

# **420** **SCHWINN®**



Manual en Español Latino Americano:  
<http://www.schwinnfitness.com>

**ASSEMBLY MANUAL / OWNER'S MANUAL**

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

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

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

**To register your product warranty , go to: [www.SchwinnFitness.com/register](http://www.SchwinnFitness.com/register)**

**Or call 1 (800) 605-3369.**

**If you have questions or problems with your product, please call 1 (800) NAUTILUS (628-8458).**

Nautilus, Inc., (800) NAUTILUS / (800) 628-8458, [www.NautilusInc.com](http://www.NautilusInc.com) - Customer Service: North America  
(800) 605-3369, [csnls@nautilus.com](mailto:csnls@nautilus.com) | outside U.S. +01-360-859-5180, [technics-APLA@nautilus.com](mailto:technics-APLA@nautilus.com) |  
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# IMPORTANT SAFETY INSTRUCTIONS

## — ASSEMBLY



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

### **Obey the following warnings:**



Read and understand all warnings on this machine.

Carefully read and understand the Assembly instructions.

- Keep bystanders and children away from the product you are assembling at all times.
- Do not connect power supply to the machine until instructed to do so.
- 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 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.

# SAFETY WARNING LABELS AND SERIAL NUMBER

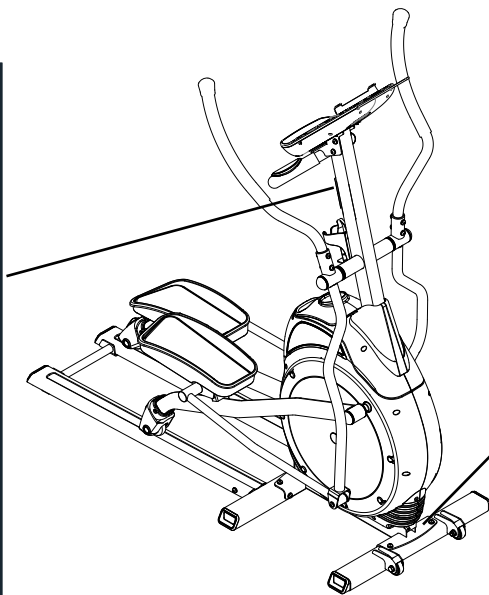
**WARNING**



- Keep children away.
- Prior to use, read and understand the Owners Manual.
- Injury or death is possible if Caution is not used while using this machine.
- The maximum user weight for this machine is 300 lbs (136 Kg).
- Replace any "Caution" "Warning" or "Danger" label that is illegible, damaged, or removed.
- This machine is for home use only.

**AVERTISSEMENT**


- Gardez les enfants et les animaux de compagnie éloignés de cette machine en tout temps.
- Lisez et familiarisez-vous avec le Manuel du propriétaire et avec tous les avertissements avant d'utiliser cette machine.
- Soyez prudent lorsque vous utilisez cet équipement pour ne pas vous infliger de graves blessures.
- Cette machine supporte un poids maximal de 300lbs. (136kg).
- Remplacez toute étiquette d'avertissement endommagée, illisible ou manquante.
- Cette machine est à usage domestique uniquement.

003-5800



Serial Number			
00000000000000000000			
18225 NE Riverside Parkway, Portland, Or, 97230 www.nautilus.com Model: XXXXXXXX Rating: XXXXXXXX Made in: China			
			
0000		000-0000_X	

## FCC Compliance

 Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

The machine and power supply comply with part 15 of the FCC rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

**Note:** This machine and power supply have been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications.

However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be

determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

**Maximum User Weight:** 300 lbs. (136 kg)

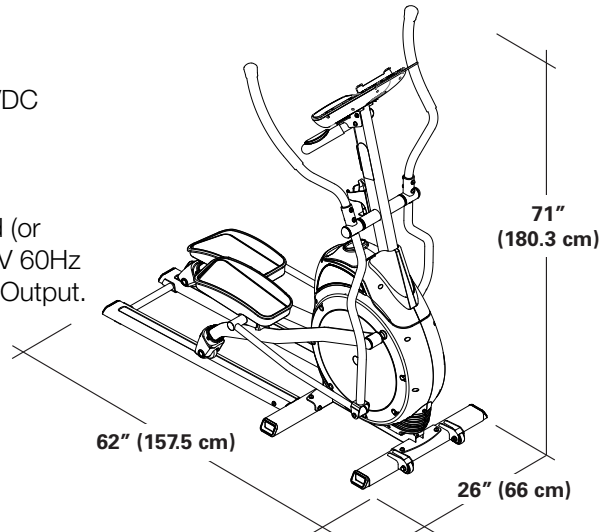
**Power Requirements:**

Operational Voltage: Operational Voltage 9VDC

Operating Current: 1500 mA

**Regulatory Approvals:**

AC Power Adapter: UL listed, CSA certified (or equivalent), Rated 120V 60Hz Input, 9VDC, 1500mA Output. Class 2 or LPS.



## 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 74" x 130" (1.9 m x 3.3m).

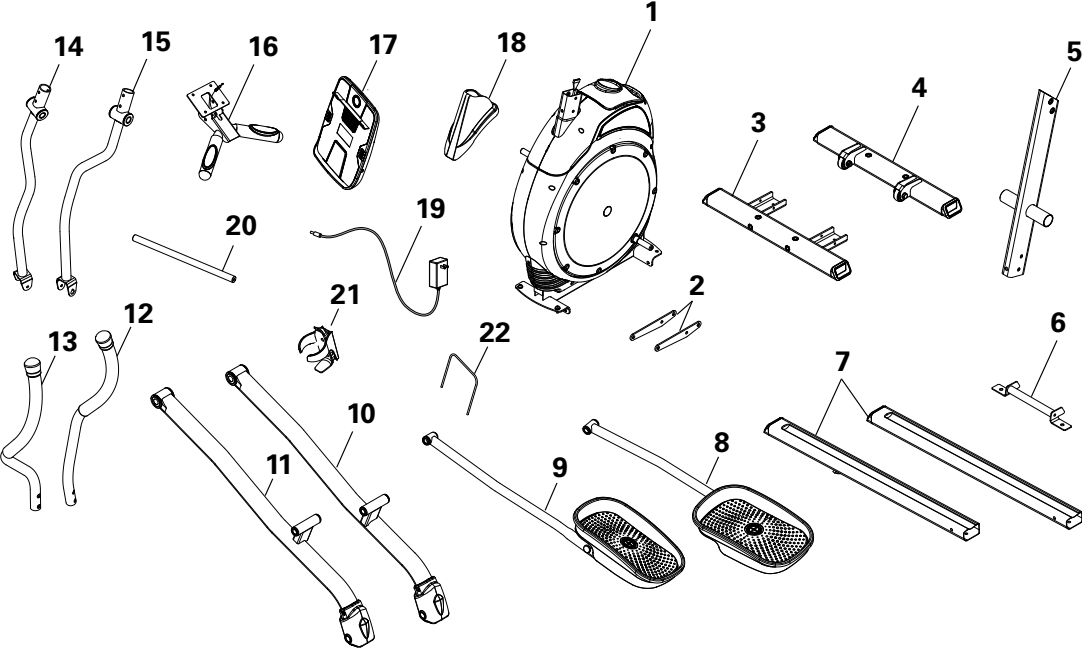
### Basic Assembly Tips

Follow these basic points when you assemble your machine:

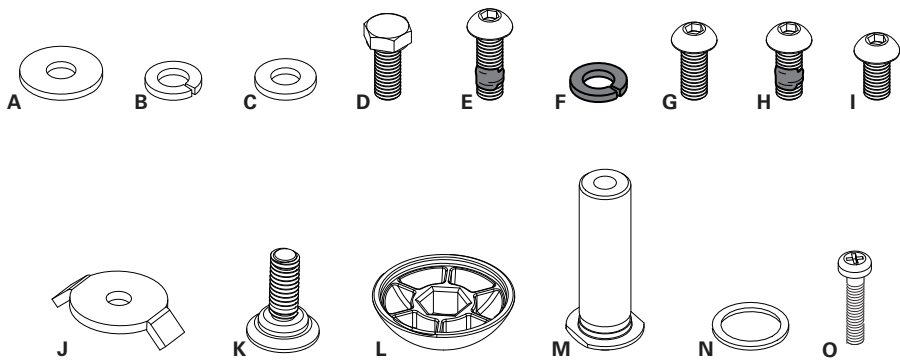
1. Read and understand the "Important Safety Instructions" before assembly.
2. Collect all the pieces necessary for each assembly step.
3. Using the recommended wrenches, turn the bolts and nuts to the right (clockwise) to tighten, and the left (counterclockwise) to loosen, unless instructed otherwise.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

