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NOTICE: This document provides important safety instructions, adjustments, and general troubleshooting information for the maintenance of the Bowflex® TreadClimber® TC100.

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



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

CAUTION

Risk of Injury to Persons - To Avoid injury, use extreme caution when stepping onto or off of a moving belt. Read instruction manual before using.

WARNING!

- Prior to use, read and understand the Owner's Manual, including all Warnings.
- Inspect product before use. Do not use if any parts are in need of repair.
- Keep children and pets away from this machine at all times.
- Not intended for use by anyone under 14 years of age.
- This machine is for home use only.
- Use caution when you use this equipment or serious injury can occur.
- To prevent injury, stand on the Foot Platforms before you start the machine.
- The maximum user weight for this machine is 136kg (300 lb).
- Replace any "Caution" "Warning" or "Danger" label that is illegible, damaged, or removed.
- The heart rate displayed on the console is an approximation and should be used for reference only.
- When this machine is not in operation, remove the Safety Key and keep out of the reach of children.

CAUTION

Unplug power cord before you move the machine.

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.

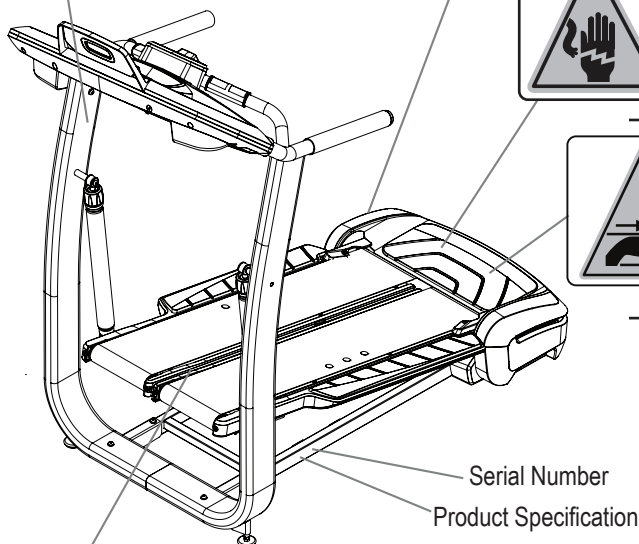
* under Rear Step



WARNING!

- Keep hands and feet away.

* on inside of Treadles



Grounding Instructions

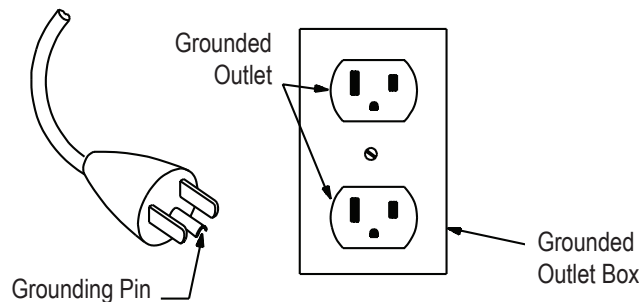
This product must be electrically grounded. If a malfunction occurs, correct grounding decreases the risk of electric shock. The power cord is equipped with an equipment-grounding conductor, and must be connected to an outlet that is properly installed and grounded.

⚠ DANGER The electrical wiring must comply with all applicable local and provincial standards and requirements. Incorrect connection of the equipment-grounding conductor can result in a risk of electric shock. Consult a licensed electrician if you are not sure that the machine is correctly grounded. Do not change the plug on the machine – if it does not fit the outlet, have a correct outlet installed by a licensed electrician.

If you connect the machine to an outlet with GFI (ground fault interrupt) or AFCI (arc fault circuit interrupt), machine operation can cause the circuit to trip.

⚠ If an extension cord or surge protector is used with this machine, make sure that it is a heavy duty model rated at 15A operation, and accepts an equipment-grounding conductor. Do not connect other appliances or devices to the extension cord or surge protector in combination with this machine.

This machine is for use on a nominal 120-V circuit, and has a grounding plug that looks like the plug illustrated below. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.



Emergency Stop Procedure (Safety Key Port)

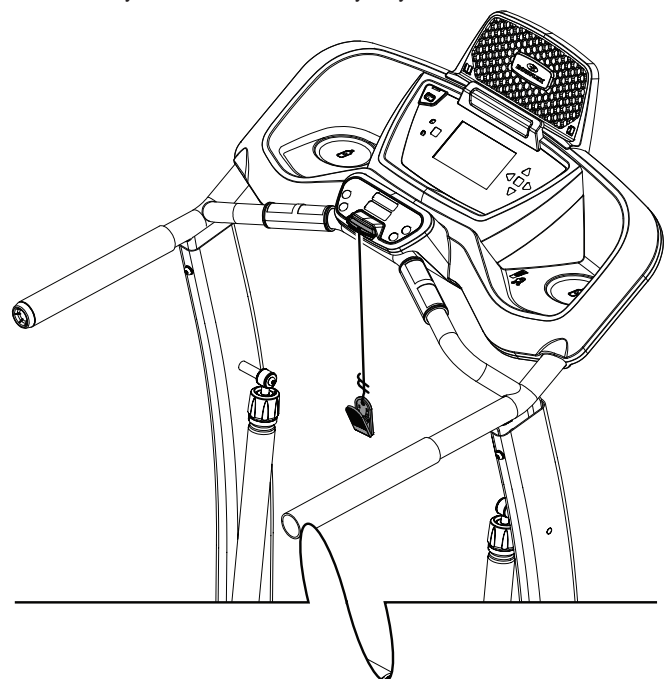
The TreadClimber® machine is equipped with a Safety Key that can prevent serious injury, unsupervised operation, as well as prevent children from playing with and/or being injured on the machine. If the Safety Key is removed or not correctly inserted into the Safety Key Port, the belts will not operate.

⚠ Always attach the Safety Key Clip to your clothing during your workout.

When you use the machine, only remove the Safety Key in an emergency. When the key is removed while the machine is in operation, it will stop quickly, which could cause the loss of balance and possible injury.

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 machine AC input. Place the power cord in a secure location.

The Console will display "INSERT SAFETY KEY" when the Safety Key is not attached. The TreadClimber® machine will end a workout program when the Safety Key is removed.



SPECIFICATIONS

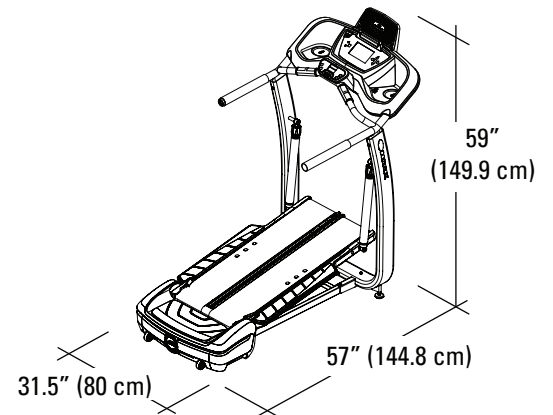
Maximum User Weight: 300 lbs (136 kgs)

Power Requirements:

Operational Voltage: 120VAC 60Hz
Operating Current: 6.5A max

Maximum Inclined Treadle Height: 14.5 inches (36.8 cm)

Assembled Weight: approx. 158 lbs (71.8 kg)



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.

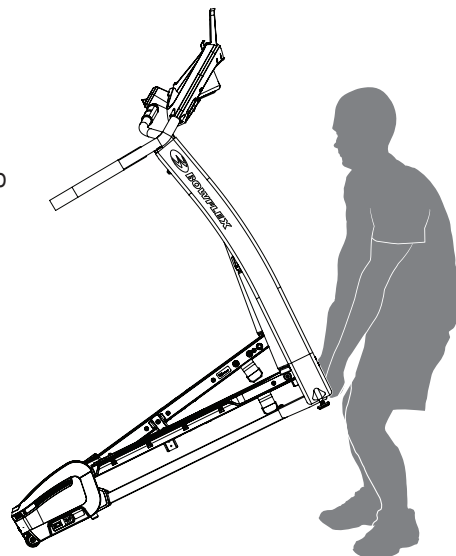
Your machine can be rolled on the transport wheels to a new location. Lower your machine slowly into its new location without injury to your head or fingers.

! 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

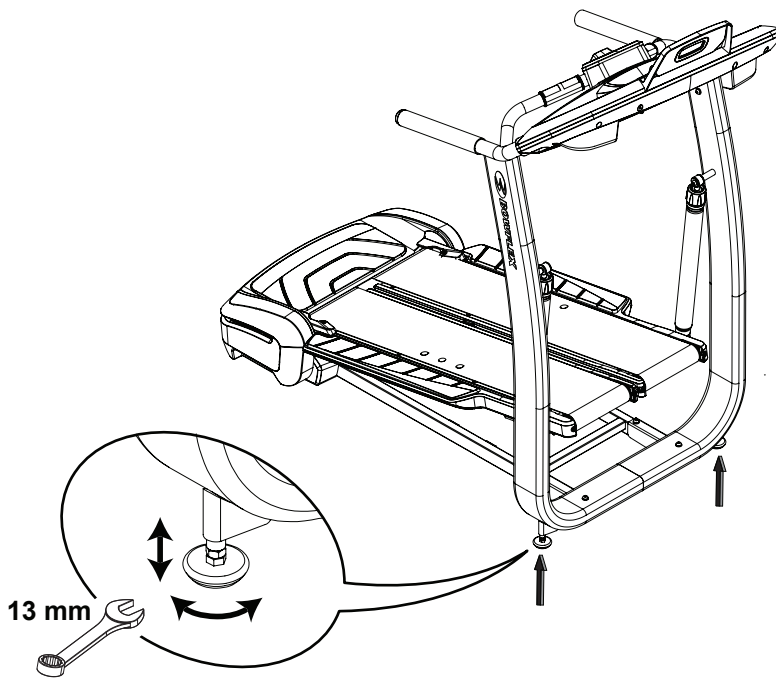


Leveling Your Machine

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. After each workout, use a damp cloth to wipe your machine and Console free of moisture.

Note: Avoid excessive moisture on the Console.

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 “NOTE LUBRICATE BELT” followed by “REVIEW USER MANUAL” at set times. This is only a reminder and should be added to your inspection schedule. Only apply lubricant as necessary. Push the ENTER 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® spray lubricant 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 Customer Service Representative.

 **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

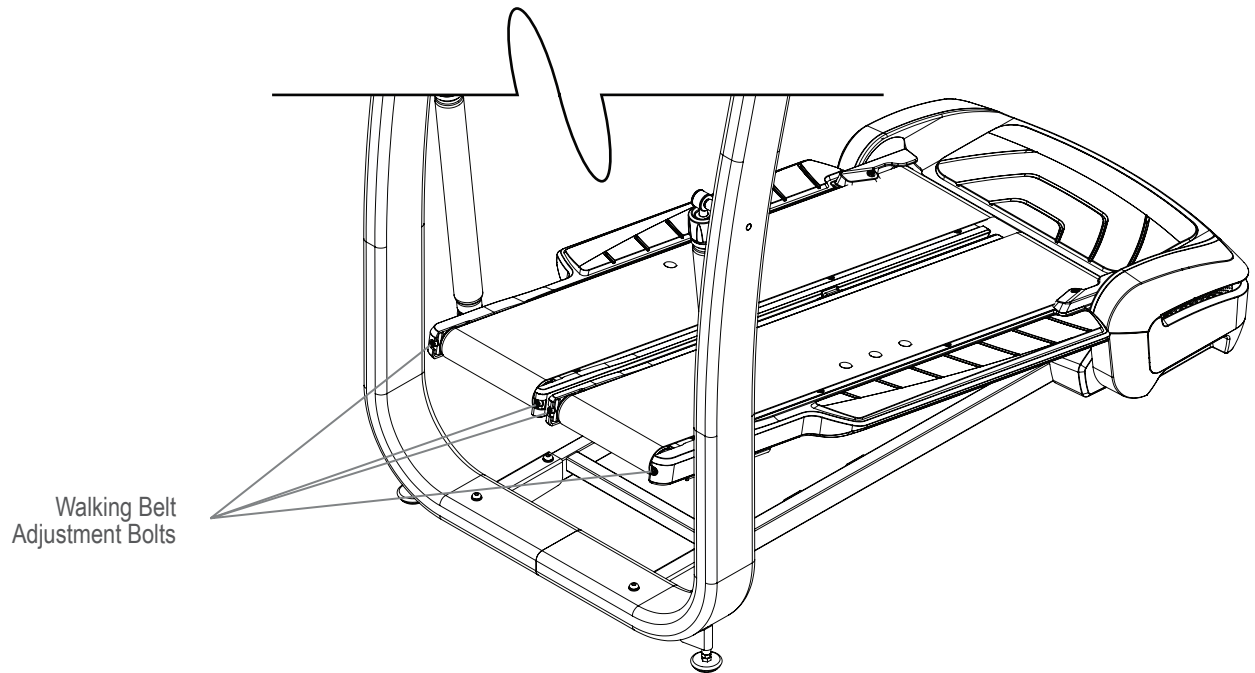
The walking belts need to be adjusted if they are out of center enough to cause a rubbing or scraping sound. Adjustments can be made at the Front Roller of each Treadle.

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.

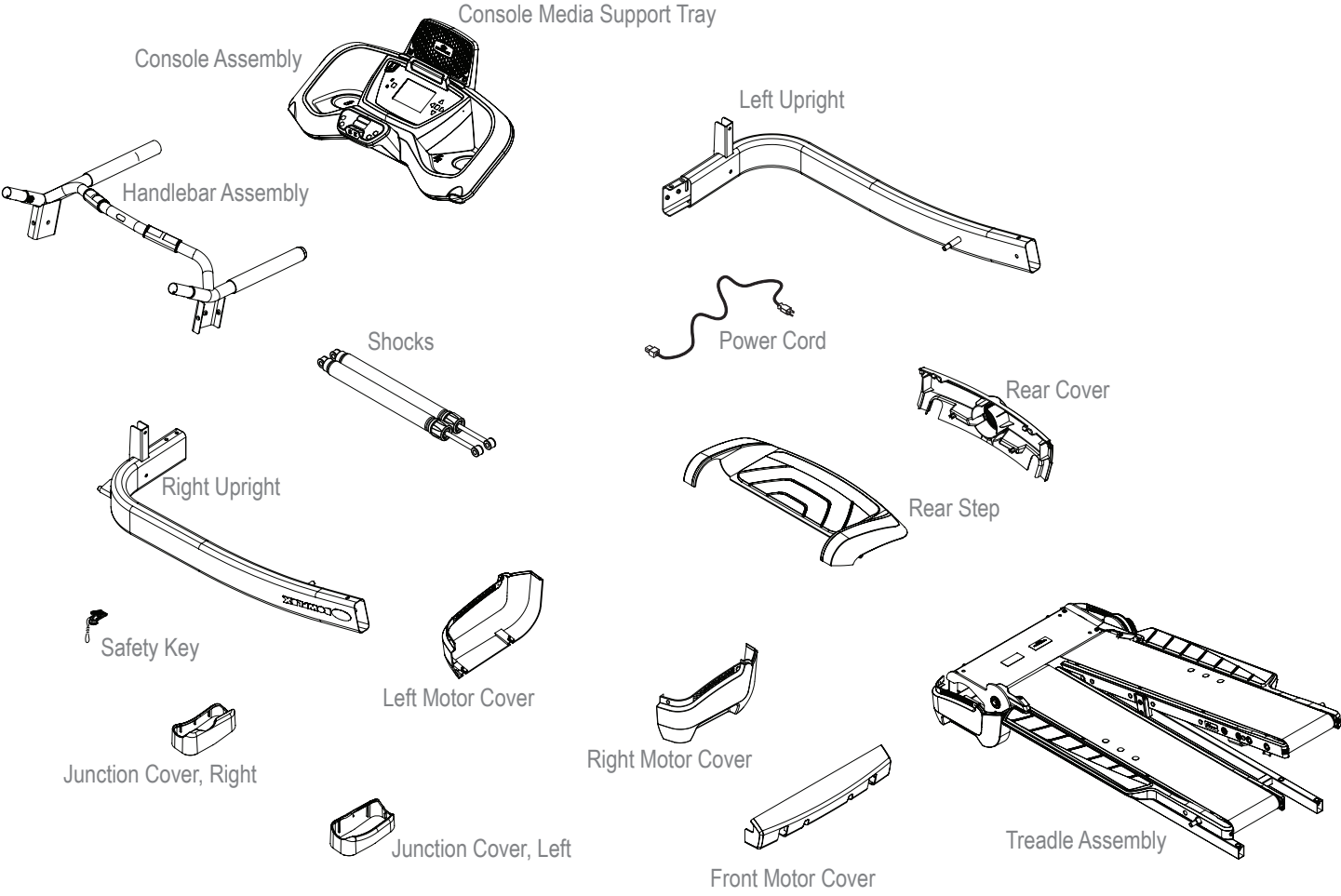
Note: Do not turn the bolts counterclockwise when you adjust the belt alignment.

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.

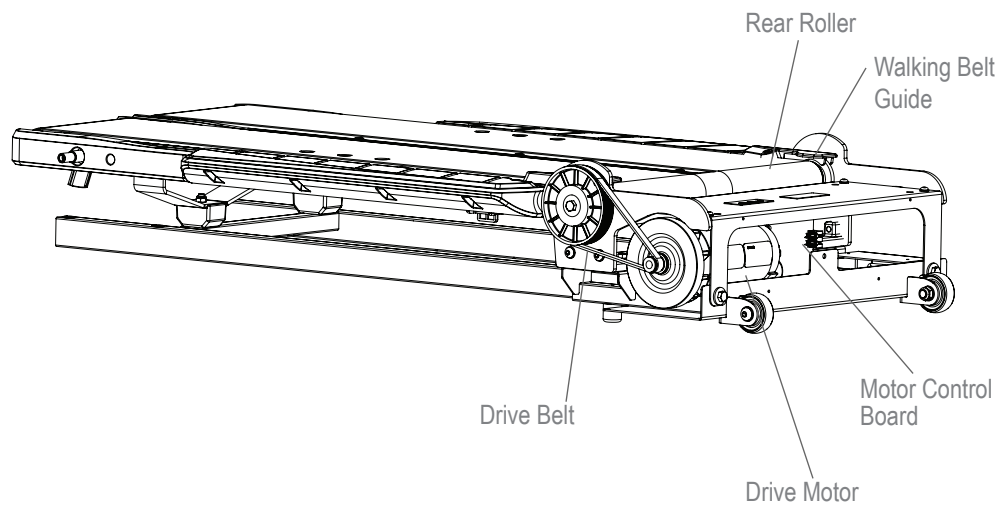
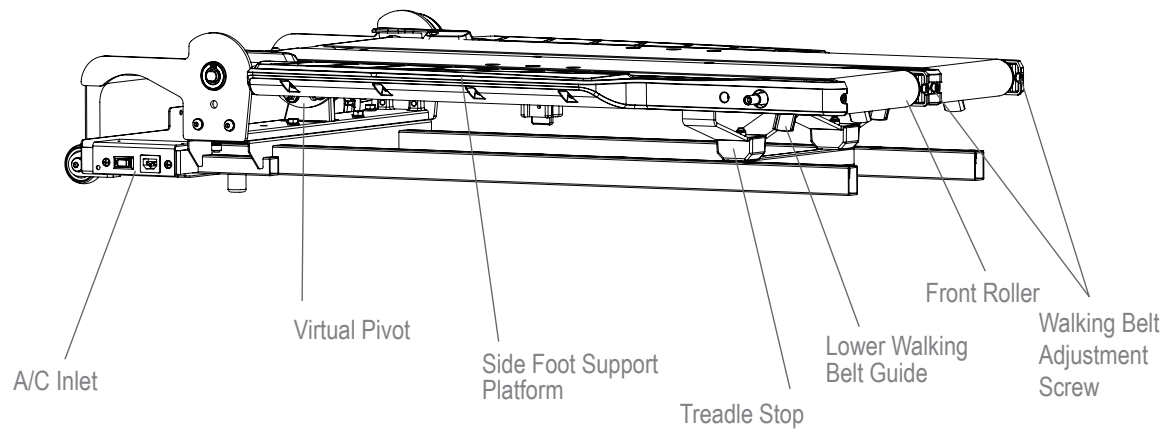
Note: Bolts are turned counterclockwise equally to decrease belt tension.



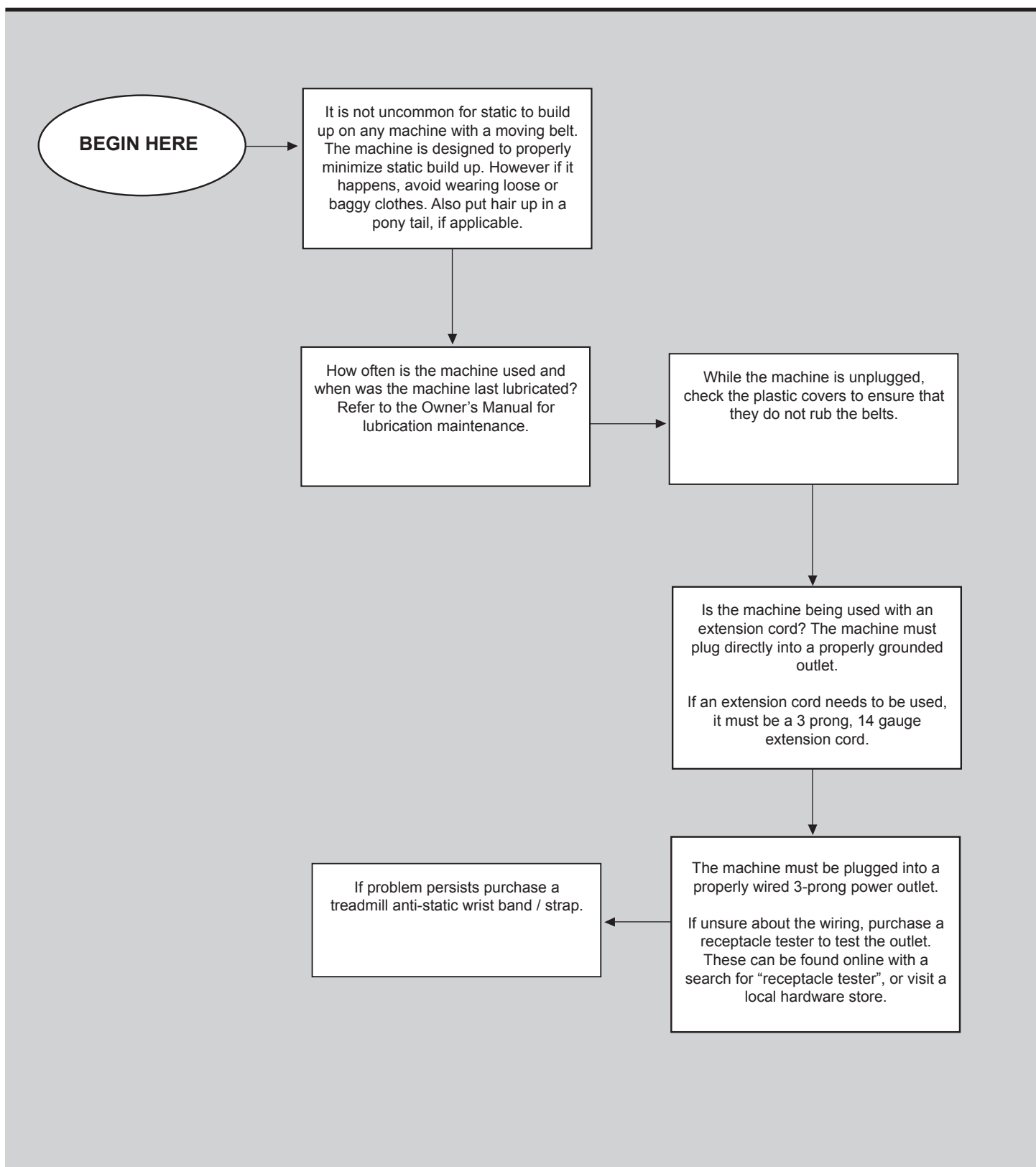
Maintenance Parts



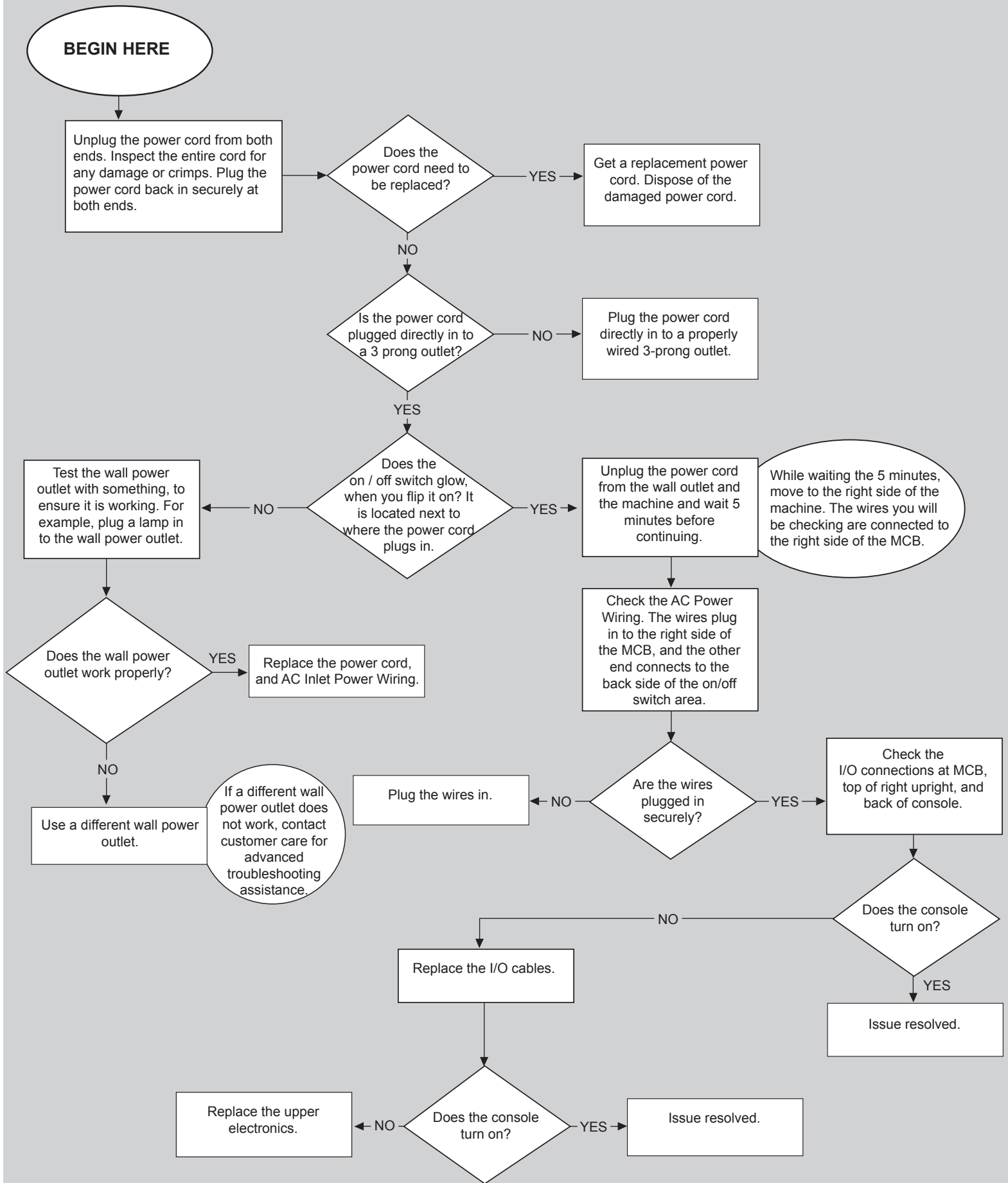
Maintenance Parts (Treadle Assembly)



