



## Bowflex® TreadClimber® 1000, 3000 & 5000



### Assembly Manual



Ver página 2

**Español Americano Latino**

**Español Americano Latino**

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# ***Important Safety Instructions***

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

## **Obey the following warnings:**



Read and understand all warnings on this machine.  
Carefully read and understand the Assembly Manual.

- Keep bystanders and children away from the product you are assembling at all times.
- Do not connect power supply to the machine until instructed to do so.
- Do not assemble this machine outdoors or in a wet or moist location.
- Make sure assembly is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Some components of the machine can be heavy or awkward. Use a second person when doing the assembly steps involving these parts. Do not do steps that involve heavy lifting or awkward movements on your own.
- Set up this machine on a solid, level, horizontal surface.
- Do not try to change the design or functionality of this machine. This could compromise the safety of this machine and will void the warranty.
- If replacement parts are necessary, use only genuine Nautilus® replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and void the warranty.
- Do not use the machine until the machine has been fully assembled and inspected for correct performance in accordance with the Owner's Manual.
- Read and understand the complete Owner's Manual supplied with this machine before first use. Keep the Owner's and Assembly Manuals for future reference.
- Do all assembly steps in the sequence given. Incorrect assembly can lead to injury.

# Product Specifications

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## Physical Dimensions

Length	46 in. (117 cm)
Width	28.5 in. (72.5 cm)
Height	55.25 in. (140.5 cm)
Assembled Weight	185 lbs. (84 kg)
Shipping Weight	220 lbs. (100 kg)

## System Capacities

Maximum Weight Capacity	300 lbs (136 kg)
Speed	
TC1000	0.5 to 3.8 mph (0.8 to 6.1 kmh )
TC3000 and TC5000	0.7 to 4.0 mph (1.1 to 6.4 kmh)
Treadmill Incline	0% grade
Workout Resistance Levels	1 to 12
Warranty Length	See the Warranty sheet for full information per machine type.

## Component Specifications

Belt	7.75 in. x 38.5 in. (19.5 cm x 98 cm)
Motor	0.5 hp continuous duty
Frame	Powder-coated steel
Operational Voltage	95 to 130 VAC 50 - 60 Hz
Operational Current	12A Max

## Regulatory Approvals Marks

**c-ETL-US The standard for Safety for Motor-Operated Massage and Exercise Machines**  
**UL 1647, 3rd Ed. and Motor-Operated Appliances**  
**CAN/CSA-C22.2 No. 68-92**



**TC1000**



**TC3000**



**TC5000**

# ***Before You Assemble***

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## **Basic Assembly Principles**

Here are a few basic assembly tips that can make assembly of the Bowflex® TreadClimber® exercise machine quick and easy.

1. Gather the pieces needed for each step prior to starting the step.
2. Turning towards the right tightens all the bolts and locknuts on your Bowflex® TreadClimber®. Turning towards the left, loosens them.
3. All of the tools needed for assembly of your Bowflex® TreadClimber® exercise machine have been included. These tools are only designed for one use. If damaged, substitute any commonly available 9/16" wrench and #2 screwdriver.

**Note:** A utility knife or scissors is necessary during the unpacking and assembly process (not included).

## **Select Your Workout Area**

Select where you are going to put your Bowflex® TreadClimber® exercise machine carefully. The best place for your TreadClimber® machine is on a hard, level surface. You will need at least 20 inches (0.5 meters) on each side and in front of your TreadClimber® machine, and at least 36 inches (0.75 meters) behind it for dismount.

Make sure that the location you choose has a 10A power outlet within reach of the TreadClimber® machine power cord, preferably to the right side of the machine where you will be less likely to step on the cord during dismount.

**Note:** The TreadClimber® 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.

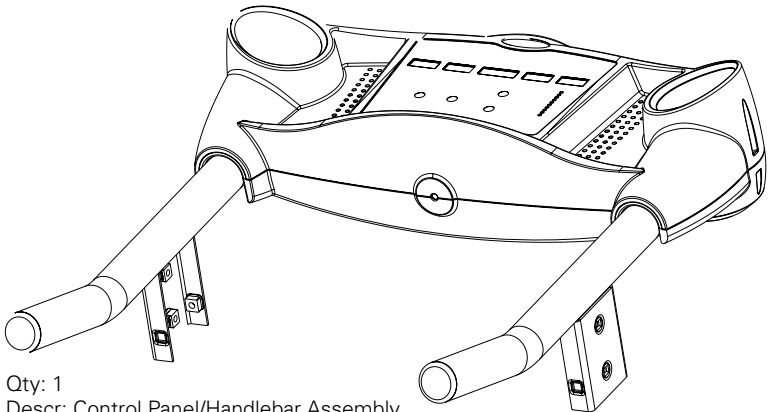
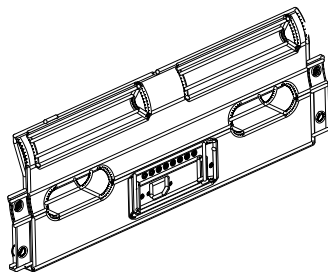
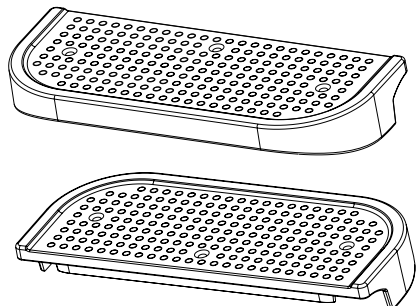
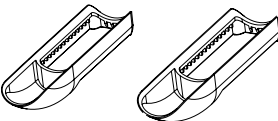
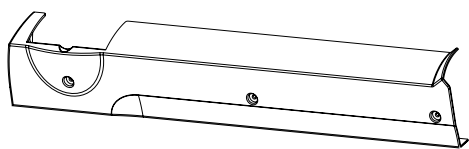
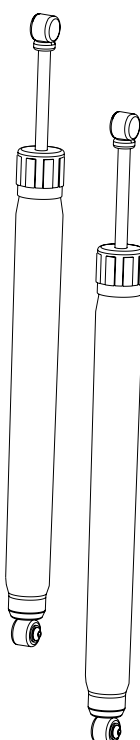
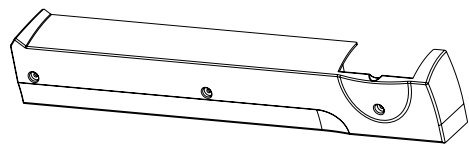
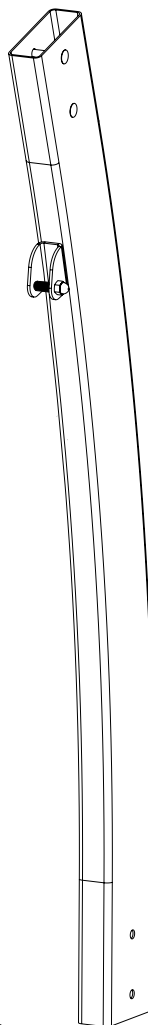

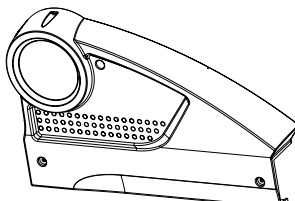
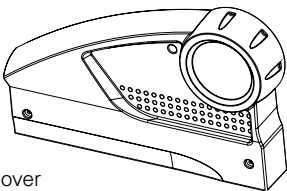
Further, if you ever perform any repairs on your TreadClimber® machine that require you to lay it on its side, you will need at least 60 inches (1.5m) to one side of your workout area.

