

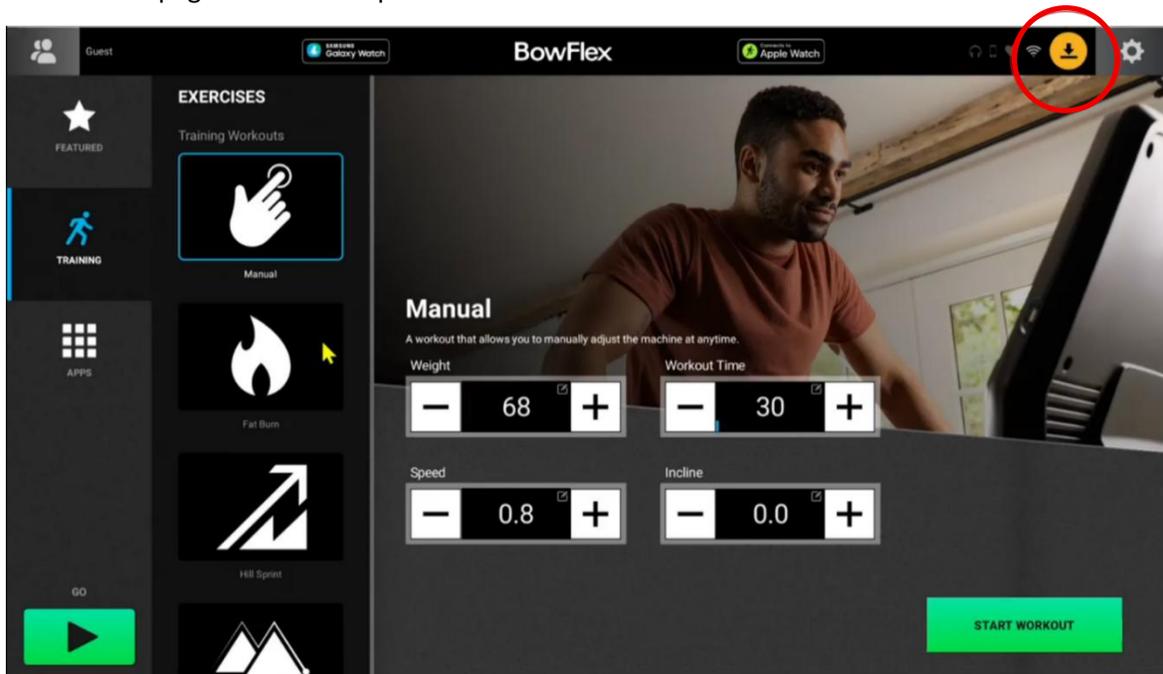
Updating Your BowFlex Console

There are two ways in which you can update software on your T16 console:

- If your console is connected to the internet, you may use the [Wi-Fi Update Procedure](#).
- If your console is not connected to the internet, please follow the [USB Update Procedure](#).

