

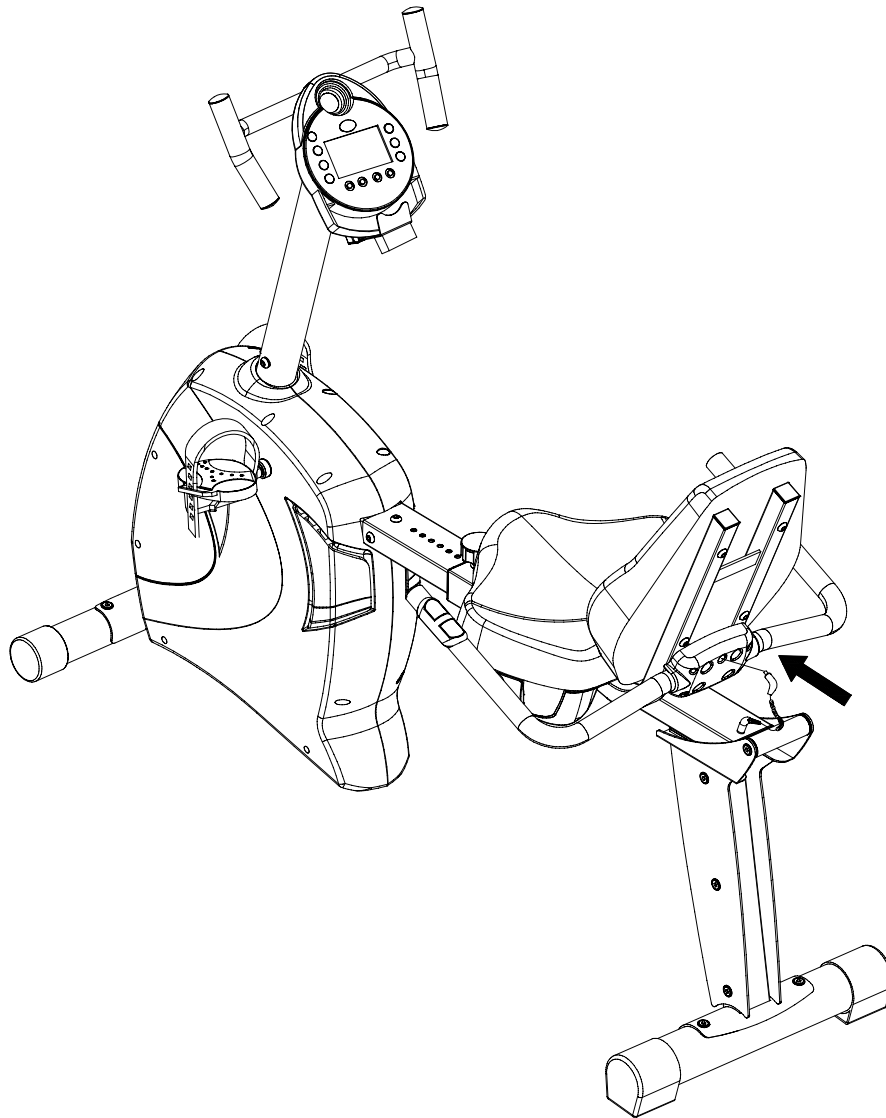
222 Schwinn® Recumbent Exercise Bike

Parts List

Full Size Hardware Chart

Product Illustration

Assembly Instructions



FITNESS SAFEGUARDS AND WARNINGS

Before starting any exercise program, consult with your physician or health professional. He or she can help establish the correct exercise frequency, intensity (target heart rate zone) and time appropriate for your particular age and condition.

The following 3 warnings listed below are also located on the computer console mast of the exercise bike. Failure to follow any of these safeguards may result in injury or serious health problems.

- Read and understand the Owner's Manual and operation instructions prior to use. If you do not have an Owner's Manual, call 1-800-864-1270 to obtain one.
- If you feel any unusual pain or tightness in your chest, shortness of breath or dizziness, feel faint or have any discomfort while you exercise, **STOP!** Consult your physician.
- Keep children and pets away.

Other Important Safeguards and Warnings

- Do not exceed maximum user weight of 136 kg (300 lb.)
- It is the responsibility of the owner to ensure that all users of this equipment are adequately informed of all precautions.
- Use this equipment only on a solid level surface. Cover the floor or carpet beneath this equipment for protection.
- Read the Warning Label located on the computer console mast.
- Do not place fingers or any other objects into moving parts of the exercise equipment.
- This equipment is designed for use by persons aged 13 years and older. Teenagers should be supervised.
- Always wear athletic shoes for foot protection. Avoid wearing loose clothing that may become entangled in the drive mechanism.
- Warn bystanders to keep a safe distance, especially from the moving pedals. Do not allow anyone to touch the bike while it is in operation.
- This equipment is for home use only. Do not use in a commercial, institutional, or rental setting.
- Care should be taken when mounting or dismounting the exercise bicycle.
- Do not operate in damp or wet conditions.
- Follow proper set-up and guidance as outlined in the Owner's Manual and Assembly Instructions. Only use the bike as outlined in usage instructions of the Owner's Manual.
- Prior to each use inspect the bike for loose, broken, or worn parts. Do not use if found in this condition. The safety of the equipment can only be ensured if it is regularly examined and maintained. (See Maintenance section of the Owner's Manual)
- Refer to the Maintenance section in the Owner's Manual and disconnect power supply before servicing the bike.
- Replace Warning Label if damaged, illegible, or removed.
- We recommend that a minimum distance of 1 meter (39 inches) surrounding the bike is kept clear of all obstructions, including children,

bystanders, and pets. This is to ensure adequate clearance for easy access to the bike and to avoid any possible contact with the moving pedals

222 Schwinn Recumbent Bike Parts List, Hardware Chart, and Assembly Instructions

Assembly of the 222 Recumbent Bike is divided into 5 easy stages; each comprised of only a few setup steps. Before proceeding with the assembly, please read over the easy to follow instructions to familiarize yourself with the process.

