



BowFlex.

IC Bike SE/SEi

Assembly/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.bowflex.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: global.bowflex.com

BowFlex Inc., 5415 Centerpoint Parkway, Groveport, OH 43125 USA, www.bowflex.com - Customer Service: North America (800) 605-3369, cs@BowFlex.com | BowFlex (Shanghai) Fitness Equipments Co, Ltd, Room 1701 &1702, 1018 Changning Road, Changning District, Shanghai, China 200042, www.bowflex.cn - 86 21 6115 9668 | outside U.S. global.bowflex.com | Printed in China | © 2023 Bowflex, Inc. | Bowflex, the Bowflex logo, and JRNY are trademarks owned or licensed by BowFlex Inc., registered or otherwise protected by common law in the U.S. and other countries. Other trademarks are the property of their respective owners. The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc., and any use of such marks by BowFlex Inc. is under license.

Original Manual - English Version Only



Scan the QR code to download the JRNY™ App and get started today.

Important Safety Instructions

When using an electrical appliance, basic precautions should always be followed, including the following:



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.
- To reduce the risk of electrical shock or unattended/unsupervised usage, always unplug the AC Adapter from the wall outlet and the machine and wait 5 minutes before cleaning, maintaining or repairing the machine. Place the AC Adapter in a secure location.
- 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 replacement parts and hardware supplied by BowFlex. 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 or put the machine into service 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.
- Connect this machine to a properly grounded or earthed outlet only.
- Keep the AC Adapter away from heat sources and hot surfaces.

.SAVE THESE INSTRUCTIONS.

Important Safety 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 or a new health and diet plan. 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.
- Before each use, examine this machine for damage to power cord, power receptacle, 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.
- This appliance should only be used with the power supply unit provided, or a replacement power supply unit supplied from BowFlex Inc.
- Maximum user weight limit: 150 kg (330 lbs.). Do not use if you are over this weight.
- The BowFlex™ IC Bike SE machine is for home use only. Do not place or use the machine in a commercial or institutional setting. This includes gyms, corporations, work places, clubs, fitness centers and any public or private entity that has a machine for use by its members, customers, employees or affiliates.
- The BowFlex™ IC Bike SEi machine is intended for Home/Consumer or Studio/Institutional use. When the machine is placed into a Studio/Institutional environment, usage should be limited to less than 3 hours per day, and it should only be used in areas where access and control of the machine are managed and supervised by approved staff. The degree of management depends among other things on the specific setting in which the machine is placed, security of that environment, and familiarity of the users with the equipment. Because others will have used the machine previously, make sure the seat, pedals and handlebars are correctly adjusted, tightened and secured.
- 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.
- Always wear rubber soled athletic shoes or cycling shoes with cleats when you use this machine. Do not use the machine with bare feet or only wearing socks.
- Set up and operate this machine on a solid, level, horizontal surface.
- Do not step off the machine until the Pedals have fully stopped.
- 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 Pedals clean and dry.
- Keep at least 0.6 m (24 in) along the side used to access the machine and to the rear of the machine clear. This is the recommended safe distance for access, passage 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.
- Perform all regular and periodic maintenance procedures recommended in the Owner's Manual.
- Do not drop or put objects into any opening of the machine.
- 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.
- Since this machine operates with a fixed gear, do not back, or reverse, pedal. Doing so may loosen the Pedals, which could result in damage to the machine and/or injury to the user. Never operate this machine with loose Pedals.
- For safe storage of the machine, remove the power supply and place in a secure location. Tighten the Brake/Resistance Adjustment Knob as described until the Flywheel is locked. Place the machine in a secure location away from children and pets.
- 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.
- This bike cannot stop the Pedals independently of the Flywheel. Reduce the pace to slow the Flywheel and Pedals to a stop. Do not dismount the bike until the Pedals have come to a complete stop. Be aware that the moving Pedals can strike the backs of the legs.
- Children should be supervised to ensure that they do not play with the appliance.

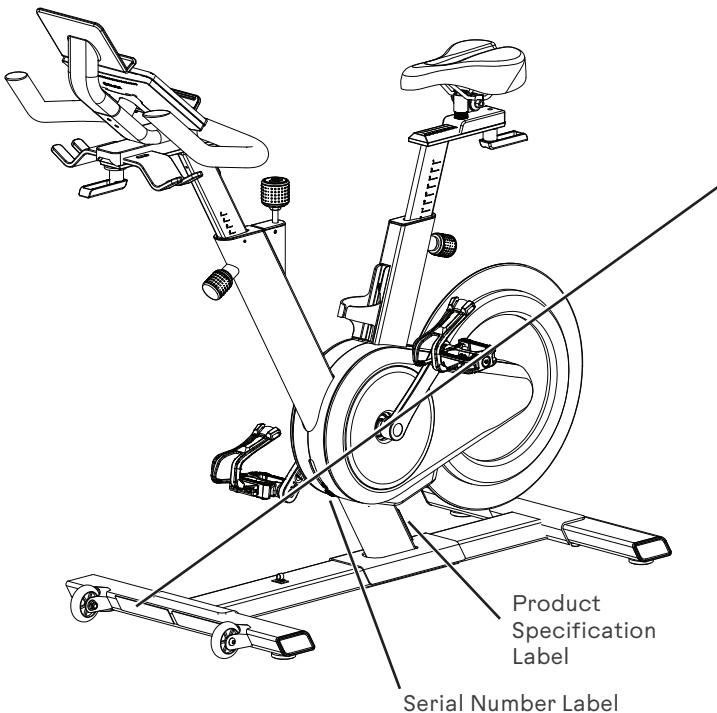
• SAVE THESE INSTRUCTIONS.

BowFlex™ IC Bike SE

WARNING! 

Read, understand and obey all warnings on this machine. Keep children and pets away. Not intended for use by anyone under 14 years of age. Refer to the Owner's Manual for additional warnings and safety information. Injury or death is possible if caution is not used while using this machine. The maximum user weight for this machine is 330 lbs (150 kg.). The heart rate displayed is an approximation and should be used for reference only. For Consumer Use Only. Consult a physician prior to using any exercise equipment. Set up and operate the stationary exercise bicycle on a solid level surface. Care should be taken in mounting and dismounting the stationary exercise equipment. Before dismounting, bring the machine to a complete stop. Spinning pedals can cause injury. This exercise bicycle does not have a freewheel and pedal speed must be reduced in a controlled manner.

(Label is only available in English and French Canadian.)



BowFlex™ IC Bike SEi

WARNING! 

Read, understand and obey all warnings on this machine. Keep children and pets away. Not intended for use by anyone under 14 years of age. Refer to the Owner's Manual for additional warnings and safety information. Injury or death is possible if caution is not used while using this machine. The maximum user weight for this machine is 330 lbs (150 kg.). The heart rate displayed is an approximation and should be used for reference only. Use the stationary training equipment in a supervised environment. Consult a physician prior to using any exercise equipment. Set up and operate the stationary exercise bicycle on a solid level surface. Care should be taken in mounting and dismounting the stationary exercise equipment. Before dismounting, bring the machine to a complete stop. Spinning pedals can cause injury. This exercise bicycle does not have a freewheel and pedal speed must be reduced in a controlled manner.

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.

This product complies 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 product has been tested and found to comply with the limits for a Class B digital device, pursuant to CFR47 Part 15 Subpart B of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates radio frequency energy

and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications.

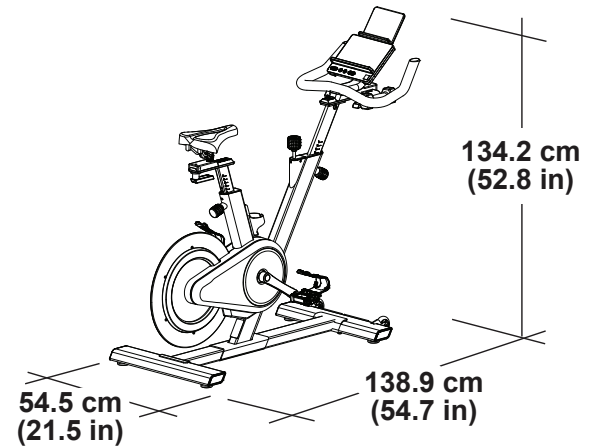
However, there is no guarantee that interference will not occur in a particular installation. In the unlikely event that this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct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

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Consult the dealer or an experienced radio/TV technician for help.

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

Assembly

Maximum User Weight	150 kg (330 lb.)
Total Surface Area (Footprint) of Equipment	7570 cm ² (1176 in ²)
Machine Weight	61.4 kg (135.4 lbs.)
Weight of Dumbbells	2.7 kg (6 lbs.)
Power Requirements (AC Adapter)	Input Voltage: 90-240V AC, 50-60Hz, 1.5A Output Voltage: 12V DC, 3A



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

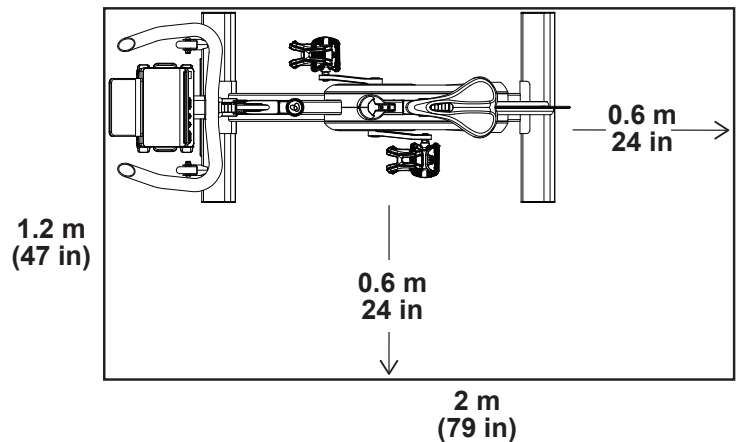
Select the area where you are going to set up and operate your machine. For safe operation, the location must be on a hard, level surface. Keep the workout area clear 0.6 m (24 in) along the side used to access the machine and to the rear of the machine. We recommend an assembly area of 1.8 m x 2.6 m (71 in x 102 in). Estimated time to assemble the machine is 45 - 50 minutes. Allow a workout area of a minimum 1.2 m x 2 m (47 in x 79 in).

NOTICE: Inspect the machine for damaged parts due to delivery. If damage is found, contact Customer Service (if inside US/Canada) or your local distributor (if outside US/Canada) for assistance.

Basic Assembly Tips

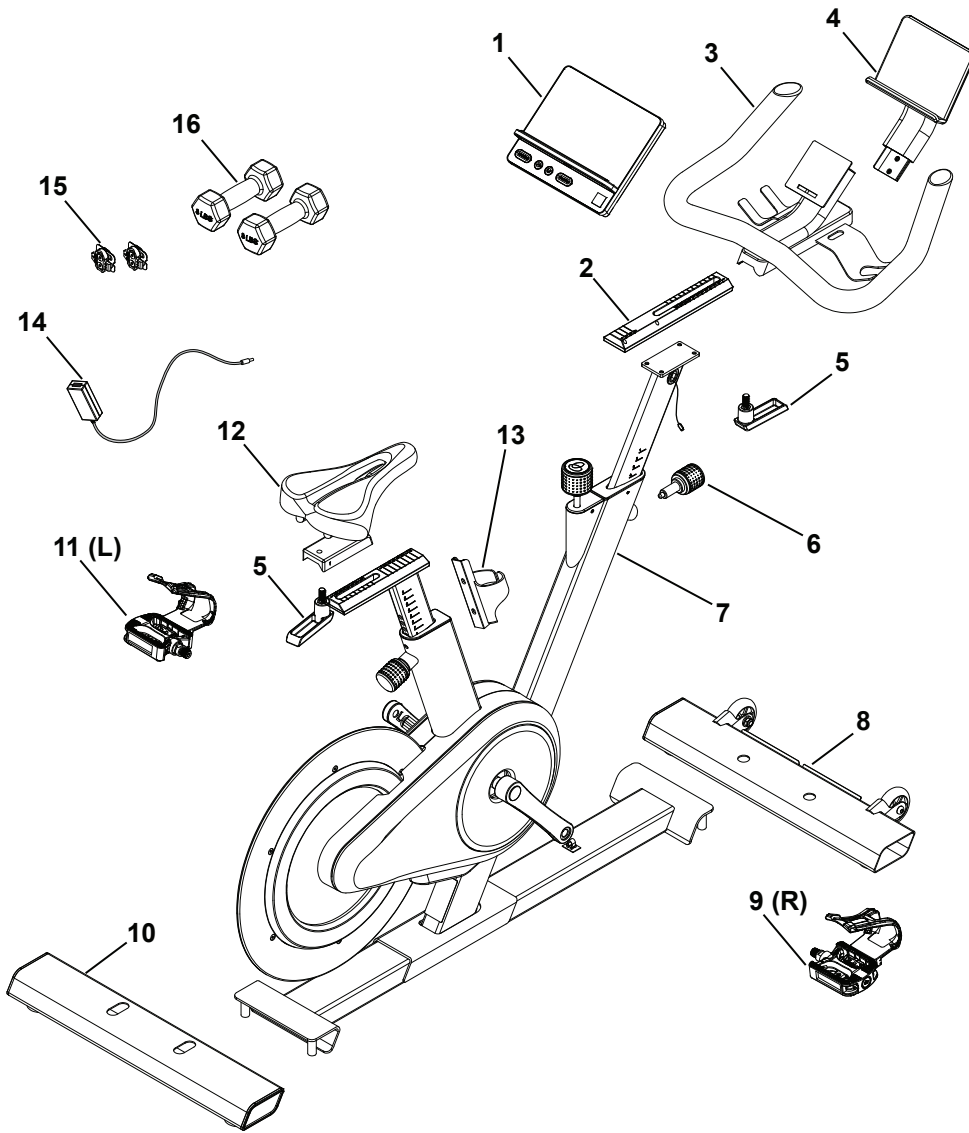
Follow these basic points when you assemble your machine:

- 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, carefully lift and look through the bolt holes to help insert the bolt through the holes.
- The assembly requires 2 people.



