

# TreadClimber

by BOWFLEX.

# TC5



Manual en Español Latino Americano: <http://support.nautilus.com>

Owner's Manual

# Welcome to TreadClimber® by Bowflex®!

You are about to experience a transformation that will not only shape your body but will also change your outlook on life. We thank you for investing your time and money in your TreadClimber® fitness machine. We are so confident in your purchase that we guarantee your results. If you don't see results in the first six weeks, you can get your money back (less shipping and handling) – guaranteed (see "100% Satisfaction Guarantee").

Use this Owner's Manual as a guide to getting started on your TreadClimber® workouts and for tips to keep your machine well maintained.

Yours in Health,  
The Bowflex® Family

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If you have questions or problems with your product, please call 1 (800) 605-3369.

Nautilus, Inc., (800) NAUTILUS / (800) 628-8458, [www.NautilusInc.com](http://www.NautilusInc.com) - Customer Service: North America (800) 605-3369, [tcinquiry@nautilus.com](mailto:tcinquiry@nautilus.com) | outside U.S. +01-360-859-5180, [technics-APLA@nautilus.com](mailto:technics-APLA@nautilus.com) | Printed in China | © 2011 Nautilus, Inc., All rights reserved.™ and ® indicate a trademark or registered trademark. Nautilus, Inc. ([www.NautilusInc.com](http://www.NautilusInc.com)) trademarks include NAUTILUS®, BOWFLEX®, SCHWINN®, TreadClimber® and UNIVERSAL® and respective logos. Other trademarks are the property of their respective owners.



This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury.

Before using this equipment, obey the following warnings:



Read and understand the complete Owner's Manual.

Read and understand all Warnings on this machine. If at any time the Warning stickers become loose, unreadable or dislodged, contact Nautilus® Customer Service for replacement stickers.

**DANGER** To reduce the risk of electrical shock or unsupervised usage of the equipment, always remove the batteries from the machine and wait 5 minutes before cleaning, maintaining or repairing the machine.

- Keep Owner's Manual for future reference.
- Children must not be left on or near to this machine. Moving parts and other features of the machine can be dangerous to children.
- Not intended for use by anyone under 14 years of age.
- Consult a physician before you start 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 you use the machine again. Use the values calculated or measured by the machine's computer for reference purposes only.
- Before each use, examine this machine for loose parts or signs of wear. Do not use if found in this condition. Contact Nautilus® Customer Service for repair information.
- Maximum user weight limit: 300 lbs. (136 kg). Do not use if you are over this weight.
- This machine is for home use only.
- Do not wear loose clothing or jewelry. This machine contains moving parts. Do not put fingers or other objects into moving parts of the exercise equipment.
- Always wear rubber soled athletic shoes when you use this machine. Do not use the machine with bare feet or only wearing socks.
- Set up and operate this machine on a solid, level, horizontal surface.
- Use caution when you step on and off the machine. Use the supplied foot support platforms for stability before walking on the belt.

## Important Safety Instructions

- Be aware that in the normal operation of the machine, treadle movement is mechanically linked to the walking motion on the belts. When the walk belts are not in motion, the treadles will rest in a fixed position. In the event that an object becomes lodged between the treadles, the treadles can be manually moved in one of the following 2 ways:
  - a. Push downward on the outside foot rail of the lowest treadle with your foot or hand, and the treadles will move allowing release of the object.
  - b. Push down and back on the walk belt of the lowest treadle with your foot or hand, and the treadles will move allowing release of the object.

**CAUTION**

Take care not to allow children or pets to play on or around the machine.

- Do not operate this machine outdoors or in moist or wet locations.
- Keep at least 19.5" (1/2 m) on each side of the machine and 79" (2 m) behind the machine clear. This is the recommended safe distance for access and passage around and emergency dismounts from the machine. Keep third parties out of this space when machine is in use.
- Do not over exert yourself during exercise. Operate the machine in the manner described in this manual.
- Perform all regular and periodic maintenance procedures recommended in the Owner's Manual.
- Test the belts to see how soon they come to a stop in the event of an emergency situation.
- Keep the walking belt clean and dry.
- Keep batteries away from heat source and hot surfaces.
- Do not drop or put objects into any opening of the machine.
- Do not mix old and new batteries.
- Do not mix alkaline, standard (carbon-zinc), or rechargeable (Ni-Cd, Ni-MH, etc) batteries.
- Do not operate where aerosol products are being used.
- This machine is designed for walking. Do not try to run on this machine.
- For safe storage of the machine, remove the batteries and place the machine in a secure location from children and pets.
- Keep your hands on the support Handlebars and stay as near the front of the machine as is comfortable in order to stay in balance on the Treadles.
- Keep your foot in the center of each Treadle, do not let your feet cross in front of your body as you increase the speed.

# Safety Warning Labels and Serial Number

FAILURE TO OBEY THESE SAFETYARDS CAN CAUSE SERIOUS INJURY OR HEALTH PROBLEMS.

## ⚠ WARNING

1. Keep children and pets away from this machine at all times.
2. Use Caution when you use this equipment or various Injury can occur.
3. Prior to use, read and understand the Owner's Manual, including all Warnings.
4. To prevent injury, stand on the Foot Platforms before starting to walk on the belts.
5. This machine is for Residential use only.
6. The Maximum user weight for this machine is 300lbs./136kg.
7. Replace any Warning label that becomes damaged, illegible or is removed.
8. Not intended for use by anyone under 14 years of age.



\* under Left Side Cover

To validate warranty support, keep the original proof of purchase and record the following information:

Serial Number \_\_\_\_\_

Date of Purchase \_\_\_\_\_

To register your product warranty, go to: [www.bowflex.com/register](http://www.bowflex.com/register)

Or call 1 (800) 605-3369.