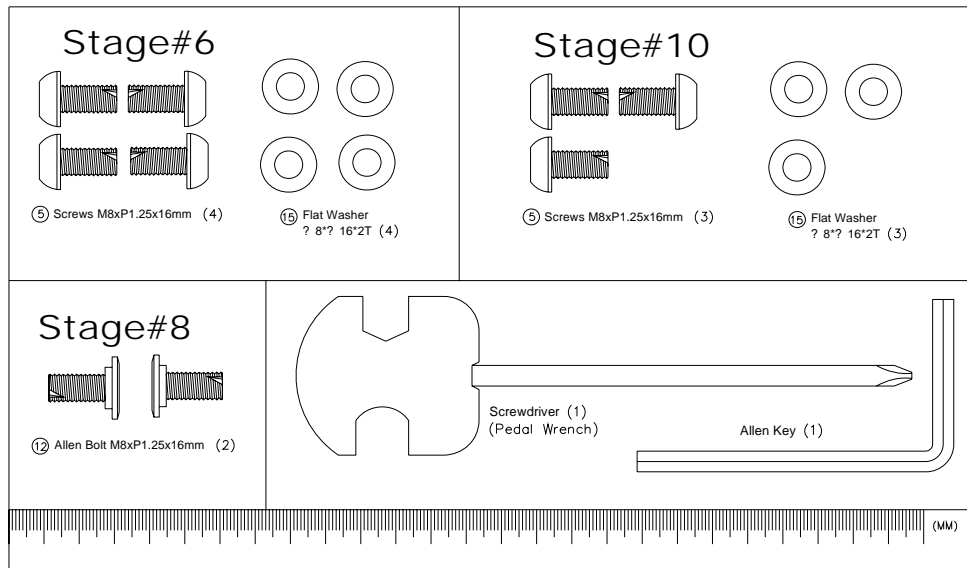
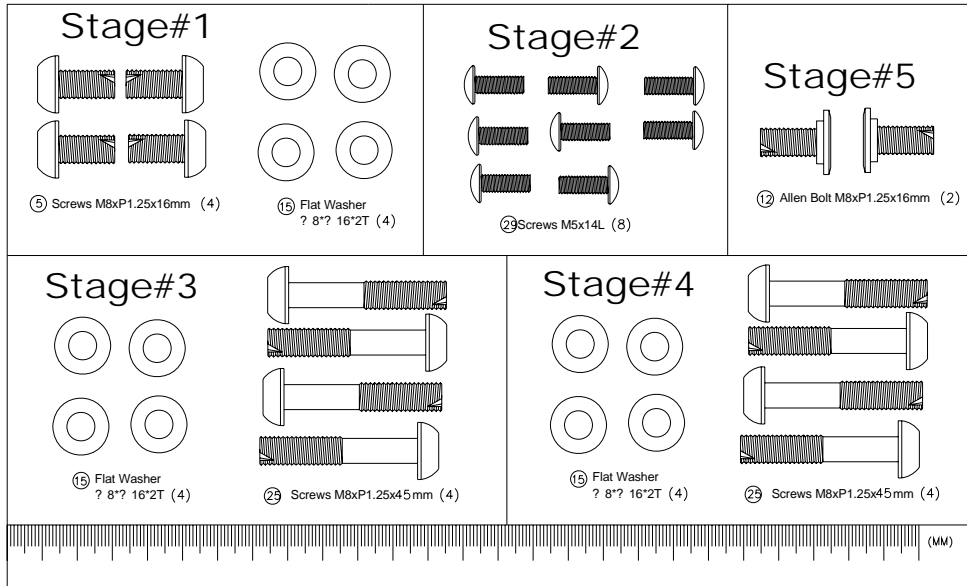
- A flat area of 5' x 7' is suggested to assemble and properly use the 222 exercise bike.
- You will need the following tools to complete the assembly:
5mm Allen wrench (supplied)
Open wrench 13mm, 14mm, 15mm (supplied)
Phillips screwdriver (supplied)

Also, to ensure quick and easy set up of the 222 Recumbent Bike, please verify the size and quantity of each of the enclosed assembly hardware. Included is a handy full size hardware chart and parts list of each of the required assembly hardware. Simply match up the corresponding hardware to each full size drawing.

