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**NOTICE:** This document provides important safety instructions, adjustments, and general troubleshooting information for the maintenance of the Schwinn™ IC3, IC7 and 700IC bikes.

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



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

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## Important Safety Instructions



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

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



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

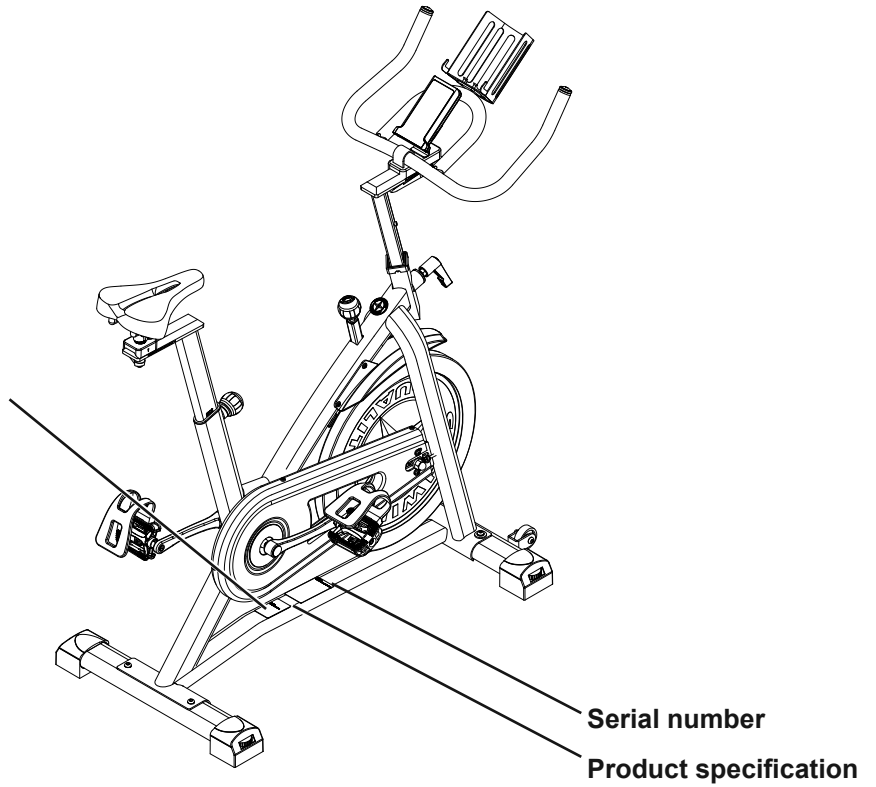
- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power to the machine before you service it.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- Use only replacement parts and hardware that are supplied or approved by Nautilus. Failure to use Nautilus-approved replacement parts can adversely affect the safety and functionality of the equipment creating a risk to users and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If at any time the Warning labels become loose, unreadable or dislodged, replace the labels. If purchased in US/Canada, contact Customer Service for replacement labels. If purchased outside US/Canada, contact your local distributor for them.
- Do not try to change the design or functionality of the machine being serviced as this can adversely affect user safety.
- Do not put the machine back in service until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.
- **SAVE THESE INSTRUCTIONS.**

## Safety Warning Labels and Serial Numbers

### WARNING!

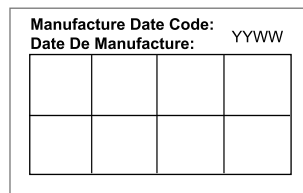
- Injury or death is possible if caution is not used while using this machine.
- Keep children and pets away.
- Read and follow all warnings on this machine.
- Refer to the Owner's Manual for additional warnings and safety information.
- The heart rate displayed is an approximation and should be used for reference only.
- Not intended for use by anyone under 14 years of age.
- The maximum user weight for this machine is 300 lbs (136 kg).
- This machine is for home use only.
- Consult a physician prior to using any exercise equipment.

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



### Reading the Product Specification Decal

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



### Specifications

**Maximum User Weight:** 136 kg (300 lb)

**Total Surface Area (footprint) of equipment:** 2622 cm<sup>2</sup>

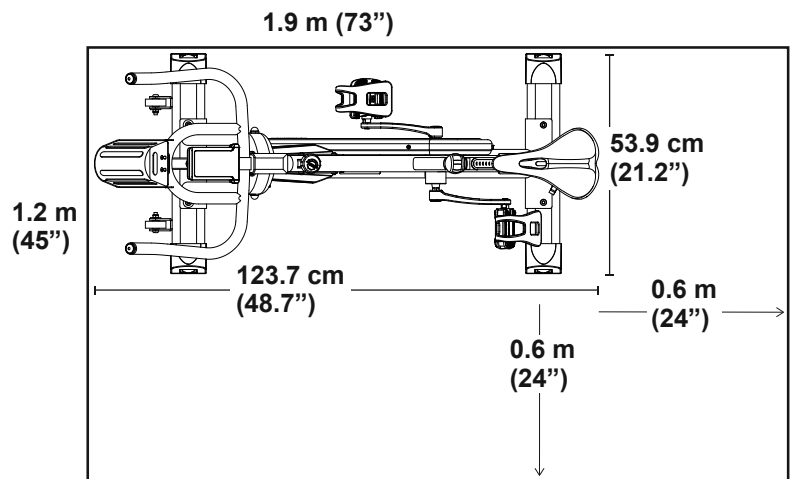
**Machine Weight:** 46 kg (101 lb)

**Power Requirements:** 2 AA Batteries (SUM3)

**Output Voltage:** 3VDC



DO NOT dispose of this product as refuse. This product is to be recycled. For proper disposal of this product, please follow the prescribed methods at an approved waste center.



Machine Height: 126.66cm (49.8")

## Maintenance

Read all maintenance instructions fully before you start any repair work. In some conditions, an assistant is required to do the necessary tasks.

**⚠ Equipment must be regularly examined for damage and repairs. The owner is responsible to make sure that regular maintenance is done. Worn or damaged components must be repaired or replaced immediately. Only manufacturer supplied components can be used to maintain and repair the equipment.**

**If at any time the Warning labels become loose, unreadable or dislodged, replace the labels. If purchased in US/Canada, contact Customer Service for replacement labels. If purchased outside US/Canada, contact your local distributor for them..**

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

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

**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:** Check pedals and crank arms and tighten as necessary.  
Clean the machine to remove any dust, dirt, or grime from the surfaces.  
Check for smooth seat operation. If needed, sparingly apply a thin coating of silicone lube to ease operation.

**⚠ Since this machine operates with a fixed gear, do not back, or reverse, pedal. Doing so may loosen the Pedals, which could result in damage to the machine and/or injury to the user. Never operate this machine with loose Pedals.**

**⚠ 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.  
Check the drive belt tension.

## Replacing the Console Batteries

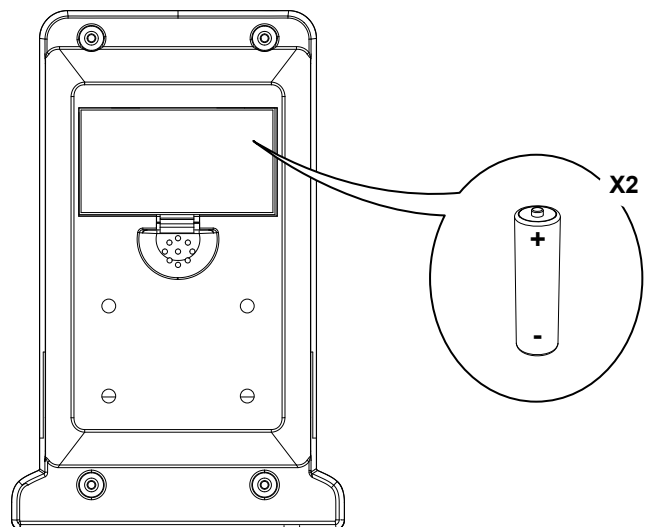
When the batteries are low on power, the console display contrast will dim.

When replacing the batteries, make sure the batteries point in the +/- direction shown in the battery bay.

**Note:** The console uses AA size alkaline batteries (SUM3)

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

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

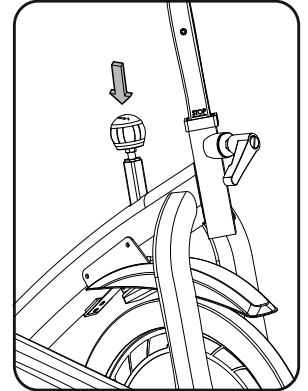


## Checking the Drive Belt Tension

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

## Emergency Stop

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

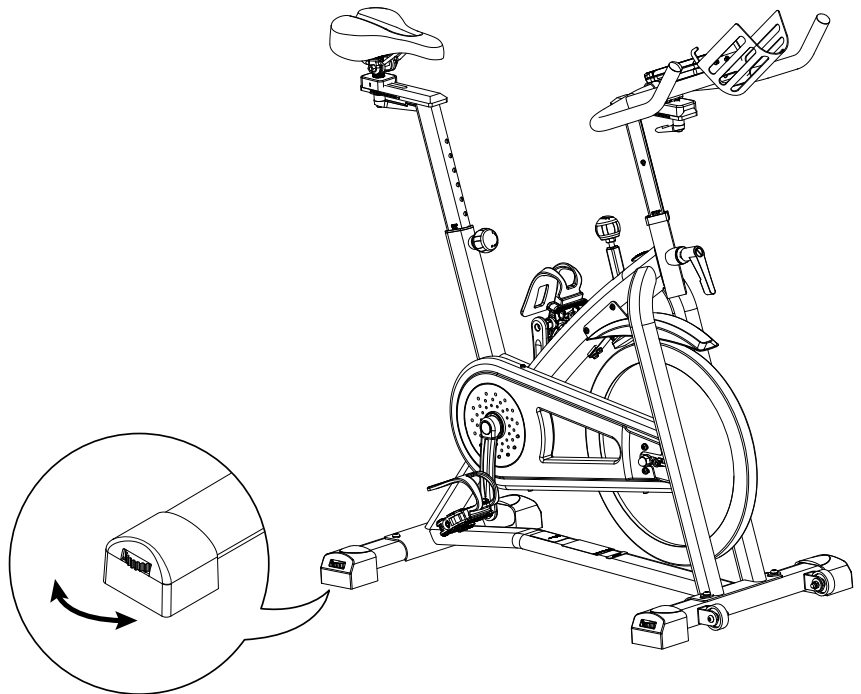


## Leveling the Machine

The machine needs to be leveled if your workout area is uneven. Levelers are found on each side of the stabilizers. Lift the stabilizer slightly to take the weight off the adjuster, then turn the knob to adjust the stabilizer foot.

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

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

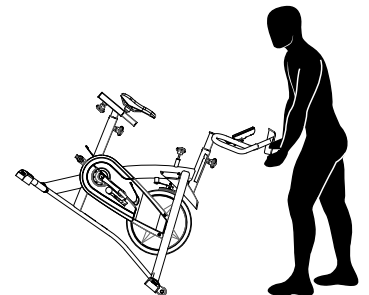


## Moving and Storing the Machine

To move the bike, carefully pull the Handlebars toward you while pushing the front of the bike downward. Push the bike to the desired location.

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

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



## Troubleshooting


Condition/Problem	Things to Check	Solution
Console will not power up/turn on/start	Check batteries.	Make sure batteries are installed correctly. If batteries are correctly installed, replace with a set of new batteries.
	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	Make 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.
		If the above steps do not resolve the problem, contact Customer Care for further assistance.
Speed displayed is not accurate	Check Speed Sensor Magnet position	Speed Sensor Magnet should be in place on Flywheel.
Speed displayed is always "0"/stuck in Pause mode	Data cable	Make sure the data cable is connected to the Console and the main frame assembly.
	Speed Sensor	Make sure the RPM Sensor Magnet and the RPM Sensor are in place.
No Speed/RPM reading	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 Speed Sensor Magnet position	Speed Sensor Magnet should be in place on Flywheel.
	Check Speed Sensor Assembly	Speed Sensor Assembly should be aligned with magnet and connected to data cable. Realign sensor if necessary. Replace if there is any damage to the sensor or the connecting wire.
Console display is dim	Batteries	Replace batteries
Unit operates but Telemetric Heart Rate not displayed	Chest Strap (optional)	Strap should be "POLAR®" compatible and uncoded. 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.
Console shuts off (enters sleep mode) while in use	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.
	Check batteries.	Make sure batteries are installed correctly. If batteries are correctly installed, replace with a set of new batteries.
	Check Speed Sensor Magnet position	Speed Sensor Magnet should be in place on Flywheel.
	Check Speed Sensor Assembly	Speed Sensor Assembly should be aligned with magnet and connected to data cable. Realign sensor if necessary. Replace if there is any damage to the sensor or the connecting wire.
		Contact Customer Care for further assistance.

Condition/Problem	Things to Check	Solution
Unit rocks/does not sit level	Check level adjustment	Levelers may be turned to level machine.
	Check surface under unit	Adjustment may not be able to compensate for extremely uneven surfaces. Move machine to level area.
Pedals loose/unit difficult to pedal	Check pedal to crank connection	Pedal should be tightened securely to crank arm. Be sure connection is not cross-threaded.
	Check crank arm to axle connection	Crank arm should be tightened securely to axle.
	Check drive belt tension	Refer to the "Adjust the Belt Tension" procedure in the Service Manual.
Clicking sound when pedaling	Check pedal to crank connection	Remove pedals. Make sure there is no debris on threads, and reinstall the pedals.
Seat post movement	Check locking pin	Be sure adjustment pin is locked into one of the seat post adjustment holes.
	Check locking knob	Be sure knob is securely tightened.
Resistance is uneven when pedaling	Brake assembly	Refer to the "Lubricate the Brake" procedure in the Service Manual.

### 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.

### 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.

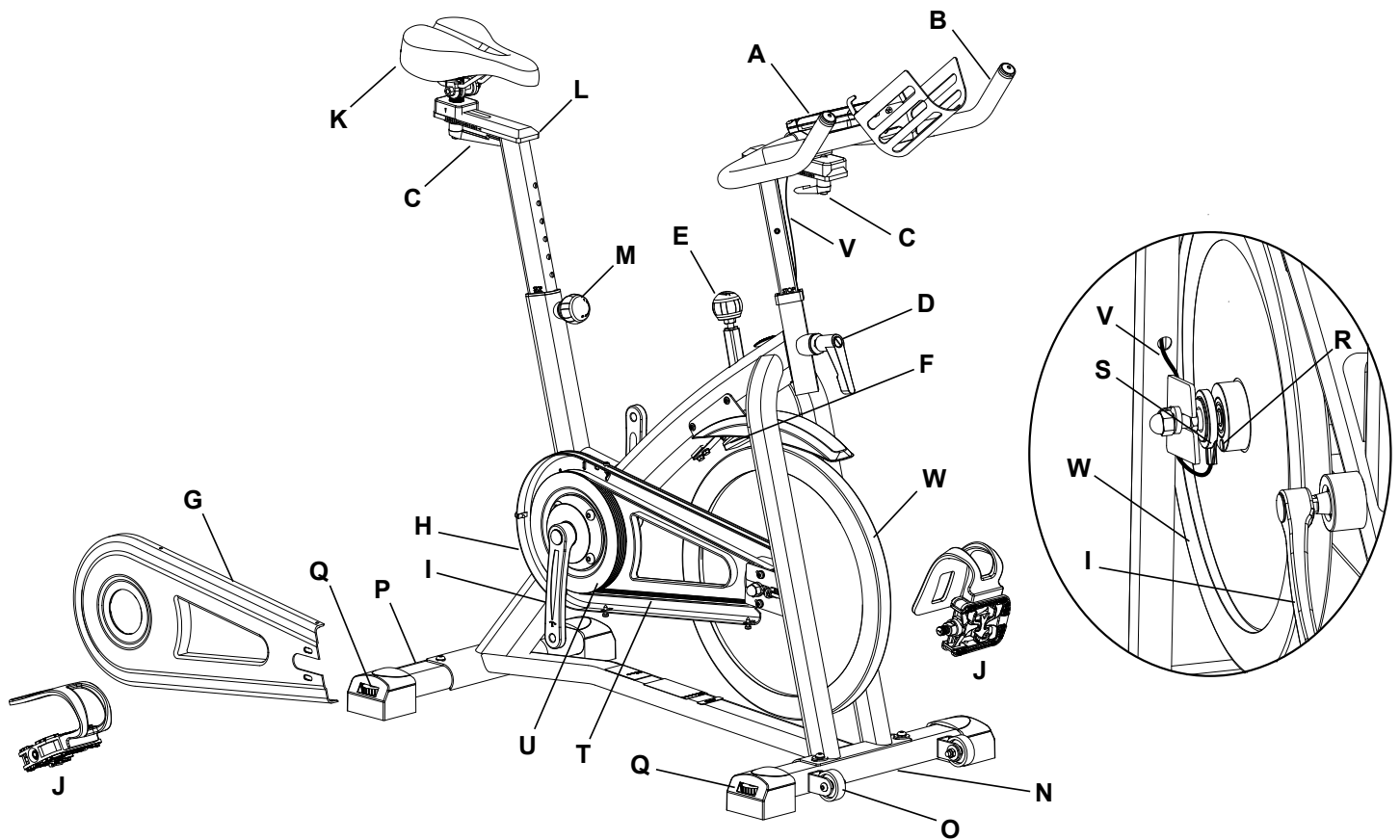
**Note:** This product has been tested and found to comply with the limits for a Class B digital device, pursuant to CFR47 Part 15 Subpart B of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates 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.

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

## Maintenance Parts



A	Console	I	Crank Arm	Q	Leveler
B	Handlebar	J	Pedal w/Foot Restraint	R	Speed Sensor Magnet
C	Adjustment Handle	K	Seat	S	Speed Sensor
D	Adjustment Handle, Handlebar Post	L	Seat Post	T	Drive Belt
E	Brake/Resistance Knob	M	Seat Post Adjustment Knob	U	Drive Pulley
F	Brake Assembly	N	Front Stabilizer	V	Data Cable
G	Cover, Drive Belt	O	Transport Wheel	W	Flywheel
H	Cover, Drive Belt Inside	P	Rear Stabilizer		



## REPLACEMENT PROCEDURE SKILL LEVEL

Level I : Low - very little mechanical knowledge or exposure.

Level II : Intermediate - some experience with mechanical procedures

Level III : Advanced - knowledgeable about mechanical procedures



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

**When disposing of old parts, obey the applicable local and provincial requirements.**

For instructions to replace the following parts, please refer to the Assembly Manual for your bike:

- Seat
- Seat Post
- Front Stabilizer
- Rear Stabilizer
- Water Bottle Holder

**NOTICE:** This document provides instructions for the lubrication of the Brake Pad on the Schwinn™ IC3, IC7 and 700IC Bikes.

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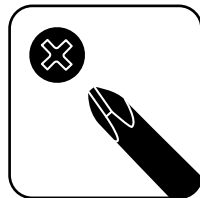
**!** This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Read and understand all Warnings on this machine.

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

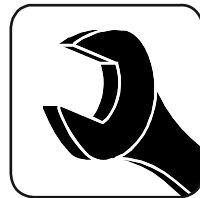
### • SAVE THESE INSTRUCTIONS.

#### Tools Required (not included)

#2 Phillips screwdriver



8 mm Wrench



Silicone lubricant



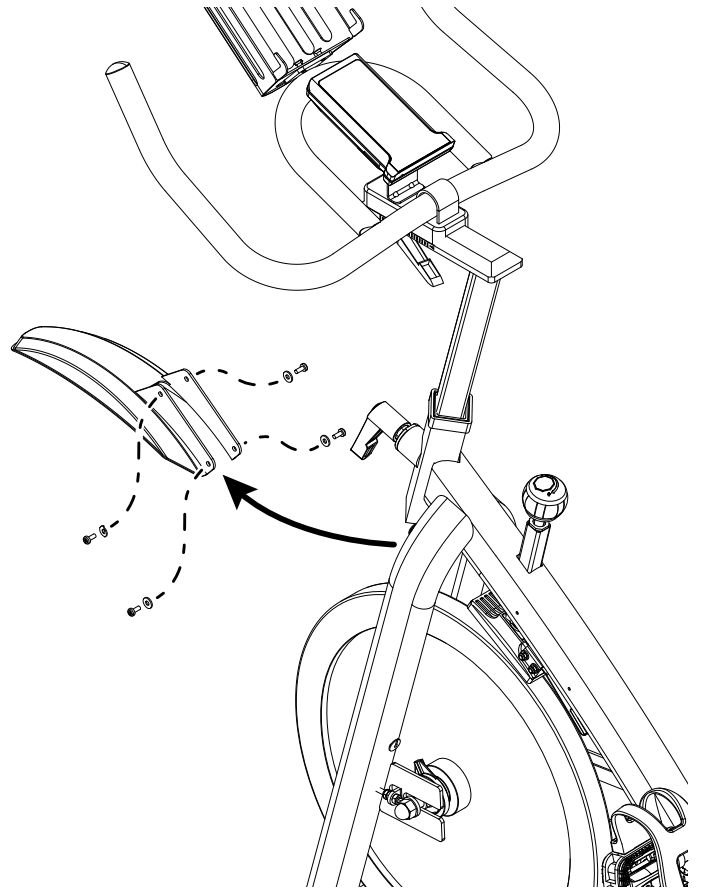


**Disconnect the data cable from the console before you service this machine.**

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

1. Using a #2 Phillips screwdriver, loosen and remove the hardware that attaches the Fender to the Main Frame. Set the Fender and hardware safely aside for reassembly.

