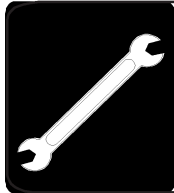
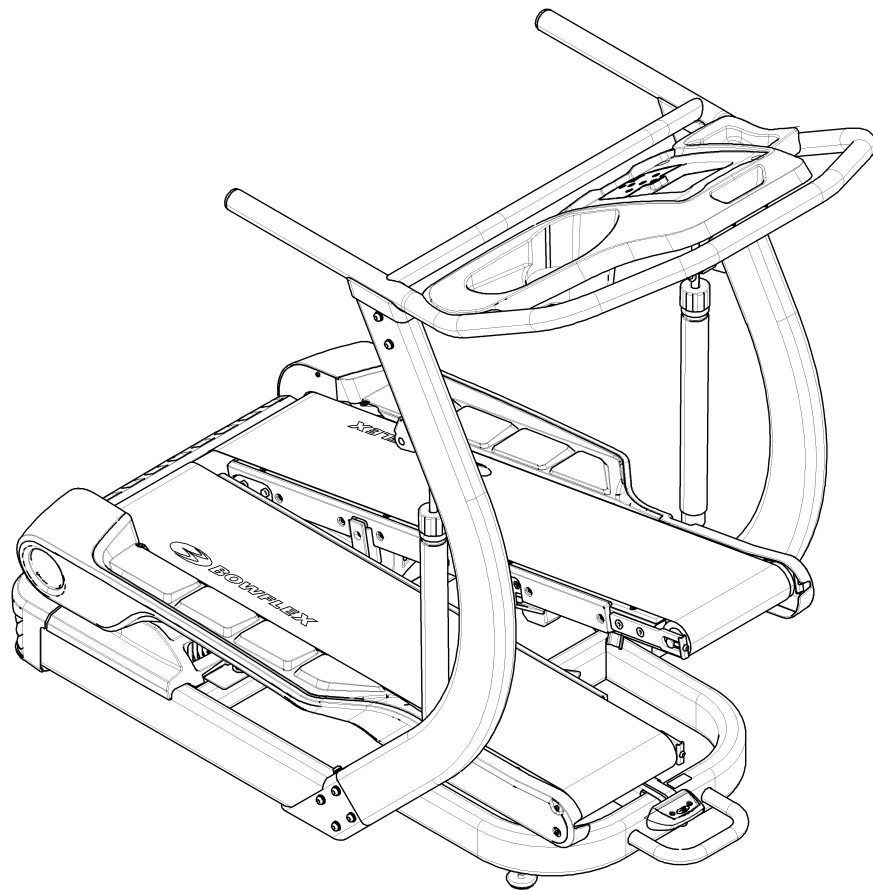




## Bowflex® TreadClimber® TC5500



### Assembly Manual Instructions de montage



EN FRC

Nautilus®

Bowflex®

Schwinn® Fitness

StairMaster®

Universal®

Nautilus Institute®

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## Before Assembly

Select where you are going to locate your machine. The best location is on a hard, level surface. For best results, assemble your TreadClimber® machine in the location where you intend to use it. For safe operation, allow a workout area of at least 173" x 109.5" (4.4 m x 2.8 m) of free space.

Follow these basic tips when assembling your machine:

1. Read and understand the "Important Safety Instructions" before assembly.
2. Gather all the pieces you need for each step.
3. Use a wrench to grip the nut when you tighten a bolt to make sure it is tight.
4. Turn all bolts and nuts to the right to tighten, and the left to loosen.
5. When attaching two pieces, lightly lift and look through the bolt holes to help guide the bolt through the holes.
6. Assembly requires two people.

**Note:** The TreadClimber® fitness machine is designed to plug into a grounded, non-GFI outlet only. To determine if your outlet or circuit breaker is GFI, look for a test and reset button on them. If they have the test and reset button it is a GFI outlet or circuit breaker.

## Specifications

### Dimensions

Length	55" (139.7 cm)
Width	31.5" (80 cm)
Height	55.25" (140.3 cm)
Weight	217 lbs (98.5 kg)

### Power Requirements

Operational Voltage	120V AC 60 Hz,
Operating Current	10A max

### Regulatory Approvals

c-ETL-us mark. Evaluated per UL 1647 Fourth Edition, January 2008 and CAN/CSA-C22.2. 68-92.

# Important Safety Instructions



This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury.

## Obey the following warnings:



Read and understand all warnings on this machine.

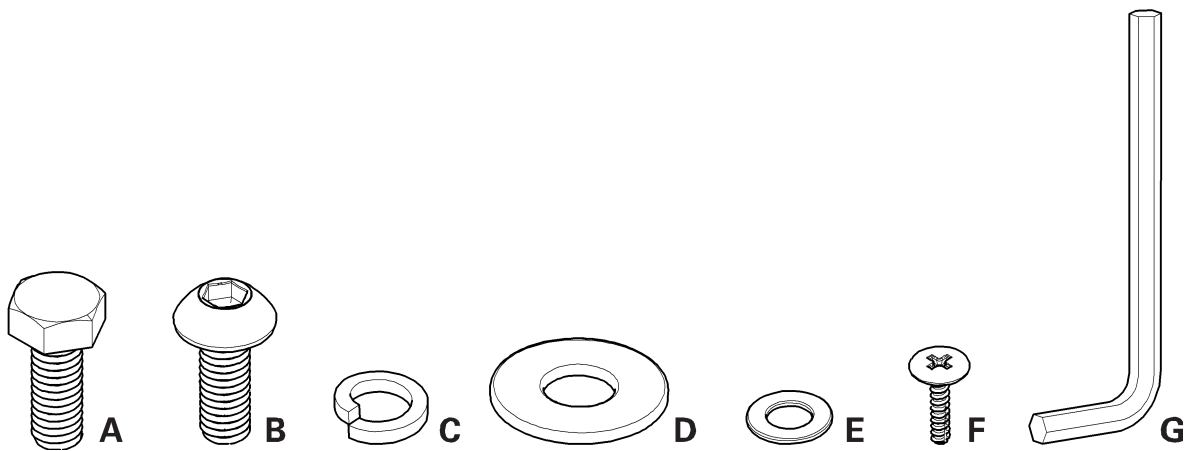
Carefully read and understand the Assembly Manual.

- Keep bystanders and children away from the product you are assembling at all times.
- Do not connect power supply to the machine until instructed to do so.
- Do not assemble this machine outdoors or in a wet or moist location.
- Make sure assembly is done in an appropriate work space away from foot traffic and exposure to bystanders.
- 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.
- Set up this machine on a solid, level, horizontal surface.
- Do not try to change the design or functionality of this machine. This could compromise the safety and can void the warranty.
- 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 or void the warranty.
- Do not use or put the machine into service until the machine has been fully assembled and inspected for correct performance in accordance with the Owner's Manual.
- Read and understand the complete Owner's Manual supplied with this machine before first use. Keep the Owner's and Assembly Manuals for future reference.

