

# E628 **NAUTILUS**



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

**Serial Number** \_\_\_\_\_

**Date of Purchase** \_\_\_\_\_

To register your product warranty, contact your local distributor.

If you have questions or problems with your product, please contact your local Nautilus® distributor.

To find your local distributor, go to: [www.nautilusinternational.com](http://www.nautilusinternational.com)

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ORIGINAL MANUAL - ENGLISH VERSION ONLY

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


Obey the following warnings:

 Read and understand all warnings on this machine.

**DANGER** Carefully read and understand the Assembly instructions. Read and understand the complete Manual. Keep the Manual for future reference.

**DANGER** To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug this machine from the electrical outlet immediately after using and before cleaning.

- Keep bystanders and children away from the product you are assembling at all times.
- Do not connect power supply to the machine until instructed to do so.
- The machine should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- Before each use, examine the machine for damage to power cord, loose parts or signs of wear. Do not use if found in this condition. Contact your local distributor for repair information.
- Do not drop or put objects into any opening of the machine.
- Do not assemble this machine outdoors or in a wet or moist location.
- Make sure assembly is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Some components of the machine can be heavy or awkward. Use a second person when doing the assembly steps involving these parts. Do not do steps that involve heavy lifting or awkward movements on your own.
- Set up this machine on a solid, level, horizontal surface.
- Do not try to change the design or functionality of this machine. This could compromise the safety of this machine and will void the warranty.
- If replacement parts are necessary, use only genuine Nautilus replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and void the warranty.
- Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Manual.
- Use this machine only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- Do all assembly steps in the sequence given. Incorrect assembly can lead to injury or incorrect function.
- Connect this machine to a properly grounded outlet only (see Grounding Instructions).
- Keep the power cord away from heat sources and hot surfaces.
- Do not operate where aerosol products are being used.
- To disconnect, turn all controls to the off position, then remove plug from outlet.
- Silicone lubricant is not intended for human consumption. Keep out of reach of children. Store in a safe place.
- SAVE THESE INSTRUCTIONS.

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

**Before using this equipment, obey the following warnings:**

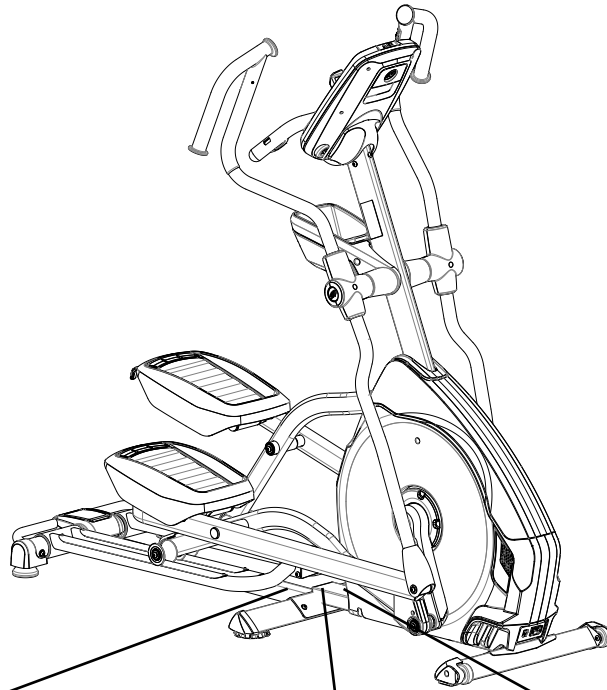
 **Read and understand the complete Manual. Keep the Manual for future reference.**

 **Read and understand all warnings on this machine. If at any time the Warning labels become loose, unreadable or dislodged, contact your local distributor for replacement labels.**

- Children must not be let on or near to this machine. Moving parts and other features of the machine can be dangerous to children.
- Not intended for use by anyone under 14 years of age.
- Consult a physician before you start an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before you use the machine again. Use the values calculated or measured by the machine's computer for reference purposes only.
- Before each use, examine this machine for loose parts or signs of wear. Do not use if found in this condition. Monitor the Pedals and Crank Arms closely. Contact your local distributor for repair information.
- Maximum user weight limit: 158.8 kg (350 lbs.). Do not use if you are over this weight.
- This machine is for home use only.
- Do not wear loose clothing or jewelry. This machine contains moving parts. Do not put fingers or other objects into moving parts of the exercise equipment.
- Set up and operate this machine on a solid, level, horizontal surface.
- Make the Foot Pedals stable before you step on them. Use caution when you step on and off the machine.
- Disconnect all power before servicing this machine.
- Do not operate this machine outdoors or in moist or wet locations.
- Keep at least 0.6 m (24") on each side of the machine clear. This is the recommended safe distance for access and passage around and emergency dismounts from the machine. Keep third parties out of this space when machine is in use.
- Do not over exert yourself during exercise. Operate the machine in the manner described in this manual.
- Correctly adjust and safely engage all Positional Adjustment Devices. Make sure that the Adjustment Devices do not hit the user.
- Keep the Foot Pedals clean and dry.
- Exercise on this machine requires coordination and balance. Be sure to anticipate that changes in speed and resistance level can occur during workouts, and be attentive in order to avoid loss of balance and possible injury.
- A machine should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.



# SAFETY WARNING LABELS AND SERIAL NUMBER



	<b>⚠ WARNING</b> • Keep hands and feet away.
	<b>⚠ AVERTISSEMENT</b> • Gardez les mains et les pieds loin. <small>004-0930</small>

Serial Number

Product Specification

## Earthing Instructions

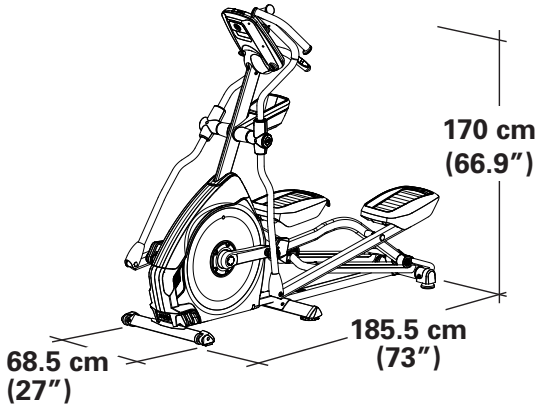
This product must be electrically earthed. If a malfunction occurs, correct earthing decreases the risk of electric shock. The power cord is equipped with an equipment-earthing conductor, and must be connected to an outlet that is properly installed and earthed.

**⚠ DANGER** The electrical wiring must comply with all applicable local and provincial standards and requirements. Incorrect connection of the equipment-earthing conductor can result in a risk of electric shock. Consult a licensed electrician if you are not sure that the machine is correctly earthed. Do not change the plug on the machine – if it does not fit the outlet, have a correct outlet installed by a licensed electrician.

If you connect the machine to an outlet with RCBO (Residual-Current circuit Breaker with Overload protection), machine operation can cause the circuit to trip. A Surge Protector Device is recommended to protect the machine.

**⚠** If a Surge Protector Device (SPD) is used with this machine, be sure that it matches the power rating of this equipment. Do not connect other appliances or devices to the surge protector in combination with this machine.

Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.



<b>Maximum User Weight:</b>	158.8 kg (350 lbs.)
<b>Total Surface Area (footprint) of equipment:</b>	12 707 cm <sup>2</sup>
<b>Maximum Pedal Height - with full incline:</b>	28" (72 cm)
<b>Machine Weight:</b>	95.1 kg (209.7 lbs.)

<b>Power Requirements:</b>	
Operating Voltage:	220V - 240V AC, 50/60Hz
Operating Current:	2 A
Heart Rate Chest Strap:	1 CR2032 battery



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

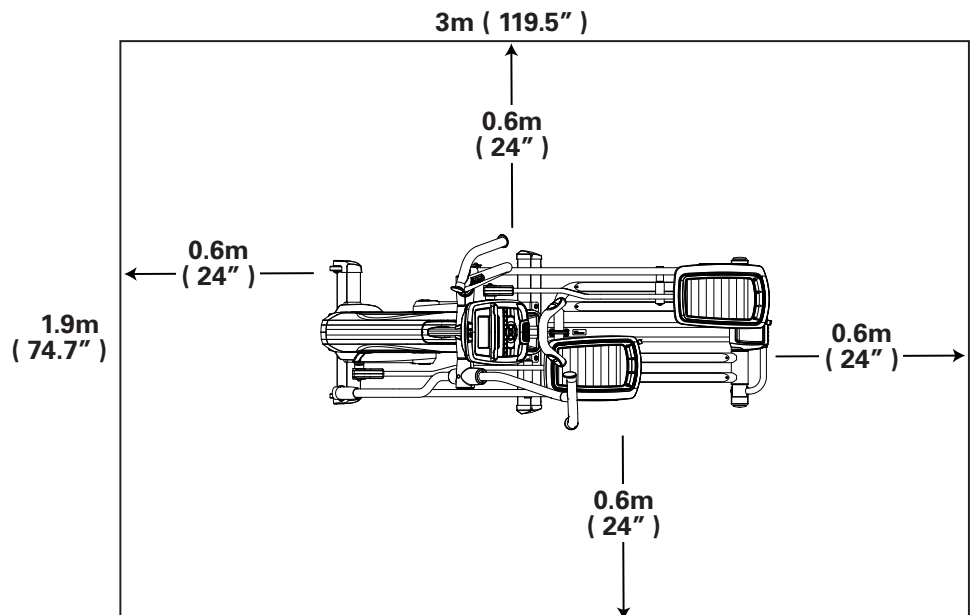
## Before Assembly

Select the area where you are going to set up and operate your machine. For safe operation, the location must be on a hard, level surface. Allow a workout area of a minimum 1.9m x 3m (76" x 121"). Be sure that the workout space you are utilizing has adequate height clearance, taking into consideration the height of the user and the maximum height of the pedals with the incline fully engaged.

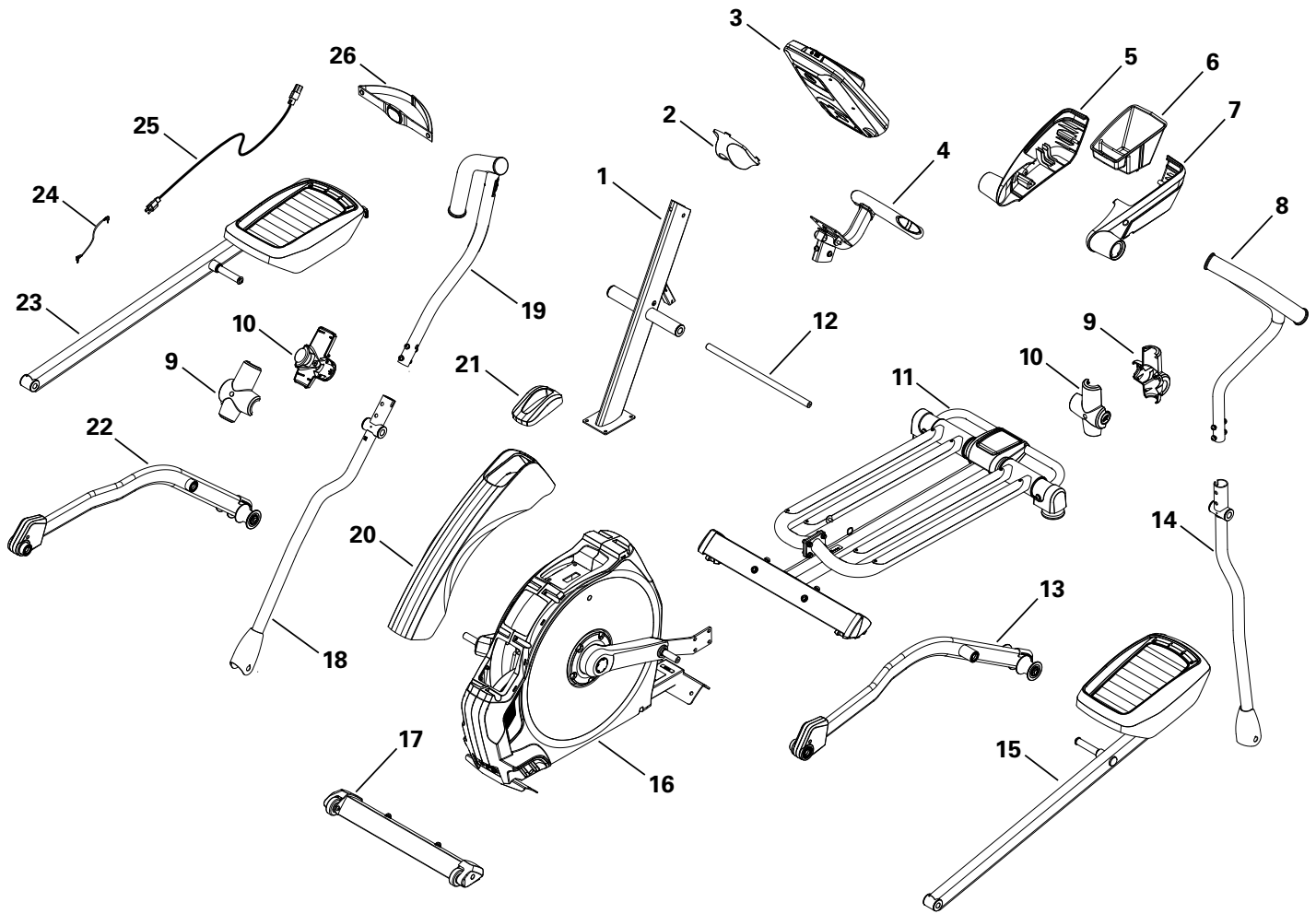
### Basic Assembly Tips

Follow these basic points when you assemble your machine:

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

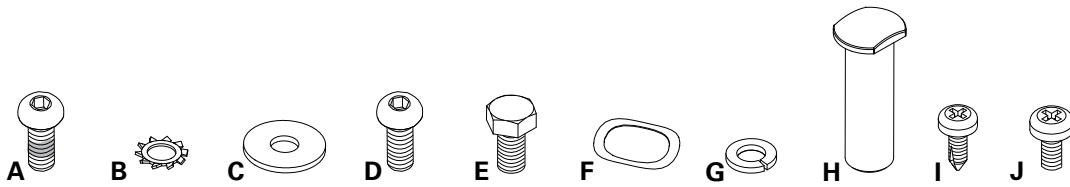


# PARTS



A decal has been applied to all right (“ R ”) and left (“ L ”) parts to assist with assembly.

