SCHWINN™

590e

ASSEMBLY MANUAL / OWNER'S MANUAL

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

Serial Number _____

Date of Purchase _____

If purchased in US/Canada: To register your product warranty, go to: **www.SchwinnFitness.com/register**

Or call 1 (800) 605–3369.

If purchased outside US/Canada: To register your product warranty, contact your local distributor.

For details regarding product warranty or if you have questions or problems with your product, please contact your local distributor. To find your local distributor, go to: **global.schwinnfitness.com**

ORIGINAL MANUAL - ENGLISH VERSION ONLY

When using an electrical appliance, basic precautions should always be followed, including the following:

⚠ **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/Owner's Manual.

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

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

⚠ WARNING   To decrease the risk of burns, electric shock, or injury to persons, read and understand the complete Assembly/Owner's Manual. Failure to follow these guidelines can cause a serious or possibly fatal electrical shock or other serious injury.

- Keep bystanders and children away from the product you are assembling at all times.
- Do not connect power supply to the machine until instructed to do so.
- The machine should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- Before each use, examine the machine for damage to power cord, loose parts or signs of wear. Do not use if found in this condition. If purchased in US/Canada, contact Customer Service for repair information. If purchased outside US/Canada, contact your local distributor for repair information.
- Do not drop or put objects into any opening of the machine.
- Do not assemble this machine outdoors or in a wet or moist location.
- Make sure assembly is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Some components of the machine can be heavy or awkward. Use a second person when doing the assembly steps involving these parts. Do not do steps that involve heavy lifting or awkward movements on your own.
- Set up this machine on a solid, level, horizontal surface.
- Do not try to change the design or functionality of this machine. This could compromise the safety of this machine and will void the warranty.
- If replacement parts are necessary, use only genuine Nautilus replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and void the warranty.
- Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Manual.
- Use this machine only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- Do all assembly steps in the sequence given. Incorrect assembly can lead to injury or incorrect function.
- Connect this machine to a properly grounded/earthed outlet only (see Grounding or Earthing Instructions).
- Keep the power cord away from heat sources and hot surfaces.
- Do no operate where aerosol products are being used.
- To disconnect, turn all controls to the off position, then remove plug from outlet.
- Silicone lubricant is not intended for human consumption. Keep out of reach of children. Store in a safe place.

· SAVE THESE INSTRUCTIONS.

Before using this equipment, obey the following warnings:

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

Read and understand all warnings on this machine. If at any time the Warning labels become loose, unreadable or dislodged, replace the labels. If purchased in US/Canada, contact Customer Service for replacement labels. If purchased outside US/Canada, contact your local distributor for them.
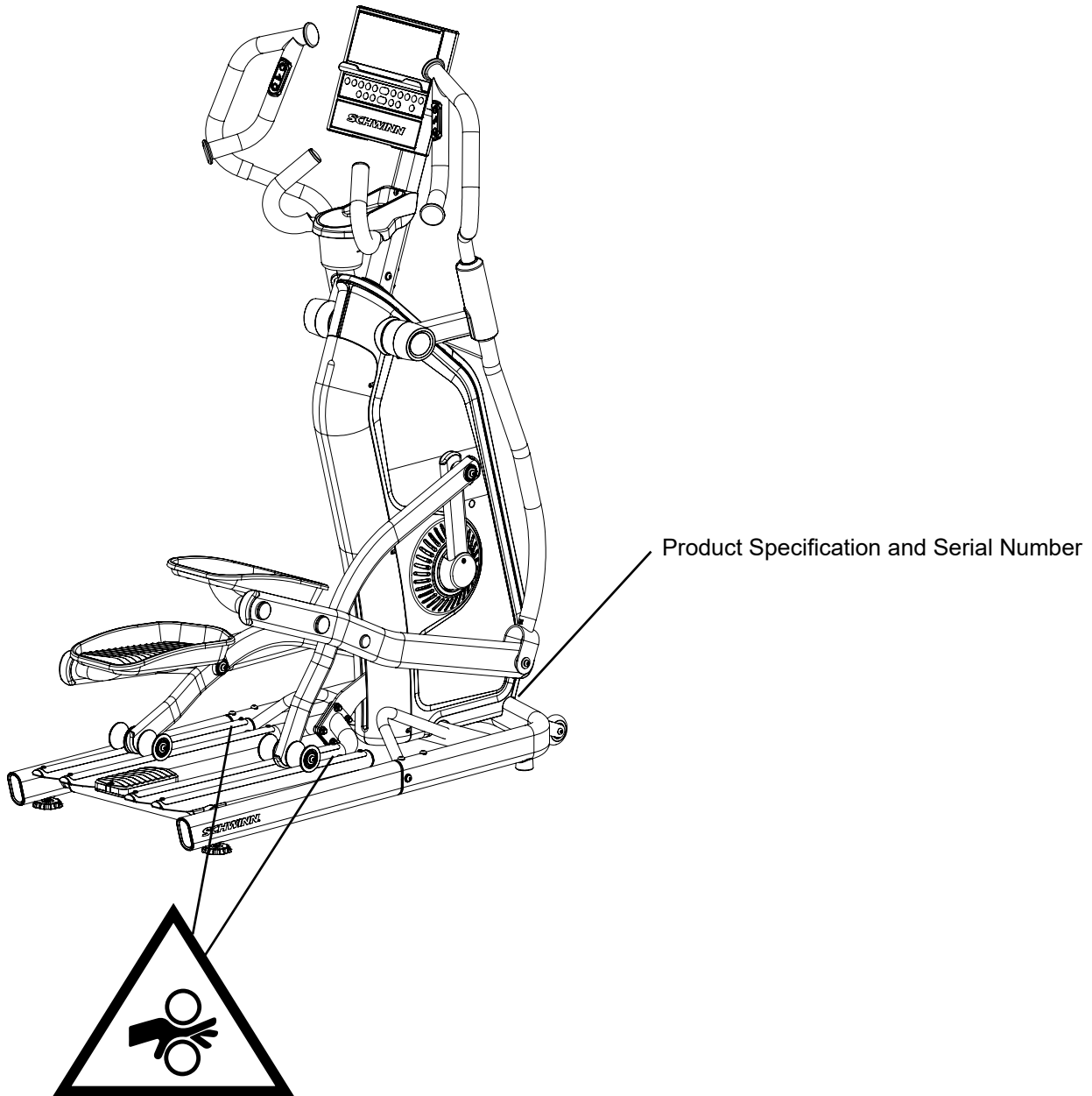
⚠**DANGER** **To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and/or the machine and wait 5 minutes before cleaning, maintaining or repairing the machine. Place the power cord in a secure location.**

- Children must not be let on or near to this machine. Moving parts and other features of the machine can be dangerous to children.
- Not intended for use by anyone under 14 years of age. Individuals between 14 and 17 years of age must be supervised when using this machine.
- Consult a physician before you start an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before you use the machine again. Use the values calculated or measured by the machine's computer for reference purposes only.
- Individual human power which is required to utilize this machine for exercise may be different than the mechanical power displayed.
- Before each use, examine this machine for loose parts or signs of wear. Do not use if found in this condition. Monitor the Handlebars, Pedals, and Crank Arms closely. If purchased in US/Canada, contact Customer Service for repair information. If purchased outside US/Canada, contact your local distributor for repair information.
- Connect this machine to a correctly grounded outlet; consult a licensed electrician for assistance.
- Do not let liquids touch the electronic controller. If it does, the controller must be inspected and tested for safety by an approved technician before it can be used again.
- The electrical wiring for the residence in which the machine will be used must obey the applicable local and provincial requirements.
- Maximum user weight limit: 150 kg (330 lb). Do not use if you are over this weight.
- This machine is intended for Home/Consumer or Studio/Institutional use. When the machine is placed into a Studio/Institutional environment, usage should be limited to less than 3 hours per day, and it should only be used in areas where access and control of the machine are managed and supervised by approved staff. The degree of management depends among other things on the specific setting in which the machine is placed, security of that environment, and familiarity of the users with the equipment. Because others will have used the machine previously, make sure the incline, pedals and handlebars are correctly adjusted, tightened and secured.
- Do not wear loose clothing or jewelry. This machine contains moving parts. Do not put fingers, feet, or other objects into moving parts of the exercise equipment.
- Always wear rubber soled athletic shoes when you use this machine. Do not use the machine with bare feet or only wearing socks.
- Set up and operate this machine on a solid, level, horizontal surface.
- Make the Foot Pedals stable before you step on them. Use caution when you step on and off the machine.
- Do not operate this machine outdoors or in moist or wet locations.
- Keep at least 0.6 m (24 in) along the side used to access the machine and to the rear of the machine clear. This is the recommended safe distance for access and passage around and emergency dismounts from the machine. Keep third parties out of this space when machine is in use.
- Do not over exert yourself during exercise. Operate the machine in the manner described in this manual.
- Correctly adjust and safely engage all Positional Adjustment Devices. Make sure that the Adjustment Devices do not hit the user.
- Keep the Foot Pedals and Handlebars clean and dry.
- Perform all regular and periodic maintenance procedures recommended in the Owner's Manual.

- Exercise on this machine requires coordination and balance. Be sure to anticipate that changes in incline angle and resistance level can occur during workouts, and be attentive in order to avoid loss of balance and possible injury.
- This machine is not equipped with a freewheel and therefore the moving parts cannot be stopped immediately.
- Since this machine operates with a fixed gear, do not back, or reverse, pedal. Doing so may loosen the Legs and Pedals, which could result in damage to the machine and/or injury to the user. Never operate this machine with loose Legs and Pedals.
- This machine cannot stop the Pedals or Upper Handlebars independently of the Flywheel. Reduce the pace to slow the Flywheel, Upper Handlebars and Pedals to a stop. Do not dismount the machine until the Pedals and Upper Handlebars have come to a complete stop.
- Do not drop or put objects into any opening of the machine.
- Keep power cord away from heat source and hot surfaces.
- This machine must be connected to an appropriate, dedicated electrical circuit. Nothing else must be connected to the circuit.
- Connect this machine to a correctly grounded/earthed outlet; consult a licensed electrician for assistance.
- Do not operate where aerosol products are being used.
- A machine should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- Use this machine only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- This appliance is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Keep children under the age of 14 away from this machine.
- Children should be supervised to ensure that they do not play with the appliance.

· SAVE THESE INSTRUCTIONS.

Product Specification and Serial Number
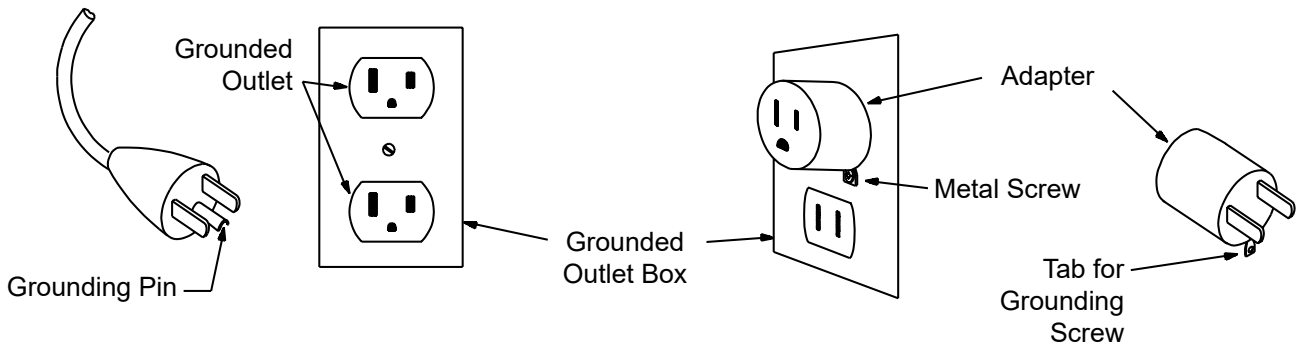
Grounding Instructions

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

⚠DANGER **Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet, have a proper outlet installed by a qualified electrician.**

If you connect the machine to an outlet with GFI (ground fault interrupt) or AFI (arc fault interrupt), machine operation can cause the circuit to trip.

⚠ **This machine is for use on a nominal 120-V circuit, and has a grounding plug that looks like the plug illustrated below. A temporary adapter that looks like the adapter illustrated may be used to connect this plug to a 2-pole receptacle as shown if a properly grounded outlet is not available.**

The temporary adapter should be used only until a properly grounded outlet can be installed by a qualified electrician. The tab for the grounding screw must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used, it must be held in place by a metal screw.

Earthing Instructions   (for a 220-240V AC system)

This product must be electrically earthed. If a malfunction occurs, correct earthing decreases the risk of electric shock. The power cord is equipped with an equipment-earthing conductor, and must be connected to an outlet that is properly installed and earthed.

⚠DANGER **The electrical wiring must comply with all applicable local and provincial standards and requirements. Incorrect connection of the equipment-earthing conductor can result in a risk of electric shock. Consult a licensed electrician if you are not sure that the machine is correctly earthed. Do not change the plug on the machine – if it does not fit the outlet, have a correct outlet installed by a licensed electrician.**

If you connect the machine to an outlet with RCBO (Residual-Current circuit Breaker with Overload protection), machine operation can cause the circuit to trip. A Surge Protector Device is recommended to protect the machine.

⚠ **If a Surge Protector Device (SPD) is used with this machine, be sure that it matches the power rating of this equipment (220-240V AC). Do not connect other appliances or devices to the surge protector in combination with this machine.**

⚠ **Make sure that the product is connected to an outlet having the same configuration as the plug. Use the appropriate adapter supplied with this product.**

FCC Compliance

⚠ **Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.**

The machine and power supply comply with Part 15 of the FCC rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Note: This machine and power supply have been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications.

However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

• Reorient or relocate the receiving antenna.
• Increase the separation between the equipment and receiver.
• Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
• Consult the dealer or an experienced radio/TV technician for help.

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

Power Requirements: 120V   **220V**
  Operational Voltage: 110-127V AC, 60Hz   220V - 240V AC, 50Hz
  Operating Current: 2A   2A

Maximum User Weight: 150 kg (330 lb)
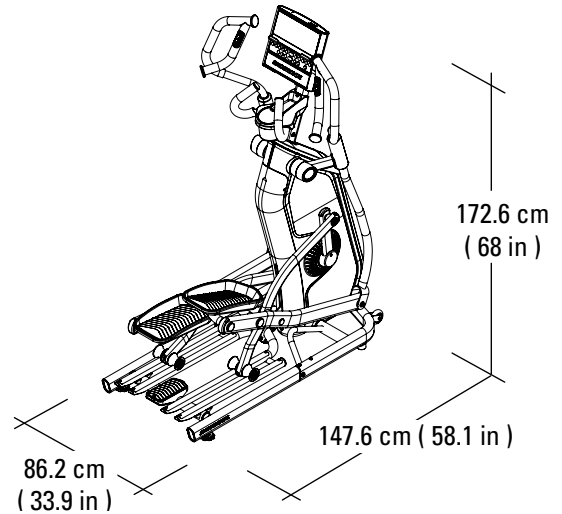**Total Surface Area (footprint) of equipment:** 12,723 cm^2
Maximum Pedal Height - with full incline: 28.3 in (72 cm)
Machine Weight: approx. 84.8 kg (187 lb)

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

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.

172.6 cm (68 in)

147.6 cm (58.1 in)

86.2 cm (33.9 in)

Before Assembly

Select the area where you are going to set up and operate your machine. For safe operation, the location must be on a hard, level surface. Allow a minimum workout area of 82.1 in x 57.9 in (208.5 cm x 147.1 cm). Keep the workout area clear 0.6 m (24 in) along the side used to access the machine and to the rear of the machine. Be sure that the workout space you are utilizing has adequate height clearance, taking into consideration the height of the user and the maximum incline of the elliptical machine. Estimated time to assemble the machine is 60 - 90 minutes.

NOTICE: Inspect the machine for damaged parts due to delivery. If damage is found, contact Customer Service (if inside US/Canada) or your local distributor (if outside US/Canada) for assistance.

2.1 m (82.1 in)

0.6 m (24 in)

1.5 m (57.9 in)

0.6 m (24 in)

Basic Assembly

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.

• Do not use any power tools for assembly.
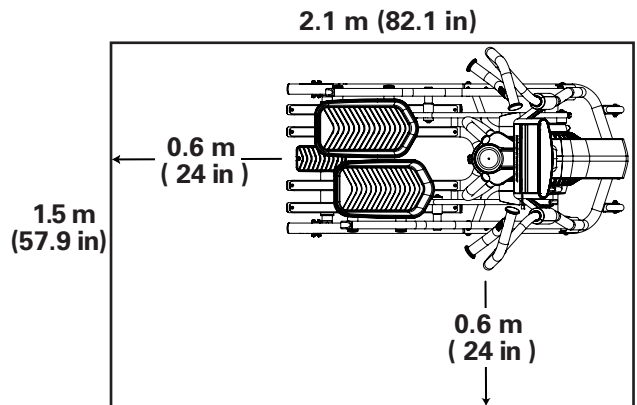
Machine Mat

The Schwinn™ Machine Mat is an optional accessory that helps keep your workout area clear and adds a layer of protection to your floor. The rubber machine mat provides a non-slip, rubber surface which limits static discharge and reduces the possibility of display errors. If possible, put your Schwinn™ Machine Mat in your selected workout area before you begin assembly.

