

Table of Contents

Section Code	Section	Page Number
1	Important Safety Instructions	2
1	Safety Warning Labels and Serial Number	3
1	Specifications	3
1	Moving Your Machine	4
1	Leveling Your Machine	4
1	Maintenance	5
1	Walking Belt and Deck Lubrication	5
1	Walking Belt Alignment	7
1	Maintenance Parts	8
1	Troubleshooting	10
1	Console Error Codes	11
1	Console Error Code Troubleshooting	17
1	Replacement Procedure Skill Level	20
	Part Replacement	
2	Replacing the Console	21
3	Replacing the Console / Handlebar Assembly	23
4	Replacing the A/C Inlet	25
5	Replacing the Drive Belt	28
6	Replacing the Motor	31
7	Removing the Treadle Assembly	35
8	Replacing the Motor Control Board	40
9	Replacing the Walking Deck	44
10	Replacing the Front Roller	49
11	Replacing the Walking Belt	52
12	Replacing the Virtual Pivot	58
13	Replacing the Hydraulic Cylinder (shocks)	64
14	Replacing the Lower and Upper I/O Cables	66

NOTICE: This document provides important safety instructions, adjustments, and general troubleshooting information for the maintenance of the Bowflex® TreadClimber® TC10.

If you need assistance, please call Bowflex Customer Service at 1-800-605-3369.



This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Read and understand all Warnings on this machine.

Nautilus, Inc., (800) 605-3369, www.NautilusInc.com - Customer Service: North America (800) 605-3369, csnls@nautilus.com | outside U.S. www.nautilusinternational.com | Printed in China | © 2014 Nautilus, Inc. | ® indicates trademarks registered in the United States. These marks may be registered in other nations or otherwise protected by common law. Bowflex, the B logo, and TreadClimber are trademarks owned by or licensed to Nautilus, Inc. WD-40®, and Lube-N-Walk® are trademarks of their respective owners.

Important Safety Instructions



This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Read and understand all Warnings on this machine.

Before servicing or using this equipment, obey the following warnings:



Read and understand the Service Manual before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.

⚠ DANGER To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and/or the machine and wait 5 minutes before cleaning, maintaining or repairing the machine. Place the power cord in a secure location.

- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- Use only replacement parts and hardware that are supplied or approved by Nautilus. Failure to use Nautilus-approved replacement parts can adversely affect the safety and functionality of the equipment creating a risk to users and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If necessary, request replacement warning stickers or placards from Nautilus customer service.
- Do not try to change the design or functionality of the machine being serviced as this can adversely affect user safety and will void the warranty.
- Do not put the machine back in service until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

SAFETY WARNING LABELS AND SERIAL NUMBER

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

⚠ WARNING

1. Keep children and pets away from this machine at all times.
2. When this machine is not in operation, remove the Safety Key and keep out of the reach of children.
3. Use Caution when you operate this equipment or serious injury can occur.
4. Prior to use, read and understand the Owners Manual, including all Warnings.
5. To prevent injury, stand on the Foot Platforms before you start the machine.
6. This machine is for Residential use only.
7. The Maximum user Weight for this machine is 300lbs. / 136kgs.
8. Replace any Warning label that becomes damaged, illegible or is removed.
9. Not intended for use by anyone under 14 years of age

CAUTION ATTENTION

Unplug power cord before you move the machine.
Débranchez le cordon d'alimentation avant de déplacer la machine.

002-2268

* beside power inlet

⚠ WARNING

HAZARDOUS VOLTAGE.

Contact may cause electrical shock or burn.

Turn off and lock out power before servicing.



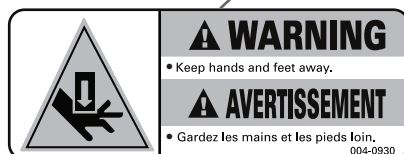
* under Rear Step

⚠ WARNING

-Moving parts can crush and cut.
-Keep guards in place.
-Lock out power before servicing.



* under Rear Step



* on inside of Treadles

Serial Number

Product Specification

SPECIFICATIONS

Maximum User Weight: 300 lbs (136 kgs)

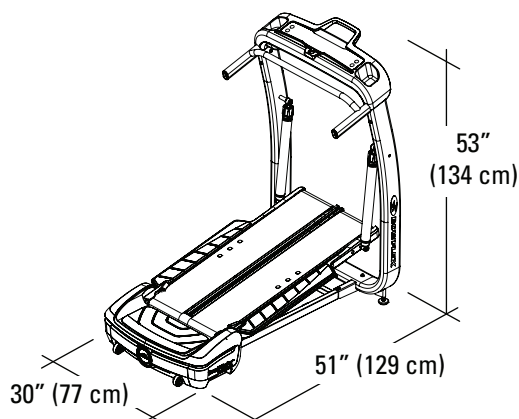
Power Requirements:

Operational Voltage: 120VAC 60 Hz

Operating Current: 10A max



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



Moving Your Machine

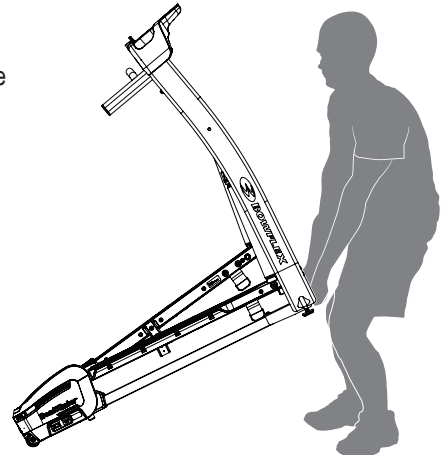
The TreadClimber® fitness machine weighs approximately 158 lbs (71.8 kg) when fully assembled and requires caution when being moved. Use the Transport Hand Bar found under the front of the machine to move it. To get access to the Transport Hand Bar, turn the Levelers until you have sufficient clearance between the machine and floor.

Your machine can be rolled on the transport wheels to a new location. Lower your machine slowly into its new location without injury to your head or fingers.



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

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



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

For safe storage of the machine and to prevent unsupervised operation of the machine always remove the Safety Key and disconnect the power cord from the wall outlet and the AC input. Place the power cord in a secure location.

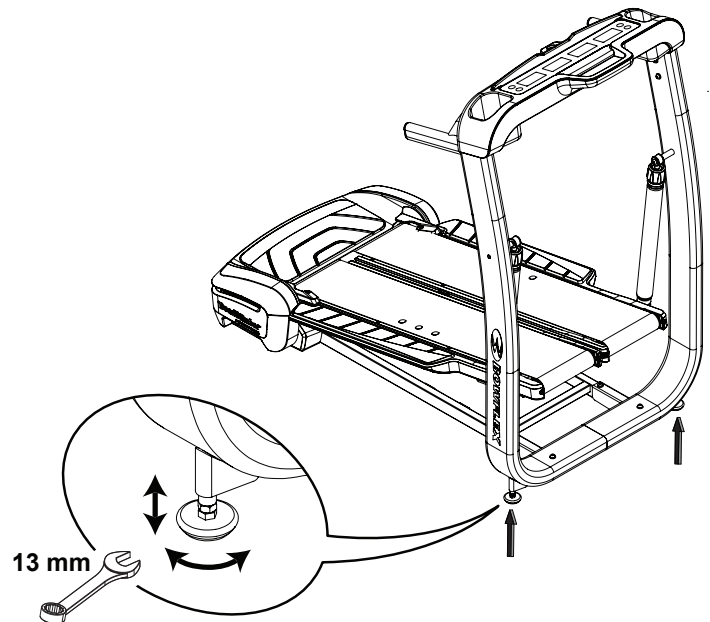
Leveling Your Machine

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

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



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



MAINTENANCE

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

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

DANGER To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and/or the machine and wait 5 minutes before cleaning, maintaining or repairing the machine. Place the power cord in a secure location.

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

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

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

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

Walking Belt and Deck Lubrication

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

Lubrication Schedule

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

We recommend that you use one of the following:

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

As you use your fitness machine, the Console will show "LUB" at set times. This is only a reminder and should be added to your inspection schedule. Only apply lubricant as necessary. Push the START button to accept the reminder.

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

1. Unplug the machine fully from the wall outlet, and remove the power cord from the machine. Place the power cord in a secure location.
2. Carefully lift each belt and apply silicone lubricant in the center of the Treadle deck along the entire reachable length of the deck. Apply 0.5 to 1.5 oz. of the lubricant on the deck underneath each belt.

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

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

3. Connect the power cord back into the machine and then into the wall outlet.
4. Stay to one side of your machine.
5. Switch on your machine and start the belts at the slowest speed. Let the belts operate for approximately 15 seconds.
6. Switch off your machine.
7. Take care to clean up any excess lubricant from the Treadles. We also recommend a periodic inspection of the Treadle surfaces below the belts. If the decks appear worn, contact a TreadClimber Representative (refer to the Contacts section of this manual).

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

Walking Belt Alignment

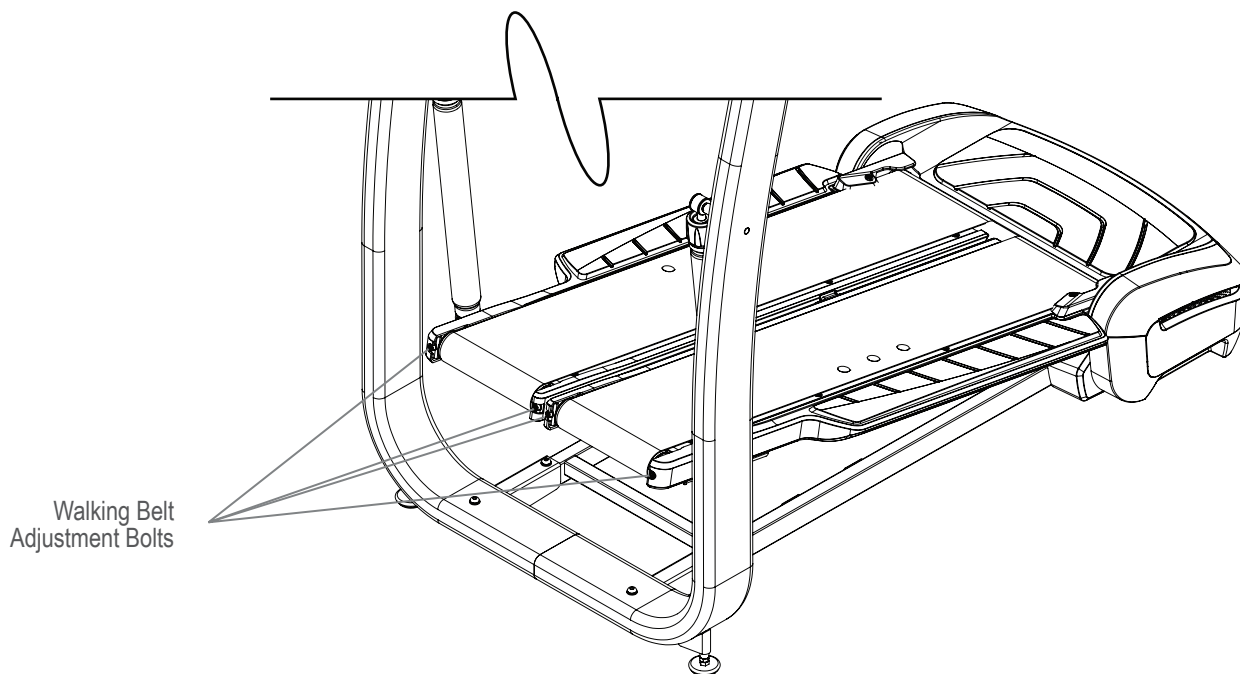
The walking belts need to be adjusted if they are out of center enough to cause a rubbing or scraping sound. Adjustments can be made at the Front Roller of each Treadle.

Adjusting the Walking Belts – While operating the machine, notice where the belts run on each Treadle. The Walking Belt Adjustment Bolts are on the front end of each Roller. If the belt is tracking too far to the right, use a properly sized Hex Key to turn the right adjustment bolt clockwise on that belt in full turn increments. If the belt tracks too far to the left, do the same thing on the left adjustment bolt.

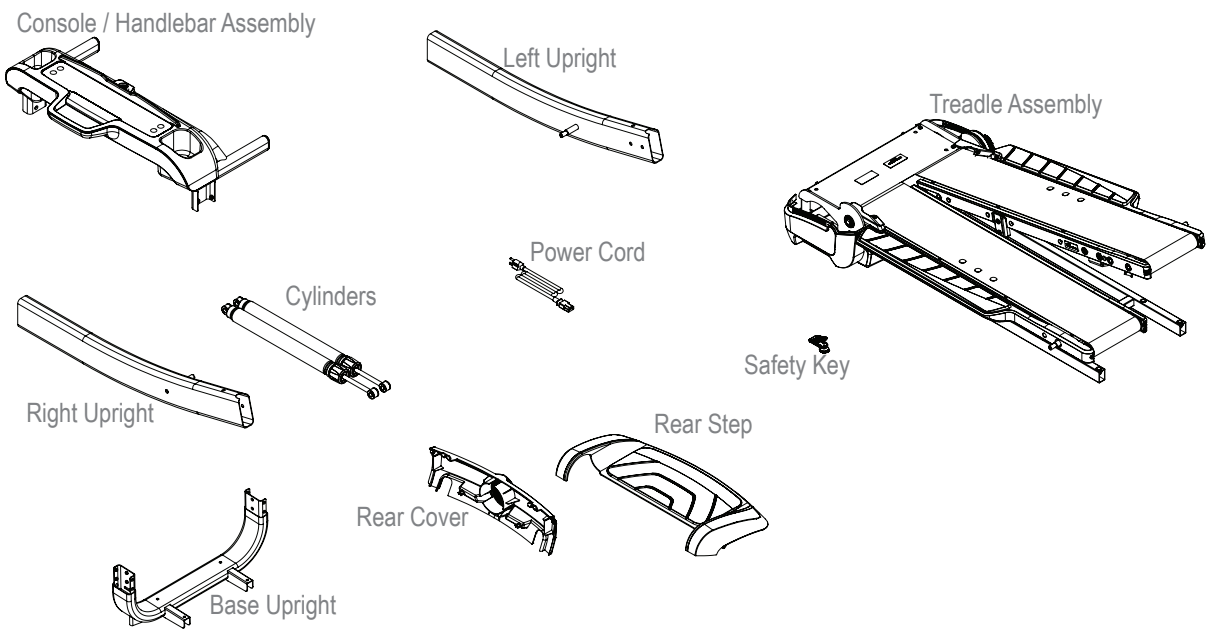
Note: Do not turn the bolts counterclockwise when you adjust the belt alignment.

