

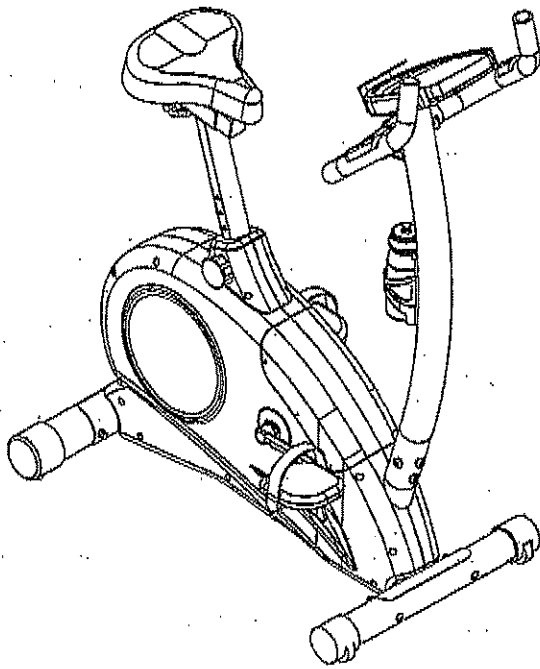
# *101/103 Schwinn® Upright Exercise Bike*

*Parts List*

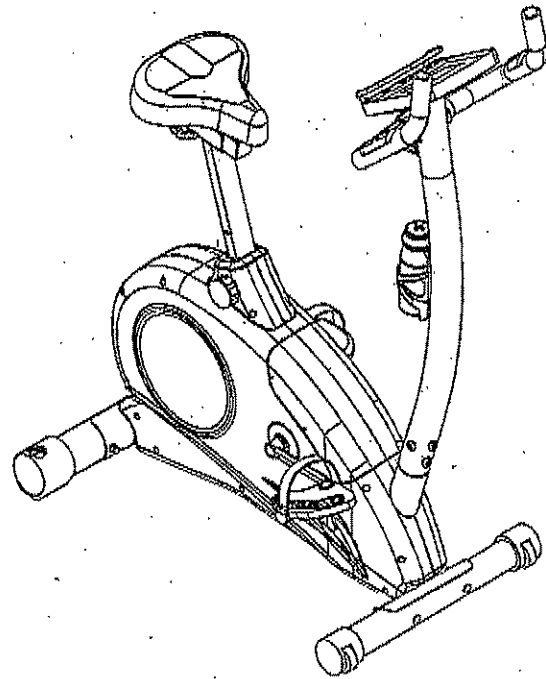
*Full Size Hardware Chart*

*Product Illustration*

*Assembly Instructions*



*101 Upright Exercise Bike*



*103 Upright Exercise Bike*

# IMPORTANT PRECAUTIONS

**WARNING:** To reduce the risk of serious injury, please read the following precautions before using the Schwinn 101/103.

1. It is the responsibility of the owner to ensure that all users of this equipment are adequately informed of all precautions.
2. Read all instructions in this manual and in the accompanying literature and follow them carefully before using the equipment.
3. If you feel pain or dizziness at any time while exercising, stop immediately and consult your physician.
4. Use this equipment only on a solid level surface. Cover the floor or carpet beneath this equipment for protection.
5. Inspect and tighten all parts often. Replace any worn parts immediately.
6. Keep small children and pets away from this equipment at all times.
7. Always wear athletic shoes for foot protection. Do not wear loose or dangling clothing while using exercise bicycle.
8. Care should be taken when mounting or dismounting the exercise bicycle.
9. Read all warnings posted on the exercise bicycle.
10. User weight limit on the Schwinn 101/103 is 275 lbs.

This **Schwinn 101/103** is intended for home use only. Do not use this equipment in any non-residential environment.

**WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. We assume no responsibility for personal injury or property damage sustained by or through the use of this product.

