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NOTICE: This document provides important safety instructions, adjustments, and general troubleshooting information for the maintenance of the Bowflex™ Treadmill 10 / Treadmill 25.


If you need assistance, please contact Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: www.nautilusinternational.com

 **This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Read and understand all Warnings on this machine.**

Nautilus, Inc., www.NautilusInc.com, 5415 Centerpoint Parkway, Groveport, OH 43125 U.S.A. - Customer Service: North America (800) 605-3369, csnls@nautilus.com | outside U.S. www.nautilusinternational.com | Printed in China | © 2021 Nautilus, Inc. | Bowflex and the B logo are trademarks owned or licensed by Nautilus, Inc., registered or otherwise protected by common law in the United States and other nations. Google™, WD-40®, and Lube-N-Walk® are trademarks of their respective owners. App Store is a service mark of Apple Inc. The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc., and any use of such marks by Nautilus, Inc. is under license. | **ORIGINAL DOCUMENT - ENGLISH VERSION ONLY**

Important Safety Instructions - Before servicing or using this equipment, obey the following warnings:

 **This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Read and understand all Warnings on this machine.**

 **DANGER** To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.

- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders, children and pets away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- If replacement parts are necessary, use only genuine Nautilus replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If at any time the Warning labels become loose, unreadable or dislodged, replace the labels. If purchased in US/Canada, contact Customer Service for replacement labels. If purchased outside US/Canada, contact your local distributor for them.
- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety and will void the warranty.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

• SAVE THESE INSTRUCTIONS.

SAFETY WARNING LABELS AND SERIAL NUMBER

CAUTION

Risk of Injury to Persons - To Avoid injury, use extreme caution when stepping onto or off of a moving belt. Read instruction manual before using.

WARNING!

- Injury or death is possible if caution is not used while using this machine.
- Keep children and pets away.
- Read and follow all warnings on this machine.
- Refer to the Owner's Manual for additional warnings and safety information.
- The heart rate displayed is an approximation and should be used for reference only.
- Not intended for use by anyone under 14 years of age.
- The maximum user weight for this machine is 400 lbs (181 kg).
- Consult a physician prior to using any exercise equipment.
- Cease exercising if you feel faint or dizzy.
- Keep body, clothing, and fitness accessories clear of all moving parts.
- Inspect the equipment before use. Do not use if equipment appears damaged or inoperable.
- REMOVE SAFETY KEY WHEN NOT IN USE, AND STORE OUT OF REACH OF CHILDREN.

(This label is only available on the Bowflex™ Treadmill 10 machine in English and French Canadian.)



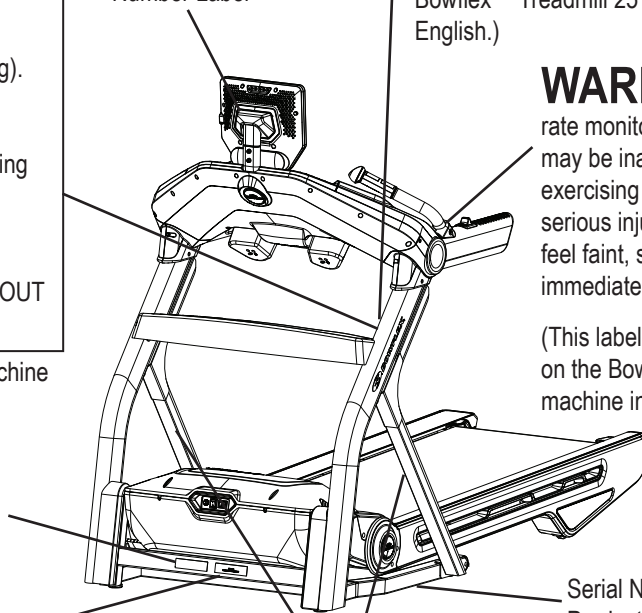
WARNING! Keep young children away from this machine at all times. Contact with the moving surface may result in severe friction burns.

(This label is only available on the Bowflex™ Treadmill 25 machine in English.)

WARNING! Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint, stop exercising immediately.

(This label is only available on the Bowflex™ Treadmill 25 machine in English.)

Console Serial Number Label



Serial Number and Product Specification



WARNING!

- HAZARDOUS VOLTAGE.
- Contact may cause electrical shock or burn.
 - Turn off and lock out power before servicing.



WARNING!

- Moving parts can crush and cut.
- Keep guards in place.
- Lock out power before servicing.

(These labels are only available in English and French Canadian.)



WARNING!

Keep hands and feet away.

(This label is only available in English and French Canadian.)

SPECIFICATIONS

Power Requirements:	120V	220V
Operational Voltage:	110-127V AC, 60Hz	220V - 240V AC, 50Hz
Operating Current:	15 A	8 A

Heart Rate Armband: 1 Lithium Polymer battery (not replaceable)

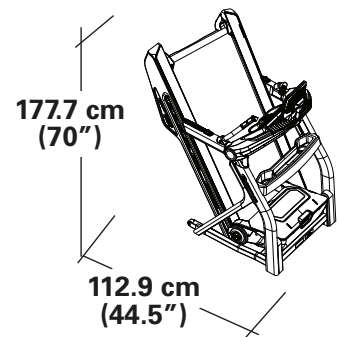
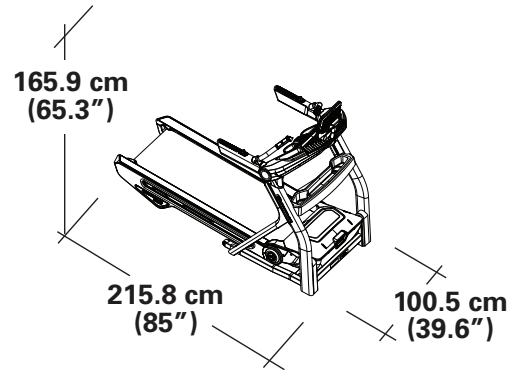
Maximum User Weight:	181 kg (400 lbs)
Total Surface Area (footprint) of equipment:	21688 cm ²
Maximum Inclined Deck Height:	46.2 cm (18.2 inches)
Machine Weight:	approx. 146.5 kg (323 lbs)

Sound Emission: Less than 70 db average without load. Noise emission under load is higher than without load.

This product complies with the European Radio Equipment Directive 2014/53/ EU



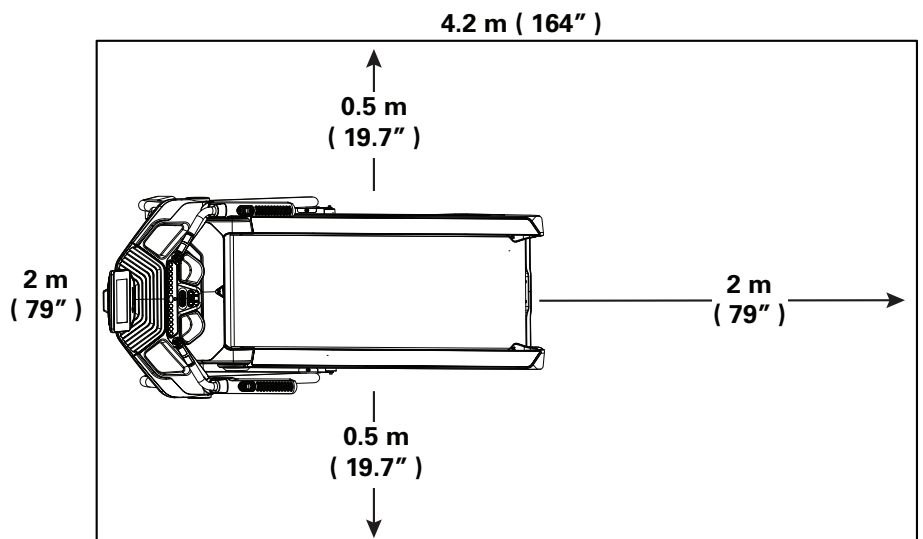
DO NOT dispose of this product as refuse. This product is to be recycled. For proper disposal of this product, please follow the prescribed methods at an approved waste center.



For safe operation, the location must be on a hard, level surface. Allow a minimum workout area of 200.5 cm x 416 cm (79" x 164"). Be sure that the workout space you are utilizing has adequate height clearance, taking into consideration the height of the user and the maximum incline of the machine.

Machine Mat

The Bowflex™ 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 errors. If possible, put your Bowflex™ Machine Mat in your selected workout area before you begin assembly.



To order the optional machine mat, contact Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada).

Grounding Instructions (for a 120V AC system)

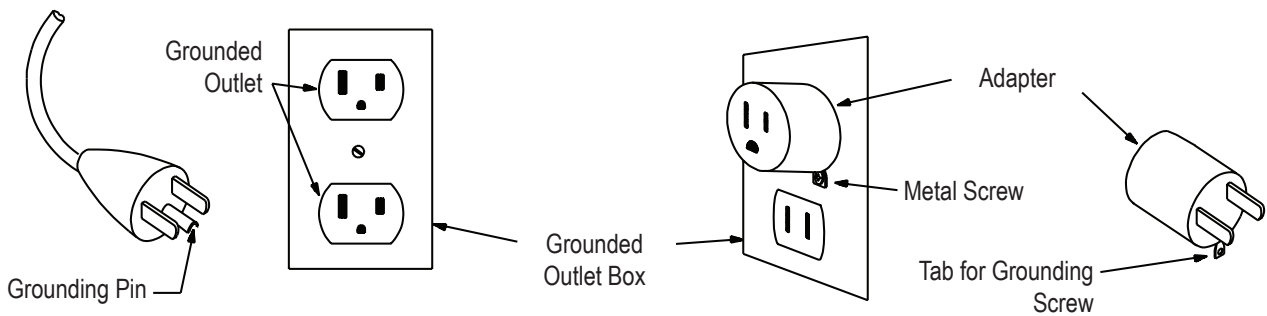
This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

⚠ DANGER Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or service person if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

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.

⚠ This machine is for use on a nominal 120-V circuit, and has a grounding plug that looks like the plug illustrated below. A temporary adapter that looks like the adapter illustrated may be used to connect this plug to a 2-pole receptacle as shown if a properly grounded outlet is not available.

The temporary adapter should be used only until a properly grounded outlet can be installed by a qualified electrician. The tab for the grounding screw must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used, it must be held in place by a metal screw.



Earthing Instructions (for a 220-240V AC system)

This product must be electrically earthed. If a malfunction occurs, correct earthing decreases the risk of electric shock. The power cord is equipped with an equipment-earthing conductor, and must be connected to an outlet that is properly installed and earthed.

⚠ DANGER The electrical wiring must comply with all applicable local and provincial standards and requirements. Incorrect connection of the equipment-earthing conductor can result in a risk of electric shock. Consult a licensed electrician if you are not sure that the machine is correctly earthed. Do not change the plug on the machine – if it does not fit the outlet, have a correct outlet installed by a licensed electrician.

If you connect the machine to an outlet with RCBO (Residual-Current circuit Breaker with Overload protection), machine operation can cause the circuit to trip. A Surge Protector Device is recommended to protect the machine.

⚠ If a Surge Protector Device (SPD) is used with this machine, be sure that it matches the power rating of this equipment (220-240V AC). Do not connect other appliances or devices to the surge protector in combination with this machine.

Make sure that the product is connected to an outlet having the same configuration as the plug. Use the appropriate adapter supplied with this product.

Emergency Stop Procedure

The Treadmill machine is equipped with a Safety Key that can prevent serious injury, as well as prevent children from playing with and/or being injured on the machine. If the Safety Key is not correctly inserted into the Safety Key Port, the belt will not operate.

 **Always attach the Safety Key Clip to your clothing during your workout.**

When you use the machine, only remove the Safety Key in an emergency. When the key is removed while the machine is in operation, it will stop quickly, which could cause the loss of balance and possible injury.

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.

The Console will display, " Safety Key Disconnected. To do a workout, insert the Safety key. ", when there is a Safety Key fault. The Treadmill machine will not start a Workout, or will end and clear an active Workout, when the Safety Key is removed. Inspect the Safety Key and be sure it is connected to the Console correctly.

Moving and Storing the Machine

! The machine can be moved by one or more persons. Use caution when you move the machine. The treadmill is heavy and can be awkward. Make sure that your own physical strength is capable of moving the machine. Use a second person if necessary.

1. Before the machine can be moved, inspect the Walking Deck to be sure that the Incline setting is at “-5”. If necessary, adjust the Incline setting to “-5”.

Note: For the smallest stored machine footprint, be sure that the Incline setting is at “-5”.

! Be sure the area below the machine is clear before adjusting the incline of the Deck. Fully lower the incline of the Deck after each workout.

2. Remove the Safety Key and place it in a secure location.

! When this machine is not in operation, remove the Safety Key and keep out of the reach of children.

3. Make sure that the power switch is turned Off, and the power cord is disconnected.

4. You must fold the treadmill before you move it. Never move the treadmill if it is not folded.

! Never move the machine with the Walking Deck not folded. Rotating or moving parts can pinch, resulting in personal injury.

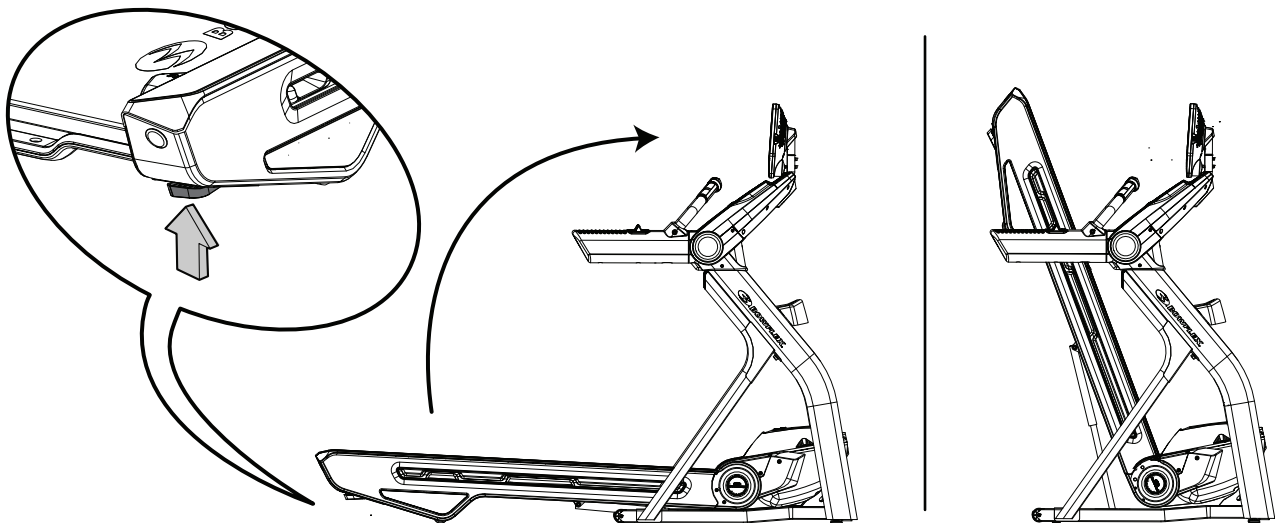
5. Make sure that there is safe clearance around, on and above your treadmill. Make sure there is no object to spill or cause blockage from the fully folded position.

! Be sure there is adequate height clearance for the raised deck.

6. With your right hand, push and hold down the Walking Deck Release Button. Using the lifting handle found below the rear of the walking belt, lift the walking deck fully upward and engage the hydraulic lift. The Walking Deck Release Button can be released when the walking deck has moved about 10 inches (25.4 cm). Be sure that the hydraulic lift is correctly locked in place. You will hear an audible click when the hydraulic lift shifts into the locked position.

! Use proper safety precautions and lifting techniques. Bend your knees and elbows, keep your back straight and pull up equally with both arms. Make sure that your own physical strength is capable of lifting the walking deck until it engages the locking mechanism. Use a second person if necessary.

Do not use the walking belt or rear roller to lift the treadmill. These parts do not lock in place and can abruptly move. Injury to you or damage to the machine can occur.



7. Make sure that the locking mechanism is engaged. Carefully pull back on the walking deck and make sure that it does not move. When you do this, keep clear of movement path in case the treadmill lock is not properly engaged.

! Do not lean against the treadmill when it is folded. Do not put items on it that could cause it to become unstable or fall.

Do not connect the power cord or try to operate the treadmill in the folded position.

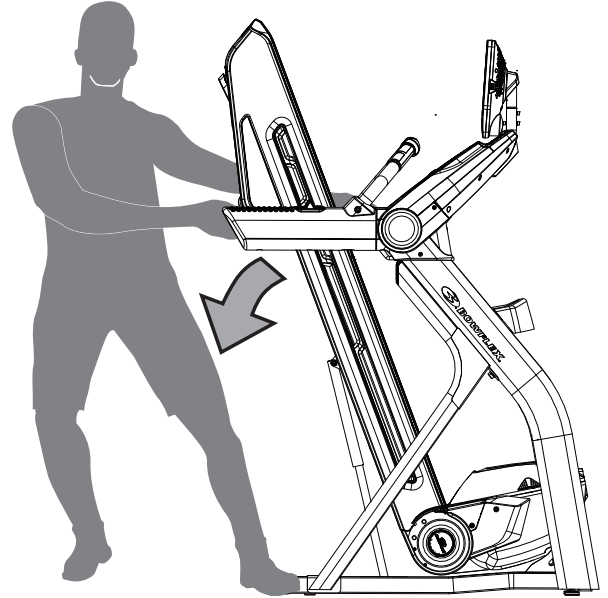
8. Stand to one side of the treadmill. Place your front foot so it pins the Base Assembly. Grasping the Side Handrail, carefully pivot the treadmill rearward until it is balanced fully on the transport wheels. Be sure not to pivot the machine too far. Hold the treadmill in the balanced position.

! This step may require two persons, one on each side of the treadmill. The treadmill is heavy and can be awkward. Make sure that your own physical strength is capable of pivoting the machine.

Always wear fully enclosed shoes when moving this machine. Do not move the machine with bare feet or only wearing socks.

Do not use the Console or lifted Walking Deck to pivot or move the treadmill. Injury to you or damage to the machine can occur.

Keep clear of the movement path of the lifted Walking Deck.



9. Grasping the Side Handrail and the front of the Upright, safely roll the treadmill to the desired location.

! The treadmill is heavy and can be awkward. Make sure that your own physical strength is capable of moving the machine.

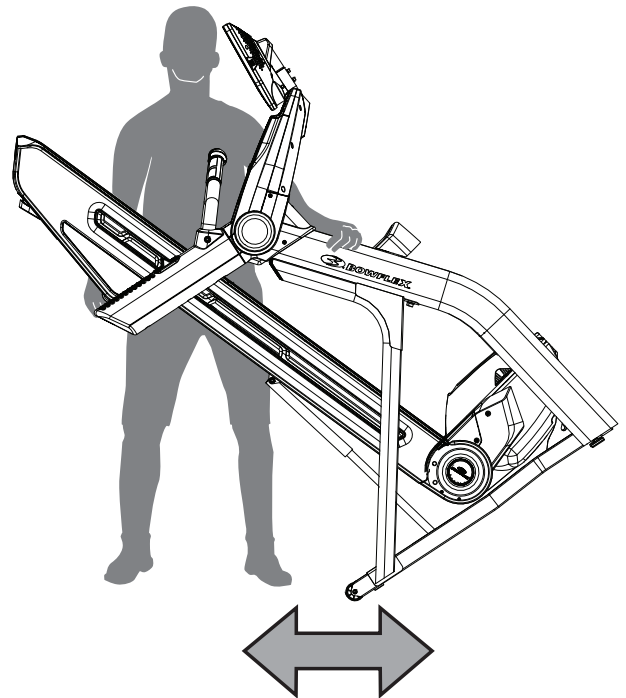
Place the machine on a clean, hard, level surface, free from unwanted material or other objects that may hamper your ability to move freely. A rubber mat should be used below the machine to prevent the release of static electricity and protect your flooring.

Do not put objects in the path of the walking deck when lowered.

NOTICE: Move the machine carefully so that it does not hit other objects. This can damage the Console operation, the treadmill, or the area around the machine.

10. Safely lower the treadmill into the desired position. Be sure there is adequate space for the machine before lowering it.

11. Prior to use, refer to the "Unfolding the Machine" procedure in this manual.



Unfolding the Machine

1. Make sure there is sufficient space to lower the walking deck.

! Keep a minimum clearance behind the machine of 2 m (79") and 0.6 m (24") on each side. This is the recommended safe distance for access, movement and emergency dismounts from the machine.

Place the machine on a clean, hard, level surface, free from unwanted material or other objects that may hamper your ability to move freely with a sufficient clear workout area. A rubber mat below the machine is recommended to prevent electrostatic discharge and protect your floor.

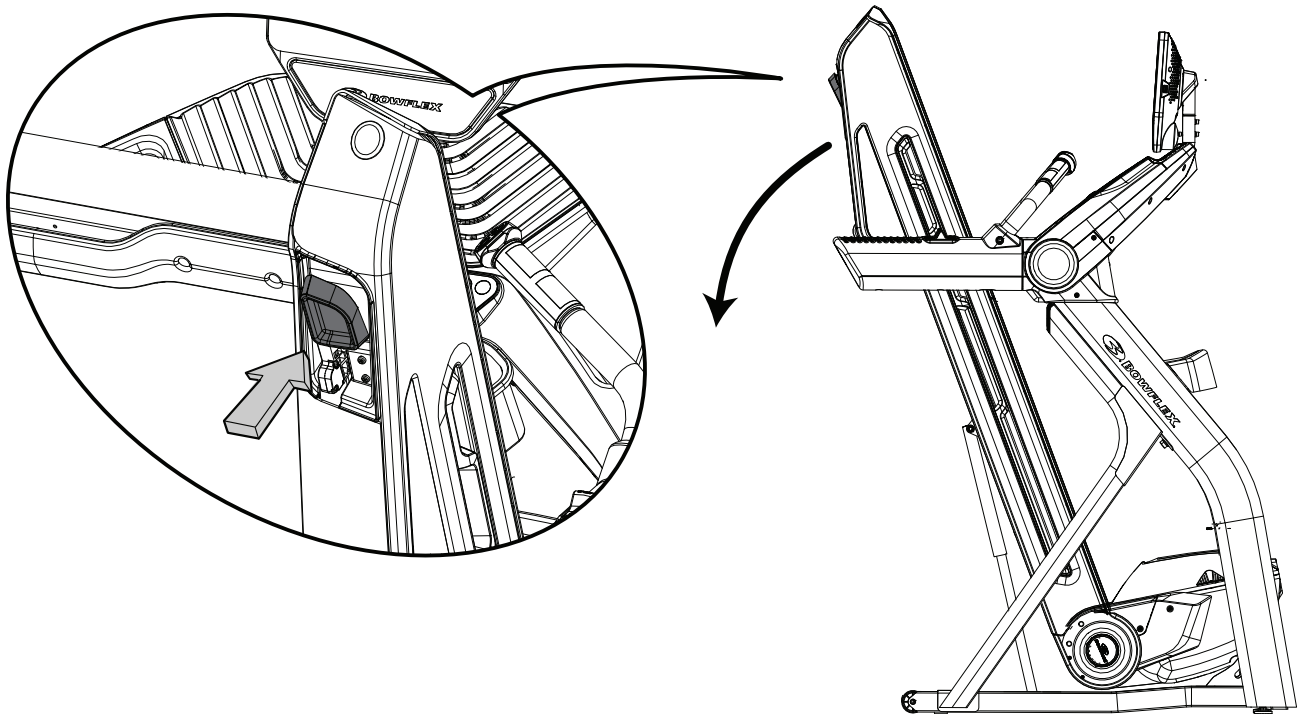
Be sure that the workout space you are utilizing has adequate height clearance, taking into consideration the height of the user and the maximum incline of the deck.

2. Make sure there is no object on or around the treadmill to spill or cause blockage from the fully unfolded position.

3. Slightly push the walking deck toward the console. With your right hand, push and hold down the Walking Deck Release Button and pull the walking deck away from the console. Once the end of the walking deck has moved about 25.4 cm (10 inches), release the button and move to the side of the machine. Continue to pull the walking deck.

! Keep clear of the movement path of the walking deck.

4. The hydraulic lift is set up to drop lightly. Hold onto the walking deck until approximately 2/3 of the movement down. Lower the weight with your legs. The walking deck can possibly drop quickly in the last part of the movement.



Leveling the Machine

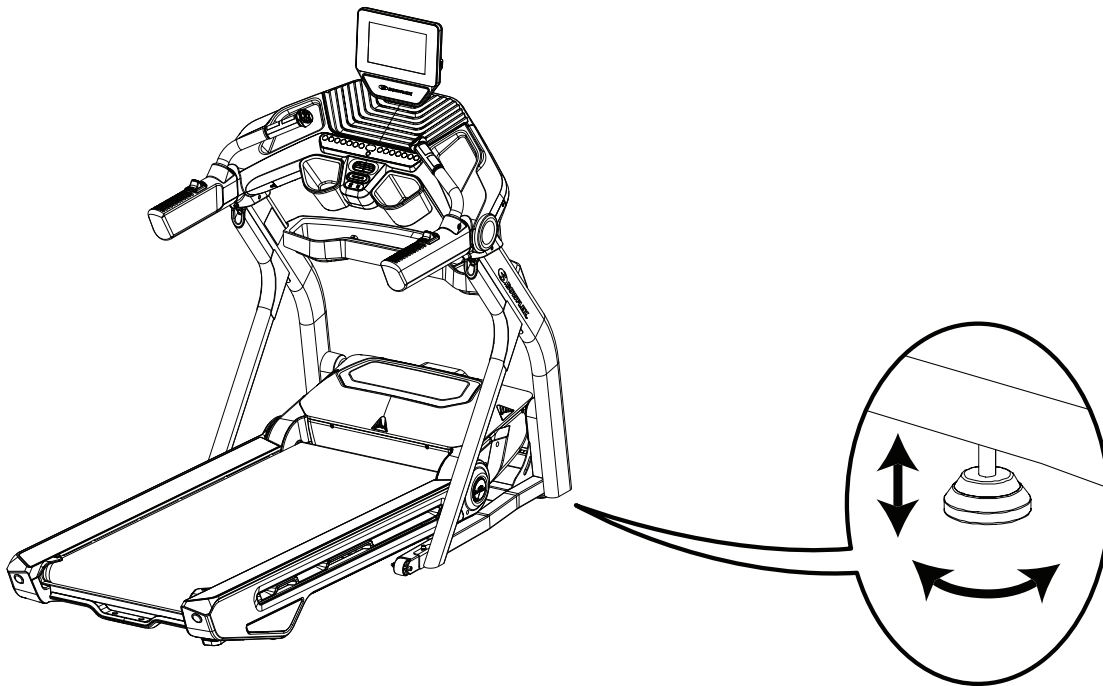
The machine needs to be leveled if your workout area is uneven. To adjust:

1. Place the machine in your workout area.
2. Adjust the levelers until they all contact the floor.

⚠ 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.

3. Adjust until the machine is level.

Make sure the machine is level and stable before you exercise.



Treadmill Belt

Your treadmill comes equipped with a durable, high quality walking belt designed to provide many hours of reliable service. The walking belt on a treadmill that has not been operated for a length of time, either in factory packaging or after assembly, can exhibit a “thumping” noise when started. This is due to the belt taking on the curve of the front and rear rollers. This is a common occurrence and does not indicate a problem with your machine. After the treadmill has been used for a short period of time the thumping noise will discontinue. The amount of time will vary depending on the temperature and humidity of the environment where the treadmill is placed.

CONNECTIVITY

Initial Console Set-Up

1. With the machine plugged into a functioning wall outlet, the machine will start up and the red Status LED will activate.
Note: The Console may go to sleep if it does not receive any input. Touch the screen of the Console to wake up the machine.
2. The machine will activate and display the Welcome - Connect Wifi screen. Tap on Connect.
Note: A Wifi connection is required to use your Bowflex™ machine. If you do not have a Wifi connection available, contact your Bowflex™ Representative or your local distributor immediately for further assistance.
3. The Console will display the list of available Wifi connections. Tap on the desired Wifi connection, and enter the password. Tap on Connect.
4. The Console will test and connect to the Wifi connection.
If the Console displays an Update Available screen, tap on the Agree button. The Console will update the software.
5. With a Wifi connection established, tap on Back.
6. Tap on Get Started.
7. The Console will display the options screen. Choose Log In or Create Account. Follow the prompts to register your new fitness machine. When registration is completed, your fitness machine is now ready for use.
Note: The Bowflex™ machine must be registered using a Wifi connection. Once the initial registration and configuration is completed, the machine can be operated without a Wifi connection. However, only the basic workouts and functions will be available for use. All coaching, custom workouts, Explore The World™ virtual outdoor immersive runs and trainer lead workout videos are only available through a Wifi connection with a JRNY™ membership*.
8. The Console will display the Just for You screen. The screen will prompt you to do your Fitness Assessment workout to get a custom workout*. You can go to the Learn tab for more information about your options.

Using the Bowflex™ JRNY™ App on your Portable Device (Optional)

Though you can access your completed workout information from your console with your JRNY™ membership, you can also access this information remotely on your own device. Simply download the JRNY™ app to your device for access to your JRNY™ membership.

1. Download the app, named “Bowflex™ JRNY™ App“. The app is available on Google Play™ and the App Store.
Note: For a complete list of supported devices, review the app on the App Store or Google Play™.
2. Follow the instructions on the app to sync your device to your Bowflex™ JRNY™ membership.
When your device has access to the account, you will be able to review past workouts, coaching, and upcoming workouts with your JRNY™ membership*.

USB Charging

If a USB Device is attached to the USB Port, the Port will attempt to charge the Device. The power supplied from the USB Port may not be enough to operate the Device and charge it at the same time.

Bluetooth® Heart Rate Monitor Enabled

Your fitness machine is equipped to be able to receive a signal from a Bluetooth® Heart Rate (HR) Monitor. Follow the instructions provided with your Bluetooth® HR monitor.

* A JRNY™ membership is required for the JRNY™ experience – see www.bowflex.com/jrny for details. For United States and Canada customers, you can obtain a JRNY™ membership by calling 800-269-4126 or visiting www.bowflex.com/jrny. Where available (including the United States), you can also obtain a JRNY™ membership by downloading the JRNY™ app onto your phone or tablet and signing up within the downloaded app. JRNY™ memberships may not be available in all countries.

 If you have a pacemaker or other implanted electronic device, consult your doctor before using a Bluetooth® strap or other Bluetooth® heart rate monitor.

Note: Be sure to remove the protective cover (if provided) from the Heart Rate Sensor before use.

Bluetooth® Audio (in or out)

Your machine is able to play audio across a Bluetooth® connection from your smart device through the treadmill speakers. The machine can also stream audio from the console to your Bluetooth® device (such as Bluetooth® headphones).

Note: Bluetooth® audio can only be streamed in one direction (in or out) at a time.

MAINTENANCE

Read all maintenance instructions fully before you start any repair work. In some conditions, an assistant is required to do the necessary tasks.

! Equipment must be regularly examined for damage and repairs. The owner is responsible to make sure that regular maintenance is done. Worn or damaged components must be repaired or replaced immediately. Only manufacturer supplied components can be used to maintain and repair the equipment.

If at any time the Warning labels become loose, unreadable or dislodged, replace the labels. If purchased in US/Canada, contact Customer Service for replacement labels. If purchased outside US/Canada, contact your local distributor for them.

! DANGER To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and the machine and wait 5 minutes before cleaning, maintaining or repairing the machine. Place the power cord in a secure location.

Daily: Before each use, examine the exercise machine for loose, broken, damaged, or worn parts. Do not use if found in this condition. Repair or replace all parts at the first sign of wear or damage. After each workout, use a damp cloth to wipe your machine and Console free of moisture.

Note: Avoid excessive moisture on the Console.

Weekly: Check that the front and rear rollers operate smoothly. Wipe the machine to remove dust, dirt, or grime.

! Do not remove the Motor Cover, as dangerous voltages and moving parts are present. The components are serviceable only by approved service personnel or by following service procedures supplied by Nautilus, Inc.

Note: Do not use petroleum based products.

Monthly or after 20 hours: Make sure all bolts and screws are tight. Tighten as necessary.

Quarterly: Or after 25 hours—Lubricate the walking belt with a 100% pure silicone lubricant.

! Silicone lubricant is not intended for human consumption. Keep out of reach of children. Store in a safe place.

Note: Do not use petroleum based products.

Cleaning

! DANGER To reduce the risk of electrical shock, always unplug the power cord and wait 5 minutes before cleaning, maintaining or repairing this machine.

Wipe the treadmill down after each use to keep the treadmill clean and dry. It may be necessary to use a mild dish soap at times to remove all dirt and salt from the belt, painted parts and the display.

NOTICE: If necessary, only use a mild dish soap with a soft cloth to clean the Console. Do not clean with a petroleum based solvent, automotive cleaner, or any product that contains ammonia. Do not clean the Console in direct sunlight or at high temperatures. Do not apply too much moisture to the Console.

Adjusting the Belt Tension

If the walking belt starts to slip during use, it is necessary to adjust the tension. Your treadmill has tension bolts at the rear of the treadmill.

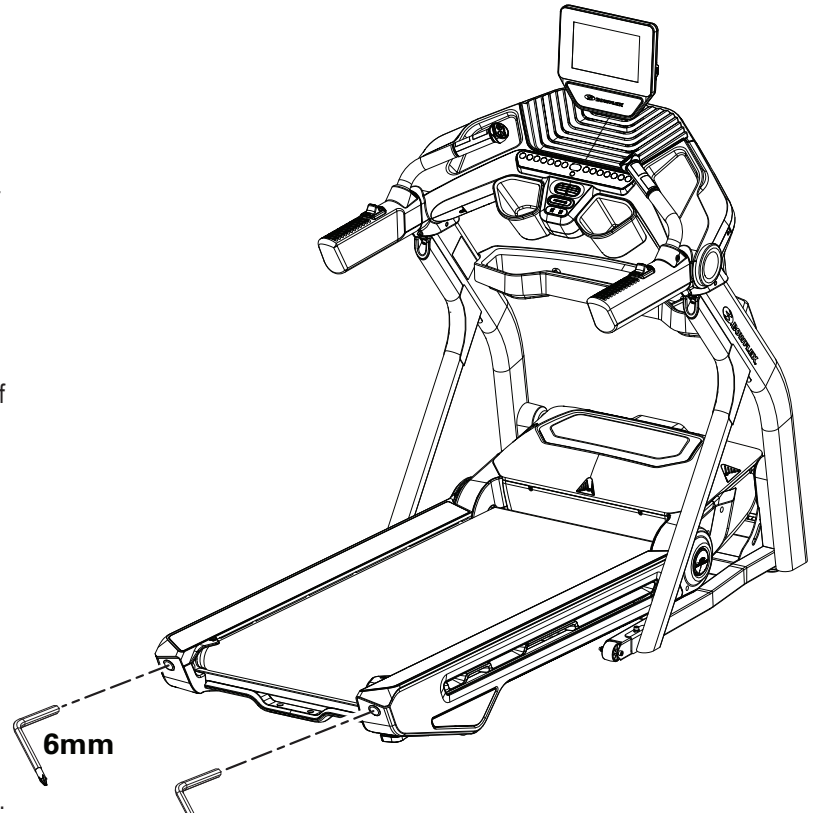
1. Remove the Safety Key and place it in a secure location.

! When this machine is not in operation, remove the Safety Key and keep out of the reach of children.

2. Make sure that the power switch is turned Off, and the power cord is disconnected.
3. Remove the Plugs from the Rear Covers to expose the Alignment Bolts.
4. Use a 6 mm hex wrench to turn the right and left belt adjustment bolts clockwise a 1/2 turn, first one bolt and then the other bolt.
5. After you adjust each side the 1/2 turn, inspect the walking belt. From the belt's midpoint, a correctly tensioned belt should only have an inch of give. To check, pull the belt upward at its midpoint and measure the distance to the deck. If the distance is more than an inch, the belt is loose. Repeat this step if necessary.

If you turn one side more than the other, the belt will move away from that side of the treadmill and may need realignment.

NOTICE: Too much tension on the belt causes unnecessary friction and wears the belt, motor and electronics.



Aligning the Walking Belt

The walking belt should be centered on your treadmill at all times.

Running style and a non-level surface can cause the belt to move off center. Minor adjustments to the 2 bolts at the rear of the treadmill are necessary when the belt is off center.

Minor adjustments to the 2 bolts at the rear of the treadmill are necessary when the belt is off center.

1. Remove the Plugs from the Rear Covers to expose the Alignment Bolts.
2. Push the START button to start the walking belt.

! Be sure not to touch the walking belt or step on the power cord. Keep bystanders and children away from the product you are servicing at all times.

3. Stand at the rear of the treadmill to see which direction the belt moves.
4. If the belt moves to the left, turn the left belt adjustment bolt 1/4 turn clockwise and the right belt adjustment bolt 1/4 turn counterclockwise. If the belt moves to the right, turn the left adjustment bolt 1/4 turn counterclockwise and the right adjustment bolt 1/4 turn clockwise.
5. Monitor the path of the belt for approximately 2 minutes. Continue to adjust the bolts until the walking belt is centered.
6. Push PAUSE/STOP twice to stop the walking belt and end the Quick Start workout.

Lubricating the Walking Belt

Your treadmill is equipped with a low maintenance deck and belt system. The Walking Belt is pre-lubricated. Belt friction can affect the function and life of the machine. Lubricate the belt every 3 months or every 25 hours of use, whichever comes first. Even if the treadmill is not in use, silicone will dissipate and the belt will dry out. For the best results, lubricate the deck periodically with a silicone lubricant using the following instructions:

1. Turn off the power to the machine with the power switch.
2. Unplug the treadmill fully from the wall outlet, and remove the power cord from the machine.

⚠ DANGER

To reduce the risk of electrical shock, always unplug the power cord and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.

3. Inspect the surface material below the Treadmill. If the surface material is difficult to clean or could be damaged by silicone lubricant, place absorbent material (such as cardboard or newspaper) below the length of the Walking Deck.
4. Apply a few drops of the lubricant on the deck below the belt. Carefully lift the belt and apply a few drops of the lubricant the entire width of the belt. A very thin layer of silicone lubricant on the entire deck below the belt is desired.

NOTICE: Always use a 100% pure silicone lubricant. Do not use a degreaser like WD-40® as this could seriously impact performance. We can recommend that you use the following:

- 100% pure silicone lubricant, available at most hardware and auto parts stores.
- Lube-N-Walk® Treadmill Lubrication Kit, available from your local specialty fitness dealer or Nautilus, Inc.



Silicone lubricant is not intended for human consumption. Keep out of reach of children. Store in a safe place.

5. Manually rotate the belt 1/2 of the length of the belt and apply lubricant again.



If you used spray lubricant, wait 5 minutes before turning on power to the machine to allow the aerosol to dissipate.

6. Connect the power cord back into the machine and then into the wall outlet.
7. Turn on the power to the machine with the power switch.
8. Stay to one side of your machine and start the belt at the slowest speed. Let the belt operate for approximately 15 seconds.



Be sure not to touch the walking belt or step on the power cord. Keep bystanders and children away from the product you are servicing at all times.

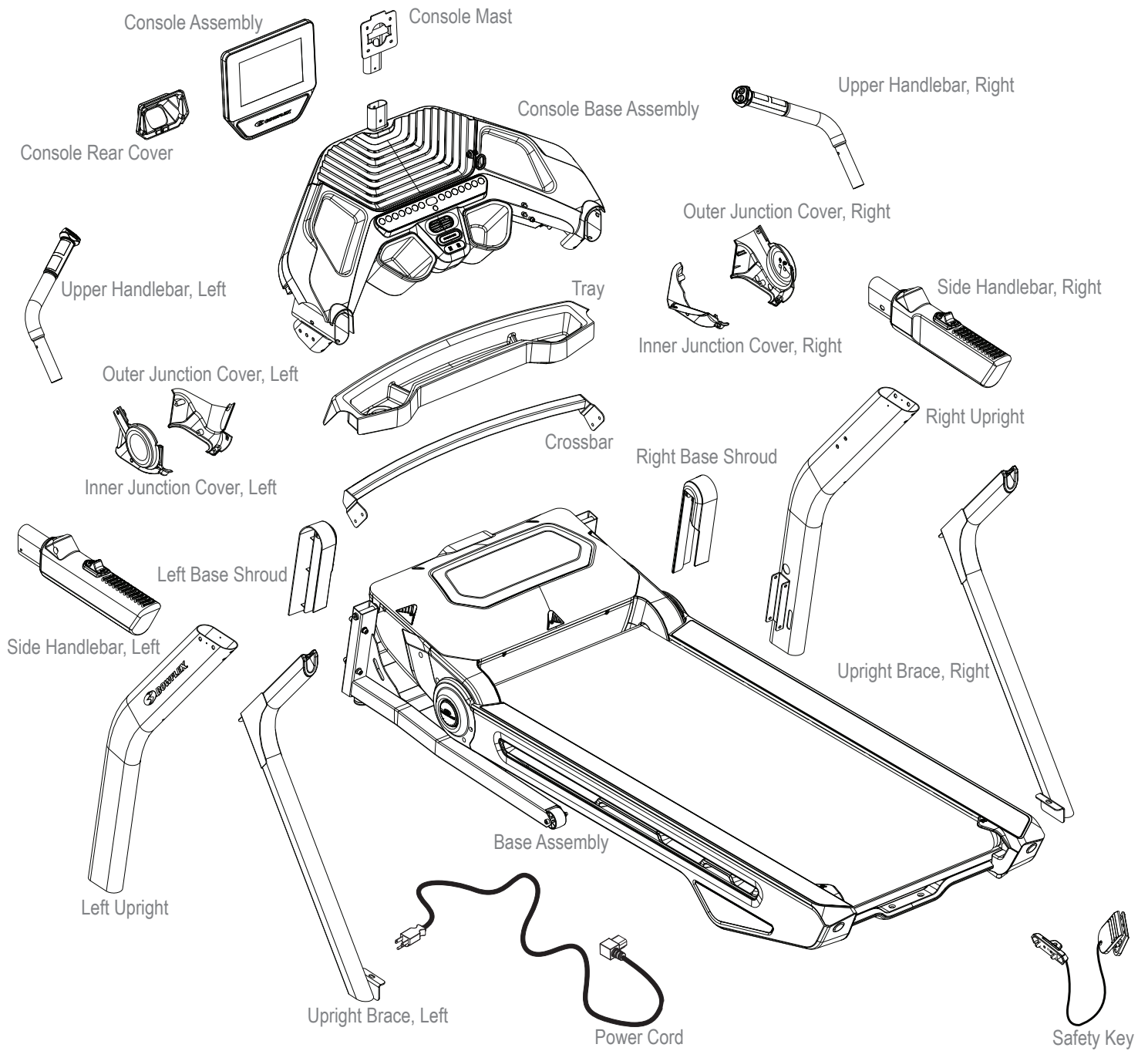
9. Switch off your machine.
10. Take care to clean up any excess lubricant from the deck.



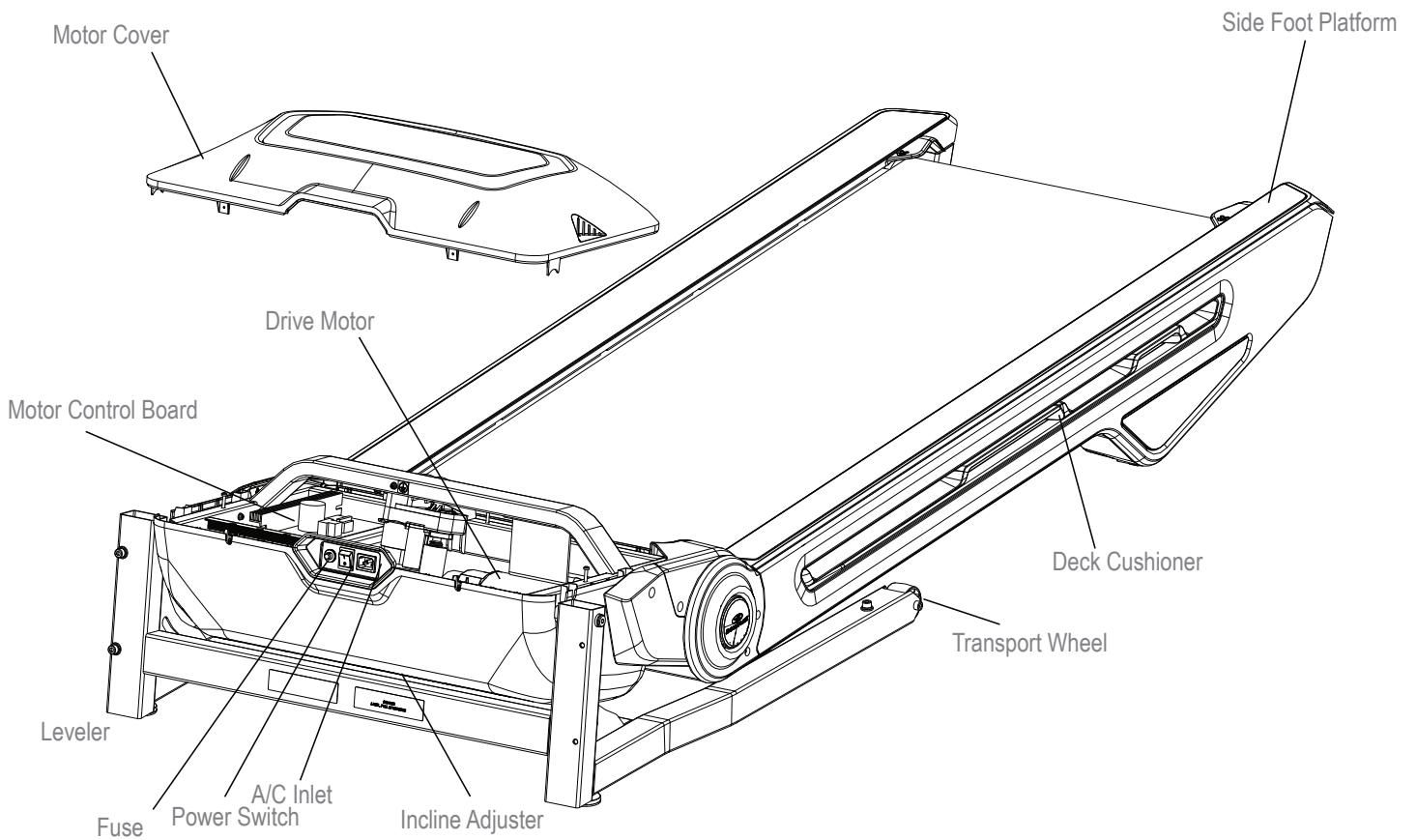
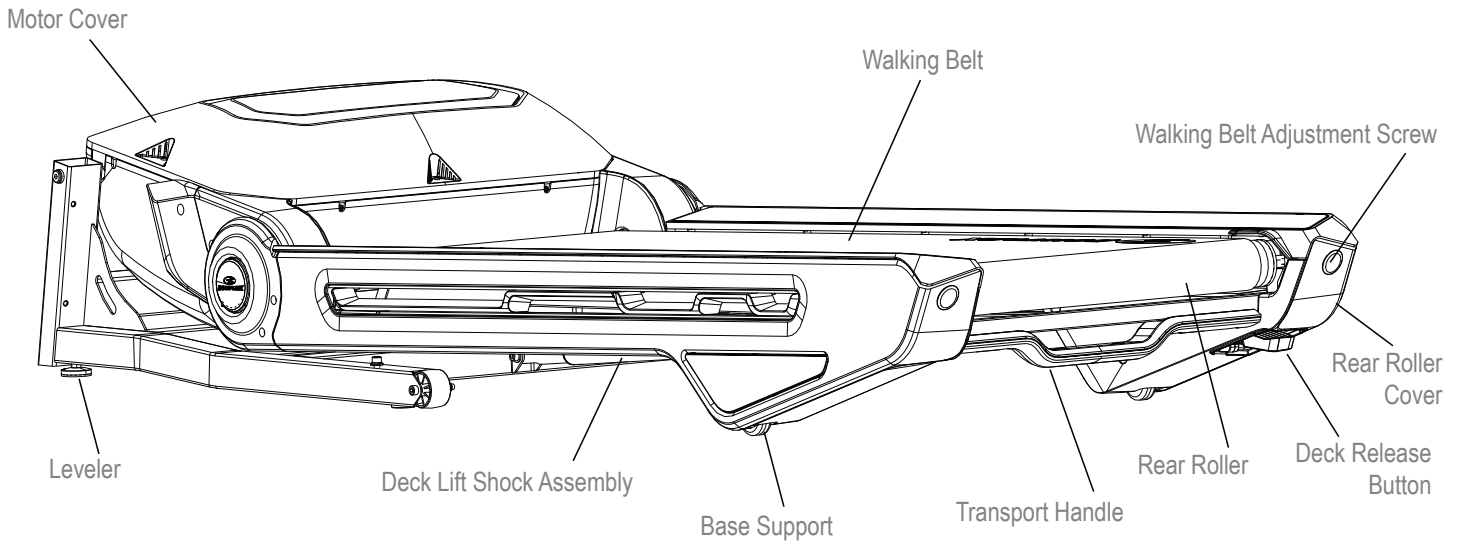
To decrease the possibility of slipping, be sure the deck area is free from grease or oil. Clean off any excess oil from the machine surfaces.

As you use your fitness machine, the Console will show "LUBRICATE BELT" followed by "REVIEW USER MANUAL" at set times. This is only a reminder and should be added to your inspection schedule. Only apply lubricant as necessary. Push any button to accept the reminder.

Maintenance Parts



Maintenance Parts (Base Assembly)



TROUBLESHOOTING

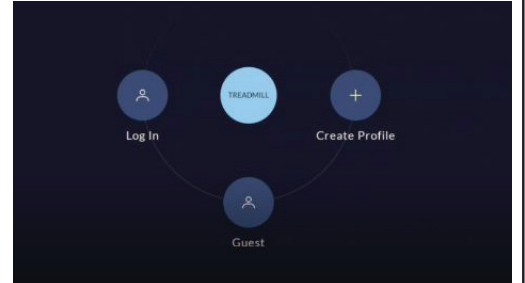
Service Mode Procedures

PROCEDURE 1: CHECK FOR FIRMWARE UPDATES:

1. Check for updates on your machine. Verify you have a good Wi-Fi connection. Unplug your machine and plug it back in. When the Bowflex or JRNY page displaying serial numbers in the 4 corners appears, tap the upper right corner 10 times within 3 seconds.

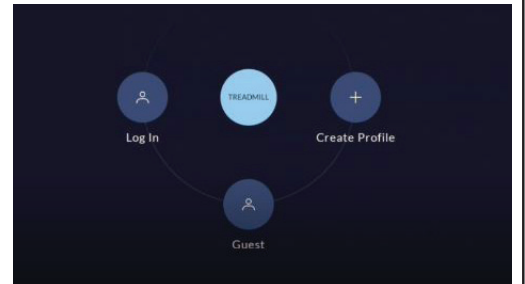
If you are unable to reach this screen, log out and tap the upper right corner 10 times within 3 seconds from the Log-In screen.

2. In the menu that appears, tap on **Check For Updates**.
3. Allow the updates to download and install. Your machine will restart once all updates are installed. Allow the updates to finish installing once your machine has rebooted.



PROCEDURE 2: RESET MACHINE (workout data will be lost):

1. From the Log-In screen, 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 on **CLEAR PREFERENCES**.
3. The Console will display a **RESTART** message, and will reset the machine.
4. Turn the power off to the machine. The machine will be fully reset when turned on.



Log-In screen

PROCEDURE 3: CALIBRATE MCB:

1. From the Start-Up screen, tap on the upper-right corner of the Console Display 10 times. The Console will display the "Advanced User Actions " menu.
2. Tap on the "Assembly App" option.
3. From the "Assembly App" menu, tap **CALIBRATE** in the upper right corner of the Console Display. The Console will shift to Calibrate mode.
4. From the "Calibrate" menu, tap **BEGIN TEST SUITE**.

 **Be sure the area around the Treadmill is clear of all bystanders, children and pets. Be sure there is nothing on or under the Walking Belt, or near the Treadmill.**

5. The Console will display "CALIBRATE_MCB-USER CONFIRM". Tap **CONFIRM**, and the calibration procedure starts.
Note: The calibration procedure will begin by automatically moving the Walking Belt and adjusting the incline of the Walking Deck.

 **Be sure not to touch or allow anyone else to touch the machine while calibration is occurring.**

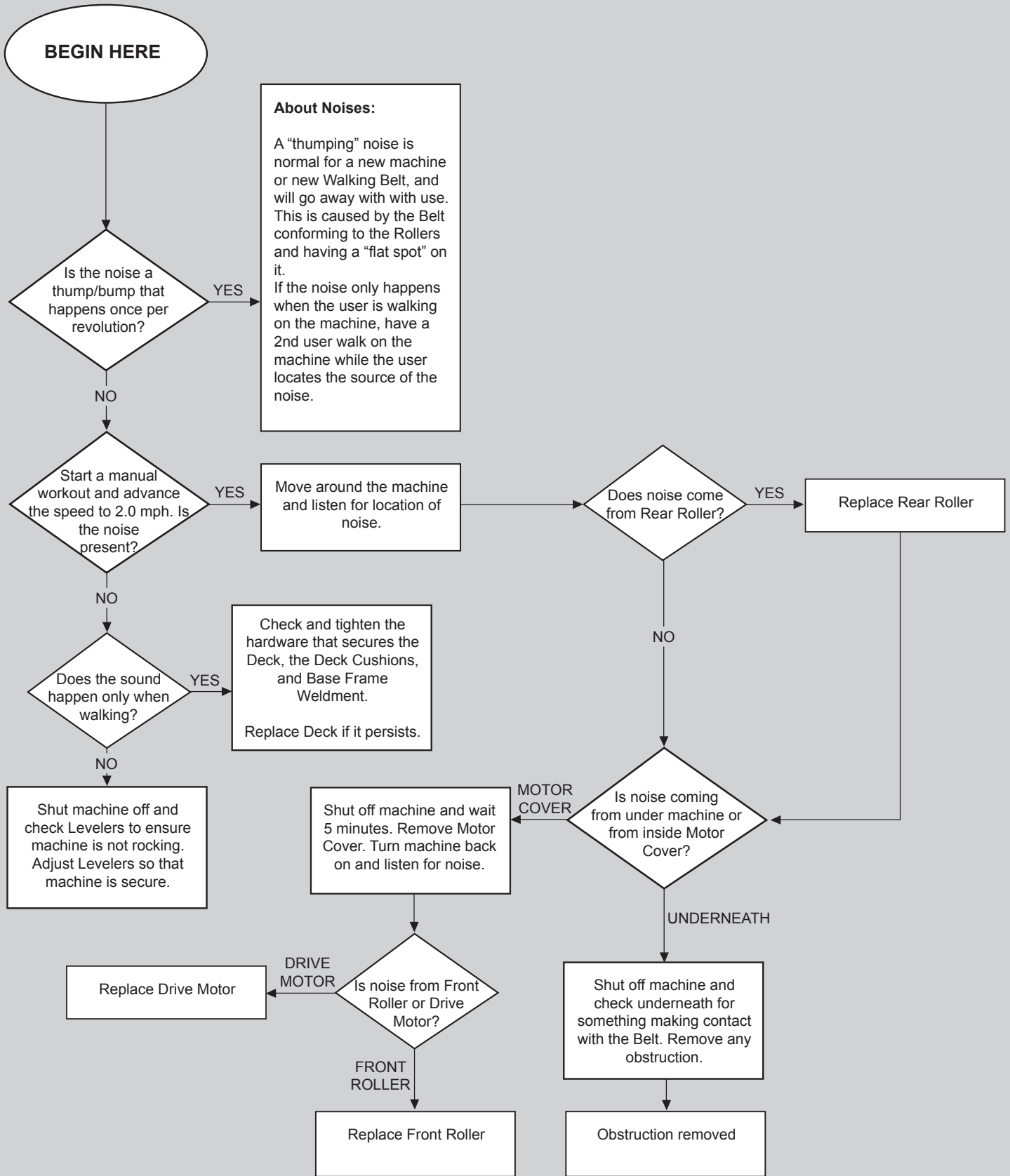
6. When calibration is complete, the Console will display "CALIBRATE MCB - PASS".
7. Tap **EXIT** in the upper-right corner of the Display to exit the Calibrate Mode.
8. Flip the power switch to **OFF**. Calibration is now complete for the machine.

PROCEDURE 4: BUTTON (or KEY) TEST:

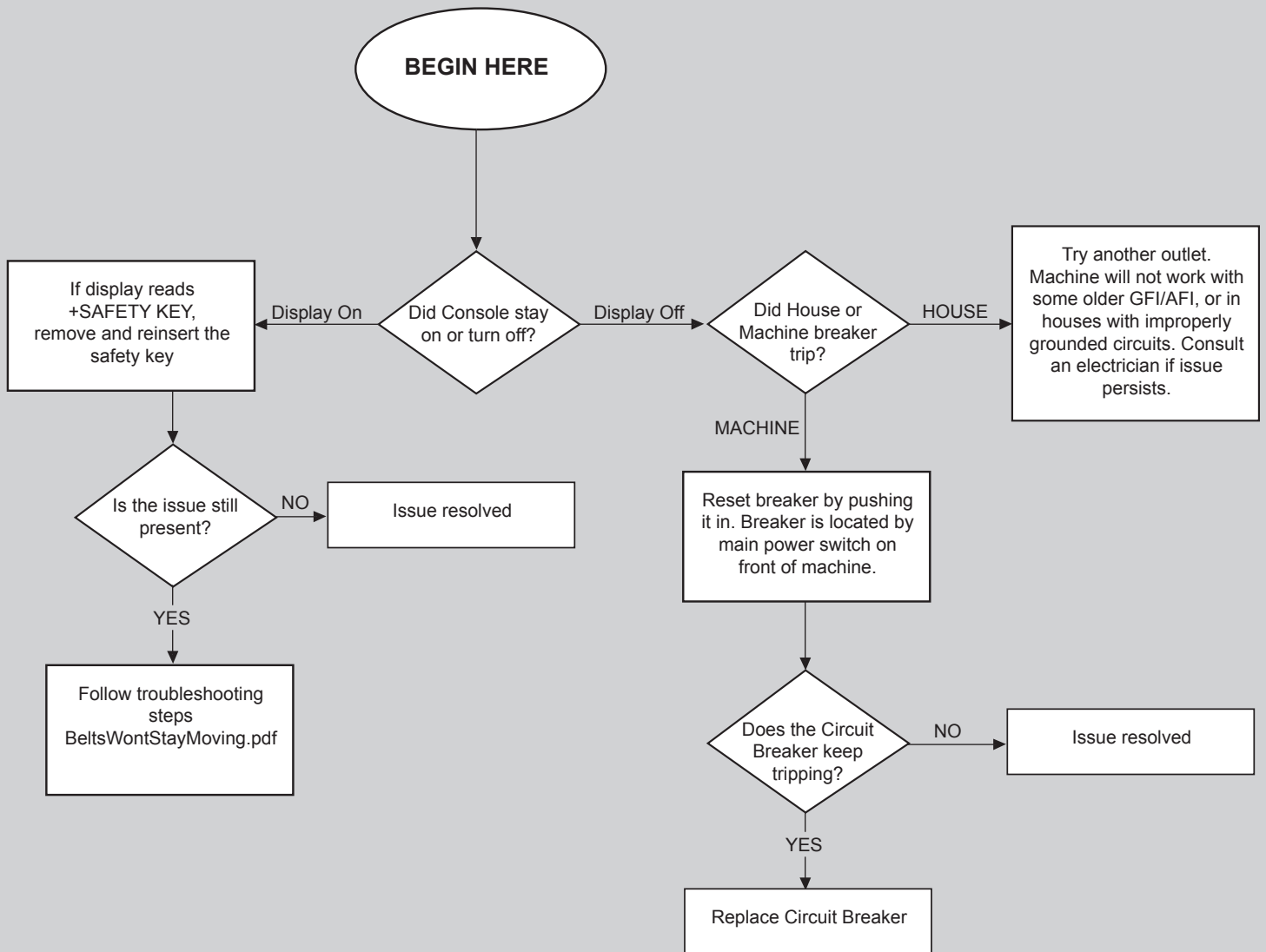
1. If a stuck button is suspected, stand to the side of the treadmill and start a Manual workout. Allow the treadmill to run for approximately 30 seconds.
2. If a button is stuck, the stuck button message will appear indicating which button is stuck. If you already cleared the message, you can power cycle your machine and the message will appear again within approximately 2 minutes.

A stuck button can sometimes cause the other buttons to not work as well because it blocks the console's ability to register other button presses. If a button is stuck, you can disconnect the stuck button while waiting for the replacement part. The rest of your treadmill will function normally but you will not be able to adjust settings using the disconnected button.
3. Stop the Manual workout.

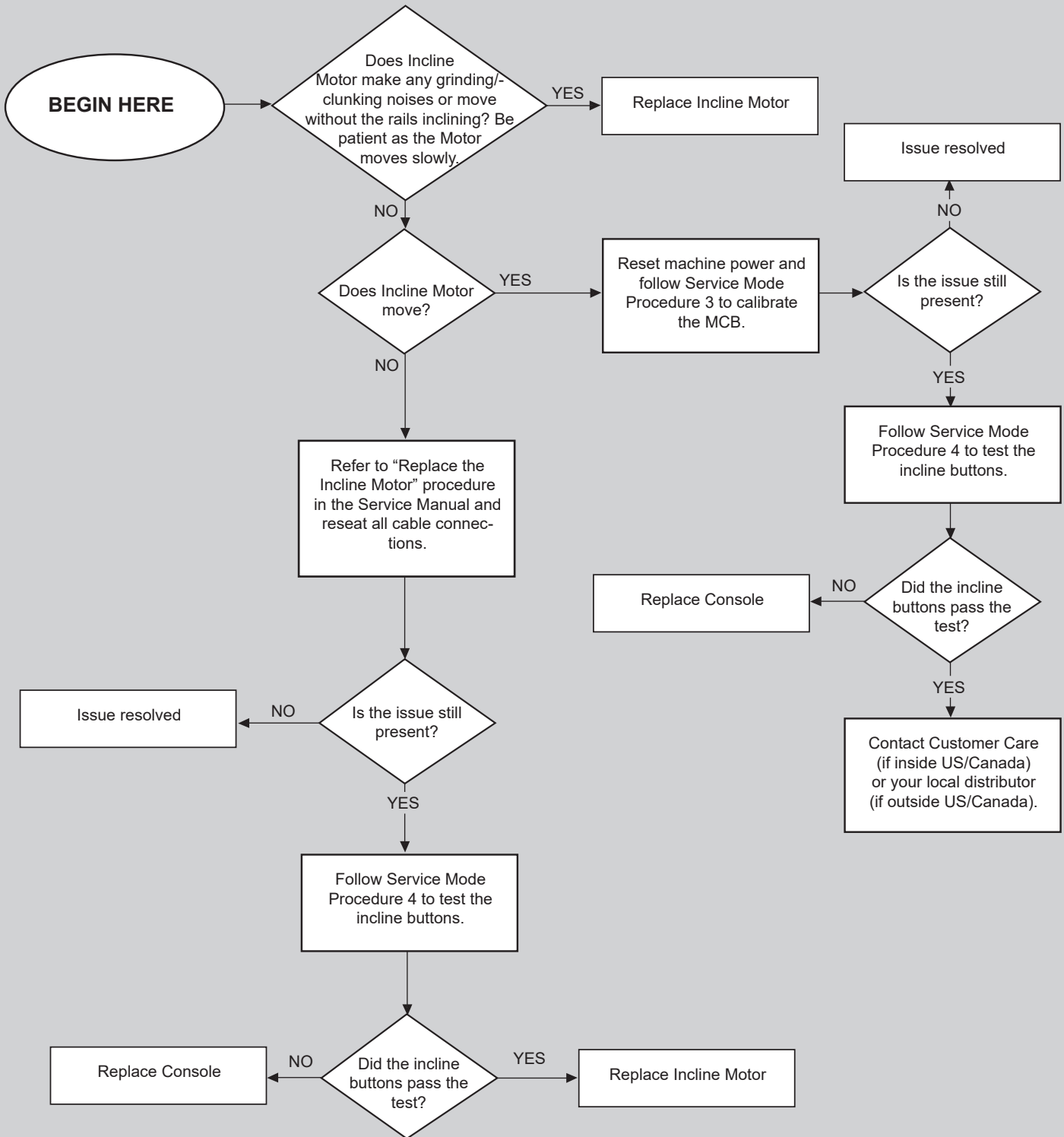
Noise Issues



Machine Shuts Off or Belt Stops During Workout

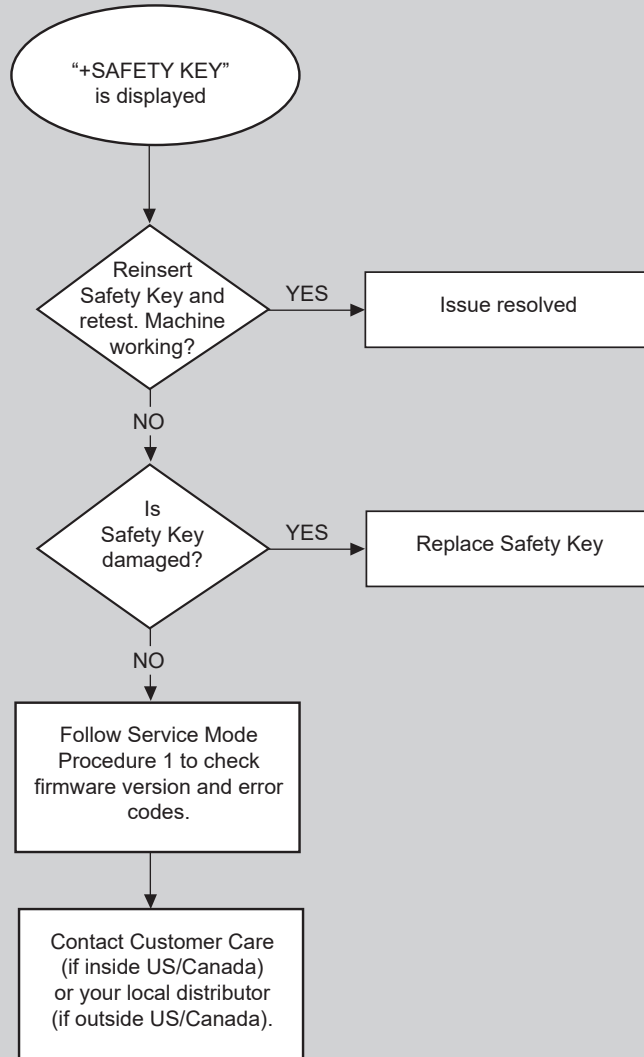


Incline Issues

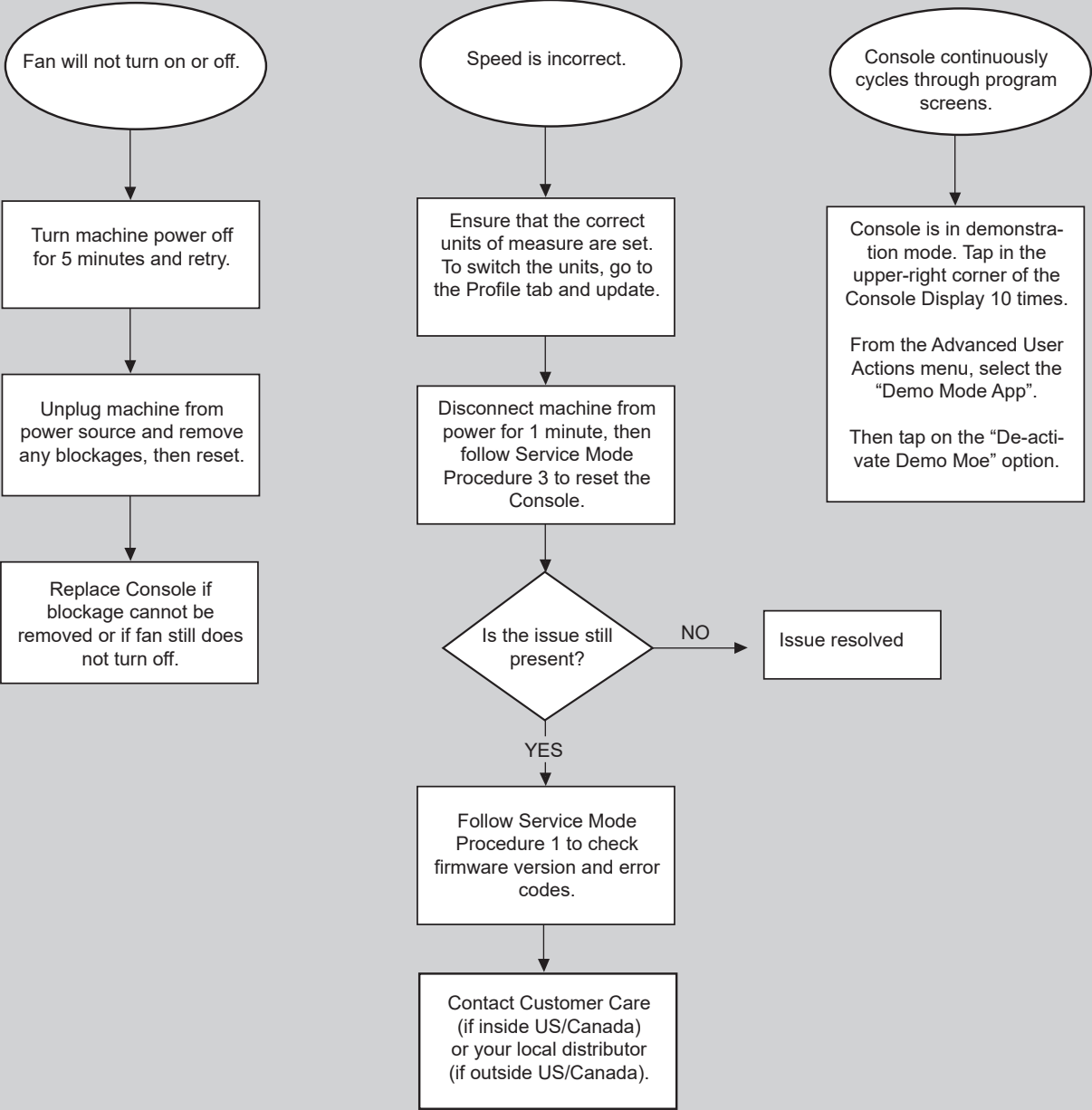


BEGIN HERE:

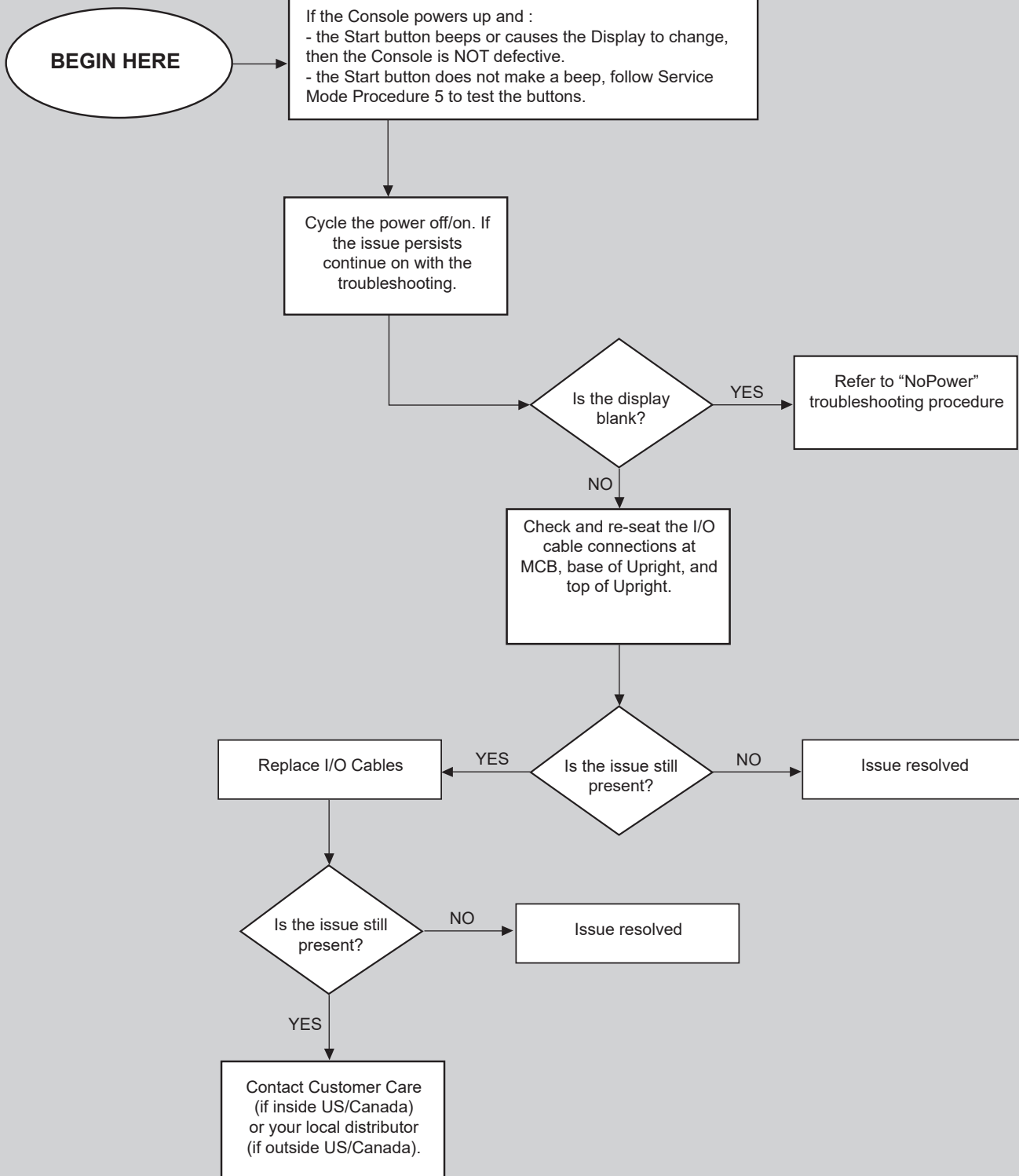
If Console will not light up, follow "Unit will not power on" Troubleshooting Procedure.
If the units of measure are incorrect, follow the Owner's Manual instructions to correct the setting before beginning these steps.



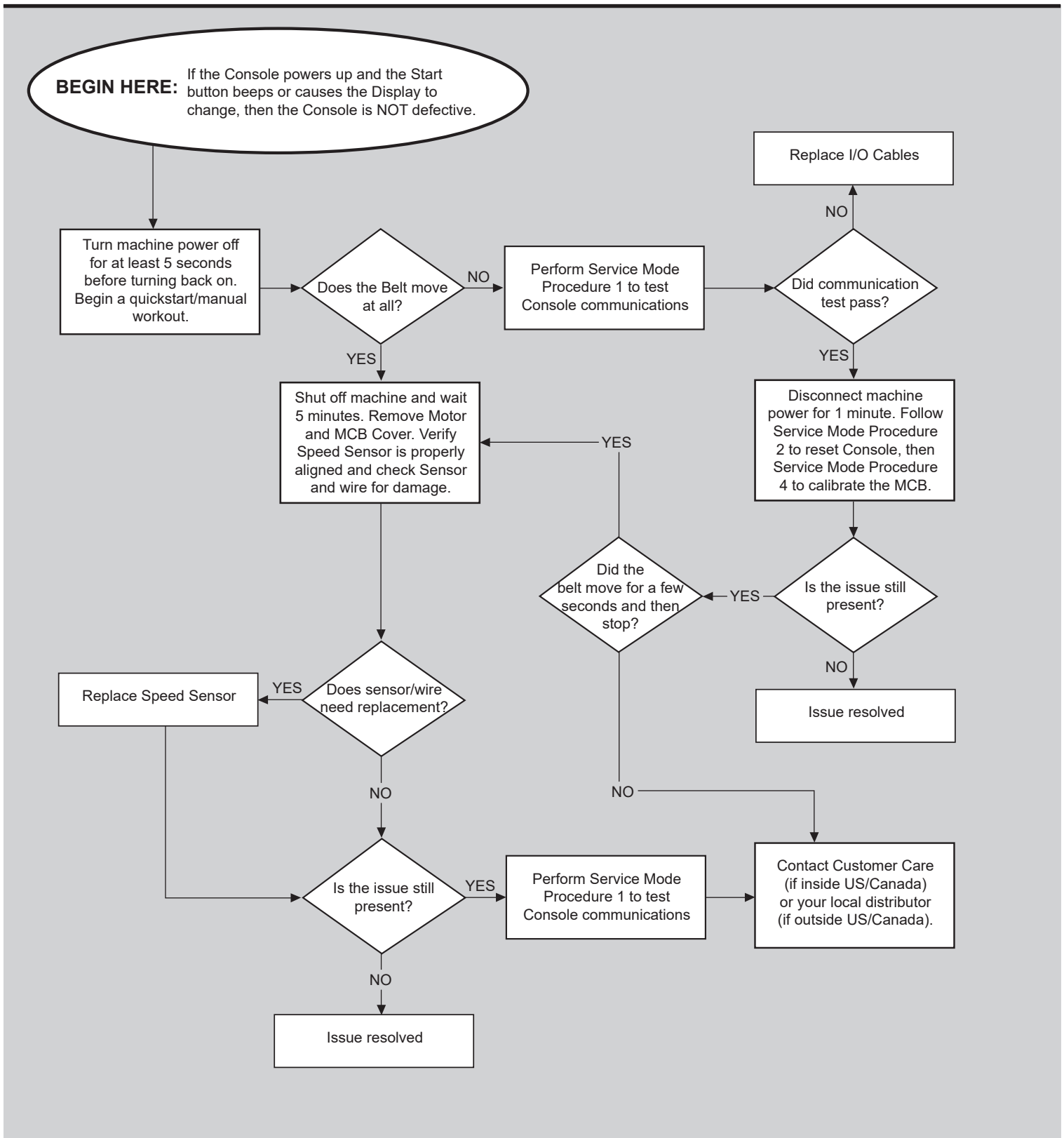
BEGIN HERE: If Console will not light up, follow "Unit will not power on" Troubleshooting Procedure.
If the units of measure are incorrect, follow the Owner's Manual instructions to correct the setting before beginning these steps.