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

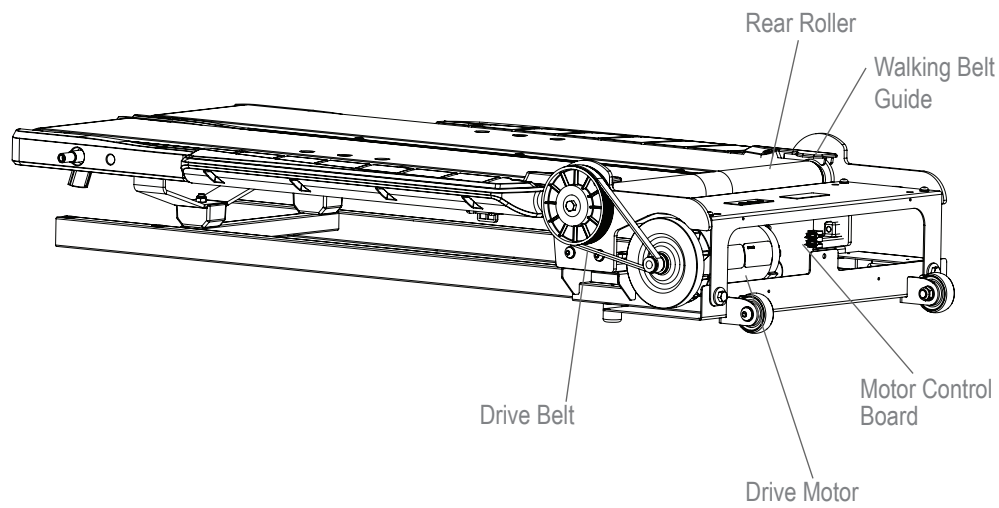
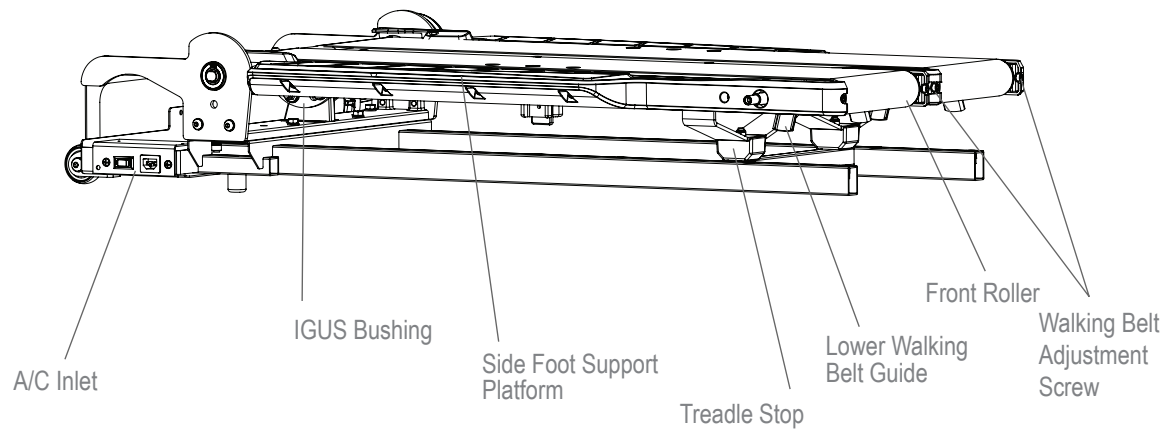
Note: Bolts are turned counterclockwise equally to decrease belt tension.



Maintenance Parts



Maintenance Parts (Treadle Assembly)



TROUBLESHOOTING

Condition/Problem	Things to Check	Solution
Unit will not power up/turn on/start	Outlet	Make sure outlet is functioning correctly. Verify this by plugging another device (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 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. Switch will light up red to indicate power is present.
	Safety key not plugged in	Plug Safety Key into Console (See Safety Key (Emergency Stop Procedures) within Features section).
Speed displayed is not accurate	Display set to wrong unit of measure. (English/Metric)	Change display units.
Walking belt misalignment	Rear belt guides	Belts should ride on top of triangular black belt guides at rear of treadles.
	Tracking adjustment	Belts are not required to be perfectly centered and are typically farther out in the rear than they are in the front. This may vary depending on user's stride. If belt is tracking to one side far enough to cause rubbing of belt, consult the "Adjusting the Walking Belts" procedure.
Speed dependent grinding or scraping noise	Belt alignment	Check walking belt alignment. Belt contact with metal guides under Treadle can make a loud grinding sound. If belts are misaligned, adjust walking belt.
	Rollers or motor	Contact Customer Care for further assistance.
Hesitation or belt slipping when walking on unit	Walking belt tension	Adjust walking belt tension by following the "Adjusting the Walking Belt" procedure.
Knocking noises when unit is operating	Igus bushing	If knocking sound seems to be coming directly from the rear roller, check Igus (yellow "hat" shaped) bushings and replace if cracked.
	Hydraulic cylinder bolts	Check and tighten both upper and lower bolts that connect the hydraulic cylinders to the unit.
Belts stop turning while in use	Safety key	Plug Safety Key into Console (See Safety Key (Emergency Stop Procedures) in Features section).
	Motor overload	Unit may be overloaded and drawing too much current, causing unit to shut power down to protect motor. Consult belt lubrication schedule to determine if belts need lubrication, check walking belt tension, and restart unit.
	Outlet	Outlet may not have enough power available for the machine due to other devices on same circuit. Remove any devices from power circuit and restart machine.
Console displays "C", "S", or "H" with a number	Console	Cycle power off and on to clear the error. If issue recurs be sure to note the display code and contact Customer Service for further assistance.
Console displays "LUB" code	Belt lubrication	Consult lubrication schedule and apply if necessary. Push START button.

ERROR CODES

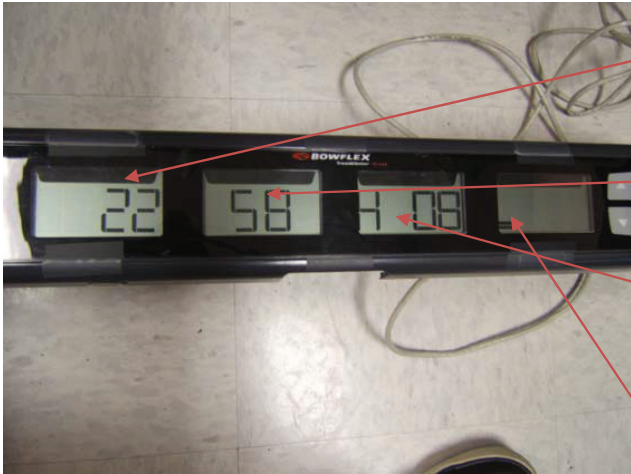
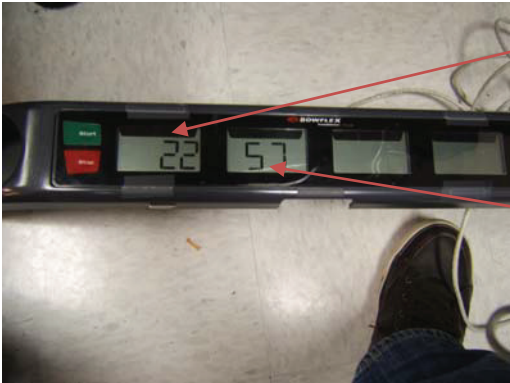
- If the error code has never appeared before, the first step should always be to power the machine off/on, and see if the code re-appears. If the code re-appears, or has been seen before, then proceed with the steps below.
- After completion of each resolution step, restart the machine and see if the error returns. If not, proceed to the next resolution step. If issue persists, after all steps followed, contact Customer Service for advanced troubleshooting assistance.
- If multiple codes are present attempt to resolve “Hxx” code before troubleshooting “Cxx” codes. After “Hxx” codes are resolved “Cxx” codes may not re-appear.


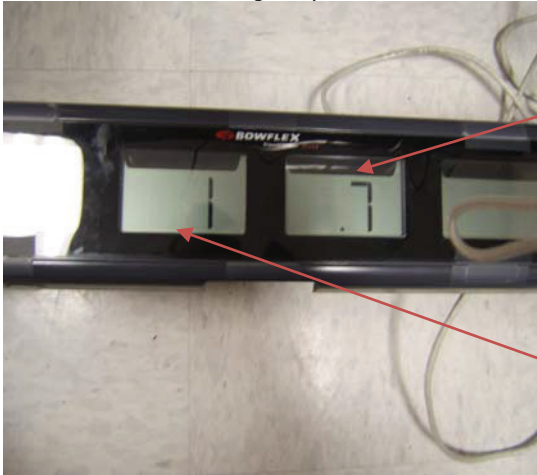
Error Code	Error Name	Resolution
EStP	Estop Error	1. Check and make sure the E-Stop is plugged in and fitted correctly.
		2. Replace the upper electronics
C01	Console over voltage	1. Check all three I/O cable connections (MCB, top of upright, back of console)
		2. Replace I/O cables
		3. Replace MCB (Motor Control Board)
C02	Console under voltage	1. Check all three (MCB, top of upright, back of console) I/O cable connections
		2. Replace I/O cables
		3. Replace MCB
C03/C04/C05/C06/C07	Console current/hdw errors	1. Troubleshoot other codes first and restart machine.
		2. Replace console
C08	Wrong MCB	1. Replace MCB with correct part for machine
H03	Critical motor current	1. Check that all MCB wiring is secure
		2. Replace MCB
H05	Communication lost	1. Check all three I/O cable connections (MCB, top of upright, back of console)
		2. Replace I/O cables
		3. Seek advanced troubleshooting assistance
H06	Communication issue	1. If issue returns after power off/on seek advanced troubleshooting assistance
H07	Over speed condition	1. If error occurs when machine is powered up or when start button is pressed, replace MCB
		2. If error occurs due to pushing belts beyond motor speed, advise not to push belts beyond motor speed
		3. Seek advanced troubleshooting assistance
H08	No tach detected	1. Check that motor tach I/O cable is connected at both ends
		2. Replace motor assembly
H11	Power supply voltage low	1. If error has occurred multiple times replace MCB
H12	Memory error	1. If error has occurred multiple times replace MCB
H13	Hardware failure	1. If error has occurred multiple times replace MCB
H15	Over current	1. Check belt lubrication/tension
		2. If heavier user at low speeds set shocks to MIN travel and try shorter workout at higher speed (over 2.0MPH)
		3. If problem has slowly developed over a long period of time and has been getting worse, replace motor.

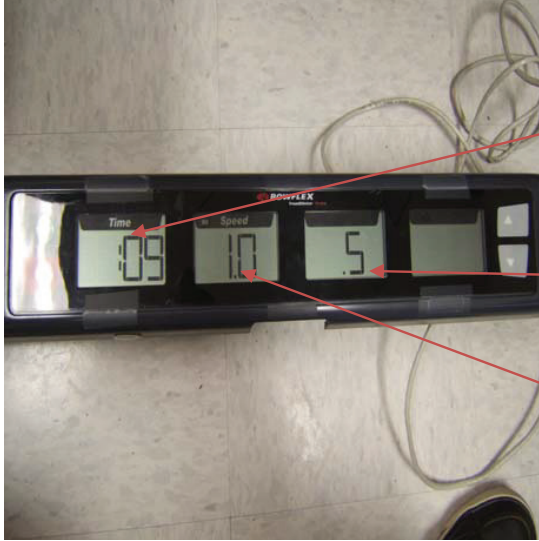
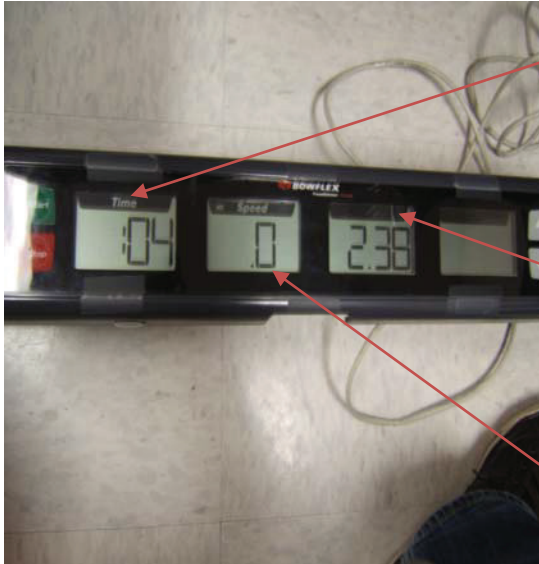
H16	Over speed condition	1. If error occurs when machine is powered up or when start button is pressed, replace MCB
		2. If error occurs due to pushing belts beyond motor speed, advise not to push belts beyond motor speed
		3. Seek advanced troubleshooting assistance
H17	Motor wiring	1. Check motor wiring connections to MCB
		2. Replace motor
		3. Replace MCB
H18	Wiring short	1. Check all wiring connections at MCB
		2. Replace MCB
H19	Voltage issue	1. Check all wiring connections at MCB, AC plug assembly, and power cord
		2. If error has occurred multiple times, replace MCB
H20	MCB backup monitor error	1. If error has occurred multiple times replace MCB
H22	Voltage issue	1. If error has occurred multiple times replace MCB
H23	No tach signal	1. Check motor power wire connection and tach I/O cable connection at both ends
		2. Check that tach wheel is mounted securely to motor shaft. If not, tighten wheel.
		3. Replace motor
H24	Current issue	1. Troubleshoot any other error first. If other errors resolved, and error has occurred multiple times, replace MCB.
H26/28/H29	Circuitry issue	1. If error has occurred multiple times replace MCB
H30	Estop Error	1. Check and make sure the E-Stop is plugged in and fitted correctly.
		2. Replace console
		3. Replace MCB
H31	Speed higher than current	1. Check all motor connections at MCB
		2. Seek advanced troubleshooting assistance

Console Service Mode

The Console has a Service Mode. Some options in the Service Mode can be adjusted to the users preferences, but most are helpful for service of the machine. To access the Service Mode, hold down the Increase and Decrease buttons for 2 seconds.

Option	Display	Option	Description
1	Unit	Units	Select your preferred unit of measurement; "Lb" = English Imperial, "Si" = metric
2	brt	Brightness	Control the contrast level of the Console; "8" = maximum intensity, "1" = minimum
3	LOG	Error Log *	<p>Displays the last 10 error codes. When entering this menu, it automatically shows the latest error code. Pressing the DECREASE button will show you the second to the latest error and so on. Pressing INCREASE will show you the oldest error. The time is reference to machine time/hours.</p>  <p>Error Time(Hour) in TIME segment</p> <p>Error Time(Minutes)-in SPEED segment</p> <p>Error Type in CALORIES segment</p> <p>Error Number in Go Coach segment</p>
4	Con	Console Version *	Displays the software version
5	dr	Drive Version *	Displays the drive version
6	HrS	Device Usage	<p>Displays the hours-minutes the system has been used. If a Console is replaced with a fresh (not previously used with 0 statistics on hours/usage) the console will ask the MCB for machine hours/usage. If MCB is replaced, Console will sync MCB with the correct machine hours.</p>  <p>Hours in TIME segment</p> <p>Minutes-in SPEED segment</p>

7	diSt	Device Mileage	Displays total mileage
			 <div data-bbox="1062 407 1305 571"> <p>Distance in <i>TIME</i> segment</p> </div>
8	HiSt	Motor Current History *	Displays the average motor current for the current maintenance interval. Push the decrease button to view the average of previous intervals. Every 40 machine hours, the interval increases.
			 <div data-bbox="1062 907 1367 1071"> <p>Average Interval Current – in <i>SPEED</i> segment</p> </div> <div data-bbox="1062 1138 1367 1302"> <p>Interval Number – in <i>TIME</i> segment</p> </div>
9	Hd	Hardware Type *	Displays the hardware type

10	Curr	Motor Current *	<p>Displays the instantaneous motor current. This menu can be used to troubleshoot machine for high current/high friction.</p> <p>⚠ Pressing STOP in this menu will cause the machine to stop right away. User should not be on the machine when stopped is pressed.</p> <p>When we enter this Menu, a 3 seconds count down starts (just like a regular workout) and then machine starts moving. User can change speed with INCREASE and DECREASE buttons.</p>  <p>Workout Time – in <i>Time</i> segment</p> <p>Instantaneous Current – in <i>CALORIES</i> segment</p> <p>Speed – in <i>SPEED</i> segment</p>
11	CoAS	Coast Time *	<p>A test to see how long it takes the belts to come to complete stop. This is used to determine how “smooth” the machine is as far as mechanical friction goes.</p> <p>⚠ Pressing STOP in this menu will cause the machine to stop right away. User should not be on the machine when stopped is pressed.</p> <p>When we enter this Menu, a 3 seconds count down starts (just like a regular workout) and then machine starts moving. User can change speed with INCREASE and DECREASE buttons. When stop is pressed, machine will immediately try to stop. Once belts stop moving completely, a total coast time is displayed in the Distance segment.</p>  <p>Workout Time – in <i>Time</i> segment</p> <p>Coast down Time – in <i>DISTANCE</i> segment</p> <p>Speed – in <i>SPEED</i> segment</p>
12	Loop	Loop Back *	<p>A test to see if the Console is receiving data.</p>

13	CSn	Console Serial Number	This menu will display the serial number of the console across all the displays. It will start with a C showing the type of serial number (Console) with digits after that.
14	dSn	Drive Serial Number *	This menu will display the serial number of the MCB across all the displays. It's starts with a "d" and follows the same number rule as console.
15	dES	Drive Error Statistics *	Displays the latest hard error statistics for the MCB. Push the increase and Decrease buttons to view all error statistics. The display toggles between BUS, MOT, Curr, tArS, ActS, 12S. Record all values for these displays.

* for Service Technicians

Use the Increase and Decrease buttons to cycle through the Options. To change the value of an Option, push START and use the Increase and Decrease buttons to select the desired value. Push START to assign the new value to the Option.

