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NOTICE: This document provides important safety instructions, adjustments, and general troubleshooting information for the maintenance of the Bowflex™ VeloCore™ 16 and VeloCore™ 22 bikes.

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.

Important Safety Instructions

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.

Before servicing or using this equipment, obey the following warnings:

Read and understand the Service Manual before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.

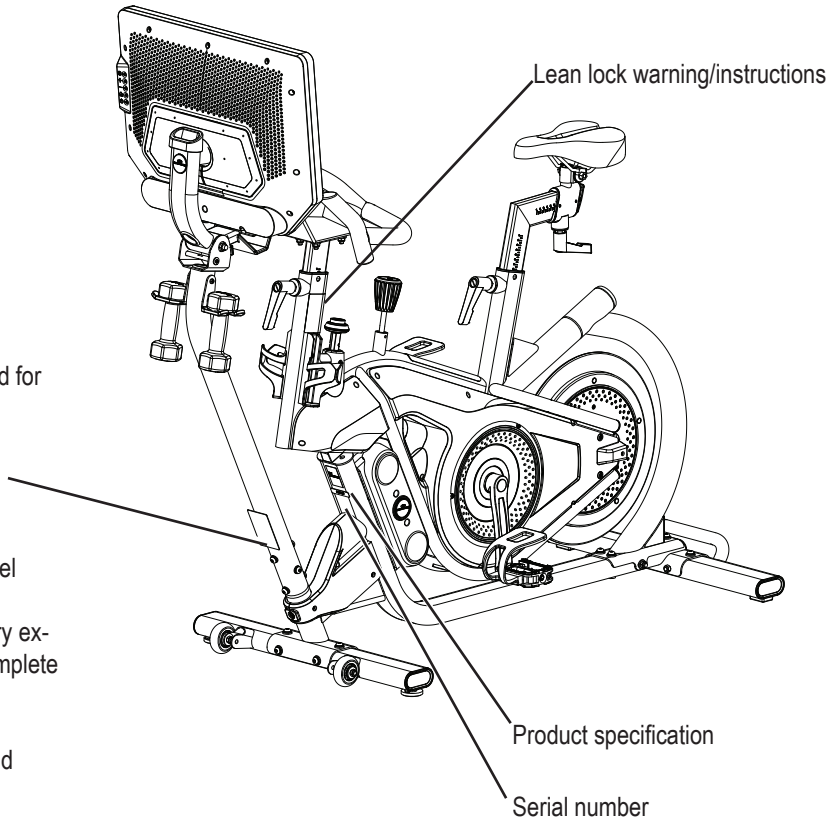
- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Disconnect all power to the machine before you service it.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- Use only replacement parts and hardware that are supplied or approved by Nautilus. Failure to use Nautilus-approved replacement parts can adversely affect the safety and functionality of the equipment creating a risk to users and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If at any time the Warning labels 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.
- Do not try to change the design or functionality of the machine being serviced as this can adversely affect user safety.
- Do not put the machine back in service until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

• SAVE THESE INSTRUCTIONS.

SAFETY WARNING LABELS AND SERIAL NUMBER

WARNING!

- Injury or death is possible if caution is not used while using this machine.
- Keep children and pets away.
- Read and follow all warnings on this machine.
- Refer to the Owner's Manual for additional warnings and safety information.
- The heart rate displayed is an approximation and should be used for reference only.
- Not intended for use by anyone under 14 years of age.
- The maximum user weight for this machine is 325 lbs (147 kg.).
- For Consumer Use Only.
- Consult a physician prior to using any exercise equipment.
- Set up and operate the stationary exercise bicycle on a solid level surface.
- Care should be taken in mounting and dismounting the stationary exercise equipment. Before dismounting, bring the machine to a complete stop.
- Spinning pedals can cause injury.
- This exercise bicycle does not have a freewheel and pedal speed must be reduced in a controlled manner.



(Label is available in English and French Canadian only.)

FCC Compliance

Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This product complies with part 15 of the FCC rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Note: This product has been tested and found to comply with the limits for a Class B digital device, pursuant to CFR47 Part 15 Subpart B of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications.

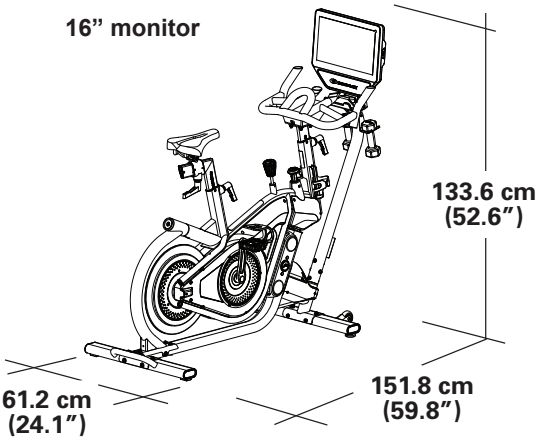
However, there is no guarantee that interference will not occur in a particular installation. In the unlikely event that this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

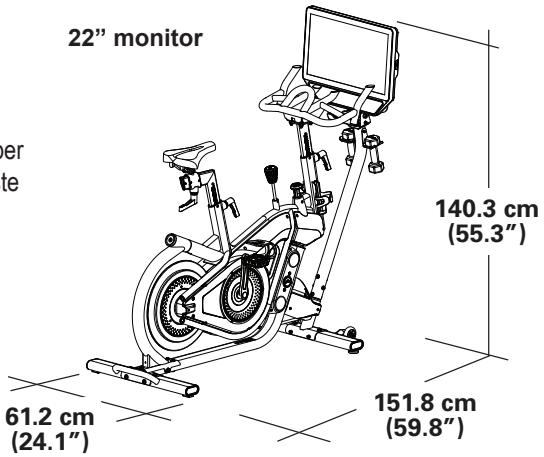
- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Consult the dealer or an experienced radio/TV technician for help.

This product complies with the European Radio Equipment Directive 2014/53/EU.

SPECIFICATIONS

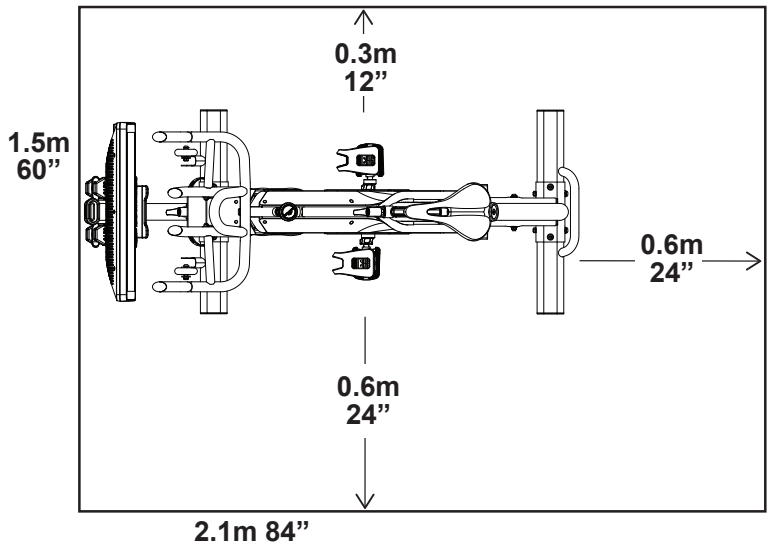
Maximum User Weight:	147 kg (325 lbs.)	
	16" monitor	*22" monitor*
Machine Weight without Dumbbells:	67.6 kg (149 lb.)	69.1 kg (152.3 lb.)
Approx. Screen Size (measured diagonally):	39.6 cm (15.6")	54.6 cm (21.5")
Weight of Dumbbells (supplied in U.S./Canada):	2.7 kg (6 lbs.)	
Total Surface Area (footprint) of equipment:	9290.2 cm^2 (1440 in^2)	
Power Requirements (Power Adapter):		
Input Voltage:	100-240V AC, 50-60Hz, 1.5A	
Output Voltage:	12V DC, 5A	
(Arm Band - supplied in U.S./Canada):	Rechargeable lithium battery	





DO NOT dispose of this product as refuse. This product is to be recycled. For proper disposal of this product, please follow the prescribed methods at an approved waste center.

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 a minimum 2.1 m x 1.5 m (84" x 60"). Keep at least 0.6 m (24") along the side used to access the machine clear and at least 0.3 m (12") clear along the other side for the side to side lean mode.



MAINTENANCE

Read all maintenance instructions fully before you start any repair work. In some conditions, an assistant is required to do the necessary tasks.

Equipment must be regularly examined for damage and repairs. The owner is responsible to make sure that regular maintenance is done. Worn or damaged components must be repaired or replaced immediately. Only manufacturer supplied components can be used to maintain and repair the equipment.

If at any time the Warning labels 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.

Disconnect all power to the machine before you service it.

Daily:

Before each use, examine the exercise machine for loose, broken, damaged, or worn parts. Do not use if found in this condition. Repair or replace all parts at the first sign of wear or damage. Make sure adjustment knobs are tight. Tighten as necessary. Check the Pedals and tighten as necessary. After each workout, use a damp cloth to wipe your machine and Console free of moisture.

NOTICE: If necessary, only use a mild dish soap with a soft cloth to clean the Console. Do not clean with a petroleum based solvent, automotive cleaner, or any product that contains ammonia. Do not clean the Console in direct sunlight or at high temperatures. Be sure to keep the Console free of moisture.

Weekly:

Check pedals and crank arms and tighten as necessary. Make sure all bolts and screws are tight. Tighten as necessary.

Since this machine operates with a fixed gear, do not back, or reverse, pedal. Doing so may loosen the Pedals, which could result in damage to the machine and/or injury to the user. Never operate this machine with loose Pedals.

Clean the machine to remove any dust, dirt, or grime from the surfaces.
Check for smooth seat operation.

Note: Do not use petroleum based products.

Monthly or after 20 hours:

Check the drive belt tension and adjust if necessary.

Checking the Drive Belt Tension

To check the Drive Belt tension, the bike needs to be operated. Set the resistance at a medium to high level. Get the pedals rotating at about 20 RPM. Then suddenly increase the RPM to your maximum ability. If the pedals move normally with no slipping, the tension is correct. If the Pedals slip, the belt needs to be adjusted. Refer to the “Adjust the Belt Tension” procedure.

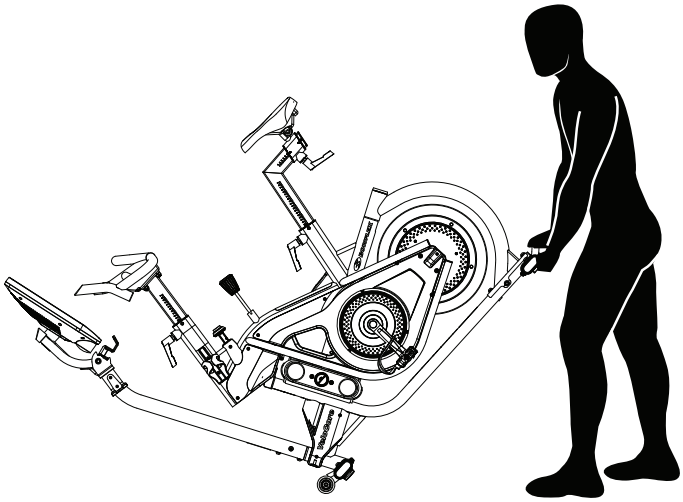
Moving and Storing the Machine

The machine may be moved by one or more persons depending on their physical abilities and capacities. Make sure that you and others are all physically fit and able to move the machine safely.

1. Remove the power adapter. Remove the dumbbells, any media devices, or water bottles from the bike before moving it.
2. **Be sure the machine is stabilized in the upright position with the Lean Lock Knob pulled up (locked position).**
3. To lock the Flywheel, turn the Emergency Brake/Resistance Adjustment Knob clockwise until it encounters an increase in resistance. Then rotate the Emergency Brake/Resistance Adjustment Knob another 1/2 turn clockwise.

Tighten the Emergency Brake/Resistance Adjustment Knob as described until the Flywheel is locked before moving it.

4. Use the Transport Handle to carefully lift the machine onto the transport rollers.
5. Push the machine into position.
6. Carefully lower the machine into position.

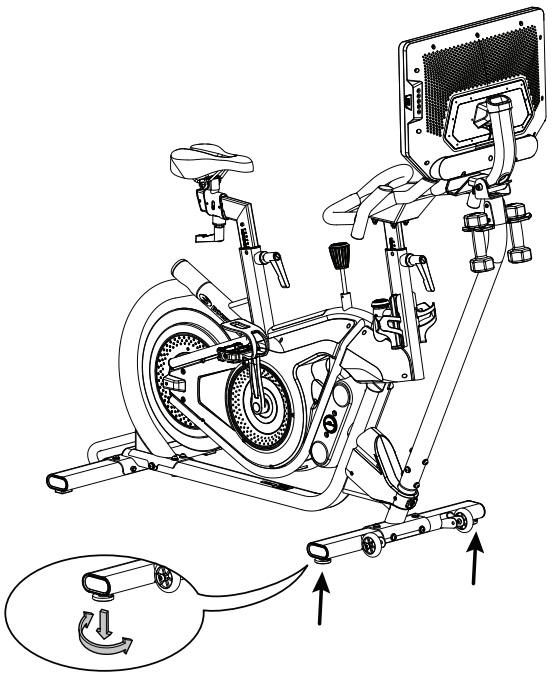


NOTICE: Be careful when you move the machine. Abrupt motions can affect the computer operation.

For safe storage of the machine, remove the power adapter and place in a secure location. Be sure the machine is stabilized in the upright position with the Lean Lock Knob pulled up (locked position). Tighten the Brake/Resistance Adjustment Knob as described until the Flywheel is locked. Place the machine in a secure location away from children and pets.

Leveling the Machine

Set up and operate this machine on a solid, level, horizontal surface. The machine needs to be leveled if your workout area is uneven. Levelers are found on each side of the front stabilizer. Lift the stabilizer slightly to take the weight off the adjuster, then turn the stabilizer foot to adjust.

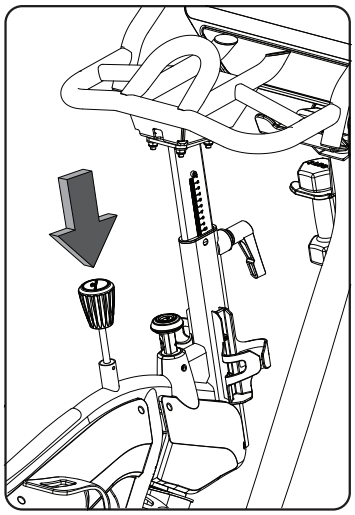


Do not adjust the levelers to such a height that they detach or unscrew from the machine. Injury to you or damage to the machine can occur.

Make sure the machine is level and stable before you exercise.

Emergency Stop

To stop the pedals immediately, push down hard on the Emergency Brake/Resistance Adjustment Knob.



This bike cannot stop the Pedals independently of the Flywheel. Reduce the pace to slow the Flywheel and Pedals to a stop. Do not dismount the bike until the Pedals have come to a complete stop. Be aware that the moving Pedals can strike the backs of the legs.

Resistance Adjustment

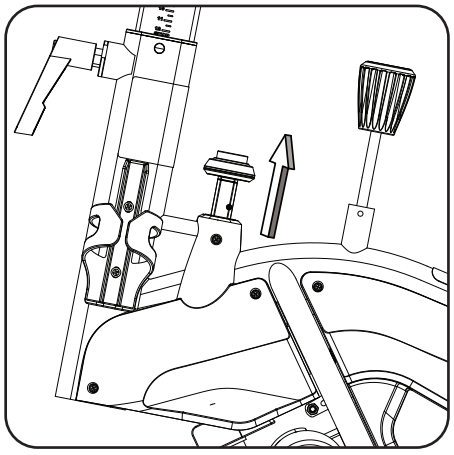
Turn the Emergency Brake/Resistance Adjustment Knob to adjust the resistance level. Clockwise will increase the value, counter-clockwise will decrease the value.

Lean Mode

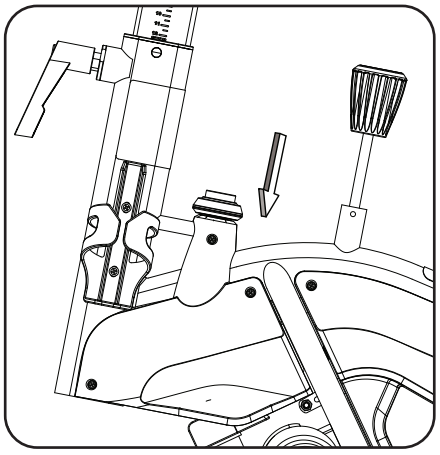
To unlock the leaning mode, push the button all the way down with an open hand. To lock the bike in the stationary mode, pull up on the button until it clicks. Take a moment to practice unlocking and locking the lean mode.

NOTICE: The bike must be upright in order for the Lean Lock Knob to engage in the locked position. Do not attempt to set the Knob in a partially locked position.

