

TreadClimber® Features



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Program Page 65 Parts. Ordering Replacement Parts Page 66 Parts If you need assistance, please have both the serial For technical assistance and a list of distributors. Page 69 Customer Service. Look no further. Assembly instructions, owners manuals and quickstart guides for Bowflex exercise machines. All Rights

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Bowflex TreadClimber TC5000 Pdf User Manuals. View online or download Bowflex TreadClimber TC5000 Assembly Manual, Assembly And Owners Manual. Bowflex TC5000 Home Gym User Manual. View and Download Bowflex TC5000 assembly manual online. Reload to refresh your session. Reload to refresh your session. It's important to understand how to tool available to help you shed pounds, increase assemble and use the machine and how to best cardiovascular efficiency, and Keep your hands on the support handlebars and stand as close to the front of the machine as is comfortable in order to remain in balance on the treadles. 11. Never convert from or into treadmill mode while the belts are in motion or the machine is powered up. Turn off power, unplug cord from wall outlet, line up the treadles, and then lock or release the treadle locking lever. 12. Neve. For example, the power cord is plugged into the incoming power plug at the back of the base. READ ALL INSTRUCTIONS BEFORE USING THE MACHINE 7!2.. Page 7 Important Safety Precautions 10. Keep your hands on the support handlebars and stand as close to the front of the machine as is comfortable in order to remain in balance on the treadles. 11. Never convert from or into treadmill mode while the belts are in motion or the machine is powered up. Turn off power, unplug cord from wall outlet, line up the treadles, and then lock or release the treadle locking lever. 12. Never adjust the Hydraulic Cylinder Workout Settings while belts are in motion. Always ATTACH the safety key clip to your clothing during your workout. It is the sole responsibility of the owner to ensure that regular maintenance is performed. Speed pickup wire from base. Speed pickup wire from left rear roller casting. Page 27 Assembly Guide Step 19 CALIBRATION PROCESS TC3000 and TC5000 only 7!2.. Failure to calibrate your machine prior to use could result in machine failure and could cause injury. Page 28 Assembly Guide 197 R elease the POWER and SLOWER buttons.

This will start the calibration procedure. 199 D uring the calibration procedure, the belts will start and stop and the displays will show various numbers that relate to calibration—DO NOT INTERRUPT CALIBRATION. 1910 W hen calibration has completed "CAL" "PASS" will show in the TIME display. Your satisfaction is guaranteed. Page 31 Warranty What Does This Warranty Cover. This warranty is extended only to the original purchaser and is not transferable or applicable to any other person. This warranty is not transferable or applicable to any person other than the original purchaser and is only applicable for products sold and used in the United States or Canada. Unauthorized tampering with or opening the unit will void the warranty. Note I f you are working out in treadmill mode, you must lock the treadles by following the locking procedure in the Locking the Treadles section in this manual. 3. Page 36 Getting Started 8. Begin your workout using the appropriate instructions for your selected workout mode. If your Workout Level or weight changes, you must remember to change your settings on the console to insure accurate calorie burn calculation. Select Your Workout Level Consult Your Physician Before Starting Any Exercise Program. Failure to do so could result in injury. Workout Level Settings are dials located at the top of the Hydraulic Cylinders. Use the dial to line up your desired level with the white arrow. Page 38 Getting Started 7!2.. When not in use, always lock the treadles and remove the Safety Key for safe storage. Note A Heart Rate Strap with a nonreplaceable battery is included. Page 41 Getting Started Information About Heart Rate Calculations Your maximum heart rate generally declines with age from about 220 Beats Per Minute BPM in childhood to about 160 BPM at age 60. This fall in heart rate is fairly linear, decreasing by approximately one BPM per year. There is no strong evidence to suggest that training influences the decline in maximum heart rate.

