

Maintenance correction edition

Bowflex-Maintenance-Reference.pdf | Issued 2026-10-04

This correction supersedes the conflicting instructions in the archived original. It is not certification of every model in the brand list or permission to return equipment to service.

Bowflex 552/1090 recall takes precedence

For genuine Bowflex SelectTech 552/1090 dumbbells covered by the U.S. recall, stop use and follow the official recall instructions. Selector/tray inspection is not a recall remedy and does not authorize return to service.

Applicability: match model, production year/serial range, market and manual revision. An edition date is not an equipment production year. Where these are unknown, do not infer a numerical lubrication, adjustment, electrical or clinical specification. Restricted service instructions must be obtained through the owner before approval.

Reviewed sources

S1: [Bowflex 552/1090 recall instructions](#).

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Professional visits do not replace routine inspections

Annual, semiannual or quarterly professional service is additional to the OEM's owner/operator routine inspections. Bowflex Xtreme 2 SE requires pre-use inspection; the cited Life Fitness and Matrix schedules require daily cable inspection. For applicable Concept2 chain-drive rowers, retain OEM chain oiling and condition checks, including institutional intervals. Visual inspection remains required. Touch is supplemental only if the OEM procedure permits it; neither touch nor visual inspection guarantees absence of hidden strand damage. Withdraw 'only reliable method' claims. Remove suspect equipment from service and replace affected parts under the applicable OEM procedure.

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Reviewed sources

S14: [Bowflex Xtreme 2 SE owner's manual](#), Safety/Maintenance.

S15: [Life Fitness strength maintenance schedule](#).

S16: [Matrix Aura G3-MS20 owner's manual](#).

S17: [Concept2 RowErg maintenance](#).

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Bowflex pulley lubricant is not established

The reference's pulley-lubricant recommendation has not been established as OEM-approved for every named Bowflex model. Do not select a spray/product from this reference alone. Obtain the exact model/year/market and applicable maintenance/service manual before lubricating pulley components; retain the supported pre-use inspections and storage instructions.

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Reviewed sources

S14: [Bowflex Xtreme 2 SE owner's manual](#), Safety/Maintenance.

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Withdraw unsupported failure predictions and diagnostic limits

The original percentages, 2-6-week failure forecasts, universal 12 A threshold and example 16.8/11.2/6.5/2.8 A values are not OEM acceptance limits. Do not use them to diagnose or certify a machine. Any retained measurement needs a named model/setup, speed, mechanical load, measurement location and instrument; loaded-versus-unloaded current alone does not isolate friction. Replace guaranteed failure or automatic warranty-loss claims with 'may cause damage' or 'may affect coverage.' Touch alone does not prove motor overload. Brushed-DC explanations do not cover AC motors, and not every elliptical uses an actuated brake motor. Withdraw unsourced 'most common failure' rankings as diagnostic authority. Stop use for abnormal behavior and follow the exact OEM diagnostic procedure.

Applicability: match model, production year/serial range, market and manual revision. An edition date is not an equipment production year. Where these are unknown, do not infer a numerical lubrication, adjustment, electrical or clinical specification. Restricted service instructions must be obtained through the owner before approval.

Reviewed sources

S7: [NordicTrack Commercial 1750 NTL11219.3 manual](#), manufacturer CDN, Electrical Power and Maintenance/Troubleshooting.

S8: [ProForm Pro 2000 PFTL13113.6 original user manual](#), manufacturer-authored, retailer-hosted; printed pp. 18, 30–31.

S9: [Horizon treadmill running-belt lubrication procedure](#).

S10: [SOLE treadmill lubrication guidance](#).

S20: [Cybex 770T owner's manual](#).

S25: [Life Fitness 95T Engage specifications](#), AC motor and lubricant-infused belt.

Archived original follows

The following pages preserve the supplied original for historical comparison. Conflicting instructions, numerical limits and example certifications are superseded by the correction pages above. They must not be used as current service instructions.