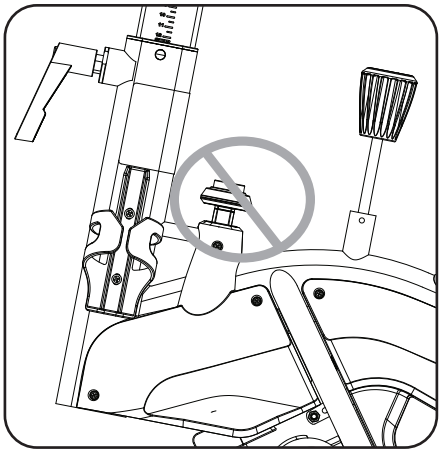
Stationary mode (locked)



Lean mode (unlocked)



Incorrect setting (partially locked)



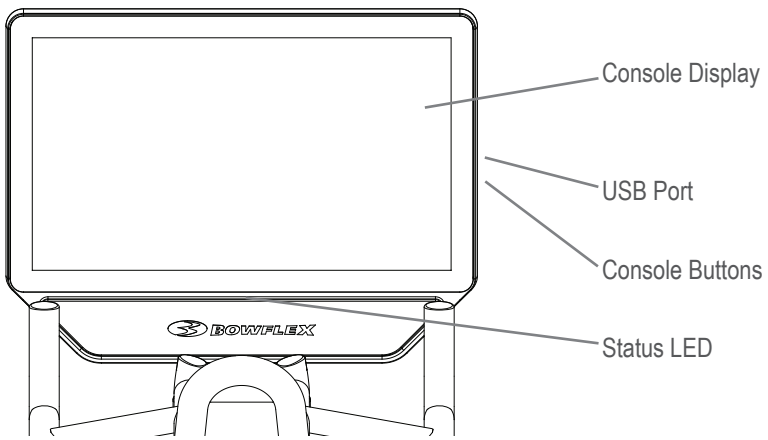
Console

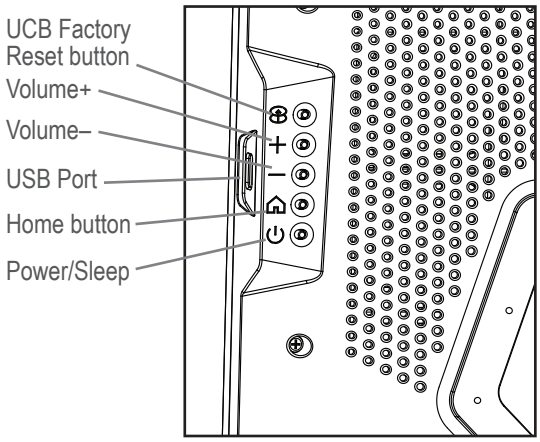
A Wifi connection is required to use your Bowflex™ machine. If you do not have a Wifi connection available, contact your Bowflex™ Representative immediately for further assistance. A JRNY™ membership is required for the JRNY™ experience – see **www.bowflex.com/jrny** for details. Users without a JRNY™ membership may find some content disabled or locked.

Console Display

Touch the Display to make a selection, start a workout, or to simply wake up the Console.

Note: The buttons on the back of the Console are for factory reset and recovery. A factory reset should only be performed when directed by Customer Service. The Power/Sleep button turns off the backlight on the console, so it appears off but the electronics are still on.





Status LED
The Status LED shows if the Console is activated and starting up/operating correctly (LED is on), or if the Console is experiencing an error (LED blinks 3 times). To reset the Console during an error, disconnect the power to the machine for 30 seconds and reconnect it.

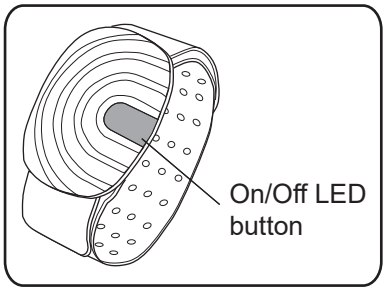
USB Charging
If a USB Device is attached to the USB Port, the Port will attempt to charge the Device. Depending on the amperage of device, the power supplied from the USB Port may not be enough to operate the Device and charge it at the same time.

Workout with Other Fitness Apps
This fitness machine has integrated Bluetooth® connectivity which allows it to work with a number of fitness apps. For our latest list of supported apps, please visit: **www.nautilus.com/partners**

Bluetooth® Heart Rate Enabled
Your fitness machine is equipped to be able to receive a signal from a Bluetooth® Heart Rate Sensing device. When connected, the Console will display the Bluetooth® Connected icon. Be sure to follow the described method to sync your device.

⚠ **If you have a pacemaker or other implanted electronic device, consult your doctor before using a Bluetooth® strap or other Bluetooth® heart rate monitor.**

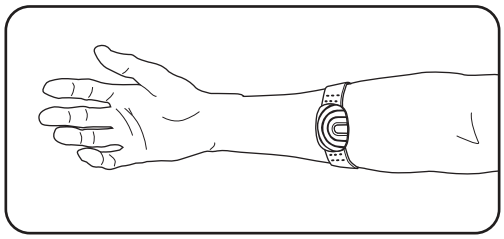
Bluetooth® Heart Rate Armband
Your fitness machine is provided with a Bluetooth® Heart Rate Armband. When the Bluetooth® Heart Rate Armband is connected, the Console will display the Bluetooth® Connected icon.



⚠ **If you have a pacemaker or other implanted electronic device, consult your doctor before using a Bluetooth® armband or other Bluetooth® heart rate monitor.**

The Heart Rate Armband should be worn on the upper portion of your forearm, with the Heart Rate Sensor to the inside of your forearm. It should be snug enough not to move around on your arm, but not so tight that it restricts blood circulation.

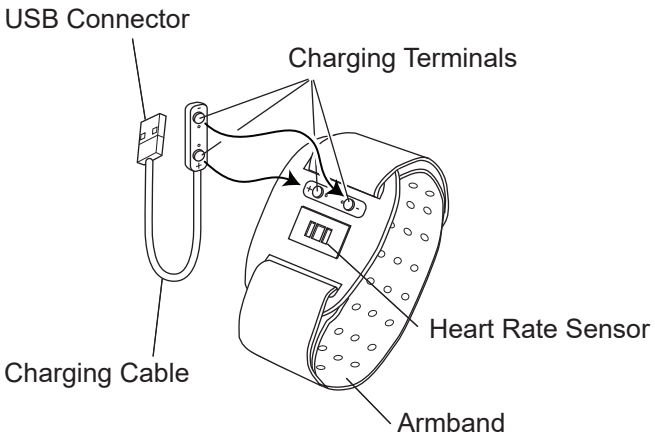
Note: Be sure to remove the protective cover from the Heart Rate Sensor before use.



1. Put the Bluetooth® Heart Rate Armband onto the upper portion of your forearm.
2. Push the On/Off LED button on the Heart Rate Armband to activate it. The LED will flash blue quickly, indicating that the armband has been activated.
3. The LED will flash blue slowly when a heart rate is detected. The Bluetooth® Connected icon will activate on the Console when connected. You are ready to work out.

At the end of your workout, push the On/Off LED button to disconnect and deactivate your Heart Rate Armband.

If you press the On/Off LED button and the LED flashes red several times, the battery is low and should be charged. To charge the Bluetooth® Heart Rate Armband, connect the Charging Cable to the Charging Terminals on the inside of the Sensor. Connect the Charging Cable to a powered USB Port. The LED will flash red and green while charging. When fully charged, the LED will be green continuously.



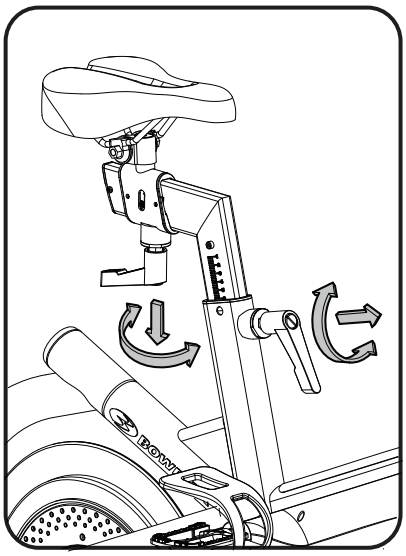
Mounting and Dismounting the Machine

Before mounting or dismounting the machine, be sure it is stabilized in the upright position with the Lean Lock Knob pulled up (locked position).

Care should be used when mounting or dismounting the machine.

Before mounting or dismounting the machine, be sure it is stabilized in the upright position with the Lean Lock Knob completely pulled up (locked position). If the Lean Lock mechanism is not engaged, the bike may become unbalanced and fall, which can cause injury or damage to the equipment.

Seat Adjustment



Correct seat placement encourages exercise efficiency and comfort, while reducing the risk of injury. When you adjust the seat, use the shoes that you plan to wear for riding.

1. Standing next to the bike, raise/lower the Seat so that it is level with the top of your hip bone.

Note: Tighten the Seat Post Adjustment Handle to secure the Seat Post. Be sure that the handle is fully tightened. Pull the handle out to disengage and turn so that it points down, then release.

2. Sit on the bike. With the hips level, place the ball of the foot on the Pedal at the bottom of the pedal stroke (6 o'clock). The leg should be slightly bent at the knee (approx. 20 degrees).
3. If your leg is too straight or your foot cannot touch the Pedal, you need to move the seat downward. If your leg is bent too much, you need to move the seat upward.

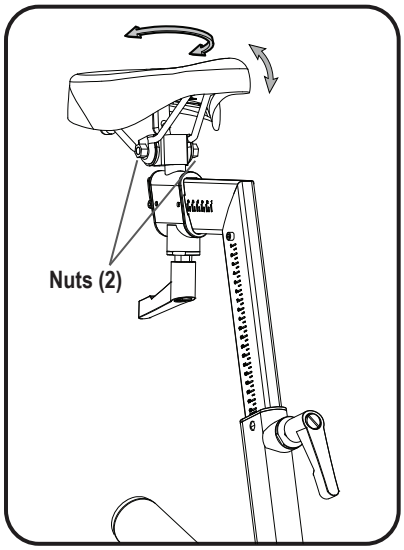
Step off the machine before you adjust the seat.

4. Loosen the Seat Post Adjustment Handle on the Seat Post as you hold the upright post to prevent it from dropping. Adjust the seat to the desired height.

Do not lift the Seat post above the "STOP" mark on the Seat Post.

5. Tighten the Seat Post Adjustment Handle to secure the Seat Post. Be sure that the handle is fully tightened. Pull the handle out to disengage and turn so that it points down, then release.
6. While seated, rotate the Pedals so they are level (a 3 o'clock/9 o'clock position). In this position, be sure the front knee is aligned over or slightly behind the pedal axle.
7. To move the seat closer to, or away from the console, loosen the Seat Slider Adjustment Handle. Slide the seat to the desired position and fully tighten the handle. Pull the handle down to disengage and turn so that it points rearward, then release.

Note: If the handle cannot turn due to contact with another part, pull the handle, turn and push it back in to reposition it. Continue turning as needed.



Be sure the Seat is straight and level. To adjust the Seat:

Step off the machine before you adjust the seat.

1. Using a 14 mm wrench, loosen the nuts on the Seat bracket.
2. If the Seat is not straight, turn the Seat bracket on the post. If the Seat is not level, adjust the tilt.
3. Hold the Seat in position and fully tighten both nuts to secure the Seat.

Foot Position / Pedal Strap Adjustment

Foot pedals with straps provide secure footing to the exercise bike. Always wear rubber soled athletic shoes or cycling shoes with cleats when you use this machine. Do not use the machine with bare feet or only wearing socks.

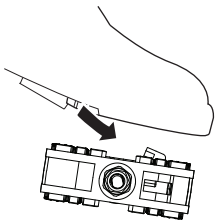
1. Put the ball of each foot in the Foot Restraint on the Pedals.
2. Fasten the strap over the shoe.
3. Repeat for the other foot.

Be sure toes and knees point directly forward to ensure maximum Pedal efficiency. Pedal straps can be left in position for subsequent workouts.

NOTICE: If you choose to replace the Pedals with your own, then make sure to follow that pedal manufacturer's installation specifications.

Using the Shoe Clips (Cleats)

Foot pedals that are equipped for cycling shoes with cleats provide secure footing on the exercise bike. The shoe cleats provided fit both the right and left Pedals.

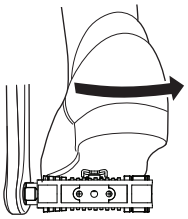


Engage

Prior to use, make sure you understand the operation of the engagement / release mechanism for the pedals and cleats (shoes).

Keep cleats and bindings clear of dirt and debris to ensure engagement and release.

Check the cleats periodically for wear. When the cleats are worn, replace them. Replace the cleat when it becomes difficult to release, or starts to release with much less effort than when it was in new condition.



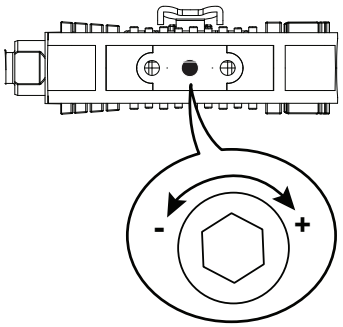
Disengage (release)

Pedals and cleats are SPD Compatible. They fit any shoe size with the correct cleat mounts: shoes with “Standard 2-Hole MTB SPD Cleat Mounts” (MTB SPD = Mountain Bike Shimano Pedaling Dynamics).

1. Be sure that the arrow on top of the Pedal points forward.
2. Push the cleat down and forward to engage the Pedal.
3. Repeat for the other foot.
4. Practice engaging and disengaging from the Pedals before starting your workout.

To disengage (release) the cleats from the pedals, push the heels outward and lift.

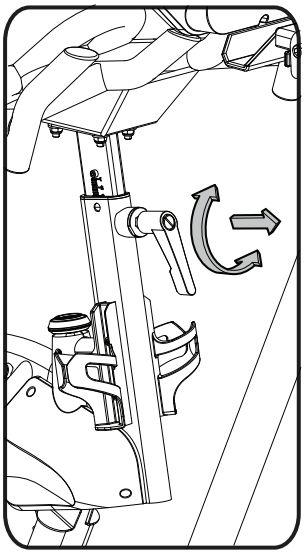
If the body weight of a user is very low, the user may have difficulty with operation of the engagement/release mechanism in the Pedals. It may be necessary to decrease the retention force of the mechanism. To adjust the retention:



1. Locate the opening in the rear of the Pedal for access to the adjustment bolt. It is between the 2 screws that attach the Foot Restraint to the Pedal.
2. Use a 3mm hex wrench to turn the adjustment bolt. To decrease the retention, turn it left (counterclockwise). To increase the retention, turn it right (clockwise).

Handlebar Adjustment

The ideal position should allow a slight bend in the elbows and your shoulders to fall into a relaxed position.
To adjust the handlebar position:



1. Loosen the Handlebar Post Adjustment Handle on the Handlebar Post as you hold the upright post to prevent it from dropping. Adjust the Handlebar to the desired height.

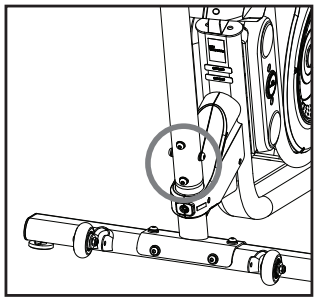
Do not lift the Handlebar Post above the “STOP” mark on the Handlebar Post.

2. Tighten the Handlebar Post Adjustment Handle to secure the Handlebar. Be sure that the handle is fully tightened. Pull the handle out to disengage and turn so that it points down, then release.

Note: If the handle cannot turn due to contact with another part, pull the handle, turn and push it back in to reposition it. Continue turning as needed.

Console Alignment

The Console should be aligned so that the position provides the optimum screen display. If all three of the following alignments are necessary, it is recommended to do them in the order listed below. Adjust the angle of the Console/Adjustable Console Mast after alignment.

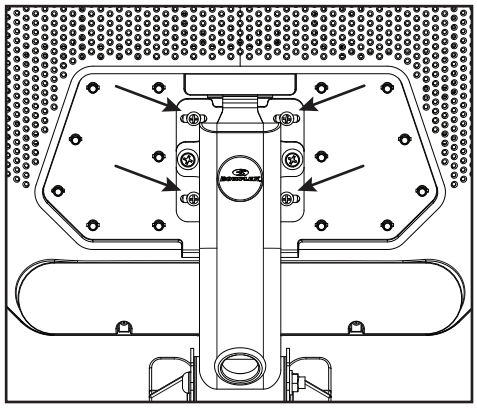


If the Console does not face the Seat directly:

1. Loosen the 4 screws at the base of the Console Mast and rotate the Console Mast until the Console is square with the bike.
2. Tightly secure the screws.

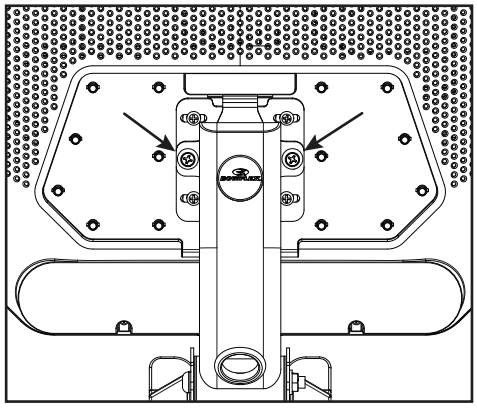
If the Console is not centered horizontally:

3. Remove the Console mast cover from the back of the Console. It may also be necessary to remove the Console Mast End Cap.
4. Loosen the 4 Console screws (indicated) and adjust the Console horizontally.
5. Tightly secure the screws.



If the Console is not level:

6. Remove the Console mast cover (if not already removed).
7. Loosen the 2 screws on the Adjustable Console Mast (indicated) and tilt the Console to level it.
8. Tightly secure the screws.



Adjust the Console/Adjustable Console Mast to the desired viewing angle.

Locking the Flywheel for Storage

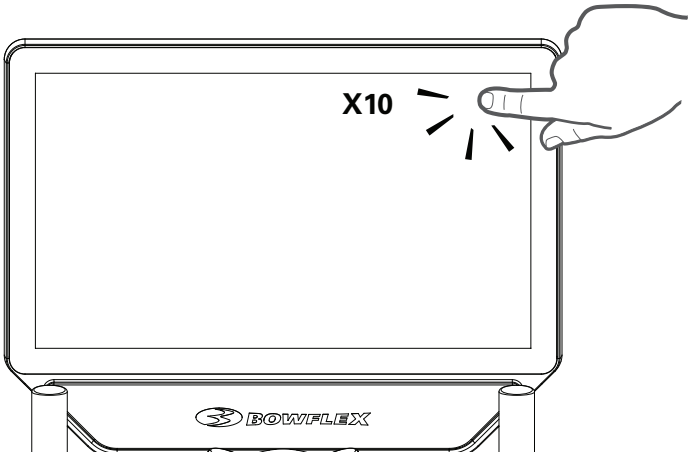
When the machine is not in use, be sure to lock the Flywheel with the Emergency Brake/Resistance Adjustment Knob. To lock the Flywheel, turn the Emergency Brake/Resistance Adjustment Knob clockwise until it encounters an increase in resistance. Then rotate the Emergency Brake/Resistance Adjustment Knob another 1/2 turn clockwise. The Flywheel is now locked. The flywheel should be locked for storage of the machine.

