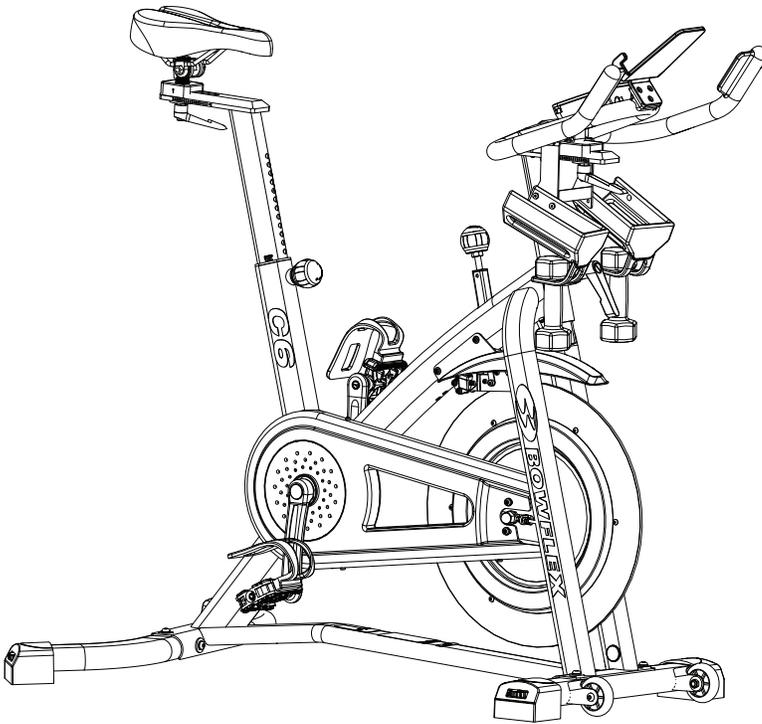


# **BOWFLEX™** **C6**

## ASSEMBLY / OWNER'S MANUAL



### **Workout with Other Fitness Apps**

This fitness machine has integrated Bluetooth® connectivity which allows it to work with a number of fitness apps. For our latest list of supported apps, please visit:

[www.nautilus.com/partners](http://www.nautilus.com/partners)



For assembly video, please visit:  
[www.bowflex.com/getting-started.html](http://www.bowflex.com/getting-started.html)



# Table of Contents / Registration

Important Safety Instructions	3	Shoe Clips (Cleats)	18
Safety Warning Labels / Serial Number	5	Operations	19
Specifications	6	Adjustments	19
Before Assembly	6	Locking for Storage	22
Parts	7	Power Up	22
Hardware	8	Changing Unit Measures	
Tools	8	(English Imperial/Metric)	22
Assembly	9	Pausing or Stopping	22
Installing Shoe Clips (Cleats)	13	Maintenance	23
Moving and Storing the Machine	14	Checking Drive Belt Tension	23
Leveling the Machine	14	Maintenance Parts	24
Features	15	Troubleshooting	25
Emergency Stop	16	Warranty (US/Canada only)	27
Console Features	16		
Remote Heart Rate Monitor	17		

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

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

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

**If purchased in US/Canada:** To register your product warranty, go to: [www.bowflex.com/register](http://www.bowflex.com/register) or call 1 (800) 605-3369.

**If purchased outside US/Canada:** To register your product warranty, contact your local distributor.

For details regarding product warranty or if you have questions or problems with your product, please contact your local 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 | © 2019 Nautilus, Inc. | Bowflex, the B logo, JRNY, Nautilus, and Schwinn are trademarks owned or licensed by Nautilus, Inc., registered or otherwise protected by common law in the U.S. and other countries. Google Play™ is a trademark of Google Inc. Apple and the Apple logo are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc. The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc., and any use of such marks by Nautilus, Inc. is under license.

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 connect power supply to the machine until instructed to do so.
- To reduce the risk of electrical shock or unattended/unsupervised usage, always unplug the AC Adapter from the wall outlet and the machine and wait 5 minutes before cleaning, maintaining or repairing the machine. Place the AC Adapter in a secure location.
- 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.
- Connect this machine to a properly grounded or earthed outlet only.
- Keep the AC Adapter away from heat sources and hot surfaces.
- **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, replace the labels. If purchased in US/Canada, contact Customer Service for replacement labels. If purchased outside US/Canada, contact your local distributor for them.**

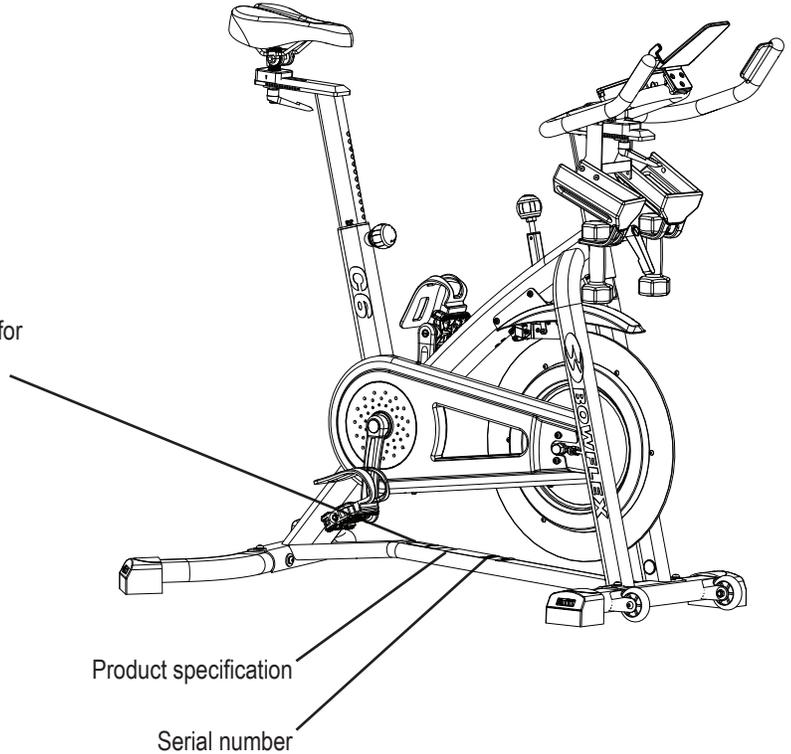
- Children must not be let on or near to this machine. Moving parts and other features of the machine can be dangerous to children.
- Not intended for use by anyone under 14 years of age.
- Consult a physician before you start an exercise program. Stop exercising if you feel pain or tightness in your 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 damage to power cord, power receptacle, loose parts or signs of wear. Do not use if found in this condition. Monitor the Seat, Pedals and Crank Arms closely. If purchased in US/Canada, contact Customer Service for repair information. If purchased outside US/Canada, contact your local distributor for repair information.

- This appliance should only be used with the power supply unit provided, or a replacement power supply unit supplied from Nautilus, Inc.
- Maximum user weight limit: 150 kg (330 lbs.). 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.
- Always wear rubber soled athletic shoes or cycling shoes with cleats when you use this machine. Do not use the machine with bare feet or only wearing socks.
- Set up and operate this machine on a solid, level, horizontal surface.
- Do not step off the machine until the Pedals have fully stopped.
- 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.
- 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.
- For safe storage of the machine, remove the power supply and place in a secure location. Tighten the Brake/Resistance Adjustment Knob as described until the Flywheel is locked. Place the machine in a secure location away from children and pets.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- This bike cannot stop the Pedals independently of the Flywheel. Reduce the pace to slow the Flywheel and 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.**



## WARNING!

- Injury or death is possible if caution is not used while using this machine.
- Keep children and pets away.
- Read and follow all warnings on this machine.
- Refer to the Owner's Manual for additional warnings and safety information.
- The heart rate displayed is an approximation and should be used for reference only.
- Not intended for use by anyone under 14 years of age.
- The maximum user weight for this machine is 330 lbs (150 kg.).
- This machine is for home use only.
- Consult a physician prior to using any exercise equipment.
- Set up and operate the stationary exercise bicycle on a solid level surface.
- Care should be taken in mounting and dismounting the stationary exercise equipment. Before dismounting, bring the machine to a complete stop.
- Spinning pedals can cause injury.
- This exercise bicycle does not have a freewheel and pedal speed must be reduced in a controlled manner.



(Label is only available in English and French Canadian.)

## 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.**

This product complies 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 product has been tested and found to comply with the limits for a Class B digital device, pursuant to CFR47 Part 15 Subpart B of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates 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. In the unlikely event that 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.
- Consult the dealer or an experienced radio/TV technician for help.

