



Bowflex® TreadClimber® 1000, 3000 & 5000



Assembly Manual



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Product Specifications

Physical Dimensions

Length	46 inches (117 cm)
Width	28.5 inches (72.5 cm)
Height	55.25 inches (140.5 cm)
Weight	185 pounds (84 kg)
Shipping Weight	220 pounds (100 kg)

System Capacities

Maximum Weight Capacity	300 lbs (136 kgs)
Speed	
TC1000	0.5 to 3.8 MPH (0.8 to 6.1KPH)
TC3000 and TC5000	0.7 to 4.0 MPH (1.1 to 6.4 KPH)
Workout Resistance Levels	1 to 12
Warranty Length	See the Warranty section for full information per machine type

Component Specifications

Belt	7.75 in x 38.5 in (19.5 cm x 98 cm)
Motor	0.5 hp continuous duty
Treadmill Incline	0% Grade
Frame	Powder-coated steel
Operational Voltage	95 to 130 VAC 50 - 60 Hz
Operational Current	12A Max

A short 14 gauge, 3 wire extension cord is permissible.

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

Patent Information

U.S. and International Patents Pending



TC1000



TC3000



TC5000

Important Safety Instructions



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

Obey the following warnings:



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

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

Before You Assemble

Basic Assembly Principles

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

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

Note: A utility knife or scissors will be required during the unpacking and assembly process (not included).

Select Your Workout Area

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

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

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

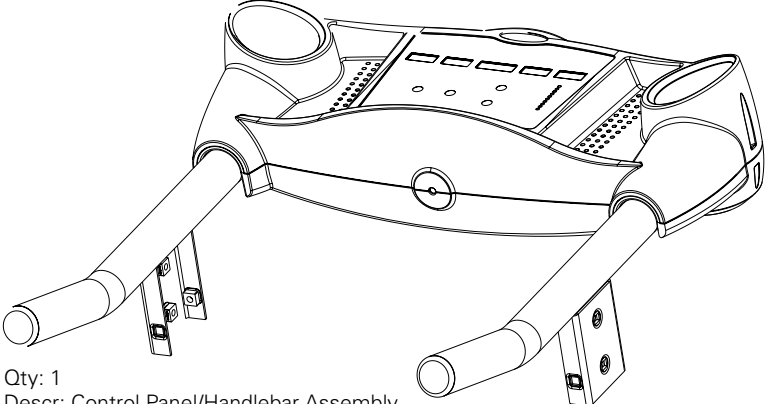
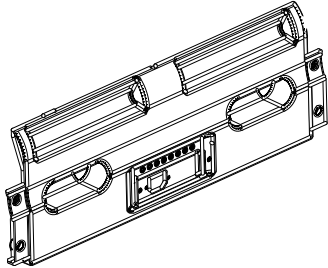
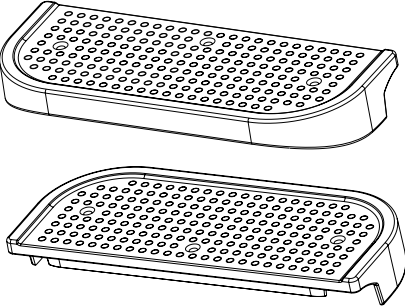
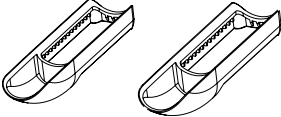
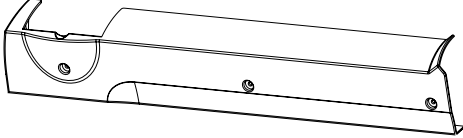
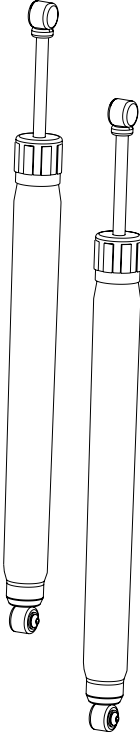
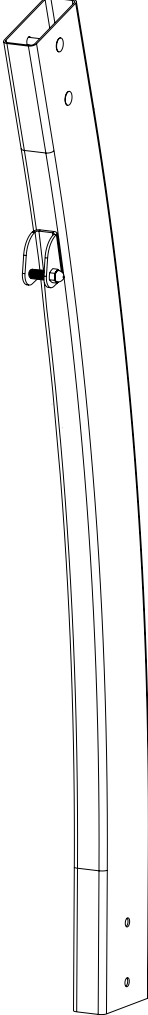
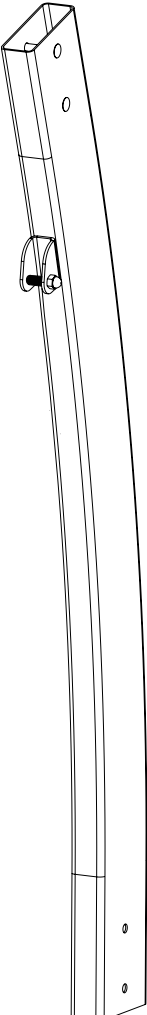
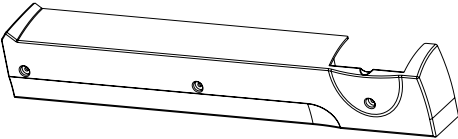
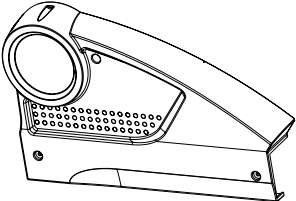
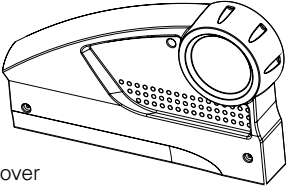
Further, if you ever perform any repairs on your TreadClimber® machine that require you to lay it on its side, you will need at least 60 inches (1.5m) to one side of your workout area.

