

Do not print this page



**SCHWINN** *FITNESS*

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**SCHWINN** FITNESS



**430**  
**ELLIPTICAL**  
ASSEMBLY GUIDE

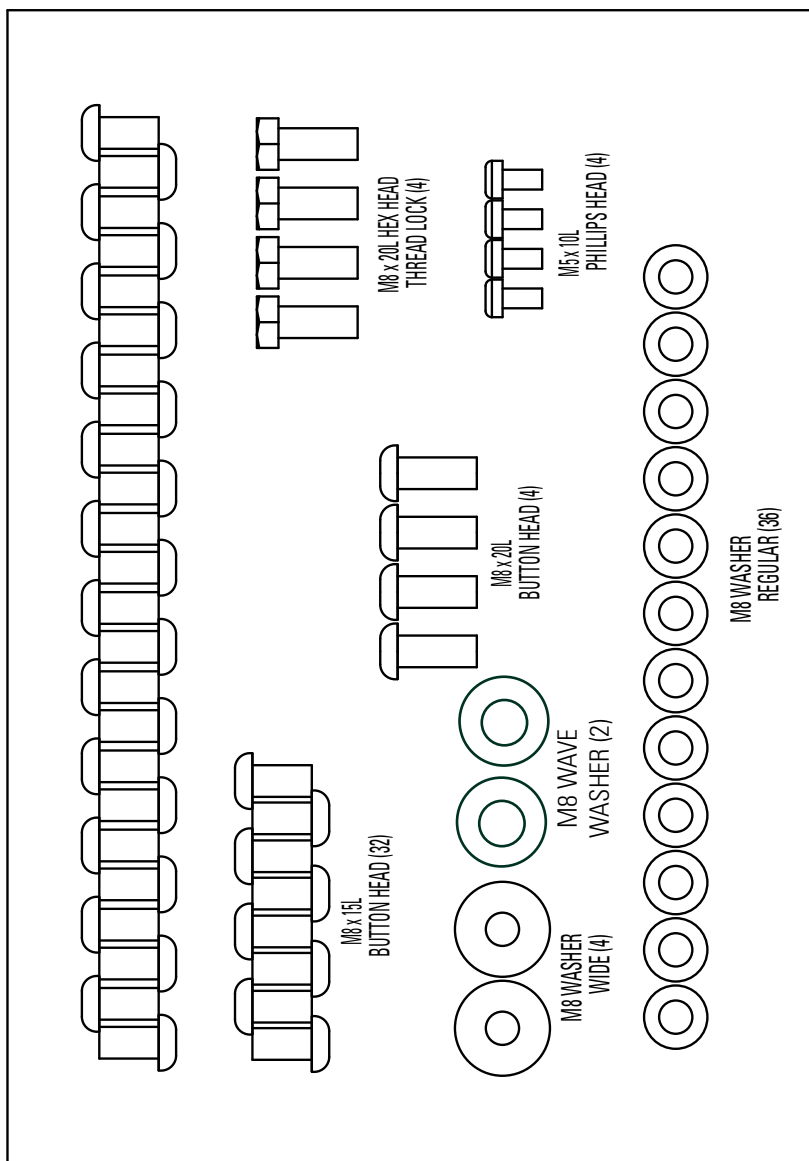
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## ATTENTION!

