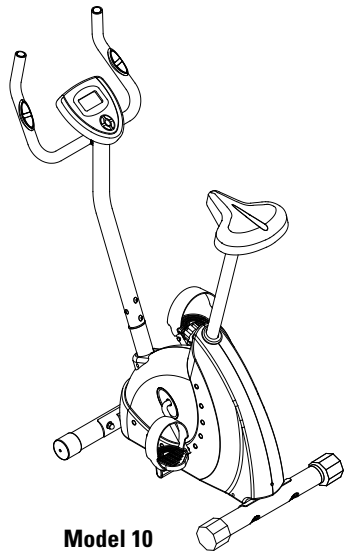




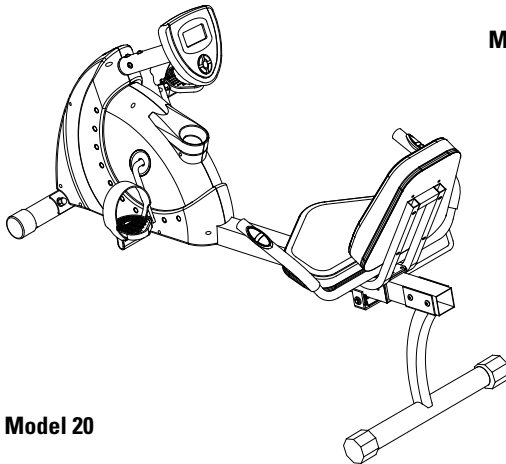
# 10/20 Series Exercise Bikes



## Owner's Manual



**Model 10**



**Model 20**

# ***Introduction***

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Thank you for making the Schwinn® bike a part of your exercise and fitness activities. For years to come, you'll be able to rely on Schwinn® craftsmanship and durability as you pursue your personal fitness goals.

The Schwinn® bike should enable you to shape and monitor your workouts to:

- ▲ **Increase your energy level**
- ▲ **Increase cardiovascular and aerobic fitness**
- ▲ **Increase lower body muscle strength**
- ▼ **Decrease your overall percentage of body fat**

Whether you are just getting started in an exercise program or are already in good shape, the Schwinn® bike is designed to be an efficient, easy and fun way to achieve an enhanced level of fitness. You can pedal your way to a slimmer and healthier body. The on-board digital computer enables you to accurately monitor your progress by tracking time, speed, distance and approximate Calories burned. This Owner's Manual contains all the information you need to operate and enjoy your Schwinn® exercise bike. Please read this Owner's Manual in its entirety before getting onto the bike and working out. So let's get started.

Take your time and have fun!

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# Safety Warnings

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This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury.

## **Before using this equipment, obey the following warnings:**



Read and understand the complete Owner's Manual.  
Read and understand all Warnings on this machine.

- Keep children away from this machine. Watch them closely when near the machine. Moving parts that appear dangerous to adults may not appear so to children.
- Consult a physician before starting 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 using the machine again.
- Examine this machine for loose parts or signs of wear. Pay special attention to the seat, pedals, and crank arms. Contact Nautilus Customer Service for repair information. Use only genuine Schwinn® replacement parts supplied by Nautilus.
- This exercise machine is for consumer users only.
- Set up and operate this exercise machine on a solid level surface.
- Do not wear loose clothing or jewelry. This machine contains moving parts.
- Maximum user weight limit: 275 lb. (125 kg). Do not use if you are over this weight
- Stabilize the pedals before stepping on them and use caution when stepping off the machine.
- Keep at least 19.7 inches (0.5 m) on each side of the machine clear. This is the recommended safe distance for access and passage around and emergency dismounts from the machine.
- Warn bystanders to keep a safe distance, at least 3 feet (1 m). Do not allow anyone to touch the operator while the machine is in motion.
- Keep the foot pedals clean and dry.
- Do not over exert yourself during exercise. Operate the machine in the manner described in this manual.

# Safety Warning Labels

**BEFORE USING YOUR PRODUCT:** Find and read all warning labels. If any warning label is damaged, illegible or missing, call 1-800-864-1270 for a replacement.

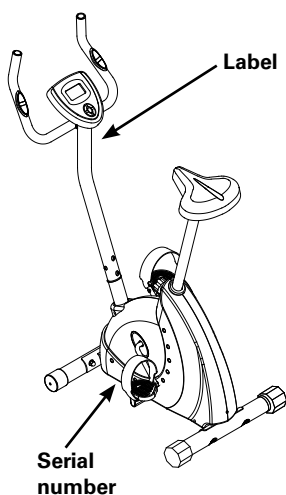
**Label:** General warning label.

