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### bowflex 3000 manual

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Before using this equipment, obey the following warnings Read and understand the complete Owner's Manual. Replace any warning label if it is damaged, illegible, or missing. For replacement labels, call a Nautilus Representative. Tighten all fasteners as necessary. If you have not exercised recently, are pregnant, have a heart condition, or any physical limitation, consult with your physician before you use your machine. If you experience tightness in your chest, an irregular heartbeat, shortness of breath, feel faint, lightheaded or dizzy, or have any pain, STOP and consult your physician immediately. Additional Accessories For additional accessories for your home gym, contact Nautilus at 1800NAUTILUS 18006288458 or [www.bowflex.com](http://www.bowflex.com). Owner's Manual. The following fitness guidelines will help you define your goals and choose your fitness program. In addition, select Cooling Down An essential part of the exercise routine is the cool down. Focus on practicing and learning your technique before increasing the resistance. Then move to a more challenging resistance that you can perform no less than 10 reps and no more than 15 reps. Train each muscle group to fatigue before moving on to the next exercise. Do not neglect any muscle group. If needed, include an aerobic activity to increase your caloric expenditure and help to reduce your body fat levels to achieve a defined muscular look. By returning to an aerobic exercise between each set you are increasing your aerobic capacity, endurance and burning fat as energy. This is an advanced routine to be used only after you have progressed from the advanced general conditioning routine and only after you have perfected your exercise techniques. Nautilus, Inc. All rights reserved. Before Assembly. 2 Attach the Seat Bottom to the Seat Backbone. 11. Tools. 2 Attach Leg. Page 3 Important

Safety Instructions Important Safety InstructionsPage 4 Hardware HardwareStep 1 Assemble the Base. Parts. Step 2 Attach the Rod Pack.<http://quiltandsewingplace.com/S6PCjn9M0S2w2fhs.xml>

Step 3 Attach the Lower Lat Assembly to the Base Assembly. Page 9 Attach the Seat Support Rail Assembly. Step 4 Attach the Seat Support Rail. Page 10 Assembly. Step 5 Attach the Pulley Arms. Step 6 Attach the Seat Bottom to the Seat Backbone. Step 7 Attach the Leg Extension Assembly. Page 13 Attach Seat Back Assembly. Step 8 Attach the Seat Back. Hardware. Page 14 Attach the Lat Crossbar with Pulleys Assembly. Step 9 Attach the Lat Crossbar with Pulleys to the Upper Lat Tower. Step 10 Attach the Rear Lat Cross Bar. Step 11 Attach the Upper Lat Tower Assembly to the Base Assembly. Page 17 Attach the Lat Pulley Housing Assembly. Step 12 Attach the Lat Pulley Housing. Page 18 Cable and Pulley Routing Assembly. Step 13 Cable and Pulley Routing the Rear Pulleys. Tools. Step 14 Connect the Rod Cables through the Right Floating and Lat Tower PulleysStep 15 Connect the Right Squat Cable through the Floating and Main Assembly PulleysPage 21 Final Inspection Assembly. Step 16 Leg Press Extension Cable Routing. Assembly ManualPage 24 Printed in China. Nautilus, the Nautilus Logo, Universal, the Universal Logo, Bowflex, the Bowflex. Amazon calculates a product's star ratings based on a machine learned model instead of a raw data average. The model takes into account factors including the age of a rating, whether the ratings are from verified purchasers, and factors that establish reviewer trustworthiness. See All Buying Options Add to Wish List Disabling it will result in some disabled or missing features. You can still see all customer reviews for the product. No accounts or sign ups necessary!While you are waiting, you will have the opportunity toThe time required is typically tied to the size of the manual. Increase your energy level. Increase cardiovascular and aerobic fitness. Increase your muscle strength. Decrease your overall percentage of body fatTake your time and have fun!