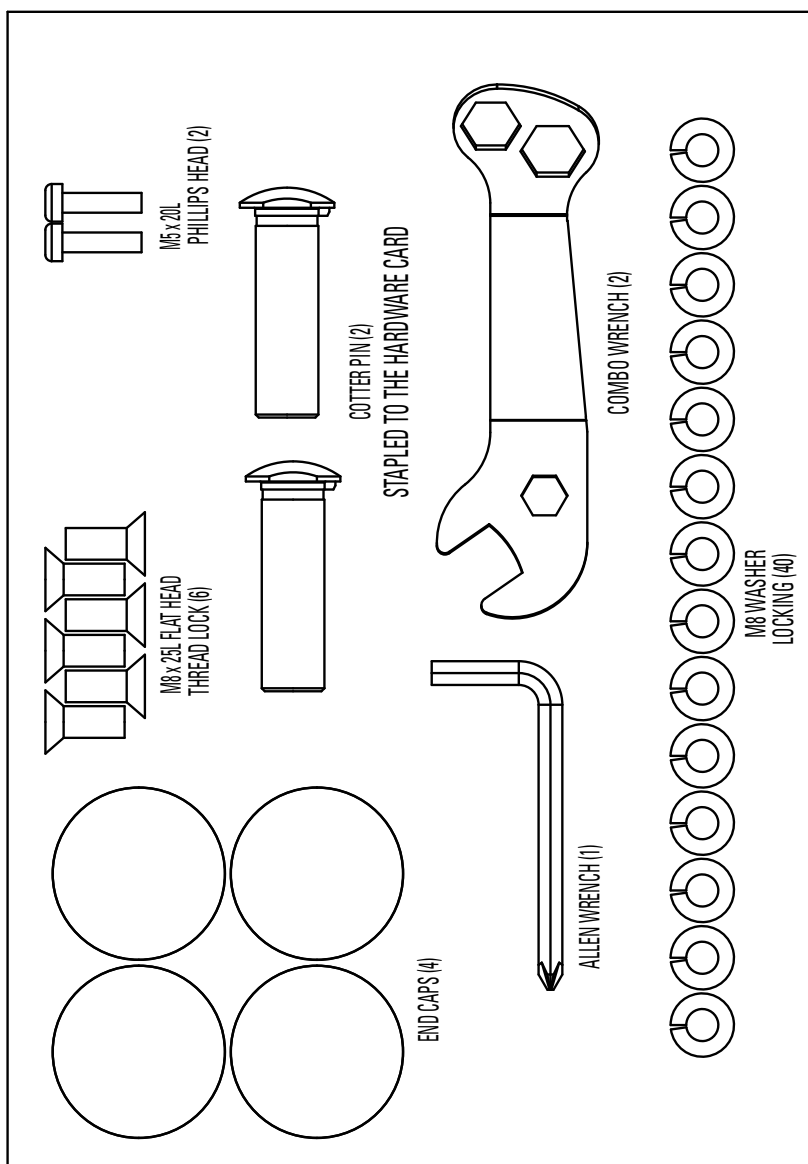
When unpacking the box, please inspect all styrofoam and packaging before discarding.

Some parts are packaged on the outside of the styrofoam packaging.



Note: Please verify you have all correct parts and quantities before assembling unit.

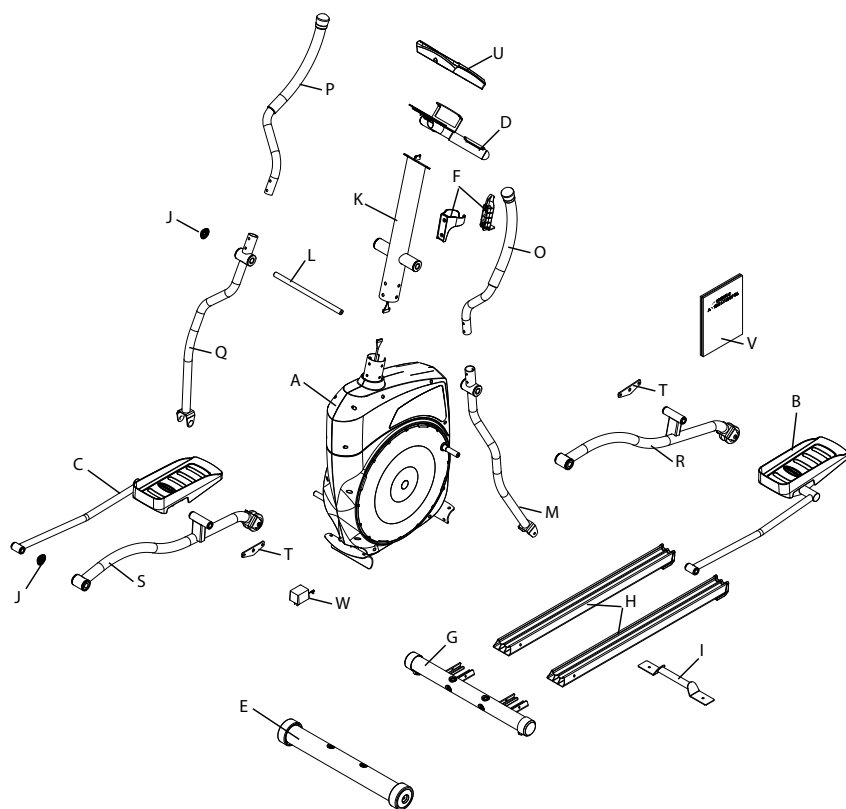
If you are missing items, are short quantities, or have damaged components, please contact Schwinn at 1.800.864.1270



Note: Please verify you have all correct parts and quantities before assembling unit.