# Tools

- 13mm Open End Wrench or Adjustable Wrench (not included)
- #2 Phillips Head Screwdriver (not included)
- Utility Knife or Scissors (not included)
- 5mm Hex Wrench (included)

# Hardware

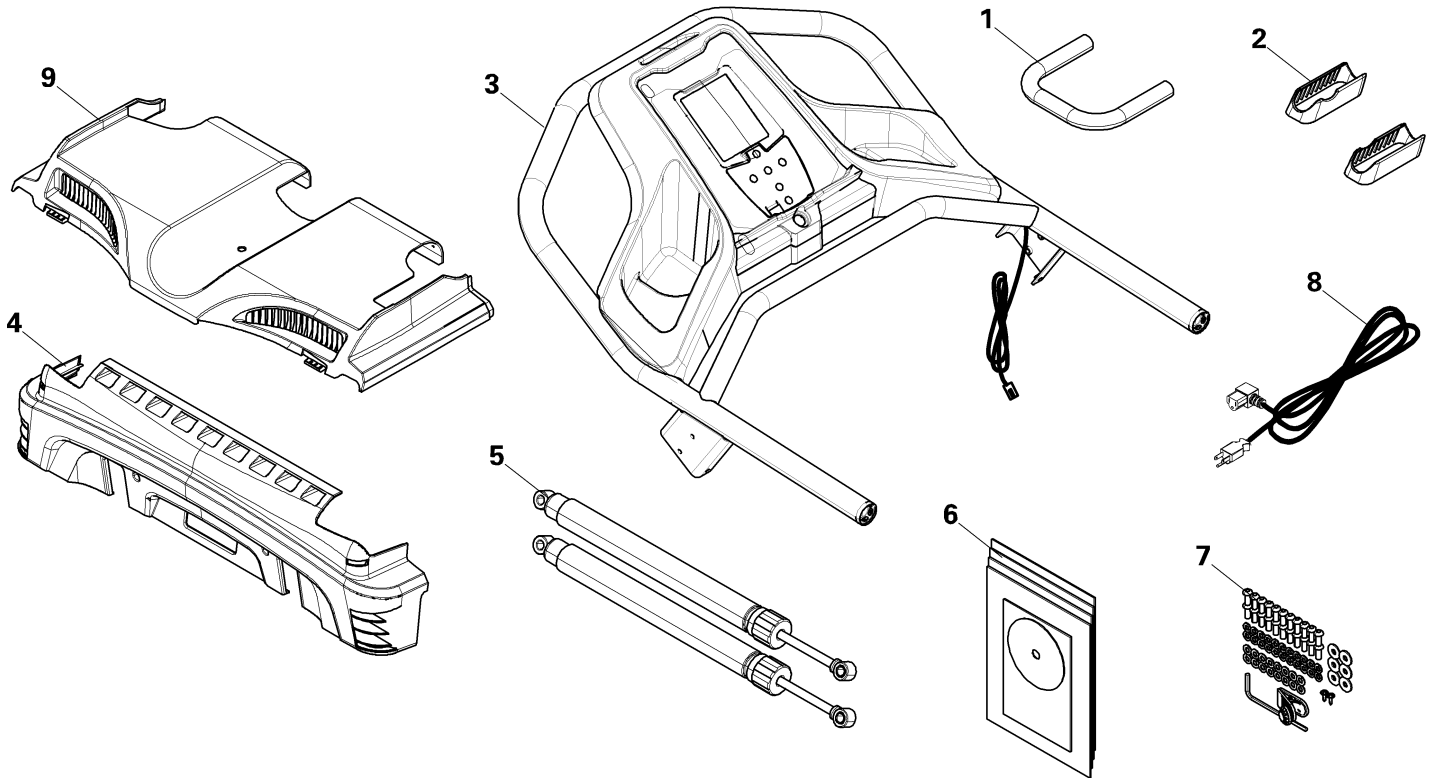


Item	Qty	Description
A	4	M8 x 20 Hex Head Bolt
B	16	M8 x 20 Button Head Hex Screw
C	20	M8 Spring Washer
D	4	M8 Wide Washer
E	16	M8 Regular Washer
F	4	Self Tapping Phillips Screw
G	1	5mm Hex Wrench

