

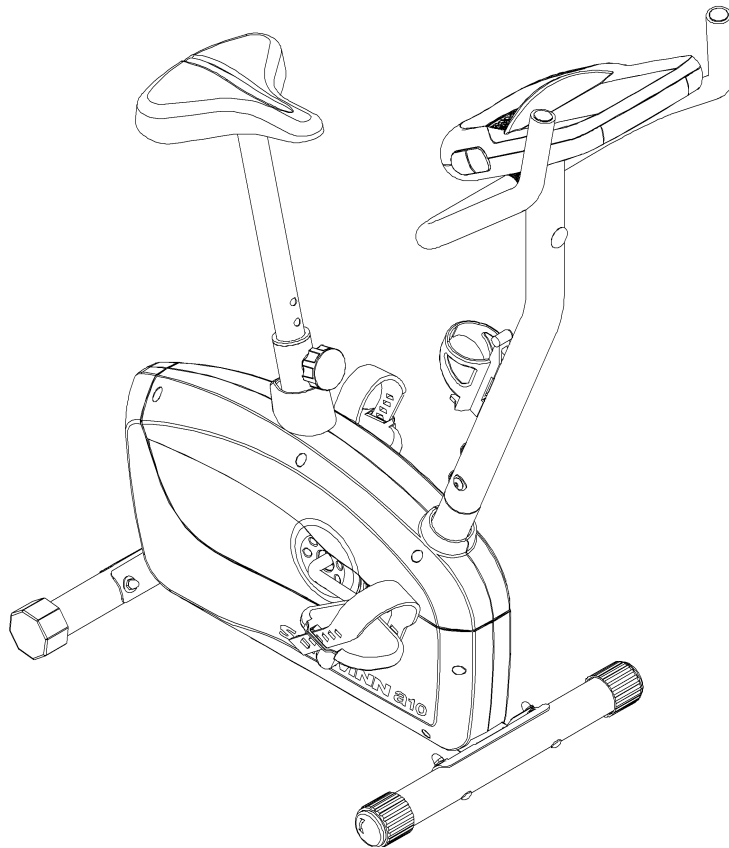


SCHWINN[®] FITNESS

Schwinn[®] A10 Upright Bike



Assembly Manual



English

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Español Americano Latino

Nautilus[®]

Bowflex[®]

Schwinn[®] Fitness

Universal[®]

Español Americano Latino

Para obtener este manual en Español Latino Americano vaya a: <http://www.schwinntfitness.com>.

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 all warnings on this machine.
- Carefully read and understand the Assembly Manual.
- 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.
- 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 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.
- Read and understand the complete Owner's Manual supplied with this machine before first use. Keep the Owner's Manual for future reference.
- Do all assembly steps in the sequence given. Incorrect assembly can lead to injury or incorrect function.

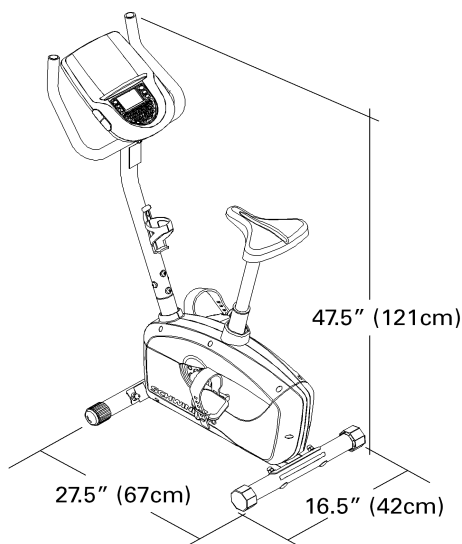
Before Assembly

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 minimum 67" x 56" (170cm x 142cm).

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, lightly lift and look through the bolt holes to help insert the bolt through the holes.
5. The assembly can require 2 people.

