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**Important Safety Instructions and General Troubleshooting**

**Information for the Schwinn™ IC3/IC7 Bikes**

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**NOTICE:** This document provides important safety instructions, adjustments, and general troubleshooting information for the maintenance of the Schwinn™ IC3 and IC7 bikes.

**If you need assistance, please call Schwinn Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: www.nautilusinternational.com**

This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Read and understand all Warnings on this machine.

---

**Important Safety Instructions**

- Read and understand the Service Manual before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.

- Keep bystanders and children away from the product being serviced at all times.

- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.

- Disconnect all power to the machine before you service it.

- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.

- Use only replacement parts and hardware that are supplied or approved by Nautilus. Failure to use Nautilus-approved replacement parts can adversely affect the safety and functionality of the equipment creating a risk to users and will void the warranty.

- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. 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.

- Do not try to change the design or functionality of the machine being serviced as this can adversely affect user safety.

- Do not put the machine back in service until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.
Safety Warning Labels and Serial Numbers

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 300 lbs (136 kg.).
• This machine is for home use only.
• Consult a physician prior to using any exercise equipment.

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

Reading the Product Specification Decal
The Manufacture Date on the Product Specification Decal is a date code: YY/WW (year/week).

Specifications
Maximum User Weight: 136 kg (300 lbs.)
Total Surface Area (footprint) of equipment: 2622 cm²
Machine Weight: 46 kg (101 lbs.)
Power Requirements: 2 AA Batteries (SUM3)
Output 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.

Machine Height: 126.66 cm (49.8")
Maintenance
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.

Note: Avoid excessive moisture on the Console.

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 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.

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.

Monthly or after 20 hours:
Check pedals and crank arms and tighten as necessary. Make sure all bolts and screws are tight.
Tighten as necessary.
Check the drive belt tension.

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 (SUM3)

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.
Checking the Drive Belt Tension
To test the Drive Belt tension, sit on the bike and use the pedals at approximately 20 RPM. Then accelerate quickly (speed burst) to your maximum ability and feel whether the Drive Belt slips. If the pedals move normally with no skipping (slip), the tension is correct. If the Drive Belt slips, refer to the “Adjust the Belt Tension” procedure in this manual.

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

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.

Moving and Storing the Machine
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 batteries. Place the machine in a secure location away from children and pets.
## Troubleshooting

<table>
<thead>
<tr>
<th>Condition/Problem</th>
<th>Things to Check</th>
<th>Solution</th>
</tr>
</thead>
<tbody>
<tr>
<td>Console will not power up/turn on/start</td>
<td>Check batteries.</td>
<td>Make sure batteries are installed correctly. If batteries are correctly installed, replace with a set of new batteries.</td>
</tr>
<tr>
<td></td>
<td>Check data cable integrity</td>
<td>All wires in cable should be intact. If any are visibly crimped or cut, replace cable.</td>
</tr>
<tr>
<td></td>
<td>Check data cable connections/orientation</td>
<td>Make sure cable is connected securely and oriented properly. Small latch on connector should line up and snap into place.</td>
</tr>
<tr>
<td></td>
<td>Check console display for damage</td>
<td>Check for visual sign that console display is cracked or otherwise damaged. Replace Console if damaged.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>If the above steps do not resolve the problem, contact Customer Care for further assistance.</td>
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<tr>
<td>Speed displayed is not accurate</td>
<td>Check Speed Sensor Magnet position</td>
<td>Speed Sensor Magnet should be in place on Flywheel.</td>
</tr>
<tr>
<td>Speed displayed is always “0”/stuck in Pause mode</td>
<td>Data cable</td>
<td>Make sure the data cable is connected to the Console and the main frame assembly.</td>
</tr>
<tr>
<td></td>
<td>Speed Sensor Magnet position</td>
<td>Make sure the RPM Sensor Magnet and the RPM Sensor are in place.</td>
</tr>
<tr>
<td>No Speed/RPM reading</td>
<td>Check data cable integrity</td>
<td>All wires in cable should be intact. If any are cut or crimped, replace cable.</td>
</tr>
<tr>
<td></td>
<td>Check data cable connections/orientation</td>
<td>Be sure cable is connected securely and oriented properly. Small latch on connector should line up and snap into place.</td>
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<tr>
<td></td>
<td>Check Speed Sensor Magnet position</td>
<td>Speed Sensor Magnet should be in place on Flywheel.</td>
</tr>
<tr>
<td></td>
<td>Check Speed Sensor Assembly</td>
<td>Speed Sensor Assembly should be aligned with magnet and connected to data cable. Realign sensor if necessary. Replace if there is any damage to the sensor or the connecting wire.</td>
</tr>
<tr>
<td>Console display is dim</td>
<td>Batteries</td>
<td>Replace batteries</td>
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<tr>
<td>Unit operates but Telemetric Heart Rate not displayed</td>
<td>Chest Strap (optional)</td>
<td>Strap should be “POLAR®” compatible and uncoded. Make sure strap is directly against skin and contact area is wet.</td>
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<tr>
<td></td>
<td>Chest Strap Batteries</td>
<td>If strap has replaceable batteries, install new batteries.</td>
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<tr>
<td></td>
<td>Interference</td>
<td>Try moving unit away from sources of interference (TV, Microwave, etc).</td>
</tr>
<tr>
<td></td>
<td>Replace Chest Strap</td>
<td>If interference is eliminated and HR does not function, replace strap.</td>
</tr>
<tr>
<td>Console shuts off (enters sleep mode) while in use</td>
<td>Check data cable integrity</td>
<td>All wires in the cable should be intact. If any are cut or crimped, replace cable.</td>
</tr>
<tr>
<td></td>
<td>Check data cable connections/orientation</td>
<td>Be sure cable is connected securely and oriented properly. Small latch on connector should line up and snap into place.</td>
</tr>
<tr>
<td></td>
<td>Check batteries.</td>
<td>Make sure batteries are installed correctly. If batteries are correctly installed, replace with a set of new batteries.</td>
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<td></td>
<td>Check Speed Sensor Magnet position</td>
<td>Speed Sensor Magnet should be in place on Flywheel.</td>
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<tr>
<td></td>
<td>Check Speed Sensor Assembly</td>
<td>Speed Sensor Assembly should be aligned with magnet and connected to data cable. Realign sensor if necessary. Replace if there is any damage to the sensor or the connecting wire.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Contact Customer Care for further assistance.</td>
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</tbody>
</table>
Changing Unit Measures (English Imperial/Metric)
The default distance unit is kilometers (K). You can switch units between kilometers and miles before you start a workout, or after you reset the Console. 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 (K or M). Press any key to save.
### Maintenance Parts