For assembly video, please visit:

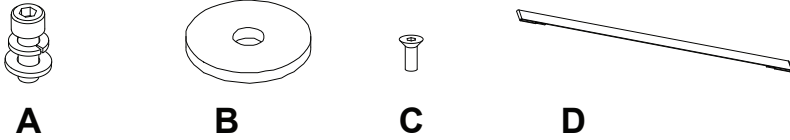
www.bowflex.com/getting-started.html



Item	Qty	Description
1	1	Console
2	1	Track, Handlebar (inside Handlebar slider)
3	1	Handlebar
4	1	Media Rack
5	2	Adjustment Handle*
6	1	Adjustment Knob, Handlebar Post*
7	1	Main Assembly
8	1	Stabilizer, Front

Item	Qty	Description
9	1	Pedal, Right (R)
10	1	Stabilizer, Rear
11	1	Pedal, Left (L)
12	1	Seat
13	1	Waterbottle Holder
14	1	AC Adapter
15	2	Shoe Clips (Cleats)*
16	2	Dumbbells

* These items are in bag with Hardware.



Item	Qty	Description
A	4	Socket Head Cap Screw, M8 x 25 w/ pre-assembled flat washer and spring washer
B	2	Wide Washer, M10
C	4	Flathead Hex Screw, M6 x 16 w/ Threadlock
D	1	Hook and loop strap (in bag with Manual)

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

Tools

Included



#2
6 mm



15 mm
17 mm



4 mm

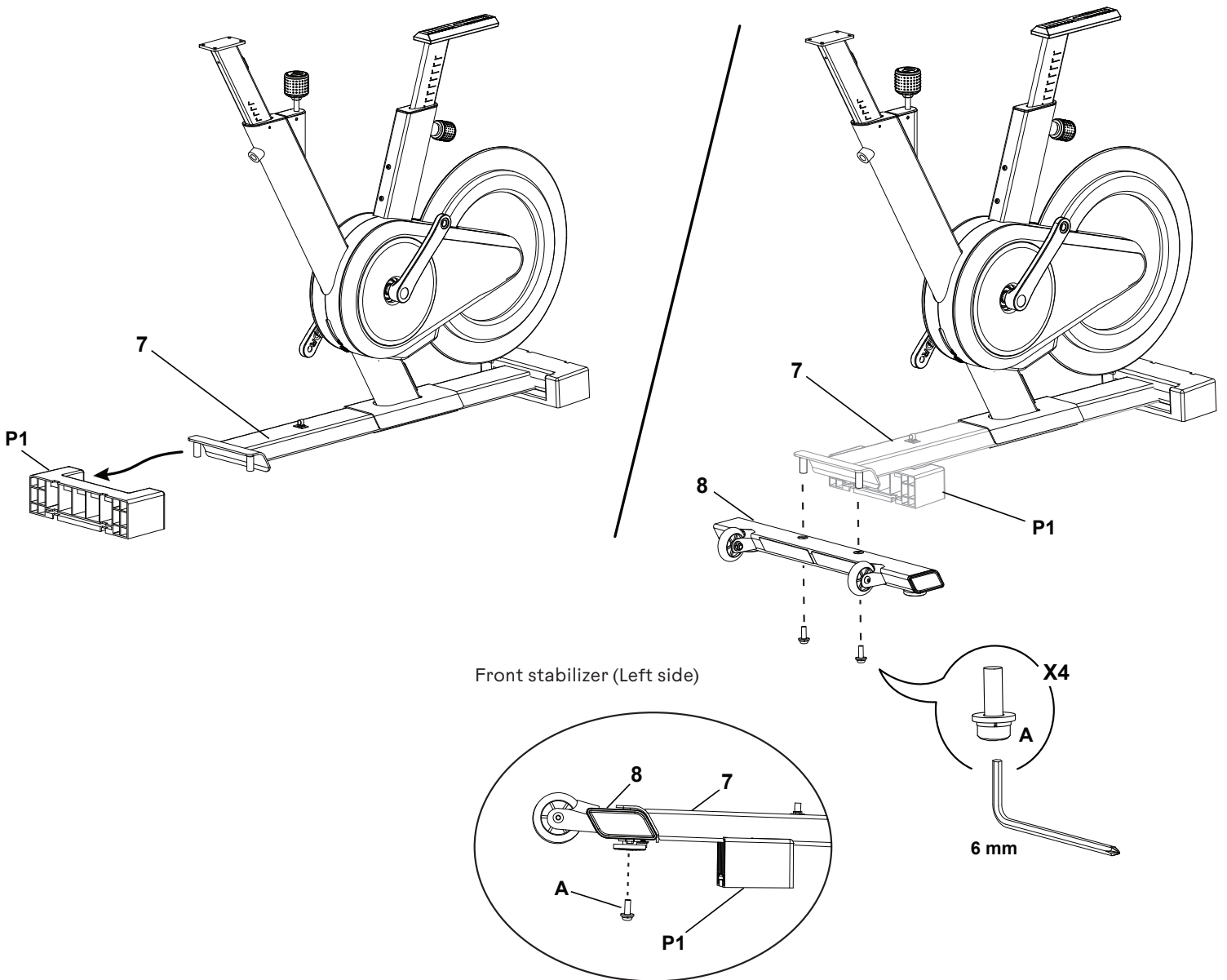
1A. Attach Front Stabilizer to Frame

! 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.

Remove packaging material (P1) from Front Stabilizer bracket. Place it under the frame behind the bracket to support the front of the machine.

Attach Front Stabilizer. Fully tighten the hardware and remove the packaging material.

! Make sure the hardware is fully tightened.



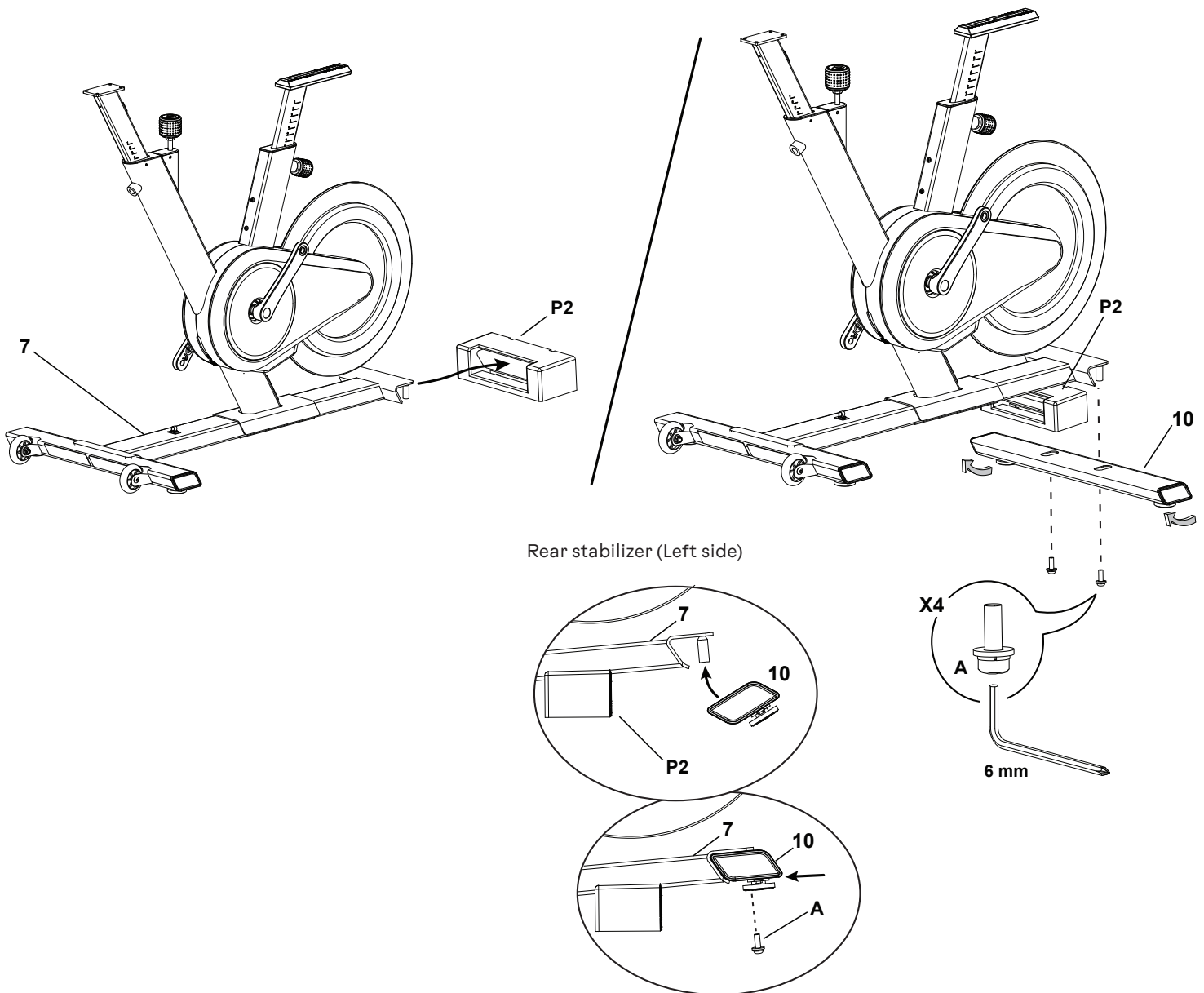
1B. Attach Rear Stabilizer to Frame

! 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.

Remove packaging material (P2) from Rear Stabilizer bracket. Place it under the frame in front of the bracket to support the rear of the machine.

Pivot the Rear Stabilizer onto the mount posts in the bracket and push forward into position. Fully tighten the hardware and remove the packaging material.

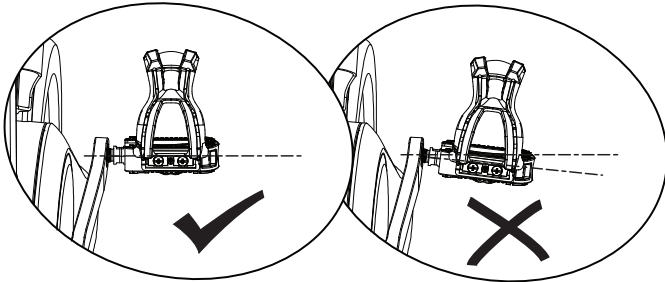
! Make sure the hardware is fully tightened.



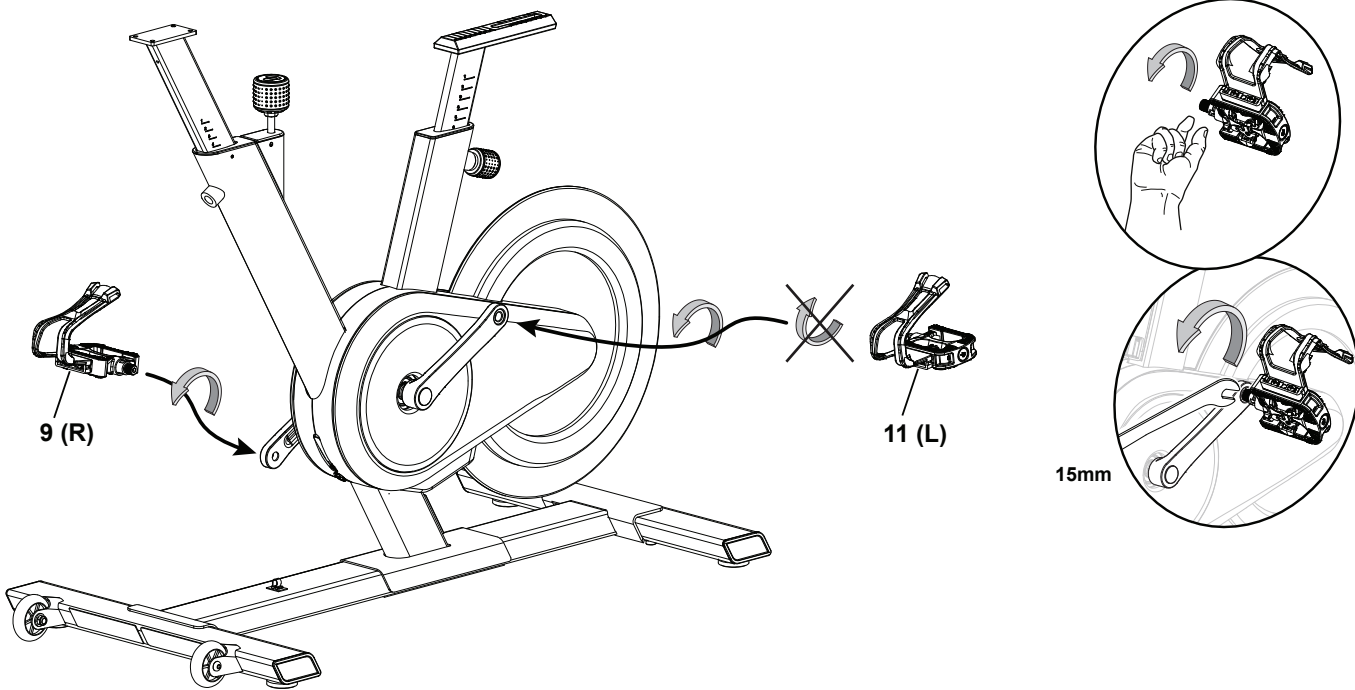
2. Attach Pedals to Frame Assembly

! If the threads strip due to improper installation, then the Pedals can disengage from the bike and/or break while under usage, which can result in serious injury to the user.

Note: 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".



NOTICE: The Pedals MUST be installed straight into the Crank Arms by hand or the threads that secure the Pedals may strip. Start the Pedal by hand. If you feel resistance and the Pedal does not turn smoothly into the Crank Arm, make sure that the threads are aligned correctly. Be sure that the Pedal is going on straight into the opening, remove the Pedal if not in-line with the opening, remove the Pedal and start again.



With the Pedal started by several hand turns into the Crank Arm, fully tighten it with the 15 mm Wrench.

Confirm that the Pedal is fully tightened with the Wrench.

Repeat with the other Pedal.

