

# **7001C SCHWINN™**



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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 Schwinn™ distributor.

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

Nautilus, Inc., 5415 Centerpoint Parkway, Groveport, OH 43125 USA, [www.NautilusInc.com](http://www.NautilusInc.com) - Customer Service: North America (800) 605-3369, [csnls@nautilus.com](mailto:csnls@nautilus.com) | Nautilus (Shanghai) Fitness Equipments Co, Ltd, Room 1701 &1702, 1018 Changning Road, Changning District, Shanghai, China 200042, [www.nautilus.cn](http://www.nautilus.cn) - 86 21 6115 9668 | outside U.S. [www.nautilusinternational.com](http://www.nautilusinternational.com) | Printed in China | © 2017 Nautilus, Inc. | Schwinn, the Schwinn Quality logo, Nautilus, JRNY and Bowflex are trademarks owned by or licensed to Nautilus, Inc., which are registered or otherwise protected by common law in the United States and other countries. Polar® and OwnCode® are registered trademarks of their owner.


ORIGINAL MANUAL - ENGLISH VERSION ONLY

# IMPORTANT SAFETY INSTRUCTIONS

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


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

Obey the following warnings:

 **Read and understand all warnings on this machine.**  
**Carefully read and understand the Assembly instructions. Read and understand the complete Manual. Keep the Manual for future reference.**

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

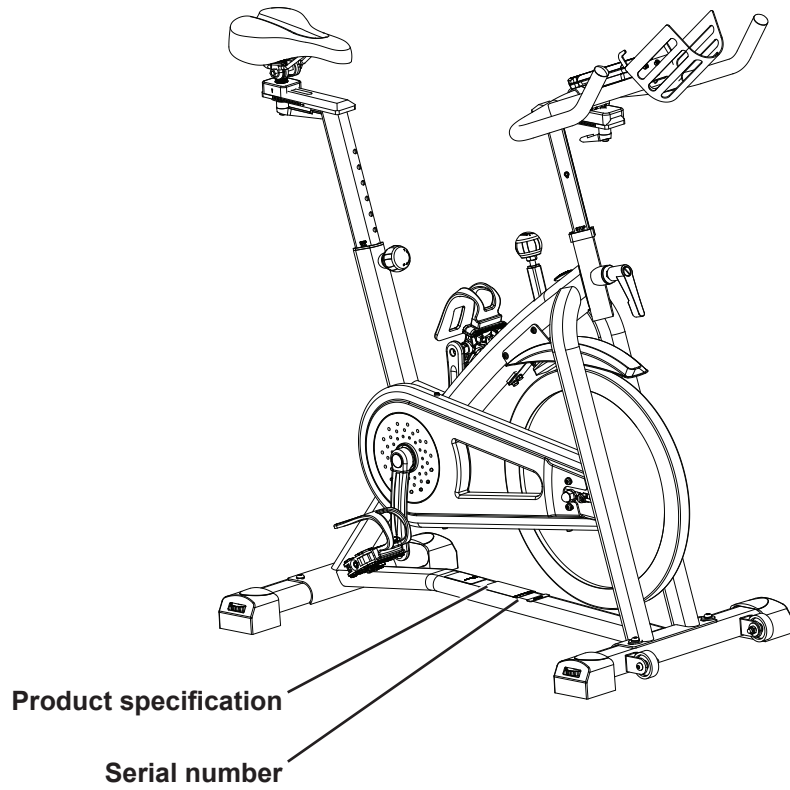
Before using this equipment, obey the following warnings:

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

- Children must not be let on or near to this machine. Moving parts and other features of the machine can be dangerous to children.
- Not intended for use by anyone under 14 years of age.
- Consult a physician before you start an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before you use the machine again. Use the values calculated or measured by the machine's computer for reference purposes only.
- Before each use, examine this machine for loose parts or signs of wear. Do not use if found in this condition. Monitor the Seat, Pedals and Crank Arms closely. Contact your local distributor for repair information.
- Maximum user weight limit: 136 kg (300 lb). Do not use if you are over this weight.
- This machine is for home use only. Do not place or use the machine in a commercial or institutional setting. This includes gyms, corporations, work places, clubs, fitness centers and any public or private entity that has a machine for use by its members, customers, employees or affiliates.
- Do not wear loose clothing or jewelry. This machine contains moving parts. Do not put fingers or other objects into moving parts of the exercise equipment.

- Set up and operate this machine on a solid, level, horizontal surface.
- Make the Pedals stable before you step on them. Use caution when you step on and off the machine.
- Disconnect all power before servicing this machine.
- Do not operate this machine outdoors or in moist or wet locations. Keep the Pedals clean and dry.
- Keep at least 0.6 m (24 in) along the side used to access the machine and to the rear of the machine clear. This is the recommended safe distance for access, passage and emergency dismounts from the machine. Keep third parties out of this space when machine is in use.
- Do not over exert yourself during exercise. Operate the machine in the manner described in this manual.
- Perform all regular and periodic maintenance procedures recommended in the Owner's Manual.
- Do not drop or put objects into any opening of the machine.
- Correctly adjust and safely engage all Positional Adjustment Devices. Make sure that the Adjustment Devices do not hit the user.
- Exercise on this machine requires coordination and balance. Be sure to anticipate that changes in speed and resistance level can occur during workouts, and be attentive in order to avoid loss of balance and possible injury.
- Keep batteries away from heat source and hot surfaces.
- Do not mix old and new batteries. Remove exhausted batteries and dispose of them safely.
- Do not mix alkaline, standard (carbon-zinc), or rechargeable (Ni-Cd, Ni-MH, etc) batteries.
- Do not short-circuit the supply terminals on the batteries.
- This appliance is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Keep children under the age of 14 away from this machine.
- 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.
- Reduce the pace to slow the Pedals to a stop. Do not dismount the bike until the Pedals have come to a complete stop. Be aware that the moving Pedals can strike the backs of the legs.
- Children should be supervised to ensure that they do not play with the appliance.
- **SAVE THESE INSTRUCTIONS.**

## SAFETY WARNING LABELS AND SERIAL NUMBER



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

## Specifications

<b>Maximum User Weight:</b>	136 kg (300 lb)
<b>Total Surface Area (footprint) of equipment:</b>	6667.4 cm <sup>2</sup>
<b>Machine Weight:</b>	46 kg (101 lb)
<b>Dimensions:</b>	123.7cm x 53.9cm x 126.6cm ( 48.7" x 21.2" x 49.8")
<b>Power Requirements:</b>	2 AA Batteries (SUM3)
Operating Voltage:	3VDC