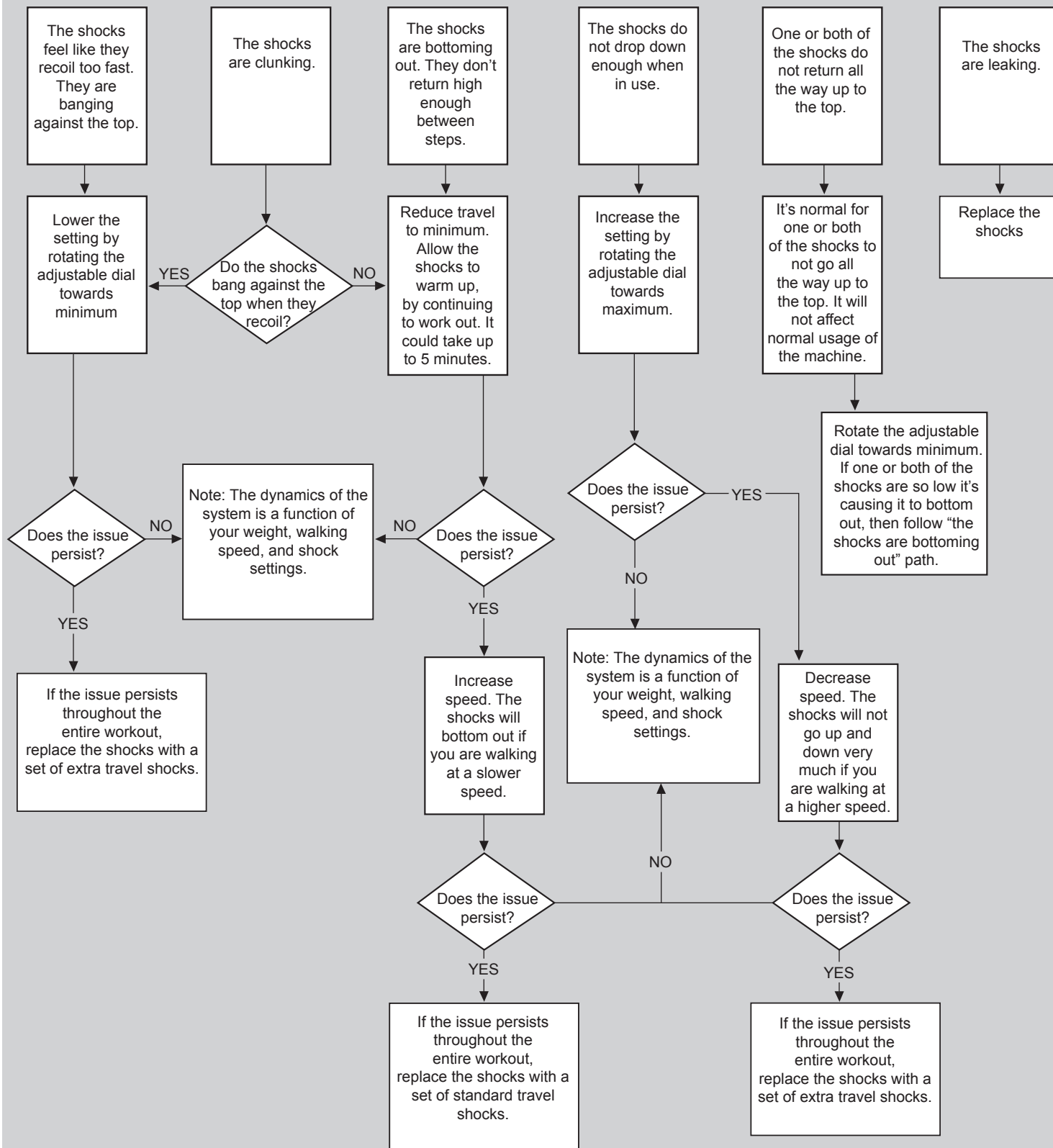
Electrostatic Shock

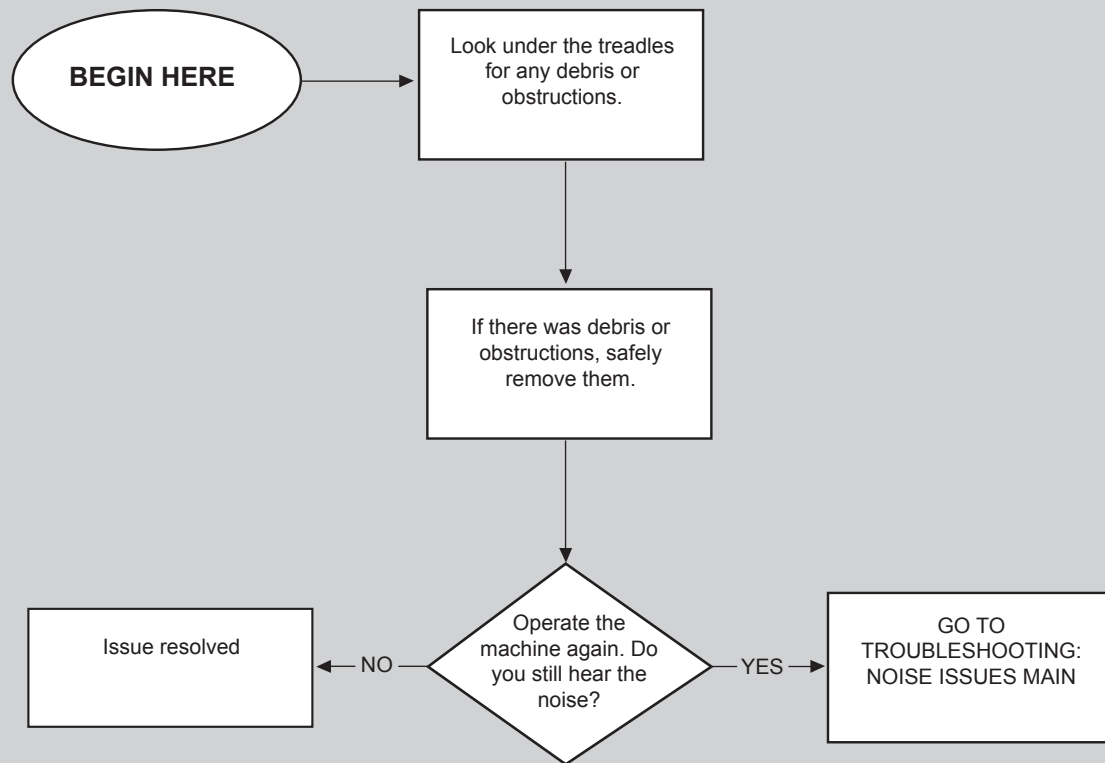


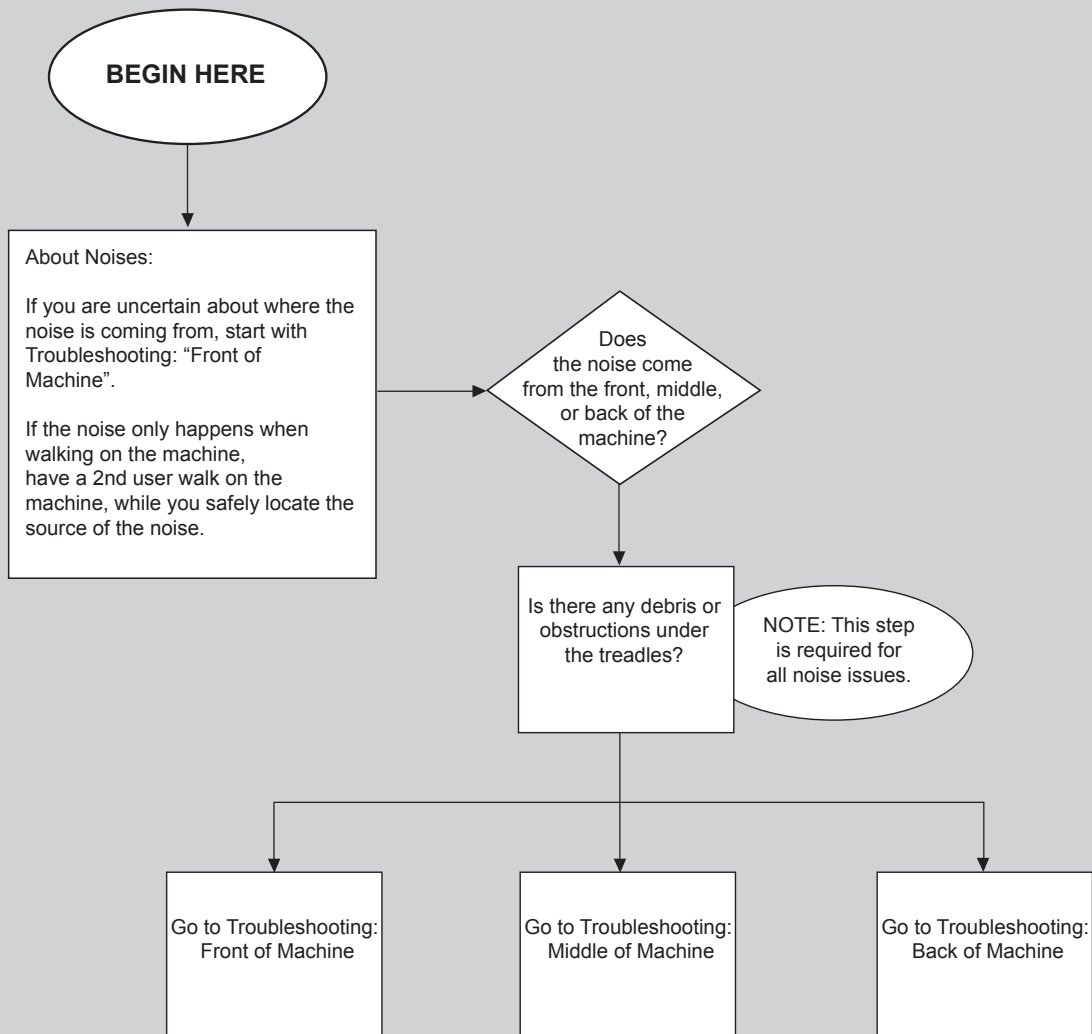
No Power, Display Never Turns On



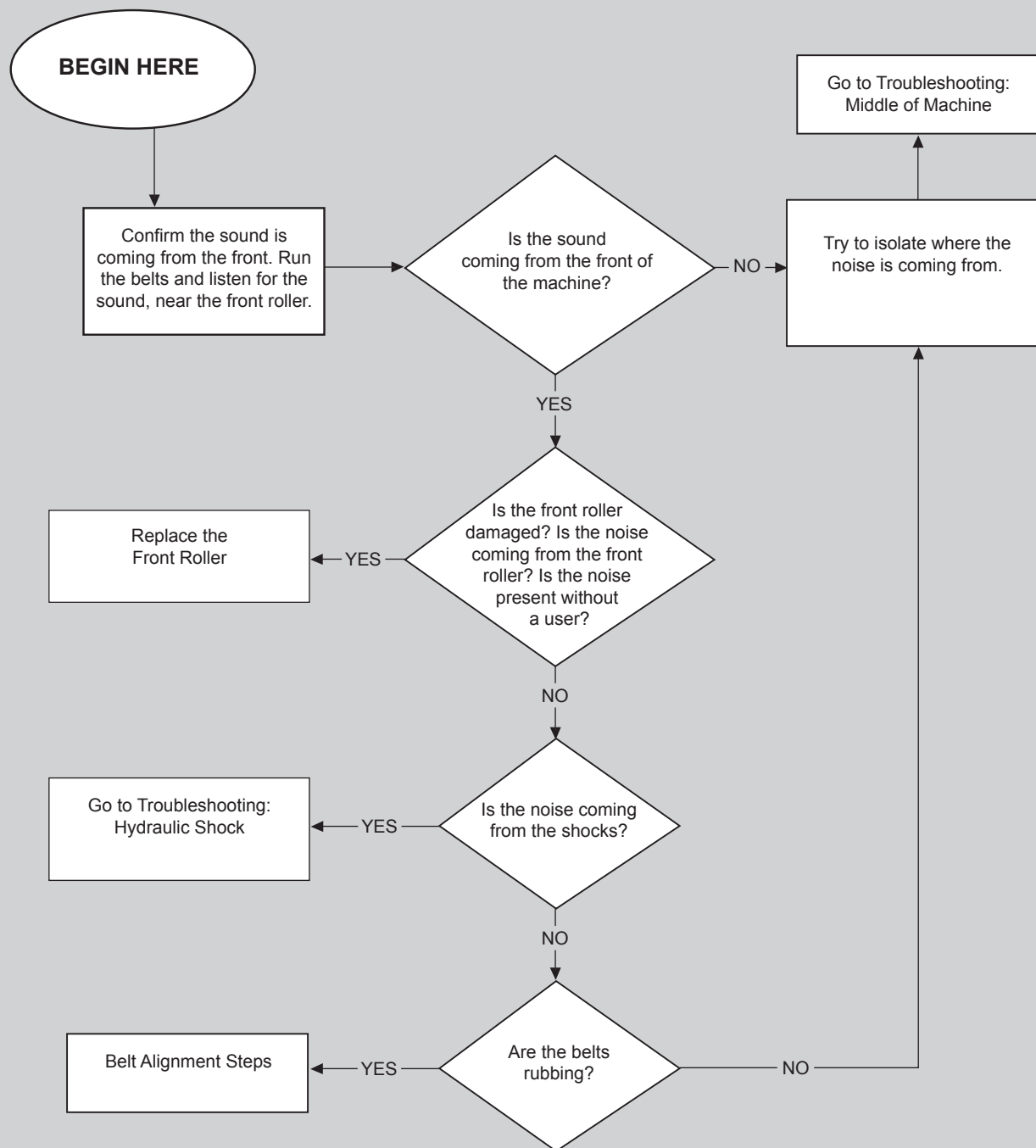
Hydraulic Shock

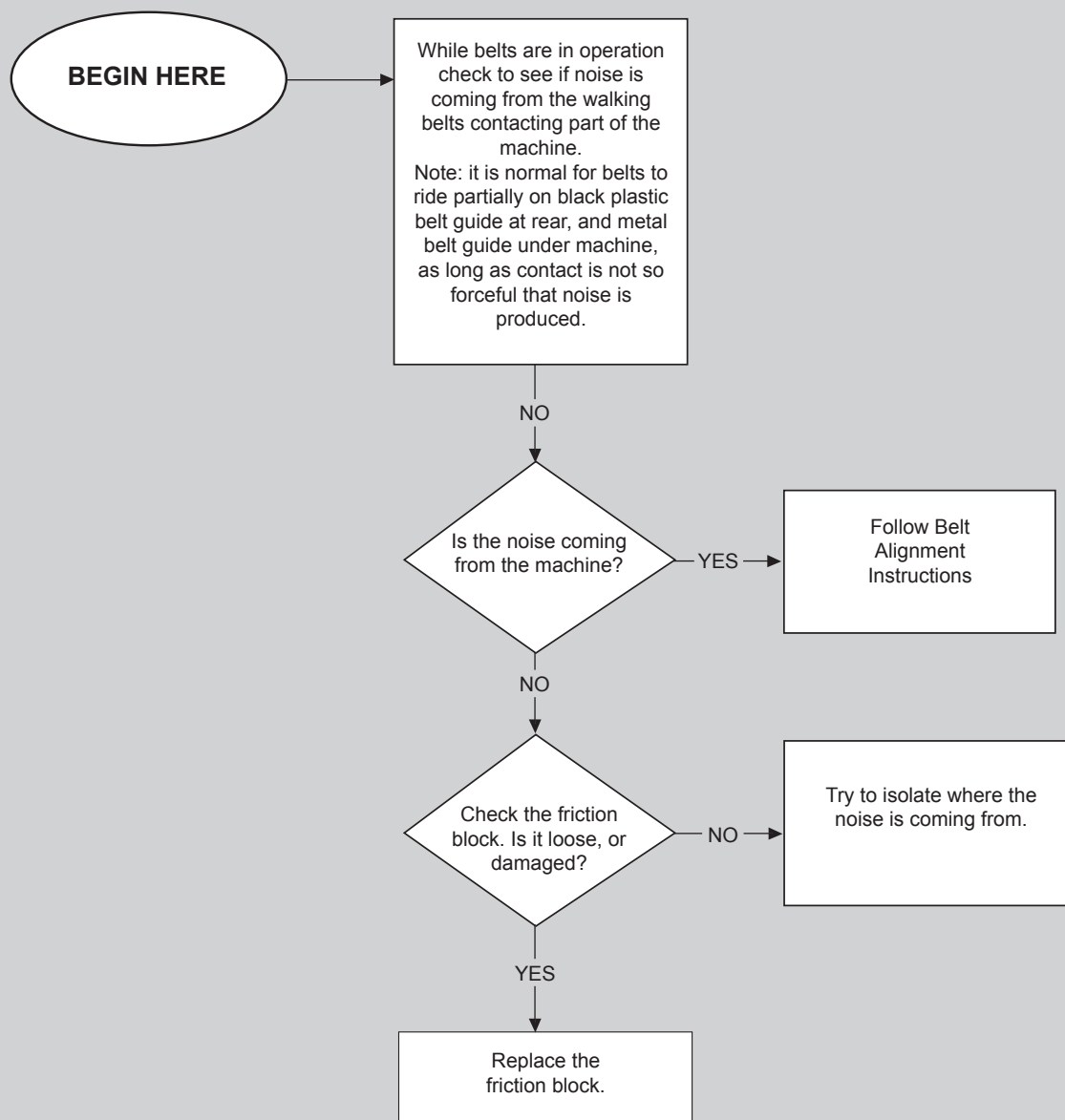




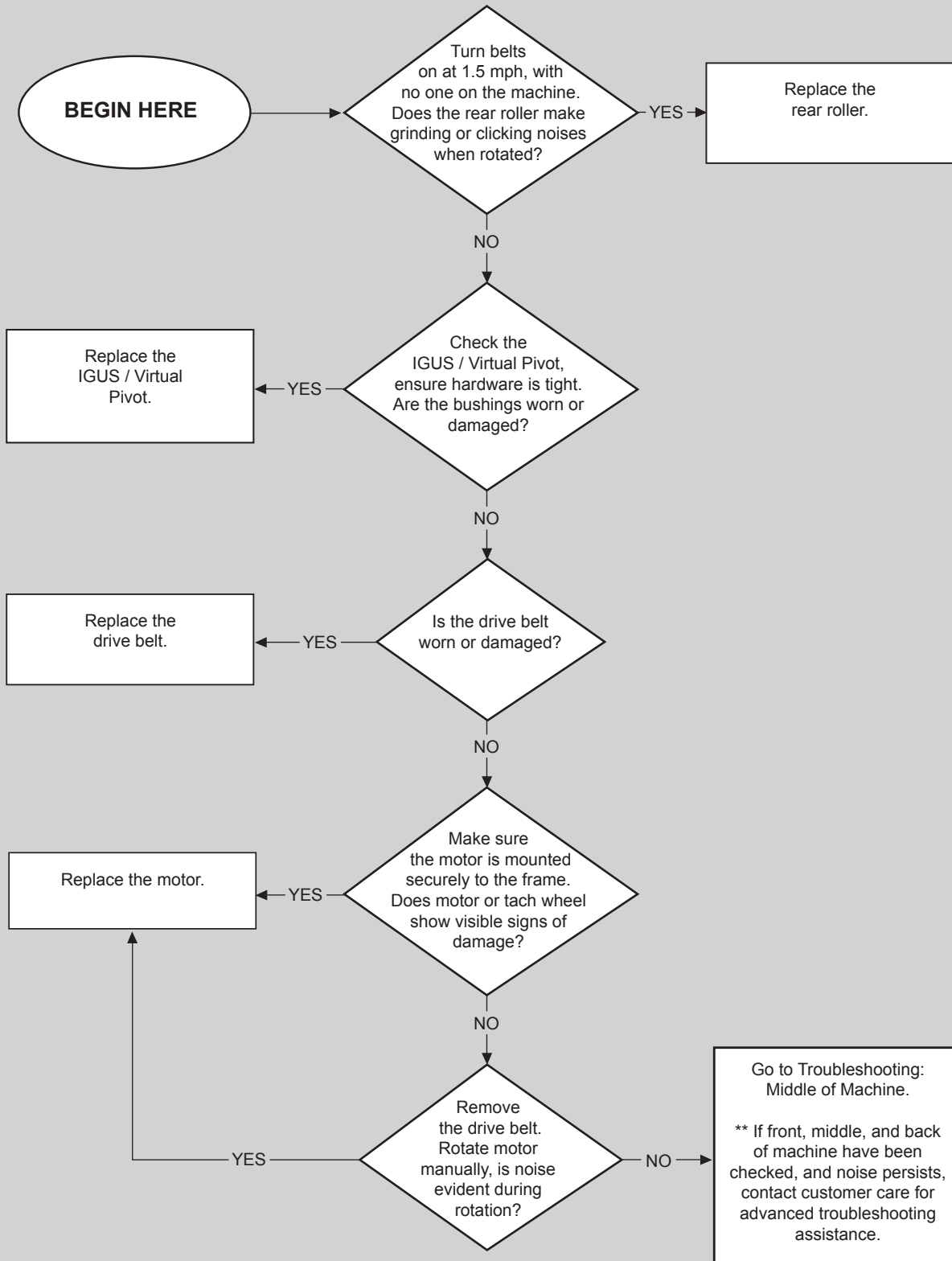


Front of Machine

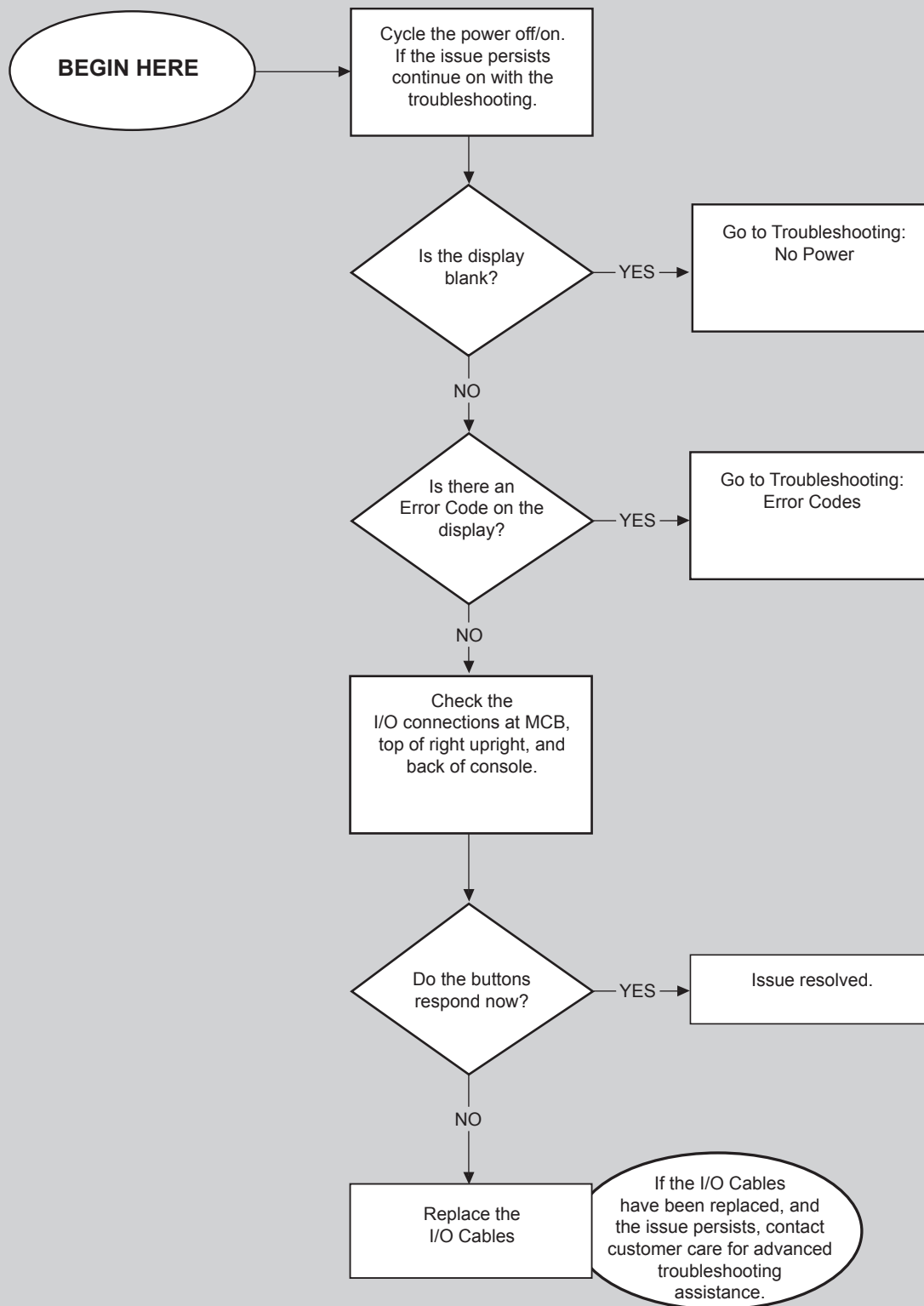


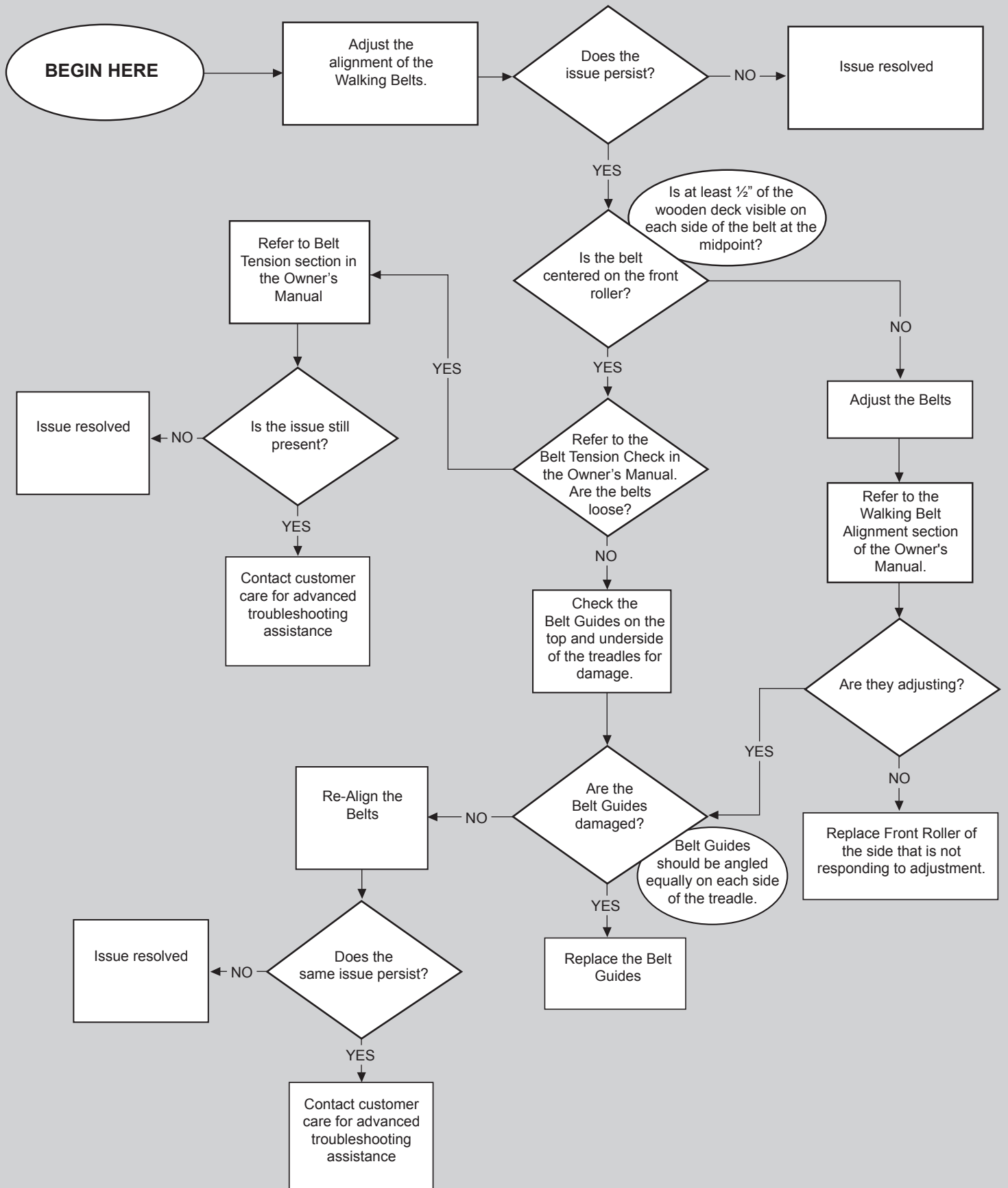


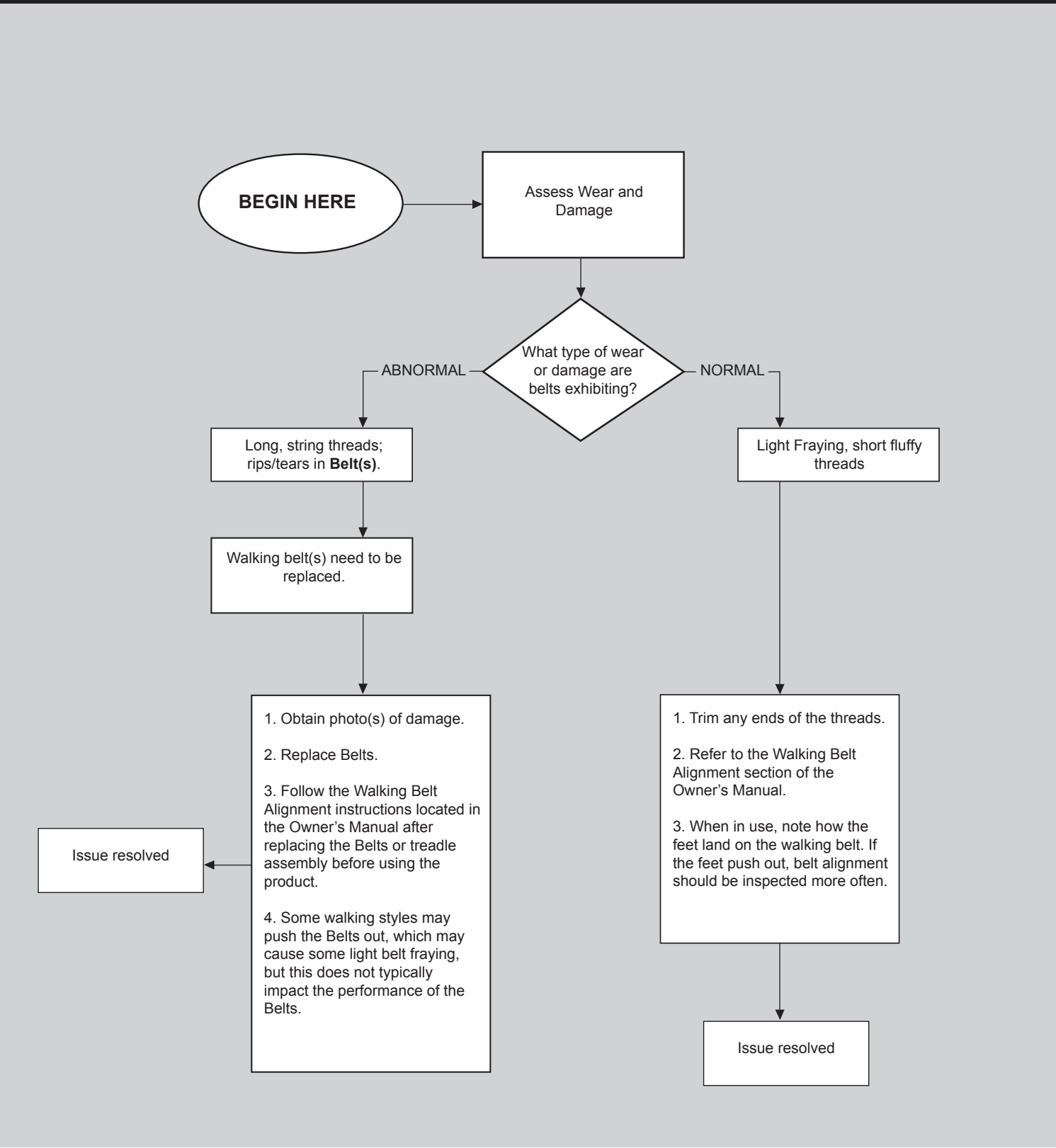
Back of Machine



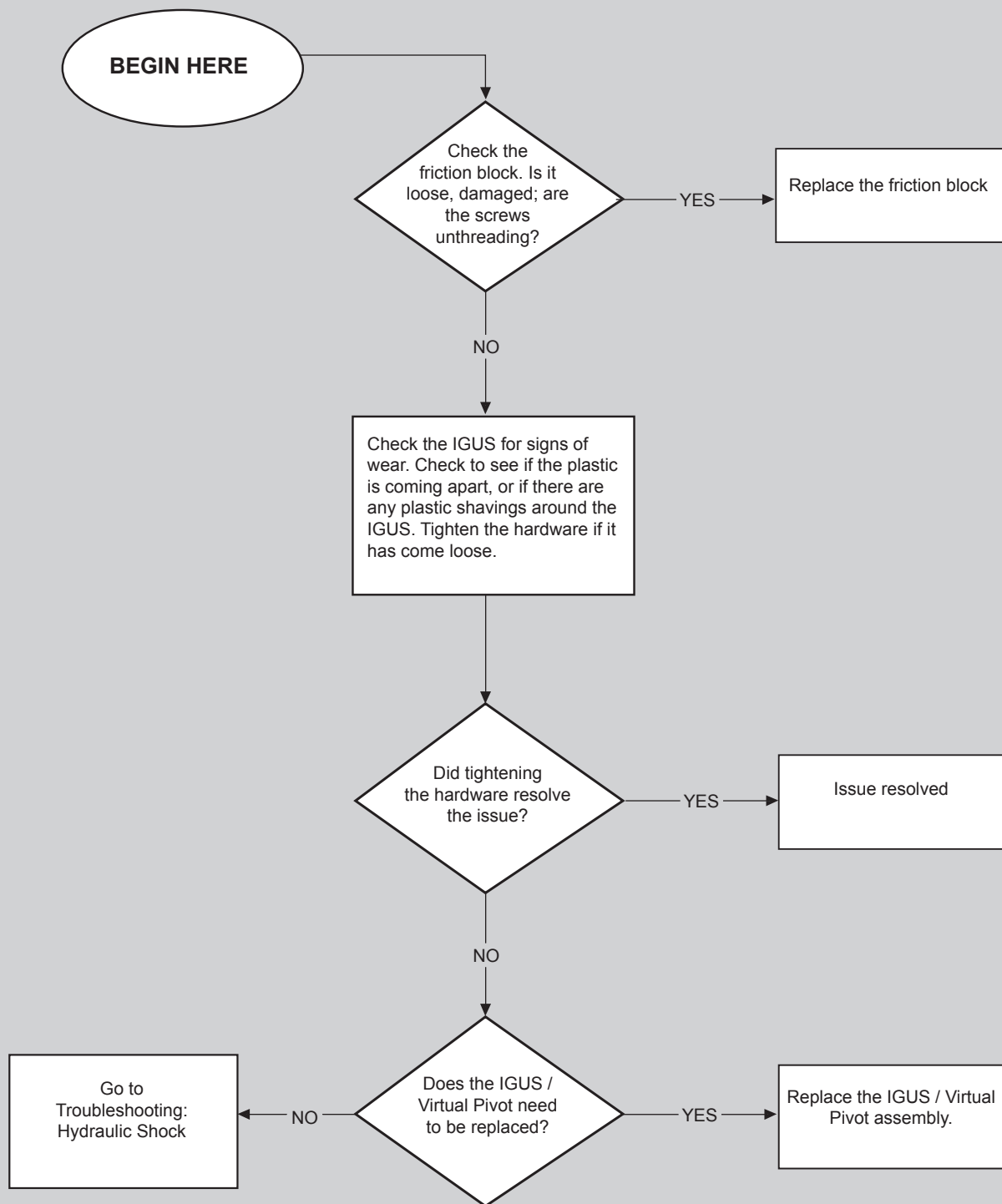
Buttons Do Not Respond



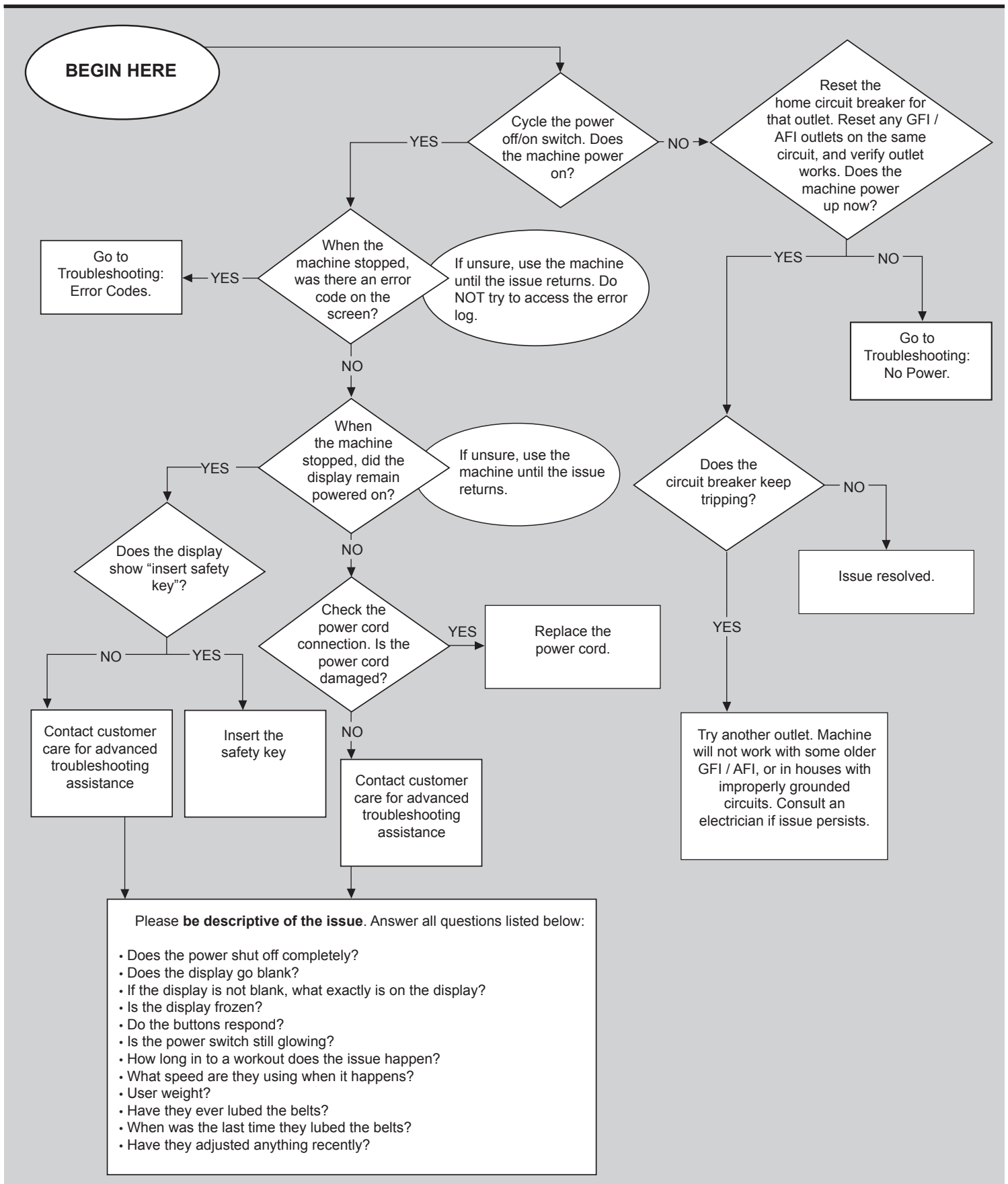




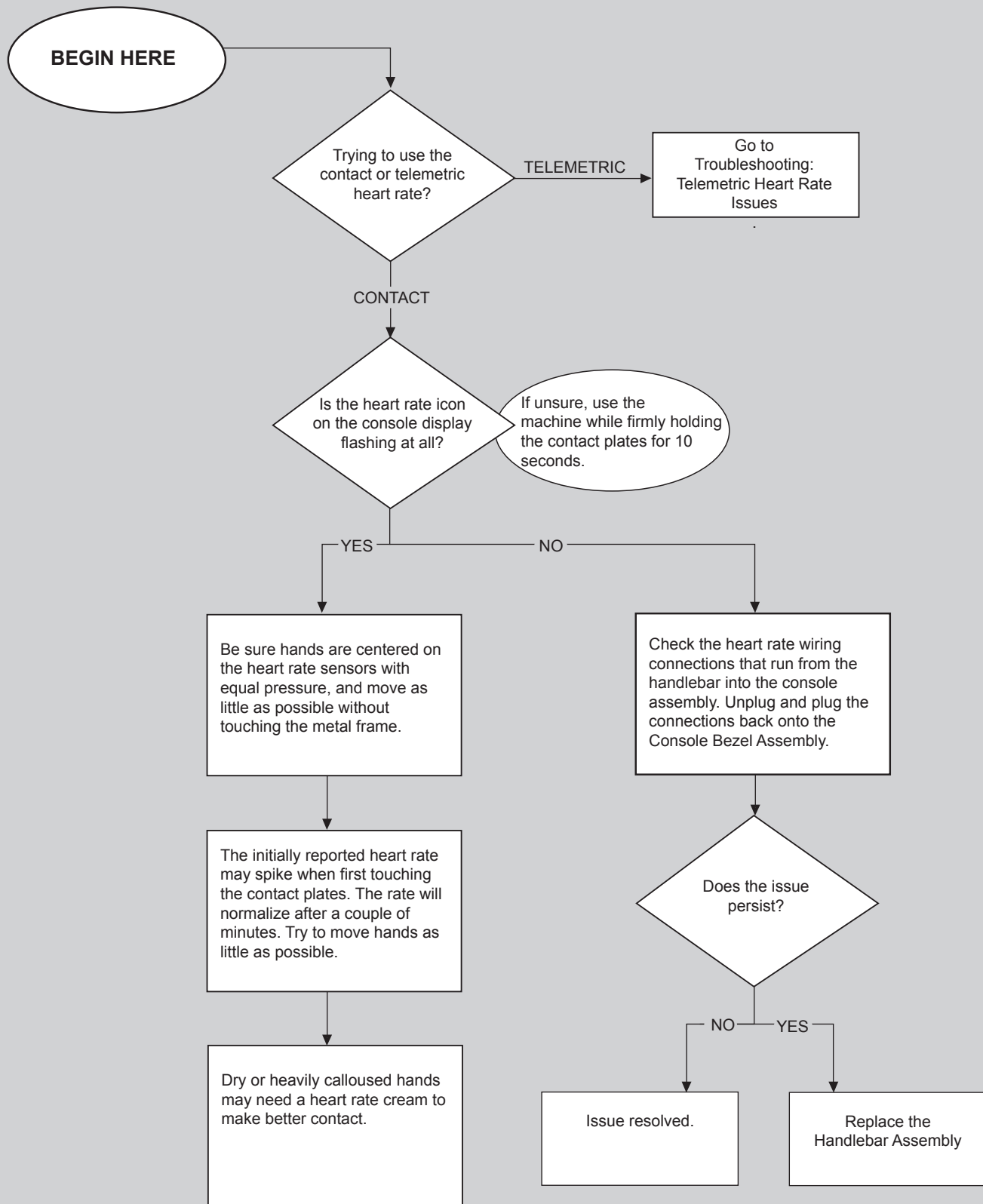
Treadles Do Not Go Up and Down Smoothly

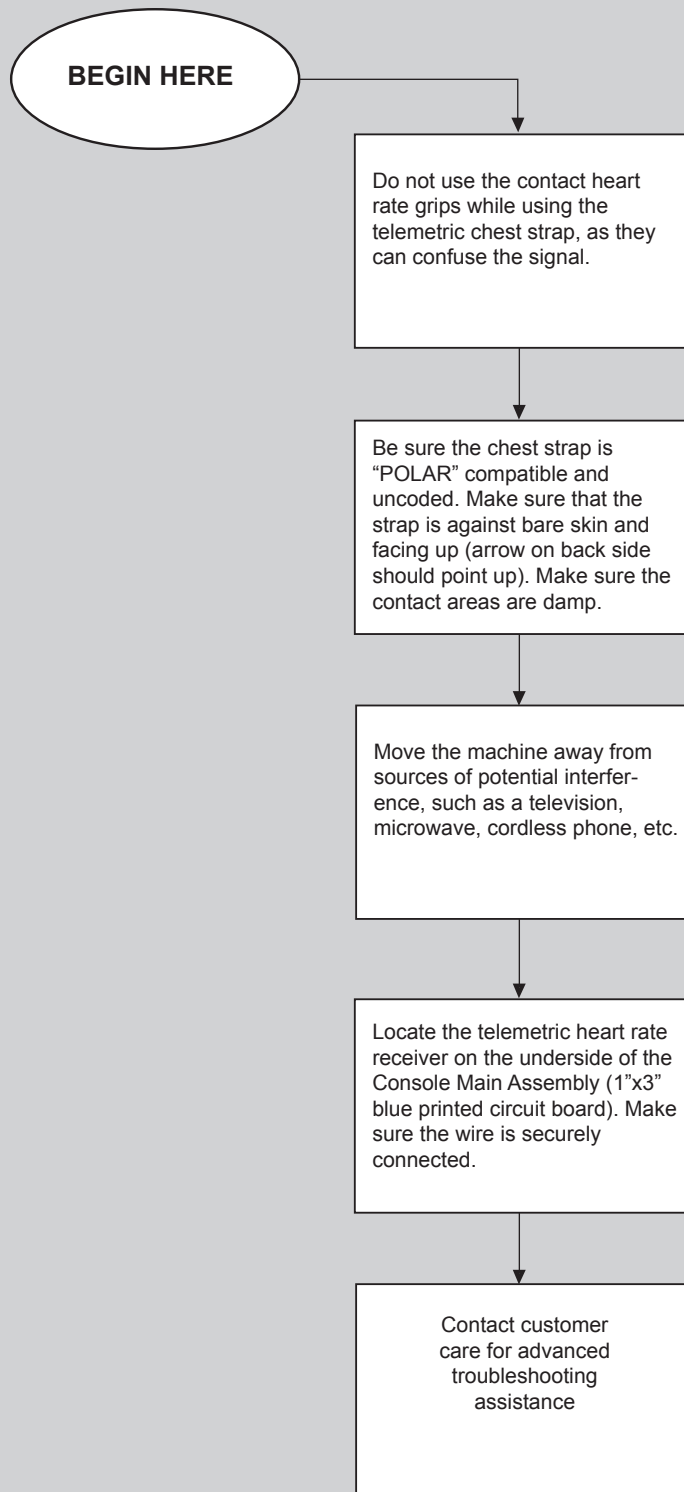


Machine Stops, Shuts Off, or Display Goes Blank



Contact Plate Heart Rate Issues





ERROR CODE TROUBLESHOOTING

- If the below steps do not resolve the issue, contact customer care for Advanced Troubleshooting assistance.
- In the event that Advanced Troubleshooting assistance is required, record all errors from the log using the procedure at the bottom of the page.
- Include all data from the error log. Also record the total run hours from the Machine Settings mode. Include this information with the Advanced Troubleshooting request.

Error Code Troubleshooting only applies when a machine stops and displays code on the screen. DO NOT troubleshoot codes in the error log, as they can be old, and do not necessarily indicate any problems with the machine.

MCB / Motor Errors

Error Code	Error Name	Resolution
INSERT SAFETY KEY	Safety Key	1. Insert Safety Key into Safety Key Port on Console. 2. If safety key receptacle is detached inside the console main body, re-attach by removing console back to gain access. 3. If safety key receptacle detaches repeatedly replace console body.
NOTE LUBRICATE BELT	Belt lubrication	1. Consult lubrication schedule and apply if necessary. Push ENTER button to exit the notice.
ERROR COMMUNICATION	I/O Cables	1. Restart machine 2. Check I/O cable connections 3. Replace both I/O cables.
ERROR MOTOR BOARD	Motor Control Board	1. Seek Advanced Troubleshooting assistance
ERROR OVERLOAD	Cool down	1. Make sure all Motor Cover Vents are free of debris 2. Cycle power off and allow the machine to cool down
ERROR MOTOR WIRE	Motor Connections	1. Check motor connections to MCB
ERROR STUCK BUTTON	Stuck button	1. Stop pushing the button 2. Replace console
Other Errors: MCB COMM LOST MCB RELY STUCK CLSD MCB RELY STUCK OPEN MCB TACH OVER SPEED MCB TACH TIMEOUT MCB COMM TIMEOUT MCB OVER CURREN SOC MCB OVER CURRE CRIT MCB OVER CURRE DMAG MCB HW OVERS SPEED"	Other issues	1. Seek Advanced Troubleshooting assistance

Accessing the error log (for Advanced Troubleshooting use only)

- Hold down the STOP/PAUSE button and Right button together for 3 seconds while in the Power-Up Mode to access the Machine Settings Mode.
Note: Push STOP/PAUSE to exit the Machine Settings Mode and return to the Power-Up Mode screen.