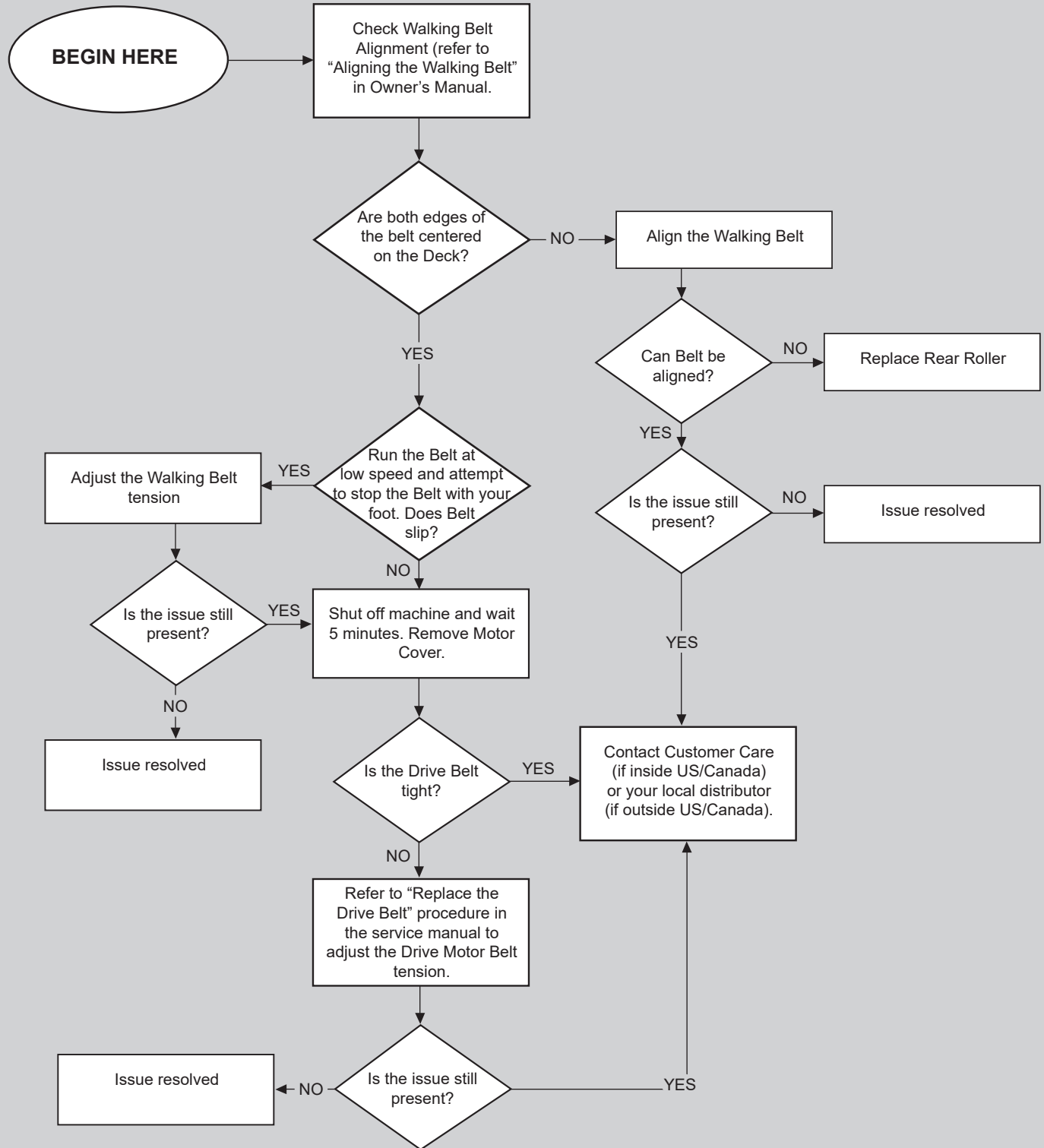
Buttons Do Not Respond



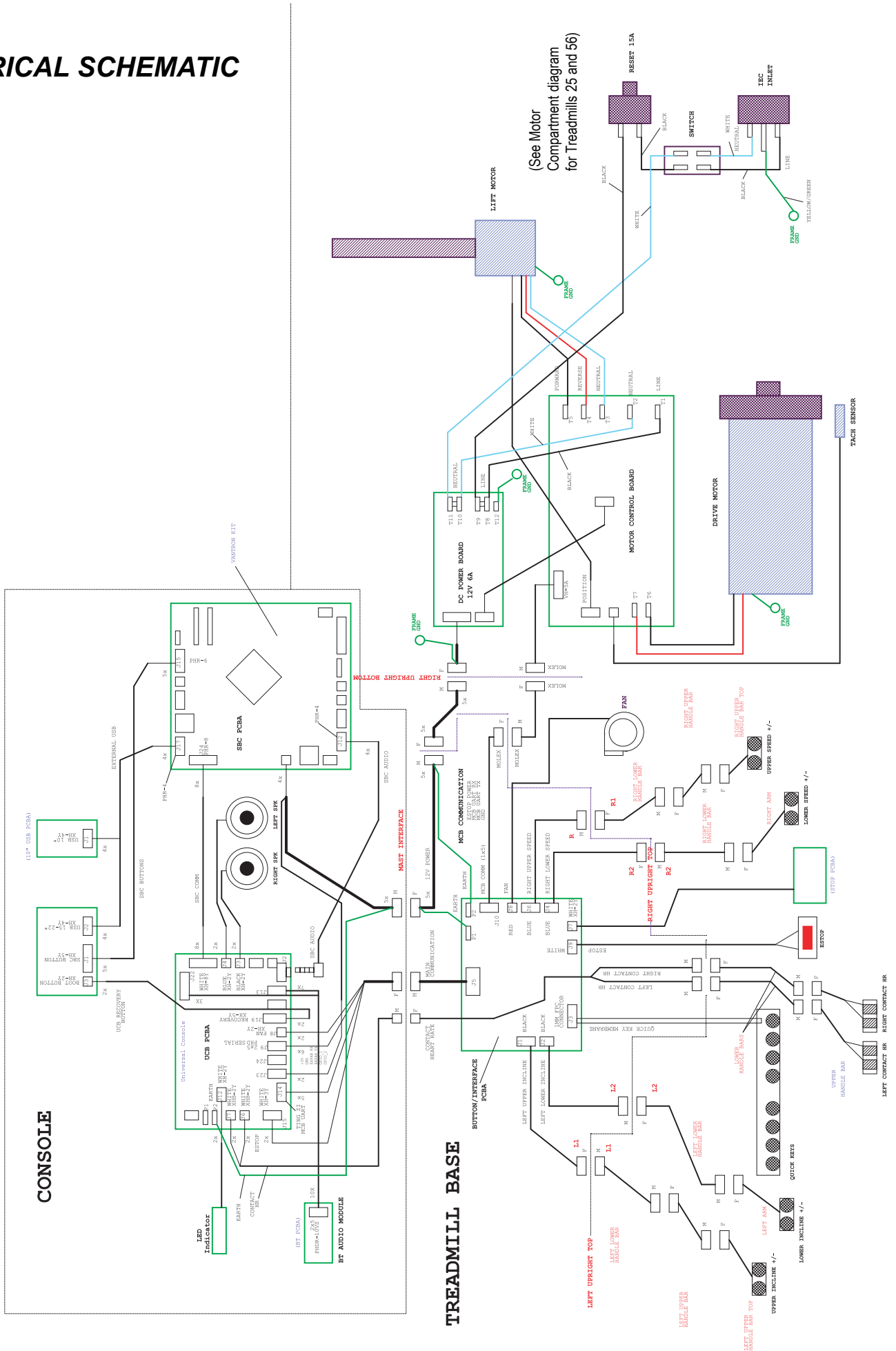
Walking Belt stops while in use, moves briefly, or does not move at all (Console lights up)



Belt Alignment / Slipping / Hesitation



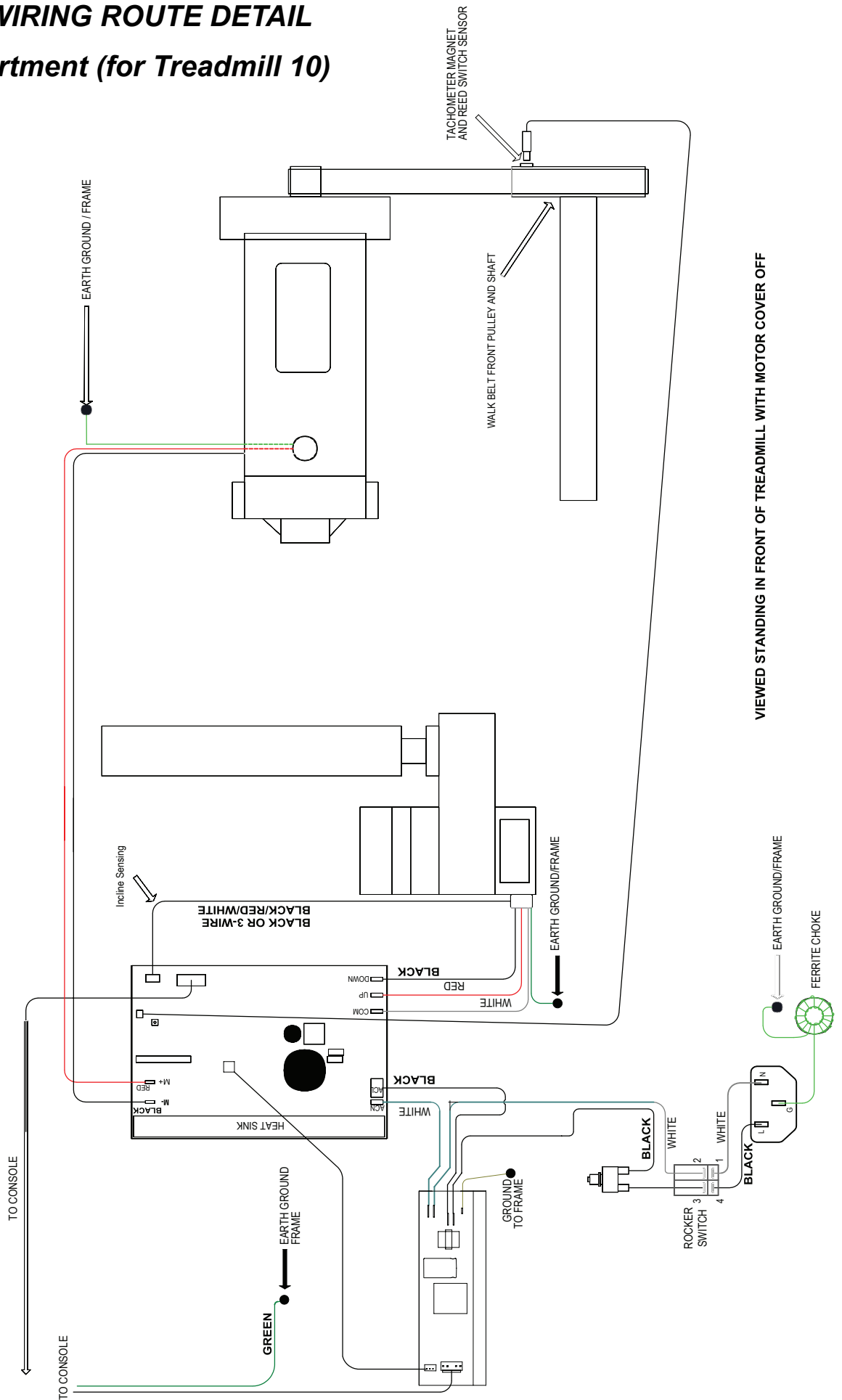
ELECTRICAL SCHEMATIC



(See Motor Compartment diagram for Treadmills 25 and 56)

ELECTRICAL WIRING ROUTE DETAIL

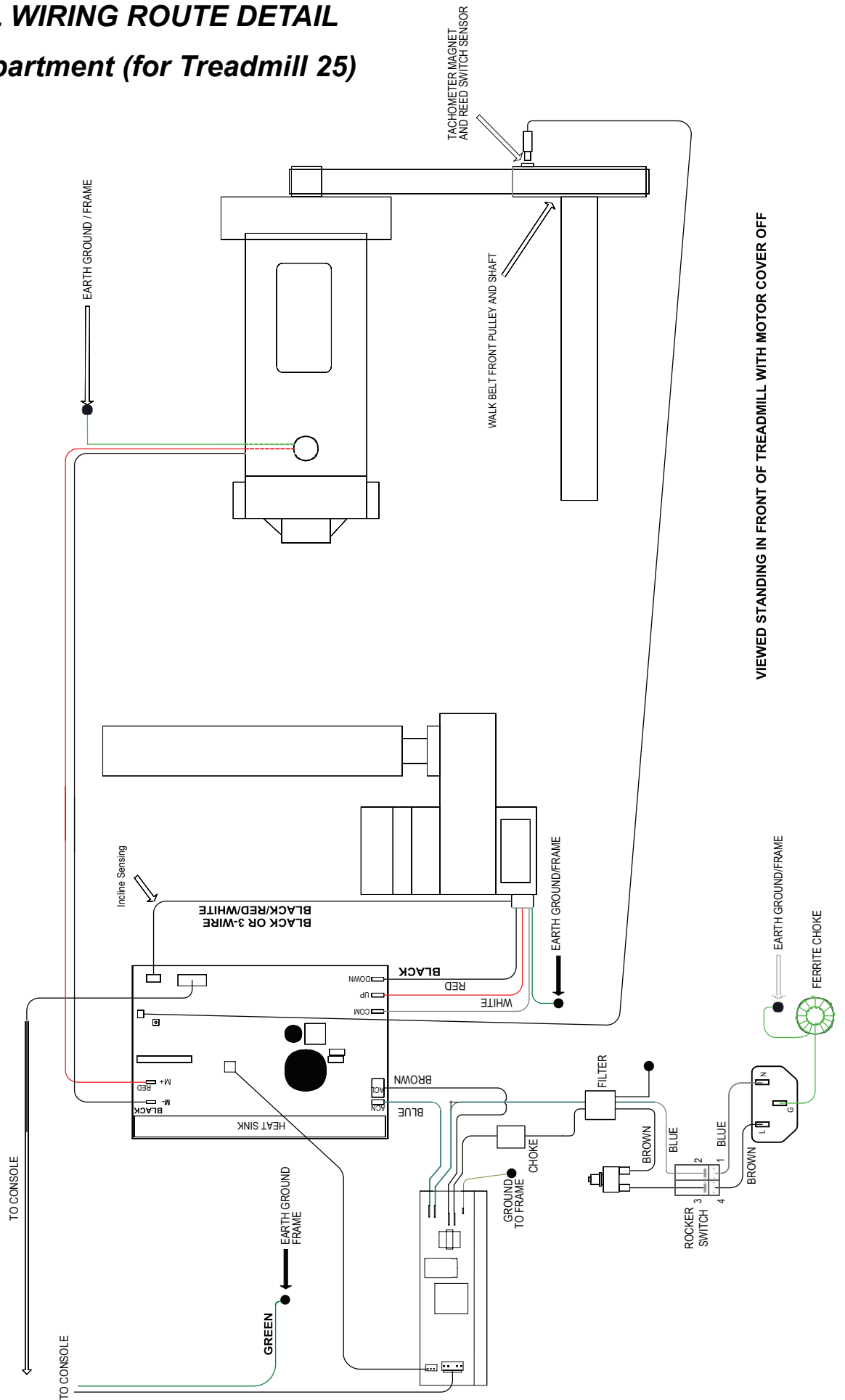
- Motor Compartment (for Treadmill 10)



VIEWED STANDING IN FRONT OF TREADMILL WITH MOTOR COVER OFF

ELECTRICAL WIRING ROUTE DETAIL

- Motor Compartment (for Treadmill 25)



VIEWED STANDING IN FRONT OF TREADMILL WITH MOTOR COVER OFF

DEMONSTRATION MODE

During Demonstration Mode, the Console will display a video presentation that highlights the key features of the machine and the JRNY™ membership. The machine ships with Demonstration Mode inactive.

Note: The Console must be on the Log In screen without a User logged into it to activate Demonstration Mode.

To activate the Demonstration mode:

1. With the machine activated, tap ten times in the upper-right corner of the Console Display. The Console will display the “Advanced User Actions” menu.

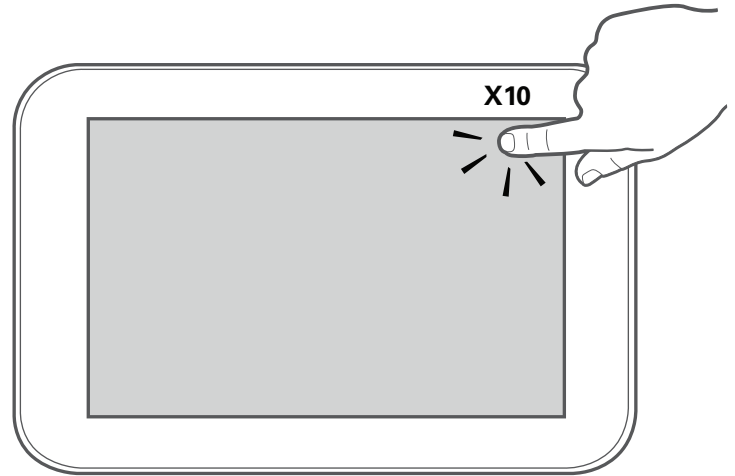
2. Tap on the “Demo mode app” option.

Note: This is where Demo mode is activated and de-activated.

3. Tap on the “Activate Demo mode” option.

4. Inspect the Console to be sure that Demo mode is active and running on the Console Display.

5. Adjust the volume with the volume controls on the back of the Console Display to the middle volume level. Observe how the volume works in the environment, and adjust it accordingly.



To exit Demonstration mode, perform the above steps but select “De-Activate Demo Mode”.

Replacement Procedure Skill Level

- Level I : Low - very little mechanical knowledge or exposure.
- Level II : Intermediate - some experience with mechanical procedures.
- Level III : Advanced - knowledgeable about mechanical procedures.

NOTICE: This document provides instructions for the replacement of the Deck Release Assembly on the Bowflex™ Treadmill 10 / Treadmill 22 / Treadmill 25 / Treadmill 56.

If you need assistance, please contact Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: www.nautilusinternational.com

This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Read and understand all Warnings on this machine.

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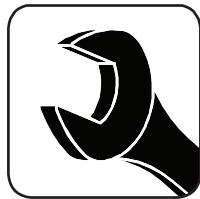
DANGER To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.

- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders, children and pets away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- If replacement parts are necessary, use only genuine Nautilus replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If at any time the Warning labels become loose, unreadable or dislodged, replace the labels. If purchased in US/Canada, contact Customer Service for replacement labels. If purchased outside US/Canada, contact your local distributor for them.
- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety and will void the warranty.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

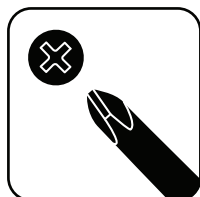
• SAVE THESE INSTRUCTIONS.

Tools Required (not included)

10mm wrench



#2 Phillips screwdriver



Note: Your machine may not match the images provided exactly.

1. Unplug the power cord from the machine and wait 5 minutes. Place the power cord in a secure location.

⚠ DANGER

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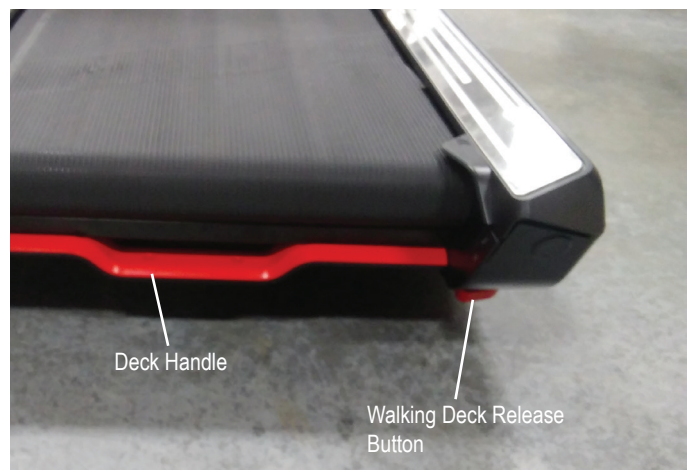
2. Make sure that there is safe clearance around, on and above the treadmill. Make sure there is no object to spill or cause blockage from the fully folded position.

⚠ Be sure there is adequate height clearance for the raised deck.

3. Using the Deck Handle found below the rear of the walking belt, push the Walking Deck Release Button and lift the walking deck fully upward and engage the hydraulic lift. Be sure that the hydraulic lift is correctly locked in place. You will hear an audible click when the hydraulic lift shifts into the locked position.

⚠ Use proper safety precautions and lifting techniques. Bend your knees and elbows, keep your back straight and pull up equally with both arms. Make sure that your own physical strength is capable of lifting the walking deck until it engages the locking mechanism. Use a second person if necessary.

Do not use the walking belt or rear roller to lift the treadmill. These parts do not lock in place and can abruptly move. Injury to you or damage to the machine can occur.



4. Make sure that the locking mechanism is engaged. Carefully pull back on the walking deck and make sure that it does not move. When you do this, keep clear of movement path in case the treadmill lock is not engaged.

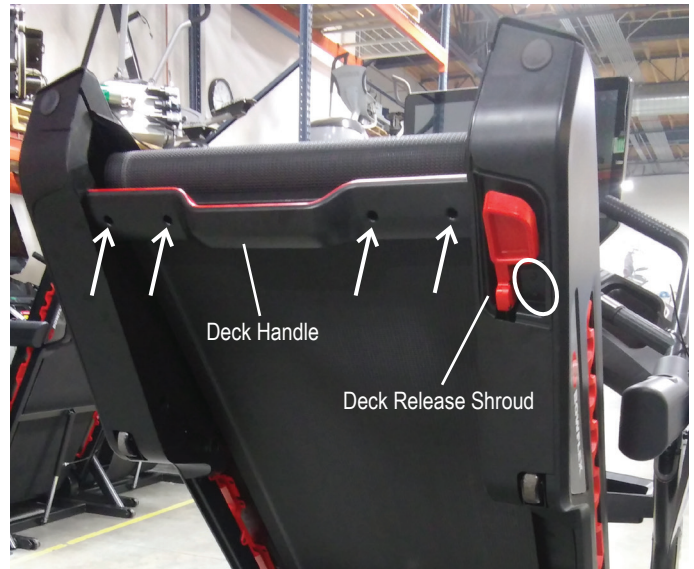
⚠ Do not lean against the treadmill when it is folded. Do not put items on it that could cause it to become unstable or fall.



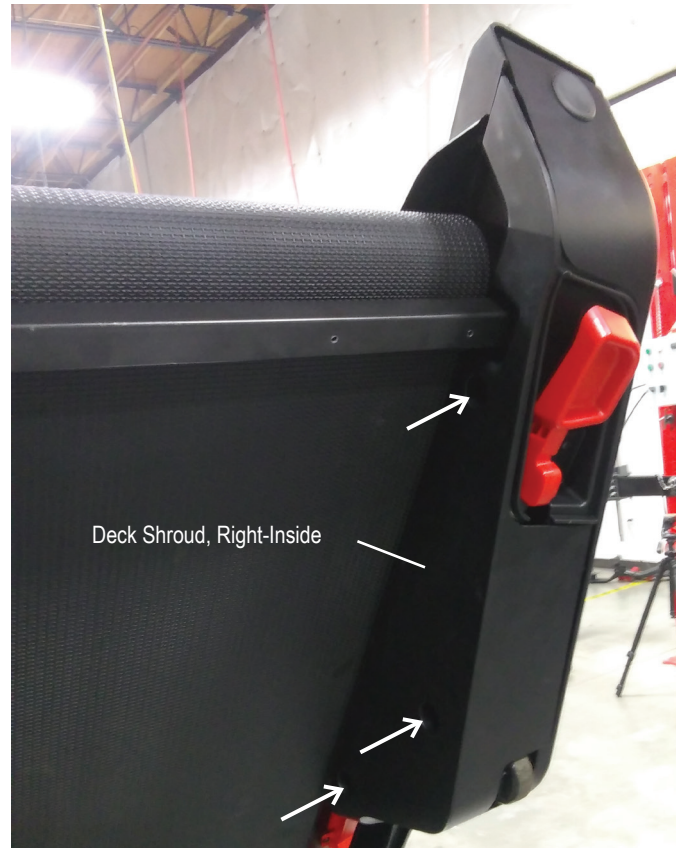
5. Using a #2 Phillips screwdriver, remove the 4 screws (indicated by arrows) from the Deck Handle and place it aside.

6. Using a #2 Phillips screwdriver, remove the 2 screws (indicated by oval) from the Deck Release Shroud. Do not attempt to remove the Deck Release Shroud. Simply allow it to loosely hang on the machine.

⚠ Be sure not to push or release the Walking Deck Release Button. The Walking Deck could fall and cause injury or damage to an individual.



7. Using a #2 Phillips screwdriver, remove the 3 screws (indicated by arrows) that secure the Right-Inside Deck Shroud. Remove it from the machine.




8. Using a 10mm wrench, loosen the indicated hardware and adjust the cable.

9. Tighten the hardware when adjusted.

10. Re-install all parts that were removed in reverse order.



11. Make sure there is sufficient space to lower the walking deck.

 **Keep a minimum clearance behind the machine of 79" (2 m) and 19.7" (0.5 m) on each side. This is the recommended safe distance for access, movement and emergency dismounts from the machine.**

12. Make sure there is no object on or around the treadmill to spill or cause blockage from the fully unfolded position.


13. Slightly push the walking deck forward toward the console, and then push the Walking Deck Release Button until the locking tube releases and you can pull the walking deck away from the console. Hold up the rear of the walking deck, and move to the side of the machine.

 **Keep clear of the movement path of the walking deck.**

14. The hydraulic lift is set up to drop gradually. Hold onto the walking deck until approximately 2/3 of the movement down. Make sure that you use proper lifting technique; bend your knees and keep your back straight. Be aware that the walking deck can possibly drop quickly in the last part of the movement.


15. Final Inspection

Inspect your machine to ensure that all hardware is 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.**

NOTICE: This document provides instructions to adjust the Walking Belt on the Bowflex™ Treadmill 10 / Treadmill 22 / Treadmill 25 / Treadmill 56.

If you need assistance, please contact Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: www.nautilusinternational.com

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⚠ DANGER To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.

- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders, children and pets away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- If replacement parts are necessary, use only genuine Nautilus replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If at any time the Warning labels become loose, unreadable or dislodged, replace the labels. If purchased in US/Canada, contact Customer Service for replacement labels. If purchased outside US/Canada, contact your local distributor for them.
- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety and will void the warranty.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

• SAVE THESE INSTRUCTIONS.

Tools Required (not included)

6mm hex wrench



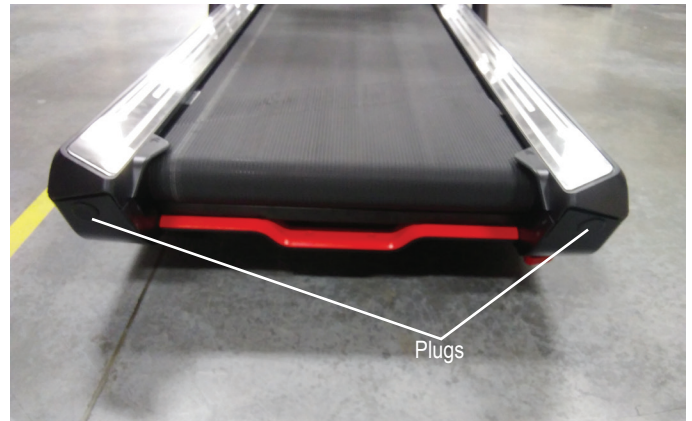
Note: Your machine may not match the images provided exactly.

1. Run the machine at 1 mph to see which way the Walking Belt needs to be moved.



Do not touch the Walking Belt while the Walking Belt is moving. Be sure to keep bystanders, children and pets away from the machine.

2. Remove the Right and Left Plugs that cover the openings to the Walking Belt Adjustment Bolts.



3. Using a 6mm hex wrench on the side the belt should move away from, rotate the Adjustment Bolt a 1/4 turn clockwise.

4. Allow the Walking Belt to adjust to the new tension.

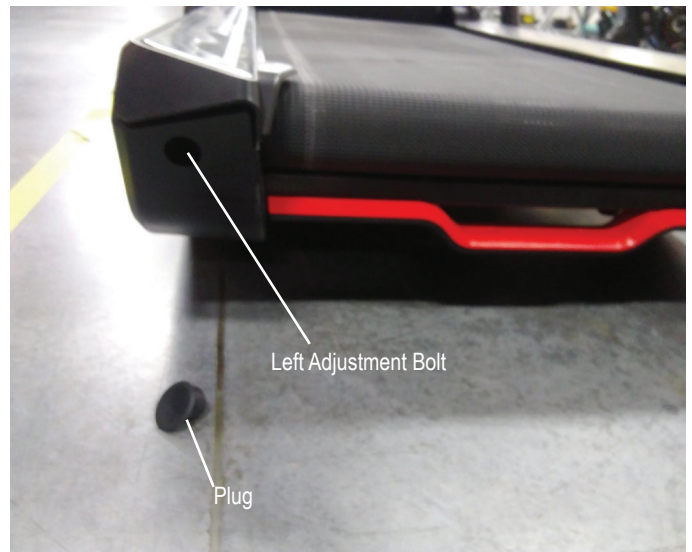
5. Repeat steps 3 and 4 until the Walking Belt is centered.

6. Final Inspection

Inspect your machine to ensure that all hardware is 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.



NOTICE: This document provides instructions for the replacement of the Bottom Motor Cover on the Bowflex™ Treadmill 10 / Treadmill 22 / Treadmill 25 / Treadmill 56.

If you need assistance, please contact Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: www.nautilusinternational.com

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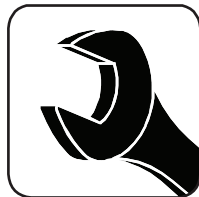
DANGER To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.

- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders, children and pets away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- If replacement parts are necessary, use only genuine Nautilus replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If at any time the Warning labels become loose, unreadable or dislodged, replace the labels. If purchased in US/Canada, contact Customer Service for replacement labels. If purchased outside US/Canada, contact your local distributor for them.
- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety and will void the warranty.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

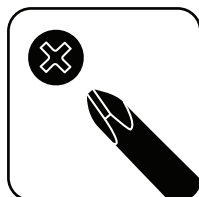
• SAVE THESE INSTRUCTIONS.

Tools Required (not included)

(2) 17mm wrenches



#2 Phillips screwdriver



Note: Your machine may not match the images provided exactly.

1. Unplug the power cord from the machine and wait 5 minutes. Place the power cord in a secure location.

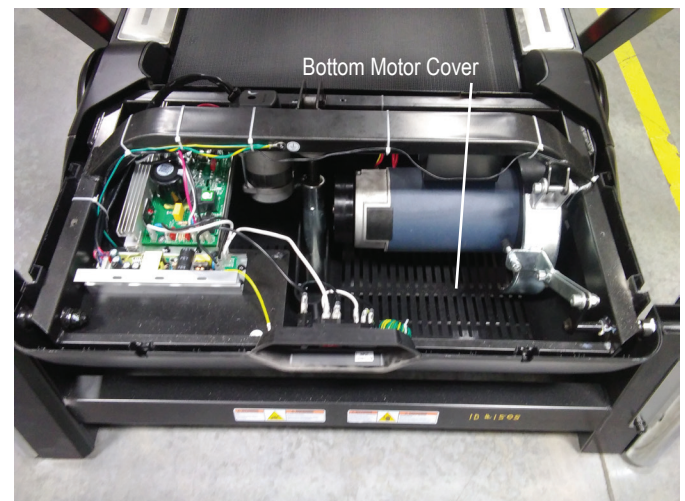
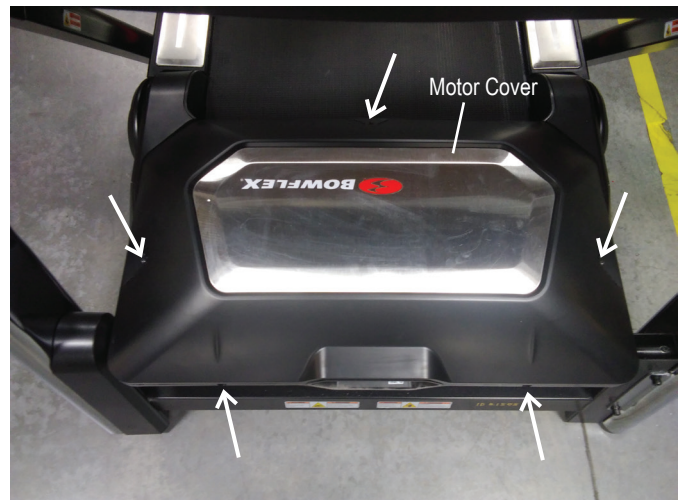
⚠ DANGER

To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.



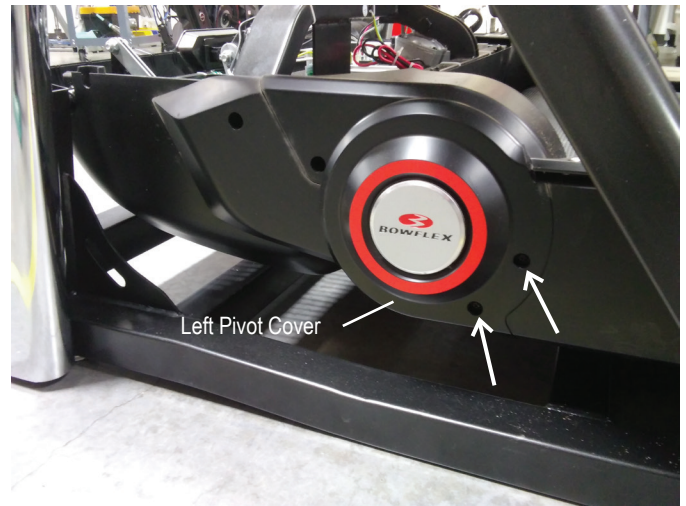
2. Using a #2 Phillips screwdriver, remove the 5 screws (indicated by arrows) that secure the Motor Cover and remove it.

Note: To assist with re-assembly of the Motor Cover, the two front screws are shorter than the others.



3. Using a #2 Phillips screwdriver, remove the 2 screws (indicated by arrows) that attach the Left Pivot Cover.

4. Repeat this step on the right side of the machine.



5. Make sure that there is safe clearance around, on and above the treadmill. Make sure there is no object to spill or cause blockage from the fully folded position.

! Be sure there is adequate height clearance for the raised deck.

6. Using the Deck Handle found below the rear of the walking belt, push the Walking Deck Release Button and lift the walking deck fully upward and engage the hydraulic lift. Be sure that the hydraulic lift is correctly locked in place. You will hear an audible click when the hydraulic lift shifts into the locked position.

! Use proper safety precautions and lifting techniques. Bend your knees and elbows, keep your back straight and pull up equally with both arms. Make sure that your own physical strength is capable of lifting the walking deck until it engages the locking mechanism. Use a second person if necessary.

Do not use the walking belt or rear roller to lift the treadmill. These parts do not lock in place and can abruptly move. Injury to you or damage to the machine can occur.

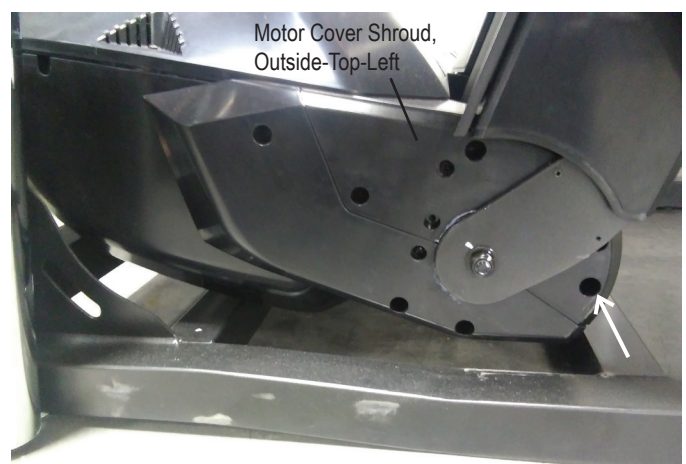
7. Make sure that the locking mechanism is engaged. Carefully pull back on the walking deck and make sure that it does not move. When you do this, keep clear of movement path in case the treadmill lock is not engaged.

! Do not lean against the treadmill when it is folded. Do not put items on it that could cause it to become unstable or fall.

Note: To assist with re-assembly of the Shrouds, an arrow indicates a self-tapping screw and an oval indicates a machine screw.

8. Using a #2 Phillips screwdriver, remove the 1 Self-tapping screw (indicated by arrow) from the Outside-Top-Left Motor Cover Shroud.

9. Repeat this step on the right side of the machine.



10. Make sure there is sufficient space to lower the walking deck.

⚠ Keep a minimum clearance behind the machine of 79" (2 m) and 19.7" (0.5 m) on each side. This is the recommended safe distance for access, movement and emergency dismounts from the machine.

11. Make sure there is no object on or around the treadmill to spill or cause blockage from the fully unfolded position.

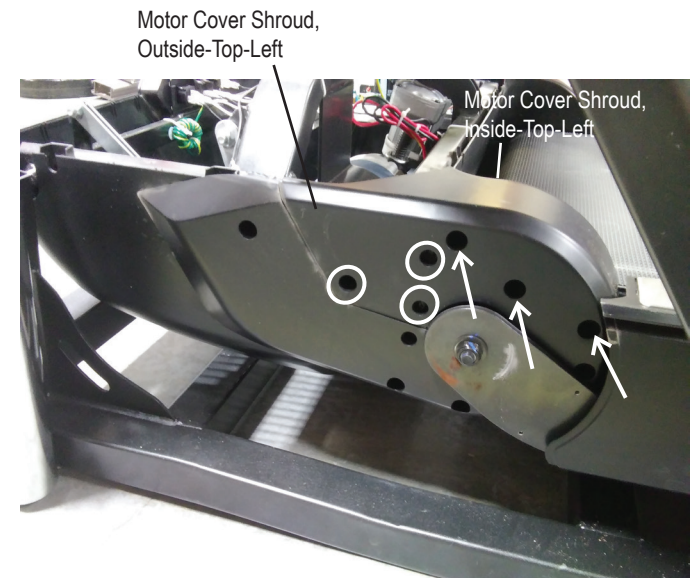
12. Slightly push the walking deck forward toward the console, and then push the Walking Deck Release Button until the locking tube releases and you can pull the walking deck away from the console. Hold up the rear of the walking deck, and move to the side of the machine.

⚠ Keep clear of the movement path of the walking deck.

13. The hydraulic lift is set up to drop gradually. Hold onto the walking deck until approximately 2/3 of the movement down. Make sure that you use proper lifting technique; bend your knees and keep your back straight. Be aware that the walking deck can possibly drop quickly in the last part of the movement.

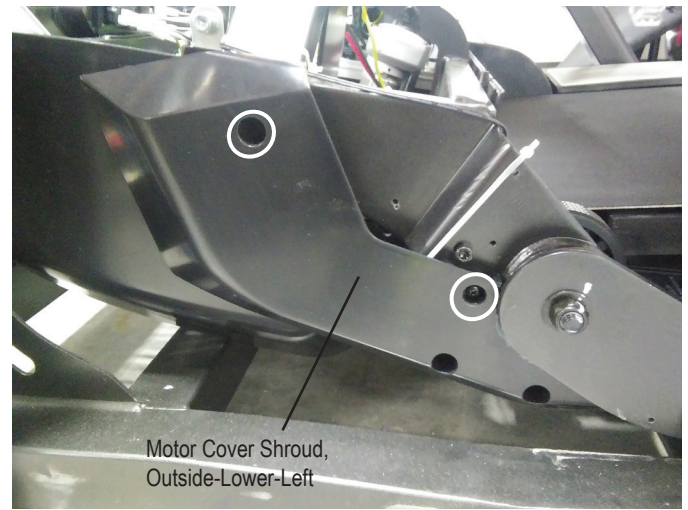
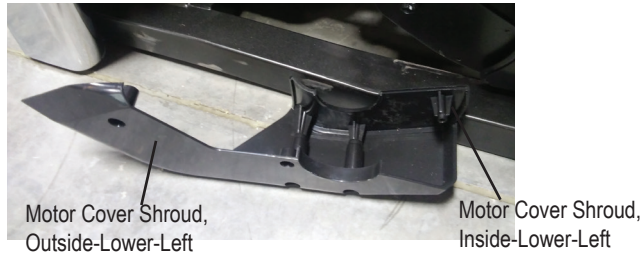
14. Using a #2 Phillips screwdriver, remove the 3 screws (indicated by arrows) that attach the Inside-Top-Left Motor Cover Shroud. Remove the Inside-Top-Left Motor Cover Shroud

15. Using a #2 Phillips screwdriver, remove the 3 screws (indicated by ovals) that attach the Outside-Top-Left Motor Cover Shroud. Remove the Outside-Top-Left Motor Cover Shroud

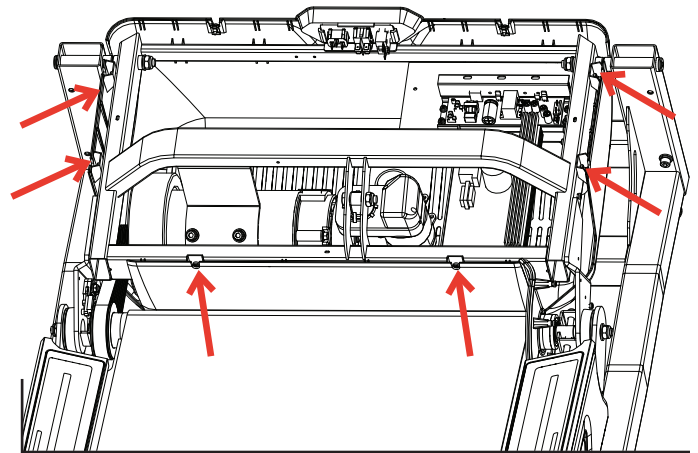


16. Using a #2 Phillips screwdriver, remove the 2 screws (indicated by ovals) that attach the Outside-Lower-Left Motor Cover Shroud. Allow the Outside-Lower-Left Motor Cover Shroud to pivot and rest on the floor.

17. Repeat this step on the right side of the machine.



18. Using a #2 Phillips screwdriver, remove the 6 screws (indicated by arrows) from the Bottom Motor Cover.



19. Confirm that the Walking Deck is secured in the down position. With the Lifting Handle that is under the Walking Deck, try to slightly lift the Walking Deck. If the Walking Deck raises, it is not locked. Using the Side Rails, push the Walking Deck downward until it is secured in the down position.

20. Make sure that there is safe clearance around, above, and to one side of the treadmill.

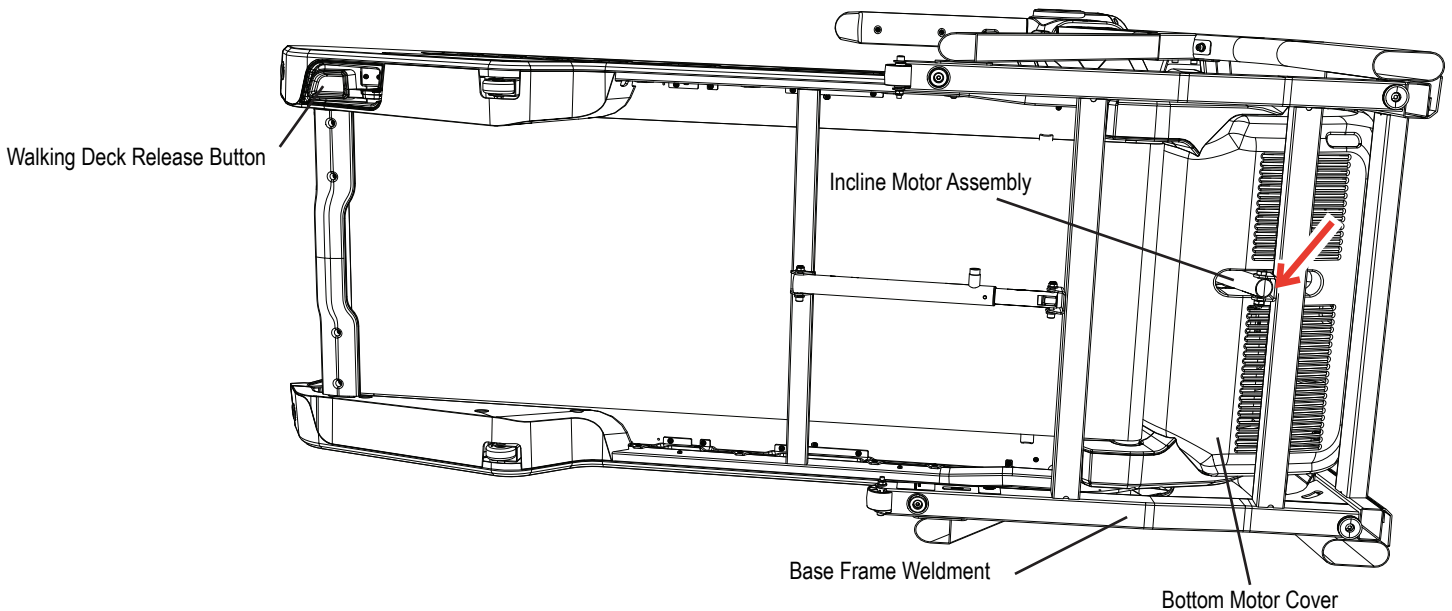
! A second person is required to assist with the tilting of the machine. Be sure there is adequate clearance for the machine. Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.

21. Tilt the machine onto the side with the safe clearance.

! Do not grasp the Console or the Walking Belt to tilt the machine onto the side. The Console could be damaged, and the Walking Belt could abruptly move.

Be sure not to push, touch, or release the Walking Deck Release Button with the machine on its side. If the Walking Deck is released, the Base Frame Weldment may abruptly pivot away from the Walking Deck which could cause injury or damage to an individual and the machine.

22. Using two 17mm wrenches, remove the indicated hardware (with arrow) from the Incline Motor Assembly.



23. Remove the old Bottom Motor Cover and attach the new Bottom Motor Cover.

24. Using two 17mm wrenches, reconnect the hardware that secures the Incline Motor Assembly to the Base Frame Weldment.

25. Make sure there is sufficient space to tilt the machine back upright and that the area is clear. Tilt the machine upright being sure not to grasp the Console or Walking Belt.

! This step requires two people. Be sure there is adequate clearance for the machine. Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.

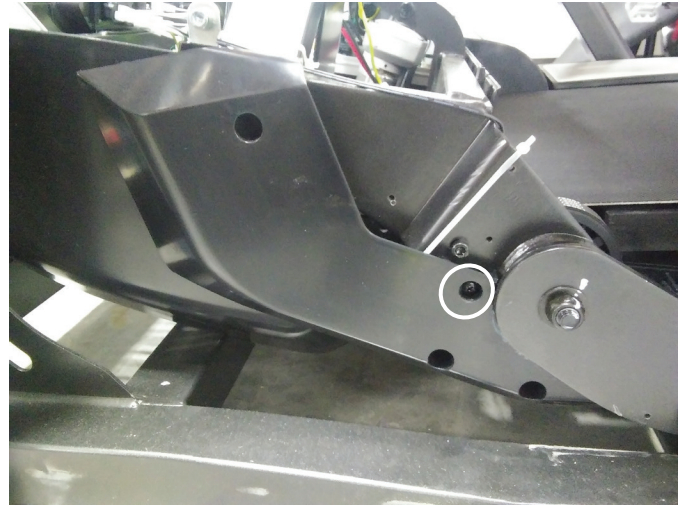
Do not grasp the Console or the Walking Belt to tilt the machine onto the side. The Console could be damaged, and the Walking Belt could abruptly move.

26. Re-install all remaining parts that were removed in reverse order.
When appropriate, use the following steps to assist with the re-assembly of the Motor Cover Shrouds.

Note: To assist with re-assembly of the Shrouds, an arrow indicates a self-tapping screw and an oval indicates a machine screw.

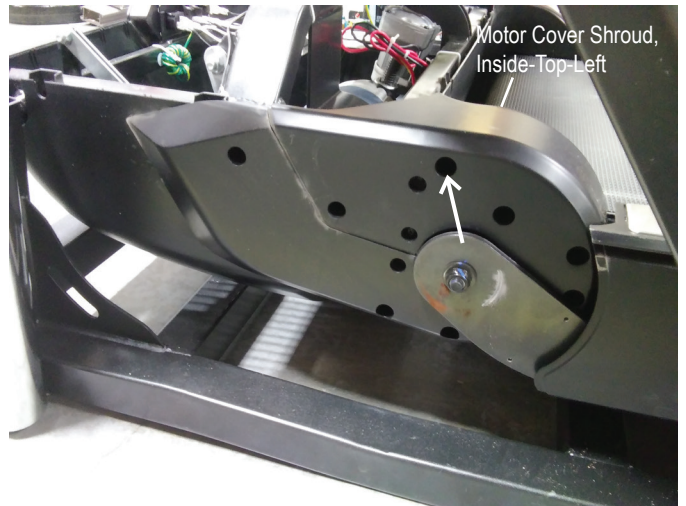
27. Using a #2 Phillips screwdriver, loosely attach the Outside-Lower-Left Motor Cover Shroud to the Frame with the indicated machine screw.

Note: The Inside-Lower-Left Motor Cover Shroud is attached to the Outside-Lower-Left Motor Cover Shroud.

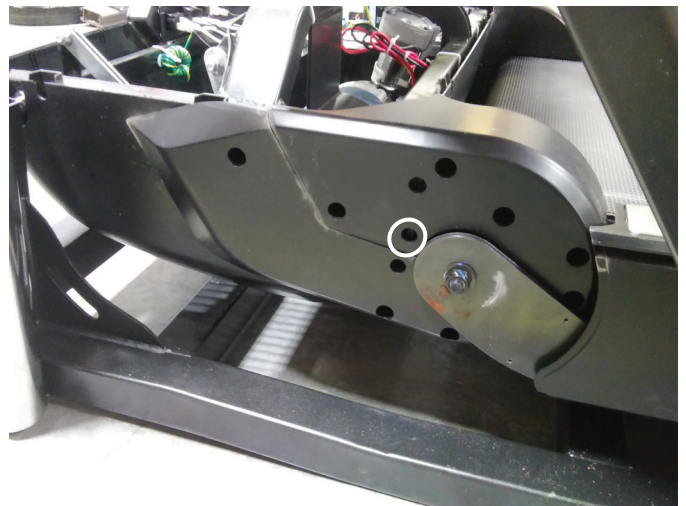


28. Place the Outside-Top-Left Motor Cover Shroud on top of the Outside-Lower-Left Motor Cover Shroud.

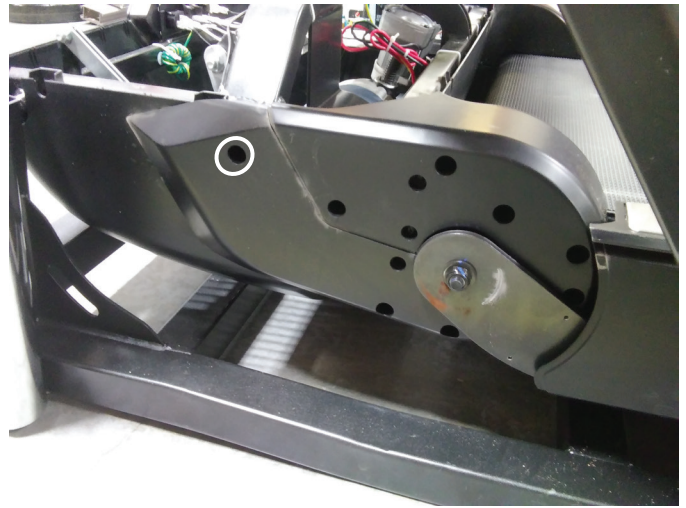
29. Gently pivot the Inside-Upper-Left Motor Cover Shroud onto the Outside-Top-Left Motor Cover Shroud, and loosely attach them together with the indicated self-tapping screw.



30. Using a #2 Phillips screwdriver, loosely attach the Outside-Upper-Left Motor Cover Shroud to the Frame with the indicated machine screw.



31. With all of the Shrouds now seated correctly, secure the Outside-Lower-Left Motor Cover Shroud to the Frame with the indicated machine screw.



32. Using a #2 Phillips screwdriver, secure the Inside-Upper-Left Motor Cover Shroud with the indicated self-tapping screws.



33. Make sure that there is safe clearance around, on and above the treadmill. Make sure there is no object to spill or cause blockage from the fully folded position.

⚠ Be sure there is adequate height clearance for the raised deck.

34. Using the Deck Handle found below the rear of the walking belt, push the Walking Deck Release Button and lift the walking deck fully upward and engage the hydraulic lift. Be sure that the hydraulic lift is correctly locked in place. You will hear an audible click when the hydraulic lift shifts into the locked position.

⚠ Use proper safety precautions and lifting techniques. Bend your knees and elbows, keep your back straight and pull up equally with both arms. Make sure that your own physical strength is capable of lifting the walking deck until it engages the locking mechanism. Use a second person if necessary.

Do not use the walking belt or rear roller to lift the treadmill. These parts do not lock in place and can abruptly move. Injury to you or damage to the machine can occur.

35. Make sure that the locking mechanism is engaged. Carefully pull back on the walking deck and make sure that it does not move. When you do this, keep clear of movement path in case the treadmill lock is not engaged.



! Do not lean against the treadmill when it is folded. Do not put items on it that could cause it to become unstable or fall.

36. Using a #2 Phillips screwdriver, secure the Outside-Upper-Left Motor Cover Shroud with the indicated self-tapping screw.

37. Make sure there is sufficient space to lower the walking deck.

! Keep a minimum clearance behind the machine of 79" (2 m) and 19.7" (0.5 m) on each side. This is the recommended safe distance for access, movement and emergency dismounts from the machine.

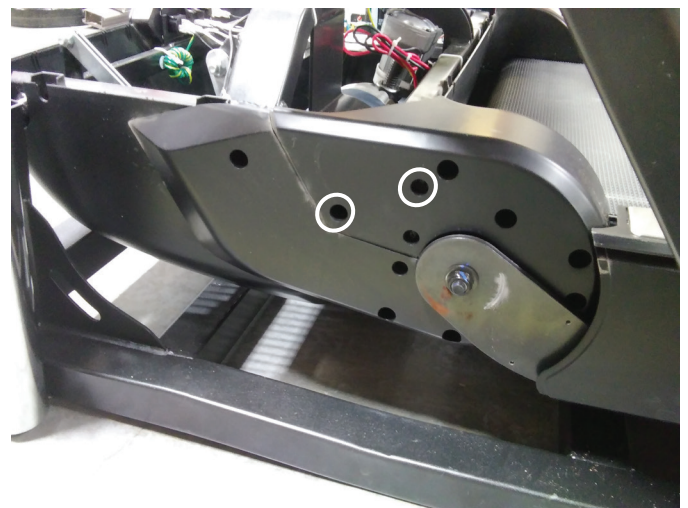
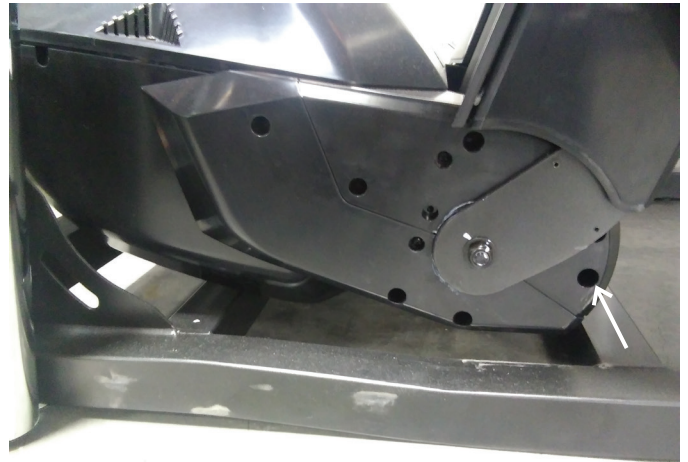
38. Make sure there is no object on or around the treadmill to spill or cause blockage from the fully unfolded position.

39. Slightly push the walking deck forward toward the console, and then push the Walking Deck Release Button until the locking tube releases and you can pull the walking deck away from the console. Hold up the rear of the walking deck, and move to the side of the machine.

! Keep clear of the movement path of the walking deck.

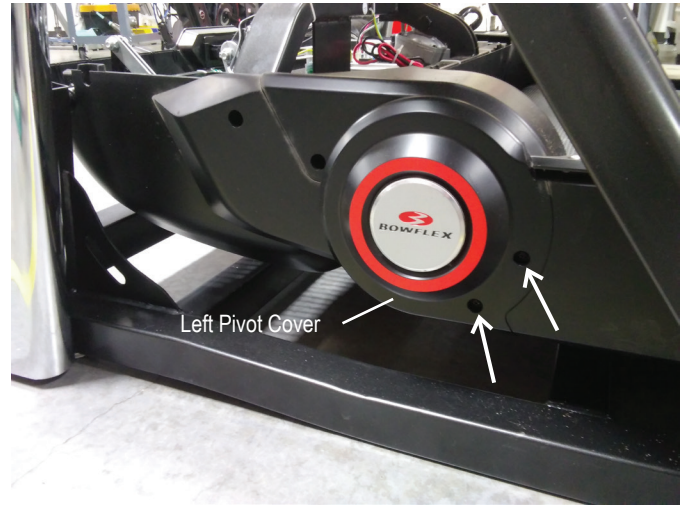
40. The hydraulic lift is set up to drop gradually. Hold onto the walking deck until approximately 2/3 of the movement down. Make sure that you use proper lifting technique; bend your knees and keep your back straight. Be aware that the walking deck can possibly drop quickly in the last part of the movement.

41. Using a #2 Phillips screwdriver, secure the Outside-Upper-Left Motor Cover Shroud with the indicated machine screws.



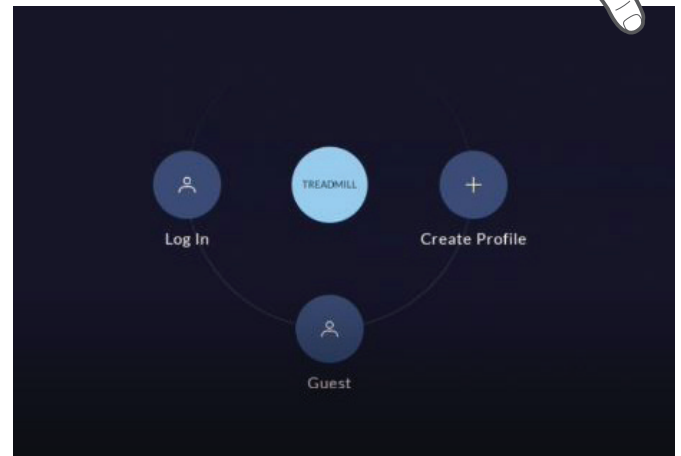
42. Fully tighten all of the hardware that attaches the Shrouds.

43. Using a #2 Phillips screwdriver, secure the Left Pivot Cover to the Frame.

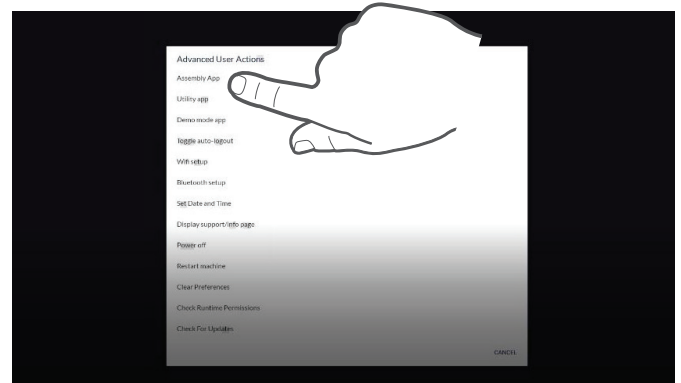


44. Attach the power cord and turn on the Treadmill by flipping the power switch to ON.

45. From the Power Up screen, tap on the upper-right corner of the Console Display 10 times. The Console will display the “Advanced User Actions” menu.



46. Tap on the “Assembly App” option.

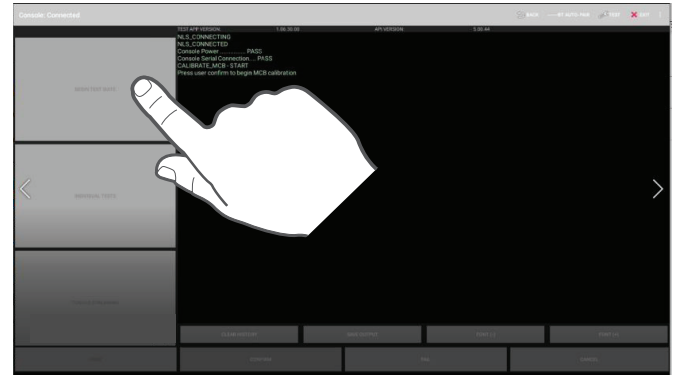


47. From the “Assembly App” menu, tap CALIBRATE in the upper right corner of the Console Display. The Console will shift to Calibrate mode.



48. From the “Calibrate” screen, tap BEGIN TEST SUITE.

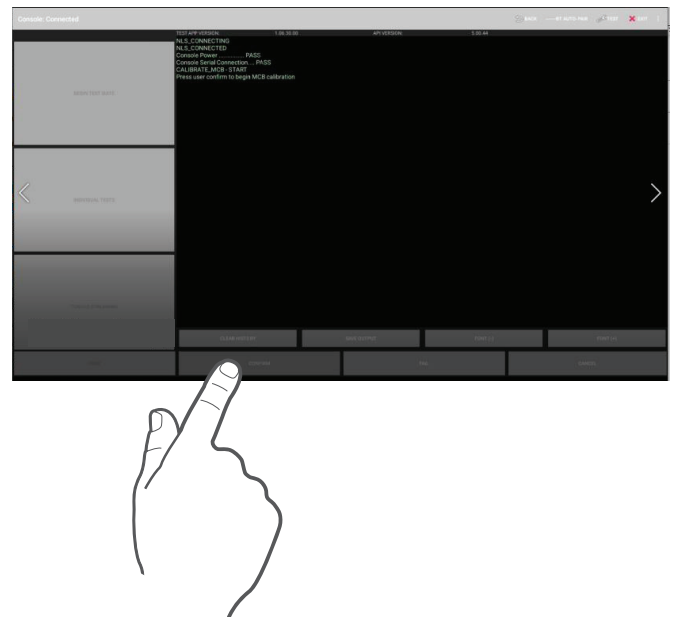
! Be sure the area around the Treadmill is clear of all bystanders, children and pets. Be sure there is nothing on or under the Walking Belt, or near the Treadmill.



49. The Console will display “CALIBRATE_MCB-USER CONFIRM”. Tap CONFIRM, and the calibration procedure starts.

Note: The calibration procedure will begin by automatically moving the Walking Belt and adjusting the incline of the Walking Deck.

! Be sure not to touch or allow anyone else to touch the machine while calibration is occurring.



50. When calibration is complete, the Console will display “CALIBRATE MCB - PASS, *** Test Suite Passed ***”.

51. Tap EXIT in the upper-right corner of the Display to exit the Calibrate Mode.

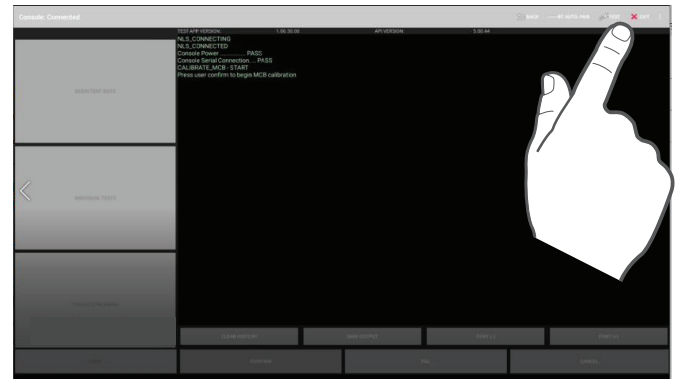
52. Calibration is now complete for the machine. Flip the power switch to OFF.

53. Final Inspection

Inspect your machine to ensure that all hardware is 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.



NOTICE: This document provides instructions for the replacement of the Circuit Breaker on the Bowflex™ Treadmill 10 / Treadmill 22 / Treadmill 25 / Treadmill 56.


If you need assistance, please contact Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: www.nautilusinternational.com

 This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Read and understand all Warnings on this machine.

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Important Safety Instructions - Before servicing or using this equipment, obey the following warnings:

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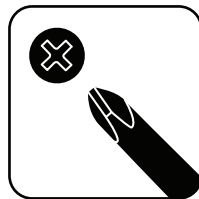
 **DANGER** To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.

- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders, children and pets away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- If replacement parts are necessary, use only genuine Nautilus replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If at any time the Warning labels become loose, unreadable or dislodged, replace the labels. If purchased in US/Canada, contact Customer Service for replacement labels. If purchased outside US/Canada, contact your local distributor for them.
- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety and will void the warranty.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

• SAVE THESE INSTRUCTIONS.

Tools Required (not included)

#2 Phillips screwdriver (short)



Note: Your machine may not match the images provided exactly.

1. Unplug the power cord from the machine and wait 5 minutes. Place the power cord in a secure location.

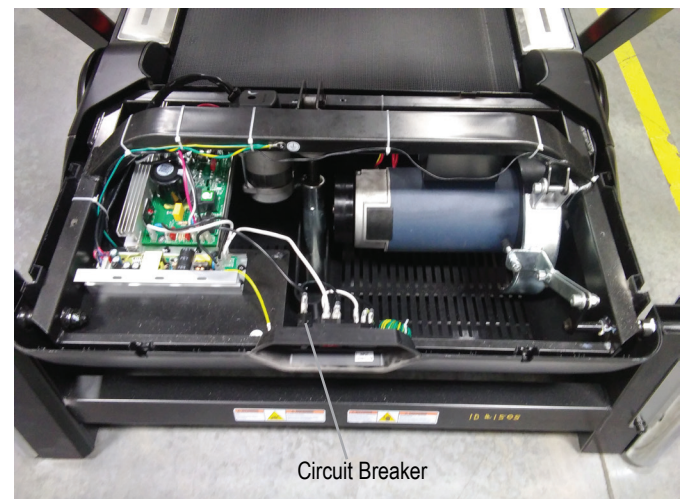
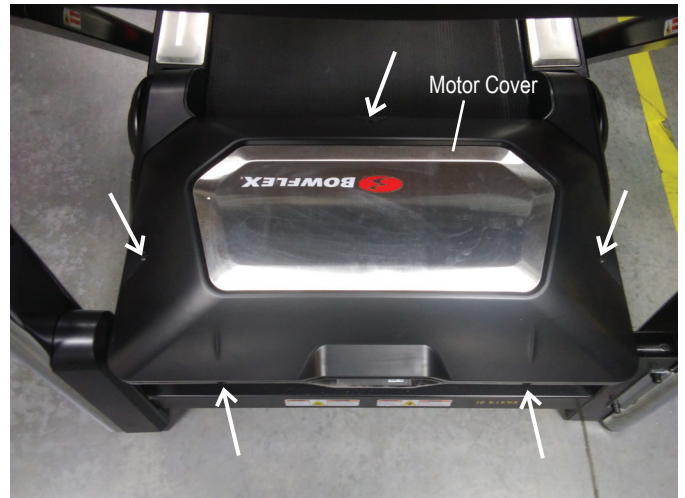
⚠ DANGER

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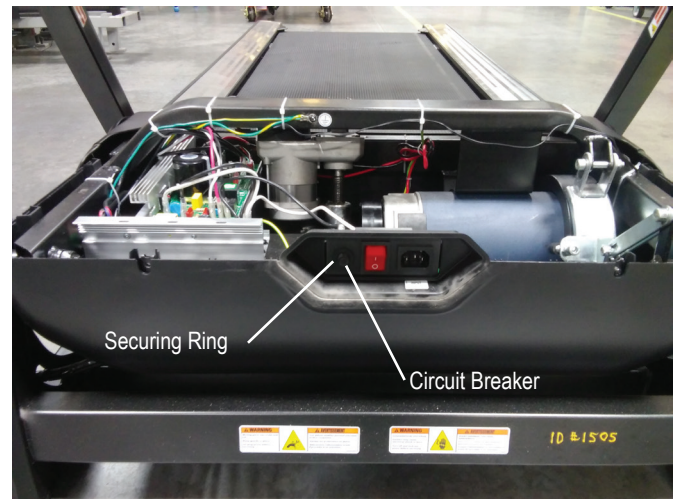


2. Using a #2 Phillips screwdriver, remove the 5 indicated screws that secure the Motor Cover.

Note: To assist with re-assembly of the Motor Cover, the two front screws are shorter than the others.



3. From the front, remove the Securing Ring from the Circuit Breaker by rotating it counter-clockwise. Remove the Circuit Breaker from the Frame.



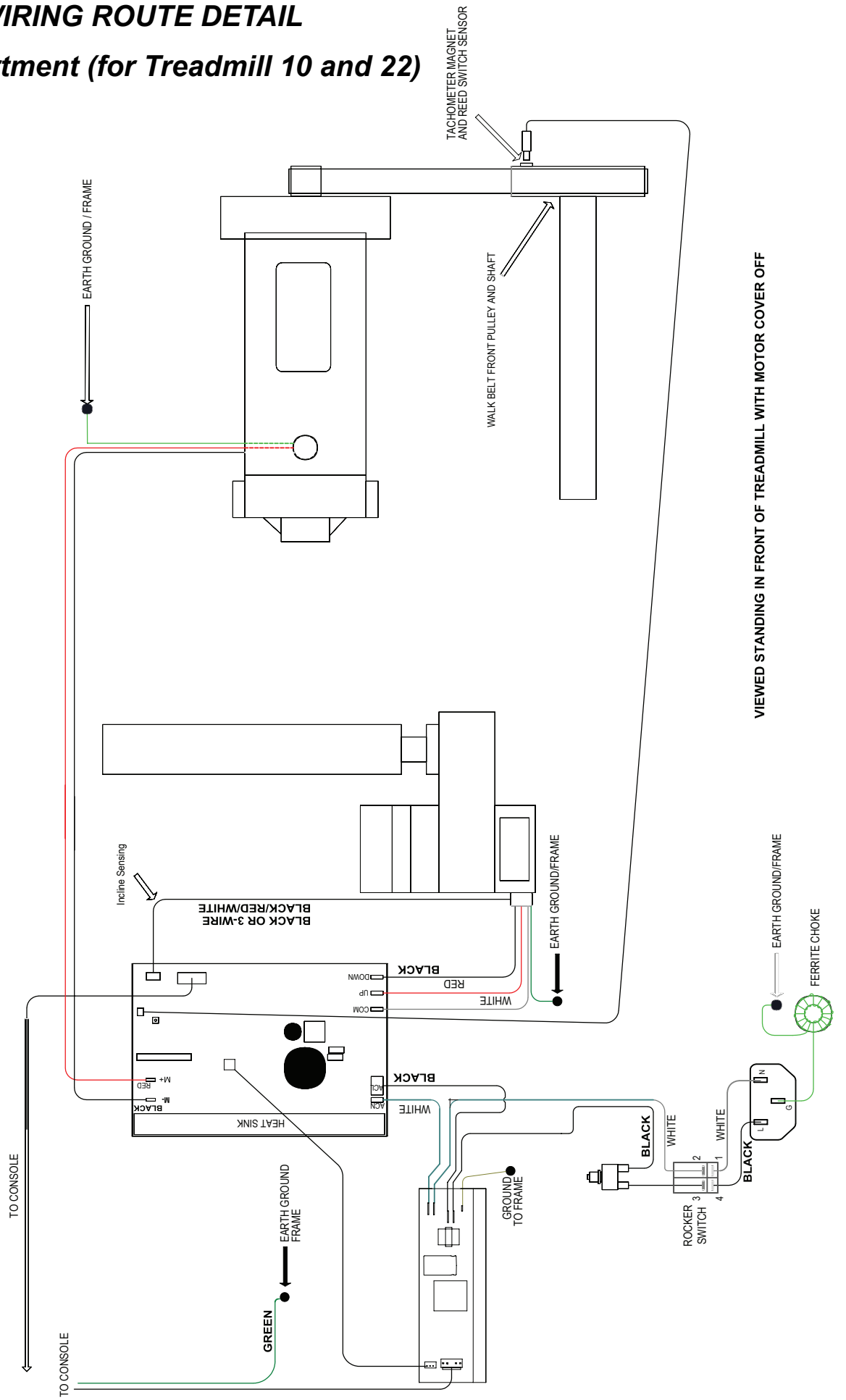
4. Remove the connectors one at a time and move them to the corresponding terminal on the new Circuit Breaker.

5. Insert the new Circuit Breaker into the Frame, and install the Securing Ring from the outside.



ELECTRICAL WIRING ROUTE DETAIL

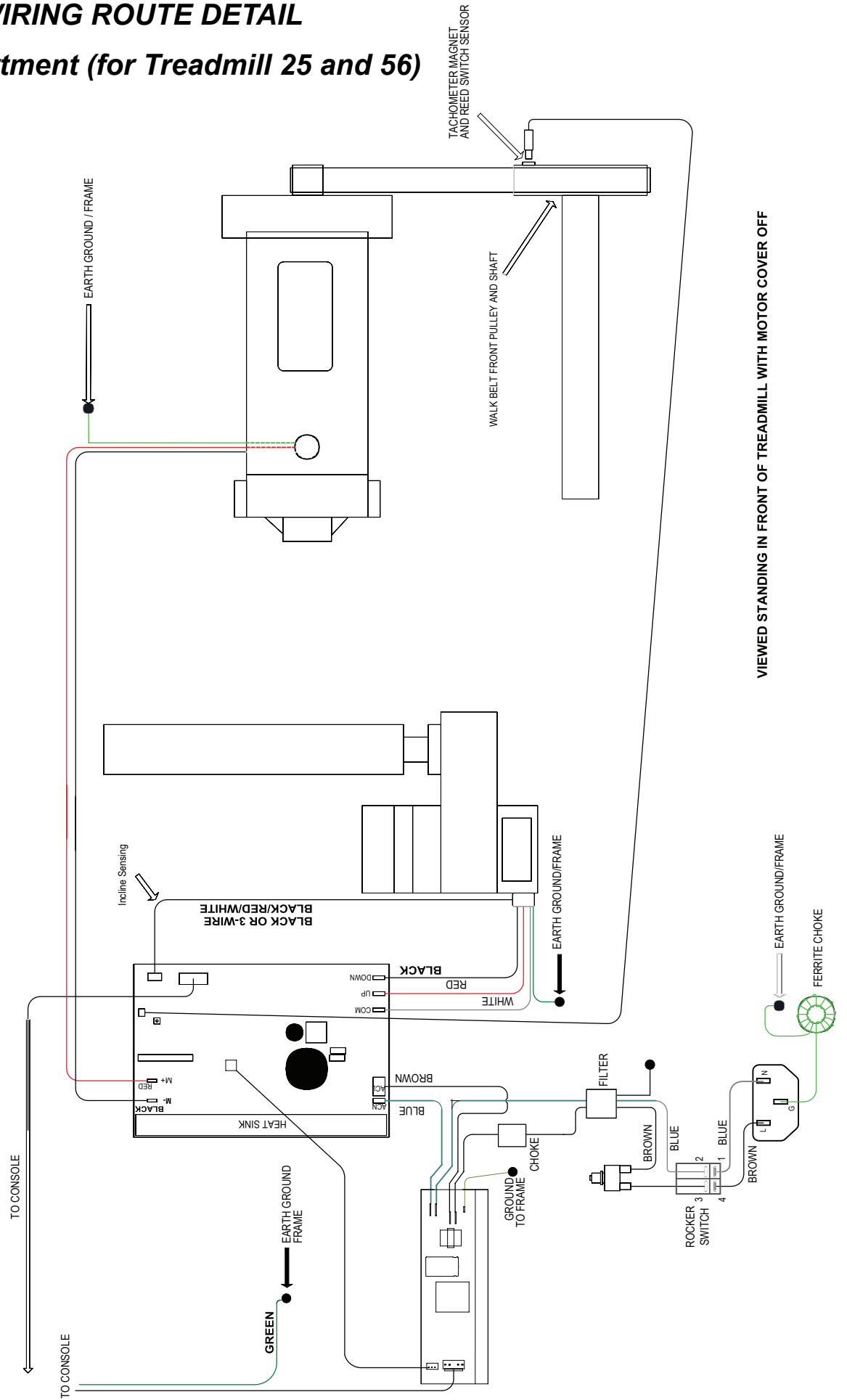
- Motor Compartment (for Treadmill 10 and 22)



VIEWED STANDING IN FRONT OF TREADMILL WITH MOTOR COVER OFF

ELECTRICAL WIRING ROUTE DETAIL

- Motor Compartment (for Treadmill 25 and 56)



6. Re-install all remaining parts that were removed in reverse order.

7. Final Inspection

Inspect your machine to ensure that all hardware is 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.

NOTICE: This document provides instructions for the replacement of the Console Assembly on the Bowflex™ Treadmill 10 / Treadmill 22 / Treadmill 25 / Treadmill 56.


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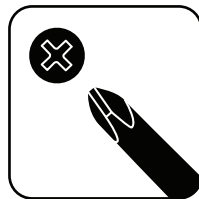
 **DANGER** To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.

- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders, children and pets away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- If replacement parts are necessary, use only genuine Nautilus replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and will void the warranty.
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- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

• **SAVE THESE INSTRUCTIONS.**

Tools Required (not included)

#2 Phillips screwdriver (short)



Note: Your machine may not match the images provided exactly.

1. Unplug the power cord from the machine and wait 5 minutes. Place the power cord in a secure location.

⚠ DANGER

To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.



2. Remove the Console Rear Cover from the Console Assembly.

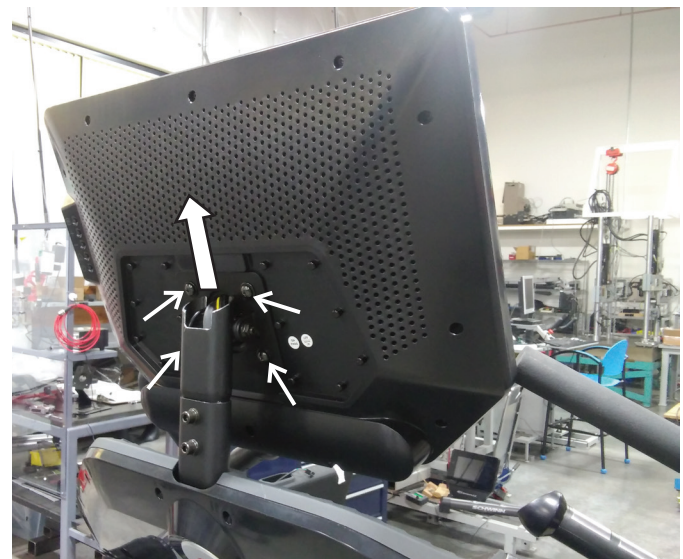


3. Gently remove each of the Cables and their Connections from the Console Mast in the following order:

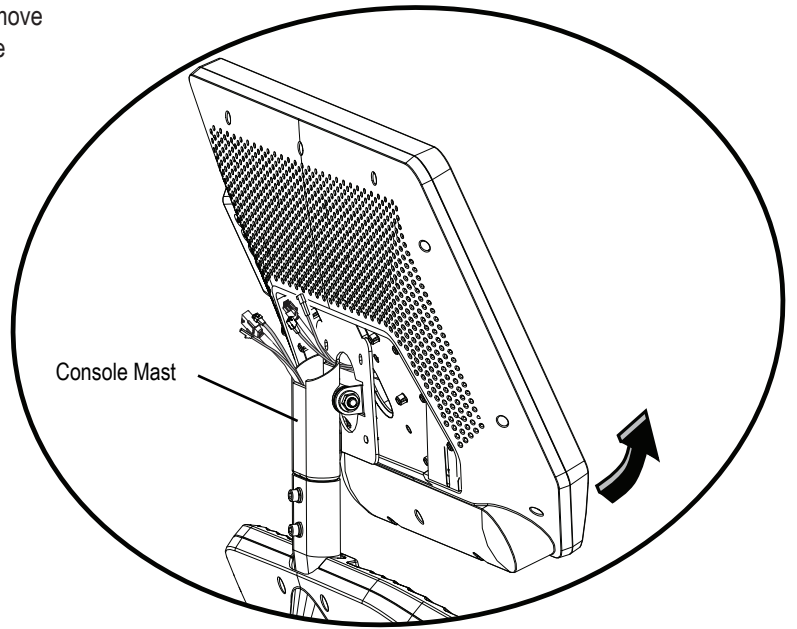
- a. Small Black Connector
- b. Large Black Connector
- c. White Connector

4. Disconnect each of the Cables from the Console Assembly.

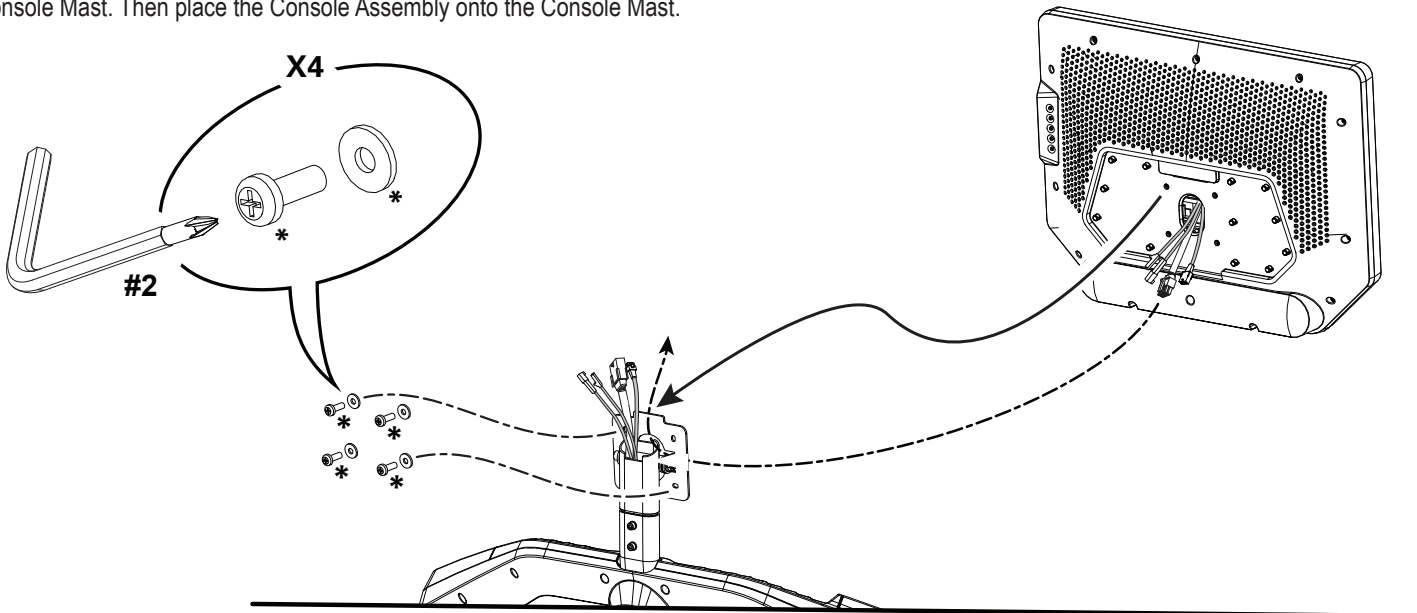
5. Using a #2 Phillips screwdriver, remove the 4 screws (indicated by small arrows) that secure the Console Assembly.



6. Pivot the lower part of the old Console Assembly outward, and remove it from the Console Mast. To assist with reassembly, observe how the Cables route through the Console Mast

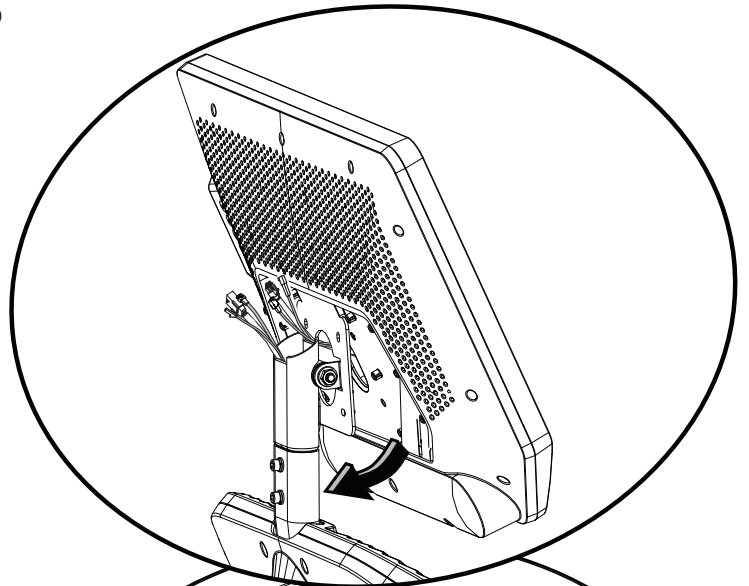


7. With the new Console Assembly, route the Console Cables through the Console Mast. Then place the Console Assembly onto the Console Mast.



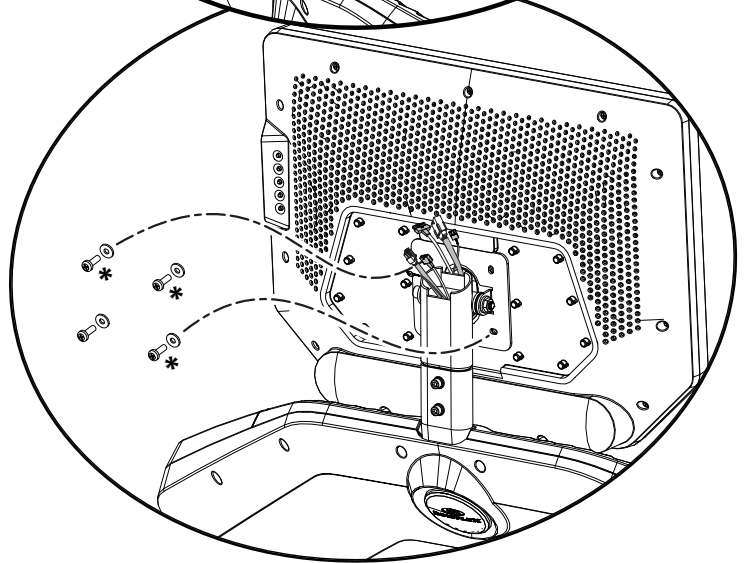
8. Adjust the Cables and fully pivot the Console Assembly downward onto the Console Mast.

Note: Do not crimp the Cables.

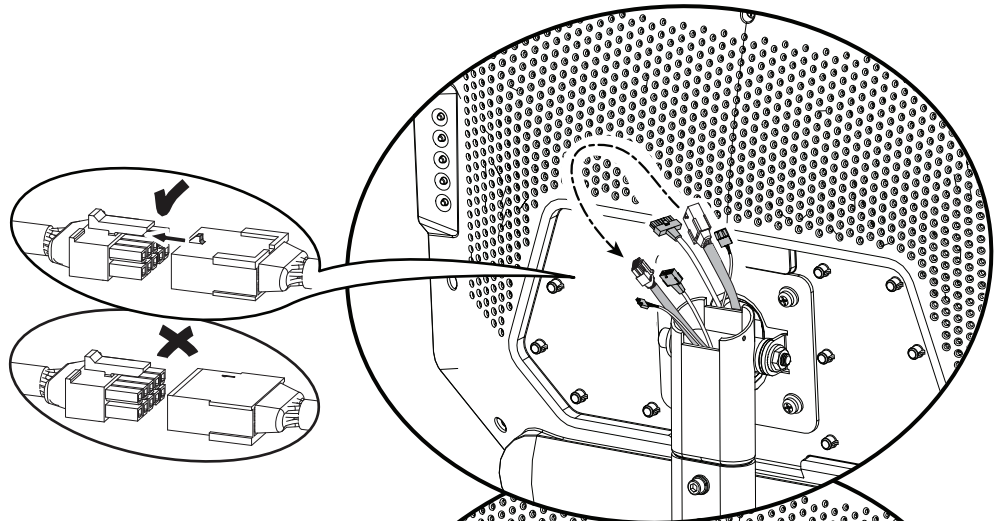


9. Using a #2 Phillips screwdriver, secure the Console Assembly to the Console Mast with the 4 screws.

Note: Do not crimp the Cables.



