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Assembly Instructions
Before you begin, you
will need a 9/16"
wrench, a 7/16"
wrench, a 1/2" open
end wrench, a
crescent wrench (to

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hold the bolt while tightening with other), a rubber mallet (for step #5) and a phillips head (+) screw driver.

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The Bowflex XTL
stands out for its
efficiency, safety, and
easiness of using,

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The fitness manual
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condition. Page 69
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accurately track your
progress through this
six-week program, it is
necessary to take
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measurements.

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at least 7' x 9' (2.1 m x
2.7 m) of free space for
safe operation of the
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item can be found within this owners manual. It is a 90 page manual, and it does illustrate how to operate this equipment effectively.

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