



SCHWINN® FORCE™

Assembly
Instructions



SCHWINN® FITNESS

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CAUTION!

Before beginning any exercise program, consult your physician or health care professional. Only he or she can determine the exercise program that is appropriate for your particular age and condition. If you experience any light-headedness, dizziness, or shortness of breath while exercising, stop the exercise and consult your physician.

For Your Safety Please Follow These Instructions

Keep your body weight centered on the machine, seat, or base frame platform while exercising.

When using the Schwinn® Force™ home gym for standing leg exercises, always grasp the Lat Tower on your machine for stability.

Keep out of the path of the Resistance Rods when exercising and make certain that observers also stand clear of the Schwinn® Force™ home gym when Rods are in use.

Inspect your machine before each workout. Periodically check all fasteners to make sure none have loosened with use. Tighten if necessary.

When hooking up Resistance Rods do not stand directly looking over the top of the rods. Stand off to the side while attaching rods.

Never attempt to exercise with more resistance than you are physically able to handle.

Bind cables and Resistance Rods with the rod binding strap when the Schwinn® Force™ home gym is not in use.

Never move or adjust the Seat or Bench while sitting on it. Never stand on the Seat or Bench.

Before exercising, make sure the Cable Pulley system is properly secured, properly attached, and in perfect working condition.

Get To Know Your Machine

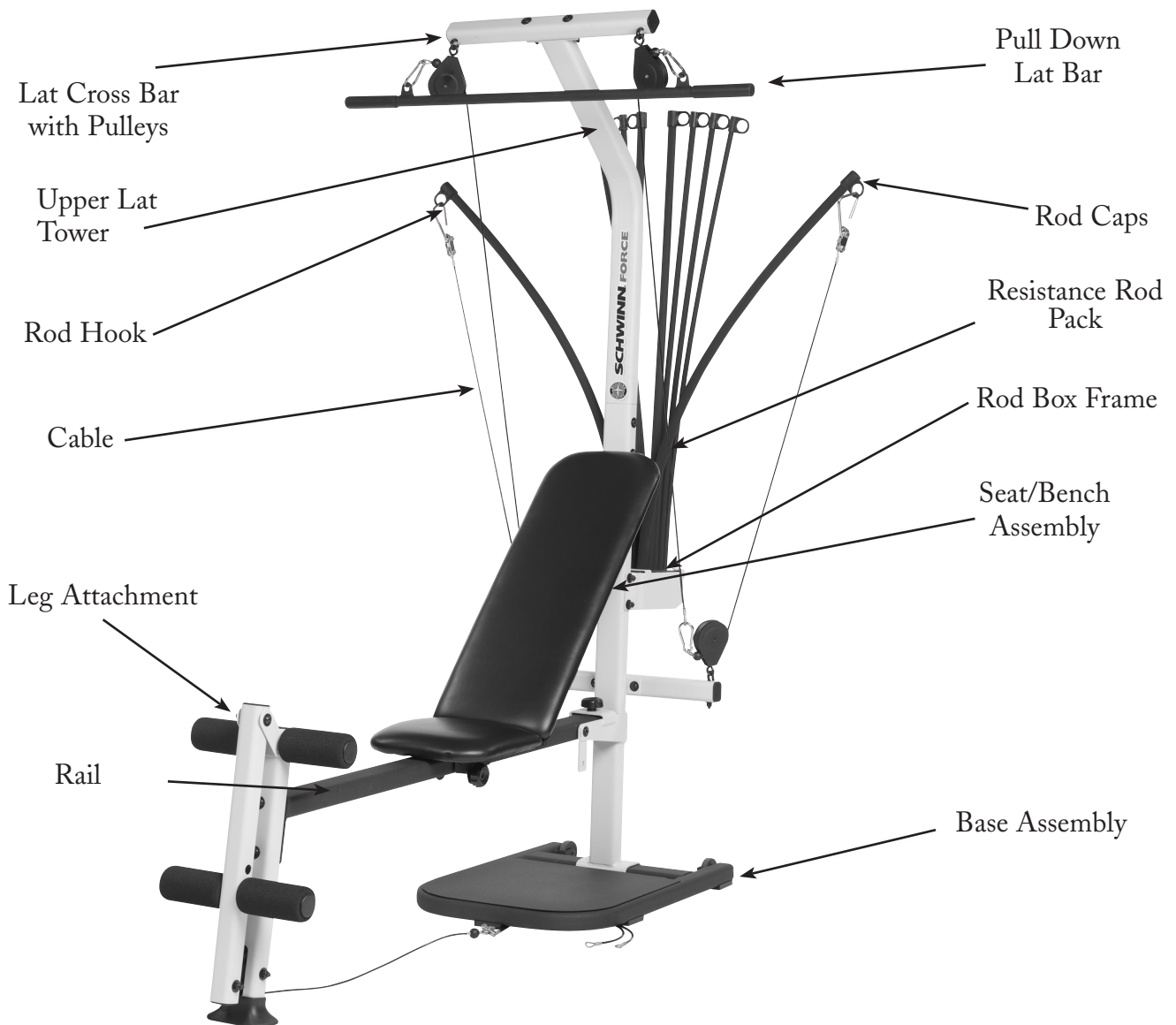
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CONGRATULATIONS on your commitment to fitness! With the Schwinn® Force™ home gym as your exercise partner, you have the tool that will maximize all of your physical fitness, strength and health expectations!

Please take your time to read through your entire Assembly Manual before using your Schwinn® Force™ home gym. It is important to understand how the Schwinn® Force™ home gym functions before you exercise using Resistance Rods.