Item	Qty	Description	Item	Qty	Description
1	1	Console Mast	15	1	Left Pedal
2	1	Console Junction Cover	16	1	Frame
3	1	Console	17	1	Front Stabilizer
4	1	Static Handlebar	18	1	Lower Right Handlebar Arm
5	1	Water Bottle Holder Shroud, Right	19	1	Upper Right Handlebar Arm
6	1	Water Bottle Holder	20	1	Upper Shroud
7	1	Water Bottle Holder Shroud, Left	21	1	Shroud Cap
8	1	Upper Left Handlebar Arm	22	1	Right Leg
9	2	Handlebar Shroud, Outer	23	1	Right Pedal
10	2	Handlebar Shroud, Inner	24	1	MP3 Cord
11	1	Rail Assembly	25	1	Power Cord
12	1	Arm Pivot Rod	26	1	Heart Rate (HR) Chest Strap
13	1	Left Leg	27	1	Silicone Lubricant, Bottle (not shown)
14	1	Lower Left Handlebar Arm			



Item	Qty	Description	Item	Qty	Description
A	6	Button Head Hex Screw, M8x16 (with Loctite® adhesive)	G	8	Lock Washer, M8
B	4	Serrated Washer, M8	H	2	Pivot Sleeve
C	8	Wide Washer, M8	I	5	Phillips Head Self tap Screw, M4.2x16
D	4	Button Head Hex Screw, M8x16	J	4	Phillips Head Screw, M5x12
E	2	Hex Head Screw, M8x20			
F	6	Wave Washer			

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

## Tools

### Included



6 mm

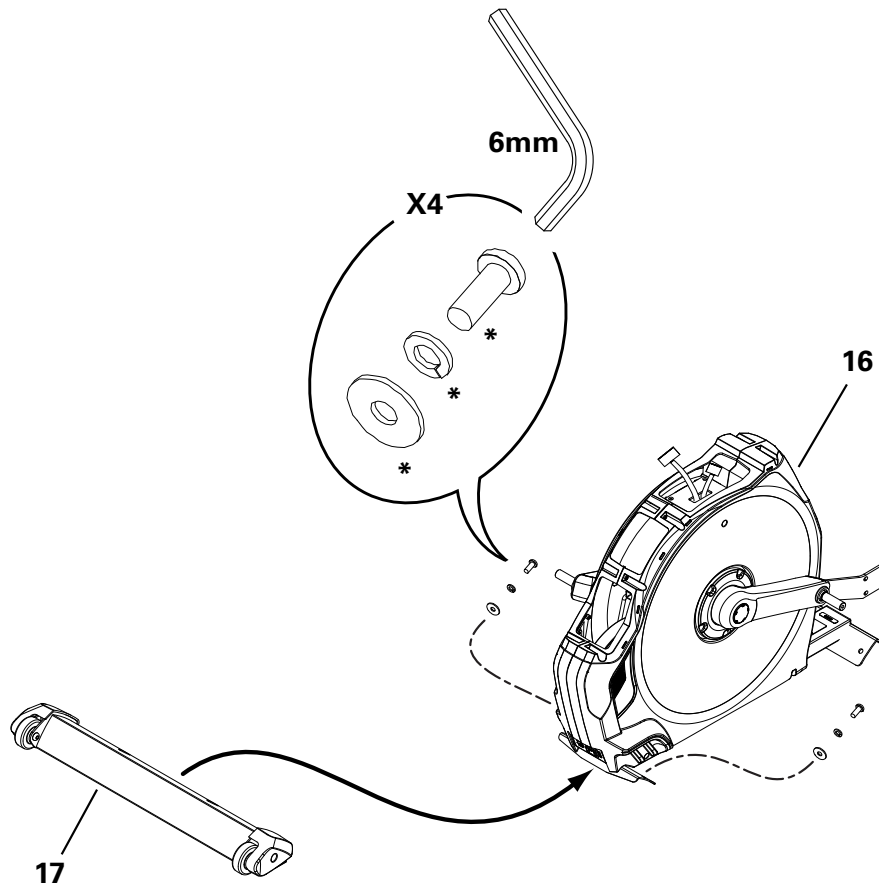


#2  
13 mm  
15 mm  
19 mm



## 1. Attach Front Stabilizer to Frame

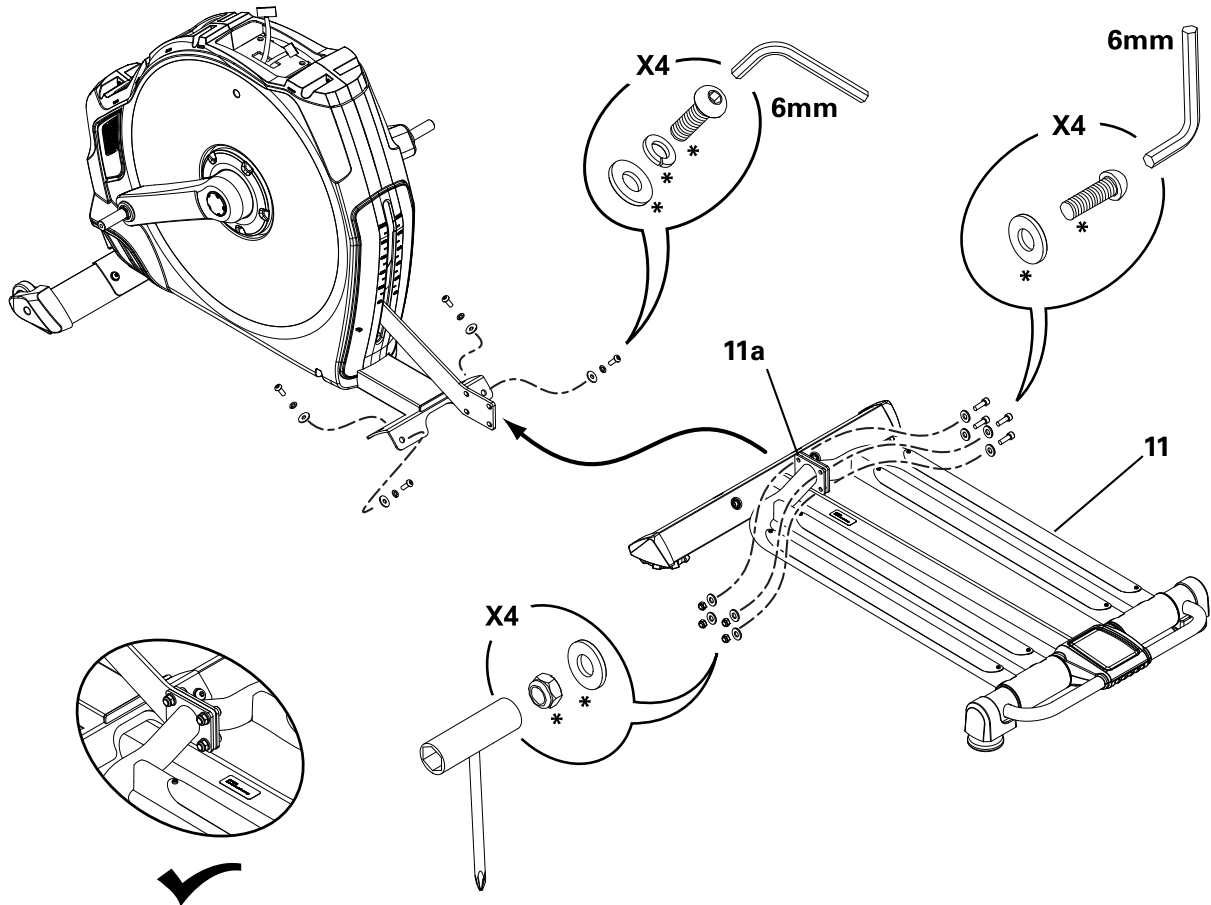
**Note:** Hardware (\*) is pre-installed and not on the Hardware Card.



## 2. Attach Rail Assembly to Frame Assembly

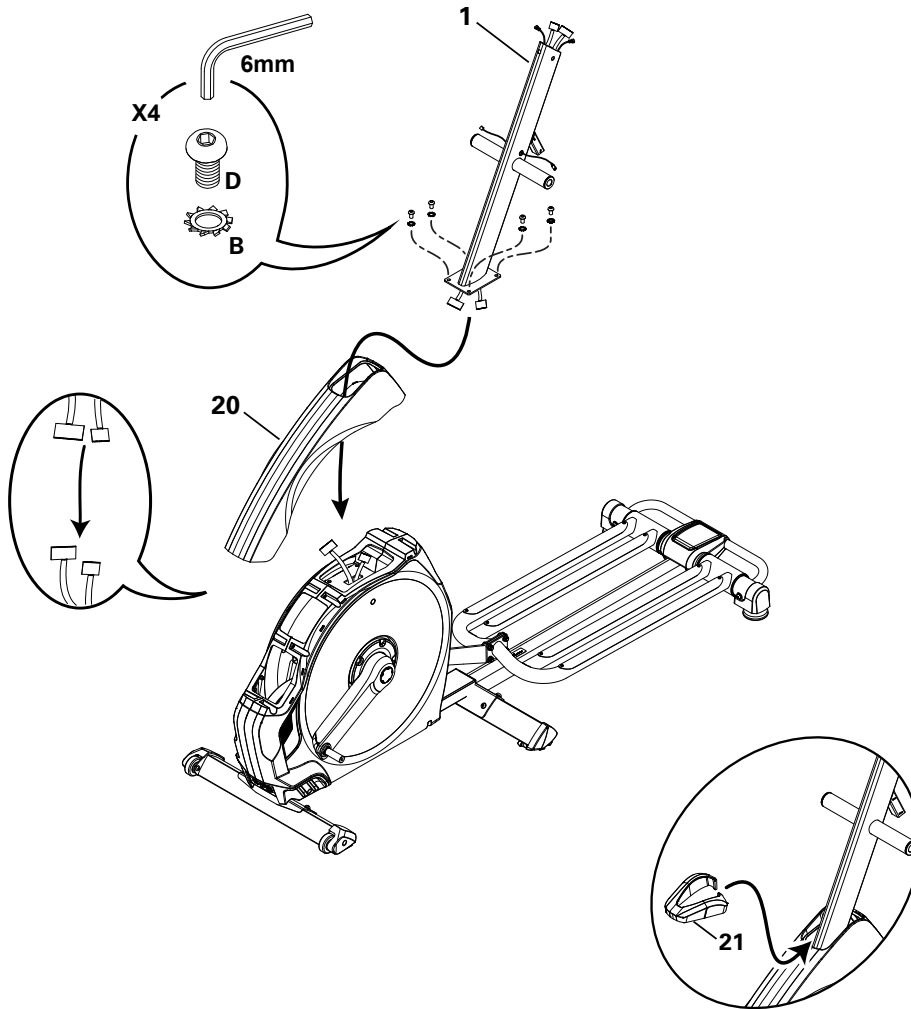
**Note:** Hardware (\*) is pre-installed and not on the Hardware Card. Separate the Rail mount plates (11a) and lift to align the holes and install the hardware.

The plastic scratch guard strips on the Rails help to protect the finish during assembly.



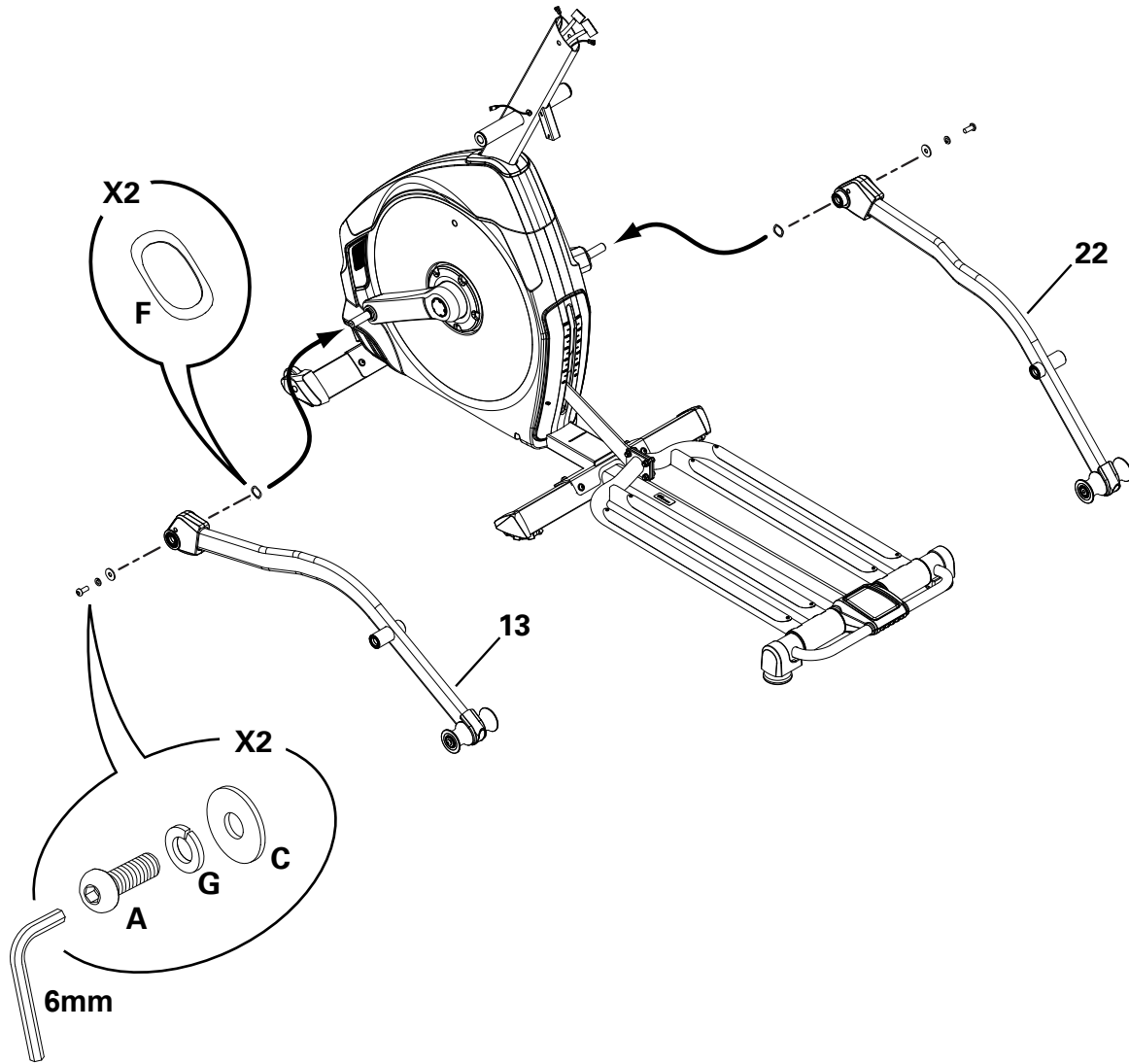
### 3. Connect the Cables and Attach the Console Mast to Frame Assembly

**NOTICE:** Put the Console Mast through the opening in the Upper Shroud. Before you connect the cables, remove the wire tie that holds the Frame cables in place on the mount plate. Do not crimp cables. Fully tighten the hardware.





#### 4. Attach Legs to Frame Assembly

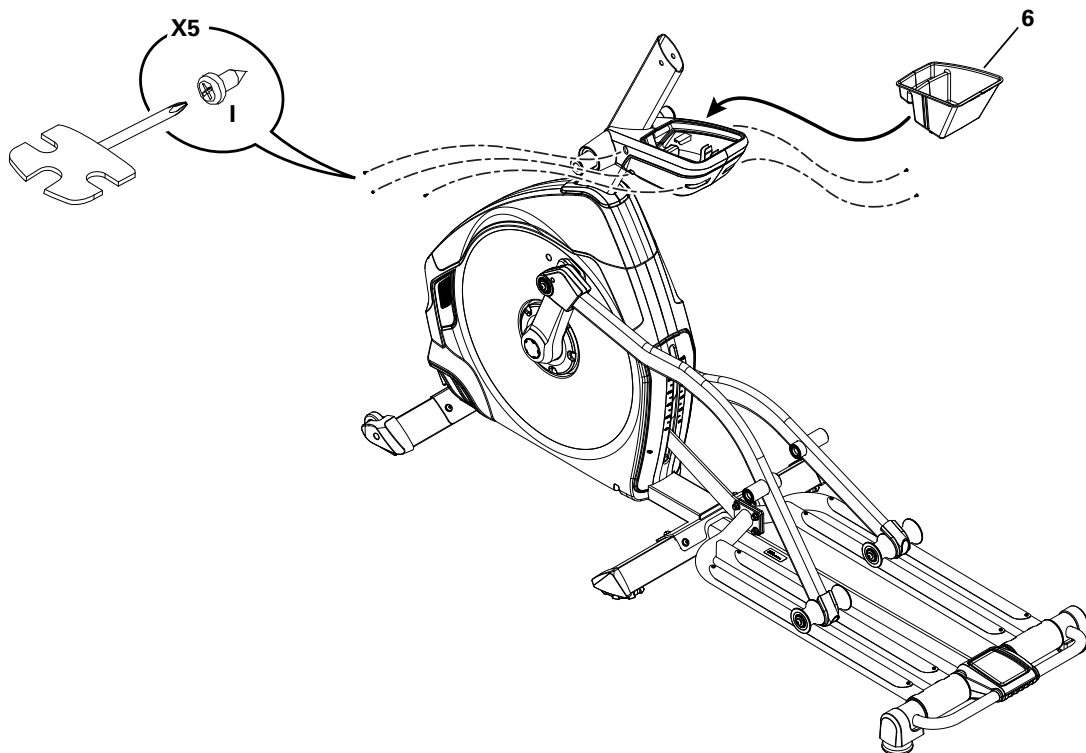
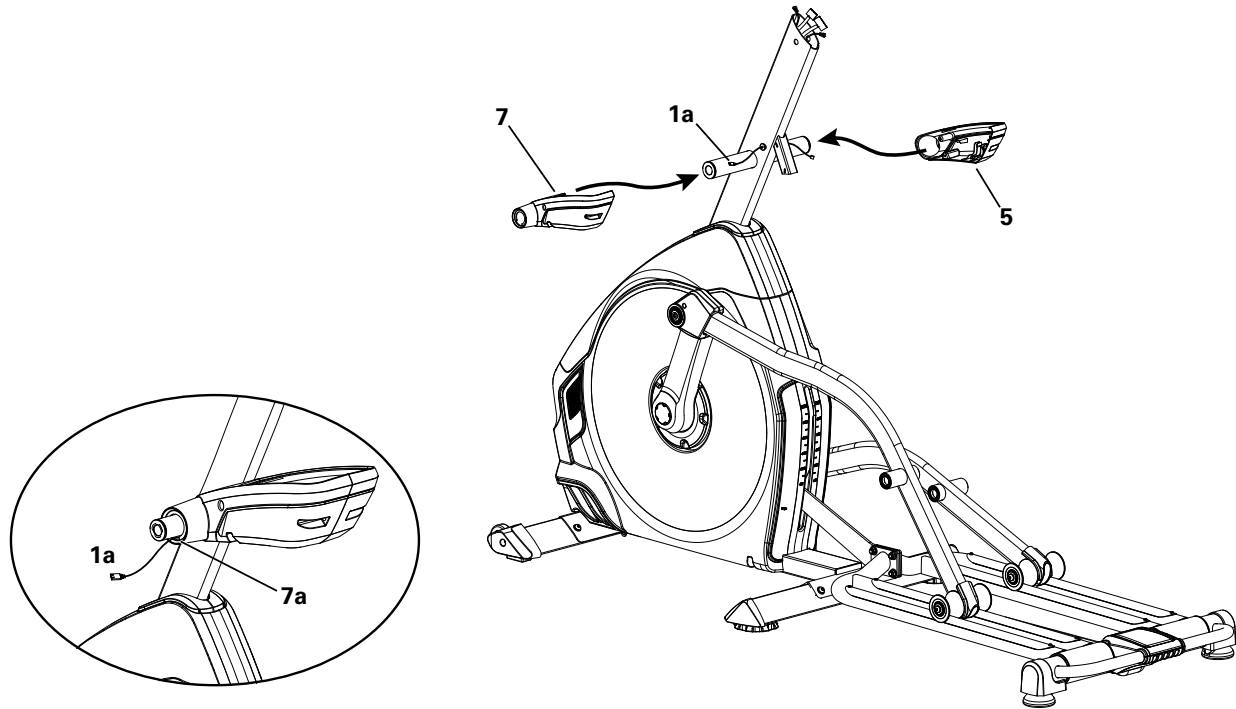


## 5. Install Water Bottle Holder on the Console Mast

**NOTICE:** Route the cable (1a) from the left side of the Mast to the rear of the crossbar and through the opening (7a) in the Water Bottle Holder Shroud. Do not crimp cables.

