

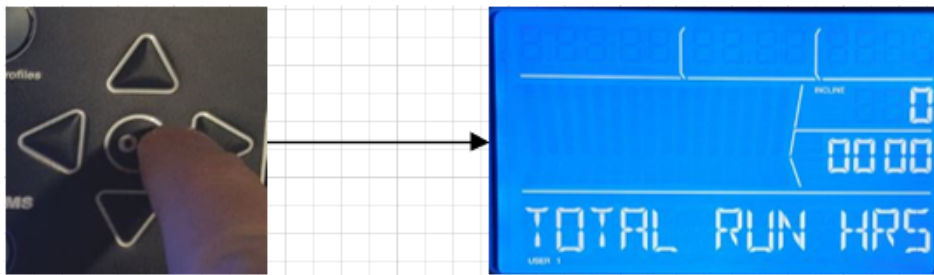
# BXT8J Treadmill: CHECK FIRMWARE VERSION

## "Procedure 2" BowFlex BXT8J

1. From the **WELCOME** screen, hold down the **PAUSE/STOP** button and **RIGHT** arrow button together for 3 seconds to enter **Console Setup** mode. Console will beep and display the **DATE**.



2. Repeatedly push the **OK** button until the Console displays **TOTAL RUN HOURS**. Record the numbers shown for troubleshooting.



3. Hold down the **PAUSE/STOP** button and **RIGHT** arrow button together for 3 seconds



4. The **Console Firmware** version is displayed. Record the last three digits (letter and two numbers) for troubleshooting.



5. Push the **PAUSE/STOP** button to return to **WELCOME** screen.



Categories :

**Root / Self Service Troubleshooting / BowFlex / Treadmills / BXT8J**  
**Root / \*NEW\* Troubleshooting Format / Treadmills / BXT8J**

Valid from :

Valid until :