# SCHWINN® 520



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

Serial Number	
Date of Purchase	
To register your product warranty, go to: www.SchwinnFitness.com/register	

Or call 1 (800) 605–3369.

If you have questions or problems with your product, please call 1 (800) NAUTILUS (628–8458).

Nautilus, Inc., (800) NAUTILUS / (800) 628-8458, www.NautilusInc.com - Customer Service: North America (800) 605-3369, csnls@nautilus.com | outside U.S. +01-360-859-5180, technics-APLA@nautilus.com | Printed in China | © 2012 Nautilus, Inc.

# IMPORTANT SAFETY INSTRUCTIONS - ASSEMBLY



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

#### Obey the following warnings:

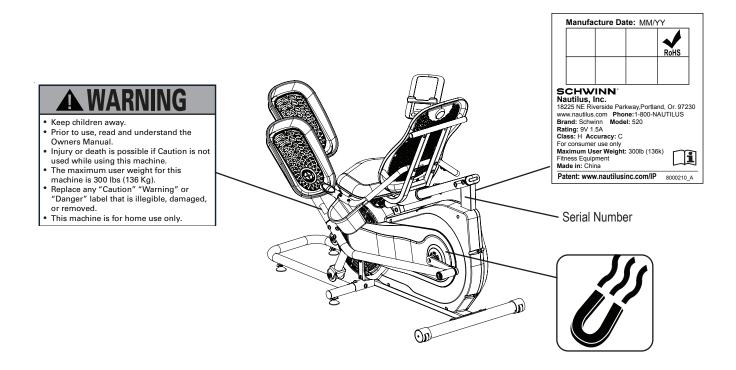


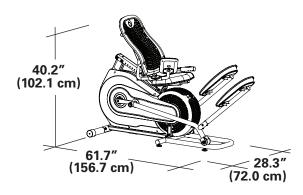
Read and understand all warnings on this machine.

Carefully read and understand the Assembly instructions.

- · Keep bystanders and children away from the product you are assembling at all times.
- Do not install the batteries into the machine until instructed to do so.
- Do not assemble this machine outdoors or in a wet or moist location.
- Make sure assembly is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Some components of the machine can be heavy or awkward. Use a second person when doing the assembly steps involving these parts. Do not do steps that involve heavy lifting or awkward movements on your own.
- · Set up this machine on a solid, level, horizontal surface.
- Do not try to change the design or functionality of this machine. This could compromise the safety of this machine and will void the warranty.
- If replacement parts are necessary, use only genuine Nautilus® replacement parts and hardware. Failure to use
  genuine replacement parts can cause a risk to users, keep the machine from operating correctly and void the
  warranty.
- Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Manual.
- Read and understand the complete Manual supplied with this machine before first use. Keep the Manual for future reference.
- Do all assembly steps in the sequence given. Incorrect assembly can lead to injury or incorrect function.
- This product contains magnets. Magnetic fields can interfere with the normal use of certain medical devices at a close range. Users may come into proximity of the magnets in the assembly, maintenance, and/or use of the product. Given the obvious importance of these devices, such as a pacemaker, it is important that you consult with your medical provider in connection with the use of this equipment. Please consult the "Safety Warning Labels and Serial Number" section to determine the location of the magnets on this product.

## SAFETY WARNING LABELS AND SERIAL NUMBER





Maximum User Weight: 300 lbs. (136 kg)

**Power Requirements:** 2 AA Batteries

Operating Voltage: 1.0 - 3.3VDC

**Regulatory Approvals:** 





This product, its packaging, and components contain chemicals known to the State of California to cause cancer, birth defects, or reproductive harm. This Notice is provided in accordance with California's Proposition 65. If you would like additional information, please refer to our website at www.nautilus.com/prop65.



DO NOT dispose of this product as refuse. This product is to be recycled. For information on the proper method of disposal, contact a Nautilus Customer Service Representative. Contact information is available in the Contacts section in this manual.

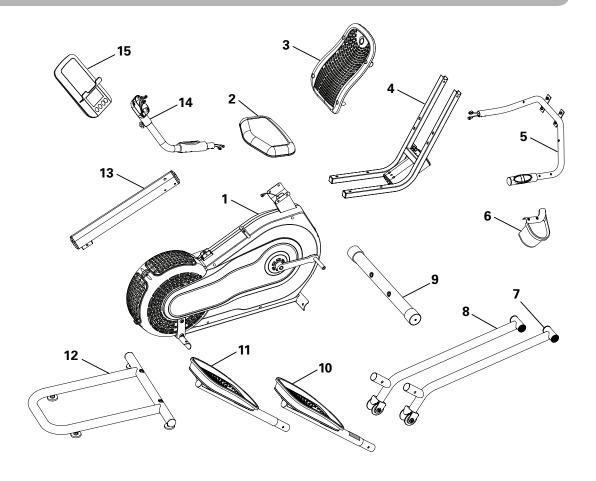
## **Before Assembly**

Select the area where you are going to set up and operate your machine. For safe operation, the location must be on a hard, level surface. Allow a workout area of a minimum 109" (276.9 cm) x 76.3" (193.8 cm).

