

TreadClimber[®]
by **BOWFLEX**[®]

TC10



Manual en Español Latino Americano: <http://support.nutilus.com>

Assembly Manual

Table of Contents



Important Safety Instructions	3
Specifications and Tools.....	4
Before Assembly.....	5
Parts	6
Hardware	7
Assembly.....	8
Adjustments.....	19

If you have questions or problems with your product, please call 1 (800) 605–3369.

Nautilus, Inc., (800) NAUTILUS / (800) 628-8458, www.NautilusInc.com - Customer Service: North America (800) 605-3369, tcinquiry@nautilus.com | outside U.S. +01-360-859-5180, technics-APLA@nautilus.com | Printed in China | © 2011 Nautilus, Inc., All rights reserved. ™ and ® indicate a trademark or registered trademark. Nautilus, Inc. (www.NautilusInc.com) trademarks include NAUTILUS®, BOWFLEX®, SCHWINN®, TreadClimber® and UNIVERSAL® and respective logos. Other trademarks are the property of their respective owners.



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

Obey the following warnings:



Read and understand all Warnings on this machine.

Carefully read and understand the Assembly Manual.

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

Specifications and Tools



Included



5 mm



13 mm

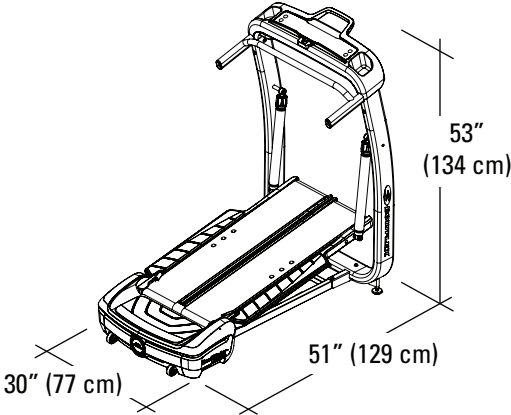
Not Included



#2



(recommended)





Select the area where you are going to set up and operate your machine. For safe operation, the location must be on a hard, level surface. Allow a minimum workout area of 70.5" x 134" (179.1 cm x 340.4 cm).

Basic Assembly Tips

Follow these basic points when you assemble your machine:

- Read and understand the “Important Safety Instructions” before assembly.
- Collect all the pieces necessary for each assembly step.
- Using the recommended wrenches, turn the bolts and nuts to the right (clockwise) to tighten, and the left (counterclockwise) to loosen, unless instructed otherwise.
- When attaching 2 pieces, lightly lift and look through the bolt holes to help insert the bolt through the holes.
- The assembly requires 2 people.
- Do not use any power tools for assembly.

Note: The TreadClimber® fitness 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.

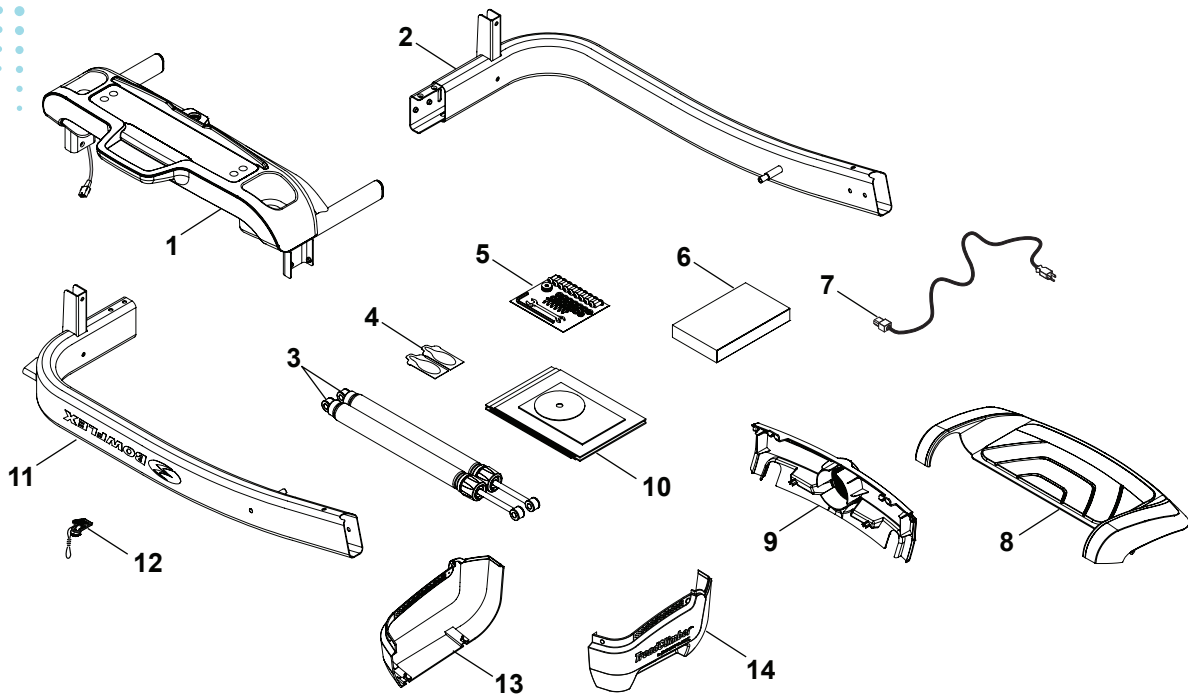
Machine Mat

The Bowflex® TreadClimber® Machine Mat is an optional accessory that helps keep your workout area clear and adds a layer of protection to your floor. The rubber machine mat provides a non-slip, rubber surface which limits static discharge and reduces the possibility of display or running errors. If possible, put your Bowflex® TreadClimber® Machine Mat in your selected workout area before you begin assembly.

To order the optional machine mat, go to: www.bowflex.com, or call 1 (800) 605–3369.