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<td>Seat Post</td>
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<td>Post</td>
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<td></td>
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<tr>
<td>E</td>
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<td>M</td>
<td>Seat Post Adjustment Knob</td>
<td>U</td>
<td>Drive Pulley</td>
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<td>V</td>
<td>Data Cable</td>
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<td>O</td>
<td>Transport Wheel</td>
<td>W</td>
<td>Flywheel</td>
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<tr>
<td>H</td>
<td>Cover, Drive Belt Inside</td>
<td>P</td>
<td>Rear Stabilizer</td>
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REPLACEMENT PROCEDURE SKILL LEVEL
Level I: Low - very little mechanical knowledge or exposure.
Level II: Intermediate - some experience with mechanical procedures
Level III: Advanced - knowledgeable about mechanical procedures

⚠ Disconnect all power to the machine before you service it.
When disposing of old parts, obey the applicable local and provincial requirements.

For instructions to replace the following parts, please refer to the Assembly Manual for your bike:
- Seat
- Seat Post
- Front Stabilizer
- Rear Stabilizer
- Water Bottle Holder
Lubricate the Brake on the Schwinn™ IC3/IC7 Bikes

Replacement Procedure
Skill Level: I
8018889.061518.A

NOTICE: This document provides instructions for the lubrication of the Brake Pad on the Schwinn™ IC3 and IC7 Bikes.

If you need assistance, please call Schwinn Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: www.nautilusinternational.com

This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Read and understand all Warnings on this machine.

Important Safety Instructions - Before servicing or using this equipment, obey the following warnings:

This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Read and understand all Warnings on this machine.

- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product being serviced at all times.
- Disconnect all power to the machine before you service it.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- Use only replacement parts and hardware that are supplied or approved by Nautilus. Failure to use Nautilus-approved replacement parts can adversely affect the safety and functionality of the equipment creating a risk to users and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. 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.
- Do not try to change the design or functionality of the machine being serviced as this can adversely affect user safety.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

Tools Required (not included)

#2 Phillips screwdriver

8 mm Wrench

Silicone lubricant
Disconnect the data cable from the console before you service this machine.

Note: Your machine may not match the image. For reference only.

1. Using a #2 Phillips screwdriver, loosen and remove the hardware that attaches the Fender to the Main Frame. Set the Fender and hardware safely aside for reassembly.
   
   *NOTICE:* Hold the Brake Cover so that it does not fall.

2. Loosen the Resistance Knob (A) to the minimum resistance setting.

3. Loosen and remove the hardware that attaches the Brake Pad (B) to the Brake Assembly bracket (C).

4. Slide the Brake Pad (B) out of the Brake Assembly bracket (C).
5. Saturate the Brake Pad felt (D) with silicone lubricant. Wipe off the excess lubricant to prevent drips and stains.

6. Reinstall the Brake Pad (B).
   NOTICE: Do not crimp the cable.

7. Reinstall the Fender.
   NOTICE: Do not crimp the cable.

8. Adjust the Resistance Knob (A) as necessary.

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

⚠️ Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Owner’s Manual.
Adjust the Brake Assembly on the Schwinn™ IC3/IC7 Bikes

NOTICE: This document provides instructions for the adjustment of the Brake Assembly on the Schwinn™ IC3 and IC7 Bikes.

If you need assistance, please call Schwinn Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: www.nautilusinternational.com

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• Keep bystanders and children away from the product being serviced at all times.
• Disconnect all power to the machine before you service it.
• Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
• Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
• Use only replacement parts and hardware that are supplied or approved by Nautilus. Failure to use Nautilus-approved replacement parts can adversely affect the safety and functionality of the equipment creating a risk to users and will void the warranty.
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• Do not try to change the design or functionality of the machine being serviced as this can adversely affect user safety.
• Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

Tools Required (not included)

#2 Phillips screwdriver

10 mm open end wrench
1. Using a #2 Phillips screwdriver, loosen and remove the hardware that attaches the Fender to the Main Frame. Set the Fender and hardware safely aside for reassembly.
   
   **NOTICE:** Hold the Fender so that it does not fall.

2. Carefully remove the Fender and set it safely aside for reassembly.
   
   **NOTICE:** Do not crimp the cable.

3. Loosen the Resistance Knob (A) to the minimum resistance setting.

4. Using a 10mm open end wrench, loosen the hardware (B1) that attaches the Brake Assembly (B) to the Frame Mount (C). The screw holes in the Brake Assembly arm are slots to let you adjust the position of the arm on the Frame Mount.

5. Move the Brake Assembly (B) on the Frame Mount (C) as necessary. Hold it in position and tighten the hardware.

6. Tighten the Resistance Knob (A) and inspect the Brake Assembly movement. Adjust the Brake as necessary.

7. Reinstall the Fender.
   
   **NOTICE:** Do not crimp the cable.

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

   **Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Owner’s Manual.**
Adjust the Belt Tension on the Schwinn™ IC3/IC7 Bikes

NOTICE: This document provides instructions for the adjustment of the Drive Belt Tension on the Schwinn™ IC3 and IC7 Bikes.

If you need assistance, please call Schwinn Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: www.nautilusinternational.com

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• Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
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• Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
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• Do not try to change the design or functionality of the machine being serviced as this can adversely affect user safety.
• Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

Tools Required (not included)

- #2 Phillips screwdriver
- 15 mm Wrench
- 10 mm Wrench
- Flathead screwdriver
- 16 mm Socket and Wrench
- 15 mm Socket and Wrench
- 25mm Crank puller
1. To test the Drive Belt tension, sit on the bike and use the pedals at approximately 20 RPM. Then accelerate quickly (speed burst) to your maximum ability and feel whether the Drive Belt slips. If the pedals move normally with no skipping (slip), the tension is correct.
   If the tension is correct—go to step 13.
   If the Drive Belt slips—continue to step 2.

2. Using a flathead screwdriver, remove the threaded Cap (B) from the Crank Arm (A).

3. Using a 16mm socket and wrench, remove the Flange Nut (C) under the threaded Cap (B).

4. Thread the Crank Puller into the Crank Arm (A). When the Crank Puller is in the correct position, only 1-2 threads on the outer portion (CP2) of the Crank Puller should show.
   Note: Be sure the end of the Bolt (CP1) in the Crank Puller is flush with the inner surface (CP2) as shown, before use.