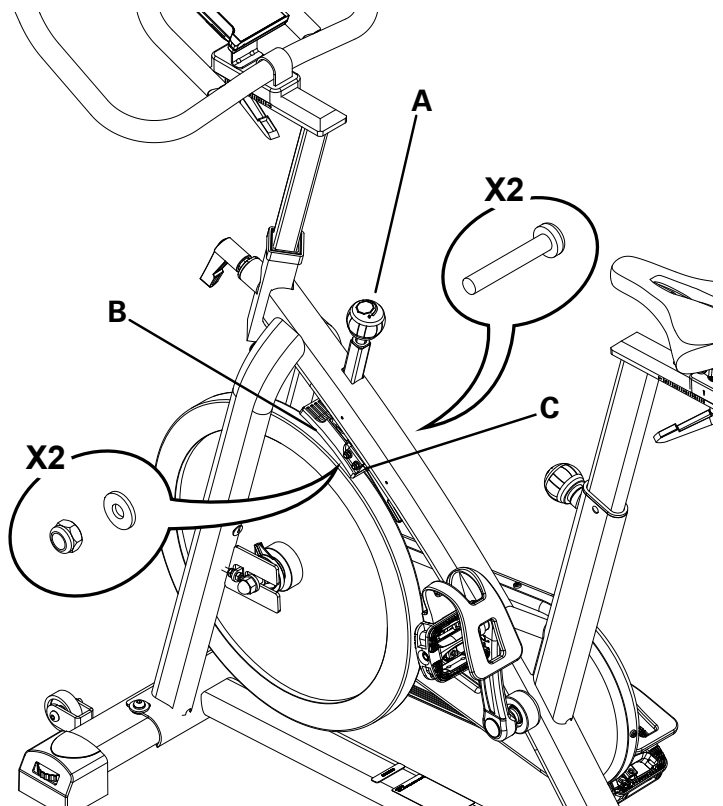
**NOTICE:** Hold the Brake Cover so that it does not fall.



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

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

4. Slide the Brake Pad (B) out of the Brake Assembly bracket (C).



5. Saturate the Brake Pad felt (D) with silicone lubricant. Wipe off the excess lubricant to prevent drips and stains.

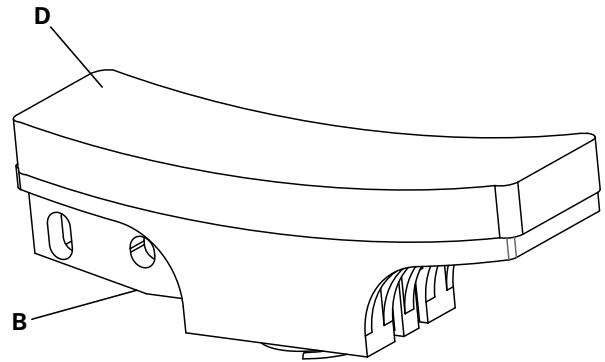
6. Reinstall the Brake Pad (B).

*NOTICE:* Do not crimp the cable.

7. Reinstall the Fender.

*NOTICE:* Do not crimp the cable.

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



### 9. Final Inspection

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



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

**NOTICE:** This document provides instructions for the adjustment of the Brake Assembly on the Schwinn™ IC3, IC7 and 700IC Bikes.

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- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product being serviced at all times.
- Disconnect all power to the machine before you service it.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- Use only replacement parts and hardware that are supplied or approved by Nautilus. Failure to use Nautilus-approved replacement parts can adversely affect the safety and functionality of the equipment creating a risk to users and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If at any time the Warning labels become loose, unreadable or dislodged, replace the labels. If purchased in US/Canada, contact Customer Service for replacement labels. If purchased outside US/Canada, contact your local distributor for them.
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### Tools Required (not included)

#2 Phillips screwdriver



10 mm open end wrench





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

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

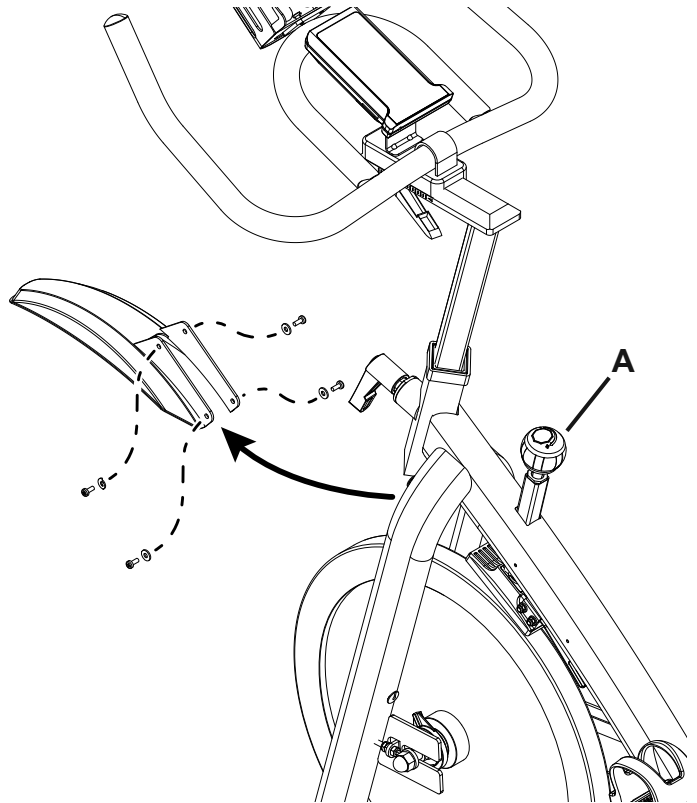
1. Using a #2 Phillips screwdriver, loosen and remove the hardware that attaches the Fender to the Main Frame. Set the Fender and hardware safely aside for reassembly.

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

2. Carefully remove the Fender and set it safely aside for reassembly.

*NOTICE:* Do not crimp the cable.

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



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

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

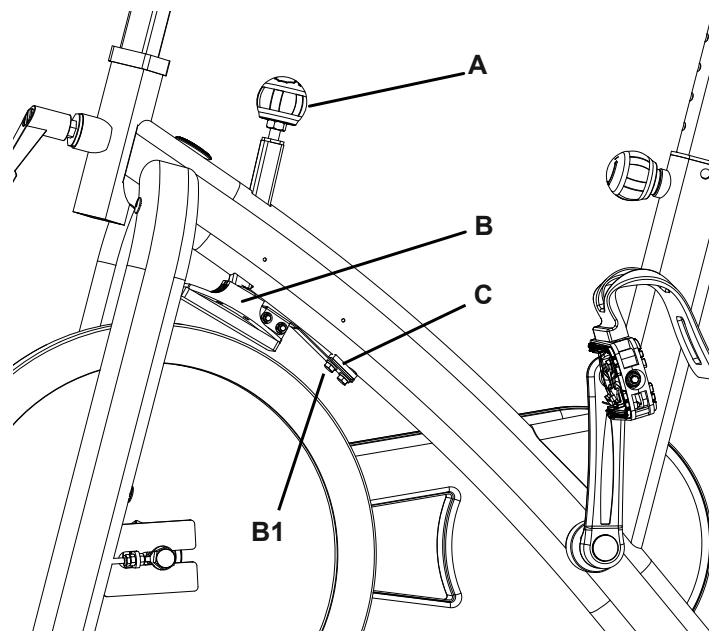
6. Tighten the Resistance Knob (A) and inspect the Brake Assembly movement. Adjust the Brake as necessary.

7. Reinstall the Fender.

*NOTICE:* Do not crimp the cable.

8. **Final Inspection**

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



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**NOTICE:** This document provides instructions for the adjustment of the Drive Belt Tension on the Schwinn™ IC3, IC7 and 700IC Bikes.

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**Tools Required (not included)**

#2 Phillips screwdriver



17 mm Wrench  
15 mm Wrench  
10 mm Wrench



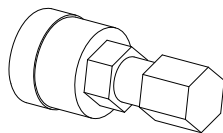
Flathead screwdriver



16 mm Socket and Wrench  
15 mm Socket and Wrench



25mm Crank puller





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

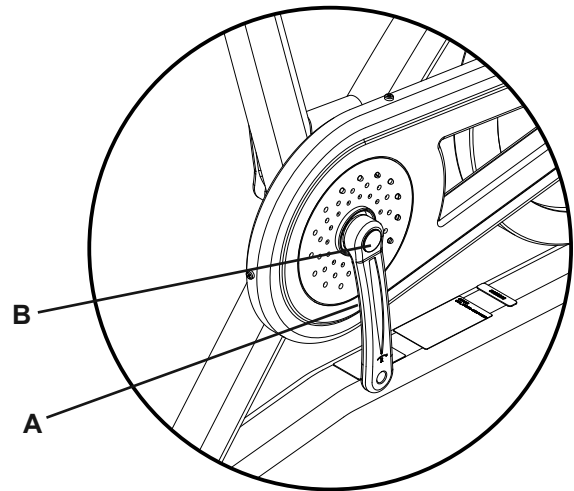
**Note:** Your machine may not match the image. For reference only.

1. To test the Drive Belt tension, sit on the bike and use the pedals at approximately 20 RPM. Then accelerate quickly (speed burst) to your maximum ability and feel whether the Drive Belt slips. If the pedals move normally with no skipping (slip), the tension is correct.

If the tension is correct—got to step 13.

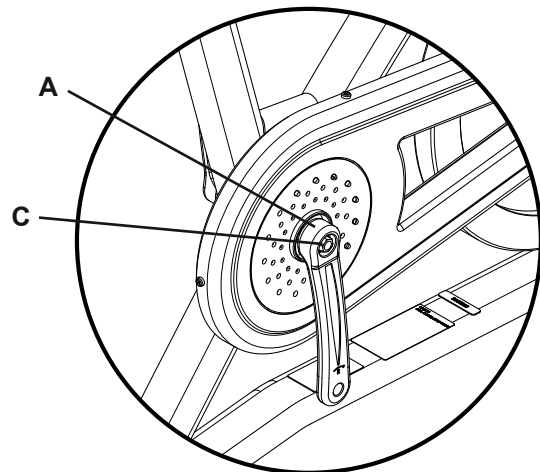
If the Drive Belt slips—continue to step 2.

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



Pedal not shown

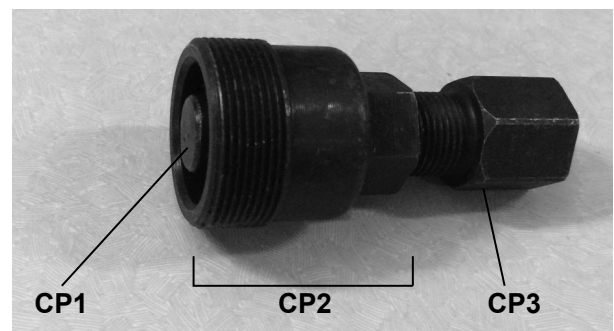
3. Using a 16mm socket and wrench, remove the Flange Nut (C) under the threaded Cap (B).



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

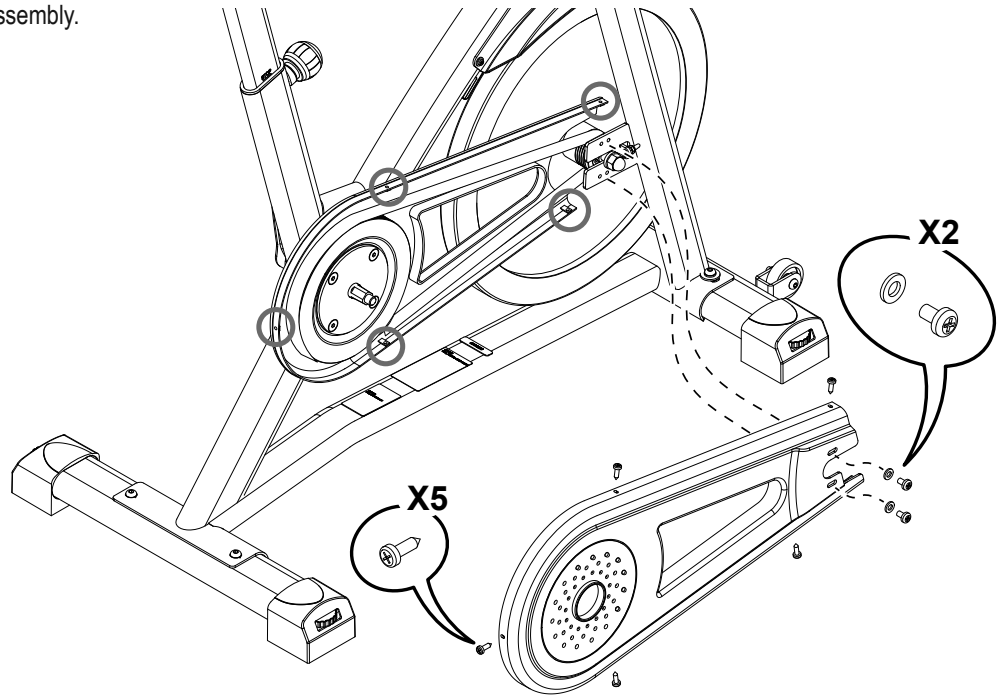
**Note:** Be sure the end of the Bolt (CP1) in the Crank Puller is flush with the inner surface (CP2) as shown, before use.

5. Using a 17mm wrench, turn the inner portion (CP3) of the Crank Puller clockwise. The Crank Arm (A) will slide off as it is tightened.





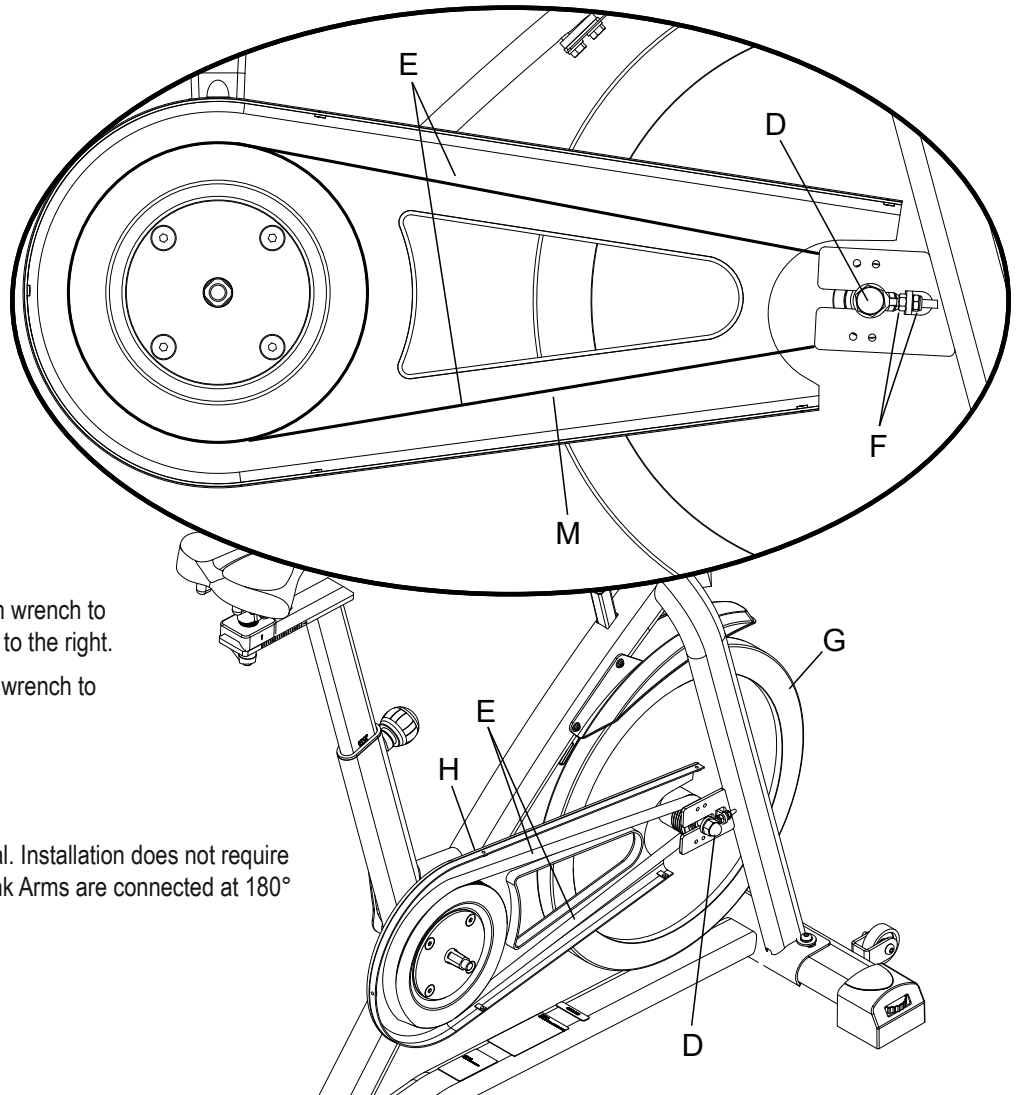
6. Remove the hardware that attaches the Drive Belt Cover to the Drive Belt Inside, and set it safely aside for reassembly. Carefully remove the Drive Belt Cover and set it safely aside for reassembly.



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

**!** Be sure to keep fingers clear of all pinch hazards.

8. Check the tension:  
 • Push the Drive Belt (E) downward at the midpoint (M) between the pulleys and measure the distance. The Drive Belt should have only 0.25" (0.64 cm) of give.  
 Or:  
 • Hold the edges of the Drive Belt at the midpoint (M) and twist it. It should turn only 90 degrees (1/4 turn, to vertical).



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

**If the Drive Belt is too tight**—use a 10mm wrench to adjust the Flywheel Retainer nuts (F).

9. Reinstall the right Crank Arm and Pedal. Installation does not require the use of the crank puller. Be sure the Crank Arms are connected at 180° from each other.

**10.** Get on the bike and check the movement of the Drive Belt by rocking back and forth on the pedals. The Pedals and Flywheel (G) should move as one.

Adjust the Drive Belt tension again if necessary.

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

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

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

### **13. Final Inspection**

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



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

**NOTICE:** This document provides instructions for the replacement of the Pedals on the Schwinn™ IC3, IC7 and 700IC Bikes.

**⚠** If the threads strip due to improper installation, then the Pedals can disengage from the bike and/or break while under usage, which can result in serious injury to the user.

**Note:** The Left Pedal is reverse-threaded. Be sure to attach the Pedals on the proper side of the bike. Orientation is based from a seated position on the bike. The Left Pedal has an “L”, the Right Pedal an “R”.

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

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

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

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

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

**• SAVE THESE INSTRUCTIONS.**

**Tools Required (not included)**

Pedal wrench  
or 15mm open end wrench



Blue Loctite® 242 or equivalent  
(medium strength)

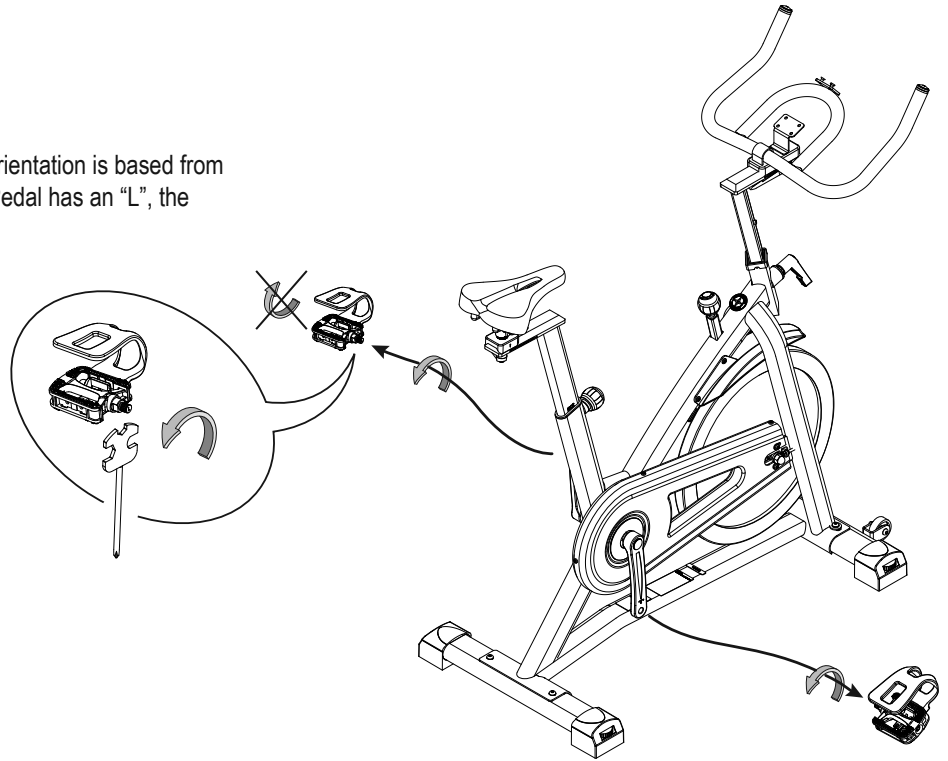


**!** Disconnect the data cable from the console before you service this machine.

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

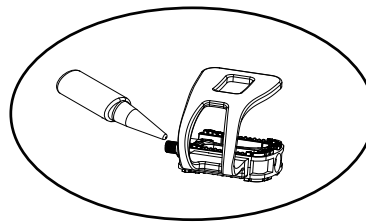
1. Loosen and remove the old Pedals.  
Discard the old Pedals.

