BOWFLEX
TreadClimber

Model TC6000 Shown.

Models: TC5300 & TC6000

Special Edition Includes:

Dr. Ellington Darden's Six Week Fat Loss-Body Leanness Program: "Fast Fat Loss Now!"

CONGRATULATIONS on your commitment to improving your health and fitness! By choosing a Bowflex® TreadClimber® fitness machine as your key to success, you will be using the best tool available to help you shed pounds, increase cardiovascular efficiency, and most importantly, look and feel GREAT!

The Bowflex® TreadClimber® fitness machine is an innovative blend of the best features from the three most effective aerobic workout machines available: elliptical, stair climber, and treadmill, which means your results on the TreadClimber® fitness machine will outperform those you can get using any other single aerobic fitness machine!

This three-in-one versatility uniquely targets your muscles and provides you the means to achieve optimum fitness and tone while minimizing the impact of typical workout stresses on your body. Instead of pounding your joints and tendons while jogging, running or cycling, the TreadClimber® fitness machine burns fat while you maintain a walking pace throughout the length of your workout.

This Assembly Guide and Owner's Manual contains Bowflex® TreadClimber® fitness machine workout combinations to build the best calorie-burning, and cardiovascular fitness routines for you.

Please take your time to read through the entire Assembly Guide and Owner's Manual before attempting to use your Bowflex® TreadClimber® fitness machine. It's important to understand how to assemble and use the fitness machine and how to best perform each exercise before you actually do so.

With all of the health and fitness choices available today, we understand that finding the best workout equipment can be confusing. Everyone at Nautilus, Inc. would like to congratulate you and thank you for selecting a product into which we have put years of research, innovation, and ingenuity. We are proud to offer you the Bowflex® TreadClimber® fitness machine.

How to Use This Manual

Regular use of the TreadClimber® fitness system is an effective way to develop aerobic fitness while conditioning the major muscles of the lower body. To get the best results and keep your machine in peak operating condition, carefully read and follow the guidelines presented in this manual.

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⚠ WARNING

THIS SYMBOL APPEARING THROUGHOUT THIS MANUAL MEANS PAY ATTENTION! BE ALERT! YOUR SAFETY IS INVOLVED!

Consult Your Physician Before Starting Any Exercise Program.

Only your physician can determine the exercise program that is appropriate for your particular age and condition. If you have not been exercising, are pregnant, have a heart condition, or any physical limitation, failure to consult your physician before engaging in physical exercise, such as using the Bowflex® TreadClimber® fitness machine, could result in serious injury or death. If while using the Bowflex® TreadClimber® fitness machine you have any pain or tightness in your chest, an irregular heart beat, shortness of breath, feel faint, light-headed or dizzy, have any pain or discomfort, <u>STOP</u> and consult your physician immediately.

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Console Display - Model TC5300

Console Display - Model TC6000

Rear Step and Rear Moving Wheels

Transport Handles, Incoming Power Plug,

and Main Power Switch

PRODUCT SPECIFICATIONS

The dimensions and general specifications for the Bowflex® TreadClimber® fitness machine are as follows:

Physical Dimensions

Length	66 inches (168 cm)
Width	33 inches (84 cm)
Height	62 inches (157 cm)
Weight	350 pounds (147 kg)
Shipping Weight	393 pounds (178 kg)

System Capacities

Maximum Weight Capacity	300 pounds (136 kgs)
Speed	0.5 to 4.5 MPH (0.8 to 7.2 KM/H)
Workout Resistance Levels	1 to 12
Warranty Length	See the Warranty section for full information. International Warranty information is included as an insert.

Component Specifications

Walking Belt	8.5 inches x 44 inches (21.6 cm x 112 cm)
Motor	0.5 hp continuous duty
Treadmill Incline	10% Grade
Frame	Powder-coated steel
Operational Voltage	95 to 130 VAC 50 - 60 Hz
Operating Current	10A Max
Breaker	12A

Always use a 10A circuit with no loads. A short extension cord is permissible.

Regulatory Approvals

Meets UL 1647 and CSA 20.68.

Patent Information   U.S. and International Patents Pending

SAVE THESE INSTRUCTIONS

The following definition applies to the word "**WARNING**" found throughout this manual:

⚠ WARNING	*Used to call attention to POTENTIAL hazards that could result in personal injury or loss of life.*

## PRIOR TO USING THIS EQUIPMENT, OBSERVE THE FOLLOWING WARNINGS.

- Read and understand the complete Owners Manual.

- Read and understand all Warnings on this machine.

- Keep children away from this machine and / or supervise them closely if they are near the machine or present during its operation. This machine is not suitable as a children's toy. There is a natural tendency for children to want to play on exercise equipment and parents and other in charge of children should be aware of their respective responsibilities. Moving parts that may appear to present obvious hazards to adults may not appear to do so to children.

- For safety and security, when the TreadClimber® fitness machine is not in use, always lock the treadles and remove the Safety Key.

- Consult a physician prior to commencing an exercise program. If, at any time, you feel faint or dizzy, or experience pain, stop and consult your physician.

- Inspect this machine for loose parts or signs of wear. Do not use if found in this condition; contact Nautilus Customer Service.

- This machine contains moving parts. Use Caution. Do not wear loose clothing or jewelry.

- This machine is designed for a User's Weight Limit of 300 pounds (136 kilograms). Do not use if you are over this weight.

- This machine is for Consumer use only.

- Care should be taken in mounting and dismounting this machine.

- Disconnect all power before servicing this machine.

- Do not operate this machine in damp or wet locations.

- The recomended minimum clearance required around this machine for access to passage around and emergency dismount shall be stated. The minimum dimensions are to be 0.5m (19.7 inches) on each side of the treadmill and 2.0m (79") behind the machine.

- Keep the walking belts clean and dry.

- Operate the machine in the manner described in this manual. It can be hazardous to over-exert yourself during exercise.

- Always wear rubber-soled athletic shoes on the TreadClimber® fitness machine. Never use the TreadClimber® fitness machine barefooted or wearing only socks

- Keep your foot centered on each treadle—do not allow your feet to cross in front of your body as you increase speeds.

- Keep your hands on the ergo bar or support handlebars and stand as close to the front of the fitness machine as is comfortable in order to remain in balance on the treadles.

- Never convert from or into treadmill mode while the belts are in motion, or the machine is powered up. Turn off power, unplug cord from wall outlet, line up the treadles, and then lock or release the treadle locking lever.

- Never adjust the Hydraulic Cylinder Workout Settings while belts are in motion. Step completely off of the TreadClimber® fitness machine, stop the belts, and turn the power off prior to adjusting.

- Do NOT attempt to move the TreadClimber® fitness machine without help, or from the rear of the unit. Doing so could cause injury to you or damage the machine.

Emergency Stop Procedures

Your TreadClimber® fitness machine is equipped with a SAFETY KEY that can protect you from serious injury and inhibit children from playing with and/or being injured on the TreadClimber® fitness machine. If the Safety Key is not fully inserted into the safety keyhole, located below the console display, the TreadClimber® fitness machine will NOT power up.
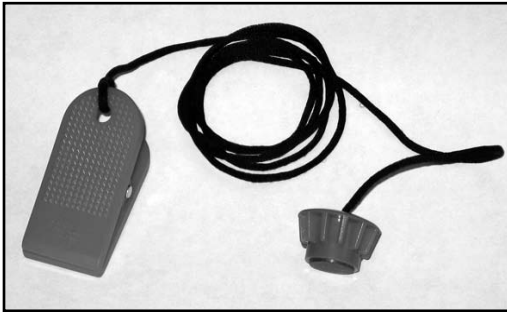
Safety Key

ALWAYS ATTACH THE SAFETY KEY CLIP TO YOUR CLOTHING DURING YOUR WORKOUT.

Always remove the Safety Key from the TreadClimber® fitness machine when not in use to prevent children or other persons from using the machine unsupervised.

Safety Keyhole Location
(Model TC6000 Shown.)

⚠ WARNING

REMOVE THE SAFETY KEY WHILE USING THE TREADCLIMBER® FITNESS MACHINE ONLY IN AN EMERGENCY. WHEN THE KEY IS REMOVED, THE TREADCLIMBER® FITNESS MACHINE WILL STOP INSTANTLY, WHICH COULD CAUSE SOMEBODY USING THE MACHINE TO LOSE BALANCE OR FALL. THIS FEATURE IS MEANT TO PREVENT SERIOUS HARM AND, USED PROPERLY, IS AN EXCELLENT WAY TO PROTECT YOUR SAFETY DURING YOUR WORKOUT.

Safety Key Installed in Safety Keyhole
(Model TC5300 Shown.)

BEFORE USING YOUR PRODUCT: The following safety warnings are located in site specific areas on the Bowflex® TreadClimber® fitness machine. All locations are given as if you were standing on the fitness machine ready to exercise. Please read all safety precautions and warning information prior to using your product. Be sure to replace any warning label if damaged, illegible, or missing. If you do not have, or cannot find, or need to replace a warning label or product Owner's Manual please call 1-800-864-1270 to obtain a new label or new manual.

Label 1: "Warning: Obtain, read and understand the owner's manual provided with this fitness equipment prior to use.
Misuse or abuse of this equipment may lead to serious injury or death.
Keep children away. This equipment is intended for adult use only.
Replace this or any other warning label if damaged, illegible or missing.
Intended for consumer use only, not for commercial application. "

Location: Left side of the console on the inside of the tray.

Label 2: "Warning: Moving part can crush and cut.
Keep guard in place.
Lock out power before servicing."

Location: Beneath the rear step cover, on the left side of the base assembly and left side of the base assembly frame.

Label 3: "Danger: Hazardous voltage.
Contact will cause electric shock or burns.
Turn off and lock out power before servicing."

Location: Beneath the rear step cover, on the right side of the base assembly and right side of the base asembly frame.

Label 4: "Warning: When Lever is in TreadClimber position test that the Lever is correctly locked by the hook by pulling the Lever to the right."

Location: To the right side of the treadle locking mechanism on the top of the base frame assembly plastic cover.

Helpful Hints

Read all maintenance instructions thoroughly before beginning any repair work. In some cases, an assistant is required to perform the necessary tasks. All references to the right or left side, and to the front or back are made as if you were on the TreadClimber® fitness machine facing the console ready to exercise.

Initial Service

Upon receiving your TreadClimber® fitness machine, use a soft, clean towel to wipe off the dust that may have accumulated during shipping. Your new fitness machine will require minor assembly. Refer to the Assembly Guide in this manual for details.

Accessories

For best performance, we recommend your TreadClimber® fitness machine be placed on a rubber machine (treadmill) mat. Along with reducing noise, a rubber mat will help keep dust and debris away from your TreadClimber® fitness machine's motor and belts, and will reduce static electricity, which could otherwise cause a sudden charge to the TreadClimber® fitness machine's electronic components.

The Bowflex® TreadClimber® Machine Mat is a professional-quality machine mat designed specifically to fit under your Bowflex® TreadClimber® fitness machine and provide added stability. In addition to protecting your floors from scratches and perspiration, it gives your workout area a clean, finished look.

For more information on this accessory and other Bowflex® products available from Nautilus, Inc. check out: www. nautilus.com or www.treadclimber.com. Or contact a Nautilus Representative listed in the Important Contact Numbers section of this manual.

Cleaning

General cleaning of the TreadClimber® fitness machine will prolong the life of your machine and improve performance.

Keep the unit clean by dusting regularly. Be sure to dust exposed portion of the deck, either side of the walking belts and the side rails.

Clean the top of the belt with a damp, soapy cloth and wipe carefully and thoroughly with a dry cloth. Be careful to keep liquid away from inside the base frame and beneath the belts.

> ⚠ **WARNING**
>
> **ALWAYS TURN-OFF THE POWER SWITCH AND UNPLUG THE POWER CORD FROM THE WALL OUTLET BEFORE CLEANING TO AVOID THE RISK OF ELECTROCUTION, SHOCK OR PERSONAL INJURY.**
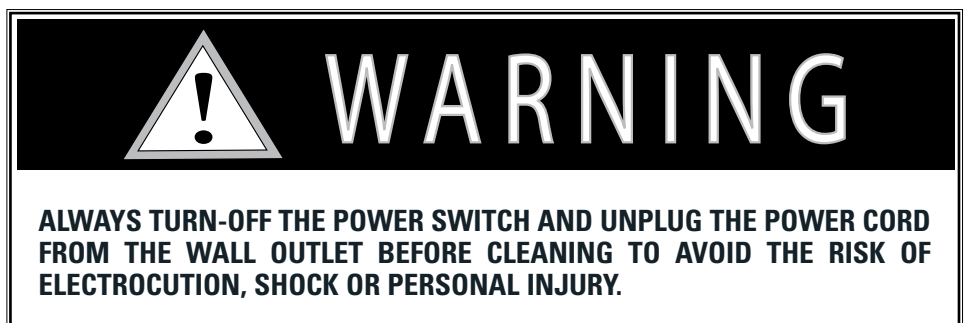
Walking Belt and Deck Lubrication

The TreadClimber® fitness machine is equipped with a pre-lubricated, low maintenance deck and belt system. Belt friction may affect the function and life of the TreadClimber® fitness machine. For the best results from your TreadClimber® fitness machine, always remember to lubricate the treadles periodically with a *silicone lubricant*, using the following instructions:

1. Turn off and unplug the TreadClimber® fitness machine from the wall outlet, and remove the power cord from the incoming power plug on the front of the machine.

2. Gently lift each side of the TreadClimber® fitness machine's belt and apply a small amount of the silicone lubricant directly onto the treadle beneath each belt while the treadle surfaces are warm (not hot).

⚠ **WARNING**

ALWAYS UNPLUG THE POWER CORD FROM THE WALL OUTLET BEFORE REMOVING OR INSTALLING PARTS TO AVOID THE RISK OF ELECTROCUTION, SHOCK OR PERSONAL INJURY.

3. Plug the TreadClimber® fitness machine back into the machine base and then into wall outlet.

4. Stand to one side of your TreadClimber® fitness machine on the rubber mat.

5. Turn on your TreadClimber® fitness machine, and start the belts at the slowest speed. Let the belts run for approximately 15 seconds.

⚠ **CAUTION**

ALWAYS USE A SILICONE-BASED LUBRICANT. NEVER USE A LUBRICANT LIKE WD-40® ON THE BOWFLEX® TREADCLIMBER® FITNESS MACHINE, AS THIS COULD SERIOUSLY IMPACT PERFORMANCE.

6. Turn off your TreadClimber® fitness machine.

7. Take care to wipe up any excess silicone lubricant from the treadle deck surface area and your rubber floor mat.

NOTE: To reduce the possibility of slipping, be sure the treadle deck surface area is free from excess lubricant. Wipe off any excess lubricant from the machine surfaces.

We also recommend a periodic inspection of the treadle surfaces under the belts. If the decks appear worn, contact a TreadClimber® Representative listed in the Important Contact Numbers section of this manual.

Use the following timetable as a guide to lubricate the decks:

- Light user (fewer than 3 hours/week): annually

- Medium user (3-5 hours/week): every 6 months

- Heavy user (more than 5 hours/week): every three months

We recommend that you only use Silicone Spray, available at most Hardware and Auto Parts stores.

Inspecting

1. Visually inspect the TreadClimber® fitness machine every time you use it for wear, damage, or loose parts.

2. Inspect the frame for any rust, bubbling, or paint chips during the weekly cleaning. The salt in perspiration can damage the unpainted surfaces.

3. Inspect the belts for excessive wear and tension during lubrication. Adjust the belt tension if necessary.

Storing Your TreadClimber® Fitness Machine

The TreadClimber® fitness machine weighs 350 pounds (147 kilograms) when fully assembled, and should never be moved or lifted without taking some precautionary care.

There are two handles for lifting on the front of the base beneath the console and two wheels on either side of the back of the base.

Due to the weight of the TreadClimber® fitness machine, it is highly recommended that you do not attempt to ever lift or move the TreadClimber® fitness machine without help.

When lifted properly, your TreadClimber® fitness machine can be rolled on the wheels for storage and/or cleaning. Failure to follow precautions could result in physical injury to you, or damage to the machine, or both.

⚠ **WARNING**

DO NOT USE THE UPRIGHTS, ARMS, OR CONSOLE TO LIFT OR MOVE THE TREADCLIMBER® FITNESS MACHINE. DOING SO COULD CAUSE PHYSICAL INJURY TO YOU, AND COULD DAMAGE OR DESTROY THE TREADCLIMBER® FITNESS MACHINE.
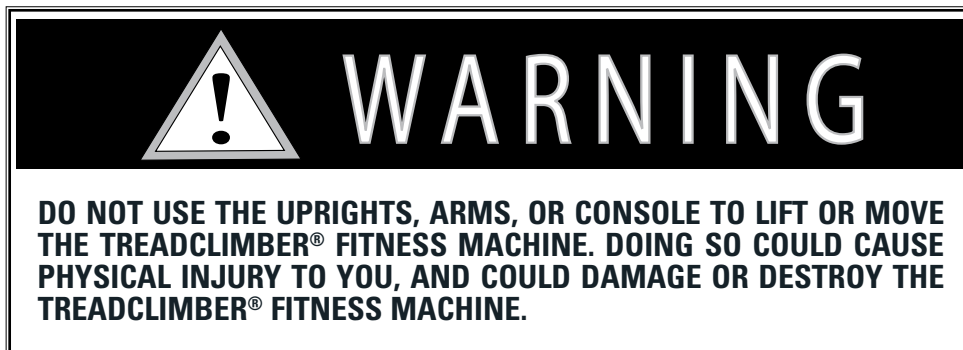
Walking Belt Adjustment

If either of the walking belts seem to be tracking excessively to one side or the other, adjustments can be made at the front roller of each treadle.

Misalignment Test and Resolution

Visual Test – Standing beside the unit, set the speed at 2 MPH (3.2 KPH). Standing in front of the unit you will see adjustment bolts on each end of each front roller. If the belt is tracking too far to the right, tighten the right adjustment bolt on that roller using the provided hex key in full turn increments to realign belt. If the belt seems to be tracking too far to the left, do the same thing on the left adjustment bolt for that roller.

Belt Adjustment Bolts: Turn in full turn increments to adjust.

Walking Belt Correctly Aligned
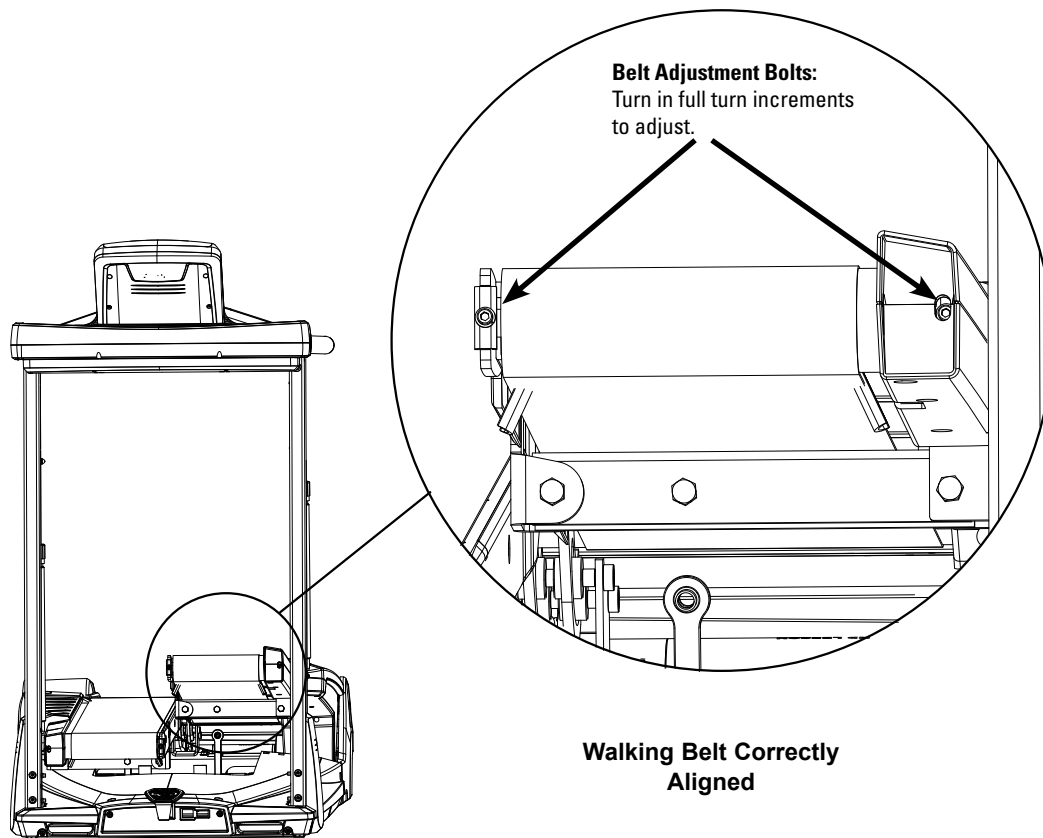
NOTE: Belts should not be so tight that you cannot get your hand under them when machine is turned off and unplugged.

⚠ WARNING

SECURE LONG HAIR AND LOOSE CLOTHING BEFORE WORKING NEAR THE TREADCLIMBER® FITNESS MACHINE WALKING SURFACE OR PULLEYS.

