



T16 Treadmill

Owner's Manual

Manuel du propriétaire du tapis roulant

Manual del propietario de la caminadora

Important Safety Instruction	07	Safety Warning Labels / Serial Number
Assembly	08	Hardware, Tools & Parts
	11	Assembly
Features	21	Setup and Use
	27	Console Operation
	34	Other Apps and Bluetooth® Heart Rate
Operations	37	Maintenance
	43	Troubleshooting
Warranty	47	Warranty (US/Canada only)
French	50	
Spanish	102	

Important Safety Instructions

DANGER

To reduce the risk of electrical shock:

Always unplug the equipment from the electrical outlet before cleaning, performing maintenance and putting on or taking off parts.

WARNING

TO REDUCE THE RISK OF BURNS, FIRE, ELECTRICAL SHOCK OR INJURY TO PERSONS:

- Use this equipment only for its intended use as described in this Owner's Manual.
- At NO time should children under the age of 14 use the equipment.
- At NO time should pets or children under the age of 14 be closer to the equipment than 10 feet / 3 meters.
- This equipment is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they are supervised or have been given instruction concerning use of the equipment by a person responsible for their safety.
- Always wear athletic shoes while using this equipment. NEVER operate the exercise equipment with bare feet.
- Do not wear any clothing that might catch on any moving parts of this equipment.
- Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death.
- Incorrect or excessive exercise may result in serious injury or death. If you experience any kind of pain, including but not limited to chest pains, nausea, dizziness, or shortness of breath, stop exercising immediately and consult your physician before continuing.
- Do not jump on the equipment.
- At no time should more than one person be on the equipment.
- Set up and operate this equipment on a solid level surface.
- Never operate the equipment if it is not working properly or if it has been damaged.
- Use handlebars to maintain balance when mounting and dismounting, and for additional stability while exercising.
- To avoid injury, do not expose any body parts (for example, fingers, hands, arms or feet) to the drive mechanism or other potentially moving parts of the equipment.
- Connect this exercise product to a properly grounded outlet only.
- This equipment should never be left unattended when plugged in. When not in use, and prior to servicing, cleaning, or moving equipment, turn off power, then unplug from outlet.
- Do not use any equipment that is damaged or has worn or broken parts. Use only replacement parts supplied by Customer Technical Support or an authorized dealer.
- Never operate this equipment if it has been dropped, damaged, or is not working properly, has a damaged cord or plug, is located in a damp or wet environment, or has been immersed in water.

WARNING

To reduce the risk of burns, fire, electrical shock or injury to persons:

- Keep power cord away from heated surfaces. Do not pull on this power cord or apply any mechanical loads to this cord.
- Do not remove any protective covers unless instructed by Customer Technical Support. Service should only be done by an authorized service technician.
- To prevent electrical shock, never drop or insert any object into any opening.
- Do not operate where aerosol (spray) products are being used or when oxygen is being administered.
- This equipment should not be used by persons weighing more than the specified maximum weight capacity as listed in the equipment Owner's Manual. Failure to comply will void the warranty.
- This equipment must be used in an environment that is both temperature and humidity controlled. Do not use this equipment in locations such as, but not limited to: outdoors, garages, car ports, porches, bathrooms, or located near a swimming pool, hot tub, or steam room. Failure to comply will void the warranty.
- Contact Customer Technical Support or an authorized dealer for examination, repair and/or service.
- Never operate this exercise equipment with the air opening blocked. Keep the air opening and internal components clean, free of lint, hair, and the like.
- Do not modify this exercise device or use unapproved attachments or accessories. Modifications to this equipment or use of unapproved attachments or accessories will void your warranty and may cause injury.
- To clean, wipe surfaces down with soap and slightly damp cloth only; never use solvents.
- When exercising, always maintain a comfortable and controlled pace.
- To avoid injury, use extreme caution when stepping onto or off of a moving belt. Stand on the siderails when starting the treadmill.
- To avoid injury, attach safety clip to clothing before use.
- Disconnect the safety key from treadmill when not using to prevent uncontrolled usage by third parties.
- Ensure that the edge of the belt is parallel with the lateral position of the side rail and does not move under the side rail. If the belt is not centered, it must be adjusted before use.
- When there is no user on the treadmill (unloaded condition) and when the treadmill is running at 12 km/ hour (7.5 mph), the A-weighted sound pressure level is no greater than 70 dB when sound level is measured at typical head height.
- Noise emission measurement of treadmill under load is higher than with no load.
- When lowering the treadmill deck, wait until rear feet are firmly on the floor before stepping on the deck.
- Make sure the treadmill comes to complete stop before folding. Do not operate the treadmill when it is folded.
- When moving the treadmill, DO NOT lift treadmill or turn it upside down or place treadmill on its side. Treadmill is equipped with high-pressure springs which can cause the lower base frame to spring open if mishandled, potentially causing injury. Transport unit ONLY on the ground, and ONLY after it is fully assembled and in the upright folded position with the lock latch secured.

GROUNDING INSTRUCTIONS

This product must be grounded. If a treadmill should malfunction or breakdown, grounding provides a path of least resistance for electrical current to reduce the risk of electrical shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with local codes and ordinances.

WARNING

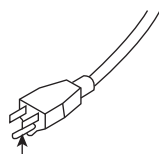
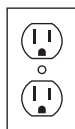
Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or service provider if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product. If it will not fit the outlet, have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 110-120 Volt circuit and has a grounding plug that looks like the plug in the illustration. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

This product must be used on a dedicated circuit. To determine if you are on a dedicated circuit, shut off the power to that circuit and observe if any other devices lose power. If so, move devices to a different circuit. Note: There are usually multiple outlets on one circuit. This treadmill should be used with a minimum 15-amp circuit.

IMPORTANT: The treadmill is not compatible with GFCI-equipped outlets.

**3-POLE
GROUNDED
OUTLET**



GROUNDING PIN

WARNING

Connect this exercise product to a properly grounded outlet only.

Never operate product with a damaged cord or plug even if it is working properly.

Never operate any product if it appears damaged, or has been immersed in water. Contact Customer Tech Support for replacement or repair.

ASSEMBLY

WARNING

There are several steps during the assembly process where special attention must be paid. It is very important to follow the assembly instructions and to ensure the product is assembled correctly to reduce the risk of injury. Make sure all parts are firmly tightened before using the treadmill to ensure that the treadmill is stable and structurally sound.

Before proceeding, find your treadmill's serial number located on a white barcode sticker near the on/off power switch and power cord and enter it in the space provided below.

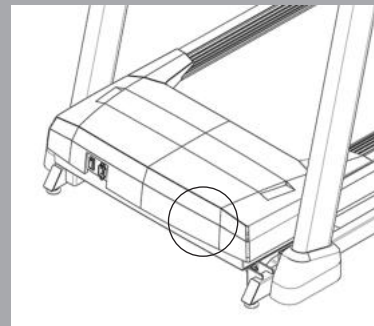
ENTER YOUR SERIAL NUMBER AND MODEL NAME IN THE BOXES BELOW:

SERIAL NUMBER:

TM

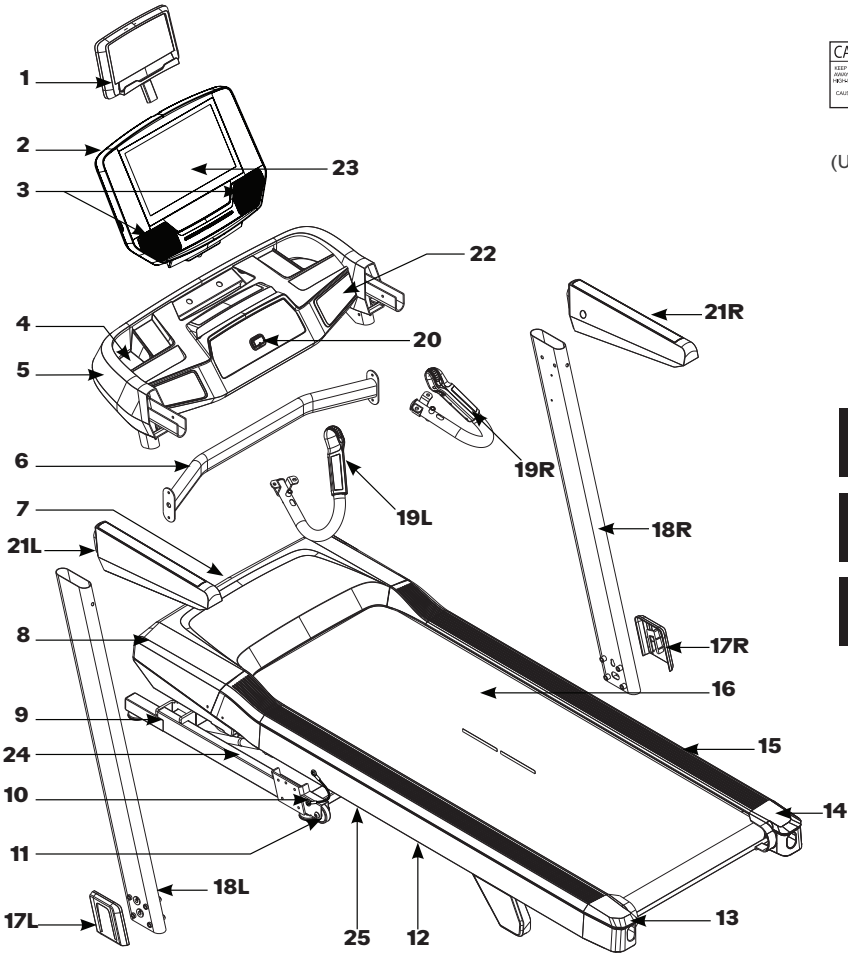
MODEL NAME: BOWFLEX T16 TREADMILL

SERIAL NUMBER LOCATION



» Refer to the SERIAL NUMBER and MODEL NAME when calling for service.

Item	Description
1	Tablet Holder
2	Console
3	Console Fans
4	Water Bottle Holder
5	Console Base
6	Crossbar
7	On/Off Switch, Power Cord
8	Motor Cover
9	Base Frame
10	Transport Cable
11	Transport Wheel
12	Deck Frame
13	Rear Roller, Tension/Alignment Bolts
14	Roller End Cap
15	Side Rail
16	Running Belt/Running Deck
17L/R	Mast Covers
18L/R	Console Mast
19L/R	Pulse Grip Handlebars
20	Safety Key Placement
21L/R	Handlebar
22	Speakers
23	Control Panel/Display



24 Warning Label

CAUTION	ATTENTION	PRECAUCIÓN
CAUTION: HOT SURFACES KEEP HANDS AND FEET AWAY FROM THE MOTOR COMPARTMENT. CAUTION: HOT SURFACES KEEP HANDS AND FEET AWAY FROM THE MOTOR COMPARTMENT. CAUTION: HOT SURFACES KEEP HANDS AND FEET AWAY FROM THE MOTOR COMPARTMENT.	CAUTION: HOT SURFACES KEEP HANDS AND FEET AWAY FROM THE MOTOR COMPARTMENT. CAUTION: HOT SURFACES KEEP HANDS AND FEET AWAY FROM THE MOTOR COMPARTMENT.	MANEJE LAS MANOS Y LOS PIES LEJOS DE ESTE MOTOR. EVITE LOS ANQUELLOS DE ALTA PRESIÓN. PODRÍAN CAUSAR LESIONES. CAUTION: HOT SURFACES KEEP HANDS AND FEET AWAY FROM THE MOTOR COMPARTMENT.

25 Foot Lock Latch
(Underneath Foot Latch)



26 General Console
Warning Label

⚠ WARNING RISK OF PERSONAL INJURY.

• Do not use the treadmill if you are under the influence of alcohol or drugs, or if you are feeling dizzy, lightheaded, or fatigued.

• Do not use the treadmill if you have a heart condition, high blood pressure, or other medical conditions that may be aggravated by exercise.

• Do not use the treadmill if you are pregnant or have a history of pregnancy-related complications.

• Do not use the treadmill if you are taking medication that may interact with exercise.

• Do not use the treadmill if you are feeling any pain or discomfort while exercising.

• Do not use the treadmill if you are feeling any dizziness or lightheadedness while exercising.