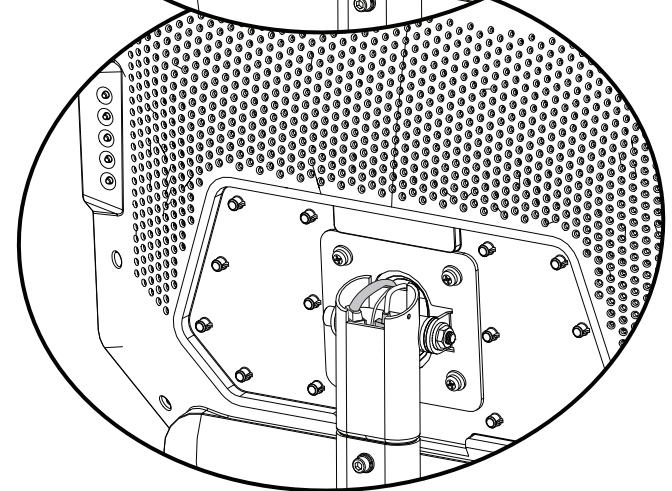
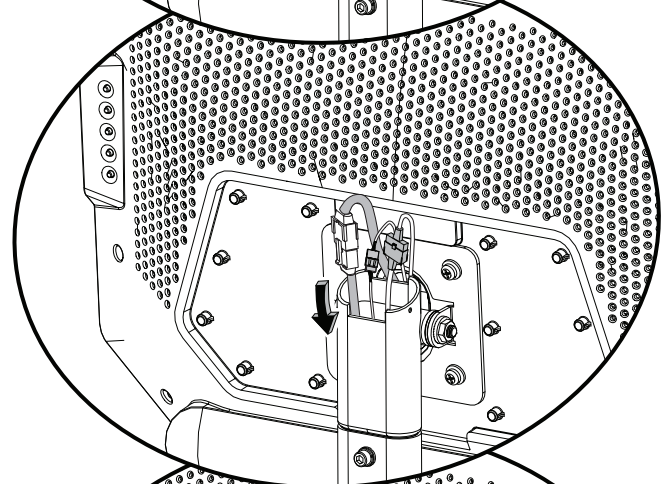
10. Connect the Cables.



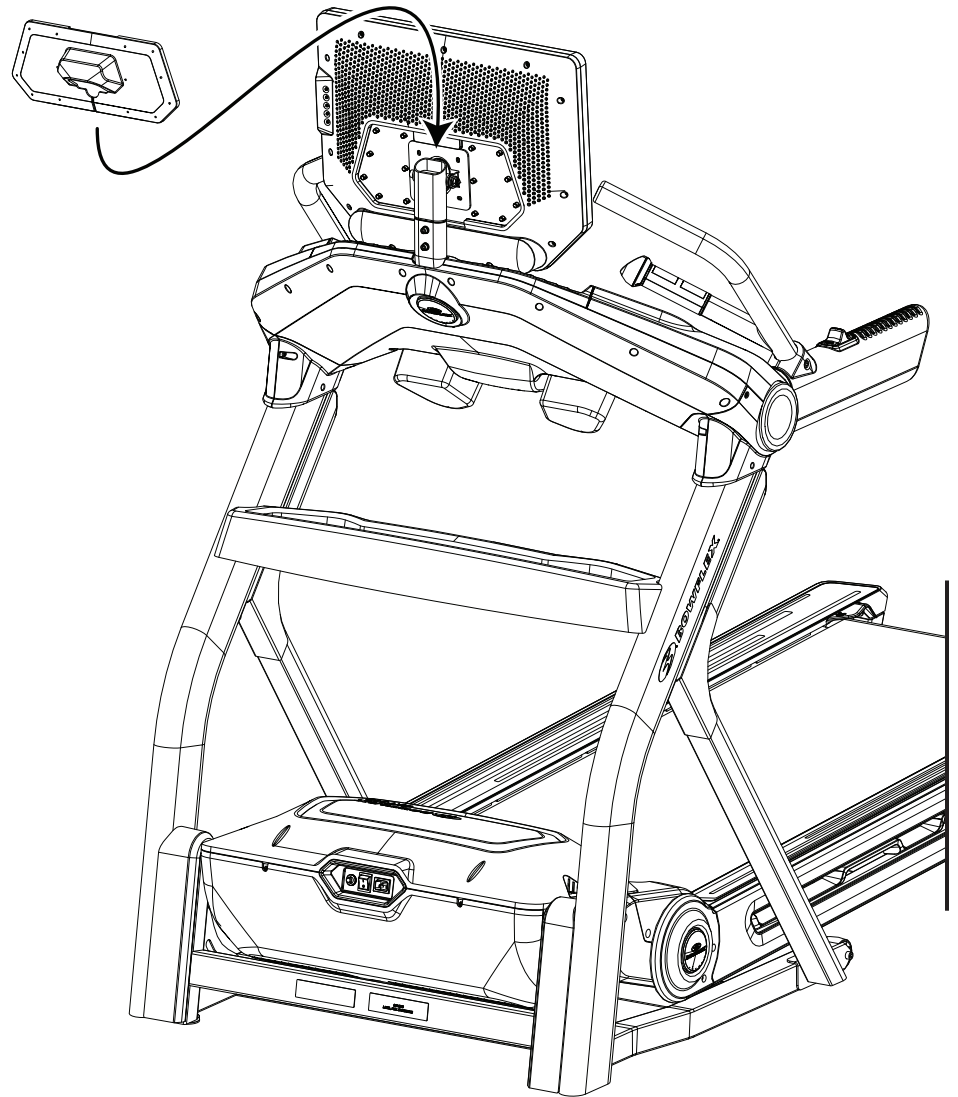
11. Gently slide each of the Connectors and their Cables down into the Console Mast in the following order:

- a. White Connector
- b. Large Black Connector
- c. Small Black Connector

Note: Push the Connectors into the Console Mast until the Cable from the Console Assembly is taut, or not loose.



12. Re-install the Console Rear Cover to the Console Assembly.



13. Final Inspection

Inspect your machine to ensure that all hardware is 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.

NOTICE: This document provides instructions for the replacement of the Console Base on the Bowflex™ Treadmill 10 / Treadmill 22 / Treadmill 25 / Treadmill 56.


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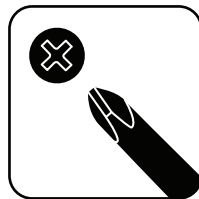
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- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders, children and pets away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- If replacement parts are necessary, use only genuine Nautilus replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If at any time the Warning labels become loose, unreadable or dislodged, replace the labels. If purchased in US/Canada, contact Customer Service for replacement labels. If purchased outside US/Canada, contact your local distributor for them.
- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety and will void the warranty.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

• **SAVE THESE INSTRUCTIONS.**

Tools Required (not included)

#2 Phillips screwdriver



6mm hex wrench



Note: Your machine may not match the images provided exactly.

1. Unplug the power cord from the machine and wait 5 minutes. Place the power cord in a secure location.

⚠ DANGER

To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.



2. Remove the Console Rear Cover from the Console Assembly.

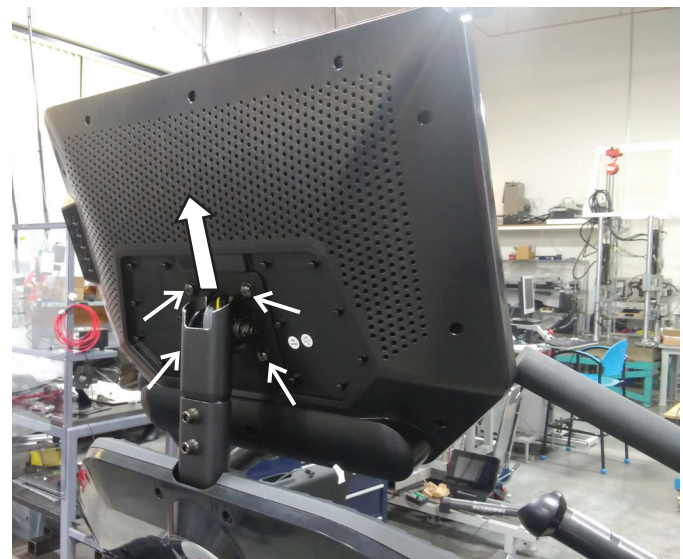


3. Gently remove each of the Cables and their Connections from the Console Mast in the following order:

- a. Small Black Connector
- b. Large Black Connector
- c. White Connector

4. Disconnect each of the Cables from the Console Assembly.

5. Using a #2 Phillips screwdriver, remove the 4 screws (indicated by small arrows) that secure the Console Assembly.

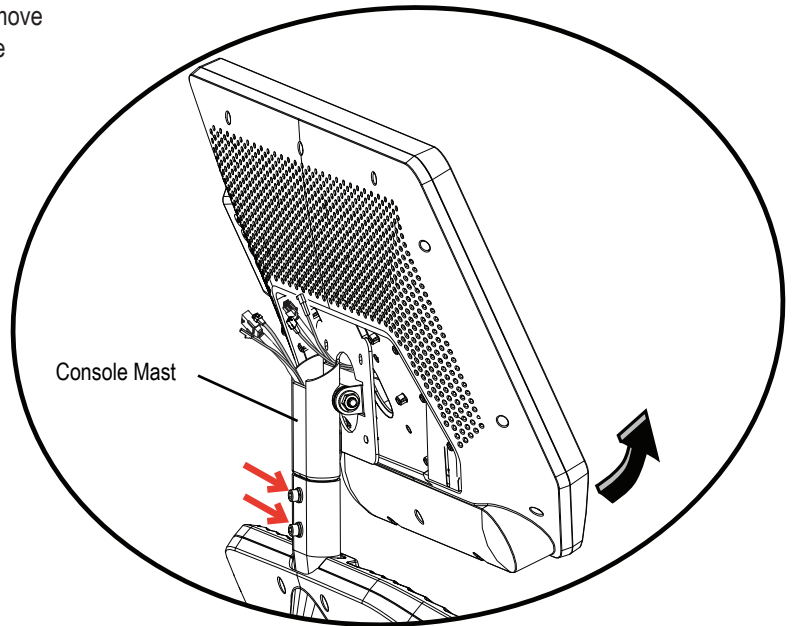


6. Pivot the lower part of the old Console Assembly outward, and remove it from the Console Mast. To assist with reassembly, observe how the Cables route through the Console Mast

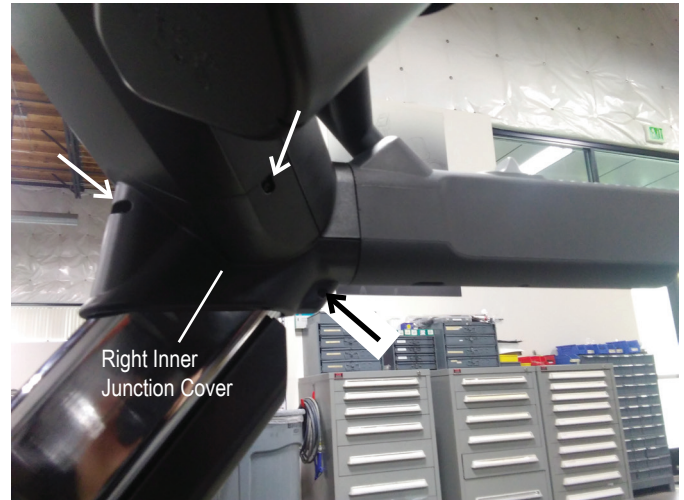
7. Using a 6mm hex wrench, remove the hardware (indicated by arrows) that secures the Console Mast to the Console Base.

8. After noting how the Cables route up through the Console Mast (to assist with re-assembly), remove the Console Mast.

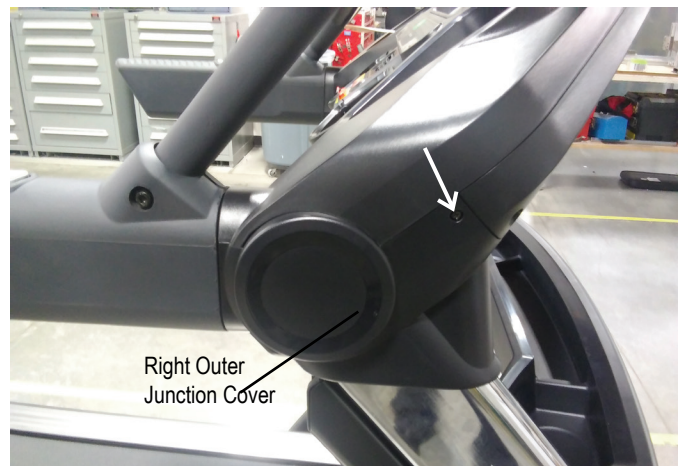
Note: Do not crimp the Cables.



9. Using a #2 Phillips screwdriver, remove the hardware (indicated by arrows) that attaches the Right Inner Junction Cover. Remove the Right Inner Junction Cover and place outside of the work area.



10. Using a #2 Phillips screwdriver, remove the hardware (indicated by an arrow) that attaches the Right Outer Junction Cover. Remove the Right Outer Junction Cover and place outside of the work area.



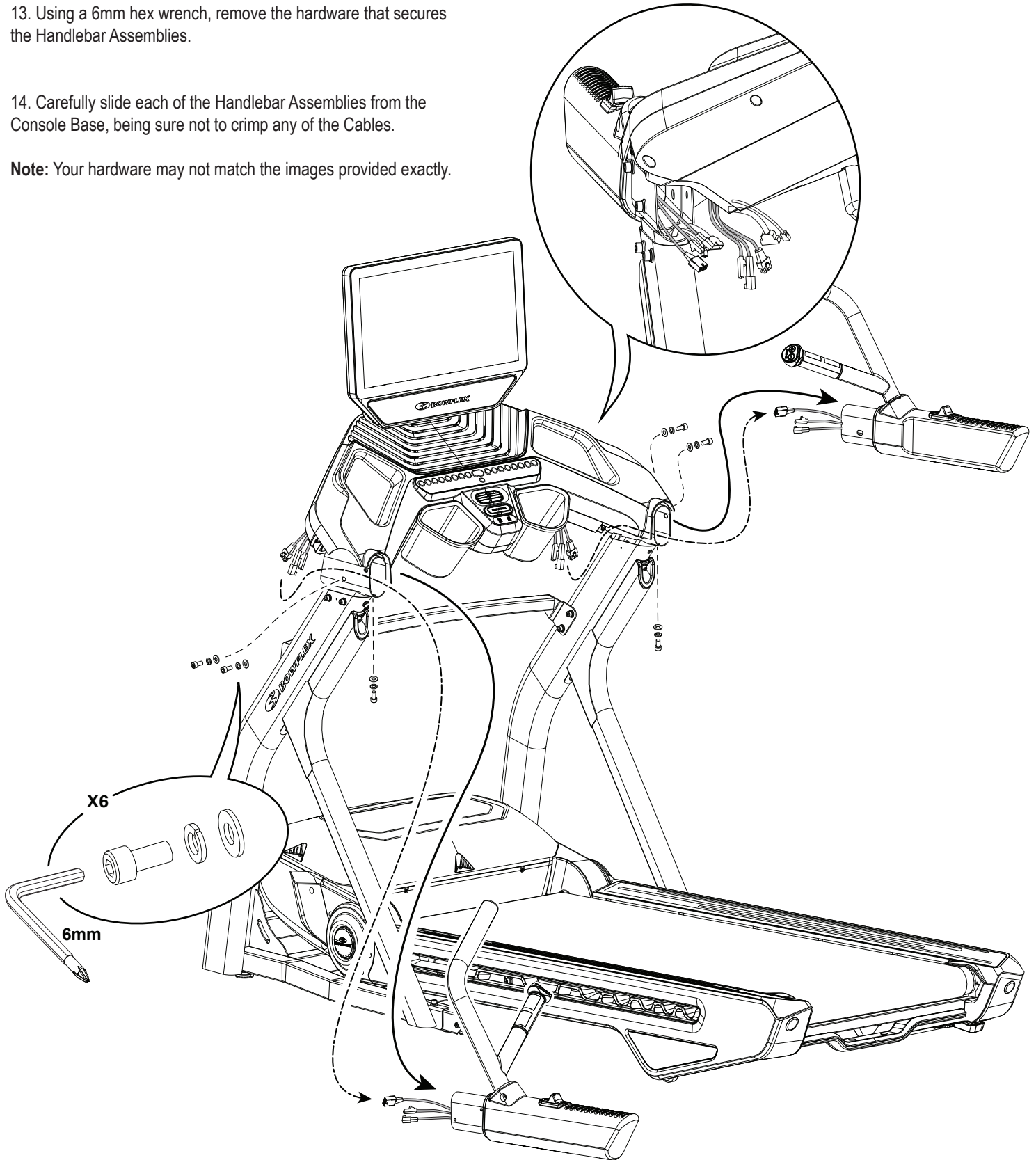
11. Repeat the last two steps on the left side of the machine.

12. Disconnect all of the Cables from the right and left side of the Console Base.

13. Using a 6mm hex wrench, remove the hardware that secures the Handlebar Assemblies.

14. Carefully slide each of the Handlebar Assemblies from the Console Base, being sure not to crimp any of the Cables.

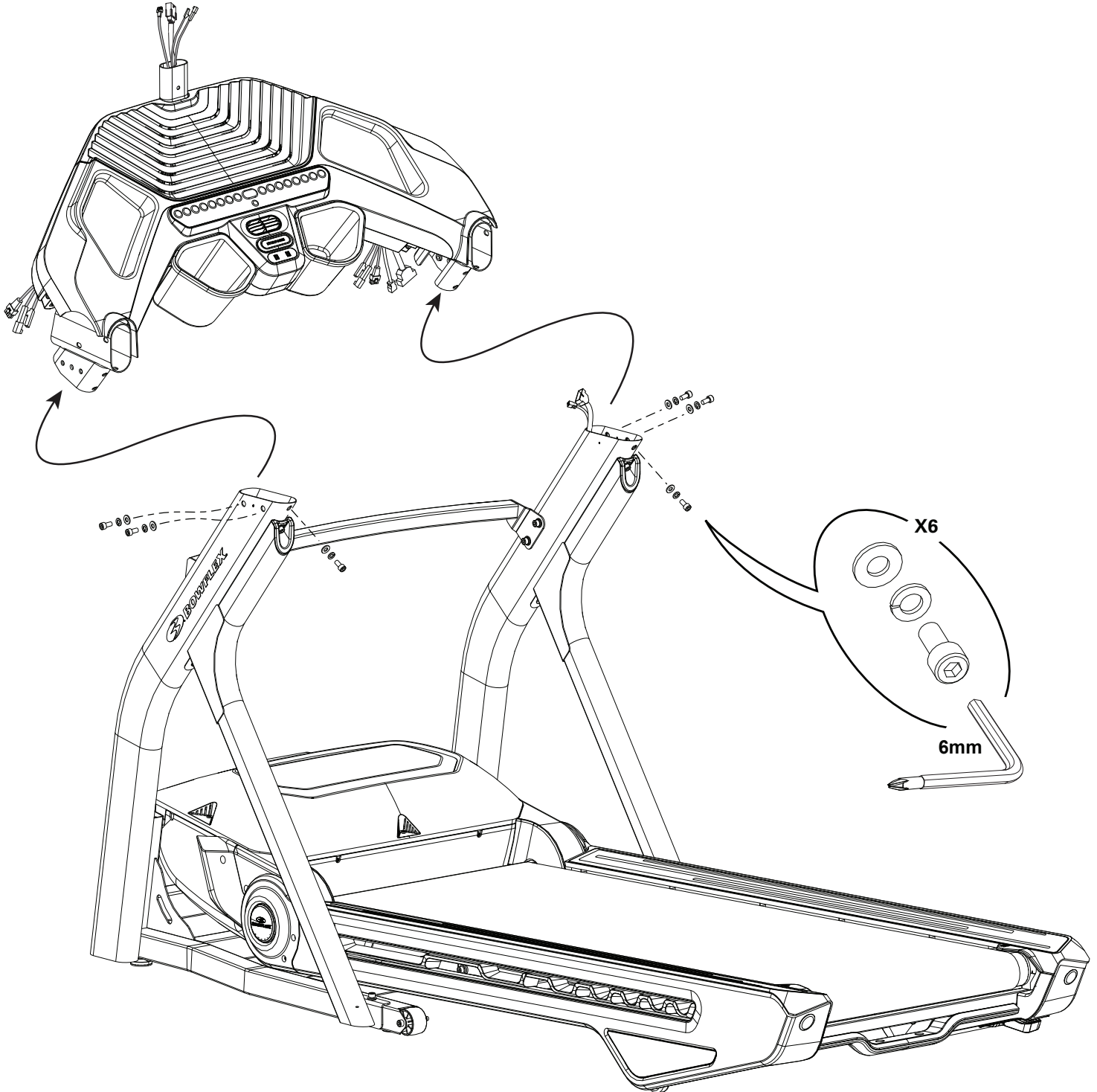
Note: Your hardware may not match the images provided exactly.



15. Using a 6mm hex wrench, remove the hardware that secures the Console Base to the Uprights.

16. Remove the old Console Base from the Uprights.

⚠ 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.



17. Be sure that the Cables from the Right Upright are toward the front of the machine.

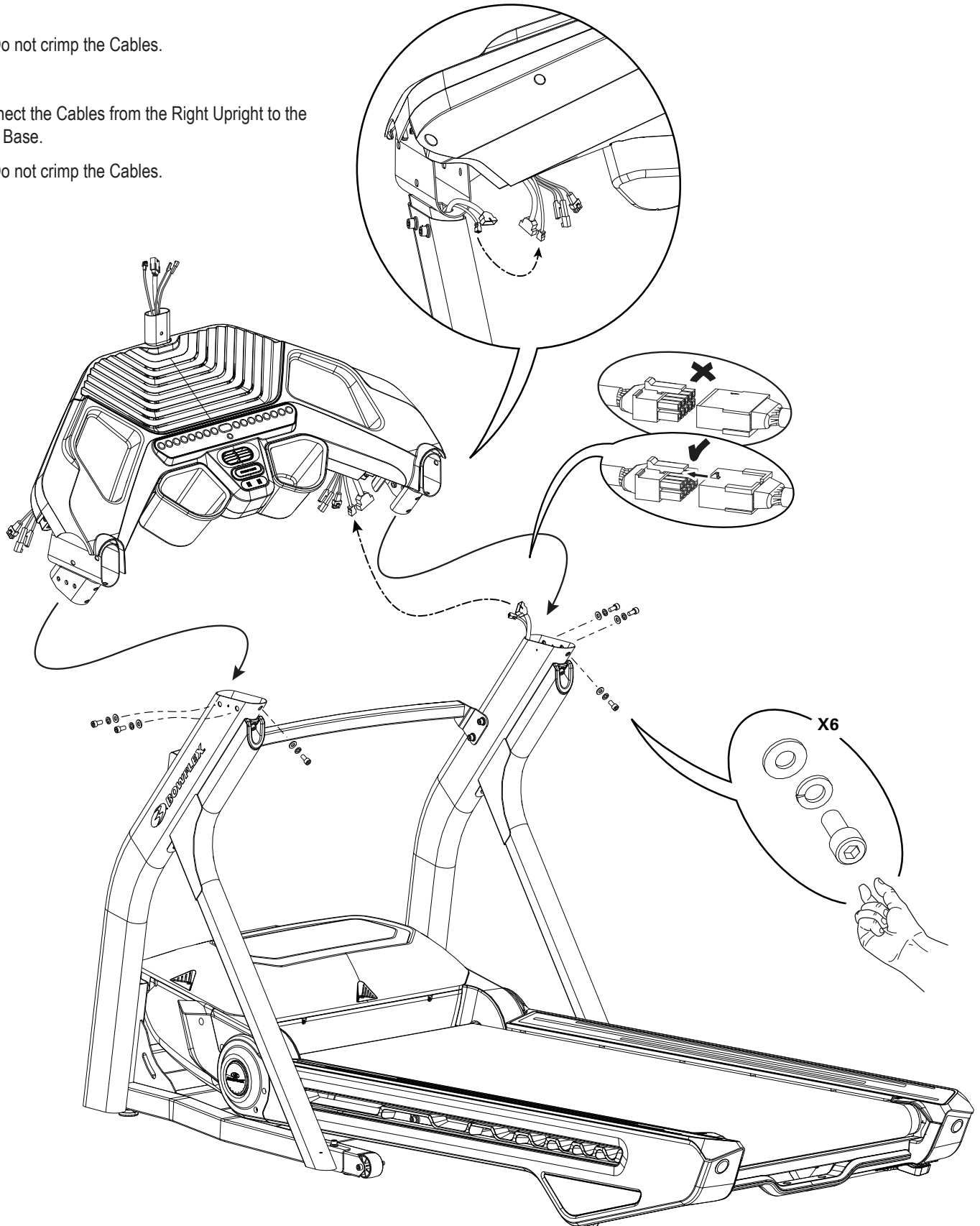
18. Slide the new Console Base onto the Uprights, and finger tighten all of the hardware. Once all of the hardware is in place, fully tighten with a 6mm hex wrench.

⚠ 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.

Note: Do not crimp the Cables.

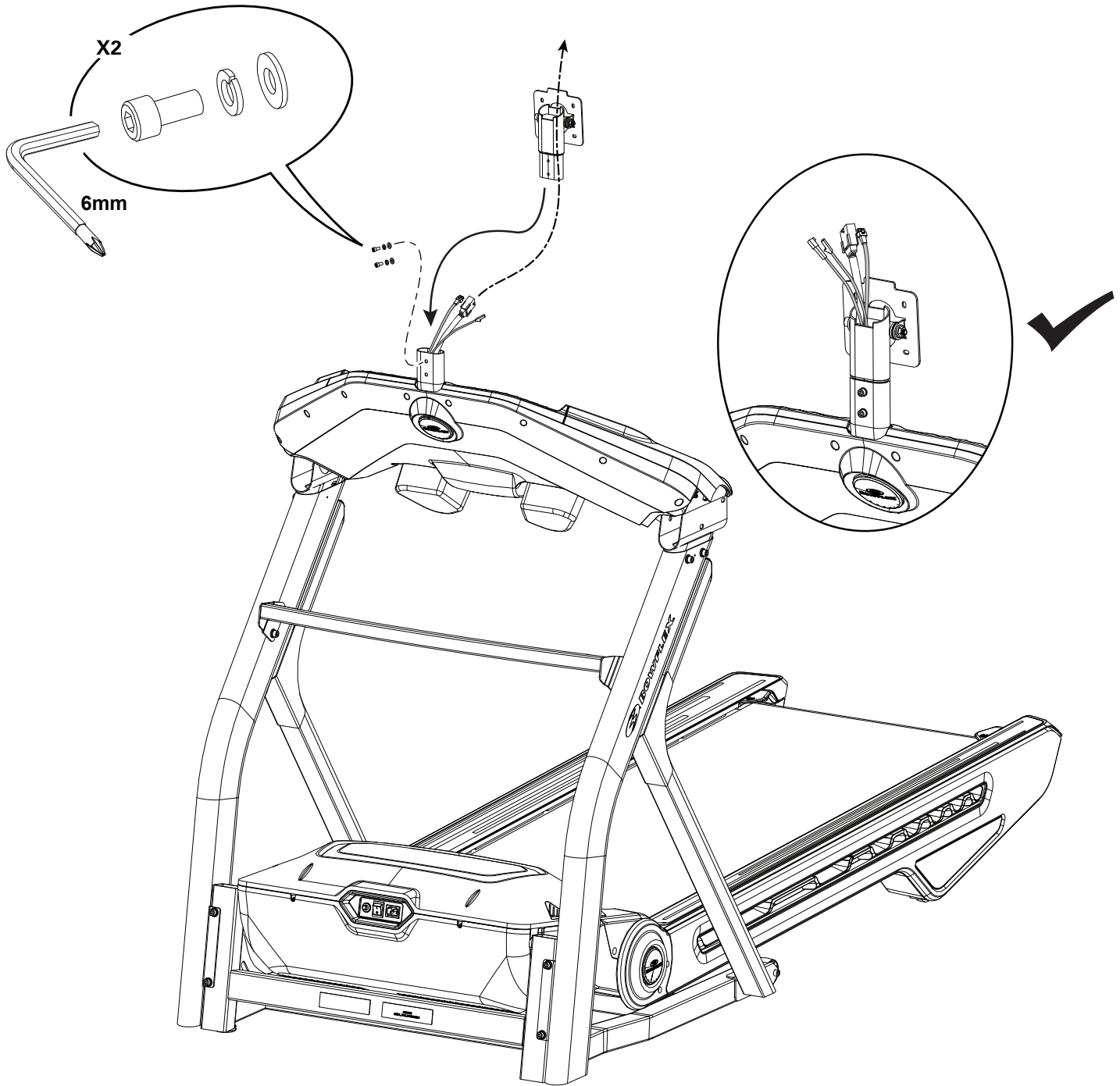
19. Connect the Cables from the Right Upright to the Console Base.

Note: Do not crimp the Cables.

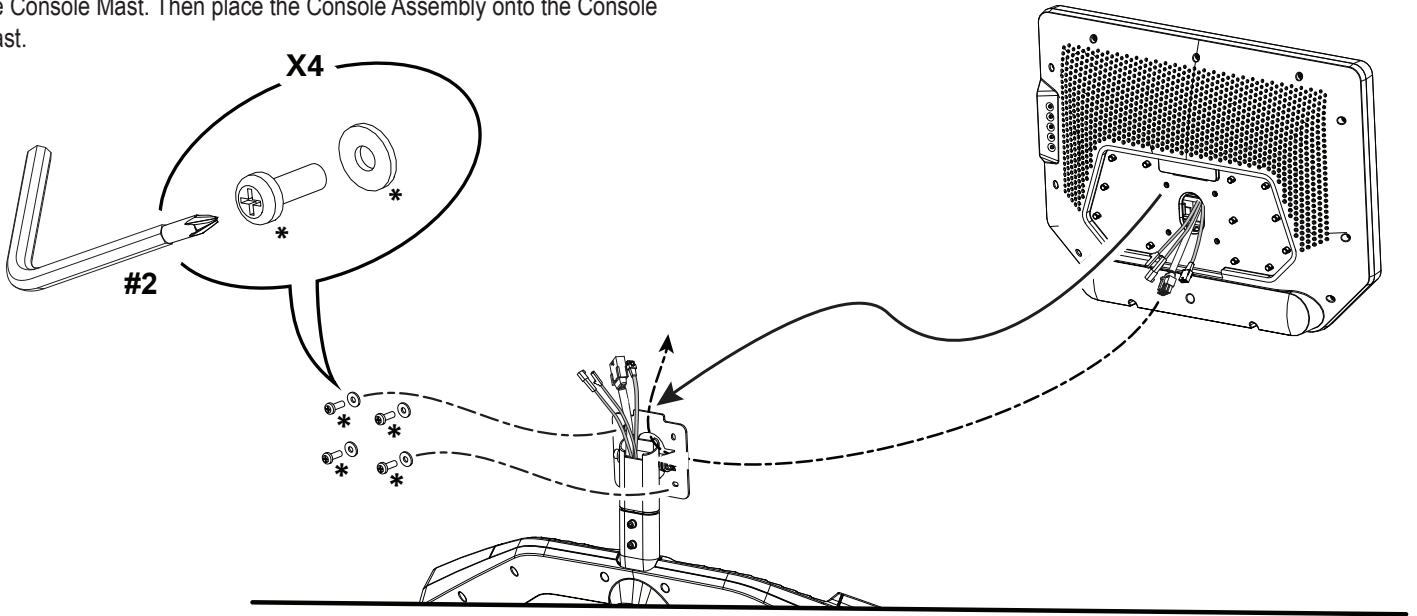


20. Route the Cables through the Console Mast, and then Attach the Console Mast to the Console Base.

Note: Do not crimp the Cables.

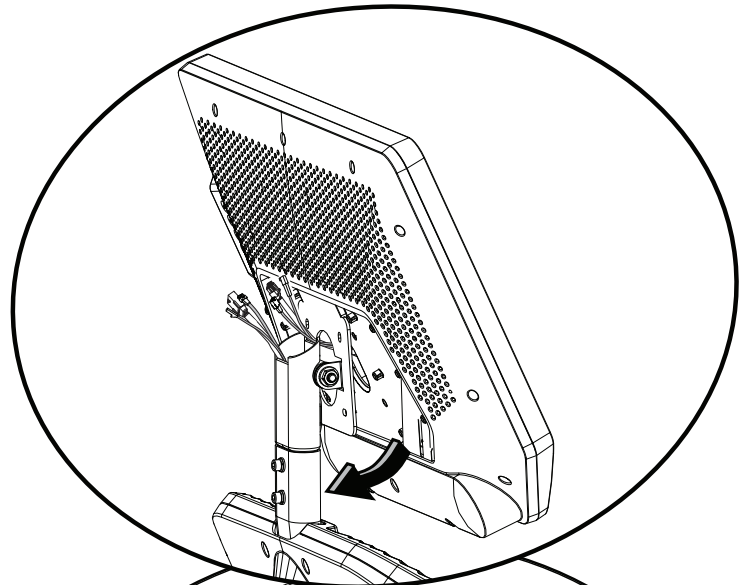


21. With the new Console Assembly, route the Console Cables through the Console Mast. Then place the Console Assembly onto the Console Mast.



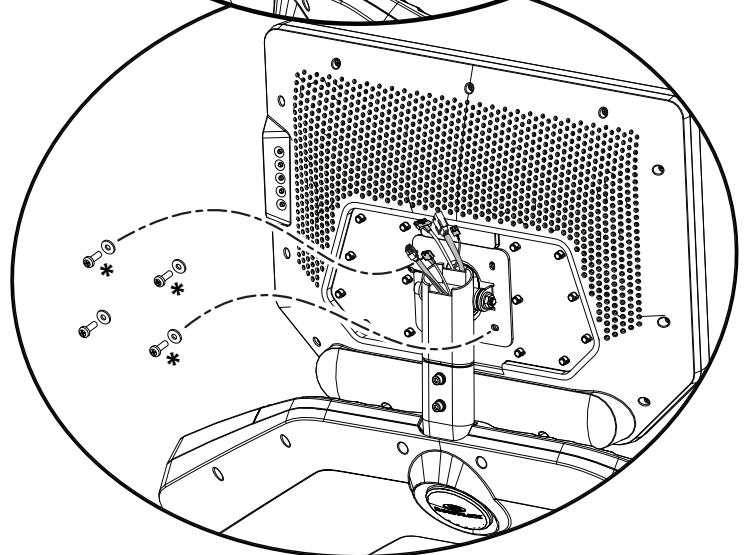
22. Adjust the Cables and fully pivot the Console Assembly downward onto the Console Mast.

Note: Do not crimp the Cables.

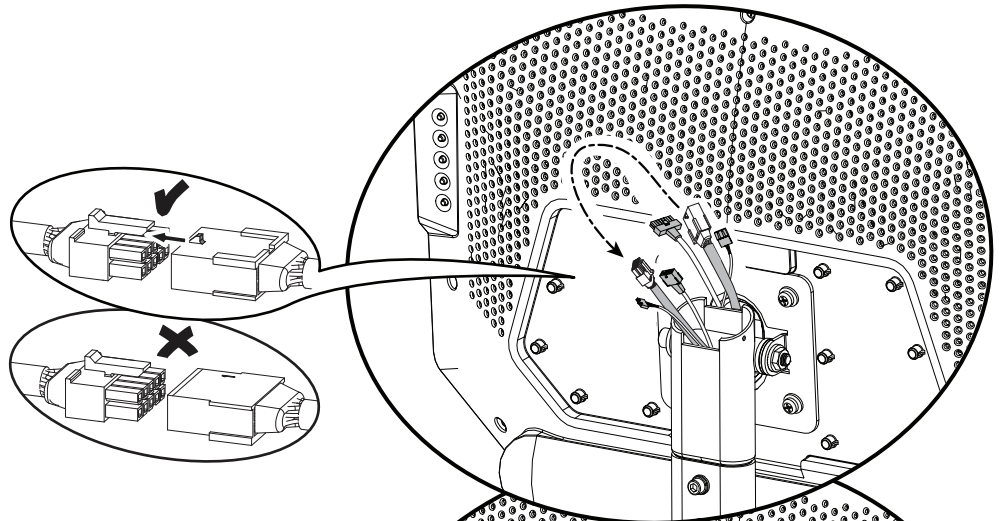


23. Using a #2 Phillips screwdriver, secure the Console Assembly to the Console Mast with the 4 screws.

Note: Do not crimp the Cables.



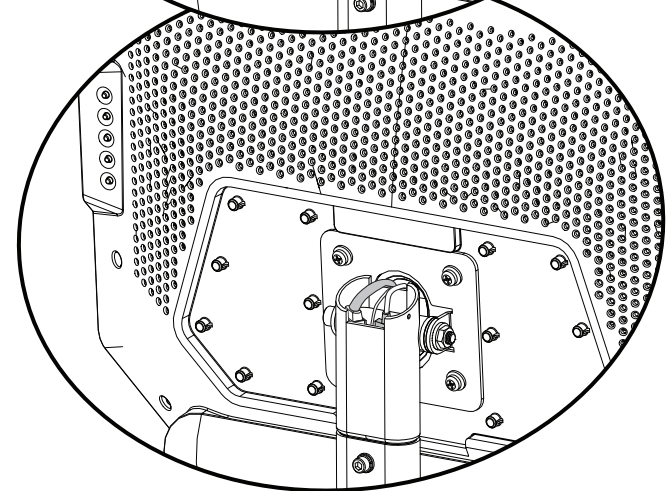
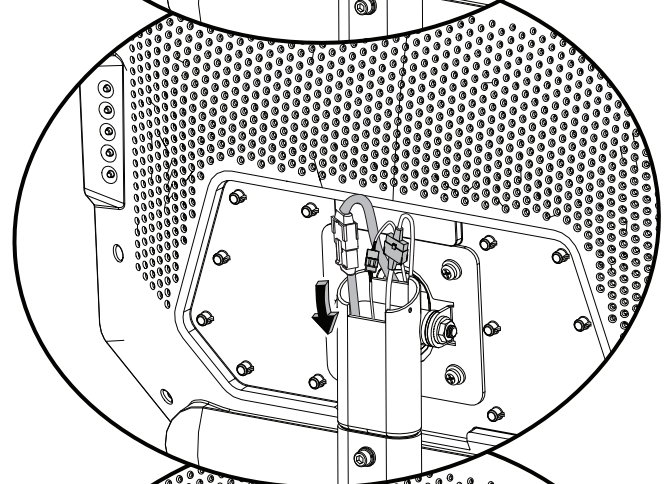
24. Connect the Cables.



25. Gently slide each of the Connectors and their Cables down into the Console Mast in the following order:

- a. White Connector
- b. Large Black Connector
- c. Small Black Connector

Note: Push the Connectors into the Console Mast until the Cable from the Console Assembly is taut, or not loose.

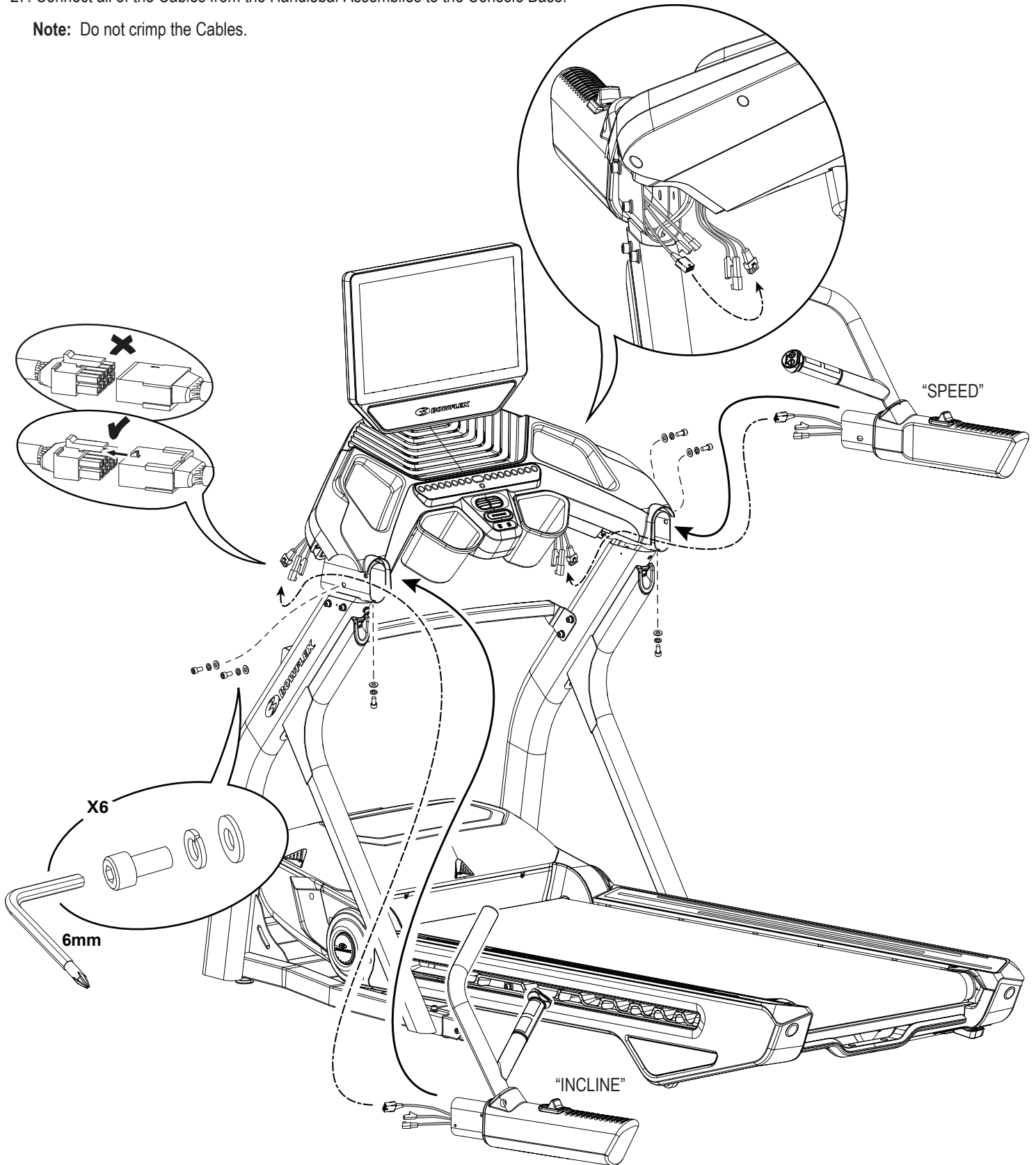


26. Route the Cables from the Handlebar Assemblies through the Console Base, and then attach the Handlebar Assemblies using a 6mm hex wrench.

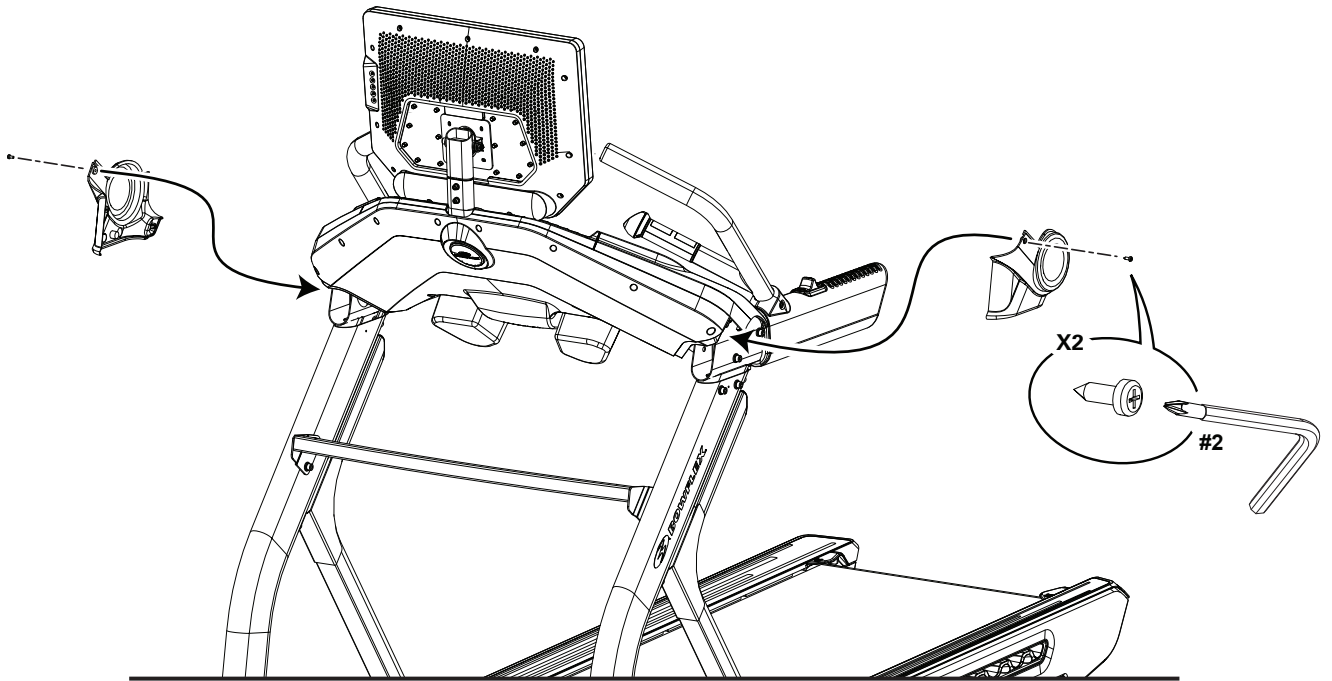
Note: Do not crimp the Cables.

27. Connect all of the Cables from the Handlebar Assemblies to the Console Base.

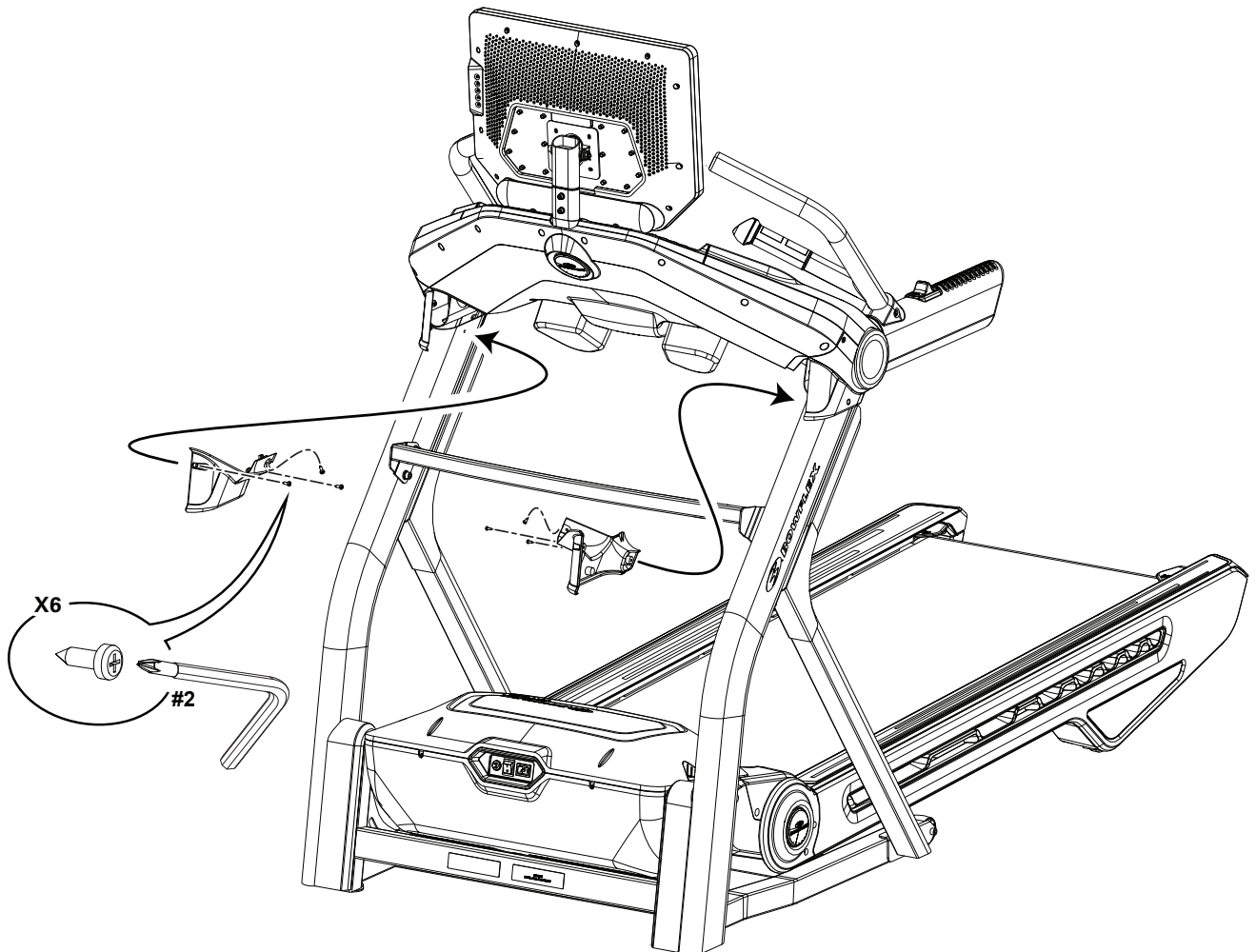
Note: Do not crimp the Cables.



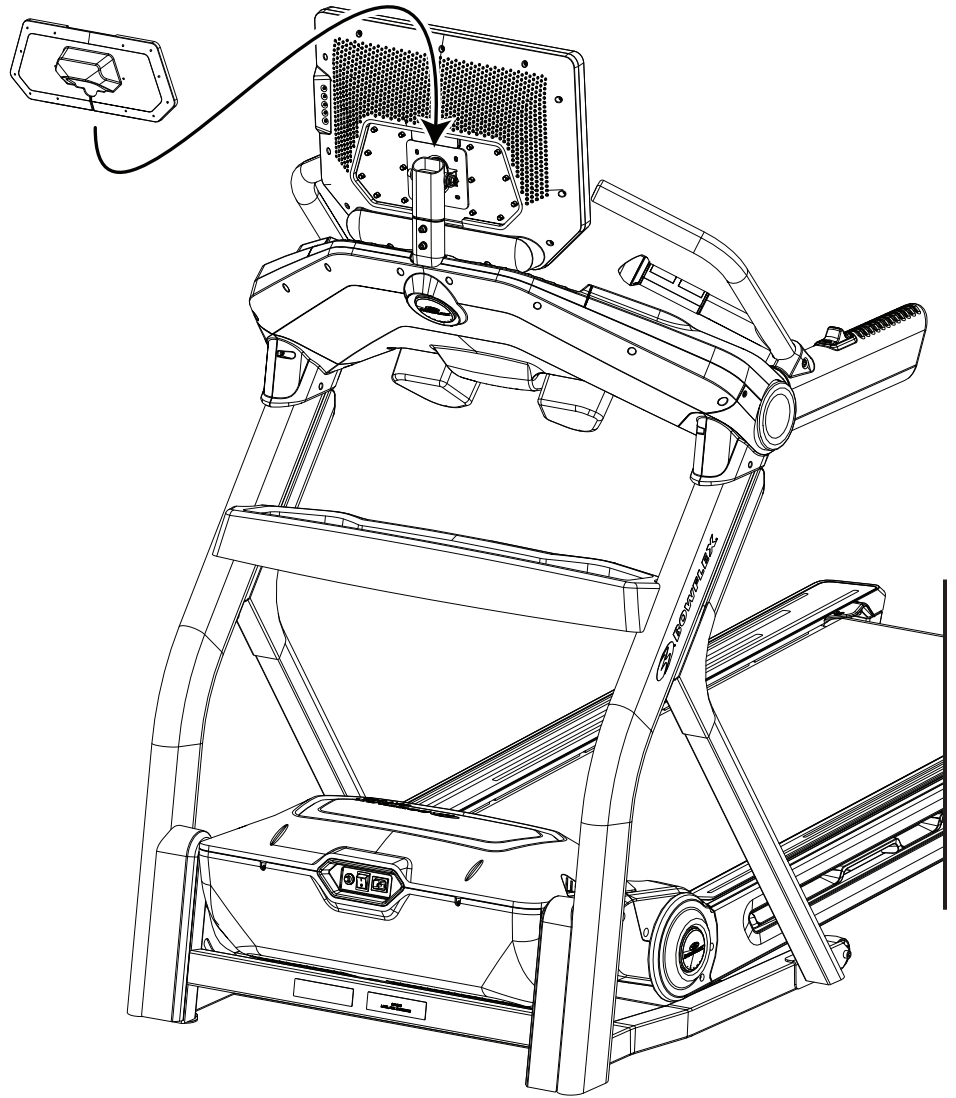
28. Using a #2 Phillips screwdriver, attach the Outer Junction Covers to the Frame Assembly.



29. Using a #2 Phillips screwdriver, attach the Inner Junction Covers to the Frame Assembly.



30. Re-install the Console Rear Cover to the Console Assembly.



31. Final Inspection

Inspect your machine to ensure that all hardware is 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.

NOTICE: This document provides instructions for the replacement of the Deck Release Assembly on the Bowflex™ Treadmill 10 / Treadmill 22 / Treadmill 25 / Treadmill 56.

If you need assistance, please contact Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: www.nautilusinternational.com

This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Read and understand all Warnings on this machine.

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Important Safety Instructions - Before servicing or using this equipment, obey the following warnings:

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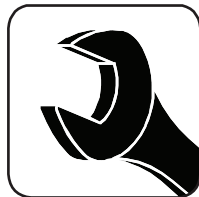
⚠ DANGER To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.

- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders, children and pets away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- If replacement parts are necessary, use only genuine Nautilus replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and will void the warranty.
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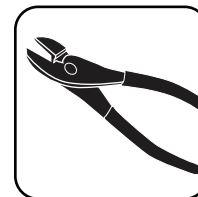
• SAVE THESE INSTRUCTIONS.

Tools Required (not included)

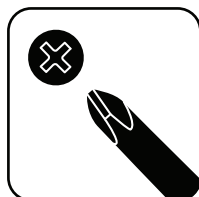
10mm wrench
14mm wrench



Wire Cutters



#2 Phillips screwdriver



Replacement Zip-Tie



Note: Your machine may not match the images provided exactly.

1. Unplug the power cord from the machine and wait 5 minutes. Place the power cord in a secure location.

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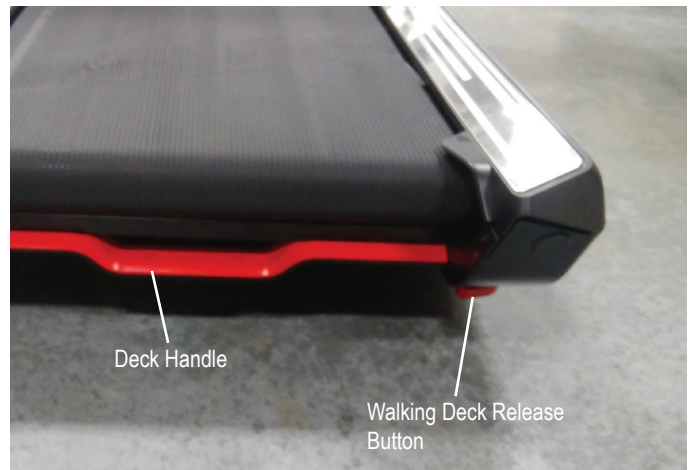
2. Make sure that there is safe clearance around, on and above the treadmill. Make sure there is no object to spill or cause blockage from the fully folded position.

⚠ Be sure there is adequate height clearance for the raised deck.

3. Using the Deck Handle found below the rear of the walking belt, push the Walking Deck Release Button and lift the walking deck fully upward and engage the hydraulic lift. Be sure that the hydraulic lift is correctly locked in place. You will hear an audible click when the hydraulic lift shifts into the locked position.

⚠ Use proper safety precautions and lifting techniques. Bend your knees and elbows, keep your back straight and pull up equally with both arms. Make sure that your own physical strength is capable of lifting the walking deck until it engages the locking mechanism. Use a second person if necessary.

Do not use the walking belt or rear roller to lift the treadmill. These parts do not lock in place and can abruptly move. Injury to you or damage to the machine can occur.



4. Make sure that the locking mechanism is engaged. Carefully pull back on the walking deck and make sure that it does not move. When you do this, keep clear of movement path in case the treadmill lock is not engaged.

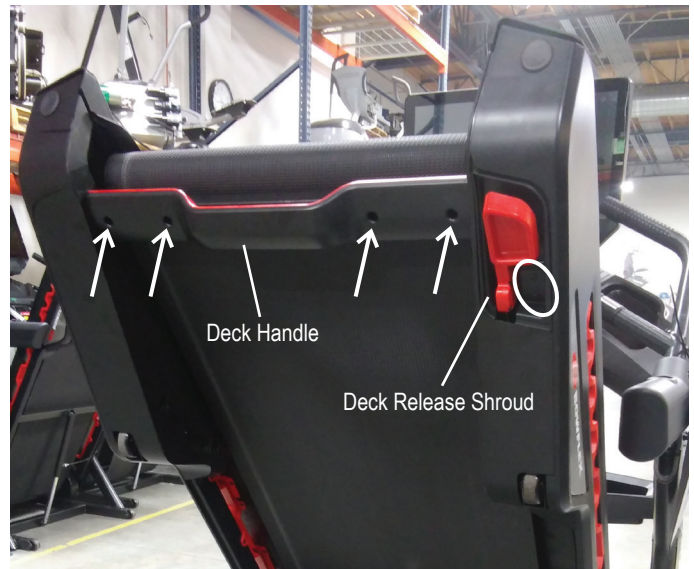
⚠ Do not lean against the treadmill when it is folded. Do not put items on it that could cause it to become unstable or fall.



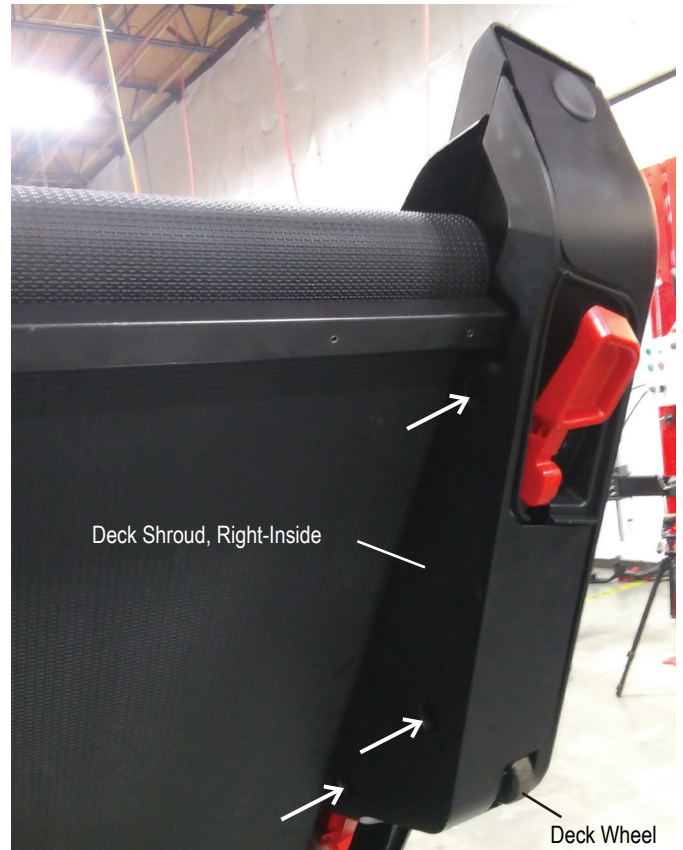
5. Using a #2 Phillips screwdriver, remove the 4 screws (indicated by arrows) from the Deck Handle and place it aside.

6. Using a #2 Phillips screwdriver, remove the 2 screws (indicated by oval) from the Deck Release Shroud. Do not attempt to remove the Deck Release Shroud. Simply allow it to loosely hang on the machine.

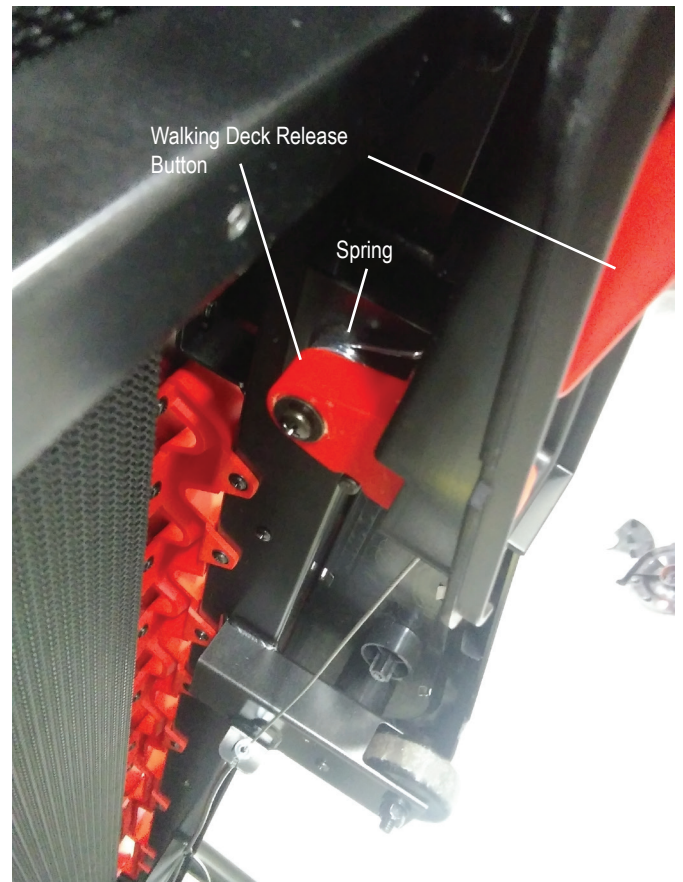
⚠ Be sure not to push or release the Walking Deck Release Button. The Walking Deck could fall and cause injury or damage to an individual.



7. Using a #2 Phillips screwdriver, remove the 3 screws (indicated by arrows) that secure the Right-Inside Deck Shroud. Remove it from the machine.



8. With the Right-Inside Deck Shroud removed, the spring that connects to the Deck Release Handle can be seen. Note the orientation of the spring to assist with re-assembly.

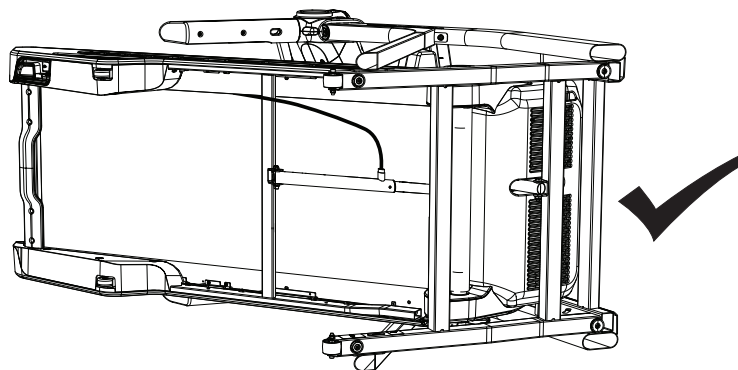


9. Make sure that there is safe clearance around, above, and to one side of the treadmill. Tilt the machine onto the side being sure not to grasp the Console.

! A second person is required to assist with the tilting of the machine. Do not tilt the machine unless the walking deck is in the folded, locked position. Be sure there is adequate clearance for the raised deck. Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.



! DANGER The following images show the machine upright, and not fully resting on its side. The machine must be on its side to safely complete the following steps.



10. Using a pair of wire cutters, cut the zip-tie (indicated by oval) that secures the cable to the Frame.

11. Using a 10mm wrench, loosen the locking nut for the Release Cable (indicated by arrow).

12. Using a 14mm wrench, disconnect the securing nut and remove the Release Cable Assembly from the Lift Shock.



13. Using a #2 Phillips screwdriver, remove the indicated screw and the Deck Release Handle Assembly.

14. Route the new cable through the frame, and attach the new Deck Release Handle Assembly with a #2 Phillips screwdriver.

Note: Make sure the spring that connects to the Deck Release Handle is properly oriented during re-assembly.

15. Using a 10mm and a 14mm wrench, re-connect the cable to the Lift Cylinder.

16. Using a #2 Phillips screwdriver, secure the Rear Roller Cover.

17. Secure the new cable to the Frame with the replacement Zip-Tie.

18. Make sure there is sufficient space to lower the walking deck.

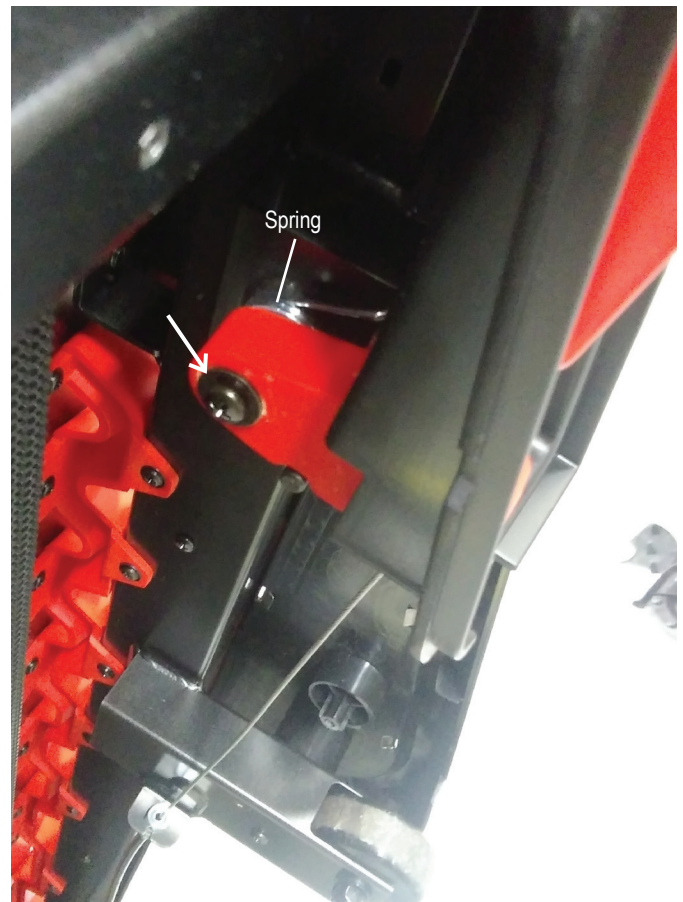
⚠ Keep a minimum clearance behind the machine of 79" (2 m) and 19.7" (0.5 m) on each side. This is the recommended safe distance for access, movement and emergency dismounts from the machine.

19. Make sure there is no object on or around the treadmill to spill or cause blockage from the fully unfolded position.

20. Slightly push the walking deck forward toward the console, and then push the Walking Deck Release Button until the locking tube releases and you can pull the walking deck away from the console. Hold up the rear of the walking deck, and move to the side of the machine.

⚠ Keep clear of the movement path of the walking deck.

21. The hydraulic lift is set up to drop gradually. Hold onto the walking deck until approximately 2/3 of the movement down. Make sure that you use proper lifting technique; bend your knees and keep your back straight. Be aware that the walking deck can possibly drop quickly in the last part of the movement.



22. Final Inspection

Inspect your machine to ensure that all hardware is 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.

NOTICE: This document provides instructions for the replacement of the Deck Suspension on the Bowflex™ Treadmill 10 / Treadmill 22 / Treadmill 25 / Treadmill 56.

If you need assistance, please contact Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: www.nautilusinternational.com

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Important Safety Instructions - Before servicing or using this equipment, obey the following warnings:

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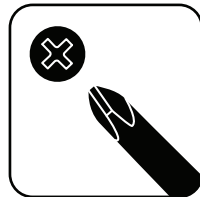
⚠ DANGER To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.

- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders, children and pets away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- If replacement parts are necessary, use only genuine Nautilus replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and will void the warranty.
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• SAVE THESE INSTRUCTIONS.

Tools Required (not included)

#2 Phillips screwdriver



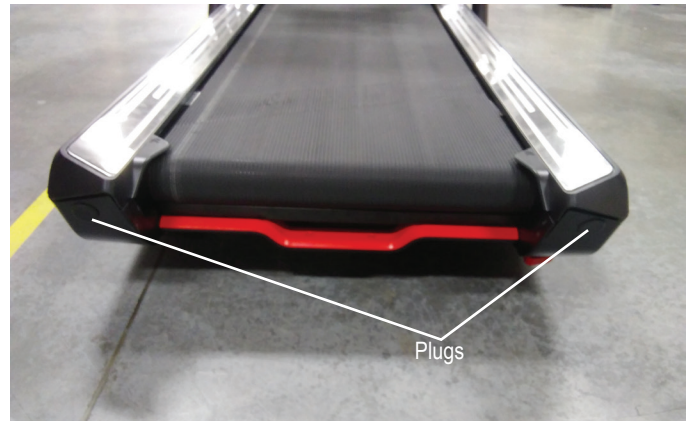
Note: Your machine may not match the images provided exactly.

1. Unplug the power cord from the machine and wait 5 minutes. Place the power cord in a secure location.

⚠ DANGER To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.



2. Remove the Right and Left Plugs that cover the openings to the Walking Belt Adjustment Bolts.



3. Make sure that there is safe clearance around, on and above the treadmill. Make sure there is no object to spill or cause blockage from the fully folded position.

⚠ Be sure there is adequate height clearance for the raised deck.



4. Using the Deck Handle found below the rear of the walking belt, push the Walking Deck Release Button and lift the walking deck fully upward and engage the hydraulic lift. Be sure that the hydraulic lift is correctly locked in place. You will hear an audible click when the hydraulic lift shifts into the locked position.

⚠ Use proper safety precautions and lifting techniques. Bend your knees and elbows, keep your back straight and pull up equally with both arms. Make sure that your own physical strength is capable of lifting the walking deck until it engages the locking mechanism. Use a second person if necessary.

Do not use the walking belt or rear roller to lift the treadmill. These parts do not lock in place and can abruptly move. Injury to you or damage to the machine can occur.

5. Make sure that the locking mechanism is engaged. Carefully pull back on the walking deck and make sure that it does not move. When you do this, keep clear of movement path in case the treadmill lock is not engaged.

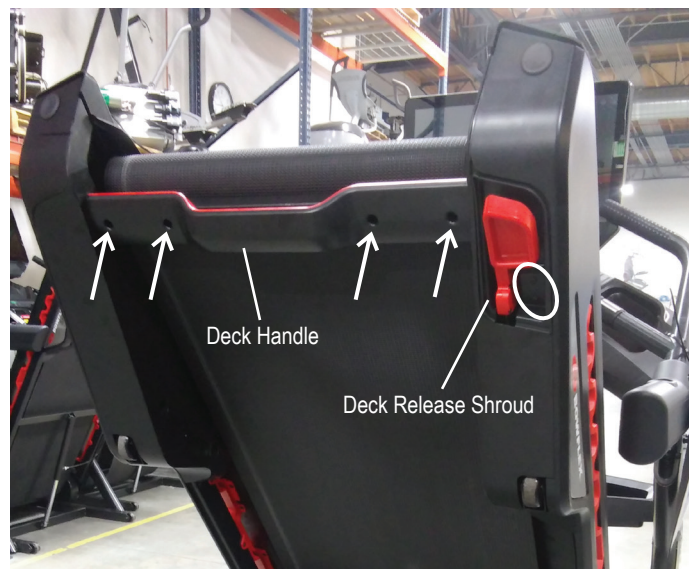
⚠ Do not lean against the treadmill when it is folded. Do not put items on it that could cause it to become unstable or fall.



6. Using a #2 Phillips screwdriver, remove the 4 screws (indicated by arrows) from the Deck Handle and place it aside.

7. Using a #2 Phillips screwdriver, remove the 2 screws (indicated by oval) from the Deck Release Shroud. Do not attempt to remove the Deck Release Shroud. Simply allow it to loosely hang on the machine.

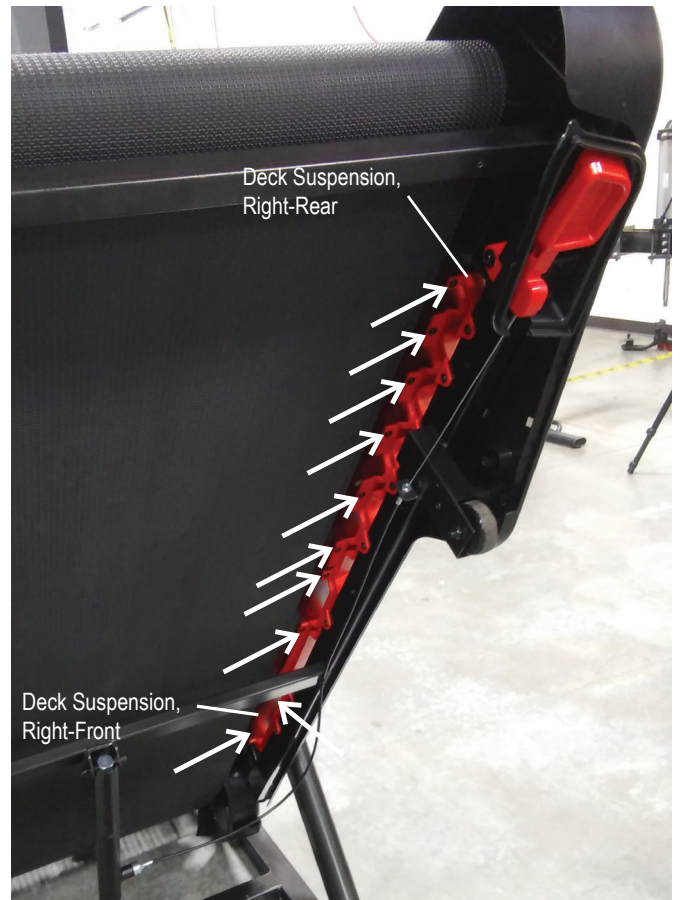
⚠ Be sure not to push or release the Walking Deck Release Button. The Walking Deck could fall and cause injury or damage to an individual.



8. Using a #2 Phillips screwdriver, remove the 3 screws (indicated by arrows) that secure the Right-Inside Deck Shroud. Remove it from the machine.

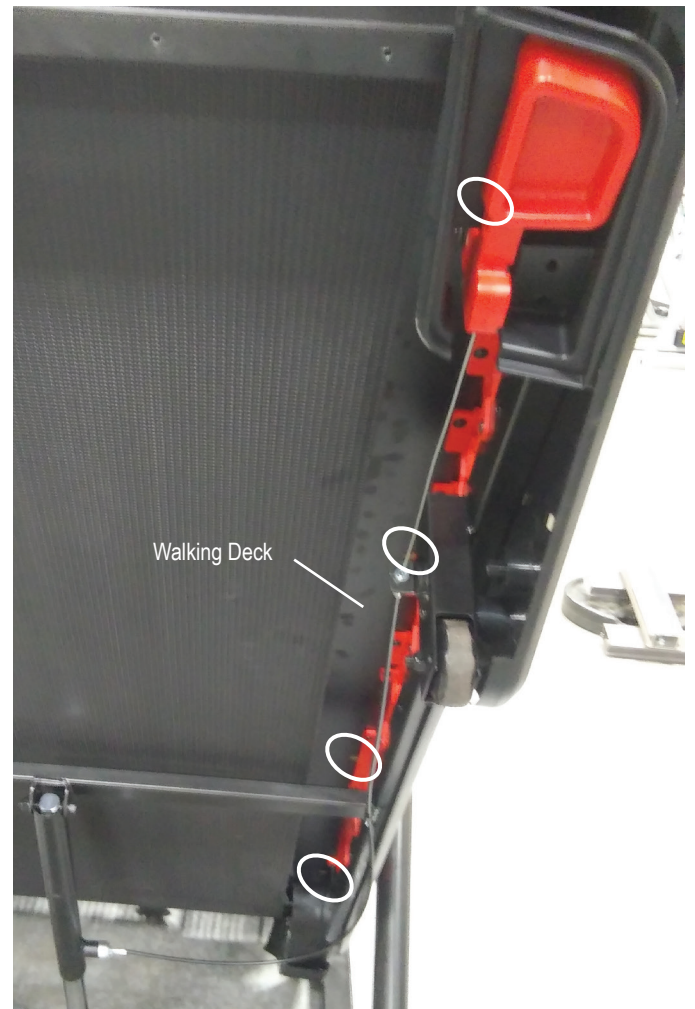


9. Using a #2 Phillips screwdriver, remove the 10 screws (indicated by arrows) that secure the Right-Front and Right-Rear Deck Suspensions to the Walking Deck.



10. Using a #2 Phillips screwdriver, remove the 4 screws (indicated by ovals) that secure the Right Side Rail to the Walking Deck.

Note: The Deck Release Shroud may need to be maneuvered to gain access to the rear screw.

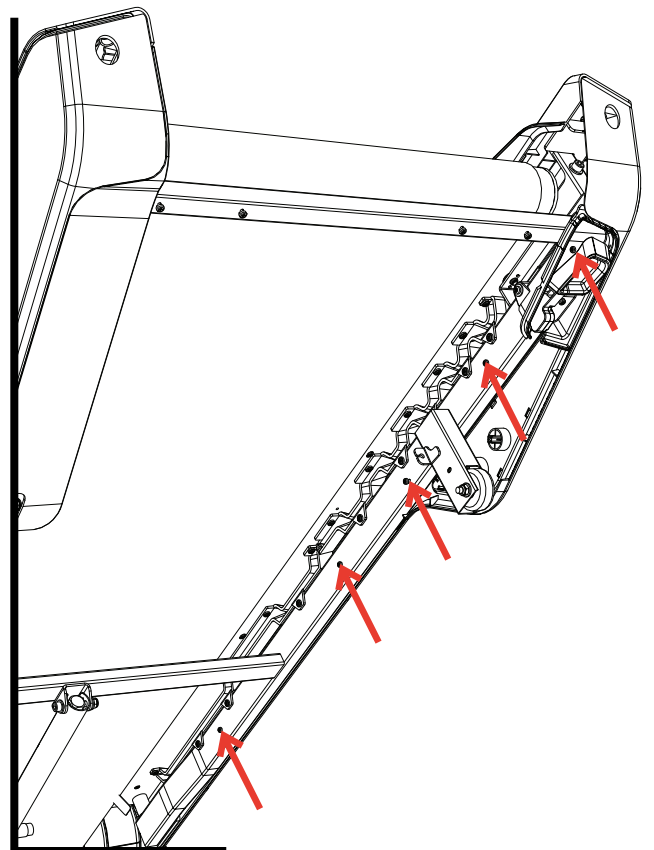


11. Using a #2 Phillips screwdriver, remove the 5 screws (indicated by arrows) from the Outside Deck Shroud.


12. Repeat the previous 4 Steps on the left side of the machine.

13. Remove the old Deck Suspension Inserts and attach the new Inserts.

14. Re-install all parts that were removed in reverse order.



15. Make sure there is sufficient space to lower the walking deck.

 **Keep a minimum clearance behind the machine of 79" (2 m) and 19.7" (0.5 m) on each side. This is the recommended safe distance for access, movement and emergency dismounts from the machine.**

16. Make sure there is no object on or around the treadmill to spill or cause blockage from the fully unfolded position.


17. Slightly push the walking deck forward toward the console, and then push the Walking Deck Release Button until the locking tube releases and you can pull the walking deck away from the console. Hold up the rear of the walking deck, and move to the side of the machine.

 **Keep clear of the movement path of the walking deck.**

18. The hydraulic lift is set up to drop gradually. Hold onto the walking deck until approximately 2/3 of the movement down. Make sure that you use proper lifting technique; bend your knees and keep your back straight. Be aware that the walking deck can possibly drop quickly in the last part of the movement.

19. Final Inspection

Inspect your machine to ensure that all hardware is 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.**

NOTICE: This document provides instructions for the replacement of the Deck Wheel on the Bowflex™ Treadmill 10 / Treadmill 22 / Treadmill 25 / Treadmill 56.

If you need assistance, please contact Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: www.nautilusinternational.com

This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Read and understand all Warnings on this machine.

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Important Safety Instructions - Before servicing or using this equipment, obey the following warnings:

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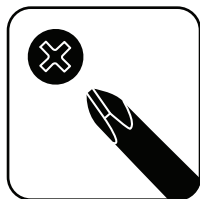
DANGER To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.

- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders, children and pets away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- If replacement parts are necessary, use only genuine Nautilus replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If at any time the Warning labels become loose, unreadable or dislodged, replace the labels. If purchased in US/Canada, contact Customer Service for replacement labels. If purchased outside US/Canada, contact your local distributor for them.
- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety and will void the warranty.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

• SAVE THESE INSTRUCTIONS.

Tools Required (not included)

#2 Phillips screwdriver



13mm wrench



6mm hex wrench



Note: Your machine may not match the images provided exactly.

1. Unplug the power cord from the machine and wait 5 minutes. Place the power cord in a secure location.

⚠ DANGER

To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.



2. Make sure that there is safe clearance around, on and above the treadmill. Make sure there is no object to spill or cause blockage from the fully folded position.

⚠ Be sure there is adequate height clearance for the raised deck.

3. Using the Deck Handle found below the rear of the walking belt, push the Walking Deck Release Button and lift the walking deck fully upward and engage the hydraulic lift. Be sure that the hydraulic lift is correctly locked in place. You will hear an audible click when the hydraulic lift shifts into the locked position.

⚠ Use proper safety precautions and lifting techniques. Bend your knees and elbows, keep your back straight and pull up equally with both arms. Make sure that your own physical strength is capable of lifting the walking deck until it engages the locking mechanism. Use a second person if necessary.

Do not use the walking belt or rear roller to lift the treadmill. These parts do not lock in place and can abruptly move. Injury to you or damage to the machine can occur.



4. Make sure that the locking mechanism is engaged. Carefully pull back on the walking deck and make sure that it does not move. When you do this, keep clear of movement path in case the treadmill lock is not engaged.

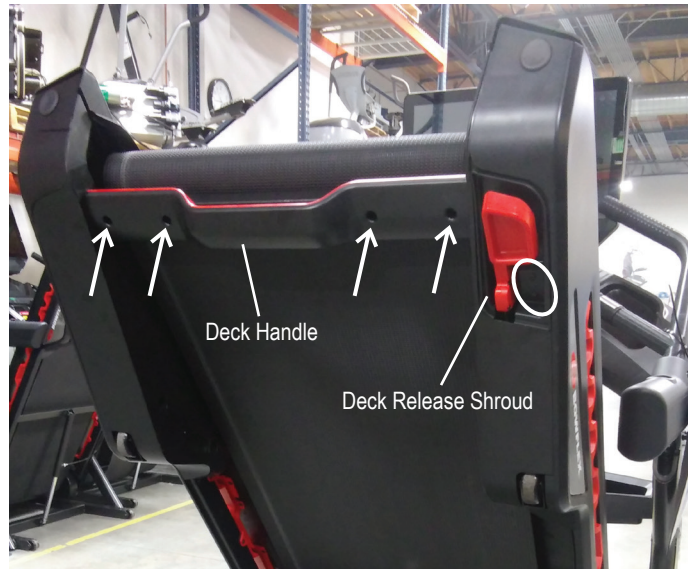
⚠ Do not lean against the treadmill when it is folded. Do not put items on it that could cause it to become unstable or fall.