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## EXPLODED VIEW



## PARTS LIST

| Ref. | Description                  | Qty |
|------|------------------------------|-----|
| A    | MAIN FRAME ASSEMBLY          | 1   |
| B    | LEFT FOOT ASSEMBLY           | 1   |
| C    | RIGHT FOOT ASSEMBLY          | 1   |
| D    | CONSOLE HANDLEBAR            | 1   |
| E    | FRONT STABILIZER             | 1   |
| F    | WATER BOTTLE HOLDER          | 1   |
| G    | REAR STABILIZER              | 1   |
| H    | EXTRUSION ASSEMBLY           | 2   |
| I    | EXTRUSION HANDLEBAR ASSEMBLY | 1   |
| K    | CONSOLE MAST                 | 1   |
| L    | ARM PIVOT ROD                | 1   |
| M    | LOWER LEFT HANDLEBAR         | 1   |
| O    | LEFT UPPER HANDLEBAR         | 1   |
| P    | RIGHT UPPER HANDLEBAR        | 1   |
| Q    | RIGHT LOWER HANDLEBAR        | 1   |
| R    | LEFT LEG                     | 1   |
| S    | RIGHT LEG                    | 1   |
| T    | FOOT MOUNT PLATE             | 2   |
| U    | CONSOLE                      | 1   |
| V    | ASSEMBLY/OWNER MANUALS       | 1   |
| W    | AC ADAPTOR                   | 1   |



## Basic Assembly Principles

Here are a few basic tips that will aid in the assembly process .  
By using these principles, you can simplify each process and save yourself extra time and effort.

1. To make the assembly process go faster, gather the pieces you need for each step and thoroughly read the assembly instructions for that step prior to starting assembly for the step.
2. When attaching two pieces, gently lift and look through the bolt holes to help guide the bolt through the holes.
3. As a general rule, and for all bolts and nuts, turn bolts or nuts toward the right to tighten and left to loosen. Or you can remember the mnemonic: "Righty tighty, lefty loosey."

## Step 1 Install Rear Stabilizer and Extrusion Handlebar

### Parts:

- Two Extrusion Assemblies (Ref. H)
- Rear Stabilizer (Ref. G)
- Extrusion Handlebar Assembly (Ref. I)

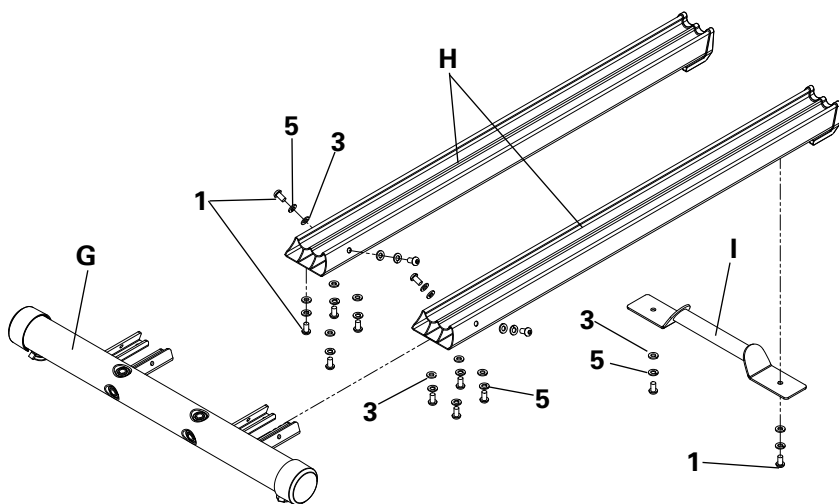
### Tools:

- Supplied Allen Wrench

**1-1** Attach, but do not tighten, the Extrusion Assemblies (Ref H) to the Rear Stabilizer Assembly (Ref G) using twelve M8x15L button head (Ref 1) twelve M8 washers locking (Ref 5) and twelve M8 washers regular (Ref 3).

