

SCHWINN™

230 / 510R



ASSEMBLY MANUAL / OWNER'S MANUAL

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To validate warranty support, keep the original proof of purchase and record the following information:

Serial Number _____

Date of Purchase _____

If purchased in US/Canada: To register your product warranty, go to: www.SchwinnFitness.com/register

Or call 1 (800) 605-3369.

If purchased outside US/Canada: To register your product warranty, contact your local distributor.

For details regarding product warranty or if you have questions or problems with your product, please contact your local distributor. To find your local distributor, go to: www.nautilusinternational.com or www.nautilus.cn

Nautilus, Inc., 5415 Centerpoint Parkway, Groveport, OH 43125 USA, www.NautilusInc.com - Customer Service: North America (800) 605-3369, csnls@nautilus.com | Nautilus (Shanghai) Fitness Equipments Co, Ltd, Room 1701 &1702, 1018 Changning Road, Changning District, Shanghai, China 200042, www.nautilus.cn - 86 21 6115 9668 | outside U.S. www.nautilusinternational.com | © 2020 Nautilus, Inc. | Schwinn, the Schwinn Quality logo, Schwinn 230, Schwinn 510R, Schwinn Toolbox, Bowflex, and Nautilus are trademarks owned by or licensed to Nautilus, Inc., which are registered or otherwise protected by common law in the United States and other countries. Google Play is a trademark of Google Inc. App Store is a service mark of Apple Inc. The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc., and any use of such marks by Nautilus, Inc. is under license.

ORIGINAL MANUAL - ENGLISH VERSION ONLY

⚠ This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury.

Obey the following warnings:

⚠ Read and understand all warnings on this machine.

Carefully read and understand the Assembly instructions.

- Keep bystanders and children away from the product you are assembling at all times.
- Do not connect power supply to the machine until instructed to do so.
- Do not assemble this machine outdoors or in a wet or moist location.
- Make sure assembly is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Some components of the machine can be heavy or awkward. Use a second person when doing the assembly steps involving these parts. Do not do steps that involve heavy lifting or awkward movements on your own.
- Set up this machine on a solid, level, horizontal surface.
- Do not try to change the design or functionality of this machine. This could compromise the safety of this machine and will void the warranty.
- If replacement parts are necessary, use only genuine Nautilus replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and void the warranty.
- Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Manual.
- Read and understand the complete Manual supplied with this machine before first use. Keep the Manual for future reference.
- Do all assembly steps in the sequence given. Incorrect assembly can lead to injury or incorrect function.
- SAVE THESE INSTRUCTIONS.

Before using this equipment, obey the following warnings:

⚠ Read and understand the complete Manual. Keep the Manual for future reference.

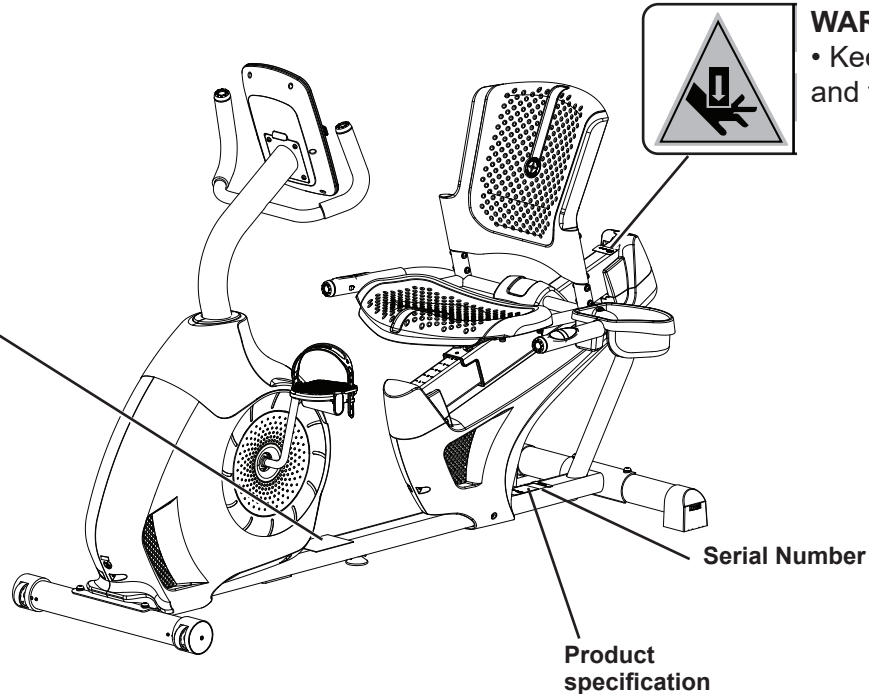
Read and understand all warnings on this machine. If at any time the Warning labels become loose, unreadable or dislodged, replace the labels. If purchased in US/Canada, contact Customer Service for replacement labels. If purchased outside US/Canada, contact your local distributor for them.

- Children must not be let on or near to this machine. Moving parts and other features of the machine can be dangerous to children.
- Not intended for use by anyone under 14 years of age.
- Consult a physician before you start an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before you use the machine again. Use the values calculated or measured by the machine's computer for reference purposes only.
- Before each use, examine this machine for loose parts or signs of wear. Do not use if found in this condition. Monitor the Seat, Pedals, and Crank Arms closely. If purchased in US/Canada, contact Customer Service for repair information. If purchased outside US/Canada, contact your local distributor for repair information.
- Maximum user weight limit: 136 kg. (300 lbs). Do not use if you are over this weight.
- This machine is for home use only.
- Do not wear loose clothing or jewelry. This machine contains moving parts. Do not put fingers or other objects into moving parts of the exercise equipment.
- Set up and operate this machine on a solid, level, horizontal surface.

- Make the Pedals stable before you step on them. Use caution when you step on and off the machine.
- Disconnect all power before servicing this machine.
- Do not operate this machine outdoors or in moist or wet locations. Keep the foot pedals clean and dry.
- Keep at least 0.6 m (24") on each side of the machine clear. This is the recommended safe distance for access and passage around and emergency dismounts from the machine. Keep third parties out of this space when machine is in use.
- Do not over exert yourself during exercise. Operate the machine in the manner described in this manual.
- Correctly adjust and safely engage all Positional Adjustment Devices. Make sure that the Adjustment Devices do not hit the user.
- Exercise on this machine requires coordination and balance. Be sure to anticipate that changes in speed and resistance level can occur during workouts, and be attentive in order to avoid loss of balance and possible injury.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.

WARNING!

- Injury or death is possible if caution is not used while using this machine.
- Keep children and pets away.
- Read and follow all warnings on this machine.
- Refer to the Owner's Manual for additional warnings and safety information.
- The heart rate displayed is an approximation and should be used for reference only.
- Not intended for use by anyone under 14 years of age.
- The maximum user weight for this machine is 300 lbs (136kg).
- This machine is for home use only.
- Consult a physician prior to using any exercise equipment.



WARNING!

- Keep hands and feet away.

(The label on the machine is available in English and French Canadian only.)

This product complies with the European Radio Equipment Directive 2014/53/EU.

FCC Compliance

⚠ Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

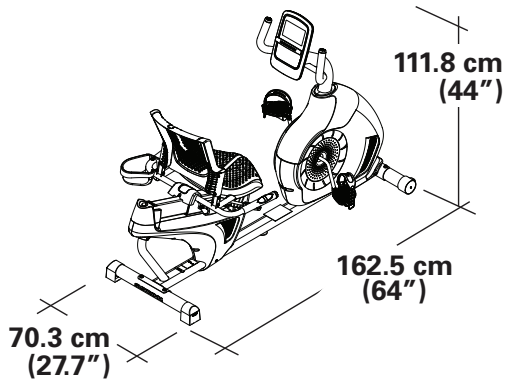
The machine and power supply comply with part 15 of the FCC rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Note: This machine and power supply have been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications.

However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

SPECIFICATIONS



Maximum User Weight: 136 kg (300 lb)
Total Surface Area (footprint) of equipment: 11,423.8 cm²
Machine Weight: 37 kg (81.57 lb)

Power Requirements (AC Adapter):

Input Voltage: 100 - 240V AC, 50/60Hz, 0.4A
Output Voltage: 9VDC, 1.5A



DO NOT dispose of this product as refuse. This product is to be recycled. For proper disposal of this product, please follow the prescribed methods at an approved waste center.

