Bowflex Revolution™ Rope Untangling and Tension Adjustment Bulletin

ATTENTION

This Service Bulletin provides instructions to untangle rope that has been derailed from the pulleys, rewrap the rope on the pulleys, and adjust the rope tension for the Bowflex Revolution™ Home Gym.

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

Tools needed:

- 1/8" Allen Wrench
- 6" Phillips Screwdriver
- 7/32" Allen Wrench

Note: All instructions in this bulletin are given with the orientation of standing facing the engine with the bench behind you.

Instructions:

Before beginning this procedure, remove all resistance packs except for the attached pre-stretch pack.

Step 1: Remove Top Cover.

1-1 Use a 1/8" allen wrench to remove the four allen bolts that secure the Top Cover. See **Figure 1**. Set bolts aside for Step 14.

1-2 Remove Top Cover and set aside.

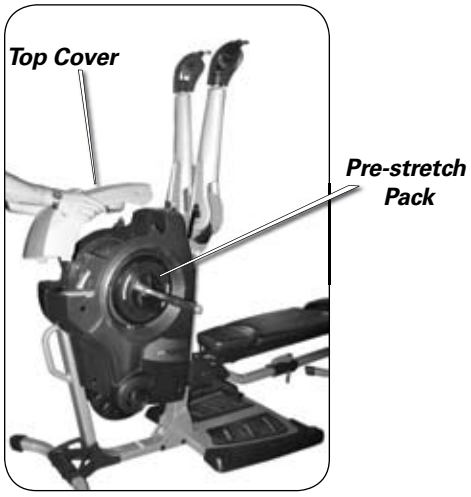

Figure 1

Step 2: Remove Shroud Clip.

2-*1* If there is a Clip securing the shrouds under top inside, remove the Clip. (The clip may already have been removed after shipping.) See **Figure 2**. Set Clip aside for Step 11.

If Clip is not present, go to Step 3.

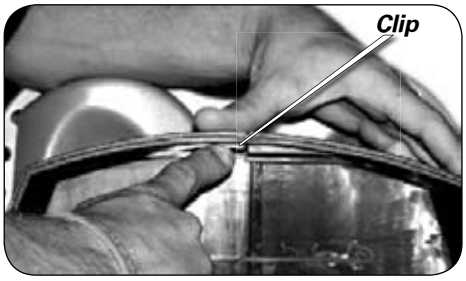

Figure 2

[Steps continued on Page 2.]

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Step 3: Remove Tension Adjust Knob Cap.

3-1 Use a phillips head screwdriver to remove the screw securing Tension Adjust Knob Cap (**Figure 3a**) and set aside for Step 13.

3-2 Once the Screw is removed, use the screwdiver to gently pry the cap out of the knob (**Figure 3b**).