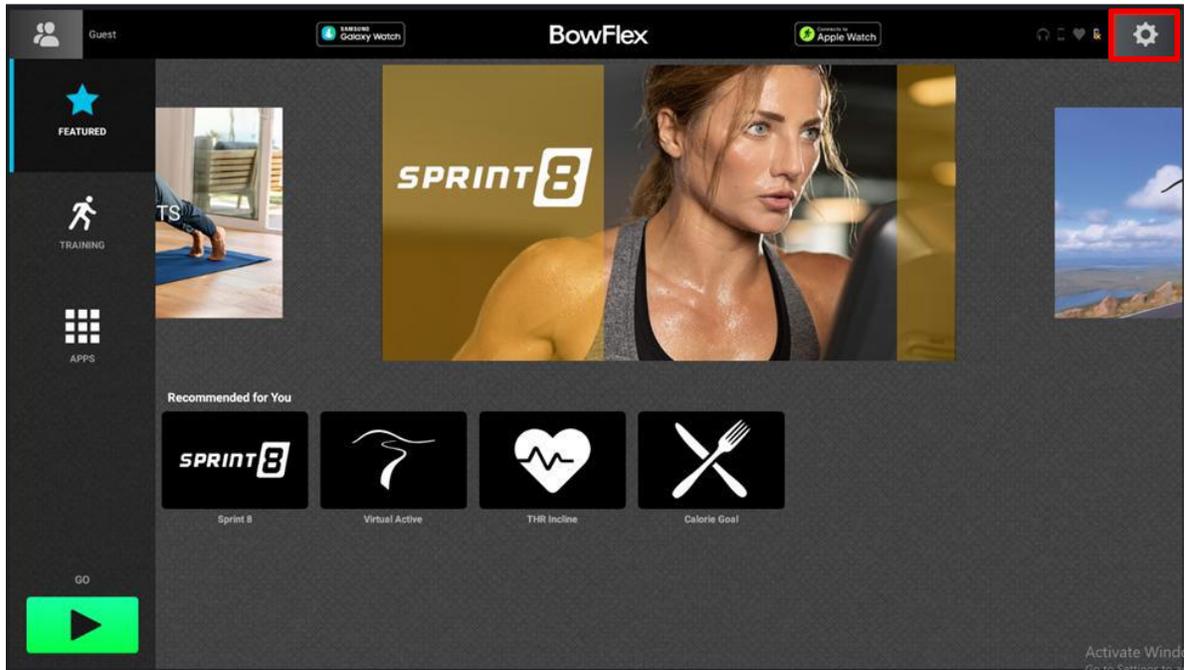
Wi-Fi Update Procedure

- **If your treadmill is connected to Wi-Fi and set to check for updates** - It will automatically download available software updates overnight. When you wake the console, you can choose to install the update then, or postpone until later. If you do not install the update right away, an orange button appears next to the gear icon to remind you that the update is ready. Press the orange button in the top right corner of the home page to start the update.

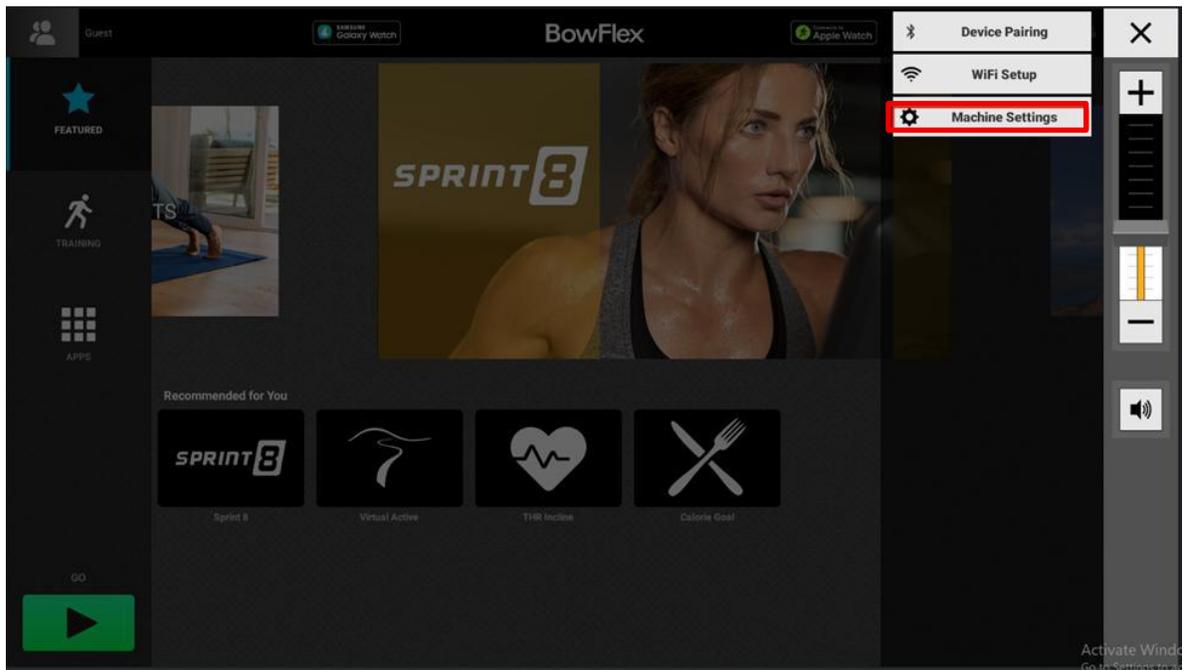


- **If your treadmill is connected to Wi-Fi but not set to check for updates** – You will need to manually check for available software.

