

NOTICE: This document provides instructions for the replacement of the Drive Pulley on the Bowflex Max Trainer® M3 / M5.

If you need assistance, please call Bowflex Customer Service at 1-800-605-3369.

! This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Read and understand all Warnings on this machine.

Nautilus, Inc., (800) NAUTILUS / (800) 628-8458, www.NautilusInc.com - Customer Service: North America (800) 605-3369, csnl@snautilus.com | outside U.S. www.nautilusinternational.com | Printed in China | © 2014 Nautilus, Inc. | ® indicates trademarks registered in the United States. These marks may be registered in other nations or otherwise protected by common law. Bowflex, the B logo, and Bowflex Max Trainer are trademarks owned by or licensed to Nautilus, Inc.

Important Safety Instructions - Before servicing or using this equipment, obey the following warnings:

! This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Read and understand all Warnings on this machine.

- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power to the machine before you service it.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- 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 will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If necessary request replacement warning stickers or placards from Nautilus customer service.
- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety and will void the warranty.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

Tools Required (not included)

#2 Phillips screwdriver



10mm wrench
16mm wrench



5mm hex wrench
6mm hex wrench



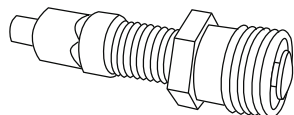
#2 Standard screwdriver



9/16" or 14mm Socket and Wrench



Crank Puller (non-handled, JIS/ISO square taper with M22x1.0 threads)



Note: The Bowflex Max Trainer® M3 is used in the following images. The procedure is the same for the M5 model.

1. Unplug the AC Adapter from the wall outlet and machine.

2. Using a #2 Phillips screwdriver, remove the 4 screws (2 indicated on one side) from the Console Assembly.

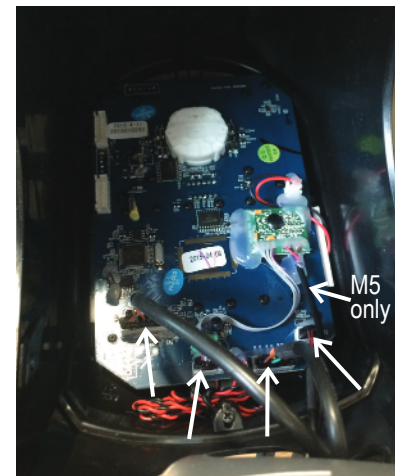


3. Carefully lift the Console Assembly and expose the Cable Connections.



4. Carefully disconnect the Cables noting their locations.

Note: do not crimp any of the Console Cables.



5. Using a 5mm hex wrench, remove the indicated hardware from the Left Upper Handlebar.

Note: Be aware that the Upper Handlebar must be supported when removing the hardware.

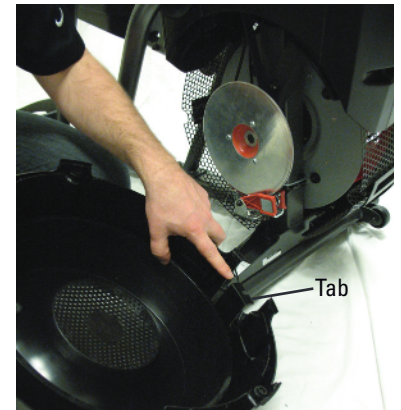


6. Using a #2 Phillips screwdriver, remove the indicated (by ovals) screws and only loosen the lowest indicated screw (arrow) from the Right Fan Cover.



7. The Right Fan Cover has a tab that needs to be pushed upward to clear the loosened screw. While pushing up on the tab, remove the Right Fan Cover from the assembly.

Note: the AC Power Cable is attached to the inside of the Right Fan Cover. Be sure not to crimp the cable by placing the Right Fan Cover close to the front of the machine.