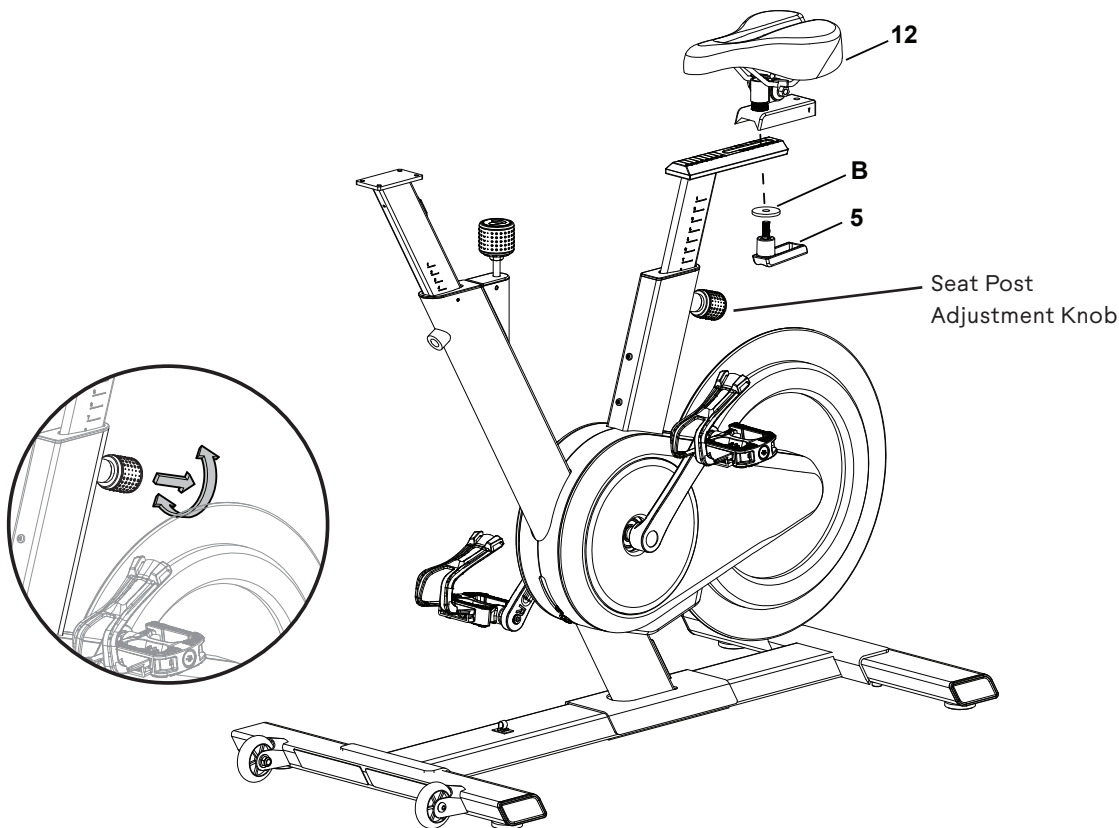
3. Install the Seat Assembly

For easier installation of the Seat, It may be helpful to adjust the Seat Post height. To adjust it, loosen the Knob and pull to disengage the pop pin as you support the post to prevent it from dropping. Move the Seat Post to the desired position.

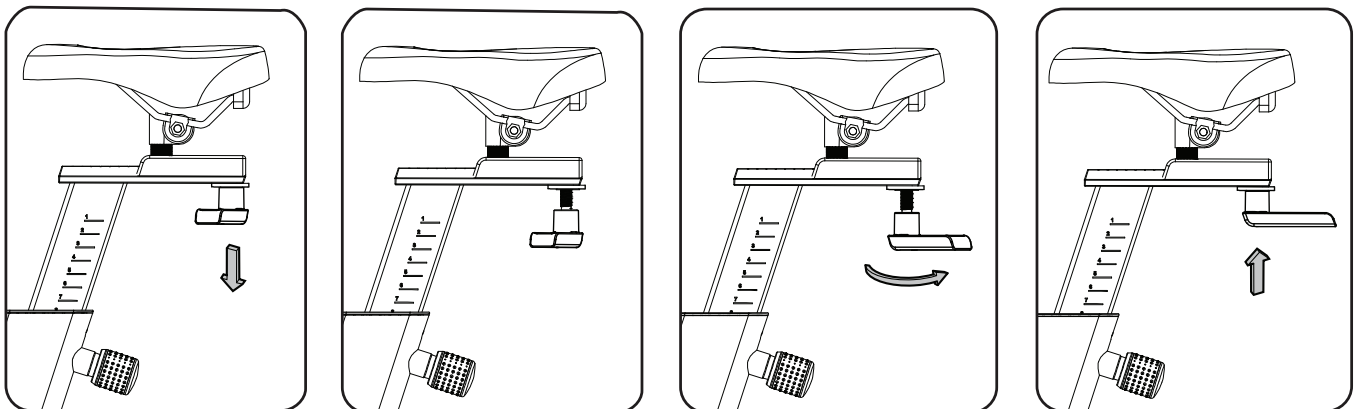
⚠ Do not lift the Seat Post above the "STOP" mark on the Seat Post.

Release the Adjustment Knob to lock the pop pin in the desired hole in the Seat Post. Be sure that the pin is fully engaged, then fully tighten the Adjustment Knob.

Put the Seat assembly on the Seat Post track and install the Seat Slider Adjustment Handle (5) and wide Washer (B). Fully tighten. The Handle should be aligned with the Seat Slider.



Note: If the handle cannot turn due to conflict with another part, pull the handle down, turn it to reposition and push it back in. Continue turning as needed.



4. Attach the Handlebar Post Adjustment Knob and Handlebar Track

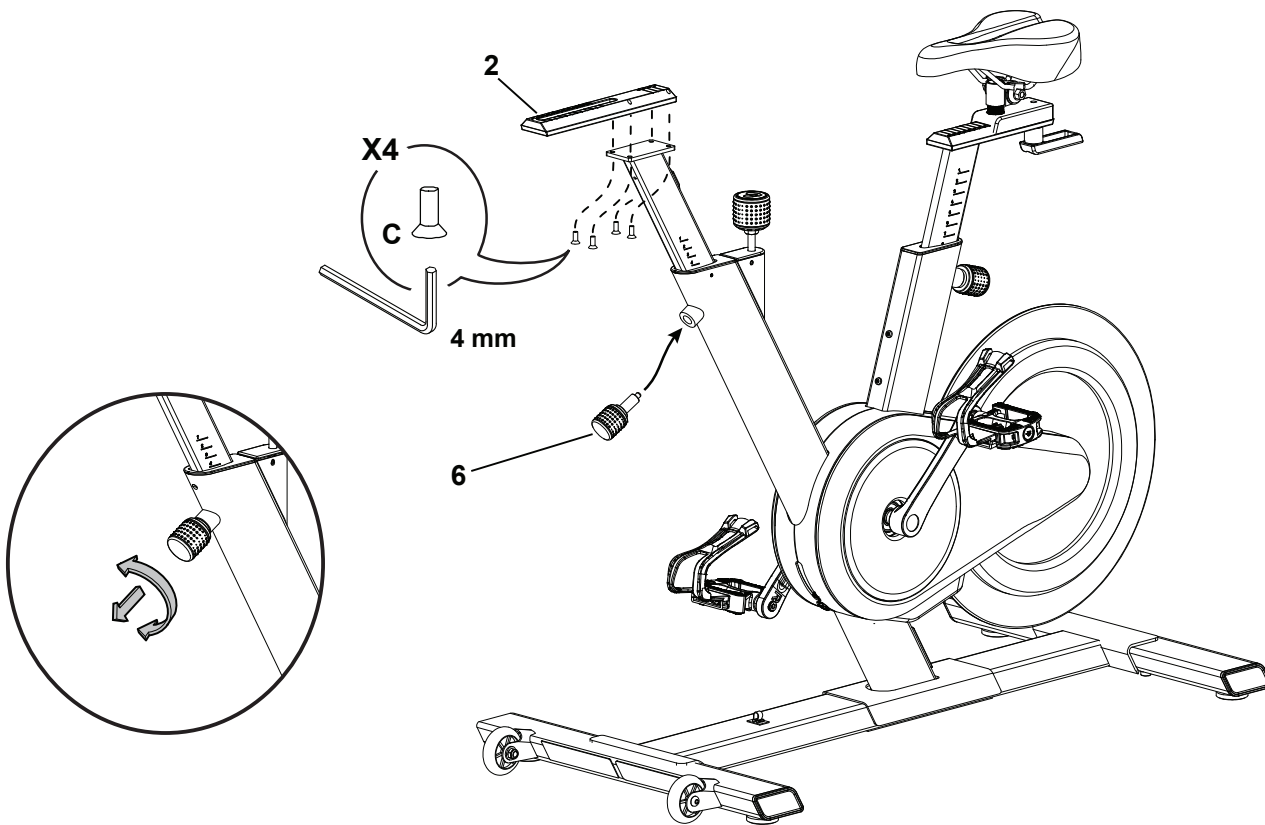
Tighten the Handlebar Post Adjustment Knob (6) into the mount on the Frame. For easier installation of the Handlebar Track, it may be helpful to adjust the Handlebar Post height. To adjust it, loosen the Knob and pull to disengage the pop pin as you support the post to prevent it from dropping. Move the Handlebar Post to the desired position.

NOTICE: Do not cut or pinch the cable.

! Do not lift the Handlebar Post above the "STOP" mark on the Handlebar Post.

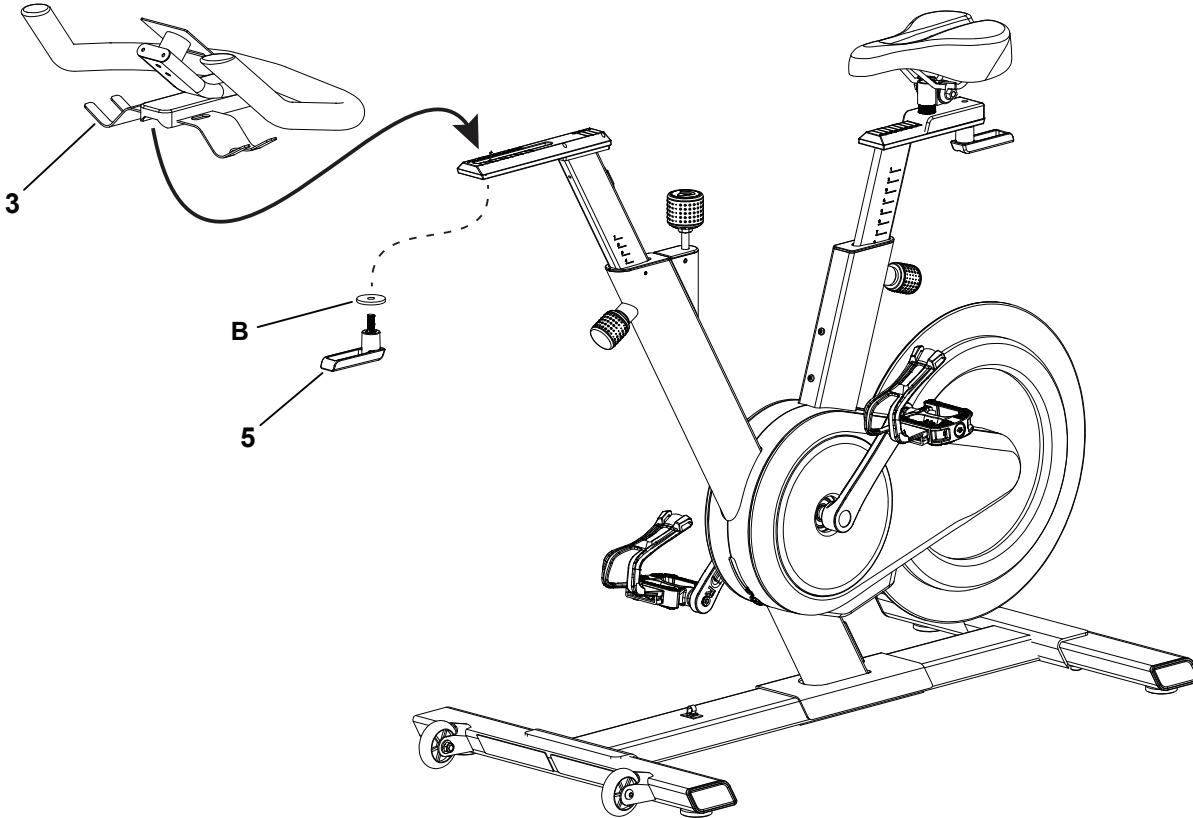
Release the Adjustment Knob to lock the pop pin in the desired hole in the Handlebar Post. Be sure that the pin is fully engaged, then fully tighten the Adjustment Knob.

Align the Track on the Handlebar Post and fully tighten the screws.

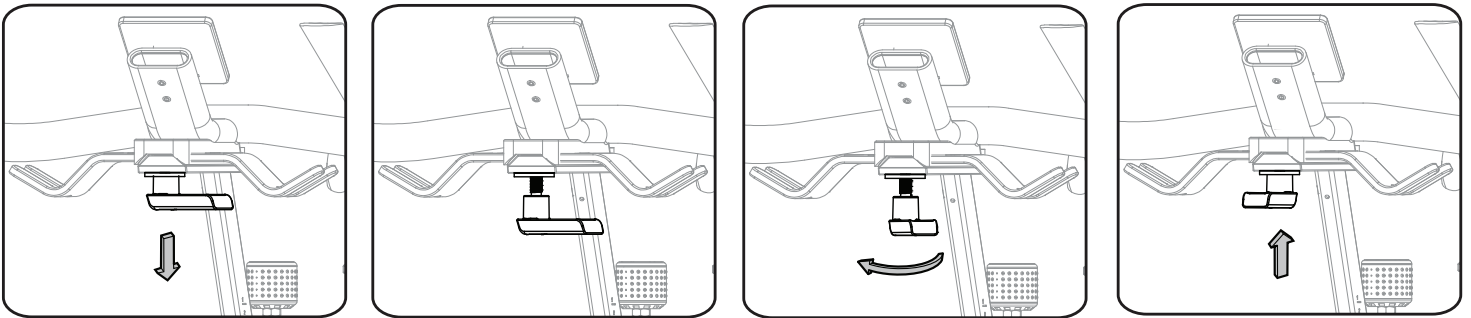


5. Install the Handlebar Assembly to the Frame Assembly

Put the Handlebar assembly on the Handlebar track and install the Handlebar Adjustment Handle (5) and wide Washer (B). Fully tighten. The handle should be aligned with the Handlebar Slider.