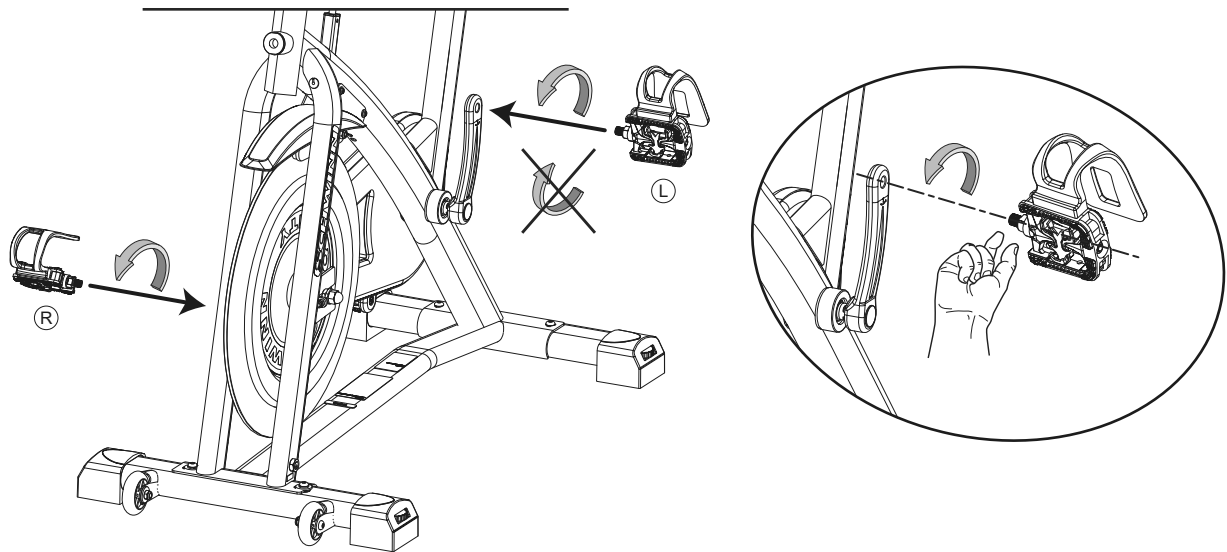
**Note:** The Left Pedal is reverse-threaded. Orientation is based from a seated position on the bike. The Left Pedal has an "L", the Right Pedal an "R".



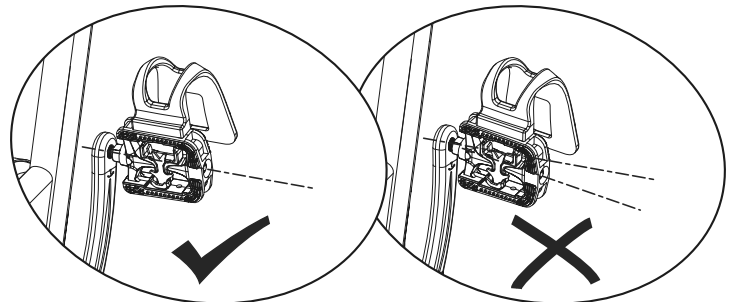
**Note:** The following images may not match your bike exactly.

2. Apply Loctite® 242 (or equivalent) to the pedal threads on the new Pedal.

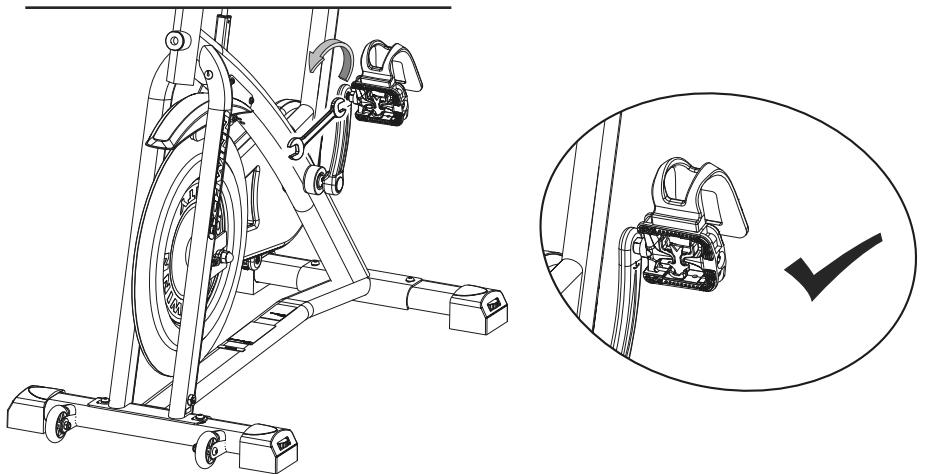




3. Start the Pedal by hand. If you feel resistance and the Pedal does not turn smoothly into the Crank Arm, make sure that the threads are aligned correctly. Be sure that the Pedal is going on straight into the Crank Arm. If the Pedal is not in-line with the opening, remove the Pedal and start again.



4. With the Pedal started by several hand turns into the Crank Arm, fully tighten it with the Pedal Wrench.



5. Confirm that the Pedal is fully tightened with the Pedal Wrench.

6. Repeat with the other Pedal.

**Note:** Be sure to check the Pedals weekly to confirm that they are fully tightened.

**!** Since this machine operates with a fixed gear, do not back, or reverse, pedal. Doing so may loosen the Pedals, which could result in damage to the machine and/or injury to the user. Never operate this machine with loose Pedals.

### 7. Final Inspection

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

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

**NOTICE:** This document provides instructions for the replacement of the Console on the Schwinn™ IC3, IC7 and 700IC Bikes.

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

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

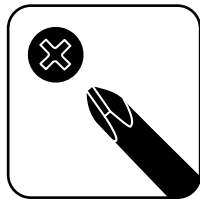
**!** This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Read and understand all Warnings on this machine.

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

## • SAVE THESE INSTRUCTIONS.

### Tools Required (not included)

#2 Phillips screwdriver



2 AA batteries (SUM3)



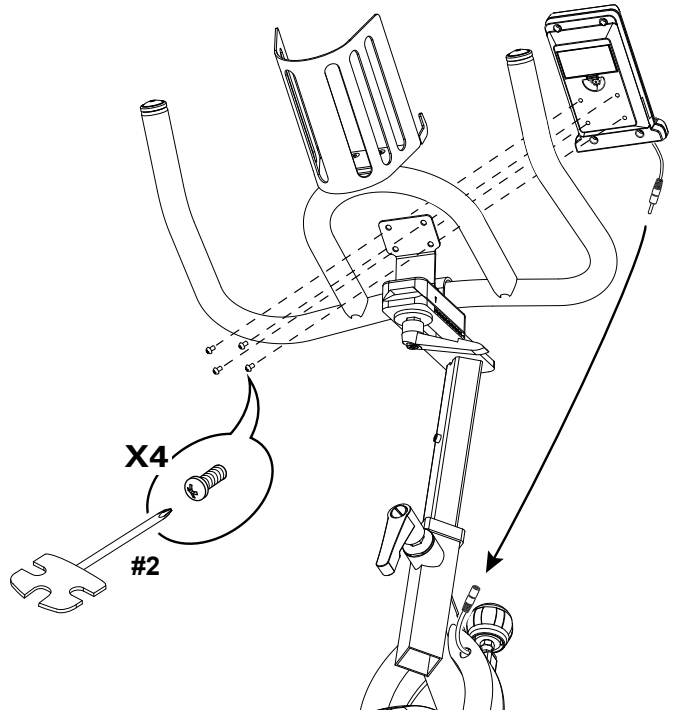


**Disconnect the data cable from the console before you service this machine.**

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

1. Be sure the Console Data Cable is disconnected from the Data Cable in the frame. Loosen and remove the screws from the back of the console. Remove the Console from the Console Bracket. Discard the old Console.

*NOTICE:* Do not crimp the cable.



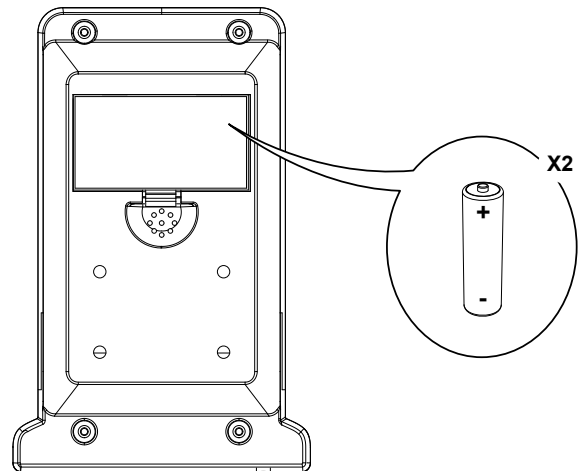
2. Install batteries in the replacement Console.

**Note:** The console uses AA size batteries (SUM3), which are not included. Make sure that the batteries point in the direction of the +/- indicators in the battery bay.



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

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



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

*NOTICE:* Do not crimp the cable.

#### 4. Final Inspection


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



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

**NOTICE:** This document provides instructions for the replacement of the Handlebar and Handlebar Post on the Schwinn™ IC3, IC7 and 700IC Bikes.

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

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

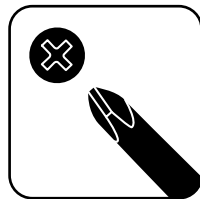
 **This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Read and understand all Warnings on this machine.**

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

## **• SAVE THESE INSTRUCTIONS.**

#### **Tools Required (not included)**

#2 Phillips screwdriver



6mm Hex key





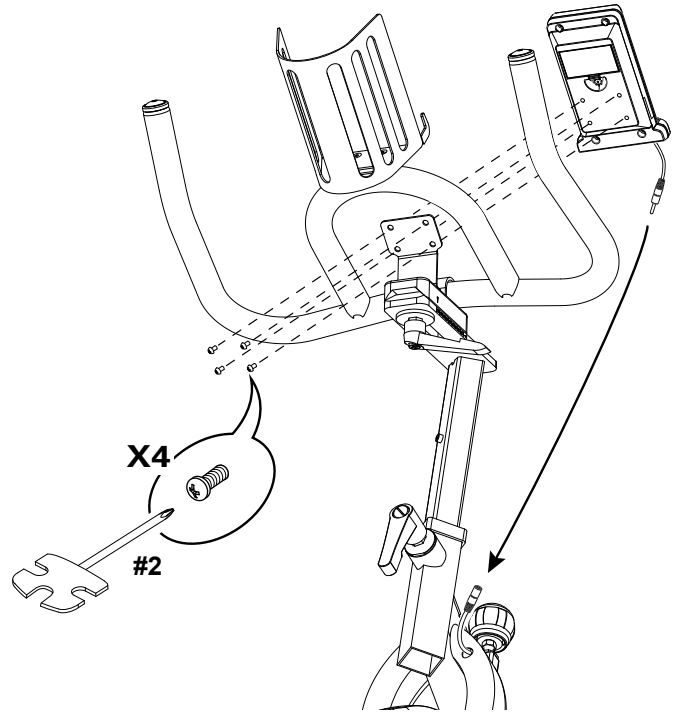


**Disconnect the data cable from the console before you service this machine.**

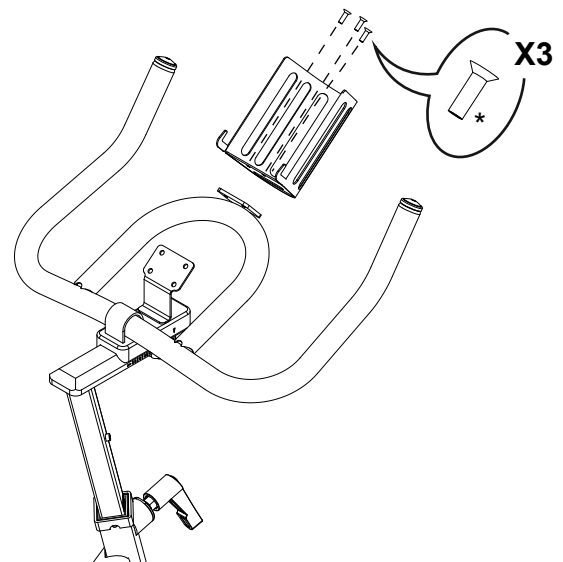
**Note:** Your machine may not match the image. For reference only.

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

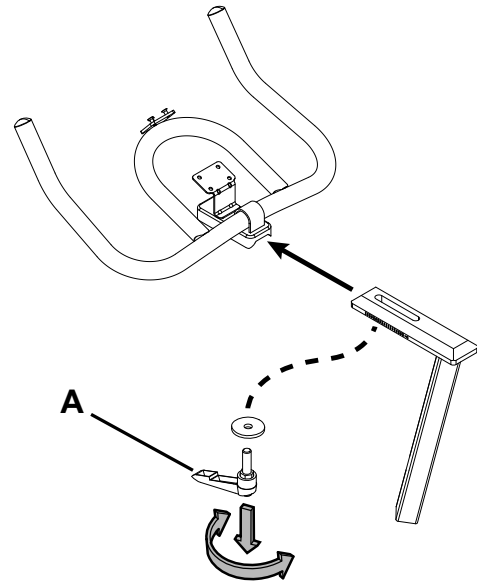
*NOTICE:* Do not crimp the cable.



2. Loosen and remove the hardware that attaches the Water Bottle Holder, and set it safely aside for reassembly. Remove the Water Bottle Holder, and set it safely aside for reassembly.



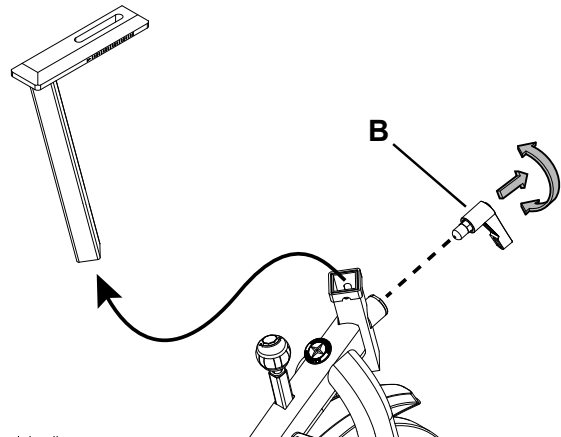
3. Loosen and remove the Adjustment Handle (A) that attaches the Handlebar to the Handlebar Post. Set the handle and flat washer safely aside for reassembly.



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

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

5. Remove the Handlebar Post from the Main Frame.



6. Discard the old part.

7. Installation is the reverse procedure.

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

### 8. Final Inspection

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

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

**NOTICE:** This document provides instructions for the replacement of the Fender on the Schwinn™ IC3, IC7 and 700IC Bikes.

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

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

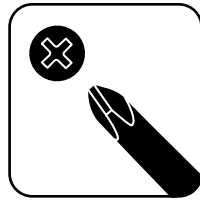
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- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product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

## • SAVE THESE INSTRUCTIONS.

### Tools Required (not included)

#2 Phillips screwdriver





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

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

1. Loosen and remove the hardware that attaches the Fender to the Main Frame. Set the hardware safely aside for reassembly.

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

2. Carefully remove the old Fender and set it safely aside.

*NOTICE:* Do not crimp the cable.

3. Installation is the reverse procedure.

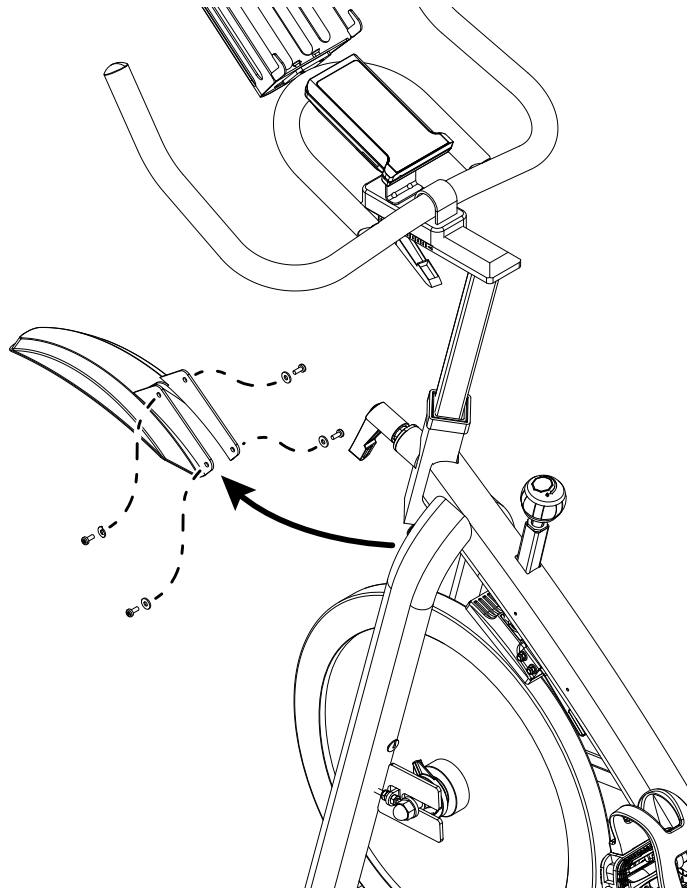
*NOTICE:* Do not crimp the cable.

#### 4. Final Inspection

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



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



**NOTICE:** This document provides instructions for the replacement of the Brake Assembly and the Brake/Resistance Knob Assembly on the Schwinn™ IC3, IC7 and 700IC Bikes.

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

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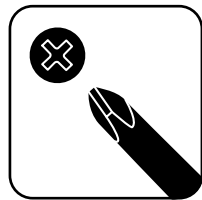
**⚠ This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Read and understand all Warnings on this machine.**

- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product being serviced at all times.
- Disconnect all power to the machine before you service it.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
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**• SAVE THESE INSTRUCTIONS.**

**Tools Required (not included)**

#2 Phillips screwdriver



6 mm open end wrench  
10 mm open end wrench  
13 mm open end wrench  
or adjustable wrench



Small flathead screwdriver



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

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

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

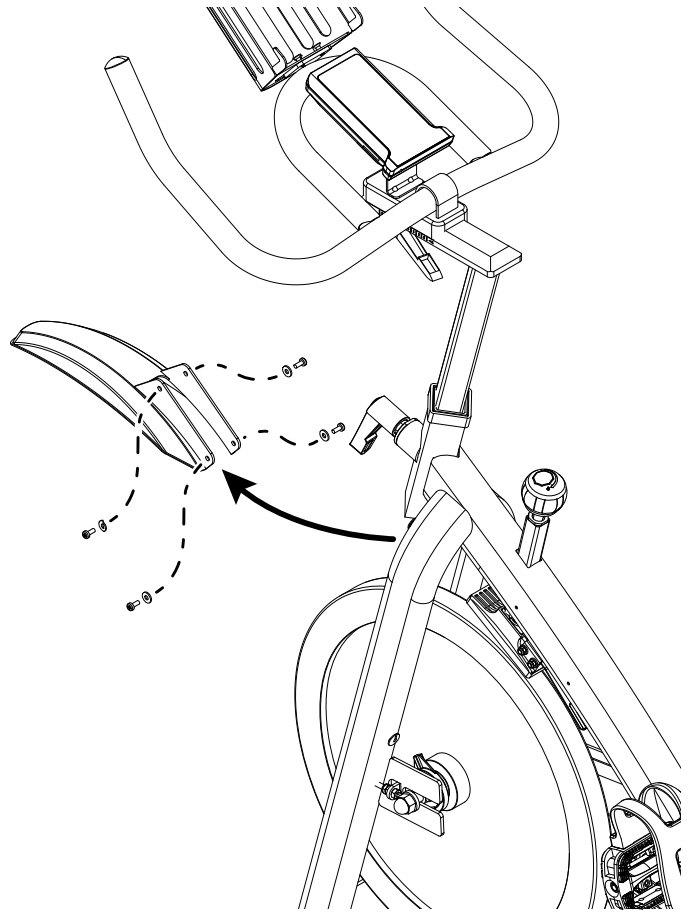
1. Using a #2 Phillips screwdriver, loosen and remove the hardware that attaches the Fender to the Main Frame. Set the Fender and hardware safely aside for reassembly.

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

2. Carefully remove the Fender and set it safely aside for reassembly.

*NOTICE:* Do not crimp the cable.

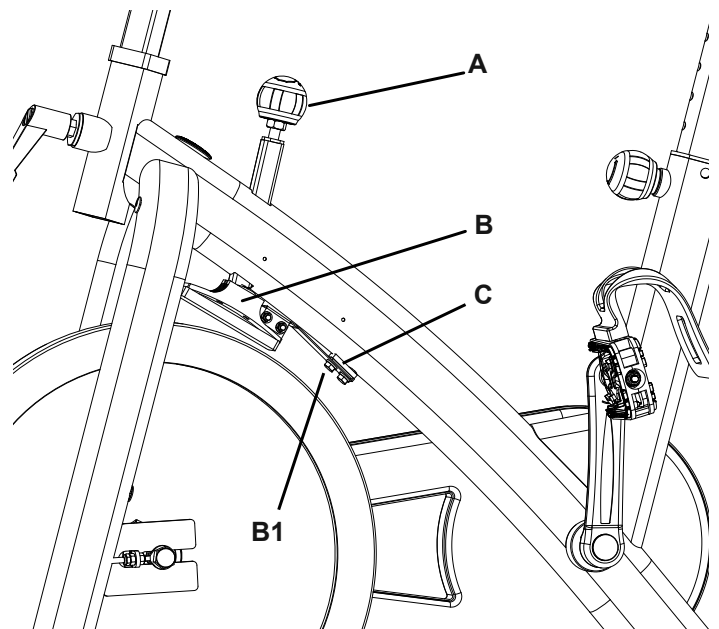
3. Loosen the Resistance Knob (A) to the minimum resistance setting.



