

bowflex series 7 treadmill service manual



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Book Descriptions:

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We have 4 Bowflex series 7 Series manuals available for free PDF download Owners Manual, Service Manual, Assembly Manual Ex Treadmill. Perhaps you want to revert back to the factory settings after making some changes. Perhaps youve done some maintenance and a reset is required. Sometimes you cant find or have thrown the manual away, in that case resetting a treadmill is usually quite easy and can involve just holding a few buttons down for several seconds, then the software performs a reset. Press and hold the ENTER and POWER keys for 3 seconds. This puts the treadmill into dormant mode. From here you can access many features, refer to your user manual for each one and how to access them. From here you can make various choices by pressing up or down. One of the choices is a reset console. When highlighted, activate it by pressing enter. As with the BXT series youre now in machine settings. From here you choose the reset console option and press enter. Turning it on will place it in dormant mode. Always contact customer service with any problems. From here you need to enter the maintenance mode by pressing the maintenance button in the lower left corner again. Then you have all sorts of functions you can perform including the factory defaults by pressing the selection where its shown. When everything has stopped press and hold the stop key for 3 seconds and this will perform a reset. On most there is a diagnostics feature that requires some different codes for each model. The model and diagnostics code for Life Fitness treadmills can be found on that link, they differ for nearly every treadmill they make. For a normal reset hold the PAUSE button down for 3 seconds. Next there are manager settings from which you have more access to the different preset options within the treadmill. Press and hold the ELEVATION DOWN and SPEED UP for 3 seconds. The speed up and down buttons will cycle through the different settings. <http://dsaurabh.com/userfiles/dhe645mgb-manual.xml>

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When in this mode you can test various components and parts of the treadmill. Check your manual to see which you can access and how to initiate them. When finished with diagnostics press the CLEAR key. This will require a Qtip or such like to press the button. When done the treadmill will perform the reset. Ensure everything is stopped and at zero and turn off for 30 seconds and then back on. Some models will have a reset button. Others will need the programming mode which can be obtained by pressing RESET, 5, 6, 5, 1, 5, 6, 5. So ensure the machine is not in a program or moving. This will require a Qtip or such like to press the button. When done the treadmill will perform the reset. When everything has stopped press and hold the stop key for 3 seconds and this will perform a reset. Press to reset all the values of the other readings and then press again during set up indicated by the mode diamond to zero. Press stop, and hold it down for 3 seconds, then a reset will occur. Always keep an eye on the display as this is where you will be told if what youve done is successful. If you cant find it or dont have the manual anymore then the manufacturers all upload theirs to their website. So a quick search will usually find what youre looking for. Sometimes a quick phone call will get you results. Theyre always quick to help then you can get back to running. From running on them at an early age to working in treadmill depts of national stores. Ive run outside and Ive run on treadmills and I prefer running on treadmills. I still run on one nearly

every day and love it. Offers not available with any other offers and are subject to availability and may change at any time. Prices are subject to change. Shipping discount applies to standard shipping option only. Offers are valid once to a customer and excludes previously placed orders. Offers are not valid at retail stores or outlets. Offers valid for a limited time only. <http://prim-chess.ru/userfiles/dhd3614uc-installation-manual.xml>

Offers not available with any other offers and are subject to availability and may change at any time. Offers valid for a limited time only. Please turn it on so that you can experience the full capabilities of this site. 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. Freight company was ABF in Houston TX. They called me in advance before the delivery and asked me where I wanted it. So I had an opportunity to request a delivery upstairs but wanted to make this point here, don't assume you can have this option. 2. The packages is quite large and quite heavy. I don't see how one person could have moved this anywhere but then I'm a woman. The delivery man using special equipment did deliver the box to our garage which was a straight shot on a driveway with no incline they asked about this on the phone. 3. First problem I ran into was the wires that needed to be threaded up thru the left column holding up the console. A black wire is provided to pull the wire thru but it kept getting clogged up. Once I got some duct tape and taped the end so there was nothing to catch on whatever it was that caused the column to become more narrow, the problem was solved. 4. Once the column on the left and one on the right were attached pretty easy, the console was attached also very easily although my husband had to be there holding it while I was guiding it. There was no way I could have done this without him. He's a big guy. Though the console was bulky, I don't think holding it for this part of the installation required someone of extra strength. 5. The next problem was the most frustrating.