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It should be remembered that individuals of the same age might have quite different maximum heart rates. Standing in front of the unit you will see adjustment bolts on each end of each front roller. Page 45 Workout Instructions Determining Your Fitness Level Endurance is an important way to determine your fitness level. This assures that each belt travels at the same speed. Further, the treadles are interconnected, which provides a balanced relationship between the left and right sides during the workout to give the most cushioned effect to your joints. Page 48 Workout Instructions Starting a Treadmill Workout TC3000 and TC5000 1. Make sure you have locked the treadles, following the guidelines in the Locking the Treadles section in this manual. 2. Push POWER to turn on the Console. Page 51 Workout Instructions 6. Press FASTER to start the belts. Starting belt speed is 0.7 MPH 1.1 KPH. Note Belts may take two to three seconds to start. 7. Once the belts have started, you may step onto the treadles at any time. Page 54 Fast Fat Loss Now. Introduction control the number and quality of calories you consume and drink plenty of icecold water. Page 56 Body Leanness Program Eating Guidelines You will be following a reducedcalorie nutrition program which is divided into three twoweek segments. The program is a proven method for achieving maximum fat loss over a sixweek period. It consists of a carbohydraterich, descendingcalorie eating plan and a superhydration routine. Follow a CarbohydrateRich, DescendingCalorie Eating Plan Approximately 60 percent of your daily calories should be from carbohydrates. For best results, follow them exactly. Every attempt has been made to utilize current popular brand names and accurate calorie counts, which are listed in the menus. But, as you probably realize, products are sometimes changed or discontinued. Page 60 Body Leanness Program Shopping List Quantities for listed items will depend on your specific selections.

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Review your choices and adjust the shopping list accordingly. It may be helpful for you to photocopy this list each week before doing your shopping. What should I do A. Your headaches may be caused by going longer than three hours between meals or snacks. Try spacing your meals and snacks where there are fewer hours between them. Some people who are used to drinking regular coffee with caffeine notice headaches when they stop consuming coffee for several days. If this is the case with you, you might want to ease off the coffee more gradually. Q. Page 62 Body Leanness Program Q. I'm a 40yearold woman with a teenage son and daughter. My husband and I both want to lose 10 pounds and the children would also like to lose some weight. Can I put the whole family on the program A. It would be great if you could, but you cannot. The number of calories per day is the problem. Teenagers require significantly more calories each day than 1500, which is the highest level. Contact them at 1800NAUTILUS 18006288458. For technical assistance and a list of distributors in your area, please call or fax one of the following numbers. Nautilus, Inc., World Headquarters, 16400 S.E. Nautilus Drive, Vancouver, Washington, USA 98683. TreadClimber, Bowflex, and the Bowflex Logo are either registered trademarks or trademarks of Nautilus, Inc. All marks not listed above are either registered trademarks or trademarks of their respective companies. These documentations are only intended for qualified technicians who are aware of the respective safety regulations. Products names, logos, brands and other trademarks are the property of their respective trademark holders in the USA and other countries. Bowflex TreadClimber TC5000 Owner's Manual. Click here to check out our Parts Department! Maintenance on the Bowflex TC5000. Walking Belt Alignment on the TreadClimber TC5000. Heim Joint inspection and alignment on TC5000. Troubleshooting the Bowflex TreadClimber TC5000.

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Operating the TreadClimber TC5000. How to lubricate the Bowflex TreadClimber. Learn how to use TreadClimber TC5000 console. The Bowflex TreadClimber TC5000 features many advanced exercising options such as time display, distance display, calorie display, speed display and may others. View or print the Bowflex TreadClimber TC5000 manual and learn more about your

TreadClimber or troubleshoot problems. Continue Reading Click here to check out our Parts Department. And by having access to our ebooks online or by storing it on your computer, you have convenient answers with Bowflex Treadclimber Tc1000 Manual. To get started finding Bowflex Treadclimber Tc1000 Manual, you are right to find our website which has a comprehensive collection of manuals listed. Our library is the biggest of these that have literally hundreds of thousands of different products represented. I get my most wanted eBook Many thanks If there is a survey it only takes 5 minutes, try any survey which works for you. We offer reprints of the original Service Manuals BowFlex Treadclimber Service Manual TC1000 TC3000 TC5000 Will work on the following models; TC 1000 TC 3000 TC 5000 By submitting your email address you are also requesting and agreeing to be subscribed to our email newsletter to which you may unsubscribe at any time. Subscribers also get many unadvertised bonus gifts. Any other Trademarks used in the Site are trademarks of their respective owners. Prices and quantities are subject to change. Treadmillpartszone.com is not responsible for typographical errors. All prices listed do not include shipping and handling. When I try to fold the unit, the bolt does not fit in the catch its too high to slip into the notch.I think its because I can only get the incline down to 1.0. Is there a way to reboot the syste. Please check your inbox, and if you can't find it, check your spam folder to make sure it didnt end up there. Please also check your spam folder. Be alert! Your safety is involved!

