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NOTICE: This document provides important safety instructions, adjustments, and general troubleshooting information for the maintenance of the BowFlex™ IC Bike SE / SEi (Model Year 2023) Exercise Bikes.

If you need assistance, please call **BowFlex Customer Service** (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: global.bowflex.com

 **This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Read and understand all Warnings on this machine.**

BowFlex Inc., www.bowflex.com, 5415 Centerpoint Parkway, Groveport, OH 43125 U.S.A. - Customer Service: North America (800) 605-3369, cs@bowflex.com | outside U.S. global.bowflex.com | Printed in China | © 2023 BowFlex Inc. | BowFlex and the BowFlex logo are trademarks owned or licensed by BowFlex Inc., registered or otherwise protected by common law in the United States and other nations. 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 DOCUMENT - ENGLISH VERSION ONLY

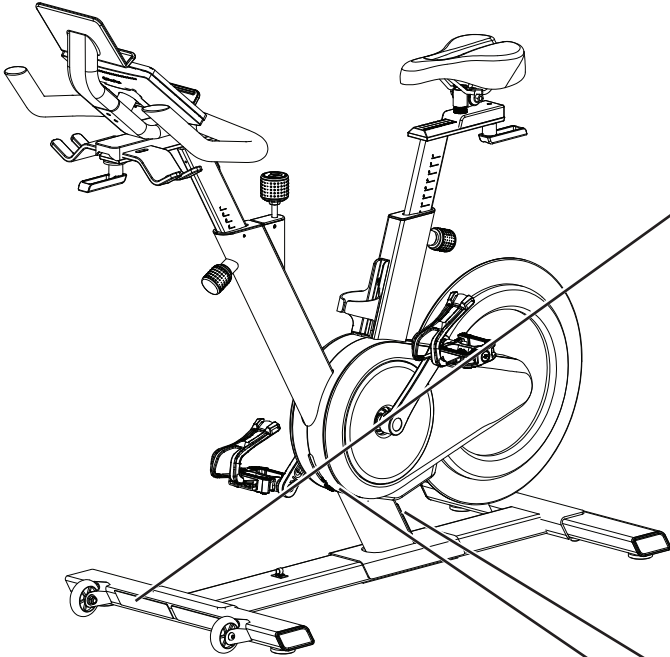
Important Safety Instructions - Before servicing or using this equipment, obey the following warnings:

 **This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Read and understand all Warnings on this machine.**

- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- 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.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. 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.
- Do not try to change the design or functionality of the machine being serviced as this can adversely affect user safety.
- Do not put the machine back in service until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

• SAVE THESE INSTRUCTIONS.

Safety Warning Labels and Serial Numbers



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.

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

Product Specification Label

Serial Number Label

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.

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.

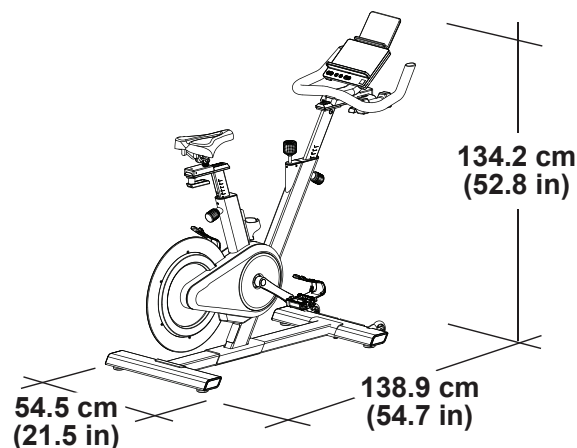
Note: This product has been tested and found to comply with the limits for a Class B digital device, pursuant to CFR47 Part 15 Subpart B of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates radio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

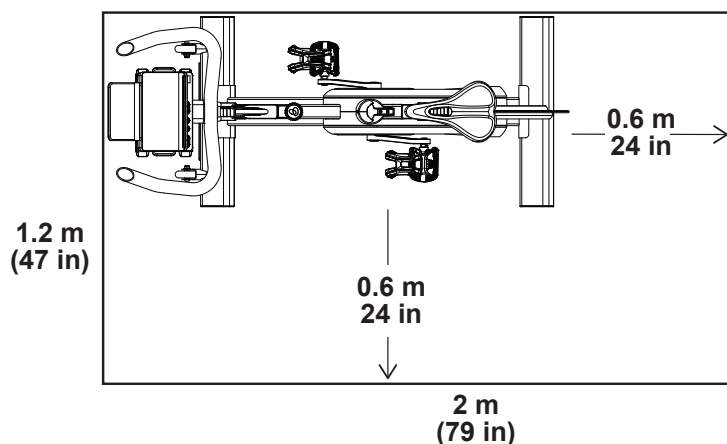
Specifications

| | |
|---|--|
| 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.


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).



Maintenance

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

(Or after 20 hours)

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

Check the drive belt tension and adjust if necessary.

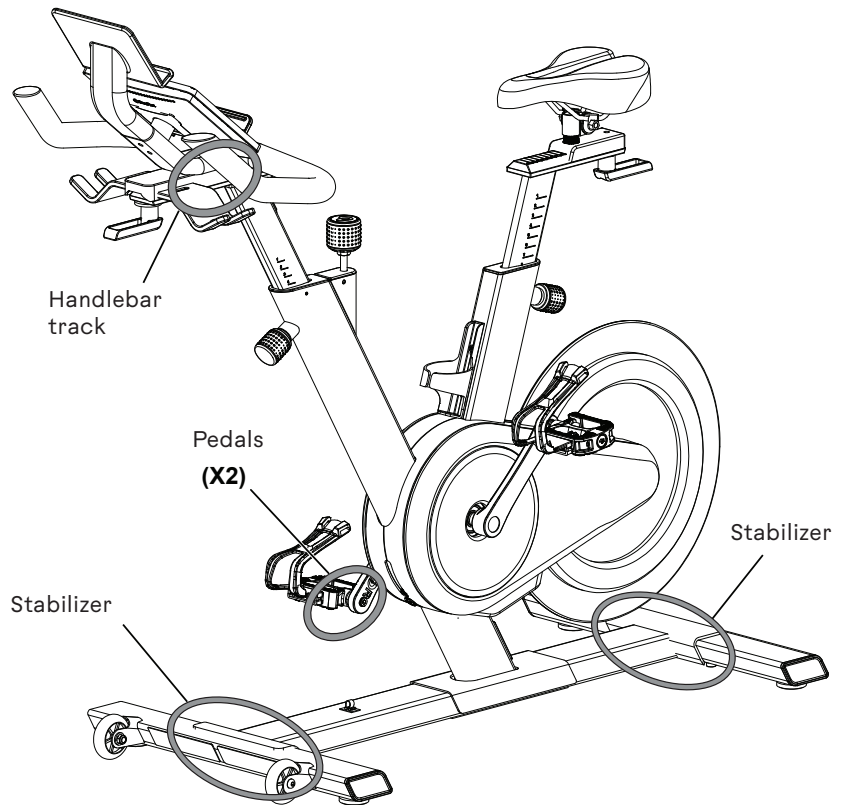
Checking the Drive Belt Tension

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 this Service Manual.

NOTICE: Before Troubleshooting any noises, be sure the indicated hardware has been fully tightened. 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.

Be sure to inspect and fully tighten all hardware monthly or after every 20 hours of use.

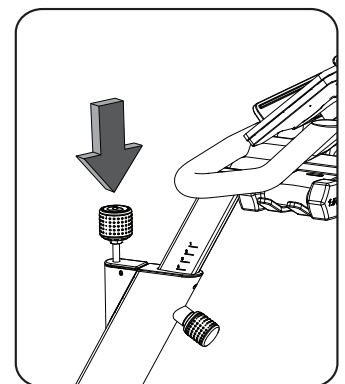


Emergency Stop

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.



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.

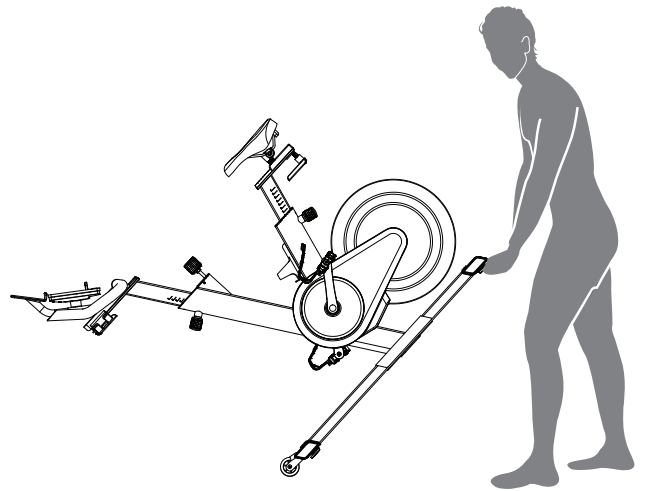
- !** Tighten the Emergency Brake/Resistance Adjustment Knob as described until the Flywheel is locked before moving it.

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.



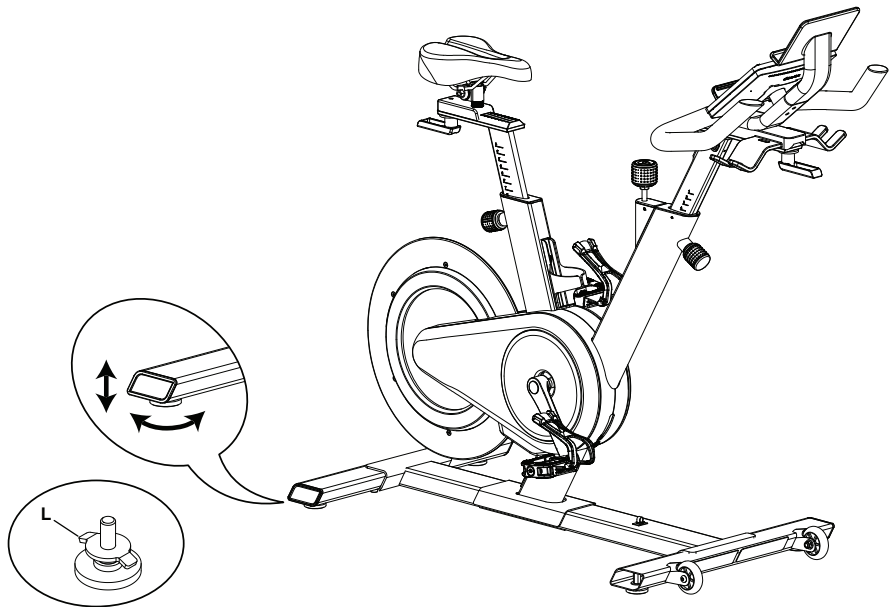
Leveling the Machine

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.



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.

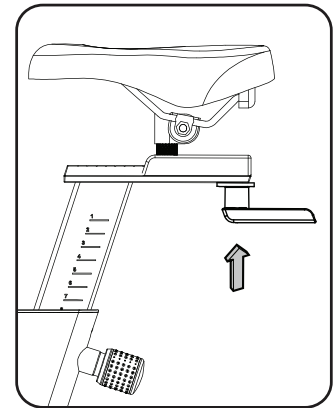
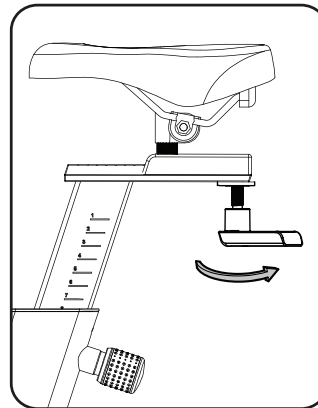
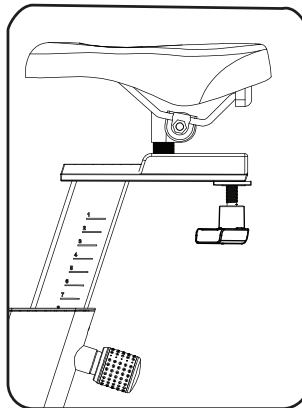
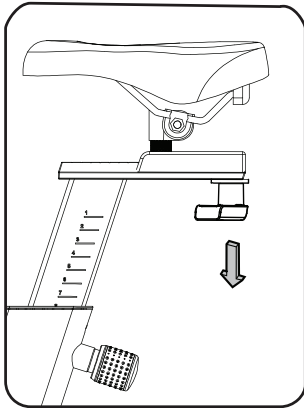
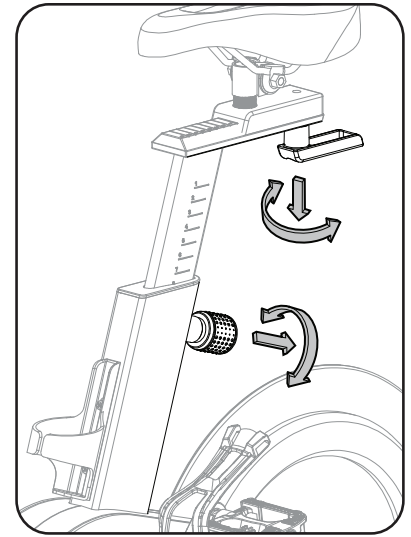
! Step off the machine before you adjust the seat.

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.

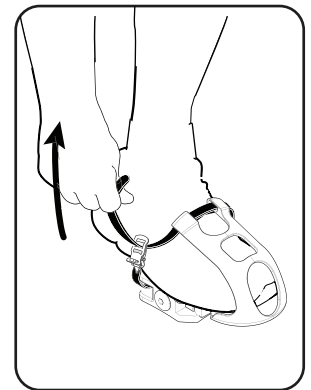


Foot Position / Pedal Strap Adjustment

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.



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.

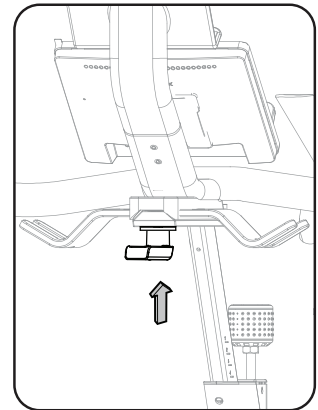
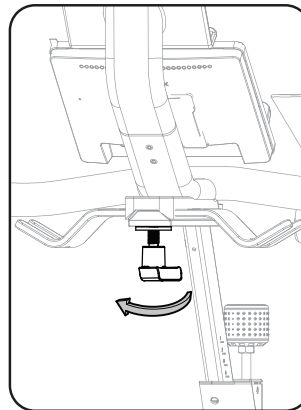
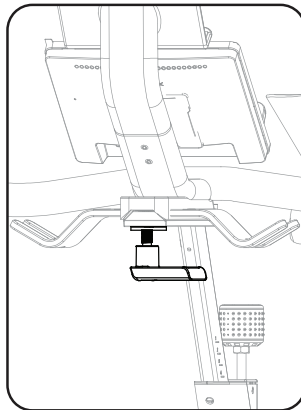
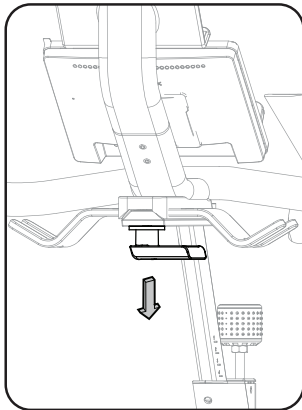
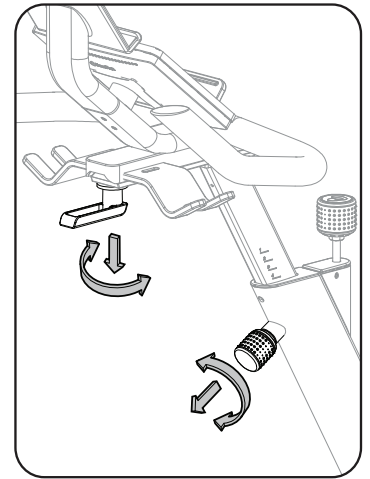
! Do not lift the Handlebar Post above the “STOP” mark on the Handlebar Post.

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.

Demonstration Mode

During Demonstration Mode, the Console will cycle through messages prompting to connect to the JRNY™ app, and display sample workout information. The machine ships with Demonstration Mode inactive.

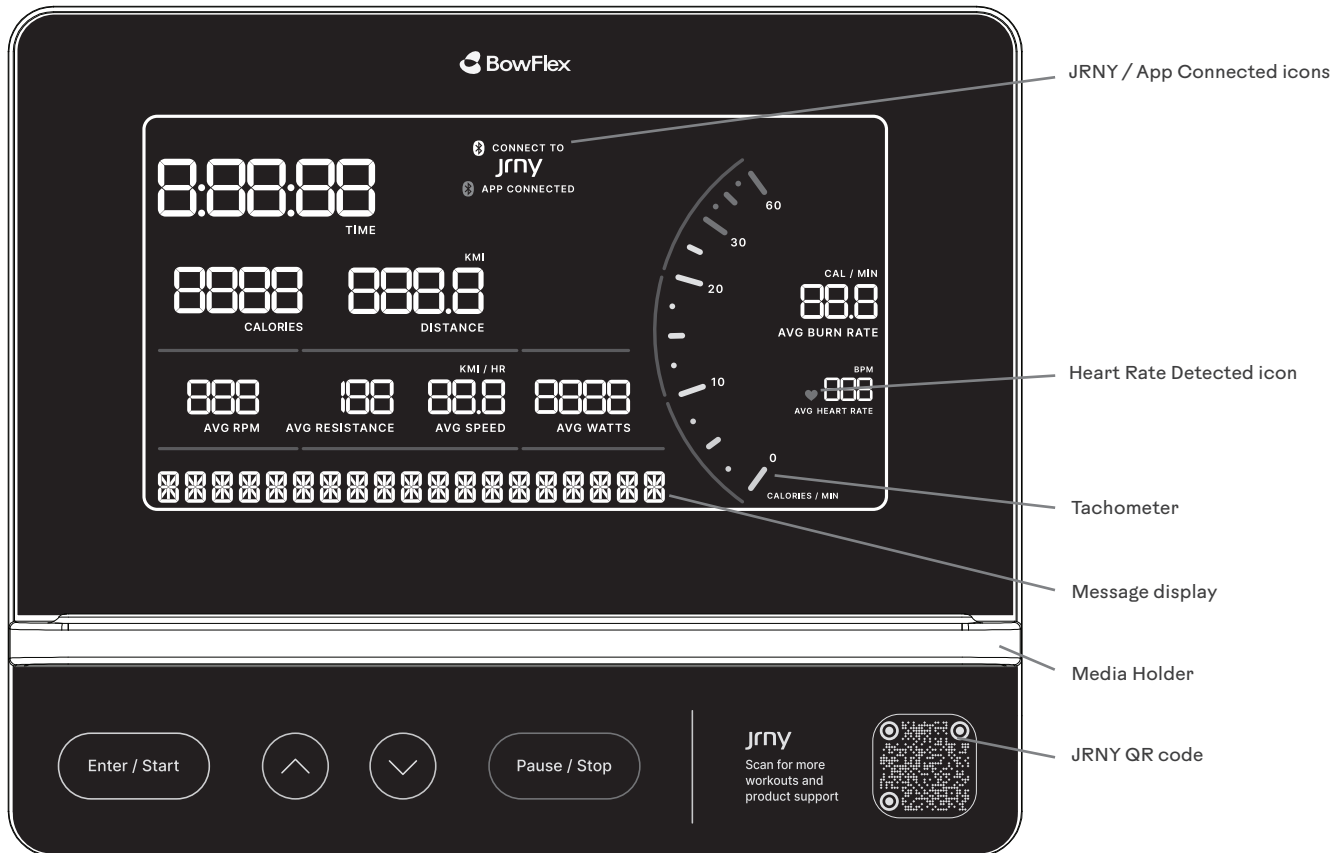
To activate the Demonstration Mode:

1. With the machine activated, push 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.

Note: The setting will take effect after the next time the machine goes into Sleep Mode.

2. Inspect the Console to be sure that Demo mode is active and running on the Console Display.

To exit Demonstration Mode, perform the above steps.



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.

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



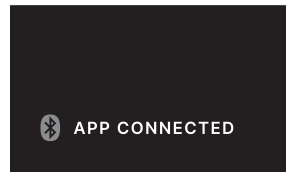
White Bluetooth® logo + “CONNECT TO” + JRNY™ icon

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.

Heart Rate Detected icon

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

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.

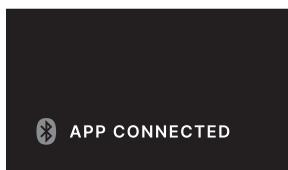
If the app will not sync to the machine, restart your device and the machine. Repeat Step 3.



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.

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.

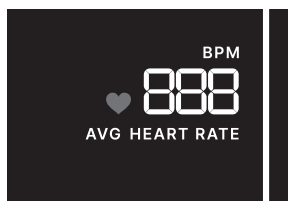
NOTICE: Do not connect a USB Device to the Power/Data Port on the Console.

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.

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.

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.

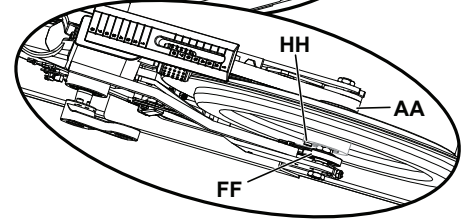
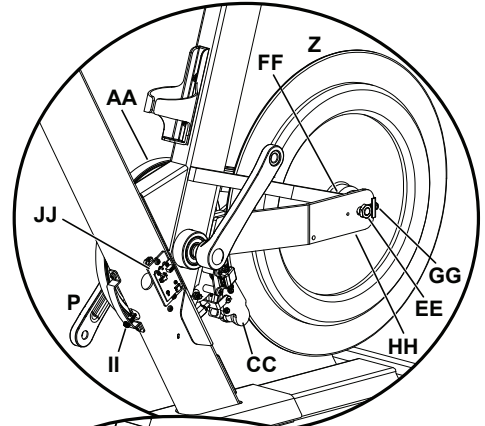
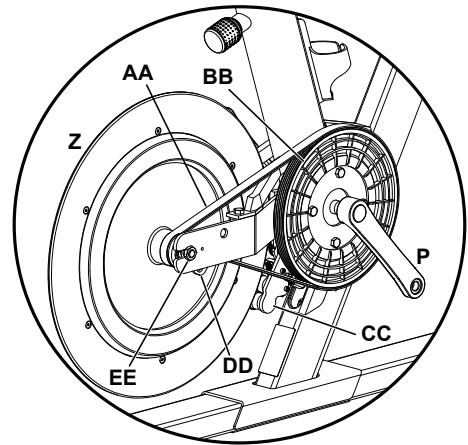
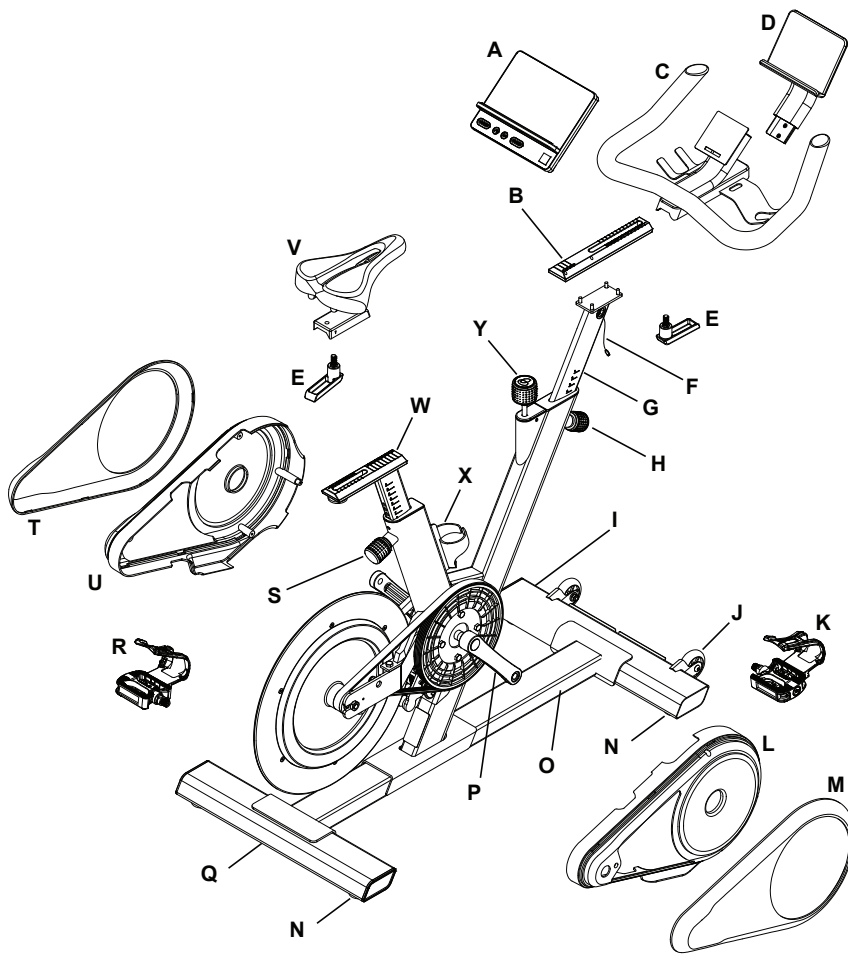
| Condition/Problem | Things to Check | Solution |
|--|-------------------------------------|--|
| No display/unit will not turn on | Console in sleep mode | Push any Console button or move pedals to wake up Console. |
| | AC Adapter | Check for visual sign that AC Adapter is cracked or otherwise damaged. 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 | Be sure cable is connected securely. |
| | Check data cable integrity | Cable sheath should be intact and undamaged. if partially or fully cut, replace the cable. |
| Check console display for damage | 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). |
| No response on Console when button is pushed | Console Button Assembly | Try other buttons to get any response on the Console. |
| | 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 | Cable sheath should be intact and undamaged. if partially or fully cut, replace the cable. |
| | Check data cable connections | Be sure cable is connected securely |
| | 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. |
| | Check Speed Sensor Magnet position | Speed Sensor Magnet should be in place on Flywheel. |
| Resistance does not change when Resistance Knob is rotated during workout | Check data cable integrity | Cable sheath should be intact and undamaged. if partially or fully cut, replace the cable. |
| | Check data cable connections | Be sure cable is connected securely. |
| | 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. |
| | Device Pairing | Make sure Heart Rate Monitor is not paired/connected to any other device such as a phone or tablet. |
| | 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). |
| 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. |

| Condition/Problem | Things to Check | Solution |
|---|----------------------------------|--|
| Console cycles through messages prompting to connect to the JRNY™ app, and displays sample workout information. | 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. |
| Manual workout stops after 5 minutes | 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. The Status LED in back of Console blinks. 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. |

Maintenance Parts Exploded View



| | | | | | |
|---|--------------------------------|---|------------------------------|----|--------------------------------------|
| 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 (External Sensor Hub) |

REPLACEMENT PROCEDURE SKILL LEVEL

Level I : Low - very little mechanical knowledge or exposure.

Level II : Intermediate - some experience with mechanical procedures

Level III : Advanced - knowledgeable about mechanical procedures



Disconnect all power to the machine before you service it.

When disposing of old parts, obey the applicable local and provincial requirements.

For instructions to replace the following parts, please refer to the Assembly Manual for your bike:

- AC Adapter
- Media Rack
- Handlebar
- Seat
- Seat Post
- Front Stabilizer
- Rear Stabilizer
- Water Bottle Holder

NOTICE: This document provides instructions for the adjustment of the Drive Belt Tension on the BowFlex™ IC Bike SE / SEi (Model Year 2023) Exercise Bikes.

If you need assistance, please call BowFlex Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: global.bowflex.com

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- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- 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.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. 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.
- Do not try to change the design or functionality of the machine being serviced as this can adversely affect user safety.
- Do not put the machine back in service until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

• **SAVE THESE INSTRUCTIONS.**

Tools Required (not included)

Small flathead screwdriver
(and small piece of cloth)
or auto trim tool



13 mm Open end wrench



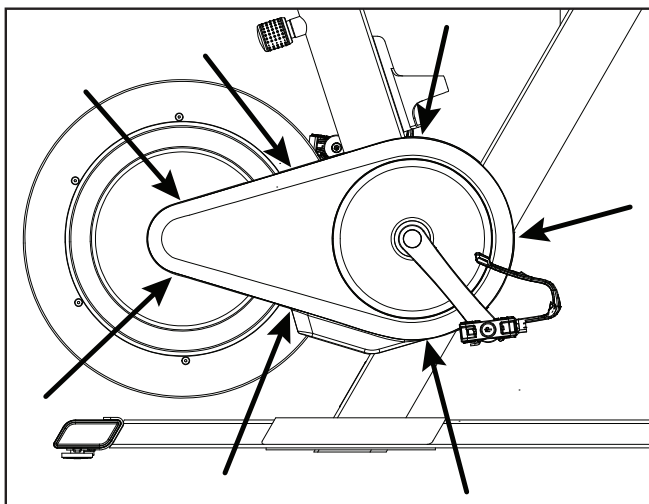
Note: Your machine may not match the images provided exactly.

1. Unplug the AC Adapter from the wall outlet and machine.
2. 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.

3. Carefully remove the Right Outside Shroud, using small flathead screwdriver (or auto trim tool) to disengage the inside tabs from the Main Assembly.

Note: To avoid damage to the surface of the Shrouds, we recommend putting a piece of cloth over the screwdriver blade.

Right outside shroud - tab locations

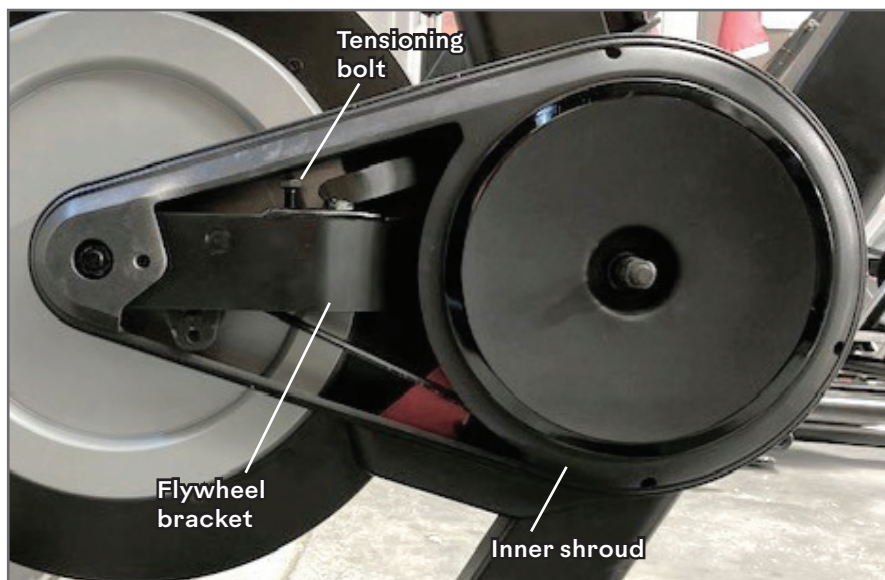


Removing Right outside shroud (Crank arm not shown)



Set the Outside Shroud safely aside.