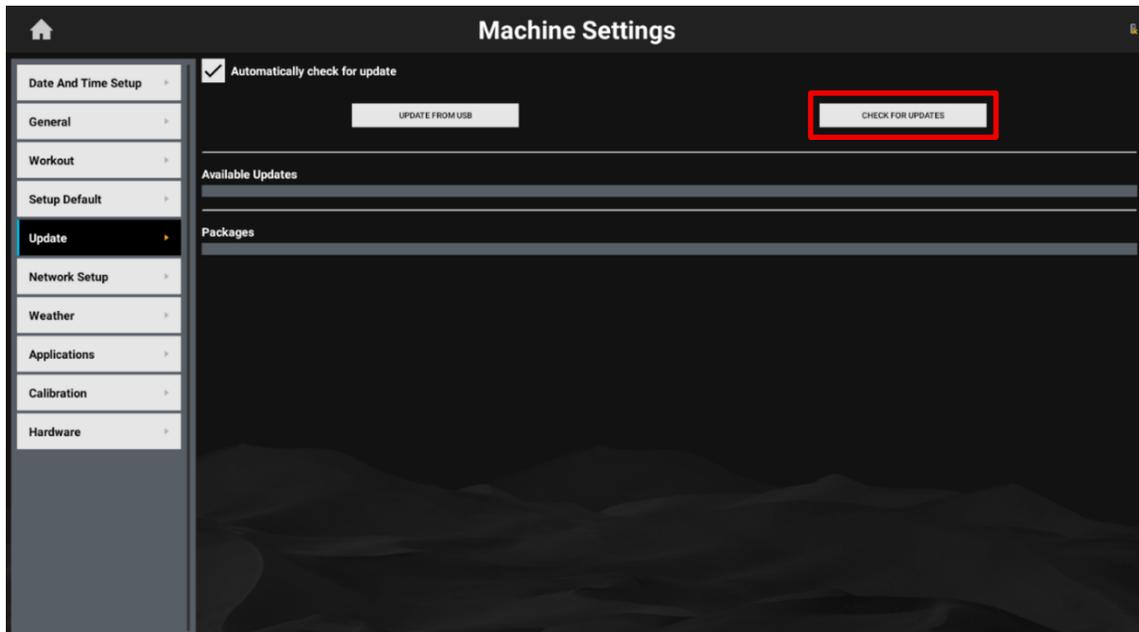
1. On the console home screen, press the **Settings** icon.



2. Select **Machine Settings**.



3. On the Machine Settings screen, press **Update > Check for Updates**.

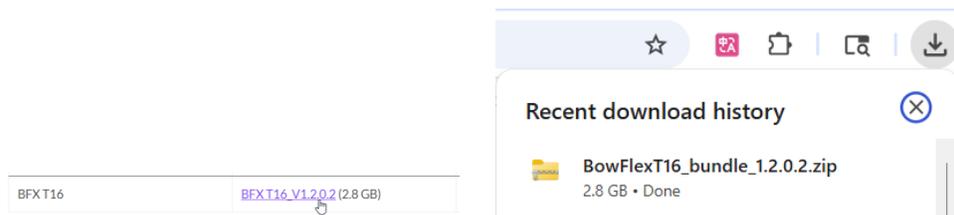


Note: You may select the “Automatically check for update” checkbox so you do not need to manually check for future software updates.