Push STOP to exit an Option and the Service Mode.

Console Error Code Troubleshooting

Error Message	Description	Resolution	Console Service Mode Option Assist
H03. Critical Motor Current	Motor Control Board (MCB) saw Critical Current	1. What version of code? 2. Does this happen within a few seconds after the belts starts moving? with user on it? without user on it? If yes, replace Motor Control Board (MCB). 3. If no, check the Motor wiring connection and the AC wiring connection.	Option 8, 10, 15
H05. Communication Lost	Communication issue with MCB	1. Version 1.00? Does it happen during power UP? If yes on both, power up the console, unplug the communication cable from the MCB. Plug the cable back in. Did H05 go away? Did another error appear? 2. Disconnect the communication cables at the top of the right upright. Reconnect the cables. Did H05 go away? Did another error appear? 3. Contact Customer Service.	
H06. Multiple communication Packets Failed	Communication issue with MCB	1. Contact Customer Service and file an Advanced Troubleshooting Form.	
H07. System Over Speed	Over speed condition was detected.	1. Does error happen as soon as machine starts the workout or turns ON? -Replace MCB 2. Is this error combined with any other error? -troubleshoot other errors along with error. 3. Is the user backpushing the belt or intentionally pushing back on the belts? - Avoid pushing back on the belts 4. Contact Customer Service and file an Advanced Troubleshooting Form.	8, 10, 15
H08. No Tach is Plugged in	MCB detected that there was no Tach plugged in.	1. Check to see the Tach cable is plugged in correctly to the MCB. 2. Check the Tach Assembly. 3. Replace Tach Assembly. 4. Replace MCB.	15
H11. Power supply Supply Low	MCB Saw that The one of it's power supply is under operation voltage	1. Replace MCB. 2. Replace Console.	15
H12. Memory Initialization failed	Software update failed or MCB is not programmed	1. Restart the device. Does issue still occur? -If YES, replace the MCB. -If NO, contact Customer Service.	
H13. Hardware Failure	MCB detected that one of the main hardware components has failed or is not working properly.	1. Does this occur all the time? -If YES, Check all wirings. Replace MCB. 2. Contact Customer Service and file an Advanced Troubleshooting Form.	8, 10, 15
H15. Over Current	MCB Saw excessive current during workout that could potentially damage the motor or heat up	1. Does this issue happen without the user on the machine? If Yes: -Check the motor wiring and Inlet wiring. -Replace Motor. -Replace MCB. If NO: -user weights between 200-300 at lower speeds of 0.5-2.0 MPH? Then lube the Belt, increase shock settings (less travel), and increase speed.	8, 10, 15

Error Message	Description	Resolution	Console Service Mode Option Assist
H16. Backup protection saw over Speed	Backup Monitor saw over speed	1. Did this issue happen as soon as workout was about to start? -If YES: Check wiring and if all is well, replace MCB. -If NO: Was there an H07 error as well? Yes- Troubleshoot H07.	8, 10, 15
H17. Motor is OPEN	MCB detected an Motor Open condition	1. Was this error received as soon as the workout countdown? -If YES: Check motor leads. Check motor connection to MCB. -If all is good, replace MCB. -Replace Motor.	15
H18. Possible Short detected in MCB	MCB detected a short	1. Does this error occur as soon as the machine workout starts? -If YES: Replace MCB -If NO: 2. Any other errors that are shown with H18? H03? -If YES: Trouble shoot H03. -If NO: Contact Customer Service.	8, 10, 15
H19. Motor Supply too low	MCB saw supply for motor is below operation voltage	Does this happen all the time when machine is about to start a workout? -If YES: Check AC Line In. If AC Line In is good, check all other wirings. If all is good, replace MCB. -If NO: Contact Customer Service and file an Advanced Troubleshooting Form.	10, 15
H20. Backup Micro did not respond	Backup Monitor did not respond to turning on relay	Does this happen all the time? -If YES: replace MCB. -If NO: restart machine, contact Customer Service and file an Advanced Troubleshooting Form.	15
H22. Supply too High	MCB Saw that the power supply is over safe operating voltage	1. Does this error occur all the time? -If YES: replace MCB. -If NO: restart machine.	10, 15
H23. No Tach Pulse is seen	MCB Detected that tach was plugged in but saw no tach pulses	Does this error happen at the beginning of the workout (within a few seconds of entering workout screen)? Does the motor move? Do the belts move? -If YES: Check motor wire leads. Check Tach Wheel. Check tach wiring on both MCB and Tach assembly. -If NO: restart machine if error persists, contact Customer Service and file an Advanced Troubleshooting Form.	10, 15
H24. Backup Micro saw excessive Current	Backup Monitor saw excessive Current Limit and shut off the system.	Does this error happen all the time? When machine is turned ON? When Machine is about to start a workout? -If YES: replace MCB. -If NO : any other error show up with this error? Troubleshoot other error (H03,H15)	8, 10, 15
H25. Backup Safety Internal Fault	Backup monitor could not configure correctly due to hardware malfunction	1. Restart machine. 2. Error keeps happening? Replace MCB.	
H26. BackupSafety Idmag bad circuitry	Backup Monitor detected a bad Over Current Detection Circuitry	1. Restart machine. 2. Error keeps happening? Replace MCB.	8, 10, 15

H28. Backup Has relay On without Permission	Backup Monitor had relay ON without permission	1. Restart machine. Does the error happen still? 2. Replace MCB.	
H29. Possible Stuck Relay	MCB wanted relay OFF but did not see bus volts dropping.	1. Turn off machine and wait a couple of minutes. Turn on the machine. Does error persist? Can you hear a "relay" click? If not, replace MCB. 2. Contact Customer Service and file an Advanced Troubleshooting Form.	6, 7, 8, 15
H30. Possible ESTOP detection out of sync	Console ESTOP detection might be out of sync with MCB	1. Check and make sure the E-Stop is plugged in and fitted correctly. 2. Check console E-Stop cable connection. 3. Replace console. 4. Replace MCB.	15
H31. Motor Short	MCB detected a fast over speed could not see any current (due to fet being off)	Does this error happen when machine is about to start a workout? -check motor connections and make sure they are not loose. -Contact Customer Service and file an Advanced Troubleshooting Form.	8, 10, 15

REPLACEMENT PROCEDURE SKILL LEVEL

Level I : Low - very little mechanical knowledge or exposure.
Level II : Intermediate - some experience with mechanical procedures
Level III : Advanced - knowledgeable about mechanical procedures

NOTICE: This document provides instructions for the replacement of the Console with electronics on the Bowflex® TC10 fitness machine.

If you need assistance, please call Bowflex Customer Service at 1-800-605-3369.



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- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- 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 will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If necessary request replacement warning stickers or placards from Nautilus customer service.
- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.
- This product contains magnets. Magnetic fields can interfere with the normal use of certain medical devices at a close range. Users may come into proximity of the magnets in the assembly, maintenance, and/or use of the product. Given the obvious importance of these devices, such as a pacemaker, it is important that you consult with your medical provider in connection with the use of this equipment. Please consult the "Safety Warning Labels and Serial Number" section in the Owner's Manual to determine the location of the magnets on this product.

Tools Required (not included)

#2 Phillips screwdriver

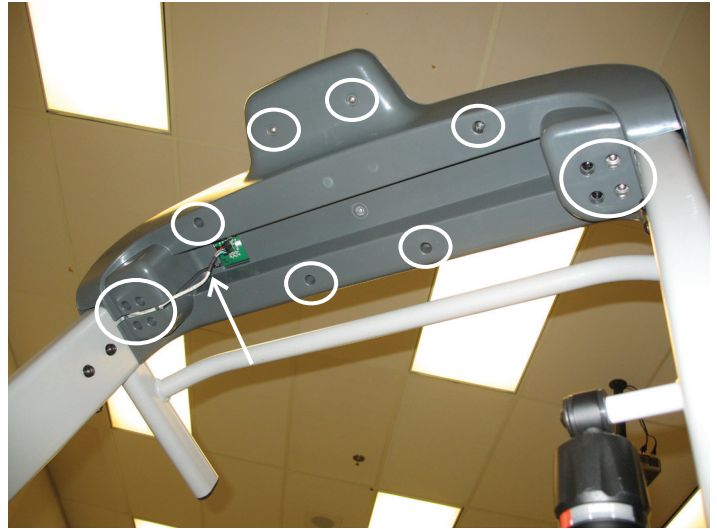


⚠ DANGER

To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and the machine and wait 5 minutes before cleaning, maintaining or repairing the machine. Place the power cord in a secure location.

1. Unplug the power cord from the machine and wait 5 minutes.
2. Disconnect the Upper Input/Output (I/O) Cable.
3. Remove the 14 indicated Phillips head screws securing the Console Top with Electronics to the Console Shroud.
4. Carefully remove the Console Top with Electronics from the front of the Console Shroud.
5. Install the new Console Top with Electronics.
6. Reinstall the 14 Phillips head screws.
7. Connect the Upper I/O Cable.
8. Final Inspection

Inspect your machine to ensure that all hardware is tight and components are properly assembled.



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

NOTICE: This document provides instructions for the replacement of the Console / Handlebar Assembly on the Bowflex® TC10 fitness machine.

If you need assistance, please call Bowflex Customer Service at 1-800-605-3369.



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- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- 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 will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If necessary request replacement warning stickers or placards from Nautilus customer service.
- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.
- This product contains magnets. Magnetic fields can interfere with the normal use of certain medical devices at a close range. Users may come into proximity of the magnets in the assembly, maintenance, and/or use of the product. Given the obvious importance of these devices, such as a pacemaker, it is important that you consult with your medical provider in connection with the use of this equipment. Please consult the "Safety Warning Labels and Serial Number" section in the Owner's Manual to determine the location of the magnets on this product.

Tools Required (not included)

5mm hex wrench



⚠ DANGER

To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and the machine and wait 5 minutes before cleaning, maintaining or repairing the machine. Place the power cord in a secure location.

Note: If only replacing the Console Shroud, use the Console Top with Electronics replacement instructions to transfer the electronics to the new Console Shroud.

1. Disconnect the Upper Input/Output (I/O) Cable.



2. Remove the 6 indicated screws from the Console Assembly using a 5 mm hex wrench.

3. Lift the Console/Handlebar Assembly off of the Uprights and replace with new Console/Handlebar Assembly.

4. Installation is the reverse procedure. Be sure to route the I/O Cable through the same cable path without crimping.

5. Final Inspection

Inspect your machine to ensure that all hardware is tight and components are properly assembled.



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

NOTICE: This document provides instructions for the replacement of the A/C Inlet on the Bowflex® TC10 fitness machine.

If you need assistance, please call Bowflex Customer Service at 1-800-605-3369.



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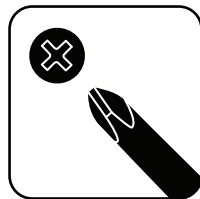


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- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- 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 will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If necessary request replacement warning stickers or placards from Nautilus customer service.
- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.
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Tools Required (not included)

#2 Phillips Screwdriver



⚠ DANGER

To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and the machine and wait 5 minutes before cleaning, maintaining or repairing the machine. Place the power cord in a secure location.

Note: If only replacing the Console Shroud, use the Console Top with Electronics replacement instructions to transfer the electronics to the new Console Shroud.

1. Remove the 6 indicated screws from the Rear Step using a #2 Phillips screwdriver.



2. Remove the Rear Step.



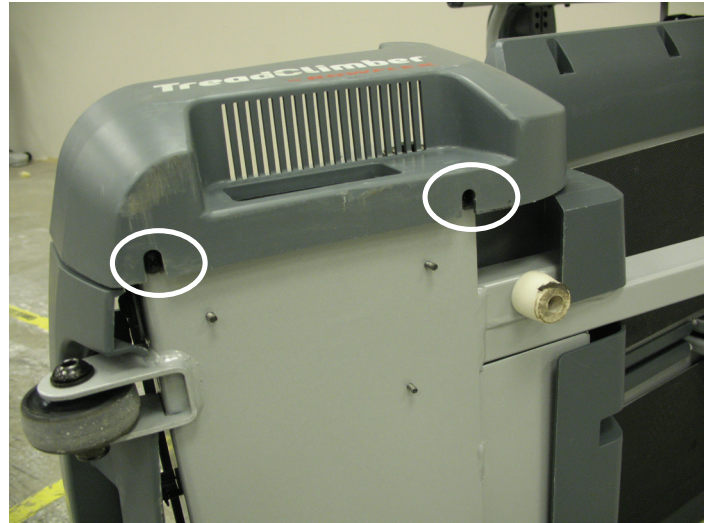
3. With assistance, carefully set the machine on to the left side.



Do not move the machine without aid. Injury to you or damage to the machine can occur. The Treadles and Walking Belts can abruptly move. To avoid possible serious injury, keep hands away from the inside of the Treadles and the edges of the Walking Belts.

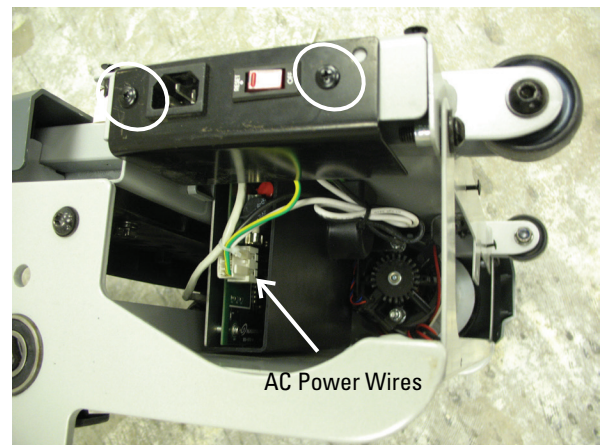
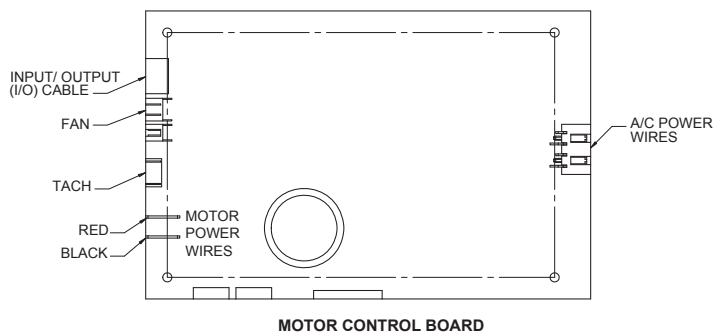


4. Loosen the two indicated screws and remove the Right Side Cover.



5. On the Motor Control Board, disconnect the A/C Power Wires by releasing the clip and pulling straight up on the Connectors – do not pull on the wire itself.

6. Remove the 2 indicated screws from the A/C Inlet using a #2 Phillips screwdriver.



7. Using a #2 Phillips screwdriver, detach the indicated Grounding Wire from the Base Assembly.

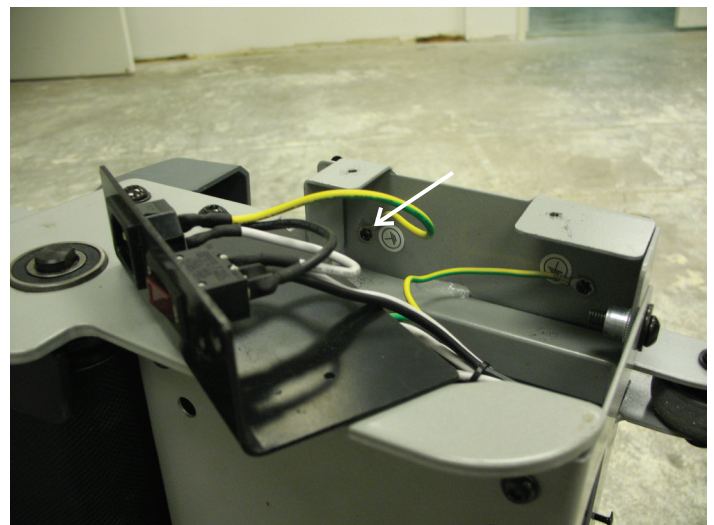
8. Installation is the reverse procedure.

9. Final Inspection

Inspect your machine to ensure that all hardware is tight and components are properly assembled.