Right outside shroud removed



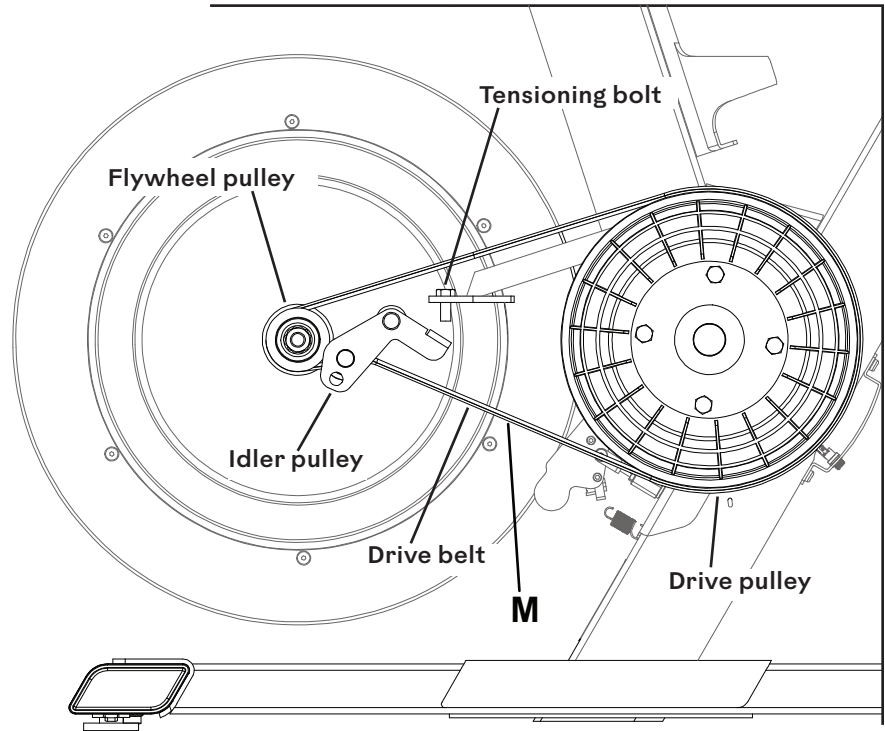
4. Check the Drive Belt tension:

- Push the Drive Belt downward at the midpoint (M) between the pulleys and measure the distance. The Drive Belt should have only 0.25" (0.64 cm) of give.

Or:

- Hold the edges of the Drive Belt at the midpoint (M) and twist it. It should turn only 90 degrees (1/4 turn, to vertical).

Checking Belt tension (Flywheel bracket and inner shroud not shown)



5. Using a 13 mm wrench, adjust the Tensioning Bolt.

If the Drive Belt is too loose—turn the Nut on the Tensioning Bolt clockwise.

If the Drive Belt is too tight—turn the Nut on the Tensioning Bolt counterclockwise.

6. Check the belt tension:

If the tension is correct—continue to step 7.

If the tension is not correct—repeat step 5.

7. Get on the bike and check the movement of the Drive Belt by rocking back and forth on the pedals. The Pedals and Flywheel should move as one.

Adjust the Drive Belt tension again if necessary.

8. Put the Outside Shroud in position and press to engage the tabs. Be sure the Shroud is securely attached.

9. Final Inspection

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



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

NOTICE: This document provides instructions to calibrate the resistance on the BowFlex™ IC Bike SE / SEi (Model Year 2023) Exercise Bikes. Resistance should only be calibrated under the supervision of a BowFlex Customer Care agent or other BowFlex Authorized technician.

The Magnetic Resistance Sensor should only be calibrated under one of these conditions:


1. After replacement of the Resistance Magnet in the Resistance Shoe (NOT the Resistance Sensor); removal or replacement of the External Sensor Hub PCBA.
- 2.

If you need assistance, please call BowFlex Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: global.bowflex.com

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- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- 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.
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- Do not try to change the design or functionality of the machine being serviced as this can adversely affect user safety.
- Do not put the machine back in service until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.
- **SAVE THESE INSTRUCTIONS.**

Tools Required (not included)

Small flathead screwdriver
(and small piece of cloth)
or auto trim tool



Note: Your machine may not match the images provided exactly.

1. Unplug the AC Adapter from the wall outlet and machine.

It may be helpful to remove the Outside Shroud in order to observe the movement of the Resistance Shoe.

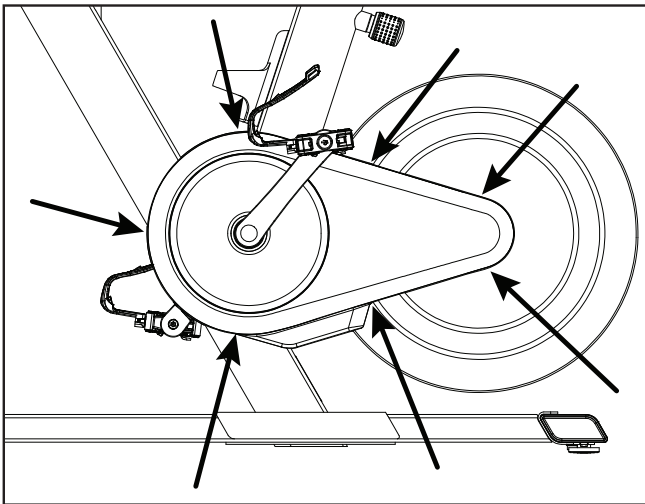
If removing the Outside Shroud continue to Step 2.

If not removing the Outside Shroud go to Step 3.

2. Carefully remove the left Outside Shroud, using small flathead screwdriver (or auto trim tool) to disengage the inside tabs from the Main Assembly.

Note: To avoid damage to the surface of the Shrouds, we recommend putting a piece of cloth over the screwdriver blade.

Left outside shroud - tab locations

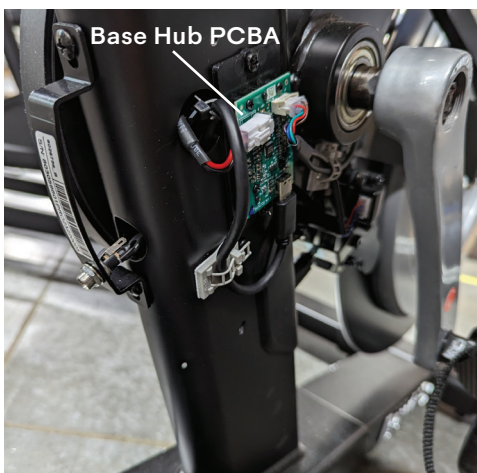


Removing left outside shroud (Pedal not shown)

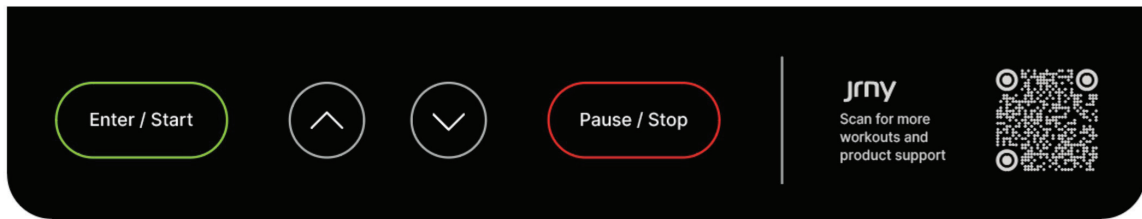


Set the Outside Shroud safely aside for reassembly.

NOTICE: Do not touch the Base Hub PCBA.



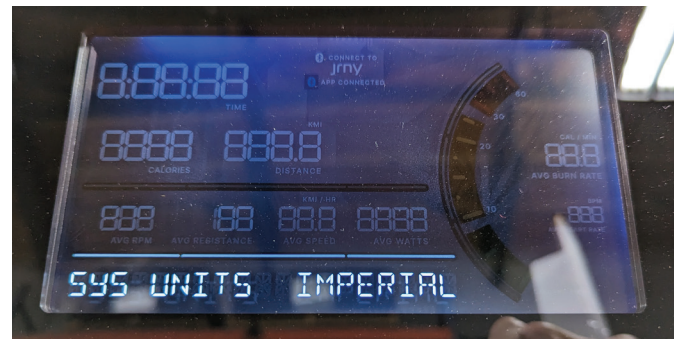
3. Plug in the AC Adapter into the wall outlet and the machine. Power is now supplied to the machine.



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

Note: To exit the System Menu and return to the Power-Up Mode screen, push the Pause/Stop button.

5. The Console display shows the System Units prompt with the current setting. Tap the Enter/Start button 6 times to advance through the System Menu.



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

Push and hold for 3 seconds the Pause/Stop button to go to the Manufacturing Test Menu.



7. The Console display shows the START TEST SUITE menu option. Push the Down (▼) button to advance to the Cal Resistance option.



8. The Console display shows the Cal Resistance option. Push the Enter/Start button.



9. The Console display shows SET MIN. Rotate the Brake/Resistance Knob counterclockwise until it reaches a hard stop. The C and R numbers will change on the display.

Then rotate the knob right (clockwise) 1 full revolution.



10. Push the Enter/Start button to reset the MIN to 1.

11. The display shows Set MAX. Rotate the Brake/Resistance Knob clockwise until it cannot be turned anymore.

12. Turn the Pedals. The resistance should be hard.

13. Rotate the Brake/Resistance Knob back 2 full revolutions. Pedaling should be smooth but still hard.

14. Push the Enter/Start button to set the MAX setting.

15. The display shows Confirm. Push the Enter/Start button again to confirm the new resistance settings.



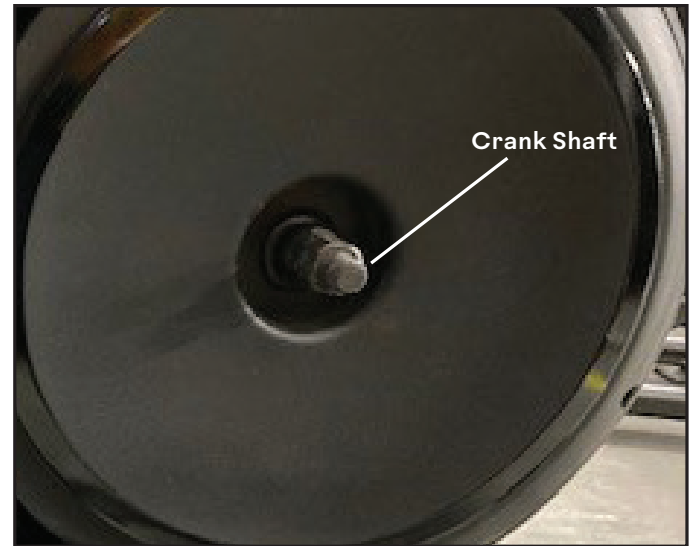
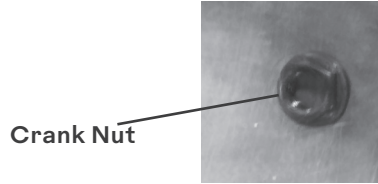
16. The display shows Cal Resist Pass.

17. Cycle the power off and back to on.

18. Check the resistance range: twist the Resistance Knob from 1 to 100 and check display.

19. Place the Crank Arm onto the Crank Shaft. Be sure the Crank Arms are connected at 180° from each other.

20. Add Loctite® 272 (or equivalent) to the inner threads of the Crank Nut. Do not to apply the Loctite® 272 to the Crank Shaft.



21. Install the Crank Nut onto the Crank Shaft, and fully tighten it.

22. Confirm that the Pedal is fully tightened with the Pedal Wrench.

23. Repeat with the other Pedal.

Note: Be sure to check the Pedals weekly to confirm that they are fully tightened.



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.

24. Final Inspection

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



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

NOTICE: This document provides instructions for the replacement of the Base Hub PCBA (External Sensor Hub) and mount on the BowFlex™ IC Bike SE / SEi (Model Year 2023) Exercise Bikes.

If you need assistance, please call **BowFlex Customer Service** (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: global.bowflex.com

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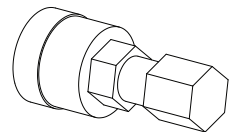
• SAVE THESE INSTRUCTIONS.

Tools Required (not included)

Small flathead screwdriver
(and small piece of cloth)
or auto trim tool



25 mm crank puller



16 mm Socket and wrench



Red Loctite® 272 or equivalent
(high strength)



15 mm Open end wrench
or adjustable wrench



#2 Phillips screwdriver

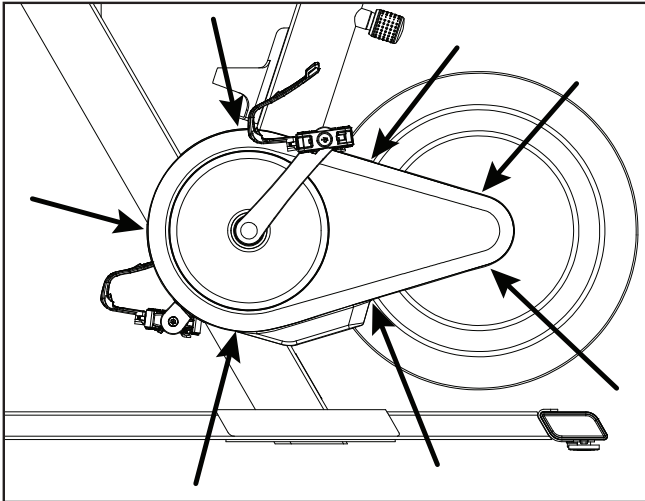


Note: Your machine may not match the images provided exactly.

1. Unplug the AC Adapter from the wall outlet and machine.
2. Carefully remove the left Outside Shroud, using small flathead screwdriver (or auto trim tool) to disengage the inside tabs from the Main Assembly.

Note: To avoid damage to the surface of the Shrouds, we recommend putting a piece of cloth over the screwdriver blade.

Left outside shroud - tab locations

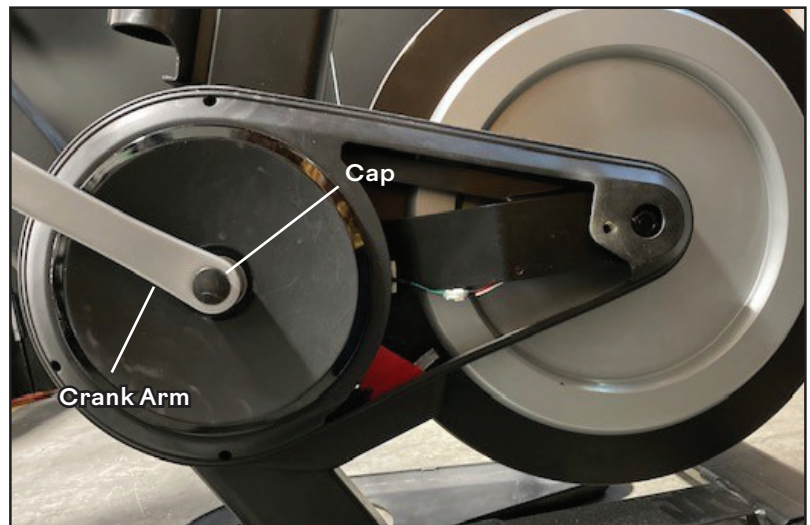


Removing left outside shroud (Pedal not shown)



Set the Outside Shroud safely aside for reassembly.

3. Using a flathead screwdriver, remove the threaded Cap from the Crank Arm.

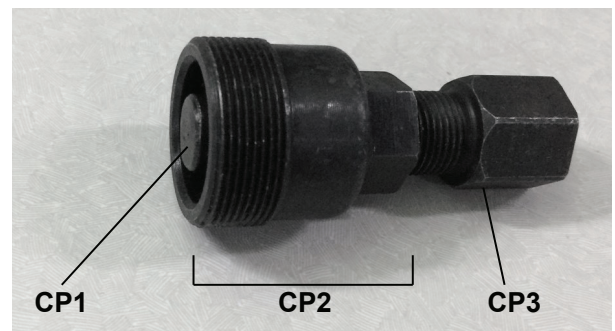


4. Using a 16mm socket and wrench, remove the Crank Nut under the threaded Cap.



5. Thread the 25mm Crank Puller into the Crank Arm. When the Crank Puller is in the correct position, only 1-2 threads on the outer portion (CP2) of the Crank Puller should show.

Note: Be sure the end of the Bolt (CP1) in the Crank Puller is flush with the inner surface (CP2) as shown, before use.



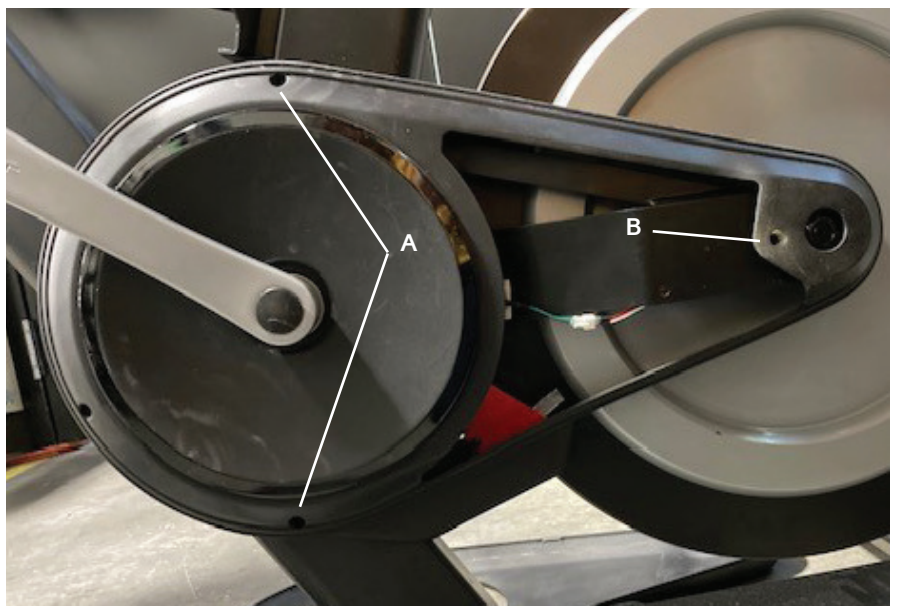
6. Using a 15mm wrench, turn the inner portion (CP3) of the Crank Puller clockwise. The Crank Arm will slide off as it is tightened. Set it safely aside for reassembly.

7. Using a #2 Phillips screwdriver, remove the 3 screws (A, B) that attach the Left Structural Shroud. Remove the bottom screws first. Set the screws safely aside for reassembly.

Remove the Shroud and set it safely aside.

NOTICE: Do not cut or pinch the cables.

Left Structural shroud - screw locations (disregard crank arm, removed in earlier step)



8. The Base Hub PCBA is now exposed. Remove the Cables from the Base Hub PCBA.

Note: Be sure to note where all cables attach for re-assembly. If the Cable Connectors are secured by a small amount of glue, use a pair of small nose pliers to grab and remove the glue.

NOTICE: Do not cut or pinch the cables.

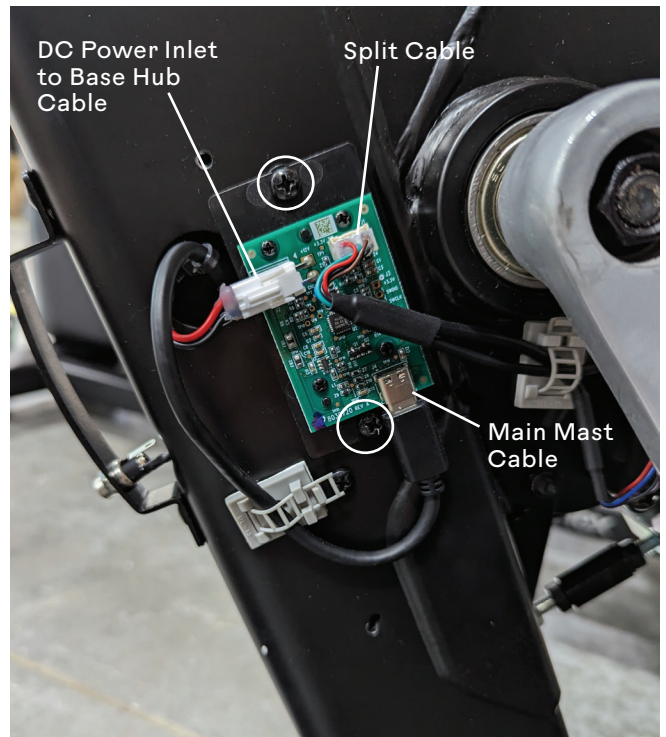


9. Using a #2 Phillips screwdriver, remove the two screws (indicated by ovals) that attach the Base Hub PCBA to the Frame.

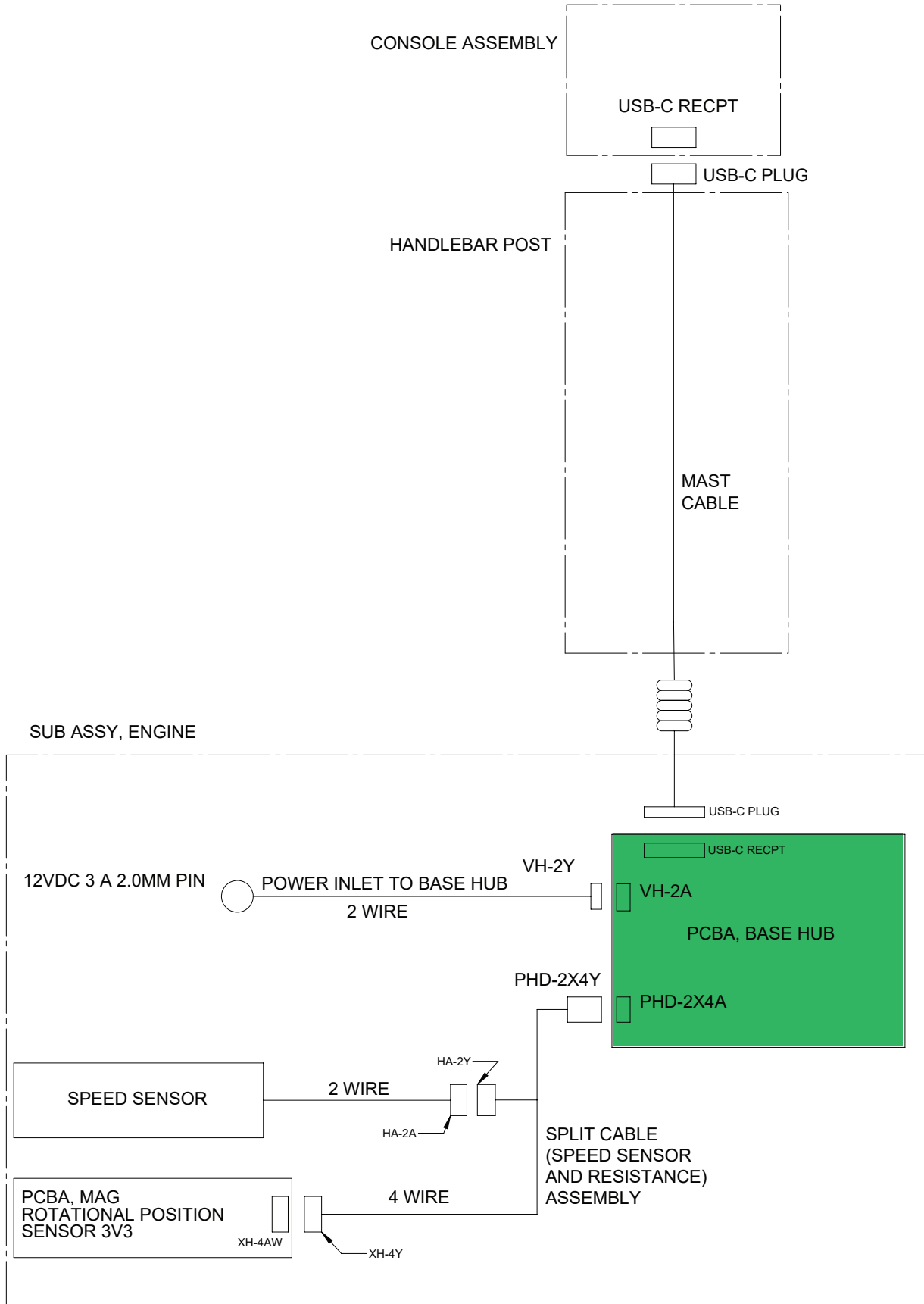
10. Using a #2 Phillips screwdriver, attach the new Base Hub PCBA to the Frame.

11. Re-connect the Cables in their appropriate positions on the Base Hub PCBA.

NOTICE: Do not cut or pinch the cables.



ELECTRICAL WIRING ROUTE DETAIL - BASE HUB PCBA

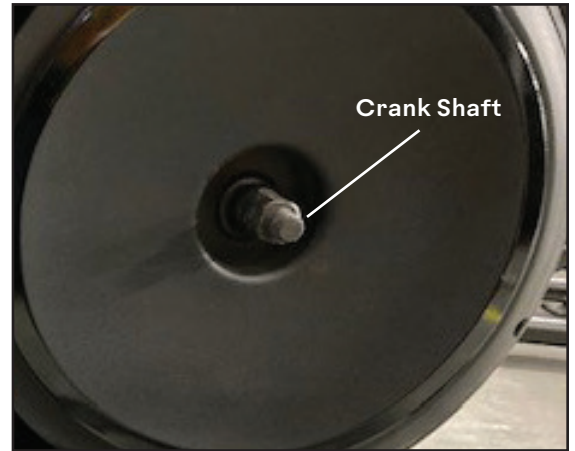
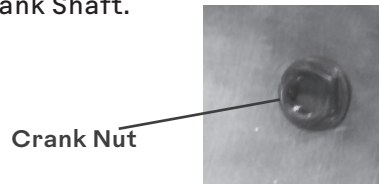


12. Re-install all remaining parts that were removed in reverse order.

NOTICE: Do not cut or pinch the cables.

13. When replacing the Crank Arm onto the Crank Shaft, be sure the Crank Arms are connected at 180° from each other.

14. Add Loctite® 272 (or equivalent) to the inner threads of the Crank Nut. Do not to apply the Loctite® 272 to the Crank Shaft.



15. Install the Crank Nut onto the Crank Shaft, and fully tighten it.

16. Confirm that the Pedal is fully tightened with the Pedal Wrench.

17. Repeat with the other Pedal.

Note: Be sure to check the Pedals weekly to confirm that they are fully tightened.

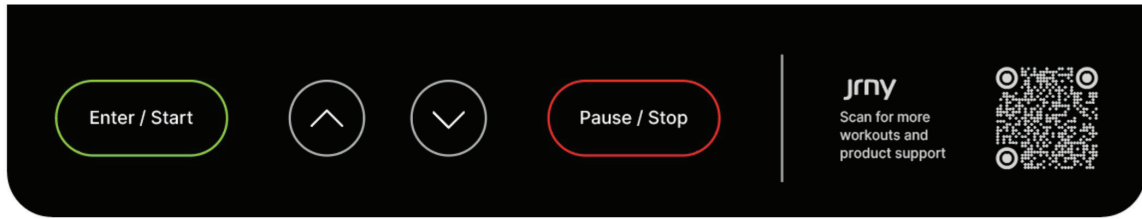


Since this machine operates with a fixed gear, do not back, or reverse, pedal. Doing so may loosen the Pedals, which could result in damage to the machine and/or injury to the user. Never operate this machine with loose Pedals.

18. Plug in the AC Adapter into the wall outlet and the machine. Power is now supplied to the machine.

Calibrating the Resistance:

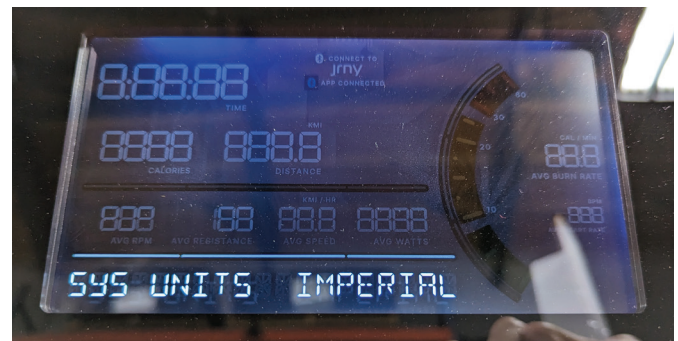
Note: During the calibration process no one should be pedaling the machine.



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

Note: To exit the System Menu and return to the Power-Up Mode screen, push the Pause/Stop button.

20. The Console display shows the System Units prompt with the current setting. Tap the Enter/Start button 6 times to advance through the System Menu.



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

Push and hold for 3 seconds the Pause/Stop button to go to the Manufacturing Test Menu.



22. The Console display shows the START TEST SUITE menu option. Push the Down (▼) button to advance to the Cal Resistance option.



23. The Console display shows the Cal Resistance option. Push the Enter/Start button.



24. The Console display shows SET MIN. Rotate the Brake/Resistance Knob counterclockwise until it reaches a hard stop. The C and R numbers will change on the display.

Then rotate the knob right (clockwise) 1 full revolution.



25. Push the Enter/Start button to reset the MIN to 1.

26. The display shows Set MAX. Rotate the Brake/Resistance Knob clockwise until it cannot be turned anymore.

27. Turn the Pedals. The resistance should be hard.

28. Rotate the Brake/Resistance Knob back 2 full revolutions. Pedaling should be smooth but still hard.

29. Push the Enter/Start button to set the MAX setting.

30. The display shows Confirm. Push the Enter/Start button again to confirm the new resistance settings.

31. The display shows Cal Resist Pass.



32. Cycle the power off and back to on.

33. Check the resistance range: twist the Resistance Knob from 1 to 100 and check display.

34. Final Inspection

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



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

NOTICE: This document provides instructions for the replacement of the DC to Base Hub PCBA Cable on the BowFlex™ IC Bike SE / SEi (Model Year 2023) Exercise Bikes.

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- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- 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.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. 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.
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- Do not put the machine back in service until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

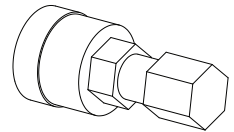
• SAVE THESE INSTRUCTIONS.

