

# **SCHWINN™**

## **411/510e**



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

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

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

**If purchased in US/Canada:** To register your product warranty, go to: [www.schwinnfitness.com/register](http://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](http://www.nautilusinternational.com)

Nautilus, Inc., 5415 Centerpoint Parkway, Groveport, OH 43125 USA, [www.NautilusInc.com](http://www.NautilusInc.com) - Customer Service: North America (800) 605-3369, [csnls@nautilus.com](mailto:csnls@nautilus.com) | Nautilus (Shanghai) Fitness Equipments Co, Ltd, Room 1701 &1702, 1018 Changning Road, Changning District, Shanghai, China 200042, [www.nautilus.cn](http://www.nautilus.cn) - 86 21 6115 9668 | outside U.S. or Canada: [www.nautilusinternational.com](http://www.nautilusinternational.com) | Printed in China | © 2018 Nautilus, Inc. | Schwinn, the Schwinn Quality logo, Schwinn 411, Schwinn 510e, Schwinn Toolbox, JRNY, Bowflex, and Nautilus are trademarks owned or licensed by Nautilus, Inc., registered or otherwise protected by common law in the United States and other nations. Google Play is a trademark of Google Inc. App Store is a service mark of Apple Inc. The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc., and any use of such marks by Nautilus, Inc. is under license.

ORIGINAL MANUAL - ENGLISH VERSION ONLY

# IMPORTANT SAFETY INSTRUCTIONS

 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.

**DANGER**

Carefully read and understand the Assembly instructions. Read and understand the complete Manual. Keep the Manual for future reference.

**DANGER**

To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug this machine from the electrical outlet immediately after using and before cleaning.

- Keep bystanders and children away from the product you are assembling at all times.
- Do not connect power supply to the machine until instructed to do so.
- The machine should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- Before each use, examine the machine for damage to power cord, loose parts or signs of wear. Do not use if found in this condition. If purchased in US/Canada, contact Customer Service for repair information. If purchased outside US/Canada, contact your local distributor for repair information.
- Do not drop or put objects into any opening of the machine.
- Do not assemble this machine outdoors or in a wet or moist location.
- Make sure assembly is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Some components of the machine can be heavy or awkward. Use a second person when doing the assembly steps involving these parts. Do not do steps that involve heavy lifting or awkward movements on your own.
- Set up this machine on a solid, level, horizontal surface.
- Do not try to change the design or functionality of this machine. This could compromise the safety of this machine and will void the warranty.
- If replacement parts are necessary, use only genuine Nautilus replacement parts and hardware. 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 until the machine has been fully assembled and inspected for correct performance in accordance with the Manual.
- Use this machine only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- Do all assembly steps in the sequence given. Incorrect assembly can lead to injury or incorrect function.
- Connect this machine to a properly grounded or earthed outlet only.
- Keep the AC Adapter away from heat sources and hot surfaces.
- Do not operate where aerosol products are being used.
- Silicone lubricant is not intended for human consumption. Keep out of reach of children. Store in a safe place.
- **SAVE THESE INSTRUCTIONS.**

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

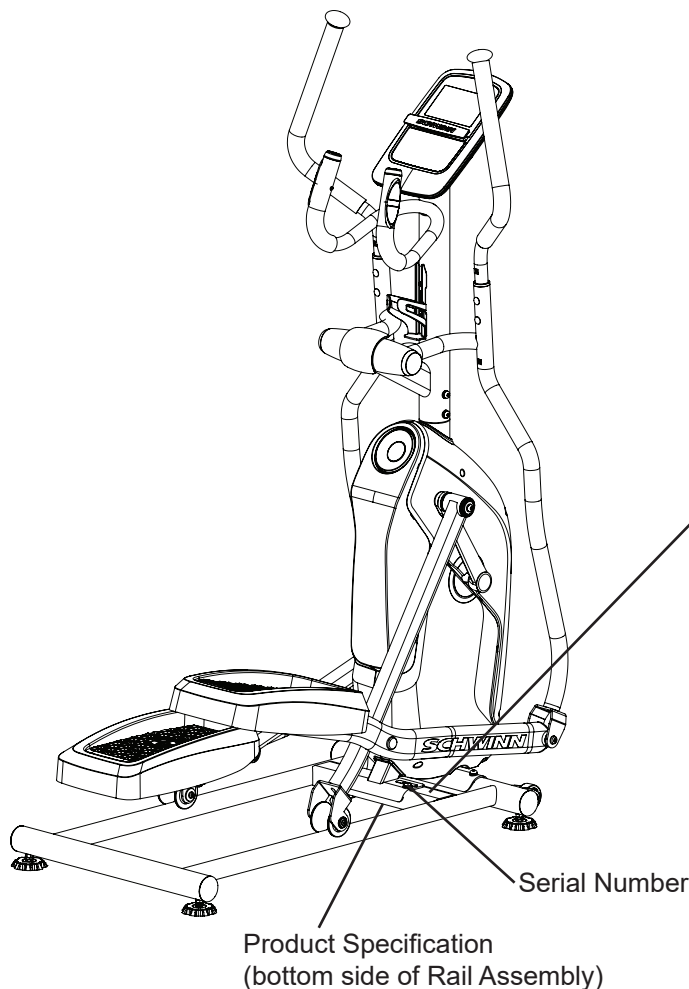
**Before using this equipment, obey the following warnings:**

 **Read and understand the complete Manual. Keep the Manual for future reference.**

**Read and understand all warnings on this machine. 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.**

- Children must not be let on or near to this machine. Moving parts and other features of the machine can be dangerous to children.
- Not intended for use by anyone under 14 years of age. Individuals between 14 and 17 years of age must be supervised when using this machine.
- Consult a physician before you start an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before you use the machine again. Use the values calculated or measured by the machine's computer for reference purposes only.
- Before each use, examine this machine for loose parts or signs of wear. Monitor the Pedals and Crank Arms closely. Do not use if found in this condition. If purchased in US/Canada, contact Customer Service for repair information. If purchased outside US/Canada, contact your local distributor for repair information.
- This appliance should only be used with the power supply unit provided, or a replacement power supply unit supplied from Nautilus, Inc.
- Maximum user weight limit: 136 kg (300 lbs). Do not use if you are over this weight.
- This machine is for home use only. Do not place or use the machine in a commercial or institutional setting. This includes gyms, corporations, work places, clubs, fitness centers and any public or private entity that has a machine for use by its members, customers, employees or affiliates.
- Do not wear loose clothing or jewelry. This machine contains moving parts. Do not put fingers or other objects into moving parts of the exercise equipment.
- Set up and operate this machine on a solid, level, horizontal surface.
- Make the Foot Pedals stable before you step on them. Use caution when you step on and off the machine.
- Disconnect all power before servicing this machine.
- Do not operate this machine outdoors or in moist or wet locations.
- Keep at least 0.6 m (24 in) along the side used to access the machine and to the rear of the machine clear. This is the recommended safe distance for access and passage around and emergency dismounts from the machine. Keep third parties out of this space when machine is in use.
- Do not over exert yourself during exercise. Operate the machine in the manner described in this manual.
- Correctly adjust and safely engage all Positional Adjustment Devices. Make sure that the Adjustment Devices do not hit the user.
- Keep the Foot Pedals clean and dry.
- Exercise on this machine requires coordination and balance. Be sure to anticipate that changes in speed and resistance level can occur during workouts, and be attentive in order to avoid loss of balance and possible injury.
- A machine should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- Use this machine only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- This appliance is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Keep children under the age of 14 away from this machine.
- Children should be supervised to ensure that they do not play with the appliance.

• **SAVE THESE INSTRUCTIONS.**



## WARNING!

- Injury or death is possible if caution is not used while using this machine.
  - Keep children and pets away.
  - Read and follow all warnings on this machine.
  - Refer to the Owner's Manual for additional warnings and safety information.
  - The heart rate displayed is an approximation and should be used for reference only.
  - Not intended for use by anyone under 14 years of age.
  - The maximum user weight for this machine is 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.

The machine and power supply comply 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 machine and power supply have been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate 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. If 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.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

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

# SPECIFICATIONS

**Maximum User Weight:** 136 kg ( 300 lbs.)  
**Maximum Pedal Height:** 43.2 cm ( 17 in )  
**Machine Weight:** 45.4 kg ( 100 lbs.)

**Total Surface Area (footprint) of equipment:** 8180.1 cm<sup>2</sup>

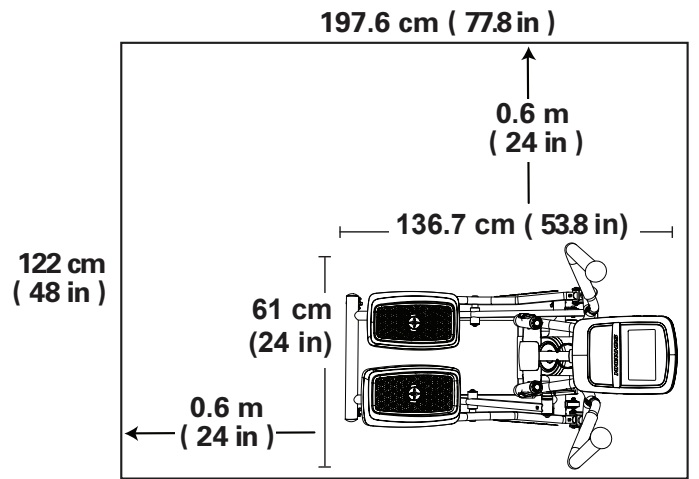
## Power Requirements:

Input Voltage: 100-240V AC, 50-60Hz, 0.4A  
Output Voltage: 9V DC, 1.5A

**Storage dimensions:** 109.2 cm (43 in) L x 61 cm (24 in) W x 158.8 cm (62.5 in) H



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: 158.8 cm (62.5 in)