Machine Mat

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

Parts

Box 1 contains:

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

Parts

Box 1 also contains:

Qty:1 Owner's Manual Bag

Contains the following:

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

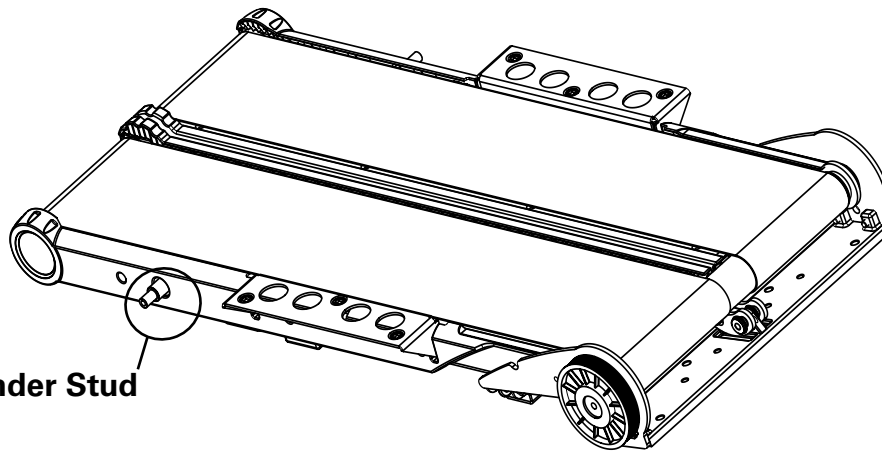
Qty:1 Assembly Hardware Bag

Contains the following:

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

Note: Occasionally extra parts are included.

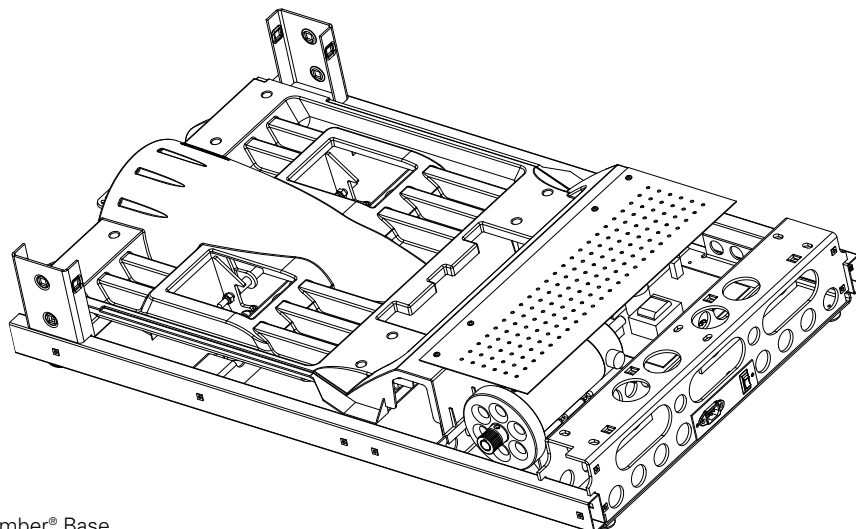
Box 2 contains the TreadClimber® treadles



Cylinder Stud

Qty: 1
Descr: TreadClimber® Treadle Assembly

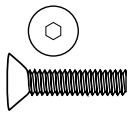
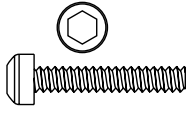
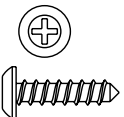
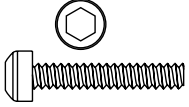


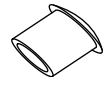

Box 3 contains the TreadClimber® base



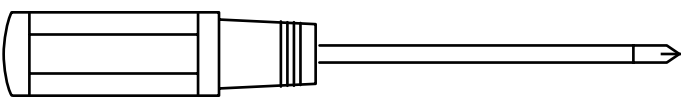

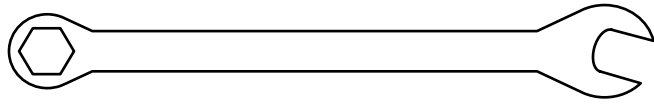

Qty: 1
Descr: TreadClimber® Base

Hardware

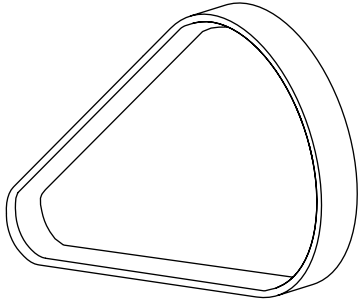
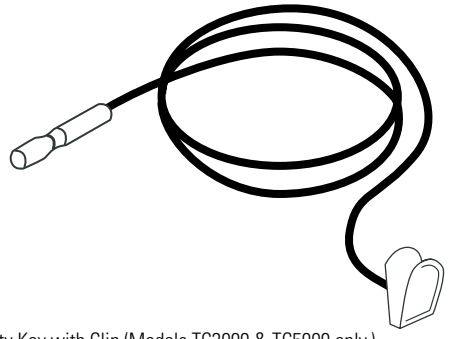
Hardware:

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

Tools:

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

Parts:

 <p>Qty: 1 Descr: Drive Belt</p>	 <p>Qty: 1 Descr: Safety Key with Clip (Models TC3000 & TC5000 only.)</p>
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Assembly

Step 1: Put the Treadles on the Base

Parts:

- TreadClimber® Base Assembly
- TreadClimber® Treadle Assembly

Hardware:

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

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

Tools:

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

Note: This step requires two people.

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

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

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



Figure 1-1

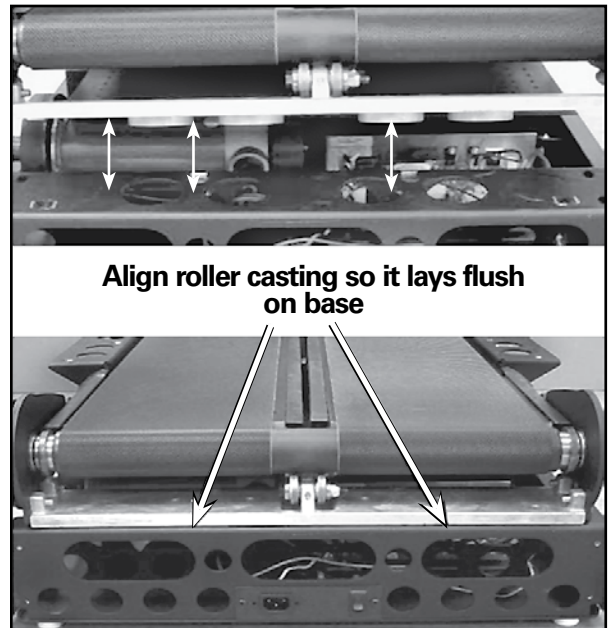


Figure 1-2



Figure 1-3

Assembly

Step 2: Connect the Speed and Step Wires (TC3000 and TC5000 only)

Parts:

- TreadClimber® Base and Treadle assembly from Step 1

2-1 Connect the Speed Wires (See Figure 2-1).