- The Console display shows the SET DATE prompt with the current date setting. The month value will be the currently active value (flashing). Push the Increase/Decrease buttons to adjust the currently active value (flashing). Push the Left/Right buttons to change which segment is the currently active value (month / day / year).
- Push the Right button until the next prompt is displayed.
- The Console display shows the SET TIME prompt with the current time setting. The hour value will be the currently active value (flashing). Push the Increase/Decrease buttons to adjust the currently active value (flashing). Push the Left/Right buttons to change which segment is the currently active value (hour / minute / AM or PM).
- Push the Right button until the next prompt is displayed.
- The Console display shows the current Software Version.
- Push the Right button to go to the next option.
- The Console display shows the current MCB Version.
- Push the Right button to go to the next option.
- The Console display shows the VIEW ERROR MESSAGES prompt. Push the ENTER button to select this option. The Console display shows ERROR VERSION X. Push the Right arrow button to view each error code in sequence.

MACHINE SETTINGS MODE

The Machine Settings Mode lets you adjust the date and time, review error messages, update key systems, and view the total run hours for the machine.

1. Hold down the STOP/PAUSE button and Right button together for 3 seconds while in the Power-Up Mode to access the Machine Settings Mode.

Note: Push STOP/PAUSE to exit the Machine Settings Mode and return to the Power-Up Mode screen.

2. The Console display shows the SET DATE prompt with the current date setting. The month value will be the currently active vales (flashing). Push the Increase/Decrease buttons to adjust the currently active value (flashing). Push the Left/Right buttons to change which segment is the currently active value (month / day / year).
3. Push the Right button until the next prompt is displayed.
4. The Console display shows the SET TIME prompt with the current time setting. The hour value will be the currently active vales (flashing). Push the Increase/Decrease buttons to adjust the currently active value (flashing). Push the Left/Right buttons to change which segment is the currently active value (hour / minute / AM or PM).
5. Push the Right button until the next prompt is displayed.
6. The Console display shows the current Software Version.
7. Push the Right button to go to the next option.
8. The Console display shows the current MCB Version.
9. Push the Right button to go to the next option.
10. The Console display shows the VIEW ERROR MESSAGES prompt. Push the ENTER button to select this option. The Console display shows ERROR VERSION X. Push the Right arrow button to view the error codes.
11. Push STOP/PAUSE to exit the error log.
12. The Console displays the RUN HOURS for the machine.
13. Push the Right button.
14. The Console displays the CONSOLE RESET prompt. Console Reset erases the settings of the User Profiles and all Workouts.