# Specifications

Maximum User Weight: 300 lbs (136 kgs)

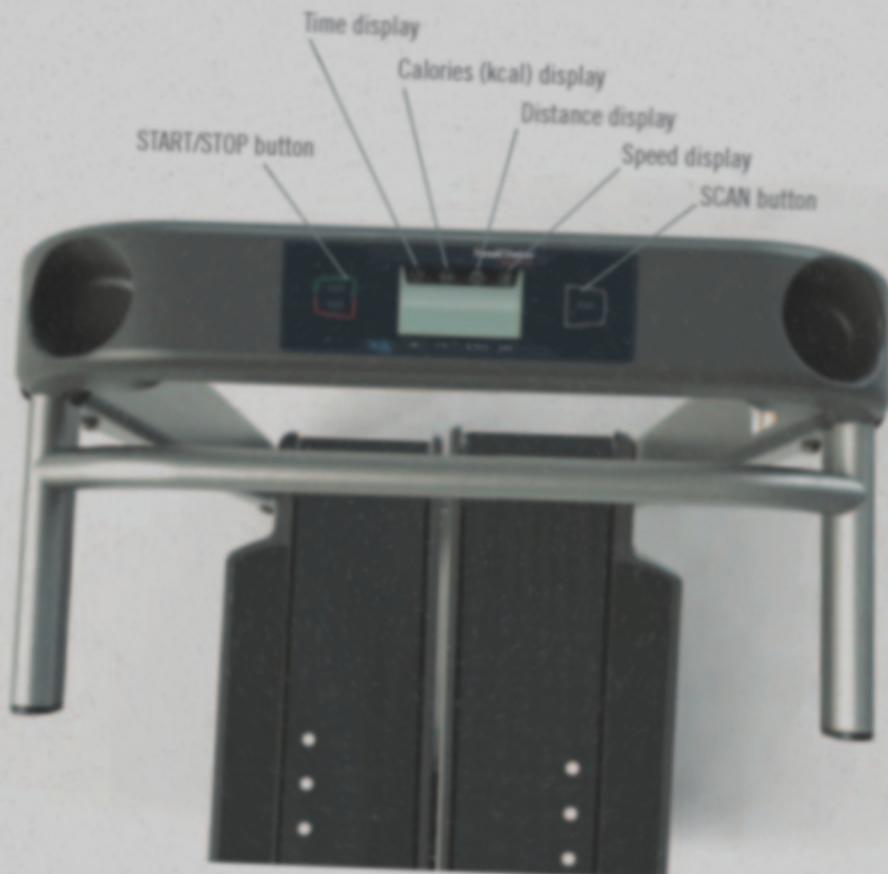
Power Requirements: 2 AA Batteries (not included)

Operational Voltage: 1.0 - 3.3VDC





## Console



The G.O. Coach™ Console displays one workout value at a time, cycling through all four as you workout. During this cycling, an icon is shown to define the displayed workout value. The icons are also defined below the console display (time, kcal, distance and speed).

**Note:** The icons will flash when the workout values are allowed to cycle.

### **START/STOP button**

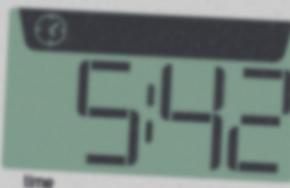
The START/STOP button will power up the Console and allow you to select an option.

Push and hold the START/STOP button for 3 seconds to end a paused workout, immediately shut down the Console from the Idle or Results Mode, and to exit the Console Setup Mode.

**Time display**

The Time display counts the total time of your workout in minutes and seconds (e.g. 5:42 minutes).

**Note:** When you reach "99:59", the Time display will rollover to a value of "00:00".

**Calorie display**

The Calorie display shows the total Calorie value. The Calorie display counts your total calories.

**Distance display**

The Distance display shows your workout distance in miles (Imperial English) or kilometers (metric). Miles is the default setting.

**Speed display**

The Speed display shows your climbing rate in miles (Imperial English) or kilometers (metric) per hour to one decimal (e.g. 3.4). Miles is the default setting. The maximum speed on this machine is 4.5 mph/7.2 kmh.

**Note:** The speed value is an average in Results or Paused mode.

**SCAN button**

The SCAN button allows you to move through options, such as Results or the Console Setup Mode.

The SCAN button also allows a user to hold the currently displayed workout value, creating a workout with only one of the values displayed. When in this mode, the workout value and icon do not flash. Push the SCAN button again to release the workout display.

## Fitness Basics

### Frequency

To maintain good health, lose weight and improve your cardiovascular endurance, use the TreadClimber® fitness machine a minimum of 3 times per week, 30 minutes each day.

If you are new to exercise (or returning to a regular exercise program), and you are unable to comfortably complete 30 minutes of continuous exercise at one time, just do 5 – 10 minutes, and gradually increase your workout time until you can reach 30 minutes total.

If your schedule is busy, and you are unable to fit 30 minutes of continuous exercise into your day, try accumulating 30 minutes by doing multiple shorter workouts on the same day. For example, 15 minutes in the morning and 15 minutes in the evening.

For best results, combine your TreadClimber® fitness machine workouts with a strength training program using a Bowflex® home gym or Bowflex® SelectTech® dumbbells, and follow the Bowflex® Body Weight Loss Plan that comes with your machine.

### Consistency

Busy work schedules, family obligations and daily chores can make it difficult to fit regular exercise into your life. Try these tips to increase your chances of success:

Schedule your workouts the same way you schedule meetings or appointments. Select specific days and times each week, and don't change your workout times unless it is absolutely necessary.

Make a commitment to a family member, friend or spouse, and encourage each other to stay on track each week. Leave messages with friendly reminders to be consistent, and keep each other accountable.

Make your workouts more interesting by alternating between steady state (single-speed) workouts and interval training (varied speed) workouts. The TreadClimber® fitness machine is even more fun when you add this kind of variety.

### Apparel

It is important to wear appropriate, safe and comfortable footwear and clothing when using the TreadClimber® fitness machine, including:

- Rubber-soled athletic walking or running shoes.
- Exercise clothing that allows you to move freely, and keep comfortably cool.
- Athletic support that provides stability and comfort.

**Warm-Up \***

Before you use your TreadClimber® fitness machine, consider doing these dynamic warm-up stretches, which will help prepare your body for the workout:

**Dynamic Knee Hug**

Stand with the feet together. Bring one knee forward and up toward the chest. Place the hands around the shin and pull the knee into the chest. Release the stretch by putting the foot on the floor. Each repetition of the sequence should take 1 to 3 seconds. Repeat as a continuous, controlled, fluid sequence 10 or 20 times. Repeat the stretch with the other leg.