There are two arm pieces, one on the left and one on the right. Each piece is composed of a couple of parts that needed to be screwed in. Difficult to describe but the main point is that the screws need to be screwed from the inside near the cross bar pointing out, i.e. in a somewhat difficult position for maneuvering. I found it impossible to screw these hex screws using the hex screwdriver provided. The allen screwdriver was okay for the allen screws. There were a couple of reasons the hex screwdriver was so difficult. But bottom line, I went to the hardware store and bought a very long hex screwdriver with a very nice grip that made it much much easier. Because of the length, the interference from the cross bar was minimized. 6. finished the rest of the arm pieces and powered it on and it works during our short demonstration. We figured it out but how difficult would it have been to provide this info. Other questions we figured out that were not documented. Guess I'm used to clearer info from my previous experience with assembling furniture and what not. I definitely got the impression that the manufacturers were assuming that people with experience in mechanical installations would be putting this together. Not the case with us. Whew! I was really nervous about this. Thank goodness it seems to have gone okay at this point. I have the name of a repair person for exercise equipment that will come to your home that I've used before and found highly competent. If we do have any problems, I don't plan to try to fix it myself or even call the company. Sounds like that would be a real frustrating experience. I plan to just call her. Let's hope I don't have to. Note I don't remember it being documented here but for anyone not aware, the machine can only handle 300 pounds did I say my husband was big. The bowflex 3 is only for maximum of 275 pounds just so you know. The delivery company arrived at the time I scheduled, and quickly moved the box into place.

Set up was not very hard or time consuming, but it's best to have 2 people for this task. Pros Good incline options, good wireless chest strap for heart rate monitoring, long treadmill for bigger strides,

and seems wide enough. It seems good quality for a person of average weight to use. It does not feel cheap. Cons Sometimes, it needs to be turned off in order to start a new program its like the memory needs to clear. Not a big deal, because the power button is on the front console. The power switch is on the front of the unit, near the floor. I turn it off here after using it. I dont have a treadmill mat its on carpet in the basement and that seems fine. I am not giving it 5 stars at this point because I havent had it very long. We will see! UPDATE After 3 months of light use, the treadmill does not work. It gives an error code of LS and will not operate. The call center technician was helpful, but after over an hour on the phone and trying different things to troubleshoot the issue, the treadmill still does not work. The parts needed to repair it are on backorder, and I will be without the treadmill for at least 1 month, but likely 6 weeks. NEW UPDATE The treadmill has been working fine since the repairs. Please try again later. MissTBee 5.0 out of 5 stars I did my research! I am NOT dissappointed. I put this together by myself, after my husband helped me move it into my workout room. It only took me an hour, the directions were VERY easy to follow, all tools provided. You do need to make sure to calibrate it though. I had read a review that told me to make sure to do that step or else I might have not realized that you had to do that step. After the quick 12 min calibration step I was up and running. No problems yet. I love this treadmill. I will update the review in a few months and let you all know if anything changes. Please try again later. Please try again later. Steve 5.