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

# Specifications

<b>Maximum User Weight:</b>	150 kg (330 lbs.)
<b>Machine Weight without Dumbbells:</b>	48.8 kg (107.6 lbs.)
<b>Weight of Dumbbells (supplied in U.S./Canada):</b>	2.7 kg (6 lbs.)
<b>Total Surface Area (footprint) of equipment:</b>	10797 cm <sup>2</sup> (1676 in <sup>2</sup> )

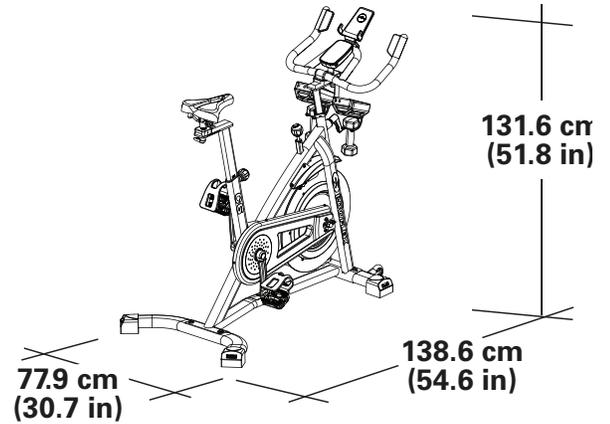
## Power Requirements

### (Power Adapter):

**Input Voltage:** 100-240V AC, 50-60Hz, 0.5A

**Output Voltage:** 9V DC, 1.5A

**(Arm Band - supplied in U.S./Canada):** Rechargeable lithium battery



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.

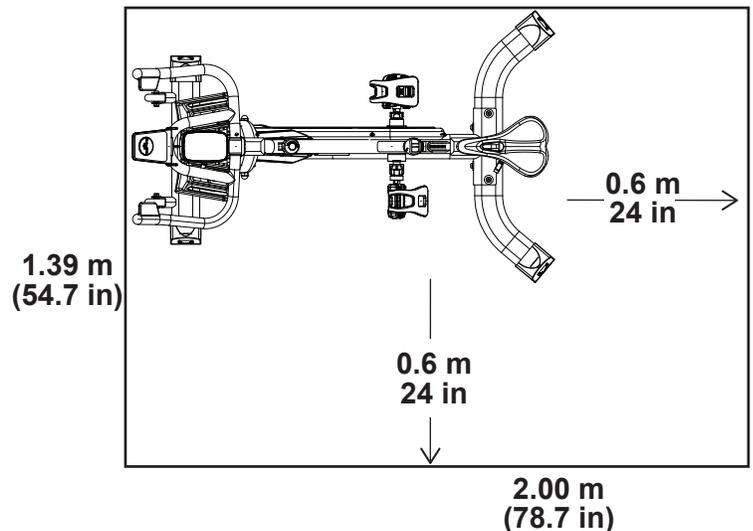
## Before Assembly

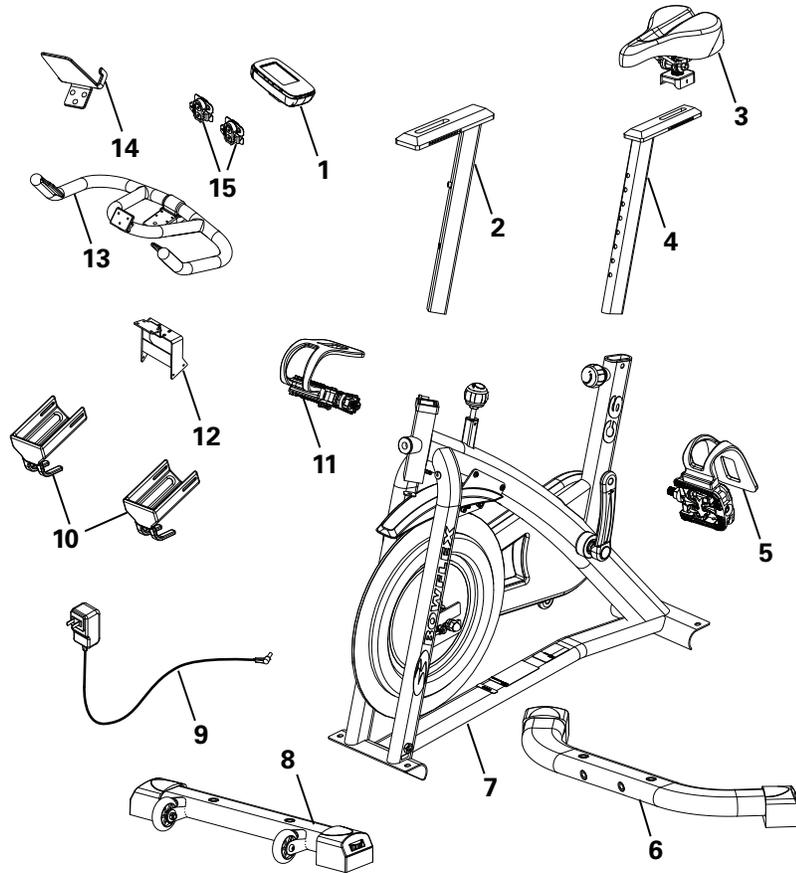
Select the area where you are going to set up and operate your machine. For safe operation, the location must be on a hard, level surface. Keep the workout area clear 0.6 m (24 in) along the side used to access the machine and to the rear of the machine. Allow a workout area of a minimum 1.39 m x 2.00 m (54.7 in x 78.7 in).

## 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 (counterclockwise) 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.

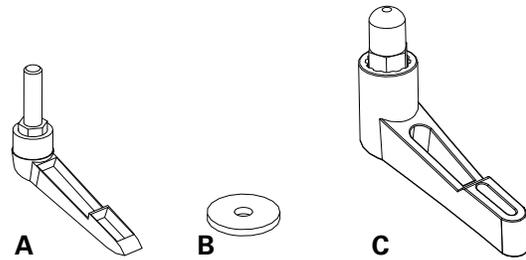




Item	Qty	Description	Item	Qty	Description
1	1	Console	9	1	AC Adapter
2	1	Handlebar Post	10	2	Water Bottle Holder
3	1	Seat	11	1	Pedal, Right
4	1	Seat Post	12	1	Water Bottle Bracket
5	1	Pedal, Left	13	1	Handlebar
6	1	Stabilizer, Rear	14	1	Media Tray
7	1	Frame	15	2	Shoe Clips (Cleats)
8	1	Stabilizer, Front			

# Hardware

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



## Tools

Included



3 mm



#2  
6 mm



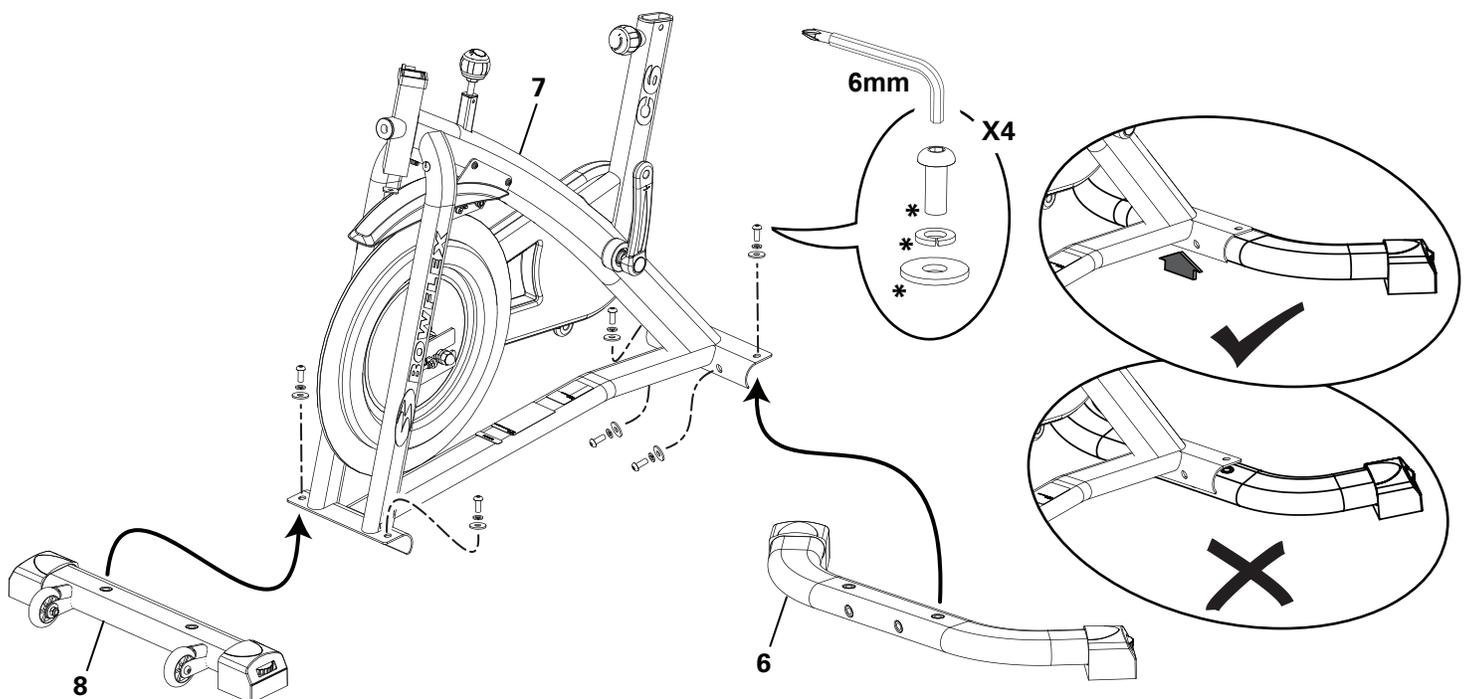
15 mm  
17 mm

# Assembly

## 1. Attach Stabilizers to 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.

**!** Be sure to lift the Rear Stabilizer so it is flush against the mounting bracket before installing the hardware, or the hardware may not properly set. Improperly installed hardware may allow the Rear Stabilizer to disengage.

