



Nautilus, Inc., (800) NAUTILUS / (800) 628-8458, www.NautilusInc.com - Customer Service: North America (800) 605-3369, csns@nautilus.com | outside U.S. +01-360-859-5180, technics-APLA@nautilus.com | Printed in China | © 2010 Nautilus, Inc., All rights reserved. ™ and ® indicate a trademark or registered trademark. Nautilus, Inc. (www.NautilusInc.com) trademarks include NAUTILUS®, BOWFLEX®, SCHWINN® and UNIVERSAL® and respective logos. Other trademarks are the property of their respective owners.

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

Serial Number _____ Serial Number _____

Date of Purchase _____

To register your product warranty, go to: www.UniversalHomeFitness.com/register

Or call 1 (800) 605-3369.

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

Español Americano Latino

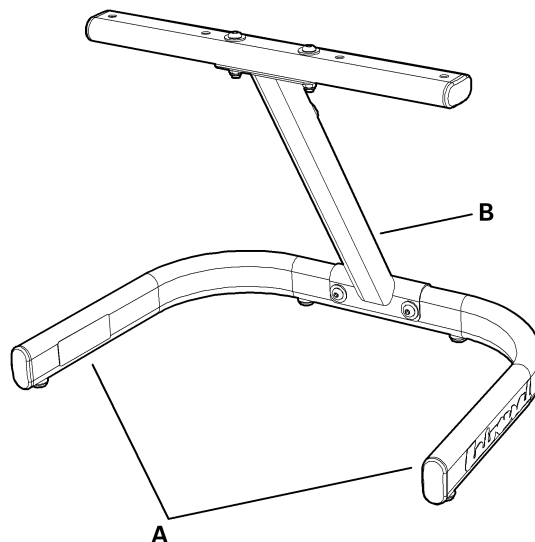
Para obtener este manual en Español Latino Americano vaya a: <http://www.UniversalHomeFitness.com>.

Important Safety Instructions

 This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Obey the following warnings:

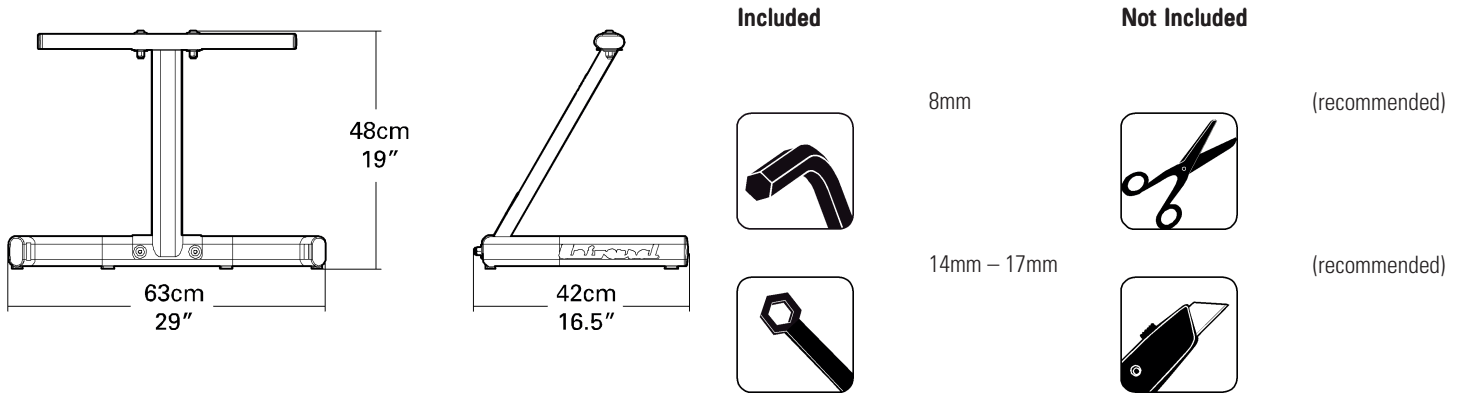
- Read and understand all warnings on this machine.
- Carefully read and understand the Assembly Manual.
- Keep bystanders and children away from the product you are assembling at all times.
- Do not assemble equipment in a wet or moist location.
- Make sure assembly is done in an appropriate work space 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.
- This machine is for home use only.
- Do not try to change the design or functionality of this machine. This could compromise the safety and can void the warranty.
- If replacement parts are necessary, use only genuine Nautilus® replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and void the warranty.
- Do not use or put the machine into service until the machine has been fully assembled and inspected for correct performance in accordance with the Owner's Manual for your Power-Pak® dumbbells.
- Read and understand the complete Owner's Manual for your Power-Pak® dumbbells before first use. Keep the Owner's and Assembly Manual for future reference.
- Do all assembly steps in the sequence given. Incorrect assembly can lead to injury.
- Before each use, examine this machine for loose parts or signs of wear. Contact Nautilus® Customer Service for repair information.