Note: If you want to reset the Console, push the ENTER button. Push the Increase/Decrease buttons to select the “CONSOLE RESET YES” option, and push ENTER. The Console will reset. Push STOP/PAUSE to return to the Power-Up Mode screen.

15. Push the Right button.

16. The Console displays the SOUND UPGRADE prompt.

Note: If you have an update for the sounds, insert the USB Flash Drive with the update file into the Console and push the ENTER button. Push the Increase/Decrease buttons to select the “SOUND UPGRADE YES” option, and push ENTER. The Console will display “SAVING”, and then “REMOVE USB” when it is safe to remove the USB Flash Drive. The Console will exit the Machine Settings Mode and return to the Power-Up Mode screen.

17. Push the Right button to exit the Machine Settings Mode and return to the Power-Up Mode screen.

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

⚠ DANGER

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



When disposing of old parts, obey the applicable local and provincial requirements.

NOTICE: This document provides instructions for the replacement of the A/C Inlet on the Bowflex® TreadClimber® TC100.

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:

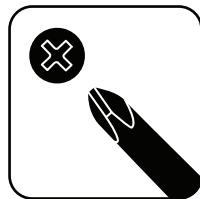


This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Read and understand all Warnings on this machine.

- 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



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



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.



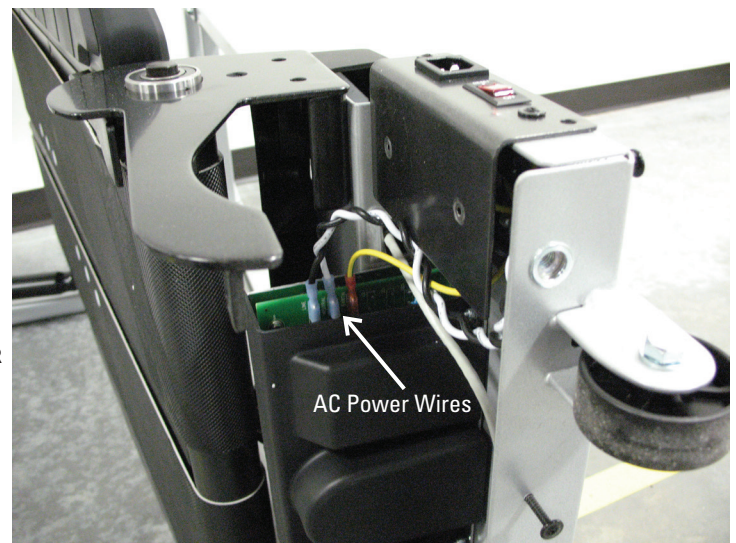
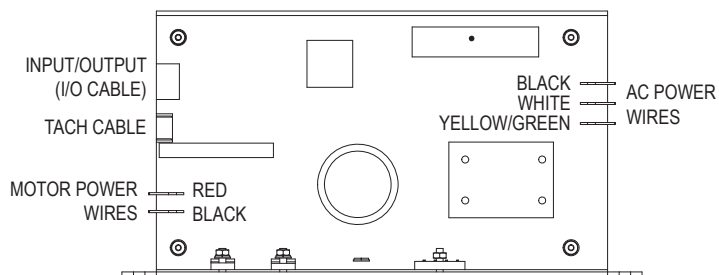
5. With assistance, carefully set the machine on to the left side.

! 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.

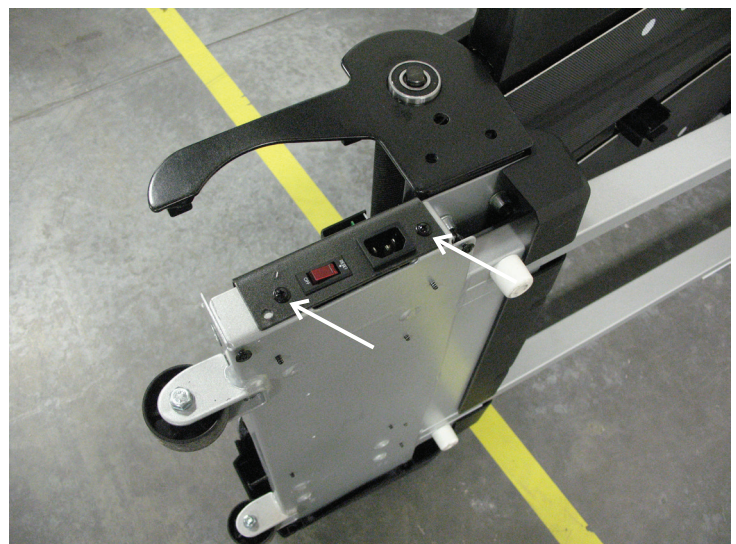
6. Loosen the two indicated screws and remove the Right Side Cover.



7. 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.



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



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

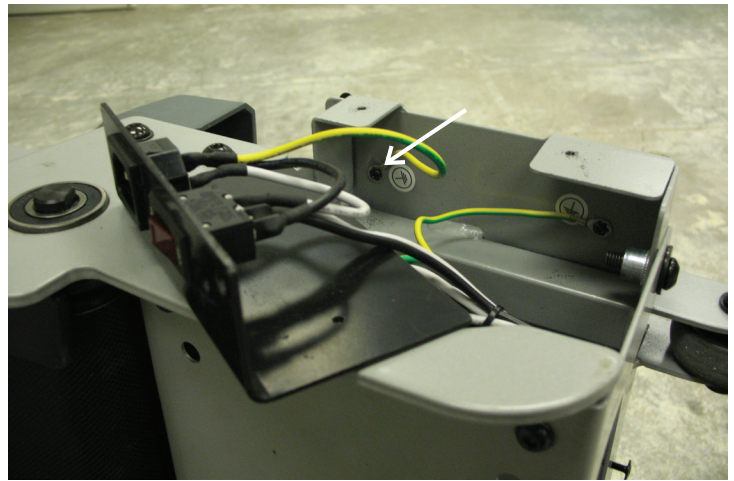
10. Installation is the reverse procedure.

11. 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 Bezel Assembly on the Bowflex® TreadClimber® TC100.

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:

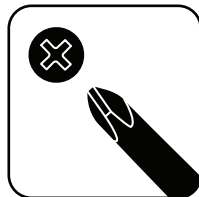


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- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product 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 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. Remove the three indicated Phillips head screws from under the Console Assembly.

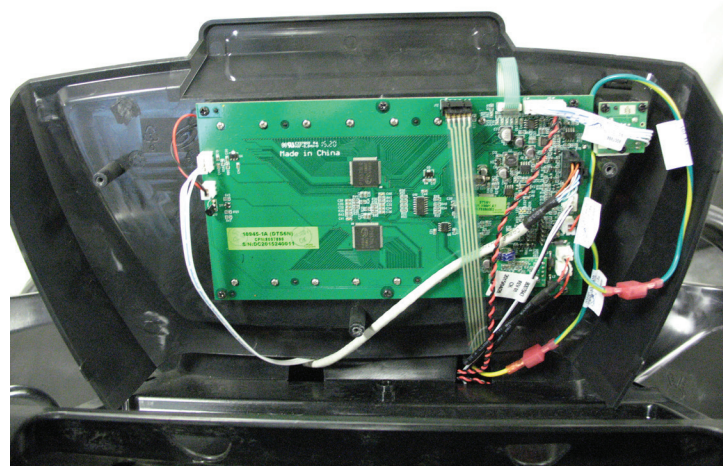


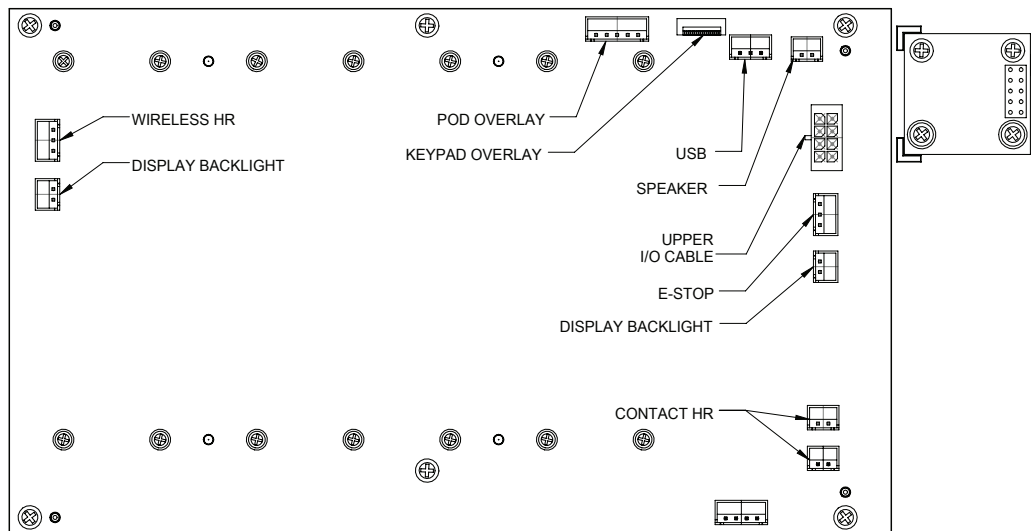
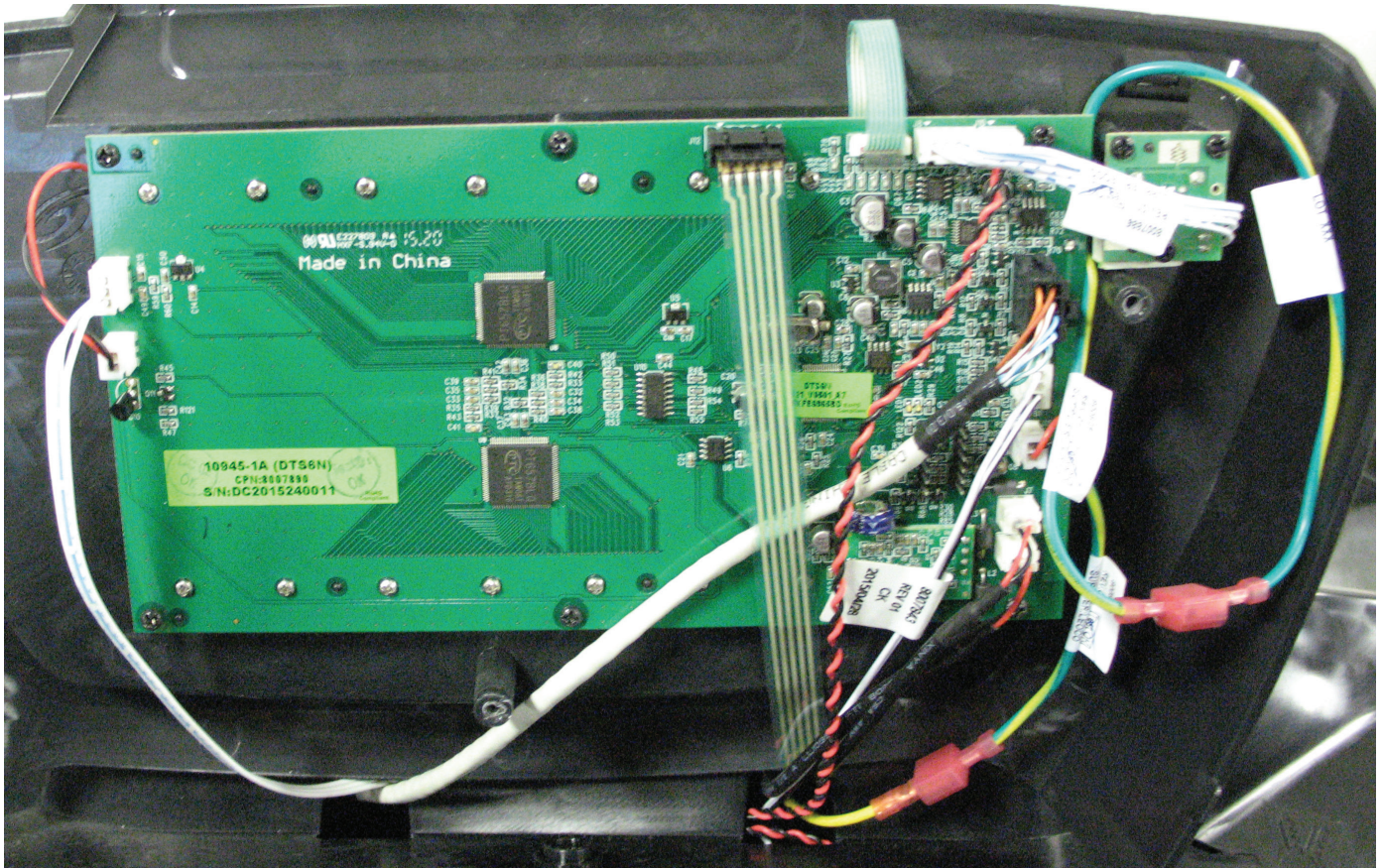
3. Pivot the Console Bezel Assembly slightly forward to expose the Cables.



4. After noting their locations, disconnect all of the Cables from the Console Bezel Assembly.

Note: Do not crimp or damage any Cables.





5. Remove the old Console Bezel Assembly and replace with new Console Bezel Assembly.

6. Installation is the reverse procedure.

7. 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 Main Body on the Bowflex® TreadClimber® TC100.

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



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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.
- 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



⚠ 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 5mm hex wrench, remove the six screws in the indicated areas (three screws visible in image) that secure the Console/Handlebar Assembly.



3. Slightly remove the Console/Handlebar Assembly from the Right Upright and disconnect the Upper and Lower I/O Cables. When disconnected, fully remove the Console/Handlebar Assembly while not allowing the lower I/O Cable to fall into the Right Upright. Tie the I/O Cable off with some wire or string to be sure it does not fall into the Upright.



This step may require two people.

Note: Do not crimp the cables.



Note: Images displayed may be different from current configuration.

4. Place the Console/Handlebar Assembly face down onto something that will protect it from marking or damage, such as a blanket.
5. Using a 5mm hex wrench, remove the four indicated screws that secure the Console Main Body.



6. Gradually slide the Main Console Assembly from the Handlebars. Be sure not to crimp any Cables as they come free from the Handlebar Assembly. Disconnect the Heart Rate Cables.

Note: Do not crimp the cables.



7. Using a #2 Phillips screwdriver, remove the indicated Phillips head screws from the Console Main Body.



8. Pivot and lower the Console Bezel Assembly so it rests on the Button Pod of the Console Main Body.

Note: Do not crimp or damage any Cables



9. Using a #2 Phillips screwdriver, remove the two indicated Phillips head screws from the Console Main Body.

Note: To assist with re-assembly, note the type of screws.



10. Remove the Console Media Support Tray.

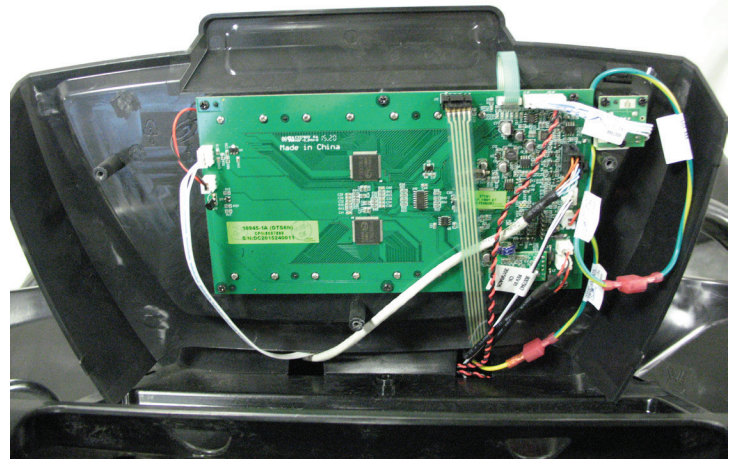


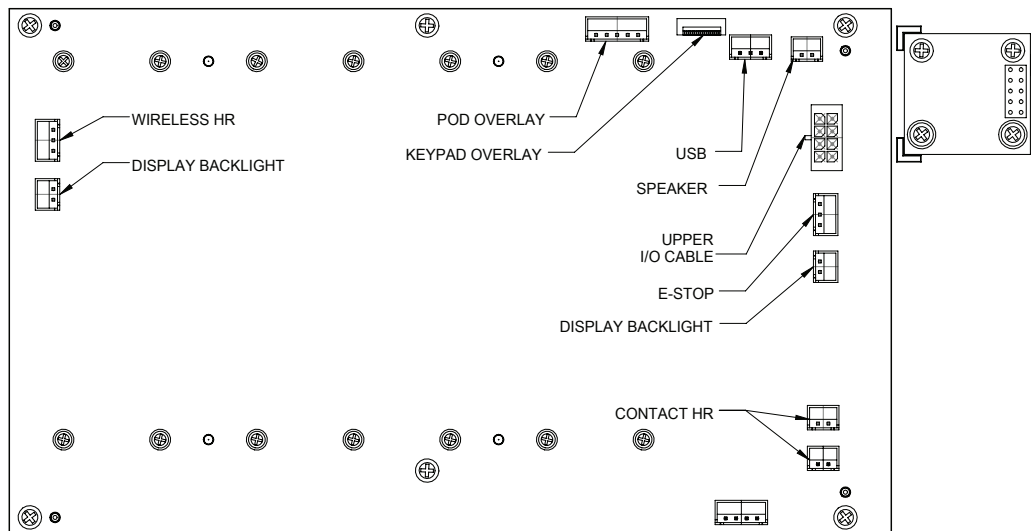
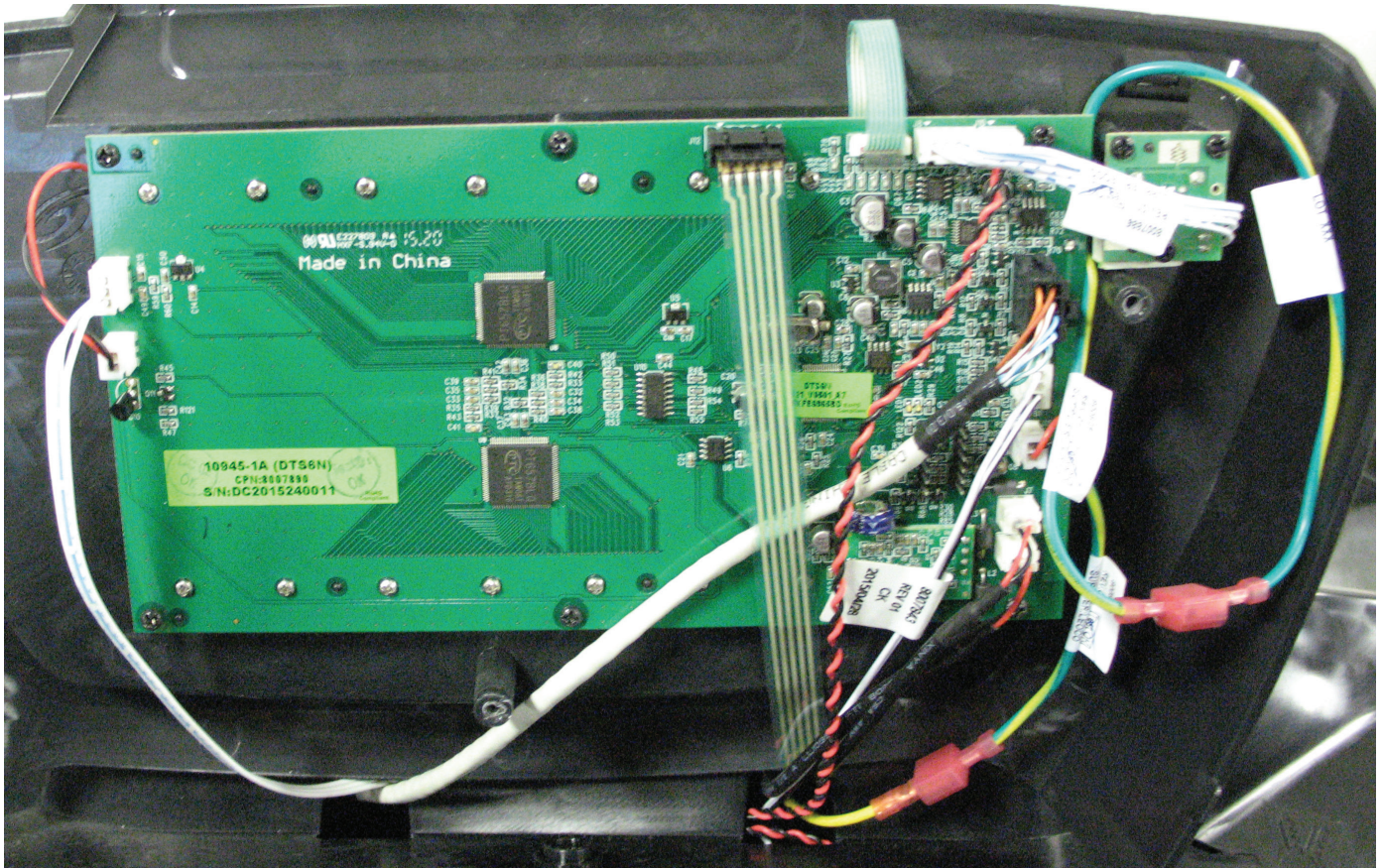
11. After noting how they route through the Console Main Body, remove the Cables from the Console Main Body.

Note: Do not crimp or damage any Cables.

12. Place the Console Bezel Assembly on the new Console Main Body, and route the Cables through it.

Note: Do not crimp the cables.





13. With the Cables routed, pivot and attach the Console Bezel Assembly to the new Console Main Body.

14. Installation is the reverse procedure. Do not crimp the Cables.

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 Console Media Support Tray on the Bowflex® TreadClimber® TC100.

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



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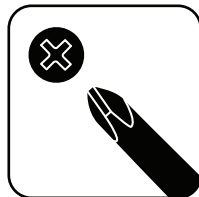


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- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product 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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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 three indicated Phillips head screws from under the Console Assembly.



3. Pivot and lower the Console Bezel Assembly so it rests on the Button Pod of the Console Main Assembly.

Note: Do not crimp or damage any Cables



4. Using a #2 Phillips screwdriver, remove the two indicated Phillips head screws from the Console Main Assembly.

Note: To assist with re-assembly, note the type of screws.



5. Using a #2 Phillips screwdriver, remove the two indicated Phillips head screws from under the Console Main Assembly.



6. Remove the old Console Media Support Tray and replace with the new Console Media Support Tray.



7. Installation is the reverse procedure.

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 Drive Belt on the Bowflex® TreadClimber® TC100.

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

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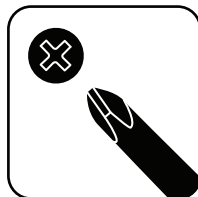
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- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product 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.
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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.

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

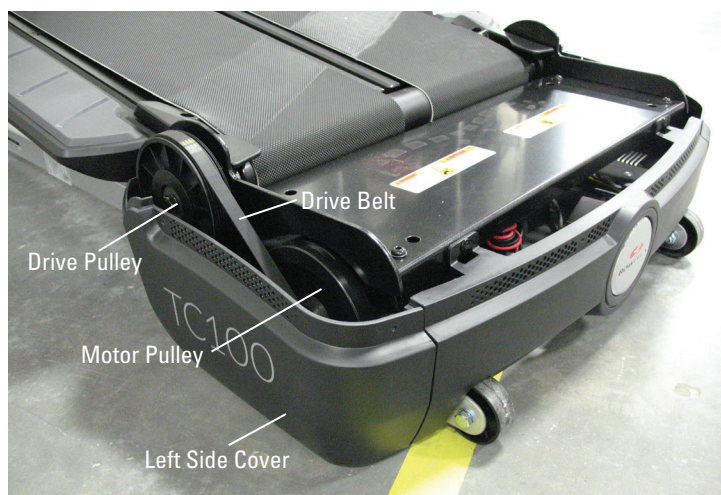
2. Using a #2 Phillips screwdriver, remove the 6 indicated screws from the Rear Step.



3. Remove the Rear Step.



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



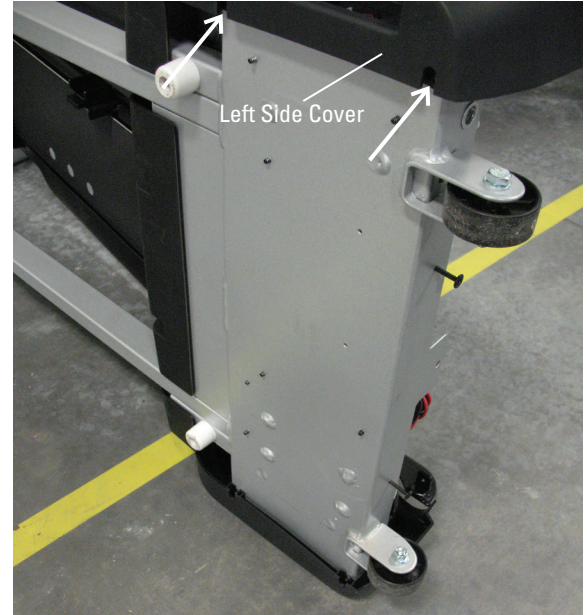
5. With assistance, carefully set the machine on to the right side.

! 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.

6. Loosen the two indicated screws and remove the Left Side Cover.

7. 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.



8. 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.

9. 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.

10. Replace the Left Side Cover and tighten the two screws.

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. Replace the Rear Step and secure with screws.

13. 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® TreadClimber® TC100.

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



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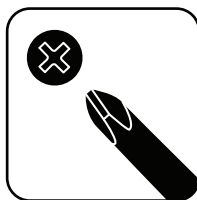


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- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product 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.
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Tools Required (not included)

#2 Phillips screwdriver



5mm hex wrench



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



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1. Unplug the power cord from the machine and wait 5 minutes.
2. Using a 5mm hex wrench, remove the lower mounting bolt from the Cylinder. Leave attached at top.
3. 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.



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

5. Slide the Side Cover off of the machine.



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

Note: To assist with re-assembly, be sure to record how many turns it takes to remove the screws.