Parts List

Check	Quantity	Description	Reference #
—	1	Computer	1
—	1	Handlebars	2
—	4	Computer Screws	3
—	1	Handlebar Post	4
—	15	Allen Bolt 8x1.25x16L	5
—	4	Wavy Washer	6
—	1	Upper HR Wire	7
—	1	Upper Computer Wire	8
—	1	Lower Computer Wire	9
—	1	Lower HR Wire	10
—	1	Front Stabilizer	11
—	4	Flathead Screw 8x16L	12
—	1	Main Frame	13
—	1pr	Pedals	14
—	19	Flat Washer	15
—	1	Seat Rail Post	16
—	1	Rear Stabilizer	17
—	1	Seat Rail	18
—	1	Seat Rail HR Wire	19
—	1	Seat Handlebar	20
—	1	Seat Adjustment Knob	21
—	1	Small Flat Washer	22
—	1	Seat Bottom	23
—	8	Allen Bolt 8x1.25x45L	25
—	1	Seat Support Frame	26
—	1	Seat Back	27
—	1pr	Bottle Holder	28
—	8	Screw 5x14L	29
—	1	AC Adaptor	72

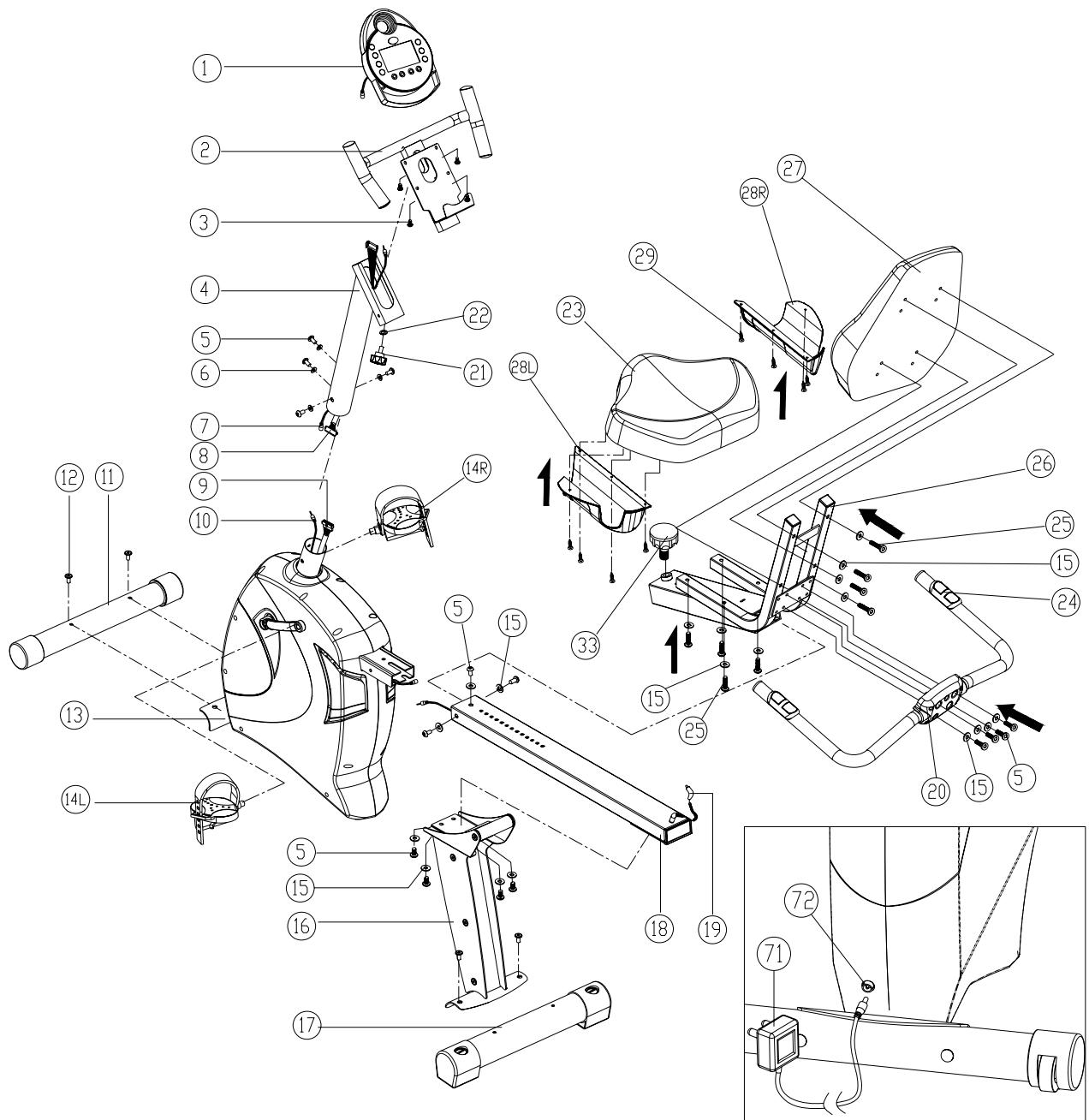
Hardware Chart










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.