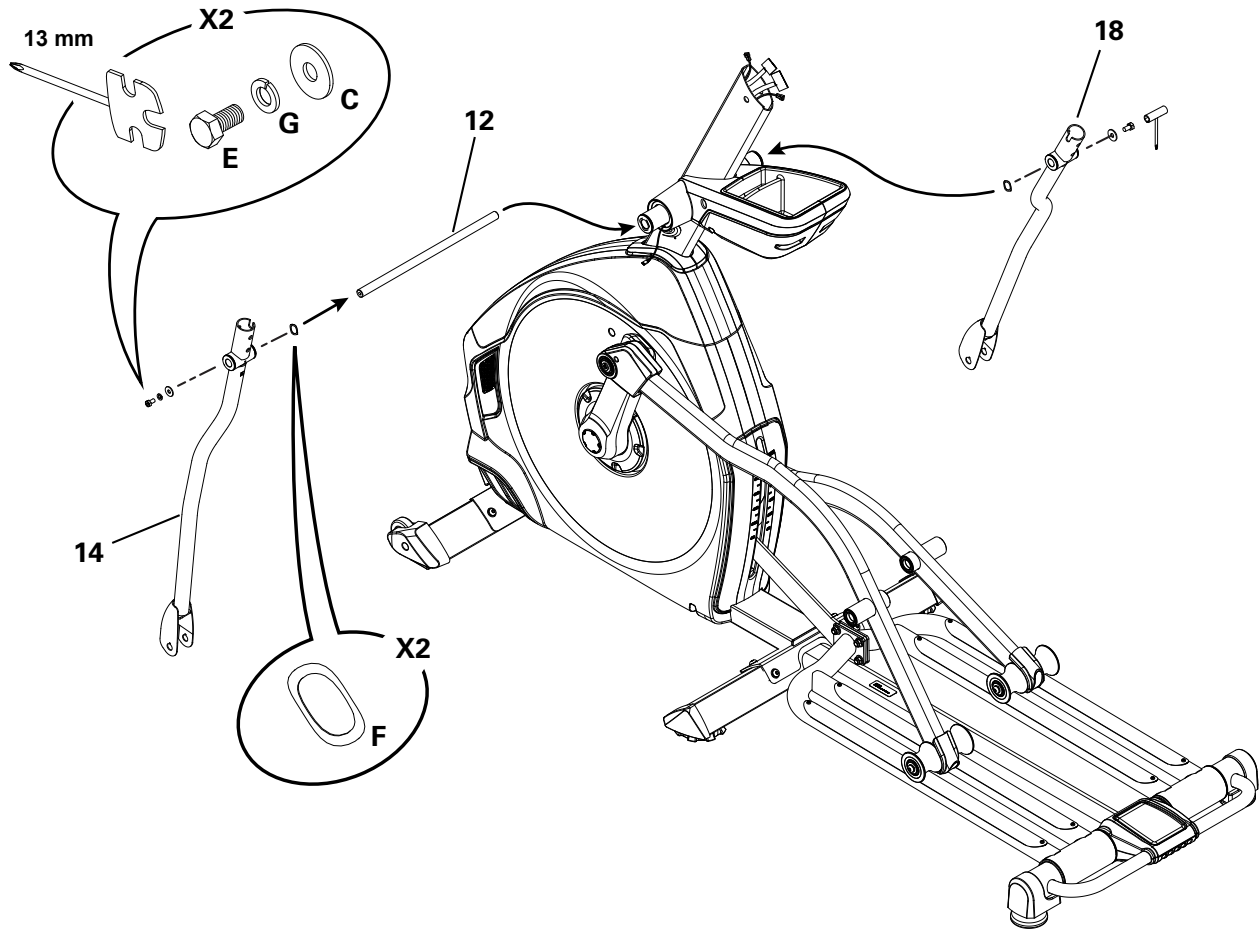
Repeat on the right side.

Install hardware and Water Bottle Holder. Push down until it snaps in place.



## 6. Install Arm Pivot Rod and Lower Handlebar Arms to Frame Assembly

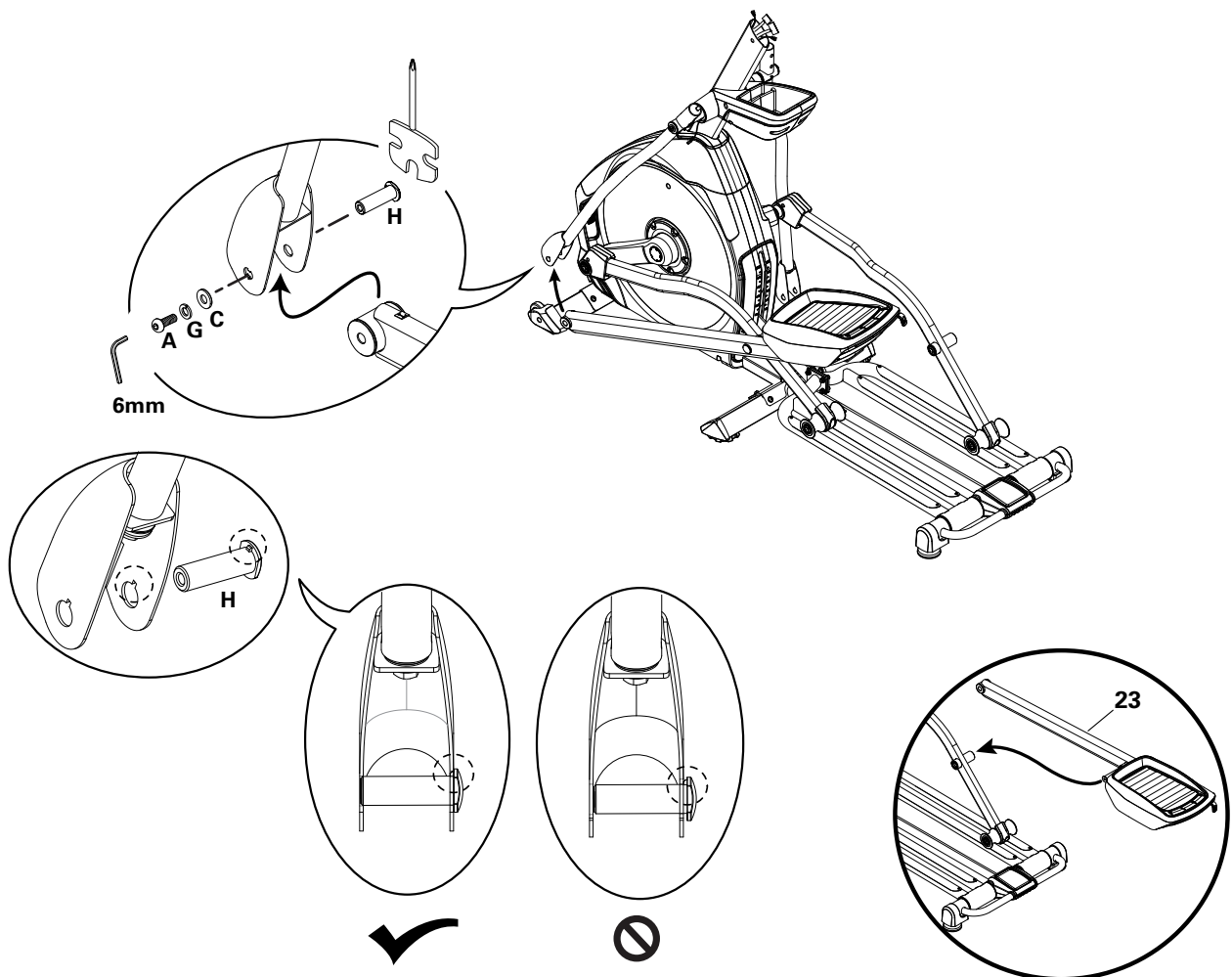
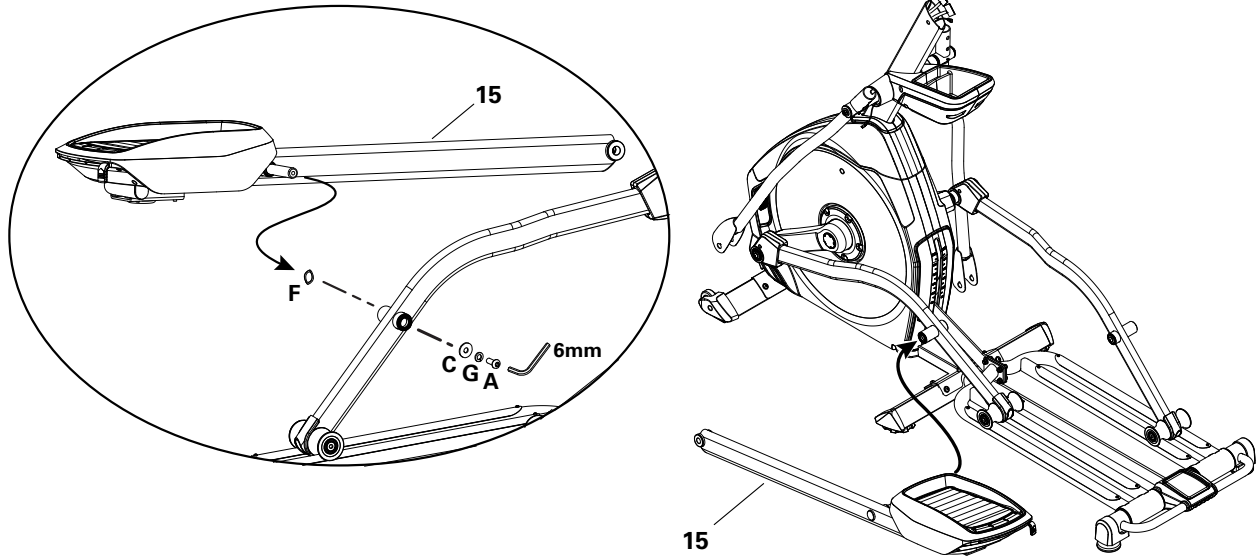
**Note:** Be sure to put Wave Washers (F) on Arm Pivot Rod before attaching the Lower Handlebar Arms.



## 7. Attach Left Pedal to Leg and Lower Handlebar Arm

**NOTICE:** Attach the Pedal to the Leg first. Make sure the Pivot Sleeve (H) engages the Handlebar knuckle cover.

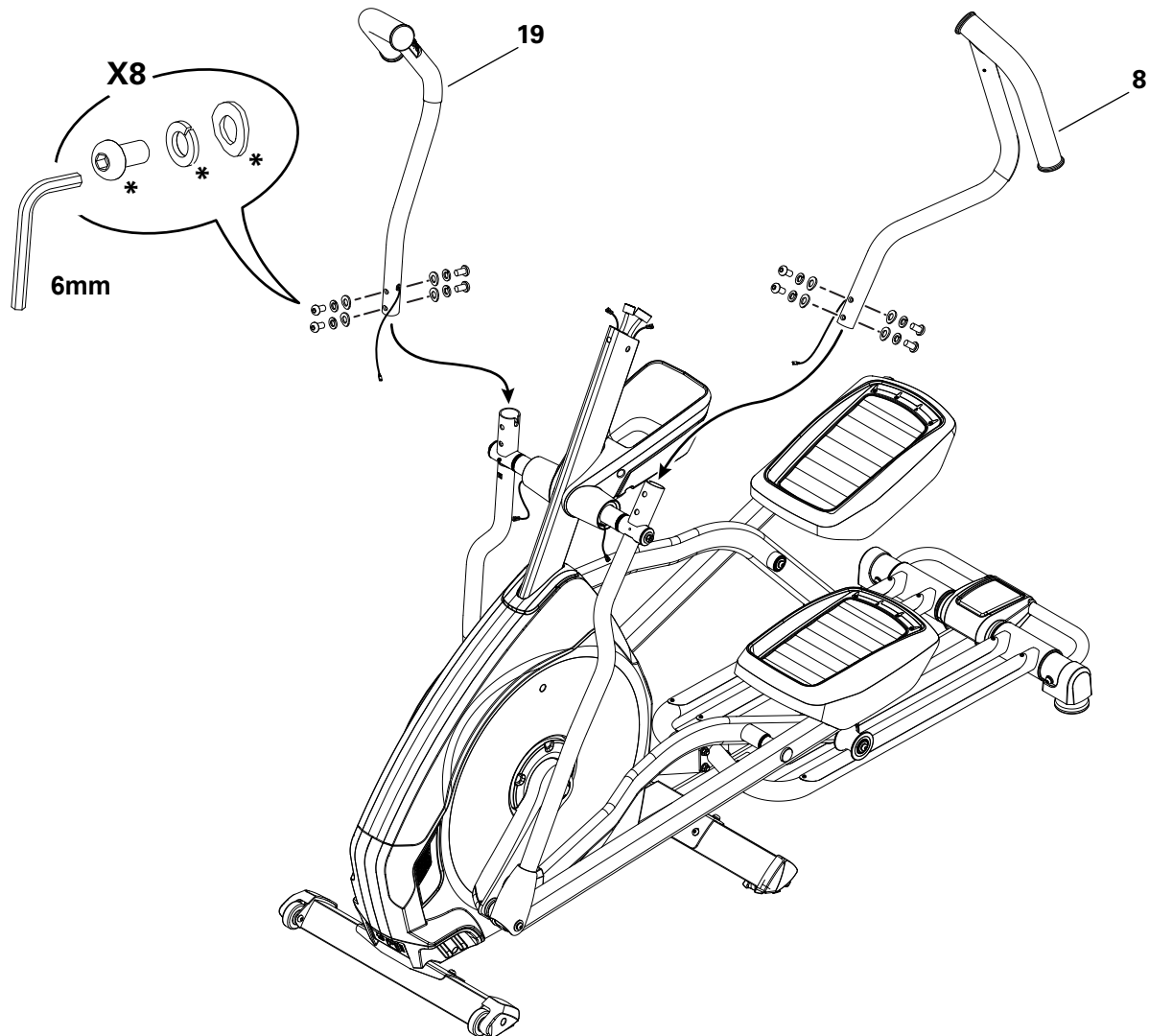
Repeat step on opposite side with the Right Pedal (Item 23 ).



## 8. Attach the Upper Handlebar Arms to Frame Assembly

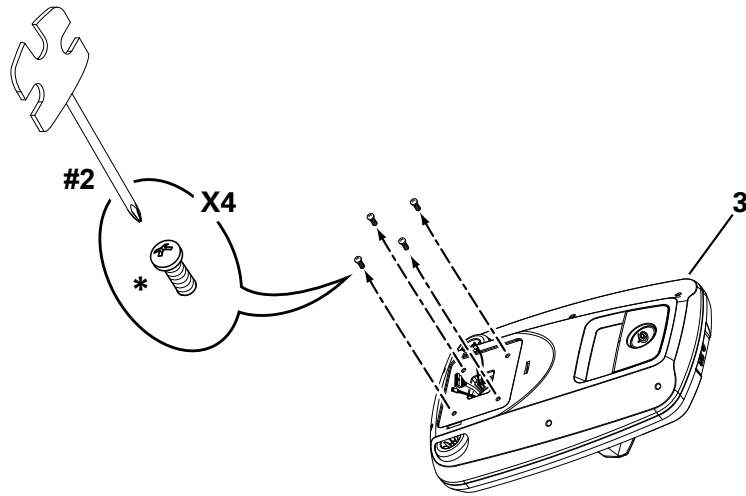
**NOTICE:** Hardware (\*) is pre-installed and not on the Hardware Card. Do not crimp the cables.