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




NOTICE: This document provides instructions for the replacement of the Drive Belt on the Bowflex® TC10 fitness machine.

If you need assistance, please call Bowflex Customer Service at 1-800-605-3369.

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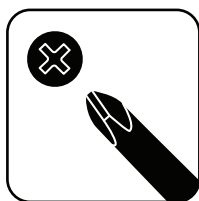
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- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- 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 will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If necessary request replacement warning stickers or placards from Nautilus customer service.
- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.
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Tools Required (not included)

#2 Phillips screwdriver



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1. Unplug the power cord from the machine and wait 5 minutes.

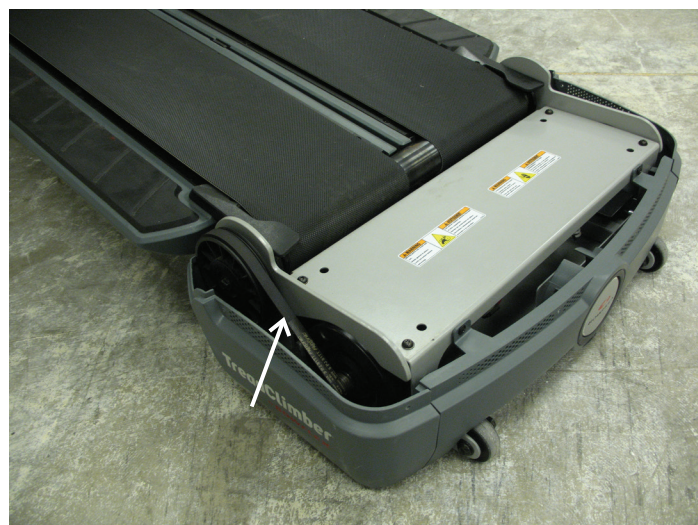
2. Using a #2 Phillips screwdriver, remove the 6 indicated screws from the Rear Step.



3. Remove the Rear Step.



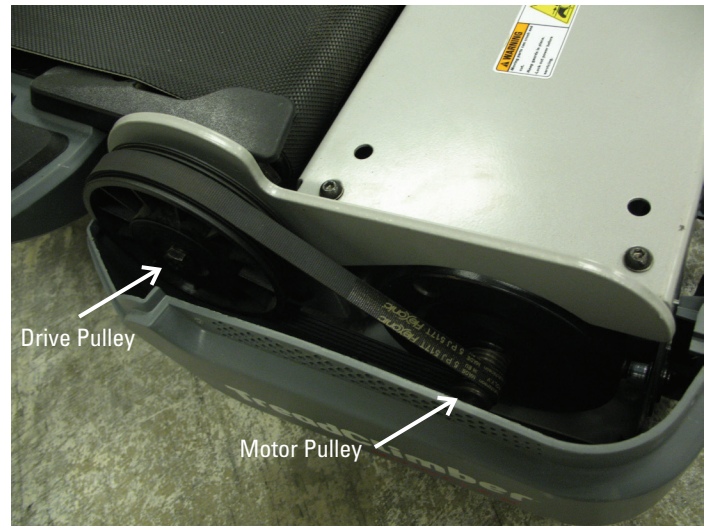
4. The Drive Belt is located on the left and is now exposed..



5. Turn the Drive Pulley clockwise while forcing the Drive Belt to the outside. Belt will come off of the Drive and Motor Pulley.



Keep fingers out of any pinch opportunities when turning the Pulleys.



6. Wrap the new Drive Belt around the Motor Pulley. Start the Drive Belt on the Drive Pulley and roll it in a clockwise motion. Be sure the Belt does not come off of the Motor Pulley.



Keep fingers out of any pinch opportunities when turning the Pulleys.

7. Roll the Drive Pulley clockwise until the Drive Belt is fully installed. Continue to roll the Belt forward while adding side pressure with fingers to align as necessary.

8. Replace the Rear Step and secure with screws.

9. Final Inspection

Inspect your machine to ensure that all hardware is tight and components are properly assembled.



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

NOTICE: This document provides instructions for the replacement of the Motor on the Bowflex® TC10 fitness machine.

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Tools Required (not included)

#2 Phillips Screwdriver



4mm hex wrench
5mm hex wrench



10mm wrench



Replacement Zip-Ties

⚠ DANGER To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and the machine and wait 5 minutes before cleaning, maintaining or repairing the machine. Place the power cord in a secure location.

Note: If only replacing the Console Shroud, use the Console Top with Electronics replacement instructions to transfer the electronics to the new Console Shroud.

1. Using a #2 Phillips screwdriver, remove the 6 indicated bolts from the Rear Step.

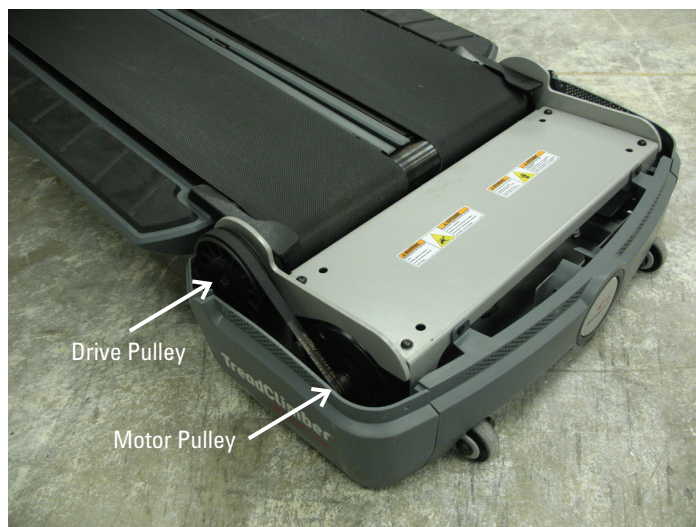


2. Remove the Rear Step.



3. Remove the Drive Belt. Turn the Drive Pulley clockwise while forcing the Drive Belt to the outside. Belt will come off of the Drive and Motor Pulley.

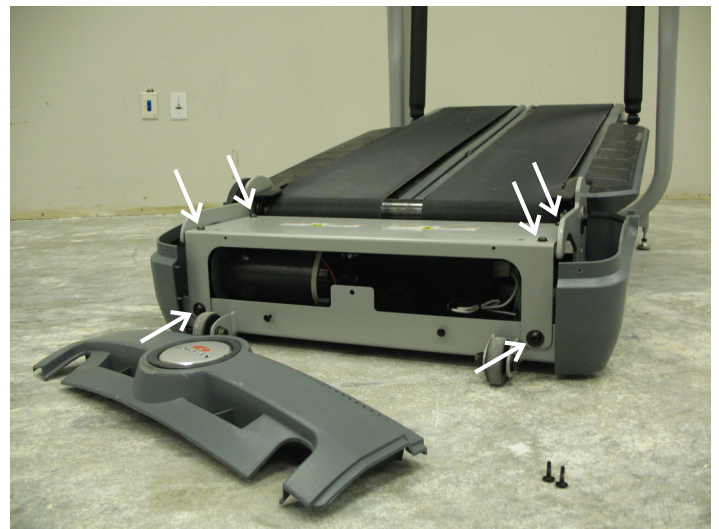
⚠ Keep fingers out of any pinch opportunities when turning the Pulleys.



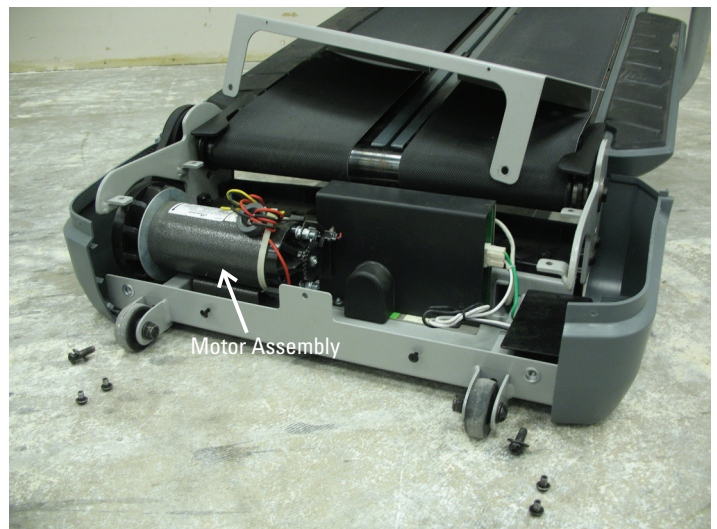
4. Using a #2 Phillips screwdriver, remove the 2 indicated upper screws and loosen the 2 lower indicated screws from the Rear Cover. Lift up on the Rear Cover, releasing it from the Base Assembly and slide it off.



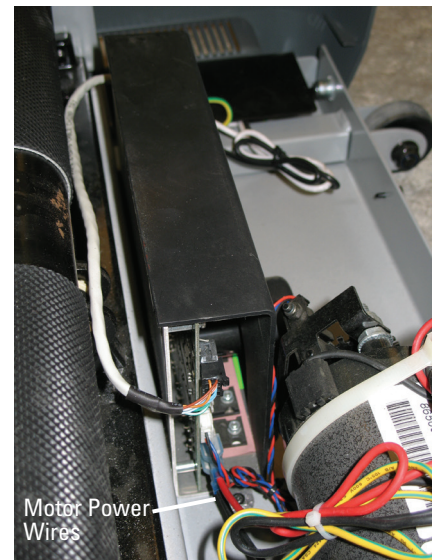
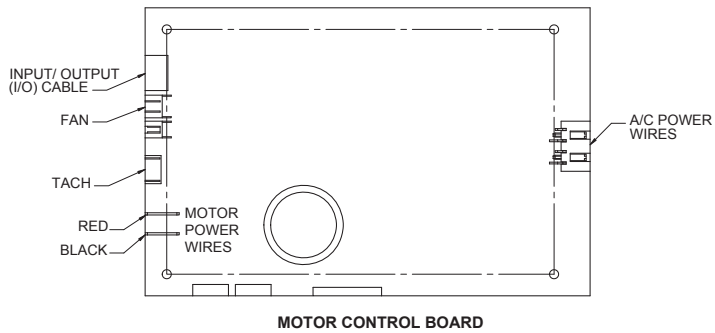
5. Using two hex wrenches (4 mm and 5 mm), remove the 6 indicated screws from the Motor Compartment Cover.



6. Slide the Motor Compartment Cover off of the machine.



7. On the Motor Control Board, disconnect the Motor Power Wires by releasing the clip and pulling straight out on the Connectors – do not pull on the wire itself.

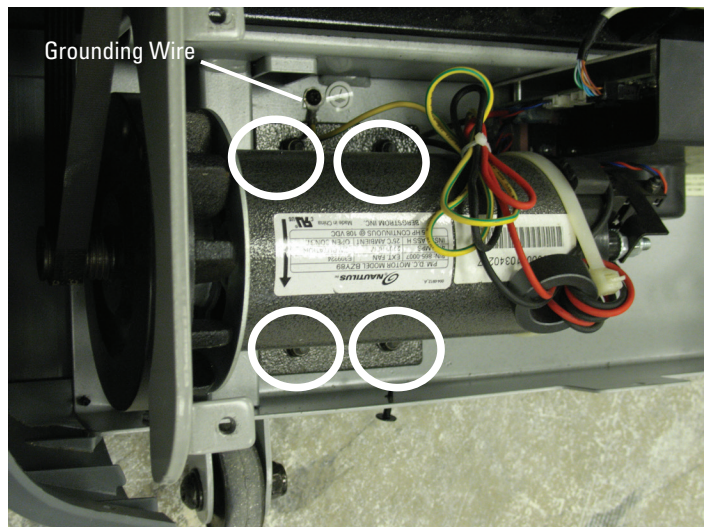


8. Using a #2 Phillips screwdriver, detach the Grounding Wire from the Base Assembly.

9. Using a 10 mm wrench, remove the 4 indicated lock nuts that secure the Motor Assembly.

10. Remove and replace with the new Motor Assembly.

11. Wrap the new Drive Belt around the Motor Pulley. Start the Drive Belt on the Drive Pulley and roll it in a clockwise motion. Be sure the Belt does not come off of the Motor Pulley.




 Keep fingers out of any pinch opportunities when turning the Pulleys.

12. Roll the Drive Pulley clockwise until the Drive Belt is fully installed. Continue to roll the Belt forward while adding side pressure with fingers to align as necessary.

13. Installation is the reverse procedure.

14. Final Inspection

Inspect your machine to ensure that all hardware is tight and components are properly assembled.

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

NOTICE: This document provides instructions for the replacement of the Treadle Assembly on the Bowflex® TC10 fitness machine.

If you need assistance, please call Bowflex Customer Service at 1-800-605-3369.



This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Read and understand all Warnings on this machine.

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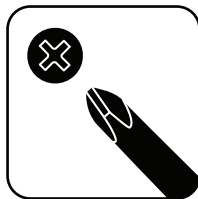


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- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- 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 will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If necessary request replacement warning stickers or placards from Nautilus customer service.
- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.
- This product contains magnets. Magnetic fields can interfere with the normal use of certain medical devices at a close range. Users may come into proximity of the magnets in the assembly, maintenance, and/or use of the product. Given the obvious importance of these devices, such as a pacemaker, it is important that you consult with your medical provider in connection with the use of this equipment. Please consult the "Safety Warning Labels and Serial Number" section in the Owner's Manual to determine the location of the magnets on this product.

Tools Required (not included)

#2 Phillips Screwdriver



4mm hex wrench
5mm hex wrench



13mm wrench



⚠ DANGER To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and the machine and wait 5 minutes before cleaning, maintaining or repairing the machine. Place the power cord in a secure location.

1. Using a #2 Phillips screwdriver, remove the 6 indicated bolts from the Rear Step.



2. Remove the Rear Step.



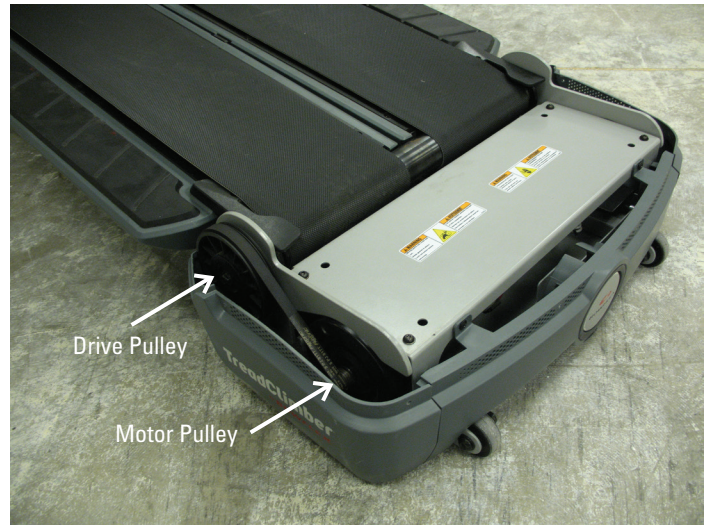
3. Using a #2 Phillips screwdriver, remove the 2 indicated upper screws and loosen the 2 lower indicated screws from the Rear Cover. Lift up on the Rear Cover, releasing it from the Base Assembly and slide it off.



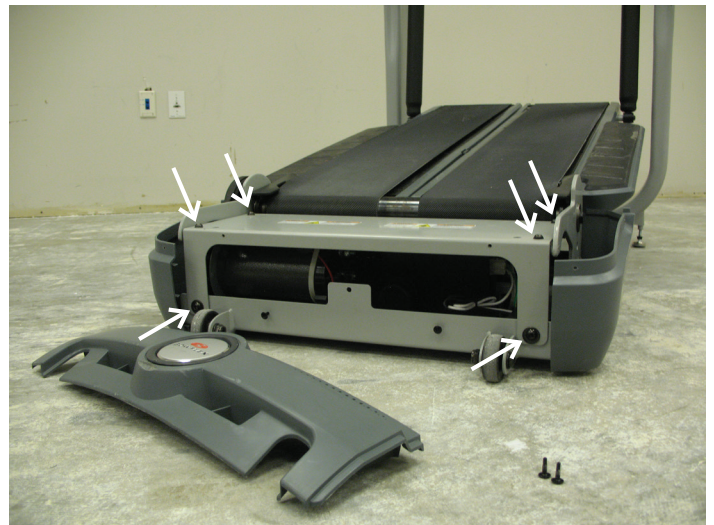
4. Remove the Drive Belt. Turn the Drive Pulley clockwise while forcing the Drive Belt to the outside. Belt will come off of the Drive and Motor Pulley.