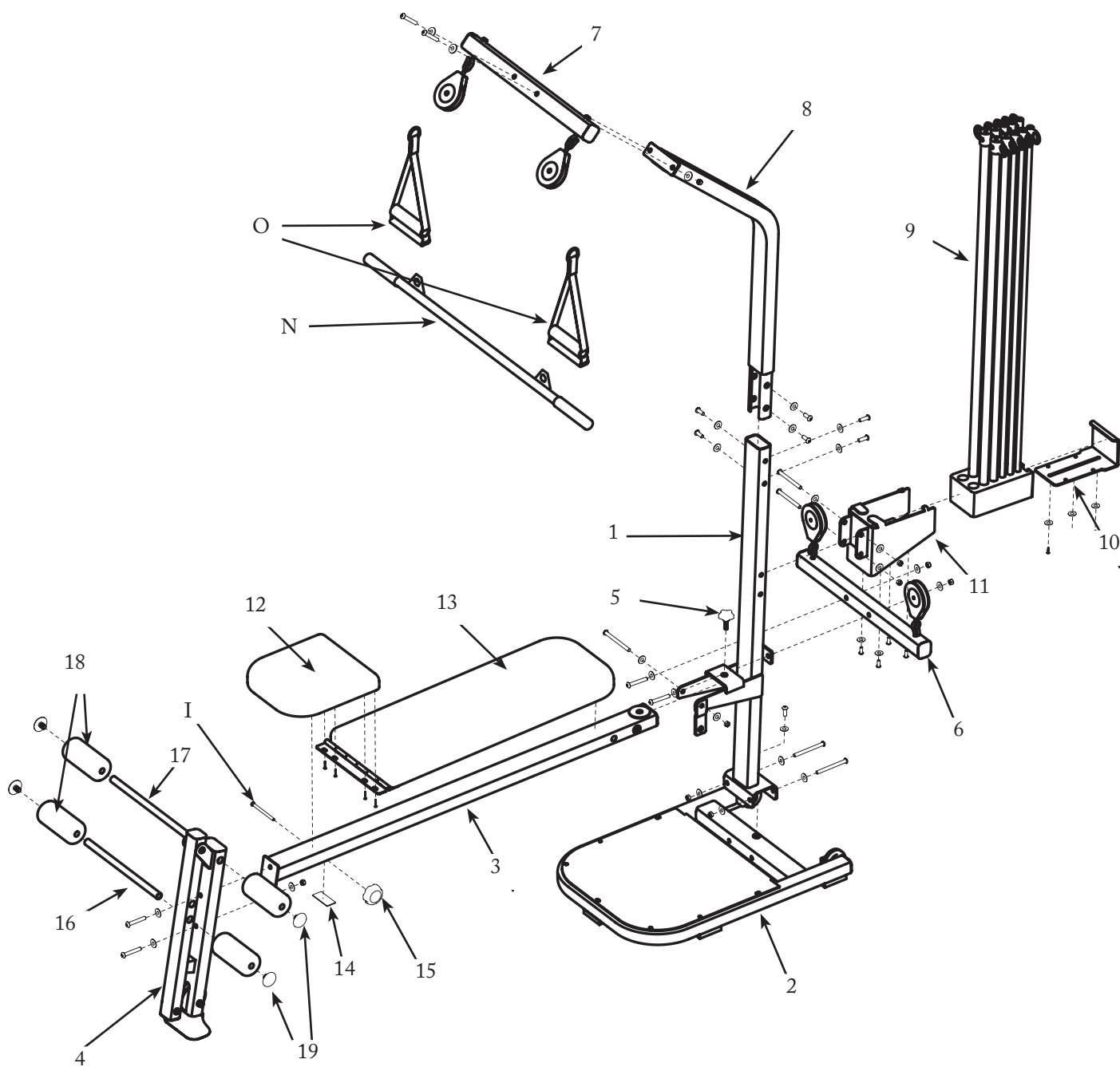
With all of the fitness choices available today, we understand that choosing a piece of workout equipment can be very confusing. Thank you for your trust and your confidence in our product - the Schwinn® Force™ home gym is as good as we say it is, and you're just about to prove it to yourself.

THE SCHWINN® Force™ Home Gym



Get To Know Your Machine

SCHWINN® Force™ Home Gym Parts Reference Guide



Assembly Guide

Basic Assembly Principles

Here are a few basic tips that will make your assembly of the Schwinn® Force™ home gym quick and easy. 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 using a ratchet to tighten a locknut on a bolt, use a combination wrench to grip the locknut. This will ensure that the locknut is fastened securely.
3. When placing a bolt between two separate pieces, you can help the bolt holes to line up by gently lifting one of the pieces. You can also lift gently and look between the pieces to help guide the bolt through the holes.
4. As a general rule, and for all bolts and nuts on your Schwinn® Force™ home gym, turn bolts or nuts toward the right to tighten and left to loosen. Or you can remember the mnemonic: "Righty tighty, lefty loosey."

Tools You Will Need

You will need the following tools to complete the assembly of your Schwinn® Force™ home gym. If you don't have these tools, you can find them at any hardware or department store for a reasonable price.

- 7/16" combination wrench
- 9/16" combination wrench
- Phillips screw driver
- Rubber mallet (optional)
- Utility Knife or Scissors
- (2) Allen Wrenches (included with hardware)

Parts List

Item No.	Qty.	Description
1	1	LOWER LAT TOWER
2	1	BASE ASSEMBLY
3	1	RAIL
4	1	LEG ATTACHMENT
5	1	RAIL KNOB
6	1	CHEST BAR W/ PULLEYS AND ROD CABLES
7	1	LAT CROSS BAR W/ PULLEYS
8	1	UPPER LAT TOWER
9	1	RESISTANCE ROD PACK
10	1	ROD PACK BOTTOM PLATE
11	1	ROD BOX FRAME
12	1	SEAT ASSEMBLY
13	1	BENCH ASSEMBLY
14	1	SEAT SPACER
15	1	SEAT KNOB
16	1	SHORT CHROME ROLLER TUBE
17	1	LONG CHROME ROLLER TUBE
18	4	FOAM ROLLERS
19	4	FOAM ROLLER END CAPS

Hardware List

Item No.	Qty.	Description
A	4	SCREW, 1/4" X 3/4" PHILLIPS HEAD
B	3	SCREW, #10 X 1" SELF THREADING
C	4	SCREW, 5/16" X 3/4" BUTTON HEAD (already installed)
D	8	SCREW, 3/8" X 3/4" BUTTON HEAD
E	2	SCREW, 3/8" X 2 1/2" BUTTON HEAD
F	4	SCREW, 3/8" X 2 3/4" BUTTON HEAD
G	4	SCREW, 3/8" X 4" BUTTON HEAD
H	1	SCREW, 3/8" X 4 1/2" BUTTON HEAD
I	1	CARRIAGE BOLT, 5/16" X 4" (already installed)
J	3	WASHER, 1/4"
K	4	WASHER, 5/16" (already installed)
L	29	WASHER, 3/8"
M	10	NYLOCK NUT 3/8"

Accessory List

Item No.	Qty.	Description
N	1	PULL DOWN BAR
O	2	HAND GRIPS
P	4	SNAP HOOKS (attached to Cables)
Q	2	ROD CABLES
R	2	LAT CABLES
S	1	"Y" LEG CABLE

NOTE: LEAVE ALL CABLES WRAPPED AND BAGGED UNTIL YOUR SCHWINN® FORCE™ HOME GYM IS FULLY ASSEMBLED.

Assembly Guide

Before You Assemble

Select where you are going to put your Schwinn® Force™ home gym carefully. The best place for the Schwinn® Force™ home gym is on a hard, level surface.

Additionally, *hardware should only be securely tightened where indicated in the Assembly Instructions*. Unless otherwise instructed, keep all nuts, bolts and screws loose until the final tightening instructions in **Step 13**.

Schwinn® Force™ Home Gym Assembly Hardware

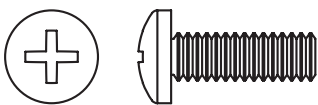
Note: Drawings are actual size

Item #: A

Qty.: 4

Descr: 1/4" X 3/4"

Phillips Head Machine Screw

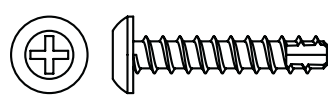


Item #: B

Qty.: 3

Descr: #10 X 1"

Self Threading Screw

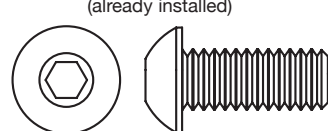


Item #: C

Qty.: 4

Descr: 5/16" X 3/4"

Button Head Screw
(already installed)

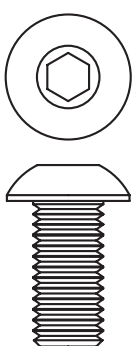


Item #: D

Qty.: 8

Descr: 3/8" X 3/4"

Button Head Screw

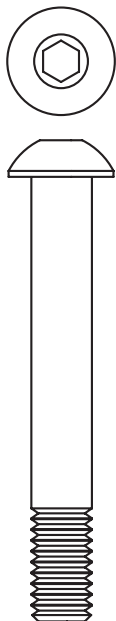


Item #: E

Qty.: 2

Descr: 3/8" X 2 1/2"

Button Head Screw

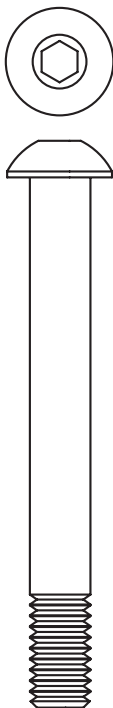


Item #: F

Qty.: 4

Descr: 3/8" X 2 3/4"

