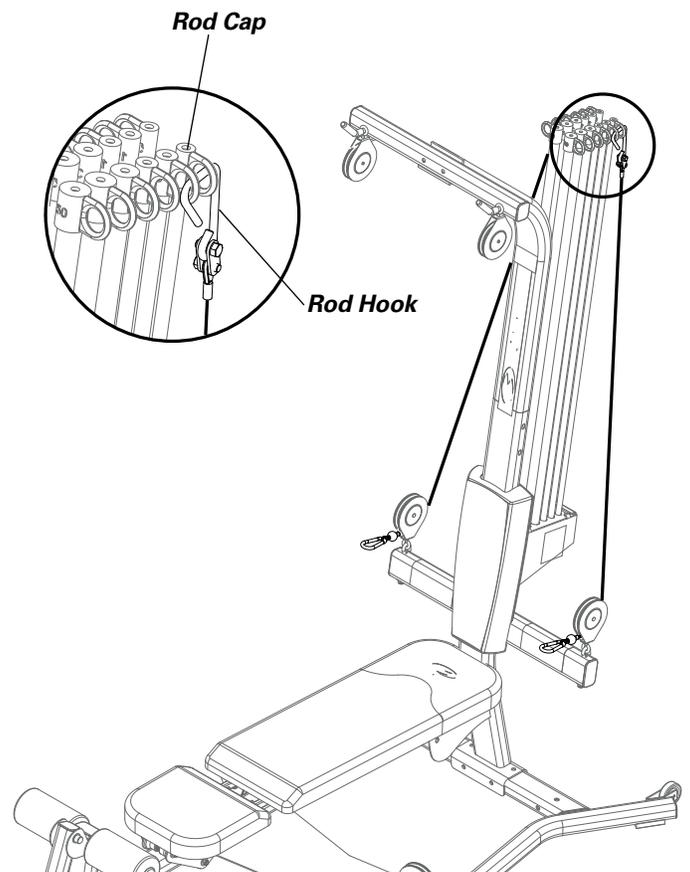
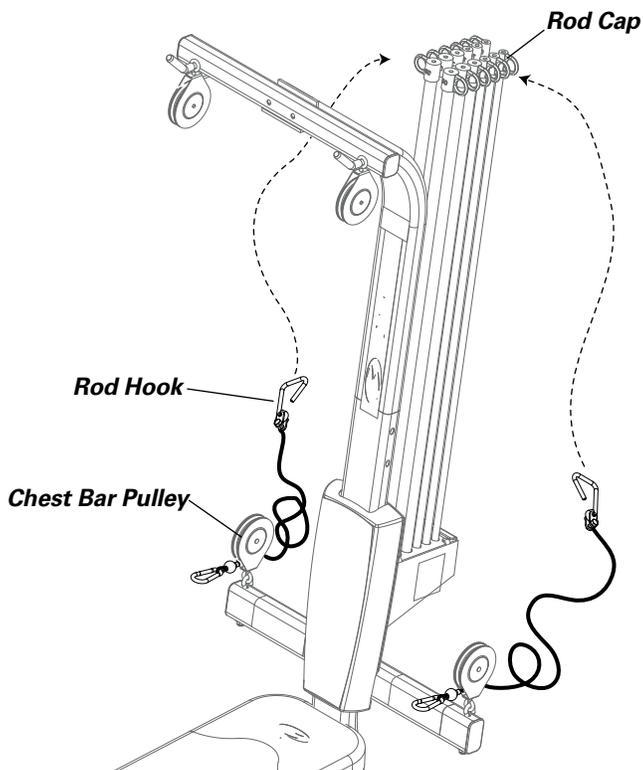
- Bench

15-1 Place the frame of the Bench in the U-shaped bracket on the Seat Roller Assembly and lay the Bench on the Seat Rail.



Step 16 Route the Rod Cables

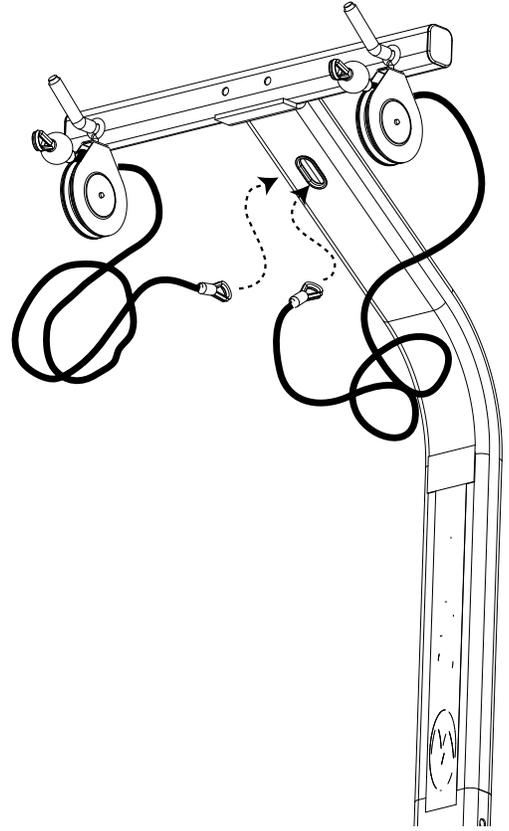
16-1 Unwrap the Cables from the Chest Bar Pulleys. Extend the Rod Hooks up to the Rod Caps and hook in place on preferred rod or rods.



Assembling Your Bowflex Conquest™ Home Gym

Step 17 Store the Lat Cables

17-1 Unwrap the Lat Cables and tuck inside the Lat Tower until needed.



Step 18 Final Inspection

Please inspect your machine to ensure that all fasteners are tight and components are properly assembled. Review all warnings affixed to machine.

Congratulations! You have successfully completed assembly of your Bowflex Conquest™ home gym!



WARNING

Failure to visually check and test assembly before use can cause damage to the Bowflex Conquest™ home gym and serious injury to users and bystanders and can also compromise the effectiveness of your exercise program.

Important Contact Numbers

If you need assistance, please have both the serial number of your machine and the date of purchase available when you contact the appropriate Nautilus office listed below.

OFFICES IN THE UNITED STATES:

E-mail: customerservice@nautilus.com

- **TECHNICAL/CUSTOMER SERVICE**
Nautilus, Inc.
World Headquarters
16400 SE Nautilus Drive
Vancouver, Washington, USA 98683
Phone: 800-NAUTILUS (800-628-8458)
Email: customerservice@nautilus.com
Fax: 877-686-6466
- **CORPORATE HEADQUARTERS**
Nautilus, Inc.
World Headquarters
16400 SE Nautilus Drive
Vancouver, Washington, USA 98683
Phone: 800-NAUTILUS (800-628-8458)

INTERNATIONAL OFFICES:

For technical assistance and a list of distributors in your area, please call or fax one of the following numbers.

- **INTERNATIONAL CUSTOMER SERVICE**
Nautilus International S.A.
Rue Jean Prouvé 6
1762 Givisiez / Switzerland
Tel: + 41-26-460-77-77
Fax: + 41-26-460-77-70
Email: technics@nautilus.com

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