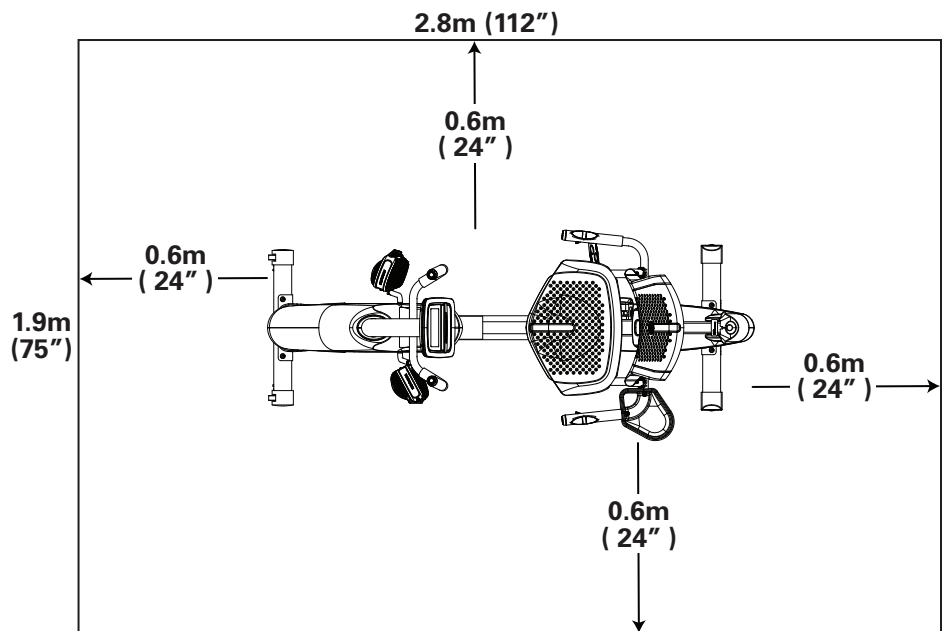
Before Assembly

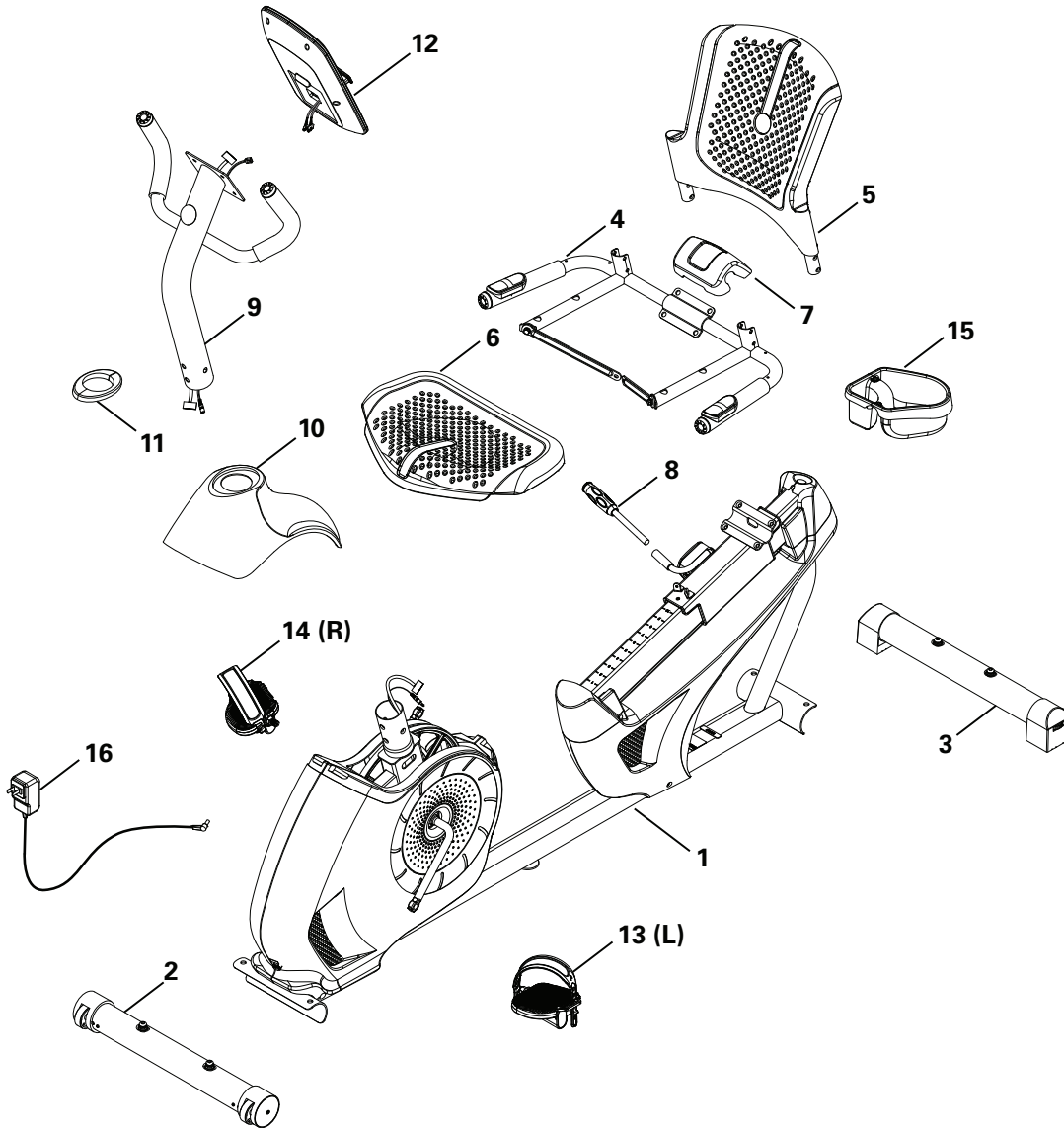
Select the area where you are going to set up and operate your machine. For safe operation, the location must be on a hard, level surface. Allow a workout area of a minimum 1.9 m x 2.8 m (75" x 112").

Basic Assembly Tips

Follow these basic points when you assemble your machine:

- Read and understand the "Important Safety Instructions" before assembly.
- Collect all the pieces necessary for each assembly step.
- Using the recommended wrenches, turn the bolts and nuts to the right (clockwise) to tighten, and the left (counterclockwise) to loosen, unless instructed otherwise.
- When attaching 2 pieces, lightly lift and look through the bolt holes to help insert the bolt through the holes.
- The assembly can require 2 people.





Item	Qty	Description	Item	Qty	Description
1	1	Main Frame	10	1	Upper Shroud
2	1	Front Stabilizer	11	1	Shroud Cap
3	1	Rear Stabilizer	12	1	Console
4	1	Seat Frame Assembly	13	1	Left Pedal (L)
5	1	Seat Back	14	1	Right Pedal (R)
6	1	Seat Bottom	15	1	Water Bottle Holder
7	1	Cover	16	1	AC Adapter
8	1	Seat Adjustment Handle			
9	1	Console Mast			



Item	Qty	Description	Item	Qty	Description
A	8	Button Head Hex Screw, M8x20	F	2	Phillips Head Screw, M5x12
B	10	Button Head Hex Screw, M6x12	G	14	Lock Washer, M6
C	4	Flat Washer, M8	H	4	Curved Washer, M6
D	8	Lock Washer, M8	I	4	Phillips Head Screw, M6x25
E	10	Flat Washer, M6	J	4	Curved Washer, M8

Note: Selected pieces of Hardware have been provided as spares on the Hardware Card. Be aware that there may be remaining Hardware after the proper assembly of your machine.

Tools

Included



4 mm
6 mm

Not Included

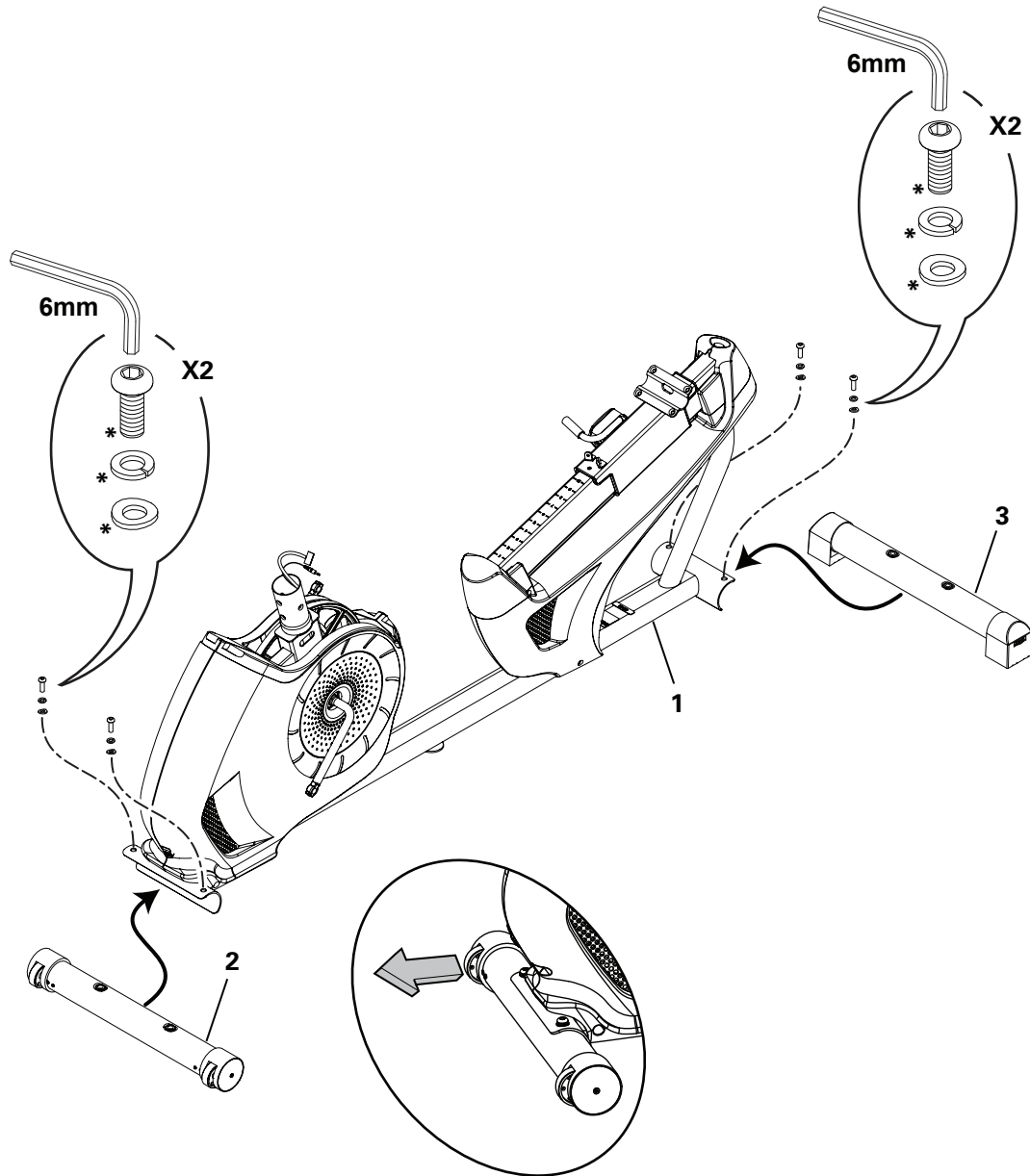


(recommended)



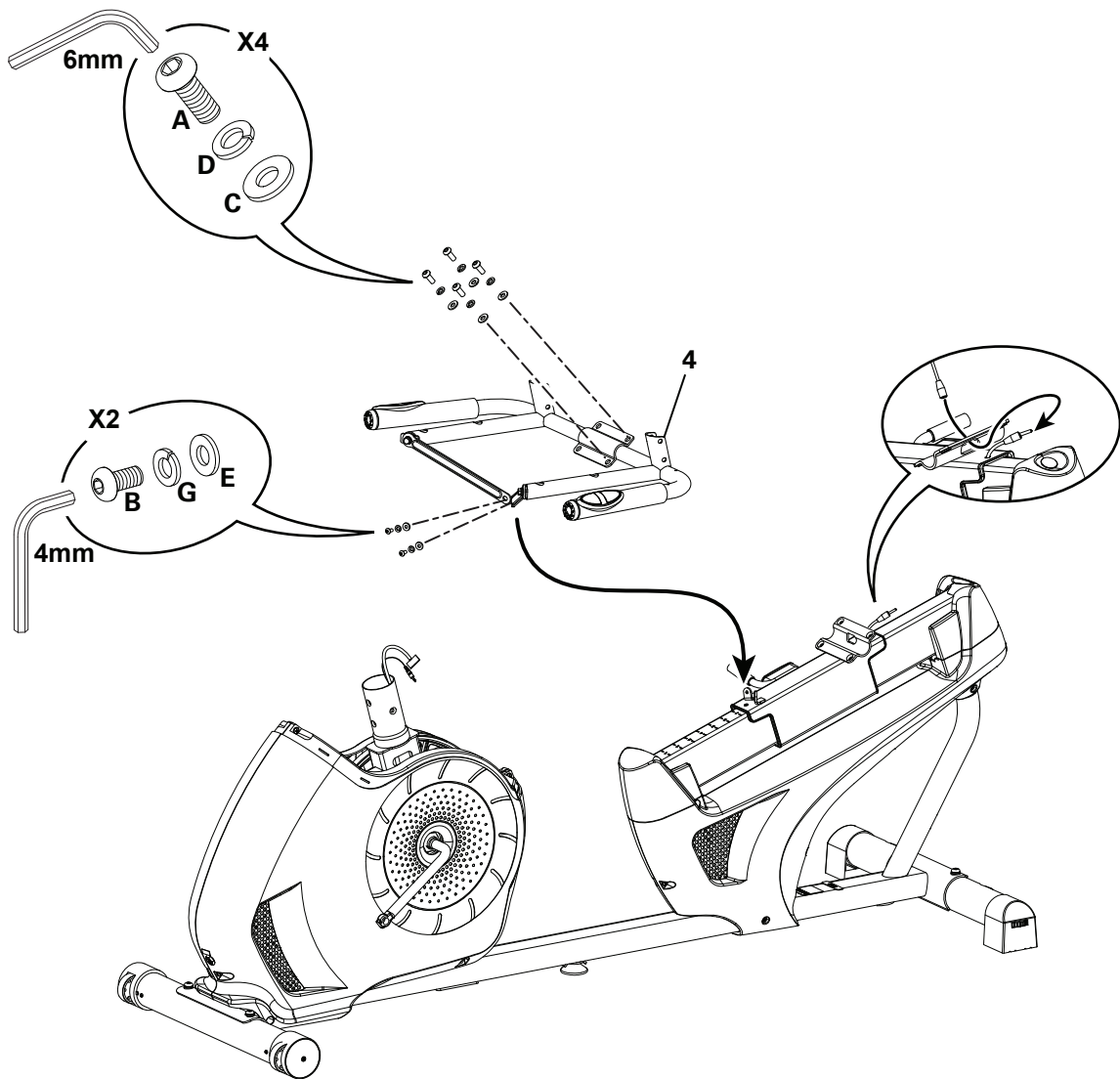
1. Attach Stabilizers to Frame

Note: Hardware(*) is pre-installed and not on the Hardware Card. Make sure the Schwinn™ decal on the rear stabilizer faces outward from the machine.