**1-2** Attach the Extrusion Handlebar Assembly (Ref I) to the Extrusion Assemblies using two M8x15L button head (Ref 1), two M8 washers locking (Ref 5) and two M8 washers regular (Ref 3).

**1-3** Completely tighten all of the Hardware.



## Step 2 Install front stabilizer and Extrusion Assembly

### Parts:

- Front Stabilizer (Ref E)
- Extrusion Assembly (From step 1)
- Main Unit (Ref A)

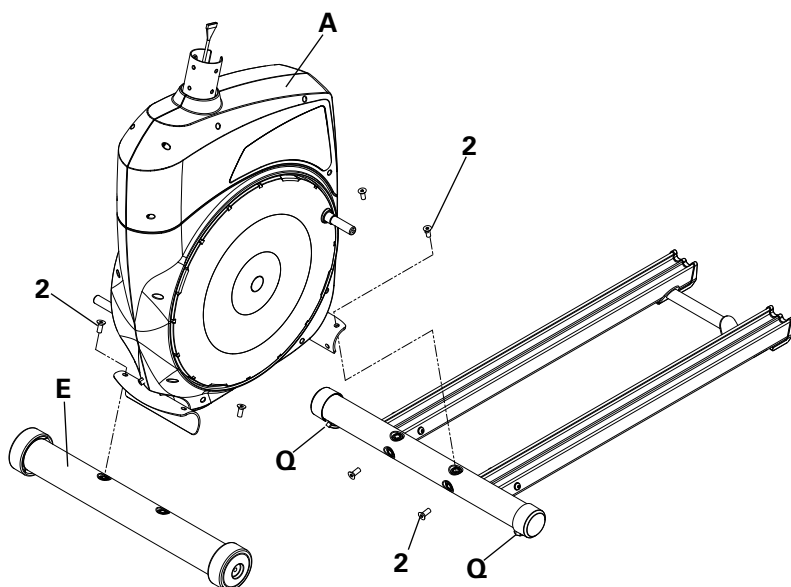
### Tools:

- Supplied Allen Wrench

**2-1** Attach the Front Stabilizer (Ref E) to the Main Unit (Ref A) using two M8x25 flat head screws (Ref 2) and completely tighten the hardware.

**2-2** Attach the Extrusion Assembly from Step 1 to the Main Unit using four M8x25 flat head screws (Ref 2) and completely tighten the hardware.

**2-3** If Extrusion Assembly is above the floor, stand with both feet on the two rear extrusions for approximately 20 seconds, step off of the unit, and then adjust foot pad (ref Q) under extrusion assembly until it just touches the floor on both sides



## Step 3 Install Console Mast

### Parts:

- Console Mast (Ref K)
- Main Unit

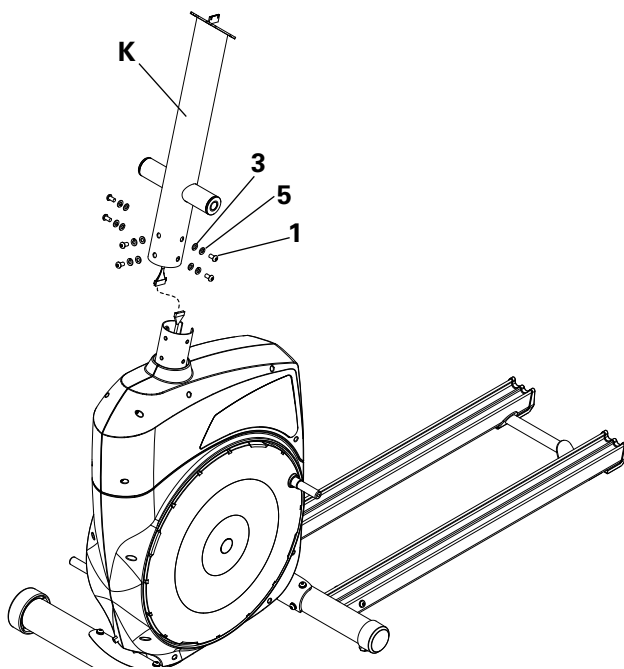
### Tools:

- Supplied Allen Wrench

**3-1** Connect the wire harness from the Main Unit to the wire harness in the Console Mast.

**3-2** Slide the Console Mast (Ref K) down onto the Main Unit and secure using six M8x15L button head (Ref 1), six M8 washers regular (Ref 3) and six M8 washers locking (Ref 5).

