

TreadClimber[®]
by **BOWFLEX**

TC20



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

Assembly Manual

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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

Not Included



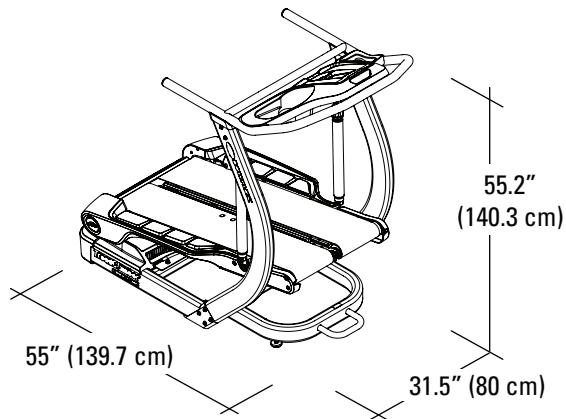
#2



13 mm



(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.

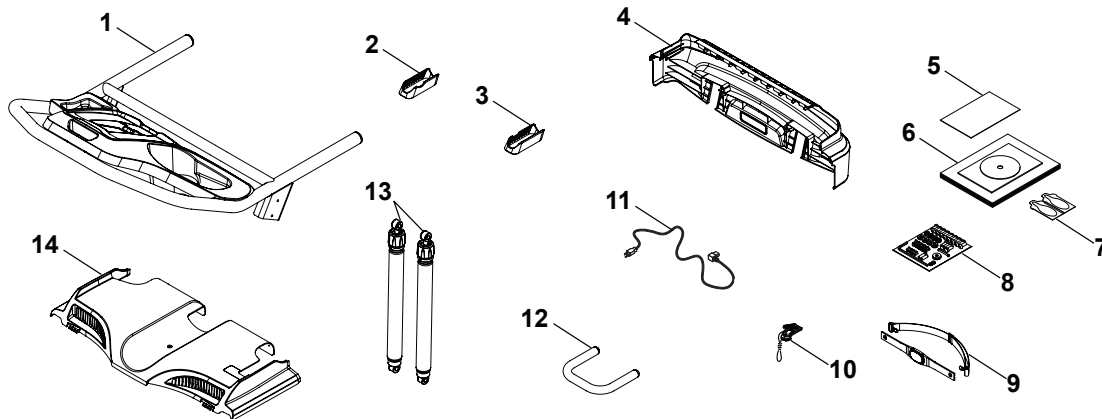
Machine Mat

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.

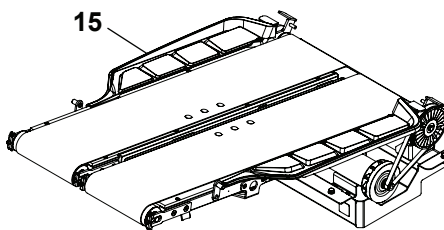
BOX 1

(4 BOXES)



Item	Qty	Description	Item	Qty	Description
1	1	Console / Handlebar Assembly	8	1	Hardware Card
2	1	Junction Cover, Right	9	1	Heart Rate Strap
3	1	Junction Cover, Left	10	1	Safety Key
4	1	Rear Cover	11	1	Power Cord
5	1	Bowflex® Weight Loss Plan	12	1	Transport Handle
6	1	Document Kit	13	2	Cylinder
7	1	Lubrication Kit	14	1	Motor Cover

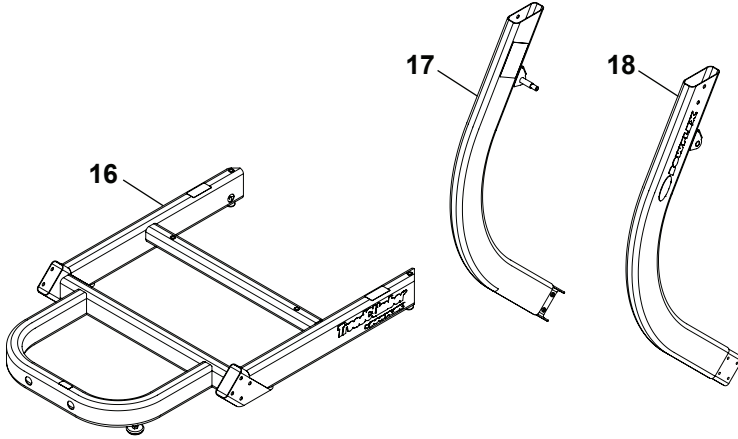
BOX 2



Item	Qty	Description	Item	Qty	Description
15	1	Treadle Assembly			

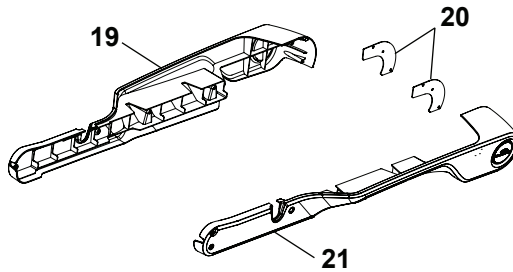


BOX 3

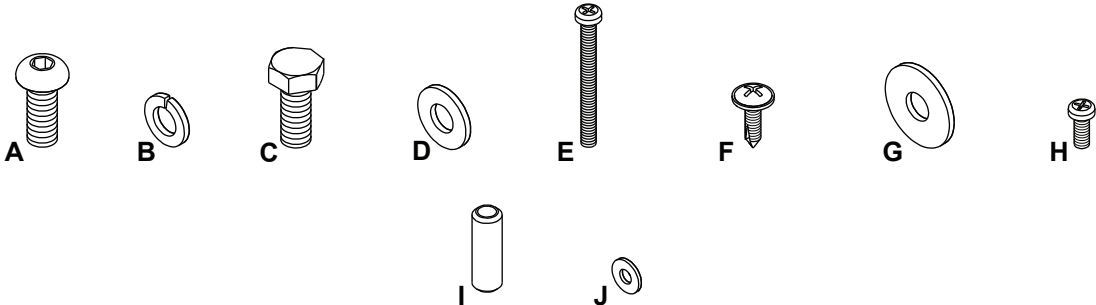


Item	Qty	Description	Item	Qty	Description
16	1	Base Assembly	18	1	Upright, Left
17	1	Upright, Right			

BOX 4



Item	Qty	Description	Item	Qty	Description
19	1	Side Cover, Right	21	1	Side Cover, Left
20	2	Pivot Cover			