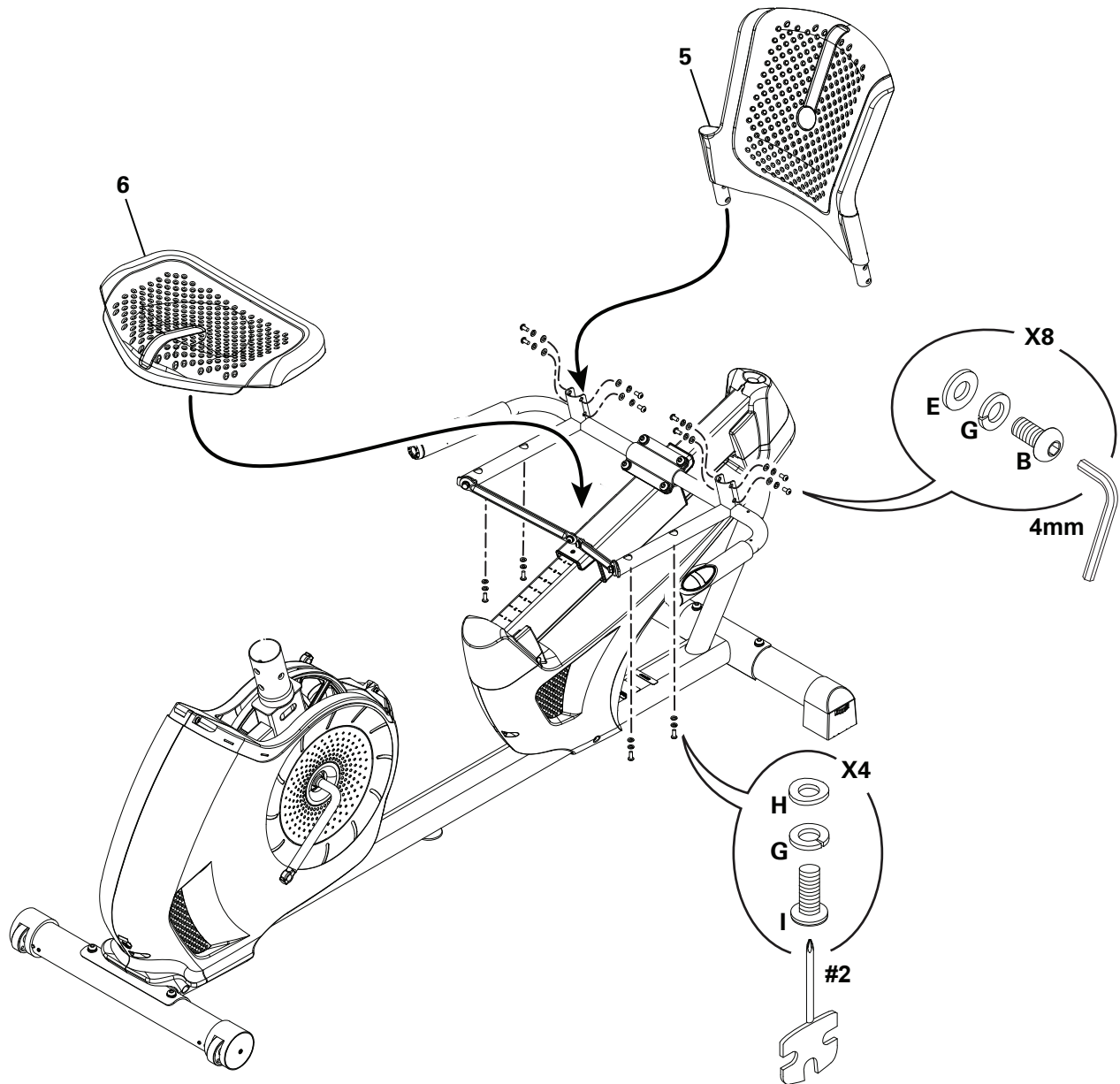


2. Attach the Seat Frame Assembly to the Seat Rail

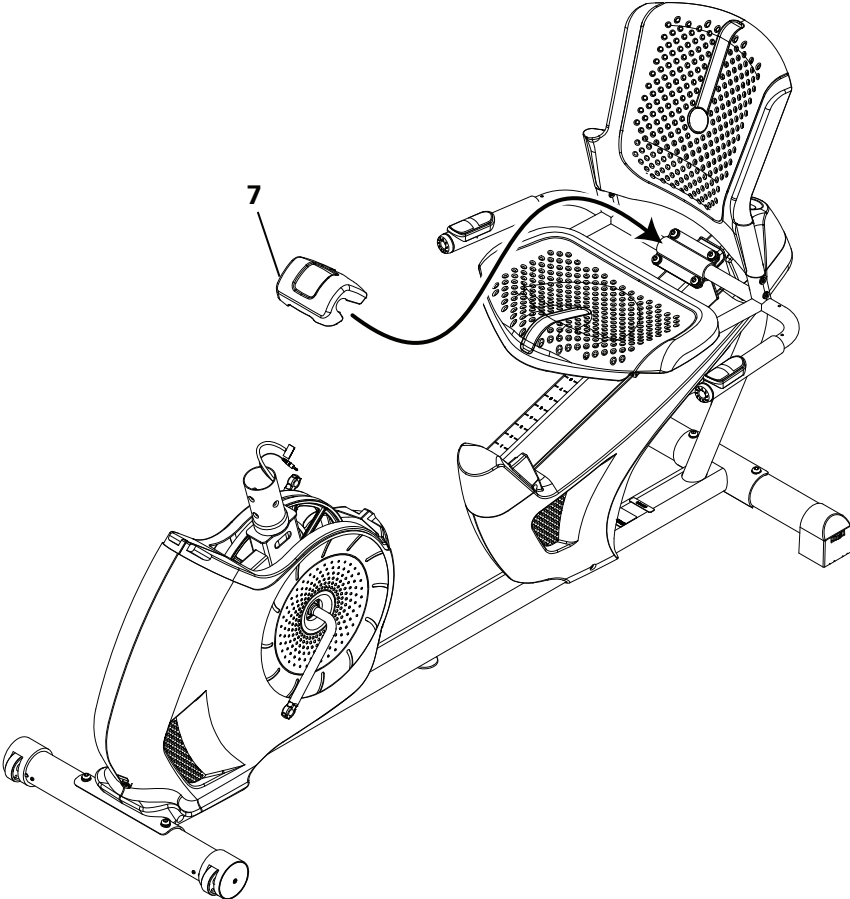
NOTICE: Do not crimp the Heart Rate Cable. Once all hardware has been inserted, be sure to fully tighten it.



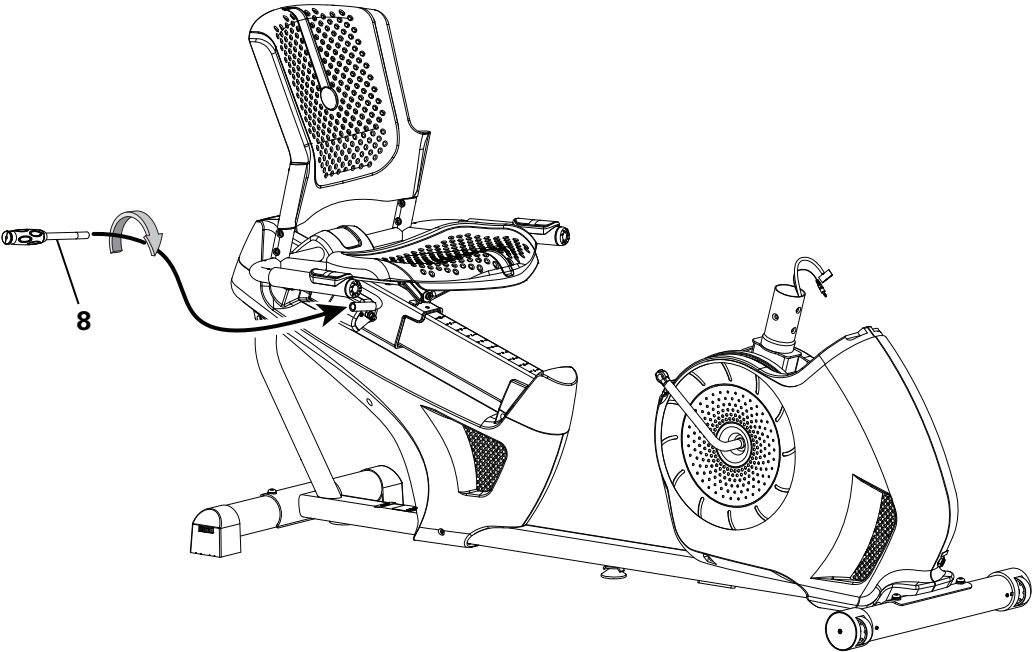
3. Attach Seat Pads to Seat Frame Assembly



4. Attach Cover to Frame Assembly

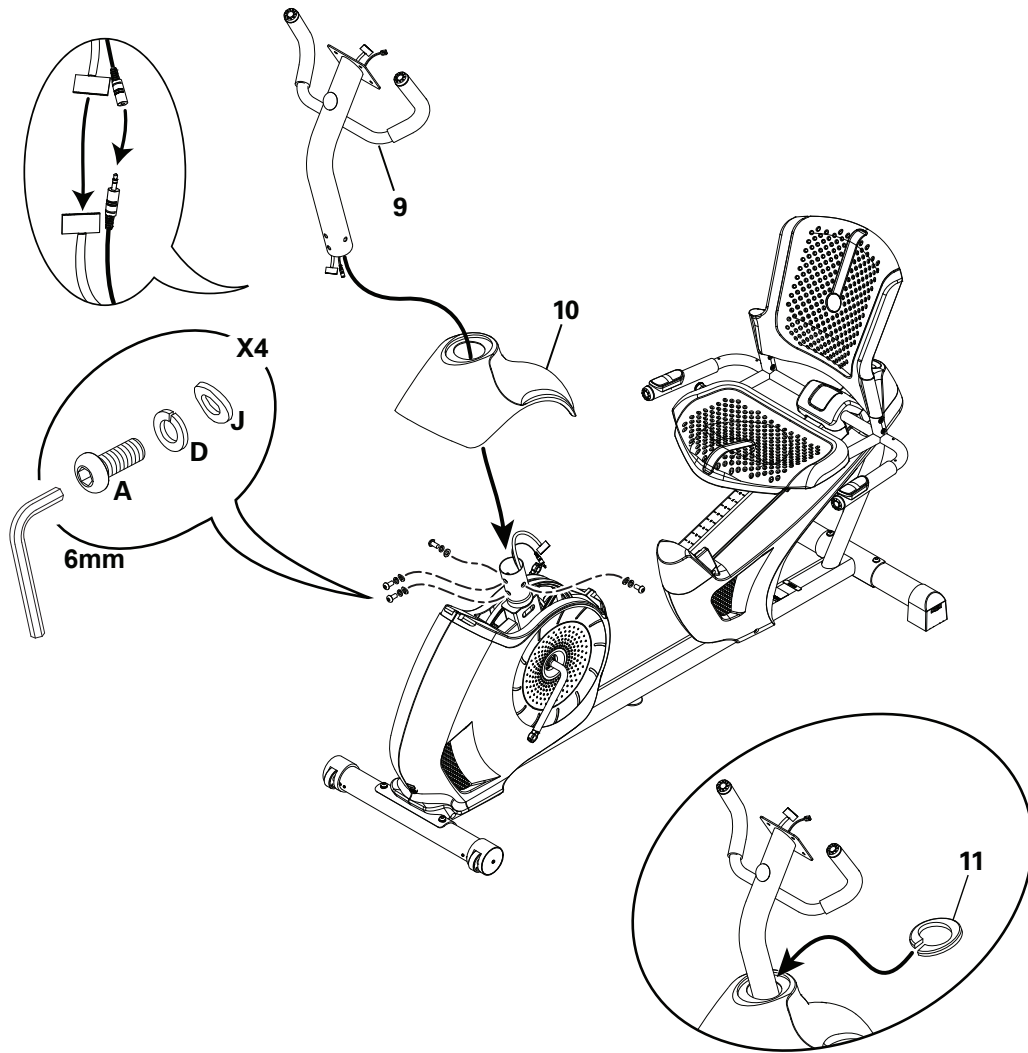


5. Attach Seat Adjustment Handle to Frame Assembly



6. Connect the Cables and Attach the Console Mast to Frame Assembly

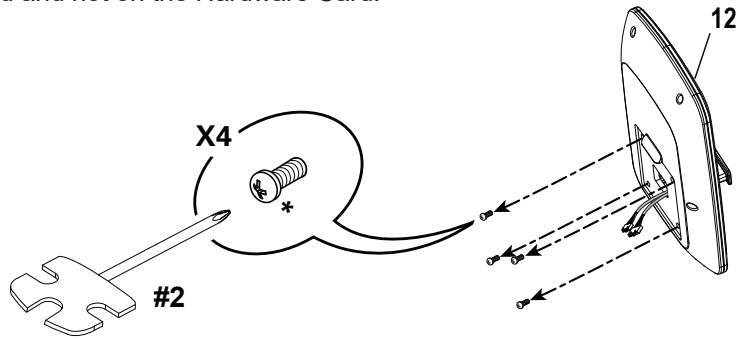
NOTICE: Do not crimp cables.



