

U627 **NAUTILUS**[™]



TABLE OF CONTENTS

Important Safety Instructions	3	Operation	19
Safety Warning Labels / Serial Number	5	Adjustments	19
Grounding / Earthing Instructions	6	Power Up / Idle Mode	20
Specifications	7	Quick Start Program	20
Before Assembly	7	User Profiles	20
Parts	8	Workout Programs	21
Hardware	8	Pausing or Stopping / Results mode	25
Tools	8	Maintenance	26
Assembly	9	Maintenance Parts	27
Leveling Your Bike	14	Troubleshooting	28
Moving Your Bike	14	Warranty	31
Features	15		
Console Features	16		

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.nautilus.com/register or call 1 (800) 605-3369.

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


For details regarding product warranty or if you have questions or problems with your product, please contact your local distributor. To find your local distributor, go to: www.nautilusinternational.com or www.nautilus.cn

Nautilus, Inc., 5415 Centerpoint Parkway, Groveport, OH 43125 USA, www.NautilusInc.com - Customer Service: North America (800) 605-3369, csnls@nautilus.com | Nautilus (Shanghai) Fitness Equipments Co, Ltd, Room 1701 &1702, 1018 Changning Road, Changning District, Shanghai, China 200042, www.nautilus.cn - 86 21 6115 9668 | outside U.S. www.nautilusinternational.com | Printed in China | © 2020 Nautilus, Inc. | Nautilus, the Nautilus logo, Bowflex, and Schwinn are trademarks owned by or licensed to Nautilus, Inc., which are registered or otherwise protected by common law in the United States and other countries. Polar® and OwnCode® are trademarks of their respective owners.

ORIGINAL MANUAL - ENGLISH VERSION ONLY

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

Obey the following warnings:

 Read and understand all warnings on this machine.


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

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

- Keep bystanders and children away from the product you are assembling at all times.
- Do not connect power supply to the machine until instructed to do so.
- The machine should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- Before each use, examine the machine for damage to power cord, loose parts or signs of wear. Do not use if found in this condition. If purchased in US/Canada, contact Customer Service for repair information. If purchased outside US/Canada, contact your local distributor for repair information.
- Do not drop or put objects into any opening of the machine.
- Do not assemble this machine outdoors or in a wet or moist location.
- Make sure assembly is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Some components of the machine can be heavy or awkward. Use a second person when doing the assembly steps involving these parts. Do not do steps that involve heavy lifting or awkward movements on your own.
- Set up this machine on a solid, level, horizontal surface.
- Do not try to change the design or functionality of this machine. This could compromise the safety of this machine and will void the warranty.
- If replacement parts are necessary, use only genuine Nautilus replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and void the warranty.
- Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Manual.
- Do all assembly steps in the sequence given. Incorrect assembly can lead to injury or incorrect function.
- Connect this machine to a properly grounded or earthed outlet only (see Grounding or Earthing Instructions).
- Keep the power cord away from heat sources and hot surfaces.
- 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.

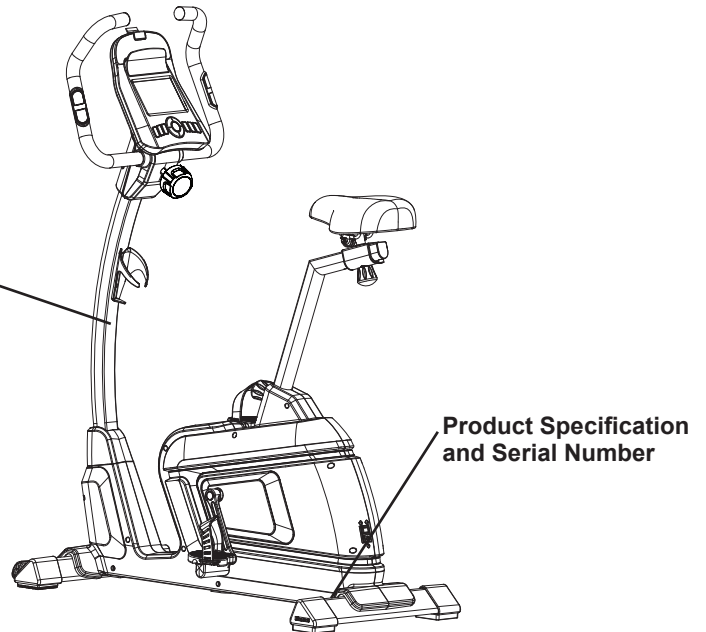
- Children must not be let on or near to this machine. Moving parts and other features of the machine can be dangerous to children.
- Not intended for use by anyone under 14 years of age.
- Consult a physician before you start an exercise program. Stop exercising if you feel pain or tightness in your 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 damage to power cord, power receptacle, loose parts or signs of wear. Do not use if found in this condition. Monitor the Seat, 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.
- Maximum user weight limit: 150 kg (330 lbs.). 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.
- Disconnect all power before servicing this machine.
- Do not operate this machine outdoors or in moist or wet locations. Keep the foot pedals clean and dry.
- Keep at least 0.6 m (24") 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.
- Correctly adjust and safely engage all Positional Adjustment Devices. Make sure that the Adjustment Devices do not hit the user.
- Exercise on this machine requires coordination and balance. Be sure to anticipate that changes in speed and resistance level can occur during workouts, and be attentive in order to avoid loss of balance and possible injury.
- A machine should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.
- SAVE THESE INSTRUCTIONS.



WARNING!

- Injury or death is possible if caution is not used while using this machine.
- Keep children and pets away.
- Read and follow all warnings on this machine.
- Refer to the Owner's Manual for additional warnings and safety information.
- The heart rate displayed is an approximation and should be used for reference only.
- Not intended for use by anyone under 14 years of age.
- The maximum user weight for this machine is 150 kg (330 lbs).
- This machine is for home use only.
- Consult a physician prior to using any exercise equipment.



(The label is only available in English and French Canadian on machines sold in the United States or Canada.)

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.

Grounding Instructions (for a 120V AC system)

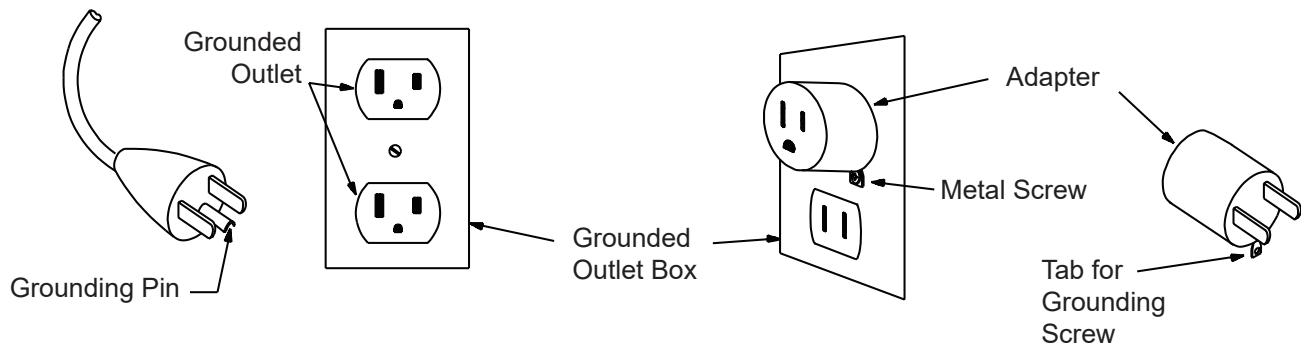
This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into 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 service person 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. 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. No adapter should be used with this product.

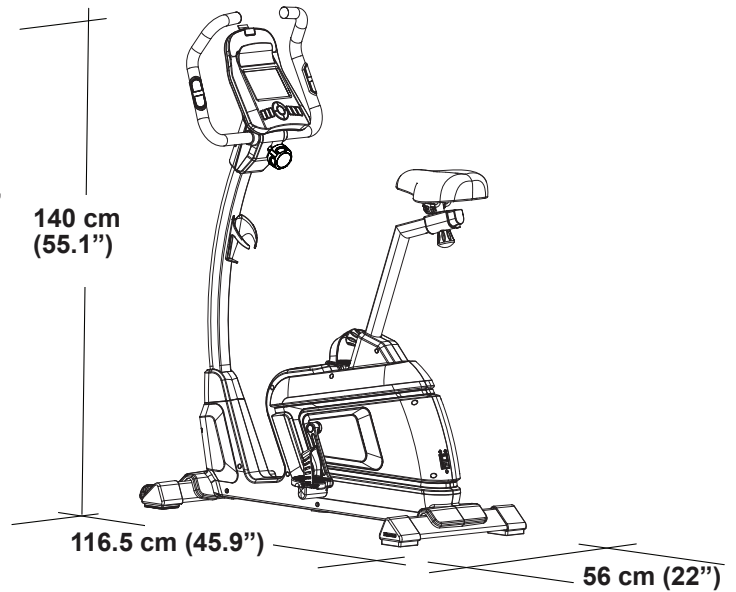
Maximum User Weight: 150 kg (330 lbs.)
Total Surface Area (footprint) of equipment: 6524 cm²
Machine Weight (approximate): 34 kg (75 lbs.)