5. Using a 15mm wrench, turn the inner portion (CP3) of the Crank Puller clockwise. The Crank Arm (A) will slide off as it is tightened.
6. Remove the hardware that attaches the Drive Belt Cover to the Drive Belt Inside, and set it safely aside for reassembly. Carefully remove the Drive Belt Cover and set it safely aside for reassembly.

7. Use a 15 mm open end wrench to hold the Axle Nut (D) on one side steady and loosen the Axle Nut on the opposite side with a 15 mm socket and wrench.

Be sure to keep fingers clear of all pinch hazards.

8. Check the tension:
• Push the Drive Belt (E) downward at the midpoint (M) between the pulleys and measure the distance. The Drive Belt should have only 0.25" (0.64 cm) of give.

Or:
• Hold the edges of the Drive Belt at the midpoint (M) and twist it. It should turn only 90 degrees (1/4 turn, to vertical).

If the Drive Belt is too loose—use a 10mm wrench to turn each Flywheel Retainer nut (F) 1/4 turn to the right.
If the Drive Belt is too tight—use a 10mm wrench to adjust the Flywheel Retainer nuts (F).

9. Reinstall the right Crank Arm and Pedal. Installation does not require the use of the crank puller. Be sure the Crank Arms are connected at 180° from each other.
10. Get on the bike and check the movement of the Drive Belt by rocking back and forth on the pedals. The Pedals and Flywheel (G) should move as one. Adjust the Drive Belt tension again if necessary.

11. Tighten the Axle Nuts (D) when the Drive Belt tension is correct.

   NOTICE: Make sure the Flywheel (G) is aligned with the Frame. Be sure the Flywheel axle does not touch the Drive Belt Inside (H).

12. Remove the right Pedal and Crank Arm. Reinstall the Drive Belt Cover, Crank Arm and Pedal.

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

   Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Owner’s Manual.
Replace the Pedals
on the Schwinn™ IC3/IC7 Bikes

NOTICE: This document provides instructions for the replacement of the Pedals on the Schwinn™ IC3 and IC7 Bikes.

If you need assistance, please call Schwinn Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: www.nautilusinternational.com

This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Read and understand all Warnings on this machine.

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Important Safety Instructions - Before servicing or using this equipment, obey the following warnings:

This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Read and understand all Warnings on this machine.

- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product being serviced at all times.
- Disconnect all power to the machine before you service it.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- Use only replacement parts and hardware that are supplied or approved by Nautilus. Failure to use Nautilus-approved replacement parts can adversely affect the safety and functionality of the equipment creating a risk to users and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. 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.
- Do not try to change the design or functionality of the machine being serviced as this can adversely affect user safety.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

Tools Required (not included)

Pedal wrench
or 15mm open end wrench
Disconnect the data cable from the console before you service this machine.

Note: Your machine may not match the image. For reference only.

1. Loosen and remove the old Pedals.
   Discard the old Pedals.
   **Note:** The Left Pedal is reverse-threaded. Orientation is based from a seated position on the bike. The Left Pedal has an “L”, the Right Pedal an “R”.

2. Install the new Pedals. Carefully align the threads and hand tighten to prevent cross-threading. Then tighten fully with pedal wrench.
   **Note:** The Left Pedal is reverse-threaded. Be sure to attach Pedals on the correct 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”.

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

   **Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Owner’s Manual.**
Replace the Console on the Schwinn™ IC3/IC7 Bikes

NOTICE: This document provides instructions for the replacement of the Console on the Schwinn™ IC3 and IC7 Bikes.

If you need assistance, please call Schwinn Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: www.nautilusinternational.com

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- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product being serviced at all times.
- Disconnect all power to the machine before you service it.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- Use only replacement parts and hardware that are supplied or approved by Nautilus. Failure to use Nautilus-approved replacement parts can adversely affect the safety and functionality of the equipment creating a risk to users and will void the warranty.
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- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

Tools Required (not included)

- #2 Phillips screwdriver
- 2 AA batteries (SUM3)
1. Be sure the Console Data Cable is disconnected from the Data Cable in the frame. Loosen and remove the screws from the back of the console. Remove the Console from the Console Bracket. Discard the old Console.

   **NOTICE:** Do not crimp the cable.

2. Install batteries in the replacement Console.

   **Note:** The console uses AA size batteries (SUM3), which are not included. 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.

3. Put the replacement Console in position on the Console Bracket and install the screws. Connect the Data Cable.

   **NOTICE:** Do not crimp the cable.

4. **Final Inspection**

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

   **Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Owner’s Manual.**
Replace the Handlebar and Handlebar Post
on the Schwinn™ IC3/IC7 Bikes

NOTICE: This document provides instructions for the replacement of the Handlebar and Handlebar Post on the Schwinn™ IC3 and IC7 Bikes.

If you need assistance, please call Schwinn Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: www.nautilusinternational.com

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**Important Safety Instructions - Before servicing or using this equipment, obey the following warnings:**

This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Read and understand all Warnings on this machine.

- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product being serviced at all times.
- Disconnect all power to the machine before you service it.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- Use only replacement parts and hardware that are supplied or approved by Nautilus. Failure to use Nautilus-approved replacement parts can adversely affect the safety and functionality of the equipment creating a risk to users and will void the warranty.
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- Do not try to change the design or functionality of the machine being serviced as this can adversely affect user safety.
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**Tools Required (not included)**

- #2 Phillips screwdriver
- 6mm Hex key

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Disconnect the data cable from the console before you service this machine.

Note: Your machine may not match the image. For reference only.

1. Be sure the Console Data Cable is disconnected from the Data Cable in the frame. Loosen and remove the screws from the back of the console. Remove the Console from the Console Bracket, and set it safely aside for reassembly.

   NOTICE: Do not crimp the cable.

2. Loosen and remove the hardware that attaches the Water Bottle Holder, and set it safely aside for reassembly. Remove the Water Bottle Holder, and set it safely aside for reassembly.
3. Loosen and remove the Adjustment Handle (A) that attaches the Handlebar to the Handlebar Post. Set the handle and flat washer safely aside for reassembly.

4. Loosen and pull the Adjustment Handle (B) that holds the Handlebar Post in position in the Main Frame.

   **Hold the Handlebar Post so that it does not fall.**

5. Remove the Handlebar Post from the Main Frame.

6. Discard the old part.

7. Installation is the reverse procedure.

   **NOTICE:** Make sure that the Adjustment Knob engages the holes in the Handlebar Post. Do not crimp the cable.

8. **Final Inspection**

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

   **Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Owner’s Manual.**
Replace the Fender on the Schwinn™ IC3/IC7 Bikes

NOTICE: This document provides instructions for the replacement of the Fender on the Schwinn™ IC3 and IC7 Bikes.

