If purchased in US/Canada:

⚠️ IMPORTANT SAFETY INSTRUCTIONS

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.

- 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.
- 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.

Do not operate this machine until you read and understand the complete Owner’s Manual provided online here: http://www.schwinnfitness.com/manuals

In the event that you do not have a computer or on-line access and require a hard copy of the Manual, please contact Nautilus at (800) 605-3369 and we will provide one for you. In either case, before first use please read and understand the Owner’s Manual.

If purchased outside US/Canada:

⚠️ IMPORTANT SAFETY INSTRUCTIONS

Do not operate this machine until you read and understand the complete Owner’s Manual provided online here: www.nautilusinternational.com

The warranty for this product will not be validated unless you provide a copy of your purchase receipt. 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

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ORIGINAL MANUAL - ENGLISH VERSION ONLY
• If replacement parts are necessary, use only genuine replacement parts and hardware supplied by Nautilus. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and void the warranty.

• Do not use or put the machine into service until the machine has been fully assembled and inspected for correct performance in accordance with the Manual.

• Read and understand the complete Manual supplied with this machine before first use. Keep the Manual for future reference.

• Do all assembly steps in the sequence given. Incorrect assembly can lead to injury or incorrect function.

Before using this equipment, obey the following warnings:

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.
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.

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 2.5 m x 1.8 m (97" x 69").

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.)

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.
### ASSEMBLY

**Hardware**

<table>
<thead>
<tr>
<th>Item</th>
<th>Qty</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>2</td>
<td>Adjustment Handle, Handlebar / Seat</td>
</tr>
<tr>
<td>B</td>
<td>2</td>
<td>Flat Washer, M10 Wide</td>
</tr>
<tr>
<td>C</td>
<td>1</td>
<td>Adjustment Handle, Handlebar Post</td>
</tr>
</tbody>
</table>

**Tools**

Included

- 6 mm
- #2
- 13 mm
- 14 mm
- 15 mm

**Step 1.**

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<table>
<thead>
<tr>
<th>Item</th>
<th>Qty</th>
<th>Description</th>
<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>3</td>
<td>1</td>
<td>Rear Stabilizer</td>
<td>5</td>
<td>1</td>
<td>Seat</td>
</tr>
<tr>
<td>2</td>
<td>1</td>
<td>Front Stabilizer</td>
<td>4</td>
<td>1</td>
<td>Seat Post</td>
<td>6</td>
<td>1</td>
<td>Handlebar</td>
</tr>
</tbody>
</table>
Step 3.

Note: Make sure that the batteries point in the direction of the +/- indicators in the battery bay.

<table>
<thead>
<tr>
<th>Item</th>
<th>Qty</th>
<th>Description</th>
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<tbody>
<tr>
<td>10</td>
<td>1</td>
<td>Console</td>
<td>12</td>
<td>2</td>
<td>Shoe Clips (Cleats) - optional</td>
</tr>
<tr>
<td>11</td>
<td>2</td>
<td>AA Batteries (SUM3)</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Step 4. Final Inspection
Inspect your machine to ensure that all fasteners are tight and components are properly assembled.

Note: Remove any protective covers from the face of the Console.

Be sure to record the serial number in the field provided at the front of this manual.

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

Installing Shoe Clips (Cleats) on Cycling Shoes (optional accessory)

Note: The shoe cleats fit both the right and left Pedals.

Tools needed: pliers, 4mm hex key

1. With a pair of pliers, pull off the rubber cover to expose the cleat mounting holes on the bottom of the cycling shoe.
   
   Note: This step may not be necessary, depending on the type of shoe.

2. Remove the sockliner and put the cleat nut in position over the oval holes inside the shoe.
   
   Note: This step may not be necessary, depending on the type of shoe.

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

4. The cleat has an adjustment range of 20mm front to back and 5mm left to right. Practice engaging with the Pedal and releasing, one shoe at a time. Readjust to determine the best cleat position.

5. Using a 4mm hex key, fully tighten the cleat mounting bolts (5 – 6 N·m).
Moving Your Bike
To move the upright bike, carefully tilt 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 bike. 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.

Leveling Your Bike
Levelers are found on each side of the Rear Stabilizer. Turn the stabilizer foot to adjust.

- 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.

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

Remote Heart Rate Monitor
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.

**NOTICE:** To prevent interference with the telemetry HR receiver, do not place any personal electronic devices in the left side of the media tray.*

Shoe Clips (Cleats)
Foot pedals that are equipped for cycling shoes with cleats provide secure footing on the exercise bike. The shoe cleats provided fit both the right and left Pedals.

- Prior to use, make sure you understand the operation of the engagement / release mechanism for the pedals and cleats (shoes).
- Keep cleats and bindings clear of dirt and debris to ensure engagement and release.
- Check the cleats periodically for wear. When the cleats are worn, replace them. Replace the cleat when it becomes difficult to release, or starts to release with much less effort than when it was in new condition.

Pedals and cleats are SPD Compatible. They fit any shoe size with the correct cleat mounts: shoes with “Standard 2-Hole MTB SPD Cleat Mounts” (MTB SPD = Mountain Bike Shimano Pedaling Dynamics).
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 on the console is an approximation and should be used for reference only.