# Parts

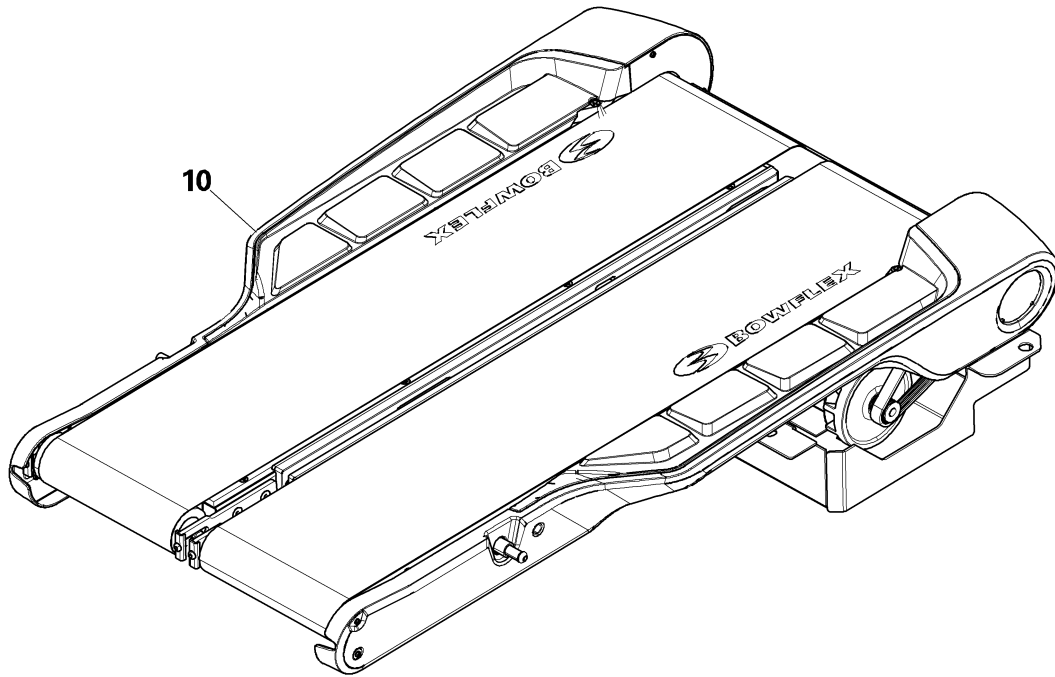
3 BOXES

## BOX 1



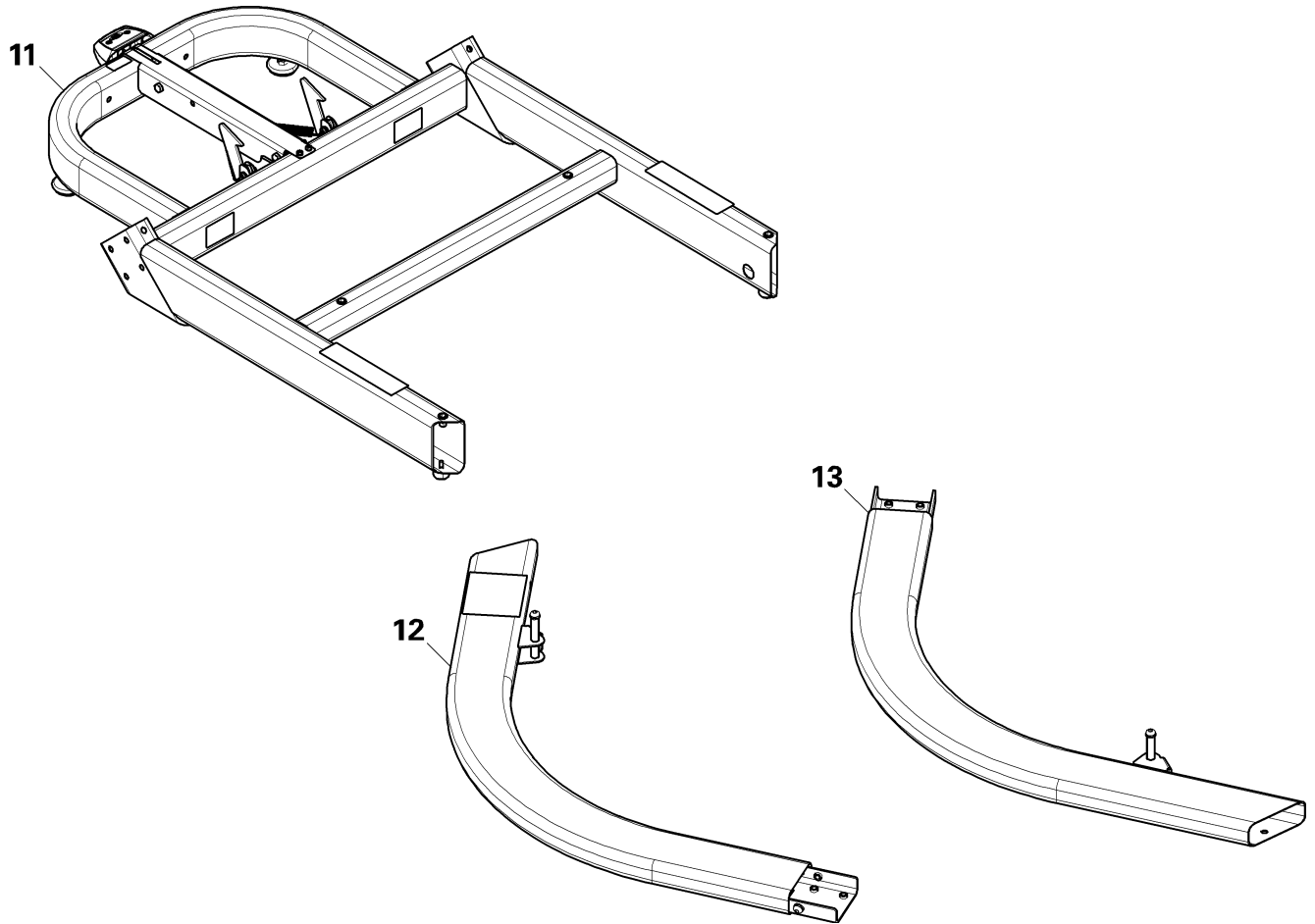
Item	Qty	Description
1	1	Handle
2	2	Junction Cover
3	1	Console/Handlebar Assembly
4	1	Rear Cover
5	2	Cylinder
6	1	Manual Pack
7	1	Hardware Card
8	1	Power Cord
9	1	Motor Cover