4. Select the new software version and start the update.
Note: Do not power off the machine. Wait for the console to update and return to the home screen. It can take up to 30 minutes for the entire process.
5. After the update is complete, reboot the console.
6. From the console home screen, press the **Settings** icon > **Machine Settings** > **General**. Check the software version on the screen to confirm that the update was successful.

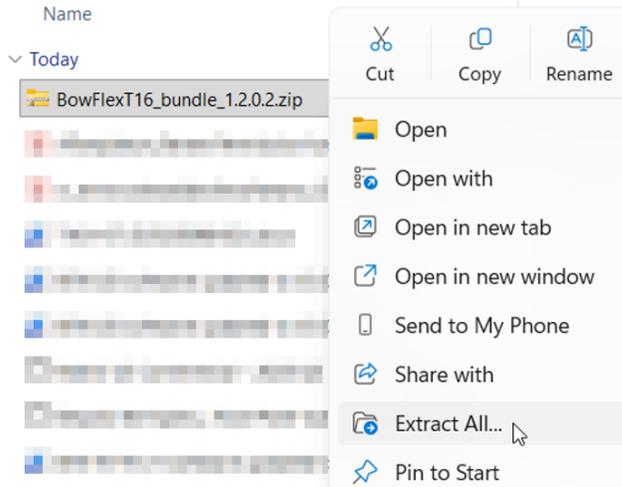
USB Update Procedure

1. On the [BowFlex Software Updates](#) page, click the software link for your model to download the newest software package.

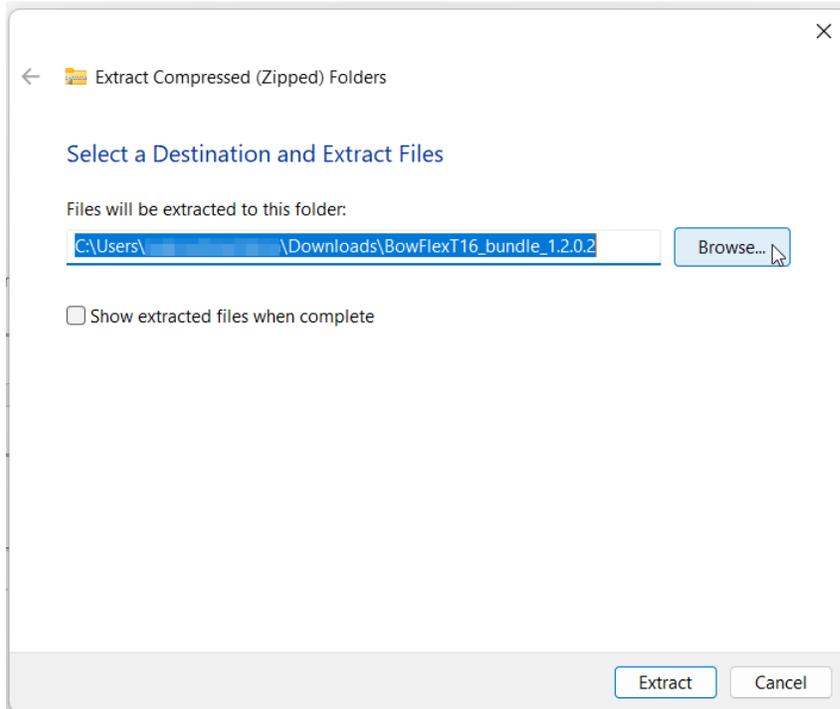


Note: Due to the large file size, the download and unzipping process may take several minutes, and the console software update may take another 45 minutes to complete.