If you need assistance, please call Schwinn Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: www.nautilusinternational.com

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Important Safety Instructions - Before servicing or using this equipment, obey the following warnings:

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- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product being serviced at all times.
- Disconnect all power to the machine before you service it.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- Use only replacement parts and hardware that are supplied or approved by Nautilus. Failure to use Nautilus-approved replacement parts can adversely affect the safety and functionality of the equipment creating a risk to users and will void the warranty.
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- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

Tools Required (not included)

#2 Phillips screwdriver
Disconnect the data cable from the console before you service this machine.

**Note:** Your machine may not match the image. For reference only.

1. Loosen and remove the hardware that attaches the Fender to the Main Frame. Set the hardware safely aside for reassembly.
   
   **NOTICE:** Hold the Fender so that it does not fall.

2. Carefully remove the old Fender and set it safely aside.
   
   **NOTICE:** Do not crimp the cable.

3. Installation is the reverse procedure.
   
   **NOTICE:** Do not crimp the cable.

4. Final Inspection

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

**Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Owner’s Manual.**
Replace the Brake Assembly and Brake/Resistance Knob Assembly on the IC3/IC7 Bikes

NOTICE: This document provides instructions for the replacement of the Brake Assembly and the Brake/Resistance Knob Assembly on the Schwinn™ IC3 and IC7 Bikes.

If you need assistance, please call Schwinn Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: www.nautilusinternational.com

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• Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
• Keep bystanders and children away from the product being serviced at all times.
• Disconnect all power to the machine before you service it.
• Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
• Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
• Use only replacement parts and hardware that are supplied or approved by Nautilus. Failure to use Nautilus-approved replacement parts can adversely affect the safety and functionality of the equipment creating a risk to users and will void the warranty.
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• Do not try to change the design or functionality of the machine being serviced as this can adversely affect user safety.
• Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

Tools Required (not included)

#2 Phillips screwdriver
6 mm open end wrench
10 mm open end wrench
13 mm open end wrench or adjustable wrench
Small flathead screwdriver
Disconnect the data cable from the console before you service this machine.

**Note:** Your machine may not match the image. For reference only.

Keep the flywheel stable during this procedure. Do not turn the crank arms. Flywheel movement can pull fingers in and cause injury.

1. Using a #2 Phillips screwdriver, loosen and remove the hardware that attaches the Fender to the Main Frame. Set the Fender and hardware safely aside for reassembly.
   
   **NOTICE:** Hold the Fender so that it does not fall.

2. Carefully remove the Fender and set it safely aside for reassembly.
   
   **NOTICE:** Do not crimp the cable.

3. Loosen the Resistance Knob (A) to the minimum resistance setting.

4. Using a 10mm open end wrench, loosen the hardware (B1) that attaches the Brake Assembly (B) to the Frame Mount (C). The screw holes in the Brake Assembly arm are slots to let you adjust the position of the arm on the Frame Mount.

5. Remove the old Brake Assembly (B) and set it safely aside.
   
   If you are not replacing the Resistance Knob assembly—go to step 11.
   
   Installation of the new Brake Assembly is the reverse procedure.
6. Remove the acorn nut (D) and hex nut (E) at the end of the Resistance Knob rod (A1).

7. Loosen the Resistance Knob (A) to release the square spacer (F), spring (G), and top spacer (I) from the square mount (H) on the Frame.

8. Remove the old Resistance Knob assembly (A) from the mount tube (J) on top of the Frame. Set the old parts aside.

9. Installation is the reverse procedure. Carefully turn the new Resistance Knob (A) clockwise to install it through the top spacer (I), spring (G) and square spacer (F) inside the mount tube (H).

   **Note:** Hold the square spacer (F) and spring (G) so that the spring touches the top spacer (I) inside the square mount (H), until the rod (A) is threaded through the square spacer.

10. Install the new hex nut (E) and acorn nut (D) on the end of the Resistance Knob rod (A1).

11. Install the new Brake Assembly (B).

12. Adjust the Resistance Knob (A) as necessary.

13. Final Inspection

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

   **Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Owner’s Manual.**
Replace the Crank Arm on the Schwinn™ IC3/IC7 Bikes

NOTICE: This document provides instructions for the replacement of the Crank Arm on the Schwinn™ IC3 and IC7 Bikes.

If you need assistance, please call Schwinn Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: www.nautilusinternational.com

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- Keep bystanders and children away from the product being serviced at all times.
- Disconnect all power to the machine before you service it.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
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Tools Required (not included)

- Flathead screwdriver
- 25mm Crank puller
- 16mm Socket and Wrench
- 15mm Wrench or adjustable wrench
Disconnect the data cable from the console before you service this machine.

Note: Your machine may not match the image. For reference only.

1. Loosen and remove the Pedal. Set it safely aside for reassembly.

   Note: The Left Pedal is reverse-threaded. Orientation is based from a seated position on the bike. The Left Pedal has an “L”, the Right Pedal an “R”.

2. Using a flathead screwdriver, remove the threaded Cap (B) from the Crank Arm (A).
3. Using a 16mm socket and wrench, remove the Flange Nut (C) under the threaded Cap (B).

4. Thread the Crank Puller into the Crank Arm (A). When the Crank Puller is in the correct position, only 1-2 threads on the outer portion (CP2) of the Crank Puller should show.
   
   **Note:** Be sure the end of the Bolt (CP1) in the Crank Puller is flush with the inner surface (CP2) as shown, before use.

5. Using a 15mm wrench, turn the inner portion (CP3) of the Crank Puller clockwise. The Crank Arm (A) will slide off as it is tightened. Discard the old parts.

6. Installation is the reverse procedure. Installation does not require the use of the crank puller. Be sure the Crank Arms are connected at 180° from each other.

   To reinstall the Pedals, carefully align the threads and hand tighten to prevent cross-threading. Then tighten fully with pedal wrench.

   **Note:** The Left Pedal is reverse-threaded. Orientation is based from a seated position on the bike. The Left Pedal has an “L”, the Right Pedal an “R”.

7. Final Inspection

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

   **Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Owner’s Manual.**
Replace the Drive Belt Cover
on the Schwinn™ IC3/IC7 Bikes

NOTICE: This document provides instructions for the replacement of the outside Drive Belt Cover on the Schwinn™ IC3 and IC7 Bikes.