Power Requirements:

120V	220V
Operating Voltage: 110-127V AC, 60Hz	220-240V AC, 50/60Hz
Operating Current: 4A	2A



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.



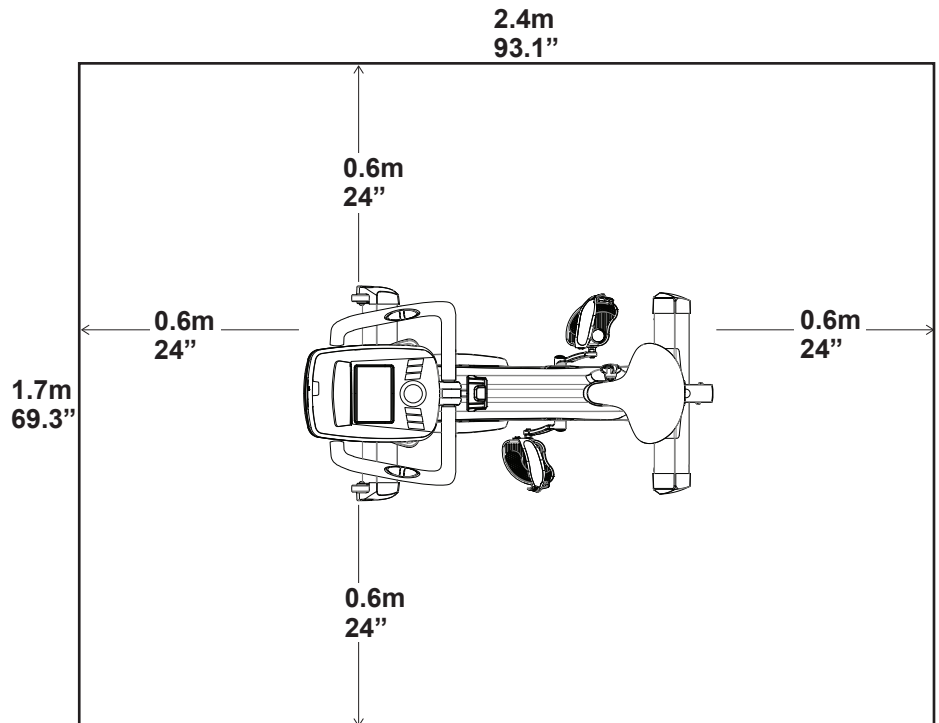
Before Assembly

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 2.4m x 1.8m (93.1" x 69.3").

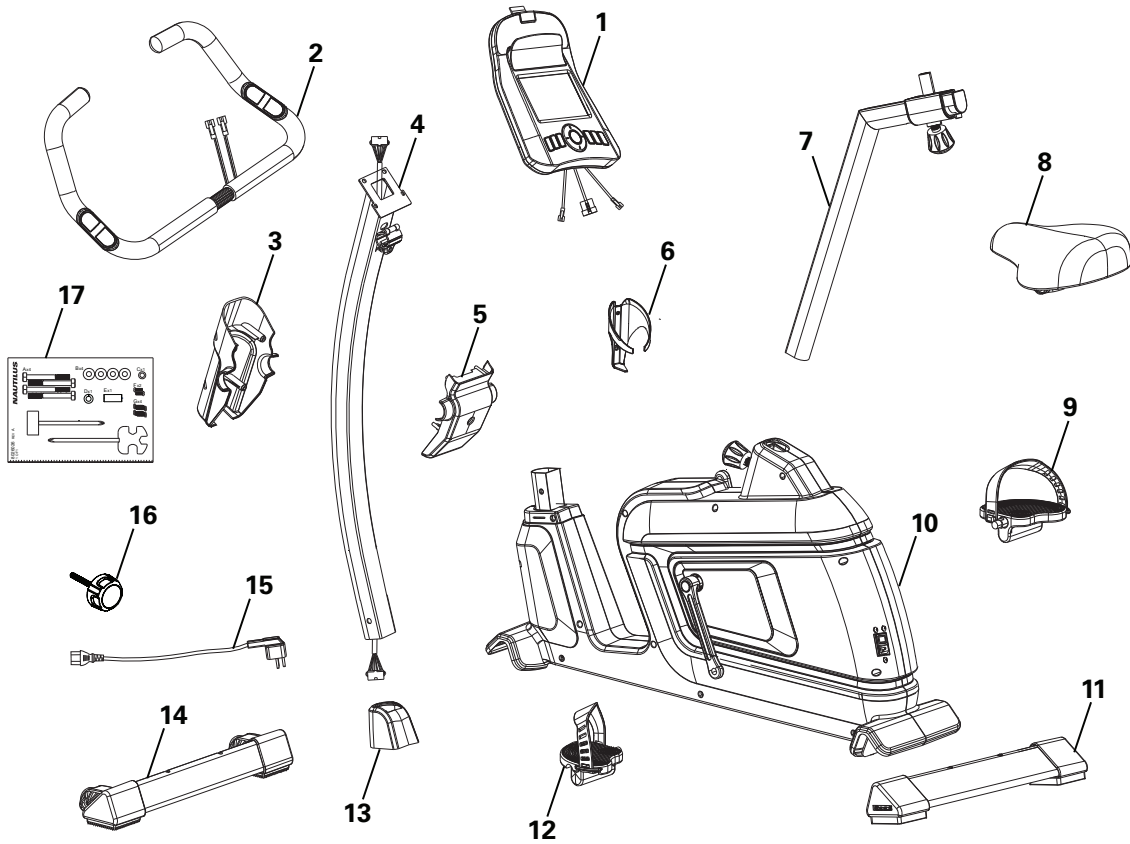
Basic Assembly Tips

Follow these basic points when you assemble your machine:

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



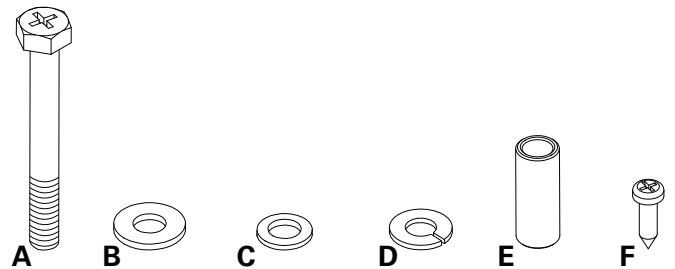
PARTS / HARDWARE / TOOLS



Item	Qty	Description	Item	Qty	Description
1	1	Console	10	1	Main Frame
2	1	Handlebars	11	1	Rear Stabilizer
3	1	Console Pivot Shroud	12	1	Left Pedal (L)
4	1	Console Mast (with Handlebar Mount)	13	1	Mast Boot
5	1	Handlebar Mount Cover	14	1	Front Stabilizer
6	1	Water Bottle Holder	15	1	Power Cord
7	1	Seat Post	16	1	Handlebar Adjustment Knob
8	1	Seat	17	1	Hardware Card
9	1	Right Pedal (R)			

Hardware

Item	Qty	Description
A	4	Phillips Head Hex Screw, M8x72
B	4	Flat Washer, M8
C	1	Flat Washer, Narrow M8
D	1	Lock Washer, M8
E	1	Bushing
F	4	Self Tapping Screw, 2.9x13

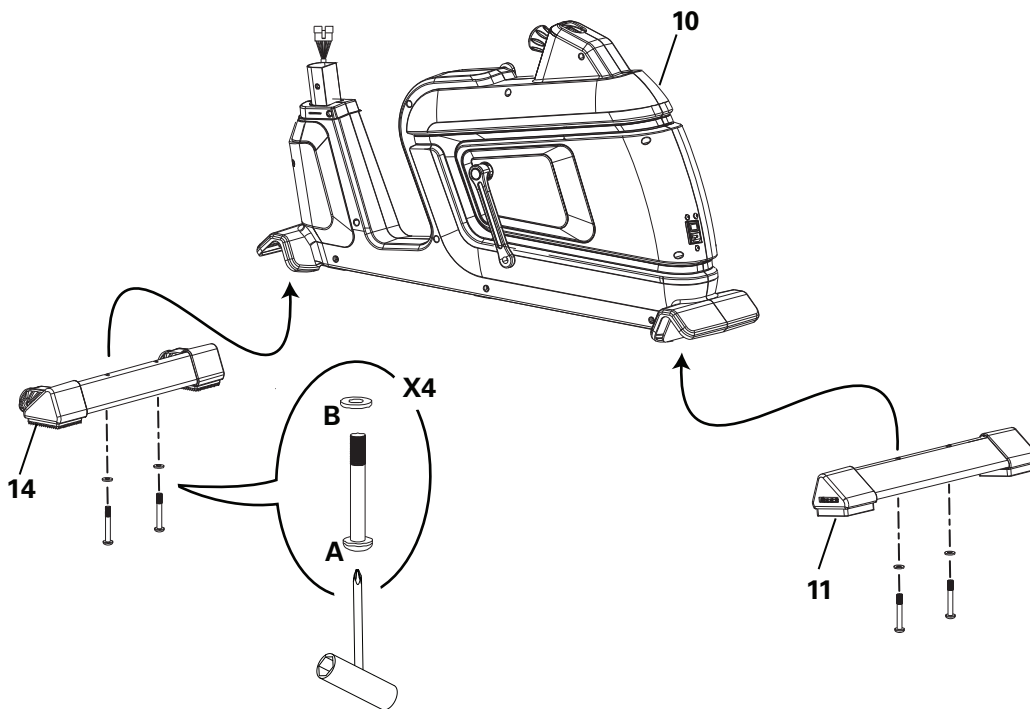


Tools (Included)