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

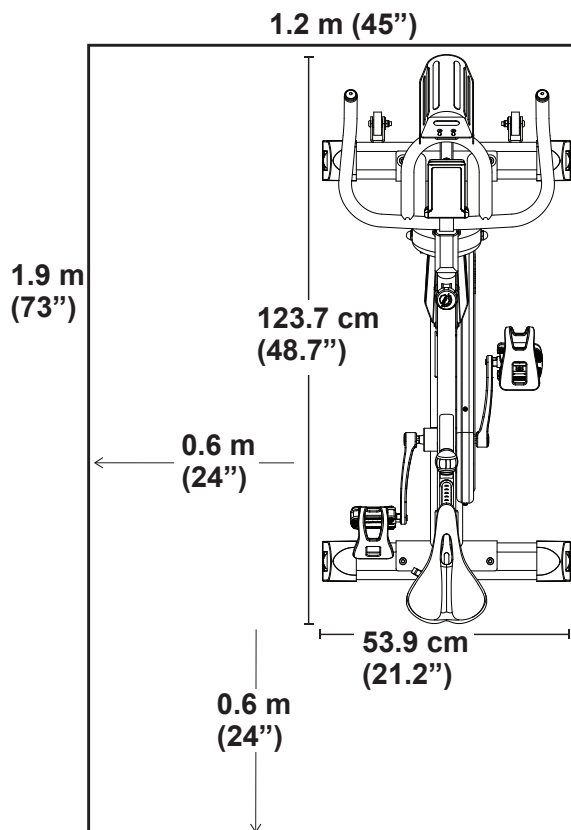
## Before Assembly

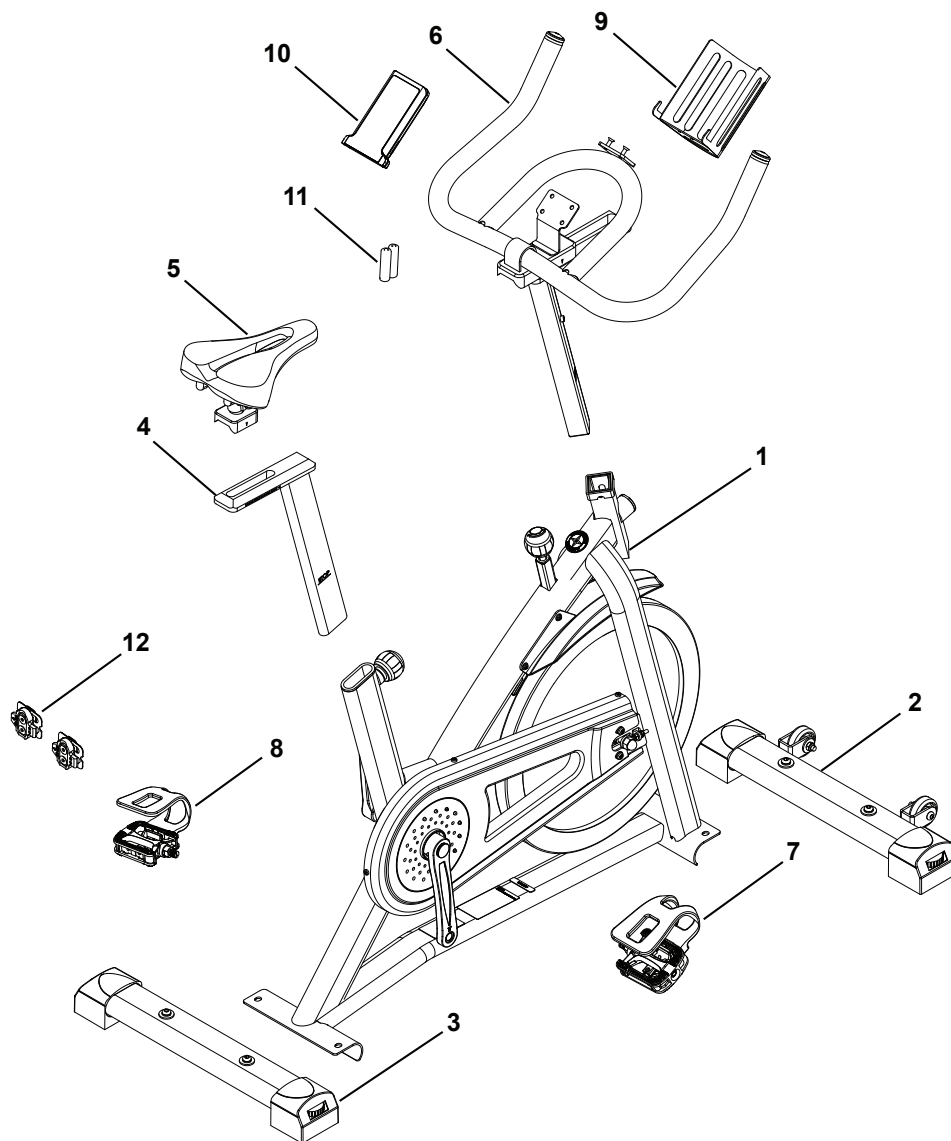
Select the area where you are going to set up and operate your machine. For safe operation, the location must be on a hard, level surface. Allow a workout area of a minimum 1.9 m x 1.2 m (73" x 45").

### Basic Assembly Tips

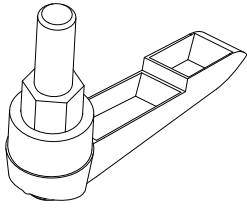
Follow these basic points when you assemble your machine:

- 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 (counter-clockwise) to loosen, unless instructed otherwise.
- When attaching 2 pieces, carefully lift and look through the bolt holes to help insert the bolt through the holes.
- The assembly requires 2 people.

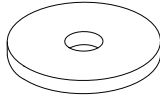




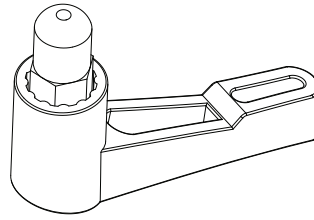
Item	Qty	Description	Item	Qty	Description
1	1	Main Frame	7	1	Pedal, Right
2	1	Stabilizer, Front	8	1	Pedal, Left
3	1	Stabilizer, Rear	9	1	Water Bottle Holder
4	1	Seat Post	10	1	Console
5	1	Seat	11	2	AA Batteries (SUM3)
6	1	Handlebar	12	2	Shoe Clips (Cleats)



**A**



**B**



**C**

Item	Qty	Description
A	2	Adjustment Handle, Handlebar / Seat
B	2	Flat Washer, M10 Wide
C	1	Adjustment Handle, Handlebar Post

