

# BowFlex Treadmill 10 & 22 - RESET MACHINE

ID: 13536.1

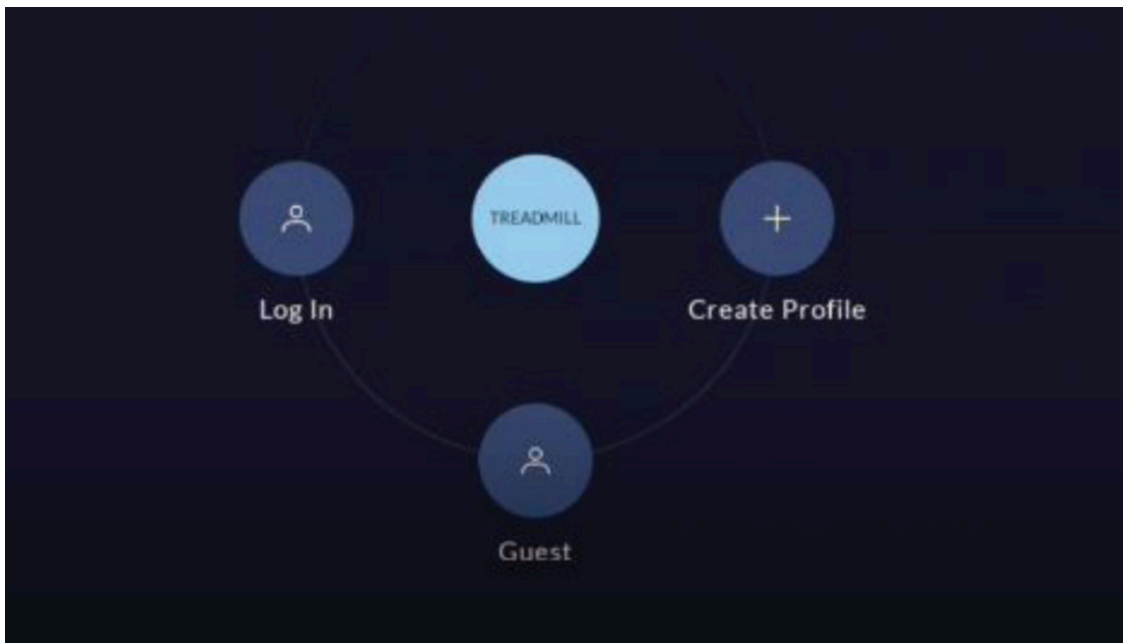
## "Procedure 3"

**Applicable for the Treadmill 10 & 22 only**

### **Follow these steps to reset the treadmill**

1. Please note, the reset machine procedure will wipe the workout data on your machine.
2. From the Start-Up screen (**reference 1**), tap on the upper-right corner of the Console Display 10 times. The Console will display the "**Advanced User Actions**" menu.

#### (Reference 1)



*The Start-Up screen displays the Log In, Guest, and Create Profile options for using JRNY on your machine.*

3. From the "**Advanced User Actions**" menu, tap on **CLEAR PREFERENCES**.
4. The Console will display a RESTART message and will reset the machine.
5. Turn the power off to the machine. The machine will be fully reset when turned on.

### **Need additional assistance?**

#### 1 Customer Care Contact Information

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

**Customer Care - Hours of Operation:**  
Monday - Friday 6:00am - 5:00pm PST

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

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

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

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

**Submit a Case** with case type **Advanced Troubleshooting**

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

**Results Series Treadmills Procedures**

**Treadmill 7 Procedures**

**Treadmill 10 Procedures**

**Treadmill 22 Procedures**

**MY14/17 Treadmill Procedures**