8. Remove the indicated Cap from the machine.

9. Using a 6mm hex wrench, remove the hardware exposed from below the Cap.

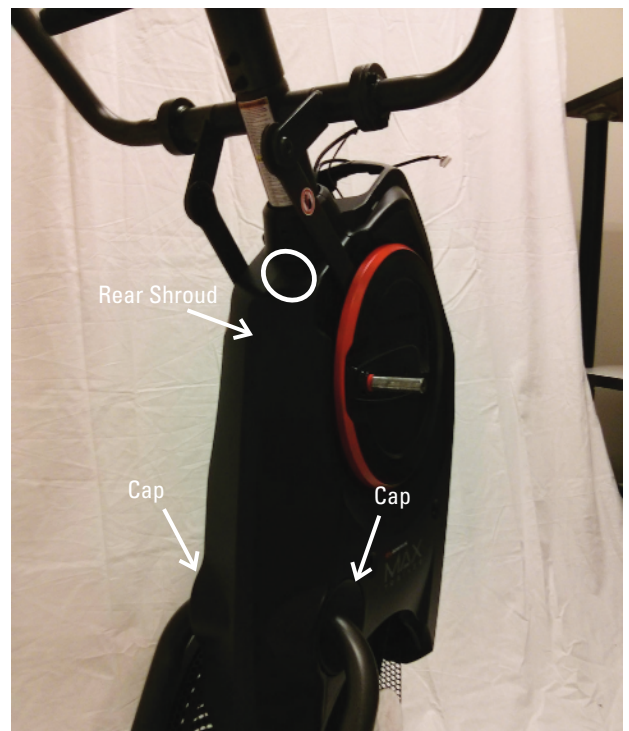
10. Slide the Left Leg Assembly off of the machine.



11. Using a #2 Phillips screwdriver, remove the indicated screw from the Rear Shroud.

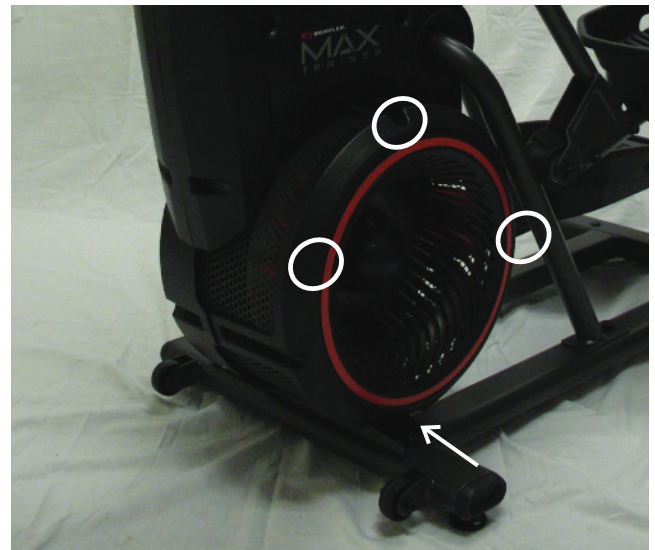
12. Carefully remove the Rear Shroud from the machine. Place a standard screwdriver behind and near the middle of the Rear Shroud and gently pry until it releases. Then move the screwdriver to the bottom and gently pry until the Rear Shroud comes off.

13. Remove the indicated Caps from the machine.

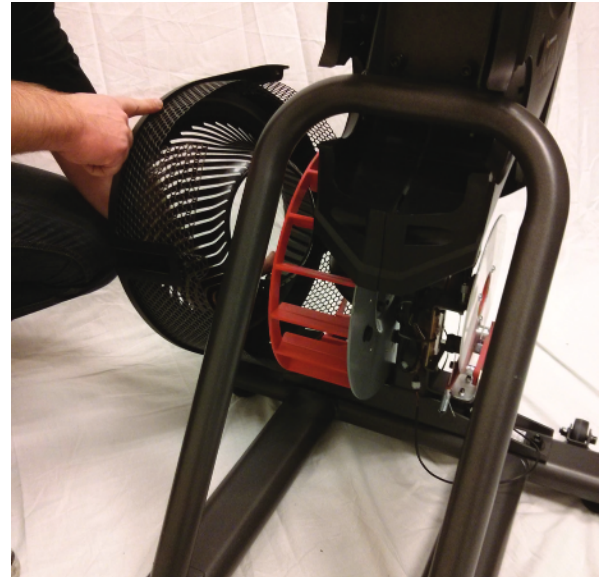


14. Using a #2 Phillips screwdriver, remove the indicated (by ovals) screws and only loosen the lowest indicated screw (arrow) from the Left Fan Cover.

15. The Left Fan Cover Assembly has a tab that needs to be pushed upward to clear the loosened screw. While pushing up on the tab, remove the Left Fan Cover Assembly.



16. Remove the Left Fan Cover Assembly from the machine. Be sure to note how the fan screens are set into the Left Fan Cover to assist with the replacement procedure.



17. Using a #2 Phillips screwdriver, remove the 2 indicated screws from the Left Crank Cover.
Note: The image displays the Right Crank Cover being removed.