## Tools

### Included



#2  
6 mm

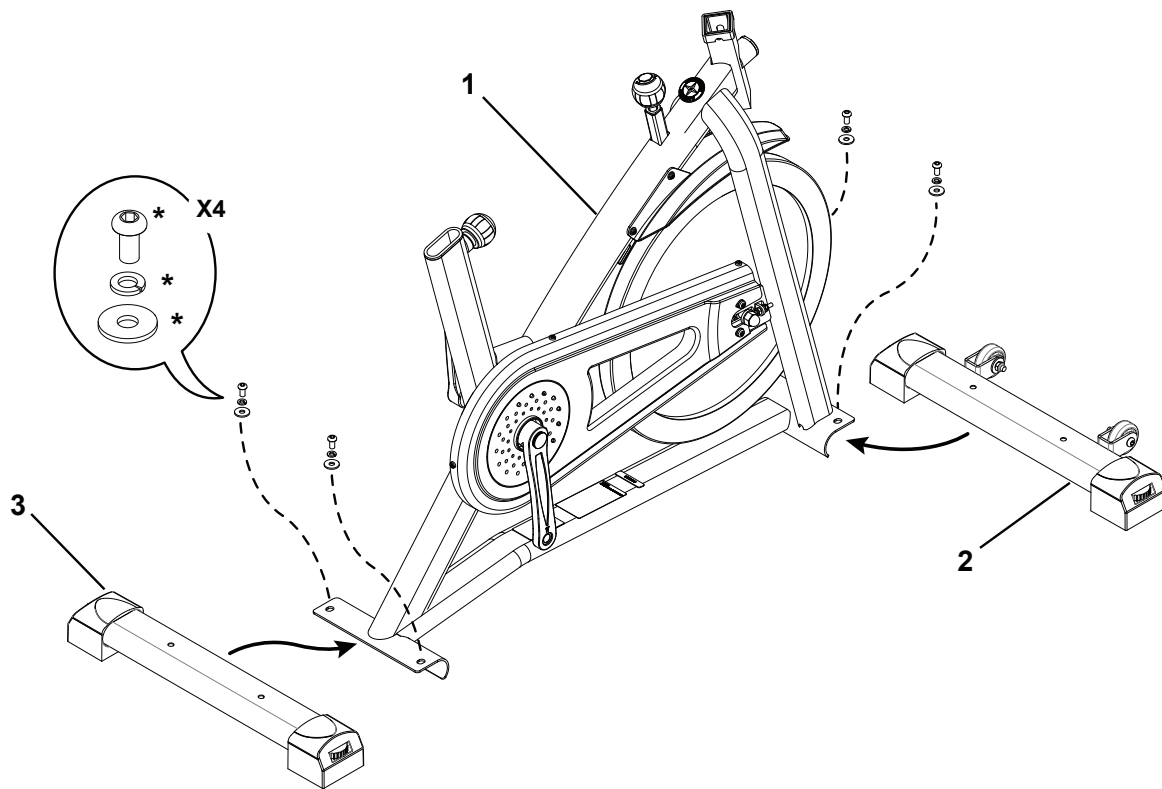


15 mm  
17 mm



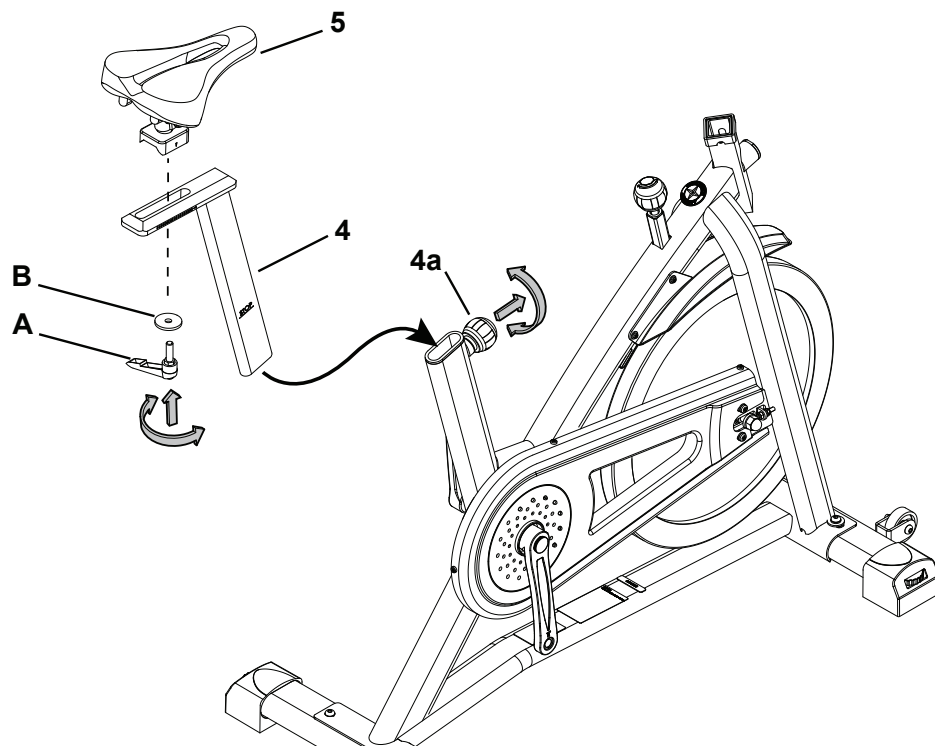
## 1. Attach Stabilizers to Main Frame

**Note:** The hardware (\*) is pre-installed and not in the Hardware Bag. If a tube is pre-installed in the stabilizer bracket, remove and set it safely aside.



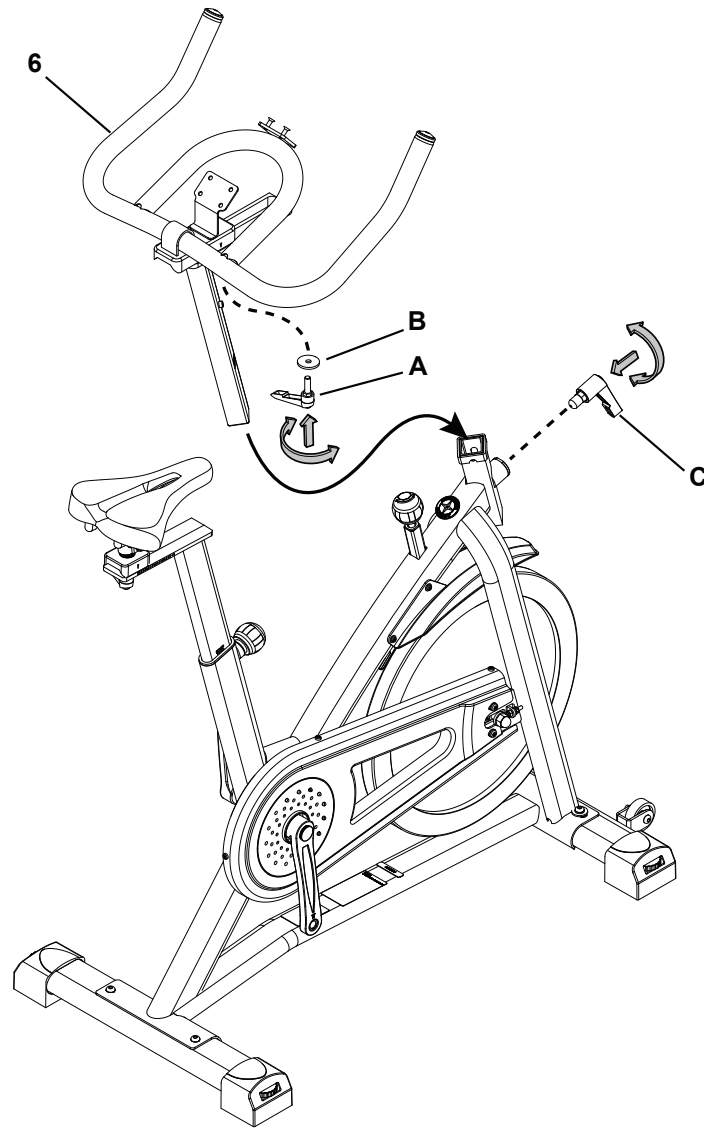
## 2. Attach Seat to Seat Post and Frame