Basic Assembly Principles

Here are few basic assembly tips that can make assembly of your Bowflex® TreadClimber® fitness machine quick and easy.

1. You can make the assembly process go faster by gathering the pieces you need for each step prior to starting the step.

2. As a general rule, and for all bolts and locknuts on your Bowflex® TreadClimber® fitness machine, turning toward the right will tighten, turning towards the left will loosen. An easy way to remember this is by remembering the expression, "Lefty loosey, righty tighty."

3. All of the tools needed for assembly of your Bowflex® TreadClimber® fitness machine have been included with the unit. You may find the use of a utility knife or scissors beneficial during the unpacking and assembly process.

4. It is recommended that you use two people to assemble your Bowflex® TreadClimber® fitness machine.

Select Your Workout Area

Select where you are going to put your Bowflex® TreadClimber® fitness machine carefully. The best place for your TreadClimber® fitness machine is on a hard, level surface. You will need at least 19 inches (0.5 meters) on each side and 79 inches (2 meters) in the rear of the machine for dismount.

Make sure that the location you choose has a power outlet within reach of the TreadClimber® fitness machine power cord, preferably to the front of the machine where you will be less likely to step on the cord during dismount.

> NOTE: The TreadClimber® fitness machine is designed to plug into a grounded, non-GFI outlet only. To determine if your outlet or circuit breaker is GFI, look for a test and reset button on them. If they have the test and reset button it is a GFI outlet or circuit breaker.

Further, if you ever perform any repairs on your TreadClimber® fitness machine that require you to lay it on its side, you will need at least 5 feet (1.5 meters) to one side of your workout area.

Machine Mat

The Bowflex® TreadClimber® Machine Mat is an optional accessory for the TreadClimber® fitness machine that helps keep your workout area free from debris and dust. The rubber floor mat provides a non-slip surface for you to use when mounting and dismounting the TreadClimber® fitness machine and limits static discharge when you touch the machine, reducing the possibility of display or running errors. Further, a rubberized mat will protect your flooring when you are performing repairs or maintenance on the TreadClimber® fitness machine.

Put your Bowflex® TreadClimber® Machine Mat in place in your selected workout area before you start assembly to protect your floors and your TreadClimber® fitness machine from damage.

Positioning Your TreadClimber® Fitness Machine

Take great care when moving your TreadClimber® fitness machine into place prior to assembly.

Select a location for your TreadClimber® fitness machine with access to a non-GFI protected circuit, within reach of the power cord.

There are two handles for lifting on the front of the base below the console and two wheels on either side of the rear step of the base platform. The TreadClimber® fitness machine requires considerable force to raise the base the 30 degrees necessary to roll it on the rear wheels for storage or cleaning. Due to the weight of the machine, it is highly recommended that you do not attempt to ever lift or move the TreadClimber® fitness machine without help.

When you assemble the TreadClimber® fitness machine, you will need at least two people to set the base in place, and lift the console/handlebar assembly.

Item #: 002-0462
Qty: 1
Descr: TC5300 Console/Handlebar Assembly
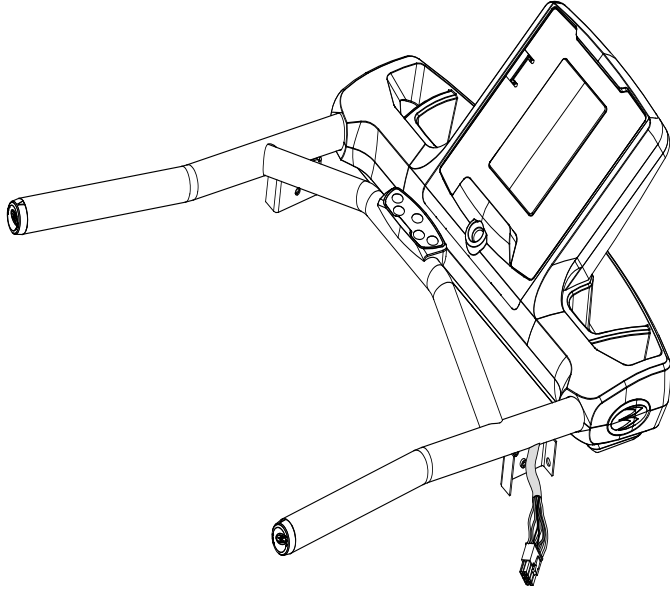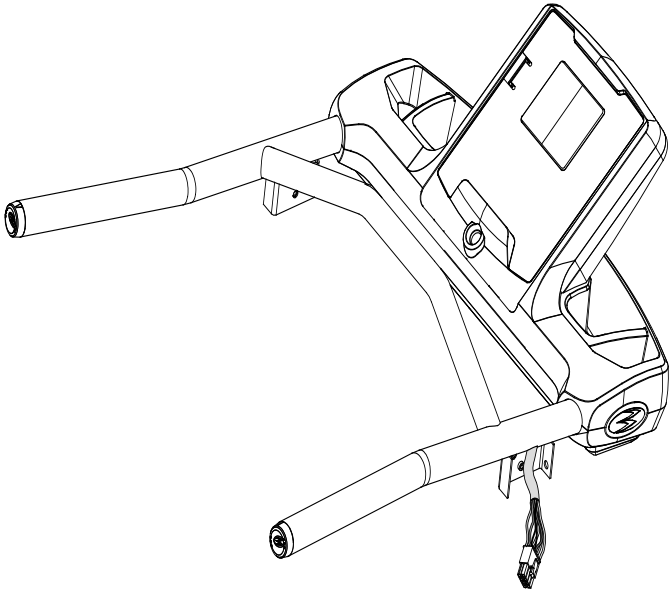
Item #: 001-1012
Qty: 1
Descr: TC6000 Console/Handlebar Assembly

Item #: 000-4577
Qty: 1
Descr: Right Lower Upright Plastic Cover
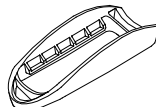
Item #: 001-1008
Qty: 2
Descr: Cover, Upright to Console,
        Junction

Item #: 000-4576
Qty: 1
Descr: Left Lower Upright Plastic Cover

Item #: 002-4464
Qty: 1
Descr: Left Upright Support
        and Hydraulic Cylinder

Item #: 002-0463
Qty: 1
Descr: Right Upright Support
        and Hydraulic Cylinder
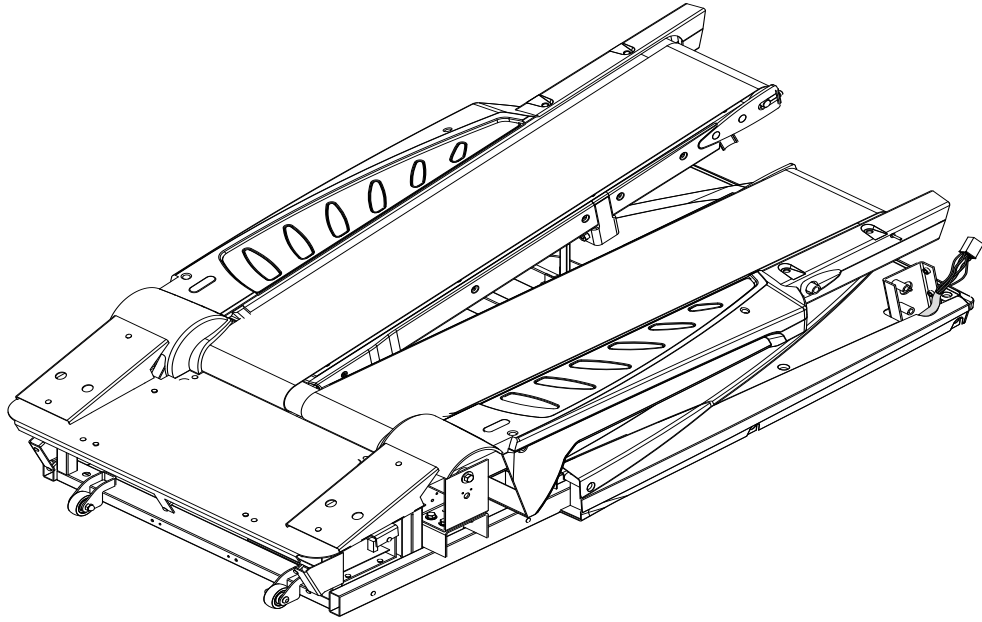
Item #: Base (000-4584), Left Treadle (000-4625), Right Treadle (000-4627)
Qty: 1
Descr: Base Assembly with Left and Right Treadles
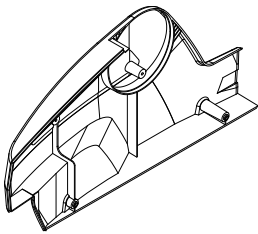
Item #: 000-4567
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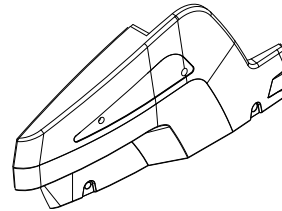
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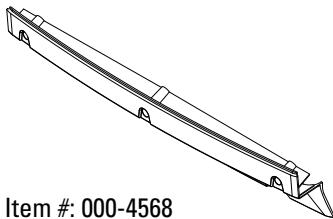
Item #: 000-4568
Qty: 1
Descr: Rear Base Plastic Cover
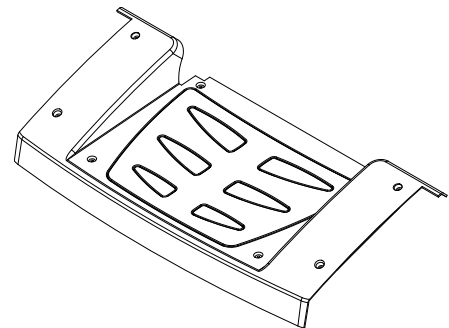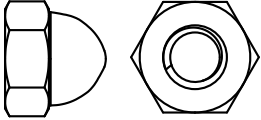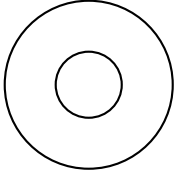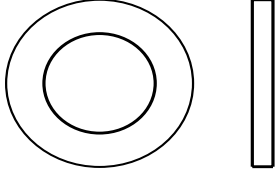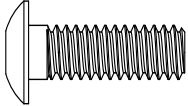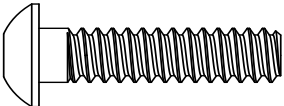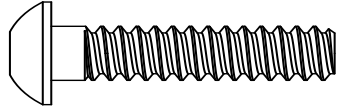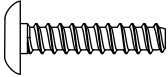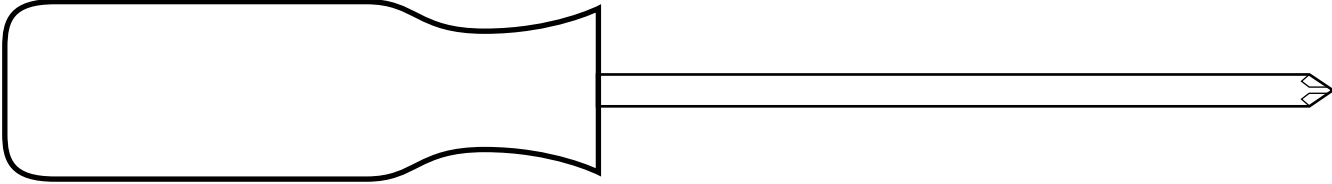
Item #: 000-4888
Qty: 1
Descr: Rear Step Plastic Cover

HARDWARE BAG (P/N: 000-4639) - NOTE: ILLUSTRATIONS ARE TO SCALE.

The Hardware Bag contains the following individual parts and tools. Hardware with a * are installed on the fitness machine.

Qty: 2 * Descr: 5/16 Acorn Nut	Qty: 16 Descr: 5/16 Flat Washers	Qty: 2 * Descr: 5/16 SAE Flat Washers

Qty: 2 *
Qty: 12 (in hardware bag)
Descr: 5/16 x 1 inch
    Button Head Screw
	Qty: 2 *
	Descr: 5/16 x 1.5 inches
	    Button Head Screw
		Qty: 4
		Descr: 5/16 x 1.75 inches
		    Button Head Screw

Qty: 4
Descr: #8 x 3/4 inch
    Phillips Head Screw
	Qty: 23
	Descr: #8 x 3/4 inch Self Tapping
	    Phillips Head Screw
		Qty: 1
		Descr: 3/16 Hex Key/Allen Key

Qty: 1
Descr: Phillips Head Screwdriver

ASSEMBLY PROCESS

The following instructions provide direction in assembling the Bowflex® TreadClimber® fitness machine. All instructions in the manual are given with the orientation of standing on the treadles facing the console. The console is the front, while the rear step is the back.

Figure 1: Loosening Base Plastic Cover

Upright Support Bracket

1/4"

Front Side Base Plastic Cover Screw

Base Assembly

⚠ WARNING

Use caution when connecting the wiring harness to ensure that the wires do not become pinched or come into contact with any moving part. The TreadClimber® fitness machine will not work and an electric shock hazard may be present if the wires become pinched or cut.
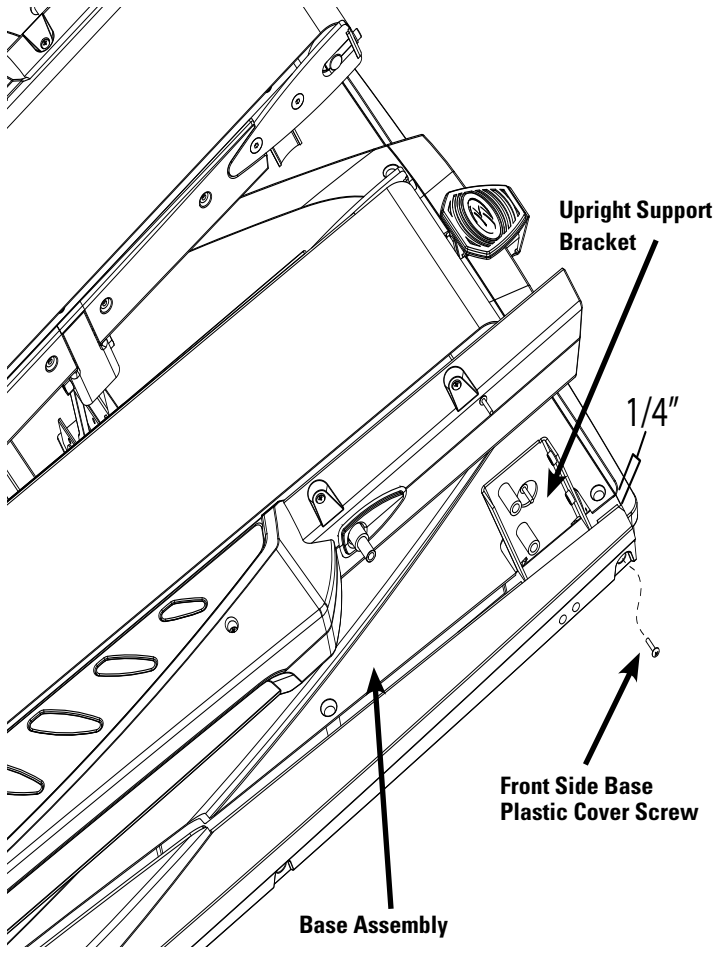
Step 1: Installing Upright Supports

Locate the following for this step:

Parts:
- Base Assembly
- Right Upright Support
- Left Upright Support

Hardware:
- 5/16 x 1 inch Button Head Screws (Qty. 4)
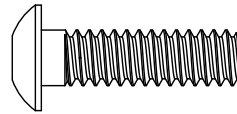
- 5/16 x 1 -3/4 inch Button Head Screws (Qty. 4)
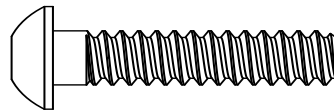
- 5/16 inch Flat Washers (Qty. 8)
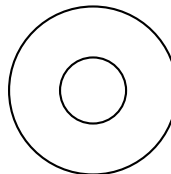
Tools:
- Hex Key
- Phillips Screwdriver

1-1 With the help of another, place Base Assembly in the location you want the final assembled TreadClimber® fitness machine.

NOTE: When placing the Base Assembly make sure the location is near a non-GFI protected circuit.

1-2 Install the Right Upright Support onto the Base Assembly support bracket using 2 of the 5/16 x 1 inch Button Head Screws and 2 flat washers on the front side of the assembly and 2 of the 5/16 x 1-3/4 inch Button Head Screws and 2 flat washers on the outside of the assembly (see Figure 2).

NOTE: Install the two outside screws onto the Right Upright Support first. Hand tighten. Then install the two front screws onto the Right Upright Support.

Figure 2: Installing Upright Supports

Right Upright Support

Left Upright Support

1 inch Screw

1-3/4 inch Screw

Flat Washers

Wiring Harness

Upright Support Bracket

Base Assembly

NOTE: Install side screws first, then front screws.

Pin Connectors

Wiring Harness Close -up

1-3 Verify that the wiring harness connectors are accessible at the top and bottom of the Right Upright Support.

1-4 Connect the wiring harness from the bottom of the right upright to the Lower Control Board by connecting the pin connectors (see Figure 2).

1-5 Repeat Steps 1-2 and 1-3 on Left Upright Support to install onto the Base Assembly support bracket.
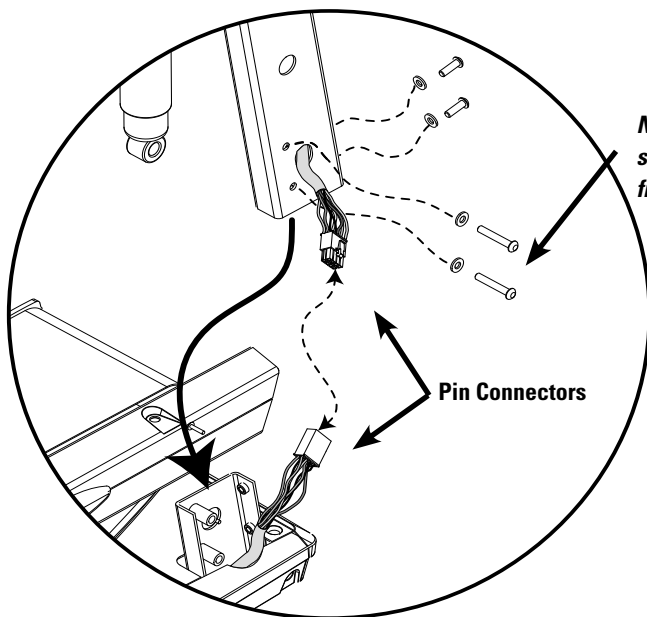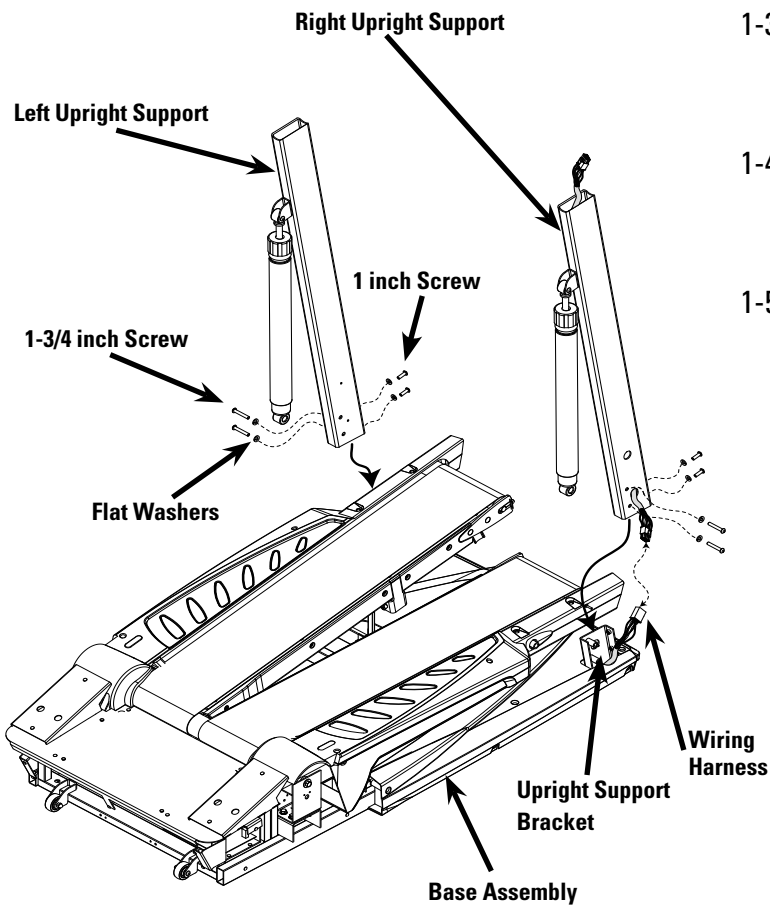
Figure 2: Installing Console/Handlebar Assembly

Console/Handlebar Assembly

Upright to Console Junstion Cover

Button Head Screws

Wiring Harness

Cut Zip Tie Securing Wiring Harness

Flat Washers

Upright to Console Junstion Cover

Left Upright Support

Right Upright Support
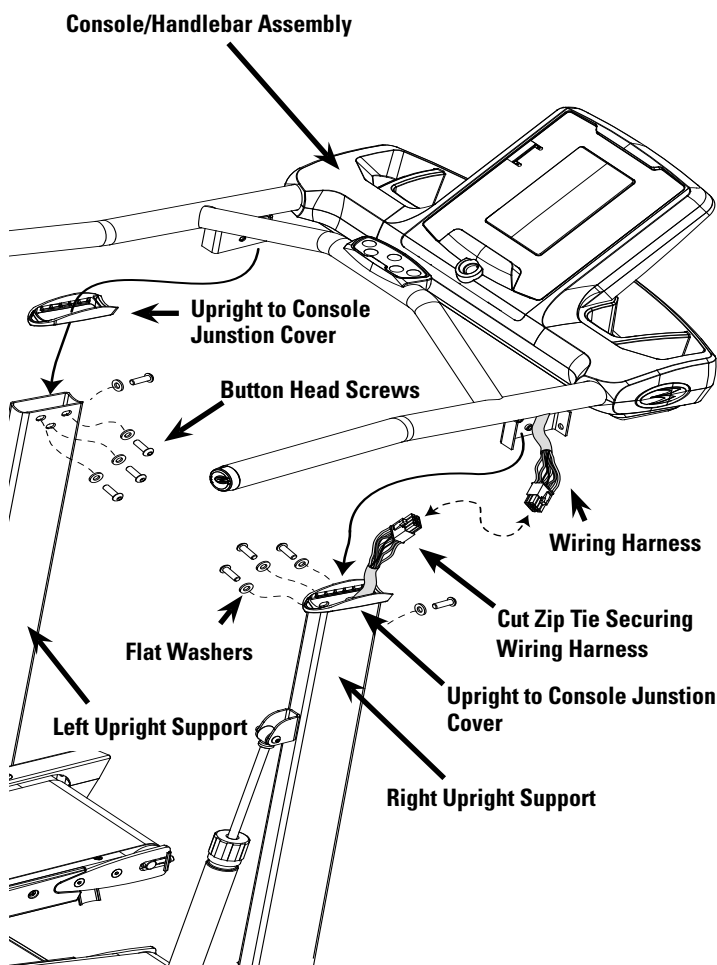
Step 2: Installing Console/Handlebar Assembly

Locate the following for this step:

Parts:
- Assembly from Step 1
- Console/Handlebar Assembly
- Upright to Console Junction Covers

Hardware:
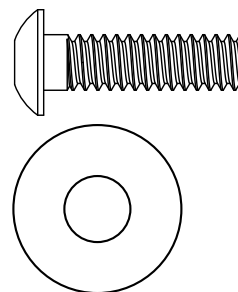
- 5/16 x 1 inch Button Head Screws (Qty. 8)
- 5/16 inch Flat Washers (Qty. 8)

Tools:
- Hex Key

2-1 Cut the zip tie securing the wiring harness to the top of the Right Upright Support and place Junction Covers on top of Uprights.