Safety Warning Labels and Serial Number



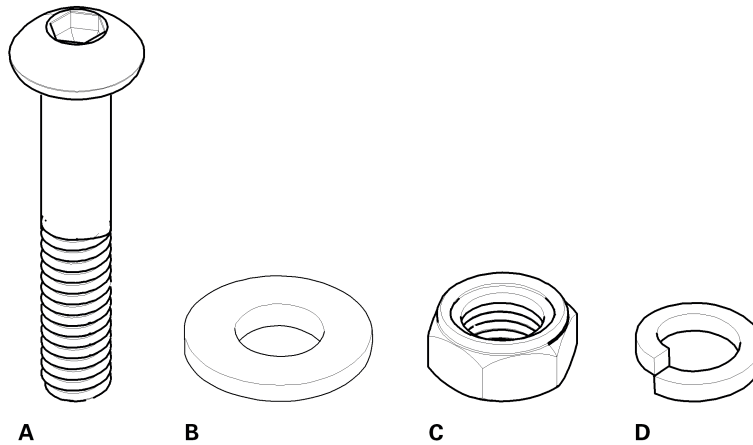
Type	Description
A WARNING	<ul style="list-style-type: none"> • Read and understand the complete user manual. Keep manual for future reference. • Read and understand all warnings on this device. If at any time the warning stickers become loose, unreadable or dislodged, contact Nautilus Customer Service for replacement stickers. • Children must not be allowed on or near to this device. • This device is for home use only. • Set up and operate this device on a solid, level, horizontal surface. • Make sure that you give users enough free space around the device for safe operation. (See product specifications for free space dimensions). Keep third parties out of this area when the device is in use. • Do not stand or climb on this device.
B Serial Number	Record serial number in the Serial Number field at the beginning of this manual.

Specifications and Tools



Assembled Weight Approximately 12 lbs (5.4 kg)

Hardware

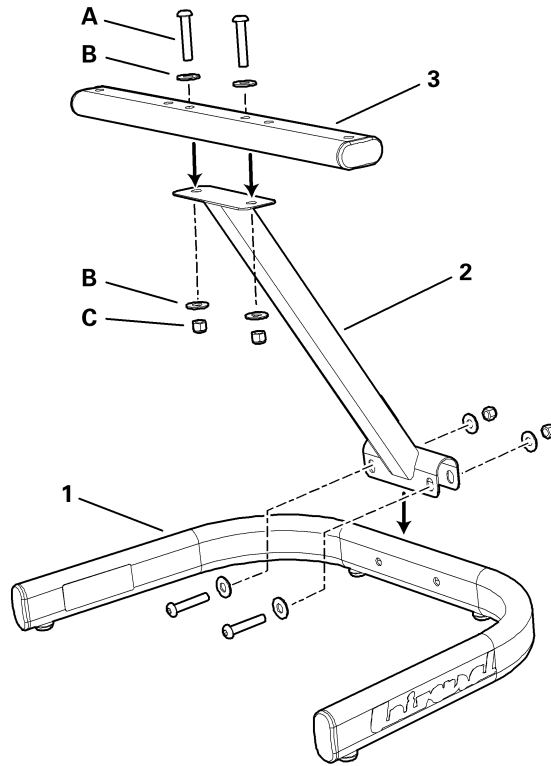


Item	Qty	Description	Item	Qty	Description
A	8	Button Head Cap Screw M10 X 2	C	4	Nut M10
B	12	Flat Washer M10	D	4	Lock Washer M10

Parts

Item	Qty	Description	Item	Qty	Description
1	1	Base Assembly	3	1	Cross Tube
2	1	Upright			

Assembly




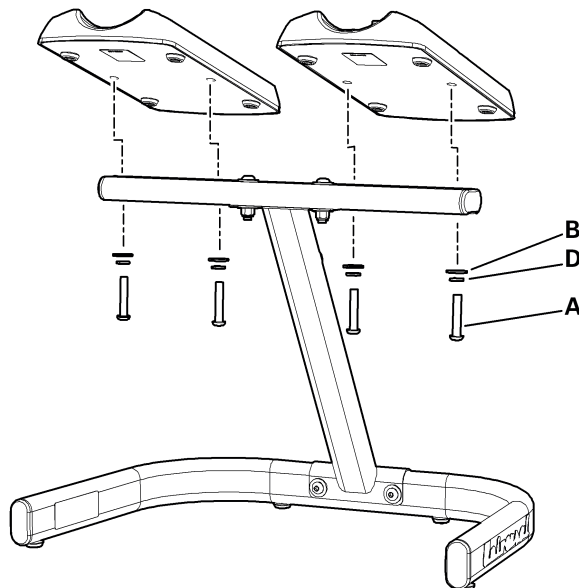
Final Inspection


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

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

Installing the Dumbbells on the Stand

 Remove the dumbbell from its base before you attach the dumbbell base to the stand to make sure that the dumbbell does not fall during installation.



 Fully tighten the hardware before you put the dumbbells into the installed dumbbell bases on the stand.

Maintenance



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 replaced immediately or the equipment removed from service until the repair is made. Only manufacturer supplied components can be used to maintain and repair the equipment.



This product, its packaging, and components contain chemicals known to the State of California to cause cancer, birth defects, or reproductive harm. This Notice is provided in accordance with California's Proposition 65. If you would like additional information, please refer to our Web site at www.nautilus.com/prop65

Daily / Before Each Use:

Examine equipment. Make sure it looks in good condition and operates smoothly. If you find damage, DO NOT USE.

Daily / After Each Use:

Clean equipment with a clean, dry cloth. Do not use cleansers containing enzymes.

Weekly:

Clean equipment fully with a clean cloth lightly dampened with warm water and a small amount of mild soap. Wipe dry with a separate cloth. Touch up any scratches with touch-up paint to prevent rust, if necessary.

Monthly:

Examine the frame for signs of cracking or permanent bending. Do not use the equipment if you see this. Contact Nautilus® Customer Service immediately.

If you have any questions on the correct use or maintenance of this equipment, call Nautilus® Customer Service in the Contacts section at the beginning of this manual.