Tools Required (not included)

Small flathead screwdriver
(and small piece of cloth)
or auto trim tool



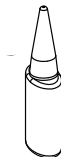
25 mm crank puller



16 mm Socket and wrench



Red Loctite® 272 or equivalent
(high strength)



10 mm Open end wrench
15 mm Open end wrench
or adjustable wrench



#2 Phillips screwdriver



Piece of string or wire, about 60 cm
(24 inches) long

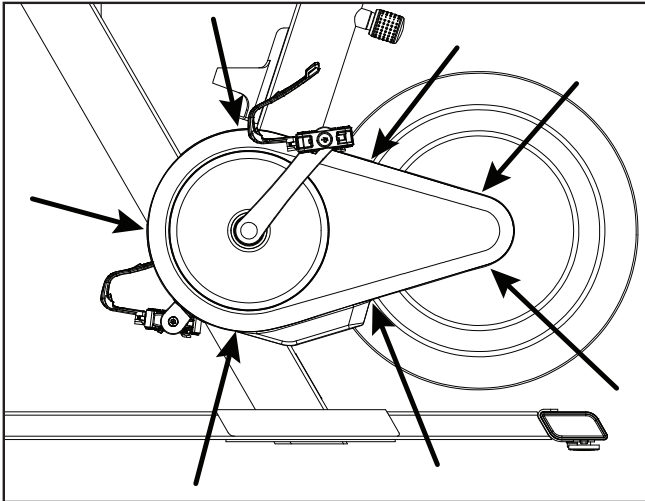


Note: Your machine may not match the images provided exactly.

1. Unplug the AC Adapter from the wall outlet and machine.
2. Carefully remove the left Outside Shroud, using small flathead screwdriver (or auto trim tool) to disengage the inside tabs from the Main Assembly.

Note: To avoid damage to the surface of the Shrouds, we recommend putting a piece of cloth over the screwdriver blade.

Left outside shroud - tab locations

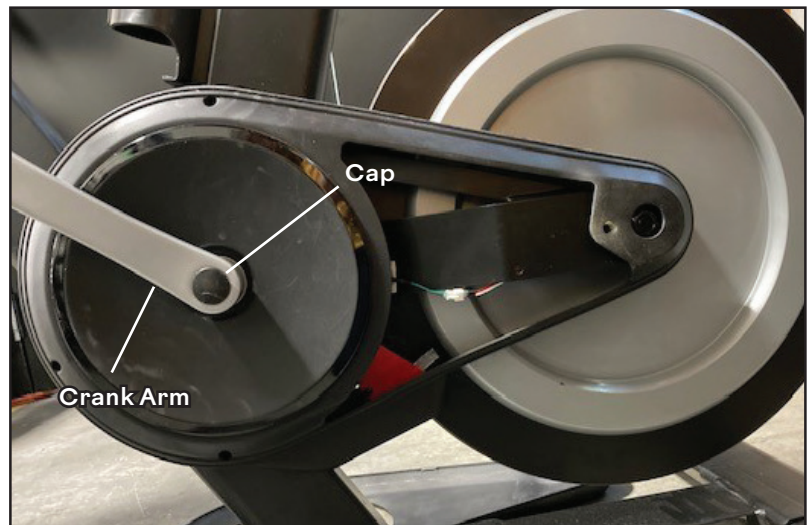


Removing left outside shroud (Pedal not shown)



Set the Outside Shroud safely aside for reassembly.

3. Using a flathead screwdriver, remove the threaded Cap from the Crank Arm.

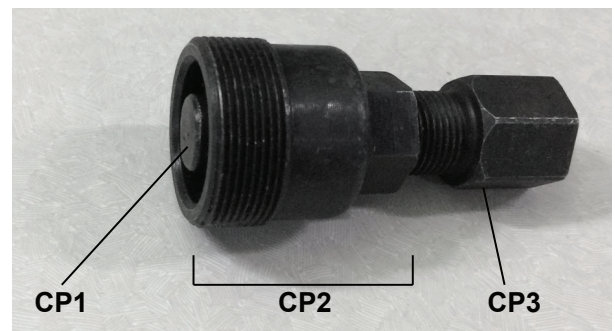


4. Using a 16mm socket and wrench, remove the Crank Nut under the threaded Cap.



5. Thread the 25mm Crank Puller into the Crank Arm. When the Crank Puller is in the correct position, only 1-2 threads on the outer portion (CP2) of the Crank Puller should show.

Note: Be sure the end of the Bolt (CP1) in the Crank Puller is flush with the inner surface (CP2) as shown, before use.



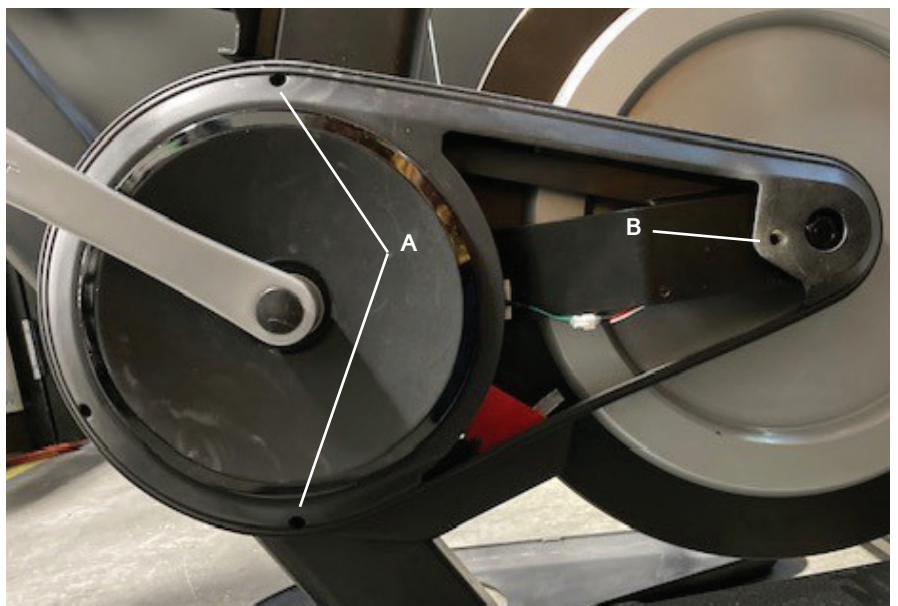
6. Using a 15mm wrench, turn the inner portion (CP3) of the Crank Puller clockwise. The Crank Arm will slide off as it is tightened. Set it safely aside for reassembly.

7. Using a #2 Phillips screwdriver, remove the 3 screws (A, B) that attach the Left Structural Shroud. Remove the bottom screws first. Set the screws safely aside for reassembly.

Remove the Shroud and set it safely aside.

NOTICE: Do not cut or pinch the cables.

Left Structural shroud - screw locations (disregard crank arm, removed in earlier step)



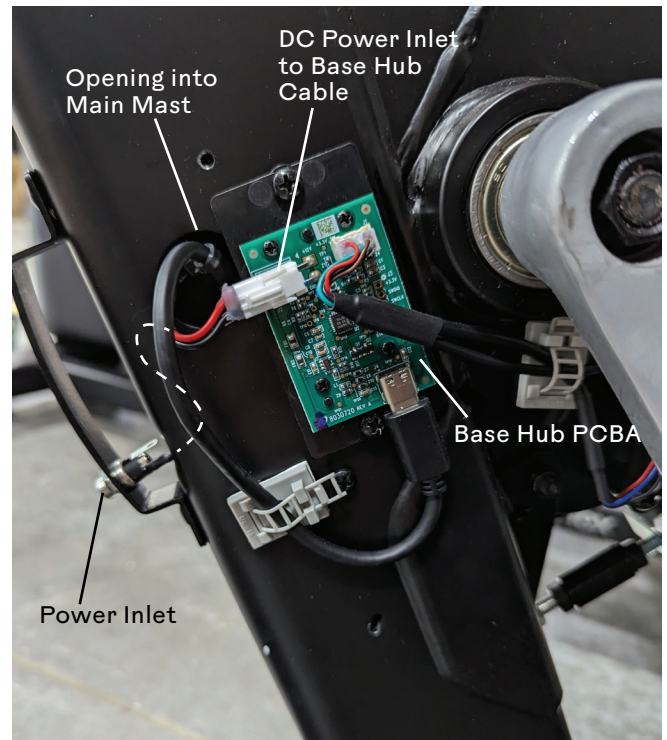
8. The Base Hub PCBA is now exposed. Remove the DC Power Inlet to Base Hub Cable from the Base Hub PCBA.

Note: Be sure to note where the cable attaches for re-assembly. If the Cable Connector is secured by a small amount of glue, use a pair of small nose pliers to grab and remove the glue.

NOTICE: Do not cut or pinch the cable.

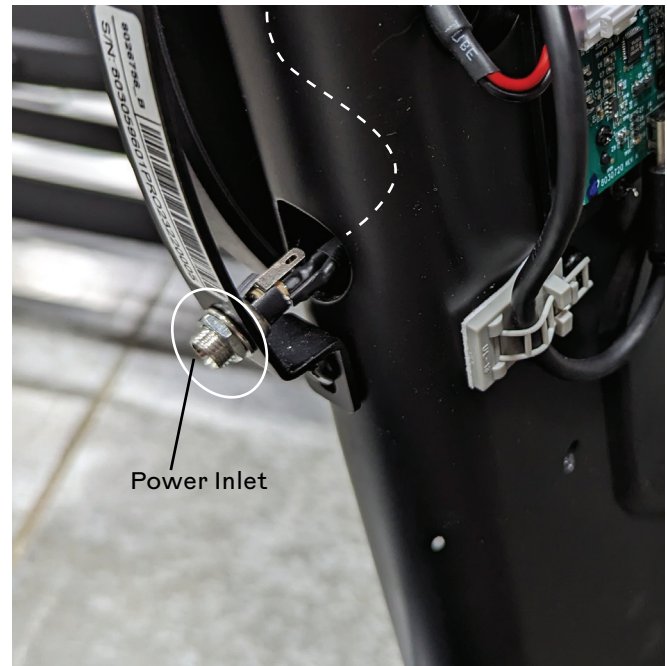
9. Tie a 60 cm (24 inch) long piece of wire or string to the end of the DC Power Inlet to Base Hub Cable. This wire or string will be used to pull the DC Power Inlet to Base Hub Cable through the Main Mast Opening.

NOTICE: Do not cut or pinch the cables.



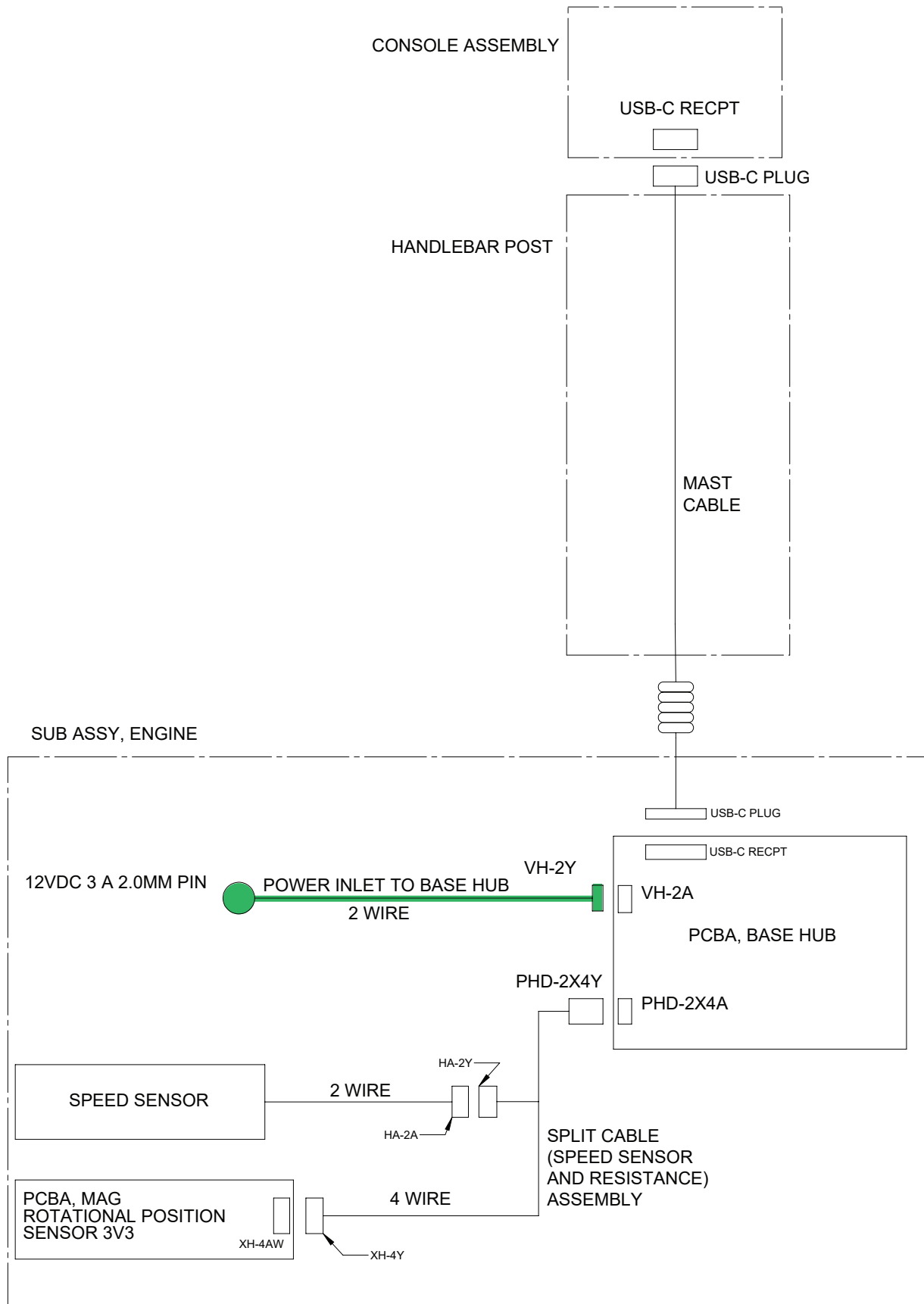
10. Using a 10 mm open faced wrench, remove the securing washer from the Power Inlet. This will free the DC Power Inlet to Base Hub Cable.

NOTICE: Do not cut or pinch the cables.



ELECTRICAL WIRING ROUTE DETAIL

- DC TO BASE HUB PCBA CABLE



11. Gently pull the old DC Power Inlet to Base Hub Cable from the Main Mast, being sure not to pull the attached wire or string from the Main Mast.

NOTICE: Do not cut or pinch the cables.

12. With the wire or string now routed through the Main Mast, disconnect it from the old Cable, and connect it to the new Cable.

NOTICE: Do not cut or pinch the cables.

13. Gently pull the new DC Power Inlet to Base Hub Cable through the Main Mast, being sure not to fully pull it into the Main Mast.

NOTICE: Do not cut or pinch the cables.

14. Disconnect the wire or string, and attach the new DC Power Inlet to Base Hub Cable to the Base Hub PCBA.

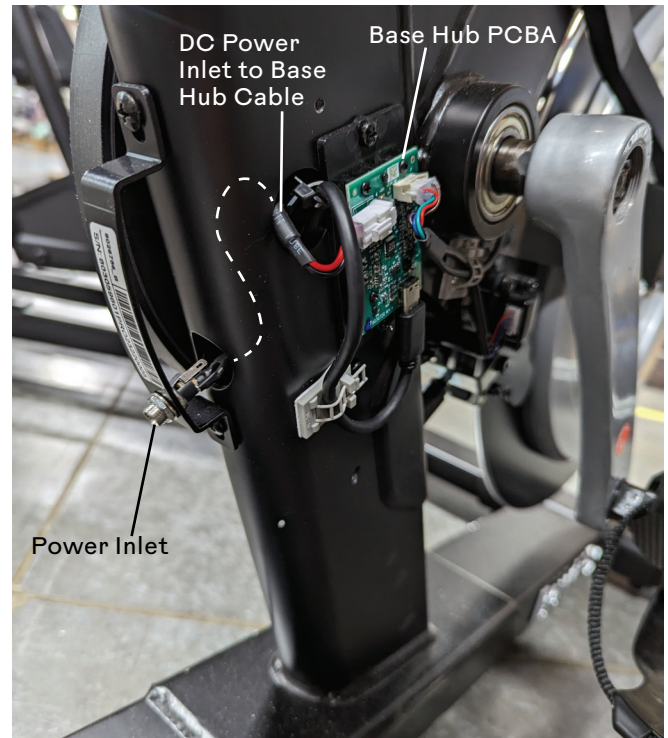
NOTICE: Do not cut or pinch the cables.

15. Using the 10 mm open faced wrench, attach the new Cable with the securing washer.

NOTICE: Do not cut or pinch the cables.

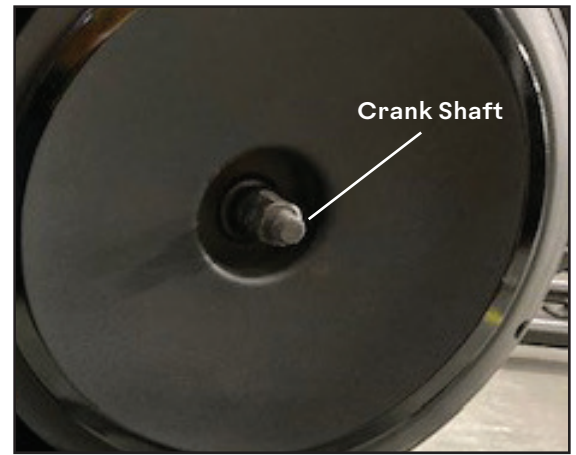
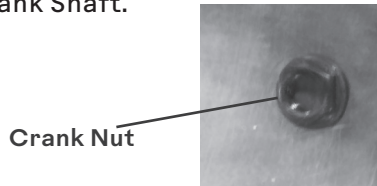
16. Re-install all remaining parts that were removed in reverse order.

NOTICE: Do not cut or pinch the cables.



17. When replacing the Crank Arm onto the Crank Shaft, be sure the Crank Arms are connected at 180° from each other.

18. Add Loctite® 272 (or equivalent) to the inner threads of the Crank Nut. Do not to apply the Loctite® 272 to the Crank Shaft.



19. Install the Crank Nut onto the Crank Shaft, and fully tighten it.

20. Confirm that the Pedal is fully tightened with the Pedal Wrench.

21. Repeat with the other Pedal.

Note: Be sure to check the Pedals weekly to confirm that they are fully tightened.



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.

22. Final Inspection

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



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

NOTICE: This document provides instructions for the replacement of the Crank Arms on the BowFlex™ IC Bike SE / SEi (Model Year 2023) Exercise Bikes.

Note: The Left Pedal is reverse-threaded. Be sure to attach the 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”.

If you need assistance, please call **BowFlex Customer Service** (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: global.bowflex.com

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- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- 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.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. 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.
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- Do not put the machine back in service until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.
- **SAVE THESE INSTRUCTIONS.**

Tools Required (not included)

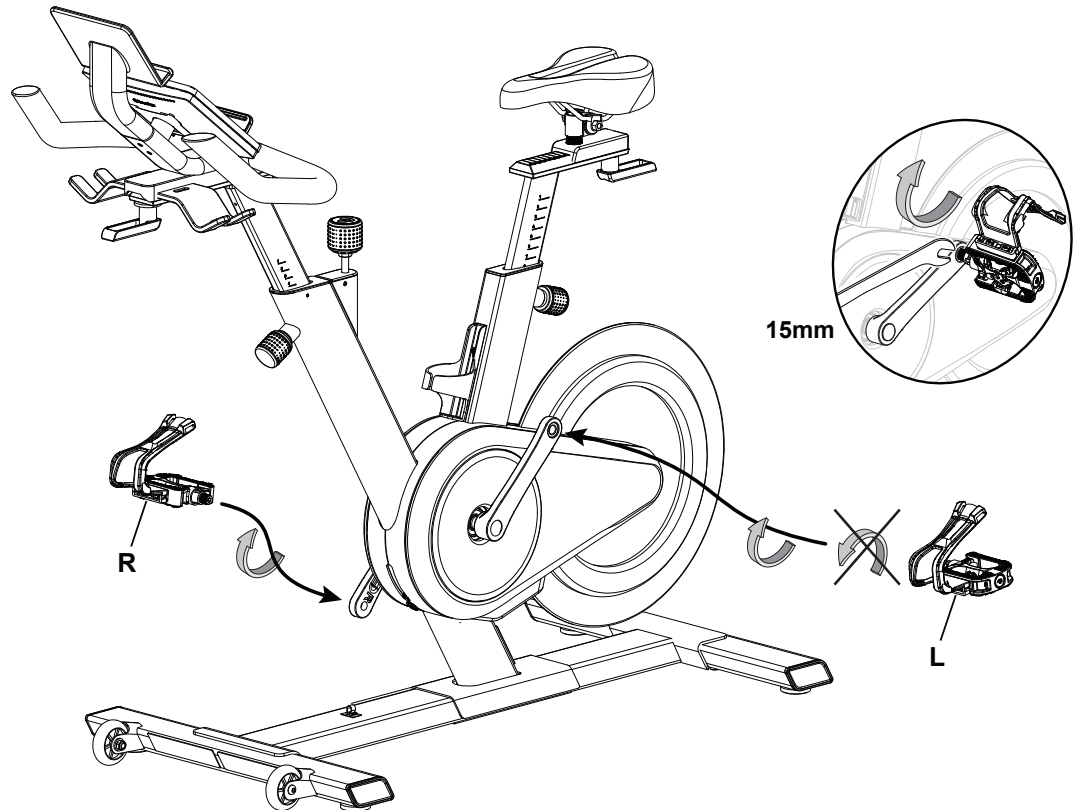
| | | | |
|-------------------------|--|--|--|
| 15mm Wrench | | 25 mm crank puller | |
| Flathead screwdriver | | Red Loctite 272 or equivalent (high strength) | |
| 16 mm socket and wrench | | | |

Note: Your machine may not match the images provided exactly.

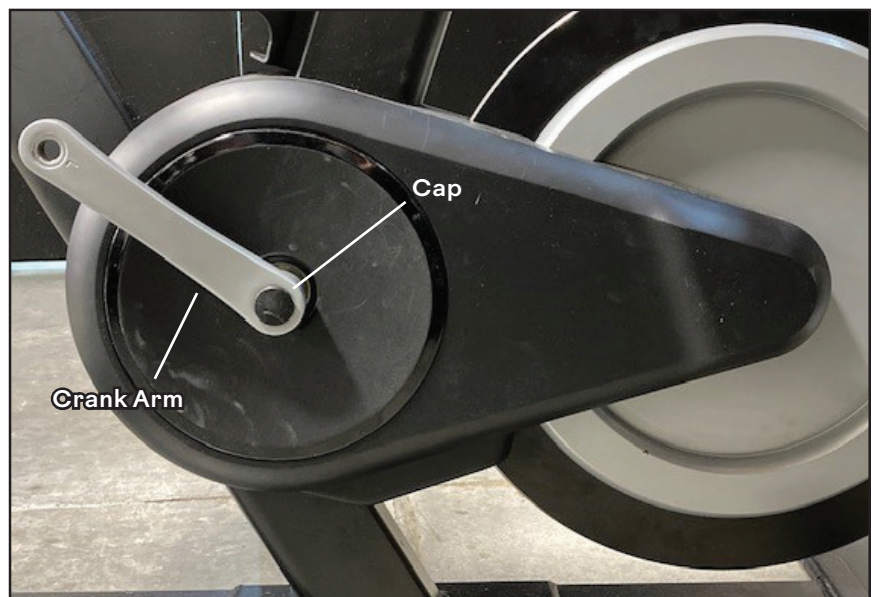
1. Unplug the AC Adapter from the wall outlet and machine.

2. Loosen and remove the Pedal.

Note: The Left Pedal is reverse-threaded. Orientation is based from a seated position on the bike. The Left Pedal has an "L", the Right Pedal an "R".



3. Using a flathead screwdriver, remove the threaded Cap from the Crank Arm.



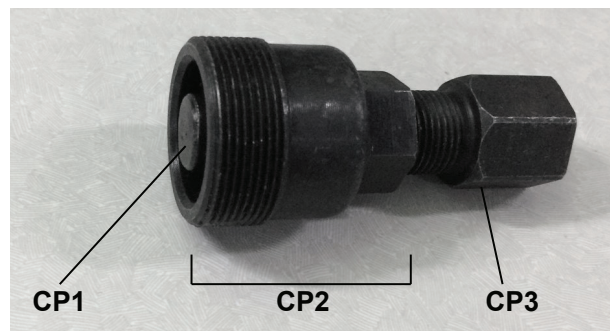
4. Using a 16mm socket and wrench, remove the Crank Nut under the threaded Cap.



5. Thread the 25mm Crank Puller into the Crank Arm. When the Crank Puller is in the correct position, only 1-2 threads on the outer portion (CP2) of the Crank Puller should show.

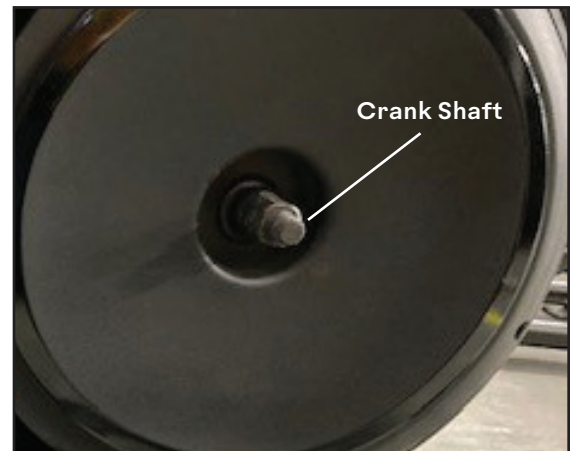
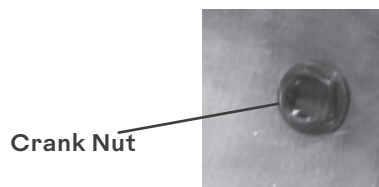
Note: Be sure the end of the Bolt (CP1) in the Crank Puller is flush with the inner surface (CP2) as shown, before use.

6. Using a 15mm wrench, turn the inner portion (CP3) of the Crank Puller clockwise. The Crank Arm will slide off as it is tightened. Discard the old parts.

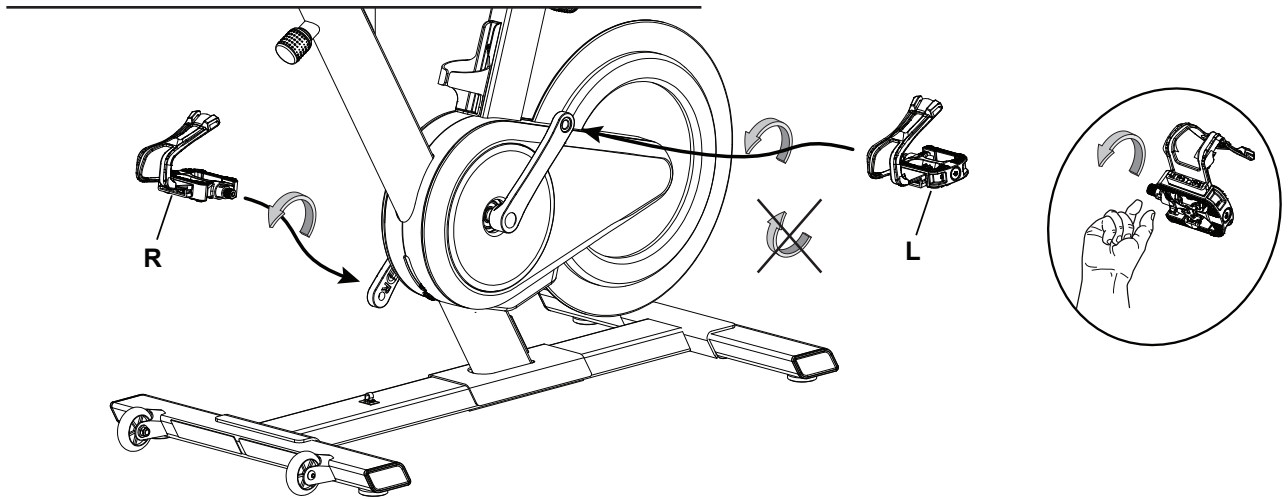


7. Place the new Crank Arms onto the Crank Shaft. Be sure the Crank Arms are connected at 180° from each other.

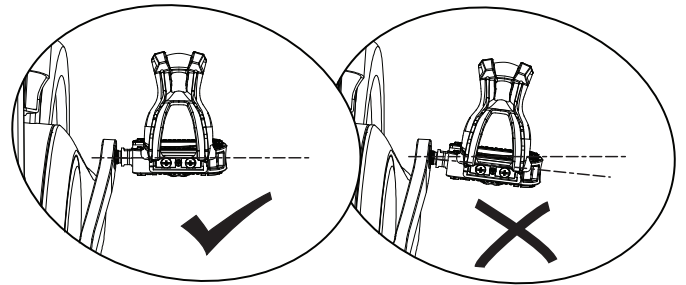
8. Add Loctite® 272 (or equivalent) to the inner threads of the Crank Nuts. Do not to apply the Loctite® 272 to the Crank Shaft.



9. Install the Crank Nut onto the Crank Shaft, and fully tighten it. Repeat on the other side of the bike.



10. 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 Crank Arm. If the Pedal is not in-line with the opening, remove the Pedal and start again.



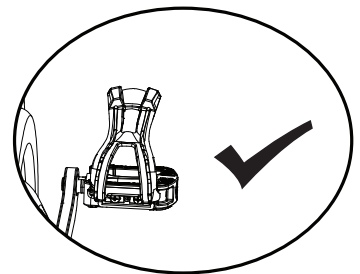
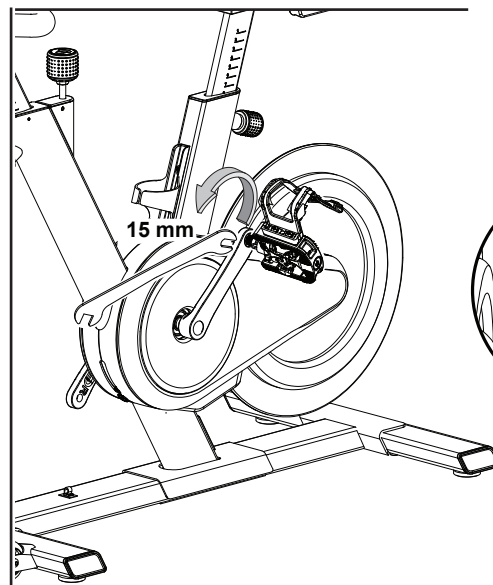
11. With the Pedal started by several hand turns into the Crank Arm, fully tighten it with the Pedal Wrench.

12. Confirm that the Pedal is fully tightened with the Pedal Wrench.

13. Repeat with the other Pedal.

Note: Be sure to check the Pedals weekly to confirm that they are fully tightened.