222 Assembly Drawing with Reference Numbers



Replacement Parts List

Reference #	Description	Part #
— 1	Computer	181 
— 2	Handlebars	18200
— 3	Computer Screws	18094
— 4	Handlebar Post	18197
— 5	Allen Bolt 8x1.25x16L	18001
— 6	Wavy Washer	18098
— 7	Upper HR Wire	18086
— 8	Upper Computer Wire	18085
— 10	Lower HR Wire	18064
— 11	Front Stabilizer	18190
— 12	Flathead Screw 8x16L	18219
— 14	Pedals	18255
— 15	Flat Washer	18101
— 16	Seat Rail Post	18 
— 17	Rear Stabilizer	18 
— 18	Seat Rail	18080
— 19	Seat Rail HR Wire	18082
— 20	Seat Handlebar	18207
— 22	Small Flat Washer	18 
— 23	Seat Bottom	18246
— 25	Allen Bolt 8x1.25x45L	18072
— 26	Seat Support Frame	18 
— 27	Seat Back	18247
— 28	Bottle Holder	18 
— 29	Screw 5x14L	18 
— 72	AC Adaptor	18007

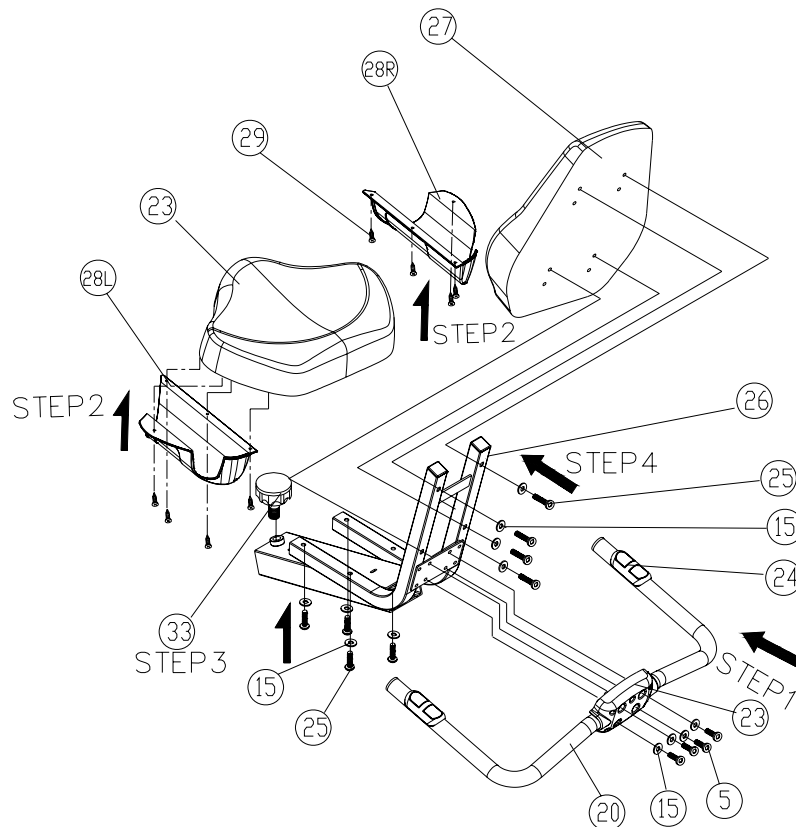
Instructions

IMPORTANT!: To ensure ease of assembly please verify the size and quantity of all the required assembly hardware and parts with the enclosed parts list and full size hardware chart.

Each step of the assembly process has been broken down into 6 easy-to-follow stages. Please take just a few moments to read over these instructions to familiarize yourself with the process to make assembly quick and trouble-free.

Assembly Stage #1

Assemble Seat and Handle Bar



Assembly hardware required:

- (8) M8 Allen Bolts 45 mm long (item #25)
- (4) M8 Allen Bolts 16 mm long (item #5)
- (12) Flat Washer Ø8* Ø 16*2T(item #15)
- (8) Screws M4x14L (item #29)

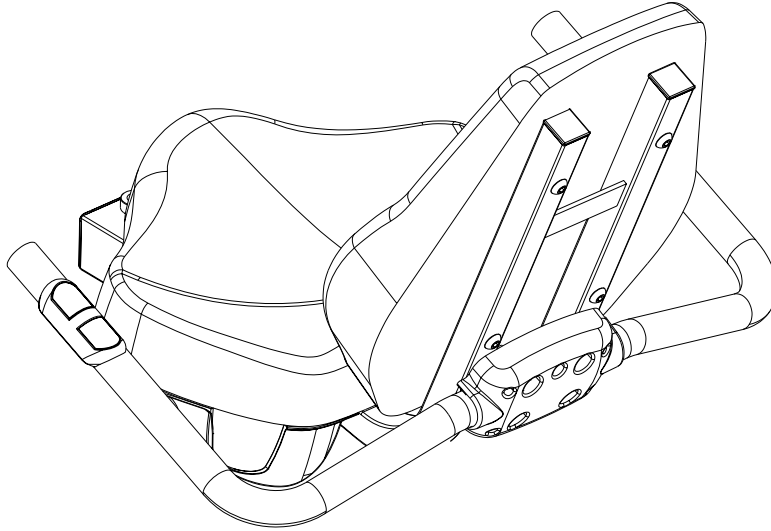
Step 1: Attach HANDLEBAR ASSEMBLY (#20) to SEAT FRAME (#26) with the 4 ALLEN BOLTS 16mm (#5) and 4 FLAT WASHERS (#15). Tighten bolts with the provided Allen wrench.