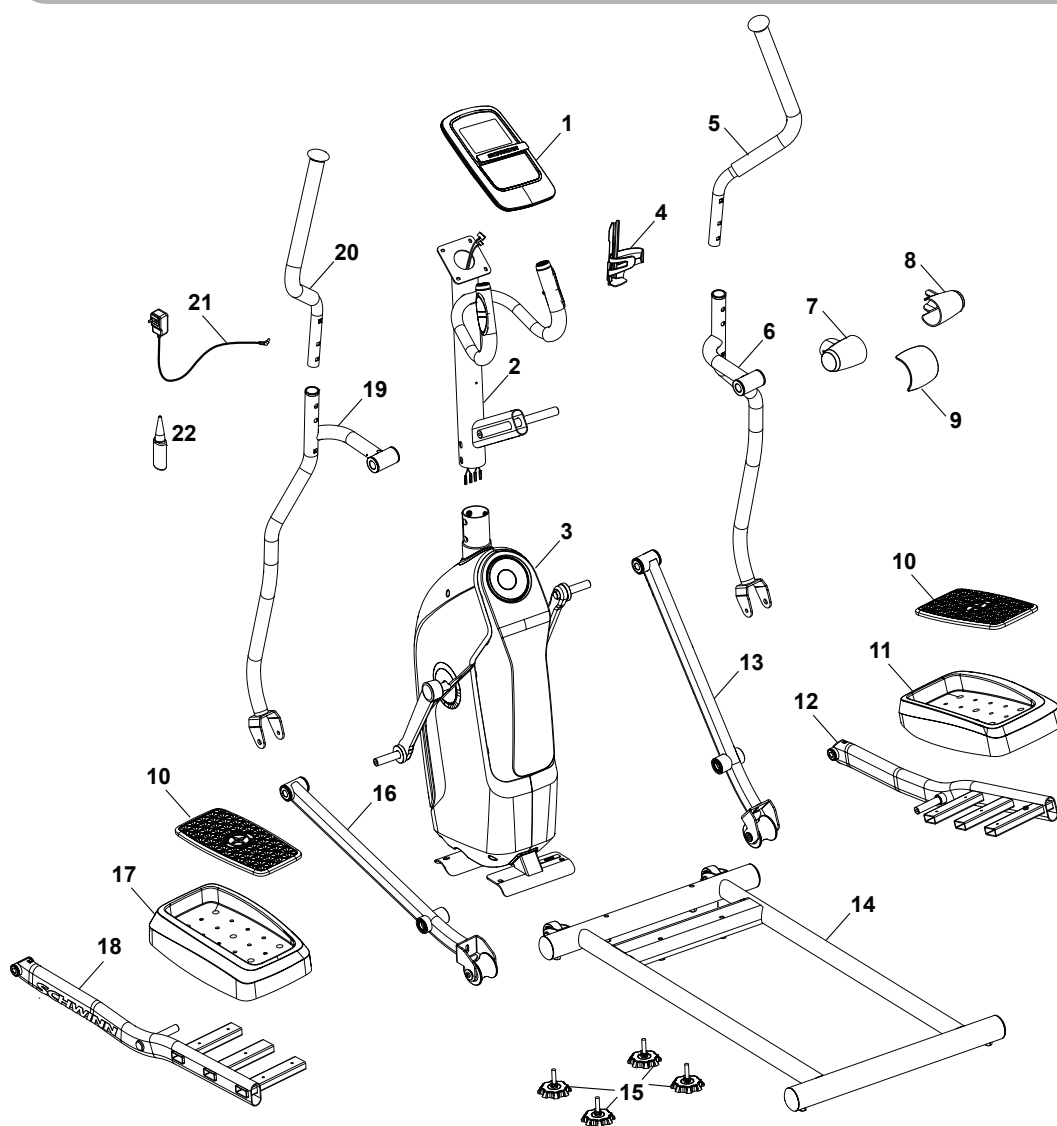
## Before Assembly

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 122 cm x 197.6 cm ( 48 in x 77.8 in ). Keep at least 0.6 m (24 in) along the side used to access the machine and to the rear of the machine clear. Be sure that the workout space you are utilizing has adequate height clearance, taking into consideration the height of the user and the maximum height of the pedals.

## Basic Assembly Tips

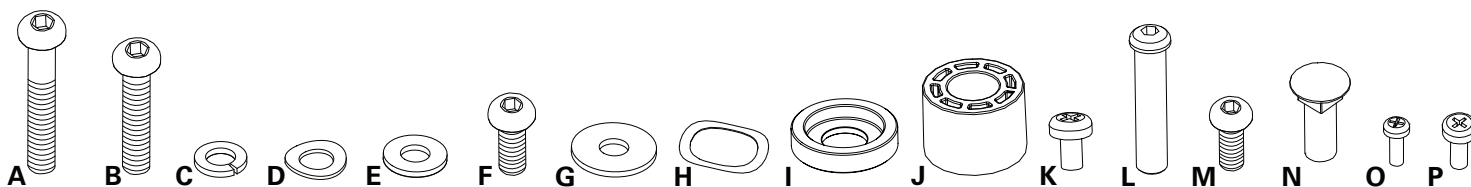
Follow these basic points when you assemble your machine:

- Read and understand the “Important Safety Instructions” before assembly.
- Collect all the pieces necessary for each assembly step.
- Using the recommended wrenches, turn the bolts and nuts to the right (clockwise) to tighten, and the left (counterclockwise) to loosen, unless instructed otherwise.
- When attaching 2 pieces, lightly lift and look through the bolt holes to help insert the bolt through the holes.
- The assembly can require 2 people.



A decal has been applied to all right (“ R ”) and left (“ L ”) parts to assist with assembly.

Item	Qty	Description	Item	Qty	Description
1	1	Console	12	1	Pedal Arm, Right
2	1	Console Mast	13	1	Right Leg
3	1	Frame Assembly	14	1	Rail Assembly
4	1	Water Bottle Holder	15	4	Leveler
5	1	Upper Right Handlebar Arm	16	1	Left Leg
6	1	Lower Right Handlebar Arm	17	1	Foot Pad, Left
7	1	Handlebar Shroud, Left	18	1	Pedal Arm, Left
8	1	Handlebar Shroud, Right	19	1	Lower Left Handlebar Arm
9	1	Pivot Shroud	20	1	Upper Left Handlebar Arm
10	2	Foot Pad Insert	21	1	AC Adapter
11	1	Foot Pad, Right	22	1	Silicone Lubricant, Bottle



Item	Qty	Description	Item	Qty	Description
A	2	Button Head Hex Screw, M8x70	I	2	Spacer, Crank Arm
B	2	Button Head Hex Screw, M8x55	J	2	Spacer, Handlebar
C	18	Lock Washer, M8	K	10	Pan Phillips Head Screw, M6x10
D	8	Curved Washer, M8	L	2	Interior Threaded Bolt
E	2	Flat Washer, M8	M	4	Button Head Hex Screw, M6x12
F	14	Button Head Hex Screw, M8x20	N	4	Carriage Bolt
G	8	Wide Washer, M8	O	2	Phillips Head Screw, M4x10
H	6	Wave Washer, 19.2x25.5mm	P	2	Phillips Head Screw, M5x14

**Note:** Select pieces of Hardware have been provided as spares on the Hardware Card. Be aware that there may be remaining Hardware after the proper assembly of your machine.