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

Note: One wrench is required to hold the nut under the Treadle (not shown) in place, and the other for the indicated bolt.

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

9. Installation is the reverse procedure.

Note: Be sure to tighten the Belt Tensioning Screws the number of turns previously recorded.

10. 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.

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


Note: The TC100 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.

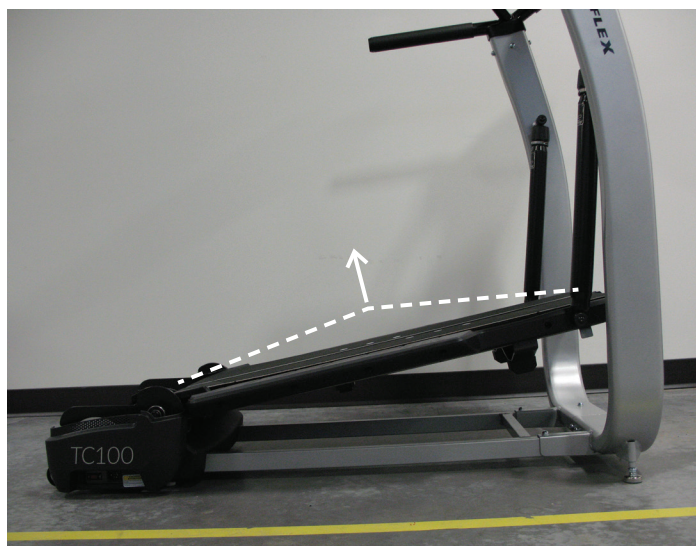
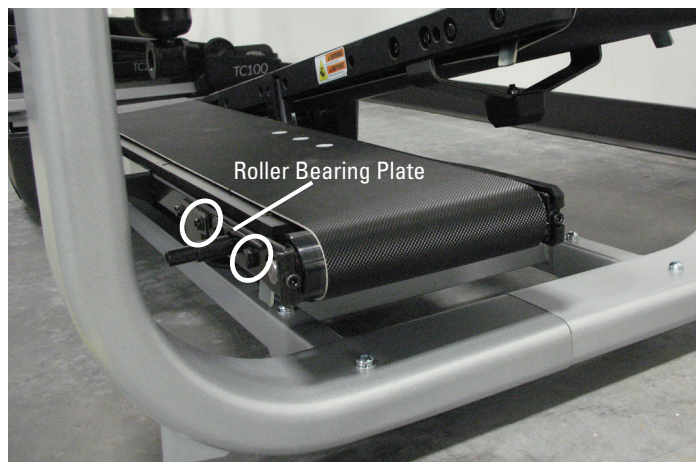
12. Standing adjacent to the machine, turn on the belts and run at 1.5 mph for about a minute.

13. Inspect the alignment 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. 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 Hydraulic Shock on the Bowflex® TreadClimber® TC100.

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

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- 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. Using a 5mm hex wrench, remove the indicated screw from the Shock (or Cylinder).
3. Disconnect the Shock 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.

4. Remove the upper screw that secures the Shock using a 5mm hex wrench.



5. Using a 5mm hex wrench, attach the new shock to the Upright and then the Treadles.

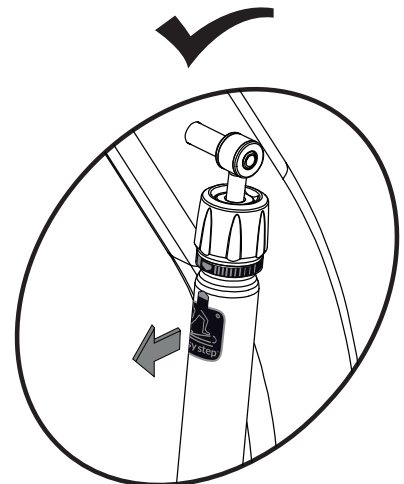
Note: The settings decal on the Shocks must be up, with the arrows facing to the rear of the machine.

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 (I/O) Cables on the Bowflex® TreadClimber® TC100.

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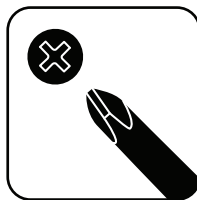
Important Safety Instructions - Before servicing or using this equipment, obey the following warnings:

 **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, children and pets 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 and will void the warranty.
- 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



A short piece of wire or string

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

2. Using a #2 Phillips screwdriver, remove the 6 indicated bolts 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.



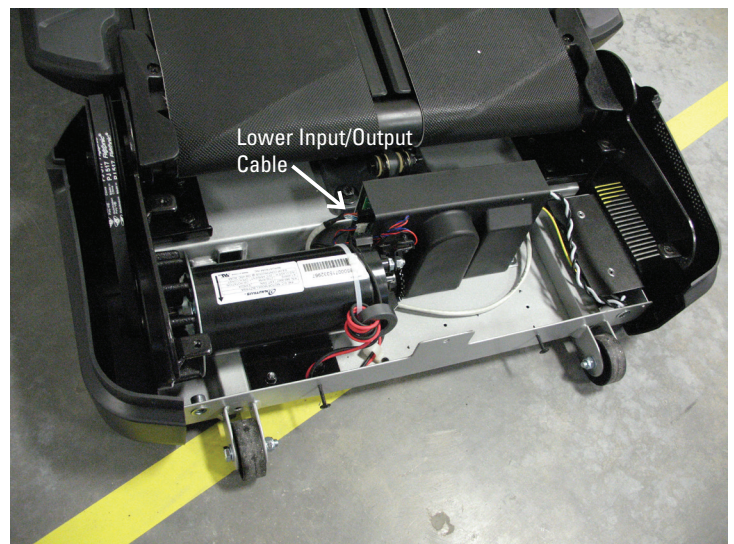
5. Using a 4mm hex wrench and a 13mm (1/2") wrench, remove the 6 indicated screws from the Motor Compartment Cover.



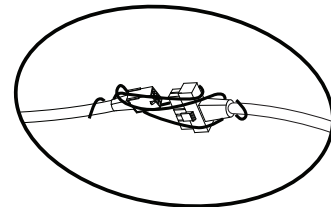
6. Unplug the lower Input/Output (I/O) Cable from the Motor Control Board.

Note: The Motor Control Board is located under the Right Treadle.

7. Plug in the new lower I/O Cable to the Motor Control Board.



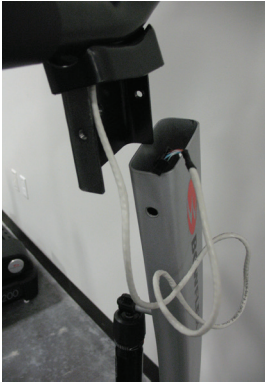
8. Using a piece of wire or string, connect the loose ends of the new lower I/O Cable and the old lower I/O Cable. The old cable will pull the new cable into place when removed.



9. Using a 5mm hex wrench, remove the six bolts in the indicated areas (three visible in image) that secure the Console/Handlebar Assembly.



10. Slightly remove the Console/Handlebar Assembly from the Right Upright and disconnect the Upper and Lower I/O Cables. When disconnected, fully remove the Console/Handlebar Assembly while not allowing the I/O Cable to fall into the Right Upright.

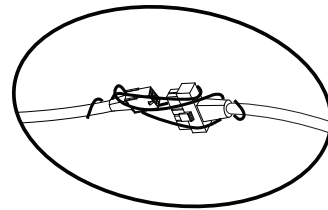


 This step may require two people.



11. Place the Console/Handlebar Assembly onto something that will protect it from marking or damage, such as a blanket.

12. Using a piece of wire or string, connect the loose ends of the new upper I/O Cable and the old upper I/O Cable. The old cable will pull the new cable into place when removed.



Note: Images displayed may be different from current configuration.

13. Using a 5mm hex wrench, remove the four indicated screws that secure the Main Console Assembly.



14. Gradually slide the Main Console Assembly from the Handlebars. Be sure to guide the new upper I/O Cable and not crimp any Cables as they come free from the Assembly.

Note: Do not crimp the cables.

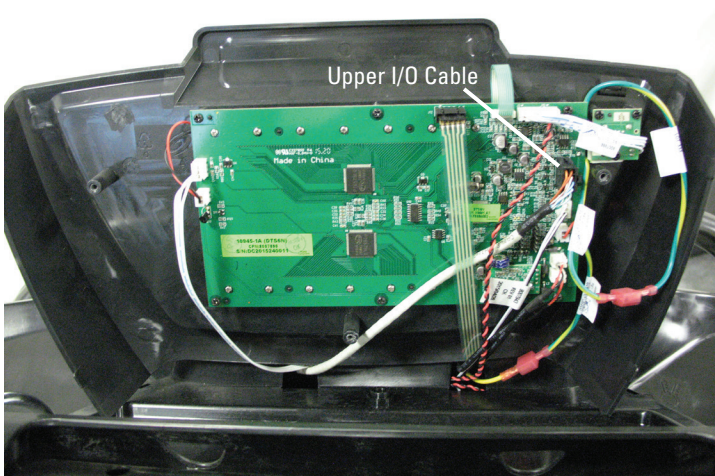


15. Using a #2 Phillips screwdriver, remove the four indicated screws from the Console Assembly.



16. Slightly pivot the Console Bezel Assembly.

Note: Do not crimp the cables.



17. Disconnect the upper I/O Cable from the Console Board. Gently remove the cable by pulling it out as the new upper I/O Cable is routed into place.

Note: Do not crimp the cables.

18. Plug in the new upper I/O Cable to the Console Board.

Note: Do not crimp the cables.

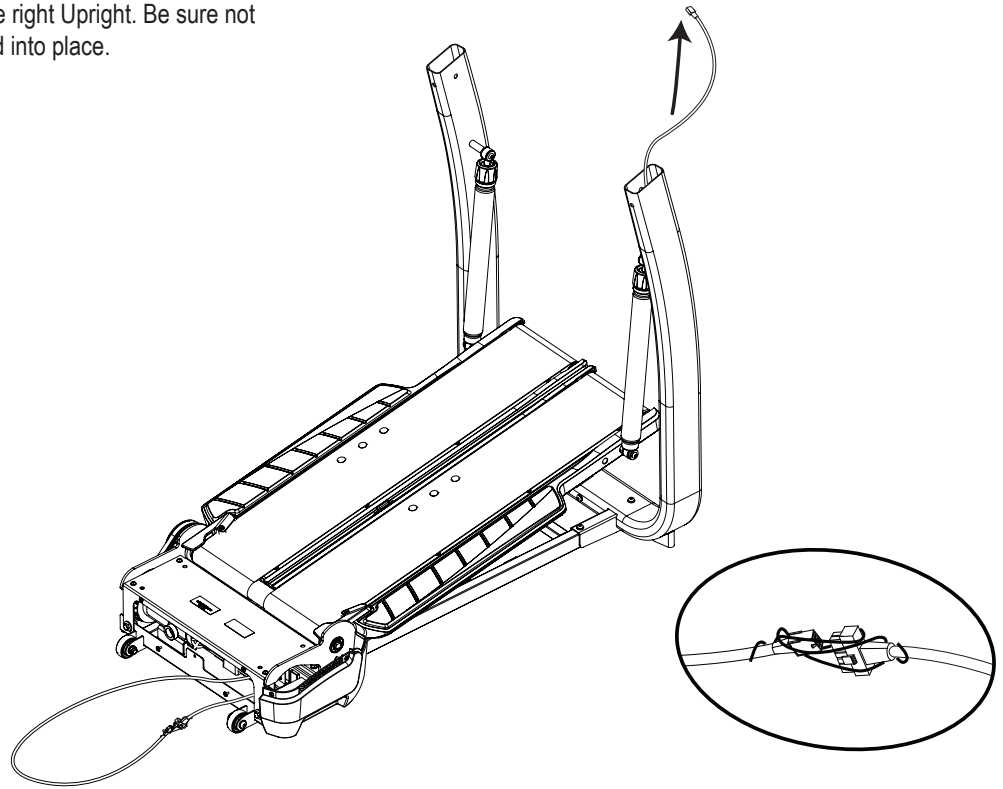
19. Reattach the Console Bezel Assembly to the Console Assembly

Note: Do not crimp the cables.



20. Gently pull the old lower I/O Cable from the right Upright. Be sure not to crimp the new lower I/O Cable as it is routed into place.

Note: Do not crimp the cables.



21. Disconnect the old I/O Cable and discard.

22. Connect the new lower and upper I/O Cables and attach the Console Assembly.

Note: Do not crimp the cables.

23. Installation is the reverse of this procedure.



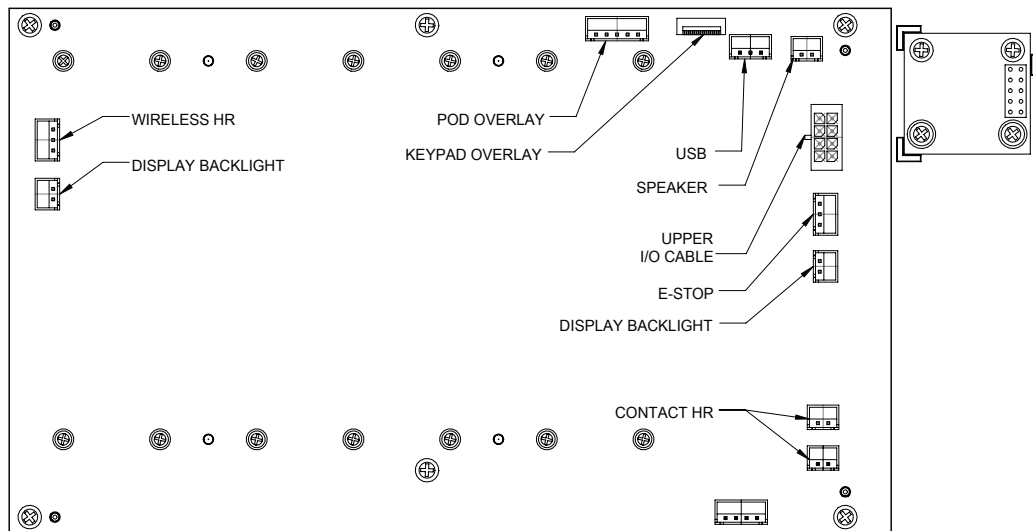
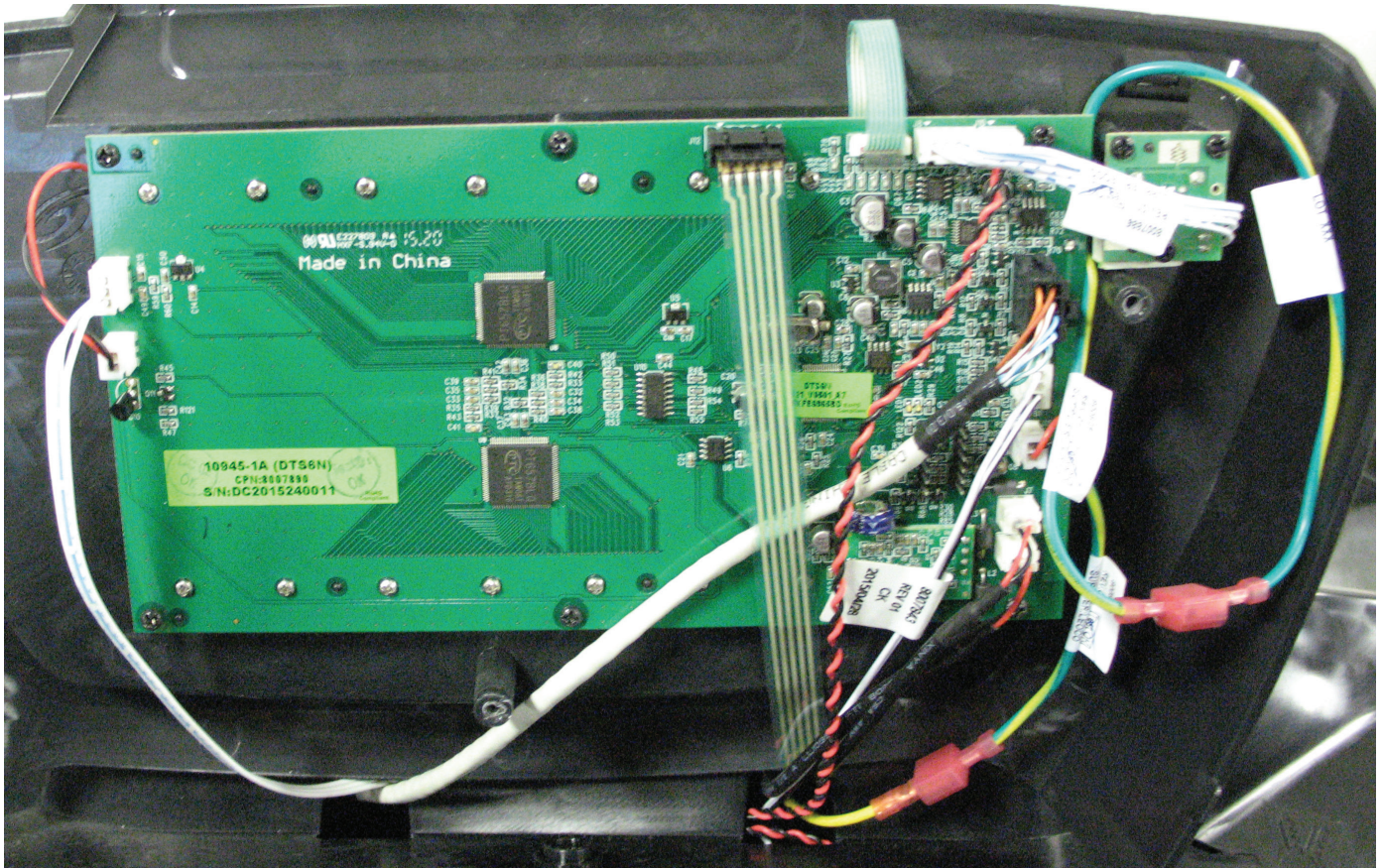
In order to avoid possible serious injury, when inserting the tube ends into the Base Assembly be careful to avoid fingers or hands being caught or pinched.

24. 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® TreadClimber® TC100.

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



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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 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



13mm wrench
10mm wrench



Replacement Zip-Ties (if necessary)

⚠ 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 bolts from the Rear Step.



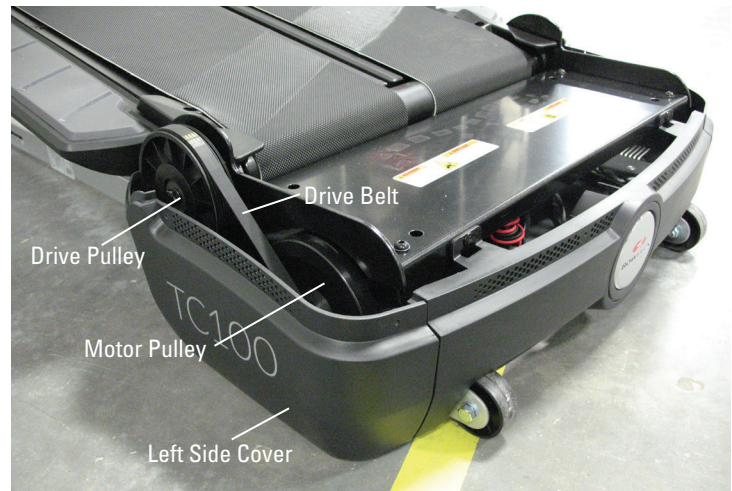
3. Remove the Rear Step.



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



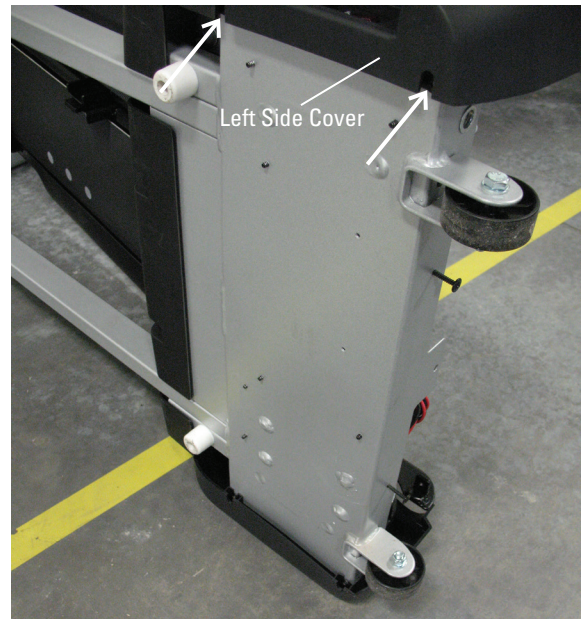
6. With assistance, carefully set the machine on to the right side.

! 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.

7. Loosen the two indicated screws and remove the Left Side Cover.

8. 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.



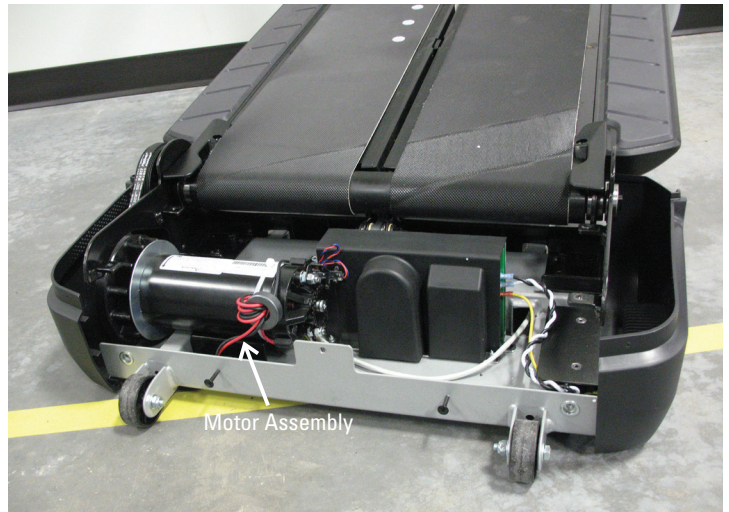
9. With assistance, carefully set the machine upright.

! 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.

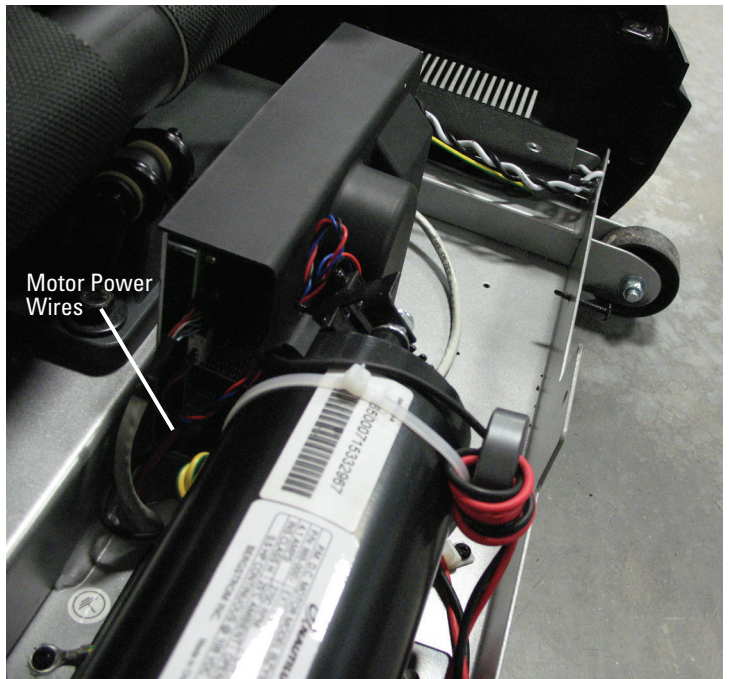
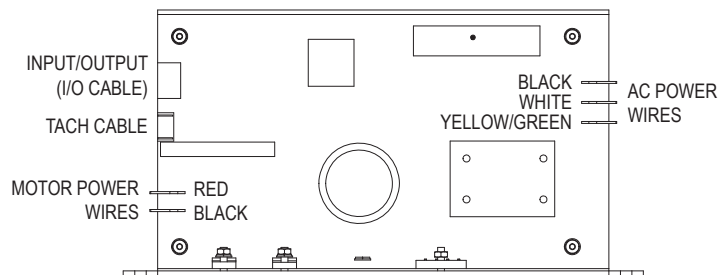
10. Using a 4mm hex wrench and a 13mm (1/2") wrench, remove the 6 indicated screws from the Motor Compartment Cover.



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



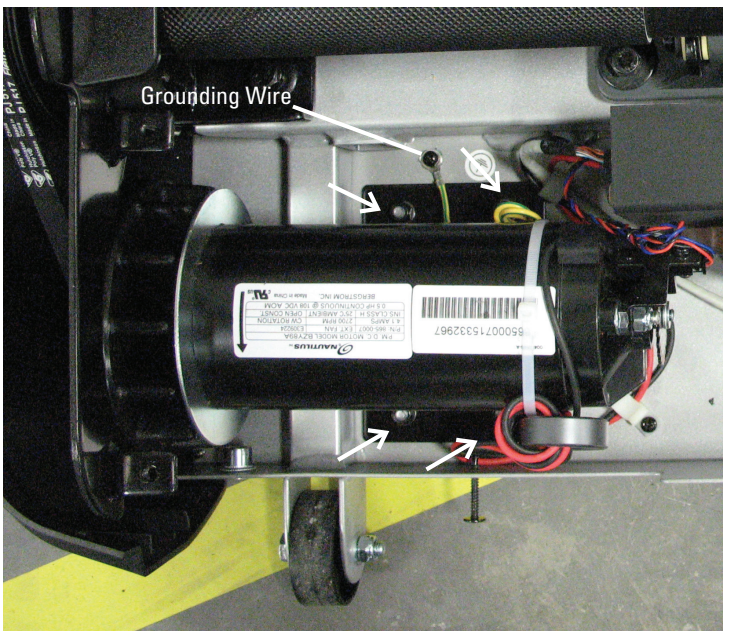
12. On the Motor Control Board, disconnect the Motor Power Wires by releasing the clip and pulling straight out on the Connectors – do not pull on the wire itself.



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

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

15. Remove and replace with the new Motor Assembly.



16. Installation is the reverse procedure.

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.