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

Note: The TC1000 is not equipped with step sensor function. Tuck unused step sensor wires through hole in frame.

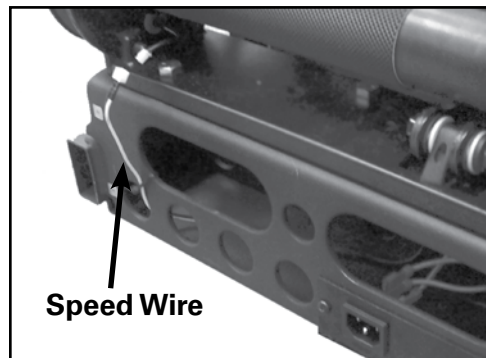


Figure 2-1

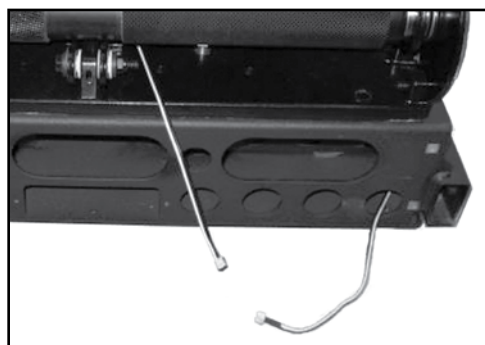


Figure 2-2

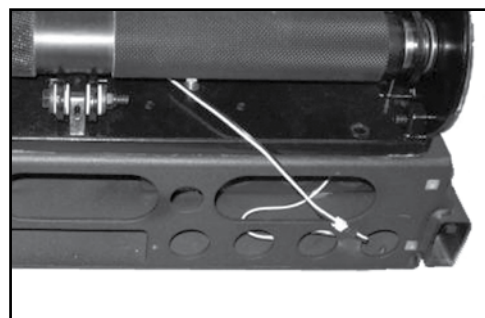


Figure 2-3

Assembly

Step 3: Lock the Treadles

Parts:

- TreadClimber® Base and Treadle assembly from Step 2

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

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



Figure 3-1
Lever in locked position

Step 4: Attach the Drive Belt

Parts:

- TreadClimber® Base and Treadle assembly from Step 3
- (1) Drive Belt

Tools:

- 3/16" Hex Key (included)

- 4-1** Position the drive belt over the roller pulley and the motor pulley (See Figure 4-1).
- 4-2** Make sure that the belt is installed correctly into the grooves of the pulleys (See Figure 4-2).
- 4-3** Remove the motor shipping bolt from the motor pan with the 3/16" hex key (See Figure 4-3).

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

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

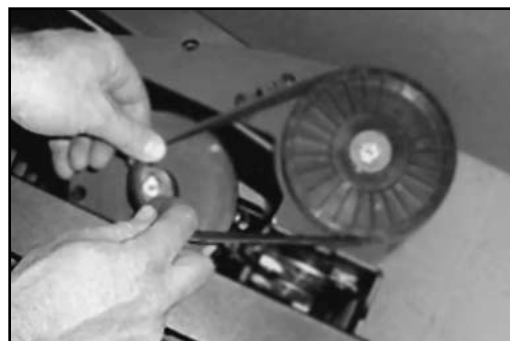


Figure 4-1

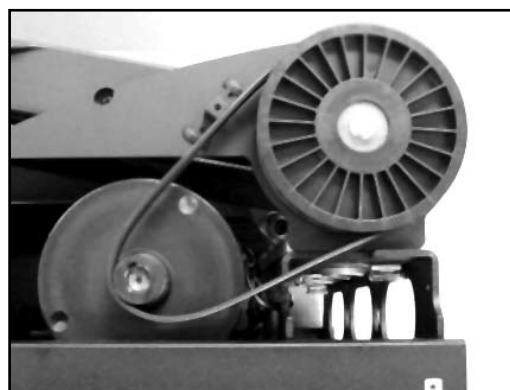


Figure 4-2

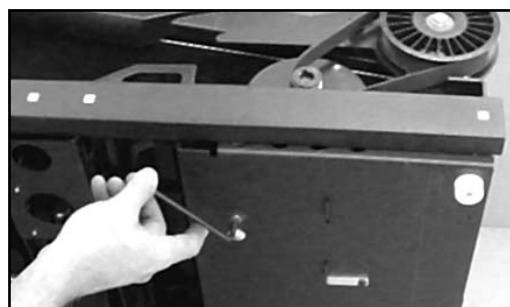


Figure 4-3

Assembly

Step 5: Attach the Uprights

Parts:

- TreadClimber® Base and Treadle assembly from Step 4
- (1) Left Upright Support & Hydraulic Cylinder
- (1) Right Upright Support & Hydraulic Cylinder

Hardware:

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

Tools:

- 3/16" Hex Key

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

5-2 Put the left upright on the left upright bracket (See Figure 5-2) so that it rests on the button head screw (See Figure 5-3). The cylinder bracket will be at the top and face the rear of the machine.

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

5-3 Repeat on the opposite side.



Figure 5-1



Figure 5-2



Figure 5-3

Assembly

Step 6: Attach the Upright Junction

Parts:

- TreadClimber® Base and Treadle assembly from Step 5
- (2) Plastic Upright Junction Covers

6-1 Put the plastic upright junction cover on the top of the left upright support (See Figure 6-1).

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

6-2 Repeat on opposite side.

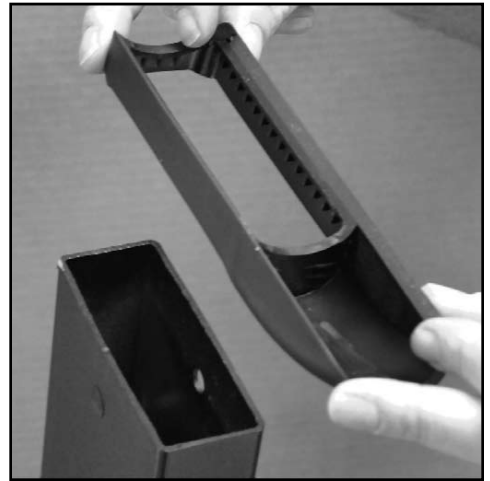


Figure 6-1

Assembly

Step 7: Attach the Console/ Handlebar Assembly

Parts:

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

Hardware:

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

Tools:

- 3/16" Hex Key (included)

Note: This step requires two people.