# 101/103 Schwinn Upright Bike Parts List, Hardware Chart, and Assembly Instructions

Assembly of the 101/103 Upright Bike is divided into 7 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 4' x 6' is suggested to assemble and properly use the 101/103 exercise bike.
- You will need the following tools to complete the assembly:
  - 6mm Allen wrench (supplied)
  - Open wrench 13mm, 14mm, 15mm (supplied)
  - Phillips screwdriver (supplied)

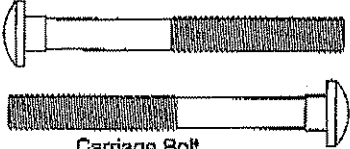
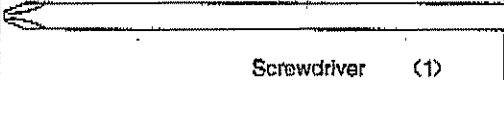
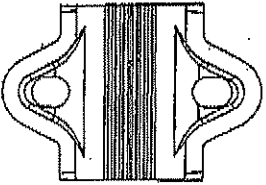

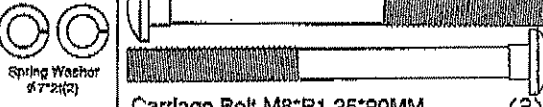
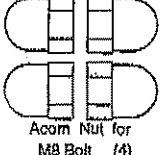

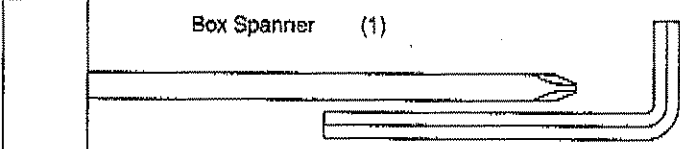
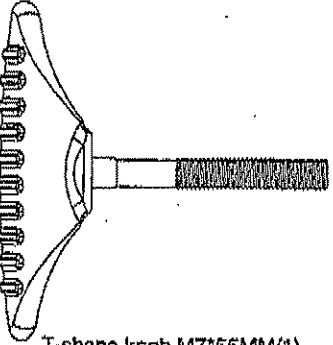
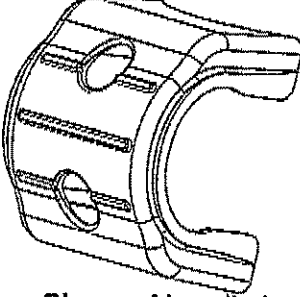
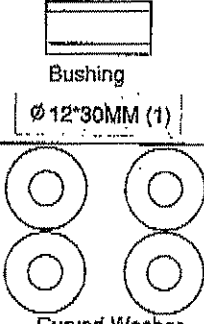
Also, to ensure quick and easy set up of the 101/103 Upright Bike, please verify the size and quantity of each of the enclosed assembly hardware. Included is a handy full size hardware chart and parts list of each of the required assembly hardware. Simply match up the corresponding hardware to each full size drawing.

# Parts List

Check	Quantity	Description	Reference #
—	1	Computer	1
—	1	Handlebar Assembly	2
—	1	Heart Rate Cable	3
—	1	Computer Mounting Screws	4
—	4	Computer/Handlebar Mast	5
—	1	Handle Bar Bolt M7 x P1.0 x 30mm	6
—	1	T-Knob	7
—	1	T-Knob Bushing	8
—	1	Handlebar Clamp Cover	9
—	1	Spring Washers	10
—	2	Washers	11
—	2	Handlebar Clamp	12
—	1	Water Bottle	13
—	1	Water Bottle Mounting Screws	14
—	2	Water Bottle Cage	15
—	1	Allen Bolt M8 x P1.25 x 16mm	16
—	4	Curved Washers	17
—	8	Computer Cable (upper)	18
—	1	Computer Cable (lower)	19
—	1	Main Unit	20
—	1	Front Stabilizer tube (w/wheels)	21
—	1	M8 Carriage Bolt M8 x P1.25 x 75mm	22
—	2	Pedals	23
—	1pr	Acorn Nut for M8 bolt	24
—	4	Rear Stabilizer Tube	25
—	1	Carriage Bolt M8 x P1.25 x 90mm	26
—	2	Seat Post Adjustment Knob	27
—	1	Pedal Straps	28
—	2	Seat Post	29
—	1	Seat Slider Knob	30
—	1	Seat Slider Washer	31
—	1	Seat Slider	32
—	1	Seat Pad	33