It's important to understand how to assemble and use the machine and how to best perform each exercise before you actually do so. Everyone at Nautilus, Inc.To get the best results and keep your machine in peak operating condition, carefully read and follow the guidelines presented in this manual. A short 14 gauge, 3 wire extension cord is permissible. Children's access to the equipment should therefore be controlled, and they should be instructed about the potential for personal injury and damage if they play with the equipment Inoperable components should be replaced immediately or the equipment taken out of use until it is repaired. Do not stand on the Plastic Frame or Drive Covers but always step directly onto the Side Foot Support Platforms. Never step onto the treadles at a high belt speed. Start your workout slowly and gradually increase to your desired workout speed. Turn off power, unplug cord from wall outlet, line up the treadles, and then lock or release the treadle locking lever. Extra care must be taken when disabled persons or pets are nearby. To do so could result in injury. Before children are allowed to use the equipment, their mental and physical development should be taken into account through consultation with their doctor, who must approve any exercise program before a child attempts it. Children should be controlled and instructed on the correct use of the equipment. Keep all cords away from heated surfaces. Take care to avoid stepping on the power plug. Check cord and plug placement before beginning your workout. Doing so could cause injury to you or damage the machine. Always read and follow the Warning and Safety labels. Do not remove these labels. If at any time the warning labels become loose, unreadable or dislodged, replacements are available by calling a Nautilus Representative. In some cases, an assistant is required to perform the necessary tasks.Your new machine will require minor assembly.

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Refer to the Assembly Guide section of this manual for details. Be sure to dust the exposed part of the deck on either side of the walking belts and also the side rails. Be careful to keep liquid away from inside the base frame and beneath the belts. Let the belts run for approximately 15 seconds. We also recommend a periodic inspection of the Wipe off any excess oil from the machine surfaces. The salt in perspiration can damage the unpainted surfaces. Adjust the belt tension if necessary. No fractions of, or partial hours will be displayed. Repeat removing and reinserting the SAFETY KEY to view the display again. Failure to follow precautions could result in physical injury to you, or damage to the machine, or both. An easy way to remember this is by remembering the expression, "Lefty loosey, righty tighty.". You may find the use of a utility knife or scissors beneficial during the

unpacking and assembly process. 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. As this is a considerable amount of force, it is highly Slowly lower treadle assembly onto base. Make sure teeter mechanism passes freely through hole in the center of base see Figure 13. Carefully align roller casting so it lays flush on the base see Figure 14. For TC3000 and TC5000 models verify that the step sensor is properly aligned see Figure 13. This will have the pulley side up and expose underneath side of unit see Figure 31. If not fully engaged the treadles may unlock during workout. Make sure the cylinder Firmly connect the electrical cable at the bottom of the right upright support to the cable on the right side of the base upright bracket see Figure 83. Used Like New Please try again. Please try again. Please choose a different delivery location. In order to navigate out of this carousel please use your heading shortcut key to navigate to the next or previous heading.

In order to navigate out of this carousel please use your heading shortcut key to navigate to the next or previous heading. Register a free business account Please try your search again later. The TreadClimber TC5000 has twelve 12 intensity settings make it easy to tailor your workout specifically to your fitness and comfort level from beginner to elite athlete with speeds that adjust from 0.7 to 4.0 mph. Fully integrated electronics, including a wireless heart rate monitor, enable you to monitor every vital aspect of your workout and achieve maximum results. Eight 8 state of heart electronic functions monitor every aspect of your workout, including Speed, Time, Distance, Calories Burned, Calories Per Minute and Total Steps. A Climb Indicator displays every 100 feet of elevation gain. Calorie burn calculations are based on body weight and intensity inputs in addition to distance and speed for greater accuracy. This machine also includes a powerful commercial grade motor for years of trouble free use. Similar in function to a treadmill, this low impact machine is engineered to burn fat without pounding your joints. It has unique dual treadles rather than a single belt area surface that rise up to cushion each step. This design eliminates the jarring impact of hard, flat surfaces and reduces the joint and muscle strain that can be part of other workout machines. It has twelve intensity settings to tailor your workout specifically to your fitness and comfort level while six electronic functions allow you to track your speed, time, distance, calories burned, calories per minute, and total steps taken during your workout. Five LCD readout windows allow you to see all vital workout stats easily. Large footboards alongside the tread belts make starting or stopping exercise safe and easy. The speed of the TC5000 adjusts from 0.7 to 4.0 miles per hour for a casual stroll to serious power walking. A wireless chest strap is included to monitor your heart rate while working out.