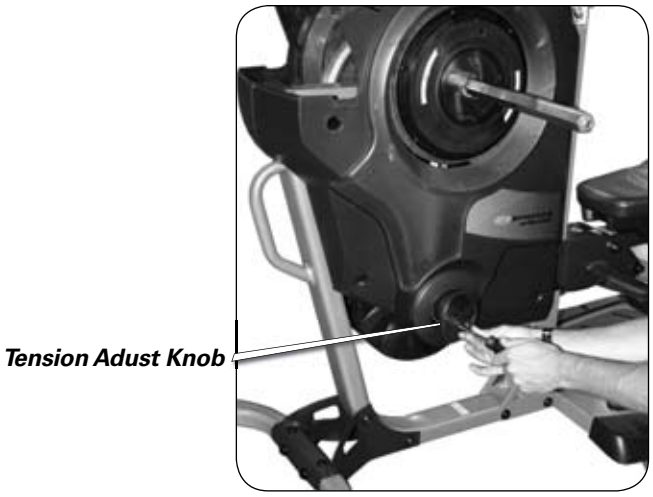

Figure 3a

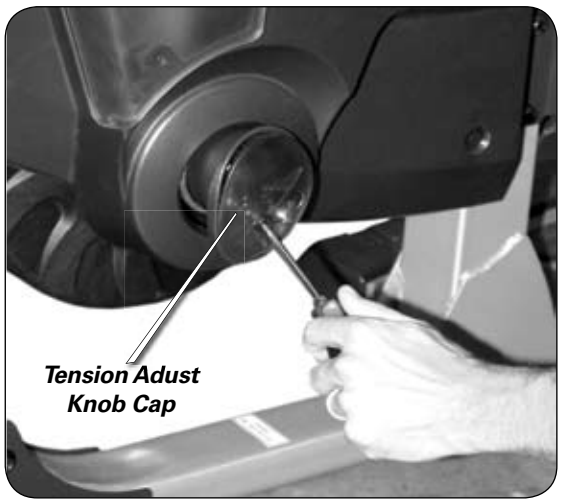

Figure 3b

Step 4: Remove Tension Adjust Knob.

4-1 Use a phillips head screwdriver to remove the four screws securing the Tension Adust Knob. See **Figure 4**. Set screws aside for Step 12.

4-2 Remove the Tension Adjust Knob and set aside.

Figure 4

Step 5: Remove Shroud.

5-1 Use a phillips head screwdriver to remove the five screws securing the shroud (one longer screw and four shorter screws). Set screws safely aside for Step 10.

5-2 Remove the Shroud and set aside. See **Figure 5**.

[Steps continued on Page 3.]

Figure 5

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Step 6: Remove Lower Spool.

6-1 Use a 7/32" allen wrench to remove the bolt securing the Lower Spool. **See Figure 6a**. Set bolt aside for Step 9.

6-2 Remove the Spool (**Figure 6a**), unwrap the Strap (**Figure 6b**), and hook the Spool behind the frame (**Figure 6c**) to keep it out of your way.

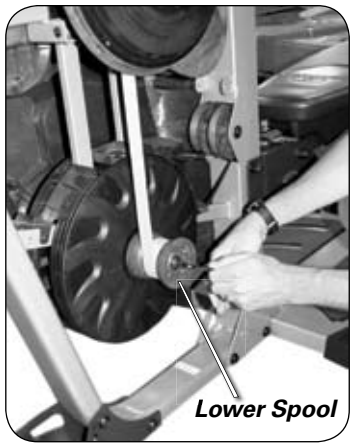

Figure 6a

Figure 6b

Figure 6c

Step 7: Remove Large Pulley.

7-1 Slide the Large Pulley (**Figure 7a**) and tangled Rope (**Figure 7b**) off of the axle.

Figure 7a

Figure 7b

[Steps continued on Page 4.]

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Step 8: Re-wrap Rope.

8-1 Begin to re-wrap the rope in the outer most channel on the Large Pulley (**Figure 8a**).

8-2 Slide the Large Pulley back onto the axle and finish wrapping the Rope by turning the Large Pulley in a clockwise direction.

NOTE: Do not let go of the Large Pulley. (See **Figure 8b**.) Keep tension on the Rope to make sure it stays in the channel while performing the next step.

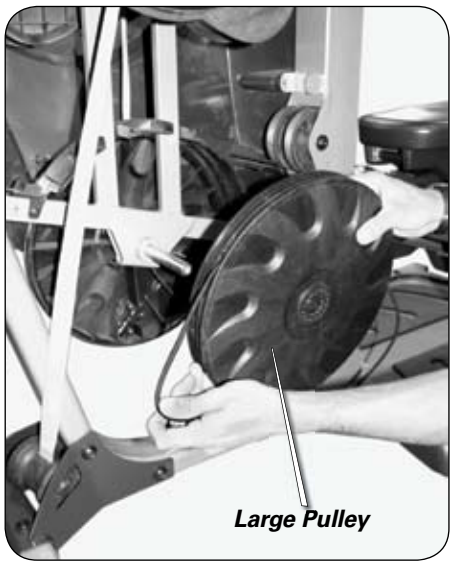

Figure 8a

Figure 8b

Step 9: Replace Lower Spool.