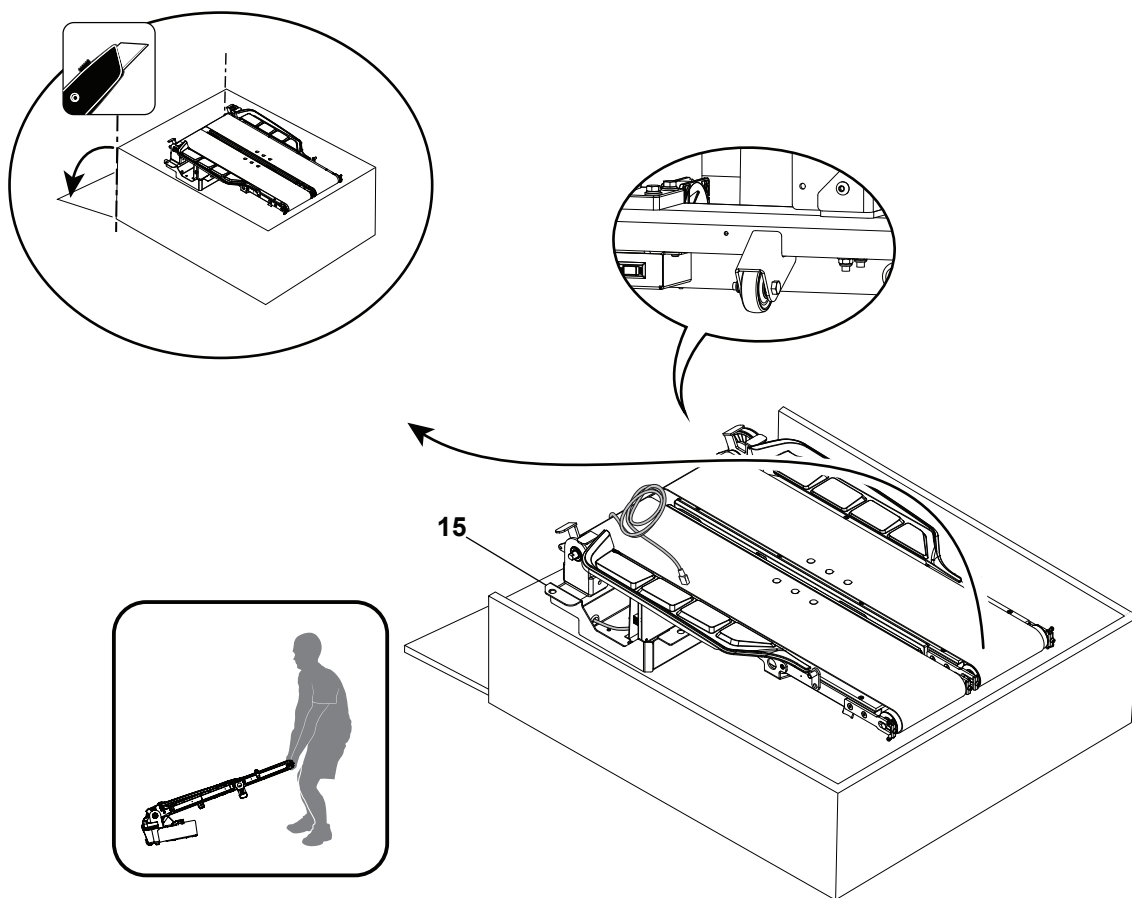


Item	Qty	Description	Item	Qty	Description
A	16	Button Head Hex Screw, M8x20	F	8	Phillips Head Screw, Self Tapping M4x16
B	20	Lock Washer, M8x14	G	4	Flat Washer, M8x24
C	4	Hex Head Screw, M8x20	H	10	Phillips Head Screw, M4x10
D	16	Flat Washer, M8x18	I	2	Spacer
E	2	Phillips Head Screw, M4x40	J	10	Flat Washer, M4x10

! 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.

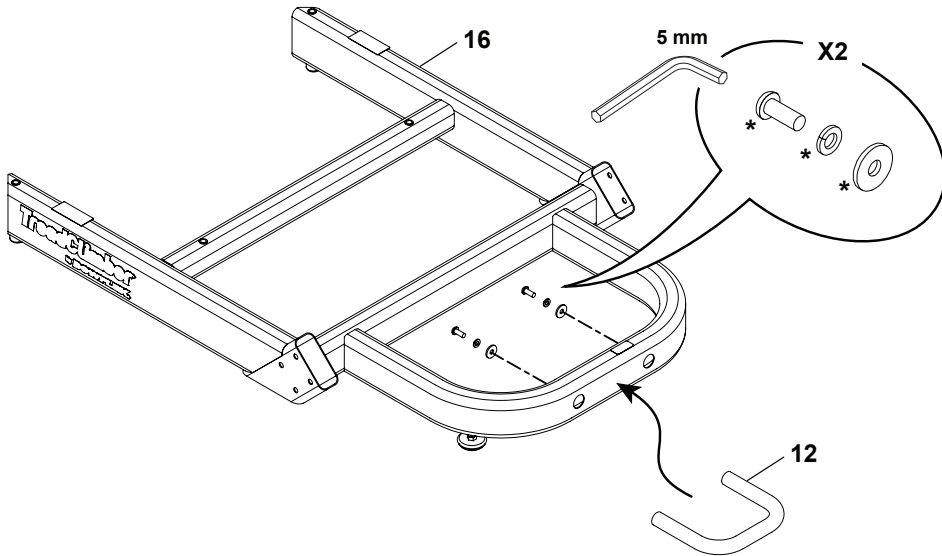
1. Cut open the end of Box 2 and move the Treadle Assembly into your new fitness area

Note: Do not cut the Shipping Zip-Tie until instructed.