**!** Make sure the Upper Handlebar Arms are secure before you exercise.



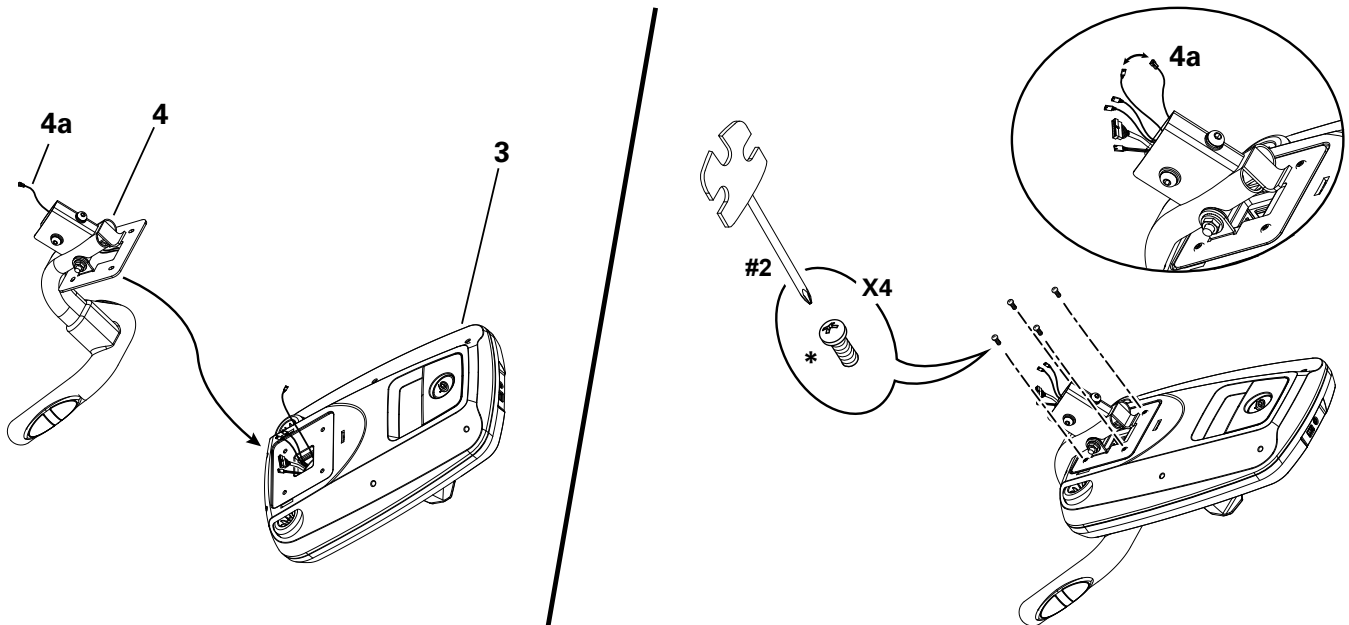
## 9. Remove Hardware from Console

**Note:** Hardware (\*) is pre-installed and not on the Hardware Card. If desired, apply the French Canadian overlay to the Console face.



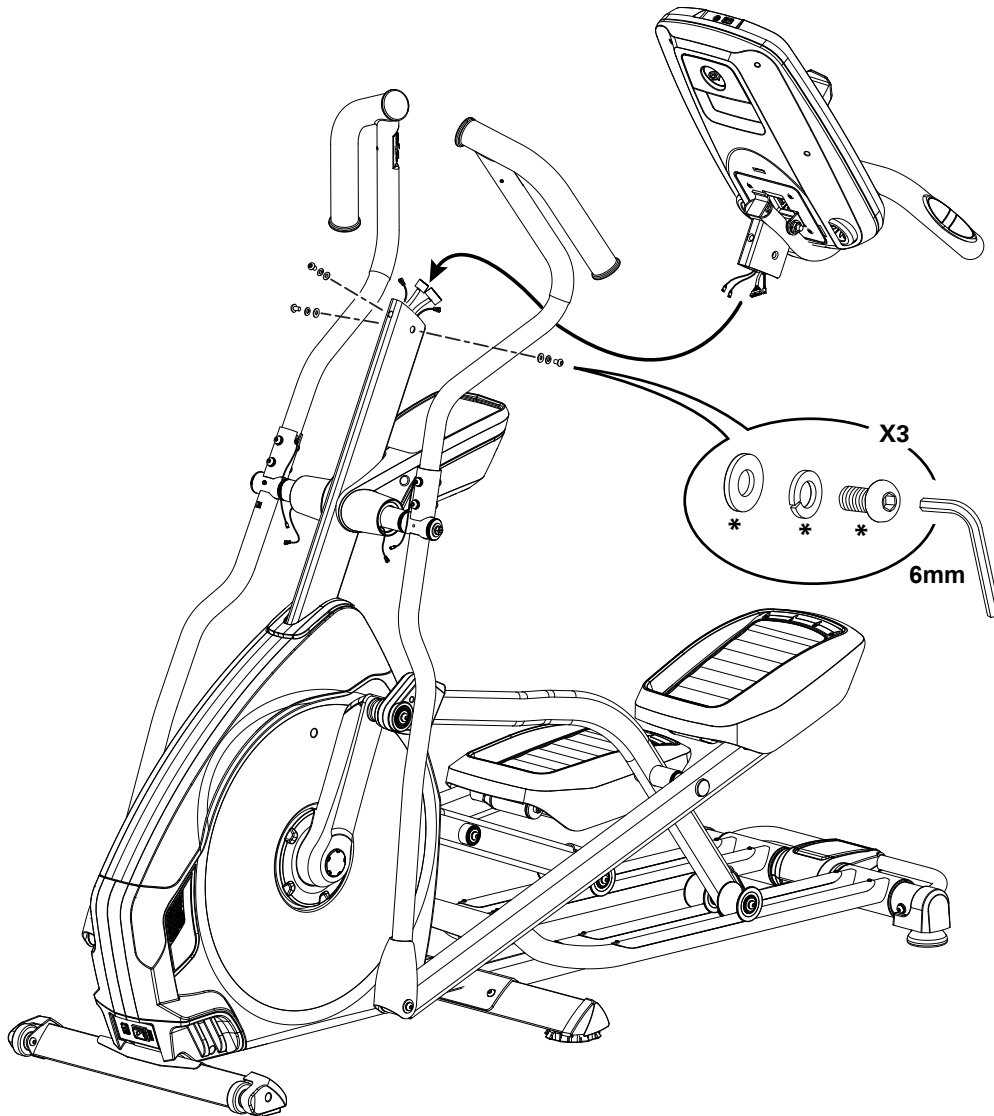
## 10. Route Console Cables through the Static Handlebar and Attach Static Handlebar to the Console

**NOTICE:** Carefully place the Console face down on a padded surface. Route the Console Cables through the Static Handlebar. Attach the Static Handlebar to the Console using the screws that were removed in Step 9. Connect the Heart Rate Cable (4a) from the Static Handlebar to the Console Heart Rate Cable. Do not crimp the cables.

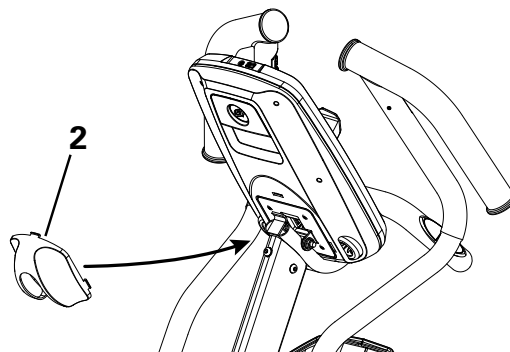


## 11. Connect Cables and Install the Static Handlebar Assembly to the Console Mast

**NOTICE:** Hardware (\*) is pre-installed and not on the Hardware Card. Align the clips on the cable connectors and make sure the connectors lock. Do not crimp cables. Push the extra wire down into the Console Mast to allow pivot clearance.

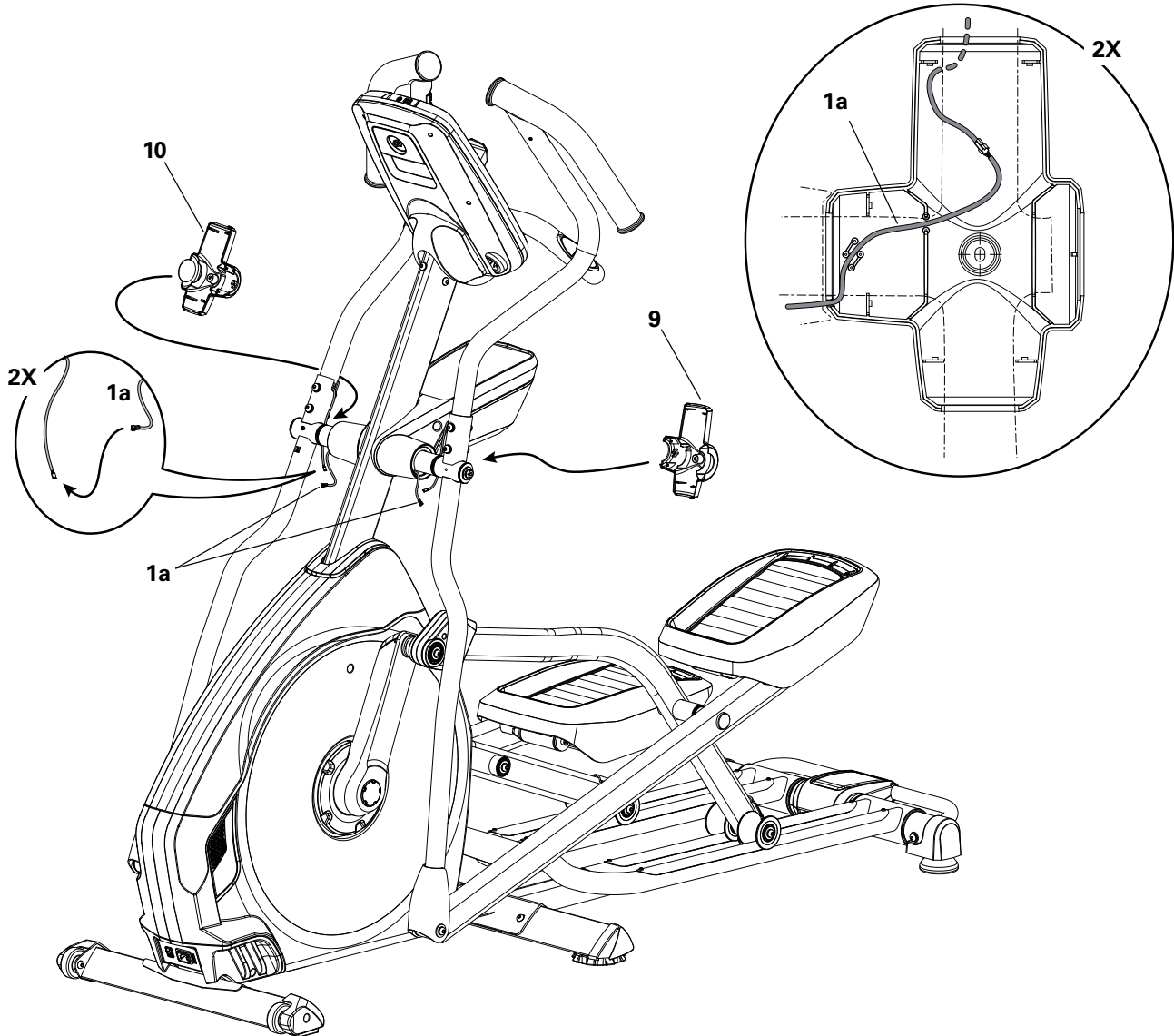


## 12. Attach the Console Junction Cover



### 13. Connect Console Mast Cables to Cables from Handlebar Arms and Attach Rear Handlebar Shrouds

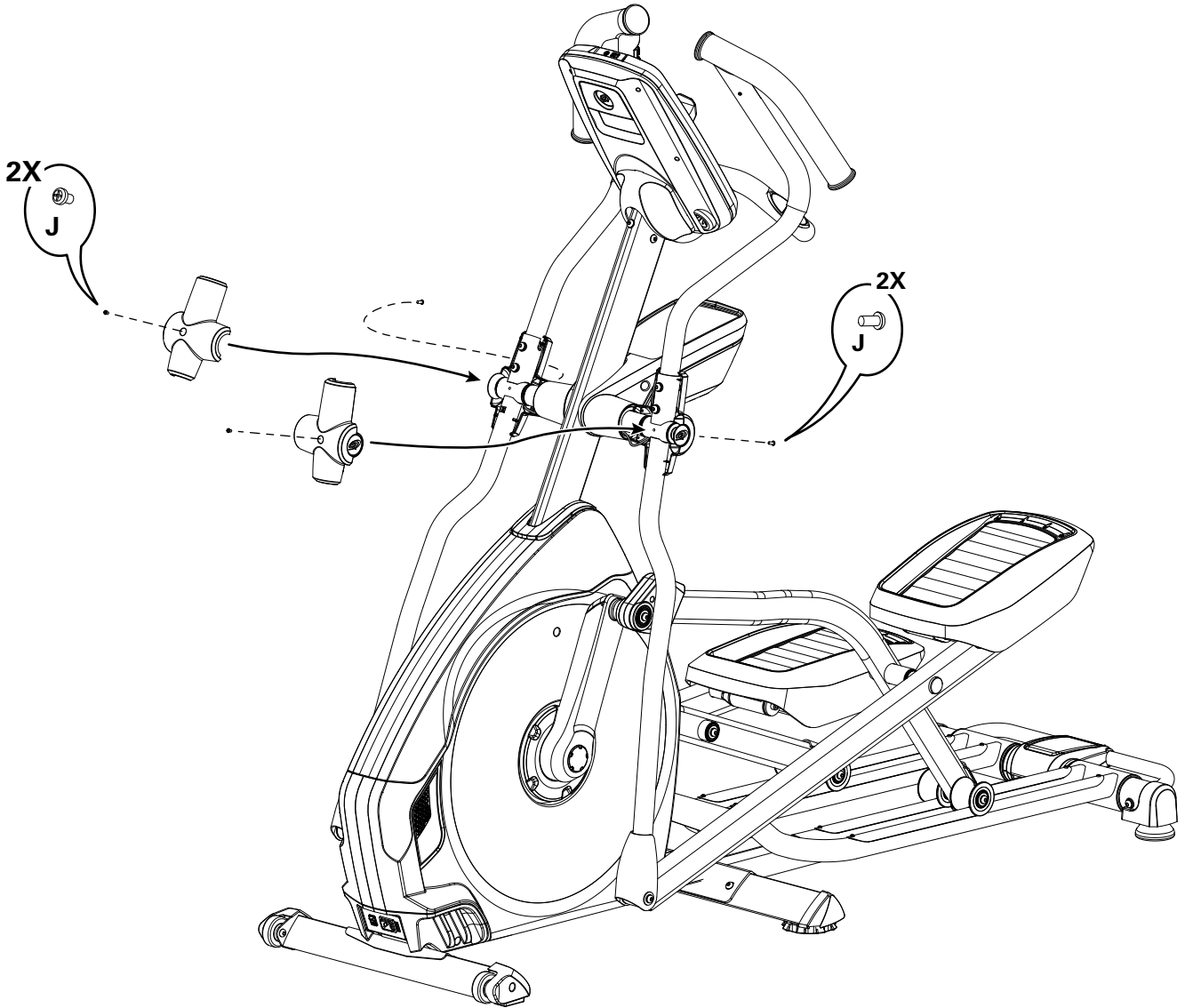
**NOTICE:** Connect the cables. Route the wire through the 3 guides inside the rear Handlebar Shroud and fit the connectors inside the cavity as shown. Do not crimp cables. Make sure the inner edge of the Handlebar Shroud is seated in the Water Bottle Holder Shroud.