**BOX 2**



Item	Qty	Description
10	1	Treadle Assembly

**BOX 3**

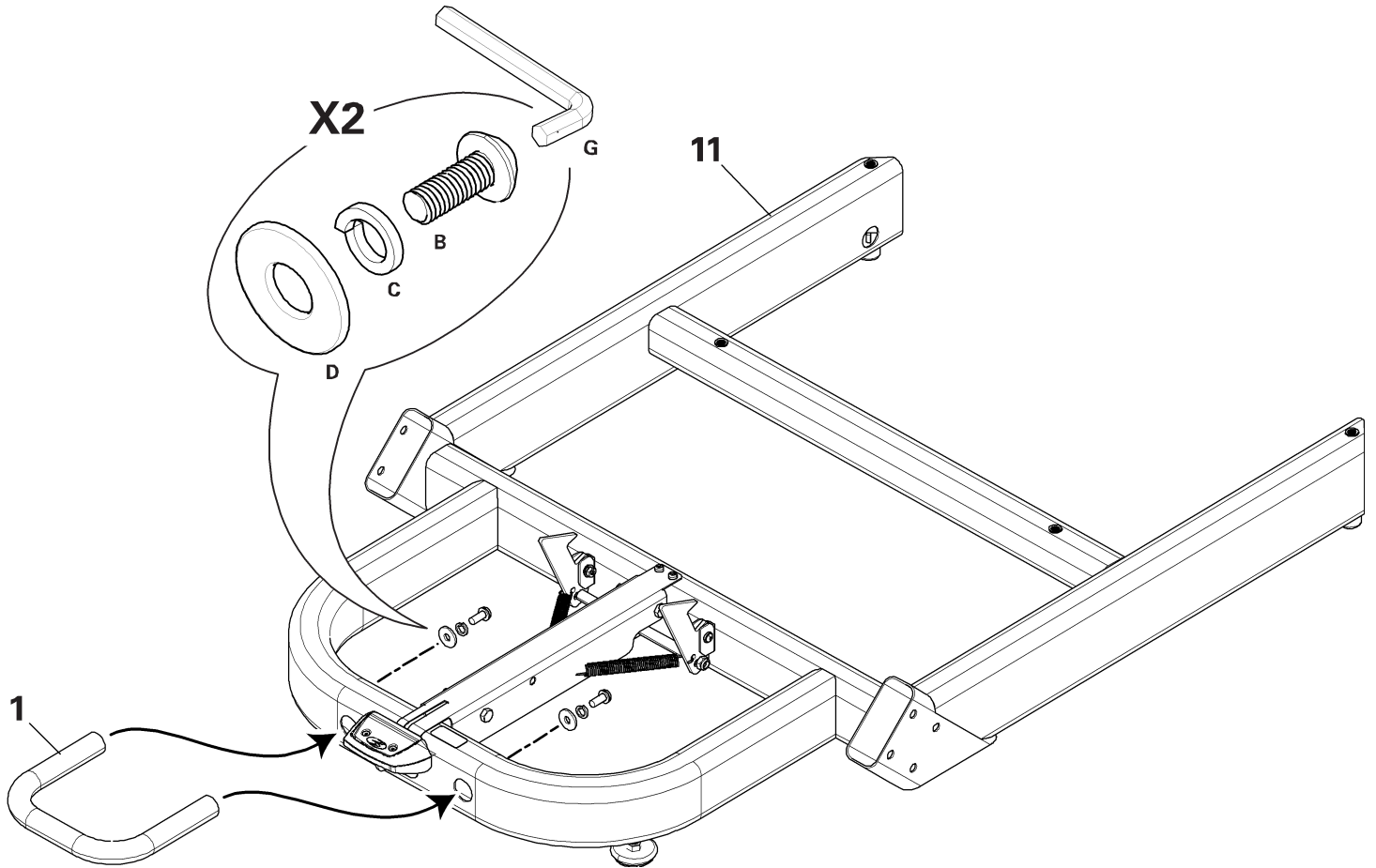


Item	Qty	Description
11	1	Base
12	1	Upright, Right
13	1	Upright, Left

# Assembly

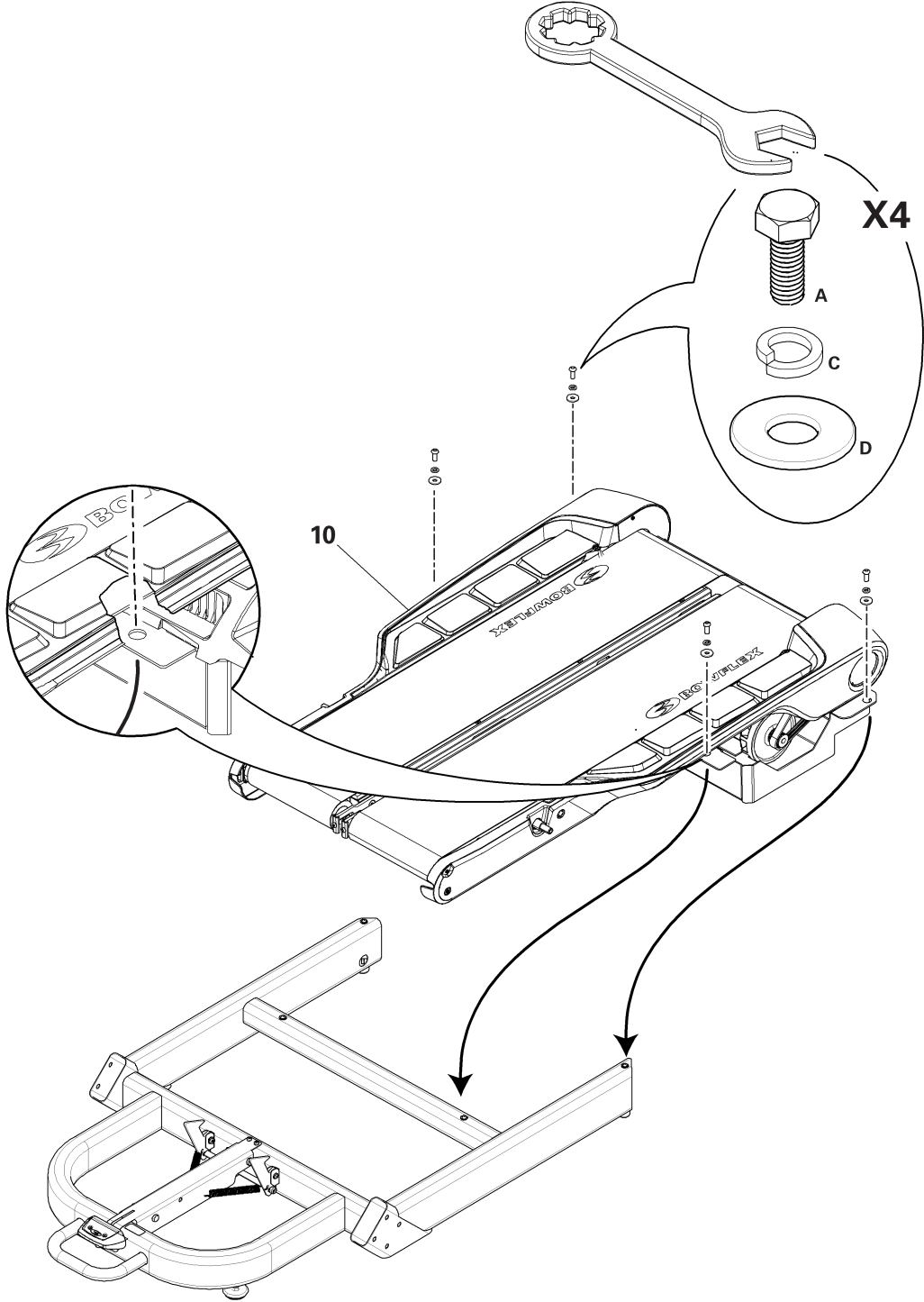