## **Machine Mat**

The Bowflex® TreadClimber® Machine Mat is an optional accessory for the TreadClimber® machine that helps keep your workout area free from debris and dust. The rubber machine floor mat provides a non-slip surface when mounting and dismounting the TreadClimber® machine, limits static discharge when you touch the machine, and greatly reduces the possibility of display or running errors. A rubberized mat will protect your flooring when you are performing repairs or maintenance. Put your Bowflex® TreadClimber® Machine Mat in your selected workout area before beginning assembly to protect your floors and your TreadClimber® machine from damage.

# Parts

## Box 1 contains:

			
Qty: 1 Descr: Control Panel/Handlebar Assembly	Qty: 1 Descr: Rear Cover		
			
Qty: 2 Descr: Left and Right Side Foot Support Platform	Qty: 2 Descr: Plastic Upright Junction Covers		
			
Qty: 1 Descr: Left Side Plastic Frame Cover	Qty: 2 Descr: Left & Right Hydraulic Cylinder		
			
Qty: 1 Descr: Right Side Plastic Frame Cover	Qty: 1 Descr: Left Upright Support		Qty: 1 Descr: Right Upright Support
			
Qty: 1 Descr: Right Side Plastic Drive Cover			
			
Qty: 1 Descr: Left Side Plastic Drive Cover			



# Parts

## Box 1 also contains:

Qty:1 Owner's Manual Bag

Contains the following:

- The Bowflex® TreadClimber® Assembly Guide and Owner's Manual
- (1) Drive Belt
- Power Cord
- (2) Treadle Decals
- (2) Drive Cover Decals
- TreadClimber® Safety Key \*Note: TC1000 Safety Key plugged into console for shipping.
- Heart Rate Monitor Chest Strap (TC5000 Only)
- (1) #2 Phillips Screw Driver

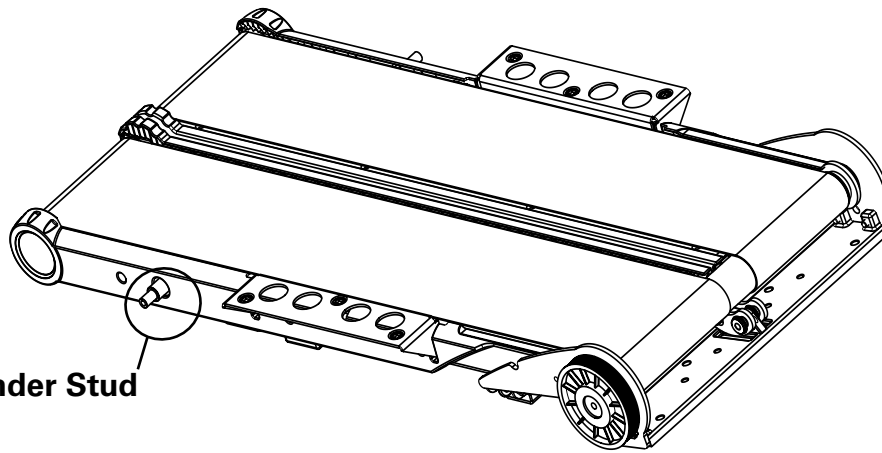
## Qty:1 Assembly Hardware Bag

Contains the following:

- (1) #2 Phillips Screwdriver
- (2) 5/16" x 1 1/2" Button Head Screw
- (1) 3/16" Hex Key
- (12) 5/16" Flat Washers SAE (smaller O.D.)
- (1) 5/32" Hex Key
- (2) 5/16" Acorn Nut
- (1) 9/16" Open End Wrench
- (6) 1/4" x 1" Flat Head Screw
- (2) 5/16" Flat Washers
- (4) 3/8" Cosmetic Plugs
- (14) 5/16" x 1" Button Head Screw
- (16) #10 Phillips

**Note:** Occasionally extra parts are included.

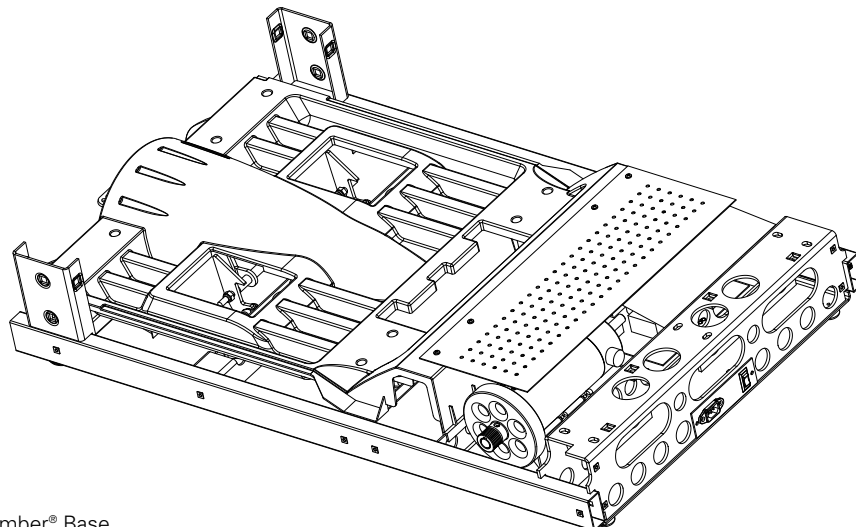
## Box 2 contains the TreadClimber® treadles



Qty: 1

Descr: TreadClimber® Treadle Assembly

## Box 3 contains the TreadClimber® base

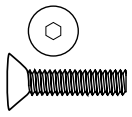
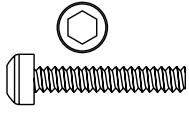
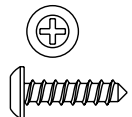
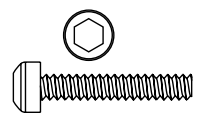