2-2 Connect the wiring harness from the top of the Right Upright Support to the connector in the right handrail of the Console/Handlebar Assembly,

IMPORTANT!

MAKE SURE THAT THE CABLES DO NOT BECOME PINCHED BETWEEN THE CONSOLE AND THE RIGHT UPRIGHT ASSEMBLY BEFORE PROCEEDING.

matching the pin connectors.

2-3 Slide Console/Handlebar Assembly mounting bracket into Left and Right Upright Supports.

2-4 Fasten Console/Handlebar Assembly onto Right and Left Upright Supports using 3 Button Head screws, and 3 flat washers on the inside of each support and 1 Button Head screw and 1 flat washer on the front of each support.

2-5 Tighten all screws securely.

NOTE: Tighten the front screws securely first and then the 3 inside screws.

⚠ WARNING

Use caution when connecting the wiring harness to ensure that the wires do not become pinched or come into contact with any moving part. The TreadClimber® fitness machine will not work and an electric shock hazard may be present if the wires become pinched.

Figure 3: Installing Hydraulic Cylinders

Hydraulic Cylinder Workout Level Dials

Button Head Screw

Flat Washer

Cylinder Stud

Locate the following for this step:

Parts:
  • Assembly from Step 2

Hardware: Pre-installed in Cylinder Stud.

  • 5/16 x 1 inch Button Head Screw (Qty. 2)
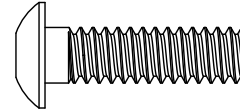
  • 5/16 inch SAE Flat Washer (Qty. 2)
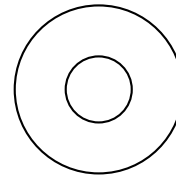
Tools:
  • Hex Key

3-1 Remove the 1 inch Button Head screw and 5/16 flat washer from the cylinder stud protruding from the base treadle assembly and set aside for reinstallation in Step 3-3.

3-2 Make sure that the white arrows located on the Workout Level Setting Dials at the top of the hydraulic cylinders face the rear of the machine where you can easily see them during your workout.

NOTE: You can turn the hydraulic cylinders until the white arrows are towards the rear of the machine.

3-3 Starting on the right side, pull the cylinder down and place the eyelet on the Cylinder Stud protruding from the base treadle assembly. Attach the hydraulic cylinder using hardware removed in Step 3-1 (5/16 x 1 inch button head screw and 5/16 flat washer).

3-4 Repeat process on left side.

NOTE: If having difficulty placing hydraulic cylinder(s) on treadle stud, loosen lower upright screws, place cylinder on the stud and retighten the upright screws.

Figure 4: Installing Upright Covers

Lower Upright Plastic Cover

Phillips Head Screws

Phillips Head Screws

Lower Upright Plastic Cover
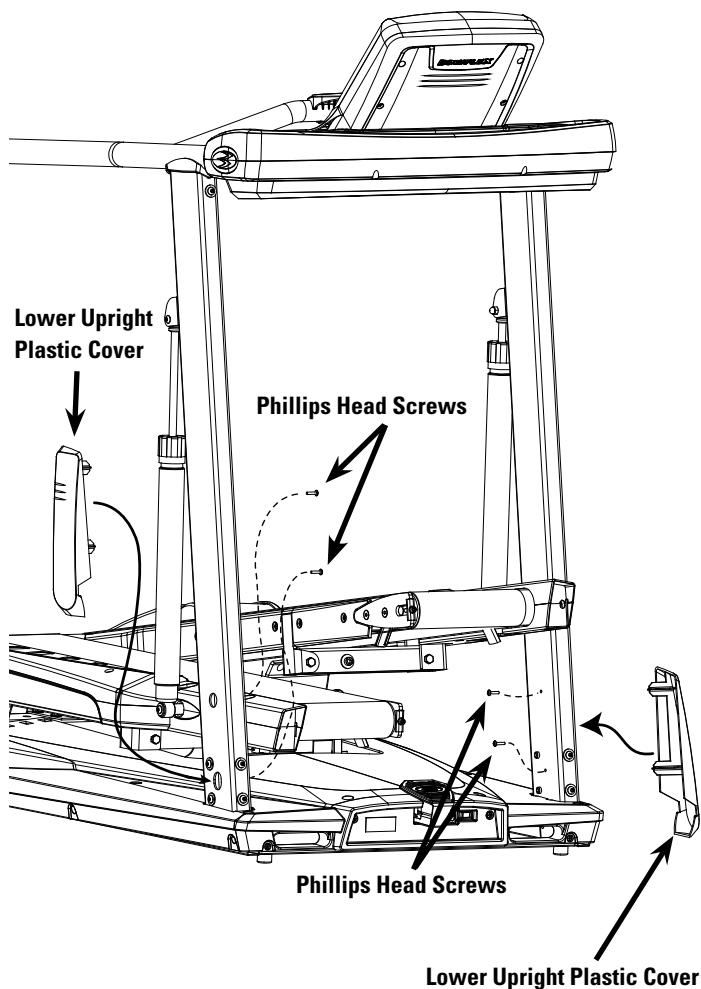
Step 4: Installing Upright Covers

Locate the following for this step:

Parts:
- Assembly from Step 3
- Right Lower Upright Plastic Cover (Qty. 1) -
- Left Lower Upright Plastic Cover (Qty. 1)

Hardware:
- #8 Phillips Head Screw (Qty. 8)
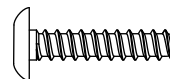
Tools:
- Phillips Screw Driver

4-1 Unlock treadles.

4-2 Raise the right treadle to full height allowing for access to the inside of the right upright support.

4-3 Align the Right Lower Plastic Cover to the Right Upright Support by sliding the bosses into the upright. Attach the Right Lower Upright Plastic Cover to the Right Upright Support using two of the #8 Phillips head screws from the inside of the support.

4-4 Repeat process on left side.

Figure 5: Installing Rear Side Covers

Rear Base Plastic Cover

Phillips Head Screw
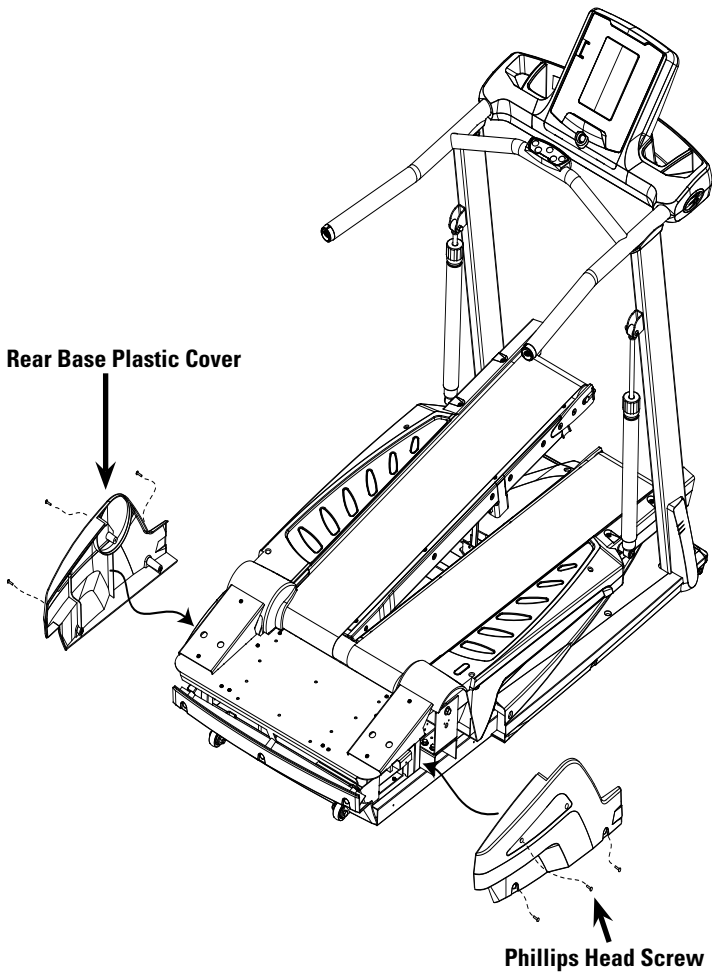
Step 5: Installing Rear Side Covers

Locate the following for this step:

Parts:
- • Assembly from Step 4
- • Right Rear Base Plastic Cover (Qty. 1)
- • Left Rear Base Plastic Cover (Qty. 1)

Hardware:
- • #8 Self Tapping Phillips Head Screw (Qty. 6)

Tools:
- • Phillips Screw Driver

5-1 Attach the Right Rear Base Plastic Cover to the right side of the base assembly using 3 of the #8 Self Tapping Phillips Head Screws.

5-2 Repeat process on left side.

Phillips Head Screw

Rear Step Cover

Base Assembly

Phillips Head Screw

Rear Base Plastic Cover

Step 6: Installing Rear Base Covers

Locate the following for this step:

Parts:
- Assembly from Step 5
- Rear Base Plastic Cover (Qty. 1)
- Rear Step Cover (Qty. 1)

Hardware:
- #8 Self Tapping Phillips Head Screw (Qty. 13)

Tools:
- Phillips Screw Driver

6-1 Attach the Rear Base Plastic Cover to the rear of the base assembly using 5 of the #8 Self Tapping Phillips Head Screws.

6-2 Attach the Rear Step Cover to the base assembly using 8 of the #8 Self Tapping Phillips Head Screws.

Right Decal
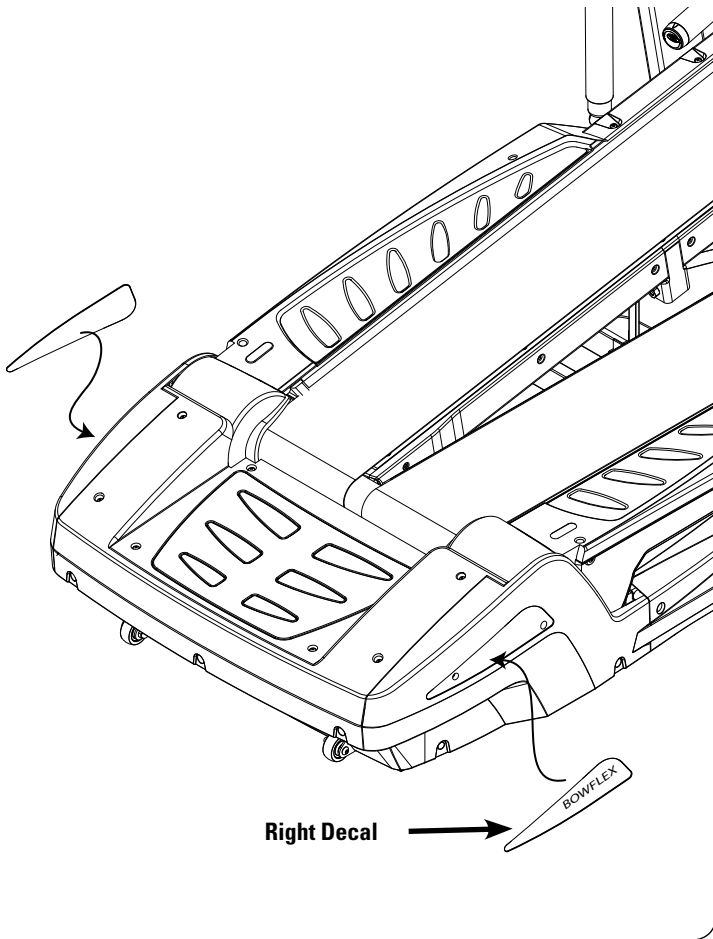
Step 7: Installing Rear Cover Decals

Locate the following for this step:

Parts:
- Assembly from Step 6
- Right Rear Plastic Cover Sticker
- Left Rear Plastic Cover Sticker

7-1 Wipe area on the Right Rear Plastic Cover with clean dry cloth.

7-2 Carefully adhere the decal sticker (see Illustration 1 below) to the area and rub to remove any air bubbles.

7-3 Repeat process on Left Rear Plastic Cover.

Illustration 1: Right Rear Plastic Cover Decal

Illustration 2: Left Rear Plastic Cover Decal

Figure 8: Attaching Power Cord
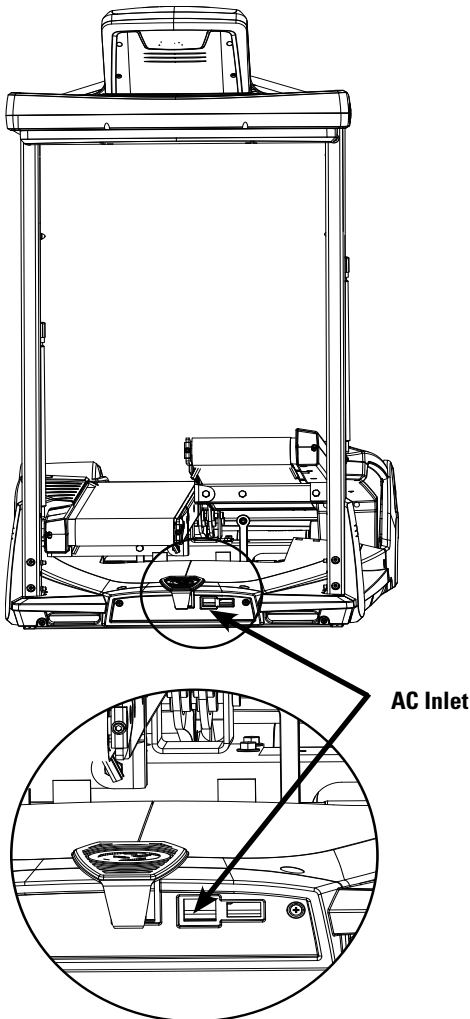
AC Inlet

Step 8: Attaching Power Cord

Locate the following for this step:

Parts:
- Assembly from Step 7
- Power Cord

8-1 Locate the power cord.

8-2 Attach the power cord to the AC Inlet on the front of the TreadClimber® fitness machine base frame.

NOTE: Wall outlet must be a non-GFI protected circuit, within reach of the power cord.

Step 9: Inspecting Final Assembly

Congratulations!

Now that you have assembled your Bowflex® TreadClimber® fitness machine, it is VERY IMPORTANT to tighten all screws and bolts, and visually inspect the unit. If your TreadClimber® fitness machine sits unevenly you may adjust the rear feet with a wrench to make the exercise machine stable on your floor. Make sure that your TreadClimber® fitness machine has been assembled correctly and securely, and that there are no loose or unattached parts prior to using the machine.

> ⚠️ **WARNING**
>
> **Failure to visually check and test assembly before use can cause damage to the Bowflex® TreadClimber® fitness machine, serious injury to users and bystanders, and can also compromise the effectiveness of your exercise program.**

Remote Heart Monitor

Monitoring your Heart Rate is one of the best ways to control the intensity of your exercise. This feature is built into the TC5300/TC6000.

The TC5300/TC6000 uses a Heart Rate Chest Strap Transmitter to send your Heart Rate signals to the console. The console displays your Heart Rate in "beats per minute' in the lower-middle window of the display.

The Heart Rate Chest Strap Transmitter is included. It is a Polar® model T34. The battery in the T34 is not replaceable.
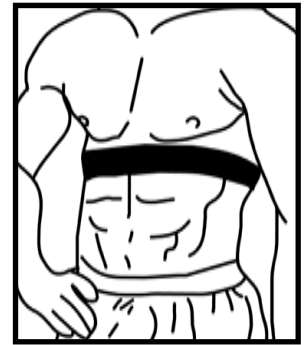
HOW TO USE YOUR CHEST STRAP

Using the Bowflex® TreadClimber® fitness machine heart rate transmitter chest strap, you can monitor your heart rate at any time during your workout:

1. The heart rate transmitter is attached to a chest strap to keep your hands free during your workout.

   Attach the transmitter to the elastic chest strap.
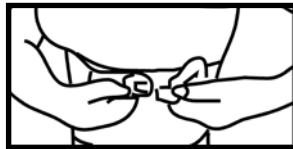
2. Adjust the strap length to fit snugly and **comfortably against your skin**. Secure the strap around your chest, just below the chest muscles, and buckle it.

3. Lift the transmitter off your chest and moisten the two grooved electrode areas on the back.

4. Check that the wet **electrode areas are firmly against your skin.**

5. The transmitter will send your heart rate to the TreadClimber® fitness machine's receiver and your Beats Per Minute (BPM) will be displayed in the HEART RATE display within a matter of several seconds.

6. Always remove the transmitter before cleaning the chest strap. Clean the chest strap regularly with mild soap and water and thoroughly dry it. Residual sweat and moisture keep the transmitter active and drain the battery in the transmitter.

   NOTE: Do not use abrasives or chemicals such as steel wool or alcohol for cleaning, as they can damage the electrodes permanently.

Replacement chest straps are available by calling your TreadClimber® Representative.

If the Heart Rate Transmitter is not sending a signal to your console, the PULSE display will show 3 dashes. Check to make certain that the textured contact areas on the chest strap are contacting with your skin. You may need to lightly wet the contact areas. If no signal appears or you need further information, please call a TreadClimber® Representative.

Information About Heart Rate Calculations

Your maximum heart rate generally declines with age from about 220 Beats Per Minute (BPM) in childhood to about 160 BPM at age 60. This fall in heart rate is fairly linear, decreasing by approximately one BPM per year. There is no strong evidence to suggest that training influences the decline in maximum heart rate. It should be remembered that individuals of the same age might have quite different maximum heart rates. It is more accurate to determine this value by undergoing a stress test than by using an age-related formula.

On the other hand, your resting heart rate is greatly influenced by endurance training. The typical adult has a resting heart rate of about 72 BPM whereas highly trained runners may have readings of 40 BPM or lower.

The Heart Rate Table below gives you an estimate of what "Heart Rate Zone" is most effective for burning fat and improving your cardiovascular system. However, it is good to remember that everyone is built differently, therefore your individual Heart Rate Zone could be several beats higher or lower than what is shown. It is best that you consult your physician, to determine the heart rates that you can safely exercise at.

The best way to burn fat during exercise is to start slowly with a less intense exercise and gradually increase your intensity until your heart rate during exercise is between 60 – 85% of your maximum heart rate, and continue at that pace, keeping your heart rate in that target zone for over 20 minutes.

The longer you maintain your target heart rate, the more fat your body will burn.

