Congratulations on your commitment to fitness and your purchase of the Bowflex Xtreme® 2 SE home gym. Before assembling your Bowflex Xtreme® 2 SE home gym please read the Assembly Manual and follow the Important Safety Precautions. For information on how to use your Bowflex Xtreme® 2 SE home gym, refer to the Bowflex Xtreme® 2 SE Owner’s Manual.

Nautilus, Inc.
16400 S.E. Nautilus Drive
Vancouver, Washington, USA 98683

1-800-NAUTILUS (1-800-628-8458)
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Bowflex.com

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### Product Specifications:

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<tr>
<th>Specification</th>
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### Regulatory Approvals:

Meets:
- EN957-1  Class H
- EN957-2  Class H

Meets:
- ASTM F2276-05
- ASTM F2216-05
**Important Safety Precautions**

**IMPORTANT SAFETY INSTRUCTIONS**
The following definition applies to the word “**WARNING**” found throughout this manual:

⚠️ **WARNING**
Used to call attention to POTENTIAL hazards that could result in personal injury or loss of life.

---

**READ ALL INSTRUCTIONS BEFORE USING THE MACHINE.**

⚠️ **WARNING**
For your safety, perform all assembly steps in the sequence given. Improper assembly can lead to injury.

⚠️ **WARNING**
Some components can be heavy or awkward to handle. Get help if necessary.
Getting to Know Your Machine

Before You Assemble

Please take the time to read all assembly instructions before attempting to assemble your Bowflex Xtreme® 2 SE home gym. Select where you are going to locate your machine carefully. The best place for your Bowflex Xtreme® 2 SE home gym is on a hard, level surface.

Select a workout area that provides a minimum clearance behind the rod box of 0.5 ft (15 cm) and a total width of 6.5 ft (2.0 m). Allow a minimum of 3.0 ft (0.9 m) free space in front of the machine.

Every effort has been made to provide you with a clear and accurate assembly manual. Should you find any inconsistencies, have questions about your Bowflex Xtreme® 2 SE or have suggestions for improving our manuals, please call 800-628-8458 for assistance.

Basic Assembly Principles

Here are a few basic tips that will make your assembly of the Bowflex Xtreme® 2 SE 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 Xtreme® 2 SE home gym, turn bolts or nuts toward the right (clockwise) to tighten and left (counterclockwise) to loosen. Or you can remember the mnemonic: “Righty tighty, lefty loosey.”

IMPORTANT: LEAVE ALL CABLES COILED AND WRAPPED UNTIL YOUR BOWFLEX XTREME® 2 SE HOME GYM IS FULLY ASSEMBLED.
Parts Reference Guide

NOTE:

CABLES ARE NOT SHOWN FOR CLARITY
### Parts Reference Guide

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Tools you will need:

You will need the tools listed below to complete the assembly of your Bowflex Xtreme® 2 SE home gym. If you don’t have these tools, you can find them at any hardware or department store.

- 7/16” Combination Wrench
- 9/16” Combination Wrench
- Adjustable Wrench
- Socket Wrench Set
- Phillips Screw Driver
- Flat Blade Screw Driver
- Rubber Mallet
- Utility Knife
- Scissors
- Hex wrenches (included)

Hardware card layout (NOTE: Drawings not to scale.)
Assembly Guide

Step 1  Base Frame Assembly

Parts:
- Base Frame
- Right Frame Rail
- Left Frame Rail
- Rear Cross Member

Hardware:
- 6 Button Head Screws (3/8” X 3/4”)
- 6 Flat Washers (3/8”)

Tool: 7/32” Hex Wrench

1-1 Lay all parts on floor as shown.

1-2 Insert Frame Rail connectors into the Base Frame and Rear Cross Member. Secure with screws and washers as shown.

Finger tighten screws at this time.

Step 2  Lower Lat Tower Assembly

Parts:
- Lower Lat Tower Frame
- Rod Box with Power Rod® Pack

Hardware:
- 3 Phillips Screws (#10 X 1”)
- 3 Flat Washers (1/4”)

Tool: Phillips Screw Driver

2-1 Lay parts on floor as shown. Firmly slide Rod Box into Lower Lat Tower Frame.

2-2 Fasten the Rod Box to the Lower Lat Tower Frame with screws and washers as shown. Tighten screws until snug.
Step 3 Install Lower Lat Tower Assembly

Parts:
- Lower Lat Tower Assembly
- Base Frame Assembly

Hardware:
- 2 Button Head Screws (3/8" X 3/4")
- 2 Flat Washers (3/8”)

Tool: 7/32” Hex Wrench

3-1 Align the Lower Lat Tower Assembly over the Base Frame. Push the bottom of the Lower Lat Tower onto the connector of the Rear Cross Member as shown.