For safe storage of the machine, remove the power supply and place in a secure location. Be sure the machine is stabilized in the upright position with the Lean Lock Knob completely pulled up (locked position). Tighten the Brake/Resistance Adjustment Knob as described until the Flywheel is locked. Place the machine in a secure location away from children and pets.

With the Flywheel locked, the level of resistance will be out of the range of operation displayed by the Console. Do not use the machine with the level of resistance outside of the 0% - 100% range. This will damage the ability to quickly stop the Flywheel during an emergency, and the effectiveness of securing the bike for storage. Turn the Emergency Brake/Resistance Adjustment Knob until the LEVEL displayed on the Console is less than 100%. The resistance is now in the designed range of operation for the bike.

Demonstration Mode

During Demonstration Mode, the Console will display a video presentation that highlights the key features of the machine and the JRNY™ membership. The machine ships with Demonstration Mode inactive.



To activate the Demonstration mode:

1. With the machine activated, tap ten times in the upper-right corner of the Console Display. The Console will display the “Advanced User Actions” menu.

   Note: In order to display the “Advanced User Actions” menu, the Console cannot be logged into the JRNY™ app.

2. Tap on the “Demo mode app” option.

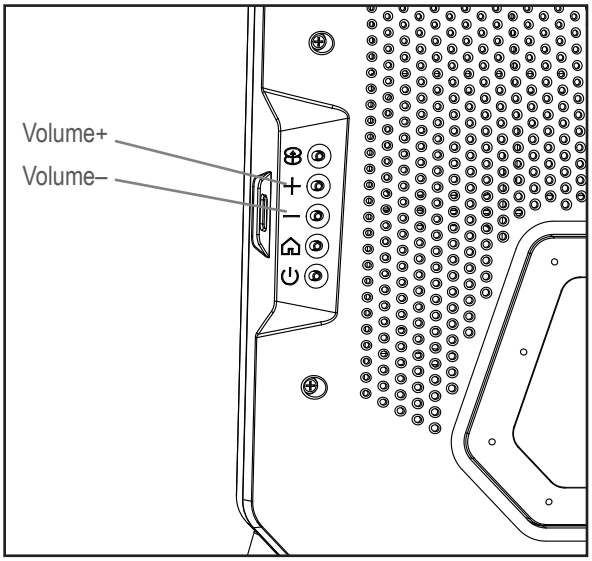
   Note: This is where Demo mode is activated and de-activated.

3. Tap on the “Activate Demo mode” option.

4. Inspect the Console to be sure that Demo mode is active and running on the Console Display.

5. Adjust the volume with the volume controls on the back of the Console Display to the middle volume level. Observe how the volume works in the environment, and adjust it accordingly.

   Note: The other buttons on the back of the Console are for factory reset and recovery. A factory reset should only be performed when directed by Customer Service. The Power/Sleep button turns off the backlight on the console, so it appears off but the electronics are still on.



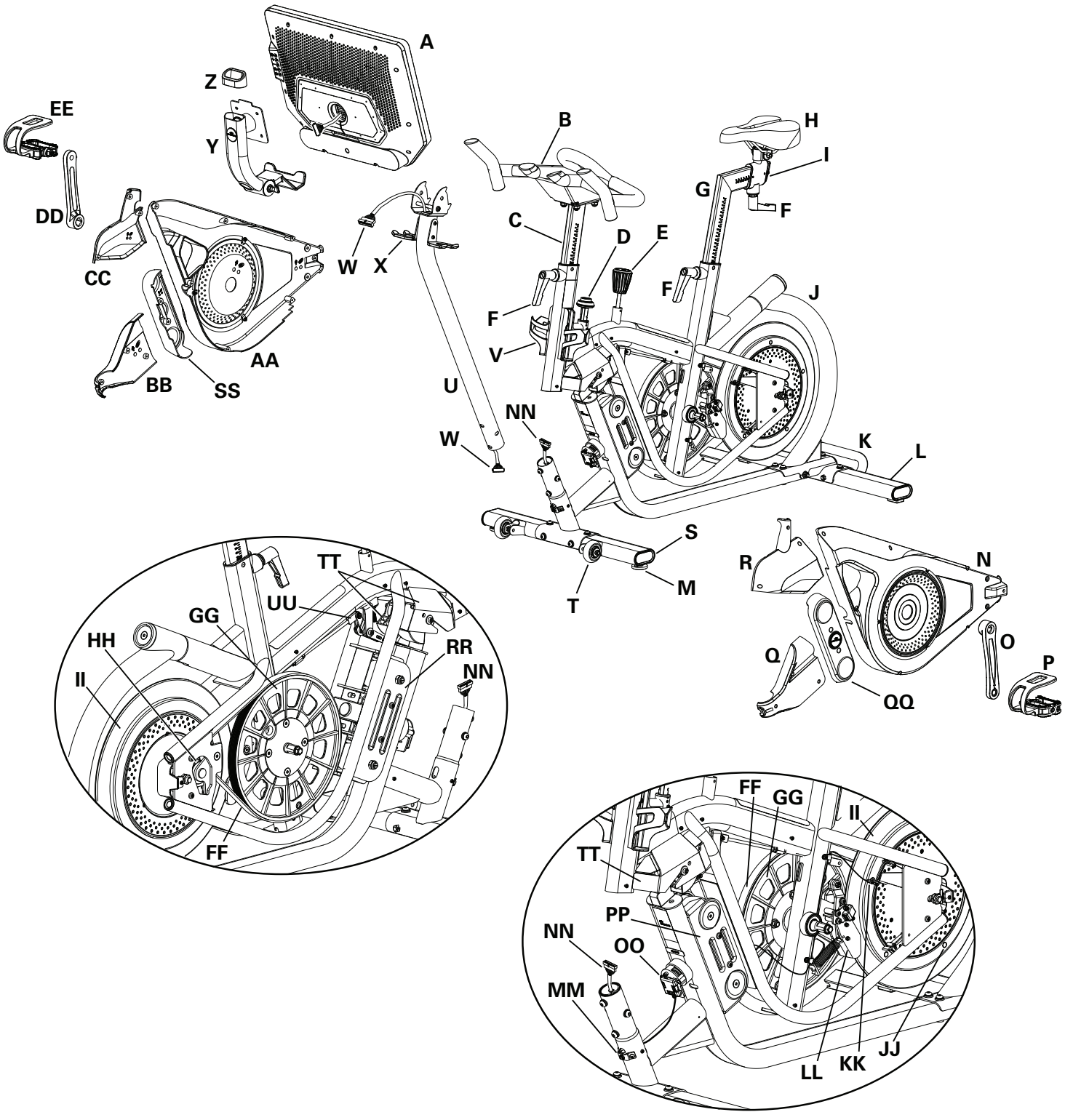
To exit Demonstration mode, perform the above steps but select “De-Activate Demo Mode”.

Troubleshooting

Condition/Problem	Things to Check	Solution
No display/partial display/unit will not turn on	Check electrical (wall) outlet	Make sure unit is plugged into a functioning wall outlet.
	Check connection at front of unit	Connection should be secure and undamaged. Make sure the adapter is fully plugged into the power inlet connector. Replace adapter or connection at unit if either are damaged.
	Check data cable integrity	All wires in cable should be intact. If any are visibly cut or pinched or cut, replace cable.
	Check data cable connections/orientation	Be sure cable is connected securely and oriented properly. Small latch on connector should line up and snap into place.
	Check console display for damage	Check for visual sign that console display is cracked or otherwise damaged. Replace Console if damaged.
		If the above steps do not resolve the problem, contact Customer Service (if inside US/Canada) or your local distributor (if outside US/Canada).
Speed displayed is always “0”/ stuck in Pause mode	Data cable	Make sure the data cable is connected to the Console from the main frame assembly.
	Speed Sensor	Make sure the data cable is connected to the Speed Sensor.
No Speed/RPM reading	Check data cable integrity	All wires in cable should be intact. If any are cut or cut or pinched, replace cable.
	Check data cable connections/ orientation	Be sure cable is connected securely and oriented properly. Small latch on connector should line up and snap into place.
	Check Speed Sensor Assembly	Speed Sensor Assembly should be connected to data cable. Realign sensor if necessary. Replace if there is any damage to the sensor or the connecting wire.
Unit operates but Bluetooth® Heart Rate (HR) not displayed	Bluetooth® Heart Rate Sensing Device (Armband provided with U.S./Canada machines)	Make sure device is directly against skin and device is on.
	Bluetooth® Heart Rate Sensing Device Batteries	If device has replaceable batteries, install new batteries. Make sure batteries are charged, if applicable.
	Interference	Try moving unit away from sources of interference (TV, Microwave, etc).
	Connected to previous user	The Console may be still connected to the previous user. Push Connect Bluetooth® button to disconnect from them/ connect to your Heart Rate Sensing Device.
Console shuts off (enters sleep mode) while in use	Check electrical (wall) outlet	Make sure unit is plugged into a functioning wall outlet.
	Check connection at front of unit	Connection should be secure and undamaged. Replace adapter or connection at unit if either are damaged.
	Check data cable integrity	All wires in the cable should be intact. If any are cut or cut or pinched, replace cable.
	Check data cable connections/ orientation	Be sure cable is connected securely and oriented properly. Small latch on connector should line up and snap into place.
	Reset machine	Unplug unit from electrical outlet for 3 minutes. Reconnect to outlet.
	Check Speed Sensor	Speed sensor should be connected to data cable. Replace if there is any damage to the sensor or the connecting wire.
		Contact Customer Service (if inside US/Canada) or your local distributor (if outside US/Canada).
Unit rocks/does not sit level	Check level adjustment	Levelers may be turned to level machine.
	Check surface under unit	Adjustment may not be able to compensate for extremely uneven surfaces. Move machine to level area.

Condition/Problem	Things to Check	Solution
Pedals loose/unit difficult to pedal/ Pedals seem to skip or slip with a sudden increase in rpm	Check pedal to crank connection	Pedal should be tightened securely to crank arm. Be sure connection is not cross-threaded. Do not use if pedal is not fully tightened.
	Check crank arm to axle connection	Crank arm should be tightened securely to axle.
	Check drive belt tension	Refer to the “Adjust the Belt Tension” procedure. Contact Customer Service (if inside US/Canada) or your local distributor (if outside US/Canada).
Clicking sound when pedaling	Check pedal to crank connection	Remove pedals. Make sure there is no debris on threads, and reinstall the pedals.
Click, tick or knocking sound	Check for loose hardware	Tightly secure all hardware.
Seat post movement	Check adjustment handle	Make sure there is no debris on threads, and reinstall the adjustment handle. Be sure the adjustment handle is securely tightened.
Handlebar post movement	Check adjustment handle	Make sure there is no debris on threads, and reinstall the adjustment handle. Be sure the adjustment handle is securely tightened.
Bike will not lean	Check Lean Lock Knob	Be sure knob is pushed completely down (unlocked position).
Bike will not lock in Stationary mode	Check Lean Lock Knob	Be sure bike is upright. Pull the knob completely up until you hear a click.
		If the Lean Lock mechanism does not click, contact Customer Service (if inside US/Canada) or your local distributor (if outside US/Canada).
Noise/rattling from Lockout assembly	Check Lean Lock Knob	Be sure knob is pushed completely down (unlocked position).
Left and Right lean force is not the same	Check bumper tension	Refer to the “Adjust the Bumper (Lean Tension)” procedure in the service manual. Contact Customer Service (if inside US/Canada) or your local distributer (if outside US/Canada).
Console continuously displays a video of machine features	Console is in demonstration mode	Tap on the upper-right corner of the console display ten times. Tap on “Demo mode app”, and then tap on the “De-activate Demo mode” option.
Console displays a series of colors at start-up (LCD display test mode)	Reset machine	Unplug unit from electrical outlet for 30 seconds. Reconnect to outlet.

Maintenance Parts



A	Console	Q	Pivot Shroud, Left	GG	Drive Pulley
B	Handlebar	R	Fender, Left	HH	Idler Pulley
C	Handlebar Post	S	Front Stabilizer	II	Flywheel
D	Lean Lock Knob	T	Transport Wheel	JJ	Speed Sensor Magnet (5)
E	Brake/Resistance Knob	U	Console Mast	KK	Speed Sensor
F	Adjustment Handle, Seat/Handlebar	V	Water Bottle Holder	LL	Resistance Magnet Assembly
G	Seat Stem	W	Data Cable, Upper	MM	Power Inlet
H	Seat	X	Dumbbell Rack (Dumbbells only supplied with U.S./Canada machines)	NN	Data Cable, Lower
I	Seat End Cap	Y	Console Mast, Adjustable	OO	PCB, Tillt Sensor
J	Main Frame	Z	End Cap, Console Mast	PP	Static Bumper Assembly
K	Transport Handle	AA	Main Shroud, Right	QQ	Static Bumper Shroud
L	Rear Stabilizer	BB	Pivot Shroud, Right	RR	Moving Bumper Assembly
M	Leveler	CC	Fender, Right	SS	Moving Bumper Shroud
N	Main Shroud, Left	DD	Crank Arm, Right	TT	Lean Lockout Assembly
O	Crank Arm, Left	EE	Pedal w/Foot Restraint, Right	UU	Resistance Rod Linkage
P	Pedal w/Foot Restraint, Left	FF	Drive Belt		

REPLACEMENT PROCEDURE SKILL LEVEL

Level I : Low - very little mechanical knowledge or exposure.
Level II : Intermediate - some experience with mechanical procedures
Level III : Advanced - knowledgeable about mechanical procedures

Disconnect all power to the machine before you service it.

When disposing of old parts, obey the applicable local and provincial requirements.

For instructions to replace the following parts, please refer to the Assembly Manual for your bike:

- Front Stabilizer
- Handlebar
- Handlebar Post
- Pedals
- Rear Stabilizer
- Seat
- Seat Post
- Water Bottle Holders
- Dumbbell Holders

NOTICE: This document provides instructions for the adjustment of the Drive Belt Tension on the Bowflex™ VeloCore™ 16 and VeloCore™ 22 bikes.

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.

Important Safety Instructions - Before servicing or using this equipment, obey the following warnings:

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.

• Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
• Keep bystanders and children away from the product being serviced at all times.
• Disconnect all power to the machine before you service it.
• Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
• Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
• Use only replacement parts and hardware that are supplied or approved by Nautilus. Failure to use Nautilus-approved replacement parts can adversely affect the safety and functionality of the equipment creating a risk to users and will void the warranty.
• Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If at any time the Warning labels 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.
• Do not try to change the design or functionality of the machine being serviced as this can adversely affect user safety.
• Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

• SAVE THESE INSTRUCTIONS.

Tools Required (not included)

#2 Phillips screwdriver

6 mm Hex wrench

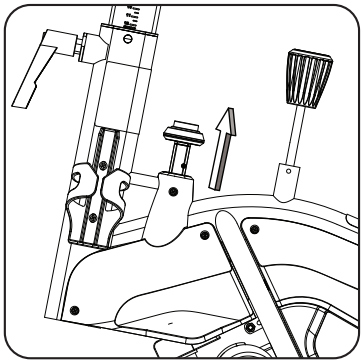
13mm Open end wrench

13mm Socket (and extension) and Wrench (optional)

Note: Your machine may not match the images provided exactly.

1. Unplug the AC Adapter from the wall outlet and machine. Be sure the bike is stabilized in the upright position with the Lean Lock Knob in the locked position.

Locked position



Be sure the bike is stabilized in the upright position with the Lean Lock Knob completely pulled up (locked position). If the Lean Lock mechanism is not engaged, the bike may become unbalanced and fall, which can cause injury or damage to the equipment.

Keep the flywheel stable during this procedure. Do not turn the crank arms. Flywheel movement can pull fingers in and cause injury.

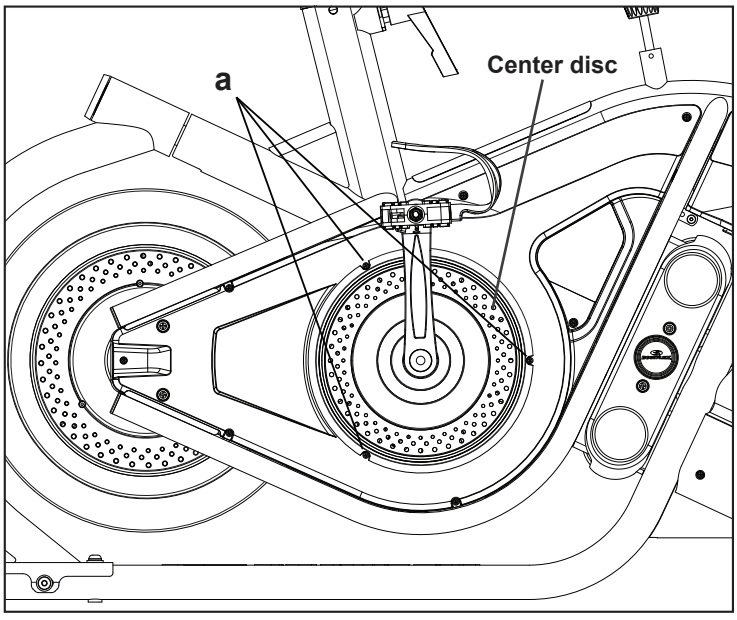
2. To check the Drive Belt tension, the bike needs to be operated. Set the resistance at a medium to high level. Sit on the bike and use the pedals at approximately 20 RPM. Then accelerate quickly (speed burst) to your maximum ability and feel whether the Drive Belt slips. If the pedals move normally with no skipping (slip), the tension is correct.