The graph below is merely a guideline, showing the generally suggested target heart rate for persons your age. As noted above, your optimal target rate may be higher or lower. Consult your physician for your individual target heart rate zone.

FAT-BURNING TARGET HEART RATE

Legend:
- Maximum Heart Rate
- Target Heart Rate Zone (keep within this range for optimum fat-burning)
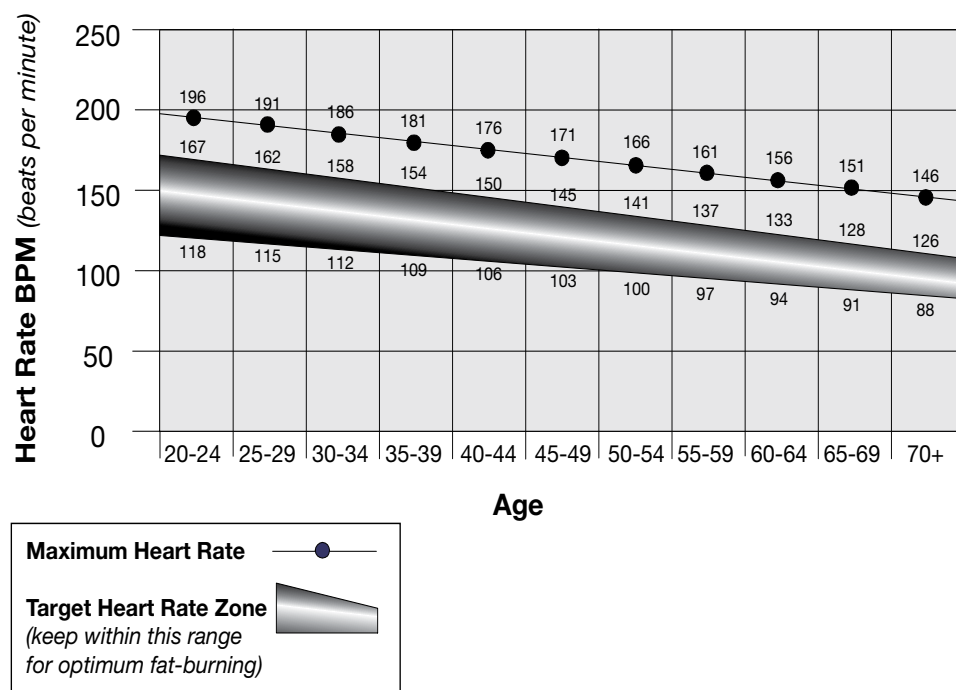
NOTE: As with all exercises and fitness regimens, always use your best judgment when increasing your exercise time or intensity.

Turning on the Power

After you have completed all the steps in the Assembly Guide section of this manual and plugged the power cord into the receptacle on the base assembly of the unit and wall outlet, the TreadClimber® fitness machine can be turned on and calibrated for use.

> **NOTE: Before turning on the power, ensure that the wall outlet the** *TreadClimber® fitness machine is plugged into is a non-GFI protected circuit.*

Locate the red power switch/circuit breaker on the front of the TreadClimber® fitness machine and move the switch to the ON position. When the switch is ON, the power switch will be illuminated.

⚠ WARNING

BEFORE USING THE TREADCLIMBER® FITNESS MACHINE, READ AND FOLLOW THE SAFETY PRECAUTIONS ON PAGES 3 AND 4. MAKE SURE THAT ANY OTHER USERS OF THE FITNESS MACHINE REVIEW THE SAME SAFETY PRECAUTIONS AND THAT THIS MANUAL IS AVAILABLE TO THEM.

Power Connection on the base assembly and power on/off switch.

Calibration Procedure

The TreadClimber® Models TC5300 and TC6000 must be calibrated before use. You will need to re-calibrate your machine in the event of a power outage or if you have replaced any electronic component on the machine.

DO NOT STEP ON THE BELTS DURING THIS ENTIRE PROCESS.

TO CALIBRATE:

1. Plug the machine into an outlet and turn on the power (see Page 24: Turning on the Power).

2. Stand on the side foot support platforms or rubber floor mat, **DO NOT STAND ON THE BELTS**.

3. Insert the Safety Key into the magnetic holder on the console display.

4. The console display will show "CAL ... PRSS ... STRT", press the START key. This will start the calibration procedure.

   If the power has been turned on before and the display does not show "CAL ... PRSS ... STRT", press the POWER key on the console to turn the console power off (display should be blank). Then press the ENTER and DOWN SPEED keys simultaneously until "CAL ... PRSS ... STRT" is displayed.

   NOTE: During the calibration procedure, the belts will start and stop and the displays will show various numbers that relate to calibration - DO NOT INTERRUPT CALIBRATION.

5. At the end of the Calibration Procedure the display will show "CAL ... PASS". Press the POWER key on the console to exit the Calibration Mode.

   NOTE: If your console display does not finish the calibration procedure by displaying "CAL ... PASS" contact a Bowflex® TreadClimber® representative listed in the Important Contact Numbers section of this manual.

When the Bowflex® TreadClimber® fitness machine has completed calibration, you may begin your workout.

⚠ **WARNING**

FAILURE TO CALIBRATE YOUR MACHINE PRIOR TO USE COULD RESULT IN MACHINE FAILURE AND COULD CAUSE INJURY.

FAILURE TO RE-CALIBRATE YOUR MACHINE AFTER REPLACING ANY ELECTRONICS PRIOR TO USE COULD RESULT IN MACHINE FAILURE AND COULD CAUSE INJURY.

DURING THE ENTIRE CALIBRATION PROCEDURE, STAND ON THE SIDE FOOT SUPPORT PLATFORMS OR RUBBER MAT ONLY, **DO NOT STAND ON THE WALKING BELTS!**

Select Your Workout Level

CONSULT YOUR PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAM. Only your physician can determine the exercise program that is appropriate for your particular age and condition. If you have not been exercising, are pregnant, have a heart condition, or any physical limitation, failure to consult your physician before engaging in physical exercise, such as using the Bowflex® TreadClimber® fitness machine, could result in serious injury or death. If while using the Bowflex® TreadClimber® fitness machine you have any pain or tightness in your chest, an irregular heart beat, shortness of breath, feel faint, light-headed or dizzy, have any pain or discomfort, STOP and consult your physician immediately.

Your TreadClimber® fitness machine uses Adjustable Hydraulic Resistance Cylinders to absorb your steps and cushion your joints—reducing your overall fatigue and eliminating muscle strain. Workout Level Settings on the hydraulic cylinders range from 1 to 12. Workout Level 1 is the easiest workout and Level 12 is the most difficult workout. The Workout Level Setting is adjusted using the dials on the tops of the Hydraulic Cylinders. The Workout Level Setting corresponds to the STEP HEIGHT ADJUSTMENT input on the console display.

Workout Level Setting

Your personal Workout Level setting will depend on four factors:
- Your weight.
- Your fitness level.
- The average speed of the belts during your workout.
- How deep you want to step.

To increase your overall calorie burn, raise your belt speed or raise your Workout Level Setting one or two levels above your suggested level. Raising your Workout Level allows you to take deeper steps, helping your abdominal, gluteus, quadriceps and lower back muscles to work harder, burning more calories, particularly at higher belt speeds.

The following suggested Workout Level Guide is based on average fitness levels and a belt speed of 2 MPH (3.2 KPH) or slower. You should always assess whether that setting is right for you based on your individual needs and fitness level and adjust your Workout Level Settings accordingly.
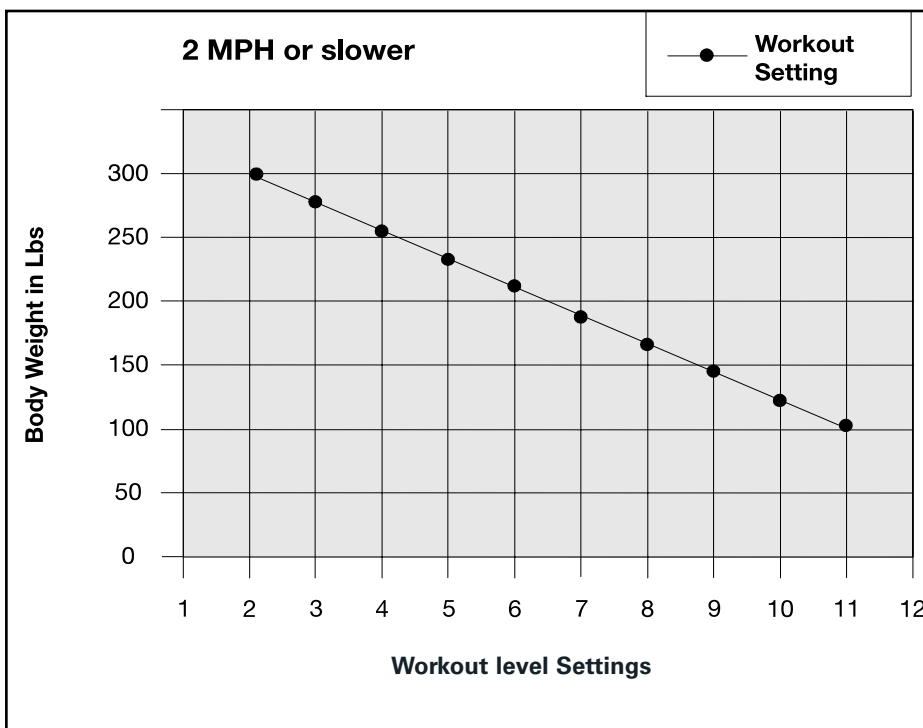
As your endurance levels increase, you may find that your Workout Level has risen, however, you need to always select a low enough setting that you don't "Bottom out".

NOTE: "Bottoming out" happens when the treadle is not adequately supporting your weight (Refer to the diagram to the left). When this is the case, the treadles may bump against the base if you use too much force on your downward step. Use a low enough Workout Level Setting to support your weight for the entirety of your step.

2 MPH or slower — Workout Setting

Body Weight in Lbs (y-axis: 0, 50, 100, 150, 200, 250, 300)
Workout level Settings (x-axis: 1–12)

Quick Start Guide (for TC6000 go to page 32)

The TC5300 has a QUICK START function that will bypass having to verify your WEIGHT and STEP HEIGHT, by going directly to the EXERCISE MODE.

To use the QUICK START mode perform the following steps:

1. Press the POWER key to turn on the display. The display will show SET STEP HEIGHT.

2. Press the START key. Now the display will go into EXERCISE MODE. The display will show SET SPEED.

3. The display is now in the EXERCISE MODE. The display will now prompt you to "SET SPEED" again using the "+" "-" keys. As you press the "+" key the Walking Belts will begin at 0.5 mph (0.8 kph.) The speed of the walking belts can be increased up to 4.5 mph (7.2 kph.) The belt speed can be changed at any time during the exercise by pressing the "+" and "-" keys. We recommend that you start out at a slow speed such as 1.5 mph until you become familiar with the exercise.

By performing the above steps, the user has bypassed setting the STEP HEIGHT from the hydraulic cylinders and setting their weight. Both of these factors are used in calculating the CALORIES and CALORIES per HOUR. The CALORIE and CALORIES per HOUR equations will instead, use the last values entered from the previous exercise or user.

If there is one user for this machine, and they do not tend to change their WORKOUT LEVEL (STEP HEIGHT) settings, the CALORIE and CAL/HOUR formulas will compute this information correctly even in the Quick Start Mode.

Adjusting Workout Level Settings

SETTING THE WORKOUT LEVEL SETTING DIALS

Step 1: Stand beside the TreadClimber® fitness machine.

Step 2: Adjust the Workout Level Setting dials to the desired Workout Level, Setting 1 thru 12 (see Figure 1).

Step 3: Stand on the two foot rail platforms and press the POWER button on the console to turn on the display.

NOTE: If the Display does not turn on, make sure that the Main Power Cord is plugged in, the Main Switch is turned on (lit) and the Safety Key is properly attached to the console.

Figure 1

The display will prompt you to "SET STEP HEIGHT" (see Figure 2). Use the "+" or "-" buttons to enter the setting you have selected in Step 2 on the Workout Level Setting dials located at the top of the hydraulic cyliners (see Figure 3).

NOTE: Actual Workout Level Settings are changed manually, using the Workout Level dials located on the top of each Hydraulic Cylinder, but you will also need to input your Workout Level into the console when prompted for STEP HEIGHT input for more accurate calorie burn calculations.

Figure 2: Console prompt before Step Height entered (TC5300 Display).

Figure 3: Console after Step Height entered (TC5300 Display).

Step 4: The display will prompt you to "ENTER WEIGHT". Use the "+", "-" and ENTER keys to enter your weight in pounds (or in kilograms, if the console has be changed to operate in Metric Mode).

Step 5: The computer is now in exercise mode. The display will prompt you to "SET SPEED" again use the "+" or "-" keys. As you press the "+" key the Walking Belts will begin at 0.5 mph (0.8 kph.)

The speed of the walking belts can be increased up to 4.5 mph (7.2 kph.) The belt speed can be changed at any time during exercise by pressing the "+" or "-" keys. We recommend that you start out at a slow speed such as 1.5 mph until you become familiar with the exercise.

When performing the TreadClimber® Workout Program, your goal is to keep the treadles even. As you take strides, the right and left treadle should rise and fall evenly. If you find that one treadle is always lower that the other, you may try adjusting the Workout Level Dial on that treadle to a lower number.

Now you are ready to turn on the display and begin exercising.

Understanding the Display

TC5300 CONSOLE DISPLAY

The console display features three Data Display Areas and a Speedometer Bar. Each of the three Data Display Areas can be set to display your exercise information by using the SCAN buttons.

- The top SCAN key controls the upper left display which can show CALORIES or CALORIES per HOUR.

- The middle SCAN key controls the upper right display which can show TIME or MILES (KILOMETERS).

- The bottom SCAN key controls the lower display which can show SPEED, TIME, FLOORS CLIMBED, DISTANCE and PULSE.

The SCAN key can be used to select the displayed information or when the SCAN icon is shown on the display the information will automatically scroll thru the different information.

When an exercise is started the display is set to show the information that was last displayed at the end of the prior exercise. In other words, if you always want to see CALORIES, TIME, and DISTANCE, you can set the console so that CALORIES, TIME and DISTANCE will be the default display settings each time you exercise.

SET UP MODE

The TC5300 console includes a "SET UP" Mode that will allow you to set the console so that it will read in either English or Metric units, and also allow you to reset the Odometer function back to 0.

To enter the COMPUTER SET UP MODE, with the POWER off, press and hold down the "+" and the ENTER key (simultaneously) for 3 seconds. The display will now show "SET UP".

SETTING ENGLISH AND METRIC MEASUREMENT UNITS:

In SET UP MODE the computer can be set to display information in English units (Pounds, Miles, and Miles per Hour) or the Metric Units (Kilograms, Kilometers, and Kilometers per Hour). Use the "+" and "-" keys to toggle between measurement units, then press ENTER key to select and set English (select MPH) or Metric (select KPH). Press the "ENTER" key to select mode.

	ENGLISH	METRIC
USER WEIGHT	Pounds	Kilograms
DISTANCE	Miles	Kilometers
SPEED	MPH (Miles Per Hour)	KPH (Kilometers Per Hour)

RESETTING THE ODOMETER:

Once the units are set, the display will show the ODOMETER reading. If you wish to reset the ODOMETER, hold the "-" key for three seconds until the ODOMETER reading changes to 0000. To exit the COMPUTER SETUP MODE press the POWER button.

Results, Pausing or Stopping Exercise

1. Step off of the belts onto the Side Foot Support Platforms on either side of the treadles.

2. Press STOP to stop the belts.

   Belts will slow down to a complete stop. Final workout information will be displayed in the display window:

> ⚠ **WARNING**
>
> **When not in use, always lock the treadles and remove the Safety Key for safe storage. This could prevent unsupervised use and/or accidents.**

   - The upper left display shows the total CALORIES and the average CALORIES per HOUR,

   - The upper right display shows the total TIME and MILES (KILOMETERS),

   - The lower display shows the average SPEED, the total TIME, the total FLOORS CLIMBED, total MILES (KILOMETERS) and the average PULSE.

   You can press the SCAN keys to select and hold each display.

   Console display windows that display multiple workout information (such as CALORIES/CAL PER HR) will toggle between their final results every 6 seconds until the workout is resumed or the console is turned off.

3. You may restart your workout by pushing the START button again.

   The TIME, CALORIES, DISTANCE and FLOORS CLIMBED will continue to count up.

   If you do not push START again to resume your workout within 5 minutes, your Bowflex® TreadClimber® fitness machine will automatically power off the console. Workout information will be cleared when power to the console is shut off.

4. You may shut off power to the console manually by pushing the POWER button. If this is done during the workout, the console will turn off and the belt will slow to a complete stop. All information from your workout will be cleared.

5. Turn off the Main Power Switch at the base of the machine.

6. Lock the treadles and remove the Safety Key for safe storage when not in use.
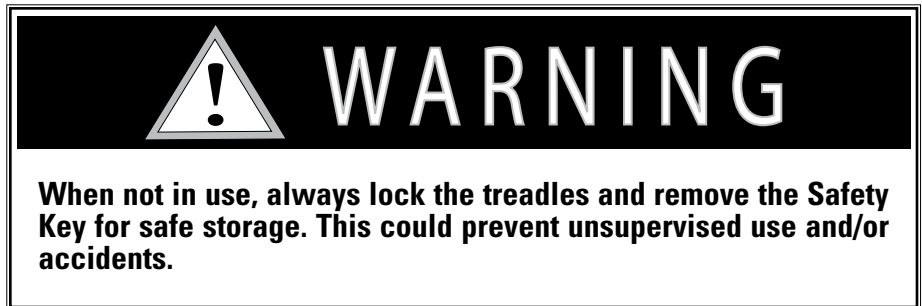
   NOTE: In case of emergency, you may shut off power by pulling out the Safety Key. Pulling the Safety Key during use will abruptly stop the belts as well as clearing all workout information from the display windows.

Quick Start Guide

The TC6000 has a QUICK START function that will bypass having to verify your WEIGHT and STEP HEIGHT, by going directly to the EXERCISE MODE.

To use the QUICK START mode perform the following steps:

1. Press the POWER key to turn on the display. The display will show WELCOME -SELECT PROGRAM USING "+" or "-" or PRESS SETUP TO REGISTER

2. Press the START key. Now the display will go into EXERCISE MODE. The display will show SET SPEED.

3. The display is now in the EXERCISE MODE. The display will now prompt you to "SET SPEED" again using the "+" "-" keys. As you press the "+" key the Walking Belts will begin at 0.5 mph (0.8 kph.) The speed of the walking belts can be increased up to 4.5 mph (7.2 kph.) The belt speed can be changed at any time during the exercise by pressing the "+" and "-" keys. We recommend that you start out at a slow speed such as 1.5 mph until you become familiar with the exercise.

By performing the above steps, the user has bypassed setting the STEP HEIGHT from the hydraulic cylinders and setting their weight. Both of these factors are used in calculating the CALORIES and CALORIES per HOUR. The CALORIE and CALORIES per HOUR equations will instead, use the last values entered from the previous exercise or user.

If there is one user for this machine, and they do not tend to change their WORKOUT LEVEL (STEP HEIGHT) settings, the CALORIE and CAL/HOUR formulas will compute this information correctly even in the Quick Start Mode.

THE TC6000 DISPLAY

1. INSERT THE MAGNETIC SAFETY STOP KEY: Key must be inserted prior to starting.

2. MESSAGE BAR: Shows messages that guide you through console features.

3. DATA DISPLAY AREA (upper left) You can set this display to show CALORIES, CALORIES per HOUR or HEART RATE data.

4. DATA DISPLAY AREA (upper right) Displays DISTANCE, TIME, and INTERVAL TIME.

5. DATA DISPLAY AREA (lower middle) Displays SPEED, TIME, FLOORS CLIMBED, CALORIES, and distance data

6. SPEEDOMETER BAR: Display the current SPEED of the walking belt (0.5 to 4.5 mph or 0.8 to 7.2 kph). When the SPEED is changing, a single "BAR" will move to the new set speed.

7. GRID AREA: This displays a graphic representation of the PROGRAM SPEED PROFILE depending on the program you are exercising in.