To validate warranty support, keep the original proof of purchase and record the following informationOther trademarks are the property of their respective owners. Table of Contents. Important Safety Instructions.1. Emergency Stop Procedures.2. Grounding Instructions.2. Safety Warning Labels and Serial Number.3. Product Specifications.4. Product Features.5. Care of the Machine.6. Helpful Hints.6. Initial Service.6. Accessories.6. Cleaning.6. Inspecting.6. Moving and Storage.7. Getting Started.8. Before You Start.8. Hydraulic Cylinder Adjustment Workout Level.9. Pausing or Stopping.10. TC 5000 Displays.11. Quick Start.11. Remote Heart Module TC 5000 Only.12. Information About Heart Rate Calculations.13. TC3000 Features.14. TC3000 Displays.14. TC1000 Features.14. TC1000 Displays.14. Setting English or Metric Measurement Units TC3000 and TC5000.15. Workout Instructions.16. Determining Your Fitness Level.16. Treadmill Workout.18. Locking the Treadles for Treadmill Workout.18. Starting a Treadmill Workout.19. Starting a StairStepper Workout.20. Maintenance.25. Routine Maintenance.25. Walking Belt and Deck Lubrication.25. Walking Belt Adjustment.26. Belt Alignment.26. Belt Tension.26. Walking Belt Electrostatic Reduction.27. Speed Sensor Verification TC1000 only.28. Calibration TC3000 and TC5000 only.29. If Calibration Fails Screen Displays "Cal Fail" Message.30. Explanation of Calibration Display Messages for information only.30. Determining Hours Used.30. Troubleshooting.31. Hot or Burning Odors.31. Troubleshooting Procedures.32. Parts.36. Bowflex TreadClimber 100% Satisfaction Guarantee.39. Important Safety Instructions. This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Before using this equipment, obey the following warnings. To decrease the risk of burns, electric shock, or injury to persons, read and understand the complete Owner's. Manual.

<http://fscl.ru/content/3m-static-sensor-709-manual>

Failure to follow these guidelines can cause a serious or possibly fatal electrical shock or otherRead and understand all warnings on this machine. If at any time the Warning stickers become loose. W A R N IorPlace the power cord in a secureMoving parts and other features of the machine can beStop exercising if you feel pain or tightness in yourContact your doctor before you use the machine again.

Use theThis machine contains moving parts. Do not put fingers or other objects into moving parts of the exercise equipment.Do not use the machine with bare feet orUse the supplied foot support platforms for stability before walking on the moving belt. Do not operate this machine outdoors or in moist or wet locations.This is theKeep third parties out of this space when machine is in use. Do not over exert yourself during exercise. Operate the machine in the manner described in this manual. Read, understand, and test the Emergency Stop Procedure before use. Keep the walking belt clean and dry. Keep power cord away from heat source and hot surfaces. Do not drop or put objects into any opening of the machine. Owner's ManualAlways connect the power cord to a circuit capable of handling 10 amperes with no other loads applied. Connect this machine to a correctly grounded outlet; consult a licensed electrician for assistance. Do not operate where aerosol products are being used.If it does, the controller must be inspected and tested for safetyT he electrical wiring for the residence in which the machine will be used must obey the applicable local andThis machine is designed for walking. Do not try to run on this machine. Emergency Stop Procedures. If the SafetyTo prevent unsupervised operation of the machine, always remove the Safety Key andAlways attach the Safety Key clip to your clothing during your workout.When the keySafety Key with Clip. Be sure to remove the Safety Key for safe storage when not in operation. Grounding Instructions.