7. Remove Hardware from Console

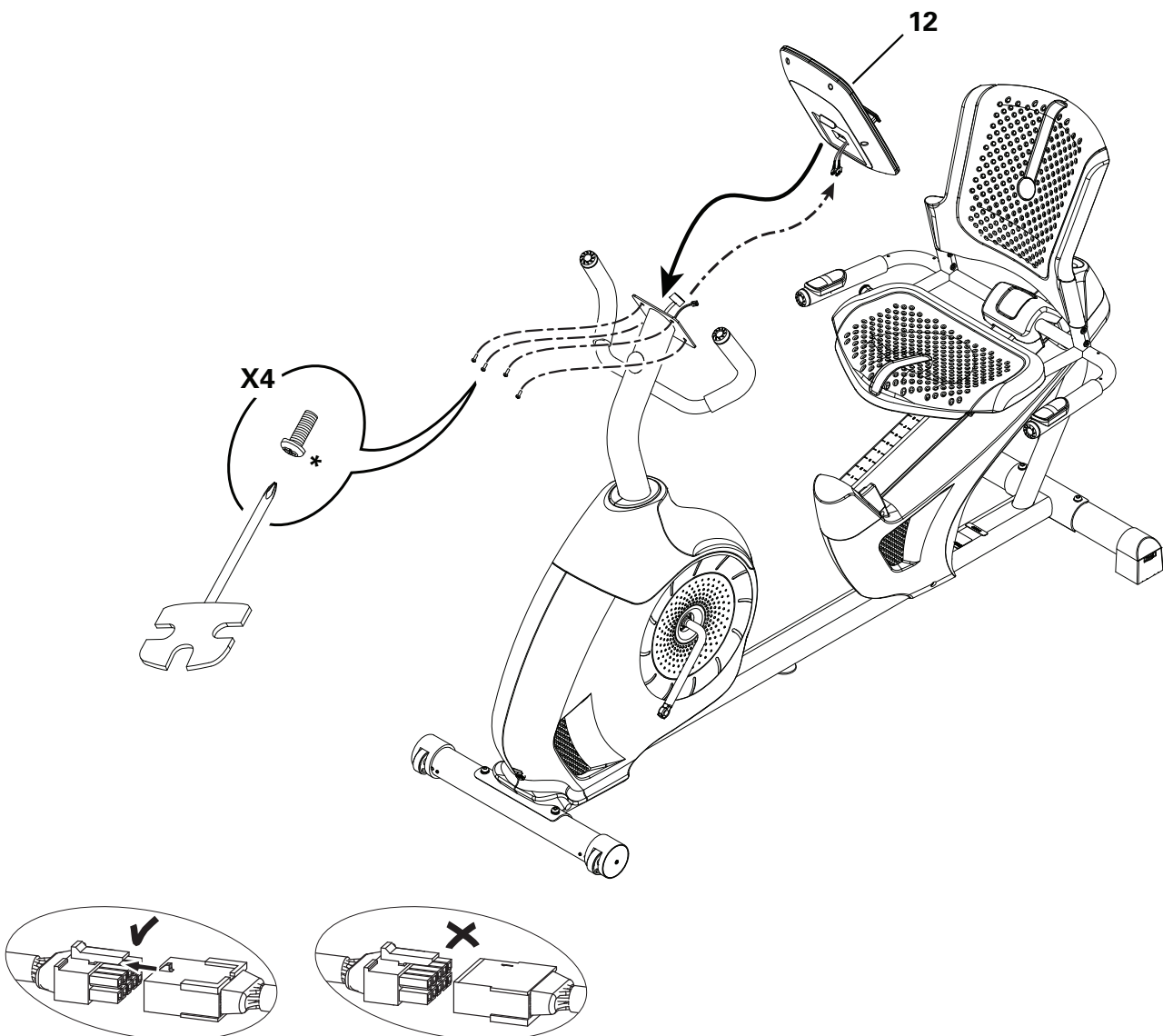
NOTICE: Do not crimp the cables.

Note: Hardware(*) is pre-installed and not on the Hardware Card.



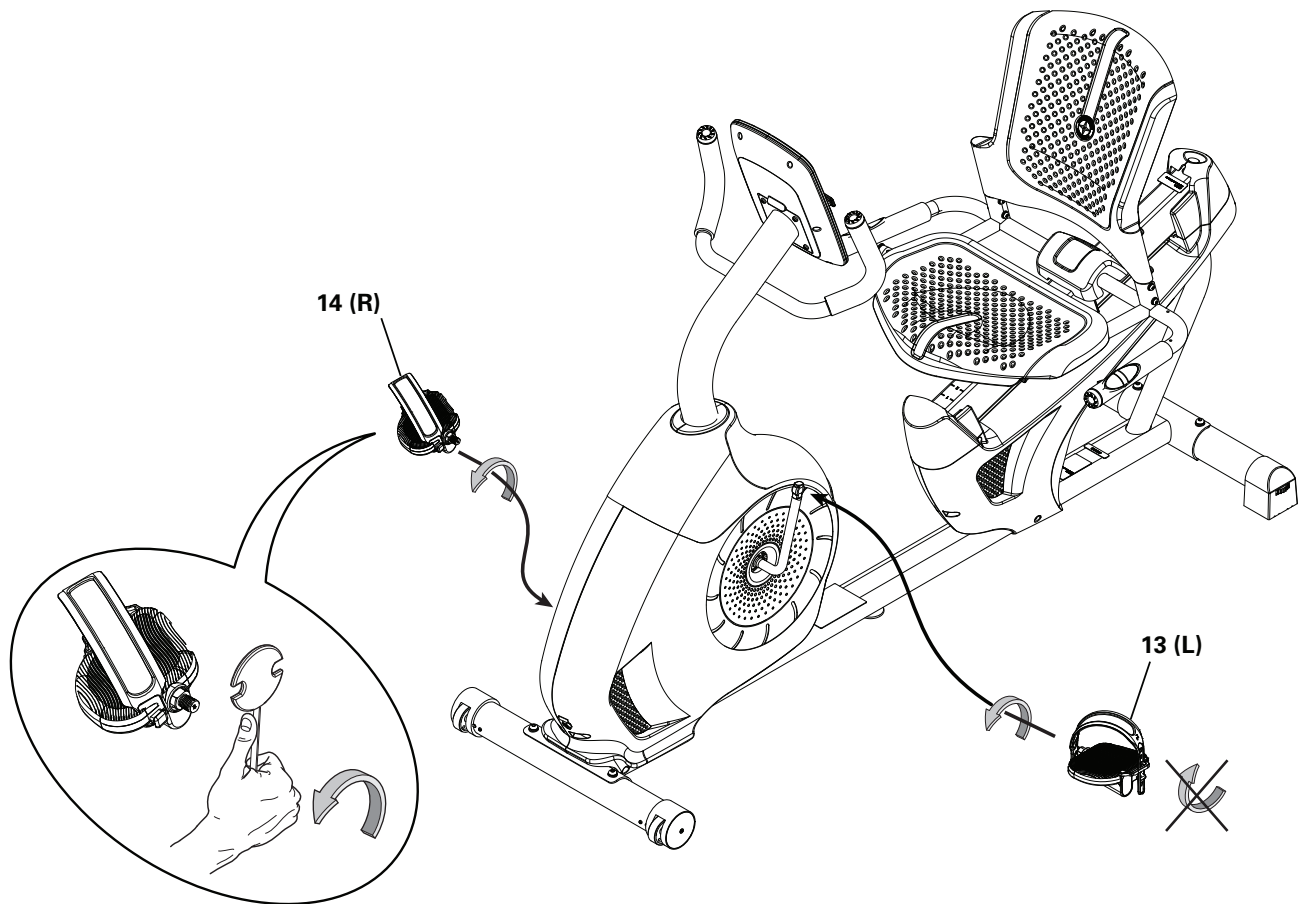
8. Connect Cables and Attach Console to Frame Assembly

NOTICE: Align the clips on the cable connectors and make sure the connectors lock. Do not crimp cables.