Keep fingers out of any pinch opportunities when turning the Pulleys.



5. Using a couple of hex wrenches (4 mm and 5 mm), remove the 6 indicated screws from the Motor Compartment Cover.



6. Remove the lower mounting bolt from the Cylinders. Leave the tops attached.

7. Disconnect the Cylinders from the Treadles, and lower each Treadle gently.



The Treadle will fall abruptly if not supported. Keep hands away from the inside of the Treadles to avoid possible serious injury.

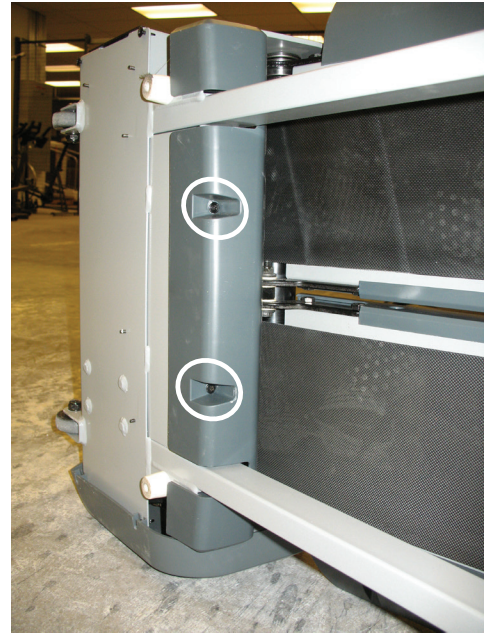


8. With assistance, carefully set the machine on to the left side.



Do not move the machine without aid. Injury to you or damage to the machine can occur. The Treadles and Walking Belts can abruptly move. To avoid possible serious injury, keep hands away from the inside of the Treadles and the edges of the Walking Belts.

9. Using a #2 Phillips screwdriver, remove the 2 indicated screws from the Front Cover. Remove the Front Cover from the Base Assembly.



10. Using a 13 mm (1/2") wrench, remove the indicated bolt from the Treadle Assembly.

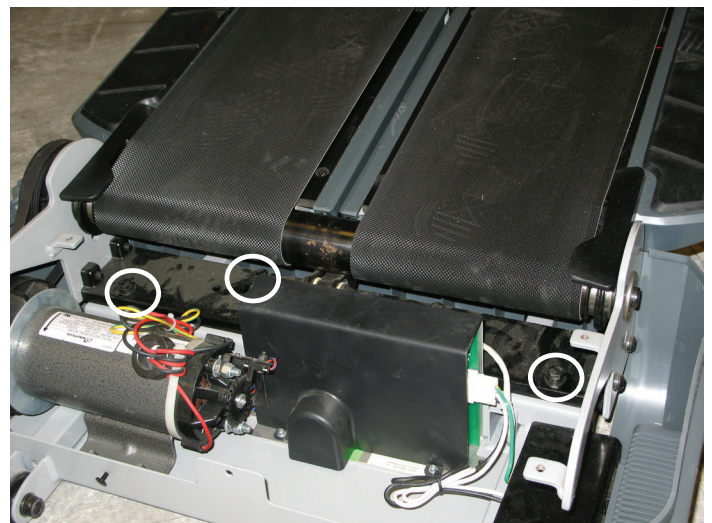
11. With assistance, carefully set the machine upright.



Do not move the machine without aid. Injury to you or damage to the machine can occur. The Treadles and Walking Belts can abruptly move. To avoid possible serious injury, keep hands away from the inside of the Treadles and the edges of the Walking Belts.



12. Using a 13 mm (1/2") wrench, remove the 3 indicated bolts from both sides of the Treadle Assembly.



13. Carefully lift the Treadle Assembly off of the machine.

Note: THIS STEP REQUIRES TWO PEOPLE.

⚠ Do not move the machine without aid. Injury to you or damage to the machine can occur. The Treadles and Walking Belts can abruptly move. To avoid possible serious injury, keep hands away from the inside of the Treadles and the edges of the Walking Belts.

⚠ The Treadle will fall abruptly if not supported. Keep hands away from the inside of the Treadles to avoid possible serious injury.

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

14. Reassembly is the reverse procedure.

15. Final Inspection

Inspect your machine to ensure that all hardware is tight and components are properly assembled.

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



NOTICE: This document provides instructions for the replacement of the Motor Control Board on the Bowflex® TC10 fitness machine.

If you need assistance, please call Bowflex Customer Service at 1-800-605-3369.



This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Read and understand all Warnings on this machine.

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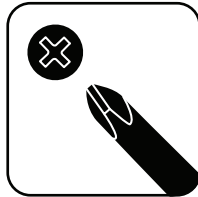


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- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- 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 will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If necessary request replacement warning stickers or placards from Nautilus customer service.
- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.
- This product contains magnets. Magnetic fields can interfere with the normal use of certain medical devices at a close range. Users may come into proximity of the magnets in the assembly, maintenance, and/or use of the product. Given the obvious importance of these devices, such as a pacemaker, it is important that you consult with your medical provider in connection with the use of this equipment. Please consult the "Safety Warning Labels and Serial Number" section in the Owner's Manual to determine the location of the magnets on this product.

Tools Required (not included)

#2 Phillips screwdriver



4 mm hex wrench



13 mm wrench



⚠ DANGER To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and the machine and wait 5 minutes before cleaning, maintaining or repairing the machine. Place the power cord in a secure location.

1. Unplug the power cord from the machine and wait 5 minutes.

2. Using a #2 Phillips screwdriver, remove the 6 indicated screws from the Rear Step.



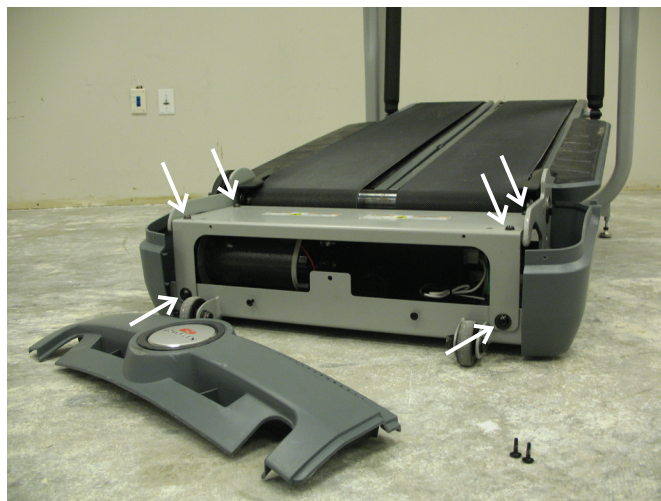
3. Remove the Rear Step.



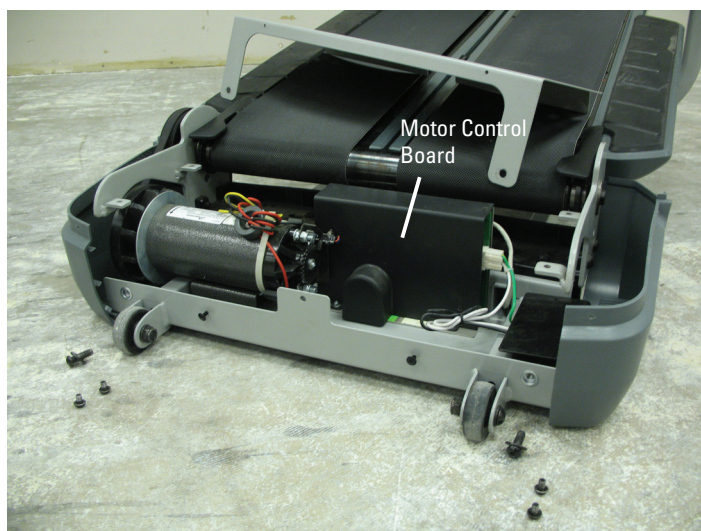
4. Using a #2 Phillips screwdriver, remove the 2 indicated upper screws and loosen the 2 lower indicated screws from the Rear Cover. Lift up on the Rear Cover, releasing it from the Base Assembly and slide it off.



5. Using a 4mm hex wrench and a 13mm wrench, remove the 6 indicated screws from the Motor Compartment Cover.

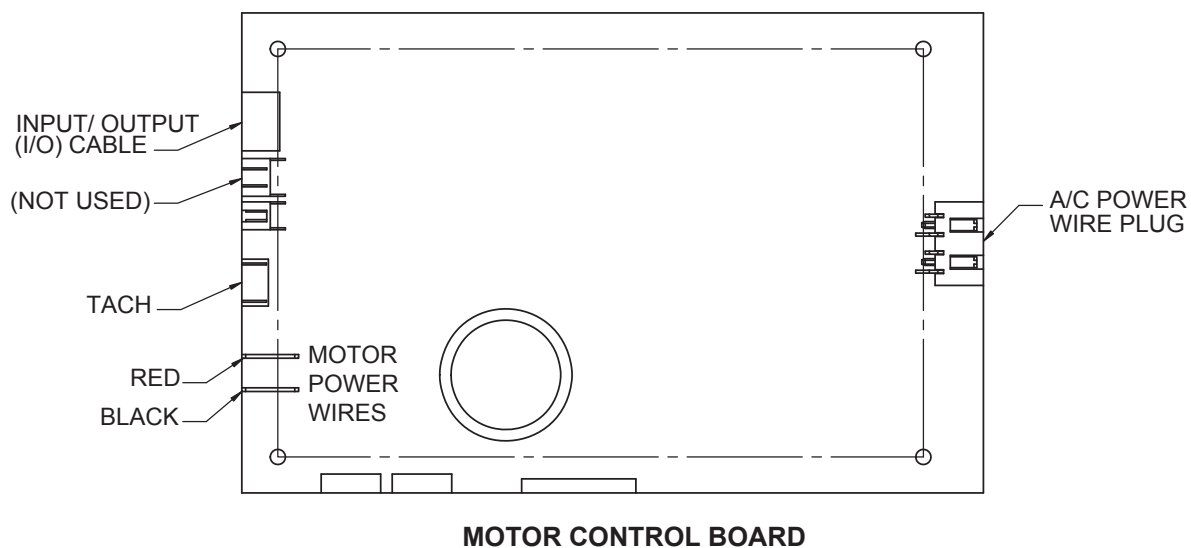


6. Slide the Motor Compartment Cover off of the machine.

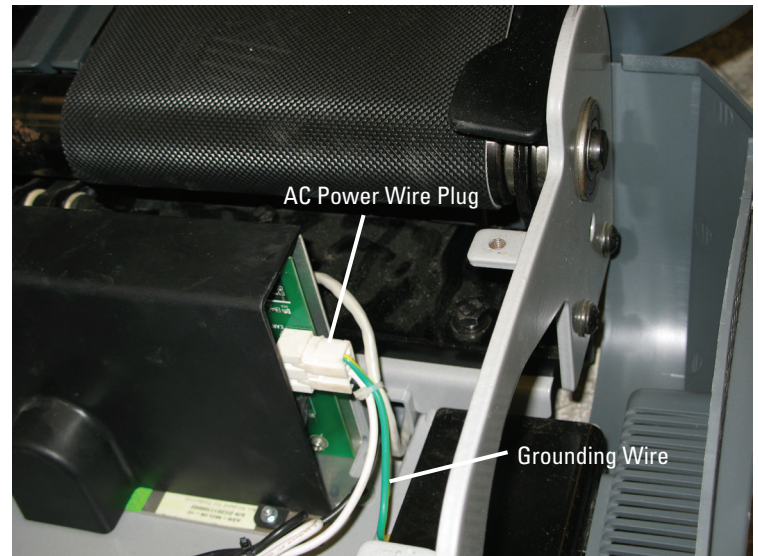
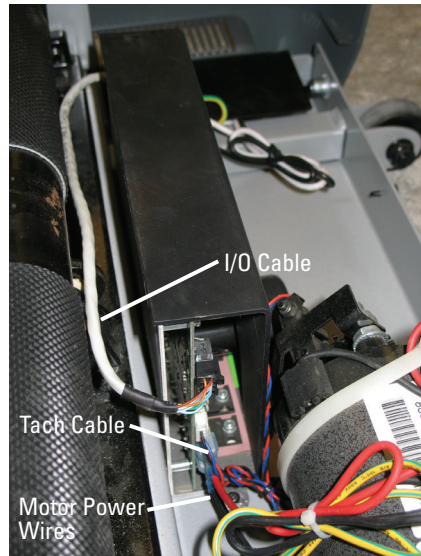


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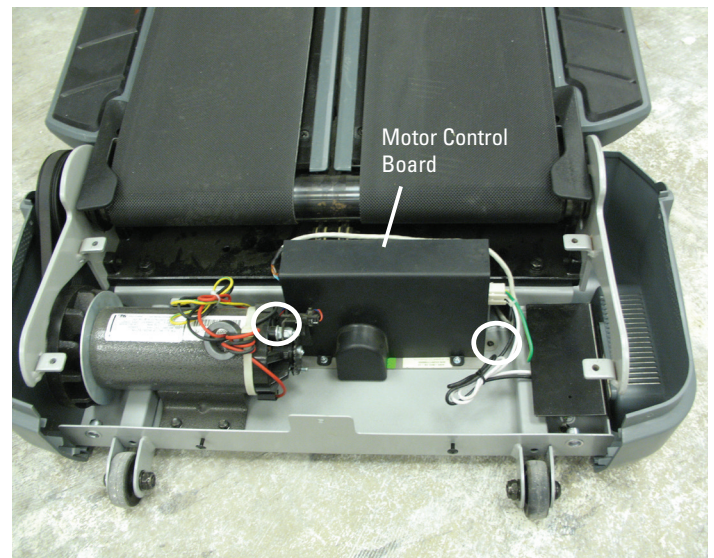
7. Record the location of where each wire connects to the Control Board. You will have to reattach each wire to the new Control Board.



8. Disconnect the Motor Power Wires noting their location.
9. Disconnect the Tach Cable noting the location.
10. Disconnect the A/C Power Wire Plug noting the location.



11. Disconnect the I/O Cable from the Motor Control Board.
12. Carefully remove the two indicated Phillips head screws from the Motor Control Board.
13. Remove the Motor Control Board and replace.
14. Secure the new Motor Control Board with the hardware.
15. Connect the Tach Cable and the I/O Cable.
16. Connect Motor Power Wires. NOTE: Red wire connects to terminal labeled "M+RED". Black wire connects to terminal labeled "M-BLK".



17. Connect the A/C Power Wire Plug to the Motor Control Board.
18. Replace the Motor Compartment Cover, the Rear Cover, and the Rear Step.
19. Replace Power Cord and test machine for proper operation. NO CALIBRATION IS NECESSARY for this model.

20. Final Inspection

Inspect your machine to ensure that all hardware is tight and components are properly assembled.



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

NOTICE: This document provides instructions for the replacement of the Walking Deck on the Bowflex® TC10 fitness machine.

If you need assistance, please call Bowflex Customer Service at 1-800-605-3369.



This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Read and understand all Warnings on this machine.

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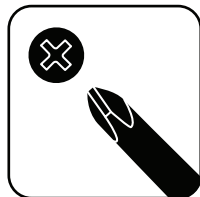


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- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- 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.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If necessary request replacement warning stickers or placards from Nautilus customer service.
- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.
- This product contains magnets. Magnetic fields can interfere with the normal use of certain medical devices at a close range. Users may come into proximity of the magnets in the assembly, maintenance, and/or use of the product. Given the obvious importance of these devices, such as a pacemaker, it is important that you consult with your medical provider in connection with the use of this equipment. Please consult the "Safety Warning Labels and Serial Number" section in the Owner's Manual to determine the location of the magnets on this product.

Tools Required (not included)

#2 Phillips screwdriver



5 mm hex wrench



⚠ DANGER To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and the machine and wait 5 minutes before cleaning, maintaining or repairing the machine. Place the power cord in a secure location.

