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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.SchwinnFitness.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
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 install the batteries into the machine until the time specified in the assembly manual.
- Before each use, examine this machine for loose parts or signs of wear. Do not use if found in this condition. If purchased in US/Canada, contact Customer Service for repair information. If purchased outside US/Canada, contact your local distributor for repair information.
- Not intended for use by persons with medical conditions where those conditions may impact the safe operation of the machine or pose a risk of injury to the user
- Do not allow the pull strap to retract by itself. Use a controlled motion while gripping the handles with hands. Allowing the pull strap to snap back in an uncontrolled manner could cause damage to the rower engine or injury to the user or bystanders.
- Do not drop or put objects into any opening of the machine.
- 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.
- Use this machine only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- Do all assembly steps in the sequence given. Incorrect assembly can lead to injury or incorrect function.
- SAVE THESE INSTRUCTIONS.

Before using this equipment, obey the following warnings:


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, loose parts or signs of wear. Do not use if found in this condition. Monitor the Foot Plate, Seat and Pull Strap closely. If purchased in US/Canada, contact Customer Service for repair information. If purchased outside US/Canada, contact your local distributor for repair information.

- Maximum user weight limit: 136 kg (300 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 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 Seat is stationary.
- Make the Seat stable before you sit on it. 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 at least 0.6 m (24”) on each side of the machine clear. This is the recommended safe distance for access and passage around and emergency dismounts from the machine. Keep third parties out of this space when machine is in use.
- Do not over exert yourself during exercise. Operate the machine in the manner described in this manual.
- Perform all regular and periodic maintenance procedures recommended in the Owner’s Manual.
- Do not remove the Handle from the pull strap after it is installed.
- Do not try to disassemble your Rower engine. The product is not designed to be serviced by the customer. If purchased in US/Canada, contact Customer Service for repair information. If purchased outside US/Canada, contact your local distributor for repair information.
- 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.
- Keep batteries away from heat source and hot surfaces.
- Do not mix old and new batteries. Remove exhausted batteries and dispose of them safely.
- Do not mix alkaline, standard (carbon-zinc), or rechargeable (Ni-Cds, Ni-MHs, etc) batteries.
- Do not short-circuit the supply terminals on the batteries.
- For safe storage of the machine, remove the batteries and use the locking pin to secure the Rail. Place the machine in a secure location away from children and pets.
- Do not short-circuit the supply terminals on the batteries.
- Do not mix old and new batteries. Remove exhausted batteries and dispose of them safely.
- Do not mix alkaline, standard (carbon-zinc), or rechargeable (Ni-Cds, Ni-MHs, etc) batteries.
- Do not short-circuit the supply terminals on the batteries.
- For safe storage of the machine, remove the batteries and use the locking pin to secure the Rail. Place the machine in a secure location away from children and pets.
- This appliance is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Keep children under the age of 14 away from this machine.
- Children should be supervised to ensure that they do not play with the appliance.
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.
Specifications

Maximum User Weight: 136 kg (300 lbs.)

Machine Weight: 40.8 kg (90 lbs.)

Dimensions (flat): 226.3cm x 53.5cm x 80.5cm (89.1” x 21.1” x 31.7”)

Total Surface Area (footprint) of equipment: 12,107 cm²

Dimensions (folded): 129.5cm x 53.5cm x 144.8cm (51” x 21.1” x 57”)

Power Requirements: 2 AA Alkaline Batteries (UN-3)
  Operating Voltage: 3VDC

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. Allow a workout area of a minimum 3.5 m x 1.8 m (138” x 69”).

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.
<table>
<thead>
<tr>
<th>Item</th>
<th>Qty</th>
<th>Description</th>
<th>Item</th>
<th>Qty</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>1</td>
<td>Main Frame</td>
<td>6</td>
<td>1</td>
<td>Console</td>
</tr>
<tr>
<td>2</td>
<td>1</td>
<td>Stabilizer, Front</td>
<td>7</td>
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<td>Console Bracket</td>
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<tr>
<td>3</td>
<td>1</td>
<td>Foot Plate</td>
<td>8</td>
<td>1</td>
<td>Handle</td>
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<td>4</td>
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<td>Rail Assembly</td>
<td>9</td>
<td>2</td>
<td>AA-size Alkaline Batteries (not shown)</td>
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<tr>
<td>5</td>
<td>1</td>
<td>Seat</td>
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## Tools