- 3 times a week for 30 minutes each day.
- Schedule workouts in advance and try to follow the schedule.

Seat Adjustment
Correct seat placement encourages exercise efficiency and comfort, while reducing the risk of injury.

1. With a Pedal in the forward position, place the heel of your foot to the lowest part of it. Your leg should be bent slightly at the knee.
2. If your leg is too straight or your foot cannot touch the Pedal, you need to move the seat downward. If your leg is bent too much, you need to move the seat upward.

Step off the machine before you adjust the seat.
3. Loosen and pull the Seat Post Adjustment Knob on the Seat Post. Adjust the seat to the desired height.

Do not lift the Seat post above the “STOP” mark on the Seat Post.
4. Release the Seat Post Adjustment Knob to engage the locking pin. Be sure that the pin is fully engaged and fully tighten the adjustment knob.
5. To move the seat closer to, or away from the console, loosen the seat adjustment knob. Slide the seat to the desired position and fully tighten the knob.

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

Foot Position / Pedal Strap Adjustment
Foot pedals with straps provide secure footing to the exercise bike.

1. Put the ball of each foot in the Foot Restraint on the Pedals.
2. Fasten the strap over the shoe.
3. Repeat for the other foot.

Be sure toes and knees point directly forward to ensure maximum Pedal efficiency. Pedal straps can be left in position for subsequent workouts.

Using the Shoe Clips (Cleats)
Foot pedals that are equipped for cycling shoes with cleats provide secure footing on the exercise bike. Be sure to turn the Pedals so that the Foot Restraint is under the Pedal.

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

1. Be sure that the arrow on top of the Pedal points forward.
2. Push the cleat down and forward to engage the Pedal.
3. Repeat for the other foot.
4. Practice engaging and disengaging from the Pedals before starting your workout.

To disengage (release) the cleats from the pedals, push the heels outward and lift.
If the body weight of a user is very low, the user may have difficulty with operation of the engagement/release mechanism in the Pedals. It may be necessary to decrease the retention force of the mechanism.

To adjust the retention:
1. Locate the opening in the rear of the Pedal for access to the adjustment bolt. It is between the 2 screws that attach the Foot Restraint to the Pedal.
2. Use a 3mm hex key to turn the adjustment bolt. To decrease the retention, turn it left (counterclockwise). To increase the retention, turn it right (clockwise).

Handlebar Adjustment
To adjust the handlebar position:
1. Loosen and pull the Handlebar Post Adjustment Knob on the Handlebar Post. Adjust the Handlebar to the desired height.

   **Do not lift the Handlebar Post above the "STOP" mark on the Handlebar Post.**

2. Tighten the Handlebar Post Adjustment Knob to engage the locking pin. Be sure that the pin is fully engaged and fully tighten the adjustment knob.

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

3. To move the Handlebar closer to, or away from the console, loosen the Handlebar Adjustment Knob. Slide the Handlebar to the desired position and fully tighten the knob.

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

Locking the Flywheel/Storage
When the machine is not in use, be sure to lock the Flywheel with the Brake/Resistance Adjustment Knob. The flywheel should be locked for storage of the machine.

   **For safe storage of the machine, remove the batteries and fully tighten the Brake/Resistance Adjustment Knob to secure the Flywheel. Place the machine in a secure location away from children and pets.**

   To lock the Flywheel, fully tighten the Brake/Resistance Adjustment Knob to prevent movement of the Flywheel and Pedals.

Power-Up Mode
The Console will enter Power-Up Mode if any button is pushed, or if it receives a signal from the RPM sensor as a result of pedaling.

   **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.

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.
Read all maintenance instructions fully before you start any repair work. In some conditions, an assistant is necessary 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 outside US/Canada, contact Customer Service for replacement labels. If purchased outside US/Canada, contact your local distributor for them.

Disconnect all power to the machine before you service it.

Daily:
Before each use, examine the exercise machine for loose, broken, damaged, or worn parts. Do not use if found in this condition. Repair or replace all parts at the first sign of wear or damage. Make sure adjustment knobs are tight. Tighten as necessary. After each workout, use a damp cloth to wipe your machine and Console free of moisture.

**NOTICE:** If necessary, only use a mild dish soap with a soft cloth to clean the Console. Do not clean with a petroleum based solvent, automotive cleaner, or any product that contains ammonia. Do not clean the Console in direct sunlight or at high temperatures. Be sure to keep the Console free of moisture.

Weekly:
Clean the machine to remove any dust, dirt, or grime from the surfaces. Check for smooth seat slider operation. If needed, apply a very thin coating of silicone lube to ease operation.

**Silicone lubricant is not intended for human consumption. Keep out of reach of children. Store in a safe place.**

**Note:** Do not use petroleum based products.

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

(If purchased in US/Canada) **WARRANTY**

**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** 5 years
- **Mechanical parts** 2 years
- **Electronics** 2 years
- **Labor** 1 year

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

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

**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.

Expiration
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.