

1

2

3

4

5

6

Thank You

for choosing the Bowflex® Treadmill BXT216



Need help?

www.bowflex.com/help
www.bowflex.com/apps



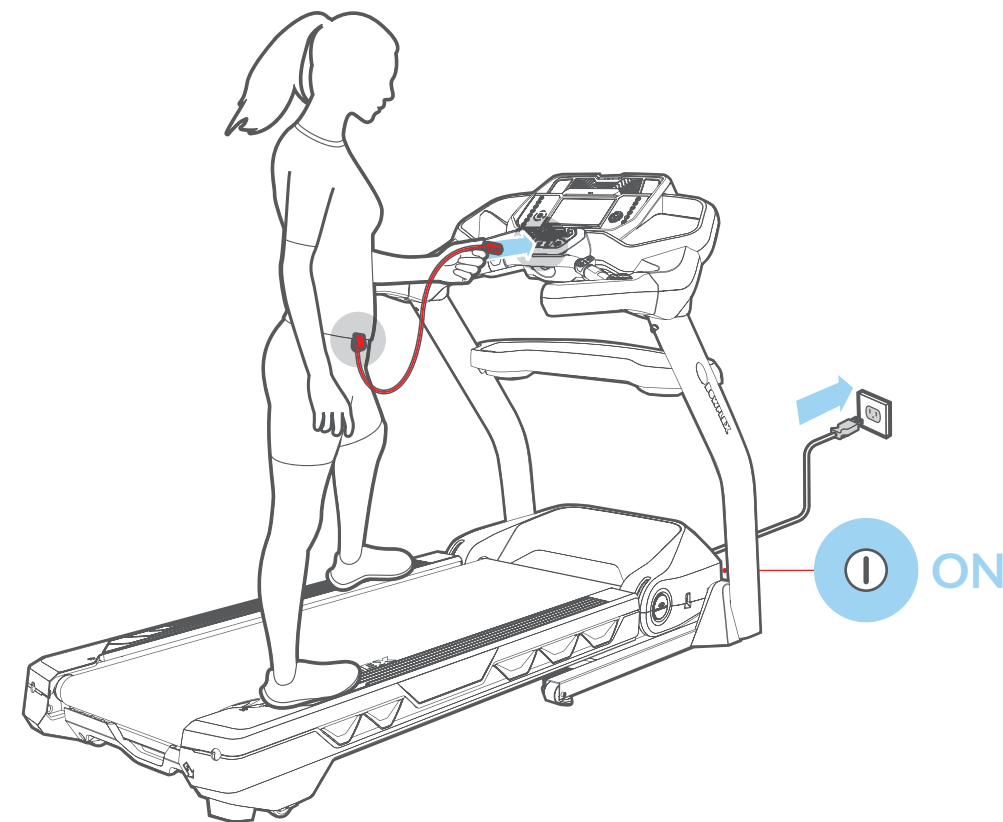
Read and understand all warnings on the machine and the complete manual.

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Start your workout

1

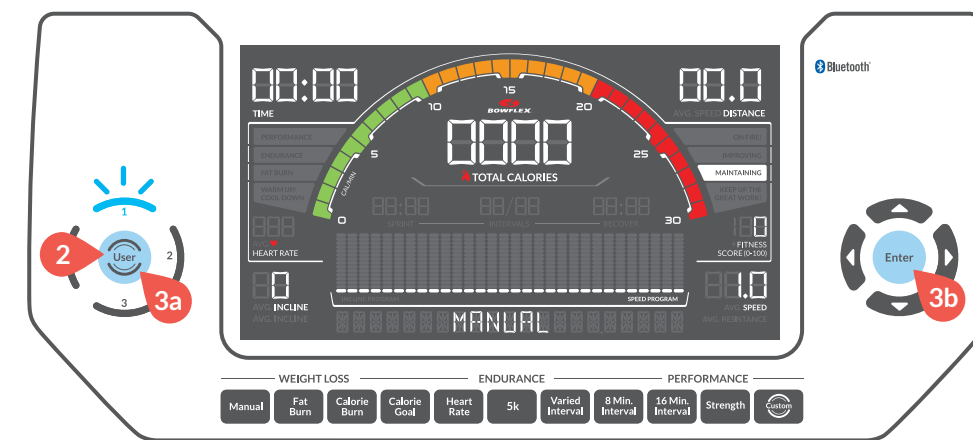
Turn on machine, and attach the Safety Key to the machine and you.