## Tools

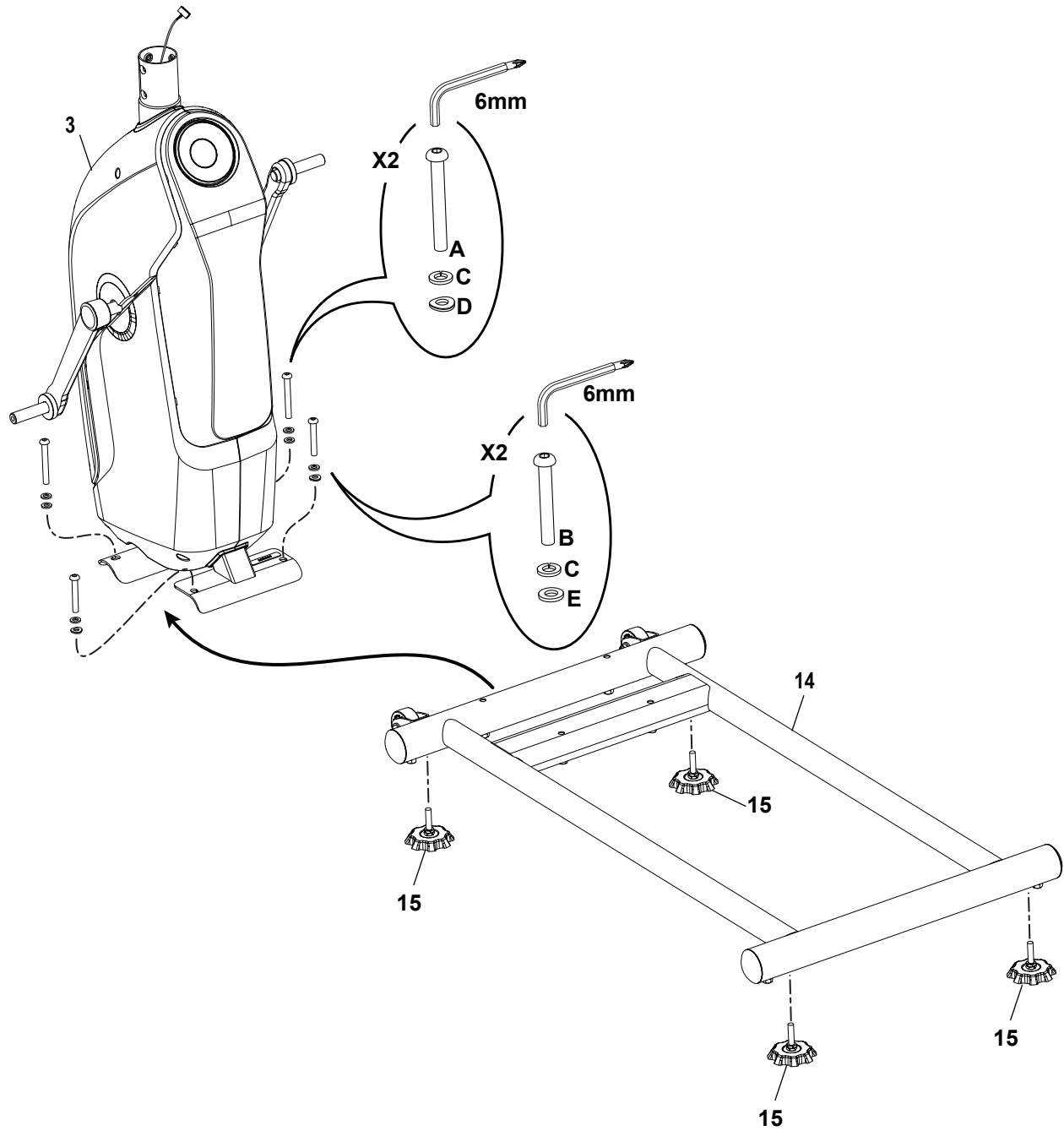
### Included



#2  
4 mm  
(2) 6 mm

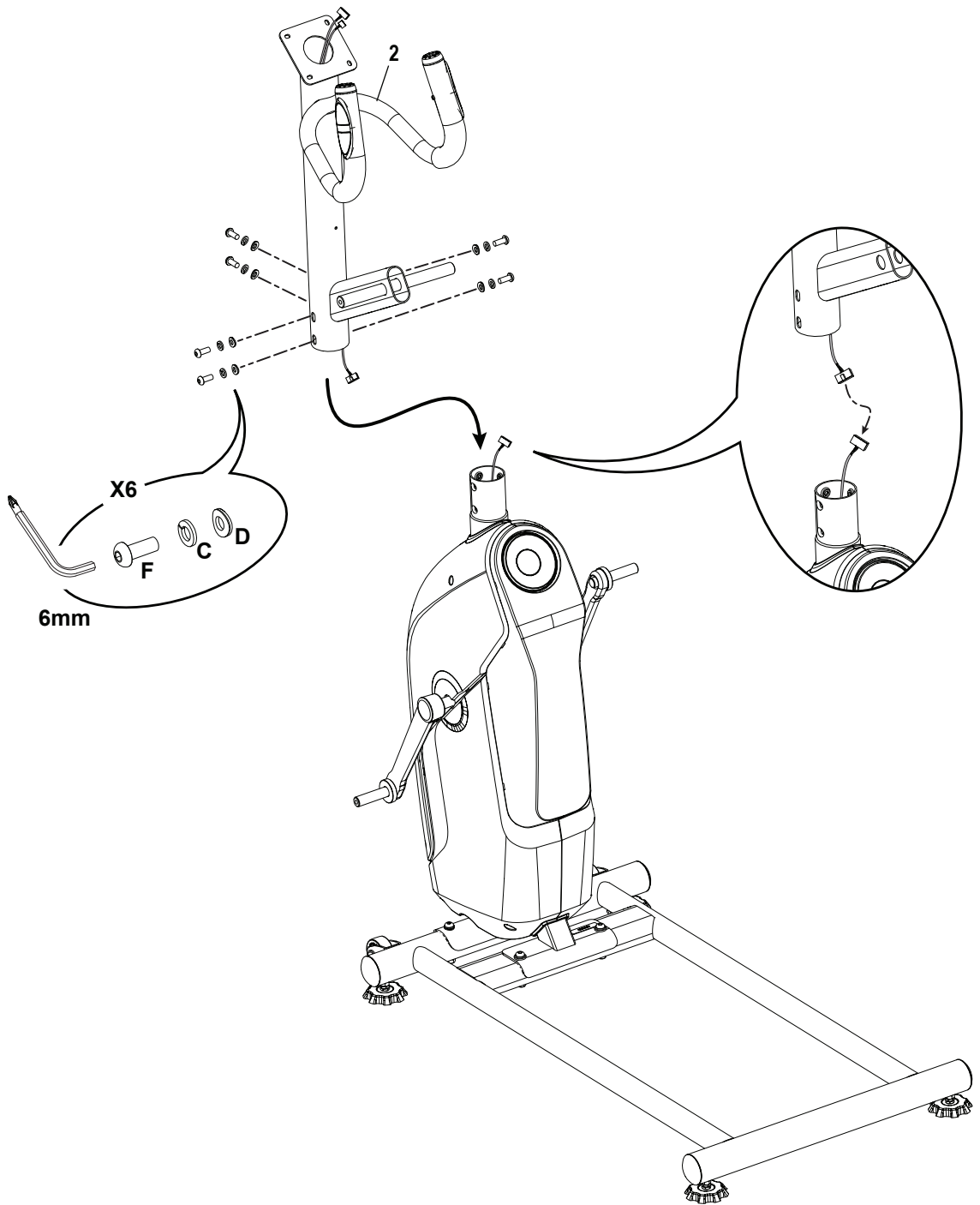


1. Attach Rail Assembly to Frame Assembly

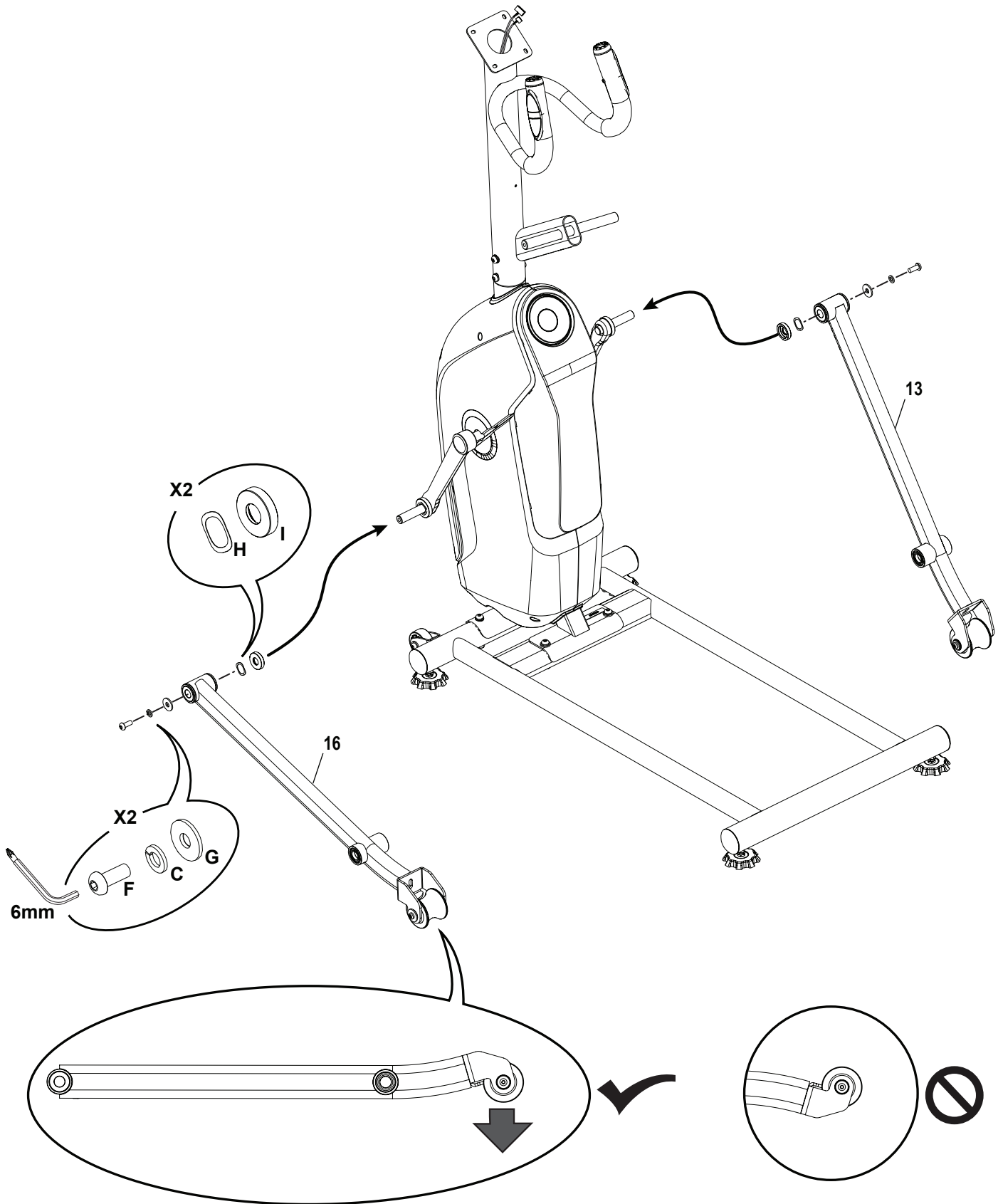


## 2. Connect the Cables and Attach the Console Mast to Frame Assembly

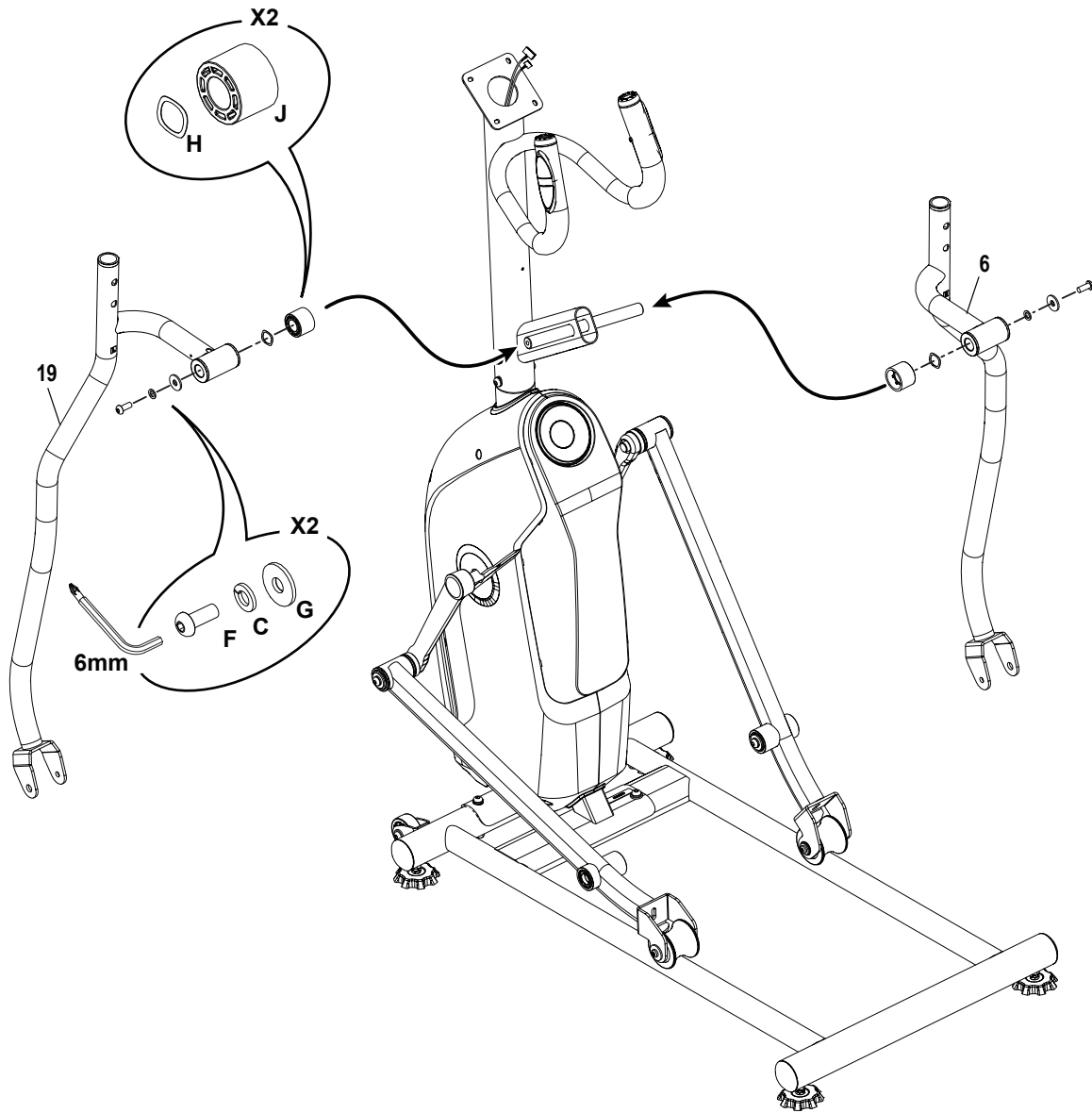
**NOTICE:** Do not crimp Console Cable.



