

BowFlex Treadmill 7 - CHECK FIRMWARE VERSION

ID: 13530.1

"Procedure 2"

Applicable for the Treadmill 7 only

Follow these steps to check the firmware version

1. Tap on the upper-right corner of the Console Display 10 times. The Console will display the "**Advanced User Actions**" menu.
2. From the "**Advanced User Actions**" menu, tap the **INDIVIDUAL TESTS** button. The Console will display a list of tests.
3. Tap on **TEST-CONSOLE_VERSION**. The Console will display the Firmware Version.
4. Record the Console Firmware Version as shown.
5. Tap **EXIT** in the upper-right corner of the Display to exit.

Need additional assistance?

1 Customer Care Contact Information

Please contact Customer Care at [1-800-605-3369](tel:1-800-605-3369) for additional help or to order replacement parts. Some replacement parts may also be available for purchase [online here](#). A list of part numbers referenced within this guide can be located at the bottom of this page.

Customer Care - Hours of Operation:

Monday - Friday 6:00am - 5:00pm PST

The replacement part will be provided to you at no cost assuming your machine meets the warranty eligibility requirements. A Customer Care Agent will be able to assess your current warranty eligibility and provide you with your options.

Please note that if you did not purchase your machine directly from BowFlex, Schwinn, or Nautilus, we will need a copy of your purchase receipt in order to register your machine for warranty.

2 Contact Tech Team / Advanced Troubleshooting (TM/TC)

If the issue was not resolved in the steps listed, contact the Tech Team or send an Advanced Troubleshooting case.

Submit a Case with case type Advanced Troubleshooting

Use these procedures as needed to gather more information to create the case:

[Results Series Treadmills Procedures](#)

[Treadmill 7 Procedures](#)

[Treadmill 10 Procedures](#)

[Treadmill 22 Procedures](#)

[MY14/17 Treadmill Procedures](#)