

BOWFLEX TREADCLIMBER TC1000-TC3000-TC5000 ASSEMBLY MANUAL

(4 PIECE ASSEMBLY)



USE THIS ASSEMBLY MANUAL WHEN IT SHIPS IN 4 PIECES
(PARTLY DISASSEMBLED) - LIKE THIS DIAGRAM



INSTALLING STEPS

Step 6: INSTALLING THE UPRIGHTS

Locate the following for this step:

PARTS:

TreadClimber® Base & Treadle Assembly from Step 5.

One (1) Left Upright Support & Hydraulic Cylinder

One (1) Right Upright Support & Hydraulic Cylinder

HARDWARE:

Two (2) 5/16" x 1" Button Head Screws

On the base assembly screw a 5/16" x 1" button head screw half way in on the outside of both the right and left lower upright bracket (see Figure 6-1).

Place the left upright onto the left upright bracket (see Figure 6-2), so it rests on the button head screw (see Figure 6-3). Make sure the cylinder bracket is at the top and pointing to rear.

Repeat this process on the right side.

Figure 6-1



Figure 6-2



Step 7: INSTALLING THE UPRIGHT JUNCTION COVERS AND COSMETIC PLUGS

Locate the following for this step:

PARTS:

TreadClimber® Base & Treadle Assembly from Step 6.

Two (2) Plastic Upright Junction Covers

HARDWARE:

Four (4) Cosmetic Plugs

Place the plastic upright junction covers onto the top of left upright support (see Figure 7-1).

Insert the cosmetic plugs (2 per side) into the holes on the top, inside and outside of the left upright support (see Figure 7-2).

Repeat this process on the right side.

Figure 6-3

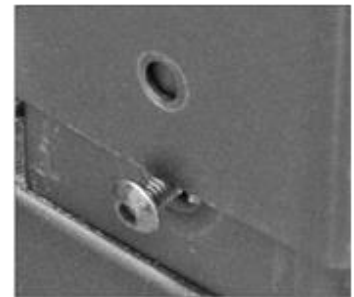


Figure 7-1



Figure 7-2



INSTALLING STEPS

Step 8: INSTALLING THE CONSOLE/ HANDLEBAR ASSEMBLY

Locate the following for this step:

PARTS:

TreadClimber® Base & Treadle Assembly from Step 7.

Console/Handlebar Assembly

HARDWARE:

Six (6) 5/16" x 1" Button Head Screws

Six (6) 5/16" Flat Washers SAE

TOOLS:

3/16" Hex Key (included)

With the help of another person, carefully lift the console/handlebar assembly above the tops of the upright supports. Feed the cable down the top of the right upright support (see Figure 8-1 & 8-1A). Make sure cable extends through the bottom of the right upright.

Slide the brackets on the console/handlebar assembly into the tops of the upright supports— both sides at the same time. Be careful when sliding the console/handlebar assembly onto the uprights to avoid damaging the electrical cable.

Attach the upright using (6) 5/16" x 1" button head screws and (6) 5/16" flat washers SAE (3 per upright). Tighten with the provided 3/16" hex key (see Figure 8-2).

Pull out the wire connector at the bottom of the right upright support. Firmly connect the electrical cable at the bottom of the right upright support to the cable on the right side of the base upright bracket (see Figure 8-3).



Figure 8-1



Figure 8-1A



Figure 8-2



Figure 8-3

INSTALLING STEPS

Step 9: SECURING THE CONSOLE/ HANDLEBAR ASSEMBLY

Locate the following for this step:

Figure 9-1

PARTS:

TreadClimber® Base & Treadle Assembly from Step 8.

HARDWARE:

Six (6) 5/16" x 1" Button Head Screws NOTE:
Two (2) of the 5/16" x 1" Button Head screws are already inserted into the bottom of the right and left upright supports.

Six (6) 5/16" flat washer SAE

TOOLS:

3/16" Hex Key (included)

With the help of another person, carefully lift the upright and remove the 5/16" x 1" button head screw at the base of the support on the right side. Carefully lower the upright on to the upright bracket base, without damaging the electrical cable. Repeat on the left side.

Attach the upright using (6) 5/16" x 1" button head screws and (6) 5/16" flat washers SAE (3 per upright). Tighten with the provided 3/16" hex key (see Figure 9-1). Repeat this process on the remaining bracket.

NOTE: Tighten the front (2) screws first (1 per upright) and then the (4) side screws (two per outward side of upright). Tightening in this order will result in a tighter fit.



INSTALLING STEPS

Step 10: ATTACHING THE HYDRAULIC CYLINDERS

Locate the following for this step:

Figure 10-1

PARTS:

TreadClimber® Base & Treadle Assembly from Step 9.

HARDWARE:

Two (2) 5/16" x 1-1/2" Button Head Screws

Two (2) 5/16" Acorn Nuts

Two (2) 5/16" x 1" Button Head Screws

Two (2) 5/16" Flat Washers

TOOLS:

3/16" Hex Key (included)

9/16" Open End Wrench (included)

First bolt the dial end of the cylinders to the uprights using (1) 5/16" x 1-1/2" button head screw and (1) 5/16" acorn nut, per side.

Tighten with the provided 9/16" open end wrench and 3/16" hex key (see Figure 10-1).

Make sure that the white arrows located on the Workout Level Setting Dials at the top of the Hydraulic Cylinders face the rear of the machine where you can easily see them during your workout.

Starting on the right side, pull the cylinder down and place the eyelet on the Cylinder Stud protruding from the treadles. Attach the hydraulic cylinder using (1) 5/16" x 1" button head screws and (1) 5/16" flat washers (see Figure 10-2).

Repeat this process on the left side.



Figure 10-2



NOTE: If having difficulty placing hydraulic cylinder(s) on treadle stud, loosen lower upright screws, place cylinder on the stud and retighten the upright screws.

Step 11: INSPECTING ASSEMBLY

11-1 Remove the protective plastic film from the console face. Inspect all attachments you have made thus far and tighten all bolts securely before proceeding to Step 12.