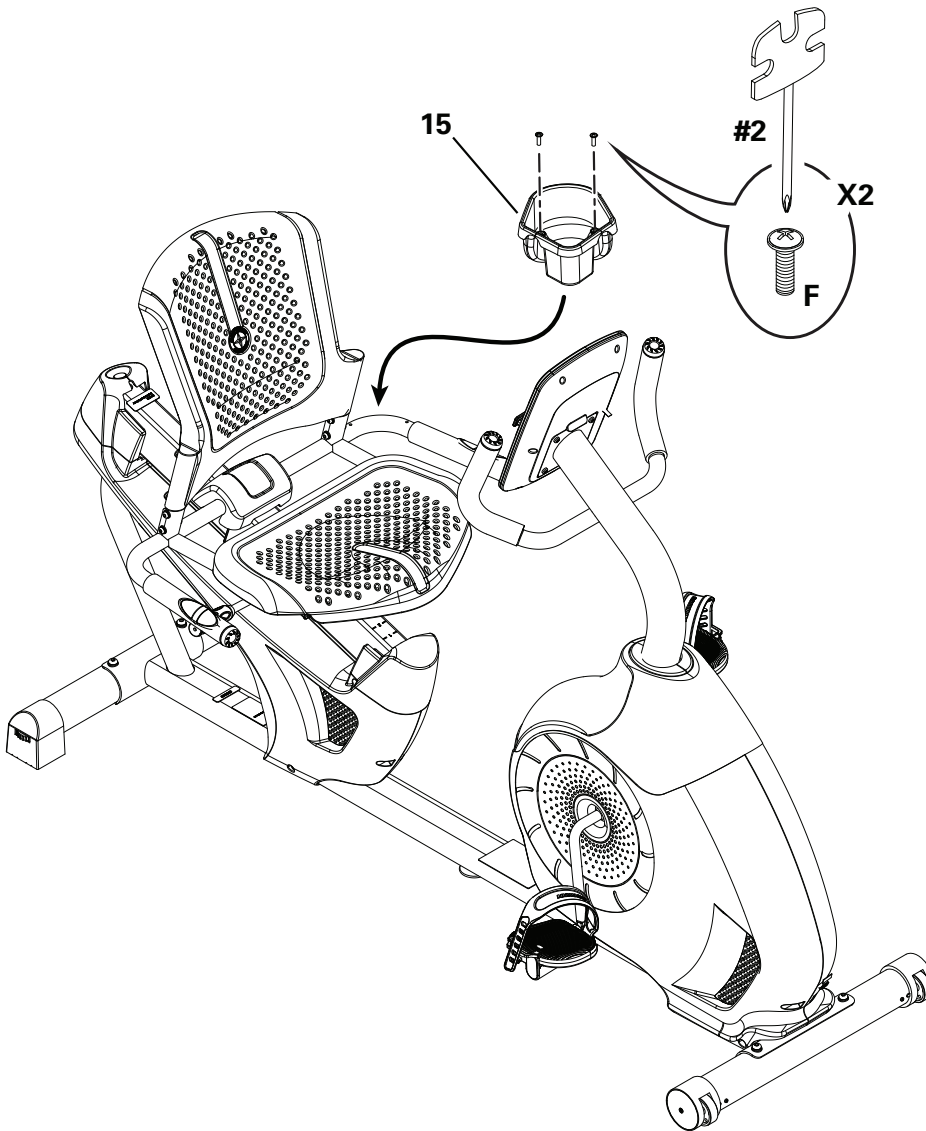


9. Attach Pedals to Frame Assembly

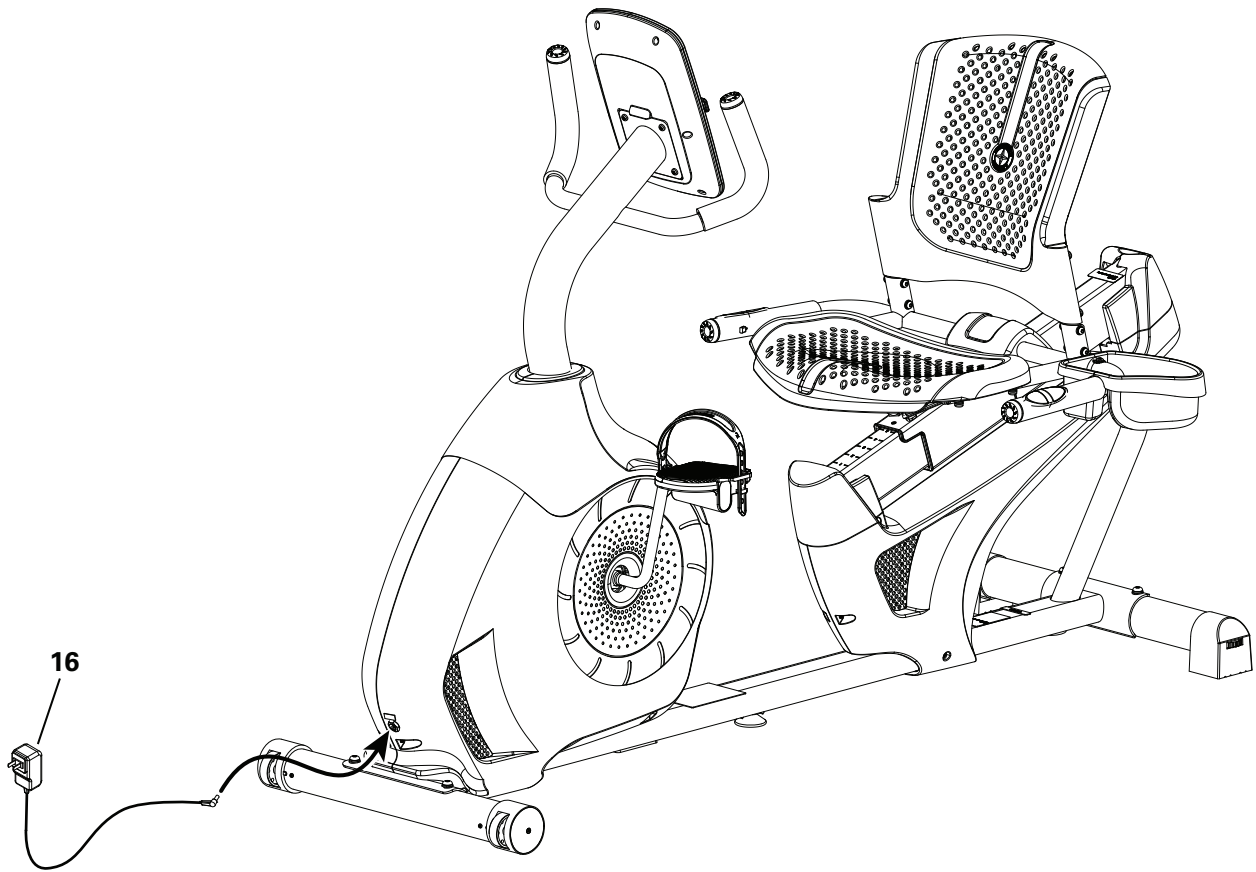
NOTICE: The Left Pedal is reverse-threaded. Be sure to attach Pedals on the proper side of the Bike. Orientation is based from a seated position on the bike. The Left Pedal has an "L", the Right Pedal an "R". Start the Pedals by hand, and then fully tighten them with the Pedal Wrench. The Pedals must be fully tightened.



10. Attach Water Bottle Holder to Frame Assembly



11. Connect AC Adapter to Frame Assembly



12. Final Inspection

Inspect your machine to ensure that all hardware is tight and components are properly assembled.

Be sure to record the serial number in the field provided at the front of this manual.

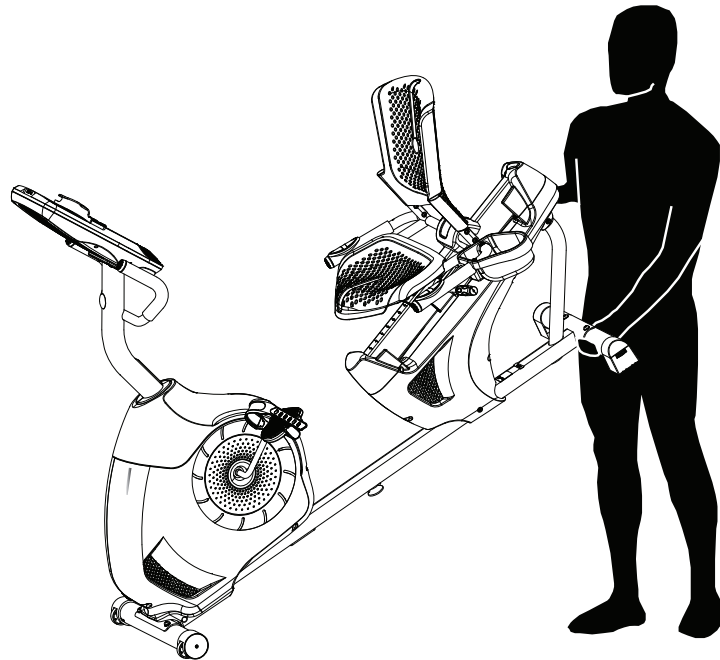
⚠ Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Owner's Manual.

Moving the Bike

⚠ The machine may be moved by one or more persons depending on their physical abilities and capacities. Make sure that you and others are all physically fit and able to move the machine safely.

1. Remove the power cord.
2. Use the Transport Handle to carefully lift the machine onto the transport rollers.
3. Push the machine into position.
4. Carefully lower the machine into position.

NOTICE: Be careful when you move the bike. Abrupt motions can affect the computer operation.



Leveling the Bike

Levelers are found on each side of the Rear Stabilizer and on the Frame Rail. On the Rear Stabilizer, turn the knob to adjust the stabilizer foot.

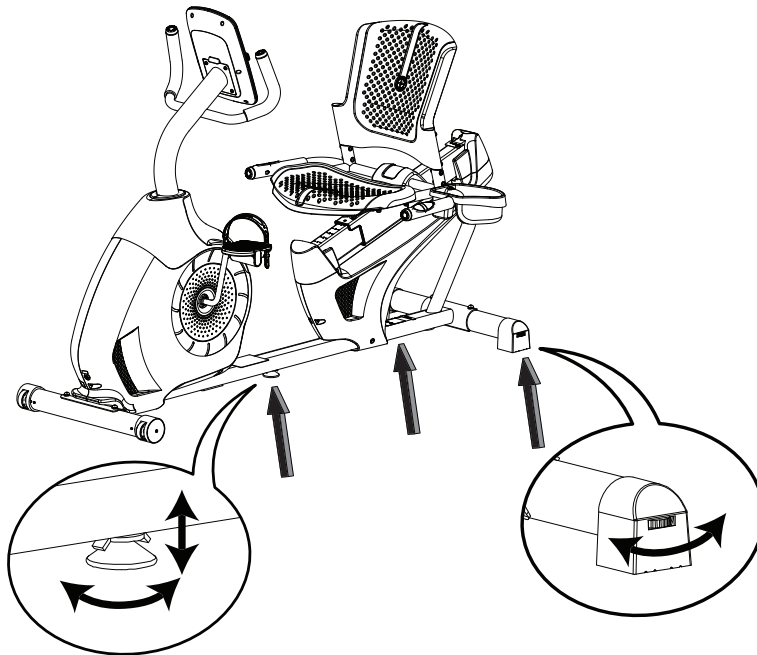
To adjust the leveler on the Frame Rail:

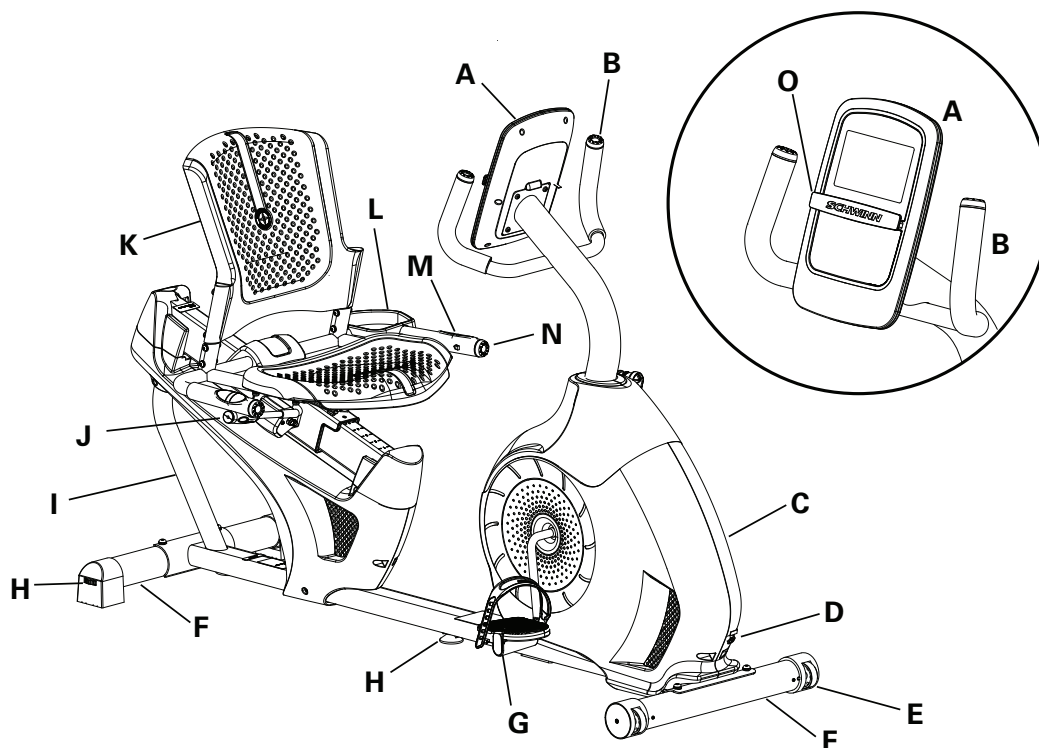
1. Loosen the upper locking nut.
2. Turn the leveler to adjust the height.

⚠ Do not adjust the levelers to such a height that they detach or unscrew from the machine. Injury to you or damage to the machine can occur.

3. Tighten the upper locking nut to lock the leveler.

Make sure the bike is level and stable before you exercise.