To order the optional machine mat, contact Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada).
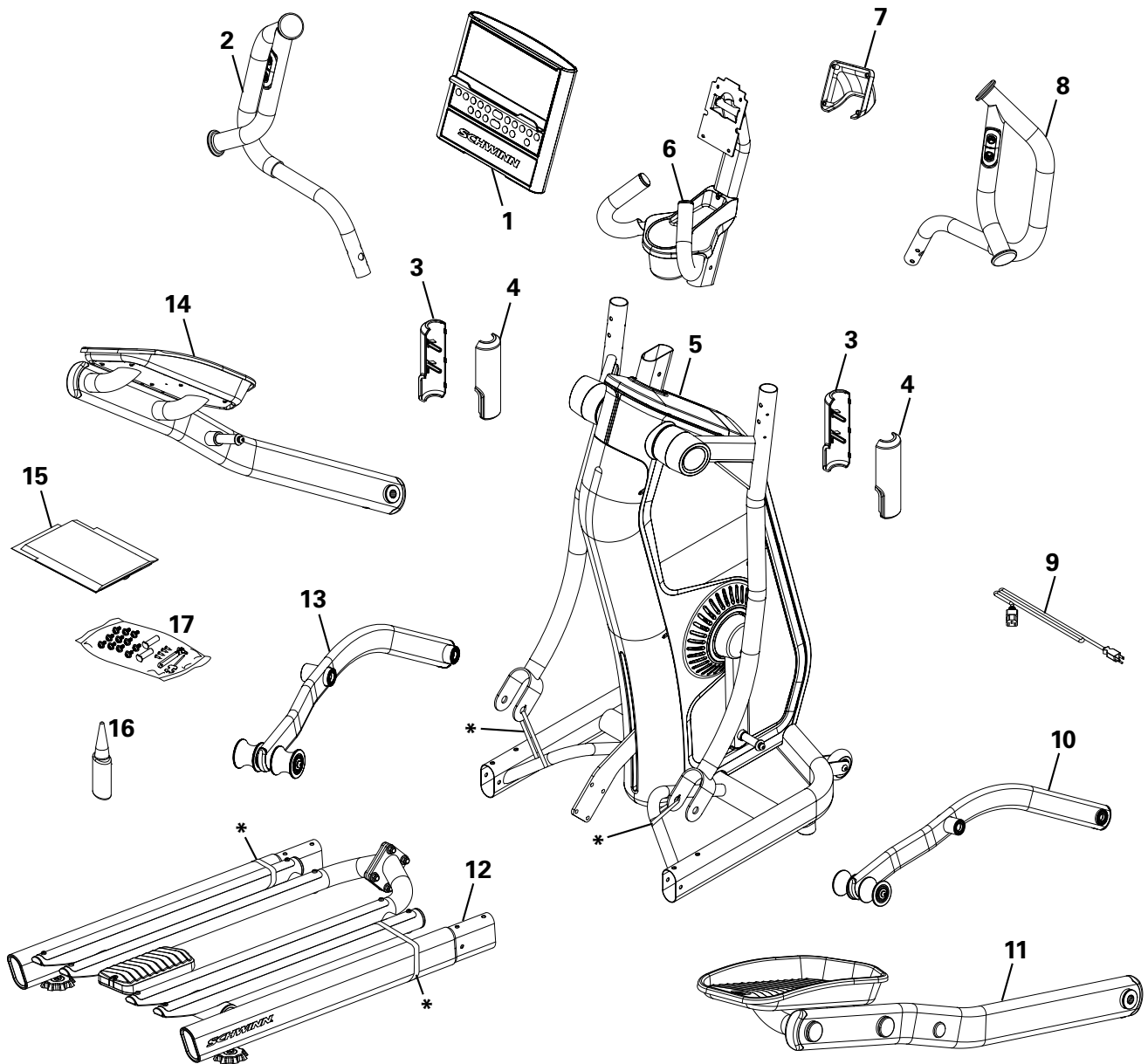
A right (" **R** ") and left (" **L** ") decal has been applied to some parts to assist with assembly.

Item	Qty	Description	Item	Qty	Description
1	1	Console Assembly	10	1	Leg, Right
2	1	Upper Handlebar, Left	11	1	Pedal, Right
3	2	Handlebar Cover, Interior	12	1	Rail Assembly *
4	2	Handlebar Cover, Exterior	13	1	Leg, Left
5	1	Main Assembly *	14	1	Pedal, Left
6	1	Console Mast	15	1	Document Kit
7	1	Console Pivot Cover	16	1	Silicone Lubricant, Bottle
8	1	Upper Handlebar, Right	17	1	Hardware Bag
9	1	Power Cord			

⚠ **DO NOT CUT THE SHIPPING ZIP-TIES on the Rail Assembly or Main Assembly until instructed. ***

Hardware

Item	Qty	Description
A	20	Button Head Flange Screw, M8x1.25x15 Black
B	2	Button Head Flange Screw with Wide Washer, M8x1.25x20 Black
C	2	Pivot Pin
D	4	Self-Tapping Screw, M3.9x15

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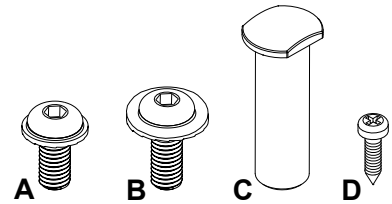
Note: Select pieces of Hardware may have been provided as spares. Be aware that there may be remaining Hardware after the proper assembly of your machine.

Tools
Included

6mm

#2
13mm
15mm
19mm

Not Included

A Cloth or
Paper Towel

Using the Ratchet Tool
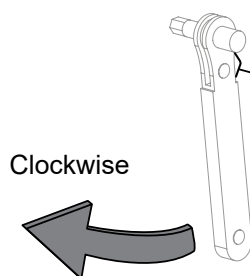A ratchet is provided to assist with the assembly process. When properly set, the ratchet can be used to quickly remove and attach hardware. Rotate the ratchet handle to see if the ratchet handle is set to turn in the desired direction.

Directional Switch set to tighten hardware:
(Clockwise)

Directional Switch set to remove or uninstall hardware:
(Counter-clockwise)

Directional Switch

Clockwise

Counter-clockwise
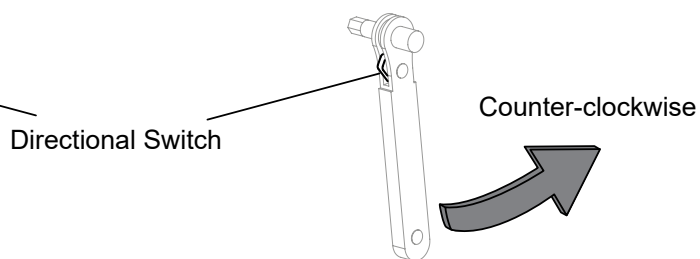
If the tool does not rotate the hardware in the desired direction use your finger or thumb to push the Directional Switch until it snaps to the other side. The tool should now allow rotation of the hardware in the other direction.

1. Insert the ratchet bit into the hardware, and rotate the ratchet handle in the direction you wish to turn the fastener.

2. When there is no more room to move the ratchet handle, rotate the handle back to the starting point. The ratchet mechanism will not turn the hardware when the handle is being rotated back to the starting point.

3. Once the ratchet handle is back in the start position, rotate the ratchet handle again in the direction you wish to turn the hardware.

4. Repeat until the hardware is tightened or loosened as needed.

1. With the Box Near the Intended Workout Area, Open the Top Flap of the Box and Safely Cut the Corners of the Box

⚠ **Be sure not to injure yourself when cutting the box with scissors or a box cutter. Keep hands and fingers away from the motion of the scissors or box cutter at all times. Be aware that the box has shipping staples which can be harmful. Keep your hands and fingers away from them at all times.**

   Note: The box can be used to protect the flooring.
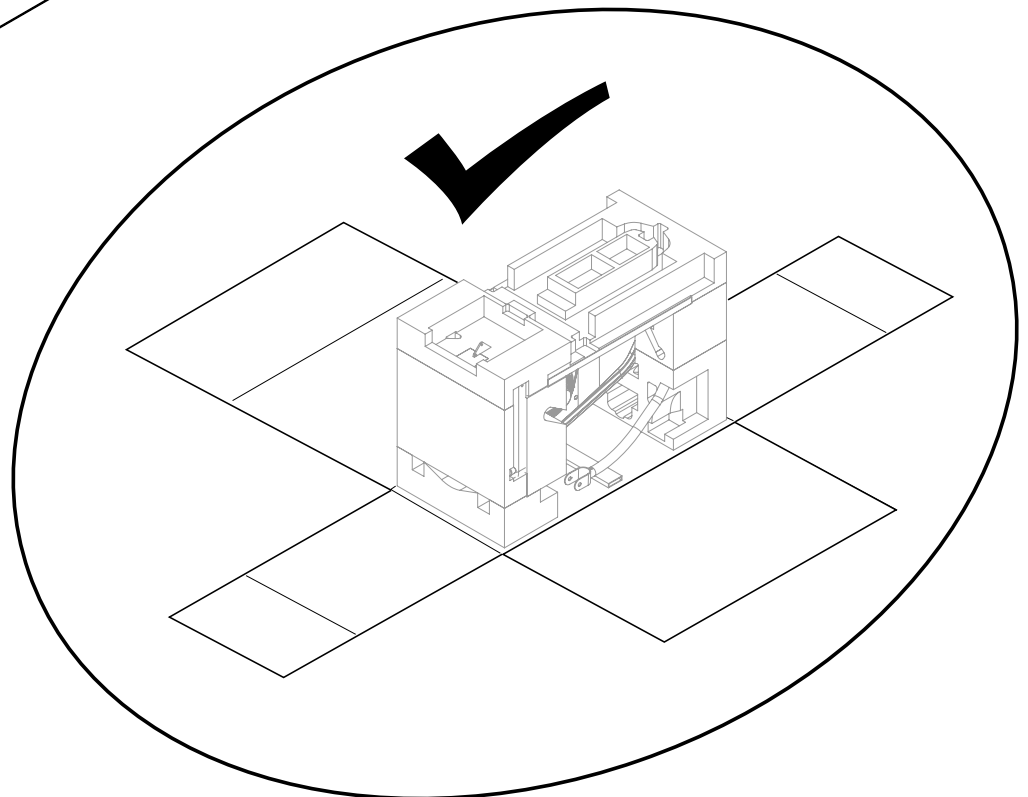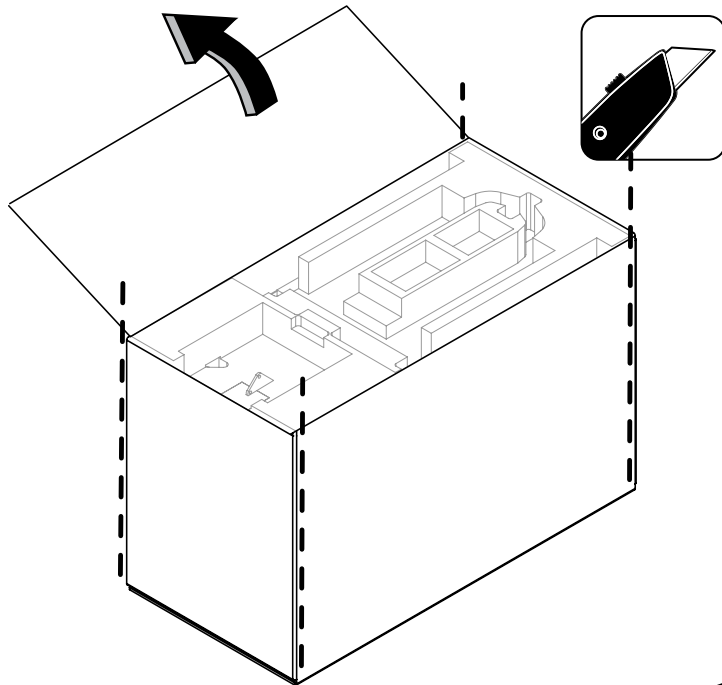
2. Keeping the Area Clear Along the Short Ends of the Box, Unpack Leaving the Main Assembly on the Two Lower Shipping Blocks

⚠️ **DO NOT CUT THE SHIPPING ZIP-TIES on the Rail Assembly or Main Assembly until instructed.**

Note: Be sure to remove the Shipping Insert Rod from the Incline (Lift) Motor Arm of the Main Assembly before removing the Upper Shipping Block.

Upper Shipping Block

Incline (Lift) Motor Arm

12

5

Lower Shipping Blocks
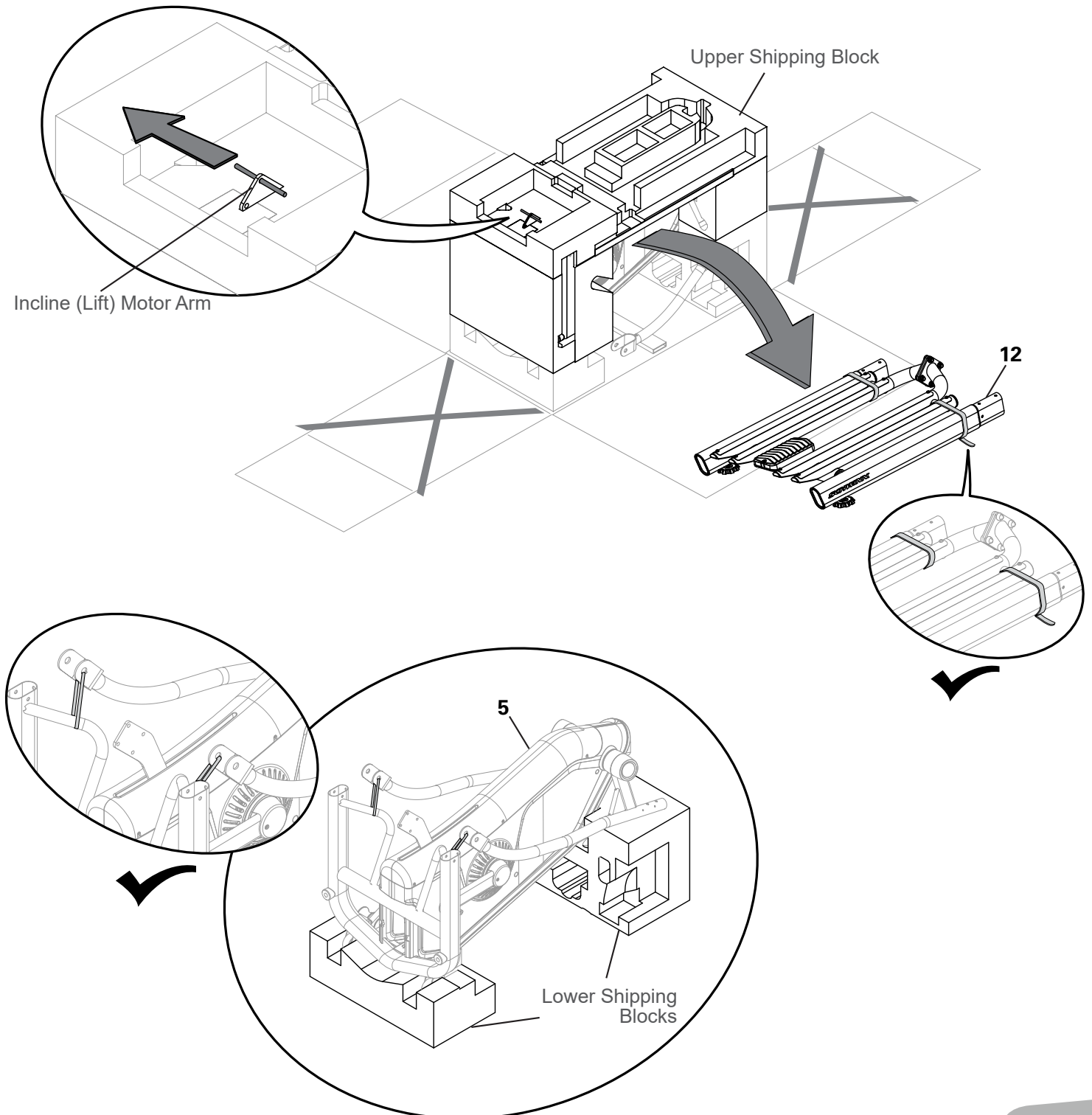
3. Attach the Rail Assembly to the Main Assembly. Once attached, cut the Shipping Zip-Ties from the Rail Assembly and Attach to the Incline (Lift) Motor Arm of the Main Assembly.