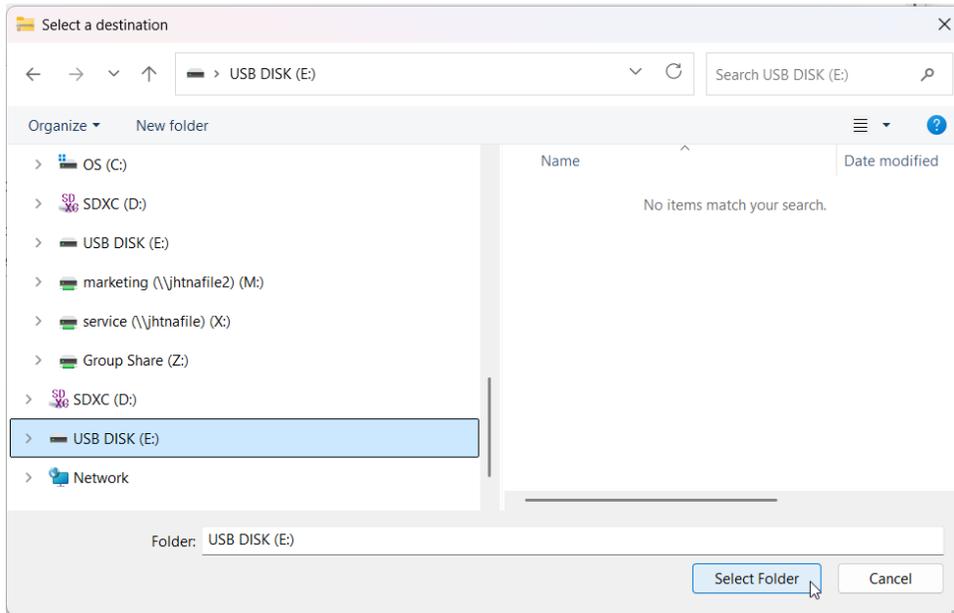
2. Insert a USB flash drive (16GB or 32GB, blank, formatted to FAT32) into your computer's USB port.
3. Within your computer Downloads folder, select and then right-click the zipped software folder. Select "Extract All..."



4. Click **Browse** to find the USB disk drive where you will extract the files.

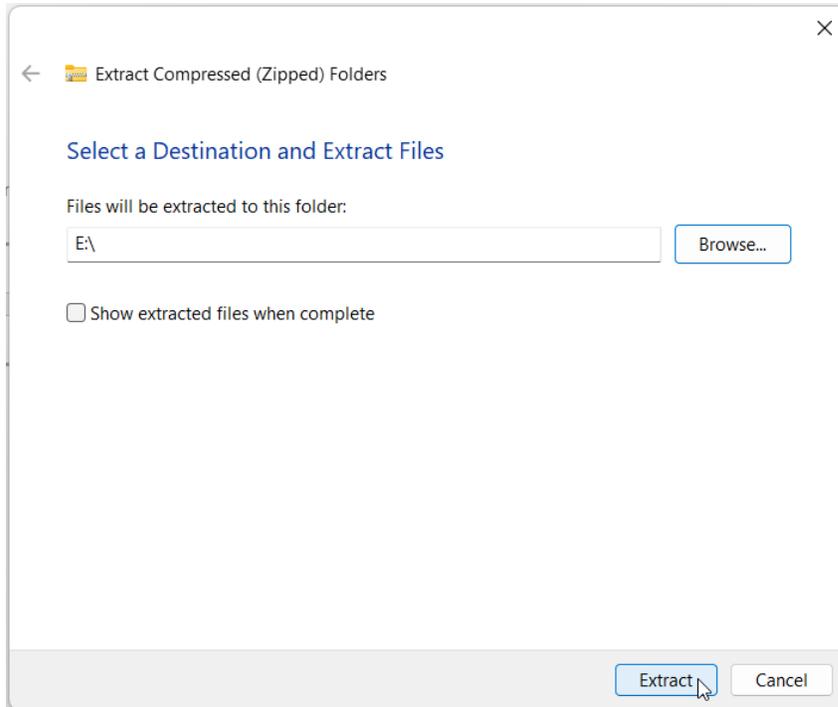


5. Click “USB DISK”, then click **Select Folder**.



Note: The flash drive shown in this example is USB DISK (E:), but flash drives can have different names (like Disk or Drive) and letters (like D, E, or F), depending on the computer.