### Included

<table>
<thead>
<tr>
<th>Item</th>
<th>Qty</th>
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</tr>
</thead>
<tbody>
<tr>
<td>A</td>
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<td>6 mm</td>
</tr>
<tr>
<td>B</td>
<td>8</td>
<td>5 mm</td>
</tr>
<tr>
<td>C</td>
<td>1</td>
<td>#2</td>
</tr>
<tr>
<td>D</td>
<td>9</td>
<td>13 mm</td>
</tr>
<tr>
<td>E</td>
<td>8</td>
<td>Spring Washer, M8</td>
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<tr>
<td>F</td>
<td>2</td>
<td>Lock Nut, M8</td>
</tr>
<tr>
<td>G</td>
<td>1</td>
<td>Hex Head Cap Screw, M8x90</td>
</tr>
</tbody>
</table>

### Hardware / Tools

<table>
<thead>
<tr>
<th>Item</th>
<th>Qty</th>
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</thead>
<tbody>
<tr>
<td>A</td>
<td>1</td>
<td>Socket Head Cap Screw, M8x57</td>
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<tr>
<td>B</td>
<td>8</td>
<td>Socket Head Cap Screw, M8x20</td>
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<td>C</td>
<td>1</td>
<td>Flat Washer, M8, Narrow</td>
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<tr>
<td>D</td>
<td>9</td>
<td>Flat Washer, M8, Regular</td>
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<tr>
<td>E</td>
<td>8</td>
<td>Spring Washer, M8</td>
</tr>
<tr>
<td>F</td>
<td>2</td>
<td>Lock Nut, M8</td>
</tr>
<tr>
<td>G</td>
<td>1</td>
<td>Hex Head Cap Screw, M8x90</td>
</tr>
</tbody>
</table>
**NOTICE:** Do not remove the cardboard stop tube from the pull strap until the time specified in the assembly steps.
Do not remove rubber bands from the cables until the time specified in the assembly steps.

1. **Attach Front Stabilizer to Main Frame**
   
   **Note:** Remove packaging material from the bracket and set it safely aside.

2. **Attach Foot Plate to Main Frame**
   
   **Note:** It may be easier to install the side screws and washers first, then the bottom screws and washers.
3. Slide Seat onto Rail Assembly and Install Bushings

Note: The bushings and hardware (*) are pre-installed and not on the Hardware Card. Remove zip tie from the rail.

4. Connect Wires from Rail Assembly to Frame Assembly

Note: Remove rubberbands from the cables on the Rail Assembly. Do not crimp the cables.
5. Attach Rail Assembly to Frame Assembly

Note: Install the top screws and washers first, then the long screw (A) through the bracket. It may be easier if the Rail Locking Pin is pulled.

NOTICE: Do not crimp the cables.

6. Attach Console Bracket to the Console

Note: Remove the pre-installed hardware (*) from the back of the Console, then route the cables through the Console Bracket. Be sure the 2 ribs (7a) on the Console Bracket are on the right side so that the opening points downward.

NOTICE: Do not crimp the cables.
7. Install the Console on the Mast

*NOTICE:* Remove the rubberbands from the cables and connect the cables from the mast to the Console cables. Do not crimp the cables. Insert the bolt through the hole between the ribs (7a) on the side of the Console Bracket.

8. Attach the Handle to the Pull Strap

*NOTICE:* Push the Handle into the pull strap loop (1a). Remove the ziptie and cardboard tube from the pull strap. Do not allow the pull strap to retract by itself.
9. Install Batteries in Console

Note: The console uses AA size alkaline batteries (UN-3). Make sure that the batteries point in the direction of the +/- indicators in the battery bay.

Do not mix old and new batteries.
Do not mix alkaline, standard (carbon-zinc), or rechargeable (Ni-Cd, Ni-MH, etc) batteries.

10. Final Inspection

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

NOTICE: Make sure the Rail Locking Pin is engaged to ensure smooth operation. If the Level Adjustment Knob at the junction of the Rail Assembly and Main Unit is adjusted too low, the Rail Locking Pin will not engage. Turn the adjustment knob to increase the height.

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.

Leveling the Machine

The machine needs to be leveled if your workout area is uneven. The Level Adjustment Knob is below the junction of the Rail Assembly and the Main Unit. To adjust:

1. Place the machine in your workout area.
2. Turn the Level Adjustment Knob (I) to adjust until the Rail Locking Pin (M) engages securely.