8. + and − ARROWS: These prompt you to press the + or − keys to enter data, or to change the SPEED.
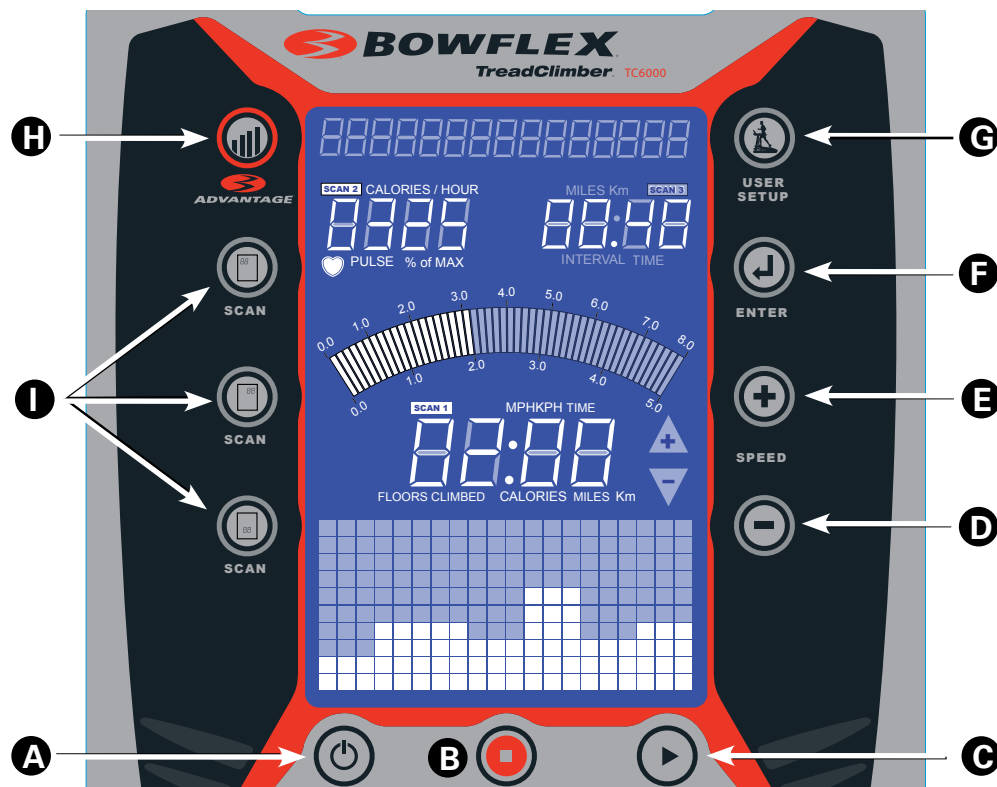
THE TC 6000 CONTROL KEYS

A. POWER Key: The POWER key controls power to the console. This key will also stop the walking belt.

B. STOP Key: When exercising, the STOP key will stop the walking belt.   If you are entering data to setup a user or a course profile, the STOP key will bring you back one full step.

C. START Key: The START key is used to begin an exercise program after you have entered the program data.

D. – [SPEED DOWN] Key: In Exercise Mode this key will slow the speed of the walking belt. In modes when you are entering data, this will reduce the value.

E. + [SPEED UP] Key: In Exercise Mode this key will increase the speed of the walking belt. In modes when you are entering data, this will increase the value.

F.   ENTER KEY: This key is used to ENTER data once it is selected using the + and – keys

G. USER SETUP KEY: This allows up to 5 users to "register". Registering allows you to use the features of the BOWFLEX ADVANTAGE™ program. This also allows you to remove users, edit user data, and set the console into ENGLISH or METRIC mode. This key is not active when you are in the exercise mode.

H. BOWFLEX ADVANTAGE™ KEY: This feature helps you track your workouts and your fitness progress. This key is not active during the exercise mode. See page 41

I. DISPLAY SCAN KEYS: User can press these keys to select workout data they wish to view.

CONSOLE NAVIGATION TIPS

The MESSAGE BAR will act as a guide as you are entering information. Most of the information is entered using the + and – keys to select values. Then press the ENTER key to confirm.

If you make a mistake, or get stuck, pressing the STOP key will bring you back a previous step. You can also press the POWER key, to turn the console off and then back on.

REGISTER YOURSELF AS A USER

Registering will also allow you to utilize the BOWFLEX ADVANTAGE™ feature. This feature automatically tracks your workout results and allows you to track your fitness progress.

1. Press the POWER key to turn on the display

2. Press the USER SETUP key. The MESSAGE BAR will display "ADD A USER"

3. Press the ENTER key to select "ADD A USER"

Now you will enter into the computer some personal data, beginning with your name.

4. The message bar will display "ENTER USER NAME" for 3 seconds and then will display a flashing "A".

5. Use the + and - keys to select the first letter of your name. Once you have selected the letter, press the ENTER key to confirm.

6. When finished entering your name, continue to press the ENTER KEY until the "_" icon has moved to the edge of the screen.

7. The Message Bar will display "HELLO (your name)".

    NOTE: You can enter a "name" up to 8 letters long (including spaces). To add a "space" pressENTER when the "_" is displayed. If your name is less than 8 letters, simply press the ENTER key after you have entered the last letter. You will see the "space" icon move to the right. Repeat pressing the ENTER key until the MESSAGE BAR says "HELLO (your name)"

SET AGE

The "Hello" message is displayed for approximately 3 seconds then the MESSAGE BAR will show "SET AGE USING THE + / - KEYS". Follow these instructions until your age is shown, then press the ENTER key to confirm.

SET WEIGHT

The message Bar will now ask you to "SET WEIGHT IN LBS (pounds) USING THE + and – keys. Again, follow these instructions to select your current weight.

SET TARGET WEIGHT

The message BAR will display: SET TARGET WEIGHT IN LBS (pounds) USING THE + AND – KEYS.

SET YOUR HEIGHT

The MESSAGE BAR will show "SET HEIGHT IN INCHES USING THE + AND – KEYS"

SET GENDER

Use the + / - and ENTER keys to select if you are MALE or FEMALE.

SELECT TARGET HEART RATE USING + AND − KEYS.

You will notice on this screen, that two numbers are displayed. The number at the bottom of the display is your target heart rate in beats per minute. The upper number is your target heart rate as a % of your predicted maximum heart rate. You can accept this number or change your number by using the + / - keys. This information is used for the HEART RATE CONTROL PROGRAM, see page 41. For more on Target Heart Rate refer to page 24.

Once you enter your Heart Rate you will be registered as a "USER"

> **NOTE: If you wish to register another user at this time, then press the USER SETUP key again and repeat the process. You can also go back and do this at a later time. Just start by pressing the USER SETUP key.**

EXERCISE IN MANUAL MODE

Now the Console will display "HELLO (your name)".   The console will ask you to SELECT A PROGRAM." Also in the display, you will see P 1 (Program 1). This indicates the MANUAL PROGRAM. Press the ENTER key to accept.

The MESSAGE BAR will ask you to "SET EXERCISE LEVEL". Use the + / - and ENTER keys for the Shock Setting you would like to select (1 to 12).

The MESSAGE BAR will now ask you to "SET WEIGHT". Again, use the + / - and ENTER keys to select you weight.

The MESSAGE BAR will now ask you to "SET TIME." For this first workout set the TIME to 6:00.

As you press the ENTER key, the program will start. The Display will show the SPEEDOMETER BAR, and the three DATA DISPLAY AREAS. The MESSAGE BAR will prompt you to SET SPEED USING + and − keys.

P 1 MANUAL WORKOUT

Press the + key to increase the Belt speed from 0 to 2.0 mph. The lower middle DATA DISPLAY AREA will display the speed. Now press the lower SCAN key to change the display to TIME. The TIME should be counting down from 6:00.

> **NOTE: The belt will not move until you press the "+" key (increase the belt speed).**

When the TIME reaches 00:00 the program is over and the belt will stop. The display then goes into "RESULTS MODE." Your workout results will be displayed in the three DATA DISPLAY areas.

REVIEW YOUR RESULTS IN THE BOWFLEX ADVANTAGE™ MODE.

The MESSAGE BAR will prompt you: "FOR MORE INFORMATION CHECK BOWFLEX ADVANTAGE™." You can do this by pressing the BOWFLEX ADVNTAGE™ key. The MESSAGE BAR now should display: "TOTAL WORKOUTS   1". You may use the + and - keys to review other information regarding your fitness progress. See page 41 for more information on the BOWFLEX ADVANTAGE™ program. To return to the "SELECT PROGRAM" screen, press the STOP, or BOWFLEX ADVANTAGE™ key.

More on the TC6000 Console Features

THE PROGRAMS

The TC6000 console features 12 different exercise programs. These programs were specifically designed to you help you bring purpose and variety to your workouts.

The program "profiles" show up in the "grid" area of the display. The number of "bricks" in each "column" on the grid indicate relative speeds.

MANUAL PROGRAM:

This is a straightforward program that allows you to set the speed, change the speed and workout for as long as you wish.

PROFILE PROGRAMS

The profile programs create a "speed profile" as shown by their graphical presentations in the GRID AREA. As you move from left to right across the "profile" the speed will change. The more "bricks" in the column, the higher the speed.

The profiles are all 50 columns long. When you are "SELECTING A PROGRAM" you will initially see a compressed version (20 columns) of the profile.

During the program "setup" you will be asked to enter:

- Time
- Weight
- Level

Use the +, - and ENTER keys to select and ENTER this data.

You will then be asked to ENTER the LOW SPEED for the workout. You will see in the GRID AREA, which columns represent the points in the profile when the LOW SPEED will occur.

You are then asked to ENTER the HIGH SPEED. You will see in the GRID AREA, which columns represent the points in the profile when the HIGH SPEED will occur.

The LOW and HIGH SPEEDS you enter will be stored per program. This means that you can have LOW and HIGH SPEEDS for the PLATEAU program, and separate LOW and HIGH SPEEDS saved for the INTERVALS program.

Note: *In the Profile Programs, if you change the SPEED (by pressing the + or – keys) you will only be affecting the SPEED for the "column" that is flashing. Once the profile shifts the SPEED will return to its pre-selected setting within the program.*

PLATEAU PROGRAM:

This program consists of a warm up period, a constant work level period, and a cool down period.

P 3 PLATEAU

CROSS TRAINING PROGRAM:

This program is a mixture of ramping intervals, high intensity intervals, endurance steady state section, and a cool down.

INTERVALS PROGRAM:

The interval program guides you through a workout where there are a series of "hard" and "easy" repeating intervals. You can see this easily from the course profile.

P 4 CROSS TRAINING
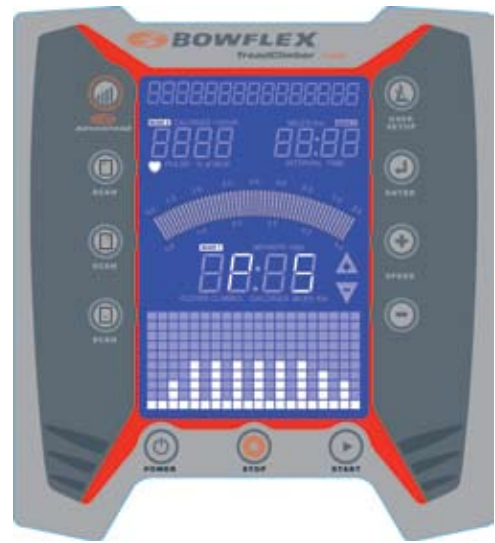
P 5 INTERVALS

DISTANCE BASED PROGRAMS (2):

For these programs, instead of selecting a time, your workout will be based on a specific distance. The two Distance Programs are:

THE BROOKLYN BRIDGE: A 1.14 mile journey from Manhattan to Brooklyn.

THE GOLDEN GATE BRIDGE: A 1.7 mile walk from San Francisco to Sausalito.

P 6 BROOKLYN BRIDGE
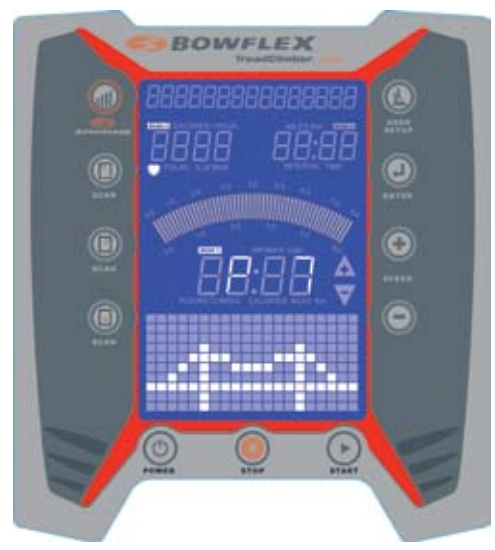
P 7 GOLDEN GATE BRIDGE

As you start these programs you will be prompted to SELECT SPEED. Use the + and – keys to do this. You may change your speed at any time.

The GRID AREA will show a sketch of the Bridge. Each column of the Bridge is equal to 0.02 miles.

CUSTOM INTERVALS

This program is similar to the Intervals program, but it allows you to also set the TIME for the LOW SPEED period, and a separate TIME for the HIGH SPEED period. (30 seconds to 2 minutes). You also can set the number of intervals you wish to perform.

Custom Intervals are saved "per user" which means that, the TC6000 console will save a custom interval profile for each user.

When you are performing the CUSTOM INTERVALS PROGRAM, you may adjust the LOW SPEED and the HIGH SPEED during the program. If you are in a HIGH SPEED column of the program, and you press the + key, this will increase all of the HIGH SPEED columns.

CUSTOM PROFILE PROGRAMS

Each User can create and store 2 Custom Profiles and you can store them as you are doing the exercise.

The CUSTOM programs are very similar to the MANUAL PROGRAM, you create a profile as you go. The only addition is with the CUSTOM profile, your profile is saved for you to repeat.

The first time you use the CUSTOM ONE program (OR CUSTOM TWO) you will be creating your custom profile. This profile will be automatically stored as CUSTOM ONE. The next time through CUSTOME ONE, you will simply follow the profile that you created. If you wish to change the profile press the + or – key to change your speed.

Begin by selecting the CUSTOM ONE program. The console will prompt you to ENTER your LEVEL, your current WEIGHT and Exercise TIME.

The program will now begin at a low speed. The MESSAGE BAR prompts you to select the "SPEED" for that column. Use the + and - keys to select the speed you wish.

After 30 seconds, the "profile" will shift to the left. The speed will still be the same as you set in the first column. If you wish to change the speed, you can, or you can leave it the same. Remember, this is just like exercising in the MANUAL PROGRAM. The time for each "column" in the grid is 30 seconds, then the profile will shift.

This will continue until the TIME has counted down to 00:00. Then the Program goes into the RESULTS MODE.

To see the profile that you have created, press the STOP key and the display will now prompt you to "SELECT CUSTOM ONE." In the GRID AREA, you will see the profile you have just created. This profile will be saved until you overwrite it.

THE BOWFLEX® FITNESS TEST

The Bowflex® Fitness Test gives you a more advanced way to measure your Fitness Results. This program measures how hard you are working (based on your heart rate).

The Bowflex® Fitness Test is a "sub max" test, which means that the test does not ask you to go to your maximum level. Secondly, the score generated by this test is only a "relative" number. It is not meant to be compared with someone else's score. The purpose of this number is to give you an initial "baseline" of your fitness level. As you train over a period of time on the TC6000, your score should improve. This means that your fitness level has improved from where you started.

Bowflex recommends that you take the Fitness Test as soon as you feel comfortable exercising on the TC6000, and we also recommend that you take the test often; once a week, or as a warm up to your exercise program.

The test lasts for 10 minutes and must be taken with the provided Heart Rate Transmitter Strap (see page 23). The program slowly increases your speed from a selected starting speed to a selected finish speed. At the end of the program, your Fitness Score is calculated based on your Heart Rate, your speed, and your Step Level (also your age, weight, and gender are included in the calculation.) This score (up to 5 scores) will be stored in your Bowflex Advantage™ data.

MORE BOWFLEX® FITNESS TEST TIPS

The Bowflex® Fitness Test is a great tool to measure your fitness progress. Your Workload is calculated by measuring your Speed, Weight, and Step Level. Your "effort level" is calculated by knowing your Heart Rate and your predicted maximum heart rate.

You should be able to repeat the actions during the test so that the next time you test the results will be accurate. To be repeatable, we mean that your "Workload" must be repeatable, and your effort measurement must be taken in a repeatable way.

P 2 FITNESS TEST

Repeatable Workload: Remember, your Workload is calculated by measuring your Speed, Step Level and Weight.

> **Speed**: It is important to keep your "Starting Speed" and "Testing Speed" consistent.

> **Weight**: Always enter your correct current weight.

> **Step Level**: Pick a level that feels comfortable to you and always use this same setting to take the test.

> **Other Factors**: Two other factors that can skew the results of measuring an accurate Work Level are your position on the treadles and the amount you involve your upper body.

> **Position**: Stand up tall and don't lean too far forward or too far back.

> **Upper Body**: Ideally you should use a light grip on the handlebars or the ergo bar. This should be enough just to assist in your balance. If you grip with a lot of force you will actually reduce your total Work Load.

Repeatable Effort Level: Above we mentioned that as your fitness improves, your "effort level" should decrease. That is still true, we mean that we need to measure your Effort Level in a repeatable manner. We are measuring your Heart Rate and comparing that against your calculated maximum heart rate (220 – your age.)

Try to avoid doing the following before taking the Fitness Test:
1. Heavy exercise 12 hours prior to taking the test.
2. Eating meals or drinking caffeine product 1 hour before the test
3. If you are sick or are on the verge of sickness.

The best way to tell if you are "ready to test" is to check your heart rate while standing. For subsequent tests always repeat this and look for your heart rate to be within 7 beats of this "standing heart rate."

If you notice that your heart rate is higher than normal, and if you have not been previously exercising, eating, or drinking caffeine products, then it may be a good idea to exercise at an easier level that day, or maybe even take a "rest day."

HEART RATE CONTROL PROGRAM

The Heart Rate Control Program controls the speed of the belt so that you're heart rate is brought steadily up to a Heart Rate Training Zone. For this program you must wear a Heart Rate Transmitter Strap.

In the program setup, you will be asked to Enter your Workout LEVEL, WEIGHT, Workout TIME, and Age. The minimum time for the Heart Rate Control Program is 20:00. You will be asked to enter the warm up speed. Set the speed using the + / - keys for your warm up. The warm up period lasts for 2:00. You will see this as the TIME data will count down from 2:00. At the End of the Warm-up period, the Message Bar will display: "HEART RATE CONTROL ON".

Now the TC 6000 console will automatically adjust the speed so that your heart rate steadily increases until it is in the Heart Rate Zone. If your Heart Rate moves above the zone, the speed will be decreased.

P 8 HEART CONTROL

With 3 minutes to go in the program, the speed will be reduced.   This begins the "Cool Down" period.

> ***NOTE:** If the console stops receiving your signal for any reason, the Heart Rate Control function will turn off and the SPEED will remain constant.*

BODY MASS INDEX (BMI)

The Body Mass Index is a standard formula that estimates if you are below, above, of at your "ideal weight range." This formula is stated as: BMI = Weight (in kg) / Height^2 (in meters^2). While it is generally accepted that the formula is not perfect, it is used as a starting point. It is used in practice by the CDC and the World Health Organization. We include this calculation to help you answer the question "how much weight should I try to lose?"

This program is a "calculator" that not only tells you your Body Mass Index, but will also tell you your ideal weight range based on your height. To run this program, simply use the + or – keys to select "BMI".   Input your height in inches (if console is set up for English units) and your weight in pounds. The console does the rest.

We include this program to help give you a starting point to determine you own weight target, however we encourage you to investigate on your own, the limitations of this formula.

Bowflex Advantage™

Having the Bowflex Advantage™ feature is like having your own personal trainer. This feature tracks your total workout volume, stores previous (last 5) Fitness Tests, and keeps an eye on your weight loss progress.

Once you are set up as a user, simply press the BOWFLEX ADVANTAGE™ key.

> ***NOTE:** To use the Bowflex Advantage™ feature, you must first be registered in the USER SETUP (Page 35).*

The Bowflex Advantage™ program will show you the following information.

1. **TOTAL WORKOUTS**: to qualify as a workout your time must be greater than 5 minutes.
2. **TOTAL HOURS**: This measure the total number of hours that you have exercised.
3. **TOTAL MILES** (or Kilometers if in Metric Mode): This represents the total number of miles you have exercised.
4. **STARTING WEIGHT**: This is your Starting Weight. The weight you entered during USER SETUP.
5. **TARGET WEIGHT**: This is your Target Weight. Running the BMI program will give you a guideline as to your "ideal weight range."

6. **CURRENT WEIGHT**: Each time you enter an exercise program, you will be prompted to enter your Current Weight.

7. **POUNDS FROM GOAL**: This tells you how many pounds (or kilograms) you need to loose to reach your Target Weight.

8. **STARTING BMI**:   This is automatically calculated when you perform the USER SETUP.

9. **CURRENT BMI**: This is your Current" BMI which is based on your Current Weight.

10. **LAST FITNESS SCORE**: This keeps track of your most recent Fitness Test Score. To store this data you must have taken successfully the Bowflex Fitness Test.

11. **PREVIOUS FITNESS SCORE (1) (2) (3) (4)**: This shows you your last 4 Fitness test scores. By comparing these scores, you will be able to track your fitness progress.

12. **TOTAL CALORIES BURNED**: This is a record of the total number of Calories you have expended.

To exit from Bowflex Advantage™ program, you can press either, the BOWFLEX ADVANTAGE™ key, the STOP key or the POWER key.

> *NOTE: Your BOWFLEX ADVANTAGE™ DATA is stored even if the Power is shut off or the cord disconnected. The only way to remove your data is to use the EDIT A USER, or REMOVE A USER options during the USER SETUP mode.*

User Setup Function:

The **USER SETUP** menu is as follows

1. Register yourself as a "USER" so that your workout information will be stored in the Bowflex Advantage™ data. The TC6000 allows you to register up to 5 users.

2. Allow Visitor to workout: Use this feature if someone is using the TC6000 who has not registered as a user. By using this mode, the workout data from the "Visitor" will not be stored in the Bowflex Advantage™ data.