**Note:** Some axles contain oil. Use caution to avoid staining clothes or carpet.

# PARTS



Item	Qty	Description	Item	Qty	Description
1	1	Main Frame	12	1	Upper Right Handlebar Arm
2	2	Pedal Mount Plate	13	1	Upper Left Handlebar Arm
3	1	Rear Stabilizer	14	1	Lower Left Handlebar Arm
4	1	Front Stabilizer	15	1	Lower Right Handlebar Arm
5	1	Console Mast	16	1	Static Handlebar
6	1	Transport Handle	17	1	Console
7	2	Rail	18	1	Mast Boot
8	1	Right Pedal	19	1	AC Adapter
9	1	Left Pedal	20	1	Arm Pivot Rod
10	1	Right Leg	21	1	Water Bottle Holder
11	1	Left Leg	22	1	Media Support



Item	Qty	Description	Item	Qty	Description
A	4	Wide Flat Washer M8	I	17	Button Head Hex Screw M8 x 15
B	41	Lock Washer M8	J	2	Leveler Washer
C	41	Flat Washer M8	K	2	Leveler Screw
D	4	Hex Head Bolt M8 x 20	L	4	Cap
E	2	Button Head Hex Screw M8 x 25 Thread Lock	M	2	Cotter Pin
F	4	Lock Washer, Black M8	N	2	Wave Washer
G	20	Button Head Hex Screw M8 x 20	O	2	Phillips Head Screw M5 x 25
H	2	Button Head Hex Screw M8 x 20 Thread Lock			

**Tools**

**Included**



6 mm



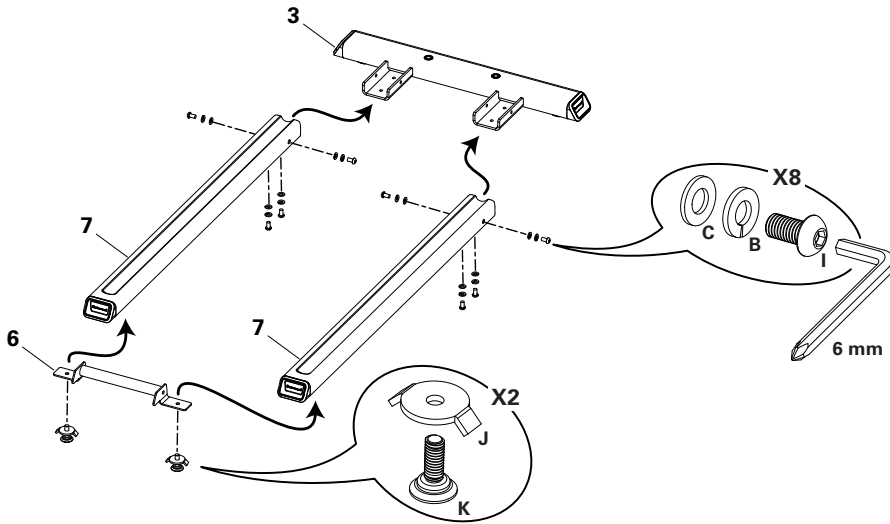
**Not Included**



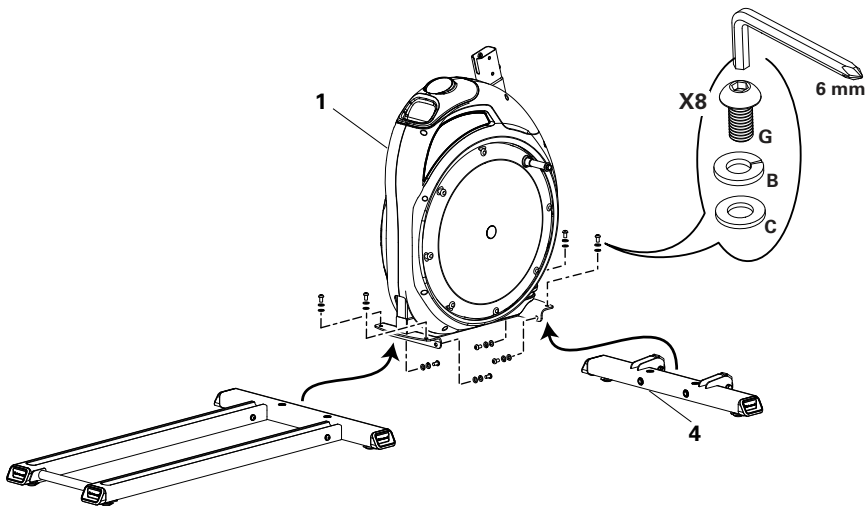
(recommended)