**NOTICE:** Make sure the adjustment knob (4a) engages the holes in the Seat Post.



### 3. Install Handlebar Assembly on Frame

**NOTICE:** Make sure the Adjustment Handle (C) engages the holes in the Handlebar Post.

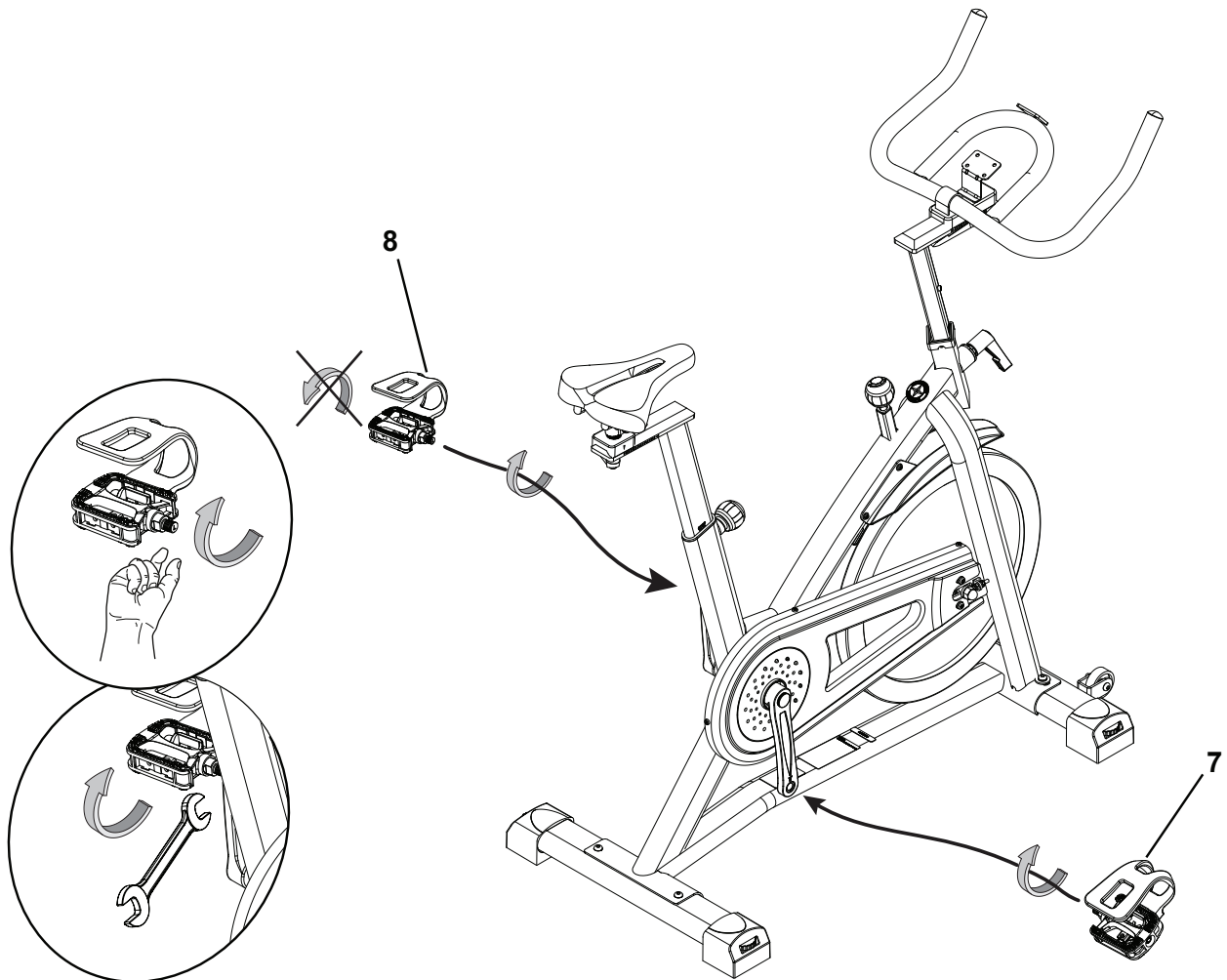
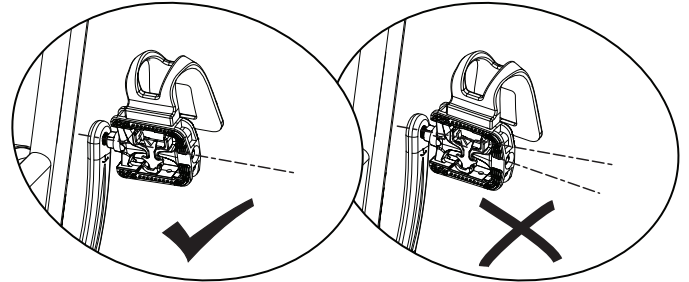


## 4. Attach Pedals to Frame Assembly

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

**Note:** The Left Pedal is reverse-threaded. Be sure to attach Pedals on the proper side of the Bike. Orientation is based from a seated position on the bike. The Left Pedal has an “L”, the Right Pedal an “R”.

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



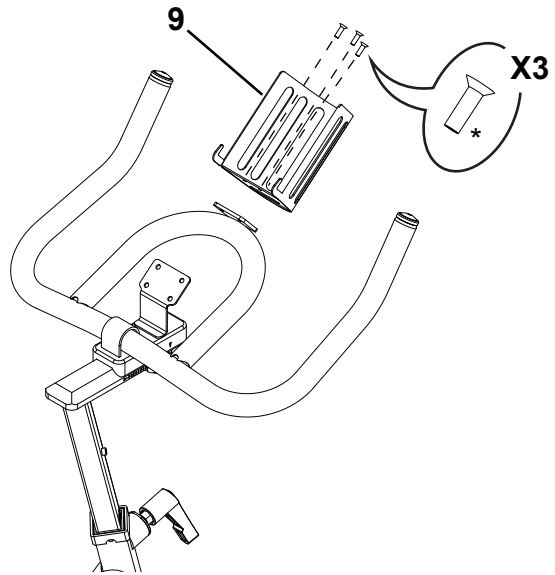
With the Pedal started by several hand turns into the Crank Arm, fully tighten it with the 15 mm Wrench.

Confirm that the Pedal is fully tightened with the Wrench.

Repeat with the other Pedal.

## 5. Attach Water Bottle Holder to Handlebar

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



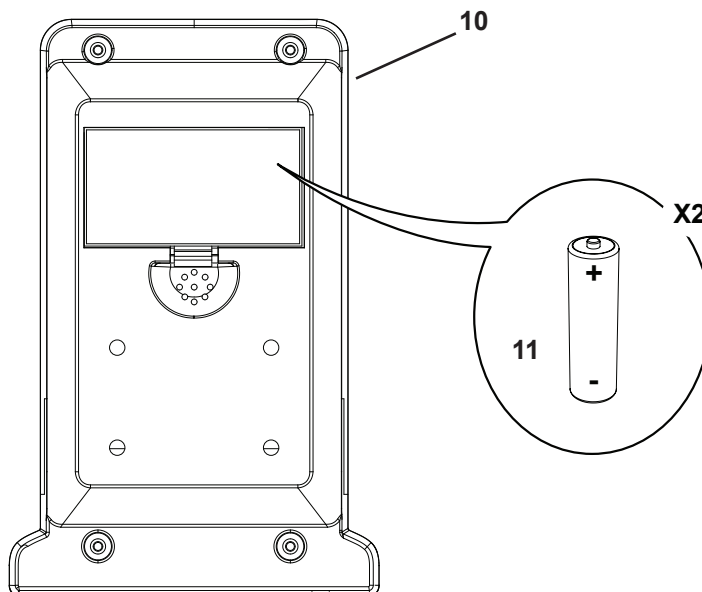
## 6. Install Batteries in Console

**Note:** The console uses AA size batteries (SUM3). Make sure that the batteries point in the direction of the +/- indicators in the battery bay.



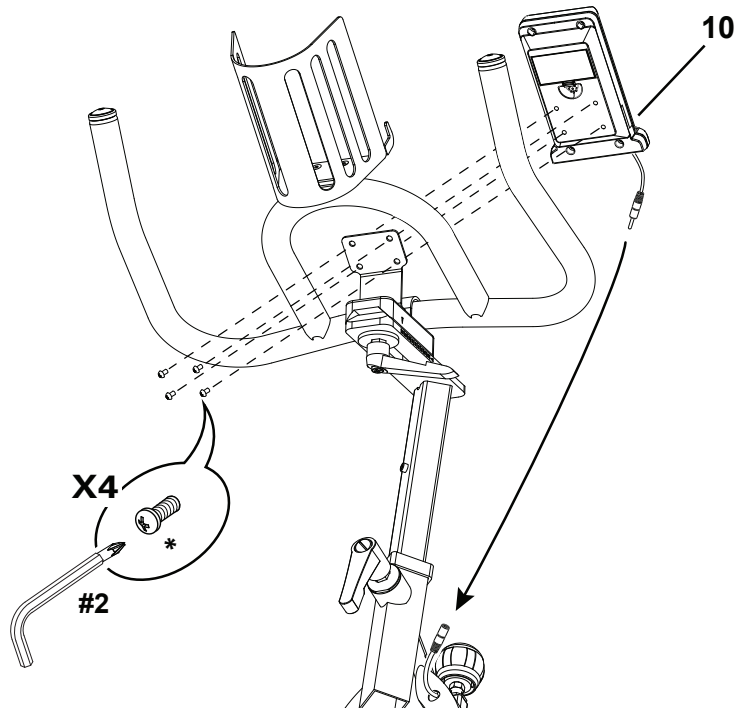
**Do not mix old and new batteries.**

**Do not mix alkaline, standard (carbon-zinc), or rechargeable (Ni-Cd, Ni-MH, etc) batteries.**



## 7. Connect and Attach the Console

**NOTICE:** Remove the pre-installed screws(\*) from the back of the Console before you connect the cable. Do not crimp the cable.