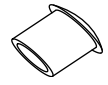
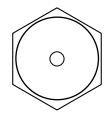


Qty: 1

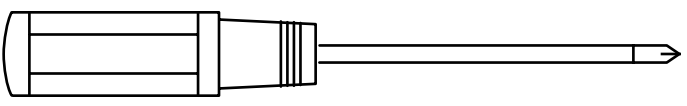

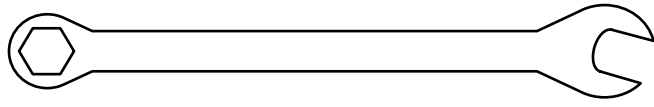
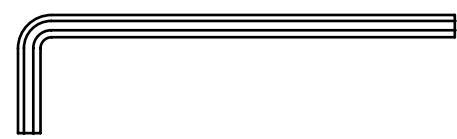
Descr: TreadClimber® Base

# Hardware

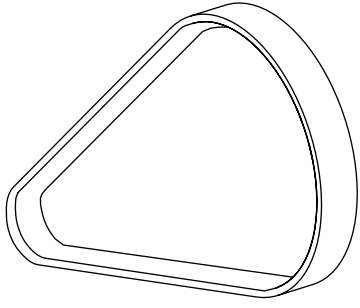
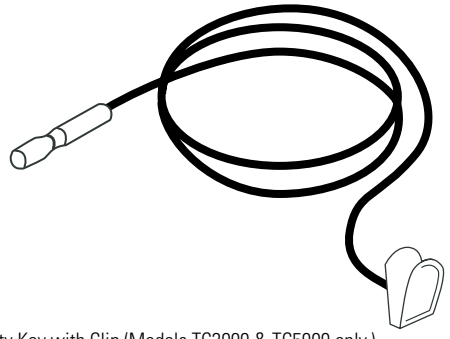
## Hardware:

 Qty: 6 Descr: 1/4" x 1" Flat Head Screw	 Qty: 2 Descr: 5/16" x 1 1/2" Button Head Screw	 Qty: 16 Descr: #10 Phillips Head Screw
 Qty: 14 Descr: 5/16" x 1" Button Head Screw	 Qty: 2 Descr: 5/16" Flat Washer	 Qty: 12 Descr: 5/16" Flat Washer SAE
 Qty: 4 Descr: 3/8" Cosmetic Plugs	 Qty: 2 Descr: 5/16" Acorn Nut	

## Tools:

 Qty: 1 Descr: #2 Phillips Screwdriver	 Qty: 1 Descr: 3/16" Hex Key
 Qty: 1 Descr: 9/16" Open End Wrench	 Qty: 1 Descr: 5/32" Hex Key

## Parts:

 Qty: 1 Descr: Drive Belt	 Qty: 1 Descr: Safety Key with Clip (Models TC3000 & TC5000 only.)
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# Assembly

## Step 1: Put the Treadles on the Base

### Parts:

- TreadClimber® Base Assembly
- TreadClimber® Treadle Assembly

### Hardware:

- (4) 3/8" X 1 1/4" Hex Bolts (preassembled)

**Note:** Hardware is only hand tightened. Finish tightening the hardware in Step 1-5 below.

### Tools:

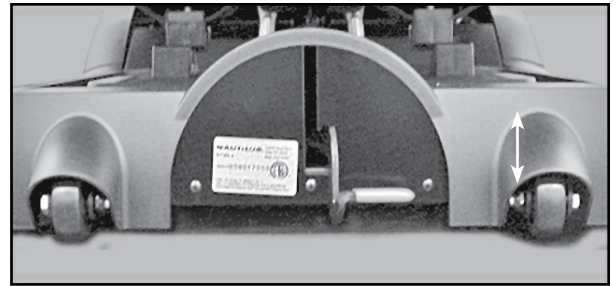
- 9/16" Open End Wrench (included)
- Scissors or other cutting tool
- Ruler

**Note:** This step requires two people.

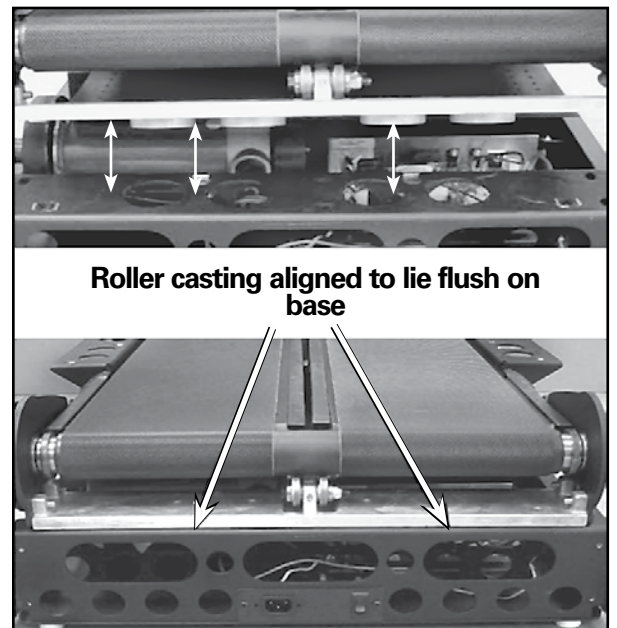
- 1-1** Unlock the latch lever (see Figure 1-1).
- 1-2** With assistance, lower the tower treadle assembly onto base.
- 1-3** Align roller casting flush to the base (See Figure 1-2)
- 1-4** Use a ruler to center the treadles between the upright bases.
- 1-5** Tighten the (4) 3/8" x 1 1/4" Hex Bolts on the rear roller casting and base with the 9/16" open end wrench (See Figure 1-3).

**Note:** Tighten the outside bolts on the rear roller casting first, then the inner bolts.

- 1-6** Cut the treadle zip tie located underneath the treadles.



**Figure 1-1**



**Figure 1-2**



**Figure 1-3**

# Assembly

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## Step 2: Connect the Speed Sensor Wires

### Parts:

- TreadClimber® Base and Treadle assembly from Step 1

- 2-1** Find the wires labeled 'Speed Sensor Wire' and connect them (see Figure 2-1). The Speed Sensor is located directly above the Speed Sensor Wire.

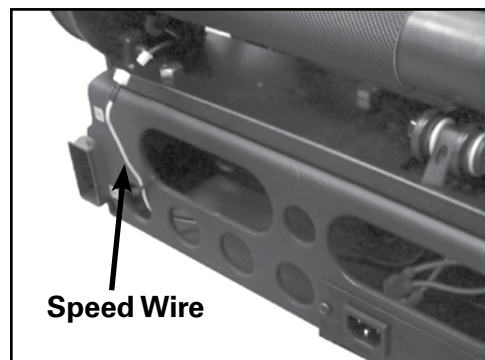


Figure 2-1

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## Step 3: Connect the Step Sensor Wires

### Parts:

- TreadClimber® Base and Treadle assembly from Step 2

**Note:** The TC1000 is not equipped with the step sensor function. Tuck the unused step sensor wire through the hole in frame and continue to the next step.