**Location:** Model 10 – Affixed to the console mast just below the computer.

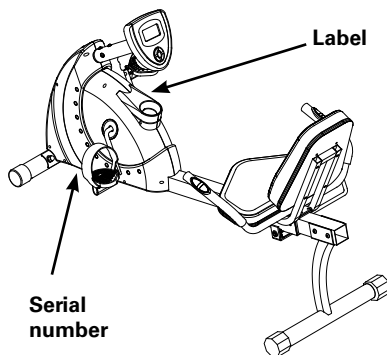
Model 20 – Affixed to the water bottle holder.

<b>⚠ WARNING</b>	
<ul style="list-style-type: none"><li>• Keep Children Away.</li><li>• Prior to use, read and understand the Owners Manual.</li><li>• Injury or death is possible if Caution is not used while using this machine.</li><li>• The Maximum User Weight for this machine is 275 pounds (125 Kilograms).</li><li>• Replace any "Caution" "Warning" or "Danger" label that is illegible, damaged or removed.</li><li>• This machine is for home use only.</li></ul>	002-2040

**Model 10**

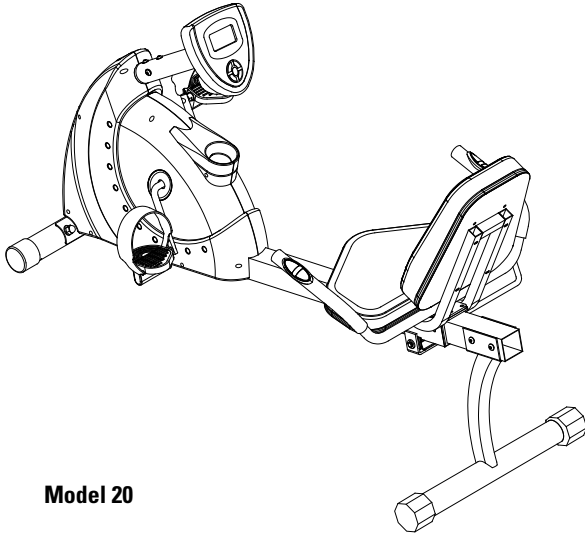


**Model 20**

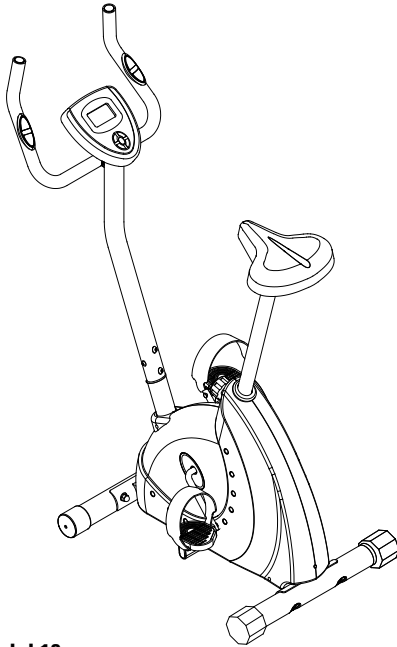


# Features

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**Model 20**



**Model 10**

# **Features**

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## **On-board Computer**

The fast and easy way to obtain immediate feedback regarding your fitness program.

## **Padded Seat**

Extra-wide and extra-padded for maximum comfort.

## **Padded Hand Grips**

Sturdy, well-padded hand grips for extra stability and comfort.

## **Serial Number**

Located on the underside of the base frame.

## **Seat Adjustment**

Fast and easy seat adjustment accommodates riders of all body sizes and leg lengths.

## **Fully Shrouded Flywheel**

Bike features a fully-shrouded high inertia flywheel.

## **Transport Wheels**

A single individual can easily move and position the Bikes across any flat surface.

# Operation

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## How to Use the 10/20 Bike

### Seat adjustment

Proper seat adjustment helps ensure maximum exercise efficiency and comfort, while reducing the risk of injury.

1. Place one pedal in the forward position and center the ball of your foot over the center of the pedal. Your leg should be slightly bent at the knee.
2. If your leg is too straight or your foot cannot touch the pedal, you will need to move the seat down on the 10 bike, or forward on the 20 bike. If your leg is bent too much, you will need to move the seat up on the 10 bike or backward on the 20 bike.
3. Adjust the 10 seat by first dismounting the bike, then pulling out the adjustment knob on the seat tube and releasing the locking pin. Lower or raise the seat to the desired height. Release the seat knob, engaging the locking pin. Be sure that the pin is fully secured in a seat post hole.