If you need assistance, please call Schwinn Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: www.nautilusinternational.com

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Important Safety Instructions - Before servicing or using this equipment, obey the following warnings:

- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product being serviced at all times.
- Disconnect all power to the machine before you service it.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- Use only replacement parts and hardware that are supplied or approved by Nautilus. Failure to use Nautilus-approved replacement parts can adversely affect the safety and functionality of the equipment creating a risk to users and will void the warranty.
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- Do not try to change the design or functionality of the machine being serviced as this can adversely affect user safety.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

Tools Required (not included)

<table>
<thead>
<tr>
<th>#2 Phillips screwdriver</th>
<th>25mm Crank puller</th>
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<tr>
<td>Flathead screwdriver</td>
<td>15mm Wrench or adjustable wrench</td>
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<tr>
<td>16mm Socket and Wrench</td>
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Disconnect the data cable from the console before you service this machine.

Note: Your machine may not match the image. For reference only.

1. Using a flathead screwdriver, remove the threaded Cap (B) from the right Crank Arm (A).

2. Using a 16mm socket and wrench, remove the Flange Nut (C) under the threaded Cap (B).

3. Thread the Crank Puller into the Crank Arm (A). When the Crank Puller is in the correct position, only 1-2 threads on the outer portion (CP2) of the Crank Puller should show.
   
   Note: Be sure the end of the Bolt (CP1) in the Crank Puller is flush with the inner surface (CP2) as shown, before use.

4. Using a 15mm wrench, turn the inner portion (CP3) of the Crank Puller clockwise. The Crank Arm (A) will slide off as it is tightened.
5. Remove the hardware that attaches the Drive Belt Cover to the Drive Belt Inside, and set it safely aside for reassembly. Carefully remove the Drive Belt Cover and set it safely aside for reassembly.

6. Installation is the reverse procedure. Installation does not require the use of the crank puller. Be sure the Crank Arms are connected at 180° from each other.

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

⚠️ Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Owner’s Manual.
Replace the Flywheel Tensioners on the Schwinn™ IC3/IC7 Bikes

Skill Level: II

8018900.050119.B

Replacing Procedure

NOTICE: This document provides instructions for the replacement of the Flywheel Tensioners on the Schwinn™ IC3 and IC7 Bikes.

If you need assistance, please call Schwinn Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: www.nautilusinternational.com

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• Keep bystanders and children away from the product being serviced at all times.
• Disconnect all power to the machine before you service it.
• Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
• Use only replacement parts and hardware that are supplied or approved by Nautilus. Failure to use Nautilus-approved replacement parts can adversely affect the safety and functionality of the equipment creating a risk to users and will void the warranty.
• Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. 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.
• Do not try to change the design or functionality of the machine being serviced as this can adversely affect user safety.
• Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

Tools Required (not included)

#2 Phillips screwdriver
15 mm Wrench
10 mm Wrench

Flathead screwdriver
16 mm Socket and Wrench
15 mm Socket and Wrench

25mm Crank puller
Tape or marking pen
NOTICE: At the end of this procedure, make sure that the Drive Chain tension is correct. Refer to the “Adjust the Chain Tension” procedure.

⚠️ Disconnect the data cable from the console before you service this machine.

Note: Your machine may not match the image. For reference only.

1. Using a flathead screwdriver, remove the threaded Cap (B) from the right Crank Arm (A).

2. Using a 16mm socket and wrench, remove the Flange Nut (C) under the threaded Cap (B).

3. Thread the Crank Puller into the Crank Arm (A). When the Crank Puller is in the correct position, only 1-2 threads on the outer portion (CP2) of the Crank Puller should show.
   Note: Be sure the end of the Bolt (CP1) in the Crank Puller is flush with the inner surface (CP2) as shown, before use.

4. Using a 15mm wrench, turn the inner portion (CP3) of the Crank Puller clockwise. The Crank Arm (A) will slide off as it is tightened.
5. Remove the hardware that attaches the Drive Belt Cover to the Drive Belt Inside, and set it safely aside for reassembly. Carefully remove the Drive Belt Cover and set it safely aside for reassembly.

6. Mark the position of the Flywheel Tensioners (D) on the flywheel brackets (E) on the Frame. Record the number of threads showing on the Tensioner eyebolt on each side of the Tensioner support (E1) on the bracket.
7. To loosen the Flywheel hardware, use a 15 mm open end wrench to hold the Axle Nut (G) on one side steady and loosen the Axle Nut on the opposite side with a 15 mm socket and wrench. Remove the Axle Nuts from the Flywheel axle (H). Set the hardware safely aside for reassembly.

8. Using a 10 mm wrench, loosen and remove the Flywheel Retainer nut (J1) that is closest to the Frame. Remove the Tensioner eyebolt (D) and Nut (J2) from the Flywheel axle (H) and Tensioner support (E1). Remove the Nut from the eyebolt. Set the Nuts aside for reassembly.

   **NOTICE:** It may be necessary to move the Flywheel (F). This step may require two people.

9. Installation is the reverse procedure.

   **NOTICE:** Do not crimp any cables. Install the new Flywheel Tensioners (D) at the position that you recorded in step 6. Make sure the Flywheel (F) can turn easily.

   Installation does not require the use of the crank puller. Be sure the Crank Arms are connected at 180° from each other.

10. Make sure that the Drive Belt tension is correct. Refer to the “Adjust the Belt Tension” procedure.

11. **Final Inspection**

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

    **Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Owner’s Manual.**
Replace the Drive Belt on the Schwinn™ IC3/IC7 Bikes

NOTICE: This document provides instructions for the replacement of the Drive Belt on the Schwinn™ IC3 and IC7 Bikes.

If you need assistance, please call Schwinn Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: www.nautilusinternational.com

This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Read and understand all Warnings on this machine.

Tools Required (not included)

- #2 Phillips screwdriver
- 15 mm Wrench
- 10 mm Wrench
- Flathead screwdriver
- 16 mm Socket and Wrench
- 15 mm Socket and Wrench
- 25mm Crank puller
- Tape or marking pen

Important Safety Instructions - Before servicing or using this equipment, obey the following warnings:

This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Read and understand all Warnings on this machine.

- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product being serviced at all times.
- Disconnect all power to the machine before you service it.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- Use only replacement parts and hardware that are supplied or approved by Nautilus. Failure to use Nautilus-approved replacement parts can adversely affect the safety and functionality of the equipment creating a risk to users and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. 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.
- Do not try to change the design or functionality of the machine being serviced as this can adversely affect user safety.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.
1. Using a flathead screwdriver, remove the threaded Cap (B) from the right Crank Arm (A).