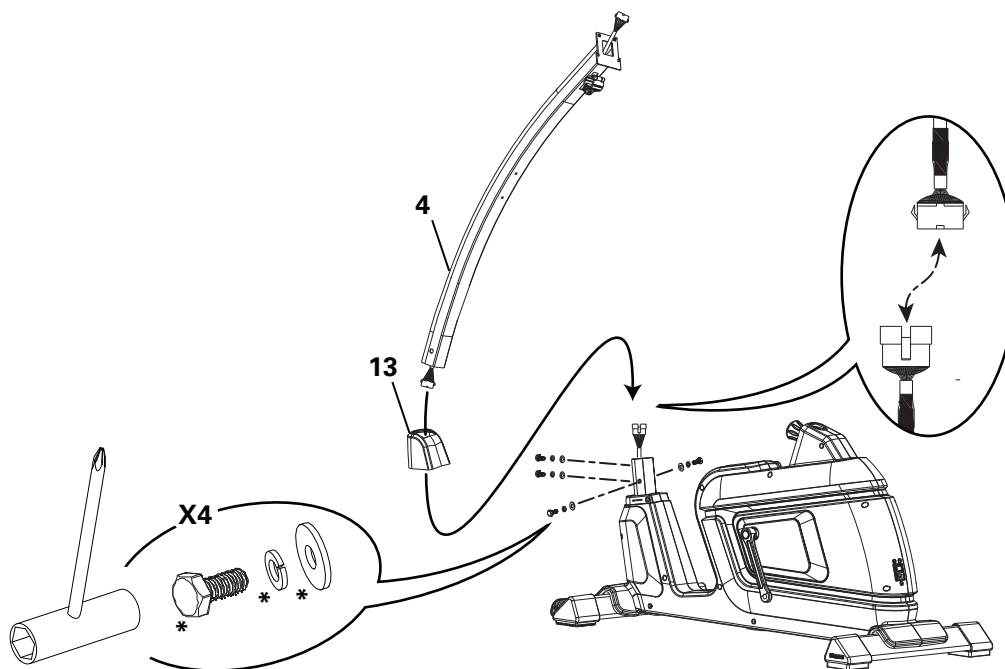
1. Attach Stabilizers to Main Frame

Note: Make sure transport wheels on the front stabilizer point forward.



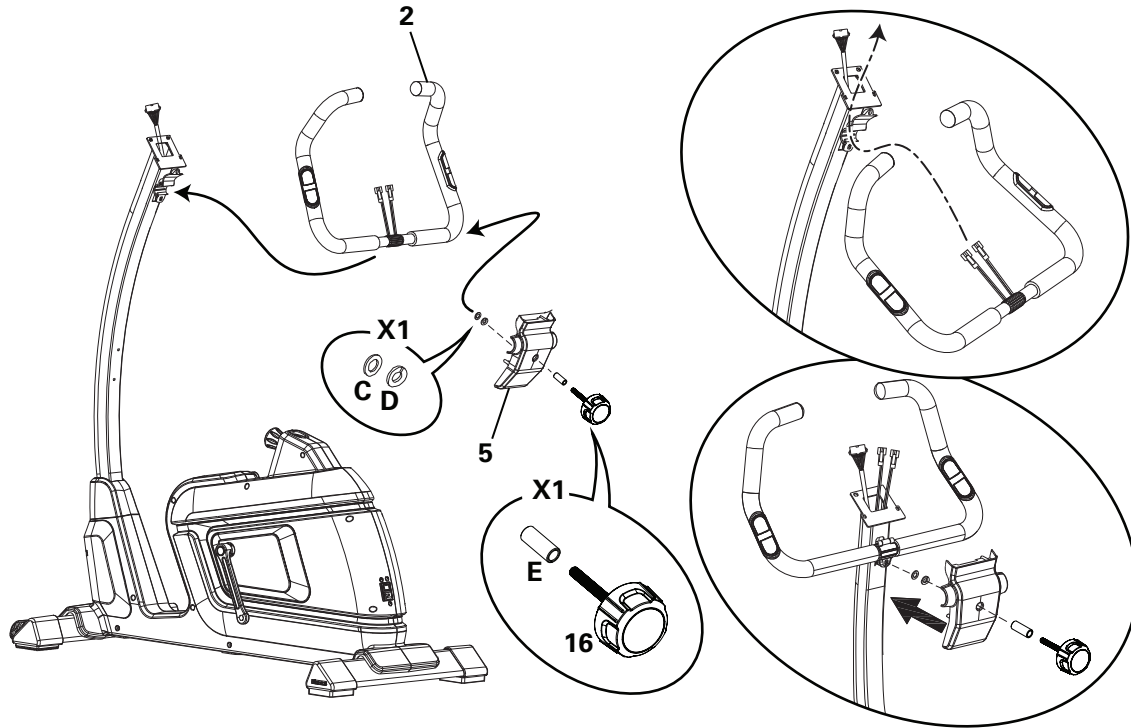
2. Attach Console Mast and Mast Boot to Frame Assembly

NOTICE: Do not crimp Console Cable. The hardware(*) is pre-installed on the Console Mast and not on the Hardware Card.



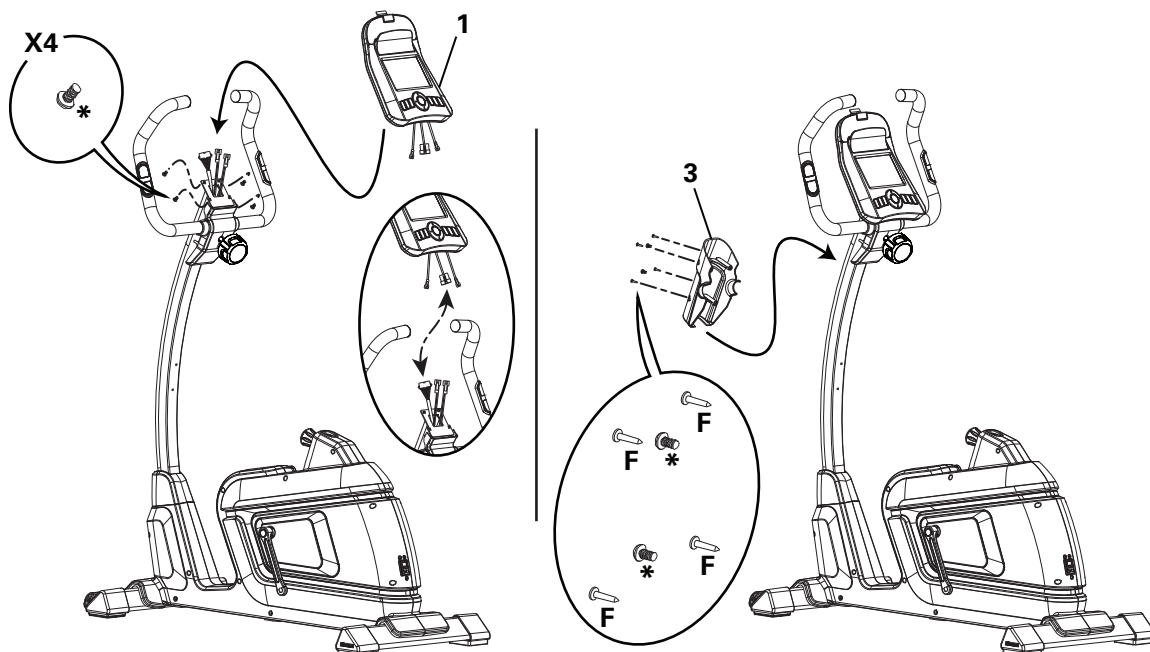
3. Attach Handlebars to Console Mast

NOTICE: Route the Contact Heart Rate Cables through the opening in the Console Mast. Do not crimp the cables. Put the Handlebars in the bracket on the Console Mast, adjust the Handlebars to the desired angle, place the Handlebar Mount Cover into position, and install the hardware. Fully tighten the Handlebar Adjustment Knob to keep the Handlebar in position.