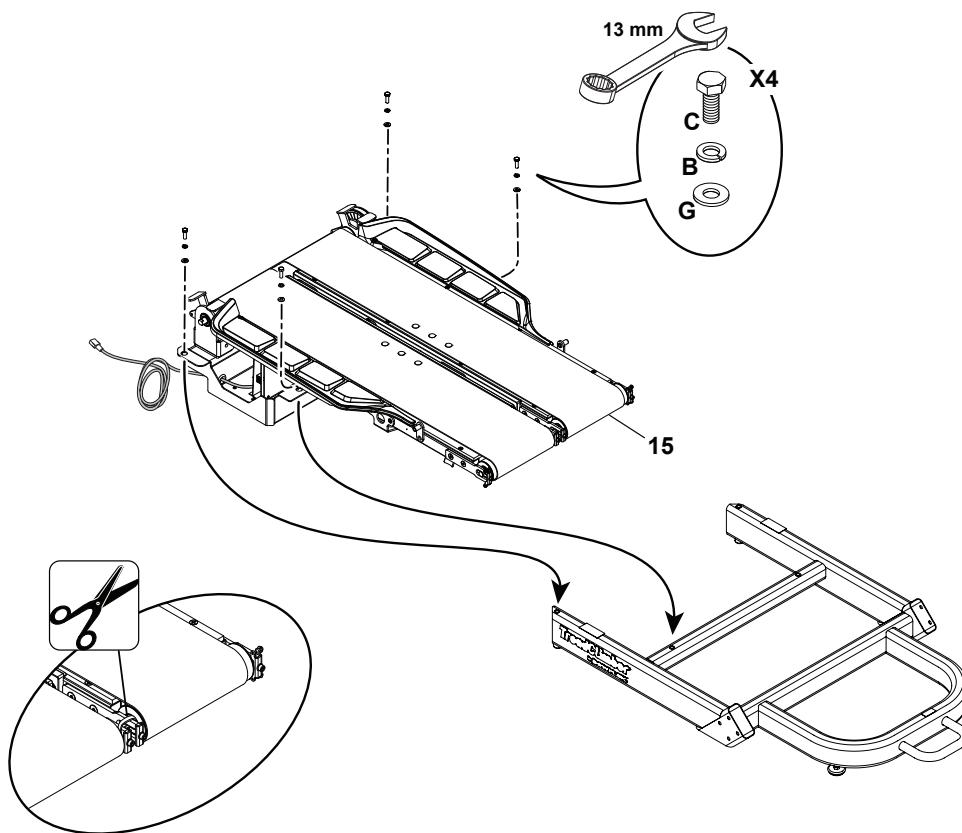
2. Attach the Transport Handle to the Base Assembly

Note: Hardware is pre-installed and not on Hardware Card (*).



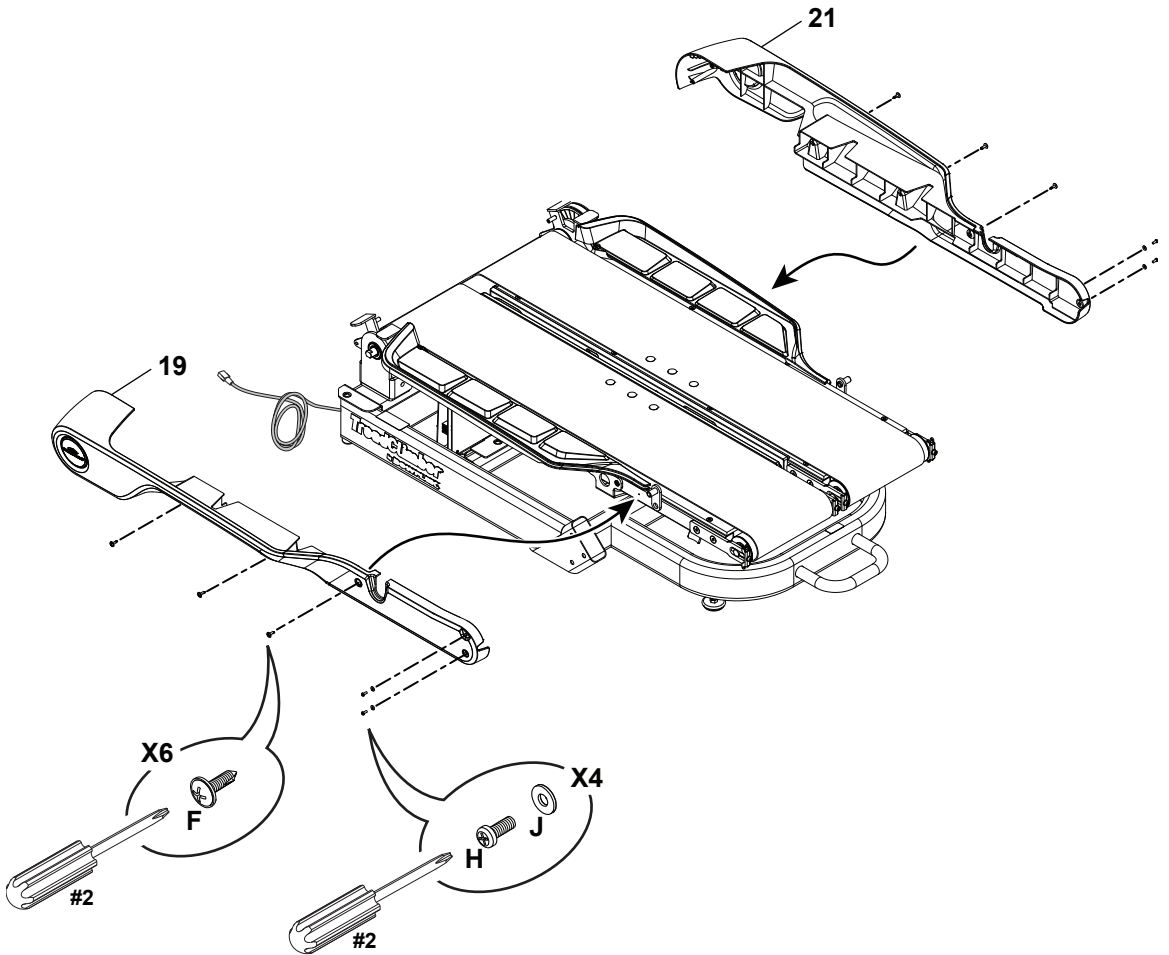
3. Attach the Treadle Assembly to the Base Assembly

Note: Do not crimp the Lower Input/ Output (I/O) Cable. Once attached, cut the Shipping Zip-Tie at the front of the Treadles.