**Dynamic Knee Bend**

Stand with the feet together. Raise the heel of one foot toward the gluteals. Release the stretch by putting the foot on the floor. Each repetition of the sequence should take 1 to 3 seconds. Repeat as a continuous, controlled, fluid sequence 10 or 20 times. Repeat the stretch with the other leg.

**Dynamic Knee Kick**

Stand tall and hold one leg up with the hands at hip height, keeping the knee bent. Hold onto a wall for balance with one hand, if necessary. Straighten the knee as far as comfortably possible. Release the stretch by bending the knee. Each repetition of the sequence should take 1 to 3 seconds. Repeat as a continuous, controlled, fluid sequence 10 or 20 times. Repeat the stretch with the other leg.



## Dynamic Twist

Stand with the feet shoulder-width apart. Bend the elbows; hold the arms out to the sides. Twist the upper body to one side and then the other side as far as comfortably possible. Each repetition of the sequence should take 1 to 3 seconds. Repeat as a continuous, controlled, fluid sequence 10 or 20 times.



## Dynamic Bent Knee Heel Press

Stand with one foot forward and one foot back, hip-width apart and feet facing forward. Bend both knees putting weight on the back heel. Release the stretch by returning to the start position. Each repetition of the sequence should take 1 to 3 seconds. Repeat as a continuous, controlled, fluid sequence 10 or 20 times. Repeat the stretch with the other leg. Touch a wall or hold onto something for balance, if necessary.



## Dynamic Side Reach

Stand with the feet apart, the knees slightly bent and the arms at the sides of the body. Reach with one hand above the head and lean over to the opposite side. Release the stretch by returning to the start position. Then reach with the other hand to the opposite side. Use the other arm to support the body weight on the thigh, if necessary. Each repetition of the sequence should take 1 to 3 seconds. Repeat as a continuous, controlled, fluid sequence 10 or 20 times.



\* Source: Jay Blahnik's *Full-Body Flexibility*, Second Edition, 2010. HumanKinetics.com.

## Workouts

Follow these guidelines to ease yourself into a weekly exercise regimen. Use your judgment and/or the advice of your physician or health care professional to find the intensity and level of your workouts.



Consult a physician before you start 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 you use the machine again. Use the values calculated or measured by the machine's computer for reference purposes only.

Steady State and Interval Training are 2 types of workouts you can do on your TreadClimber® fitness machine.

### Steady State workouts

A Steady State workout involves slowly increasing your workout speed to a challenging, but comfortable speed you can hold for most of your workout. For example, holding a 3.0 MPH walking pace for the entire workout, except during the warm-up and cool-down. Steady State workouts help you build exercise confidence, stamina and endurance, and are essential to a well-rounded cardiovascular training program.

### Interval Training workouts

An Interval Training workout involves adjusting your speed faster and slower for specific lengths of time to raise and lower your breathing rate, heart rate and calorie burn. Here is a sample Interval Training workout:

- 7 minutes walking at a slow, easy, comfortable speed.
- 1 minute walking at a more challenging speed that is approximately 50% faster.
- 7 minutes walking at a slow, easy, comfortable speed.
- 1 minute walking at a more challenging speed that is approximately 2x faster.
- 7 minutes walking at a slow, easy, comfortable speed.
- 1 minute walking at a more challenging speed that is approximately 50% faster.
- 6 minutes walking at a slow, easy, comfortable speed.

Interval Training workouts provide variety, help minimize overuse injuries (that sometimes occur from doing only Steady State workouts), maximize calorie burn and improve fitness.

The TreadClimber® fitness machine is designed to cushion your joints and muscles, and both Steady State and Interval Training workouts should feel much more comfortable than walking or running outside on a hard surface or a treadmill.

## Workout Schedule

Here is a beginner, intermediate and advanced sample workout schedule. With each of these sample workout schedules, do not move on to the next week until the current week feels easier and comfortable.

Beginner	Week 1	Week 2	Week 3	Week 4	Week 5
	Steady State	Steady State	Steady State	Interval Training	Interval Training
	Steady State	Steady State	Interval Training	Steady State	Steady State
	Steady State	Steady State	Steady State	Interval Training	Interval Training

Intermediate	Week 1	Week 2	Week 3	Week 4	Week 5
	Steady State	Steady State	Interval Training	Steady State	Interval Training
	Steady State	Interval Training	Steady State	Interval Training	Steady State
	Steady State	Steady State	Interval Training	Steady State	Interval Training

Advanced	Week 1	Week 2	Week 3	Week 4	Week 5
	Steady State	Interval Training	Interval Training	Interval Training	Interval Training
	Interval Training	Steady State	Steady State	Steady State	Interval Training
	Steady State	Interval Training	Interval Training	Interval Training	Interval Training



## Workout Log

Use this log to track your workouts and progress. Tracking your workouts helps you stay motivated and achieve your goals.

## Cool-Down \*

When you are done using your TreadClimber® fitness machine, consider doing these relaxing stretches, which will help your body recover from the workout and make you more flexible.

### Lying Leg Raise

Lie on the floor face up with the legs slightly bent. Lift one leg up toward the ceiling, keeping the knee straight. Place the hands (or a strap) around the thigh and move the leg closer to the head. Hold the stretch for 10 to 30 seconds. Repeat the stretch on the other leg. Keep the head on the floor and do not round the spine.



### Side Lying Knee Bend

Lie on the floor on one side of the body and rest the head on the lower arm. Bend the top knee and hold the ankle with the same-side hand, then pull the heel toward the gluteals. Hold the stretch for 10 to 30 seconds. Lie on the other side and repeat the stretch with the other leg. Remember to hold the knees close together.



### Lying Figure Four

Lie on the floor face up with the legs bent. Place one foot across the thigh of the opposite leg in the figure four position. Reach for the leg on the floor and pull it toward the chest. Hold the stretch for 10 to 30 seconds. Repeat the stretch with the other leg. Keep the head on the floor.



\* Source: Jay Blahnik's Full-Body Flexibility, Second Edition, 2010. HumanKinetics.com.  
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### Seated Twist

Sit on the floor and extend the legs straight out in front of the body with the knees slightly bent. Place one hand on the floor behind the body and the other hand across the thigh. Twist the upper body as far as comfortably possible to one side. Hold the stretch for 10 to 30 seconds. Repeat the stretch on the other side.