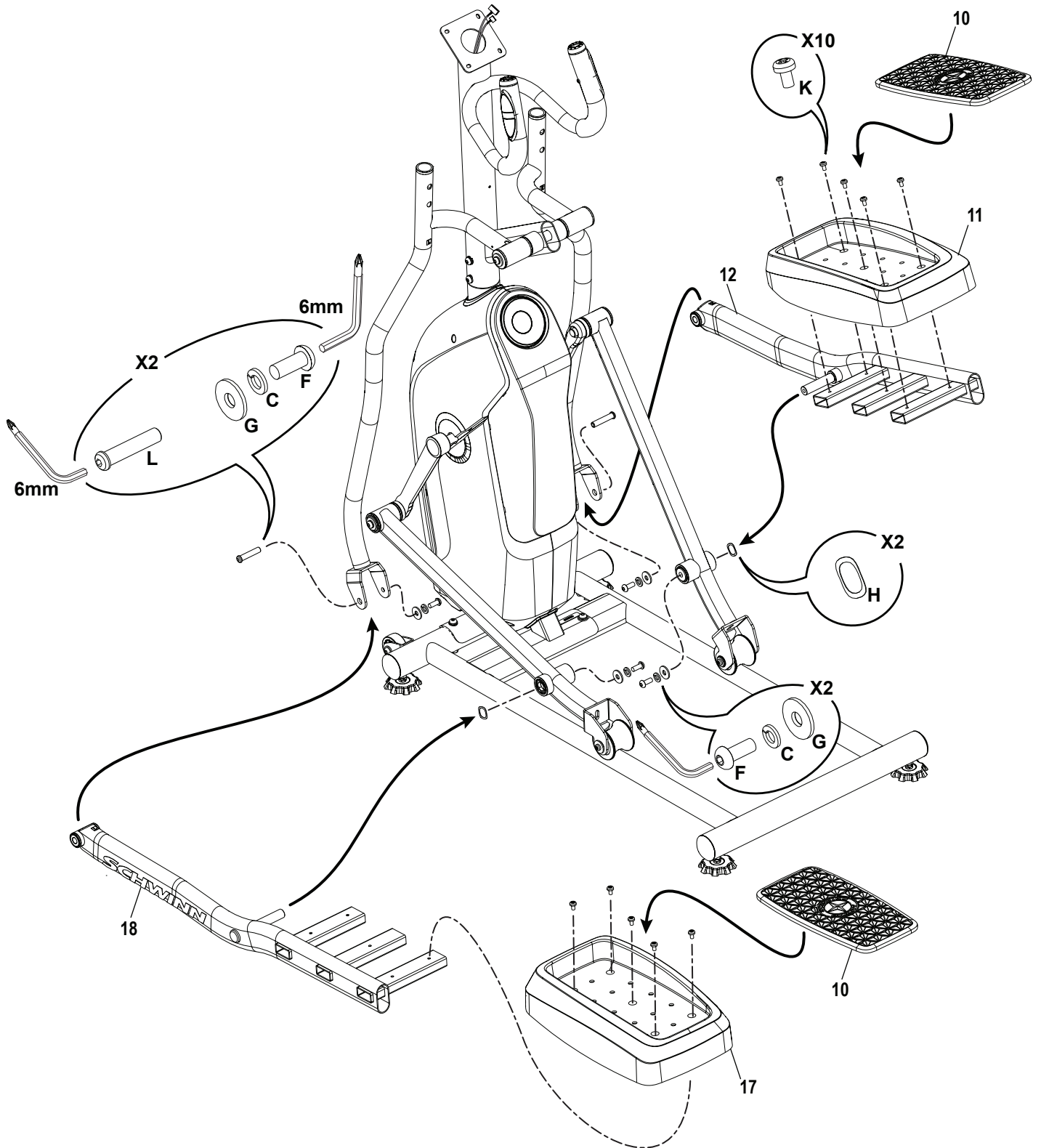
### 3. Attach Legs to Frame Assembly



#### 4. Attach Arm Pivot Rod and Lower Handlebar Arms to Frame Assembly

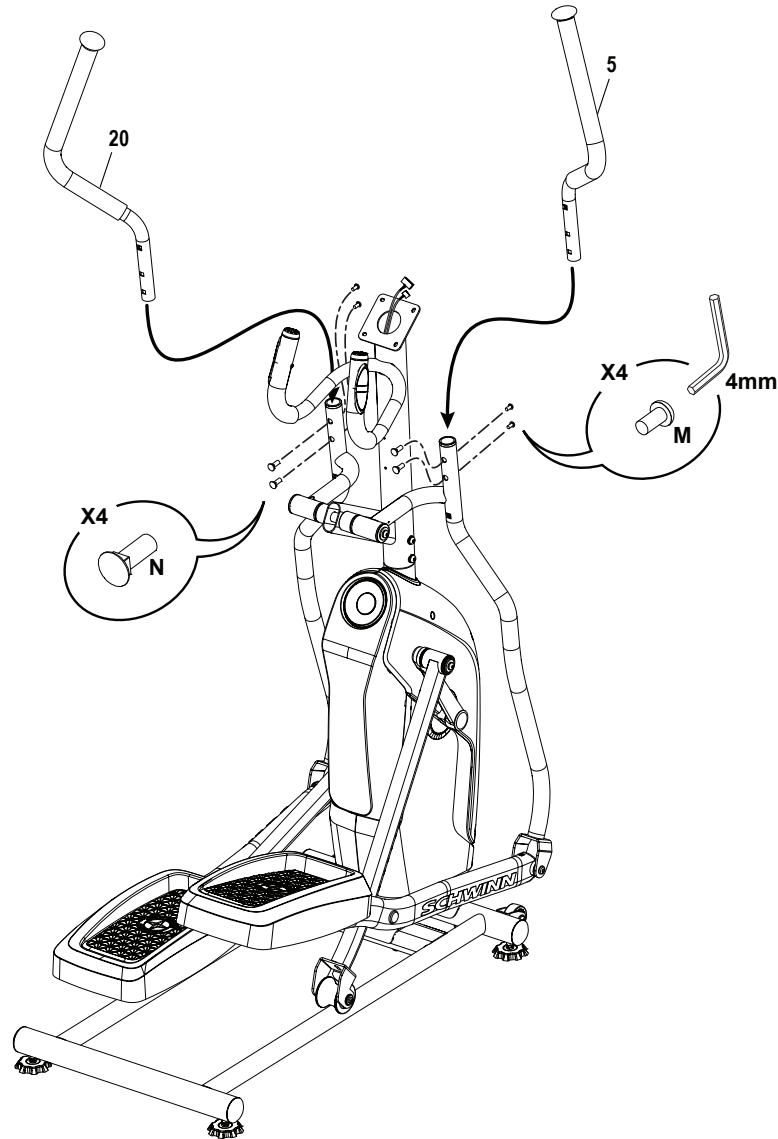


## 5. Attach Pedals to Frame Assembly

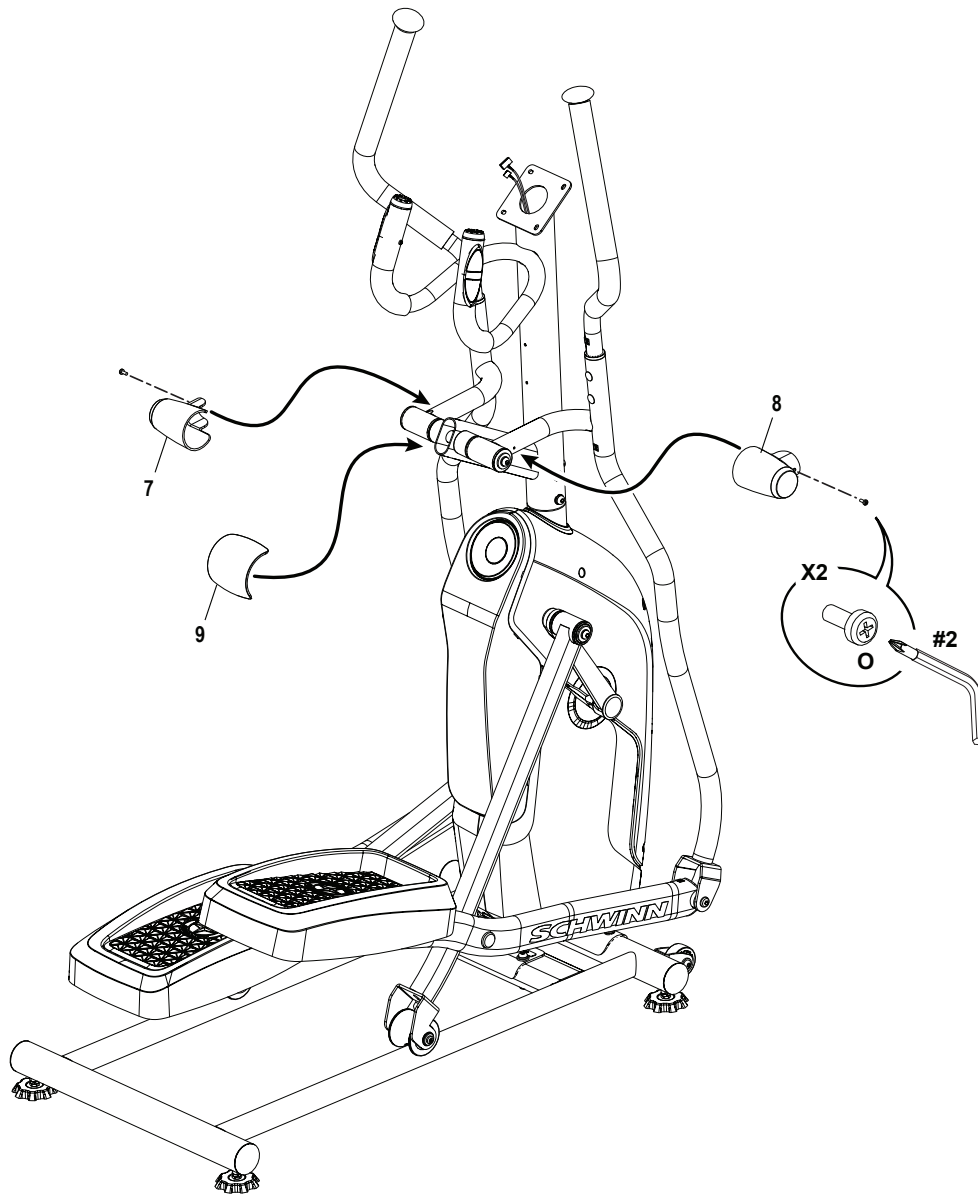


## 6. Attach the Upper Handlebar Arms to Frame Assembly

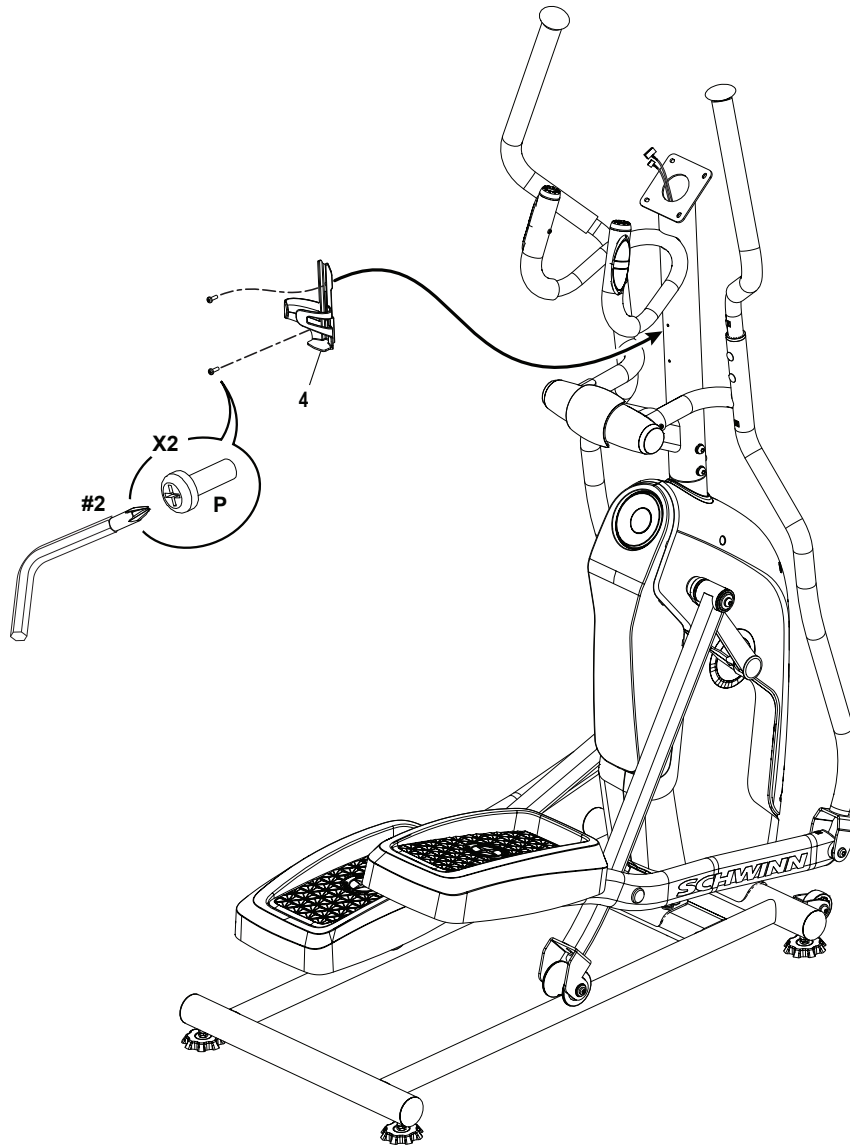
 Make sure the Upper Handlebar Arms are secure before you exercise.



