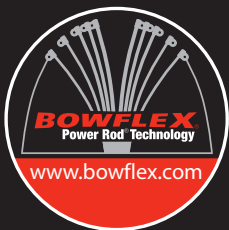




The Bowflex® Blaze™  
Home Gym  
**Service Manual**



# ***Table of Contents***

---

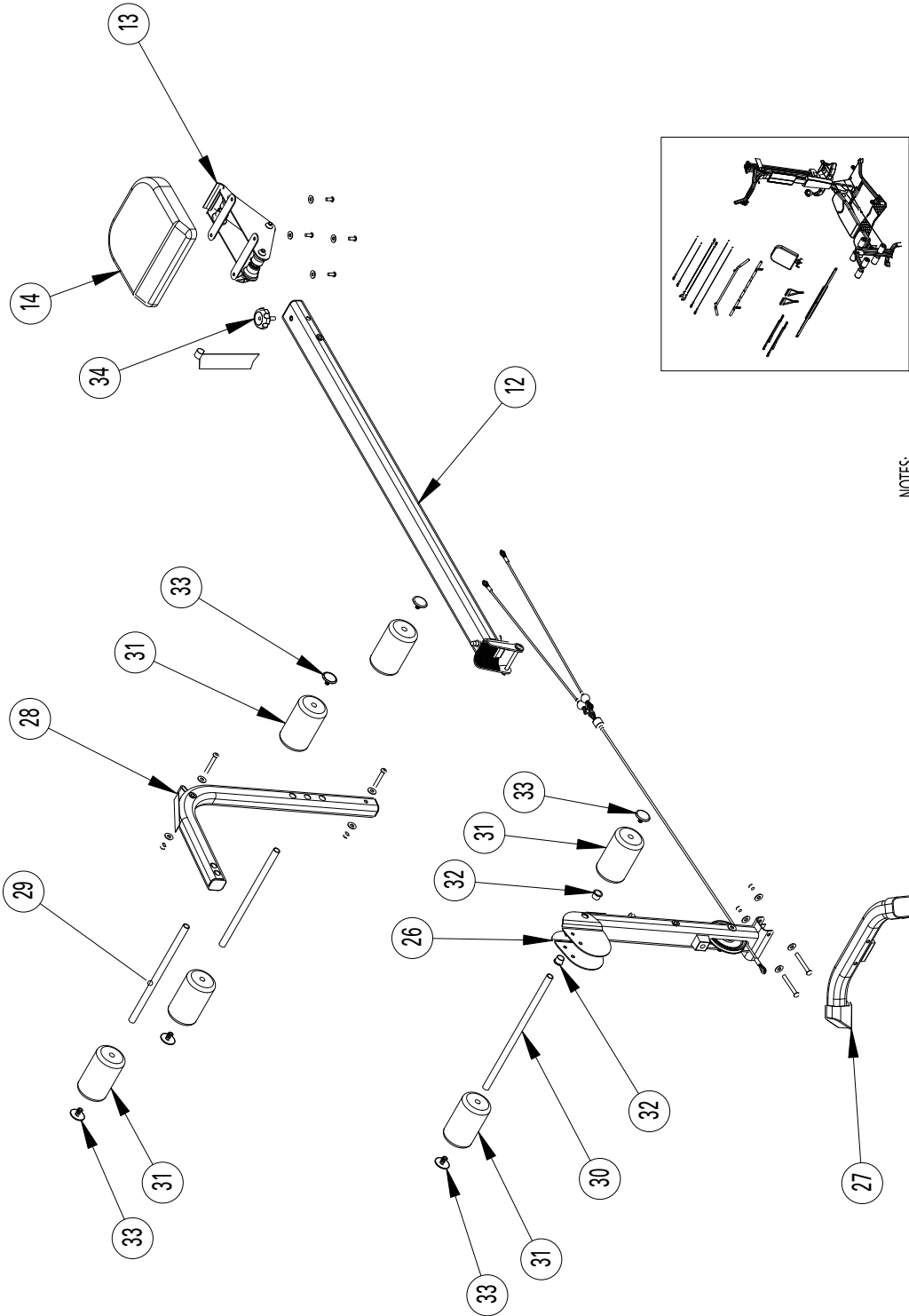
Safety Precautions	1
Exploded Views	2
Parts List	5
Maintenance Guidelines	7
Important Contact Numbers	8