! 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.



14. Final Inspection

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

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


NOTICE: This document provides instructions for the replacement of the Engine on the BowFlex™ IC Bike SE / SEi (Model Year 2023) Exercise Bikes.

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• SAVE THESE INSTRUCTIONS.

Tools Required (not included)

15mm Wrench



4mm Hex wrench
6mm Hex wrench



#2 Phillips screwdriver



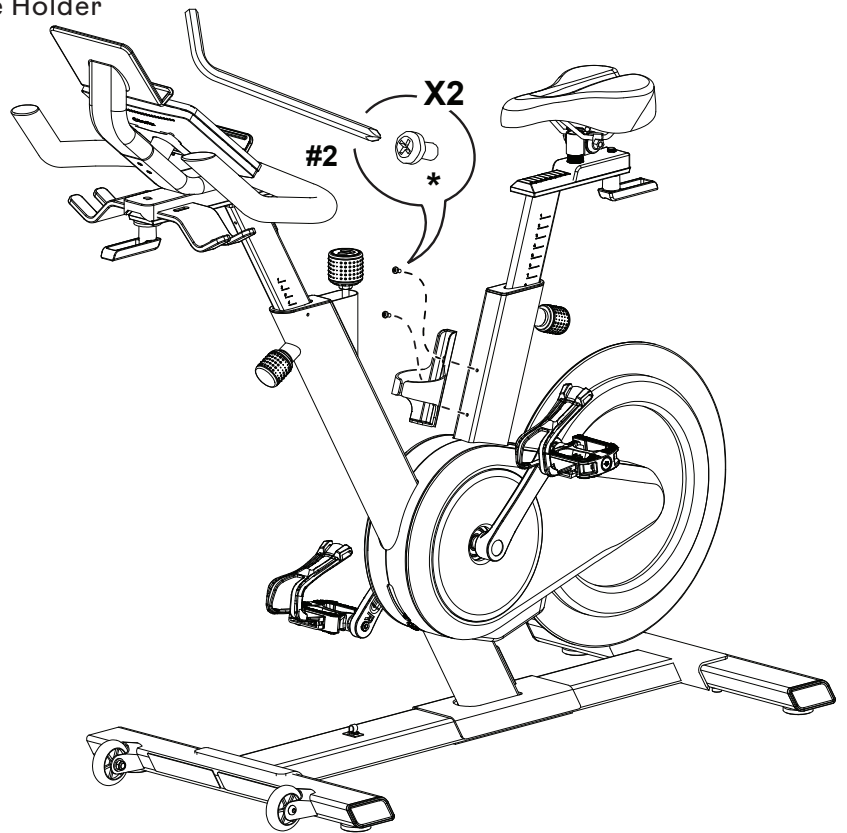
A non-compressible item, such as a book or block of wood, that is about 10 cm (4 inches) in height



Note: Your machine may not match the images provided exactly.

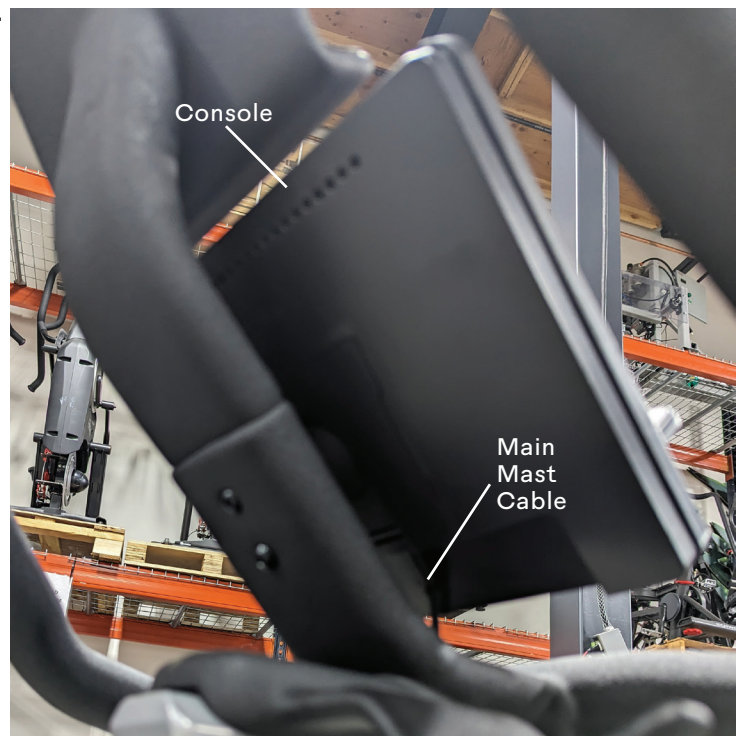
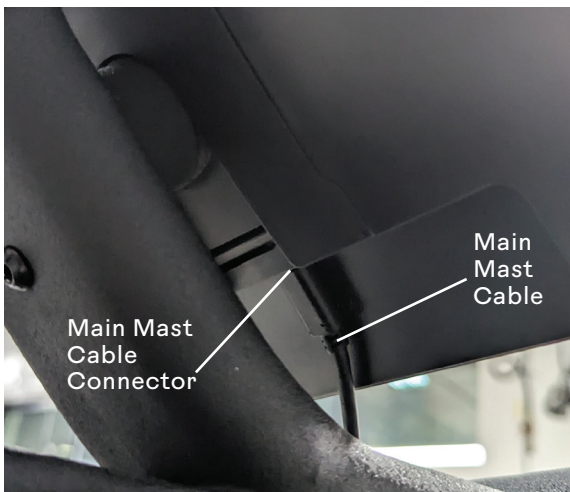
1. Unplug the AC Adapter from the wall outlet and machine.

2. Using a #2 Phillips screwdriver, remove the hardware that attaches the Water Bottle Holder to the Frame Assembly. Place the Water Bottle Holder outside of the work area.



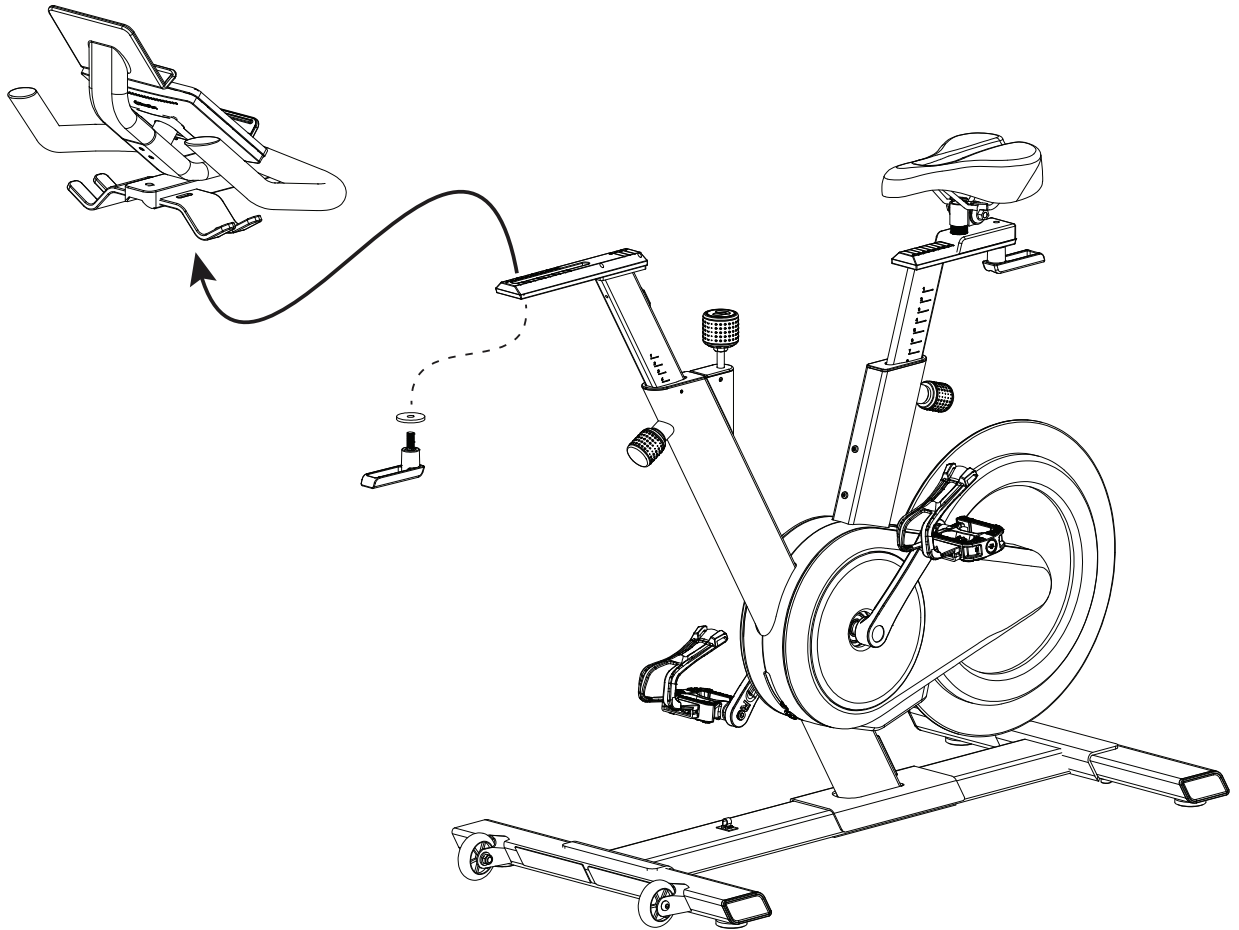
3. Disconnect the Main Mast Cable from the Console.

NOTICE: Do not cut or pinch the cable.

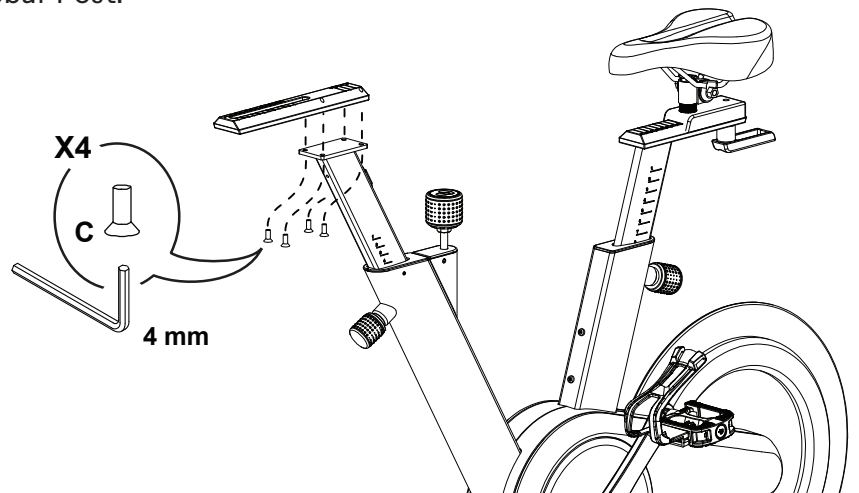


4. Being prepared to support the weight of the Handlebar and Console Assembly, remove the Handlebar Adjustment Handle. Safely place the Handlebar and Console Assembly outside of the work area.

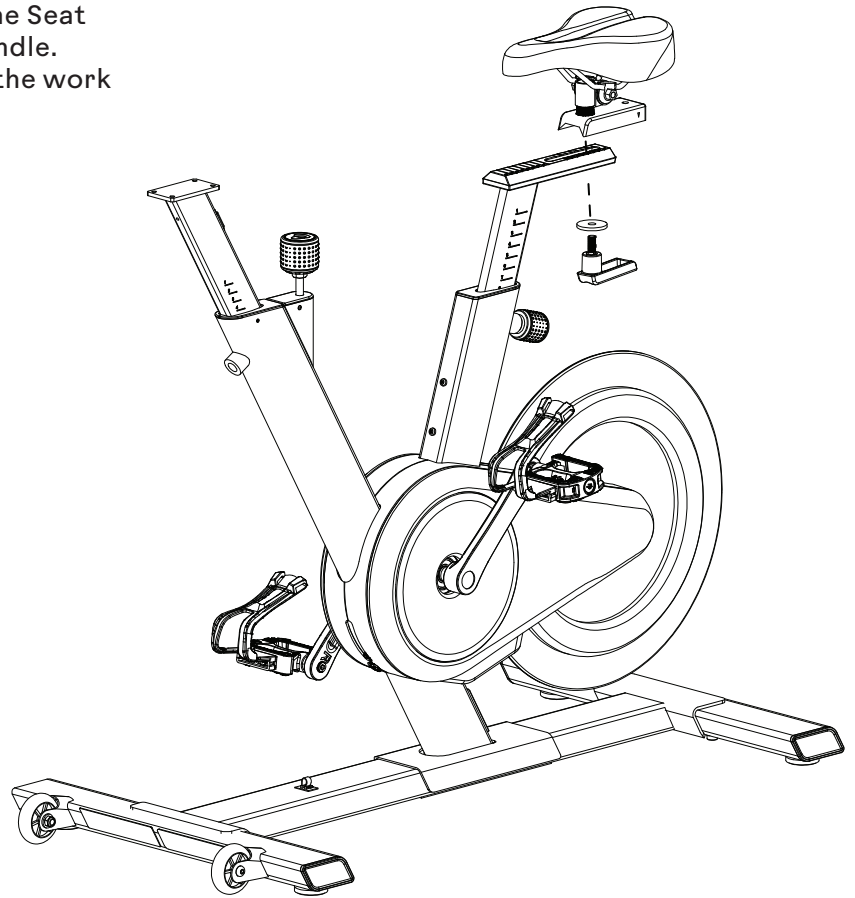
⚠ Some components of the machine can be heavy or awkward. Use a second person when doing the steps involving these parts. Do not do steps that involve heavy lifting or awkward movements on your own.



5. Using a 4mm hex wrench, remove the hardware that secures the Handlebar Track to the Handlebar Post.

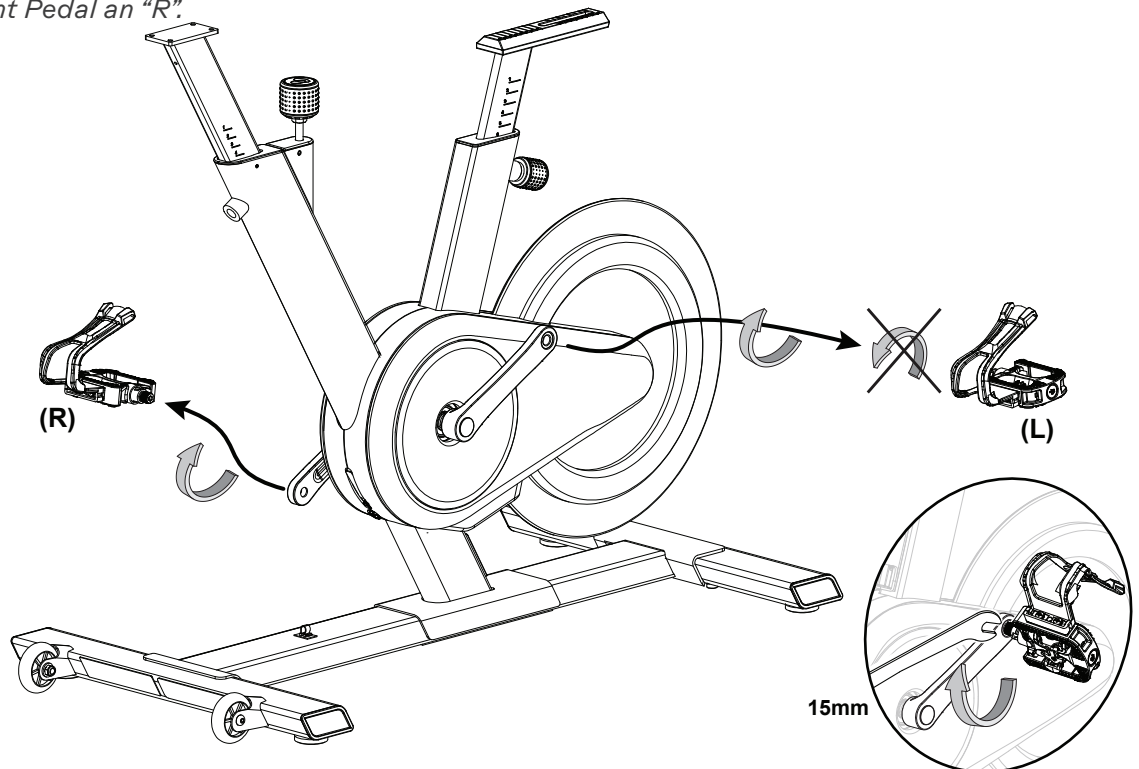


6. Being prepared to support the weight of the Seat Assembly, remove the Seat Adjustment Handle. Safely place the Seat Assembly outside of the work area



7. Using a 15mm open faced wrench, loosen and remove the Pedal.

*Note: **The Left Pedal is reverse-threaded.** Orientation is based from a seated position on the bike. The Left Pedal has an "L", the Right Pedal an "R".*

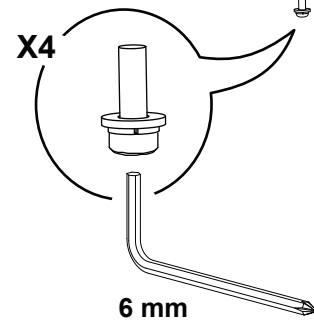
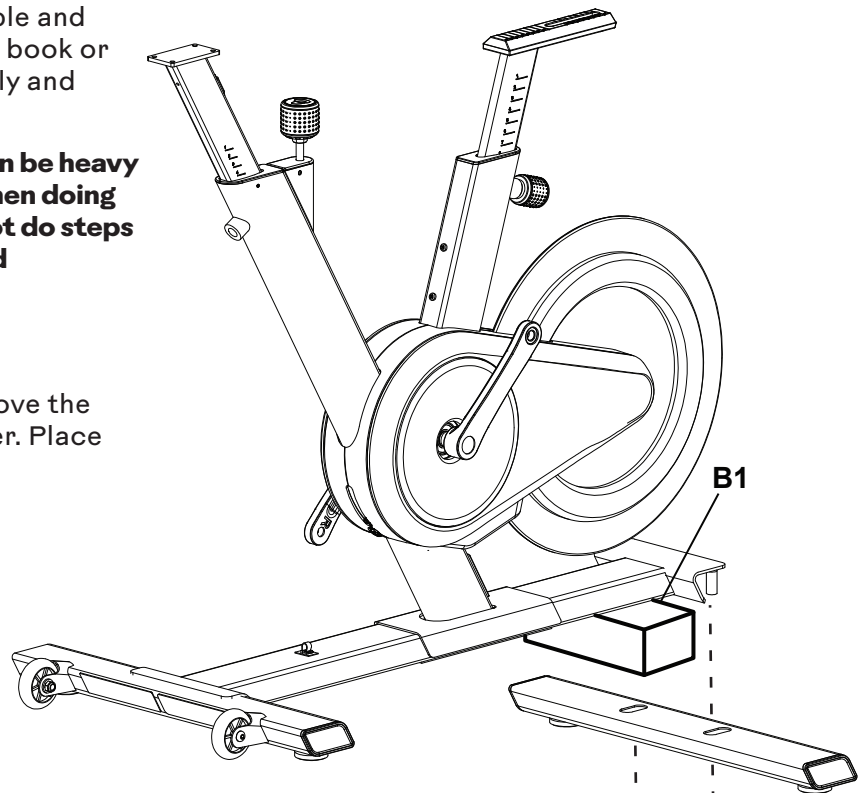
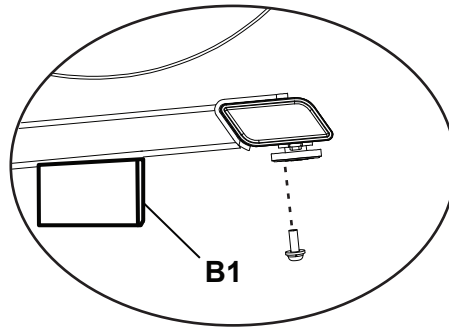


8. Using something which is non-compressible and about 10 cm (4 inches) in height, such as a book or block of wood (B1), lift the Frame Assembly and slide it just past the Rear Stabilizer.

! Some components of the machine can be heavy or awkward. Use a second person when doing the steps involving these parts. Do not do steps that involve heavy lifting or awkward movements on your own.

9. Using a 6mm hex wrench, loosen and remove the hardware that attaches the Rear Stabilizer. Place the Rear Stabilizer outside the work area.

Rear stabilizer (Left side)



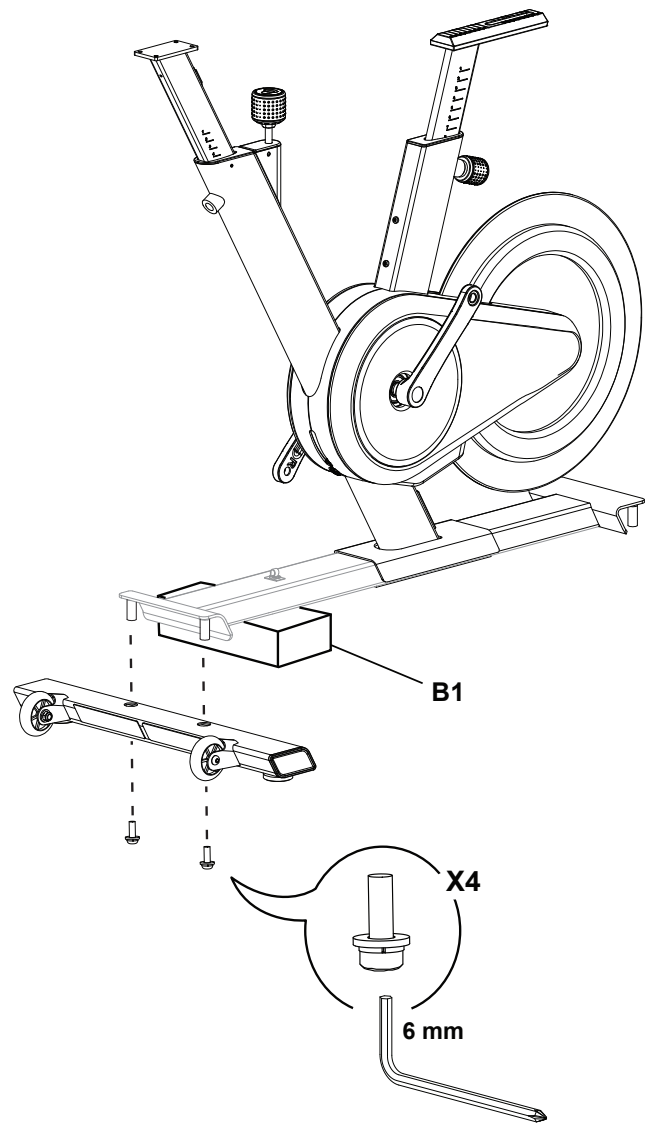
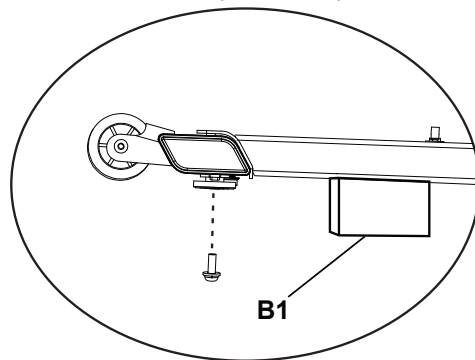
10. Remove the non-compressible item (B1) from the rear of the Frame Assembly, and place it under the Frame Assembly just past the Front Stabilizer.

⚠ Some components of the machine can be heavy or awkward. Use a second person when doing the steps involving these parts. Do not do steps that involve heavy lifting or awkward movements on your own.

11. Using a 6mm hex wrench, loosen and remove the hardware that attaches the Front Stabilizer. Place the Front Stabilizer outside the work area.

⚠ With the Stabilizers removed, be aware that the Frame Assembly is unstable. Safely remove it from the work area.

Front stabilizer (Left side)

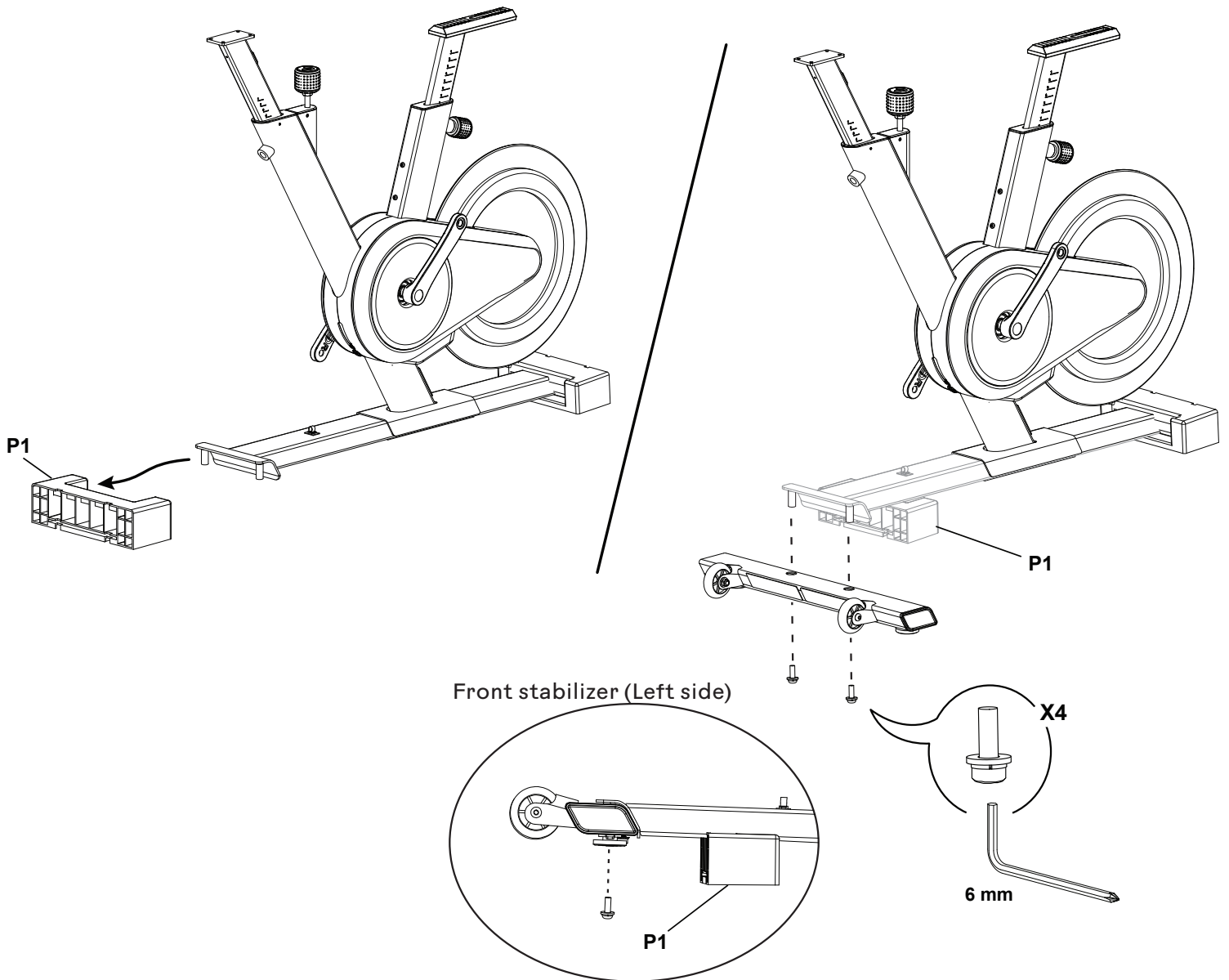


12. Remove packaging material (P1) from Front Stabilizer bracket. Place it under the frame behind the bracket to support the front of the machine.

⚠ Some components of the machine can be heavy or awkward. Use a second person when doing the steps involving these parts. Do not do steps that involve heavy lifting or awkward movements on your own.

13. Attach Front Stabilizer to the new Engine. Fully tighten the hardware and remove the packaging material.

⚠ Make sure the hardware is fully tightened.

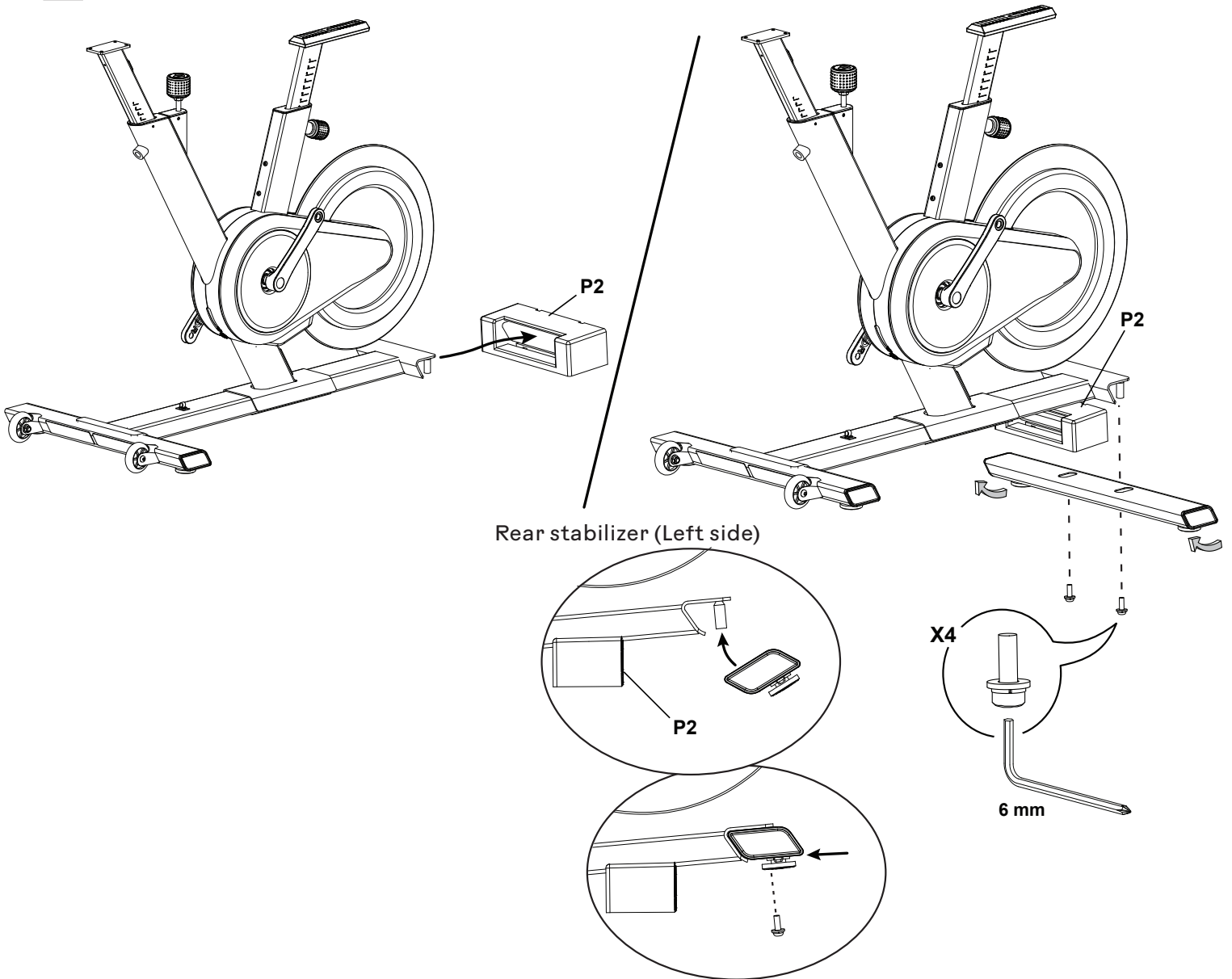


14. Remove packaging material (P2) from Rear Stabilizer bracket. Place it under the frame in front of the bracket to support the rear of the machine.