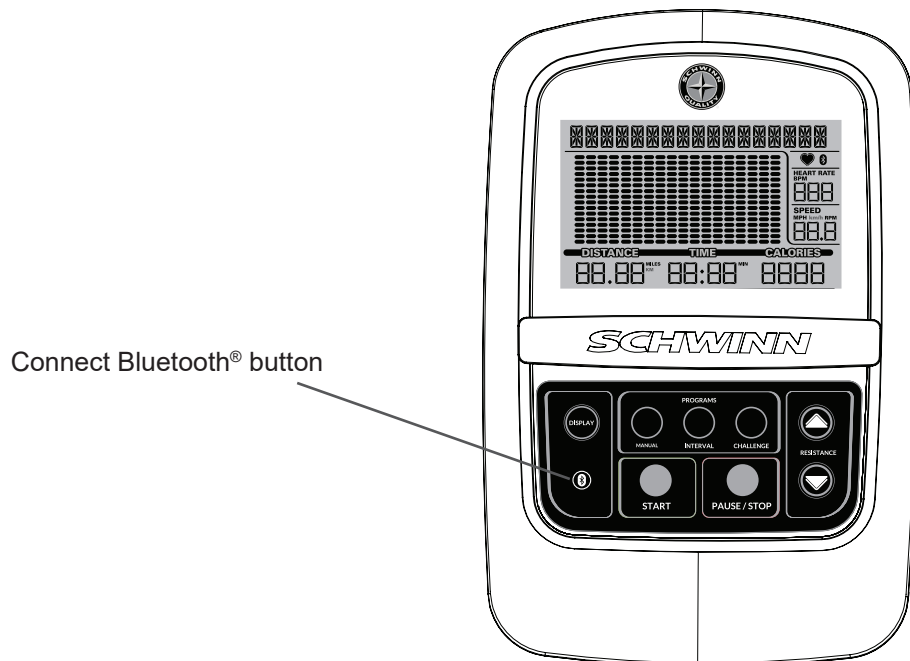
A	Console	J	Seat Adjustment Handle
B	Handlebar, Upright	K	Adjustable Seat
C	Fully Shrouded Flywheel	L	Water Bottle Holder
D	Power Connector	M	Contact Heart Rate (CHR) Sensors
E	Transport Wheel	N	Handlebar, Side
F	Stabilizer	O	Media Tray
G	Pedal	P	Bluetooth® Heart Rate (HR) Receiver (not shown)
H	Leveler	Q	Bluetooth® Connectivity (not shown)
I	Transport Handle		

WARNING! Use the values calculated or measured by the machine's computer for reference purposes only. The heart rate displayed is an approximation and should be used for reference only. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.

Console Features

The Console provides important information about your workout and lets you control the resistance levels while you exercise. The Console features touch control buttons to navigate you through the exercise programs.

Note: Customized selections made to the Console will not be remembered after a shut down.



Keypad Functions

DISPLAY button - Allows the user to select the units and other displayed values during a workout.

Connect Bluetooth® button - Makes the Console disconnect any previous connections, and look for a Bluetooth® Heart Rate Chest Strap (quick push and release of the button) or a Bluetooth® enabled device (push and hold down the button for 3 seconds). The Console will actively look for 90 seconds.

PROGRAMS:

MANUAL program button - Selects a Quick Start workout program.

INTERVAL program button - Selects an HIIT Interval (High Intensity, Interval Training) workout program.

CHALLENGE program button - Selects one of the Challenge workout programs.

START button- Starts a Program workout, confirms information, or resumes a paused workout.

PAUSE / STOP button- Pauses an active workout or ends a paused workout.

Resistance Increase (▲) button- Increases the workout resistance level or goal value.

Resistance Decrease (▼) button- Decreases the workout resistance level or goal value.

Program Display



Program Display

The Program Display shows information to the User and the grid display area shows the course profile for the program. Each column in the profile shows one interval (workout segment). The higher the column, the higher the resistance level. The flashing column shows your current interval.

Bluetooth® App Connected icon - Display shows when the Console is paired with the App.



Heart Rate Detected icon - Display shows when the Console receives a heart rate signal from the contact heart rate sensors or a Bluetooth® Heart Rate Chest Strap.



Bluetooth® Heart Rate Chest Strap Connected icon - Display shows when the Console is paired with a Bluetooth® Heart Rate Chest Strap.



Heart Rate (Pulse)

The Heart Rate display shows the beats per minute (BPM) from the heart rate monitor. When a heart rate signal is received by the Console, the icon will flash.

⚠ Consult a physician before you start an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before you use the machine again. The heart rate displayed is an approximation and should be used for reference only.

Speed

The Speed display field shows the machine speed in miles per hour (mph), kilometers per hour (km/h) or the pedal revolutions per minute (RPM).

Distance

The Distance display shows the distance count (miles or km) in the workout.

Note: To change the measurement units to English Imperial or metric, push the DISPLAY button (refer to the “Modify Display of Workout Values” section in this manual).

Time

The TIME display field shows the total time count of the workout.

Calories

The Calories display field shows the estimated calories that you have burned during the exercise.

Updates to Your Machine using the “Schwinn Toolbox™” App

This fitness machine is equipped with Bluetooth® connectivity and can be wirelessly updated with the “Schwinn Toolbox™” App. Once the App is installed on your device, the App will inform you of when there is an update to your machine.

1. Download the free App, named Schwinn Toolbox™. The App is available on the App Store and Google Play™.

Note: For a complete list of supported devices, review the App on the App Store or Google Play™.

2. Install the App.

When notified that there is an update to your fitness machine, follow the prompts on the App. Place the device that is running the App on the Media Tray. The App will update the software on the machine with the latest version. Do not remove your device from the Media Tray until the update is complete. The machine will return to the Welcome Screen when the update is completed.

Workout with Other Fitness Apps

This fitness machine has integrated Bluetooth® connectivity which allows it to work with a number of digital partners. For our latest list of supported partners, please visit: www.nutilus.com/partners

Bluetooth® Heart Rate Monitor (not supplied)

Your fitness machine is equipped to be able to receive a signal from a Bluetooth® heart rate (HR) monitor. When connected, the Console will display the Bluetooth® Heart Rate Monitor Connected icon. Follow the instructions provided with your Bluetooth® HR device.

⚠ If you have a pacemaker or other implanted electronic device, consult your doctor before using a Bluetooth® chest strap or other Bluetooth® heart rate monitor.

Note: Be sure to remove the protective cover (if provided) from the Heart Rate Sensor before use.

1. Put on your Bluetooth® Heart Rate monitor and activate it.
2. Push the Connect Bluetooth® button. The Console will actively search for any devices in the area. The Bluetooth® Heart Rate Monitor Connected icon will flash on the Console while searching.

Note: Any previously connected HR devices will be disconnected. However, if they are within range, the Console may find them again if unable to locate your Monitor.

3. The Bluetooth® Heart Rate Monitor Connected icon will stop blinking when connected. You are ready to work out.

At the end of your workout, push the Connect Bluetooth® button to disconnect your HR monitor from the Console.

Contact Heart Rate Sensors

Contact Heart Rate (CHR) sensors send your heart rate signals to the Console. The CHR sensors are the stainless steel parts of the Handlebars. To use, put your hands comfortably around the sensors. Be sure that your hands touch both the top and the bottom of the sensors. Hold firm, but not too tight or loose. Both hands must make contact with the sensors for the Console to detect a pulse. After the Console detects four stable pulse signals, your initial pulse rate will be shown.

Once the Console has your initial heart rate, do not move or shift your hands for 10 to 15 seconds. The Console will now validate the heart rate. Many factors influence the ability of the sensors to detect your heart rate signal:

- Movement of the upper body muscles (including arms) produces an electrical signal (muscle artifact) that can interfere with pulse detection. Slight hand movement while in contact with the sensors can also produce interference.
- Calluses and hand lotion may act as an insulating layer to reduce the signal strength.

- Some Electrocardiogram (EKG) signals generated by individuals are not strong enough to be detected by the sensors.
- The proximity of other electronic machines can generate interference.

If your heart rate signal ever seems erratic after validation, wipe off your hands and the sensors and try again.

Heart Rate Calculations

Your maximum heart rate usually decreases from 220 Beats Per Minute (BPM) in childhood to approximately 160 BPM by age 60. This fall in heart rate is usually linear, decreasing by approximately one BPM for each year. There is no indication that training influences the decrease in maximum heart rate. Individuals of the same age could have different maximum heart rates. It is more accurate to find this value by completing a stress test than by using an age related formula.

Your at-rest heart rate is influenced by endurance training. The typical adult has an at rest heart rate of approximately 72 BPM, whereas highly trained runners may have readings of 40 BPM or lower.

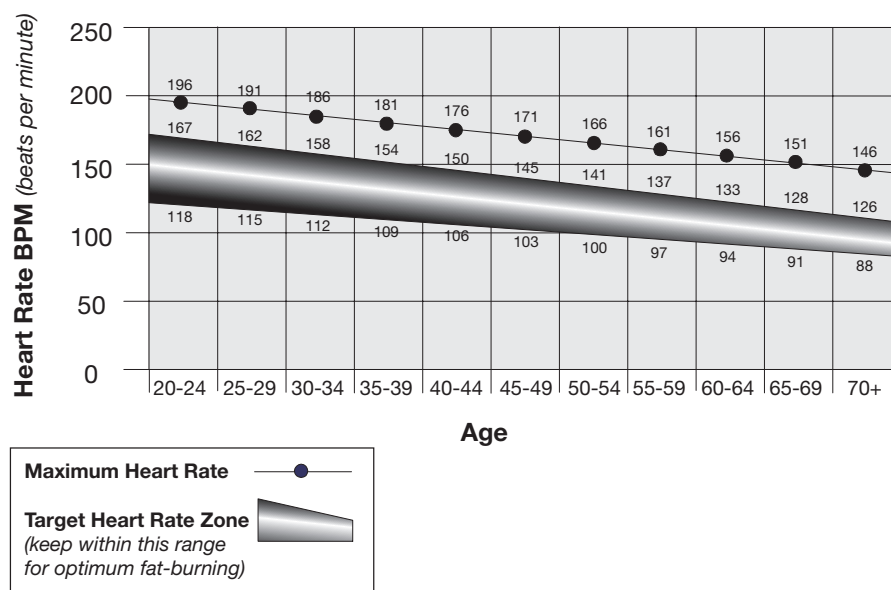
The Heart Rate table is an estimate of what Heart Rate Zone (HRZ) is effective to burn fat and improve your cardiovascular system. Physical conditions vary, therefore your individual HRZ could be several beats higher or lower than what is shown.

The most efficient procedure to burn fat during exercise is to start at a slow pace and gradually increase your intensity until your heart rate reaches between 60 – 85% of your maximum heart rate. Continue at that pace, keeping your heart rate in that target zone for over 20 minutes. The longer you maintain your target heart rate, the more fat your body will burn.

The graph is a brief guideline, describing the generally suggested target heart rates based on age. As noted above, your optimal target rate may be higher or lower. Consult your physician for your individual target heart rate zone.

Note: As with all exercises and fitness regimens, always use your best judgment when you increase your exercise time or intensity.

FAT-BURNING TARGET HEART RATE



What to Wear

Wear rubber-soled athletic shoes. You will need the appropriate clothes for exercise that allow you to move freely.

How Often Should You Exercise

! Consult a physician before you start an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before you use the machine again. Use the values calculated or measured by the machine's computer for reference purposes only. The heart rate displayed on the console is an approximation and should be used for reference only.

- 3 times a week for 30 minutes each day.
- Schedule workouts in advance and try to follow the schedule.

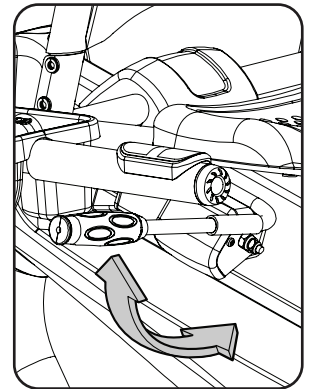
Seat Adjustment

Correct seat placement encourages exercise efficiency and comfort, while reducing the risk of injury.