- 3-1** Connect the Step Sensor Wires (See Figure 3-1). Push any excess wire through holes in frame (See Figure 3-2).

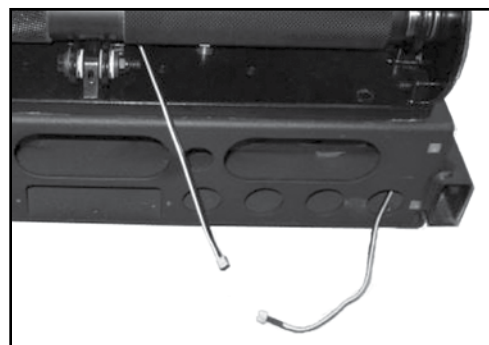


Figure 3-1

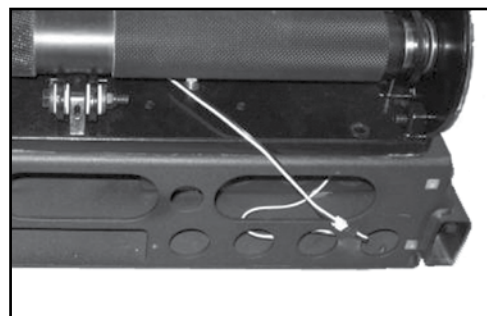


Figure 3-2

# Assembly

## Step 4: Lock the Treadles

### Parts:

- TreadClimber® Base and Treadle assembly from Step 3

- 4-1** Line up the treadles parallel to each other.
- 4-2** Move the locking lever down and to the left and then up into the locked position until it clicks (See Figure 4-1).
- 4-3** From the front of the machine, press down on each treadle individually until they lock into the down position.



**Figure 4-1**  
**Lever in locked position**

**⚠** The treadles might unlock during workout if they are not fully engaged.

## Step 5: Attach the Drive Belt

### Parts:

- TreadClimber® Base and Treadle assembly from Step 4
- (1) Drive Belt

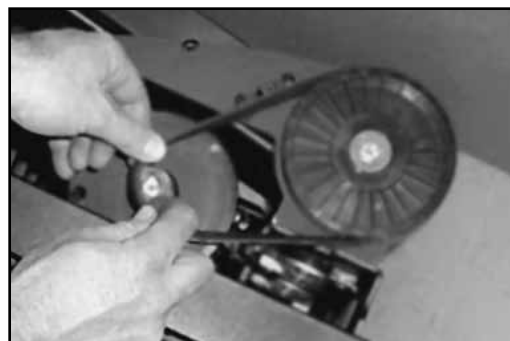
### Tools:

- 3/16" Hex Key (included)

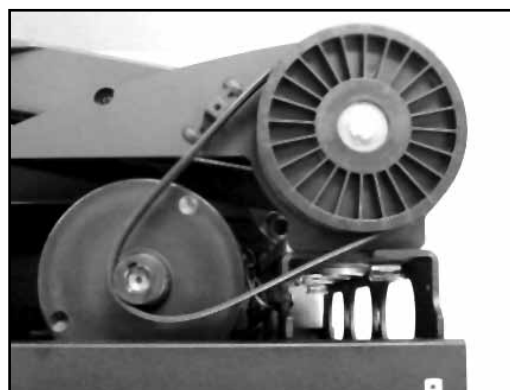
- 5-1** Position the drive belt over the roller pulley and the motor pulley (See Figure 5-1).
- 5-2** Make sure that the belt is installed correctly into the grooves of the pulleys (See Figure 5-2).
- 5-3** Remove the motor shipping bolt from the motor pan with the 3/16" hex key (See Figure 5-3).

**Note:** Removing the shipping bolt will make the drive belt tight with spring-loaded tension. Be sure to keep the bolt in a safe place in case the machine must be disassembled for shipping or part replacement.

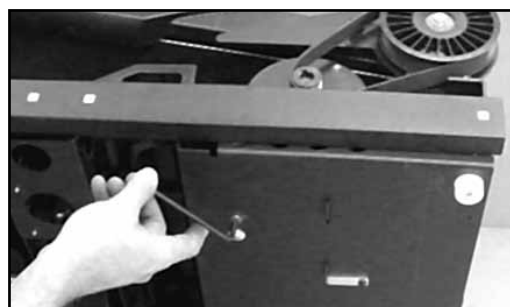
- 5-4** Put the unit in the upright position.



**Figure 5-1**



**Figure 5-2**



**Figure 5-3**

# Assembly

## Step 6: Attach the Uprights

### Parts:

- TreadClimber® Base and Treadle assembly from Step 5
- (1) Left Upright Support & Hydraulic Cylinder
- (1) Right Upright Support & Hydraulic Cylinder

### Hardware:

- (2) 5/16" x 1" Button Head Screws

### Tools:

- 3/16" Hex Key

**6-1** Install a 5/16" x 1" button head screw halfway into the outside of the left and right lower upright brackets of the base assembly (See Figure 6-1).

**6-2** Put the left upright on the left upright bracket (see Figure 6-2) so that it rests on the button head screw (Figure 6-3). The cylinder bracket will be at the top and face the rear of the machine.

**Note:** Make sure the decal on the upright support faces outward from the machine.

**6-3** Repeat on the opposite side.



Figure 6-1



Figure 6-2 - Right upright shown



Figure 6-3

# Assembly

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## Step 7: Attach the Upright Junction Covers

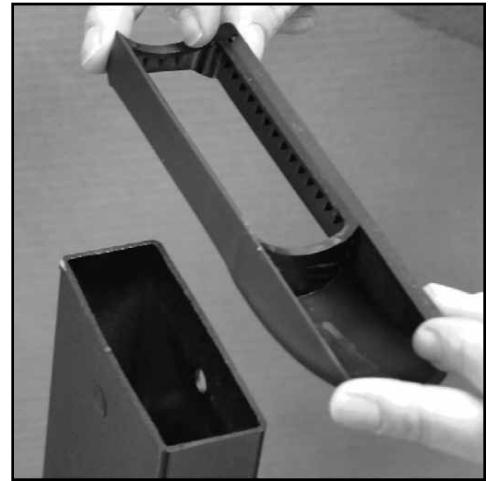
### Parts:

- TreadClimber® Base and Treadle assembly from Step 6
- (2) Plastic Upright Junction Covers