## 8. Final Inspection

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

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

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

## Installing Shoe Clips (Cleats) on Cycling Shoes (optional accessory)

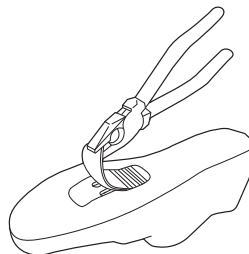
### Shoe Clips (Cleats) – later version

**Note:** The shoe cleats fit both the right and left Pedals.

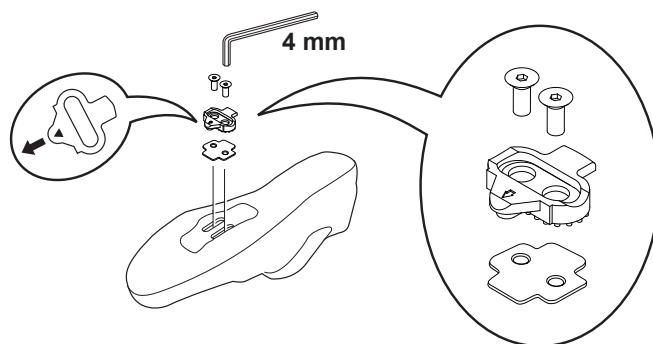
**Tools needed:** pliers, 4mm hex key

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

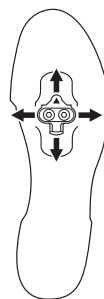
**Note:** This step may not be necessary, depending on the type of shoe.



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



3. The cleat has an adjustment range of 20mm front to back and 5mm left to right. Practice engaging with the Pedal and releasing, one shoe at a time. Readjust to determine the best cleat position.
4. Using a 4mm hex key, fully tighten the cleat mounting bolts (5 – 6 N·m).



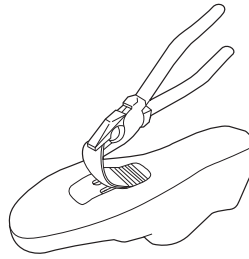
## Shoe Clips (Cleats) – earlier version

**Note:** The shoe cleats fit both the right and left Pedals.

**Tools needed:** pliers, 4mm hex key

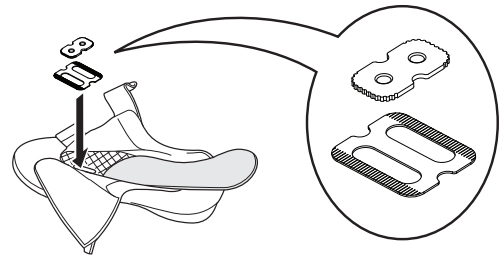
1. With a pair of pliers, pull off the rubber cover to expose the cleat mounting holes on the bottom of the cycling shoe.

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

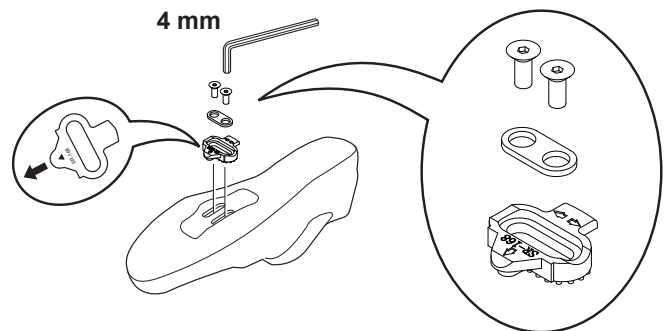


2. Remove the sockliner and put the cleat nut in position over the oval holes inside the shoe.

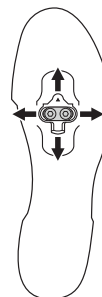
**Note:** This step may not be necessary, depending on the type of shoe.



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



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



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

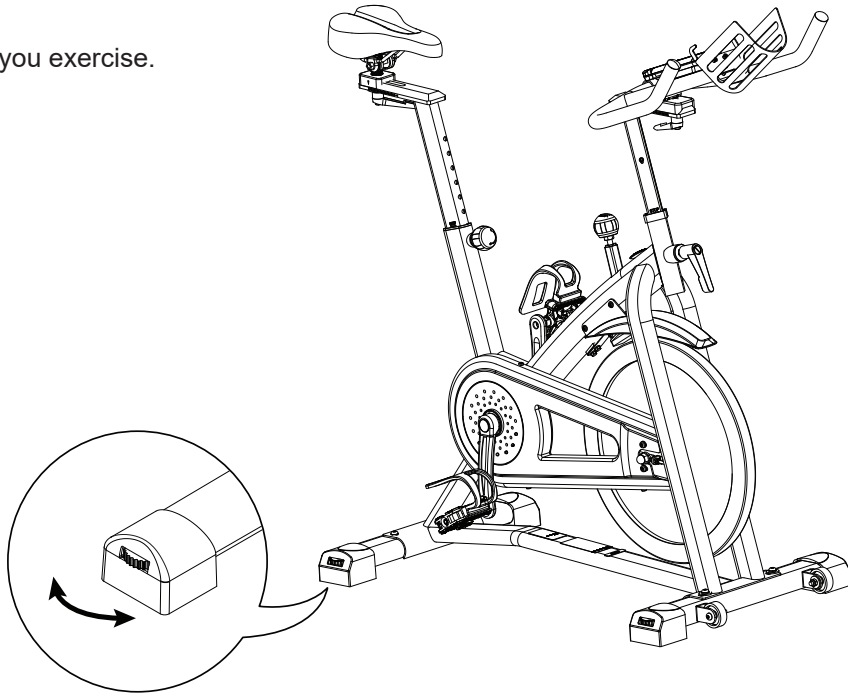
## BEFORE YOU START

### 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 adjuster, then turn the knob 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.**