6. Click **Extract**.

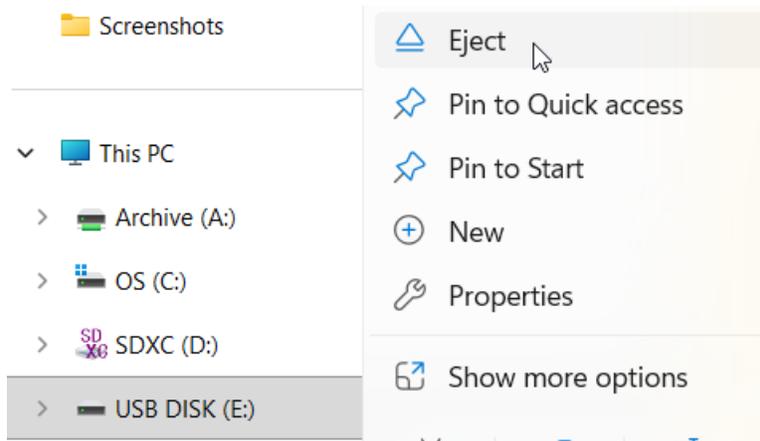


The software extracts to your flash drive.

Important: Do not change or rename the file path or your update will fail.

Name	Date modified	Type	Size
apps.zip	10/21/2025 11:09 AM	Compressed (zipped) Folder	147,079 KB
assets.zip	10/21/2025 11:09 AM	Compressed (zipped) Folder	992,745 KB
bluetooth.zip	10/21/2025 11:09 AM	Compressed (zipped) Folder	235 KB
io.zip	10/21/2025 11:09 AM	Compressed (zipped) Folder	20 KB
os.zip	10/21/2025 11:09 AM	Compressed (zipped) Folder	1,321,626 KB
third_party_app_-_cardsjht.zip	10/21/2025 11:09 AM	Compressed (zipped) Folder	11,448 KB
third_party_app_-_chinesetraditionalkeyboard.zip	10/21/2025 11:09 AM	Compressed (zipped) Folder	1,140 KB
third_party_app_-_cleanup.zip	10/21/2025 11:09 AM	Compressed (zipped) Folder	1 KB
third_party_app_-_disneyplus.zip	10/21/2025 11:09 AM	Compressed (zipped) Folder	28,488 KB
third_party_app_-_hangulkeyboard.zip	10/21/2025 11:09 AM	Compressed (zipped) Folder	891 KB
third_party_app_-_jmy.zip	10/21/2025 11:09 AM	Compressed (zipped) Folder	129,038 KB
third_party_app_-_kindle.zip	10/21/2025 11:09 AM	Compressed (zipped) Folder	62,655 KB
third_party_app_-_netflix.zip	10/21/2025 11:09 AM	Compressed (zipped) Folder	70,534 KB
third_party_app_-_primevideo.zip	10/21/2025 11:09 AM	Compressed (zipped) Folder	55,140 KB
third_party_app_-_snapchat.zip	10/21/2025 11:09 AM	Compressed (zipped) Folder	50,095 KB
third_party_app_-_spotify.zip	10/21/2025 11:09 AM	Compressed (zipped) Folder	67,119 KB
third_party_apps.zip	10/21/2025 11:09 AM	Compressed (zipped) Folder	1 KB
update.xml	10/21/2025 11:09 AM	Microsoft Edge HTML Docu...	6 KB
updater.zip	10/21/2025 11:09 AM	Compressed (zipped) Folder	4,202 KB