#### **Basic Assembly Tips**

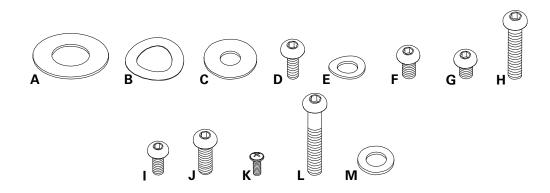
Follow these basic points when you assemble your machine:

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



A decal has been applied to all right ("  ${f R}$  ") and left ("  ${f L}$  ") parts to assist with assembly.

Item	Qty	Description	Item	Qty	Description
1	1	Frame	9	1	Rear Stabilizer
2	1	Seat Bottom	10	1	Pedal, Left
3	1	Seat Back	11	1	Pedal, Right
4	1	Seat Frame	12	1	Rail Assembly
5	1	Handlebar	13	1	Seat Rail
6	1	Water Bottle Holder	14	1	Console Support Arm
7	1	Leg, Left	15	1	Console
8	1	Leg, Right			



Item	Qty	Description	Item	Qty	Description
Α	2	Washer, M16	Н	4	Button Head Hex Screw, M8x1.25x38 Black
В	2	Wave Washer	I	4	Button Head Hex Screw, M6x1.0x12 Black
С	2	Washer, M8 Wide	J	6	Button Head Hex Screw, M8x1.25x20
D	2	Button Head Hex Screw, M8x1.0x20 Black	K	6	Phillips Head Screw, M5x0.7x12 Black
Е	14	Washer, M8 Curved	L	4	Button Head Hex Screw, M8x1.25x50 Black
F	14	Button Head Hex Screw, M8x1.25x16 Black	М	16	Washer, M8
G	2	Button Head Hex Screw, M8x1.25x12 Black			

## Tools Included



4 mm 6 mm



#2

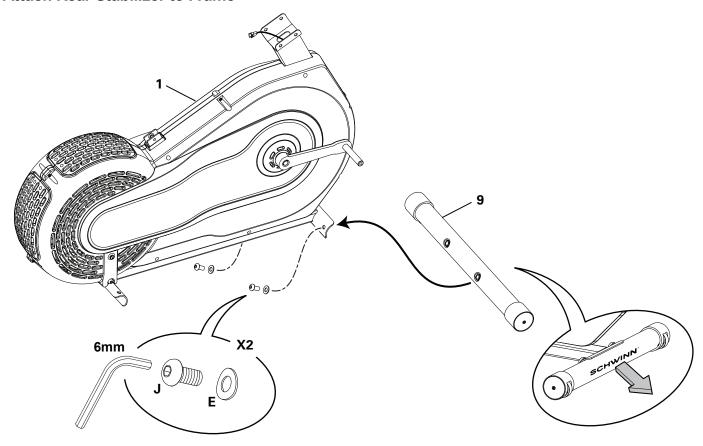
2 AA size batteries (LR6)

#### **Not Included**



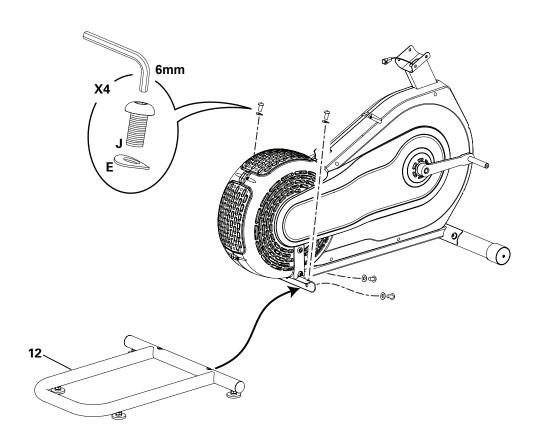
(recommended)

## 1. Attach Rear Stabilizer to Frame

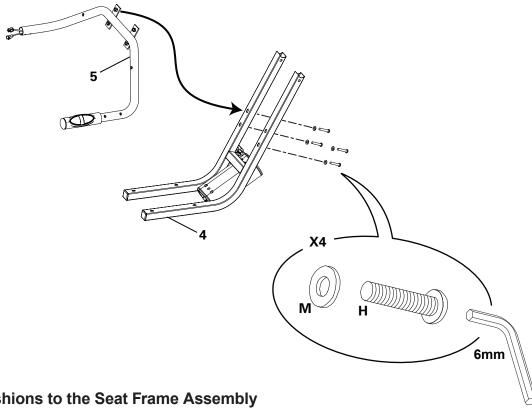


## 2. Attach Rail Assembly to Frame Assembly

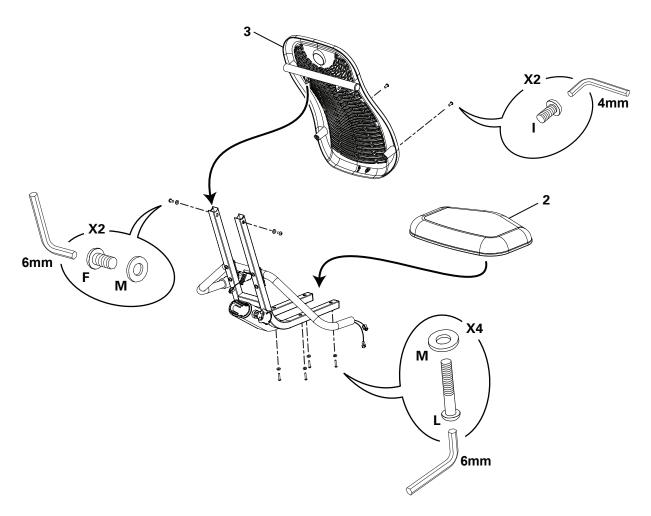
NOTICE: Do not fully tighten this hardware.