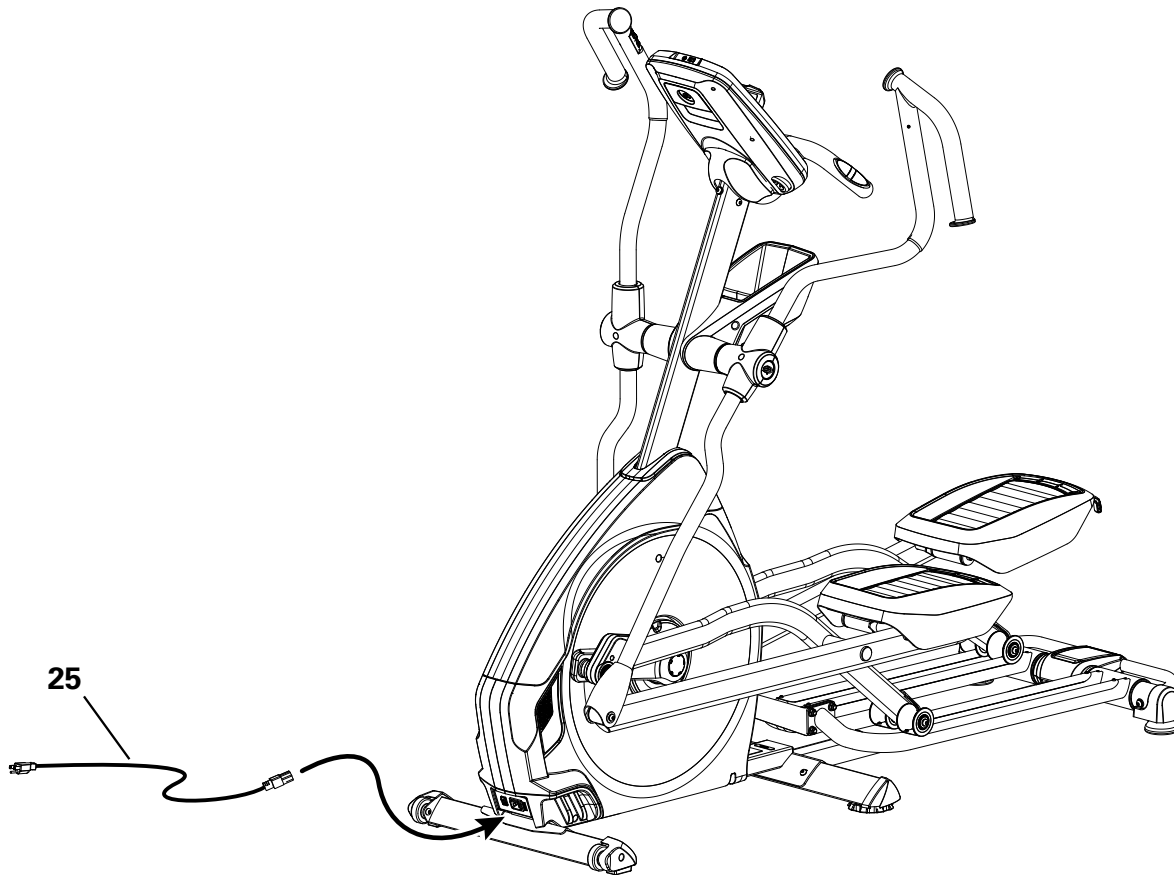
## 14. Attach Front Handlebar Shrouds and Install Screws

**NOTICE:** Do not crimp cables.



## 15. Connect the Power Cord to Frame Assembly

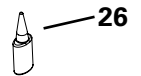
**!** Connect this machine to a properly earthed outlet only (see Earthing Instructions).



## 16. Final Inspection

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

**Note:** Remove the plastic scratch guard strips from Rails. Apply silicone lubricant to a cloth and wipe the Rails to eliminate roller noise.



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

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

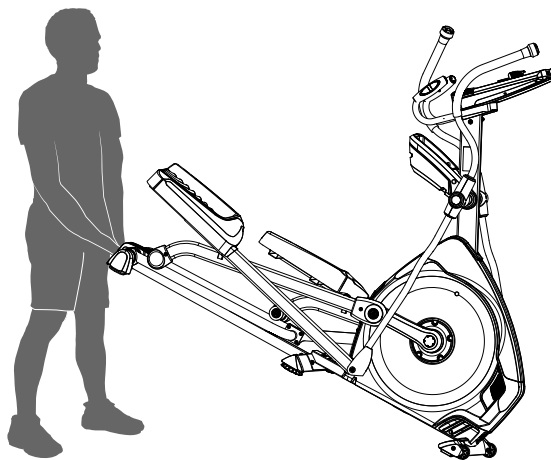
**!** Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Owner's Manual.

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

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



## Leveling the Machine

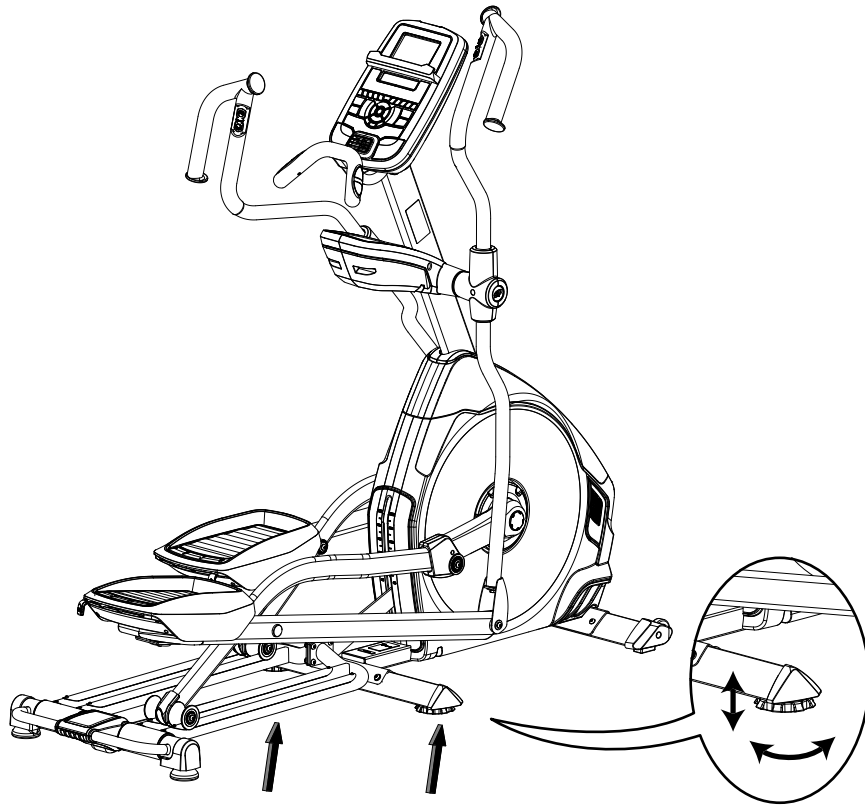
The machine needs to be leveled if your workout area is uneven or if the Rail Assembly is slightly off the floor. To adjust:

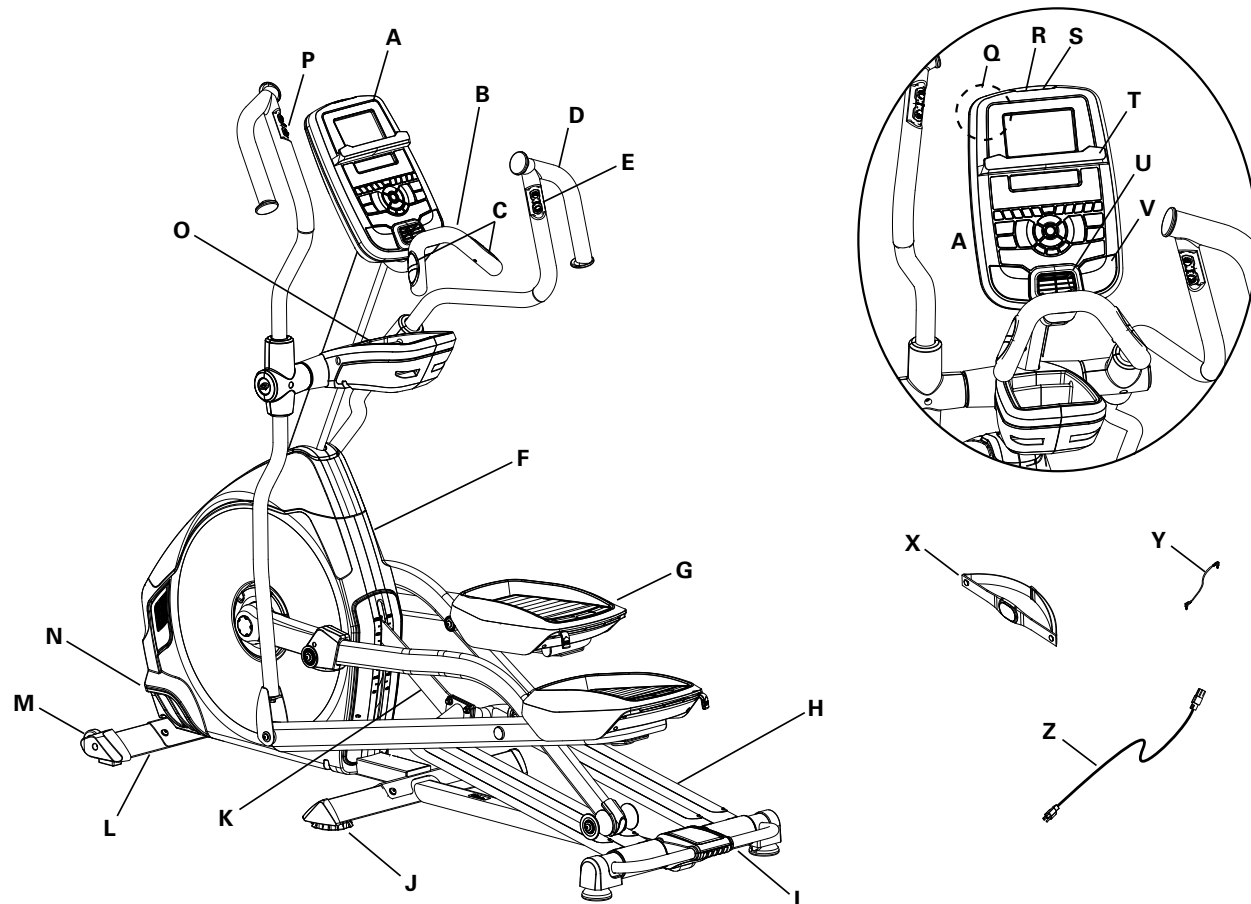
1. Place the machine in your workout area.
2. Safely stand on the back of the Rail Assembly for approximately 20 seconds.
3. Step off the machine.
4. Loosen the locking nuts and adjust the levelers until they all contact the floor.

**⚠ 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.**

5. Adjust until the machine is level. Tighten the locking nuts.

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





A	Console	O	Water Bottle Holder
B	Static Handlebar	P	Remote Resistance Controls
C	Contact Heart Rate (CHR) Sensors	Q	Telemetry Heart Rate (HR) Receiver
D	Upper Handlebar	R	USB Port
E	Remote Incline Controls	S	MP3 Input
F	Fully Shrouded Flywheel	T	Media Tray
G	Adjustable Foot Pedal	U	Fan
H	Rail	V	Speakers
I	Transport Handle	W	Bluetooth® Connectivity (not shown)
J	Leveler	X	Heart Rate (HR) Chest Strap
K	Incline Arm	Y	MP3 Cord
L	Stabilizer	Z	Power Cord
M	Transport Roller	AA	Silicone Lubricant, Bottle (not shown)
N	Power Connector / Power Switch		

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

## Console Features

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



## Keypad Functions

Resistance Increase (▲) button- Increases the workout resistance level

Resistance Decrease (▼) button- Decreases the workout resistance level

Incline Increase (▲) button- Increases the Incline angle of the Rail Assembly

Incline Decrease (▼) button- Decreases the Incline angle of the Rail Assembly

QUICK START button- Begins a Quick Start workout

USER button- Selects a User profile

PROGRAMS button- Selects a category and workout program

PAUSE / END button- Pauses an active workout, ends a paused workout, or goes back to the previous screen

GOAL TRACK button- Displays the Workout Totals and Achievements for the selected User Profile

Increase (▲) button- Increases a value (age, time, distance, or calories) or moves through options

Left (◀) button- Displays different workout values during a workout, and moves through options

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

Right (▶) button- Displays different workout values during a workout, and moves through options

Decrease (▼) button- Decreases a value (age, time, distance, or calories) or moves through options

FAN button- Controls 3-speed fan

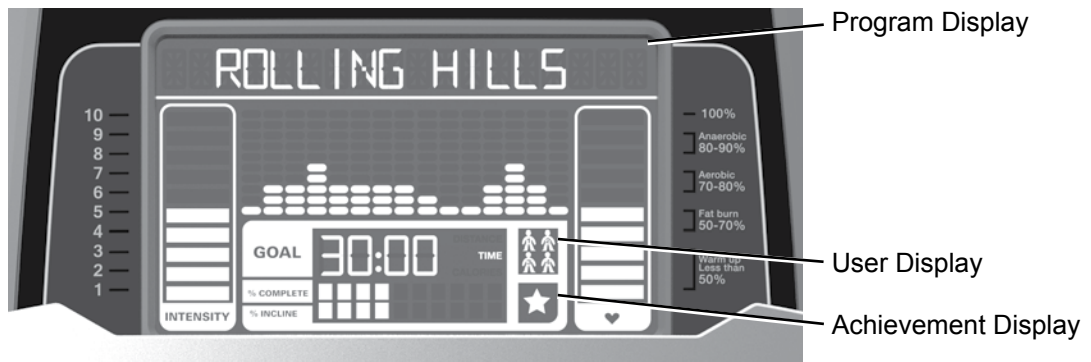
Resistance Level Quick Buttons- Shifts the resistance levels to the setting quickly during a workout

Incline Level Quick Buttons- Shifts the incline level to the setting quickly during a workout

Achievement Indicator Lights- when an achievement level is reached or a result is reviewed, the achievement indicator light will activate

## Nautilus Dual Track™ Display

### Upper Display Data



### Program Display

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

### Intensity Display

The Intensity Display shows the level of work at that moment based on the current resistance level.

### Heart Rate Zone Display

The Heart Rate Zone shows which zone the current heart rate value falls into for the current User. These Heart Rate Zones can be used as a workout guide for a certain target zone (anaerobic, aerobic, or fat burn).

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

**Note:** If no heart rate is detected, the display will be blank.

**NOTICE:** To prevent interference with the telemetry HR receiver, do not place any personal electronic devices in the left side of the media tray.

### Goal Display

The Goal Display shows the currently selected type of goal (Distance, Time or Calories), the current value to achieve the goal, and the percent completed toward the goal.

### User Display

The User Display shows which User Profile is currently selected.

## Achievement Display

The Achievement Display activates when a workout goal is reached or a workout milestone is surpassed from past workouts. The Console display will congratulate and inform the User of their achievement, along with a celebratory sound.

## Lower Display Data



The Lower Display shows the Workout Values and can be customized for each User (Consult the “Edit User Profile” section of this manual).

### Speed

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

### Time

The TIME display field shows the total time count of the workout, the average Time for the User Profile, or the total operational time of the machine.

**Note:** If a Quick Start workout is performed for more than 99 minutes and 59 seconds (99:59), the units for Time will shift to hours and minutes ( 1 hour, 40 minutes ).

### Distance

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

**Note:** To change the measurement units to English Imperial or metric, refer to the “Console Setup Mode” section in this manual.

### Level

The LEVEL display shows the current resistance level in the workout.

### RPM

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

### Heart Rate (Pulse)

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

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

### Watts

The WATTS display field shows the estimated power output at the current RPM and intensity Level, displayed in watts (746 watts = 1 hp).

### Calories

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



## Bluetooth® Connectivity with the “Nautilus Trainer™” Fitness App

This fitness machine is equipped with Bluetooth® connectivity and can wirelessly sync with the “Nautilus Trainer™” Fitness App on supported devices. The Software App syncs with your fitness machine to track total calories burned, time, distance, and more. It records and stores every workout for quick reference. Plus, it automatically syncs your workout data with MyFitnessPal®, and Under Armour® Connected Fitness to make hitting your daily calorie goal easier than ever! Track your results and share with friends and family.

1. Download the free Software App, named Nautilus Trainer™. The software app is available on iTunes® and Google Play™.

**Note:** For a complete list of supported devices, review the software app on iTunes® or Google Play™.

2. Follow the instructions on the Software App to sync your device to your exercise machine.
3. To sync your workout data with MyFitnessPal® or Under Armour® Connected Fitness, click on the desired program and login with your information.

**Note:** The “Nautilus Trainer™” Fitness App will automatically sync your workouts after the initial syncing.

## USB Charging

If a USB Device is attached to the USB Port, the Port will attempt to charge the Device.

**Note:** Depending on the amperage of device, the power supplied from the USB Port may not be enough to operate the Device and charge it at the same time.

