

## Bowflex TC20

# Bowflex TreadClimber TC20 User Manual

Model: TC20 | Brand: Bowflex

## INTRODUCTION

The Bowflex TreadClimber TC20 is an advanced fitness machine designed to provide a comprehensive cardiovascular workout by combining the benefits of a treadmill, a stair climber, and an elliptical trainer. This unique design allows for a low-impact exercise experience while maximizing calorie burn and targeting key muscle groups, particularly the hamstrings and glutes. It is suitable for users seeking an efficient and joint-friendly workout solution.

## SETUP AND ASSEMBLY

The Bowflex TreadClimber TC20 requires assembly. It is highly recommended to have the unit professionally assembled to ensure proper functionality and safety. If self-assembling, please refer to the detailed instructions provided in the complete user manual. Ensure the unit is placed on a stable, level surface with adequate clearance around it. The machine operates on standard household electrical power.



Figure 1: The Bowflex TreadClimber TC20 with its overall dimensions of 31.5 inches (W) x 55.25 inches (H) x 55 inches (D) clearly marked, illustrating its compact footprint.



Figure 2: A complete view of the Bowflex TreadClimber TC20, showcasing its dual treadles, console, and support structure, ready for use.

## OPERATING YOUR TREADCLIMBER TC20

### Safety Features

The TreadClimber TC20 is equipped with a safety key that must be inserted into the console for the machine to operate. This key is typically attached to a clip that should be fastened to your clothing. In the event of a fall or if you step off the machine unexpectedly, the safety key will detach, immediately stopping the treadles and preventing injury. Always ensure the safety key is properly attached before beginning your workout.

### Console Overview

The TC20 features a fully backlit LCD display that provides real-time feedback on your workout. It tracks essential metrics such as speed, distance, time, calories burned, and heart rate. The console also includes the G.O. Coach system, which allows for two personalized user profiles to set custom goals and track progress over time.



Figure 3: A detailed view of the Bowflex TreadClimber TC20's console, highlighting the backlit LCD display and control buttons for speed, time, distance, calories, and heart rate monitoring.

## Starting a Workout

To begin, step onto the stationary side rails of the machine. Insert the safety key into the console and attach the clip to your clothing. Press the 'Start' button on the console. The treadles will begin to move at a slow speed (0.5 mph). You can adjust the speed using the '+' and '-' buttons on the console, with a maximum speed of 4.5 mph. The unique dual treadle system moves independently, mimicking a stair climber and elliptical motion, providing a challenging and effective workout.







Figure 4: A close-up view of the Bowflex TreadClimber TC20's innovative dual treadle system, which moves independently to simulate climbing and elliptical motions.



Figure 5: A woman demonstrating the proper form while exercising on the Bowflex TreadClimber TC20, highlighting the natural walking motion and machine's design.



Figure 6: A front view of a woman engaging in a workout on the Bowflex TreadClimber TC20, showing the console and handlebars in use.



Figure 7: A man demonstrating a workout on the Bowflex TreadClimber TC20, illustrating the machine's suitability for various users and its ergonomic design.

## Adjusting Resistance

The resistance of the treadles can be adjusted to increase or decrease the intensity of your workout. This is typically done via hydraulic cylinders located on the side of the machine. Consult your full user manual for specific instructions on how to safely adjust the resistance levels to match your fitness goals.





Figure 8: A close-up image of the hydraulic cylinder on the Bowflex TreadClimber TC20, which allows users to adjust the resistance and intensity of their workout.

## MAINTENANCE

Regular maintenance is crucial for the longevity and optimal performance of your TreadClimber TC20. This includes routine cleaning of the machine, especially the treadles and console, to prevent dust and debris buildup. Lubrication of moving parts, as specified in the user manual, is also essential to ensure smooth operation and prevent wear. Always unplug the machine before performing any maintenance.

## TROUBLESHOOTING COMMON ISSUES

If you encounter any issues with your TreadClimber TC20, please refer to the following common troubleshooting tips. For more complex problems, always consult the comprehensive troubleshooting guide in your full user manual or contact customer support.

