

NOTICE: This document provides instructions for the replacement of the Walking Belt on the Bowflex® TC10 fitness machine.

If you need assistance, please call Bowflex® Customer Service at 1-800-605-3369.



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.

- 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 and children 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.
- Use only replacement parts and hardware that are supplied or approved by Nautilus. Failure to use Nautilus-approved replacement parts can adversely affect the safety and functionality of the equipment creating a risk to users.
- 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 necessary request replacement warning stickers or placards from Nautilus® customer service.
- Do not try to change the design or functionality of the machine being serviced as this can adversely effect user safety.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

Tools Required (not included)

#2 Phillips screwdriver



4 mm hex wrench
5 mm hex wrench



11 mm wrench
(2) 13 mm 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 the machine and wait 5 minutes before cleaning, maintaining or repairing the machine. Place the power cord in a secure location.

1. Unplug the power cord from the machine and wait 5 minutes.

2. Using a #2 Phillips screwdriver, remove the 6 indicated screws from the Rear Step.

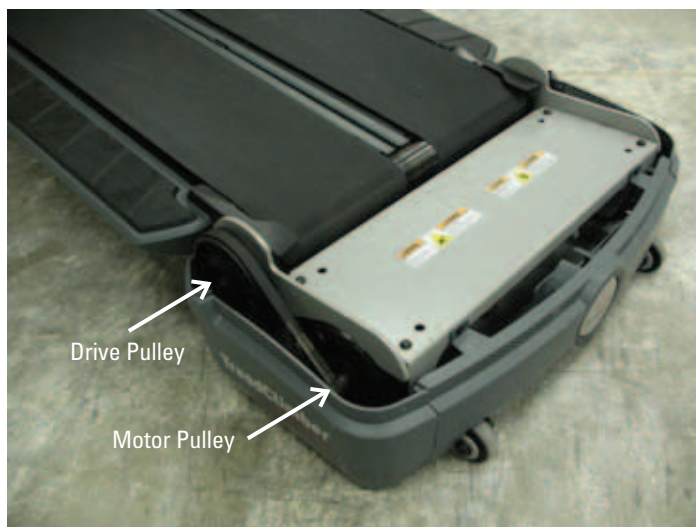


3. Remove the Rear Step.



4. Remove the Drive Belt. Turn the Drive Pulley clockwise while forcing the Drive Belt to the outside. The Belt will come off of the Drive and Motor Pulley.

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

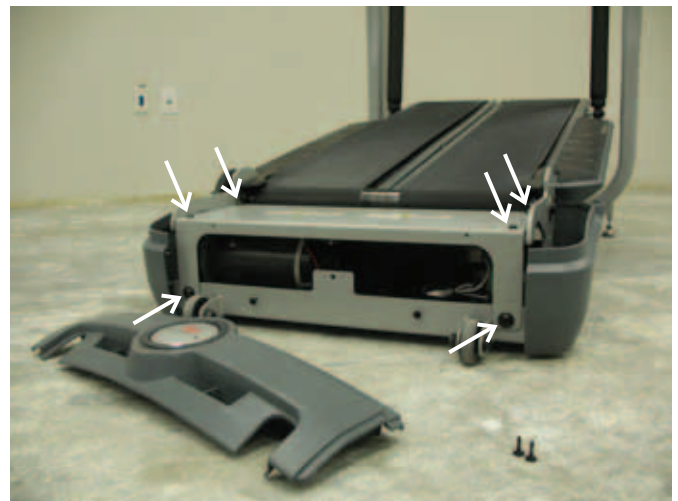


5. Using a #2 Phillips screwdriver, remove the 2 indicated upper screws and loosen the 2 lower indicated screws from the Rear Cover. Lift up on the Rear Cover, releasing it from the Base Assembly and slide it off.



6. Using a 4mm hex wrench and a 13mm wrench, remove the 6 indicated screws from the Motor Compartment Cover.

7. Slide the Motor Compartment Cover off of the machine.



8. While holding a 13 mm (1/2") wrench on the Right Rear Roller Bolt steady, turn another 13 mm (1/2") wrench on the Drive Pulley Bolt counter-clockwise. Remove the Drive Pulley. Note the orientation of the Drive Pulley with the Round Magnet on the inside.



9. Using a 5 mm hex wrench, remove the lower mounting bolt from the Cylinder. Leave it attached at the top.

10. Disconnect the Cylinder from the Treadle, and lower the Treadle gently.

 The Treadle will fall abruptly if not supported. Keep hands away from the inside of the Treadles to avoid possible serious injury.

 The Walking Belts can abruptly move. To avoid possible serious injury, keep hands away from the edges of the Walking Belts.



11. Using a #2 Phillips screwdriver, remove the 5 indicated screws from the right Side Cover. Slide the Side Cover off of the machine.



12. Remove the Belt Tensioning Screws and Brackets using a 5 mm hex wrench.

NOTE: Be sure to record how many turns it takes to remove the screws to assist with reassembly.



13. Using a 11 mm wrench, remove the 4 indicated bolts holding the Treadle Stop to the Right Treadle. There are two bolts on each side of the Treadle.