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

Note: Tighten the front (2) screws first (1 per upright) and then the (4) side screws, two per outer side of upright (See Figure 7-5).



Figure 7-1



Figure 7-2

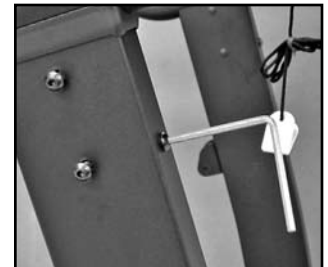


Figure 7-3

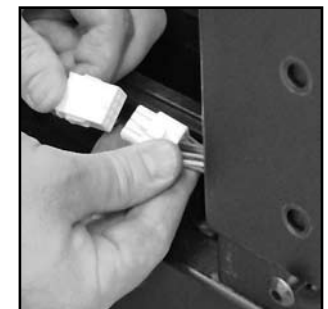


Figure 7-4



Figure 7-5

Assembly

Step 8: Attach the Cosmetic Plugs

Hardware:

- (4) Cosmetic Plugs

8-1 Insert the cosmetic plugs into the holes on the top, inside and outside of the left upright support (See Figure 8-1).

8-2 Repeat on opposite side.

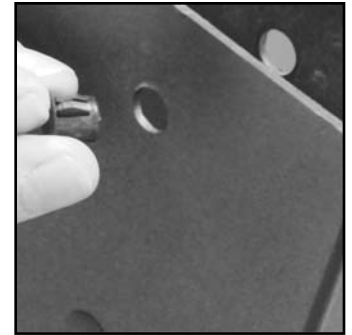


Figure 8-1

Step 9: Attach the Hydraulic Cylinders

Parts:

- TreadClimber® Base and Treadle assembly from Step 8

Hardware:

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

Tools:

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

Note: This step requires two people.

9-1 Attach the hydraulic cylinder to the upright bracket with (1) 5/16" x 1 1/2" Button Head Screw and (1) 5/16" Acorn Nut (Figure 9-1).

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

9-2 Remove the pre-installed (1) 5/16" x 1" Button Head Screw and (1) 5/16" Flat Washer from treadle. Lift treadle and slide the lower shock eyelet onto the treadle stud.

9-3 Attach the hydraulic cylinder with the (1) 5/16" x 1" button head screw and (1) 5/16" flat washer (Figure 9-2).

9-4 Tighten the hardware with the Hex Key and Open End Wrench.



Figure 9-1



Figure 9-2

Assembly

Step 10: Inspect the Assembly

- 10-1** Remove the plastic film from the console face.
- 10-2** Inspect all of the attachments and securely tighten all of the bolts before proceeding to Step 11.

Step 11: Attach the Frame Covers

Parts:

- TreadClimber® Base and Treadle assembly from Step 10
- (1) Left Plastic Frame Cover
- (1) Right Plastic Frame Cover

Hardware:

- (6) #10 Phillips Head Screws

Tools:

- #2 Phillips Head Screwdriver (included)

- 11-1** Attach the left and right Plastic Frame Covers to the sides of the base frame with (6) #10 Phillips Head Screws (3 per side) and the provided #2 Phillips screwdriver (See Figures 11-1 and 11-2).

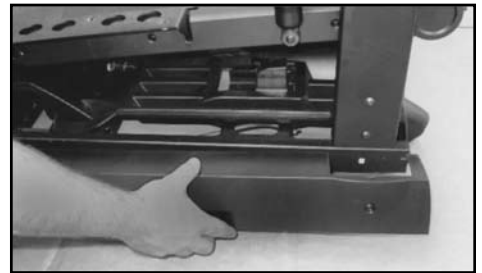


Figure 11-1

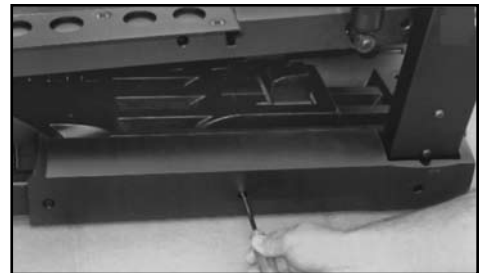


Figure 11-2

Assembly

Step 12: Adjust Speed Sensor and Attach the Rear Cover

Parts:

- TreadClimber® Base and Treadle assembly from Step 11
- (1) Rear Cover

Hardware:

- (4) #10 Phillips Head Screws

Tools:

- #2 Phillips Head Screwdriver (included)

12-1 Hold a stiff business card, ID card, or similar object onto the inside of the drive pulley. Adjust the speed sensor towards the card until it just makes contact.

12-2 Remove object.

12-3 Attach the rear cover to the back of the frame with the (4) #10 Phillips Head Screws (2 per side) and the provided #2 Phillips Head Screwdriver (See Figure 12-1 and 12-2).

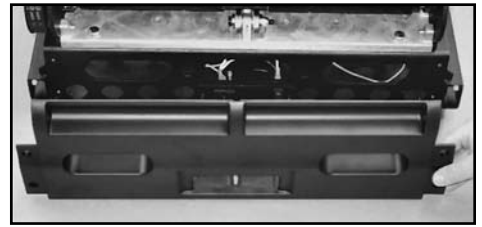


Figure 12-1



Figure 12-2

Assembly

Step 13: Attach the Drive Covers

Parts:

- TreadClimber® Base and Treadle assembly from Step 12
- (1) Left Plastic Drive Cover
- (1) Right Plastic Drive Cover

Hardware:

- (6) #10 Phillips Head Screws

Tools:

- #2 Phillips Head Screwdriver (included)

13-1 Attach the left and right Plastic Drive Covers to the sides of the base with (6) #10 Phillips Head Screws (3 per side) and the provided #2 Phillips screwdriver (See Figures 13-1). Install upper screw first.