- **Machine Not Starting:** Ensure the power cord is securely plugged into a working outlet and the machine's power switch is in the 'ON' position. Verify that the safety key is fully inserted into the console.
- **Uneven Treadle Movement:** This could be due to worn or improperly adjusted hydraulic cylinders. Refer to the maintenance section of your manual for adjustment procedures or contact customer support for assistance.
- **Display Not Working:** Check power connections. If the display remains blank or erratic, try resetting the machine by unplugging it for a few minutes and then plugging it back in.

## PRODUCT SPECIFICATIONS

Feature	Specification
Speed Range	0.5 to 4.5 mph
Electronic Functions	Speed, Distance, Time, Calories, Heart Rate (HR)
Dimensions (W x H x D)	31.5 x 55.25 x 55 inches
Minimum Ceiling Height	User height + 17 inches (treadle height) + 2 inches clearance
Weight Capacity	300 pounds
Unit Weight	217 pounds
Number of Programs	8 (5 standard, 3 landmark)
User Profiles	2 personalized profiles

## WARRANTY AND CUSTOMER SUPPORT

### Warranty Information


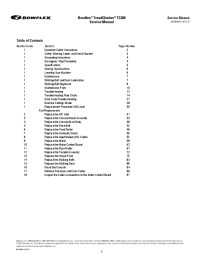

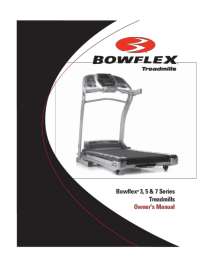

The Bowflex TreadClimber TC20 comes with a 3-year limited warranty that covers the entire machine. Please retain your proof of purchase for warranty claims. For full details on warranty coverage, terms, and conditions, refer to the warranty section of your user manual.

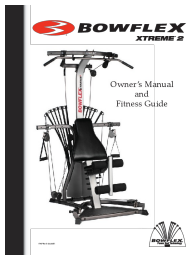
## Customer Support

For any questions, technical assistance, or warranty claims, please contact Bowflex customer support. Contact information can typically be found on the Bowflex official website or in your product's user manual. Have your model number (TC20) and serial number ready when contacting support.

© 2024 Bowflex. All rights reserved.

## Related Documents - TC20

	<p><a href="#">Bowflex Treadclimber TC1000-TC3000-TC5000 Assembly Manual</a></p> <p>Comprehensive assembly guide for Bowflex Treadclimber models TC1000, TC3000, and TC5000, providing detailed step-by-step instructions for installation and setup.</p>
	<p><a href="#">Bowflex TreadClimber TC200 Service Manual</a></p> <p>Comprehensive service manual for the Bowflex TreadClimber TC200, providing detailed instructions on maintenance, troubleshooting, and part replacement for optimal performance and longevity.</p>
	<p><a href="#">Bowflex TreadClimber 1000, 3000 &amp; 5000 Owner's Manual</a></p> <p>Comprehensive owner's manual for the Bowflex TreadClimber models 1000, 3000, and 5000. Includes safety instructions, product specifications, features, maintenance, and getting started guides.</p>
	<p><a href="#">Bowflex 3, 5 &amp; 7 Series Treadmills Owner's Manual</a></p> <p>Comprehensive owner's manual for Bowflex 3, 5, and 7 Series treadmills, providing setup, operation, safety, and maintenance instructions for optimal fitness.</p>
	<p><a href="#">BowFlex T9 Treadmill Owner's Manual</a></p> <p>This comprehensive owner's manual provides essential information for the BowFlex T9 Treadmill. It covers detailed assembly instructions, safe operating procedures, important precautions, maintenance schedules, and troubleshooting tips to ensure optimal performance and longevity.</p>



### [Bowflex Xtreme 2 Home Gym Owner's Manual and Fitness Guide](#)

Your essential guide to the Bowflex Xtreme 2 Home Gym. Learn proper usage, discover over 75 exercises, follow structured workout plans, and implement the 6-week body leanness program for optimal fitness results.