0 out of 5 stars First of all, the free shipping was great, with the treadmill arriving in less than a week. The EGL Shipping Co. This thing is very heavy, so be prepared with friends to give you a hand. It does fold up and move around like a refrigerator on a hand truck, though, so it can be moved within the room not through the door, once it is assembled. Assembly was simple and took about 45 minutes. The delivery guys inadvertently left with the manuals, but it was easy to figure out which bolts went in which holes. Bowflex responded quickly to my email request for a PDF user manual. The Series 7 is sturdily built and feels very solid. It starts and stops with silky smoothness and runs reasonably quietly. The displays are nonsense and give you all you need without a lot of unnecessary graphics. I like the preset programs, especially the fitness test. Only time will tell how it holds up, but so far, Im very impressed and it seems like a great deal for the money. UPDATE July 20, 2007 After several months, I still love it. No problems. Highly recommended! Please try again later. Please try again later. Hasiyna 4.0 out of 5 stars It feels solid, doesnt move around on the floor, and runs smoothly. I like having two user programmable runs, which I have set up for speed intervals. I use the wireless heart rate monitor that came with it, and it usually seems accurate. We recently moved to a different house, and had to take the treadmill apart and reassemble it in order to move it. It works just as well after the move. My major complaint about it would be that the fan is not as powerful as I would like, and the direction of the airflow cannot be adjusted. All in all, this is a great treadmill. I have definitely gotten very good use out of it so far. Please try again later. Please try again later. Markysama 1.0 out of 5 stars Boy, was I disappointed. To being with, I ran into many mechanical problems with the machine, even though I did not use it very much various injuries.

I would use it on and off for months at a time. I made sure to do all the proper maintenance as outlined in the manual. I called Nautilus to see about getting some warranty service. I was surprised by their GOOD customer support. They promptly shipped out three parts a motor and two cylinders free of cost because I was still well within my warranties. A technician was dispatched to my residence to attempt repairs. He seemed very confused about the issue, trying all kinds of adjustments. In the end, he didnt use the parts shipped to me because he said that was not the issue. He claimed that some things were too tight or loose, so he accordingly adjusted them. It did work for a few months. When my warranty was nearly up or had been for a month or two, I decided to get rid of this thing. To my despair, after having not been used for about a month or so, the machine began making a loud thumping noise when the belt started moving. It was very obvious and downright concerning. Luckily maybe not for the big buy who purchased it from me I was able to sell it for about

half of what I initially paid. When and if I go running, I do so outdoors in a park, not on a treadmill anymore. Most people stop using treadmills or don't use them enough to justify the cost. Think very, very, very long and hard before purchasing something like this. I know I regret it!!! Please try again later. Please try again later. Lance H. Martin 2.0 out of 5 stars I thought I was smart and went with Costco who has an excellent return policy, but unfortunately I went with Amazon. Costco said they would take back this item which I have used one of the years I have owned it. I only wanted an exchange or fix. Amazon said it was out of their 30 day window. Costco is clearly the winner.. Please try again later. Please try again later. SGM CAM 5.0 out of 5 stars The motor is quiet and there are plenty of workout programs to choose from.

I researched before buying and Consumer Reports rated this treadmill one of their Best Buys. I had a cheaper treadmill prior to this one and by far this is a much more excellent product. Although it is somewhat expensive you must spend this type of money to get a quality product otherwise you will continue to buy treadmills that have short life spans. I cannot rate the customer service issue as I have not yet had a need for that. I registered the product on line and the warranty is a good one. Please try again later. Please try again later. JustMyTwoCents 4.0 out of 5 stars I've had it for over a year, but wanted to see how it lasted over time before posting this review. Yes, it is heavy, but I think this contributes to its durability. Therefore, you may want to put some thought into where you want it located to minimize moving it around. I also purchased a mat because the treadmill sits on a hardwood floor. You may want to consider having a mat before putting the treadmill in place. I also purchased the service to have the treadmill brought inside the house. This was totally worthwhile. Otherwise, I would recommend two strong people. The treadmill has a longer base than other models which makes it suitable for taller people. DISPLAYS It has a number of programs, but I prefer to display the number of miles and number of minutes. Unfortunately, this model automatically will cycle through various settings, like the pace and other things that I don't care about. I checked with the manufacturer and apparently there is no way to keep the display from cycling through the different settings. I tried using the pulse rate monitor, but it created pains in my wrists due to the nonergonomic angle required to take your pulse. A couple of times, there was a moderate clanking sound coming from the base, but it went away. Also, I exercise more regularly now that there are less reasons/excuses not to exercise. e.g. rainy, too cold, etc.