Button Head Screw



Item #: G

Qty.: 4

Descr: 3/8" X 4"

Button Head Screw



Item #: H

Qty.: 1

Descr: 3/8" X 4 1/2"

Button Head Screw



Item #: I

Qty.: 1

Descr: 5/16" X 4"

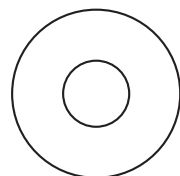
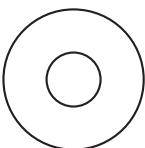
Carriage Bolt
(already installed)



Item #: J

Qty.: 3

Descr: 1/4" Flat Washer



Item #: K

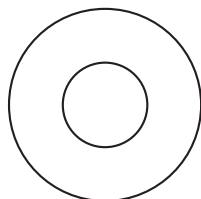
Qty.: 4

Descr: 5/16" Flat Washer
(already installed)

Item #: L

Qty.: 29

Descr: 3/8" Flat Washer



Item #: M

Qty.: 10

Descr: 3/8" Nylock Nut



Assembly Guide

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Step 1: Attach Lower Lat Tower to the Base Assembly

Locate the following items:

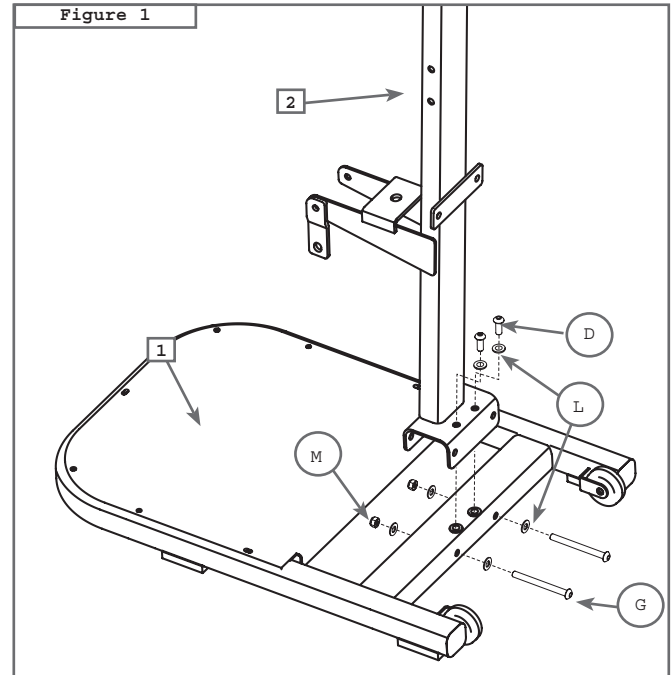
- **Item #1** - Base Assembly
- **Item #2** - Lower Lat Tower
- **Item #D** - (2) 3/8" X 3/4" Button Head Screws
- **Item #G** - (2) 3/8" X 4" Button Head Screws
- **Item #L** - (6) 3/8" Washers
- **Item #M** - (2) 3/8" Nylock Nuts

Place the Base Assembly (Item #1) onto the floor. Line up the base of the Lower Lat Tower (Item #2) with the tube on the rear of the Base Assembly as shown in **Figure 1**.

Place (2) 3/8" Washers (Item #L) over the ends of (2) 3/8" X 4" Button Head Screws (Item #G) - one washer per screw. Insert the screws through the holes in the back of the Base and Lower Lat Tower, as shown in **Figure 1**. Place (2) 3/8" Washers and (2) 3/8" Nylock Nuts (Item #M) over the end of each screw - one each per screw - and secure.

Place (2) 3/8" Washers (Item #L) over the ends of (2) 3/8" X 3/4" Button Head Screws (Item #D) and insert those screws through the Lower Lat Tower and thread into the Base Assembly as shown in **Figure 1**.

Tighten all hardware at this time.



Step 2: Attach Rail to the Leg Attachment

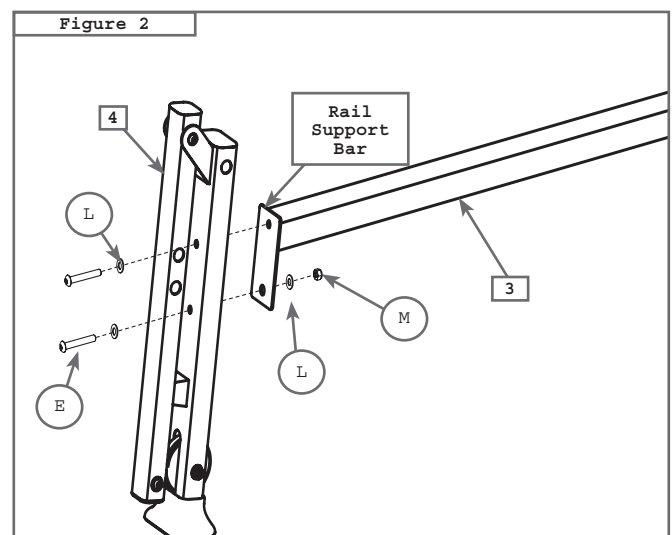
Locate the following items:

- **Item #3** - Rail
- **Item #4** - Leg Attachment
- **Item #E** - (2) 3/8" X 2 1/2" Button Head Screws
- **Item #L** - (3) 3/8" Washers
- **Item #M** - (1) 3/8" Nylock Nut

Lay the Rail (Item #3) on its side, lining up the holes on the Rail support bar with the holes on the Leg Attachment (Item #4), as shown in **Figure 2**. *Lift the Pivot Tube out of the way for this step.*

Place (2) 3/8" Washers (Item #L) over the ends of (2) 3/8" X 2 1/2" Button Head Screws (Item #E) - one washer per screw. The lower screw will slide through the Rail Support Bar, and the upper Button Head Screw screws directly into the Rail - *attach the lower Button Head Screw first*.

Place (1) 3/8" Washer and (1) 3/8" Nylock Nut (Item #M) over the end of the lower Button Head Screw to secure it, as shown in **Figure 2**, and tighten.



Assembly Guide

Step 3: Attach the Rail Assembly to the Lat Tower

Locate the following items:

- From **Step 1** - Lower Lat Tower and Base Frame Assembly
- From **Step 2** - Rail Assembly
- **Item #5** - Rail Knob
- **Item #H** - (1) 3/8" X 4 1/2" Button Head Screws
- **Item #L** - (2) 3/8" Washers
- **Item #M** - (1) 3/8" Nylock Nuts

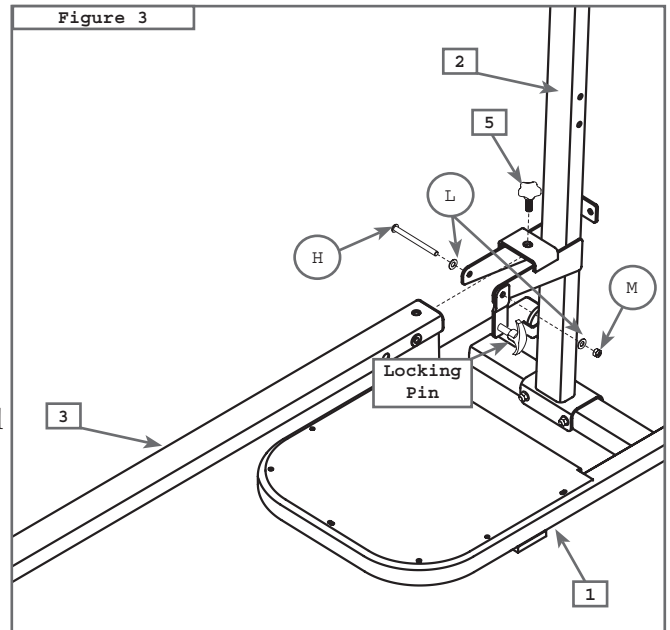
Remove the twist ties from the pivot bushings prior to commencing this step.