⚠ Some components of the machine can be heavy or awkward. Use a second person when doing the steps involving these parts. Do not do steps that involve heavy lifting or awkward movements on your own.

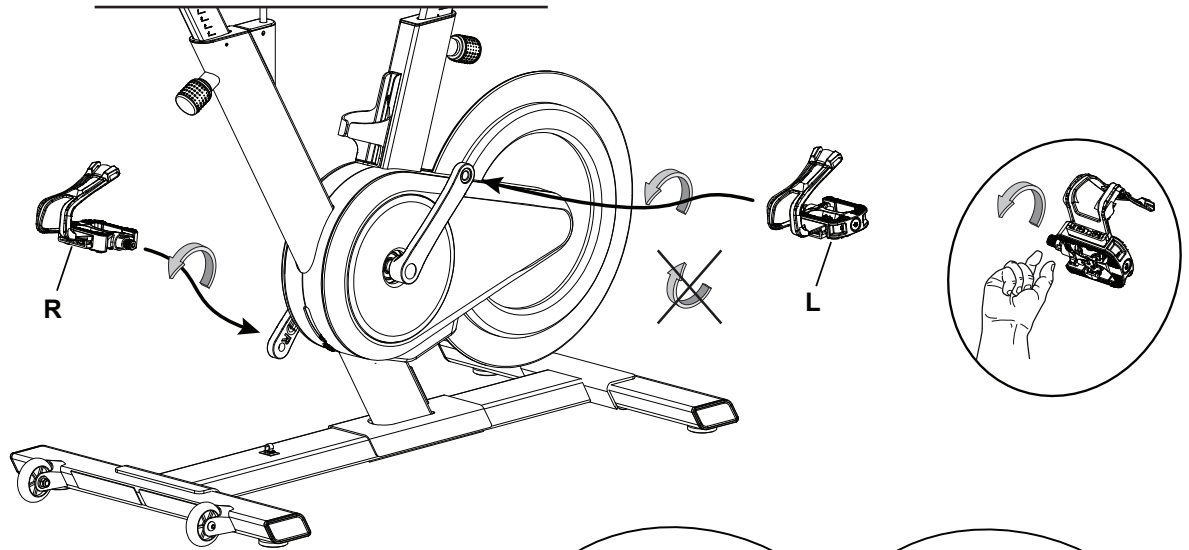
15. Pivot the Rear Stabilizer onto the mount posts in the bracket and push forward into position. Fully tighten the hardware and remove the packaging material.

⚠ Make sure the hardware is fully tightened.

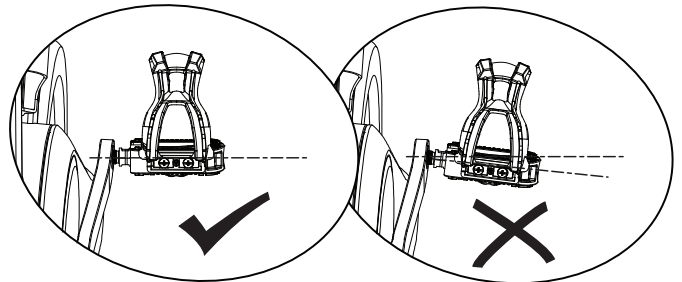


16. Start the Pedal by hand. If you feel resistance and the Pedal does not turn smoothly into the Crank Arm, make sure that the threads are aligned correctly. Be sure that the Pedal is going on straight into the Crank Arm. If the Pedal is not in-line with the opening, remove the Pedal and start again.

Note: The Left Pedal is reverse-threaded. Orientation is based from a seated position on the bike. The Left Pedal has an "L", the Right Pedal an "R".



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

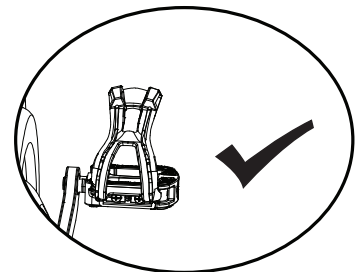
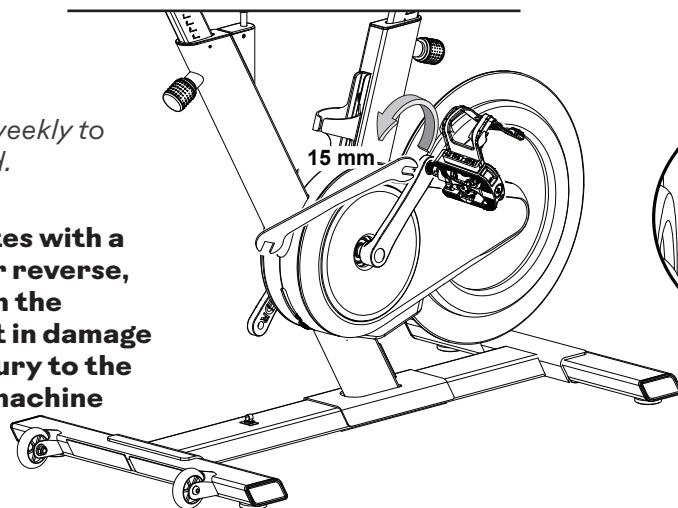


18. Confirm that the Pedal is fully tightened with the Pedal Wrench.

19. Repeat with the other Pedal.

Note: Be sure to check the Pedals weekly to confirm that they are fully tightened.

! 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.



20. Re-install all remaining parts that were removed in reverse order.

The Cable Connector has a tab that can only be connected to the Console in one orientation. Connect the Main Mast Cable to the Console in the proper orientation.

NOTICE: Do not cut or pinch the cable.



21. Final Inspection

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



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

NOTICE: This document provides instructions for the replacement of the Flywheel assembly on the BowFlex™ IC Bike SE / SEi (Model Year 2023) Exercise Bikes.

If you need assistance, please call **BowFlex Customer Service** (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: global.bowflex.com

⚠️ This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Read and understand all Warnings on this machine.

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Important Safety Instructions - Before servicing or using this equipment, obey the following warnings:

⚠️ This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Read and understand all Warnings on this machine.

- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- 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.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. 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.
- Do not try to change the design or functionality of the machine being serviced as this can adversely affect user safety.
- Do not put the machine back in service until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

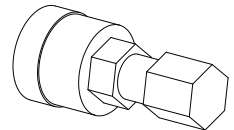
• SAVE THESE INSTRUCTIONS.

Tools Required (not included)

Small flathead screwdriver
(and small piece of cloth)
or auto trim tool



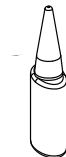
25 mm crank puller



16 mm Socket and wrench
19 mm Socket and wrench



Red Loctite® 272 or equivalent
(high strength)



15 mm Open end wrench
or adjustable wrench
19 mm Open end wrench
13 mm Open end wrench
10 mm Open end wrench



Tool to cut ziptie

Ziptie

#2 Phillips screwdriver



Note: Your machine may not match the images provided exactly.

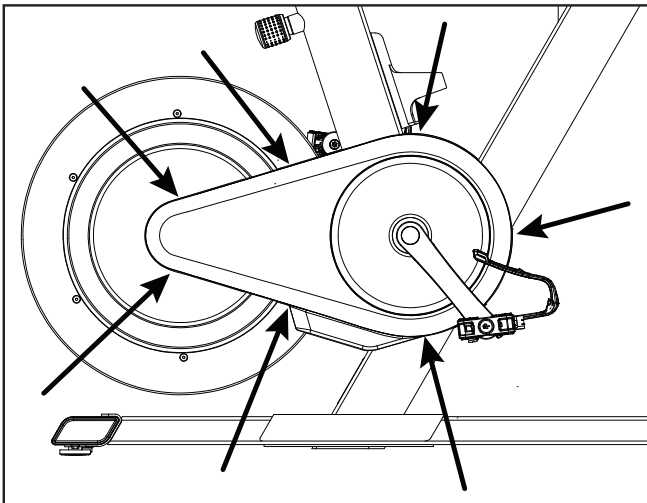
1. Unplug the AC Adapter from the wall outlet and machine.

Fully turn the Resistance Knob clockwise to lock the Flywheel in place.

2. Carefully remove the Right Outside Shroud, using small flathead screwdriver (or auto trim tool) to disengage the inside tabs from the Main Assembly.

Note: To avoid damage to the surface of the Shrouds, we recommend putting a piece of cloth over the screwdriver blade.

Outside shroud - tab locations (Right side shown)



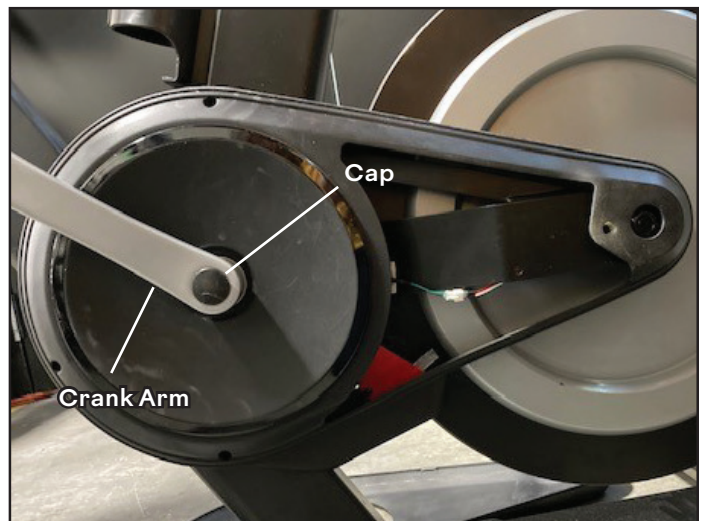
Set the Outside Shroud safely aside for reassembly.

Removing Right outside shroud (Crank arm not shown)



3. Using a flathead screwdriver, remove the threaded Cap from the Crank Arm.

Crank arm and cap - (Left side shown)

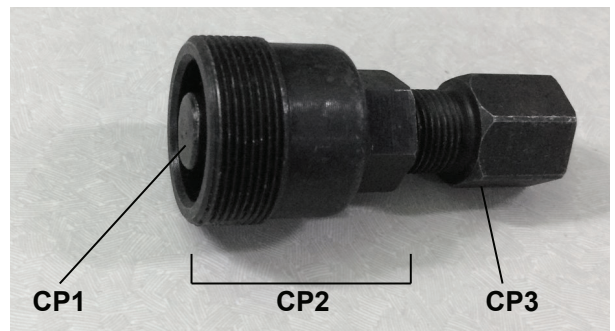


4. Using a 16mm socket and wrench, remove the Crank Nut under the threaded Cap.



5. Thread the 25mm Crank Puller into the Crank Arm. When the Crank Puller is in the correct position, only 1-2 threads on the outer portion (CP2) of the Crank Puller should show.

Note: Be sure the end of the Bolt (CP1) in the Crank Puller is flush with the inner surface (CP2) as shown, before use.



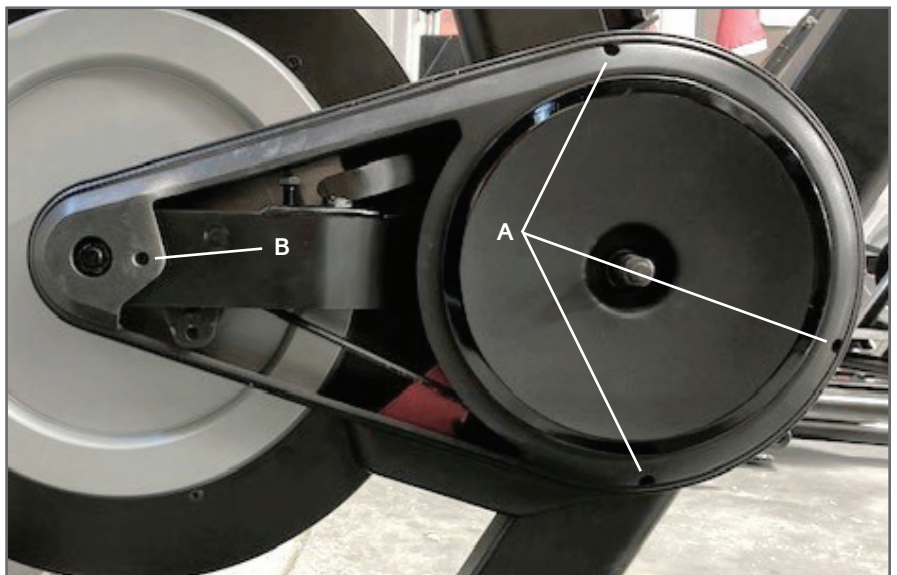
6. Using a 15mm wrench, turn the inner portion (CP3) of the Crank Puller clockwise. The Crank Arm will slide off as it is tightened. Set it safely aside for reassembly.

7. Using a #2 Phillips screwdriver, remove the 4 screws (A, B) that attach the Right Structural Shroud. Remove the bottom screws first. Set the screws safely aside for reassembly.

Remove the Shroud and set it safely aside.

NOTICE: Do not cut or pinch the cables.

Right Structural shroud - screw locations

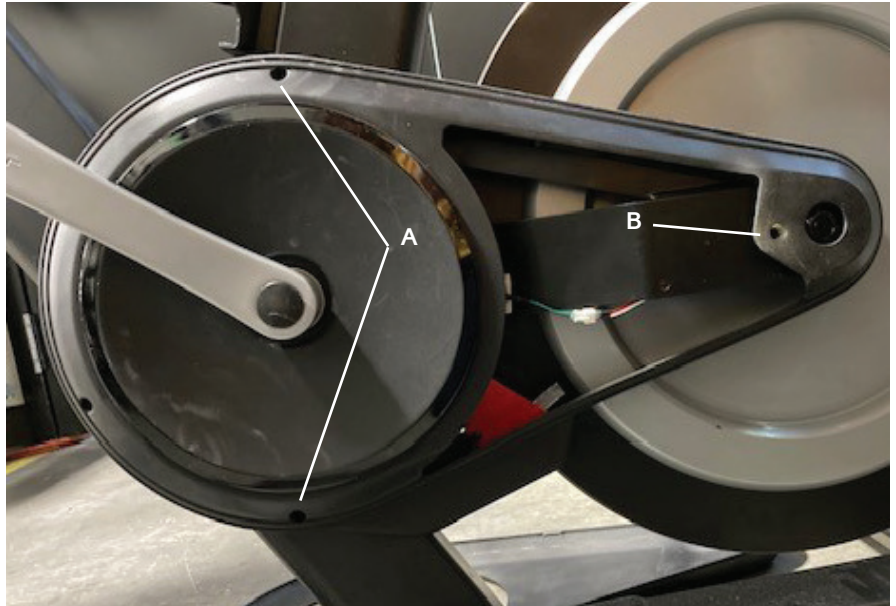


8. Repeat Steps 2 - 6 on the Left side of the machine.

9. Using a #2 Phillips screwdriver, remove the 3 screws (A, B) that attach the Left Structural Shroud. Remove the bottom screws first. Set the screws safely aside for reassembly. Remove the Shroud and set it safely aside.

NOTICE: Do not cut or pinch the cables.

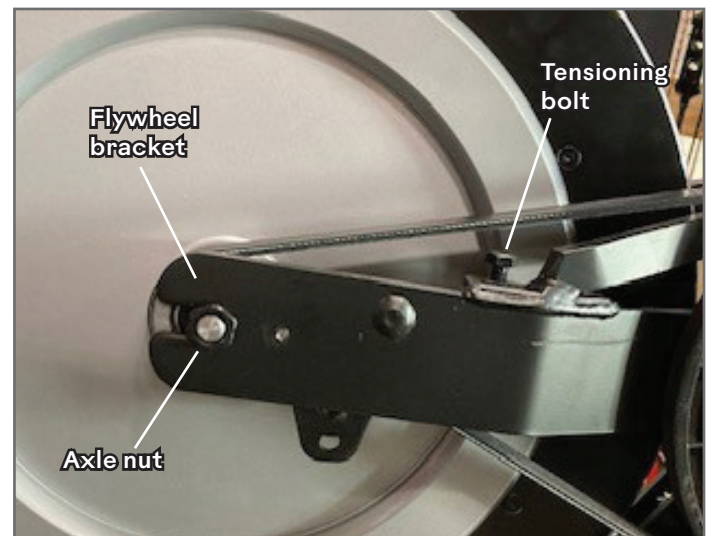
Left Structural shroud - screw locations (disregard crank arm, removed in earlier step)



9. Loosen the Resistance Knob to the minimum resistance setting.

10. Mark the position of the Flywheel Axle Nuts on the Flywheel Brackets (both sides of bike).

Right side



11. Record the number of threads showing on the Tensioner Eyebolt on each side of the Spindle Clip.

12. To loosen the Flywheel hardware, use a 19 mm open end wrench to hold the Flywheel Axle Nut on one side steady and loosen the Flywheel Axle Nut on the opposite side with a 19 mm socket and wrench. Remove the Flywheel Axle Nuts from the Flywheel axle. Set the hardware safely aside for reassembly.


13. Using a 13 mm wrench, loosen the Tensioning Bolt.

14. Using a 10 mm wrench, loosen and remove the Flywheel Retainer Nut from the Tensioner Eyebolt. Remove the Tensioner Eyebolt (and Spindle Clip) from the Flywheel axle. Set the Tensioner hardware aside.

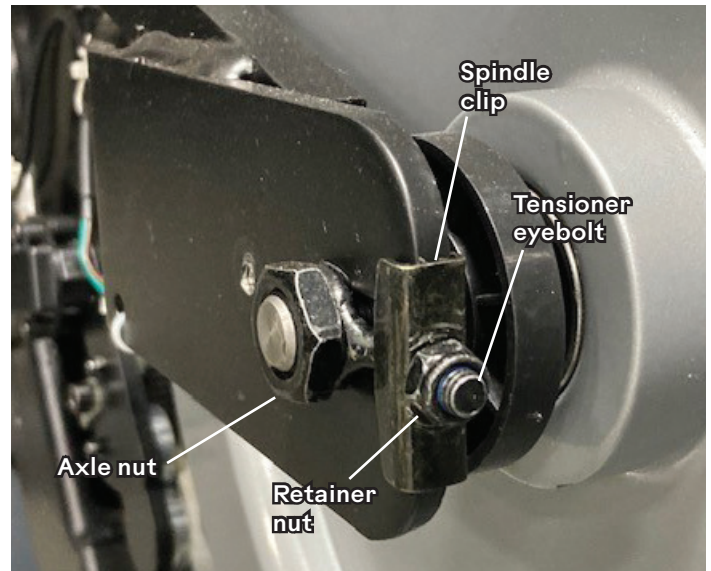
NOTICE: It may be necessary to move the Flywheel. This step may require two people.

15. Remove the ziptie that attaches the Speed Sensor cable to the Flywheel Bracket. Disconnect the Speed Sensor cable from the Cable Assembly.

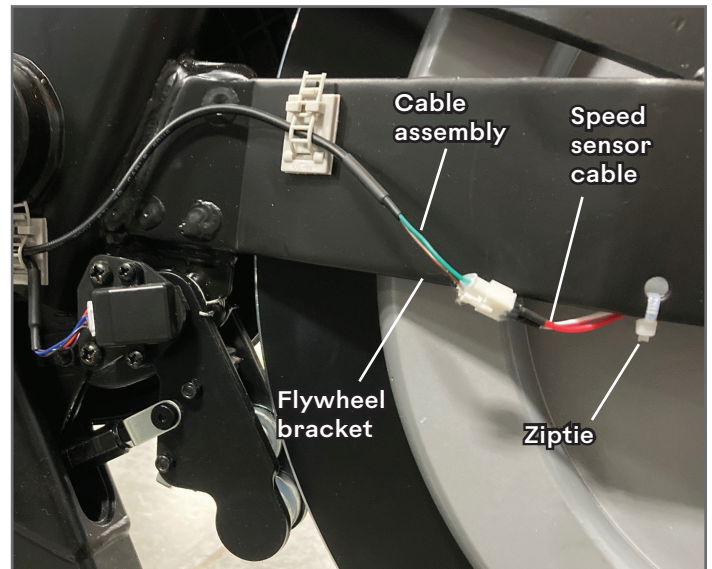
16. Carefully turn the Drive Pulley and ease the Drive Belt off the Drive Pulley to the outside.

 **Be sure to keep fingers clear of all pinch hazards as you turn the Drive Pulley and Flywheel.**

Left side - Tensioner assembly



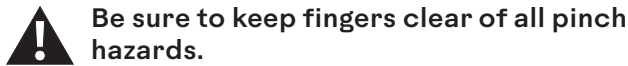
Left side



17. Carefully move the Flywheel to the opening in the Flywheel Brackets, and then remove the Flywheel from the Flywheel Bracket. Remove the Drive Belt from the Flywheel Pulley to the outside.

NOTICE: This step may require two people.

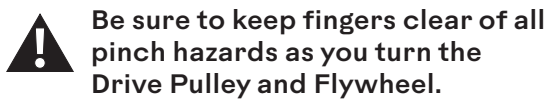
18. Remove the old Flywheel Assembly and set it safely aside.



19. Hold the replacement Flywheel Assembly near the openings in the Flywheel Brackets. Be sure the Flywheel pulley is on the right side, and keep the Speed Sensor cable out of the way. Put the Drive Belt in position around the Flywheel pulley. Be sure that the lower portion of the Drive Belt is over the bearings on the Idler Pulley.

NOTICE: This step may require two people. Do not cut or pinch any cables.

20. Put the Drive Belt onto the Drive Pulley. Make sure the Drive Belt is aligned on the Flywheel pulley, Idler Pulley and Drive Pulley.

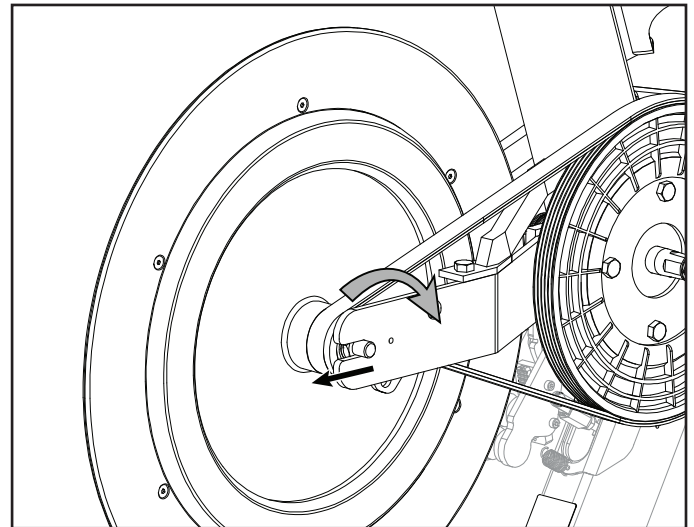


21. Align the Flywheel axle in the Flywheel Brackets. Refer to the locations that were marked in step 10. Using a 10 mm wrench, install the Tensioner Eyebolt, Spindle Clip and Retainer Nut on the left end of the Flywheel axle. Refer to the number of threads showing on the Tensioner Eyebolt that you recorded in in step 11.

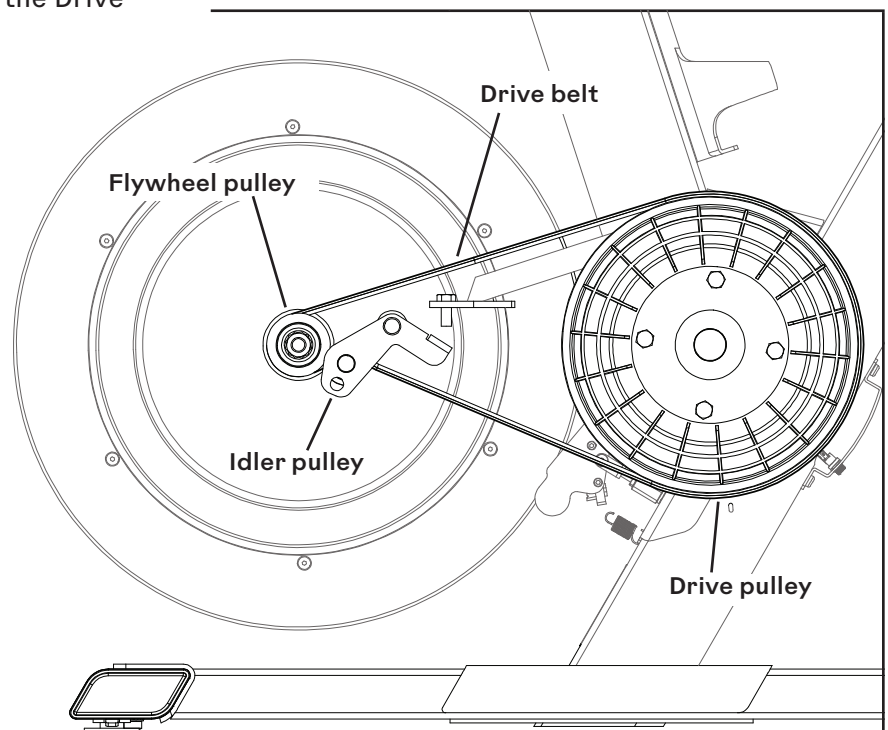
NOTICE: This step may require two people.

22. Connect the Speed Sensor cable to the Cable Assembly. Using a ziptie, secure the Speed Sensor cable to the Flywheel Bracket to keep it clear of the motion of the Flywheel.

Right side - Removing Belt from Flywheel hub



Drive Belt routing (Flywheel bracket not shown)



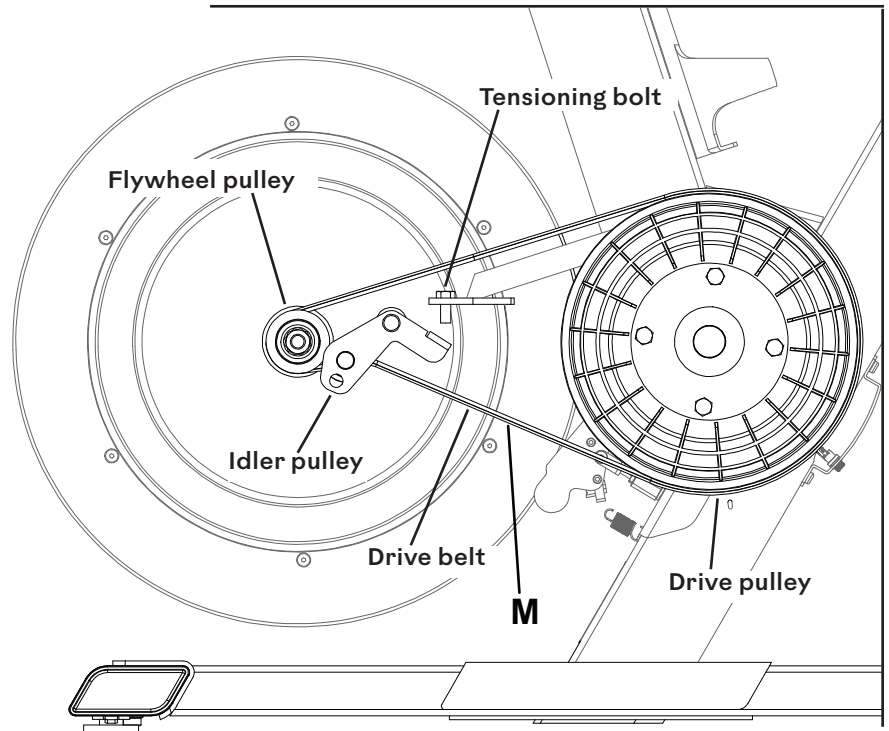
23. Check the Drive Belt tension:

- Push the Drive Belt downward at the midpoint (M) between the pulleys and measure the distance. The Drive Belt should have only 0.25" (0.64 cm) of give.

Or:

- Hold the edges of the Drive Belt at the midpoint (M) and twist it. It should turn only 90 degrees (1/4 turn, to vertical).

Checking Belt tension (Flywheel bracket not shown)



24. Using a 13 mm wrench, adjust the Tensioning Bolt.

If the Drive Belt is too loose—turn the Nut on the Tensioning Bolt clockwise.

If the Drive Belt is too tight—turn the Nut on the Tensioning Bolt counterclockwise.

25. Check the belt tension:

If the tension is correct—continue to step 26.

If the tension is not correct—repeat step 24.

26. Hand tighten the Flywheel Axle Nuts on the Flywheel axle. Fully tighten the Flywheel hardware, using a 19 mm open end wrench to hold the Flywheel Axle Nut on one side steady and tighten the Flywheel Axle Nut on the opposite side with a 19 mm socket and wrench.

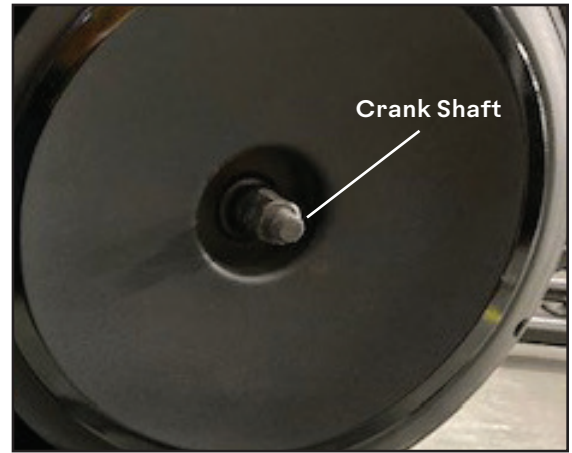
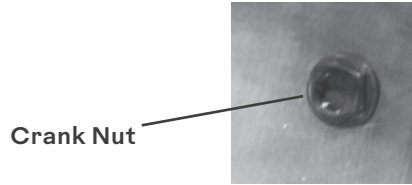
27. Using a #2 Phillips screwdriver, re-install the Structural Shrouds. Put the Right Shroud in position first to align the screws for the Left Shroud.