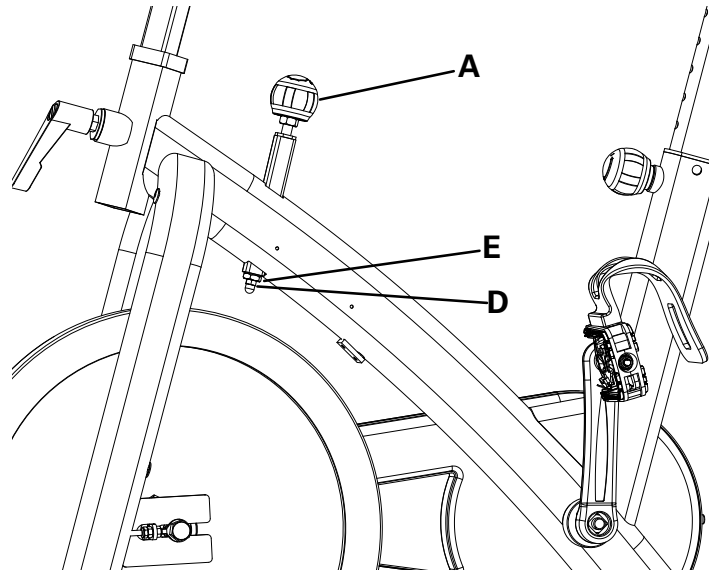
4. Using a 10mm open end wrench, loosen the hardware (B1) that attaches the Brake Assembly (B) to the Frame Mount (C). The screw holes in the Brake Assembly arm are slots to let you adjust the position of the arm on the Frame Mount.

5. Remove the old Brake Assembly (B) and set it safely aside.

If you are not replacing the Resistance Knob assembly— go to step 11. Installation of the new Brake Assembly is the reverse procedure.



6. Remove the acorn nut (D) and hex nut (E) at the end of the Resistance Knob rod (A1).



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

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

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

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


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

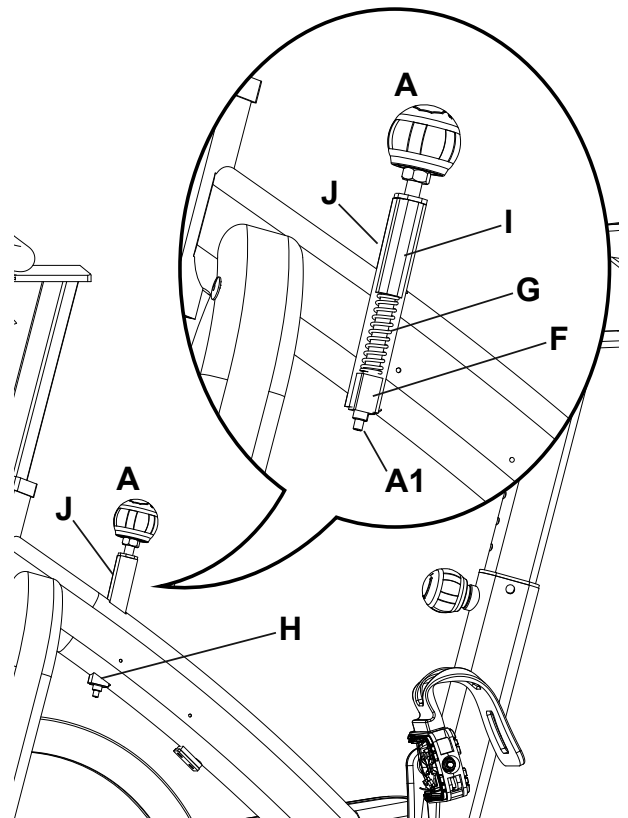
11. Install the new Brake Assembly (B).

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

13. Final Inspection

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

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



**NOTICE:** This document provides instructions for the replacement of the Crank Arm on the Schwinn™ IC3, IC7 and 700IC Bikes.

**⚠** When replacing the Pedals into the Crank Arms, if the threads strip due to improper installation then the Pedals can disengage from the bike and/or break while under usage, which can result in serious injury to the user.

**Note:** The Left Pedal is reverse-threaded. Be sure to attach the Pedals on the proper side of the bike. Orientation is based from a seated position on the bike. The Left Pedal has an "L", the Right Pedal an "R".

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

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

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

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

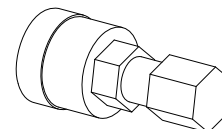
**• SAVE THESE INSTRUCTIONS.**

**Tools Required (not included)**

Flathead screwdriver



25 mm Crank puller



16mm Socket and Wrench



17 mm Wrench  
15 mm Wrench  
or adjustable wrench



Red Loctite® 272 or equivalent  
(high strength)  
Blue Loctite® 242 or equivalent  
(medium strength)



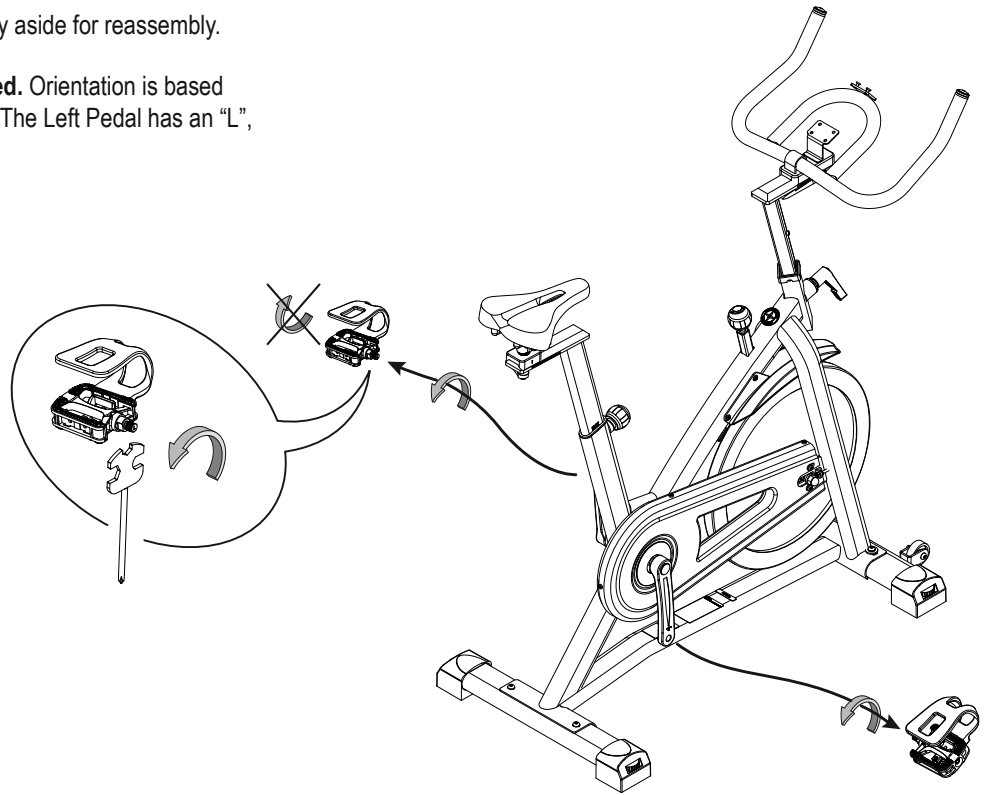


**!** Disconnect the data cable from the console before you service this machine.

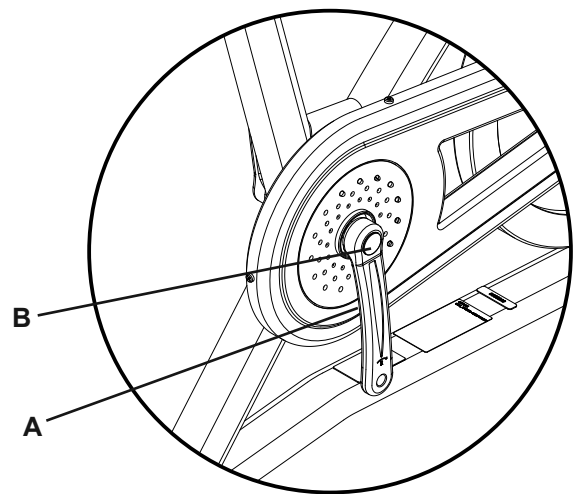
**Note:** Your machine may not match the image. For reference only.

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

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



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



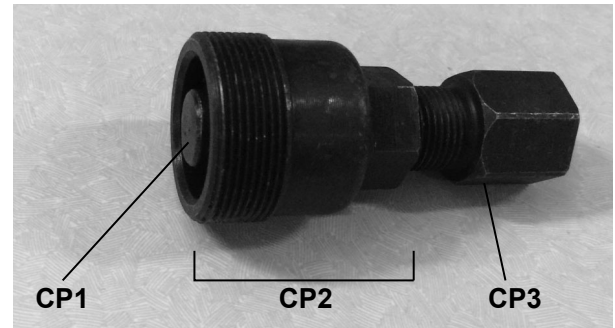
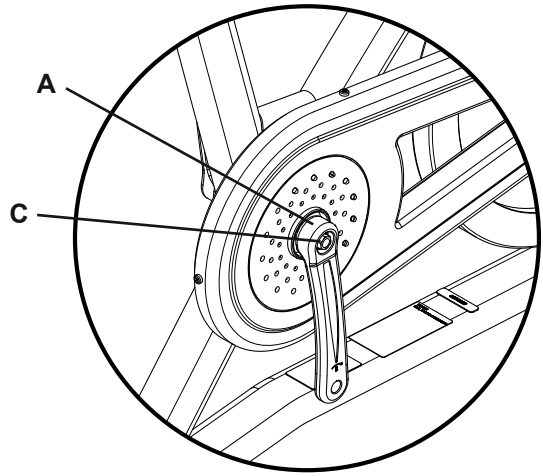
Pedal not shown

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

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

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

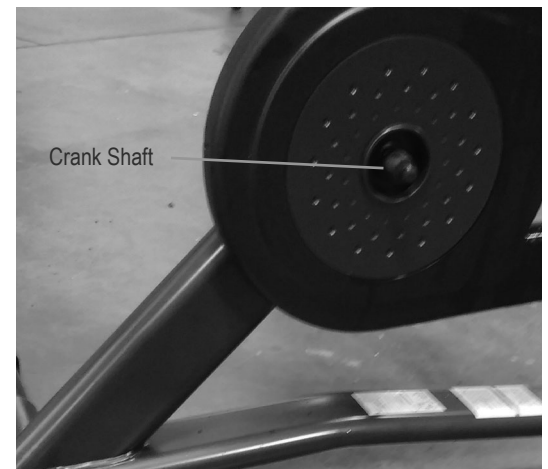
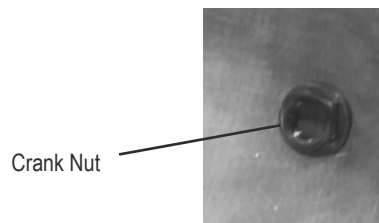
5. Using a 17mm wrench, turn the inner portion (CP3) of the Crank Puller clockwise. The Crank Arm (A) will slide off as it is tightened. Discard the old parts.



**Note:** The following images may not match your bike exactly.

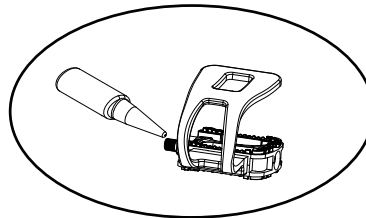
6. Place the new Crank Arms onto the Crank Shaft. Be sure the Crank Arms are connected at 180° from each other.

7. Add Loctite® 272 (or equivalent) to the inner threads of the Crank Nuts. Do not to apply the Loctite® 272 to the Crank Shaft.



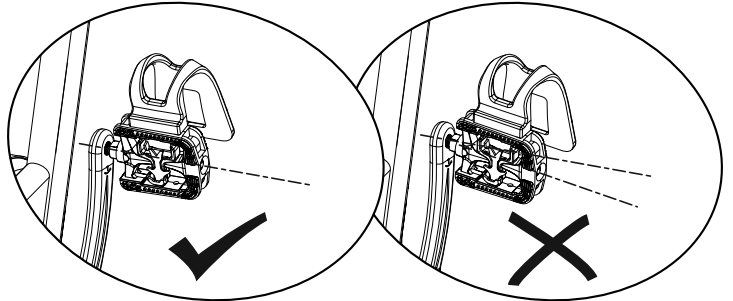
8. Install the Crank Nut onto the Crank Shaft, and fully tighten it. Repeat on the other side of the bike.

9. Apply Loctite® 242 (or equivalent) to the Pedal threads.

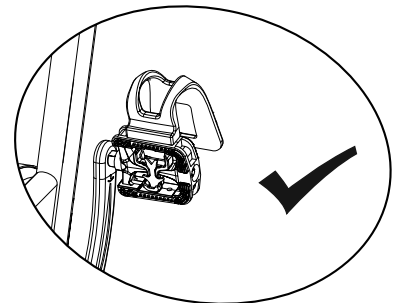
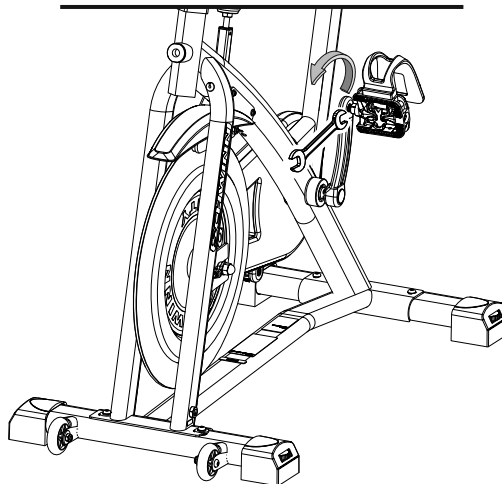


10. To reinstall a Pedal, start the Pedal by hand. If you feel resistance and the Pedal does not turn smoothly into the Crank Arm, make sure that the threads are aligned correctly. Be sure that the Pedal is going on straight into the Crank Arm. If the Pedal is not in-line with the opening, remove the Pedal and start again.

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



11. With the Pedal started by several hand turns into the Crank Arm, fully tighten it with the Pedal Wrench.



12. Confirm that the Pedal is fully tightened with the Pedal Wrench.

13. Repeat with the other Pedal.

**Note:** Be sure to check the Pedals weekly to confirm that they are fully tightened.



Since this machine operates with a fixed gear, do not back, or reverse, pedal. Doing so may loosen the Pedals, which could result in damage to the machine and/or injury to the user. Never operate this machine with loose Pedals.

#### 14. Final Inspection

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



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

**NOTICE:** This document provides instructions for the replacement of the outside Drive Belt Cover on the Schwinn™ IC3, IC7 and 700IC Bikes.

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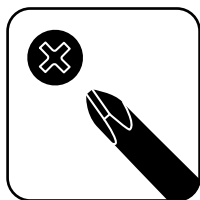
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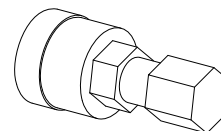
**• SAVE THESE INSTRUCTIONS.**

**Tools Required (not included)**

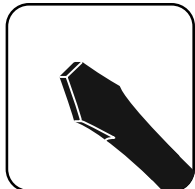
#2 Phillips screwdriver



25mm Crank puller



Flathead screwdriver



17mm Wrench  
15mm Wrench  
or adjustable wrench



16mm Socket and Wrench

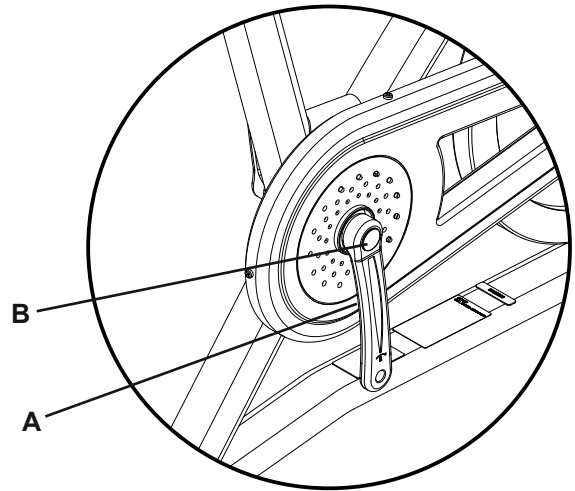




Disconnect the data cable from the console before you service this machine.

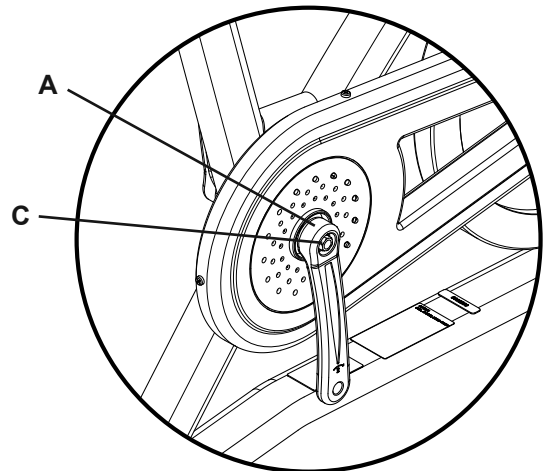
**Note:** Your machine may not match the image. For reference only.

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



Pedal not shown

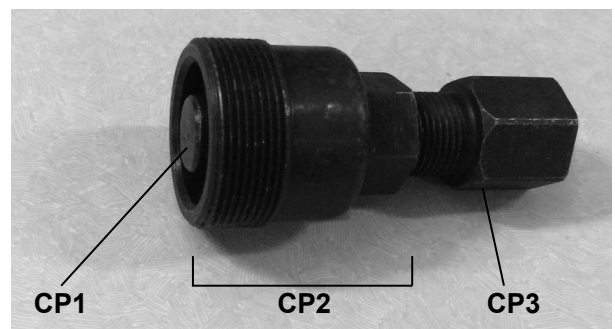
2. Using a 16mm socket and wrench, remove the Flange Nut (C) under the threaded Cap (B).



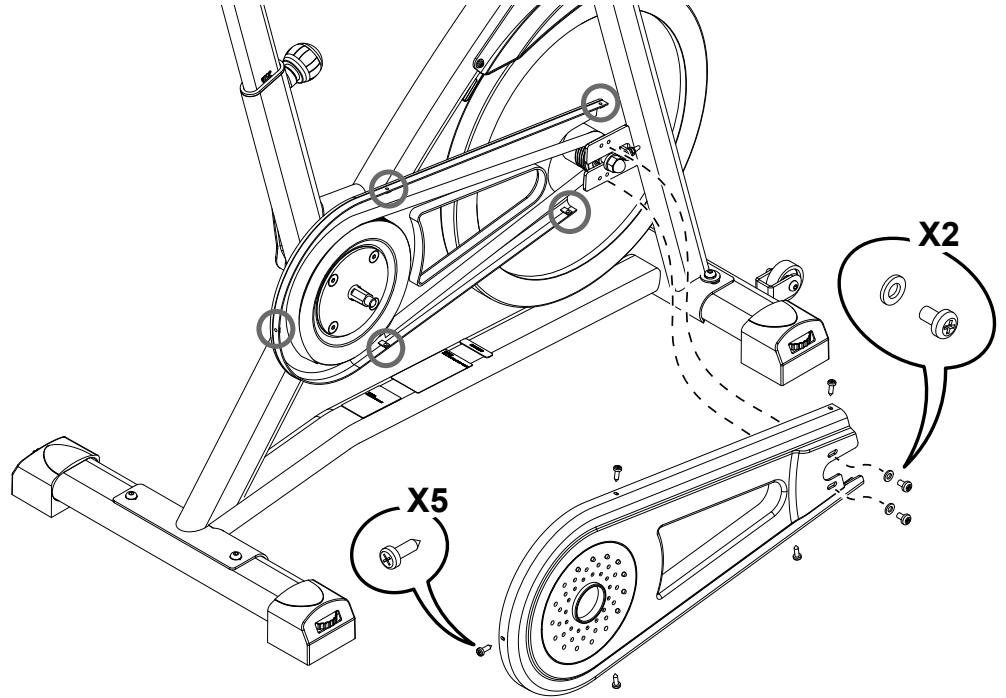
3. Thread the Crank Puller into the Crank Arm (A). When the Crank Puller is in the correct position, only 1-2 threads on the outer portion (CP2) of the Crank Puller should show.

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

4. Using a 17mm wrench, turn the inner portion (CP3) of the Crank Puller clockwise. The Crank Arm (A) will slide off as it is tightened.



5. Remove the hardware that attaches the Drive Belt Cover to the Drive Belt Inside, and set it safely aside for reassembly. Carefully remove the Drive Belt Cover and set it safely aside for reassembly.



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

### 7. Final Inspection

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



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

**NOTICE:** This document provides instructions for the replacement of the Flywheel Tensioners on the Schwinn™ IC3, IC7 and 700IC Bikes.