2. Using a 16mm socket and wrench, remove the Flange Nut (C) under the threaded Cap (B).

3. Thread the Crank Puller into the Crank Arm (A). When the Crank Puller is in the correct position, only 1-2 threads on the outer portion (CP2) of the Crank Puller should show.

   Note: Be sure the end of the Bolt (CP1) in the Crank Puller is flush with the inner surface (CP2) as shown, before use.

4. Using a 15mm wrench, turn the inner portion (CP3) of the Crank Puller clockwise. The Crank Arm (A) will slide off as it is tightened.

**NOTICE:** At the end of this procedure, make sure that the Drive Belt tension is correct. Refer to the “Adjust the Belt Tension” procedure.

⚠️ Disconnect the data cable from the console before you service this machine.

Note: Your machine may not match the image. For reference only.
5. Using a #2 Phillips screwdriver, loosen and remove the hardware that attaches the Brake Cover to the Main Frame. Set the hardware safely aside for reassembly.

   NOTICE: Hold the Brake Cover so that it does not fall.

6. Carefully remove the Brake Cover and set it safely aside for reassembly.

   NOTICE: Do not crimp the cable.

7. Loosen the Resistance Knob (D) to the minimum resistance setting.

8. Using a 10mm open end wrench, loosen and remove the hardware (E1) that attaches the Brake Assembly (E) to the Frame Mount (F). Remove the Brake Assembly and set it safely aside with the hardware for reassembly.
9. Loosen and remove the hardware that attaches the Drive Belt Cover to the Drive Belt Inside. Carefully remove the Drive Belt Cover and set it safely aside for reassembly.

10. Mark the position of the Flywheel Tensioners (G) on the flywheel brackets (H) on the Frame. Record the number of threads showing on the Tensioner eyebolt on each side of the Tensioner support (H1) on the bracket.
11. To loosen the Flywheel hardware, use a 15 mm crescent wrench to hold the Axle Nut (I) on one side steady and loosen the Axle Nut on the opposite side with a 15 mm socket and wrench. Remove the Axle Nuts from the Flywheel axle (J). Set the Nuts safely aside for reassembly.

12. Using a 10mm wrench, loosen and remove the Flywheel Retainer nut (K1) that is closest to the Frame. Remove the Tensioner eyebolt (G) and Nut (K2) from the Flywheel axle (J) and Tensioner support (H1). Set the Tensioner hardware aside for reassembly.

13. Carefully move the Flywheel (L) to the opening in the flywheel brackets (H).

   **NOTICE:** This step may require two people.

14. Carefully remove the right end of the Flywheel axle (J) from the bracket (H).

   **NOTICE:** Make sure to avoid damage to the Speed Sensor (M) on the left end of the Flywheel axle (J).

15. Remove the Drive Belt (N) from the Flywheel pulley (L1) and Drive Pulley (O) to the outside. Set the old Drive Belt safely aside.

   **Be sure to keep fingers clear of all pinch hazards as you turn the Drive Pulley (O) and Flywheel (L).**

16. Hold the Flywheel (L) near the flywheel bracket (H) and put the new Drive Belt (N) in position on the Flywheel pulley (L1).

   **NOTICE:** This step may require two people.

17. Align the Flywheel axle (J) in the flywheel brackets (H). Hand tighten the hardware from steps 11 and 12 on each end of the Flywheel axle.

   **NOTICE:** Do not crimp any cables.
18. Put the Drive Belt (N) around the edge of the Drive Pulley (O). Slowly turn the Drive Pulley and carefully walk the Drive Belt onto the Drive Pulley. Make sure the Drive Belt is aligned on the Flywheel pulley (L1) and Drive Pulley.

Be sure to keep fingers clear of all pinch hazards as you turn the Drive Pulley (O) and Flywheel (L).

19. Reassembly is the reverse procedure.

NOTICE: Do not crimp any cables. Install the Flywheel Tensioners (G) at the position that you recorded in step 10. Make sure the Flywheel (L) can turn easily. Verify that the Speed Sensor (M) and Speed Sensor Magnet (P) on the Flywheel do not touch.

Installation does not require the use of the crank puller. Be sure the Crank Arms are connected at 180° from each other.

20. Make sure that the Drive Belt tension is correct. Refer to the “Adjust the Belt Tension” procedure.

21. Final Inspection

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

Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Owner’s Manual.
Replace the Flywheel Assembly on the Schwinn™ IC3/IC7 Bikes

NOTICE: This document provides instructions for the replacement of the Flywheel Assembly on the Schwinn™ IC3 and IC7 Bikes.

If you need assistance, please call Schwinn Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: www.nautilusinternational.com

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Important Safety Instructions - Before servicing or using this equipment, obey the following warnings:

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• Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
• Keep bystanders and children away from the product being serviced at all times.
• Disconnect all power to the machine before you service it.
• Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
• Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
• Use only replacement parts and hardware that are supplied or approved by Nautilus. Failure to use Nautilus-approved replacement parts can adversely affect the safety and functionality of the equipment creating a risk to users and will void the warranty.
• Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. 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.
• Do not try to change the design or functionality of the machine being serviced as this can adversely affect user safety.
• Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

Tools Required (not included)

#2 Phillips screwdriver
15 mm Wrench
10 mm Wrench

Flathead screwdriver
Small flathead screwdriver
16 mm Socket and Wrench
15 mm Socket and Wrench

25mm Crank puller
3mm hex key

Tape or marking pen
**NOTICE:** At the end of this procedure, make sure that the Drive Belt tension is correct. Refer to the “Adjust the Belt Tension” procedure.

⚠ **Disconnect the data cable from the console before you service this machine.**

**Note:** Your machine may not match the image. For reference only.

1. Using a flathead screwdriver, remove the threaded Cap (B) from the right Crank Arm (A).

2. Using a 16mm socket and wrench, remove the Flange Nut (C) under the threaded Cap (B).

3. Thread the Crank Puller into the Crank Arm (A). When the Crank Puller is in the correct position, only 1-2 threads on the outer portion (CP2) of the Crank Puller should show.

   **Note:** Be sure the end of the Bolt (CP1) in the Crank Puller is flush with the inner surface (CP2) as shown, before use.

4. Using a 15mm wrench, turn the inner portion (CP3) of the Crank Puller clockwise. The Crank Arm (A) will slide off as it is tightened.
5. Using a #2 Phillips screwdriver, loosen and remove the hardware that attaches the Brake Cover to the Main Frame. Set the hardware safely aside for reassembly.