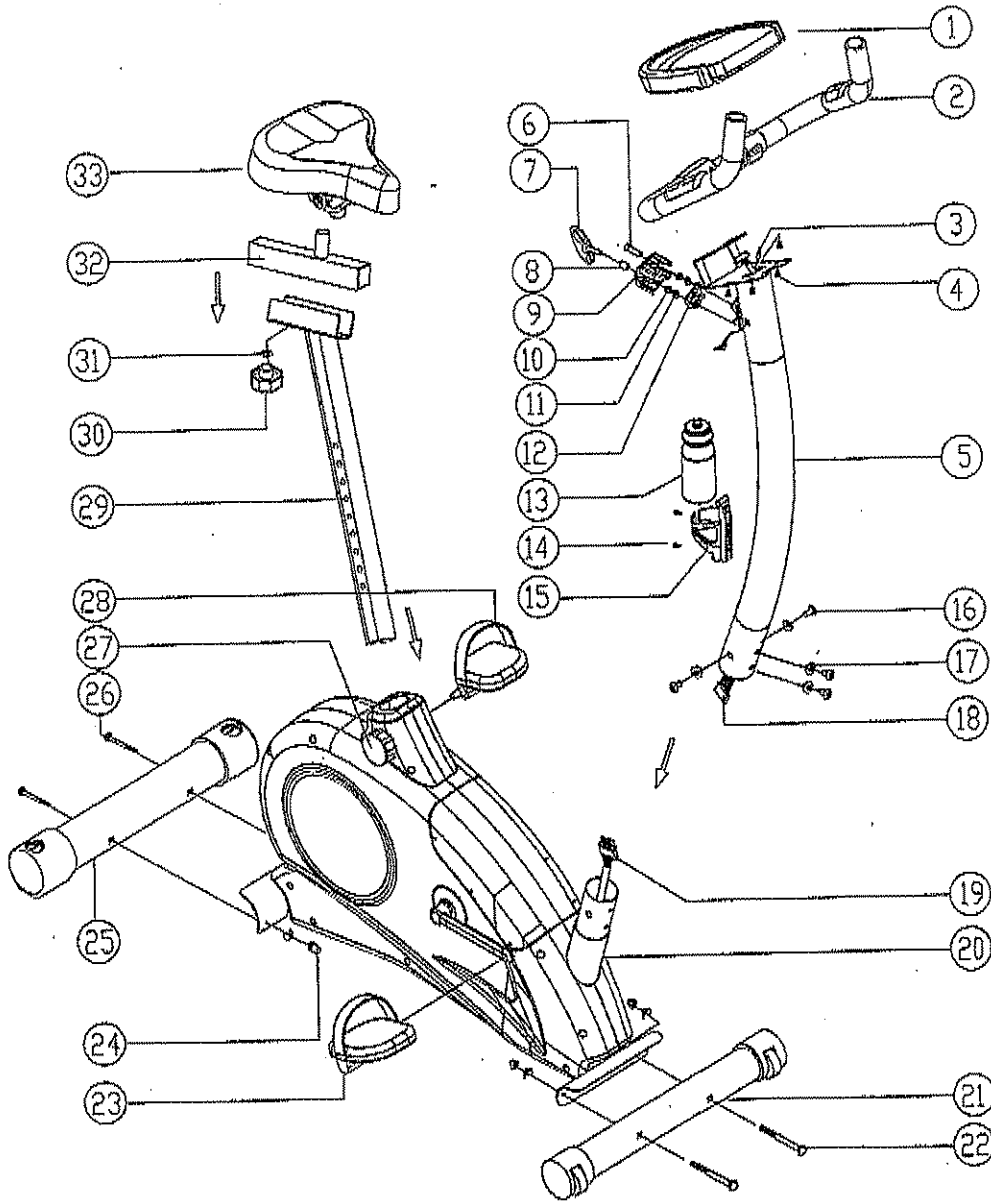
# Hardware Chart

**Note:** Please verify you have all correct parts and quantities before assembling unit.

 <p>Carriage Bolt M8*P1.25*75MM (2)</p>	 <p>Screwdriver (1)</p>	
 <p>Metal cover (1)</p>	 <p>Regular Washer ø7*ø12*1(2)</p>	 <p>Spring Washer ø7*2(2) Carriage Bolt M8*P1.25*90MM (2)</p>
 <p>Acorn Nut for M8 Bolt (4)</p>  <p>Allen Bolt M7*P1.0*30MM (1)</p>	 <p>Box Spanner (1) Allen Key 6MM(black)30mm*84mm (1)</p>	
 <p>T-shape knob M7*55MM(1)</p>	 <p>Clamp of handle bar 4T (1)</p>	 <p>Bushing ø12*30MM (1) Curved Washer ø8*ø19*2t (4)</p>

If you are missing items, are short quantities, or have damaged components, please contact Schwinn at 1.800.864.1270

## 101/103 Assembly Drawing with Reference Numbers



# Replacement Parts List

Reference #	Description	Part #
1	Computer for 101	18033
	Computer for 103	18047
2	Handlebar Assembly for 101	18020(101) 18106(103)