## Step 1: Attach Handle to Base

**NOTE:** Hardware is pre-installed and not on Hardware Card.

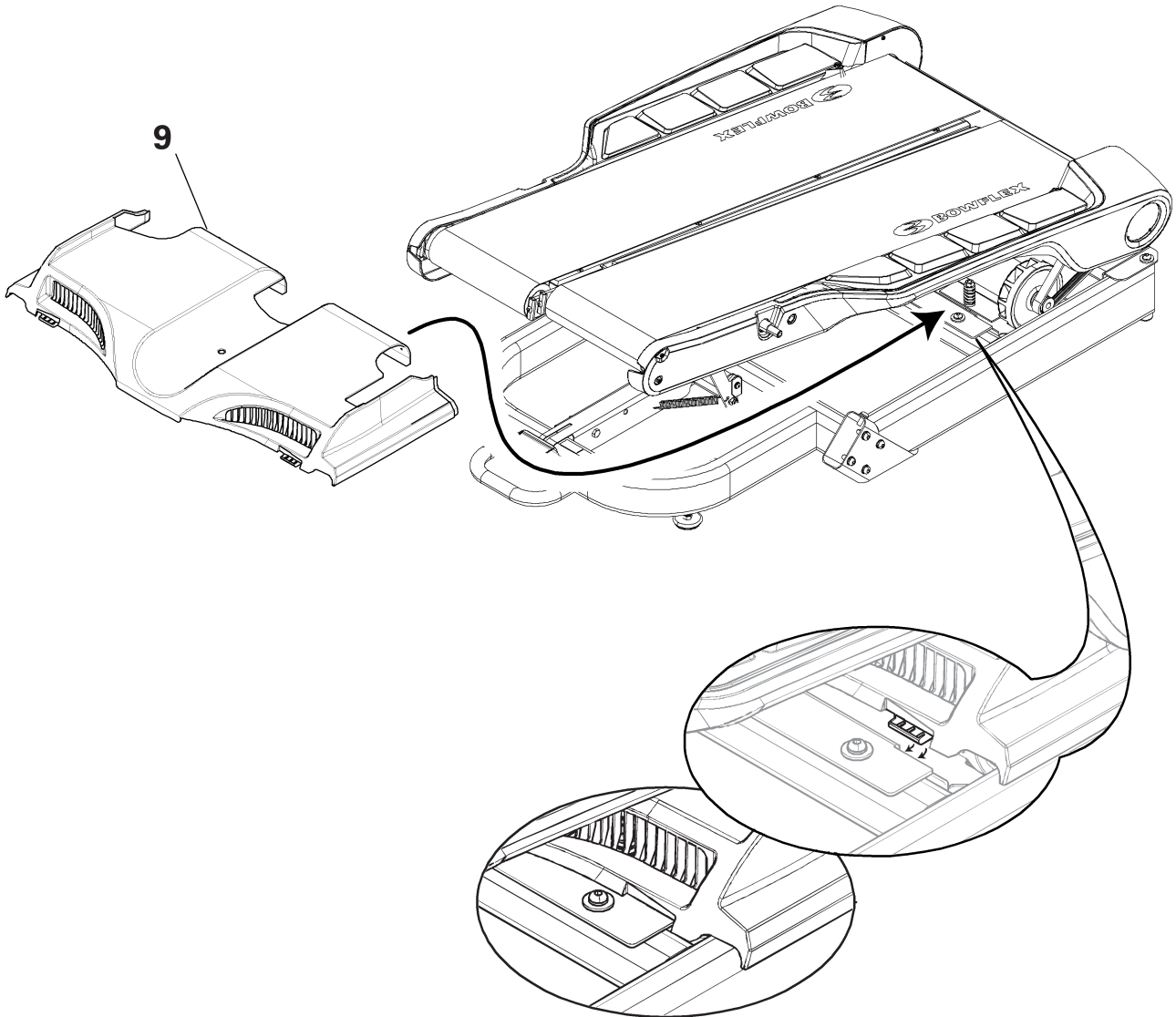




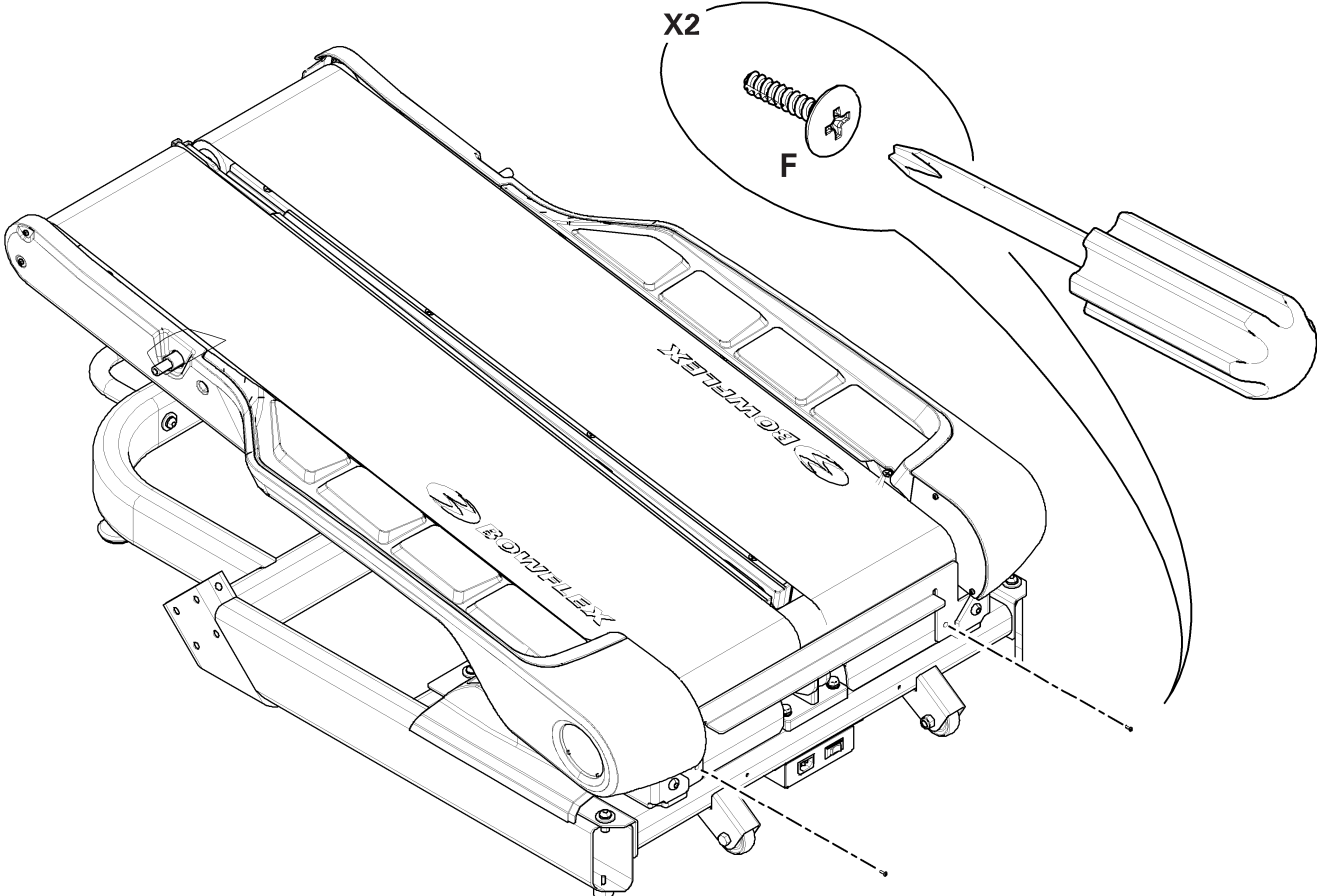
**Step 2: Attach Treadle Assembly to Base**