Line up the Lower Lat Tower (Item #2) with the Rail (Item #3) as shown in **Figure 3**. Pull out the locking pin on the Rail before you slide the Rail into the pivot bracket. Release the locking pin to lock into place.

Then loosely install the Rail Knob (Item #5) into the pivot bracket on the Lower Lat Tower as shown in **Figure 3**.

Place (1) 3/8" Washer (Item #L) over the end of (1) 3/8" X 4 1/2" Button Head Screw (Item #H) and slide the screw through the Lat Tower and Rail. Secure by placing (1) 3/8" Washer and (1) 3/8" Nylock Nut over the end of the screw.

Tighten all hardware from this step.



Step 4: Attach Chest Bar w/ Pulleys to Main Assembly

Locate the following items:

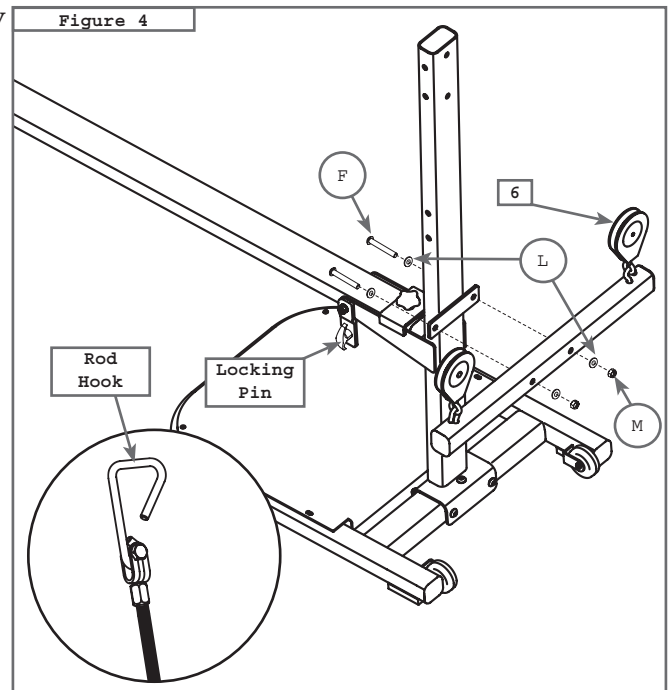
- From **Step 3** - Main Assembly (Base Frame Assembly with Lower Lat Tower Assembly)
- **Item #6** - Chest Bar with Pulleys and Rod Cables
- **Item #F** - (2) 3/8" X 2 3/4" Button Head Screws
- **Item #L** - (4) 3/8" Washers
- **Item #M** - (2) 3/8" Nylock Nuts

The Chest Bar with Pulleys is the bar with the Rod Hook wrapped in the bag with the Pulley and Cable.

Line up the holes in the Chest Bar with Pulleys and Rod Cables (Item #6) with the holes in the Lower Lat Tower (Item #2), as shown in **Figure 4**.

Place (2) 3/8" Washers (Item #L) over the ends of (2) 3/8" X 2 3/4" Button Head Screws (Item #F) - one washer per screw. Slide the screws through the holes in the Lower Lat Tower and Chest Bar with Pulleys and Rod Cables.

Place (2) 3/8" Washers and (2) 3/8" Nylock Nuts (Item #M) over the ends of the screws (one each per screw), as shown in **Figure 4** and tighten.



Assembly Guide

Step 5: Attach Lat Cross Bar to the Upper Lat Tower

Locate the following items:

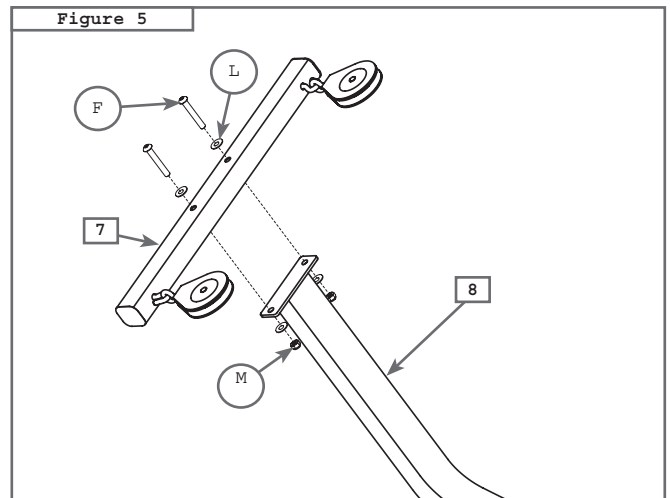
- **Item #7** - Lat Cross Bar with Pulleys
- **Item #8** - Upper Lat Tower
- **Item #F** - (2) 3/8" X 2 3/4" Button Head Screws
- **Item #L** - (4) 3/8" Washers
- **Item #M** - (2) 3/8" Nylock Nuts

Align the holes in the Lat Cross Bar with Pulleys (Item #7) with the corresponding holes in the Upper Lat Tower (Item #8). See **Figure 5** for Pulley orientation.

Place (2) 3/8" Washers (Item #L) over the ends of (2) 3/8" X 2 3/4" Button Head Screws (Item #F) - one washer per screw, and slide the screws through the holes in the Lat Cross Bar with Pulleys and Upper Lat Tower.

Secure the screws by placing (2) 3/8" Washers and (2) 3/8" Nylock Nuts (Item #M) over the ends of the screws - one each per screw - as shown in **Figure 5**, and tightening.

Tighten all hardware from this step.



Step 6: Attach the Upper Lat Tower to the Lower

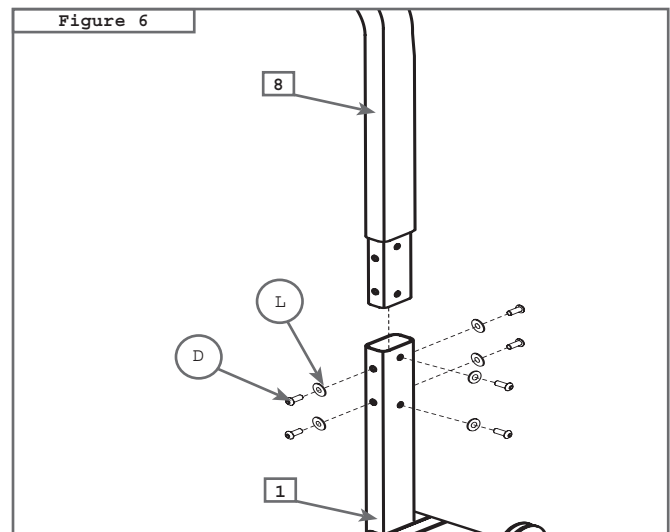
Locate the following items:

- From **Step 5** - Upper Lat Tower Assembly
- From **Step 4** - Lower Lat Tower (Main) Assembly
- **Item #D** - (6) 3/8" X 3/4" Button Head Screws
- **Item #L** - (6) 3/8" Washers

Position the Upper Lat Tower Assembly (from **Step 5**) over the Lower Lat Tower (Item #1) as shown in **Figure 6**.