Note: If the handle cannot turn due to conflict with another part, pull the handle down, turn it to reposition and push it back in. Continue turning as needed.

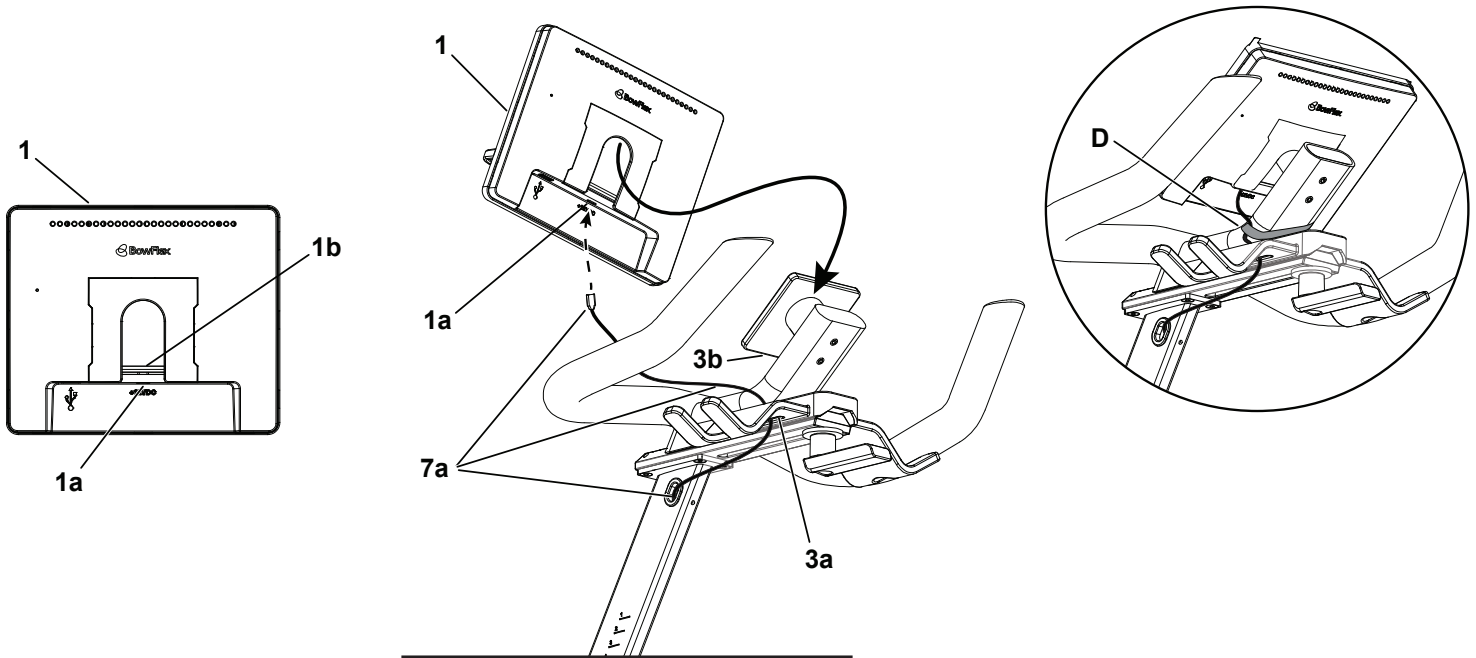


6. Install the Console to the Frame Assembly

NOTICE: Route the Data Cable (7a) through the opening (3a) to the connector (1a) on the Console before you slide the Console onto the mount plate. If necessary, carefully pull more cable slack out of the Handlebar Post.

Make sure the wide tab (1b) on the Console engages the mount plate (3b). Carefully pull up on the Console to make sure it is secure.

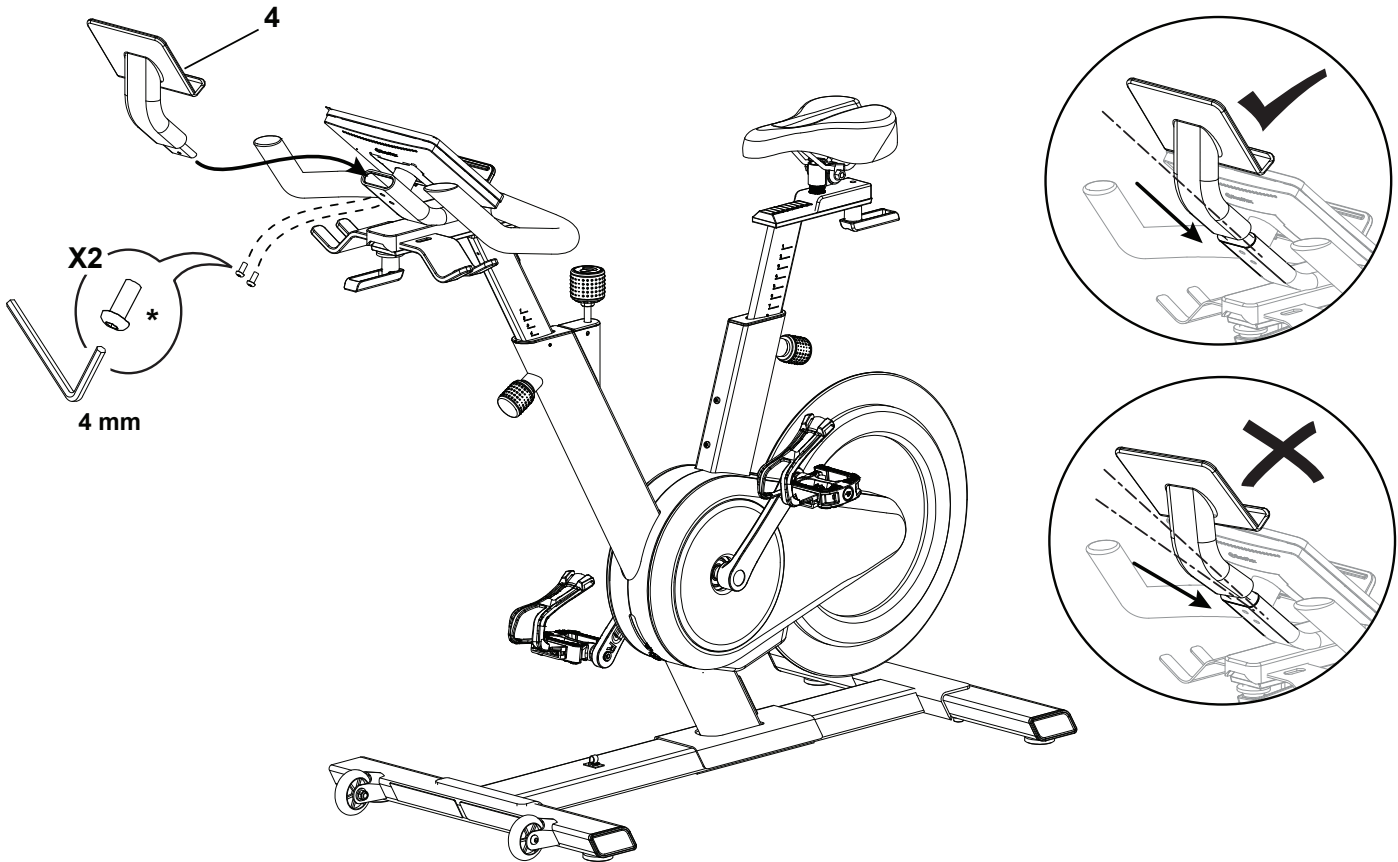
Do not cut or pinch the cable. If necessary to keep the cable out of the way, use Hook and Loop Strap (D) to secure it to the Handlebar tube. Be sure to allow enough slack for Handlebar adjustments.



7. Attach the Media Rack to the Frame Assembly

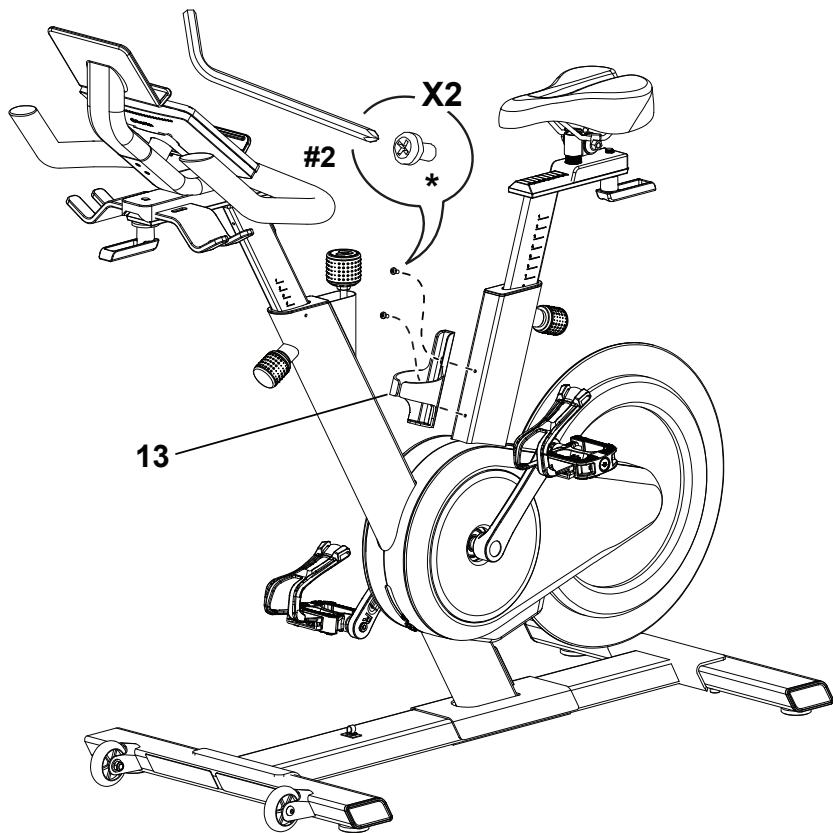
Note: The hardware () is pre-installed and not in the Hardware Bag.*

Insert the Media Rack tube into the Handlebar tube. As you align the holes, tilt the Media Rack slightly upward to ensure that the outer surface of the tube is flush with the inner surface of the Handlebar tube. Make sure that the screws hold the the Media Rack securely.



8. Attach the Waterbottle Holder

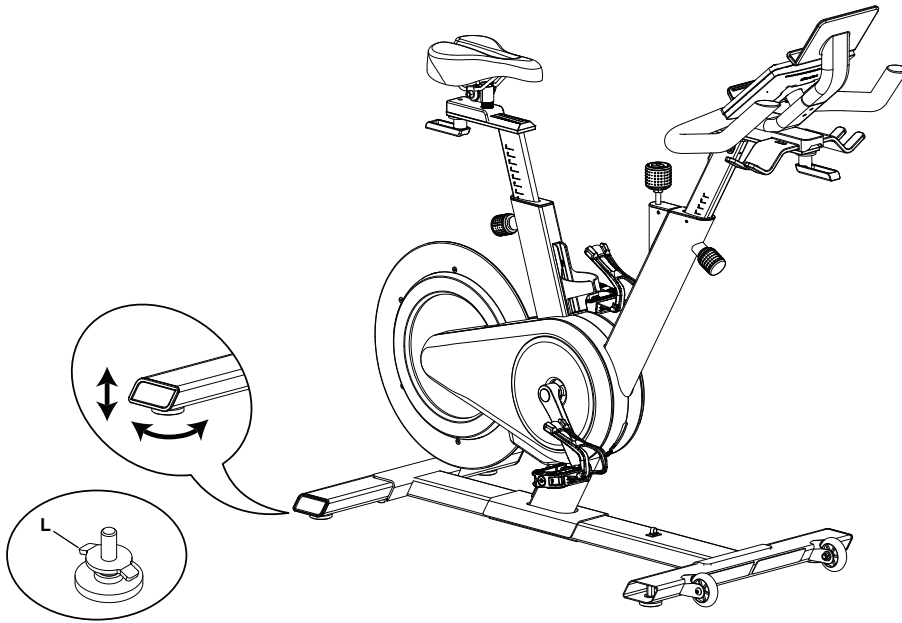
Note: The hardware () is pre-installed and not in the Hardware Bag.*



9. Adjust the Levelers as Necessary

Levelers are located at each end of the Stabilizers. Loosen the locking nut (L). Turn the leveler to adjust the height. Adjust the rear levelers until the machine is level. Tighten the locking nuts. Then adjust the front levelers to contact the floor and tighten the locking nuts. Make sure that the machine is level.

⚠ 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.