Overall, I'm satisfied with this treadmill, except for the points mentioned above. PROS Durable, solid construction. Long base for taller people. Two cup holders. Option to purchase the service to deliver the treadmill inside your home. Exercising is more convenient CONS Limited ability to control the display settings. Fan is very weak, even on the high setting. There isn't a way to adjust the direction of air flow. Pulse rate monitor is not ergonomic. Please try again later. Please try again later. C. Mitchum 5.0 out of 5 stars It's a good buy for the money. It has a very competitive warranty and good workmanship. The 3 h.p. motor, and many other features included are only available on much higher priced models. I own a Bowflex extreme 2 home gym and am impressed with its quality welding and solid construction. The treadmill is the same. Oh, it's very quiet to use. That's important. Folds and rolls easily although it is heavy 250 lb.s, so I wouldn't think it's really practical to think of unfolding and dragging it around for every use. The large running surface has good running or walking feel and folds toward the monitor. So, if it faces a wall, then folding saves space without moving it on every use. Overall, I am VERY happy. Please try again later. Please try again later. Talston 5.0 out of 5 stars I live in a high rise apartment that has a secured lobby. When I contacted the delivery company to let them know the management office would sign for the delivery and give them access to my apartment, I was told by the dispatcher that they would only deliver across the first threshold. Even had I been home, I am not sure how they thought I would get the item in to my apartment. I had to go over the dispatcher's head to get someone intelligent enough to realize that their people could ride an elevator and put the item in my apartment. That night I assembled it.

It takes a bit of time and the instructions on which bolts to use are not always clear, but with a little trial and error you can figure it out. Part of the problem is I assembled it by myself when it is really a two person job. That said, I did put it together, and I am not exactly skilled in such areas. Now the good stuff. While the initial programming takes a moment to get used to, once you figure it out, the display gives you a ton of information on calories burned, speed, incline, lap time, distance walked, and even has a counting downward timer that tells you how much time you have left. The motor and tread are quiet and smooth so you can hear a television while you are walking. The weight of the machine gives it a sturdy, solid feel. Overall it is a great machine with the ability to do a host of inclines and speeds, and really feels good to use. I would highly recommend, but if you live in any kind of apartment building be prepared to fight with the delivery company. Please try again later. Please try again later. Nicos Mom 5.0 out of 5 stars This treadmill showed up with great reviews on amazon and consumer reports. My husband runs about 30 miles a week or so and he really likes all the features this treadmill included. I am new to running but really wanted a treadmill with lots of different training programs. The programs are great and I am really getting into running which is something I really wanted to do since I have never been good at it. The fan isnt the greatest but it does help a little. We have it in a room with a ceiling fan so that helps out a lot more. The people that delivered it were great. Our delivery man was very helpful and offered to put it in the room we wanted in our house. I read in some reviews that some of the delivery people wouldnt but I guess it just depends on the delivery person. Overall we are really pleased with our purchase. Please try again later. Please try again later.

Like most workout machines, a treadmill may occasionally run into problems, especially if you use it frequently. If you are quick to respond to these problems, you can minimize damage and avoid any downtime. Learn how to fix a treadmill with these effective tips for common treadmill repair and if this does not help see out Treadmill Buyers Guide as this might offer some pointers as well. Erratic Speed There may be a problem with your machine if the speed varies as you are running. Begin by checking the owner's manual for the recommended speed setting. Set the machine to the recommended setting but do not get on. Observe the treadmill for several minutes to see if there is any hitching in the belt. If there is, this is often a sign that you need a new belt. If the machine shuts down, there may be a problem with the motor or the machine may have a faulty circuit. Slipping Belt If you feel a slipping sensation when using your treadmill, it may be in need of minor treadmill repair. To fix treadmill problems associated with slippage, align and tighten the running belt. Belts can slip when there is too much friction or if the belt is overtightened. To check if the belt is too tight, lift it in the center. There should be a gap of approximately two to three inches. If not, the belt is likely too tight. No Display When problems occur with the console display, the solution is usually something minor. To fix treadmill console displays, check the length of the power cord and visible wires. Worn batteries or crimped cords will need to be replaced. Treadmill repairs associated with treadmills with a magnetic pickup on the flywheel will include a thorough examination. The magnet may have fallen off and may need to be replaced. If the console develops static, the circuit breaker may need to be reset. Unplug the power cord for 60 seconds to fix this problem. Burning Smell If you are experiencing a burning smell from the treadmill, treadmill repairs may require minor to major fixes.