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

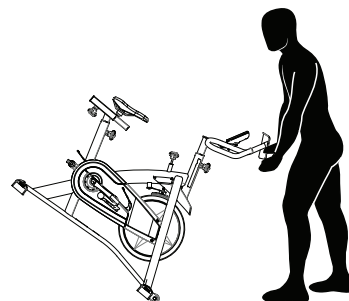


### Moving and Storing the Machine

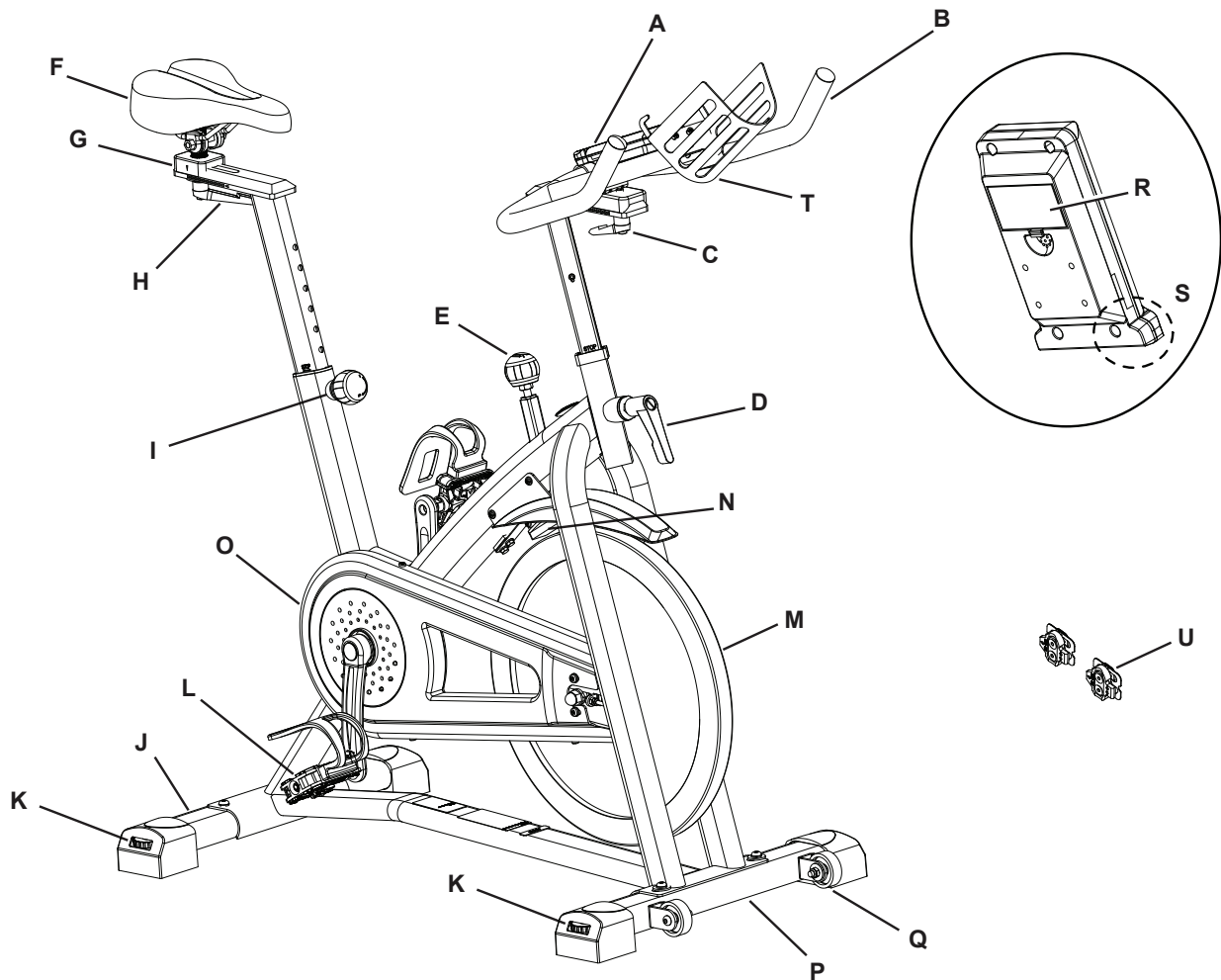
To move the bike, carefully pull the Handlebars toward you while pushing the front of the bike downward. Push the bike to the desired location.

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

**⚠ For safe storage of the machine, remove the batteries. Place the machine in a secure location away from children and pets.**







A	Console	L	Pedal w/Foot Restraint
B	Handlebar Assembly	M	Flywheel
C	Adjustment Handle, Handlebar Slider	N	Brake Assembly
D	Adjustment Handle, Handlebar Post	O	Cover, Drive Belt
E	Brake/Resistance Adjustment Knob	P	Front Stabilizer
F	Seat	Q	Transport Wheel
G	Seat Slider	R	Battery Bay
H	Adjustment Handle, Seat Slider	S	Telemetry Heart Rate (HR) Receiver
I	Adjustment Handle, Seat Post	T	Water Bottle Holder
J	Rear Stabilizer	U	Shoe Clips (Cleats)
K	Leveler		

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

## Emergency Stop

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

## Console Features

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

## Keypad Functions

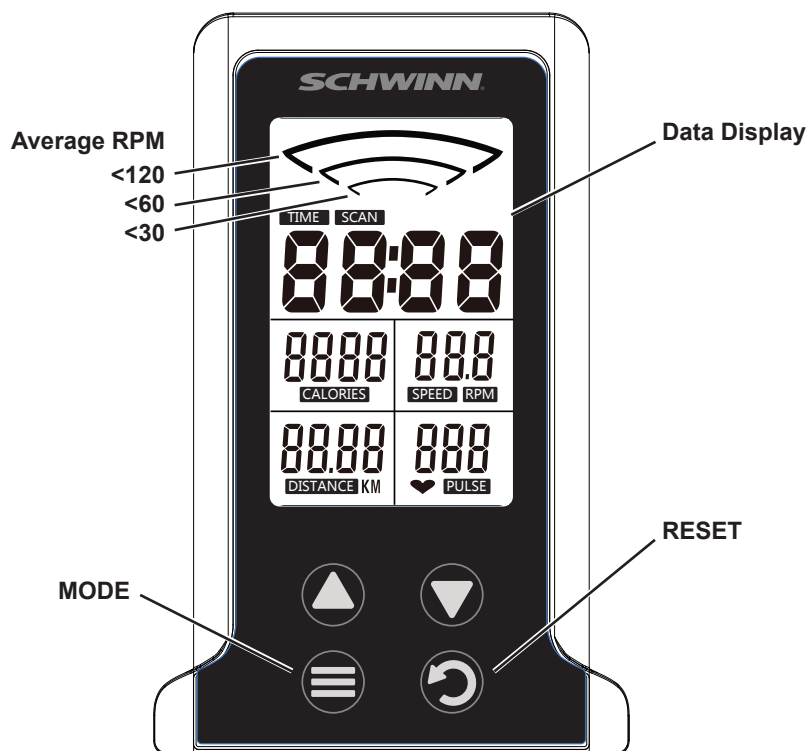
**MODE** button- Selects functions to edit values (set workout goal).

**RESET** button- Push to reset TIME, DISTANCE, CALORIES to zero. Push and hold 3 seconds to restart the console.

▲ - Push to increase the value.

▼ - Push to decrease the value.

The console will beep when a button is pushed.



## Program Data Display

### Average RPM Range

The RPM range display shows the current average revolutions per minute (RPM). As the RPM increases, a larger indicator is lit to show the higher RPM range. The ranges are: 1-29, 30-59, and 60-120.

### TIME

The TIME display field shows the time from start to finish of workout. To set a time goal for the workout, push MODE until the TIME field blinks. Use the arrow keys to adjust the time goal (minutes). During the workout, the display shows the remaining time. When it reaches zero, the console will sound an alert.

The maximum time is 99 minutes and 59 seconds.

### CALORIES

The CALORIES display field shows the estimated total calories from start to finish of workout. To set a calories goal for the workout, push MODE until the CALORIES field blinks. Use the arrow keys to adjust the calories. During the workout, the display shows the remaining calories. When it reaches zero, the console will sound an alert.

The maximum calories value is 999.9 Kcal.

### SPEED / RPM

The SPEED/RPM display field shows the current revolutions per minute (RPM) or calculated speed of the user. In SCAN mode, the RPM and SPEED are displayed alternately.

The maximum SPEED is 99.9 km/h.

## DISTANCE


The DISTANCE display field shows the distance from start to finish of workout. To set a distance goal for the workout, push MODE until the DISTANCE field blinks. Use the arrow keys to adjust the distance in increments of 0.50 km (or miles). During the workout, the display shows the remaining distance. When it reaches zero, the console will sound an alert.

The maximum distance value is 99.99.

The default distance unit is kilometers (K). To switch units between kilometers and miles before a workout, push the Up and Down arrow keys together and hold 3 seconds. Press any key to save.

## HEART RATE (PULSE)

The PULSE display shows the heart rate in beats per minute (BPM) from a telemetric heart rate sensor. Push MODE to activate the Heart Rate. This display value will be blank if a heart rate signal is not detected. The PULSE range is 40 - 240 BPM.

 **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.**

## Remote Heart Rate Monitor

Monitoring your Heart Rate is one of the best procedures to control the intensity of your exercise. The Console can 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.**

## 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, where as highly trained runners may have readings of 40 BPM or lower.

