

1

2

3

4

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6

# Thank You

for choosing the Bowflex® Treadmill BXT116



Need help?

[www.bowflex.com/help](http://www.bowflex.com/help)  
[www.bowflex.com/apps](http://www.bowflex.com/apps)



Read and understand all warnings on the machine and the complete manual.

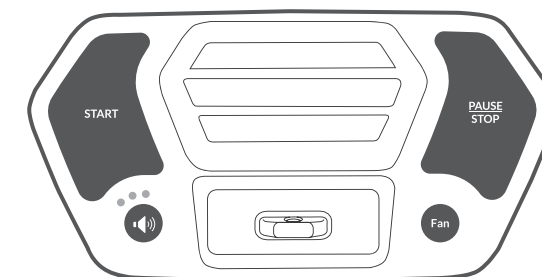
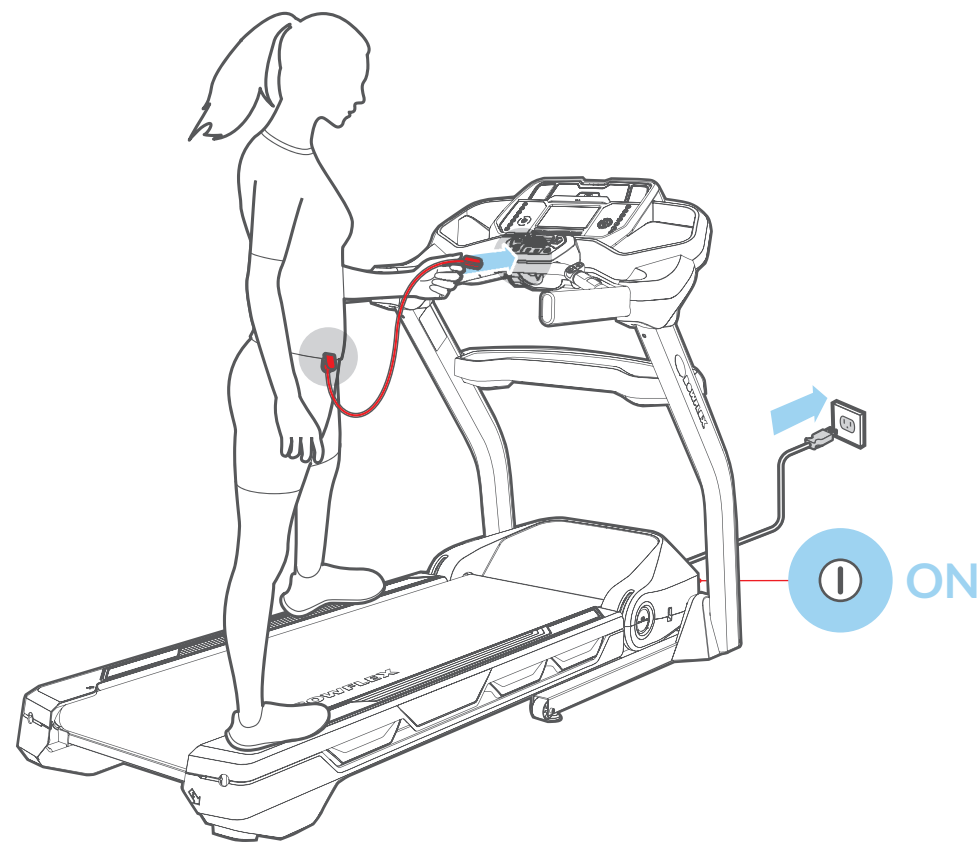
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## Start your workout

1

Turn on machine, and attach the Safety Key to the machine and you.

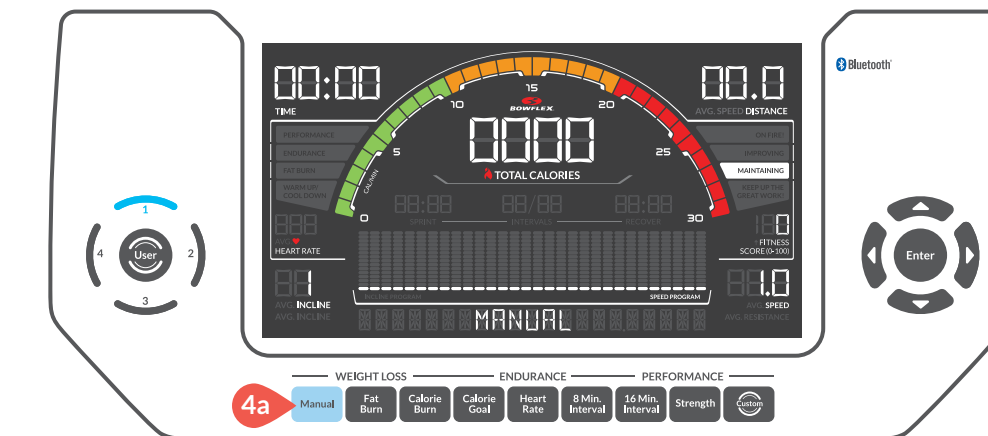


2

Push the User button to select a user.

4

Push the Manual button, and then the Start button to **begin** your workout!



3

Push and hold the User button to customize your profile, then push Enter to confirm.

## Your Custom Workout

Great workout?  
Wanna repeat it?

Then save it as your Custom workout.



Save your custom workout  
push Enter button after workout, all features are remembered.

Begin your custom workout  
push Custom button and then Start button.

Save a new custom workout  
after a workout, push Enter to save over your old one.

Reset your custom workout  
push and hold the Custom button and then Enter button.