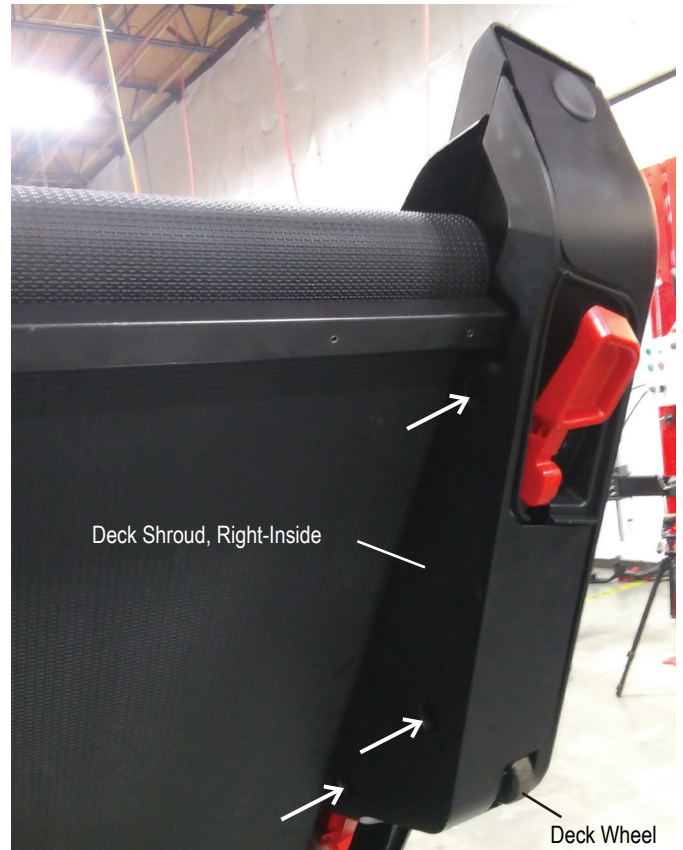
5. Using a #2 Phillips screwdriver, remove the 4 screws (indicated by arrows) from the Deck Handle and place it aside.

6. Using a #2 Phillips screwdriver, remove the 2 screws (indicated by oval) from the Deck Release Shroud. Do not attempt to remove the Deck Release Shroud. Simply allow it to loosely hang on the machine.

⚠ Be sure not to push or release the Walking Deck Release Button. The Walking Deck could fall and cause injury or damage to an individual.



7. Using a #2 Phillips screwdriver, remove the 3 screws (indicated by arrows) that secure the Right-Inside Deck Shroud. Remove it from the machine.




8. Using a 13mm wrench and a 6mm hex wrench, remove the hardware indicated from the Deck Wheel.

9. Using a 13mm wrench and a 6mm hex wrench, install the new Deck Wheel.

10. Re-install all parts that were removed in reverse order.



11. Make sure there is sufficient space to lower the walking deck.

 **Keep a minimum clearance behind the machine of 79" (2 m) and 19.7" (0.5 m) on each side. This is the recommended safe distance for access, movement and emergency dismounts from the machine.**

12. Make sure there is no object on or around the treadmill to spill or cause blockage from the fully unfolded position.


13. Slightly push the walking deck forward toward the console, and then push the Walking Deck Release Button until the locking tube releases and you can pull the walking deck away from the console. Hold up the rear of the walking deck, and move to the side of the machine.

 **Keep clear of the movement path of the walking deck.**

14. The hydraulic lift is set up to drop gradually. Hold onto the walking deck until approximately 2/3 of the movement down. Make sure that you use proper lifting technique; bend your knees and keep your back straight. Be aware that the walking deck can possibly drop quickly in the last part of the movement.

15. Final Inspection

Inspect your machine to ensure that all hardware is 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.**

NOTICE: This document provides instructions for the replacement of the Drive Belt on the Bowflex™ Treadmill 10 / Treadmill 22 / Treadmill 25 / Treadmill 56.

If you need assistance, please contact Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: www.nautilusinternational.com

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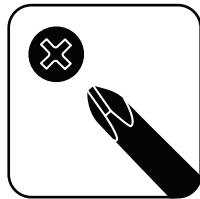
⚠ DANGER To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.

- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders, children and pets away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
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- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

• SAVE THESE INSTRUCTIONS.

Tools Required (not included)

#2 Phillips screwdriver



6mm hex wrench



Note: Your machine may not match the images provided exactly.

1. Unplug the power cord from the machine and wait 5 minutes. Place the power cord in a secure location.

⚠ DANGER

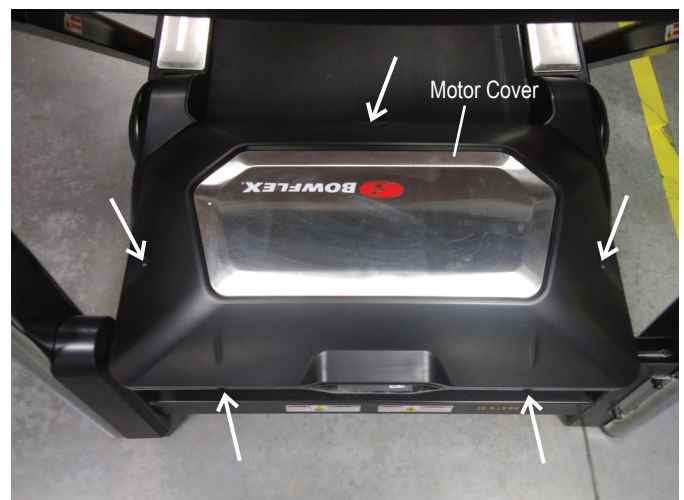
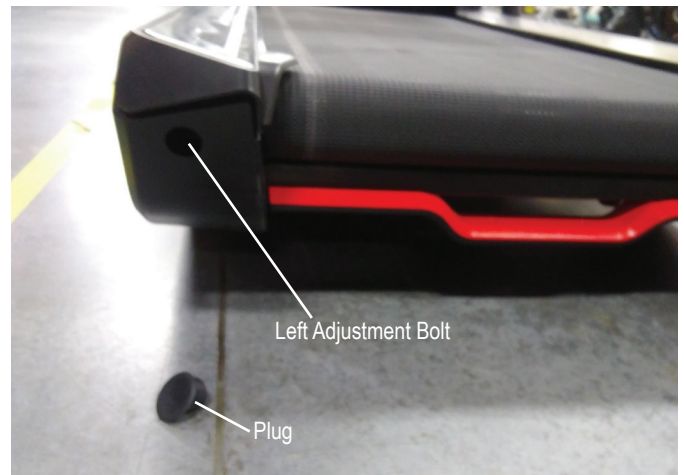
To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.

2. Remove the Right and Left Plugs that cover the openings to the Walking Belt Adjustment Bolts.

3. Using a 6mm hex wrench, rotate the Left and Right Adjustment Bolts two full turns counter-clockwise. This will slightly loosen the Walking Belt.

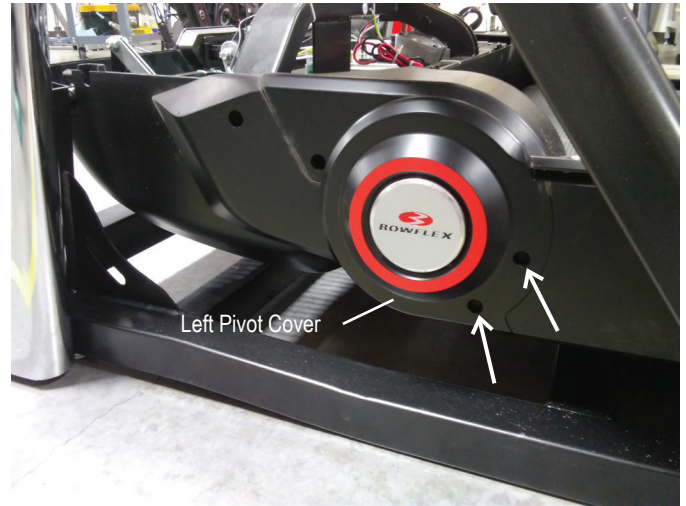
4. Using a #2 Phillips screwdriver, remove the 5 screws (indicated by arrows) that secure the Motor Cover and remove it.

Note: To assist with re-assembly of the Motor Cover, the two front screws are shorter than the others.



5. Using a #2 Phillips screwdriver, remove the 2 screws (indicated by arrows) that attach the Left Pivot Cover.

6. Repeat this step on the right side of the machine.



7. Make sure that there is safe clearance around, on and above the treadmill. Make sure there is no object to spill or cause blockage from the fully folded position.

! Be sure there is adequate height clearance for the raised deck.

8. Using the Deck Handle found below the rear of the walking belt, push the Walking Deck Release Button and lift the walking deck fully upward and engage the hydraulic lift. Be sure that the hydraulic lift is correctly locked in place. You will hear an audible click when the hydraulic lift shifts into the locked position.

! Use proper safety precautions and lifting techniques. Bend your knees and elbows, keep your back straight and pull up equally with both arms. Make sure that your own physical strength is capable of lifting the walking deck until it engages the locking mechanism. Use a second person if necessary.

Do not use the walking belt or rear roller to lift the treadmill. These parts do not lock in place and can abruptly move. Injury to you or damage to the machine can occur.

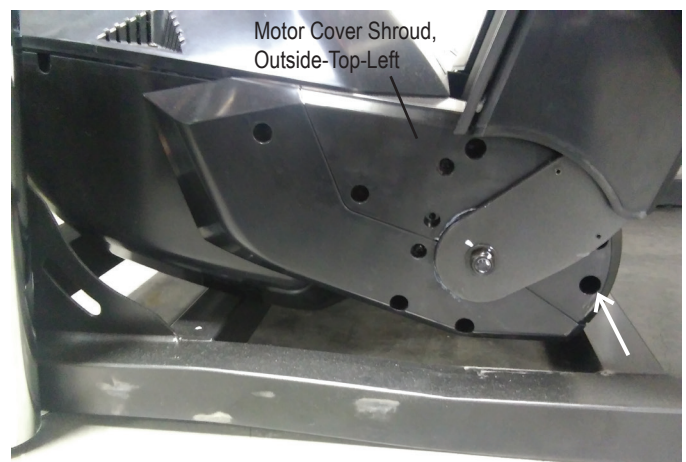
9. Make sure that the locking mechanism is engaged. Carefully pull back on the walking deck and make sure that it does not move. When you do this, keep clear of movement path in case the treadmill lock is not engaged.

! Do not lean against the treadmill when it is folded. Do not put items on it that could cause it to become unstable or fall.

Note: To assist with re-assembly of the Shrouds, an arrow indicates a self-tapping screw and an oval indicates a machine screw.

10. Using a #2 Phillips screwdriver, remove the 1 Self-tapping screw (indicated by arrow) from the Outside-Top-Left Motor Cover Shroud.

11. Repeat this step on the right side of the machine.



12. Make sure there is sufficient space to lower the walking deck.

⚠ Keep a minimum clearance behind the machine of 79" (2 m) and 19.7" (0.5 m) on each side. This is the recommended safe distance for access, movement and emergency dismounts from the machine.

13. Make sure there is no object on or around the treadmill to spill or cause blockage from the fully unfolded position.

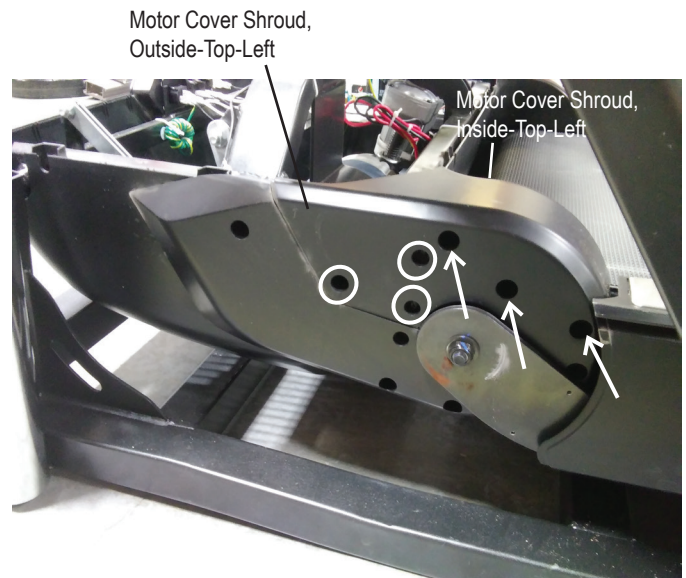
14. Slightly push the walking deck forward toward the console, and then push the Walking Deck Release Button until the locking tube releases and you can pull the walking deck away from the console. Hold up the rear of the walking deck, and move to the side of the machine.

⚠ Keep clear of the movement path of the walking deck.

15. The hydraulic lift is set up to drop gradually. Hold onto the walking deck until approximately 2/3 of the movement down. Make sure that you use proper lifting technique; bend your knees and keep your back straight. Be aware that the walking deck can possibly drop quickly in the last part of the movement.

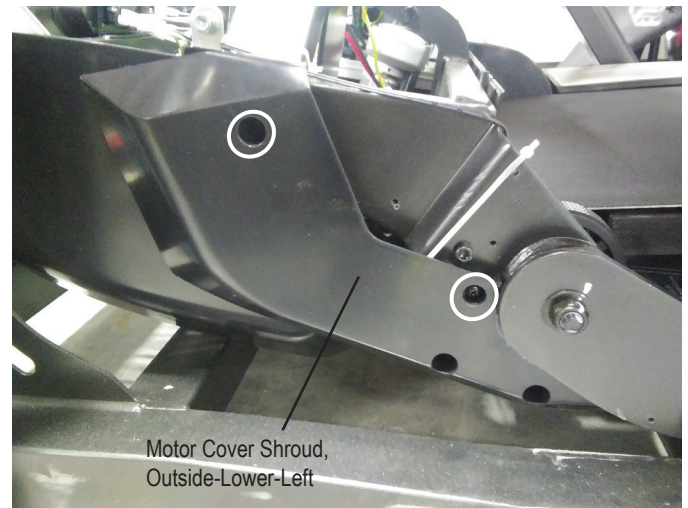
16. Using a #2 Phillips screwdriver, remove the 3 screws (indicated by arrows) that attach the Inside-Top-Left Motor Cover Shroud. Remove the Inside-Top-Left Motor Cover Shroud

17. Using a #2 Phillips screwdriver, remove the 3 screws (indicated by ovals) that attach the Outside-Top-Left Motor Cover Shroud. Remove the Outside-Top-Left Motor Cover Shroud



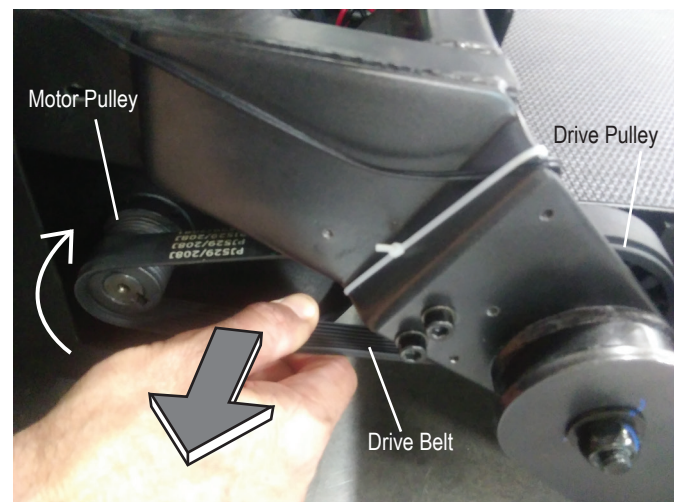
18. Using a #2 Phillips screwdriver, remove the 2 screws (indicated by ovals) that attach the Outside-Lower-Left Motor Cover Shroud. Allow the Outside-Lower-Left Motor Cover Shroud to pivot and rest on the floor.

19. Repeat the last 3 steps on the right side of the machine.



20. To remove the Drive Belt from the Motor Pulley, slightly pull the Drive Belt outward while safely rolling the Drive Pulley. The Drive Belt will come off of the Motor Pulley, and will be loose on the Drive Pulley.

⚠ Keep fingers out of any pinch opportunities when turning the Pulleys.

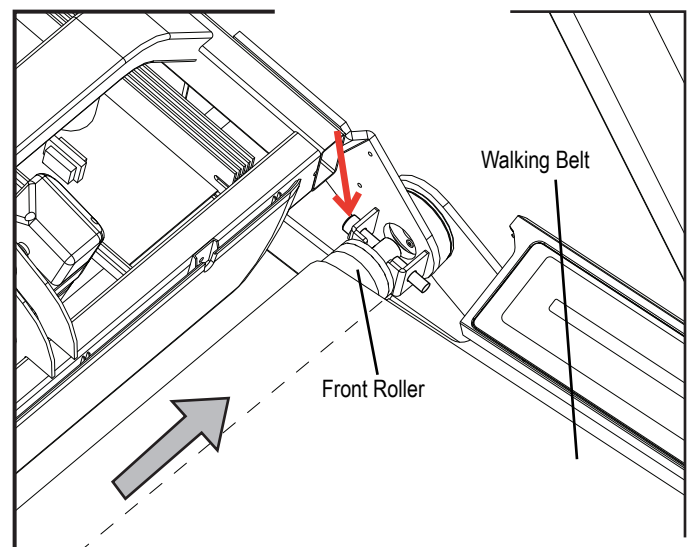


21. Using a 6mm hex wrench, remove the screw (indicated by red arrow) from the old Front Roller. Be sure to note the number of turns it takes to remove the screw. This will assist with re-assembly.

22. From the right side of the machine, grasp onto the Drive Pulley and pull it along with the Front Roller toward you. The Front Roller will “pop” out of the channel.

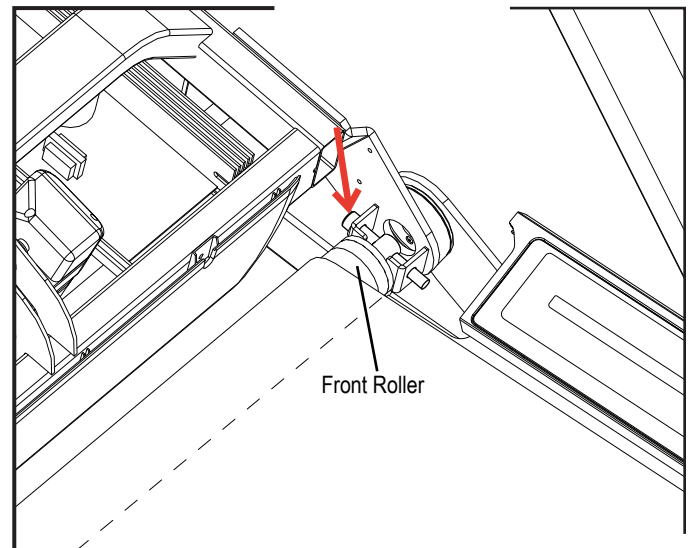
23. Lift and pivot the Front Roller out of the Frame. This will free the Drive Belt from the Front Roller.

24. Remove the old Drive Belt from the Front Roller, and replace it with the new Drive Belt.




25. With the new Drive Belt looped around the new Front Roller, insert the end of the Front Roller with the Drive Pulley into the Frame. Pivot the other end into the Bracket.

26. Using a 6mm hex wrench, just start the screw (indicated by arrow) to secure the Front Roller to the Bracket.

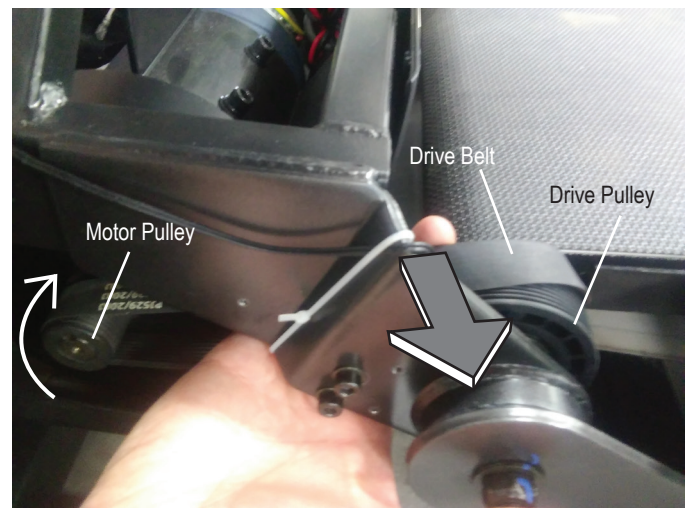


27. Loop the Drive Belt around the Motor Pulley. Start the Drive Belt on the Drive Pulley and roll it in a clockwise motion. Be sure the Belt does not come off of the Motor Pulley.

 **Keep fingers out of any pinch opportunities when turning the Pulleys.**

28. Roll the Drive Pulley clockwise until the Drive Belt is fully installed. Continue to roll the Belt forward while adding side pressure with fingers to align as necessary.

29. With the Drive Belt installed onto the Drive Pulley, tighten the screw that secures the Front Roller. Be sure to only tighten the screw to the previously noted number of turns when removed.



Note: To assist with re-assembly of the Shrouds, an arrow indicates a self-tapping screw and an oval indicates a machine screw.

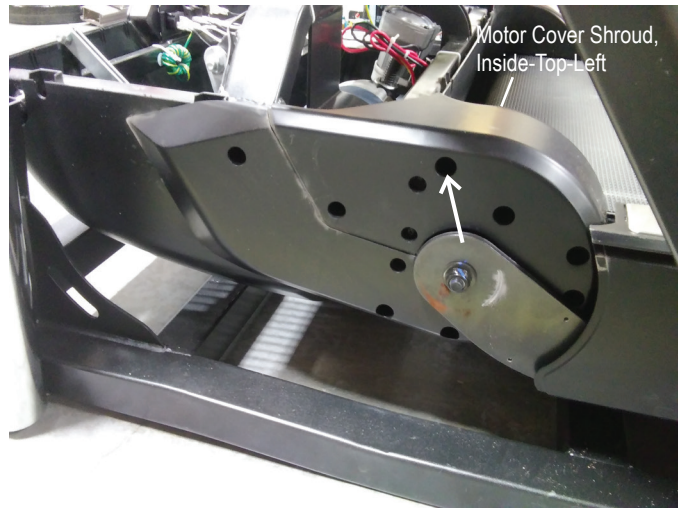
30. Using a #2 Phillips screwdriver, loosely attach the Outside-Lower-Left Motor Cover Shroud to the Frame with the indicated machine screw.

Note: The Inside-Lower-Left Motor Cover Shroud is attached to the Outside-Lower-Left Motor Cover Shroud.

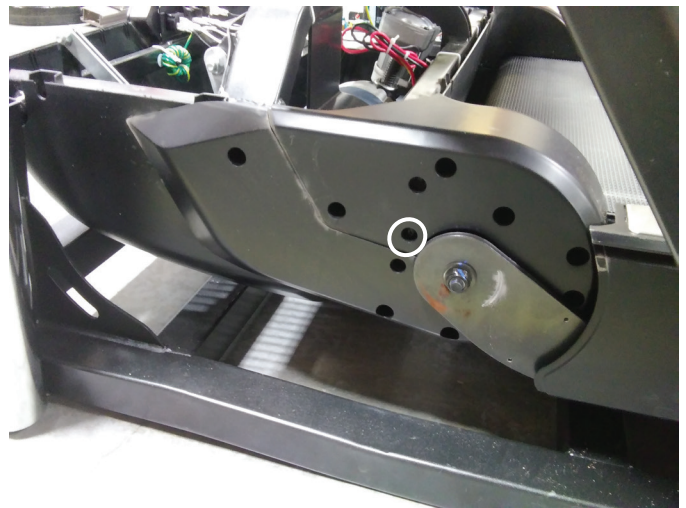


31. Place the Outside-Top-Left Motor Cover Shroud on top of the Outside-Lower-Left Motor Cover Shroud.

32. Gently pivot the Inside-Upper-Left Motor Cover Shroud onto the Outside-Top-Left Motor Cover Shroud, and loosely attach them together with the indicated self-tapping screw.



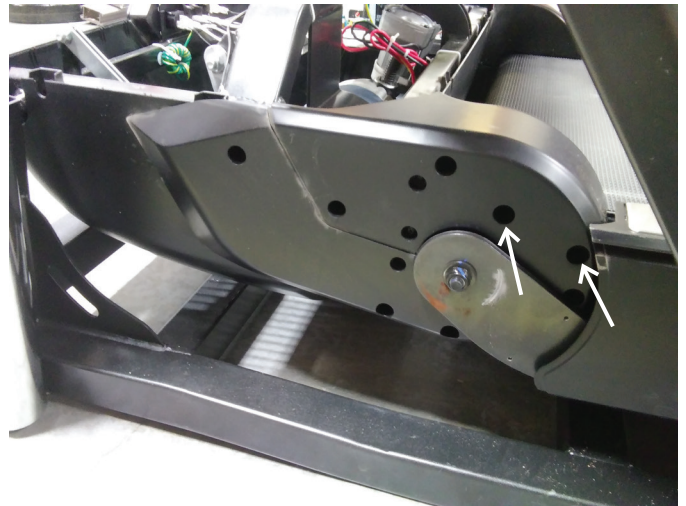
33. Using a #2 Phillips screwdriver, loosely attach the Outside-Upper-Left Motor Cover Shroud to the Frame with the indicated machine screw.



34. With all of the Shrouds now seated correctly, secure the Outside-Lower-Left Motor Cover Shroud to the Frame with the indicated machine screw.



35. Using a #2 Phillips screwdriver, secure the Inside-Upper-Left Motor Cover Shroud with the indicated self-tapping screws.



36. Make sure that there is safe clearance around, on and above the treadmill. Make sure there is no object to spill or cause blockage from the fully folded position.

⚠ Be sure there is adequate height clearance for the raised deck.

37. Using the Deck Handle found below the rear of the walking belt, push the Walking Deck Release Button and lift the walking deck fully upward and engage the hydraulic lift. Be sure that the hydraulic lift is correctly locked in place. You will hear an audible click when the hydraulic lift shifts into the locked position.

⚠ Use proper safety precautions and lifting techniques. Bend your knees and elbows, keep your back straight and pull up equally with both arms. Make sure that your own physical strength is capable of lifting the walking deck until it engages the locking mechanism. Use a second person if necessary.

Do not use the walking belt or rear roller to lift the treadmill. These parts do not lock in place and can abruptly move. Injury to you or damage to the machine can occur.

38. Make sure that the locking mechanism is engaged. Carefully pull back on the walking deck and make sure that it does not move. When you do this, keep clear of movement path in case the treadmill lock is not engaged.



⚠ Do not lean against the treadmill when it is folded. Do not put items on it that could cause it to become unstable or fall.

39. Using a #2 Phillips screwdriver, secure the Outside-Upper-Left Motor Cover Shroud with the indicated self-tapping screw.

40. Make sure there is sufficient space to lower the walking deck.

⚠ Keep a minimum clearance behind the machine of 79" (2 m) and 19.7" (0.5 m) on each side. This is the recommended safe distance for access, movement and emergency dismounts from the machine.

41. Make sure there is no object on or around the treadmill to spill or cause blockage from the fully unfolded position.

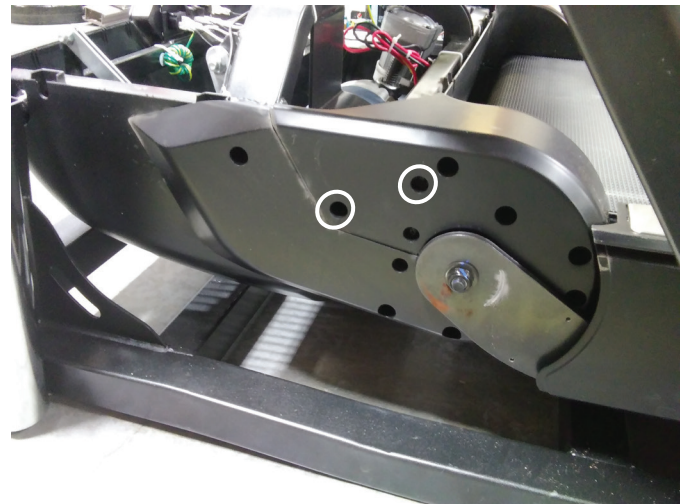
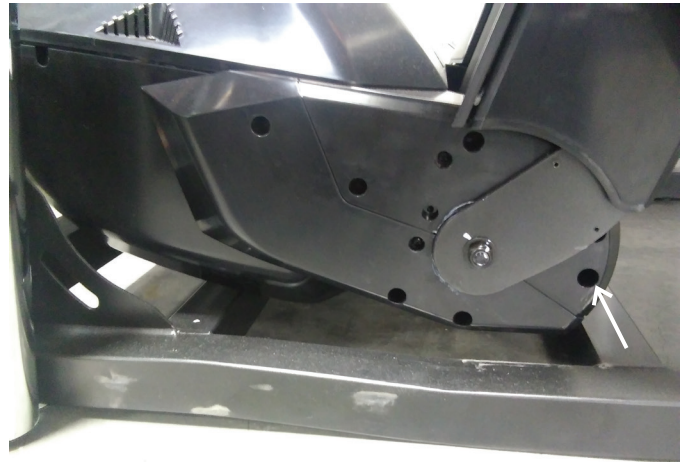
42. Slightly push the walking deck forward toward the console, and then push the Walking Deck Release Button until the locking tube releases and you can pull the walking deck away from the console. Hold up the rear of the walking deck, and move to the side of the machine.

⚠ Keep clear of the movement path of the walking deck.

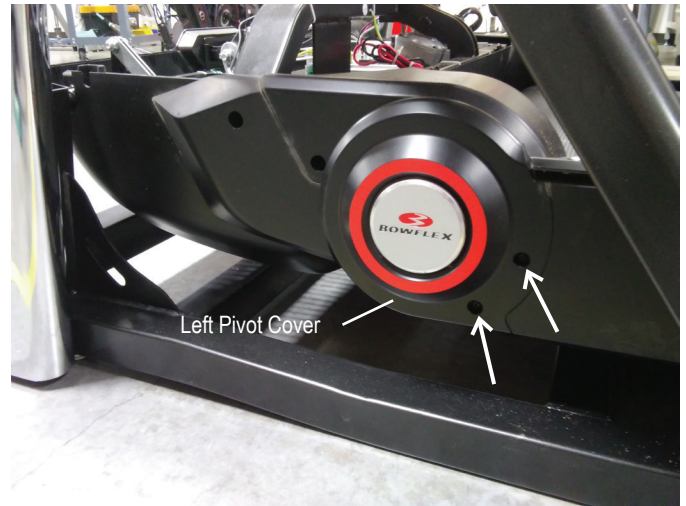
43. The hydraulic lift is set up to drop gradually. Hold onto the walking deck until approximately 2/3 of the movement down. Make sure that you use proper lifting technique; bend your knees and keep your back straight. Be aware that the walking deck can possibly drop quickly in the last part of the movement.

44. Using a #2 Phillips screwdriver, secure the Outside-Upper-Left Motor Cover Shroud with the indicated machine screws.

45. Fully tighten all of the hardware that attaches the Shrouds.



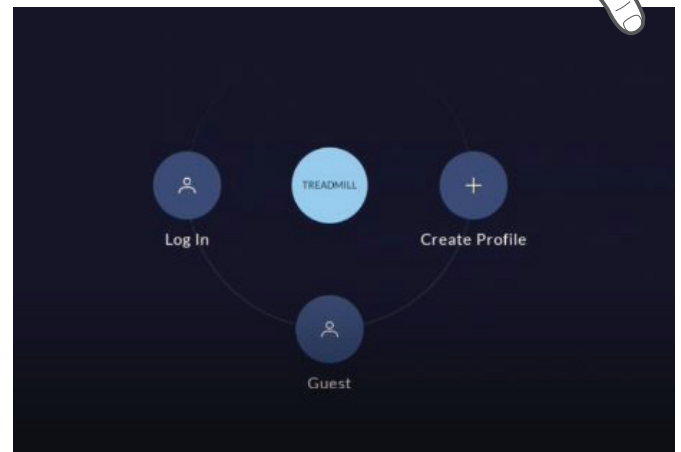
46. Using a #2 Phillips screwdriver, secure the Left Pivot Cover to the Frame.



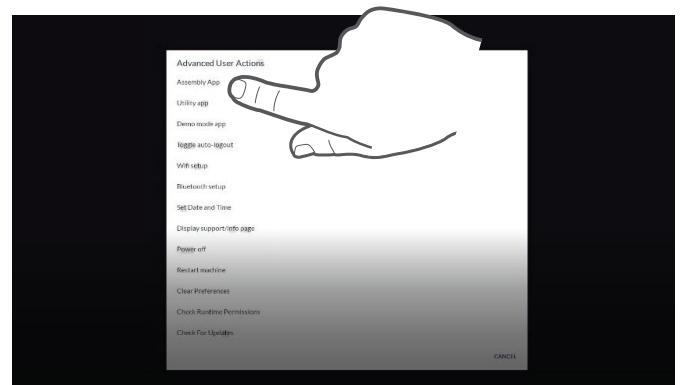
47. Re-install all remaining parts that were removed in reverse order.

48. Attach the power cord and turn on the Treadmill by flipping the power switch to ON.

49. From the Power Up screen, tap on the upper-right corner of the Console Display 10 times. The Console will display the "Advanced User Actions" menu.



50. Tap on the "Assembly App" option.

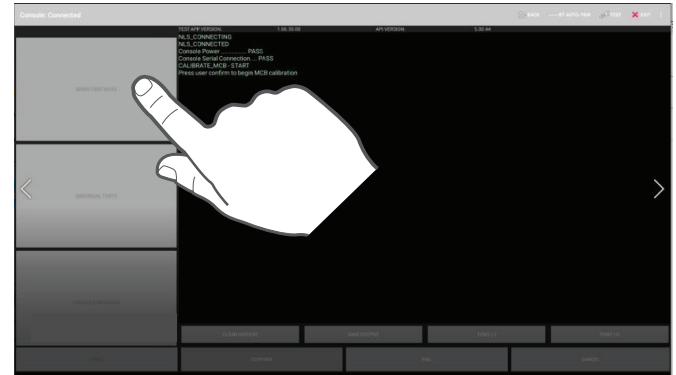


51. From the “Assembly App” menu, tap CALIBRATE in the upper right corner of the Console Display. The Console will shift to Calibrate mode.



52. From the “Calibrate” screen, tap BEGIN TEST SUITE.

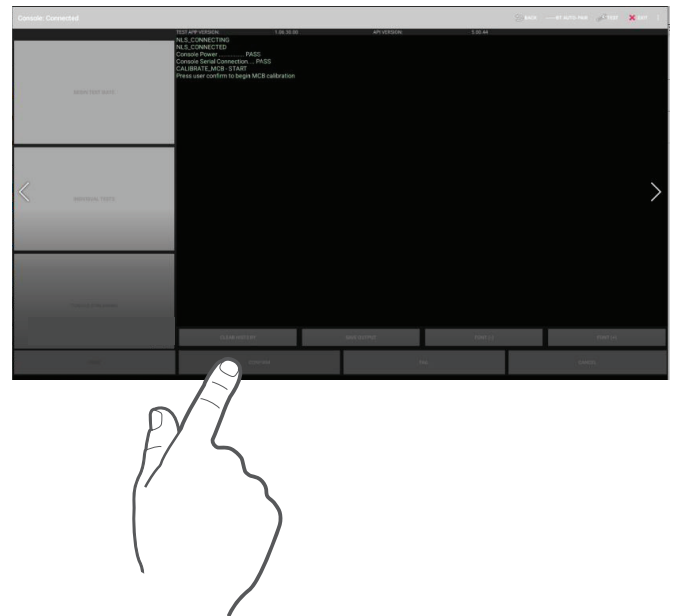
! Be sure the area around the Treadmill is clear of all bystanders, children and pets. Be sure there is nothing on or under the Walking Belt, or near the Treadmill.



53. The Console will display “CALIBRATE_MCB-USER CONFIRM”. Tap CONFIRM, and the calibration procedure starts.

Note: The calibration procedure will begin by automatically moving the Walking Belt and adjusting the incline of the Walking Deck.

! Be sure not to touch or allow anyone else to touch the machine while calibration is occurring.



54. When calibration is complete, the Console will display "CALIBRATE MCB - PASS, *** Test Suite Passed ***".

55. Tap EXIT in the upper-right corner of the Display to exit the Calibrate Mode.

56. Calibration is now complete for the machine.

57. Flip the power switch to OFF for two minutes, and then restart the machine.

58. Inspect the Walking Belt to see if it is centered on the Walking Deck. If the Walking Belt needs to be centered:

a. Run the machine at 1 mph so the Walking Belt is moving.

 **Do not touch the Walking Belt while the Walking Belt is moving. Be sure to keep bystanders, children and pets away from the machine.**

b. Using a 6mm hex wrench on the side the belt should move away from, rotate the Adjustment Bolt a 1/4 turn clockwise.


c. Allow the Walking Belt to adjust to the new tension.

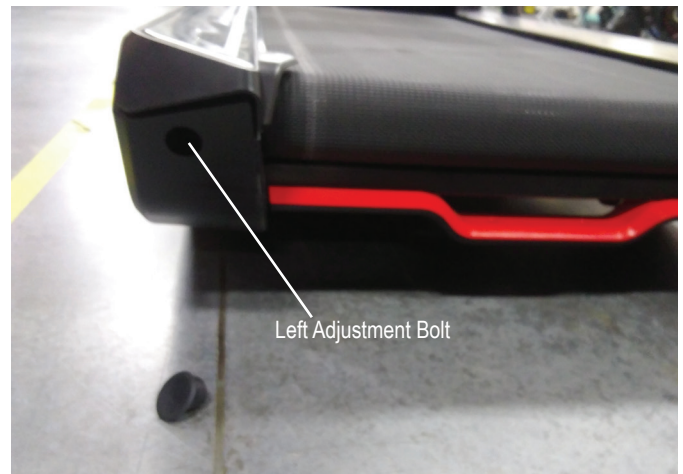
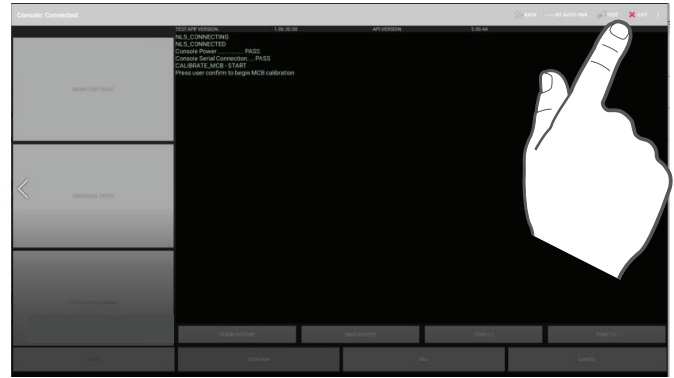
d. Repeat steps b and c until the Walking Belt is centered.

59. Flip the power switch to OFF.

60. Final Inspection

Inspect your machine to ensure that all hardware is 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.**



NOTICE: This document provides instructions for the replacement of the Front Roller on the Bowflex™ Treadmill 10 / Treadmill 22 / Treadmill 25 / Treadmill 56.

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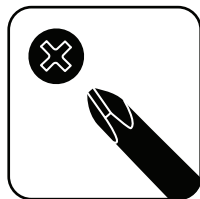
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- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders, children and pets away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- If replacement parts are necessary, use only genuine Nautilus replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If at any time the Warning labels become loose, unreadable or dislodged, replace the labels. If purchased in US/Canada, contact Customer Service for replacement labels. If purchased outside US/Canada, contact your local distributor for them.
- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety and will void the warranty.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

• SAVE THESE INSTRUCTIONS.

Tools Required (not included)

#2 Phillips screwdriver



6mm hex wrench



Note: Your machine may not match the images provided exactly.

1. Unplug the power cord from the machine and wait 5 minutes. Place the power cord in a secure location.

⚠ DANGER

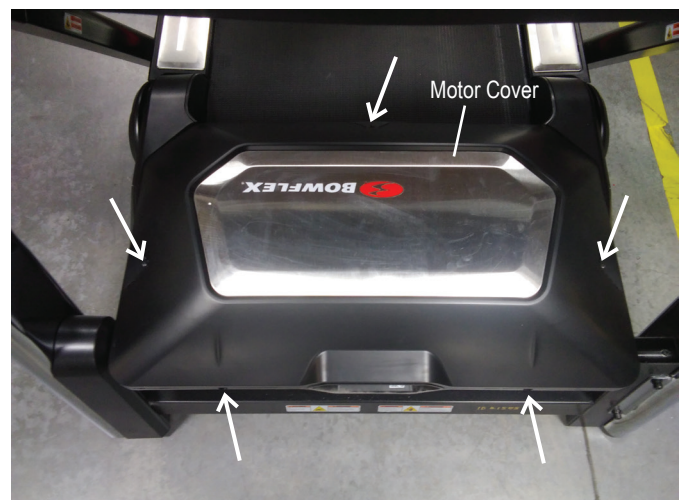
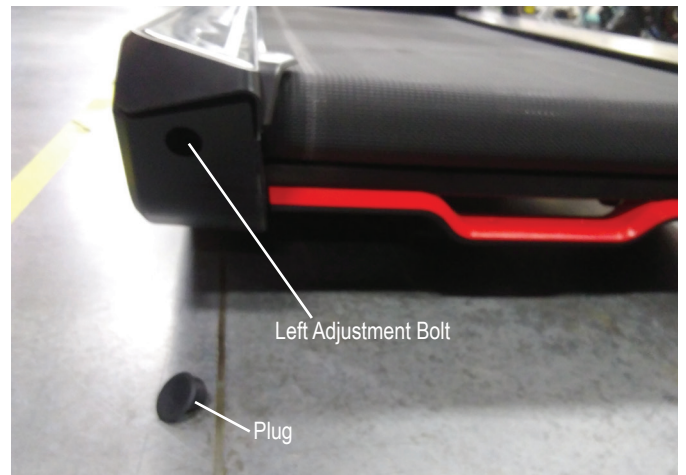
To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.

2. Remove the Right and Left Plugs that cover the openings to the Walking Belt Adjustment Bolts.

3. Using a 6mm hex wrench, rotate the Left and Right Adjustment Bolts two full turns counter-clockwise. This will slightly loosen the Walking Belt.

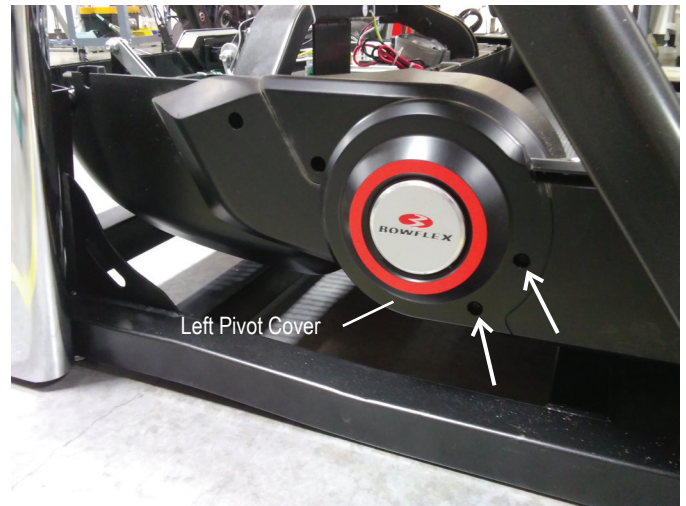
4. Using a #2 Phillips screwdriver, remove the 5 screws (indicated by arrows) that secure the Motor Cover and remove it.

Note: To assist with re-assembly of the Motor Cover, the two front screws are shorter than the others.



5. Using a #2 Phillips screwdriver, remove the 2 screws (indicated by arrows) that attach the Left Pivot Cover.

4. Repeat this step on the right side of the machine.



6. Make sure that there is safe clearance around, on and above the treadmill. Make sure there is no object to spill or cause blockage from the fully folded position.

! Be sure there is adequate height clearance for the raised deck.

7. Using the Deck Handle found below the rear of the walking belt, push the Walking Deck Release Button and lift the walking deck fully upward and engage the hydraulic lift. Be sure that the hydraulic lift is correctly locked in place. You will hear an audible click when the hydraulic lift shifts into the locked position.

! Use proper safety precautions and lifting techniques. Bend your knees and elbows, keep your back straight and pull up equally with both arms. Make sure that your own physical strength is capable of lifting the walking deck until it engages the locking mechanism. Use a second person if necessary.

Do not use the walking belt or rear roller to lift the treadmill. These parts do not lock in place and can abruptly move. Injury to you or damage to the machine can occur.

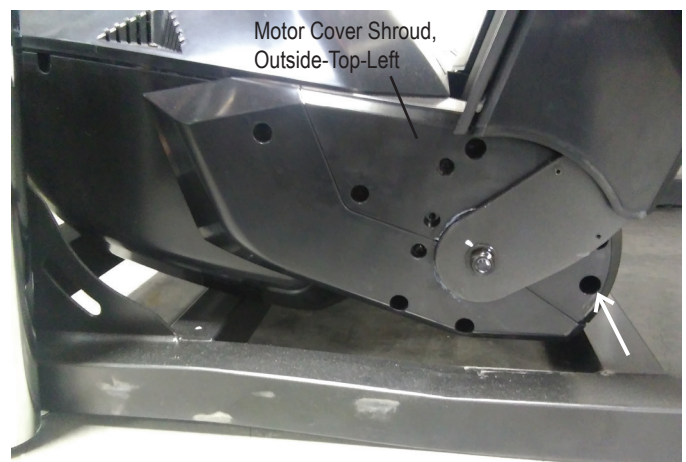
8. Make sure that the locking mechanism is engaged. Carefully pull back on the walking deck and make sure that it does not move. When you do this, keep clear of movement path in case the treadmill lock is not engaged.

! Do not lean against the treadmill when it is folded. Do not put items on it that could cause it to become unstable or fall.

Note: To assist with re-assembly of the Shrouds, an arrow indicates a self-tapping screw and an oval indicates a machine screw.

9. Using a #2 Phillips screwdriver, remove the 1 Self-tapping screw (indicated by arrow) from the Outside-Top-Left Motor Cover Shroud.

10. Repeat this step on the right side of the machine.



11. Make sure there is sufficient space to lower the walking deck.

⚠ Keep a minimum clearance behind the machine of 79" (2 m) and 19.7" (0.5 m) on each side. This is the recommended safe distance for access, movement and emergency dismounts from the machine.

12. Make sure there is no object on or around the treadmill to spill or cause blockage from the fully unfolded position.

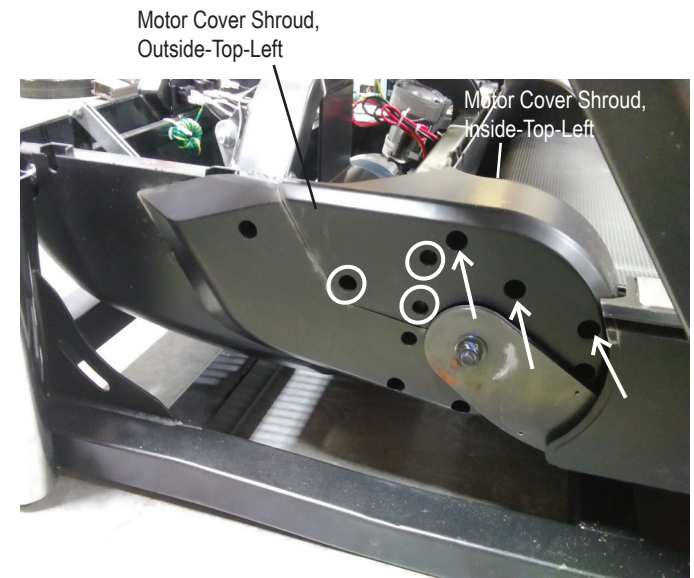
13. Slightly push the walking deck forward toward the console, and then push the Walking Deck Release Button until the locking tube releases and you can pull the walking deck away from the console. Hold up the rear of the walking deck, and move to the side of the machine.

⚠ Keep clear of the movement path of the walking deck.

14. The hydraulic lift is set up to drop gradually. Hold onto the walking deck until approximately 2/3 of the movement down. Make sure that you use proper lifting technique; bend your knees and keep your back straight. Be aware that the walking deck can possibly drop quickly in the last part of the movement.

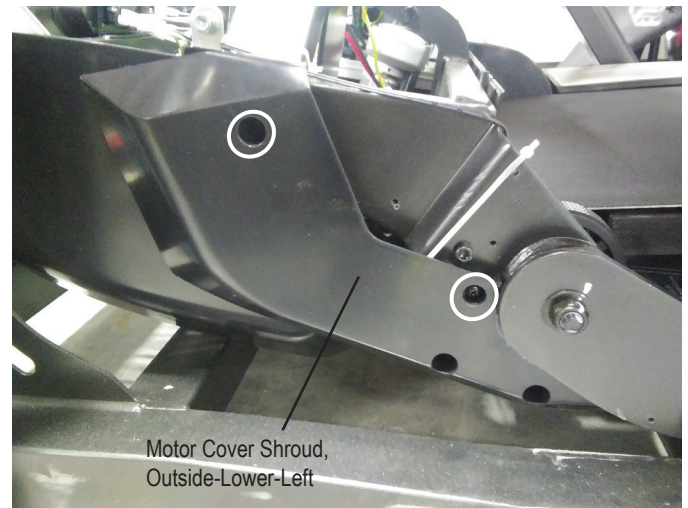
15. Using a #2 Phillips screwdriver, remove the 3 screws (indicated by arrows) that attach the Inside-Top-Left Motor Cover Shroud. Remove the Inside-Top-Left Motor Cover Shroud

16. Using a #2 Phillips screwdriver, remove the 3 screws (indicated by ovals) that attach the Outside-Top-Left Motor Cover Shroud. Remove the Outside-Top-Left Motor Cover Shroud




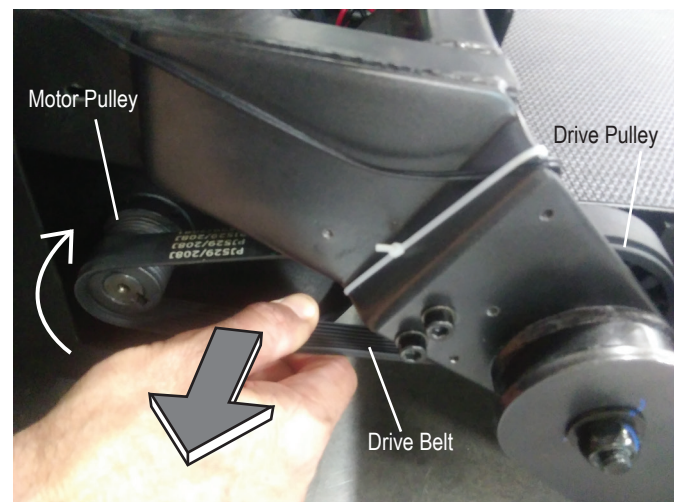
17. Using a #2 Phillips screwdriver, remove the 2 screws (indicated by ovals) that attach the Outside-Lower-Left Motor Cover Shroud. Allow the Outside-Lower-Left Motor Cover Shroud to pivot and rest on the floor.

18. Repeat the last 3 steps on the right side of the machine.



19. To remove the Drive Belt from the Motor Pulley, slightly pull the Drive Belt outward while safely rolling the Drive Pulley. The Drive Belt will come off of the Motor Pulley, and will be loose on the Drive Pulley.

 **Keep fingers out of any pinch opportunities when turning the Pulleys.**

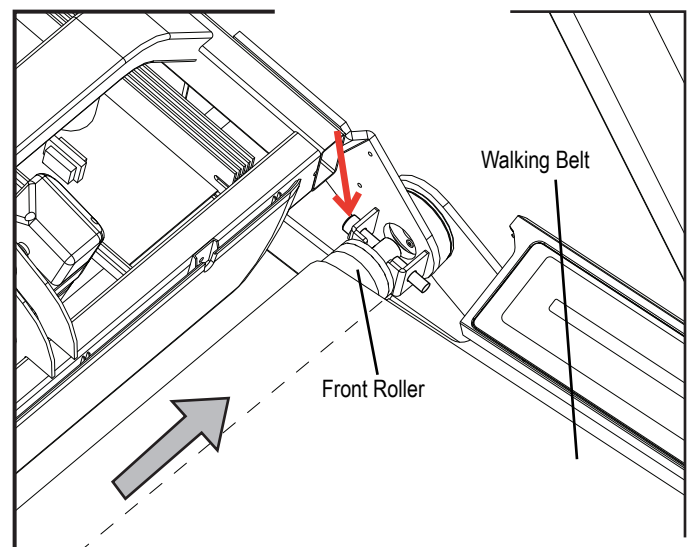


20. Using a 6mm hex wrench, remove the screw (indicated by red arrow) from the old Front Roller. Be sure to note the number of turns it takes to remove the screw. This will assist with re-assembly.

21. From the right side of the machine, grasp onto the Drive Pulley and pull it along with the Front Roller toward you. The Front Roller will "pop" out of the channel.

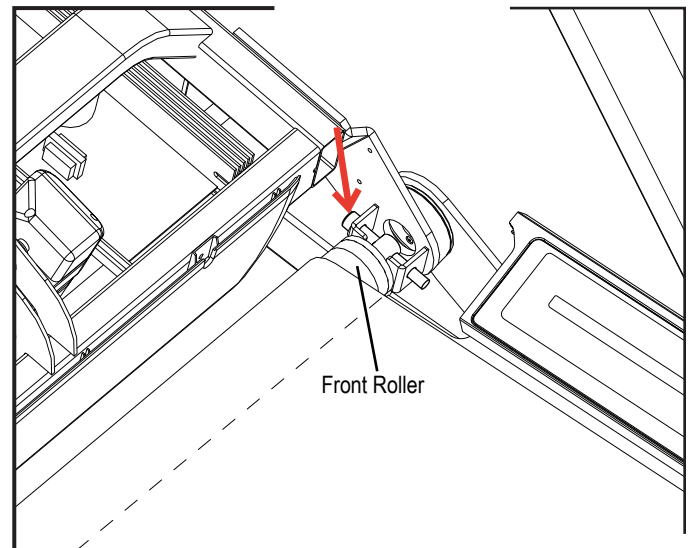
22. Lift and pivot the old Front Roller out of the Frame. This will free the Drive Belt from the Front Roller.

23. Remove the old Front Roller from inside the Walking Belt, and replace it with the new Front Roller .




24. With the Drive Belt looped around the new Front Roller, insert the end of the Front Roller with the Drive Pulley into the Frame. Pivot the other end into the Bracket.

25. Using a 6mm hex wrench, just start the indicated screw to secure the new Front Roller to the Bracket.

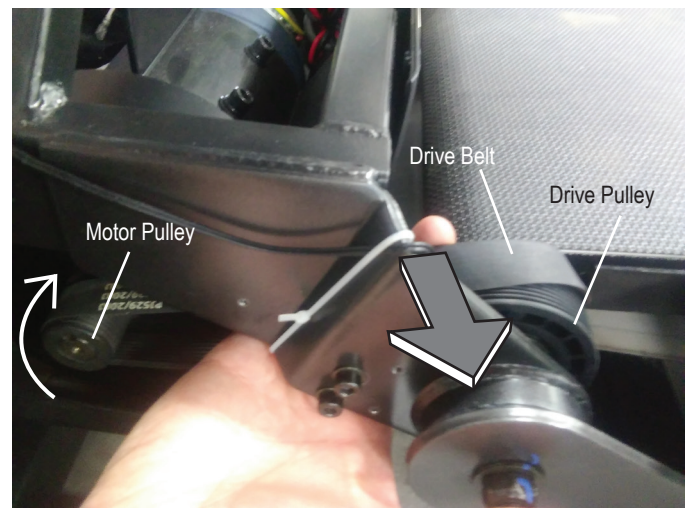


26. Loop the Drive Belt around the Motor Pulley. Start the Drive Belt on the Drive Pulley and roll it in a clockwise motion. Be sure the Belt does not come off of the Motor Pulley.

 **Keep fingers out of any pinch opportunities when turning the Pulleys.**

27. Roll the Drive Pulley clockwise until the Drive Belt is fully installed. Continue to roll the Belt forward while adding side pressure with fingers to align as necessary.

28. With the Drive Belt installed onto the Drive Pulley, tighten the screw that secures the Front Roller. Be sure to only tighten the screw to the previously noted number of turns when removed.



Note: To assist with re-assembly of the Shrouds, an arrow indicates a self-tapping screw and an oval indicates a machine screw.

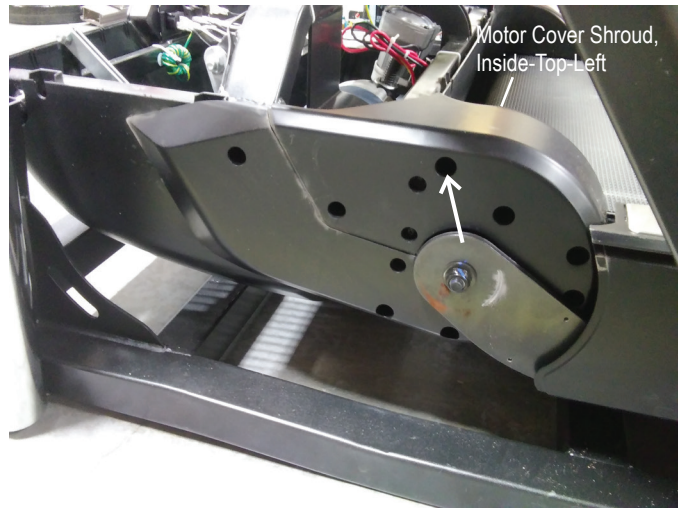
29. Using a #2 Phillips screwdriver, loosely attach the Outside-Lower-Left Motor Cover Shroud to the Frame with the indicated machine screw.

Note: The Inside-Lower-Left Motor Cover Shroud is attached to the Outside-Lower-Left Motor Cover Shroud.

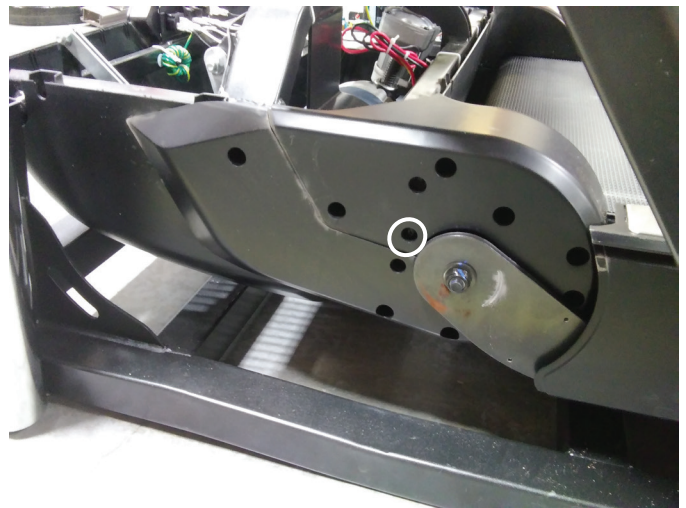


30. Place the Outside-Top-Left Motor Cover Shroud on top of the Outside-Lower-Left Motor Cover Shroud.

31. Gently pivot the Inside-Upper-Left Motor Cover Shroud onto the Outside-Top-Left Motor Cover Shroud, and loosely attach them together with the indicated self-tapping screw.



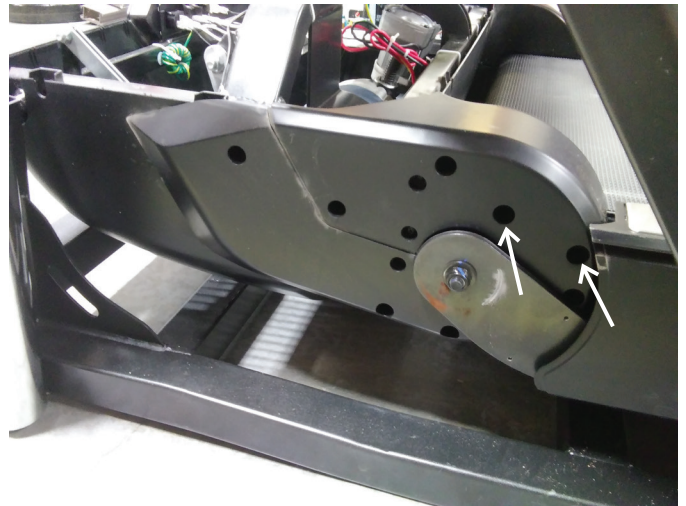
32. Using a #2 Phillips screwdriver, loosely attach the Outside-Upper-Left Motor Cover Shroud to the Frame with the indicated machine screw.



33. With all of the Shrouds now seated correctly, secure the Outside-Lower-Left Motor Cover Shroud to the Frame with the indicated machine screw.



34. Using a #2 Phillips screwdriver, secure the Inside-Upper-Left Motor Cover Shroud with the indicated self-tapping screws.



35. Make sure that there is safe clearance around, on and above the treadmill. Make sure there is no object to spill or cause blockage from the fully folded position.

! Be sure there is adequate height clearance for the raised deck.

36. Using the Deck Handle found below the rear of the walking belt, push the Walking Deck Release Button and lift the walking deck fully upward and engage the hydraulic lift. Be sure that the hydraulic lift is correctly locked in place. You will hear an audible click when the hydraulic lift shifts into the locked position.

! Use proper safety precautions and lifting techniques. Bend your knees and elbows, keep your back straight and pull up equally with both arms. Make sure that your own physical strength is capable of lifting the walking deck until it engages the locking mechanism. Use a second person if necessary.

Do not use the walking belt or rear roller to lift the treadmill. These parts do not lock in place and can abruptly move. Injury to you or damage to the machine can occur.

37. Make sure that the locking mechanism is engaged. Carefully pull back on the walking deck and make sure that it does not move. When you do this, keep clear of movement path in case the treadmill lock is not engaged.



! Do not lean against the treadmill when it is folded. Do not put items on it that could cause it to become unstable or fall.

38. Using a #2 Phillips screwdriver, secure the Outside-Upper-Left Motor Cover Shroud with the indicated self-tapping screw.

39. Make sure there is sufficient space to lower the walking deck.

! Keep a minimum clearance behind the machine of 79" (2 m) and 19.7" (0.5 m) on each side. This is the recommended safe distance for access, movement and emergency dismounts from the machine.

40. Make sure there is no object on or around the treadmill to spill or cause blockage from the fully unfolded position.

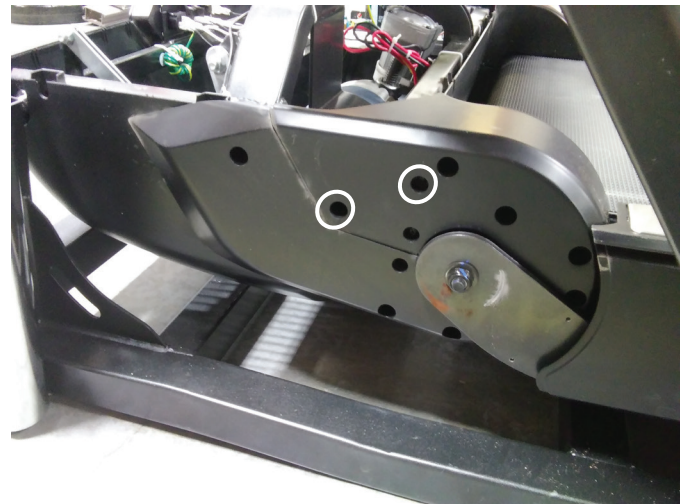
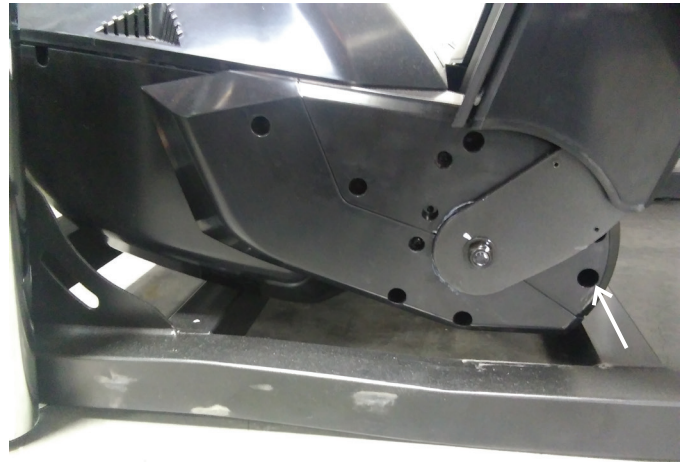
41. Slightly push the walking deck forward toward the console, and then push the Walking Deck Release Button until the locking tube releases and you can pull the walking deck away from the console. Hold up the rear of the walking deck, and move to the side of the machine.

! Keep clear of the movement path of the walking deck.

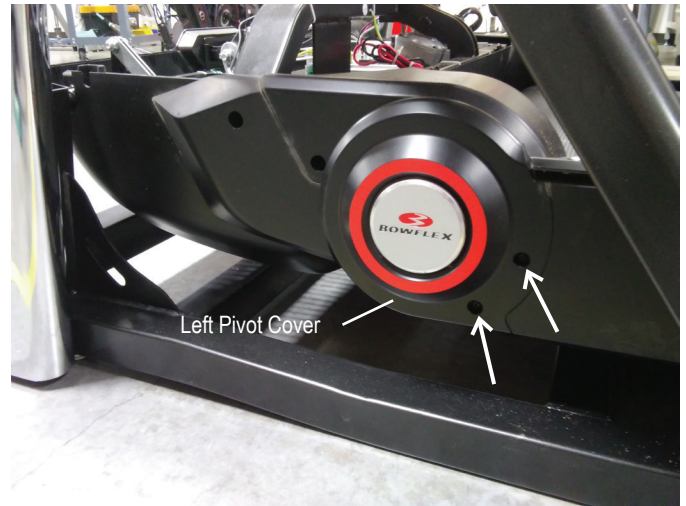
42. The hydraulic lift is set up to drop gradually. Hold onto the walking deck until approximately 2/3 of the movement down. Make sure that you use proper lifting technique; bend your knees and keep your back straight. Be aware that the walking deck can possibly drop quickly in the last part of the movement.

43. Using a #2 Phillips screwdriver, secure the Outside-Upper-Left Motor Cover Shroud with the indicated machine screws.

44. Fully tighten all of the hardware that attaches the Shrouds.



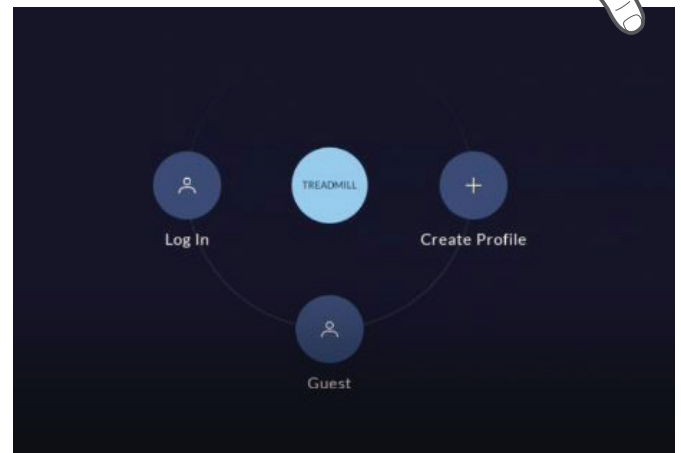
45. Using a #2 Phillips screwdriver, secure the Left Pivot Cover to the Frame.



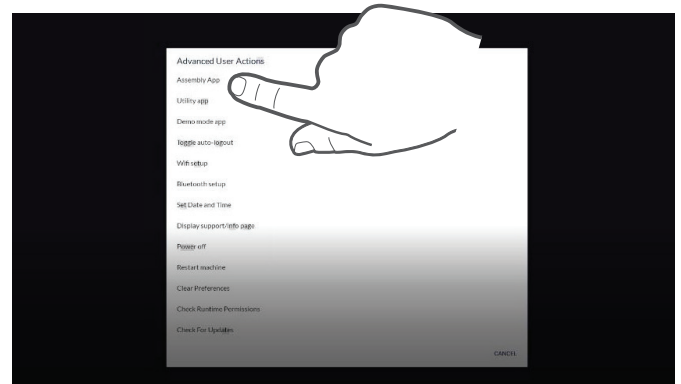
46. Re-install all remaining parts that were removed in reverse order.

47. Attach the power cord and turn on the Treadmill by flipping the power switch to ON.

48. From the Power Up screen, tap on the upper-right corner of the Console Display 10 times. The Console will display the "Advanced User Actions" menu.



49. Tap on the "Assembly App" option.

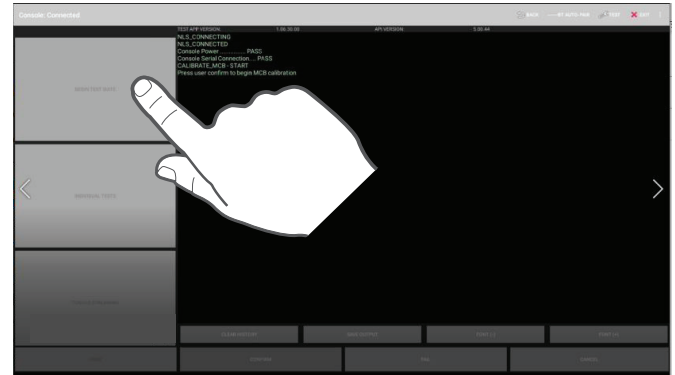


50. From the “Assembly App” menu, tap CALIBRATE in the upper right corner of the Console Display. The Console will shift to Calibrate mode.



51. From the “Calibrate” screen, tap BEGIN TEST SUITE.

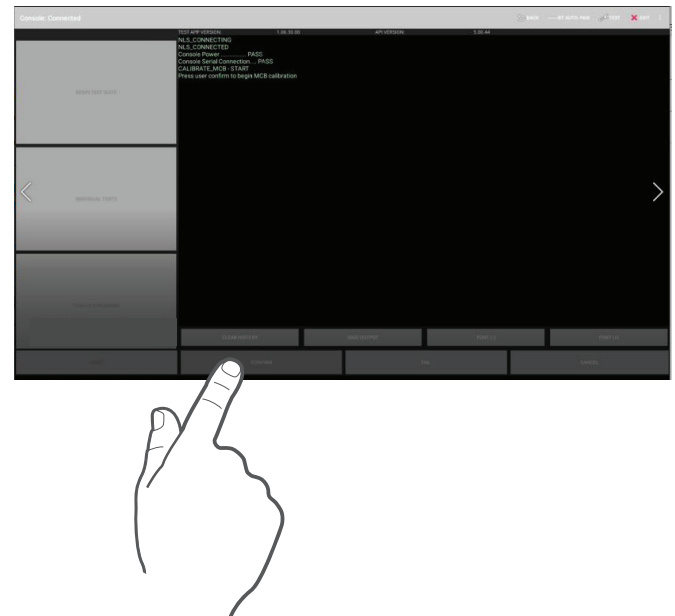
! Be sure the area around the Treadmill is clear of all bystanders, children and pets. Be sure there is nothing on or under the Walking Belt, or near the Treadmill.



52. The Console will display “CALIBRATE_MCB-USER CONFIRM”. Tap CONFIRM, and the calibration procedure starts.

Note: The calibration procedure will begin by automatically moving the Walking Belt and adjusting the incline of the Walking Deck.

! Be sure not to touch or allow anyone else to touch the machine while calibration is occurring.



53. When calibration is complete, the Console will display "CALIBRATE MCB - PASS, *** Test Suite Passed ***".

54. Tap EXIT in the upper-right corner of the Display to exit the Calibrate Mode.

55. Calibration is now complete for the machine.

56. Flip the power switch to OFF for two minutes, and then restart the machine.

57. Inspect the Walking Belt to see if it is centered on the Walking Deck. If the Walking Belt needs to be centered:

a. Run the machine at 1 mph so the Walking Belt is moving.

 **Do not touch the Walking Belt while the Walking Belt is moving. Be sure to keep bystanders, children and pets away from the machine.**

b. Using a 6mm hex wrench on the side the belt should move away from, rotate the Adjustment Bolt a 1/4 turn clockwise.


c. Allow the Walking Belt to adjust to the new tension.

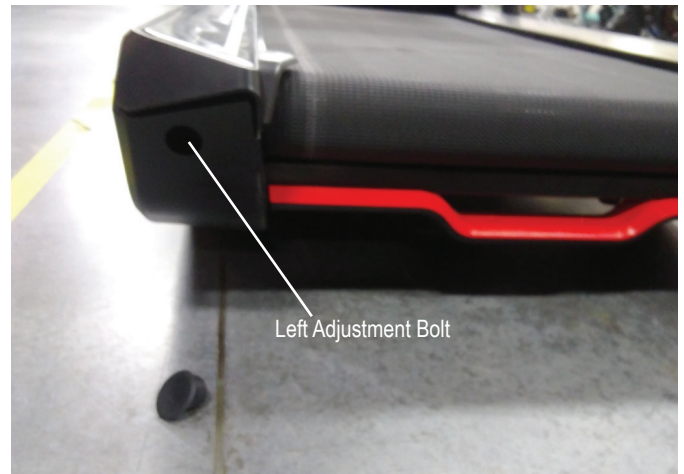
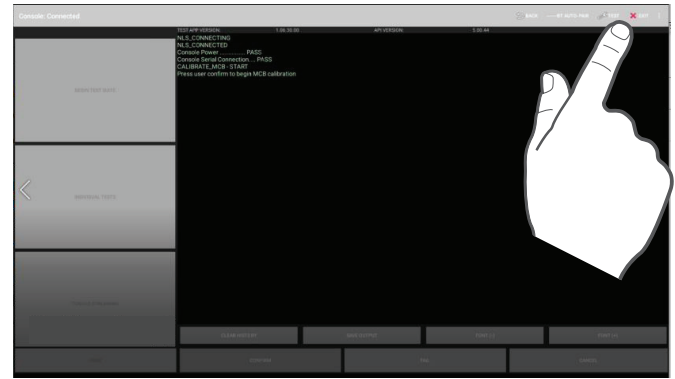
d. Repeat steps b and c until the Walking Belt is centered.

58. Flip the power switch to OFF.

59. Final Inspection

Inspect your machine to ensure that all hardware is 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.**



NOTICE: This document provides instructions for the replacement of the Incline Motor Assembly on the Bowflex™ Treadmill 10 / Treadmill 22 / Treadmill 25 / Treadmill 56.

If you need assistance, please contact Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: www.nautilusinternational.com

This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Read and understand all Warnings on this machine.

Nautilus, Inc., www.NautilusInc.com, 5415 Centerpoint Parkway, Groveport, OH 43125 U.S.A. - Customer Service: North America (800) 605-3369, csnls@nautilus.com | outside U.S. www.nautilusinternational.com | Printed in China | © 2021 Nautilus, Inc. | Bowflex and the B logo are trademarks owned or licensed by Nautilus, Inc., registered or otherwise protected by common law in the United States and other nations. | ORIGINAL DOCUMENT - ENGLISH VERSION ONLY

Important Safety Instructions - Before servicing or using this equipment, obey the following warnings:

This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Read and understand all Warnings on this machine.

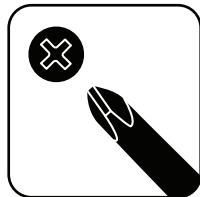
DANGER To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.

- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders, children and pets away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- If replacement parts are necessary, use only genuine Nautilus replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If at any time the Warning labels become loose, unreadable or dislodged, replace the labels. If purchased in US/Canada, contact Customer Service for replacement labels. If purchased outside US/Canada, contact your local distributor for them.
- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety and will void the warranty.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

• SAVE THESE INSTRUCTIONS.

Tools Required (not included)

#2 Phillips screwdriver



16mm wrench
(2) 17mm wrenches



Note: Your machine may not match the images provided exactly.

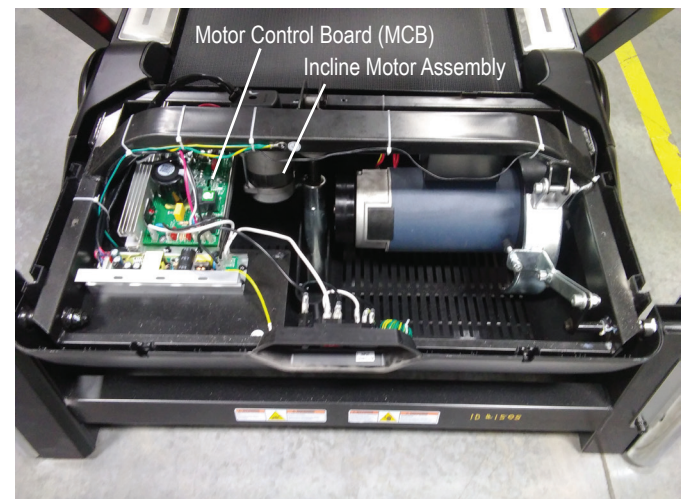
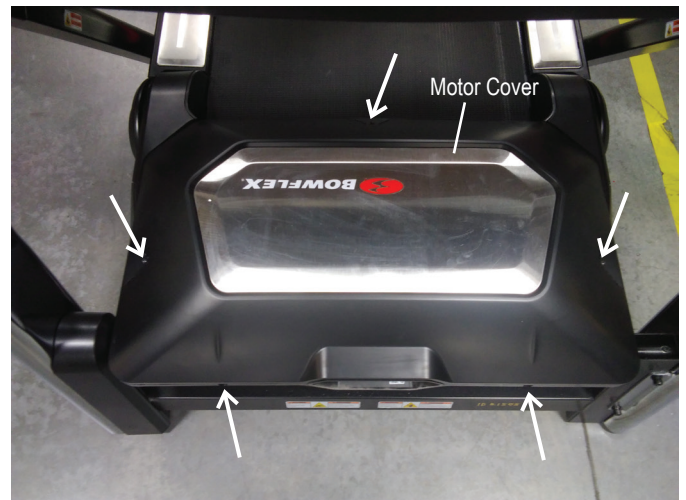
1. Unplug the power cord from the machine and wait 5 minutes. Place the power cord in a secure location.

⚠ DANGER To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.



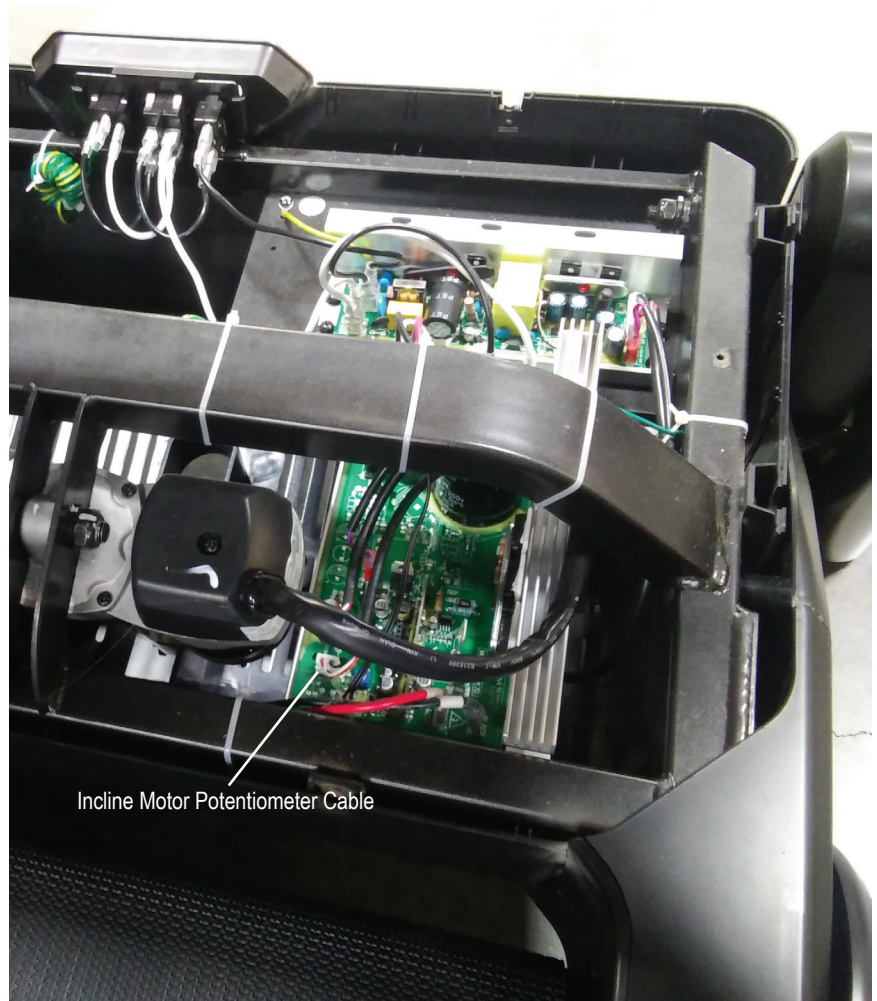
2. Using a #2 Phillips screwdriver, remove the 5 screws (indicated by arrows) that secure the Motor Cover and remove it of the machine (see image to the right).

3. Gently release the front snaps (indicated by ovals) that secure the Motor Cover and pivot it back toward the walking belt until it releases. Remove from the machine.



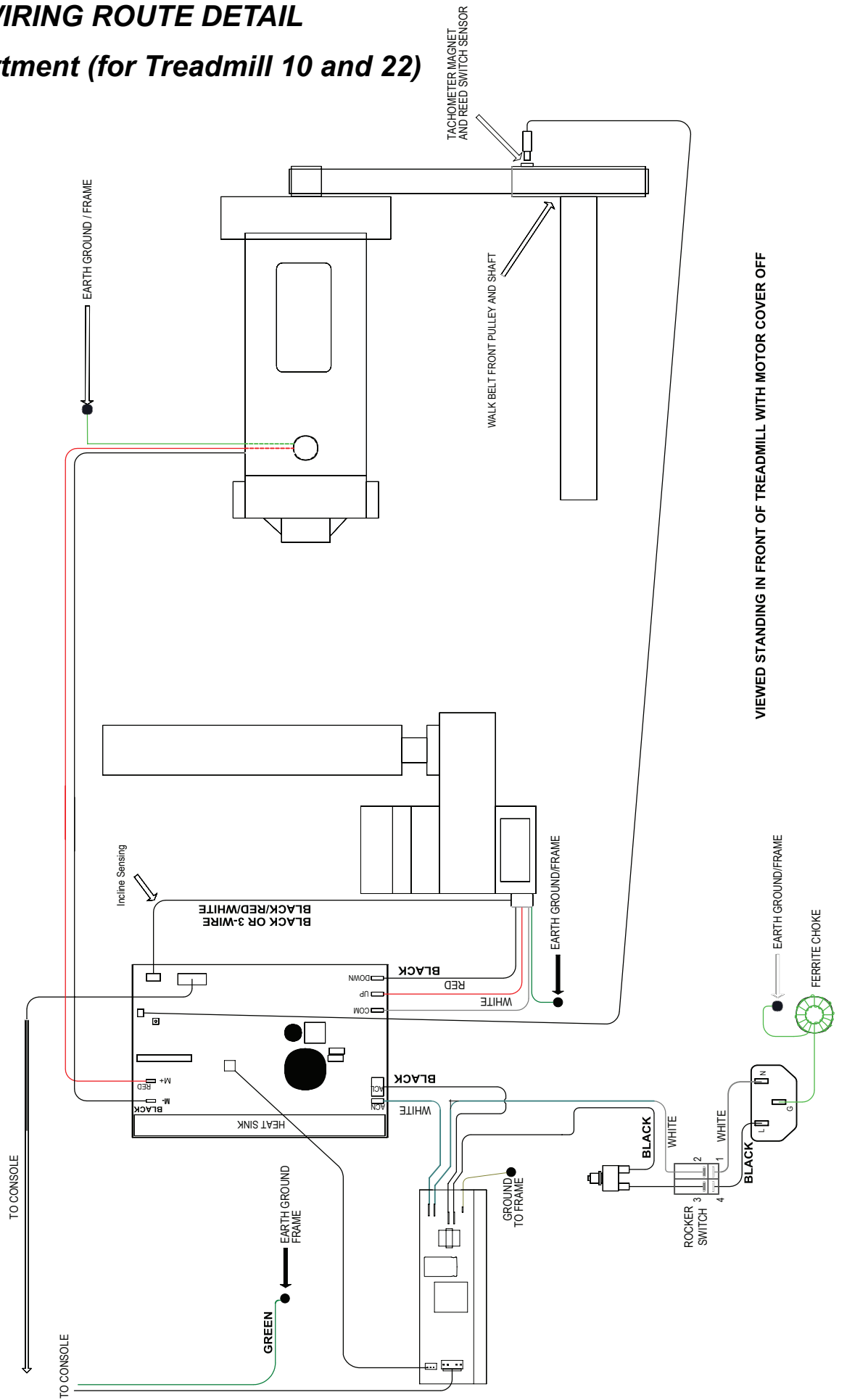
4. Remove the connectors for the Incline Motor and the Incline Motor Potentiometer (see below image) from the Motor Control Board after noting their locations

Note: Be sure to note where all cables attach for re-assembly.