# Safety Precautions

---

- Always read and follow the Warning and Safety labels attached to your Bowflex® Blaze™ home gym. Do not remove these labels. If you need replacement labels, please call a Nautilus Representative at (800) 628-8458.
- Read the owner's manual and follow it carefully before using the machine.
- Parents and others in charge of children should be aware of their responsibility, because the natural play instinct and the fondness for experimenting of children can lead to situations and behavior for which the training equipment is not intended.
- Never allow children to use the Bowflex® Blaze™ home gym unsupervised. To do so could result in injury. If children are allowed to use the equipment, their mental and physical development should be taken into account. They should be controlled and instructed on the correct use of the equipment.
- This equipment is under no circumstances suitable as a children's toy.
- Inspect your machine for any worn or loose components prior to use. Tighten or replace any worn or loose components prior to use. Pay close attention to cables, or belts and their connections.
- Never use dumbbells or other weight equipment to incrementally increase the weight resistance. Use only the Power Rod® unit that came with your Bowflex® Blaze™ home gym.
- Set up and use your Bowflex® Blaze™ home gym on a hard, level surface.
- Do not wear any loose or dangling clothing or jewelry while using the Bowflex® Blaze™ home gym. Stand clear of all moving components.
- Before beginning any exercise program consult your physician or health care professional. Only he or she can determine the exercise program that is appropriate for your particular age and condition. If you experience any light-headedness, dizziness, or shortness of breath while exercising, stop the exercise and consult your physician.
- This machine is meant for individual consumer use only, and is not meant for use by institutions.
- Maximum user weight for the Bowflex® Blaze™ home gym is 300 pounds (136 kg). For your safety, do not use or allow others to use the Bowflex® Blaze™ home gym if they weigh in excess of 300 pounds (136 kg).
- Allow a workout area of at least 8'4" L x 6'6" W (2.6 m x 2 m) of free space for safe operation of the Bowflex® Blaze™ home gym.
- Keep your body weight centered on the machine, seat, or base frame platform while exercising.
- Keep out of the path of the Power Rod® unit when exercising and make certain that observers also stand clear of the Bowflex® Blaze™ home gym when the Power Rod® unit is in use.
- Never move or adjust the seat while sitting on it. Never stand on the seat.
- When hooking up Power Rod® caps do not stand directly looking over the top of the rods. Stand off to the side while attaching rods.
- Never attempt to exercise with more resistance than you are physically able to handle.
- Keep cables and Power Rod® unit bound with the rod binding strap when not in use.
- Before exercising, make sure the cable pulley system is properly secured, properly attached, and in perfect working condition.
- All exercises in this manual are based on the calibrated resistance and capacity levels of the Bowflex® Blaze™ home gym. Exercises not in this manual are not recommended by the manufacturer.
- Never attempt to exercise while the seat rail is in the folded position.

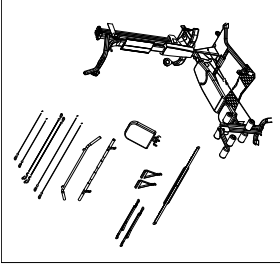
# Exploded Views



NOTES:

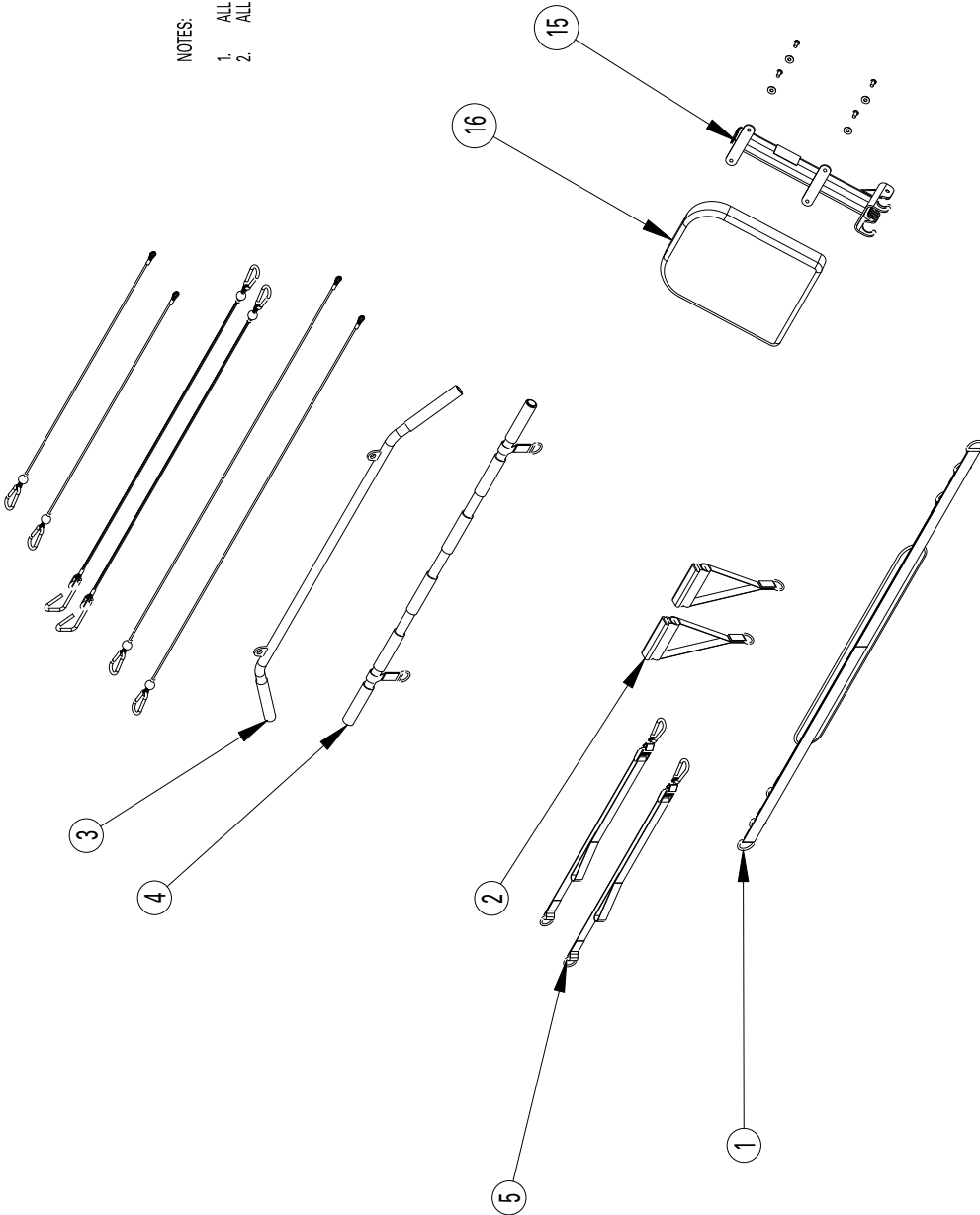
1. ALL WASHERS ARE REF#45 (902-3370), .375 FLT WSH UNLESS OTHERWISE SPECIFIED
2. ALL NUTS ARE REF#58 (902-2337), .375-16 NUT-NL UNLESS OTHERWISE SPECIFIED