## 1. Attach Rear Stabilizer and Transport Handle to Rails

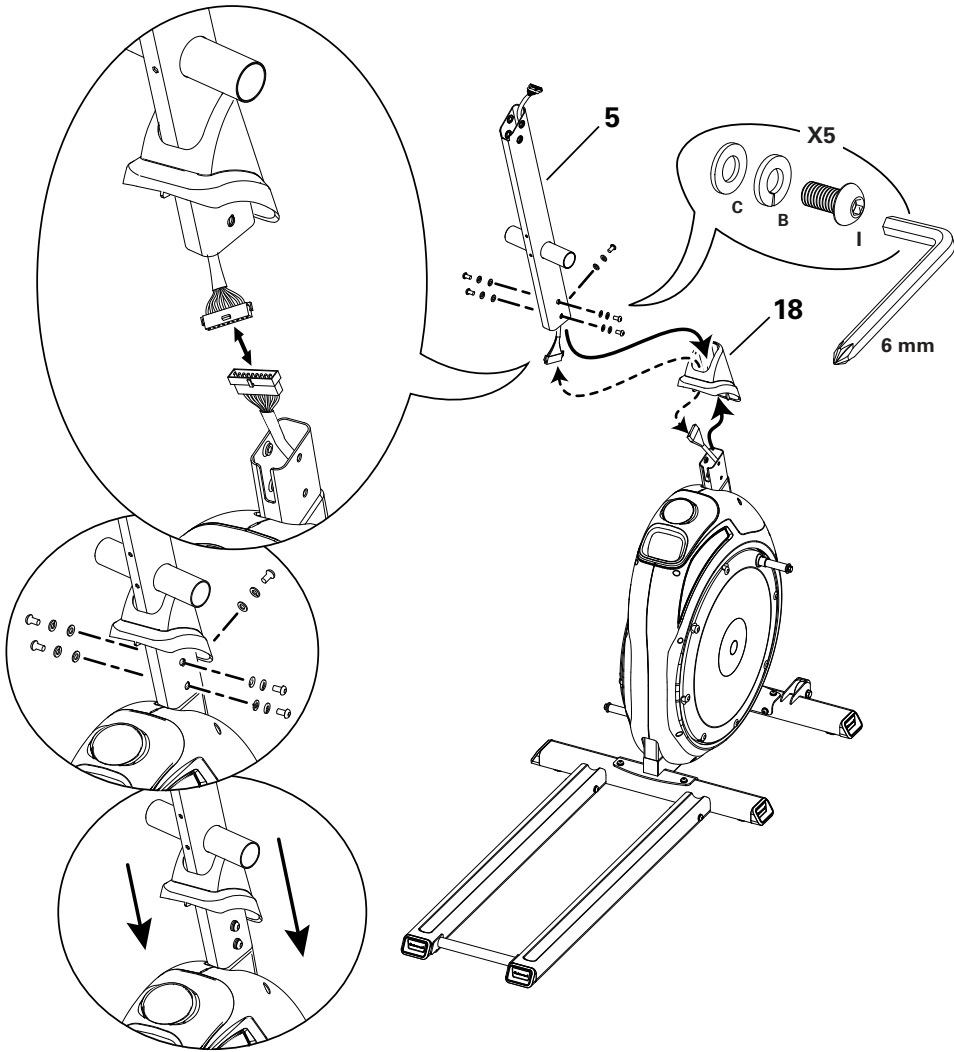


## 2. Attach Rail Assembly and Front Stabilizer to Frame



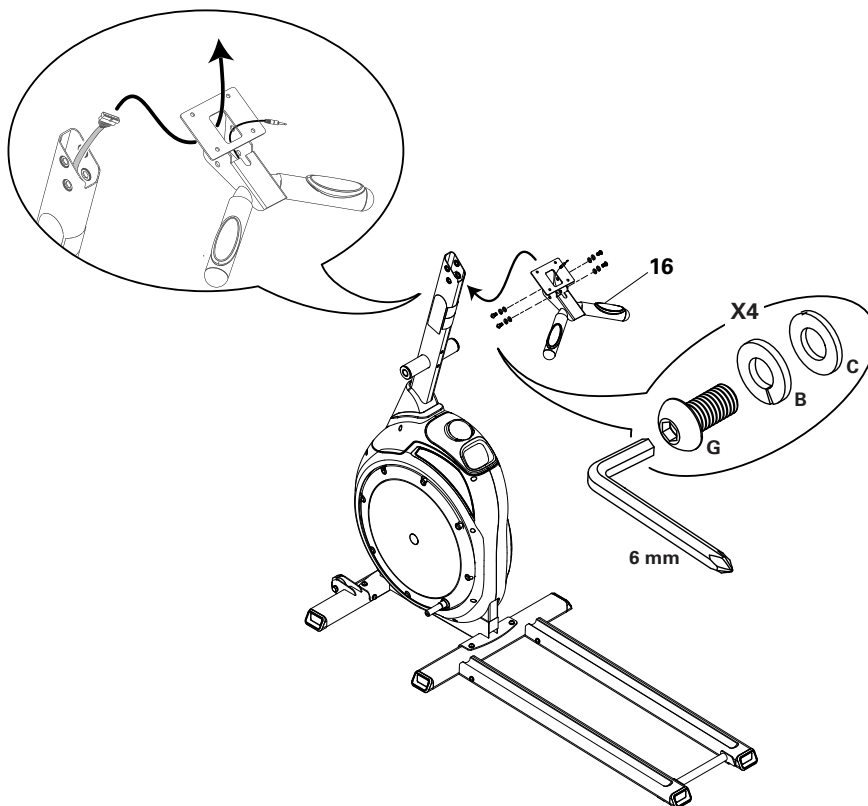
### 3. Attach Console Mast to Frame Assembly

**NOTICE:** Align the clips on the cable connectors and make sure the connectors lock. Do not crimp the Console Cable.



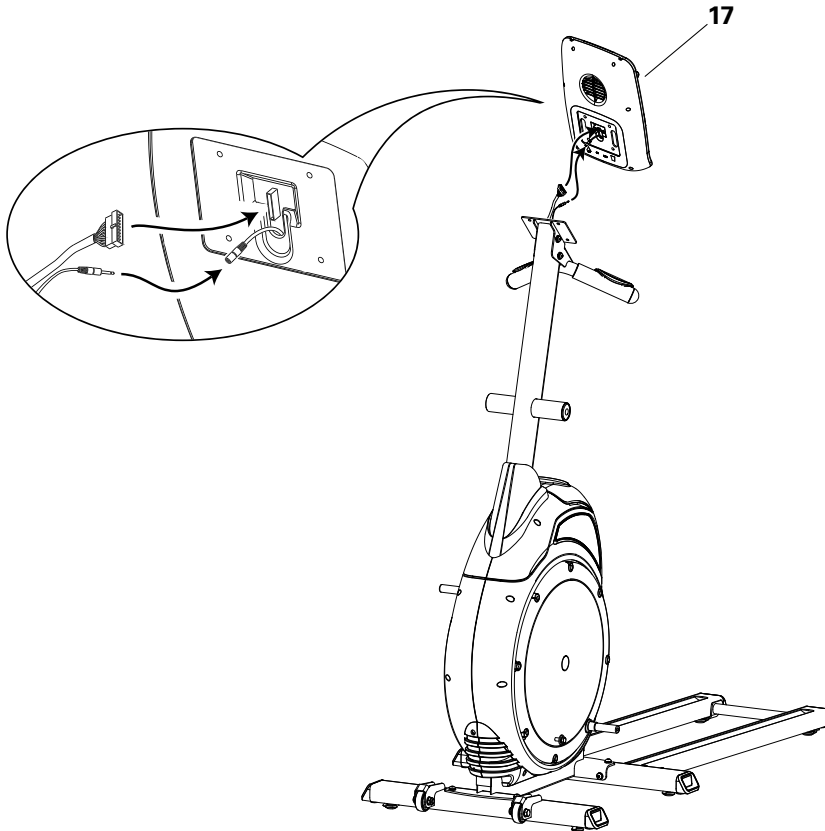
## 4. Attach the Static Handlebar

**NOTICE:** Do not crimp the Console Cable.



## 5. Connect the Console

**Note:** Remove the pre-installed screws from the back of the console before you connect the cables.

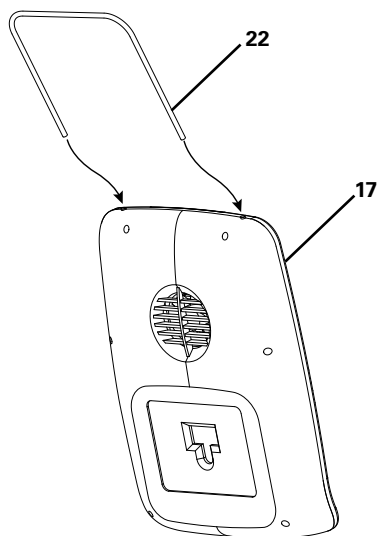
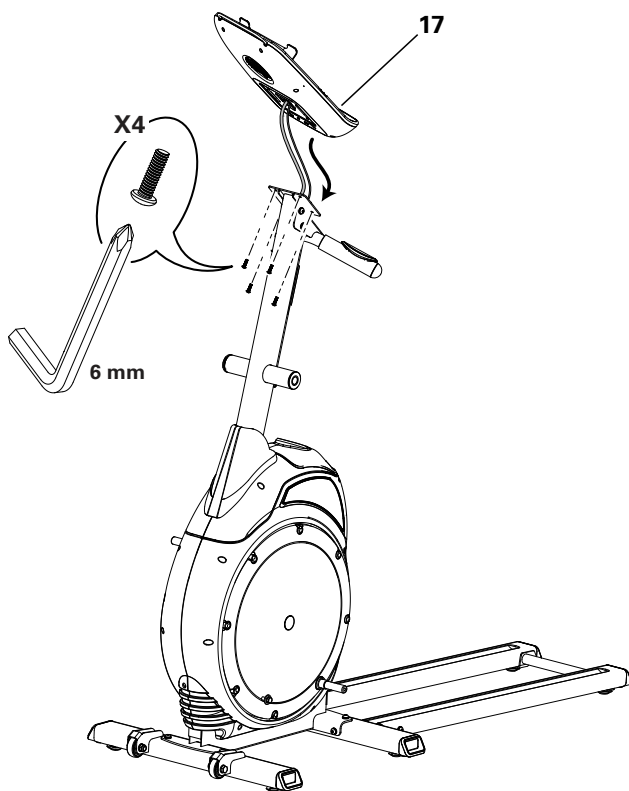


## 6. Attach Console to Frame Assembly

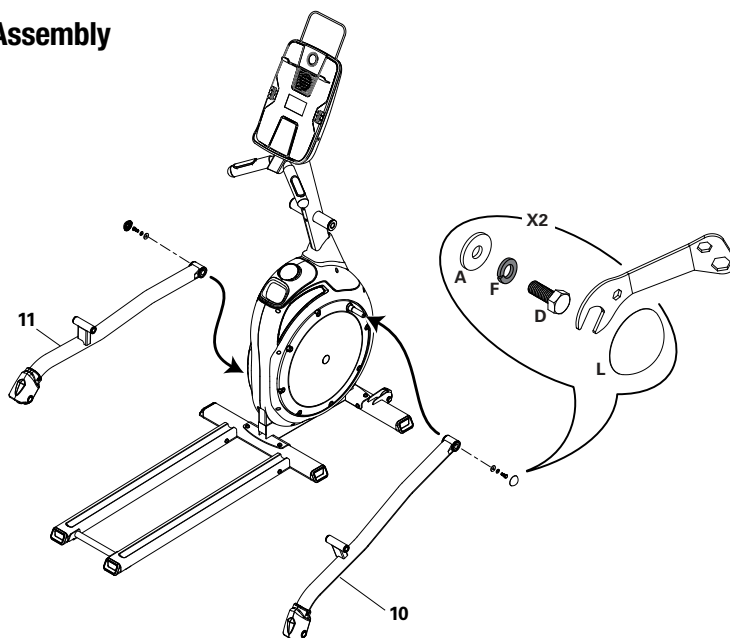
**NOTICE:** Do not crimp the cables.