Step 2: Attach the right and left WATER BOTTLE HOLDERS (#28) with the SCREWS (#29) to the underside of the SEAT BOTTOM (#23) using the provided screwdriver.

Step 3: Attach SEAT (#23) to SEAT FRAME (#26) with 4 ALLEN BOLTS 45mm (#25) and 4 WASHERS (#15). Tighten Bolts.

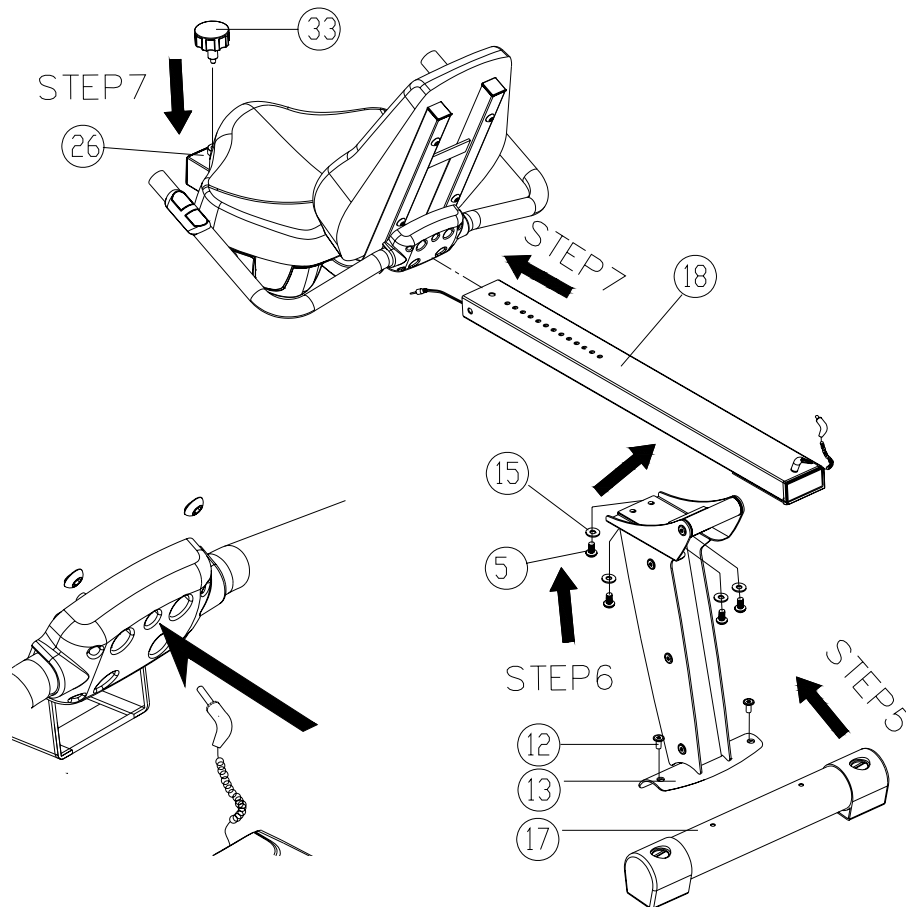
Step 4: Attach SEAT BACK (#27) to SEAT FRAME (#26) with 4 ALLEN BOLTS 45mm (#25) and 4 WASHERS (#15). Tighten Bolts.

Note: Finished seat should look like picture below:



Assembly Stage #2

Attach Rear Stabilizer and Seat Rail to Seat Assembly



Assembly hardware required:

- (4) M8 Allen Bolts 16mm (item #5)
- (4) Flat Washers Ø8 * Ø16 * 2T (item#15)
- (2) Flat Head Screws (item #12)

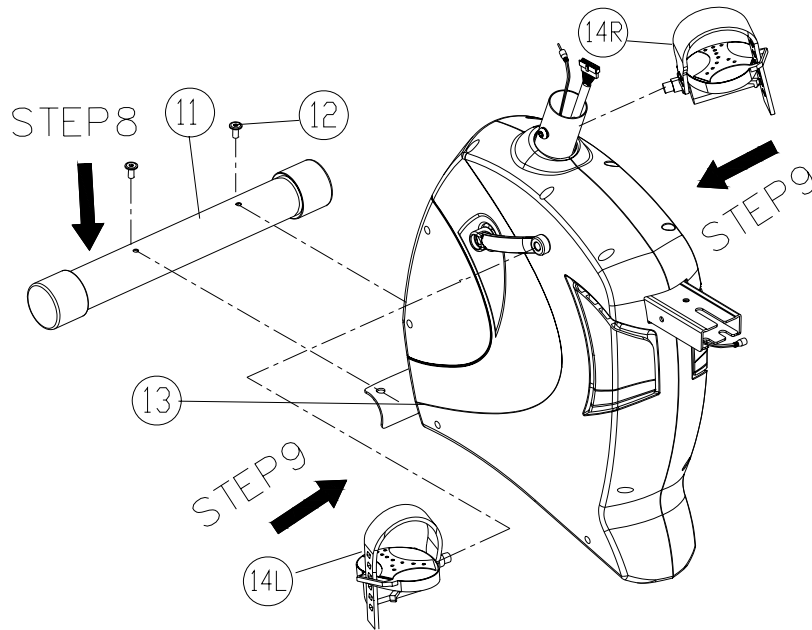
Step 5: Attach the REAR STABILIZER (#17) to the SEAT RAIL POST (#16) with 2 FLAT HEAD SCREWS (#12). Tighten bolts.