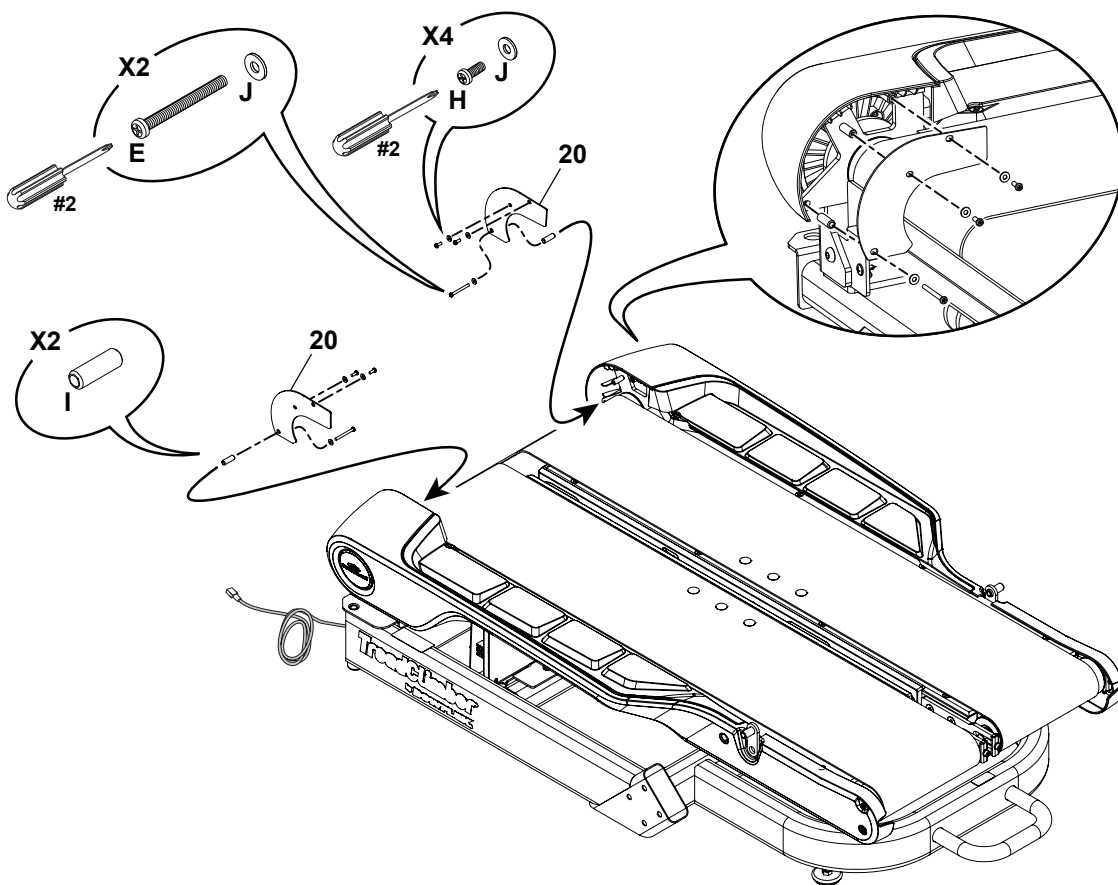


4. Attach the Side Covers to the Treadle Assembly

Note: Do not fully tighten until all hardware has been installed.