1. With a Pedal in the forward position, place the ball of your foot over the center of it. Your leg should be bent slightly at the knee.
2. If your leg is too straight or your foot cannot touch the Pedal, move the seat forward. If your leg is bent too much, move the seat toward the back.

! Step off the bike before you adjust the seat.

3. Push down on the Seat Adjustment Handle, and adjust the seat to the desired height.
4. Pull up the Seat Adjustment Handle to engage the locking mechanism. Be sure that the handle is fully engaged.

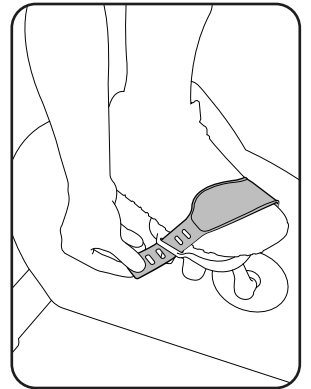


Foot Position / Pedal Strap Adjustment

Foot pedals with straps provide secure footing to the exercise bike.

1. Rotate the Pedals until one can be reached.
2. Put the ball of each foot on the Pedals.
3. Fasten the strap over the shoe.
4. Repeat for the other foot.

Be sure toes and knees point directly forward to ensure maximum Pedal efficiency. Pedal straps can be left in position for subsequent workouts.



Power-Up / Idle Mode / Welcome screen

The Console will enter Power-Up / Idle Mode if it is plugged into a power source, any button is pushed, or if it receives a signal from the RPM sensor as a result of pedaling the machine.

Note: After a power-up, the Console will have reset to all default values and configurations.

Auto Shut-Off (Sleep Mode)

If the Console does not receive any input in approximately 5 minutes, it will automatically shut off. The LCD display is off while in Sleep Mode.

Note: The Console does not have an On/Off switch.

Manual (Quick Start) Program

The Manual (Quick Start) program lets you start a workout without entering any information.

During a Manual Workout, each column represents a 1 minute time period. The active column will advance across the screen every minute. If the workout lasts for more than 18 minutes, the active column will stay to the right where an additional column is added to the workout program.

1. Stand on the machine.
2. Push the MANUAL button to select the Quick Start Program.
3. Push START to begin the workout.

To change the resistance level, push the Resistance Increase/Decrease buttons. The current interval and future intervals are set to the new level. The default Manual resistance level is 4. The time will count up from 00:00.

Note: If a Manual workout is performed for more than 99 minutes and 59 seconds (99:59), the units for Time will reset to zero. Be sure to add these values to your final workout results.

4. When done with your workout, stop pedaling and push PAUSE/STOP to pause the workout. Push PAUSE/STOP again to end the workout.

Interval Program

During the HIIT Interval Program (or “High Intensity, Interval Training” Program), the workout will switch between an increased intensity, “Sprint” period (more resistance), to a slower paced, ‘catch your breath’ time period (“Recover”, or less resistance). This shift between Sprint and Recover is repeated over the entire workout. The “Sprint” period is 30 seconds, and the “Recover” period is 90 seconds.



Note: Each “Recover” period is represented by 2 columns on the display.

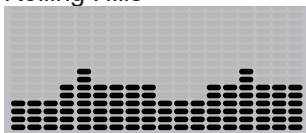
⚠ The “Sprint” period of an Interval Program is a suggested increase in resistance level and speed, and should only be followed if your physical fitness level allows.

The default, and minimum, workout time for the HIIT Interval Program is 12 minutes. The workout can be increased in 12 minute increments by pushing the Increase button before the workout starts. The maximum workout time is 96 minutes. During a workout, the Program display will reset for every 12 minutes of a workout.

Challenge Programs

The Challenge programs automate different resistance and workout levels. The Goal for the Workout can be customized.

Rolling Hills



Ride in the Park



Easy Tour



Pike's Peak



Pyramids



Summit Pass



Stream Crossing



Cross Training



Uphill Finish



Mount Hood



Heart Rate Control



The Heart Rate Control program lets you select a base heart rate for your workout. The Console monitors your heart rate in beats per minute (BPM) from the Contact Heart Rate (CHR) Sensors on the machine or from your Bluetooth® Heart Rate Chest Strap, and adjusts the resistance during a workout to keep your heart rate near the base heart rate value.

⚠ Consult a physician before you start an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before you use the machine again. Use the values calculated or measured by the machine's computer for reference purposes only.

The default heart rate value for the Heart Rate Control program is 125 BPM. This value can be adjusted before the workout is started with the Increase/Decrease buttons.

Note: Be sure to allow time for your heart rate to reach the desired heart rate value when setting the goal. If no heart rate is detected, the Console will display, "NEED HEART RATE".

The Console lets you select a Challenge Program and type of Goal for your workout (Distance, Time or Calories), and set the Time Goal value.

1. Stand on the machine.
2. Push the CHALLENGE button until the desired Challenge Program is selected.
3. Use the Increase(▲) or Decrease(▼) buttons to adjust the goal value. Push and hold down the buttons to rapidly adjust the value. The default workout time is 30 minutes, with a range from 1 minute up to 99 minutes.

Note: To rapidly change the workout time, push and hold down the Increase or Decrease button.

4. Push START to begin the goal-oriented workout. The GOAL value will count up during the workout.

Modify Display of Workout Values

Push the DISPLAY button to select the desired display configuration during your workout. The display configuration options can be cycled through until the workout ends.

- a.) SPEED- MPH / RPM (Default)
- b.) SPEED- MPH only
- c.) RPM only (miles)
- d.) SPEED- km/h / RPM
- e.) SPEED- km/h only
- f.) RPM only (kilometers)

Note: If the desired display is not the default, it will need to be selected after each power-up.

Changing Resistance Levels

Push the Resistance Level Increase(▲) or Decrease(▼) buttons to change the resistance level at any time in a workout program.

Pausing or Stopping

1. Stop pedaling and push the PAUSE/STOP button to pause your workout.
2. To continue your workout, push START or begin pedaling.

To stop the workout, push the PAUSE/STOP button. The Console will go into Workout Summary mode.

Muting the Console

The Console has the option to be muted. To disable the audible cues, push and hold down the PAUSE/STOP button for 5 seconds. The Console will confirm that it has been muted by making three audible beeps.

Note: The Console will reset to the default (not muted) after each power-up.

Workout Summary Mode

After a workout, the Console will display the Workout Summary values for five minutes. The total workout values (Distance, Time, and Calories) are constantly displayed. The Console will cycle between the other Workout Summary values every 3 seconds:

- a.) SPEED (average) and HEART RATE BPM (average)
- b.) RPM (average) and HEART RATE BPM (average)

Note: If no Heart Rate was provided during the workout, the Console will not report a value.

MAINTENANCE

Read all maintenance instructions fully before you start any repair work. In some conditions, an assistant is necessary to do the necessary tasks.

⚠ Equipment must be regularly examined for damage and repairs. The owner is responsible to make sure that regular maintenance is done. Worn, damaged or loose components must be repaired or replaced immediately. Only manufacturer supplied components can be used to maintain and repair the equipment.

If at any time the Warning labels become loose, unreadable or dislodged, replace the labels. If purchased in US/Canada, contact Customer Service for replacement labels. If purchased outside US/Canada, contact your local distributor for them.

Disconnect all power to the machine before you service it.

Daily: Before each use, examine the exercise machine for loose, broken, damaged, or worn parts. Do not use if found in this condition. Repair or replace all parts at the first sign of wear or damage. Check Pedals and tighten as necessary. After each workout, use a damp cloth to wipe your machine and Console free of moisture.

Note: Avoid excessive moisture on the Console.

NOTICE: If necessary, only use a mild dish soap with a soft cloth to clean the Console. Do not clean with a petroleum based solvent, automotive cleaner, or any product that contains ammonia. Do not clean the Console in direct sunlight or at high temperatures. Be sure to keep the Console free of moisture.

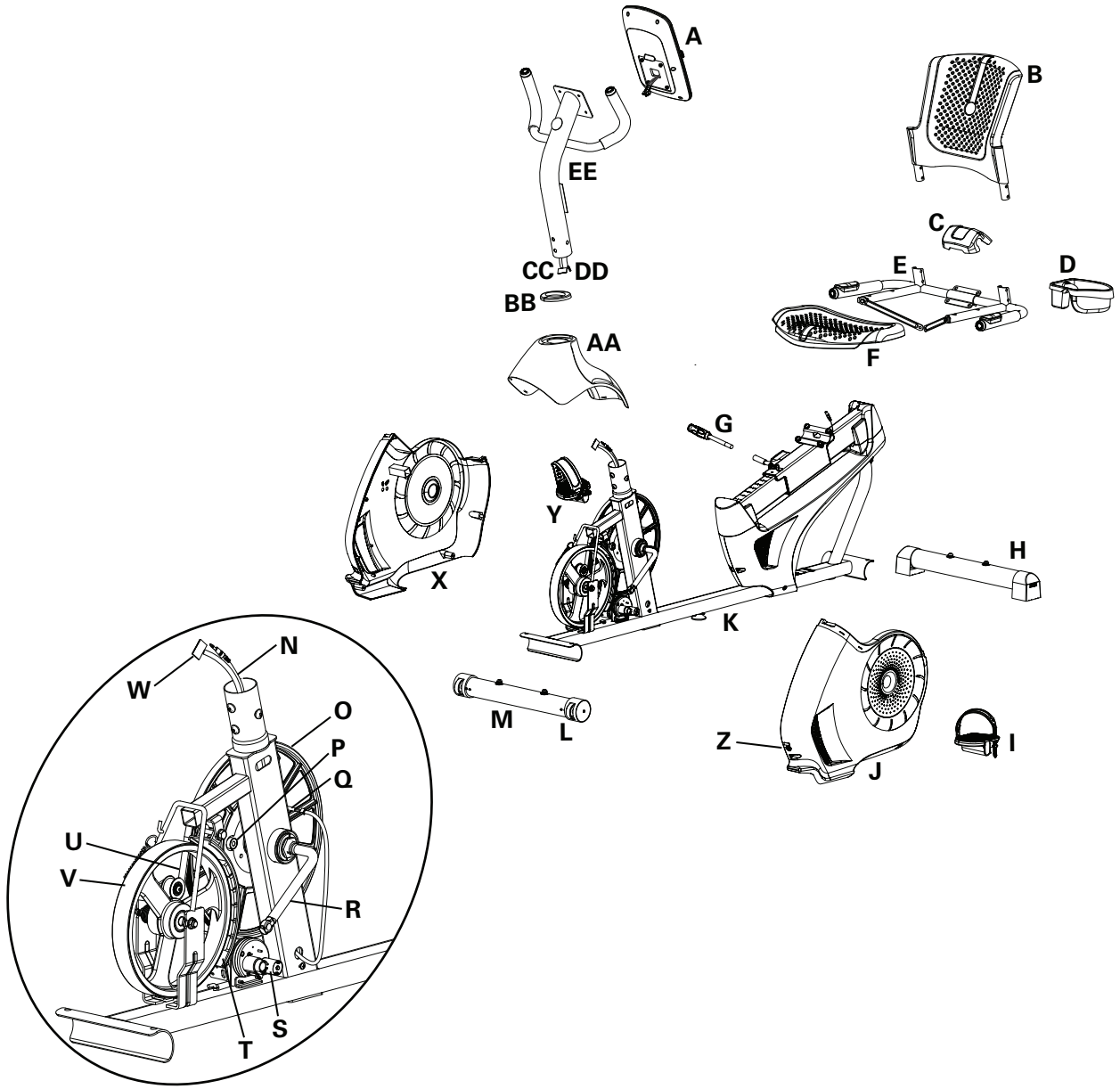
Weekly: Clean the machine to remove any dust, dirt, or grime from the surfaces. Check pedals and crank arms and tighten as necessary. Check for smooth seat slider operation. If needed, apply a very thin coating of 100% silicone lubricant to ease operation.