ON

2

Push the User button to select a user.

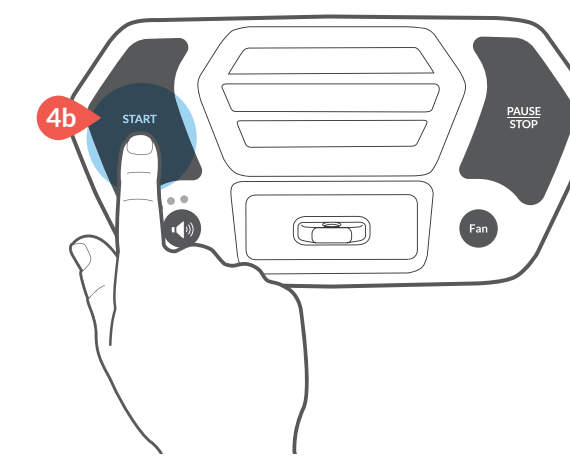


3

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

4

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



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.

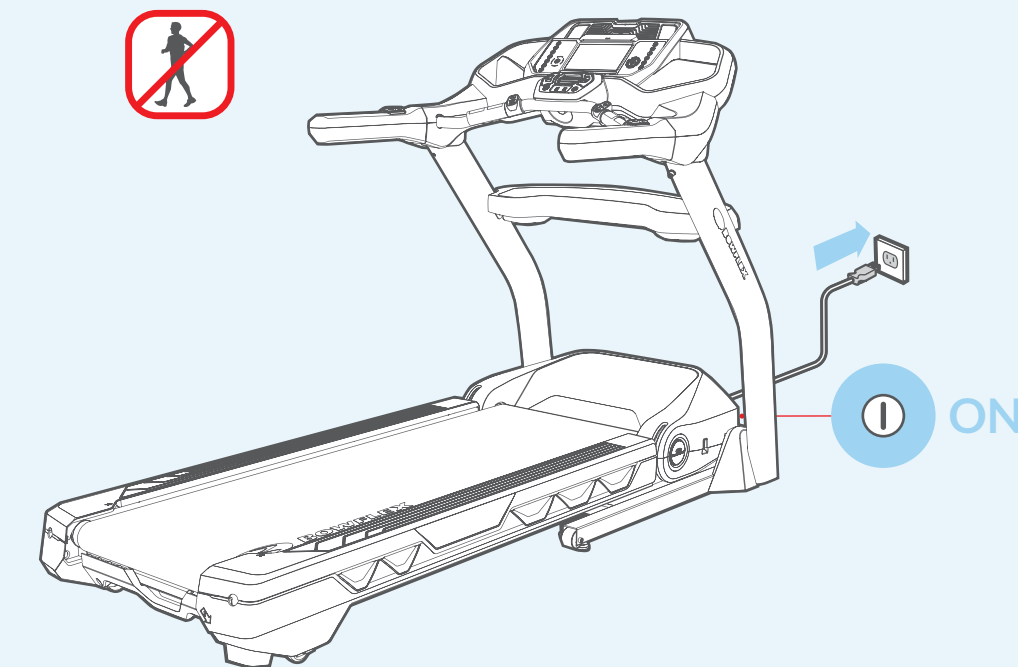


2

Enable the Bluetooth® wireless feature
on your smart device.