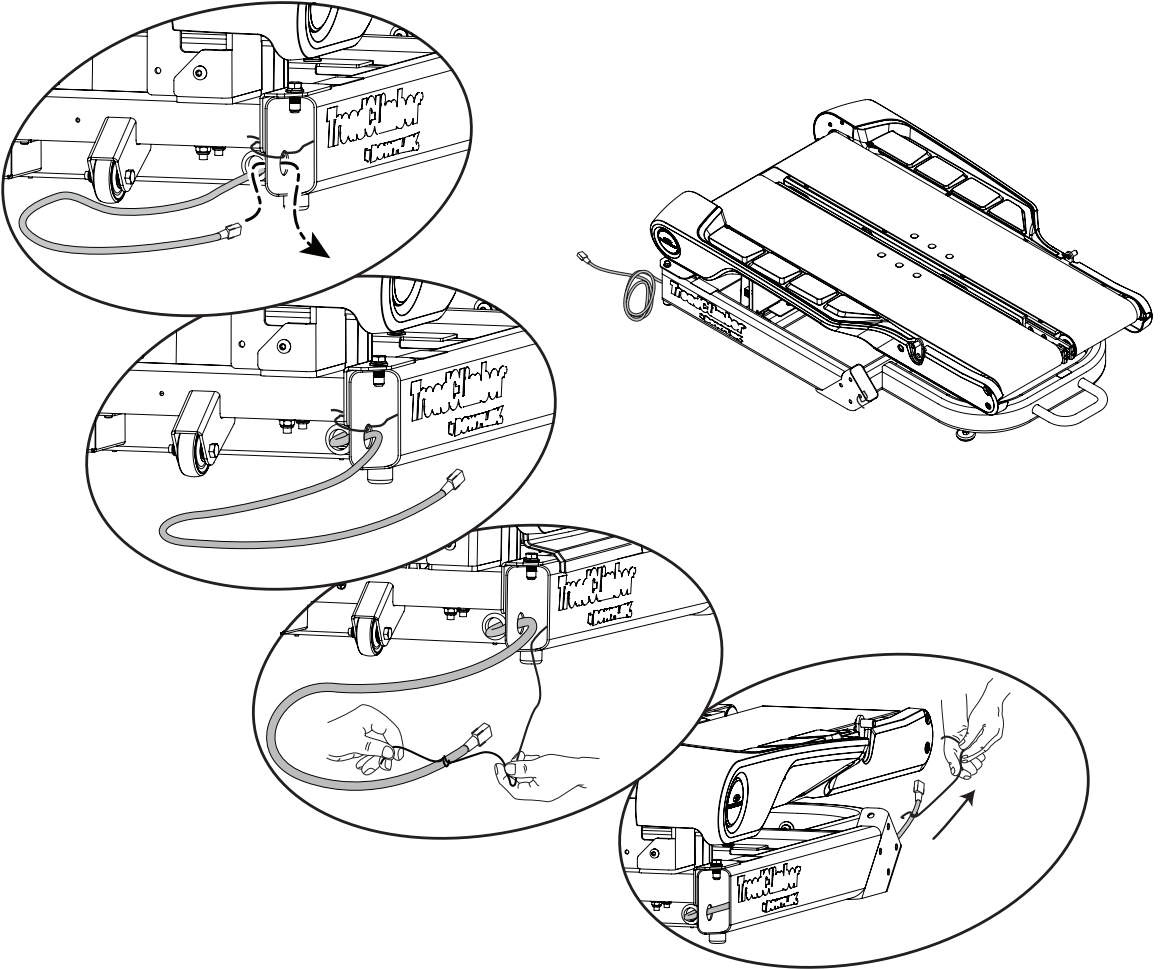


5. Attach the Pivot Covers and Spacers to the Treadle Assembly



6. Insert the Lower I/O Cable into the Base Assembly and then Route to Front.

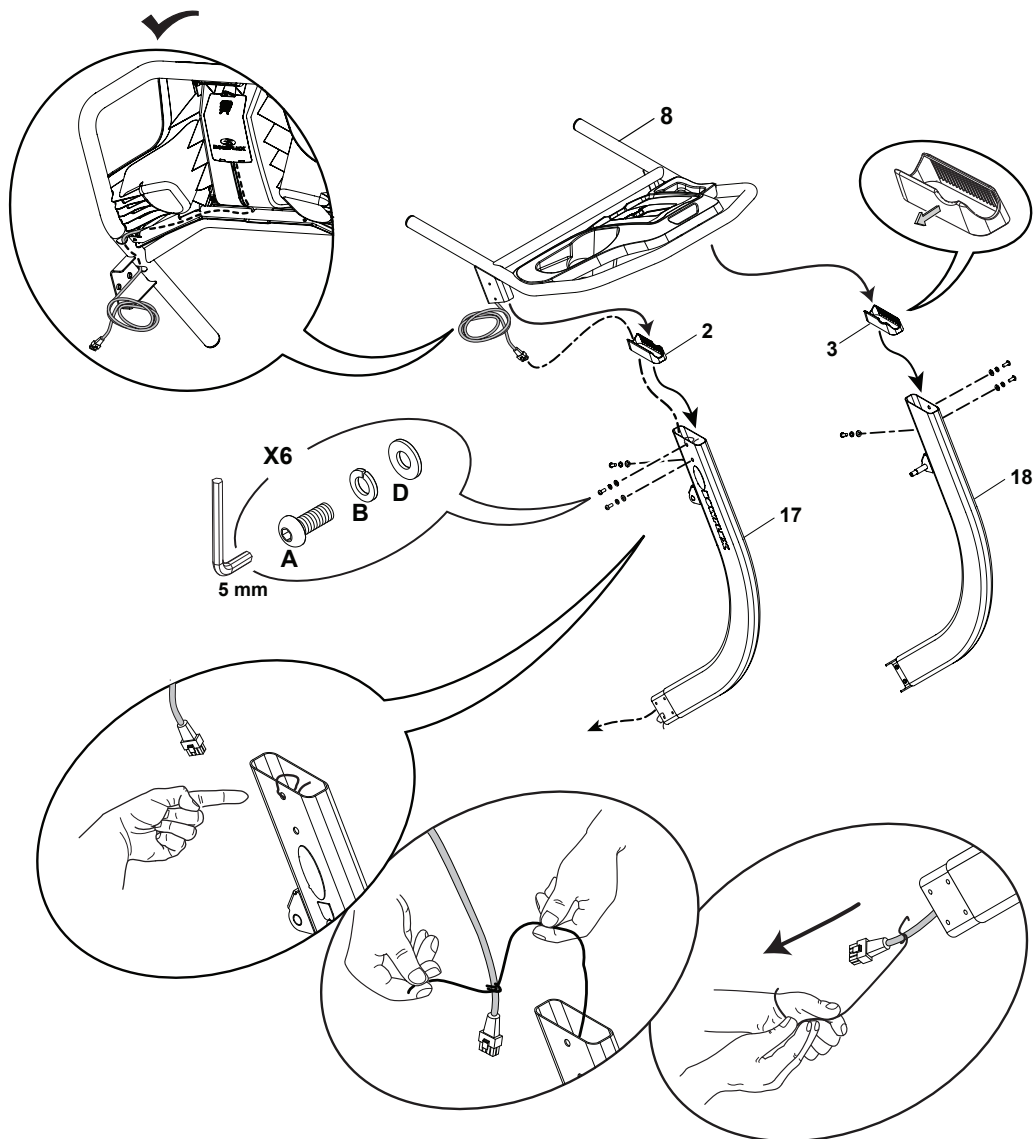
Note: Be sure to route the cable into the side opening of the Base Assembly. Do not crimp the Lower I/O Cable.



7. Attach the Junction Covers and Uprights to the Console/Handlebar Assembly

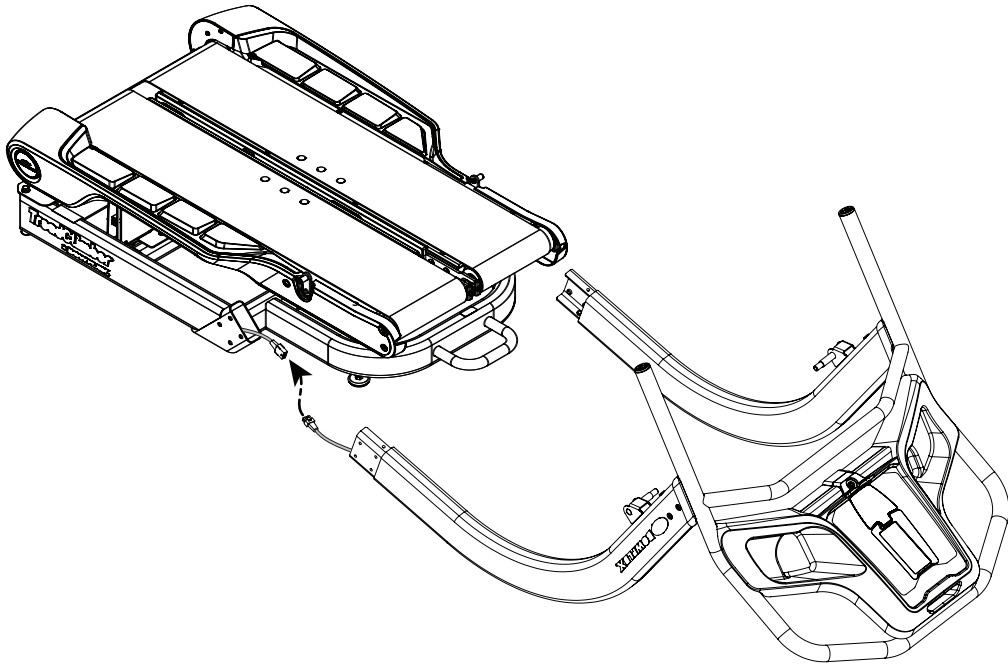
Note: Do not crimp the Console I/O Cable.