⚠ Silicone lubricant is not intended for human consumption. Keep out of reach of children. Store in a safe place.

Note: Do not use petroleum based products.

Monthly or after 20 hours: Make sure all bolts and screws are tight. Tighten as necessary.

Maintenance Parts



A	Console	L	Transport Wheel	W	Console Cable, Lower
B	Seat Back	M	Stabilizer, Front	X	Shroud, Right
C	Seat Cover	N	Heart Rate Cable, Lower	Y	Pedal, Right
D	Water Bottle Holder	O	Drive Pulley	Z	Power Connector
E	Handlebar, Side	P	Speed Sensor Magnet	AA	Shroud, Upper
F	Seat Bottom	Q	Speed Sensor	BB	Shroud Cap
G	Seat Adjustment Handle	R	Crank Arm	CC	Console Cable, Upper
H	Rear Stabilizer	S	Servo Motor	DD	Heart Rate Cable, Upper
I	Shroud, Left	T	Brake Assembly	EE	Console Mast
J	Pedal, Left	U	Drive Belt		
K	Frame Assembly	V	Flywheel		

TROUBLESHOOTING

Condition/Problem	Things to Check	Solution
No display/partial display/ unit will not turn on	Check electrical (wall) outlet	Make sure unit is plugged into a functioning wall outlet.
	Check connection at front of unit	Connection should be secure and undamaged. Replace adapter or connection at unit if either are damaged.
	Check data cable integrity	All wires in cable should be intact. If any are visibly crimped or cut, replace cable.
	Check data cable connections/orientation	Be sure cables at base of mast and at back of console are connected securely and oriented properly. Small latch on connector should line up and snap into place.
	Check console display for damage	Check for visual sign that console display is cracked or otherwise damaged. Replace Console if damaged.
	Console Display	If Console only has partial display and all connections are fine, replace the Console.
		If the above steps do not resolve the problem, contact Customer Service (if inside US/Canada) or your local distributor (if outside US/Canada).
Unit operates but Contact HR not displayed	HR cable connection at Console and base of mast	Be sure cable is connected securely to Console.
	HR cable box connection	Be sure cables from handlebars and cable to Console are secure and undamaged.
	Sensor grip	Be sure hands are centered on HR sensors. Hands must be kept still with relatively equal pressure applied to each side.
	Dry or calloused hands	Sensors may have difficulty with dried out or calloused hands. A conductive electrode cream (heart rate cream) can help make better conduct. These are available on the web or at medical or some larger fitness stores.
	Static Handlebar	If tests reveal no other issues, Static Handlebar should be replaced.
Unit operates but Bluetooth® HR not displayed	HR monitor (not provided)	Follow the troubleshooting instructions provided with the device.
	HR monitor batteries	If monitor has replaceable batteries, install new batteries.
	Interference	Try moving unit away from sources of interference (TV, Microwave, etc).
	Replace HR monitor	If interference is eliminated and HR does not function, replace HR monitor.
	Replace Console	If HR still does not function, replace Console.
Unit operates but Bluetooth® HR displayed incorrectly	Connected to previous user	The Console may be still connected to the previous user. Push Connect Bluetooth® button to disconnect from them and push again to connect to your device.
No speed/RPM reading, Console displays "Please Pedal" error code	Check data cable integrity	All wires in cable should be intact. If any are cut or crimped, replace cable.
	Check data cable connections/orientation	Be sure each cable is connected securely and oriented properly. Small latch on connector should line up and snap into place.
	Check magnet position (requires shroud removal)	Magnet should be in place on pulley.
	Check Speed Sensor (requires shroud removal)	Speed sensor should be aligned with magnet and connected to data cable. Realign sensor if necessary. Replace if there is any damage to the sensor or the connecting wire.

Condition/Problem	Things to Check	Solution
Resistance does not change (machine turns on and operates)	Check data cable integrity	All wires in cable should be intact. If any are visibly crimped or cut, replace cable.
	Check data cable connections/orientation	Be sure cable is connected securely and oriented properly. Reseat all connections. Small latch on connector should line up and snap into place.
	Check Servo Motor (requires shroud removal)	If magnets move, adjust until they are within the proper range. Replace Servo Motor if not functioning properly.
	Check Console	Check for visual sign that Console is damaged. Replace Console if damaged.
		If the above steps do not resolve the problem, contact Customer Service (if inside US/Canada) or your local distributor (if outside US/Canada) for further assistance.
Console shuts off (enters sleep mode) while in use	Check electrical (wall) outlet	Make sure unit is plugged into a functioning wall outlet.
	Check connection at front of unit	Connection should be secure and undamaged. Replace adapter or connection at unit if either are damaged.
	Check data cable integrity	All wires in the cable should be intact. If any are cut or crimped, replace cable.
	Check data cable connections/orientation	Be sure cable is connected securely and oriented properly. Small latch on connector should line up and snap into place.
	Reset machine	Unplug unit from electrical outlet for 3 minutes. Reconnect to outlet.
	Check magnet position (requires shroud removal)	Magnet should be in place on pulley.
	Check Speed Sensor (requires shroud removal)	Speed sensor should be aligned with magnet and connected to data cable. Realign sensor if necessary. Replace if there is any damage to the sensor or the connecting wire.
Unit rocks/does not sit level	Check leveler adjustment	Adjust levelers until bike is level.
	Check surface under unit	Adjustment may not be able to compensate for extremely uneven surfaces. Move bike to level area.
Pedals loose/unit difficult to pedal	Check pedal to crank arm connection	Pedal should be tightened securely to crank. Insure connection is not cross-threaded.
Clicking sound when pedaling	Check pedal to crank arm connection	Remove pedals. Make sure there is no debris on threads, and reinstall the pedals.
Pedals loose/unit difficult to pedal	Check pedal to crank connection	Pedal should be tightened securely to crank. Be sure connection is not cross threaded.
Seat Assembly shifts / squeaks when in use	Hardware	Check hardware that attaches Seat assembly, and fully tighten hardware.



Who Is Covered

This warranty is valid only to the original purchaser and is not transferable or applicable to any other person(s).

What Is Covered

Nautilus, Inc. warrants that this product is free from defects in materials and workmanship, when used for the purpose intended, under normal conditions, and provided it receives proper care and maintenance as described in the Product's Assembly and Owner's manual. This warranty is good only for authentic, original, legitimate machines manufactured by Nautilus, Inc. and sold through an authorized agent and used in the United States or Canada.

Terms

- Frame 10 years
- Mechanical parts 2 years
- Electronics 1 year
- Labor 90 days

(Labor support does not include the installation of replacement parts involved in the initial product assembly and preventative maintenance services. All repairs covered under the labor portion of the warranty must be preauthorized by Nautilus.)

For warranty & service of products purchased outside US/Canada, please contact your local distributor. To find your local international distributor, go to: www.nautilusinternational.com

How Nautilus Will Support the Warranty

Throughout the terms of the warranty coverage, Nautilus, Inc. will repair any machine that proves to be defective in materials or workmanship. Nautilus reserves the right to replace the product in the event a repair is not possible. When Nautilus determines replacement is the correct remedy, Nautilus may apply a limited credit reimbursement toward another Nautilus Inc. brand Product, at our discretion. This reimbursement may be prorated based on length of ownership. Nautilus, Inc. provides repair service within major metropolitan areas. Nautilus, Inc. reserves the right to charge the consumer for travel outside these areas. Nautilus Inc. is not responsible for dealer labor or maintenance charges beyond the applicable warranty period(s) stated herein. Nautilus, Inc. reserves the right to substitute material, parts or products of equal or better quality if identical materials or products are not available at the time of service under this warranty. Any replacement of the product under the terms of the Warranty in no way extends the original Warranty period. Any limited credit reimbursement may be prorated based on length of ownership. THESE REMEDIES ARE THE EXCLUSIVE AND SOLE REMEDIES FOR ANY BREACH OF WARRANTY.

What You Must Do

- Retain appropriate and acceptable Proof of Purchase.
- Operate, maintain, and inspect the Product as specified in the Product Documentation (Manuals, (Assembly, Owner's Manuals, etc.).
- Product must be used exclusively for the purpose intended.
- Notify Nautilus within 30 days after detecting an issue with the Product.
- Install replacement parts or components in accordance with any Nautilus instructions.
- Perform diagnostic procedures with a trained Nautilus, Inc representative if requested.

What Is Not Covered

- Damage due to abuse, tampering or modification of the Product, failure to properly follow assembly instructions, maintenance instructions, or safety warnings as stated in the Product Documentation (Assembly, Owner's Manuals, etc), damage due to improper storage or the effect of environmental conditions such as moisture or weather, misuse, mishandling, accident, natural disasters, power surges.
- A machine placed or used in a commercial or institutional setting. This includes gyms, corporations, work places, clubs, fitness centers and any public or privately entity that has a machine for use by its members, customers, employees or affiliates.
- Damage caused by exceeding maximum user weights as defined in the Product's Owner's manual or warning label.
- Damage due to normal usage and wear and tear.
- This warranty does not extend to any territories or countries outside the United States and Canada.

How to Obtain Service

For Products purchased directly from Nautilus, Inc. contact the Nautilus office listed on the Contacts page of the products Owner's manual. You may be required to return the defective component to a specified address for repair or inspection, at your expense. Standard ground shipping of any warranty replacement parts will be paid by Nautilus, Inc. For products purchased from a retailer, you may be asked to contact your retailer for warranty support.

Exclusions

The preceding warranties are the sole and exclusive express warranties made by Nautilus, Inc. They supersede any prior, contrary or additional representations, whether oral or written. No agent, representative, dealer, person or employee has the authority to alter or increase the obligations or limitations of this warranty. Any implied warranties, including the WARRANTY OF MERCHANTABILITY and any WARRANTY OF FITNESS FOR A PARTICULAR PURPOSE, are limited in duration to the term of the applicable express warranty provided above, whichever is longer. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

Limitation of Remedies

EXCEPT AS OTHERWISE REQUIRED BY APPLICABLE LAW, THE PURCHASER'S EXCLUSIVE REMEDY IS LIMITED TO REPAIR OR REPLACEMENT OF ANY COMPONENT DEEMED BY NAUTILUS, INC. TO BE DEFECTIVE UNDER THE TERMS AND CONDITIONS STATED HEREIN. IN NO EVENT WILL NAUTILUS, INC. BE LIABLE FOR ANY SPECIAL, CONSEQUENTIAL, INCIDENTAL, INDIRECT OR ECONOMIC DAMAGES, REGARDLESS OF THE THEORY OF LIABILITY (INCLUDING, WITHOUT LIMITATION, PRODUCT LIABILITY, NEGLIGENCE OR OTHER TORT) OR FOR ANY LOST REVENUE, PROFIT, DATA, PRIVACY OR FOR ANY PUNITIVE DAMAGES ARISING OUT OF OR RELATED TO THE USE OF THE FITNESS MACHINE EVEN IF NAUTILUS, INC. HAS BEEN ADVISED OF THE POSSIBILITY OF SUCH DAMAGES. THIS EXCLUSION AND LIMITATION SHALL APPLY EVEN IF ANY REMEDY FAILS OF ITS ESSENTIAL PURPOSE. SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF CONSEQUENTIAL OR INCIDENTAL TYPE DAMAGES SO THE ABOVE LIMITATION MAY NOT APPLY TO YOU.

State Laws

This warranty gives you specific legal rights. You may also have other rights, which vary from state to state.

Expirations

If the warranty has expired, Nautilus, Inc. may assist with replacements or repairs to parts and labor, but there will be a charge for these services. Contact a Nautilus office for information on post-warranty parts and services. Nautilus does not guarantee availability of spare parts after expiration of warranty period.

International Purchases

If you purchased your machine outside of the United States consult your local distributor or dealer for warranty coverage.



Nautilus™

Bowflex™

Schwinn™