• Do not use the treadmill if you are feeling any fatigue or exhaustion while exercising.

• Do not use the treadmill if you are feeling any shortness of breath while exercising.

• Do not use the treadmill if you are feeling any chest pain or discomfort while exercising.

• Do not use the treadmill if you are feeling any other symptoms that may be related to a medical condition.

• Do not use the treadmill if you are feeling any other symptoms that may be related to a medical condition.

⚠ AVERTISSEMENT RISQUE DE BLESSURE PERSONNELLE.

• Ne pas utiliser le tapis roulant si vous êtes sous l'influence d'alcool ou de drogues, ou si vous vous sentez vertigeux, étourdi ou fatigué.

• Ne pas utiliser le tapis roulant si vous avez une condition cardiaque, une haute pression artérielle ou d'autres conditions médicales qui peuvent être aggravées par l'exercice.

• Ne pas utiliser le tapis roulant si vous êtes enceinte ou avez une histoire de complications liées à la grossesse.

• Ne pas utiliser le tapis roulant si vous prenez des médicaments qui peuvent interagir avec l'exercice.

• Ne pas utiliser le tapis roulant si vous ressentez toute douleur ou inconfort pendant l'exercice.

• Ne pas utiliser le tapis roulant si vous ressentez tout vertige ou étourdissement pendant l'exercice.

• Ne pas utiliser le tapis roulant si vous ressentez toute fatigue ou épuisement pendant l'exercice.

• Ne pas utiliser le tapis roulant si vous ressentez toute difficulté respiratoire pendant l'exercice.

• Ne pas utiliser le tapis roulant si vous ressentez toute douleur ou inconfort à la poitrine pendant l'exercice.

• Ne pas utiliser le tapis roulant si vous ressentez tout autre symptôme qui pourrait être lié à une condition médicale.

• Ne pas utiliser le tapis roulant si vous ressentez tout autre symptôme qui pourrait être lié à une condition médicale.

⚠ PRECAUCIÓN RIESGO DE LESIONES PERSONALES.

• No utilizar la cinta transportadora si está bajo los efectos de alcohol o drogas, o si se siente mareado, atontado o fatigado.

• No utilizar la cinta transportadora si tiene una condición cardíaca, alta presión arterial u otras condiciones médicas que puedan agravarse con el ejercicio.

• No utilizar la cinta transportadora si está embarazada o tiene antecedentes de complicaciones relacionadas con el embarazo.

• No utilizar la cinta transportadora si está tomando medicamentos que puedan interactuar con el ejercicio.

• No utilizar la cinta transportadora si siente cualquier dolor o molestia durante el ejercicio.

• No utilizar la cinta transportadora si siente cualquier mareo o atontamiento durante el ejercicio.

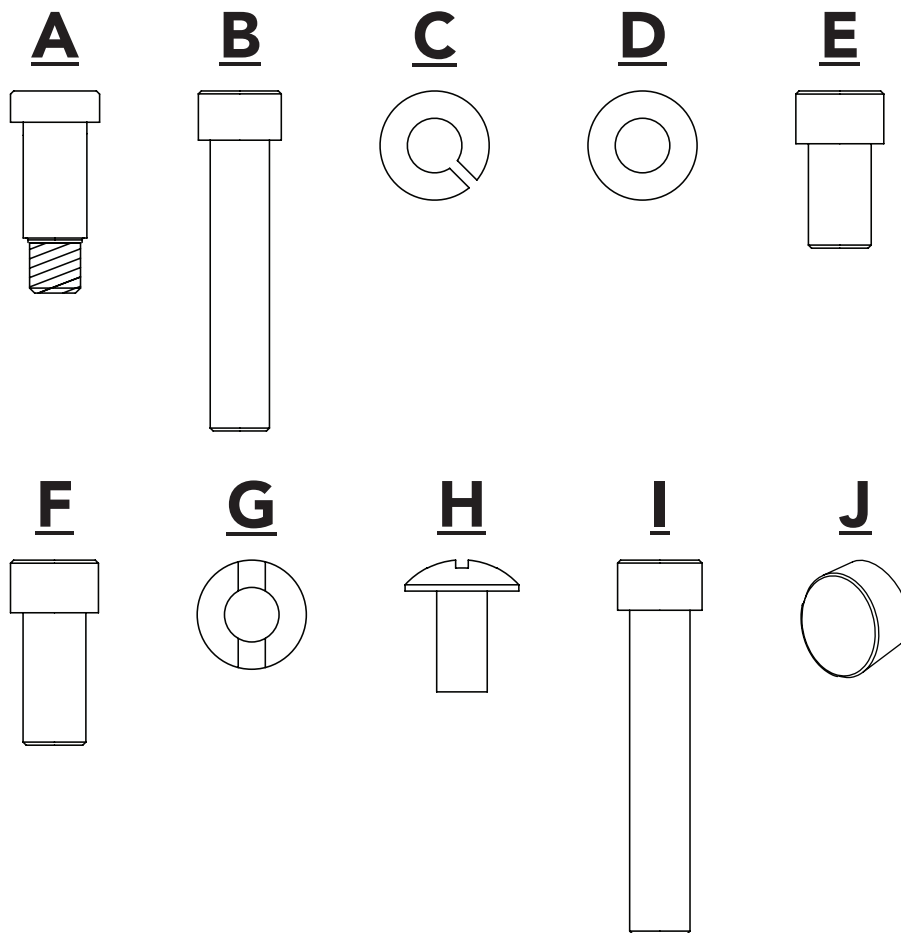
• No utilizar la cinta transportadora si siente cualquier fatiga o agotamiento durante el ejercicio.

• No utilizar la cinta transportadora si siente cualquier dificultad para respirar durante el ejercicio.

• No utilizar la cinta transportadora si siente cualquier dolor o molestia en el pecho durante el ejercicio.

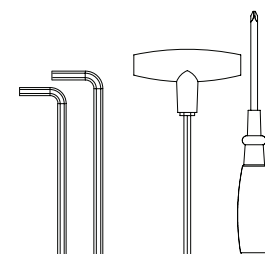
• No utilizar la cinta transportadora si siente cualquier otro síntoma que pueda estar relacionado con una condición médica.

• No utilizar la cinta transportadora si siente cualquier otro síntoma que pueda estar relacionado con una condición médica.



Item	Qty	Description
A	2	Guide Bolt; M8x28.5L
B	8	Bolt; M8x70L
C	29	Spring Washer; Ø8xØ13
D	23	Flat Washer; Ø8.2xØ15
E	4	Bolt; M6x15L
F	19	Bolt; M8x15L
G	6	Arc Washer; Ø8.2xØ18L
H	3	Bolt; M4x10L
I	2	Bolt; M8x60L
J	1	Bolt Cap

TOOL Kit:



5mm L-Wrench
6mm L-Wrench

8mm T-Wrench
Screwdriver

WARNING

FAILURE TO FOLLOW THESE INSTRUCTIONS COULD RESULT IN INJURY!

WARNING

DO NOT ATTEMPT TO LIFT THE TREADMILL! Do not move or lift treadmill from packaging until specified to do so in the assembly instructions. You may remove the plastic wrap from console masts.

WARNING

Never open box when it is positioned upside-down or on its side.

Unpack and assemble the unit where it will be used.

The enclosed treadmill is equipped with high-pressure springs which can cause the lower base frame to spring open if mishandled.

The red transport cables are installed between the upper deck frame and the lower base frame to prevent the movement of the lower base frame. DO NOT remove red transport cables until instructed to do so.

NOTE: Have 2 people available for assembly, this will make the assembly process easier.

NOTE: During each assembly step, ensure that ALL nuts and bolts are in place and partially threaded in before completely tightening any ONE bolt.

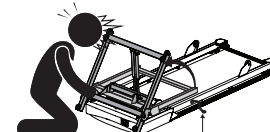
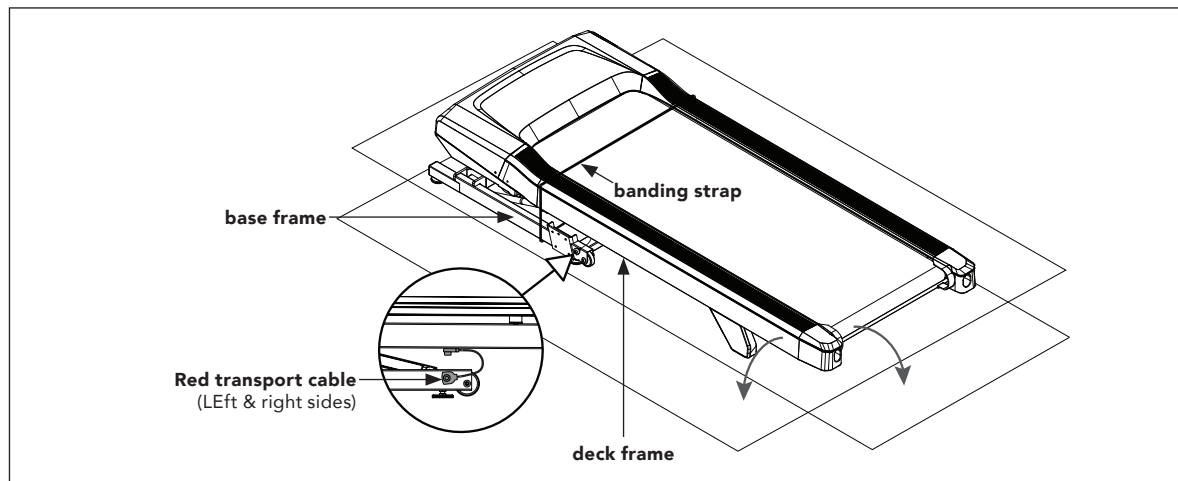
NOTE: A light application of grease may aid in the installation of hardware. Any grease, such as lithium bike grease is recommended.



NEED HELP?

If you have questions or if there are any missing parts, contact Customer Tech Support. Contact information is located on the back panel of this manual.

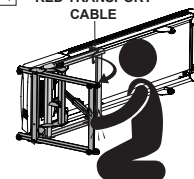
UNPACKING



RED TRANSPORT CABLE



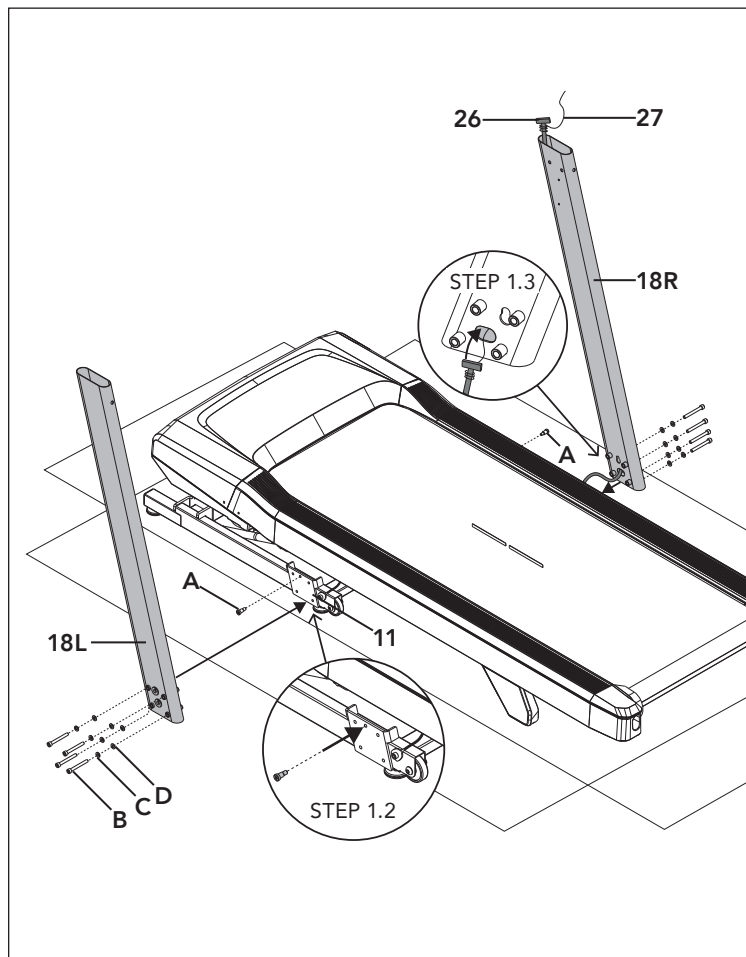
RED TRANSPORT CABLE



- A** Place the treadmill carton on a level flat surface with the bottom of the box on the ground.
- B** Cut banding straps on outside of box and remove box lid.
- C** DO NOT lift treadmill out of the box. Instead, tear down corners of bottom of treadmill box as shown. Treadmill should be assembled on flattened treadmill box as shown to protect floor surface.
- D** Cut the banding straps inside the box and remove everything but the treadmill frame.
- E** Partially lift the running deck upward from the rear to remove all contents from underneath the running deck. Red transport cables on either side of treadmill will prevent the treadmill deck from fully lifting.