Do not adjust the knob to such a height that it becomes unstable. Injury to you or damage to the machine can occur.

Make sure the machine is level and stable before you exercise.
Moving and Storing the Machine
When the machine is not in use, it should be stored in an appropriate space away from foot traffic. To conserve space, fold the Rail Assembly and secure it with the Rail Locking Pin.

⚠️ For safe storage of the machine, remove the batteries. Place the machine in a secure location away from children and pets.

1. Move the Seat to the front of the Rail.
2. Pull the Rail Locking Pin (M) to release and raise the Rail Assembly to the folded position. Make sure that you have a secure grip when raising the Rail Assembly.

⚠️ Stay clear of the movement path of the Rail Assembly.

3. Release the Rail Locking Pin to engage the support tube. Be sure that the Rail Locking Pin is fully engaged. You will hear an audible click when the Rail Locking Pin shifts into the locked position. If it is not fully engaged, injury to the user can occur.

⚠️ 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. Use proper safety precautions and lifting techniques.

4. Grasp one of the curved Support Plates (J) and the Lift Handle (N). Carefully tilt the machine onto the Transport Rollers (L).
5. Holding the Lift Handle (N), push the machine into position.

NOTICE: Be careful when you move the machine. Abrupt motions can affect the computer operation.

6. Carefully lower the machine to the floor and do not let it drop from any height.
### FEATURES

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<td>B</td>
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<td>H</td>
<td>Rower Engine</td>
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<tr>
<td>C</td>
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<td>I</td>
<td>Level Adjustment Knob</td>
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<tr>
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<td>Support Plates</td>
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<tr>
<td>E</td>
<td>Resistance Adjustment Knob</td>
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<td>Front Stabilizer</td>
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<tr>
<td>F</td>
<td>Foot Plate</td>
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<td>Transport Roller</td>
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<tr>
<td>M</td>
<td>Rail Locking Pin</td>
<td>N</td>
<td>Lift Handle</td>
</tr>
<tr>
<td>O</td>
<td>Seat Assembly</td>
<td>P</td>
<td>Battery Compartment</td>
</tr>
<tr>
<td>Q</td>
<td>Telemetry Heart Rate (HR) Receiver</td>
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</table>

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

Keypad Functions
MODE button- Selects functions. Push and hold the button for 3 seconds to go to SCAN mode and cycle through the functions automatically—TIME, CNT, DIST, TOTAL, CAL, RPM, PULSE. Each function is displayed for 6 seconds. To exit SCAN mode, push the MODE button.

SET button- Sets the value (TIME, COUNT, DISTANCE, CALORIES).

RESET button- Push to reset TIME, COUNT, DISTANCE, CALORIES.

The console will beep when a button is pushed.

Program Data Display
TIME
The TIME display field shows the rowing time from start to finish of workout. To set a time goal for the workout, push MODE until TIME appears. Push SET to set 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.

COUNT (CNT)
The CNT display field shows the number of rowing strokes from start to finish of workout. To set a goal for the workout, push MODE until CNT appears. Push SET to set the rowing strokes in increments of 10. During the workout, the display shows the remaining strokes. When it reaches zero, the console will sound an alert.

The maximum count is 9999.

DISTANCE (DIST)
The DIST display field shows the rowing distance from start to finish of workout. To set a distance goal for the workout, push MODE until DIST appears. Push SET to set the distance in increments of 0.10 km. During the workout, the display shows the remaining distance. When it reaches zero, the console will sound an alert.

The maximum distance is 99.99 km.

Note: The later version of the Console shows the distance in kilometers (K). The earlier version shows DIST in miles (M). 1 mile = 1.61 km
TOTAL COUNT (TOTAL)
The TOTAL display field shows the total number of rowing strokes for the machine. The maximum count is 9999.

CALORIES (CAL)
The CAL display field shows the estimated total calories from start to finish of workout. To set a calories goal for the workout, push MODE until CAL appears. Push SET to set the calories. During the workout, the display shows the remaining calories. When it reaches zero, the console will sound an alert.
The maximum calories is 999.9 Kcal.

RPM
The RPM display field shows the current number of rowing strokes per minute. The maximum is 999.

HEART RATE (PULSE)
The PULSE display shows the heart rate in beats per minute (BPM) from a telemetric heart rate sensor. Push SET 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.

Remote Heart Rate Monitor
Monitoring your Heart Rate is one of the best procedures to control the intensity of your exercise. The Console can read telemetry HR signals from a Heart Rate Chest Strap Transmitter that operates in the 4.5kHz - 5.5kHz range.