The TC5000 features an LCD screen display to track your speed, distance, total steps, time, calories per minute, total calories, climb indicator, and heart rate. Bowflex Treadclimber TC5000 cardio machine, chest strap monitor, users manual, warranty information Manufacturers Warranty Motor 5 years; parts 3 years; electronics 3 years; hydraulics 2 years Amazon calculates a product's star ratings based on a machine learned model instead of a raw data average. The model takes into account factors including the age of a rating, whether the ratings are from verified purchasers, and factors that establish reviewer trustworthiness. Please try again later. Jean Nidosik 1.0 out of 5 stars I called the company and was told its the nature of the beast. The construction is very poor so I returned it. The newer models arent as good as this one. I really like it and wish I had gotten it a long time ago. I didnt know until we put it together that you can use it in treadclimber mode or as a treadmill or as a stair stepper. My only complaint is the directions to assemble are about the worst of anything Ive ever bought. And other than being over priced, I am happy with it. Have not been able to use it yet. Having to have a technician to come out and add new parts. The troddles gets stuck and do not go up and down the way it should. Big mistake in buying this one!!! Basically they confused my details with someone elses and didnt bother to contact me until i withdrew my payment and then it was nearly three or four times a week. Now that they have their payment again theres not a word from them despite the fact that I asked them to send me on instructions to show how to

repair it. MYSELF. The machine itself is okay, don't think there's much of a workout after you get to a certain fitness level, better off with a treadmill. When the treads are in treadclimbing mode, there is a clunk that is uncomfortable. The speed will increase and decrease without me doing anything.

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Be sure that all warning stickers and instructional placards applied to the product stay present and in goodIf necessary request replacement warningDo not try to change the design or functionality of the machine being serviced as this can adversely affect userDo not use the machine until all shrouds, instructions, warning labels and correct functionality have beenNautilus, Inc. All rights reserved.Other trademarks are the property of their respective owners.Important Safety Instructions. Safety Warning Labels and Serial Number. Make sure that you have the serial number when you contact Customer Service. Newer models have the serial number onSafety labels. Serial numberOlderTurn off and Lock out power before servicing.Lock out power before servicing.Important Safety Instructions. Emergency Stop Procedures. If the Safety. To prevent unsupervised operation of the machine, always remove the Safety Key andAlways attach the Safety Key clip to your clothing during your workout.Be sure to remove the Safety Key for safe storage when not in operation.Safety Key with Clip. Product Specifications. Physical Dimensions. Length. Width. Height. Assembled Weight. Shipping WeightSystem Capacities. Maximum Weight Capacity. SpeedTreadmill Incline. Workout Resistance Levels. Warranty Length. Component Specifications. Belt. Motor. Frame. Operational Voltage. Operational CurrentSee the Warranty sheet for full information per machine type.Powdercoated steelRegulatory Approvals MarksUL 1647, 3rd Ed. and MotorOperated AppliancesUse the instructions below to determine the TreadClimber version. Do the following test to check to determine the machine versionRemove your foot.Moving and StorageThere are two lift handles on the back of the base and two wheelsFailure to followRear Lift Handles. Do not use the uprights, arms, or console to lift or move the. Doing so can cause physical injury toMaintenance. Read all maintenance instructions fully before you start any repair work.

In some conditions, an assistant isThe safety and integrity designed into a machine can only be maintained when the equipment is regularlyIt is the sole responsibility of the owner to ensure that

regular maintenance isWorn or damaged componentsThis product, its packaging, and components contain chemicals known to the State of California to cause cancer,This Notice is provided in accordance with California's Proposition 65. If youHelpful HintsInitial Service. Use a soft, clean towel to wipe off dust. Accessories. The rubber mat will. The mat protects floors from scratches and perspiration and it gives workout areas aCleaning. Keep the unitBe sure to dust the exposed part of the deck on either side of the Walking Belts and the side rails. Clean the top of the belt with a clean cloth lightly dampened with warm water and a small amount of mild soap. WipeBe careful to keep liquid away from inside the base frame and beneath the belts.Be sure to keep the Console free ofDo not use the machine until the Walking Belts are dry.Maintenance. Walking Belt and Deck Lubrication. Belt friction mayW A R NtheI NTreadClimberA T Tlubricant. E N T Idirectly. O N onto the treadle beneath each belt. Gently lift each side of the belt and apply a few drops of theAlways use a siliconebased lubricant. IMMEDIATEexercise. ACTION machineLet the belts run for approximately 15We also recommend a periodicWipe off any excess oilUse the following timetable as a guide to lubricate the decks. We recommend that you use the followingMaintenance.

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