N/A	Foam Grip w/ cap	18011
3	Heart Rate Cable	18021
4	Computer Mounting Screws	18095
5	Computer/Handlebar Mast	18020
6	Handle Bar Bolt M7 x P1.0 x 30mm	18015
7	T-Knob	18043
8	T-Knob Bushing	18044
9	Handlebar Clamp Cover	18016
12	Handlebar Clamp	18014
14	Water Bottle Screws	18097
15	Water Bottle Cage	18005
16	Allen Bolt M8 x P1.25 x 16mm	18078
17	Curved Washers	18101
18	Computer Cable (upper)	18046
19	Computer Cable (lower)	18026
21	Front Stabilizer tube (w/wheels)	18013
22	M8 Carriage Bolt M8 x P1.25 x 75mm	18002
23	Pedals (Left & Right) for 101	98148(101) 18048(103)
24	Acorn Nut for M8 bolt	18004
25	Rear Stabilizer Tube	18035
26	Carriage Bolt M8 x P1.25 x 90mm	18090
27	Seat Post Adjustment Knob	18041
29	Seat Post	18040
30	Seat Slider Knob	18039
31	Seat Slider Washer	18099
32	Seat Slider	18037
33	Seat Pad for 101	18036(101) 18103(103)
N/A	Right Shroud	18033
N/A	Left Shroud	18025