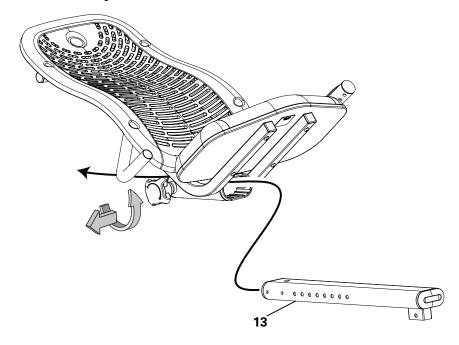
## 3. Attach the Handlebar to the Seat Frame



## 4. Attach the Seat Cushions to the Seat Frame Assembly

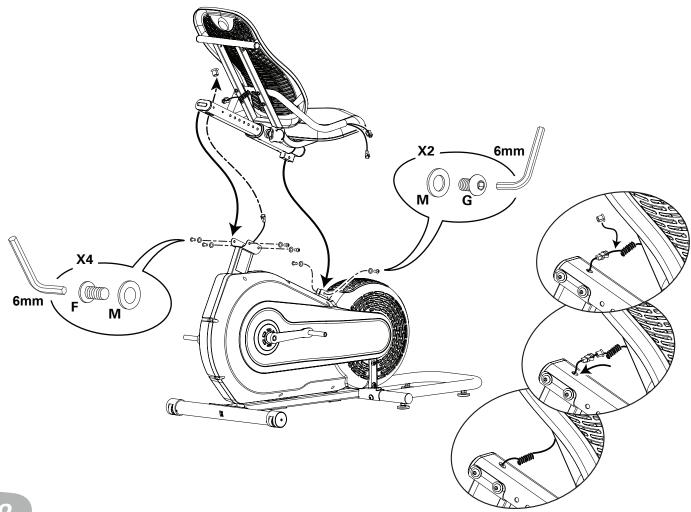


## 5. Attach Seat Rail to Seat Frame Assembly



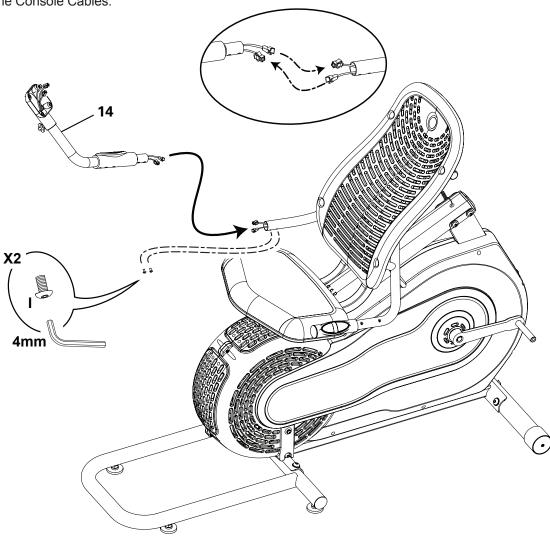
## 6. Attach Seat Frame Assembly to Frame Assembly and Connect Cables

Note: Do not crimp the Console Cables.



## 7. Connect the Cables and Attach the Console Support Arm to the Seat Frame Assembly

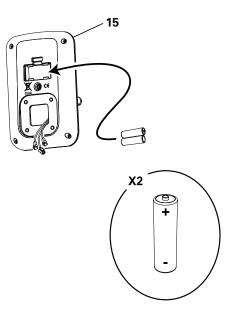
Note: Do not crimp the Console Cables.



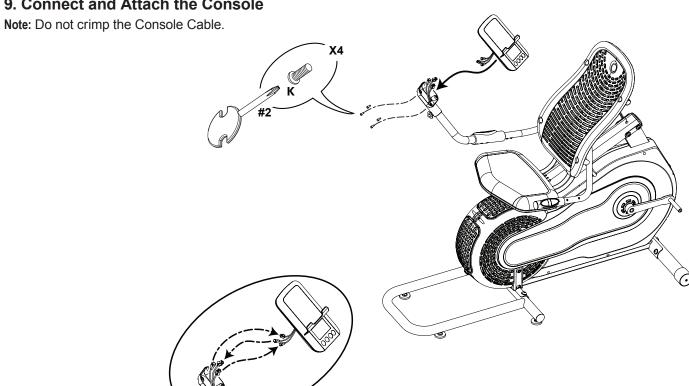
#### 8. Install Batteries into Console



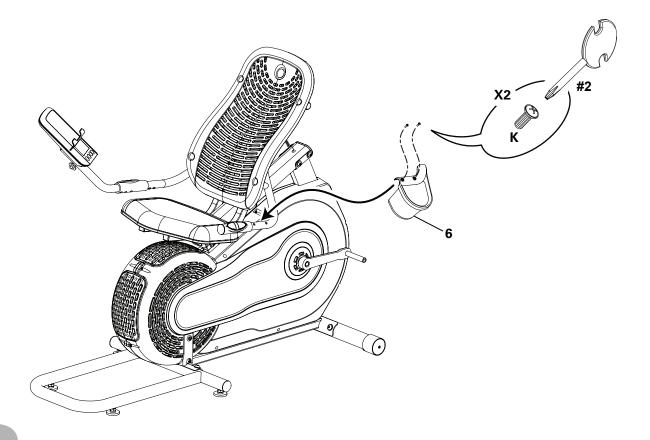
Do not mix alkaline, standard (carbon-zinc), or rechargeable (Ni-Cd, Ni-MH, etc) batteries.