ELECTRICAL WIRING ROUTE DETAIL

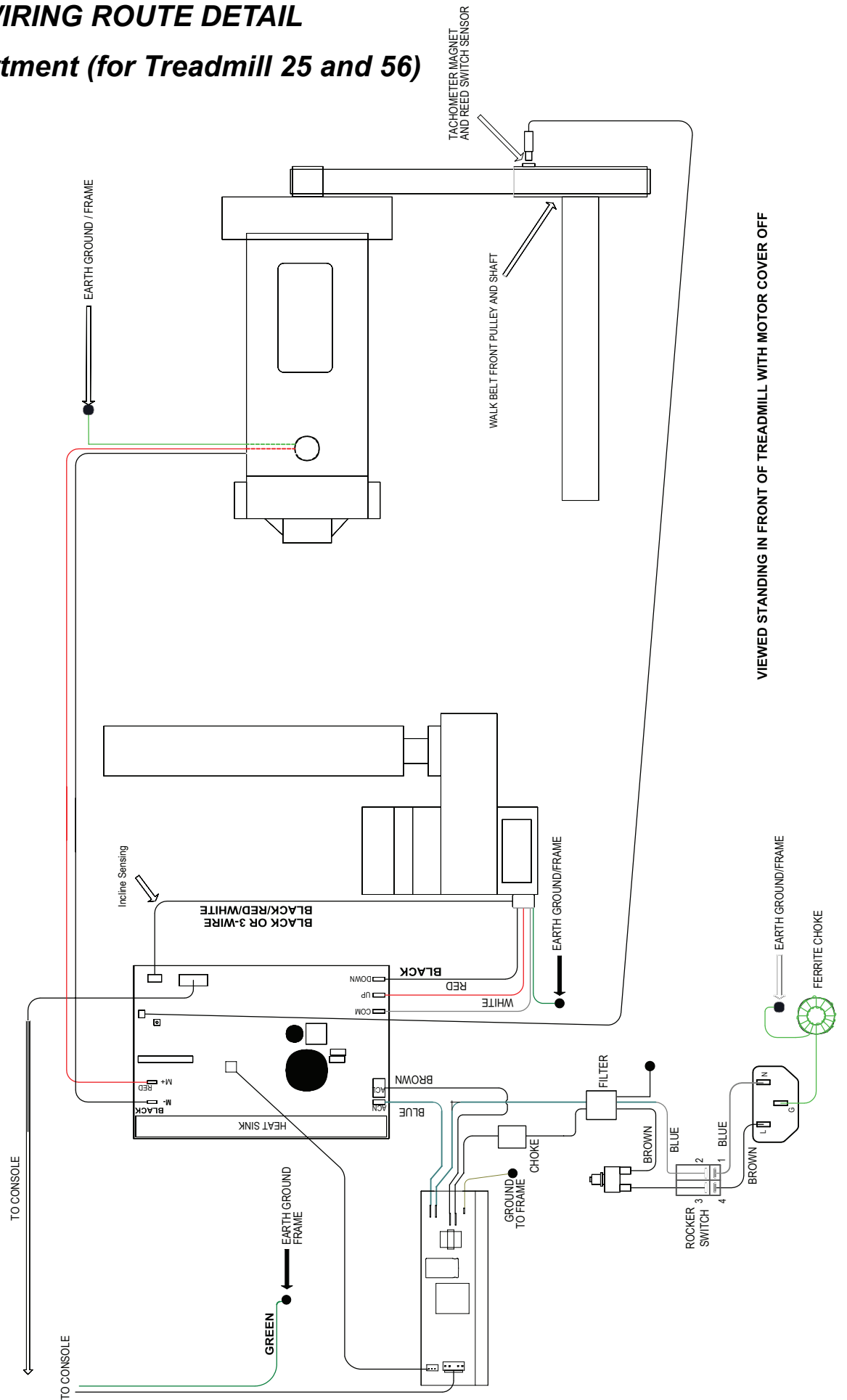
- Motor Compartment (for Treadmill 10 and 22)



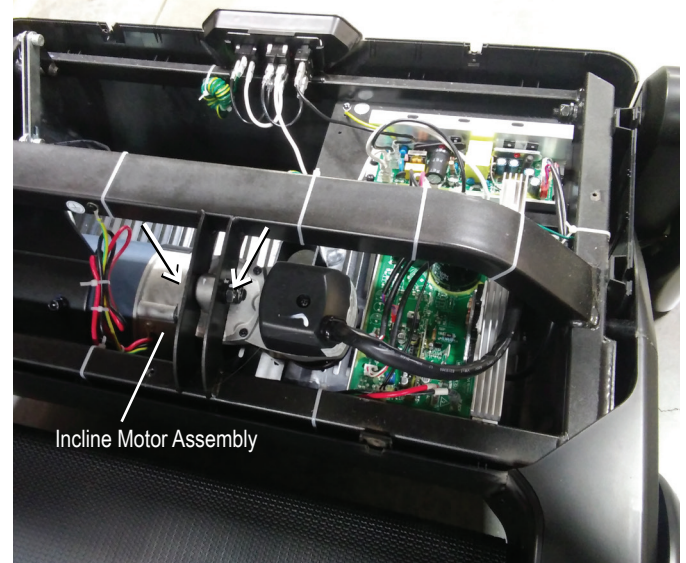
VIEWED STANDING IN FRONT OF TREADMILL WITH MOTOR COVER OFF

ELECTRICAL WIRING ROUTE DETAIL

- Motor Compartment (for Treadmill 25 and 56)



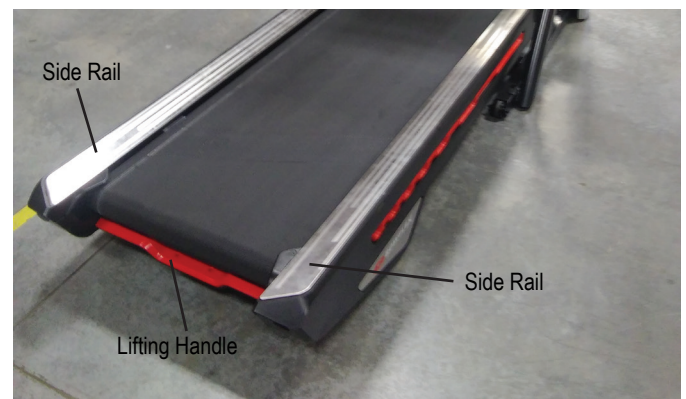
5. Using a 16mm and a 17mm wrench in the Motor Compartment, remove the hardware (indicated by arrows) from the Incline Motor Assembly. Remove the Incline Motor Assembly noting how it extends from the Motor Compartment through to the Base Frame Weldment.



6. Confirm that the Walking Deck is secured in the down position. With the Lifting Handle that is under the Walking Deck, try to slightly lift the Walking Deck. If the Walking Deck raises, it is not locked. Using the Side Rails, push the Walking Deck downward until it is secured in the down position.

7. Make sure that there is safe clearance around, above, and to one side of the treadmill.

⚠ A second person is required to assist with the tilting of the machine. Be sure there is adequate clearance for the machine. Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.

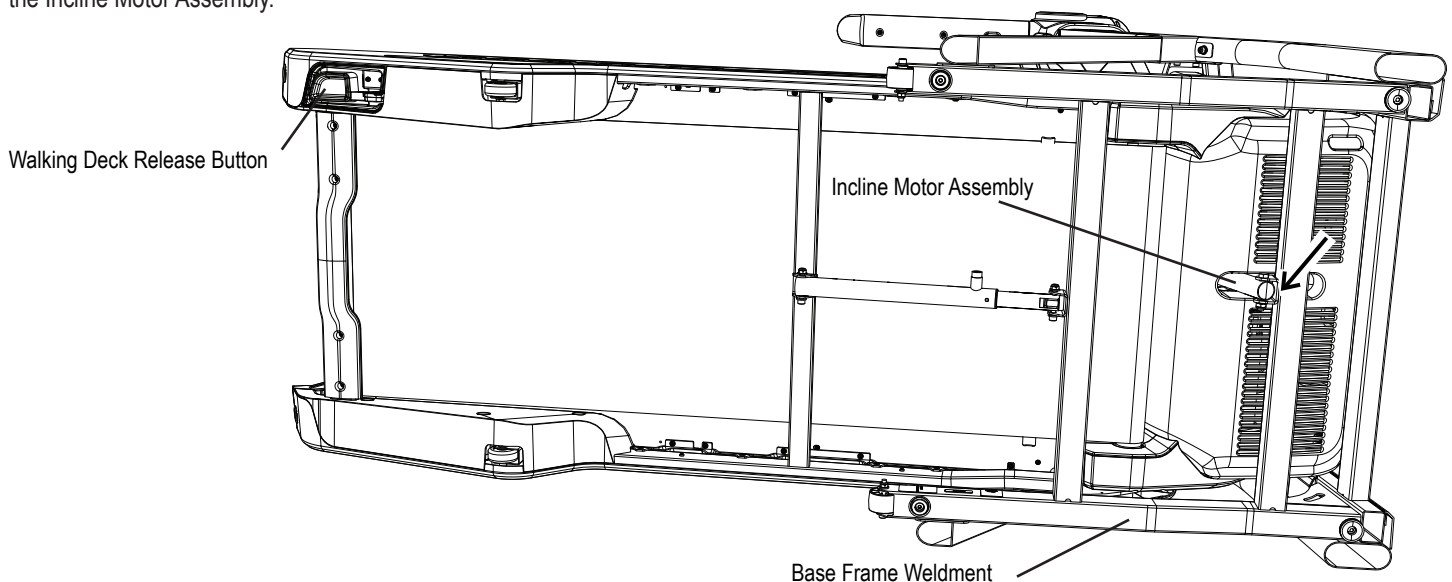


8. Tilt the machine onto the side with the safe clearance.

⚠ Do not grasp the Console or the Walking Belt to tilt the machine onto the side. The Console could be damaged, and the Walking Belt could abruptly move.

Be sure not to push, touch, or release the Walking Deck Release Button with the machine on its side. If the Walking Deck is released, the Base Frame Weldment may abruptly pivot away from the Walking Deck which could cause injury or damage to an individual and the machine.

9. Using two 17mm wrenches, remove the hardware (indicated by arrow) from the Incline Motor Assembly.



10. Installation of the Incline Motor Assembly is the reverse procedure.

Note: Be sure to attach the cables to the proper locations on the Motor Control Board. Do not crimp any cables.

11. Make sure there is sufficient space to tilt the machine back upright and that the area is clear. Tilt the machine upright being sure not to grasp the Console or Walking Belt.

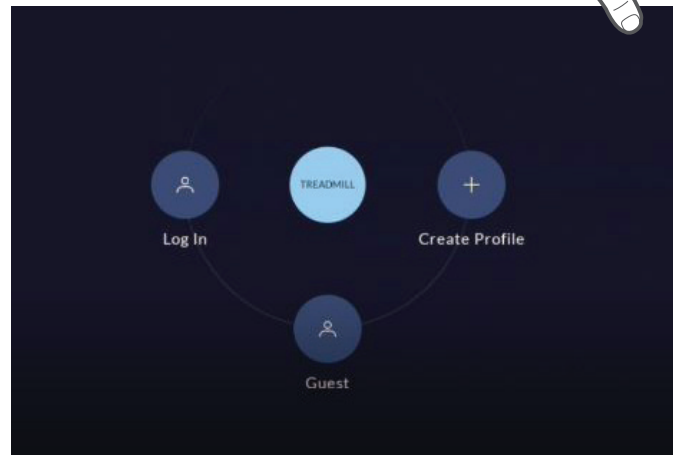
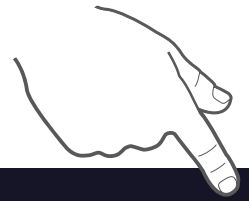
⚠ This step requires two people. Be sure there is adequate clearance for the machine. Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.

Do not grasp the Console or the Walking Belt to tilt the machine onto the side. The Console could be damaged, and the Walking Belt could abruptly move.

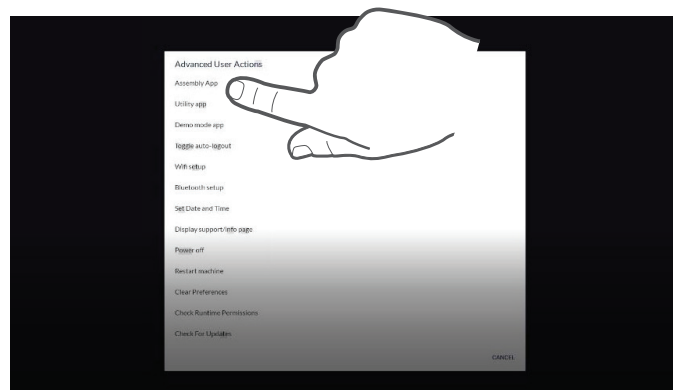
12. Re-install all remaining parts that were removed in reverse order.

13. Attach the power cord and turn on the Treadmill by flipping the power switch to ON.

14. From the Power Up screen, tap on the upper-right corner of the Console Display 10 times. The Console will display the “Advanced User Actions” menu.



15. Tap on the “Assembly App” option.

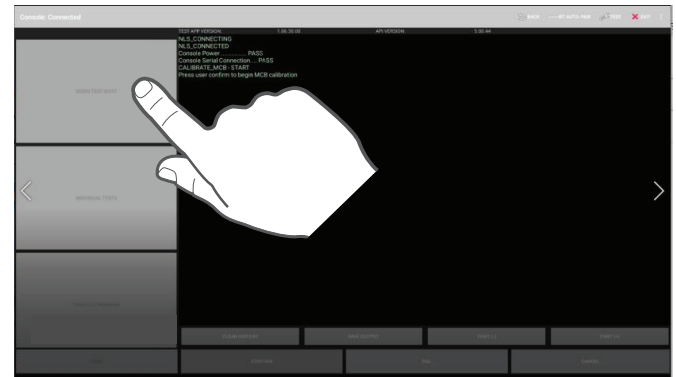


16. From the “Assembly App” menu, tap CALIBRATE in the upper right corner of the Console Display. The Console will shift to Calibrate mode.



17. From the “Calibrate” screen, tap BEGIN TEST SUITE.

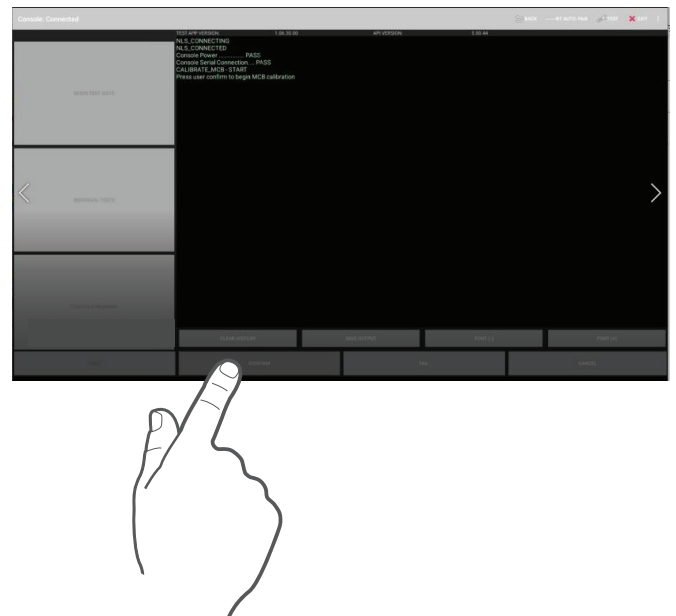
! Be sure the area around the Treadmill is clear of all bystanders, children and pets. Be sure there is nothing on or under the Walking Belt, or near the Treadmill.



18. The Console will display “CALIBRATE_MCB-USER CONFIRM”. Tap CONFIRM, and the calibration procedure starts.

Note: The calibration procedure will begin by automatically moving the Walking Belt and adjusting the incline of the Walking Deck.

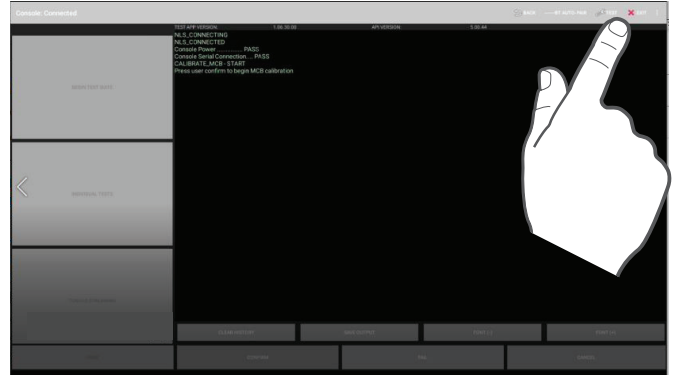
! Be sure not to touch or allow anyone else to touch the machine while calibration is occurring.



19. When calibration is complete, the Console will display "CALIBRATE MCB - PASS, *** Test Suite Passed ***".

20. Tap EXIT in the upper-right corner of the Display to exit the Calibrate Mode.

21. Calibration is now complete for the machine. Flip the power switch to OFF.



22. Final Inspection

Inspect your machine to ensure that all hardware is 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.

NOTICE: This document provides instructions for the replacement of the Lower I/O Cable on the Bowflex™ Treadmill 10 / Treadmill 22 / Treadmill 25 / Treadmill 56.

If you need assistance, please contact Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: www.nautilusinternational.com

This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Read and understand all Warnings on this machine.

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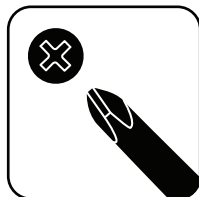
⚠ DANGER To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.

- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders, children and pets away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- If replacement parts are necessary, use only genuine Nautilus replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If at any time the Warning labels become loose, unreadable or dislodged, replace the labels. If purchased in US/Canada, contact Customer Service for replacement labels. If purchased outside US/Canada, contact your local distributor for them.
- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety and will void the warranty.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

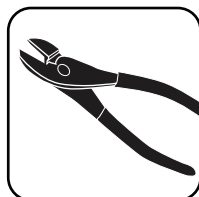
• SAVE THESE INSTRUCTIONS.

Tools Required (not included)

#2 Phillips screwdriver



Something to cut Zip-Ties



Replacement Zip-Ties (x2)



Note: Your machine may not match the images provided exactly.

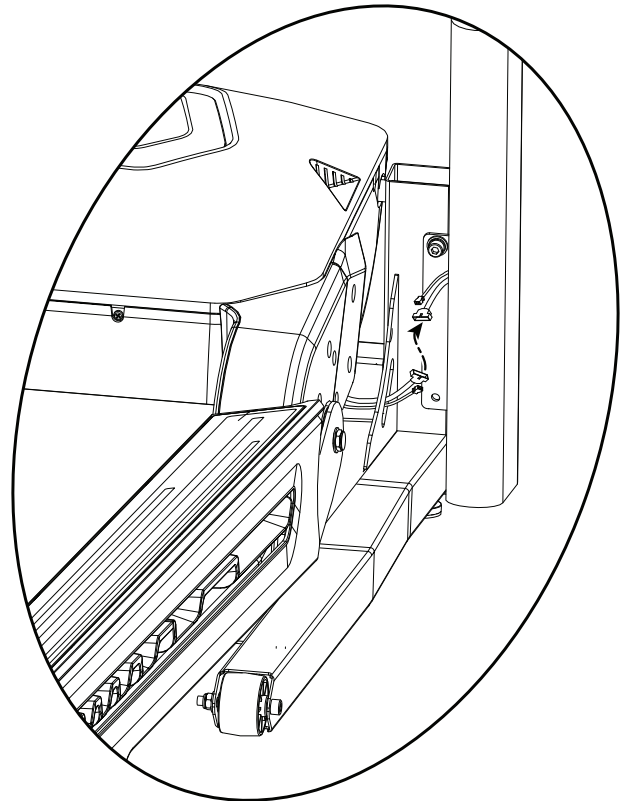
1. Unplug the power cord from the machine and wait 5 minutes. Place the power cord in a secure location.

⚠ DANGER To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.

2. Remove the Right Base Shroud from the machine.

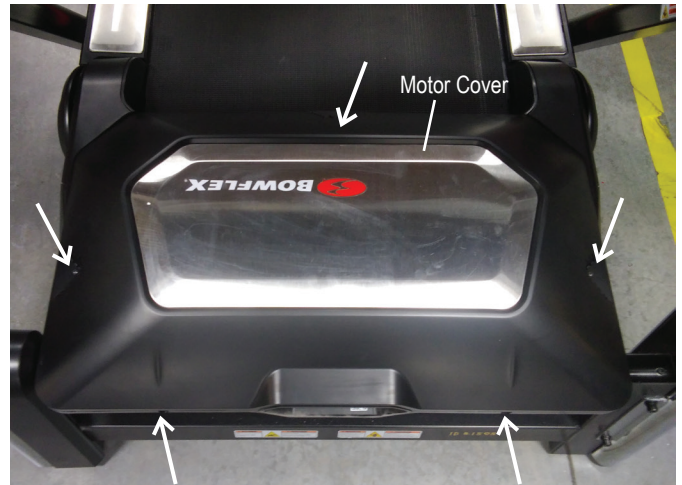
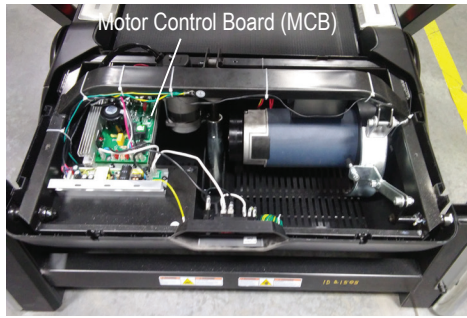


3. Disconnect the Middle and Lower Input/Output (I/O) Cables.



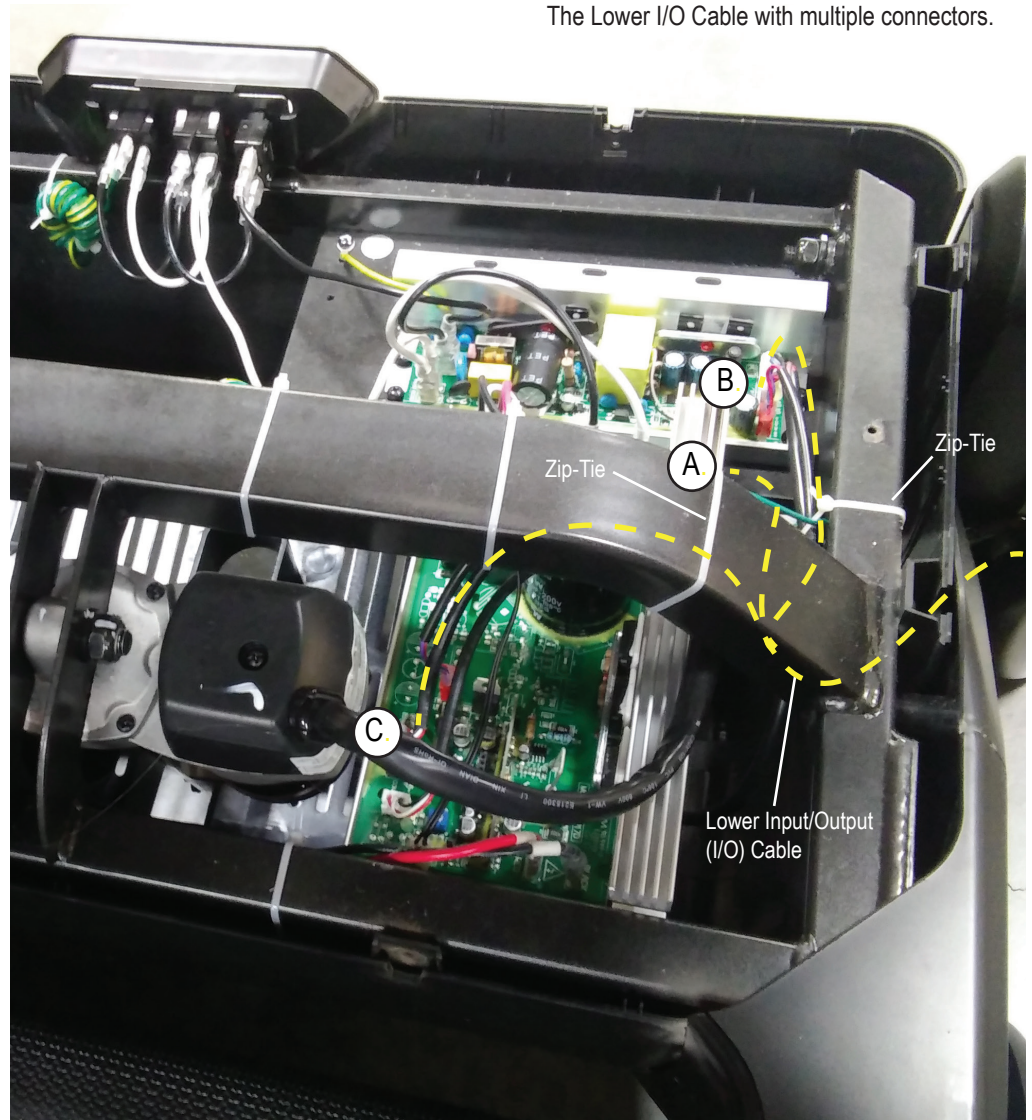
4. Using a #2 Phillips screwdriver, remove the 5 indicated screws that secure the Motor Cover.

Note: To assist with re-assembly of the Motor Cover, the two front screws are short.

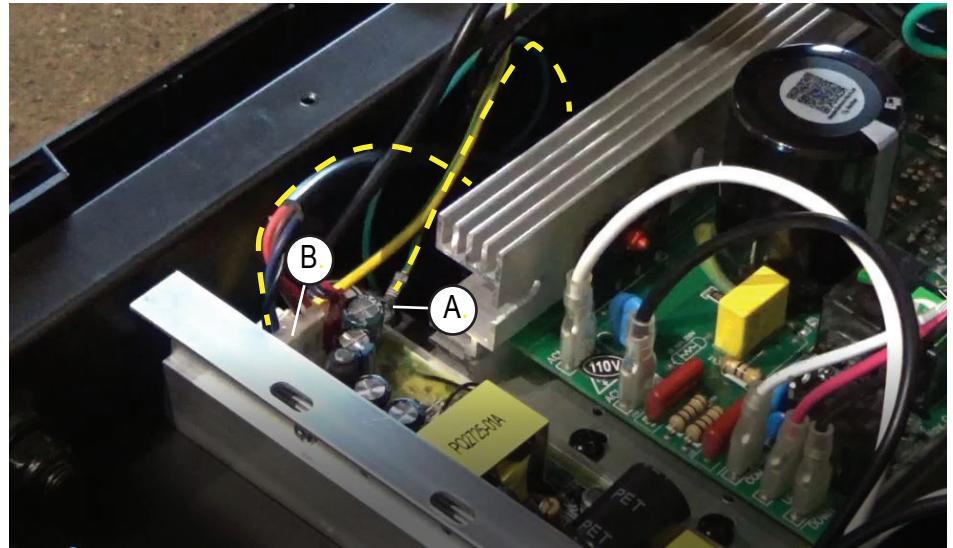


The Lower I/O Cable with multiple connectors.

5. Carefully cut the two Zip-Ties that secure the Lower Input/Output (I/O) Cable to the Frame Assembly, and dispose of them. Be sure not to damage any cables during the removal.



6. Using a #2 Phillips screwdriver, remove the Grounding Wire (A.) from the Frame Assembly.



7. Gently remove the 2 connectors (B. and C.) from the old Lower Input/Output (I/O) Cable to the Motor Control Board.

Note: Be sure not to damage the Motor Control Board.

8. Route the new Lower I/O Cable to the Motor Control Board, and connect the 2 cable connectors (B. and C.) to it.

Note: Be sure not to crimp any Cables.

9. Using a #2 Phillips screwdriver, connect the new Grounding Wire (C.) to the Frame Assembly.

10. Observe how the old Lower I/O Cable routes through the Frame Assembly, and remove it.

11. Gently route the new Lower I/O Cable through the Frame Assembly following the route of the old Lower I/O Cable.

Note: Be sure not to crimp the Cables.

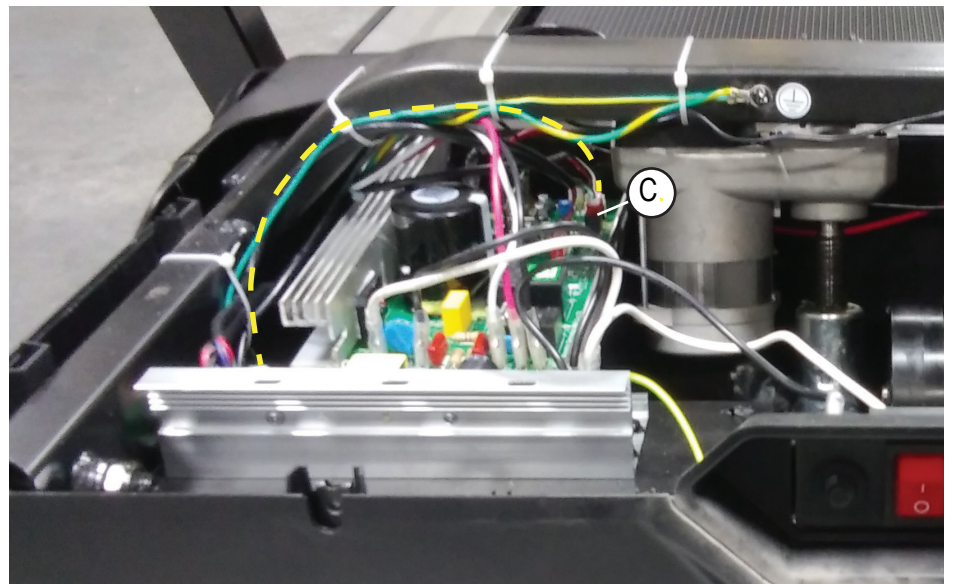
12. Discard the old Lower I/O Cable.

13. Secure the new Lower I/O Cable to the Frame Assembly with two replacement Zip-Ties.

Note: Be sure not to crimp any Cables.

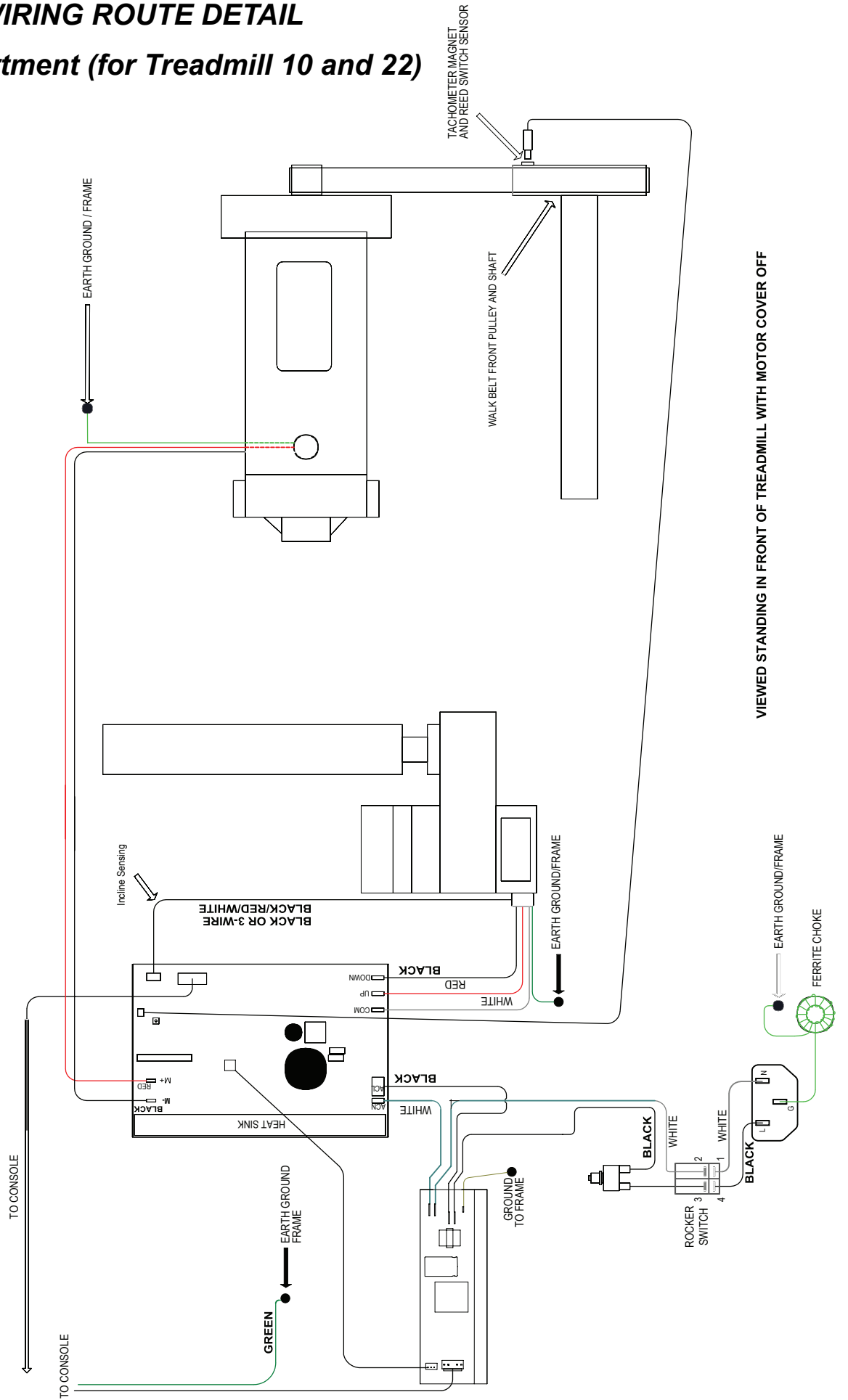
14. Re-install all remaining parts that were removed in reverse order.

15. Attach the power cord and turn on the Treadmill by flipping the power switch to ON.



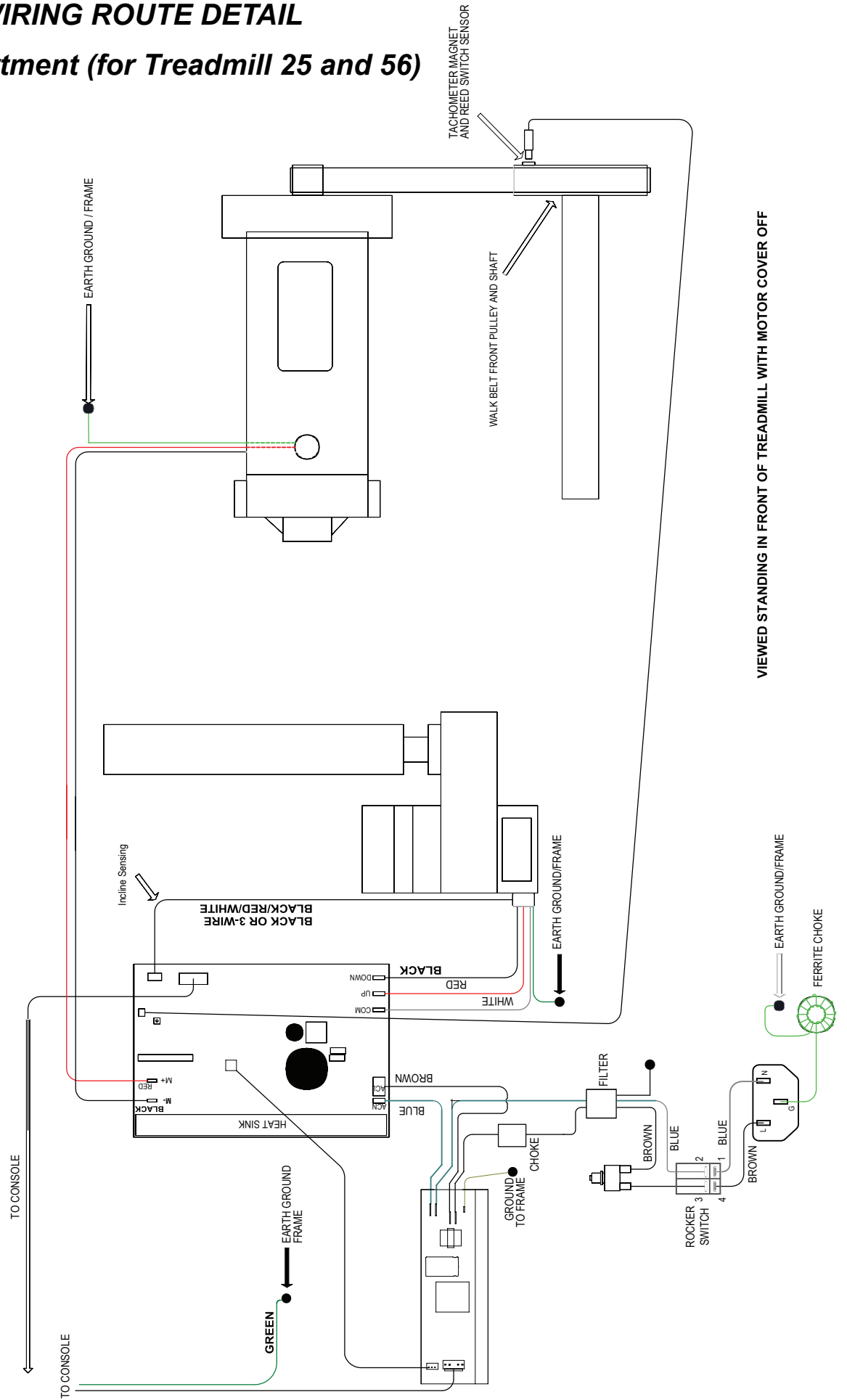
ELECTRICAL WIRING ROUTE DETAIL

- Motor Compartment (for Treadmill 10 and 22)



ELECTRICAL WIRING ROUTE DETAIL

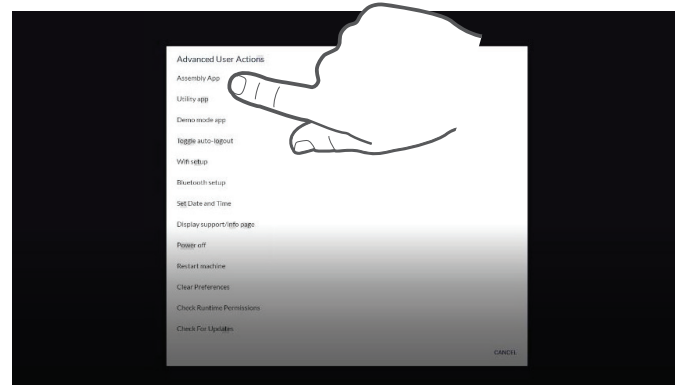
- Motor Compartment (for Treadmill 25 and 56)



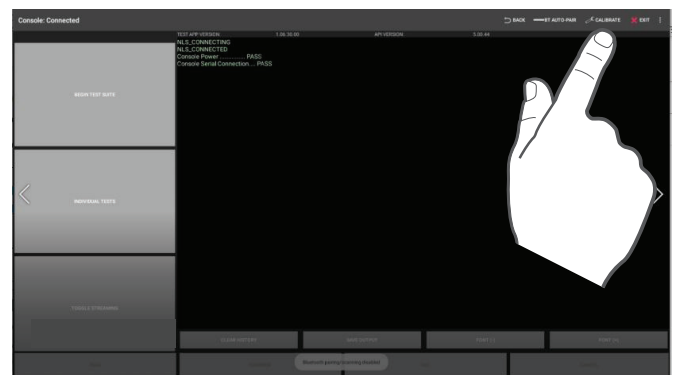
16. From the Power Up screen, tap on the upper-right corner of the Console Display 10 times. The Console will display the “Advanced User Actions” menu.



17. Tap on the “Assembly App” option.

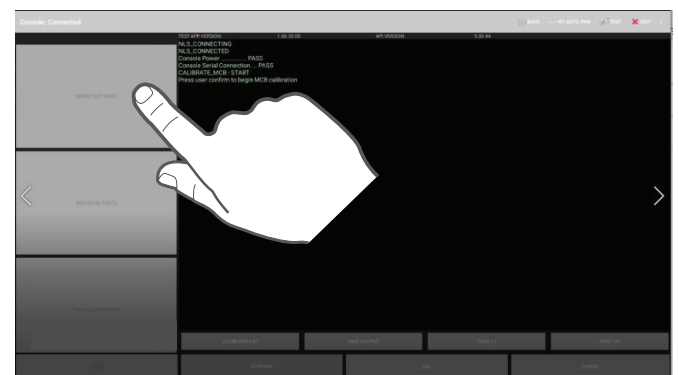


18. From the “Assembly App” menu, tap CALIBRATE in the upper right corner of the Console Display. The Console will shift to Calibrate mode.




19. From the “Calibrate” screen, tap BEGIN TEST SUITE.

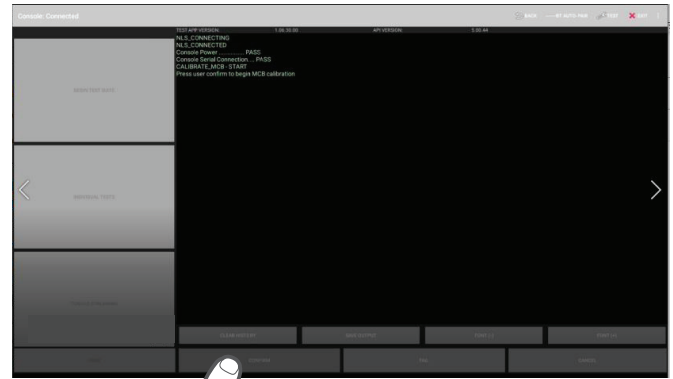
! Be sure the area around the Treadmill is clear of all bystanders, children and pets. Be sure there is nothing on or under the Walking Belt, or near the Treadmill.



20. The Console will display “CALIBRATE_MCB-USER CONFIRM”. Tap CONFIRM, and the calibration procedure starts.

Note: The calibration procedure will begin by automatically moving the Walking Belt and adjusting the incline of the Walking Deck.

 **Be sure not to touch or allow anyone else to touch the machine while calibration is occurring.**




21. When calibration is complete, the Console will display “CALIBRATE MCB - PASS, *** Test Suite Passed ***”.

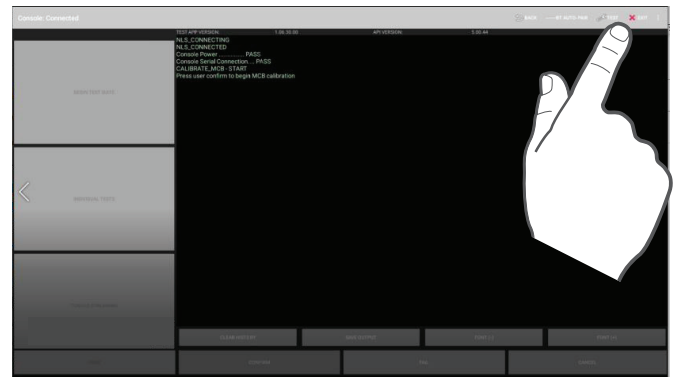
22. Tap EXIT in the upper-right corner of the Display to exit the Calibrate Mode.

23. Calibration is now complete for the machine. Flip the power switch to OFF.

24. Final Inspection

Inspect your machine to ensure that all hardware is 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.**



NOTICE: This document provides instructions for the replacement of the Middle I/O Cable on the Bowflex™ Treadmill 10 / Treadmill 22 / Treadmill 25 / Treadmill 56.


If you need assistance, please contact Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: www.nautilusinternational.com

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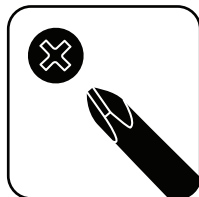
 **DANGER** To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.

- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders, children and pets away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- If replacement parts are necessary, use only genuine Nautilus replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and will void the warranty.
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- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety and will void the warranty.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

• SAVE THESE INSTRUCTIONS.

Tools Required (not included)

#2 Phillips screwdriver



A short piece of wire or string, about 1.5m (5').



Note: Your machine may not match the images provided exactly.

1. Unplug the power cord from the machine and wait 5 minutes. Place the power cord in a secure location.

⚠ DANGER

To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.

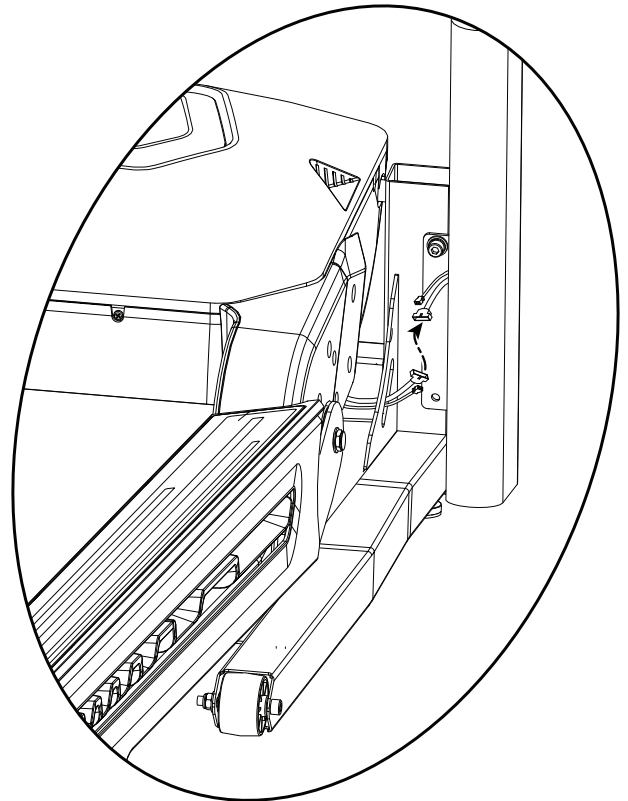
2. Remove the Right Base Shroud from the machine.



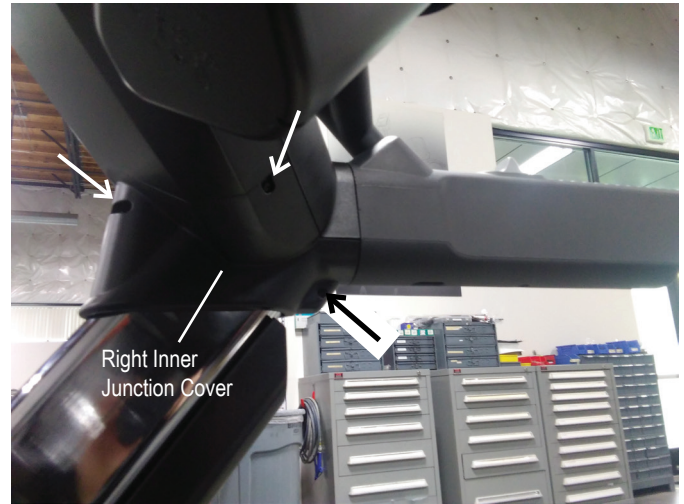
3. Disconnect the Middle and Lower Input/Output (I/O) Cables.

4. Using a #2 Phillips screwdriver, remove the 4 indicated screws (by arrows) from Lower Junction Covers.

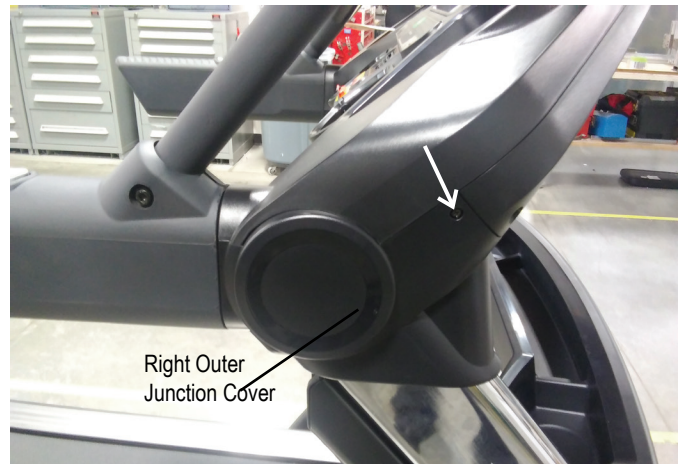
5. Gently release the snaps (indicated by ovals, two on each side) that secure the Upper and Lower Junction Covers and remove the Upper Junction Covers.



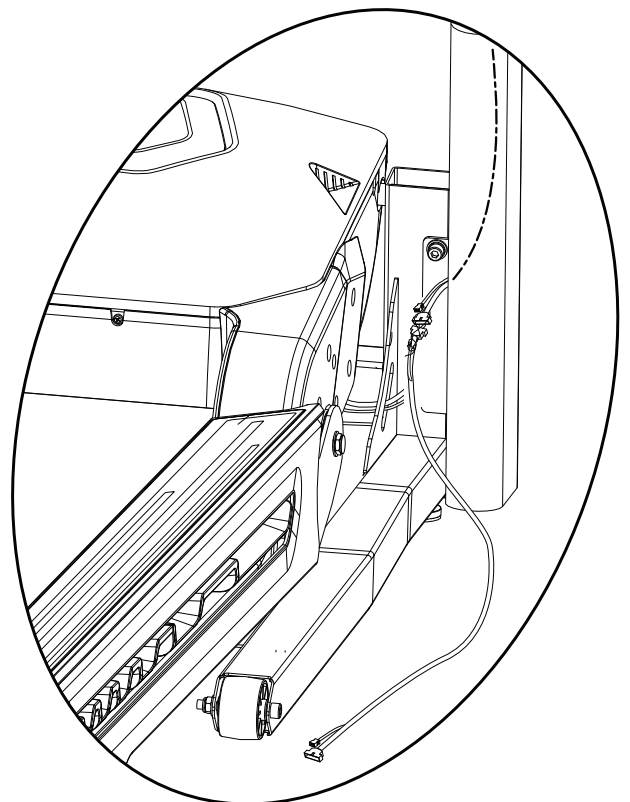
6. Using a #2 Phillips screwdriver, remove the hardware (indicated by arrows) that attaches the Right Inner Junction Cover. Remove the Right Inner Junction Cover and place outside of the work area.



7. Using a #2 Phillips screwdriver, remove the hardware (indicated by an arrow) that attaches the Right Outer Junction Cover. Remove the Right Outer Junction Cover and place outside of the work area.

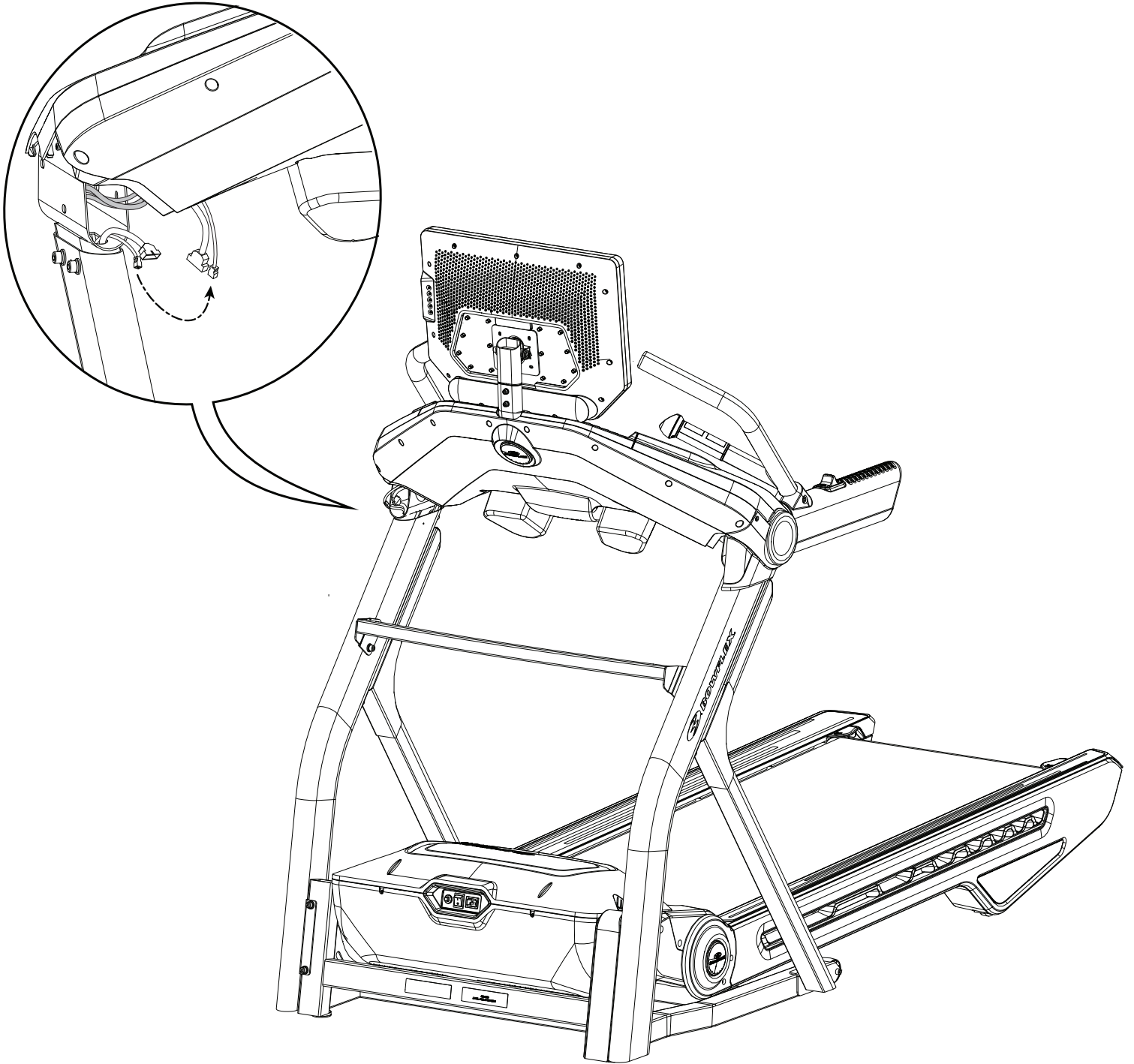


8. Using some cable or string, attach the upper connectors of the new Middle I/O Cable to the lower connectors of the old Middle I/O Cable.



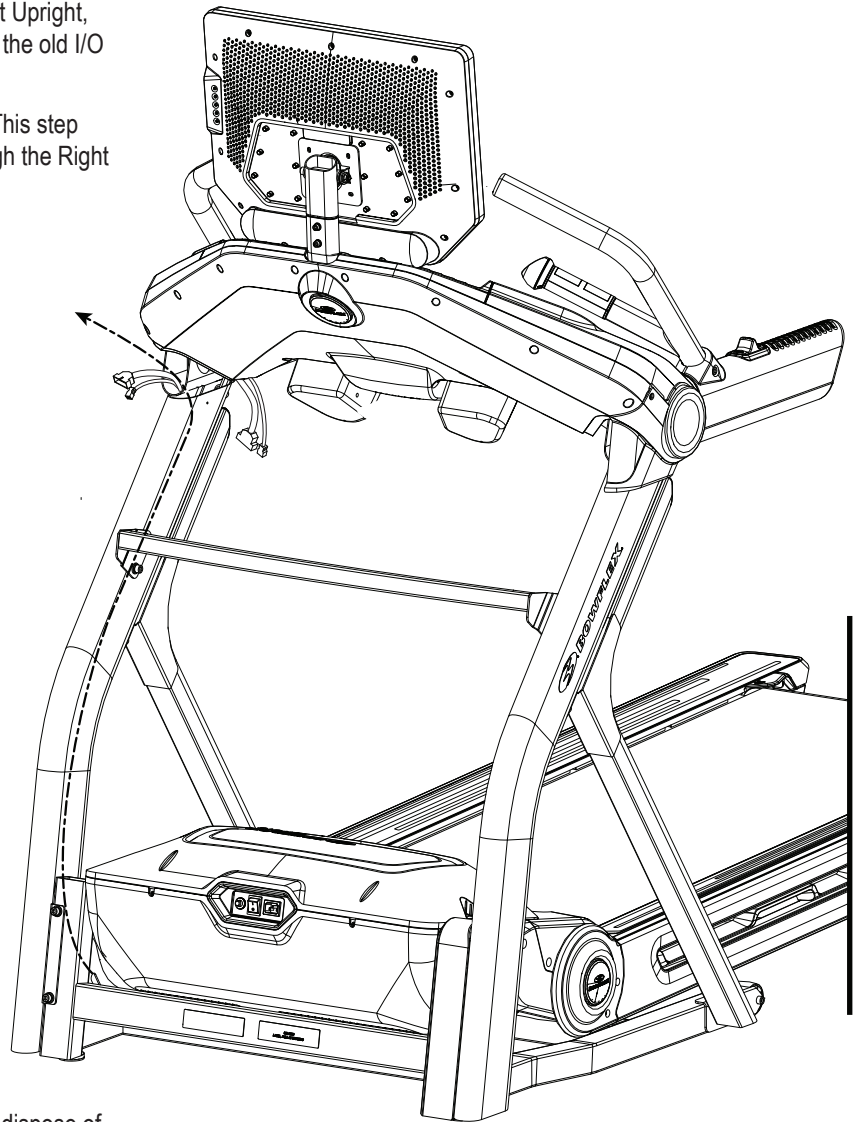
9. Disconnect the Middle I/O Cables from the Console Base.

Note: To assist with selecting the correct cables, they are the two that come from the Right Upright.



10. Gently pull the old I/O Cable fully from the top of the Right Upright, routing the new Middle I/O Cable into place. This will remove the old I/O Cable and place the new I/O Cable in the Right Upright.

Note: Be sure the cable does not crimp when being routed. This step may take two people to safely pull and feed the cables through the Right Upright.



11. Remove the cable or string from the cables, and properly dispose of the old Middle I/O Cable.

12. Connect the cables from the new Middle I/O Cable.

13. Re-install all remaining parts that were removed in reverse order.

14. Final Inspection

Inspect your machine to ensure that all hardware is 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.

NOTICE: This document provides instructions for the replacement of the Lift Shock on the Bowflex™ Treadmill 10 / Treadmill 22 / Treadmill 25 / Treadmill 56.

If you need assistance, please contact Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: www.nautilusinternational.com

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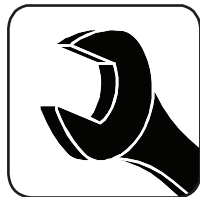
⚠ DANGER To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.

- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders, children and pets away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- If replacement parts are necessary, use only genuine Nautilus replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and will void the warranty.
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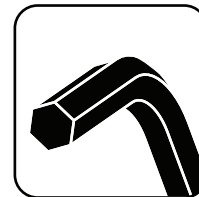
• SAVE THESE INSTRUCTIONS.

Tools Required (not included)

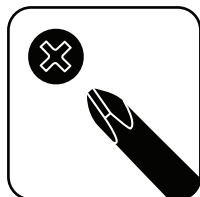
10mm wrench
13mm wrench
14mm wrench



6mm hex wrench



#2 Phillips screwdriver



Note: Your machine may not match the images provided exactly.

1. Unplug the power cord from the machine and wait 5 minutes. Place the power cord in a secure location.

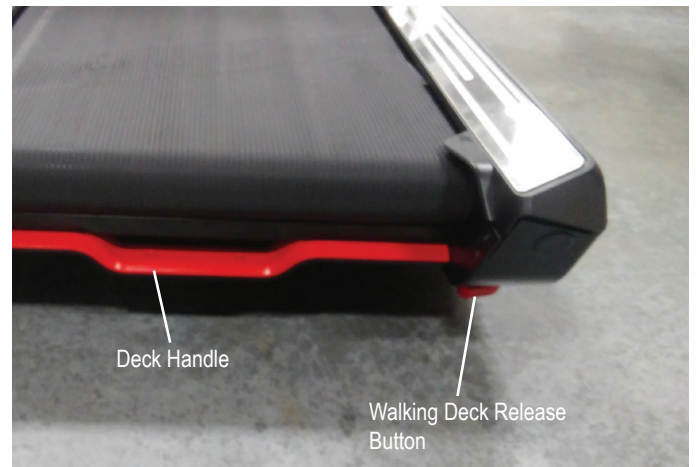
⚠ DANGER To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.



3. Make sure that there is safe clearance around, on and above the treadmill. Make sure there is no object to spill or cause blockage from the fully folded position.

⚠ Be sure there is adequate height clearance for the raised deck.

4. Using the Deck Handle found below the rear of the walking belt, push the Walking Deck Release Button and lift the walking deck fully upward and engage the hydraulic lift. Be sure that the hydraulic lift is correctly locked in place. You will hear an audible click when the hydraulic lift shifts into the locked position.



! Use proper safety precautions and lifting techniques. Bend your knees and elbows, keep your back straight and pull up equally with both arms. Make sure that your own physical strength is capable of lifting the walking deck until it engages the locking mechanism. Use a second person if necessary.

Do not use the walking belt or rear roller to lift the treadmill. These parts do not lock in place and can abruptly move. Injury to you or damage to the machine can occur.

5. Make sure that the locking mechanism is engaged. Carefully pull back on the walking deck and make sure that it does not move. When you do this, keep clear of movement path in case the treadmill lock is not engaged.

! Do not lean against the treadmill when it is folded. Do not put items on it that could cause it to become unstable or fall.

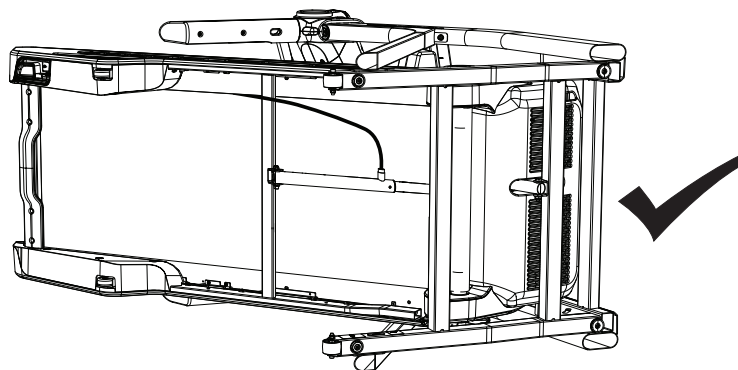


6. Make sure that there is safe clearance around, above, and to one side of the treadmill. Tilt the machine onto the side being sure not to grasp the Console.

! A second person is required to assist with the tilting of the machine. Do not tilt the machine unless the walking deck is in the folded, locked position. Be sure there is adequate clearance for the raised deck. Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.



! DANGER The following images show the machine upright, and not fully resting on its side. The machine must be on its side to safely complete the following steps.



7. Using a 10mm wrench, loosen the locking nut for the Release Cable (indicated by arrow).

8. Using a 14mm wrench, disconnect the securing nut and remove the Release Cable Assembly from the Lift Shock.

9. Using a 13mm wrench and a 6mm hex wrench, remove the indicated hardware (with ovals) from the Lift Shock Assembly.

! Be aware that when the Lift Shock is released from the Frame Assembly, the Lift Shock and Base Frame Weldment may abruptly move. Be sure to keep clear of any potential pinch opportunities from this motion.




10. Remove the old Lift Shock and replace with the new Lift Shock.

11. Using a 13mm wrench and a 6mm hex wrench, secure the new Lift Shock Assembly.


12. Using a 10mm and a 14mm wrench, re-connect the cable to the Lift Cylinder.

13. Installation of the remaining parts is the reverse procedure.

14. Make sure there is sufficient space to tilt the machine back upright and that the area is clear.

 **This step requires two people. Be sure there is adequate clearance for the raised deck. Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.**

15. Make sure there is sufficient space to lower the walking deck.

 **Keep a minimum clearance behind the machine of 79" (2 m) and 19.7" (0.5 m) on each side. This is the recommended safe distance for access, movement and emergency dismounts from the machine.**

16. Make sure there is no object on or around the treadmill to spill or cause blockage from the fully unfolded position.

17. Slightly push the walking deck forward toward the console, and then push the Deck Release Handle until the locking tube releases and you can pull the walking deck away from the console. Hold up the rear of the walking deck, and move to the side of the machine.

 **Keep clear of the movement path of the walking deck.**

18. The hydraulic lift is set up to drop gradually. Hold onto the walking deck until approximately 2/3 of the movement down. Make sure that you use proper lifting technique; bend your knees and keep your back straight. Lower the weight with your legs. Be aware that the walking deck can possibly drop quickly in the last part of the movement.

19. Final Inspection

Inspect your machine to ensure that all hardware is 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.**

NOTICE: This document provides instructions for the replacement of the Motor on the Bowflex™ Treadmill 10 / Treadmill 22 / Treadmill 25 / Treadmill 56.

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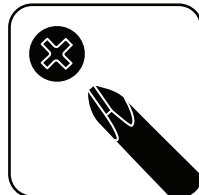
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- Keep bystanders, children and pets away from the product being serviced at all times.
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- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- If replacement parts are necessary, use only genuine Nautilus replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If at any time the Warning labels become loose, unreadable or dislodged, replace the labels. If purchased in US/Canada, contact Customer Service for replacement labels. If purchased outside US/Canada, contact your local distributor for them.
- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety and will void the warranty.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

• SAVE THESE INSTRUCTIONS.

Tools Required (not included)

#2 Phillips screwdriver (short)



13mm wrench



6mm hex wrench



Something to cut Zip-Ties

Replacement Zip-Ties (x2)

2.5" x 10" cardboard and tape

Something to catch the Motor, such as a rag, towel or folded cardboard



Note: Your machine may not match the images provided exactly.

1. Unplug the power cord from the machine and wait 5 minutes. Place the power cord in a secure location.

⚠ DANGER

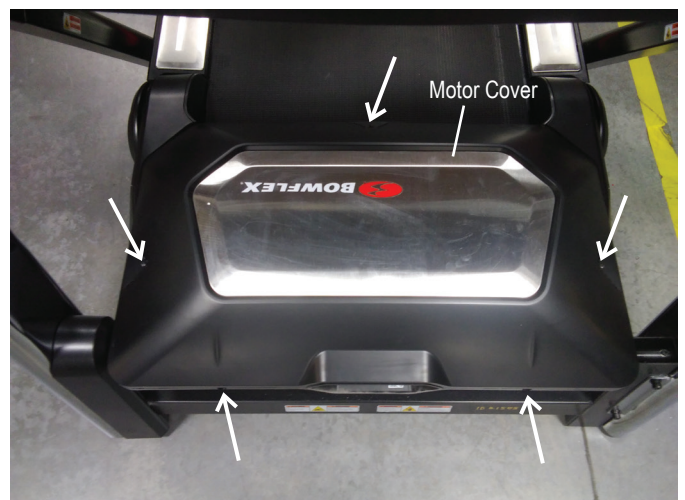
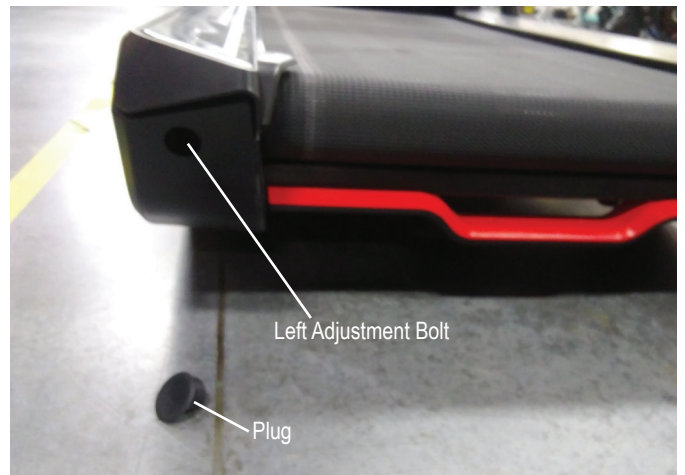
To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.

2. Remove the Right and Left Plugs that cover the openings to the Walking Belt Adjustment Bolts.

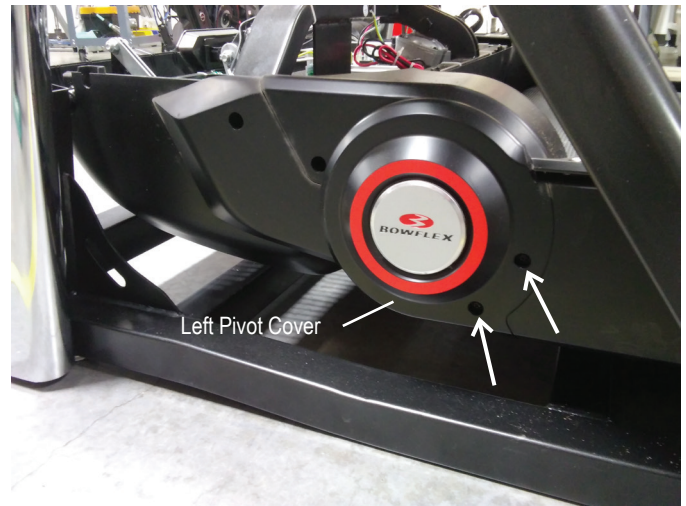
3. Using a 6mm hex wrench, rotate the Left and Right Adjustment Bolts two full turns counter-clockwise. This will slightly loosen the Walking Belt.

4. Using a #2 Phillips screwdriver, remove the 5 screws (indicated by arrows) that secure the Motor Cover and remove it.

Note: To assist with re-assembly of the Motor Cover, the two front screws are shorter than the others.



5. Using a #2 Phillips screwdriver, remove the 2 screws (indicated by arrows) that attach the Left Pivot Cover.



6. Make sure that there is safe clearance around, on and above the treadmill. Make sure there is no object to spill or cause blockage from the fully folded position.

! Be sure there is adequate height clearance for the raised deck.

7. Using the Deck Handle found below the rear of the walking belt, push the Walking Deck Release Button and lift the walking deck fully upward and engage the hydraulic lift. Be sure that the hydraulic lift is correctly locked in place. You will hear an audible click when the hydraulic lift shifts into the locked position.

! Use proper safety precautions and lifting techniques. Bend your knees and elbows, keep your back straight and pull up equally with both arms. Make sure that your own physical strength is capable of lifting the walking deck until it engages the locking mechanism. Use a second person if necessary.

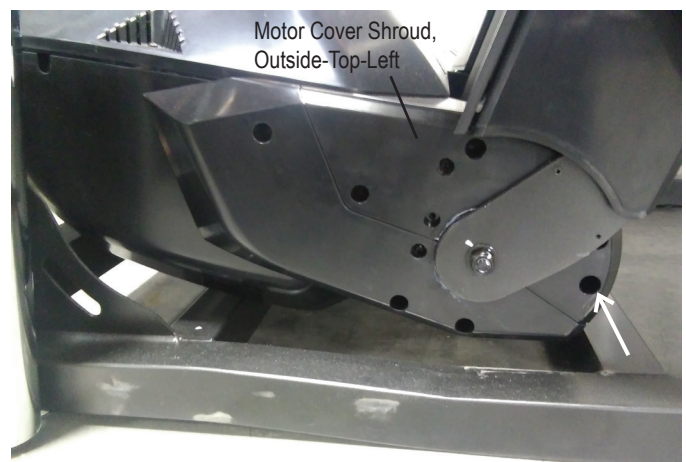
Do not use the walking belt or rear roller to lift the treadmill. These parts do not lock in place and can abruptly move. Injury to you or damage to the machine can occur.

8. Make sure that the locking mechanism is engaged. Carefully pull back on the walking deck and make sure that it does not move. When you do this, keep clear of movement path in case the treadmill lock is not engaged.

! Do not lean against the treadmill when it is folded. Do not put items on it that could cause it to become unstable or fall.

Note: To assist with re-assembly of the Shrouds, an arrow indicates a self-tapping screw and an oval indicates a machine screw.

9. Using a #2 Phillips screwdriver, remove the 1 Self-tapping screw (indicated by arrow) from the Outside-Top-Left Motor Cover Shroud.



10. Make sure there is sufficient space to lower the walking deck.

⚠ Keep a minimum clearance behind the machine of 79" (2 m) and 24" (0.6 m) on each side. This is the recommended safe distance for access, movement and emergency dismounts from the machine.

11. Make sure there is no object on or around the treadmill to spill or cause blockage from the fully unfolded position.

12. Slightly push the walking deck forward toward the console, and then push the Walking Deck Release Button until the locking tube releases and you can pull the walking deck away from the console. Hold up the rear of the walking deck, and move to the side of the machine.

⚠ Keep clear of the movement path of the walking deck.

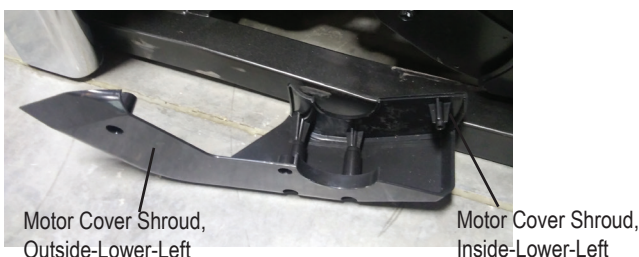
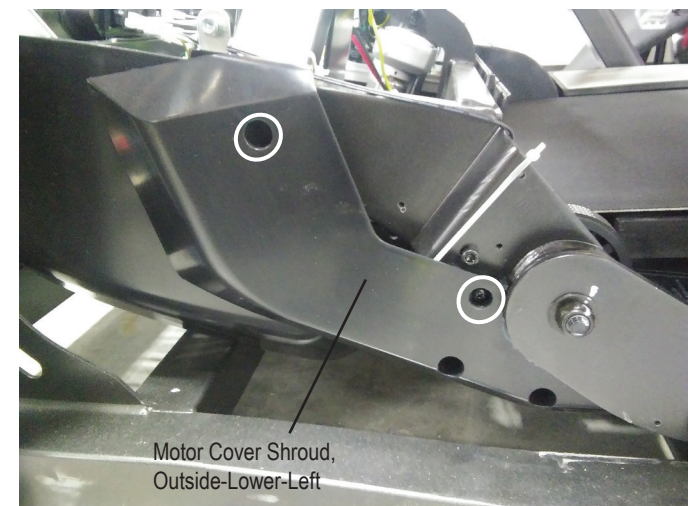
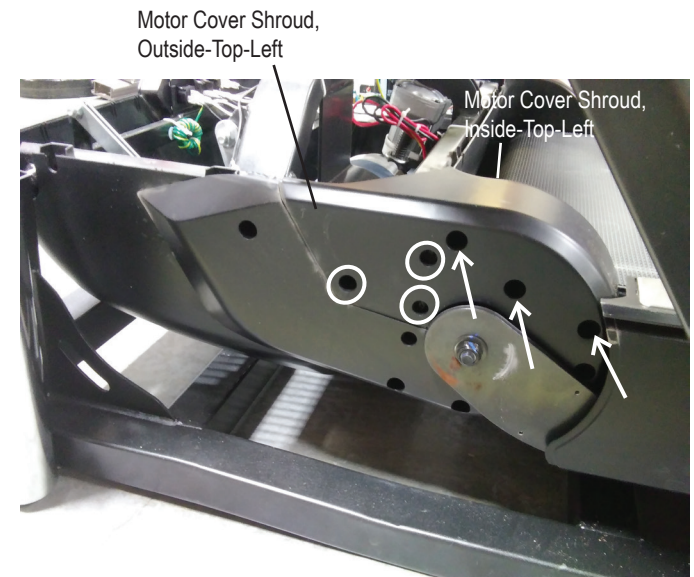
13. The hydraulic lift is set up to drop gradually. Hold onto the walking deck until approximately 2/3 of the movement down. Make sure that you use proper lifting technique; bend your knees and keep your back straight. Be aware that the walking deck can possibly drop quickly in the last part of the movement.

14. Using a #2 Phillips screwdriver, remove the 3 screws (indicated by arrows) that attach the Inside-Top-Left Motor Cover Shroud. Remove the Inside-Top-Left Motor Cover Shroud

15. Using a #2 Phillips screwdriver, remove the 3 screws (indicated by ovals) that attach the Outside-Top-Left Motor Cover Shroud. Remove the Outside-Top-Left Motor Cover Shroud

16. Using a #2 Phillips screwdriver, remove the 2 screws (indicated by ovals) that attach the Outside-Lower-Left Motor Cover Shroud.

17. Carefully remove the Outside-Lower-Left Motor Cover Shroud, with the Inside-Lower-Left Motor Cover Shroud still attached to it, from the Frame.



18. After noting how the two Zip-Ties secure the Motor Cables to the Frame, cut the Zip-Ties that secure the Motor Cables.

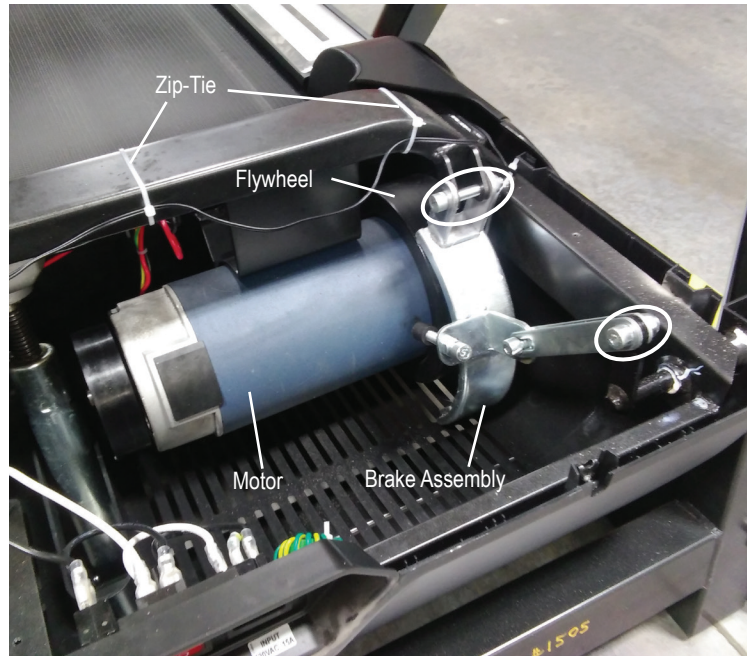
19. Insert 2.5" x 10" cardboard between the Brake Magnet and the Flywheel, and tape the cardboard to the Brake Magnet.

Note: Be sure the cardboard covers all of the Brake Magnet. The cardboard will keep the Brake Magnet from grabbing onto the Flywheel.


20. **For Treadmill 22 / Treadmill 56 machines only:** Using a 6mm hex wrench and a 13mm wrench, loosen the hardware (indicated by ovals) that attaches the Brake Assembly.

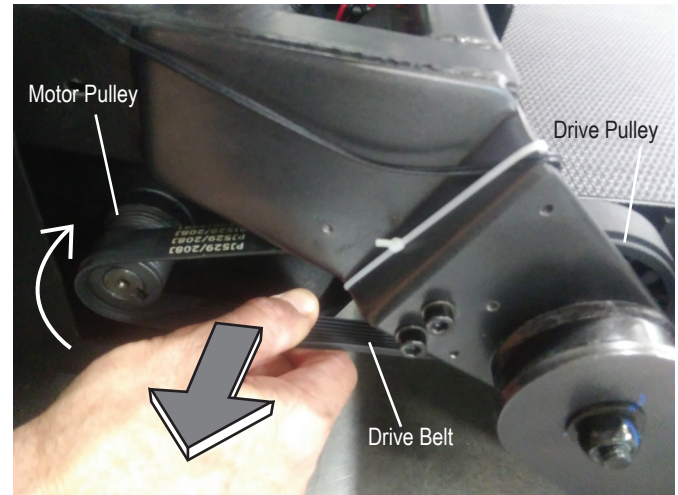
For Treadmill 10 / Treadmill 25 machines: Skip to Step 22. No Brake Assembly is provided on those machines.

21. When the Brake Assembly is loose, pivot it upward and out from the Motor Assembly.



22. To remove the Drive Belt from the Motor Pulley, slightly pull the Drive Belt outward while safely rolling the Drive Pulley. The Drive Belt will come off of the Motor Pulley, and will be loose on the Drive Pulley.

 **Keep fingers out of any pinch opportunities when turning the Pulleys.**

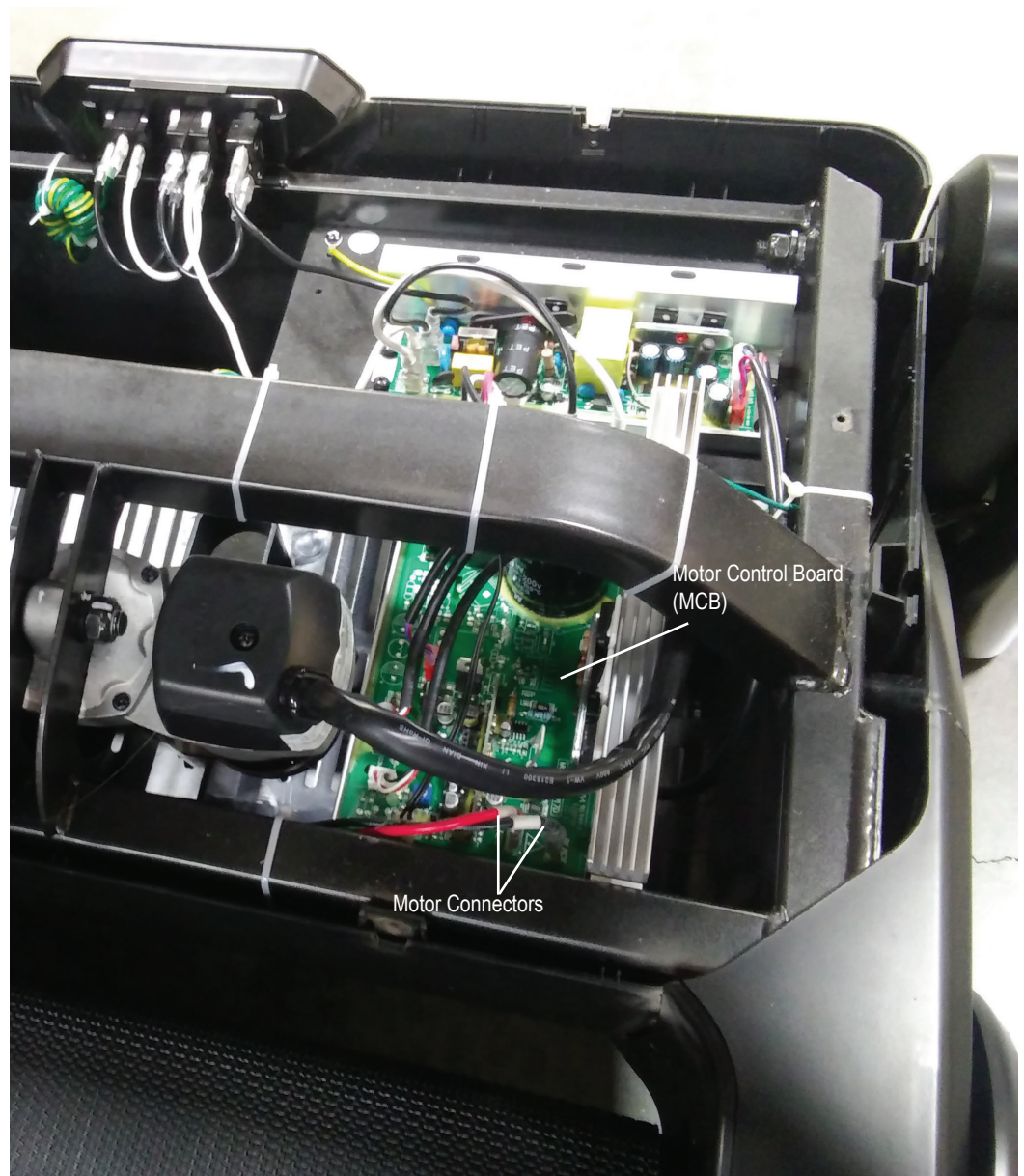


23. Using a 6mm hex wrench, remove the hardware (indicated by arrows) from the old Motor. The Motor will fall when the hardware is removed. Be prepared to catch the Motor, or place some material underneath it to catch and cushion it.