To adjust the 20 seat, pull the seat knob up with your right hand to release the seat. Slide the seat forward or backward to the desired position. The knob will “pop” up into the next hole; turn the knob to ensure a tight fit.

### Foot positioning/pedal strap adjustment

Place the ball of each foot on the pedals. Rotate the pedals until one foot is within arms reach. Reach down carefully and fasten the rubber strap over your shoe and secure it to the pedal by slipping the nub at the end of the pedal through one of the slots in the strap. Pull down on the strap until it snaps into place. Repeat for the other foot. Point your toes and knees directly forward to ensure maximum pedal efficiency. Pedal straps can be left in place for subsequent workouts.

### Handlebar Adjustment

The 10 offers an adjustable handlebar to ensure a variety of comfortable hand positions. To adjust the angle of the handlebars, loosen knob, adjust the handlebars to the desired position and re-tighten.

### Resistance adjustment

Using the console, you have control over the levels of resistance integrated into your workout. Typically, lower resistance levels enable you to move at a faster pace, placing increased demand on your cardiovascular system. Higher resistance levels will typically deliver more of a muscle/endurance workout at lower RPMs. But everyone is different. So experiment and find the beginning of resistance that is comfortable for you.



# Operation

## Lower body workout

Once you are in position and sitting comfortably, slowly begin pedaling, with your arms relaxed at your sides and with your hands resting on the top of your thighs or on the hand grips. Pedal at an easy pace, at a low resistance level until you feel secure and comfortable. As you feel more comfortable, experiment with the range of resistance levels available on the console.

## How to Use the 10/20 Bike Computer



### Computer Display and Functions:

- SPEED** Displays current exercise SPEED from 0.0 to 99.9 miles per hour.
- RPM** Displays current exercise pedal RPM (Revolutions Per Minute).
- TIME** If exercise TIME is not preset, TIME will count up from 00:00 to 99:59 in 1 second increments.  
If exercise TIME is preset, TIME will count down from your preset exercise TIME until it reaches 00:00.

# Operation

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- DISTANCE** If exercise DISTANCE is not preset, DISTANCE will count up from 00.00 to 99.90 in 0.1 increments.  
If exercise DISTANCE is preset, DISTANCE will count down from your preset DISTANCE until it reaches 00.00.
- CALORIES** If exercise CALORIES is not preset, CALORIES will count up from 0 to 999 in 1 Calorie increments.  
If exercise CALORIES is preset, CALORIES will count down from your preset CALORIES until it reaches 0.
- PULSE** Your heart rate will display when you grip the heart rate sensors located on the handlebars.
- WATTS** Shows your approximate power output at a given resistance level.
- RECOVERY** After exercising for a period of time, press the RECOVERY button and hold on the handlebars, keeping a secure grip on the heart rate sensors. Once the computer receives a stable heart rate signal, TIME will begin to count down from 1:00 to 00:00. As soon as 00:00 is reached, the LCD display will show a heart rate recovery score from F1 to F6. F1 is the most desirable and F6 is the least desirable. As your fitness improves, you will notice your recovery score improves.  
Press the RECOVERY button again to return to the main display and, if desired, press START / STOP to resume exercising.

## Computer Buttons:

- UP** To make upward adjustments to function data, to increase the level of resistance, or to select user setting.
- DOWN** To make backward adjustments to function data, to decrease the level of resistance, or to select user setting.
- MODE** To confirm function or data setting.
- RECOVERY** To activate the heart rate recovery function.
- RESET** To clear and reset the computer.
- START/STOP** To start or stop exercising.

## Operating Overview: *(after the computer powers up)*

- USER MODE** The computer is set up to store the goal data you have entered. Any goals you set will be stored and will become the default settings for all programs.

# Operation

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**PROGRAMS** Use the UP or DOWN buttons to select the training mode. There is 1 Manual program, 6 preset profile programs, 3 Heart Rate Control programs (55%, 75%, and 90%) and 1 Target Heart Rate program. If you select any of the Heart Rate programs you will need to input your age.