NOTICE: Do not cut or pinch the cables.

Install the top shroud screws first.

28. Place the Crank Arm onto the Crank Shaft. Be sure the Crank Arms are connected at 180° from each other.

29. Add Loctite® 272 (or equivalent) to the inner threads of the Crank Nut. Do not apply the Loctite® 272 to the Crank Shaft.



30. Install the Crank Nut onto the Crank Shaft, and fully tighten it.

31. Get on the bike and check the movement of the Drive Belt by rocking back and forth on the pedals. The Pedals and Flywheel should move as one. Adjust the Drive Belt tension again if necessary.

32. Put the Outside Shrouds in position and press to engage the locking tabs. Be sure the Shrouds are securely attached.

33. Final Inspection

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



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

NOTICE: This document provides instructions for the replacement of the Handlebar Post on the BowFlex™ IC Bike SE / SEi (Model Year 2023) Exercise Bikes.

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- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- 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.
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- Do not put the machine back in service until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

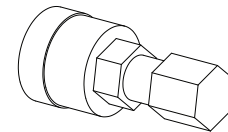
• SAVE THESE INSTRUCTIONS.

Tools Required (not included)

Small flathead screwdriver
(and small piece of cloth)
or auto trim tool



25 mm crank puller



16 mm Socket and wrench



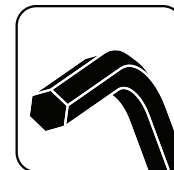
Red Loctite® 272 or
equivalent (high strength)



15 mm Open end wrench
or adjustable wrench



4 mm Hex wrench



#2 Phillips screwdriver



Piece of string or wire, about 183 cm
(72 inches) long

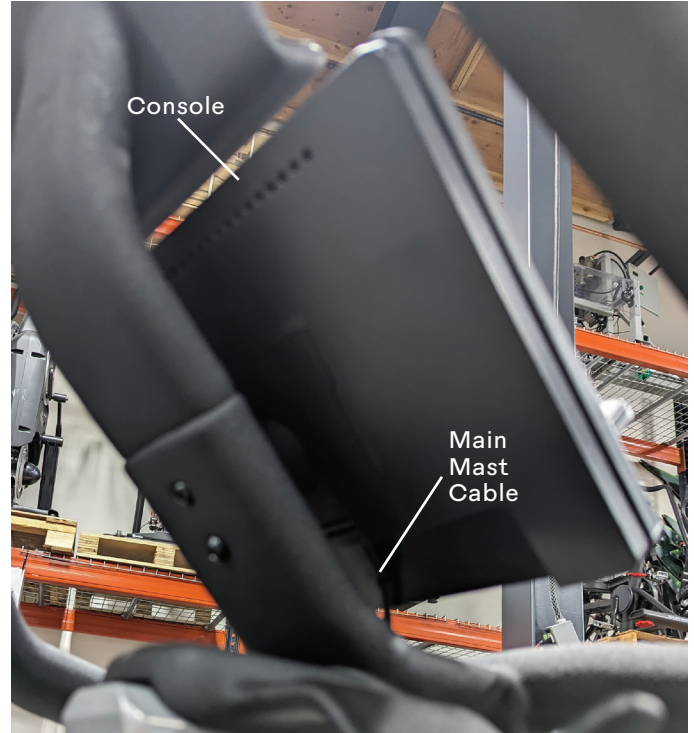
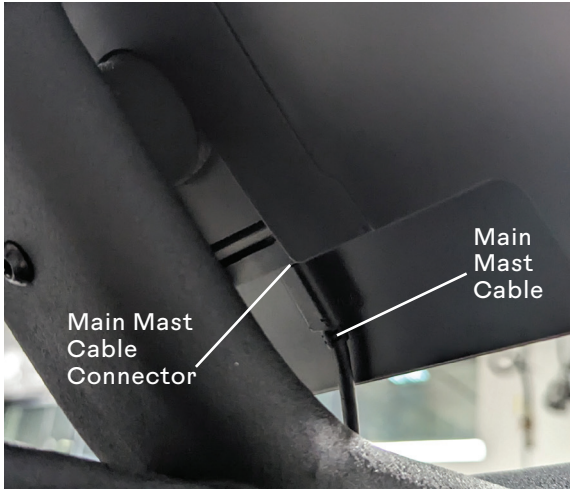


Note: Your machine may not match the images provided exactly.

1. Unplug the AC Adapter from the wall outlet and machine.

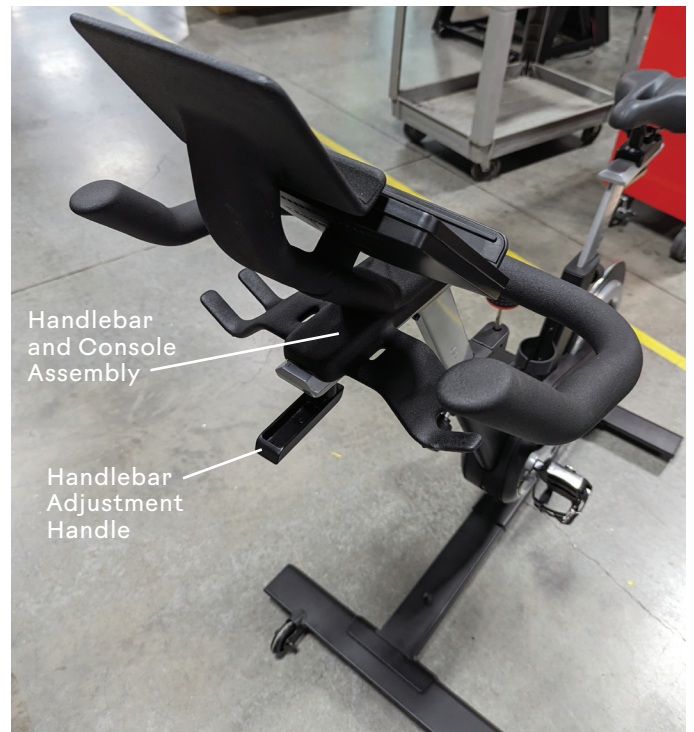
2. Disconnect the Console Cable from the Console.

NOTICE: Do not cut or pinch the cable.



3. Being prepared to support the weight of the Handlebar and Console Assembly, remove the Handlebar Adjustment Handle. Safely place the Handlebar and Console Assembly outside of the work area.

⚠ Some components of the machine can be heavy or awkward. Use a second person when doing the steps involving these parts. Do not do steps that involve heavy lifting or awkward movements on your own.



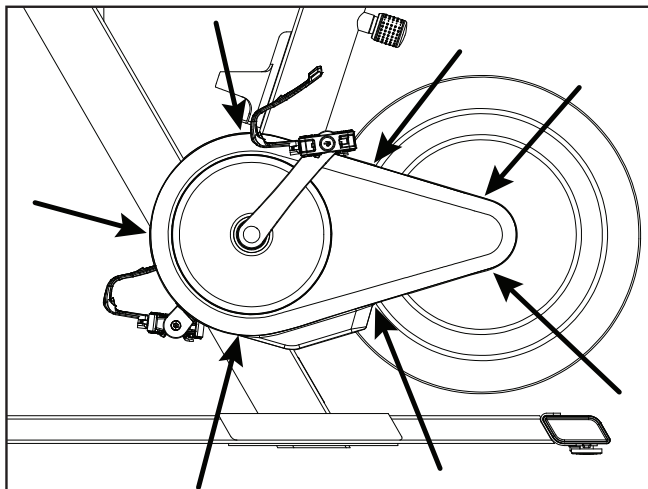
4. Using a 4mm hex wrench, remove the hardware that secures the Handlebar Track to the Handlebar Post.



5. Carefully remove the left Outside Shroud, using small flathead screwdriver (or auto trim tool) to disengage the inside tabs from the Main Assembly.

Note: To avoid damage to the surface of the Shrouds, we recommend putting a piece of cloth over the screwdriver blade.

Left outside shroud - tab locations

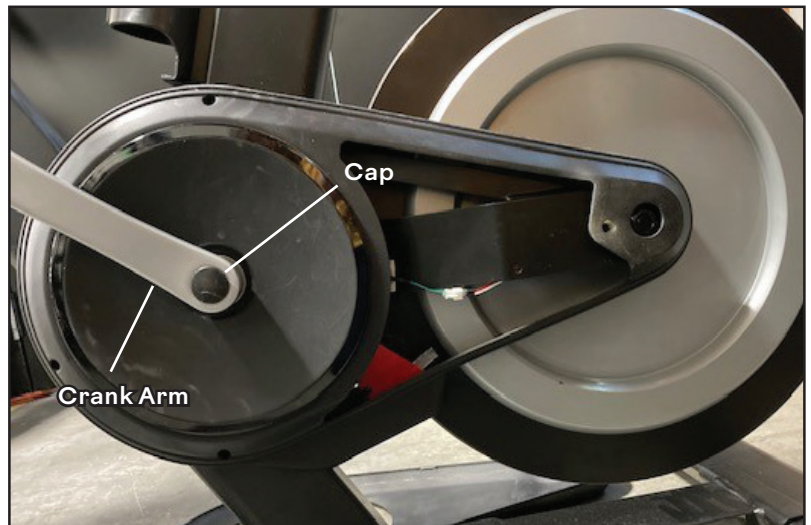


Set the Outside Shroud safely aside for reassembly.

Removing left outside shroud (Pedal not shown)



6. Using a flathead screwdriver, remove the threaded Cap from the Crank Arm.



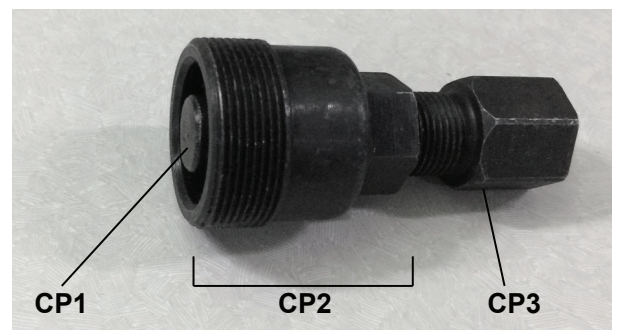
7. Using a 16mm socket and wrench, remove the Crank Nut under the threaded Cap.



8. Thread the 25mm Crank Puller into the Crank Arm. When the Crank Puller is in the correct position, only 1-2 threads on the outer portion (CP2) of the Crank Puller should show.

Note: Be sure the end of the Bolt (CP1) in the Crank Puller is flush with the inner surface (CP2) as shown, before use.

9. Using a 15mm wrench, turn the inner portion (CP3) of the Crank Puller clockwise. The Crank Arm will slide off as it is tightened. Set it safely aside for reassembly.

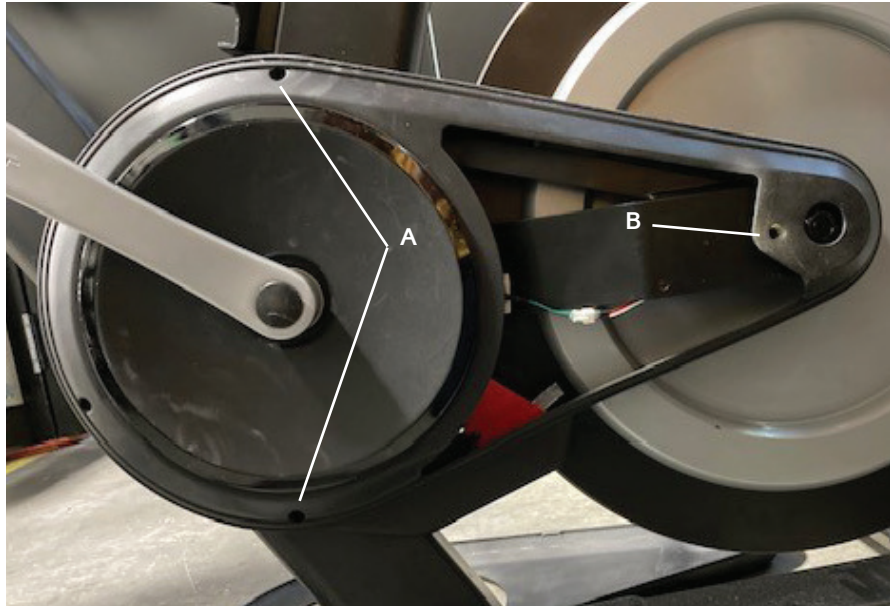


10. Using a #2 Phillips screwdriver, remove the 3 screws (A, B) that attach the Left Structural Shroud. Remove the bottom screws first. Set the screws safely aside for reassembly.

Remove the Shroud and set it safely aside.

NOTICE: Do not cut or pinch the cables.

Left Structural shroud - screw locations (disregard crank arm, removed in earlier step)



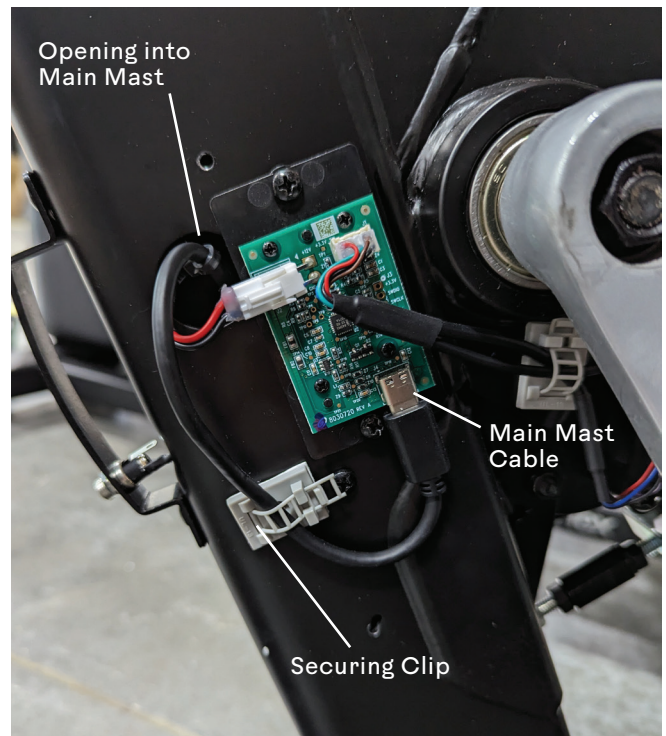
11. The Base Hub PCBA is now exposed. Disconnect the Main Mast Cable from the Base Hub PCBA and the Securing Clip.

Note: Be sure to note where the cable attaches for re-assembly. If the Cable Connector was secured by a small amount of glue, use a pair of small nose pliers to grab and remove the glue.

NOTICE: Do not cut or pinch the cables.

12. Tie a 183 cm (72 inch) long piece of wire or string to the end of the Main Mast Cable. This wire or string will be used to pull the Main Mast Cable from the new Handlebar Post through the Main Mast Opening.

NOTICE: Do not cut or pinch the cables.



13. Pulling outward the Handlebar Post Adjustment Knob, slide the old Handlebar Post from the Frame Assembly.

⚠ Some components of the machine can be heavy or awkward. Use a second person when doing the steps involving these parts. Do not do steps that involve heavy lifting or awkward movements on your own.

Be sure that the wire or string attached to the end of the Main Mast Cable from the Main Mast Opening does not get caught up or snagged.

14. With the Handlebar Post free except for the wire or string, disconnect the the wire or string being sure not to let it fall into the Main Mast.

15. Attach the wire or string to the Main Mast Cable on the new Handlebar Post.

16. Pulling outward the Handlebar Post Adjustment Knob, slide the new Handlebar Post into the Frame Assembly.

⚠ Do not lift the Handlebar Post above the “STOP” mark on the Handlebar Post.

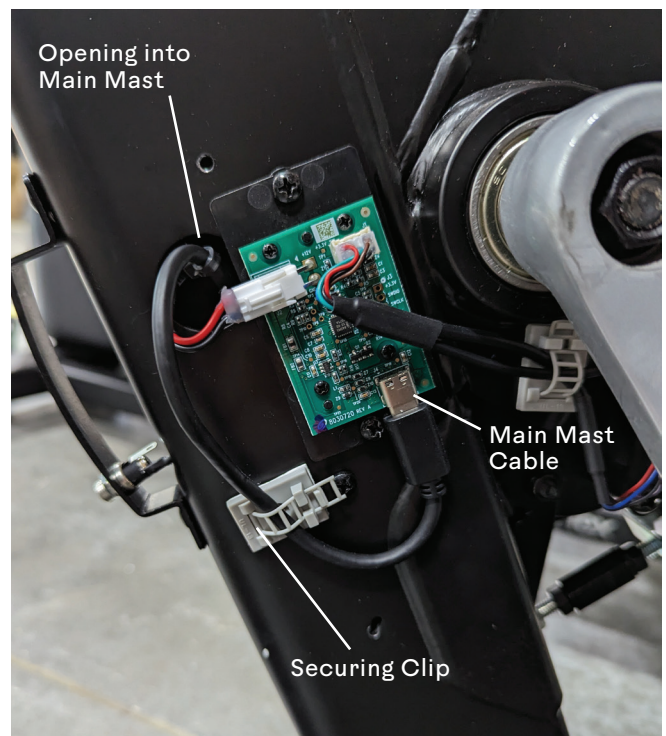
Some components of the machine can be heavy or awkward. Use a second person when doing the steps involving these parts. Do not do steps that involve heavy lifting or awkward movements on your own.

Be sure to gently pull the wire or string attached to the end of the Main Mast Cable from the Main Mast Opening as the Handlebar Post is inserted. Once the Handlebar Post is attached, gently pull the end of the Main Mast Cable through the Main Mast Opening.

NOTICE: Do not cut or pinch the cable.

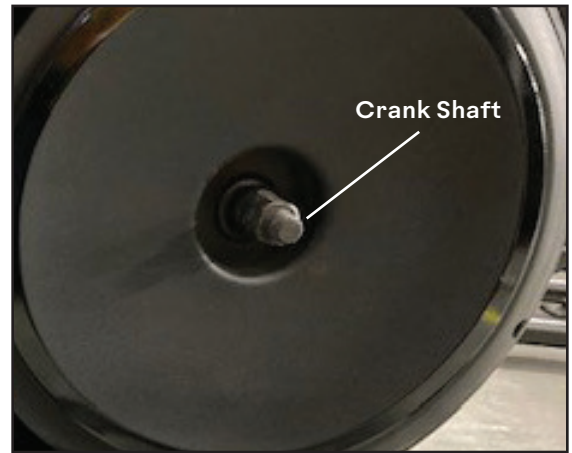
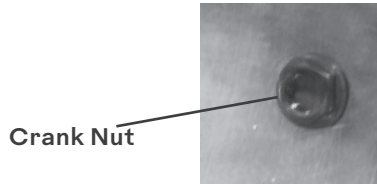
17. Remove the wire or string from the Main Mast Cable, and connect it to the Base Hub PCBA. Then secure it with the Securing Clip.

NOTICE: Do not cut or pinch the cable.



18. Re-install all remaining parts that were removed in reverse order.

When reinstalling the Crank Nut, add Loctite® 272 (or equivalent) to the inner threads of the Crank Nut. Do not to apply the Loctite® 272 to the Crank Shaft.



The Cable Connector has a tab that can only be connected to the Console in one orientation. Connect the Main Mast Cable to the new Console in the proper orientation.

NOTICE: Do not cut or pinch the cable.

19. Final Inspection

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



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



NOTICE: This document provides instructions for the replacement of the Pedals on the BowFlex™ IC Bike SE / SEi (Model Year 2023) Exercise Bikes. The Pedals **MUST** be installed straight into the Crank Arms by hand or the threads that secure the Pedals may strip.

⚠️ 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 the 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”.

If you need assistance, please call **BowFlex Customer Service** (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: global.bowflex.com

⚠️ This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Read and understand all Warnings on this machine.

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- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- 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.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. 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.
- Do not try to change the design or functionality of the machine being serviced as this can adversely affect user safety.
- Do not put the machine back in service until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

• SAVE THESE INSTRUCTIONS.

Tools Required (not included)

15mm Wrench

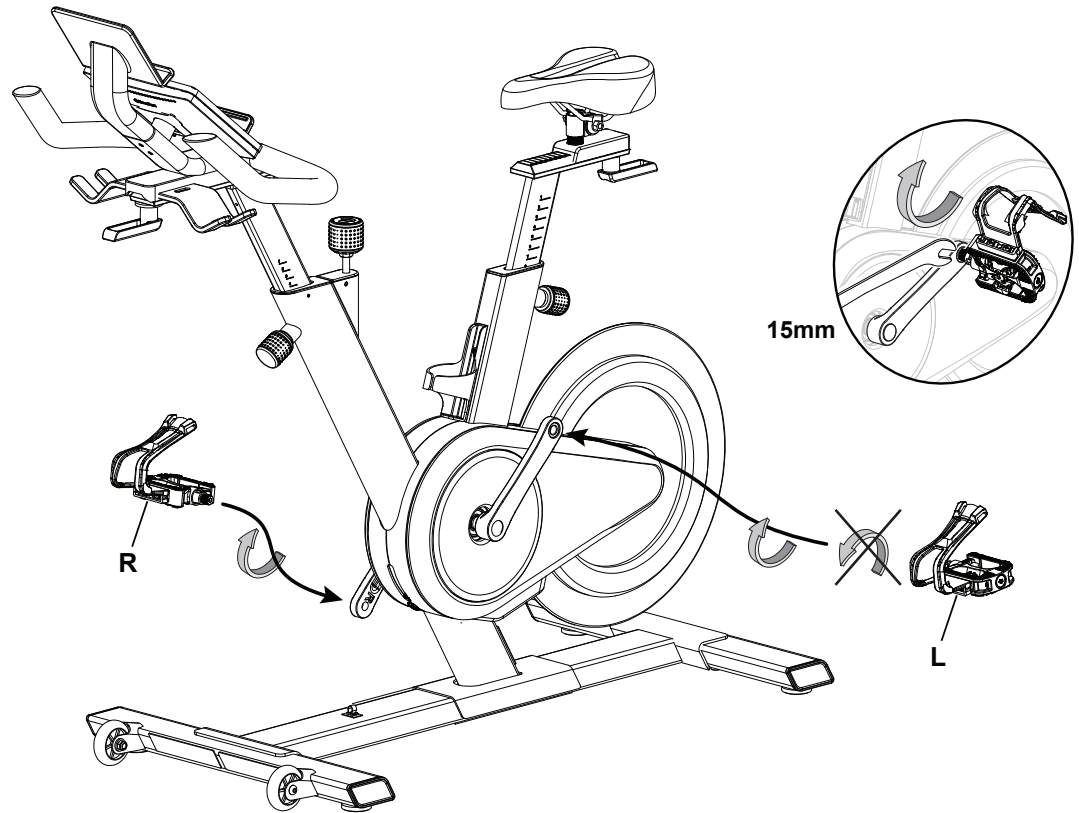


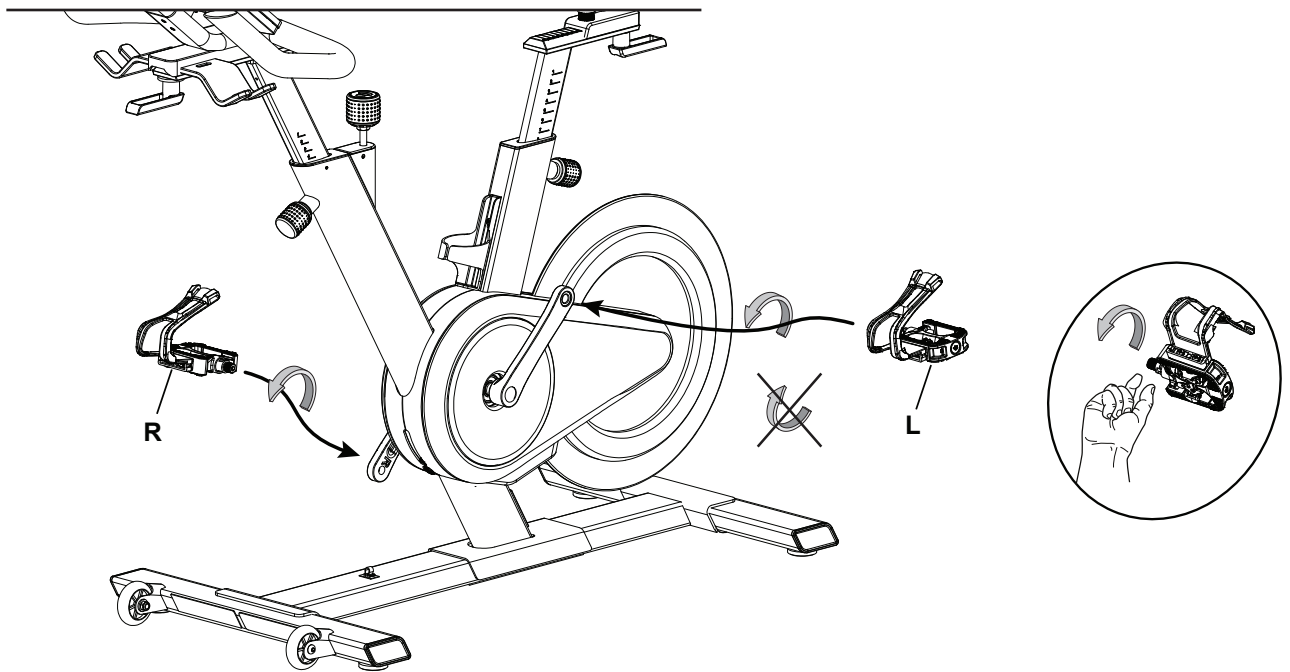
Note: Your machine may not match the images provided exactly.

1. Unplug the AC Adapter from the wall outlet and machine.

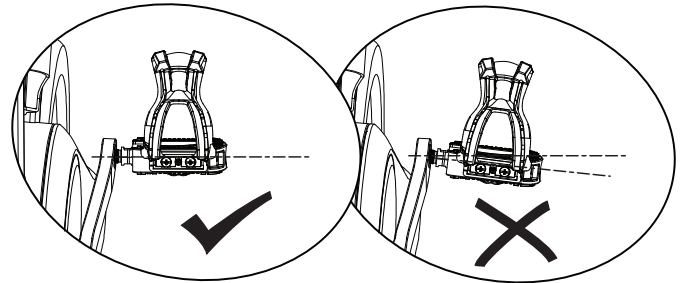
2. Loosen and remove the Pedal.

*Note: **The Left Pedal is reverse-threaded.** Orientation is based from a seated position on the bike. The Left Pedal has an "L", the Right Pedal an "R".*





3. 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 Crank Arm. If the Pedal is not in-line with the opening, remove the Pedal and start again.



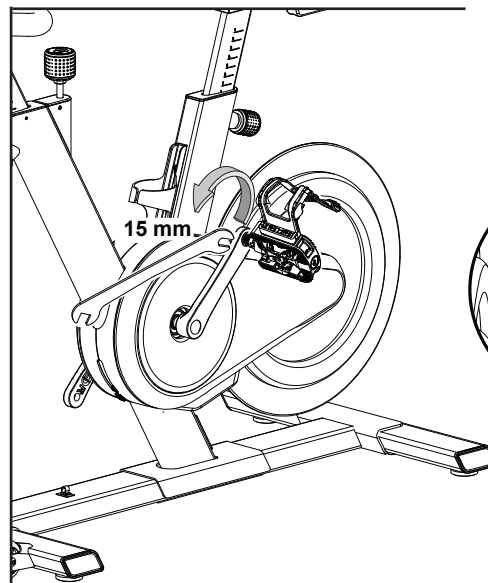
4. With the Pedal started by several hand turns into the Crank Arm, fully tighten it with the Pedal Wrench.

5. Confirm that the Pedal is fully tightened with the Pedal Wrench.

6. Repeat with the other Pedal.

Note: Be sure to check the Pedals weekly to confirm that they are fully tightened.

! 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.



7. Final Inspection

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

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

NOTICE: This document provides instructions for the replacement of the Resistance PCB and mount on the BowFlex™ IC Bike SE / SEi (Model Year 2023) Exercise Bikes.

If you need assistance, please call **BowFlex Customer Service** (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: global.bowflex.com

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- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- 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.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. 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.
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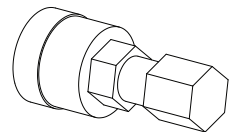
• SAVE THESE INSTRUCTIONS.

Tools Required (not included)

Small flathead screwdriver
(and small piece of cloth)
or auto trim tool



25 mm crank puller



16 mm Socket and wrench



Red Loctite® 272 or equivalent
(high strength)



15 mm Open end wrench
or adjustable wrench



#2 Phillips screwdriver

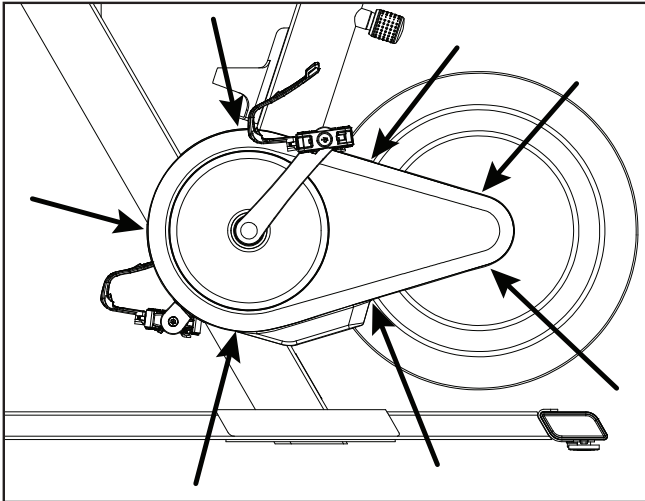


Note: Your machine may not match the images provided exactly.

1. Unplug the AC Adapter from the wall outlet and machine.
2. Carefully remove the left Outside Shroud, using small flathead screwdriver (or auto trim tool) to disengage the inside tabs from the Main Assembly.

Note: To avoid damage to the surface of the Shrouds, we recommend putting a piece of cloth over the screwdriver blade.