### Seated Figure Four

Sit on the floor and extend one leg straight out in front of the body. Place the foot of the other leg across the thigh in the figure four position. Move the chest toward the legs, pivoting at the hip. Hold the stretch for 10 to 30 seconds. Repeat on the other leg. Use the arms to support the back.



### Dynamic Heel Drop

Place the ball of one foot on the edge of a step or staircase. Place the other foot slightly in front. Lower the heel of the back foot as far as comfortably possible, keeping the knee straight. Release the stretch by lifting the heel as high as comfortably possible. Each repetition of the sequence should take 1 to 3 seconds. Repeat as a continuous, controlled, fluid sequence 10 or 20 times. Repeat the stretch with the other leg.



## Before You Start

1. Place the TreadClimber® fitness machine in your workout area.

 Place the machine on a clean, hard, level surface, free from unwanted material or other objects that may hamper your ability to move freely. A rubber mat can be used below the machine to prevent the release of static electricity and protect your flooring.

The machine can be moved by one or more persons. Make sure that your own physical strength is capable of safely moving the machine.

Be aware that in the normal operation of the machine, treadle movement is mechanically linked to the walking motion on the belts. When the walk belts are not in motion, the treadles will rest in a fixed position. In the event that an object becomes lodged between the treadles, the treadles can be manually moved in one of the following 2 ways:

- a. Push downward on the outside foot rail of the lowest treadle with your foot or hand, and the treadles will move allowing release of the object.
- b. Push down and back on the walk belt of the lowest treadle with your foot or hand, and the treadles will move allowing release of the object.

**CAUTION**

Take care not to allow children or pets to play on or around the machine.

2. Push the START/STOP button, or install the batteries, to power up the Console.

**Note:** The TreadClimber® fitness machine is designed to operate on 2 AA batteries (LR6). Only use AA Alkaline type batteries.

3. Stand on the Side Foot Support Platforms straddling the Walking Belts.

4. Push the START/STOP button to begin the workout.

5. Step onto the walking belt of the upper Treadle, pushing it toward the back of the machine. As the other belt moves, step onto it with your other foot and begin your workout.

 Keep your hands on the support Handlebars and stay as near the front of the machine as is comfortable in order to stay in balance on the Treadles.

Keep your foot in the center of each Treadle, do not let your feet cross in front of your body as you increase the speed.

**Note:** If there is an emergency, grab the handlebars and stop walking. This will abruptly stop the walking belts.

When you are experienced and comfortable with the action of the machine, you may wish to allow your arms to swing



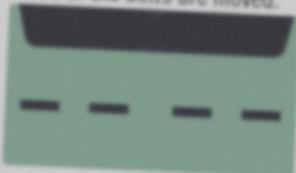
freely in a natural walking motion. This workout will activate your core muscles. It should only be done by those comfortable with not holding on to the Handlebars.

6. To end your workout, push the START/STOP button and step onto the Side Foot Support Platforms.

### Power Up / Idle Mode

The Console will enter Power Up mode when batteries are installed and any button is pushed or the belts are moved.

**Note:** If the Console does not receive any further input after 30 seconds, the machine will shut off. The Console can be shut off immediately by pushing and holding the START/STOP for 3 seconds when in Idle mode.



### Shut Off (Sleep Mode)

If the Console does not receive any input for 30 seconds, it will automatically shut off.

**Note:** The Console does not have an On/Off switch.

The Console can be immediately shut off from the Idle or Results mode by pushing and holding the START/STOP button for 3 seconds.

### G.O. Coach™ Workout

The Console has a G.O. Coach™ weekly Workout goal of 90 minutes. Each workout is added toward the 90 minute goal. When the time workout value reaches 90 minutes, "GOAL" is then displayed with a congratulatory sound.



### Results Mode

When you complete or end a workout, the Console will display your workout values in the order of Time, Calories, Distance, and average Speed. Each workout value and icon will be displayed flashing for 5 seconds. After displaying the results for 30 seconds, the Console will shut off.

Push the SCAN button to manually control the display rate of the result values. The Console will shut off 30 seconds after the last button push.

**Note:** The Console can be shut off immediately by pushing and holding the START/STOP for 3 seconds when in Results mode.

## Pausing or Stopping a Workout

To pause a workout, stop walking and bring the Speed value to 0. The workout will pause after 2.5 seconds. Push the SCAN button to cycle through the workout values. When a workout is paused, the workout icons do not flash.

**Note:** If a paused workout is not restarted in 5.5 minutes, the machine will shut off.

To restart your workout, simply start walking again. To end a workout, push and hold the START/STOP button for 3 seconds.

## Console Service / Setup Mode

From the Power Up/Idle Mode, push and hold the START/STOP and SCAN buttons for 3 seconds to access the Console Service/Setup Mode.

Display	Option	Description
Unit	Units	Select your preferred unit of measurement; "Lb" = English Imperial, "SI" = metric
STAt	Statistics	Displays the total time, calories, and distance the machine has been used since it was activated or the last reset. <b>Note:</b> Push and hold the SCAN button to reset and erase the statistics.
COdE	Firmware Version	Displays the firmware version
bAtt	Battery Voltage	Displays the percent of battery power remaining
EdgE	Speed Detection	Select between modes; "0" = 1 point, "1" = 2 points

Push the SCAN button to cycle through the Options, and push START/STOP to select the Option.

Use the SCAN button to view the details of the Option, and push the START/STOP button to confirm your selection. For options without details to cycle through, push the START/STOP button to exit the option.

To exit the Console Service/Setup Mode, push and hold the START/STOP button for 3 seconds.

**Note:** The fitness machine can not be immediately shut off from the Console Setup Mode. The user must exit Console Setup Mode, and then push and hold START/STOP for 3 seconds.

## Moving Your Machine

The TreadClimber® fitness machine weighs approximately 163 lbs (74 kg) when fully assembled and requires caution when being moved. Use the Transport Handle found under the front of the machine to move it. To get access to the Transport Handle, turn the Levelers until you have sufficient clearance between the machine and floor.