If the tension is correct—go to step 12.

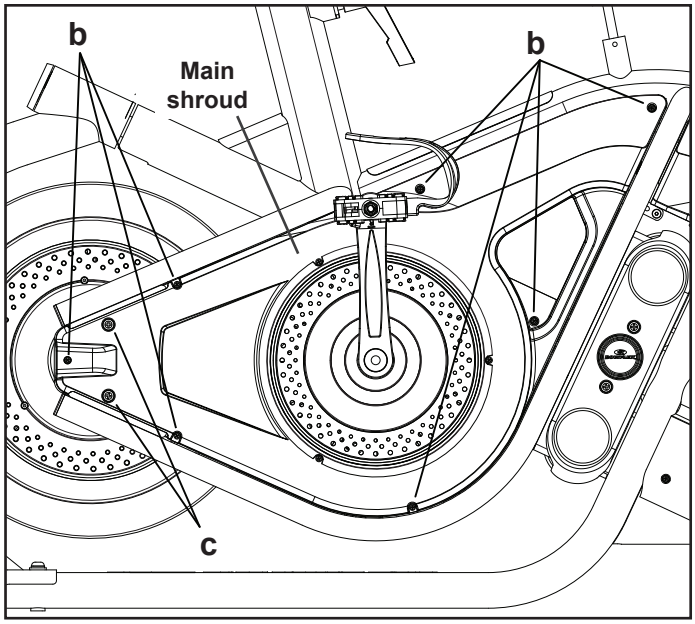
If the Drive Belt slips—continue to step 3.

3. Using a #2 Phillips Screwdriver, remove 3 screws (a) that attach the Center Disc to the Right Main Shroud. Set them safely aside for reassembly.

Right side



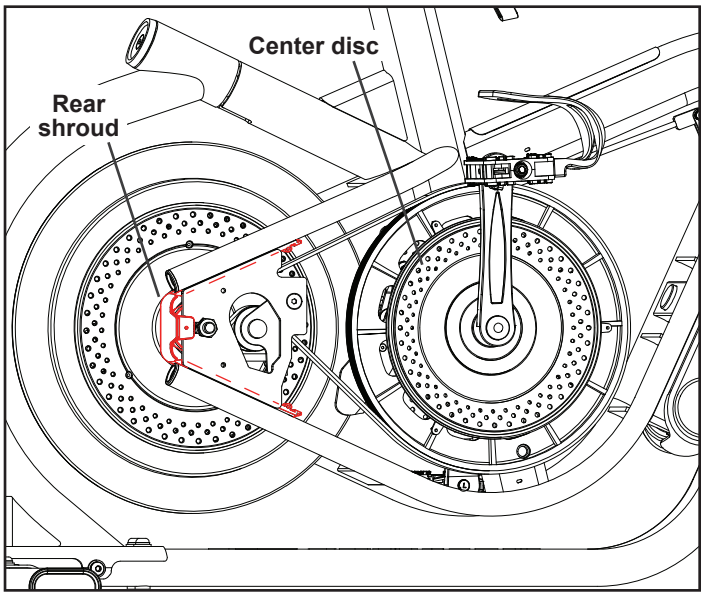
4. Using a #2 Phillips Screwdriver, remove 9 screws (b, c) from the Right Main Shroud. Be sure to note their locations for reassembly. Remove the bottom screws first, and then the top screws.



Note: It is not necessary to remove the Crank Arms and Center Disc in order to remove the Shroud.

Carefully angle and remove the Right Main Shroud and Rear (red) Shroud. Set the parts safely aside for reassembly.

Right Main shroud removed



5. Check the tension:

• Push the Drive Belt downward at the midpoint (M) between the pulleys and measure the distance. The Drive Belt should have only 0.25" (0.64 cm) of give.

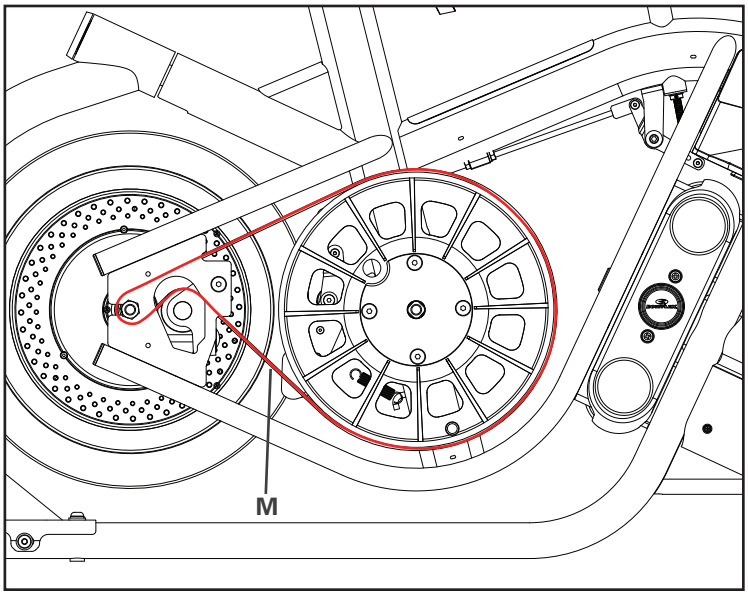
Or:

• Hold the edges of the Drive Belt at the midpoint (M) and twist it. It should turn only 90 degrees (1/4 turn, to vertical).

If the tension is correct—go to step 11.

If the tension is not correct—continue to step 6.

Right side (crank arm not shown for clarity)



6. Using a 6 mm hex wrench, loosen the Tensioner Pivot bolt.

7. Using a 13 mm open end wrench, loosen the inner Nut on the Tensioning Bolt.

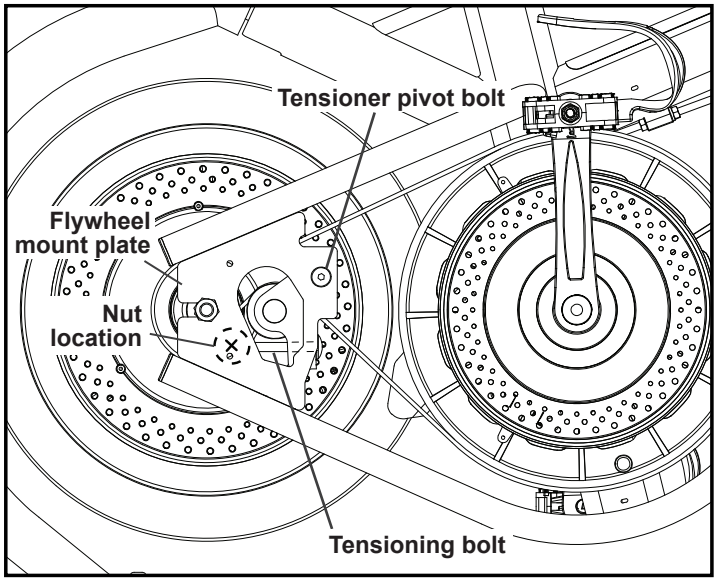
8. Using a 13 mm open end wrench or socket and wrench, adjust the outer Nut on the Tensioning Bolt:

If the Drive Belt is too loose—turn the Nut on the Tensioning Bolt clockwise.

If the Drive Belt is too tight—turn the Nut on the Tensioning Bolt counterclockwise.

Note: If adjusting the Nut from the back, a socket extension may be necessary.

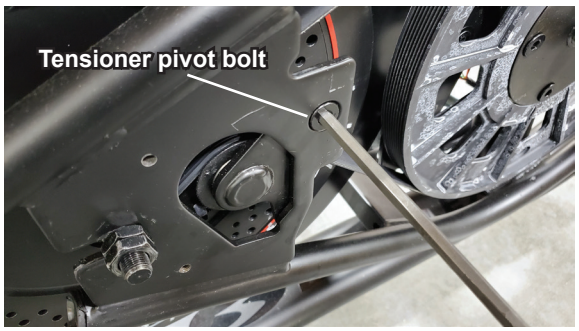
Tensioner hardware (Nuts are behind flywheel mount plate)



9. Check the belt tension.

If the tension is correct—continue to step 10.

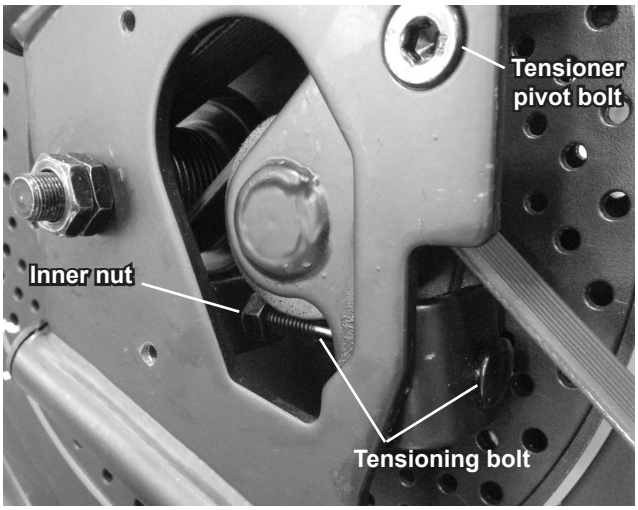
If the tension is not correct—repeat step 8.



10. Using a 13 mm socket and wrench or open end wrench,tighten the inner Nut on the Tensioning Bolt.

11. Using a 6 mm hex wrench, tighten the Tensioner Pivot bolt.

Tensioning bolt and inner nut



12. Get on the bike and check the movement of the Drive Belt by rocking back and forth on the pedals. The Pedals and Flywheel should move as one.

Adjust the Drive Belt tension again if necessary.

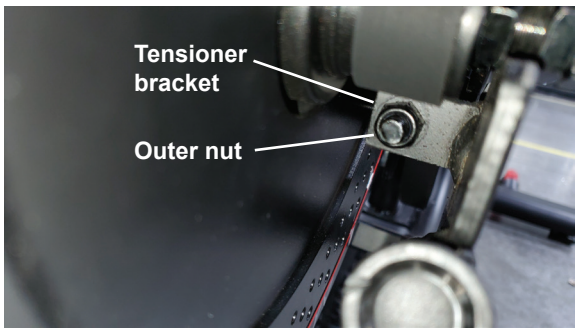
13. Reinstall the Right Main Shroud and Rear Shroud.

14. 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.

Outer nut on Tensioning bolt (view from back)



Adjust the Bumper (Lean Tension) on the Bowflex™ VeloCore™ Bikes

Replacement Procedure
Skill Level: II
Estimated Procedure Time: 20-30 minutes
8027845.121521.B

NOTICE: This document provides instructions for the calibration of the lean tension and adjustment of the bike's vertical alignment on the Bowflex™ VeloCore™ 16 and VeloCore™ 22 bikes.

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

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• Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

• SAVE THESE INSTRUCTIONS.

Tools Required (not included)

#2 Phillips screwdriver

Flathead screwdriver

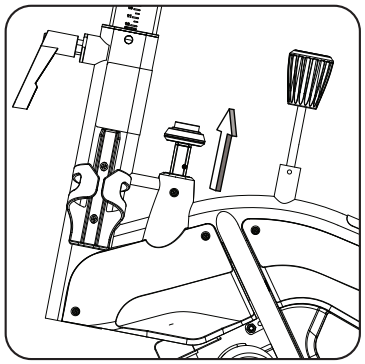
17mm Wrench

Note: Your machine may not match the images provided exactly.

1. Unplug the AC Adapter from the wall outlet and machine. Be sure the bike is stabilized in the upright position with the Lean Lock Knob in the locked position.

Be sure the bike is stabilized in the upright position with the Lean Lock Knob completely pulled up (locked position). If the Lean Lock mechanism is not engaged, the bike may become unbalanced and fall, which can cause injury or damage to the equipment.

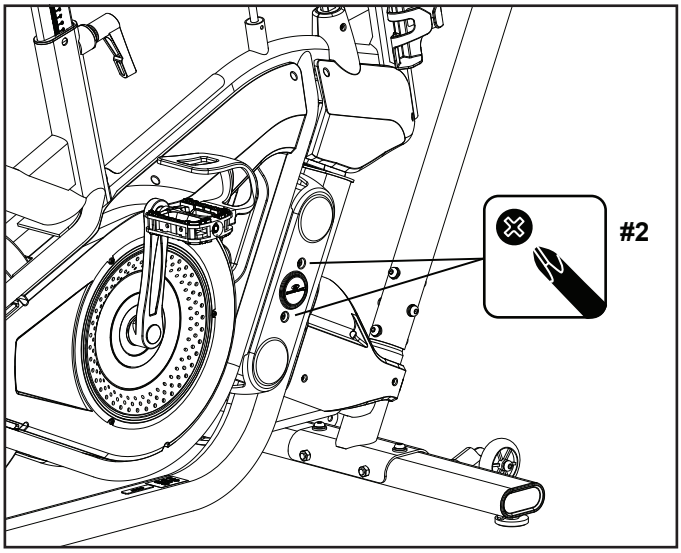
Locked position

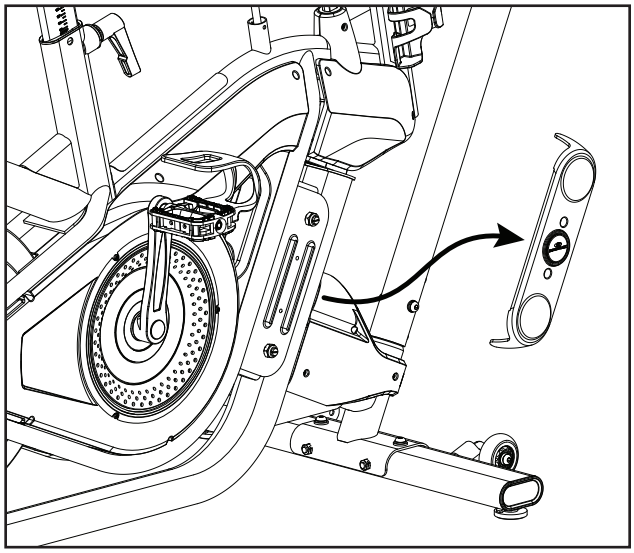


To adjust the bike's lean tension, go to step 2.

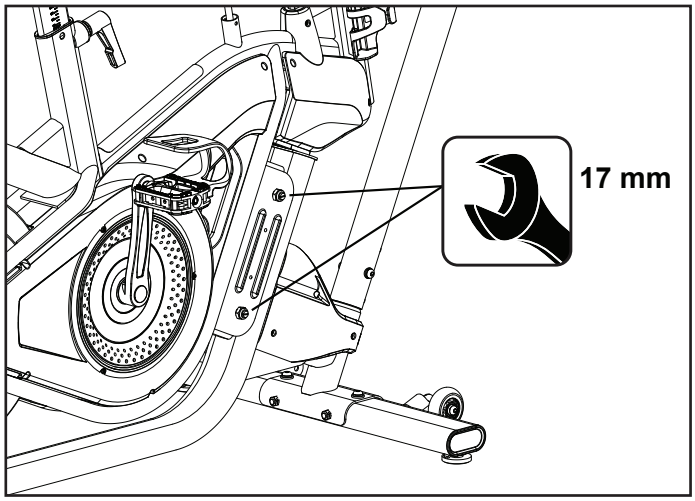
To adjust the bike's vertical alignment, go to step 8.

2. Using a #2 Phillips screwdriver, loosen and remove the screws that attach the Moving Bumper Shroud. Remove the Shroud and set it safely aside with the screws for reassembly.



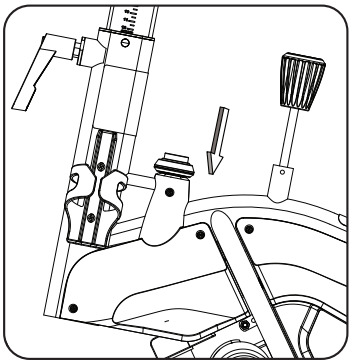


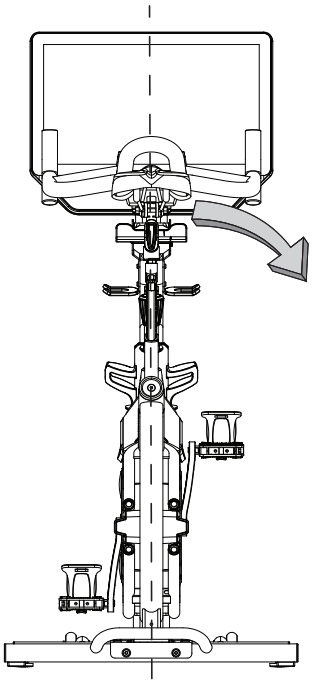
3. Using a 17 mm wrench, loosen the indicated nuts on the Moving Bumper Assembly.



4. Push down the Lean Lock Knob to the unlocked position. Pull the handlebar so that the bike leans to the right.

Unlocked position

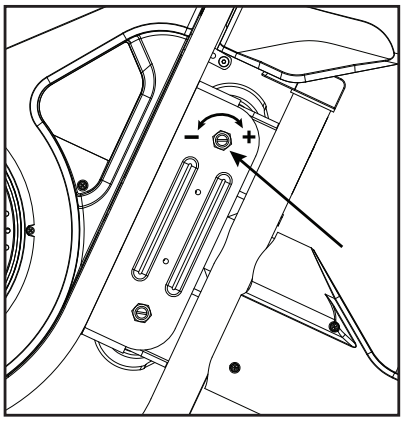




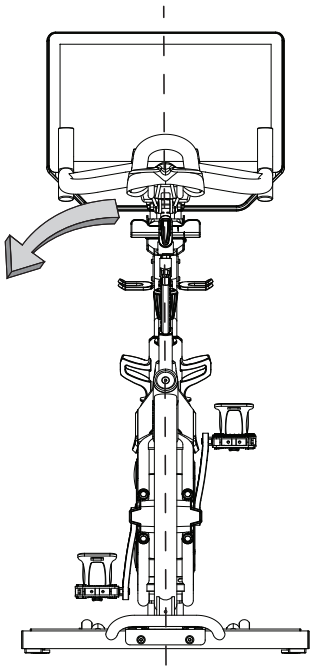
5. Using a flathead screwdriver, adjust the upper Bumper cup:

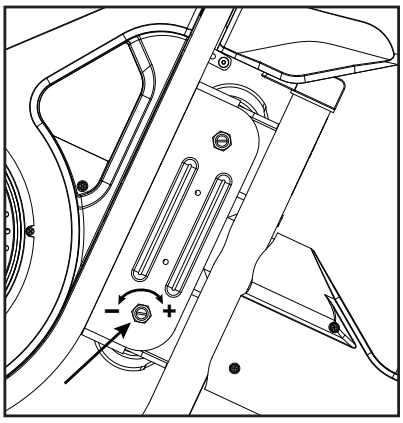
To increase resistance—turn the Bumper shaft ½ turn clockwise.