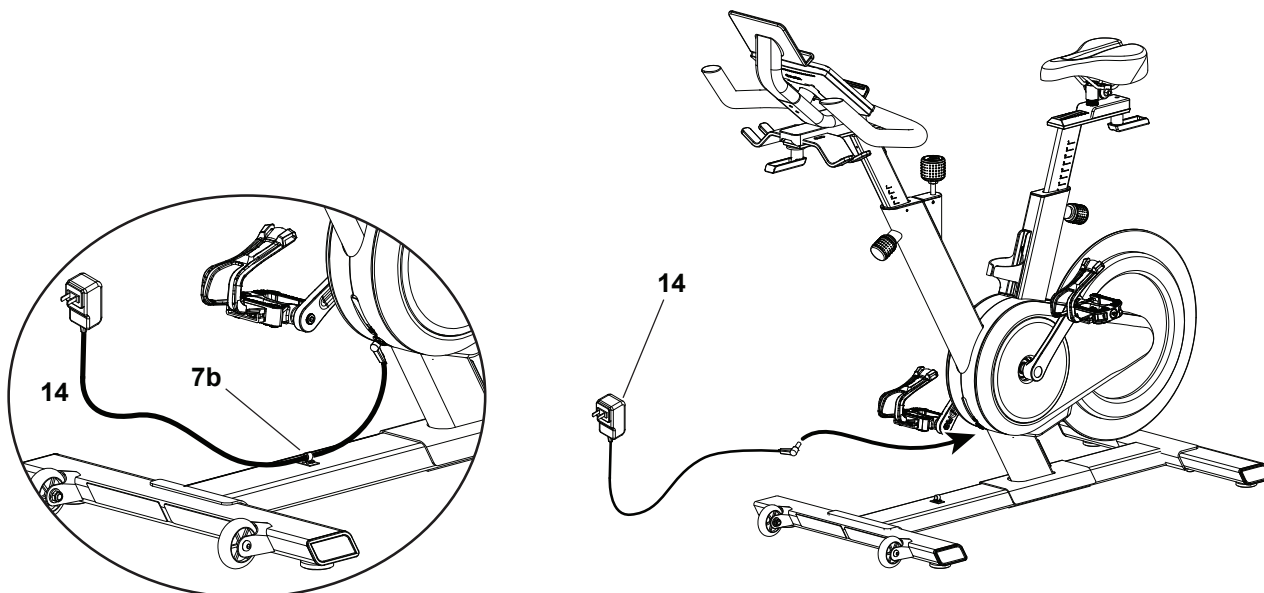
10. Connect the AC Adapter to the Frame Assembly

NOTICE: Be sure to use the appropriate AC Adapter plug for your region.

Make sure the connector is pushed all the way into the Power Inlet on the machine.

To keep the AC Adapter clear of moving parts, secure the cable in the cable guide (7b) on the Frame.

Be sure to use the appropriate AC Adapter plug for your region.



11. Final Inspection

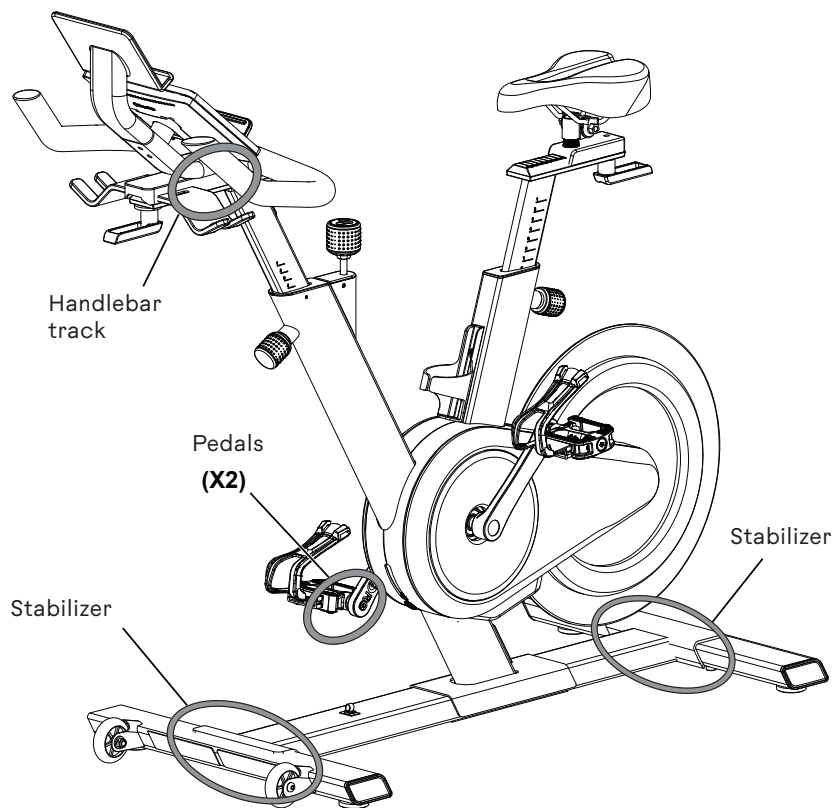
Inspect your machine to ensure that all hardware is tight and components are properly assembled. Be sure that the Pedals are fully tightened.

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

Carefully remove the protective plastic film from the display screen and keypad on the Console. Due to static electricity, "ghost" images may show on the screen but these will disappear after a few minutes.

! Do not use or put the machine into service until the machine has been fully assembled and inspected for correct performance in accordance with the Owner's Manual.

NOTICE: After your first few workouts, some hardware will need to be tightened again. To ensure quiet and smooth operation, make sure to tighten the indicated hardware after three workouts. Consult the Maintenance section of this manual for recommended future service intervals.



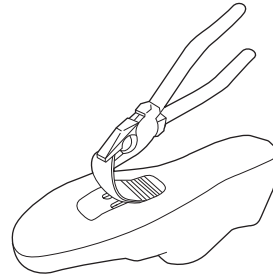
Installing the Shoe Clips (Cleats) on Cycling Shoes (Cycling Shoes not provided)

Note: The provided shoe Cleats fit both the right and left Pedals.

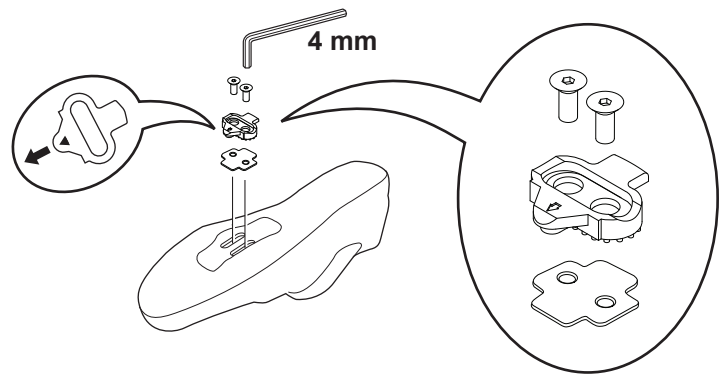
Tools needed (not included): pliers, 4 mm hex wrench

1. With a pair of pliers, pull off the rubber cover to expose the cleat mounting holes on the bottom of the cycling shoe

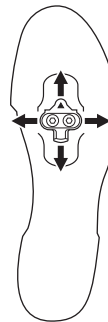
Note: This step may not be necessary, depending on the type of shoe.



2. From the bottom of the shoe, put the anti-skid sheet in position over the cleat holes and then a cleat. Be sure the single arrow on the cleat points toward the toe of the shoe. Tighten the cleat mounting bolts (2.5 N·m).



3. The cleat has an adjustment range of 20mm front to back and 5mm left to right. Practice engaging with the Pedal and releasing, one shoe at a time. Readjust to determine the best cleat position.



4. Using a 4mm hex key, fully tighten the cleat mounting bolts (5 – 6 N·m).

Moving the Machine



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 dumbbells, any media devices, or water bottles from the bike before moving it.
2. To lock the Flywheel, turn the Emergency Brake/Resistance Adjustment Knob clockwise until it encounters an increase in resistance. Then rotate the Emergency Brake/Resistance Adjustment Knob another 1/2 turn clockwise.



Tighten the Emergency Brake/Resistance Adjustment Knob as described until the Flywheel is locked before moving it.

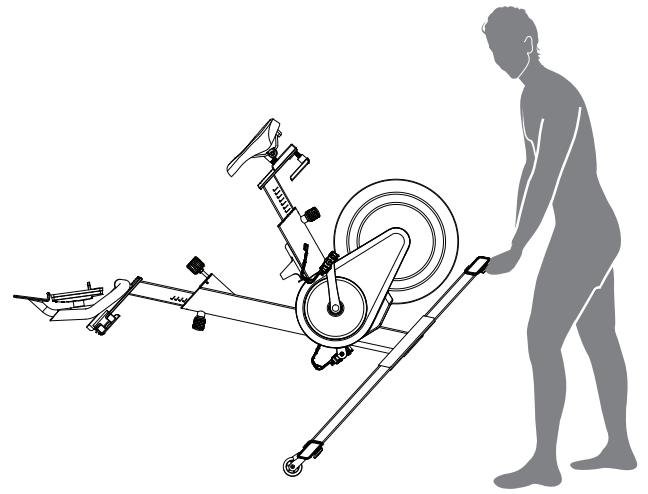
3. Grasp the back of the Rear Stabilizer to carefully tilt the machine forward onto the transport rollers. Push the bike to the desired location.

Note: Be careful when you move the machine. Abrupt motions can affect the computer operation.

4. Carefully lower the machine into position.



For safe storage of the machine, remove the power supply and place in a secure location. Tighten the Brake/Resistance Adjustment Knob as described until the Flywheel is locked. Place the machine in a secure location away from children and pets.



Leveling the Machine

The machine needs to be leveled if your workout area is uneven. Levelers are found on each side of the stabilizers. Lift the stabilizer slightly to take the weight off the leveler, then turn the adjustment nut (L) to adjust the stabilizer foot.

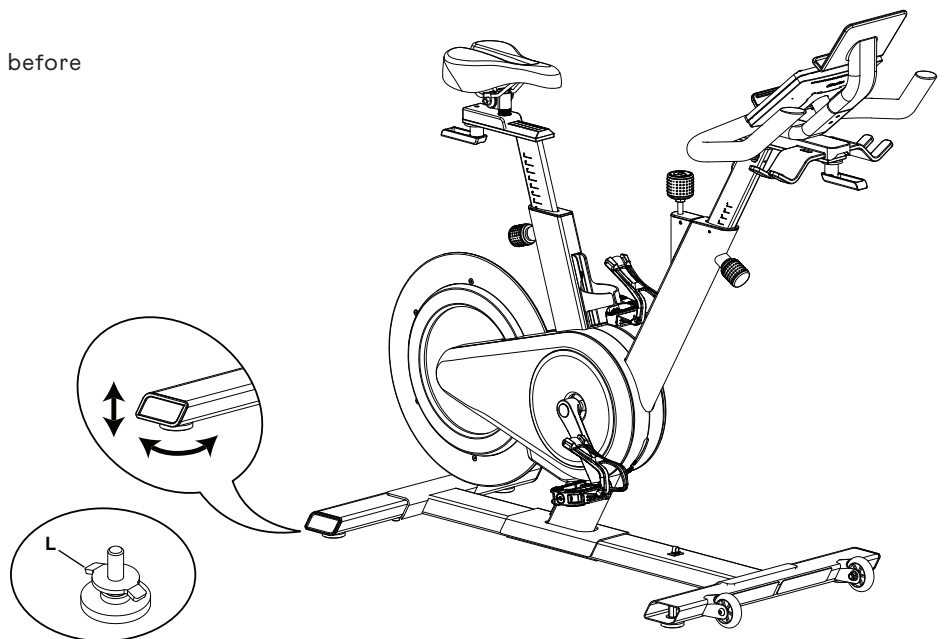


Do not adjust the levelers to such a height that they detach or unscrew from the machine. Injury to you or damage to the machine can occur.

Tighten the locking nuts.



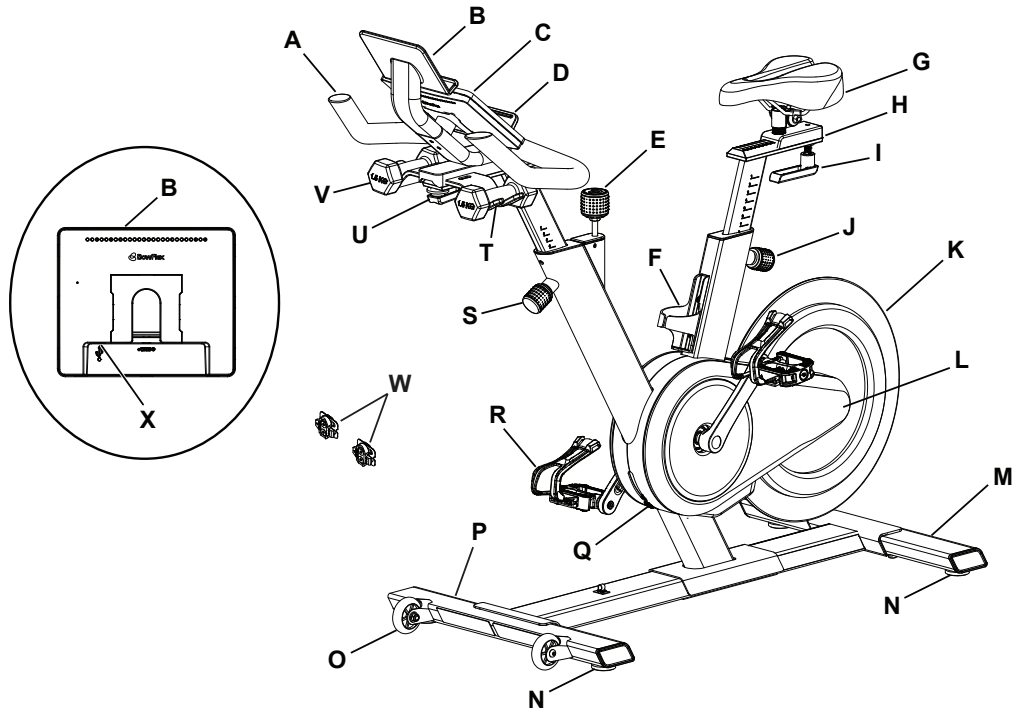
Make sure the machine is level and stable before you exercise.