   *NOTICE*: Hold the Brake Cover so that it does not fall.

6. Carefully remove the Brake Cover and set it safely aside for reassembly.

   *NOTICE*: Do not crimp the cable.

7. Loosen the Resistance Knob (D) to the minimum resistance setting.

8. Using a 10mm open end wrench, loosen and remove the hardware (E1) that attaches the Brake Assembly (E) to the Frame Mount (F). Remove the Brake Assembly and set it safely aside.
9. Loosen and remove the hardware that attaches the Drive Belt Cover to the Drive Belt Inside. Carefully remove the Drive Belt Cover and set it safely aside for reassembly.

10. Mark the position of the Flywheel Tensioners (G) on the flywheel brackets (H) on the Frame. Record the number of threads showing on the Tensioner eyebolt on each side of the Tensioner support (H1) on the bracket.
11. To loosen the Flywheel hardware, use a 15 mm crescent wrench to hold the Axle Nut (I) on one side steady and loosen the Axle Nut on the opposite side with a 15 mm socket and wrench. Remove the Axle Nuts from the Flywheel axle (J). Set the hardware safely aside for reassembly.

12. Using a 10mm wrench, loosen and remove the Flywheel Retainer nut (K1) that is closest to the Frame. Remove the Tensioner eyebolt (G) and Nut (K2) from the Flywheel axle (J) and Tensioner support (H1). Set the Tensioner hardware aside for reassembly.

   NOTICE: It may be necessary to move the Flywheel (L). This step may require two people.

13. Carefully move the Flywheel (L) to the opening in the flywheel brackets (H) and remove the Flywheel from the bracket. Remove the thin Nut (M) from the left end of the axle (J) and set it safely aside for reassembly.

   NOTICE: This step may require two people.

14. Carefully remove the Speed Sensor (N) and Spacer (O) from the axle (J). Move them to hang safely outside the bracket (H).

   NOTICE: This step may require two people. Do not crimp any cables.

15. Remove the Drive Belt (P) from the Flywheel hub (L1) to the outside. Remove the thin Nut (M) from the axle and set it aside for reassembly.

   NOTICE: This step may require two people.

16. Remove the old Flywheel assembly (L) and set it safely aside.

   Be sure to keep fingers clear of all pinch hazards as you turn the Drive Pulley (Q) and Flywheel (L).

17. Hold the new Flywheel (L) near the flywheel brackets (H) and put the Speed Sensor (N) and Spacer (O) on the axle (J). Reinstall the thin Nuts (M) on each end of the axle. Put the Drive Belt (N) in position on the Flywheel pulley (L1).

   NOTICE: This step may require two people. Do not crimp any cables.
18. Align the Flywheel axle (J) in the flywheel brackets (H). Hand tighten the hardware from steps 11 and 12 on each end of the Flywheel axle.

   NOTICE: Do not crimp any cables.

19. Put the Drive Belt (P) around the edge of the Drive Pulley (Q). Slowly turn the Drive Pulley and carefully walk the Drive Belt onto the Drive Pulley. Make sure the Drive Belt is aligned on the Flywheel pulley (L1) and Drive Pulley.

   ! Be sure to keep fingers clear of all pinch hazards as you turn the Drive Pulley (Q) and Flywheel (L).

20. Reassembly is the reverse procedure.

   NOTICE: Do not crimp any cables. Install the Flywheel Tensioners (G) at the position that you recorded in step 10. Make sure the Flywheel (L) can turn easily. Verify that the Speed Sensor (N) and Speed Sensor Magnet (R) on the Flywheel do not touch.

   Installation does not require the use of the crank puller. Be sure the Crank Arms are connected at 180° from each other.

21. Make sure that the Drive Belt tension is correct. Refer to the “Adjust the Belt Tension” procedure.

22. Final Inspection

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

   ! Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Owner’s Manual.
Replace the Speed Sensor on the Schwinn™ IC3/IC7 Bikes

NOTICE: This document provides instructions for the replacement of the Speed Sensor on the Schwinn™ IC3 and IC7 Bikes.

If you need assistance, please call Schwinn Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: www.nautilusinternational.com

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Important Safety Instructions - Before servicing or using this equipment, obey the following warnings:

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- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product being serviced at all times.
- Disconnect all power to the machine before you service it.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- Use only replacement parts and hardware that are supplied or approved by Nautilus. Failure to use Nautilus-approved replacement parts can adversely affect the safety and functionality of the equipment creating a risk to users and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. 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.
- Do not try to change the design or functionality of the machine being serviced as this can adversely affect user safety.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

Tools Required (not included)

- #2 Phillips screwdriver
- 15 mm Wrench
- 10 mm Wrench
- Flathead screwdriver
- 16 mm Socket and Wrench
- Small flathead screwdriver
- 15 mm Socket and Wrench
- 25mm Crank puller
- 3mm hex key
- Tape or marking pen
- 5' (152 cm) length of string
**NOTICE:** At the end of this procedure, make sure that the Drive Belt tension is correct. Refer to the “Adjust the Belt Tension” procedure.

⚠ **Disconnect the data cable from the console before you service this machine.**

*Note: Your machine may not match the image. For reference only.*

1. Using a flathead screwdriver, remove the threaded Cap (B) from the right Crank Arm (A).

2. Using a 16mm socket and wrench, remove the Flange Nut (C) under the threaded Cap (B).

3. Thread the Crank Puller into the Crank Arm (A). When the Crank Puller is in the correct position, only 1-2 threads on the outer portion (CP2) of the Crank Puller should show.
   
   *Note: Be sure the end of the Bolt (CP1) in the Crank Puller is flush with the inner surface (CP2) as shown, before use.*

4. Using a 15mm wrench, turn the inner portion (CP3) of the Crank Puller clockwise. The Crank Arm (A) will slide off as it is tightened.
5. Using a #2 Phillips screwdriver, loosen and remove the hardware that attaches the Brake Cover to the Main Frame. Set the hardware safely aside for reassembly.

   NOTICE: Hold the Brake Cover so that it does not fall.

6. Carefully remove the Brake Cover and set it safely aside for reassembly.

   NOTICE: Do not crimp the cable.

7. Loosen the Resistance Knob (D) to the minimum resistance setting.

8. Using a 10mm open end wrench, loosen and remove the hardware (E1) that attaches the Brake Assembly (E) to the Frame Mount (F). Remove the Brake Assembly and set it safely aside.
9. Loosen and remove the hardware that attaches the Drive Belt Cover to the Drive Belt Inside. Carefully remove the Drive Belt Cover and set it safely aside for reassembly.