Specifications and Tools



Included



6mm

13mm/17mm

15mm

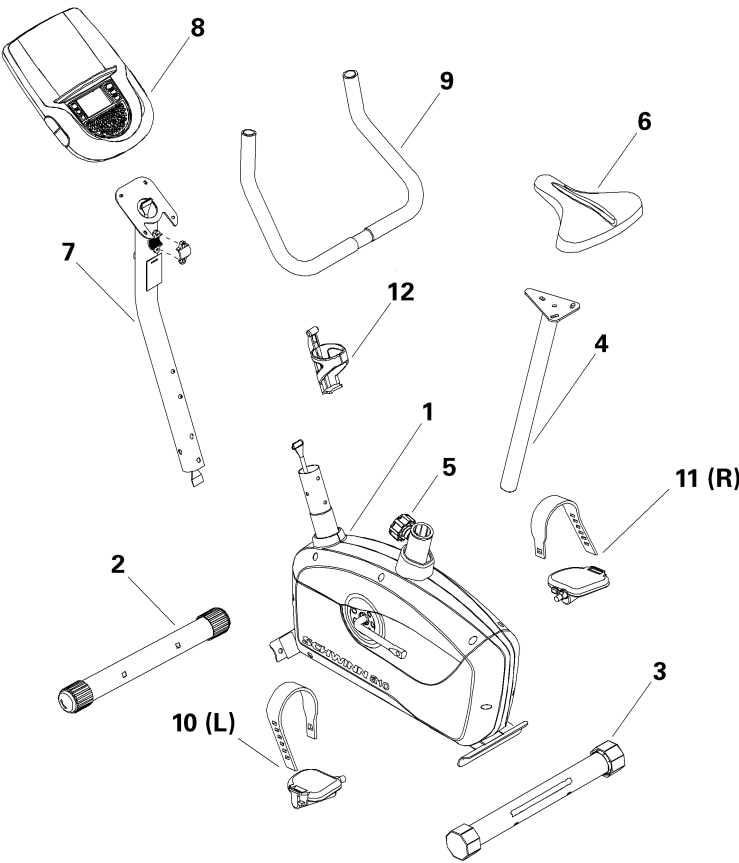
Not Included



(recommended)

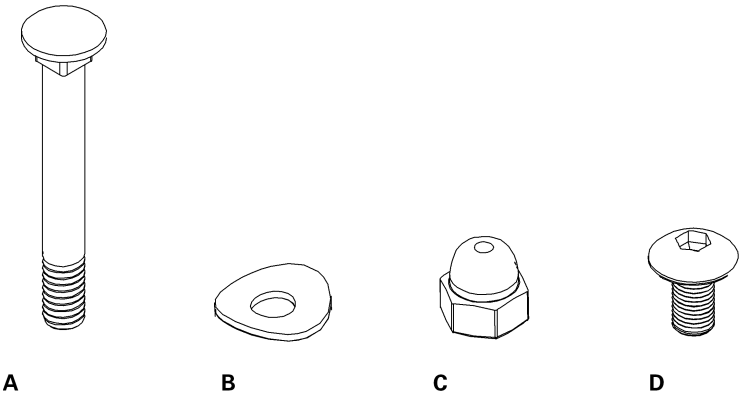
(recommended)

Parts



Item	Qty	Description	Item	Qty	Description
1	1	Main Frame	7	1	Console Mast (with pre-installed Handlebar Bracket)
2	1	Front Stabilizer	8	1	Console
3	1	Rear Stabilizer	9	1	Handlebars
4	1	Seat Post	10	1	Pedal, Left (L)
5	1	Adjustment Knob (pre-installed)	11	1	Pedal, Right (R)
6	1	Seat	12	1	Water Bottle Holder

