


NOTICE: This document provides instructions on how to install the Extra Comfort Bike Seat on Schwinn™ and Bowflex™ Bikes that have the upright style seat post.

Important Safety Instructions

 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 the complete Assembly and Owner's Manual. Keep the Manual for future reference.
Read and understand all warnings on this machine. If at any time the Warning stickers become loose, unreadable or dislodged, 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.

- Keep bystanders and children away from the product you are assembling at all times.
- 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.
- 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 Owner's Manual.
- Do all assembly steps in the sequence given. Incorrect assembly can lead to injury.
- This appliance should only be used with the power supply unit provided, or a replacement power supply unit supplied from Nautilus, Inc.
- Disconnect all power before servicing this machine.
- Do not drop or put objects into any opening of the machine.
- Correctly adjust and safely engage all Positional Adjustment Devices. Make sure that the Adjustment Devices do not hit the user.
- 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.**

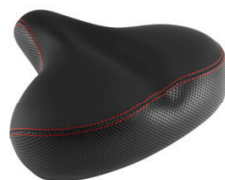
If you need assistance, please call Nautilus Customer Service(if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: www.nautilusinternational.com

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 | © 2022 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. | **ORIGINAL DOCUMENT - ENGLISH VERSION ONLY**

 Refer to the Assembly Manual for complete safety instructions.

Parts

Seat (Upgrade)



Tools

14 mm



Installation

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

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

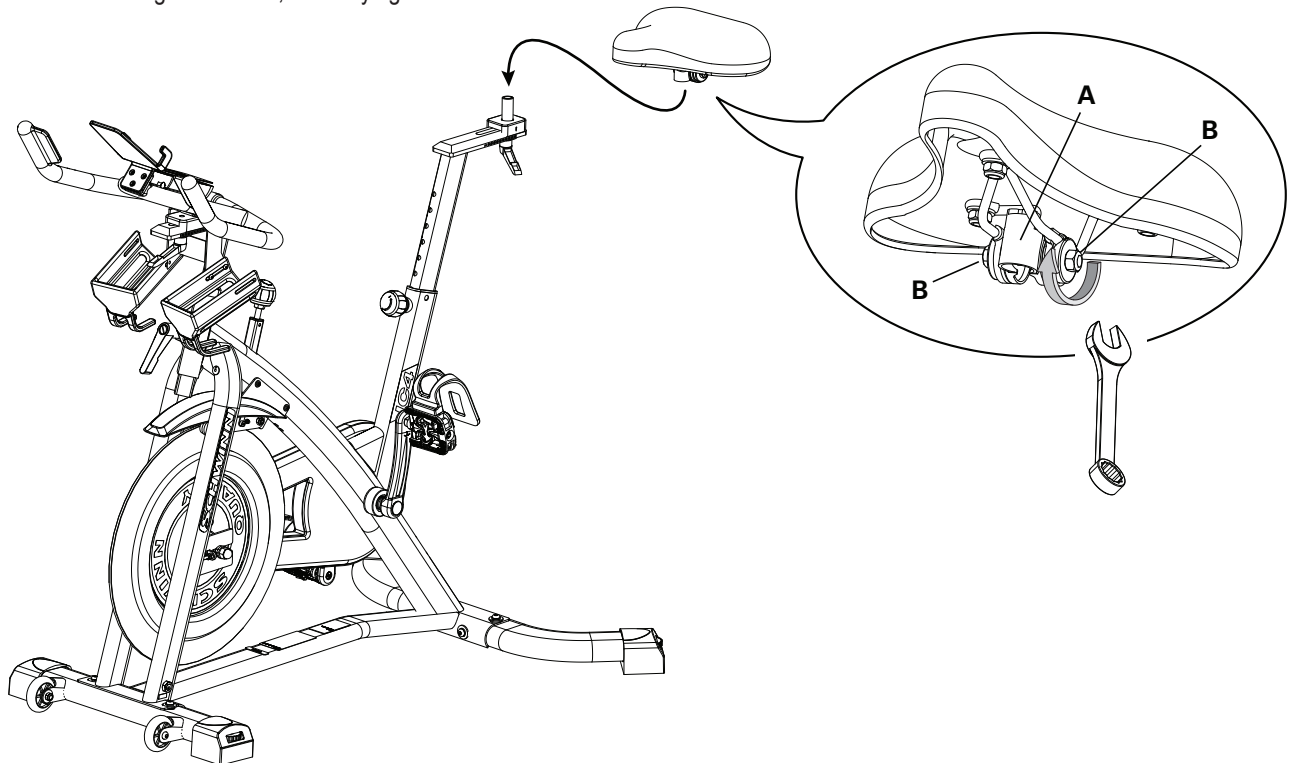


2. Using a 14 mm wrench, loosen the Seat Clamp that secures the Seat and remove it.



3. Place the new Seat onto the Post. Tighten both nuts (B) on the Seat bracket (A) to hold the Seat in position.

4. Be sure that the Seat is straight and level, and fully tighten the Seat Clamp nuts.



5. Final Inspection

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

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