To decrease resistance—turn the Bumper shaft ½ turn counterclockwise.



6. Push on the bike to lean left and adjust the lower Bumper cup the same amount and direction as the upper cup.





7. Check the lean tension.

If the lean tension is satisfactory, go to step 11.

If the lean tension is not satisfactory, continue to adjust the right and left equally in small increments until the desired level of resistance is achieved.

To check if the bike is centered (vertically aligned):

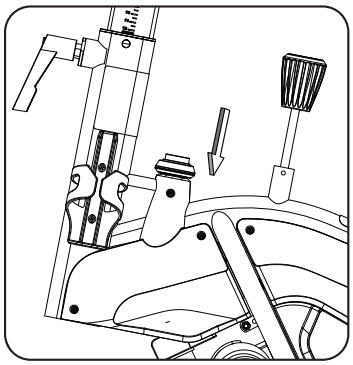
8. Push down the Lean Lock Knob to the unlocked position. Have the bike sit naturally in the unlocked mode, then lock the bike. The amount that the bike moves should be minimal.

If the bike is centered, go to step 11.

If the bike is biased to the left side, go to step 9.

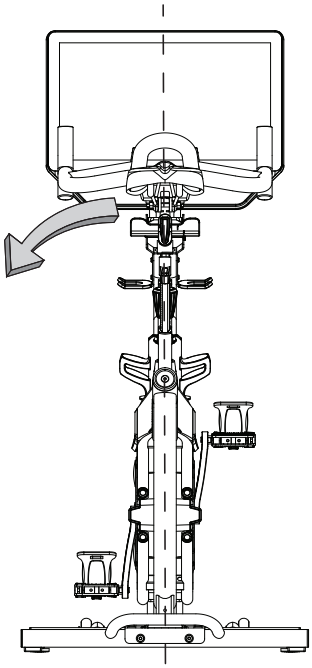
If the bike is biased to the right side, go to step 10.

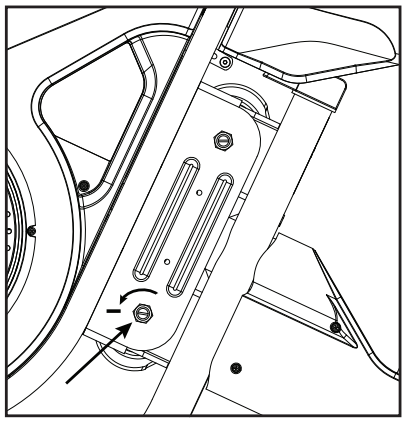
Unlocked position



9. If it is biased left, lean the bike to the left and then turn the lower bumper counterclockwise ¼ turn and check.

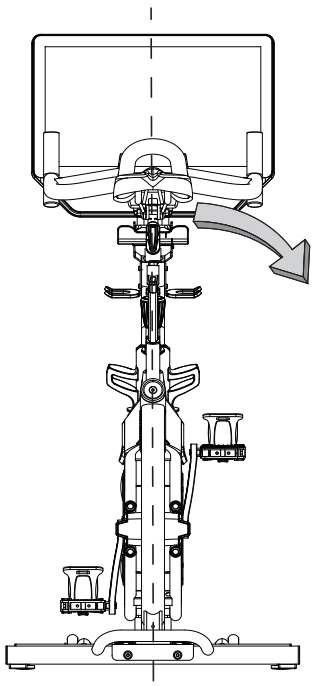
Continue turning counterclockwise unit the bike is straight.

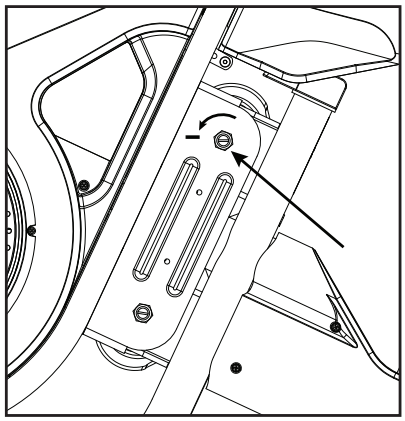




10. If the bike is biased right, lean the bike to the right and then turn the upper bumper counterclockwise ¼ turn and check.

Continue turning counterclockwise unit the bike is straight.





11. Re-install the parts that were removed in reverse order.

12. 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.

Adjust the Resistance Sensor (Calibration) on the Bowflex™ VeloCore™ Bikes

Replacement Procedure
Skill Level: II
Estimated Procedure Time: 10-15 minutes
8027846.070121.A

NOTICE: This document provides instructions to calibrate the Magnetic Resistance Sensor on the Bowflex™ VeloCore™ Bike. **Sensor should only be calibrated under the supervision of a Nautilus Customer Care agent or other Nautilus Authorized technician.**

The Magnetic Resistance Sensor should only be calibrated under one of these conditions:

1. After replacement of the Magnetic Resistance Sensor; removal or replacement of the Drive Belt; replacement of the Resistance Rod Linkage, Flywheel or RPM (speed) Sensor
2. If the Resistance display will not reach lower and/or upper limit (cannot turn down to 1 and/or up to 100)
3. If the Resistance Knob can be turned two full turns below 1, or above 100.

NOTICE: The Resistance Sensor should not be calibrated if the Resistance display does not change when the knob is turned. This indicates either a wiring connection issue (if resistance change can be felt) or a mechanical issue with the adjustment mechanism (if resistance change cannot be felt).

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 | **ORIGINAL DOCUMENT - ENGLISH VERSION ONLY**

Important Safety Instructions - Before servicing or using this equipment, obey the following warnings:

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.

- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product being serviced at all times.
- Disconnect all power to the machine before you service it.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- Use only replacement parts and hardware that are supplied or approved by Nautilus. Failure to use Nautilus-approved replacement parts can adversely affect the safety and functionality of the equipment creating a risk to users and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If at any time the Warning labels 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.
- Do not try to change the design or functionality of the machine being serviced as this can adversely affect user safety.
- Do not put the machine back in service until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

•SAVE THESE INSTRUCTIONS.

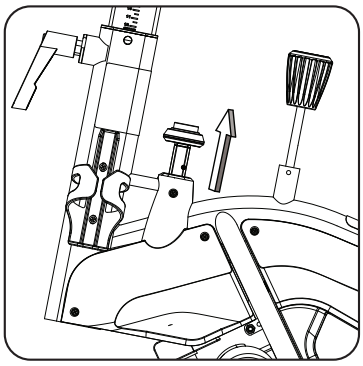
NOTICE: **Follow all directions exactly.** Do not power cycle or restart console during procedure. Always close the Advanced User Actions menu using EXIT button on top when complete, before disconnecting power to the machine. Do not select any options other than those indicated in the below instructions or the console may no longer function properly.

Be sure to confirm that all cable connections are secure before performing the calibration.

Note: Your machine may not match the images provided exactly.

1. Be sure the bike is stabilized in the upright position with the Lean Lock Knob in the locked position.

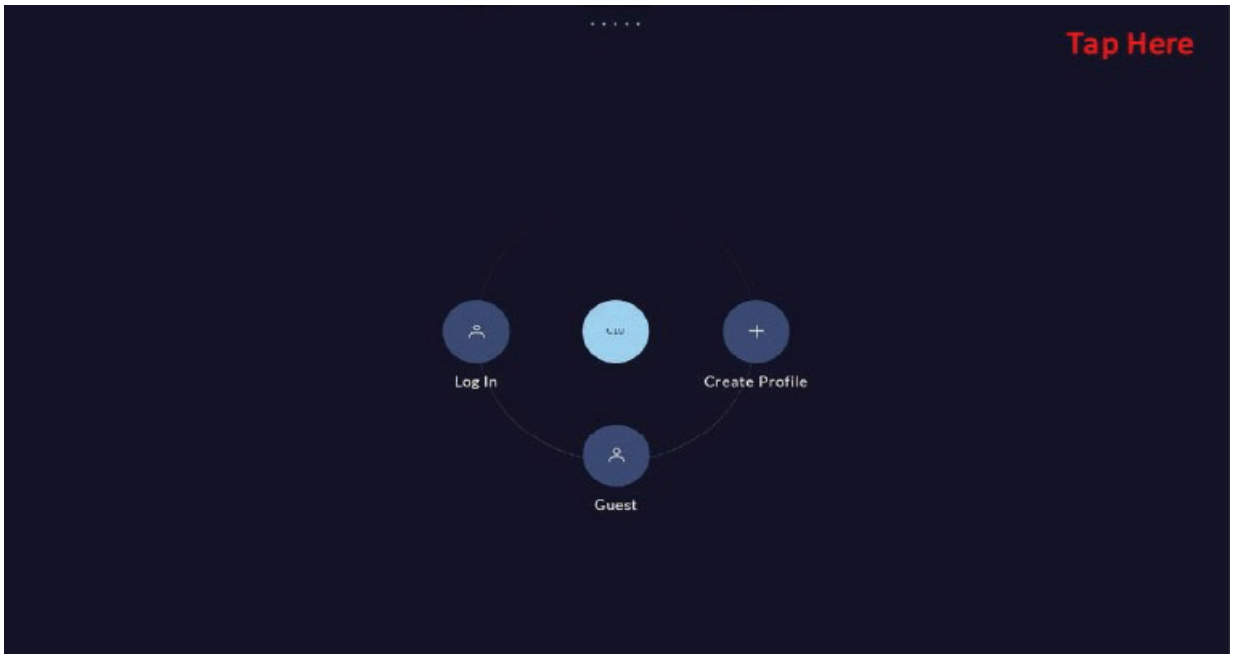
Locked position



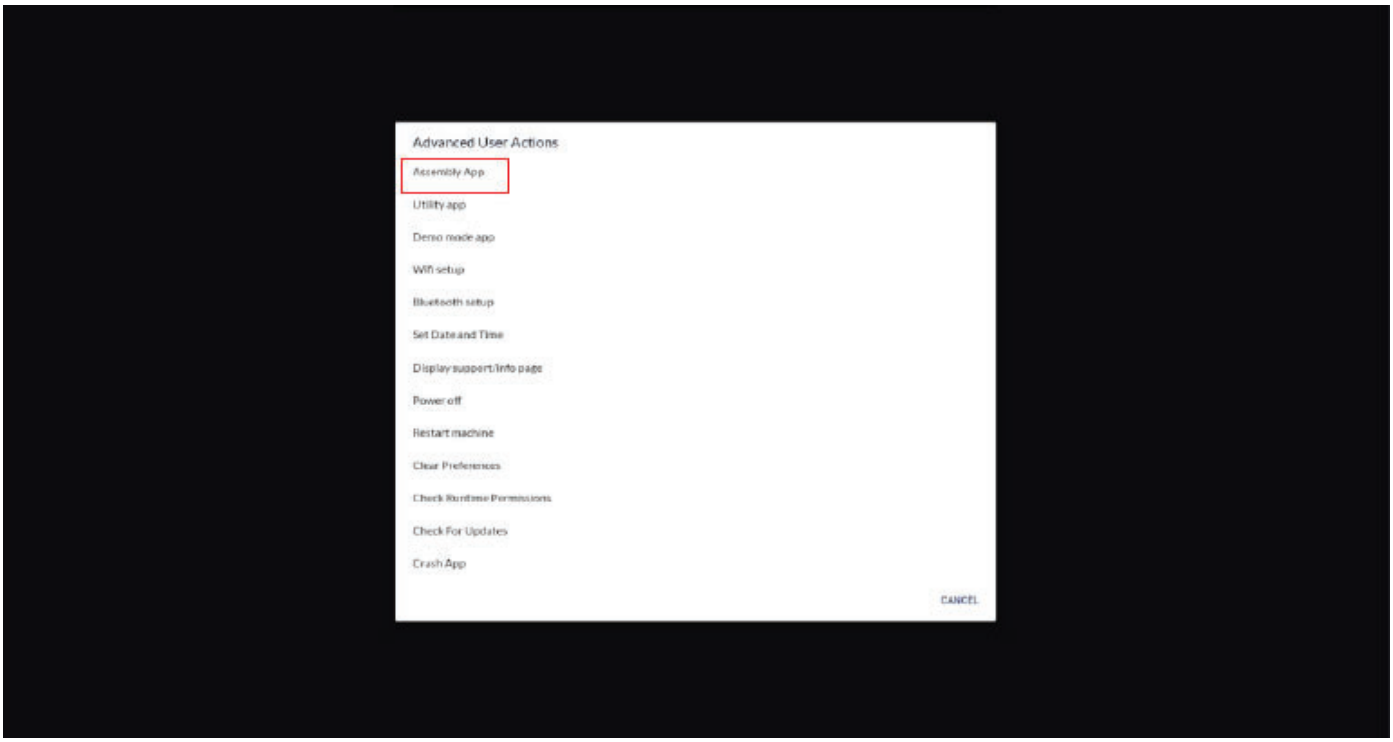
Be sure the bike is stabilized in the upright position with the Lean Lock Knob completely pulled up (locked position). If the Lean Lock mechanism is not engaged, the bike may become unbalanced and fall, which can cause injury or damage to the equipment.

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

3. Log out of JRNY™ account then select Cancel to return to the JRNY™ login screen as shown below. From this screen tap rapidly in the upper right hand corner 10 times to launch the Advanced User Actions menu.

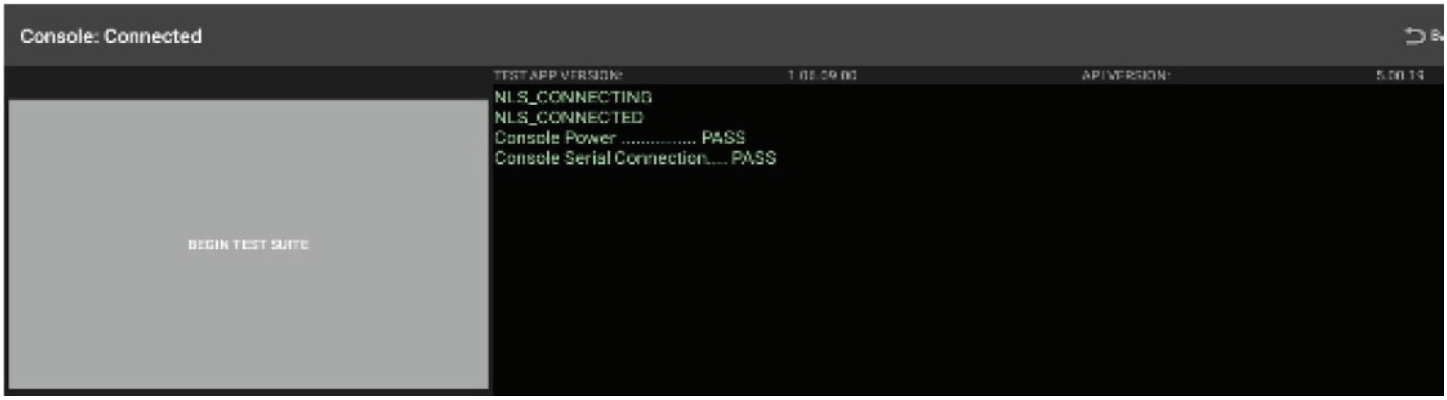


4. When Advanced User Actions menu appears, select “Assembly App” (indicated by red rectangle). Do not select any other options.



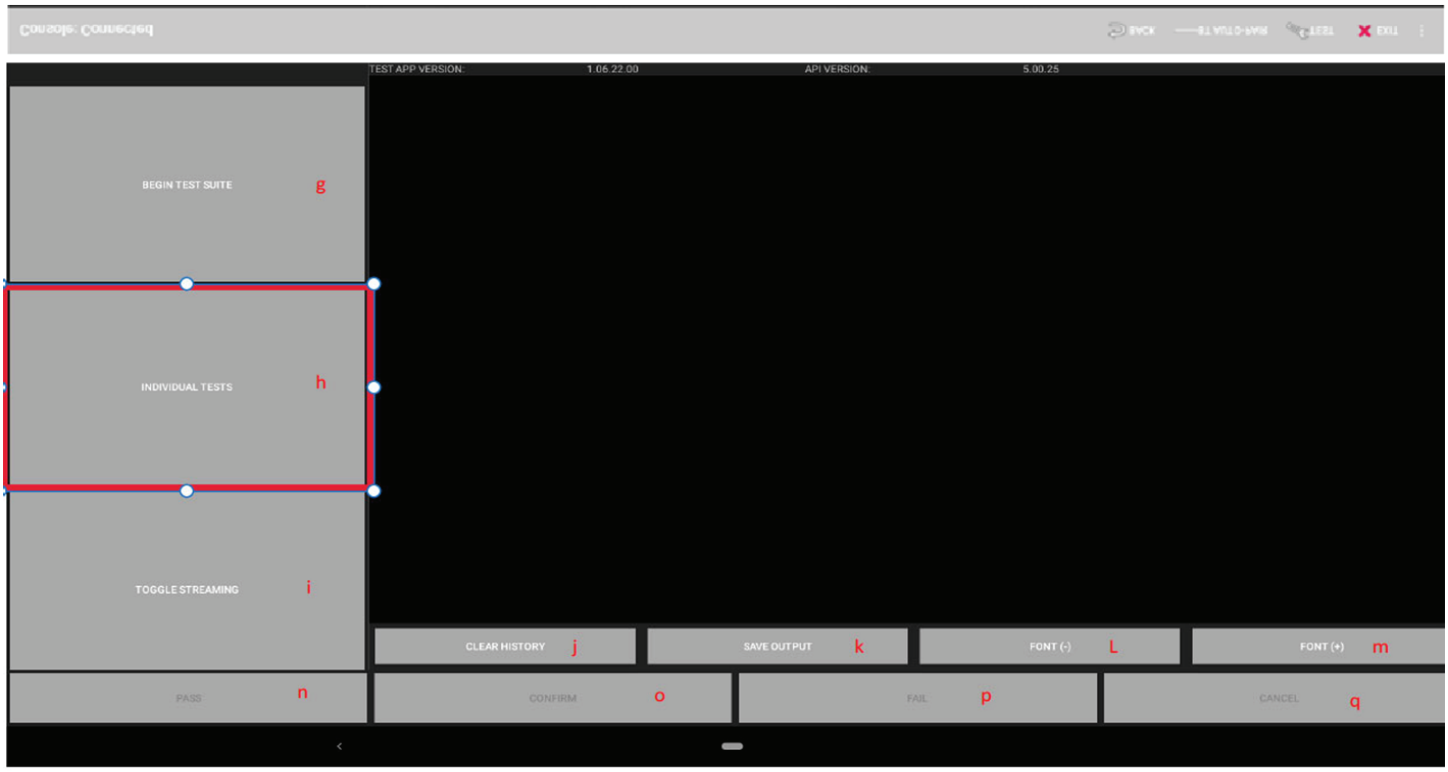
5. The Console will test the connection to the base and display two console messages ending in “PASS”.