3. Remove a User: This function allows you to remove a registered user.

4. Edit a User: This allows you to edit the information of any registered user

5. Select ENGLISH of METRIC mode: The TC6000 will display information in either English or Metric Mode.

To access these features simply start by pressing the Power Key to turn the console display on and then Pressing the User Setup key. The Message Bar will read "ADD A USER"

Press ENTER to accept this or use the + / - keys to scroll through the following options:

> "ADD A USER"
>
> "VISITOR WORKOUT"
>
> "REMOVE A USER"
>
> "EDIT A USER"
>
> "SELECT ENGLSH OR METRIC"

DATA DISPLAY AREAS

There are three Data Display Areas on the console display. They provide you with a range of workout feedback. This feedback will help you to set "workout goals" and obtain them. For instance, a "workout goal" may be to walk for 30 minutes, or walk for 2 miles, or to expend 400 Calories.

You can chose the "fields" that are important to you. You can set the console to display your preferred data by using the three SCAN keys.

USING THE SCAN KEYS:

There are three SCAN keys on the console. They control the information you see in the three data display areas. Each data display area can show you several different "fields" of information (Refer to pages 33 and 34).

Upper Left Display Area:
CALORIES > CALORIES / HOUR > PULSE > (Heart Rate) % OF MAX

Upper Right Display Area:
MILES > TIME > TIME INTERVAL

Lower Middle Display Area:
MPH > TIME > FLOORS CLIMBED > CALORIES > MILES

 You can use the SCAN keys to either select a certain "field" or to put the Data Display Area into "Scanning Mode." In Scanning Mode the fields automatically change (every 5 seconds) as you workout. The actuate Scanning Mode, press the SCAN key until the "SCAN (#)" ICON is shown.

DEFINING THE DATA FIELDS

- **Calories**: This is an estimate of how many Calories you are expending as you are exercising.

- **Calories per Hour**: This is the rate at which you are expending Calories. Calories per hour will increase as you increase the SPEED, or STEP LEVEL.

- **Pulse**: This is a reading of your Heart Rate in beats per minute,

- **% of Max**: This is a reading of your Heart Rate as a percentage of your calculated maximum heart rate. We use the formula;

<div align="center">Maximum Heart Rate = 220 – your age</div>

- **Miles / km (Metric Mode)**: This is the distance that you have walked.

- **Time:** This represents the time for your exercise session.

- **Time Interval:** For programs that display a course, the TIME INTERVAL is the amount of time left before the course shifts to the next column. TIME INTERVAL always counts down.his represents the time for your exercise session

- **Pausing, Stopping and Results Mode:** See Page 31 for information on Pausing your workout and the Results Mode.

Benefits of setting yourself up as a registered user.

In designing the console for the TC6000 we wanted to create a console that would better interact with you the user. When you register yourself as a user, the console automatically tracks useful information on your progress that you can retrieve later through the Bowflex Advantage™ Program.

The console also remembers other information that will help you to get into your workout fast and efficiently, instead of spending a lot of time pressing buttons.

REPEAT LAST WORKOUT:

The TC6000 comes with 11 different Courses, but many users will tend have a favorite one that they will repeat often. With this in mind, we created the "Repeat Last Workout feature.   This allows you to simply press the START key, and the console will repeat your last workout including the Course, time, User Weight etc. All setting from the previous course will be carried over.

Even if you wish to choose a different workout, the default settings for you Weight, Age, Time, etc are carried over from your previous workout. So under most circumstances, you need only to press ENTER to accept the defaults. You will not have to access the + / - keys to change these settings. This is all done to help you get into your workout faster.

This is even true for you "MINIMUM SPEED" and "MAXIMUM SPEED" settings, and these settings are kept track for each Course you work out on. This is important because your appropriate minimum and maximum speeds may be quite different depending on which program Course you choose.

Custom One and Custom Two Programs: Registering as a user allows you to create and recall these two custom programs.   Each registered user (up to five) will be able to store their own two Custom Programs.

STARTING A WORKOUT WHEN THERE IS ONLY ONE REGISTERED USER: If you are the only registered user, the Console will display:

"HELLO (your name) PRESS START TO REPEAT LAST WORKOUT   OR PRESS + / - TO SELECT NEW PROGRAM.

In the GRID area, you will see a display of the program Course from your last workout.

As the message says, pressing START will repeat your last workout. All of the settings including TIME, your WEIGHT, etc will be kept the same. You can instead choose to press the ENTER key. This will repeat your previous Course as well, but will still take you through the PROGRAM SETUP, so that you can adjust your workout TIME, WEIGHT etc.

STARTING A WORKOUT WHEN THERE IS TWO OR MORE REGISTERED USERS. This is similar to the instructions above, the only difference is that there is one extra "Screen" to begin. When you turn on the Console, the display will show

"HELLO (name of last user of the TC6000)" If this is you, Press ENTER. If this is not you, press the + / - keys on the console or on the Remote Operating Control to select your name, then press ENTER to accept.

Now that the Console "knows who it is talking to" it will proceed with the same steps as above…"HELLO (your name) PRESS START TO REPEAT LAST WORKOUT OR PRESS + / - TO SELECT NEW PROGRAM.

Determining Your Fitness Level (TC5300 AND TC6000)

Endurance is an important way to determine your fitness level. Before you begin exercising on your Bowflex® TreadClimber® fitness machine, you will want to benchmark your current endurance level, based on how well you feel after you take these quick tests on your TreadClimber® fitness machine. To do these tests, you'll need to use your TreadClimber® fitness machine in all exercise modes (TreadClimber® workout, treadmill and stair-stepper modes).

CONSULT YOUR PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAM. Only your physician can determine the exercise program that is appropriate for your particular age and condition. If you have not been exercising, are pregnant, have a heart condition, or any physical limitation, failure to consult your physician before engaging in physical exercise, such as using the Bowflex® TreadClimber® fitness machine, could result in serious injury or death. If while using the Bowflex® TreadClimber® fitness machine you have any pain or tightness in your chest, an irregular heart beat, shortness of breath, feel faint, light-headed or dizzy, have any pain or discomfort, STOP and consult your physician immediately.

These two quick tests should help you determine at what level you should start training:

TEST 1

1. Start a TreadClimber® workout (belts and treadles engaged) at 0.5 MPH (0.8 KPH), using the easiest Workout Level Setting for your weight (see the Workout Level Settings section in this manual), and gradually increase your speed for the next 30 seconds until you reach 2 MPH (3.2 KPH). If 2 MPH (3.2 KPH) is beyond your personal maximum exertion level, that's okay. Simply return to a speed that is comfortable for you.

2. Continue for another 15 seconds at that speed, then step off the treadles onto the Side Foot Support Platforms and press START/STOP to stop the belts.

3. Once the belts have stopped, breathe in and out slowly a few times, and then review your level of exertion based on the scale below:

RATE OF PERCEIVED EXERTION SCALE	
1.	SLUGGISH – HEART RATE NOT RAISED
2.	COMFORTABLE – STROLLING RATHER THAN EXERCISING
3.	ALERT AND MOVING – NOT EXERTING YOURSELF
4.	HEART RATE UP – FEEL ACTIVATED
5.	MODERATE EXERCISE – FEEL AEROBIC AND WARMED UP
6.	INVIGORATED AND HEALTHY BUT COULD TIRE OUT SOON
7.	BREATHING HEAVIER – PUSHING YOURSELF
8.	PANTING HARD – FEELING MUSCLE BURN
9.	SHARP INCREASE IN EXERTION – ALMOST AT MAXIMUM EFFORT
10.	MAXIMUM EFFORT – COULD COLLAPSE IF PACE CONTINUED

Based on the above scale:
- Beginner Level perceives exertion at 8, 9 or 10
- Intermediate Level perceives their exertion at 4, 5, 6 or 7
- Advanced Level perceives exertion at 1, 2 or 3

TEST 2

1. Change over to Treadmill mode and begin a workout at 0.5 MPH (0.8 KPH), gradually increasing your speed for the next 30 seconds, raising speed until you reach 2 MPH (3.2KPH) or until you feel that you are at your personal maximum exertion.

2. Continue for another 15 seconds at that speed, then step off the treadles onto the Side Foot Support Platforms and press START/STOP to stop the belts.

3. Once the belts have stopped, breathe in and out slowly a few times, and then review your level of exertion based on the Perceived Exertion Scale on the prior page.

ASSESSMENT

After finishing all endurance tests, add the totals of your perceived exertion for Tests 1 and 2 together and divide by two. If your score is:

> **8 - 10**: use the BEGINNER LEVEL workouts in the TreadClimber® Workout section of this manual.

> **4 - 7**: use the INTERMEDIATE LEVEL workouts in the TreadClimber® Workout section of this manual.

> **1 - 3**: use the ADVANCED LEVEL workouts on in the TreadClimber® Workout section of this manual.

If you follow our workout program, you should see a marked improvement in your endurance after just a few workouts on your Bowflex® TreadClimber® fitness machine.

Preliminary TreadClimber® Workout

FIRST 4 WEEKS

Based on your Perceived Exertion Level (see the Determining Your Fitness Level section in this manual), follow the Preliminary Workout guidelines to ease yourself into a weekly Bowflex® TreadClimber® workout regimen. This regimen may include varying treadmill and TreadClimber® workout modes (combination elliptical, stair-stepping and treadmill) workouts or any one of those workouts that suits your own unique and ever-changing exercise-regimen needs.

Remember to always use your own, best personal judgment and the advice of your physician or health care professional to determine how intense and how long your daily workout should be.

WARMING UP

Before you begin any workout, you should prepare your body for increased activity by slowly raising your heart rate.

Stair-stepping is one way to warm up your body slowly without fatiguing. Follow the directions in the Stair- Stepper Workout section in this manual to begin a stair-stepper warm-up. When you are ready to begin your TreadClimber® workout, all you will need to do is:

a) Step off the treadles onto the Side Foot Support Platforms

b) Engage the belts by pressing the "+ SPEED" button

BEGINNING YOUR WORKOUT

Interval Training and Steady State are two types of workouts that you may perform on the TreadClimber® fitness machine while in TreadClimber® workout mode (stepping and using the belts at the same time). You may also wish to combine Interval Training with Steady State Training to get a varied workout.

Interval Training involves adjusting your speed for specific lengths of time to raise and lower your heart rate and calorie burn. Interval training varies the intensity of your workout during one exercise session. Alternating high-intensity training with low-intensity rest periods will boost your metabolism and help you continue to burn calories even after your workout is over.

Interval training also helps prevent the injuries often associated with repetitive endurance exercise, and allows you to increase your training intensity without over-training or burning out.

Try varying your belt speed or rate of stepping from fast speeds to slower recovery speeds to begin building your own Interval Training regimen.

Steady State workout involves performing one exercise at the same speed and intensity for a long period of time. While there are risks to repetitive workouts, the TreadClimber® fitness machine is designed to cushion your joints and muscles from those stress injuries. Further, repetitive workouts can help you build your endurance, stamina and strength while continuing to hone and improve the tone and lean muscle mass in your long muscles.

Beginner Level	Intermediate Level	Advanced Level
Week 1	**Week 1**	**Week 1**
• 3 x per week – treadmill workout with treadles locked at 2 MPH pace for 30 minutes Once this has become easier, retest your Fitness Level to determine if you are ready to progress to Week 2 – your perceived exertion should have improved at least one point.	• 3 x per week, perform a TreadClimber® workout at steady, constant pace for 30 minutes	• 2 days interval training – 30 minutes • 1 day steady pace – 30 minutes Increase workout level setting during training weeks, if needed, to maximize TreadClimber® fitness machine benefits.
Week 2	**Week 2**	**Week 2**
• 3 x per week, perform a TreadClimber® workout at steady, constant pace – 30 minutes Once this has become easier, retest your Fitness Level to determine if you are ready to progress to Week 3 – your perceived exertion should have improved at least one point.	• 2 days steady pace – 30 minutes • 1 day interval training – 30 minutes Increase your workout levels during training weeks, if needed, to maximize TreadClimber® fitness machine benefits.	Use Weeks 1 as a guide to help you begin building your own long-term fitness routine, adjusting your interval speeds, resistance, step depth, etc. in order to maximize TreadClimber® fitness machine benefits.
Week 3	**Week 3**	
• 2 days steady pace – 30 minutes • 1 day interval training – 30 minutes Increase workout level setting.	Use Weeks 1 and 2 as a guide to help you begin building your own long-term fitness routine, adjusting your interval speeds, resistance, step depth, etc. in order to maximize TreadClimber® fitness machine benefits.	
Week 4		
• 2 days interval training – 30 minutes • 1 day steady pace – 30 minutes Increase workout levels 1-2 levels during training weeks, if needed, to maximize fitness benefits.		
Week 5		
Use Weeks 1, 2, 3 and 4 as a guide to help you begin building your own long-term fitness routine, adjusting your interval speeds, resistance, step depth, etc. in order to maximize TreadClimber® fitness machine benefits.		

⚠ WARNING

TO AVOID POSSIBLE UNINTENDED LOCKING OF THE TREADLES DURING TREADCLIMBER® WORKOUT MODE WITH RESULTING INJURY, MAKE SURE THAT THE LOCKING MECHANISM IS ENGAGED WITH THE J-SHAPED BRACKET BEFORE USE.

The Difference in the Treadles

Each Bowflex® TreadClimber® treadle is a separate treadmill with its own belt and up and down motion, however, both treadles are driven by the same axle and motor. This assures that each belt travels at the same speed. Further, the treadles are interconnected, which provides a balanced relationship between the left and right sides during the workout to give the most cushioned effect to your joints.

You can also lock the treadles on your Bowflex® TreadClimber® fitness machine, stopping the up and down movement of the treadles, but continuing the belt movement, making your Bowflex® TreadClimber® fitness machine function just like any other treadmill. Below you will learn how to turn your TreadClimber® into a Treadmill!

Locking the Treadles for Treadmill Workout

You may lock the right and left treadles together to get a treadmill workout at a 10% incline. This incline will increase your overall calorie burn at a slower speed when compared to a standard treadmill at zero incline.

The TreadClimber® fitness machine is equipped with a treadle-locking lever that can be manipulated with your foot.

⚠ **WARNING**

TO AVOID POSSIBLE UNINTENDED ACTUATIONS OF THE TREADLES WITH RESULTING INJURY, TURN OFF AND DISCONNECT ALL POWER TO MACHINE BEFORE LOCKING OR UNLOCKING TREADLES.

1. Turn off all power to the TreadClimber® fitness machine and unplug the power cord from the wall outlet.

2. Stand on the ground in front of the TreadClimber® fitness machine and push down on the locking mechanism with your foot and move the lever slightly to the right. When you release the lever it should rotate up from the locked position (see Figure 1).

Figure 1: Locking mechanism in locked position.

3. Bring the two treadles together until they lock into place. Be careful not to pinch hands and fingers between the two treadles as you bring them together.

4. Insert power cord into the wall outlet and turn on the Main Power Switch. Follow the "Starting a Treadmill Workout" instructions to work out in treadmill mode.

5. To release the treadles, turn off the Main Power switch, unplug the unit from the wall, and push the lever downward and to the left with your foot until it engages (see Figure 2). If the level rotates back up after you release your foot the treadles are still locked.

Figure 2: Locking mechanism in unlocked position.

NOTE: When the locking mechanism lever is in TreadClimber® mode position, test that the lever is correctly locked by the hook by pulling the lever to the right.

Starting a Treadmill Workout

1. Make sure you have locked the treadles, following the guidelines in the "Locking the Treadles" section in this manual.

2. Set the Workout Level Dials on the Hydraulic Cylinders to setting 1.

3. Push POWER to turn on the console display. The console will NOT power up if the Safety Key is not properly inserted into the Safety Keyhole.

> ⚠ **WARNING**
>
> TO AVOID INJURY, DO NOT STAND ON THE TREADLES WHILE STARTING OR STOPPING THE WALKING BELTS.

4. The display will prompt you to "SET STEP HEIGHT". Use the "-" button to set this to "0". Press "ENTER."

5. The display will now prompt you to "ENTER WEIGHT" Use the "+" and "-" and "ENTER" buttons to set your weight.

6. The display will now prompt you to "SET SPEED." As you press the "+" button, the Walking Belts will start moving at 0.5 MPH (0.8 KPH). The Walking Belt Speed can be increased to 4.5 MPH (7.2 KPH). We recommend that you start at a slow speed until you become familiar with the exercise.

   NOTE: If you are new to the Bowflex® TreadClimber® fitness machine, make sure to start your workout at a slower speed, gradually increasing belt speed as your endurance and fitness levels increase.

7. Press "+" or "-" buttons to increase or decrease belt speed as needed.

STAIR-STEPPER WORKOUT MODE

The Difference in the Treadles

When you use the Bowflex® TreadClimber® fitness machine in a TreadClimber® Workout mode, the treadles move-in an up and down motion, while the belts operate as a treadmill moving around the treadle deck. You can turn off the function which makes the belts move around the treadle deck. By stopping the belts from moving around the treadle deck you have transformed your Bowflex® TreadClimber® fitness machine into a stepping machine. The treadles will continue to move up and down, however, the belts will no longer move around the treadle deck stopping the walking motion. Instead of walking on the belts, you will step on them, just like a StairMaster® stepping machine. To change your TreadClimber® fitness machine into a stepper workout machine follow the instructions below.

Starting a Stair-Stepper Workout

1. Push POWER to turn on the Console (the console will NOT power up if the Safety Key is not properly inserted into the Safety Keyhole).

2. The display will prompt you to "SET STEP HEIGHT" Use the "+" "-" and "ENTER" buttons to enter the setting you have selected on the cylinder Workout Level Setting Dials.

3. The display will now prompt you to "ENTER WEIGHT" User the "+" "-" and "ENTER keys to enter your Weight in pounds (or in Kilograms, if the console is set in the Metric Mode. See the Setup Mode section in this manual for instructions on changing between standard and metric modes.)

4. The computer is now in Exercise Mode. It will prompt you to "SET SPEED" however, since you are performing a Stepper Workout, you will keep the SPEED at 0.

5. To Stop, Press the STOP button. The display will go into the RESULTS MODE.

Fast Fat Loss Now!

The Bowflex® TreadClimber® Body Leanness Program

By Dr. Ellington Darden

BOWFLEX
TreadClimber

Body Leanness Program

The following dietary program was created for use with the Bowflex® TreadClimber® exercise machine by Dr. Ellington Darden. Please consult your physician or health care professional before beginning any fitness or dietary program.

INTRODUCTION

The TreadClimber® Body Leanness Program is scientifically designed for maximum fat loss over six weeks. It is important that you practice every aspect of the plan to achieve optimum results.

The program separates into three two-week stages. During each stage you will exercise, control the number and quality of calories you consume and drink plenty of ice-cold water.

Before starting the exercise routine, you must be familiar with your TreadClimber® machine. You should experiment with finding the proper amount of resistance and speed to use during your workouts to remain in your target fat-burning heart-rate zone.

⚠ WARNING

BEFORE BEGINNING THIS PROGRAM, CONSULT YOUR PHYSICIAN OR HEALTH CARE PROFESSIONAL AND SHOW THEM THIS PLAN.

ONLY YOUR PHYSICIAN OR HEALTH CARE PROFESSIONAL CAN DETERMINE IF THIS COURSE IS APPROPRIATE FOR YOUR PARTICULAR AGE AND CONDITION.

IF YOU CHOOSE TO USE THIS PROGRAM, YOU ASSUME ALL RISKS, KNOWN AND UNKNOWN, INHERENT TO EXERCISE AND WORKOUT PROGRAMS, DIET PROGRAMS, AND PHYSICAL CHANGES OR INJURIES THAT MAY RESULT FROM THE USE OF SUCH PROGRAMS.

NAUTILUS, INC., ITS SUBSIDIARIES AND AFFILIATED COMPANIES, WILL NOT ACCEPT ANY RESPONSIBILITY OR LIABILITY RESULTING FROM YOUR USE OF THE BODY LEANNESS PROGRAM. IN ADDITION, IF YOU HAVE NOT ALREADY DONE SO, WE SUGGEST HAVING A PHYSICIAN OR HEALTH CARE PROFESSIONAL REVIEW THE WARNING FOR ADDITIONAL CONTRAINDICATIONS.

IF YOU EXPERIENCE ANY LIGHT-HEADEDNESS, DIZZINESS, OR SHORTNESS OF BREATH WHILE EXERCISING, STOP THE MOVEMENT AND CONSULT A PHYSICIAN OR HEALTH CARE PROFESSIONAL.

MAKE SURE YOU READ YOUR TREADCLIMBER® OWNER'S MANUAL BEFORE ATTEMPTING A WORKOUT.

THERE ARE A FEW PEOPLE WHO SHOULD NOT TRY THIS PROGRAM: CHILDREN AND TEENAGERS; PREGNANT WOMEN; WOMEN WHO ARE BREAST FEEDING; DIABETICS; INDIVIDUALS WITH CERTAIN TYPES OF HEART, LIVER, OR KIDNEY DISEASE; AND THOSE SUFFERING FROM CERTAIN TYPES OF ARTHRITIS. THIS LIST IS NOT ALL-INCLUSIVE. SOME PEOPLE SHOULD FOLLOW THE COURSE ONLY WITH THEIR PHYSICIAN OR HEALTH CARE PROFESSIONAL'S SPECIFIC GUIDANCE.