## 7. Attach Pivot and Handlebar Shrouds to Frame Assembly



## 8. Attach Water Bottle Holder to Frame Assembly

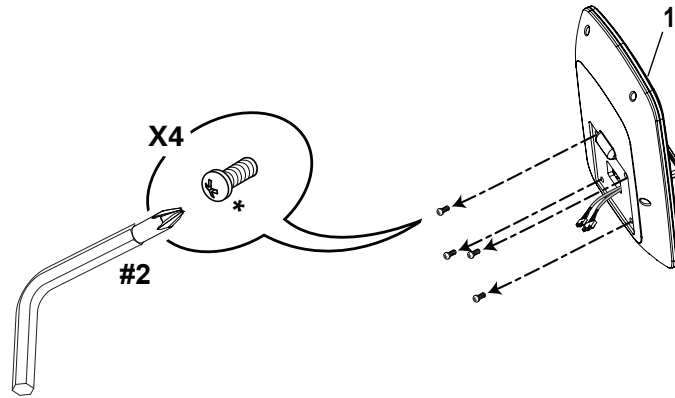




## 9. Remove Hardware from Console

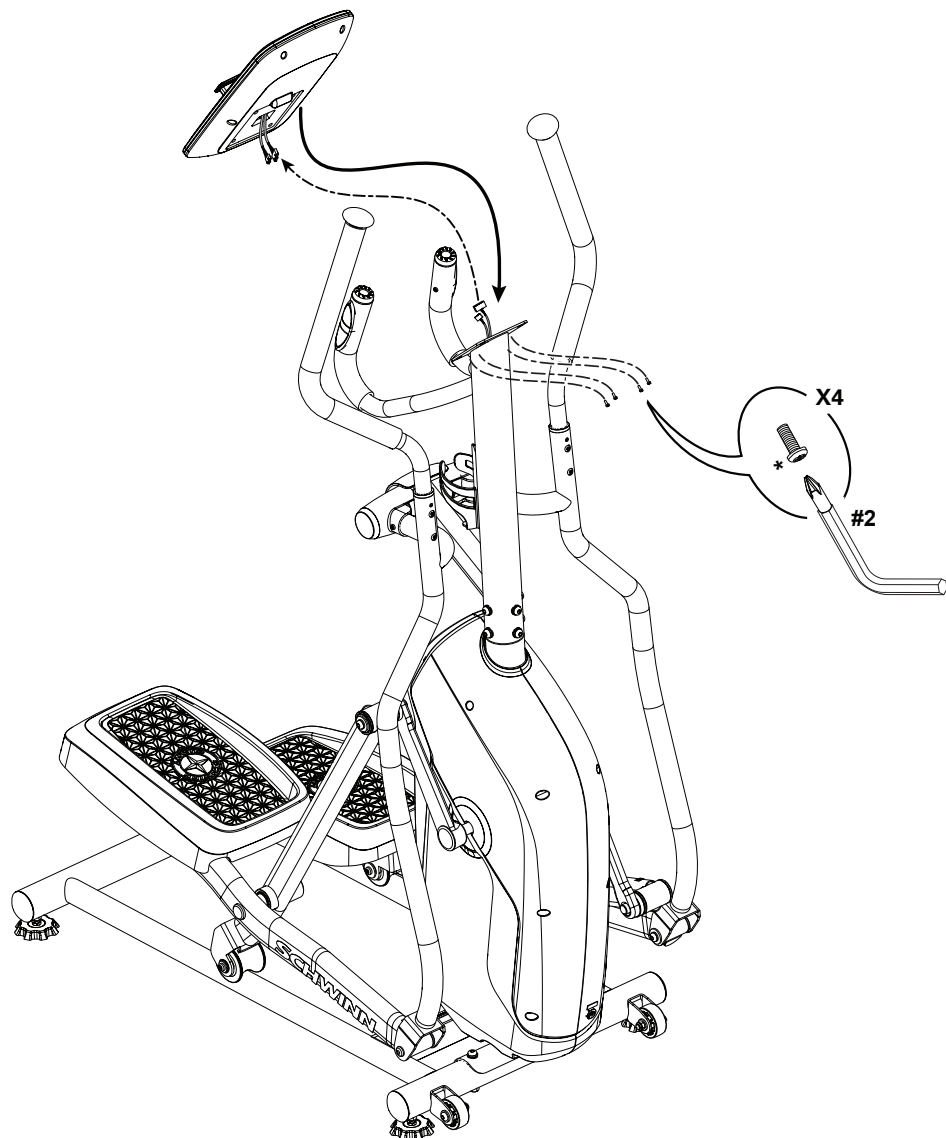
**NOTICE:** Do not crimp the cable.

**Note:** Hardware is pre-installed and not on the Hardware Card. \*



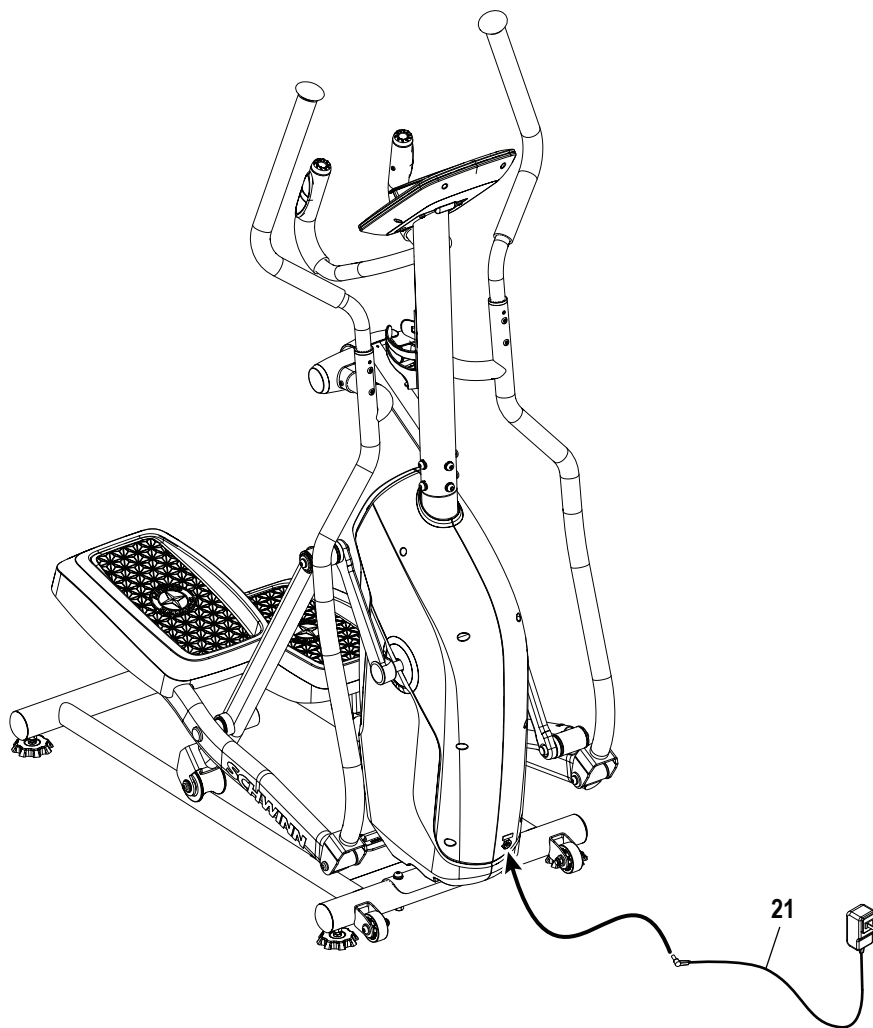
## 10. Connect Cables and Attach Console to Frame Assembly

**NOTICE:** Align the clips on the cable connectors and make sure the connectors lock. Do not crimp cables.



## 11. Connect the AC Adapter to Frame Assembly

 Connect this machine to a properly grounded outlet only.



## 12. Final Inspection

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

**Note:** Apply silicone lubricant to a cloth and wipe the rails to eliminate roller noise.

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



Be sure to record the serial number in the field provided at the front of this manual, and download the “Schwinn Tool-box™” App to keep your machine updated with the latest software.

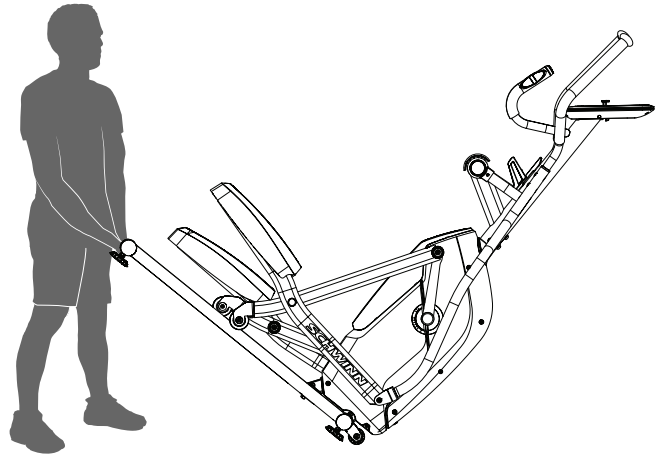
 **Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Owner’s Manual.**

## Moving the Machine

**!** The machine may be moved by one or more persons depending on their physical abilities and capacities. Make sure that you and others are all physically fit and able to move the machine safely.

1. Remove the AC Adapter.
2. Use the Transport Handle to carefully lift the machine onto the transport rollers.
3. Push the machine into position.
4. Carefully lower the machine into position.

