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Note: Please verify you have all correct parts and quantities before assembling unit. If you are missing items, are short quantities, or have damaged components, please contact Schwinn at 1.800.864.1270.

- 0-7 Carriage Bolt M8xP1.25x85MM (1)
- 0-1 M8xP1.25x85mm (1)
- 0-3 Regular Washer (2)
- 0-2 lock nut for M8 (1)
- 0-4 Screws M8xP1.25x16mm (4)

- Screwdriver / Pedal Wrench (1)
- Allen Key (1)
- Socket Wrench (1)
- 0-5 (1)
- 0-6 Regular Washer (1)
<table>
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<td>A-1</td>
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<tr>
<td>B</td>
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<td>B-4</td>
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<td>1</td>
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<td>C</td>
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<td>C-1</td>
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</tr>
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<tr>
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</tr>
<tr>
<td>D</td>
<td>Front stabilizer</td>
<td>1</td>
</tr>
<tr>
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</tr>
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<td>Seat post pop pin</td>
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<td>Flat washer 12.5x20x2t</td>
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<td>“T” Nut</td>
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<td>P</td>
<td>AC Adaptor</td>
<td>1</td>
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</table>
Basic Assembly Principles

Here are a few basic tips that will aid in the assembly process. By using these principles, you can simplify each process and save yourself extra time and effort.

1. To make the assembly process go faster, gather the pieces you need for each step and thoroughly read the assembly instructions for that step prior to starting assembly for the step.

2. When attaching two pieces, gently lift and look through the bolt holes to help guide the bolt through the holes.

3. As a general rule, and for all bolts and nuts, turn bolts or nuts toward the right to tighten and left to loosen. Or you can remember the mnemonic: “Righty tighty, lefty loosey.”
Step 1 Install Front and Rear Stabilizers

Parts:
• Front Stabilizer (Ref. D )
• Rear Stabilizer (Ref. E )

Tools:
• Supplied Allen Wrench

1-1 Attach the Rear Stabilizer (E) to the rear of the Main Unit using two M8 X 16mm screws (O-4).

1-2 Attach the Front Stabilizer (D) with the UP sticker and wheels toward the front of the Main Unit using two M8 X 16mm screws.
Step 2 Install Pedals

Parts:
- Right Pedal (K-R)
- Right Pedal (K-L)

Tools:
- Supplied Pedal Wrench

2-1 Screw the Left Pedal (has an “L” stamped into the end of the pedal) into the Left Crank Arm.

**Note:** The Left Pedal has a left handed thread and screws in counter clockwise.

2-2 Screw the Right Pedal (has an “R” stamped into the end of the pedal) into the Right Crank Arm.
Step 3 Install Seat Post

Parts:
- Seat post (Ref. G)

3-1 Completely unscrew the Seat Post Adjustment Knob (F-7) from the main unit and insert the Seat Post (G) into the hole. Re-install the Adjustment Knob by screwing in firmly into place.
Step 4 Install Seat

Parts:
• Seat (Ref. G-8)

Tools:
• Supplied Wrench

4-1 Position the Seat (G-8) on the top of the Seat Slider. Tilt the the Seat to desired angle and tighten the two nuts on the underside of the Seat until completely tight.

Seat Adjustment:

To adjust the Seat Post height, unscrew the Adjustment Knob about one full turn and pull outward on the knob. Slide the Seat Post to desired position. Release the Adjustment Knob (F-7) and allow the Seat Post to lock into place then tighten the Adjustment Knob. Adjust the fore and aft position with the Slider knob (G-1). When properly adjusted, your leg should have a slight bend at the bottom of the pedal stroke.
**Step 5 Install Handlebar Mast**

**Parts:**
- Handlebar Mast (Ref C)

**Tools:**
- Supplied Allen Wrench

**5-1** Remove the four Allen Bolts (F-4) and Curved Washers (F-1) from the frame.

**5-2** Connect the Upper and Lower Computer Wires. (Detail A)

**5-3** Insert the Handlebar Mast (C) into the main unit.

**5-4** Re-install the four Allen Bolts and Curved Washers and completely tighten.
Step 6 Install Handlebar

Parts:
- Handlebar (Ref B)
- Console Slider Adjust Knob (Ref 0-5)
- Washer (Ref 0-6)
- “T” Nut (Ref 0-8)

6-1 Tuck the Computer Wires into the Mast to allow insertion of the Handlebar.