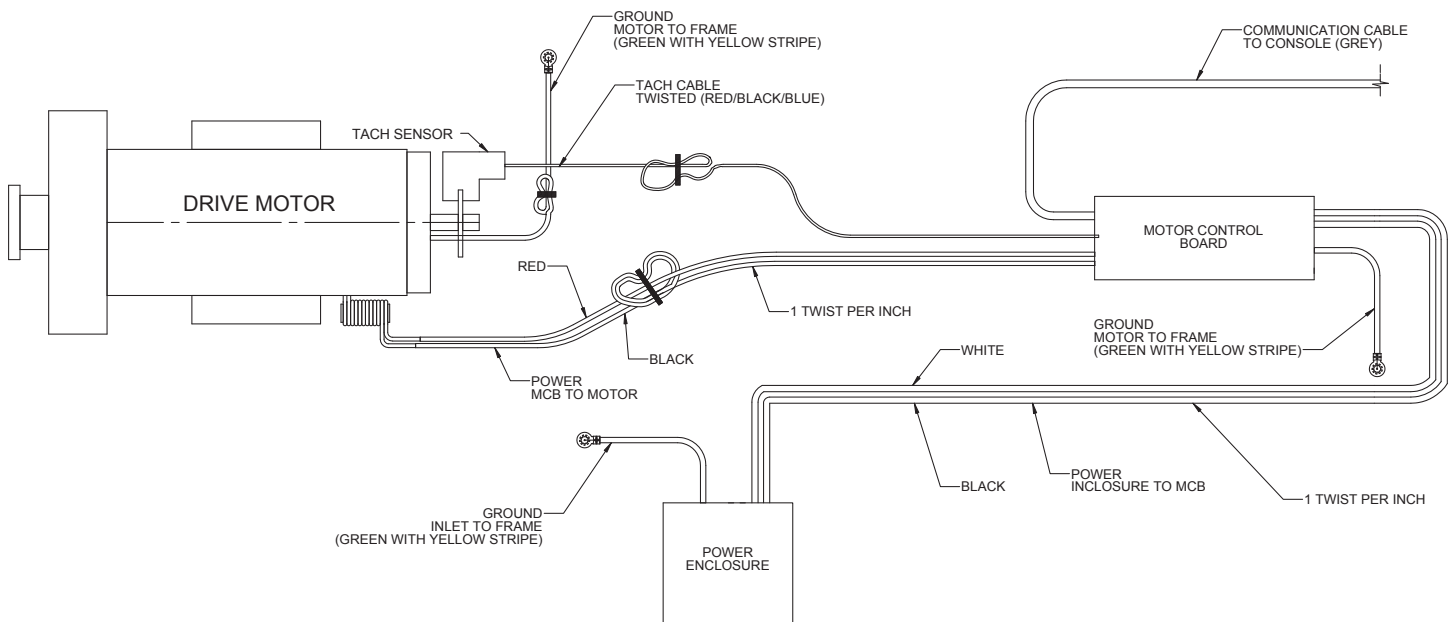
Roll the Drive Pulley clockwise until the Drive Belt is fully installed. Continue to roll the Belt forward while adding side pressure with fingers to align as necessary.

17. 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® TreadClimber® TC100.

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:

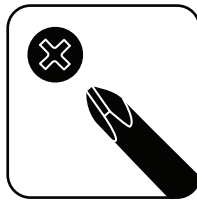


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- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product 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 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



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. 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.



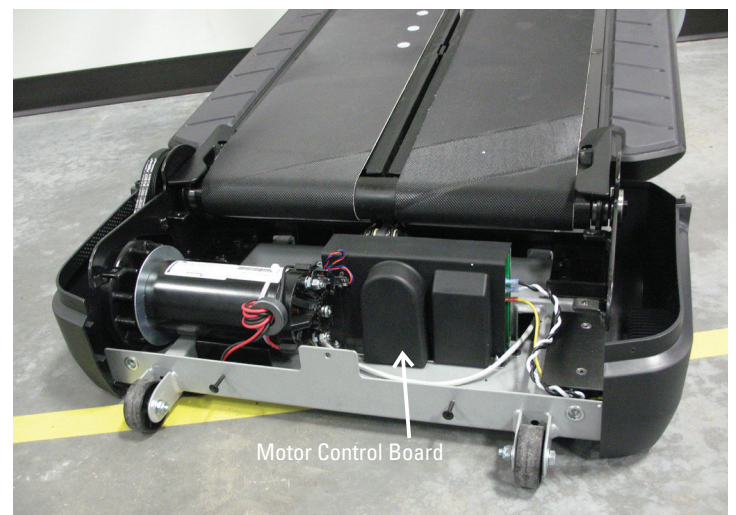
4. Using a #2 Phillips screwdriver, remove the 2 indicated upper screws and loosen the 2 lower indicated screws from the Rear Cover. Lift up on the Rear Cover, releasing it from the Base Assembly and slide it off.



5. Using a 4mm hex wrench and a 13mm (1/2") 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 each wire connects to the Control Board. You will have to reattach each wire to the new Control Board.

8. Disconnect the Tach Cable noting the location.

9. Disconnect the AC Power Wire Plug noting the location.

10. Disconnect the I/O Cable from the Motor Control Board.

11. Disconnect the Motor Power Wires noting their location.

12. Using a #2 Phillips screwdriver, remove the two screws from the Motor Control Board.

13. Remove the Motor Control Board and replace.

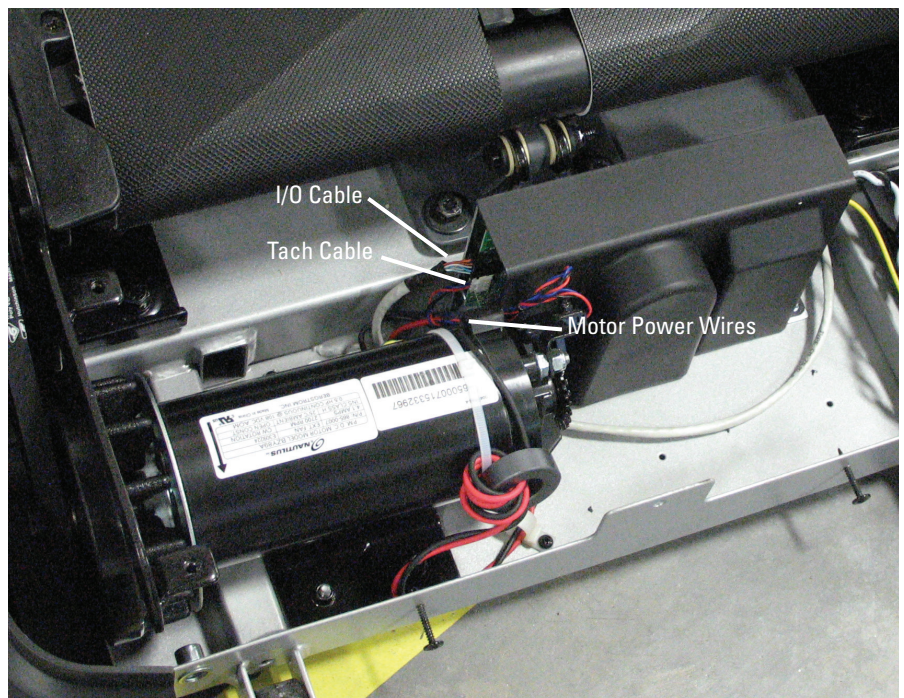
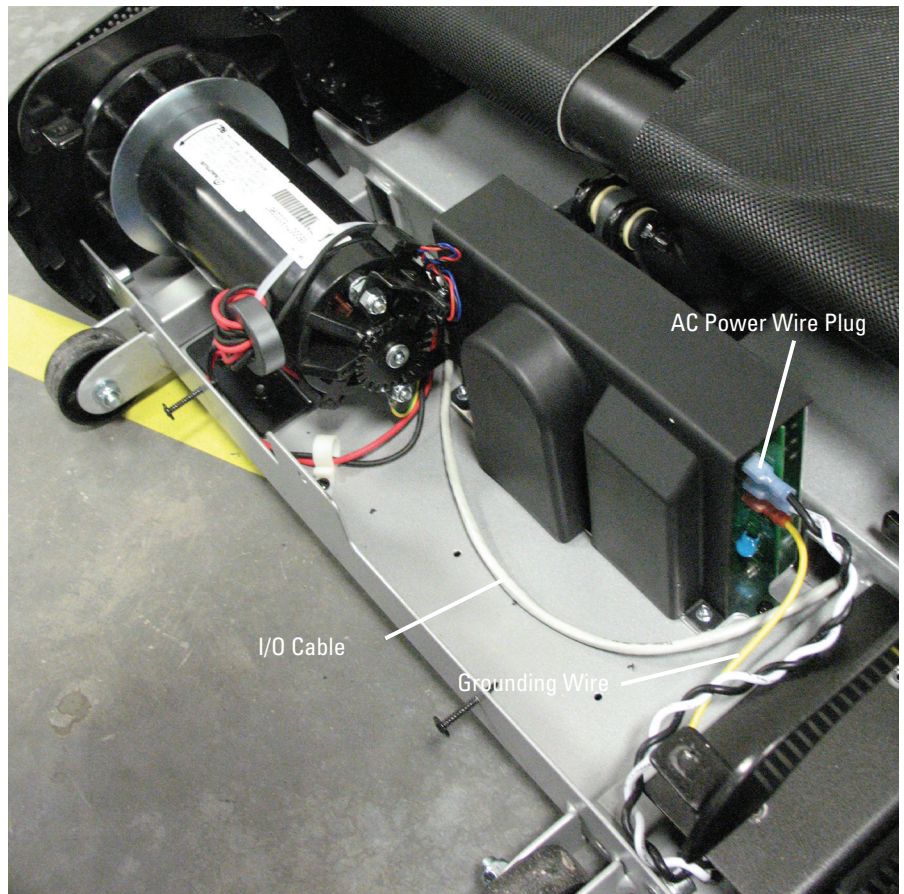
14. Secure the new Motor Control Board with the hardware.

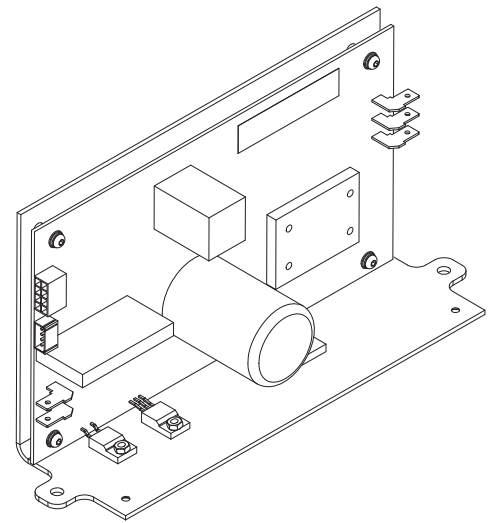
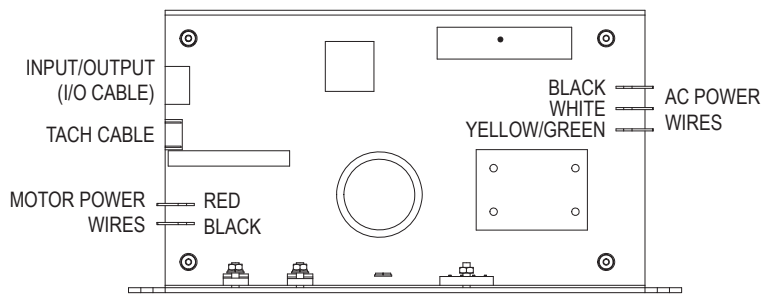
15. Connect the Tach Cable and the I/O Cable.

16. Connect Motor Power Wires. NOTE: Red wire connects to terminal labeled "M+RED". Black wire connects to terminal labeled "M-BLK".

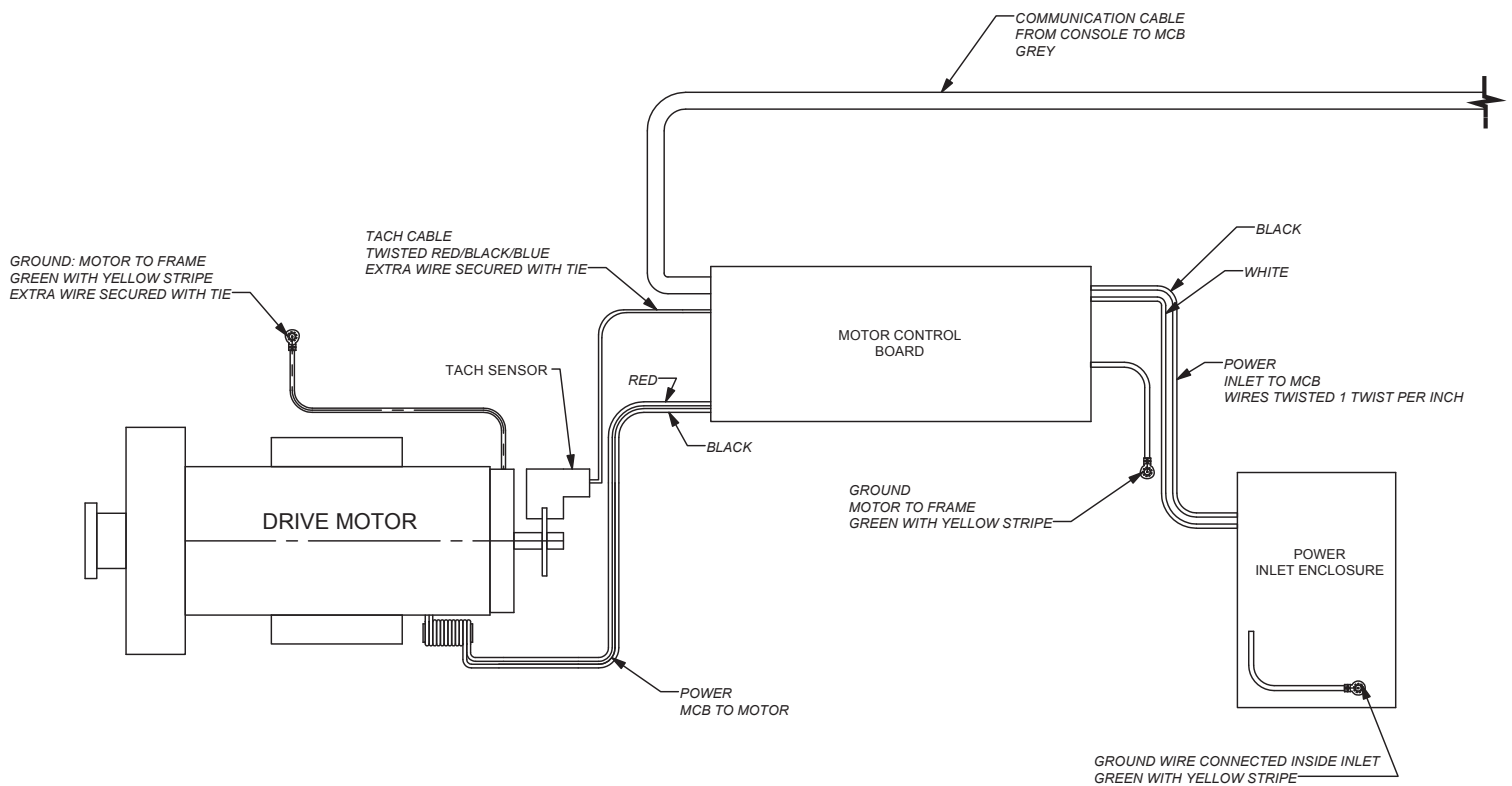
17. Connect the A/C Power Wire Plug to the Motor Control Board.

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





Note: Cover removed from Motor Control Board.



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 Rear Roller on the Bowflex® TreadClimber® TC100.

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:

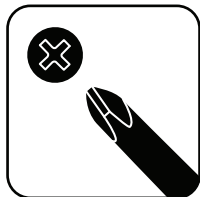


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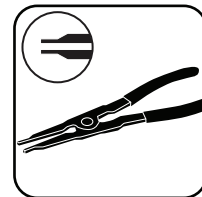
- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair 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.
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- 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.

Tools Required (not included)

#2 Phillips screwdriver



External snap ring
pliers



4mm hex wrench
5mm hex wrench



Eye protection



(2) 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.

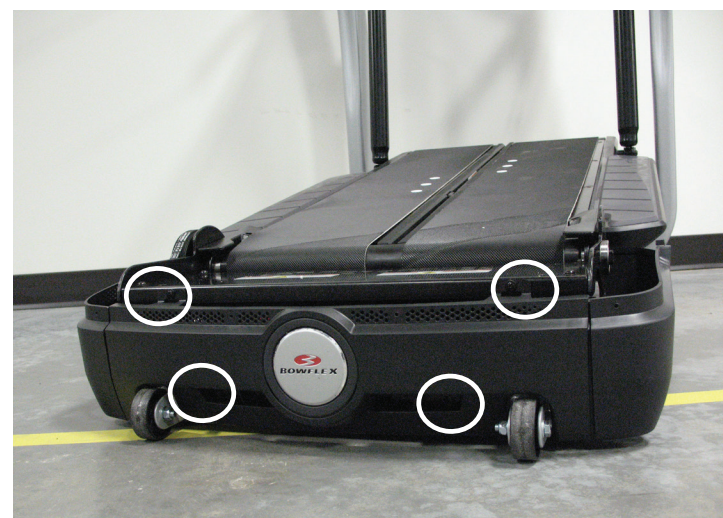
1. Unplug the power cord from the machine and wait 5 minutes.
2. Using a #2 Phillips screwdriver, remove the 6 indicated bolts from the Rear Step.



3. Remove the Rear Step.



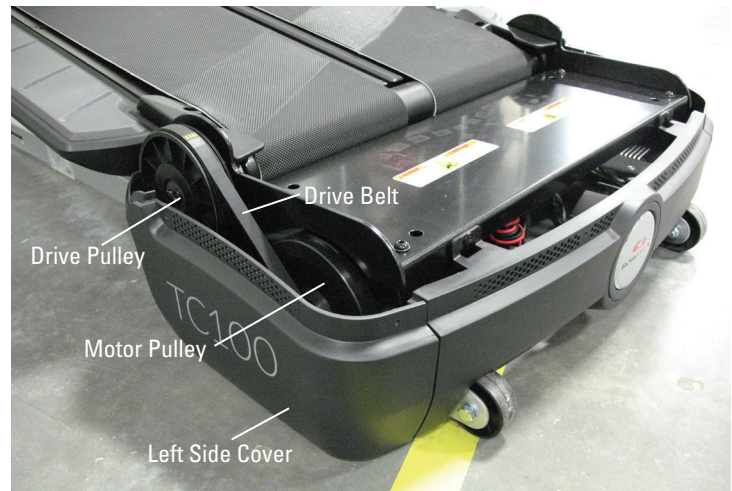
4. Using a #2 Phillips screwdriver, remove the 2 indicated upper screws and loosen the 2 lower indicated screws from the Rear Cover. Lift up on the Rear Cover, releasing it from the Base Assembly and slide it off.



5. The Drive Belt is located on the left and is exposed.

6. With assistance, carefully set the machine on to the right 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.



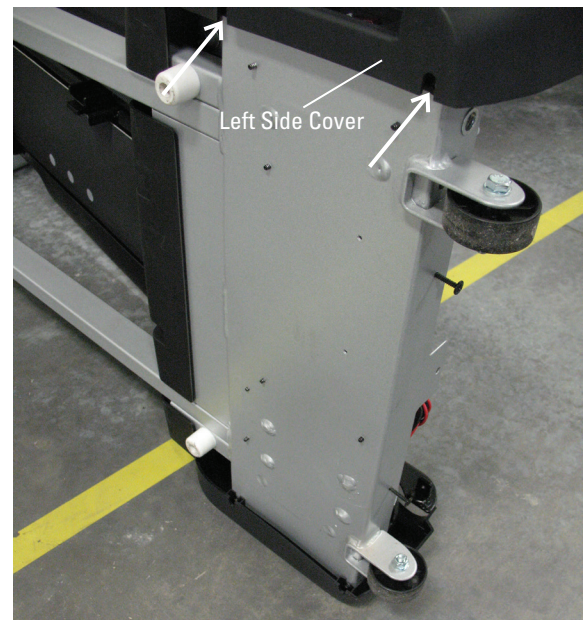
7. Loosen the two indicated screws and remove the Left Side Cover.

8. 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.

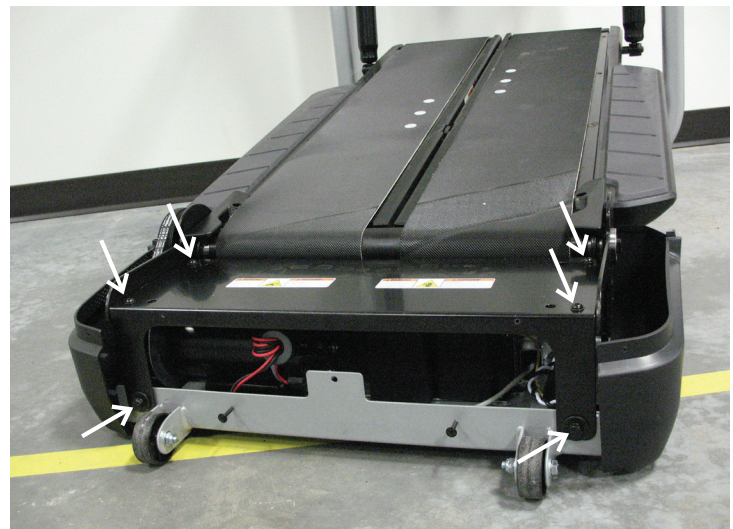
! Keep fingers out of any pinch opportunities when turning the Pulleys.

9. 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.



10. Using a 4mm hex wrench and a 13mm (1/2") wrench, remove the 6 indicated screws from the Motor Compartment Cover.



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

12. 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.



13. Using a #2 Phillips screwdriver, remove the two screws (indicated by ovals) that secure the Motor Control Board (MCB).

14. Adjust the MCB to allow more access under the Treadle Assembly. Be sure not to crimp or damage any of the cables.

15. Using a 13mm (1/2") wrench, remove the 8 indicated bolts from both sides of the Treadle Assembly.

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

Note: THIS STEP REQUIRES TWO PEOPLE.



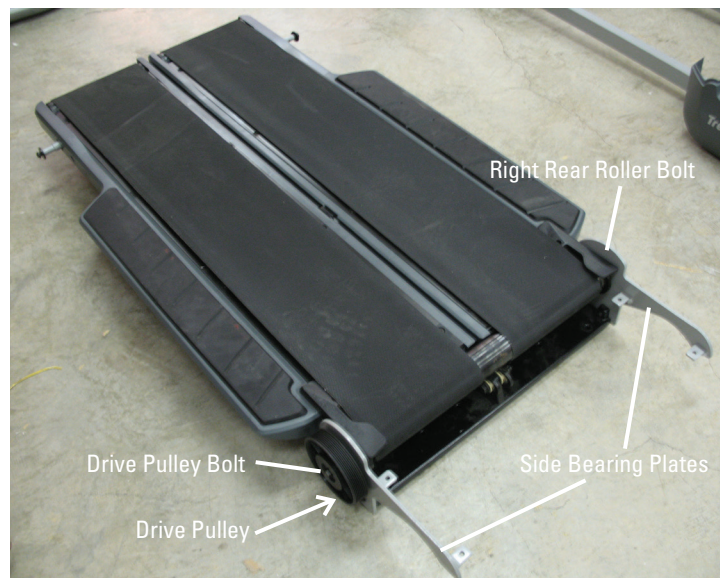
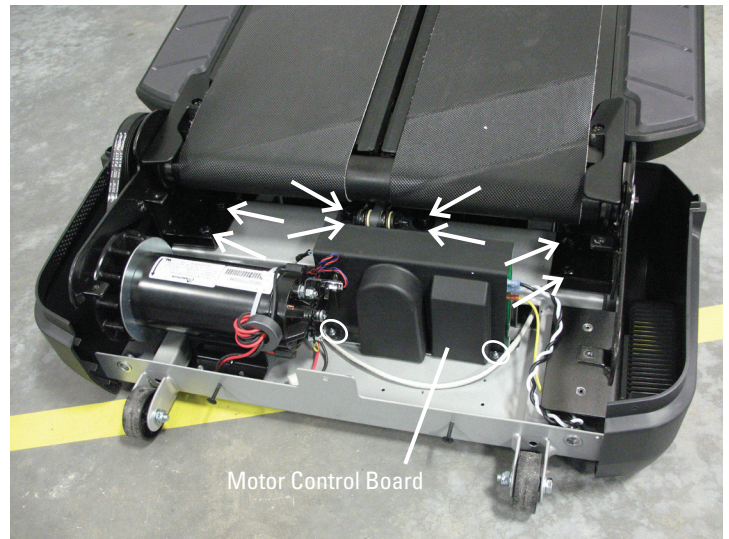
Do not move the machine without aid. Injury to you or damage to the machine can occur. The Treadles and Walking Belts can abruptly move. To avoid possible serious injury, keep hands away from the inside of the Treadles and the edges of the Walking Belts.



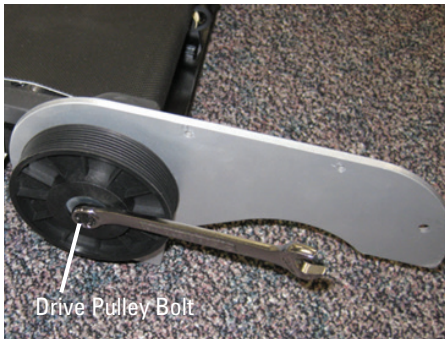
The Treadle will fall abruptly if not supported. Keep hands away from the inside of the Treadles to avoid possible serious injury.



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

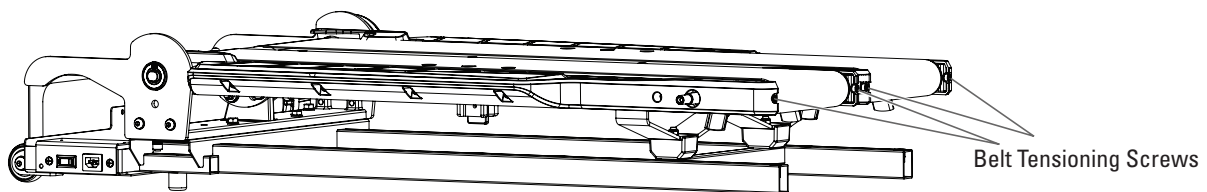


17. While holding a 13mm (1/2") wrench on the Right Rear Roller Bolt steady, turn another 13mm (1/2") wrench on the Drive Pulley Bolt counter-clockwise. Remove the Drive Pulley.