⚠ **In order to avoid possible serious injury, when attaching the Rail Assembly to the Main Assembly be careful to avoid fingers or hands being caught or pinched. Do not place fingers or hands below any pivoting parts of the Rail Assembly.**

Note: Some parts can be slightly shifted to assist with alignment. At first, only finger tighten hardware. Then with all of hardware started, FULLY tighten. * Hardware is not supplied in the Hardware Bag. Remove all hardware from the Rail Assembly before attaching it.

12

X4

X4

6mm *

Incline (Lift)
Motor Arm

X8

6mm A
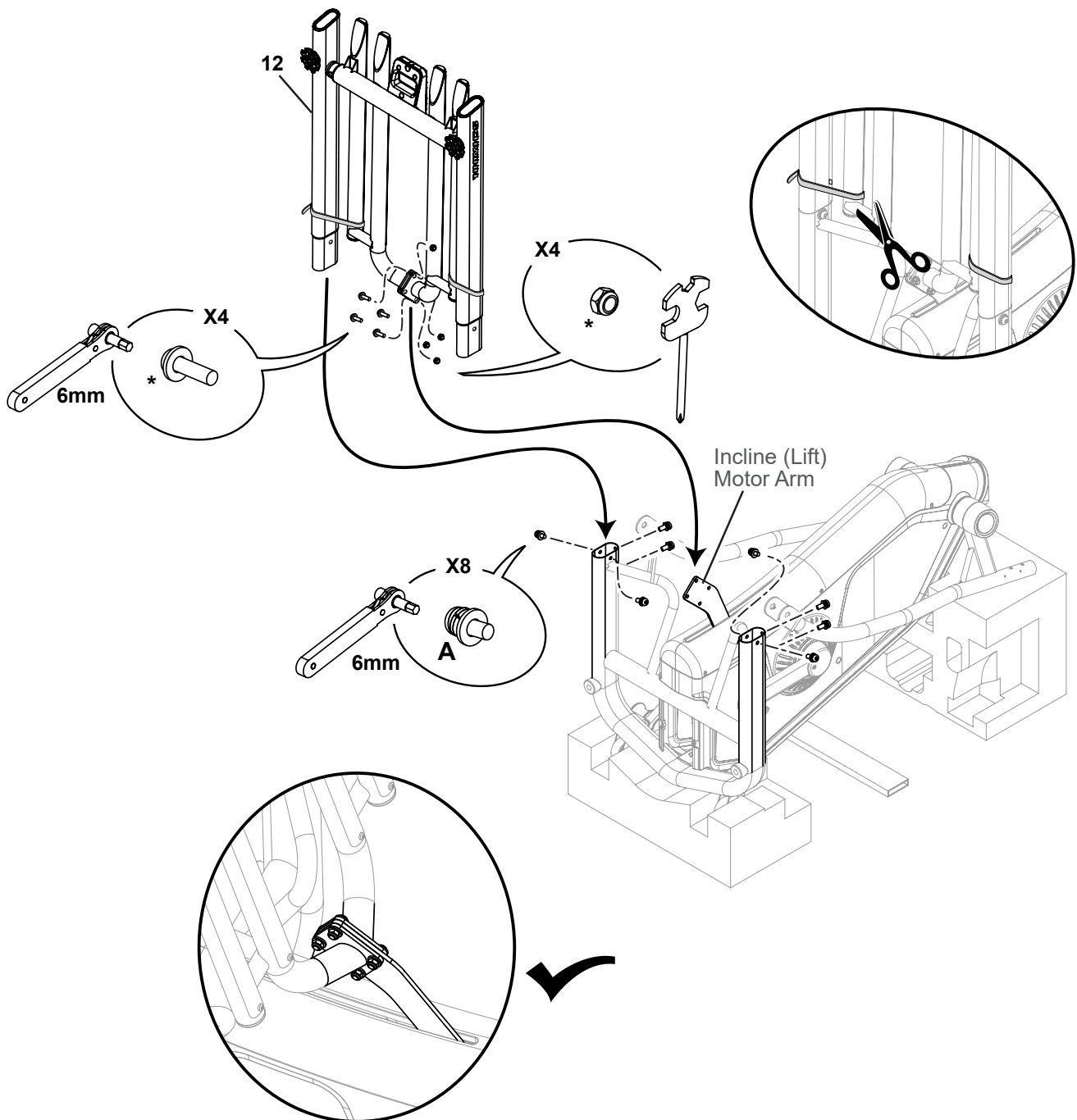
4. Safely Pivot the Frame Assembly into an Upright Position

⚠ **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. Have a second person assist by lowering the Rail Assembly.**

> **Note:** This step may require two people. **DO NOT CUT the Shipping Zip-Ties that secure the Lower Handlebars until instructed to cut them.**

X2
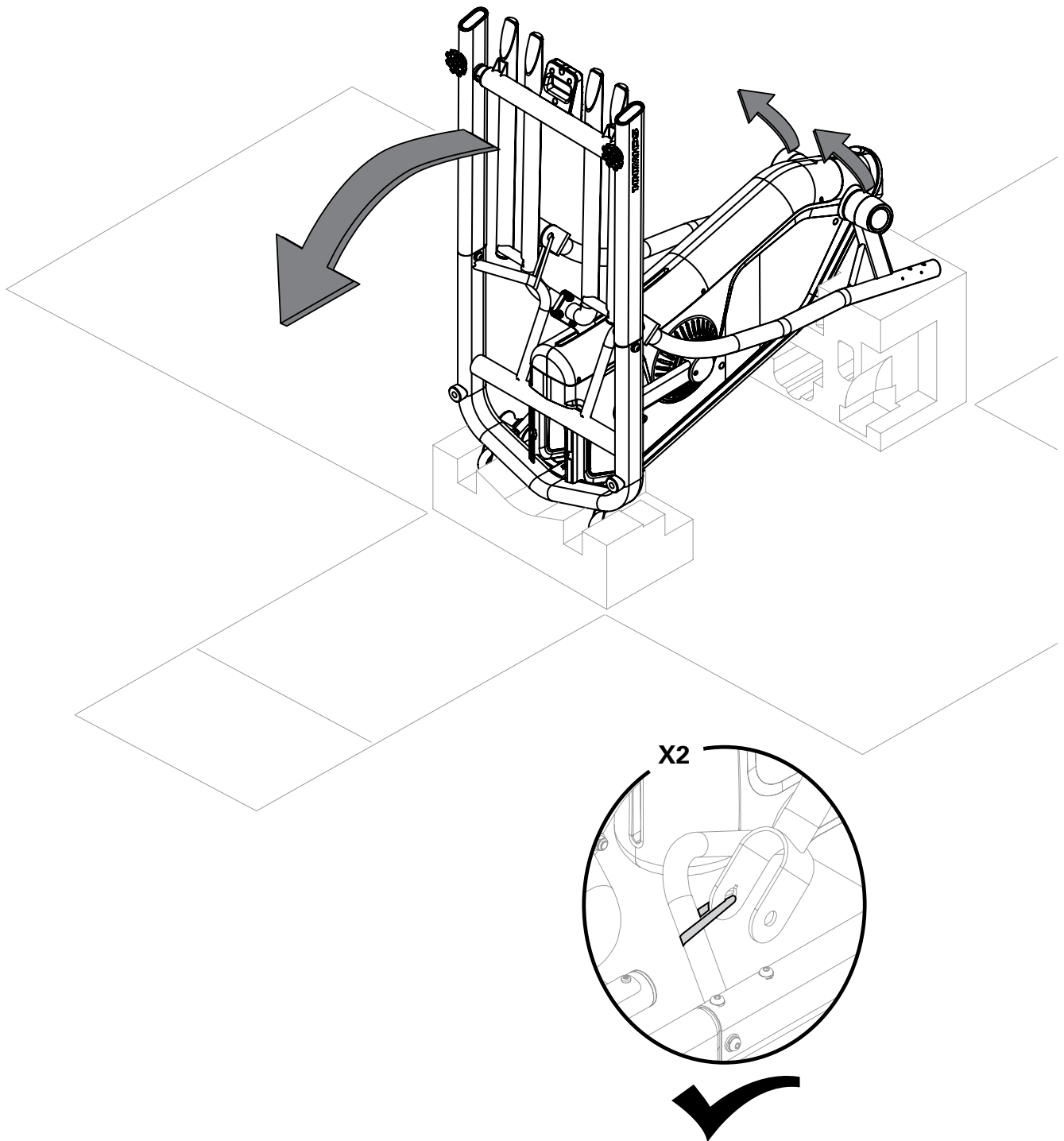
5. Slightly Lift the Frame Assembly and Remove the Shipping Block from Under It. Gently Lower the Frame Assembly.

⚠ **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. Lift the Frame Assembly from the inside pivot area as indicated below.**
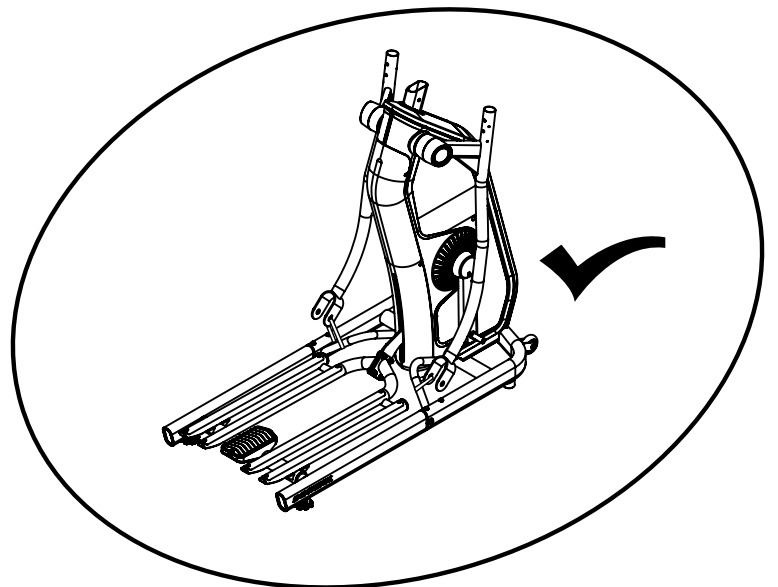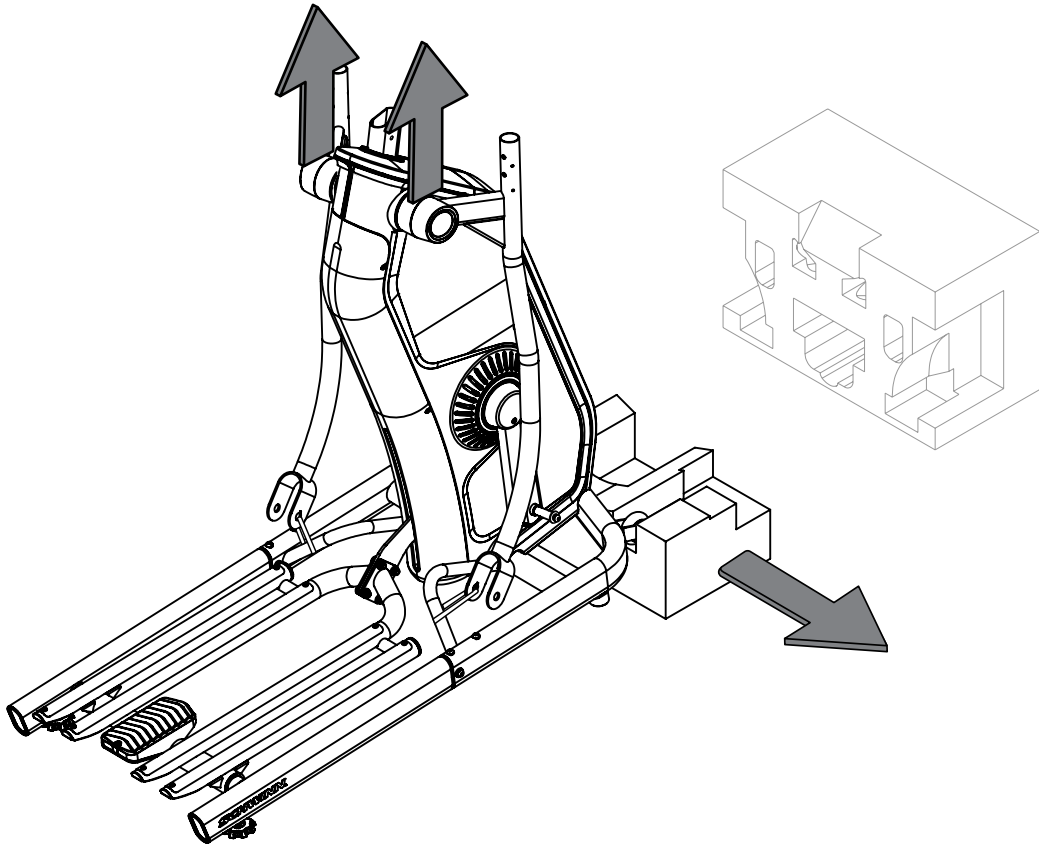
6. Connect the Cables, and Then Attach the Console Mast to the Frame Assembly

⚠️ **Some components of the machine can be heavy or awkward. Use a second person when doing the assembly step involving these parts. Do not do steps that involve heavy lifting or awkward movements on your own.**

Note: Do not pinch or cut the Cables. To assist with not pinching, gently pull the cables from the top of the Console Mast as it is lowered onto the Frame Assembly.

X4

6

A

6mm
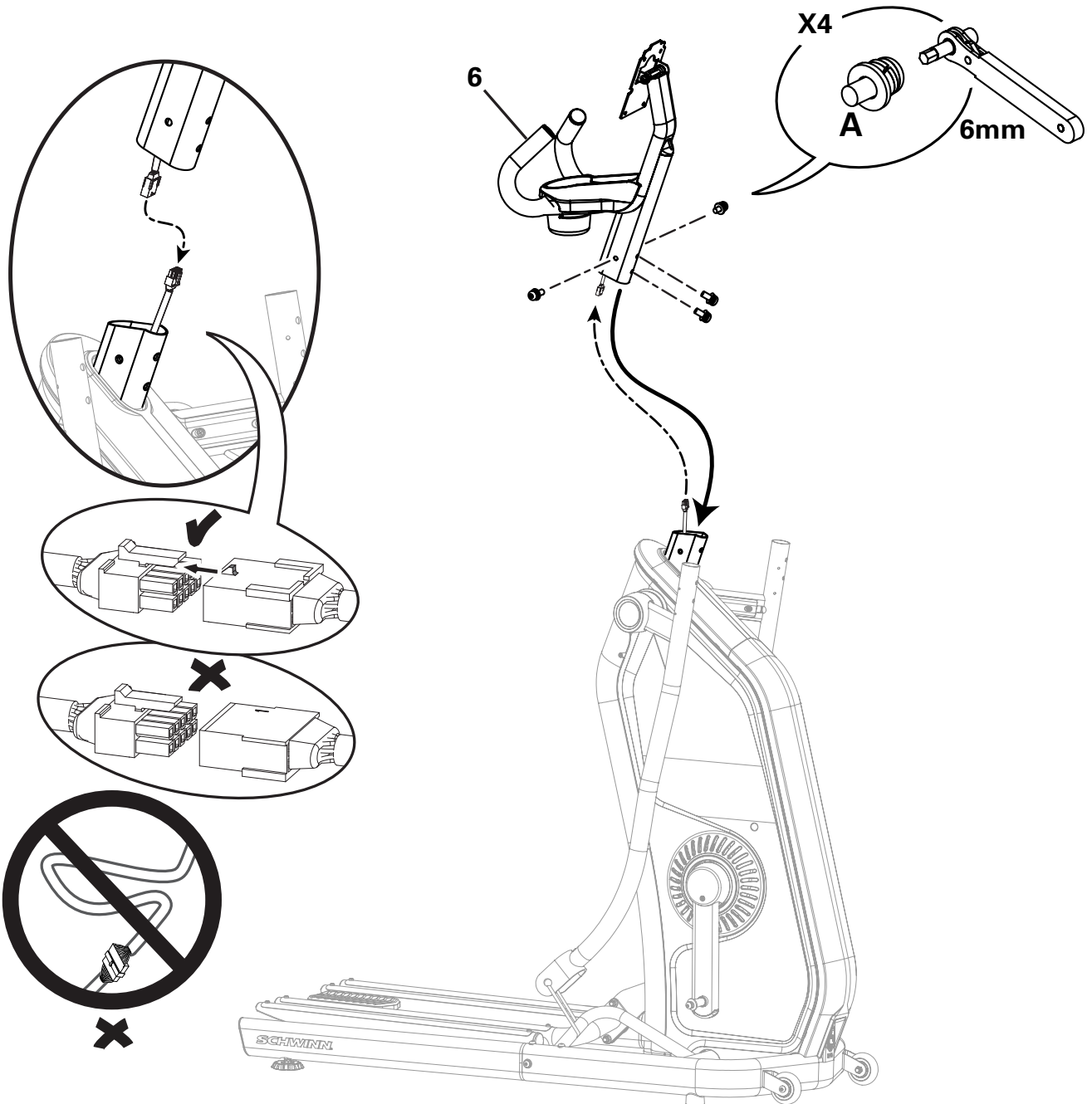
7. From the Opening on the Back of the Console Assembly, Gently Remove the Loose End of the Cable from the Console Assembly. Then Remove the Hardware from the Console Assembly.