BOX 1

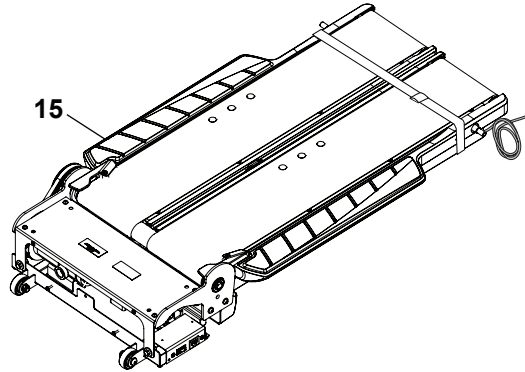
(2 BOXES)



Item	Qty	Description	Item	Qty	Description
1	1	Console / Handlebar Assembly	8	1	Rear Step
2	1	Upright, Left	9	1	Rear Cover
3	1	Cylinder, Spring	10	1	Document Kit
4	1	Belt Lubrication Kit	11	1	Upright, Right
5	1	Hardware Card	12	1	Safety Key
6	1	Bowflex® Weight Loss Plan	13	1	Side Motor Cover, Left
7	1	Power Cord	14	1	Side Motor Cover, Right



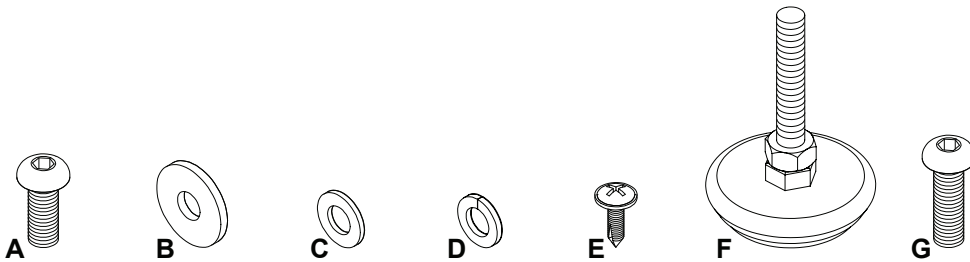
BOX 2



Item	Qty	Description	Item	Qty	Description
15	1	Treadle Assembly*			

*Do no cut Shipping Strap until instructed.

Hardware



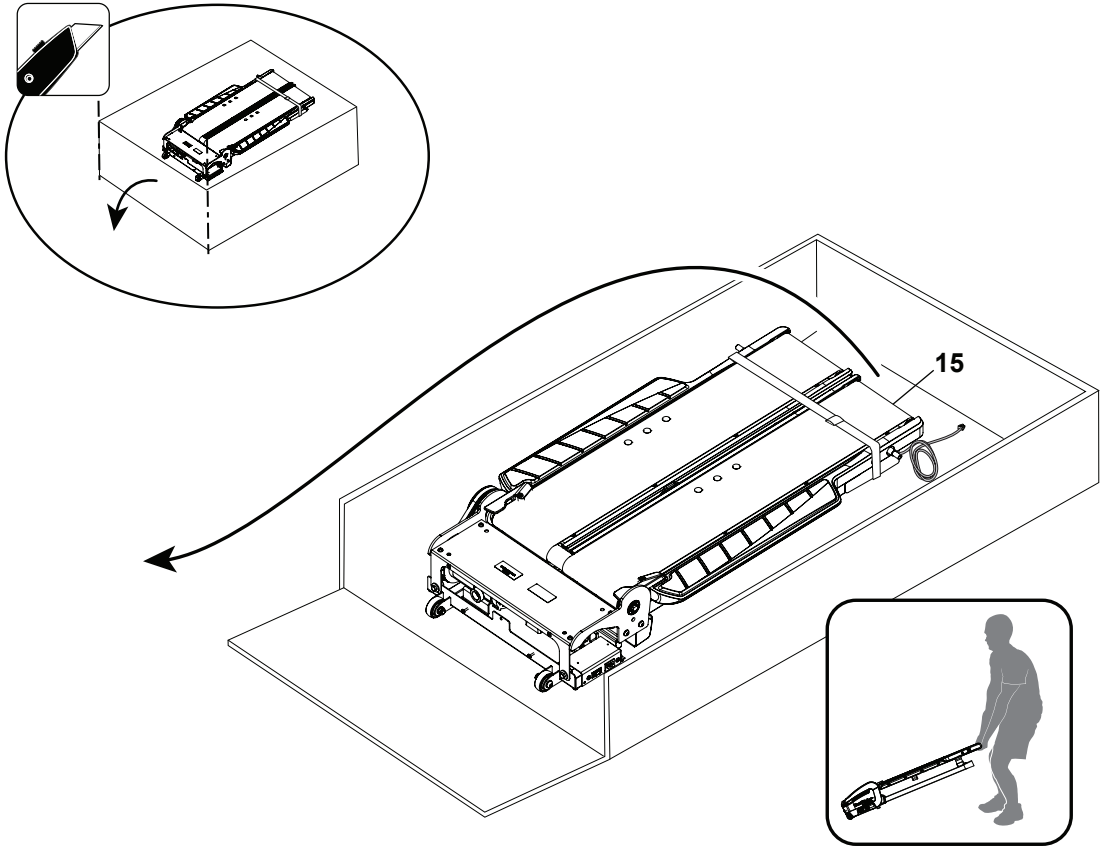
Item	Qty	Description	Item	Qty	Description
A	16	Button Head Hex Screw, M8x20	E	16	Phillips Self Tapping Screw, M4.0x16
B	4	Flat Washer, M8 Wide	F	2	Leveler
C	14	Flat Washer, M8	G	2	Button Head Hex Screw, M8x25
D	14	Lock Washer, M8			

! 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.

Note: This assembly uses parts of the packaging. Do not dispose of until assembly is complete.