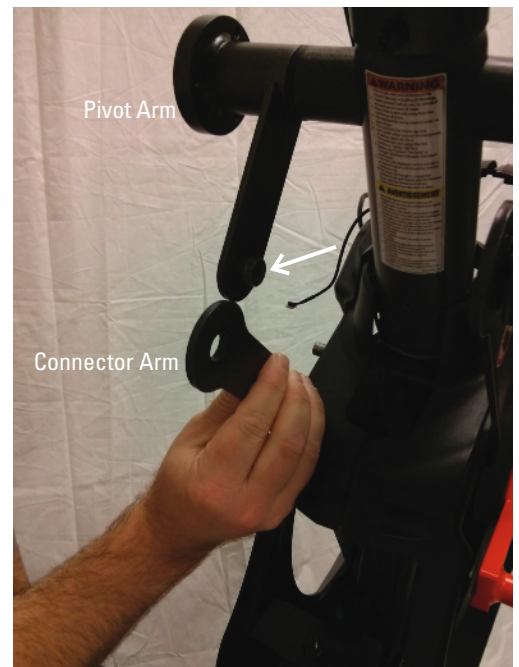
18. Remove the Left Crank Cover from the machine.



19. Place a rag or protective material below the Left Connector Arm to protect the Shroud from potential scratches from the Connector Arm.

20. Using a 6mm hex wrench, remove the hardware that connects the Left Connector Arm and the Pivot Arm.

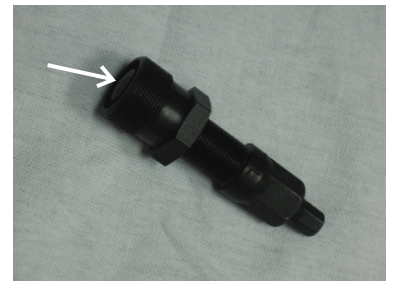
Note: The Connector Arm will pivot downward if not lowered slowly onto the rag protecting the Shroud.



21. Using a 9/16" or 14mm socket and wrench, remove the indicated nut from the Left Crank Assembly.



22. Adjust the Crank Puller until the end of the Bolt is flush with the Nut (as shown).

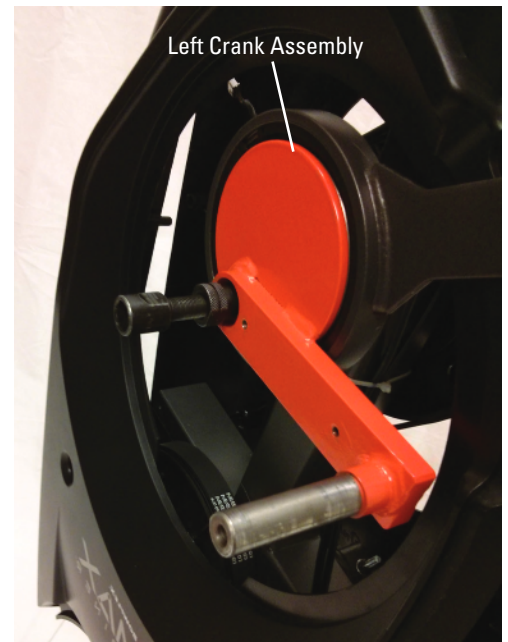


23. Carefully thread the Crank Puller into the Left Crank Arm. Be sure the Crank Puller has at least three rounds of threads inserted.

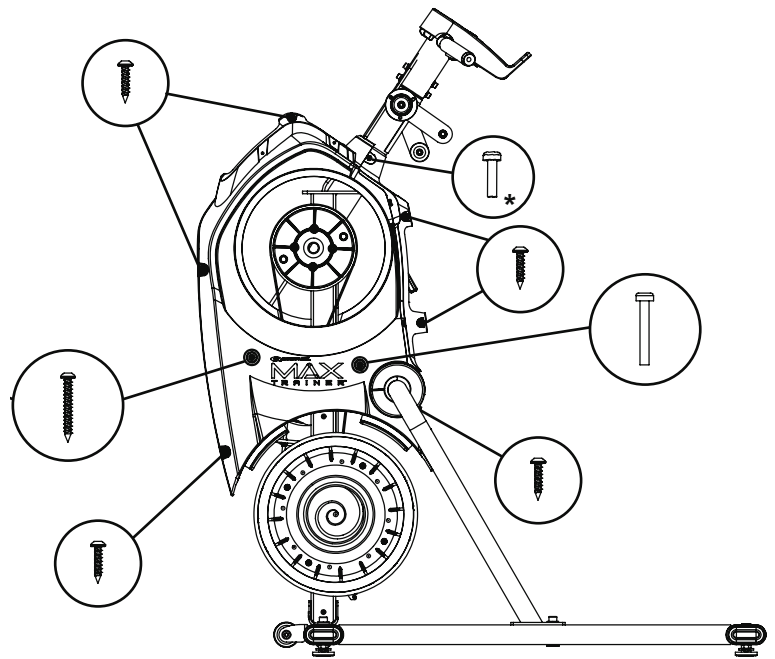
24. Using a 16mm wrench, turn the inner portion (the Bolt) of the Crank Puller clockwise. The Left Crank Arm will slide off as it is tightened.