**RESISTANCE** Use the UP or DOWN buttons to adjust the resistance level from Level 1 (easiest) to Level 8 (more difficult). Use this button when exercising in the Manual program, the 6 preset profile programs, and the User mode. The resistance level is automatically adjusted according to your heart rate when exercising in the Heart Rate programs.

**EXERCISE DATA** Use the UP or DOWN buttons to set up the exercise function data. When you set the data for each function press the MODE button to confirm the settings.

## General Operating Information

### Getting started

Press any button on the console or begin pedaling to turn on the computer. The computer will store your user goal data. This will allow goals to be specified. They will remain the default goals for the next exercise session. When the computer powers up the program bar will flash in the upper left corner of the display. Use the UP or DOWN button to scroll through the programs. After selecting a program, press MODE to confirm. Press MODE until you see the TIME display flash. This is the signal that you can now begin to set goals if you desire. If you do not desire to set any goals simply press START / STOP to begin exercising.

### Setting Goals

Once you select an exercise program, you can set "goals" for TIME, DISTANCE, or CALORIES. For example, if you set a CALORIE goal of 100, once you start the program, you will notice that the CALORIE display will count down from 100 to 0. If you do not want to set a goal in any of the above, simply press MODE to advance to the next goal choice or press START / STOP to begin exercising.

When the TIME, DISTANCE, or CALORIES display is flashing, enter values by using the UP or DOWN button to select a value then press MODE to confirm the value and advance to the next goal choice. When a goal is reached during your exercise, the corresponding display will flash, signaling that your workout is complete.

# Operation

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We recommend that you only set one goal (TIME, DISTANCE, or CALORIES) for each exercise.

**Note:** If no goals are set and the goal displays are 0, the TIME, DISTANCE, and CALORIES values will count up once the START / STOP button is pressed and you begin exercising.

## Quick Start

If you want to immediately start exercising without choosing any specific program or inputting any goals, simply press the START / STOP button after the computer powers up to begin exercising in the Manual mode.

## Resistance control

In the MANUAL program you can adjust the level of resistance at any time by using the UP or DOWN buttons to select from level 1 to level 8. In the preset profile programs you can also adjust the level of resistance, but you can not lower the resistance below the minimum preset resistance. For example if the minimum preset level of resistance in one interval of the preset profile program is level 2, you are not able to manually lower the resistance to level 1. However, you can raise and lower the resistance between the lower and upper presets.

## Exercising with preset TIME

The workouts are segmented into 16 intervals. If you preset the TIME, each segment of your workout is 1/16 of the total TIME you entered. For example if you enter a workout TIME of 16 minutes, each segment (interval) is 1 minute in duration. The TIME counts down from the preset TIME you entered until the program reaches 0, the display flashes, and the program ends.

## Exercising without preset TIME

If you choose not to preset TIME you can enter a preset DISTANCE. To do this, make sure that the TIME is set to 0:00, and press MODE when the TIME display is flashing to advance to DISTANCE. When setting a preset DISTANCE, each segment (interval) counts down in units of .01 until the program reaches 0, the display flashes, and the program ends. If you choose not to enter a preset distance the program advances (counts up) in increments of .01 until you choose to stop exercising.

To advance to set a CALORIE goal, do not preset a TIME or a DISTANCE goal (make sure those values are set to 0). Just press MODE when those displays flash. This will bring you to the CALORIE goal.

After you have set the goal of your choice press START / STOP to begin exercising.

# Operation

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## Exercising in the MANUAL PROGRAM

You control the level of resistance by pressing the UP or DOWN keys at any time during your workout.

## Exercising in any of the 6 PRESET PROFILE PROGRAMS

The computer automatically adjusts the level of resistance for you, but you are able to override the computer at any time and adjust the level of resistance yourself within the lower and upper presets.

## Exercising in the HEART RATE PROGRAMS

Scroll through the program choices until you reach TARGET H.R. in the display. Press MODE to confirm. You must now enter your age. The display will show the default age: 20. Input your age by pressing the UP or DOWN buttons to select the appropriate age. Press MODE to confirm. The monitor then displays the default initial Heart Rate %: 55%. Press the UP button to scroll through the choices of 55%, 75%, 90%, or THR (Target Heart Rate). Press MODE to confirm your selection. The lower right hand window of the display shows the heart rate figure that is calculated from your age and selected heart rate percentage. Use this to track your heart rate status during exercising. If you selected THR, the heart rate figure on the display defaults to 100. Use the MODE, UP and DOWN buttons to set your THR. The range available is 30 to 240 bpm (beats per minute).