3-2 Secure Lower Lat Tower Assembly using screws and washers as shown.

Finger tighten screws at this time.

Step 4 Install Seat Support Rail

Parts:
- Seat Support Rail
- Base Frame Assembly

Hardware:
- 2 Button Head Screws (3/8” X 3/4”)
- 2 Flat Washers (3/8”)

Tool: 7/32” Hex Wrench

4-1 Slide the bottom of the Seat Support Rail onto the Base Frame connector as shown.

4-2 Slide the top of the Seat Support Rail onto the Lower Lat Tower Assembly connector as shown. Secure using screws and washers as shown.

Finger tighten screws at this time.
Step 5  Install Squat Pulley Frame

Parts:
• Left Squat Pulley Frame
• Right Squat Pulley Frame
• Main Assembly
• 2 Slider Pulleys w/o Decal
• Left Squat Frame Connector
• Right Squat Frame Connector

Hardware:
• 1 Button Head Screw (3/8" X 5”)
• 1 Nylock Nut (3/8”)
• 6 Button Head Screws (3/8" X 3/4”)
• 8 Washers (3/8”)

Tools: 7/32” Hex Wrench & Adjustable or Socket Wrench

5-1 Place one Squat Pulley Frame on each side of the Seat Support Rail as shown, and align the top screw holes. Secure using a 3/8” X 5” screw, washer and nut in the top hole as shown in Detail 5a.

5-2 Install screws and washers through the bottom holes of each Squat Pulley Frame into the Support Rail as shown in Detail 5a.

5-3 Slide one Slider Pulley onto the free end of the Left Squat Pulley Frame as shown in Detail 5b. Lock the pulley in position near the Support Rail.

5-4 Slide the Left Squat Frame Connector onto the end of the Left Frame Rail and the Left Squat Pulley Frame.

5-5 Install screws and washers to secure the Squat Frame Connector to the Squat Pulley Frame and the Frame Rail as shown in Detail 5b.

5-6 Repeat Steps 5-3 through 5-5 for the Right Squat Pulley Frame.
**Assembly Guide**

**Step 6  Install Pulley Arms**

**Parts:**
- Right Pulley Arm
- Left Pulley Arm
- Main Assembly

**Hardware:**
- 4 Washers (3/8")
- 4 Button Head Screws (3/8" X 3/4")
- 2 Threaded Studs (1/2" X 9 1/2")
- 4 Nylock Nuts (1/2")
- 4 Washers (1/2")

**Tools:** 7/32" Hex Wrench, Rubber Mallet

6-1 Slide Left and Right Pulley Arms onto the connectors on the base frame as shown.

6-2 Secure Pulley Arms to Base Frame using 3/8" screws and washers as shown.

**Finger tighten screws at this time.**

6-3 Align the two holes in the Pulley Arms with those in the Lower Lat Tower Assembly and secure using threaded studs, 1/2" washers and nuts as shown.

---

**Step 7  Install Slider Pulleys**

**Parts:**
- 2 Slider Pulleys w/ Decal
- Main Assembly

**Tools:** 3/16 Hex Wrench

7-1 Install a Slider Pulley onto each Pulley Arm as shown.

7-2 Choose any of the four holes to secure.
Step 8  Seat Assembly

Parts:
• Seat Backbone
• Seat Bottom

Hardware:
• 4 Button Head Screws (5/16" X 3/4"
• 4 Washers (5/16"

Tool: 3/16" Hex Wrench

8-1 Install the Seat Backbone to the underside of the Seat Pad using screws and washers as shown.

Step 9  Leg Extension Assembly

Parts:
• Leg Extension Backbone
• 2 Chrome Tubes
• 4 Foam Rollers
• 4 End Caps

Tool: Rubber Mallet

9-1 Insert Chrome Tubes through the upper hole and one of the lower holes in the Leg Extension. (Select hole for your comfort level.)

9-2 Slide Foam Rollers onto the Chrome Tubes and secure with end caps. A rubber mallet may be needed to secure the end caps.

NOTE: The Leg Extension may be adjusted during workout to best suit your height and personal preferences.
Step 10  Install Leg Extension Assembly

Parts:
- Leg Extension Assembly
- Lock Knob
- Seat Assembly

10-1 Insert Leg Extension Backbone into open end of Seat Backbone as shown.
10-2 Align one hole of the Leg Extension with the hole in the Seat Backbone to fit your height and secure with the Lock Knob as shown.

Step 11  Install Seat Back Pad

Note: The back of the Seat Back Pad has two pairs of holes. Select the appropriate set based on your height.

