

Bowflex Revolution®, Bowflex Revolution® XP and Bowflex Revolution® FT Rewrap Derailed Rope Without Removing Shrouds Service Bulletin

NOTICE: Before beginning this procedure:

- Remove all resistance packs except for the attached pre-stretch packs.
- Lower the seat rail (if equipped) into the down position.
- Remove any attachments.
- Set both arms to the #0 position (arms pointing straight up).
- Remove any handgrips or snap hooks from the ropes.

If you need assistance, please call Nautilus® Customer Service at 1-800-628-8458.

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

Tools

- 1/8" Hex key
- 3/32" Hex key
- 7/32" Hex key

1. Part Removal.

1-1 Use a 1/8" hex key to remove the 4 hex screws securing the top cover (see Figure 1-1). Set hex screws and top cover aside.

1-2 Locate the side of the machine with the derailed rope.

Note: If both ropes are derailed, complete steps 1-3 through 2-3 on one side before repeating the process on the other side.

1-3 Use a 3/32" hex key to remove 6 hex screws from the 5 lb pre-stretch pack on the side that is derailed and set aside. Remove the pre-stretch pack and set aside (see Figure 1-2).

1-4 Use a 7/32" hex key to remove 4 hex screws from the red plastic cam-stop (see Figure 1-3), remove and set aside with screws.

Note: These screws hold the block to the frame, these are NOT the screws that are numbered.

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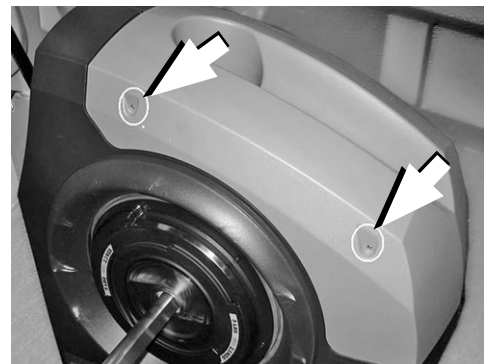


Figure 1-1

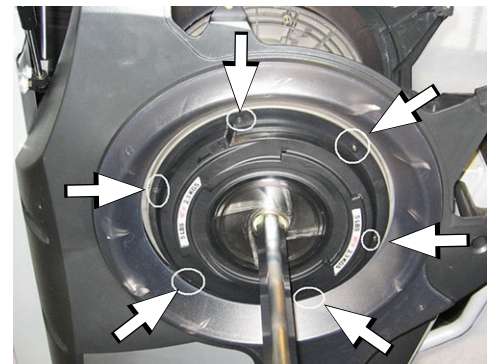


Figure 1-2

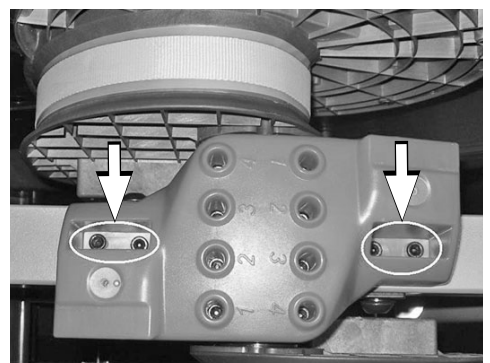


Figure 1-3

Bowflex Revolution®, Bowflex Revolution® XP and Bowflex Revolution® FT Rewrap Derailed Rope Without Removing Shrouds Service Bulletin

- 1-5** Move to a position standing on the base plate facing the engine. Reach up and pull the derailed rope from the arm downward until it is fully extended (see Figure 1-4).
You should hear a popping/knocking sound as the rope falls back into place. The rope should be approximately 5 feet long when fully extended.

2. Wrapping the Derailed Rope.

- 2-1** Return to the side of the engine with the derailed rope. Apply light tension to the rope. Slowly turn the cam assembly clockwise (↻) to its original position, winding the rope back on to the pulley (see Figure 2-1).

Note: If the cam assembly will not rotate back to its original position, the yellow strap may be overly tightened (see Figure 2-2). To correct this pull the adjustment knob out and slowly rotate it clockwise (↻) until the cam assembly is back to its original position.

- 2-2** The rope should now be back on track. Do not pull the rope at this time or the rope will derail.
- 2-3** If there is any remaining slack in the rope the rope tension should be increased. Pull out and hold the appropriate tension knob while turning the large pulley (located below the adjustment knob) clockwise until it stops. Be sure stop ball at end of rope is contacting the pulley. Release tension knob to lock.

3. Re-assembling the machine.

- 3-1** Align the rounded edge of the Pre-tension SpiraFlex® Pack with the rounded edge of the Tension Shaft and slide it all the way onto the shaft. When the Pack makes contact with the Cam, continue to apply pressure and twist the Pack to the left until you feel the Pack seat into place.
- 3-2** Use a 3/32" hex key to install screws and completely tighten the hardware removed in step 1-3, installing the screws in a star pattern around the pre-tension pack.
- 3-3** You may now test the rope for proper function. If the rope is still derailed return to step 1-2. If proper function has been restored continue to the next step.

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Figure 1-4

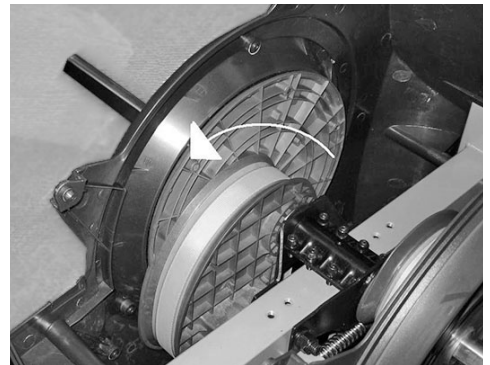


Figure 2-1



Figure 2-2

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- 3-4** Replace the red plastic cam stop using a 7/32" hex key to replace the 4 hex screws remove in step 1-4 (see Figure 1-3).
- 3-5** Replace the top cover. Use a 1/8" hex key and the 4 hex screws removed in step 1-1 to secure the top cover (see Figure 1-1).
- 3-6** Inspect the machine to ensure that all fasteners are tight and everything is properly assembled.