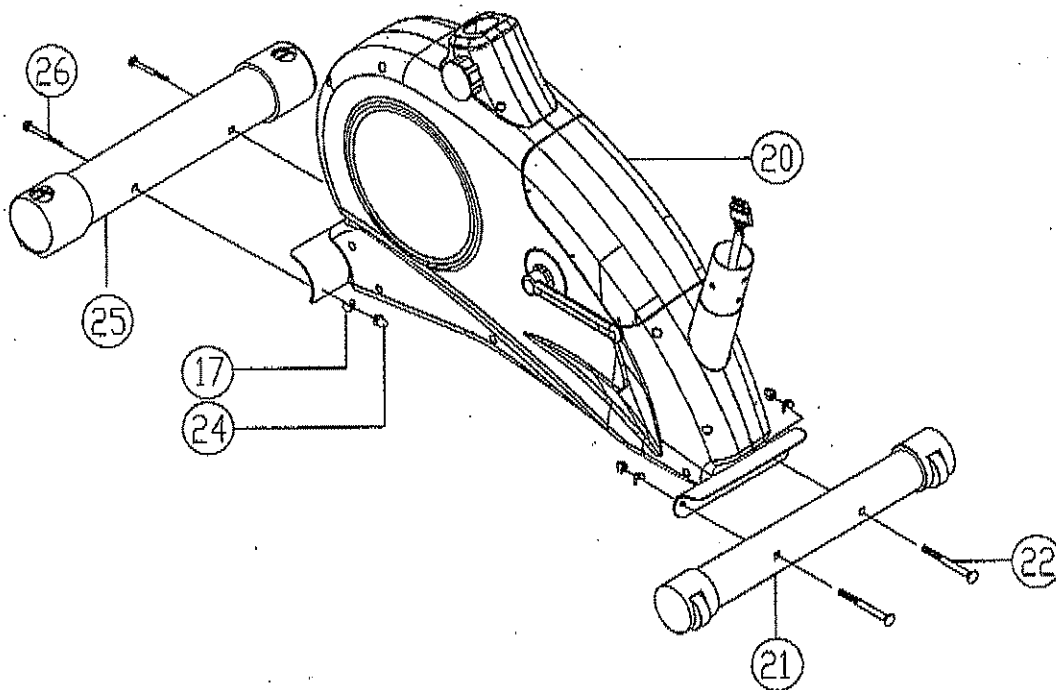
# Instructions

**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 7 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

**Attach Front and Rear Stabilizer Tubes to Main Unit**



**Assembly hardware required:**

- (2) 75mm long Carriage Bolt (item #22)
- (2) 90mm long Carriage Bolt (item #26)
- (4) Curved Washers (item #17)
- (4) Acorn Nut (item #24)

1. Attach the FRONT STABILIZER TUBE (#21) to the MAIN UNIT (#20) by inserting the two 75mm LONG BOLTS (#22) with the CURVED WASHERS (#17), and ACORN NUTS (#24) into the holes in the stabilizer and front of the

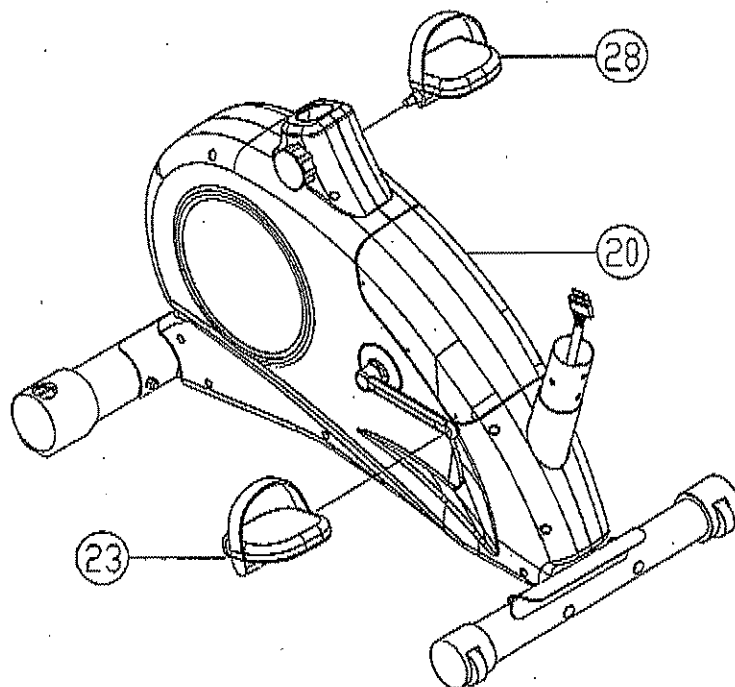


main unit. Make sure that the wheels on the front stabilizer tube are facing away from the main unit. Tighten bolts securely

2. Attach the REAR STABILIZER TUBE (#25) to the MAIN UNIT (#20) by inserting the two 90mm LONG BOLTS (#26) with the CURVED WASHERS (#17), and ACORN NUTS (#24) into the holes in the stabilizer and rear of the main unit. Make sure that the leveler adjustments on the rear stabilizer tube are facing up. Tighten bolts securely.