<http://gandgengineering.com/images/casio-algebra-fx-2.0-manual-espa-ol.pdf>

This product must be electrically grounded. If a malfunction occurs, correct grounding decreases the risk ofA R N I NThe. G power cord is equipped with an equipmentgrounding conductor, and must be connected toIncorrect connection of the equipmentgrounding conductor can result in a risk of electricDo not connect other appliances orImportant Safety Instructions. Safety Warning Labels and Serial Number. Make sure that you have the serial number when you contact Customer Service. Newer models have the serial number onSafety labels. Serial numberOlderTurn off and Lock out power before servicing.Lock out power before servicing.Physical Dimensions. Length. Width. Height Assembled Weight. Shipping WeightSystem Capacities. Maximum Weight Capacity. SpeedTreadmill Incline. Workout Resistance Levels. Warranty Length. Component Specifications. Belt. Motor. Frame. Operational Voltage. Operational CurrentSee the Warranty sheet for full information per machine type.Powdercoated steelRegulatory Approvals MarksUL 1647, 3rd Ed. and MotorOperated AppliancesWorkout Level. Setting Dials. Console. Belt GuidesHydraulic Resistance Cylinders. Transport Handles. Incoming Power Plug,Locking Lever. Treadle Side Foot. Support Platforms. Owner's ManualT he safety and integrity designed into a machine can only be maintained when the equipment is regularlyIt is the sole responsibility of the owner to ensure that regular maintenance isWorn or damagedOnly manufacturer supplied components should be used to. T o reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord. Place the power cord in a secure location. Helpful HintsAll references to the right or left side, and to the. Initial Service. Use a soft, clean towel to wipe off the dust that may have accumulated during shipping.Refer to the Assembly Manual for details. Accessories. The rubber mat will. The mat protects floors from scratches and perspiration and it gives workout areas aCleaning.

<http://www.amagato.com/images/casio-algebra-fx2.0-manual.pdf>

Keep the unitBe sure to dust the exposed part of the deck on either side of the walking belts and the side rails. Clean the top of the belt with a damp, soapy cloth and wipe carefully and thoroughly with a dry cloth. Be careful to keepNOTICE Do not clean with a petroleum based solvent or an automotive cleaner. Be sure to keep the Console free ofDo not use the machine until the Walking Belts are dry. InspectingThe salt in perspiration canAdjust the belt tension if necessary.Care of the Machine. Moving and StorageThere are two handles for lifting on the back of the base and twoFailure to followRear Lift Handles. Do not use the uprights, arms, or console to lift or move the. Doing so could cause physical injury to. Do not move the machine without aid. Injury to you or damage toPut the power cord alongside the machine, out of your wayPrevent stepping on theBe sure to lock the

treadles and remove the Safety Key for safe storage to prevent unsupervised use. Owner's Manual Read and follow the Important Safety Information in this manual. Make sure that any other machine users review Before You Start. Note If you are working out in treadmill mode, you must lock the treadles by following the locking procedure in the Locking the Treadles section in this manual. Do not stand on the machine while adjusting hydraulic resistance settings. Module section in this manual. Always plug into the machine Main Power Switch "Off". Main Power Switch "On" Note The console will not light up until you insert the Safety Key and turn on the console by pressing the POWER Button. Be careful when securing the power plug to prevent stepping on it. Always check Safety Keyhole and clip the Safety Key cord to your clothing. Keyhole.

Be aware that this will cut all power to the console Safety Key and Cord Getting Started If your Workout Level or weight changes, you must remember to change your settings. Keep your hands on the support Handlebars and stay as near the front of the machine as is comfortable in order to keep your foot in the center of each Treadle. Do not let your feet cross in front of your body as you increase the resistance. When you are experienced and comfortable with the action of the machine, you can allow your arms to swing freely in this workout will activate your core muscles. It should only be done by those comfortable with Hydraulic Cylinder Adjustment Workout Level. If you are new to exercise, are Cylinders. Workout Level settings range from 1 to 12. The 1 setting is the minimum Hydraulic Cylinders. Begin with each cylinder set to 6 on the dial. If this setting allows too much Treadle travel, adjust the dial toward 1 counterclockwise until you are. If you find that the Treadles do not move, the Treadles should be set so they displace a Resistance Arrow. Owner's Manual The suggested Workout Level Guide shown is based on average Level settings accordingly. Your personal setting will depend on four factors. Workout Level settings may be adjusted incrementally if that best Workout Level Guide. To increase your overall calorie burn, raise your belt speed or raise resistance. Raising your Workout Level allows you to take as your endurance levels increase, you may find that your Workout Level has risen; however, make sure that you select a Note "Bottoming out" occurs when the Treadle travels through too great a range of motion. When this occurs, to reduce Treadle travel, turn the setting dial. It may be helpful to record your dial setting for future reference when there are multiple users of the machine. TC3000 or TC5000 only—Any time you change the Workout Level dial settings, you also need to input that Workout Level. Note If your actual Workout Level Setting is incremental, input your level as the nearest whole number.