NOTICE: If any message containing the word “ERROR” appears then choose the “EXIT” button at top right of screen and contact JRNY™ support.

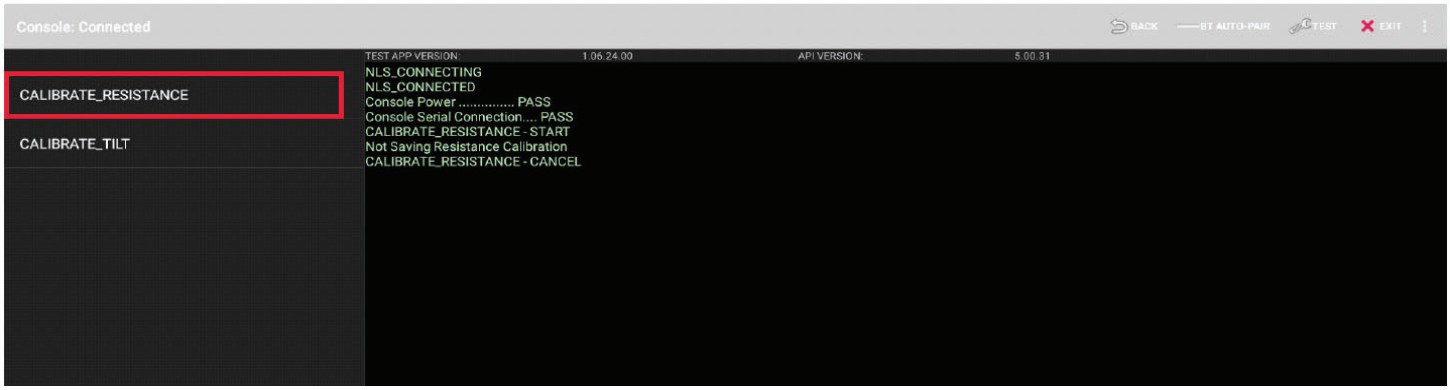


6. Touch CALIBRATE at top right of screen to enter calibration mode.

7. Top of screen will change color and the CALIBRATE option will disappear to indicate that you are in calibration mode. Touch the large INDIVIDUAL TESTS button at the mid left of screen.



8. Touch CALIBRATE_RESISTANCE on left side of screen.



Note: Each step of the Calibration process has an automatic timeout if an expected button press (CONFIRM, PASS, FAIL) is not received within 5 minutes. The Calibration will be canceled, and the Calibration process will have to be restarted.

9. The screen will display the message “Turn resistance knob to MAX position, then confirm – current value:”
Disregard the current value.

10. Turn the Resistance Knob clockwise (increase resistance) until the Brake starts to engage.

11. Turn Resistance Knob ½ turn counter-clockwise (reduce resistance). Make sure the Flywheel can turn without the Brake scraping. If it scrapes, continue to turn the Resistance Knob counter-clockwise until it does not scrape.

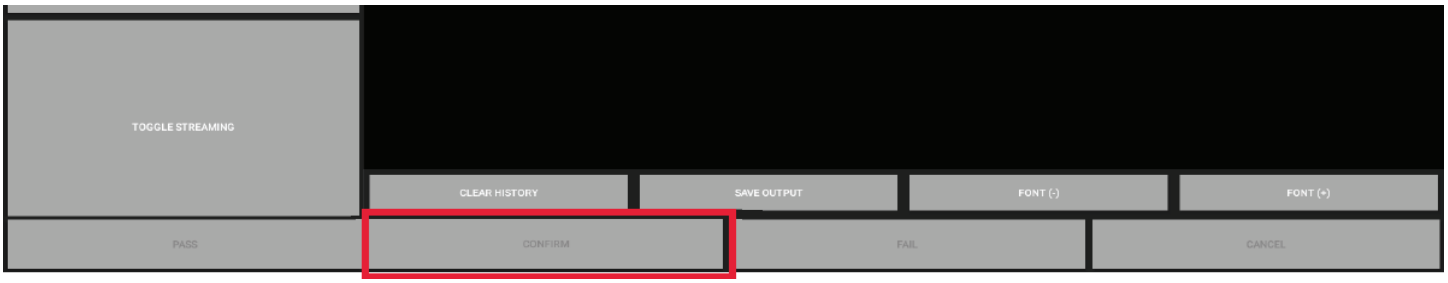
12. Touch blinking CONFIRM button at bottom of screen.

13. The screen will display the message “Turn resistance knob to MIN position, then confirm – current value:” <value, raw value>. Disregard the current value.

14. Turn the Resistance Knob counter-clockwise (reduce resistance) fully until it stops turning.

15. Turn Resistance Knob ½ turn clockwise (increase resistance).

16. Touch blinking CONFIRM button at bottom of screen.



17. The screen will display the message “Check sensor values and then PASS or FAIL (valid range [0-100] – current value 1”. If current value is **1**, proceed to next step. If any other current value is displayed, press CANCEL and contact JRNY™ support for assistance.

18. Touch the PASS button at bottom left of screen.

19. Touch the EXIT button at top right of screen.

20. Various messages will display, then the Console will reboot. This may take a few minutes to complete. Once the Console has returned to the login screen, log in and test that the resistance is displayed as expected.

21. 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.

Adjust the Seat Post Mounting Bracket (Seat Clamp) on the Bowflex™ VeloCore™ Bikes

Replacement Procedure
Skill Level: II
Estimated Procedure Time:10 minutes
8028539.121521.A

NOTICE: This document provides instructions for reversing the position of the Seat post mounting bracket (Seat clamp) in order to decrease the distance from the Seat to the Handlebars on the Bowflex™ VeloCore™ 16 and VeloCore™ 22 bikes.

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.

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Important Safety Instructions - Before servicing or using this equipment, obey the following warnings:

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.

• Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
• Keep bystanders and children away from the product being serviced at all times.
• Disconnect all power to the machine before you service it.
• Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
• Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
• Use only replacement parts and hardware that are supplied or approved by Nautilus. Failure to use Nautilus-approved replacement parts can adversely affect the safety and functionality of the equipment creating a risk to users and will void the warranty.
• Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If at any time the Warning labels 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.
• Do not try to change the design or functionality of the machine being serviced as this can adversely affect user safety.
• Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

• SAVE THESE INSTRUCTIONS.

Tools Required (not included)

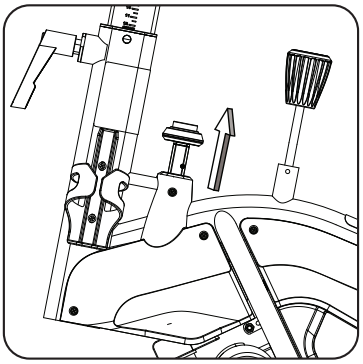
14 mm Open end wrench

Note: Your machine may not match the images provided exactly.

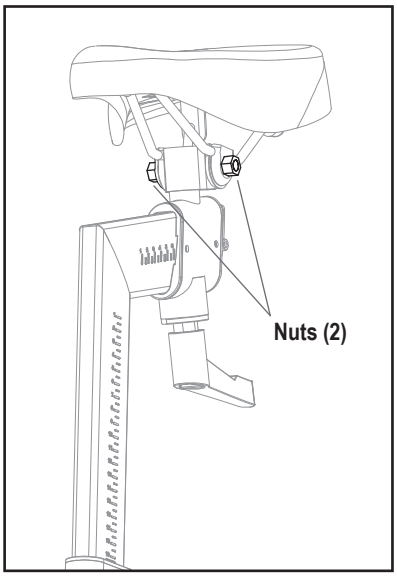
1. Unplug the AC Adapter from the wall outlet and machine. Be sure the bike is stabilized in the upright position with the Lean Lock Knob in the locked position.

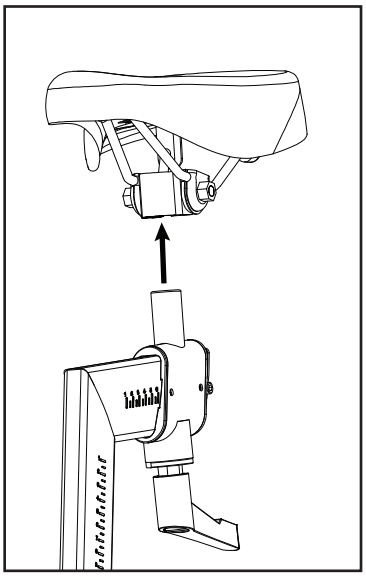
Be sure the bike is stabilized in the upright position with the Lean Lock Knob completely pulled up (locked position). If the Lean Lock mechanism is not engaged, the bike may become unbalanced and fall, which can cause injury or damage to the equipment.

Locked position

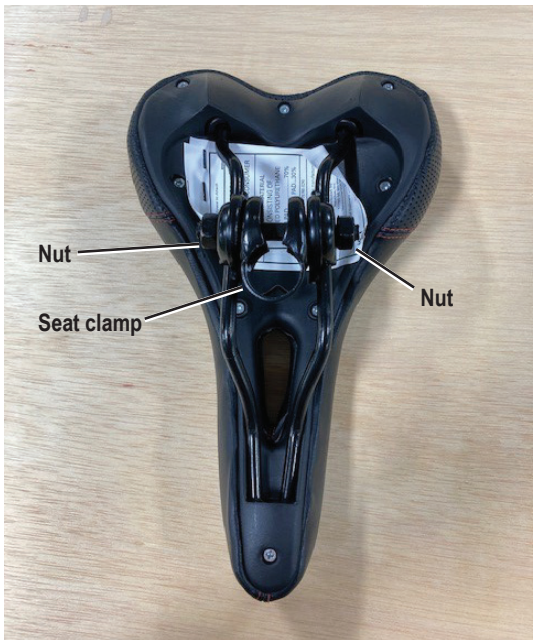


2. Using a 14 mm open end wrench, loosen the nuts on the Seat post mounting bracket. Remove the Seat from the Seat post.

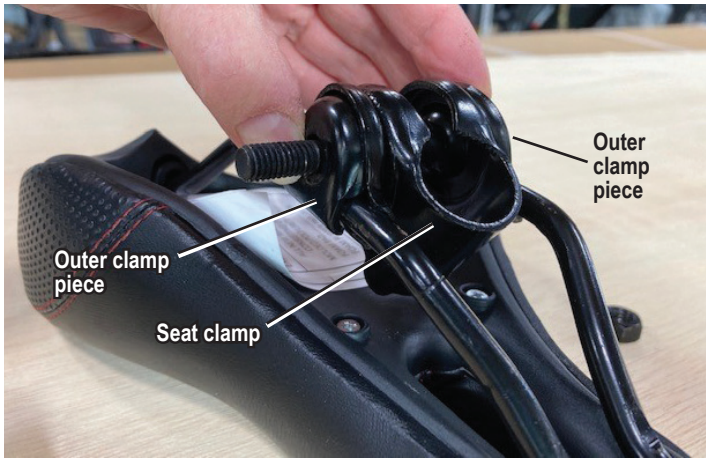


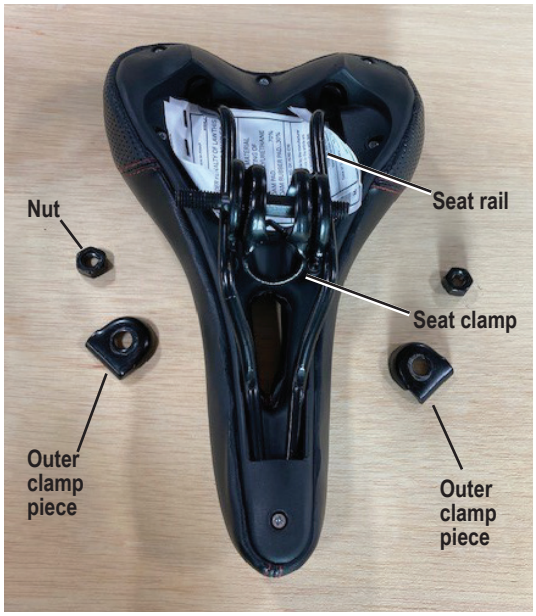


3. Put the Seat on work surface with the bracket upward. Loosen and remove the nuts from both sides of the Seat clamp and set them safely aside.

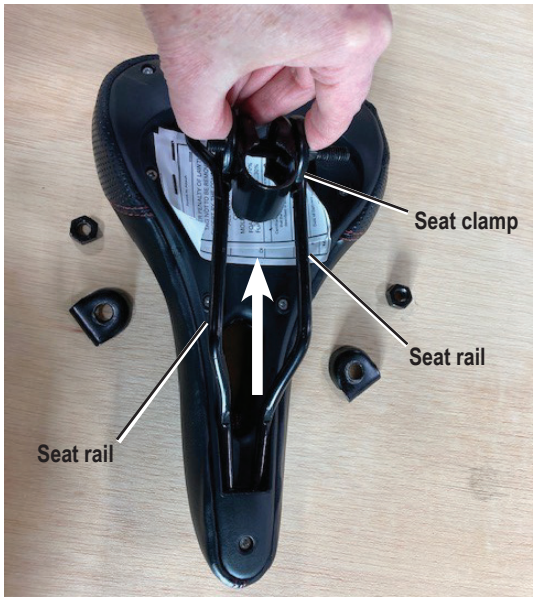


4. Observe the orientation of the outer clamp pieces in the bracket. Remove the outer clamp pieces.

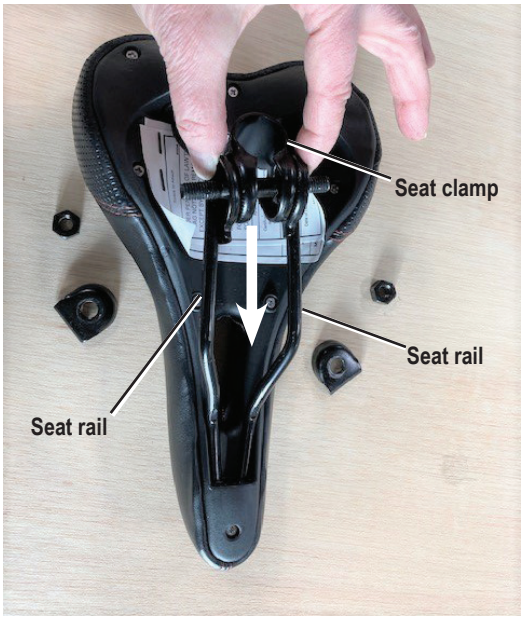




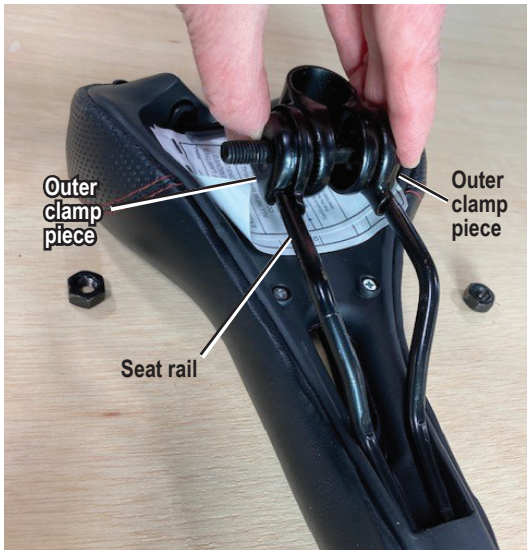
5. Slide the remaining bracket assembly (clamp and threaded rod) rearward off the Seat rails.



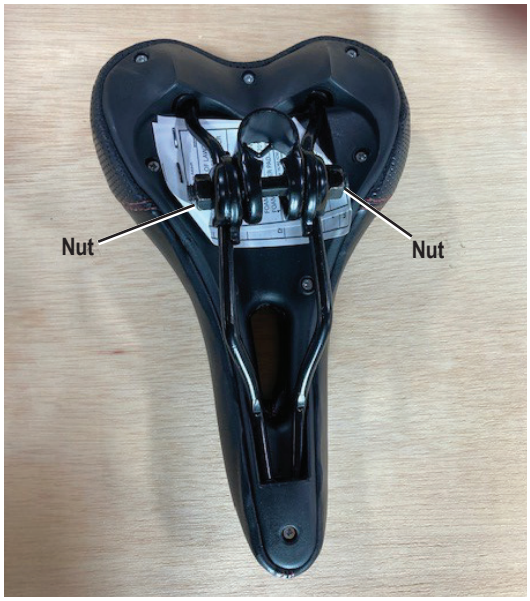
6. Turn the bracket assembly so that the clamp is pointing rearward, and slide it back onto the Seat rails.