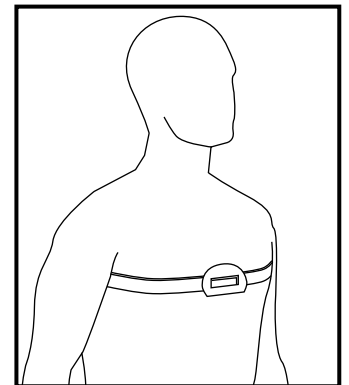
## Chest Strap

Using the provided heart rate transmitter chest strap lets you monitor your heart rate at any time during your workout.

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

The heart rate transmitter is attached to a chest strap to keep your hands free during your workout. To put on your chest strap:

1. Attach the transmitter to the elastic chest strap.
2. Secure the strap around your chest with the curve of the transmitter oriented upward, just below the chest muscles.
3. Lift the transmitter off your chest and moisten the two Grooved Electrode Areas on the back.
4. Check that the wet electrode areas are firmly against your skin.



The transmitter will send your heart rate to the machine’s receiver and display your estimated Beats Per Minute (BPM).

Always remove the transmitter before you clean the chest strap. Clean the chest strap regularly with mild soap and water, and thoroughly dry it. Residual sweat and moisture may keep the transmitter active and drain the battery in the transmitter. Dry and wipe clean the transmitter after each use.

**Note:** Do not use abrasives or chemicals such as steel wool or alcohol when you clean the chest strap, as they can damage the electrodes permanently.

If the Console does not display a heart rate value, the transmitter may be at fault. Check that the textured contact areas on the chest strap are making contact with your skin. You may need to lightly wet the contact areas. Check that

the curve of the transmitter is oriented upward. If no signal appears or you need further assistance, call your Nautilus Representative.

**⚠ Before discarding a chest strap, remove the battery. Dispose of in accordance with local regulations and/or at approved recycling centers.**

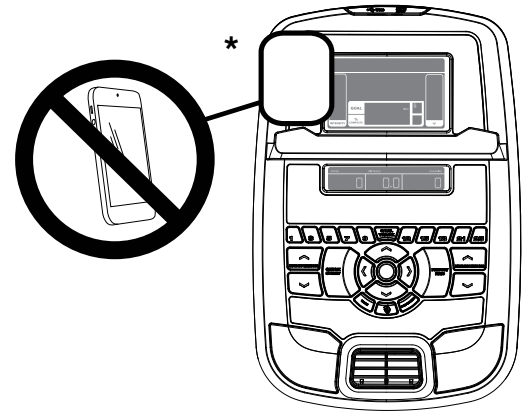
### Remote Heart Rate Monitor

Monitoring your Heart Rate is one of the best procedures to control the intensity of your exercise. Contact Heart Rate (CHR) sensors are installed to send your heart rate signals to the Console. The Console can also read telemetry HR signals from a Heart Rate Chest Strap Transmitter that operates in the 4.5kHz - 5.5kHz range.

**Note:** The heart rate chest strap must be an uncoded heart rate strap from Polar Electro or an uncoded POLAR® compatible model. (Coded POLAR® heart rate straps such as POLAR® OwnCode® chest straps will not work with this equipment.)

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

**NOTICE:** To prevent interference with the telemetry HR receiver, do not place any personal electronic devices in the left side of the media tray.\*



### Contact Heart Rate Sensors

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

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

- Movement of the upper body muscles (including arms) produces an electrical signal (muscle artifact) that can interfere with pulse detection. Slight hand movement while in contact with the sensors can also produce interference.
- Calluses and hand lotion may act as an insulating layer to reduce the signal strength.
- Some Electrocardiogram (EKG) signals generated by individuals are not strong enough to be detected by the sensors.
- The proximity of other electronic machines can generate interference.

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

### Heart Rate Calculations

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

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

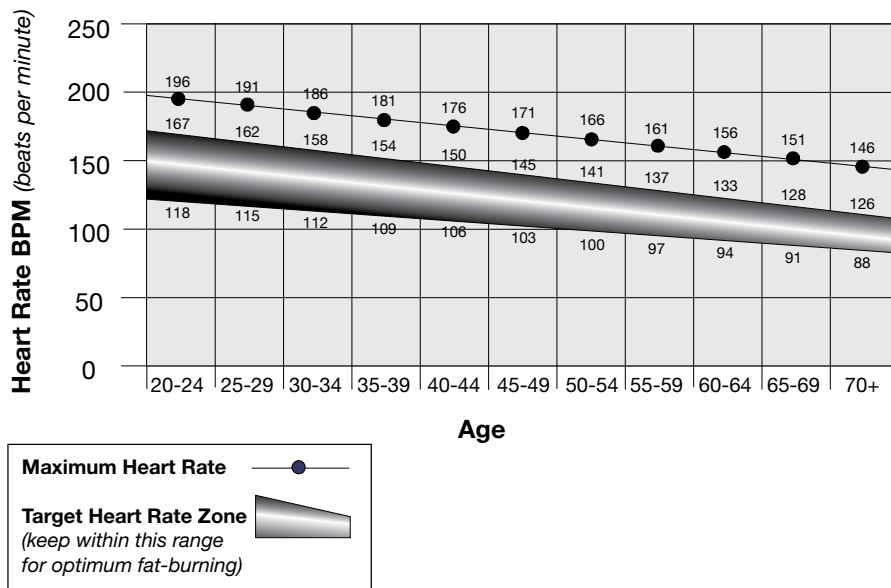
The Heart Rate table is an estimate of what Heart Rate Zone (HRZ) is effective to burn fat and improve your cardiovascular system. Physical conditions vary, therefore your individual HRZ could be several beats higher or lower than what is shown.

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

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

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

### FAT-BURNING TARGET HEART RATE



### Remote Resistance and Incline Controls

The remote resistance and incline controls are located on the upper handlebar arms. The resistance and incline can be controlled from these keypads. The keypad on the left upper handlebar arm includes a Resistance Increase key (▲) and a Resistance Decrease (▼) key. The keypad on the right upper handlebar arm includes an Incline Increase key (▲) and an Incline Decrease (▼) key. These keys work exactly the same as the Resistance and Incline Increase and Decrease keys on the console.

### Suspension Adjust™ Pedals

The pedals are equipped with the Suspension Adjust™ Performance Cushion System which adjusts the angle and impact resistance of the pedals. Adjustment of the pedals may adapt the same workout to affect different muscle groups. The heel areas of the pedals have a 10 degree range of vertical motion. The adjustment lever can set the firmness of the action according to the weight of the user.

## What to Wear

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

## How Often Should You Exercise

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

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

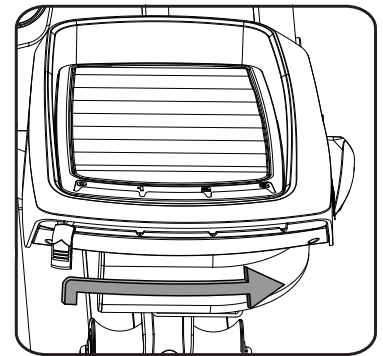
## Adjusting the Pedals

The Pedals are equipped with the Suspension Adjust™ Performance Cushion System which adjusts the angle and impact resistance of the Pedals. Adjustment of the Pedals may adapt the same workout to affect different muscle groups. The adjustment lever can set the angle and firmness of the action according to the weight of the user: 0 is the lowest cushion setting (flat); 1 for under 150 lbs. (68 kg); 2 for 150-225 lbs. (68-102 kg); 3 for over 225 lbs. (102 kg).

**Note:** It is recommended to adjust both Pedals to the same setting.

To adjust the Pedal:

1. Tilt the back of the Pedal up.
2. Lift the adjustment lever out of the notch for the current setting and move it to the desired setting. Be sure the lever is engaged in the notch at the new setting.



## Mounting and Dismounting the Machine

**⚠** Care should be used when mounting or dismounting the machine. Be aware that the Pedals and the Handlebars are connected and when either of these parts move the other does as well. In order to avoid possible serious injury, only grasp the Static Handlebars to steady yourself.

To mount the fitness machine:

1. Move the Pedals until the one nearest you is in the lowest position.
2. Grasp the Static Handlebars under the Console.
3. Steadying yourself with the Static Handlebars, step up onto the lowest Pedal and place your other foot onto the opposite Pedal.

To dismount the fitness machine:

1. Move the Pedal you want to dismount from to the highest position, and bring the machine to a complete stop.

**⚠** This machine is not equipped with a free-wheel. Pedal speed should be reduced in a controlled manner.

2. Grasp the Static Handlebars under the Console to steady yourself.
3. With your weight on the lowest foot, swing the upper foot off the machine and down onto the floor.
4. Step off of the machine and release your grip from the Static Handlebars.

## Power-Up / Idle Mode

The Console will enter Power-Up / Idle Mode if it is plugged into a power source and the Power Switch turned on, 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 unless in Demonstration mode.

Push any button to start (wake up) the Console. If your machine is in Demonstration mode, hold down the PAUSE/END button and Left button together for 3 seconds.

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



**To disconnect, turn all controls to the off position, then remove plug from outlet.**

## Initial Setup

During the first power-up, the Console should be setup with the date, time and your preferred measurement units.

1. Date: Push the Increase/Decrease buttons to adjust the currently active value (flashing). Push the Left/Right buttons to change which segment is the currently active value (month / day / year).
2. Push OK to set.
3. Time: Push the Increase/Decrease buttons to adjust the currently active value (flashing). Push the Left/Right buttons to change which segment is the currently active value (hour / minute / AM or PM).
4. Push OK to set.
5. Units of Measurement: Push the Increase/Decrease buttons to adjust between "MILES" (Imperial English) or "KM" (metric).
6. Push OK to set. The Console goes back to the Power-Up / Idle Mode screen.

**Note:** To adjust these selections, consult the "Console Set-Up Mode" section.

## Quick Start ( Manual ) Program

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

During a Manual Workout, each column represents a 2 minute time period. The active column will advance across the screen every 2 minutes. If the workout lasts for more than 30 minutes, the active column is fixed on the farthest column on the right and pushes the previous columns off the display.

1. Stand on the machine.
2. Push the User button to select the correct User profile. If you do not have a User profile set up, you can select a User profile that has no customized data (default values only).
3. Push the QUICK START button to start the Manual program.
4. To change the resistance level, push the Resistance Increase/Decrease buttons. The current interval and future intervals are set to the new level. The default Manual resistance level is 4. The time will count up from 00:00.

**Note:** If a Manual workout is performed for more than 99 minutes and 59 seconds (99:59), the units for Time will shift to hours and minutes ( 1 hour, 40 minutes ).

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

**Note:** The workout results are recorded to the current User Profile.

## User Profiles

The Console lets you store and use 4 User profiles. The User profiles automatically record the workout results for each workout, and allow the workout data to be reviewed.

The User profile stores the following data:

- Name—up to 10 characters
- Age
- Weight
- Height
- Gender
- Preferred Workout Values

### Select a User Profile

Every workout is saved to a User Profile. Be sure to select the proper User Profile before starting a workout. The last User that completed a workout will be the default user.

User Profiles are assigned the default values until they are customized by editing. Be sure to edit the User Profile for more accurate calorie and heart rate information.

From the Power-Up Mode screen, push the User button to select one of the User Profiles. The Console will display the name of the User Profile and the User Profile Icon.

### Edit User Profile

1. From the Power-Up Mode screen, push the User button to select one of the User Profiles.
2. Push the OK button to select it.
3. The Console display shows the EDIT prompt and the current User Profile name. Push OK to start the Edit User Profile option.  
To exit the Edit User Profile option, push the PAUSE/END button and the console will go back to the Power-Up Mode screen.
4. The Console display shows the NAME prompt and the current User Profile name.  
**Note:** The User name will be blank if this is the first edit. The name of a User Profile is limited to 10 characters.  
The currently active segment will flash. Use the Increase/Decrease buttons to move through the alphabet and blank space (found between A and Z). To set each segment, use the Left(◀) or Right(▶) buttons to shift between segments.  
Push the OK button to accept the displayed User name.
5. To edit the other User data (EDIT AGE, EDIT WEIGHT, EDIT HEIGHT, EDIT GENDER), use the Increase/Decrease buttons to adjust, and push OK to set each entry.
6. The Console display shows the SCAN prompt. This option controls how the workout values are displayed in the Lower Display during a workout. The “OFF” setting allows the user to push the RIGHT or LEFT buttons to view the other workout value channels when desired. The “ON” setting allows the Console to automatically display the workout value channels every 6 seconds.  
The default is “OFF”.  
Push the OK button to set how the workout values are displayed.
7. The Console display shows the WIRELESS HR prompt. If you are using the Console speakers at their higher settings and / or using a larger sized personal electronic device, the Console may show Heart Rate interference. This option allows the Telemetry Heart Rate Receiver to be deactivated blocking the interference.  
The Upper Display shows the current value setting: “ON” or “OFF”. Push the Increase(▲) or Decrease(▼) buttons to change the value.  
The default is “ON”.  
Push the OK button to set the Telemetry Heart Rate Receiver to active.

- The Console display shows the EDIT LOWER DISPLAY prompt. This option allows you to customize which Workout Values are displayed during a workout.

The Lower Display will show all of the workout values, with the active Workout Value flashing. The Upper Display shows the active value setting: “ON” or “OFF”. Push the Increase(▲) or Decrease(▼) buttons to hide the active workout value, and push the Left(◀) or Right(▶) buttons to shift the active workout value.

**Note:** to show a hidden workout value, repeat procedure and change Upper Display value to “ON” for that value.

When done with customizing the Lower Display, push the OK button to set it.



- The Console will go to the Power-Up Mode screen with the user selected.

### Reset a User Profile

- From the Power-Up Mode screen, push the User button to select one of the User Profiles.
- Push the OK button to select it.
- The Console display shows the current User Profile name and the EDIT prompt. Push the Increase(▲) or Decrease(▼) buttons to change the prompt.

**Note:** To exit the Edit User Profile option, push the PAUSE/END button and the console will go back to the Power-Up Mode screen.

- The Console display shows the RESET prompt and the current User Profile name. Push OK to start the Reset User Profile option.
- The Console will now confirm the request to reset the User profile (the default selection is ‘NO’). Push the Increase(▲) or Decrease(▼) buttons to adjust the selection.
- Push OK to make your selection.
- The Console will go to the Power-Up Mode screen.

### Changing Resistance Levels

Push the Resistance Level Increase(▲) or Decrease(▼) buttons to change the resistance level at any time in a workout program. To rapidly change the resistance level, push the desired Resistance Level Quick Button. The Console will adjust to the selected resistance level of the quick button.

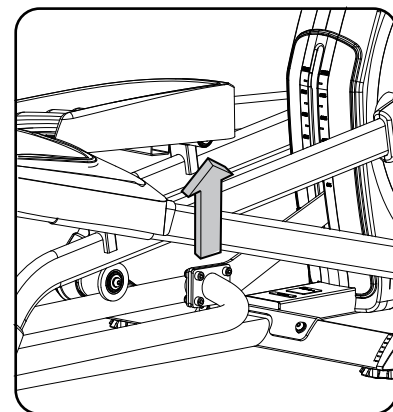
### Changing Incline Levels

Push the Incline Level Increase(▲) or Decrease(▼) buttons to change the incline angle of the rail assembly at any time in a workout program. To rapidly change the incline level, push the desired Incline Level Quick Button. The Console will adjust to the selected incline level of the quick button.

**⚠ Be sure the area below the machine is clear before lowering. Fully lower the Incline Assembly after each workout.**

**Exercise on this machine requires coordination and balance. Be sure to anticipate that changes in speed, incline angle and resistance level can occur during workouts, and be attentive in order to avoid loss of balance and possible injury.**

**Note:** Be sure that the workout space you are utilizing has adequate height clearance, taking into consideration the height of the user and the maximum incline of the elliptical machine. Though the incline angle changes the exercise motion, it does not affect the calorie values.





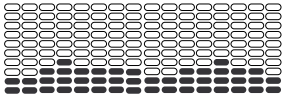
## Profile Programs

These programs automate different resistance and workout levels. The Profile Programs are organized into Categories (Fun Rides, Mountains, and Challenges).

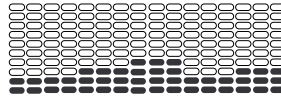
**Note:** Once a User views all the Categories, they will be expanded to display the Programs within each of the Categories.