24. Remove the connectors for the Motor from the Motor Control Board after noting their locations.

Note: Be sure to note where all cables attach for re-assembly.



25. Install the new Motor to the Frame, being sure that the Drive Belt is looped onto the Motor Pulley.

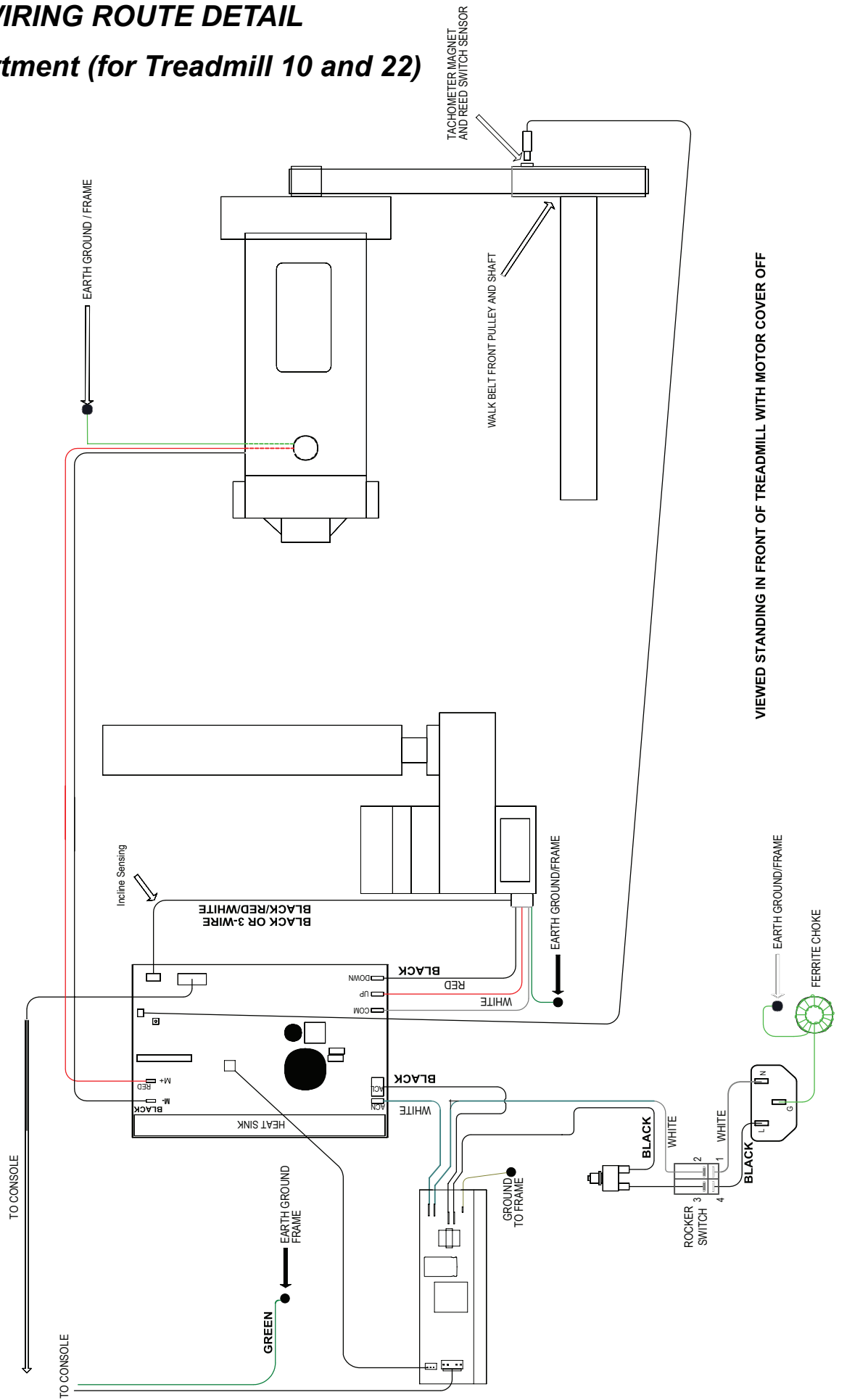
26. Connect the Motor Connectors to the Motor Control Board following the previous route.

Note: Be sure to attach the cables to the proper locations on the Motor Control Board. Do not crimp any cables.

27. Replace the Zip-Ties so they secure the cables to the Frame.

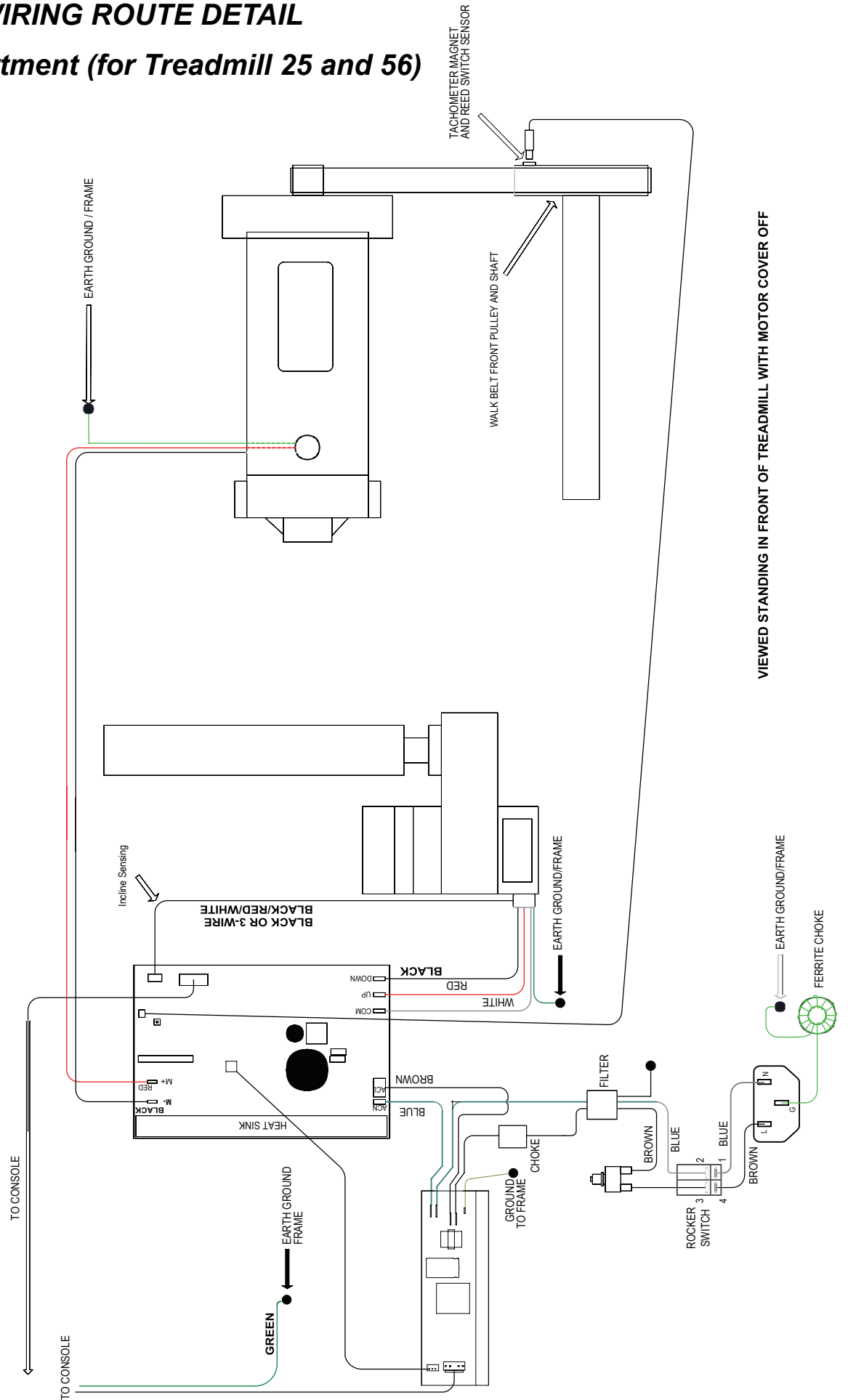
ELECTRICAL WIRING ROUTE DETAIL

- Motor Compartment (for Treadmill 10 and 22)




ELECTRICAL WIRING ROUTE DETAIL

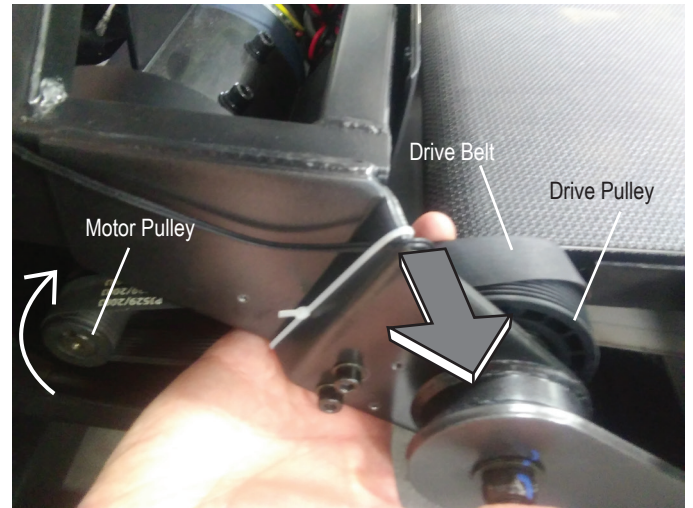
- Motor Compartment (for Treadmill 25 and 56)



28. Loop the Drive Belt around the Motor Pulley. Start the Drive Belt on the Drive Pulley and roll it in a clockwise motion. Be sure the Belt does not come off of the Motor Pulley.

 **Keep fingers out of any pinch opportunities when turning the Pulleys.**

29. Roll the Drive Pulley clockwise until the Drive Belt is fully installed. Continue to roll the Belt forward while adding side pressure with fingers to align as necessary.



Note: To assist with re-assembly of the Shrouds, an arrow indicates a self-tapping screw and an oval indicates a machine screw.

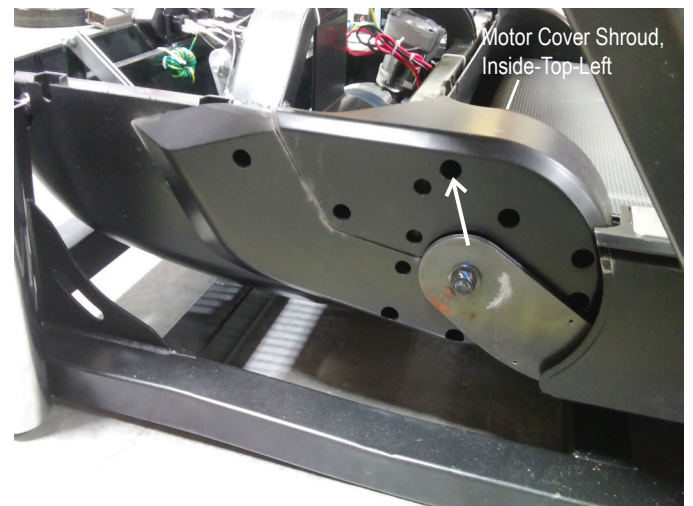
30. Using a #2 Phillips screwdriver, loosely attach the Outside-Lower-Left Motor Cover Shroud to the Frame with the indicated machine screw.

Note: The Inside-Lower-Left Motor Cover Shroud is attached to the Outside-Lower-Left Motor Cover Shroud.

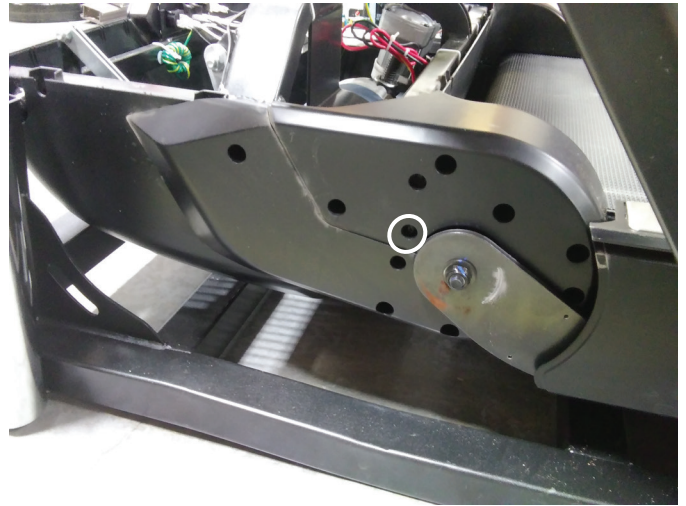


31. Place the Outside-Top-Left Motor Cover Shroud on top of the Outside-Lower-Left Motor Cover Shroud.

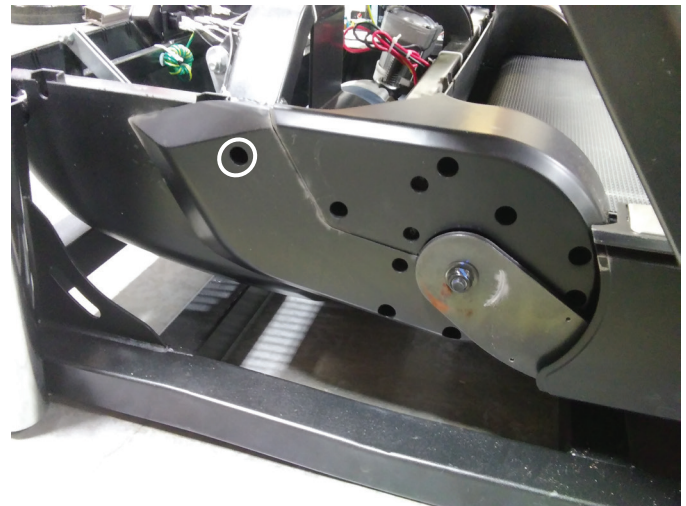
32. Gently pivot the Inside-Upper-Left Motor Cover Shroud onto the Outside-Top-Left Motor Cover Shroud, and loosely attach them together with the indicated self-tapping screw.



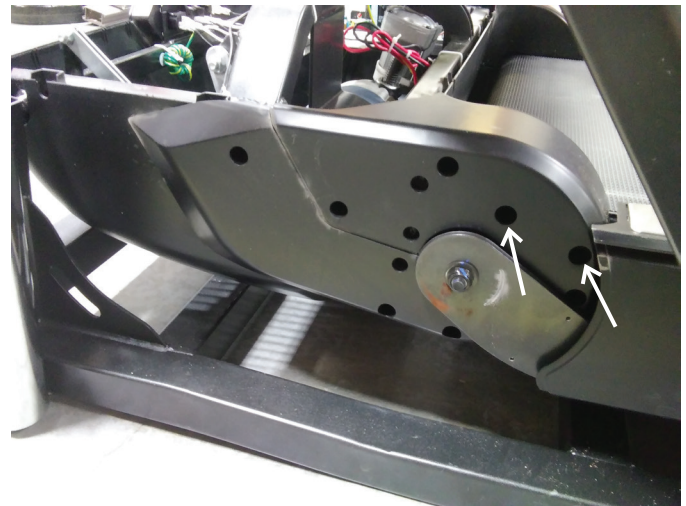
33. Using a #2 Phillips screwdriver, loosely attach the Outside-Upper-Left Motor Cover Shroud to the Frame with the indicated machine screw.



34. With all of the Shrouds now seated correctly, secure the Outside-Lower-Left Motor Cover Shroud to the Frame with the indicated machine screw.



35. Using a #2 Phillips screwdriver, secure the Inside-Upper-Left Motor Cover Shroud with the indicated self-tapping screws.



36. Make sure that there is safe clearance around, on and above the treadmill. Make sure there is no object to spill or cause blockage from the fully folded position.

! Be sure there is adequate height clearance for the raised deck.

37. Using the Deck Handle found below the rear of the walking belt, push the Walking Deck Release Button and lift the walking deck fully upward and engage the hydraulic lift. Be sure that the hydraulic lift is correctly locked in place. You will hear an audible click when the hydraulic lift shifts into the locked position.

! Use proper safety precautions and lifting techniques. Bend your knees and elbows, keep your back straight and pull up equally with both arms. Make sure that your own physical strength is capable of lifting the walking deck until it engages the locking mechanism. Use a second person if necessary.

Do not use the walking belt or rear roller to lift the treadmill. These parts do not lock in place and can abruptly move. Injury to you or damage to the machine can occur.

38. Make sure that the locking mechanism is engaged. Carefully pull back on the walking deck and make sure that it does not move. When you do this, keep clear of movement path in case the treadmill lock is not engaged.

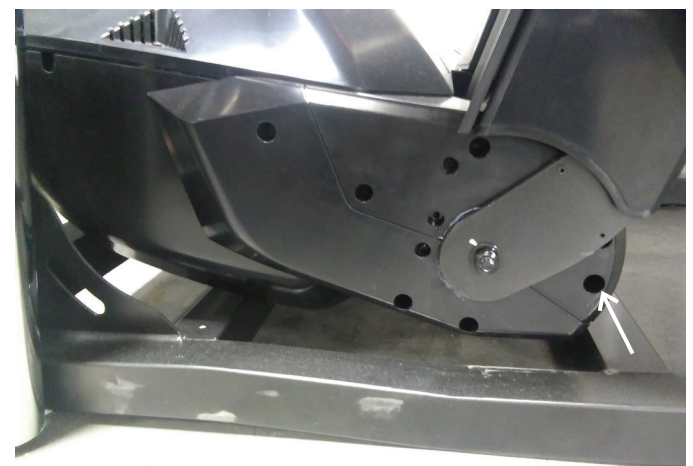
! Do not lean against the treadmill when it is folded. Do not put items on it that could cause it to become unstable or fall.

39. Using a #2 Phillips screwdriver, secure the Outside-Upper-Left Motor Cover Shroud with the indicated self-tapping screw.

40. Make sure there is sufficient space to lower the walking deck.

! Keep a minimum clearance behind the machine of 79" (2 m) and 19.7" (0.5 m) on each side. This is the recommended safe distance for access, movement and emergency dismounts from the machine.

41. Make sure there is no object on or around the treadmill to spill or cause blockage from the fully unfolded position.



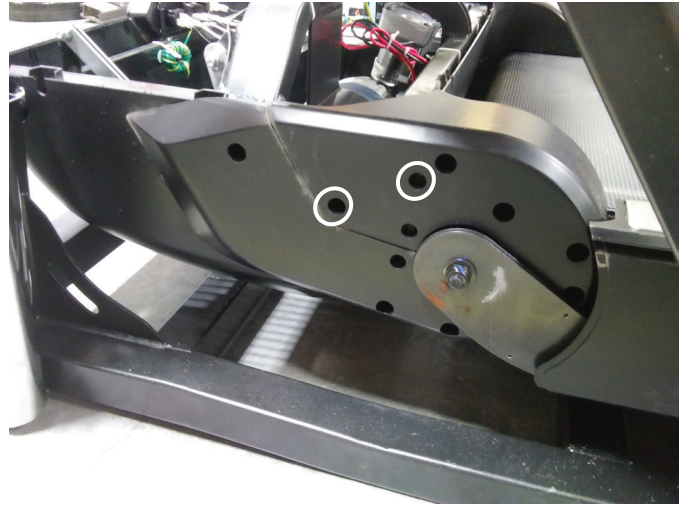
42. Slightly push the walking deck forward toward the console, and then push the Walking Deck Release Button until the locking tube releases and you can pull the walking deck away from the console. Hold up the rear of the walking deck, and move to the side of the machine.

 **Keep clear of the movement path of the walking deck.**

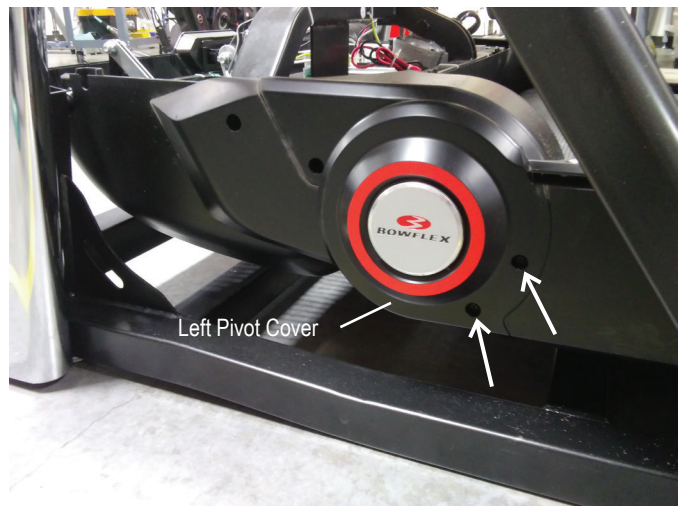
43. The hydraulic lift is set up to drop gradually. Hold onto the walking deck until approximately 2/3 of the movement down. Make sure that you use proper lifting technique; bend your knees and keep your back straight. Be aware that the walking deck can possibly drop quickly in the last part of the movement.

44. Using a #2 Phillips screwdriver, secure the Outside-Upper-Left Motor Cover Shroud with the indicated machine screws.

45. Fully tighten all of the hardware that attaches the Shrouds.



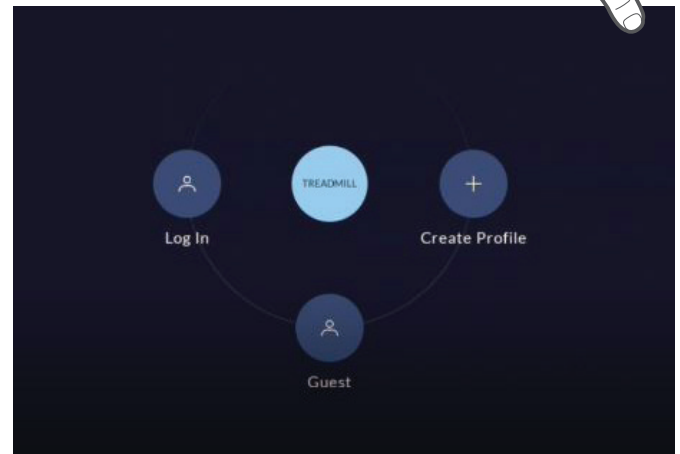
46. Using a #2 Phillips screwdriver, secure the Left Pivot Cover to the Frame.



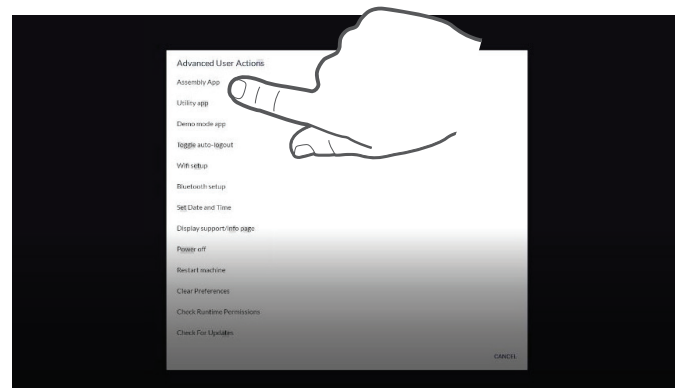
47. Re-install all remaining parts that were removed in reverse order.

48. Attach the power cord and turn on the Treadmill by flipping the power switch to ON.

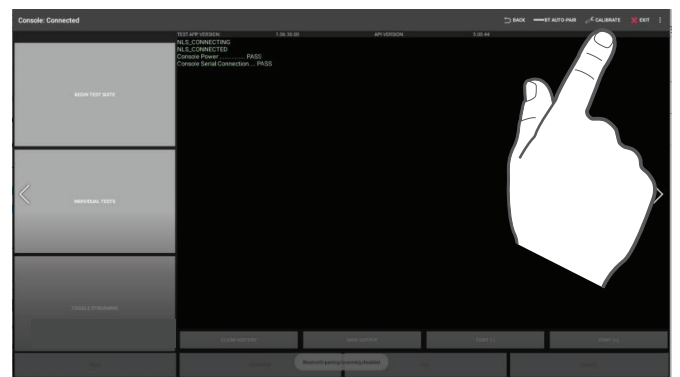
49. From the Power Up screen, tap on the upper-right corner of the Console Display 10 times. The Console will display the “Advanced User Actions” menu.



50. Tap on the “Assembly App” option.

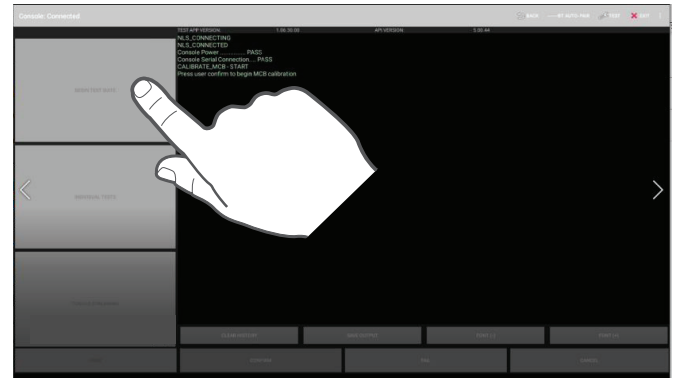


51. From the “Assembly App” menu, tap CALIBRATE in the upper right corner of the Console Display. The Console will shift to Calibrate mode.



52. From the “Calibrate” screen, tap BEGIN TEST SUITE.

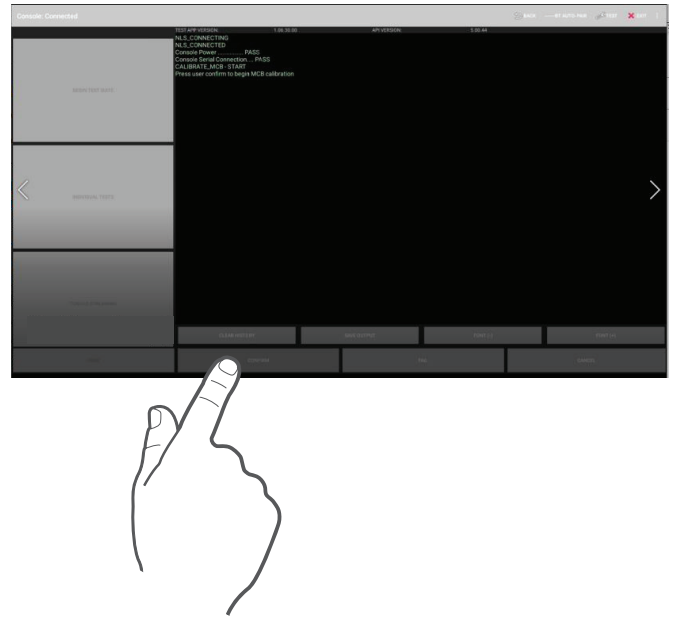
! Be sure the area around the Treadmill is clear of all bystanders, children and pets. Be sure there is nothing on or under the Walking Belt, or near the Treadmill.



53. The Console will display “CALIBRATE_MCB-USER CONFIRM”. Tap CONFIRM, and the calibration procedure starts.

Note: The calibration procedure will begin by automatically moving the Walking Belt and adjusting the incline of the Walking Deck.

! Be sure not to touch or allow anyone else to touch the machine while calibration is occurring.

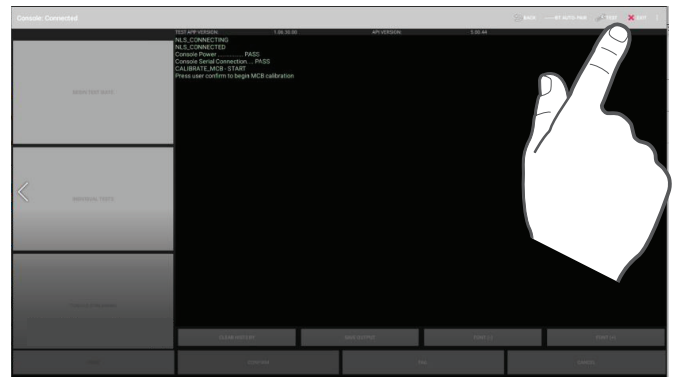


54. When calibration is complete, the Console will display “CALIBRATE MCB - PASS, *** Test Suite Passed ***”.

55. Tap EXIT in the upper-right corner of the Display to exit the Calibrate Mode.

56. Calibration is now complete for the machine.

57. Flip the power switch to OFF for two minutes, and then restart the machine.



58. Inspect the Walking Belt to see if it is centered on the Walking Deck. If the Walking Belt needs to be centered:

a. Run the machine at 1 mph so the Walking Belt is moving.

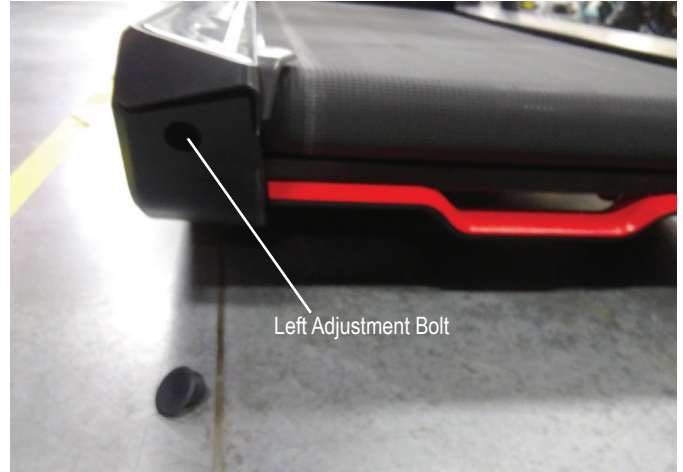
 **Do not touch the Walking Belt while the Walking Belt is moving. Be sure to keep bystanders, children and pets away from the machine.**

b. Using a 6mm hex wrench on the side the belt should move away from, rotate the Adjustment Bolt a 1/4 turn clockwise.

c. Allow the Walking Belt to adjust to the new tension.


d. Repeat steps b and c until the Walking Belt is centered.

59. Flip the power switch to OFF.



60. Final Inspection

Inspect your machine to ensure that all hardware is 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.**

NOTICE: This document provides instructions for the replacement of the Motor Control Board on the Bowflex™ Treadmill 10 / Treadmill 22 / Treadmill 25 / Treadmill 56.


If you need assistance, please contact Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: www.nautilusinternational.com

 This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Read and understand all Warnings on this machine.

Nautilus, Inc., www.NautilusInc.com, 5415 Centerpoint Parkway, Groveport, OH 43125 U.S.A. - Customer Service: North America (800) 605-3369, csnls@nautilus.com | outside U.S. www.nautilusinternational.com | Printed in China | © 2021 Nautilus, Inc. | Bowflex and the B logo are trademarks owned or licensed by Nautilus, Inc., registered or otherwise protected by common law in the United States and other nations. | ORIGINAL DOCUMENT - ENGLISH VERSION ONLY

Important Safety Instructions - Before servicing or using this equipment, obey the following warnings:

 This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Read and understand all Warnings on this machine.

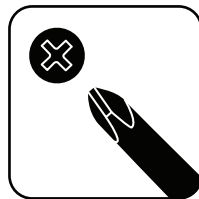
 **DANGER** To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.

- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders, children and pets away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- If replacement parts are necessary, use only genuine Nautilus replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If at any time the Warning labels become loose, unreadable or dislodged, replace the labels. If purchased in US/Canada, contact Customer Service for replacement labels. If purchased outside US/Canada, contact your local distributor for them.
- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety and will void the warranty.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

• **SAVE THESE INSTRUCTIONS.**

Tools Required (not included)

#2 Phillips screwdriver (short)



Note: Your machine may not match the images provided exactly.

1. Unplug the power cord from the machine and wait 5 minutes. Place the power cord in a secure location.

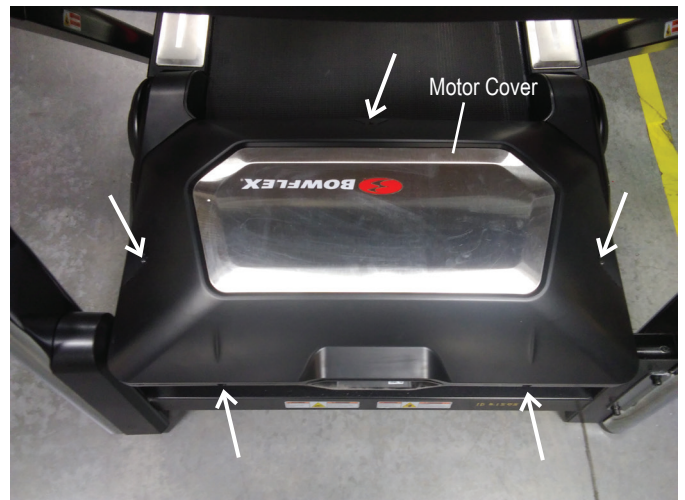
⚠ DANGER

To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.



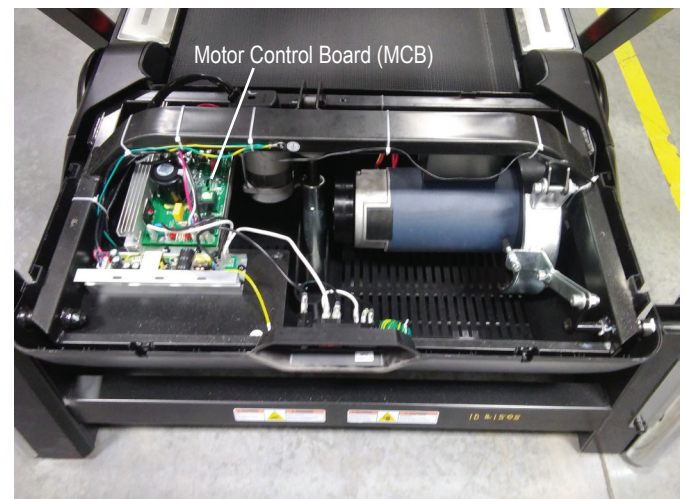
2. Using a #2 Phillips screwdriver, remove the 5 indicated screws that secure the Motor Cover.

Note: To assist with re-assembly of the Motor Cover, the two front screws are short.



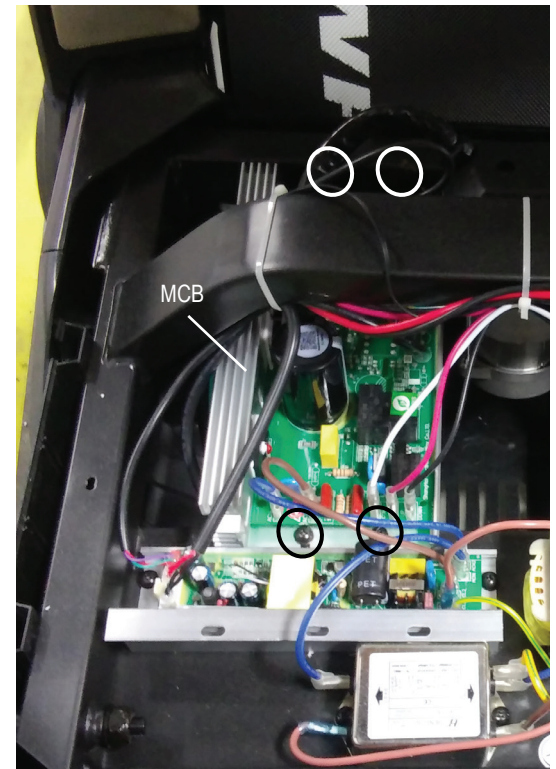
3. Remove the connectors from the Motor Control Board after noting their locations.

Note: Be sure to note where all cables attach for re-assembly.



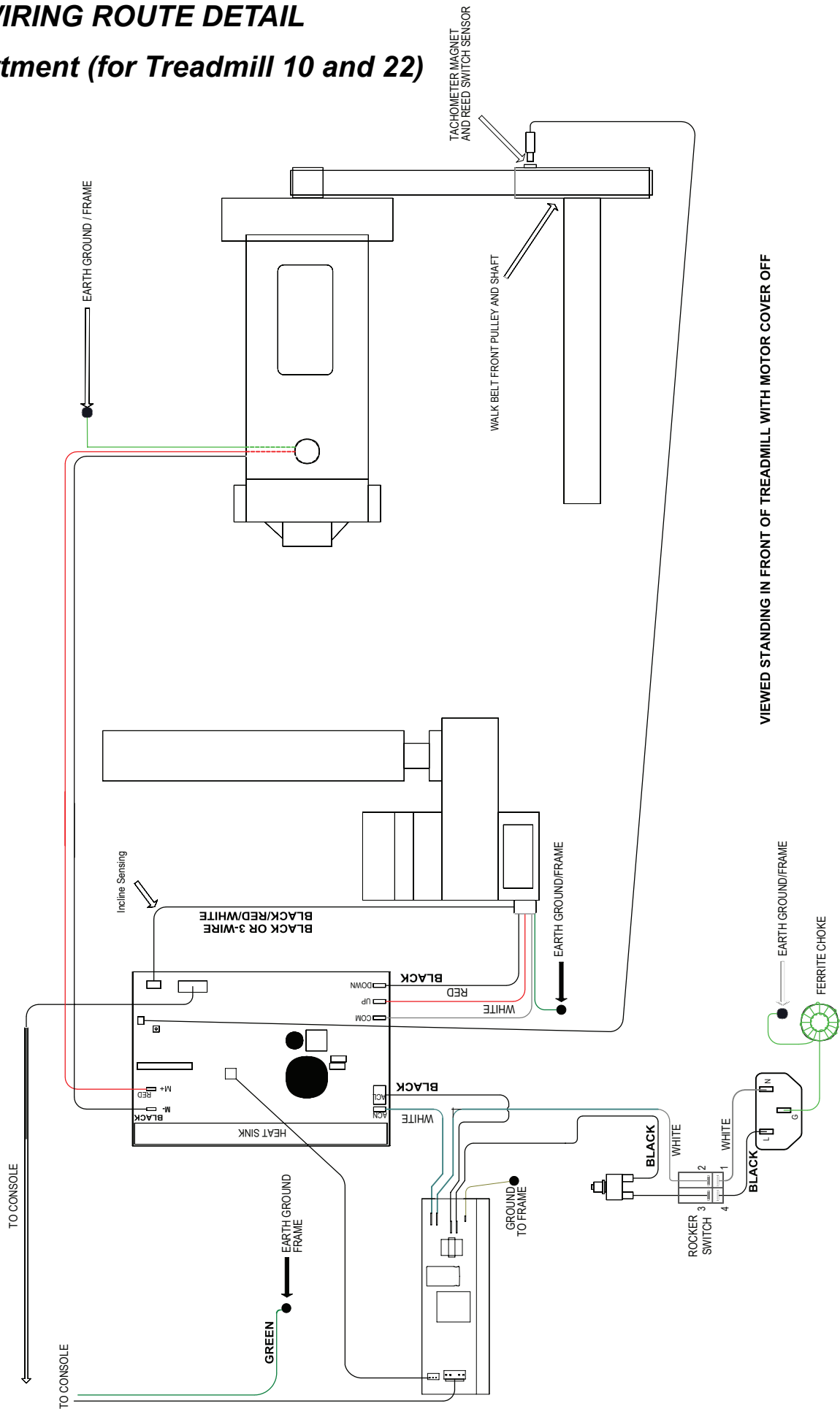
4. Using a #2 Phillips screwdriver, remove the 4 screws (indicated by ovals) that attach the Motor Control Board (MCB) to the Frame.

5. Remove the old Motor Control Board, and install the new Motor Control Board. Connect all the cables to the MCB in their proper locations. Be sure not to crimp any cables.



ELECTRICAL WIRING ROUTE DETAIL

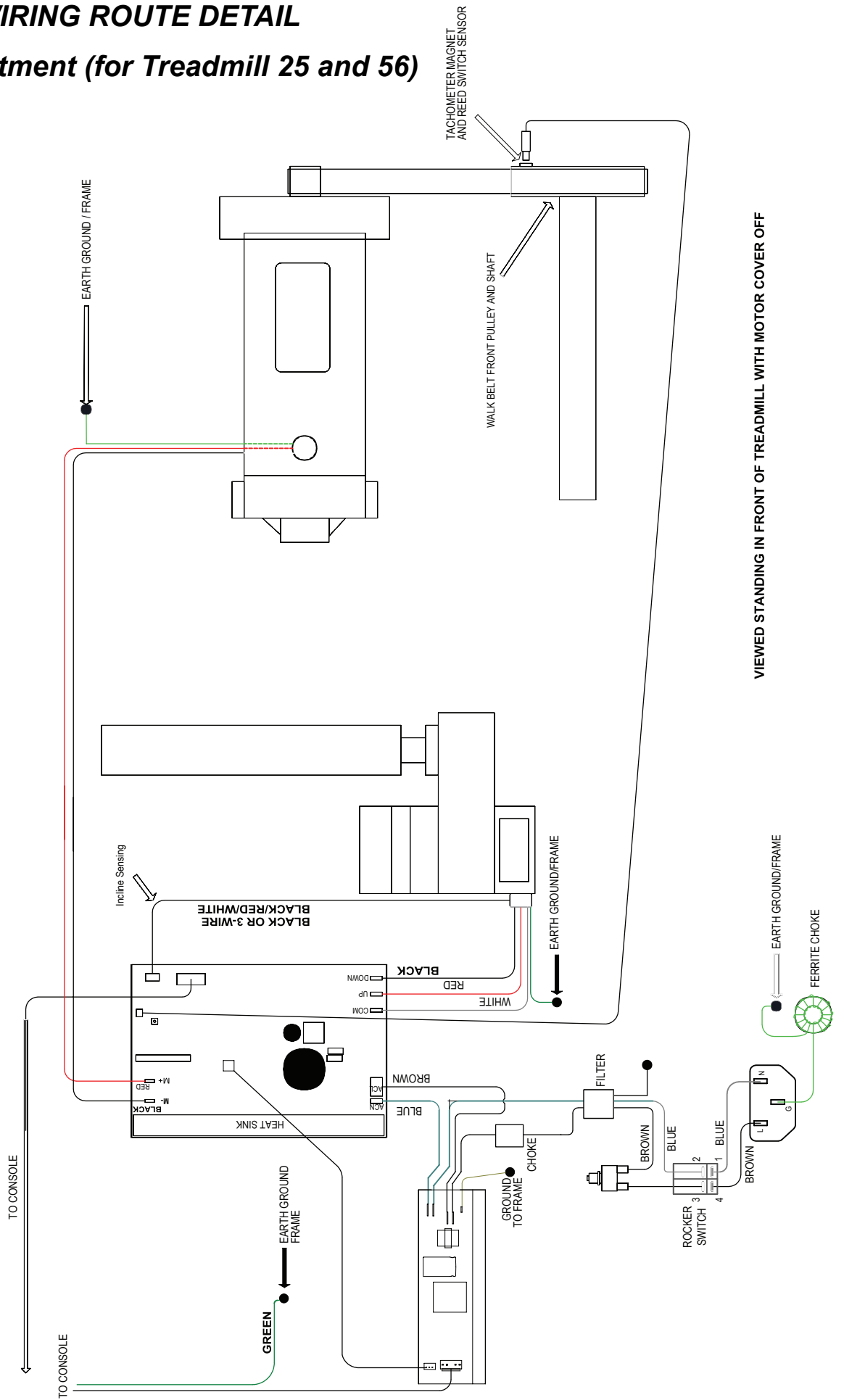
- Motor Compartment (for Treadmill 10 and 22)

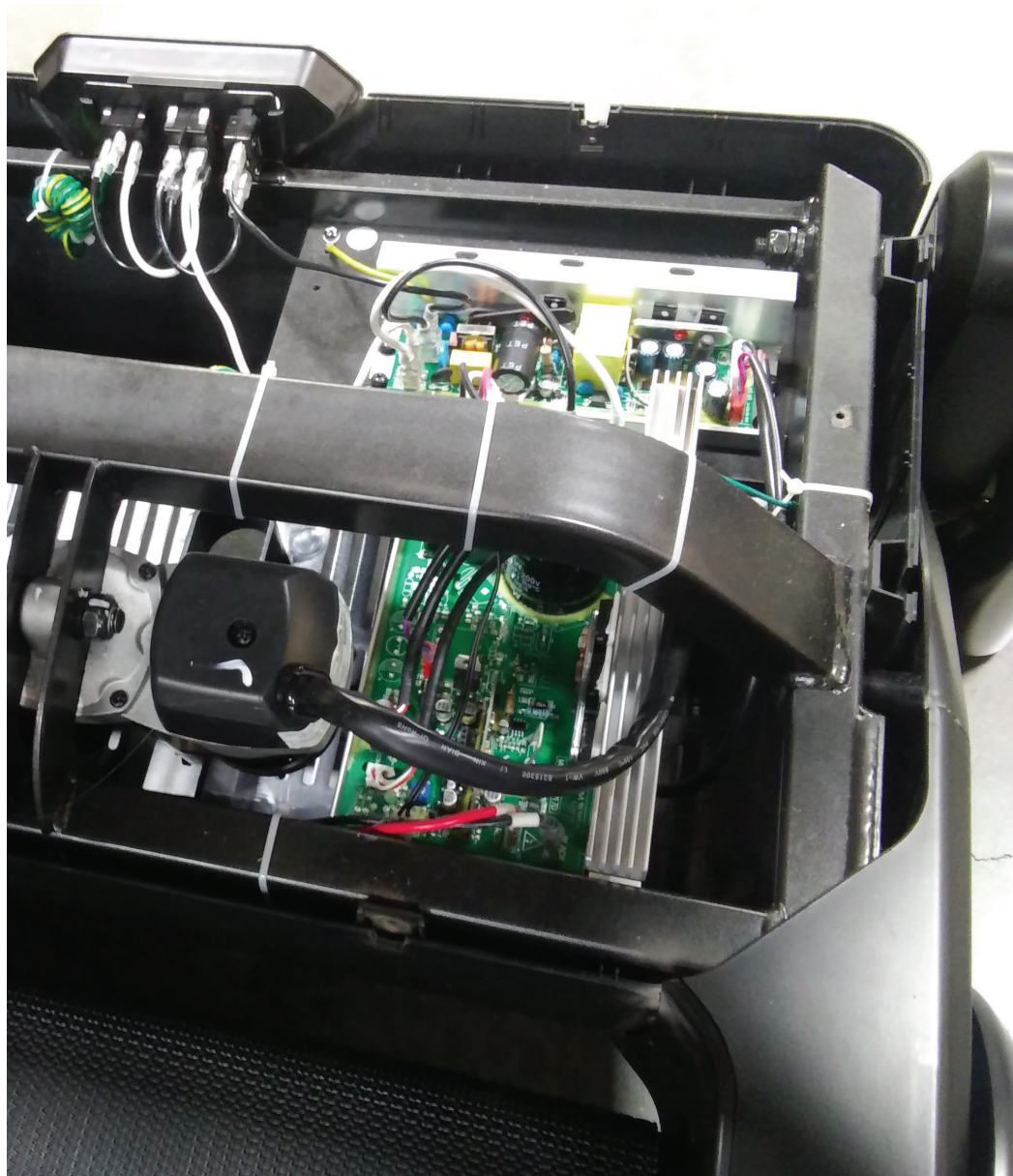


VIEWED STANDING IN FRONT OF TREADMILL WITH MOTOR COVER OFF

ELECTRICAL WIRING ROUTE DETAIL

- Motor Compartment (for Treadmill 25 and 56)

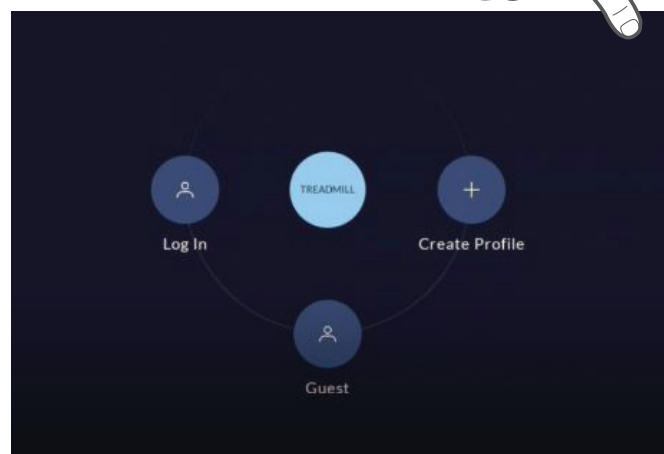




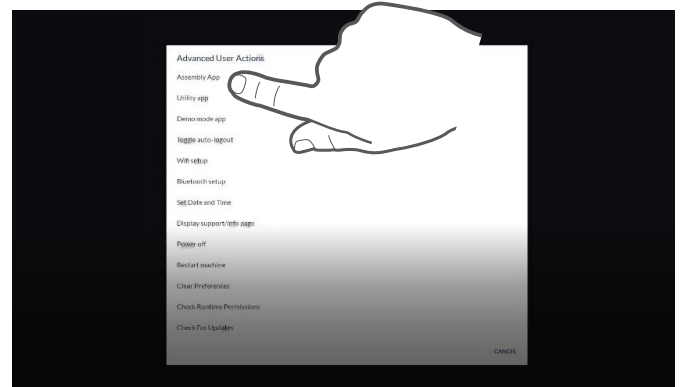
6. Re-install all remaining parts that were removed in reverse order.

7. Attach the power cord and turn on the Treadmill by flipping the power switch to ON.

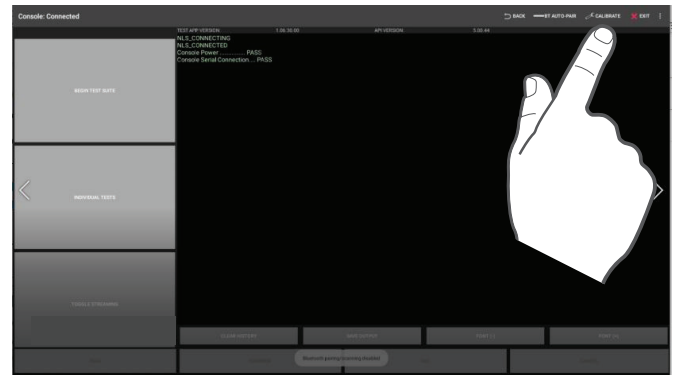
8. From the Power Up screen, tap on the upper-right corner of the Console Display 10 times. The Console will display the "Advanced User Actions" menu.



9. Tap on the “Assembly App” option.



10. From the “Assembly App” menu, tap CALIBRATE in the upper right corner of the Console Display. The Console will shift to Calibrate mode.



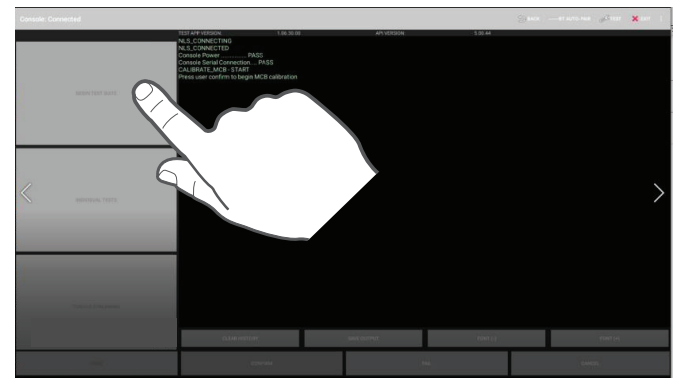
11. From the “Calibrate” screen, tap BEGIN TEST SUITE.

⚠ Be sure the area around the Treadmill is clear of all bystanders, children and pets. Be sure there is nothing on or under the Walking Belt, or near the Treadmill.

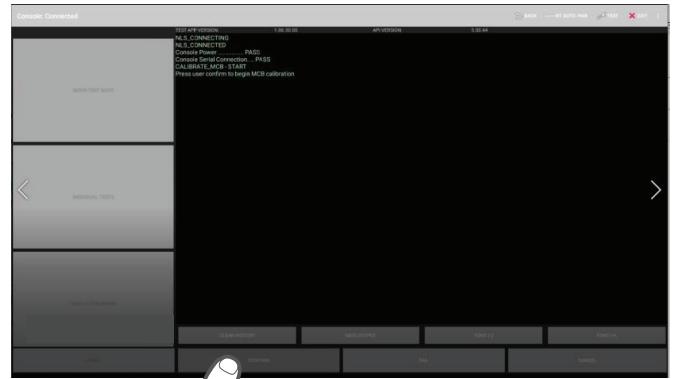
12. The Console will display “CALIBRATE_MCB-USER CONFIRM”. Tap CONFIRM, and the calibration procedure starts.

Note: The calibration procedure will begin by automatically moving the Walking Belt and adjusting the incline of the Walking Deck.

⚠ Be sure not to touch or allow anyone else to touch the machine while calibration is occurring.

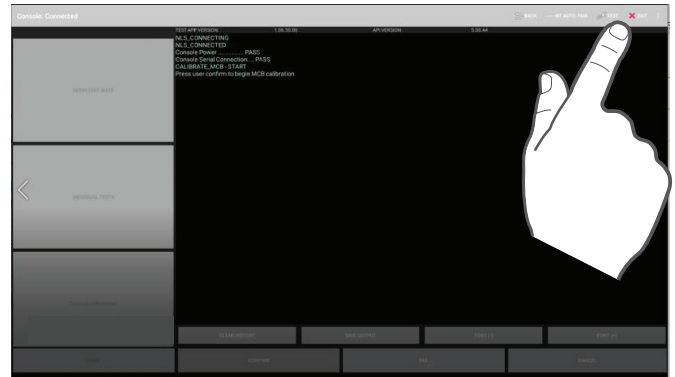


13. When calibration is complete, the Console will display "CALIBRATE MCB - PASS, *** Test Suite Passed ***".



14. Tap EXIT in the upper-right corner of the Display to exit the Calibrate Mode.

15. Calibration is now complete for the machine. Flip the power switch to OFF.



16. Final Inspection

Inspect your machine to ensure that all hardware is 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.

NOTICE: This document provides instructions for the replacement of the Motor Cover on the Bowflex™ Treadmill 10 / Treadmill 22 / Treadmill 25 / Treadmill 56.


If you need assistance, please contact Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: www.nautilusinternational.com

 This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Read and understand all Warnings on this machine.

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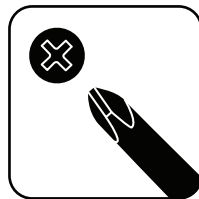
 **DANGER** To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.

- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders, children and pets away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- If replacement parts are necessary, use only genuine Nautilus replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If at any time the Warning labels become loose, unreadable or dislodged, replace the labels. If purchased in US/Canada, contact Customer Service for replacement labels. If purchased outside US/Canada, contact your local distributor for them.
- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety and will void the warranty.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

• SAVE THESE INSTRUCTIONS.

Tools Required (not included)

#2 Phillips screwdriver (short)



Note: Your machine may not match the images provided exactly.

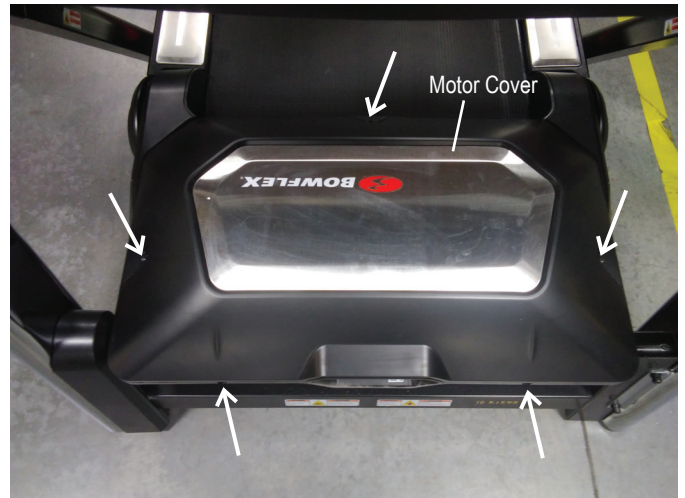
1. Unplug the power cord from the machine and wait 5 minutes. Place the power cord in a secure location.

⚠ DANGER To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.



2. Using a #2 Phillips screwdriver, remove the 5 indicated screws that secure the Motor Cover.

Note: To assist with re-assembly of the Motor Cover, the two front screws are shorter than the others.

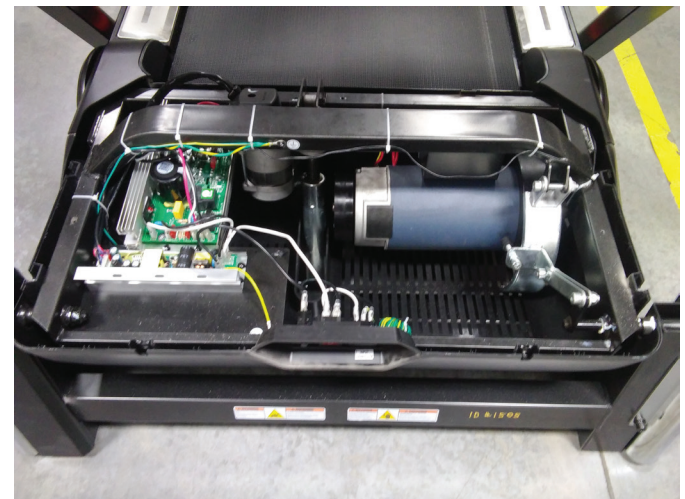


3. Re-install all remaining parts that were removed in reverse order.

4. Final Inspection

Inspect your machine to ensure that all hardware is 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.



NOTICE: This document provides instructions for the replacement of the Outside Deck Shroud on the Bowflex™ Treadmill 10 / Treadmill 22 / Treadmill 25 / Treadmill 56.


If you need assistance, please contact Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: www.nautilusinternational.com

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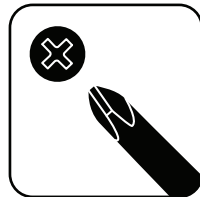
 **DANGER** To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.

- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders, children and pets away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- If replacement parts are necessary, use only genuine Nautilus replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If at any time the Warning labels become loose, unreadable or dislodged, replace the labels. If purchased in US/Canada, contact Customer Service for replacement labels. If purchased outside US/Canada, contact your local distributor for them.
- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety and will void the warranty.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

• SAVE THESE INSTRUCTIONS.

Tools Required (not included)

#2 Phillips screwdriver



Note: Your machine may not match the images provided exactly.

1. Unplug the power cord from the machine and wait 5 minutes. Place the power cord in a secure location.

⚠ DANGER To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.

2. Remove the Right and Left Plugs that cover the openings to the Walking Belt Adjustment Bolts.



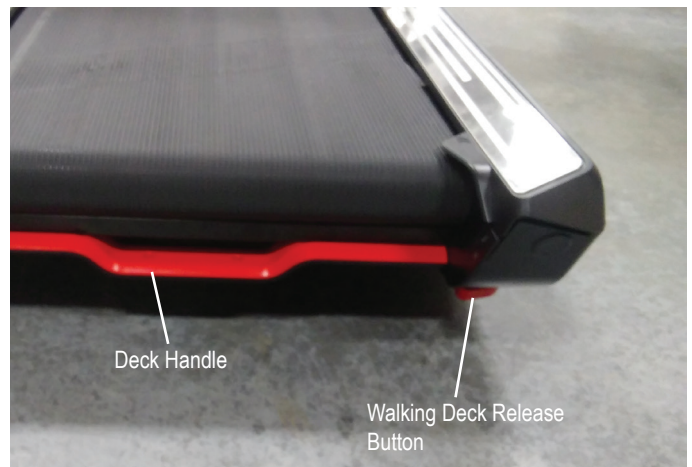
3. Make sure that there is safe clearance around, on and above the treadmill. Make sure there is no object to spill or cause blockage from the fully folded position.

⚠ Be sure there is adequate height clearance for the raised deck.

4. Using the Deck Handle found below the rear of the walking belt, push the Walking Deck Release Button and lift the walking deck fully upward and engage the hydraulic lift. Be sure that the hydraulic lift is correctly locked in place. You will hear an audible click when the hydraulic lift shifts into the locked position.

⚠ Use proper safety precautions and lifting techniques. Bend your knees and elbows, keep your back straight and pull up equally with both arms. Make sure that your own physical strength is capable of lifting the walking deck until it engages the locking mechanism. Use a second person if necessary.

Do not use the walking belt or rear roller to lift the treadmill. These parts do not lock in place and can abruptly move. Injury to you or damage to the machine can occur.



5. Make sure that the locking mechanism is engaged. Carefully pull back on the walking deck and make sure that it does not move. When you do this, keep clear of movement path in case the treadmill lock is not engaged.

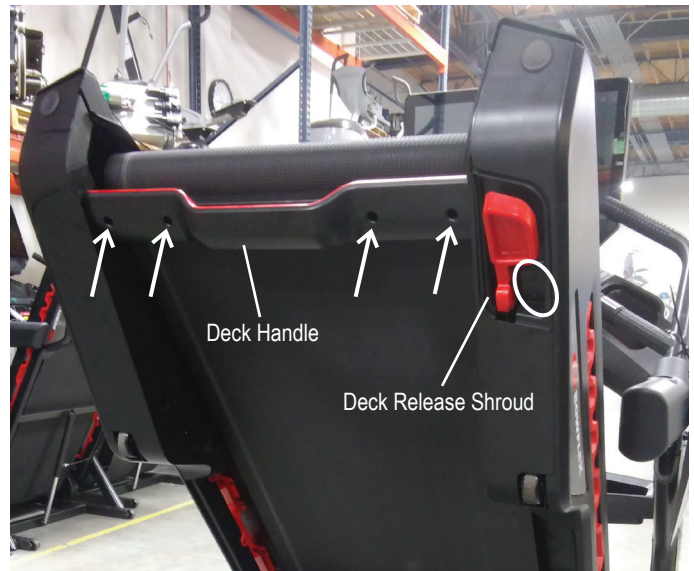
⚠ Do not lean against the treadmill when it is folded. Do not put items on it that could cause it to become unstable or fall.



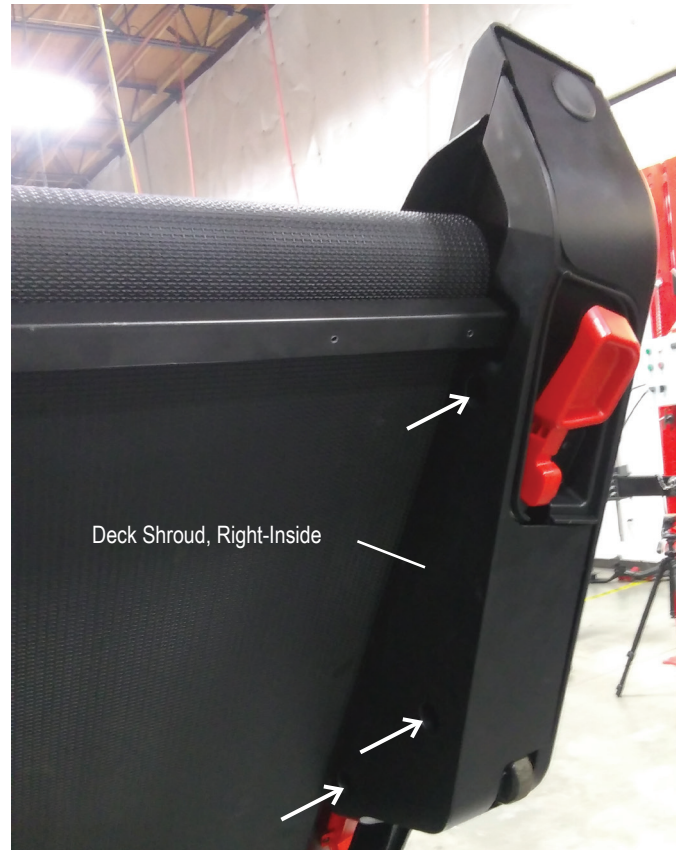
6. Using a #2 Phillips screwdriver, remove the 4 screws (indicated by arrows) from the Deck Handle and place it aside.

7. Using a #2 Phillips screwdriver, remove the 2 screws (indicated by oval) from the Deck Release Shroud. Do not attempt to remove the Deck Release Shroud. Simply allow it to loosely hang on the machine.

⚠ Be sure not to push or release the Walking Deck Release Button. The Walking Deck could fall and cause injury or damage to an individual.

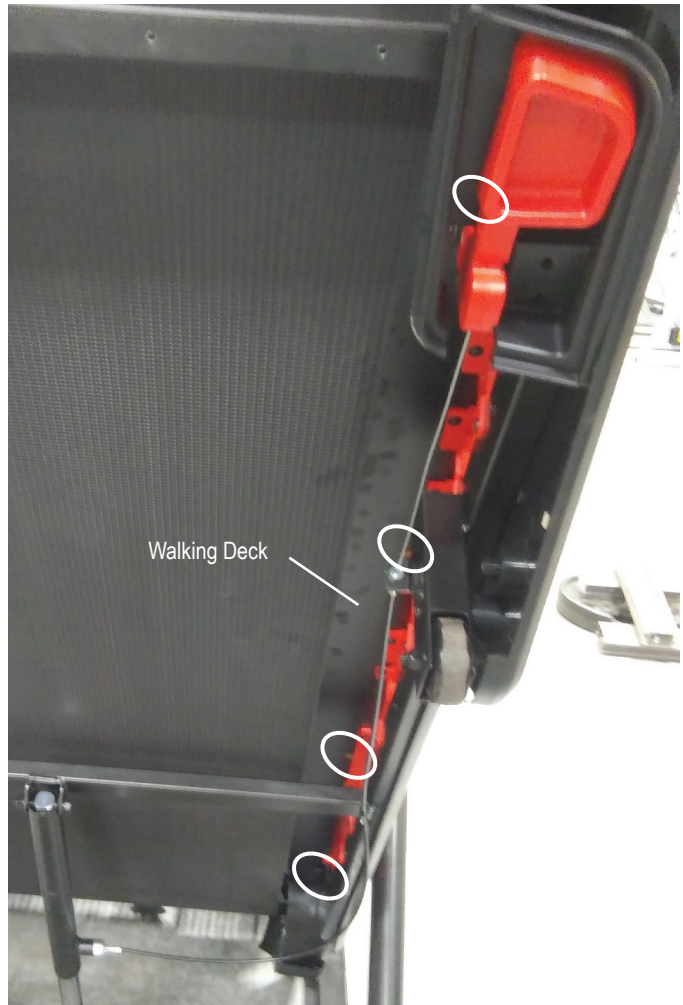


8. Using a #2 Phillips screwdriver, remove the 3 screws (indicated by arrows) that secure the Right-Inside Deck Shroud. Remove it from the machine.



9. Using a #2 Phillips screwdriver, remove the 4 screws (indicated by ovals) that secure the Right Side Rail to the Walking Deck. Remove it from the machine.

Note: The Deck Release Shroud may need to be maneuvered to gain access to the rear screw.




10. Using a #2 Phillips screwdriver, remove the 5 screws (indicated by arrows) from the old Outside Deck Shroud. Remove it from the machine.

11. Using a #2 Phillips screwdriver, attach the new Outside Deck Shroud.

12. If replacing the Left Outside Deck Shroud, repeat the previous Steps on the left side of the machine.

13. Re-install all remaining parts that were removed in reverse order.

14. Make sure there is sufficient space to lower the walking deck.

 **Keep a minimum clearance behind the machine of 79" (2 m) and 19.7" (0.5 m) on each side. This is the recommended safe distance for access, movement and emergency dismounts from the machine.**


15. Make sure there is no object on or around the treadmill to spill or cause blockage from the fully unfolded position.

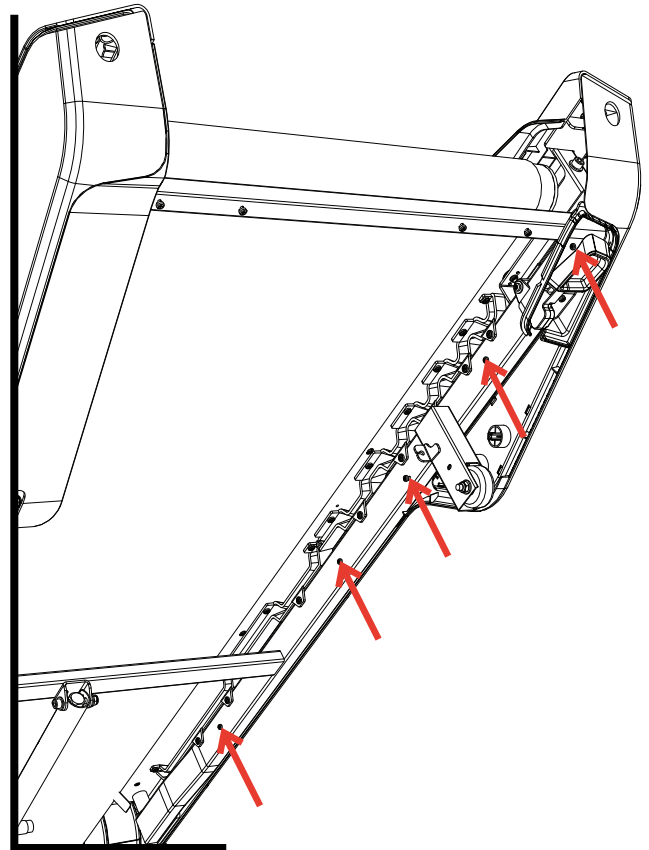
16. Slightly push the walking deck forward toward the console, and then push the Walking Deck Release Button until the locking tube releases and you can pull the walking deck away from the console. Hold up the rear of the walking deck, and move to the side of the machine.

 **Keep clear of the movement path of the walking deck.**

17. The hydraulic lift is set up to drop gradually. Hold onto the walking deck until approximately 2/3 of the movement down. Make sure that you use proper lifting technique; bend your knees and keep your back straight. Be aware that the walking deck can possibly drop quickly in the last part of the movement.

18. Final Inspection
Inspect your machine to ensure that all hardware is 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.**



NOTICE: This document provides instructions for the replacement of the Power Inlet on the Bowflex™ Treadmill 10 / Treadmill 22 / Treadmill 25 / Treadmill 56.


If you need assistance, please contact Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: www.nautilusinternational.com

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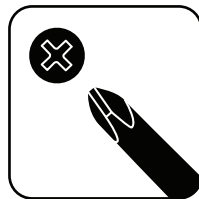
 **DANGER** To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.

- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders, children and pets away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- If replacement parts are necessary, use only genuine Nautilus replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If at any time the Warning labels become loose, unreadable or dislodged, replace the labels. If purchased in US/Canada, contact Customer Service for replacement labels. If purchased outside US/Canada, contact your local distributor for them.
- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety and will void the warranty.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

• SAVE THESE INSTRUCTIONS.

Tools Required (not included)

#2 Phillips screwdriver (short)



#2 Standard screwdriver



Note: Your machine may not match the images provided exactly.

1. Unplug the power cord from the machine and wait 5 minutes. Place the power cord in a secure location.

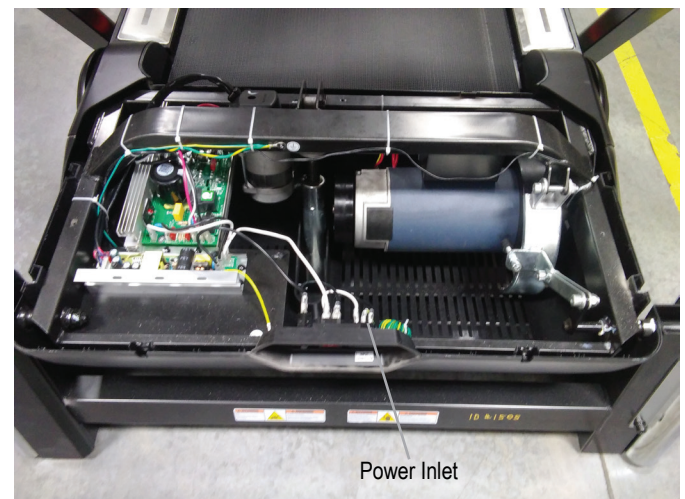
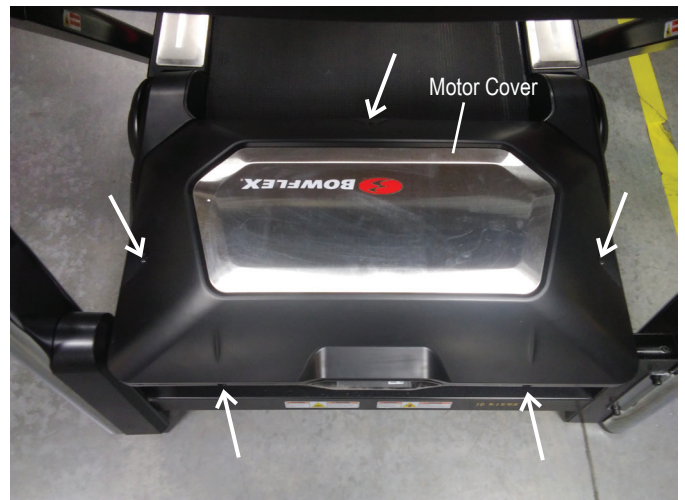
⚠ DANGER

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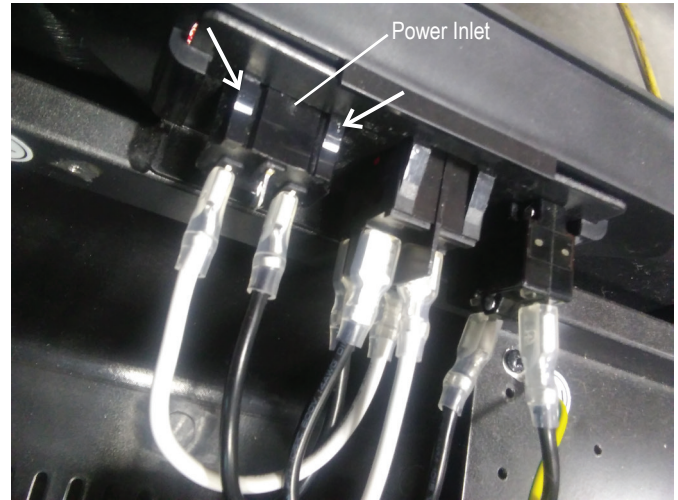
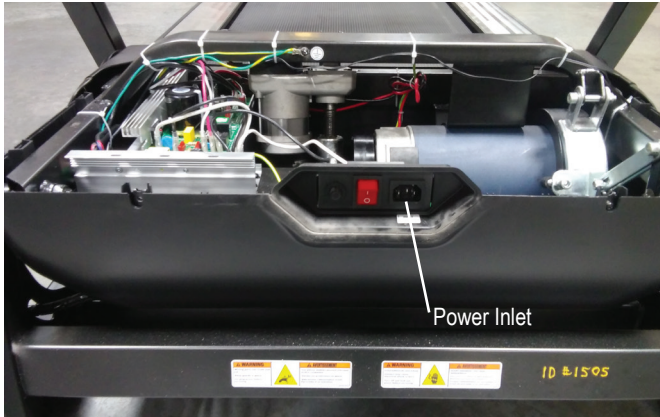


2. Using a #2 Phillips screwdriver, remove the 5 indicated screws that secure the Motor Cover.

Note: To assist with re-assembly of the Motor Cover, the two front screws are shorter than the others.



3. Using a standard screwdriver, release the upper Securing Clips (indicated by arrows) from the Power Inlet.



4. Pivot the upper part of the Power Inlet out of the Frame, and release the lower Securing Clips. Slide the Power Inlet out of the Frame.

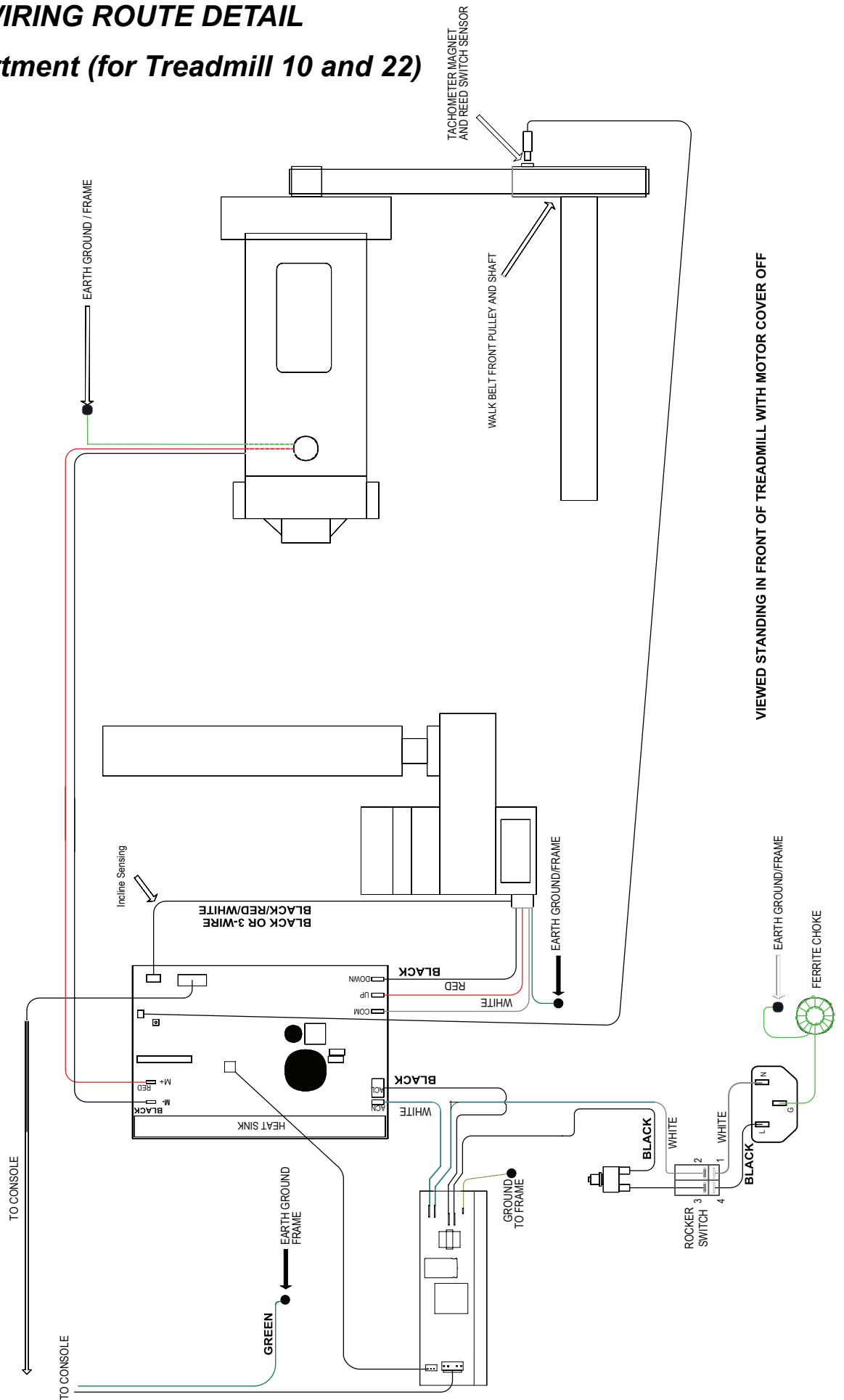
5. Remove the connectors one at a time and move them to the corresponding terminal on the new Power Inlet.

6. Insert the new Power Inlet into the Frame, being sure the Securing Clips engage.



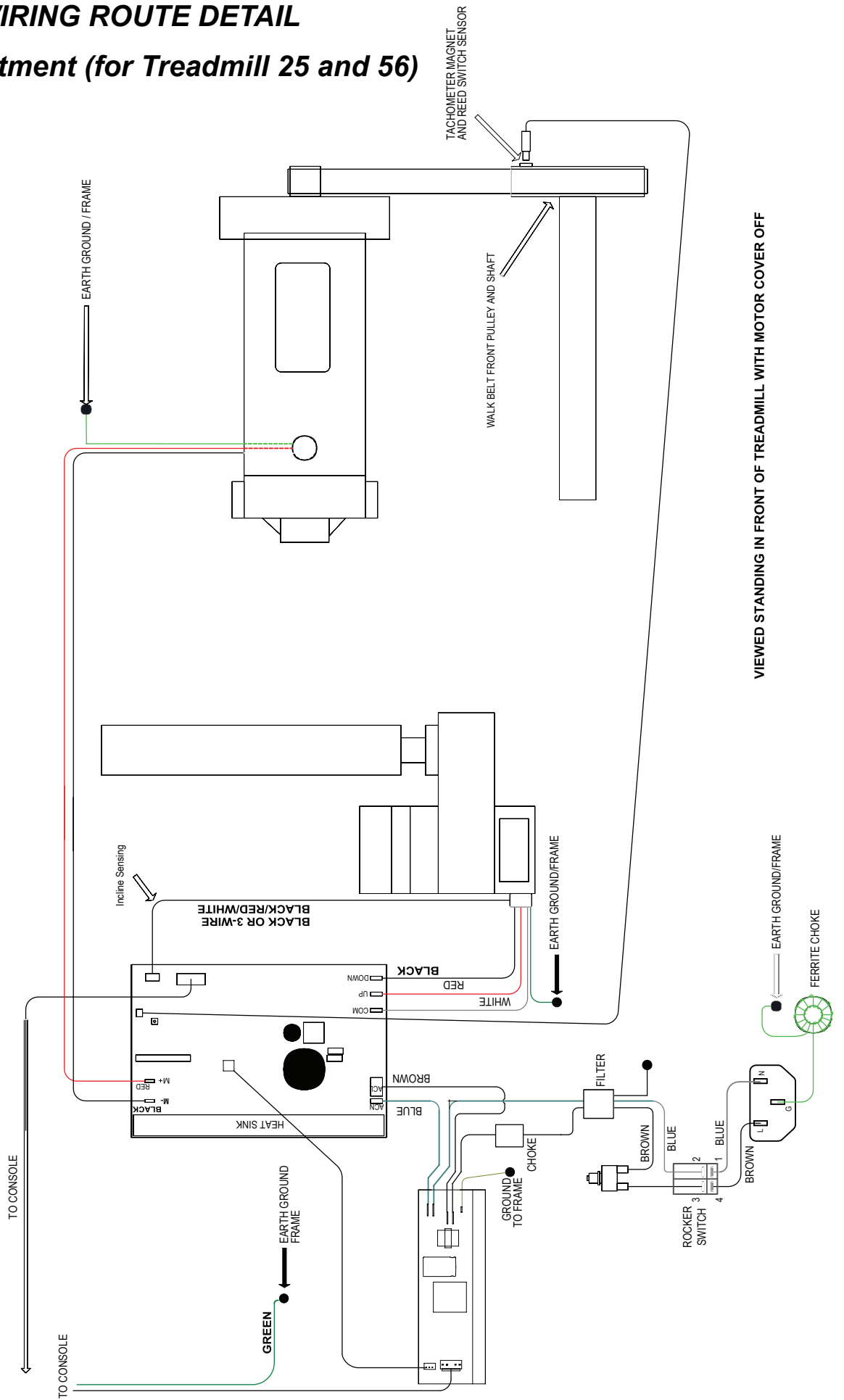
ELECTRICAL WIRING ROUTE DETAIL

- Motor Compartment (for Treadmill 10 and 22)



ELECTRICAL WIRING ROUTE DETAIL

- Motor Compartment (for Treadmill 25 and 56)



VIEWED STANDING IN FRONT OF TREADMILL WITH MOTOR COVER OFF

7. Re-install all remaining parts that were removed in reverse order.

8. Final Inspection

Inspect your machine to ensure that all hardware is 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.