## Assembly Stage #2

### Attach Pedals to the Crank Arms on Main Unit



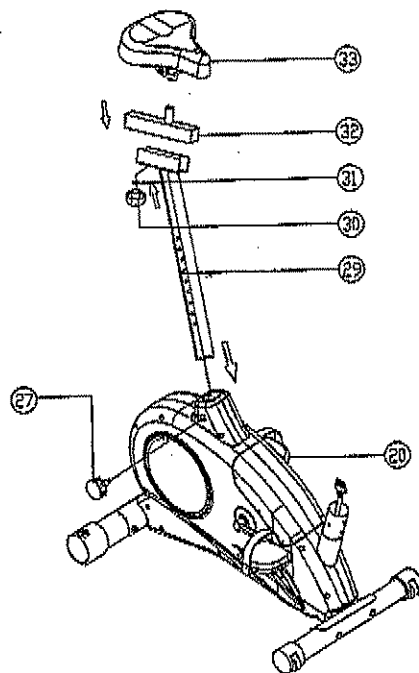
#### Assembly hardware required:

None

1. Attach right PEDAL (#23) to the right crank arm on the MAIN UNIT (#20). Thread the pedal onto the crank arm and then tighten with pedal wrench.
2. Attach left PEDAL (#23) to the left crank arm on the MAIN UNIT (#20). 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.**
3. Attach PEDAL STRAPS (#28) to each PEDAL (#23). Again each strap is labeled with an R or an L corresponding to the right and left pedal straps.

# Assembly Stage #3

## Attach Seat Post, Slider, and Pad to Main Unit



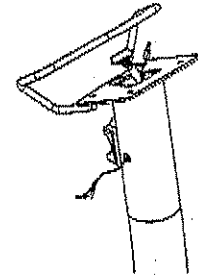
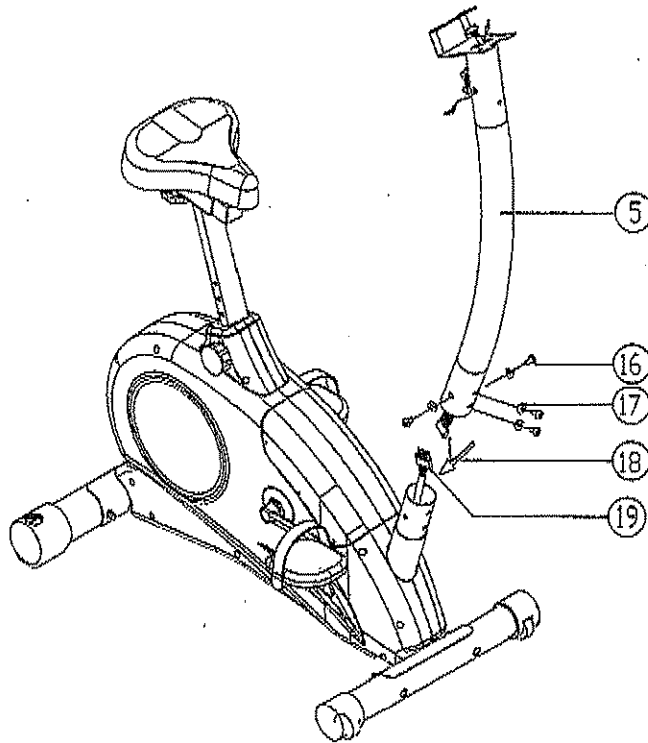
### Assembly Hardware Required:

(1) Seat Slider Washer (item #31)  
(Already attached to bike)

1. Insert SEAT POST (#29) into corresponding hole in MAIN UNIT (#20). Tighten down with SEAT POST ADJUSTMENT KNOB, (#27).
2. Insert SEAT SLIDER (#32) into top of SEAT POST (#29). Tighten with SEAT SLIDER WASHER (#31) and SEAT SLIDER KNOB (#30).
3. Insert SEAT PAD (#33) onto SEAT SLIDER (#32). Tighten bolt on underside of the seat with a wrench until seat no longer twists or tilts.
4. Seat Adjustment: Adjust the seat height by unscrewing seat post adjustment knob and tightening into appropriate adjustment hole on the seat post. Leg should be almost fully extended at the bottom of the pedal stroke. Fore and Aft seat position can be adjusted with the seat slider knob. If the seat wobbles make sure that both knobs (#27 and #30) are fully tightened.