Step 6: Attach SEAT RAIL (#18) to SEAT RAIL POST (#16) with 4 FLAT WASHERS (#15) and 4 ALLEN BOLTS (#5). Tighten bolts

Step 7: Insert SEAT PIN ADJUSTMENT KNOB (#3) into SEAT FRAME (#8). Slide the seat assembly from stage 1 onto the SEAT RAIL (#9). Tighten seat assembly to the rail with the SEAT PIN ADJUSTMENT KNOB (#3). Insert HR CABLE (#47) into HR input on the back of the seat assembly (inset picture).

Assembly Stage #3

Attach Front Stabilizer Tube and Pedals to Main Unit



Assembly Hardware Required:

(2) Flat Screws (item #12)

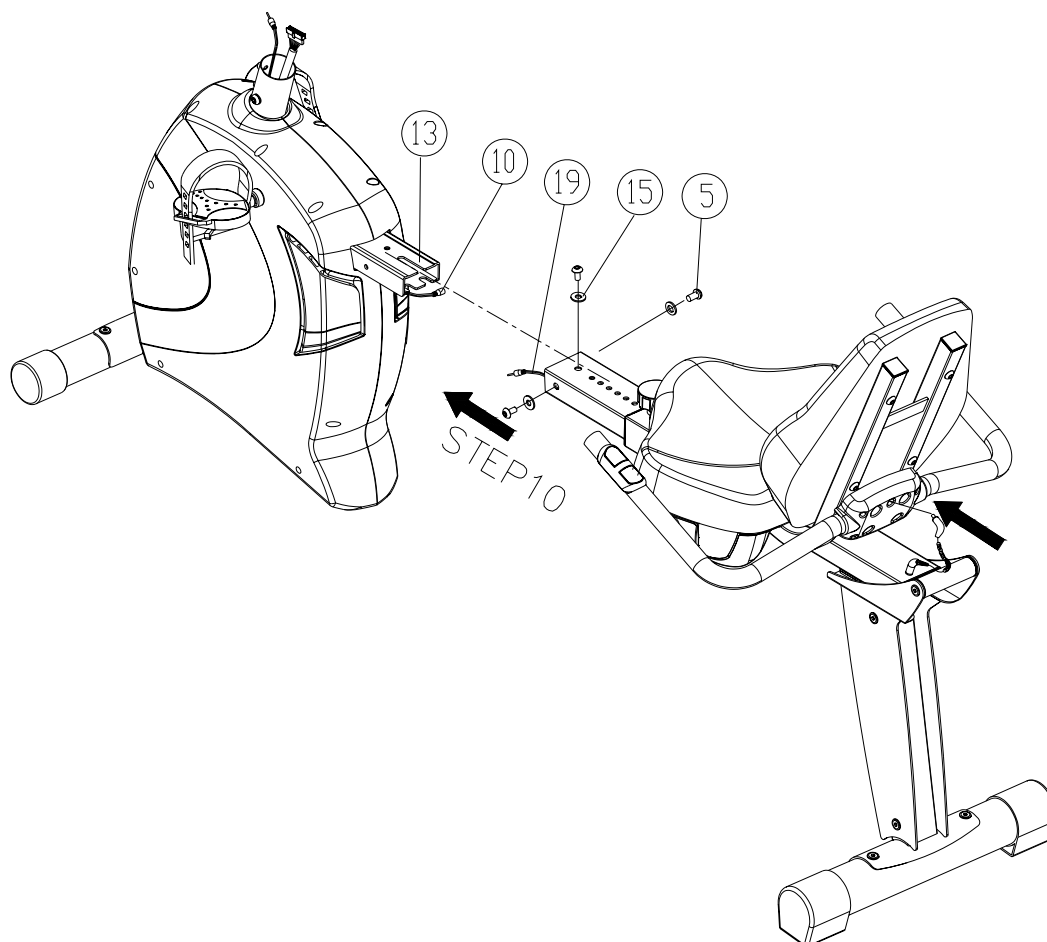
Step 8: Attach FRONT STABILIZER TUBE (#11) to the MAIN UNIT (#13) with 2 FLAT SCREWS (#12). Tighten Bolts with provided wrench.

Step 9: Attach RIGHT PEDAL (#14) to the right crank arm on the MAIN UNIT (#31). Thread the pedal onto the crank arm and then tighten with pedal wrench. Attach LEFT PEDAL (#14) to the left crank arm on the MAIN UNIT (#13). Thread the pedal onto the crank arm and then tighten with pedal wrench. **Note: There is a right pedal and a left pedal, marked by R and L. The threading on the left pedal is reversed from the right pedal. Counterclockwise rotation tightens while Clockwise rotation loosens on the left pedal. To avoid stripping of the threads be careful to use the proper pedal.**

Attach PEDAL STRAPS (#18) to each PEDAL (#14). Again, each strap is labeled with an R or an L corresponding to the right and left pedal straps.