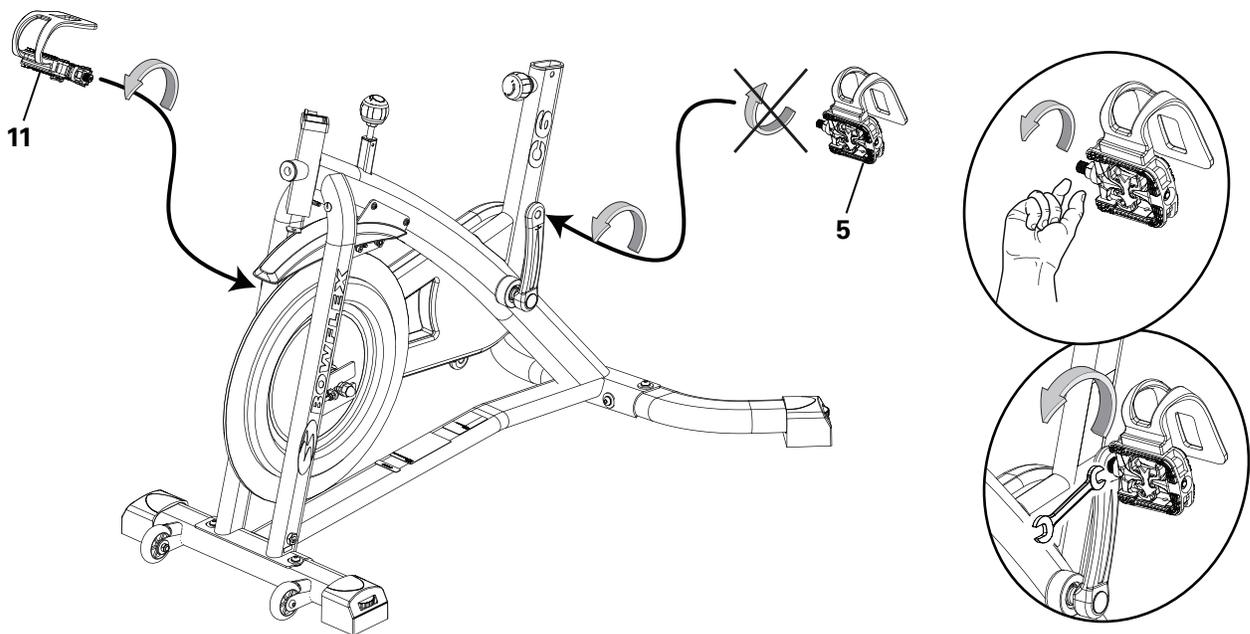
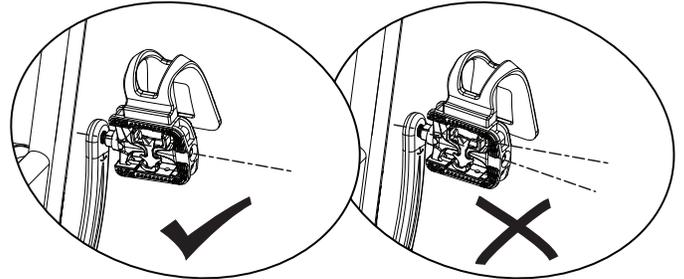


## 2. Attach Pedals to Frame Assembly

**⚠** 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.



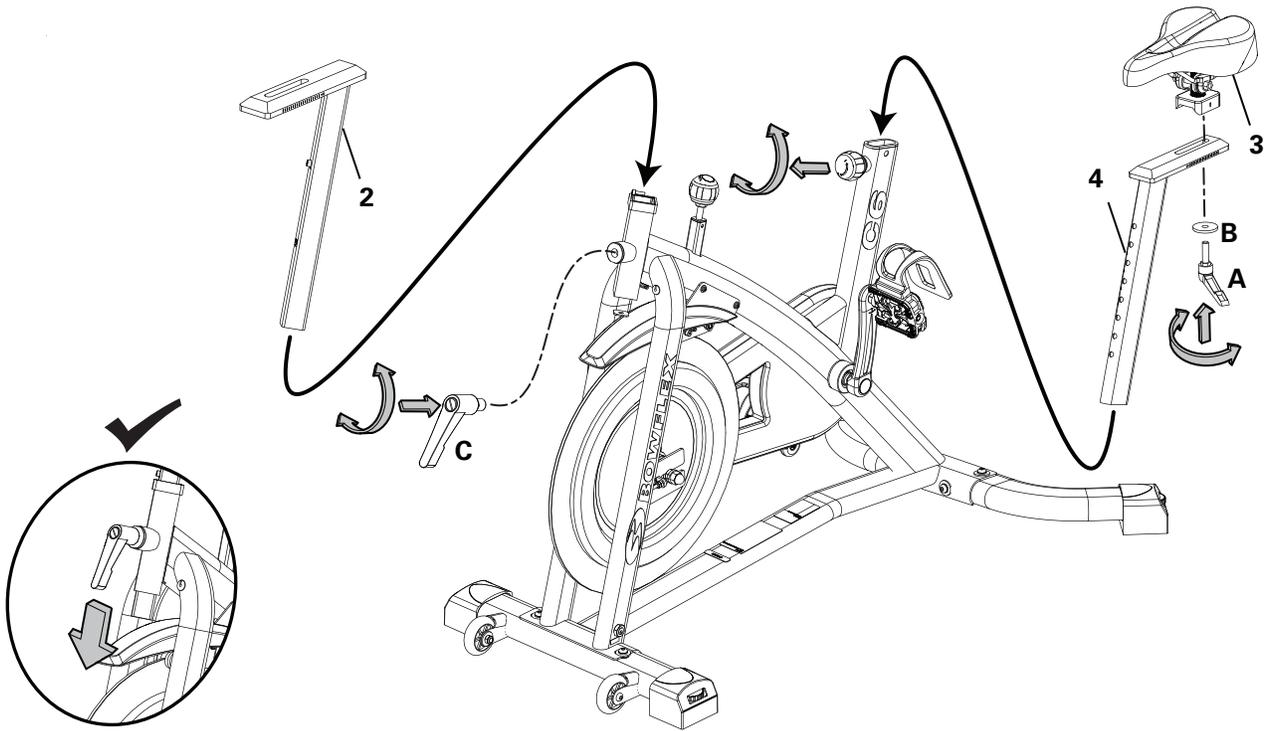
With the Pedal started by several hand turns into the Crank Arm, fully tighten it with the 15 mm Wrench.

Confirm that the Pedal is fully tightened with the Wrench.

Repeat with the other Pedal.

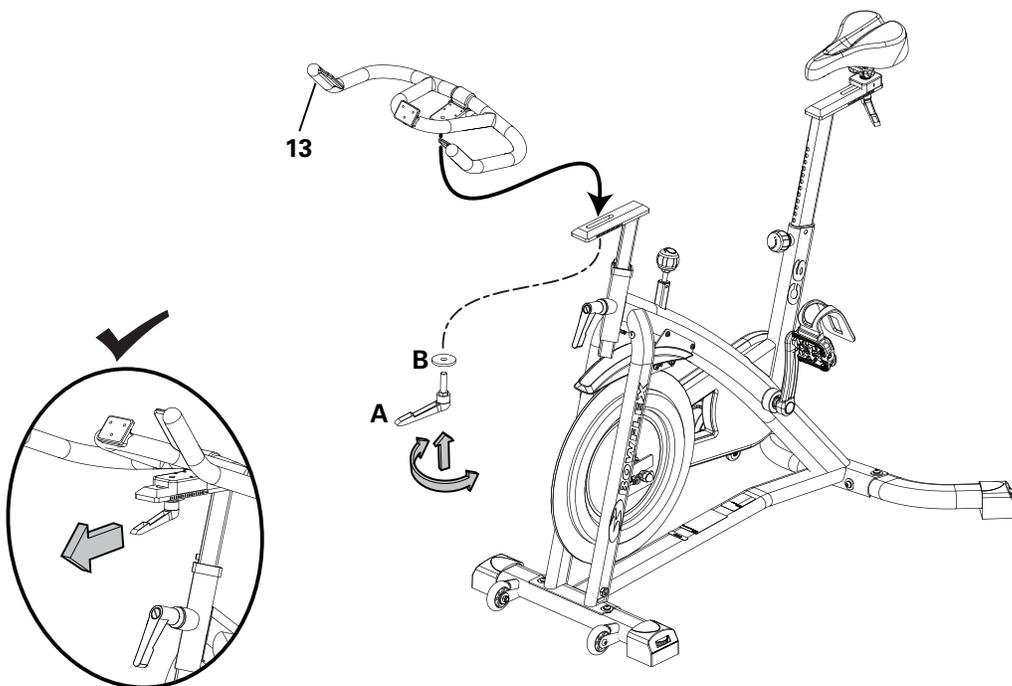
### 3. Attach the Handlebar Post and Seat Post to the Frame Assembly, and then Attach the Seat

**NOTICE:** Make sure the Handlebar Post Adjustment Handle engages the holes in the Handlebar Post, and the Seat Adjustment Knob engages the holes in the Seat Post. When fully tightened, the Handlebar Post Adjustment Handle must point downward.