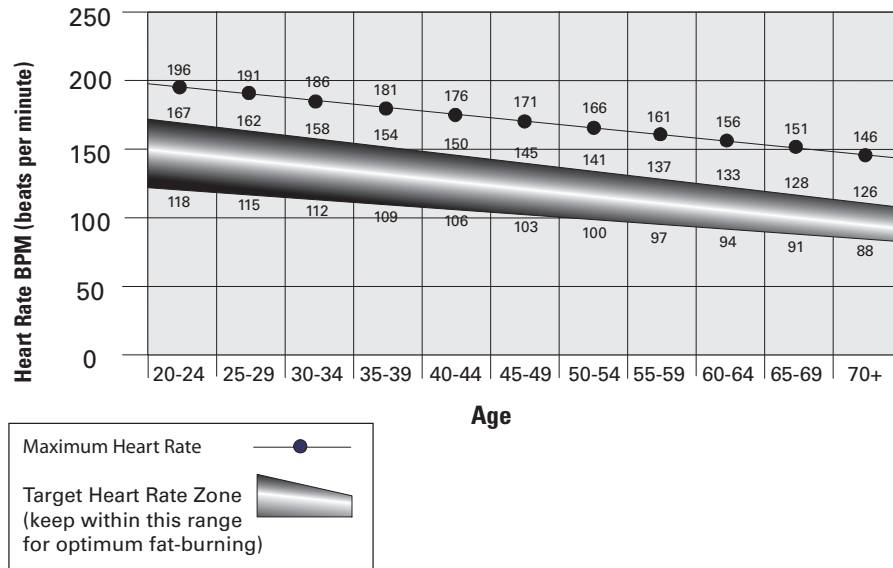
The Heart Rate table is an estimate of what Heart Rate Zone (HRZ) is effective to burn fat and improve your cardiovascular system. Physical conditions vary, therefore your individual HRZ could be several beats higher or lower than what is shown.

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



### Shoe Clips (Cleats)

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

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

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

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

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

## 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 is an approximation and should be used for reference purposes only.

- 3 times a week for 20 minutes each day.
- Schedule workouts in advance and try to follow the schedule.

## Seat Adjustment

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

1. With a Pedal in the forward position, place the 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.

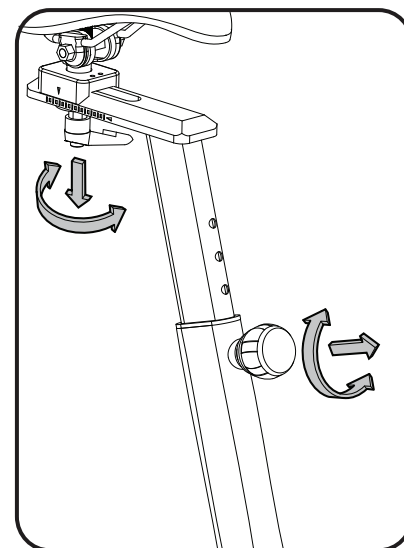
**!** Step off the machine before you adjust the seat.

3. Loosen and pull the Seat Post Adjustment Knob on the Seat Post. 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 engage the locking pin. 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 adjustment knob. Slide the seat to the desired position and fully tighten the knob.

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

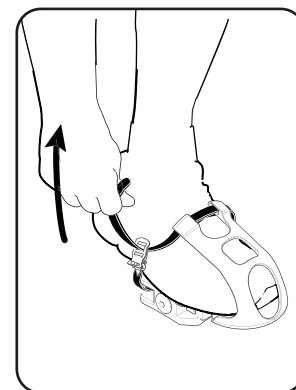


## Foot Position / Pedal Strap Adjustment

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

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

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



## Using the Shoe Clips (Cleats)

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

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

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

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

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

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

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

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

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

## Handlebar Adjustment

To adjust the handlebar position:

1. Loosen and pull the Handlebar Post Adjustment Knob on the Handlebar Post. Adjust the Handlebar to the desired height.

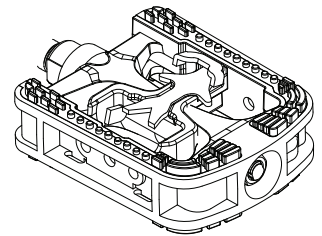
**⚠️ Do not lift the Handlebar Post above the “STOP” mark on the Handlebar Post.**

2. Tighten the Handlebar Post Adjustment Knob to engage the locking pin. Be sure that the pin is fully engaged and fully tighten the adjustment knob.

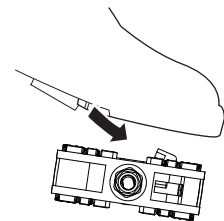
**NOTICE:** Do not crimp the cables.

3. To move the Handlebar closer to, or away from the console, loosen the Handlebar Adjustment Knob. Slide the Handlebar to the desired position and fully tighten the knob.

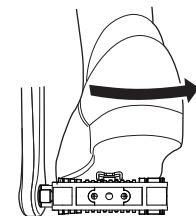
**Note:** If the handle cannot turn due to contact with another part, pull the handle, turn and push it back in to reposition it. Continue turning as needed.



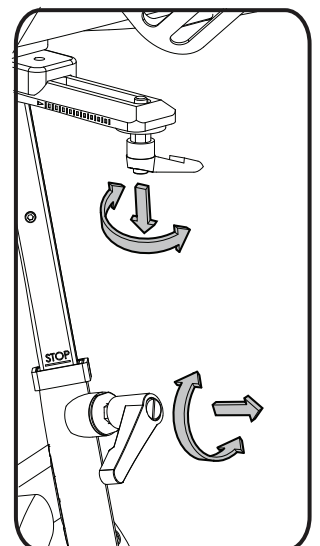
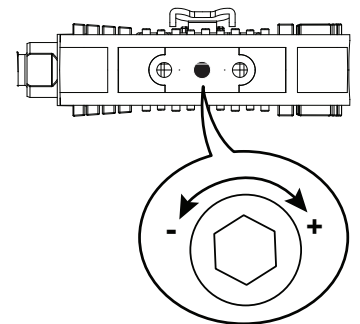
Right Pedal - (Foot restraint not shown for clarity)



Engage



Disengage (release)



## Locking the Flywheel/Storage

When the machine is not in use, be sure to lock the Flywheel with the Brake/Resistance Adjustment Knob. The flywheel should be locked for storage of the machine.

 **For safe storage of the machine, remove the batteries and fully tighten the Brake/Resistance Adjustment Knob to secure the Flywheel. Place the machine in a secure location away from children and pets.**

To lock the Flywheel, fully tighten the Brake/Resistance Adjustment Knob to prevent movement of the Flywheel and Pedals.

## 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.

**Note:** The Console display will dim if the battery level is 25% or less.

## Auto Shut-Off (Sleep Mode)

If the Console does not receive any input in approximately 4 minutes, it will automatically shut off. The LCD display is off while in Sleep Mode.

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

## Resistance Adjustment

To adjust the resistance and workload, turn the resistance adjustment knob.

## Edit Mode

To set a TIME, CALORIES or DISTANCE goal for your workout, push the MODE button to move to the desired field. The field will blink. Use the Up and Down arrow keys to adjust the value.

**Note:** To reset the value to zero (0), push RESET.

Push MODE to move to the next field.

To exit from Edit Mode, start pedaling.

## Changing Unit Measures (English Imperial/Metric)

The default distance unit is kilometers (K). You can switch units between kilometers and miles before you start a workout, or after you reset the Console. To change the units, push UP and DOWN together and hold 3 seconds. When the display begins to blink, use the arrow button to change the units (K or M). Press any key to save.

## 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, contact your local distributor for replacement labels.

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.

**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 pedals and crank arms and tighten as necessary. Make sure all bolts and screws are tight. 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.

**⚠** 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.

**⚠** 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 the drive belt tension.



## Replacing the Console Batteries

When the batteries are low on power, the console display contrast will dim.

When replacing the batteries, make sure the batteries point in the +/- direction shown in the battery bay.