Machine Features

Machine Features

A	Handlebar Assembly
B	Media Rack
C	Console
D	Media Holder
E	Emergency Brake/Resistance Adjustment Knob
F	Water Bottle Holder
G	Seat
H	Seat Slider
I	Adjustment Handle, Seat Slider
J	Adjustment Knob, Seat Post
K	Flywheel
L	Cover, Drive Belt
M	Rear Stabilizer
N	Leveler
O	Transport Wheel
P	Front Stabilizer
Q	Power Inlet
R	Pedal w/Foot Restraint and Shoe Cleat
S	Adjustment Knob, Handlebar Post
T	Dumbbell Rack
U	Adjustment Handle, Handlebar Slider
V	Dumbbells
W	Shoe Clips (Cleats)
X	USB Charging Port
Y	Bluetooth® Connectivity (not shown)
Z	Bluetooth® Heart Rate (HR) Receiver (not shown)



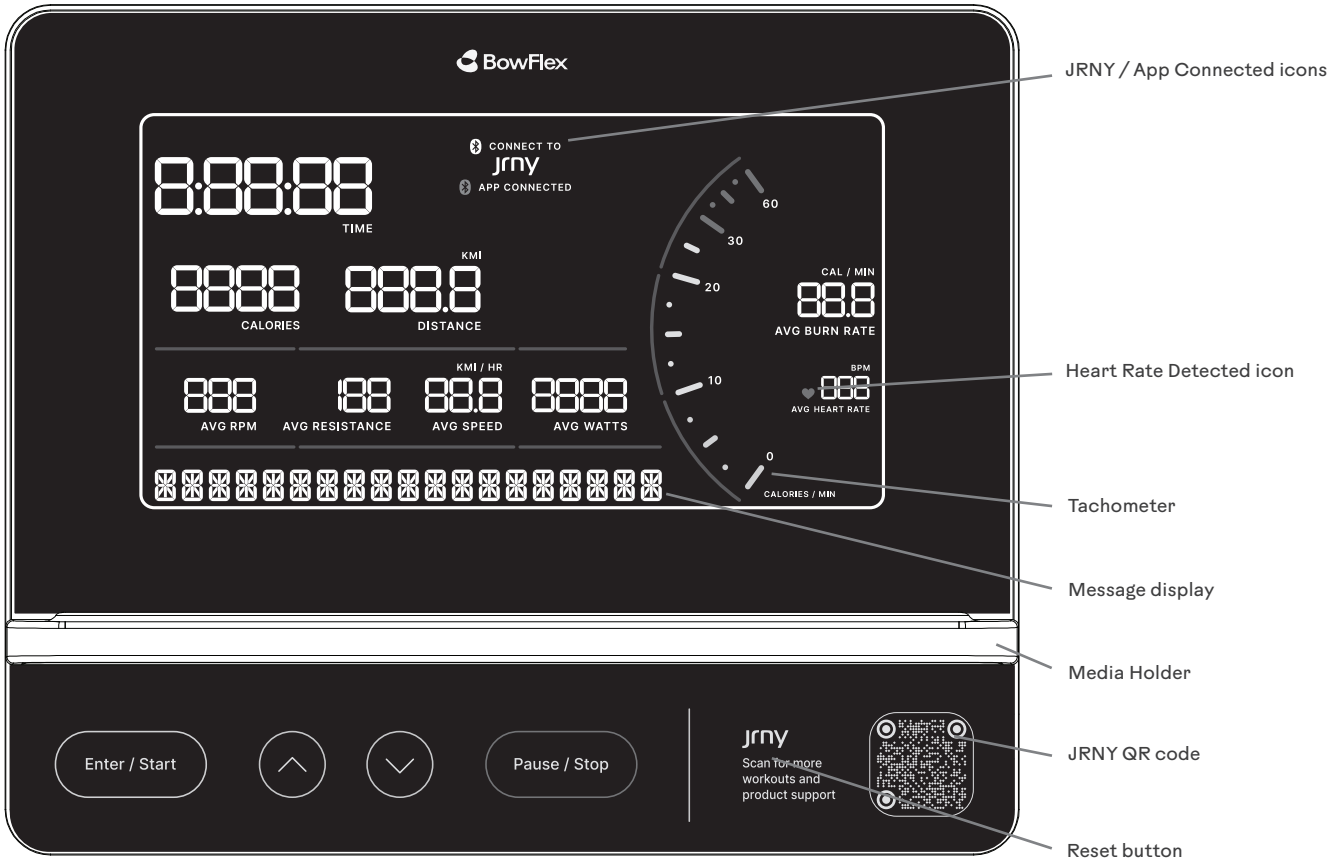
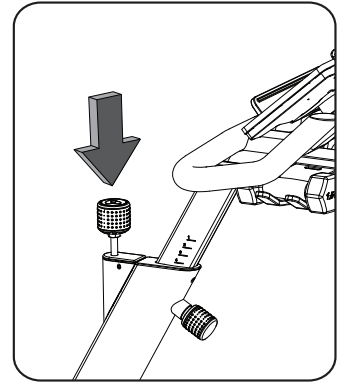
⚠ WARNING

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.

Emergency Stop

To stop the pedals immediately, push down hard on the Emergency Brake/Resistance Adjustment Knob.

! This bike cannot stop the Pedals independently of the Flywheel. Reduce the pace to slow the Flywheel and Pedals to a stop. Do not dismount the bike until the Pedals have come to a complete stop. Be aware that the moving Pedals can strike the backs of the legs.



Console Features

The Console provides information about your workout on the display screens.

Keypad Functions

Enter/Start button

Starts a workout, confirms the workout values, and moves forward through menu options.

Increase (▲) button

Push to move through available settings options.

Decrease (▼) button

Push to move through available settings options.

Pause/Stop button

Pauses an active workout or ends a paused workout.

Reset button (centered in text)

For service technician use only. When pushed during power up, the button restores the Console settings to the factory default state. The Console will require updates to be applied in order to become fully functional. Workout data is not affected.

JRNY QR code

To look for more workouts and product information, scan the QR code with your device.

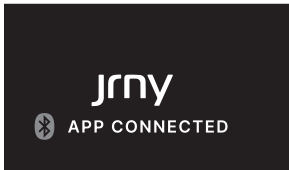
The console will sound a tone when a button is pushed (if the Volume setting is on).

Workout Data Display



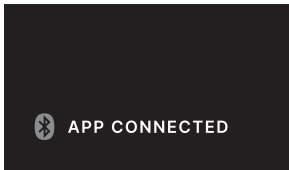
White Bluetooth® logo + “CONNECT TO” + JRNY™ icon

Display shows before, during and after a Manual workout if the machine is not connected to the JRNY™ app.



Blue Bluetooth® logo + JRNY™ icon + “APP CONNECTED”

Display shows during a workout with a personal device using the JRNY™ app.



Blue Bluetooth® logo + “APP CONNECTED”

Display shows during a workout with a personal device using an App other than the JRNY™ app.

TIME

The TIME display field shows the time from start to finish of workout. During the workout, the display counts up from zero.

The maximum time is 9 hours 59 minutes and 59 seconds.

CALORIES

The CALORIES display field shows estimated calories that you have burned during the exercise. The maximum calories value is 9999 Kcal.

DISTANCE

The DISTANCE display field shows the distance count (KM or MI) in the workout.. The distance counts up from 0 (zero). The maximum distance value is 999.9.

Note: The default distance unit is miles (MI). To switch units between kilometers and miles before a workout, push the Enter/Start button and hold for 3 seconds to enter the Console Setup Mode. The System Units prompt appears.. Push an Increase/De-

crease button to change the units (KM or MI). With the desired unit of distance displayed, push the Pause/Stop button to save.

RPM

The RPM display field shows the pedal speed in revolutions per minute (RPM).

RESISTANCE

The RESISTANCE display field shows the current resistance level. The range of resistance is 0% - 100%, which can be modified by increments of 1.

SPEED

The SPEED display field shows the currently calculated speed of the user in miles per hour (MI/HR) or kilometers per hour (KM/HR).

The maximum SPEED is 99.9 (KM or MI) / HR.

Message Display

The Message Display field shows program notifications, prompts and answers.

Tachometer

The Tachometer shows the current Burn Rate (calories per minute) of the user.

BURN RATE

The BURN RATE display field shows the level of calories being burned per minute. This rate is a function of intensity, which is the current level of RPM (pedal speed) and resistance level. As either of those values increase, the Burn Rate will increase.

Heart Rate Detected icon

Display shows when the Console is paired with a Bluetooth® Heart Rate Monitor.

HEART RATE

The HEART RATE display shows the beats per minute (BPM) from a Bluetooth® Heart Rate Monitor. When a heart rate signal is received by the Console, the icon will flash. If no heart rate is detected, the display will not be displayed.



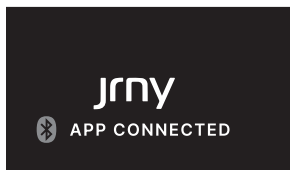
Consult a physician before you start an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before you use the machine again. Use the values calculated or measured by the machine's computer for reference purposes only.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

Connect your device with the JRNY™ app for more dynamic workouts

If you have a JRNY™ membership*, it can be accessed through your device when synced to the console of this Bowflex™ machine. With that JRNY™ membership, you receive guided workouts adapted to your capabilities, conveniently displayed on your device, and friendly virtual voice coaching designed to support you on your journey to long-term fitness success.

1. Download the app, named “BowFlex™ JRNY™”. The app is available on the App Store and Google Play™.
2. Be sure that the Bluetooth® and Location Settings are active on your device. Activate them if necessary.
3. Open the app near the machine, and follow the instructions to sync your device to the machine.

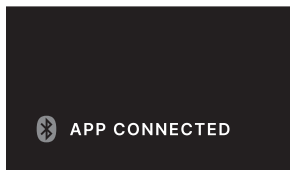
If the app will not sync to the machine, restart your device and the machine. Repeat Step 3.



When connected, the Console will display the blue Bluetooth® logo + JRNY™ icon + “APP CONNECTED” displays.

Workout with Other Apps

This fitness machine has integrated Bluetooth® connectivity which allows it to work with a number of third party apps. For our latest list of compatible apps, please visit: www.bowflex.com/apps



When connected with a non-JRNY™ app, the Console will display the blue Bluetooth® logo + “APP CONNECTED” displays.

*A JRNY™ membership is required for the JRNY™ experience – see www.bowflex.com/jrny for details. For United States and Canada customers, you can obtain a JRNY™ membership by calling 800-269-4126 or visiting www.bowflex.com/jrny. Where available (including the United States), you can also obtain a JRNY™ membership by downloading the JRNY™ app onto your phone or tablet and signing up within the downloaded app. JRNY™ memberships may not be available in all countries.

USB Charging

If a USB Device is attached to the USB Port, the Port will attempt to charge the Device. The power supplied from the USB Port may not be enough to operate the Device and charge it at the same time.

NOTICE: Do not connect a USB Device to the Power/Data Port on the Console.

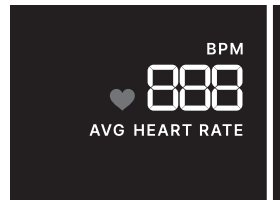
Bluetooth® Heart Rate Strap (not supplied)

Your fitness machine is equipped to be able to receive a signal from a Bluetooth® Heart Rate Strap. When connected, the Console will display the Bluetooth® Heart Rate Detected icon.



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

1. Put on your Bluetooth® Heart Rate Strap.
2. If equipped, push the On/Off button on your strap to activate it. The Console actively searches for any devices in the area, and should connect to the strap when in range.



The Bluetooth® Heart Rate Detected icon will activate when connected. You are ready to work out.

At the end of your workout, push the On/Off button (if equipped) to disconnect your Heart Rate Strap from the Console.

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.

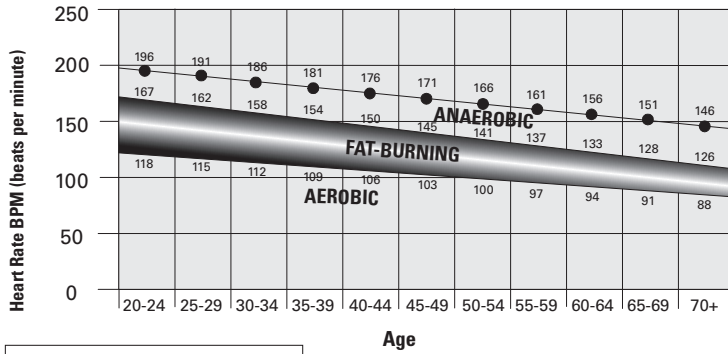
The Heart Rate table is an estimate of what Heart Rate Zone (HRZ) is effective to burn fat and improve your cardiovascular system. Physical conditions vary, therefore your individual HRZ could be several beats higher or lower than what is shown.

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 heart 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



Maximum Heart Rate —●—
Target Heart Rate Zone
 (keep within this range for optimum fat-burning)

Shoe Clips (Cleats)

Foot pedals that are equipped for cycling shoes with cleats provide secure footing on the exercise bike. The shoe cleats provided fit both the right and left Pedals.



Prior to use, make sure you understand the operation of the engagement / release mechanism for the pedals and cleats (shoes).

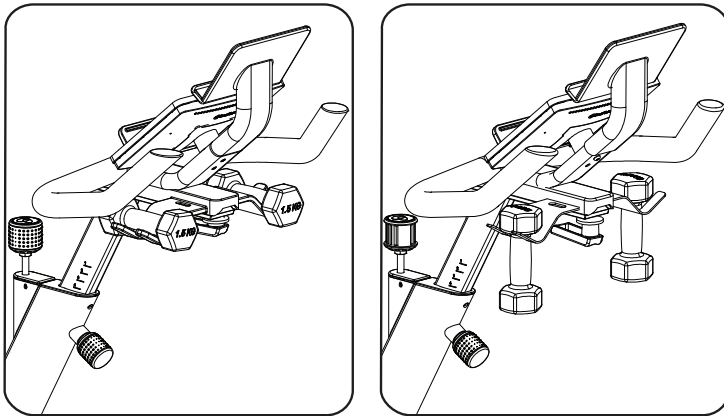
Keep cleats and bindings clear of dirt and debris to ensure engagement and release.

Check the cleats periodically for wear. When the cleats are worn, replace them. Replace the cleat when it becomes difficult to release, or starts to release with much less effort than when it was in new condition.

Pedals and cleats are SPD Compatible. They fit any shoe size with the correct cleat mounts: shoes with "Standard 2-Hole MTB SPD Cleat Mounts" (MTB SPD = Mountain Bike Shimano Pedaling Dynamics).

Dumbbell Rack – Dual Position

The Dumbbell Rack on the Handlebar provides convenient storage for the Dumbbells in a horizontal or upright position.



Operations

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 about 20 minutes each day.
- Schedule workouts in advance and try to follow the schedule

Note: If you are new to exercise (or returning to a regular exercise program), and you are unable to comfortably complete 20 minutes of continuous exercise at one time, just do 5 – 10 minutes, and gradually increase your workout time until you can reach a 20 minute total.