NOTICE: This document provides instructions for the replacement of the Rear Roller on the Bowflex™ Treadmill 10 / Treadmill 22 / Treadmill 25 / Treadmill 56.


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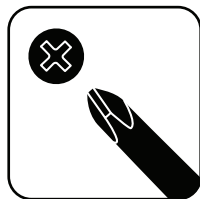
 DANGER To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.

- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders, children and pets away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
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- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

• SAVE THESE INSTRUCTIONS.

Tools Required (not included)

#2 Phillips screwdriver



6mm hex wrench



Note: Your machine may not match the images provided exactly.

1. Unplug the power cord from the machine and wait 5 minutes. Place the power cord in a secure location.

⚠ DANGER

To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.

2. Remove the Right and Left Plugs that cover the openings to the Walking Belt Adjustment Bolts.



3. Make sure that there is safe clearance around, on and above the treadmill. Make sure there is no object to spill or cause blockage from the fully folded position.



Be sure there is adequate height clearance for the raised deck.

4. Using the Deck Handle found below the rear of the walking belt, push the Walking Deck Release Button and lift the walking deck fully upward and engage the hydraulic lift. Be sure that the hydraulic lift is correctly locked in place. You will hear an audible click when the hydraulic lift shifts into the locked position.



Use proper safety precautions and lifting techniques. Bend your knees and elbows, keep your back straight and pull up equally with both arms. Make sure that your own physical strength is capable of lifting the walking deck until it engages the locking mechanism. Use a second person if necessary.

Do not use the walking belt or rear roller to lift the treadmill. These parts do not lock in place and can abruptly move. Injury to you or damage to the machine can occur.



5. Make sure that the locking mechanism is engaged. Carefully pull back on the walking deck and make sure that it does not move. When you do this, keep clear of movement path in case the treadmill lock is not engaged.

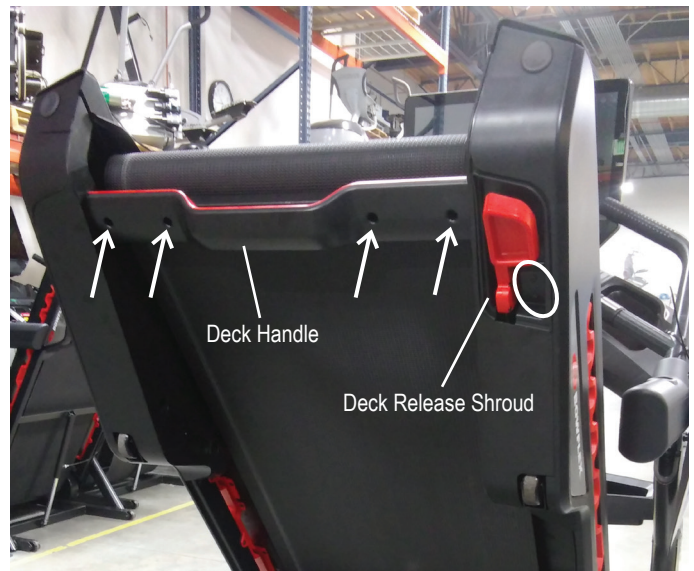
⚠ Do not lean against the treadmill when it is folded. Do not put items on it that could cause it to become unstable or fall.



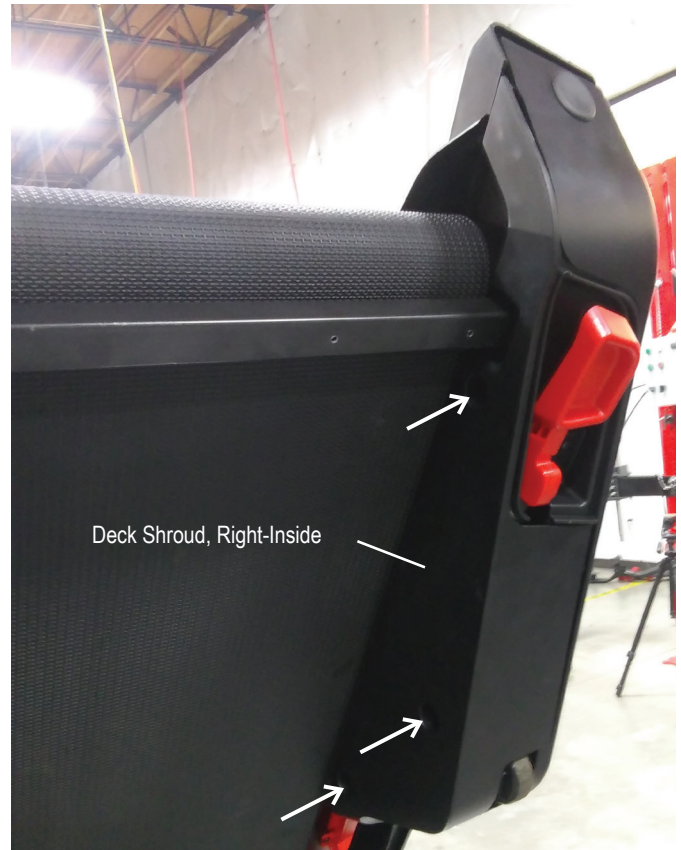
6. Using a #2 Phillips screwdriver, remove the 4 screws (indicated by arrows) from the Deck Handle and place it aside.

7. Using a #2 Phillips screwdriver, remove the 2 screws (indicated by oval) from the Deck Release Shroud. Do not attempt to remove the Deck Release Shroud. Simply allow it to loosely hang on the machine.

⚠ Be sure not to push or release the Walking Deck Release Button. The Walking Deck could fall and cause injury or damage to an individual.

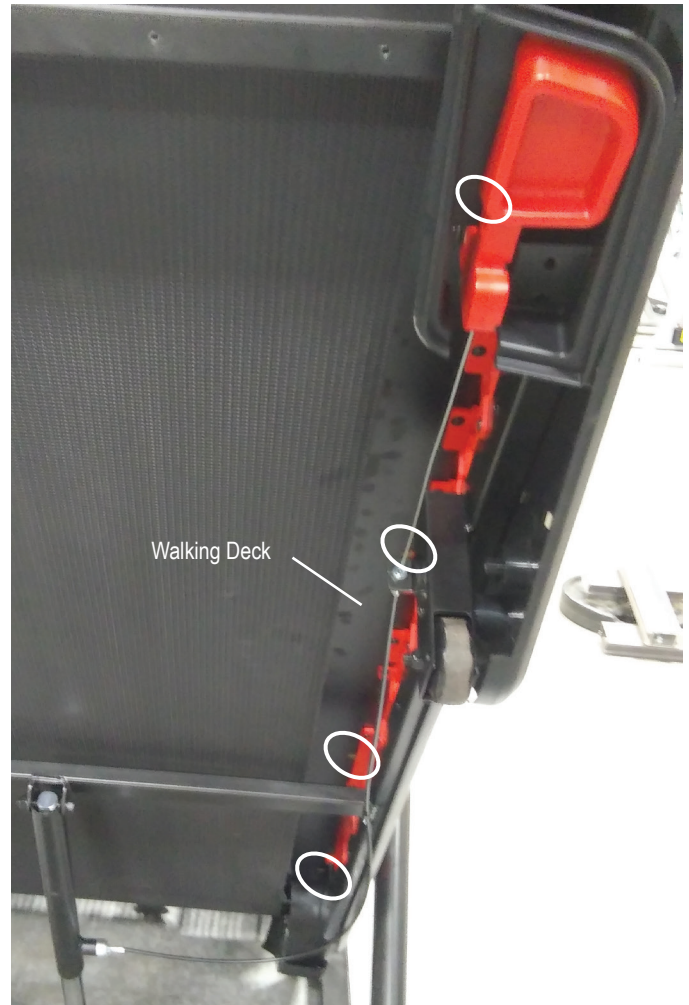


8. Using a #2 Phillips screwdriver, remove the 3 screws (indicated by arrows) that secure the Right-Inside Deck Shroud. Remove it from the machine.



9. Using a #2 Phillips screwdriver, remove the 4 screws (indicated by ovals) that secure the Side Rails to the Walking Deck. Remove them from the machine.

Note: The Deck Release Shroud may need to be maneuvered to gain access to the rear screws on the right side of the machine.



10. Using a #2 Phillips screwdriver, remove the 5 screws (indicated by arrows) from each of the Outside Deck Shrouds. Remove them from the machine.

11. Make sure there is sufficient space to lower the walking deck.

! Keep a minimum clearance behind the machine of 79" (2 m) and 19.7" (0.5 m) on each side. This is the recommended safe distance for access, movement and emergency dismounts from the machine.

12. Make sure there is no object on or around the treadmill to spill or cause blockage from the fully unfolded position.

13. Slightly push the walking deck forward toward the console, and then push the Walking Deck Release Button until the locking tube releases and you can pull the walking deck away from the console. Hold up the rear of the walking deck, and move to the side of the machine.

! Keep clear of the movement path of the walking deck.

14. The hydraulic lift is set up to drop gradually. Hold onto the walking deck until approximately 2/3 of the movement down. Make sure that you use proper lifting technique; bend your knees and keep your back straight. Be aware that the walking deck can possibly drop quickly in the last part of the movement.

15. Using a 6mm hex wrench, remove the indicated Adjustment Bolts (with arrows) from the Rear Roller.

Note: Be sure to record the number of turns of the Adjustment Bolt it takes to remove it. This will assist with reassembly.

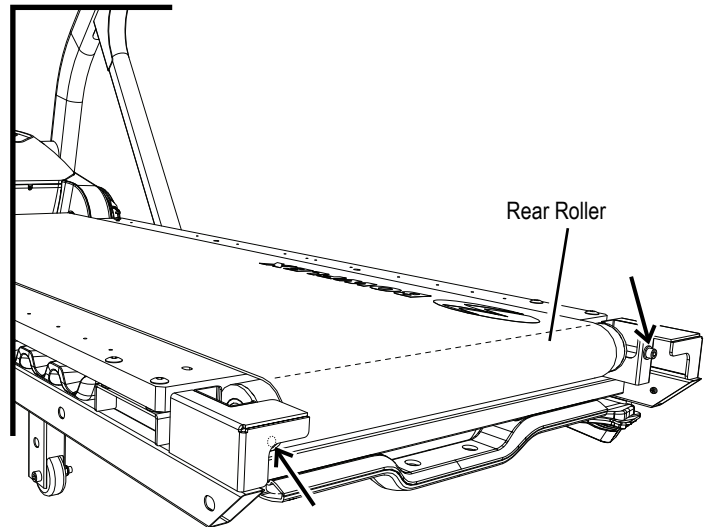
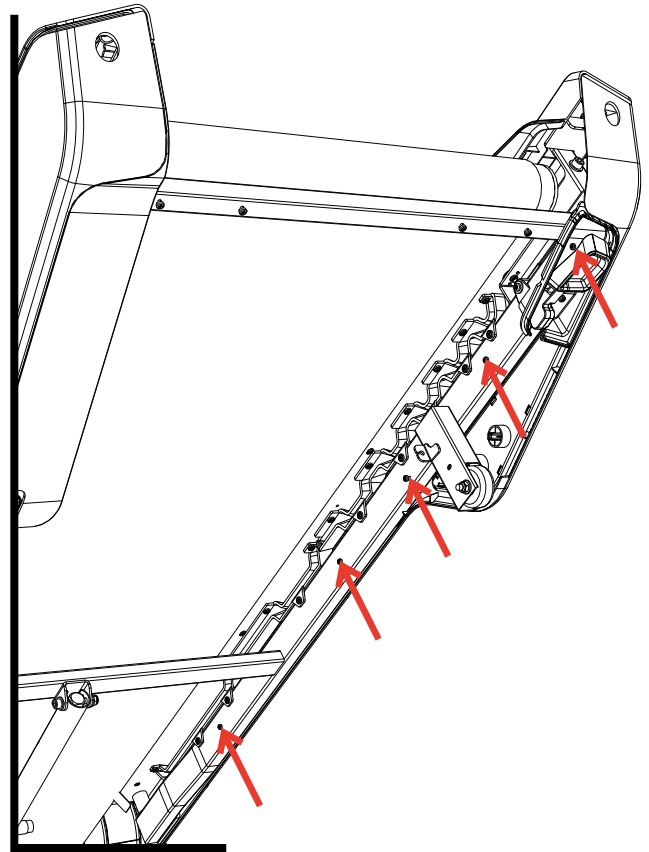
16. Slide the Rear Roller out of the Walking Belt.

17. Slide the new Rear Roller into the new Walking Belt in the same orientation.

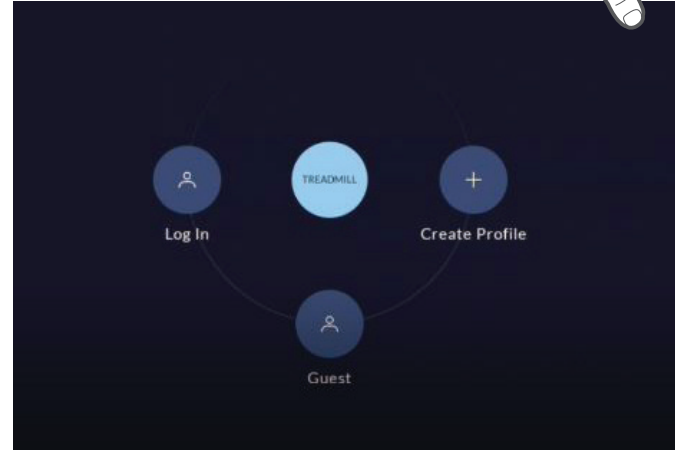
18. Using a 6mm hex wrench, re-attach the Adjustment Bolt to the Rear Roller.

Note: Be sure to tighten the Adjustment Bolt the same number of turns it took to loosen the Walking Belt.

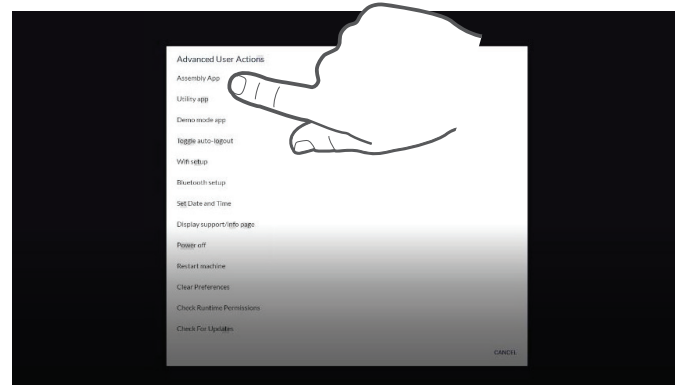
19. Re-install all remaining parts that were removed in reverse order.



20. From the Power Up screen, tap on the upper-right corner of the Console Display 10 times. The Console will display the “Advanced User Actions” menu.



21. Tap on the “Assembly App” option.

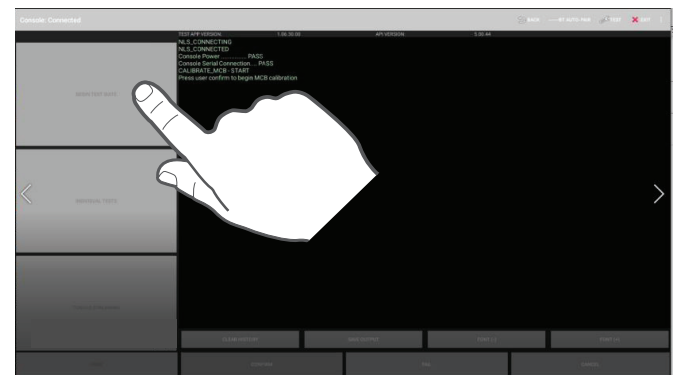


22. From the “Assembly App” menu, tap CALIBRATE in the upper right corner of the Console Display. The Console will shift to Calibrate mode.




23. From the “Calibrate” screen, tap BEGIN TEST SUITE.

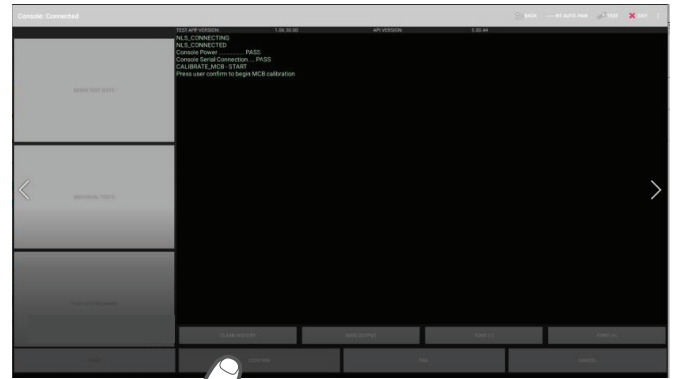
! Be sure the area around the Treadmill is clear of all bystanders, children and pets. Be sure there is nothing on or under the Walking Belt, or near the Treadmill.



24. The Console will display “CALIBRATE_MCB-USER CONFIRM”. Tap CONFIRM, and the calibration procedure starts.

Note: The calibration procedure will begin by automatically moving the Walking Belt and adjusting the incline of the Walking Deck.

 **Be sure not to touch or allow anyone else to touch the machine while calibration is occurring.**

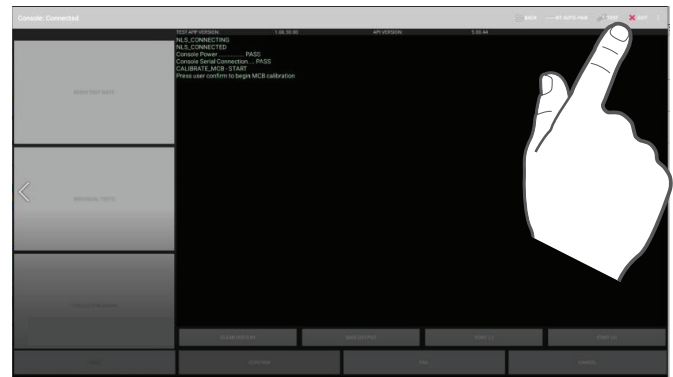


25. When calibration is complete, the Console will display “CALIBRATE MCB - PASS, *** Test Suite Passed ***”.

26. Tap EXIT in the upper-right corner of the Display to exit the Calibrate Mode.

27. Calibration is now complete for the machine.

28. Flip the power switch to OFF for two minutes, and then restart the machine.



29. Inspect the Walking Belt to see if it is centered on the Walking Deck. If the Walking Belt needs to be centered:

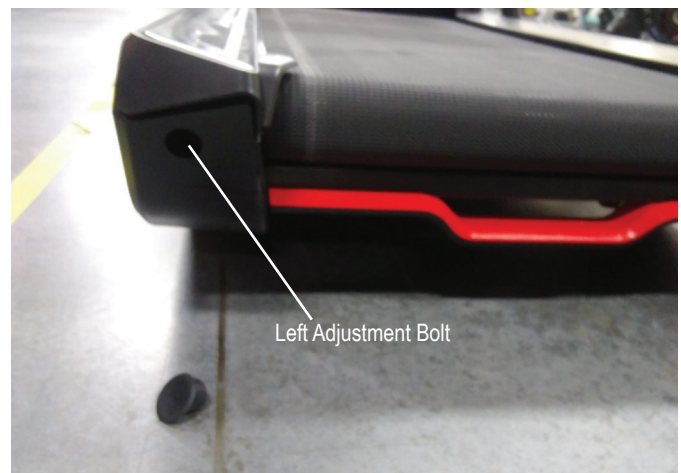
a. Run the machine at 1 mph so the Walking Belt is moving.

 **Do not touch the Walking Belt while the Walking Belt is moving. Be sure to keep bystanders, children and pets away from the machine.**

b. Using a 6mm hex wrench on the side the belt should move away from, rotate the Adjustment Bolt a 1/4 turn clockwise.

c. Allow the Walking Belt to adjust to the new tension.

d. Repeat steps b and c until the Walking Belt is centered.



30. Flip the power switch to OFF.

31. Final Inspection

Inspect your machine to ensure that all hardware is 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.

NOTICE: This document provides instructions for the replacement of the Right-Inside Deck Shroud on the Bowflex™ Treadmill 10 / Treadmill 22 / Treadmill 25 / Treadmill 56.


If you need assistance, please contact Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: www.nautilusinternational.com

 This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Read and understand all Warnings on this machine.

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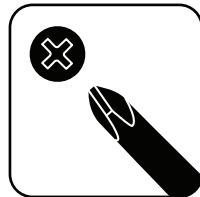
 **DANGER** To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.

- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders, children and pets away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- If replacement parts are necessary, use only genuine Nautilus replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If at any time the Warning labels become loose, unreadable or dislodged, replace the labels. If purchased in US/Canada, contact Customer Service for replacement labels. If purchased outside US/Canada, contact your local distributor for them.
- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety and will void the warranty.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

• SAVE THESE INSTRUCTIONS.

Tools Required (not included)

#2 Phillips screwdriver



Note: Your machine may not match the images provided exactly.

1. Unplug the power cord from the machine and wait 5 minutes. Place the power cord in a secure location.

⚠ DANGER

To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.



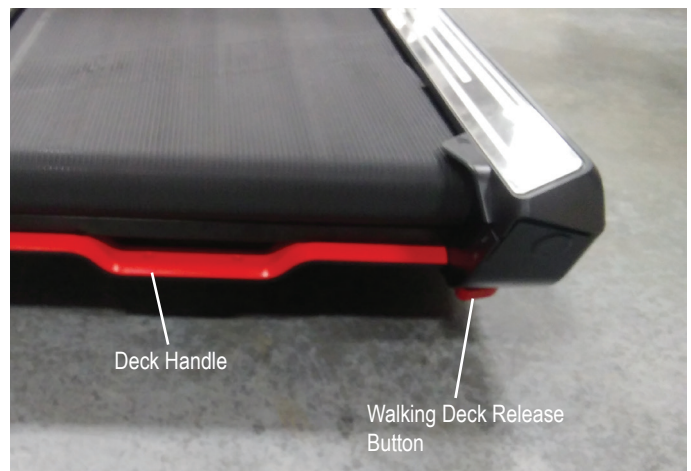
2. Make sure that there is safe clearance around, on and above the treadmill. Make sure there is no object to spill or cause blockage from the fully folded position.

⚠ Be sure there is adequate height clearance for the raised deck.

3. Using the Deck Handle found below the rear of the walking belt, push the Walking Deck Release Button and lift the walking deck fully upward and engage the hydraulic lift. Be sure that the hydraulic lift is correctly locked in place. You will hear an audible click when the hydraulic lift shifts into the locked position.

⚠ Use proper safety precautions and lifting techniques. Bend your knees and elbows, keep your back straight and pull up equally with both arms. Make sure that your own physical strength is capable of lifting the walking deck until it engages the locking mechanism. Use a second person if necessary.

Do not use the walking belt or rear roller to lift the treadmill. These parts do not lock in place and can abruptly move. Injury to you or damage to the machine can occur.



4. Make sure that the locking mechanism is engaged. Carefully pull back on the walking deck and make sure that it does not move. When you do this, keep clear of movement path in case the treadmill lock is not engaged.

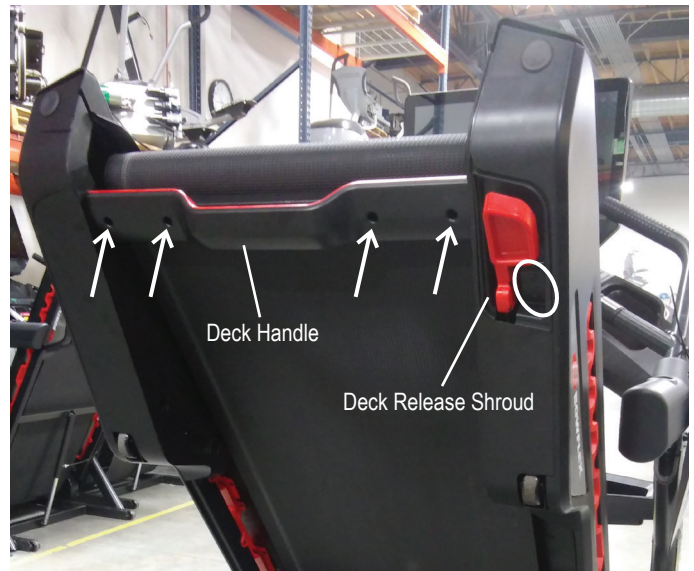
⚠ Do not lean against the treadmill when it is folded. Do not put items on it that could cause it to become unstable or fall.



5. Using a #2 Phillips screwdriver, remove the 4 screws (indicated by arrows) from the Deck Handle and place it aside.

6. Using a #2 Phillips screwdriver, remove the 2 screws (indicated by oval) from the Deck Release Shroud. Do not attempt to remove the Deck Release Shroud. Simply allow it to loosely hang on the machine.

⚠ Be sure not to push or release the Walking Deck Release Button. The Walking Deck could fall and cause injury or damage to an individual.



7. Using a #2 Phillips screwdriver, remove the 3 screws (indicated by arrows) that secure the Right-Inside Deck Shroud. Remove it from the machine.

8. If replacing the Left-Inside Deck Shroud, repeat the previous Step on the left side of the machine.

9. Re-install all remaining parts that were removed in reverse order.

10. Make sure there is sufficient space to lower the walking deck.

⚠ Keep a minimum clearance behind the machine of 79" (2 m) and 19.7" (0.5 m) on each side. This is the recommended safe distance for access, movement and emergency dismounts from the machine.

11. Make sure there is no object on or around the treadmill to spill or cause blockage from the fully unfolded position.

12. Slightly push the walking deck forward toward the console, and then push the Walking Deck Release Button until the locking tube releases and you can pull the walking deck away from the console. Hold up the rear of the walking deck, and move to the side of the machine.

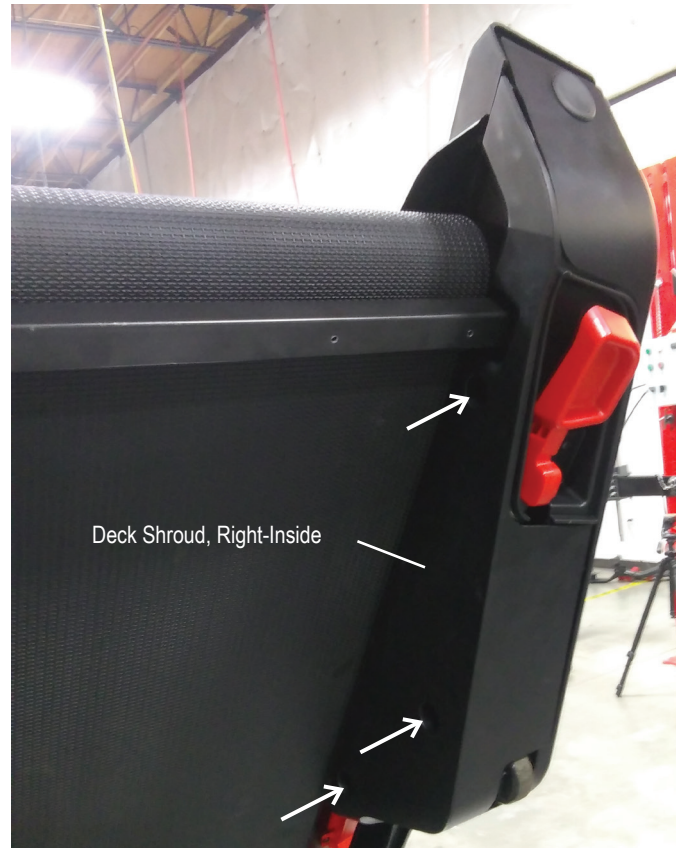
⚠ Keep clear of the movement path of the walking deck.

13. The hydraulic lift is set up to drop gradually. Hold onto the walking deck until approximately 2/3 of the movement down. Make sure that you use proper lifting technique; bend your knees and keep your back straight. Be aware that the walking deck can possibly drop quickly in the last part of the movement.

14. Final Inspection

Inspect your machine to ensure that all hardware is 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.



NOTICE: This document provides instructions for the replacement of the Rocker Switch on the Bowflex™ Treadmill 10 / Treadmill 22 / Treadmill 25 / Treadmill 56.


If you need assistance, please contact Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: www.nautilusinternational.com

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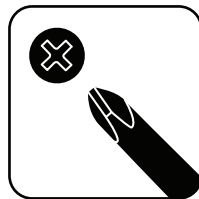
 DANGER To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.

- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders, children and pets away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- If replacement parts are necessary, use only genuine Nautilus replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If at any time the Warning labels become loose, unreadable or dislodged, replace the labels. If purchased in US/Canada, contact Customer Service for replacement labels. If purchased outside US/Canada, contact your local distributor for them.
- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety and will void the warranty.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

• **SAVE THESE INSTRUCTIONS.**

Tools Required (not included)

#2 Phillips screwdriver (short)



#2 Standard screwdriver



Note: Your machine may not match the images provided exactly.

1. Unplug the power cord from the machine and wait 5 minutes. Place the power cord in a secure location.

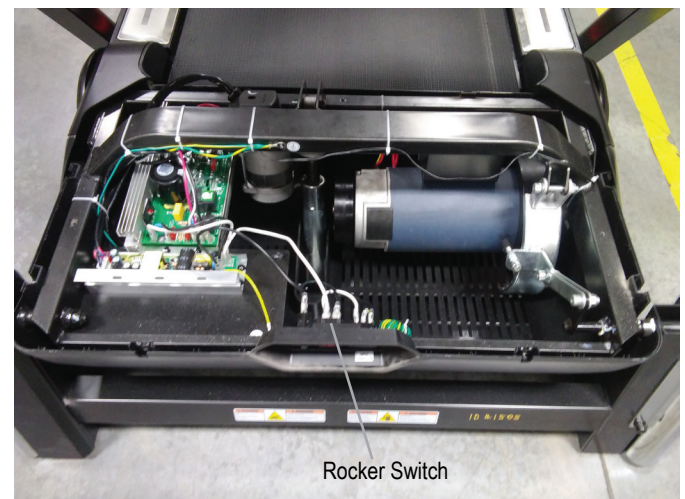
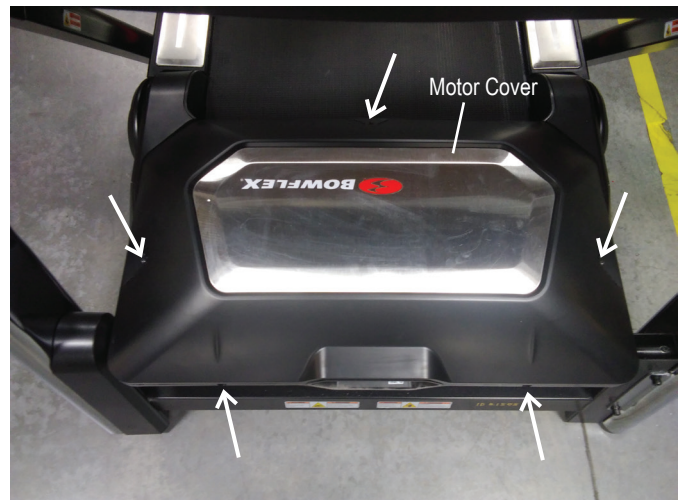
⚠ DANGER

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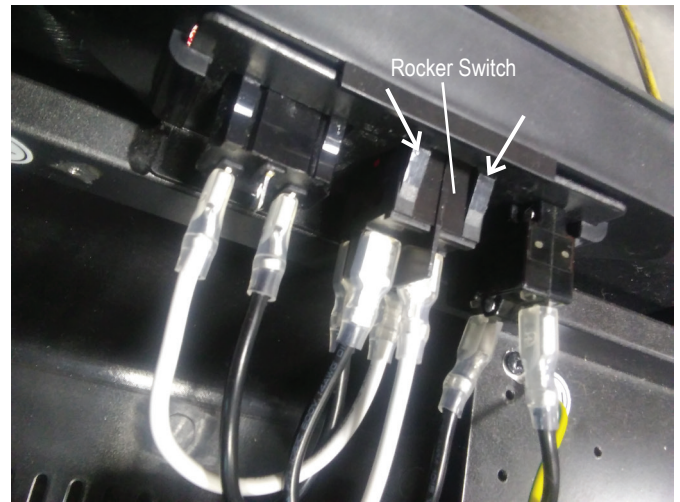
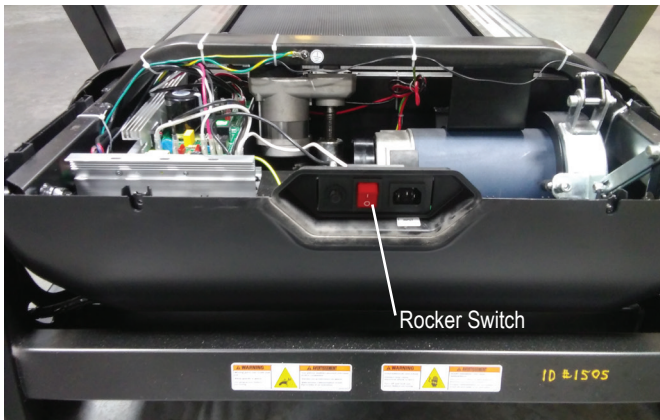


2. Using a #2 Phillips screwdriver, remove the 5 indicated screws that secure the Motor Cover.

Note: To assist with re-assembly of the Motor Cover, the two front screws are shorter than the others.



3. Using a standard screwdriver, push down the upper Securing Clips (indicated by arrows) to release the upper part of the Rocker Switch.



4. Pivot the upper part of the Rocker Switch out of the front of the Frame, and release the lower Securing Clips. Slide the Rocker Switch out of the Frame.

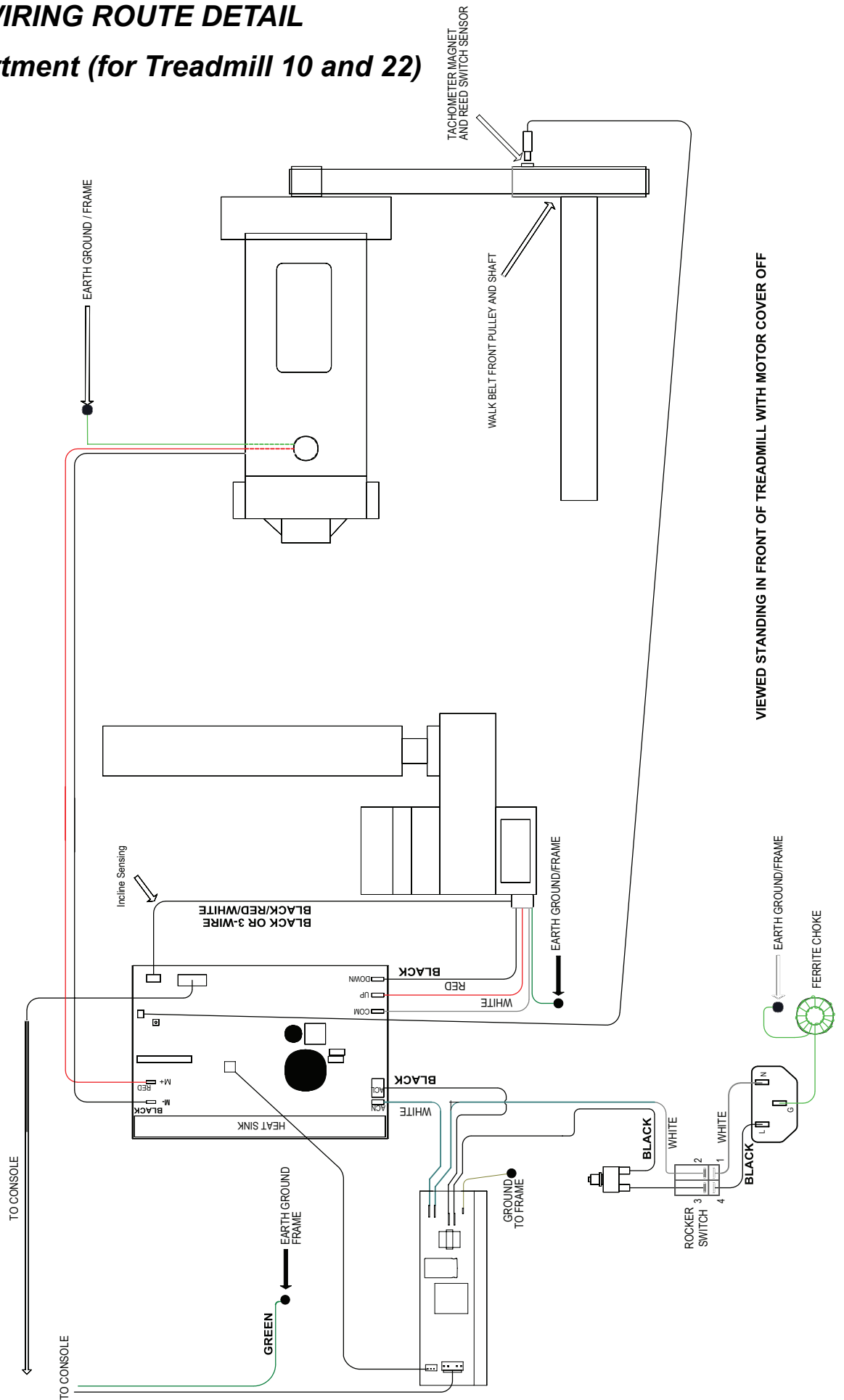
5. Remove the connectors one at a time and move them to the corresponding terminal on the new Rocker Switch.

6. Insert the new Rocker Switch into the Frame, being sure the Securing Clips engage.



ELECTRICAL WIRING ROUTE DETAIL

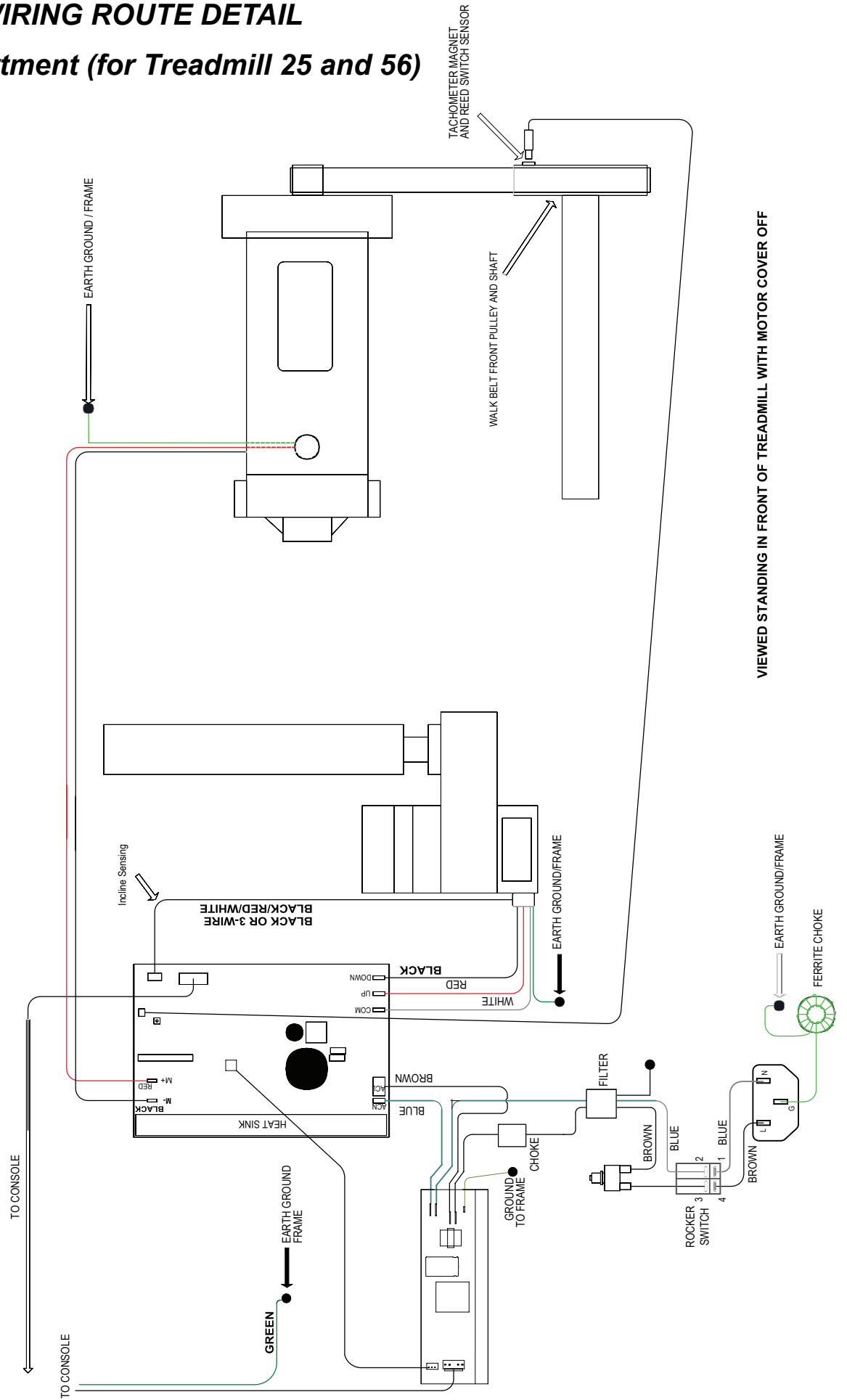
- Motor Compartment (for Treadmill 10 and 22)



VIEWED STANDING IN FRONT OF TREADMILL WITH MOTOR COVER OFF

ELECTRICAL WIRING ROUTE DETAIL

- Motor Compartment (for Treadmill 25 and 56)



VIEWED STANDING IN FRONT OF TREADMILL WITH MOTOR COVER OFF

7. Re-install all remaining parts that were removed in reverse order.

8. Final Inspection

Inspect your machine to ensure that all hardware is 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.

NOTICE: This document provides instructions for the replacement of the Side Rail on the Bowflex™ Treadmill 10 / Treadmill 22 / Treadmill 25 / Treadmill 56.


If you need assistance, please contact Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: www.nautilusinternational.com

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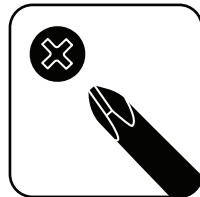
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- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders, children and pets away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- If replacement parts are necessary, use only genuine Nautilus replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and will void the warranty.
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- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

• SAVE THESE INSTRUCTIONS.

Tools Required (not included)

#2 Phillips screwdriver



Note: Your machine may not match the images provided exactly.

1. Unplug the power cord from the machine and wait 5 minutes. Place the power cord in a secure location.

⚠ DANGER

To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.



2. Make sure that there is safe clearance around, on and above the treadmill. Make sure there is no object to spill or cause blockage from the fully folded position.

⚠ Be sure there is adequate height clearance for the raised deck.

3. Using the Deck Handle found below the rear of the walking belt, push the Walking Deck Release Button and lift the walking deck fully upward and engage the hydraulic lift. Be sure that the hydraulic lift is correctly locked in place. You will hear an audible click when the hydraulic lift shifts into the locked position.

⚠ Use proper safety precautions and lifting techniques. Bend your knees and elbows, keep your back straight and pull up equally with both arms. Make sure that your own physical strength is capable of lifting the walking deck until it engages the locking mechanism. Use a second person if necessary.

Do not use the walking belt or rear roller to lift the treadmill. These parts do not lock in place and can abruptly move. Injury to you or damage to the machine can occur.



4. Make sure that the locking mechanism is engaged. Carefully pull back on the walking deck and make sure that it does not move. When you do this, keep clear of movement path in case the treadmill lock is not engaged.

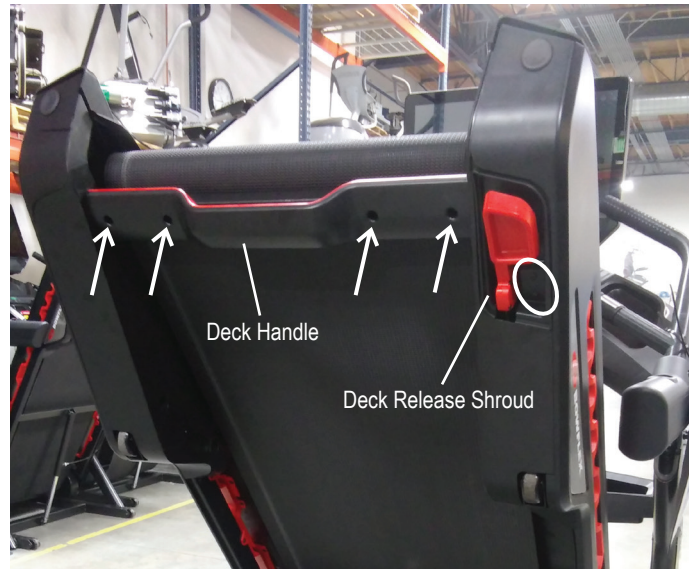
⚠ Do not lean against the treadmill when it is folded. Do not put items on it that could cause it to become unstable or fall.



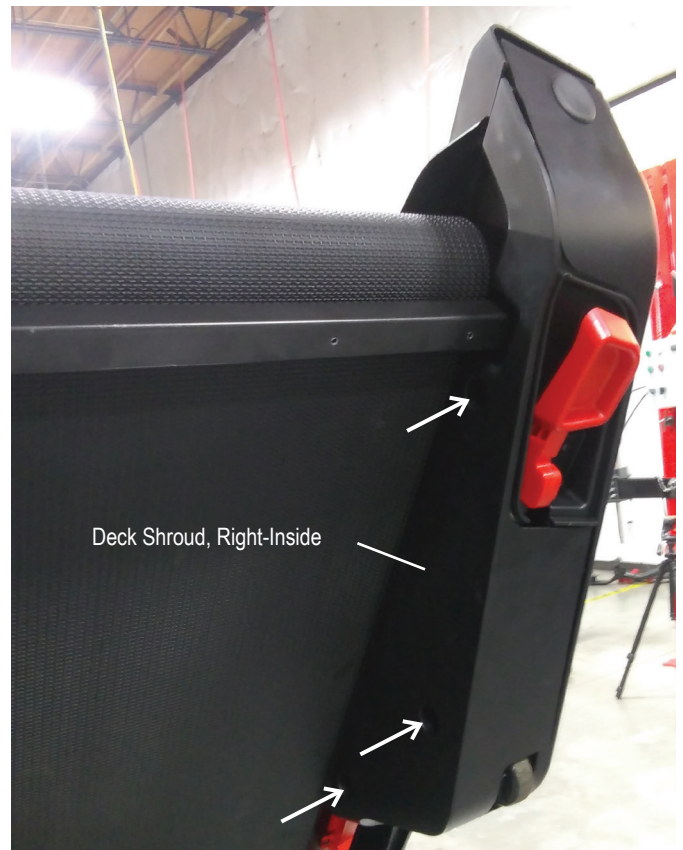
5. Using a #2 Phillips screwdriver, remove the 4 screws (indicated by arrows) from the Deck Handle and place it aside.

6. Using a #2 Phillips screwdriver, remove the 2 screws (indicated by oval) from the Deck Release Shroud. Do not attempt to remove the Deck Release Shroud. Simply allow it to loosely hang on the machine.

⚠ Be sure not to push or release the Walking Deck Release Button. The Walking Deck could fall and cause injury or damage to an individual.



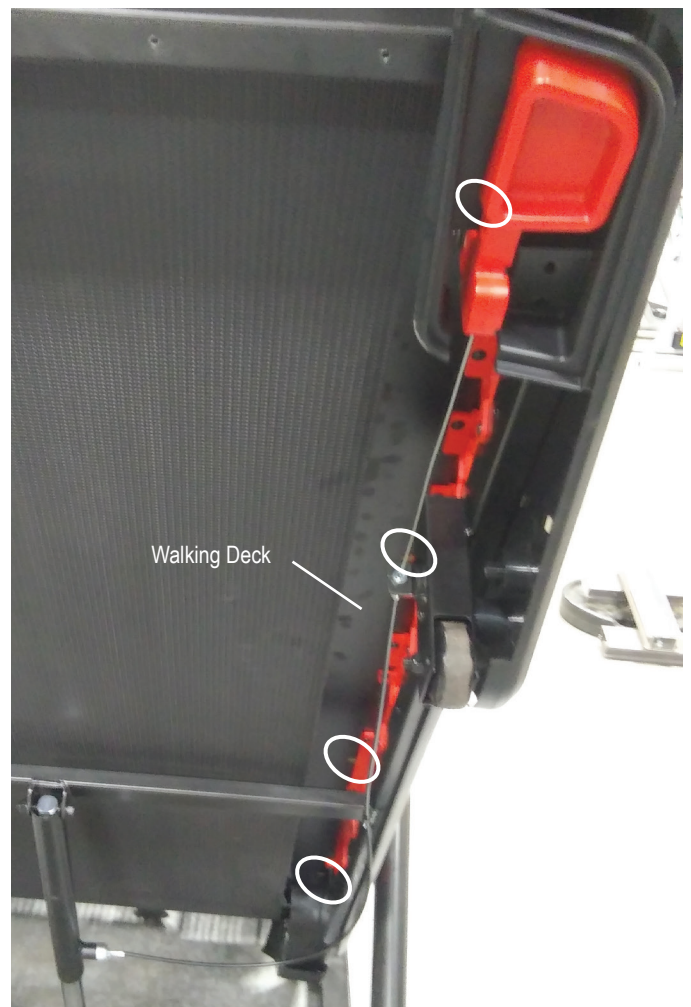
7. Using a #2 Phillips screwdriver, remove the 3 screws (indicated by arrows) that secure the Right-Inside Deck Shroud. Remove it from the machine.



8. Using a #2 Phillips screwdriver, remove the 4 screws (indicated by ovals) that secure the old Right Side Rail to the Walking Deck. Remove it from the machine.

Note: The Deck Release Shroud may need to be maneuvered to gain access to the rear screw.


9. Using a #2 Phillips screwdriver, attach the new Right Side Rail.



10. If replacing the Left Side Rail, repeat the previous Steps on the left side of the machine.

11. Re-install all remaining parts that were removed in reverse order.

12. Make sure there is sufficient space to lower the walking deck.

 **Keep a minimum clearance behind the machine of 79" (2 m) and 19.7" (0.5 m) on each side. This is the recommended safe distance for access, movement and emergency dismounts from the machine.**


13. Make sure there is no object on or around the treadmill to spill or cause blockage from the fully unfolded position.

14. Slightly push the walking deck forward toward the console, and then push the Walking Deck Release Button until the locking tube releases and you can pull the walking deck away from the console. Hold up the rear of the walking deck, and move to the side of the machine.

 **Keep clear of the movement path of the walking deck.**

15. The hydraulic lift is set up to drop gradually. Hold onto the walking deck until approximately 2/3 of the movement down. Make sure that you use proper lifting technique; bend your knees and keep your back straight. Be aware that the walking deck can possibly drop quickly in the last part of the movement.

16. Final Inspection
Inspect your machine to ensure that all hardware is 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.**

NOTICE: This document provides instructions for the replacement of the Speed Sensor Assembly on the Bowflex™ Treadmill 10 / Treadmill 22 / Treadmill 25 / Treadmill 56.

If you need assistance, please contact Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: www.nautilusinternational.com

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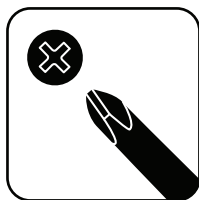
⚠ DANGER To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.

- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders, children and pets away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
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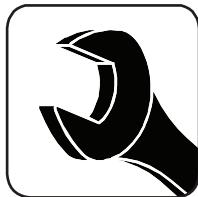
Tools Required (not included)

#2 Phillips screwdriver (short)



Something to cut Zip-Ties

10mm Wrench



Replacement Zip-Ties (x5)

5mm Hex wrench



Note: Your machine may not match the images provided exactly.

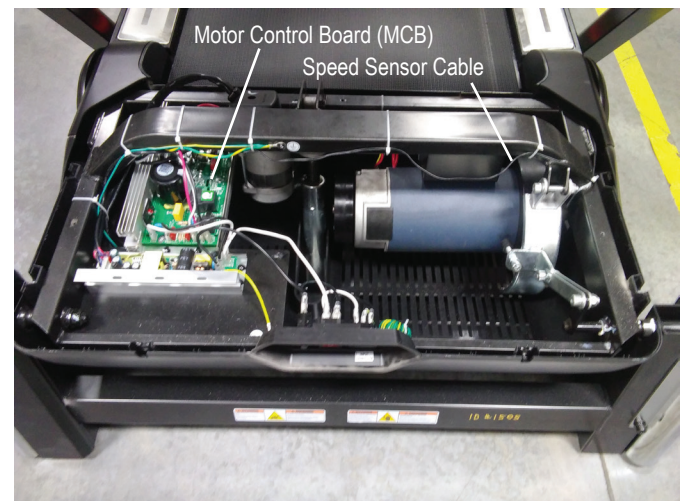
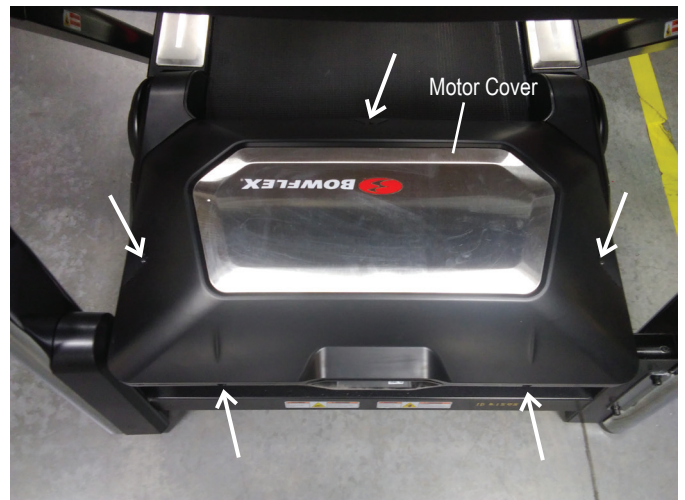
1. Unplug the power cord from the machine and wait 5 minutes. Place the power cord in a secure location.

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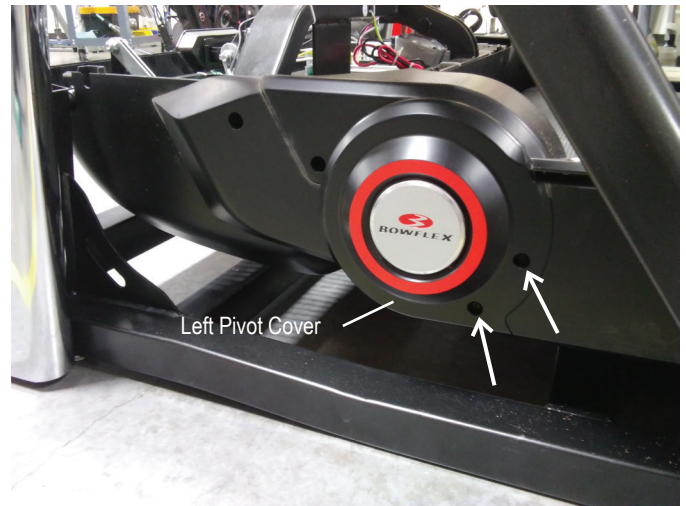


2. Using a #2 Phillips screwdriver, remove the 5 screws (indicated by arrows) that secure the Motor Cover and remove it.

Note: To assist with re-assembly of the Motor Cover, the two front screws are short.



3. Using a #2 Phillips screwdriver, remove the 2 screws (indicated by arrows) that attach the Left Pivot Cover.



4. Make sure that there is safe clearance around, on and above the treadmill. Make sure there is no object to spill or cause blockage from the fully folded position.

! Be sure there is adequate height clearance for the raised deck.

5. Using the Deck Handle found below the rear of the walking belt, push the Walking Deck Release Button and lift the walking deck fully upward and engage the hydraulic lift. Be sure that the hydraulic lift is correctly locked in place. You will hear an audible click when the hydraulic lift shifts into the locked position.

! Use proper safety precautions and lifting techniques. Bend your knees and elbows, keep your back straight and pull up equally with both arms. Make sure that your own physical strength is capable of lifting the walking deck until it engages the locking mechanism. Use a second person if necessary.

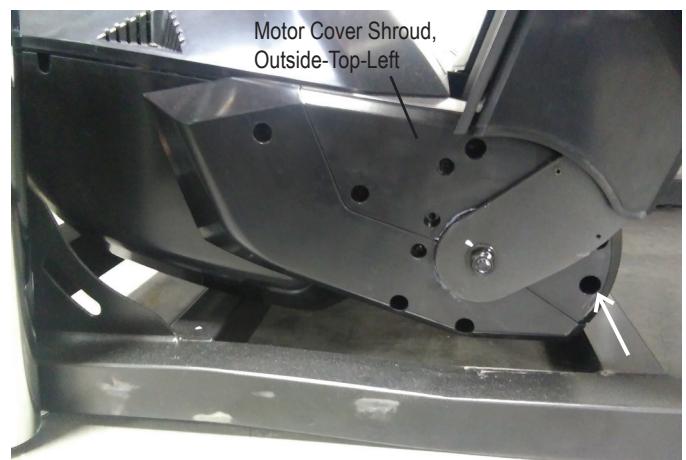
Do not use the walking belt or rear roller to lift the treadmill. These parts do not lock in place and can abruptly move. Injury to you or damage to the machine can occur.

6. Make sure that the locking mechanism is engaged. Carefully pull back on the walking deck and make sure that it does not move. When you do this, keep clear of movement path in case the treadmill lock is not engaged.

! Do not lean against the treadmill when it is folded. Do not put items on it that could cause it to become unstable or fall.

Note: To assist with re-assembly of the Shrouds, an arrow indicates a self-tapping screw and an oval indicates a machine screw.

7. Using a #2 Phillips screwdriver, remove the 1 Self-tapping screw (indicated by arrow) from the Outside-Top-Left Motor Cover Shroud.



8. Make sure there is sufficient space to lower the walking deck.

! Keep a minimum clearance behind the machine of 79" (2 m) and 19.7" (0.5 m) on each side. This is the recommended safe distance for access, movement and emergency dismounts from the machine.

9. Make sure there is no object on or around the treadmill to spill or cause blockage from the fully unfolded position.

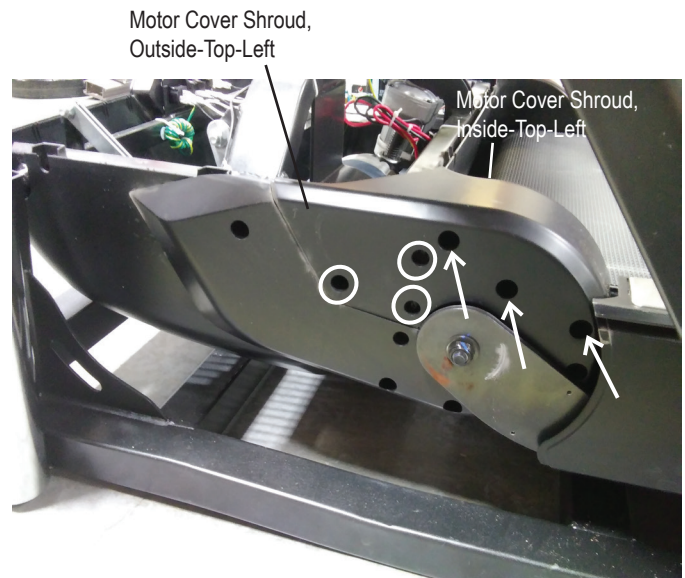
10. Slightly push the walking deck forward toward the console, and then push the Walking Deck Release Button until the locking tube releases and you can pull the walking deck away from the console. Hold up the rear of the walking deck, and move to the side of the machine.

! Keep clear of the movement path of the walking deck.

11. The hydraulic lift is set up to drop gradually. Hold onto the walking deck until approximately 2/3 of the movement down. Make sure that you use proper lifting technique; bend your knees and keep your back straight. Be aware that the walking deck can possibly drop quickly in the last part of the movement.

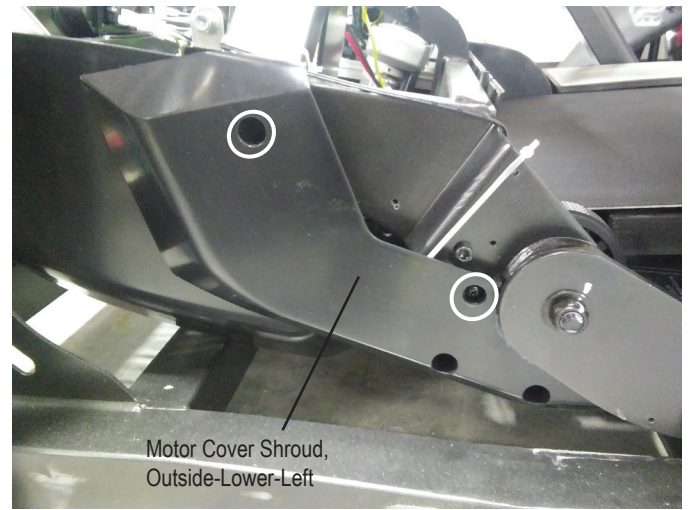
12. Using a #2 Phillips screwdriver, remove the 3 screws (indicated by arrows) that attach the Inside-Top-Left Motor Cover Shroud. Remove the Inside-Top-Left Motor Cover Shroud

13. Using a #2 Phillips screwdriver, remove the 3 screws (indicated by ovals) that attach the Outside-Top-Left Motor Cover Shroud. Remove the Outside-Top-Left Motor Cover Shroud

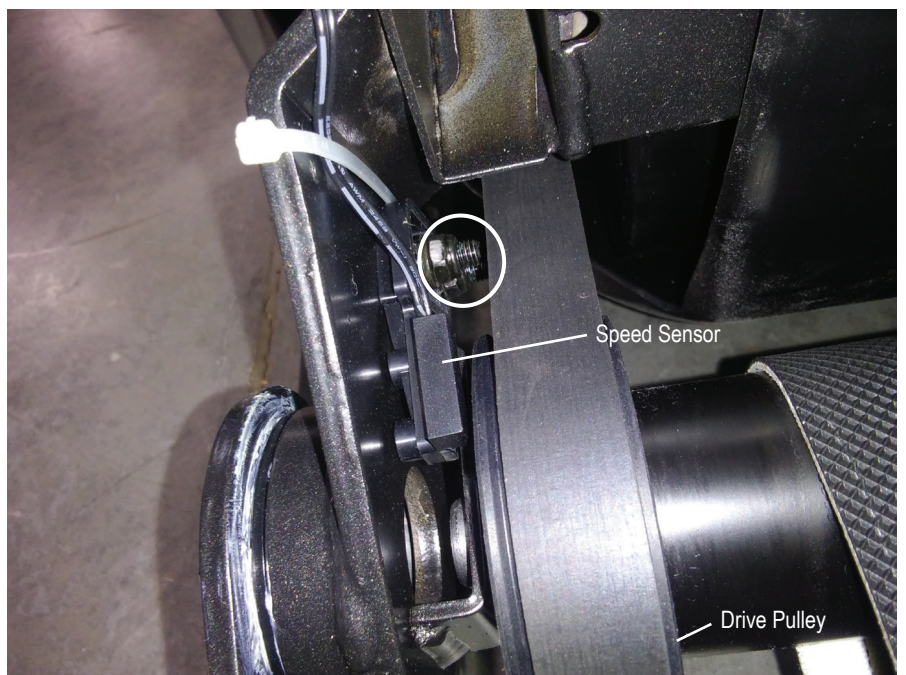
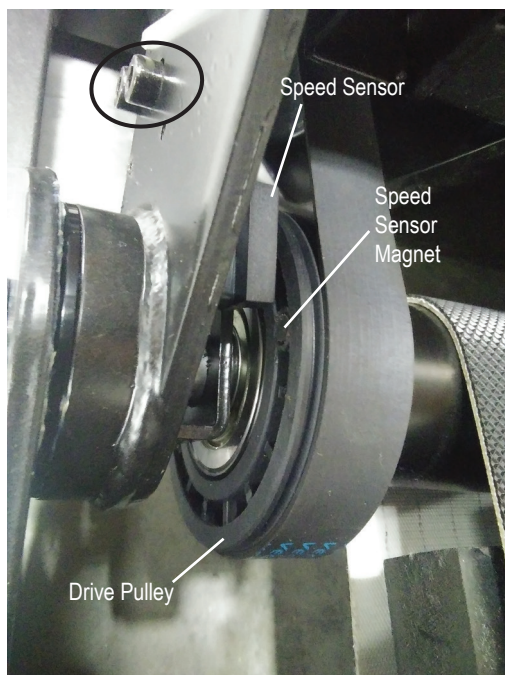
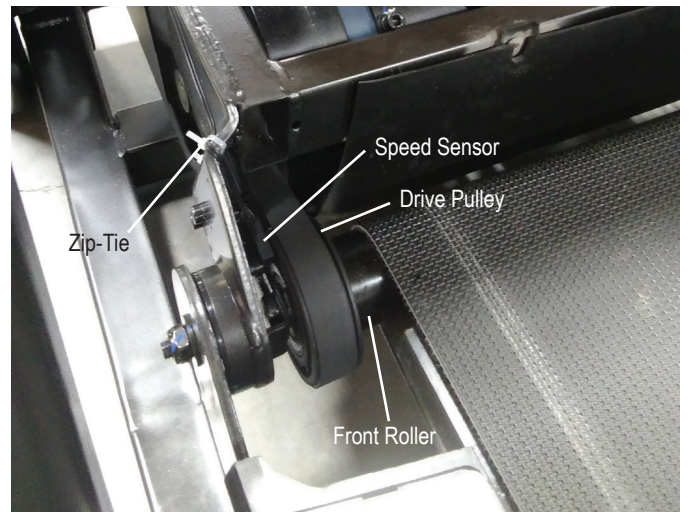


14. Using a #2 Phillips screwdriver, remove the 2 screws (indicated by ovals) that attach the Outside-Lower-Left Motor Cover Shroud.

15. Carefully remove the Outside-Lower-Left Motor Cover Shroud, with the Inside-Lower-Left Motor Cover Shroud still attached to it, from the Frame.



16. Using a 5mm hex wrench from the outside and a 10mm wrench on the inside of the frame, remove the hardware (indicated by ovals, below) that secures the Speed Sensor Assembly.

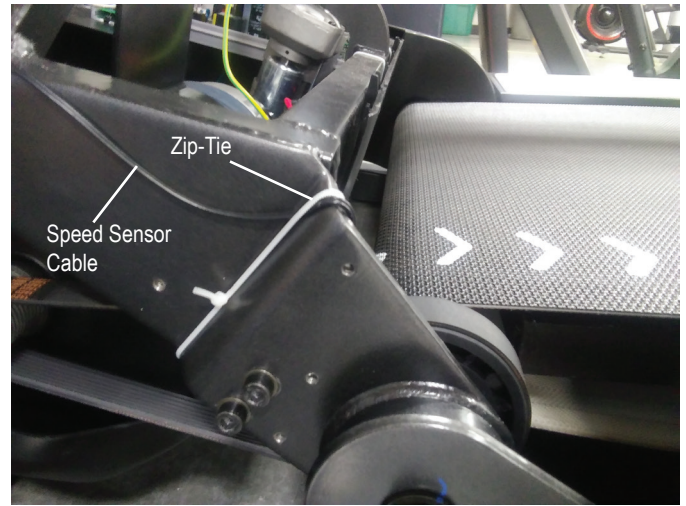


17. After noting how the Zip-Tie secures the Speed Sensor Cable to the Frame, cut the Zip-Tie that secures the Speed Sensor Cable.

18. Attach the new Speed Sensor to the Frame, but do not fully tighten the hardware.

19. Secure the new Speed Sensor Cable to the Frame just as the old Cable was secured. If the Cable is not secured in the same manner, there is the potential to damage the Cable during re-assembly.

20. Rotate the Drive Pulley until the Speed Sensor Magnet is beside the Speed Sensor. With the Speed Sensor Magnet centered on the Speed Sensor, fully tighten the hardware that attaches the Speed Sensor. Be sure that the Magnet is centered after tightening.



21. Cut the remaining Zip-Ties that secure the Speed Sensor Cable (3 shown here).

22. Remove the Speed Sensor Connector from the Motor Control Board.

23. Route the new Speed Sensor Cable along the Frame.

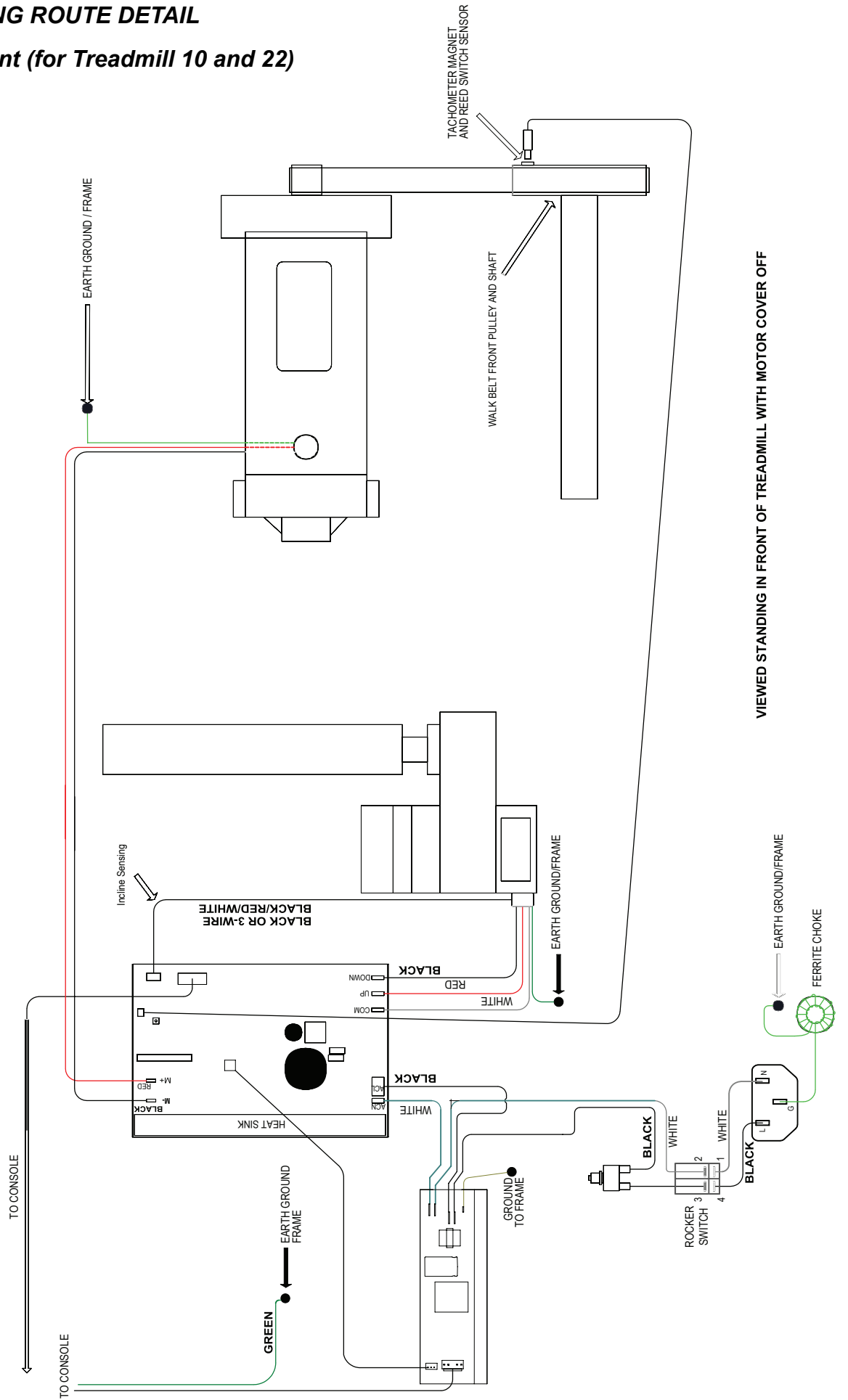
24. Attach the new Speed Sensor Connector to the Motor Control Board.

25. Using replacement Zip-Ties, secure the Speed Sensor Cable to the Frame and trim the excess from the Zip-Ties. Be sure not to cut the Speed Sensor Cable.



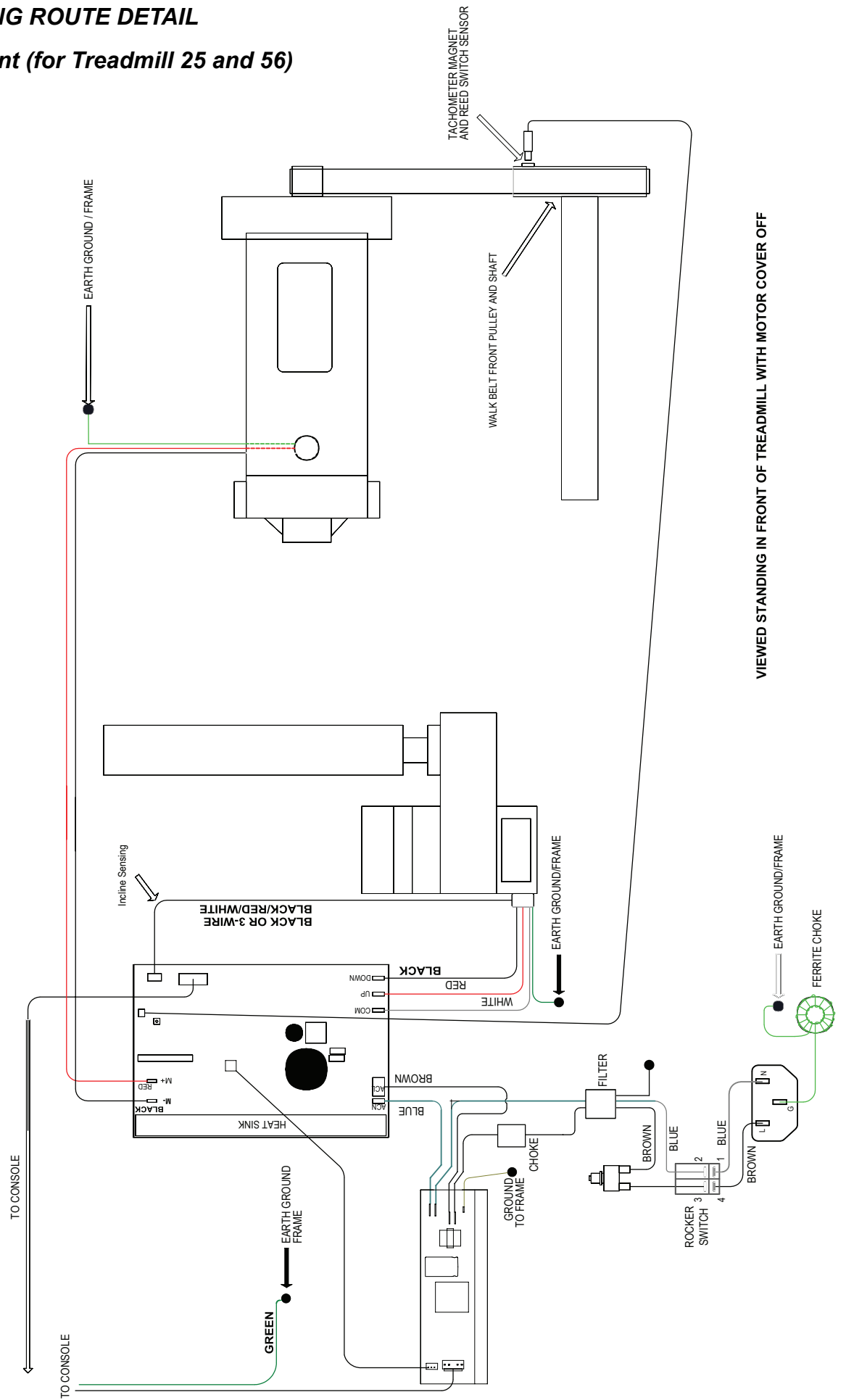
ELECTRICAL WIRING ROUTE DETAIL

- Motor Compartment (for Treadmill 10 and 22)



ELECTRICAL WIRING ROUTE DETAIL

- Motor Compartment (for Treadmill 25 and 56)



Note: To assist with re-assembly of the Shrouds, an arrow indicates a self-tapping screw and an oval indicates a machine screw.

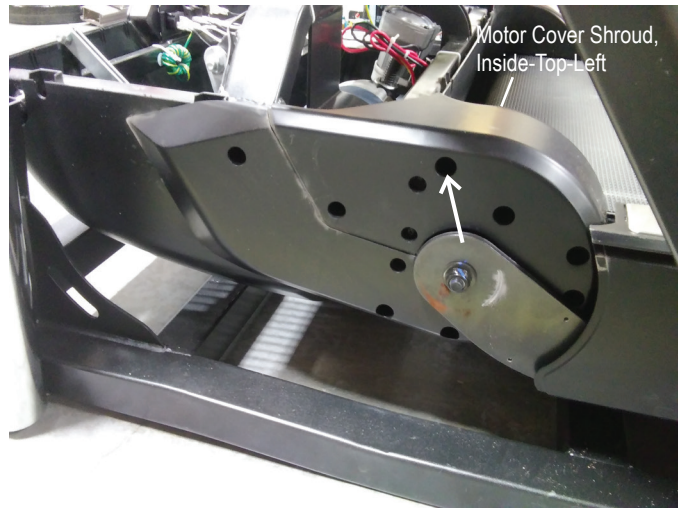
26. Using a #2 Phillips screwdriver, loosely attach the Outside-Lower-Left Motor Cover Shroud to the Frame with the indicated machine screw.

Note: The Inside-Lower-Left Motor Cover Shroud is attached to the Outside-Lower-Left Motor Cover Shroud.

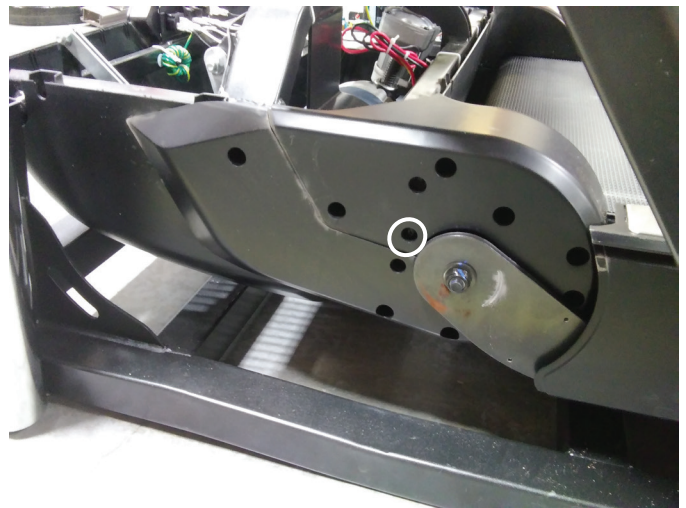


27. Place the Outside-Top-Left Motor Cover Shroud on top of the Outside-Lower-Left Motor Cover Shroud.

28. Gently pivot the Inside-Upper-Left Motor Cover Shroud onto the Outside-Top-Left Motor Cover Shroud, and loosely attach them together with the indicated self-tapping screw.



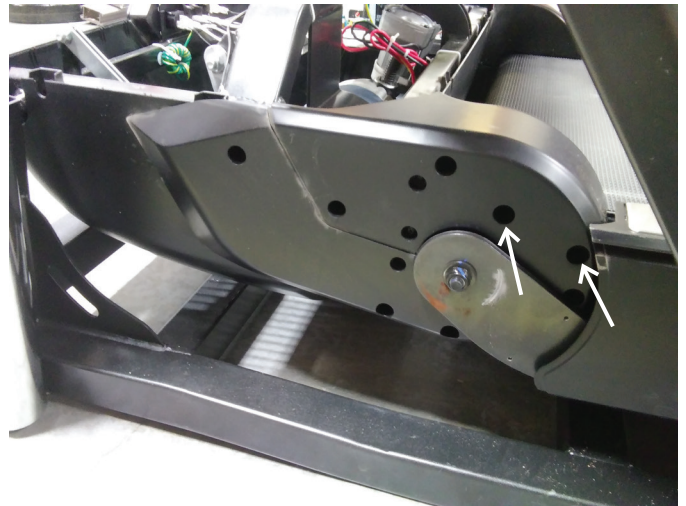
29. Using a #2 Phillips screwdriver, loosely attach the Outside-Upper-Left Motor Cover Shroud to the Frame with the indicated machine screw.



30. With all of the Shrouds now seated correctly, secure the Outside-Lower-Left Motor Cover Shroud to the Frame with the indicated machine screw.



31. Using a #2 Phillips screwdriver, secure the Inside-Upper-Left Motor Cover Shroud with the indicated self-tapping screws.



32. Make sure that there is safe clearance around, on and above the treadmill. Make sure there is no object to spill or cause blockage from the fully folded position.

⚠ Be sure there is adequate height clearance for the raised deck.

33. Using the Deck Handle found below the rear of the walking belt, push the Walking Deck Release Button and lift the walking deck fully upward and engage the hydraulic lift. Be sure that the hydraulic lift is correctly locked in place. You will hear an audible click when the hydraulic lift shifts into the locked position.

⚠ Use proper safety precautions and lifting techniques. Bend your knees and elbows, keep your back straight and pull up equally with both arms. Make sure that your own physical strength is capable of lifting the walking deck until it engages the locking mechanism. Use a second person if necessary.

Do not use the walking belt or rear roller to lift the treadmill. These parts do not lock in place and can abruptly move. Injury to you or damage to the machine can occur.

34. Make sure that the locking mechanism is engaged. Carefully pull back on the walking deck and make sure that it does not move. When you do this, keep clear of movement path in case the treadmill lock is not engaged.



! Do not lean against the treadmill when it is folded. Do not put items on it that could cause it to become unstable or fall.

35. Using a #2 Phillips screwdriver, secure the Outside-Upper-Left Motor Cover Shroud with the indicated self-tapping screw.