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

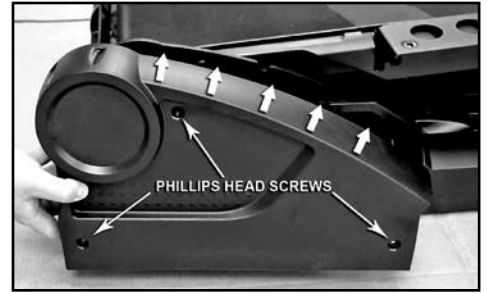


Figure 13-1

Step 14: Attach the Side Foot Support Platforms

Parts:

- TreadClimber® Base and Treadle assembly from Step 13
- (1) Left Foot Support Platform
- (1) Right Foot Support Platform

Hardware:

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

Tools:

- 5/16" Hex Key (included)

14-1 Attach the right and left side foot support platforms to each treadle with (6) 1/4" x 1" Flat Head Screws (3 per side) (See Figures 14-1 and 14-2).



Figure 14-1

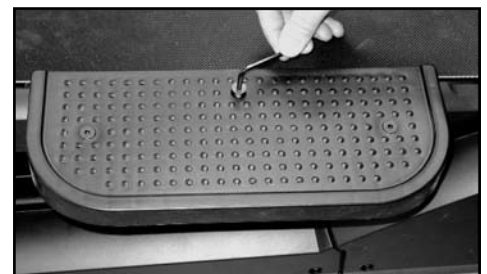


Figure 14-2

Assembly

Step 15: Apply Decals

Parts:

- TreadClimber® Base and Treadle assembly from Step 14
- (2) Treadle Decals
- (2) Drive Cover Decals

Tools:

- #2 Phillips Head Screwdriver (included)

15-1 Clean the application surface with a wet cloth and dry thoroughly with a towel.

15-2 Remove the release backing on the decal.

15-3 Center the decal on the appropriate application surfaces (See Figure 15-1) for locations.

15-4 Rub the decal onto the surface to force out the air bubbles.



Figure 15-1



Illustration 15-A:
TreadClimber® Drive and Treadle Decals

Step 16: Inspect the Assembly

16-1 Inspect your machine to make sure that all of it has been assembled correctly, there are no loose or missing parts and that all of the hardware has been tightened.

! Failure to visually check and test assembly before use can cause damage to the TreadClimber® machine and serious injury to users and bystanders and can also compromise the effectiveness of your exercise program.

Step 17: Attach the Power Cord

17-1 Make sure that the Main Power Switch is in the "Off" position.

17-2 Carefully insert the power cord into the Incoming Power Plug at the rear of the base unit (See Figure 17-1).

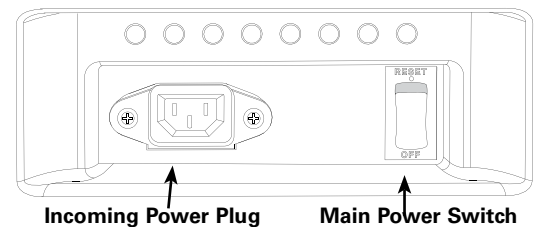
Note: Always plug cord into the base before plugging into the wall outlet.

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

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



Figure 17-1



Assembly

Step 18: Calibration (TC3000 and TC5000 only)

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

! Failure to calibrate your machine prior to use could result in machine failure and could cause injury.

! During the entire calibration process, stand on the side foot support platforms or rubber mat only. Do not stand on the walking belts during this entire process.

Note: Re-calibration is also necessary in the event of a power outage or if a component like a belt or motor has been replaced.

18-1 Plug the power cord into the the wall outlet.

18-2 Turn on the Main Power Switch (See Figure 18-1).

18-3 Stand on the side foot support platforms or rubber floor mat. Do NOT stand on the belts.

18-4 Hold down the POWER and SLOWER buttons. Insert the Safety Key.

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

18-5 Release the POWER and SLOWER buttons. The TIME display will read "CAL", "PrSS", "Strt".

18-6 Press the START/STOP button to start calibration.

Note: The belts will start and stop and the displays will show various numbers that relate to the calibration process. Do NOT interrupt calibration.

18-7 Calibration will take about 3 minutes. When calibration has finished "CAL" "PASS" will show in the TIME display.

18-8 Remove and re-insert the Safety Key to clear the display.

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

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

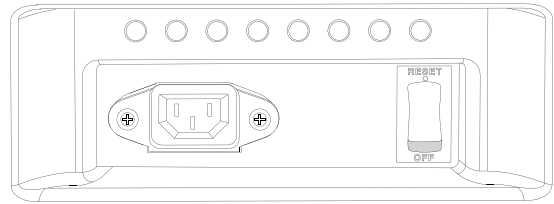


Figure 18-1
Main Power Switch "On"

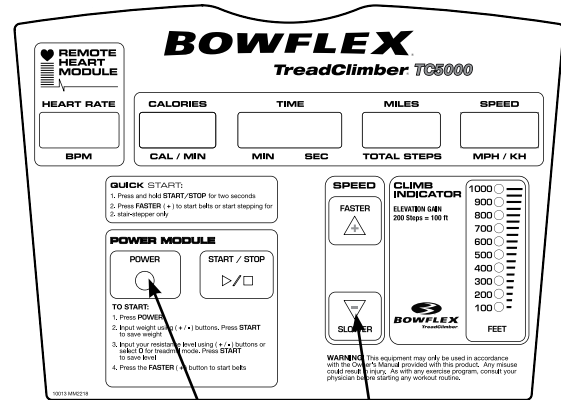


Figure 18-2
TC5000 Power & Slower Buttons

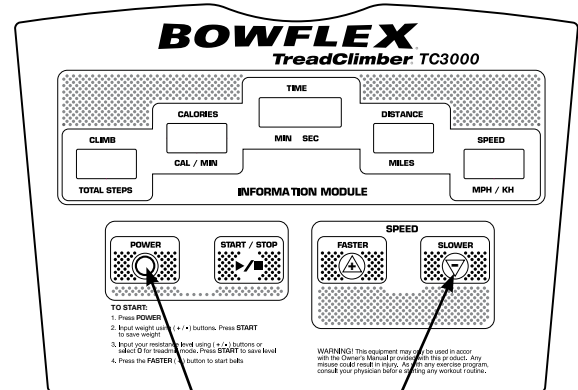


Figure 18-3
TC3000 Power & Slower Buttons

Assembly

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

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

1. Unplug the unit and remove the three back covers.
2. Hold a stiff business card, ID card, or other similar onto the inside of the drive pulley. Adjust the speed sensor towards the card until it just makes contact.
3. Remove the card.
4. Plug unit in and recalibrate.