Press START / STOP to begin exercising.

The computer automatically adjusts the level of resistance according to the heart rate signal it receives. You must keep constant contact with the heart rate sensors located on the handlebars so the computer can read the signal and adjust the level of resistance.

In THR mode: If your heart rate is under the target, the resistance level will be up-adjusted one level every 30 seconds. When your heart rate figure is achieved, the resistance will begin to down-adjust one level every 15 seconds until it reaches level 1. If your heart rate is still over (or equal to) the target heart rate for 30 seconds while in level 1, the computer will stop and sound 6 beeps. This signal is to inform you to stop exercising and rest.



**If you feel any unusual pain or tightness in your chest, shortness of breath or dizziness, feel faint or have any discomfort while you exercise, STOP! Consult your physician.**

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## General Information

While the Grip Heart Rate (GHR) feature is a quick and convenient way to check your heart rate, it is generally not as accurate as a wireless transmitter belt and receiver. GHR is subject to occasional misreadings and interference. You may from time to time experience inconsistencies with the heart rate display on your computer.

There are many external factors that can affect the heart rate display. These include the environment where the equipment is used and the physiology of the user themselves. Electromagnetic interference from televisions, computers, microwave ovens, cellular and cordless telephones and fluorescent lights can affect the heart rate display. Try moving your equipment to different areas of the room or house if you experience problems with the heart rate display. Dry or calloused hands and poor contact with the sensor pods can also be a source of display problems. Moisten palms with sweat or try a heart rate monitor conductive cream (such as Buh-Bump™ cream). Grip the pods firmly but not too tightly. Trying these tips can alleviate many heart rate display problems.

All displays are for basic, general reference purposes only. Consult with your physician before starting any exercise program.

When there is no signal to the computer for 4 minutes, the LCD display will automatically shut off and all previous training data will be stored. Press any button to power up the computer again.

To reset the computer, hold the RESET button for 4 seconds. The display will clear then all segments will briefly display.

Water bottles are not included.

# Maintenance

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## Moving your 10/20 bike

Carefully lift the horizontal rear floor support to move and steer the 20 bike to another location (Fig. A). Pull the handlebars towards you, leaning the bike down, to move and steer the 10 bike to another location (Fig. B). Be gentle while moving the unit as any sharp impact directly or indirectly to the computer can affect computer operation.

## Daily maintenance

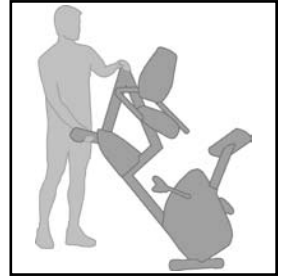
Use a damp cloth to wipe your bike and computer free of sweat.

**IMPORTANT:** To avoid damaging the finish on your bike and computer, never use a petroleum-based solvent when cleaning. Avoid getting excessive moisture on the computer.

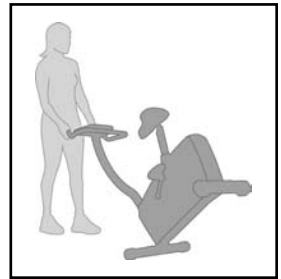
## Replacing the batteries

If the console does not power up, replace the batteries in the back of the console with fresh C batteries. Insert the batteries as indicated in the battery bay.

**Figure A**



**Figure B**



# Limited Warranty

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All Schwinn® exercise products are warranted to the retail purchaser to be free from defects in materials and workmanship. Warranty coverage valid to the original purchaser only and proof of purchase will be required. Any product sold or placed in an application not recommended by Nautilus, Inc. will void any warranty coverage set forth by Schwinn® Fitness warranty policies and procedures.

## TIME PERIOD

Residential Environment:

- Three years: Frame
- Six months: All non-expendable mechanical and electronic parts
- Six months: Labor

## THIS WARRANTY DOES NOT COVER

1. Any component on original equipment which carries a separate consumer warranty of the parts supplier.
2. Normal wear and tear.
3. Any damage, failure or loss caused by accident, misuse, neglect, abuse, improper assembly, improper maintenance, or failure to follow instructions or warnings in the Owner's Manual.
4. Use of products in a manner or environment for which they were not designed.