1. Unplug the power cord from the machine and wait 5 minutes.

2. Using a #2 Phillips screwdriver, remove the 6 indicated screws from the Rear Step.



3. Remove the Rear Step.



4. Using the 5 mm hex wrench, remove the lower mounting bolt from the Cylinder.

5. Disconnect the Cylinder from the Treadle. Leave the top attached.

⚠ The Treadle will fall abruptly if not supported. Keep hands away from the inside of the Treadles to avoid possible serious injury.

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



6. Using a #2 Phillips screwdriver, remove the 5 indicated screws from the Side Cover.

7. Slide the Side Cover off of the machine.

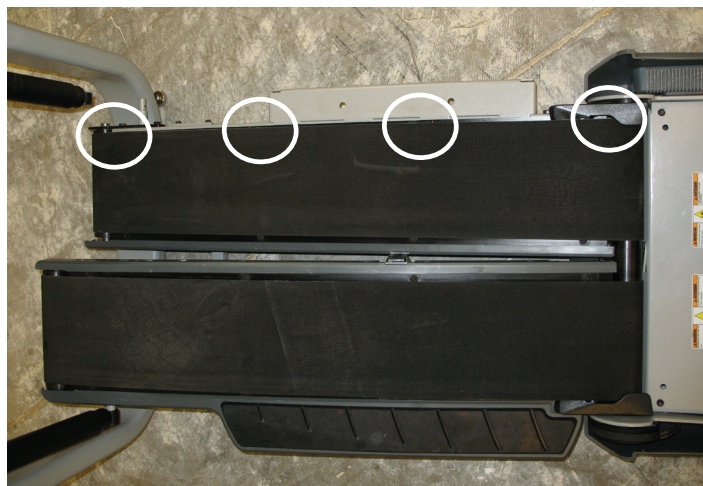


8. Using the 5 mm hex wrench, loosen the Belt Tensioning Screws on both Treadles (2 screws on each Treadle).

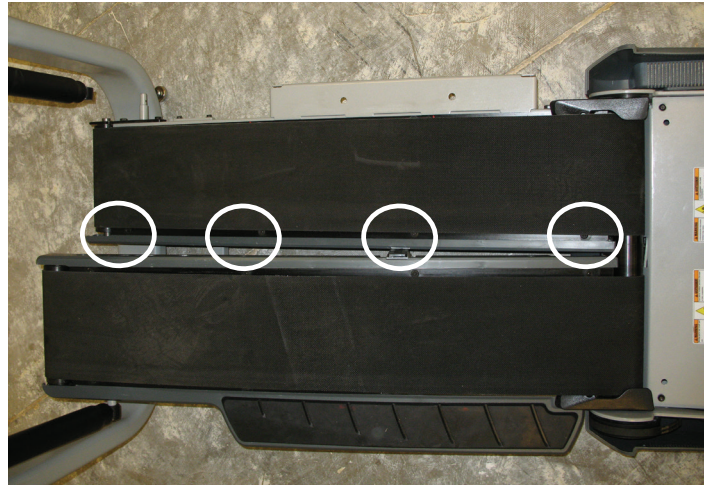
Note: Be sure to record how many turns it takes to loosen the screws to assist with reassembly.



9. With the Walking Belt loose, shift the belt to the center of the machine and remove the 3 deck screws and 1 belt guide screw using a #2 Phillips screwdriver.



10. Shift the belt to the outside and remove the 4 deck screws using a #2 Phillips screwdriver.



11. Lift the belt slightly and slide the Walking Deck out from under the belt.

12. Slide the new deck in with the laminated side facing up.

13. Repeat procedure on the other side of machine if replacing both Walking Decks.

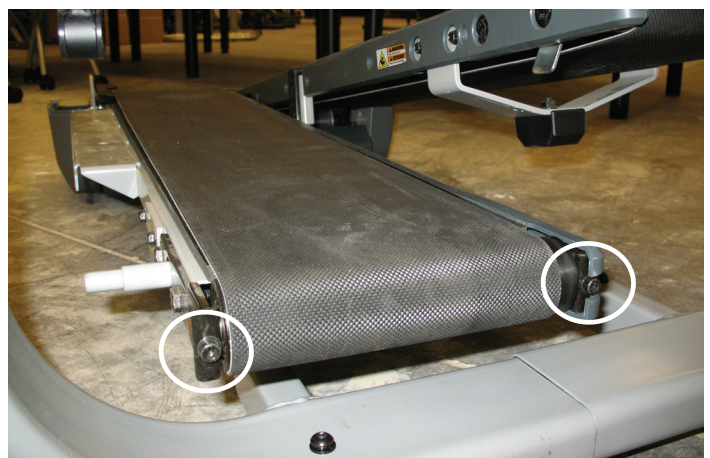
14. Installation is the reverse procedure.

15. With the Belt Tensioning Screws and Brackets replaced, check the walking belt tension. To check, pull the belt upward at it's midpoint and measure the distance to the deck.

If the distance is more than an inch, the belt is loose. To tighten, turn both bolts clockwise one-half a turn and check tension again. Repeat this step if necessary. Be sure not to over-tighten the belts.



16. Inspect the alignment of the Walking Belts. If the belt is tracking too far on a side, turn the Belt Tensioning Screw on that side a full turn.



17. Plug in the fitness machine into an appropriately rated outlet.

Note: The TC10 TreadClimber® fitness machine is designed to plug directly into a properly wired and grounded three prong 120V outlet. If you connect the machine to an outlet with GFI (ground fault interrupt) or AFI (arc fault interrupt), machine operation can cause the circuit to trip.

18. Standing adjacent to the machine, turn on the belts and run at 1.5 mph for about a minute.

19. Inspect the alignment. If necessary, continue to adjust the Belt Tensioning Screw until aligned.

20. Final Inspection

Inspect your machine to ensure that all hardware is tight and components are properly assembled.



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

NOTICE: This document provides instructions for the replacement of the Front Roller on the Bowflex® TC10 fitness machine.

If you need assistance, please call Bowflex Customer Service at 1-800-605-3369.



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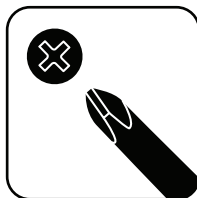


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- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- 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 will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If necessary request replacement warning stickers or placards from Nautilus customer service.
- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.
- This product contains magnets. Magnetic fields can interfere with the normal use of certain medical devices at a close range. Users may come into proximity of the magnets in the assembly, maintenance, and/or use of the product. Given the obvious importance of these devices, such as a pacemaker, it is important that you consult with your medical provider in connection with the use of this equipment. Please consult the "Safety Warning Labels and Serial Number" section in the Owner's Manual to determine the location of the magnets on this product.

Tools Required (not included)

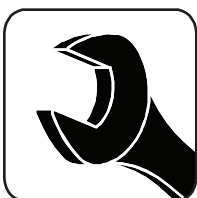
#2 Phillips screwdriver



5mm hex wrench



(2) 13mm (1/2") wrenches



⚠ DANGER To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and the machine and wait 5 minutes before cleaning, maintaining or repairing the machine. Place the power cord in a secure location.

1. Remove the lower mounting bolt from the Cylinder. Leave attached at top.

2. Disconnect the Cylinder from the Treadle.

⚠ The Treadle will fall abruptly if not supported. Keep hands away from the inside of the Treadles to avoid possible serious injury.

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



3. Using a #2 Phillips screwdriver, remove the 5 indicated screws from the Side Cover.

4. Slide the Side Cover off of the machine.



5. Remove the Belt Tensioning Screws and Brackets using a 5 mm hex wrench.

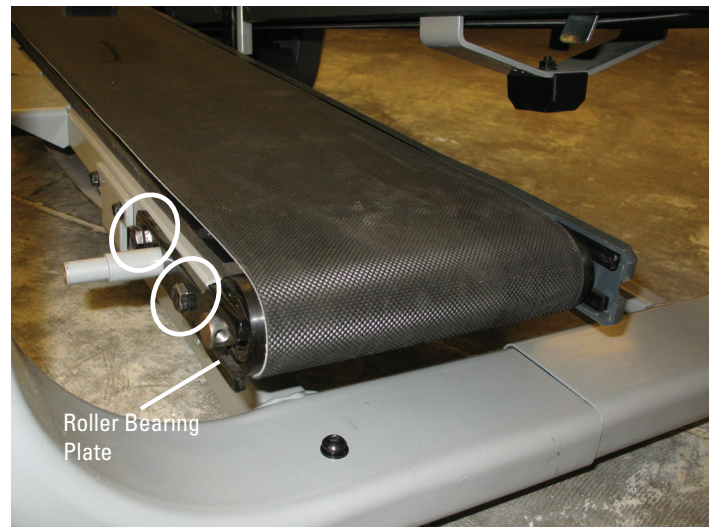
NOTE: Be sure to record how many turns it takes to remove the screws to assist with reassembly.



6. Using two 13 mm wrenches, remove the two indicated bolts from the Roller Bearing Plate.

7. Remove the Front Roller by sliding it out of the belt.

8. Installation is the reverse procedure. Be sure to tension belts properly after reassembly following the procedures in the Owner's manual.



9. With the Belt Tensioning Screws and Brackets replaced, check the walking belt tension. To check, pull the belt upward at its midpoint and measure the distance to the deck.

If the distance is more than an inch, the belt is loose. To tighten, turn both bolts clockwise one-half a turn and check tension again. Repeat this step if necessary. Be sure not to over-tighten the belts.



10. Inspect the alignment of the Walking Belts. If the belt is tracking too far on a side, turn the Belt Tensioning Screw on that side a full turn.

11. Plug in the fitness machine into an appropriately rated outlet.

Note: The TC10 TreadClimber® fitness machine is designed to plug directly into a properly wired and grounded three prong 120V outlet. If you connect the machine to an outlet with GFI (ground fault interrupt) or AFI (arc fault interrupt), machine operation can cause the circuit to trip.

12. Standing adjacent to the machine, turn on the belts and run at 1.5 mph for about a minute.

13. Inspect the alignment. If necessary, continue to adjust the Belt Tensioning Screw until aligned.

14. Final Inspection

Inspect your machine to ensure that all hardware is tight and components are properly assembled.



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

NOTICE: This document provides instructions for the replacement of the Walking Belt on the Bowflex® TC10 fitness machine.

If you need assistance, please call Bowflex Customer Service at 1-800-605-3369.



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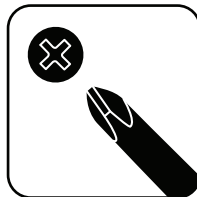


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- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- 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 will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If necessary request replacement warning stickers or placards from Nautilus customer service.
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- This product contains magnets. Magnetic fields can interfere with the normal use of certain medical devices at a close range. Users may come into proximity of the magnets in the assembly, maintenance, and/or use of the product. Given the obvious importance of these devices, such as a pacemaker, it is important that you consult with your medical provider in connection with the use of this equipment. Please consult the "Safety Warning Labels and Serial Number" section in the Owner's Manual to determine the location of the magnets on this product.

Tools Required (not included)

#2 Phillips screwdriver



4 mm hex wrench
5 mm hex wrench



11 mm wrench
(2) 13 mm wrench



⚠ DANGER To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and the machine and wait 5 minutes before cleaning, maintaining or repairing the machine. Place the power cord in a secure location.

1. Unplug the power cord from the machine and wait 5 minutes.

2. Using a #2 Phillips screwdriver, remove the 6 indicated screws from the Rear Step.

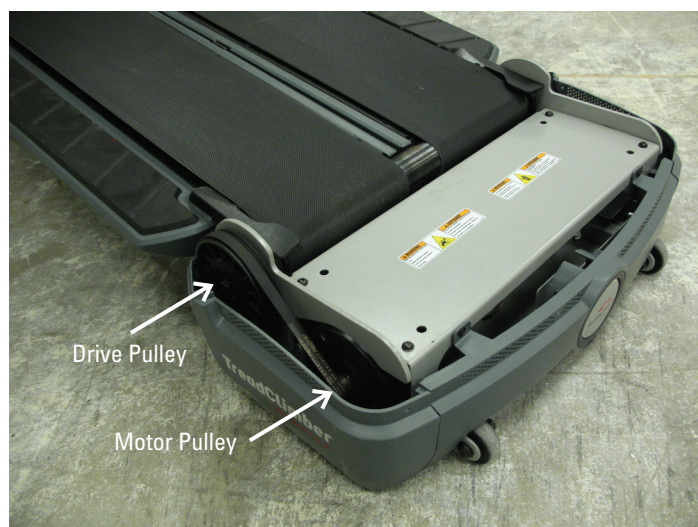


3. Remove the Rear Step.



4. Remove the Drive Belt. Turn the Drive Pulley clockwise while forcing the Drive Belt to the outside. The Belt will come off of the Drive and Motor Pulley.

⚠ Keep fingers out of any pinch opportunities when turning the Pulleys.

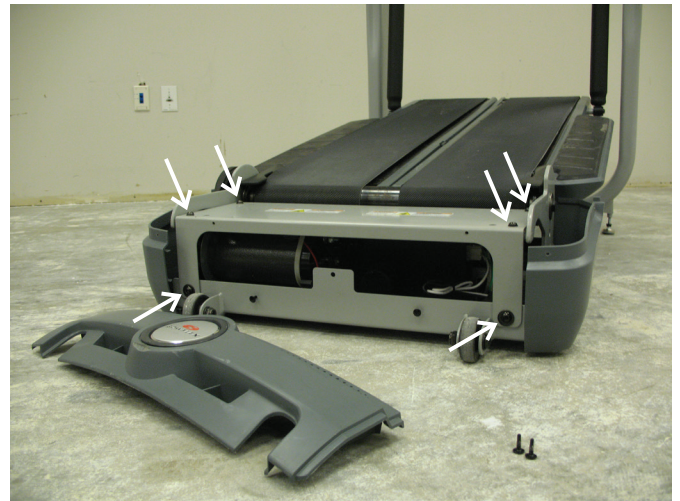


5. Using a #2 Phillips screwdriver, remove the 2 indicated upper screws and loosen the 2 lower indicated screws from the Rear Cover. Lift up on the Rear Cover, releasing it from the Base Assembly and slide it off.

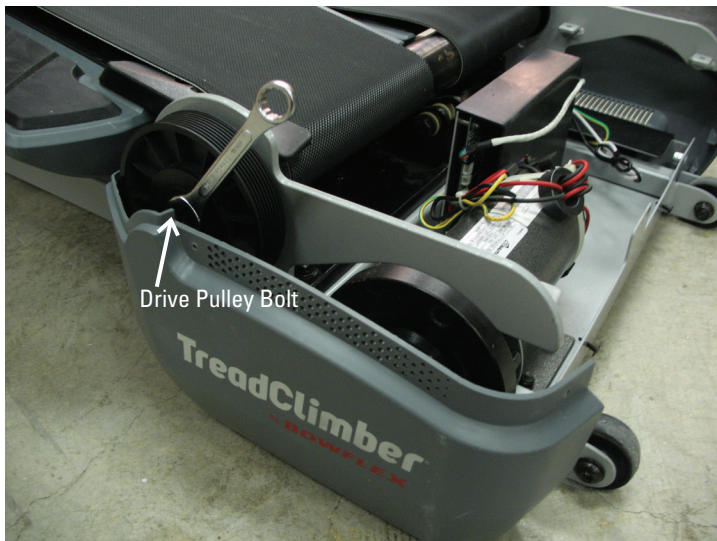


6. Using a 4mm hex wrench and a 13mm wrench, remove the 6 indicated screws from the Motor Compartment Cover.

7. Slide the Motor Compartment Cover off of the machine.





8. While holding a 13 mm (1/2") wrench on the Right Rear Roller Bolt steady, turn another 13 mm (1/2") wrench on the Drive Pulley Bolt counter-clockwise. Remove the Drive Pulley.



9. Using a 5 mm hex wrench, remove the lower mounting bolt from the Cylinder. Leave it attached at the top.

10. Disconnect the Cylinder from the Treadle, and lower the Treadle gently.

 The Treadle will fall abruptly if not supported. Keep hands away from the inside of the Treadles to avoid possible serious injury.

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



11. Using a #2 Phillips screwdriver, remove the 5 indicated screws from the right Side Cover. Slide the Side Cover off of the machine.



12. Remove the Belt Tensioning Screws and Brackets using a 5 mm hex wrench.

NOTE: Be sure to record how many turns it takes to remove the screws to assist with reassembly.