NOTICE: Do not pinch or cut the Cable. Do not allow the hardware to fall into the Console Assembly. * Hardware is not supplied in the Hardware Bag.

1

X4

*

#2
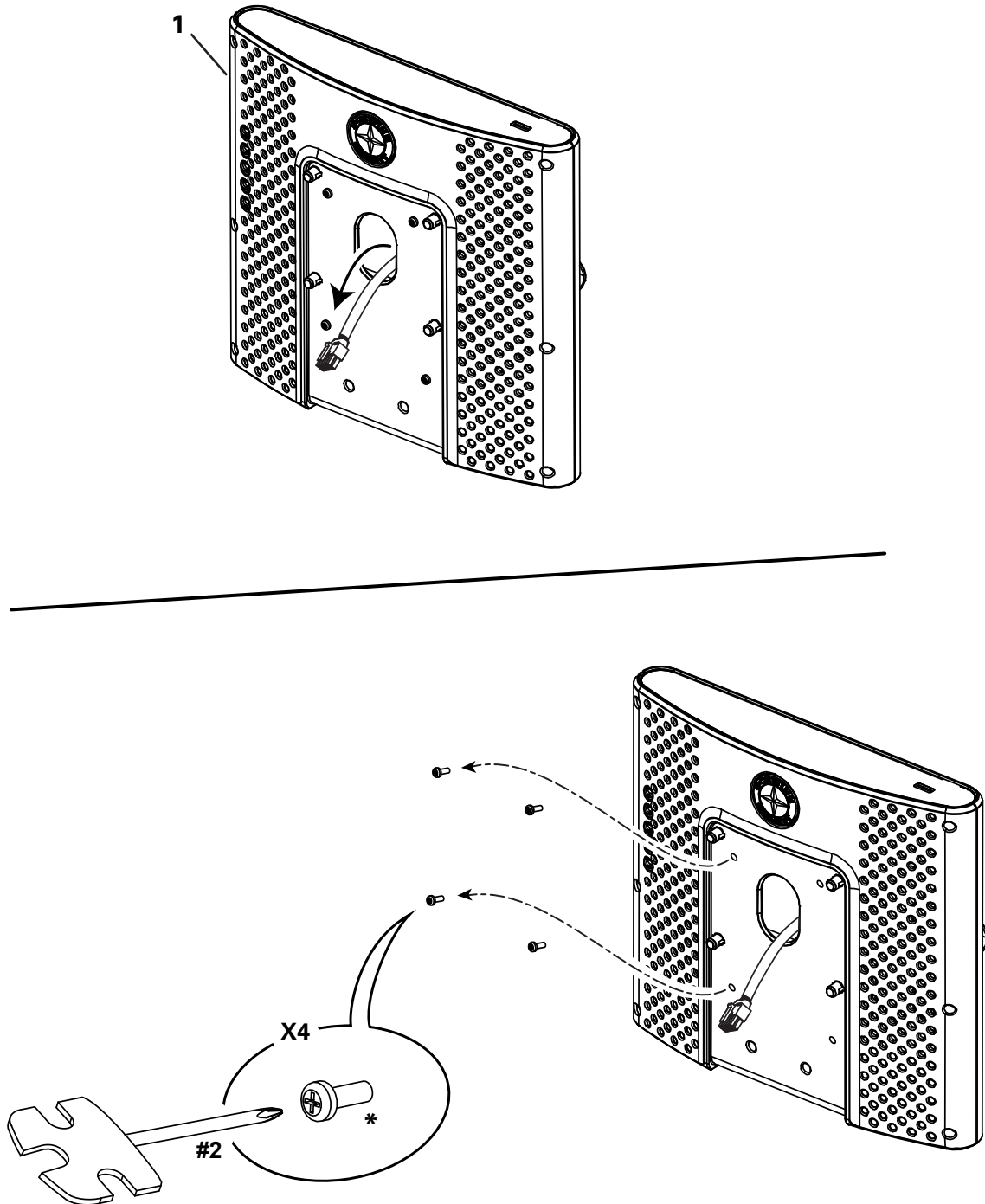
8. Place, Pivot and Secure the Console Assembly to the Console Mast, and Then Connect the Console Cables

NOTICE: Do not pinch or cut the Cables. Be sure to fully connect the cable connectors. Once connected, push the Cables into the Console Mast. * Hardware is not supplied in the Hardware Bag.

X4

*

#2
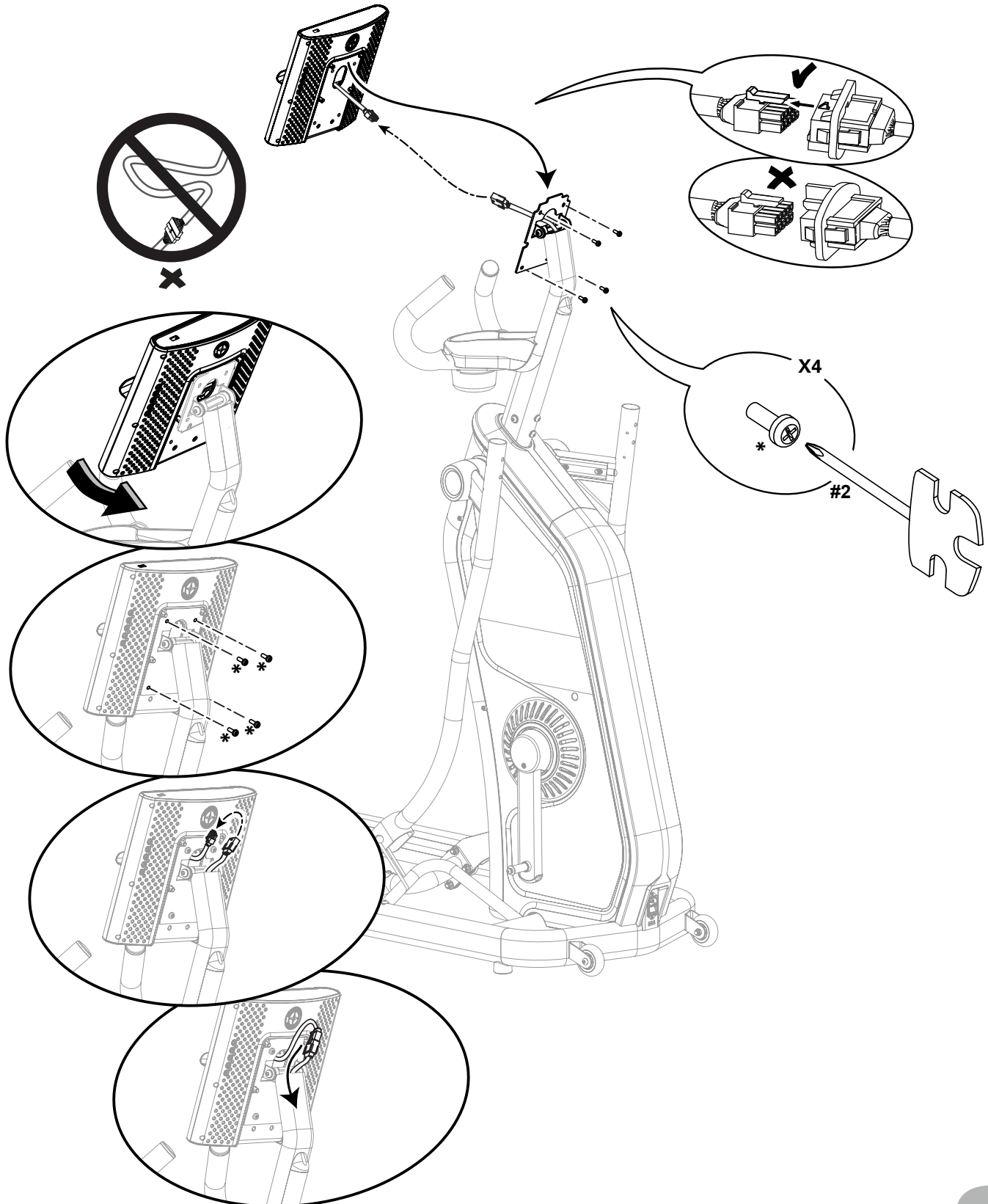
9. Attach the Console Pivot Cover to the Frame Assembly.

7
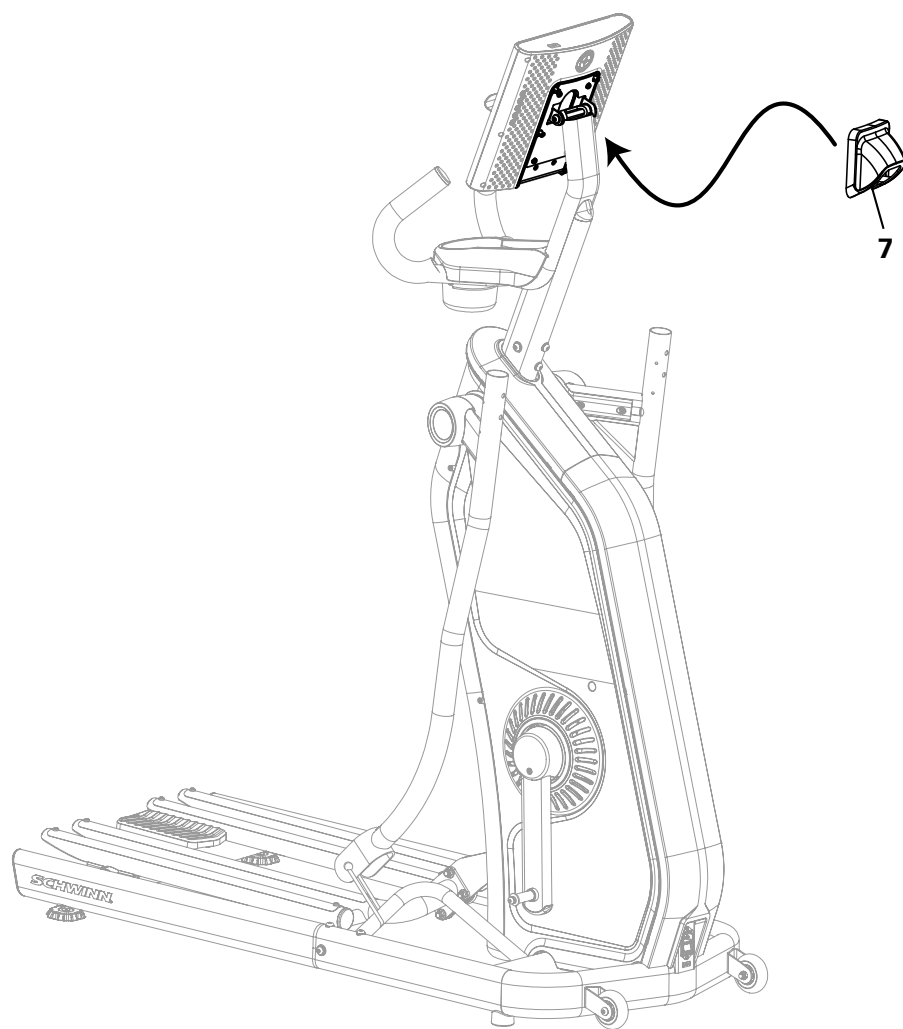
10. Attach the Legs to the Frame Assembly

Note: Do not cut the Shipping Zip-Ties. Lubricant has been applied to some of the hardware involved with this step. Be sure to have a cloth or paper towel available to wipe any excess lubricant off of your hands after installation.   * Hardware is not supplied in the Hardware Bag.

X2

*

6mm

13

10
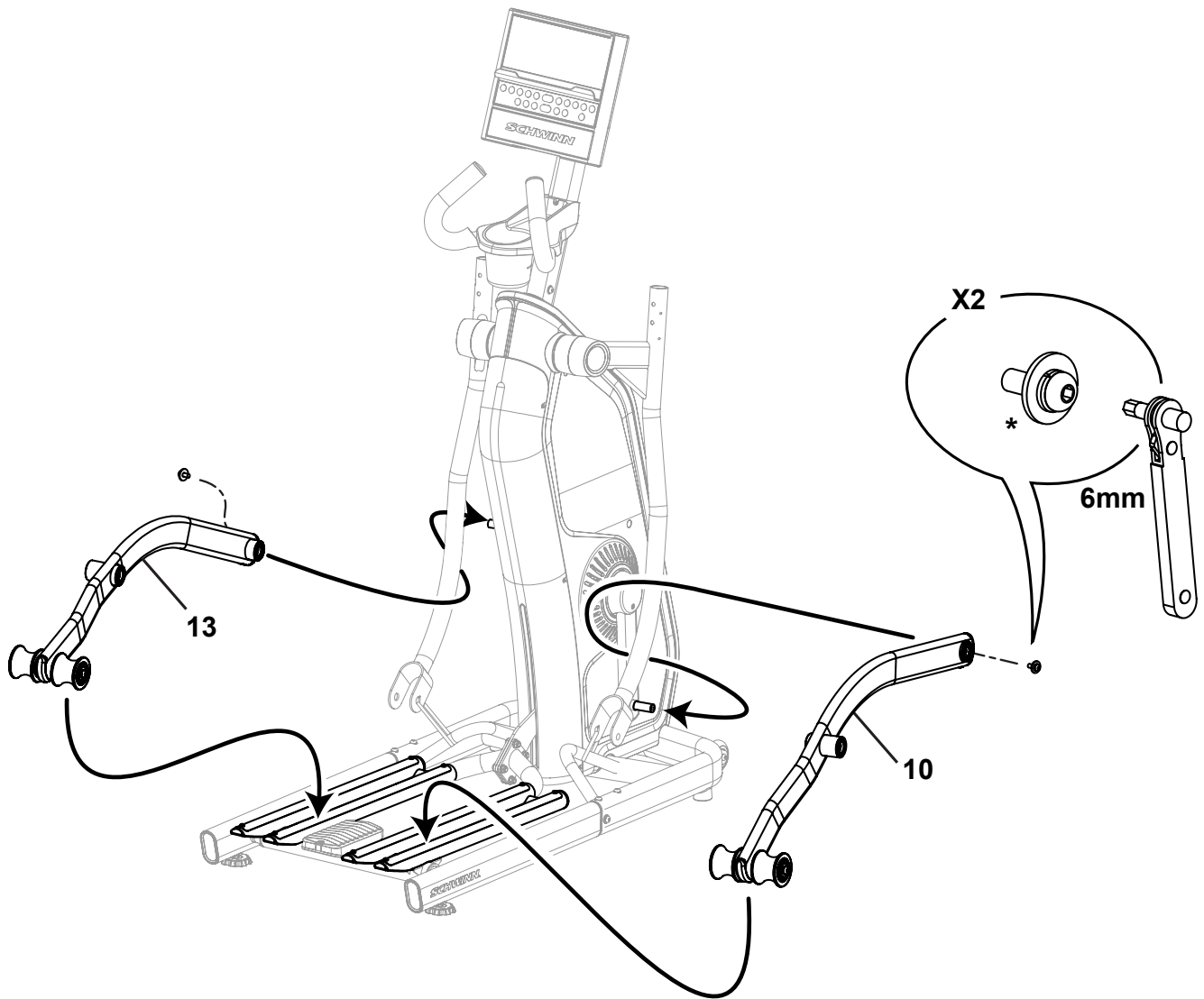
11. Cut the Shipping Zip-Ties that Secure the Lower Handlebars. Attach the Pedals to the Frame Assembly.