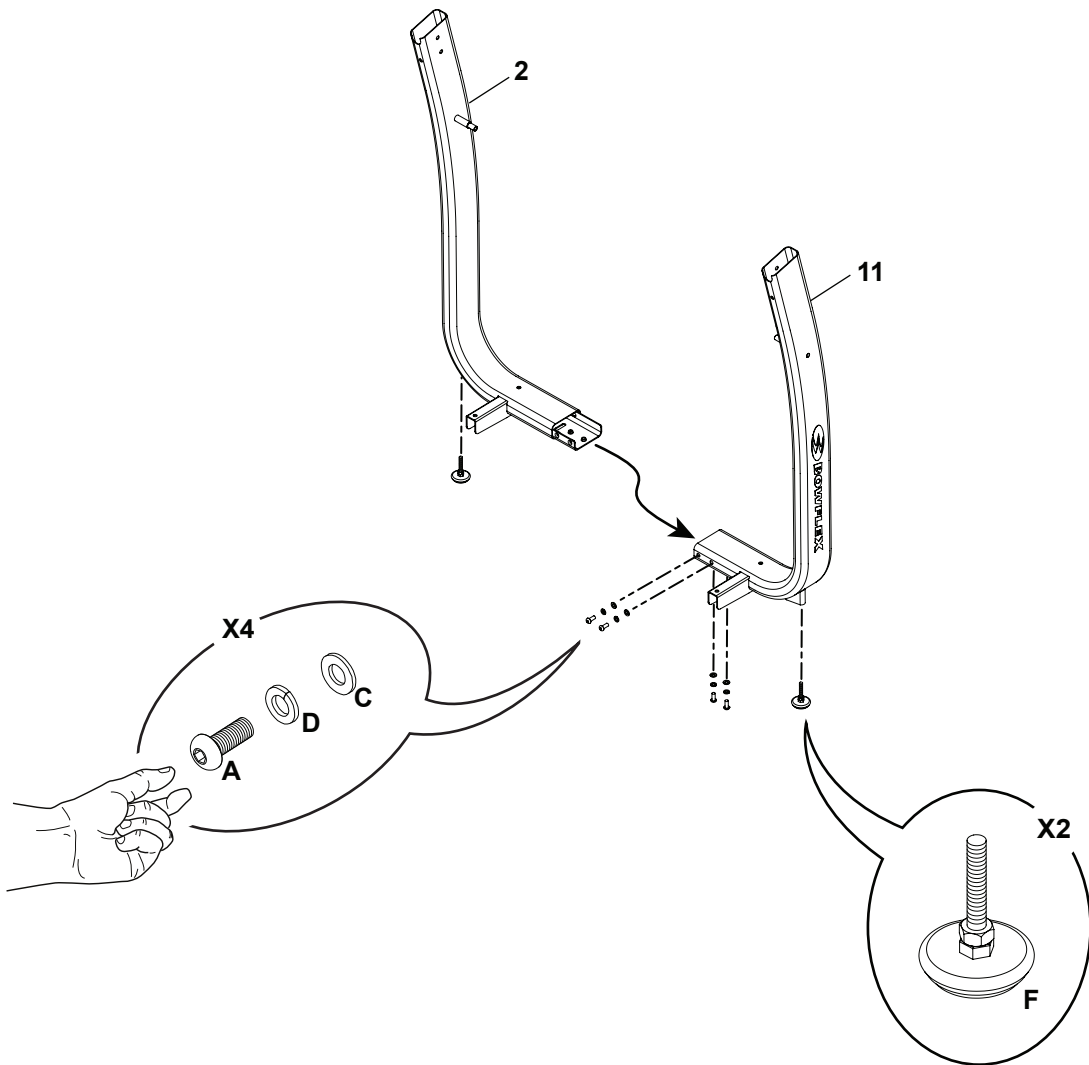
1. Cut open the end of Box 2 and move the Treadle Assembly into your fitness area

Note: Do not crimp the I/O Cable.
Cut the shipping strap when in place.



2. Attach the Left Upright to the Right Upright

Note: Hand tighten hardware.



3. Slide Packaging Boxes under the Base of the Treadle Assembly and the Treadles

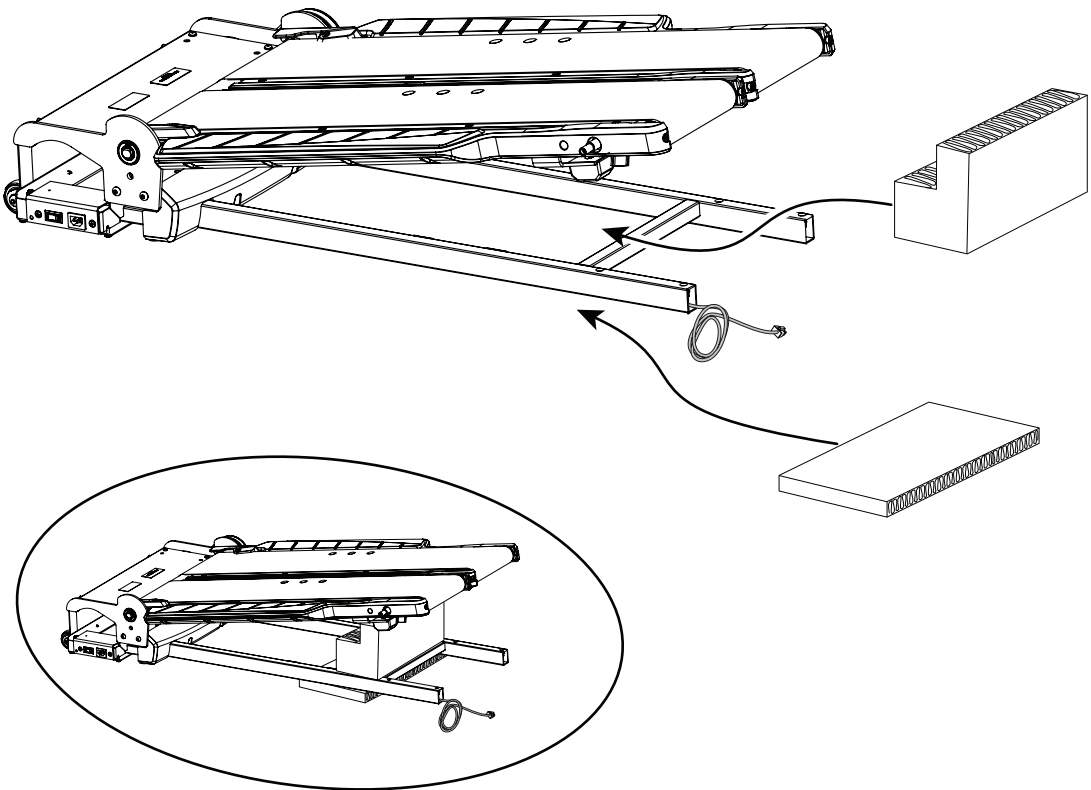
Note: Use the packaging materials for this step. The Base of the Treadle Assembly should be level, and the Treadles should be securely raised. Boxes should not be in front of the crossbar.