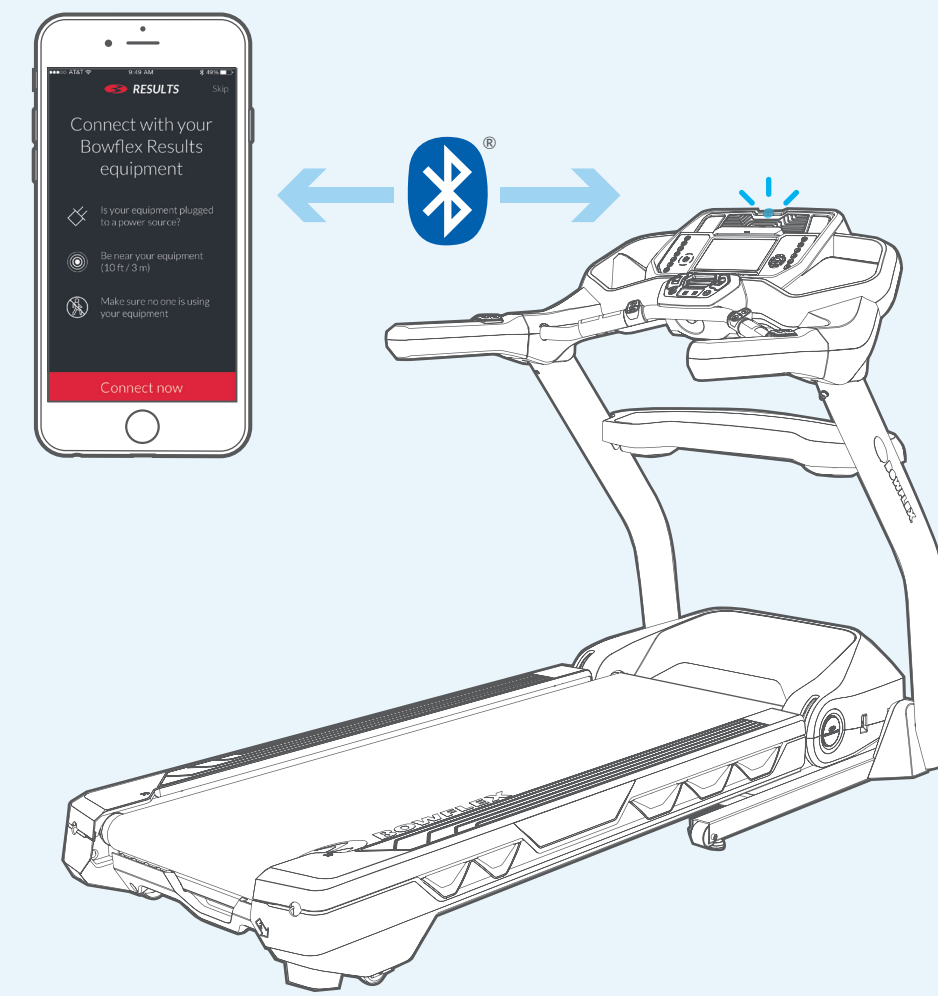
3

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



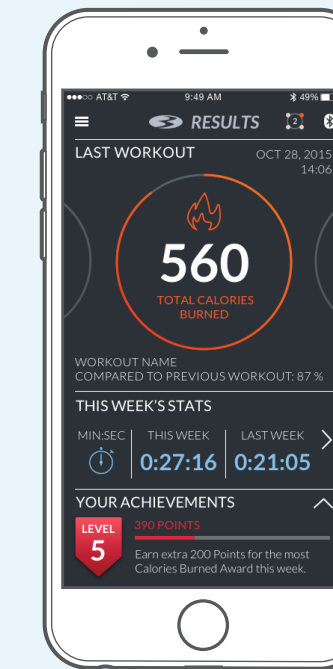
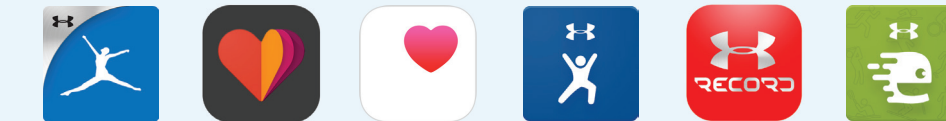
4

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



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

BOWFLEX
BXT216

QUICK START GUIDE