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



8. Connect the I/O Cable to the Console I/O Cable

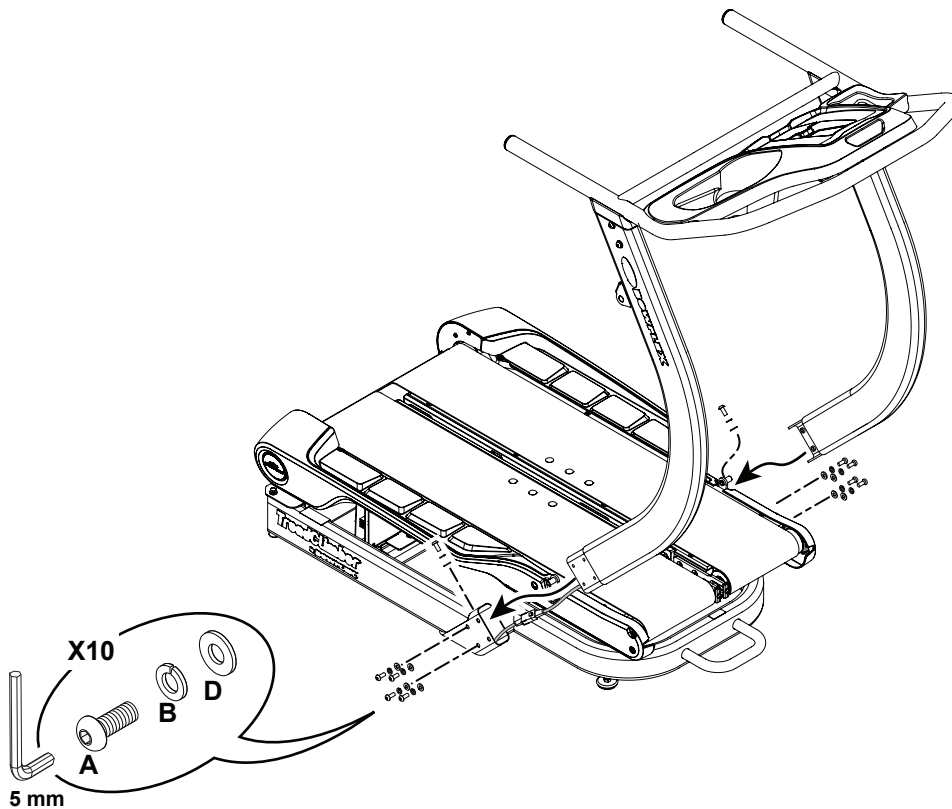
Note: Do not crimp the I/O Cable.



9. Attach the Console/Handlebar/Upright Assembly to the Base Assembly

Note: Do not crimp the I/O Cables. This step may require two people.


! 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.

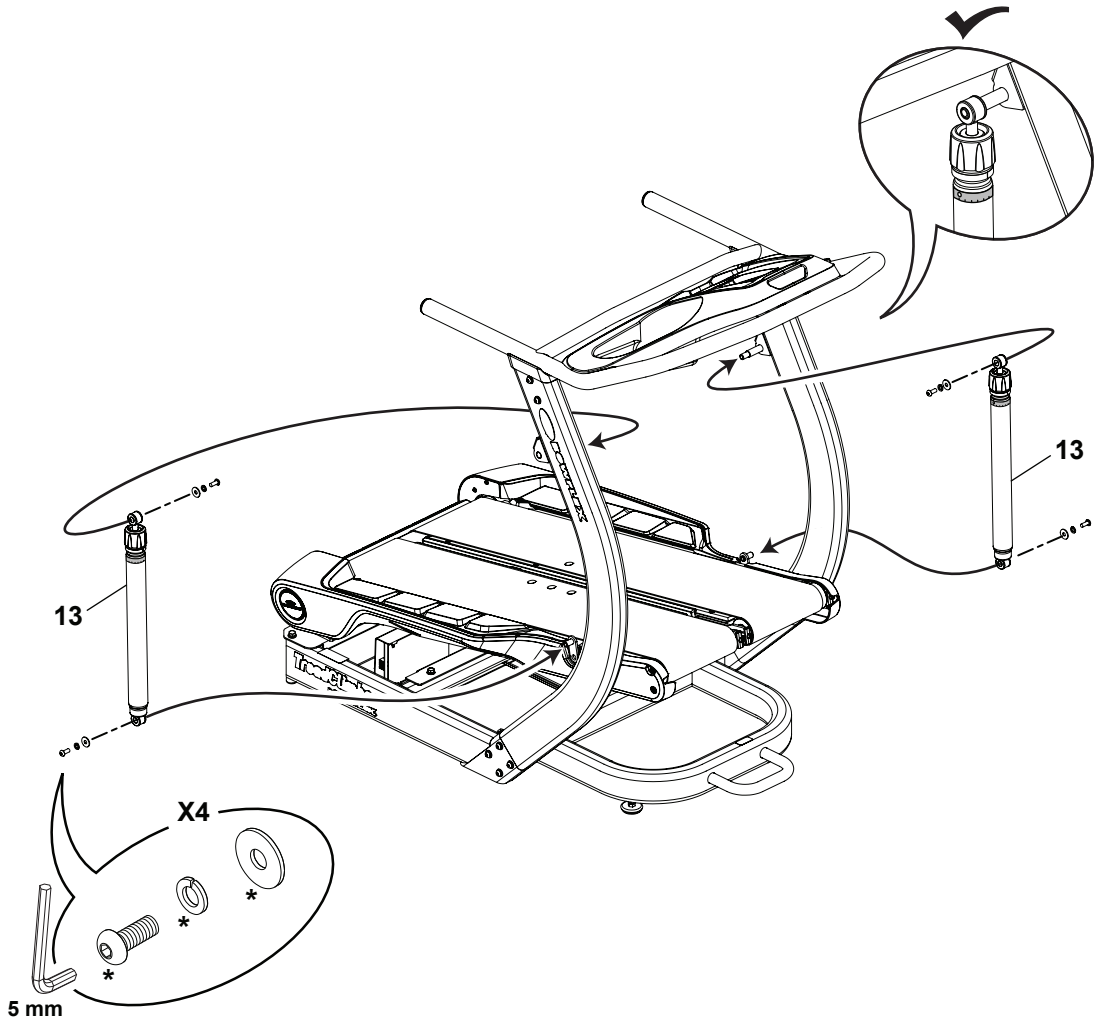


10. Attach Cylinders to Treadles and then Uprights

Note: The settings dial on the cylinders must be up, with the white arrow to the inside of the machine.
Attach to Treadles before the Uprights.