### FUN RIDES

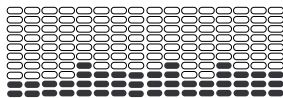
#### Rolling Hills



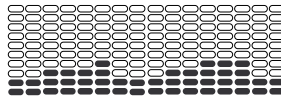
#### Ride in the Park



#### Easy Tour

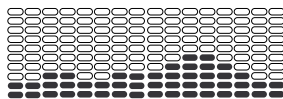


#### Stream Crossing

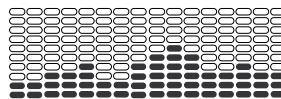


### MOUNTAINS

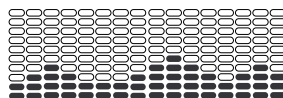
#### Pike's Peak



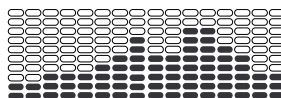
#### Mount Hood



#### Pyramids

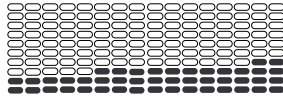


#### Summit Pass

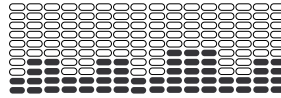


### CHALLENGES

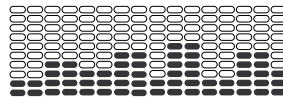
#### Uphill Finish



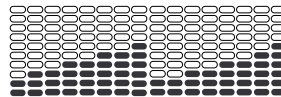
#### Cross-Training



#### Interval



#### Stairs





## Workout Profile and Goal Program

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

1. Stand on the machine.
2. Push the User button to select the correct User profile.
3. Push the Programs button.
4. Push the Left(◀) or Right(▶) buttons to select a Category of Workout.
5. Push the Increase(▲) or Decrease(▼) buttons to select a Profile Workout, and push OK.
6. Use the Increase(▲) or Decrease(▼) buttons to select a type of Goal (Distance, Time or Calories), and push OK.
7. Use the Increase(▲) or Decrease(▼) buttons to adjust the workout value.
8. Push OK to begin the goal-oriented workout. The GOAL value will count down as the value for percent completed increases.

**Note:** During a Calories Goal, each column is for a 2 minute time period. The active column will advance across the screen every 2 minutes. If the workout lasts for more than 30 minutes, the active column will fix to the last right column and push the previous columns off the display.

## Fitness Test Program

The Fitness Test measures the improvements to your physical fitness level. The test compares your power output (in watts) to your heart rate. As your fitness level improves, your power output will increase at a given heart rate.

**Note:** The Console must be able to read the heart rate information from the Contact Heart Rate (CHR) sensors or Heart Rate Monitor (HRM) to work correctly.

You can start the Fitness Test from the FEEDBACK category. The Fitness Test program first prompts you to select your fitness level—Beginner ( “BEG” ) or Advanced ( “ADV” ). The Console will use the Age and Weight values for the selected User Profile to calculate the Fitness Score.

Start to work out and hold the Heart Rate Sensors. When the test starts, the intensity of the workout slowly increases. This means you will work harder, and as a result, your heart rate increases. The intensity continues to increase automatically until your heart rate reaches the “Test Zone”. This zone is individually computed to be near 75 percent of the maximum heart rate of your User Profile. When you reach the Test Zone, the machine holds the intensity steady for 3 minutes. This lets you reach a stable condition (where your heart rate becomes steady). At the end of the 3 minutes, the Console measures your heart rate and the power output. These numbers, along with information about your age and weight, are computed to produce a “Fitness Score”.

**Note:** Fitness Test scores should only be compared to your previous scores and not to other User Profiles.

Compare your Fitness Scores to see your improvement.

## Recovery Test Program

Recovery Test shows how quickly your heart recovers from an exercise state to a more restful state. Improved recovery is an indicator of increasing fitness.

**Note:** The Console must be able to read the heart rate information from the Contact Heart Rate (CHR) sensors or Heart Rate Monitor (HRM) to work correctly.

From an elevated heart rate, select the Recovery Test Program. The Console will show “STOP EXERCISING” and the goal will begin to count down. Stop exercising but continue to grip the contact heart rate sensors. After 5 seconds, the display will show “RELAX” and will continue to count down to 00:00. For the entire minute the console will also show your heart rate. You must grip the heart rate sensors for the duration of the test if not using a Remote Heart Rate Monitor.

The display will continue to show "RELAX" and your heart rate until the goal reaches 00:00. The console will then calculate your recovery score.

Recovery Score = Your heart rate at 1:00 (the beginning of the test) minus your heart rate at 00:00 (the end of the test).

The higher the Recovery Test score value, the quicker your heart rate is returning to a more restful state and is an indication of improving fitness. By recording these values over time you can see the trend toward better health.

When you select the Recovery Test Program and there is no heart rate signal or display, the Console will show "NEED HEART RATE". This message will show for 5 seconds. If no signal is detected, the program will end.

Helpful Tip: For a more relevant score, try to obtain a steady heart rate for 3 minutes before starting the Recovery Program. This will be easier to achieve, and obtain the best result, in the Manual program so you can control the levels of resistance.


### Heart Rate Control (HRC) Workout Programs

The Heart Rate Control (HRC) programs let you set a heart rate goal for your workout. The program monitors your heart rate in beats per minute (BPM) from the Contact Heart Rate (CHR) sensors on the machine or from a Heart Rate Monitor (HRM) chest strap, and adjusts the workout to keep your heart rate in the selected zone.

**Note:** The console must be able to read the heart rate information from the CHR sensors or HRM for the HRC program to work correctly.

The Target Heart Rate programs use your age and other User information to set the Heart Rate Zone values for your workout. The console display then gives prompts for you to set up your workout:

1. Select the Heart Rate Control workout level: BEGINNER ( "BEG" ) or ADVANCED ( "ADV" ) and push OK.
2. Push the Increase(▲) or Decrease(▼) buttons to select the percentage of maximum heart rate: 50–60%, 60–70%, 70–80%, 80–90%.

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

3. Push the Increase(▲) or Decrease(▼) buttons to select the Goal type, and push OK.
4. Push the Increase(▲) or Decrease(▼) buttons to set the goal value for the workout.

**Note:** Be sure to allow time for your heart rate to reach the desired heart rate zone when setting the goal.

5. Push OK to start the workout.

A User can set a Heart Rate zone instead of a value by selecting the Heart Rate Control - User program. The Console will adjust the workout to keep the User in the desired Heart Rate zone.

1. Select HEART RATE CONTROL - USER, and push OK.
2. Push the Increase(▲) or Decrease(▼) buttons to set the Heart Rate zone for the workout, and push OK. The Console shows the Heart Rate zone (percent) on the left, and the Heart Rate range for the User on the right side of the display.
3. Push the Increase(▲) or Decrease(▼) buttons to select the Goal type, and push OK.
4. Push the Increase(▲) or Decrease(▼) buttons to set the value for the workout.
5. Push OK to start the workout.

## Custom Program


The Custom Program lets you set the resistance level for each interval and select type of Goal (Distance, Time or Calories) to create a personalized workout. One custom workout is available for each User Profile.

1. Sit on the machine.
2. Push the User button to select the correct User profile.
3. Push the Programs button.
4. Push the Increase(▲) or Decrease(▼) buttons to select Custom Program, and push OK.
5. The Console shows Heart Rate Control. To select Heart Rate Control, push OK.  
To continue in the Custom Program, push the Left(◀) button and the Console shows Custom Program again. Push OK.
6. To edit the Custom Program, use the Right(▶) button to move to the next interval and use the Increase(▲) or Decrease(▼) buttons to adjust the resistance values. Push the OK button to accept the displayed values.
7. Use the Increase(▲) or Decrease(▼) buttons to select a type of Goal (Distance, Time or Calories), and push OK.
8. Use the Increase(▲) or Decrease(▼) buttons to adjust the workout value.
9. Push OK to start the workout. The GOAL value will count down as the value for percent completed increases.

## Power Training Programs

The Power Training programs let you set a power output goal (in watts) for your workout. These programs are: POWER HIIT (high intensity interval training , target watts), and CONSTANT POWER (constant watts programs, Time or Distance goal).

1. Sit on the machine.
2. Push the User button to select the correct User profile.
3. Push the Programs button.
4. Push the Left(◀) or Right(▶) buttons to go to the Power Training category, and push OK.
5. Push the Increase(▲) or Decrease(▼) buttons to select the desired Power Training workout—POWER HIIT or CONSTANT POWER. Push OK.

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

### POWER HIIT (interval training)

The target watts interval program consists of 7 interval periods—a 30-second work period and 90-second rest period—for a total workout time of 14 minutes, plus a 3-minute Cool Down period at the end). The user sets the target watt values for the work and rest periods.-

1. After the POWER HIIT program is selected, the Console displays SET TARGET WATTS - HIGH. The High watts value refers to the highest power output goal during the work period. Use the Increase(▲) or Decrease(▼) buttons to adjust the HIGH target watts value for the work period, and push OK.  
The default is 90w. The maximum value is 300w. The value is displayed in 5w increments.  
**Note:** Holding down the button speeds up the selection scrolling of the display.
2. The Low watts value refers to the lowest power output goal during the rest period. Use the Increase(▲) or Decrease(▼) buttons to set the LOW target watts value for the rest period.  
The default is 40w. The minimum value is 30w. The value is displayed in 5w increments.
3. Push OK to start the workout. The target watts value for the interval will be displayed throughout the interval period. The watts value of the current power output will show on the lower display.

To adjust the target watts value during the workout, use the Increase(▲) or Decrease(▼) buttons or the Resistance Increase or Decrease buttons.

**Note:** The Resistance Level Quick buttons are disabled during the workout.

### **CONSTANT POWER (Time or Distance goal)**

The CONSTANT POWER program lets the user set a target watts value for a set length of time or distance.

1. After the CONSTANT POWER program is selected, the Console displays SELECT GOAL TYPE.
2. Use the Increase(▲) or Decrease(▼) buttons to select the type of Goal (Time or Distance), and push OK.
3. Use the Increase(▲) or Decrease(▼) buttons to adjust the goal value, and push OK.

The default time is 30 minutes. The default distance is 10.0 miles.

**Note:** Holding down the button speeds up the selection scrolling of the display.

4. Use the Increase(▲) or Decrease(▼) buttons to adjust the Target Watts value.

The default is 120w. The maximum value is 300w. The minimum value is 30w. The value is displayed in 5w increments.

**Note:** Holding down the button speeds up the selection scrolling of the display.

5. Push OK to begin the goal-oriented workout. The WATTS TARGET is displayed at the top of the screen. The GOAL value will count down as the value for percent completed increases.

To adjust the target watts value during the workout, use the Increase(▲) or Decrease(▼) buttons or the Resistance Increase or Decrease buttons.

If the watts output does not match the target watts value (+/- 10%), the WATTS TARGET value will flash. If necessary, push the Increase(▲) or Decrease(▼) buttons or Resistance Increase or Decrease buttons to adjust the WATTS TARGET value.

### **Changing a Workout Program During a Workout**

The Console allows a different Workout Program to be started from an active workout.

1. From an active workout, push PROGRAMS.
2. Push the Increase(▲) or Decrease(▼) buttons to select the desired workout program, and push OK.
3. Push the Increase(▲) or Decrease(▼) buttons to select the Goal type, and push OK.
4. Push the Increase(▲) or Decrease(▼) buttons to set the value for the workout.
5. Push OK to stop the active workout and start the new workout.

The previous workout values are saved to the User Profile.

### **Pausing or Stopping**

The Console will go into Pause Mode if the user stops pedaling and pushes PAUSE/END during a workout, or there is no RPM signal for 5 seconds (user not pedaling). The Console will cycle through a series of messages that change every 4 seconds:

- WORKOUT PAUSED
- PEDAL TO CONTINUE (if a bike) / STRIDE TO CONTINUE (if an elliptical)
- PUSH END TO STOP

During a paused workout, you can use the Increase/Decrease buttons to move through the result channels manually.

1. Stop pedaling and push the PAUSE/END button to pause your workout.
2. To continue your workout, push OK or start pedaling.

To stop the workout, push the PAUSE/END button. The Console will go into Results / Cool Down mode.

## Results / Cool Down Mode

After a workout the GOAL display shows 03:00 and then starts to count down. During this Cool Down period, the Console shows the Workout Results. All workouts except Quick Start have a 3-minute Cool Down period.

The LCD display shows the Current Workout values in three channels. Push the Left(◀) or Right(▶) buttons to move through the result channels manually. For non-Power Training programs the channels are:

- a.) TIME (total), DISTANCE (total), and CALORIES (total)
- b.) SPEED (average), RPM (average), and HEART RATE (average)
- c.) TIME (average), LEVEL (average), and CALORIES (average).

For Power Training programs the channels are:

- a.) TIME (total), DISTANCE (total), and CALORIES (total)
- b.) SPEED (average), RPM (average), and WATTS (total)
- c.) TIME (average), LEVEL (average), and HEART RATE (average).

During the Cool Down period, the Resistance Level will adjust to a third of the average Level of the workout. The Cool Down resistance level can be adjusted with the Resistance Increase and Decrease buttons, but the Console will not display the value.

You can push PAUSE/END to stop the Results / Cool Down period and go back to Power-Up Mode. If there is no RPM or HR signal, the Console automatically goes into Sleep Mode.

## GOAL TRACK Statistics (and Achievements)

The statistics from every workout are recorded to a User Profile.

The Nautilus Dual Track™ Console shows the Goal Track workout Statistics on the Lower Display in three channels. For non-Power Training programs the channels are:

- a.) TIME (total), DISTANCE (total), and CALORIES (total)
- b.) SPEED (average), RPM (average), and HEART RATE (average)
- c.) TIME (average), DISTANCE (average) or LEVEL (average) \*, and CALORIES (average)

\* If the Goal Track Statistic is a single workout, LEVEL (average) is displayed. If the Goal Track Statistic is a combination of multiple workouts, DISTANCE (average) is displayed instead of LEVEL (average).

For Power Training programs the channels are:

- a.) TIME (total), DISTANCE (total), and CALORIES (total)
- b.) SPEED (average), RPM (average), and WATTS (total)
- c.) TIME (average), DISTANCE (average) or LEVEL (average) \*, and HEART RATE (average).

Additional data that can be exported are: WATTS (average) and WATTS (maximum output).

To view the GOAL TRACK statistics of a User Profile:

1. From the Power-Up screen, push the User button to select the correct User profile.
2. Push the GOAL TRACK button. The Console will display the LAST WORKOUT values and activate the corresponding Achievement light.

**Note:** Goal Track statistics can be viewed even during a workout. Push GOAL TRACK and the LAST WORKOUT values will be displayed. The workout values for the current workout will be hidden except for the GOAL display. Push GOAL TRACK again to return to the Power-Up screen.


3. Push the Increase(▲) button to move to the next GOAL TRACK statistic, "LAST 7 DAYS". The Console will display the calories burned on the display (50 calories per segment) for the previous seven days, along with the workout value totals. Use the Left(◀) or Right(▶) buttons to move through all the workout statistic channels.

4. Push the Increase(▲) button to move to “LAST 30 DAYS”. The Console will display the total values for the previous thirty days. Use the Left(◀) or Right(▶) buttons to move through all the workout statistic channels.
5. Push the Increase(▲) button to move to the “LONGEST WORKOUT”. The Console will display the workout values with the most Time value. Use the Left(◀) or Right(▶) buttons to move through all the workout statistic channels.
6. Push the Increase(▲) button to move to the “CALORIE RECORD”. The Console will display the workout values with the most Calories value. Use the Left(◀) or Right(▶) buttons to move through all the workout statistic channels.
7. Push the Increase(▲) button to move to “BMI”, or Body Mass Index. The Console will display the BMI value based on the User settings. Be sure the height value is correct for your User Profile, and the weight value is current.

The BMI Measurement is a useful tool that shows the relationship between weight and height that is associated with body fat and health risk. The table below gives a general rating for the BMI score:

Underweight	Below 18.5
Normal	18.5 – 24.9
Overweight	25.0 – 29.9
Obesity	30.0 and above

**Note:** The rating may overestimate body fat in athletes and others who have a muscular build. It may also underestimate body fat in older persons and others who have lost muscle mass.

 **Contact your doctor for more information about Body Mass Index (BMI) and the weight that is appropriate for you. Use the values calculated or measured by the machine’s computer for reference purposes only.**

8. Push the Increase(▲) button to move to the “SAVE TO USB - OK?” prompt. Push OK and the “ARE YOU SURE? -NO” prompt will display. Push the Increase(▲) button to change it to yes and push OK. The Console will display the “INSERT USB” prompt. Insert a USB Flash Drive into the USB Port. The Console will record the Statistics to the USB Flash Drive.

The Console will display “SAVING”, and then “REMOVE USB” when it is safe to remove the USB Flash Drive.

**Note:** Push the PAUSE/END button to force an exit from the “SAVING” prompt.

9. Push the Increase(▲) button to move to the “CLEAR WORKOUT DATA -OK?” prompt. Push OK, and the “ARE YOU SURE? - NO” prompt will display. Push the Increase(▲) button to change to the “ARE YOU SURE? - YES” display, and push OK. The user workouts have been reset.
10. Push GOAL TRACK to return to the Power-Up screen.