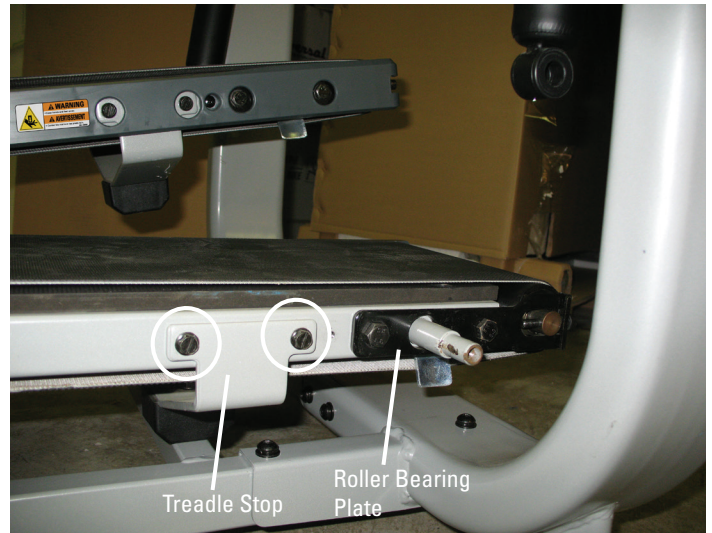
13. Using a 11 mm wrench, remove the 4 indicated bolts holding the Treadle Stop to the Right Treadle. There are two bolts on each side of the Treadle.



14. Remove the Treadle Stop.

15. Using two 13 mm wrenches, remove the two bolts from the Roller Bearing Plate.

16. Remove the Front Roller by sliding it out of the belt.

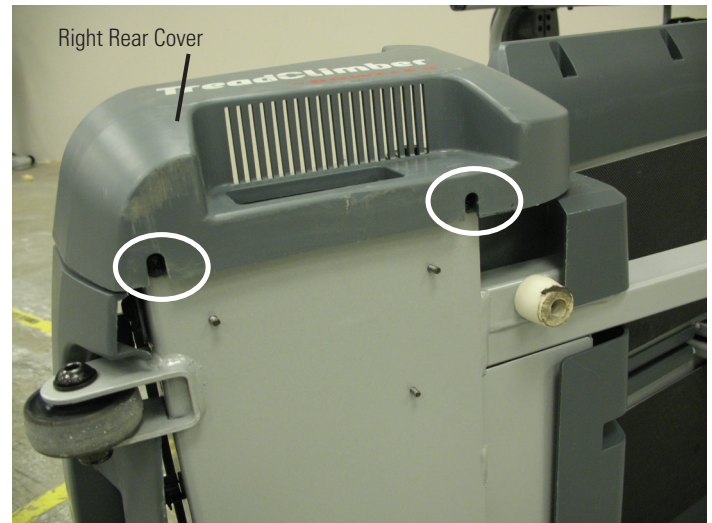


17. With assistance, carefully set the machine on to the left side.



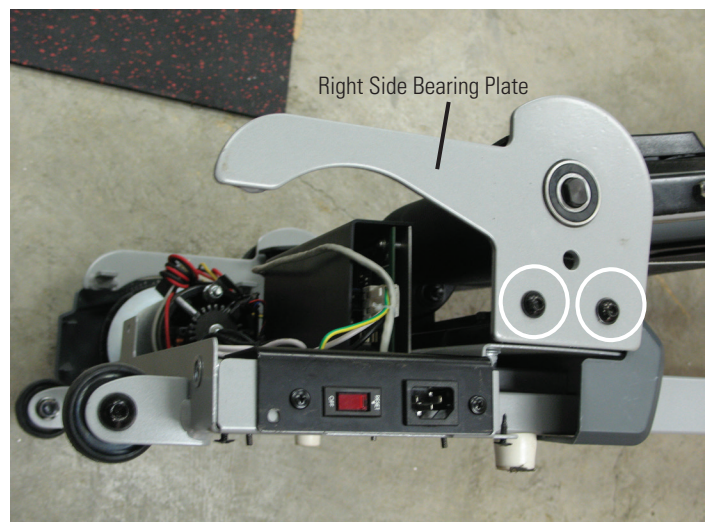
Do not move the machine without aid. Injury to you or damage to the machine can occur. The Treadles and Walking Belts can abruptly move. To avoid possible serious injury, keep hands away from the inside of the Treadles and the edges of the Walking Belts.

18. Using a #2 Phillips screwdriver, loosen the two indicated screws and remove the Right Rear Cover.



19. Using a 5 mm hex wrench, remove the 2 indicated bolts from the Right Side Bearing Plate.

20. Remove the Right Side Bearing Plate from the Rear Roller.



21. Carefully slide the Walking Belt off of the deck.

22. Installation is the reverse procedure.

23. Follow the same procedure for replacing the left Walking Belt.



24. Once the machine has been reassembled, the Walking Belts will need to be properly tensioned.



Check the belt tension only when the machine is unplugged.

To check, pull a Walking Belt upward at its midpoint and measure the distance to the deck. If the distance is more than an inch, the belt is loose. To tighten, turn both of the Belt Tensioning Screws clockwise one-half a turn equally and check the tension again. Repeat this step as necessary on both Belts. Be sure not to over-tighten the belts.

NOTE: Bolts are turned counterclockwise equally to decrease belt tension.

25. With the Walking Belts properly tensioned, the Belts may need to be adjusted to run in the center of each Treadle.

a. Plug in the power supply.

b. Stand adjacent to the machine and run the machine at 1.5 MPH. While operating the machine, notice where the belts run on each Treadle.



To avoid possible serious injury, do not touch the Walking Belts.

c. The Belt Tensioning Screws are on the front end of each Roller. If the Belt is tracking too far to the right, use a 5 mm hex wrench to turn the Right Belt Tensioning Screw clockwise on that Belt in a half turn increment.

d. Allow the Walking Belts to run for approximately 30 seconds noticing if the walking belt is adjusted.

e. Repeat as necessary until adjusted.

If the Belt tracks too far to the left, use a 5 mm hex wrench to turn the Left Belt Tensioning Screw clockwise on that Belt in a half turn increment.



26. Final Inspection

Inspect your machine to ensure that all hardware is tight and components are properly assembled.



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

NOTICE: This document provides instructions for the replacement of the Virtual Pivot on the Bowflex® TC10 fitness machine.

If you need assistance, please call Bowflex Customer Service at 1-800-605-3369.



This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Read and understand all Warnings on this machine.

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Important Safety Instructions - Before servicing or using this equipment, obey the following warnings:

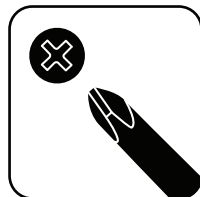


This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Read and understand all Warnings on this machine.

- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- 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 will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If necessary request replacement warning stickers or placards from Nautilus customer service.
- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.
- This product contains magnets. Magnetic fields can interfere with the normal use of certain medical devices at a close range. Users may come into proximity of the magnets in the assembly, maintenance, and/or use of the product. Given the obvious importance of these devices, such as a pacemaker, it is important that you consult with your medical provider in connection with the use of this equipment. Please consult the "Safety Warning Labels and Serial Number" section in the Owner's Manual to determine the location of the magnets on this product.

Tools Required (not included)

#2 Phillips Screwdriver



4mm hex wrench
5mm hex wrench



(2) 13mm wrenches



⚠ DANGER

To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and the machine and wait 5 minutes before cleaning, maintaining or repairing the machine. Place the power cord in a secure location.

1. Using a #2 Phillips screwdriver, remove the 6 indicated bolts from the Rear Step.



2. Remove the Rear Step.



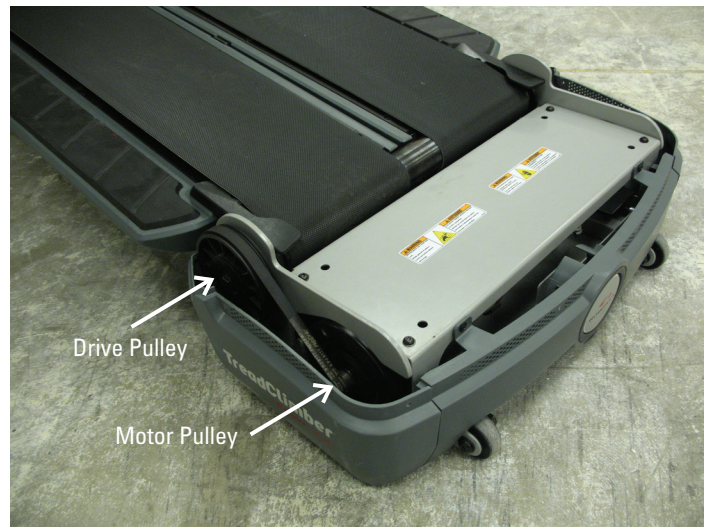
3. Using a #2 Phillips screwdriver, remove the 2 indicated upper screws and loosen the 2 lower indicated screws from the Rear Cover. Lift up on the Rear Cover, releasing it from the Base Assembly and slide it off.



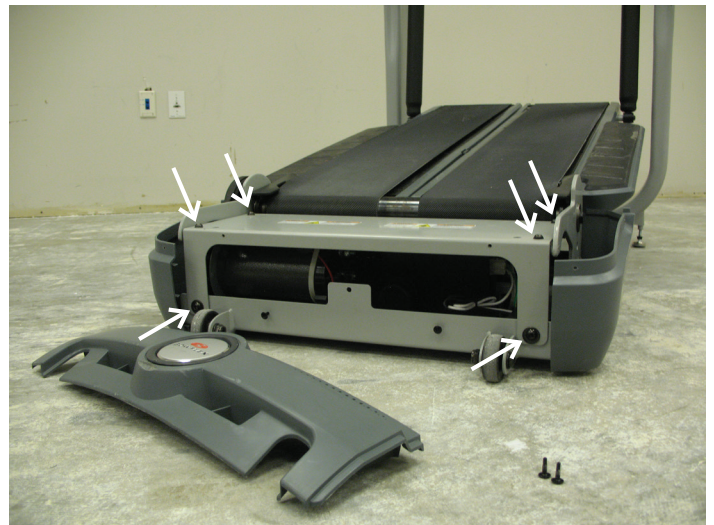
4. Remove the Drive Belt. Turn the Drive Pulley clockwise while forcing the Drive Belt to the outside. Belt will come off of the Drive and Motor Pulley.



Keep fingers out of any pinch opportunities when turning the Pulleys.



5. Using a couple of hex wrenches (4 mm and 5 mm), remove the 6 indicated screws from the Motor Compartment Cover.



6. Remove the lower mounting bolt from the Cylinders. Leave the tops attached.

7. Disconnect the Cylinders from the Treadles, and lower each Treadle gently.



The Treadle will fall abruptly if not supported. Keep hands away from the inside of the Treadles to avoid possible serious injury.

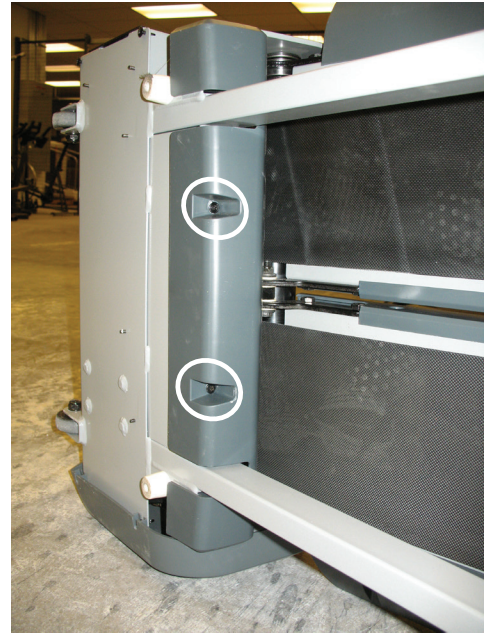


8. With assistance, carefully set the machine on to the left side.



Do not move the machine without aid. Injury to you or damage to the machine can occur. The Treadles and Walking Belts can abruptly move. To avoid possible serious injury, keep hands away from the inside of the Treadles and the edges of the Walking Belts.

9. Using a #2 Phillips screwdriver, remove the 2 indicated screws from the Front Cover. Remove the Front Cover from the Base Assembly.

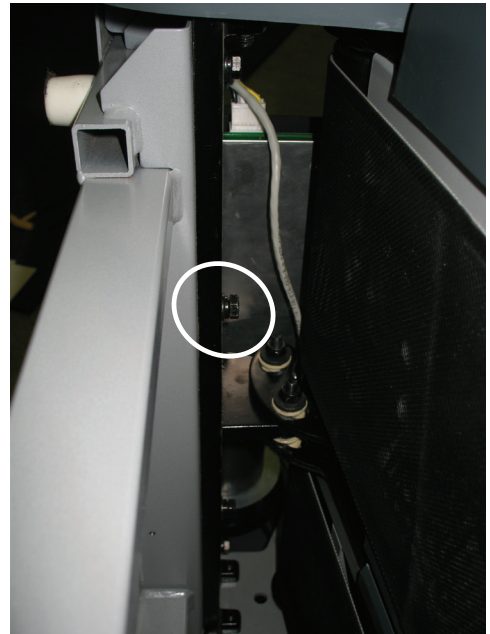


10. Using a 13 mm (1/2") wrench, remove the indicated bolt from the Treadle Assembly.

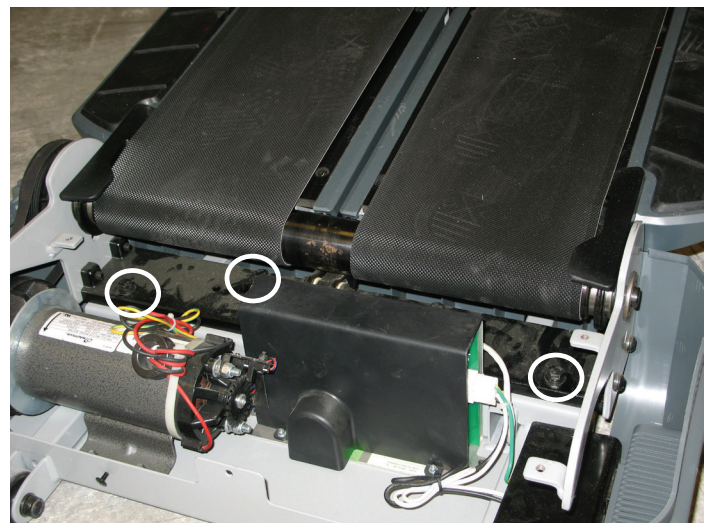
11. With assistance, carefully set the machine upright.



Do not move the machine without aid. Injury to you or damage to the machine can occur. The Treadles and Walking Belts can abruptly move. To avoid possible serious injury, keep hands away from the inside of the Treadles and the edges of the Walking Belts.



12. Using a 13 mm (1/2") wrench, remove the 3 indicated bolts from both sides of the Treadle Assembly.



13. Carefully lift the Treadle Assembly off of the machine.

Note: THIS STEP REQUIRES TWO PEOPLE.

⚠ Do not move the machine without aid. Injury to you or damage to the machine can occur. The Treadles and Walking Belts can abruptly move. To avoid possible serious injury, keep hands away from the inside of the Treadles and the edges of the Walking Belts.

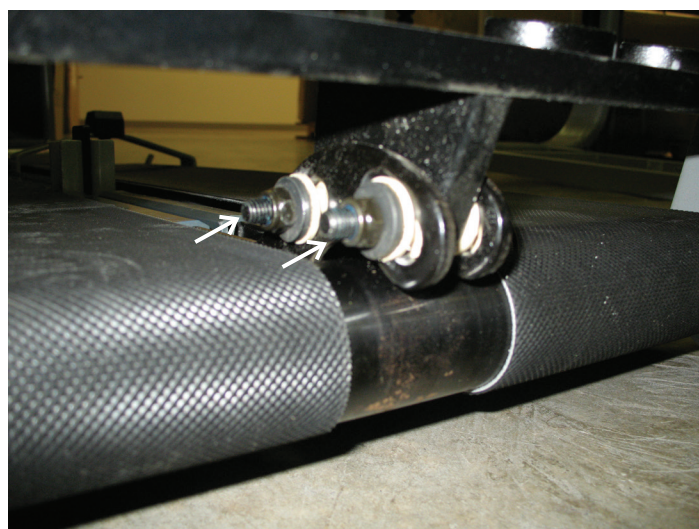
⚠ The Treadle will fall abruptly if not supported. Keep hands away from the inside of the Treadles to avoid possible serious injury.