If calibration is successful:

- Replace the three back covers.

If calibration is not successful:

- Leave plastic covers off and contact customer care for assistance. (See Important Contact Numbers page at the back of this manual).

Explanation of Calibration Display Messages (for information only):

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

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

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

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

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

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

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

Troubleshooting

Condition / Problem	Things to Check	Solution
Unit will not power up/turn on/start	Outlet	Make sure outlet is functioning correctly. Verify this by plugging another object (ex: lamp) into the outlet. If outlet is connected to a light switch, check to make sure it is on. If outlet is not functioning find a working outlet.
	Power cord not plugged in	Make sure the power cord is firmly secured to A/C inlet on the unit and firmly inserted into a non-GFI wall socket.
	Power switch turned off	Make sure the power switch at the rear of the unit is in the "ON" position.
	Safety key not plugged in	Plug Safety Key into console (See Emergency Stop Procedure within the Important Safety Precautions section).
Speed displayed is not accurate	LED Diagnostic needed	Remove rear plastic covers and contact customer service for assistance.
	Display set to wrong unit of measure. (English/Metric)	Change display units (See Owner's Manual).
Heart rate not displayed while using chest strap	Out of calibration	Re-calibrate machine (See Calibration procedure in Owner's or Service Manual).
	Transmitter not making good contact with skin	Moisten skin contact area on the chest strap.
	Electromagnetic interference	Turn off any television, AM radio, microwave, or computer within 6 feet (2 meters) of the Tread-Climber® fitness machine.
	Chest strap transmitter	Test chest strap with another HR monitoring device such as HR watch or a machine at a gym. If transmitter has good skin contact and still is not found to be emitting HR signal, replace chest strap transmitter.
	HR receiver	If chest strap is known to work with other devices and no sources of interference are present, or console has been tested with a Pulse Simulator and is not receiving the signal, replace the HR receiver.
Walking belt misalignment	Rear belt guides	Belts should ride on top of triangular black belt guides at rear of treadles.
	Tracking adjustment	Belts are not required to be perfectly centered and are typically farther out in the rear than they are in the front. This may vary depending on user's stride. If belt is tracking to one side far enough to cause rubbing of belt follow belt alignment procedure in Owner's Manual.
Speed dependent grinding or scraping noise in all modes	Belt alignment	Check walking belt alignment. Belt contact with metal guides under treadle can make loud grinding sound. If belts are misaligned follow belt alignment procedure in Owner's Manual.
	Rollers or motor	Contact customer service for further assistance.

Troubleshooting

Condition / Problem	Things to Check	Solution
Hesitation or belt slipping when walking on unit	Belt tension	If belt hesitates or slips when walking on unit it may be caused by either a loose walking belt or a loose drive belt. To determine the cause perform the following test: Stand beside Tread-Climber® fitness machine and set speed to 2 MPH. Step on one treadle and attempt to stop movement. If one belt stops but roller at rear and other belt continue to turn walking belt tension should be adjusted. If both belts stop but motor is still turning the drive belt tension should be adjusted.
	Walking belt tension	Adjust walking belt tension at the front of the unit using the provided hex wrench on the exposed adjustment bolts located on each side of each front roller. Be sure to adjust both bolts on each roller the same amount as to not disrupt belt alignment. Tighten (turn clockwise) each adjustment bolt in full turn increments. After each adjustment, restart unit and check to see if belt slippage has been eliminated. Repeat if necessary. If slipping feel persists after several adjustments, stop and refer to drive belt checklist.
	Drive belt	Unplug power from unit. Wait 5-minutes to ensure no residual power remains. Turn unit on its side to expose its underside. Verify shipping bolt has been removed. If bolt is not present, return machine to upright position. Remove left rear plastic cover to expose "v" belt drive line and motor. Tighten nut on the motor tension bolt located on front side of motor in 1/2 turn increments until drive belt slippage is eliminated - DO NOT OVER TIGHTEN. Replace cover when finished.
"Tick" sound once per revolution or scraping noise from under treadle	Belt alignment	Belt seam may be contacting metal belt guide under treadle. Slight adjustment of belt should alleviate noise. Follow belt alignment procedure in Owner's Manual.
Floors Climbed Display not updating	Size of steps taken	In order for a step to register, the pedals must pass each other completely. This ensures that the magnet on the treadle passes the step sensor. Make sure treadles are not locked in treadmill mode and that they are moving enough to register a step.
	Step sensor	Be sure step sensor wire is connected at rear of machine.