## LIMITATIONS

The foregoing warranties are in lieu of and exclude all other warranties not expressly set forth herein, whether express or implied by operation of law or otherwise, including, but not limited to, warranties of merchantability or fitness for a particular purpose. Nautilus, Inc. shall in no event be liable for incidental or consequential losses, damages or expenses in connection with its exercise products. Nautilus, Inc.'s liability hereunder is expressly limited to the replacement of goods not complying with this warranty or, at Nautilus, Inc.'s election, to the repayment of an amount of the purchase price of the exercise product in question. Some states do not permit the exclusion or limitation of implied warranties or incidental or consequential damages, so the preceding limitations and exclusions may not apply to you.

## PROCEDURES

Warranty service will be performed by Nautilus, Inc. or an authorized Schwinn® Fitness Dealer. The original purchaser must provide proof of purchase. Service calls and/or transportation to and from the Authorized Schwinn® Dealer is the responsibility of the purchaser.

1. Nautilus, Inc. will have the option to repair or replace any exercise product(s), which require warranty service.
2. Nautilus, Inc. will replace any equipment frame that is structurally defective with a new frame or replace the unit with a unit of equal value. Nautilus, Inc. is not responsible for labor charges in replacing defective frames.
3. In the event a product cannot be repaired, Nautilus, Inc. will apply a limited credit reimbursement toward another Schwinn® exercise product of equal or greater value.
4. Nautilus, Inc. is not responsible for dealer labor charges for component changeovers completed after the labor-related warranty period(s) stated herein.
5. If you elect to repair an exercise product or part yourself, using the services of someone other than Nautilus, Inc. or an Authorized Schwinn® Fitness Dealer, or use a replacement part not supplied by Nautilus, Inc., Nautilus, Inc. shall not be liable for any cost, damage, failure or loss caused by the use of such unauthorized service or parts.
6. See your Authorized Schwinn® Fitness Dealer for service or write to:

Nautilus, Inc.  
16400 SE Nautilus Drive  
Vancouver, Washington, USA 98683

Or call 1-800-NAUTILUS (628-8458) for assistance or questions.



# Contact Information

## UNITED STATES OFFICES:

**E-mail: customerservice@nautilus.com**

### TECHNICAL/CUSTOMER SERVICE

Phone: 800-NAUTILUS (800-628-8458)

Fax: (877) 686-6466

E-mail: cstech@nautilus.com

### CORPORATE HEADQUARTERS

Nautilus, Inc.

World Headquarters

16400 SE Nautilus Drive

Vancouver, Washington, USA 98683

Phone: (800) NAUTILUS (800) 628-8458

## CANADA OFFICE:

### NAUTILUS FITNESS CANADA, INC.

925 Keewatin Street

Winnipeg, MB, Canada R2X 2X4

Phone: (866) 381-5996

Fax: (800) 532-6934

E-mail: nfcpartsandservice@nautilus.com

Please supply the serial number of your machine and the date of purchase when you call Nautilus. Use the space in the boxes below to write down this information. To find the serial number on your machine, refer to the Safety Warning Label information page. Dial the number of the office close to you.

Please record the following information for future reference.

**Serial Number**

**Date of Purchase**

## INTERNATIONAL OFFICES:

For technical assistance and a list of distributors in your area, please call or fax one of the following numbers.

### INTERNATIONAL CUSTOMER SERVICE

Nautilus International S.A.

Rue Jean Prouvé

1762 Givisiez / Switzerland

Tel: (41) (26) 460 77 77

Fax: (41) (26) 460 77 70

E-mail: technics@nautilus.com

### GERMANY and AUSTRIA

Nautilus Deutschland GmbH

Albin-Köbis-Str. 4

51147 Köln

Tel.: (49) 02203 2020 0

Fax: (49) 02203 2020 45 45

### ITALY

Nautilus Italy S.r.l., Via della Mercanzia, 103

40050 Funo di Argelato - Bologna

Tel: (39) 051 664 6201

Fax: (39) 051 664 7461

### SWITZERLAND

Nautilus Switzerland SA

Rue Jean-Prouvé 6,

CH-1762 Givisiez

Tel: (41) 026 460 77 66

Fax: (41) 026 460 77 60

### UNITED KINGDOM

Nautilus UK Ltd

Nautilus UK, 4 Vincent Avenue,

Crownhill, Milton Keynes, Bucks, MK8 0AB

Tel: (44) 1908 267 345

Fax: (44) 1908 567 346

### CHINA

Nautilus Representative Office

Nautilus, Shanghai, 7A No.728, Yan'an Rd(West),

200050 Shanghai, China

Tel: (86) 21 523 707 00

Fax: (86) 21 523 707 09



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