[Download the unchanged original PDF](#)



HEARTBEAT FITNESS REPAIR

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MFG MAINTENANCE REFERENCE

REF: HFR-MFG-BOWFLEX-2026

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CARING FOR YOUR BOWFLEX EQUIPMENT

An Independent Heartbeat Fitness Repair Maintenance Reference

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1. EQUIPMENT WE SERVICE

Bowflex is best known for cable-resistance home gyms, but its Max Trainer, bike, and treadmill lines are increasingly common service calls too.

HOME GYMS

Xtreme 2 SE (Power Rod®),
Revolution (SpiraFlex®)

MAX TRAINERS

M6, M8, Max Total 16

SELECTTECH

552 & 1090 adjustable dumbbells,
840 kettlebell

BIKES & TREADMILLS

C6, VeloCore 22, T6/T9/T16

2. STEP-BY-STEP: THE BOWFLEX PRE-WORKOUT SAFETY CHECK

STEP 1: CHECK FASTENERS

Inspect all visible fasteners and hardware for looseness before every workout.

STEP 2: BIND THE RODS

Bind Power Rods together at the top with the included strap after each session to prevent unsupported-hang fatigue.

STEP 3: WIPE THE SEAT

Clean upholstery with a non-abrasive cleaner — never an automotive vinyl/interior cleaner.

STEP 4: INSPECT CABLES

Visually check cables and pulleys for fraying at contact points.

3. MANUFACTURER-RECOMMENDED MAINTENANCE

COMPONENT	BOWFLEX GUIDANCE	INTERVAL
Fastener Check	Check all fasteners and hardware for looseness before each workout — one of the few hard intervals Bowflex publishes.	Before every use
Seat & Upholstery	Wipe with a non-abrasive cleaner. Automotive vinyl/interior cleaners are explicitly disallowed — they leave the seat too slippery.	After each use
Power Rod & Cable Storage	Bind all rods together at the top with the included rod strap when not in use to prevent unsupported-hang fatigue and cable tangling.	Every session
Cable & Pulley Lubrication	Bowflex does not publish a fixed lubrication schedule for cables/pulleys — we apply light silicone or PTFE-based lubricant to pulley bearings and cable-guide points as needed.	As needed (no factory interval published)

PRO TIP: ROD CABLES ARE A WEAR ITEM, NOT A DEFECT

- Bowflex's own support content describes Power Rod cables as wearing out simply from cycle volume. Fraying and eventual snapping is expected end-of-life behavior — not a sign something was installed wrong.



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4. COMMON BOWFLEX FAILURE POINTS

OBSERVED SYMPTOM	LIKELY CAUSE	RISK IF IGNORED	RECOMMENDED ACTION
Max Trainer Resistance Inconsistent or Absent	Loose cable connection to the servo motor, brake-magnet misalignment, or a failing motor/brake assembly.	Workout becomes ineffective; clicking/grinding signals accelerating wear.	Check cable connections and magnet alignment before condemning the servo motor.
SelectTech Dial Sticks or Plates Drop	Mechanical wear or misalignment of the internal plate-selector mechanism.	Weight can drop unexpectedly outside the tray — an injury and equipment-damage risk.	Inspect the selector dial and tray alignment; documented issue across the 552/1090 line.
Power Rod Cable Frayed or Snapped	Normal wear from workout cycle volume.	Sudden loss of resistance mid-exercise.	Replace the rod cable as routine service, not as a defect claim.
Cable Fraying at Pulley Contact Points	Friction wear at pulley wheels/cable guides over time.	Progressive fraying leads to sudden failure under load.	Inspect pulley wheels and cable-end ball stops; service independently where possible.

5. WHAT OUR TECHNICIANS CHECK ON EVERY BOWFLEX VISIT

CABLES & POWER RODS

Fraying, tension, and pulley wear inspection

SELECTTECH MECHANISM

Selector dial, tray alignment, and plate seating

MAX TRAINER RESISTANCE

Servo motor, brake magnet, and connection diagnostics

OWN ONE OF THESE MACHINES? WE SERVICE THEM RIGHT.

Heartbeat Fitness Repair's technicians are factory-trained across major fitness equipment brands, including Bowflex, and carry the diagnostic tools and OEM-spec parts knowledge to service it correctly the first time.

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