10. Mark the position of the Flywheel Tensioners (G) on the flywheel brackets (H) on the Frame. Record the number of threads showing on the Tensioner eyebolt on each side of the Tensioner support (H1) on the bracket.
11. To loosen the Flywheel hardware, use a 15 mm crescent wrench to hold the Axle Nut (I) on one side steady and loosen the Axle Nut on the opposite side with a 15 mm socket and wrench. Remove the Axle Nuts from the Flywheel axle (J). Set the hardware safely aside for reassembly.

12. Using a 10mm wrench, loosen and remove the Flywheel Retainer nut (K1) that is closest to the Frame. Remove the Tensioner eyebolt (G) and Nut (K2) from the Flywheel axle (J) and Tensioner support (H1). Set the Tensioner hardware aside for reassembly.

   **NOTICE:** It may be necessary to move the Flywheel (L). This step may require two people.

13. Remove the rubber grommets from the top opening (R1) in the left Frame upright and the lower opening (R2) near the Speed Sensor. Set the grommets safely aside for reassembly.

   **NOTICE:** Make sure the Speed Sensor cable is disconnected from the Console cable.

14. Tie the length of string to the end (N1) of the Speed Sensor cable at the top opening (R1) in the left Frame upright. Hold the other end of the Speed Sensor cable (N2) and carefully pull it out of the lower opening (R2) so that the string extends through the upright. Untie the string from the old Speed Sensor cable.

   **NOTICE:** This step may require two people.

15. Carefully move the Flywheel (L) to the opening in the flywheel brackets (H) and remove the Flywheel from the bracket. Remove the thin Nut (M) from the left end of the axle (J) and set it safely aside for reassembly.

   **NOTICE:** This step may require two people.

16. Carefully remove the Speed Sensor (N) and Spacer (O) from the axle (J). Set the old Speed Sensor safely aside.

   **NOTICE:** This step may require two people.

17. Hold the Flywheel (L) near the flywheel brackets (H) and put the new Speed Sensor (N) and the Spacer (O) in position on the axle (J). Reinstall the thin Nut (M) on the axle.

   **NOTICE:** This step may require two people. Do not crimp any cables.
18. Put the Drive Belt (P) in position on the Flywheel pulley (L1). Align the Flywheel axle (J) in the flywheel brackets (H). Hand tighten the hardware from steps 11 and 12 on each end of the Flywheel axle.

NOTICE: Do not crimp any cables.

19. Put the Drive Belt (P) around the edge of the Drive Pulley (Q). Slowly turn the Drive Pulley and carefully walk the Drive Belt onto the Drive Pulley. Make sure the Drive Belt is aligned on the Flywheel pulley (L1) and Drive Pulley.

Be sure to keep fingers clear of all pinch hazards as you turn the Drive Pulley (Q) and Flywheel (L).

18. Tie the end of the string at the lower opening (R2) in the Frame upright to the end of the new Speed Sensor cable. Hold the other end of the string at the top opening (R1) and carefully pull the Speed Sensor cable up through the upright.

NOTICE: Do not crimp the cable.

19. Reinstall the rubber grommets in the top opening (R1) and the lower opening (R2) in the left Frame upright to hold the Speed Sensor cable in position. Untie the string from the Speed Sensor cable (N1).

NOTICE: Do not crimp the cable.

20. Reassembly is the reverse procedure.

NOTICE: Do not crimp any cables. Install the Flywheel Tensioners (G) at the position that you recorded in step 12. Make sure the Flywheel (L) can turn easily. Verify that the Speed Sensor (N) and Speed Sensor Magnet (R) on the Flywheel do not touch.

Installation does not require the use of the crank puller. Be sure the Crank Arms are connected at 180° from each other.

21. Make sure that the Drive Belt tension is correct. Refer to the “Adjust the Belt Tension” procedure.

22. Final Inspection

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

Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Owner’s Manual.
Replace the Crank Axle Wave Washer on the Schwinn™ IC3/IC7 Bikes

NOTICE: This document provides instructions for the installation or replacement of the Wave Washer in the Crank axle assembly on the Schwinn™ IC3 and IC7 Bikes.

If you need assistance, please call Schwinn Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: www.nautilusinternational.com

This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Read and understand all Warnings on this machine.

Important Safety Instructions - Before servicing or using this equipment, obey the following warnings:

This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Read and understand all Warnings on this machine.

• Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
• Keep bystanders and children away from the product being serviced at all times.
• Disconnect all power to the machine before you service it.
• Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
• Use only replacement parts and hardware that are supplied or approved by Nautilus. Failure to use Nautilus-approved replacement parts can adversely affect the safety and functionality of the equipment creating a risk to users and will void the warranty.
• Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. 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.
• Do not try to change the design or functionality of the machine being serviced as this can adversely affect user safety.
• Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

Tools Required (not included)

Safety goggles
15mm Wrench or adjustable wrench
Flathead screwdriver
Circlip pliers (included in service kit)
16 mm Socket and Wrench
25mm Crank puller (included in service kit)
1. Using a flathead screwdriver, remove the threaded Cap (B) from the left Crank Arm (A).

2. Using a 16mm socket and wrench, remove the Flange Nut (C) under the threaded Cap (B).

3. Thread the 25mm Crank Puller into the Crank Arm (A). When the Crank Puller is in the correct position, only 1-2 threads on the outer portion (CP2) of the Crank Puller should show.
   
   **Note:** Be sure the end of the Bolt (CP1) in the Crank Puller is flush with the inner surface (CP2) as shown, before use.

4. Using a 15mm wrench, turn the inner portion (CP3) of the Crank Puller clockwise. The Crank Arm (A) will slide off as it is tightened.
5. Remove the plastic cover from the Crank axle, and set it safely aside for reassembly.

6. Using the circlip pliers, remove the C-clip (D) from the Crank axle.

   NOTICE: If there is already a Wave Washer under the C-clip on the Crank axle, remove it.

7. Put the new Wave Washer (E) on the Crank axle.

8. Reassembly is the reverse procedure.

   NOTICE: Be sure the C-clip is securely set in the groove around the axle. A replacement C-clip is provided in the Wave Washer service kit in case the original C-clip is lost or damaged.

   Installation does not require the use of the crank puller. Be sure the Crank Arms are connected at 180° from each other.

9. Final Inspection

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

   ! Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Owner’s Manual.