Assembly Stage #4

Attach Seat Rail to Main Unit



Assembly Hardware Required:

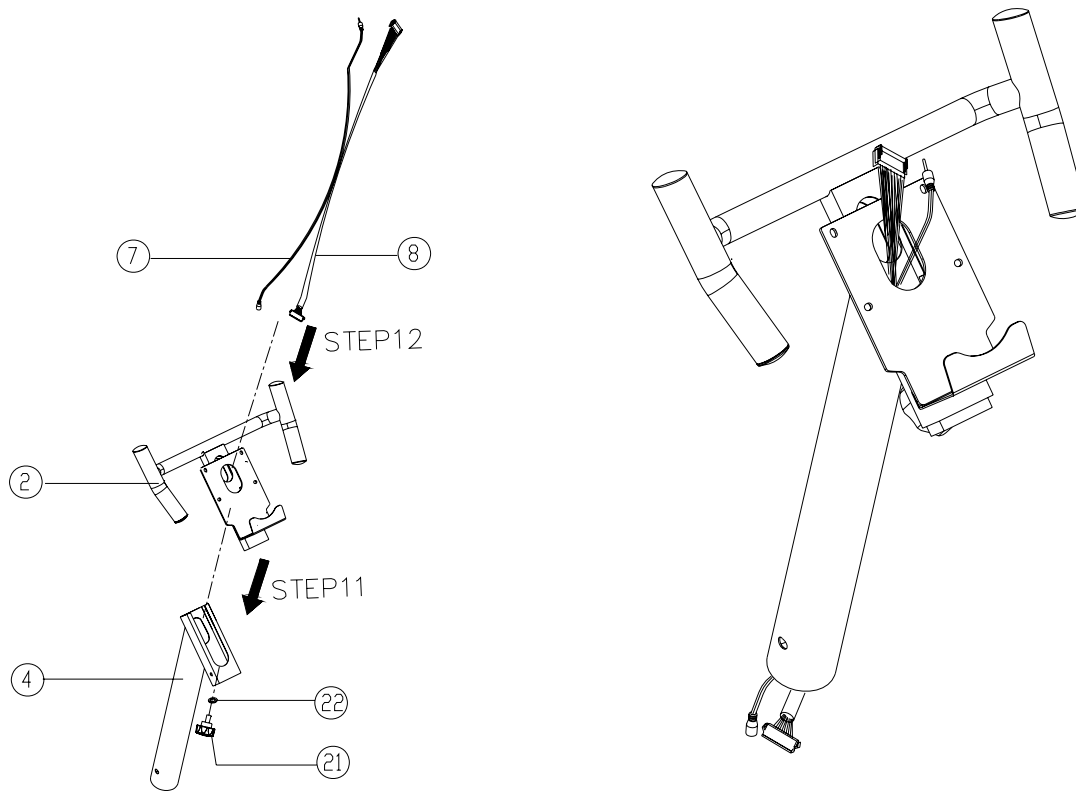
- (3) Allen Bolts 16 mm long (item #5)
- (3) Flat Washers (item #15)

Step 10: Attach the SEAT RAIL HR WIRE (#19) to the LOWER HR WIRE (#10). Carefully slide the seat rail assembly onto the receiver on the MAIN UNIT (#13).

CAUTION! Be careful not to pinch the heart rate wires between the seat rail and the receiver on the main unit. Failure to do so could cause damage to the wires and cause the heart rate feature not to function. Attach the SEAT RAIL to the MAIN UNIT (#13) with 3 16mm ALLEN BOLTS (#5) and 3 FLAT WASHERS (#15). Tighten bolts. Attach the heart rate wire to the rear port on the back of the seat.