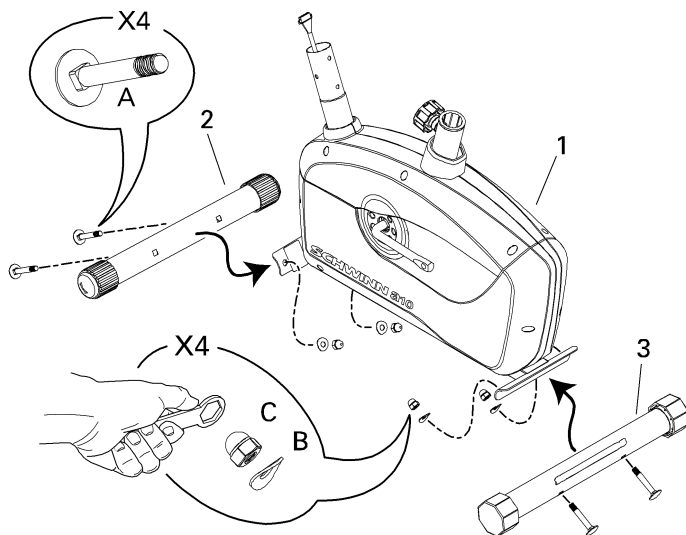
Hardware



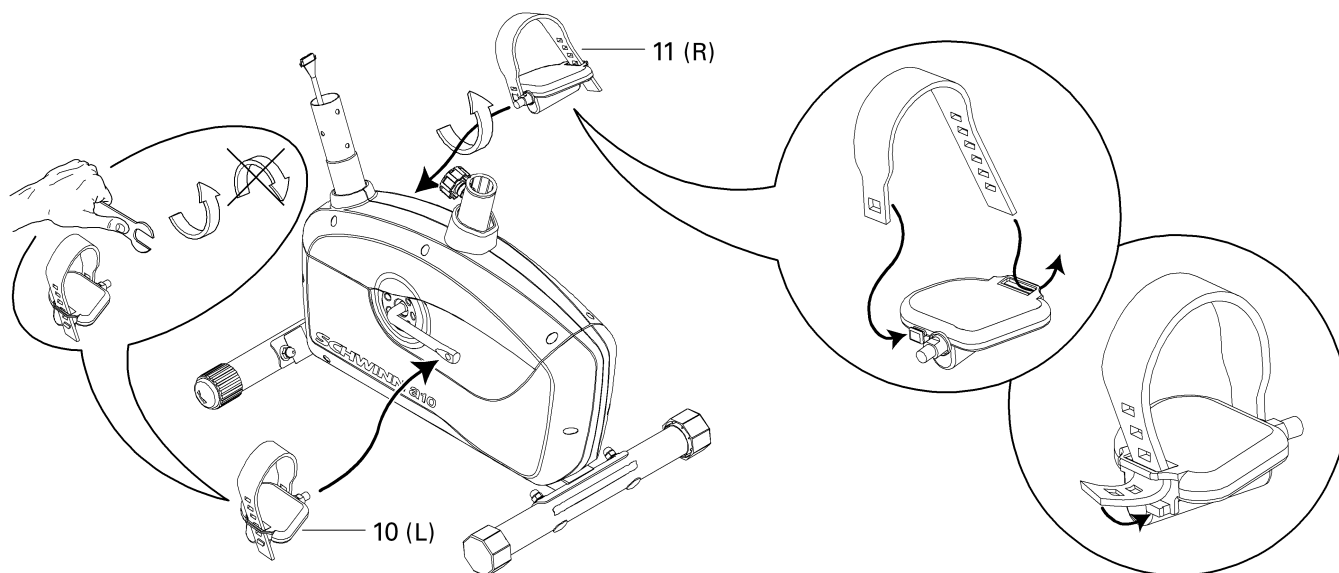
Item	Qty	Description	Item	Qty	Description
A	4	Carriage Bolt M8 x 65	C	4	Acorn Nut
B	8	Arc Washer	D	4	Hex Screw M8 x 15