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- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

**• SAVE THESE INSTRUCTIONS.**

**Tools Required (not included)**

#2 Phillips screwdriver



17 mm Wrench  
15 mm Wrench  
10 mm Wrench



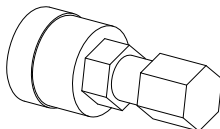
Flathead screwdriver



16 mm Socket and Wrench  
15 mm Socket and Wrench



25mm Crank puller



Tape or marking pen

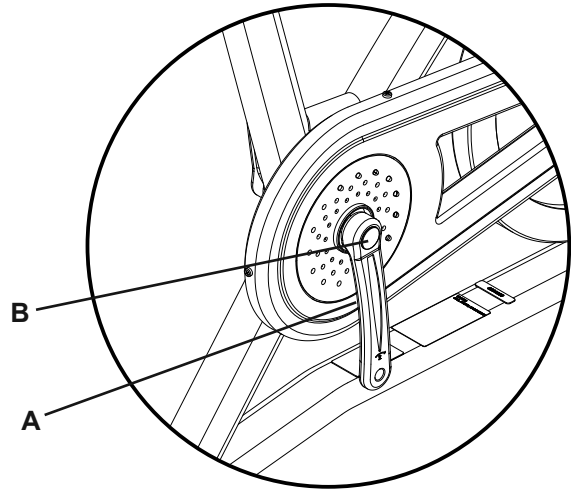


**NOTICE:** At the end of this procedure, make sure that the Drive Chain tension is correct. Refer to the “Adjust the Chain Tension” procedure.

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

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

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



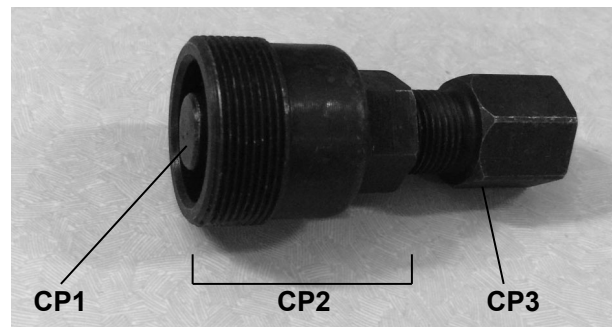
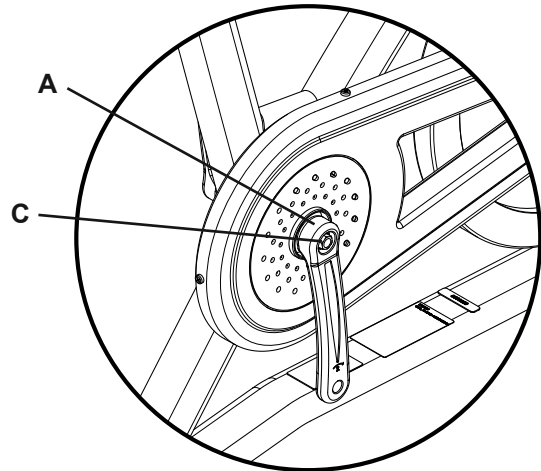
Pedal not shown

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

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

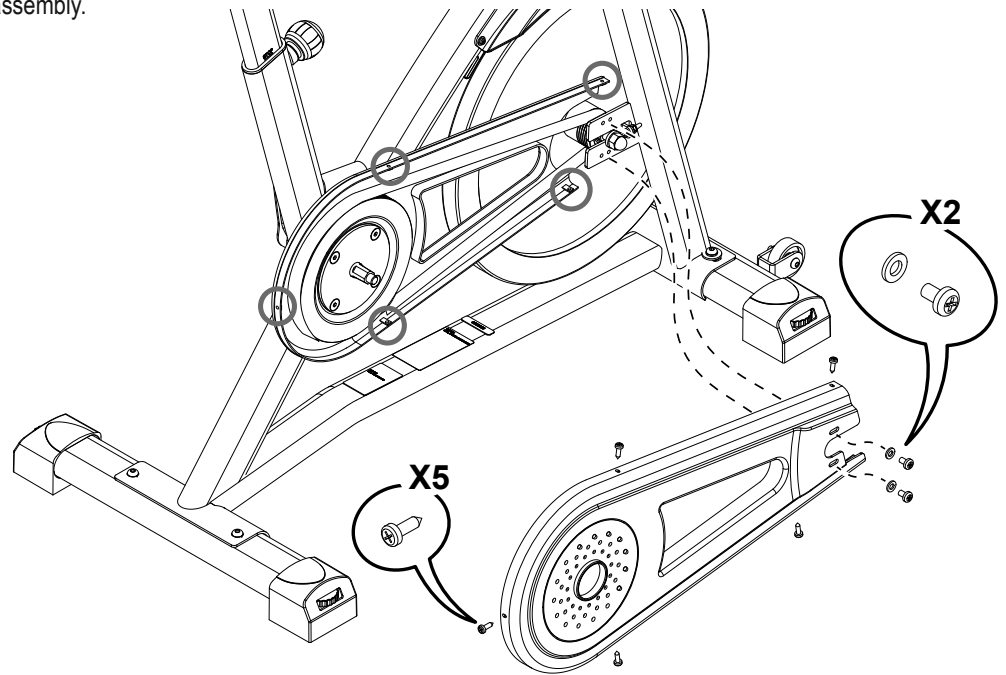
**Note:** Be sure the end of the Bolt (CP1) in the Crank Puller is flush with the inner surface (CP2) as shown, before use.

4. Using a 17mm wrench, turn the inner portion (CP3) of the Crank Puller clockwise. The Crank Arm (A) will slide off as it is tightened.

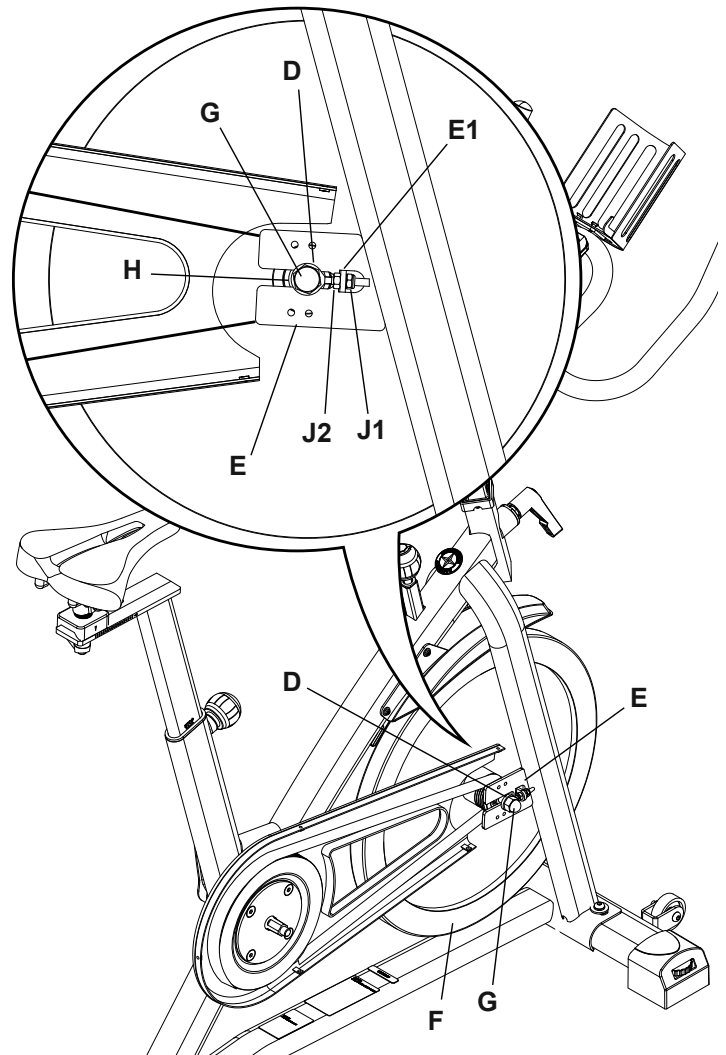




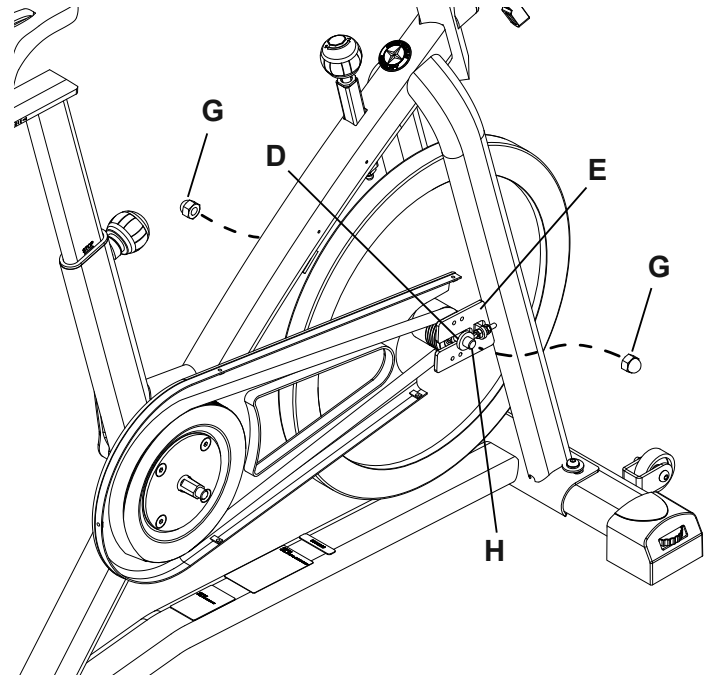
5. Remove the hardware that attaches the Drive Belt Cover to the Drive Belt Inside, and set it safely aside for reassembly. Carefully remove the Drive Belt Cover and set it safely aside for reassembly.



6. Mark the position of the Flywheel Tensioners (D) on the flywheel brackets (E) on the Frame. Record the number of threads showing on the Tensioner eyebolt on each side of the Tensioner support (E1) on the bracket.



7. To loosen the Flywheel hardware, use a 15 mm open end wrench to hold the Axle Nut (G) on one side steady and loosen the Axle Nut on the opposite side with a 15 mm socket and wrench. Remove the Axle Nuts from the Flywheel axle (H). Set the hardware safely aside for reassembly.



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

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

9. Installation is the reverse procedure.

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

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

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

### 11. Final Inspection

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



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

**NOTICE:** This document provides instructions for the replacement of the Drive Belt on the Schwinn™ IC3, IC7 and 700IC Bikes.

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**Tools Required (not included)**

#2 Phillips screwdriver



17 mm Wrench  
15 mm Wrench  
10 mm Wrench



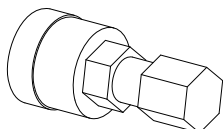
Flathead screwdriver



16 mm Socket and Wrench  
15 mm Socket and Wrench



25mm Crank puller



Tape or marking pen

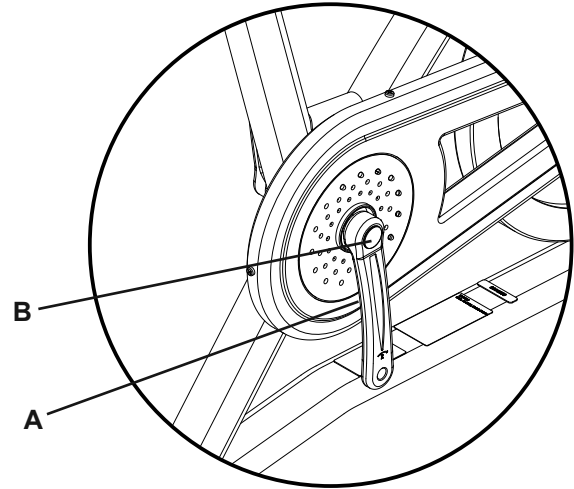


**NOTICE:** At the end of this procedure, make sure that the Drive Belt tension is correct. Refer to the “Adjust the Belt Tension” procedure.

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

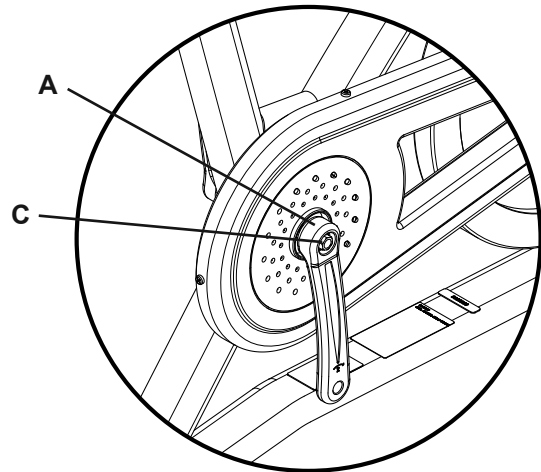
**Note:** Your machine may not match the image. For reference only.

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



Pedal not shown

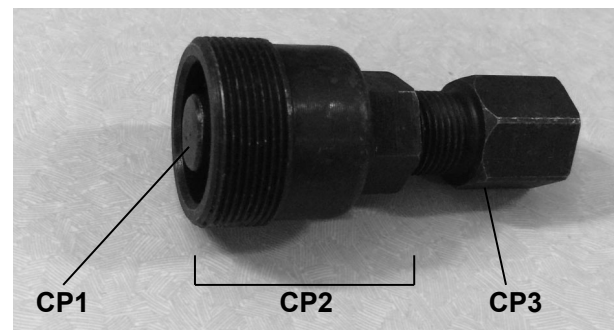
2. Using a 16mm socket and wrench, remove the Flange Nut (C) under the threaded Cap (B).



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

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

4. Using a 17mm wrench, turn the inner portion (CP3) of the Crank Puller clockwise. The Crank Arm (A) will slide off as it is tightened.

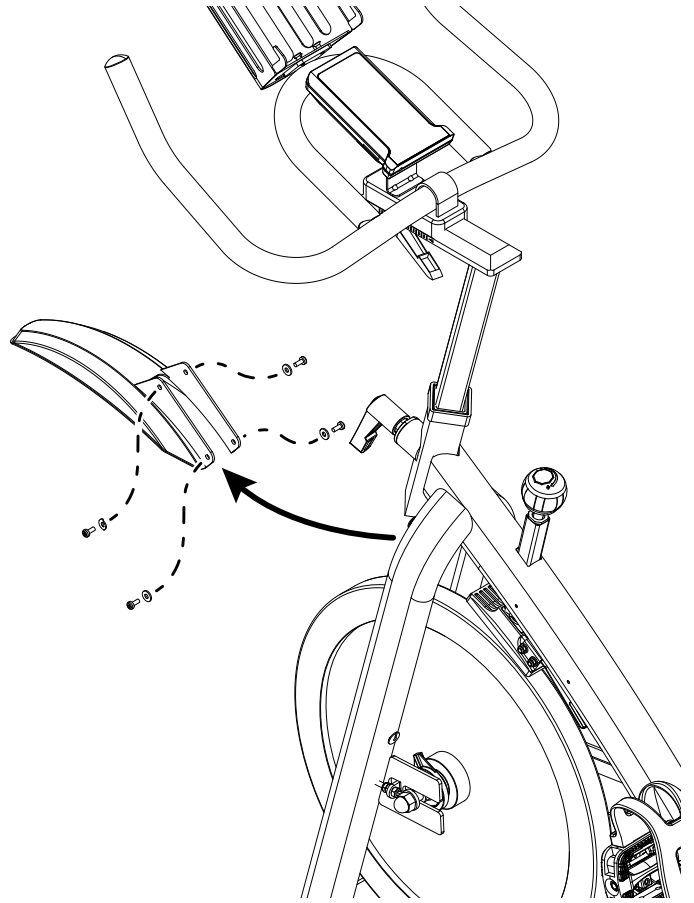


5. Using a #2 Phillips screwdriver, loosen and remove the hardware that attaches the Brake Cover to the Main Frame. Set the hardware safely aside for reassembly.

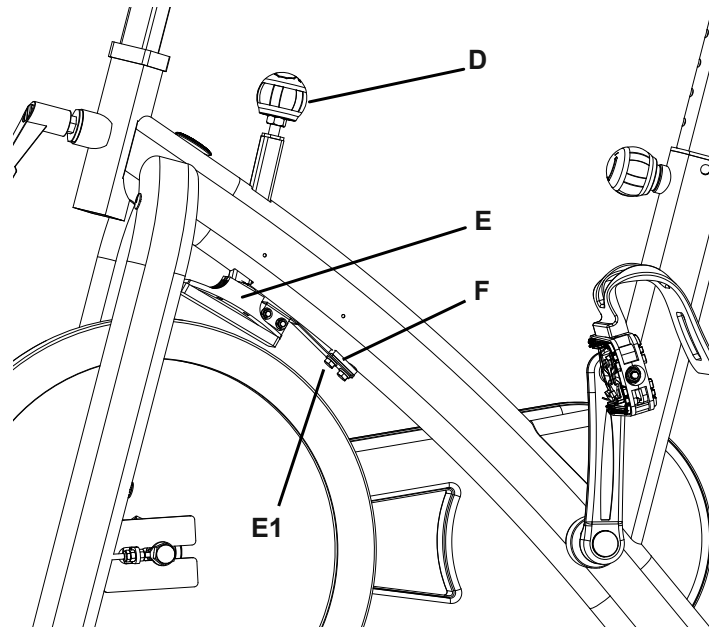
*NOTICE:* Hold the Brake Cover so that it does not fall.

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

*NOTICE:* Do not crimp the cable.

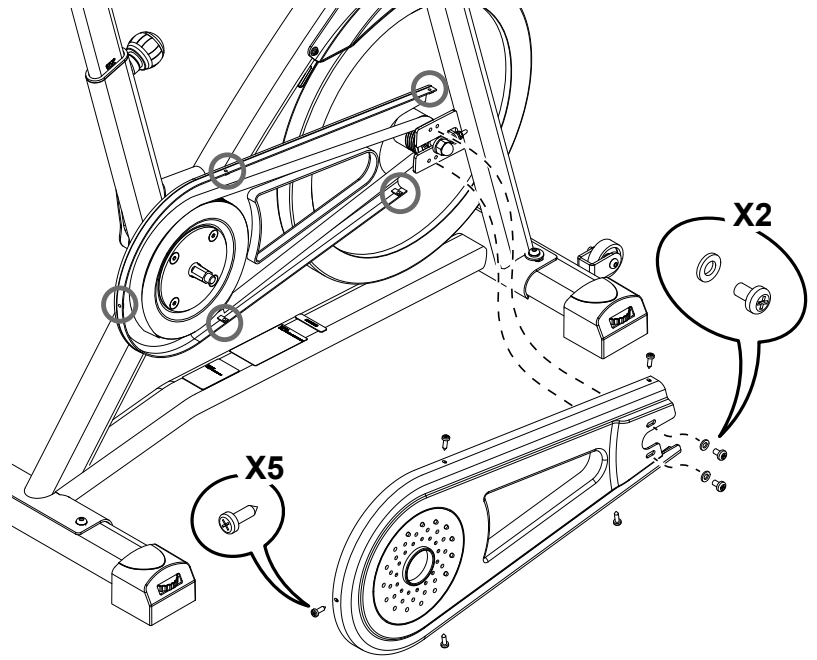


7. Loosen the Resistance Knob (D) to the minimum resistance setting.

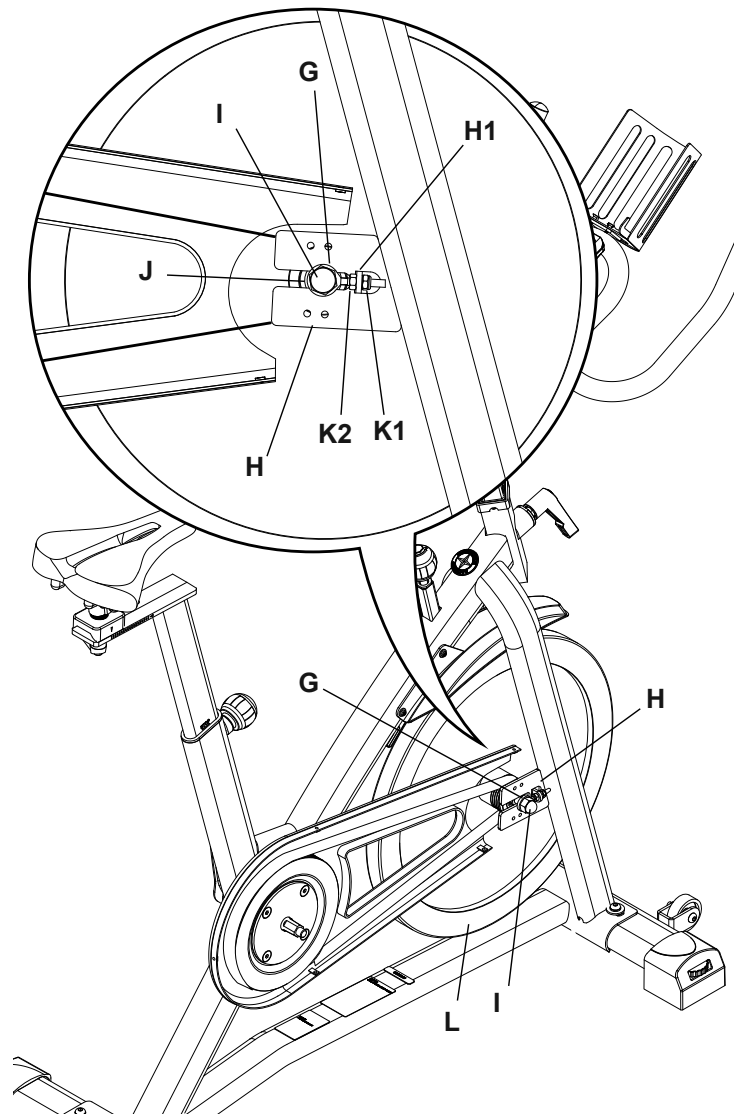


8. Using a 10mm open end wrench, loosen and remove the hardware (E1) that attaches the Brake Assembly (E) to the Frame Mount (F). Remove the Brake Assembly and set it safely aside with the hardware for reassembly.