Parts:
- Seat Back Pad
- Main Assembly

Hardware:
- 2 Button Head Screws (5/16" X 2 1/2")
- 2 Washers (5/16")

Tool: 3/16" Hex Wrench

11-1 Position Seat Back Pad against the Seat Support Rail and align the screw holes for your height with those on the Seat Support Rail.
11-2 Secure Seat Back Pad to the Seat Support Rail using screws and washers as shown.
**Step 12** Install Seat Assembly

**Parts:**
- Seat Assembly
- Seat Locking Pin
- Main Assembly

**12-1** Align the top two hooks on the Seat Backbone with one of the pairs of pins on the Seat Support Rail, as shown in [Detail 12a](#).

**12-2** Tip seat front up and slide hooks onto pins. Rotate seat down and back to use.

**12-3** Slide the Seat Locking Pin through the holes in the Seat Backbone hooks to secure the seat assembly on the Seat Support Rail as shown in [Figure 12b](#).

**Note:** Reverse procedure to remove seat.

[Detail 12a](#)

[Detail 12b - Back View](#)
**Assembly Guide**

**Step 13**  Upper Lat Tower Assembly

**Parts:**
- Upper Lat Tower
- Lat Cross Bar
- Rear Lat Crossmember

**Hardware:**
- 2 Button Head Screws (3/8" X 3""
- 2 Washers (3/8")
- 2 Nylock Nuts (3/8")
- 2 Button Head Screws (1/2" X 5 1/4")
- 2 Wide Washers (1/2")
- 2 Nylock Nuts (1/2")

**Tool:** 7/32" Hex Wrench and Adjustable Wrench

**13-1** Align the two holes on the Lat Cross Bar with those on the Upper Lat Tower as shown.

**13-2** Attach using 3/8" screws, washers and nuts as shown.

**Note:** Do not tighten hardware at this time.

**13-3** Align the bracket on the Rear Lat Crossmember with the bolt on the Upper Lat Tower as shown.

**13-4** Attach using 1/2" screws, washers and nuts as shown.

**13-5** Tighten all hardware from this step.

**Step 14**  Ab Crunch Station Assembly

**Parts:**
- Ab Crunch Bracket
- Ab Cross Bar

**Hardware (1:1):**
- 2 Button Head Screws (3/8" X 2 3/4")
- 4 Washers (3/8")
- 2 Nylock Nuts 3/8"-16

**Tool:** 7/32" Hex Wrench

**14-1** Attach the Ab Cross Bar to the Ab Crunch Bracket as shown. Tighten all hardware from this step.
Step 15 Install Upper Lat Tower Assembly, Ab Crunch Station and Lat Pulley

Parts:
- Upper Lat Tower Assembly
- Ab Crunch Station
- Lat Pulley Housing
- Main Assembly

Hardware:
- 5 Button Head Screws (3/8" X 3/4")
- 5 Flat Washers (3/8")

Tool: 7/32" Hex Wrench

15-1 Slide the Upper Lat Tower Assembly onto the Lower Lat Tower as shown.

15-2 Place the Ab Crunch Bracket against back of the Lat Tower Assembly. Align the bolt holes on the Ab Crunch Bracket’s side flaps with the lower bolt holes on the sides of the Lat Tower.

15-3 To attach the Ab Crunch Station to the Lat Tower, install a 3/4” screw and washer through the upper bolt hole on the Ab Crunch Station into the back of the Lat Tower as shown in Figure 15a. Secure the Ab Crunch Station to the sides of the Lat Tower with 2 screws and washers as shown in Figure 15a.

15-4 Remove the plastic cap from the end of the the long bolt already installed in the back of the Lat Pulley/Housing. Finger tighten the bolt—it will be removed and reinstalled during Step 17 and 18.

15-5 Position the Lat Pulley Housing bracket against the Lat Tower, over the Ab Crunch Station. Align the bolt holes as shown in Figure 15b.

15-6 Place one washer over the end of each screw. Attach the Lat Pulley Housing to the Lat Tower by installing the screws loosely into the aligned holes as shown in Figure 15b.

Do not tighten hardware at this time.
**Assembly Guide**

**Step 16 Cable and Pulley Routing – Overview**

The figure below shows all Pulleys on the Bowflex Xtreme 2 SE home gym. Subsequent images show how to connect and route each of the Cables through the Pulleys. (The Ab Crunch Station is not shown for clarity.) Connecting the Cables is much easier with a second person assisting you.