4. Attach the Console and Console Pivot Shroud to Console Mast

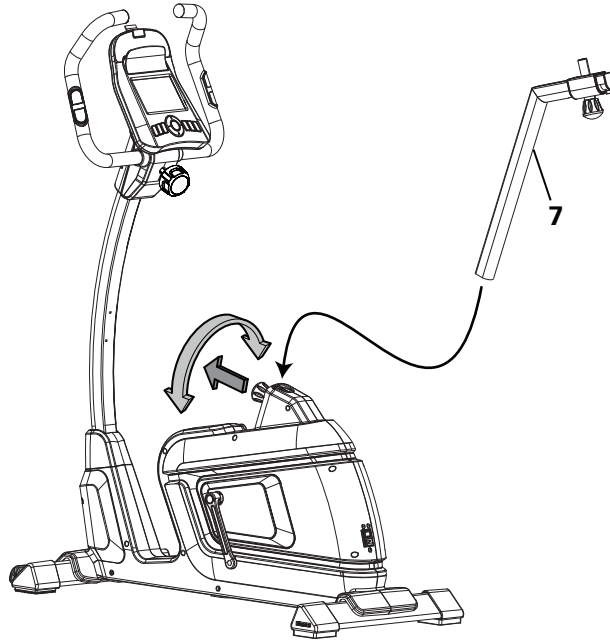
NOTICE: Do not crimp the cables. Push the extra wire down into the Console Mast to allow pivot clearance. The hardware(*) is pre-installed and not on the Hardware Card.



5. Attach Seat Post to Frame Assembly

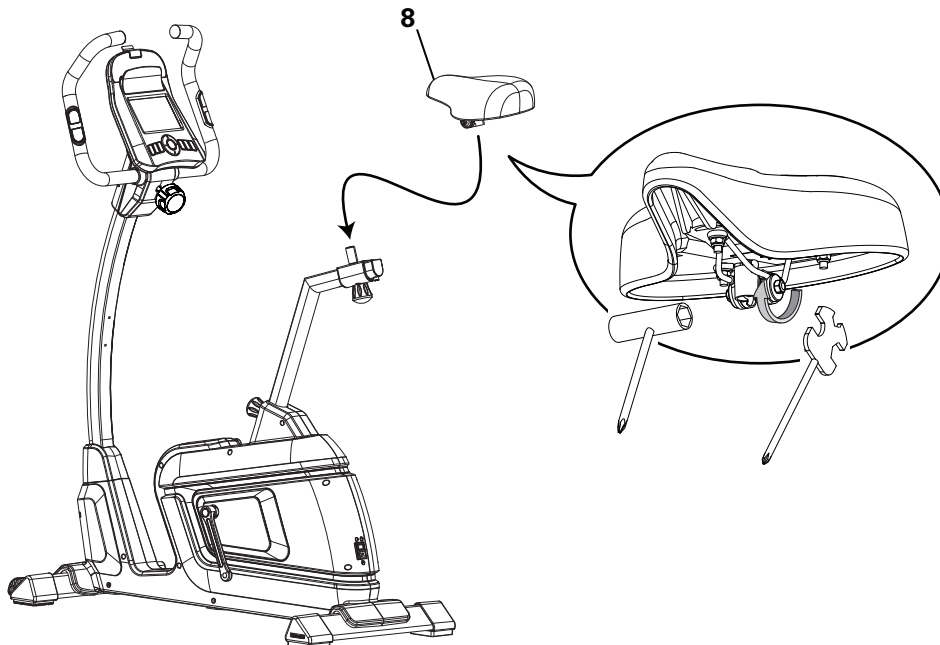
NOTICE: Make sure the Adjustment Knob engages the Seat Post.

! Do not set the Seat Post position higher than the stop mark (STOP) on the tube.



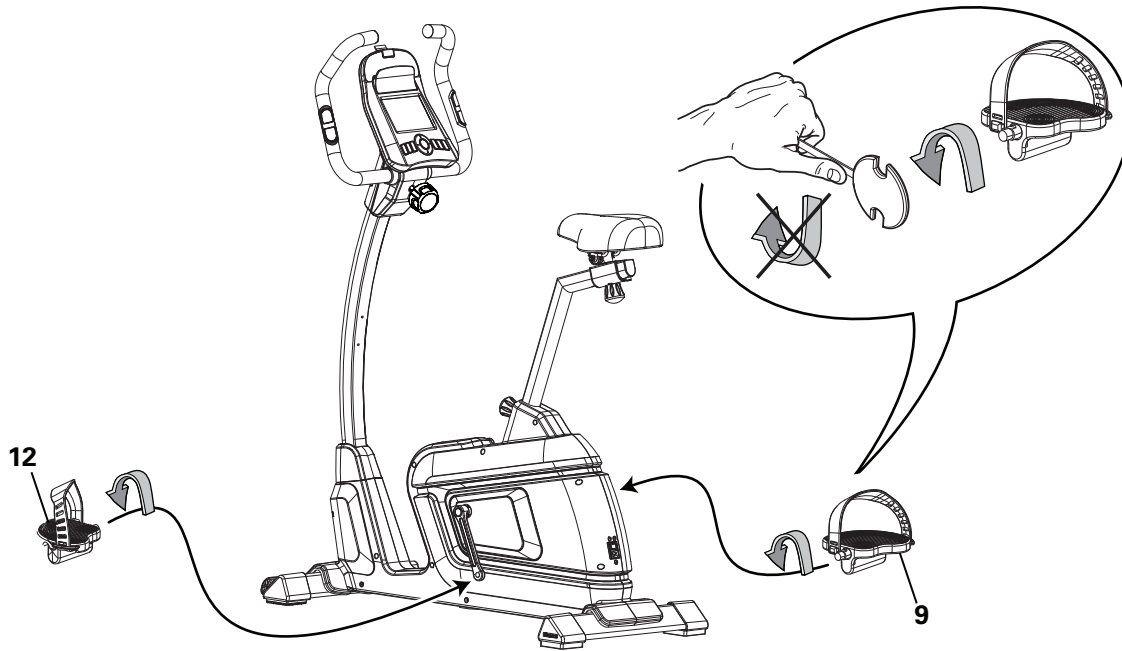
6. Attach Seat to Seat Post

NOTICE: Be sure the Seat is straight. Tighten both nuts on the Seat Bracket to hold the Seat in position.



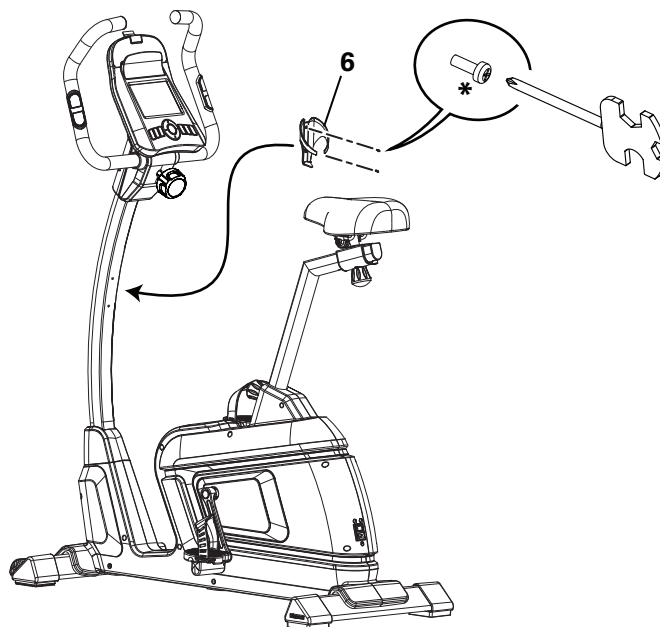
7. Attach Pedals to Frame Assembly

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



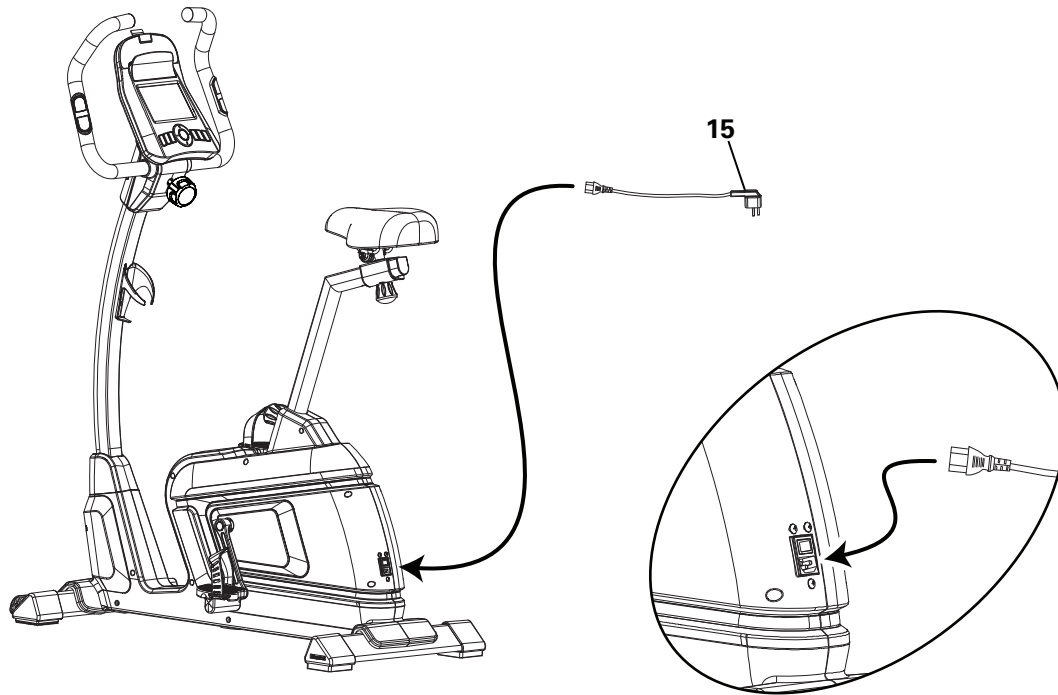
8. Attach Water Bottle Holder to Frame Assembly

Note: The hardware(*) is pre-installed on the Console Mast and not on the Hardware Card.