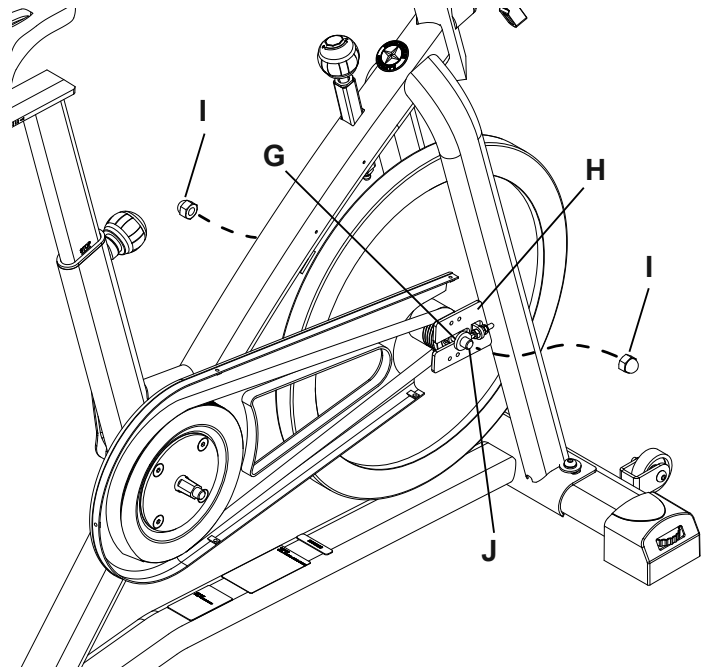
9. Loosen and remove the hardware that attaches the Drive Belt Cover to the Drive Belt Inside. Carefully remove the Drive Belt Cover and set it safely aside for reassembly.



10. Mark the position of the Flywheel Tensioners (G) on the flywheel brackets (H) on the Frame. Record the number of threads showing on the Tensioner eyebolt on each side of the Tensioner support (H1) on the bracket.



11. To loosen the Flywheel hardware, use a 15 mm crescent wrench to hold the Axle Nut (I) on one side steady and loosen the Axle Nut on the opposite side with a 15 mm socket and wrench. Remove the Axle Nuts from the Flywheel axle (J). Set the Nuts safely aside for reassembly.



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

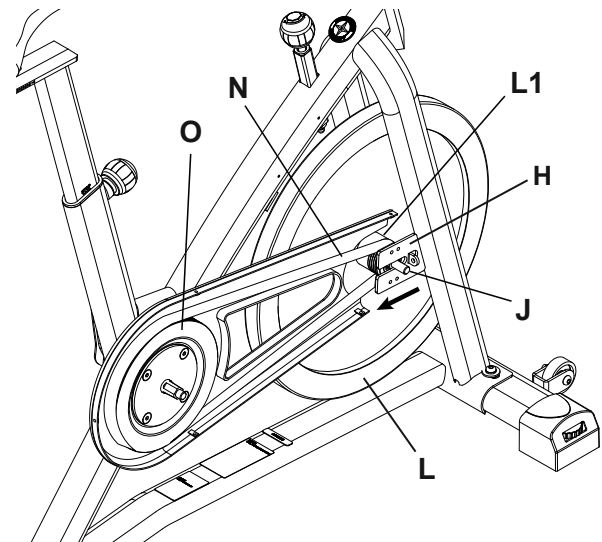
13. Carefully move the Flywheel (L) to the opening in the flywheel brackets (H).

*NOTICE:* This step may require two people.

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

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

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



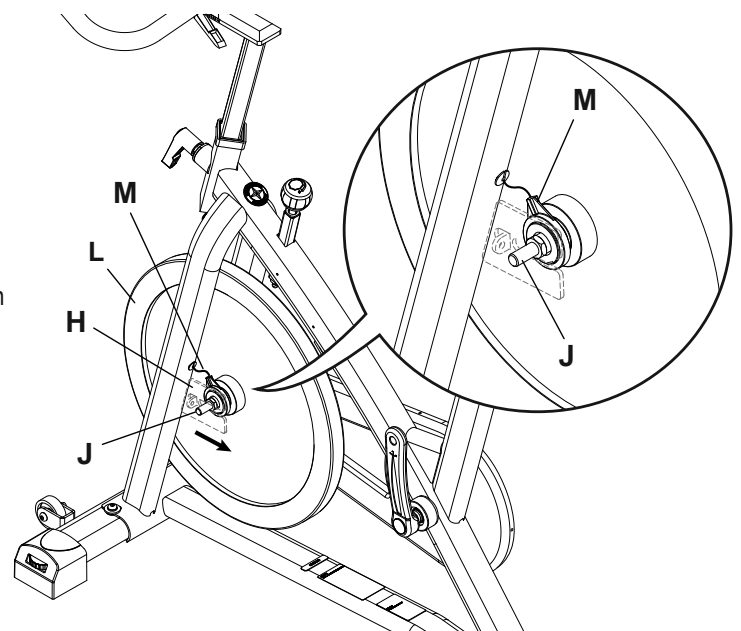
**Be sure to keep fingers clear of all pinch hazards as you turn the Drive Pulley (O) and Flywheel (L).**

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

*NOTICE:* This step may require two people.

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

*NOTICE:* Do not crimp any cables.



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



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

19. Reassembly is the reverse procedure.

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

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

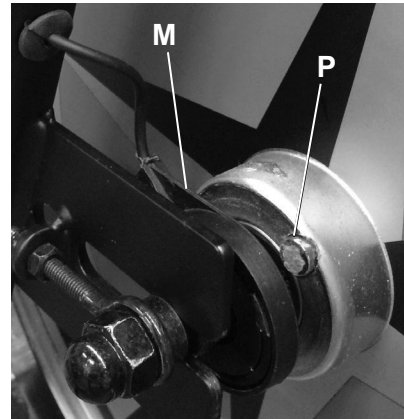
20. Make sure that the Drive Belt tension is correct. Refer to the “Adjust the Belt Tension” procedure.

## 21. Final Inspection

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



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





**NOTICE:** This document provides instructions for the replacement of the Flywheel Assembly on the Schwinn™ IC3, IC7 and 700IC Bikes.

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

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

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

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

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

**• SAVE THESE INSTRUCTIONS.**

**Tools Required (not included)**

#2 Phillips screwdriver



17 mm Wrench  
15 mm Wrench  
10 mm Wrench



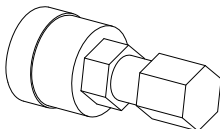
Flathead screwdriver  
Small flathead screwdriver



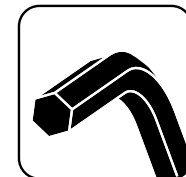
16 mm Socket and Wrench  
15 mm Socket and Wrench



25mm Crank puller



3mm hex key



Tape or marking pen

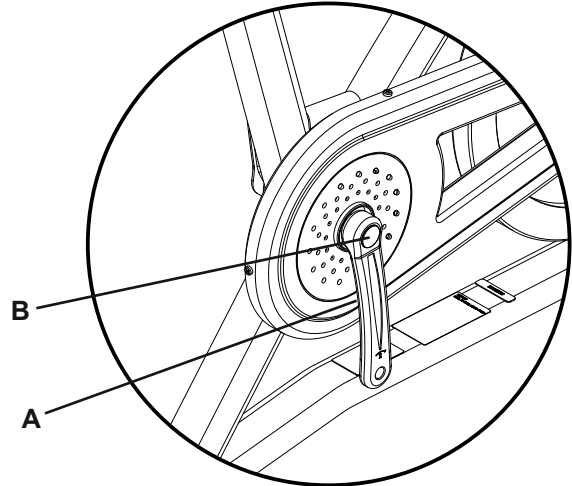


**NOTICE:** At the end of this procedure, make sure that the Drive Belt tension is correct. Refer to the “Adjust the Belt Tension” procedure.

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

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

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



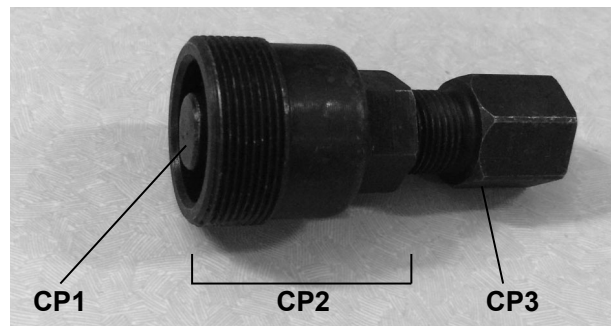
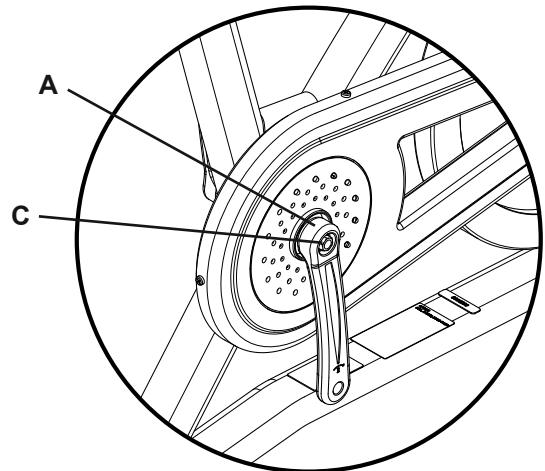
**Pedal not shown**

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

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

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

4. Using a 17mm wrench, turn the inner portion (CP3) of the Crank Puller clockwise. The Crank Arm (A) will slide off as it is tightened.

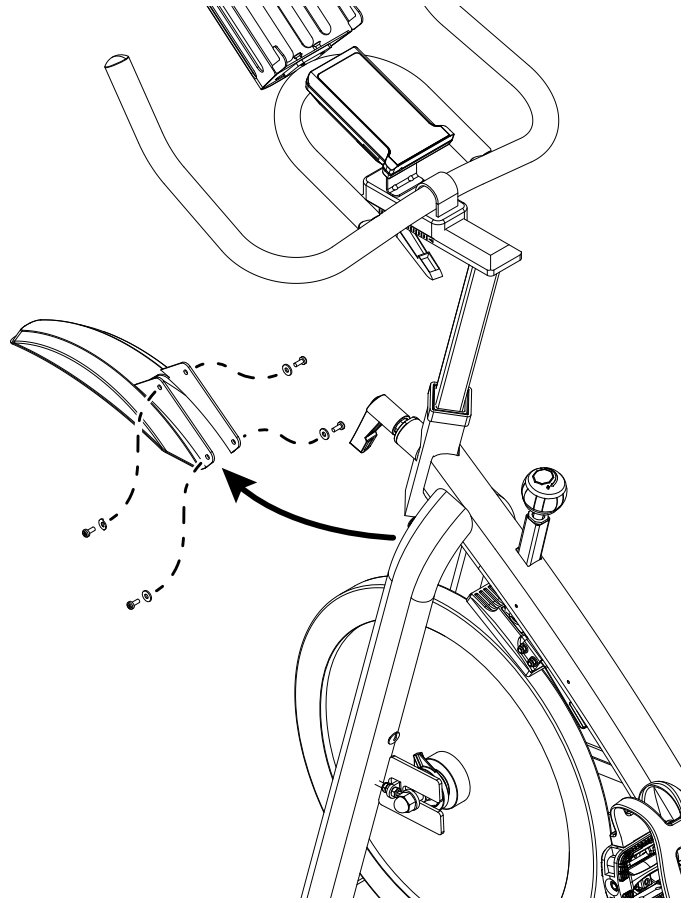


5. Using a #2 Phillips screwdriver, loosen and remove the hardware that attaches the Brake Cover to the Main Frame. Set the hardware safely aside for reassembly.

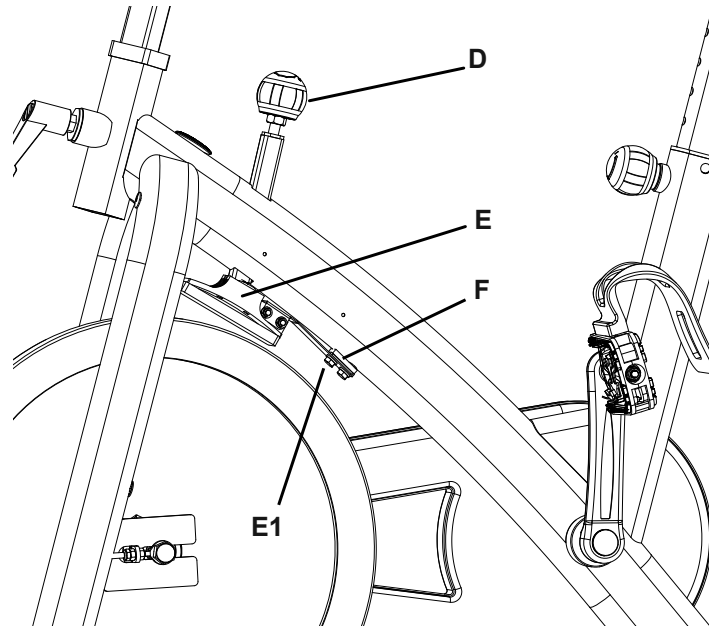
*NOTICE:* Hold the Brake Cover so that it does not fall.

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

*NOTICE:* Do not crimp the cable.

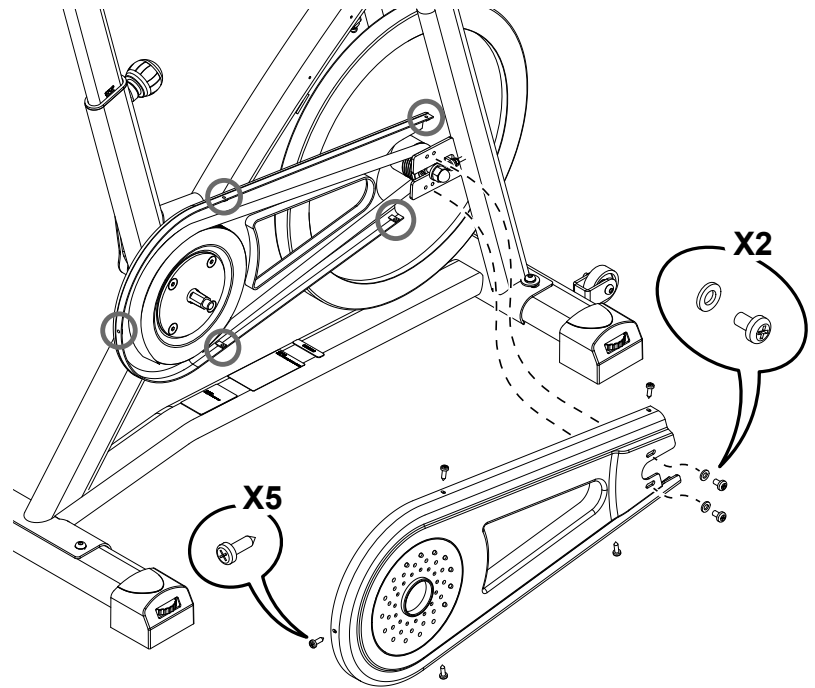


7. Loosen the Resistance Knob (D) to the minimum resistance setting.

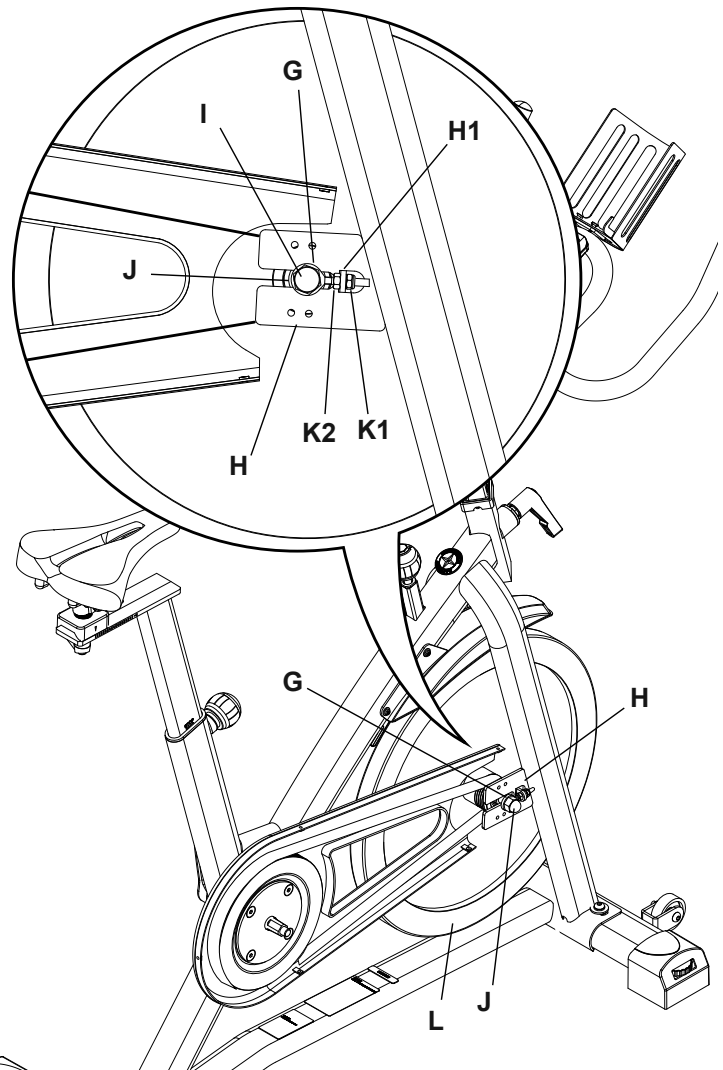


8. Using a 10mm open end wrench, loosen and remove the hardware (E1) that attaches the Brake Assembly (E) to the Frame Mount (F). Remove the Brake Assembly and set it safely aside.

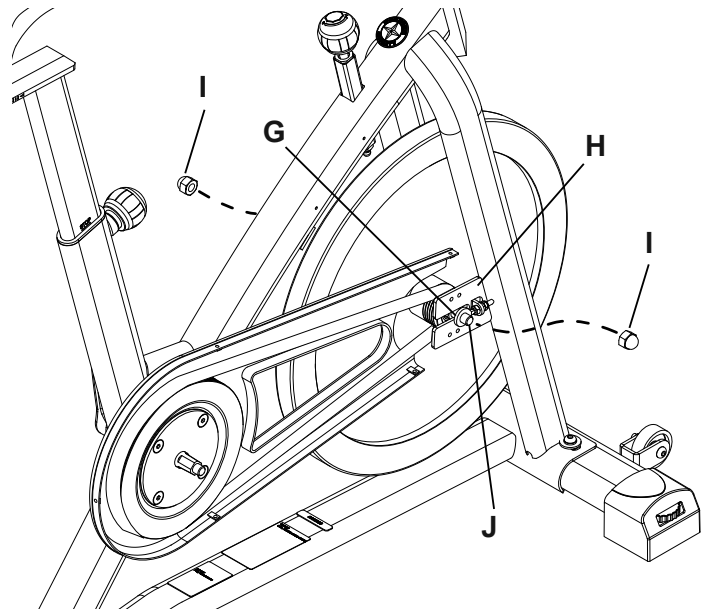
9. Loosen and remove the hardware that attaches the Drive Belt Cover to the Drive Belt Inside. Carefully remove the Drive Belt Cover and set it safely aside for reassembly.



10. Mark the position of the Flywheel Tensioners (G) on the flywheel brackets (H) on the Frame. Record the number of threads showing on the Tensioner eyebolt on each side of the Tensioner support (H1) on the bracket.



11. To loosen the Flywheel hardware, use a 15 mm crescent wrench to hold the Axle Nut (I) on one side steady and loosen the Axle Nut on the opposite side with a 15 mm socket and wrench. Remove the Axle Nuts from the Flywheel axle (J). Set the hardware safely aside for reassembly.



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

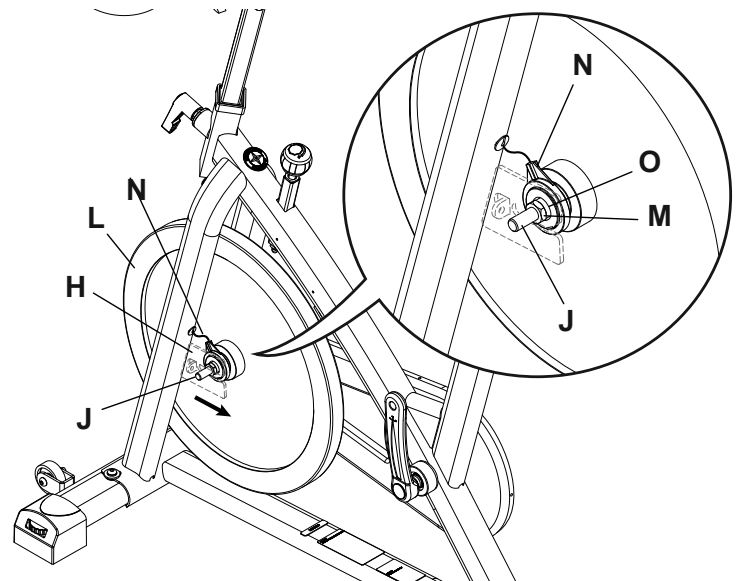
**NOTICE:** It may be necessary to move the Flywheel (L). This step may require two people.