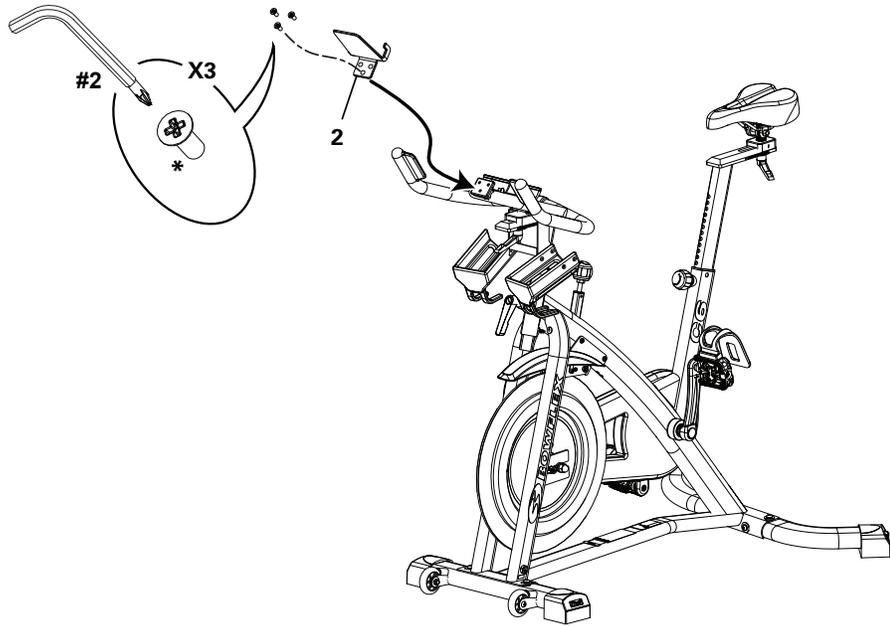
### 4. Install the Handlebar Assembly to the Frame Assembly

**NOTICE:** Make sure the Adjustment Handle engages the holes in the Handlebar Post. When fully tightened, the Handlebar Adjustment Handle must point forward.

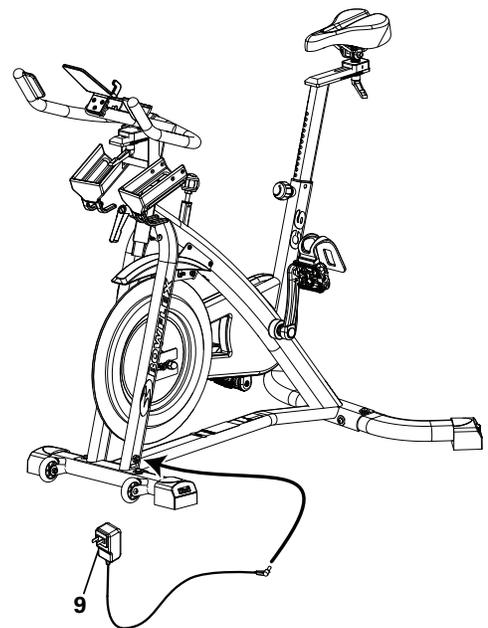




## 7. Attach the Media Tray to the Frame Assembly



## 8. Attach the AC Adapter to the Frame Assembly



## 9. Final Inspection

Inspect your machine to ensure that all hardware is tight and components are properly assembled. Be sure that the Pedals are fully tightened. 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.

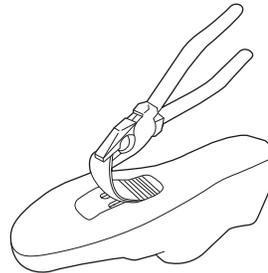
## Installing the Shoe Clips (Cleats) on Cycling Shoes (Cycling Shoes not provided)

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

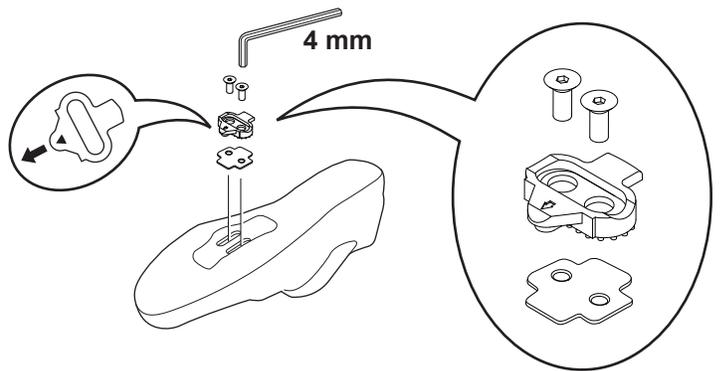
Tools needed (not included): pliers, 4 mm hex wrench

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.

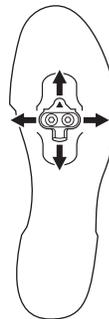


2. From the bottom of the shoe, put the anti-skid sheet in position over the cleat holes and then a cleat. Be sure the single arrow on the cleat points toward the toe of the shoe. Tighten the cleat mounting bolts (2.5 N·m).



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).



# Before You Start

## Moving and Storing 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.

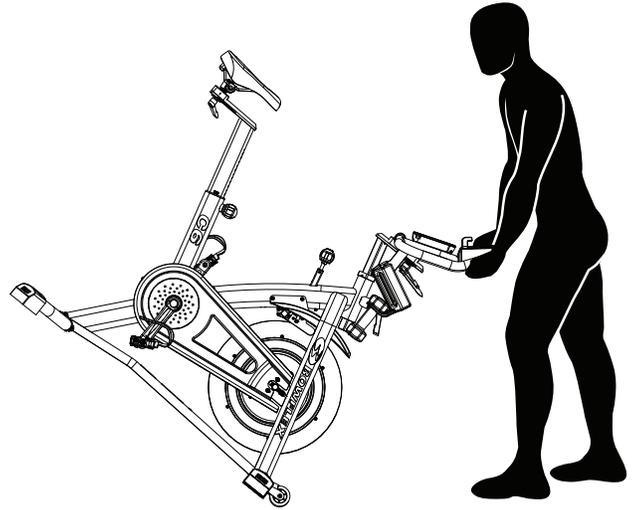
1. Remove the dumbbells, any media devices, or water bottles from the bike before moving it.
2. To lock the Flywheel, turn the Emergency Brake/Resistance Adjustment Knob clockwise until it encounters an increase in resistance. Then rotate the Emergency Brake/Resistance Adjustment Knob another 1/2 turn clockwise.

**!** Tighten the Emergency Brake/Resistance Adjustment Knob as described until the Flywheel is locked before moving it.

3. 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 power supply and place in a secure location. Tighten the Brake/Resistance Adjustment Knob as described until the Flywheel is locked. Place the machine in a secure location away from children and pets.