Note: The heart rate chest strap must be an uncoded heart rate strap from Polar Electro or an uncoded POLAR™ compatible model. (Coded POLAR® heart rate straps such as POLAR® OwnCode® chest straps will not work with this equipment.)

⚠ If you have a pacemaker or other implanted electronic device, consult your doctor before using a wireless chest strap or other telemetric heart rate monitor.

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.
What to Wear
Wear rubber-soled athletic shoes. You will need the appropriate clothes for exercise that allow you to move freely.

How Often Should You Exercise
Consult a physician before you start an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before you use the machine again.

Use the values calculated or measured by the machine’s computer for reference purposes only. 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.

Using the Rower
Proper foot position and stability ensure maximum exercise efficiency and comfort. The rowing stroke consists of a start position and two blended movements – the Catch, the Drive and the Recovery. Let your legs, arms and shoulders do the work to maximize your workout and help reduce the risk of injury.

1. Sit on the seat facing the Rower Engine. Place feet on Foot Plate, heels against the back of the pads, and strap feet securely in place.

The Catch:
2. Lean toward the Rower Engine, and move forward on the rower, drawing your knees to your chest.
3. Grasp the Handle with both hands, palms down. Keep your arms straight and head up.

The Drive:
4. Push against the Foot Plate and straighten legs. Exhale through the movement.
5. As the legs are extended, lean back slightly. Be careful not to hyper-extend. Pull the Handle to your abdomen using the arms and shoulders, not the back.

The Recovery:
6. Extend the arms and push forward with palms and wrists. Then swing the body forward at the hips and return to the Catch position. This eliminates interference between the hands and knees in the motion forward.

Note: The body should never come to a complete stop through the rowing motion. All movements should be fluid and integrated. DO NOT hold your breath. Allow breathing to occur naturally. Do not force it.

Resistance Adjustment
To adjust the resistance and workload, turn the Resistance Adjustment Knob. To exercise all the muscle groups in your arms, alter your grasp to palms up for part of the workout.

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 pulling the Handle.

Note: The Console display will dim if the battery level is 25% or less.

Auto Shut-Off (Sleep Mode)
If the Console does not receive any input in approximately 4 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.

Results
Push and hold the MODE button for 3 seconds to go to SCAN mode and cycle through the functions automatically—TIME, CNT, DIST, TOTAL, CAL, RPM, PULSE. Each function is displayed for 6 seconds.
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.

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**Daily:**

Before each use, examine the exercise machine for loose, broken, damaged, or worn parts. Do not use if found in this condition. Repair or replace all parts at the first sign of wear or damage. After each workout, use a damp cloth to wipe your machine and Console free of 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:**

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 100% silicone lubricant 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 foot plate, seat and pull strap. Make sure all bolts and screws are tight. Tighten as necessary.

Check pull strap and seat rollers for signs of wear.
Replacing the Console Batteries
When the batteries are low on power, the console display contrast will dim. When replacing the batteries, make sure the batteries point in the +/- direction shown in the battery bay.

**Note:** The console uses AA size alkaline batteries (UN-3)

⚠️ **Do not mix old and new batteries.**

- **Do not mix alkaline, standard (carbon-zinc), or rechargeable (Ni-Cd, Ni-MH, etc) batteries.**

Be sure to remove the batteries to prevent corrosion damage if you are not going to use the machine for an extended period of time.

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Adjusting the Seat Rollers
If the machine is level but the seat rolls unevenly, check the seat roller assembly under the seat. To adjust the seat rollers, turn the adjustment nuts (O2).

⚠️ **Do not adjust the nuts to such a height that they detach or the seat roller assembly becomes unstable.**
# Maintenance Parts