⚠️ **In order to avoid possible serious injury, when inserting the end of the Pedal into the Lower Handlebar be careful to avoid fingers or hands being caught or pinched. Be sure to stay out of the path of the Handlebars.**

Note: **Do not fully rotate the Lower Handlebars or damage to the cables in the Handlebars will occur.** When inserting the Pedals into the Legs, be sure that the post is centered with the opening of the Leg. Lubricant has been applied to some of the hardware involved with this step. Be sure to have a cloth or paper towel available to wipe any excess lubricant off of your hands after installation. * Hardware is not supplied in the Hardware Bag. ** Using the 19mm wrench, slightly rotate the Pivot Pin to assist with a proper set. Be sure the key on the Pivot Pin is fully set into the notch on the Lower Handlebar. The Pivot Pin will be flush with the outside of the Lower Handlebar when properly set.
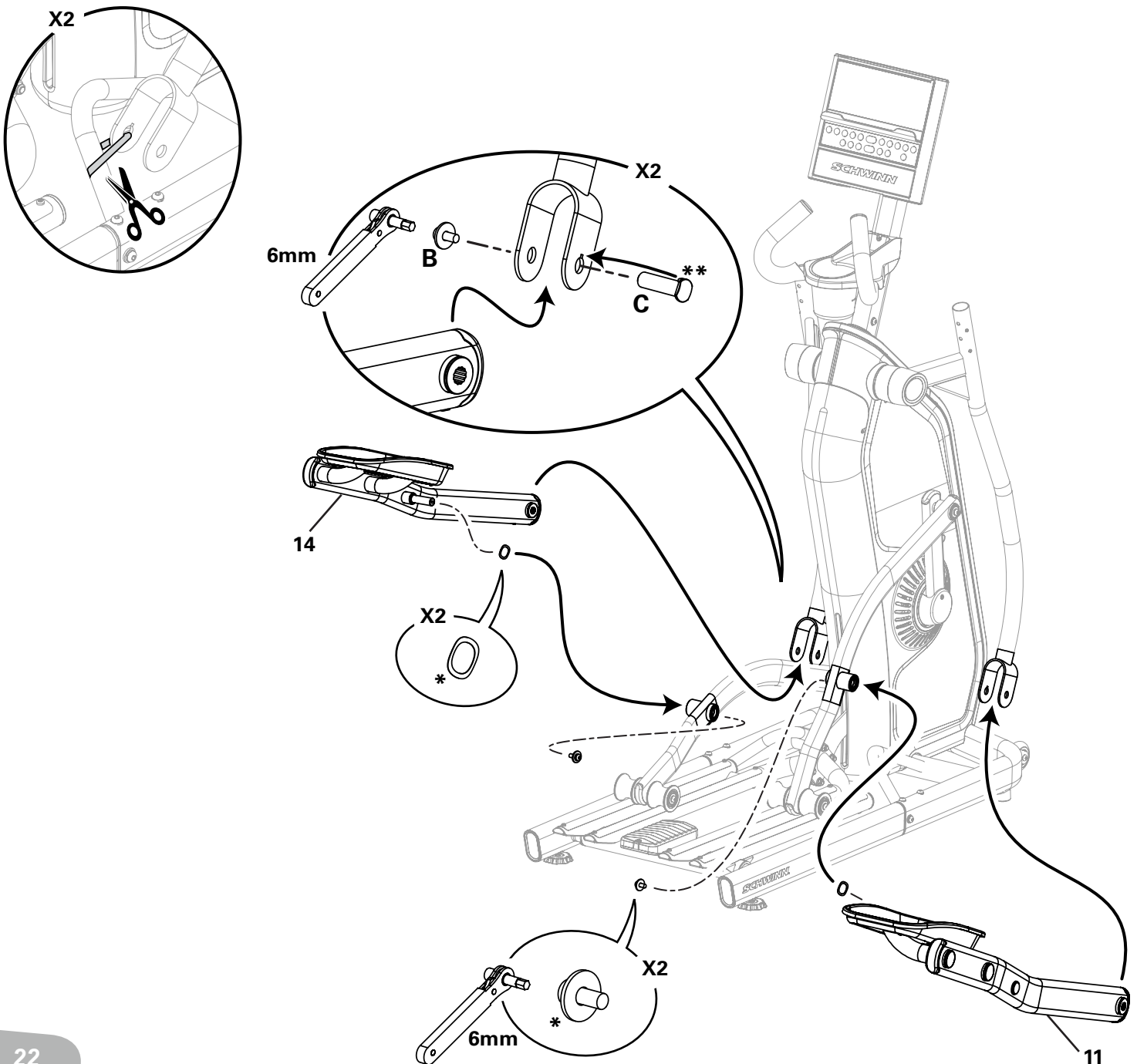
12. Connect the Cables. While Inserting the Upper Handlebar, Gently Pull the Cable Down into the Lower Handlebar, and Attach the Upper Handlebar.

⚠ In order to avoid possible serious injury when inserting the tube ends onto the Lower Handlebars, be careful to avoid fingers or hands being caught or pinched.

Some components of the machine can be heavy or awkward. Use a second person when doing the assembly step involving these parts. Do not do steps that involve heavy lifting or awkward movements on your own.

Note: Do not pinch or cut the Cables. When the Upper Handlebars are attached, push the exposed cables back into the Upper Handlebars as far as possible without damaging them. A decal has been applied to all right (" R ") and left (" L ") parts to assist with assembly.

" Resistance "

" Incline "

X8

A

6mm
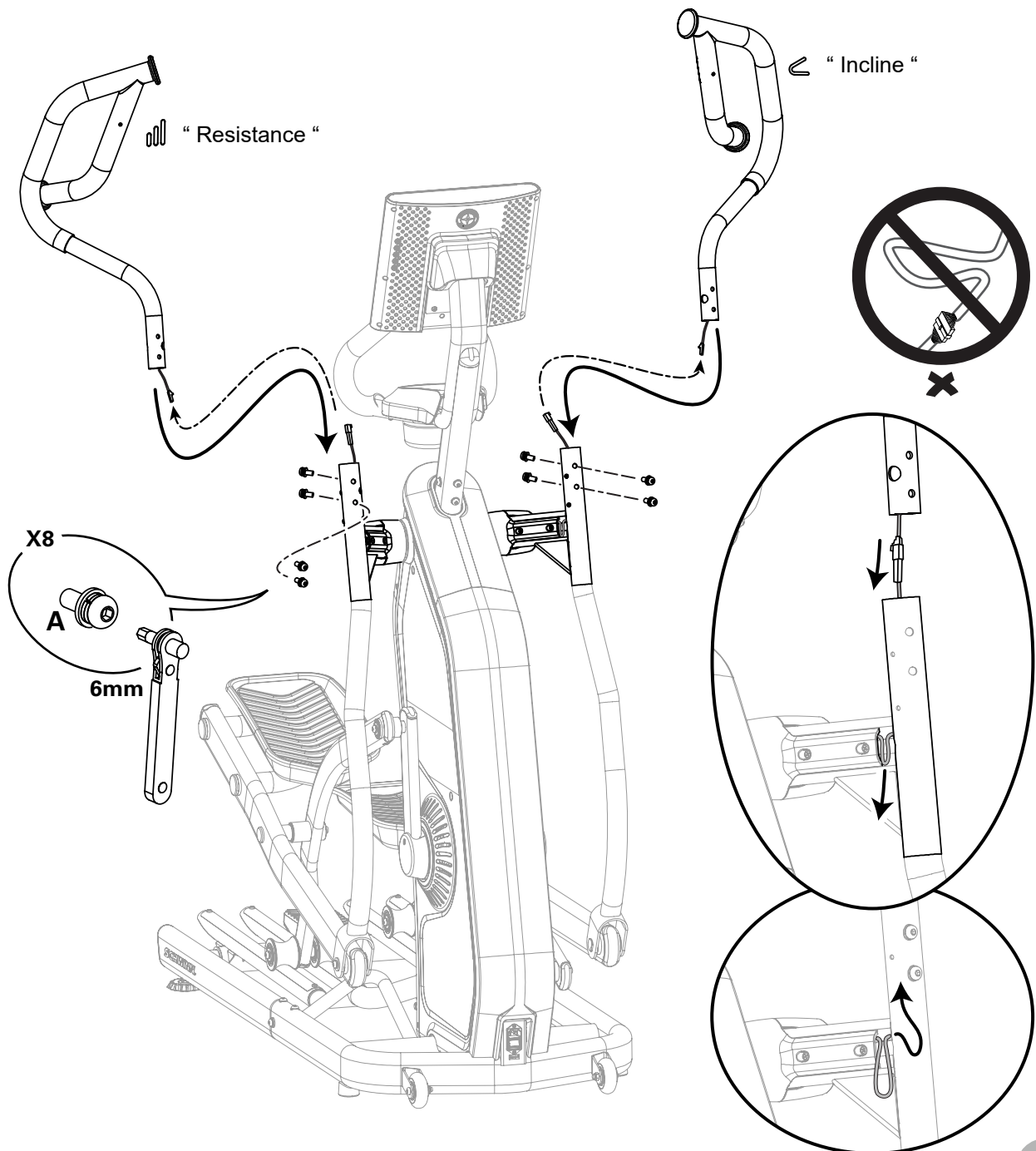
13. Attach the Interior Handlebar Covers, and then Snap the Exterior Handlebar Covers to the Frame Assembly

Note: Do not pinch or cut the Cables inside the Handlebars. Before installing hardware, inspect to be sure that the hardware will not cut any of the cables inside the Handlebars. If necessary, adjust the cables and inspect again.

X4

#2

D

3

3

4

4
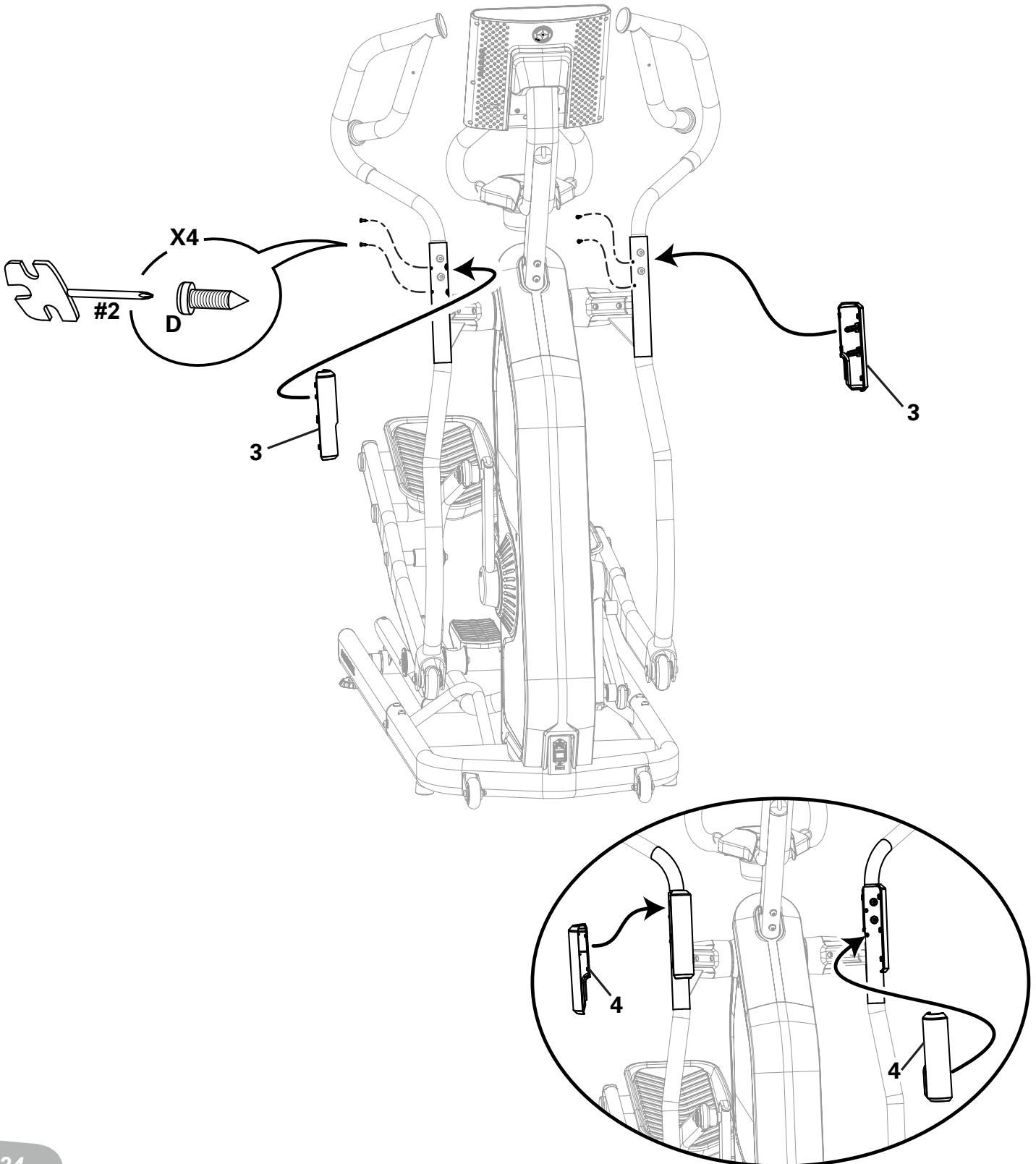
14. Clear a Path to the Intended Workout Area

⚠ **For safe operation, the Intended Workout Area must be on a hard, level surface. Allow a minimum workout area of 2.1 m x 1.5 m (82.1 in x 57.9 in). Keep the workout area clear 0.6 m (24 in) along the side used to access the machine and to the rear of the machine. This is the recommended safe distance for access and passage around and emergency dismounts from the machine. Be sure that the workout space you are utilizing has adequate height clearance, taking into consideration the height of the user and the maximum incline of the machine. Keep third parties out of this space when machine is in use.**

2.1 m (82.1 in)

147.6 cm (58.1 in)

86.2 cm (33.9 in)

0.6 m (24 in)

0.6 m (24 in)

1.5 m (57.9 in)
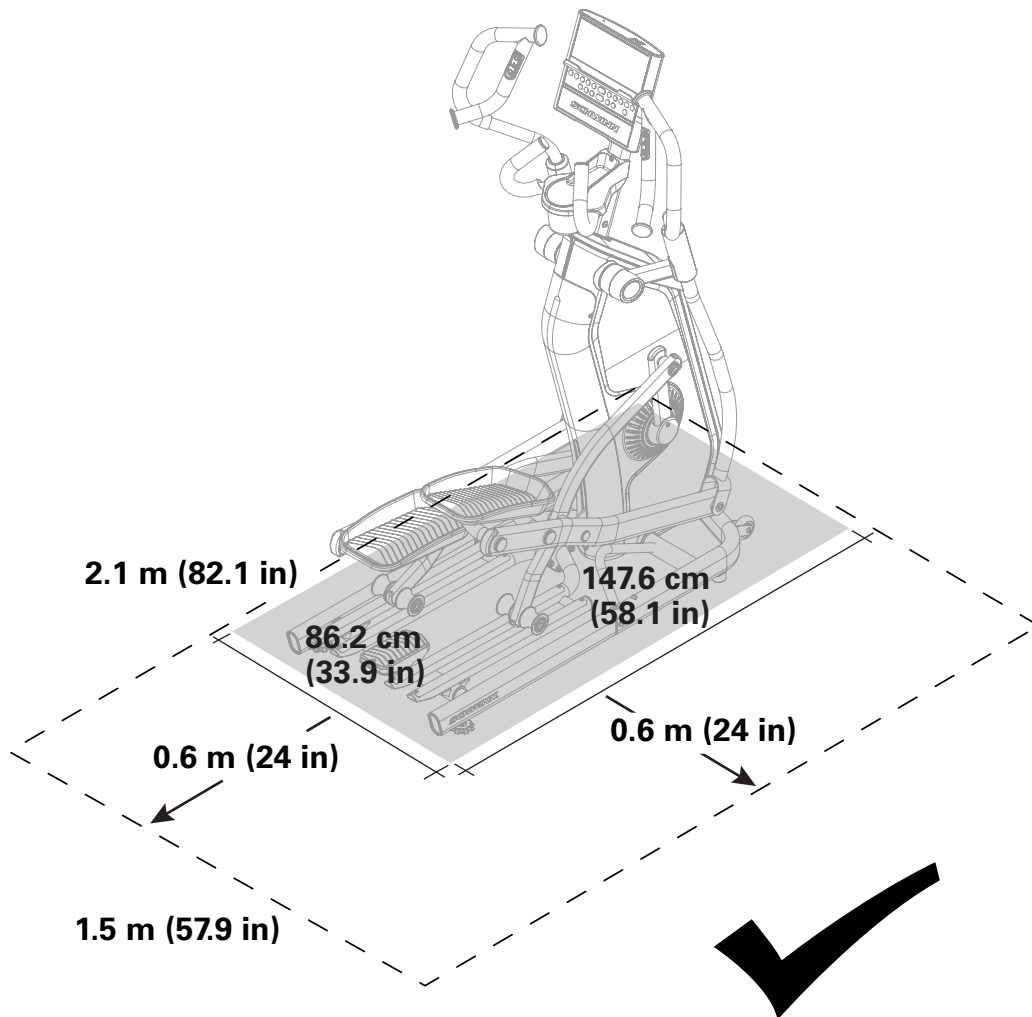
15. Using the Transport Handle Tilt the Machine onto the Transport Wheels, and Then Safely Roll and Lower It into the Intended Workout Area

⚠ Do not use the handlebars, Console Mast, or the Console to lift or move the machine. Injury to you or damage to the machine can occur.

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.

Place the machine on a clean, hard, level surface, free from unwanted material or other objects that may hamper your ability to move freely. A rubber mat should be used below the machine to prevent the release of static electricity and protect your flooring.

