

NOTICE: This addendum provides instructions on how to update Console firmware version R5.103.40, 44, or 50 to version 63 for the Schwinn™ 190 / 590U Upright and Schwinn™ 290 / 590R Recumbent Bikes. This will improve the Console function when paired to an app on a phone or tablet, and will allow the Console to accept future updates through the JRNY™ app.

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

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

Nautilus, Inc., www.NautilusInc.com, 5415 Centerpoint Parkway, Groveport, OH 43125 U.S.A. - Customer Service: North America (800) 605-3369, csnls@nautilus.com | outside U.S. www.nautilusinternational.com | Printed in China | © 2023 Nautilus, Inc. | Schwinn, Schwinn logo and JRNY are trademarks owned or licensed by Nautilus, Inc., registered or otherwise protected by common law in the United States and other nations. | **ORIGINAL DOCUMENT - ENGLISH VERSION ONLY**

**⚠ Refer to the Assembly Manual for complete safety instructions.
Disconnect all power to the machine before you service it.**

The following procedure should only be applied to a fully assembled and inspected machine for correct performance in accordance with the Owner’s Manual.

Section 1 - To update the firmware version:

1. Unplug the AC adapter from the wall outlet and machine.

2. Insert the supplied USB Flash Drive into the USB port on top of the Console.

Note: Image provided for placement of the USB Port only. Image may not match your machine.

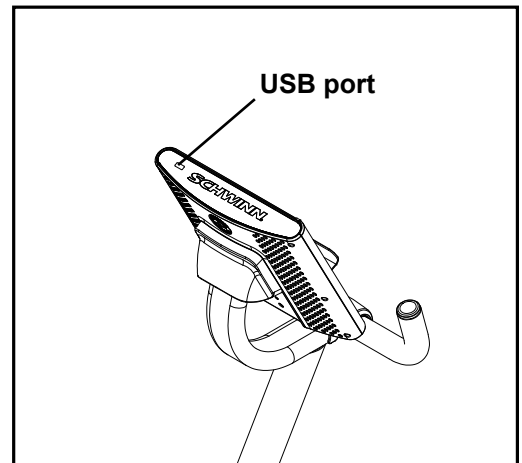
3. Plug the AC Adapter into the machine and wall outlet.

Note: The update takes about 5 minutes. Steps 4 - 7 (below) describe what will happen during that time.

4. When power is supplied to the machine with the USB Flash Drive installed, the screen will stay dark for approximately 1 minute. This delay in the screen coming on is the only indication that the update is in progress.

5. Once Phase 1 of the update is complete, the screen will briefly come on and display “THANKS FOR CHOOSING SCHWINN CARDIO”. Then Phase 2 of the update process will begin immediately.

USB port (Schwinn™ 290 shown)



6. Phase 2 of the update has two parts:
 - a. Screen will display “UPDATING BLE”. The percent complete is displayed during process. This part takes approximately 3 minutes.
 - b. Screen will display “UPDATING SENSOR”. The percent complete is displayed during process. This part takes approximately 1 minute.
7. Once the updates are complete, the screen will go black for a few seconds. The Console will reboot to the Power-Up Mode screen.
8. Remove the USB Flash Drive from the USB Port.

NOTICE: If the USB Flash Drive is not removed, it will attempt to update the firmware every time the machine is powered up.

Section 2 - To confirm the firmware version:

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). The first entry in the System Menu is “SYS UNITS IMPERIAL” or “SYS UNITS METRIC”.



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

2. Tap the Programs button 3 times, or until you see the Hardware Variant & Console Firmware Version displayed: FW H103 R_05_103_xx. The xx value should be 63.



NOTICE: If the firmware did not update, contact Customer Service (if inside US/Canada) or your local distributor (if outside US/Canada).