[pikewallis.no/wp-content/plugins/formcraft/file-upload/server/content/files/1626fc3a3bedf4---bose-lifestyle-5-music-center-service-manual.pdf](http://pikewallis.no/wp-content/plugins/formcraft/file-upload/server/content/files/1626fc3a3bedf4---bose-lifestyle-5-music-center-service-manual.pdf)

Pausing or Stopping. Pausing or Stopping the TC3000 and TC5000 Belts will slow down to a complete stop. Final workout information will be displayed in the display windows. HEART Workout information will be cleared when power to the If this is done during the workout, the All information from your workout will be cleared. Getting Started Note In case of emergency, you may shut off power by pulling out the Safety Key but this will abruptly stop the belts as Pausing or Stopping the TC1000 RESET only works when the belts are not moving. TC 5000 Displays MPH. When unit is used in stair stepper mode, SPEED display will show Steps per Minute. Quick Start Make sure you lock the treadles following the Locking the Treadles instructions on Page 20 before starting a treadmill workout. Note Q Keyhole. Owner's Manual Remote Heart Module TC5000 Only. The Remote Heart Module and Heart Rate Transmitter are features on the TC5000 only. You may use the TC5000 Heart Rate Transmitter or any other Heart Rate Transmitter that is Note A Heart Rate Strap with a nonreplaceable battery is included. It will work with Attach the transmitter to Clean the chest strap regularly with mild soap and Residual sweat and moisture keep the transmitter active and drain the battery in the Note Do not use abrasives or chemicals such as steel wool or alcohol for cleaning, as they can damage the NOTICE Never immerse the Heart Rate Transmitter in water—doing so could permanently damage the If the Heart Rate Transmitter is not sending a signal to your console, check

to make certain that the metal electrodes on You may need to lightly wet the circles so Getting Started. Information About Heart Rate Calculations. Your maximum heart rate generally declines with age from about 220 Beats Per Minute BPM in childhood to about There is no It should be remembered that It is more accurate to calculate this value by On the other hand, your resting heart rate is greatly influenced by endurance training.

The typical adult has a resting The heart rates below are based on average fitness of persons of the age indicated. You may be more or less fit, and You should therefore consult your The best way to burn fat during exercise is to start slowly with a less intense exercise and gradually increase your The longer you maintain your target heart rate, the more fat your body will burn. The graph below is merely a guideline, showing the generally suggested target heart rate for persons your age. As Consult your physician for your Using the graph below as a guideline, raise and lower the intensity of your workout to keep within the suggested target Heart Rate BPM beats per minute Maximum Heart Rate. Target Heart Rate Zone Note As with all exercises and fitness regimens, always use your best judgment when increasing intensity or endurance. Owner's Manual TC3000 Features TC1000 Features Getting Started. Setting English or Metric Measurement Units TC3000 and TC5000. You can configure the TC5000 and TC3000 Consoles to display in Miles or Kilometers English Measurement Display. Metric Measurement Display The below is an example of how weight will display in both English Standard and Metric. English Measurement—150 Pounds. Metric Measurement—68 Kilograms. Owner's Manual Determining Your Fitness Level. Endurance is an important way to determine your fitness level. Consult your physician before starting any exercise program. Only he or she can determine the If you are new to exercise, are These three quick tests should help you determine at what level you should start training. Test 1. Workout Level Setting for your weight see the Workout Level Settings table on Page 10, and gradually increase Rate of Perceived Exertion Scale 1. Based on the above scale Workout Instructions. Test 2 Test 3 Level Guide table in the Select Your Workout Level section of this manual, and gradually increase your rate of Foot Support Platforms. Scale listed under Test 1 of the Workout Instructions section of this manual.