The Treadles do not have a locking mechanism and must be supported safely.

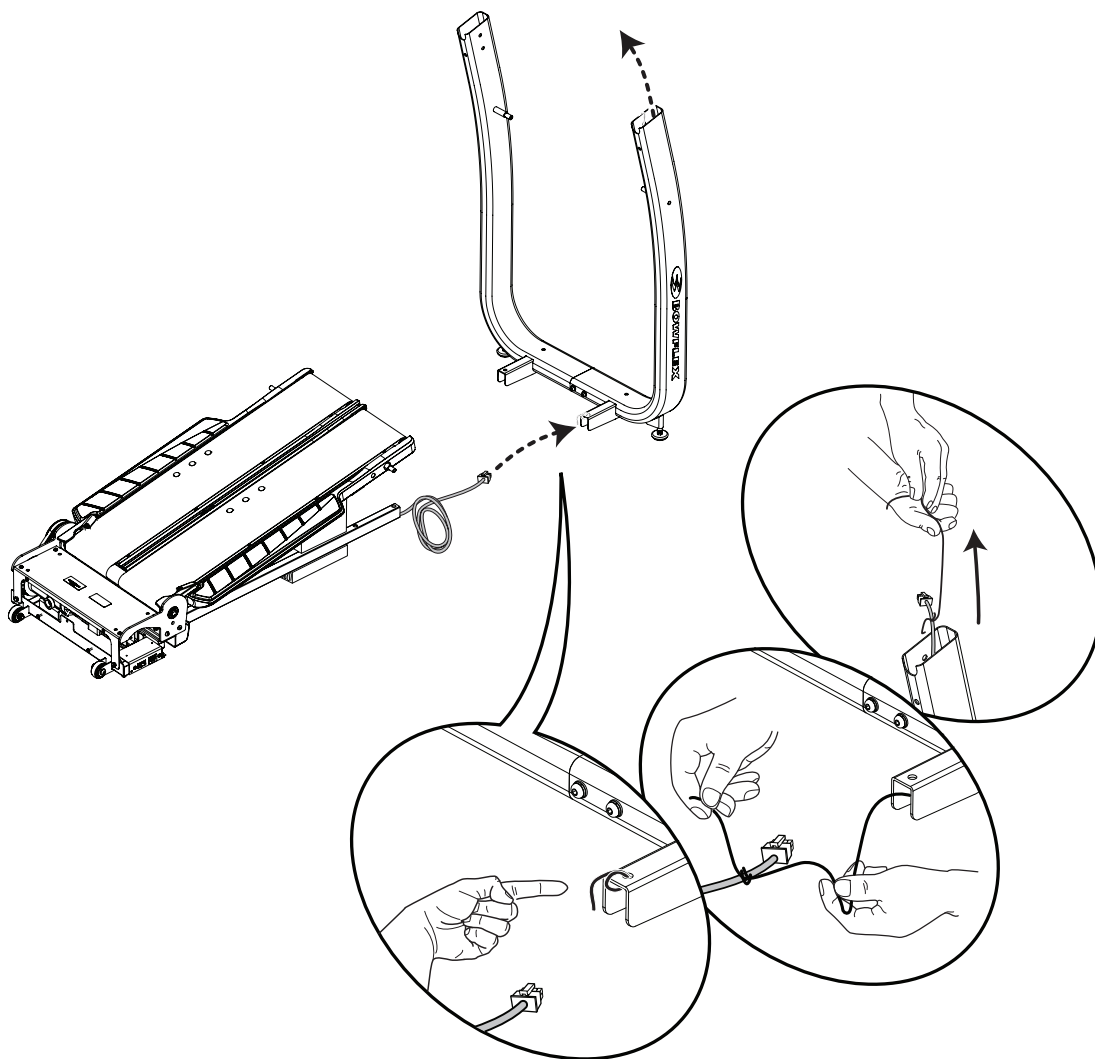
In order to avoid possible serious injury, when sliding the Packaging Boxes under the Treadle Assembly be careful to avoid fingers or hands being caught or pinched.

Be aware that the Drive Belt and the Walking Belts are connected and when either of these parts move the other does as well. In order to avoid possible serious injury, do not allow anything to be caught or pinched by the Drive Belt when the Walking Belts are moved.



4. Run the Console Cable through the Right Upright

Note: Do not crimp the I/O Cable.