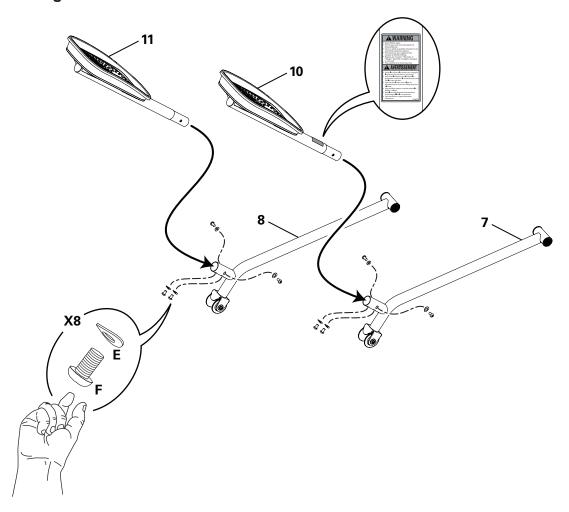
## 9. Connect and Attach the Console



## 10. Attach Water Bottle Holder to Seat Frame Assembly

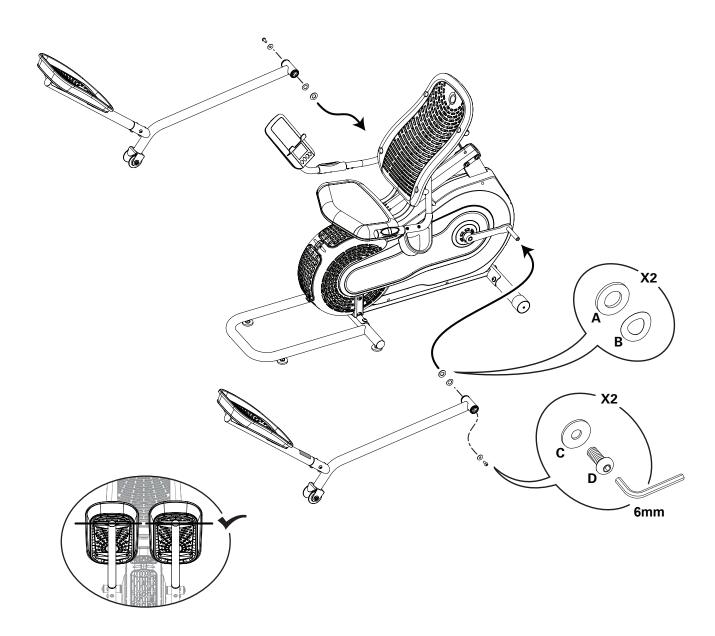


## 11. Attach Pedals to Legs



## 12. Attach Pedal Assemblies to Frame Assembly

**Note:** Make sure Pedals are aligned and then fully tighten hardware.



## 13. Final Inspection

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



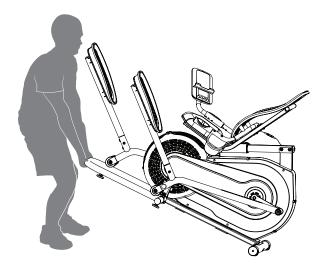
Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Owner's Manual.

## Moving the Machine

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

- Use the Transport Handle to carefully lift the machine onto the transport rollers.
- Push the machine into position.
- Carefully lower the machine into position.

NOTICE: Be careful when you move the machine. All abrupt motions can affect the computer operation.

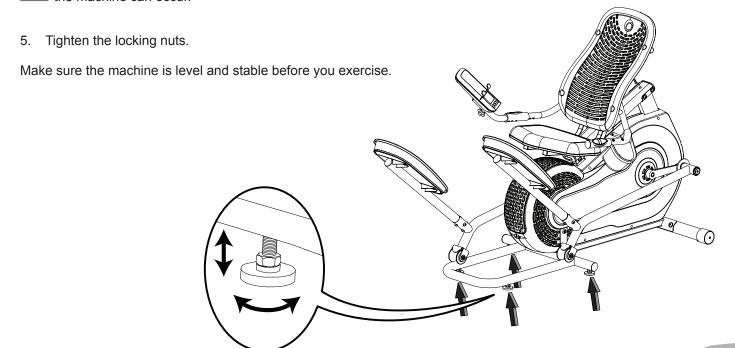


## **Leveling the Machine**

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

- Place the machine in your workout area.
- Carefully stand on the front of the Rail Assembly for approximately 20 seconds to determine if the levels are even and balanced with the floor.
- 3. Step off the machine.
- Loosen the locking nuts and adjust the levelers until they are evenly balanced and in contact with the floor.