9 Connect Power Cord to Frame Assembly

⚠ Connect this machine to a properly grounded or earthed outlet only (see Grounding or Earthing Instructions).



10. Final Inspection

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

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

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

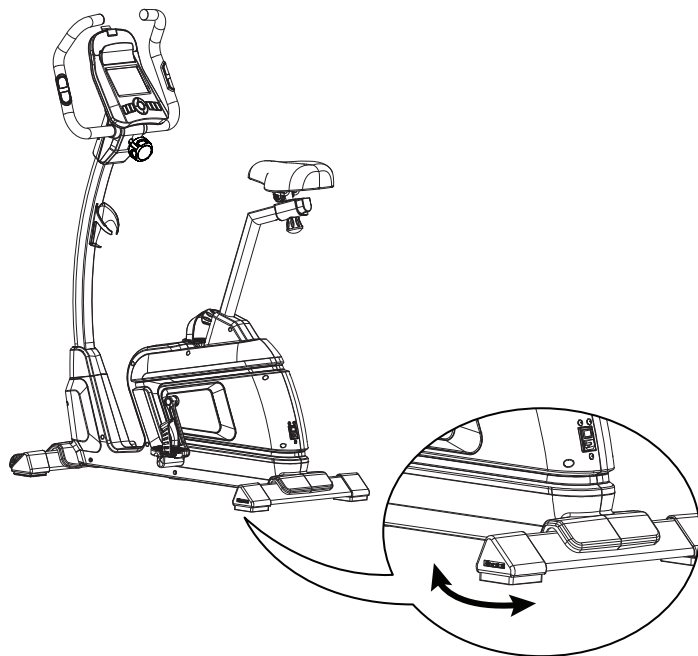
BEFORE YOU START

Leveling Your Bike

Levelers are found on each side of the Rear Stabilizer. Turn the stabilizer foot to adjust.

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

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

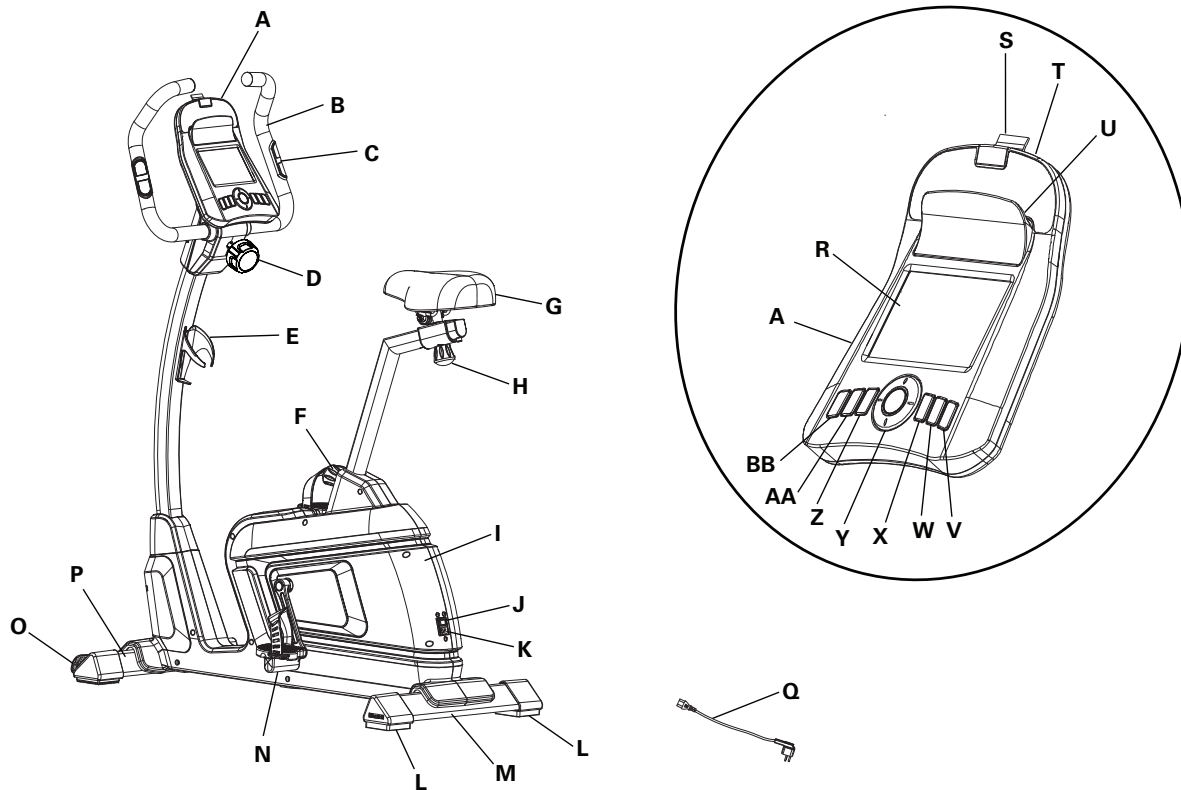


Moving Your Bike

Remove the power cord. Carefully tilt the Handlebars toward you while pushing the front of the bike downward. Push the bike to the desired location.

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





A	Console	P	Stabilizer, Front
B	Handlebar	Q	Power Cord
C	Contact Heart Rate (CHR) Sensors	R	Console Display
D	Handlebar Adjustment Knob	S	Media Capture Clip
E	Water Bottle Holder	T	USB Port
F	Seat Post Adjustment Knob	U	Media Tray
G	Seat	V	RESET button
H	Seat Slider Adjustment Knob	W	USER button
I	Fully Shrouded Flywheel	X	QUICK START button
J	Power Switch	Y	MODE dial
K	Power Input	Z	PROGRAM button
L	Leveler	AA	RECOVERY button
M	Stabilizer, Rear	BB	PAUSE button
N	Pedal	CC	Telemetric Heart Rate Enabled (not shown)
O	Transport Roller		

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 a variety of workout programs to perform, and important information about your workout while you exercise.

Keypad Functions

PAUSE button- Pauses an active workout, or ends a paused workout.

RECOVERY button - Selects the Recovery program.

PROGRAM button- Shifts the Console into Program mode.

MODE dial - Modifies a selection or value (user, age, gender, weight, size (height), time, distance, heart rate, watts, kilojoules, resistance level), or confirms a selected option when pushed.

QUICK START button- Selects the Quick Start program workout.

USER button- Selects the User program workout.

RESET button- Resets the Console display, and shifts the Console into Power-Up / Idle mode.

Console Display

Program Display

The Program Display shows values and the course profile, if available. Each column in the course profile is a workout segment. The higher the column, the higher the resistance level. The flashing column shows your current interval. The Program Display has 10 columns.


Time

The TIME display field shows the time count for the workout. Depending on the program, the Time value will increase (such as during a Quick Start workout) or count down to the end of the workout.

Note: If a Quick Start workout is performed for more than 99 minutes (99:00), the units for Time will shift and count down to 00:00.

Pulse

The Pulse (Heart Rate) display shows the beats per minute (BPM) from the Contact Heart Rate Sensors or a Telemetric Remote Heart Rate Device. When a heart rate signal is received by the Console, the icon will flash.

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

Speed

The Speed display field shows the machine speed in kilometers per hour (km/h).

Distance

The Distance display shows the distance count (km) of the workout.

Watts

The Watts display field shows the estimated power output at the current RPM and resistance level, displayed in watts (746

watts = 1 hp).

Note: This exercise bike is calibrated at the factory for power accuracy. No calibration is required by the user.

Kilojoules

The Kilojoules (kJ) display field shows the estimated total count of kilojoules for the workout.

USB Charging

If a USB Device is attached to the USB Port, the Port will attempt to charge the Device.

Note: Depending on the amperage of device, the power supplied from the USB Port may not be enough to operate the Device and charge it at the same time.

Telemetric Heart Rate Device

Monitoring your Heart Rate is one of the best procedures to control the intensity of your exercise. Contact Heart Rate (CHR) sensors are installed to send your heart rate signals to the Console. The Console can also read telemetry Heart Rate (HR) signals from a Telemetric Heart Rate Device Transmitter that operates in the 4.5kHz - 5.5kHz range.

Note: The Telemetric Heart Rate Device must be an uncoded heart rate device from Polar Electro or an uncoded POLAR® compatible model. (Coded POLAR® heart rate straps such as POLAR® OwnCode® chest straps will not work with this equipment.)