Assembly

1. Attach Stabilizers to Main Frame

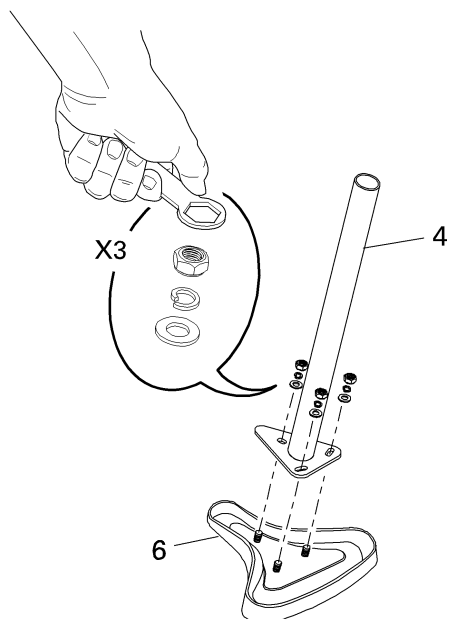


2. Install Pedals



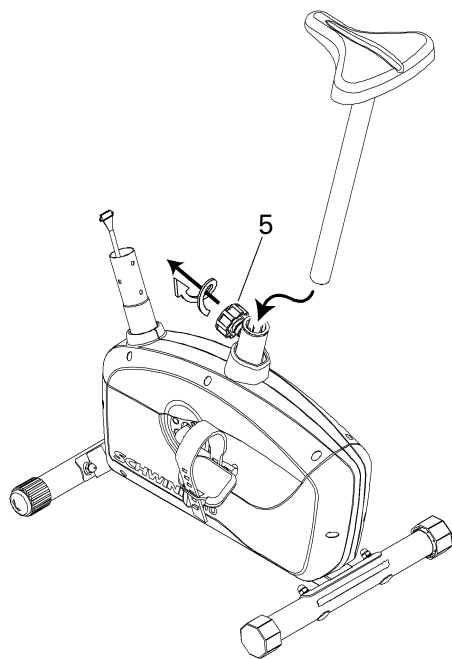
3. Attach Seat Post to Main Assembly

Note: Hardware is pre-installed on Seat and not on Hardware Card.



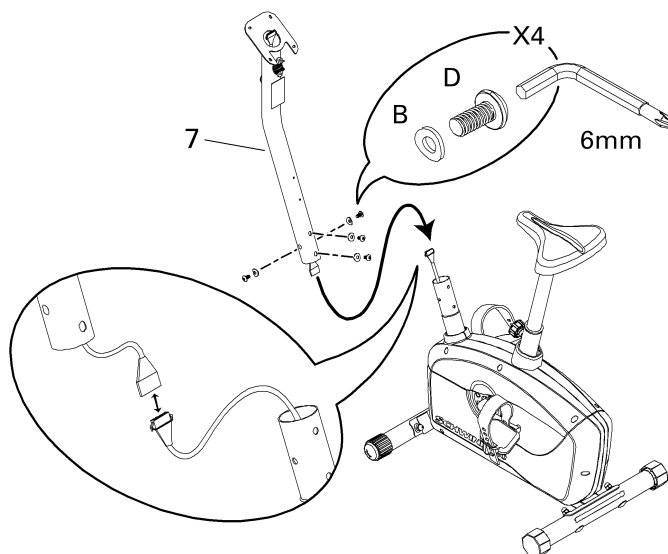
4. Attach Seat

Note: The Adjustment Knob is pre-installed on the Main Frame.



5. Install Console Mast on Main Assembly

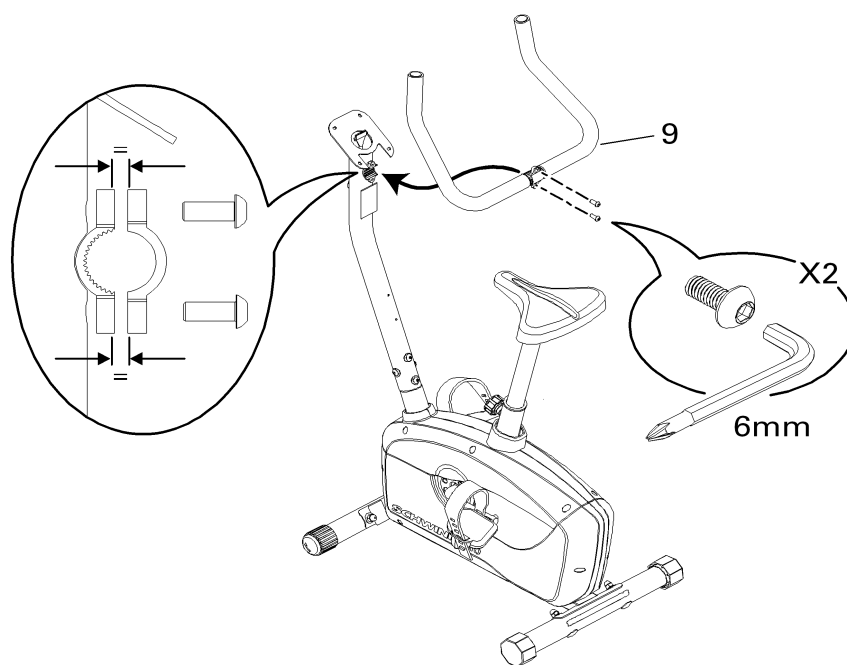
NOTICE: Do not crimp Console Cable.