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 heel of your foot to the lowest part 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, you need to move the seat downward. If your leg is bent too much, you need to move the seat upward.



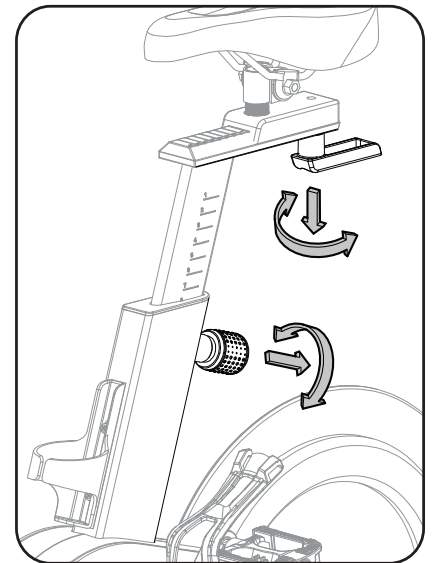
Step off the machine before you adjust the seat.

3. Loosen and pull the Seat Post Adjustment Knob on the Seat Post to disengage the pop pin as you hold the post to prevent it from dropping. Adjust the Seat to the desired height.

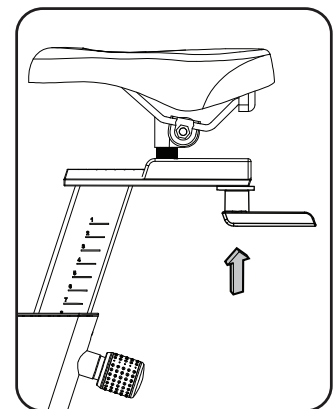
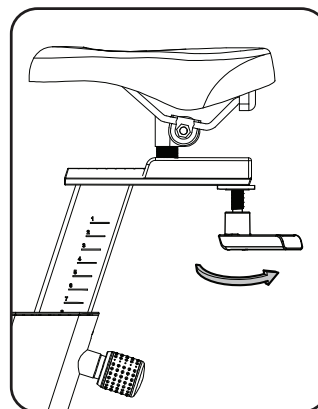
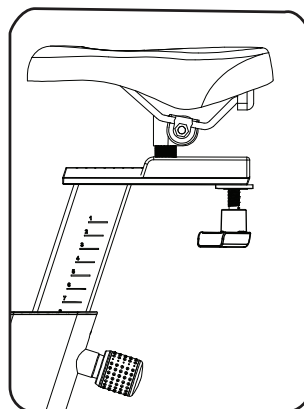
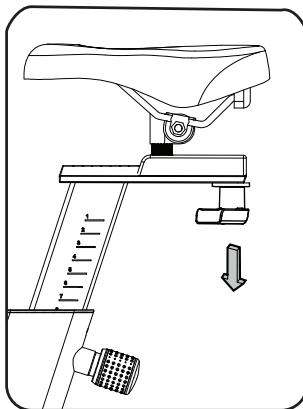


Do not lift the Seat Post above the "STOP" mark on the Seat Post.

4. Release the Seat Post Adjustment Knob to lock the pop pin in the desired hole in the Seat Post. Be sure that the pin is fully engaged and fully tighten the adjustment knob.
5. To move the seat closer to, or away from the console, loosen the Seat Slider Adjustment Handle. Slide the seat to the desired position and fully tighten the handle. Pull the handle down and turn so that it is aligned with the Seat Slider, then release.



Note: If the handle cannot turn due to conflict with another part, pull the handle, turn and push it back in to reposition it. Continue turning as needed.

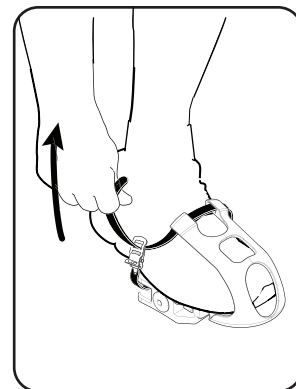


Foot Position / Pedal Strap Adjustment

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

1. Put the ball of each foot in the Foot Restraint on the Pedals.
2. Fasten the strap over the shoe.
3. 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.



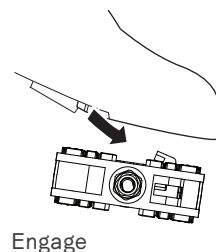
Using the Shoe Clips (Cleats)

Foot pedals that are equipped for cycling shoes with cleats provide secure footing on the exercise bike. Be sure to turn the Pedals so that the Foot Restraint is under the Pedal.

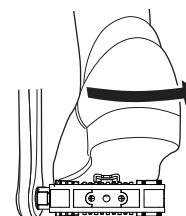
! Prior to use, make sure you understand the operation of the engagement / release mechanism for the pedals and cleats (shoes).

1. Be sure that the arrow on top of the Pedal points forward.
2. Push the cleat down and forward to engage the Pedal..
3. Repeat for the other foot.
4. Practice engaging and disengaging from the Pedals before starting your workout.

To disengage (release) the cleats from the pedals, push the heels outward and lift.



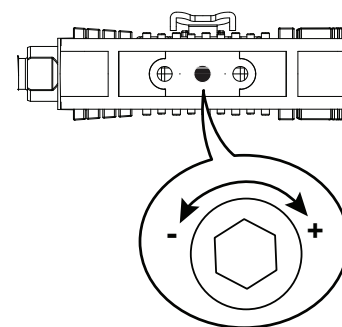
Engage



Disengage (release)

If the body weight of a user is very low, the user may have difficulty with operation of the engagement/ release mechanism in the Pedals. It may be necessary to decrease the retention force of the mechanism. To adjust the retention:

1. Locate the opening in the rear of the Pedal for access to the adjustment bolt. It is between the 2 screws that attach the Foot Restraint to the Pedal.
2. Use a 3mm hex wrench to turn the adjustment bolt. To decrease the retention, turn it left (counterclockwise). To increase the retention, turn it right (clockwise).



Handlebar Adjustment

To adjust the handlebar position:

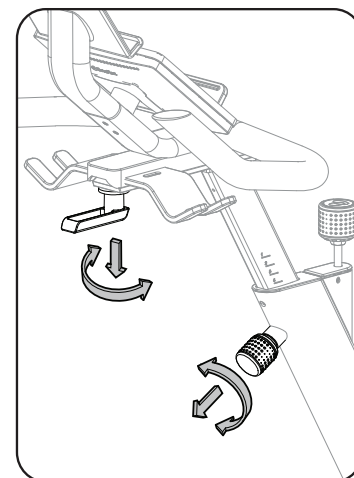
1. Loosen and pull the Handlebar Post Adjustment Knob on the Handlebar Post to disengage the pop pin as you hold the post to prevent it from dropping. Adjust the Handlebar to the desired height.

! Do not lift the Handlebar Post above the "STOP" mark on the Handlebar Post.

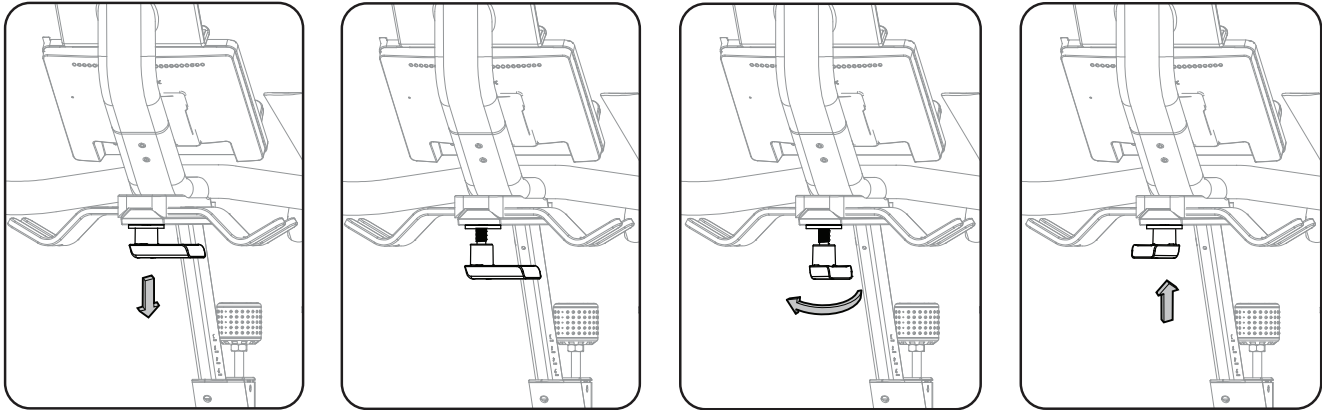
2. Release the Handlebar Post Adjustment Knob to lock the pop pin in the desired hole in the Handlebar Post. Be sure that the pin is fully engaged and fully tighten the adjustment knob.

NOTICE: Do not cut or pinch the cables.

3. To move the Handlebar closer to, or away from the seat, loosen the Handlebar Slider Adjustment Handle. Slide the Handlebar to the desired position and fully tighten the handle. Pull the handle down and turn so that it is aligned with the Handlebar Track, then release.



Note: If the handle cannot turn due to conflict with another part, pull the handle, turn and push it back in to reposition it. Continue turning as needed.



Locking the Flywheel for Storage

When the machine is not in use, be sure to lock the Flywheel with the Emergency Brake/Resistance Adjustment Knob. To lock the Flywheel, turn the Emergency Brake/Resistance Adjustment Knob clockwise until it encounters an increase in resistance. Then rotate the Emergency Brake/Resistance Adjustment Knob another 1/2 turn clockwise. The Flywheel is now locked. The flywheel should be locked for storage of the machine.

! For safe storage of the machine, remove the power supply and place in a secure location. Tighten the Brake/Resistance Adjustment Knob as described until the Flywheel is locked. Place the machine in a secure location away from children and pets.

With the Flywheel locked, the level of resistance will be out of the range of operation displayed by the Console. Do not use the machine with the level of resistance outside of the 0% - 100% range. This will damage the ability to quickly stop the Flywheel during an emergency, and the effectiveness of securing the bike for storage. Turn the Emergency Brake/Resistance Adjustment Knob until the RESISTANCE displayed on the Console is less than 100%. The resistance is now in the designed range of operation for the bike. .

Power Up Mode

The Console will enter Power-Up mode if any button is pushed, or if it receives a signal from the RPM sensor as a result of pedaling the machine.

Auto Shut-Off (Sleep Mode)

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

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

Resistance Adjustment

To increase the resistance and workload, turn the resistance adjustment knob clockwise. To reduce the resistance, turn the resistance adjustment knob counter-clockwise. The range of movement of the Resistance Adjustment Knob is 0% to slightly past the 100% level of resistance (locked Flywheel). Do not turn the Resistance Adjustment Knob past the range of movement. If turned past the range of movement, damage to the machine may occur.

Starting a Manual Workout

1. Resistance shows the current resistance level. Heart Rate (if connected) shows the current reading (BPM). All other data values are zero.
2. Push the Enter/Start button and start pedaling.
3. The Workout will begin.

Changing Unit Measures (English Imperial/Metric)

To switch units between kilometers and miles before a workout, push the Enter/Start button and hold for 3 seconds to enter the Console Setup Mode. The System Units prompt appears. Push an Increase/Decrease button to change the units (KM or MI). With the desired unit of distance displayed, push the Pause/Stop button to save.

Note: The default distance unit is MI.

Pausing or Stopping a Workout

1. To pause your workout, tap the Pause/Stop button one time. While paused, the Console will display “Workout Paused”.
2. To continue your workout, tap the Enter/Start button one time.

The workout will end after being paused for 5 minutes.

When paused, the Console display will display the current workout values for the workout. To end the paused workout, tap the Pause/Stop button.

Muting the Console

The Console has the option to be muted. It does not affect the output from your personal device.

1. Push and hold for 3 seconds the Enter/Start button to enter the Console Setup Mode. The System Units prompt appears.
2. Push the Enter/Start button twice. The Volume prompt will appear with the current volume setting.
3. Push the Decrease button until MUTE is displayed as the Volume setting.
4. With the desired volume setting displayed, push the Pause/Stop button to save. The Console will display “Settings Saved” for 2 seconds, and then exit the Console Setup Mode.

Note: The default volume setting is Medium.

Workout Summary

After a workout, the Console display will show “Workout Complete”. The Console will show the Workout Summary values for 5 minutes.

Note: The workout must be longer than 1 minute in order for the JRNY™ app to store the data. The data is not stored in the Console.

The summary includes total and average workout values. The total workout values are Time, Calories and Distance. The average workout values are RPM, Resistance, Speed, Burn Rate and Heart Rate (if available).

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

The Workout Summary will end after 5 minutes or if the Pause/Stop button is pushed.

Console Setup Mode – System Menu

The Console Setup Mode allows you to set units of measurement to either Imperial or metric, adjust screen brightness, view maintenance statistics (such as Run Time hours and software version – for service technician use only), or reset the Console.

1. Push the Enter/Start button and hold for 3 seconds while in the Power-Up Mode to go into the Console Setup Mode (System Menu).

Note: Push the Pause/Stop button to save and exit the System Menu and return to the Power-Up Mode screen. The Console will display "Settings Saved" before exiting to the System Menu.

2. The Console display shows the System Units prompt with the current setting. The default setting is Imperial English units. Push the Increase/Decrease buttons to change between Imperial (MI/LB) and metric (KM/KG).

Note: If the units change when there is data in User Statistics, the statistics convert to the new units.

3. Push the Enter/Start button to set the selection and continue to the next menu option.

Note: To save the selection and exit the System Menu, push the Pause/Stop button.

4. The Console display shows the Screen Brightness prompt with the current setting. The levels of brightness are: 5 (100%), 4 (80%, default), 3 (65%), 2 (50%), 1 (35%). The display shows the brightness of the selected level. Push the Increase/Decrease buttons to move to the desired level.

5. Push the Enter/Start button to set the selection and continue to the next menu option.

6. The Console display shows the Volume prompt with the current setting for the Console beeps. The volume levels are: Off, Low, Medium (default), High. Push the Increase/Decrease buttons to move to the desired level. It does not affect the output from your personal device.