Transport Handle
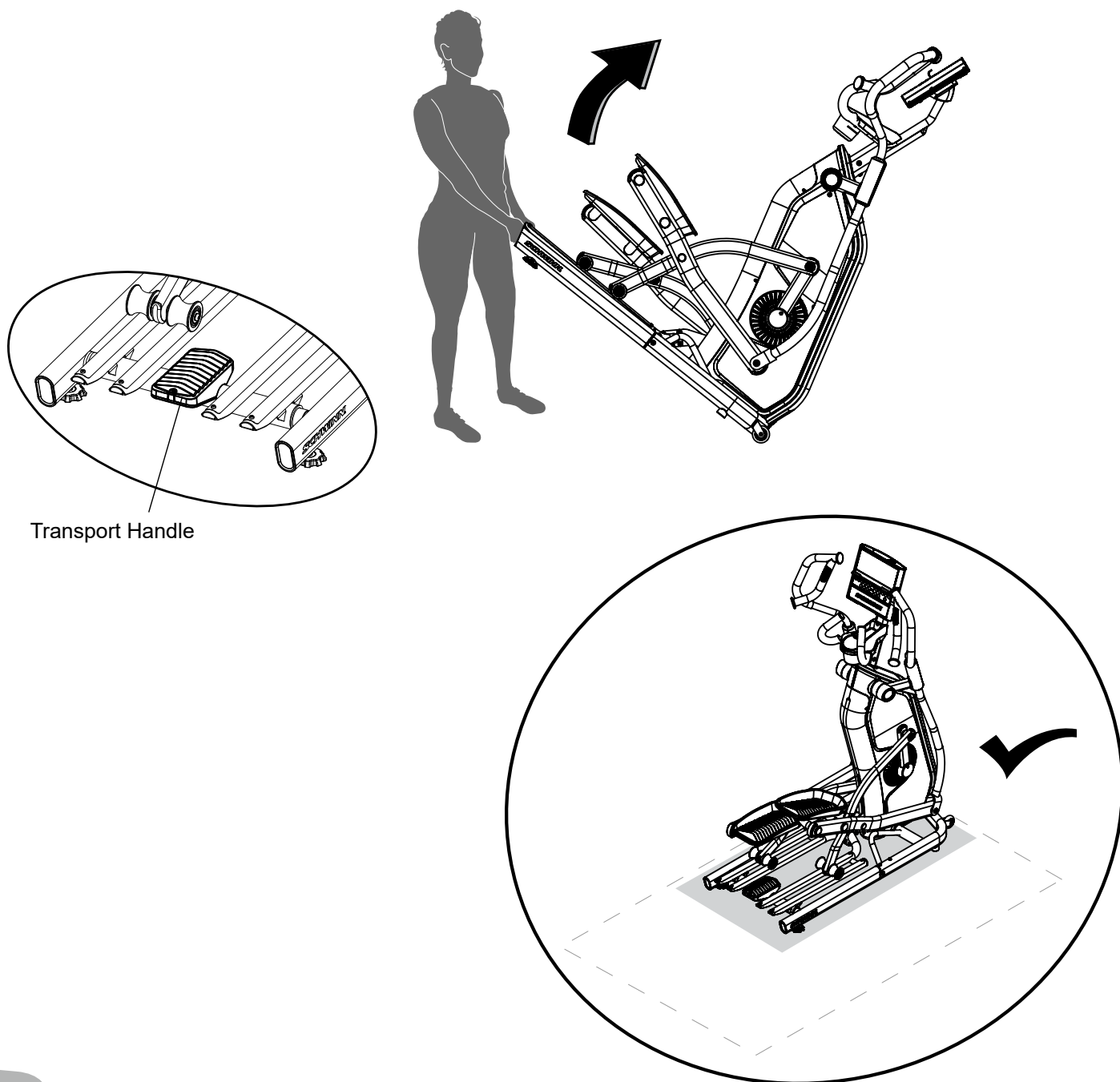
16. Connect the Power Cord to the Frame Assembly

Note: Make sure the Power Cord is pushed all the way into the Power Inlet on the machine.

9
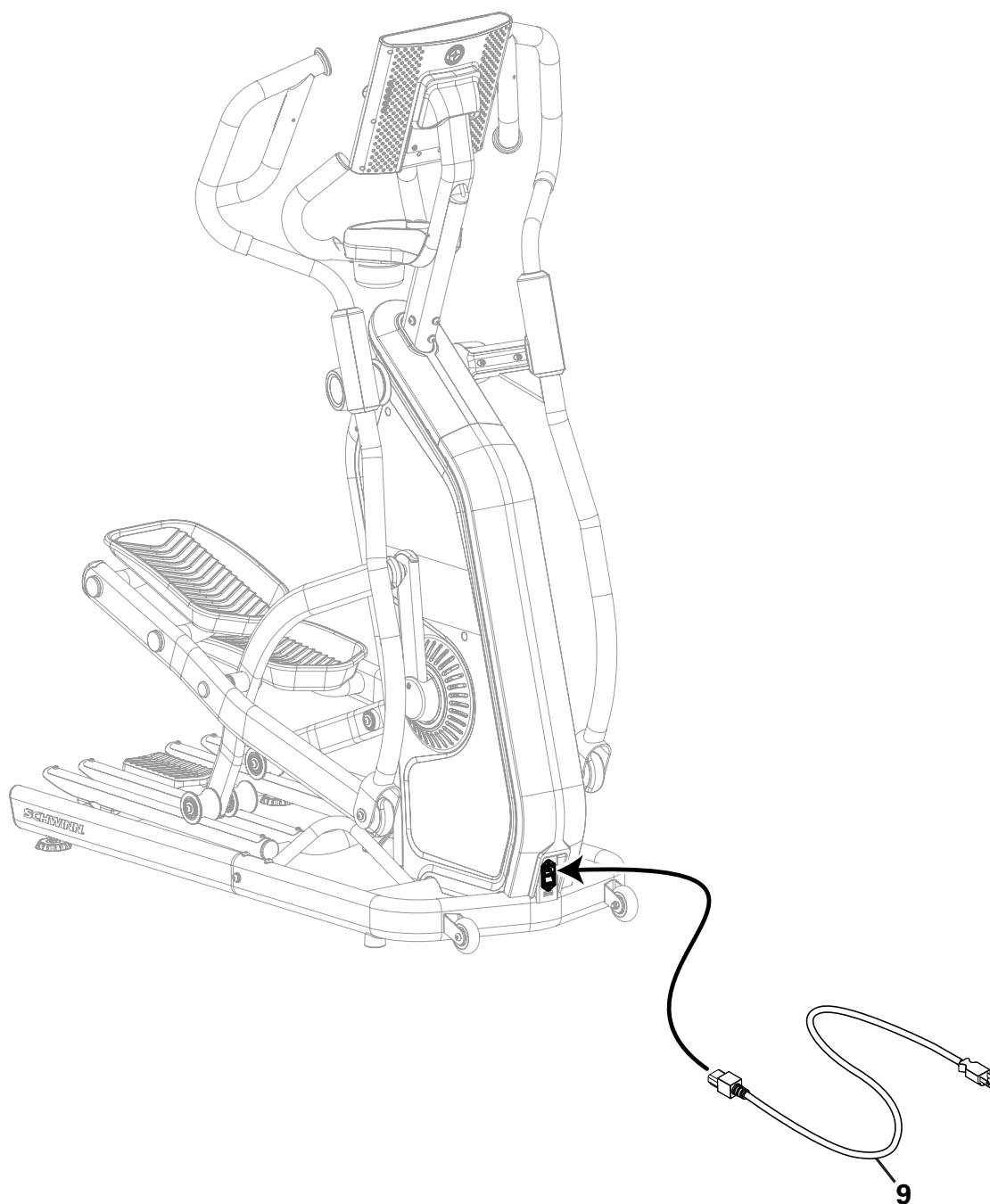
17. Final Inspection

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

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

Carefully remove the protective plastic film from the display screen, keypad and top of the Console. Due to static electricity, "ghost" images may show on the screen but these will disappear after a few minutes.

Apply a small amount of silicone lubricant to a cloth and wipe the Rails to eliminate roller noise.

16

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

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

NOTICE: After your first few workouts, some hardware will need to be tightened again. To ensure quiet and smooth operation, make sure to tighten the indicated hardware after three workouts.

Be sure to inspect and fully tighten all hardware monthly or after every 20 hours of use.
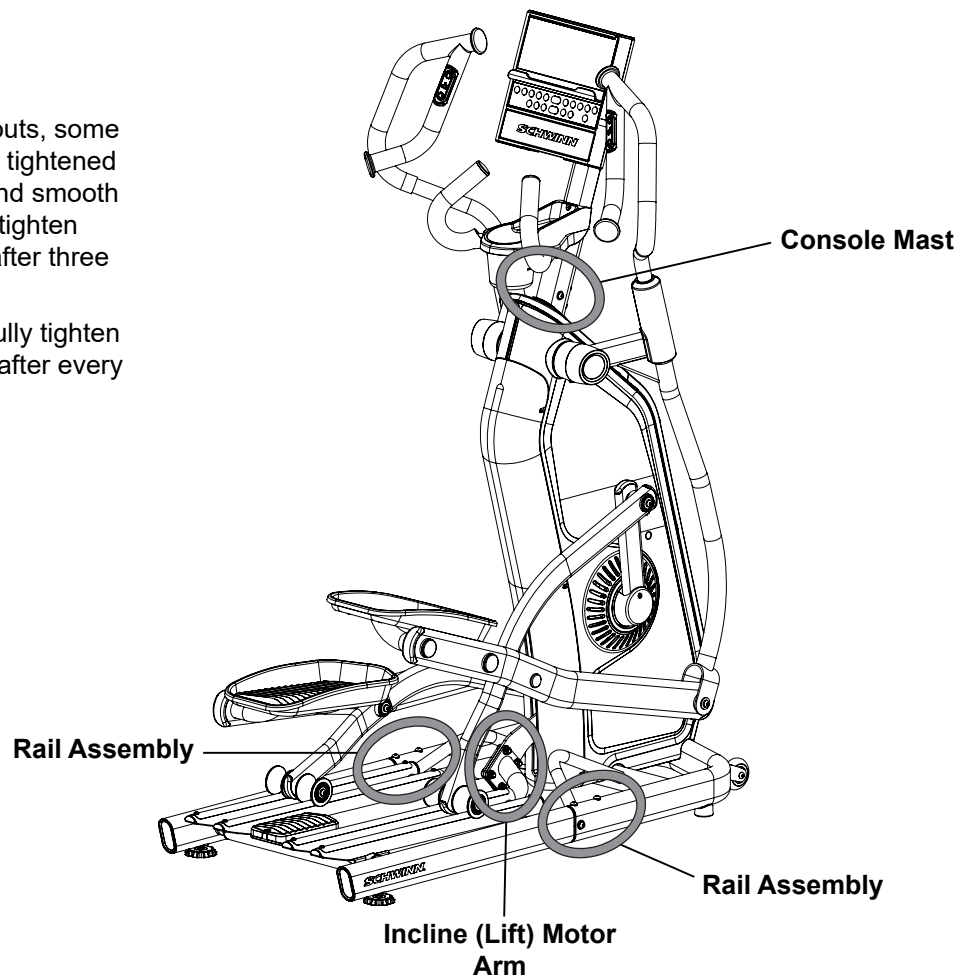
Console Mast

Rail Assembly

Rail Assembly

Incline (Lift) Motor Arm

Using the "JRNY™" App with Your Machine

This fitness machine is equipped with Bluetooth® connectivity and can be wirelessly connected for workouts using the "JRNY™" app. The app can be accessed with your JRNY™ membership.

Note: Do not connect this machine through your Bluetooth® settings on your device. Simply download the app, start a workout, and follow the instructions on the app.

1. Download the app named JRNY™. The app is available on the App Store and Google Play™.

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

2. Install the app.

3. Open the "JRNY™" app, and follow the instructions.

4. When done, tap on the red Bluetooth® icon in the upper right corner of the display.

   Note: If Bluetooth® is not active on your device, follow the instructions to activate it.

5. A list of available machines will be displayed. Select your machine from the list of available machines.

6. The JRNY™ app is now ready for use.

   Note: Once a Bluetooth® Heart Rate device is connected, that device is engaged to that machine. To use the Heart Rate device elsewhere, it must be disconnected. Follow the instructions provided in the app to disconnect.

Bluetooth® Low Energy (BLE) Heart Rate Monitor (not supplied)

Your fitness machine is equipped to be able to receive a signal from a Bluetooth® Low Energy (BLE) Heart Rate (HR) Monitor. When connected, the Console will display the Bluetooth® Heart Rate Monitor Connected icon. Follow the instructions provided with your Bluetooth® Low Energy (BLE) Heart Rate Monitor.

⚠️ **If you have a pacemaker or other implanted electronic device, consult your doctor before using a Bluetooth® Heart Rate Monitor.**

Note: Be sure to remove the protective cover (if provided) from the Heart Rate Sensor before use.

1. Put on your Bluetooth® Low Energy (BLE) Heart Rate monitor and activate it.

2. The Console will actively search for any monitors in the area, and will rapidly flash the Bluetooth® Heart Rate Monitor Connected icon.

   Note: Any previously connected HR devices will be disconnected. However, if they are within range, the Console may find them again if unable to locate your Monitor.

3. When connected, the Bluetooth® Heart Rate Monitor Connected icon will flash with your pulse and your current heart rate value will be displayed on the Console. You are now ready to workout.

   Note: Once a Bluetooth® Low Energy (BLE) Heart Rate device is connected, that device is engaged to that machine. To use the Heart Rate device elsewhere, it must be disconnected. Follow the instructions in the app, or push the Connect Bluetooth® button to disconnect from the Console.

* A JRNY™ membership is required for the JRNY™ experience – see www.schwinnfitness.com/jrny for details. For United States and Canada customers, you can obtain a JRNY™ membership by calling 888-986-5528 or visiting www.schwinnfitness.com/jrny. Where available (including the United States), you can also obtain a JRNY™ membership by downloading the JRNY™ app onto your phone or tablet and signing up within the downloaded app. JRNY™ memberships may not be available in all countries.

Moving the Machine

Use the Transport Handle / Rear Step and Transport Wheels to move the machine. The Transport Handle / Rear Step is located in the middle of the Rail Assembly at the rear of the machine. Tilt the machine forward by lifting upward with the Transport Handle / Rear Step until the weight is on the Transport Wheels.

Roll the machine on the transport wheels to a new location. Lower your machine slowly into its new location without injury to your head or fingers.

⚠️ **Do not use the handlebars, Console Mast, or the Console to lift or move the machine. Injury to you or damage to the machine can occur.**

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.

Place the machine on a clean, hard, level surface, free from unwanted material or other objects that may hamper your ability to move freely. A rubber mat should be used below the machine to prevent the release of static electricity and protect your flooring.

To prevent unsupervised operation of the machine always turn the power switch to Off and disconnect the power cord from the wall outlet and machine power input. Place the power cord in a secure location.