<table>
<thead>
<tr>
<th>Part</th>
<th>Description</th>
</tr>
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<tbody>
<tr>
<td>A</td>
<td>Console</td>
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<tr>
<td>B</td>
<td>Console cables</td>
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<tr>
<td>C</td>
<td>Data Cables, Main Unit</td>
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<tr>
<td>D</td>
<td>Rower engine</td>
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<tr>
<td>E</td>
<td>Stabilizer, Front</td>
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<tr>
<td>F</td>
<td>Transport Wheel</td>
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<td>G</td>
<td>Pull Strap</td>
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<tr>
<td>H</td>
<td>Handle</td>
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<tr>
<td>I</td>
<td>Resistance Adjustment Knob</td>
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<tr>
<td>J</td>
<td>Level Adjustment Knob</td>
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<tr>
<td>K</td>
<td>Rail Assembly</td>
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<tr>
<td>L</td>
<td>Storage Support Tube</td>
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<tr>
<td>M</td>
<td>Rail Locking Pin</td>
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<tr>
<td>N</td>
<td>Foot Plate</td>
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<tr>
<td>O</td>
<td>Seat Assembly</td>
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<td>Q</td>
<td>RPM Sensor Magnet</td>
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<td>R</td>
<td>RPM Sensor Assembly</td>
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<td>S</td>
<td>Data Cables, Rail</td>
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<tr>
<td>T</td>
<td>Console Bracket</td>
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<tr>
<td>U</td>
<td>Telemetry Heart Rate (HR) Receiver</td>
</tr>
<tr>
<td>V</td>
<td>Support Plates</td>
</tr>
<tr>
<td>Condition/Problem</td>
<td>Things to Check</td>
</tr>
<tr>
<td>------------------------------------------------</td>
<td>-----------------------------------------------</td>
</tr>
<tr>
<td>Console will not power up/turn on/start</td>
<td>Check batteries.</td>
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<tr>
<td></td>
<td>Check data cable integrity</td>
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<tr>
<td></td>
<td>Check data cable connections/orientation</td>
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<tr>
<td></td>
<td>Check console display for damage</td>
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<td></td>
<td></td>
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<tr>
<td>Speed displayed is not accurate</td>
<td>Check RPM Sensor Magnet position (requires seat removal)</td>
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<tr>
<td>Speed displayed is always “0”/stuck in Pause mode</td>
<td>Data cable</td>
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<tr>
<td></td>
<td>RPM Sensor</td>
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<tr>
<td>No Count/RPM reading</td>
<td>Check data cable integrity</td>
</tr>
<tr>
<td></td>
<td>Check data cable connections/orientation</td>
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<tr>
<td></td>
<td>Check RPM Sensor Magnet position (requires seat removal)</td>
</tr>
<tr>
<td></td>
<td>Check RPM Sensor Assembly</td>
</tr>
<tr>
<td>Distance displayed is not accurate</td>
<td>Check Distance units</td>
</tr>
<tr>
<td>Console display is dim</td>
<td>Batteries</td>
</tr>
<tr>
<td>Unit operates but Telemetric Heart Rate not displayed</td>
<td>Chest Strap (optional)</td>
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<tr>
<td></td>
<td>Check data cable integrity</td>
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<tr>
<td></td>
<td>Check data cable connections/orientation</td>
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<tr>
<td></td>
<td>Check Telemetry HR Receiver</td>
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<tr>
<td></td>
<td>Chest Strap Batteries</td>
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<tr>
<td></td>
<td>Interference</td>
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<tr>
<td></td>
<td>Replace Chest Strap</td>
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<tr>
<td></td>
<td>Replace Console</td>
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<tr>
<td>Condition/Problem</td>
<td>Things to Check</td>
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<tr>
<td>-------------------------------------------</td>
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<tr>
<td>Console shuts off (enters sleep mode)</td>
<td>Check data cable integrity</td>
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<tr>
<td></td>
<td>Check data cable connections/orientation</td>
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<tr>
<td></td>
<td>Check batteries.</td>
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<tr>
<td></td>
<td>Check RPM Sensor Magnet position</td>
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<tr>
<td></td>
<td>(requires seat removal)</td>
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<tr>
<td></td>
<td>Check RPM Sensor Assembly</td>
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<tr>
<td></td>
<td>Contact Customer Service (if inside US/Canada) or your local distributor (if outside US/Canada).</td>
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<tr>
<td>Unit rocks/does not sit level</td>
<td>Check level adjustment</td>
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<tr>
<td></td>
<td>Check surface under unit</td>
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<tr>
<td>Rail locking pin does not engage</td>
<td>Level adjustment knob</td>
</tr>
<tr>
<td>(rail in horizontal position)</td>
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</tr>
<tr>
<td>Seat rolls unevenly</td>
<td>Seat roller adjustment hardware</td>
</tr>
</tbody>
</table>
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
- Wear parts 6 months
- (Seat assembly with rollers, seat rollers, foot plate pads, foot plate straps, pull handle)
- 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

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.

Limitations
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.