All references to the right or left of the machine are from the viewpoint of standing in front of the machine facing the seat.
**Step 17** Cable and Pulley Routing – Prepare Cables to be installed to the Lat Pulley Housing

Locate the following items on the Lat Pulley Housing assembly:

- (2) Pulleys – already installed, labeled as item 2 in figure
- 3/8” X 4 1/2” Hex Head Bolt – installed
- 3/8” Washer – already installed

**Note:** Connecting the Cables is much easier with a second person assisting you.

17-1 Remove the 4 1/2” Bolt and Washer from the back of the Lat Pulley Housing, and set safely aside for Step 18.

17-2 The 2 Pulleys will slide down and out of the housing without the hex bolt holding them in place. Unwrap the Right Pulley Cable on the Right Frame Rail. Thread the cable beneath and then over one Lat Pulley (2), following the arrows shown in **Figure 20** and holding the cable tightly where indicated.

17-3 Repeat for the Left Pulley Cable (on the Left Frame Rail), without loosening your grip on the Right Pulley Cable.
**Step 18**  Cable and Pulley Routing – Connect Pulleys and Cables to the Lat Pulley Housing

Locate the following items for the Lat Pulley Housing assembly:

- (2) Pulleys from step 17
- 3/8” X 4 1/2” Hex Head Bolt – uninstalled in Step 17
- 3/8” Washer – uninstalled in Step 17

**Note:** Connecting the Cables is much easier with a second person assisting you.

**18-1**  Holding both Cables from Step 17 in place, align the 2 Lat Pulleys as shown in Figure 18. Slide the Pulleys back into the Lat Pulley Housing, lining up the bolt holes in the Pulleys and Lat Pulley Housing.

**18-2**  Place the Washer over the 4 1/2” Bolt from Step 17. Slide the Bolt through the aligned holes in the Lat Pulley Housing and Lat Pulleys as shown in Figure 18.

Tighten all hardware.

**Note:** You will probably need to push the Power Rod® unit out of the way for this step. The Power Rod® unit is not pictured for the sake of clarity.
Step 19  Cable and Pulley Routing – Connect Rod Cables through the Right Floating and Lat Tower Pulleys

Locate the following items for the Lat Pulley Housing assembly:

- 3 & 8 Floating Pulleys (connected unit)
- (2) Cable End Stop Balls with Core (see Detail)

19-1 Locate the Right Rod Cable that you ran through the Lat Pulley Housing. Thread the Cable through the (3) Floating Pulley, as shown.

19-2 Continue to guide the Cable through the (4) Pulley on the Rear Lat Cross Bar, and then through the (5) Pulley on the Front Lat Cross Bar as shown.

19-3 Insert the Cable End through the Cable End Stop Ball, and attach the Cable Core to keep the Cable from slipping back through the Pulleys. See Figure 19b.

Note: The Cable End Stop Ball Core should fit over the Ferrule when installed correctly. Rotate the Core to align it with the groove in the Ball.
Assembly Guide

**Step 19b**  Cable and Pulley Routing – Connect Cable End Stop Ball with Core

**Step 19c**  Cable and Pulley Routing – Connect Rod Cables through Left (3) Floating and Lat Tower Pulleys

19-4  Repeat with Left Rod Cable and (3) and (8) Floating Pulleys, as shown in Figure 19c.

**Note:** Once the Cable End Stop Balls are attached, hook each Rod Hook onto the Lat Pulley Housing as shown in Figure 19d.

---

*Figure 19b - Detail*

*Figure 19c*

*Figure 19d - Rod Hooks Storage on Lat Pulley Housing*
Step 20  Cable and Pulley Routing –  
Connect Right Squat Cable through the Floating and Main Assembly Pulleys

Slide the Right Squat Frame Pulley (6) to the furthest back hole, as indicated in Figure 20.

Unwrap the Right Squat Cable from the (6) Pulley and guide the Cable, threading under and through the Rear Cross Bar Pulley (7), and up through the Floating (8) Pulley. Follow the arrows as indicated in Figure 20.

Continue to guide the Cable down through the Inner Right Frame Rail Pulley (9), up through the Right Pulley Arm Pulley (10), as shown in Figure 20.

Finally, insert the Cable End through the Cable End Stop Ball and attach the Cable Core, as completed during Step 19.
Step 20b  Cable and Pulley Routing – Connect Left Squat Cable through the Floating and Main Assembly Pulleys

Repeat the same procedure completed during Step 20 for the Left Squat Cable.
Step 21 Cable & Pulley Routing
Attach the hooks on the ends of the Left and Right Squat Cables to the Hook installed onto the Leg Extension, as shown in Figure 21.

Step 22 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 Xtreme® 2 SE home gym!

WARNING
Failure to visually check and test assembly before use can cause damage to the Bowflex Xtreme® 2 SE 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
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INTERNATIONAL OFFICES:

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

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