⚠ WARNING

NEVER tip treadmill upside-down or on its side. DO NOT use tools to remove the red transport cables until instructed to do so. If a component requires tools to remove, wait until the Assembly Instructions instructs you how to safely remove the component.



STEP 1

STEP 1 HARDWARE :

	A Guide Bolt M8x28.5L Qty: 2		B Bolt M8x70L Qty: 8		C Spring Washer ø8xø13 Qty: 8		D Flat Washer ø8.2xø15 Qty: 8
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- 1.1 Open hardware for Step 1.
 - 1.2 Insert **2 Guide Bolts (A)** into the **Base Frame (11)** using the 5mm L-Wrench. Tighten firmly.
 - 1.3 Attach **Lead Wire (27)** to end of **Console Cable (26)**. Pull **Lead Wire (27)** and **Console Cable (26)** through bottom hole on **Right Console Mast (18R)**. After pulling the **Lead Wire (27)** through the mast, the top of the **Console Cable (26)** should be located at the top of the **Right Console Mast (18R)**.
 - 1.4 Attach **Right Console Mast (18R)** to **Base Frame (11)** using **4 Bolts (B)**, **4 Spring Washers (C)** and **4 Flat Washers (D)**.
- Note:** Be careful not to pinch any wires while assembling the masts.
- 1.5 Repeat Step 1.4 for **Left Console Mast (18L)**.

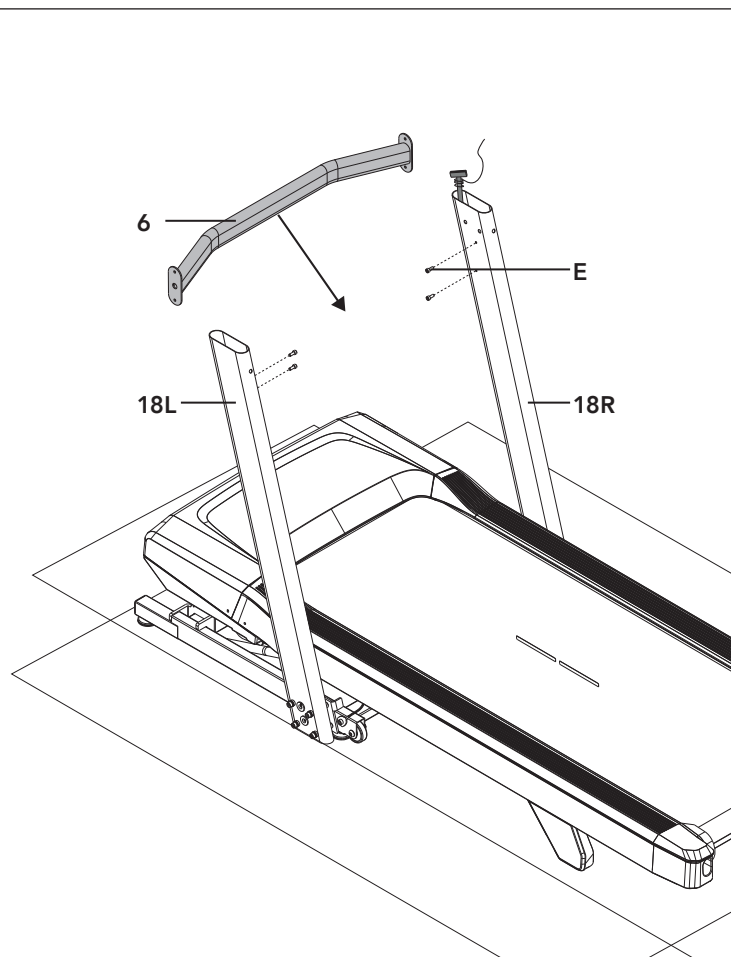
Note: Do not fully tighten bolts until the end of **STEP 3**.

STEP 2

STEP 2 HARDWARE :

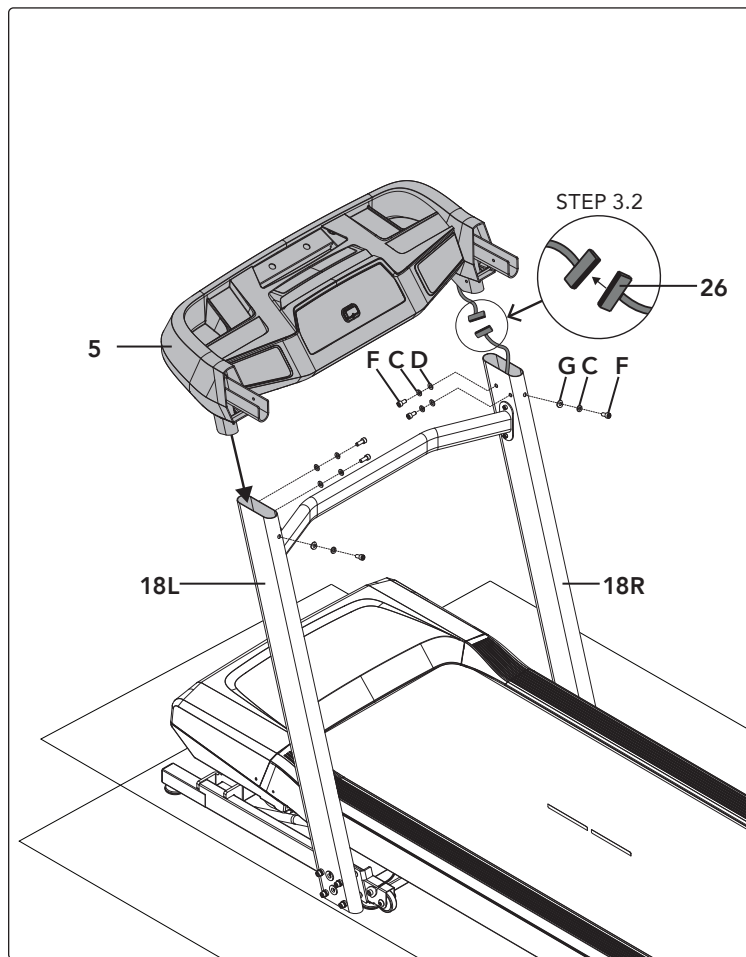


- 2.1 Open hardware for Step 2.
- 2.2 Attach **Crossbar (6)** to **Left and Right Console Masts (18L&R)** using **4 Bolts (E)**.



Note: Be careful not to pinch any wires while assembling the crossbar.

Note: Do not fully tighten bolts until the end of **STEP 3**.



STEP 3

STEP 3 HARDWARE :

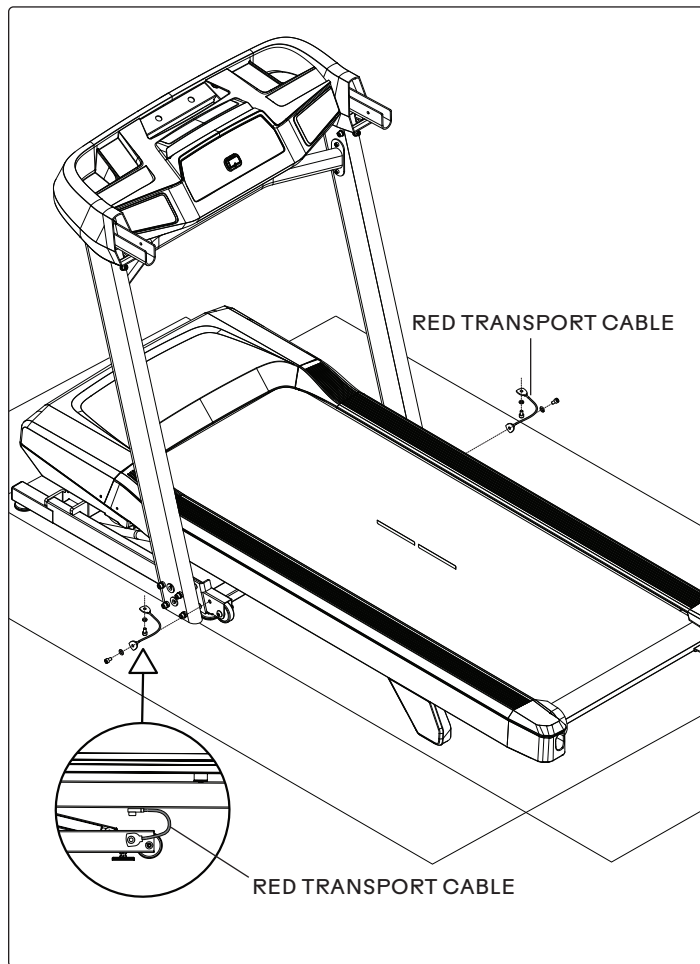
	F Bolt M8x15L Qty: 6		C Spring Washer Ø8xØ13 Qty: 6		D Flat Washer Ø8.2xØ15 Qty: 4		G Arc Washer Ø8.2xØ18 Qty: 2
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Note: 2 people recommended for Step 3 assembly.

- 3.1 Open hardware for Step 3.
- 3.2 Carefully connect both ends of **Console Cable (26)** and tuck extra cable into **Right Console Mast (18R)**.
- 3.3 Carefully place the **Console Base (5)** on the **Console Masts (18 L&R)** and attach using **6 Bolts (F)**, **6 Spring Washers (C)**, **4 Flat Washers (D)** and **2 Arc Washers (G)**.

Note: Be careful not to pinch any wires while assembling the console.

Note: Fully tighten bolts from Steps 1-3.



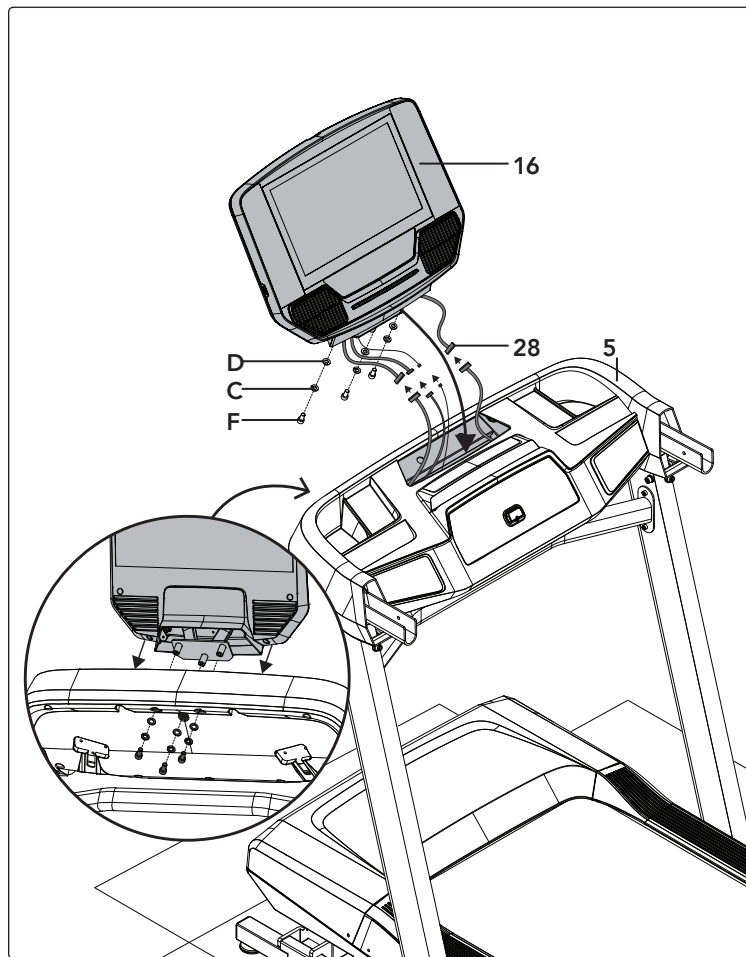
STEP 4 - TRANSPORT CABLE

⚠ WARNING

FAILURE TO FOLLOW THESE INSTRUCTIONS COULD RESULT IN INJURY!