Transport Handle / Rear Step
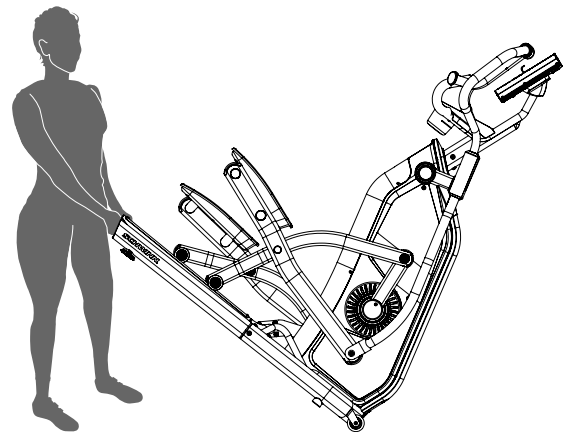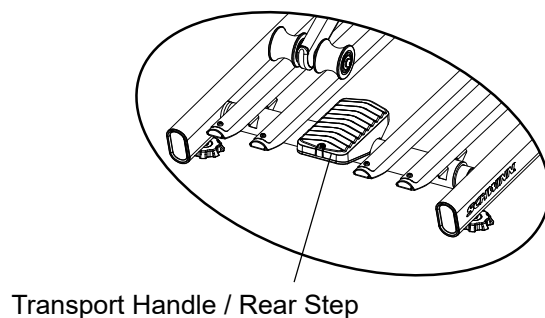
Leveling the Machine

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

1. Place the machine in your workout area.

2. Safely stand on the Rear Step for approximately 20 seconds.

3. Step off the machine.

4. Loosen the locking nuts and adjust the levelers until they all contact the floor.

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

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

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

Media Tray

Upper Handlebar

Incline Remote Controls

USB Charging Port

Console, Tiltable

Resistance Remote Controls

Speaker

Static Handlebar

Storage Tray / Water Bottle Holder

Pedal

Fully Shrouded Flywheel;

Power Switch / Inlet

Front Stabilizer

Rail

Rail Assembly

Transport Wheel

Incline (Lift) Motor Arm

Transport Handle / Rear Step

Roller

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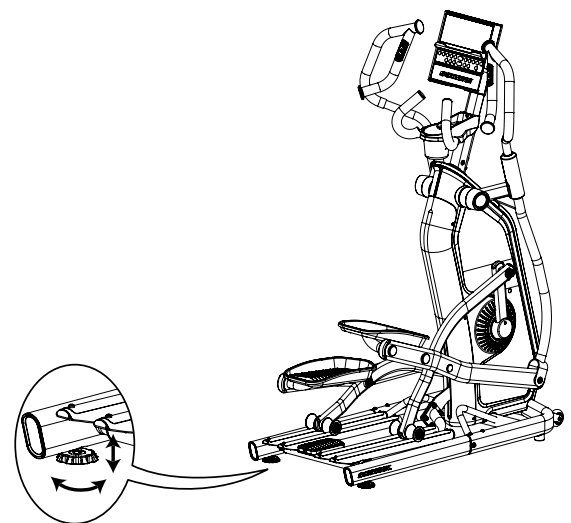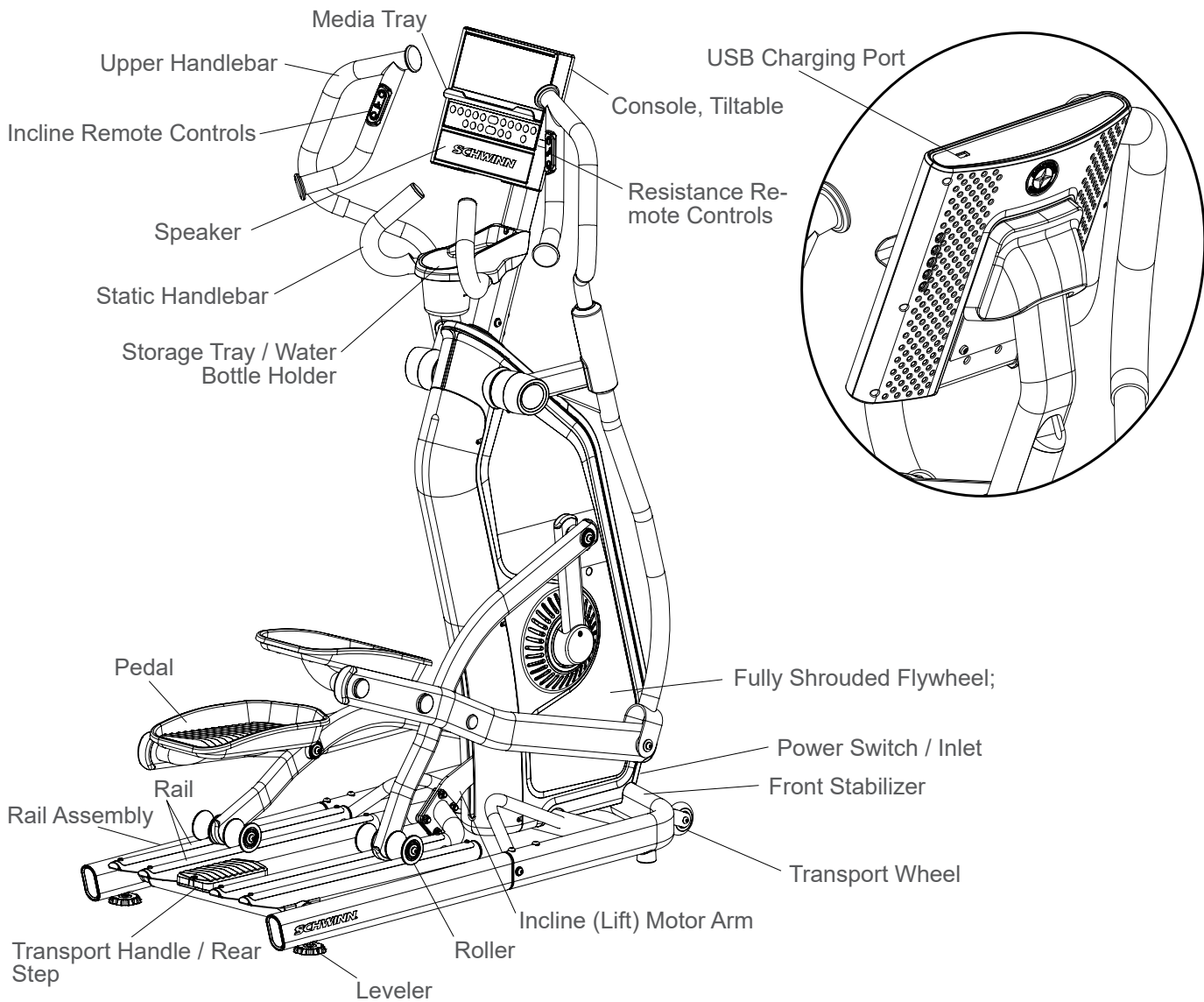
⚠ WARNING **Use the values calculated or measured by the machine's computer for reference purposes only. The heart rate displayed is an approximation and should be used for reference only. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.**

Console Features

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

Incline Level Quick buttons

Reset button

Programs button

Increase button (Incline)

Decrease button (Incline)

Resistance Level Quick buttons

Volume button

Decrease button (Resistance)

Increase button (Resistance)

Keypad Functions

Incline Level Quick buttons- Shifts the incline level to the setting quickly during a workout.

Resistance Level Quick buttons- Shifts the resistance level to the setting quickly during a workout.

Programs button- Tap to cycle through the menu of workout programs.

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

Pause / Stop button- Pauses an active workout or ends a paused workout.

Increase (▲) button- Increases the workout resistance or incline level, or moves through options.

Decrease (▼) button- Decreases the workout resistance or incline level, or moves through options.

Volume button- Sets the sound level of the Console. Tap to cycle through the volume levels: Off, 1, 2 (default), 3. **It does not affect the output from your personal device.**

Reset button (Schwinn™ logo)- for service technician use only. When pushed during power up, the button restores the Console settings to the factory default state. The Console will require updates to be applied in order to become fully functional. Workout data is not affected.

Console Display

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

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

Bluetooth® App Connected icon

Bluetooth® Heart Rate Monitor Connected icon

Heart Rate Detected icon

Program Display
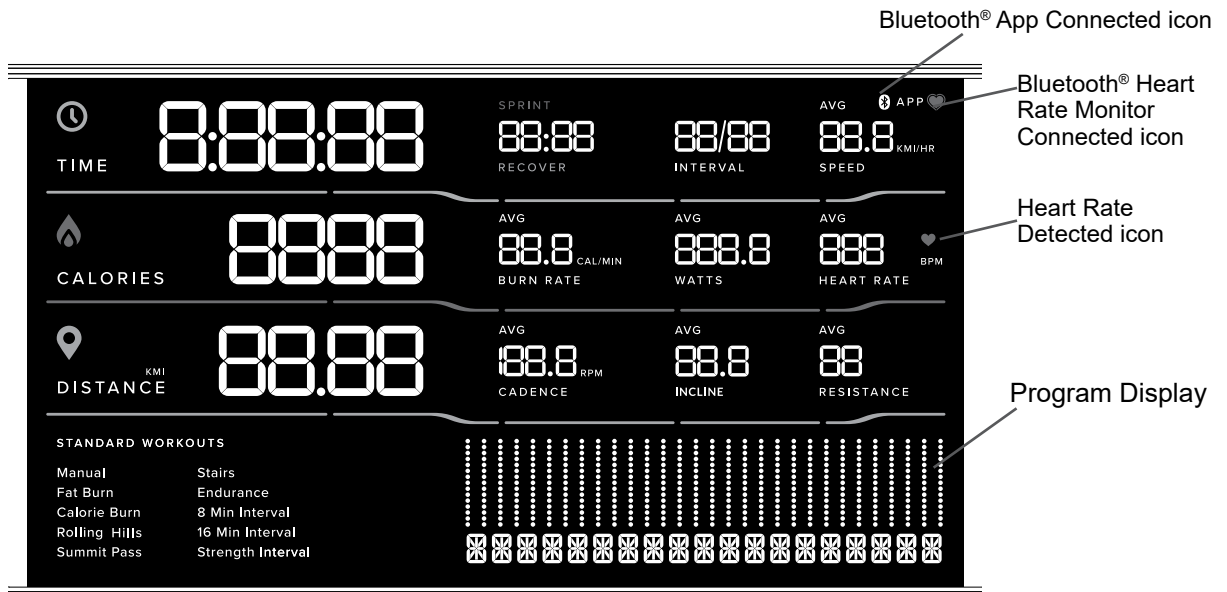
Heart Rate Detected icon - Display shows when the Console receives a heart rate signal from a Bluetooth® Heart Rate Monitor.

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

Interval
During an Interval workout, the INTERVAL display shows the currently active Interval and the total number of Intervals for the workout. Each Interval has a Sprint and a Recover workout segment.

Speed
The SPEED display shows the machine speed in miles per hour (mph) or kilometers per hour (km/h).

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

Burn Rate
The BURN RATE display shows the level of calories being burned per minute. This rate is a function of intensity, which is the current level of RPM (pedal speed) and resistance level. As either of those values increase, the Burn Rate will increase.

Watts
The WATTS display shows the estimated power output at the current RPM and intensity level, displayed in watts (746 watts = 1 hp).

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

⚠ **Consult a physician before you start an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before you use the machine again. The heart rate displayed is an approximation and should be used for reference only.**

Distance
The DISTANCE display shows the distance count (miles or km) in the workout. The maximum distance value is 99.99. The default distance unit is miles (MI).

Note: To switch units between kilometers and miles before a workout, push the Programs button and hold for 3 seconds to enter the Console Setup Mode. The System Units prompt appears. Push an Increase/Decrease button to change the units (KM/KG or MI/LB). With the desired unit of measurement displayed, push the Start button to save.

Cadence
The CADENCE display shows your current pedal speed in revolutions per minute (RPM).

Interval
The INTERVAL display shows the current interval level in the workout.

Incline
The INCLINE display shows the current incline level in the workout.

Resistance
The RESISTANCE display shows the current resistance level in the workout.

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

Remote Incline and Resistance Controls
The Remote Incline and Resistance Controls are located on the Upper Handlebar Arms. The incline and resistance can be controlled from these controls. The buttons on the left Upper Handlebar include an Incline Increase button (▲) and an Incline Decrease (▼) button. The controls on the right Upper Handlebar include a Resistance Increase button (▲) and a Resistance Decrease (▼) button.

⚠ **Do not push these buttons when grabbing onto the Upper Handlebar Arms.**

Using the "JRNY™" App with Your machine
This fitness machine is equipped with Bluetooth® connectivity and can be wirelessly connected for workouts using the "JRNY™" app. The app can be accessed with your JRNY™ membership.

Note: Do not connect this machine through your Bluetooth® settings on your device. Simply download the app, start a workout, and follow the instructions on the app.

1. Download the app named JRNY™. The app is available on the App Store and Google Play™.

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

* A JRNY™ membership is required for the JRNY™ experience – see www.schwinnfitness.com/jrny for details. For United States and Canada customers, you can obtain a JRNY™ membership by calling 888-986-5528 or visiting www.schwinnfitness.com/jrny. Where available (including the United States), you can also obtain a JRNY™ membership by downloading the JRNY™ app onto your phone or tablet and signing up within the downloaded app. JRNY™ memberships may not be available in all countries.

2. Install the app.

3. Open the "JRNY™" app, and follow the instructions.

4. When done, tap on the red Bluetooth® icon in the upper right corner of the display.

   Note: If Bluetooth® is not active on your device, follow the instructions to activate it.

5. A list of available machines will be displayed. Select your machine from the list of available machines.

6. The JRNY™ app is now ready for use.

   Note: Once a Bluetooth® Heart Rate device is connected, that device is engaged to that machine. To use the Heart Rate device elsewhere, it must be disconnected. Follow the instructions provided in the app to disconnect.

USB Charging

If a USB Device is attached to the USB Port, the Port will attempt to charge the device. The power supplied from the USB Port may not be enough to operate the device and charge it at the same time.

Bluetooth® Audio (Input)

Your machine is able to play audio across a Bluetooth® connection from your smart device through the console speakers.

   Note: Bluetooth® audio can only be streamed into the console.

Bluetooth® Low Energy (BLE) Heart Rate Monitor (not supplied)

Your fitness machine is equipped to be able to receive a signal from a Bluetooth® Low Energy (BLE) Heart Rate (HR) Monitor. When connected, the Console will display the Bluetooth® Heart Rate Monitor Connected icon. Follow the instructions provided with your Bluetooth® Low Energy (BLE) Heart Rate Monitor.

⚠ **If you have a pacemaker or other implanted electronic device, consult your doctor before using a Bluetooth® Heart Rate Monitor.**

Note: Be sure to remove the protective cover (if provided) from the Heart Rate Sensor before use.

1. Put on your Bluetooth® Low Energy (BLE) Heart Rate monitor and activate it.

2. The Console will actively search for any monitors in the area, and will rapidly flash the Bluetooth® Heart Rate Monitor Connected icon.

   Note: Any previously connected Heart Rate devices will be disconnected. However, if they are within range, the Console may find them again if unable to locate your Monitor.

3. When connected, the Bluetooth® Heart Rate Monitor Connected icon will flash with your pulse and your current heart rate value will be displayed on the Console. You are now ready to workout.

   Note: Once a Bluetooth® Low Energy (BLE) Heart Rate device is connected, that device is engaged to that machine. To use the Heart Rate device elsewhere, it must be disconnected. Follow the instructions provided in the app to disconnect.

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 getting 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.

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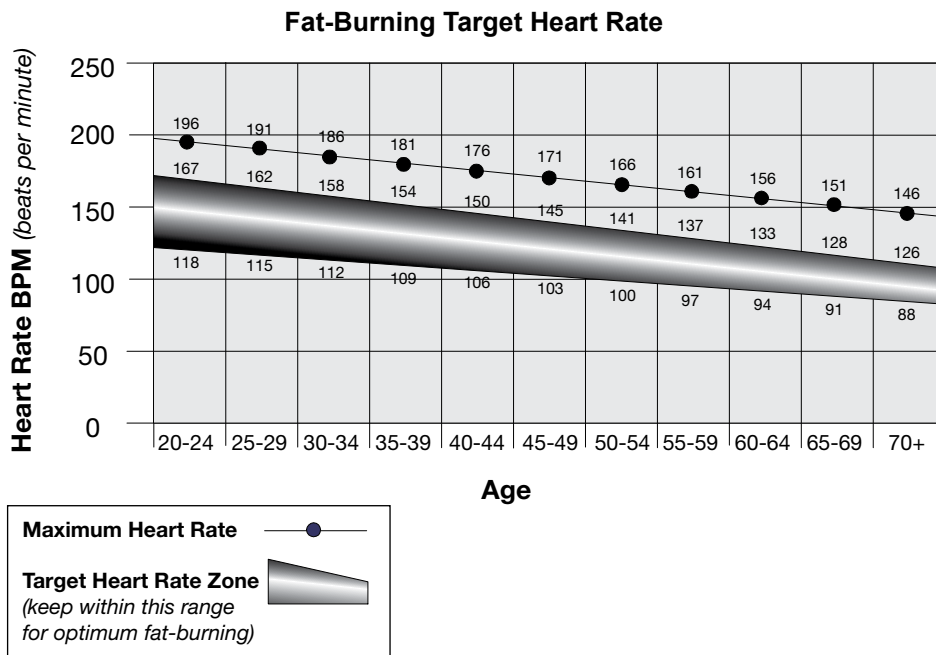
The graph is a brief guideline, describing the generally suggested target heart rates based on age. As noted above, your optimal target rate may be higher or lower. Consult your physician for your individual target heart rate zone.

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

What to Wear

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

How Often Should You Exercise

⚠️ **Consult a physician before you start an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before you use the machine again. Use the values calculated or measured by the machine's computer for reference purposes only. The heart rate displayed on the console is an approximation and should be used for reference only.**

• 3 times a week for 30 minutes each day.

• Schedule workouts in advance and try to follow the schedule.

• Consider doing some warm-up stretches, which will help prepare your body, before your workouts.

Mounting and Dismounting Your Machine

⚠️ **Care should be used when mounting or dismounting the machine.**

Be aware that the Pedals and the Handlebars are connected and when either of these parts move the other does as well. In order to avoid possible serious injury, grasp the Static Handlebars to steady yourself.

Be sure there is nothing under the Pedals before moving anything on the machine.

To mount your fitness machine:
1. Move the Pedals so both are over the Rail Assembly, and not extended past the rear of the machine.

2. Grasp the Static Handlebars under the Console Assembly.

3. Steadying yourself with the Static Handlebars, step up onto the Transport Handle / Rear Step and the lowest Pedal. As your weight is applied to the lowest Pedal, both Pedals will move. Be sure that the Pedals do not affect the leg on the Transport Handle / Rear Step.

   Note: "Bottomed out" is when the User is unable to start a workout because the Pedals will not move. If this occurs, safely grasp the Static Handlebars and apply your weight to the heel of the higher foot. While still grasping the Static Handlebar, lean back slightly applying more weight onto the heel. Once the Pedals begin to move, resume your intended workout.

To dismount your fitness machine:
1. Move the Pedals so both are over the Rail Assembly and bring the machine to a complete stop.