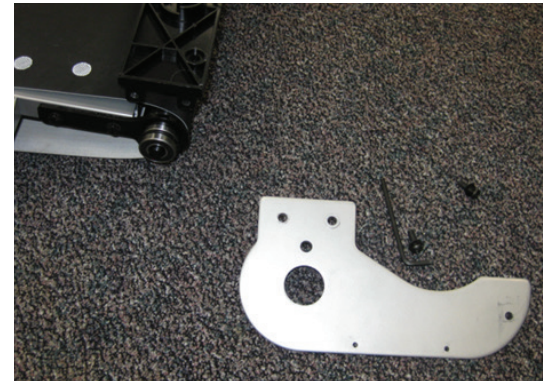


18. Loosen the Belt Tensioning Screws on both Treadles using a 5mm hex wrench (total of 4 screws).

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



19. Remove the Side Bearing Plates from the Treadle Assembly.



20. Using a pair of External Snap Ring Pliers, remove the Snap Rings from both sides of the Rear Roller.

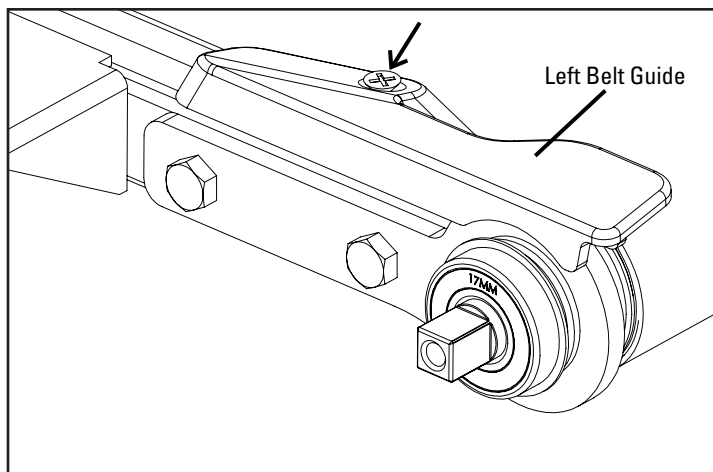


To avoid possible injury, be sure to wear eye protection before removing the Snap Ring.

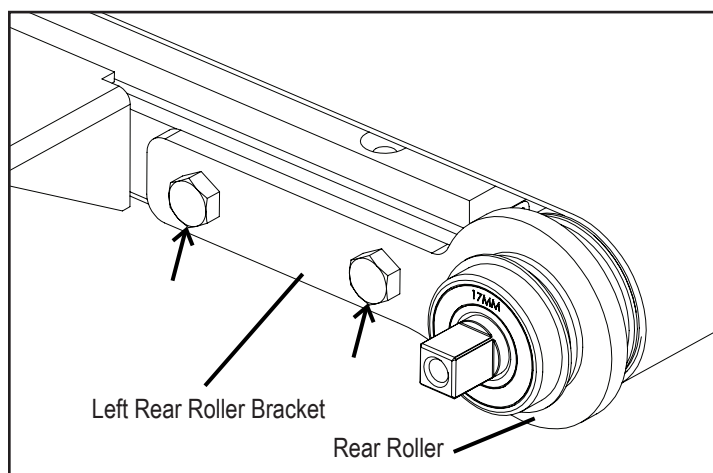
Note: The Snap Ring may be behind the Right Side Bearing Plate on some machines. If it is behind, remove the Right Side Bearing Plate before attempting to remove the Snap Ring.



21. Using a #2 Phillips screwdriver, remove the screw that secures the Left Belt Guide. Remove the Left Belt Guide from the Treadle Assembly.



22. Using a 13mm (1/2") wrench, remove the indicated hardware that secures the Left Rear Roller Bracket. Remove the Left Rear Roller Bracket from the Treadle Assembly.



23. Slide the Rear Roller out of the belts.

24. Remove and replace with the new Rear Roller.



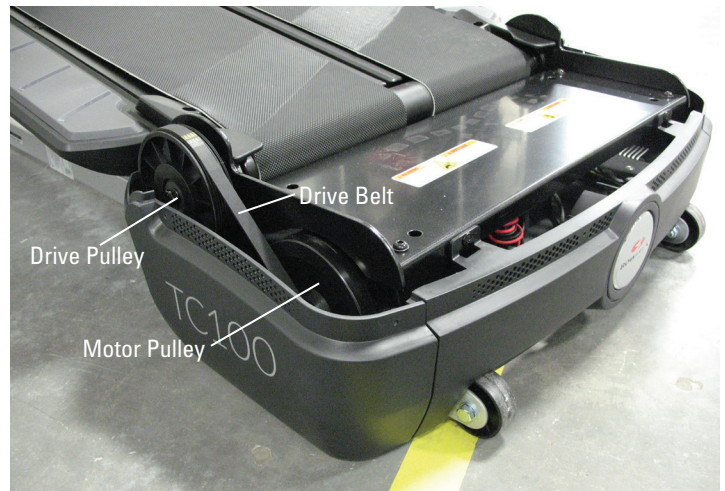
25. Reassembly is the reverse procedure.

Wrap the 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.

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.



Note: Be sure to tighten the Belt Tensioning Screws the number of turns previously recorded.

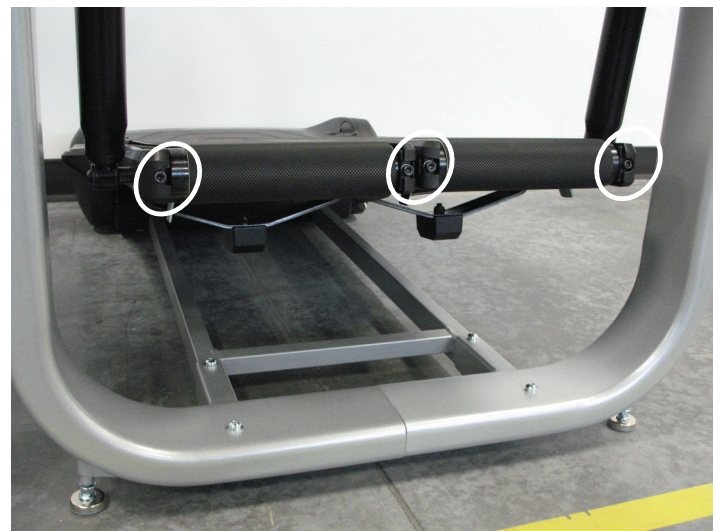
The walking belts need to be adjusted if they are out of center enough to cause a rubbing or scraping sound. Adjustments can be made at the Front Roller of each Treadle.

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.



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 Treadle Assembly on the Bowflex® TreadClimber® TC100.

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:

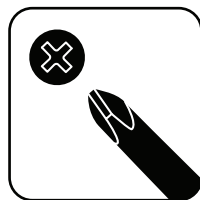


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- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product 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 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. Unplug the power cord from the machine and wait 5 minutes.

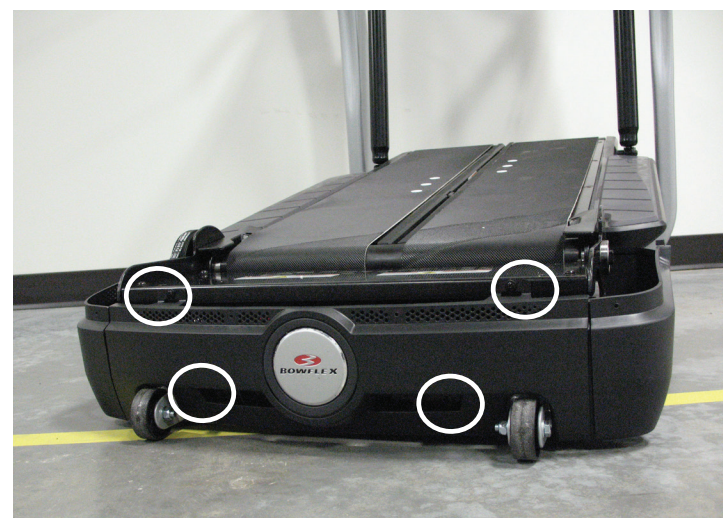
2. Using a #2 Phillips screwdriver, remove the 6 indicated bolts from the Rear Step.



3. Remove the Rear Step.



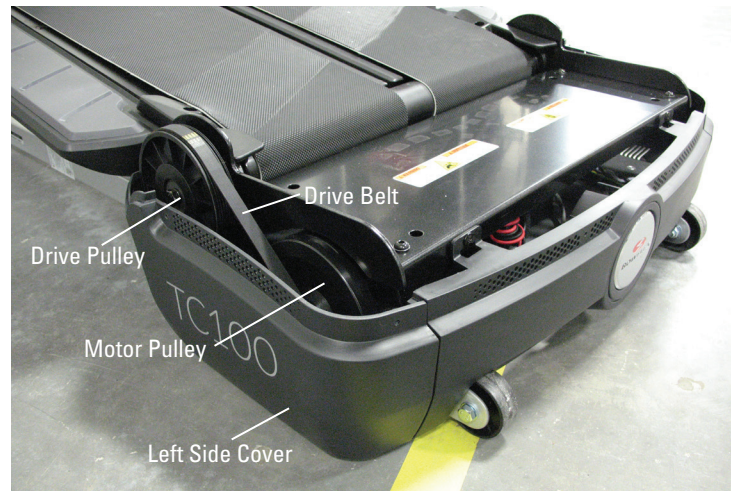
4. Using a #2 Phillips screwdriver, remove the 2 indicated upper screws and loosen the 2 lower indicated screws from the Rear Cover. Lift up on the Rear Cover, releasing it from the Base Assembly and slide it off.



5. The Drive Belt is located on the left and is exposed.

6. With assistance, carefully set the machine on to the right 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.



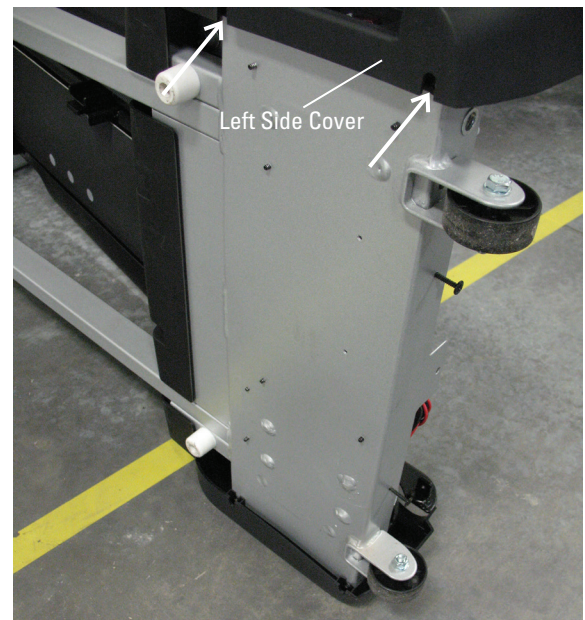
7. Loosen the two indicated screws and remove the Left Side Cover.

8. 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.

9. 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.



10. Using a 4mm hex wrench and a 13mm (1/2") wrench, remove the 6 indicated screws from the Motor Compartment Cover.



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

12. 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.



13. Using a 13mm (1/2") wrench, remove the 8 indicated bolts from both sides of the Treadle Assembly.

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

Note: THIS STEP REQUIRES TWO PEOPLE.



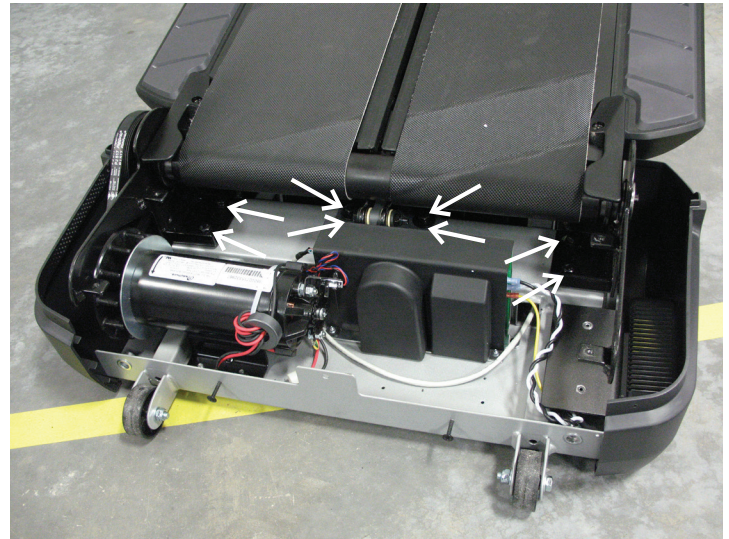
Do not move the machine without aid. Injury to you or damage to the machine can occur. The Treadles and Walking Belts can abruptly move. To avoid possible serious injury, keep hands away from the inside of the Treadles and the edges of the Walking Belts.



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.



15. Reassembly is the reverse procedure.

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.

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.

16. 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® TreadClimber® TC100.

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:

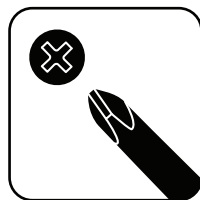


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- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product 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 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.

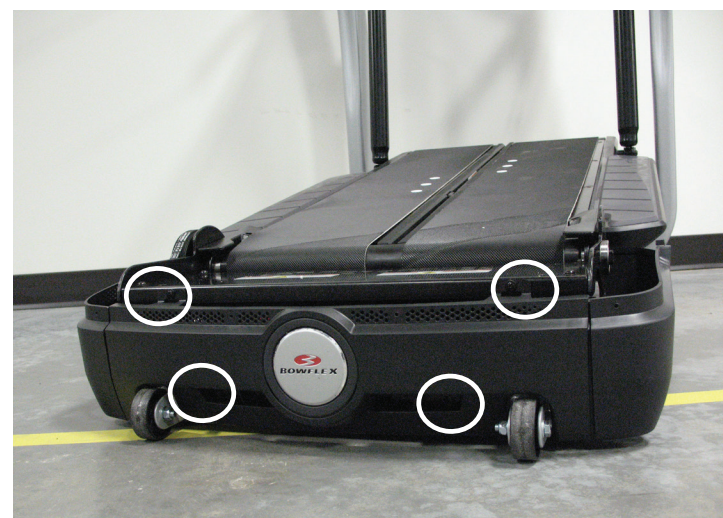
1. Unplug the power cord from the machine and wait 5 minutes.
2. Using a #2 Phillips screwdriver, remove the 6 indicated bolts from the Rear Step.



3. Remove the Rear Step.



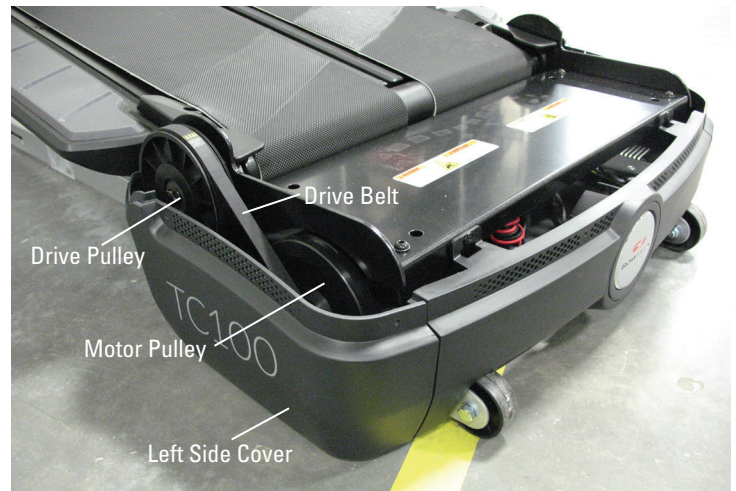
4. Using a #2 Phillips screwdriver, remove the 2 indicated upper screws and loosen the 2 lower indicated screws from the Rear Cover. Lift up on the Rear Cover, releasing it from the Base Assembly and slide it off.



5. The Drive Belt is located on the left and is exposed.

6. With assistance, carefully set the machine on to the right 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.



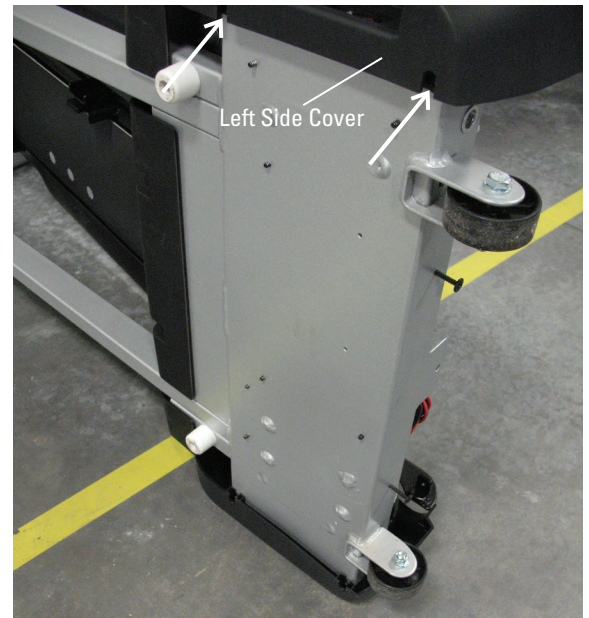
7. Loosen the two indicated screws and remove the Left Side Cover.

8. 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.

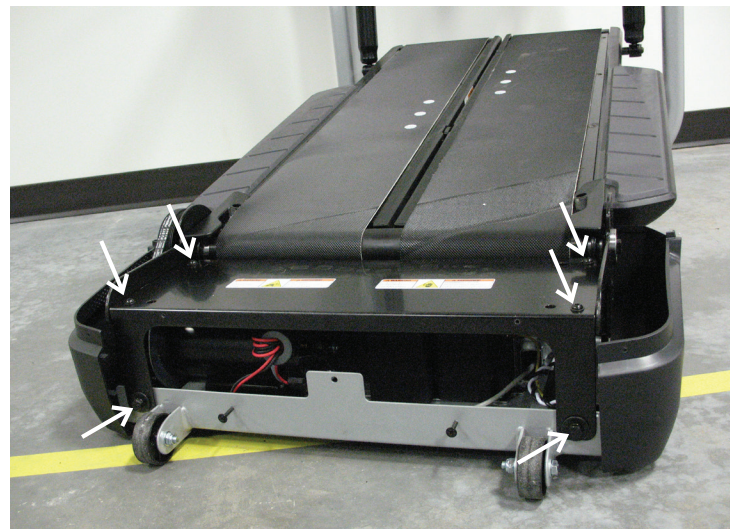
! Keep fingers out of any pinch opportunities when turning the Pulleys.

9. 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.



10. Using a 4mm hex wrench and a 13mm (1/2") wrench, remove the 6 indicated screws from the Motor Compartment Cover.



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

12. 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.



13. Using a 13mm (1/2") wrench, remove the 8 indicated bolts from both sides of the Treadle Assembly.

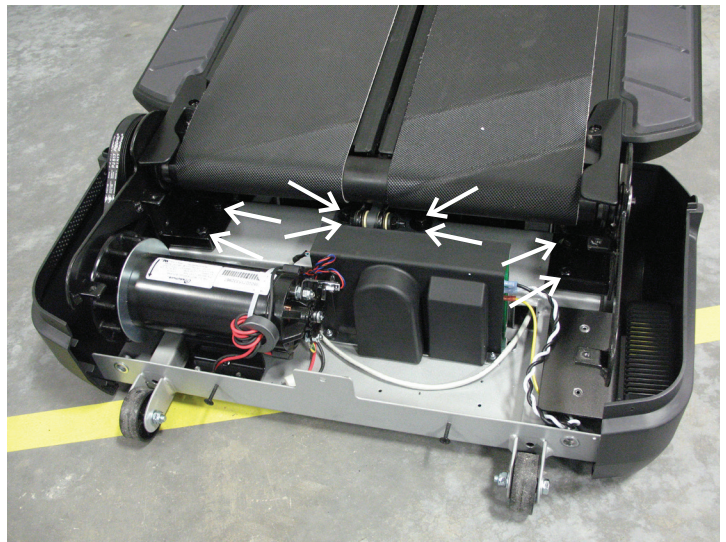
14. Carefully lift the Treadle Assembly off of the machine.

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.

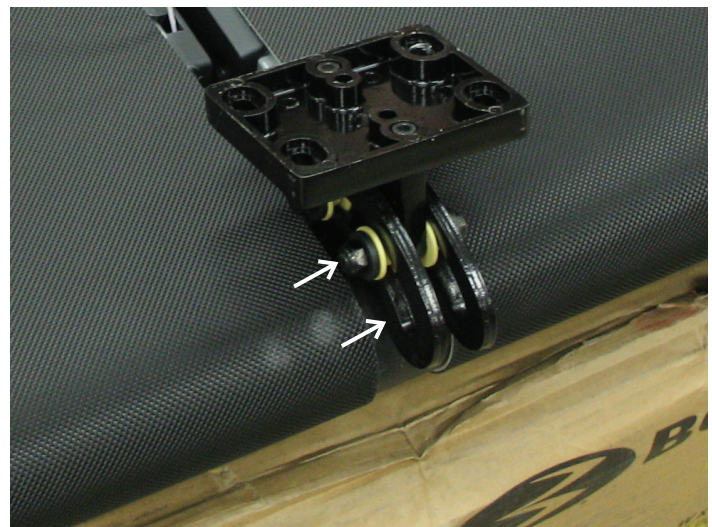
! The Treadle will fall abruptly if not supported. Keep hands away from the inside of the Treadles to avoid possible serious injury.

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

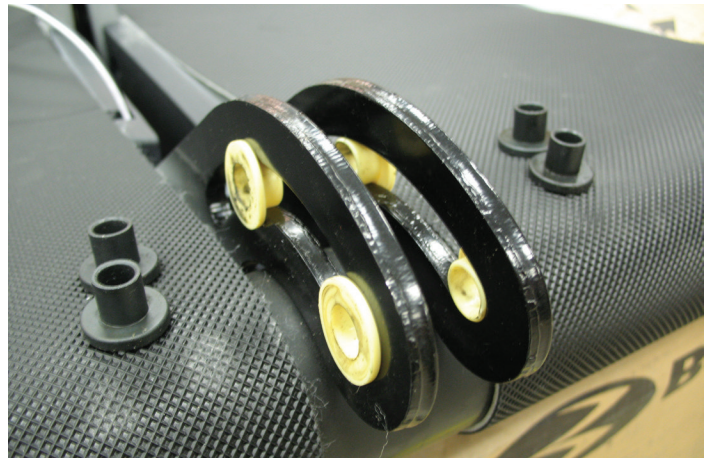


15. Remove the 2 indicated bolts from the Virtual Pivot using two 13mm (1/2") wrenches.

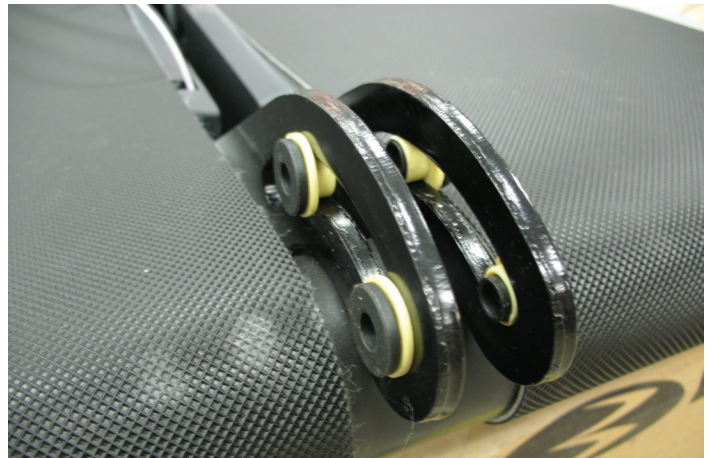
Note: When removing the Virtual Pivot, take note of the orientation. It must be replaced in the same orientation.



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



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



18. 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.

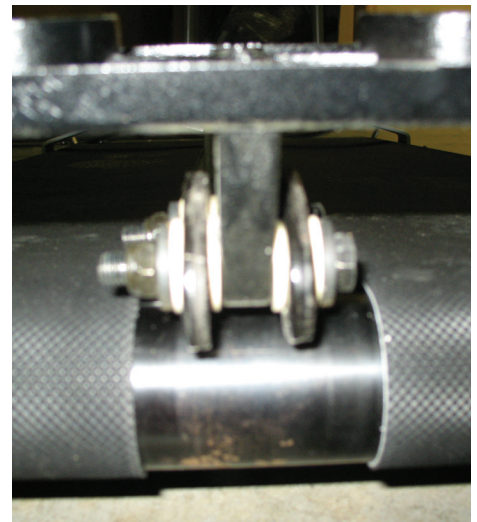
19. Remaining assembly is the reverse procedure.

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.

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.



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 Belt on the Bowflex® TreadClimber® TC100.

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



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

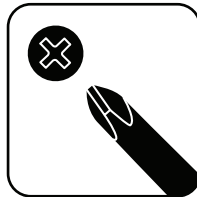


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- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product 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 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



11mm wrench
(2) 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. 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.

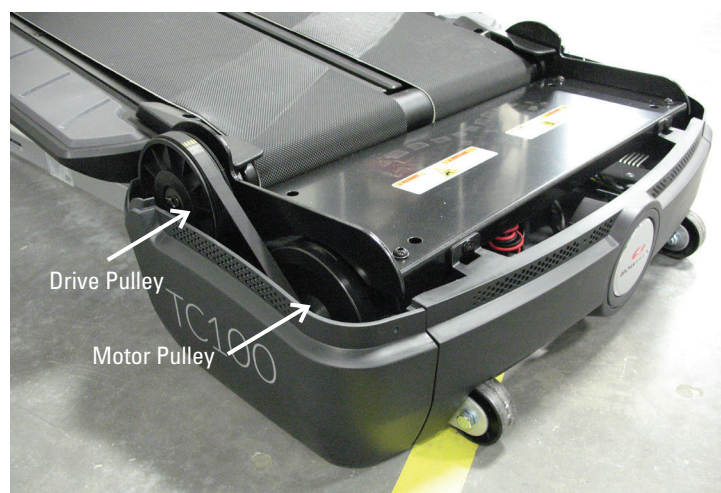


3. Remove the Rear Step.

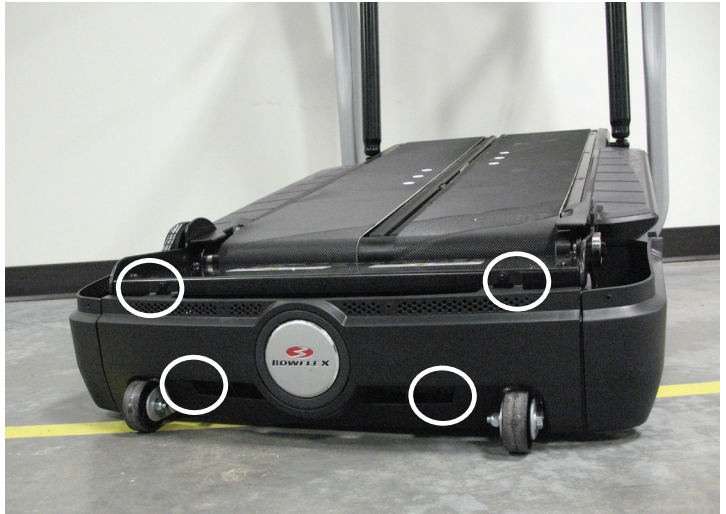


4. Remove the Drive Belt. Turn the Drive Pulley clockwise while forcing the Drive Belt to the outside. The Belt will come off of the Drive and Motor Pulley.