Assessment. After finishing all endurance tests, add the totals of your perceived exertion for Tests 1, 2 and 3 together and divide by If at any time you wish to raise your endurance, you should retest your Perceived Exertion Level. If you follow our workout program, you should see a marked improvement in your endurance after just a few workouts on. Owner's Manual Treadmill Workout. Treadles Further, the treadles are interconnected, which Keep your foot in the center of each Treadle. Do not let your feet cross in front of your body as you increase the Locking the Treadles for Treadmill Workout. The right and left treadles can be locked together to get a treadmill workout. Unplug the cord from the wall outlet, line up the Treadles, and then lock or Follow the Starting a Treadmill. Workout instructions for your model to work out in treadmill mode. Lever in locked position for treadmill mode. Lever in unlocked position for Note You will not need to manually change the Workout Level Settings on the Hydraulic Cylinders for a treadmill Workout Instructions. Starting a Treadmill Workout TC3000 and TC5000 The console will NOT power up if the Safety Key is not properly inserted into To avoid injury, do not stand on the walking belts while starting or stopping them. Remember to change Starting belt speed is 0.7 mph. Starting a Treadmill Workout TC1000 Starting belt speed is 0.5 Owner's Manual Starting a Stair Stepper Workout TC3000 and TC5000 For first time use, follow the Workout Level input instructions for Starting a Instead, start stepping for your stair stepper workout. Starting a Stair Stepper Workout TC1000 Workout Instructions To avoid injury, do not stand on the walking belts while starting or stopping them. The console will NOT power up if the Safety Key is not properly inserted into the. Safety Keyhole. FOR FIRST TIME USE A default weight of 150 lbs will show in the digital displays. Display 150 lbs. Use the FASTER or SLOWER buttons to increase or decrease to your actual weight.

FOR FIRST TIME USE A default workout level of 6 will show in the digital displays. Display Workout Level 12. Use the FASTER or SLOWER buttons to change the digital display setting to your actual workout level setting. Note Actual Workout Level Settings are changed manually, using the Workout Level dials located on each Hydraulic Cylinder, but you will also need to input your Workout Level into the console for calorie burn calculations. Workout Level or weight changes, you must remember to change your settings on the console to insure accurate Owner's Manual Starting belt speed is 0.7 MPH 1.1 KPH. Note Belts may take two to three seconds to start. To avoid injury, do not stand on the walking belts while starting or stopping them. Note The console will NOT power up if the Safety Key is not properly inserted into the Safety Keyhole. Starting belt speed is 0.5 MPH 0.8 KPH. Workout Instructions. First 4 Weeks. Based on your Perceived Exertion Level see the Determining Your Fitness Level section at the beginning of This regimen may include varying stairstepper, treadmill Remember to always use your own, best personal judgment and the advice of your physician or health Warming Up. Before you begin any workout, you should prepare your body for increased activity by slowly raising your Stairstepping is one way to warm up your body slowly without fatiguing. Follow the directions in the Stair Stepper Workout section in this manual to begin a stairstepper warmup. When you are ready to begin Beginning Your Workout. You may also wish Interval Training involves adjusting your speed for specific lengths of time to raise and lower your heart Interval training varies the intensity of your workout during one exercise session.