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



#### IMPORTANT SAFETY INSTRUCTIONS



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

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

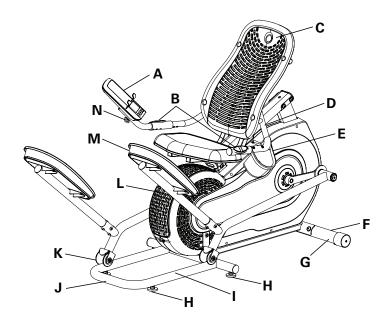


Read and understand the complete Manual. Keep the Manual for future reference.

Read and understand all warnings on this machine. If at any time the Warning stickers become loose, unreadable or dislodged, contact Nautilus® Customer Service for replacement stickers.

**ADANGER** To reduce the risk of electrical shock or unsupervised usage of the equipment, always remove the batteries from the machine and wait 5 minutes before cleaning, maintaining or repairing the machine.

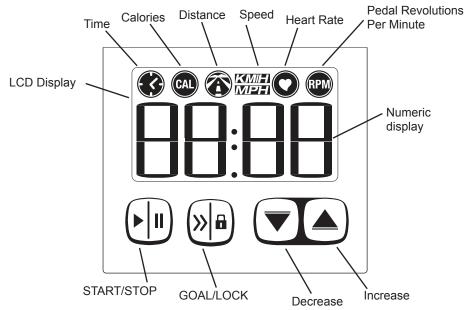
- Children must not be let on or near to this machine. Moving parts and other features of the machine can be dangerous to children.
- Not intended for use by anyone under 14 years of age.
- Consult a physician before you start an exercise program. Stop exercising if you feel pain or tightness in your
  chest, become short of breath, or feel faint. Contact your doctor before you use the machine again. Use the values
  calculated or measured by the machine's computer for reference purposes only.
- Before each use, examine this machine for loose parts or signs of wear. Do not use if found in this condition. Monitor
  the Pedals and Crank Arms closely. Contact Nautilus<sup>®</sup> Customer Service for repair information.
- Maximum user weight limit: 300 lbs. (136 kg). Do not use if you are over this weight.
- This machine is for home use only.
- Do not wear loose clothing or jewelry. This machine contains moving parts. Do not put fingers or other objects into
  moving parts of the exercise equipment.
- Set up and operate this machine on a solid, level, horizontal surface.
- Make the Pedals stable before you step on them. Use caution when you step on and off the machine.
- Do not operate this machine outdoors or in moist or wet locations.
- Keep at least 24" (0.6 m) on each side of the machine clear. This is the recommended safe distance for access and
  passage around and emergency dismounts from the machine. Keep third parties out of this space when machine is in
  use.
- Do not over exert yourself during exercise. Operate the machine in the manner described in this manual.
- Perform all regular and periodic maintenance procedures recommended in the Owner's Manual.
- Correctly adjust and safely engage all Positional Adjustment Devices. Make sure that the Adjustment Devices do not hit the user.
- Keep the Pedals clean and dry.
- Exercise on this machine requires coordination and balance. Be sure to anticipate that changes in speed and
  resistance level can occur during workouts, and be attentive in order to avoid loss of balance and possible injury.
- Keep batteries away from heat source and hot surfaces.
- Do not drop or put objects into any opening of the machine.
- Do not mix old and new batteries.
- Do not mix alkaline, standard (carbon-zinc), or rechargeable (Ni-Cd, Ni-MH, etc) batteries.
- For safe storage of the machine, remove the batteries and place the machine in a secure location from children and pets.
- This machine cannot stop the Pedals independently of the Resistance Fan. Reduce the pace of the Pedals to bring them and the Resistance Fan to a stop. Do not dismount the machine until the Pedals have come to a complete stop.



Α	Console	F	Transport Roller	K	Roller
В	Contact Heart Rate (CHR) Sensors	G	Stabilizer	L	Air Resistance Fan
С	Seat Back	Н	Leveler	М	Pedal
D	Handlebar, Static	I	Rail	N	Console Adjustment Knob
E	Water Bottle Holder	J	Transport Handle		

#### **Console Features**

The Console provides information about your workout on the display screen.



#### **LCD Display Data**

The console display shows each workout measurement in sequence for 2 seconds:

#### **Time**

The TIME display field shows the time count in the workout. The maximum display is 99:59. If the time count is more, the display starts again at 0:00.

Note: For a Custom Time Program, the TIME display will count down.

#### CAL

The CAL display field shows the estimated calories that you have burned during the exercise. The maximum display is 9999. If the calorie count is more, the display flashes 9999.

#### **Distance**

The DISTANCE display field shows the distance count (miles or km) of the workout to two decimal places—for example, 2.07. The maximum displayable value is 99.99. If the distance exceeds 99.99, the display starts again at 0.00.

**Note:** To change the measurement units to English Imperial or metric, refer to the "Service Mode" section in this manual.

#### **Speed**

The SPEED display field shows the machine speed in kilometers per hour ("KMH") or miles per hour ("MPH"), to one decimal place—for example, 3.4 or 10.5. The maximum display is 99.9.

#### **Heart Rate**

The Heart Rate display shows the heart rate in beats per minute (BPM) from the heart rate sensors. The icon will flash when it has a signal. This value will not be shown if a heart rate signal is not detected.



Consult a physician before you start an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before you use the machine again. Use the values calculated or measured by the machine's computer for reference purposes only.











