
Bowflex Ultimate 2 Assembly Manual

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*Bowflex ULTIMATE 2
Home Gym Assembly
instructions manual
...
Page 19 Assembling
Your Bowflex
Ultimate STEP 2
Parts: • Handle and*

Base Assembly (from Step 1) • Plastic Handle Top and Bottom • Cable Retainer Pins (Hardware Card) • Plastic Plug Covers
Tools: • Hex Key (5/32") 2-1 Lay the Handle and Base Assembly down on the floor, remove the Plastic Plug Covers and separate the Top and Bottom of the Plastic Handle.

The Bowflex Ultimate 2 and Fitness Guide

To fold or unfold the Bowflex Ultimate®2 simply grasp the metal bar and plastic handle and squeeze them together to retract the locking pins. When folding the Front Base, release the plastic handle when the base is vertical and make sure it locks securely into place. With use, the cables can stretch and the

locking pins may not engage.

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Nautilus, Inc.

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[Assembly Manual - Page 3](#)

[Addendum ® 2 NOTICE: T u0007 his Addendum](#)

provides important instructions for securing the Bowflex Ultimate® 2 Home Gym Seat Rail to the Seat Rail Securing Device. Be aware that the Owner's and Assembly Manuals refer to the Seat Rail Securing Device as the "Squat Holder" and/or "rail securing device"

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45 pages Summary of
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Assembly Instructions
(Shown with optional
accessories) PN 000-4300
Rev C (8/15/06) Page 2:
Before You Start Or you can

remember the mnemonic:
Before You Assemble
“ Righty tighty, lefty
loosey. ” Select where you
are going to locate your
Bowflex Ultimate 2 home
gym carefully. The best
place for ®...

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