**NOTE:** Be careful not to pinch the wires when sliding the Console Mast onto the Main Unit



## Step 4 Install Console Handlebar

### Parts:

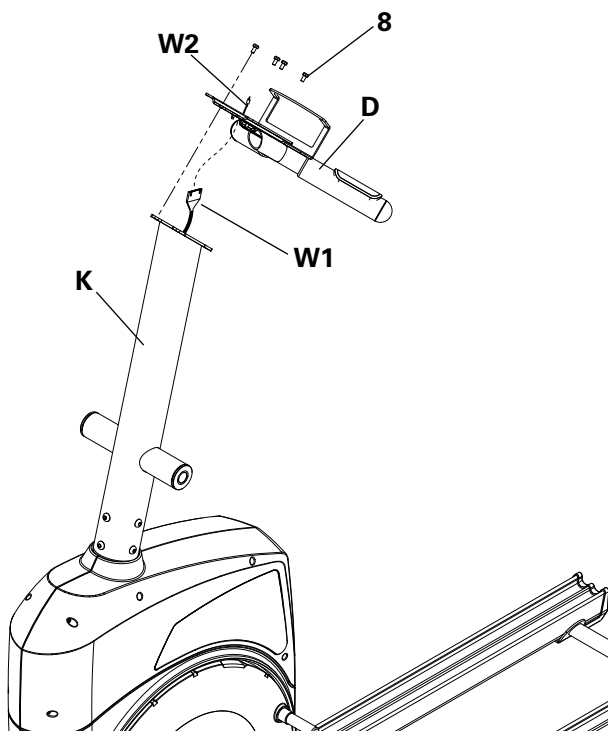
- Console Handlebar (Ref D)

### Tools:

- Supplied Phillips Head Screwdriver

**4-1** Feed the Wire Harness (Ref W1) from the Mast (Ref K) and the Contact Heart Rate Wire (Ref W2) from the Console Handlebar (Ref D) through the hole in the Console Handlebar (Ref D).

**4-2** Secure the Console Handlebar to the Mast using four M5x10L phillps screws (Ref 8).



## Step 5 Install Console

### Parts:

- Console (Ref U)

### Tools:

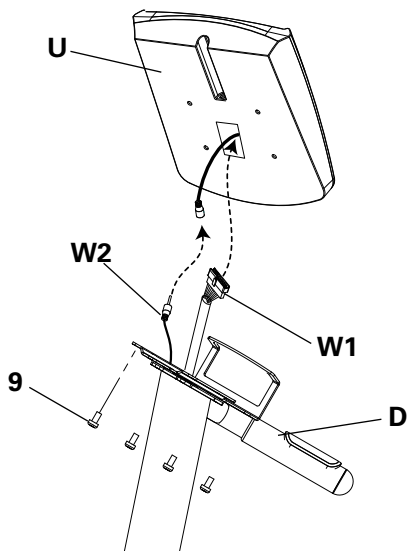
- Supplied Phillips Head Screwdriver

**NOTE:** Before installing the console, make sure the toggle switch on the back of the Console (beside wire connectors) is set to **EP**.