**7-1** Put the plastic upright junction cover on the top of the left upright support (See Figure 7-1).

**Note:** Make sure the plastic upright junction cover extends to the rear of the machine.

**7-2** Repeat on opposite side.



**Figure 7-1**

# Assembly

## Step 8: Attach the Console/Handlebar Assembly

### Parts:

- TreadClimber® Base and Treadle assembly from Step 7
- Console/Handlebar Assembly

### Hardware:

- (6) 5/16" x 1" Button Head Screws
- (6) 5/16" Flat Washers SAE

### Tools:

- 3/16" Hex Key (included)

**Note:** This step requires two people.

- 8-1** Lift and position the console/handlebar assembly above the upright supports (See Figure 8-1).
- 8-2** Put the console/handlebar assembly cable through the top of the right upright support (See Figure 8-2). Make sure that the cable extends through the bottom of the right upright.
- 8-3** Put both sides of the console/handle bar brackets into the tops of the upright supports at the same time. Do not crimp the cable.
- 8-4** Tighten the hardware with the 3/16" hex key (See Figure 8-3).
- 8-5** Connect the cable from the upright support to the cable on the right side of the base upright bracket (See Figure 8-4).
- 8-6** One person will hold the Console/Handlebar assembly while the second person removes the 5/16" x 1" button head screw at the base of the support from each side.
- 8-7** Lower the upright on to the upright bracket base. Do not crimp the cables. Drop the upright until flush with the base frame.
- 8-8** Attach the upright with (6) 5/16" x 1" button head screws and (6) 5/16" flat washers SAE.

**Note:** Tighten the front (2) screws first (1 per upright) and then the (4) side screws, two per outer side of upright (See Figure 8-5).



Figure 8-1



Figure 8-2

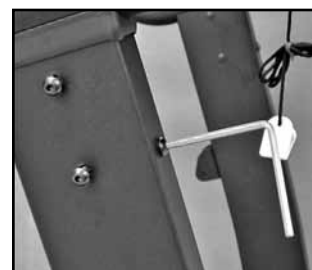


Figure 8-3

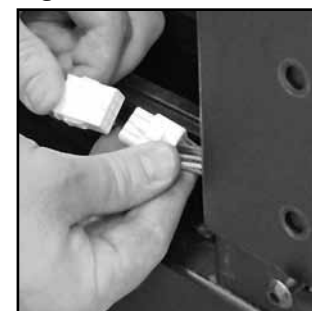


Figure 8-4

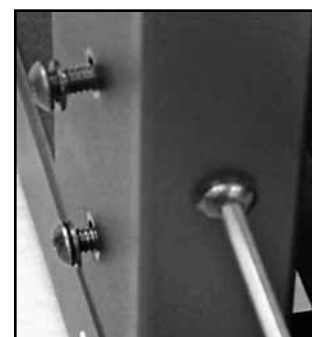


Figure 8-5



# Assembly

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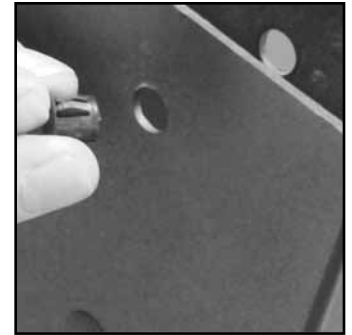
## Step 9: Attach the Cosmetic Plugs

### Hardware:

- (4) Cosmetic Plugs

**9-1** Insert the cosmetic plugs into the holes on the inside of the left upright support (See Figure 9-1).

**9-2** Repeat on opposite side.



**Figure 9-1**

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## Step 10: Attach the Hydraulic Cylinders

### Parts:

- TreadClimber® Base and Treadle assembly from Step 9

### Hardware:

- (2) 5/16" x 1 1/2" Button Head Screws
- (2) 5/16" Acorn Nuts
- (2) 5/16" x 1" Button Head Screws (preassembled)
- (2) 5/16" Flat Washers (preassembled)

### Tools:

- 3/16" Hex Key (included)
- 9/16" Open End Wrench (included)

**Note:** This step requires two people.

**10-1** Attach the hydraulic cylinder to the upright bracket with (1) 5/16" x 1 1/2" Button Head Screw and (1) 5/16" Acorn Nut (Figure 10-1).

**Note:** Make sure that the single white arrow, located on the Workout Level Setting Dials at the top of the hydraulic cylinders, is pointing up and to the rear of the machine.

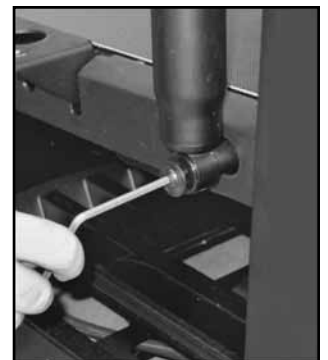
**10-2** Remove the pre-installed (1) 5/16" x 1" Button Head Screw and (1) 5/16" Flat Washer from treadle. Lift treadle and slide the lower shock eyelet onto the treadle stud.

**10-3** Attach the hydraulic cylinder with the (1) 5/16" x 1" button head screw and (1) 5/16" flat washer (Figure 10-2).

**10-4** Tighten the hardware with the Hex Key and Open End Wrench.



**Figure 10-1**



**Figure 10-2**

# Assembly

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## Step 11: Inspect the Assembly

- 11-1** Remove the plastic film from the console face.
- 11-2** Inspect all of the attachments and securely tighten all of the bolts before proceeding to Step 12.

---

## Step 12: Attach the Frame Covers

### Parts:

- TreadClimber® Base and Treadle assembly from Step 11
- (1) Left Plastic Frame Cover
- (1) Right Plastic Frame Cover

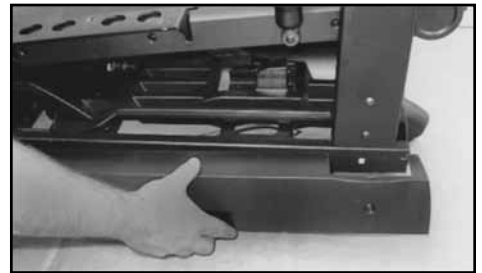
### Hardware:

- (6) #10 Phillips Head Screws

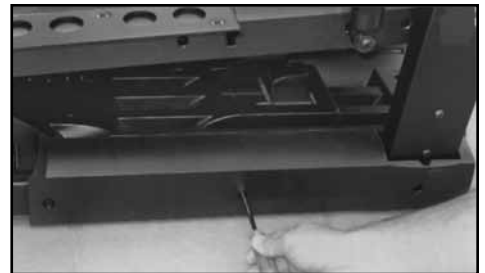
### Tools:

- #2 Phillips Head Screwdriver (included)

- 12-1** Attach the left and right Plastic Frame Covers to the sides of the base frame with (6) #10 Phillips Head Screws (3 per side) and the provided #2 Phillips screwdriver (See Figures 12-1 and 12-2).