7. Right-click on USB DISK (E:) and select “Eject”. Remove the flash drive from your computer.



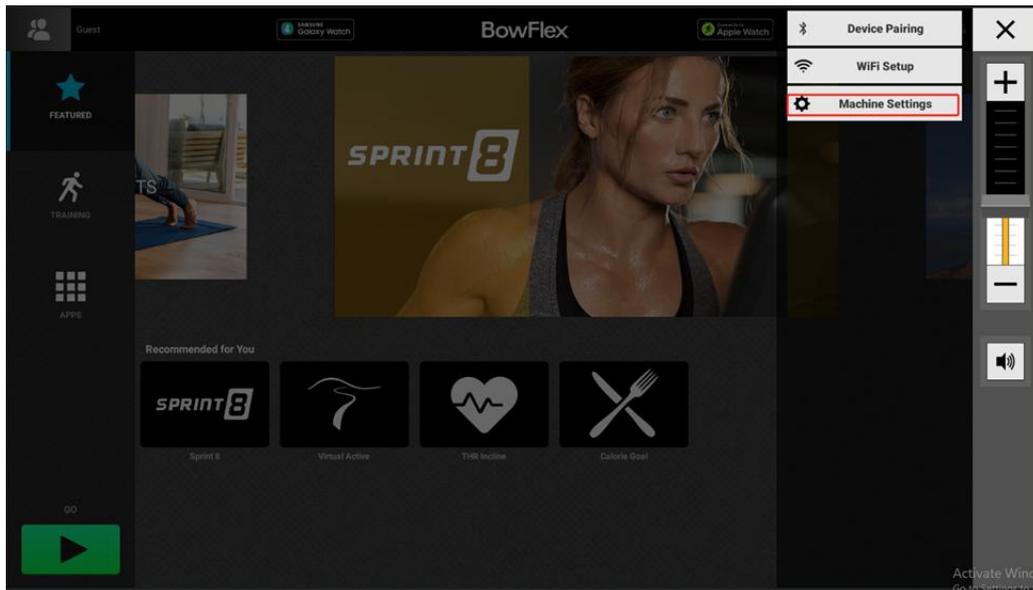
8. Power on your BowFlex equipment.

9. Plug the flash drive into the console USB port.

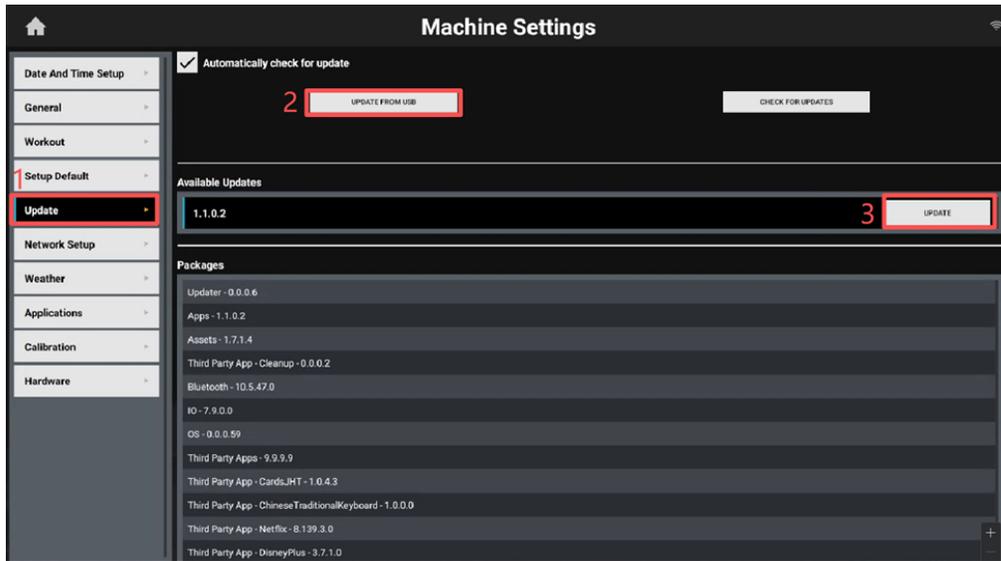
10. On the console home screen, press the **Settings** (⚙️) icon.



11. Select **Machine Settings**.



12. On the Machine Settings screen, press **Update > Update from USB > UPDATE**.



Do not remove the flash drive or power off the machine—Wait for the console to update and return to the home screen.

13. After the update completes, reboot the console by turning off the power switch at the base of the machine, remove the flash drive from the USB port, then turn the power switch back on.
14. From the console home screen, press the **Settings (⚙️)** icon > **Machine Settings > General**. Check the software version on the screen to confirm that the update was successful.