**5-1** Remove the four M5x10 phillips screws (Ref 9) from the back of the console.

**5-2** Connect the Wire Harness (Ref W1) and Contact Heart Rate Wire (Ref W2) to the back of the Console.

**5-3** Reinstall the Console (Ref U) to the Console Handlebar (Ref D) using the screws removed in Step 5-1.



## Step 6 Install Right and Left leg

### Parts:

- Right Leg (Ref R)
- Left Leg (Ref S)

### Tools:

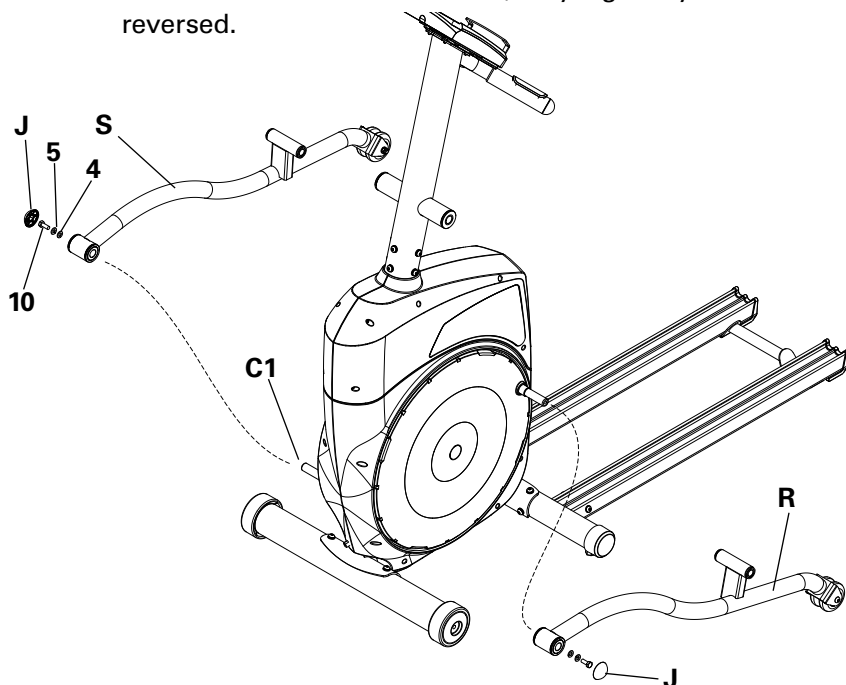
- Supplied Combo Wrench

**6-1** Attach the Right leg (Ref S), marked with an "R" sticker that can be removed, to the post on the Crank (Ref C1) using one M8x20L hex head thread lock (Ref 10) one M8 washer locking (Ref 5) and one M8 washer wide (Ref 4).

**6-2** Repeat the procedure for the Left Leg (Ref R) marked with an "L" sticker that can be removed.

**6-3** Place a Round Cover (Ref J) over the head of each bolt.

**Note:** Make sure the wheels on the Legs are properly seated in the Extrusion Assemblies. If not, they legs may have been reversed.



## Step 7 Install Right and Left Lower Handlebars

### Parts:

- Arm Pivot Rod (Ref L)
- Right Lower Handlebar (Ref Q)
- Left Lower Handlebar (Ref M)

### Tools:

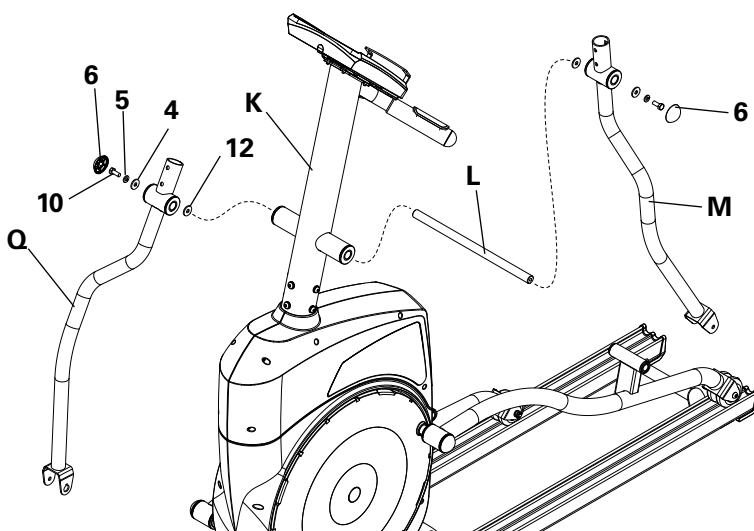
- 2 Supplied Combo Wrenches

**7-1** Slide the Arm Pivot Rod (Ref L) through the Console Mast (Ref K).

**7-2** Slide the Right Lower Handlebar (Ref Q), marked with an “R” sticker, along with one M8 wave washer (Ref 12) onto the Arm Pivot Rod and secure using one M8x20L hexhead threadlock (Ref 10) one M8 washer locking (Ref 5), one M8 washer wide (Ref 4).