## Assembly Stage #4

### Attach Computer/Handlebar Mast to Main Unit



HANDLEBAR  
POSTER FOR 103

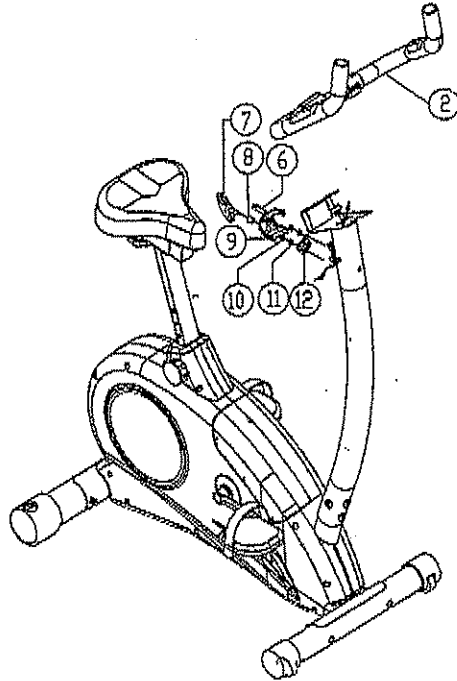
#### Assembly Hardware Required:

- (4) M8 Allen Bolt 16mm (item #16)  
(already on main unit)
- (4) Curved Washers (item #17)  
(Already on main unit)

1. Attach the LOWER COMPUTER CABLE (#19) from the MAIN UNIT (#20) to the UPPER COMPUTER CABLE (#18) from the bottom of the COMPUTER/HANDLEBAR MAST (#5).
2. Slide the COMPUTER/HANDLEBAR MAST (#5) onto the MAIN UNIT (#20).
3. Fasten the COMPUTER HANDLEBAR MAST to the MAIN UNIT with the 8mm BOLTS (#16) and CURVED WASHERS (#17) and tighten.