7. Install the outer clamp pieces, observing their correct orientation. Be sure they are seated on the Seat rails.



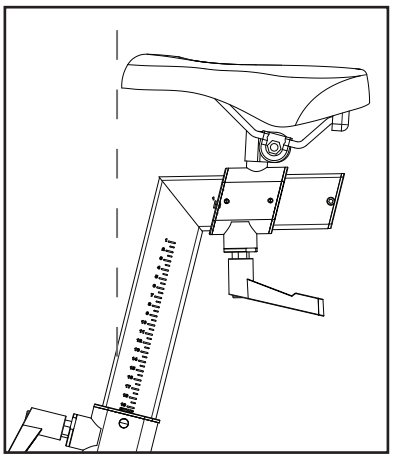
8. Re-install nuts to outside of the bracket assembly. Hand tighten the nuts.



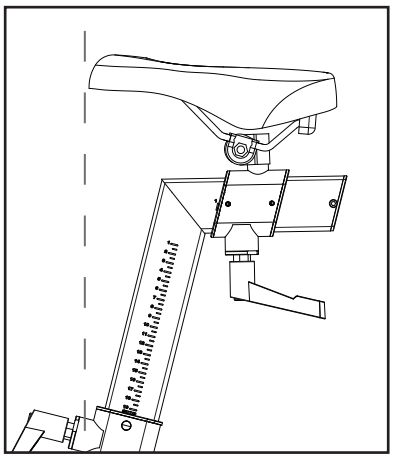
9. Install Seat onto the Seat post. Be sure the Seat is straight and level. Fully tighten both nuts using a 14 mm open end wrench.

Comparison—when the Seat clamp is reversed, the Seat is approximately 5 cm (2 inches) closer to the handlebars.

Before—Seat clamp in standard position



After—Seat clamp reversed



10. 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.

Adjust the Tilt Sensor (Calibration) on the Bowflex™ VeloCore™ Bikes

Replacement Procedure
Skill Level: II
Estimated Procedure Time: 10-15 minutes
8027847.070121.A

NOTICE: This document provides instructions to calibrate the Tilt Sensor on the Bowflex™ VeloCore™ Bike. **Sensor should only be calibrated under the supervision of a Nautilus Customer Care agent or other Nautilus Authorized technician.**

The Tilt Sensor should only be calibrated under one of these conditions:
1. After replacement of the Tilt Sensor, Bumper Assembly, Lower Wiring Harness or Lean Lockout Assembly
2. If the JRNY™ tilt indicator shows bike is leaning left or right while Lean Lock Knob is fully engaged
3. If JRNY™ tilt indicator appears to be severely disproportionate between how far you must lean left compared to right before display indicates you are leaning.

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.

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Important Safety Instructions - Before servicing or using this equipment, obey the following warnings:

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.

- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product being serviced at all times.
- Disconnect all power to the machine before you service it.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- Use only replacement parts and hardware that are supplied or approved by Nautilus. Failure to use Nautilus-approved replacement parts can adversely affect the safety and functionality of the equipment creating a risk to users and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If at any time the Warning labels 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.
- Do not try to change the design or functionality of the machine being serviced as this can adversely affect user safety.
- Do not put the machine back in service until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

•SAVE THESE INSTRUCTIONS.

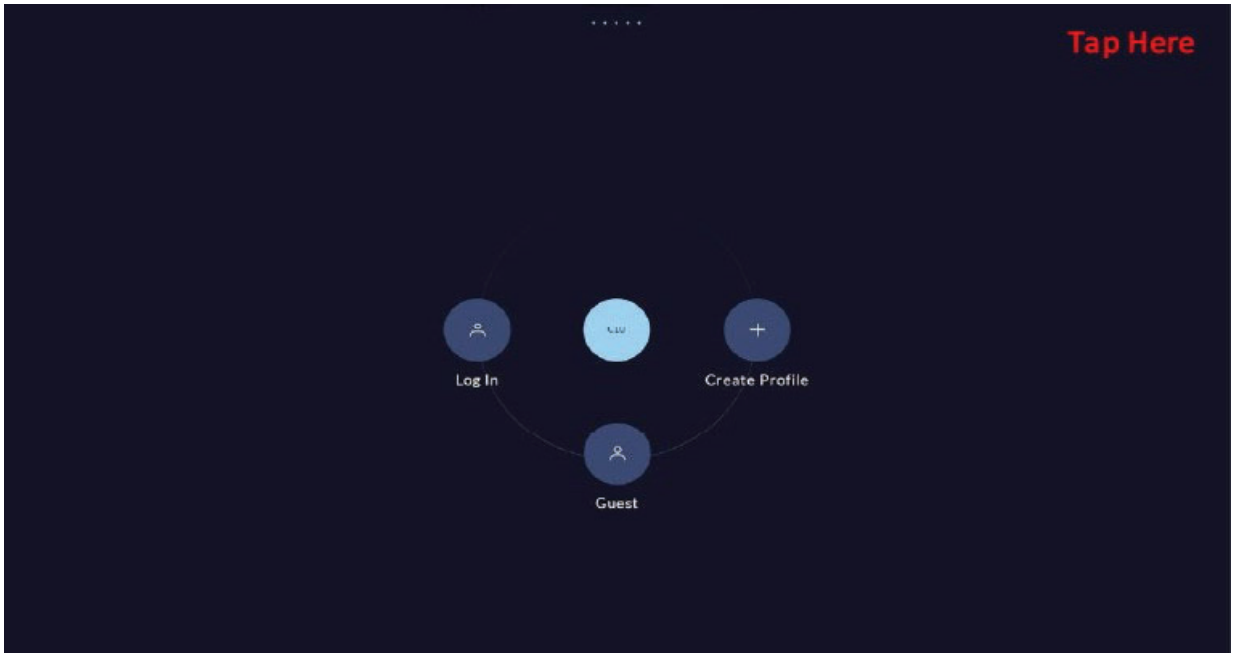
NOTICE: **Follow all directions exactly.** Do not power cycle or restart console during procedure. Always close the Advanced User Actions menu using EXIT button on top when complete, before disconnecting power to the machine. Do not select any options other than those indicated in the below instructions or the console may no longer function properly.

Be sure to confirm that all cable connections are secure before performing the calibration.

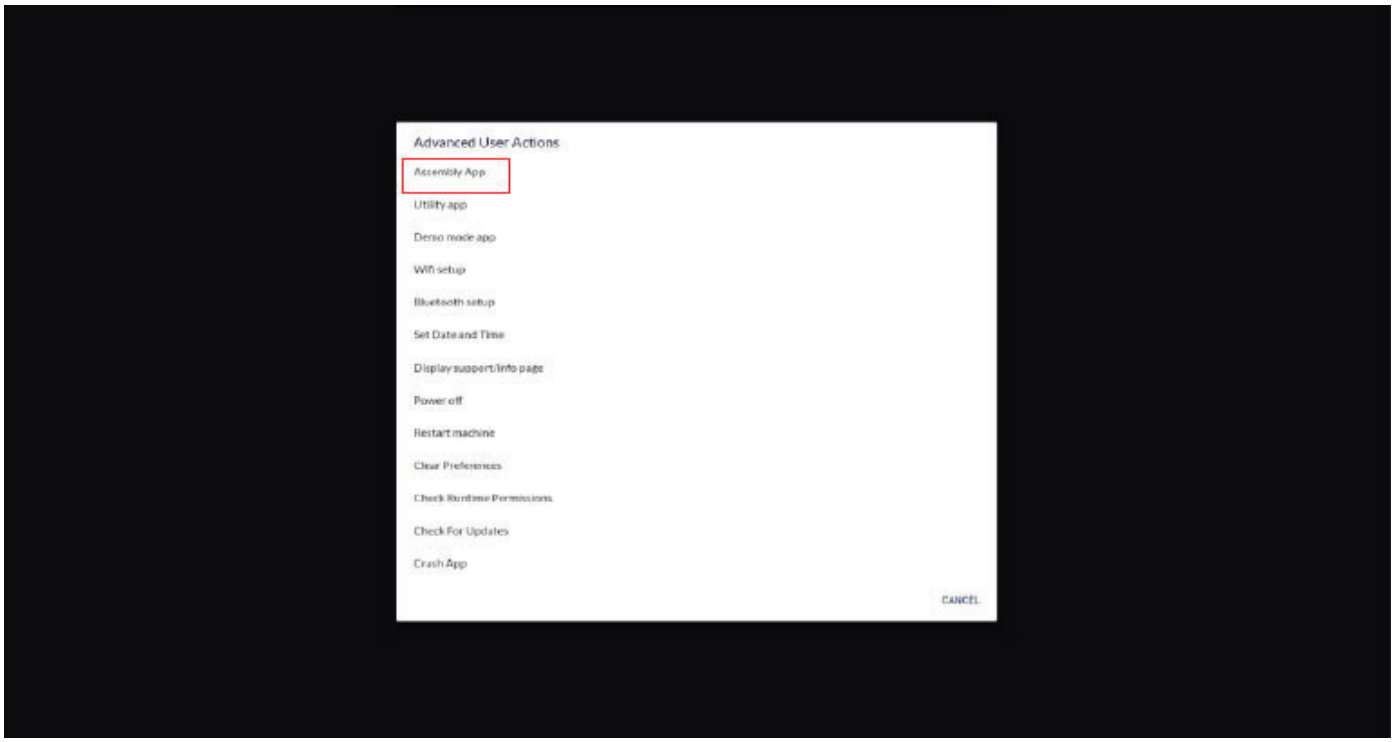
Note: Your machine may not match the images provided exactly.

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

2. Log out of JRNY™ account then select Cancel to return to the JRNY™ login screen as shown below. From this screen tap rapidly in the upper right hand corner 10 times to launch the Advanced User Actions menu.

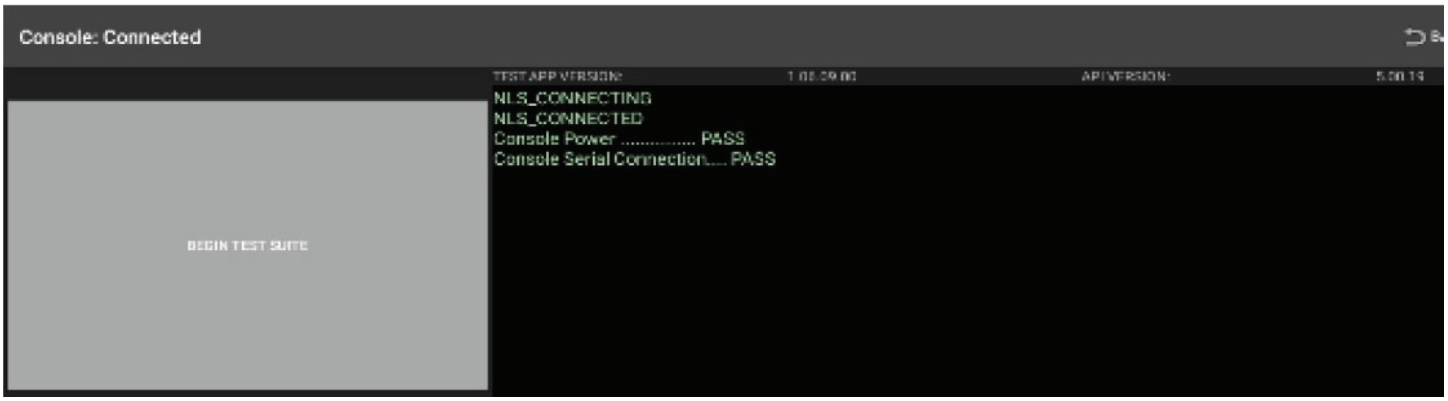


3. When Advanced User Actions menu appears, select “Assembly App” (indicated by red rectangle). Do not select any other options.



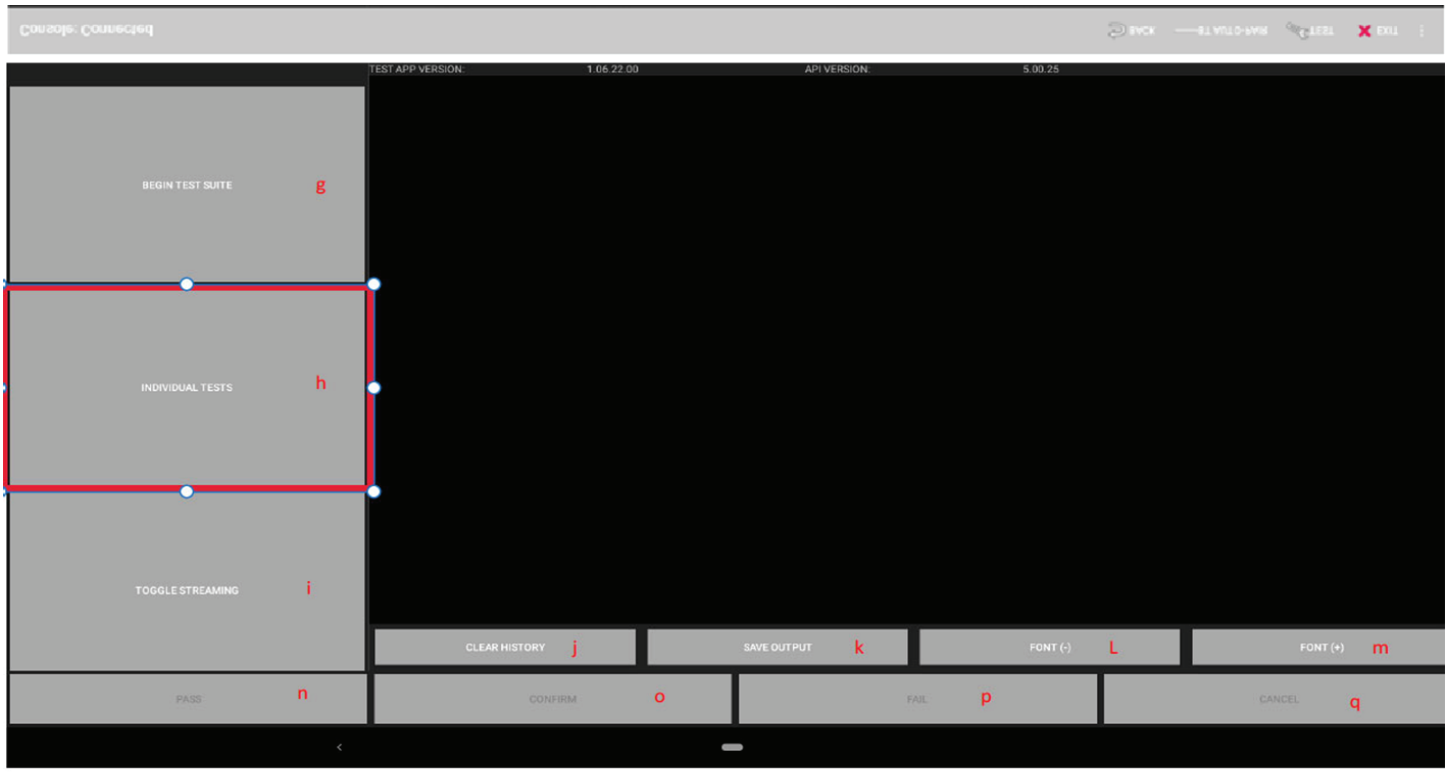
4. The Console will test the connection to the base and display two console messages ending in “PASS”.

NOTICE: If any message containing the word “ERROR” appears then choose the “EXIT” button at top right of screen and contact JRNY™ support.

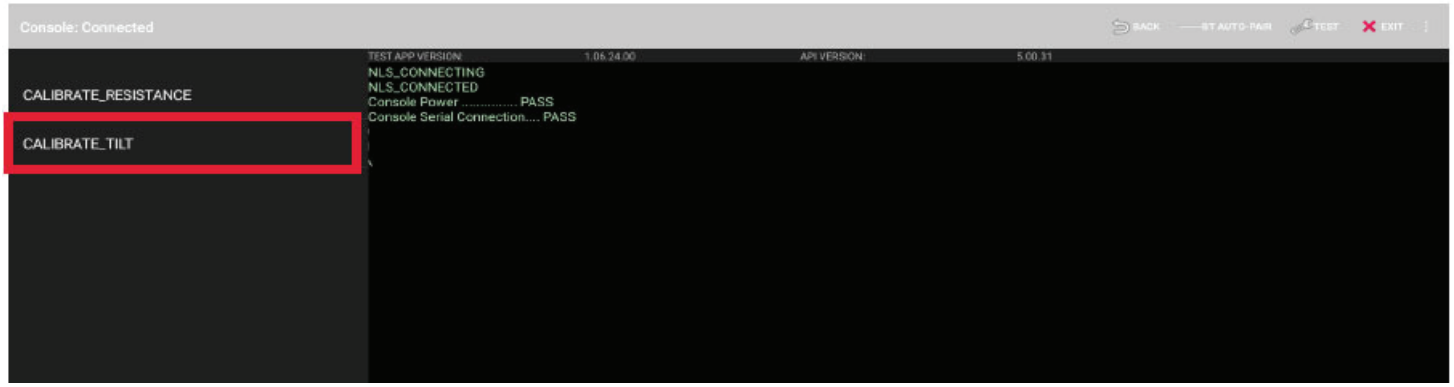


5. Touch CALIBRATE at top right of screen to enter calibration mode.

6. Top of screen will change color and the CALIBRATE option will disappear to indicate that you are in calibration mode. Touch the large INDIVIDUAL TESTS button at the mid left of screen.



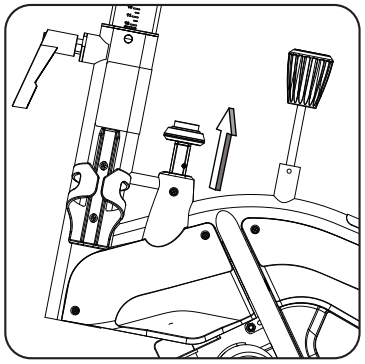
7. Touch CALIBRATE_TILT on left side of screen.