Use the transport wheels to roll your fitness machine to the new location. Lower your machine slowly into its new location without injury to your head or fingers.

**⚠** Do not use the uprights, handlebars, or the Console to lift or move the machine. Injury to you or damage to the machine can occur.



The machine may be moved by one or more persons depending on their physical abilities and capacities. Make sure that you and others are all physically fit and able to move the machine safely.

Place the machine on a clean, hard, level surface, free from unwanted material or other objects that may hamper your ability to move freely. A rubber mat should be used below the machine to prevent the release of static electricity and protect your flooring.

For safe storage of the machine, remove the batteries and place the machine in a secure location away from children and pets.

Be aware that in the normal operation of the machine, treadle movement is mechanically linked to the walking motion on the belts. When the walk belts are not in motion, the treadles will rest in a fixed position. In the event that an object becomes lodged between the treadles, the treadles can be manually moved in one of the following 2 ways:

- Push downward on the outside foot rail of the lowest treadle with your foot or hand, and the treadles will move allowing release of the object.
- Push down and back on the walk belt of the lowest treadle with your foot or hand, and the treadles will move allowing release of the object.

**⚠ CAUTION** Take care not to allow children or pets to play on or around the machine.

## Machine Mat

The Bowflex® TreadClimber® Machine Mat is an optional accessory that helps keep your workout area clear and adds a layer of protection to your floor. The rubber machine mat provides a non-slip, rubber surface which limits static discharge and reduces the possibility of display or running errors. If possible, put your Bowflex® TreadClimber® Machine Mat in your selected workout area before you begin assembly.

- To order the optional machine mat, go to: [www.bowflex.com](http://www.bowflex.com), or call 1 (800) 605-3369.

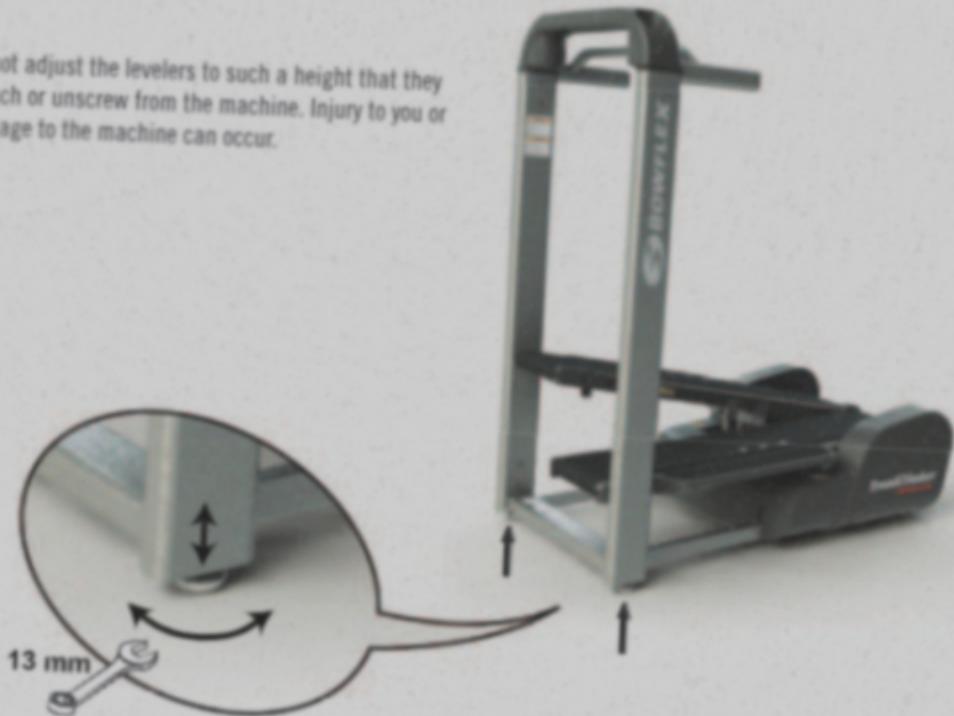
## Leveling Your Machine

Levelers are found on the front of the TreadClimber® machine. Make sure the TreadClimber® machine is level and stable before you exercise. To adjust:

1. Loosen the upper locking nut.
2. Turn the leveler to adjust the height.
3. Tighten the upper locking nut to lock the leveler.



Do not adjust the levelers to such a height that they detach or unscrew from the machine. Injury to you or damage to the machine can occur.



Read all maintenance instructions fully before you start any repair work. In some conditions, an assistant is required to do the necessary tasks.



Equipment must be regularly examined for damage and repairs. The owner is responsible to make sure that regular maintenance is done. Worn or damaged components must be repaired or replaced immediately. Only manufacturer supplied components can be used to maintain and repair the equipment.



This product, its packaging, and components contain chemicals known to the State of California to cause cancer, birth defects, or reproductive harm. This Notice is provided in accordance with California's Proposition 65. If you would like additional information, please refer to our Web site at [www.nautilus.com/prop65](http://www.nautilus.com/prop65).

**DANGER**

To reduce the risk of electrical shock or unsupervised usage of the equipment, always remove the batteries from the machine and wait 5 minutes before cleaning, maintaining or repairing the machine.

**Daily:**

Before each use, inspect for loose, broken, damaged, or worn parts. Do not use the machine if any of these conditions exist. Use a dry cloth to wipe off any perspiration after each use.

**Weekly:**

Check for smooth roller operation. Clean the machine to remove dust, dirt, or grime. Clean the top of the belt with a slightly damp, soapy cloth and wipe carefully and thoroughly with a dry cloth. Do not let any liquid get below the belts or into the Base Frame.

**Monthly:**

Make sure all bolts and screws are tight. Tighten if necessary.

**NOTICE:** Do not clean with a petroleum based solvent or an automotive cleaner. Be sure to keep the Console free of moisture.

## Walking Belt and Deck Lubrication

The TreadClimber® machine is equipped with a low maintenance deck and belt system. Belt friction can affect the function and life of the machine. Your TreadClimber® fitness machine came with a starter supply of lubrication for the belts.