#### **RPM**

The RPM display field shows the machine revolutions per minute (RPM). The maximum display is 200.



#### **Keypad Functions**

START/STOP button- Starts a Program workout, confirms a selection, or resumes a paused workout. Pauses an active workout, ends a paused workout, or goes back to the previous screen.

GOAL/LOCK button- Push to lock the screen on one workout value, unlock a locked workout value screen, select a custom goal, and move through the Custom Goal options.

Decrease (▼) button- Decreases a value (time, distance, or calories) or moves through options

Increase (A) button- Increases a value (time, distance, or calories) or moves through options

#### **Contact Heart Rate Sensors**

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

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

- Movement of the upper body muscles (including arms) produces an electrical signal (muscle artifact) that can interfere with pulse detection. Slight hand movement while in contact with the sensors can also produce interference.
- · Hand lotion or calloused hands may act as an insulating layer to reduce the signal strength.
- Some Electrocardiogram (EKG) signals generated by individuals are not strong enough to be detected by the sensors.
- The proximity of other electronic machines can generate interference.

#### **Heart Rate Calculations**

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

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

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

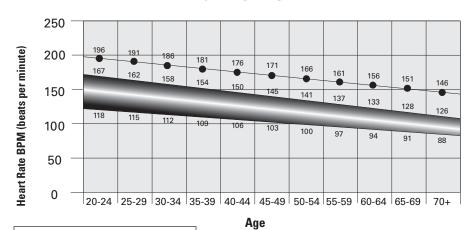
The most efficient procedure to burn fat during exercise is to start at a slow pace and gradually increase your intensity until your heart rate reaches between 60 – 85% of your maximum heart rate. Continue at that pace, keeping your heart rate in that target zone for over 20 minutes. The longer you maintain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

The graph is a brief guideline, describing the generally suggested target heart rates based on age. As noted above, your

optimal target rate may be higher or lower. Consult your physician for your individual target heart rate zone.

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

#### **FAT-BURNING TARGET HEART RATE**



Maximum Heart Rate

Target Heart Rate Zone (keep within this range for optimum fat-burning)

#### What to Wear

Wear rubber-soled athletic shoes. You will need the appropriate clothes for exercise that allow you to move freely.

#### **How Often Should You Exercise**



Consult a physician before you start an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before you use the machine again. Use the values calculated or measured by the machine's computer for reference purposes only.

- · 3 times a week for 20 minutes each day.
- · Schedule workouts in advance and try to follow the schedule.

#### **Intensity of Workout**

To increase the intensity of your workout:

- · Push yourself to increase the number of Pedal revolutions per minute
- · Place your feet higher on the Pedals

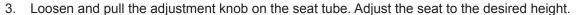
#### **Seat Adjustment**

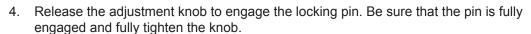
Correct seat placement encourages exercise efficiency and comfort, while reducing the risk of injury.

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



Step off the machine before you adjust the seat.





#### **Console Adjustment**

Adjusting the Console may make it easier to view and reduce potential glare on it.

- 1. Loosen the Console Adjustment Knob on the Console Support Bar.
- 2. Adjust the Console to the desired position.
- 3. Tighten the Console Adjustment Knob.

## **Mounting and Dismounting Your Machine**



Care should be used when mounting or dismounting the machine.

Only mount and dismount from the left side of the machine.

To mount your fitness machine:

1. From the left side of the machine, move the Pedals until the Left Pedal is furthest forward.



Be sure nothing is on the Rail Assemby when moving the Pedals.

2. While facing forward, step between the Pedals with your right foot.



- 3. Grasp the Static Handlebars behind you and lower yourself into the Seat Assembly.
- 4. Place your foot on the Right Pedal and push it forward to bring the Left Pedal close to you.
- 5. Place your other foot on the Left Pedal.

To dismount your fitness machine:

1. Bring the machine to a complete stop.



This machine cannot stop the Pedals independently of the Resistance Fan. Reduce the pace of the Pedals to bring them and the Resistance Fan to a stop. Do not dismount the machine until the Pedals have come to a complete stop.

- 2. Move the Pedals until the Left Pedal is furthest forward.
- 3. Swing your left foot to the outside of the Left Pedal and onto the floor.
- 4. Now place your right foot onto the floor between the Pedals.
- 5. Grasp the Static Handlebars to steady yourself.
- 6. Pivot yourself off of the machine, pushing up from the Static Handlebars if necessary. Release the Static Handlebars when stable and off of the machine.
- 7. Step over the Left Pedal with your right leg.

#### Power-Up / Idle Mode

The Console will enter Power-Up / Idle Mode if any button is pushed, or if it receives a signal from the RPM sensor as a result of pedaling the machine. When in Idle Mode, the Console will show a zero value for each display field.

Note: The Console will display "Lbat" if the batteries are around 10% of their rated power during power up.

#### Auto Shut-Off (Sleep Mode)

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

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

#### **Quick Start Program**

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

- Sit on the machine.
- 2. Push the START/STOP button to start the workout program.
- 3. When done with your workout, stop pedaling and push START/STOP to pause the workout. To clear the workout values and go back to Idle Mode, push and hold down START/STOP for 3 seconds.

#### **Custom Goal Programs**

The Console allows you to select a Custom Goal Program and enter your own workout value. The Console will remember this value until changed.