# Exploded Views

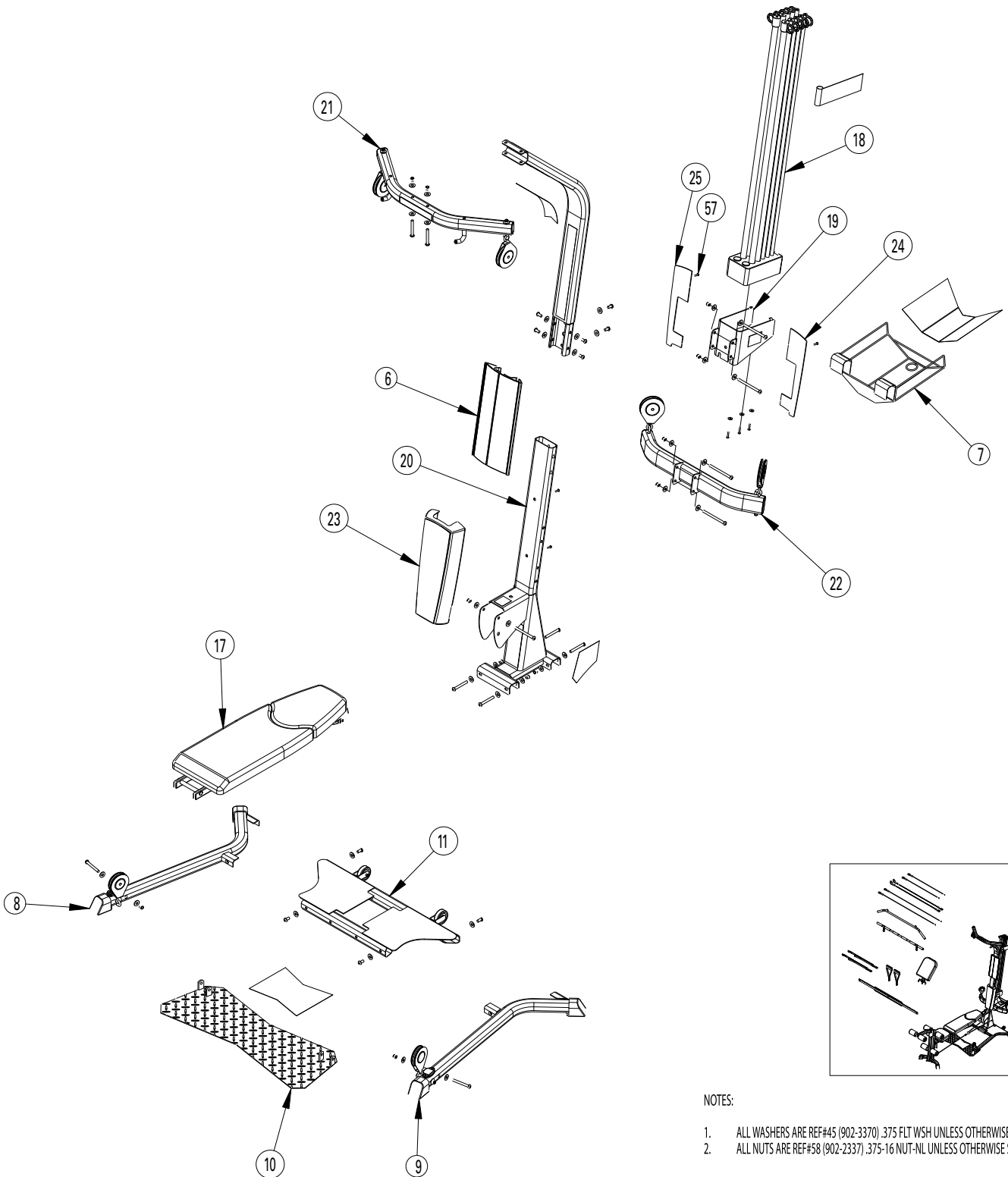


NOTES:

1. ALL WASHERS ARE REF#49 (902.3370) .375 FLT WSH UNLESS OTHERWISE SPECIFIED
2. ALL NUTS ARE REF#68 (902.2337) .375+16 NUTFL UNLESS OTHERWISE SPECIFIED



# Exploded Views



NOTES:

1. ALL WASHERS ARE REF#45 (902-3370) .375 FLT WSH UNLESS OTHERWISE SPECIFIED
2. ALL NUTS ARE REF#58 (902-2337) .375-16 NUT-NL UNLESS OTHERWISE SPECIFIED

# **Parts List**

## **ORDERING REPLACEMENT PARTS**

Call an authorized Nautilus representative at: 1-800-NAUTILUS (800-628-8458) to order replacement parts and get assistance with your specific replacement or service requirements.

Warranty Notes (For Units in the USA Only.)

WEAR5 - Part covered under Standard 5 year wear item warranty for replacement.

MECH5 - Part covered under Standard 5 year mechanical warranty for replacement.

FRM5 - Part covered under Standard 5 year frame warranty for replacement.

CUST42 - Part covered under Standard 42 day customer service warranty for replacement.

International warranty coverage may vary.