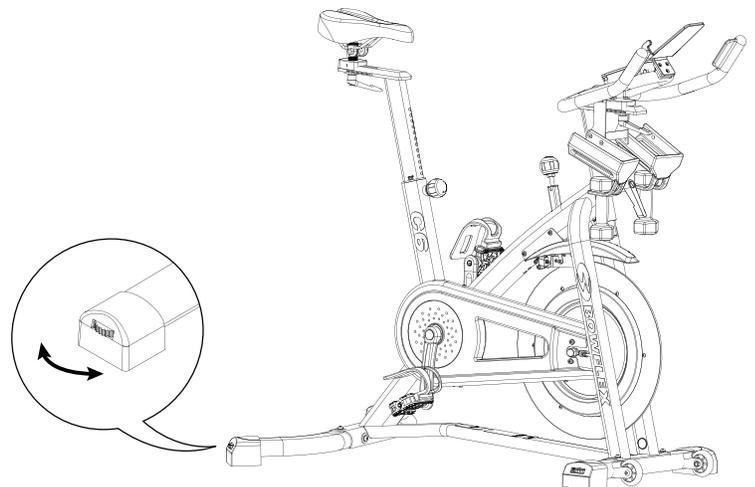


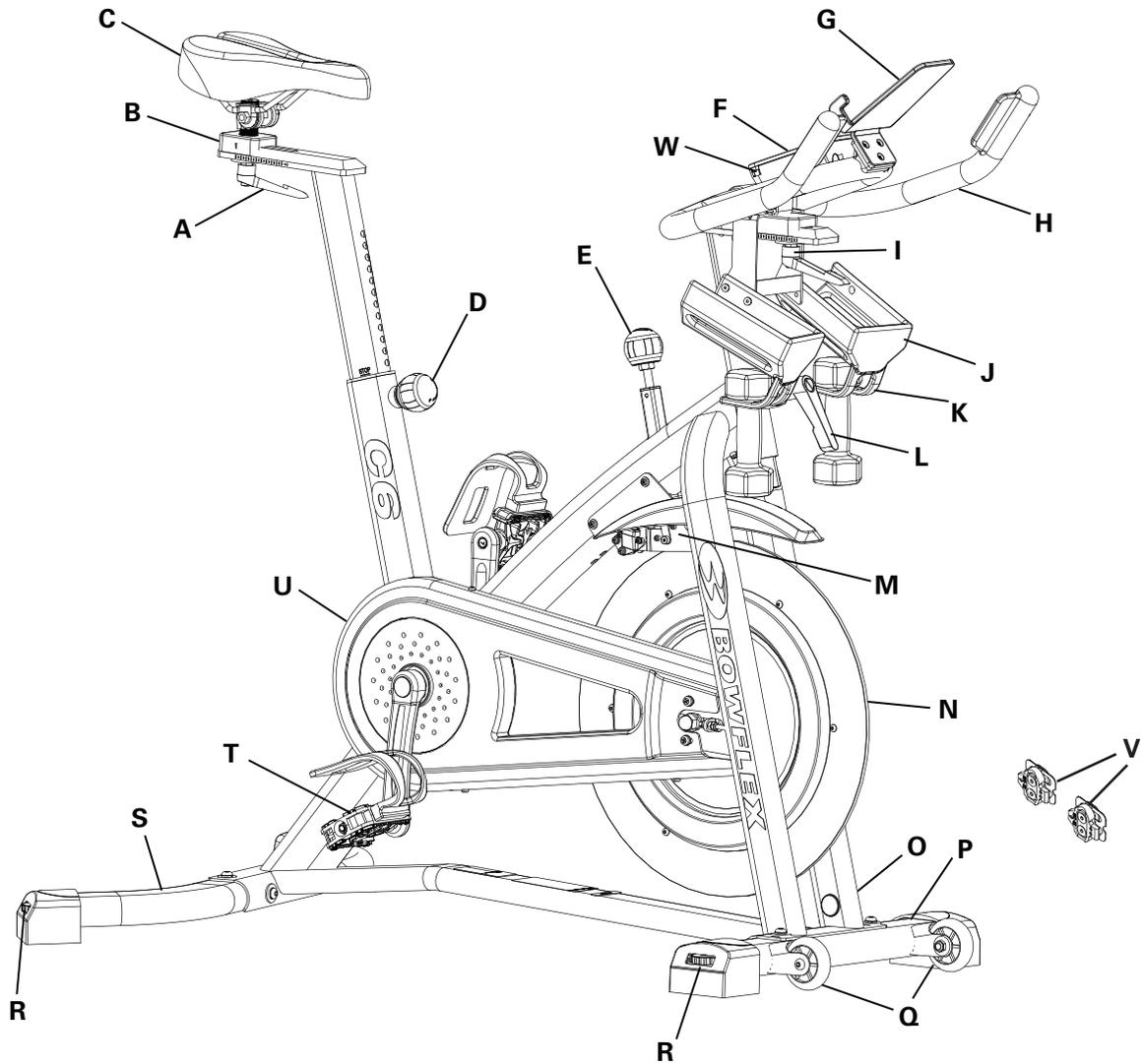
## Leveling the Machine

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.





A	Adjustment Handle, Seat Slider	N	Flywheel
B	Seat Slider	O	Power Inlet
C	Seat	P	Front Stabilizer
D	Adjustment Knob, Seat Post	Q	Transport Wheel
E	Emergency Brake/Resistance Adjustment Knob	R	Leveler
F	Console	S	Rear Stabilizer
G	Media Tray	T	Pedal w/Foot Restraint and Shoe Cleat
H	Handlebar Assembly	U	Cover, Drive Belt
I	Adjustment Handle, Handlebar Slider	V	Shoe Clips (Cleats)
J	Water Bottle Holder	W	USB Charging Port
K	Dumbbell Rack (Dumbbells only supplied with U.S./Canada machines)	X	Bluetooth® Connectivity (not shown)
L	Adjustment Handle, Handlebar Post	Y	Bluetooth® Heart Rate (HR) Receiver (not shown)
M	Brake Assembly		

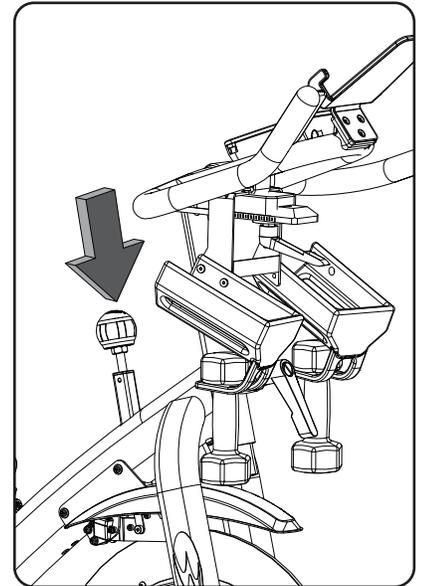
**WARNING!** Use the values calculated or measured by the machine's computer for reference purposes only. The heart rate displayed is an approximation and should be used for reference only. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.

## Emergency Stop

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



This bike cannot stop the Pedals independently of the Flywheel. Reduce the pace to slow the Flywheel and 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.



## Console Features

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

## Keypad Functions

Connect Bluetooth® Heart Rate button - Makes the Console disconnect any previous connections, and look for an active Bluetooth® Heart Rate Monitor (quick push and release of the button) or a Bluetooth® enabled device (push and hold down the button for 3 seconds).

START/ENTER button- Starts a workout, and confirms the workout values.

RESET button- Push and hold 3 seconds to reset the console.

Increase (▲) button- Push to increase the value.

Decrease (▼) button- Push to decrease the value.

The console will beep when a button is pushed.

## Program Data Display

### 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: 1-24, 25-49, 50-74, 75-99, and 100-125.

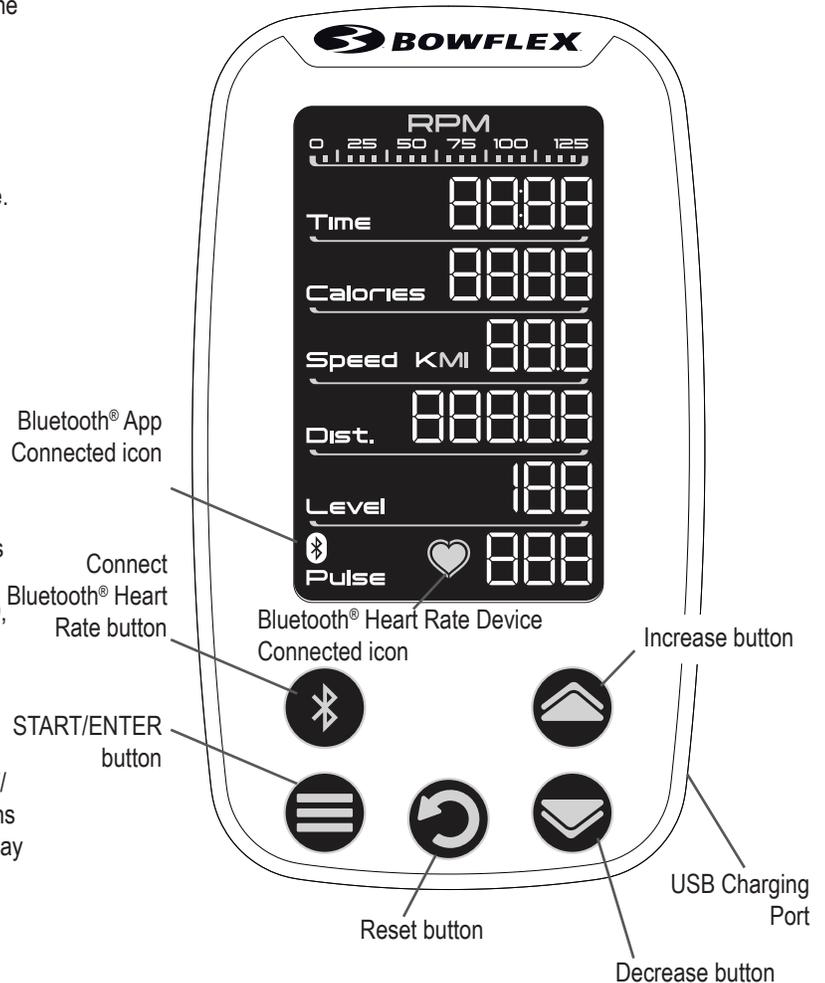
### TIME

The TIME display field shows the time from start to finish of workout. To set the time goal for the workout, push the START/ENTER button until the TIME field blinks. Use the arrow buttons 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 the START/ENTER button until the CALORIES field blinks. Use the arrow buttons 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 9999 Kcal.