**Note:** Use the screws from Step 5 to attach the console.

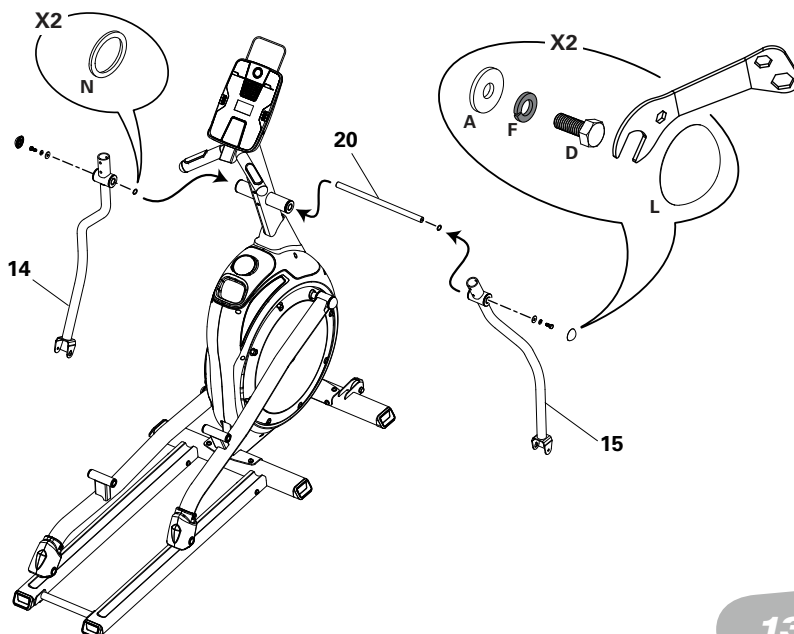
To install the Media Support, slide it into the holes at the top of the console.