**Step 3: Attach Motor Cover to Base Assembly**

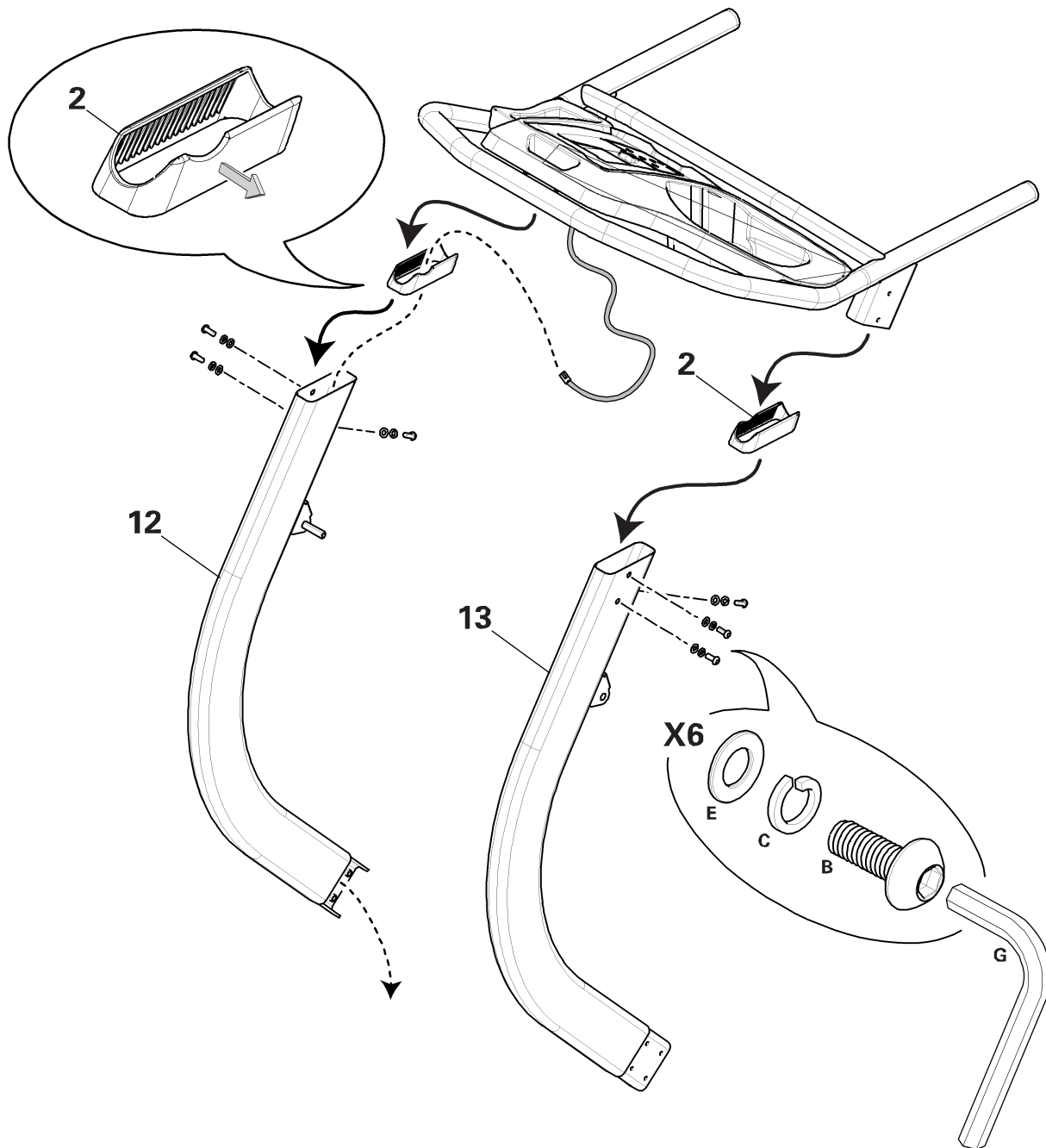


**Step 4: Secure Motor Cover to Base Assembly**

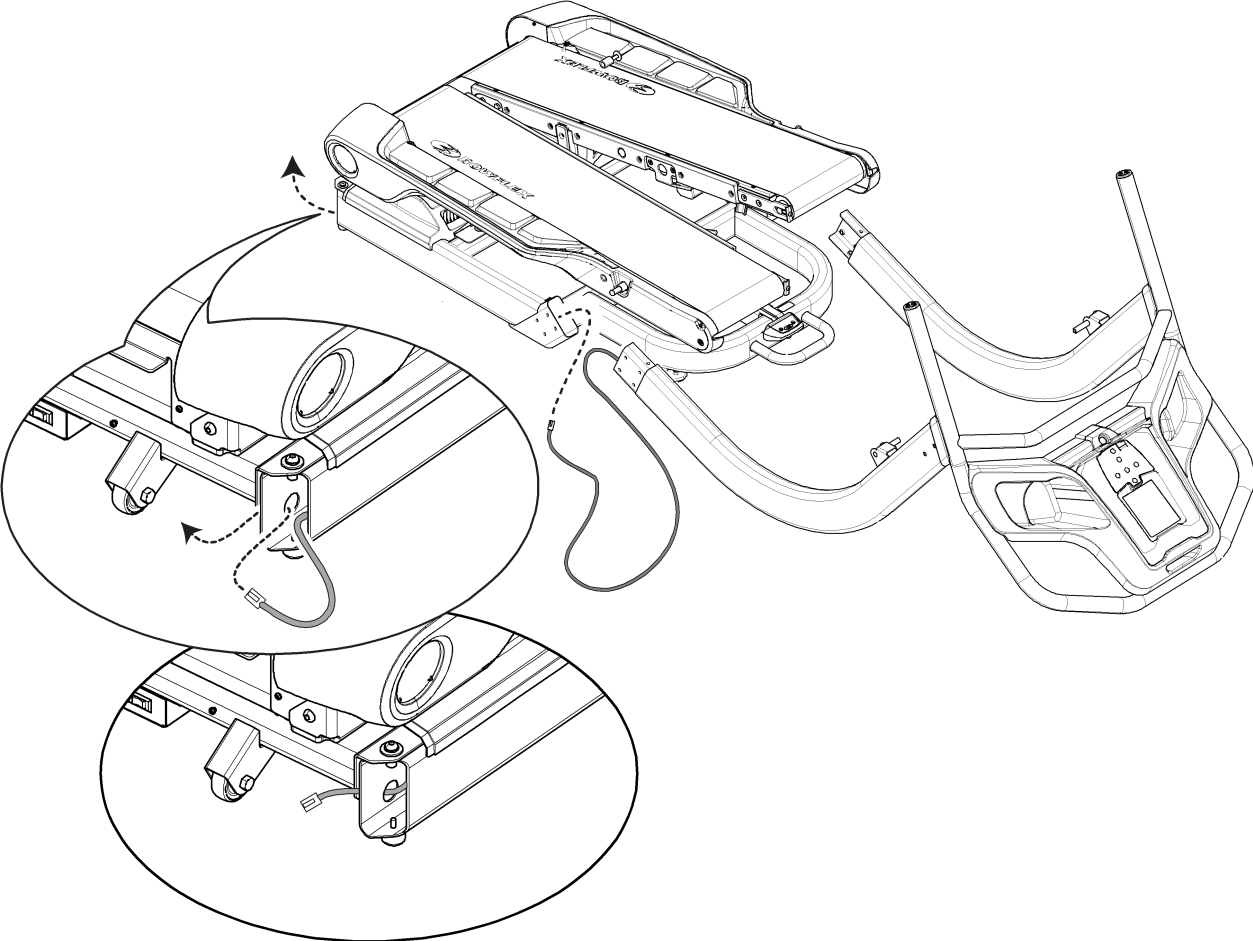


**Step 5: Attach Junction Covers and Uprights to the Console/Handlebar Assembly**

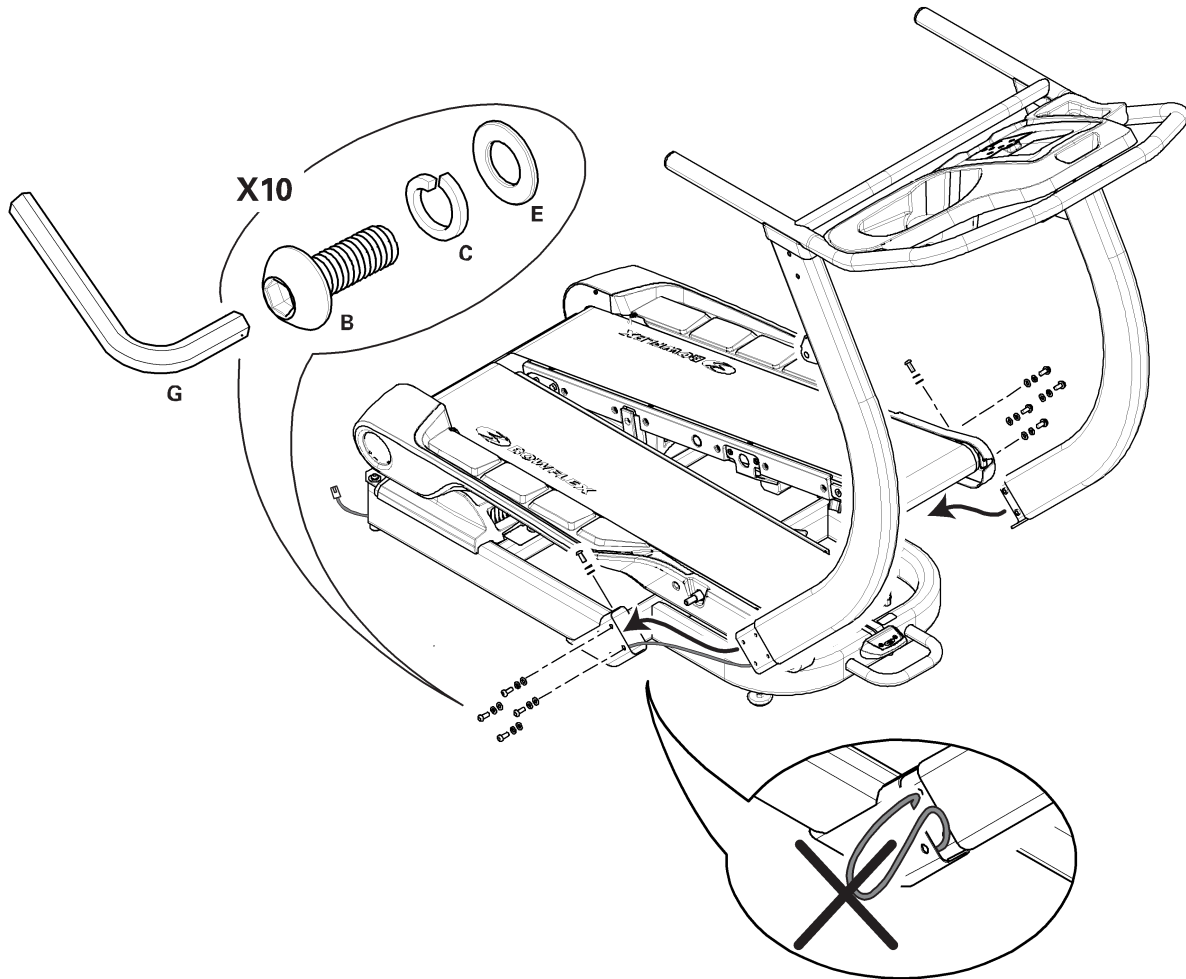
**NOTE:** Do not crimp the Console Cable.