### **SPEED**

The SPEED display field shows the currently calculated speed of the user.

The maximum SPEED is 99.9 (km or m)/h.

### **DISTANCE**

The DISTANCE display field shows the distance from start to finish of workout. To set a distance goal for the workout, push the START/ENTER button until the DISTANCE field blinks. Use the arrow buttons 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 9999.9.

The default distance unit is kilometers (KM). To switch units between kilometers and miles before a workout, push the Increase and Decrease buttons together and hold for 3 seconds. Push an Increase/Decrease button to change the units (KM or MI). With the desired unit of distance displayed, push any button to save.

### **LEVEL**

The LEVEL display field shows the current resistance level. The range of resistance is 0% - 100% which can be modified by 1% increments. The Emergency Brake/Resistance Adjustment Knob is used to modify the Resistance Level by turning it clockwise to increase the level, counterclockwise to decrease.

Note: The Emergency Brake/Resistance Adjustment Knob can be turned past the 100% LEVEL of resistance, such as when storing the bike. Be sure to only use the bike when the LEVEL of resistance is in the 0% - 100% range of operation.

**Bluetooth® App Connected icon** - Display shows when the Console is paired with an App.

### **PULSE (HEART RATE)**

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.**

**Bluetooth® Heart Rate Monitor Connected icon** - Display shows when the Console is paired with a Bluetooth® Heart Rate Monitor.

## Using your JRNY™ membership with your machine

If you have a JRNY™ membership\*, it can be accessed through your device when synced to the console of this Bowflex™ machine. With a JRNY™ membership, you receive guided workouts adapted to your capabilities, conveniently displayed on your device, and friendly virtual voice coaching designed to support you on your journey to long-term fitness success.

1. Download the app, named “Bowflex™ JRNY™”. The app is available on the App Store and Google Play™.
2. Be sure that the Bluetooth® and Location Settings are active on your device. Activate them if necessary.
3. Open the app near the machine, and follow the instructions to sync your device to the machine.

If the app will not sync to the machine, restart your device and the machine. Repeat Step 3.

## Workout with Other Fitness Apps

This fitness machine has integrated Bluetooth® connectivity which allows it to work with a number of fitness apps. For our latest list of supported apps, please visit: [www.nutilus.com/partners](http://www.nutilus.com/partners)

## Bluetooth® Heart Rate Enabled

Your fitness machine is equipped to be able to receive a signal from a Bluetooth® Heart Rate Sensing device. When connected, the Console will display the Bluetooth® Heart Rate Monitor Connected icon. Be sure to follow the described method to sync your device.



**If you have a pacemaker or other implanted electronic device, consult your doctor before using a Bluetooth® strap or other Bluetooth® heart rate monitor.**

## Bluetooth® Heart Rate Monitor (supplied in the U.S. / Canada only)

Your fitness machine is equipped to be able to receive a signal from a Bluetooth® Heart Rate (HR) Monitor. Follow the instructions provided with your Bluetooth® HR monitor.



**If you have a pacemaker or other implanted electronic device, consult your doctor before using a Bluetooth® armband or other Bluetooth® heart rate monitor.**

**Note:** Be sure to remove the protective cover (if provided) from the Heart Rate Sensor before use.

1. Put on your Bluetooth® Heart Rate monitor and activate it.
2. Push the Connect Bluetooth® Heart Rate button on the Console. The Console will actively search for any monitors in the area, and will rapidly flash the Bluetooth® Heart Rate Monitor Connected icon.
3. When connected, the Bluetooth® Heart Rate Monitor Connected icon will flash with your pulse and your current heart rate value will be displayed on the Console. You are now ready to workout.

\* A JRNY™ membership is required for the JRNY™ experience – see [www.bowflex.com/jrny](http://www.bowflex.com/jrny) for details. For United States and Canada customers, you can obtain a JRNY™ membership by calling 800-269-4126 or visiting [www.bowflex.com/jrny](http://www.bowflex.com/jrny). Where available (including the United States), you can also obtain a JRNY™ membership by downloading the JRNY™ app onto your phone or tablet and signing up within the downloaded app. JRNY™ memberships may not be available in all countries.

At the end of your workout, push the Connect Bluetooth® Heart Rate button to disconnect your HR monitor from the Console.

## 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.

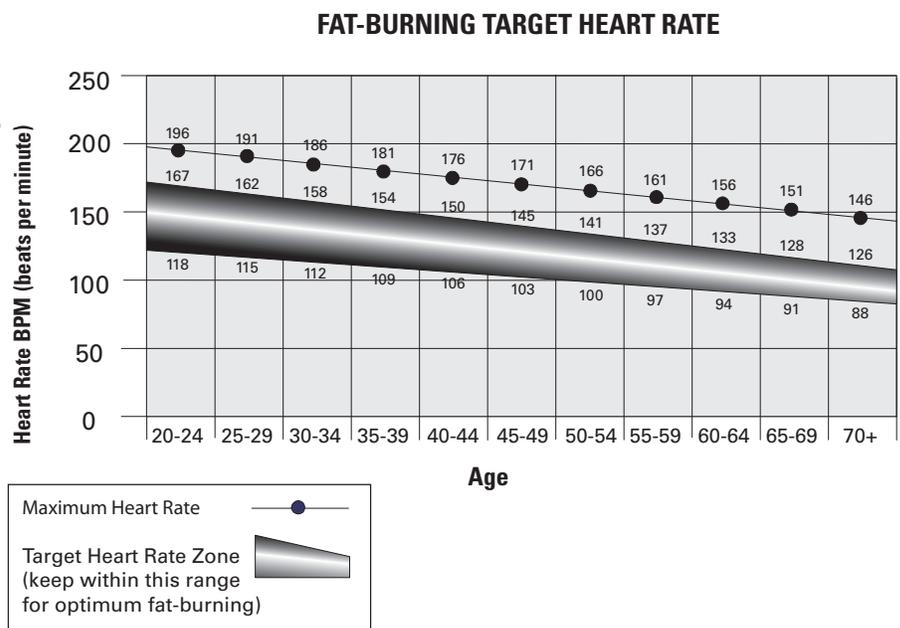
Your at-rest heart rate is influenced by endurance training. The typical adult has an at-rest heart rate of approximately 72 BPM, where as highly trained runners may have readings of 40 BPM or lower.

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.



## 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).

# Operations

## What to Wear

Wear rubber-soled athletic shoes or cycling shoes with cleats. 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.

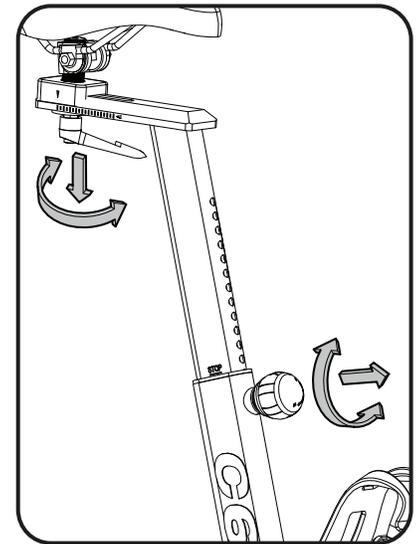
**⚠️ Step off the machine before you adjust the seat.**

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 Slider Adjustment Handle. Slide the seat to the desired position and fully tighten the handle.

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

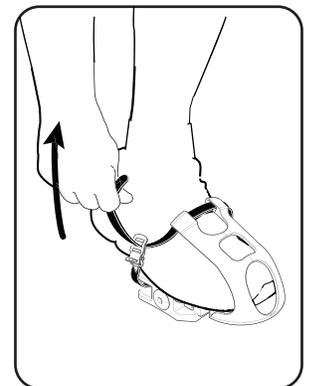


## Foot Position / Pedal Strap Adjustment

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.



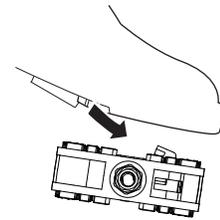
## Using the Shoe Clips (Cleats)

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.

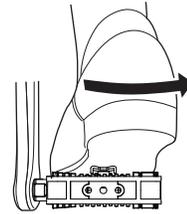
**!** Prior to use, make sure you understand the operation of the engagement / release mechanism for the pedals and cleats (shoes).

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.