Immediately turn off the treadmill and unplug the power cord from the wall. Common causes of a burning smell from a treadmill include friction between the deck and back or a short in the wiring, electronics, or motor. These problems could potentially cause a fire, making immediate treadmill repair essential. NonWorking Motor Fixing a nonworking treadmill motor can be one of the more costly treadmill repairs an owner may run into. The motor may need to be replaced if it is powered at full speed, cannot be adjusted, and continues not to work or works poorly. Treadmills that power on at a full speed often run into problems with failed circuits. These erratic problems can lead to safety issues. It may not be possible to fix treadmill motors. The circuit or motor may need to be

completely replaced by a professional. Heated Belt Too much friction on the running belt can cause the belt to heat up and not run properly. Treadmills require lubrication to limit the amount of friction between the platform and belt. When the friction increases to a certain point, the machine is automatically set to power off. This may be the cause for the machine to stop working suddenly. Try to lubricate the belt to see if the problem is fixed. Ultimately, the belt may need to be replaced. It is common to run into some problems when learning how to fix a treadmill. While the problems mentioned above are common problems associated with treadmill machines, the solution is not always easy. Treadmill parts may need to be completely replaced before the machine can be used again. It's important to learn how to fix a treadmill the correct way to avoid injury to yourself and damage to the machine. Troubleshooting the treadmill can help determine the point of failure within the machine. This will also give you the opportunity to fix or replace the part yourself or with the help of a skilled repair technician. Common Treadmill Problems FAQs Where can I get a replacement safety key for my treadmill.

You can get a replacement safety key directly from your treadmill manufacturer. Another option is to purchase a universal treadmill safety key from Amazon or any sporting goods store. Where can I buy lubricant for my treadmill. Please check your user manual before purchasing treadmill lubricant as some treadmills require a special type. You can purchase treadmill lubricant directly from your treadmill manufacturer or from any sporting goods store. How do I restart my treadmill. The process of resetting your treadmill is quick, but it differs depending on your treadmill. There will typically be a reset button or reset hole somewhere on your console. Please consult your user manual to reset your treadmill correctly. 190 Comments Reply Sana February 25, 2019 at 424 pm from London My belt has a hole in it. Is it expensive to repair this. Please kindly answer. Reply Philip February 26, 2019 at 959 am Hi Sana. It matters what treadmill you are using. What treadmill are you using. Maybe we can help you with the search. Reply Sofi April 21, 2020 at 308 pm Hi I just purchased and installed a new treadmill but the display shows "E15 over current protection" and it won't start. How can I fix it Reply Shelly May 25, 2020 at 139 pm I have a Proform 410. 5 years old. The incline isn't working. I did the reset but didn't help. As soon as you press incline it jumps to 10 but doesn't move. Help Reply Brad February 26, 2019 at 905 pm from 19056 I have a Life Fitness Sport ST 35. It's older but has very low hours. We just started using it again for a couple months and I'm starting to smell a burning smell. I lubed under the belt, but the belt motor is still getting hot. I pulled the brushes out and they have little ridges in them but don't look too bad. Any advice would be appreciated. Thank you Reply Susie October 18, 2019 at 936 am from Alajuela, Costa Rica This problem is happening with mine too. I have a Healthrider Softstrider Treadmill HRTL59215, and it smells like burning.