## Track your progress

1

Download the free  
"Bowflex™ Results Series™" Software App.

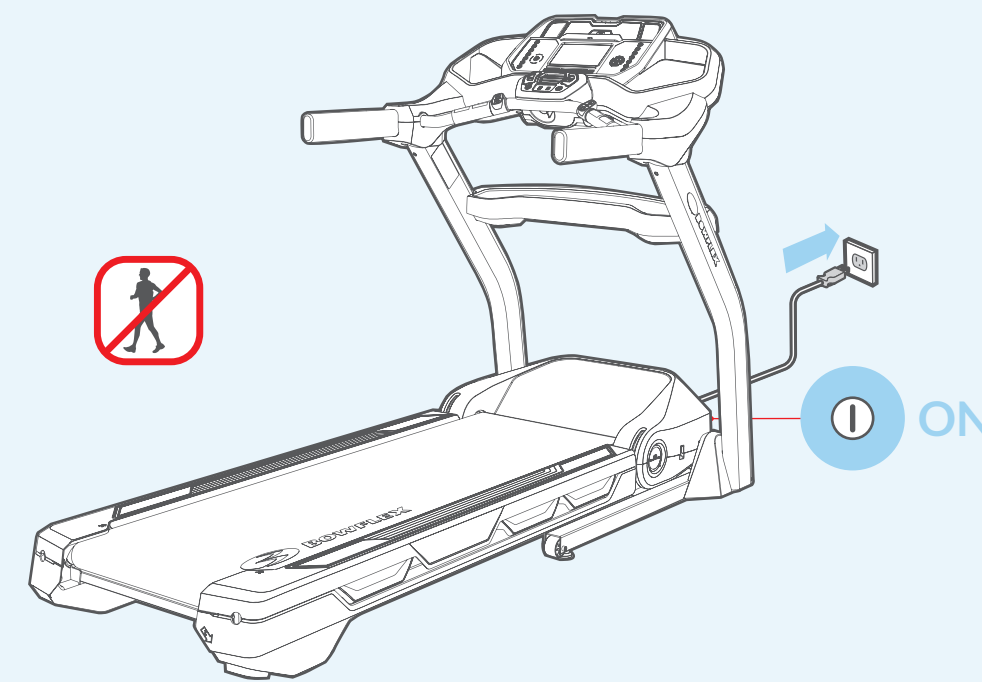


2

Enable the Bluetooth® wireless feature  
on your smart device.

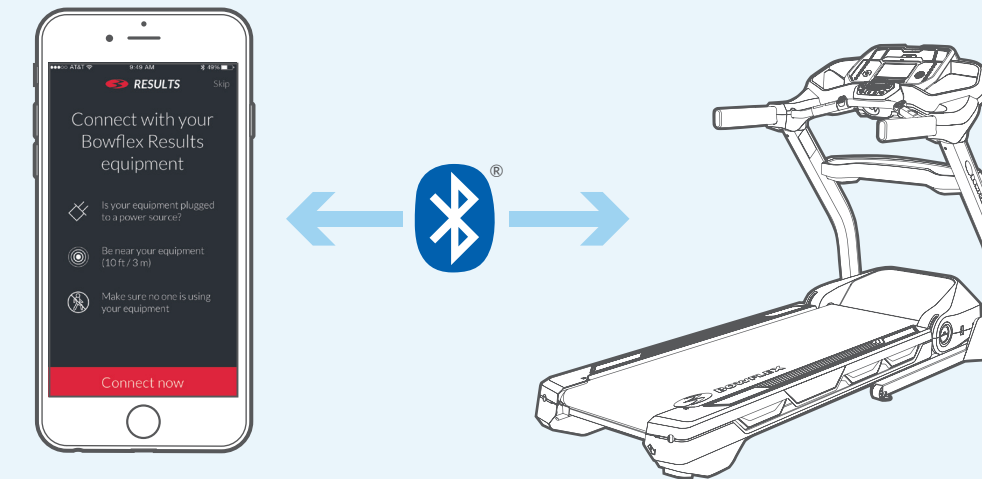
3

Turn on the machine.  
Do not use machine while pairing.



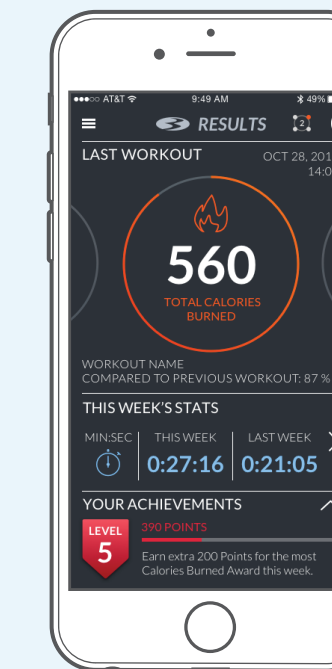
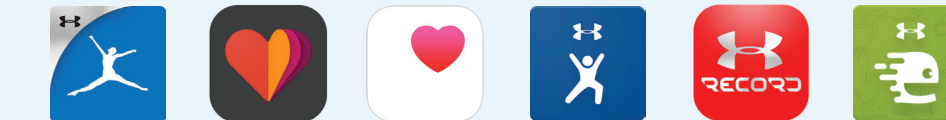
4

Open the App and follow  
the instructions to sync your  
device and machine.



5

The "Bowflex™ Results Series™" Software App is compatible with  
Bowflex™ app partners.



Learn more:  
[www.bowflex.com/help](http://www.bowflex.com/help)



Read and understand all warnings on the machine  
and the complete manual.

**BOWFLEX**  
BXT116

QUICK START GUIDE