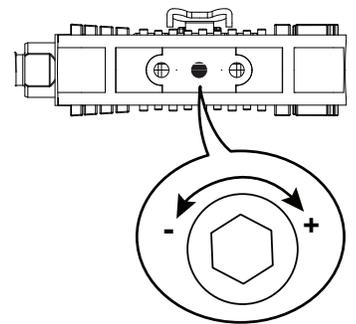
**Engage**



**Disengage (release)**

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 wrench 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 the Handlebar Post Adjustment Knob on the Handlebar Post. Adjust the Handlebar to the desired height.

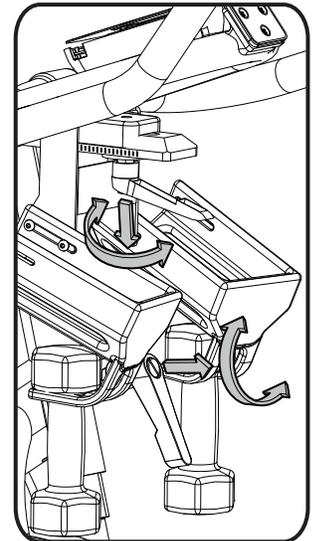
**!** Do not lift the Handlebar Post above the “STOP” mark on the Handlebar Post.

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 seat, loosen the Handlebar Slider Adjustment Handle. Slide the Handlebar to the desired position and fully tighten the handle.

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



## Locking the Flywheel for Storage

When the machine is not in use, be sure to lock the Flywheel with the Emergency Brake/Resistance Adjustment Knob. To lock the Flywheel, turn the Emergency Brake/Resistance Adjustment Knob clockwise until it encounters an increase in resistance. Then rotate the Emergency Brake/Resistance Adjustment Knob another 1/2 turn clockwise. The Flywheel is now locked. The flywheel should be locked for storage of the machine.

**!** For safe storage of the machine, remove the power supply and place in a secure location. Tighten the Brake/Resistance Adjustment Knob as described until the Flywheel is locked. Place the machine in a secure location away from children and pets.

With the Flywheel locked, the level of resistance will be out of the range of operation displayed by the Console. Do not use the machine with the level of resistance outside of the 0% - 100% range. This will damage the ability to quickly stop the Flywheel during an emergency, and the effectiveness of securing the bike for storage. Turn the Emergency Brake/Resistance Adjustment Knob until the LEVEL displayed on the Console is less than 100%. The resistance is now in the designed range of operation for the bike.

## 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.

## Auto Shut-Off (Sleep Mode)

If the Console does not receive any input 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.

## Resistance Adjustment

To increase the resistance and workload, turn the resistance adjustment knob clockwise. To reduce the resistance, turn the resistance adjustment knob counter-clockwise. The range of movement of the Resistance Adjustment Knob is 0% to slightly past the 100% level of resistance (locked Flywheel). Do not turn the Resistance Adjustment Knob past the range of movement. If turned past the range of movement, damage to the machine may occur.

## Starting a Workout

1. Push the START/ENTER button. The Console will display the Time value.
2. Push the Increase / Decrease buttons to modify the Time value of the workout. When done, push the START/ENTER button.
3. The Console will display the Calories value. Push the Increase / Decrease buttons to modify the Calories value. When done, push the START/ENTER button.
4. The Console will display the Distance value. Push the Increase / Decrease buttons to modify the Distance value. When done, push the START/ENTER button.
5. The Workout will begin.

## Changing Unit Measures (English Imperial/Metric)

The units of measurement can be switched between kilometers and miles before you start a workout. 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 (KM or MI). Push any button to save.

## Pausing or Stopping

1. Stop pedaling to pause your workout. The Console will pause the workout if there is no RPM signal for 2 seconds.
2. To continue your workout, start pedaling.

The workout will end after being paused for 5 minutes.

When paused, the Console display will display the current workout values for the workout. To end the paused workout, push and hold down the Reset button.

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, replace the labels. If purchased in US/Canada, contact Customer Service for replacement labels. If purchased outside US/Canada, contact your local distributor for them.

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 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.

**!** 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 crank arms and tighten as necessary. Make sure all bolts and screws are tight. Tighten as necessary.  
Check the drive belt tension and adjust if necessary.

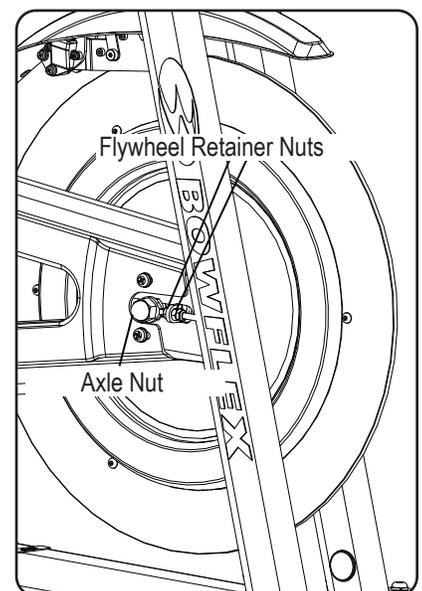
## Checking the Drive Belt Tension

To check the Drive Belt tension, the bike needs to be operated. 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.

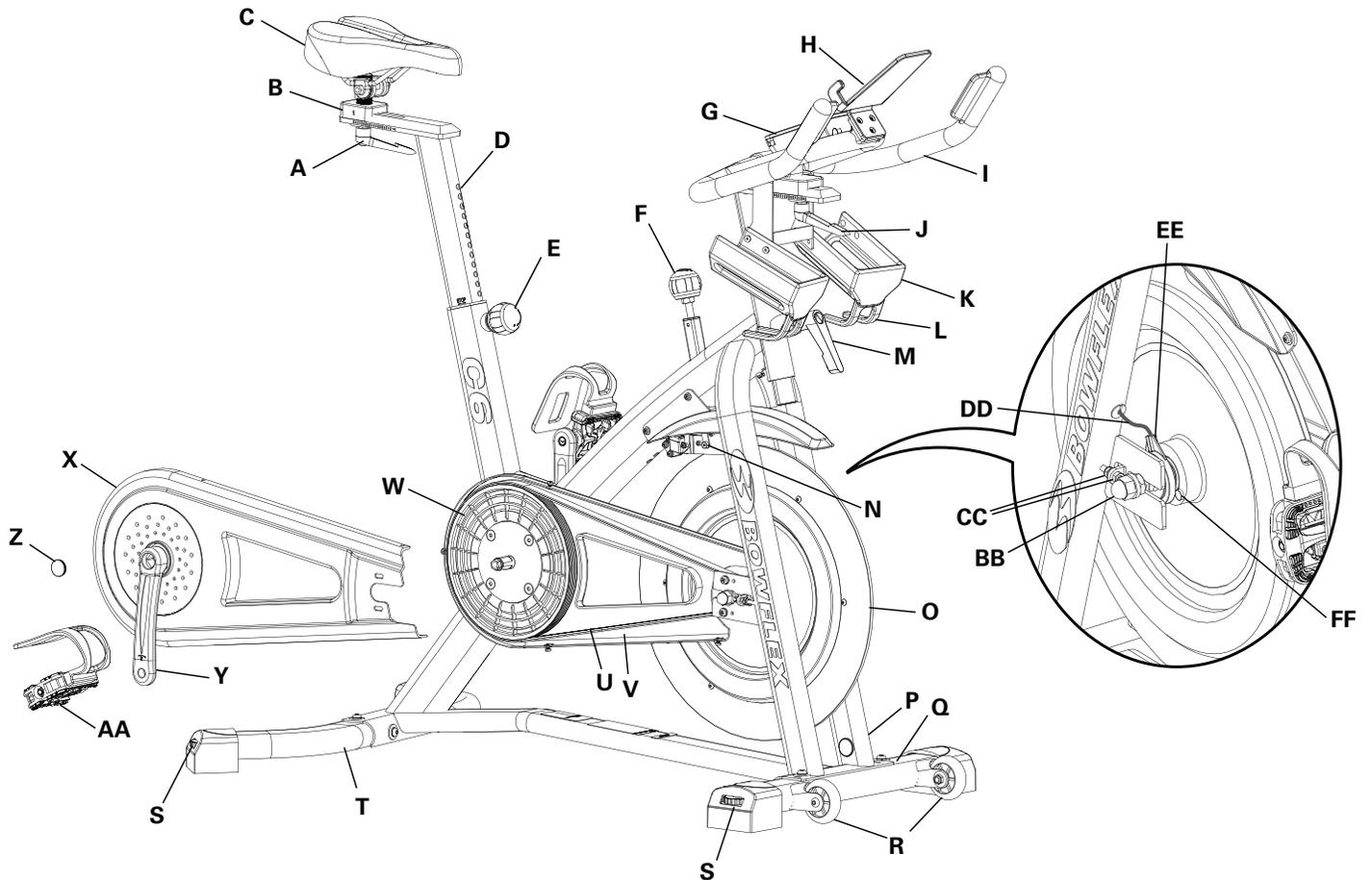
## Adjusting the Drive Belt Tension

1. To change the tension of the Drive Belt, loosen the Axle Nuts. Use a 15mm open end wrench to hold the Axle Nut on one side steady, and loosen the Axle Nut on the opposite side with a 15mm socket and wrench.
2. If the Drive Belt is too loose and slipping, use a 10mm wrench to turn each Flywheel Retainer Nut a 1/4 turn to the right (clockwise).
3. Re-test the tension of the Drive Belt, and adjust if still necessary.