Left outside shroud - tab locations

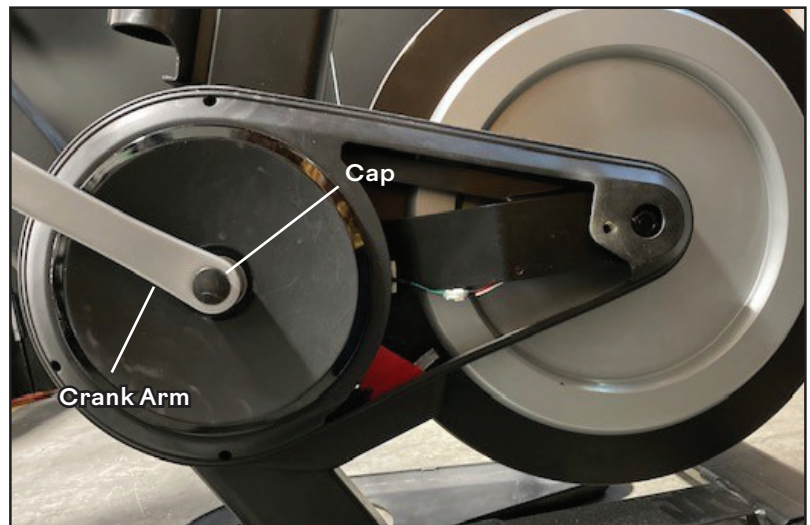


Removing left outside shroud (Pedal not shown)



Set the Outside Shroud safely aside for reassembly.

3. Using a flathead screwdriver, remove the threaded Cap from the Crank Arm.

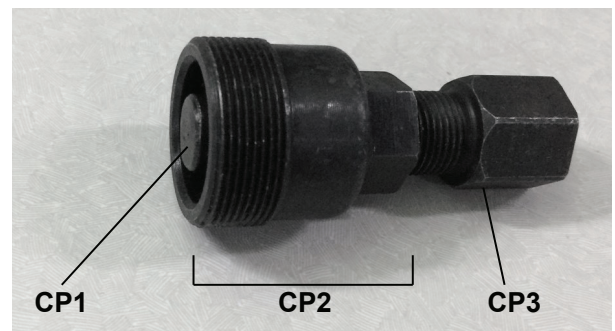


4. Using a 16mm socket and wrench, remove the Crank Nut under the threaded Cap.



5. Thread the 25mm Crank Puller into the Crank Arm. When the Crank Puller is in the correct position, only 1-2 threads on the outer portion (CP2) of the Crank Puller should show.

Note: Be sure the end of the Bolt (CP1) in the Crank Puller is flush with the inner surface (CP2) as shown, before use.



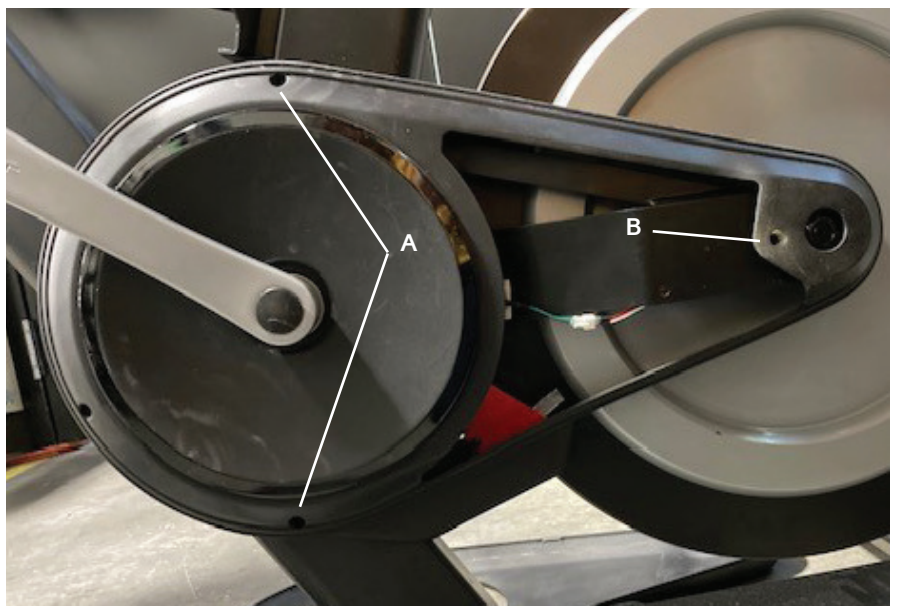
6. Using a 15mm wrench, turn the inner portion (CP3) of the Crank Puller clockwise. The Crank Arm will slide off as it is tightened. Set it safely aside for reassembly.

7. Using a #2 Phillips screwdriver, remove the 3 screws (A, B) that attach the Left Structural Shroud. Remove the bottom screws first. Set the screws safely aside for reassembly.

Remove the Shroud and set it safely aside.

NOTICE: Do not cut or pinch the cables.

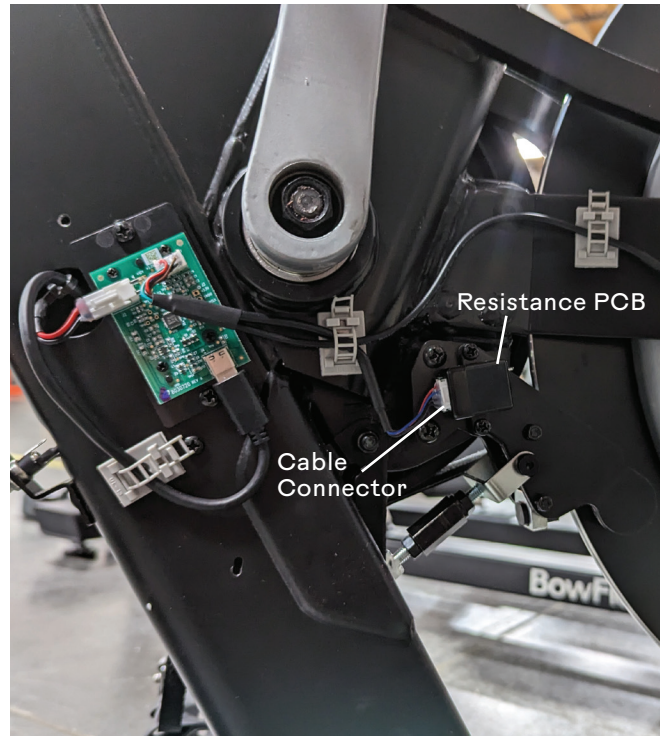
Left Structural shroud - screw locations (disregard crank arm, removed in earlier step)



8. Disconnect the Cable Connector from the Resistance PCB.

Note: Be sure to note how the cable attaches for re-assembly. If the Cable Connectors are secured by a small amount of glue, use a pair of small nose pliers to grab and remove the glue.

NOTICE: Do not cut or pinch the cables.

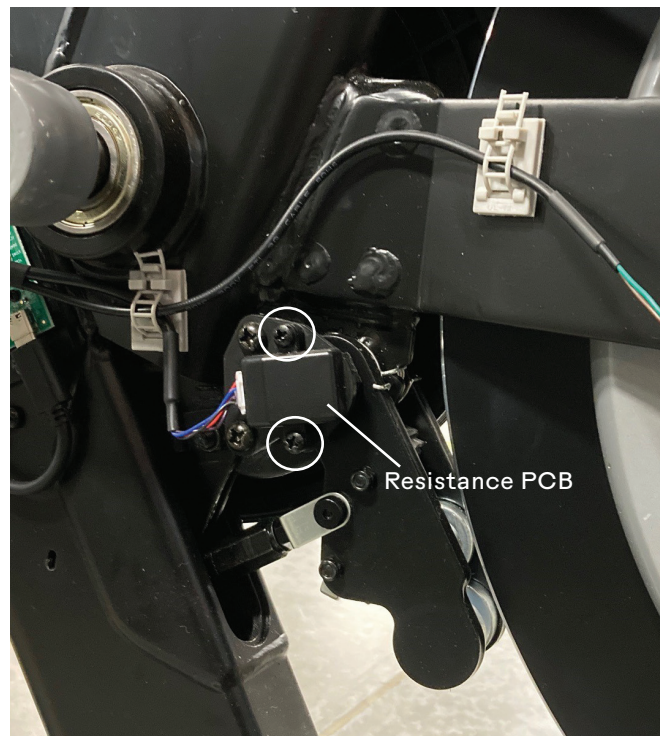


9. Using a #2 Phillips screwdriver, remove the screws that attach the Resistance PCB to the Frame Assembly.

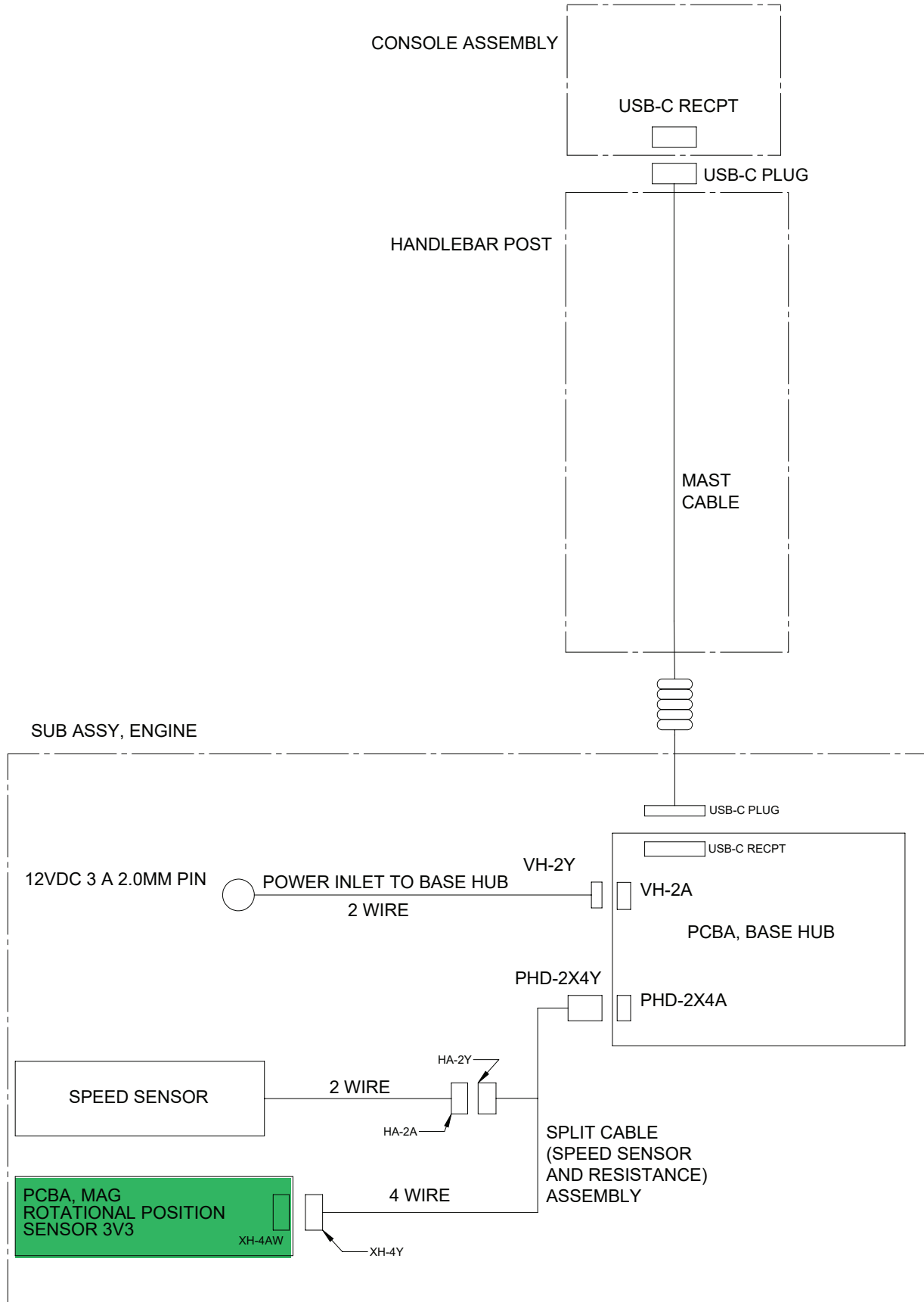
10. Using a #2 Phillips screwdriver, attach the new Resistance PCB to the Frame Assembly.

11. Connect the Cable Connector to the new Resistance PCB.

NOTICE: Do not cut or pinch the cables.



ELECTRICAL WIRING ROUTE DETAIL - RESISTANCE PCB

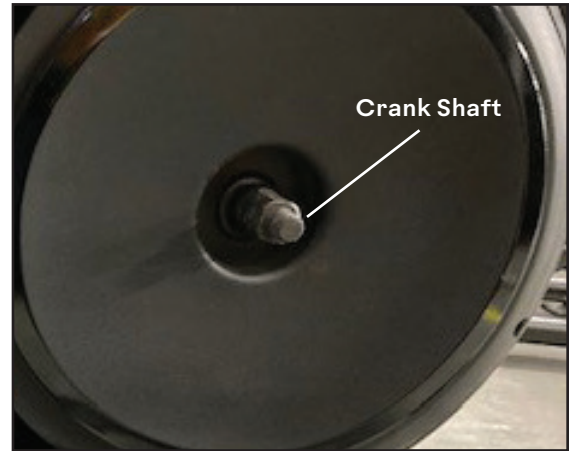
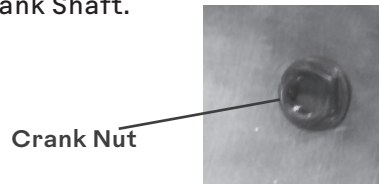


12. Re-install all remaining parts that were removed in reverse order.

NOTICE: Do not cut or pinch the cables.

13. When replacing the Crank Arm onto the Crank Shaft, be sure the Crank Arms are connected at 180° from each other.

14. Add Loctite® 272 (or equivalent) to the inner threads of the Crank Nut. Do not to apply the Loctite® 272 to the Crank Shaft.



15. Install the Crank Nut onto the Crank Shaft, and fully tighten it.

16. Confirm that the Pedal is fully tightened with the Pedal Wrench.

17. Repeat with the other Pedal.

Note: Be sure to check the Pedals weekly to confirm that they are fully tightened.

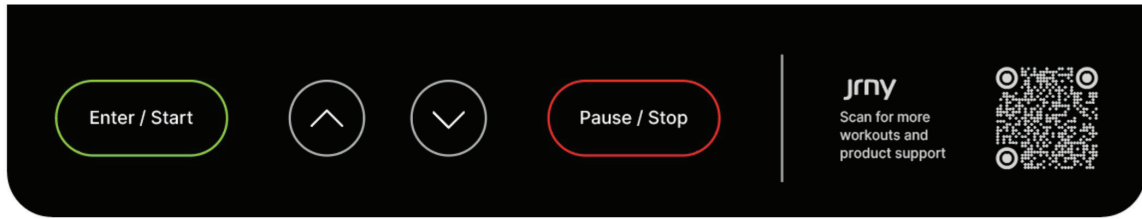


Since this machine operates with a fixed gear, do not back, or reverse, pedal. Doing so may loosen the Pedals, which could result in damage to the machine and/or injury to the user. Never operate this machine with loose Pedals.

18. Plug in the AC Adapter into the wall outlet and the machine. Power is now supplied to the machine.

Calibrating the Resistance:

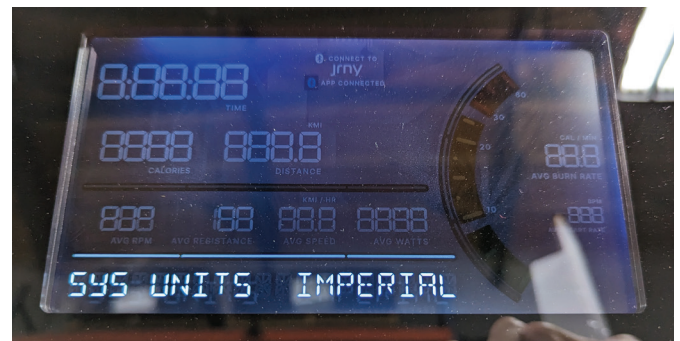
Note: During the calibration process no one should be pedaling the machine.



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

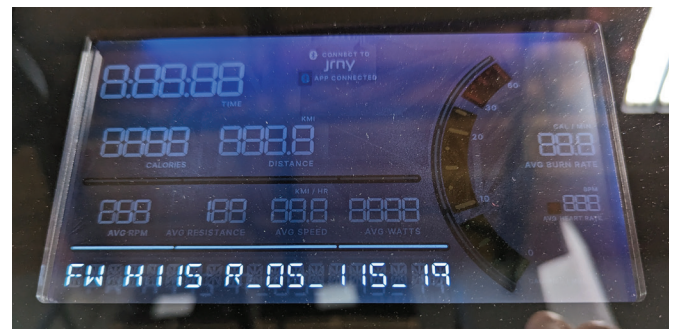
Note: To exit the System Menu and return to the Power-Up Mode screen, push the Pause/Stop button.

20. The Console display shows the System Units prompt with the current setting. Tap the Enter/Start button 6 times to advance through the System Menu.



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

Push and hold for 3 seconds the Pause/Stop button to go to the Manufacturing Test Menu.



22. The Console display shows the START TEST SUITE menu option. Push the Down (▼) button to advance to the Cal Resistance option.



23. The Console display shows the Cal Resistance option. Push the Enter/Start button.



24. The Console display shows SET MIN. Rotate the Brake/Resistance Knob counterclockwise until it reaches a hard stop. The C and R numbers will change on the display.

Then rotate the knob right (clockwise) 1 full revolution.



25. Push the Enter/Start button to reset the MIN to 1.

26. The display shows Set MAX. Rotate the Brake/Resistance Knob clockwise until it cannot be turned anymore.

27. Turn the Pedals. The resistance should be hard.

28. Rotate the Brake/Resistance Knob back 2 full revolutions. Pedaling should be smooth but still hard.

29. Push the Enter/Start button to set the MAX setting.

30. The display shows Confirm. Push the Enter/Start button again to confirm the new resistance settings.



31. The display shows Cal Resist Pass.

32. Cycle the power off and back to on.

33. Check the resistance range: twist the Resistance Knob from 1 to 100 and check display.

34. Final Inspection


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



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


NOTICE: This document provides instructions for the replacement of the Outside (decorative) Shrouds on the BowFlex™ IC Bike SE / SEi (Model Year 2023) Exercise Bikes.

If you need assistance, please call BowFlex Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: global.bowflex.com

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- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
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- Do not put the machine back in service until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

• SAVE THESE INSTRUCTIONS.

Tools Required (not included)

Small flathead screwdriver
(and small piece of cloth)
or auto trim tool

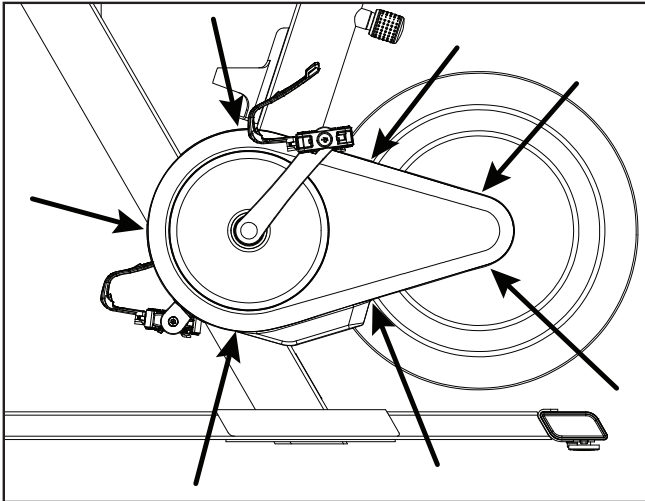


Note: Your machine may not match the images provided exactly.

1. Unplug the AC Adapter from the wall outlet and machine.
2. Carefully remove the left Outside Shroud, using small flathead screwdriver (or auto trim tool) to disengage the inside tabs from the Main Assembly.

Note: To avoid damage to the surface of the Shrouds, we recommend putting a piece of cloth over the screwdriver blade.

Left outside shroud - tab locations



Removing left outside shroud (Pedal not shown)



Set the Outside Shroud safely aside.

3. Put the new Outside Shroud in position and press to engage the tabs. Be sure the Shroud is securely attached.
4. Repeat steps 2 - 3 for right Outside Shroud.

5. Final Inspection

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



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

NOTICE: This document provides instructions for the replacement of the Structural (inner) Shrouds on the BowFlex™ IC Bike SE / SEi (Model Year 2023) Exercise Bikes.

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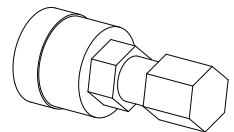
• SAVE THESE INSTRUCTIONS.

Tools Required (not included)

Small flathead screwdriver
(and small piece of cloth)
or auto trim tool



25 mm crank puller



16 mm Socket and wrench



Red Loctite® 272 or equivalent
(high strength)



15 mm Open end wrench
or adjustable wrench



#2 Phillips screwdriver



Note: Your machine may not match the images provided exactly.

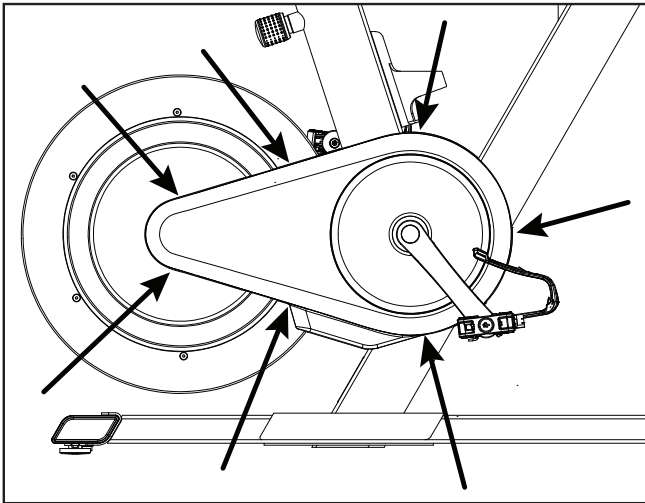
1. Unplug the AC Adapter from the wall outlet and machine.

Fully turn the Resistance Knob clockwise to lock the Flywheel in place.

2. Carefully remove the Right Outside Shroud, using small flathead screwdriver (or auto trim tool) to disengage the inside tabs from the Main Assembly.

Note: To avoid damage to the surface of the Shrouds, we recommend putting a piece of cloth over the screwdriver blade.

Outside shroud - tab locations (Right side shown)



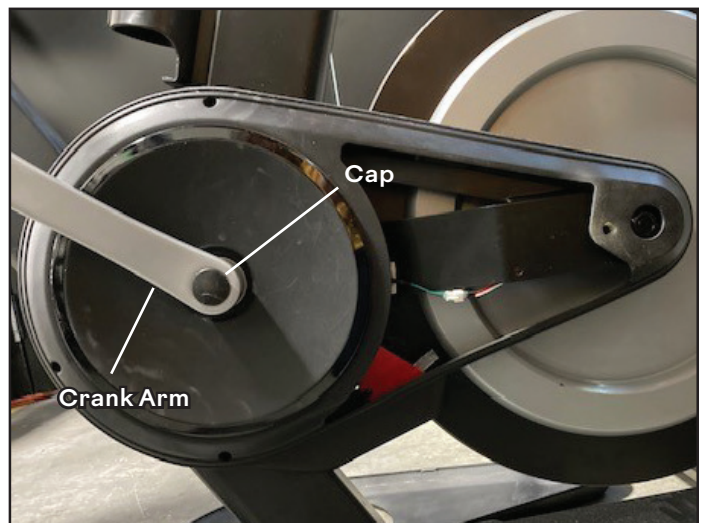
Set the Outside Shroud safely aside for reassembly.

Removing Right outside shroud (Crank arm not shown)



3. Using a flathead screwdriver, remove the threaded Cap from the Crank Arm.

Crank arm and cap - (Left side shown)

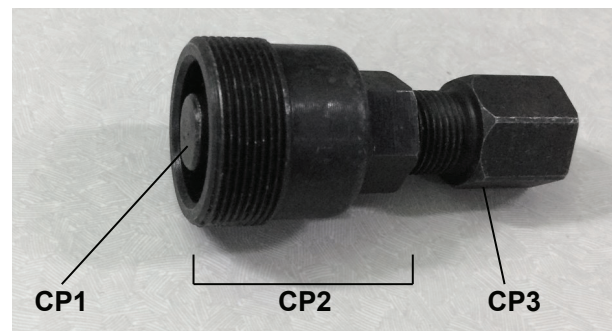


4. Using a 16mm socket and wrench, remove the Crank Nut under the threaded Cap.



5. Thread the 25mm Crank Puller into the Crank Arm. When the Crank Puller is in the correct position, only 1-2 threads on the outer portion (CP2) of the Crank Puller should show.

Note: Be sure the end of the Bolt (CP1) in the Crank Puller is flush with the inner surface (CP2) as shown, before use.



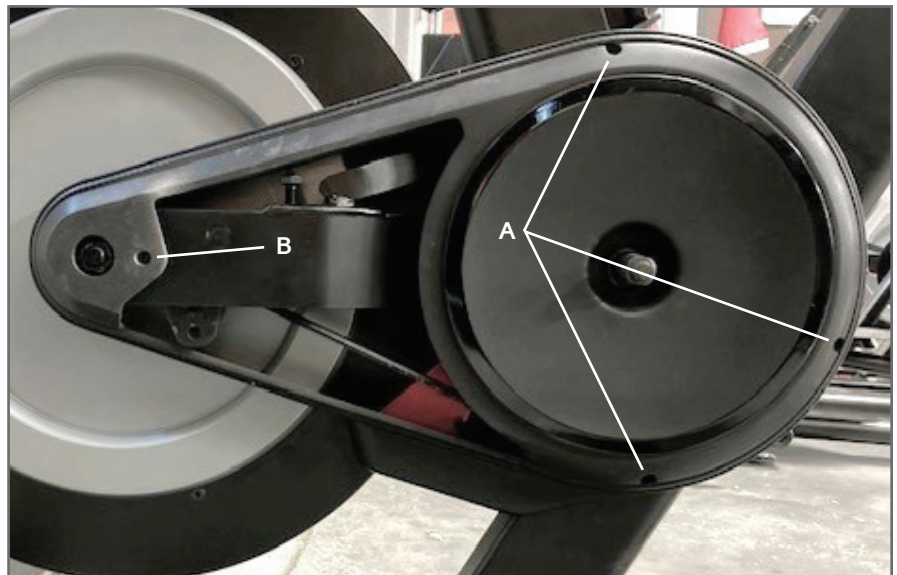
6. Using a 15mm wrench, turn the inner portion (CP3) of the Crank Puller clockwise. The Crank Arm will slide off as it is tightened. Set it safely aside for reassembly.

7. Using a #2 Phillips screwdriver, remove the 4 screws (A, B) that attach the Right Structural Shroud. Remove the bottom screws first. Set the screws safely aside for reassembly.

Remove the Shroud and set it safely aside.

NOTICE: Do not cut or pinch the cables.

Right Structural shroud - screw locations



8. Repeat Steps 2 - 6 on the Left side of the machine.

9. Using a #2 Phillips screwdriver, remove the 3 screws (A, B) that attach the Left Structural Shroud. Remove the bottom screws first. Set the screws safely aside for reassembly. Remove the Shroud and set it safely aside.

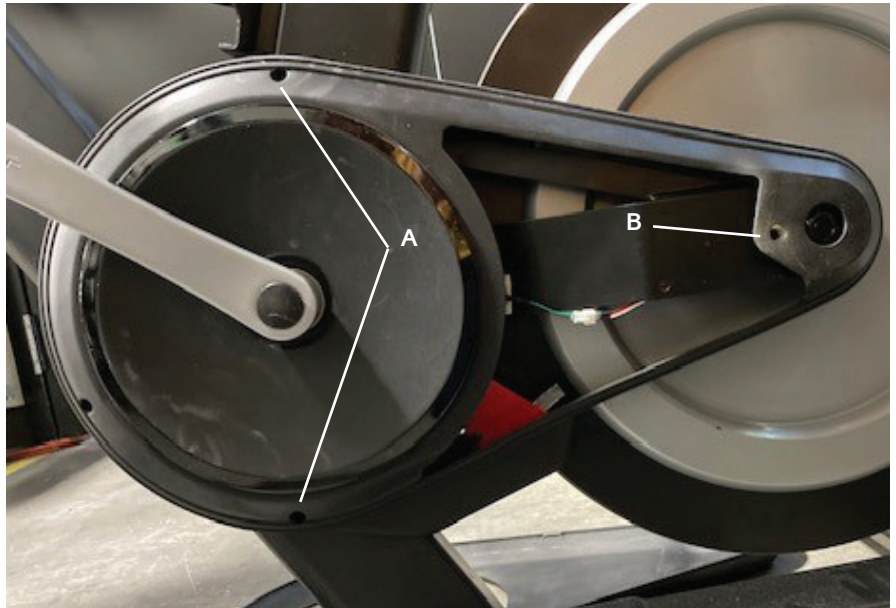
NOTICE: Do not cut or pinch the cables.

10. Installation steps are the reverse procedure. Put the Right Shroud in position first to align the screws for the Left Shroud.

NOTICE: Do not cut or pinch the cables.

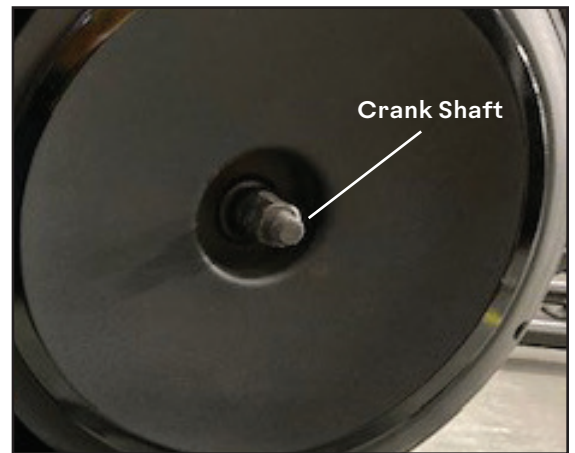
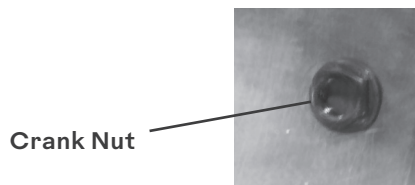
Install the top shroud screws first.

Left Structural shroud - screw locations (disregard crank arm, removed in earlier step)



11. Place the Crank Arm onto the Crank Shaft. Be sure the Crank Arms are connected at 180° from each other.

12. Add Loctite® 272 (or equivalent) to the inner threads of the Crank Nut. Do not apply the Loctite® 272 to the Crank Shaft.



13. Install the Crank Nut onto the Crank Shaft, and fully tighten it.

14. Put the Outside Shroud in position and press to engage the locking tabs. Be sure the Shroud is securely attached.

15. Final Inspection

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



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

NOTICE: This document provides instructions for the replacement of the Speed Sensor on the BowFlex™ IC Bike SE / SEi (Model Year 2023) Exercise Bikes.