14. Remove the Treadle Stop.

15. Using two 13 mm wrenches, remove the two bolts from the Roller Bearing Plate.

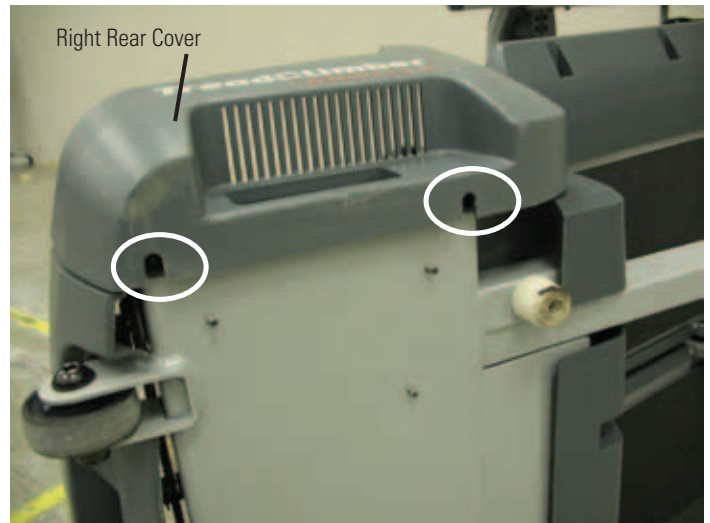
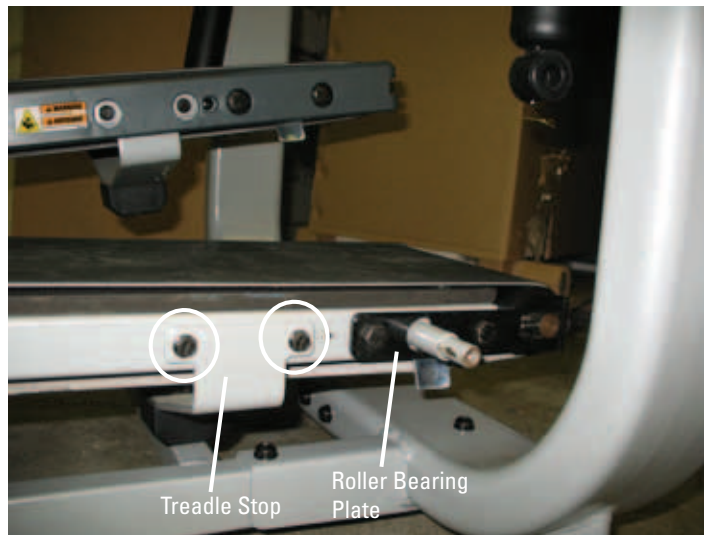
16. Remove the Front Roller by sliding it out of the belt.

17. With assistance, carefully set the machine on to the left side.



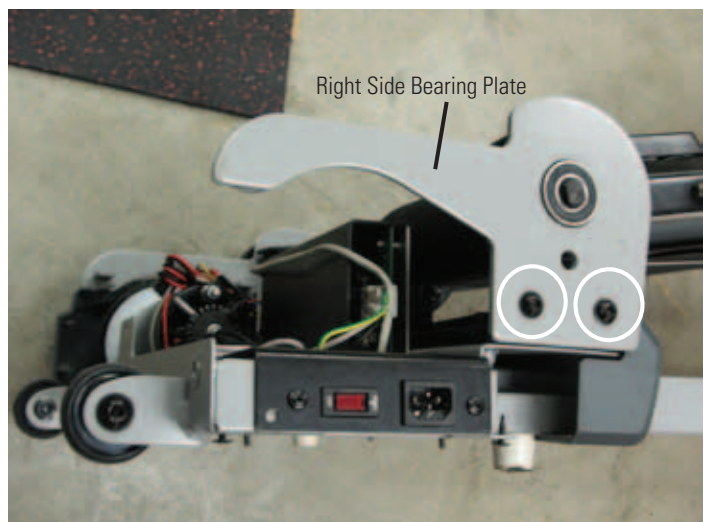
Do not move the machine without aid. Injury to you or damage to the machine can occur. The Treadles and Walking Belts can abruptly move. To avoid possible serious injury, keep hands away from the inside of the Treadles and the edges of the Walking Belts.

18. Using a #2 Phillips screwdriver, loosen the two indicated screws and remove the Right Rear Cover.



19. Using a 5 mm hex wrench, remove the 2 indicated bolts from the Right Side Bearing Plate.

20. Remove the Right Side Bearing Plate from the Rear Roller.



21. Carefully slide the Walking Belt off of the deck.

22. Installation is the reverse procedure.

23. Follow the same procedure for replacing the left Walking Belt.



24. Once the machine has been reassembled, the Walking Belts will need to be properly tensioned.



Check the belt tension only when the machine is unplugged.

To check, pull a Walking Belt upward at its midpoint and measure the distance to the deck. If the distance is more than an inch, the belt is loose. To tighten, turn both of the Belt Tensioning Screws clockwise one-half a turn equally and check the tension again. Repeat this step as necessary on both Belts. Be sure not to over-tighten the belts.

NOTE: Bolts are turned counterclockwise equally to decrease belt tension.

25. With the Walking Belts properly tensioned, the Belts may need to be adjusted to run in the center of each Treadle.

a. Plug in the power supply.

b. Stand adjacent to the machine and run the machine at 1.5 MPH. While operating the machine, notice where the belts run on each Treadle.



To avoid possible serious injury, do not touch the Walking Belts.

c. The Belt Tensioning Screws are on the front end of each Roller. If the Belt is tracking too far to the right, use a 5 mm hex wrench to turn the Right Belt Tensioning Screw clockwise on that Belt in a half turn increment.

d. Allow the Walking Belts to run for approximately 30 seconds noticing if the walking belt is adjusted.

e. Repeat as necessary until adjusted.

If the Belt tracks too far to the left, use a 5 mm hex wrench to turn the Left Belt Tensioning Screw clockwise on that Belt in a half turn increment.



26. 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.