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



## Leveling the Machine

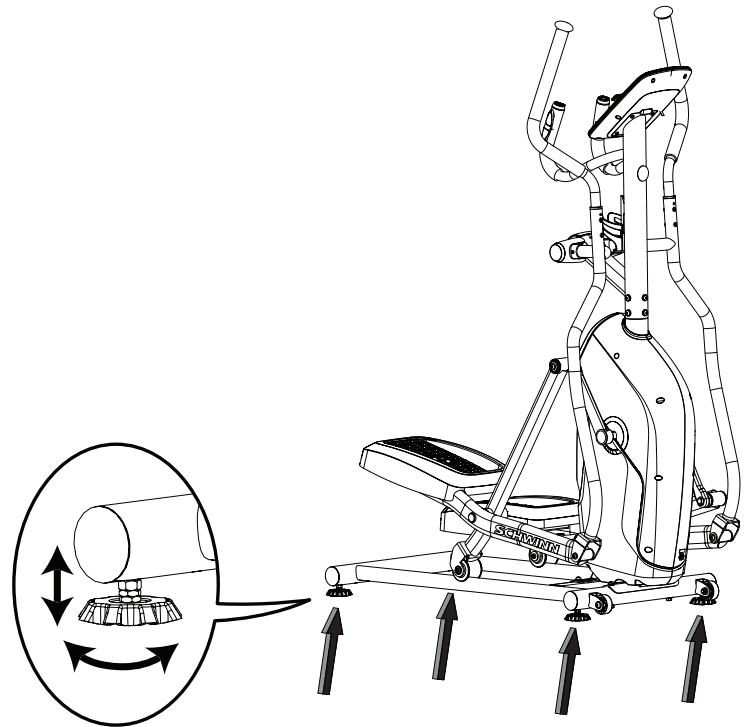
The machine needs to be leveled if your workout area is uneven or if the Rail Assembly is slightly off the floor. To adjust:

1. Place the machine in your workout area.
2. Safely stand on the back of the Rail Assembly for approximately 20 seconds.
3. Step off the machine.
4. Loosen the locking nuts and adjust the levelers until they all contact the floor.

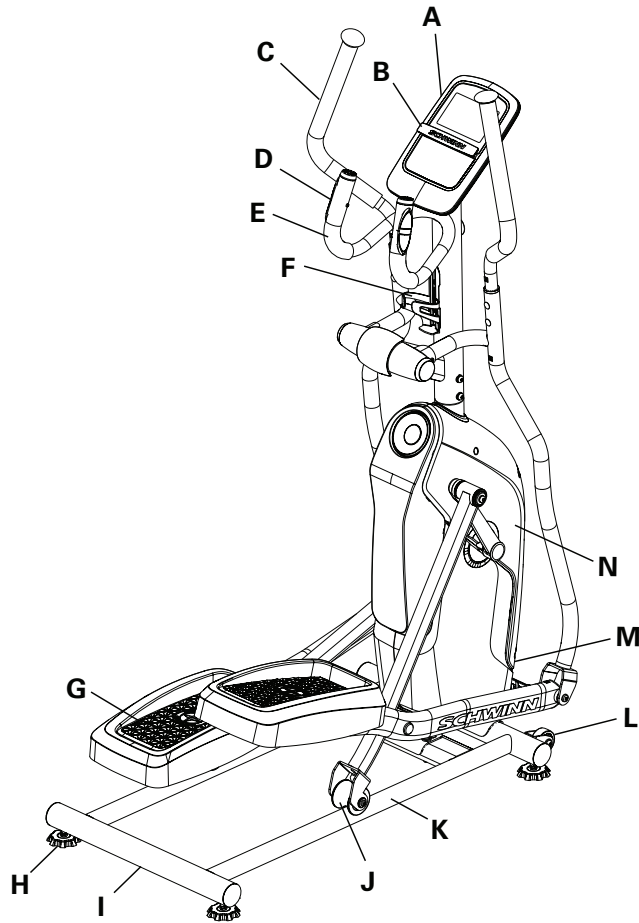
**!** Do not adjust the levelers to such a height that they detach or unscrew from the machine. Injury to you or damage to the machine can occur.

5. Adjust until the machine is level. Tighten the locking nuts.

Make sure the machine is level and stable before you exercise.



# FEATURES



A	Console	I	Transport Handle
B	Media Tray	J	Roller
C	Upper Handlebar	K	Rail Assembly
D	Contact Heart Rate Sensor	L	Transport Roller
E	Static Handlebar	M	Power Inlet
F	Water Bottle Holder	N	Fully Shrouded Flywheel
G	Foot Pedal	O	Bluetooth® Heart Rate (HR) Receiver (not shown)
H	Leveler	P	Bluetooth® Connectivity (not shown)

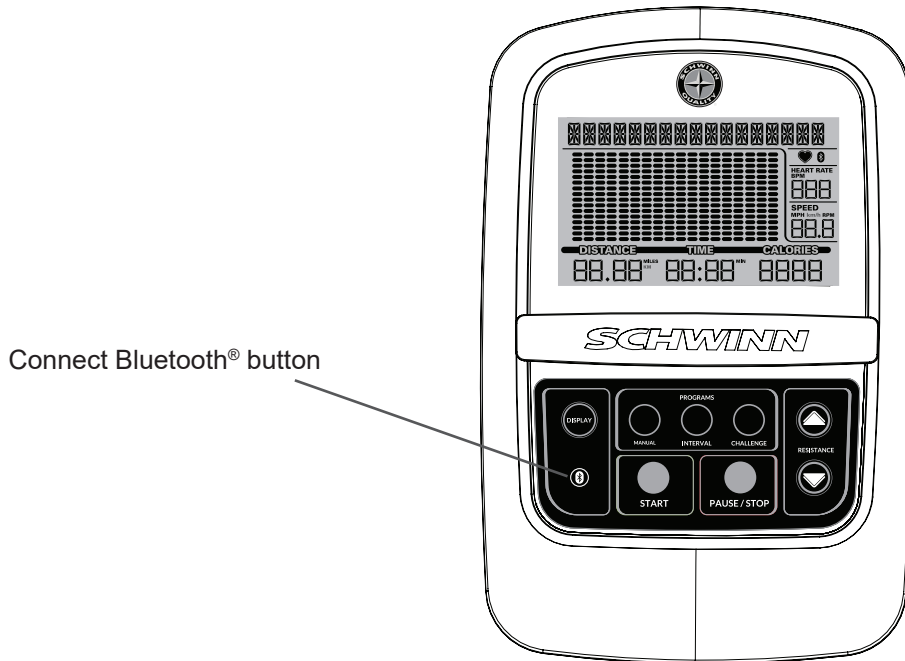
## **⚠ WARNING**

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

## Console Features

The Console provides important information about your workout and lets you control the resistance levels while you exercise. The Console features touch control buttons to navigate you through the exercise programs.

**Note:** Customized selections made to the Console will not be remembered after a shut down.



## Keypad Functions

**DISPLAY** button - Allows the user to select the units and other displayed values during a workout.

**Connect Bluetooth®** button - Makes the Console disconnect any previous connections, and look for a Bluetooth® Heart Rate Chest Strap (quick push and release of the button) or a Bluetooth® enabled device (push and hold down the button for 3 seconds). The Console will actively look for 90 seconds.

### PROGRAMS:

**MANUAL** program button - Selects a Quick Start workout program.

**INTERVAL** program button - Selects an HIIT Interval (High Intensity, Interval Training) workout program.

**CHALLENGE** program button - Selects one of the Challenge workout programs.

**START** button- Starts a Program workout, confirms information, or resumes a paused workout.

**PAUSE / STOP** button- Pauses an active workout or ends a paused workout.

**Resistance Increase (▲)** button-Increases the workout resistance level or goal value.

**Resistance Decrease (▼)** button- Decreases the workout resistance level or goal value.

Program Display



### Program Display

The Program Display shows information to the User and the grid display area shows the course profile for the program. Each column in the profile shows one interval (workout segment). The higher the column, the higher the resistance level. The flashing column shows your current interval.

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



Heart Rate Detected icon - Display shows when the Console receives a heart rate signal from the contact heart rate sensors or a Bluetooth® Heart Rate Chest Strap.



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



### Heart Rate (Pulse)

The Heart Rate display shows the beats per minute (BPM) from the heart rate monitor. When a heart rate signal is received by the Console, the icon will flash.

**⚠ 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. The heart rate displayed is an approximation and should be used for reference only.**

### Speed

The Speed display field shows the machine speed in miles per hour (mph), kilometers per hour (km/h) or the pedal revolutions per minute (RPM).

### Distance

The Distance display shows the distance count (miles or km) in the workout.

**Note:** To change the measurement units to English Imperial or metric, push the DISPLAY button (refer to the “Modify Display of Workout Values” section in this manual).

### Time

The TIME display field shows the total time count of the workout.

### Calories

The Calories display field shows the estimated calories that you have burned during the exercise.

## Updates to Your Machine using the “Schwinn Toolbox™” App

This fitness machine is equipped with Bluetooth® connectivity and can be wirelessly updated with the “Schwinn Toolbox™” App. Once the App is installed on your device, the App will inform you of when there is an update to your machine.

1. Download the free App, named Schwinn Toolbox™. The App is available on the App Store and Google Play™.

**Note:** For a complete list of supported devices, review the App on the App Store or Google Play™.

2. Install the App.


When notified that there is an update to your fitness machine, follow the prompts on the App. Place the device that is running the App on the Media Tray. The App will update the software on the machine with the latest version. Do not remove your device from the Media Tray until the update is complete. The machine will return to the Welcome Screen when the update is completed.

## Workout with Other Fitness Apps

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

## Bluetooth® Heart Rate Chest Strap (not supplied)

Your fitness machine is equipped to be able to receive a signal from a Bluetooth® Heart Rate Chest Strap. When connected, the Console will display the Bluetooth® Heart Rate Chest Strap Connected icon.

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

1. Put on your Bluetooth® Heart Rate Chest Strap and activate it.
2. Push the Connect Bluetooth® button. The Console will actively search for any devices in the area. The Bluetooth® Heart Rate Chest Strap Connected icon will flash on the Console while searching.

**Note:** Any previously connected Chest Straps will be disconnected. However, if they are within range, the Console may find them again if unable to locate your Chest Strap.
3. The Bluetooth® Heart Rate Chest Strap Connected icon will stop blinking when connected. You are ready to workout.

At the end of your workout, push the Connect Bluetooth® button to disconnect your Chest Strap from the Console.

## Contact Heart Rate Sensors

Contact Heart Rate (CHR) sensors send your heart rate signals to the Console. The CHR sensors are the stainless steel parts of the Handlebars. To use, put your hands comfortably around the sensors. Be sure that your hands touch both the top and the bottom of the sensors. Hold firm, but not too tight or loose. Both hands must make contact with the sensors for the Console to detect a pulse. After the Console detects four stable pulse signals, your initial pulse rate will be shown.

Once the Console has your initial heart rate, do not move or shift your hands for 10 to 15 seconds. The Console will now validate the heart rate. Many factors influence the ability of the sensors to detect your heart rate signal:

- Movement of the upper body muscles (including arms) produces an electrical signal (muscle artifact) that can interfere with pulse detection. Slight hand movement while in contact with the sensors can also produce interference.
- Calluses and hand lotion may act as an insulating layer to reduce the signal strength.

- Some Electrocardiogram (EKG) signals generated by individuals are not strong enough to be detected by the sensors.
- The proximity of other electronic machines can generate interference.

If your heart rate signal ever seems erratic after validation, wipe off your hands and the sensors and try again.

