Thank You
for choosing the Bowflex® TC200

Start your workout

1. Turn the power switch to the ON position.

2. Push the operation button to select option.

3. Push the start button to begin your workout.

Heart Rate Zone Indicator Light

When your heart rate value is displayed, the corresponding color in your heart zone display will change to highlight the current heart rate zone.

Setup

Workout
Warm-up (General)
30 min.
MAX

tone

Fatburn (General)
40 min.
MAX

tone

Circuit (General)
30 min.
MAX

tone

Performance (General)
40 min.
MAX

tone

ON

OFF
Track your progress

1. Download the TreadClimber App.
2. Sync your TreadClimber with the App.
3. Customize your workout to your needs.
4. Use the App to track your progress and achievements.
5. Share your success stories on social media.

Quick Start Guide