Insert the base of the Upper Lat Tower into the top of the Lower Lat Tower Assembly. Place (6) 3/8" Washers (Item #L) over the ends of (6) 3/8" X 3/4" Button Head Screws (Item #D) - one washer per screw. Secure the Upper Lat Tower to the Lower by inserting the screws into the holes, as shown in **Figure 6** and tightening.

Note: Do not tighten the screws until all 6 screws are in place.



Assembly Guide

Step 7: Attach Resistance Rods to the Rod Bracket

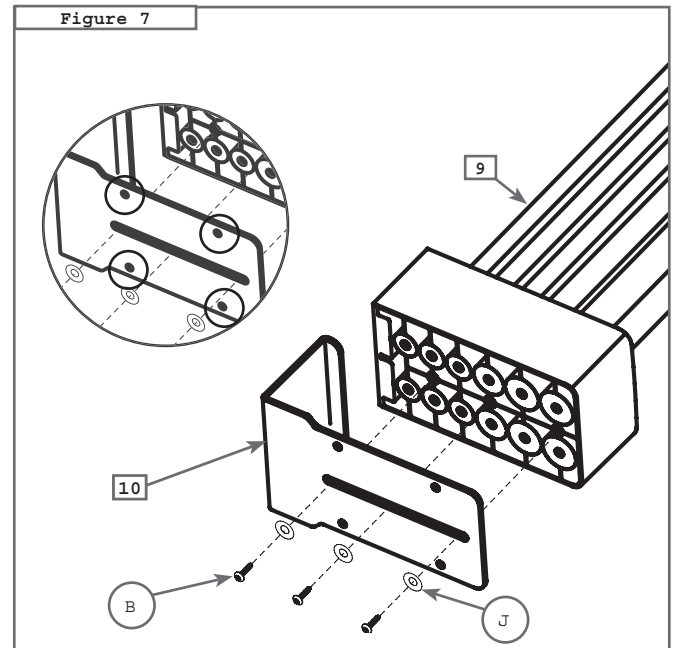
Locate the following items:

- **Item #9** - Resistance Rod Pack
- **Item #10** - Rod Bottom Plate
- **Item #B** - (3) #10 X 1" Self Threading Screws
- **Item #J** - (3) 1/4" Washers

There are four 5/16" X 3/4" Button Head Screws (Item #C) and four 5/16" Washers (Item #K) attached to the Rod Bottom Plate (see the **Figure 7 inset**). Remove these Screws and Washers, and set aside until the end of **Step 9**.

Lay the Resistance Rod Pack (Item #9) on the floor and slide into the Rod Bottom Plate (Item #10) until the Rods are completely supported by the Plate.

Secure the Resistance Rod Pack to the Rod Pack Bottom Plate using (3) 1/4" Washers (Item #J) over (3) #10 X 1" Self Threading Screws (Item #B) - one over each screw - by threading the screws through the center slot in the Rod Bottom Plate, as shown in **Figure 7**.



Tighten all hardware from this step securely.

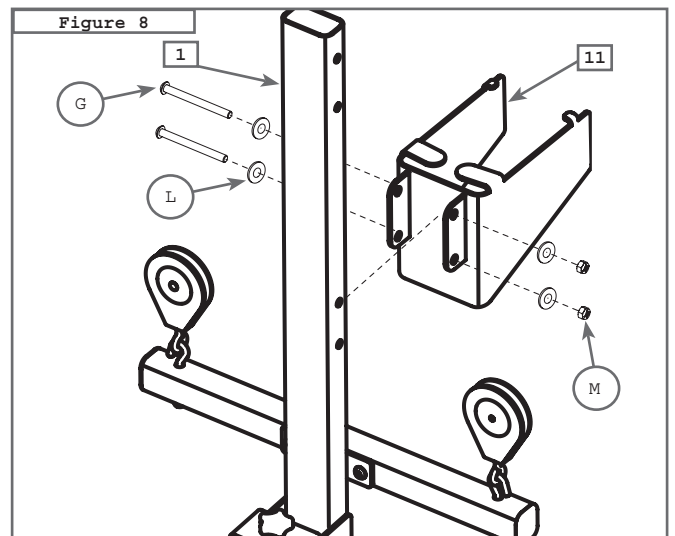
Step 8: Attach Rod Pack Frame to Lower Lat Tower

Locate the following items:

- **Item #11** - Rod Pack Frame
- From **Step 6** - Main Assembly
- **Item #G** - (2) 3/8" X 4" Button Head Screws
- **Item #L** - (4) 3/8" Washers
- **Item #M** - (2) 3/8" Nylock Nuts

Line up the Rod Pack Frame (Item #11) with the lower holes in the Lower Lat Tower (Item #1) - see **Figure 8**.

Place (2) 3/8" Washers (Item #L) over the ends of (2) 3/8" X 4" Button Head Screws (Item #G) - one washer per screw. Slide the screws through the holes in the Rod Pack Frame and Lower Lat Tower, and secure, using (2) 3/8" Washers over the ends of (2) 3/8" Nylock Nuts (Item #M).



Do not tighten at this time.

Assembly Guide

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Step 9: Attach Rod Pack Bottom Plate to Rod Pack Frame

Locate the following items:

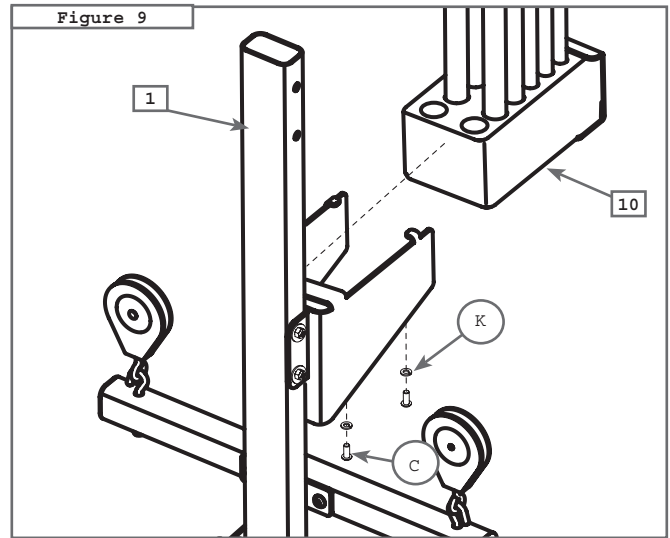
- From **Step 7** - Rod Pack Bottom Plate with Resistance Rods
- From **Step 8** - Main Assembly
- **Item #C** - (4) 5/16" 3/4" Button Head Screws (from **Step 7**)
- **Item #K** - (4) 5/16" Washers (from **Step 7**)

Line up the Rod Pack Bottom Plate with Resistance Rods (from Step 7) with the Rod Pack Frame, as shown in **Figure 9**. Larger Rods should be inserted into Rod Box Frame first.

Locate the (4) 5/16" X 3/4" Button Head Screws (Item #C) and (4) 5/16" Washers (Item #K) that you removed during Step 7.

Place the (4) 5/16" Washers over the (4) 5/16" X 3/4" Button Head Screws - one washer per screw, and insert the screws and washers into the holes in the bottom of the Rod Pack Bottom Plate and Rod Pack Frame.

Tighten all hardware from Steps 8 and 9 at this time.