**Figure 12-1**



**Figure 12-2**

# Assembly

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## Step 13: Attach the Rear Cover

### Parts:

- TreadClimber® Base and Treadle assembly from Step 12
- (1) Rear Cover

### Hardware:

- (4) #10 Phillips Head Screws

### Tools:

- #2 Phillips Head Screwdriver (included)

**13-1** Attach the rear cover to the back of the frame with the (4) #10 Phillips Head Screws (2 per side) and the provided #2 Phillips Head Screwdriver (See Figure 13-1 and 13-2).



**Figure 13-1**



**Figure 13-2**

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## Step 14: Attach the Drive Covers

### Parts:

- TreadClimber® Base and Treadle assembly from Step 13
- (1) Left Plastic Drive Cover
- (1) Right Plastic Drive Cover

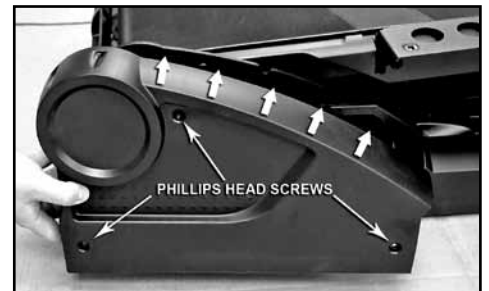
### Hardware:

- (6) #10 Phillips Head Screws

### Tools:

- #2 Phillips Head Screwdriver (included)

**14-1** Attach the left and right Plastic Drive Covers to the sides of the base with (6) #10 Phillips Head Screws (3 per side) and the provided #2 Phillips screwdriver (See Figures 14-1). Install upper screw first.



**Figure 14-1**

**Note:** Do not tighten hardware until all screws have been installed.

# Assembly

## Step 15: Attach the Side Foot Support Platforms

### Parts:

- TreadClimber® Base and Treadle assembly from Step 14
- (1) Left Foot Support Platform
- (1) Right Foot Support Platform

### Hardware:

- (6) 1/4" x 1" Flat Head Screws

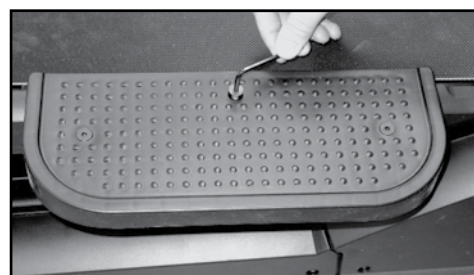
### Tools:

- 5/16" Hex Key (included)

**15-1** Attach the right and left side foot support platforms to each treadle with (6) 1/4" x 1" Flat Head Screws (3 per side). (See Figures 15-1 and 15-2.)



**Figure 15-1**



**Figure 15-2**

## Step 16: Apply Decals

### Parts:

- TreadClimber® Base and Treadle assembly from Step 15
- (2) Treadle Decals
- (2) Drive Cover Decals

### Tools:

- #2 Phillips Head Screwdriver (included)

**16-1** Clean the application surface with a wet cloth and dry thoroughly with a towel.

**16-2** Remove the backing on the decal.

**16-3** Center the decal on the appropriate application surfaces (See Figure 16-1) for locations.

**16-4** Rub the decal onto the surface to force out the air bubbles.



**Figure 16-1**



**Illustration 16-A:**  
**TreadClimber® Drive and**  
**Treadle Decals**

# Assembly

## Step 17: Final Inspection

- 17-1** Inspect your machine to ensure that all fasteners are tight and components are properly assembled.

Be sure to record the machine serial number in the Owner's Manual.



Do not use or put the machine into service until the machine has been fully assembled and inspected for correct performance in accordance with the Owner's Manual.

## Step 18: Attach the Power Cord

- 18-1** Make sure that the Power Switch is in the "Off" position.

- 18-2** Carefully insert the power cord into the A/C inlet at the rear of the base unit (See Figure 18-1).

**NOTICE:** Always plug cord into the base before plugging into the wall outlet.

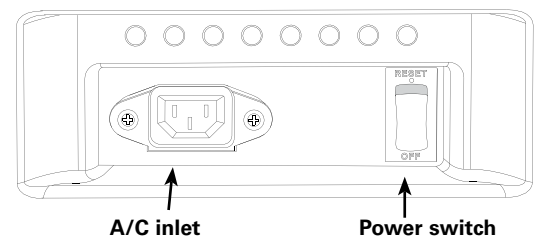
**Note:** The TreadClimber® machine plugs into any standard, grounded (three-prong) wall outlet.



NEVER remove the grounding prong from the power plug and never use a two-prong adapter without a grounding wire.






**Figure 18-1**



# Assembly

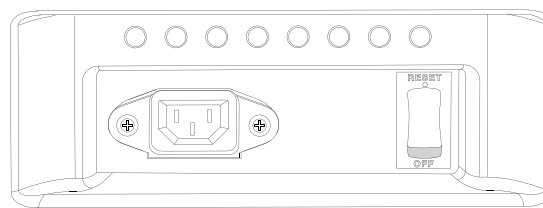
## Step 19: Verify (TC1000 only) or Calibrate (TC3000 & TC5000)

-  Do not use the machine for exercise purposes without completing Calibration (TC3000/5000) or Speed Sensor Verification (TC1000).
-  It is important to calibrate (TC3000/5000) or verify speed sensor operation (TC1000) after a power outage or after any electrical repair or replacement. Failure to follow this procedure prior to use could result in machine failure and could cause injury.
-  Do not stand on the Walking Belts during calibration or speed sensor verification. During the entire process, stand on the side foot support platforms or beside the machine.

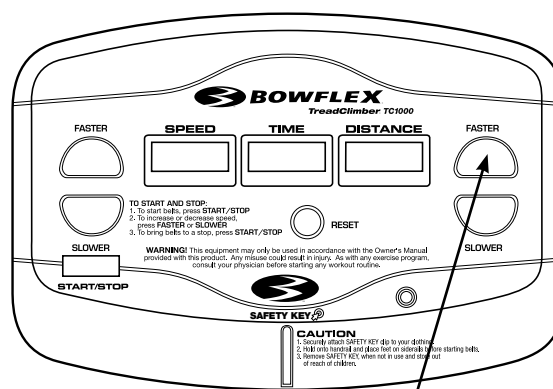
### Speed Sensor Verification (TC1000 only)

- 19-1** Insert yellow safety key, plug the power cord into a wall outlet, and turn on the red Power Switch at the rear of machine. (See Figure 19A.)
- 19-2** Standing to the left of the machine, activate the Start/Stop switch. Belts should begin moving within a few seconds.
- 19-3** Allow belts to continue to turn for at least 15 seconds (elapsed time will be displayed on Console). If belts stop, note any error codes displayed on Console and turn power off at rear of machine. Contact customer service for assistance immediately at 1-800-605-3369.
- 19-4** Push FASTER button until SPEED display reads 1.5. Verify that belt speed increases and then holds constant at new speed.
- 19-5** Remove safety key. Belts should slow to a complete stop.
- 19-6** Replace safety key. Belts should remain stopped.
- 19-7** Push RESET button on Console. Your TC1000 is now ready to use. Review Owner's Manual for operating instructions.