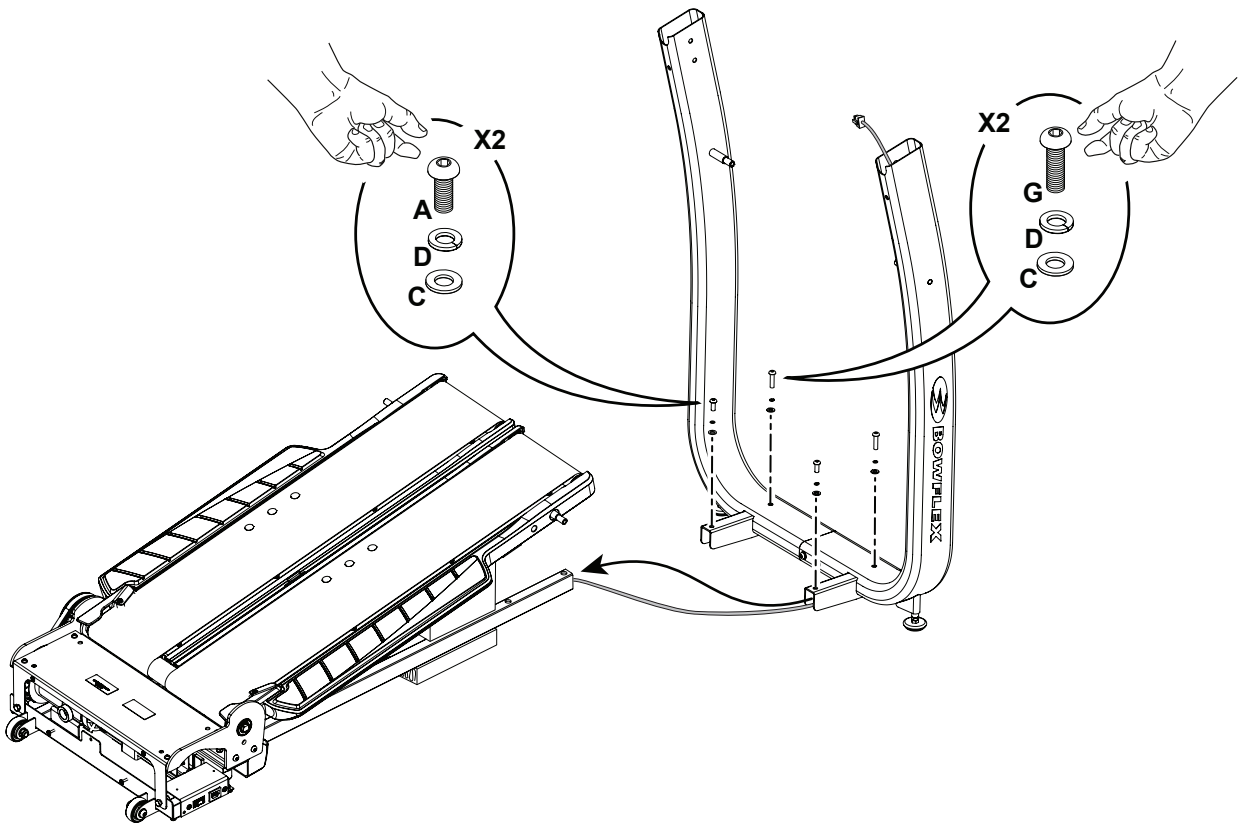
5. Attach Upright Assembly to Treadle Assembly

Note: Be sure to gently pull the I/O Cable as you attach the Upright Assembly.
Do not crimp the I/O Cable.
Hand tighten the hardware.



The Treadles do not have a locking mechanism and must be supported safely.


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

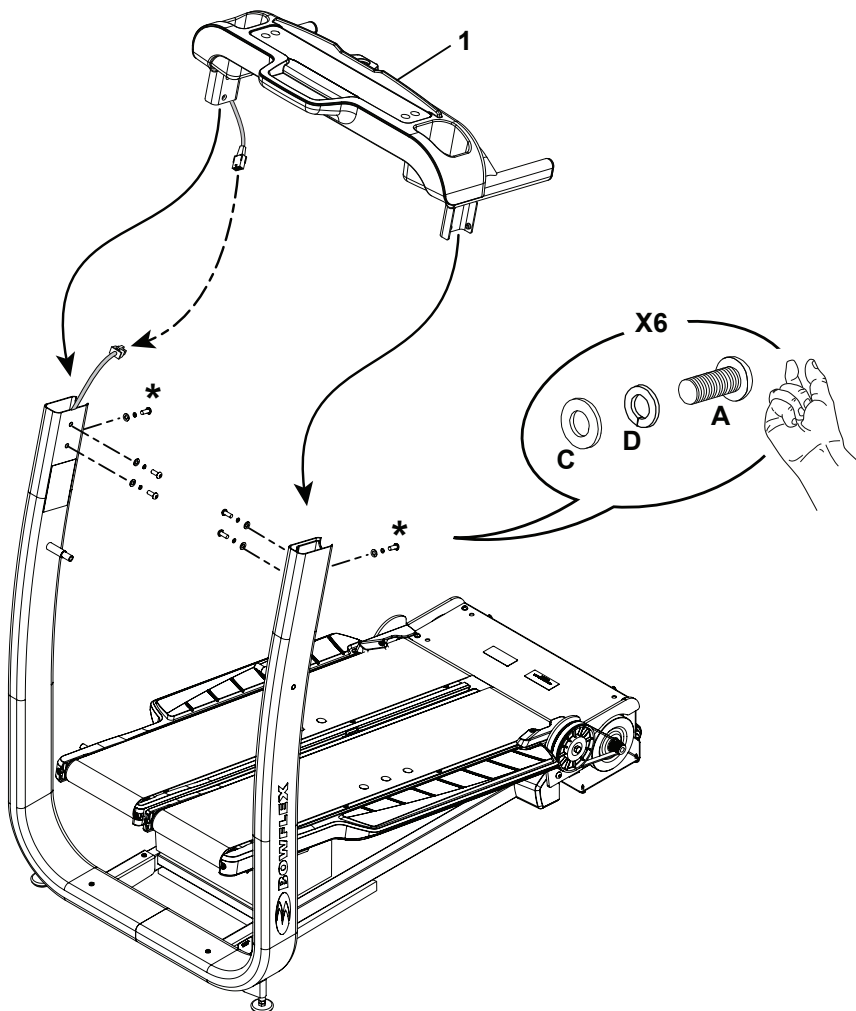


6. Connect the I/O Cables and then Attach the Console/Handlebar Assembly

Note: Do not crimp the I/O Cables.