Troubleshooting

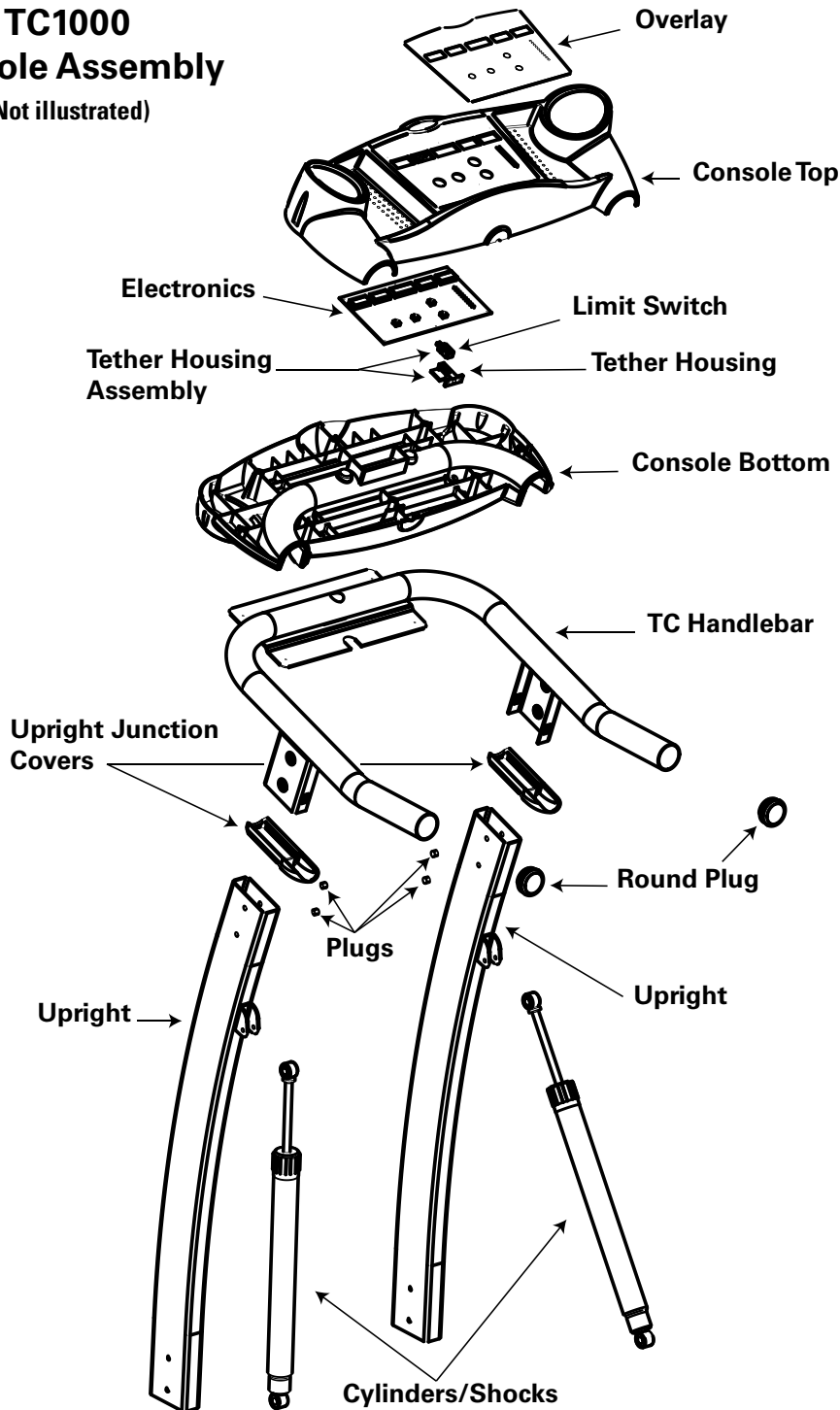
Condition / Problem	Things to Check	Solution
Knocking noises when unit is operating in TreadClimber or stepper mode, but not in treadmill mode	Treadle alignment	Make sure treadles are centered between uprights and treadle is not contacting upright during use. If not centered remove rear plastic covers to access rear baseplate bolts. Loosen bolts slightly to allow treadles to be centered. Once centered tighten outer two bolts securely then tighten inner bolts securely.
	Drive pulley and flywheel pulley	Unplug power from Unit. Wait at least 5 minutes. Remove left side plastic drive cover to expose "v" belt drive line. Using a 1/2" wrench, tighten the bolt that attaches the 4 1/2" drive pulley to the drive shaft while holding the drive rollers still. Also, using a 5/32" hex wrench, tighten the setscrew on the flywheel motor pulley. Reinstall plastic drive cover.
	Igus bushing	If knocking sound seems to be coming directly from the rear roller, check igus bushings and replace if cracked.
	Hydraulic cylinder bolts	Check and tighten both upper and lower bolts that connect the hydraulic cylinders to the unit.
Belts stop turning and "err LS" or "err OS" is displayed	Calibration	Re-calibrate machine using Owner's Manual calibration procedure.
	Speed sensor	<ol style="list-style-type: none"> 1. Cycle power off and on. 2. Put the machine in calibration mode (see Calibration procedure in Owner's Manual) but do not start the calibration routine. 3. Remove right rear plastic cover to view LED diagnostics on control board. Caution: Machine is on. Current is active!! 4. Locate LED D on the motor controller board. LED may be lit or unlit. 5. Manually advance the treadle with your foot, and check if LED D is blinking. 6. If LED D is not blinking, then the speed sensor is not supplying a signal. Check that the speed sensor wire is plugged into the motor controller board, to the connection labeled "P1". Check connection of speed sensor to jumper wire. Check speed sensor adjustment (use business card to set gap between sensor and pulley). If LED D still does not flash replace sensor.
	I/O cables	If LED D is flashing when the belts are turning but err LS or OS persists check connections and for signs of visible damage to any of the three I/O cables. If no damage, check continuity using a multi-meter. If a multi-meter is not available contact customer service for replacement cables and further assistance.