PLAY IT SAFE AND ALWAYS CONSULT A PHYSICIAN OR HEALTH CARE PROFESSIONAL.

Eating Guidelines

You will be following a reduced-calorie nutrition program which is divided into three two-week segments. The program is a proven method for achieving maximum fat loss over a six-week period. It consists of a carbohydrate-rich, descending-calorie eating plan and a superhydration routine.

FOLLOW A CARBOHYDRATE-RICH, DESCENDING-CALORIE EATING PLAN:

Approximately 60 percent of your daily calories should be from carbohydrates. The other 40 percent will be equally divided between proteins and fats. The 60:20:20 ratio of carbohydrates, proteins, and fats is ideal for maximum fat loss.

KEEP MENUS SIMPLE AND FOOD SUBSTITUTIONS TO A MINIMUM:

Research has established that successful dieters prefer the same foods each day for breakfast and lunch. They like variety, however, for dinner. Detailed menus and food choices are included later in this manual.

If you must vary from the menu items, try to stay within the 60:20:20 ratio of carbohydrates, proteins and fats.

For Example			
Daily Amount Calories	Carbohydrate 60%	Protein 20%	Fat 20%
2000	1200	400	400
1900	1140	380	380
1800	1080	360	360
1700	1020	340	340
1600	960	320	320
1500	900	300	300
1400	840	280	280
1300	780	260	260
1200	720	240	240
1100	660	220	220
1000	600	200	200

Superhydrate Your System

Drinking plenty of water is essential to the success of this program. Drinking the recommended amount of water can seem like a challenge at first. Stick with it. Carry a large sports bottle or similar item with you throughout the day. After several weeks, you will find that you actually thirst for more and more water, and the amounts recommended are easily reached.

Superhydration aids fat loss in a number of ways. First, the kidneys are unable to function without adequate water. When they do not work to capacity some of their load is dumped onto the liver.

This diverts the liver from its primary function, which is to metabolize stored fat into usable energy. Because it's performing the chores of the water-depleted kidneys, the liver metabolizes less fat.

Second, overeating can be averted through water intake, as water can keep the stomach feeling full and satisfied between meals.

Third, ice-cold water requires calories to warm it to core body temperature. In fact, 1 gallon of ice cold water generates 123 calories of heat energy.

You'll be drinking from 1 to 1 5/8 gallons of water each day on the following superhydration schedule:

Week 1 = drink 4.0 32-oz. bottles of ice-cold water per day.

Week 2 = drink 4.5 32-oz. bottles of ice-cold water per day.

Week 3 = drink 5.0 32-oz. bottles of ice-cold water per day.

Week 4 = drink 5.5 32-oz. bottles of ice-cold water per day.

Week 5 = drink 6.0 32-oz. bottles of ice-cold water per day.

Week 6 = drink 6.5 32-oz. bottles of ice-cold water per day.

Don't be surprised if you have to make more than a dozen trips to the rest room, especially during the first week of the program. Remember, your body is an adaptive system and it will soon accommodate the increased water consumption.

NOTE: Although it is doubtful that you could ever drink too much water, a few ailments can be negatively affected by large amounts of fluid. For example, anyone with a kidney disorder or anyone who takes diuretics, should consult a physician or health care professional before going on the recommended water-drinking schedule. If you have any doubts about the recommendations, play it safe and check with your physician or health care professional.

The Eating Plan

The menus in the Body Leanness Program eating plan are designed for maximum fat-loss effectiveness and nutritional value. For best results, follow them exactly.

Every attempt has been made to utilize current popular brand names and accurate calorie counts, which are listed in the menus. But, as you probably realize, products are sometimes changed or discontinued. If a listed item is not available in your area, you'll need to substitute a similar product. Become an informed label-reader at your supermarket. Ask questions about any products you don't understand. Supermarket managers are usually helpful. If they don't have an answer to your question, they will get it for you.

Each day you will choose a limited selection of foods for breakfast and lunch. Most people can consume the same basic breakfast and lunch for months with little modification. Variety during your evening meal, however, will make daily eating interesting and enjoyable. Additionally, the eating plan includes a mid-afternoon and late-night snack to keep your energy high and your hunger low.

Begin Week 1 on Monday and continue through Sunday. Week 2 is a repeat of Week 1.

The following is the eating plan for the next six weeks (calories for each food are in parentheses), with a Shopping List on Page 51.

WEEK 1 & 2:

> Men – 1500 calories per day.

> Women – 1200 calories per day.

WEEK 3 & 4:

> Men – 1400 calories per day.

> Women – 1100 calories per day.

WEEK 5 & 6:

> Men – 1300 calories per day.

> Women – 1000 calories per day.

You'll always have a 300-calorie breakfast, a 300-calorie lunch, and a 300-calorie dinner (women), or 500-calorie dinner (men). With each two-week descend, only your snack calories will change: from 400 to 300 to 200 calories per day (men), or 300 to 200 to 100 calories per day (women). For each of your five daily meals, you'll have at least three choices.

Everything has been simplified so even the most kitchen-challenged man or woman can succeed. Very little cooking is required. All you need to do is read the menus, select your food choices, and follow the directions. It's as simple as that.

If you find that you wish to vary from the outlined menu items, try to stay within the 60:20:20 ratio of carbohydrates, proteins, and fats.

BREAKFAST = 300 CALORIES.

Choice of bagel, cereal or shake:

Bagel:

1 plain bagel, Sarah Lee® (frozen) (210)
3/4 ounce light cream cheese (45)
1/2 cup orange juice, fresh or frozen (55)
Non-caloric beverage: any beverage without calories,
caffeine or sodium, such as decaffeinated coffee
or tea.

Cereal:

1.5 ounces (42 grams) serving equals
approximately 165 calories.
Choice of one: Kellogg's® Low Fat Granola,
General Mills® Honey Nut Clusters or
General Mills® Basic 4
1/2 cup skim milk (45)
3/4 cup orange juice (82)
Non-caloric beverage

Shake (choice of one):

Banana – Orange
1 large banana (8 3/4 inches long) (100)
1/2 cup orange juice (55)
1/2 cup skim milk (45)
2 tablespoons wheat germ (66)
1 teaspoon safflower oil (42)
2 ice cubes (optional)
Place ingredients in blender. Blend until smooth.

Chocolate or Vanilla
1 packet Carnation® Instant Breakfast, Champion
UltraMet®, or another diet shake powder that contains the
appropriate calories (100)

1 cup skim milk (90)
1/2 large banana (8 3/4 inches long) (50)
1 teaspoon safflower oil (42)
1 teaspoon Carnation® Malted Milk powder (20)
2 ice cubes (optional)
Place ingredients in blender. Blend until smooth.

LUNCH = 300 CALORIES.

Choice of one of three meals:

Sandwich:

2 slices whole wheat bread (140)
2 teaspoons Promise® Ultra Vegetable Oil Spread (24)
2 ounces white meat (about 8 thin slices),
chicken or turkey (80)
1 ounce fat-free cheese (1 1/2 slices) (50)
[Optional: Add to bread 1 teaspoon Dijon mustard (0)]
Non-caloric beverage

Soup (choice of one):

Healthy Choice® Hearty Chicken, 15-ounce can (260), or Campbell's®
Healthy Request Hearty Vegetable
Beef, 16-ounce can (260)
1/2 slice whole wheat bread (35)
Non-caloric beverage

Chef Salad:

2 cups lettuce, chopped (20)
2 ounces white meat, chicken or turkey (80)
2 ounces fat-free cheese (100)
4 slices tomato, chopped (28)
1 tablespoon Italian, fat-free dressing (6)
1 slice whole wheat bread (70)
Non-caloric beverage

MID-AFTERNOON SNACK:

Men = 200 calories for Weeks 1 & 2; 150 calories for Weeks 3 & 4;
100 calories for Weeks 5 & 6.

Women = 150 calories for Weeks 1 & 2; 100 calories for Weeks 3 & 4;
50 calories for Weeks 5 & 6.

1 large banana (8 3/4 inches long) (100)
1 apple (3-inch diameter) (100)
1/2 cantaloupe (5-inch diameter) (94)
5 dried prunes (100)
1 ounce (2 small 1/2 ounce boxes) raisins (82)
1 cup light, nonfat, flavored yogurt (100)

DINNER = 500 OR 300 CALORIES.

Men = 500 calories, Women = 300 calories

Choice of one of three meals:

Tuna Salad Dinner

In a large bowl, mix the following:
1 6-ounce can chunk light tuna in water (180)
1 tablespoon Hellmann's® Light, Reduced-Calorie
Mayonnaise (50)
2 tablespoons sweet pickle relish (40)
1/4 cup whole kernel corn, canned,
 no salt added (30)
Non-caloric beverage

Men add:
1/2 cup sliced white potatoes, canned (45)
2 slices whole wheat bread (140)

Steak Dinner

3 ounces lean sirloin, broiled (176)
1/2 cup sweet peas, canned, no salt added (60)
1/2 cup beets, canned (35)
1/2 cup skim milk (45)
Non-caloric beverage

Men add:
2 slices whole wheat bread (140)
1 teaspoon Promise® Ultra Vegetable Oil Spread (12)
1/2 cup skim milk (45)

Frozen Microwave Dinner
Choose one of five recommended meals:

Glazed Chicken Dinner, Lean Cuisine® (230)

1/2 cup skim milk (45)
Non-caloric beverage

Men add:
2 slices whole wheat bread (140)
2 teaspoons Promise® Ultra Vegetable Oil Spread (24)
1/2 cup skim milk (45)

Lasagna with Meat Sauce, Lean Cuisine® (240)

1/2 cup skim milk (45)
Non-caloric beverage

Men add:
2 slices whole—wheat bread (140)
2 teaspoons Promise® Ultra Vegetable Oil Spread (24)
1/2 cup skim milk (45)

Macaroni and Cheese, Weight Watchers® (260)

1/2 cup skim milk (45)
Non-caloric beverage
Men add:
2 slices whole—wheat bread (140)
2 teaspoons Promise® Ultra Vegetable Oil Spread (24)
1/2 cup skim milk (45)

Broccoli & Cheddar Cheese Sauce over Baked Potato, Lean Cuisine®
Lunch Express (250)

1/2 cup skim milk (45)
Non-caloric beverage
Men add:
2 slices whole-wheat bread (140)
2 teaspoons Promise® Ultra Vegetable Oil Spread (24)
1/2 cup skim milk (45)

Country Inn Roast Turkey Classic,
Healthy Choice® (250)

1/2 cup skim milk (45)
Non-caloric beverage
Men add:
2 slices whole-wheat bread (140)
2 teaspoons Promise® Ultra Vegetable Oil Spread (24)
1/2 cup skim milk (45)

LATE-NIGHT SNACK:

Men = 200 calories for Weeks 1 & 2; 150 calories for Weeks 3 & 4;
100 calories for Weeks 5 & 6.

Women = 150 calories for Weeks 1 & 2; 100 calories for Weeks 3 & 4;
50 calories for Weeks 5 & 6.

Mid-Afternoon Snacks on Page 39, plus the following:
1/2 cup low-fat frozen yogurt (100)
2 cups light, microwave popcorn (100)

Quantities for listed items will depend on your specific selections. Review your choices and adjust the shopping list accordingly. It may be helpful for you to photocopy this list each week before doing your shopping.

STAPLES

Orange juice, skim milk, whole-wheat bread, Promise® Ultra Vegetable Oil Spread, Italian fat-free dressing, Dijon mustard, safflower oil, non-caloric beverages (tea, decaffeinated coffee, diet soft drinks, water).

GRAINS

Bagels, Sarah Lee® (frozen)

Cereals — 1.5 ounce serving equals approximately 165 calories; Kellogg's® Low-Fat Granola (without raisins), General Mills® Honey Nut Clusters, General Mills® Basic 4.

Wheat germ, malted milk powder, popcorn (microwave light).

FRUITS

Bananas, large (8 3/4 inches long), apples (3-inch diameter), cantaloupes (5-inch diameter), dried prunes, raisins.

VEGETABLES

Lettuce, tomatoes, whole kernel corn (canned no salt added), sweet peas, (canned no salt added), sliced white potatoes (canned), cut beets (canned).

DAIRY

Yogurt (light nonfat), cream cheese (light), cheese (fat-free), low-fat frozen yogurt, Carnation® Instant Breakfast packets, Champion UltraMet® Packets.

MEAT, POULTRY, FISH AND ENTREES

Chicken (thin sliced), turkey (thin sliced), tuna (canned in water), sirloin steak (lean).

CANNED SOUP

Healthy Choice® Hearty Chicken, Campbell's® Healthy Request Hearty Vegetable Beef.

FROZEN MICROWAVE DINNERS OR ENTREES

Lean Cuisine® Glazed Chicken Dinner, Lean Cuisine® Lasagna with Meat Sauce, Lean Cuisine® Lunch Express Broccoli & Cheddar Cheese over Potato, Weight Watchers® Macaroni and Cheese, Healthy Choice® Grilled Turkey Breast.

Q. I often get headaches when I eat only 1000 calories a day. What should I do?

A. Your headaches may be caused by going longer than three hours between meals or snacks. Try spacing your meals and snacks where there are fewer hours between them.

Some people who are used to drinking regular coffee with caffeine notice headaches when they stop consuming coffee for several days. If this is the case with you, you might want to ease off the coffee more gradually.

Q. I don't like red meat. I notice that the Lean Cuisine® Lasagna with Meat Sauce contains beef. What can I substitute for it?

A. Lean Cuisine® has many other frozen dinners that you may substitute for Lasagna with Meat Sauce. Try to find one that contains the same calories, with approximately 15 to 20 percent of the calories coming from fat. Some of the Lean Cuisine® dinners actually have too little fat for my nutritional requirements.

Q. May I have dinner for lunch and lunch for dinner?

A. Yes.

Q. I tend to get a headache when I drink cold water. Can I drink water without it being chilled?

A. Yes, but you won't get the 123 calories or more thermogenic effect from warming the cold water to core body temperature. Try a more gradual drinking of the cold water. You may have been consuming it too quickly.

Q. Is it possible to drink too much water?

A. Certainly. To do so, however, you'd probably have to drink four or five times as much per day as I'm recommending. There are a few ailments that can be negatively affected by large amounts of fluid. If you feel you have a problem, check with your doctor before starting the program.

Q. Is bottled water better than tap water?

A. Research shows that bottled water is not always higher quality water than tap water. The decision to drink bottled water or not is usually one of taste. If you dislike the taste of your tap water, then drink your favorite bottled water. But first you might want to try a twist of lemon or lime added to the water from your tap. Some people say it makes a significant difference in the taste.

Q. I'm a middle-aged woman who gets black and blue marks on my legs when I diet. Am I doing anything wrong?

A. I doubt you are doing anything wrong. Such black and blue marks are usually the result of an increased level of estrogen circulating in your body, which weakens the walls of the capillaries and causes them to break under the slightest pressure. When this happens, blood escapes and a bruise occurs. Estrogen is broken down in the liver, and so is fat. When you are dieting, your liver breaks down the fat, leaving a lot more estrogen in the bloodstream.

It may be helpful to supplement your diet with a little extra vitamin C each day to help toughen the walls of the capillaries.

Q. I'm a 40-year-old woman with a teenage son and daughter. My husband and I both want to lose 10 pounds and the children would also like to lose some weight. Can I put the whole family on the program?

A. It would be great if you could, but you cannot. The number of calories per day is the problem. Teenagers require significantly more calories each day than 1500, which is the highest level. Check with a registered dietician (RD) for appropriate recommendations.

Q. What happens after six weeks? How do I continue the program if I need to lose more weight?

A. You should repeat the program for as long as it takes you to reach your goal. There are, however, a few guidelines and modifications to apply.

Repeat the eating plan exactly as before: Men, go back to 1500 calories a day for two weeks. Women, go back to 1200 calories a day for two weeks. Then, descend your calories in the same manner.

Keep your superhydration schedule at the highest level. In other words, sip 1 5/8 gallons of ice-cold water each day.

Q. I'm pleased that I lost the fat I wanted to lose. What do I do to maintain my new body weight?

A. Once you've lost your excessive fat, your next task is to maintain that status. The following section shows the adjustments you need to make to your current practices.

MAINTAINING YOUR LEAN BODY

Adhere to a carbohydrate-rich, moderate-calorie eating plan.

Instead of eating from 1000 to 1500 calories a day, you'll be consuming from 1600 to 2400 calories per day. Maybe you can eat even more after your new body weight has stabilized. Trial-and-error experimentation is a must. Women should start with 1600 calories, and men with 2000 calories per day. Note what happens after a week. If your body weight keeps going down, raise the calories by 100 or 200; depending on how much weight you lost during the last week.

Soon, you should reach a level where your body weight stabilizes. That level is your daily calorie requirement. Naturally, you'll be able to consume other foods than those listed in the Body Leanness Program eating plan. By then, however, you should know the value of being a smart shopper and a wise eater. Read labels. Compare nutritional information. Be conscious of the ideal 60:20:20 ratio for carbohydrates, proteins, and fats.

Eat smaller meals more frequently.

You've been limiting your five meals per day to 300 calories if you're a woman, or 500 calories if you're a man. You may now up the calories by 100. What happens if during a single meal you eat more than 400 calories if you're a woman, or 600 calories if you're a man? Don't panic. Simply understand that you will sometimes backslide. Learn to anticipate these urges and take corrective action.

Drink at least 1 gallon of cold water each day.

You should realize by now the benefits of consuming plenty of water each day. Make your water bottle a permanent part of your lifestyle.

CONTACTING CUSTOMER SERVICE

The following information contained in the Repairs/Maintenance section is provided as a tool to make owning your TreadClimber® fitness machine an exceptional experience.

CUSTOMER SERVICE

TreadClimber® Representatives are able to assist you with service questions and ordering replacement parts. The information to contact a TreadClimber® representative is listed in the Important Contact Numbers section in this manual.

ORDERING REPLACEMENT PARTS

Call a Bowflex® TreadClimber® Representative to order replacement parts and get assistance with your specific replacement or service requirements.

Have your Assembly & Owner's Manual ready to refer to sections as requested by the TreadClimber® Representative.

> # ⚠ WARNING
>
> INSPECT THE TREADCLIMBER® FITNESS MACHINE FOR INCORRECT, WORN, OR LOOSE COMPONENTS AND THEN CORRECT, REPLACE, OR TIGHTEN PRIOR TO USE. THE FITNESS MACHINE CAN ONLY BE SAFELY USED WHEN IT IS REGULARLY INSPECTED FOR DAMAGE OR WEAR. INOPERABLE COMPONENTS SHOULD BE REPLACED IMMEDIATELY OR THE EQUIPMENT TAKEN OUT OF USE UNTIL IT IS REPAIRED.
>
> IT IS THE SOLE RESPONSIBILITY OF THE OWNER TO ENSURE THAT REGULAR MAINTENANCE IS PERFORMED. WORN OR DAMAGED COMPONENTS STILL UNDER WARRANTY MUST BE REPLACED IMMEDIATELY AND THE TREADCLIMBER® FITNESS MACHINE SHALL REMAIN UNUSED UNTIL THE REQUIRED REPAIR IS MADE. ONLY MANUFACTURER-SUPPLIED OR APPROVED COMPONENTS SHALL BE USED TO MAINTAIN AND REPAIR THE TREADCLIMBER® FITNESS MACHINE.
>
> ALWAYS TURN OFF THE FITNESS MACHINE AND UNPLUG THE POWER CORD FROM THE WALL OUTLET BEFORE REMOVING OR INSTALLING PARTS TO AVOID THE RISK OF ELECTROCUTION, SHOCK OR MECHANICAL INJURY.

	CONDITION/PROBLEM	THINGS TO CHECK	SOLUTION
1-	Unit will not power up/ turn on/start	Outlet	Make sure outlet is functioning correctly. Verify this by plugging another object (ex: lamp) into the outlet. If outlet is connected to a light switch, check to make sure it is on. If outlet is not functioning find a working outlet.
		Power cord not plugged in.	Make sure the power cord is firmly secured to A/C inlet on the front of the unit and firmly inserted into a non-GFI wall socket.
		Power switch turned off.	Make sure the power switch at the rear of the unit is in the "ON" position.
		Safety key not plugged in.	Plug Safety Key into magnetic safety key location on display. (See Emergency Stop Procedure within the Important Safety Precautions section)
		Safety key magnet not functioning.	Try another magnet if available, such as refrigerator magnet. If unit works with different magnet replace safety key.
		LED Diagnostic needed.	Access diagnostic LEDs on motor controller board by following the instructions in the TC5300/6000 Diagnostics. Caution: Machine is on. Current is active!!.
			Check the B & G LEDs for the following:
			If neither B nor G are lit power is not reaching the motor controller. Disconnect unit from power source and check wiring integrity and connections between A/C inlet (where cord plugs in to machine) and motor controller board. If any visible damage replace A/C junction kit. If light G is lit but light B is not lit replace motor controller
		I/O Cables	If LEDs B & G are both lit check connections and for signs of visible damage to any of the three I/O calbes. If no visible damage check continuity using a multi-meter. If a multi-meter is not available replace all three cables.
		Console control board	If I/O cables are all functioning properly, LEDs B & G are lit up, and machine still will not power up replace upper console control board
2	Speed displayed is not accurate.	Display set to wrong unit of measure. (English/Metric)	Change display units. (See Console Display & Set Up section)
		Out of calibration.	Re-calibrate machine. (See Calibration Procedures Pg. 26)
3	Heart rate not displayed while using chest strap.	Transmitter not making good contact with skin.	Moisten skin contact area on the chest strap. (See Heart Rate Monitoring Pg. 23)
		Electromagnetic interference.	Turn off any television, AM radio, microwave, or computer within 6 feet (2 meters) of theTreadClimber® fitness machine.
		Chest strap transmitter.	Test chest strap with another HR monitoring device such as HR watch, machine at a gym. If transmitter has good skin contact and still is not found to be emitting HR signal replace chest strap transmitter.