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



## Maintenance Parts



A	Adjustment Handle	L	Dumbbell Rack (Dumbbells only supplied with U.S./Canada machines)	W	Drive Pulley
B	Adjustment Handle, Seat Slider	M	Adjustment Handle, Handlebar Post	X	Cover, Drive Belt
C	Seat	N	Brake Assembly	Y	Crank Arm
D	Seat Post	O	Flywheel	Z	Crank Cap
E	Seat Post Adjustment Knob	P	Power Inlet	AA	Pedal w/Foot Restraint
F	Brake/Resistance Knob	Q	Front Stabilizer	BB	Axle Nut
G	Console	R	Transport Wheel	CC	Flywheel Retainer Nut
H	Media Tray	S	Leveler	DD	Data Cable
I	Handlebar	T	Rear Stabilizer	EE	Speed Sensor
J	Adjustment Handle, Handlebar Slider	U	Drive Belt	FF	Speed Sensor Magnet
K	Water Bottle Holder	V	Cover, Drive Belt Inside		

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 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 cable 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 Service (if inside US/Canada) or your local distributor (if outside US/Canada).
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 from the main frame assembly.
	Speed Sensor	Make sure the data cable is connected to the Speed Sensor.
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 Assembly	Speed Sensor Assembly should be connected to data cable. Realign sensor if necessary. Replace if there is any damage to the sensor or the connecting wire.
Unit operates but Bluetooth® Heart Rate (HR) not displayed	Bluetooth® Heart Rate Sensing Device (Armband provided with U.S./Canada machines)	Make sure device is directly against skin and contact area is wet.
	Bluetooth® Heart Rate Sensing Device Batteries	If device has replaceable batteries, install new batteries.
	Interference	Try moving unit away from sources of interference (TV, Microwave, etc).
	Replace Heart Rate Sensing Device	If interference is eliminated and HR does not function, replace device.
	Replace Console	If HR still does not function, replace Console.
Unit operates but Bluetooth® HR displayed incorrectly	Connected to previous user	The Console may be still connected to the previous user. Push Connect Bluetooth® button to disconnect from them/ connect to your Heart Rate Sensing Device.
Console shuts off (enters sleep mode) while in use	Check electrical (wall) outlet	Make sure unit is plugged into a functioning wall outlet.
	Check connection at front 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 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 Speed Sensor	Speed sensor should be connected to data cable. Realign sensor if necessary. Replace if there is any damage to the sensor or the connecting wire.
		Contact Customer Service (if inside US/Canada) or your local distributor (if outside US/Canada).

<b>Condition/Problem</b>	<b>Things to Check</b>	<b>Solution</b>
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/ Pedals seem to skip or slip with a sudden increase in rpm	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. Contact Customer Service (if inside US/Canada) or your local distributor (if outside US/Canada).
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.

#### Who Is Covered

This warranty is valid only to the original purchaser and is not transferable or applicable to any other person(s).

#### What Is Covered

Nautilus, Inc. warrants that this product is free from defects in materials and workmanship, when used for the purpose intended, under normal conditions, and provided it receives proper care and maintenance as described in the Product's Assembly and Owner's manual. This warranty is good only for authentic, original, legitimate machines manufactured by Nautilus, Inc. and sold through an authorized agent and used in the United States or Canada.

#### Terms

Warranty terms for products purchased in US/Canada are as stated below

- Frame 10 years
- Mechanical parts 3 years
- Electronics 3 years
- Labor 1 year

(Labor support does not include the installation of replacement parts involved in the initial product assembly and preventative maintenance services.)

For warranty & service of products purchased outside US/Canada, please contact your local distributor. To find your local international distributor, go to: [www.nautilusinternational.com](http://www.nautilusinternational.com)

#### How Nautilus Will Support the Warranty

Throughout the terms of the warranty coverage, Nautilus, Inc. will repair any machine that proves to be defective in materials or workmanship. Nautilus reserves the right to replace the product in the event a repair is not possible. When Nautilus determines replacement is the correct remedy, Nautilus may apply a limited credit reimbursement toward another Nautilus, Inc. brand Product, at our discretion. This reimbursement may be prorated based on length of ownership. Nautilus, Inc. provides repair service within major metropolitan areas. Nautilus, Inc. reserves the right to charge the consumer for travel outside these areas. Nautilus, Inc. is not responsible for dealer labor or maintenance charges beyond the applicable warranty period(s) stated herein. Nautilus, Inc. reserves the right to substitute material, parts or products of equal or better quality if identical materials or products are not available at the time of service under this warranty. Any replacement of the product under the terms of the Warranty in no way extends the original Warranty period. Any limited credit reimbursement may be prorated based on length of ownership. THESE REMEDIES ARE THE EXCLUSIVE AND SOLE REMEDIES FOR ANY BREACH OF WARRANTY.

#### What You Must Do

- Retain appropriate and acceptable Proof of Purchase.
- Operate, maintain, and inspect the Product as specified in the Product Documentation (Assembly, Owner's Manuals, etc.).
- Product must be used exclusively for the purpose intended.
- Notify Nautilus within 30 days after detecting an issue with the Product.
- Install replacement parts or components in accordance with any Nautilus instructions.
- Perform diagnostic procedures with a trained Nautilus, Inc representative if requested.

#### What Is Not Covered

- Damage due to abuse, tampering or modification of the Product, failure to properly follow assembly instructions, maintenance instructions, or safety warnings as stated in the Product Documentation (Assembly, Owner's Manuals, etc), damage due to improper storage or the effect of environmental conditions such as moisture or weather, misuse, mishandling, accident, natural disasters, power surges.
- A machine placed or used 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.
- Damage caused by exceeding maximum user weights as defined in the Product's Owner's manual or warning label.
- Damage due to normal usage and wear and tear.
- This warranty does not extend to any territories or countries outside the United States and Canada.

#### How to Obtain Service

For Products purchased directly from Nautilus, Inc. contact the Nautilus office listed on the Contacts page of the products Owner's manual. You may be required to return the defective component to a specified address for repair or inspection, at your expense. Standard ground shipping of any warranty replacement parts will be paid by Nautilus, Inc. For products purchased from a retailer, you may be asked to contact your retailer for warranty support.

#### Exclusions

The preceding warranties are the sole and exclusive express warranties made by Nautilus, Inc. They supersede any prior, contrary or additional representations, whether oral or written. No agent, representative, dealer, person or employee has the authority to alter or increase the obligations or limitations of this warranty. Any implied warranties, including the WARRANTY OF MERCHANTABILITY and any WARRANTY OF FITNESS FOR A PARTICULAR PURPOSE, are limited in duration to the term of the applicable express warranty provided above, whichever is longer. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

#### Limitation of Remedies

EXCEPT AS OTHERWISE REQUIRED BY APPLICABLE LAW, THE PURCHASER'S EXCLUSIVE REMEDY IS LIMITED TO REPAIR OR REPLACEMENT OF ANY COMPONENT DEEMED BY NAUTILUS, INC. TO BE DEFECTIVE UNDER THE TERMS AND CONDITIONS STATED HEREIN. IN NO EVENT WILL NAUTILUS, INC. BE LIABLE FOR ANY SPECIAL, CONSEQUENTIAL, INCIDENTAL, INDIRECT OR ECONOMIC DAMAGES, REGARDLESS OF THE THEORY OF LIABILITY (INCLUDING, WITHOUT LIMITATION, PRODUCT LIABILITY, NEGLIGENCE OR OTHER TORT) OR FOR ANY LOST REVENUE, PROFIT, DATA, PRIVACY OR FOR ANY PUNITIVE DAMAGES ARISING OUT OF OR RELATED TO THE USE OF THE FITNESS MACHINE EVEN IF NAUTILUS, INC. HAS BEEN ADVISED OF THE POSSIBILITY OF SUCH DAMAGES. THIS EXCLUSION AND LIMITATION SHALL APPLY EVEN IF ANY REMEDY FAILS OF ITS ESSENTIAL PURPOSE. SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF CONSEQUENTIAL OR INCIDENTAL TYPE DAMAGES SO THE ABOVE LIMITATION MAY NOT APPLY TO YOU.

#### State Laws

This warranty gives you specific legal rights. You may also have other rights, which vary from state to state.

#### Expirations

If the warranty has expired, Nautilus, Inc. may assist with replacements or repairs to parts and labor, but there will be a charge for these services. Contact a Nautilus office for information on post-warranty parts and services. Nautilus does not guarantee availability of spare parts after expiration of warranty period.

#### International Purchases

If you purchased your machine outside of the United States consult your local distributor or dealer for warranty coverage.