Exploded Views

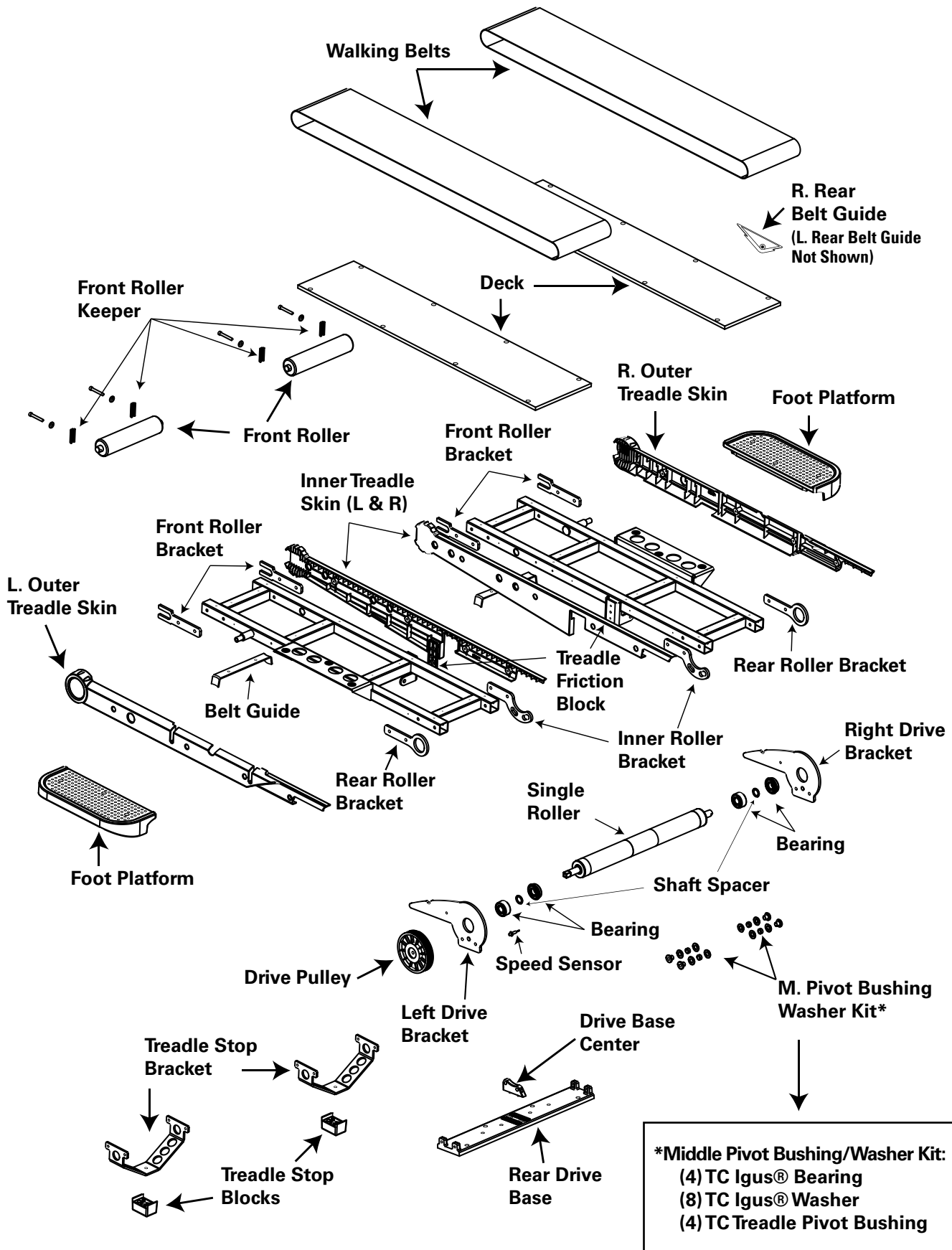
Ordering Replacement Parts

Call a Bowflex® TreadClimber® Representative at 1-800-NAUTILUS (1-800-628-8458) to order replacement parts and get assistance with your specific replacement or service requirements.

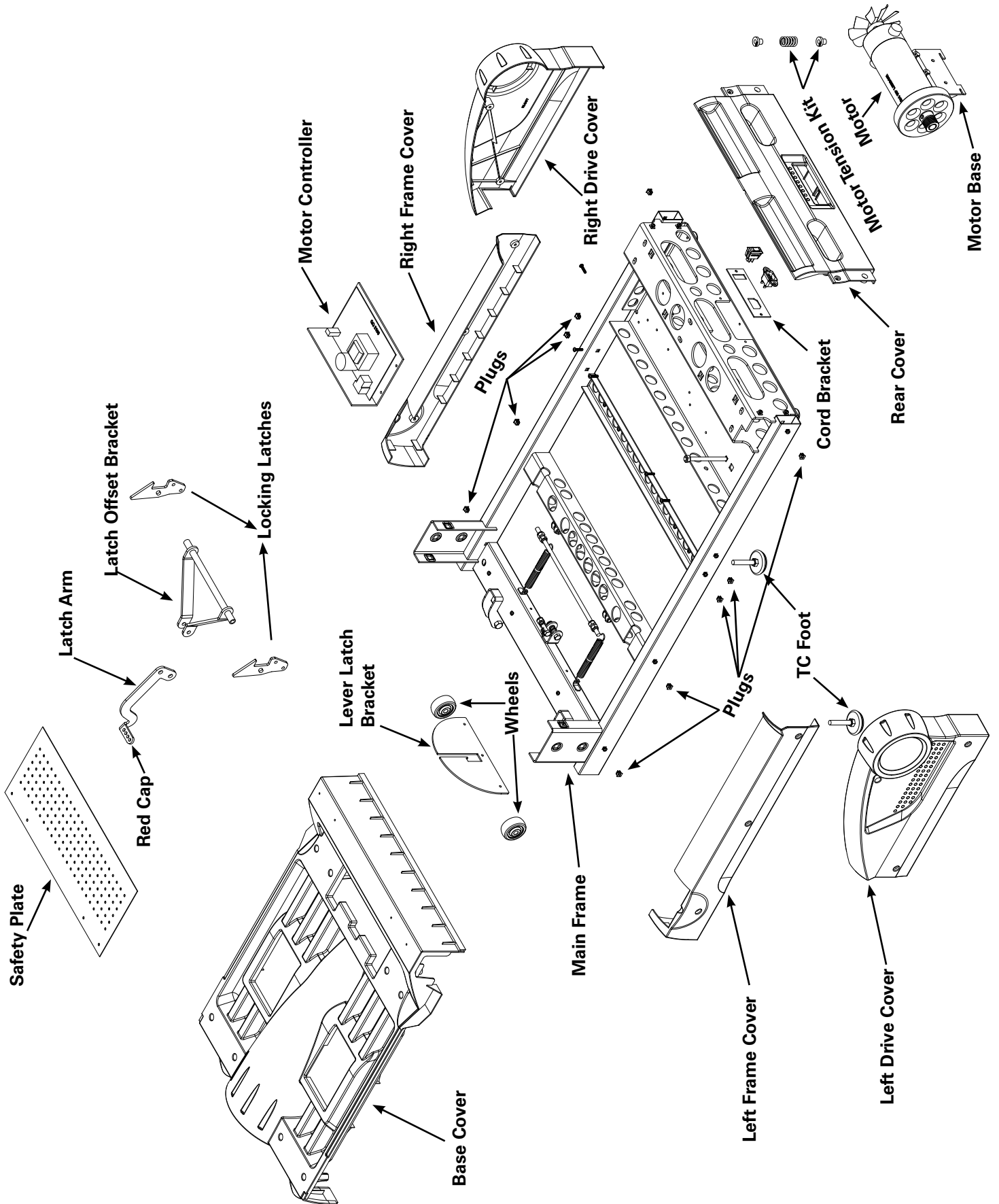
TC1000 Console Assembly (Not illustrated)



Exploded Views



Exploded Views



Important Contact Numbers

UNITED STATES OFFICES

TECHNICAL/CUSTOMER SERVICE

Phone: 800-NAUTILUS (800-628-8458)

E-mail: tcinquiry@nautilus.com

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Please supply the serial number of your machine and the date of purchase when you call Nautilus. Use the space in the boxes below to write down this information. Dial the number of the office close to you.

Serial Number
Date of Purchase



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