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

Contact Heart Rate Sensors

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

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

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

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

Heart Rate Calculations

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

Your at-rest heart rate is influenced by endurance training. The typical adult has an at rest heart rate of approximately 72

BPM, whereas highly trained runners may have readings of 40 BPM or lower.

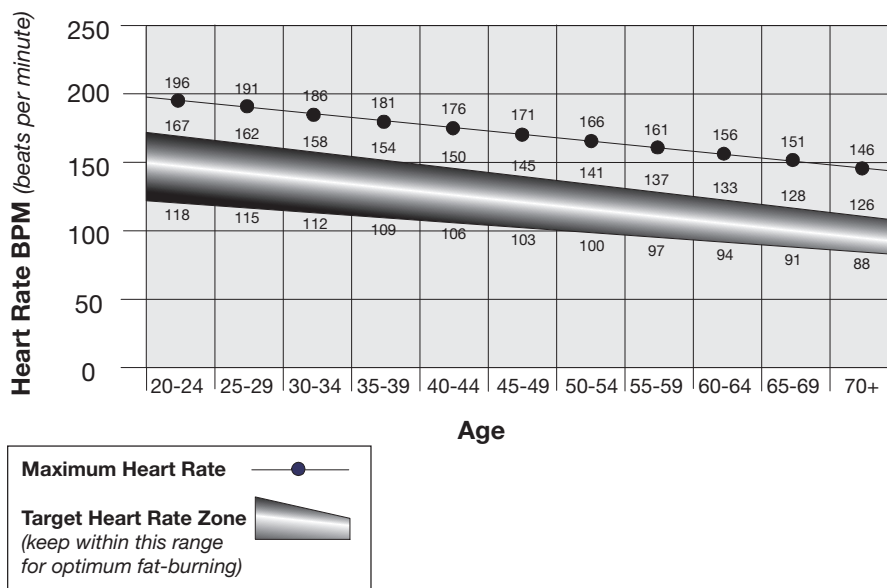
The Heart Rate table is an estimate of what Heart Rate Zone (HRZ) is effective to burn fat and improve your cardiovascular system. Physical conditions vary, therefore your individual HRZ could be several beats higher or lower than what is shown.

The most efficient procedure to burn fat during exercise is to start at a slow pace and gradually increase your intensity until your heart rate reaches between 50 – 70% of your maximum heart rate. Continue at that pace, keeping your heart rate in that target zone for over 20 minutes. The longer you maintain your target heart rate, the more fat your body will burn.

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

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

FAT-BURNING TARGET HEART RATE



What to Wear

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

How Often Should You Exercise

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

- 3 times a week for 30 minutes each day.
- Schedule workouts in advance and try to follow the schedule.

Seat Adjustment

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

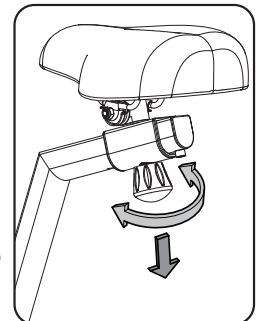
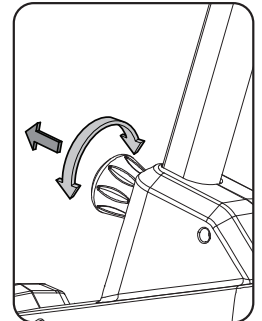
1. With a Pedal in the forward position, center the ball of your foot over the center of it. Your leg should be bent slightly at the knee.
2. If your leg is too straight or your foot cannot touch the Pedal, move the seat down on the upright bike. If your leg is bent too much, move the seat up.

⚠️ Step off the bike before you adjust the seat.

Loosen and pull the adjustment knob on the seat tube. Adjust the seat to the desired height. Release the adjustment knob to engage the locking pin. Be sure that the pin is fully engaged and fully tighten the knob.

⚠️ Do not set the Seat Post position higher than the stop mark (STOP) on the tube.

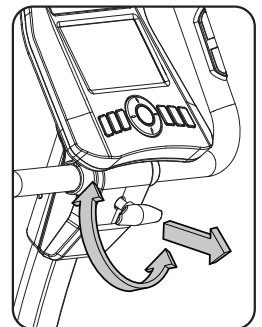
To move the seat closer to, or away from the console, loosen the seat slider adjustment knob and pull down. Slide the seat forward or rearward to the desired position. Release the adjustment knob to engage the locking pin. Be sure that the pin is fully engaged and fully tighten the knob.



Handlebars Adjustment

The angle of the Handlebars can be adjusted for each user.

1. Loosen the Handlebar Adjustment Knob until the Handlebars can be adjusted. Do not fully remove the Adjustment Handle from the machine.
2. Adjust the Handlebars to the desired position, and fully tighten the Adjustment Handle Knob.

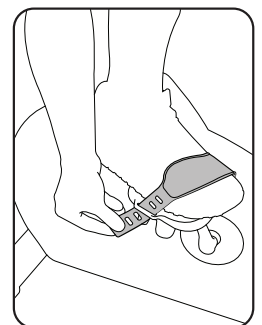


Foot Position / Pedal Strap Adjustment

Foot pedals with straps provide secure footing to the exercise bike.

1. Put the ball of each foot on the Pedals.
2. Rotate the Pedals until one can be reached.
3. Fasten the strap over the shoe.
4. Repeat for the other foot.

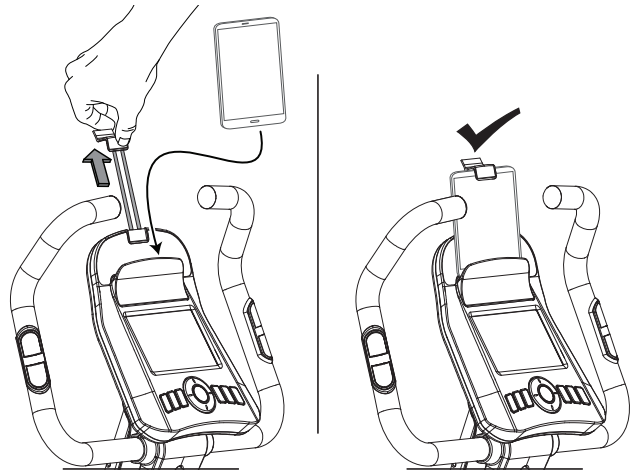
Be sure toes and knees point directly forward to ensure maximum Pedal efficiency. Pedal straps can be left in position for subsequent workouts.



Securing Media with the Media Capture Clip

This fitness machine is equipped with a Media Capture Clip that can help secure slightly over-sized media in the Media Tray. The Capture Clip can be used for any media that is less than 14 cm (5.5") tall.

To secure your media, place it in the Media Tray. Pull out the Capture Clip slightly past the upper edge of the media. Gently place the Capture Clip against the edge on the media, and release it. The Capture Clip captures the over-sized media in the Media Tray.



Power-Up / Idle Mode

With the Power Switch turned on, 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.

Power Calibration

This exercise bike is calibrated at the factory for power accuracy. No calibration is required by the user.

Auto Shut-Off (Sleep Mode)

If the Console does not receive any input in approximately 4 minutes, it will automatically shut off.

Push any button to start (wake up) the Console.



To disconnect, turn off the Power Switch, and then remove plug from outlet.

Quick Start Program

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

1. Sit on the machine.
2. Rotate the MODE dial to select the correct User profile (U0-U3).
3. Push the QUICK START button to select the Quick Start program.
4. When ready to workout, start pedaling.

To change the resistance, rotate the MODE dial to increase or decrease the resistance level. The current interval and future intervals are set to the new level. The time will count up from 00:00.

Note: If a Quick Start workout is performed for more than 99 minutes (99:00), the units for Time will shift and count down to 00:00.

5. When done with your workout, push PAUSE and stop pedaling to pause the workout.
6. Push PAUSE to end the workout.

User Profiles

The Console lets you store and use 4 User profiles (U0 - U3).

The User profile stores the following data:

- Age
- Gender
- Weight
- Size (Height)

Select a User Profile

Be sure to select the proper User Profile before starting a workout. Rotate the MODE dial until the desired User profile (U0-U3) is selected.

User Profiles are assigned the default values until they are customized by editing. Be sure to edit the User Profile for more accurate kilojoule and heart rate information.

Note: The User Profile values for User U0, or Guest, are not remembered. To select a different User profile after a workout, push the RESET button to return to the Power-Up Mode screen. Rotate the MODE dial to the desired User Profile.

Edit User Profile


1. From the Power-Up Mode screen, rotate the MODE dial to select the desired User Profile (U0-U3).
2. Push the MODE dial to edit the selected User Profile.
3. Age: Turn the MODE dial to adjust the current age value.
4. Push the MODE dial to set.
5. Gender: Turn the MODE dial to adjust the current value.
6. Push the MODE dial to set.
7. Weight: Turn the MODE knob to adjust the current weight value (in kgs).
8. Push the MODE dial to set.
9. Size (Height): Turn the MODE knob to adjust the current height value (in cms).
10. Push the MODE dial to set. The Console goes to the Workout Programs screen.