Item No.	Part No.	Part No.	Description	Warranty Code
	level 1	level 2		
1	12341		BELT ADJUSTABLE LEG PRESS	WEAR5
2	17100		ASSY WRNTY PVC HANDGRIP PAIR	WEAR5
3	001-4985		"BAR 50"" BENT LAT"	WEAR5
		11418	"CAP END FLAT ROUND 1"""	WEAR5
4	90650		"BAR 48"" LONG W/ FOAM GRIPS"	WEAR5
		11418	"CAP END FLAT ROUND 1"""	WEAR5
		95001	STRAP BAR LAT/SQUAT	WEAR5
5	17082		ASSY WRNTY SQUAT STRAPS PAIR	WEAR5
6	001-4974		PLACARD ASSY	WEAR5
		000-8850	PLACARD ROD WORKOUT	WEAR5
		001-4970	WORKOUT PLACARD DECAL	WEAR5
7	001-3855		WELDMENT BASKET	FRM5
8	51014		ASSY FRAME LEFT ELITE	WEAR5
		11419	FOOT END CAP FRAME	WEAR5
		17016	ASSY PULLEY ALIGNMENT KIT	WEAR5
		001-5002	PULLEY W/J BOLT	MECH5
9	51063		ASSY FRAME RIGHT ELITE	FRM5
		11419	FOOT END CAP FRAME	WEAR5
		17016	ASSY PULLEY ALIGNMENT KIT	WEAR5
		001-5002	PULLEY W/J BOLT	MECH5
10	001-4951		ASSY SQUAT PLATFORM SPORT	FRM5
11	51329		ASSY BASE FRAME ELITE	FRM5
		90211	TRANSPORT WHEEL W/HDW	WEAR5
12	51056		ASSY SEAT RAIL W/BUSHINGS ELITE	FRM5
13	001-4956		ASSY SEAT SLIDER	WEAR5
14	000-3894		SEAT COMP	WEAR5
15	000-7831		BACKBONE ASSY L E SEAT ELITE	FRM5

# Parts List

		10083	"CAP END 1-3/4" X 2"	WEAR5
16	000-3896		SEAT SPORT LEG EXTENSION	WEAR5
17	51058		ASSY BENCH ELITE 2 PIECE	WEAR5
		51061	ASSY ISB W/HDW ELITE	WEAR5
		17097	ASSY PIN W/ FOAM AND HDW	WEAR5
18	10046		HOLDER ROD PACK	WEAR5
		95701	ROD 5# TESTED W/ S&C	WEARLF
		80208	CAP END ROD 5#	WEAR5
		95702	ROD 10# TESTED W/ S&C	WEARLF
		80209	CAP END ROD 10#	WEAR5
		95703	ROD 30# TESTED W/ S&C	WEARLF
		80210	CAP END ROD 30#	WEAR5
		95704	ROD 50# TESTED W/ S&C	WEARLF
		80211	CAP ROD END 50#	WEAR5
19	17025		ASSY- ROD BOX FRAME W/LABELS	FRM5
20	51073		ASSY- LOWER LAT TOWER SPORT	FRM5
	17045		ASSY- UPPER LAT TOWER SPORT	FRM5
		10089	GROMMET- LAT CABLE STORAGE	WEAR5
21	001-4960		ASSY- LAT CROSS BAR W/ PULLEYS	FRM5
		001-5002	PULLEY W/J BOLT	MECH5
	001-4998		ASSY- PULLEY W/J BOLT	MECH5
		10083	"CAP- END 1-3/4" X 2"	WEAR5
22	001-4958		ASSY- CHEST PULLEY CROSS BAR	FRM5
		12358	"END CAP- TUBE- 3" X 1-3/4"	WEAR5
		001-4998	ASSY- PULLEY 87 MM	MECH5
23	001-4973		ASSY- INCLINE REST W/ DECAL	WEAR5
24	12439		BACK- INCLINE REST LEFT	WEAR5
25	51001		BACK- INCLINE REST RIGHT	WEAR5
26	000-3798		ASSY- REAR LEG SPORT	FRM5
		17313	"BUMPER- 1" THICK W/ SCREW"	WEAR5
		12357	"END CAP- TUBE- 3" X 1-3/4"	WEAR5
		90189	BUSHING- PIVOT LEG EXT.	FRM5
		51381	ASSY- LEG EXT Y CABLE SPORT	WEAR5
		51305	ASSY- 102 MM PULLEY W/LEG HDW	MECH5
27	17051		ASSY- REAR LEG BASE W/ FEET	FRM5
		11419	FOOT- END CAP FRAME	WEAR5
		10813	FOOT- LARGE w/ SCREW	WEAR5
28	000-3860		ASSY- LEG PIVOT TUBE SPORT	FRM5
29	17063		TUBE- FOAM ROLLER 386mm	WEAR5
30	17064		TUBE- FOAM ROLLER 455mm	WEAR5
31	51075		PAD- FOAM ROLLER 90MM	WEAR5