- 1. Sit on the machine.
- 2. From the Idle Mode, push the GOAL/LOCK button.

3. The Console will display one of the Custom Goal Programs (Time, Calorie or Distance) by activating their display field. Push the GOAL/LOCK button to move through the options.

**Note:** The Console will show the default value, or the last custom value, for each option. The default goal values are: Time= 20 minutes, Calories= 100, Distance= 5 miles.

- 4. With your desired goal selected, push the Increase and Decrease buttons to adjust the custom goal value.
- 5. Push START/STOP to accept the custom goal value. Your Custom Goal Workout will now begin.

#### Paused / Results Mode

To Pause a workout:

- 1. Stop pedaling and push the START/STOP button to pause your workout.
  - **Note:** The Console will automatically pause if there is no RPM signal for 5 seconds.
- 2. To continue your workout, push START/STOP or start pedaling.

When paused, the workout values will flash as the Console displays each value. You can use the Increase/Decrease buttons to move through the other workout values manually.

To clear the workout values and go back to Idle Mode, push and hold down START/STOP for 3 seconds. The Console will make an audible beep to confirm the action. If the Console does not receive any input in approximately 5 minutes, it will automatically shut off.

## **CONSOLE SERVICE MODE**

The Console Service Mode lets you set the units of measurement to either English or Metric, see the total distance and time the machine has been used, or find out which version of Firmware is installed.

- Hold down the Increase button and Decrease button together for 3 seconds while in the Idle Mode to go into the Console Service Mode.
- The Console display shows the Units prompt ("Unit"). Push START/STOP to start Units option. Push the Increase/ Decrease buttons to change between "MI / LbS" (Imperial English units) and "KM / Si" (metric units).
- 3. Push START/STOP to set. For the next option, push the Increase button.
- 4. The Console display shows the Workout Statistics prompt ("Stat"). Push START/STOP to start the Workout Statistics option. Push the Increase/Decrease buttons to change between the Total Distance and Total Time values.
  - **Note:** The value for Total Distance can be reset by pushing and holding the GOAL/LOCK button for 3 seconds.
- 5. Push START/STOP to exit. For the next option, push the Increase button.
- 6. The Console display shows the Firmware Version prompt ( "COdE" ). Push START/STOP. The Console will display which Firmware Version is installed.
- 7. Push START/STOP to exit.

To fully exit the Console Service Mode from a prompt, push and hold down the START/STOP button for 3 seconds. In Service Mode if the Console does not receive any input for approximately 5 minutes, it will go into Sleep Mode.

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.

**ADANGER** To reduce the risk of electrical shock or unsupervised usage of the equipment, always remove the batteries from the machine and wait 5 minutes before cleaning, maintaining or repairing the machine.

Daily: Before each use, examine the exercise machine for loose, broken, damaged, or worn

parts. Do not use if found in this condition. Repair or replace all parts at the first sign of wear or damage. After each workout, use a damp cloth to wipe your machine and

Console free of sweat.

Note: Avoid excessive moisture on the Console.

**Weekly:** Check for smooth roller operation. Wipe the machine to remove dust, dirt, or grime.

Clean the rails and surface of the rollers with a damp cloth. Vacuum the upper face of

the Pedals to remove any foreign material.

Note: Do not use petroleum based products.

Monthly or after 20 hours:

Make sure all bolts and screws are tight. Tighten as necessary.

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

free of moisture.

#### **Replacing the Console Batteries**

The Console will display "Lbat" for ten seconds when the batteries are around 10% of their rated power during power up. When replacing the batteries, make sure the batteries point in the +/- direction shown in the battery bay.

Note: The console uses AA size batteries (LR6).

To remove and replace the batteries:

- 1. Remove the battery compartment cover.
- 2. Remove the old batteries and install the new batteries.

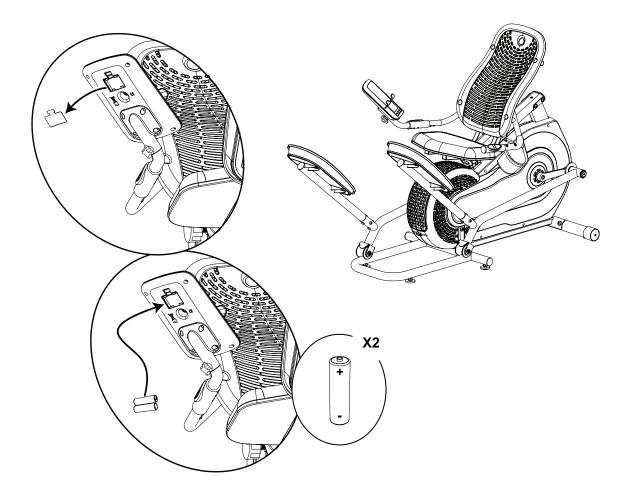


Do not mix old and new batteries.