## 7. Attach Legs to Frame Assembly

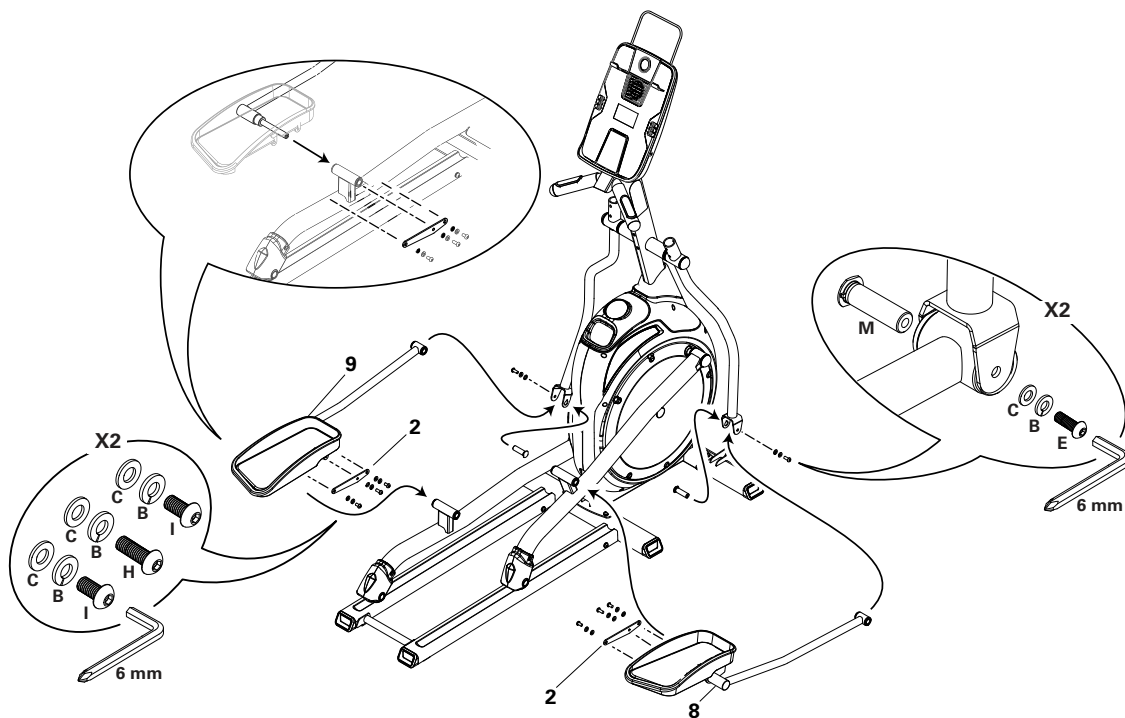


## 8. Attach Lower Handlebar Arms

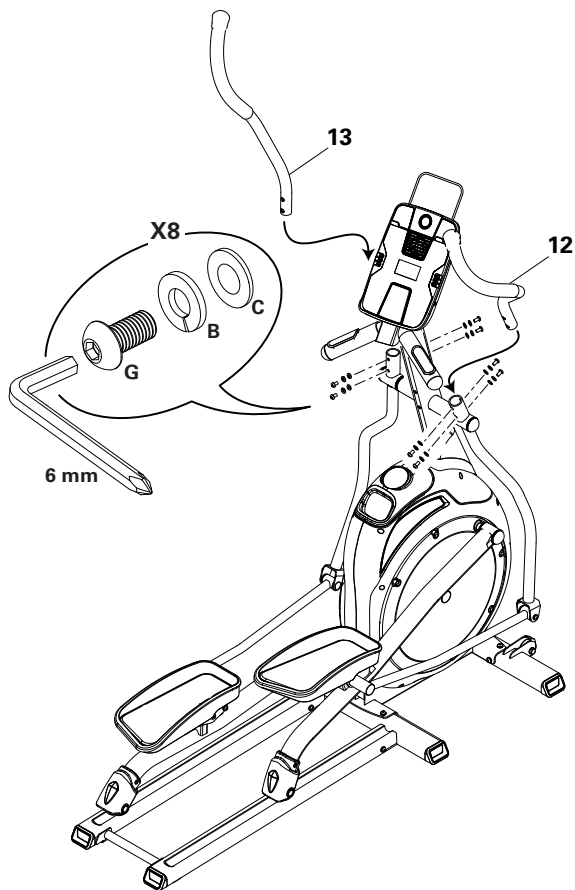


## 9. Attach Pedals to Rails and Lower Handlebar Arms

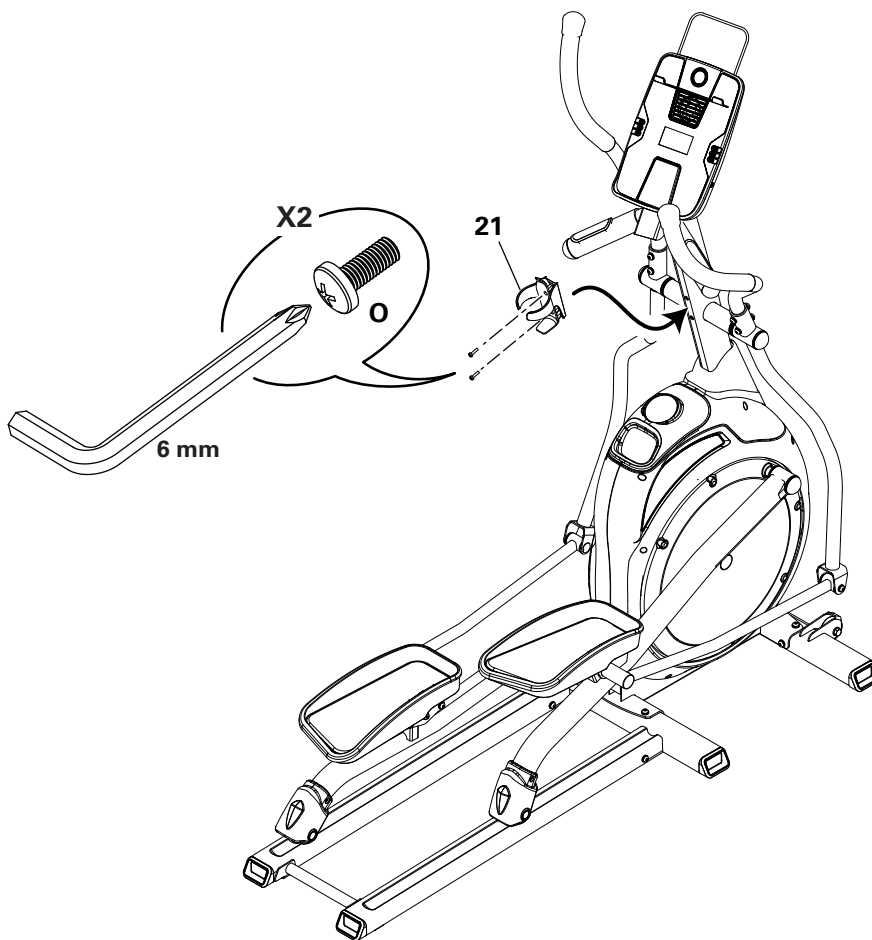
**NOTICE:** Be sure the key on the Cotter Pin engages the Lower Handlebar Arm.



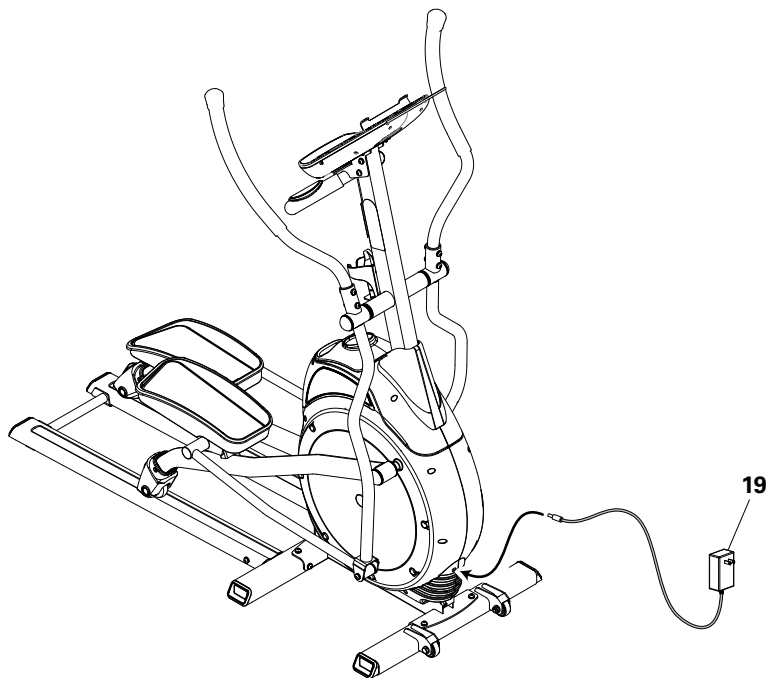
## 10. Attach Upper Handlebar Arms



## 11. Install Water Bottle Holder



## 12. Connect AC Adapter



## 13. Final Inspection

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

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



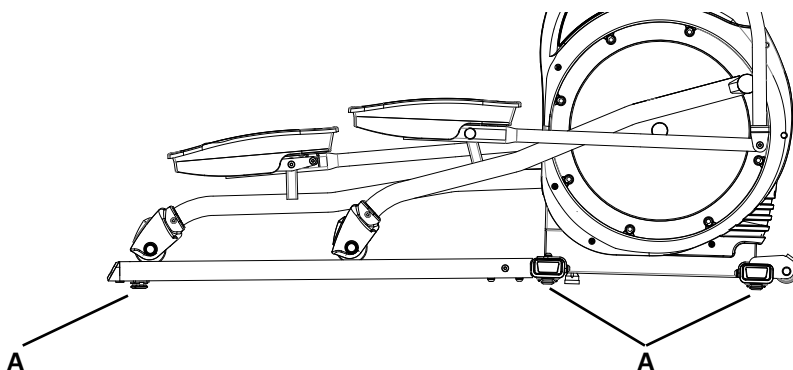
Do not use or put the machine into service until the machine has been fully assembled and inspected for correct performance in accordance with the Owner's Manual.

## BEFORE YOU START

### Leveling the Machine

If your workout area is uneven, you must level your machine. Turn the leveling bolts (A) below the stabilizers and rails until the machine is level.

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

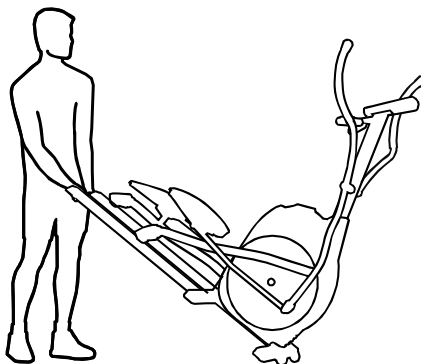


### Moving the Machine

- !** 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 lift the machine onto the transport wheels.
3. Push the machine into position.
4. Carefully lower the machine into position.

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



# IMPORTANT SAFETY 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:**

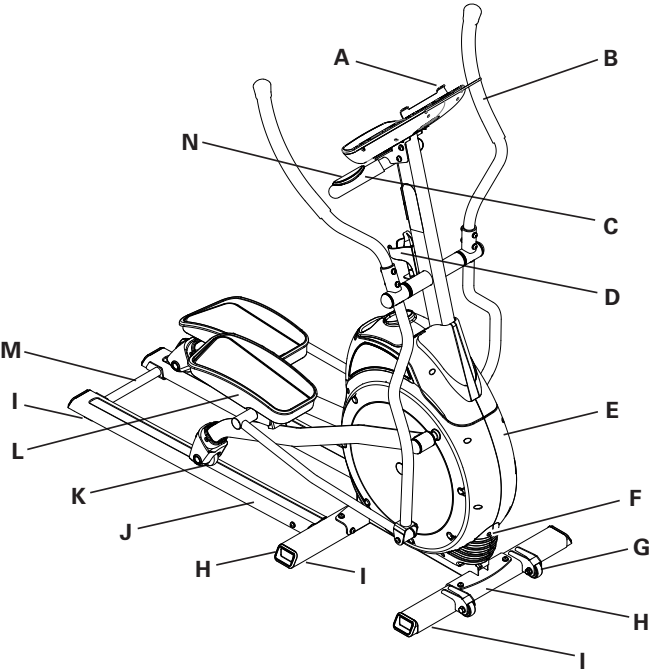


Read and understand the complete Manual. Keep the Manual for future reference.

Read and understand all warnings on this machine. If at any time the Warning stickers become loose, unreadable or dislodged, contact Nautilus® Customer Service 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. Contact Nautilus® Customer Service for repair information.
- Maximum user weight limit: 300 lbs. (136 kg). 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 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 foot pedals clean and dry.
- Keep at least 19.7" (0.5 m) 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.
- Keep the Foot Pedals clean and dry.

