

BowFlex Results Series Treadmill - Button (Key) Test

ID: 12192.1

"Procedure 5"

Applicable for treadmill models: BXT116, BXT216, BXT6

Follow these steps to test the buttons on your Results Series Treadmill

1. From the **Welcome** (or **Power Up**) screen, hold down the **PAUSE/STOP** button and **Down** arrow button together for 3 seconds to enter **Console Setup Mode**.
2. The console will display the **TOTAL HOURS** screen.
3. Hold down the **PAUSE/STOP** button and **Down** arrow button together for 3 seconds to enter **Engineering Mode**.
4. Push the **Down** arrow button until the console displays **ENTR KEY TEST**.
5. Push the **Enter** button. The console displays **BUTTON TEST**.
6. Using the guides below, push the corresponding button in the order provided (**references 1 and 2**). Continue through all the buttons.
 - o **NOTE:** If a failed button is discovered, the console may need to be powered down to exit the button test.
7. When the button test is complete, the console will display **DONE**, followed by **BUTTON PASS**.
8. Push the **PAUSE/STOP** button to return to the **Welcome** screen.
9. Flip the power switch to **OFF**.

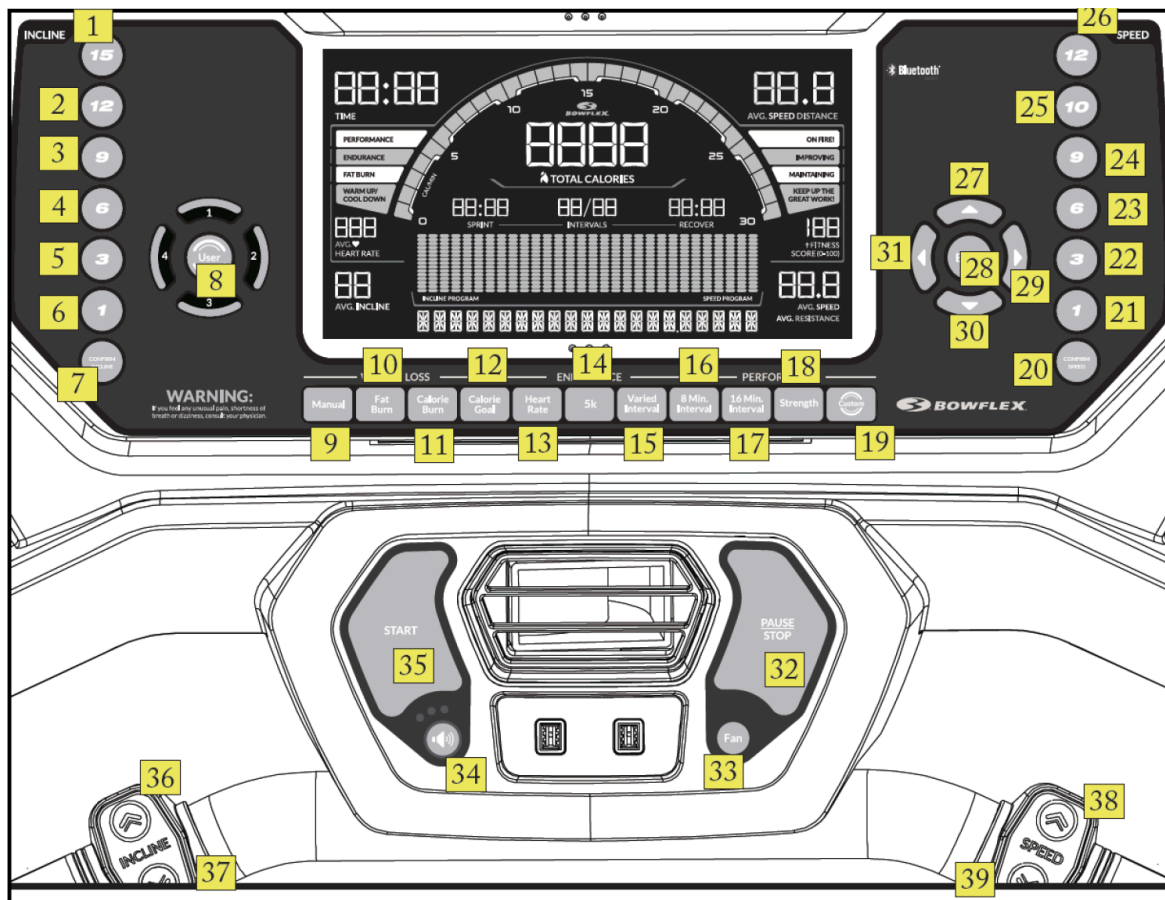
(Reference 1)

T216 Button Sequence

1	Incline 15	14	5K	27	Up Arrow
2	Incline 12	15	Varied Interval	28	Enter
3	Incline 9	16	8 Minute Interval	29	Right Arrow
4	Incline 6	17	16 Minute Interval	30	Down Arrow
5	Incline 3	18	Strength	31	Left Arrow
6	Incline 1	19	Custom	32	Stop
7	Incline Confirm	20	Speed Confirm	33	Fan
8	User	21	Speed 1	34	Volume
9	Manual	22	Speed 3	35	Start
10	Fat Burn	23	Speed 6	36	Incline +
11	Calorie Burn	24	Speed 9	37	Incline -
12	Calorie Goal	25	Speed 10	38	Speed +
13	Heart Rate	26	Speed 12	39	Speed -

Press each button in order from 1 to 39. See **reference 2** below for the locations of each button.

(Reference 2)



Press each button in order from 1 to 39.

Need additional assistance?

1 Customer Care Contact Information

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

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

The replacement part will be provided to you at no cost assuming your machine meets the warranty eligibility requirements. A Customer Care Agent will be able to assess your current warranty eligibility and provide you with your options. Please note that if you did not purchase your machine directly from BowFlex, Schwinn, or Nautilus, we will need a copy of your purchase receipt in order to register your machine for warranty.

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

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

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

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

Results Series Treadmills Procedures

Treadmill 7 Procedures

Treadmill 10 Procedures

Treadmill 22 Procedures

MY14/17 Treadmill Procedures