### Lubrication Schedule

User Level	Total Workout Hours per Week	When to Lubricate
Light	less than 3 hours	every 3 months
Moderate	3 to 5 hours	every 2 months
Heavy	5 or more hours	every month

We recommend that you use one of the following:

- Lube-N-Walk® Treadmill Lubrication Kit (available from [www.bowflex.com](http://www.bowflex.com) or your local specialty fitness dealer)
- 100% pure silicone (available at most hardware and auto parts stores)

For the best results lubricate the Treadles periodically with a silicone lubricant using the following instructions:

1. Remove the batteries from the machine.
2. Carefully lift each belt and apply silicone lubricant in the center of the Treadle deck along the entire reachable length of the deck. Apply 0.15 to 0.25 oz. of the lubricant on the deck underneath each belt.

**NOTICE:** Always use a 100% pure silicone lubricant. Do not use a degreaser like WD-40® as this could seriously impact performance.

**Note:** The Walking Belts may need to be loosened to allow for access during lubrication. Consult the "Adjusting the Walking Belts" procedure if necessary.

3. Stay to one side of the machine and grasp the handlebars for support.
4. With one foot push the nearest belt toward the back of the machine at a very slow speed for approximately 15 seconds. Do not step on any excess lubricant, grease, or oil while pushing the belt.
5. Take care to clean up any excess lubricant from the Treadles. We also recommend a periodic inspection of the Treadle surfaces below the belts. If the decks appear worn, contact a TreadClimber® Representative (refer to the Contacts section of this manual).



To decrease the possibility of slipping, be sure the Treadle area is free from grease or oil. Clean off any excess oil from the machine surfaces.

## Walking Belt Alignment

The walking belts need to be adjusted if they are out of center enough to cause a rubbing or scraping sound. Adjustments can be made at the Front Roller of each Treadle.

**Adjusting the Walking Belts** – While operating the machine, notice where the belts run on each Treadle. The Walking Belt Adjustment Bolts are on the front end of each Roller. If the belt is tracking too far to the right, use a 5mm hex wrench to turn the right walking belt adjustment bolt clockwise on that belt in a half turn increment. Secure the hex



wrench and operate the walking belts for approximately 30 seconds, noticing if the walking belt is adjusted. Repeat as necessary until adjusted.

If the belt tracks too far to the left, do the same thing on the left walking belt adjustment bolt.

**Note:** Do not turn the bolts counterclockwise when you adjust the belt alignment.

**Belt Tension Check** – From the belt's midpoint, a correctly tensioned belt should only have two inches of give.



Keep bystanders and children away from the product during this procedure.

To check, pull the belt upward at its midpoint and measure the distance to the deck. If the distance is more than two inches, the belt is loose. To tighten, turn both walking belt adjustment bolts clockwise a half turn and check tension again. Repeat this step if necessary.

**Note:** Bolts are turned counterclockwise equally to decrease belt tension.

**Belt Tension Adjustment** – Check the belt tension only when the machine is unplugged. From the belt's midpoint, a correctly tensioned belt should only have an inch of give. To check, pull the belt upward at its midpoint and measure the distance to the deck. If the distance is more than an inch, the belt is loose. To tighten, turn both Walking Belt Adjustment Bolts clockwise one-half a turn and check tension again. Repeat this step if necessary.

**Note:** Bolts are turned counterclockwise equally to decrease belt tension.

## Heim Joint Inspection and Lubrication

For proper operation of the Treadies, the Heim Joint should be inspected and lubricated with a 3-in-1 oil every six months. Apply the lubrication oil to all the inner areas of the Heim Joint.

**Note:** Be sure to place a rag under the Heim Joint when applying oil or adjusting it.

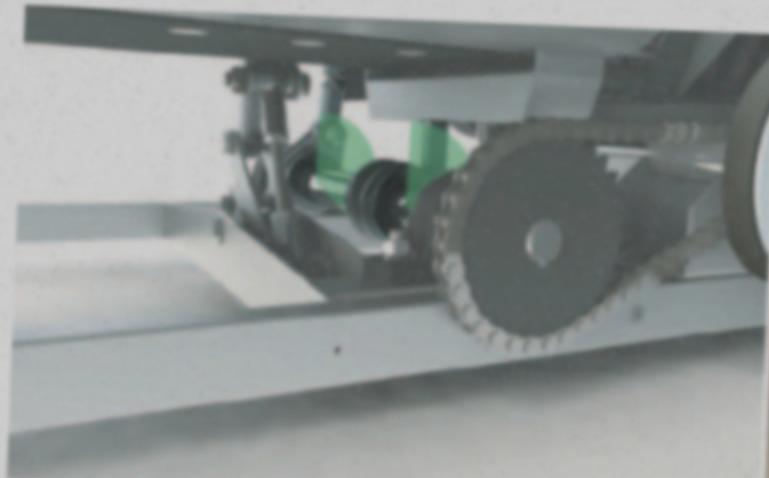
Inspect the Heim Joint to confirm that the hardware is secure. If the securing nuts have become loose, contact Customer Service for assistance.



## One Way Bearing Inspection and Adjustment

For proper operation of the Treadles, the One Way Bearings must be in the operational (green) zone. If a Treadle is lifted or moved incorrectly before the Dependency is connected, the One Way Bearings can roll out of the operational zone disabling the Treadles.

To correct either of the One Way Bearings, you will need to disconnect the Dependency from the Treadle Assembly. Be sure to place the Treadle Support Block under the Treadles before you disconnect the Dependency (for reference, see assembly steps 2 and 3).



With the Treadle Support Block supporting the Treadles, use a 16 mm wrench and 5 mm hex head wrench to remove the hardware. Standing at the front of the machine, slightly lift and hold the Treadles and push the Walking Belts. Continue this operation until both of the One Way Bearings are to the back of the machine. Lower the Treadles onto the Treadle Support Block.

**⚠** Do not wear loose clothing or jewelry. This machine contains moving parts. Do not put fingers or other objects into moving parts of the exercise equipment.

The Walking Belts can abruptly move. To avoid possible serious injury, keep hands away from the edges of the Walking Belts.

When the One Way Bearings are in the operation zone, reconnect the hardware. Be sure not to lift the Treadles too high when re-attaching the Dependency or the bearings may need to be adjusted again.