6. Install Handlebars on Console Mast

Note: Hardware is pre-installed on Console Mast and not on Hardware Card.

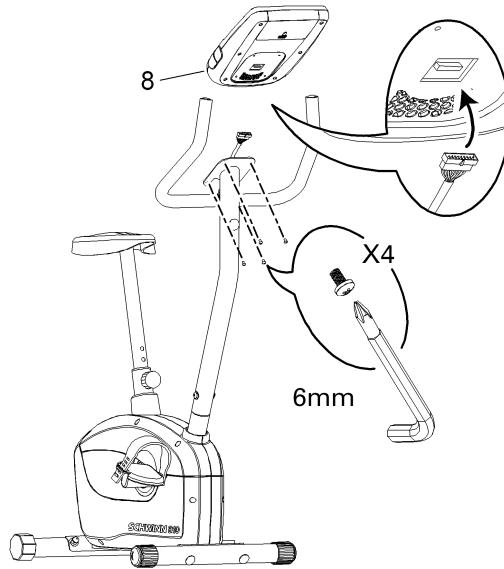
NOTICE: Make sure the Handlebar Bracket has an equal distance between the two ends of the bracket and the bracket mount on the Console Mast.



7. Install Console on Console Mast

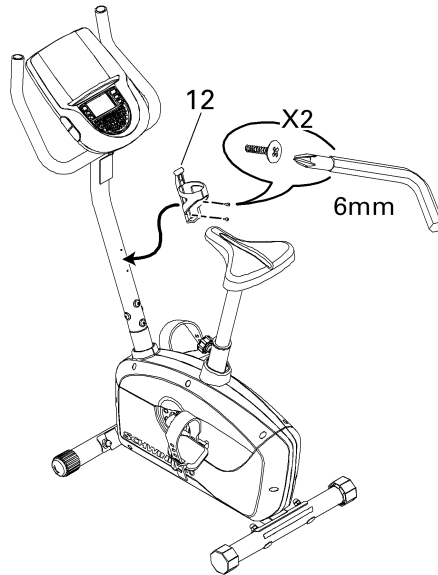
Note: Hardware is pre-installed on Console and not on Hardware Card.

NOTICE: Do not crimp Console Cable. Make sure that the switch on the back of the Console is set to **B**.



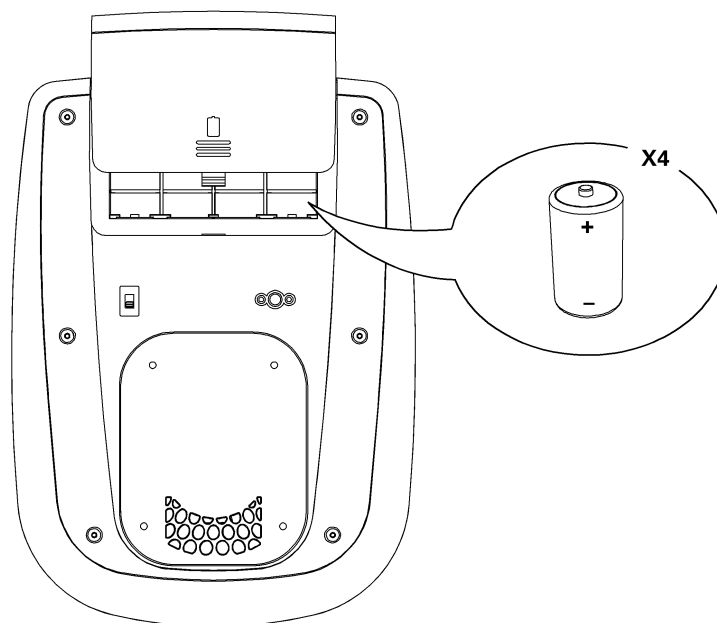
8. Install Water Bottle Holder

Note: Hardware is pre-installed on Console Mast and not on Hardware card.



9. Install Batteries in Console

Note: The console uses D size batteries (LR20). Make sure that the batteries point in the direction of the **+/-** indicators in the battery bay. If you use rechargeable batteries, the optional power adapter will not recharge the batteries.