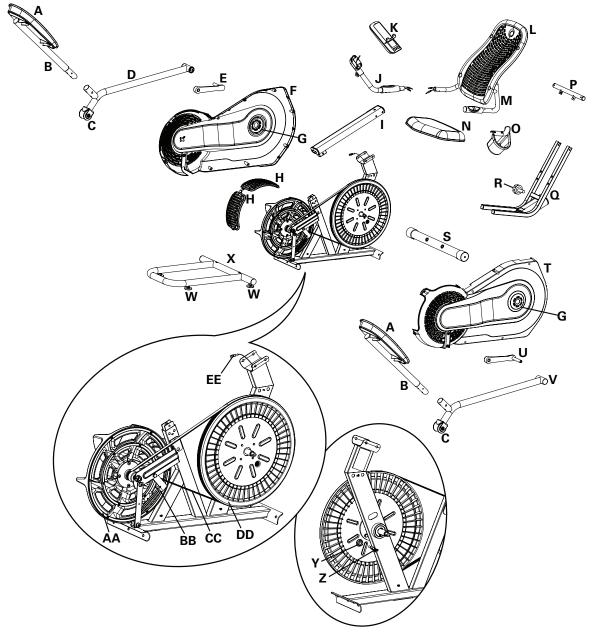
Do not mix alkaline, standard (carbon-zinc), or rechargeable (Ni-Cd, Ni-MH, etc) batteries.

3. Replace the battery compartment cover.

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



## **Maintenance Parts**



	i e				İ
A	Pedal, Foot	L	Seat, Back	W	Leveler
В	Pedal Arm	М	Handlebar	Χ	Rail Assembly
С	Roller	Ν	Seat, Bottom	Υ	Speed Sensor Magnet
D	Leg, Right	0	Water Bottle Holder	Z	Speed Sensor
Е	Crank Arm, Right	Р	Seat Support Bar	AA	Fan Blade
F	Shroud, Right	Q	Seat Assembly	BB	Tensioner
G	Center Plate	R	Seat Adjustment Knob	СС	Drive Belt
Н	Fan Vent	S	Rear Stabilizer	DD	Drive Pulley
I	Seat Rail	Т	Shroud, Left	EE	Console Cable, Lower
J	Console Support Arm	U	Crank Arm, Left		
K	Console	V	Leg, Left		

## TROUBLESHOOTING

Condition/Problem	Things to Check	Solution			
No display/partial display/ unit will not turn on	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	Be sure cable is connected securely and oriented properly. Small latch on connector should line up and snap into place.			
	Check console display for damage	Check for visual sign that console display is cracked or otherwise damaged. Replace Console if damaged.			
	Console Display	If Console only has partial display and all connections are fine, replace the Console.			
		If the above steps do not resolve the problem, contact Customer Care for further assistance.			
Unit operates but Contact HR not displayed	HR cable connection at Console Support Arm and Handlebar	Be sure cables are connected securely.			
	Sensor grip	Be sure hands are centered on HR sensors. Hands must be kept still with relatively equal pressure applied to each side.			
	Dry or calloused hands	Sensors may have difficulty with dried out or calloused hands. A conductive electrode cream such as "Signa Crème" or "Buh-Bump" can help make better conduct. These are available on the web or at medical or some larger fitness stores.			
	Handlebar and Console Support Arm	If tests reveal no other issues, Handlebar and Console Support Arm should be replaced.			
Console displays "Lbat" error code	Batteries	Replace batteries			
Speed displayed is not accurate	Display set to wrong unit of measure (English/Metric)	Console displays units.			
Console displays "E2" er- ror code	Check data cable integrity	All wires in cable should be intact. If any are cut or crimped, replace cable.			
	Check data cable connections/orientation	Be sure cable is connected securely and oriented properly. Small latch on connector should line up and snap into place.			
	Console Electronics	If tests reveal no other issues, Console should be replaced.			
No speed/RPM reading while pedaling, Console displays "Please Stride" error code	Check data cable integrity	All wires in cable should be intact. If any are cut or crimped, replace cable.			
	Check data cable connections/orientation	Be sure cable is connected securely and oriented properly. Small latch on connector should line up and snap into place.			
	Check magnet position (requires shroud removal)	Magnet should be in place on pulley.			
	Check Speed Sensor (requires shroud removal)	Speed sensor should be aligned with magnet and connected to data cable. Realign sensor if necessary. Replace if there is any damage to the sensor or the connecting wire.			

Condition/Problem	Things to Check	Solution
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.
	Reset machine	Remove batteries from unit for 3 minutes. Reinstall batteries and start Console.
	Check the position of Speed Sensor Magnet (requires shroud removal)	Speed Sensor Magnet should be in place on pulley.
	Check Speed Sensor	Contact Customer Care for further assistance.
Unit rocks/does not sit level	Check leveler adjustment	Adjust levelers until machine is level.
	Check surface under unit	Adjustment may not be able to compensate for extremely uneven surfaces. Move machine to level area.
Foot pedals loose/unit dif- ficult to operate	Hardware	Tightly secure all hardware on the Pedal Legs.
Clicking sound when operating	Check pedal leg to crank arm connection	Remove pedal legs and reattach.

#### Who Is Covered

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

#### What Is Covered

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

#### **Terms**

Frame 5 years
Mechanical parts 1 year
Electronics 1 year
Wear items 90 days
Labor 90 days

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

#### **How Nautilus Will Support the Warranty**

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

#### What You Must Do

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

#### What Is Not Covered

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

#### How to Obtain Service

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

#### **Exclusions**

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

#### Limitation of Remedies

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

#### State Laws

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

#### Expirations

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

#### International Purchases

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





Nautilus® Bowflex® Schwinn® Fitness Universal®