

# BOWFLEX 1090 SelectTech Stand with Media Rack User Guide

## BOWFLEX 1090 SelectTech Stand with Media Rack User Guide

### Contents

- [1 Important Safety Instructions](#)
- [2 SAVE THESE INSTRUCTIONS.](#)
- [3 Specifications](#)
- [4 Documents / Resources](#)
  - [4.1 References](#)
- [5 Related Posts](#)

## Important Safety Instructions

**Before 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 equipment.

- Children must not be let on or near to this equipment. Moving parts and other features of the equipment can be dangerous to children.
- Not intended for use by anyone under 14 years of age.
- Not intended for use by persons with medical conditions where those conditions may impact the safe operation of the equipment or pose a risk of injury to the user.
- Consult a physician before starting an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before using the equipment again.
- Examine this equipment for loose parts or signs of wear. Tighten or replace any worn or loose components before use. Examine all fasteners carefully. Contact your local distributor for repair information.
- This equipment is for home use only.
- Set up and operate stand on a hard, level surface.
- Keep at least 1.3 m (50 in) clear on each side of the stand. This is the recommended safe distance for access and passage around the stand.
- Keep third parties out of this area when the device is in use.
- Do not stand, sit or climb on this device.
- Read and understand the complete user guide. Keep manual for future reference.
- Read and understand all warnings on this device. If at any time the warning stickers become loose, unreadable or dislodged, contact your local distributor for replacement stickers.
- Children must not be allowed on or near to this device.

**SAVE THESE INSTRUCTIONS.**

Nautilus, Inc., 5415 Centerpoint Parkway, Groveport, OH 43125 USA, [www.NautilusInc.com](http://www.NautilusInc.com) – Customer Service: North America (800) 605-3369, [csnls@nautilus.com](mailto:csnls@nautilus.com) | Nautilus (Shanghai) Fitness Equipments Co, Ltd, Room 1701 &1702, 1018 Changning Road, Changning District, Shanghai, China 200042, [www.nautilus.cn](http://www.nautilus.cn) – 86 21 6115 9668 | outside U.S. [www.nautilusinternational.com](http://www.nautilusinternational.com) | Printed in China | © 2017 Nautilus, Inc. | Bowflex, the B logo, and SelectTech are trademarks owned by or licensed to Nautilus, Inc., which are registered or otherwise protected by common law in the United States and other countries. | ORIGINAL DOCUMENT – ENGLISH  
VERSION ONL






## Specifications

Total Surface Area (footprint) of equipment:

## Documents / Resources

|  |  |
|--|--|
|  | <p><a href="#">BOWFLEX 1090 SelectTech Stand with Media Rack</a> [pdf] User Guide<br/>552, 560, 1090, 1090 SelectTech Stand with Media Rack, 1090, SelectTech Stand with Media Rack, Media Rack, SelectTech Stand, Stand</p> |
|--|--|

## References

-  [Bowflex Home Exercise Equipment - Bikes, Home Gyms, Treadmills | Bowflex](#)
-  [Product Registration | Bowflex](#)
-  [Nautilus Home Fitness Solutions - Home Page | Nautilus](#)
-  [Nautilus, Inc. – A world leader in health and fitness.](#)
-  [Nautilus International](#)