### Replacing the Console Batteries

The Console will flash "bAtt" three times when the batteries are around 10% of their rated power during power up. When replacing the batteries, make sure the batteries point in the +/- direction shown in the battery bay.



**Note:** The console uses AA size batteries (LR6).



Do not mix old and new batteries.

Do not mix alkaline, standard (carbon-zinc), or rechargeable (Ni-Cd, Ni-MH, etc) batteries.

Be sure to remove the batteries if you are not going to use the TreadClimber® machine for an extended period of time.



## Walking Belt Electrostatic Reduction

Your TreadClimber® machine may develop a static charge caused by the movement of the walking belts. Follow this procedure to apply an anti-static spray to them to reduce the static electric charges.

**⚠** Wait a minimum of 60 minutes after the last workout before you apply the anti-static spray, to let hot electrical components cool to room temperature.

1. Remove the batteries from the Console.
2. Carefully apply the anti-static spray to lightly cover the top surface of the walking belts along the front of the machine (green highlighted area).

**NOTICE:** Hold the spray dispenser approximately 6" (13 cm) above the walking belt and point the spray toward the front of the machine. Apply the spray only on the belts, not on the deck or mechanism. If spray goes off the belts, wipe the excess spray off the other parts of the machine.

**Note:** Be sure to obey the manufacturer safety instructions for the anti-static product.

3. Using your foot, manually advance the walking belts toward the back of the machine, exposing the next unsprayed section.

4. Do steps 2 and 3 again until all sections of the belts are lightly coated with anti-static spray.

5. Wait until the belts are fully dry (approximately 2-4 hours).

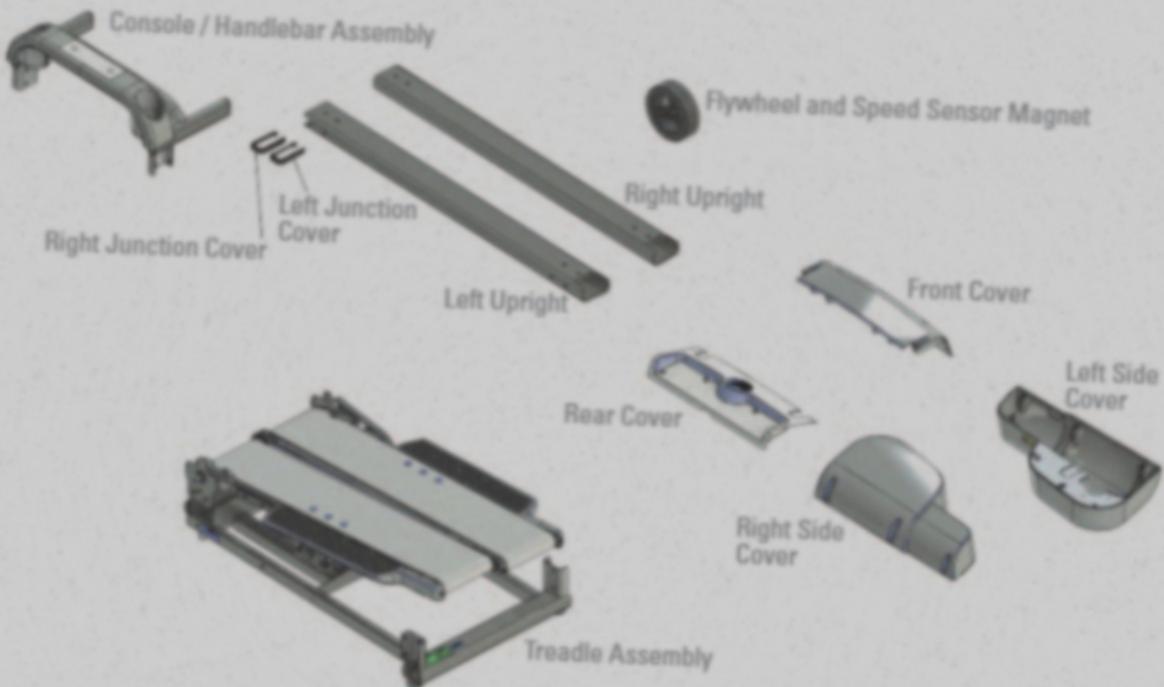
6. Inspect the walking belt alignment and tension before using the machine. Refer to the walking belt adjustment and belt tension check procedures.

7. Install the batteries into the Console.

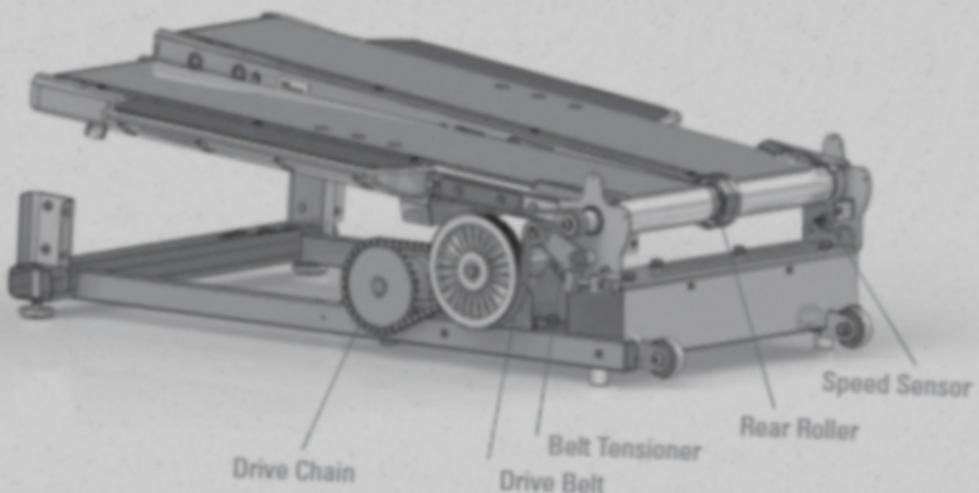
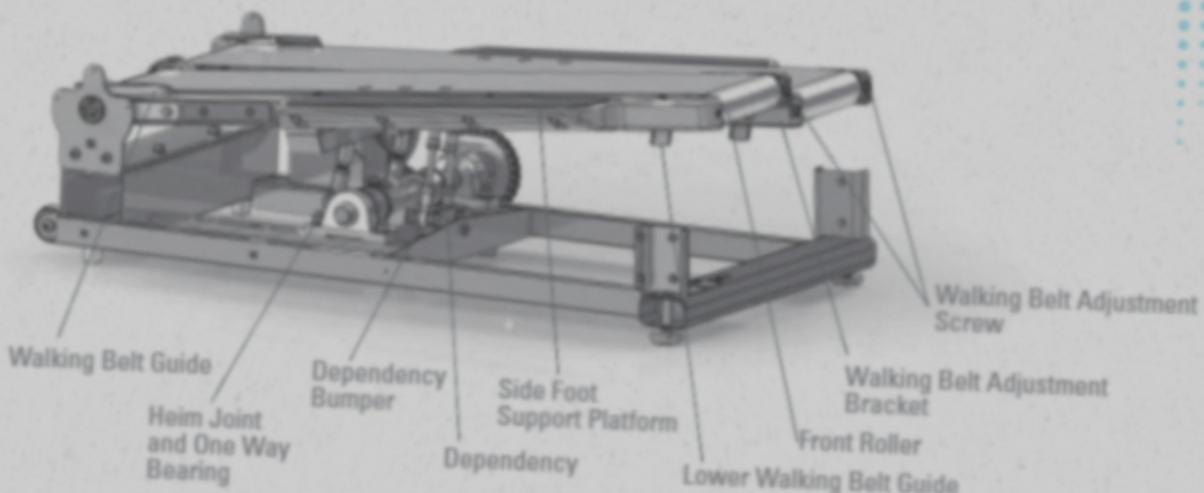
**Note:** Repeat the procedure to apply anti-static spray if static electric discharge occurs again. The machine will accumulate more static electric charge when the surrounding air is drier. Be sure to obey the manufacturer safety instructions for the anti-static product.