Changing Resistance Levels

Rotate the MODE dial to increase or decrease the resistance level at any time in a workout program (unless the workout program does not allow the resistance level to be adjusted).

Workout Programs

This machine is equipped with a variety of Workouts Programs to assist you with your exercise routine.

 **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.**

Quick Start

The Quick Start program is an open-ended, user controlled workout.

Push the PROGRAMS button, and rotate the MODE dial until the Quick Start program is displayed.

When ready, start the workout by pedaling.

Watt Control

Push the PROGRAMS button, and rotate the MODE dial until the Watt Control program is displayed.

Push the MODE dial to select the Watt Control program.

The Console will display the Watt Control value (flashing) for the workout. Rotate the MODE dial to the desired Watt

Control value (20-400 Watts) for the workout, and push it to accept the value. Use the MODE dial to adjust the additional workout values (flashing), and push the MODE dial to accept them. When all values have been set and the user is ready to workout, start the workout by pedaling.

During the workout, the Watt Control value can be adjusted with the MODE dial. The current resistance level will adjust based on the adjustments to the Watt Control value.


Note: During the workout the resistance level will adjust based on the Watt Control value, and cannot be adjusted manually.

Manual

Push the PROGRAMS button, and rotate the MODE dial until the Manual program is displayed.

Push the MODE dial to select the Manual program.

The Console will display the Time of the workout (flashing). Rotate the MODE dial to the desired total time of the workout, and push it to accept the value. Use the MODE dial to adjust the additional workout values (flashing), and push the MODE dial to accept them. When all values have been set and the user is ready to workout, start the workout by pedaling.

 **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.**

HRC (Heart Rate Control)

The HRC program lets the user select a Target Heart Rate for the workout, and will adjust the resistance during the workout to keep the user near that rate.

Note: The Console must be able to read the heart rate information from a Telemetric Heart Rate Device for the HRC program to work correctly.

Push the PROGRAMS button, and rotate the MODE dial until the HRC program is displayed.


Push the MODE dial to select the HRC program.

The Console will display the four levels of heart rate control (HR1-HR4).

Target Heart Rate Control Level	Target Heart Rate Value
HR1	55% of (220 - AGE VALUE)
HR2	75% of (220 - AGE VALUE)
HR3	90% of (220 - AGE VALUE)
HR4	100% of (220 - AGE VALUE)

Select the desired Target Heart Rate Level, which is based on your age, and push the MODE dial to select. Use the MODE dial to adjust the additional workout values, and push the MODE dial to accept them.

When all values have been set and the user is ready to workout, start the workout by pedaling.

 **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.**

Note: The HRC program requires a Telemetric Heart Rate Device to be used. During the workout the resistance level will adjust based on the Target Heart Rate Control Level, and cannot be adjusted manually.

User

The User program allows the user to custom design the workout profile, adjusting the resistance segments of each column.

Push the PROGRAMS button, and rotate the MODE dial until the User program is displayed.

Push the MODE dial to select the User program.

The Console will display the default workout profile. The currently active segment will flash, showing that it can be edited. Turn the MODE dial to increase or decrease the resistance segments, and push the MODE dial to set that segment. The currently active segment will shift to the next one until all segments have been set.

Use the MODE dial to adjust the additional workout values (flashing), and push the MODE dial to accept them. When all values have been set and the user is ready to workout, start the workout by pedaling.

All modifications to the workout segments are saved, allowing the same workout to be repeated by selecting the User workout for each User Profile (even for User Profile U0).

Interval

The Interval program allows the user to select from three levels of intervals (L1-L3), and the total time for the workout. Each interval workout alternates from a burst of output (spike), to a slower paced, 'catch your breath' segment (valley), both of which are repeated over the workout. The L1 level has the least difference between the interval segments (spike and valley).

Push the PROGRAMS button, and rotate the MODE dial until the Interval program is displayed.

Push the MODE dial to select the Interval program.

The Console will display the current level of intervals (L1, L2, or L3). Rotate the MODE dial to the desired interval level, and push the MODE dial to accept the selection.

The Console will display the Time of the workout. Rotate the MODE dial to the desired total time of the workout, and push the MODE dial to accept the value. Use the MODE dial to adjust the additional workout values, and push the MODE dial to accept them. When all values have been set and the user is ready to workout, start the workout by pedaling.

Note: During the workout, the resistance level cannot be adjusted.

Climbing

The Climbing program allows the user to select the grade of a climb (L1-L3), and total time for the workout. The resistance increases over the entire workout. The L1 climbing grade has the lowest resistance.

Push the PROGRAMS button, and rotate the MODE dial until the Climbing program is displayed.

Push the MODE dial to select the Climbing program.

The Console will display the current grade of the climb (L1, L2, or L3). Rotate the MODE dial to the desired grade, and push the MODE dial to accept the selection.

The Console will display the Time of the workout (flashing). Rotate the MODE dial to the desired total time of the workout, and push the MODE dial to accept the value. Use the MODE dial to adjust the additional workout values (flashing), and push the MODE dial to accept them. When all values have been set and the user is ready to workout, start the workout by pedaling.

Note: During the workout, the resistance level cannot be adjusted.

Test

The Test program is a 12 minute workout that tries to keep you near a target Watts value.

Push the PROGRAMS button, and rotate the MODE dial until the Test program is displayed.

Push the MODE dial to select the Test program.

The Console will display the target value for Watts (default is 100). Adjust the target Watts value with the MODE dial, and push the MODE dial to accept the value. Start the workout when ready.

The Console will adjust the resistance level, based on your current workout values, to keep the workout near the target Watts value.

BMI-BMR-FATT

The BMI-BMR-FATT program will calculate the percent of body fat, BMI (Body Mass Index), and BMR (Basal Metabolic Rate) using the values entered for the current User Profile.

From the Power-Up mode, turn the MODE dial to select the desired User Profile (U0-U3).

Note: Be sure to keep the User Profile values updated for a more accurate reading.

Push the PROGRAMS button, and rotate the MODE dial until the BMI-BMR-FATT program is displayed.

Push the MODE dial to select the BMI-BMR-FATT program.

Immediately grasp the Contact Heart Rate (CHR) Sensors, and hold onto them for one minute. The Console will calculate and show your values for BODYFAT %, BMI and BMR, rotating through the values every 2 seconds.

Recovery

The Recovery program shows how quickly your heart recovers from an exercise state to a more restful state. Improved recovery may be an indicator of increasing fitness.

Note: The Console must be able to read the heart rate information from the Contact Heart Rate (CHR) Sensors or a Telemetric Heart Rate Monitor (HRM) to work correctly. The Recovery program can only be selected from the Workouts Program screen.

From an elevated heart rate, push the Recovery button. Stop exercising and grasp the Contact Heart Rate (CHR) Sensors (if using them). The Console will begin to count down for one minute. The Console will show your heart rate during the program. You must grip the Contact Heart Rate sensors for the duration of the test if not using a Remote Heart Rate Monitor.

At the end of the minute, the Console will then calculate your recovery score.

Recovery Score = Your heart rate at 1:00 (the beginning of the test) minus your heart rate at 00:00 (the end of the test).

Displayed Recovery Score	User Fitness Level	Difference of Start and End Heart Rates
F1	Excellent	50 or more
F2	Good	40 - 49
F3	High Average	30 - 39
F4	Average	20 - 29
F5	Low Average	10 -19
F6	Poor	10 or less
E	Error	-

The higher the Recovery score value, the quicker your heart rate is returning to a more restful state and may be an indication of improving fitness. By recording these values over time you can see the trend toward better health.

Helpful Tip: For a more relevant score, try to obtain a steady heart rate for 3 minutes before starting the Recovery Program. This may be easier to achieve with the Quick Start program since you can control the levels of resistance.

Pausing or Stopping / Results Mode

The Console will go into Pause mode when the PAUSE button is pushed during a workout, or when the user stops pedaling / no RPM signal for 4 seconds.

1. Push the PAUSE button and stop pedaling to pause your workout. The Console will display START PEDALING.
2. To continue your workout, start pedaling.
To end the workout, push the PAUSE button. The Console will display the STOP icon in the upper-left corner of the display.
3. The Console will display the workout results for 4 minutes.

If the Console does not receive any input in approximately 4 minutes, it will automatically shut off.

Note: A workout that has been ended can be restarted. Push the PAUSED button to de-activate the STOP icon, and resume pedaling.

MAINTENANCE

Read all maintenance instructions fully before you start any repair work. In some conditions, an assistant is necessary 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, always unplug the power cord and wait 5 minutes before cleaning, maintaining or repairing this 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 moisture.

Note: Avoid excessive moisture on the Console.

NOTICE: If necessary, only use a mild dish soap with a soft cloth to clean the Console. Do not clean with a petroleum based solvent, automotive cleaner, or any product that contains ammonia. Do not clean the Console in direct sunlight or at high temperatures. Be sure to keep the Console free of moisture.

Weekly:

Clean the machine to remove any dust, dirt, or grime from the surfaces. Check for smooth seat slider operation. If needed, apply a very thin coating of silicone lube to ease operation.