Alternating high intensity training with low intensity rest periods will boost your metabolism and help you Interval training also helps prevent the injuries often associated with repetitive endurance exercise, and Try varying your belt speed or rate of stepping from fast speeds to slower recovery speeds to begin Steady State workout involves performing one exercise at the same speed and intensity for a long period Further, repetitive workouts can help you build your Owner's Manual Beginner Level. Week 1. Intermediate Level. Week 1 Week 2. Week 2 Once this has become easier, retest Week 3. Increase workout level setting. Week 4. Increase workout levels 12 levels Week 5. Use Weeks 1, 2, 3 and 4 as a Owner's Manual. Increase workout level setting during Once this has become easier, retest Week 1. Increase your workout levels during Week 3. Use Weeks 1 and 2 as a guide to help you Week 2. Use Weeks 1 as a guide to help Maintenance. The safety and integrity designed into a machine can only be maintained when the equipment is regularly It is the sole responsibility of the owner to ensure that regular maintenance is Worn or damaged Only manufacturer supplied components should be used to. This product, its packaging, and components contain chemicals known to the State of California to cause cancer, This Notice is provided in accordance with California's Proposition 65. If you Routine Maintenance. For general routine maintenance and cleaning see the Care of the Machine section of this manual. Walking Belt and Deck Lubrication. Belt friction may W A R N I the. N G Tread Climber machine completely from the wall outlet, and remove the power cord from the incoming Gently lift each side of the belt and apply a few drops of the. IMMEDIATE lubricant. Clways. A U T use Let the belts run for approximately 15 We also recommend a Customer Service. To reduce the possibility of slipping, be sure the treadle area is free from grease or oil.

Wipe off any excess oil Use the following timetable as a guide to lubricate the decks. Owner's Manual We recommend that you use the following. Walking Belt Adjustment. The walking belts need to be adjusted if they are out of center Adjustments can Belt Alignment Note T he belt will always move away from the tension bolt Adjustment. Bolts. Adjustment. Figure 1 Walking belt alignment exploded view. Adjustment bolts. Belt Tension. Check the walking belt tension only when the machine is If the distance is more than 1" 2.5 cm, the belt is loose. To Belt guides. If a belt is too tight, loosen turn counterclockwise the Repeat this step if necessary. NOTICE B Figure 3 Rear roller Maintenance. Walking Belt Electrostatic Reduction. This procedure provides important instructions on how to apply Do not operate where aerosol products are being used. Note R Be sure to obey Tools W A R pumps spray Place the power Bolts Turn the bolts See Figure 1. C

Figure 2. NOTICE Hold the spray dispenser approximately 6" 13 cm If spray goes off the See Figure 1. Figure 1 Tension adjustment bolts. Figure 2 Walking belts. Owner's Manual Speed Sensor Verification TC1000 only. Do not use the machine for exercise purposes without It is important to verify speed sensor operation TC1000 Do not stand on the Walking Belts during speed sensor Stop switch. Belts should begin moving within a few If belts stop, Contact customer service Your TC1000 is now Main Power Switch "On" Maintenance. Do not use the machine for exercise purposes without Failure to follow this procedure prior to use could result Do not stand on the Walking Belts during calibration. During the entire process, stand on the side foot support Main Power Switch "On". Note D Belts do not need to be perfectly centered, but if they Manual.

Note If Note The If calibration When calibration Machine is ready to I f the display shows "CAL FAIL" or any other message, do TC5000 signifies the belt speed sensor, 305 Some models DISTANCE window as a heart and the speed Owner's Manual If Calibration Fails Screen Displays "Cal Fail" Message. This error usually indicates that the console is unable to determine the speed of the belts. Take the following steps Explanation of Calibration Display Messages for information only. During calibration, the TIME display will show you text messages updating you as to the status of calibration. When Modulation PWM number a number that provides digital information about base unit functions to the. Determining Hours Used No fractions of, or partial hours will Repeat removing and reinserting the SAFETY KEY to view the Troubleshooting. Hot or Burning Odor. First check whether machine can calibrate and run properly. If machine calibrates and no error codes are displayed, this Note In most cases these are normal odors generated as the machine breaks in. There are various coatings that emit This process can be hastened.

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