Note: Be aware that the Left Crank Arm will be loose and will need to be supported.

25. Remove the Crank Puller from the Left Crank Arm.



26. Using a #2 Phillips screwdriver, remove the screws from the Left Shroud. (9 screws on the Left Shroud) Remove the upper screws labeled ' * ' last.




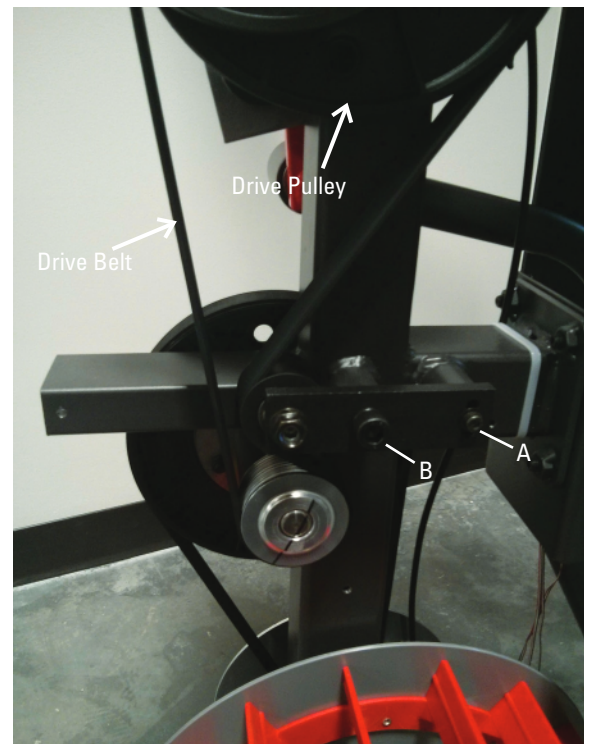
Left Side

Note: Shrouds are removed for clarity. To assist with re-assembly, note the orientation of the Drive Pulley before removal.

27. Using a 4mm hex wrench, remove the screw indicated by "A" from the Drive Belt Tensioner Arm.

28. Using a 8mm hex wrench, loosen the screw indicated by "B" until the Drive Belt is free enough to be removed from the Drive Pulley. Remove the Drive Belt.

 **Keep fingers out of any pinch opportunities when removing the Fan Belt.**

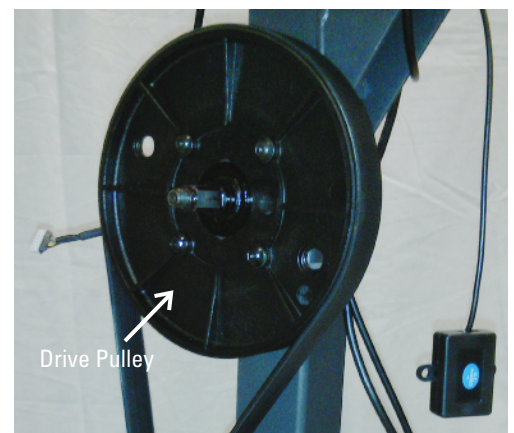


29. Using an appropriately sized hex wrench, remove the four screws that attach the Drive Pulley. Be sure to support the weight of the Drive Pulley when removing hardware because it will fall.

* If there is a nut securing the screw on the other side of the Drive Pulley, loosen it and then remove the screw.

* If the head of a screw has broken off, grasp the exposed shaft of the screw with locking pliers and carefully unscrew it.

* If the locking pliers cannot remove the broken screw, use a drill bit and screw extractor to remove it.



30. Using a 5mm hex wrench, attach the new Drive Pulley to the Frame Assembly with the provided screws and lock washers. Fully install each screw.

31. Using a 10mm wrench, secure each of the screws with a provided securing nut. Be sure all provided hardware is fully tightened.

32. Replace the Drive Belt around the new Drive Pulley. Be sure the Drive Belt is still in place around the lower pulleys.

33. Replace and tighten the "A" screw on the Drive Belt Tensioner Arm, and then tighten the "B" screw.

34. Installation is the reverse procedure excluding steps with the Crank Puller. The Crank Puller is not required for re-assembly.

Note: When replacing the Crank Arm be sure the Right and Left Crank Arms are oriented inline and opposite each other.

The Crank Nut should be tightened to a torque value of 29-32.5 ft lbs (or 350-390 in lbs).

35. Final Inspection

Inspect your machine to ensure that all hardware is 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.