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Important Safety Instructions - Before servicing or using this equipment, obey the following warnings:

⚠️ This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Read and understand all Warnings on this machine.

- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- 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.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. 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.
- Do not try to change the design or functionality of the machine being serviced as this can adversely affect user safety.
- Do not put the machine back in service until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

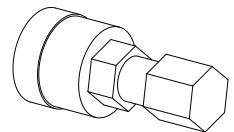
• SAVE THESE INSTRUCTIONS.

Tools Required (not included)

Small flathead screwdriver
(and small piece of cloth)
or auto trim tool



25 mm crank puller



16 mm Socket and wrench
19 mm Socket and wrench



Red Loctite® 272 or equivalent
(high strength)



15 mm Open end wrench
or adjustable wrench
19 mm Open end wrench
13 mm Open end wrench
10 mm Open end wrench



Tool to cut ziptie

Ziptie

#2 Phillips screwdriver



Note: Your machine may not match the images provided exactly.

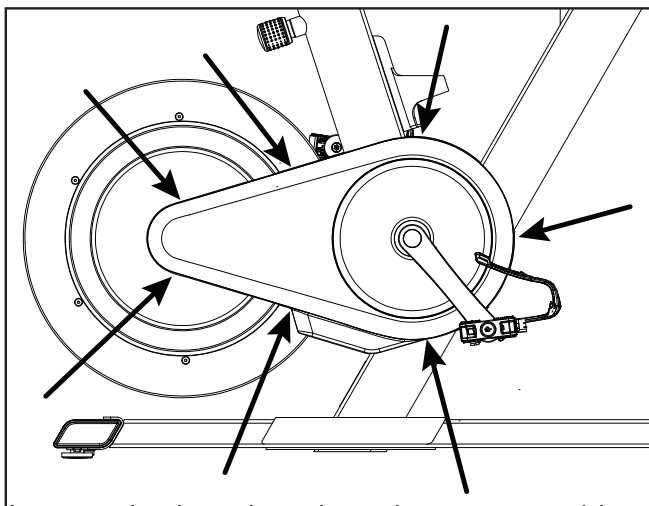
1. Unplug the AC Adapter from the wall outlet and machine.

Fully turn the Resistance Knob clockwise to lock the Flywheel in place.

2. Carefully remove the Right Outside Shroud, using small flathead screwdriver (or auto trim tool) to disengage the inside tabs from the Main Assembly.

Note: To avoid damage to the surface of the Shrouds, we recommend putting a piece of cloth over the screwdriver blade.

Outside shroud - tab locations (Right side shown)



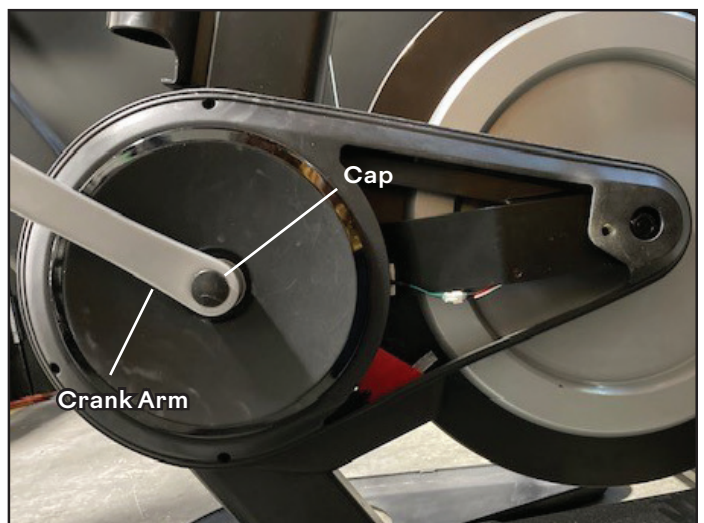
Set the Outside Shroud safely aside for reassembly.

Removing Right outside shroud (Crank arm not shown)



3. Using a flathead screwdriver, remove the threaded Cap from the Crank Arm.

Crank arm and cap - (Left side shown)

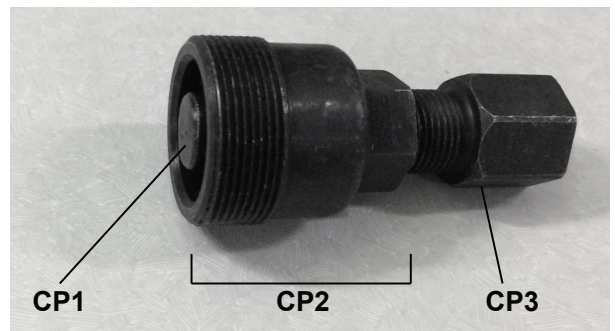


4. Using a 16mm socket and wrench, remove the Crank Nut under the threaded Cap.



5. Thread the 25mm Crank Puller into the Crank Arm. When the Crank Puller is in the correct position, only 1-2 threads on the outer portion (CP2) of the Crank Puller should show.

Note: Be sure the end of the Bolt (CP1) in the Crank Puller is flush with the inner surface (CP2) as shown, before use.



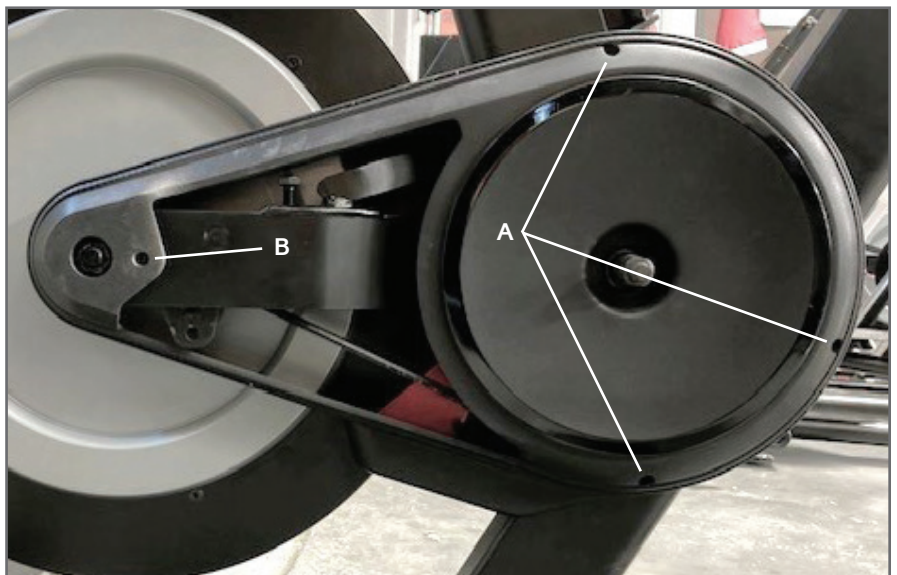
6. Using a 15mm wrench, turn the inner portion (CP3) of the Crank Puller clockwise. The Crank Arm will slide off as it is tightened. Set it safely aside for reassembly.

7. Using a #2 Phillips screwdriver, remove the 4 screws (A, B) that attach the Right Structural Shroud. Remove the bottom screws first. Set the screws safely aside for reassembly.

Remove the Shroud and set it safely aside.

NOTICE: Do not cut or pinch the cables.

Right Structural shroud - screw locations

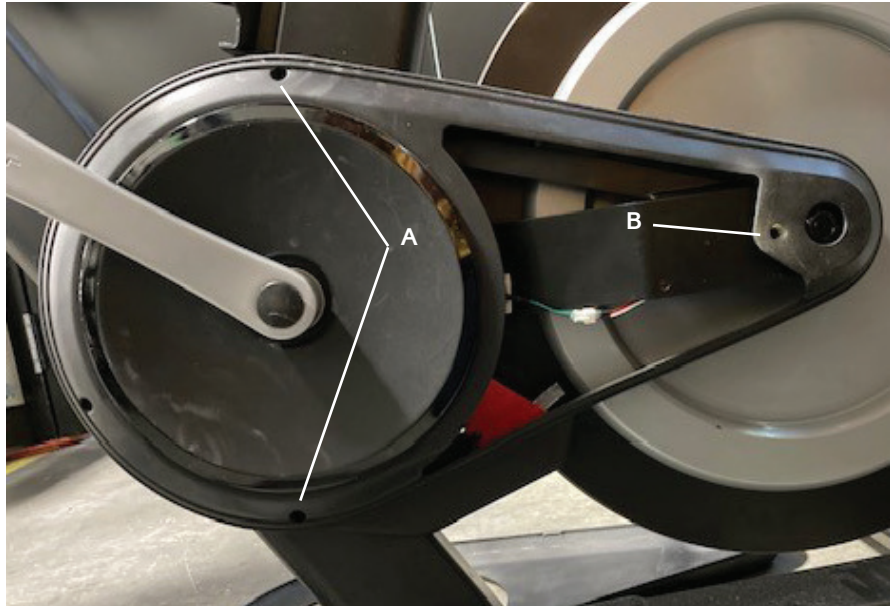


8. Repeat Steps 2 - 6 on the Left side of the machine.

9. Using a #2 Phillips screwdriver, remove the 3 screws (A, B) that attach the Left Structural Shroud. Remove the bottom screws first. Set the screws safely aside for reassembly. Remove the Shroud and set it safely aside.

NOTICE: Do not cut or pinch the cables.

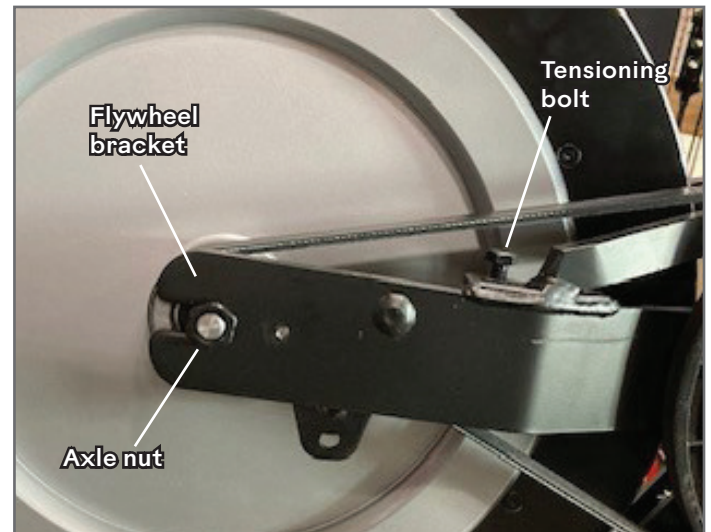
Left Structural shroud - screw locations (disregard crank arm, removed in earlier step)



9. Loosen the Resistance Knob to the minimum resistance setting.

10. Mark the position of the Flywheel Axle Nuts on the Flywheel Brackets (both sides of bike).

Right side



11. Record the number of threads showing on the Tensioner Eyebolt on each side of the Spindle Clip.

12. To loosen the Flywheel hardware, use a 19 mm open end wrench to hold the Flywheel Axle Nut on one side steady and loosen the Flywheel Axle Nut on the opposite side with a 19 mm socket and wrench. Remove the Flywheel Axle Nuts from the Flywheel axle. Set the hardware safely aside for reassembly.

13. Using a 13 mm wrench, loosen the Tensioning Bolt.

14. Using a 10 mm wrench, loosen and remove the Flywheel Retainer Nut from the Tensioner Eyebolt. Remove the Tensioner Eyebolt (and Spindle Clip) from the Flywheel axle. Set the Tensioner hardware aside.

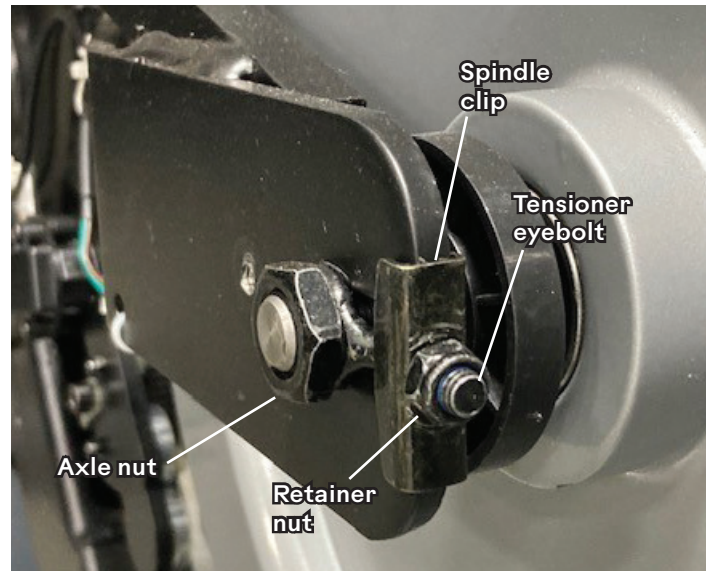
NOTICE: It may be necessary to move the Flywheel. This step may require two people.

15. Remove the ziptie that attaches the Speed Sensor cable to the Flywheel Bracket. Disconnect the Speed Sensor cable from the Cable Assembly.

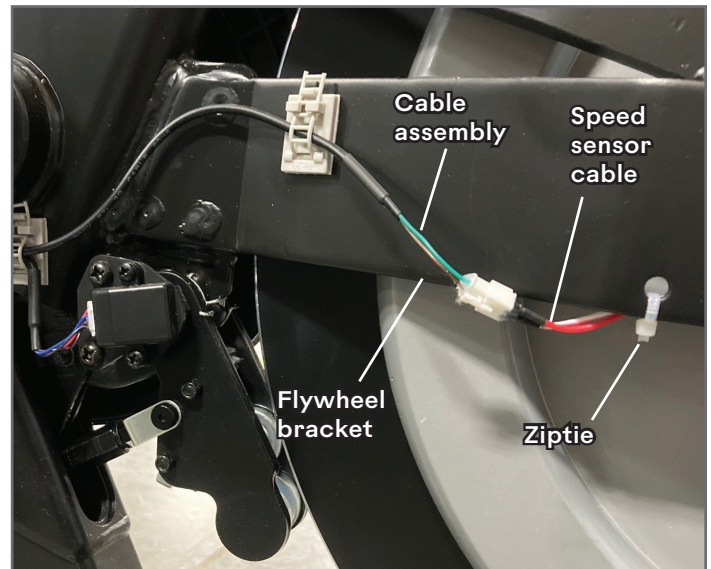
16. Carefully turn the Drive Pulley and ease the Drive Belt off the Drive Pulley to the outside.

 **Be sure to keep fingers clear of all pinch hazards as you turn the Drive Pulley and Flywheel.**

Left side - Tensioner assembly



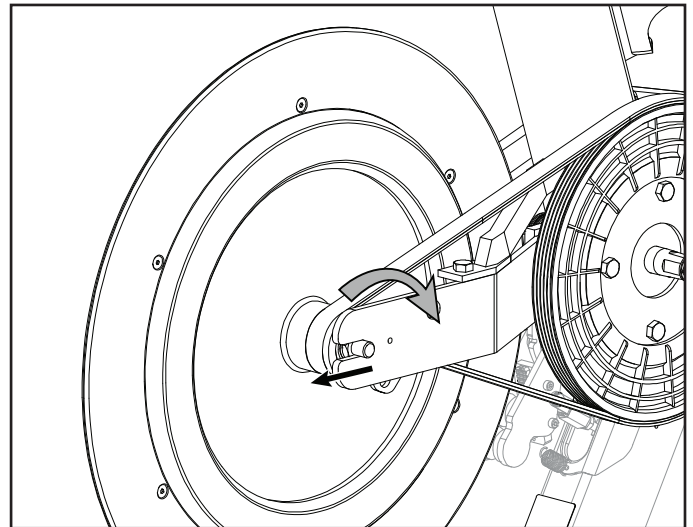
Left side




17. Carefully move the Flywheel to the opening in the Flywheel Brackets, and then remove the Flywheel from the Flywheel Bracket. Remove the Drive Belt from the Flywheel Pulley to the outside.

NOTICE: This step may require two people.

Right side - Removing Belt from Flywheel hub



18. Remove the Flywheel Assembly and set it onto something that will protect the flooring with the left side of the Flywheel Assembly facing upward.

 **Be sure to keep fingers clear of all pinch hazards.**

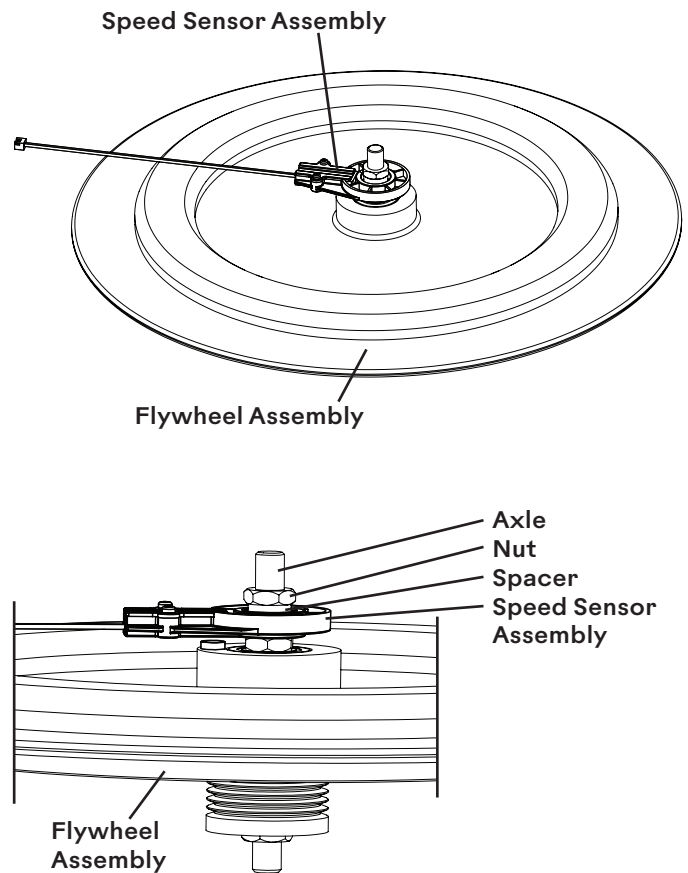
19. With the left side of the Flywheel Assembly facing upward, the Speed Sensor Assembly is exposed.

After noting the distance that the securing Nut is on the Axle, remove it using a 19 mm open end wrench.

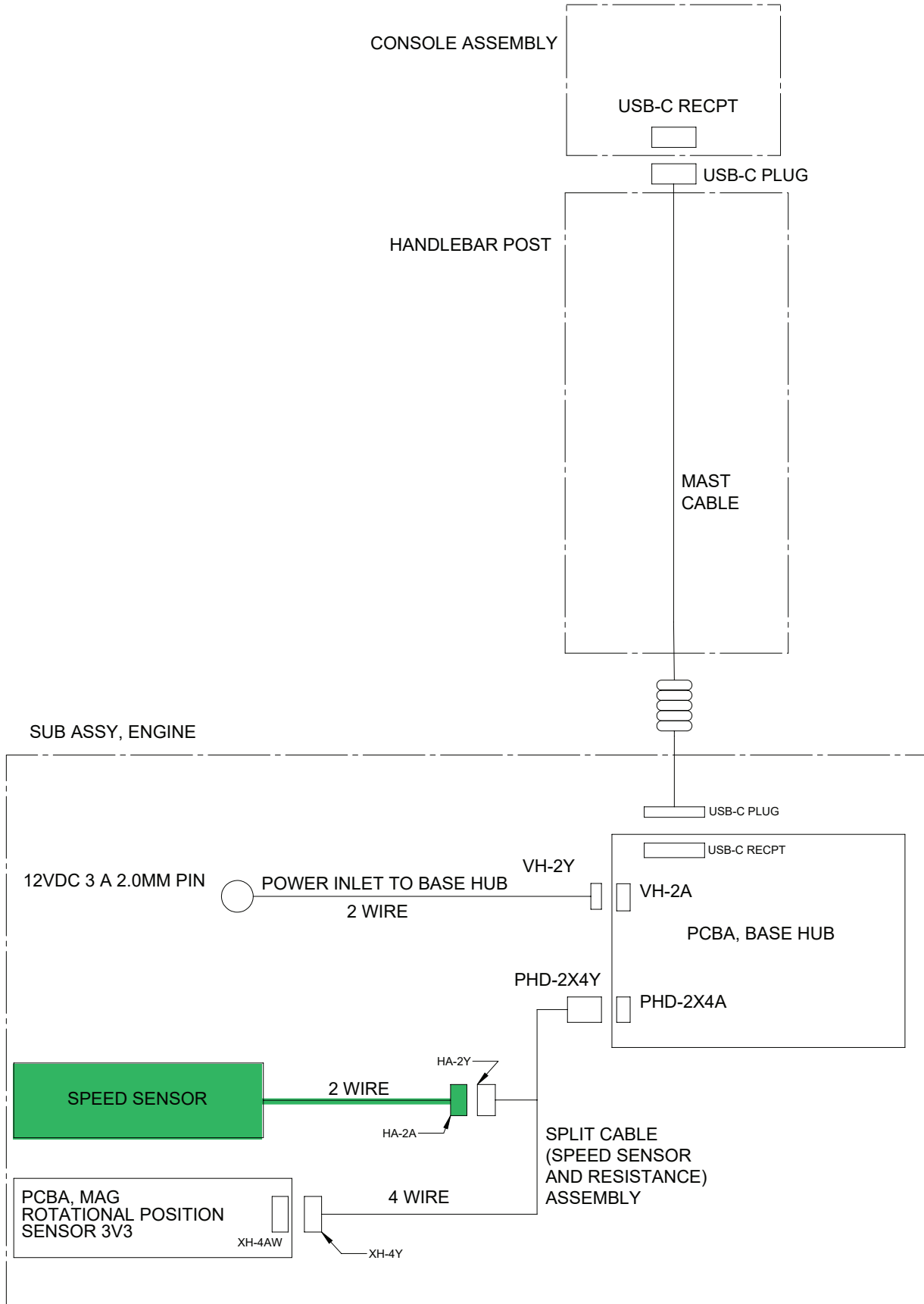
20. Slide the Spacer and old Speed Sensor Assembly off of the Axle. Be sure to note the orientation of the Speed Sensor Assembly before removal to assist with re-assembly.

21. Place the new Speed Sensor Assembly onto the Axle in the same orientation as the old Assembly.

22. Replace the Spacer and the securing Nut on the Axle. Be sure the Nut is the same distance as recorded earlier.



ELECTRICAL WIRING ROUTE DETAIL - SPEED SENSOR ASSEMBLY



23. Hold the Flywheel Assembly near the openings in the Flywheel Brackets. Be sure the Flywheel pulley is on the right side, and keep the Speed Sensor cable out of the way. Put the Drive Belt in position around the Flywheel pulley. Be sure that the lower portion of the Drive Belt is over the bearings on the Idler Pulley.

NOTICE: This step may require two people. Do not cut or pinch any cables.

24. Put the Drive Belt onto the Drive Pulley. Make sure the Drive Belt is aligned on the Flywheel pulley, Idler Pulley and Drive Pulley.



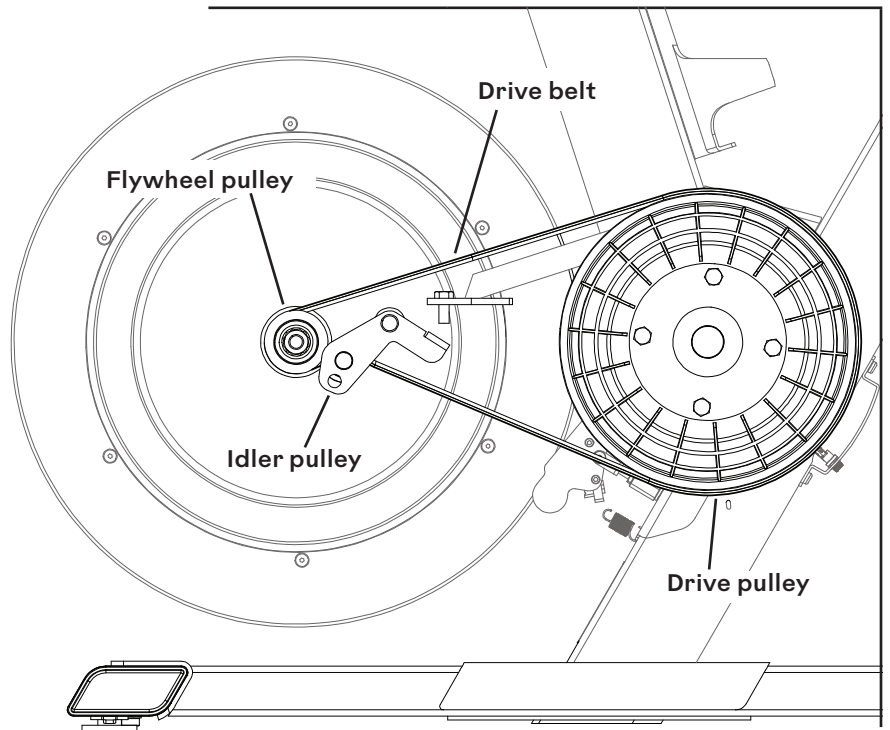
Be sure to keep fingers clear of all pinch hazards as you turn the Drive Pulley and Flywheel.

25. Align the Flywheel axle in the Flywheel Brackets. Refer to the locations that were marked in step 10. Using a 10 mm wrench, install the Tensioner Eyebolt, Spindle Clip and Retainer Nut on the left end of the Flywheel axle. Refer to the number of threads showing on the Tensioner Eyebolt that you recorded in in step 11.

NOTICE: This step may require two people.

26. Connect the Speed Sensor cable to the Cable Assembly. Using a ziptie, secure the Speed Sensor Cable to the Flywheel Bracket to keep it clear of the motion of the Flywheel.

Drive Belt routing (Flywheel bracket not shown)



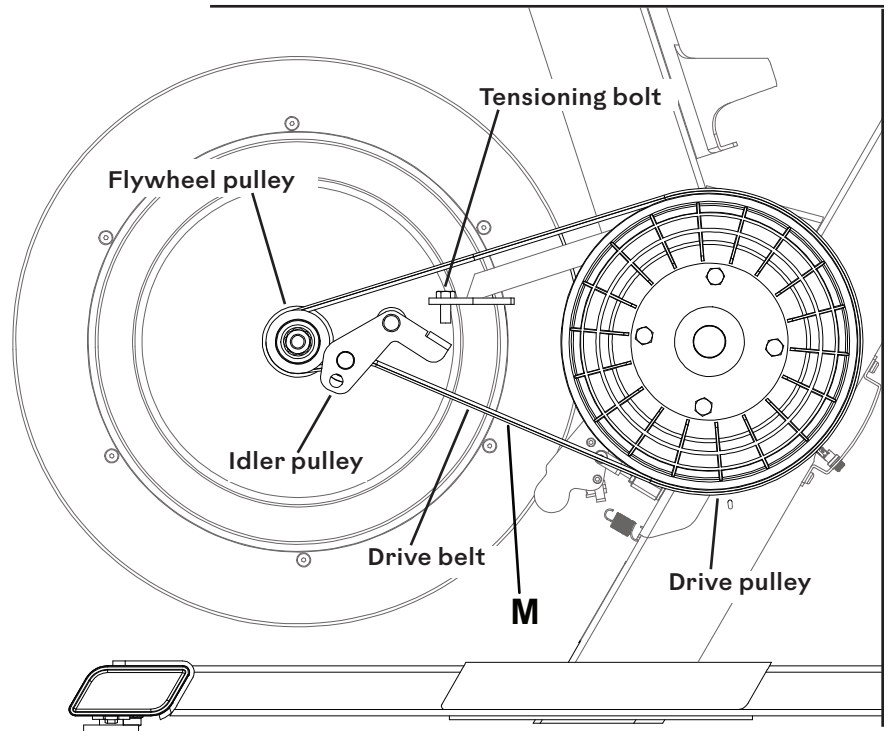
27. Check the Drive Belt tension:

- Push the Drive Belt downward at the midpoint (M) between the pulleys and measure the distance. The Drive Belt should have only 0.25" (0.64 cm) of give.

Or:

- Hold the edges of the Drive Belt at the midpoint (M) and twist it. It should turn only 90 degrees (1/4 turn, to vertical).

Checking Belt tension (Flywheel bracket not shown)



28. Using a 13 mm wrench, adjust the Tensioning Bolt.

If the Drive Belt is too loose—turn the Nut on the Tensioning Bolt clockwise.

If the Drive Belt is too tight—turn the Nut on the Tensioning Bolt counterclockwise.

29. Check the belt tension:

If the tension is correct—continue to step 30.

If the tension is not correct—repeat step 27.

30. Hand tighten the Flywheel Axle Nuts on the Flywheel axle. Fully tighten the Flywheel hardware, using a 19 mm open end wrench to hold the Flywheel Axle Nut on one side steady and tighten the Flywheel Axle Nut on the opposite side with a 19 mm socket and wrench.

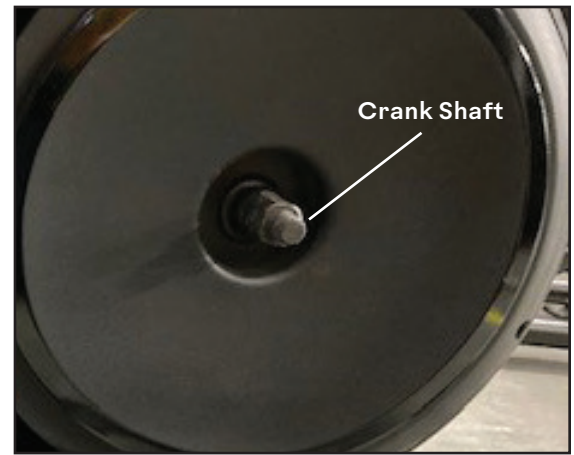
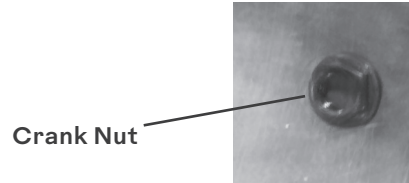
31. Using a #2 Phillips screwdriver, re-install the Structural Shrouds. Put the Right Shroud in position first to align the screws for the Left Shroud.

NOTICE: Do not cut or pinch the cables.

Install the top shroud screws first.

32. Place the Crank Arm onto the Crank Shaft. Be sure the Crank Arms are connected at 180° from each other.

33. Add Loctite® 272 (or equivalent) to the inner threads of the Crank Nut. Do not apply the Loctite® 272 to the Crank Shaft.



34. Install the Crank Nut onto the Crank Shaft, and fully tighten it.

35. Get on the bike and check the movement of the Drive Belt by rocking back and forth on the pedals. The Pedals and Flywheel should move as one. Adjust the Drive Belt tension again if necessary.

36. Put the Outside Shrouds in position and press to engage the locking tabs. Be sure the Shrouds are securely attached.

37. Final Inspection

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



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