**Step 6: Run the Console Cable through the Base Assembly**



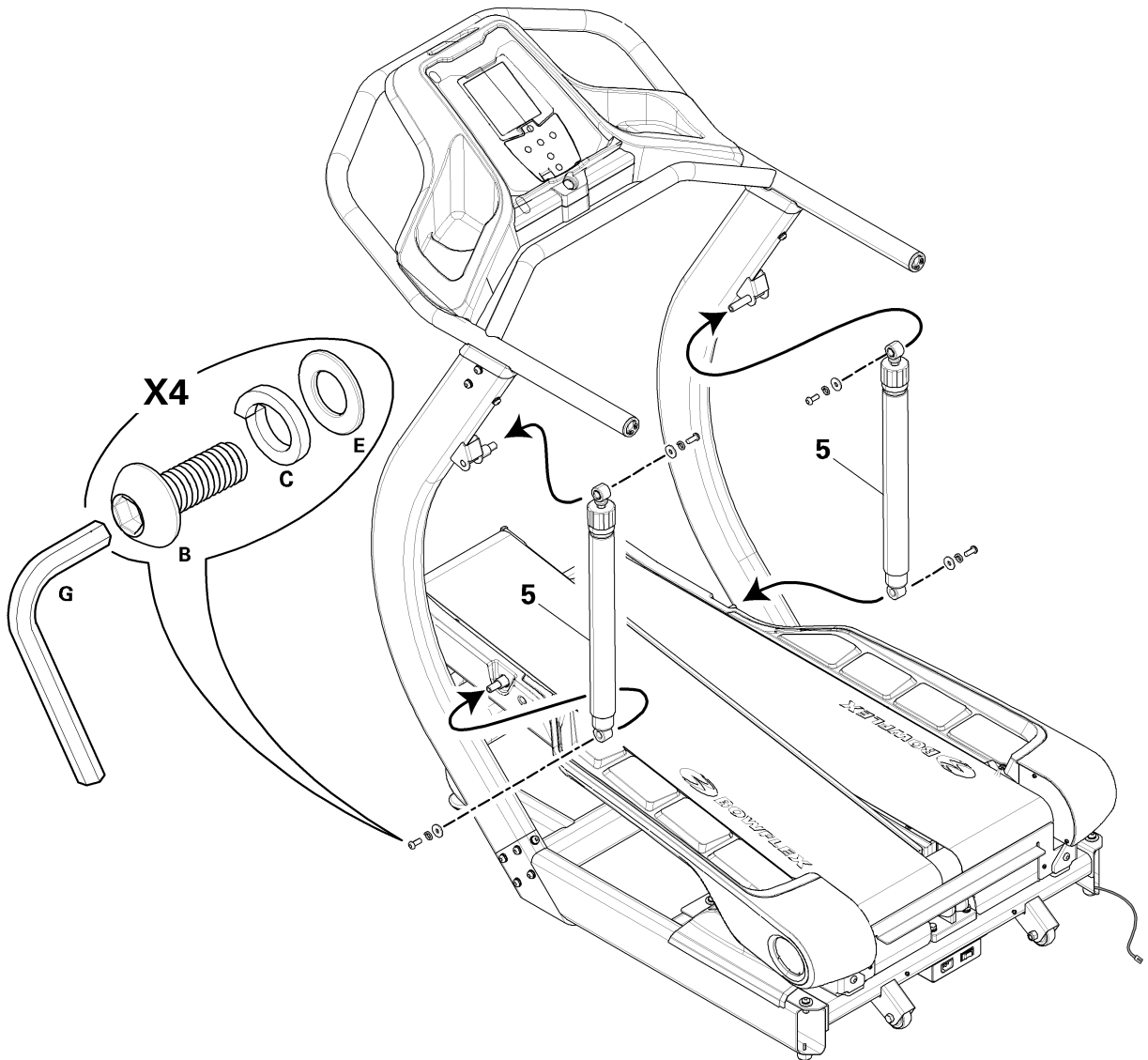
**Step 7: Attach the Console/Handlebar/Upright Assembly to Base Assembly**



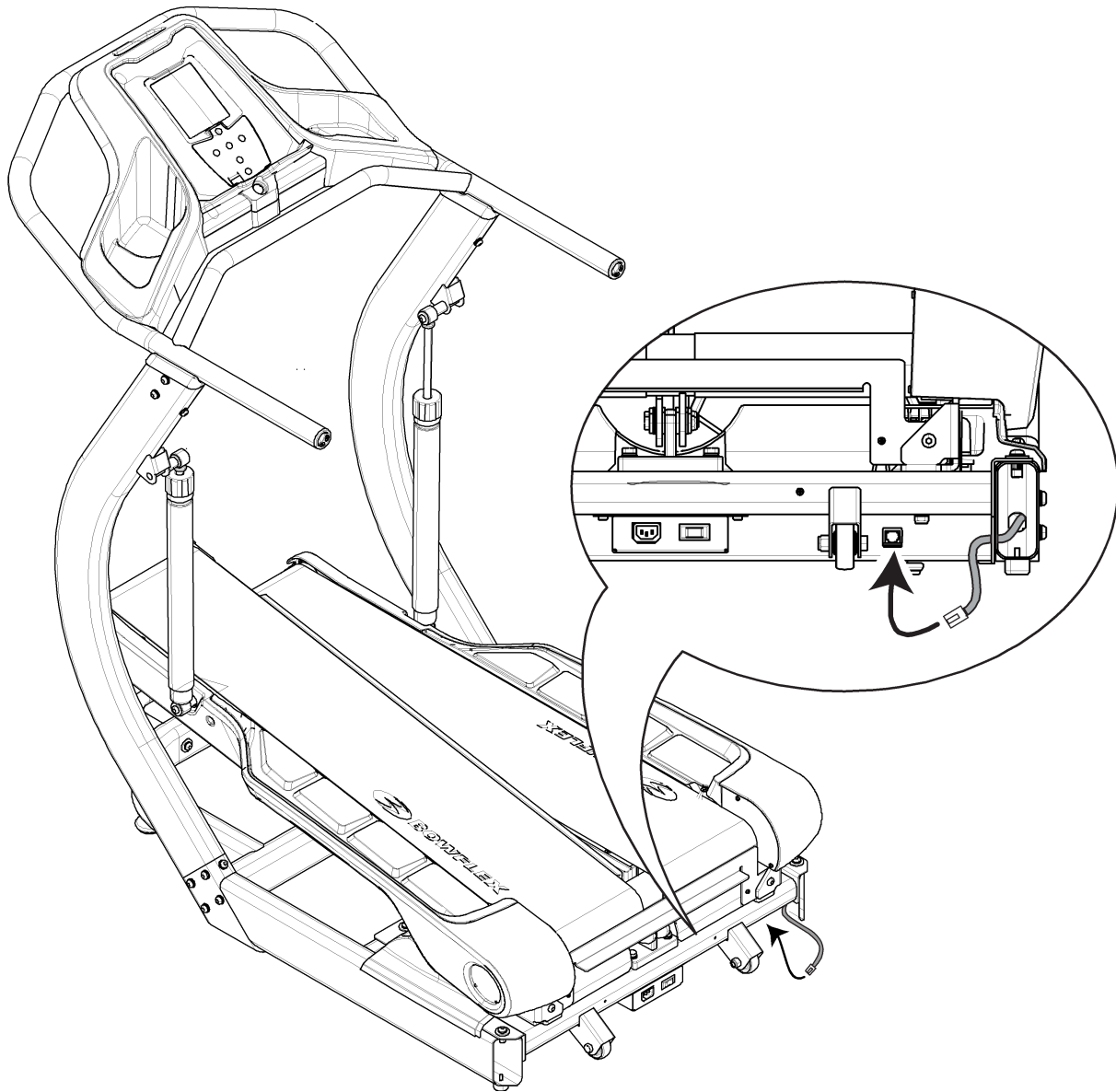
## Step 8: Attach Cylinders to Uprights and then Treadle

**NOTE:** Hardware is pre-installed and not on Hardware Card.

The single, white arrow on top of the cylinders must point up and to the rear of the machine. Be sure to attach cylinder to upright before Treadle.