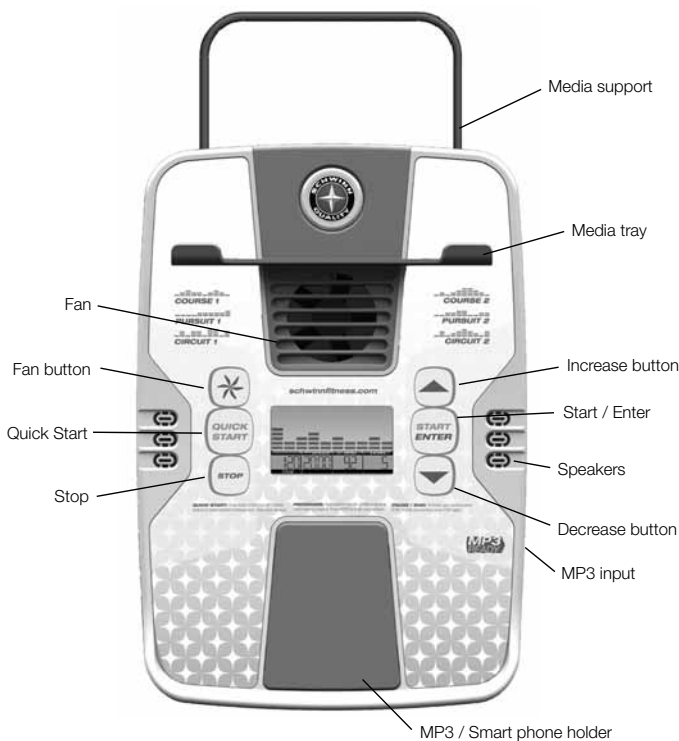
# FEATURES



A	Console	H	Stabilizer Bars
B	Handlebar Arms	I	Levelers
C	Static Handlebar	J	Rails
D	Water Bottle Holder	K	Rollers
E	Main Frame Assembly	L	Pedals
F	AC Adapter Plug	M	Transport Handle
G	Transport Wheels	M	Contact Heart Rate (CHR) sensors

## Console Features

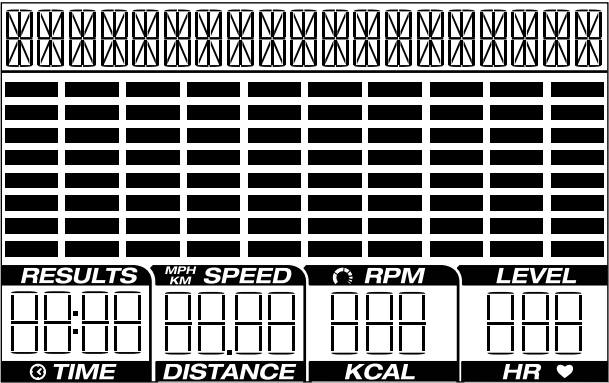
The Console provides important information about your workout and lets you control the resistance levels while you exercise. The Console has a grid display with touch control buttons to navigate you through the exercise programs.



## Keypad Functions

QUICK START	Begins a Quick Start workout
STOP	Pauses an active workout, and if pushed again, will end the workout
FAN button	Controls 3-speed fan
Increase (▲)	Increases a value (age, time, distance, calories, or workout resistance level)
Decrease (▼)	Decreases a value (age, time, distance, calories, or workout resistance level)
START/ENTER	Starts a Program workout, confirms information, or resumes a paused workout

LCD Display Data



Program Display

The Program Display shows the name of the program selection 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 for that interval. The flashing column shows your current interval.

Time

The TIME display field shows the time count in the workout. If no preset time is set up for the current workout program, the display value starts at zero and counts forward until the end of the workout. Maximum time is 99:59.

If the workout has a preset time, the display starts at the preset value and counts down to zero. The display shows the total time count for the workout.

Speed / Distance

The SPEED/DISTANCE display field shows the machine speed in kilometers per hour (km/h) or miles per hour (mph) for 6 seconds, then the Distance for 6 seconds. 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.

RPM / KCAL (Calories)

The RPM/KCAL display field shows the machine revolutions per minute (RPM) for 6 seconds, then the KCAL display shows the estimated calories that you have burned during the exercise for 6 seconds.

## **Level / HR (Heart Rate)**

The LEVEL/HR display field shows the current resistance level (1–16) for 6 seconds, then your Heart Rate for 6 seconds.

The HR display shows the heart rate in beats per minute (BPM) from the Contact Heart Rate sensors.



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.

## **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.

CHR detection may be limited to walking or slow jogging due to the extreme muscle artifacts and hand motion generated by a comfortable running style. 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 getting 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.

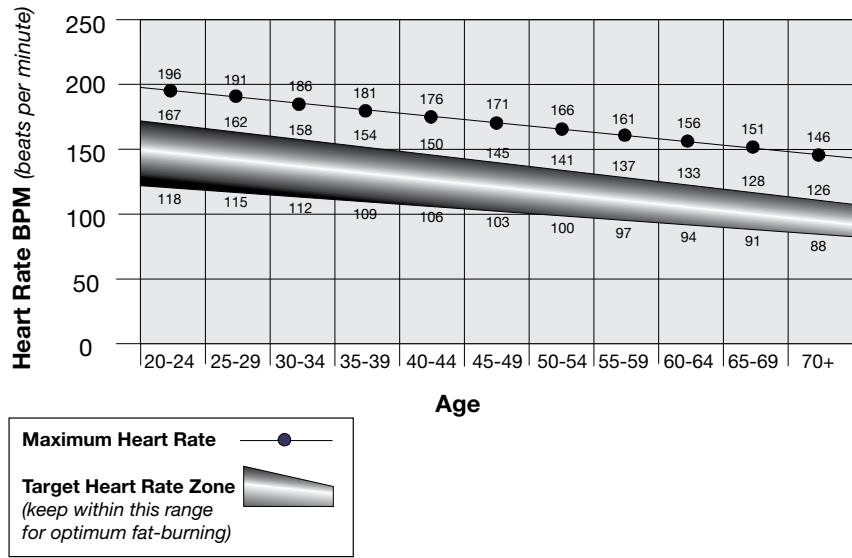
The Heart Rate table is an estimate of what Heart Rate Zone (HRZ) is effective to burn fat and better your cardiovascular system. Physical conditions vary, therefore your individual HRZ could be several beats higher or lower than what is shown.

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



**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.

- 3 times a week for 30 minutes each day.
- Schedule workouts in advance. Try to work out even when you do not want to.

**Step Onto Your Machine**

1. Steady yourself with the Handlebars or the hand grips under the Console.
2. The Pedals may not be at the same resting level. Step onto the lower Pedal with your first step.
3. Place your other foot on the opposite Pedal. Be sure to get comfortable with the Pedals before beginning a workout.

**Power-Up / Idle Mode**

The Console will enter Power-Up Mode if it is plugged into a power source, 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 or there is no pedal movement in approximately 5 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.

**Initial Setup**

Before the machine is used for the first time, you must set the Console measurement units and machine type.

1. At the first power-up the Console display will show Select Units prompt. Push the Increase/Decrease buttons to change between "Miles-Lb" (English units) and "Km-Kg" (metric units) .
2. Push START/ENTER to set.
3. The Console display shows Select Elliptical or Bike prompt. Push the Increase/Decrease buttons to go to the ELLIPTICAL option.
4. Push START/ENTER to set. The Console goes back to the Power-Up Mode screen.

To change these settings, refer to the "Console Setup Mode" section in this manual.

## Quick Start / Manual Program

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

1. Step onto the machine.
2. Push the QUICK START button and start to pedal.
3. To change the resistance level, push the Increase/Decrease buttons. The current interval and future intervals are set to the new level. The default Quick Start resistance level is 3. The time will count up from 00:00.
4. When done with your workout, stop pedaling and push STOP to pause the workout. Push STOP again to end the workout.

## Workout Program Selection

To go to the Program Menu, step on the machine and push START/ENTER. If no User profile is set up, the Console display shows the Program Menu.

If a User profile is set up, you must make a User selection in the User Menu. Use the Increase/Decrease buttons to look at the User menu options, and push START/ENTER to make your selection. You can use the Guest User option to go to the Program Menu without user setup data. If you want to save your workout data, refer to the User Setup procedure in this manual.

If you select the User profile option, you have two options: VIEW STATS and WORKOUT. Use the Increase/Decrease buttons to look at the menu options, and push START/ENTER to make your selection. The Stats option lets you see a summary of your workout data. The Workout option goes to the Program Menu.