**NOTICE:** If your TreadClimber® machine does not operate correctly as described in the above steps, do not use machine. Contact Customer Service for assistance immediately at 1-800-605-3369.



**Figure 19A**  
Main Power Switch "On"



**Figure 19B**  
TC1000 Faster Button

# Assembly

## Calibration (TC3000 & TC5000)

**Note:** During calibration, observe the walking belt alignment. Belts do not need to be perfectly centered, but if they are far enough from center to cause a scraping sound, follow the Belt Alignment instructions in the Owner's Manual.

**19-1** Plug the power cord into the the wall outlet. Turn on the red Power Switch at the rear of the machine (see Figure 19A).

**19-2** Stand on the side foot support platforms or beside the machine. **DO NOT STAND ON THE WALKING BELTS.**

**19-3** Press and hold down the POWER and SLOWER buttons.

**19-4** Insert the Safety Key.

**Note:** If the Safety Key is not fully inserted into the safety keyhole, the TreadClimber® machine will not operate.

**19-5** Release the POWER and SLOWER buttons. The TIME display will show "CAL", PrSS", "Strt".

**19-6** Press the START/STOP button to start calibration.

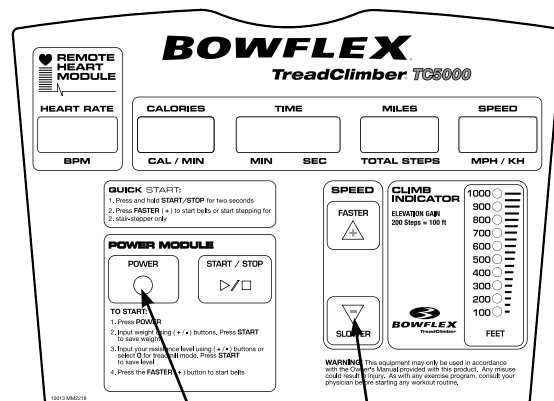
**Note:** The belts will start and stop and the displays will show various numbers that relate to the calibration process. Do NOT interrupt calibration. If calibration is interrupted, turn off the power switch at the rear of machine and go back to Calibration Step 19-1.

**19-7** Calibration will take about 30 seconds. When calibration has completed, belts will stop and calibration results will show in the TIME display.

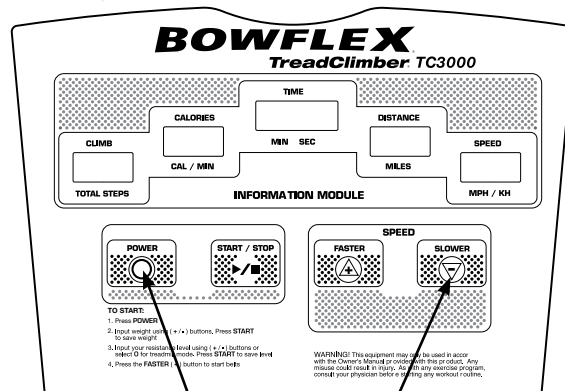
**19-8** If the display shows "CAL PASS" or "CAL DONE", remove and re-insert the safety key. Machine is ready to use. Review Owner's Manual for operating instructions.

If the display shows "CAL FAIL" or any other message, do not use machine. Contact Customer Service for assistance immediately at 1-800-605-3369.

**Note:** During calibration the 30 meter LED on the TC5000 signifies the belt speed sensor, 305 meters LED is the step sensor. Some models of the TC 3000 will show the step sensor in the DISTANCE window as a heart and the speed sensor in the SPEED window as a heart.



**Figure 19C**  
**TC5000 Power & Slower Buttons**



**Figure 19D**  
**TC3000 Power & Slower Buttons**

# Assembly

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## If Calibration Fails (Screen Displays “Cal Fail” Message):

This error usually indicates that the console is unable to determine the speed of the belts. Take the following steps:

1. Unplug the unit and remove the three back covers.
2. Leave plastic covers off and contact customer care for assistance immediately at 1-800-605-3369.

## Explanation of Calibration Display Messages (for information only):

During calibration, the TIME display will show you text messages updating you as to the status of calibration. When there is no text message in the TIME display window, the other displays will show the following:

HEART RATE (TC5000 Only) – will show the status of the motor control relay.

- “ON” signifies the power relay is on and energizing the motor.
- “OFF” signifies the motor control relay is off and not energizing the motor.

CALORIES/CAL PER MIN – will show the version number of the software.

TIME – will show either a text message regarding auto-calibration (“dOnE”, “Strt”, etc.) or the actual Pulse Width Modulation (PWM) number (a number that provides digital information about base unit functions to the console) if START/STOP, FASTER or SLOWER is pressed during calibration.

MILES/TOTAL STEPS (DISTANCE/MILES for TC3000) – will show the calibration of the total step count.

SPEED – will display the actual belt speed during the calibration function.