	CONDITION/PROBLEM	THINGS TO CHECK	SOLUTION
		HR receiver.	If chest strap is known to work with other devices and no sources of interference are present, or if console has been tested with a Pulse Simulator and is not receiving the signal, replace the HR receiver and wire.
4	Walking belt misalignment.	Tracking adjustmen	If either of the walking belts seem to be tracking excessively to one side or the other adjust belt at front of each treadle (see Walking Belt Adjustment, Pg. 9)
		Roller shaft bracket	If belt adjustments don't correct misalignment replace both belts and either or both roller shaft bracket depending on which belt(s) aren't aligning.
5	Hesitation or belt slipping when walking on unit.	Belt tension	If belt hesitates or slips when walking on unit it may be caused by either a loose walking belt or a loose drive belt. To determine the cause perform the following test: Stand beside TreadClimber® fitness machine and set speed to 2 MPH. Step on one treadle and attempt to stop movement. If one belt stops but roller at rear and other belt continues to turn, walking belt tension should be adjusted. If both belts stop but motor is still turning the drive belt tension should be adjusted.
		Drive belt.	Unplug power from unit. Wait 5-minutes to ensure no residual power remains. Remove rear base plastic cover to expose "v" belt drive line and motor. Tighten nut on the motor tension bolt located on front side of motor in 1/2 turn increments until drive belt slippage is eliminated - DO NOT OVER TIGHTEN. Reinstall rear base plastic cover
6	Knocking / squeaking noises when unit is operating.	Upper linkage bolts.	Unplug power from Unit. Wait 5-minutes to ensure no residual power remains. Located on the underneath side of each treadle there are bolts, one per side, that connect the treadles to the linkage arms. Push right treadle down to access left treadle and vice versa. Using a 9/16" wrench and Allen key, make sure these bolts are securely tightened.
		Lower linkage bolts.	Unplug power cord from rear of unit. Wait 5-minutes to ensure no residual power remains. Push the right treadle all the way down to access left teeter bolt. You will see a linkage system near the middle of the unit that ties the two treadles together. On the left side of the linkage pivot, you will see a bolt that connects the linkage arms to the pivot. Using a 9/16" wrench and an Allen key, make sure that bolts are securely tightened. Push the left treadle all the way down and repeat for right side

	CONDITION/PROBLEM	THINGS TO CHECK	SOLUTION
		Drive pulley and flywheel pulley.	Unplug power from Unit. Wait at least 5 minutes. Remove left side plastic drive cover to expose "v" belt drive line. Using a ½" wrench, tighten the bolt that attaches the 4 ½" drive pulley to the drive shaft while holding the drive rollers still. Also, using a 5/32" hex wrench, tighten the setscrew on the flywheel motor pulley. Reinstall plastic drive cover.
		Rear roller.	If knocking sound seems to be coming directly from the rear roller, replace.
		Hydraulic cylinder bolts.	Unplug power from Unit. Wait at least 5 minutes. Check and tighten both upper and lower bolts that connect the hydraulic cylinders to the unit.
		Front rollers.	If knocking sound seems to be coming directly from one or both of the front rollers, remove and replace rollers.
		Virtual pivot.	Access the virtual pivot by removing the rear step plastic and rear step. The virtual pivot will be under the rear roller and has 2 brackets (one on each treadle, which rolls on 4 cam followers (large bearings). Make sure all 4 brackets are rolling (turning) as the treadles pivot. If knocking/squeaking is coming from the virtual pivot or if any of the 4 cam followers are not rolling the virtual pivot (also referred to as "Bearing Roller Kit") should be replaced.
		Treadle alignment	If treadles are not centered between the uprights and are contacting one of the uprights check if treadles are parallel. If not adjust virtual pivot. If treadles are parallel but are still contacting an upright entire machine must be replaced.
7	Belts stop turning and "err LS" or "err OS" is displayed	Calibration	Re-calibrate machine. (See Calibration Procedures, Pg 26)
		SPEED SENSOR	1. Cycle power off and on 2. Put the machine in calibration mode (see Calibration procedures, Pg 26) but do not start the calibration routine. 3. Remove right rear base plastic cover to allow access to LED board. Caution: Machine is on. Current is active!! 4. Locate LED D on the motor controller board. LED may be lit or unlit. 5. Manually advance the treadle with your foot, and check if LED D is blinking. 6. If LED D is not blinking, then the speed sensor is not supplying a signal. Check that the speed sensor is connected securely to P1 on the motor controller. If sensor is connected and LED D still does not flash replace sensor.
		I/O cables	If LED D is flashing when the belts are turning but err LS or OS persists, check for signs of visible damage to any of the three I/O calbes and connections. If no visible damage check continuity using a multi-meter. If a multi-meter is not available replace all three cables.

CONDITION/PROBLEM	THINGS TO CHECK	SOLUTION
	Electronics	If all I/O cables are functioning properly, LED D indicates speed sensor is functioning, and err LS or OS persists problem is in either the upper electronics board or the motor controller board. With machine on check LED A on the controller board. If it is dimly lit replace upper electronics (000-4430). If it is not lit at all replace motor controller.
8 Floors Climbed Display not updating.	Size of steps taken	In order for a step to register, the pedals must pass each other completely. This ensures that the magnet on the Step passes the step sensor. Make sure treadles are not locked in treadmill mode and that they are moving enough to register a step.
	STEP SENSOR	1. Cycle power off and on. 2. Put the machine in calibration mode (see Calibration procedures, Pg. 26) but do not start the calibration routine. 3. Remove right rear base plastic cover to allow access to LED board. *Caution: Machine is on. Current is active!!* 4. Locate LED C on the motor controller board. LED may be lit or unlit. 5. Manually manipulate the treadles up and down and check if LED C is blinking. 6. If LED C is not blinking, then the step sensor is not supplying a signal. Check that the step sensor is connected securely to P2 on the motor controller. If sensor is connected and LED C still does not flash replace sensor.
	I/O CABLES	If LED C is flashing when the treadles are moved but steps are still not being counted check for signs of visible damage and connections to any of the three I/O calbes. If no visible damage check continuity using a multi-meter. If a multi-meter is not available replace all three cables.

ATTENTION

NEVER ATTEMPT TO MAKE ANY DIAGNOSTIC REPAIRS ON YOUR OWN – ALWAYS CALL A BOWFLEX® TREADCLIMBER® REPRESENTATIVE AT 1-800-NAUTILUS (800-628-8458) AND ALLOW THEM TO GUIDE YOU THROUGH THE DIAGNOSTIC PROCESS.

⚠ WARNING

ALWAYS TURN OFF THE FITNESS MACHINE AND UNPLUG THE POWER CORD FROM THE WALL OUTLET BEFORE REMOVING OR INSTALLING PARTS TO AVOID THE RISK OF ELECTROCUTION, SHOCK OR MECHANICAL INJURY.

TC5300/TC6000 Diagnostics

HOW TO ACCESS THE LED BOARD

It is possible that you will need to be able to locate the Lower LED Board during a service call to a TreadClimber® Representative.

The Lower LED Board is located beneath the Rear Step Cover. Remove the Rear Step Cover by using a Phillips head screwdriver to unscrew the (8) #8 Phillips head screws attaching the Rear Step Cover to the base. Gently pull the Rear Step Cover from the base of the unit, carefully setting the Rear Step Cover and the screws aside until you have completed your diagnostics with a TreadClimber® Representative.

Once you remove the Rear Step Cover, you will see the LED board.

A TreadClimber® Representative will help you locate the Lower LED Board lights and guide you through basic diagnostic maintenance from this point—never attempt to repair or diagnose the TreadClimber® fitness machine without making a call to a TreadClimber® Representative.

With Removed Rear Step Cover

Lower LED Board
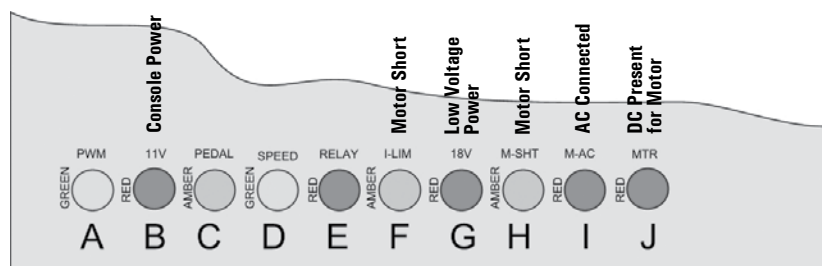
Lower LED Board Lights

Bowflex® TreadClimber® 100% Satisfaction Guarantee

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

1. Call a TreadClimber® Representative at 1-800-NAUTILUS (800-628-8458) for a Return Authorization Number. Return Authorization will be granted if:

   a. You purchased your Bowflex® TreadClimber® fitness machine directly from Nautilus, Inc.; and

   b. You are calling within 30 days of the delivery date of your merchandise.

   At the time of your Return Authorization Call, the TreadClimber® Representative will also give you the address where you will send your return.

2. All returned merchandise must be properly packaged in the original boxes and in good condition.

   NOTE: You are responsible for return shipping and for any damage or loss to merchandise that occurs during return shipment. We highly recommend that you insure your shipment.

3. Please mark all boxes clearly with:

   • Return Authorization Number
   • Your Name
   • Your Address
   • Your Phone Number

   Boxes without this information clearly marked on the outside may be refused.

4. Please make copies of your original invoice and put one in each box of merchandise. Nautilus, Inc. must receive your shipment within two weeks from the date the TreadClimber® Representative issued you your Return Authorization Number.

Refunds may be denied or delayed if these instructions are not completely followed.

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.

International Purchases

If you purchased your Bowflex® TreadClimber® fitness machine outside of the United States consult the enclosed International Warranty documentation for coverage.

What Does This Warranty Cover?

Nautilus, Inc. warrants to the original purchaser of the Bowflex® TreadClimber® home fitness machine that the TreadClimber® fitness machine is free from defects in materials and workmanship, when used for the purpose intended, under normal conditions, provided it receives proper care and maintenance as set forth herein. This warranty is extended only to the original purchaser and is not transferable or applicable to any other person.

This warranty is good only for TreadClimber® products sold and used in the United States or Canada and does not extend to any territories or countries outside the United States and Canada. Unauthorized tampering with or opening the unit will void the warranty. Do not attempt to make any repair yourself to the motor.

Additionally, this warranty will not cover any commercial use of the TreadClimber® fitness machine. This includes gyms, corporations, clubs and any public or privately incorporated agency that has a TreadClimber® fitness machine for use by its members, employees or affiliates.

HOW LONG DOES WARRANTY COVERAGE LAST?

TC5300 / TC6000

Residential	Commercial
• 5 Years on Motor	*This warranty is void if TreadClimber® fitness machine is used in a Commercial Environment.*
• 3 Years on Electronics	
• 3 Years on all Other Parts	
• 2 Years on Hydraulic Resistance Cylinders	
• 1 Year Labor	

These warranty terms cover all defects in material or workmanship of the TC5300 and the TC6000. Warranties do not cover commercial use or misuse and abuse by the consumer.

To make this warranty effective, you must completely fill out the TreadClimber® Product Registration Card within 30 days of the purchase of your TreadClimber® fitness machine, and return it to the address on the Warranty Registration Card.

Warranty Does Not Cover

- A Bowflex® TreadClimber® fitness machine purchased for commercial or institutional use.

- Damage due to use by persons who weigh more than 300 pounds (136 kilograms).

- Damage due to abuse, accident, failure to follow instructions or warnings in the Owner's Manual, misuse, mishandling, accident or Acts of God (such as floods, tornadoes, hurricanes, power surges, etc.).

- Damage due to normal wear and tear.

EXCLUSIONS

The preceding warranties are the sole and exclusive express warranties made by Nautilus, Inc. They supersede any prior, contrary or additional representations, whether oral or written. No agent, representative, dealer or employee has the authority to alter or increase the obligations or limitations of this warranty. Any implied warranties, including the WARRANTY OF MERCHANTABILITY and any WARRANTY OF FITNESS FOR A PARTICULAR PURPOSE, are limited in duration to the term of the applicable express warranty provided above, whichever is longer. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

WHAT NAUTILUS, INC. WILL DO

During your Warranty Coverage Period, Nautilus, Inc. will repair any TreadClimber® fitness machine that proves to be defective in materials or workmanship. In the event repair is not possible, Nautilus, Inc. will either replace your TreadClimber® fitness machine or refund your purchase price, less shipping and handling.

Nautilus, Inc. reserves the right to substitute material of equal or better quality if identical materials are not available at the time of service under this Warranty. The replacement of the product under the terms of the Warranty in no way extends the Warranty period.

THESE REMEDIES ARE THE EXCLUSIVE AND SOLE REMEDIES FOR ANY BREACH OF WARRANTY.

LIMITATION OF REMEDIES

THE PURCHASER'S EXCLUSIVE REMEDY IS LIMITED TO REPAIR OR REPLACEMENT OF ANY COMPONENT DEEMED BY NAUTILUS, INC. TO BE DEFECTIVE UNDER THE TERMS AND CONDITIONS STATED HEREIN. EXCEPT AS PROHIBITED BY LAW. IN NO EVENT WILL NAUTILUS, INC. BE LIABLE FOR ANY SPECIAL, CONSEQUENTIAL, INCIDENTAL, INDIRECT OR ECONOMIC DAMAGES, REGARDLESS OF THE THEORY OF LIABILITY (INCLUDING, WITHOUT LIMITATION, PRODUCT LIABILITY, NEGLIGENCE OR OTHER TORT) OR FOR ANY LOST REVENUE, PROFIT, DATA, PRIVACY OR FOR ANY PUNITIVE DAMAGES ARISING OUT OF OR RELATED TO THE USE OF THE TREADCLIMBER® FITNESS MACHINE EVEN IF NAUTILUS, INC. HAS BEEN ADVISED OF THE POSSIBILITY OF SUCH DAMAGES. THIS EXCLUSION AND LIMITATION SHALL APPLY EVEN IF ANY REMEDY FAILS OF ITS ESSENTIAL PURPOSE. SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF CONSEQUENTIAL OR INCIDENTAL TYPE DAMAGES SO THE ABOVE LIMITATION MAY NOT APPLY TO YOU.

HOW TO GET SERVICE

Return the nonconforming part at your expense to the address given you by a Bowflex® TreadClimber® Representative.

Always include an explanation of the problem with service shipments.

For information, contact a TreadClimber® Representative. Adequate protective packaging of the defective parts or unit and cost of shipping to the above address are your responsibility.

The required part or unit will be returned to you at the company's expense.

HOW STATE LAW APPLIES

This warranty gives you specific legal rights, and you may also have other rights, which vary from state to state.

AFTER YOUR WARRANTY EXPIRES

Once your warranty has expired, NAUTILUS, INC. will still assist you with replacements or repairs to parts and labor, but you will be charged for these services. Call a TreadClimber® Representative for information on post-warranty parts and services.

Bowflex® TreadClimber® Product Registration Card

IMPORTANT! MAIL WITHIN 30 DAYS OF PURCHASE

PLEASE PRINT CLEARLY – THANK YOU

1. ☐ Mr.   2. ☐ Mrs.   3. ☐ Ms.   4. ☐ Miss   Customer ID from Invoice

Name:

Address: Apt. #:

City: State: Zip:

Phone number:

E-Mail address:

Is this your primary address?   ☐ Yes   ☐ No

Place of purchase:

Date of purchase:

Purchaser date of birth:

Gender: ☐ Male ☐ Female

Marital status: ☐ Married ☐ Single

Including yourself, total number of people living in your household: (Examples: 01, 02, 03 …)

Would you like to receive additional information on healthy lifestyle products?   ☐ Yes ☐ No

Which best describes your family income:

☐ Under $15,000   ☐ $25,000 – $34,999   ☐ $50,000 – $74,999   ☐ $100,000 – $149,999

☐ $15,000 – $24,999   ☐ $35,000 – $49,999   ☐ $75,000 – $99,999   ☐ Over $150,000

What other types of exercise equipment do you own?

Did you receive this item as a gift?   ☐ Yes   ☐ No

Name of original purchaser:

Original purchaser customer ID number:

Thanks for filling out this questionnaire. Your answers are important to us. Please check here ☐ if you would prefer not to obtain information on new and interesting opportunities from other exciting companies.

What Is Covered

Nautilus, Inc. warrants to the original purchaser of the TreadClimber® home fitness machine that the TreadClimber® machine is free from defects in materials or workmanship, with the exceptions stated below. This warranty is not transferable or applicable to any person other than the original purchaser and is only applicable for products sold and used in the United States or Canada. Unauthorized tampering with or opening the unit will void the warranty.

TreadClimber® TC5300 & TC6000

• 5 years on Motor
• 3 years on Electronics
• 3 years on all Other Parts
• 2 years on Hydraulic Resistance Cylinders
• 1 year labor

Warranties Do Not Cover

• A TreadClimber® machine purchased for commercial or institutional use.

• Damage due to use by persons who weigh more than 300 pounds (136 kilograms).

• Damage due to abuse, accident, failure to follow instructions or warnings in the Owner's Manual, misuse, mishandling, accident or Acts of God (such as floods or power surges).

• Damage due to normal wear and tear.

What We Will Do

During your Warranty Coverage Period, Nautilus, Inc. will repair any TreadClimber® machine that proves to be defective in materials or workmanship. In the event repair is not possible, Nautilus, Inc. will either replace your TreadClimber® machine or refund your purchase price, less shipping and handling

How To Get Service

Return the defective part, at your expense, to the address given to you by a TreadClimber® Representative at 1-800-NAUTILUS (800-628-8458). Include an explanation of the problem. Adequate protective packaging of the defective parts or unit and cost of shipping are your responsibility. The repaired part or unit will be returned to you at the company's expense.
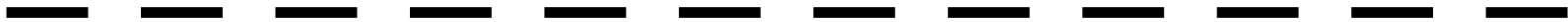
How State Law Applies

This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

Please fold over and tape before mailing

Please fold over and tape before mailing

Place Stamp Here

BOWFLEX® TREADCLIMBER®
16400 S.E. Nautilus Drive
Vancouver, WA 98683

IMPORTANT CONTACT NUMBERS

If you need assistance, please have both the serial number of your machine and the date of purchase available when you contact the appropriate Nautilus office listed below.

For technical assistance and a list of distributors in your area, please call or fax one of the following numbers.

OFFICES IN THE UNITED STATES:

- TECHNICAL/CUSTOMER SERVICE
  Nautilus, Inc.
  World Headquarters
  16400 SE Nautilus Drive
  Vancouver, Washington, USA 98683
  Phone: 800-NAUTILUS (800-628-8458)
  Email: customerservice@nautilus.com
  Fax: 800-523-1049

- MANUFACTURING FACILITY
  Nautilus, Inc.
  10757 E. Ute St.
  Tulsa, Oklahoma, USA 74116
  Phone: 800-NAUTILUS (800-628-8458)

- CORPORATE HEADQUARTERS
  Nautilus, Inc.
  World Headquarters
  16400 SE Nautilus Drive
  Vancouver, Washington, USA 98683
  Phone: 800-NAUTILUS (800-628-8458)

INTERNATIONAL CUSTOMER SERVICE:

- INTERNATIONAL OFFICE
  Nautilus International S.A.
  Rue Jean Prouvé 6
  1762 Givisiez / Switzerland
  Tel: + 41-26-460-77-77
  Fax: + 41-26-460-77-70
  Email: technics@nautilus.com

INTERNATIONAL OFFICES:

- SWITZERLAND OFFICE
  Nautilus Switzerland S.A.
  Tel: + 41-26-460-77-66
  Fax: + 41-26-460-77-60

- GERMANY and AUSTRIA OFFICE
  Nautilus GmbH
  Tel: +49-2204-610-27
  Fax: +49-2204-628-90

- ITALY OFFICE
  Nautilus Italy s.r.l.
  Tel: +39-031-51-10-86
  Fax: +39-031-34-24-97

- UNITED KINGDOM OFFICE
  Nautilus UK Ltd.
  Tel: +44-1908-267-345
  Fax: +44-1908-267-346

- CHINA OFFICE
  Nautilus Representative Office
  Tel: +86-21-523-707-00
  Fax: +86-21-523-707-09

Model TC6000 Shown.

For more information about our TreadClimber® or other Bowflex®
equipment for your home, visit www.TreadClimber.com or www.Bowflex.com.