## User Setup Mode

The Schwinn® 20 Series console lets you store and use 1 User profile in addition to a Guest User with no setup data stored. The User profile automatically records your workout results in your User profile, and lets you edit data.

The User profile stores the following data:

- Name—up to 19 characters
- Total number of workouts
- Total hours
- Average speed
- Total distance
- Total calories
- Age
- Weight
- Gender
- Custom Workout (program profile, time)

From the Power-Up Mode screen, push START/ENTER and hold for 3 seconds to go to User Setup Mode. If no User profile is set up, you can add a User. If there is a User profile, you can edit or delete the User profile.

**Note:** Push the STOP button to go back to the previous screen or character.

### Add User

1. From the Power-Up Mode screen, push START/ENTER and hold for 3 seconds to go to User Setup Mode. If no User profile is set up, the Console will show the Name prompt.

**Note:** Use the Increase/Decrease buttons to move through the alphabet. To record each letter, push the START/ENTER button. Push START/ENTER for a space.

Push and hold START/ENTER to complete the entry and go to the next data prompt. Or you can tap the START/ENTER button to add spaces until the next data screen appears.

2. Enter your User data on each data screen—Age, Weight, Gender. Use the Increase/Decrease buttons to adjust the default value, and push START/ENTER to complete each entry and go to the next prompt.

**Note:** The default age is 30. The default weight is 150 (lbs).

3. The Console display shows the “Create Custom” prompt. Use the Increase/Decrease buttons to move to the YES or NO option. To start setup of your Custom Workout, go to YES and push START/ENTER.

To complete User Setup without a Custom Workout, go to the NO option and push START/ENTER. Or push STOP. The Console goes back to the Power-Up Mode screen.

4. After you start the Custom Workout setup, the Program Display will show the left column (workout interval) is active, with a default resistance level of 3. Use the Increase/Decrease buttons to adjust the resistance level of the active interval. Push START/ENTER to record the resistance level. The next column to the right becomes active.

**Note:** The Console display shows the message “N of 20” during setup (N is the current interval). The maximum number of intervals is 20.

5. Push and hold START/ENTER to complete the Custom Workout setup. The Console goes back to the CUSTOM prompt. Push STOP to go back to the Power-Up Mode screen.

### Edit User

1. From the Power-Up Mode screen, push START/ENTER and hold for 3 seconds to go to User Setup Mode. If a User profile is set up, the Console will show a prompt to edit the user (EDIT <Name>) or delete the user (DELETE <Name>). Use the Increase/Decrease buttons to move through the Edit menu options, and push START/ENTER to make your selection.

To exit the Edit option, push STOP and the console will go back to the Edit and Delete options.

2. After you start the Edit function, the Console will show the Name prompt. To edit the name, push START/ENTER.

**Note:** Use the Increase/Decrease buttons to move through the alphabet. To record each letter, push START/ENTER. Push START/ENTER for a space.

Push and hold START/ENTER to complete the entry and go to the next data prompt. Or you can tap the START/ENTER button to add spaces until the next data screen appears.

3. To edit the other User data, push START/ENTER at the screen prompt: EDIT AGE, EDIT WEIGHT, EDIT GENDER. Use the Increase/Decrease buttons to adjust, and push START/ENTER to complete each entry and go to the next prompt.
4. The Console display shows the CUSTOM prompt. To set up your Custom Workout, push START/ENTER and go to Step 4 in the “Add User” section.

To complete User Setup without a Custom Workout, push STOP. The Console goes back to EDIT USER prompt. Push STOP to go back to the Power-Up Mode screen.

### Delete User

1. From the Power-Up Mode screen, push START/ENTER and hold for 3 seconds to go to User Setup Mode. If a User profile is set up, the Console will show a prompt to edit the user (EDIT <Name>) or delete the user (DELETE <Name>). Use the Increase/Decrease buttons to go to the Delete option, and push START/ENTER to make your selection.

To exit the Delete option, push STOP and the console will go back to the Edit and Delete options.

2. After you start the Delete function, the Console will show a prompt to delete the User profile, or not delete the user and go back to the Edit and Delete options. Push START/ENTER to make your selection.
3. After you delete the user, the Console will go back to the Power-Up Mode screen.

### Custom Workout

After your Custom Workout is set up in your User Profile, you can start the program from the CUSTOM option in the Program Menu. The Console display will prompt you to set the Time for the workout (default is 30:00). Use the Increase/Decrease buttons to adjust the Time value, and push START/ENTER to set the time.

## Profile Programs

These programs automate different resistances and workout levels.

### Course 1



### Course 2



### Circuit 1



### Circuit 2



### Pursuit 1



### Pursuit 2



To start a Profile Program:

1. Step onto the machine. Push START/ENTER and start to pedal.
2. Use the Increase(▲) or Decrease(▼) buttons to select a user (guest or custom) and push START/ENTER. If you select a custom user (not Guest User), use the Increase/Decrease buttons to select the Workout option.
3. Use the Increase(▲) or Decrease(▼) buttons to select one of the above programs. Push START/ENTER.
4. Use the Increase(▲) and Decrease(▼) buttons to answer the setup questions. Push START/ENTER after each answer to record your answers.

**Note:** The range of values for TIME is 5 - 99 minutes; the default value is 30:00. The range of values for LEVEL is 1 - 16 (the minimum level in the profile); the default start value is 3. If you selected a custom User, the default values will be the previous Time and Level values entered for that User.

5. Push the START/ENTER button to start the profile workout.

## Changing Resistance Levels

Push the Increase(▲) or Decrease(▼) buttons to change the resistance level at any time in a workout program.

### Fitness Test

The Fitness Test measures improvement of your physical fitness level. The test compares your power output to your heart rate. As you become more fit, you will produce more power at a given heart rate.

You can start the Fitness Test from the FITNESS TEST option in the Program Menu. The Fitness Test program first prompts you to select your fitness level—Beginner or Advanced. The program will use the Age and Weight values in your User profile to calculate your Fitness Score. If you are logged in as Guest User, the program will prompt you to enter your age and weight before you start the test.

Start to pedal and hold the Heart Rate Sensors. When the test starts, the resistance Level slowly increases. This means you will work harder, and as a result, your heart rate increases. The Level continues to increase automatically until your heart rate reaches the “Test Zone.” This zone is individually computed to be near 75 percent of your maximum heart rate. When you reach the Test Zone, your machine holds the Level 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 calculates your power output (from your Level and RPM data). 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 other users.

Over time, you will output more power at a certain Heart Rate. Compare your Fitness Scores to see your improvement.

### Results / Cool Down Mode

After a workout the TIME display shows 00:00 and then starts to count up. During this Cool Down period, the Console shows the Workout Results and your current Heart Rate. All workouts except Quick Start have a 3-minute Cool Down period.

The LCD display shows each workout data value for 4 seconds: TIME, DISTANCE, CALORIES, AVG/MPH (KMH), AVG/HR, MAX HR. You can use the START/ENTER button to move through the results manually. The HR display shows the current BPM value.

The Level during Cool Down is based on the Level at the end of the workout:

End Level	Cool Down Level
Level ≤ 3	1
3 < Level ≤ 10	3
10 < Level	5

You can push STOP to stop the Results display and go back to Power-Up Mode. If there is no RPM or HR signal, the Console automatically goes into Sleep Mode.

## Pausing or Stopping

The Console will go into Pause Mode if the user stops pedaling and pushes STOP during a workout, or there is no RPM signal for 5 seconds (user not pedaling). The Console display shows WORKOUT PAUSED, and after 4 seconds the current workout data starts to scroll automatically (the same format as Results Mode). You can use the Increase/Decrease buttons to move through the results manually.

1. Stop pedaling and push the STOP button to pause your workout.
2. To continue your workout, push START/ENTER and start pedaling.  
To stop the workout, push the STOP button. The Console will go into Results Mode.

## User Statistics

The custom User profile stores statistics from all workout data recorded for that user. When the total for a statistic is more than the maximum value, the count will start again at zero.

- Total number of workouts—maximum is 9999.
- Total hours—maximum is 999:59 (999 hours, 59 minutes).
- Average speed—mph or km (per units in setup)
- Total distance—maximum is 9999.9.
- Total calories—maximum is 999999.

The Stats option in the User profile menu lets you look at the recorded data or delete it.