Once the red transport cables have been detached from the treadmill, high pressure springs can cause the lower base frame to spring open. **NEVER** tip treadmill upside-down or on its side, and **NEVER** lift this unit if red transport cables are not connecting the upper deck frame to the lower base frame.

- 4.1 Ensure that treadmill is resting with all wheels supported by the floor.
- 4.2 On left side of treadmill, use the 5mm L-wrench (provided in box) to remove the two bolts connecting the red transport cable to the upper deck frame and the lower base frame.
- 4.3 Replace both bolts (one in the upper deck frame and one in the lower base frame) and fully tighten to lock in place. Note that to prevent the lower base frame from springing open during transport or disassembly of the treadmill in the future, the red transport cable can be reattached to the treadmill using these same bolts.
- 4.4 Perform same operation on right side of treadmill to remove the two bolts connecting the red transport cable to the upper deck frame and the lower base frame.
- 4.5 Replace both bolts and fully tighten to lock in place.
- 4.6 Save both red transport cables for future use by placing cables into clear poly bag alongside the owner's manual.
- 4.7 When red transport cables are not installed, transport unit **ONLY** on the ground, and **ONLY** after it is fully assembled and in the upright folded position with the lock latch secured.



STEP 5

STEP 5 HARDWARE :



F
Bolt
M8x15L
Qty: 3



C
Spring Washer
Ø8xØ13
Qty: 3



D
Flat Washer
Ø8.2xØ15
Qty: 3

- 5.1 Open hardware for Step 5.
- 5.2 Fold up the treadmill deck. Make sure the deck is securely latched.
- 5.3 Remove remaining parts boxes from under treadmill deck and lower the deck down for the remainder of assembly.
- 5.4 Carefully connect all four **Console Cables (28)** and tuck extra cable into **Console Base (5)**.
- 5.5 Attach **Console (3)** to the **Console Base (5)** using **3 Bolts (F)**, **3 Spring Washers (C)** and **3 Flat Washers (D)**.

Note: Be careful not to pinch any wires while assembling the Console.

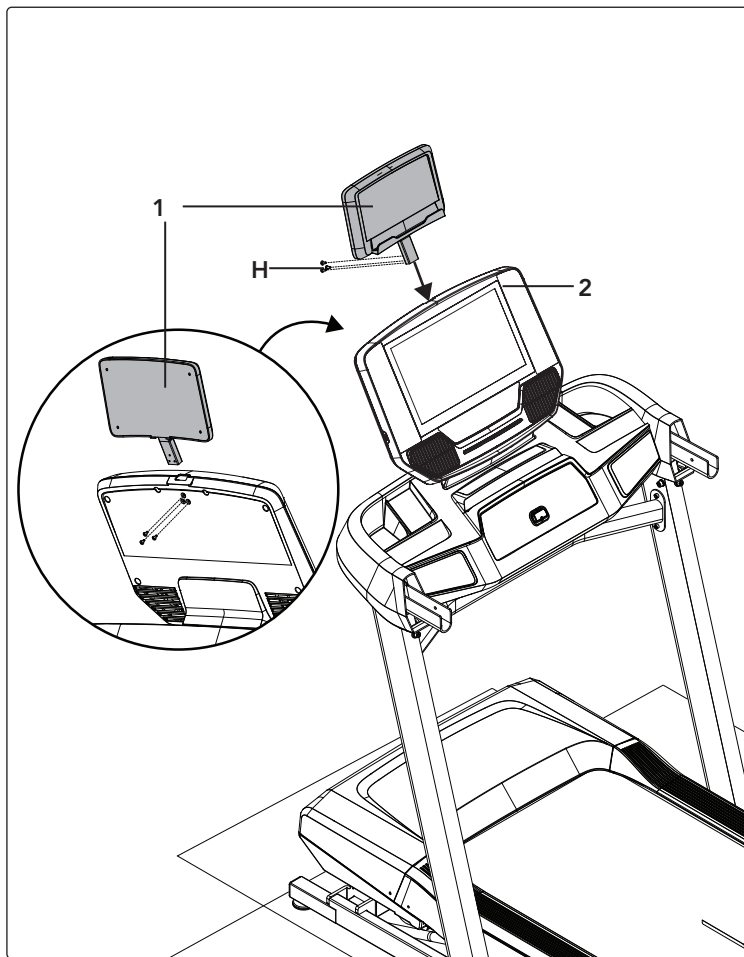
STEP 6

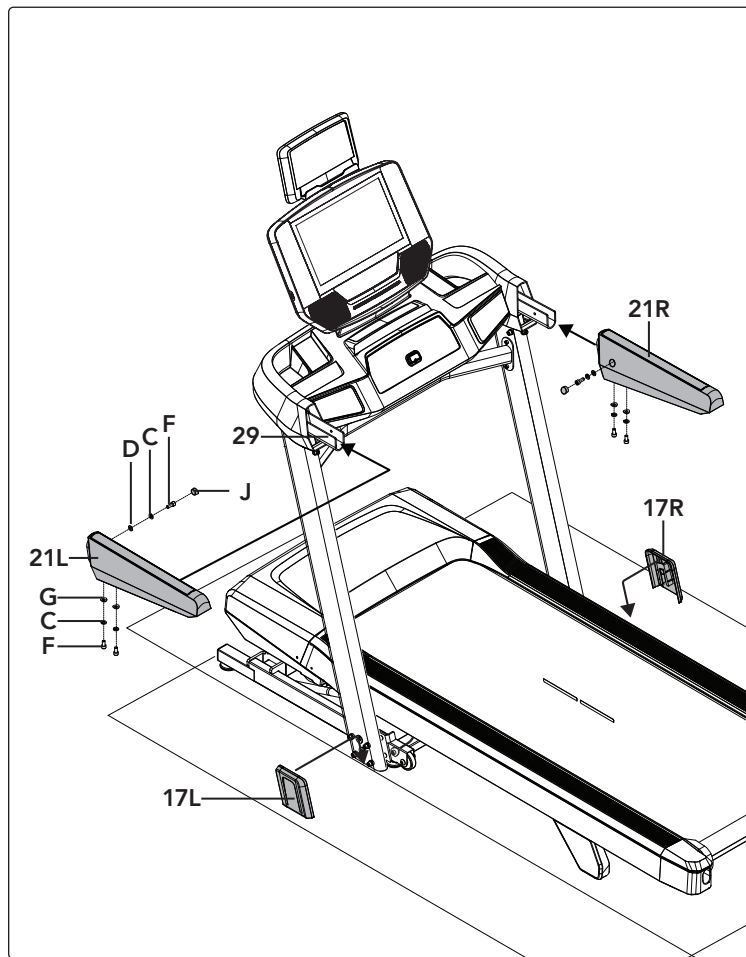
STEP 6 HARDWARE :



6.1 Open hardware for Step 6.

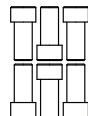
6.2 Insert **Tablet Holder (1)** into opening on top of **Console (2)** and secure with **3 Bolts (H)**.





STEP 7

STEP 7 HARDWARE :



F
Bolt
M8x15L
Qty: 6



C
Spring Washer
Ø8xØ13
Qty: 6

D
Flat Washer
Ø8.2xØ15
Qty: 2



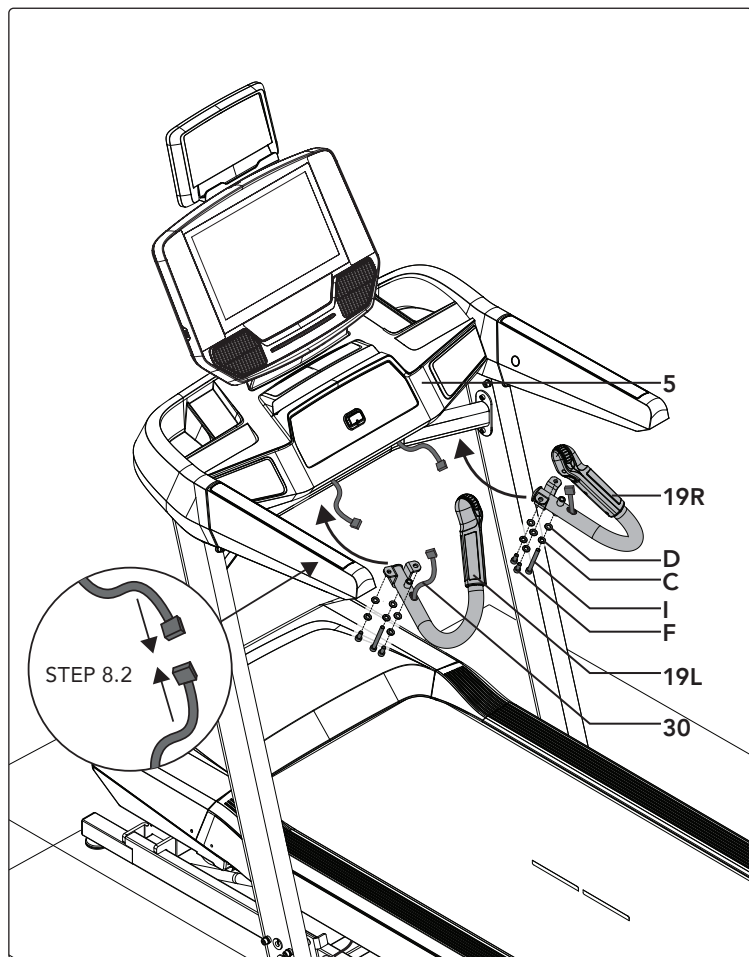
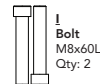
G
Arc Washer
Ø8.2xØ18
Qty: 4

J
Bolt Cap
Qty: 2

- 7.1 Open hardware for Step 7.
- 7.2 Slide **Left Handlebar (21L)** onto **Console Bracket (29)** and secure side with **1 Bolt (F)**, **1 Spring Washer (C)** and **1 Flat Washer (D)**.
- 7.3 Secure bottom of **Left Handlebar (21L)** with **2 Bolts (F)**, **2 Spring Washers (C)** and **2 Arc Washers (G)**.
- 7.4 Repeat **Steps 7.2 & 7.3** with **Right Handlebar (21R)** and fully tighten all bolts.
- 7.5 Insert **Bolt Cap (J)** to cover bolt holes on **Handlebars (20L & 20R)**.
- 7.6 Slide **Mast Covers (17L & 17R)** over mast bolts.