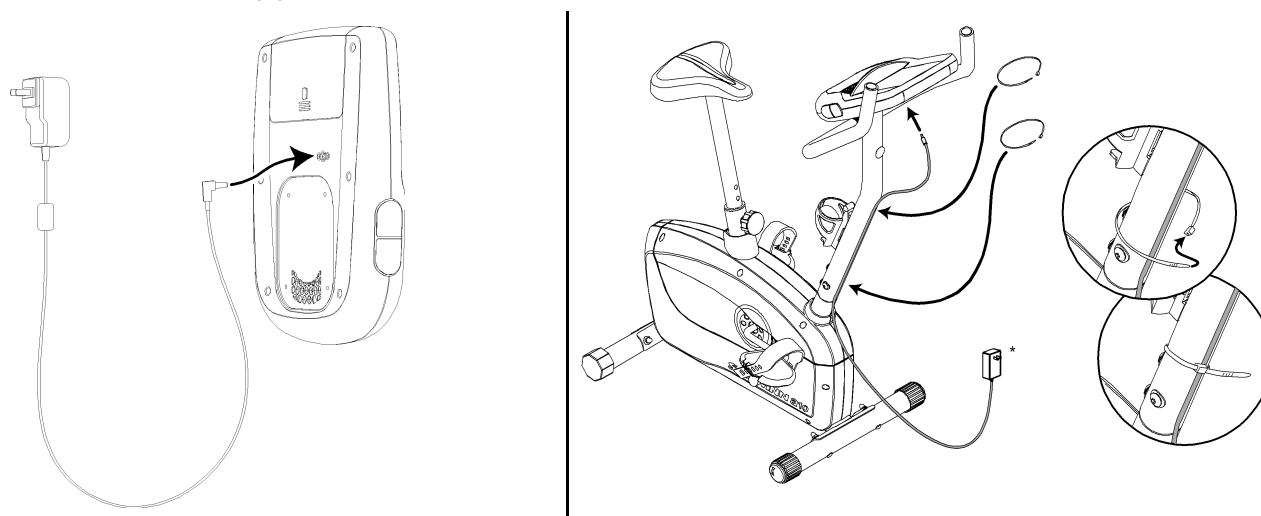
Optional Power Adapter

The console for your machine can operate on battery power or AC power. For AC power, it is necessary to order the optional Power Adapter. If batteries and the Power Adapter are installed, the console will use the Power Adapter to operate.

Note: If you use rechargeable batteries, the optional Power Adapter will not recharge the batteries.

After the machine is fully assembled, connect the Power Adapter to the console and the wall outlet.

NOTICE: If you use a power adapter for your bike, make sure that the cord stays clear of the path of the pedals. Attach the cord to the machine as shown:



NOTICE: It is recommended to remove batteries when they are not used, to avoid damage from battery corrosion.

To order the optional Power Adapter, go to:

www.schwinnfitness.com/powersupply

Or call 1 (800) 605-3369.

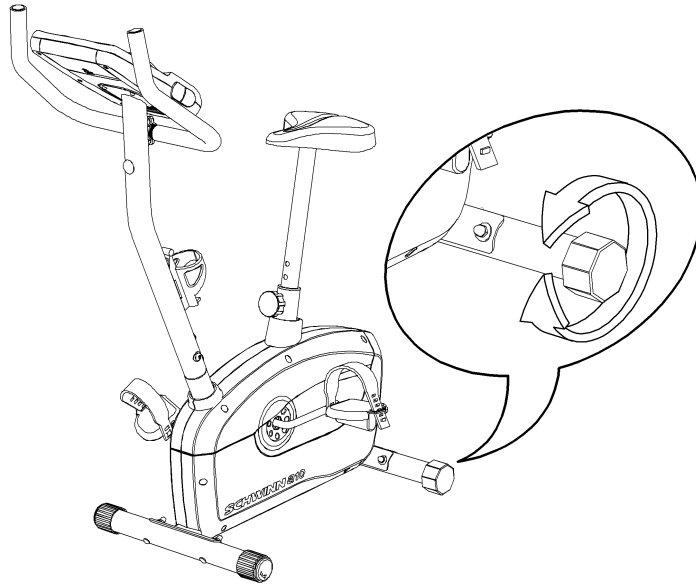
Final Inspection

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



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.

Leveling Your Bike



The levelers are the polygonal end caps on the Rear Stabilizer. Turn the end cap to adjust the level. Make sure the bike is level and stable before you exercise.



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