1. Push START/ENTER at the Power-Up Mode screen. The Console display shows the User menu.
2. Use the Increase/Decrease buttons to go to the User profile, and push START/ENTER to make your selection.
3. After you select the User profile option, you have two options: VIEW STATS and WORKOUT. Use the Increase/Decrease buttons to go to the Stats option, and push START/ENTER to make your selection. The Console display shows the User Statistics menu options—TOTALS and RESET TOTALS. The RESET TOTALS option will clear the accumulated workout values.
4. Use the Increase/Decrease buttons to move between the menu options, and push START/ENTER to make your selection.
5. If you go to the Totals option, after a few seconds the workout statistics start to scroll automatically. You can use the Increase/Decrease buttons to move through the results manually. Push STOP to exit to the User Statistics menu.

If you go to the Reset Totals option, the Console display shows a Reset Stats prompt with Yes and No options. Use the Increase/Decrease buttons to make your selection and push START/ENTER. Or you can push STOP to go back to the User Statistics menu without deleting the statistics.

6. Push STOP to go back to the User profile menu—Stats and Workout options.

## CONSOLE SETUP MODE

The Console Setup Mode lets you set the units of measure to either English or Metric, change the machine type, or see maintenance statistics (Error Log and Run Hours – for service technician use only).

1. Hold down the Increase button and Decrease button together for 3 seconds while in the Power-Up Mode to go into the Console Setup Mode.

**Note:** Push STOP to go back to the previous screen or the Power-Up Mode screen.

2. The Console display shows the Units prompt. Push START/ENTER to start Units option. Push the Increase/Decrease buttons to change between “Miles-Lb” (English units) and “Km-Kg” (metric units).

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

3. Push START/ENTER to set.
4. The Console display shows the Machine Type prompt. Push START/ENTER to start Machine Type option. Push the Increase/Decrease buttons to change between ELLIPTICAL and BIKE.
5. Push START/ENTER to set.
6. The Console display shows the Error Log prompt. Push START/ENTER to start Error Log option. The Error Log stores the last 10 errors (error type and system time of error), listed newest to oldest. Push the Increase/Decrease buttons to move through the Error Log. If there are no errors, the Console display shows “Index=0”.
7. Push STOP to exit.
8. The Console shows the RUN HOURS prompt. Push START/ENTER to see total hours for the machine.
9. Push STOP to exit.
10. The Console display shows the Units prompt again. Push STOP to go back to the Power-Up Mode screen.

Read all maintenance instructions fully before you start any repair work. In some conditions, an assistant is necessary 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, damaged or loose components must be repaired or replaced immediately. Only manufacturer supplied components can be used to maintain and repair the equipment.



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## **DANGER**

To reduce the risk of electrical shock, always unplug the power cord and wait 5 minutes before cleaning, maintaining or repairing this machine.

### **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 sweat.

### **Weekly:**

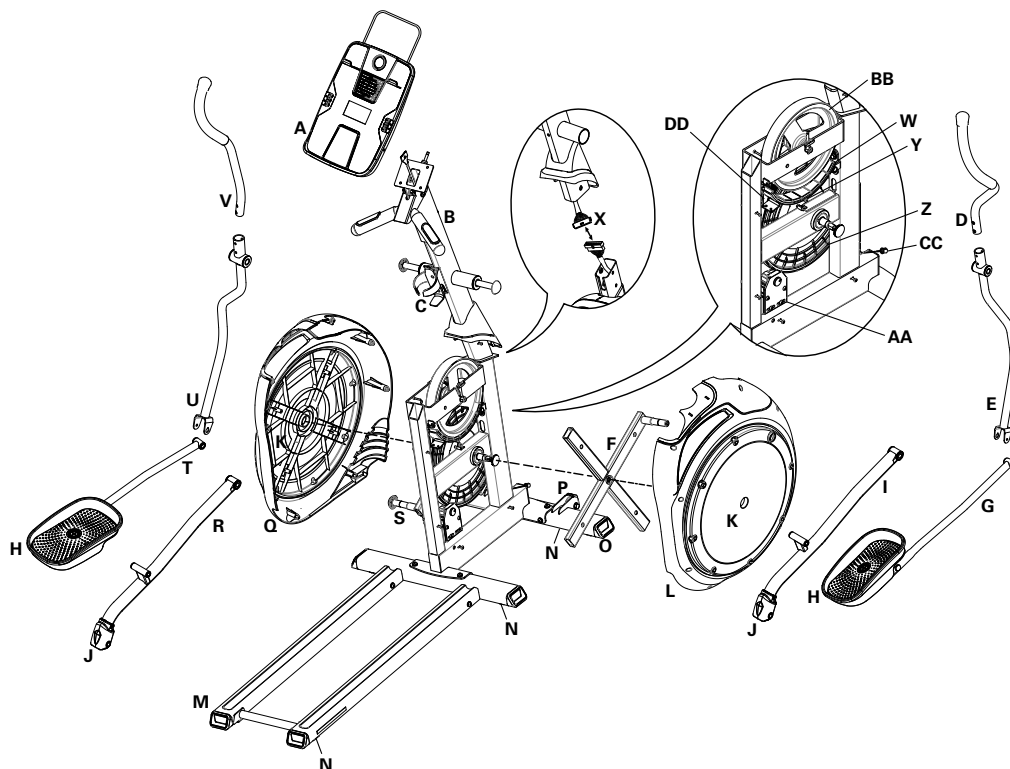
Check for smooth roller operation. Wipe the machine to remove any dust, dirt, or grime from the surfaces. Clean the rails and surface of the rollers with a damp cloth.

### **Monthly or after 20 hours:**

Make sure all bolts and screws are tight. Tighten as necessary.

**NOTICE:** Do not clean with a petroleum based solvent or an automotive cleaner. Be sure to keep the Console free of moisture.

## Maintenance Parts



A	Console	K	Plate	U	Lower Left Handlebar Arm
B	Console Mast	L	Shroud, Right	V	Upper Left Handlebar Arm
C	Water Bottle Holder	M	Rails	W	Brake Assembly
D	Upper Right Handlebar Arm	N	Leveler	X	Console Cable
E	Lower Right Handlebar Arm	O	Front Stabilizer	Y	Speed Sensor Magnet
F	Crank, Right	P	Transport Roller	Z	Drive Pulley
G	Pedal Arm, Right	Q	Shroud, Left	AA	Servomotor
H	Pedal	R	Leg, Left	BB	Flywheel
I	Leg, Right	S	Crank, Left	CC	AC Adapter Plug
J	Roller	T	Pedal Arm, Left	DD	Drive Belt

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 (recumbent) or rear (up-right) 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 data cable (inside console mast) 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 Customer Care for further assistance.
Unit operates but Contact HR not displayed	HR cable connection at Console	Be sure cable is connected securely to Console.
	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 such as “Signa Crème” or “Buh-Bump” 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, the console handlebar assembly should be replaced.
Console displays “E2” 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.
	Console Electronics	If tests reveal no other issues, Console should be replaced.
No speed/RPM reading, or Console displays “E3” 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.
	Check magnet position (requires shroud removal)	Magnet should be in place on pulley.
	Check RPM Sensor (requires shroud removal)	RPM sensor should be aligned with magnet and wiring should be intact. Realign sensor if necessary. Replace if there is any damage to the sensor or the connecting wire.
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.
	Reset machine	Unplug unit from electrical outlet for 3 minutes. Reconnect to outlet.
	Check magnet position (requires shroud removal)	Magnet should be in place on pulley.

	Check RPM Sensor (requires shroud removal)	RPM sensor should be aligned with magnet and connected to data cable. Re-align sensor if necessary, replace if any damage to sensor or connecting wire.
Fan (if equipped) 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.
Unit rocks/does not sit level	Check leveler adjustment	Leveling feet may be turned in or out to level the machine.
	Check surface under unit	Adjustment may not be able to compensate for extremely uneven surfaces. Move the machine to level area.
Resistance does not change	Check that unit powers up	If machine powers up and otherwise functions normally, contact Customer Care for assistance.
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.
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. See video for demonstration. White lithium grease can also be applied for a temporary fix. Contact Customer Care for assistance.

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