6-2 Slide the Handlebar (B) into the Mast, insert the “T” nut (0-8) and secure with the Console Slide Adjust Knob (0-5) and Washer (0-6). (Figure A)

6-3 Pull the Computer Wires back up through the Handlebar as shown. (Figure B)
Step 7 Install Computer Bracket

Parts:
- Computer Bracket (Ref. A-2)
- Angle Adjust Knob (Ref. O)
- Carriage Bolt (Ref. O-7)
- Screw M8x85 (Ref. O-1)
- 2 Washers (Ref. O-3)
- Hex Nut (Ref. 0-2)

Tools:
- Supplied Socket and Flat Wrenches

7-1 Align the Computer Bracket (A-2) with the holes in the Mast. (See assembled view for reference)

7-2 Install and completely tighten the hardware.

**Note:** Use the Angle Adjust Knob to position the Computer to fit individual preferences.
Step 8 Install Computer

Parts:
• Computer (Ref. A)

Tools:
• Supplied Phillips Head Screwdriver

8-1 Remove the four screws from the back of the Computer.

8-2 Connect the Computer Wire and Heart Rate Wire to the connectors on the back of the Computer as shown.

8-3 Align the Computer with the holes in the Computer Bracket. (A-2)

8-4 Install and completely tighten the hardware.
Step 9  Install Bottle Cage

Parts:
- Bottle Cage A  (Ref. C-2 )
- Bottle Cage B  (Ref. C-4 )

Tools:
- Supplied  Phillips Head Screwdriver

9-1 Remove the two M5 x 20L (Ref. C-3) screws from the Mast.

9-2 Align Bottle Cage A and B with the holes in the mast as shown. (see assembled view for reference)

9-3 Install and completely tighten the hardware.

Assembled View
Step 10 Plug in AC Adapter

Parts:
- AC Adapter (Ref. P)

10-1 Plug the AC Adapter (P) into the recepticle on the rear left of the unit and into a 110 volt outlet.
Assembly is complete!

Please reference the Owner’s Manual for information regarding computer operation, product maintenance, Warranty information, and general fitness and exercise guidelines.
IMPORTANT CONTACT NUMBERS

If you need assistance, please have both the serial number of your machine and the date of purchase available when you contact the appropriate Nautilus office listed below.

OFFICES IN THE UNITED STATES:  

E-mail: cstech@nautilus.com

• NAUTILUS INNOVATION CENTER  
  Nautilus, Inc.  
  1886 Prairie Way  
  Louisville, Colorado, USA  80027  
  Phone:  800-NAUTILUS (800-628-8458)  
  Fax:  800-898-9410

• TECHNICAL/CUSTOMER SERVICE  
  Nautilus, Inc.  
  World Headquarters  
  16400 SE Nautilus Drive  
  Vancouver, Washington, USA 98683  
  Phone:  800-NAUTILUS (800-628-8458)  
  Fax:  877-686-6466

• CORPORATE HEADQUARTERS  
  Nautilus, Inc.  
  World Headquarters  
  16400 SE Nautilus Drive  
  Vancouver, Washington, USA 98683  
  Phone:  800-NAUTILUS (800-628-8458)

INTERNATIONAL OFFICES:  

For technical assistance and a list of distributors in your area, please call or fax one of the following numbers.

• INTERNATIONAL CUSTOMER SERVICE:  
  Nautilus International S.A.  
  Rue Jean Prouvé 6  
  1762 Givisiez / Switzerland  
  Tel: + 41-26-460-77-77  
  Fax: + 41-26-460-77-70  
  Email: technics@nautilus.com

INTERNATIONAL OFFICES:

• SWITZERLAND OFFICE  
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  Fax: + 41-26-460-77-60

• GERMANY and AUSTRIA OFFICE  
  Nautilus GmbH  
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  Fax: +49-2204-628-90

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  Fax: +44-1908-267-346

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