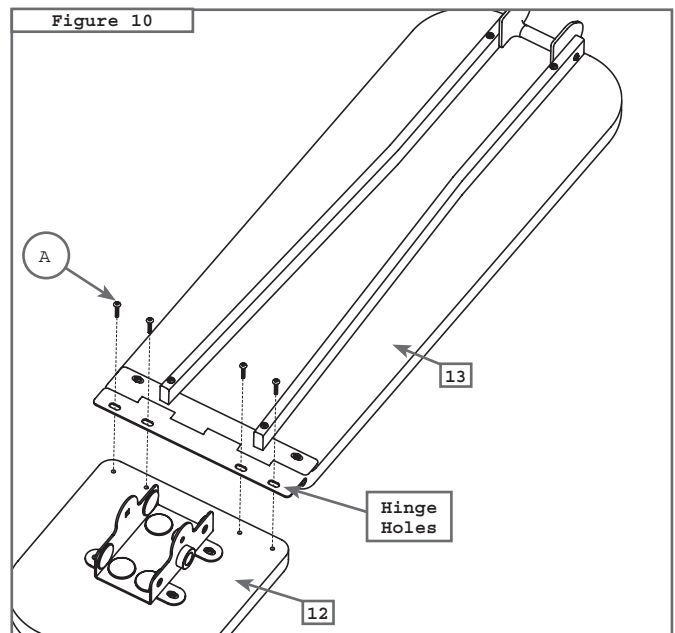
Step 10: Attach the Seat Assembly to the Bench Assembly

Locate the following items:

- **Item #12** - Seat Assembly
- **Item #13** - Bench Assembly
- **Item #A** - (4) #1/4" X 3/4" Phillips Head Machine Screws

Place the Seat Assembly (Item #12) and the Bench Assembly (Item #13) onto the floor, cushioned sides facing down, as shown in **Figure 10**.

Align the four hinge holes on the back of the Bench with the four holes on the back of the Seat. Insert (4) 1/4" X 3/4" Phillips Head Screws (Item #A) through the lined up holes **but do not tighten at this time!**



Assembly Guide

Step 11: Attach the Seat/Bench Assembly to the Rail

Locate the following items:

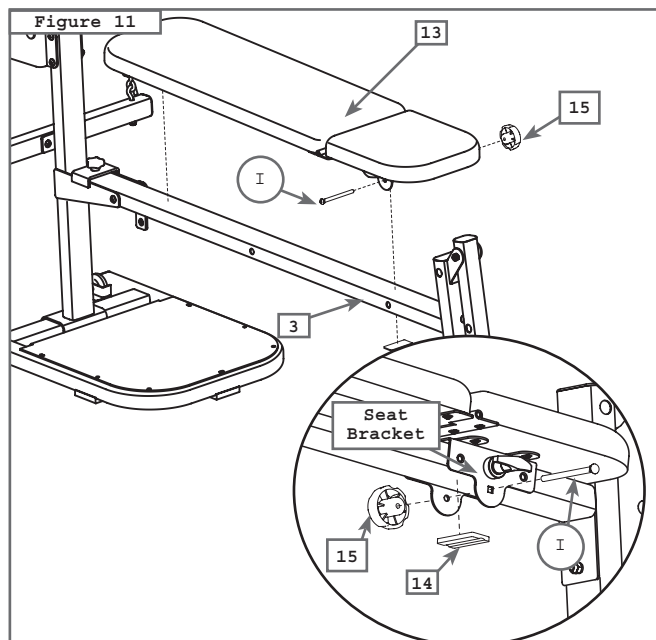
- From **Step 10** - Seat/Bench Assembly
- From **Step 9** - Main Assembly
- **Item #14** - Seat Spacer
- **Item #15** - Seat Knob (already installed)
- **Item #I** - 5/16" X 4" Carriage Bolt (already installed)

Prior to commencing this step, locate and remove the 5/16" X 4" Carriage Bolt (Item #I) and the Seat Knob (Item #15) from the Seat Bracket and set them aside.

Place the Seat/Bench Assembly (from Step 10) over the Rail (Item #3), with the Seat placed nearest the Leg Attachment.

Lock the Seat Pin into the hole on the Rail, then place the Seat Spacer (Item #14) between the two holes in the Seat Bracket. Slide the 5/16" X 4" Carriage Bolt that you removed earlier in this step into the square hole in the bracket, as shown in the **Figure 11 inset**, securing the bolt with the Seat Knob. **Do not overtighten the Seat Knob.**

Note: Tighten the (4) 1/4" X 1" Phillips Head Screws from Step 10 in the Seat/Bench hinge holes at this time.



Step 12: Attach the Leg Attachment Rollers

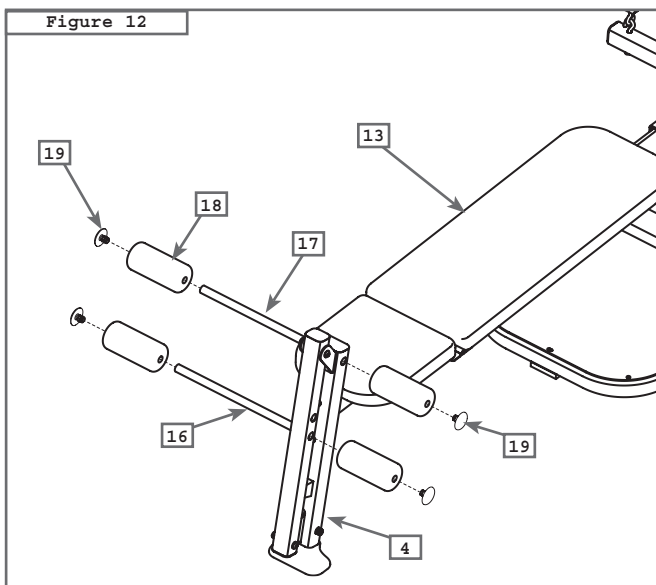
Locate the following items:

- From **Step 10** - Main Assembly
- **Item #16** - Short Chrome Roller Tube
- **Item #17** - Long Chrome Roller Tube
- **Item #18** - Foam Rollers
- **Item #19** - Foam Roller End Caps

There are two sets of holes for the lower (short) chrome roller tube. In order to receive the most benefit from Schwinn Force home gym Leg Exercises, you will need to assess which holes in the Leg Attachment fit your height. To do this, sit on the seat and locate the holes that place the lower Roller Tube directly over your lower shins, above the ankle.

Slide the Short Chrome Roller Tube (Item #16) through the correct lower holes (as determined above) on the Leg Attachment. Slide the Long Chrome Roller Tube (Item #17) through the upper holes. Over each tube, slide (2) Foam Rollers (Item #18), one on each side of the Leg Attachment. Secure the Foam Rollers by capping with the (4) Foam Roller End Caps (Item #19), as shown in **Figure 12**.

Note: You may need a rubber mallet to secure the End Caps.



Step 13: Unwrap the Cables and Tighten Assembly

Using the Rod Cables

For Chest Exercises, attach the Hand Grips to the Chest Pulleys with the Snap Hooks (Item #P), as shown in Figure 13a.

Using the Lat Cables

To use the Lat Cross Bar with Pulleys, attach the (2) Lat Cables (Item #R) to each Rod Cable (Item #Q) at the Chest Bar Pulleys, using (2) Snap Hooks (Item #P).