STEP 8

STEP 8 HARDWARE :

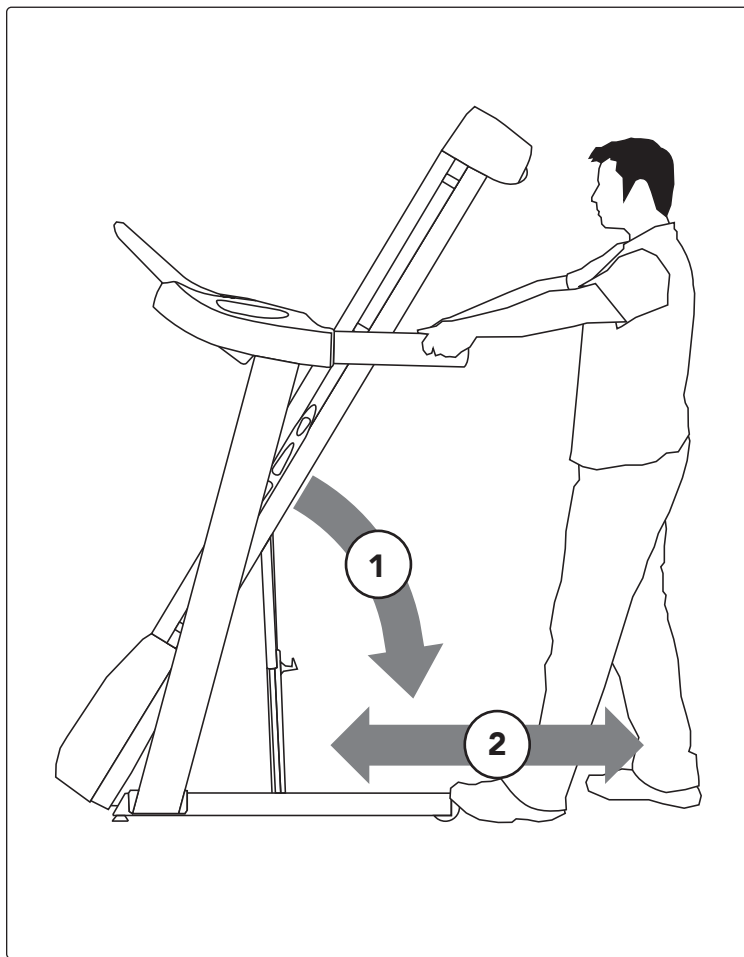


8.1 Open hardware for Step 8.

8.2 Connect **Pulse Grip Cables (30)** to Cables on bottom side of **Console Base (15)** and tuck excess cable into console base to avoid damage.

8.3 Secure **Pulse Grip Handlebars (19L & 19R)** to **Console Base (15)** using **4 Short Bolts (F)**, **2 Long Bolts (I)**, **6 Spring Washers (C)** and **6 Flat Washers (D)**.

Note: Be careful not to pinch any wires while assembling the Pulse Grip Handlebars.



STEP 9

- 9.1 To move, make sure the treadmill is folded and securely latched. Then firmly grasp the handlebars, tilt the treadmill back (1) and roll (2).
- 9.2 Move treadmill off flattened box and into its final position, ready for use. Dispose of cardboard box.

NOTE: If treadmill must be disassembled or lifted in the future, use the 5mm L-wrench to re-attach red transport cables to the upper deck frame and lower base frame on both the left side and right side of the treadmill. Check to ensure that the lower base frame cannot spring open before lifting or disassembling treadmill.

ASSEMBLY COMPLETE!

Before the first use, lubricate the treadmill deck by following the instructions in the maintenance section.

Treadmill Setup and Use

FCC

Supplier's Declaration of Conformity

Compliance Information

Unique Identifier

Product description: Treadmill

Model Number: T16

Trade Name: BowFlex

FCC Compliance Statement

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Responsible Party – U.S. Contact Information

Company: Johnson Health Tech North America, Inc

Address: 1600 Landmark Dr, Cottage Grove, WI 53527

Telephone or internet: 1-800-618-8853

Contact information: bowflex.com

Warning: Any changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Class A device:

NOTE: This equipment has been tested and found to comply with the limits for a Class A digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference when the equipment is operated in a commercial environment. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instruction manual, may cause harmful interference to radio communications. Operation of this equipment in a residential area is likely to cause harmful interference in which case the user will be required to correct the interference at his own expense.

Class B device:

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

FCC RF RADIATION EXPOSURE STATEMENT:

This equipment complies with FCC RF radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with a minimum distance of 20 centimeters (8 inches) between the radiator and your body.

PROPER USAGE

Your treadmill is capable of reaching high speeds. Always start off using a slower speed and adjust the speed in small increments to reach a higher speed level. Never leave the treadmill unattended while it is running. When not in use, remove the safety key, turn the on/off switch to off and unplug the power cord. Make sure to follow the MAINTENANCE schedule in this OWNER'S MANUAL to maintain optimal performance and prevent premature electronic failure. Keep your body and head facing forward. Do not attempt to turn around or look backwards while the treadmill is running. Stop your workout immediately if you feel pain, faint, dizzy or are short of breath.

CAUTION – RISK OF INJURY TO PERSONS

While you are preparing to use the treadmill, do not stand on the belt. Place your feet on the side rails before starting the treadmill. Start walking on the belt only after the belt has begun to move. Never start the treadmill at a fast running speed and attempt to jump on!

LOCATION OF THE TREADMILL

Place the treadmill on a level and stable surface. There should be one foot of clearance in front of the treadmill for the power cord. Please leave a clear zone behind the treadmill that is at least the width of the treadmill and at least 79" (2 meters) long. This zone must be clear of any obstruction and provide the user a clear exit path from the machine. In case of an emergency, place both hands on the side arm rests to hold yourself up and place your feet onto the side rails.

For ease of access, there should be an accessible space preferentially on both sides of the treadmill equal to 2 ft (.6 meters) to allow a user access to the treadmill from either side.

Do not place the treadmill in any area that will block any vent or air openings. The treadmill should not be located in a garage, covered patio, near water or outdoors.

WARNING!

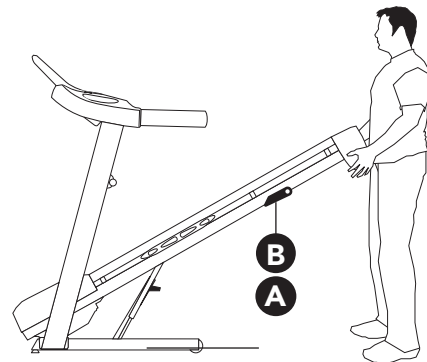
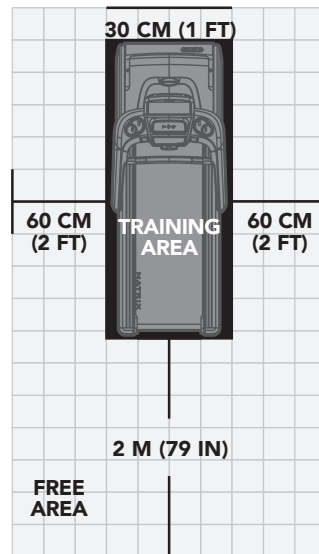
Our treadmills are heavy; use care and additional help if necessary when moving. Do not attempt to move or transport treadmill unless it is in the upright, folded position with the lock latch secured. Failure to follow these instructions could result in injury.

FOLDING TREADMILLS

Some treadmills have a deck that can fold for storage and transport. To fold, firmly grasp the back end of the treadmill. Carefully lift the end of the treadmill deck into the upright position until the lock latch engages and securely locks the deck into position. Make sure the deck is securely latched before letting go.

UNFOLDING

Firmly grasp and lightly lift up on the back end of the treadmill while disengaging the LOCK LATCH. If your treadmill has a FOOT LOCK LATCH (A), to unfold, gently press down on the foot lock latch with your foot until the lock latch disengages. If your treadmill has a DECK LOCK LATCH (B), pull the deck lock latch to release the deck. Carefully lower the deck to the ground.



USING THE SAFETY KEY

Your treadmill will not start unless the safety key is placed in position. Attach the clip end securely to your clothing. This safety key is designed to cut the power to the treadmill if you should fall. Check the operation of the safety key every 2 weeks.

WARNING: Never use the treadmill without securing the safety key clip to your clothing. Pull on the safety key clip first to make sure it will not come off your clothing.

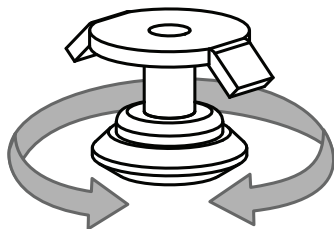
POWER

Your treadmill is powered by a power supply. Some treadmills have a power switch, located next to the power jack. Make sure it is in the on position. Unplug cord when not in use.

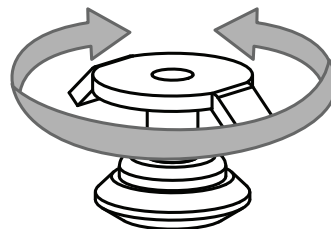
WARNING: Never operate product if it has a damaged cord or plug, if it is not working properly, if it has been damaged, or immersed in water. Please contact Customer Tech Support at the number listed on the back panel of the OWNER'S MANUAL.

LEVELING THE TREADMILL

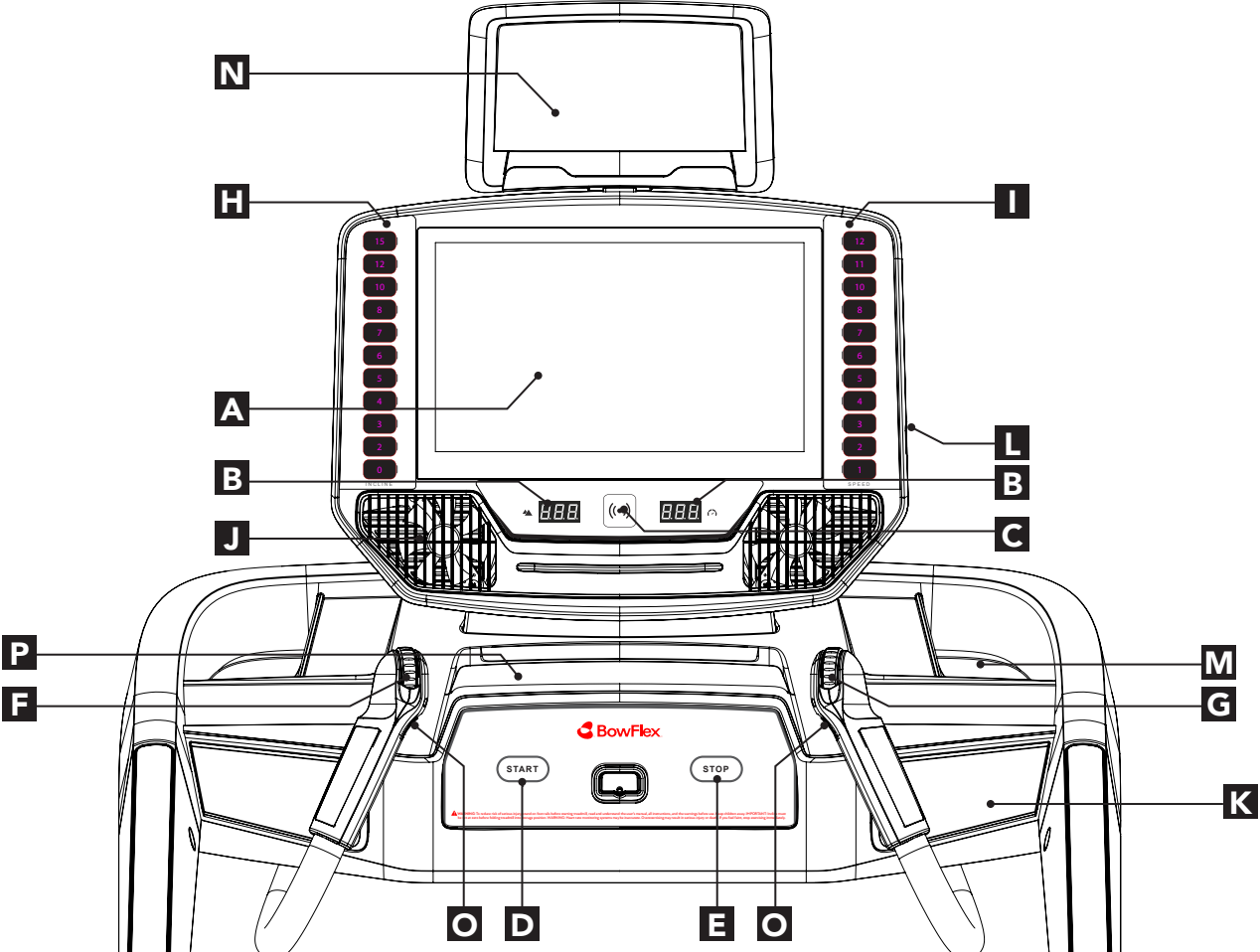
Your treadmill should be level for optimum use. Once you have placed your treadmill where you intend to use it, raise or lower one or both of the adjustable levelers located on the bottom of the treadmill frame. A carpenter's level is recommended. If your treadmill is not level, the running belt may not track properly. Once you have leveled your treadmill, lock the levelers in place by tightening the nuts against the frame.