ASSEMBLY STAGE #5

Attach Handlebar Assembly and Run Cabling Through Handlebar Post



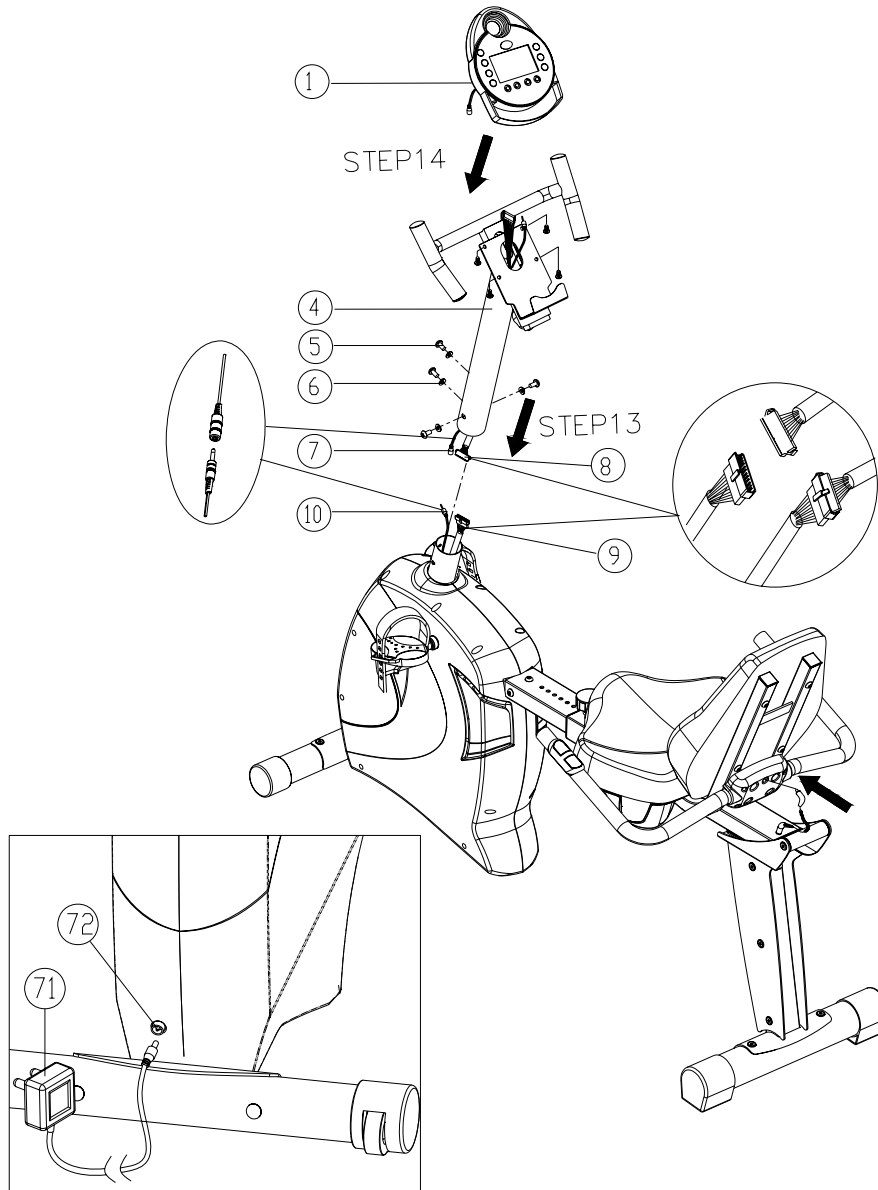
Assembly Hardware Required: **NONE**

Step 11: Slide the HANDLEBAR ASSEMBLY (#2) into the receiver on the HANDLEBAR POST (#4). Slide the threaded post into the slider tube and attach the HANDLEBAR ASSEMBLY SLIDER TUBE (#2) and the HANDLEBAR POST (#4) by threading the ADJUSTMENT KNOB (#21) and the SMALL FLAT WASHER (#22) into the threaded post. Place the end cap on the end of the slider tube on the HANDLEBAR ASSEMBLY (#2).

Step 12: Take the UPPER HR WIRE (#7) and the UPPER COMPUTER WIRE (#8) and slide them through the HANDLEBAR POST (#4) as pictured above.

Assembly Stage #6

Attach Console Mast to Main Unit



Assembly Hardware Required: (4) Allen Bolts 16 mm long (item #5)
(4) Curved Washers (item #6)
(4) Computer Screws (item #3)

Step 13: Before sliding the HANDLEBAR POST (#4) onto the MAIN UNIT (#13), attach both HR CABLES (#7 & #10) as well as the COMPUTER CABLE (#8 & #9). Slide the HANDLEBAR POST (#4) onto the MAIN UNIT (#13). Fasten with 4 BOLTS (#22) and 4 CURVED WASHERS (#19). Tighten with provided Allen wrench.

Step 14: Attach UPPER COMPUTER CABLE (#7) and HR CABLE (#8) to under side of COMPUTER (#1). Place COMPUTER (#1) on top of HANDLEBAR ASSEMBLY (#2), the reading rack should wrap around the bottom of the COMPUTER (#1). Attach COMPUTER (#1) to HANDLEBAR ASSEMBLY (#2) with COMPUTER MOUNTING SCREWS (#3). (In computer back) Tighten with Phillips head screwdriver.

Step 15: Plug AC ADAPTOR (#71) into the wall and into the recumbent bike. The POWER PLUG (#72) on the bike is located at the front end of the MAIN UNIT (#13) just above the FRONT STABILIZER TUBE (#11)

Seat Adjustment

For best results, the seat should be adjusted for your height.

1. Unlock "seat locking" mechanism.
2. Adjust seat location so that with feet on the pedals, you can comfortably reach pedal at full extension.

That's it!

You're finished and now you can begin to reach your fitness goals!

Please reference the Owner's Manual for information regarding computer operation, product maintenance, warranty information, and general fitness and exercise guidelines.

Schwinn Customer Service
1.800.864.1270

Troubleshooting the Schwinn 222 Recumbent Exercise Bike

TIP: Use assembly diagram(s) as reference when troubleshooting unit.

PROBLEM: Computer will not start, function, or is blank...

- (SOLUTION):**
1. Ensure the batteries the unit is plugged into a 110v outlet.
 2. Check the wiring connections and connector orientation made to the computer.
 3. Confirm that wiring (cable assembly) has not been damaged
 4. If computer still fails to start please call 1.800.864.1270 for assistance.

PROBLEM: No Heart Rate on computer...

- (SOLUTION):**
1. Check the connections made at the computer and handlebars
 2. If heart rate still fails to work call 1.800.864.1270 for assistance.

PROBLEM: Bike will not sit level...

- (SOLUTION):**
1. Adjust the levelers on the rear stabilizer.

Note: If you need additional support information or assistance in troubleshooting, please contact us at: 1.800.864.1270