7. Push the Enter/Start button to set the selection and continue to the next menu option.

8. The Console display shows the Disconnect Bluetooth prompt. The default option is NO. The YES option will disconnect all Bluetooth® devices. Push the Increase/Decrease buttons to change between options (YES/NO).

9. Push the Enter/Start button to set the selection and continue to the next menu option.

10. The Console display shows the Auto Connect HR (Heart Rate) prompt. The default option is YES. Push the Increase/Decrease buttons to change between options (YES/NO).

11. Push the Enter/Start button to set the selection and continue to the next menu option.

12. The Console display shows the Display Metrics prompt. The default option is YES. Push the Increase/Decrease buttons to enable/disable the display of metrics when connected to the JRNY™ app.

13. Push the Enter/Start button to continue to the next menu option.

14. The Console display shows the Hardware Variant & Console Firmware Version.

15. Push the Enter/Start button to continue to the next menu option.

16. The Console display shows the Base Serial Number.

17. Push the Enter/Start button to continue to the next menu option.

18. The Console display shows the Hardware Variant (machine type).

19. Push the Enter/Start button to set the selection and continue to the next menu option.

20. The Console display shows the Run Time hours (total number of hours of workout time).

21. Push the Enter/Start button to continue to the next menu option.

22. The Console display shows the BLE Version.

23. Push the Enter/Start button to continue to the next menu option.

24. The Console display shows the EX SNSR Version.

25. Push the Enter/Start button to continue to the next menu option.

26. The Console display shows the Error Log prompt (for service technician use only). Push the Decrease button to see the saved errors. At the end of the errors, the Console display shows the Clear Errors prompt. Push PAUSE/STOP to clear the log. If cleared, the Console will exit the Console Setup Mode.

27. Push the Enter/Start button to continue to the next menu option.

28. The Console display shows the Reset Console prompt. The default option is NO. Push the Pause/Stop button to exit without starting Reset.

Note: The YES option will reset the System Units, Screen Brightness and Demo Mode to default settings. It does not reset the Run Time Hours.

Push the Increase/Decrease buttons to change between options (YES/NO).

Push the Enter/Start button to go back to the System Units prompt (first System Menu option).

Push the Pause/Stop button to set the selection and exit the System Menu.

29. The Console will display the Power-Up Mode screen.

Read all maintenance instructions fully before you start any repair work. In some conditions, an assistant is required 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 or damaged 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. Make sure adjustment knobs are tight. Tighten as necessary. After each workout, use a damp cloth to wipe your machine and Console free of moisture.

Note: 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

Check pedals and tighten as necessary.

Clean the machine to remove any dust, dirt, or grime from the surfaces.

Check for smooth seat operation. If needed, sparingly apply a thin coating of silicone lube 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

Check crank arms and tighten as necessary. Make sure all bolts and screws are tight. Tighten as necessary.

(Or after 20 hours) Check the drive belt tension and adjust if necessary.

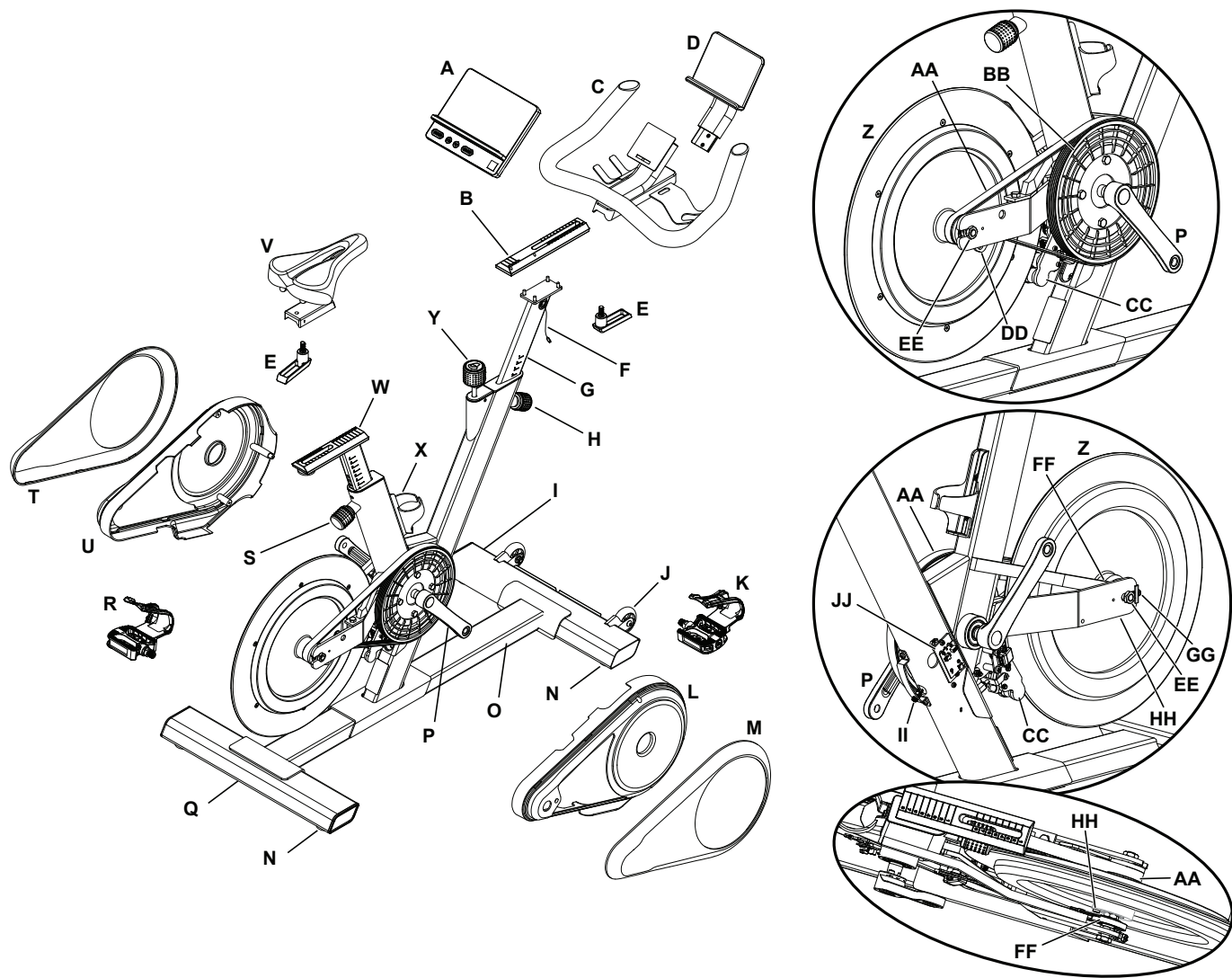


When the machine is used in a Studio/Institutional environment, we recommend that the Pedals be replaced every year to maintain maximum user safety and performance. Only use replacement Pedals available from BowFlex. Other brands of Pedals may not be designed for this product, and can cause danger to users and bystanders, and will void the warranty.

Checking the Drive Belt Tension

To check the Drive Belt tension, the bike needs to be operated. Get the pedals rotating at about 20 RPM. Then suddenly increase the RPM to your maximum ability. If the pedals move normally with no slipping, the tension is correct. If the Pedals slip, the belt needs to be adjusted.

The “Adjust the Belt Tension” procedure can be found in the Service Manual.



A	Console Assembly	M	Outside Shroud, Right	Y	Brake/Resistance Knob
B	Track, Handlebar	N	Leveler	Z	Flywheel
C	Handlebar Assembly	O	Frame Assembly	AA	Drive Belt
D	Media Rack	P	Crank Arm	BB	Drive Pulley
E	Adjustment Handle	Q	Rear Stabilizer	CC	Resistance Shoe
F	Data Cable	R	Pedal w/Foot Restraint, Left	DD	Idler Assembly (Belt Tensioner)
G	Handlebar Post	S	Seat Post Adjustment Knob	EE	Axle Nut
H	Handlebar Post Adjustment Knob	T	Outside Shroud, Left	FF	Speed Sensor
I	Front Stabilizer	U	Shroud, Structural, Left	GG	Flywheel Retainer Nut
J	Transport Wheel	V	Seat Assembly	HH	Speed Sensor Magnet
K	Pedal w/Foot Restraint, Right	W	Seat Post	II	Power Inlet
L	Shroud, Structural, Right	X	Water Bottle Holder	JJ	PCBA, Base Hub

Condition/Problem	Things to Check	Solution
No display/unit will not turn on	Console in sleep mode	Push any Console button or move pedals to wake up Console.
	AC Adapter	Check for visual sign that AC Adapter is cracked or otherwise damaged. Replace AC Adapter if damaged.
	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. Unplug connector and inspect inlet for any damage. Plug connector back into inlet.
	Check Status LED in back of Console	If Status LED is: - on (solid), then the Console is starting up. May take up to 3 minutes. (Status LED is off when Console is operating.) - blinking, then console software is updating.
	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.
	Check data cable integrity	All wires in cable should be intact. If any are visibly cut or pinched, replace cable.
	Check console display for damage	Check for visual sign that console display is cracked or otherwise 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).

Condition/Problem	Things to Check	Solution
Speed displayed is not accurate	Check Speed Sensor Magnet position	Speed Sensor Magnet should be in place on Flywheel.
Speed displayed is always "0"	Data cable	Make sure the data cable is connected to the Console from the main frame assembly.
	Speed Sensor	Make sure the data cable is connected to the Speed Sensor.
No Speed/RPM reading	Check data cable integrity	All wires in cable should be intact. If any are cut or pinched, 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.
	Check Speed Sensor Assembly	Speed Sensor Assembly should be connected to data cable. Realign sensor if necessary. Replace if there is any damage to the sensor or the connecting wire.
Resistance does not change when Resistance Knob is rotated during workout	Check data cable integrity	All wires in cable should be intact. If any are visibly cut or pinched, 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.
	Check Console display for damage	Check for visual sign that console display is cracked or otherwise 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).
Console displays "Base Connect Error"	Data cable	Make sure the data cable connection to the Console is firmly seated.

Condition/Problem	Things to Check	Solution
Unit operates but Bluetooth® Heart Rate (HR) not displayed	Bluetooth® Heart Rate sensing device	Fully charge HR device and activate. Be sure any protective cover has been removed from HR sensors. Make sure sensors are directly against skin and contact area is wet.
	Heart Rate sensing device Batteries	If HR device has replaceable batteries, install new batteries.
	Interference	Try moving unit away from sources of interference (TV, Microwave, etc).
	Replace HR device	If interference is eliminated and HR does not function, replace HR device.
		If the above steps do not resolve the problem, contact Customer Service (if inside US/Canada) or your local distributor (if outside US/Canada).
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 pinched, 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 5 minutes. Reconnect to outlet.
	Check Speed Sensor	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.
		If the above steps do not resolve the problem, contact Customer Service (if inside US/Canada) or your local distributor (if outside US/Canada).

Condition/Problem	Things to Check	Solution
Unit rocks/does not sit level	Check leveler adjustment	Adjust levelers until machine is level.
	Check surface under unit	Adjustment may not be able to compensate for extremely uneven surfaces. Move machine to level area.
Pedals loose/unit difficult to pedal/ Pedals seem to skip or slip with a sudden increase in RPM	Check pedal to crank connection	Pedal should be tightened securely to crank arm. Be sure connection is not cross-threaded.
	Check crank arm to axle connection	Crank arm should be tightened securely to axle.
	Check drive belt tension	Refer to the "Adjust the Belt Tension" procedure. Contact Customer Service (if inside US/Canada) or your local distributor (if outside US/Canada).
Clicking sound when pedaling	Check pedal to crank connection	Remove pedals. Make sure there is no debris on threads, and reinstall the pedals.
Seat post movement	Check adjustment knob pin	Be sure adjustment pin is locked into one of the seat post adjustment holes.
	Check locking knob	Be sure knob is securely tightened.
Console continuously displays a video of machine features	Console is in demonstration mode	Press and hold the hidden button beside the JRNY QR code on the Console for 3 seconds. The hidden button is centered in the text to the left of the QR code. The setting will take effect after the next time the machine goes into Sleep Mode.
Console displays an update prompt	Console	Allow the Console updates to run. The screen may go dark during the update process. Do not turn the power off or leave the machine unattended. Once the updates are completed and the Power-Up Mode screen is displayed, the machine may be powered off.

Warranty

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

BowFlex 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 BowFlex Inc. and sold through an authorized agent and used in the United States or Canada.

Terms

Warranty terms for products purchased in US/Canada are as stated below.

Frame	10 years
Parts	2 years
Electronics	1 year
Labor	1 year

(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 BowFlex. The customer will be responsible for a minimal trip charge.)

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

global.bowflex.com

How BowFlex Will Support the Warranty

Throughout the terms of the warranty coverage, BowFlex Inc. will repair any machine that proves to be defective in materials or workmanship. BowFlex reserves the right to replace the product in the event a repair is not possible. When BowFlex determines replacement is the correct remedy, BowFlex may apply a limited credit reimbursement toward another BowFlex Inc. brand Product, at our discretion. This reimbursement may be prorated based on length of ownership. BowFlex Inc. provides repair service within major metropolitan areas. BowFlex Inc. reserves the right to charge the consumer for travel outside these areas. BowFlex Inc. is not responsible for dealer labor or maintenance charges beyond the applicable warranty period(s) stated herein. BowFlex 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 (Assembly, Owner's Manuals, etc.).
- Product must be used exclusively for the purpose intended.
- Notify BowFlex within 30 days after detecting an issue with the Product.
- Install replacement parts or components in accordance with any BowFlex instructions.
- Perform diagnostic procedures with a trained BowFlex, 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 private 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 BowFlex Inc. contact the BowFlex 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 BowFlex 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 BowFlex 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 BowFlex Inc. To be defective under the terms and conditions stated herein. In no event will BowFlex 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 BowFlex 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, BowFlex Inc. may assist with replacements or repairs to parts and labor, but there will be a charge for these services. Contact a BowFlex office for information on post-warranty parts and services. BowFlex 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.

Move

to

what

matters.



BowFlex



For assembly video, please visit:

www.bowflex.com/getting-started.html



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