1

Thank You

for choosing the Bowflex® TC200

Need help?
www.TreadClimber.com/howto

2

Read and understand all warnings on the machine and the complete manual.

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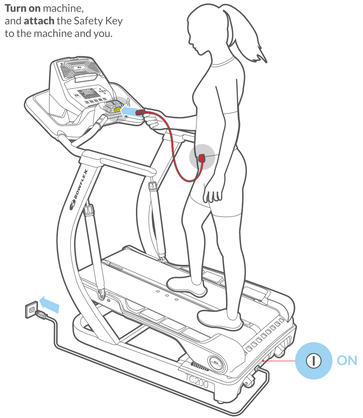
3

Start your workout

1

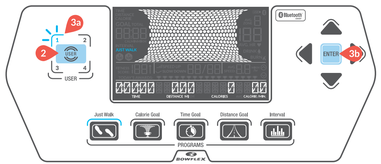
Turn on machine, and **attach** the Safety Key to the machine and you.



4

2

Push the User button to select a user.



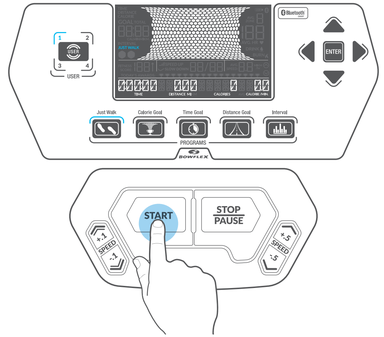
3

Push and hold the User button to customize your profile, then **push** Enter to confirm.

5

4

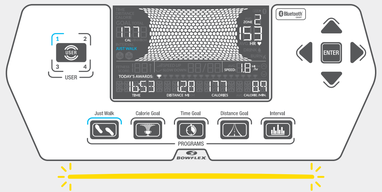
Push the Start button to **begin** your workout!



6

Heart Rate Zone Indicator Light

When a heart rate value is supplied by Remote Heart Rate Monitor or Contact Heart Rate Sensors, the Heart Rate Zone Indicator Light conveys the current heart rate zone.



Setup	
Workout	(no data)-49% max
Warm up (zone 1)	50-59% max
Fat burn (zone 2)	60-69% max
Cardio (zone 3)	70-79% max
Performance (zone 4)	≥ 80% max

NAUTILUS | BOWFLEX | SCHWINN | Universal

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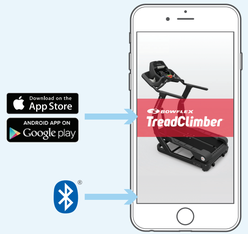
Track your progress

1

Download the free TreadClimber App.



2

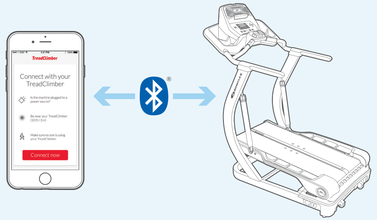
Enable the Bluetooth® wireless feature on your smart device.

3

Turn on the machine.
Do not use machine while pairing.

4

Open the App and **follow** the instructions to sync your device and machine.



5

Learn more:
www.TreadClimber.com/howto

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BOWFLEX TreadClimber TC200

QUICK START GUIDE