* Hand tighten this hardware first until inner bolt holes align.

 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.

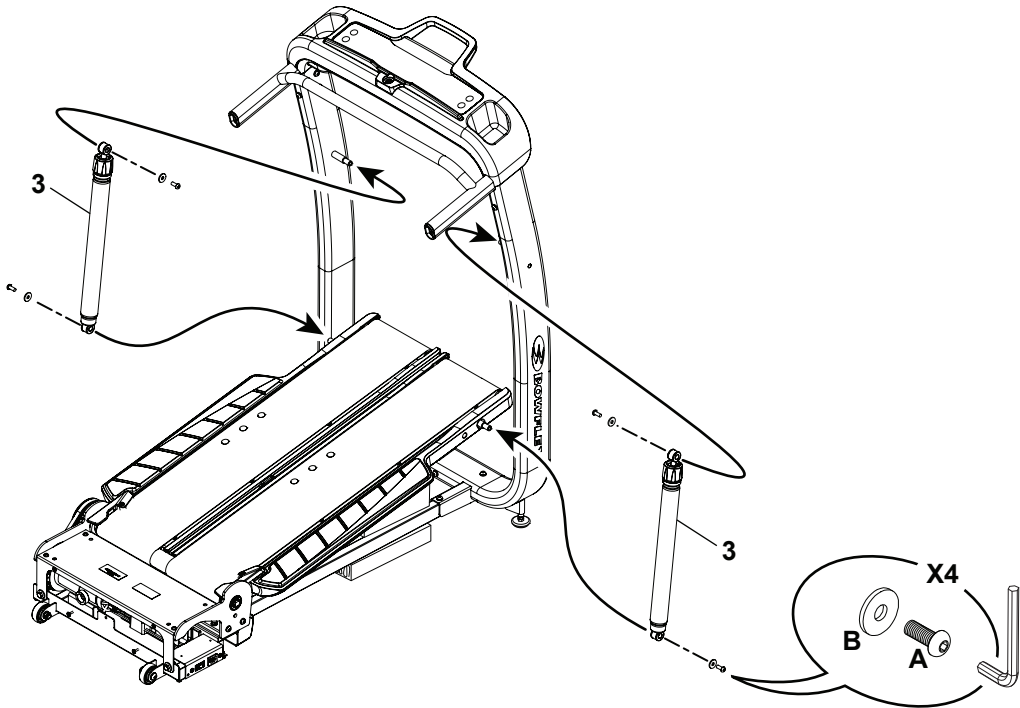


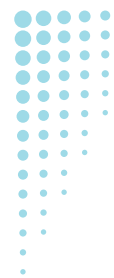
7. Attach Cylinders to Treadles and then Uprights

Note: The settings dial on the cylinders must be up, with the white dot to the inside of the machine.
Attach to Treadles before the Uprights. Fully tighten **ALL** hardware from previous steps and safely remove Packaging Boxes.

! The Treadles do not have a locking mechanism and can move freely. Take care not to allow harm or injury to occur when lifting the Treadles.

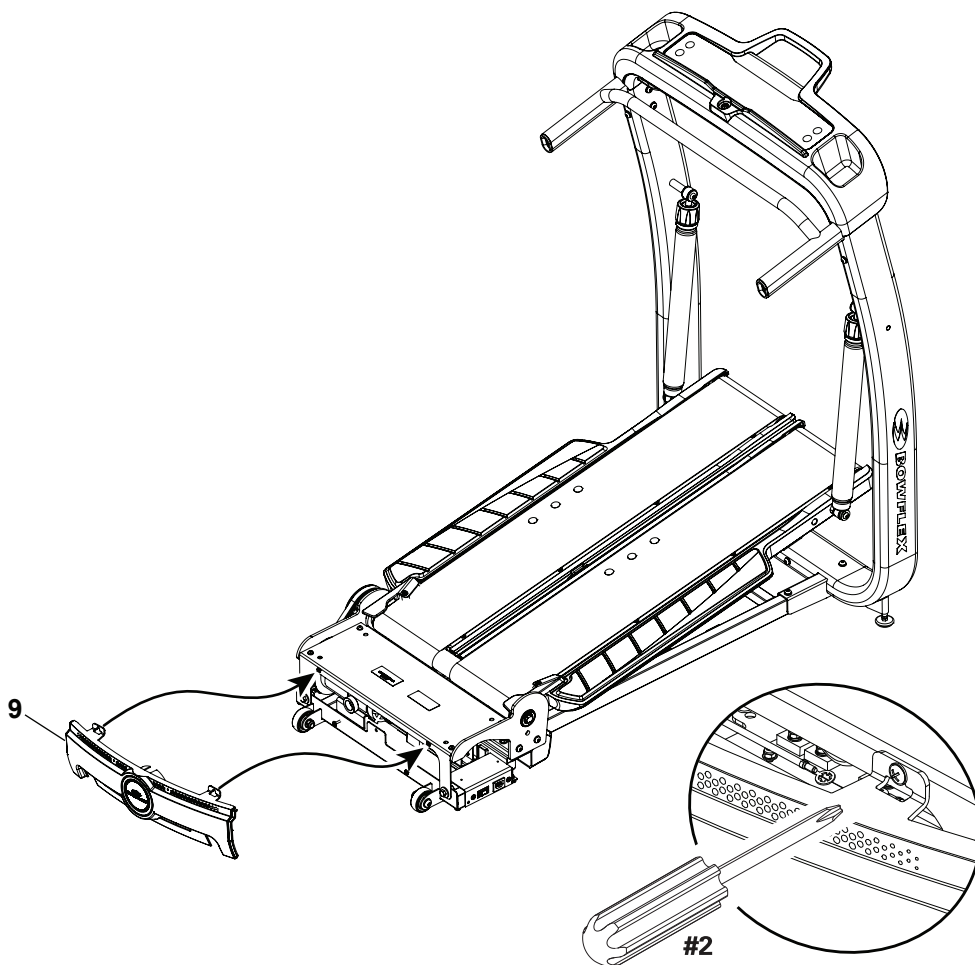
Be aware that the Drive Belt and the Walking Belts are connected and when either of these parts move the other does as well. In order to avoid possible serious injury, do not allow anything to be caught or pinched by the Drive Belt when the Walking Belts are moved.