**7-3** Repeat the procedure for the Left Lower Handlebar (Ref M) marked with an “L” sticker that can be removed. Use the two supplied combo wrenches thoroughly tighten the hardware

**7-4** Place a Round Cover (Ref 6) over the head of each bolt.





## Step 8 Install Right and Left Foot Assembly

### Parts:

- Foot Mount Plate Qty.2 (Ref T)
- Right Foot Assembly (Ref C)
- Left Foot Assembly (Ref B)
- Arm Cotter Pin (Ref N)

### Tools:

- Supplied Allen Wrench

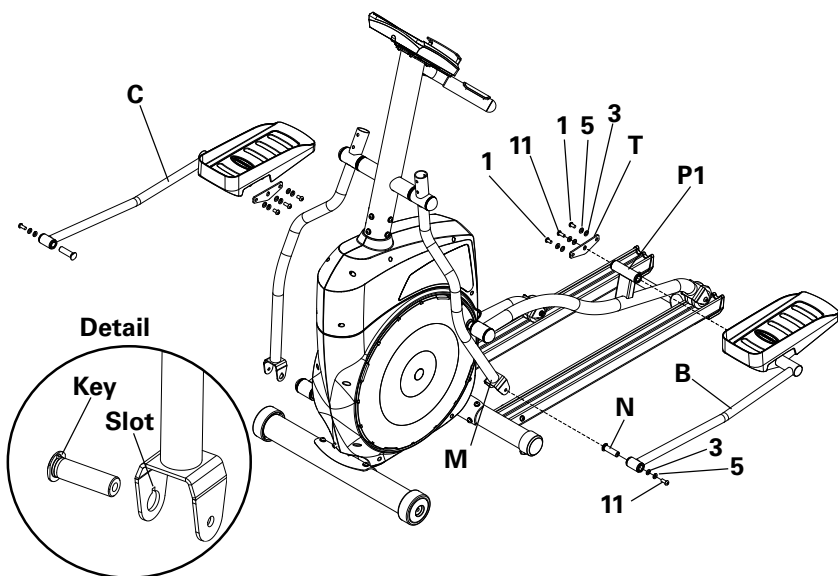
**8-1** Slide the shaft under the Left Foot Assembly into the Pivot (Ref P1) on the Left Leg Assembly. Align a Foot Mount Plate (Ref T) with the Pivot and Foot assembly and secure using one M8x20L button head (Ref 11), two M8x15L button head (Ref 1), three M8 washers locking (Ref 5) and three M8 washers regular (Ref 3).

**8-2** Position the Left Foot Assembly (Ref B), marked with an "L" in the U bracket at the bottom of the Left Lower Handlebar (Ref M). Insert a Cotter Pin (Ref N), from the inside, through the U bracket and Foot Assembly and secure with one M8x20L button head (Ref 11) one M8 washer regular (Ref 3) and one M8 washer locking (Ref 5).

### NOTE:

1. Make sure Key on Cotter Pin engages the Slot in the U bracket. (see detail).
2. Make sure the M8x20 bolt (Ref 10) stays concentric with Cotter Pin (Ref N), and then use tool to tighten the bolt (Ref 10).