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

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

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

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



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

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

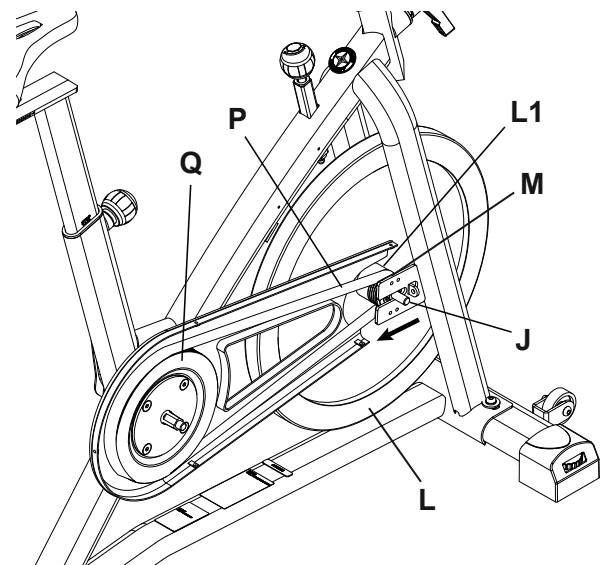
16. Remove the old Flywheel assembly (L) and set it safely aside.



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

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

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



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

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

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



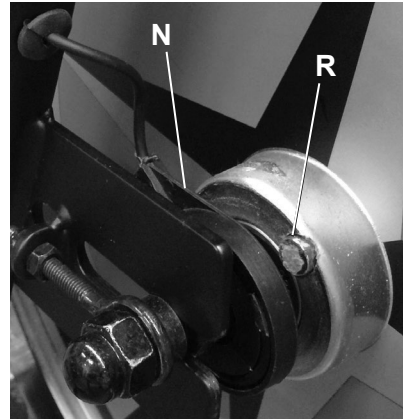
**Be sure to keep fingers clear of all pinch hazards as you turn the Drive Pulley (Q) and Flywheel (L).**

20. Reassembly is the reverse procedure.

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

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

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



## 22. Final Inspection

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



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

**NOTICE:** This document provides instructions for the replacement of the Speed Sensor on the Schwinn™ IC3, IC7 and 700IC Bikes.

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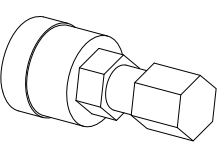
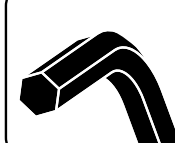

**Important Safety Instructions - Before servicing or using this equipment, obey the following warnings:**

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

**• SAVE THESE INSTRUCTIONS.**

**Tools Required (not included)**

#2 Phillips screwdriver		17 mm Wrench 15 mm Wrench 10 mm Wrench	
Flathead screwdriver Small flathead screwdriver		16 mm Socket and Wrench 15 mm Socket and Wrench	
25mm Crank puller		3mm hex key	
Tape or marking pen			
5' (152 cm) length of string			

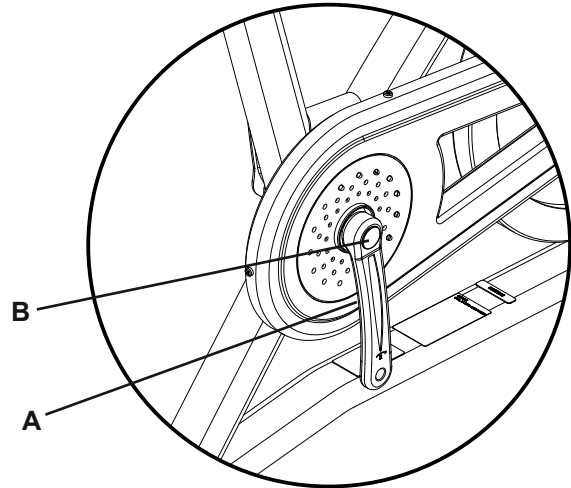
**NOTICE:** At the end of this procedure, make sure that the Drive Belt tension is correct. Refer to the “Adjust the Belt Tension” procedure.



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

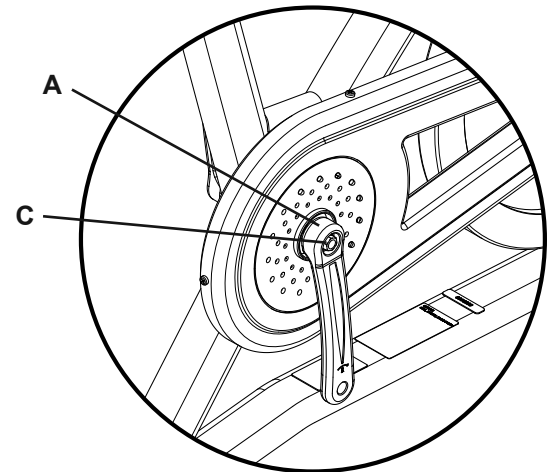
**Note:** Your machine may not match the image. For reference only.

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



Pedal not shown

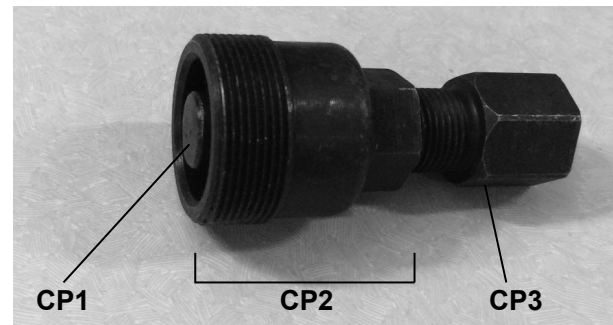
2. Using a 16mm socket and wrench, remove the Flange Nut (C) under the threaded Cap (B).



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

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

4. Using a 17mm wrench, turn the inner portion (CP3) of the Crank Puller clockwise. The Crank Arm (A) will slide off as it is tightened.



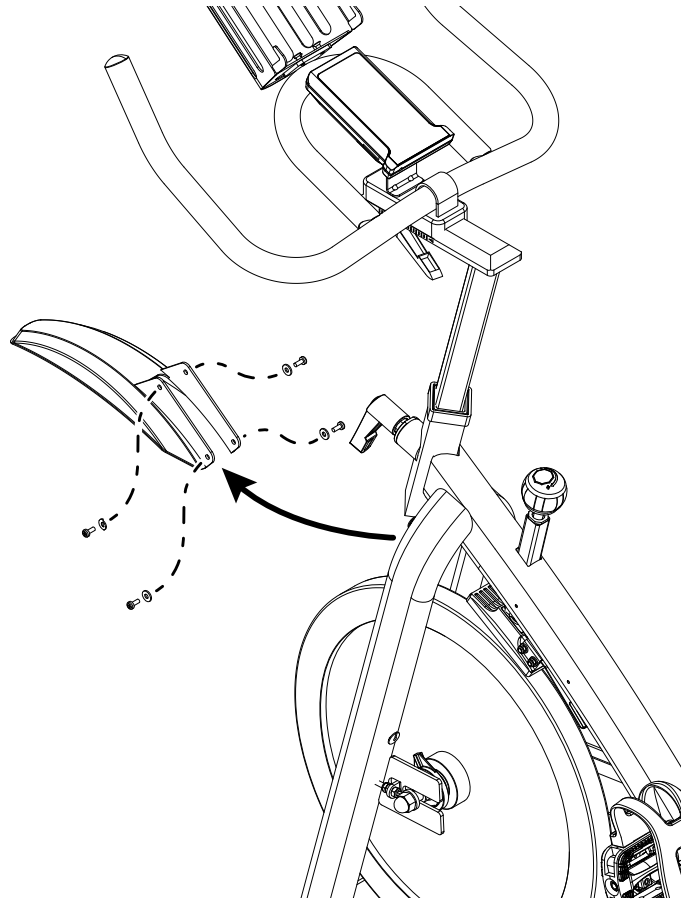


5. Using a #2 Phillips screwdriver, loosen and remove the hardware that attaches the Brake Cover to the Main Frame. Set the hardware safely aside for reassembly.

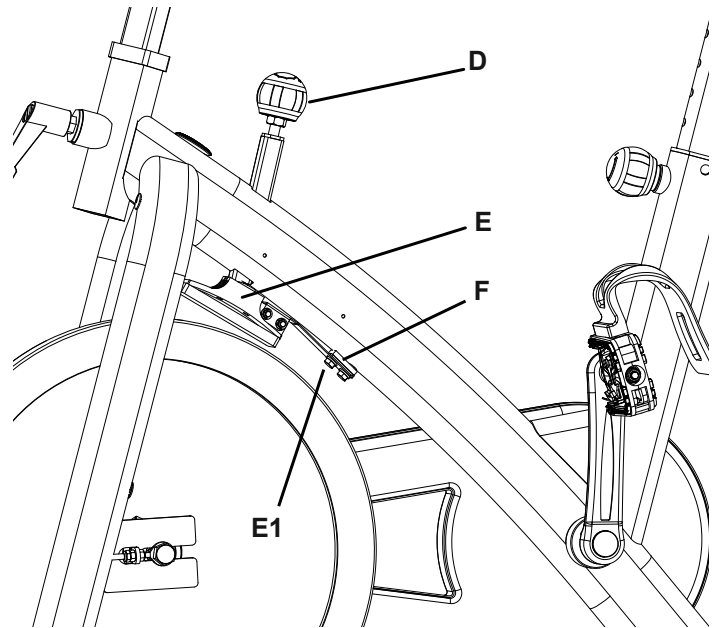
*NOTICE:* Hold the Brake Cover so that it does not fall.

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

*NOTICE:* Do not crimp the cable.

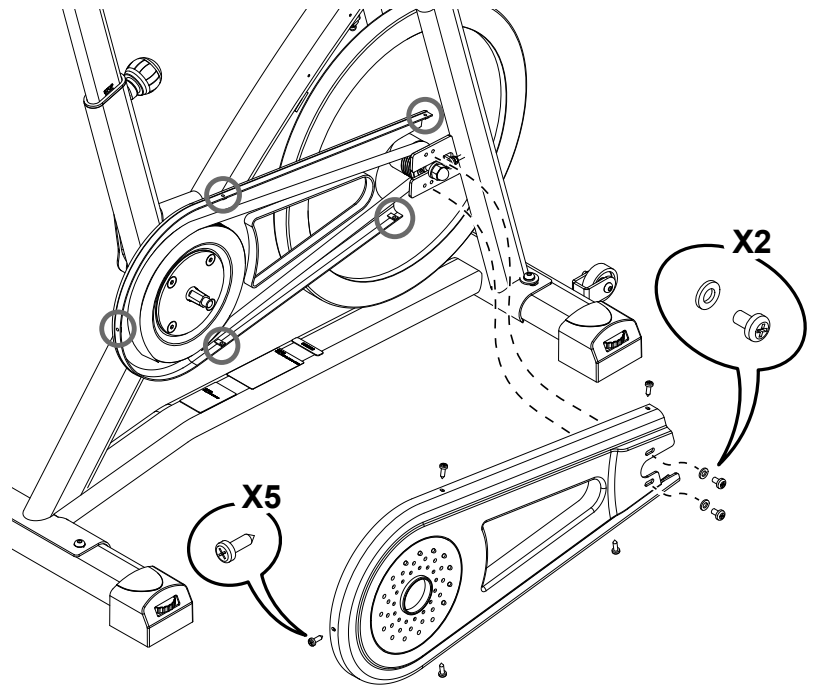


7. Loosen the Resistance Knob (D) to the minimum resistance setting.

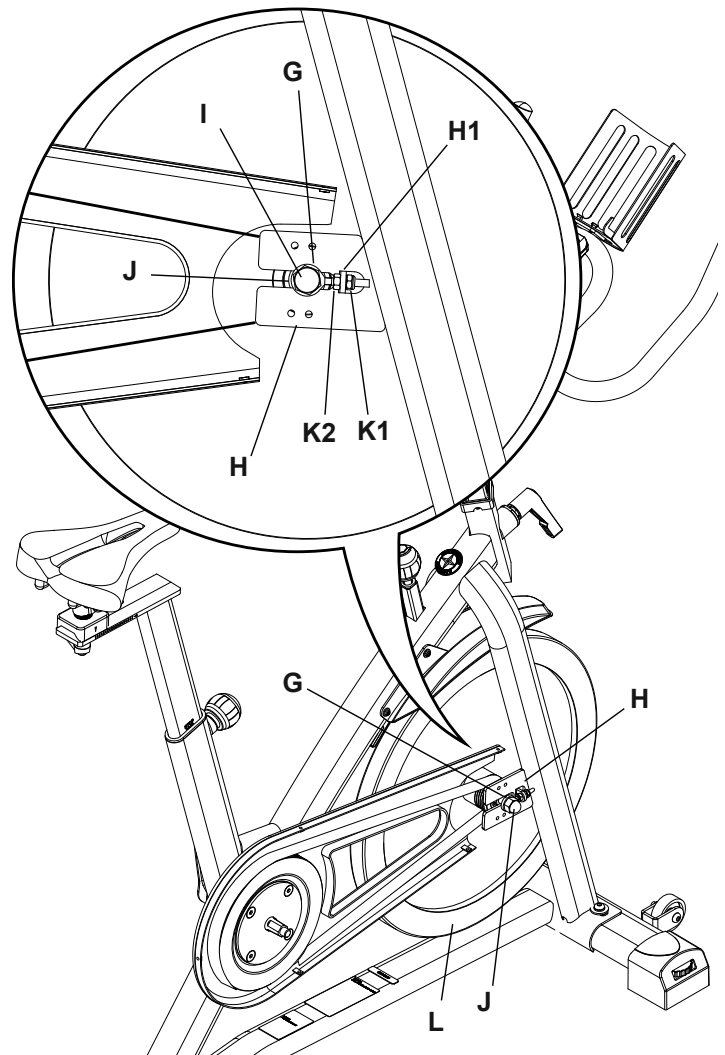


8. Using a 10mm open end wrench, loosen and remove the hardware (E1) that attaches the Brake Assembly (E) to the Frame Mount (F). Remove the Brake Assembly and set it safely aside.

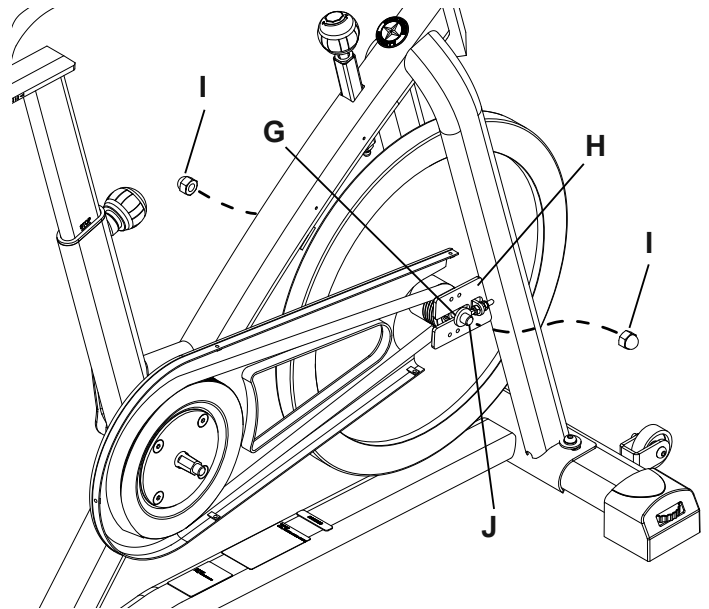
9. Loosen and remove the hardware that attaches the Drive Belt Cover to the Drive Belt Inside. Carefully remove the Drive Belt Cover and set it safely aside for reassembly.



10. Mark the position of the Flywheel Tensioners (G) on the flywheel brackets (H) on the Frame. Record the number of threads showing on the Tensioner eyebolt on each side of the Tensioner support (H1) on the bracket.



11. To loosen the Flywheel hardware, use a 15 mm crescent wrench to hold the Axle Nut (I) on one side steady and loosen the Axle Nut on the opposite side with a 15 mm socket and wrench. Remove the Axle Nuts from the Flywheel axle (J). Set the hardware safely aside for reassembly.

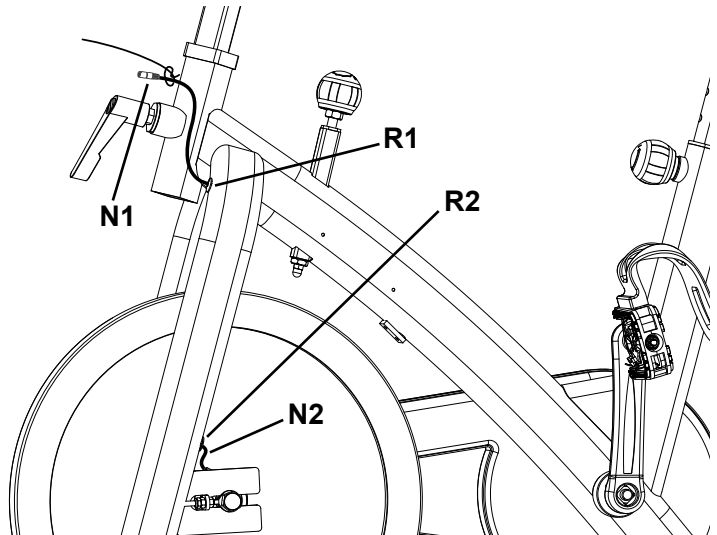


12. Using a 10mm wrench, loosen and remove the Flywheel Retainer nut (K1) that is closest to the Frame. Remove the Tensioner eyebolt (G) and Nut (K2) from the Flywheel axle (J) and Tensioner support (H1). Set the Tensioner hardware aside for reassembly.

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

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

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



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

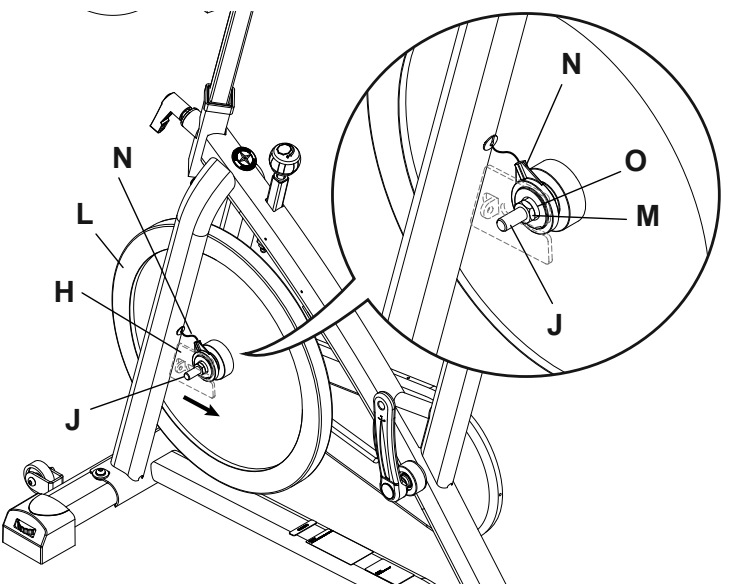
**NOTICE:** This step may require two people.

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

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

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

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



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

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

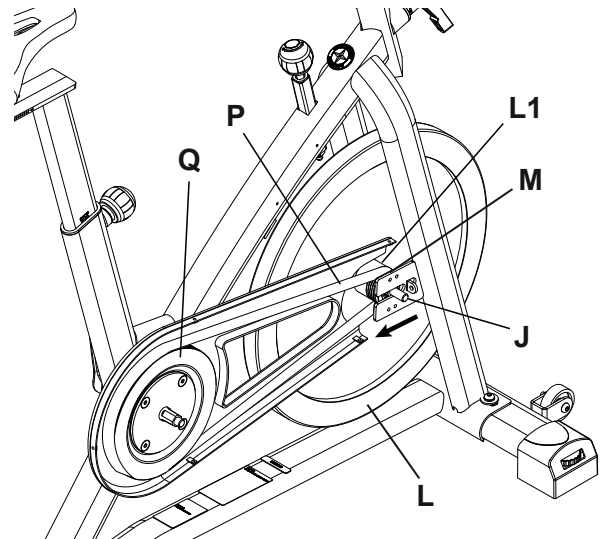
18. Put the Drive Belt (P) in position on the Flywheel pulley (L1). Align the Flywheel axle (J) in the flywheel brackets (H). Hand tighten the hardware from steps 11 and 12 on each end of the Flywheel axle.

*NOTICE:* Do not crimp any cables.