What can I do Reply Barbra Martin March 1, 2019 at 1002 am from Texas Treadmill is not coming on at all. Reply Jod March 13, 2019 at 436 am The safety plug may be loose, try that. Reply Peter April 29, 2020 at 1152 am from Wisconsin You may have a bad lower control board. Give CircuitBoardRepair.net a call. They will be able to help you determine what your issue is. Reply Roberta Hofmann March 2, 2019 at 653 pm from Arizona Healthrider 55 treadmill. Reply Vlad March 2, 2019 at 952 pm from VIC York Pegasus plus treadmill. Used as coat hanger for a year. Tried to start it. Power comes on. Circuit board has power fuses are ok. Lights up for 7 seconds then display goes blank and no go. Pulled it apart unplugged the circuit board blew it out. cleaned it. Put it together same thing. Any help would be appreciated. Cheers Vlad Reply nizam hosein March 6, 2019 at 1252 pm from trinidad fan on circuit running when not in use Reply Amanda B. March 6, 2019 at 316 pm Hi Nizam. Have you tried contacting the manufacturer of the model you are using. Most manufacturers include a 1800 number to call when experiencing malfunction on the machine. If you can tell us which model you are using we may be able to assist. Reply Rick Bwarie April 12, 2020 at 710 am from Capetown Hi Amanda. My treadmill belt is 2 inches from the deck. When I workout the belt seems to move up and down slightly is that okay. Reply Amanda B April 13, 2020 at 1253 pm Hi

Rick, the belt might be a little loose. Make sure you check your manual before trying to make any changes. Reply Tina D Wilson March 6, 2019 at 358 pm from IL Hi. Mine is stuck on the incline as soon as its on it goes up and down. Thats it. I have a Proform 6.5. Does anyone have a clue how to fix. Thanks Reply Amanda B. March 7, 2019 at 1217 pm Hi Tina. We are sorry to hear that you are experiencing issues on your treadmill. If you call 18887420128 this will link you to a Proform representative who may be able to help you fix this issue.

Reply Wayne March 9, 2019 at 619 am I have these problem. How do fix Reply Susan Calvert March 10, 2019 at 723 pm from CA Mine was left outside by my son. I didnt know till later. Now no display, not an electronic one. Hard to make the tread gi Reply Amanda B. March 12, 2019 at 1002 am Hi Susan, we are sorry to hear that your machine is now experiencing issues. I would call the company directly to inquire about a replacement screen and how much it would be to just replace that part if that is the main issue. Reply Janice Williams March 11, 2019 at 1044 am from TN Running deck is sticky Reply Amanda B. March 12, 2019 at 1001 am Hi Janice, your running belt may need some lubrication on the motors to get it running smoothly again. If you find this doesnt work then I would call the company directly to ensure the right steps are taken to solve the issue. Reply Ozzie Alvarez June 26, 2019 at 140 pm from Ca Stop eating candy while exercising Reply Larry March 11, 2019 at 1214 pm from Connecticut Any idea. Why treadmill stops intermittently. Proform j8 replaced and lubed belt replaced both circuit boards. Runs fine sometimes I can run 1 mile with no problem however other times it shuts it trips breaker on treadmill after 2 or 3 trips around Reply Amanda B. March 12, 2019 at 1000 am Hi Larry, we are sorry to hear that you are experiencing difficulty with your machine. If you have tried everything possible, I would recommend calling the manufacturer directly so they can look further into the make and model of your machine. Reply David Daniel October 11, 2019 at 527 pm Sounds like your controller. Easy to order and replace from the manufacturer. Most all parts will come from icon service. Reply Linda Monahan March 11, 2019 at 719 pm I have a Nordic Track T6.5S which has hardly been used. Have tried to reset it. Spent a lot on this treadmill for the home and now its useless. Any thoughts Reply Amanda B.