ADJUST HEIGHT



LOCK ADJUSTMENT



CONSOLE OPERATION

Note: There is a thin protective sheet of clear plastic on the overlay of the console that should be removed before use.

- A) LCD DISPLAY:** Displays your workouts and all digital content within your console.
- B) SPEED & INCLINE DISPLAYS:** Indicates what speed and incline is selected.
- C) SMART WATCH READER:** Tap Apple Watch or Samsung Galaxy Watch to sync workout with treadmill.
- D) START:** Press to START workout.
- E) STOP:** Press to pause your workout. Hold for 3 seconds to end your workout and reset the console.
- F) INCLINE QUICKDIAL:** Used to adjust incline in small increments (.5%).
- G) SPEED QUICKDIAL:** Used to adjust speed in small increments (.1 MPH).
- H) INCLINE QUICK KEYS:** Used to reach desired incline more quickly. LEDs on keys show current incline.
- I) SPEED QUICK KEYS:** Used to reach desired speed more quickly. LEDs on keys show current speed.
- J) FANS:** Personal workout fans.
- K) SPEAKERS:** Music and audio feedback plays through the speakers.
- L) USB PORT:** Used to charge most devices up to 1.0 amps and to install software updates.
- M) WATER BOTTLE POCKETS:** Water bottle and other personal item storage.
- N) TABLET/READING RACKS:** Holds tablet or reading material.
- O) INTERVAL BUTTONS:** These are programmable keys. When an user is selected, they can be programmed to a desired speed and incline setting.
- P) PHONE HOLDER**



INITIAL SETUP

- When you power on the console for the first time you will be prompted to perform initial setup.
- Select your language, timezone, time format and units of measure and touch → to confirm.

NETWORK SETUP

- Choose from the available wireless networks detected and shown on screen. If you do not see your network, you can add it manually via the OTHER option. If you do not want to set up Wi-Fi at this time, touch →.
- Use the keyboard to enter your Wi-Fi network password. Touch ✓ to confirm.
- Wi-Fi connection status and signal strength will be indicated by the  symbol in the upper right corner of the display. Touch → to continue.

SECURITY PIN SETUP

- Select a 4 digit PIN for your digital console lock
(Note: If you disable the security PIN you are accepting the risks of unintentional machine startups.)

MODEL SETUP

- Confirm your frame and frame serial number and touch ✓ to finish

The image shows a user registration screen for a BowFlex treadmill. The form includes the following fields:

- First Name:** Enter first Name
- Last Name:** Enter Last Name
- Birthdate:** MM / DD / YYYY
- Gender:** Male (dropdown menu)
- Weight:** lbs
- Units:** Metric / Imperial (radio buttons)
- Acceptance:** ☐ I Accept The Terms And Conditions

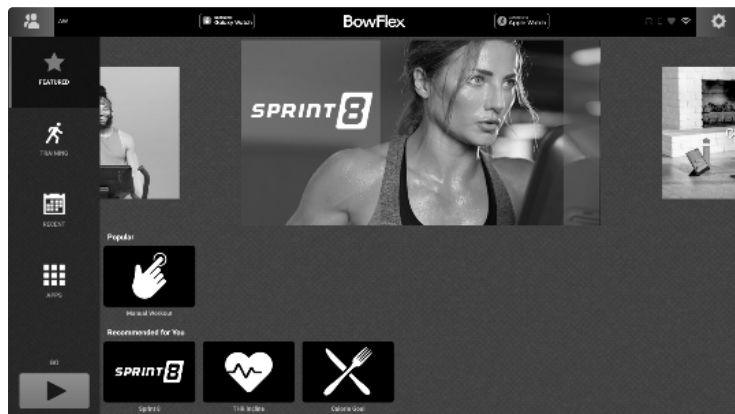
Below the form, there is a 'Tutorial' section with a hand icon and a 'Recommended for You' section featuring three icons: 'SPRINT3', a heart with a pulse line, and a crossed fork and knife.

Disclaimer (left sidebar): We warrant that the treadmill is free from defects in materials and workmanship for a period of 90 days from the date of purchase. This warranty does not cover normal wear and tear or damage caused by misuse, neglect, or accidents. For full details, please read the user manual.

USER SETUP

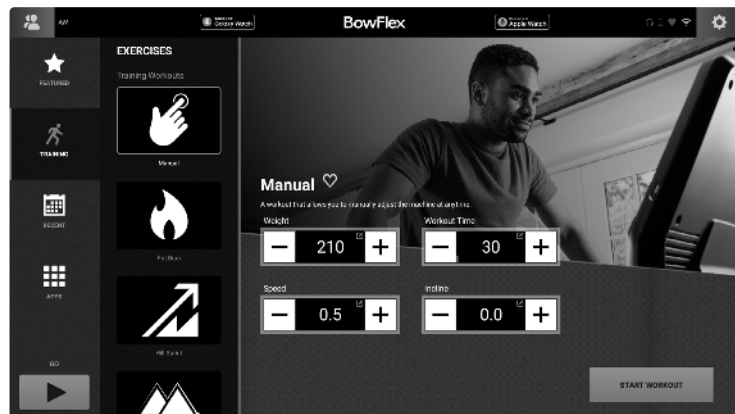
- To create a user, touch  and then **NEW USER**

- Enter your information in the form fields.
- Review your information and select the **I accept the terms and conditions** box to review the **Terms and Conditions**. Select **ACCEPT**.
- Select **GREEN CHECKMARK BAR** to complete your account setup.



GETTING STARTED

- 1) Check to make sure no objects are nearby that will hinder the movement of the equipment.
- 2) Plug in the power cord and turn the treadmill ON
- 3) Attach the safety key clip to part of your clothing making sure that it is secure and will not become detached during operation.
- 4) Insert the safety key into the safety keyhole.

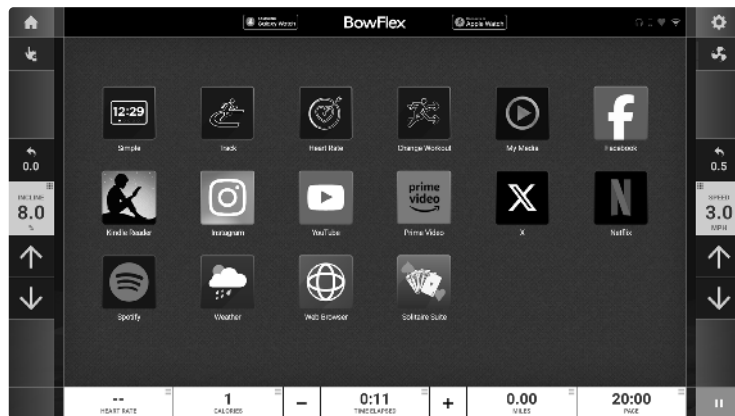


WORKOUT SETUP

- 5) Touch **GO** to begin a manual workout. Time, distance, and calories will all count up from zero. OR...
- 6) Select an option from the **FEATURED, TRAINING, RECENT** or **APPS** screens.
 - Use **— +** to adjust your workout settings
 - Touch  to open a keypad to enter numbers
 - Touch  to add a workout to your **FAVORITES** on the **FEATURE EXERCISES** screen.
- 7) Touch **START WORKOUT** to begin your workout.

FINISHING YOUR WORKOUT

When your workout is complete, your workout results will continue to display on the console for 2 minutes and is automatically saved to your RECENT workouts and ViaFit, if xID Terms and Conditions were accepted, and you are logged in.



GETTING STARTED

- Touch to change **WORKOUT FEEDBACK** displays at the bottom of the screen.
- While using an app, touch to go back to the home screen.
- Touch to adjust **VOLUME**, pair a **BLUETOOTH** device or to change **AUDIO SOURCE** (Netflix, My Media, Virtual Active, etc.).
- Touch to increase or decrease the speed or incline.
- Touch to use the keypad to set speed or incline. Press to confirm change.
- Touch to change speed or incline back to previous setting.
- Touch to temporarily pause your workout and touch to resume. While paused, touch to end workout.
- Touch to increase or decrease the duration of your workout.
- Touch to lock the screen. Touch it again to unlock the screen and allow screen touches.

BLUETOOTH

The console can connect via Bluetooth to one device per category: Media Player, Headphones and Heart Rate Monitors

TO CONNECT YOUR COMPATIBLE DEVICE:

- 1) **DEVICE PAIRING**  can be accessed from the **SETTINGS MENU** .
- 2) Enable Bluetooth on your device and make sure it is discoverable.
- 3) Touch the appropriate category from the list. The Bluetooth device should appear to the right after a few seconds.
- 4) Touch the device name and follow the on-screen prompts to pair the device. Once paired ,  or  will be highlighted and appear in the top right corner of the message bar.

not all bluetooth protocols are compatible

USB AUDIO/VIDEO

The console can stream media in the MY MEDIA APP via USB. Supported devices include USB flash drives (up to 16 GB), Windows phones/tablets, and Android phones/tablets.

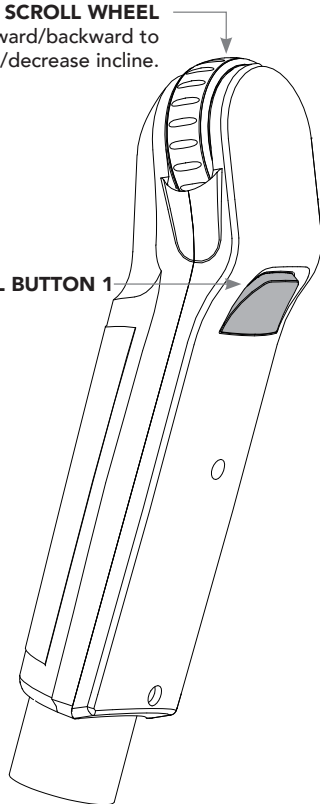
The media types supported are: **AUDIO** – AAC, 3GP, MP4, M4A, AAC, MP3 and WAV | **VIDEO** – H.263 (3GP, MP4) and H.264 (MP4, MOV)

TO PLAY MEDIA DURING YOUR WORKOUT:

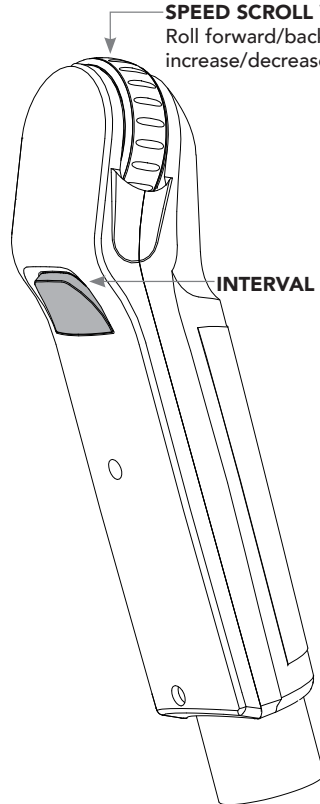
- 1) Unlock and connect your device to the USB port  located beneath the display.
- 2) Open the MY MEDIA app and select the USB device name from the Media Source list.
- 3) Select the Audio  or Video  tab at the top to access your files and play your media.

INCLINE SCROLL WHEEL

Roll forward/backward to increase/decrease incline.

INTERVAL BUTTON 1**SPEED SCROLL WHEEL**

Roll forward/backward to increase/decrease speed

INTERVAL BUTTON 2

HOW TO PROGRAM AND USE CUSTOM INTERVAL BUTTONS

The programmable interval buttons located on the pulse rate grips are designed to help you customize this machine to match whatever workout you like to do the most.

The LEFT and RIGHT INTERVAL BUTTONS are programmable for speed and incline.

To program the INTERVAL button, you must select a user, start the machine, set the desired speed and incline, press and hold the desired INTERVAL button for three seconds until the treadmill beeps. Now the INTERVAL button is programmed to your settings. After programming the INTERVAL button, it will remember the setting for that user until reprogrammed.

Now when the INTERVAL button is pressed, the treadmill speed and incline will change to the settings you programmed for that button.

The most common type of workout these keys will help with is interval training. We suggest programming one of the INTERVAL buttons to your high intensity segments and the other to your recovery segments.

Another common use is to set one INTERVAL button to your warm up and cool down settings and the other to your desired workout settings.