9-1 While still holding the Large Pulley in place, coil the Strap around the Spool in a counter clockwise dirction. (See **Figure 9a**).

9-2 Slide the Spool back onto the axle (**Figure 9b**) and secure the Lower Spool with allen bolt (**Figure 9c**).

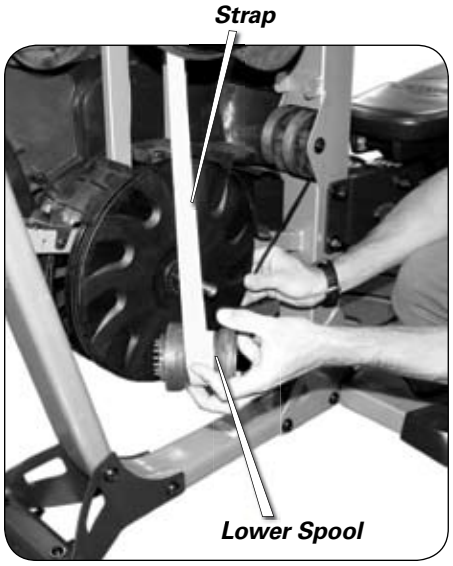

Figure 9a

Figure 9b

Figure 9c

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Step 10: Replace Shroud.

10-1 Make sure that the right Rope (**Figure 10a**) passes above the flat guide to the upper right side of the Pulley.

10-2 Replace the Shroud (**Figure 10b**) making sure the left Rope passes between the guides on the inside of the Shroud (**Figure 10c**) and beneath the "fender" on the left side of the Pulley (see **Figure 10a**).

10-3 Secure the Shroud with five phillips head screws (one longer screw and four shorter screws) from Step 5. Note the location for the long screw in **Figure 10d**.

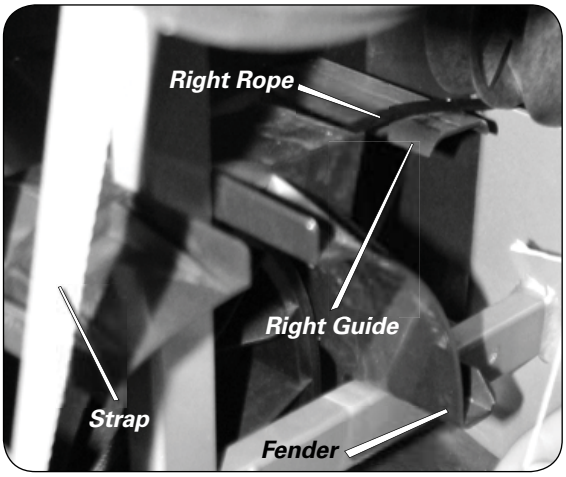

Figure 10a - Right rope and rope guide (pulley not shown)

Figure 10b

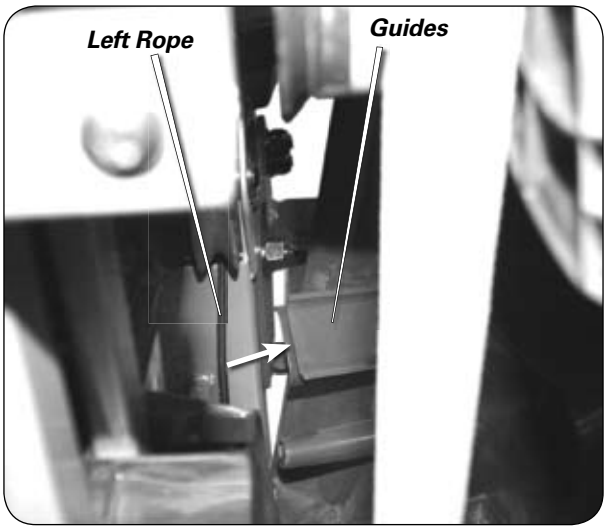

Figure 10c - Left rope and rope guides

Figure 10d - Location of long screw to secure shroud

[Steps continued on Page 6.]