36. Make sure there is sufficient space to lower the walking deck.

! Keep a minimum clearance behind the machine of 79" (2 m) and 19.7" (0.5 m) on each side. This is the recommended safe distance for access, movement and emergency dismounts from the machine.

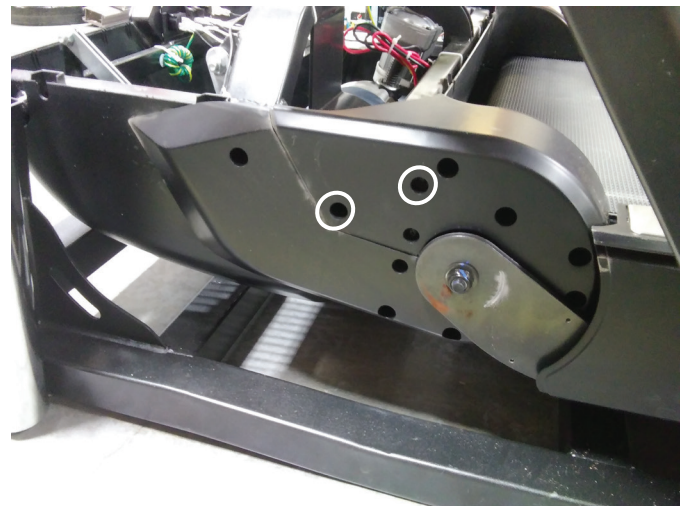
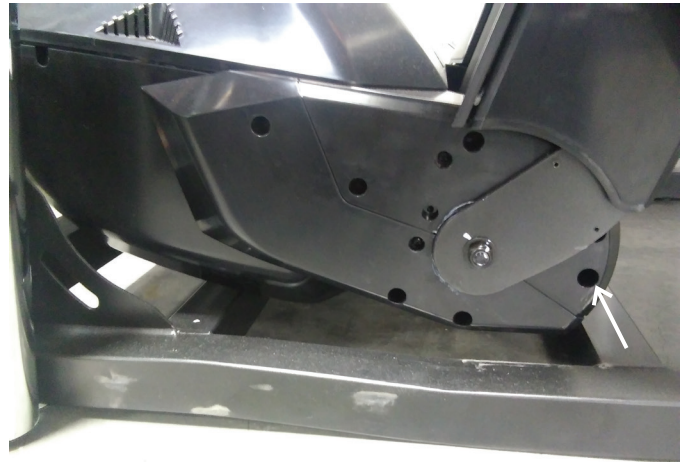
37. Make sure there is no object on or around the treadmill to spill or cause blockage from the fully unfolded position.

38. Slightly push the walking deck forward toward the console, and then push the Walking Deck Release Button until the locking tube releases and you can pull the walking deck away from the console. Hold up the rear of the walking deck, and move to the side of the machine.

! Keep clear of the movement path of the walking deck.

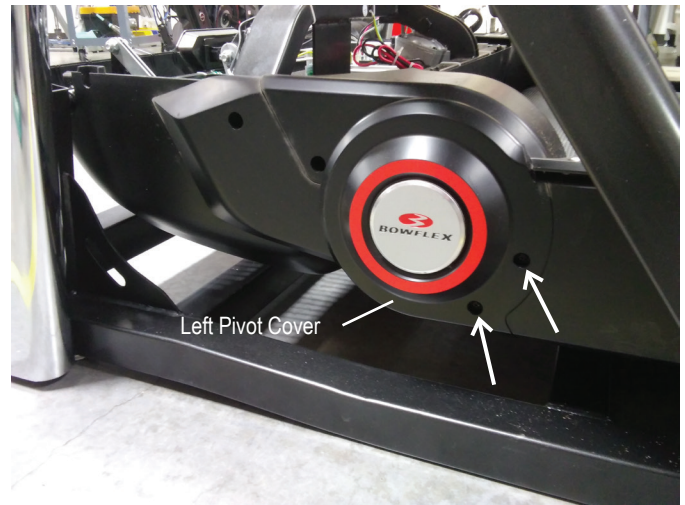
39. The hydraulic lift is set up to drop gradually. Hold onto the walking deck until approximately 2/3 of the movement down. Make sure that you use proper lifting technique; bend your knees and keep your back straight. Be aware that the walking deck can possibly drop quickly in the last part of the movement.

40. Using a #2 Phillips screwdriver, secure the Outside-Upper-Left Motor Cover Shroud with the indicated self-tapping screw.



41. Fully tighten all of the hardware that attaches the Shrouds.

42. Using a #2 Phillips screwdriver, secure the Left Pivot Cover to the Frame.



43. Re-install all remaining parts that were removed in reverse order.

44. Final Inspection

Inspect your machine to ensure that all hardware is 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.

NOTICE: This document provides instructions for the replacement of the Transport Wheel on the Bowflex™ Treadmill 10 / Treadmill 22 / Treadmill 25 / Treadmill 56.

If you need assistance, please contact Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: www.nautilusinternational.com

This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Read and understand all Warnings on this machine.

Nautilus, Inc., www.NautilusInc.com, 5415 Centerpoint Parkway, Groveport, OH 43125 U.S.A. - Customer Service: North America (800) 605-3369, csnls@nautilus.com | outside U.S. www.nautilusinternational.com | Printed in China | © 2021 Nautilus, Inc. | Bowflex and the B logo are trademarks owned or licensed by Nautilus, Inc., registered or otherwise protected by common law in the United States and other nations. | ORIGINAL DOCUMENT - ENGLISH VERSION ONLY

Important Safety Instructions - Before servicing or using this equipment, obey the following warnings:

This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Read and understand all Warnings on this machine.

DANGER To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.

- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders, children and pets away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- If replacement parts are necessary, use only genuine Nautilus replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If at any time the Warning labels become loose, unreadable or dislodged, replace the labels. If purchased in US/Canada, contact Customer Service for replacement labels. If purchased outside US/Canada, contact your local distributor for them.
- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety and will void the warranty.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

• **SAVE THESE INSTRUCTIONS.**

Tools Required (not included)

6mm hex wrench



13mm wrench



⚠ DANGER

To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.

1. Unplug the power cord from the machine and wait 5 minutes. Place the power cord in a secure location.

2. Make sure that there is safe clearance around, on and above the treadmill. Make sure there is no object to spill or cause blockage from the fully folded position.



Be sure there is adequate height clearance for the raised deck.

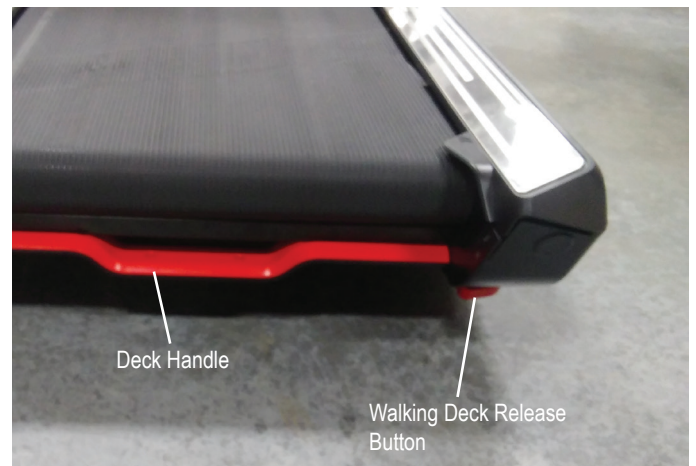


3. Using the Deck Handle found below the rear of the walking belt, push the Walking Deck Release Button and lift the walking deck fully upward and engage the hydraulic lift. Be sure that the hydraulic lift is correctly locked in place. You will hear an audible click when the hydraulic lift shifts into the locked position.



Use proper safety precautions and lifting techniques. Bend your knees and elbows, keep your back straight and pull up equally with both arms. Straighten your legs to lift. Make sure that your own physical strength is capable of lifting the walking deck until it engages the locking mechanism. Use a second person if necessary.

Do not use the walking belt or rear roller to lift the treadmill. These parts do not lock in place and can abruptly move. Injury to you or damage to the machine can occur.



4. Make sure that the locking mechanism is engaged. Carefully pull back on the walking deck and make sure that it does not move. When you do this, keep clear of movement path in case the treadmill lock is not properly engaged.

⚠ Do not lean against the treadmill when it is folded. Do not put items on it that could cause it to become unstable or fall.



5. Using a 13mm wrench and a 6mm hex wrench, remove the indicated hardware from the Transport Wheel.

6. Using a 13mm wrench and a 6mm hex wrench, attach the new Transport Wheel to the Frame Assembly.



7. Make sure there is sufficient space to lower the walking deck.



Keep a minimum clearance behind the machine of 79" (2 m) and 19.7" (0.5 m) on each side. This is the recommended safe distance for access, movement and emergency dismounts from the machine.

8. Make sure there is no object on or around the treadmill to spill or cause blockage from the fully unfolded position.

9. Slightly push the walking deck forward toward the console. Push the Deck Release Handle until the lift shock releases and you can pull the walking deck away from the console. Hold up the rear of the walking deck, and move to the side of the machine.



Keep clear of the movement path of the walking deck.

10. The hydraulic lift is set up to drop gradually. Hold onto the walking deck until approximately 2/3 of the movement down. Make sure that you use proper lifting technique; bend your knees and keep your back straight. Lower the weight with your legs. Be aware that the walking deck can possibly drop quickly in the last part of the movement.

11. Final Inspection

Inspect your machine to ensure that all hardware is 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.

NOTICE: This document provides instructions for the replacement of the Walking Belt on the Bowflex™ Treadmill 10 / Treadmill 22 / Treadmill 25 / Treadmill 56.

If you need assistance, please contact Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: www.nautilusinternational.com

This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Read and understand all Warnings on this machine.

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Important Safety Instructions - Before servicing or using this equipment, obey the following warnings:

This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Read and understand all Warnings on this machine.

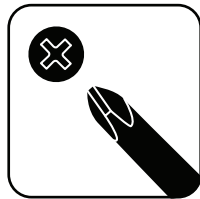
DANGER To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.

- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders, children and pets away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- If replacement parts are necessary, use only genuine Nautilus replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and will void the warranty.
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- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety and will void the warranty.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

• SAVE THESE INSTRUCTIONS.

Tools Required (not included)

#2 Phillips screwdriver



8300 Silicone Spray or Lube-N-Walk® Treadmill Lubrication Kit

6mm hex wrench



Note: Your machine may not match the images provided exactly.

1. Unplug the power cord from the machine and wait 5 minutes. Place the power cord in a secure location.

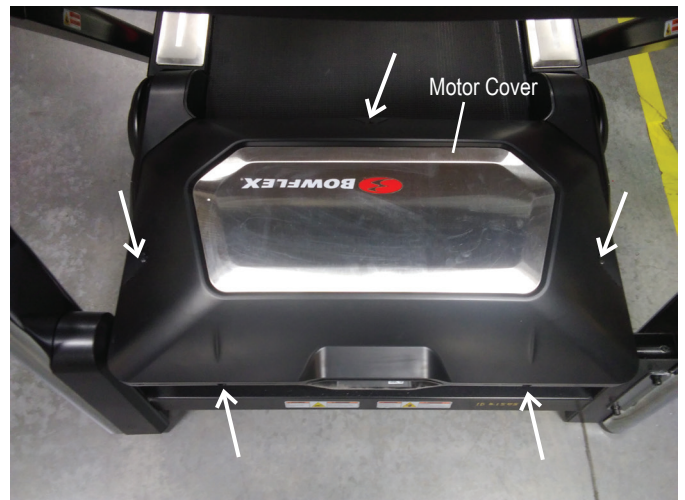
⚠ DANGER To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.

2. Remove the Right and Left Plugs that cover the openings to the Walking Belt Adjustment Bolts.



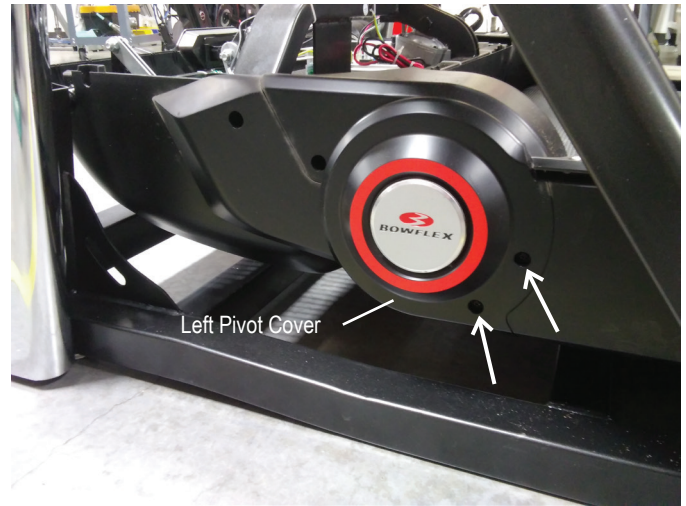
3. Using a #2 Phillips screwdriver, remove the 5 indicated screws that secure the Motor Cover.

Note: To assist with re-assembly of the Motor Cover, the two front screws are shorter than the others.



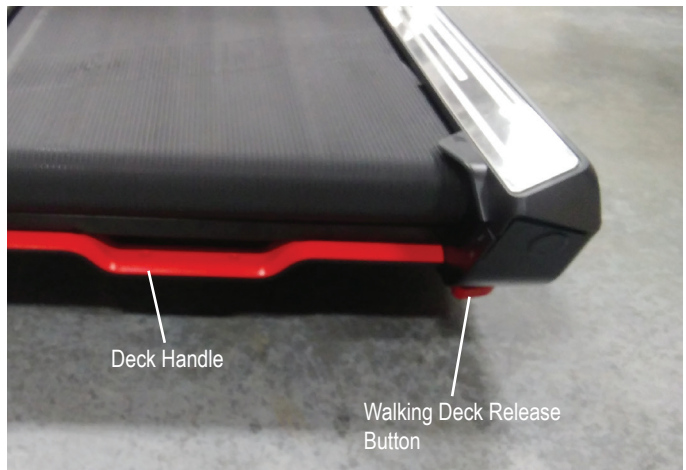
4. Using a #2 Phillips screwdriver, remove the 2 screws (indicated by arrows) that attach the Left Pivot Cover.

4. Repeat this step on the right side of the machine.



5. Make sure that there is safe clearance around, on and above the treadmill. Make sure there is no object to spill or cause blockage from the fully folded position.

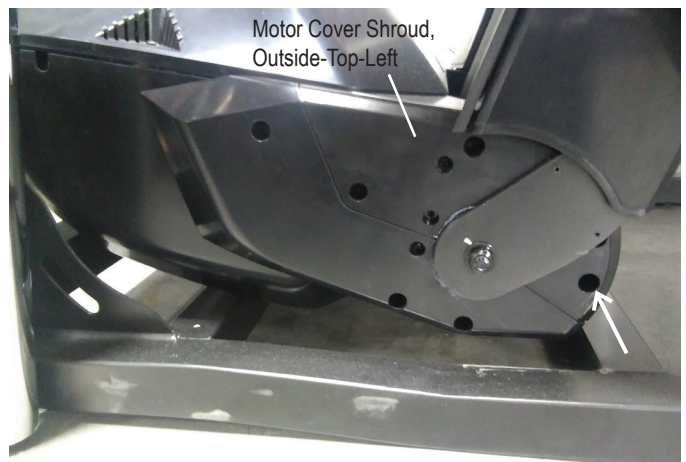
! Be sure there is adequate height clearance for the raised deck.



Note: To assist with re-assembly of the Shrouds, an arrow indicates a self-tapping screw and an oval indicates a machine screw.

6. Using a #2 Phillips screwdriver, remove the 1 Self-tapping screw (indicated by arrow) from the Outside-Top-Left Motor Cover Shroud.

7. Repeat this step on the right side of the machine.



8. Using the Deck Handle found below the rear of the walking belt, push the Walking Deck Release Button and lift the walking deck fully upward and engage the hydraulic lift. Be sure that the hydraulic lift is correctly locked in place. You will hear an audible click when the hydraulic lift shifts into the locked position.

⚠ Use proper safety precautions and lifting techniques. Bend your knees and elbows, keep your back straight and pull up equally with both arms. Make sure that your own physical strength is capable of lifting the walking deck until it engages the locking mechanism. Use a second person if necessary.

Do not use the walking belt or rear roller to lift the treadmill. These parts do not lock in place and can abruptly move. Injury to you or damage to the machine can occur.

9. Make sure that the locking mechanism is engaged. Carefully pull back on the walking deck and make sure that it does not move. When you do this, keep clear of movement path in case the treadmill lock is not engaged.

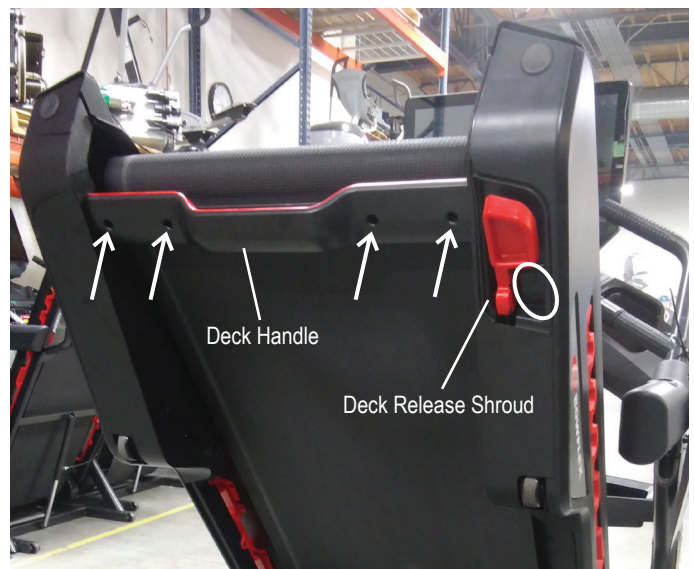
⚠ Do not lean against the treadmill when it is folded. Do not put items on it that could cause it to become unstable or fall.



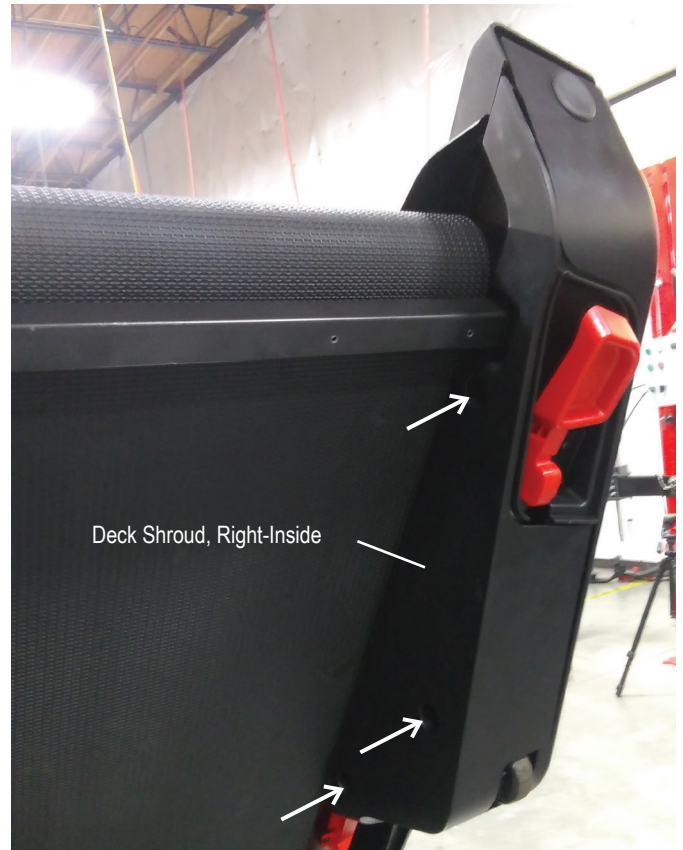
10. Using a #2 Phillips screwdriver, remove the 4 screws (indicated by arrows) from the Deck Handle and place it aside.

11. Using a #2 Phillips screwdriver, remove the 2 screws (indicated by oval) from the Deck Release Shroud. Do not attempt to remove the Deck Release Shroud. Simply allow it to loosely hang on the machine.

⚠ Be sure not to push or release the Walking Deck Release Button. The Walking Deck could fall and cause injury or damage to an individual.

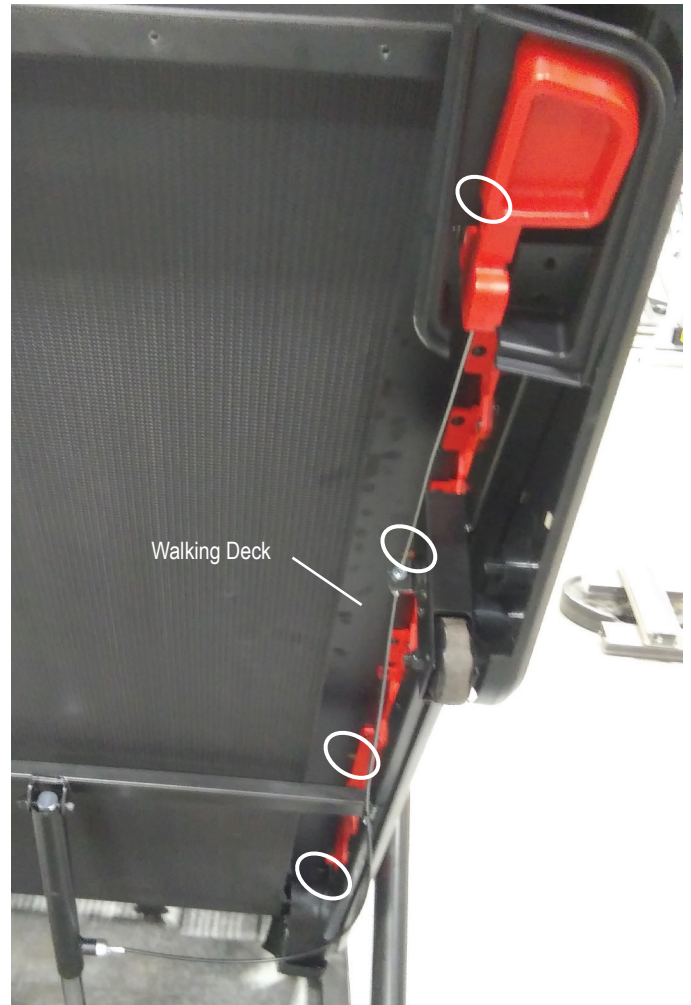


12. Using a #2 Phillips screwdriver, remove the 3 screws (indicated by arrows) that secure the Right-Inside Deck Shroud. Remove it from the machine.



13. Using a #2 Phillips screwdriver, remove the 4 screws (indicated by ovals) that secure the Side Rails to the Walking Deck. Remove them from the machine.

Note: The Deck Release Shroud may need to be maneuvered to gain access to the rear screws on the right side of the machine.



14. Using a #2 Phillips screwdriver, remove the 5 screws (indicated by arrows) from each of the Outside Deck Shrouds. Remove them from the machine.

15. Make sure there is sufficient space to lower the walking deck.

! Keep a minimum clearance behind the machine of 79" (2 m) and 19.7" (0.5 m) on each side. This is the recommended safe distance for access, movement and emergency dismounts from the machine.

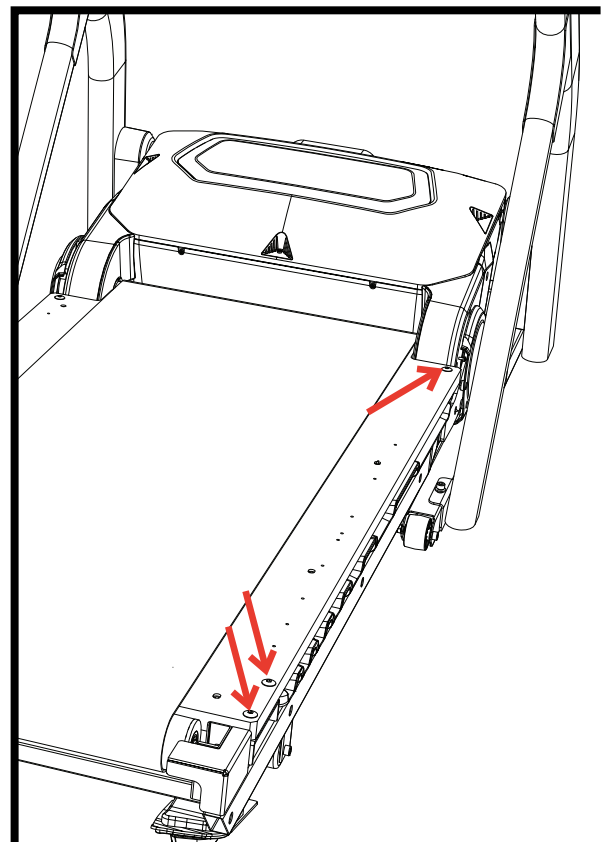
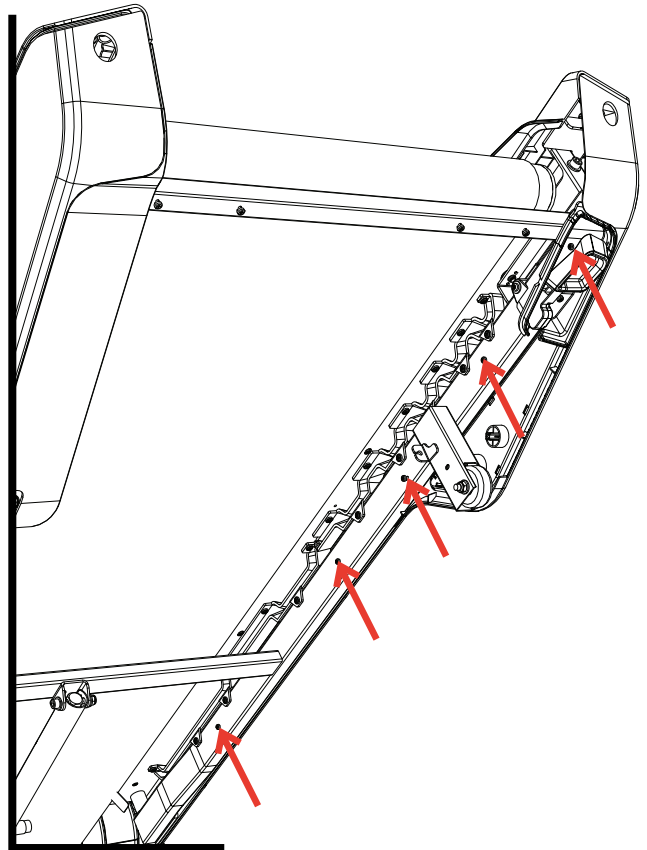
16. Make sure there is no object on or around the treadmill to spill or cause blockage from the fully unfolded position.

17. Slightly push the walking deck forward toward the console, and then push the Walking Deck Release Button until the locking tube releases and you can pull the walking deck away from the console. Hold up the rear of the walking deck, and move to the side of the machine.

! Keep clear of the movement path of the walking deck.

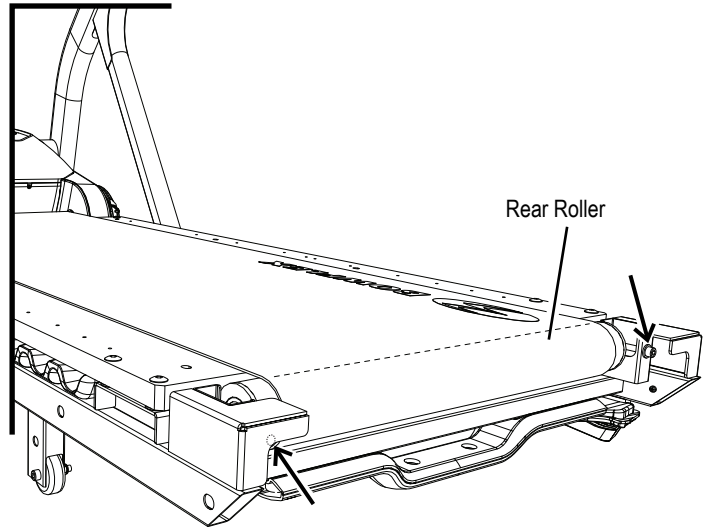
18. The hydraulic lift is set up to drop gradually. Hold onto the walking deck until approximately 2/3 of the movement down. Make sure that you use proper lifting technique; bend your knees and keep your back straight. Be aware that the walking deck can possibly drop quickly in the last part of the movement.

19. Using a 6mm hex wrench, remove the 3 indicated screws from the right side of the Walking Deck.



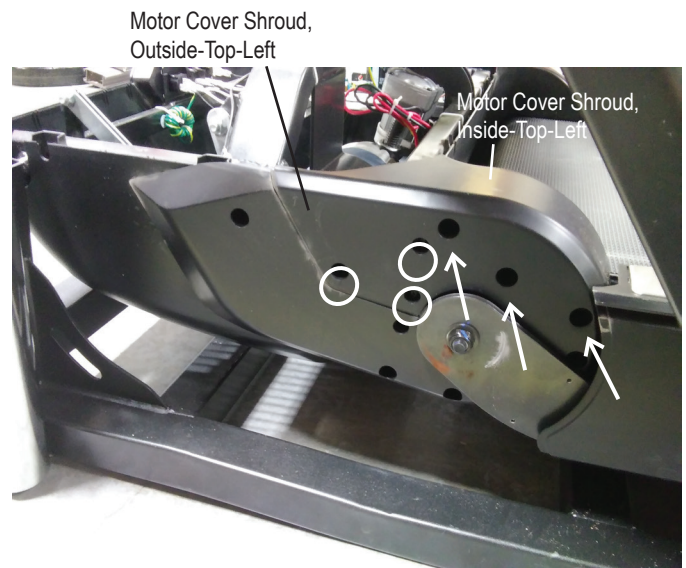
20. Using a 6mm hex wrench, remove the indicated Adjustment Bolts (with arrows) from the Rear Roller.

Note: Be sure to record the number of turns of the Adjustment Bolt it takes to remove it. This will assist with reassembly.



21. Using a #2 Phillips screwdriver, remove the 3 screws (indicated by arrows) that attach the Inside-Top-Left Motor Cover Shroud. Remove the Inside-Top-Left Motor Cover Shroud

22. Using a #2 Phillips screwdriver, remove the 3 screws (indicated by ovals) that attach the Outside-Top-Left Motor Cover Shroud. Remove the Outside-Top-Left Motor Cover Shroud




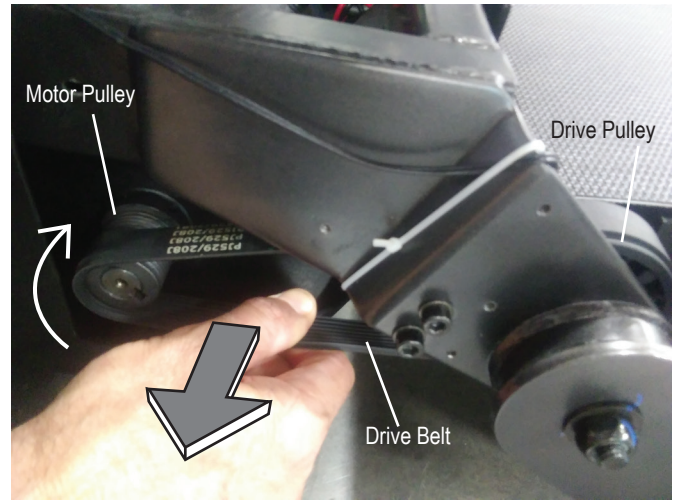
23. Using a #2 Phillips screwdriver, remove the 2 screws (indicated by ovals) that attach the Outside-Lower-Left Motor Cover Shroud. Allow the Outside-Lower-Left Motor Cover Shroud to pivot and rest on the floor.

24. Repeat the last 3 steps on the right side of the machine.



25. To remove the Drive Belt from the Motor Pulley, slightly pull the Drive Belt outward while safely rolling the Drive Pulley. The Drive Belt will come off of the Motor Pulley, and will be loose on the Drive Pulley.

 **Keep fingers out of any pinch opportunities when turning the Pulleys.**



26. Using a 6mm hex wrench, remove the indicated screw from the old Front Roller. Be sure to note the number of turns it takes to remove the screw. This will assist with re-assembly.

27. From the right side of the machine, grasp onto the Drive Pulley and pull it along with the Front Roller toward you. The Front Roller will “pop” out of the channel.

28. Lift and pivot the Front Roller with the old Walking Belt out of the Frame. This will also release the Drive Belt from the Front Roller.

29. Slide the Front Roller out of the old Walking Belt.

30. Slide the Rear Roller out of the Walking Belt.

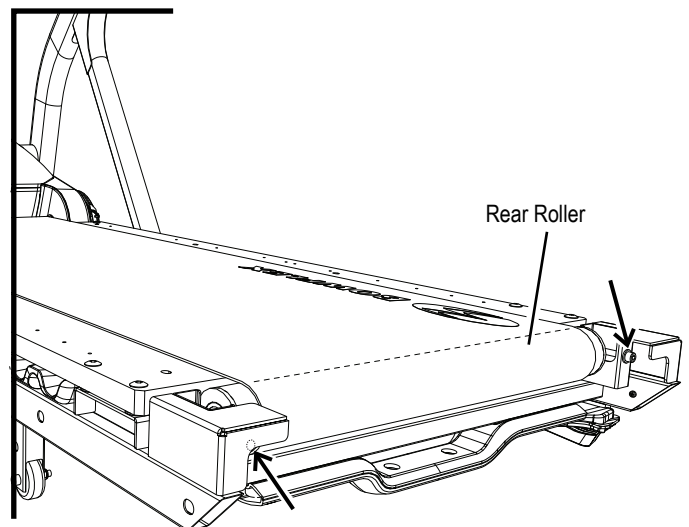
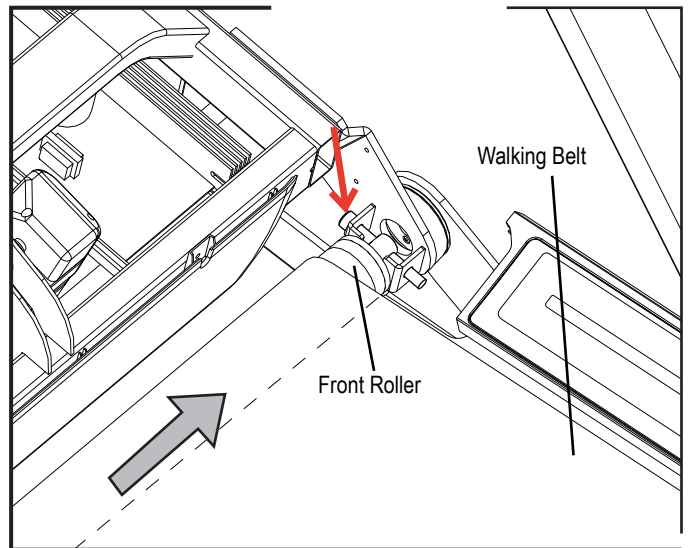
31. Slide the old Walking Belt off of the Deck, and replace with the new Walking Belt.

32. Slide the Rear Roller into the new Walking Belt.

33. Using a 6mm hex wrench, re-attach the Adjustment Bolts to the Rear Roller.

Note: Be sure to tighten the Adjustment Bolt the same number of turns it took to loosen the Walking Belt.

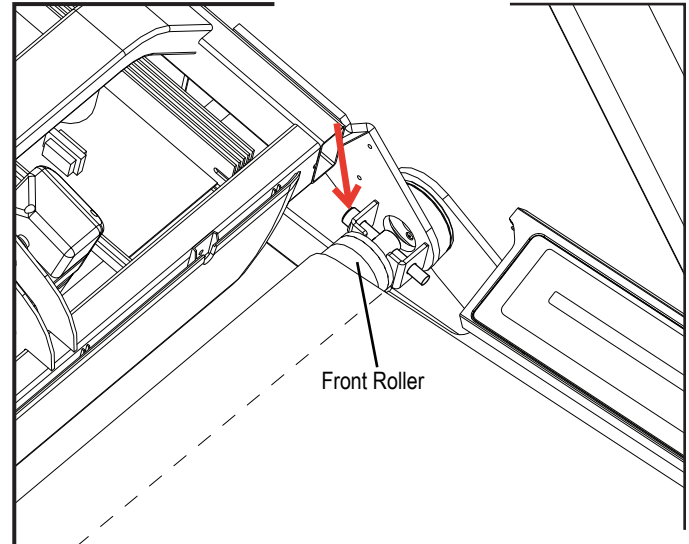
34. Using a 6mm hex wrench, re-install the 3 screws to the Deck.



35. Slide the Front Roller into the new Walking Belt in the same orientation.

36. With the Drive Belt looped around the Front Roller, insert the end of the Front Roller with the Drive Pulley into the Frame. Pivot the other end into the Bracket.

37. Using a 6mm hex wrench, just start the screw (indicated by arrow) to secure the Front Roller to the Bracket.

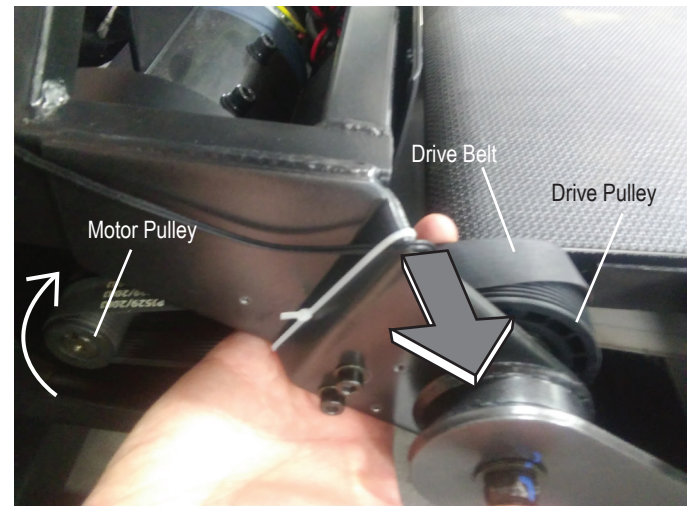


38. Loop the Drive Belt around the Motor Pulley. Start the Drive Belt on the Drive Pulley and roll it in a clockwise motion. Be sure the Belt does not come off of the Motor Pulley.

⚠ Keep fingers out of any pinch opportunities when turning the Pulleys.

39. Roll the Drive Pulley clockwise until the Drive Belt is fully installed. Continue to roll the Belt forward while adding side pressure with fingers to align as necessary.

40. With the Drive Belt installed onto the Drive Pulley, tighten the screw that secures the Front Roller. Be sure to only tighten the screw to the previously noted number of turns when removed.



Note: To assist with re-assembly of the Shrouds, an arrow indicates a self-tapping screw and an oval indicates a machine screw.

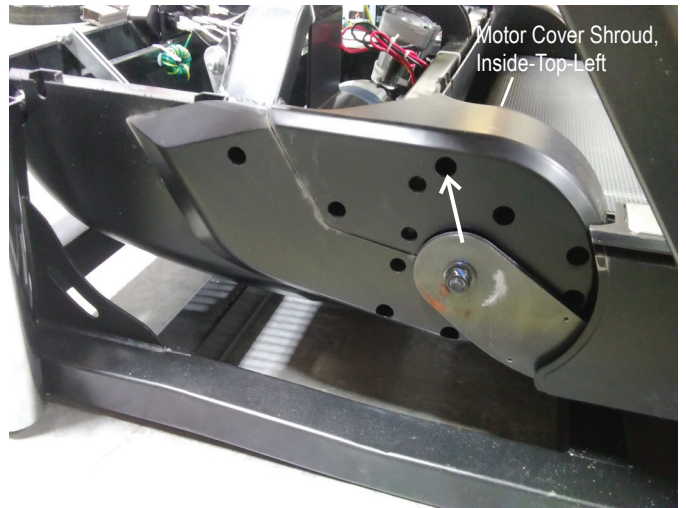
41. Using a #2 Phillips screwdriver, loosely attach the Outside-Lower-Left Motor Cover Shroud to the Frame with the indicated machine screw.

Note: The Inside-Lower-Left Motor Cover Shroud is attached to the Outside-Lower-Left Motor Cover Shroud.



42. Place the Outside-Top-Left Motor Cover Shroud on top of the Outside-Lower-Left Motor Cover Shroud.

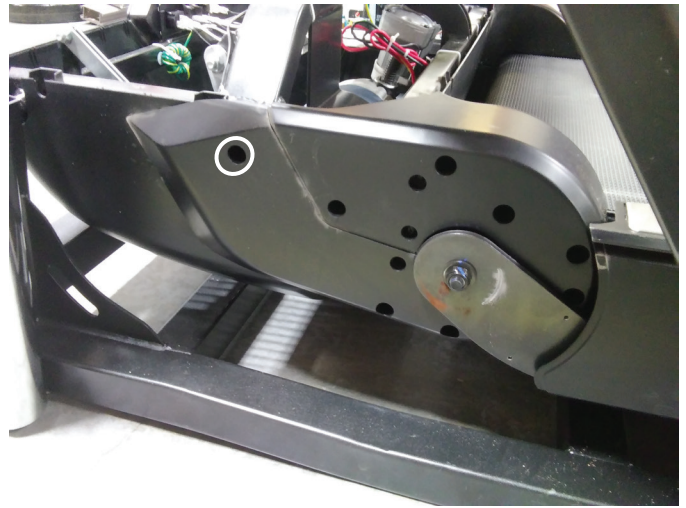
43. Gently pivot the Inside-Upper-Left Motor Cover Shroud onto the Outside-Top-Left Motor Cover Shroud, and loosely attach them together with the indicated self-tapping screw.



44. Using a #2 Phillips screwdriver, loosely attach the Outside-Upper-Left Motor Cover Shroud to the Frame with the indicated machine screw.



45. With all of the Shrouds now seated correctly, secure the Outside-Lower-Left Motor Cover Shroud to the Frame with the indicated machine screw.



46. Using a #2 Phillips screwdriver, secure the Inside-Upper-Left Motor Cover Shroud with the indicated self-tapping screws.



47. Make sure that there is safe clearance around, on and above the treadmill. Make sure there is no object to spill or cause blockage from the fully folded position.

⚠ Be sure there is adequate height clearance for the raised deck.

48. Using the Deck Handle found below the rear of the walking belt, push the Walking Deck Release Button and lift the walking deck fully upward and engage the hydraulic lift. Be sure that the hydraulic lift is correctly locked in place. You will hear an audible click when the hydraulic lift shifts into the locked position.

⚠ Use proper safety precautions and lifting techniques. Bend your knees and elbows, keep your back straight and pull up equally with both arms. Make sure that your own physical strength is capable of lifting the walking deck until it engages the locking mechanism. Use a second person if necessary.

Do not use the walking belt or rear roller to lift the treadmill. These parts do not lock in place and can abruptly move. Injury to you or damage to the machine can occur.

49. Make sure that the locking mechanism is engaged. Carefully pull back on the walking deck and make sure that it does not move. When you do this, keep clear of movement path in case the treadmill lock is not engaged.



⚠ Do not lean against the treadmill when it is folded. Do not put items on it that could cause it to become unstable or fall.

50. Using a #2 Phillips screwdriver, secure the Outside-Upper-Left Motor Cover Shroud with the indicated self-tapping screw.

51. Make sure there is sufficient space to lower the walking deck.

⚠ Keep a minimum clearance behind the machine of 79" (2 m) and 19.7" (0.5 m) on each side. This is the recommended safe distance for access, movement and emergency dismounts from the machine.

52. Make sure there is no object on or around the treadmill to spill or cause blockage from the fully unfolded position.

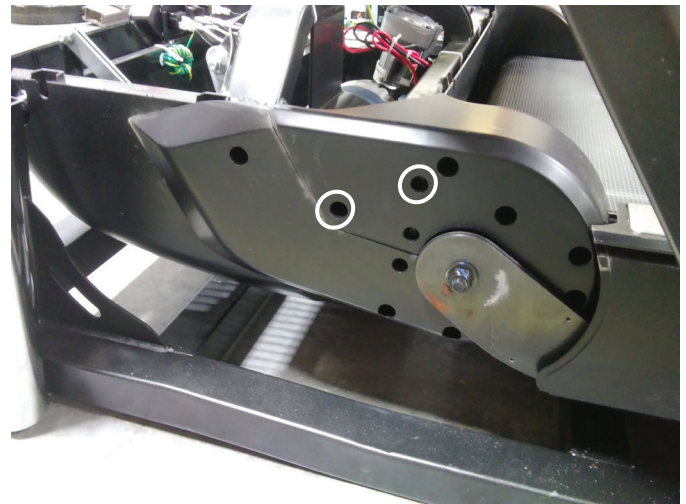
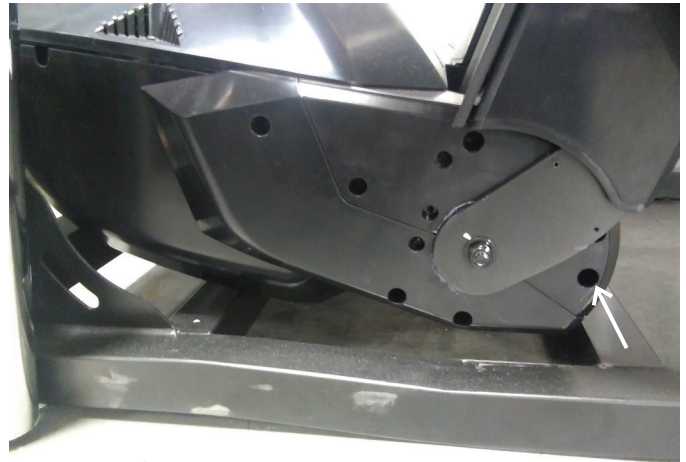
53. Slightly push the walking deck forward toward the console, and then push the Walking Deck Release Button until the locking tube releases and you can pull the walking deck away from the console. Hold up the rear of the walking deck, and move to the side of the machine.

⚠ Keep clear of the movement path of the walking deck.

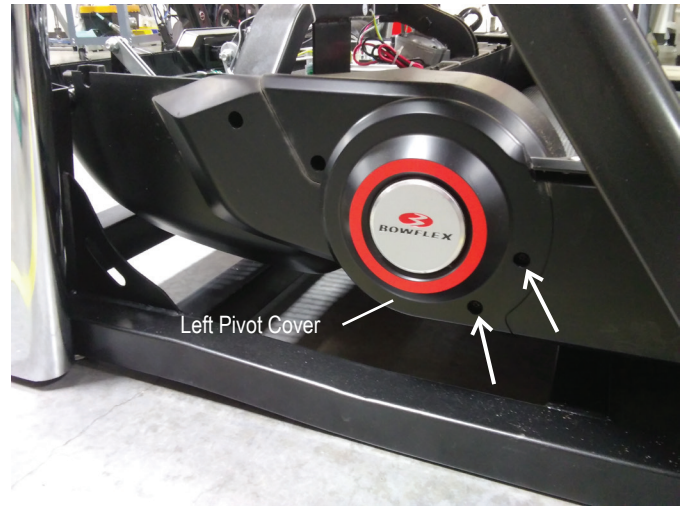
54. The hydraulic lift is set up to drop gradually. Hold onto the walking deck until approximately 2/3 of the movement down. Make sure that you use proper lifting technique; bend your knees and keep your back straight. Be aware that the walking deck can possibly drop quickly in the last part of the movement.

55. Using a #2 Phillips screwdriver, secure the Outside-Upper-Left Motor Cover Shroud with the indicated machine screws.

56. Fully tighten all of the hardware that attaches the Shrouds.



57. Using a #2 Phillips screwdriver, secure the Left Pivot Cover to the Frame.



58. Re-install all remaining parts that were removed in reverse order.

59. Apply a few drops of the lubricant on the deck below the belt. Carefully lift the belt and apply a few drops of the lubricant the entire width of the belt. A very thin layer of silicone lubricant on the entire deck below the belt is desired.

NOTICE: Always use a 100% pure silicone lubricant. Do not use a degreaser like WD-40® as this could seriously impact performance. We can recommend that you use the following:

- 100% pure silicone, available at most hardware and auto parts stores.
- Lube-N-Walk® Treadmill Lubrication Kit, available from your local specialty fitness dealer or Nautilus, Inc.

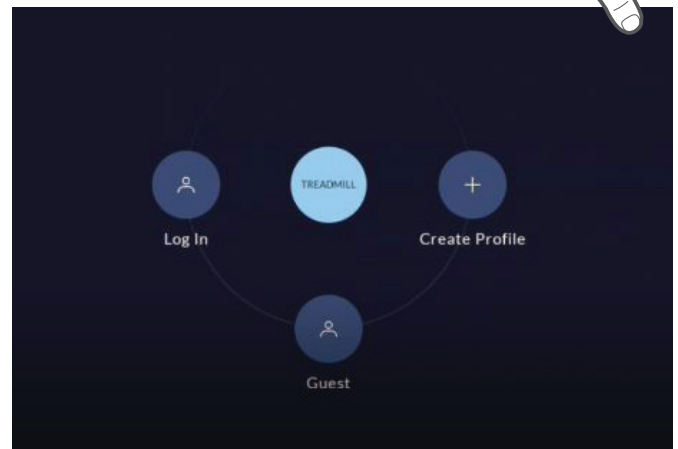
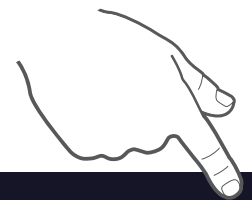
! **Silicone lubricant is not intended for human consumption. Keep out of reach of children. Store in a safe place.**

60. Manually rotate the belt 1/2 of the length of the belt and apply lubricant again.

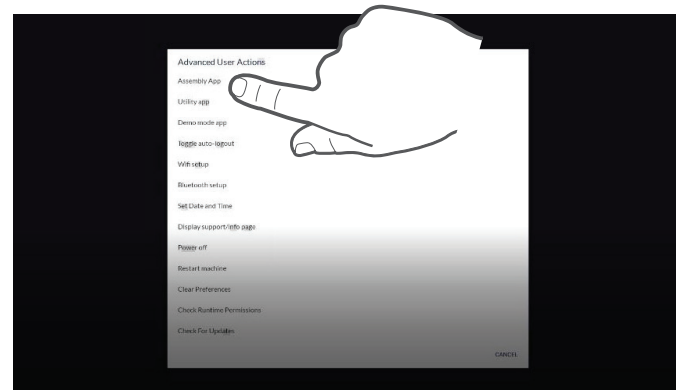
! **If you used spray lubricant, wait 5 minutes before turning on power to the machine to allow the aerosol to dissipate.**

61. Attach the power cord and turn on the Treadmill by flipping the power switch to ON.

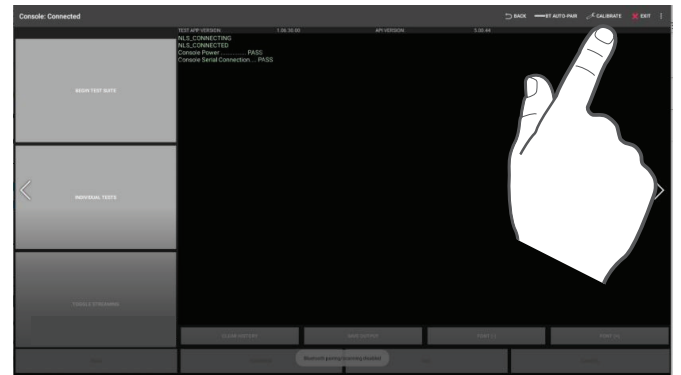
62. From the Power Up screen, tap on the upper-right corner of the Console Display 10 times. The Console will display the “Advanced User Actions “ menu.



63. Tap on the “Assembly App” option.

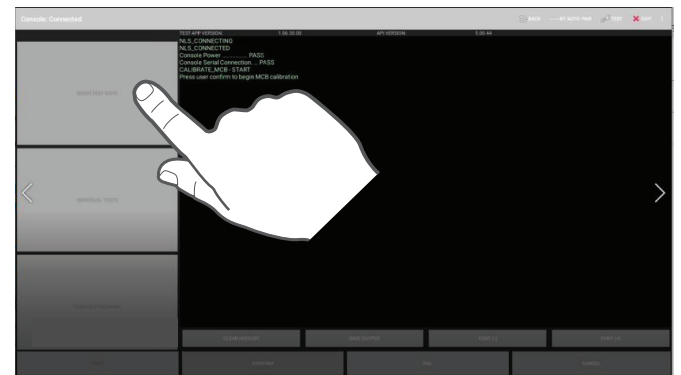


64. From the “Assembly App” menu, tap CALIBRATE in the upper right corner of the Console Display. The Console will shift to Calibrate mode.



65. From the “Calibrate” screen, tap BEGIN TEST SUITE.

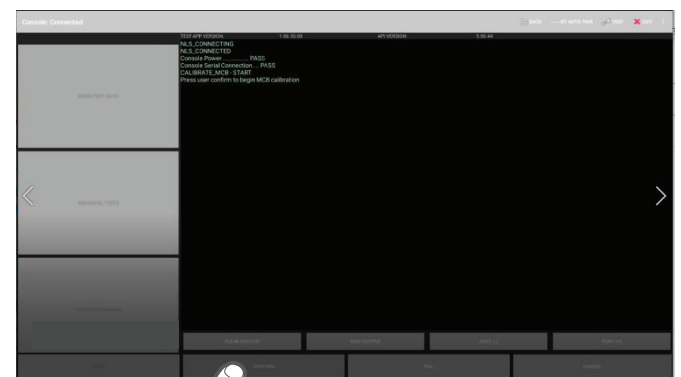
! Be sure the area around the Treadmill is clear of all bystanders, children and pets. Be sure there is nothing on or under the Walking Belt, or near the Treadmill.



66. The Console will display “CALIBRATE_MCB-USER CONFIRM”. Tap CONFIRM, and the calibration procedure starts.

Note: The calibration procedure will begin by automatically moving the Walking Belt and adjusting the incline of the Walking Deck.

! Be sure not to touch or allow anyone else to touch the machine while calibration is occurring.

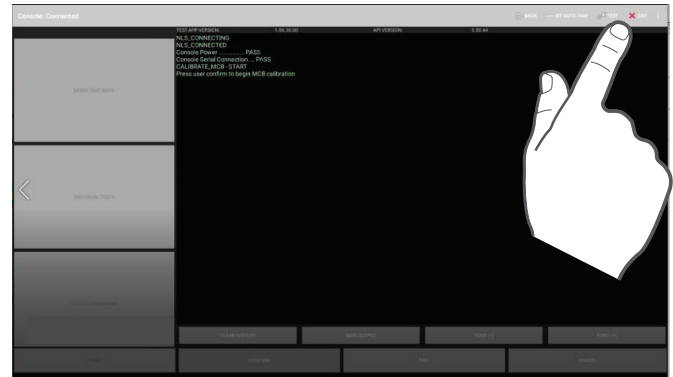


67. When calibration is complete, the Console will display "CALIBRATE MCB - PASS, *** Test Suite Passed ***".

68. Tap EXIT in the upper-right corner of the Display to exit the Calibrate Mode.


69. Calibration is now complete for the machine.

70. Flip the power switch to OFF for two minutes, and then restart the machine.



71. Inspect the Walking Belt to see if it is centered on the Walking Deck. If the Walking Belt needs to be centered:

a. Run the machine at 1 mph so the Walking Belt is moving.

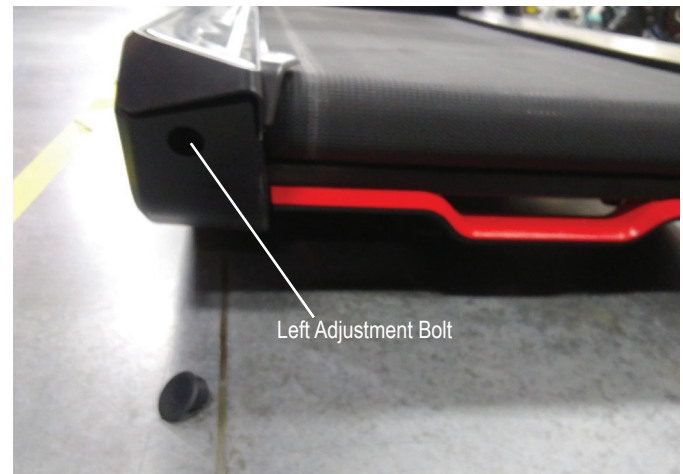
 **Do not touch the Walking Belt while the Walking Belt is moving. Be sure to keep bystanders, children and pets away from the machine.**

b. Using a 6mm hex wrench on the side the belt should move away from, rotate the Adjustment Bolt a 1/4 turn clockwise.

c. Allow the Walking Belt to adjust to the new tension.


d. Repeat steps b and c until the Walking Belt is centered.

72. Flip the power switch to OFF.



73. Final Inspection

Inspect your machine to ensure that all hardware is 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.**

NOTICE: This document provides instructions for the replacement of the Walking Deck on the Bowflex™ Treadmill 10 / Treadmill 22 / Treadmill 25 / Treadmill 56.

If you need assistance, please contact Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: www.nautilusinternational.com

 This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Read and understand all Warnings on this machine.

Nautilus, Inc., www.NautilusInc.com, 5415 Centerpoint Parkway, Groveport, OH 43125 U.S.A. - Customer Service: North America (800) 605-3369, csnls@nautilus.com | outside U.S. www.nautilusinternational.com | Printed in China | © 2021 Nautilus, Inc. | Bowflex and the B logo are trademarks owned or licensed by Nautilus, Inc., registered or otherwise protected by common law in the United States and other nations. | ORIGINAL DOCUMENT - ENGLISH VERSION ONLY

Important Safety Instructions - Before servicing or using this equipment, obey the following warnings:

 This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Read and understand all Warnings on this machine.

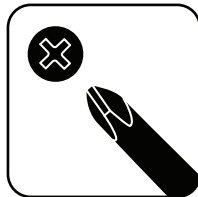
⚠ DANGER To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.

- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders, children and pets away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power and allow to sit for 5 minutes before you service this machine.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- If replacement parts are necessary, use only genuine Nautilus replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If at any time the Warning labels become loose, unreadable or dislodged, replace the labels. If purchased in US/Canada, contact Customer Service for replacement labels. If purchased outside US/Canada, contact your local distributor for them.
- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety and will void the warranty.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

• SAVE THESE INSTRUCTIONS.

Tools Required (not included)

#2 Phillips screwdriver



8300 Silicone Spray or Lube-N-Walk® Treadmill Lubrication Kit

6mm Hex Wrench

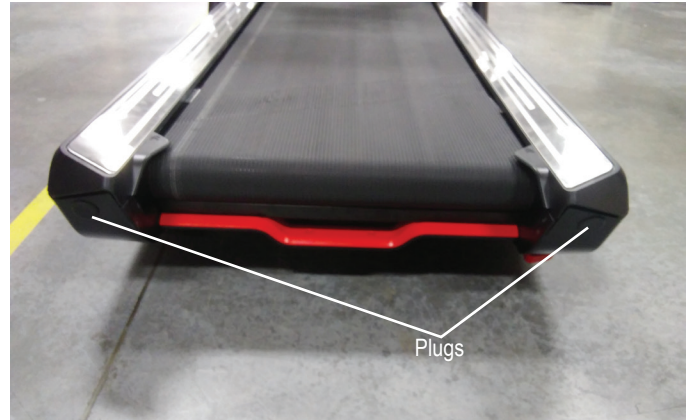


Note: Your machine may not match the images provided exactly.

1. Unplug the power cord from the machine and wait 5 minutes. Place the power cord in a secure location.

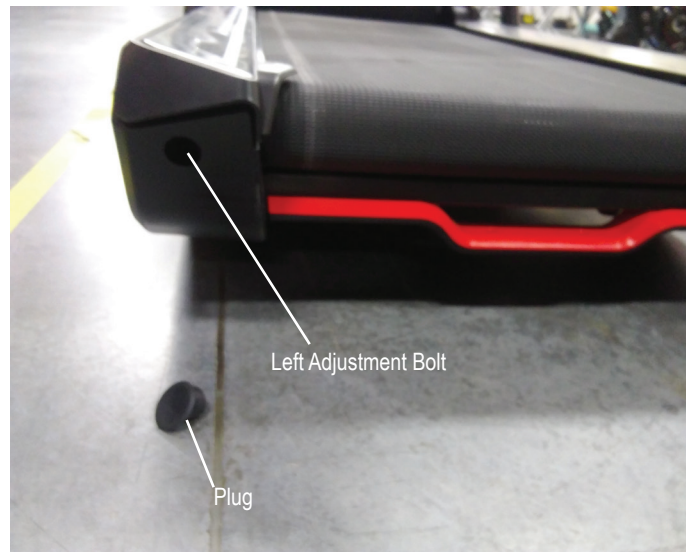
⚠ DANGER To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.

2. Remove the Right and Left Plugs that cover the openings to the Walking Belt Adjustment Bolts.



3. Using a 6mm hex wrench, loosen both of the Adjustment Bolts (the Left Adjustment Bolt is indicated here) the same number of turns until the Walking Belt is slightly loose.

Note: Be sure to record the number of turns of the Adjustment Bolt it takes to loosen it. This will assist with reassembly.



4. Make sure that there is safe clearance around, on and above the treadmill. Make sure there is no object to spill or cause blockage from the fully folded position.

⚠ Be sure there is adequate height clearance for the raised deck.

5. Using the Deck Handle found below the rear of the walking belt, push the Walking Deck Release Button and lift the walking deck fully upward and engage the hydraulic lift. Be sure that the hydraulic lift is correctly locked in place. You will hear an audible click when the hydraulic lift shifts into the locked position.



! Use proper safety precautions and lifting techniques. Bend your knees and elbows, keep your back straight and pull up equally with both arms. Make sure that your own physical strength is capable of lifting the walking deck until it engages the locking mechanism. Use a second person if necessary.

Do not use the walking belt or rear roller to lift the treadmill. These parts do not lock in place and can abruptly move. Injury to you or damage to the machine can occur.

6. Make sure that the locking mechanism is engaged. Carefully pull back on the walking deck and make sure that it does not move. When you do this, keep clear of movement path in case the treadmill lock is not engaged.

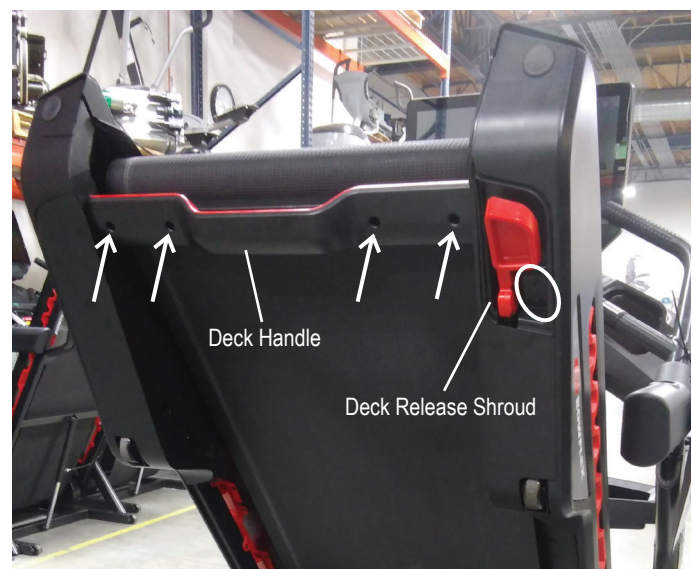
! Do not lean against the treadmill when it is folded. Do not put items on it that could cause it to become unstable or fall.



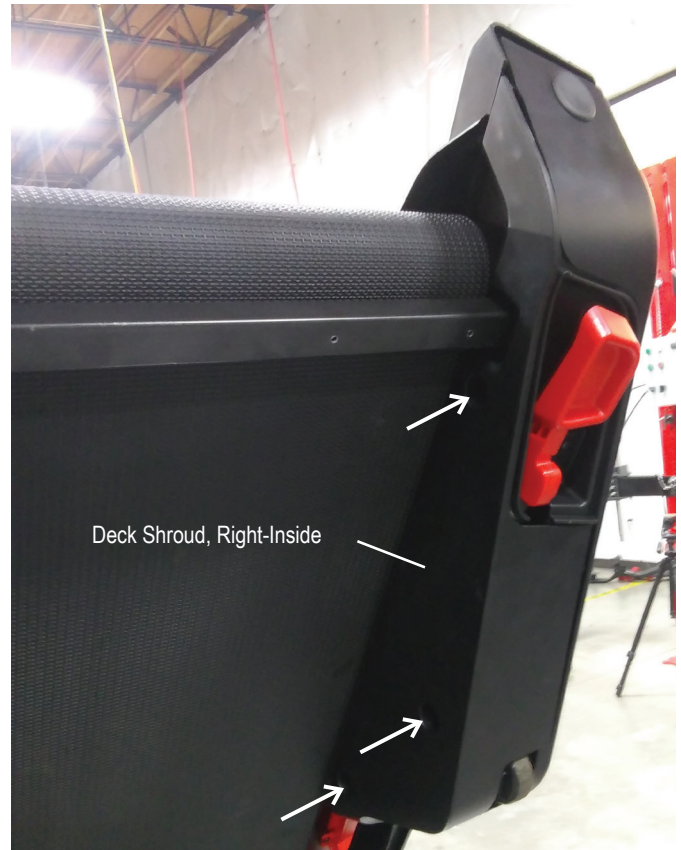
7. Using a #2 Phillips screwdriver, remove the 4 screws (indicated by arrows) from the Deck Handle and place it aside.

8. Using a #2 Phillips screwdriver, remove the 2 screws (indicated by oval) from the Deck Release Shroud. Do not attempt to remove the Deck Release Shroud. Simply allow it to loosely hang on the machine.

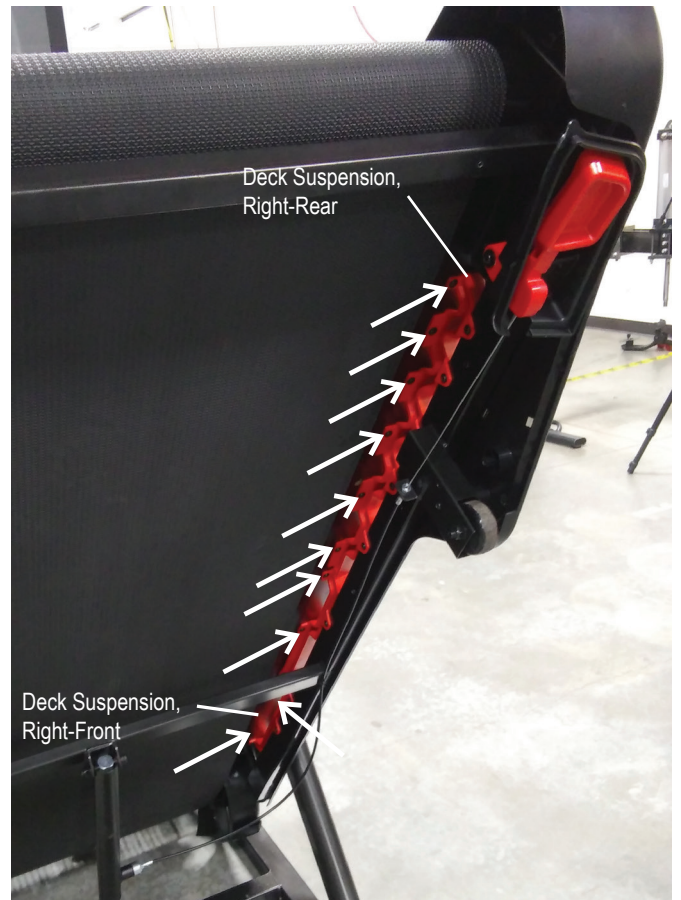
! Be sure not to push or release the Walking Deck Release Button. The Walking Deck could fall and cause injury or damage to an individual.



9. Using a #2 Phillips screwdriver, remove the 3 screws (indicated by arrows) that secure the Right-Inside Deck Shroud. Remove it from the machine.

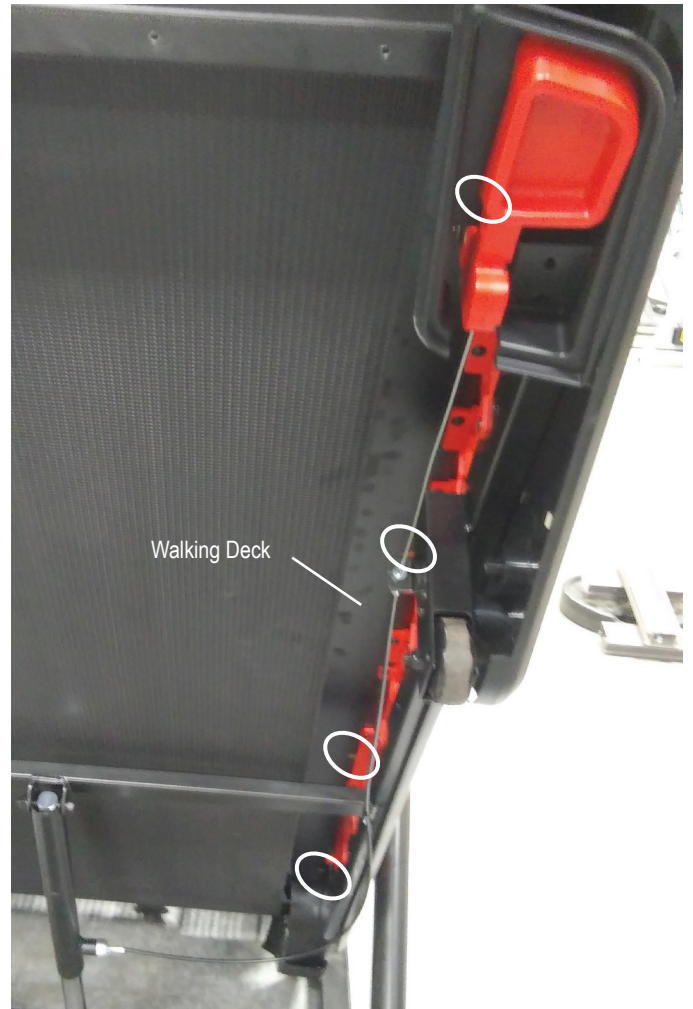


10. Using a #2 Phillips screwdriver, remove the 10 screws (indicated by arrows) that secure the Right-Front and Right-Rear Deck Suspensions to the Walking Deck.



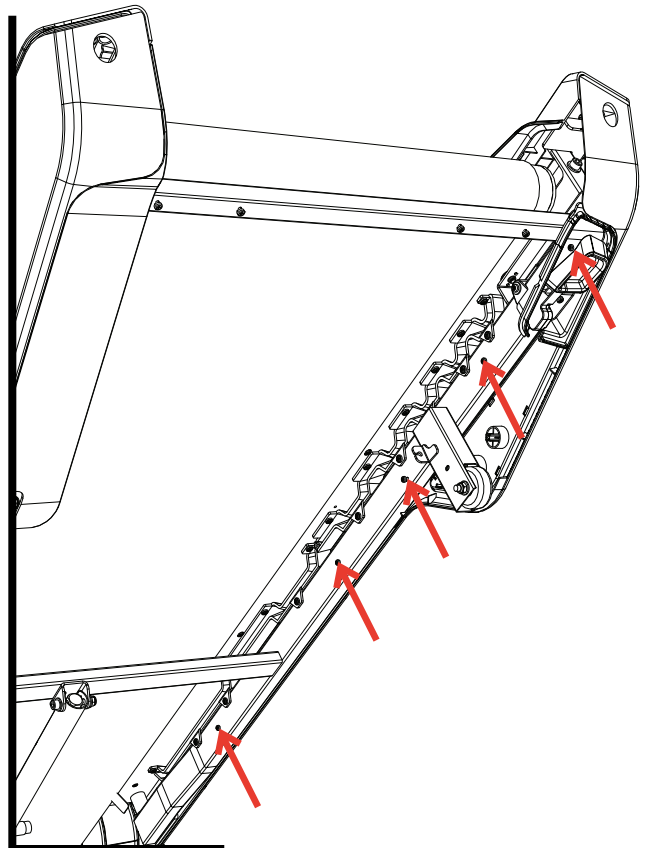
11. Using a #2 Phillips screwdriver, remove the 4 screws (indicated by ovals) that secure the Right Side Rail to the Walking Deck.

Note: The Deck Release Shroud may need to be maneuvered to gain access to the rear screw.



12. Using a #2 Phillips screwdriver, remove the 5 screws (indicated by arrows) from the Outside Deck Shroud.

13. Repeat the previous 4 Steps on the left side of the machine.



14. Make sure there is sufficient space to lower the walking deck.

! Keep a minimum clearance behind the machine of 79" (2 m) and 19.7" (0.5 m) on each side. This is the recommended safe distance for access, movement and emergency dismounts from the machine.

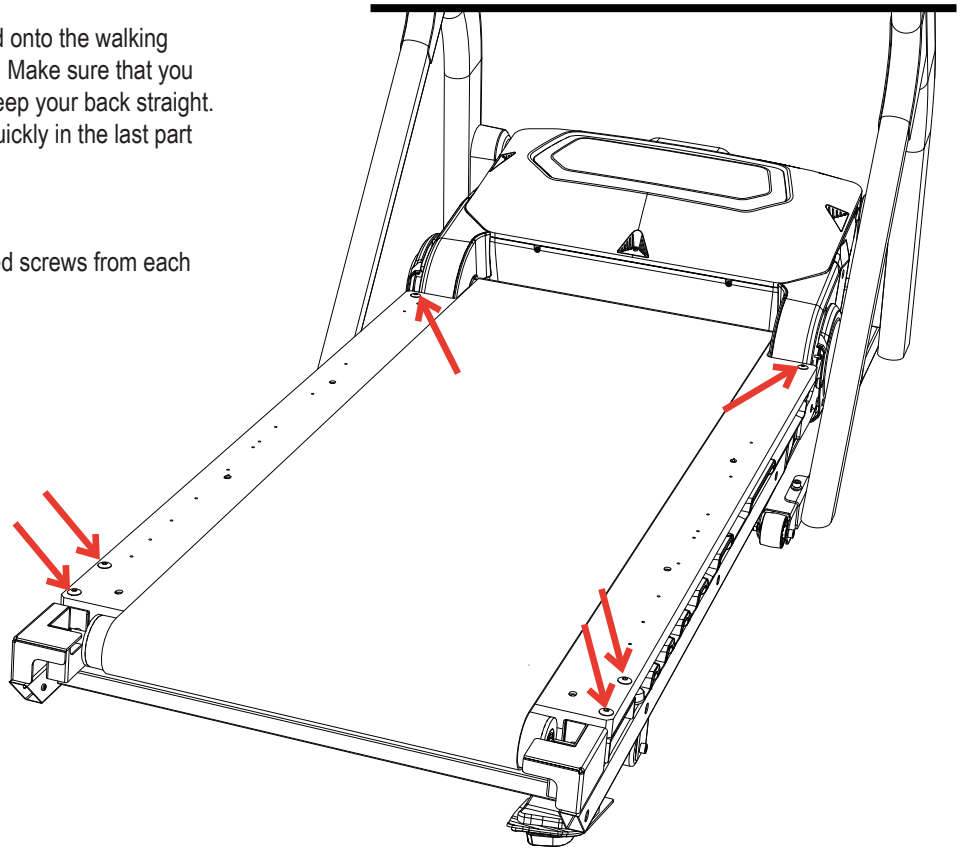
15. Make sure there is no object on or around the treadmill to spill or cause blockage from the fully unfolded position.

16. Slightly push the walking deck forward toward the console, and then push the Walking Deck Release Button until the locking tube releases and you can pull the walking deck away from the console. Hold up the rear of the walking deck, and move to the side of the machine.

! Keep clear of the movement path of the walking deck.

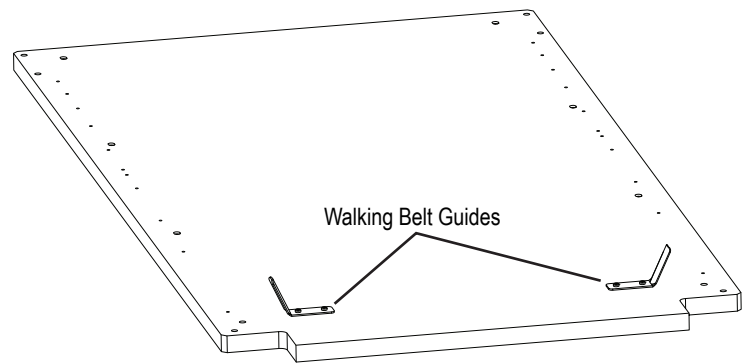
17. The hydraulic lift is set up to drop gradually. Hold onto the walking deck until approximately 2/3 of the movement down. Make sure that you use proper lifting technique; bend your knees and keep your back straight. Be aware that the walking deck can possibly drop quickly in the last part of the movement.

18. Using a 6mm hex wrench, remove the 6 indicated screws from each side of the Walking Deck.



19. Slide the old Walking Deck Assembly out of the Walking Belt, and flip over so the Walking Belt Guides are exposed.

20. Using a #2 Phillips screwdriver, remove the Walking Belt Guides and attach them to the new Walking Deck in the same orientation.



21. Turn over the new Walking Deck Assembly, and replace it between the Walking Belt in the same orientation.

22. Using a 6mm hex wrench, re-install the 6 screws to the Deck.

23. Using a 6mm hex wrench, tighten both of the Adjustment Bolts the number of turns they were loosened in the earlier step.

Note: Make sure the treadmill is located on a surface that is easy to clean.

24. Apply a few drops of the lubricant on the deck below the belt. Carefully lift the belt and apply a few drops of the lubricant the entire width of the belt. A very thin layer of silicone lubricant on the entire deck below the belt is desired.

NOTICE: Always use a 100% pure silicone lubricant. Do not use a degreaser like WD-40® as this could seriously impact performance. We can recommend that you use the following:

- 100% pure silicone, available at most hardware and auto parts stores.
- Lube-N-Walk® Treadmill Lubrication Kit, available from your local specialty fitness dealer or Nautilus, Inc.

! **Silicone lubricant is not intended for human consumption. Keep out of reach of children. Store in a safe place.**

25. Manually rotate the belt 1/2 of the length of the belt and apply lubricant again.

! **If you used spray lubricant, wait 5 minutes before turning on power to the machine to allow the aerosol to dissipate.**

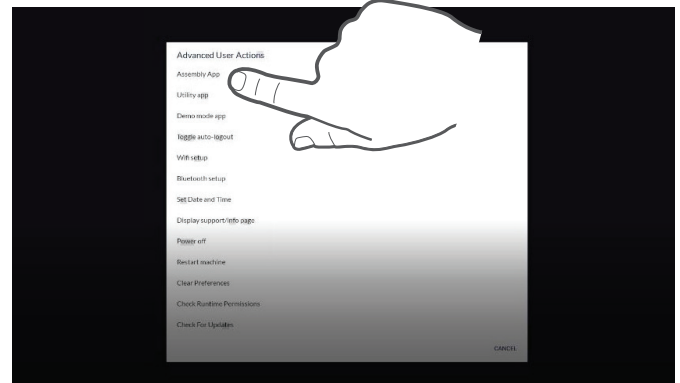
26. Connect the power cord back into the machine and then into the wall outlet.

27. Turn on the power to the machine with the power switch.

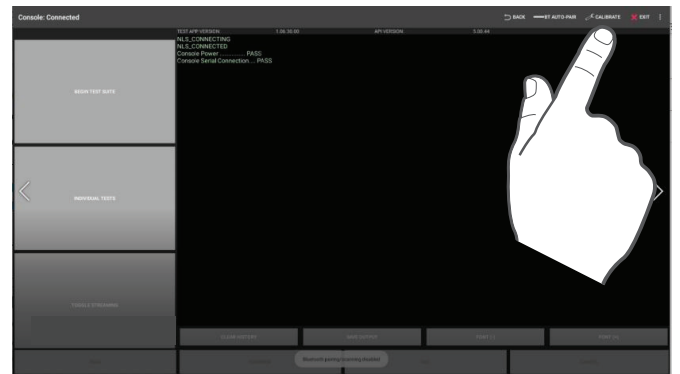
28. From the Power Up screen, tap on the upper-right corner of the Console Display 10 times. The Console will display the “Advanced User Actions” menu.



29. Tap on the “Assembly App” option.

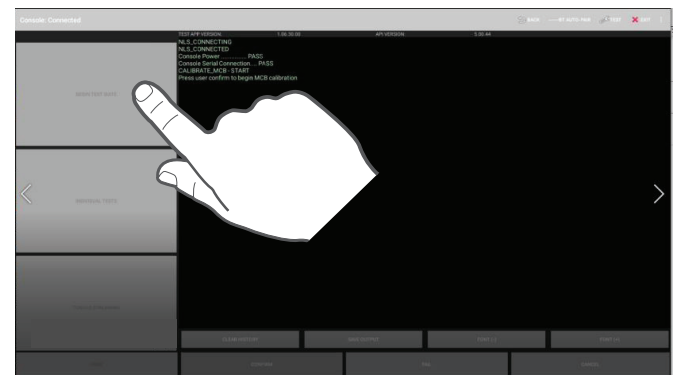


30. From the “Assembly App” menu, tap CALIBRATE in the upper right corner of the Console Display. The Console will shift to Calibrate mode.




31. From the “Calibrate” screen, tap BEGIN TEST SUITE.

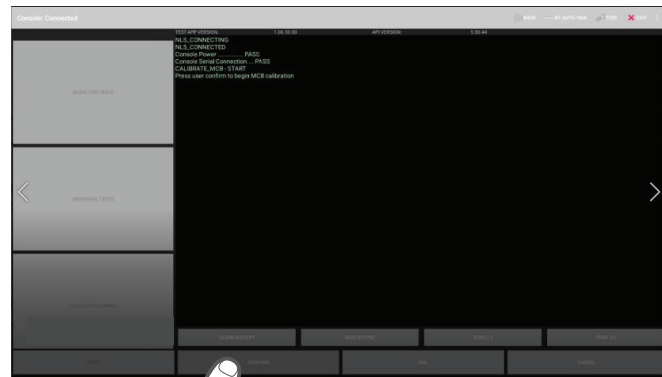
! Be sure the area around the Treadmill is clear of all bystanders, children and pets. Be sure there is nothing on or under the Walking Belt, or near the Treadmill.



32. The Console will display “CALIBRATE_MCB-USER CONFIRM”. Tap CONFIRM, and the calibration procedure starts.

Note: The calibration procedure will begin by automatically moving the Walking Belt and adjusting the incline of the Walking Deck.

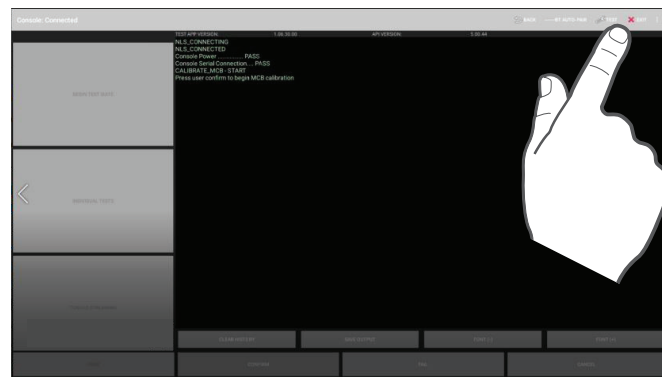
 **Be sure not to touch or allow anyone else to touch the machine while calibration is occurring.**



33. When calibration is complete, the Console will display “CALIBRATE MCB - PASS, *** Test Suite Passed ***”.


34. Tap EXIT in the upper-right corner of the Display to exit the Calibrate Mode.

35. Calibration is now complete for the machine. Flip the power switch to OFF.



36. Final Inspection

Inspect your machine to ensure that all hardware is 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.**