8. Attach the Rear Cover onto the Treadle Assembly and tighten Hardware

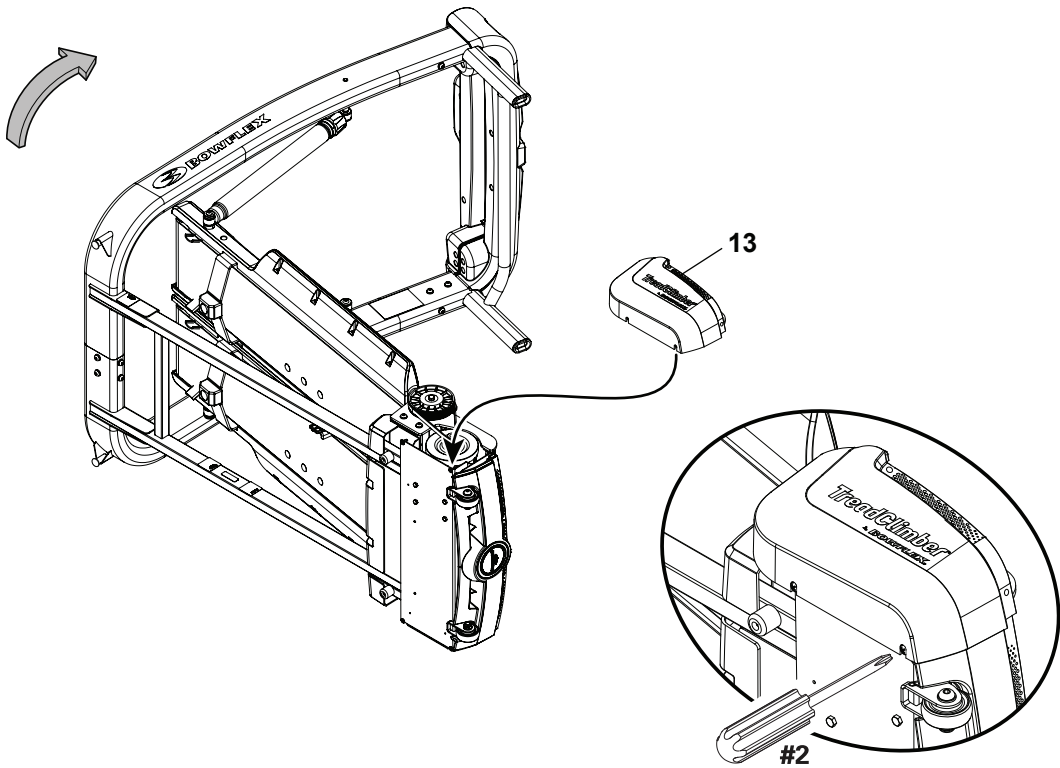
Note: Hardware is pre-installed and not on the Hardware Card.



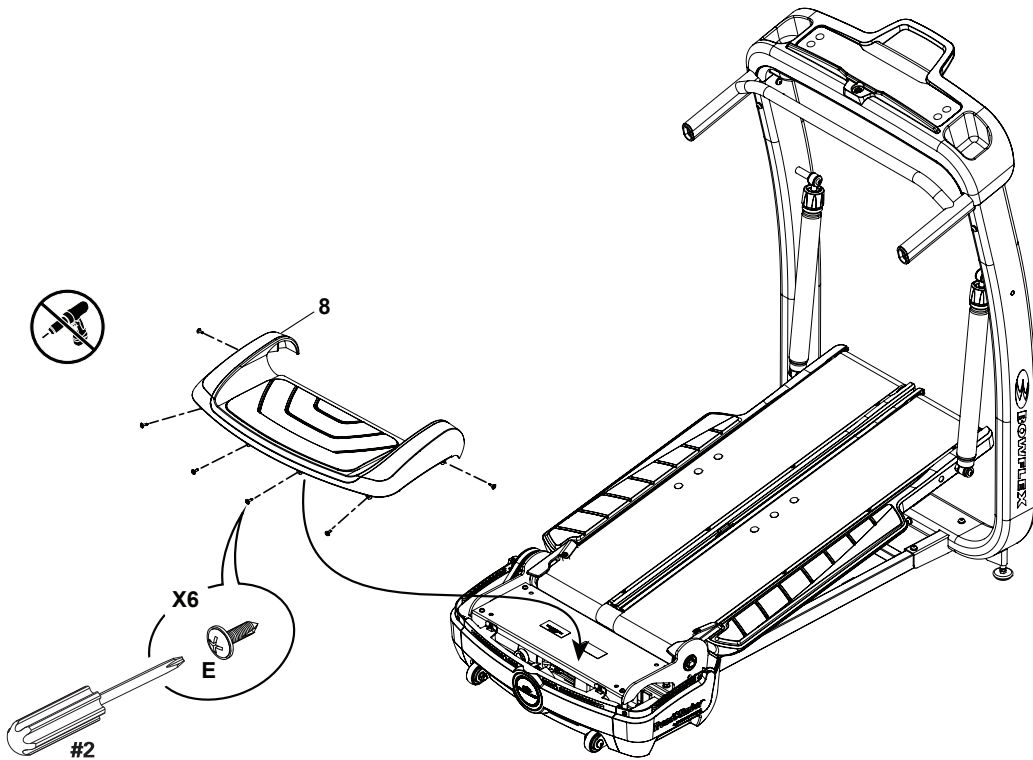
9. Safely Tilt the Treadle Assembly and Attach the Left Side Motor Cover

! 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.