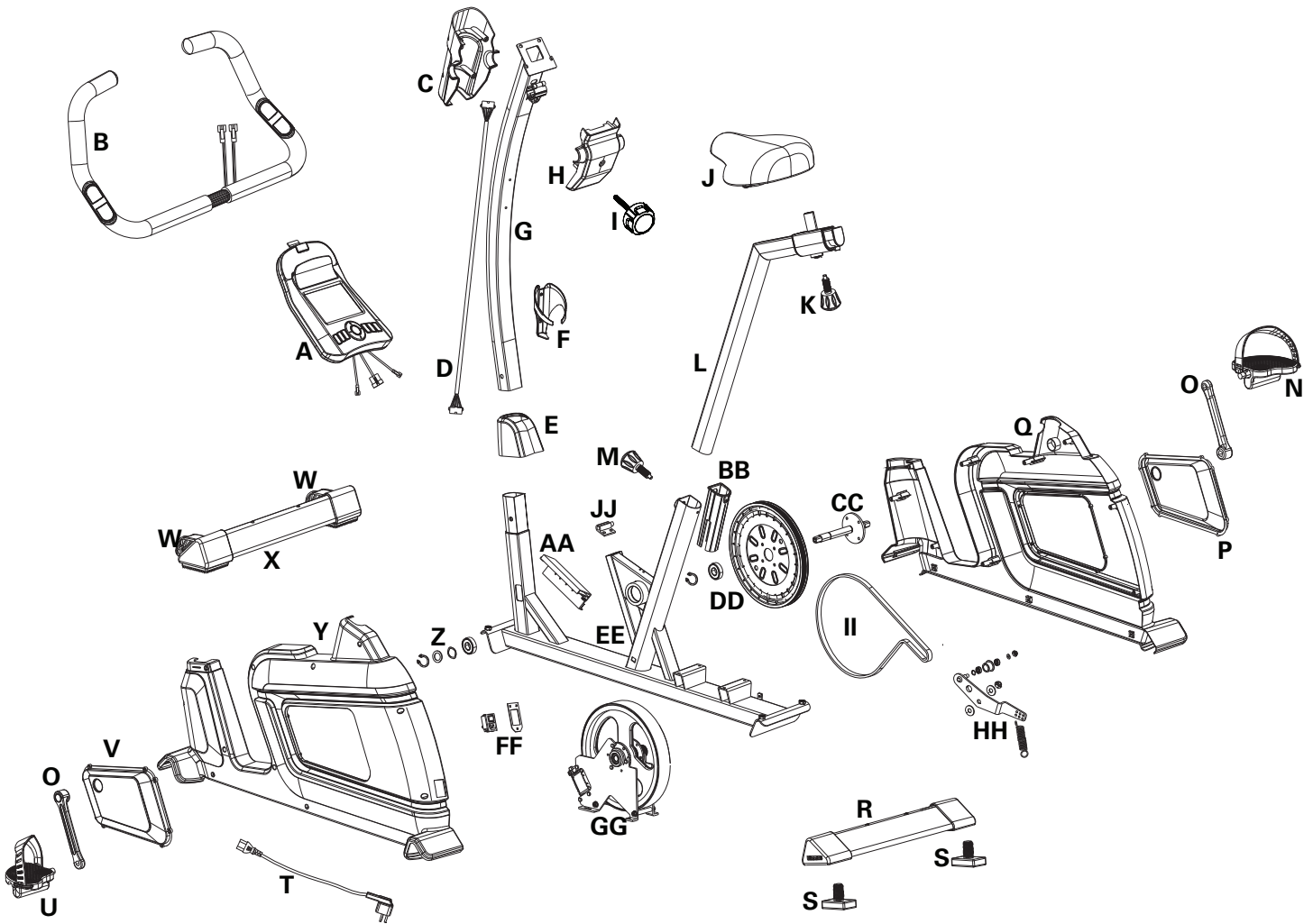
⚠ Silicone lubricant is not intended for human consumption. Keep out of reach of children. Store in a safe place.

Note: Do not use petroleum based products.

Monthly or after 20 hours:

Check pedals and crank arms and tighten as necessary. Make sure all bolts and screws are tight. Tighten as necessary.

Maintenance Parts



A	Console	M	Adjustment Knob, Seat Post	Y	Left Shroud
B	Handlebars	N	Pedal, Right	Z	Bearing
C	Console Pivot Shroud	O	Crank Arm	AA	Motor Control Board (MCB), Watts
D	Input/Output Cable	P	Crank Cover, Right	BB	Seat Post Bushing
E	Mast Gasket	Q	Right Shroud	CC	Axle
F	Water Bottle Holder	R	Rear Stabilizer	DD	Drive Pulley
G	Console Mast	S	Leveler	EE	Frame
H	Handlebar Mount Cover	T	Power Cord	FF	Power Inlet/Power Switch
I	Handlebar Adjustment Knob	U	Pedal, Left	GG	Flywheel Assembly
J	Seat	V	Crank Cover, Left	HH	Brake Assembly
K	Adjustment Knob, Seat	W	Transport Wheel	II	Drive Belt
L	Seat Post w/ Slider	X	Front Stabilizer	JJ	Speed Sensor

TROUBLESHOOTING

Condition/Problem	Things to Check	Solution
No display/partial display/ unit will not turn on	Check electrical (wall) outlet	Make sure unit is plugged into a functioning wall outlet.
	Check connection at rear of machine	Connection should be secure and undamaged. Replace power cord or connection at machine if either are damaged.
	Check Power Switch	Turn on the power with the Power Switch.
	Check data cable integrity	All wires in cable should be intact. If any are visibly crimped or cut, replace cable.
	Check data cable connections/orientation	Be sure cable is connected securely and oriented properly. Small latch on connector should line up and snap into place.
	Check console display for damage	Check for visual sign that console display is cracked or otherwise damaged. Replace Console if damaged.
	Console Display	If Console only has partial display and all connections are fine, replace the Console.
		If the above steps do not resolve the problem, contact Customer Service (if inside US/Canada) or your local distributor (if outside US/Canada).
Unit operates but Contact Heart Rate (HR) not displayed	HR cable connection at Console	Be sure cable is connected securely to Console.
	Sensor grip	Be sure hands are centered on HR sensors. Hands must be kept still with relatively equal pressure applied to each side.
	Dry or calloused hands	Sensors may have difficulty with dried out or calloused hands. A conductive electrode cream (heart rate cream) can help make better conduct. These are available on the web or at medical or some larger fitness stores.
	Handlebar	If tests reveal no other issues, Handlebars should be replaced.
Unit operates but Telemetric (HR) not displayed	Chest Strap (not provided)	Strap should be "POLAR®" compatible and uncoded. Make sure strap is directly against skin and contact area is wet.
	Chest Strap Batteries	If strap has replaceable batteries, install new batteries.
	Interference	Try moving unit away from sources of interference (TV, Microwave, etc).
	Replace HR Device	If interference is eliminated and HR does not function, replace Device.
	Replace Console	If HR still does not function, replace Console.
Resistance does not change (machine turns on and operates)	Check Console	Check for visual sign that Console is damaged. Replace Console if damaged.
	Check data cable integrity	All wires in cable should be intact. If any are visibly crimped or cut, replace cable.
	Check data cable connections/orientation	Be sure cable is connected securely and oriented properly. Reseat all connections. Small latch on connector should line up and snap into place.
		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 rear of machine	Connection should be secure and undamaged. Replace power cord or connection at machine if either are damaged.
	Check data cable integrity	All wires in the cable should be intact. If any are cut or crimped, replace cable.
	Check data cable connections/orientation	Be sure cable is connected securely and oriented properly. Small latch on connector should line up and snap into place.
	Reset Machine	Unplug unit from electrical outlet for 3 minutes. Reconnect to outlet.
	Check magnet position (requires shroud removal)	Magnets should be in place on pulley.
	Check Speed Sensor (requires shroud removal)	Speed sensor should be aligned with magnets 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 bike is level.
	Check surface under unit	Adjustment may not be able to compensate for extremely uneven surfaces. Move bike to level area.
Pedals loose/unit difficult to pedal	Check pedal to crank arm connection	Pedal should be tightened securely to crank. Ensure connection is not cross-threaded.
	Check crank arm to axle connection	Crank should be tightened securely to axle. Be sure cranks are connected at 180 degrees from each other.
Clicking sound when pedaling	Check pedal to crank arm connection	Remove pedals. Make sure there is no debris on threads, and reinstall the pedals.
Seat post movement	Check locking pin	Be sure adjustment pin is locked into one of the seat post adjustment holes.
	Check adjustment knob	Be sure knob is securely tightened.



(If purchased in US/Canada) WARRANTY

Who Is Covered

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

What Is Covered

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

Terms

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

- Frame
- Mechanical parts
- Electronics
- Labor

- Contact Customer Service for Warranty Terms for products purchased in US/Canada.

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

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

How Nautilus Will Support the Warranty

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

What You Must Do

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

What Is Not Covered

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

How to Obtain Service

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

Exclusions

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

Limitation of Remedies

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

State Laws

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

Expirations

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

International Purchases

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



Nautilus™

Bowflex™

Schwinn™