	17067		CABLE- LAT WARRANTY KIT PAIR	WEAR5
		50334	HOOK SNAP	WEAR5
	11852		CABLE- ROD WARRANTY KIT PAIR	WEAR5
		50334	HOOK SNAP	WEAR5
	17077		CABLE- SQUAT WARRANTY KIT PAIR	WEAR5
32	000-3429		BUSHING- LEG EXT SEAT MOUNT	MECH5
	17061		Pin Ball Detent Leg Ext	WEAR5
	001-5003		Assy Hardware card Main Blaze	CUST42
	001-6902		BFX BLAZE ASSY MANUAL ENG	CUST42
	001-6971		BFX BLAZE OWNERS MANUAL FREN	CUST42
	001-6903		BFX BLAZE OWNERS MANUAL ENG	CUST42
	000-3428		Component bag box 4 Sport	CUST42

# ***Maintenance Guidelines***

---

## **General Maintenance**

Frequency of maintenance is determined by several factors: temperature, humidity, use, ventilation and filtration, shielding and friction. External maintenance may vary from daily to monthly, internal maintenance from six months in a club environment to a year when used in a multi-user setting.

1. SPOT CHECK LOOSE NUTS AND BOLTS
  - A. Carefully check rotation points.
  - B. Tighten loose parts immediately. Also check for worn parts, seat belts and upholstery pads.
2. TIGHTEN UPHOLSTERY AND PADS.

## **Cleaning**

1. UPHOLSTERY CLEANING AND PROTECTION
  - A. Keep pads free of perspiration at all times.
  - B. Clean and disinfect upholstery at the end of each day, especially areas where perspiration and scalp oil collect.
  - C. Clean all outside surfaces with non-abrasive, non-chlorinated household cleaners. Virahol® Disinfectant Cleaner is an effective upholstery care product.
2. CLEANING AND CARE OF PAINTED SURFACES
  - A. Wipe painted surfaces with a damp cloth and car wax.
  - B. Let dry and buff with a dry cloth.
3. MOVING PARTS
  - A. To clean and lubricate guide rods, apply a silicone lubricant to a clean cloth then use to wipe rods.

# ***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](mailto:customerservice@nautilus.com)

- **NAUTILUS INNOVATION CENTER**  
Nautilus, Inc.  
1886 Prairie Way  
Louisville, Colorado, USA 80027  
Vancouver, Washington, USA 98683  
Phone: 800-NAUTILUS (800-628-8458)  
Email: [customerservice@nautilus.com](mailto:customerservice@nautilus.com)  
Fax: 800-898-9410
- **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](mailto:customerservice@nautilus.com)  
Fax: 877-686-6466
- **CORPORATE HEADQUARTERS**  
Nautilus, Inc.  
World Headquarters  
16400 SE Nautilus Drive  
Vancouver, Washington, USA 98683  
Phone: 800-NAUTILUS (800-628-8458)

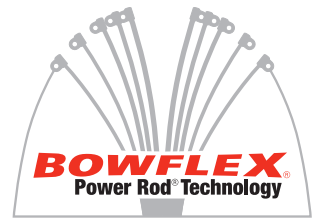
## **INTERNATIONAL:**

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

- **INTERNATIONAL CUSTOMER SERVICE**  
Nautilus International S.A.  
Rue Jean Prouvé 6  
1762 Givisiez / Switzerland  
Tel: + 41-26-460-77-77  
Fax: + 41-26-460-77-70  
Email: [technics@nautilus.com](mailto:technics@nautilus.com)

## **BUSINESS OFFICES:**

- **SWITZERLAND OFFICE**  
Nautilus Switzerland S.A.  
Tel: + 41-26-460-77-66  
Fax: + 41-26-460-77-60
- **GERMANY and AUSTRIA OFFICE**  
Nautilus GmbH  
Tel: +49-2204-610-27  
Fax: +49-2204-628-90
- **ITALY OFFICE**  
Nautilus Italy s.r.l.  
Tel: +39-031-51-10-86  
Fax: +39-031-34-24-97
- **UNITED KINGDOM OFFICE**  
Nautilus UK Ltd.  
Tel: +44-1908-267-345  
Fax: +44-1908-267-346
- **CHINA OFFICE**  
Nautilus Representative Office  
Tel: +86-21-523-707-00  
Fax: +86-21-523-707-09



This manual is written and designed by industry professionals. If you have any questions regarding your Bowflex® Blaze™ Home Gym or any instructions found in this manual, please call 1-800-NAUTILUS (628-8458) for assistance.

PN 001-6973 Rev A (7/2006)