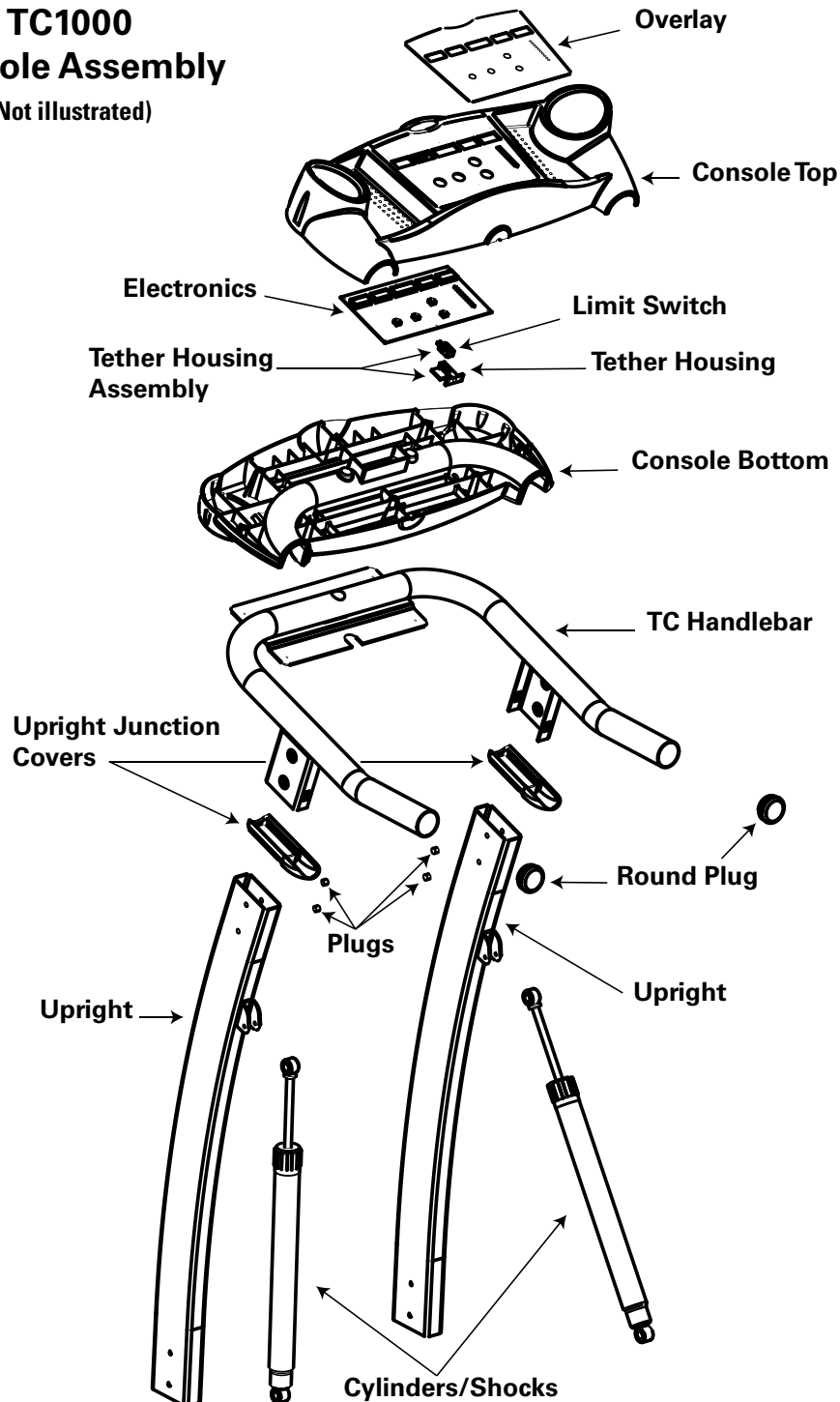


# Exploded Views

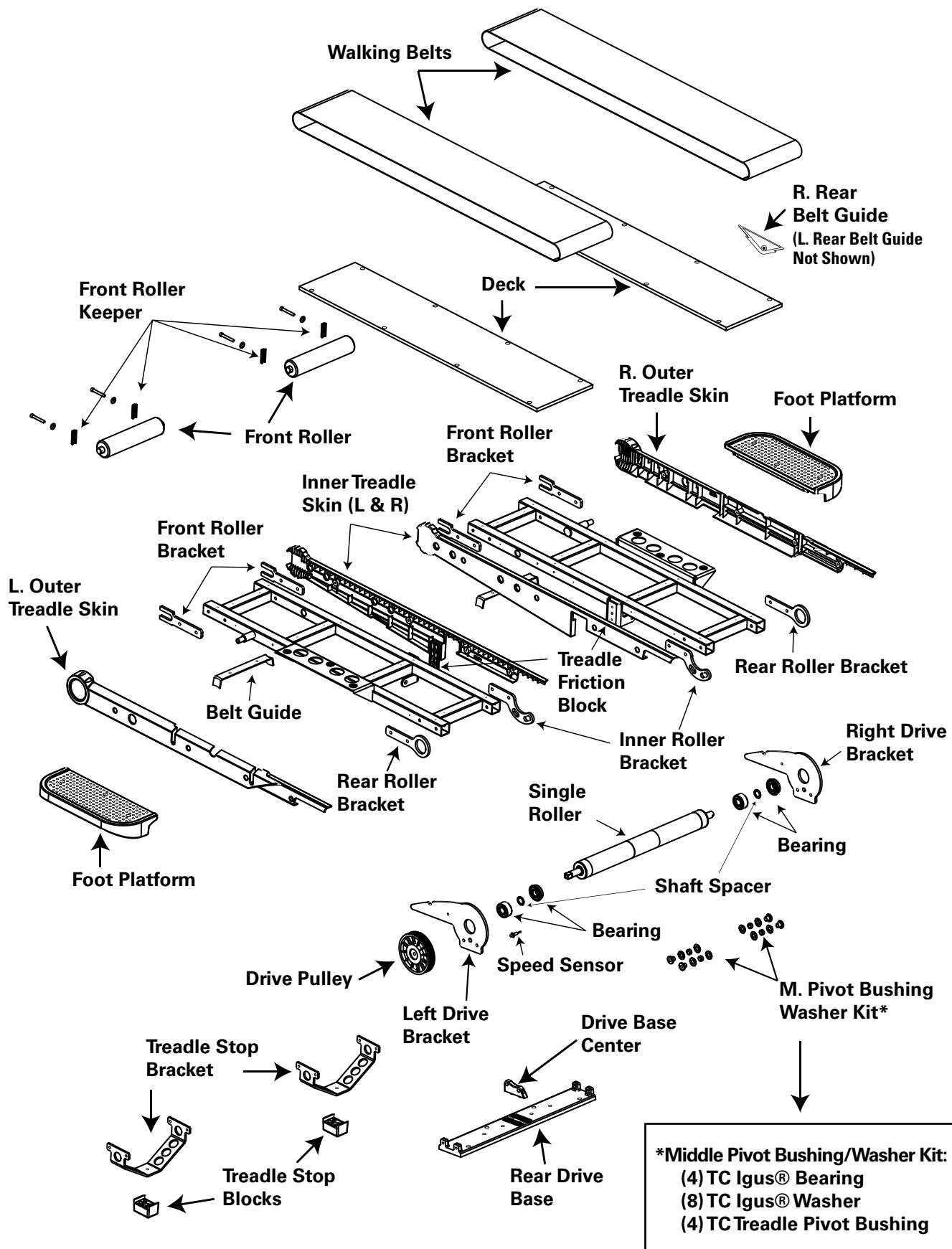
## Ordering Replacement Parts

Call a Bowflex® TreadClimber® Representative at 1-800-605-3369 to order replacement parts and get assistance with your specific replacement or service requirements.

### TC1000 Console Assembly (Not illustrated)



# Exploded Views



# Exploded Views