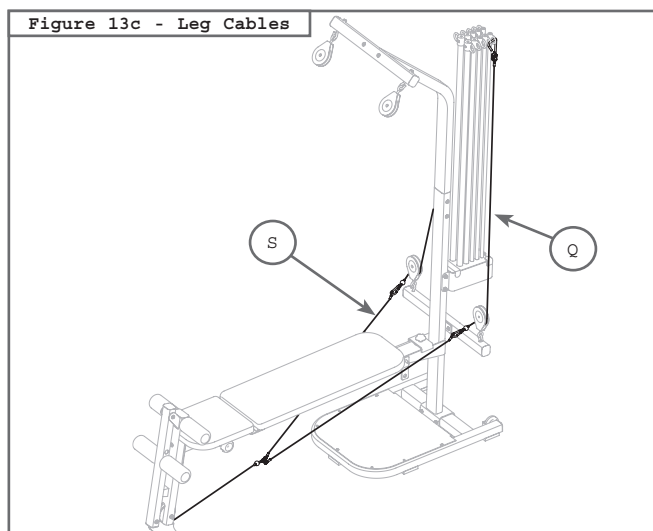
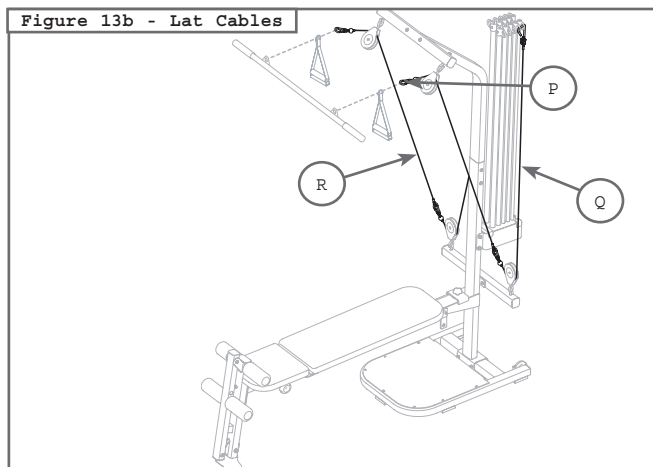
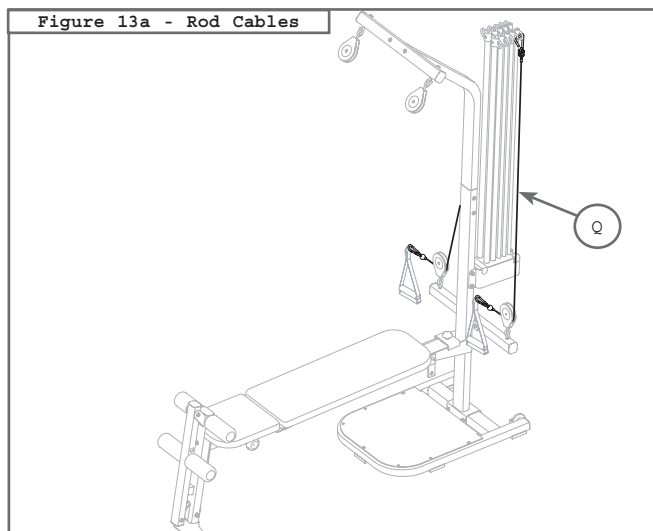
Secure the upper end of the Lat Cables to the Hand Grips (Item #O) or Pull Down Lat Bar (Item #N) with Snap Hooks, as shown in Figure 13b.

Using the Leg Cable

For Leg Exercises, secure the Leg Cable (Item #S) to the Rod Cables (Item #Q) using (2) Snap Hooks. Run the Leg Cables on either side of the Seat/Bench Assembly and Rail, as shown in Figure 13c.



WARNING: Carefully go over the entire Schwinn® Force™ home gym assembly, tightening all screws, nuts and other hardware securely before using your Schwinn Force home gym.



CONGRATULATIONS! You have completed assembly of your Schwinn® Force™ home gym!

How to Use Your Machine

Using the Resistance Rods

The Schwinn® Force™ home gym uses Resistance Rods that are made from a special composite material. Your rods are sheathed with a protective black rubber coating. Each rod is marked with its weight rating on the “Rod Cap”.



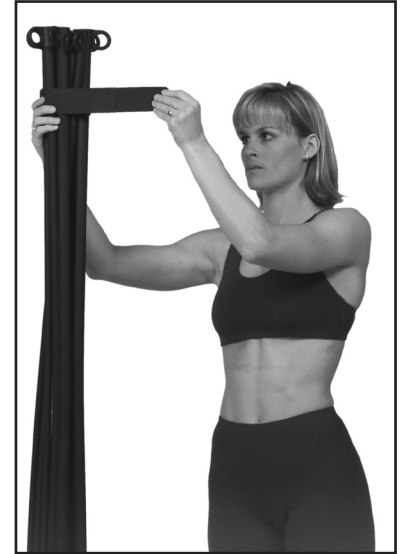
Adjusting and Understanding the Resistance Rods

The standard Schwinn® Force™ home gym comes with 210 pounds of resistance (one pair of 5 pound rods, two pair of 10 pound rods, one pair of 30 pound rods, and one pair of 50 pound rods).

Storage of the Schwinn® Force™ Home Gym

Disconnect the cables from the Resistance Rods when you are not using your Schwinn® Force™ home gym.

Use the binding strap included with your machine to bind all the rods together at the top. You can also place your cables and hand grips through the strap to keep them out of the way.



Hooking the Resistance Rods to the Cables

You may use one rod or several rods in combination, to create your desired resistance level.

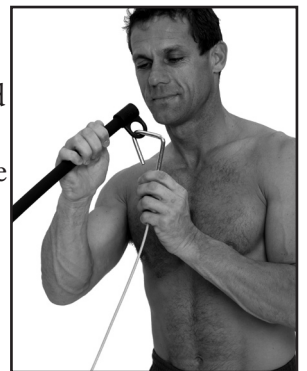
To hook multiple rods up to one cable, bend the closest rod toward the cable and place the cable hook through that rod cap. You can then hook up the next closest rod through the same cable hook.

Hooking up the closest rod first prevents rods from crossing over the top of one another.



Safety

When hooking the Resistance Rods to the cable hooks, do not stand directly over the tops of the rods. Stand off to one side when connecting and disconnecting the Resistance Rods from the cables.



How to Use Your Machine

Schwinn® Force™ Home Gym Hand Grips

The Schwinn® Force™ home gym hand grips fit snugly around your hands or ankles. Attach the Snap Hooks to the D-Rings on the hand grips to attach them to the cables.



Regular Grip:

Grasp the main portion of the grip without inserting your hand through the cuff portion.

Most of the exercises you perform utilize this grip.



Hand Cuff Grip:

Slip your hand through the cuff so that the foam pad rests on the back of your hand. Grasp the remainder of the grip that is sitting in your palm.



Ankle Cuff Grip:

The cuff portion of the grip stretches apart from the handle. Pull the cuff away from the handle, then insert your foot and tighten grip around your ankle up by pulling the handle toward the cuff.



Arch Cuff Grip:

The cuff opening can also fit over the arch of your foot. Insert your foot through the cuff until it is around the arch of your instep, and tighten around your heel to secure the grip.



Shoulder Grip:

Spread open the cuff and slide the grip up your arm, tightening the grip around your shoulder by pulling the handle toward the cuff.



Folding and Moving the Schwinn® Force™ Home Gym

Folding and moving the Schwinn® Force™ home gym is easy. Follow the steps below to fold your machine.

1. Bind the Resistance Rods with the Rod binding strap.
2. Remove the Seat Rail Knob.
3. Pull out the Locking Pin on the Rail.
4. Fold the Seat Rail toward the Resistance Rod Pack until the Locking Pin clicks into place, securing the Rail in the upright position.
5. Replace the Seat Rail Knob

Once it's folded, it's simple to tilt the Schwinn® Force™ home gym back on its transport wheels and roll to any location.

Maintenance of Your Schwinn® Force™ Home Gym

Your Schwinn® Force™ home gym requires little maintenance. To keep your Schwinn® Force™ home gym in top condition, check all fasteners before each workout and tighten as needed.