### Heart Rate Calculations

Your maximum heart rate usually decreases from 220 Beats Per Minute (BPM) in childhood to approximately 160 BPM by age 60. This fall in heart rate is usually linear, decreasing by approximately one BPM for each year. There is no indication that training influences the decrease in maximum heart rate. Individuals of the same age could have different maximum heart rates. It is more accurate to find this value by completing a stress test than by using an age related formula.

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

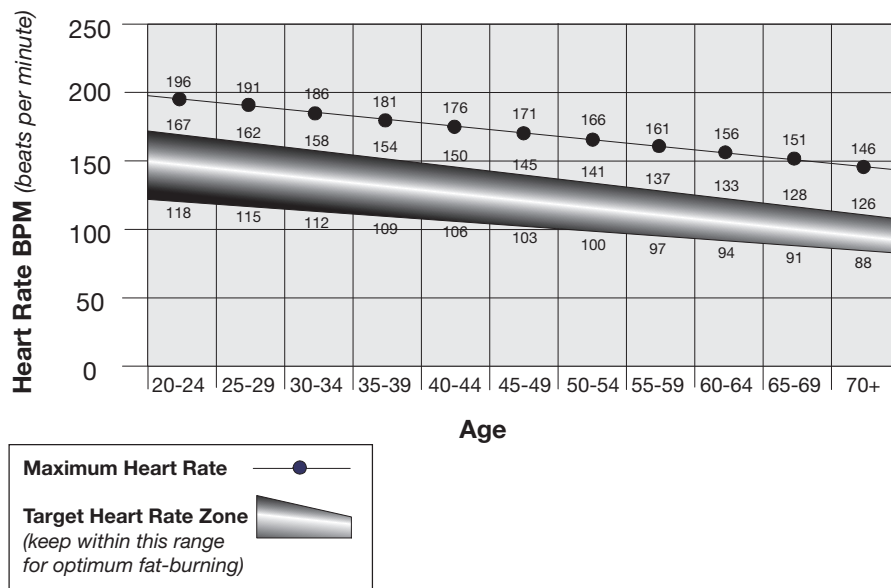
The Heart Rate table is an estimate of what Heart Rate Zone (HRZ) is effective to burn fat and improve your cardiovascular system. Physical conditions vary, therefore your individual HRZ could be several beats higher or lower than what is shown.

The most efficient procedure to burn fat during exercise is to start at a slow pace and gradually increase your intensity until your heart rate reaches between 60 – 85% of your maximum heart rate. Continue at that pace, keeping your heart rate in that target zone for over 20 minutes. The longer you maintain your target heart rate, the more fat your body will burn.

The graph is a brief guideline, describing the generally suggested target heart rates based on age. As noted above, your optimal target rate may be higher or lower. Consult your physician for your individual target heart rate zone.

**Note:** As with all exercises and fitness regimens, always use your best judgment when you increase your exercise time or intensity.

### FAT-BURNING TARGET HEART RATE





## 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.

## Mounting and Dismounting the Machine

**⚠** Care should be used when mounting or dismounting the machine. Be aware that the Pedals and the Handlebars are connected and when either of these parts move the other does as well. In order to avoid possible serious injury, only grasp the Static Handlebars to steady yourself.

To mount the fitness machine:

1. Move the Pedals until the one nearest you is in the lowest position.
2. Grasp the Static Handlebars under the Console.
3. Steadying yourself with the Static Handlebars, step up onto the lowest Pedal and place your other foot onto the opposite Pedal.

To dismount the fitness machine:

1. Move the dismount Pedal to the highest position, and bring the machine to a complete stop.

**⚠** This machine is not equipped with a free-wheel. Pedal speed should be reduced in a controlled manner.

2. Grasp the Static Handlebars under the Console to steady yourself.
3. With your weight on the lowest foot, swing the upper foot off the machine and down onto the floor.
4. Step off of the machine and release your grip from the Static Handlebars.

## Power-Up / Idle Mode / Welcome screen

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

**Note:** After a power-up, the Console will have reset to all default values and configurations.

## Auto Shut-Off (Sleep Mode)

If the Console does not receive any input in approximately 5 minutes, it will automatically shut off. The LCD display is off while in Sleep Mode.

**Note:** The Console does not have an On/Off switch.

## Manual (Quick Start) Program

The Manual (Quick Start) program lets you start a workout without entering any information.

During a Manual Workout, each column represents a 1 minute time period. The active column will advance across the screen every minute. If the workout lasts for more than 18 minutes, the active column will stay to the right where an additional column is added to the workout program.



1. Stand on the machine.
2. Push the MANUAL button to select the Quick Start Program.
3. Push START to begin the workout.

To change the resistance level, push the Resistance Increase/Decrease buttons. The current interval and future intervals are set to the new level. The default Manual resistance level is 4. The time will count up from 00:00.

**Note:** If a Manual workout is performed for more than 99 minutes and 59 seconds (99:59), the units for Time will reset to zero. Be sure to add these values to your final workout results.

4. When done with your workout, stop pedaling and push PAUSE/STOP to pause the workout. Push PAUSE/STOP again to end the workout.

## Interval Program

During the HIIT Interval Program (or “High Intensity, Interval Training” Program), the workout will switch between an increased intensity, “Sprint” period (more resistance), to a slower paced, ‘catch your breath’ time period ( “Recover”, or less resistance ). This shift between Sprint and Recover is repeated over the entire workout. The “Sprint” period is 30 seconds, and the “Recover” period is 90 seconds.



**Note:** Each “Recover” period is represented by 2 columns on the display.

**⚠ The “Sprint” period of an Interval Program is a suggested increase in resistance level and speed, and should only be followed if your physical fitness level allows.**

The default, and minimum, workout time for the HIIT Interval Program is 12 minutes. The workout can be increased in 12 minute increments by pushing the Increase button before the workout starts. The maximum workout time is 96 minutes. During a workout, the Program display will reset for every 12 minutes of a workout.

## Challenge Programs

The Challenge programs automate different resistance and workout levels. The Goal for the Workout can be customized.

Rolling Hills



Ride in the Park



Easy Tour



Pike's Peak



### Pyramids



### Summit Pass



### Stream Crossing



### Cross Training



### Uphill Finish



### Mount Hood



### Heart Rate Control



The Heart Rate Control program lets you select a base heart rate for your workout. The Console monitors your heart rate in beats per minute (BPM) from the Contact Heart Rate (CHR) Sensors on the machine or from your Bluetooth® Heart Rate Chest Strap, and adjusts the resistance during a workout to keep your heart rate near the base heart rate value.

**⚠ 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 default heart rate value for the Heart Rate Control program is 125 BPM. This value can be adjusted before the workout is started with the Increase/Decrease buttons.

**Note:** Be sure to allow time for your heart rate to reach the desired heart rate value when setting the goal. If no heart rate is detected, the Console will display, "NEED HEART RATE".

The Console lets you select a Challenge Program and type of Goal for your workout (Distance, Time or Calories), and set the Time Goal value.

1. Stand on the machine.
2. Push the CHALLENGE button until the desired Challenge Program is selected.
3. Use the Increase(▲) or Decrease(▼) buttons to adjust the goal value. Push and hold down the buttons to rapidly adjust the value. The default workout time is 30 minutes, with a range from 1 minute up to 99 minutes.

**Note:** To rapidly change the workout time, push and hold down the Increase or Decrease button.

4. Push START to begin the goal-oriented workout. The GOAL value will count up during the workout.

## Modify Display of Workout Values

Push the DISPLAY button to select the desired display configuration during your workout. The display configuration options can be cycled through until the workout ends.

- a.) SPEED- MPH / RPM (Default)
- b.) SPEED- MPH only
- c.) RPM only (miles)
- d.) SPEED- km/h / RPM
- e.) SPEED- km/h only
- f.) RPM only (kilometers)

**Note:** If the desired display is not the default, it will need to be selected after each power-up.

## Changing Resistance Levels

Push the Resistance Level Increase(▲) or Decrease(▼) buttons to change the resistance level at any time in a workout program.

## Pausing or Stopping

1. Stop pedaling and push the PAUSE/STOP button to pause your workout.
2. To continue your workout, push START or begin pedaling.

To stop the workout, push the PAUSE/STOP button. The Console will go into Workout Summary mode.

## Muting the Console

The Console has the option to be muted. To disable the audible cues, push and hold down the PAUSE/STOP button for 5 seconds. The Console will confirm that it has been muted by making three audible beeps.

**Note:** The Console will reset to the default (not muted) after each power-up.

## Workout Summary Mode

After a workout, the Console will display the Workout Summary values for five minutes. The total workout values (Distance, Time, and Calories) are constantly displayed. The Console will cycle between the other Workout Summary values every 3 seconds:

- a.) SPEED (average) and HEART RATE BPM (average)
- b.) RPM (average) and HEART RATE BPM (average)

**Note:** If no Heart Rate was provided during the workout, the Console will not report a value.

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.

## **⚠ DANGER**

To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and the machine and wait 5 minutes before cleaning, maintaining or repairing the machine. Place the AC Adapter in a secure location.

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

**Note:** Avoid excessive moisture on the Console.

**Weekly:** Check for smooth roller operation. Wipe the machine to remove dust, dirt, or grime. Clean the rails and surface of the rollers with a damp cloth.

Apply silicone lubricant to a dry cloth and wipe the rails to eliminate roller noise.