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



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

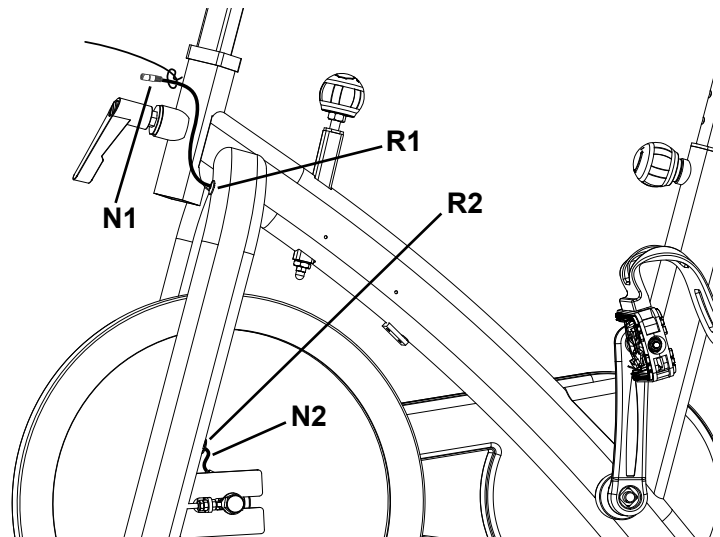


18. Tie the end of the string at the lower opening (R2) in the Frame upright to the end of the new Speed Sensor cable. Hold the other end of the string at the top opening (R1) and carefully pull the Speed Sensor cable up through the upright.

*NOTICE:* Do not crimp the cable.

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

*NOTICE:* Do not crimp the cable.



20. Reassembly is the reverse procedure.

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

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

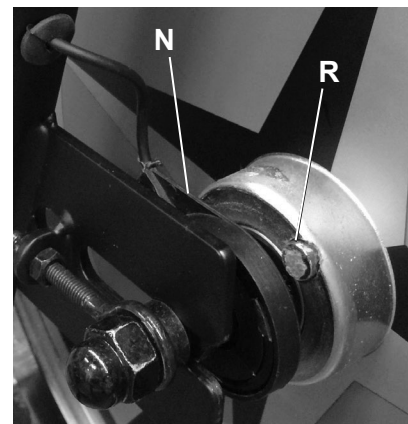
21. Make sure that the Drive Belt tension is correct. Refer to the "Adjust the Belt Tension" procedure.

## 22. Final Inspection

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



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



**NOTICE:** This document provides instructions for the installation or replacement of the Wave Washer in the Crank axle assembly on the Schwinn™ IC3, IC7 and 700IC Bikes.

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

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

Nautilus, Inc., [www.NautilusInc.com](http://www.NautilusInc.com), 5415 Centerpoint Parkway, Groveport, OH 43125 U.S.A. - Customer Service: North America (800) 605-3369, [csnls@nautilus.com](mailto:csnls@nautilus.com) | outside U.S. [www.nautilusinternational.com](http://www.nautilusinternational.com) | Printed in China | © 2018 Nautilus, Inc. | Schwinn and the Schwinn Quality Logo are trademarks owned by or licensed to Nautilus, Inc., which are registered or otherwise protected by common law in the United States and other countries. | ORIGINAL DOCUMENT - ENGLISH VERSION ONLY

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

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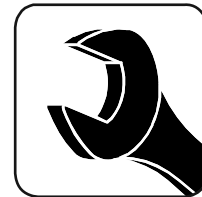
- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product being serviced at all times.
- Disconnect all power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

**• SAVE THESE INSTRUCTIONS.**

**Tools Required (not included)**

Safety goggles

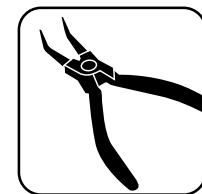
17mm Wrench  
15mm Wrench  
or adjustable wrench



Flathead screwdriver



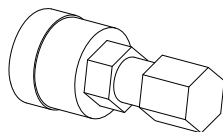
Circlip pliers (included in service kit)



16 mm Socket and Wrench

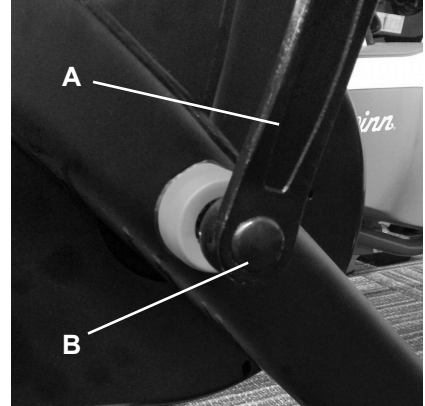


25mm Crank puller (included in service kit)

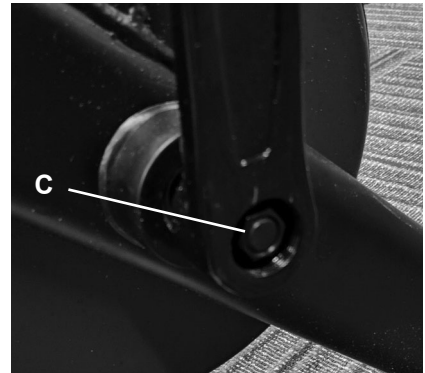


**Note:** Your machine may not match the image. For reference only.

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



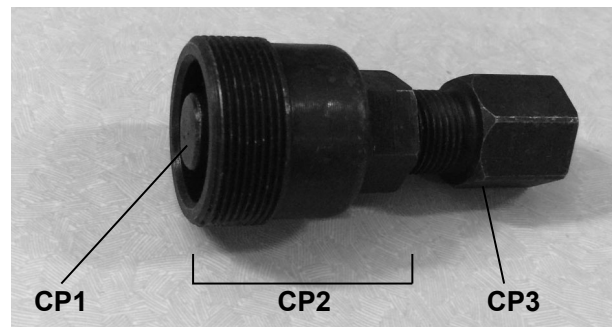
2. Using a 16mm socket and wrench, remove the Flange Nut (C) under the threaded Cap (B).



3. Thread the 25mm Crank Puller into the Crank Arm (A). When the Crank Puller is in the correct position, only 1-2 threads on the outer portion (CP2) of the Crank Puller should show.

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

4. Using a 17mm wrench, turn the inner portion (CP3) of the Crank Puller clockwise. The Crank Arm (A) will slide off as it is tightened.

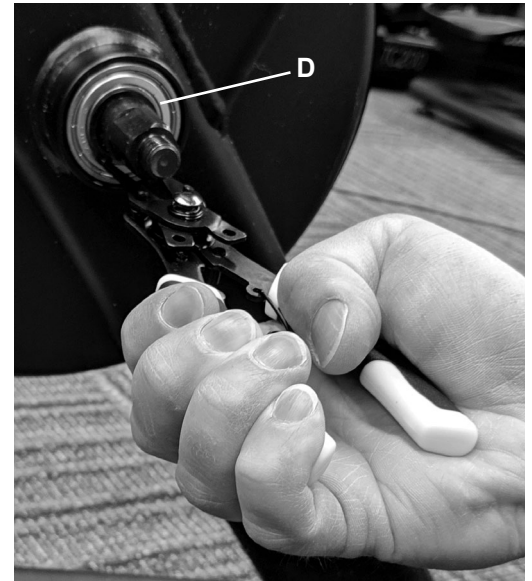


5. Remove the plastic cover from the Crank axle, and set it safely aside for reassembly.



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

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

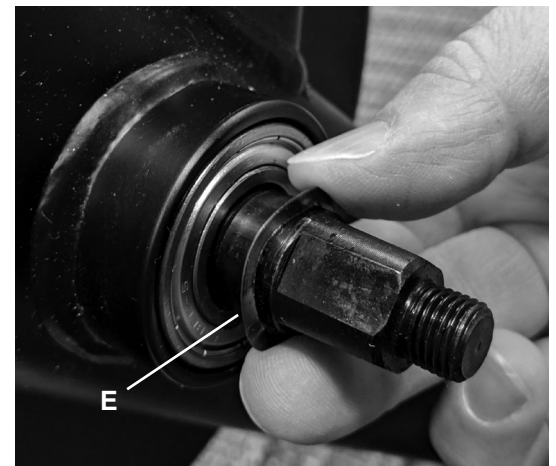


7. Put the new Wave Washer (E) on the Crank axle.

8. Reassembly is the reverse procedure.

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

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



## 9. Final Inspection

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



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

**NOTICE:** This document provides instructions for the installation or replacement of the Drive Pulley (Crank axle assembly) on the Schwinn™ IC3, IC7 and 700IC Bikes.

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

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

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

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

**• SAVE THESE INSTRUCTIONS.**

**Tools Required (not included)**

Safety goggles

17mm Wrench  
15mm Wrench  
or adjustable wrench  
10mm Wrench



Flathead screwdriver



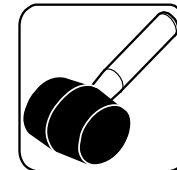
Snap ring pliers



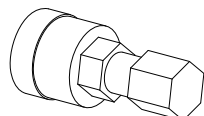
16 mm Socket and Wrench



Rubber Mallet



25mm Crank puller (included in service kit)



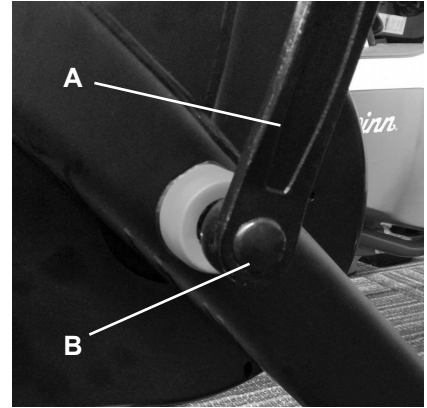
Red Loctite® 272 or equivalent



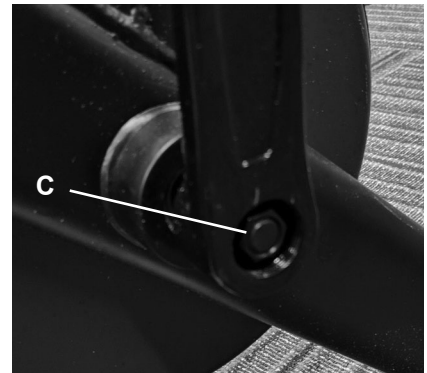


**Note:** Your machine may not match the image. For reference only.

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



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



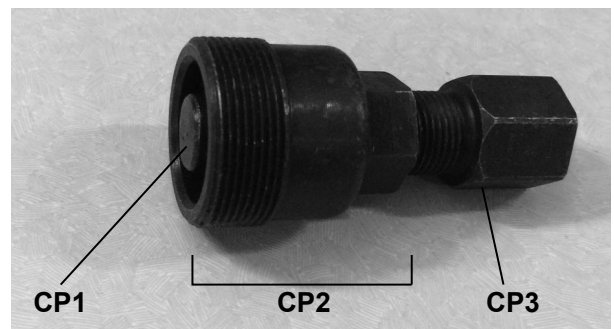
3. Thread the 25mm Crank Puller into the Crank Arm (A). When the Crank Puller is in the correct position, only 1-2 threads on the outer portion (CP2) of the Crank Puller should show.

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

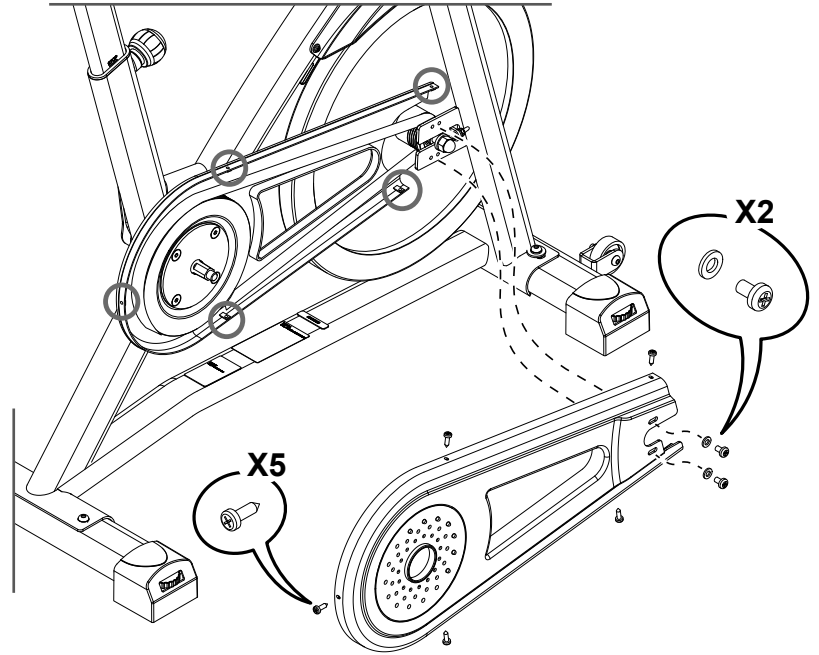
4. Using a 17mm wrench, turn the inner portion (CP3) of the Crank Puller clockwise. The Crank Arm (A) will slide off as it is tightened.



5. Repeat the last four steps on the right side of the bike.

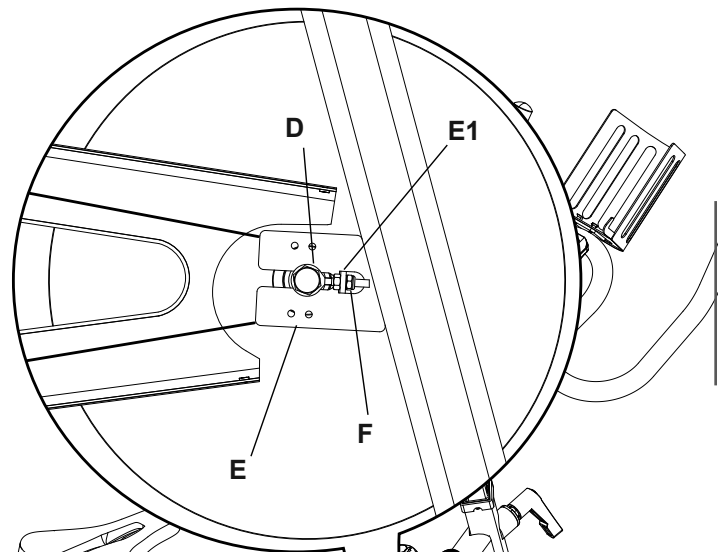


6. Loosen and remove the hardware that attaches the Drive Belt Cover to the Drive Belt Inside. Carefully remove the Drive Belt Cover and set it safely aside for reassembly.



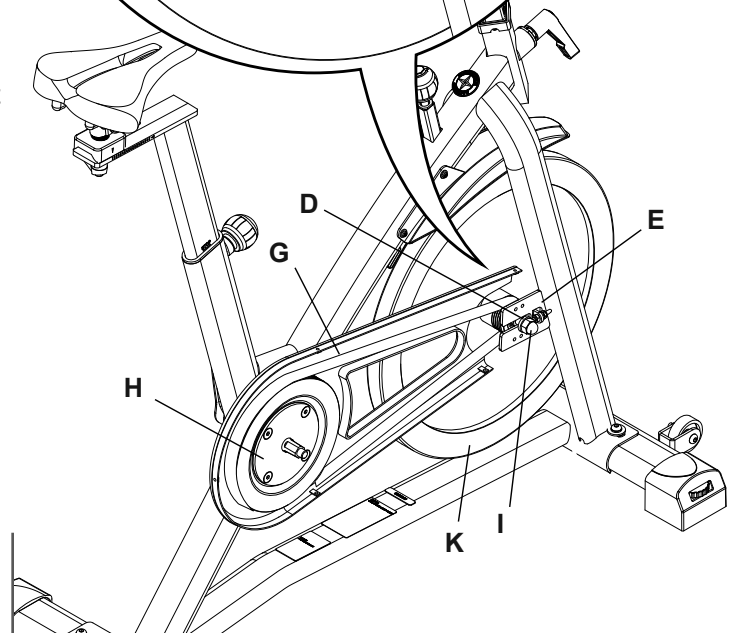
7. Mark the position of the Flywheel Tensioners (D) on the flywheel brackets (E) on the Frame. Record the number of threads showing on the Tensioner eyebolt on each side of the Tensioner support (E1) on the bracket.

8. Using a 10mm wrench, loosen the outer Flywheel Retainer Nut (F) on both sides of the machine. Loosen the outer Flywheel Retainer Nut until there is a visible slack in the Drive Belt. This will ease the removal of the Drive Belt (G) from the Drive (Crank) Pulley (H).



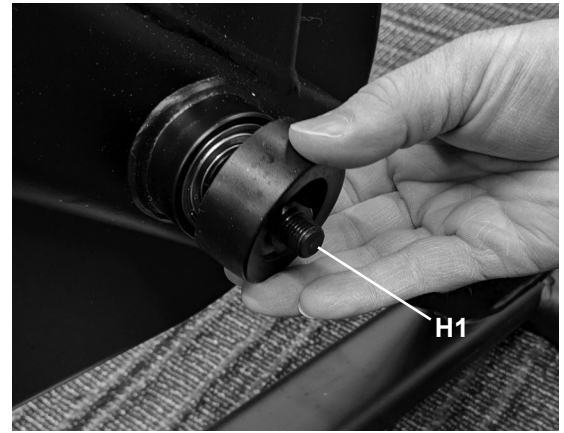
9. To remove the Drive Belt (G) from the Drive Pulley (H), slightly pull the Drive Belt outward while safely rolling the Drive Pulley. The Drive Belt will come off the Drive Pulley. Set the Drive Belt safely aside.

**⚠ Be sure to keep fingers clear of all pinch hazards as you turn the Drive Pulley.**



10. Remove the plastic cover from the Crank axle (H1), and set it safely aside for reassembly.

Left side



11. Using eye protection and snap ring removal tool, remove the Snap Ring (I) from the Crank axle.



12. Using eye protection and a rubber mallet, gently tap the Pulley Shaft (H1) from the left side of the bike until it works out of the Frame and releases the Drive Pulley (H) with crankshaft and Wave Washer (J).

**Note:** Support the Drive Pulley so that it does not fall. The bearings will stay in the frame.

Set the old Drive Pulley and hardware safely aside.



13. Put the new Wave Washer (J) on the new Drive Pulley in the same position.

14. Align the axle of the new Drive Pulley assembly with the mount hole on the Right side of the Frame. Using eye protection and a rubber mallet, gently tap the end of the Pulley Shaft to push it into position.

15. Put the Snap Ring (I) into position on the inner shaft (axle) of the Drive Pulley assembly.

**NOTICE:** Be sure the Snap Ring is securely set in the groove around the axle.



16. Replace the plastic cover on the Crank axle (H1).

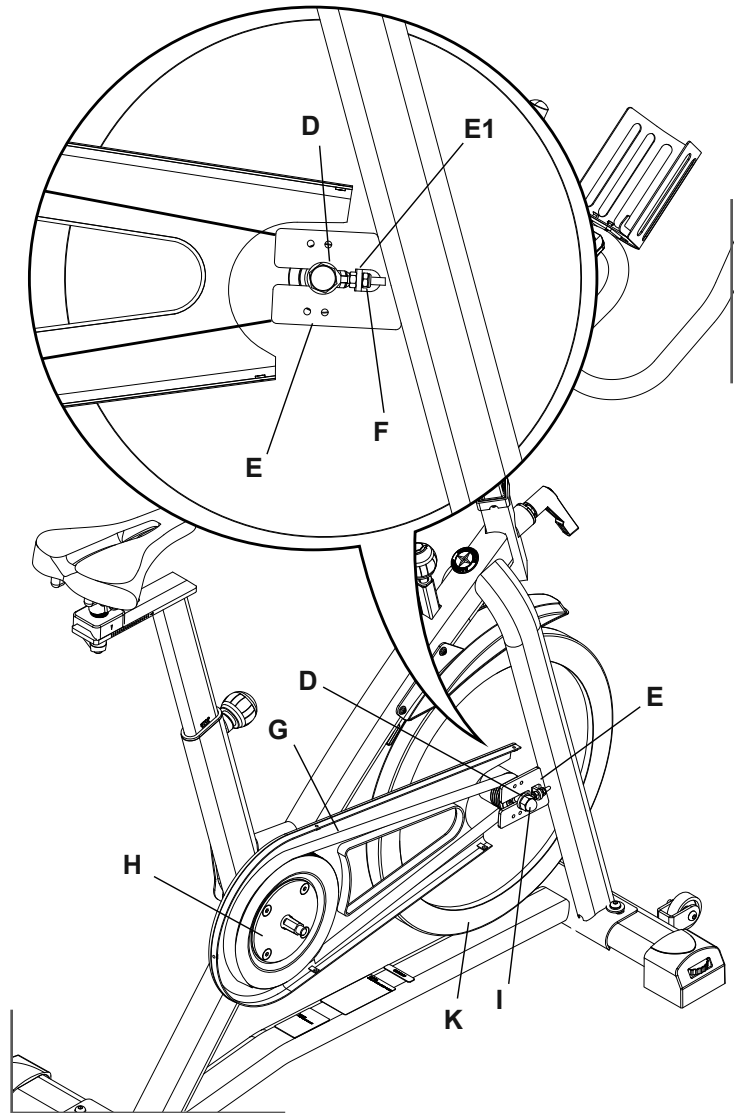
17. Put the Drive Belt (G) around the edge of the Drive Pulley (H). Slowly turn the Drive Pulley and Flywheel (K), and carefully walk the Drive Belt onto the Drive Pulley. Make sure the Drive Belt is aligned on the Flywheel pulley and Drive Pulley.

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

18. Reassembly is the reverse procedure.

*NOTICE:* Do not crimp any cables. Secure the Flywheel Tensioners (D) at the position that you recorded in step 7. Make sure the Flywheel (K) can turn easily.

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



19. Add Loctite® 272 (or equivalent) to the inner threads of the Crank Nut (C). Do not apply the Loctite® 272 to the Crank Shaft.


20. Install the Crank Nut onto the Crank Shaft, and fully tighten it.

21. Replace the threaded Cap (B) onto the Crank Arm.

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

### 23. Final Inspection

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

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

Crank Nut

