

BowFlex C6: How do I adjust the resistance on my bike?

ID: 13926.3

Follow this troubleshooting guide to help resolve resistance issues on the BowFlex C6 indoor cycling bike.

Some common complaints may include:

- Bike is too hard to pedal
- Bike is too easy to pedal

Follow these steps to troubleshoot the issue

Tools you may need:

Phillips head screwdriver
5mm hex/Allen wrench, or the Allen wrench from the hardware card included with your machine
10mm wrench, or the wrench from the hardware card included with your machine
25mm Crank Puller (if removing crank arms to troubleshoot)

1. Turn the Resistance Knob (**reference 1**) counter-clockwise to decrease the resistance. Turn the knob clockwise to increase the resistance [\[13926.A\]](#).
 - **Important:** do not turn the Resistance Knob beyond the normal range of movement - damage to your bike may occur!

(Reference 1)



*Schwinn IC4 pictured. Functionality is the same, but your bike may vary slightly.
The red arrow in this image indicates the location of the Resistance Adjustment Knob.
This should be turned counter-clockwise to decrease resistance, or clockwise to increase resistance.*

2. If the resistance does not adjust when turning the knob, pedal your bike and watch the flywheel for movement. *It may be beneficial to have an additional person help with this step.* If the flywheel does not move when pedaling, [order a Drive Belt \[13926.B\]](#).
 - **Important:** in order to replace the drive belt, a 25mm Crank Puller will be required to remove the crank arms and access the belt. [Order a 25mm Crank Puller](#) in addition to the drive belt unless you have one already.

3. Observe the magnetic brake arm (**reference 2**) while turning the Resistance Knob several turns. The brake arm should move when the Resistance Knob is turned.

(Reference 2)



Schwinn IC4 pictured. Functionality is the same, but your bike may vary slightly. The red magnetic brake arm (highlighted yellow) is located above the flywheel. Watch this part for movement while adjusting the Resistance Adjustment Knob.

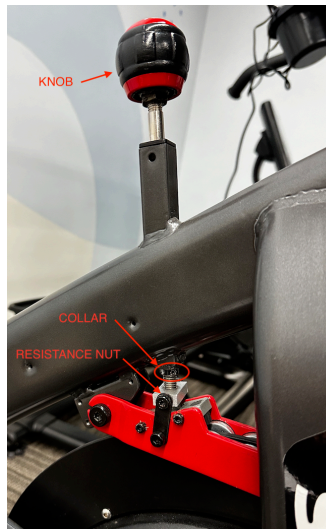
4. If the brake arm moves when adjusting the Resistance Knob, turn the knob all the way counter-clockwise. Push down on the knob and release. Check to see if the resistance can now be increased [\[13926.C\]](#).
5. If the brake arm does not move when adjusting the Resistance Knob, or the issue persists after releasing the Resistance Knob, adjust the resistance arm. Instructions on adjusting the resistance arm are located here: [BowFlex C6: Flywheel Grinding Noises / Brake Arm Adjustment](#). Return to this procedure once complete [\[13926.D\]](#).
6. If the issue persists, check if the resistance mechanism moves when the resistance knob is adjusted:
 - a. Hold the fender in place and use a Phillips head screwdriver to remove the two screws attaching the fender to the frame (**reference 3**).
 - b. Rotate the adjustment knob back and forth, watching the resistance mechanism for movement (**reference 4**). The knob will reach a "stop" at each end of range of movement. If the knob stops turning one way, reverse direction.
 - Verify the collar rotates with the resistance knob. Hold the collar to attempt to prevent it from turning while rotating the knob. If the collar does not rotate with the knob, [order a Roll Pin \[13926.E\]](#).
 - Verify the roll pin is in place in the collar. The roll pin is hollow and can easily be mistaken for just being an empty hold in the collar (see **reference 5** for an example of a properly positioned roll pin. If the roll pin is missing from the collar, [order a Roll Pin \[13926.F\]](#).
 - Verify the resistance nut is moving up and down the threaded resistance adjustment shaft. If the resistance nut does not move, the threads on the nut are stripped; [order a Resistance Shoe \(Brake\) Assembly \[13926.G\]](#).

(Reference 3)



Schwinn IC4 pictured. Functionality is the same, but your bike may vary slightly. Loosen and remove the screws from the fender (circled white), taking care to hold the fender to prevent it from dropping.

(Reference 4)



Schwinn IC4 pictured. Functionality is the same, but your bike may vary slightly. Watch the collar (circled red, middle) and resistance nut (red arrow, bottom) for movement while rotating the adjustment knob.

(Reference 5)



Schwinn IC4 pictured. Functionality is the same, but your bike may vary slightly.

The Roll Pin is hollow and rests inside the collar.

A properly placed roll pin will appear similar to the picture and may be mistaken as an empty hole at first glance.

7. If the resistance issue persists, [order a Drive Belt \[13926.H\]](#).

- o **Important:** in order to replace the drive belt, a 25mm Crank Puller will be required to remove the crank arms and access the belt. [Order a 25mm Crank Puller](#) in addition to the drive belt unless you have one already.

Need to order replacement parts?

1 Customer Care Contact Information

Please contact Customer Care at **1-800-605-3369** for additional help or to order replacement parts. Some replacement parts may also be available for purchase [online here](#). A list of part numbers referenced within this guide can be located at the bottom of this page.

Customer Care - Hours of Operation:

Monday - Friday 6:00am - 5:00pm PST

The replacement part will be provided to you at no cost assuming your machine meets the warranty eligibility requirements. A Customer Care Agent will be able to assess your current warranty eligibility and provide you with your options.

Please note that if you did not purchase your machine directly from BowFlex, Schwinn, or Nautilus, we will need a copy of your purchase receipt in order to register your machine for warranty.

2 Parts Reference Table

| <i>Part Description</i> | <i>Part SKU</i> |
|---|-----------------|
| 25mm Crank Puller | 8018316 |
| Drive Belt | 8022657 |
| Resistance Shoe (Brake) Assembly | 8022741 |
| Roll Pin | 8023501 |

3 Contact Tech Team / Advanced Troubleshooting

If the issue was not resolved in the steps listed, contact the Tech Team or send an Advanced Troubleshooting case.

Submit a Case with case type Advanced Troubleshooting