# Assembly Stage #5

## Attach Handlebar Assembly to Computer/Handlebar Mast

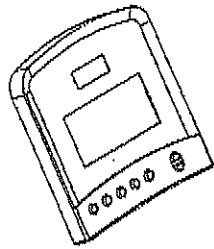


### Assembly Hardware Required:

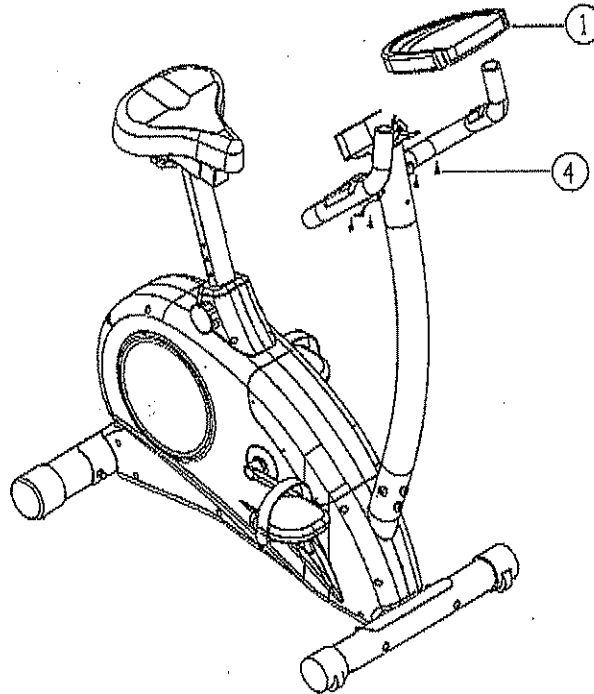
- (1) Allen Bolt M7 x P1.0 x 30mm (item #6)
  - (1) T-knob Bushing (item #8)
  - (2) Spring Washer (item #10)
  - (2) Washer (item #11)
1. Place HANDLEBAR ASSEMBLY (#2) in the groove on the COMPUTER/HANDLEBAR MAST (#5) and place HANDLEBAR CLAMP (#12) over the top of the middle of the HANDLEBAR (#2). Then place HANDLEBAR CLAMP COVER (#9) over the CLAMP and HANDLEBARS. Fasten with the HANDLEBAR BOLT (#6), SPRING WASHER (#10), and WASHER (#11).
  2. Further tighten the handle bar and clamp system by inserting the T-KNOB (#7) and T-KNOB BUSHING (#8) through the HANDLEBAR CLAMP COVER and placing the SPRING WASHER (#10) and WASHER (#11) between the COVER and the CLAMP. Before fully tightening the T-knob, adjust the handlebars to desired position and then fully tighten T-knob.
  3. Attach HR CABLE extending from the Handlebar to the HR cable extending from the computer/handlebar mast.

## Assembly Stage #6

Attach Computer Console to Computer/Handlebar Mast



COMPUTER FOR 103



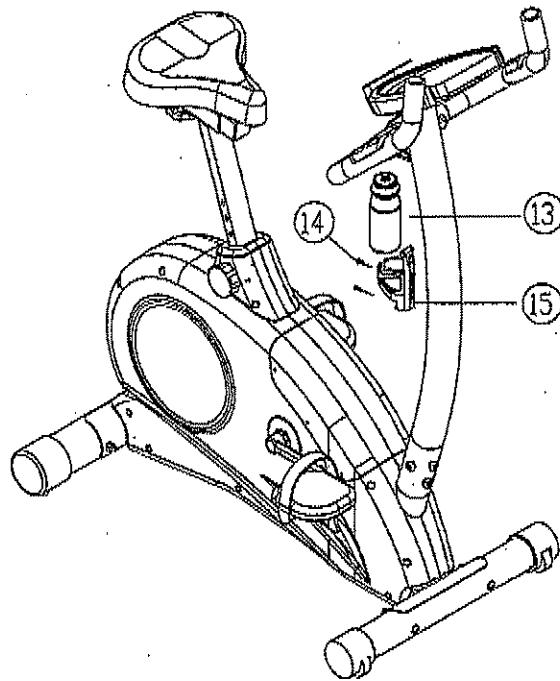
### Assembly Hardware Needed:

(4) Computer Screws (item #4)  
(Already attached to computer)

1. Attach UPPER COMPUTER CABLE (#18) exiting top of COMPUTER/HANDLEBAR MAST (#5) to the bottom of the COMPUTER (#1).
2. Place the COMPUTER on top of the COMPUTER/HANDLEBAR MAST. The reading rack should wrap around the bottom of the computer console.
3. Attach the COMPUTER to the COMPUTER/HANDLEBAR MAST with the 4 COMPUTER MOUNTING SCREWS (#4).

## Assembly Stage #7

Attach Water Bottle Cage TO Computer/Handlebar Mast and Plug in



### Assembly Hardware Needed:

(2) Water Bottle Screws (item #14)  
(Already attached to Computer Mast)

1. Fasten WATER BOTTLE CAGE (#15) to COMPUTER SUPPORT TUBE (#5) with the two WATER BOTTLE SCREWS (#14) and tighten screws.
2. Insert WATER BOTTLE (#13) into WATER BOTTLE CAGE.
3. Insert the power plug into the wall and the other end into the power input located at the rear of the MAIN UNIT (#20) just above the REAR STABILIZER TUBE (#25).

**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 101, 103 Upright 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 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