Clean the seat with a non-abrasive cleaner after each use. This will keep it looking new. Any non-abrasive household cleaner or soap works well. Many automotive interior cleaners make surfaces too "slick" and should not be used.

If you have any questions regarding maintenance please call our customer service department at 1-800-655-8443.

Strength Training Equipment

Safety Warnings

1. Never allow children to use the Schwinn® Force™ home gym unsupervised. To do so could result in injury.

Parents and others in charge of children should be aware of their responsibility to protect the child from injury when using the Schwinn® Force™ home gym. Children's natural play instinct and fondness for experimenting can lead to situations and behavior for which the Schwinn® Force™ home gym is not intended.

If children are allowed to use the Schwinn® Force™ home gym, their mental and physical development and above all their temperament should be taken into account. Always instruct your child on the correct usage of the Schwinn® Force™ home gym.

This equipment is under no circumstances suitable as a children's toy.

2. Always read and follow the Warning and Safety labels attached to your Schwinn® Force™ home gym. Do not remove these labels. If you need replacement labels, please call a Nautilus Health and Fitness Representative at (800) 655-8443.
3. Read this manual and follow it carefully prior to using the Schwinn® Force™ home gym.
4. Inspect your machine for any worn or loose components prior to use.
5. Never use dumbbells or other weight equipment to incrementally increase the weight resistance. Use only the Resistance Rods that came with your Schwinn® Force™ home gym.
6. Set up and use your Schwinn® Force™ home gym on a hard, level surface.
7. Do not wear any loose or dangling clothing or jewelry while using the Schwinn® Force™ home gym. Stand clear of all moving components.
8. This machine is meant for individual consumer use only, and is not meant for use by institutions, clubs, etc.
9. Maximum user weight for the Schwinn® Force™ home gym is 300 lbs. For your safety, do not use or allow others to use the Schwinn® Force™ home gym if you or they weigh in excess of 300 lbs.

Schwinn® Force™ Home Gym Warranty Registration Card

IMPORTANT! MAIL WITHIN 30 DAYS OF PURCHASE

PLEASE PRINT CLEARLY – THANK YOU

☐ Mr. 2. ☐ Mrs. 3. ☐ Ms. 4. ☐ Miss

Name:

Address: Apt. #:

City: State: Zip:

Phone number: () - x

E-Mail address:

Is this your primary address? ☐ Yes ☐ No

Place of purchase:

Date of purchase:
M M D D Y Y

Purchaser date of birth:
M M D D Y Y

Gender: ☐ Male ☐ Female

Marital status: ☐ Married ☐ Single

Including yourself, total number of people living in your household: (Examples: 01, 02, 03 ...)

Would you like to receive additional information on healthy lifestyle products? ☐ Yes ☐ No

Which best describes your family income:

☐ Under \$15,000 ☐ \$25,000 – \$34,999 ☐ \$50,000 – \$74,999 ☐ \$100,000 – \$149,999
☐ \$15,000 – \$24,999 ☐ \$35,000 – \$49,999 ☐ \$75,000 – \$99,999 ☐ Over \$150,000

What other types of exercise equipment do you own?

Did you receive this item as a gift? ☐ Yes ☐ No

Name of original purchaser:

Thanks for filling out this questionnaire. Your answers are important to us. Please check here ☐ if you would prefer not to obtain information on new and interesting opportunities from other exciting companies.

What Is Covered

Nautilus Health and Fitness Group warrants to the original purchaser of the Schwinn® Force™ home gym that the Schwinn® Force™ home gym is free from defects in materials or workmanship, with the exceptions stated below. This warranty is not transferable or applicable to any person other than the original purchaser and is only applicable for products sold and used in the United States or Canada. Tampering with the unit will void the warranty.

Schwinn® Force™ Home Gym

- 90 days on machine
- 90 days parts and labor
- 5 Year Warranty on Resistance Rods

Warranties Do Not Cover

- A Schwinn® Force™ home gym purchased for commercial or institutional use.
- Damage due to use by persons who weigh more than 300 pounds.
- Damage due to abuse, accident, failure to follow instructions or warnings in the Owner's Manual, misuse, mishandling, accident or Acts of God (such as floods or power surges).
- Damage due to normal wear and tear.

What We Will Do

During your Warranty Coverage Period, Nautilus Health and Fitness Group will repair any Schwinn® Force™ home gym that proves to be defective in materials or workmanship. In the event repair is not possible, Nautilus Health and Fitness Group will either replace your Schwinn® Force™ home gym or refund your purchase price, less shipping and handling.

Service Support

Call to speak to a Nautilus Health and Fitness Group Representative at 1-800-655-8443. You may need to return the defective part, at your expense, to the address given to you by a Nautilus Health and Fitness Group Representative. Always include an explanation of the problem. Adequate protective packaging of the defective parts or unit and cost of shipping are your responsibility.

The repaired part or unit will be returned to you at the company's expense.

How State Law Applies

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



Please fold over and tape before mailing



Please fold over and tape before mailing

**Place
Stamp
Here**

**SCHWINN Force
1400 NE 136th Avenue
Vancouver, WA. 98684**

Warranty Information

(Keep For Your Records)

What Does This Warranty Cover?

Nautilus Health and Fitness Group warrants to the original purchaser of the Schwinn® Force™ home gym that the Schwinn® Force™ home gym is free from defects in materials and workmanship, when used for the purpose intended, under normal conditions. This warranty is extended only to the original purchaser and is not transferable or applicable to any other person.

How Long Does Warranty Coverage Last?

Residential

- 90 Days on machine
- 90 Days on parts and labor
- 5 Year Warranty on Resistance Rods

This warranty covers all defects in material or workmanship of the Schwinn® Force™ home gym. Warranties do not cover commercial or institutional use or misuse and abuse by the consumer.

To make this warranty effective, you must completely fill out the Schwinn® Force™ Home Gym Warranty Registration Card within 30 days of the purchase of your Schwinn® Force™ home gym, and return it to the address on the Warranty Card.

Warranty Does Not Cover

- A Schwinn® Force™ home gym purchased for commercial or institutional use.
- Damage due to use by persons who weigh more than 300 pounds.
- Damage due to abuse, accident, failure to follow instructions or warnings in the Assembly Manual, misuse, mishandling, accident or Acts of God (such as floods, tornadoes, power surges, etc.).
- Damage due to normal wear and tear.

What Nautilus Health and Fitness Group Will Do

During your Warranty Coverage Period, Nautilus Health and Fitness Group will repair any Schwinn® Force™ home gym that proves to be defective in materials or workmanship. In the event repair is not possible, Schwinn Fitness will either replace your Schwinn® Force™ home gym or refund your purchase price, less shipping and handling.

Nautilus Health and Fitness Group reserves the right to substitute material of equal or better quality if identical materials are not available at the time of service under this Warranty. The replacement of the product under the terms of the Warranty in no way extends the Warranty period.

Service Support

Call 1-800-655-8443 to speak with a Nautilus Health and Fitness Group Representative. You may need to return the defective part at your expense to the address given you by the Nautilus Health and Fitness Group Representative.

Always include an explanation of the problem with service shipments.

Adequate protective packaging of the defective parts or unit and cost of shipping to the above address are your responsibility.

The repaired part or unit will be returned to you at the company's expense.

How State Law Applies

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



SCHWINN[®] FORCE[™]

This manual is written and designed by industry professionals. If you have any questions regarding your Schwinn[®] Force[™] home gym or any instructions found in this manual, please call 1-800-655-8443 for assistance.



SCHWINN[®] FITNESS