These buttons should allow you to customize the settings of your treadmill to quickly fit the type of workout you enjoy most.

TO RESET THE CONSOLE

Hold stop key for 3 seconds.

FINISHING YOUR WORKOUT

When your workout is complete, the unit will beep. Your workout information will stay displayed on the console for 60 seconds and then reset.

BLUETOOTH HEART RATE MONITORING

This machine is equipped with multi-channel Bluetooth which enables you to wirelessly connect compatible Bluetooth heart rate monitoring devices. You will need to ensure that your wireless heart rate monitoring device is Bluetooth 4.0 compatible and is also “open” to sharing data. Non-“open” or “closed” devices typically only share data with their proprietary apps. This machine needs an “open” device to receive data from the device. You may need to consult with your device's owner's manual or the manufacturer to confirm if it is an “open” device.

USING MULTIPLE MUSIC DEVICES

If multiple devices are being paired with the unit (i.e.: multiple users are using the unit and pairing their music devices with it) then you will need to un-pair the current paired device and then re-pair your device through the pairing procedure.

CONNECT APPLE WATCH TO YOUR TREADMILL

- 1) Make sure your watch is set to detect gym equipment - open the Settings app on your Apple Watch, tap Workout, then turn on "Detect Gym Equipment."
- 2) Hold your Apple Watch on the  icon on the console for about 5 seconds. (NOTE: The watch face must be facing the  to connect). Wait for the beep and the bluetooth  light to illuminate on the console. You may also feel a tap from your Apple Watch with haptic feedback.
- 3) Select one of the workout types on your Apple Watch.
- 4) Wait for your Apple Watch to read "start treadmill."
- 5) On the treadmill, select user and setup your program or simply press START.

RUN A FITNESS+ WORKOUT WITH APPLE WATCH AND YOUR TREADMILL

- 1) Open the Fitness+ app on your device and select a treadmill workout.
- 2) Select run or walk in the Fitness+ workout.
- 3) Hold your Apple Watch on the  for about 5 seconds. (NOTE: The watch face must be facing the  to connect). Wait for the beep and the bluetooth  light to illuminate on the console. You may also feel a tap from your Apple Watch with haptic feedback.
- 4) Press OK on your Apple Watch.
- 5) Press START on the treadmill to begin your workout.

CONNECT SAMSUNG GALAXY WATCH TO YOUR TREADMILL

- 1) Make sure your Samsung Galaxy Watch is set to detect gym - open the Settings app on your Galaxy Watch, tap Connections, tap NFC then tap NFC switch to turn on NFC.
- 2) Hold your Galaxy Watch on the  for about 5 seconds. (NOTE: The watch face must be facing the  to connect). Wait for the beep and the bluetooth  light to illuminate on the console. You may also feel a tap from your Galaxy Watch with haptic feedback. "Time to get started!" will appear on your Galaxy Watch. You might first need to accept some terms and conditions on your Galaxy Watch before seeing "Time to get started!"
- 3) On the treadmill, select user and setup your program or simply press START.

MAINTENANCE & TROUBLESHOOTING

MAINTENANCE

Preventative maintenance is the key to smooth operating equipment, as well as keeping the users' liability to a minimum. Equipment needs to be inspected at regular intervals. Defective components must be replaced immediately. Improperly working equipment must be kept out of use until it is repaired. Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so.

WARNING

To remove power from the treadmill, the power cord must be disconnected from the wall outlet.

MAINTENANCE SCHEDULE

ACTION	FREQUENCY
Clean and inspect the treadmill: • Turn off the treadmill with the on/off switch, then unplug the power cord at the wall outlet. • Wipe down the running belt, deck, motor cover and console casing with a damp cloth. Never use solvents, as they can cause damage to the treadmill. • Inspect the power cord. If the power cord is damaged, please contact Customer Tech Support at the number listed on the back panel of the OWNER'S MANUAL. • Make sure the power cord is not underneath the treadmill or in any other area where it can become pinched or cut during storage or use. • Check the tension and alignment of the running belt. Make sure that the treadmill belt will not damage any other components on the treadmill by being misaligned. • If any labels are damaged or illegible, please contact Customer Tech Support at the number listed on the back panel of the OWNER'S MANUAL for replacement.	DAILY
Clean underneath the treadmill: • Turn off the treadmill with the on/off switch, then unplug the power cord at the wall outlet. • Fold the treadmill into the upright position, making sure that the lock latch is secure. • Move the treadmill. • Wipe or vacuum any dust particles or other objects that may have accumulated underneath the treadmill. • Return the treadmill to its previous position.	WEEKLY
IMPORTANT! • Turn off the treadmill with the on/off switch, then unplug the power cord at the wall outlet. Wait 60 seconds. • Inspect all assembly bolts of the machine for proper tightness. • Remove the motor cover. Wait until ALL display screens turn off. • Clean the motor and lower board area to eliminate any lint or dust particles that may have accumulated. Failure to do so may result in premature failure of key electrical components. • Wipe down the belt with a damp cloth. Vacuum any black/white particles that may accumulate around the unit. These particles may accumulate from normal treadmill use. • If your treadmill has air shocks under the deck for lift assistance, lubricate the silver air shock tube with Teflon-based spray found at your local hardware or bike store.	MONTHLY

MAINTENANCE SCHEDULE

LUBRICATING THE RUNNING BELT

EVERY 3 MONTHS OR 150 MILES

It is necessary to lubricate your treadmill running deck every three months or 150 miles to maintain optimal performance. Once the treadmill records 150 miles it will display the message "LUBE" or "LUBE BELT.". Your treadmill came with a bottle of 100% silicone lubricant, which can be used for two applications.

Tools Needed:

- Blue-handled T-wrench or Allen wrench
- 100% silicone oil

PROCEDURE:

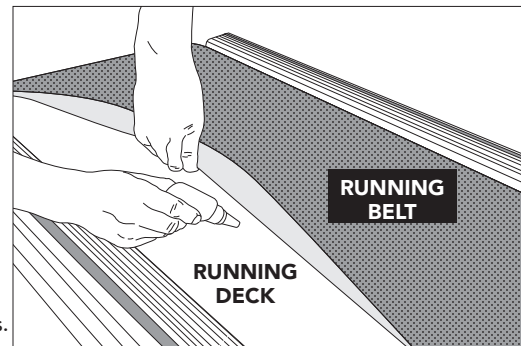
1. Turn off the treadmill with the on/off switch and unplug the power cord at the wall outlet.
2. Using the T-wrench or Allen wrench, loosen the rear roller bolts 10-15 counter-clockwise turns. This should give the belt enough slack for you to lift it.
3. Lift the belt as far as you can and squirt the silicone oil in a zigzag pattern across the entire running deck surface. Use 1/2 bottle of silicone lubricant. Do not apply the silicone oil on top of the running belt. Lay the running belt down and then tighten both rear roller bolts clockwise the same number of turns loosened.
4. Stay off of the machine and press START. Allow the belt to run at 3 mph for 3 minutes to begin spreading the silicone. Then walk on the machine at a comfortable speed for 3 minutes to complete spreading the silicone and to check the running belt for proper tension and alignment.
5. Once the belt is centered and tensioned, stop the belt. Wipe any excess oil from the sides with a damp cloth.

Press any key to suspend the lubrication warning message until after your next workout. Note: Some older models may require you to hold stop for 5 seconds to suspend message for 5 miles of use.

TO RESET THE LUBE BELT WARNING

- 1) Touch SETTINGS in the upper right corner of the display.
- 2) Touch MACHINE SETTINGS. Then touch HARDWARE.
- 3) Touch the RESET button in the Accumulated Distance section.
- 4) Touch HOME in the upper left corner to exit settings..

Please contact Customer Tech Support with questions about applying lubricant.



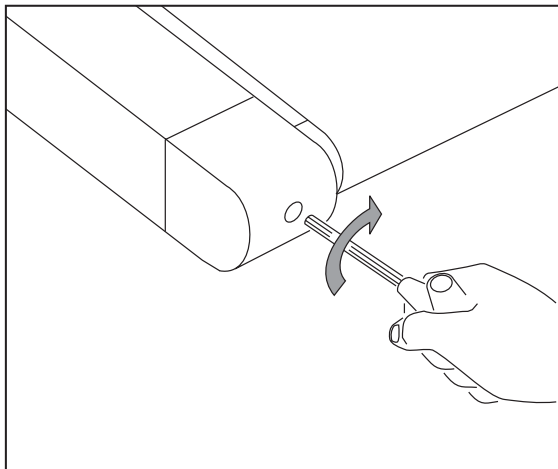
TENSIONING THE RUNNING BELT

For more information and/or how-to videos, visit our [Service Videos](#) link in the [SUPPORT](#) section of our website. Contact information is located on the back page of this owner's manual.

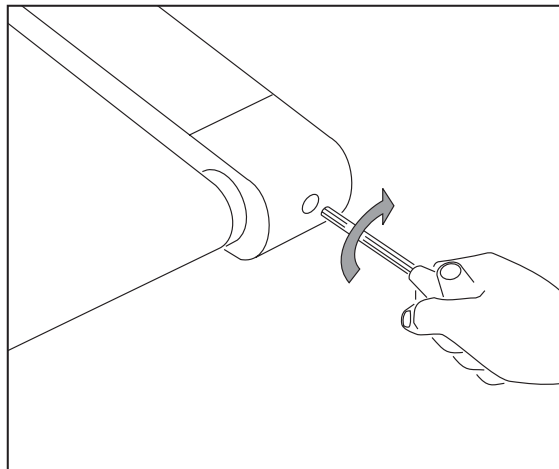
WARNING

Running belt should NOT be moving during tensioning. Overtightening the running belt can cause excessive wear on the treadmill as well as its components. Never over-tighten the belt.

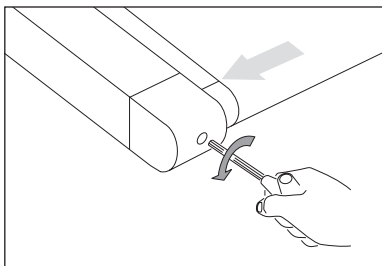
If you can feel a slipping sensation when running on the treadmill, the running belt must be tightened. In most cases, the belt has stretched from use, causing the belt to slip. This is a normal and common adjustment. To eliminate this slipping, turn the treadmill off and tension both the rear roller bolts using the supplied Allen wrench, turning them $\frac{1}{4}$ turn to the right (clockwise) as shown. Turn the treadmill on and check for slipping. Repeat if necessary, but never turn the roller bolts more than $\frac{1}{4}$ turn at a time. Belt is properly tensioned when the slipping sensation is gone.



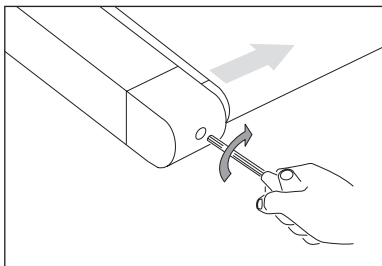
TIGHTENS LEFT SIDE OF ROLLER



TIGHTENS RIGHT SIDE OF ROLLER



BELT IS TOO FAR TO THE RIGHT SIDE



BELT IS TOO FAR TO THE LEFT SIDE

CENTERING THE RUNNING BELT

For more information and/or how-to videos, visit our Service Videos link in the SUPPORT section of our website. Contact information is located on the back page of this owner's manual.

CAUTION

Do not run belt faster than 1 mph while centering. Keep fingers, hair and clothing away from belt at all times.

If the running belt is too far to the right side: Using the supplied Allen wrench and with the treadmill running at 1 mph turn the LEFT adjustment bolt counter-clockwise a $\frac{1}{4}$ turn and wait for the belt to adjust itself. Repeat if necessary, until the belt remains centered during use.

If the running belt is too far to the left side: Using the supplied Allen wrench and with the treadmill running at 1 mph turn the LEFT adjustment bolt clockwise a $\frac{1}{4}$ turn and wait for the belt to adjust itself. Repeat if necessary, until the belt remains centered during use.

- If you find the belt is slipping because it is too loose, center it then tension as needed.
- For easier adjustment bolt access, remove the end caps.

TROUBLESHOOTING

COMMON PRODUCT QUESTIONS

ARE THE SOUNDS MY TREADMILL MAKES NORMAL?