Note: Hardware is pre-installed and not on the Hardware Card.
Return the machine upright and repeat on opposite side.

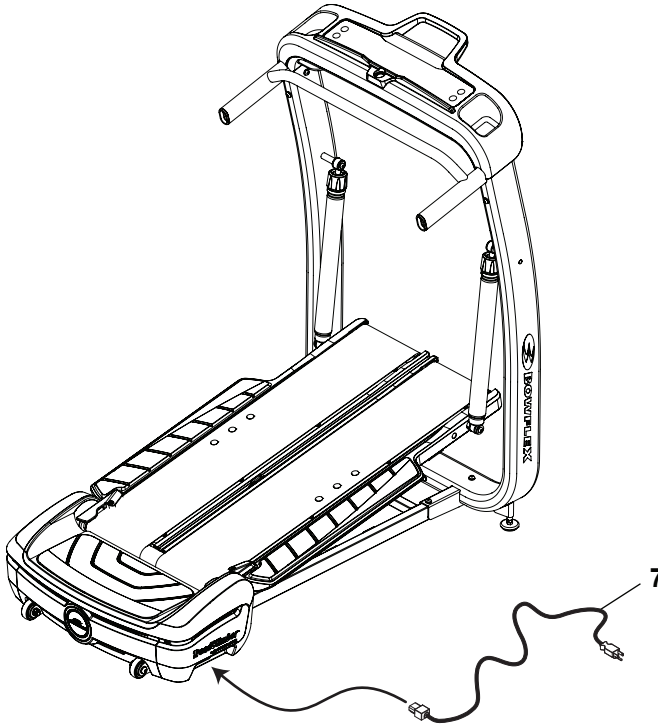


10. Attach the Rear Step to the Treadle Assembly



11. Connect Power Cord to Treadle Assembly

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



12. Final Inspection

Inspect your machine to ensure that all fasteners are 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.

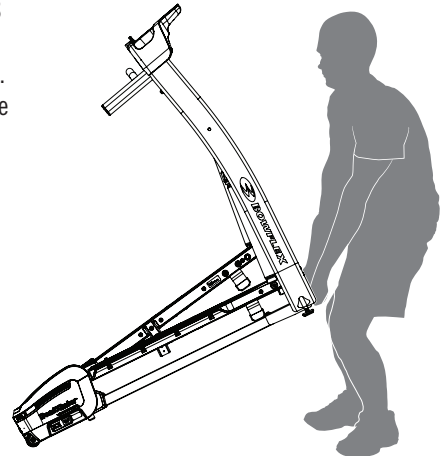
Moving Your Machine

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.

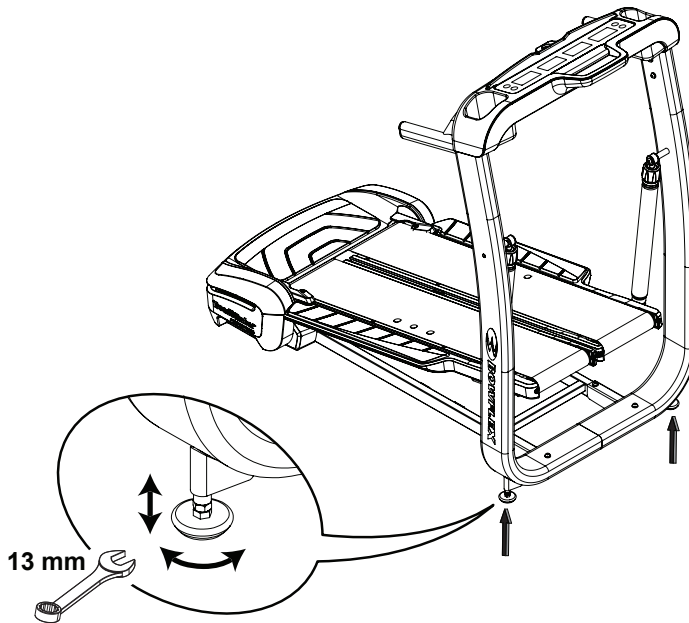
For safe storage of the machine and to prevent unsupervised operation of the machine always remove the Safety Key and disconnect the power cord from the wall outlet and the AC input. Place the power cord in a secure location

Leveling Your Machine

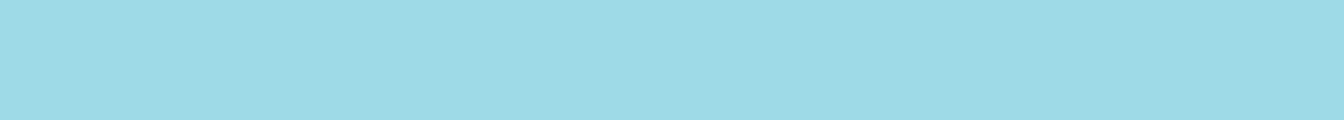
Levelers are found on the front of the TreadClimber® machine. Make sure the TreadClimber® machine is level and stable before you exercise. To adjust:

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.









TreadClimber®

by **BOWFLEX®**

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