**8-3** Repeat the procedure for the Right Foot Assembly (Ref C) marked with an "R".



## Step 9 Install Upper Handlebars

### Parts:

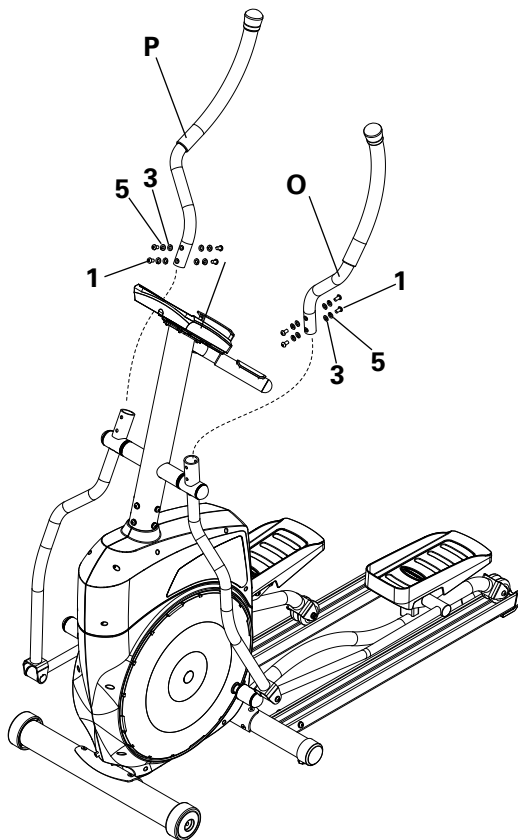
- Right Upper Handlebar (Ref P)
- Left Upper Handlebar (Ref O)

### Tools:

- Supplied Allen Wrench

**9-1** Slide the Upper Left Handlebar (Ref O) into the Lower Left Handlebar and secure using four M8x15I button head (Ref 1) four M8 washers regular (Ref 3) and four M8 washers locking (ref 5).

**9-1** Repeat the procedure for the Upper Right Handlebar (Ref P).



## Step 10 Install Water Bottle Holder and AC Adapter

Parts:

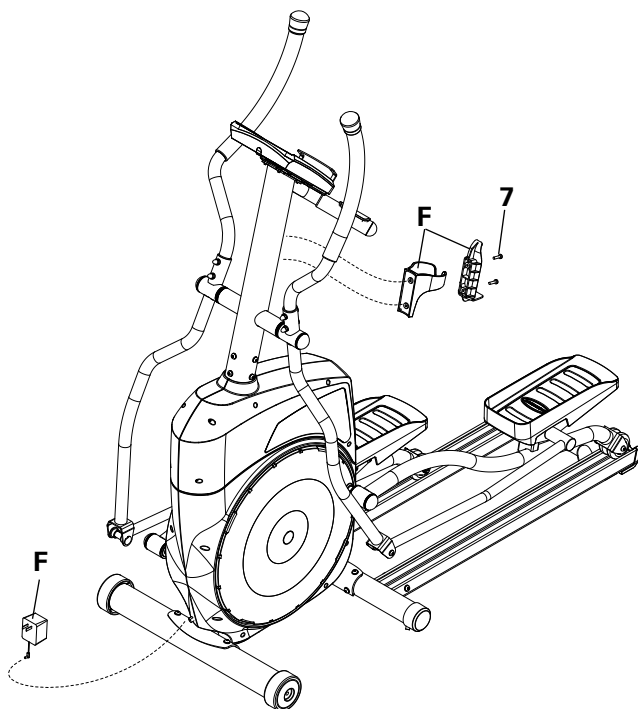
- Water Bottle Holder (Ref F)
- AC Adapter (Ref W)

Tools:

- Supplied Phillips Screwdriver

**10-1** Align the Water Bottle Holder components (Ref F) with the Mast as shown and secure using two M5x20 phillips head (Ref 7).

**10-2** Connect the AC Adapter (Ref W) to the unit as shown.



Assembly is complete!

Please reference the Owner's Manual for information regarding computer operation, product maintenance, warranty information, and general fitness and exercise guidelines.

## IMPORTANT CONTACT NUMBERS

If you need assistance, please have both the serial number of your machine and the date of purchase available when you contact the appropriate Nautilus office listed below.

### OFFICES IN THE UNITED STATES:

E-mail: [cstech@nautilus.com](mailto:cstech@nautilus.com)

- **NAUTILUS INNOVATION CENTER**  
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1886 Prairie Way  
Louisville, Colorado, USA 80027

Phone: 800-NAUTILUS (800-628-8458)  
Fax: 800-898-9410

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Fax: 877-686-6466

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Vancouver, Washington, USA 98683  
Phone: 800-NAUTILUS (800-628-8458)

### INTERNATIONAL OFFICES:

For technical assistance and a list of distributors in your area, please call or fax one of the following numbers.

- **INTERNATIONAL CUSTOMER SERVICE:**

Nautilus International S.A.  
Rue Jean Prouvé 6  
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Tel: + 41-26-460-77-77  
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