⚠ 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.

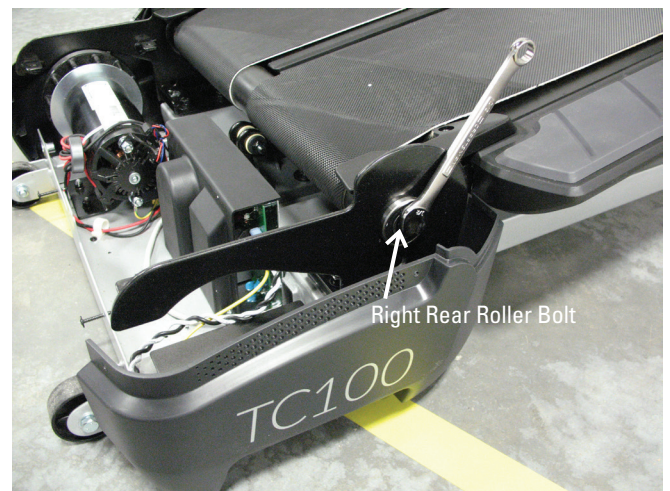


6. Using a 4mm hex wrench and a 13mm (1/2") wrench, remove the 6 indicated screws from the Motor Compartment Cover.

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.



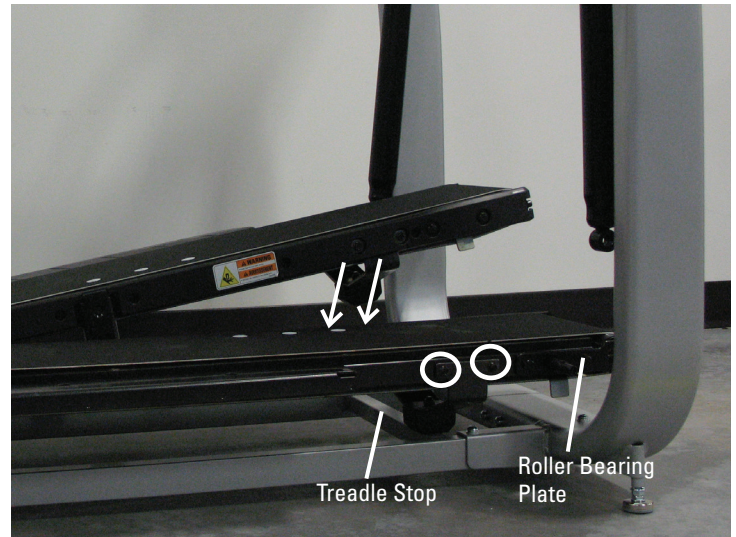
13. Using a 11mm wrench, remove the 4 indicated bolts holding the Treadle Stop to the Right Treadle. There are two bolts on each side of the Treadle.

14. Remove the Treadle Stop.

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

Note: One wrench is required to hold the nut under the Treadle (not shown) in place, and the other for the indicated bolt.

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



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



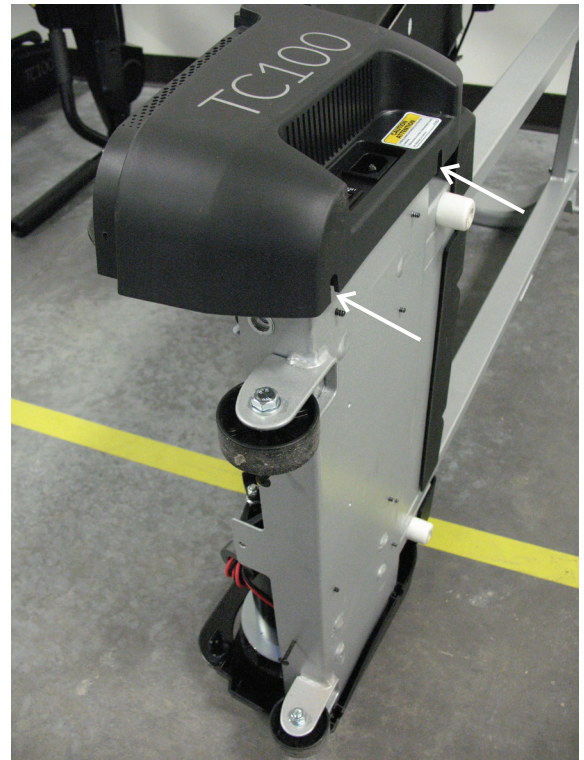
Do not move the machine without aid. Injury to you or damage to the machine can occur. The Treadles and Walking Belts can abruptly move. To avoid possible serious injury, keep hands away from the inside of the Treadles and the edges of the Walking Belts.

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

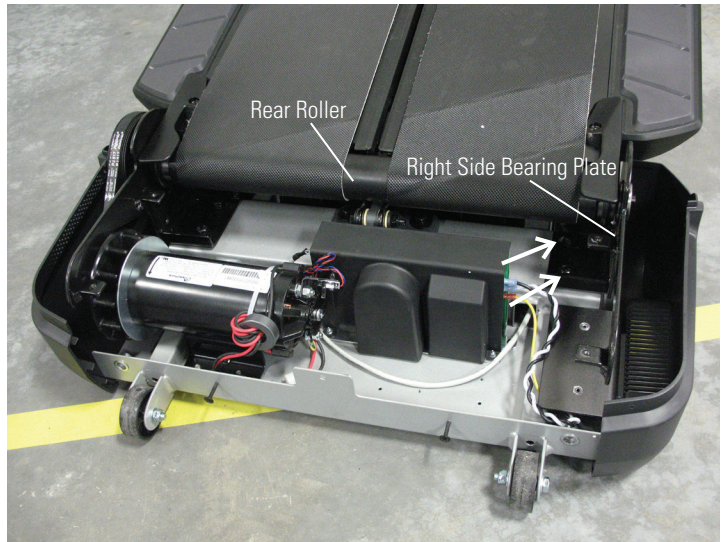
19. With assistance, carefully place the machine back on the ground in the normal orientation.



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.



20. Using a 13mm (1/2") wrench, remove the 2 indicated bolts from the Right Side Bearing Plate and remove it from the Rear Roller.



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

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

23. Installation is the reverse procedure.

Note: Be sure to tighten the Belt Tensioning Screws the number of turns previously recorded.



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.

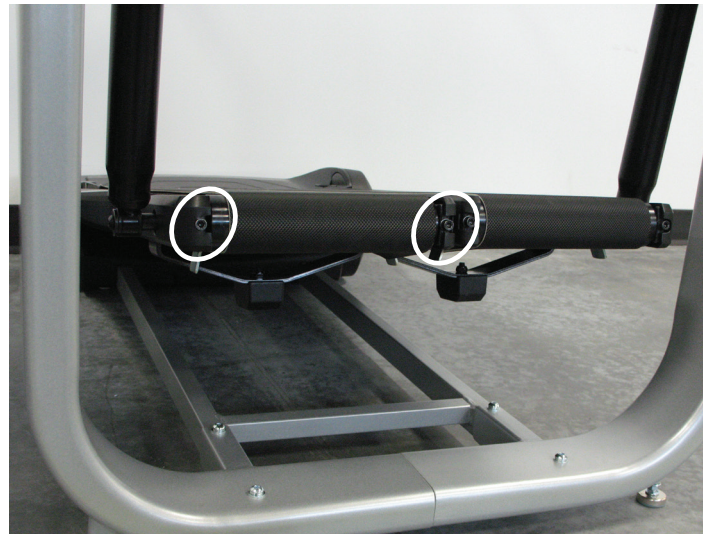
- a. Plug in the power supply.
- b. Stand adjacent to the machine and run the machine at 1.5 MPH. While operating the machine, notice where the belts run on each Treadle.



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 5mm 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 5mm 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 Walking Deck on the Bowflex® TreadClimber® TC100.

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 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



⚠ 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 5mm 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.

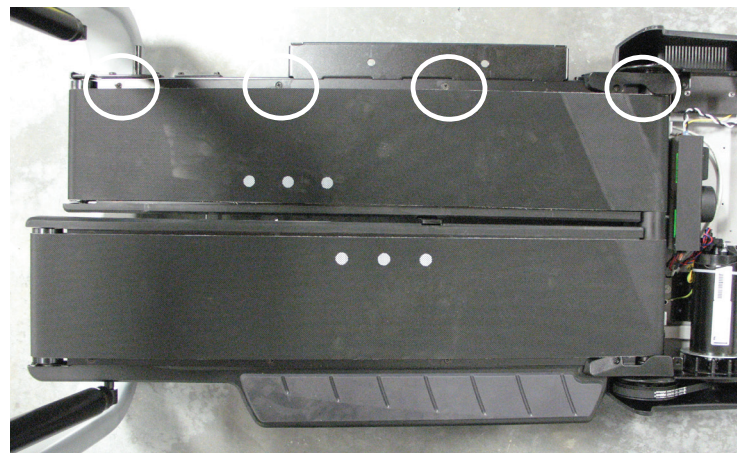


8. Using the 5mm hex wrench, loosen the Belt Tensioning Screws on both Treadles (2 screws on each Treadle).

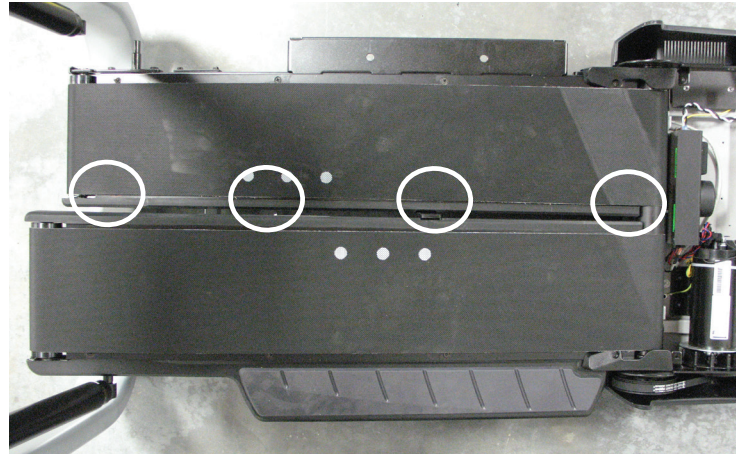
Note: Be sure to record how many turns it takes to loosen the screws to assist with reassembly.



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.

Note: Be sure to tighten the Belt Tensioning Screws the number of turns previously recorded.

15. 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.



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 TC100 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 to reset the Console to the manufactured settings on the Bowflex® TreadClimber® TC100/TC200. Be aware that all information will be erased on the Console.

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



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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.
- 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 and will void the warranty.
- 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.

NOTICE: With a reset of the Console, all User Profile settings and previous Workouts will be erased from the Console. This information is not retrievable after a reset.

1. With the machine at the Power-Up Mode screen, push and hold down the STOP/PAUSE button and the Right button for 3 seconds to go into the Machine Settings Mode.
Note: Push STOP/PAUSE to exit the Machine Settings Mode and return to the Power-Up Mode screen.
2. The Console display shows the SET DATE prompt with the current date setting.
3. Push the Right button until the next prompt is displayed.
4. The Console display shows the SET TIME prompt with the current time setting.
5. Push the Right button until the next prompt is displayed.
6. The Console display shows the Firmware Version prompt.
7. Push the Right button.
8. The Console display shows the current MCB Version.
9. Push the Right button.
10. The Console display shows the VIEW ERROR MESSAGES prompt. Push the ENTER button to select this option. The Console display shows ERROR VERSION X. Push the Right arrow button to view the error codes.
11. Push STOP/PAUSE to exit the error log, or push the Right button for the next prompt.

12. The Console displays the RUN HOURS for the machine.
13. Push the Right button.
14. The Console displays the CONSOLE RESET prompt. Console Reset erases the settings of the User Profiles and all Workouts.
15. Push ENTER.
16. The Console will display CONSOLE RESET NO. Push the Burn Rate/Increase button to change to the CONSOLE RESET YES option.
17. Push ENTER.

The Console will reset to factory settings, and will display the Power-Up Mode screen.

18. Push STOP/PAUSE to exit the Machine Settings Mode and return to the Power-Up Mode screen.

NOTICE: This document provides instructions on finding the current version of Firmware, Motor Control Board (MCB), and any Error Codes on the Bowflex® TreadClimber® TC100/TC200. This information may assist with troubleshooting the machine.

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



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1. With the machine at the Power-Up Mode screen, push and hold down the STOP/PAUSE button and the Right button for 3 seconds to go into the Machine Settings Mode.
Note: Push STOP/PAUSE to exit the Machine Settings Mode and return to the Power-Up Mode screen.
2. The Console display shows the SET DATE prompt with the current date setting.
3. Push the Right button until the next prompt is displayed.
4. The Console display shows the SET TIME prompt with the current time setting.
5. Push the Right button until the next prompt is displayed.
6. The Console display shows the Firmware Version prompt. Record the displayed version.
7. Push the Right button.
8. The Console display shows the current MCB Version. Record the displayed version.
9. Push the Right button.
10. The Console display shows the VIEW ERROR MESSAGES prompt. Push the ENTER button to select this option. The Console display shows ERROR VERSION X. Push the Right arrow button to view the error codes. Record the codes in the displayed order.
11. Push STOP/PAUSE to exit the error log.
12. Push STOP/PAUSE again to exit the Machine Settings Mode and return to the Power-Up Mode screen.

NOTICE: This document provides instructions to assist with inspecting the Cable Connections to the Motor Control Board on the Bowflex® TreadClimber® TC100.
If you need assistance, please call Bowflex Customer Service at 1-800-605-3369.

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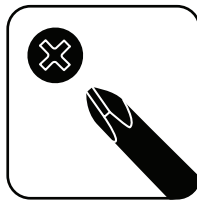
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- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product 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



4mm 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. 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.



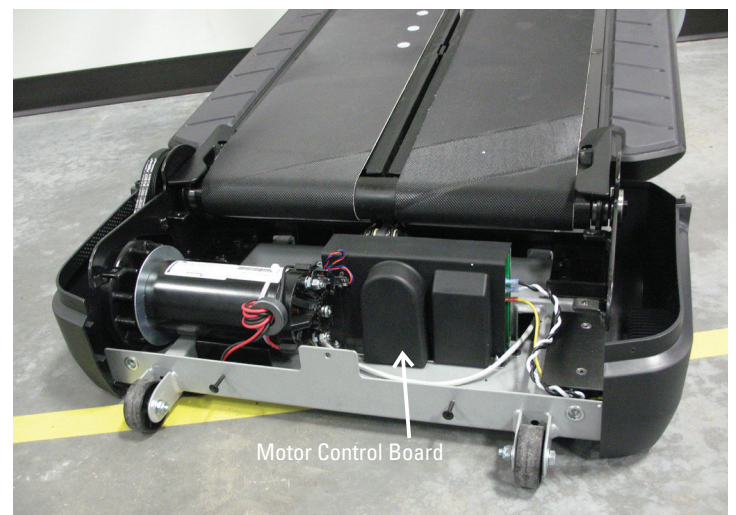
4. Using a #2 Phillips screwdriver, remove the 2 indicated upper screws and loosen the 2 lower indicated screws from the Rear Cover. Lift up on the Rear Cover, releasing it from the Base Assembly and slide it off.



5. Using a 4mm hex wrench and a 13mm (1/2") wrench, remove the 6 indicated screws from the Motor Compartment Cover.



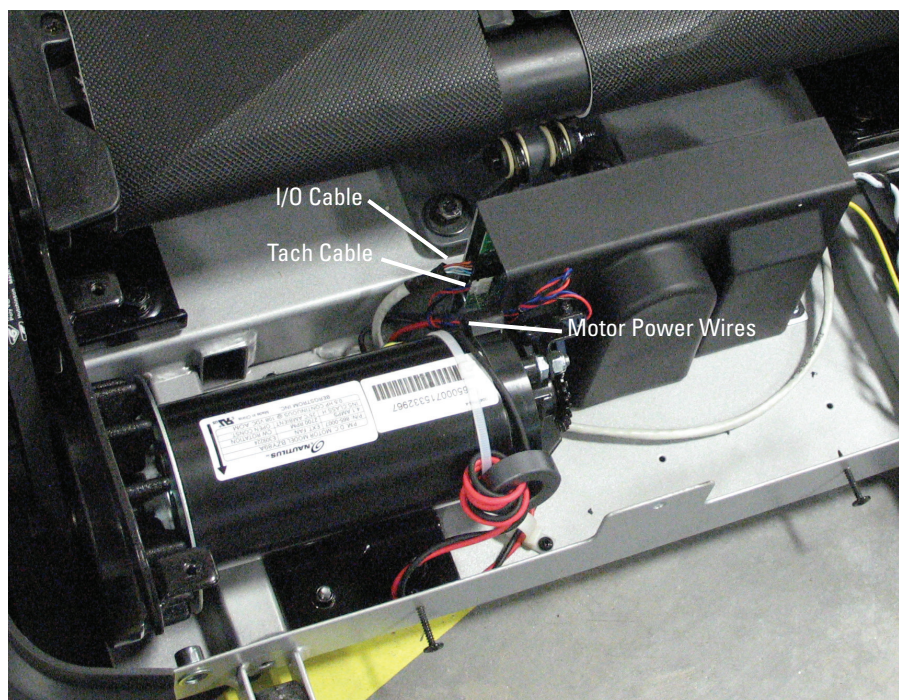
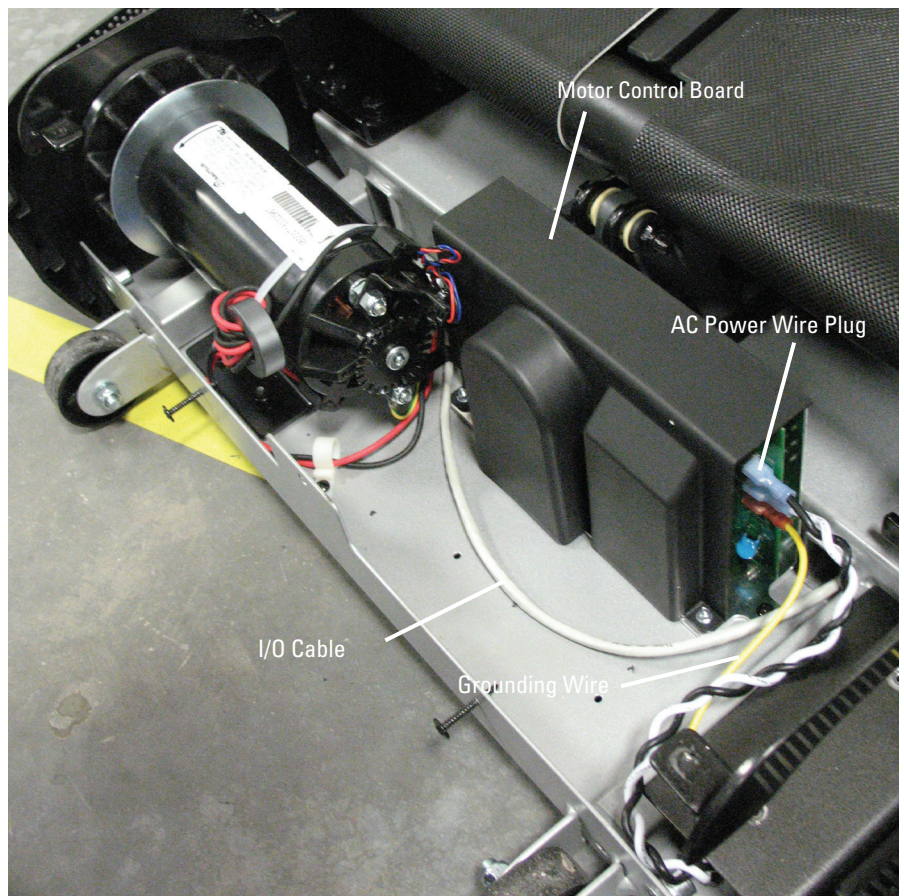
6. Slide the Motor Compartment Cover off of the machine.

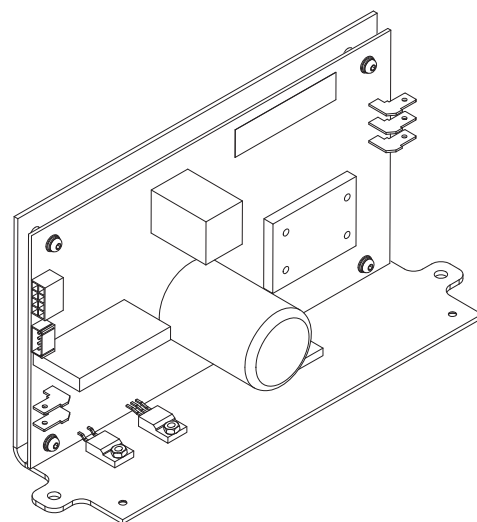
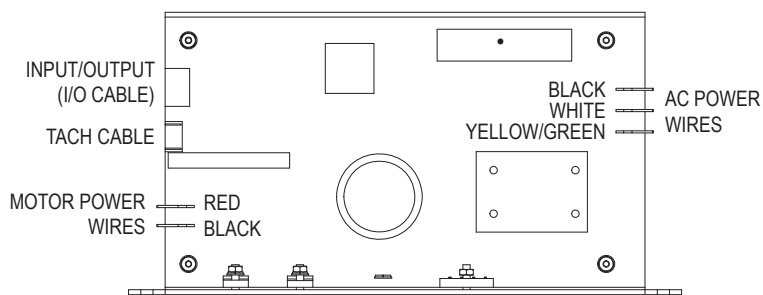


⚠ DANGER

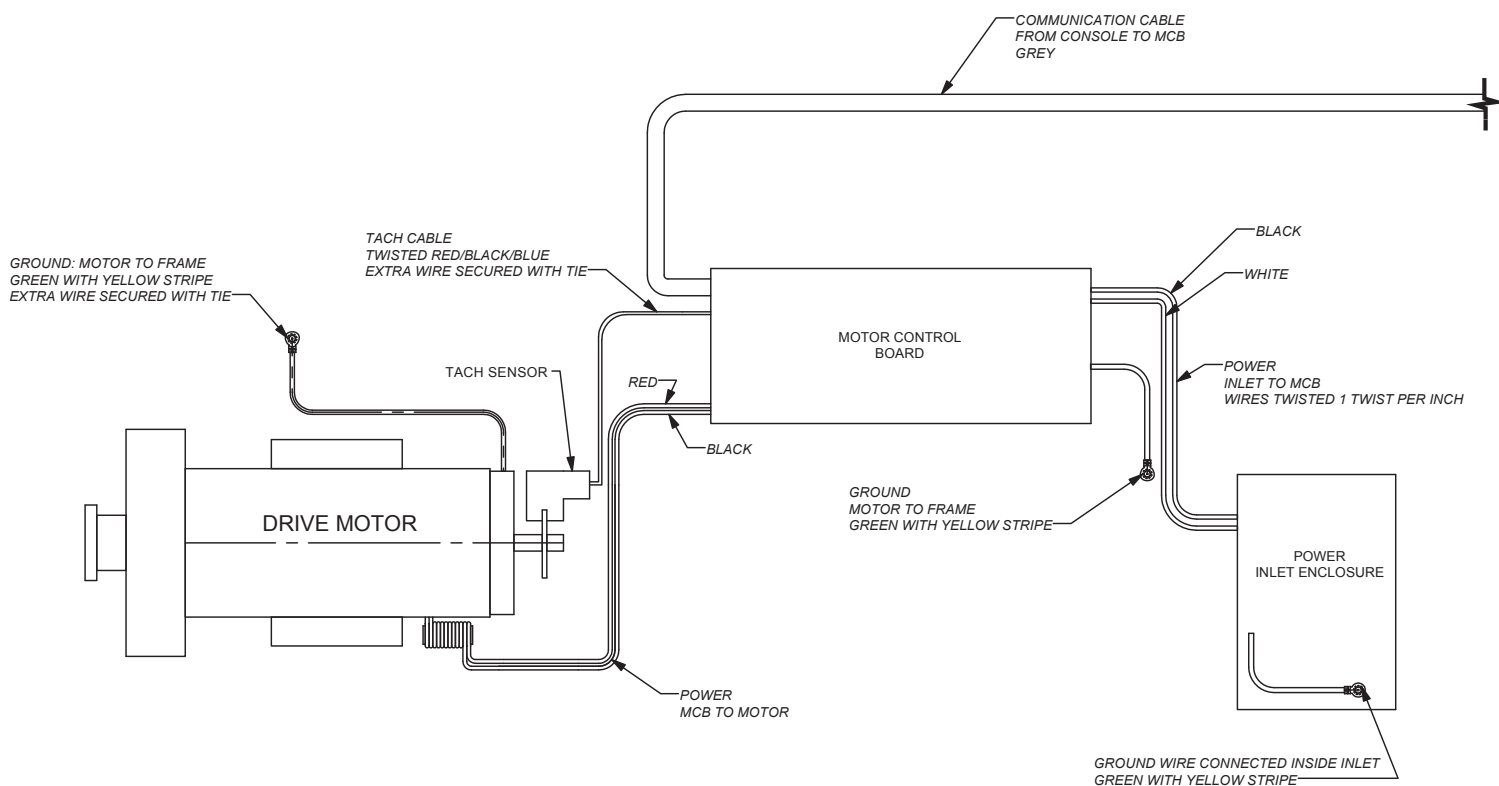
To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and the machine and wait 5 minutes before cleaning, maintaining or repairing the machine. Place the power cord in a secure location.

7. Inspect all wires and cables that connect to the Motor Control Board. Be sure they are all fully connected to the Motor Control Board (MCB).





Note: Cover removed from Motor Control Board.



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

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

10. 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.