All treadmills make a certain type of thumping noise due to the belt riding over the rollers especially new treadmills. This noise will diminish over time, although it may not totally go away. Over time, the belt will stretch, causing the belt to ride smoother over the rollers.

WHY IS THE TREADMILL I PURCHASED LOUDER THAN THE ONE AT THE STORE?

All fitness products seem quieter in a large store showroom because there is generally more background noise than in your home. Also, there will be less reverberation on a carpeted concrete floor than on a wood overlay floor. Sometimes a heavy rubber mat will help reduce reverberation through the floor. If a fitness product is placed close to a wall, there will be more reflected noise.

WHEN SHOULD I BE WORRIED ABOUT A NOISE?

As long as the sounds your treadmill makes are no louder than a normal conversational tone of voice, it is considered normal noise.

BASIC TROUBLESHOOTING

PROBLEM: The console does not light up.

SOLUTION: Verify the following: Does the red light on the ON/OFF switch light up?

NOTE: Some treadmill models do not have a switch that lights up. If this is the case, please proceed with the yes and no solutions below.

If yes:

- Turn the power off, unplug the power cable and wait 60 seconds. Remove motor cover. Wait until all red LED lights have gone off on the motor control board before proceeding. Next verify that none of the wires connecting to the lower board are loose or disconnected.
- Double-check that all connections are secure, especially the console cable. Unplug and reconnect the console cable to verify.
- Make sure the console cable is not pinched or damaged in any way.
- Plug the treadmill in, turn the power switch on and look for any lit LEDs on the motor control board.

If no:

- Verify that the outlet the machine is plugged into is functional. Double-check that the breaker has not tripped, it is on a dedicated 15-amp circuit, it is not on a GFCI-equipped outlet, and it is not plugged into a power strip/surge protector or extension cord.
- Verify that the power cord is not pinched or damaged and is properly plugged into the outlet AND the machine.
- Verify that the power switch is turned to the ON position.

PROBLEM: The console reads INSERT SAFETY KEY or only displays dashes.

SOLUTION: Verify the following:

- Verify the safety key is securely in place.
- If using a magnetic key, make sure the key is magnetized.

FOR TREADMILLS WITH SPEAKERS:

PROBLEM: There is no sound coming from the speakers.

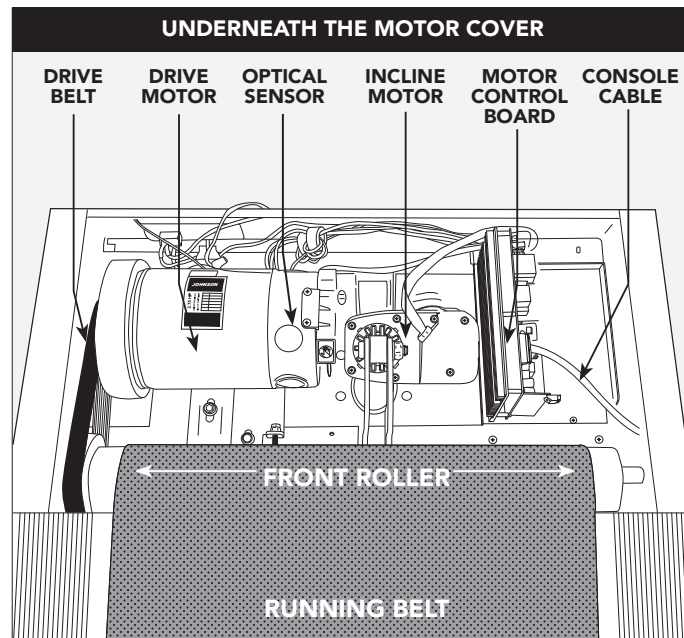
SOLUTION: Verify the following:

- Make sure the volume of audio player is turned up.
- Confirm the correct device is connected via bluetooth.

PROBLEM: The belt does not move or moves briefly, but the console works.

SOLUTION: Verify the following:

- Make sure you are following the recommendations and power guidelines of this OWNER'S MANUAL. The unit should be on a dedicated 15-amp circuit and not on a GFCI-equipped outlet. Do not plug the machine into a power strip/surge protector or extension cord.
- Check for any belt movement. If so, make note of how far or how long it moves before stopping.
- Try to move the belt by hand. If not, the drive belt may have come off or the motor bearings may have seized.
- Turn the treadmill off and unplug it from the outlet. Remove the plastic motor cover located in front of the machine by taking out the Phillips screws. Check the drive belt for proper alignment.
- With the cover still off, check over the wire and cable connections, as they may have become loose or disconnected during shipping or assembly. Make sure connections are secure and no wires are crimped, damaged, disconnected or burnt.



PROBLEM: The incline does not move, won't go down or does not seem to be at the right level.

SOLUTION: Verify the following:

- Make sure you are following the recommendations and power guidelines on this OWNER'S MANUAL. The unit should be on a dedicated 15-amp circuit and not on a GFCI-equipped outlet. Do not plug the machine into a power strip/surge protector or extension cord.
- Make sure the console shows a change on the display when the elevation buttons are pressed.
- Turn the treadmill off and unplug it from the outlet. Verify the console cable connections at the top of the mast are connected securely. Make sure all of the multicolored wires are fully inserted into the cable harness.
- Remove the plastic motor cover located in front of the machine by taking out the Phillips screws. Check over the wire and cable connections, as they may have become loose or disconnected during shipping or assembly. Make sure connections are secure and no wires are crimped, damaged, disconnected or burnt.

PROBLEM: The treadmill circuit breaker trips during a workout.

SOLUTION: Verify the following:

- Make sure the treadmill is plugged into a dedicated 15-amp circuit.
- Verify that you do not have the machine on an extension cord or surge protector.
- Confirm that the machine is not plugged into a GFCI-equipped outlet or on a circuit that has a GFCI-equipped outlet on it.

PROBLEM: The running belt does not stay centered during a workout.

SOLUTION: Verify the following:

- Make sure the treadmill is on a level surface.
- Verify that the belt is properly tightened and centered (Refer to the TENSIONING and CENTERING THE RUNNING BELT sections for detailed directions).

PROBLEM: Operating speed appears inaccurate.

SOLUTION:

- Turn the treadmill off and unplug it from the wall.
- Remove the screws from the motor cover screws using a Phillips screwdriver.
- Verify that the optical sensor is plugged into the motor control board.
- Inspect the speed sensor cable/connection for any visible damage.
- Clean the motor and lower board area to eliminate any lint or dust particles that may have accumulated.

TROUBLESHOOTING HEART RATE (GRIP-PULSE ONLY)

Check your exercise environment for sources of interference such as fluorescent lights, computers, underground fencing, home security systems or appliances containing large motors. These items may cause erratic heart rate readouts.

You may experience an erratic readout under the following conditions:

- Gripping the heart rate handlebars too tight. Try to maintain moderate pressure while holding onto the heart rate handlebars.
- Constant movement and vibration due to constantly holding the heart rate handlebars while exercising. If you are receiving erratic heart rate readouts, try to only hold the grips long enough to monitor your heart rate.
- When you are breathing heavily during a workout.
- When your hands are constricted by wearing a ring.
- When your hands are dry or cold. Try to moisten your palms by rubbing them together to warm.
- Anyone with heavy arrhythmia.
- Anyone with arteriosclerosis or peripheral circulation disorder.
- Anyone whose skin on the measuring palm is especially thick.

NEED ASSISTANCE?

If this troubleshooting section does not remedy the problem, discontinue use and turn the power off.



Please reference contact Customer Tech Support at the number listed on the back panel of the OWNER'S MANUAL.

The following information may be asked of you when you call. Please have these items readily available:

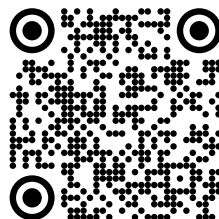
- Model Name
- Serial Number
- Proof of Purchase

Some common troubleshooting questions that may be asked are:

- How long has this problem been occurring?
- Does this problem occur with every use? With every user?
- If you are hearing a noise, does it come from the front or the back? What kind of noise is it (thumping, grinding, squeaking, chirping etc.)?
- Has the machine been maintained per the maintenance schedule?

Answering these and other questions will give the technicians the ability to send proper replacement parts and the service necessary to get you and your treadmill running again!

You can find more troubleshooting suggestions, videos and register your product on our website:



LIMITED HOME-USE WARRANTY

WEIGHT CAPACITY = 375 lbs (170 kilograms)

FRAME • LIFETIME

BowFlex warrants the frame against defects in workmanship and materials for the lifetime of the original owner, so long as the device remains in the possession of the original owner. (The frame is defined as the welded metal base of the unit and does not include any parts that can be removed.)

MOTOR • LIFETIME

BowFlex warrants the original motor against defects in workmanship and materials for the lifetime of the original owner, so long as the device remains in the possession of the original owner. Labor or installation of motor is not covered under the motor warranty. Defects in workmanship and/or materials in the original motor must be confirmed and identified as the cause of the product malfunction by BowFlex or by one of its certified technicians before a replacement motor will be authorized under warranty. Only one (1) replacement motor is authorized under this warranty.

ELECTRONICS & PARTS • 3 years

BowFlex warrants the electronic components, finish and all original parts for a period of three year from the date of original purchase, so long as the device remains in the possession of the original owner.

LABOR • 1 YEAR

BowFlex shall cover the labor cost for the repair of the device for a period of one year from the date of the original purchase, so long as the device remains in the possession of the original owner.

EXCLUSIONS AND LIMITATIONS

Who IS covered:

- The original owner and is not transferable.

What IS covered:

- Repair or replacement of a defective motor, electronic component, or defective part and is the sole remedy of the warranty.

What IS NOT covered:

- Normal wear and tear, improper assembly or maintenance, or installation of parts or accessories not originally intended or compatible with the equipment as sold.
- Damage or failure due to accident, abuse, corrosion, discoloration of paint or plastic, neglect, theft, vandalism, fire, flood, wind, lightning, freezing, or other natural disasters of any kind, power reduction, fluctuation or failure from whatever cause, unusual atmospheric conditions, collision, introduction of foreign objects into the covered unit, or modifications that are unauthorized or not recommended by BowFlex.
- Incidental or consequential damages. BowFlex is not responsible or liable for indirect, special or consequential damages, economic loss, loss of property, or profits, loss of enjoyment or use, or other consequential damages of whatsoever nature in connection with the purchase, use, repair or maintenance of the equipment. BowFlex does not provide monetary or other compensation for any such repairs or replacement parts costs, including but not limited to gym membership fees, work time lost, diagnostic visits, maintenance visits or transportation.

- Equipment used for commercial purposes or any use other than a single family or Household, unless endorsed by BowFlex for coverage.
- Equipment owned or operated outside the US and Canada.
- Delivery, assembly, installation, setup for original or replacement units or labor or other costs associated with removal or replacement of the covered unit.
- Any attempt to repair this equipment creates a risk of injury. BowFlex is not responsible or liable for any damage, loss or liability arising from any personal injury incurred during the course of, or as a result of any repair or attempted repair of your fitness equipment by other than an authorized service technician. All repairs attempted by you on your fitness equipment are undertaken AT YOUR OWN RISK and BowFlex shall have no liability for any injury to the person or property arising from such repairs.
- If you are out of the manufacturer's warranty but have an extended warranty, refer to your extended warranty contract for contact information regarding requests for extended warranty service or repair.

SERVICE/RETURNS

- In-home service is available within 150 miles of the nearest authorized Service Provider (Mileage beyond 150 miles from an authorized service center is the responsibility of the consumer).
- All returns must be pre-authorized by BowFlex.
- BowFlex's obligation under this warranty is limited to replacing or repairing, at BowFlex's option, the same or comparable model.
- BowFlex may request defective components be returned to BowFlex upon completion of warranty service using a prepaid return shipping label. If you have been advised to return parts and did not receive a label, please contact Customer Tech Support.
- Replacement units, parts and electronic components reconditioned to as-new condition by BowFlex or its vendors may sometimes be supplied as warranty replacement and constitute fulfillment of warranty terms.
- This warranty gives you specific legal rights, and your rights may vary from state to state.