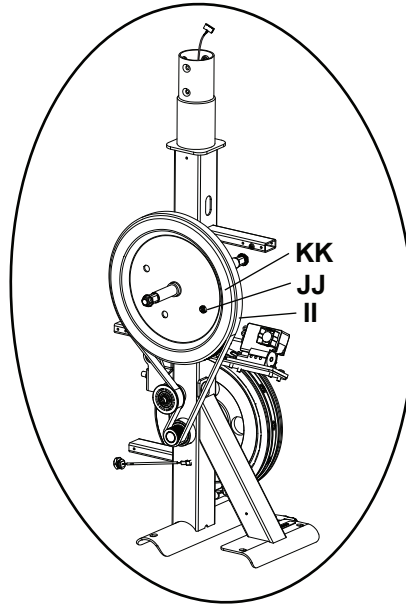
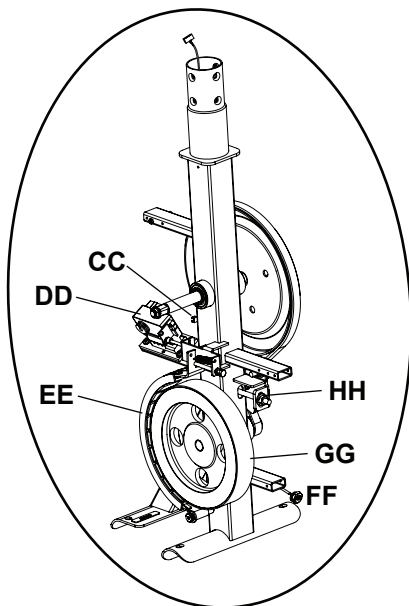
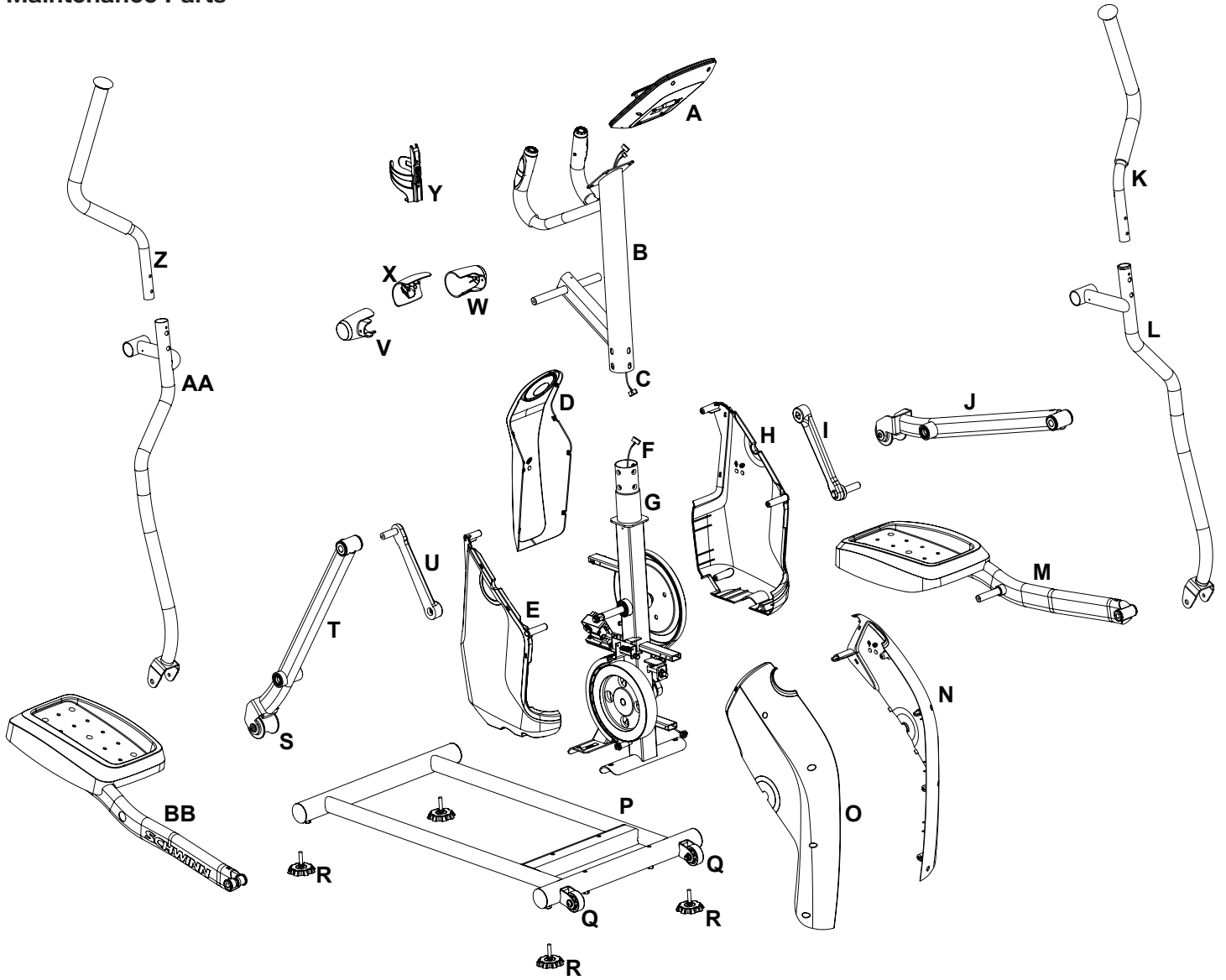
**⚠ Silicone lubricant is not intended for human consumption. Keep out of reach of children. Store in a safe place.**

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

**Monthly or after 20 hours:** Make sure all bolts and screws are tight. Tighten as necessary.

**NOTICE:** Do not clean with a petroleum based solvent or an automotive cleaner. Be sure to keep the Console free of moisture.

# Maintenance Parts



A	Console	N	Left Front Shroud	AA	Handlebar Arm, Lower Right
B	Console Mast	O	Right Front Shroud	BB	Pedal Arm, Right
C	Console Cable, Upper	P	Rail Assembly	CC	Speed Sensor
D	Rear Shroud	Q	Transport Wheel	DD	Servo Motor
E	Right Side Shroud	R	Leveler	EE	Brake Assembly
F	Console Cable, Lower	S	Roller	FF	Power Inlet
G	Frame Assembly	T	Leg, Right	GG	Fly Wheel
H	Left Side Shroud	U	Crank Arm, Right	HH	Tensioner
I	Crank Arm, Left	V	Handlebar Shroud, Right	II	Drive Belt
J	Leg, Left	W	Handlebar Shroud, Left	JJ	Speed Sensor Magnet
K	Handlebar Arm, Upper Left	X	Pivot Shroud	KK	Drive Pulley
L	Handlebar Arm, Lower Left	Y	Water Bottle Holder	LL	Silicone Lubricant, Bottle (not shown)
M	Pedal Arm, Left	Z	Handlebar Arm, Upper Right		

# TROUBLESHOOTING

Condition/Problem	Things to Check	Solution
No display/partial display/ unit will not turn on	Check electrical (wall) outlet	Make sure unit is plugged into a functioning wall outlet.
	Check connection at front of unit	Connection should be secure and undamaged. Replace adapter or connection at unit if either are damaged.
	Check data cable integrity	All wires in cable should be intact. If any are visibly crimped or cut, replace cable.
	Check data cable connections/orientation	Be sure cable is connected securely and oriented properly. Small latch on connector should line up and snap into place.
	Check console display for damage	Check for visual sign that console display is cracked or otherwise damaged. Replace Console if damaged.
	Console Display	If Console only has partial display and all connections are fine, replace the Console.
		If the above steps do not resolve the problem, contact Customer Service (if inside US/Canada) or your local distributor (if outside US/Canada).
Unit operates but Contact HR not displayed	HR cable connection at Console	Be sure cable is connected securely to Console.
	HR cable box connection	Be sure cables from handlebars and cable to Console are secure and undamaged.
	Sensor grip	Be sure hands are centered on HR sensors. Hands must be kept still with relatively equal pressure applied to each side.
	Dry or calloused hands	Sensors may have difficulty with dried out or calloused hands. A conductive electrode cream (heart rate cream) can help make better conduct. These are available on the web or at medical or some larger fitness stores.
	Static Handlebar	If tests reveal no other issues, Static Handlebar should be replaced.
Unit operates but Bluetooth® HR not displayed	Chest Strap (not provided)	Make sure strap is directly against skin and contact area is wet.
	Chest Strap Batteries	If strap has replaceable batteries, install new batteries.
	Interference	Try moving unit away from sources of interference (TV, Microwave, etc).
	Replace Chest Strap	If interference is eliminated and HR does not function, replace strap.
	Replace Console	If HR still does not function, replace Console.
Unit operates but Bluetooth® HR displayed incorrectly	Connected to previous user	The Console may be still connected to the previous user. Push Connect Bluetooth® button to disconnect from them/ connect to your chest strap.
No speed/RPM reading, Console displays "Please Stride" error code	Check data cable integrity	All wires in cable should be intact. If any are cut or crimped, replace cable.
	Check data cable connections/orientation	Be sure cable is connected securely and oriented properly. Small latch on connector should line up and snap into place.
	Check magnet position (requires shroud removal)	Magnet should be in place on pulley.
	Check Speed Sensor (requires shroud removal)	Speed sensor 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.



Condition/Problem	Things to Check	Solution
Resistance does not change (machine turns on and operates)	Check Console	Check for visual sign that Console is damaged. Replace Console if damaged.
	Check data cable integrity	All wires in cable should be intact. If any are visibly crimped or cut, replace cable.
	Check data cable connections/orientation	Be sure cable is connected securely and oriented properly. Reseat all connections. Small latch on connector should line up and snap into place.
	Check Servo Motor (requires shroud removal)	If magnets move, adjust until they are within the proper range. Replace Servo Motor if not functioning properly.
		If the above steps do not resolve the problem, contact Customer Service (if inside US/Canada) or your local distributor (if outside US/Canada) for further assistance.
Console shuts off (enters sleep mode) while in use	Check electrical (wall) outlet	Make sure unit is plugged into a functioning wall outlet.
	Check connection at front of unit	Connection should be secure and undamaged. Replace adapter or connection at unit if either are damaged.
	Check data cable integrity	All wires in the cable should be intact. If any are cut or crimped, replace cable.
	Check data cable connections/orientation	Be sure cable is connected securely and oriented properly. Small latch on connector should line up and snap into place.
	Reset machine	Unplug unit from electrical outlet for 3 minutes. Reconnect to outlet.
	Check magnet position (requires shroud removal)	Magnet should be in place on pulley.
	Check Speed Sensor (requires shroud removal)	Speed sensor 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.
Unit rocks/does not sit level	Check leveler adjustment	Adjust levelers until machine is level.
	Check surface under unit	Adjustment may not be able to compensate for extremely uneven surfaces. Move machine to level area.
Foot pedals loose/unit difficult to operate	Hardware	Tightly secure all hardware on the Pedal Arms and Handlebar Arms.
Drive train click/tick noise once per full crank revolution	Check crank/pulley assembly	Disconnect left and right foot assemblies and rotate crank. If sound persists, replace crank/pulley assembly. If sound does not come from rotating crank, check foot assemblies and upper/lower handlebars.
	Check foot assemblies, leg assemblies, handlebar assemblies	Manually move foot, leg, and handlebar assemblies to isolate sound. Replace part making sound.
	Check for loose hardware	Tightly secure all hardware on the Stabilizers and the base of the Console Mast.
Knocking sound during machine operation	Check hardware at junction between Lower Handlebar Arms, Pedals, and Legs	Make sure that the hardware is clear of any debris.

Condition/Problem	Things to Check	Solution
Squeaking noise that appears a few minutes into a workout and normally will get progressively worse as the workout continues	Bolt that connects the swing arms to the axle running through the console mast	Loosen pivot rod bolt slightly until noise goes away. White lithium grease can also be applied for a temporary fix. Contact Customer Service (if inside US/Canada) or your local distributor (if outside US/Canada) for further assistance.
	Roller squeaking on rail	Apply silicone lubricant to a dry cloth and wipe the rails to eliminate roller noise.

#### Who Is Covered

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

#### What Is Covered

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

#### Terms

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

- Frame 10 years
- Mechanical parts 2 years
- Electronics 1 year
- Labor 90 days

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

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

#### How Nautilus Will Support the Warranty

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

#### What You Must Do

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

#### What Is Not Covered

- Damage due to abuse, tampering or modification of the Product, failure to properly follow assembly instructions, maintenance instructions, or safety warnings as stated in the Product Documentation (Assembly, Owner's Manuals, etc), damage due to improper storage or the effect of environmental conditions such as moisture or weather, misuse, mishandling, accident, natural disasters, power surges.
- A machine placed or used in a commercial or institutional setting. This includes gyms, corporations, work places, clubs, fitness centers and any public or private entity that has a machine for use by its members, customers, employees or affiliates.
- Damage caused by exceeding maximum user weights as defined in the Product's Owner's manual or warning label.
- Damage due to normal usage and wear and tear.
- This warranty does not extend to any territories or countries outside the United States and Canada.

#### How to Obtain Service

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

#### Exclusions

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

#### Limitation of Remedies

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

#### State Laws

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

#### Expirations

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

#### International Purchases

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



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