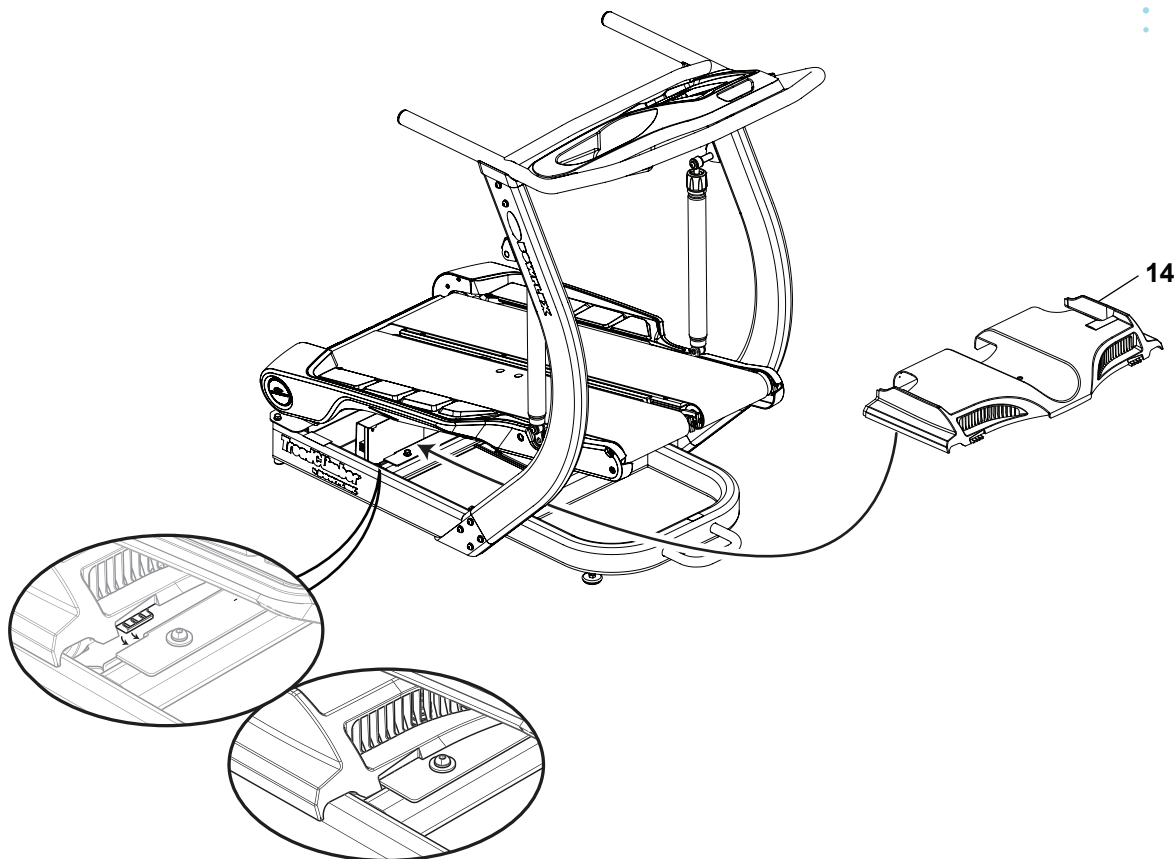
* Hardware is pre-installed and not on Hardware Card.

 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.

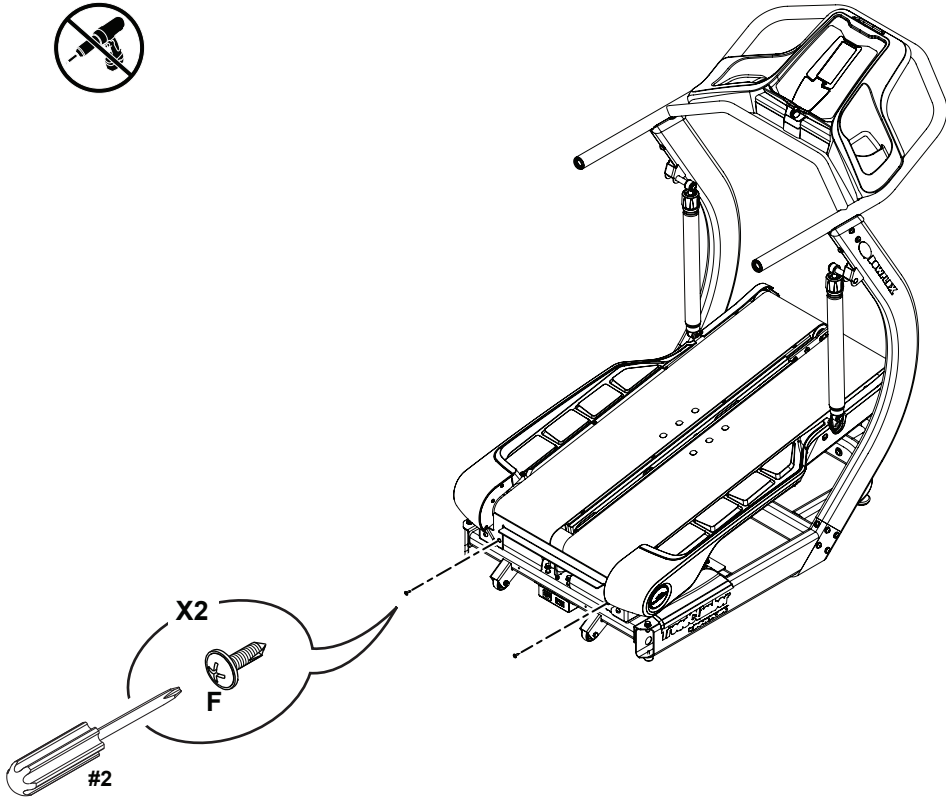


11. Attach the Motor Cover to the Base Assembly

Note: Be sure the safety tabs on the Motor Cover snap onto the Base Assembly.