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

2. Grasp the Static Handlebars under the Console to steady yourself.

3. With your weight on the lowest foot, safely swing the upper foot off the Pedal and down onto the Transport Handle / Rear Step. Be sure to place your foot on the Step so if the Pedals move, it will not affect your footing.

4. Swing the lower foot off of the Pedal and down onto the floor.

5. Step off of the machine and release your grip from the Static Handlebars.

Getting Started

1. Place the fitness machine in your workout area.

⚠️ **Place the machine on a clean, hard, level surface, free from unwanted material or other objects that may hamper your ability to move freely. A rubber mat can be used below the machine to prevent the release of static electricity and protect your flooring.**

The machine can be moved by one or more persons. Make sure that your own physical strength is capable of safely moving the machine.

2. Examine for any objects below the Pedals. Be sure it is clear.

3. Connect the power cord to the machine and into a grounded AC Wall Outlet.

4. If you use a Heart Rate Monitor, follow the Heart Rate Monitor directions.

5. To mount the machine, move the Pedals so both are over the Rail Assembly, and not extended past the rear of the machine.

⚠️ **Care should be used when mounting or dismounting the machine.**

Be aware that the Pedals and the Handlebars are connected and when either of these parts move the other does as well. In order to avoid possible serious injury, grasp the Static Handlebars to steady yourself.

6. Grasp the Static Handlebars under the Console Assembly.

7. Steadying yourself with the Static Handlebars, step up onto the Transport Handle / Rear Step and the lowest Pedal. As your weight is applied to the lowest Pedal, both Pedals will move. Be sure that the Pedals do not affect the leg on the Transport Handle / Rear Step.

   Note: "Bottomed out" is when the User is unable to start a workout because the Pedals will not move. If this occurs, safely grasp the Static Handlebars and apply your weight to the heel of the higher foot. While still grasping the Static Handlebar, lean back slightly applying more weight onto the heel. Once the Pedals begin to move, resume your intended workout.

8. You are now in position to begin a workout.

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

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

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

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

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

1. Mount the machine.

2. Push Start to begin the workout.

   To change the resistance level, push the Resistance Increase/Decrease buttons. To change the incline level, push the Incline Increase/Decrease buttons. The current interval and future intervals are set to the new level. The default Manual resistance level is 4. The default Incline level is 0. The time will count up from 00:00.

Note: If a Manual workout is performed for more than 9 hours 99 minutes and 59 seconds (9:99:59), the units for Time will reset to zero. Be sure to add these values to your final workout results.

3. When done with your workout, stop pedaling and push Pause/Stop to pause the workout. Push Pause/Stop again to end the workout.

Profile Programs

The Profile programs automate different resistance and workout levels.

1. Mount the machine.

2. Tap the Programs button to cycle through the menu of workout programs to the desired workout.

3. Push Start to begin the workout.

    To change the resistance level, push the Resistance Increase/Decrease buttons. To change the incline level, push the Incline Increase/Decrease buttons.

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

Interval Programs

During the Interval Programs, the workout will switch between an increased intensity, "Sprint" period (more resistance), and a slower paced, "catch your breath" time period ("Recover", or less resistance). This shift between Sprint and Recover is repeated over the entire workout. For example, in the 8 Min Interval program the "Sprint" period is 30 seconds, and the "Recover" period is 90 seconds.

Note: Each "Recover" period is represented by 2 columns on the display.

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

Endurance

8 Min Interval
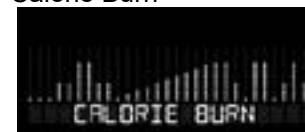

16 Min Interval

Strength Interval

Non-Interval Programs

Fat Burn

Calorie Burn

Rolling Hills

Summit Pass

Stairs

Modify Display of Workout Values

To switch units between kilometers and miles before a workout, push the Programs button and hold for 3 seconds to enter the Console Setup Mode. The System Units prompt appears. Push an Resistance Increase/Decrease button to change the units (KM/KG or MI/LB). With the desired unit of measurement displayed, push the Start button to save.

Note: The default system of measurement is MI/LB.

Changing Resistance Levels

Push the Resistance Increase(▲) or Decrease(▼) buttons to change the resistance level at any time in a workout program. To rapidly change the resistance level, push the desired Resistance Level Quick Button. The Console will adjust to the selected resistance level of the Quick button.

Changing Incline Levels

Push the Incline Level Increase(▲) or Decrease(▼) buttons to change the incline angle of the Rail Assembly at any time in a workout program. To rapidly change the incline level, push the desired Incline Level Quick Button. The Console will adjust to the selected incline level of the quick button.

⚠ **Be sure the area below the machine is clear before lowering. Fully lower the incline after each workout.**

Exercise on this machine requires coordination and balance. Be sure to anticipate that changes in resistance levels and incline angle of Rail Assembly can occur during workouts, and be attentive in order to avoid loss of balance and possible injury.
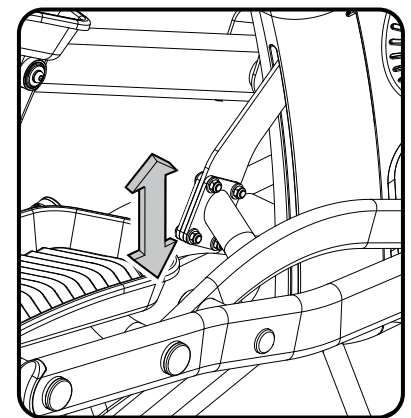
Be sure that the workout space you are utilizing has adequate height clearance, taking into consideration the height of the user and the maximum height of the fully inclined Rail Assembly.

Note: The incline (lift) motor may pause adjustments to the incline for a few minutes if it has been used a lot in a short period of time. The Console will display "Incline Cooling" during the pause.

Pausing or Stopping

1. Push the Pause/Stop button or stop pedaling for 5 seconds to pause your workout.

2. To continue your workout, push Start or begin pedaling.

   To stop the workout, push the Pause/Stop button. The Console will go into Workout Summary mode. Push PAUSE/STOP again to exit to the Welcome screen.

Muting the Console

The Console has the option to be muted. To disable the audible cues, tap the Volume button to cycle through the volume levels: Off, 1, 2 (default), 3. **It does not affect the output from your personal device.**

> **Note:** The Console will reset to the last volume setting for the selected User Profile after each power-up.

Workout Summary Mode

After a workout, the Console display will show "Workout Complete" then "Saving Workout". The Console will show the Workout Summary values for 5 minutes. The workout must be longer than 1 minute in order to store the data.

The summary includes total and average workout values. The total workout values are Time, Distance, Calories and Intervals Completed. The average workout values are Speed, Sprint Burn Rate, Watts, Heart Rate (if available), Cadence, Incline and Resistance.

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

The Workout Summary will end after 5 minutes or if the Pause/Stop button is pushed.

The Console Setup Mode allows you to set units of measurement to either Imperial or metric, adjust screen brightness, view maintenance statistics (such as Run Time hours and software version – for service technician use only), or reset the Console.

1. Push the Programs button and hold for 3 seconds while in the Power-Up Mode to go into the Console Setup Mode (System Menu).

   Note: Push the Pause/Stop button to exit the System Menu and return to the Power-Up Mode screen.

2. The Console display shows the System Units prompt with the current setting. The default setting is Imperial English units. Push the Resistance Increase/Decrease buttons to change between Imperial (MI/LB) and metric (KM/KG).

   Note: If the units change when there is data in User Statistics, the statistics convert to the new units.

3. Push the Programs button to set the selection and continue to the next menu option.

   Note: To save the selection and exit the System Menu, push the Start button. To exit without saving, push the Pause/Stop button.

4. The Console display shows the Screen Brightness prompt with the current setting. The 5 levels of brightness are: 5 (100%), 4 (default, 95%), 3 (90%), 2 (85%), 1 (80%). The display shows the brightness of the selected level. Push the Resistance Increase/Decrease buttons to move to the desired level.

5. Push the Programs button to set the selection and continue to the next menu option.

6. The Console display shows the Disconnect Bluetooth prompt. The default option is NO. The YES option will disconnect all Bluetooth® devices. Push the Resistance Increase/Decrease buttons to change between options (YES/NO).

7. Push the Programs button to set the selection and continue to the next menu option.

8. The Console display shows the Auto Connect HR (Heart Rate) prompt. The default option is YES. Push the Resistance Increase/Decrease buttons to change between options (YES/NO).

9. Push the Programs button to set the selection and continue to the next menu option.

10. The Console display shows the Hardware Variant & Console Firmware Version.

11. Push the Programs button to continue to the next menu option.

12. The Console display shows the Base Serial Number.

13. Push the Programs button to continue to the next menu option.

14. The Console display shows the Hardware Variant (machine type).

15. Push the Programs button to set the selection and continue to the next menu option.

16. The Console display shows the Run Time hours (total number of hours of workout time).

17. Push the Programs button to continue to the next menu option.

18. The Console display shows the BLE Version.

19. Push the Programs button to continue to the next menu option.

20. The Console display shows the BTC Version.

21. Push the Programs button to continue to the next menu option.

22. The Console display shows the SENSOR Version.

23. Push the Programs button to continue to the next menu option.

24. The Console display shows the Error Log prompt (for service technician use only). Push the Resistance Decrease button to move through the logged errors. At the end of the logged errors, the Console display shows the Clear Errors prompt (for service technician use only). To clear the errors, push the Start button.

25. Push the Programs button to continue to the next menu option.

26. The Console display shows the Reset Console prompt. The default option is NO. Push the Pause/Stop button to exit

without starting Reset.

Note: The YES option will reset the System Units, Screen Brightness and Demo Mode to default settings. It does not reset the Run Time Hours.

Push the Resistance Increase/Decrease buttons to change between options (YES/NO).

Push the Start button to set the selection and exit the System Menu.

27. The Console will display the Power-Up Mode screen.

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

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

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

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

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

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

Weekly: Check for smooth roller operation. Wipe the machine to remove dust, dirt, or grime. Clean the rails and surface of the rollers with a damp cloth.
Apply silicone lubricant to a dry cloth and wipe the rails to eliminate roller noise.

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

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

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

> *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.

⚠️ **When the machine is used in a Studio/Institutional environment, we recommend that the Pedals be replaced every year to maintain maximum user safety and performance. Only use replacement Pedals available from Nautilus. Other brands of Pedals may not be designed for this product, and can cause danger to users and bystanders, and will void the warranty.**

Maintenance Parts

Upper Handlebar, Left

Console Assembly

Console Pivot Cover

Console Mast

Upper Handlebar, Right

Handlebar Cover, Interior

Handlebar Cover, Interior

Pedal, Left

Handlebar Cover, Exterior

Handlebar Cover, Exterior

Leg, Left

Main Assembly

Power Cord

Leg, Right

Rail Assembly

Pedal, Right

Main Assembly

Crank Arm

Pivot Cover Outer Cap

Inner Pivot Shroud

Front Upper Shroud

Inner Pivot Shroud

Front Lower Shroud

Crank Cap Shroud

Lower Handle-bar, Left

Pivot Rod

Pivot Cover Outer Cap

Crank Cap Shroud

Left Main Shroud

Lower Handle-bar, Right

Rear Shroud

Main Assembly Frame

Right Main Shroud

Crank Arm

Sensor Board

Offline Power Supply

Servo Motor

Incline (Lift) Motor

Drive Pulley

Flywheel

Drive Belt

Idler Pulley

Transport Wheel

Power Switch and Inlet

Speed Sensor Assembly

Condition/Problem	Things to Check	Solution
No display/partial display/ unit will not turn on	Check electrical (wall) outlet	Make sure unit is plugged into a functioning wall outlet.
	Check connection at front of unit	Connection should be secure and undamaged. Replace cord or power inlet if either are damaged.
	Check data cable integrity	All wires in cable should be intact. If any are visibly pinched or cut, replace cable.
	Check data cable connections/orientation	Be sure cables at base of mast and at back of console are 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.
Console display shows "0 Base Hub Comm Error" error code	Check data cable integrity	All wires in cable should be intact. If any are visibly pinched or cut, replace cable.
	Check data cable connections/orientation	Be sure cables at base of mast and at back of console are 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 Service (if inside US/Canada) or your local distributor (if outside US/Canada).
Console display shows "3 Stuck Button Error" error code	Check console keypad	Check for stuck buttons on the Console keypad. Replace Console if damaged.
		Be sure there is no object resting on one of the buttons depressing it. if issue persists, replace console.
Console display shows "5 NVRAM Error" error code	Console	Indicates problem with flash memory on Console. Contact Customer Service (if inside US/Canada) or your local distributor (if outside US/Canada).
Unit operates but Bluetooth® Heart Rate (HR) not displayed	HR monitor (not provided)	Follow the troubleshooting instructions provided with the device.
	HR monitor batteries	If monitor has replaceable batteries, install new batteries.
	Interference	Try moving unit away from sources of interference (TV, Microwave, etc).
	On/Off LED button	During a workout, only push the On/Off LED button once to activate the armband.
	Replace HR device	If interference is eliminated and HR does not function, replace HR device.
		If the above steps do not resolve the problem, contact Customer Service (if inside US/Canada) or your local distributor (if outside US/Canada).

Condition/Problem	Things to Check	Solution
No speed/RPM reading	Check data cable integrity	All wires in cable should be intact. If any are cut or pinched, replace cable.
	Check data cable connections/orientation	Be sure each 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.
Resistance does not change (machine turns on and operates)	Check data cable integrity	All wires in cable should be intact. If any are visibly pinched 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 Servo Motor (requires shroud removal)	Replace Servo Motor if not functioning properly.
	Check Console display for damage	Check for visual sign that console display is cracked or otherwise damaged. Replace Console if damaged.
	Resistance handlebar connection	Be sure cable from right Upper Handlebar and cables to Console are secure and undamaged.
		If the above steps do not resolve the problem, contact Customer Service (if inside US/Canada) or your local distributor (if outside US/Canada).
Incline does not adjust (machine turns on and operates)	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.
	Incline handlebar connection	Be sure cable from left Upper Handlebar and cables to Console are secure and undamaged.
	Incline Adjuster Assembly (requires shroud removal)	Be sure Incline Adjuster Assembly is attached to Incline Motor drive screw.
	Console display shows "Incline Cooling" error code	Additional incline adjustments are disabled for a few minutes to protect the motor from over heating. Allow the lift motor to cool, and then resume your workout.
		If the above steps do not resolve the problem, contact Customer Service (if inside US/Canada) or your local distributor (if outside US/Canada).

Condition/Problem	Things to Check	Solution
Console shuts off (enters sleep mode) while in use	Check electrical (wall) outlet	Make sure unit is plugged into a functioning wall outlet.
	Check connection at front of unit	Connection should be secure and undamaged. Replace cord or power inlet if either are damaged.
	Check data cable integrity	All wires in the cable should be intact. If any are cut or pinched, replace cable.
	Check data cable connections/orientation	Be sure cable is connected securely and oriented properly. Small latch on connector should line up and snap into place.
	Reset machine	Unplug unit from electrical outlet for 3 minutes. Reconnect to outlet.
	Check magnet position (requires shroud removal)	Magnet should be in place on pulley.
	Check Speed Sensor (requires shroud removal)	Speed sensor should be aligned with magnet and connected to data cable. Realign sensor if necessary. Replace if there is any damage to the sensor or the connecting wire.
Unit rocks/does not sit level	Check leveler adjustment	Adjust levelers until machine is level.
	Check surface under unit	Adjustment may not be able to compensate for extremely uneven surfaces. Move machine to level area.
Pedals loose/unit difficult to operate	Hardware	Tightly secure all hardware on the Pedals, Legs and Handlebar Arms.
Drive train click/tick noise once per full crank revolution	Check crank/pulley assembly	Disconnect left and right foot assemblies and rotate crank. If sound persists, replace crank/pulley assembly. If sound does not come from rotating crank, check foot assemblies and upper/lower handlebars.
	Check Pedal, Leg and Handlebar assemblies	Manually move Pedal, Leg, and Handlebar assemblies to isolate sound. Replace part making sound.
	Check for loose hardware	Tightly secure all hardware on the Rail Assembly and the base of the Console Mast.
Knocking sound during machine operation	Check hardware at junction between Lower Handlebar Arm and Pedal	Make sure that the alignment tab on the Pivot Sleeve goes into the slot in the hole. Be sure the Pivot Sleeve extends through the opposite hole in the joint cover.
Squeaking noise that appears a few minutes into a workout and normally will get progressively worse as the workout continues	Bolts that connect the Lower Handlebars to the axle running through the Main Assembly	Loosen pivot rod bolts slightly until noise goes away. White lithium grease can also be applied for a temporary fix. Contact Customer Service (if inside US/Canada) or your local distributor (if outside US/Canada).
	Roller squeaking on rail	Apply silicone lubricant to a dry cloth and wipe the rails to eliminate roller noise.
Console continuously cycles through program screens	Console is in demonstration mode	Press and hold the Schwinn™ logo button for 3 seconds. The setting will take effect after the next time the machine goes into Sleep Mode.