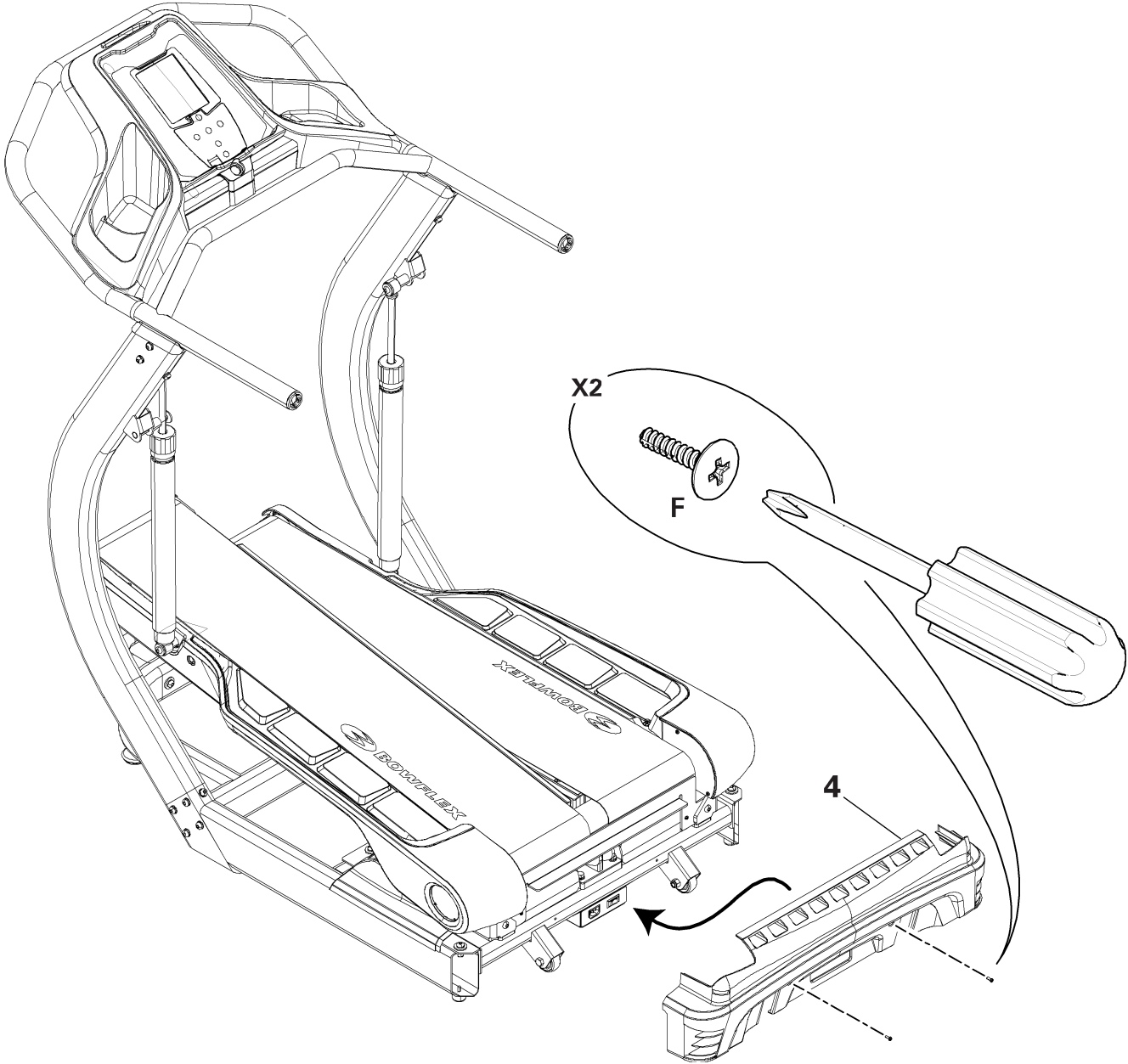
**Step 9: Connect the Console Cable to Rear of Machine**



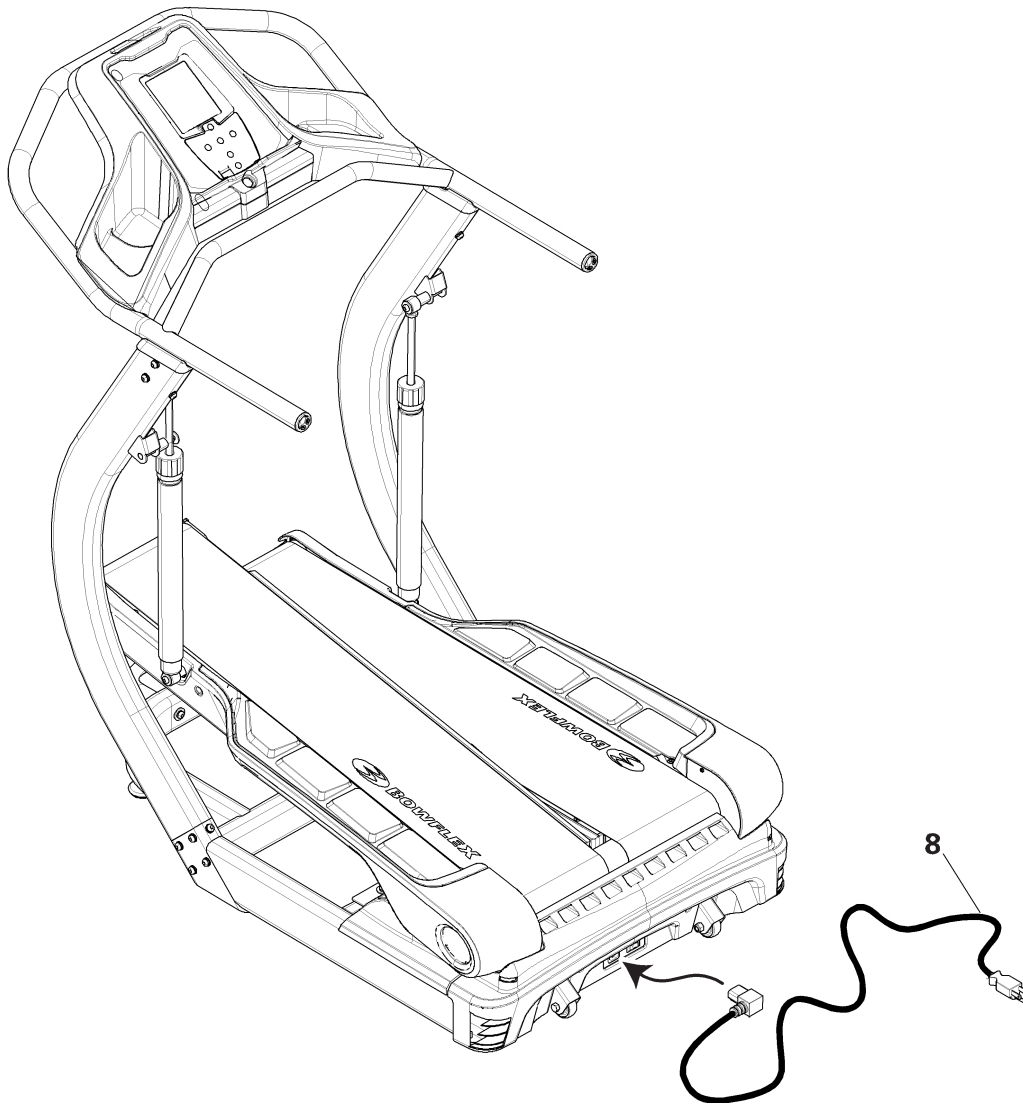


**Step 10: Attach Rear Cover**

**NOTE:** Push the excess Console Cable inside the frame and then attach Rear Cover.  
Be sure the safety tabs on the upper-inside of the Rear Cover snap onto the Base Assembly.



## Step 11: Connect Power Cord



## Final Inspection

Inspect your machine to ensure that all fasteners are tight and components are properly assembled.



Do not use or put the machine into service until the machine has been fully assembled and inspected for correct performance in accordance with the Owner's Manual.

# Contacts

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<b>Serial Number</b>
<b>Date of Purchase</b>

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