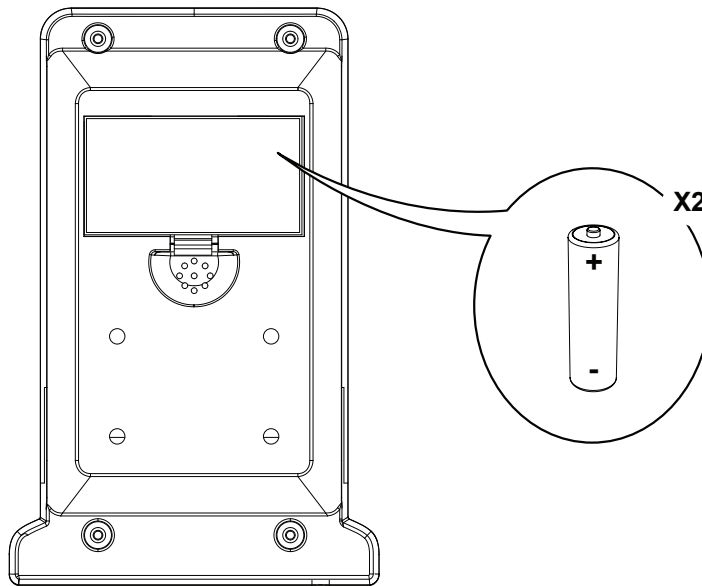
**Note:** The console uses AA size alkaline batteries (SUM3)



**Do not mix old and new batteries.**

**Do not mix alkaline, standard (carbon-zinc), or rechargeable (Ni-Cd, Ni-MH, etc) batteries.**

Be sure to remove the batteries to prevent corrosion damage if you are not going to use the machine for an extended period of time.

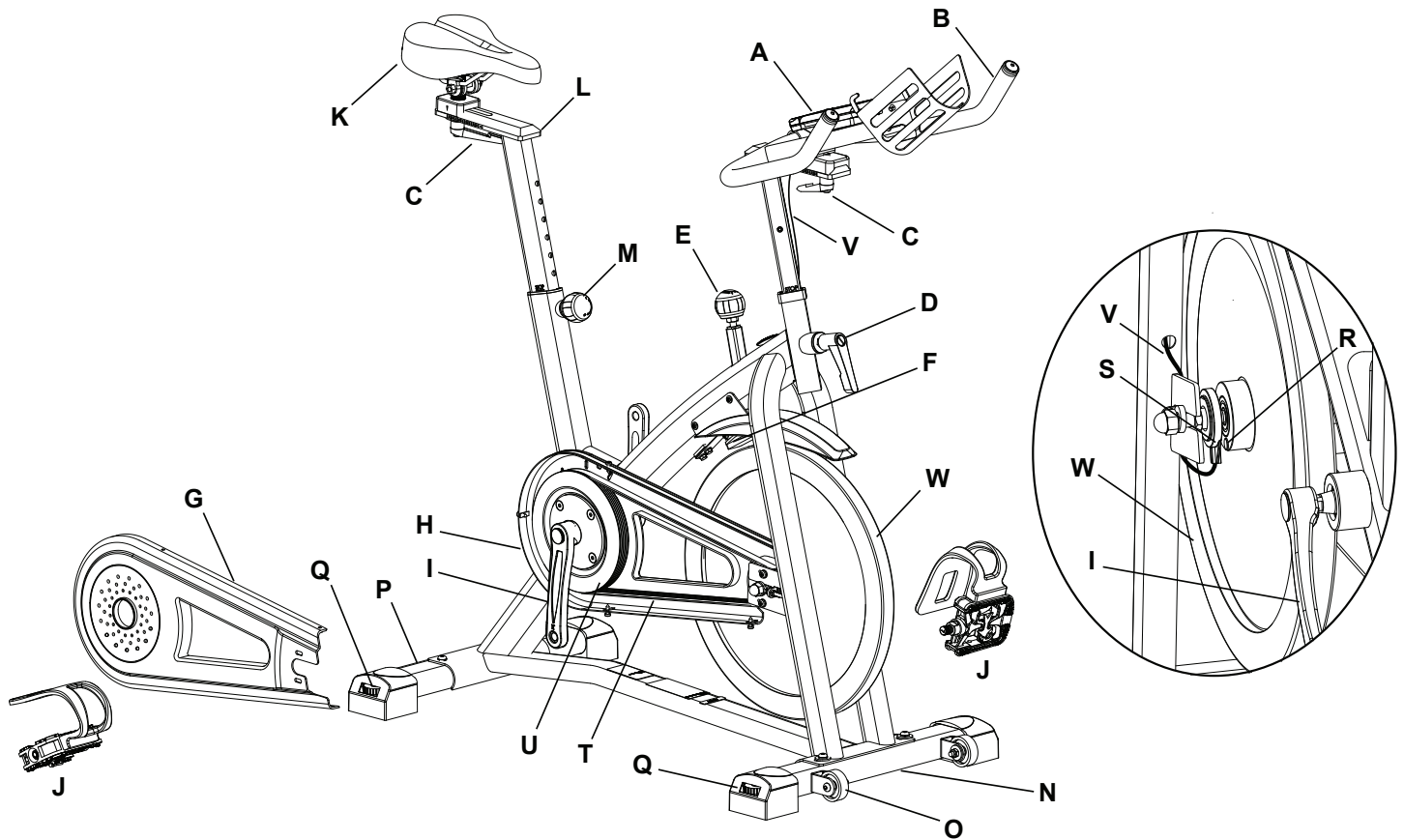


## Checking the Drive Belt Tension

To check the Drive Belt tension, the bike needs to be operated. Set the resistance at a medium to high level. 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.

An "Adjust the Belt Tension" procedure can be found in the Service Manual.

## Maintenance Parts



A	Console	I	Crank Arm	Q	Leveler
B	Handlebar	J	Pedal w/Foot Restraint	R	Speed Sensor Magnet
C	Adjustment Handle	K	Seat	S	Speed Sensor
D	Adjustment Handle, Handlebar Post	L	Seat Post	T	Drive Belt
E	Brake/Resistance Knob	M	Seat Post Adjustment Knob	U	Drive Pulley
F	Brake Assembly	N	Front Stabilizer	V	Data Cable
G	Cover, Drive Belt	O	Transport Wheel	W	Flywheel
H	Cover, Drive Belt Inside	P	Rear Stabilizer		

Condition/Problem	Things to Check	Solution
Console will not power up/turn on/start	Check batteries.	Make sure batteries are installed correctly. If batteries are correctly installed, replace with a set of new batteries.
	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	Make sure cable is connected securely and oriented properly. Small latch on connector should line up and snap into place.
	Check console display for damage	Check for visual sign that console display is cracked or otherwise damaged. Replace Console if damaged.
		If the above steps do not resolve the problem, contact your local distributor for further assistance.
Speed displayed is not accurate	Check Speed Sensor Magnet position	Speed Sensor Magnet should be in place on Flywheel.
Speed displayed is always "0"/stuck in Pause mode	Data cable	Make sure the data cable is connected to the Console and the main frame assembly.
	Speed Sensor	Make sure the RPM Sensor Magnet and the RPM Sensor are in place.
No Speed/RPM reading	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.
	Check Speed Sensor Magnet position	Speed Sensor Magnet should be in place on Flywheel.
	Check Speed Sensor Assembly	Speed Sensor Assembly 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.
Console display is dim	Batteries	Replace batteries
Unit operates but Telemetric Heart Rate 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.
	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.
Console shuts off (enters sleep mode) while in use	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.
	Check batteries.	Make sure batteries are installed correctly. If batteries are correctly installed, replace with a set of new batteries.
	Check Speed Sensor Magnet position	Speed Sensor Magnet should be in place on Flywheel.

<b>Condition/Problem</b>	<b>Things to Check</b>	<b>Solution</b>
	Check Speed Sensor Assembly	Speed Sensor Assembly 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.
		Contact your local distributor for further assistance.
Resistance is uneven when pedaling	Brake assembly	Lubricate the brake pad with silicone lubricant. Refer to the brake lubrication procedure in the service manual.
Unit rocks/does not sit level	Check level adjustment	Levelers may be turned to level machine.
	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	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 in the Service Manual.
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 locking pin	Be sure adjustment pin is locked into one of the seat post adjustment holes.
	Check locking knob	Be sure knob is securely tightened.