When a User performs a workout that surpasses the “LONGEST WORKOUT” or “CALORIE RECORD” of the previous workouts, the Console will congratulate with an audible sound and tell the User the new achievement. The corresponding Achievement Indicator Light will also be active.

The Console Setup Mode lets you input the date and time, set the units of measurement to either English or Metric, control the sound settings ( on/ off), or see maintenance statistics (Error Log and Run Hours – for service technician use only).

1. Hold down the PAUSE/END button and Increase button together for 3 seconds while in the Power-Up Mode to go into the Console Setup Mode.  
**Note:** Push PAUSE/END to exit the Console Setup Mode and return to the Power-Up Mode screen.
2. The Console display shows the Date prompt with the current setting. To change, push the Increase/Decrease buttons to adjust the currently active value (flashing). Push the Left/Right buttons to change which segment is the currently active value (month / day / year).
3. Push OK to set.
4. The Console display shows the Time prompt with the current setting. Push the Increase/Decrease buttons to adjust the currently active value (flashing). Push the Left/Right buttons to change which segment is the currently active value (hour / minute / AM or PM).
5. Push OK to set.
6. The Console display shows the Units prompt with the current setting. To change, push OK to start the Units option. Push the Increase/Decrease buttons to change between “MILES” (Imperial English units) and “KM” (metric units).  
**Note:** If the units change when there is data in User Statistics, the statistics convert to the new units.
7. Push OK to set.
8. The Console display shows the Sound Settings prompt with the current setting. Push the Increase/Decrease buttons to change between “ON” and “OFF”.
9. Push OK to set.
10. The Console display shows the TOTAL RUN HOURS for the machine.
11. For the next prompt, push the OK button.
12. The Console display shows the Software Version prompt.
13. For the next prompt, push the OK button.
14. The Console will display the Power-Up Mode screen.



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

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

If at any time the Warning labels become loose, unreadable or dislodged, contact your local distributor for replacement labels.

**⚠ DANGER** To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and the machine and wait 5 minutes before cleaning, maintaining or repairing the machine. Place the power cord in a secure location.

**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. After each workout, use a damp cloth to wipe your machine and Console free of moisture.

**Note:** Avoid excessive moisture on the Console.

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

**Weekly:** Check for smooth roller operation. Wipe the machine to remove dust, dirt, or grime. Clean the rails and surface of the rollers with a damp cloth.

Apply silicone lubricant to a dry cloth and wipe the rails to eliminate roller noise.

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

**Note:** Do not use petroleum based products.

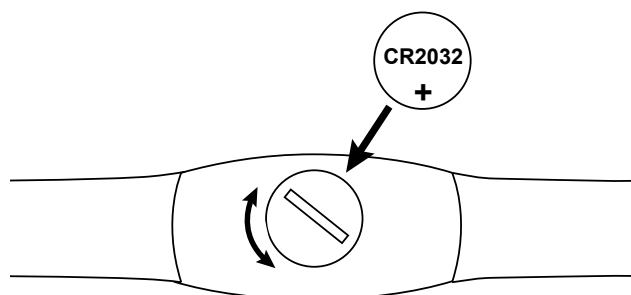
**Monthly or after 20 hours:** Make sure all bolts and screws are tight. Tighten as necessary.

## Heart Rate Chest Strap Battery Replacement

The heart rate (HR) chest strap uses a CR2032 battery.

**⚠ Do not perform this procedure outdoors or in moist or wet locations.**

1. Using a coin, loosen the slotted cover on the battery bay. Remove the cover and battery.
2. When replacing the battery, insert it in the battery bay with the + symbol facing up.
3. Reinstall the cover on the strap.
4. Discard the old battery. Dispose of in accordance with local regulations and/or at approved recycling centers.

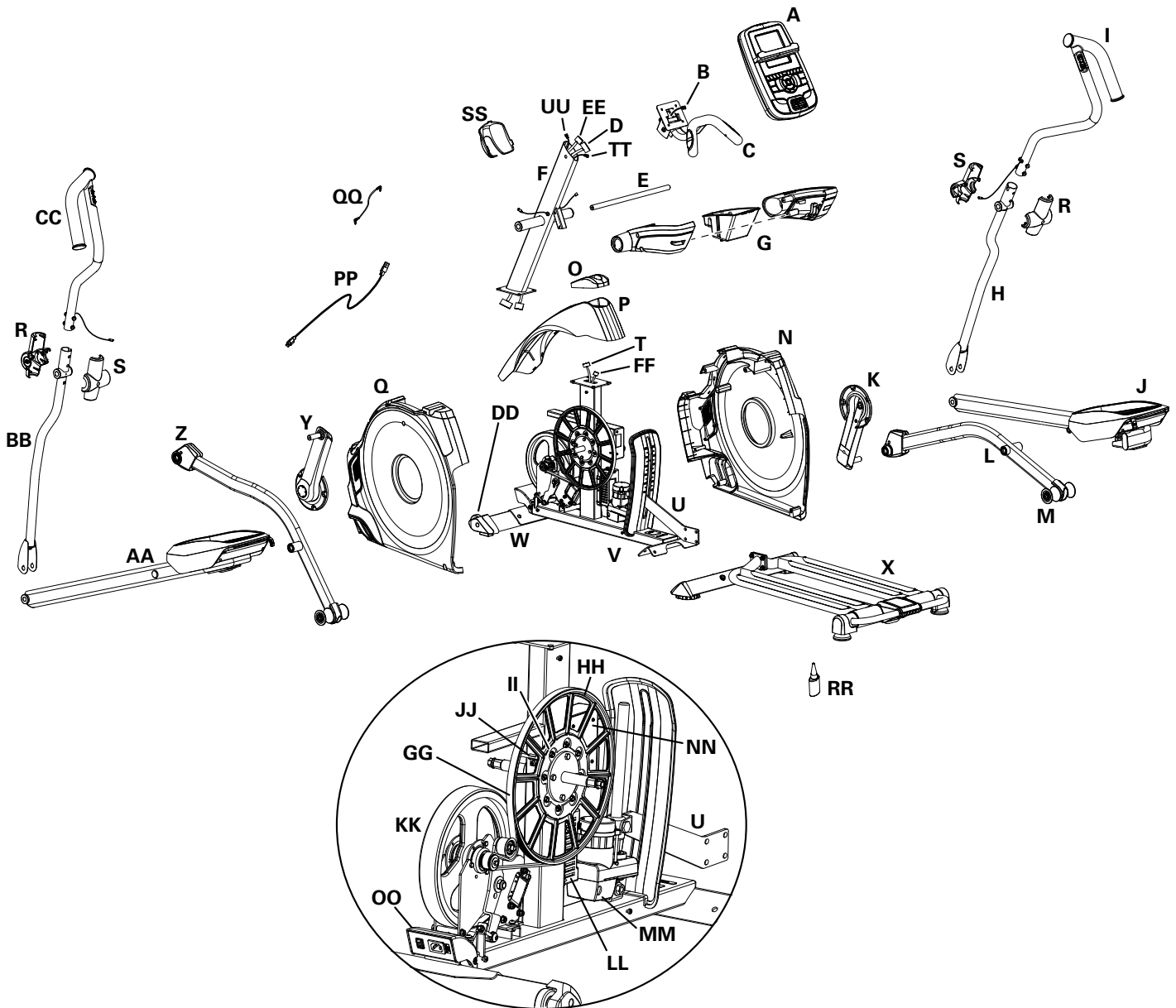




5. Inspect your chest strap to ensure function.

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

## Maintenance Parts



A	Console	Q	Shroud, Left	GG	Drive Belt
B	Heart Rate (HR) Cable	R	Handlebar Shroud, Outer	HH	Drive Pulley
C	Handlebar, Static	S	Handlebar Shroud, Inner	II	Speed Sensor Magnets (8)
D	Data (I/O) Cable, Upper	T	Data (I/O) Cable, Lower	JJ	RPM (Speed) Sensor
E	Arm Pivot Rod	U	Incline Adjuster Assembly	KK	EMS Engine
F	Console Mast	V	Frame Assembly	LL	Motor Control Board (MCB), Watts
G	Water Bottle Holder	W	Front Stabilizer	MM	Incline Motor Assembly
H	Handlebar Arm, Lower Right	X	Rail Assembly	NN	Lift Motor MCB (Motor Control Board)
I	Handlebar Arm, Upper Right	Y	Crank Assembly, Left	OO	Power Connector / Power Switch
J	Pedal Arm, Right	Z	Leg, Left	PP	Power Cord
K	Crank Assembly, Right	AA	Pedal Arm, Left	QQ	Media Cable
L	Leg, Right	BB	Handlebar Arm, Lower Left	RR	Silicone Lubricant, Bottle
M	Roller	CC	Handlebar Arm, Upper Left	SS	Cover, Console Junction
N	Shroud, Right	DD	Transport Wheel Assembly	TT	Remote Incline Control Wire
O	Shroud Cap	EE	Lift Motor Wire, Upper	UU	Remote Resistance Control Wire
P	Shroud, Upper	FF	Lift Motor Wire, Lower		

Condition/Problem	Things to Check	Solution
No display/partial display/ unit will not turn on	Check electrical (wall) outlet	Make sure unit is plugged into a functioning wall outlet.
	Check connection at front of unit	Connection should be secure and undamaged. Replace power cord or connection at unit if either are damaged.
	Check Power Switch	Turn on the power with the Power Switch.
	Check data cable integrity	All wires in cable should be intact. If any are visibly crimped or cut, replace cable.
	Check data cable connections/orientation	Be sure cable is connected securely and oriented properly. Small latch on connector should line up and snap into place.
	Check console display for damage	Check for visual sign that console display is cracked or otherwise damaged. Replace Console if damaged.
	Console Display	If Console only has partial display and all connections are fine, replace the Console.
		If the above steps do not resolve the problem, contact your local distributor for further assistance.
Unit operates but Contact HR not displayed	HR cable connection at Console	Be sure cable is connected securely to Console.
	HR cable box connection	Be sure cables from handlebars and cable to Console are secure and undamaged.
	Sensor grip	Be sure hands are centered on HR sensors. Hands must be kept still with relatively equal pressure applied to each side.
	Dry or calloused hands	Sensors may have difficulty with dried out or calloused hands. A conductive electrode cream (heart rate cream) can help make better conduct. These are available on the web or at medical or some larger fitness stores.
	Static Handlebar	If tests reveal no other issues, Static Handlebar should be replaced.
Unit operates but Telemetric HR not displayed	Chest Strap (optional)	Strap should be "POLAR®" compatible and uncoded. Make sure strap is directly against skin and contact area is wet.
	Chest Strap Batteries	If strap has replaceable batteries, install new batteries.
	Check User Profile	Select the Edit User Profile option for the User Profile. Go to the WIRELESS HR setting and make sure that the current value is set to ON.
	Interference	Try moving unit away from sources of interference (TV, Microwave, etc).
	Replace Chest Strap	If interference is eliminated and HR does not function, replace strap.
	Replace Console	If HR still does not function, replace Console.
Unit operates but Telemetric HR displayed incorrectly	Interference	Make sure that the HR receiver is not blocked by a personal electronic device in the left side of the media tray.
No speed/RPM reading, Console displays "Please Stride" error code	Check data cable integrity	All wires in cable should be intact. If any are cut or crimped, replace cable.
	Check data cable connections/orientation	Be sure cable is connected securely and oriented properly. Small latch on connector should line up and snap into place.

Condition/Problem	Things to Check	Solution
	Check magnet position (requires shroud removal)	Magnets should be in place on pulley.
	Check Speed Sensor (requires shroud removal)	Speed sensor should be aligned with magnets and connected to data cable. Realign sensor if necessary. Replace if there is any damage to the sensor or the connecting wire.
Resistance does not change (machine turns on and operates)	Check Console	Check for visual sign that Console is damaged. Replace Console if damaged.
	Check data cable integrity	All wires in cable should be intact. If any are visibly crimped or cut, replace cable.
	Check data cable connections/orientation	Be sure cable is connected securely and oriented properly. Reseat all connections. Small latch on connector should line up and snap into place.
	Resistance handlebar connection (requires handlebar shroud removal)	Be sure cable from left Upper Handlebar and cables to Console are secure and undamaged.
	MCB (requires shroud removal)	Replace MCB.
		If the above steps do not resolve the problem, contact your local distributor for further assistance.
Incline does not adjust (machine turns on and operates)	Check Console	Check for visual sign that Console is damaged. Replace Console if damaged.
	Incline handlebar connection (requires handlebar shroud removal)	Be sure cable from right Upper Handlebar and cables to Console are secure and undamaged.
	Lower and Upper I/O Cables (requires shroud removal)	All wires in the cables should be intact. If any are cut or crimped, replace cable.
	Incline Adjuster Assembly (requires shroud removal)	Be sure Incline Adjuster Assembly is attached to Incline Motor drive screw.
		If the above steps do not resolve the problem, contact your local distributor for further assistance.
Console shuts off (enters sleep mode) while in use	Check electrical (wall) outlet	Make sure unit is plugged into a functioning wall outlet.
	Check connection at front of unit	Connection should be secure and undamaged. Replace adapter or connection at unit if either are damaged.
	Check data cable integrity	All wires in the cable should be intact. If any are cut or crimped, replace cable.
	Check data cable connections/orientation	Be sure cable is connected securely and oriented properly. Small latch on connector should line up and snap into place.
	Reset machine	Unplug unit from electrical outlet for 3 minutes. Reconnect to outlet.
	Check magnet position (requires shroud removal)	Magnets should be in place on pulley.
	Check Speed Sensor (requires shroud removal)	Speed sensor should be aligned with magnet and connected to data cable. Realign sensor if necessary. Replace if there is any damage to the sensor or the connecting wire.

Condition/Problem	Things to Check	Solution
Fan will not turn on or will not turn off	Check data cable integrity	All wires in cable should be intact. If any are cut or crimped, replace cable.
	Check data cable connections/orientation	Be sure cable is connected securely and oriented properly. Small latch on connector should line up and snap into place.
	Reset machine	Unplug unit from electrical outlet for 3 minutes. Reconnect to outlet.
Fan will not turn on, but Console operates	Check for blockage of fan	Unplug unit from electrical outlet for 5 minutes. Remove material from fan. If necessary, detach the Console to help with removal. Replace the Console if unable to remove blockage.
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.
Foot pedals loose/unit difficult to operate	Hardware	Tightly secure all hardware on the Pedal Arms and Handlebar Arms.
Drive train click/tick noise once per full crank revolution	Check crank/pulley assembly	Disconnect left and right foot assemblies and rotate crank. If sound persists, replace crank/pulley assembly. If sound does not come from rotating crank, check foot assemblies and upper/lower handlebars.
	Check foot assemblies, leg assemblies, handlebar assemblies	Manually move foot, leg, and handlebar assemblies to isolate sound. Replace part making sound.
	Check for loose hardware	Tightly secure all hardware on the Stabilizers and the base of the Console Mast.
Knocking sound during machine operation	Check hardware at junction between Lower Handlebar Arm and Pedal	Make sure that the alignment tab on the Pivot Sleeve goes into the slot in the hole. Be sure the Pivot Sleeve extends through the opposite hole in the joint cover.
Squeaking noise that appears a few minutes into a workout and normally will get progressively worse as the workout continues	Bolt that connects the swing arms to the axle running through the console mast	Loosen pivot rod bolt slightly until noise goes away. White lithium grease can also be applied for a temporary fix. Contact your local distributor for assistance.
	Roller squeaking on rail	Apply silicone lubricant to a dry cloth and wipe the rails to eliminate roller noise.
Console continuously cycles through program screens	Console is in demonstration mode	Hold down the PAUSE/END button and Left button together for 3 seconds.
Workout results will not sync with Bluetooth® enabled device	Current console mode	Machine must be in Idle Mode to sync. Push the PAUSE/END button until the Power-Up Mode screen is displayed.
	Total time of workout	A workout must be longer than 1 minute to be saved and posted by the Console.
	Fitness machine	Unplug unit from electrical outlet for 5 minutes. Reconnect to outlet.
	Bluetooth® enabled device	Consult your device to be sure that the Bluetooth® wireless feature has been enabled on it.
	Fitness App	Review Specifications of Fitness App and confirm your device is compatible.
		Contact your local distributor for further assistance.

Condition/Problem	Things to Check	Solution
Workout results not posting from Nautilus Trainer™ App to MyFitnessPal® account or Under Armour® Connected Fitness	Sync accounts	From the Menu icon on the Nautilus Trainer™ App, select the Sync to MyFitnessPal® or Under Armour® Connected Fitness.
	Sync fails	Review account and password for MyFitnessPal® / Under Armour® Connected Fitness.
		Contact your local distributor for further assistance.





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