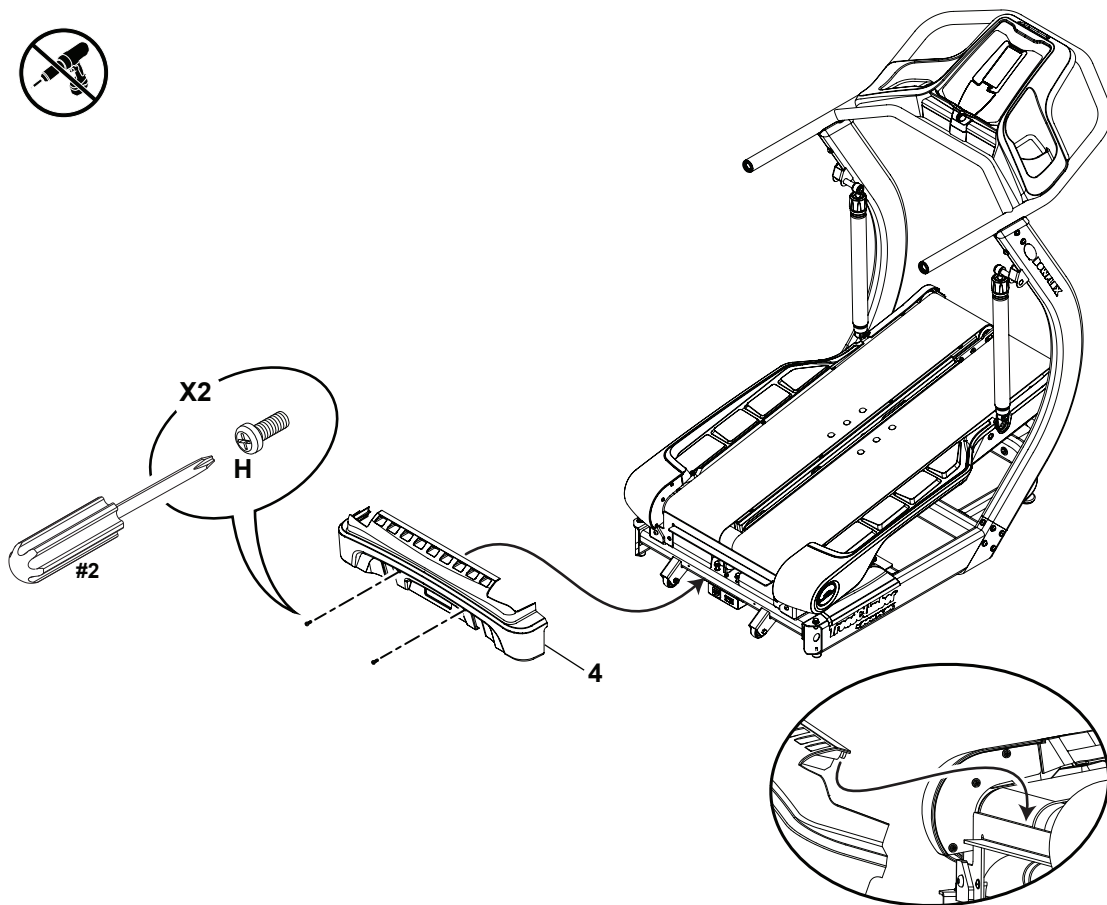


12. Secure the Motor Cover to the Base Assembly



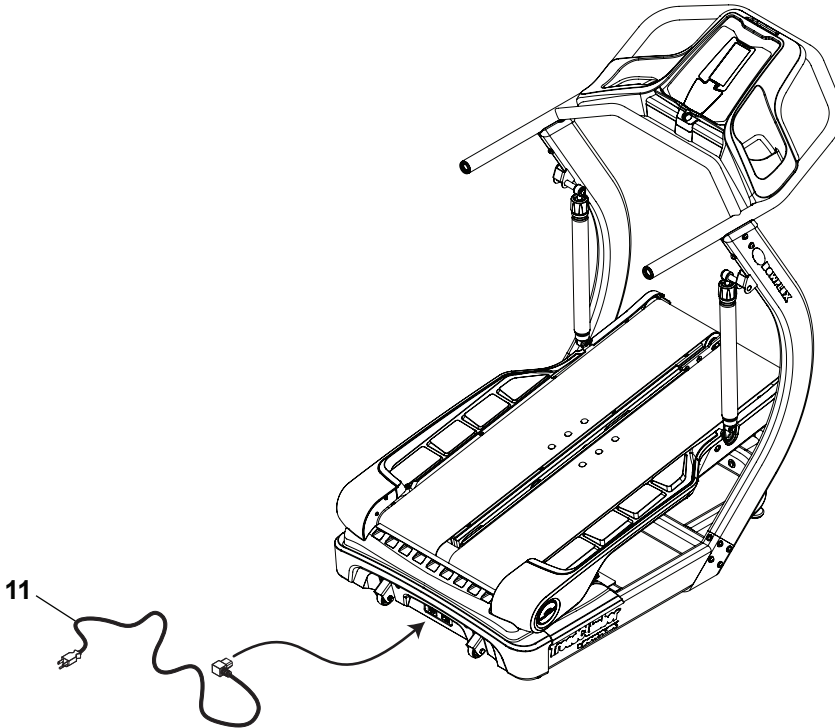
13. Attach the Rear Cover to the Treadle Assembly

Note: Be sure the safety tabs on the upper-inside of the Rear Cover snap onto the Base Assembly.



14. Connect Power Cord to Treadle Assembly

Note: The TC20 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.



15. 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 218 lbs (98.9 kg) when fully assembled and requires caution when being moved. Use the Transport Handle found under the front of the machine to move it. To get access to the Transport Handle, 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.

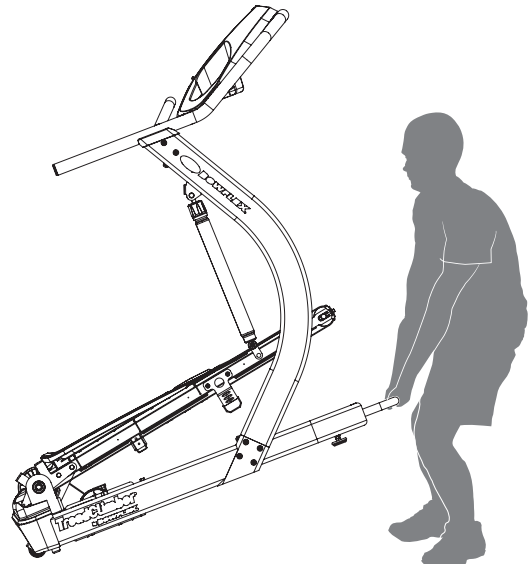


Do not use the uprights, handlebars, or the Console to lift or move the machine. Injury to you or damage to the machine can occur.

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.

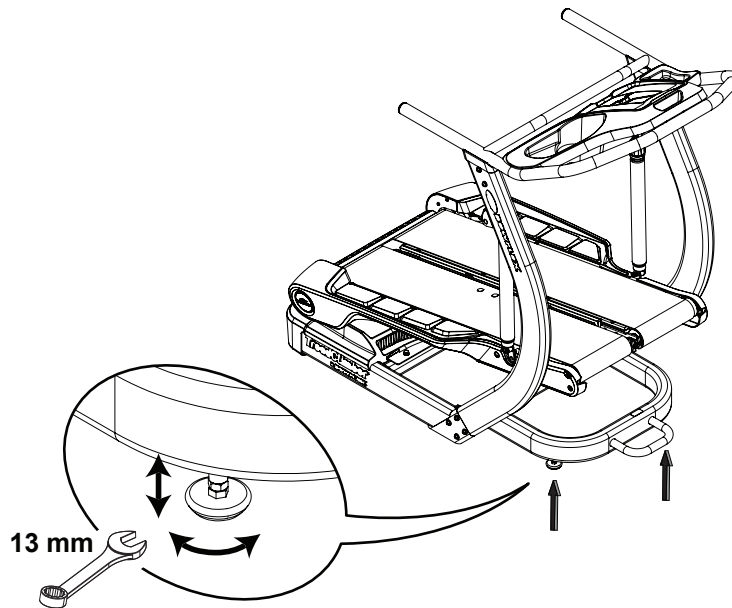


Leveling Your Machine

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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