## Maintenance Parts



## Maintenance Parts (Treadle Assembly)



# Troubleshooting

Condition/Problem	Things to Check	Solution
Console will not power up/turn on/start	Batteries	Make sure batteries are installed correctly. If batteries are correctly installed, replace with a set of new batteries.
Speed displayed is not accurate	Display set to wrong unit of measure. (English/Metric) Console Setting "EdgE" ( if equipped )	Change display units.
	Speed Sensor Assembly	Adjust the Speed Detection setting ("EdgE") on the Console to the other option (see "Console Service/Setup Mode" procedure).
Speed displayed is always "0"/ stuck in Pause mode	Speed Sensor Cable	Replace Speed Sensor Assembly.
	Speed Sensor Magnet and Speed Sensor Assembly	Make sure the Speed Sensor Cable is connected to the back of the Console and the Treadle Assembly near the Flywheel Assembly.
	Console Assembly	Check Speed Sensor Magnet and Speed Sensor Assembly to make sure they are in place.
Walking belt misalignment	Rear belt guides	Replace Console Assembly.
	Tracking adjustment	Belts should ride on top of triangular black belt guides at rear of Treadles.
		Belts are not required to be perfectly centered and are typically farther out in the rear than they are in the front. This may vary depending on user's stride. If belt is tracking to one side far enough to cause a scraping sound or belt wear (fraying), follow belt alignment procedure in Owner's Manual.

Speed dependent grinding or scraping noise	Belt alignment Rollers	Check walking belt alignment. Belt contact with metal guides under Treadle can make a loud grinding sound. If belts are misaligned, adjust walking belt. Contact Customer Care for further assistance.
Hesitation or belt slipping when walking on unit	Walking belt tension	Adjust walking belt tension by following the "Adjusting the Walking Belts" procedure.
"Tick" sound once per revolution or scraping noise from under Treadle	Lubrication Belt alignment	Consult lubrication chart and apply as necessary. Belt seam may be contacting metal belt guide under Treadle. Slight adjustment of belt should alleviate noise. Follow the "Adjusting the Walking Belts" procedure.
Treadles do not operate correctly	Dependency and Heim Joint Treadles	Consult "One Way Bearing Inspection and Adjustment" and "Heim Joint Inspection" procedures. Contact Customer Care for further assistance.



We want you to know that your TreadClimber® machine is a superior product. Your satisfaction is guaranteed. If, for any reason, you are not 100% satisfied with your TreadClimber® machine, please follow the instructions below to return your merchandise and receive a refund of the purchase price, less shipping and handling.

This TreadClimber® Satisfaction Guarantee applies only to merchandise purchased by consumers directly from Nautilus, Inc. This guarantee does not apply to sales made by dealers or distributors.

1. Call a TreadClimber® Representative at 1-800-605-3369 for a Return Authorization Number (RMA). An RMA will be granted if:
  - a. The TreadClimber® exercise machine was purchased directly from Nautilus, Inc.
  - b. The request to return the product is within 6 weeks of the delivery date of your merchandise.
2. If an RMA is granted, the following instructions will prevent delays in the processing of your refund.
  - a. The merchandise must be returned to the address given to you at the time of the Return Authorization Call.
  - b. All returned merchandise must be properly packaged in good condition, preferably in the original boxes.
  - c. The exterior of the boxes should be marked clearly with:

Return Authorization Number  
Your Name  
Your Address  
Your Phone Number
  - d. Additionally, a piece of paper with your name, address and phone number or copies of your original invoice should be placed in each box of merchandise.
  - e. **Your RMA number is time sensitive.** Your shipment must be post marked within two weeks from the date the TreadClimber® Representative issued the Return Authorization Number.

**Note:** You are responsible for return shipping and for any damage or loss to merchandise that occur during return shipment. Nautilus recommends that you obtain tracking numbers and insure your shipment.

## Unauthorized Returns

Nautilus, Inc. defines an unauthorized return as any merchandise returned to our facilities without a valid and current Return Merchandise Authorization (RMA) number issued by Nautilus. Failure to properly mark packages with a valid RMA number, or allowing an RMA number to expire, will cause Nautilus, Inc. to consider a return unauthorized. Any merchandise returned without a RMA number will not be subject to a refund or credit and Nautilus will discard the product. The customer assumes all shipping and handling charges for any unauthorized return.

# *TreadClimber*

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