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

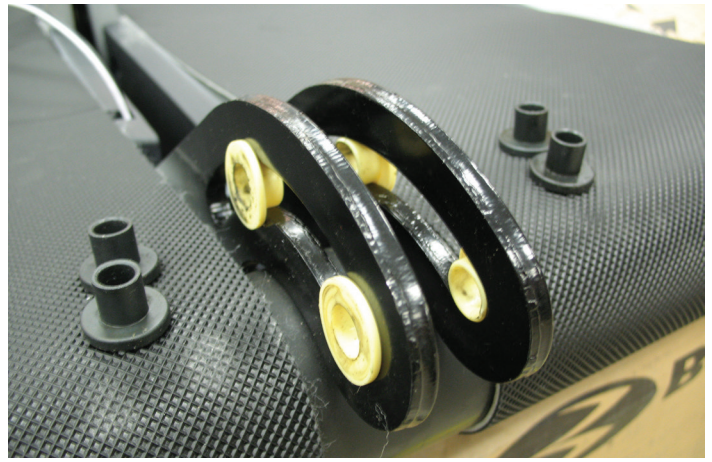


14. Remove the 2 indicated bolts from the Virtual Pivot using two 13 mm (1/2") wrenches.

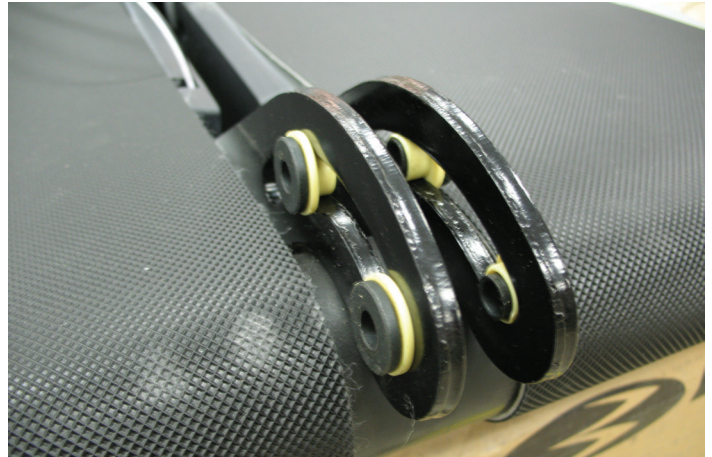
Note: When removing the Virtual Pivot, take note of the orientation. It must be replaced in the same orientation.



15. Install the IGUS ("hat" shaped yellow) bushings into the pivot arms.



16. Install the metal spacers/ washers into the yellow bushings.




17. Add the yellow washers to both sides of the Center Block as the bolt is installed. Tighten only until the nut has bottomed out on the metal spacers/ washers.

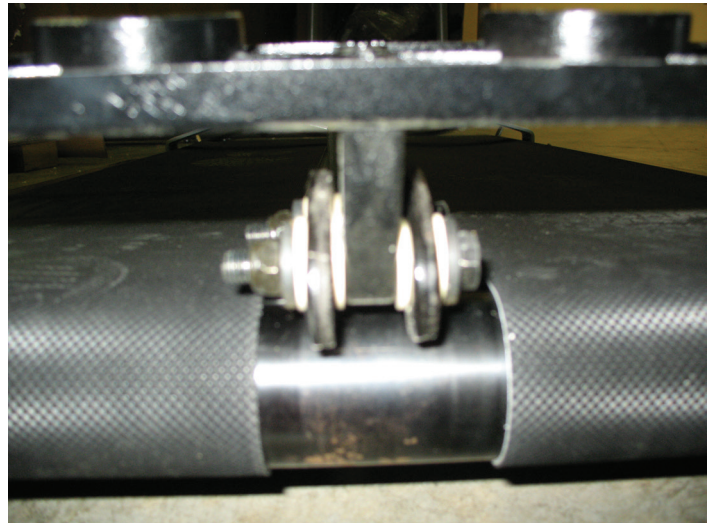
Note: Do not overtighten. Excessive tightening will cause the metal spacer to crack.

18. Remaining assembly is the reverse procedure.

19. Final Inspection

Inspect your machine to ensure that all hardware is tight and components are properly assembled.

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



NOTICE: This document provides instructions for the replacement of the Hydraulic Cylinder (shock) on the Bowflex® TC10 fitness machine.

If you need assistance, please call Bowflex Customer Service at 1-800-605-3369.



This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Read and understand all Warnings on this machine.

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Important Safety Instructions - Before servicing or using this equipment, obey the following warnings:



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- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- 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.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If necessary request replacement warning stickers or placards from Nautilus customer service.
- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.
- This product contains magnets. Magnetic fields can interfere with the normal use of certain medical devices at a close range. Users may come into proximity of the magnets in the assembly, maintenance, and/or use of the product. Given the obvious importance of these devices, such as a pacemaker, it is important that you consult with your medical provider in connection with the use of this equipment. Please consult the "Safety Warning Labels and Serial Number" section in the Owner's Manual to determine the location of the magnets on this product.

Tools Required (not included)

5mm hex wrench



⚠ DANGER

To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and the machine and wait 5 minutes before cleaning, maintaining or repairing the machine. Place the power cord in a secure location.

1. Unplug the power cord from the machine and wait 5 minutes.
2. Remove the lower Cylinder bolt using a 5 mm hex wrench.
2. Disconnect the Cylinder from the Treadle, and lower the Treadle gently.



The Treadle will fall abruptly if not supported. Keep hands away from the inside of the Treadles to avoid possible serious injury.



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

4. Remove the upper Cylinder bolt using a 5 mm hex wrench.
5. Installation is the reverse of this procedure

Note: The white dot on the top of the Cylinders must point to the inside of the machine. Be sure to attach the cylinder to the Treadle before the Upright.

6. Final Inspection
Inspect your machine to ensure that all hardware is tight and components are properly assembled.



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



NOTICE: This document provides instructions for the replacement of the Input/Output Cable on the Bowflex® TC10 fitness machine.

If you need assistance, please call Bowflex Customer Service at 1-800-605-3369.



This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Read and understand all Warnings on this machine.

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Important Safety Instructions - Before servicing or using this equipment, obey the following warnings:



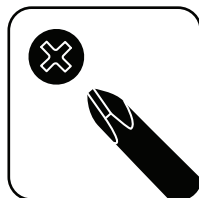
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- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- 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.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If necessary request replacement warning stickers or placards from Nautilus customer service.
- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.
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Tools Required (not included)

Short piece of string or cable

#2 Phillips screwdriver



4 mm hex wrench
5 mm hex wrench



13 mm wrench



⚠ DANGER To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and the machine and wait 5 minutes before cleaning, maintaining or repairing the machine. Place the power cord in a secure location.

1. Unplug the power cord from the machine and wait 5 minutes.

2. Using a #2 Phillips screwdriver, remove the 6 indicated screws from the Rear Step.



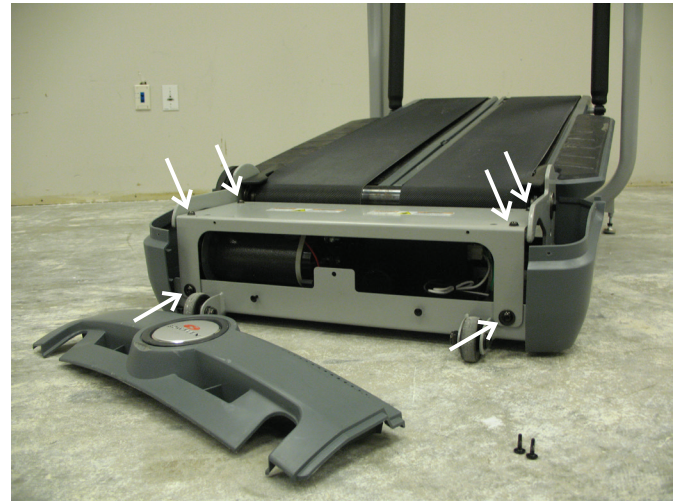
3. Remove the Rear Step.



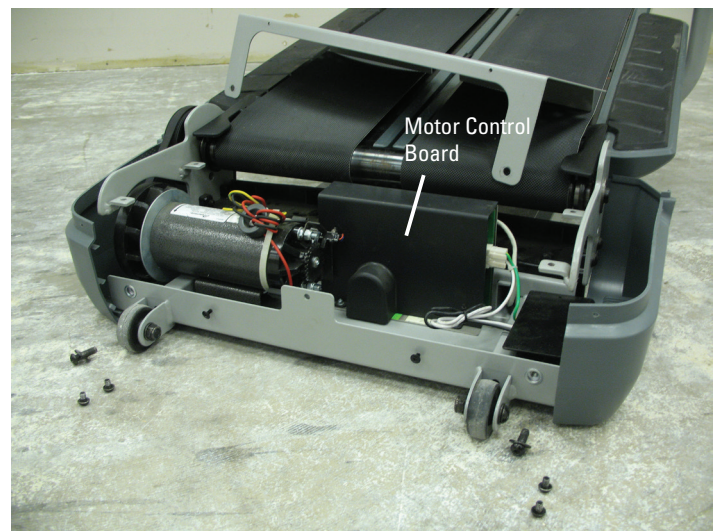
4. Using a #2 Phillips screwdriver, remove the 2 indicated upper screws and loosen the 2 lower indicated screws from the Rear Cover. Lift up on the Rear Cover, releasing it from the Base Assembly and slide it off.



5. Using a 4mm hex wrench and a 13mm wrench, remove the 6 indicated screws from the Motor Compartment Cover.

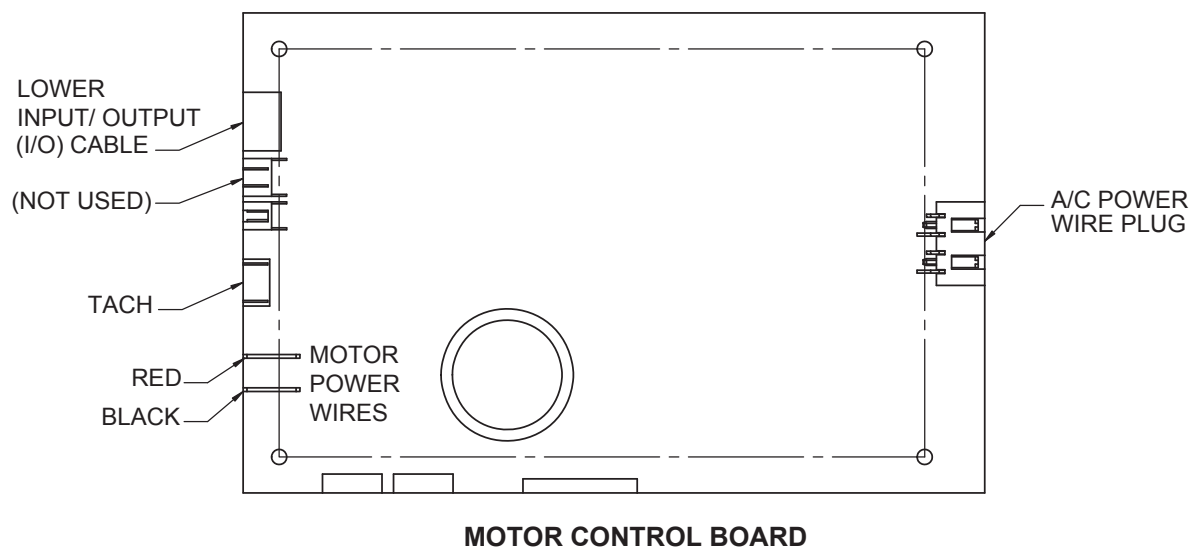


6. Slide the Motor Compartment Cover off of the machine.

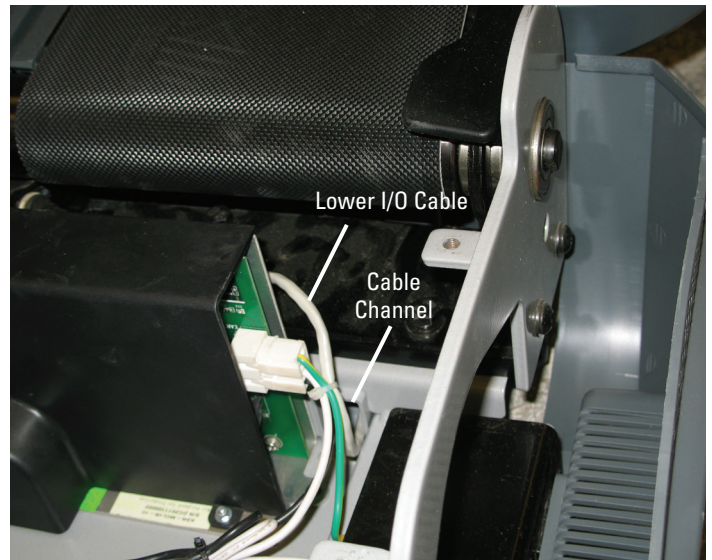
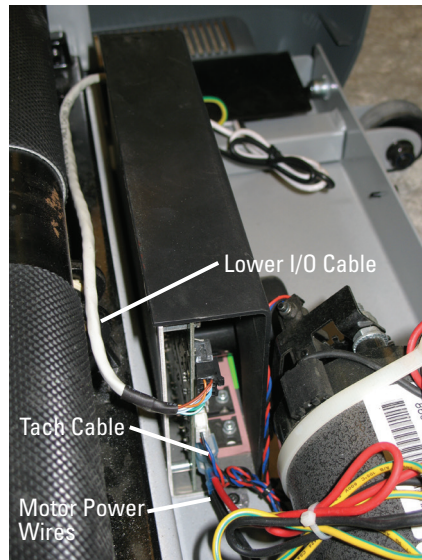


⚠ DANGER To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and the machine and wait 5 minutes before cleaning, maintaining or repairing the machine. Place the power cord in a secure location.

7. Record the location of where Input/Output (I/O) Cable connects to the Motor Control Board.



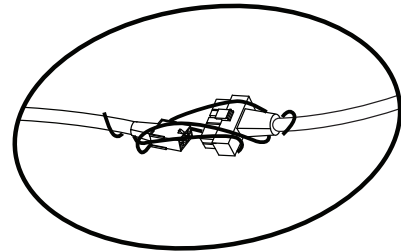
8. Unplug the Lower Input/Output (I/O) Cable from the Motor Control Board.



9. Attach the new Lower I/O Cable to the Motor Control Board.

10. Connect the new Upper I/O Cable to the new Lower I/O Cable.

11. Using some cable or string, attach the ends of the new Upper I/O Cable to the old Lower I/O Cable.



12. Disconnect the old Upper I/O Cable from the Console.



13. Using a 5 mm hex wrench, remove the 6 indicated bolts from the Uprights.

14. Slightly lift the Console/Handlebar Assembly from the Right Upright and hold. THIS STEP REQUIRES TWO PEOPLE.

! Do not move the machine without aid. Injury to you or damage to the machine can occur. The Treadles and Walking Belts can abruptly move. To avoid possible serious injury, keep hands away from the inside of the Treadles and the edges of the Walking Belts.



15. Remove the old Upper I/O Cable from the Console Assembly noting the path to assist with replacement.

16. Gently pull the old Upper I/O Cable from the Upright. This will pull out the old I/O Cable and place the new I/O Cables.

Note: Be sure the cable does not crimp when being routed into the Cable Channel near the Motor Control Board.

17. Detach the old Lower I/O Cable from the new Upper I/O Cable.

18. Route the new Upper I/O Cable through the Console Assembly and attach it to the Console.

Note: DO NOT CRIMP CABLE

19. Attach the Console Assembly to the Uprights.

Note: DO NOT CRIMP CABLE

20. Replace the Motor Compartment Cover, the Rear Cover, and the Rear Step.

21. Replace Power Cord and test machine for proper operation. NO CALIBRATION IS NECESSARY for this model.

22. Final Inspection

Inspect your machine to ensure that all hardware is tight and components are properly assembled.



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