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Step 11: Replace Shroud Clip.

11-1 Replace the Clip securing the shrouds under top inside. See **Figure 11**.
If there is no Clip, go to Step 12.

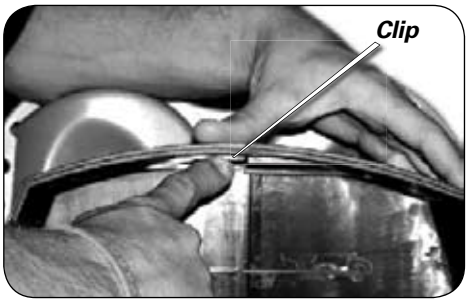

Figure 11

Step 12: Replace Tension Adjust Knob.

12-1 Use a phillips head screwdriver and four screws to secure the Tension Adjust Knob. See **Figure 12**.

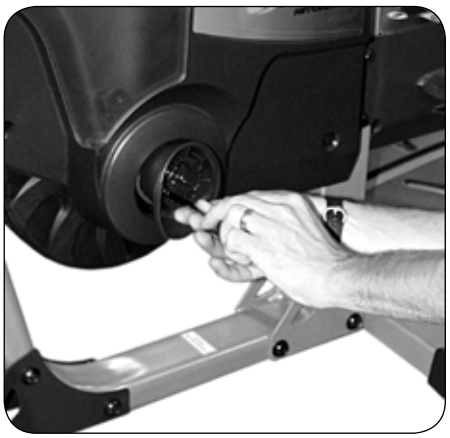

Figure 12

Step 13: Replace Tension Adjust Knob Cap.

13-1 Use a phillips head screwdriver and one screw to secure the Tension Adjust Knob Cap. See **Figure 13**.

Figure 13

[Steps continued on Page7.]

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Step 14: Replace Top Cover.

14-1 Use a 1/8" allen wrench and four allen bolts rom step 1 to secure the Top Cover. See **Figure 14**.

Figure 14

Step 15: Adjust Rope Tension.

15-1 Pull out Tension Adjust Knob and rotate Large Pulley in a clockwise direction until it stops, then release the Tension Adjust Knob to lock. See **Figure 15**.

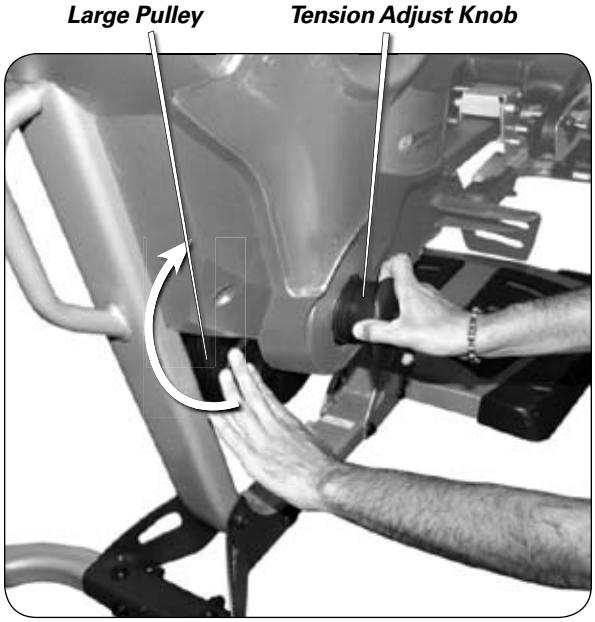

Figure 15

Step 16: Please inspect your machine to ensure that all fasteners are tight and everything is properly assembled.

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