Note: Each step of the Calibration process has an automatic timeout if an expected button press (CONFIRM, PASS, FAIL) is not received within 5 minutes. The Calibration will be canceled, and the Calibration process will have to be restarted.

8. Be sure the bike is stabilized in the upright, center position with the Lean Lock Knob completely pulled up (locked position). Pull up on the Lean Lock Knob to make sure the machine is locked out of Lean Mode. Console will display a prompt to do this. The screen will display current Tilt Sensor value. (This number varies from machine to machine.)

Locked position



9. After making certain the machine is locked into center position, touch the blinking CONFIRM button at bottom of screen.

10. Touch the PASS button at bottom left of screen.

11. Touch the EXIT button at top right of screen.

12. Various messages will display, then the Console will reboot. This may take a few minutes to complete. Once the Console has returned to the login screen, log in and test that the Tilt Sensor now functions properly.

13. 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.

NOTICE: This document provides instructions on how to install the Flywheel Shroud Pads on Bowflex™ VeloCore™ Bikes to eliminate Flywheel Shroud noise.

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

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.

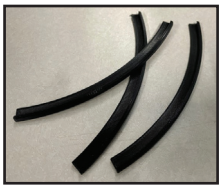
- Keep bystanders and children away from the product you are assembling at all times.
- Before each use, examine this machine for damage to power cord, power receptacle, loose parts or signs of wear. Do not use if found in this condition. Monitor the Seat, Pedals and Crank Arms closely. If purchased 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.

Refer to the Assembly Manual for complete safety instructions.

Parts

Flywheel shroud pads (3)



Tools

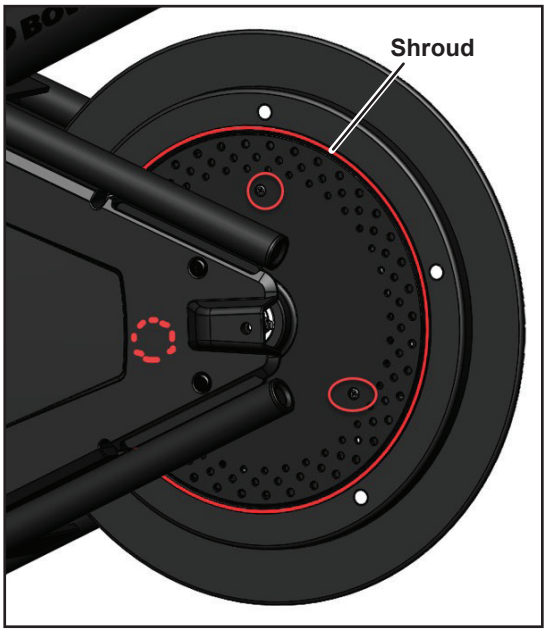
#2 Phillips screwdriver

Installation

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

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

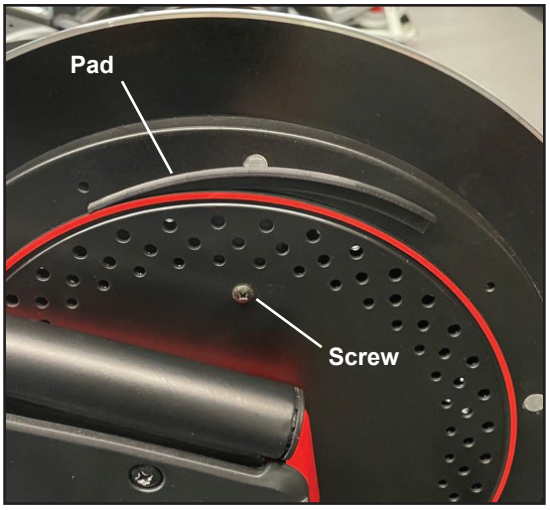
2. On the left side of the Flywheel, locate the 3 screws (indicated) that attach the Shroud. Using a Phillips screwdriver, loosen one of the screws 1 full turn.

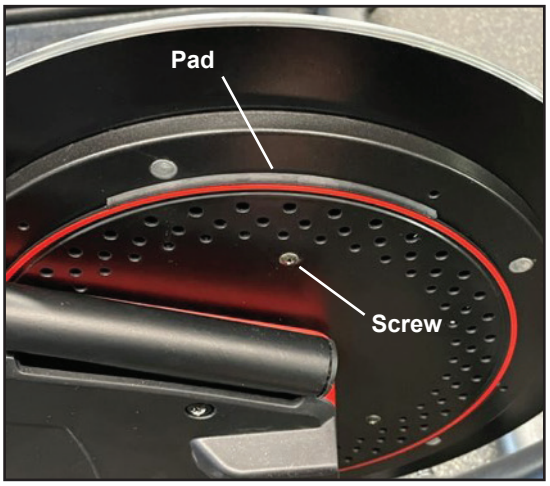


3. Place the Flywheel Shroud Pad between the Shroud and the Flywheel as shown. Start at one end of the Pad and press fully into position. Be sure the Pad is seated on the ledge behind the Shroud surface and centered in line with the screw.

4. Fully tighten the screw to hold the Pad in position.

5. Repeat the step for the other 2 screws.





6. 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.

Note: Check the screws after a few workouts to be sure that they are tight and the Pads are still in position.

Replace the Adjustable Console Mast on the Bowflex™ VeloCore™ Bikes

Replacement Procedure
Skill Level: II
Estimated Procedure Time: 20-30 minutes
8028524.121521.A

NOTICE: This document provides instructions for the replacement of the Adjustable Console Mast on the Bowflex™ VeloCore™ 16 and VeloCore™ 22 bikes.

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 | **ORIGINAL DOCUMENT - ENGLISH VERSION ONLY**

Important Safety Instructions - Before servicing or using this equipment, obey the following warnings:

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.

• Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
• Keep bystanders and children away from the product being serviced at all times.
• Disconnect all power to the machine before you service it.
• Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
• Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
• Use only replacement parts and hardware that are supplied or approved by Nautilus. Failure to use Nautilus-approved replacement parts can adversely affect the safety and functionality of the equipment creating a risk to users and will void the warranty.
• Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If at any time the Warning labels 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.
• Do not try to change the design or functionality of the machine being serviced as this can adversely affect user safety.
• Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

• SAVE THESE INSTRUCTIONS.

Tools Required (not included)

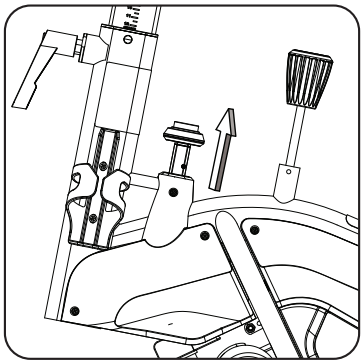
6 mm Hex Wrench

#2 Phillips screwdriver

Flathead screwdriver

Note: Your machine may not match the images provided exactly.

Locked position

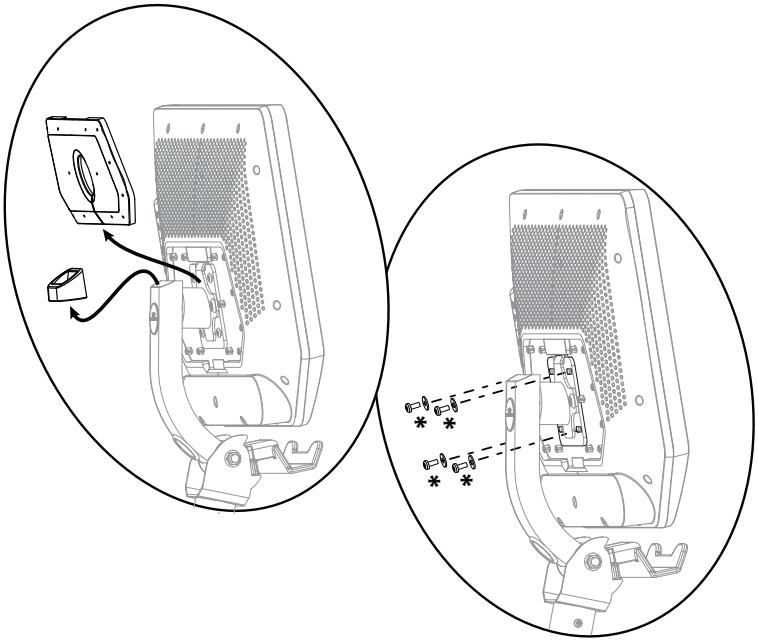


1. Unplug the AC Adapter from the wall outlet and machine. Be sure the bike is stabilized in the upright position with the Lean Lock Knob in the locked position.

Be sure the bike is stabilized in the upright position with the Lean Lock Knob completely pulled up (locked position). If the Lean Lock mechanism is not engaged, the bike may become unbalanced and fall, which can cause injury or damage to the equipment.

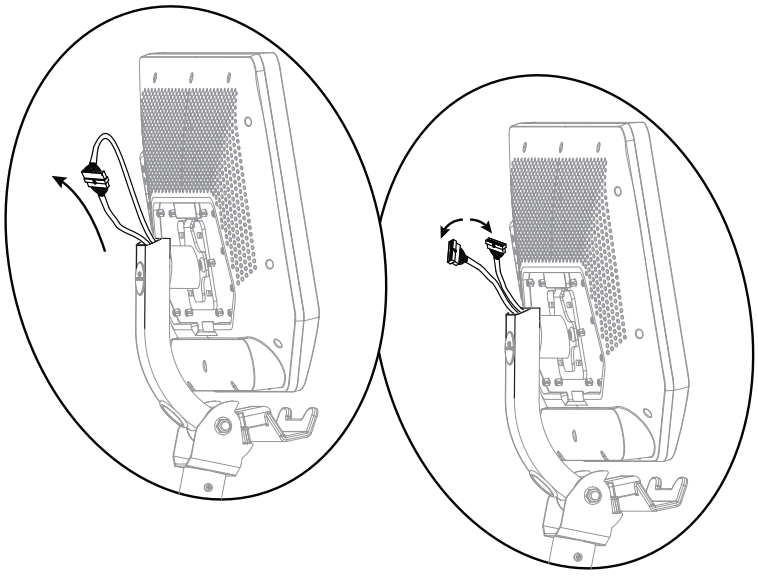
Fully turn the Resistance Knob clockwise to lock the Flywheel in place.

2. Remove the Console mast cover and Console Mast End Cap. Using a #2 Phillips screwdriver, remove the hardware(*) from the back of the Console. Set the parts safely aside for reassembly.



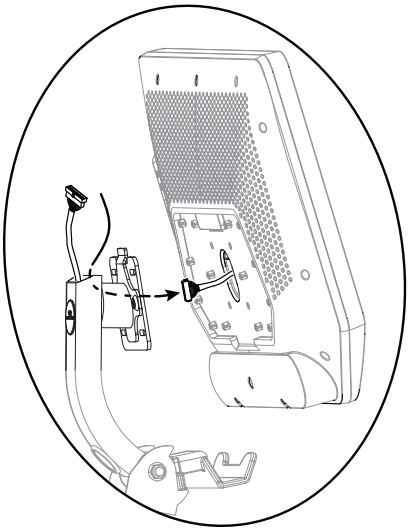
3. Carefully pull the cables up through the opening at the top of the Adjustable Console Mast, and disconnect the Mast Cable from the Console cable.

NOTICE: Do not pinch or cut the cables. This step may require two people. Hold the Console so that it does not fall.



4. Carefully remove the Console, gently pulling the Console cable down and out of the Console Mount. Set the Console safely aside for reassembly.

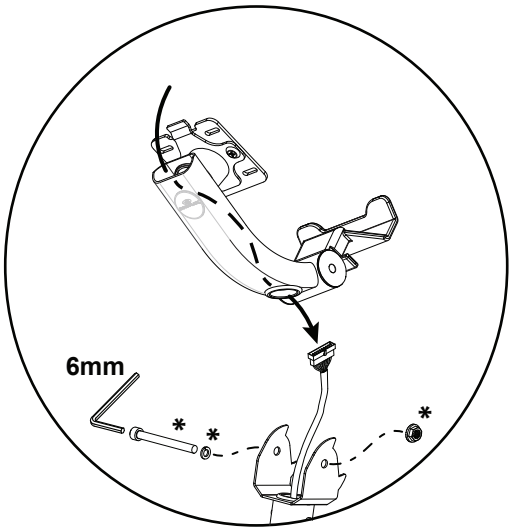
NOTICE: This step may require two people. Do not pinch or cut the cables. Abrupt motions can affect the computer operation.



5. Using a 6 mm hex wrench, remove the hardware (*) that attaches the Adjustable Console Mast to the Console Mast. Set the hardware safely aside.

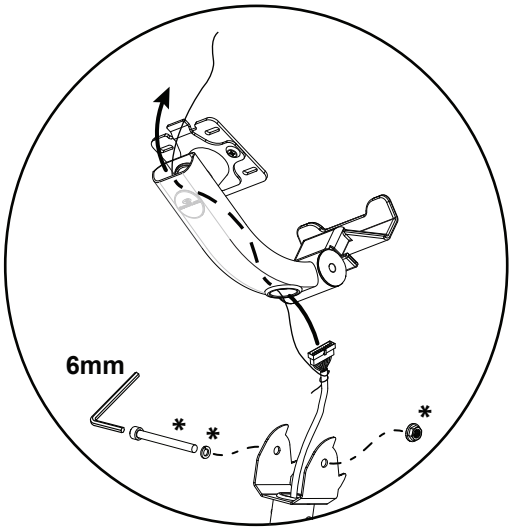
6. Carefully remove the old Adjustable Console Mast, pulling the Mast Data Cable down through the Adjustable Console Mast. Set the Adjustable Console Mast safely aside

NOTICE: Do not pinch or cut the cable.



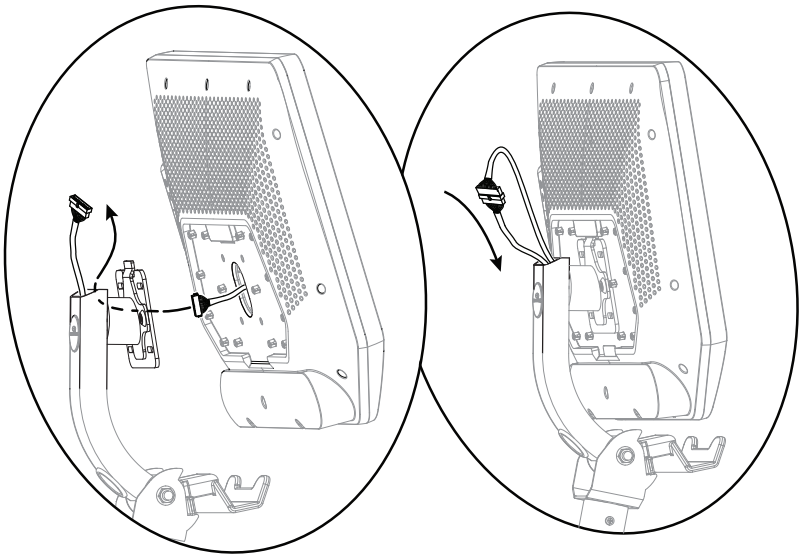
7. Remove the pre-installed hardware (*) from the new Adjustable Console Mast. Use the pull cable in the Adjustable Console Mast to route the Console Mast cable through the round hole at the base of the Adjustable Console Mast tube to the opening at the top. Attach the Adjustable Console Mast with the hardware (*).

NOTICE: Do not pinch or cut the cables. The ease of Console rotation can be adjusted by the tightness of the pivot screw.



8. Route the Console cable through the Console Mount up to the opening at the top. Connect the Console cable and Mast Data Cable. Push the extra wire down into the Adjustable Console Mast.

NOTICE: Do not pinch or cut the cables. This step may require two people. Abrupt motions can affect the computer operation.

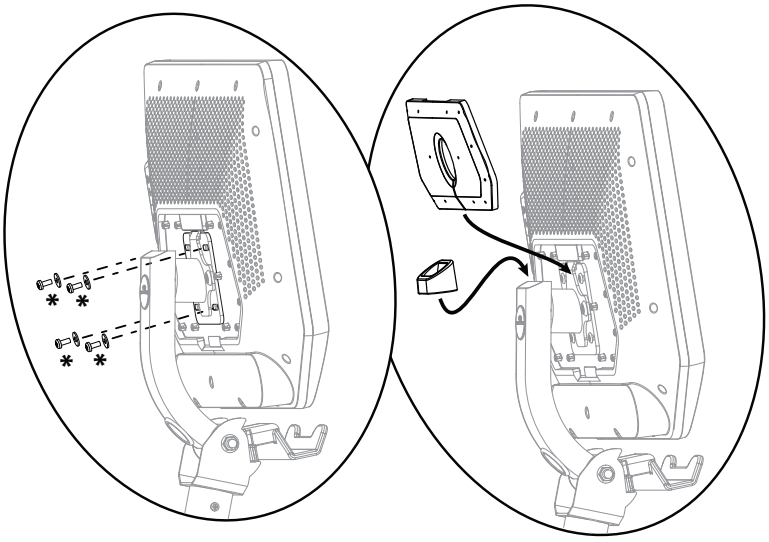


9. Using a #2 Phillips screwdriver, re-install the Console.

NOTICE: Do not pinch or cut the cables. This step may require two people. Abrupt motions can affect the computer operation.

Install the Console Mast End Cap and Console mast cover.

Make sure the Console is aligned with the machine.



10. 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.

Replace the Brake/Resistance Knob Assembly on the Bowflex™ VeloCore™ Bikes

Replacement Procedure
Skill Level: III
Estimated Procedure Time: 30 minutes
8028525.090122.A

NOTICE: This document provides instructions for the replacement of the Brake/Resistance Knob assembly on the Bowflex™ VeloCore™ 16 and VeloCore™ 22 bikes.

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

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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 | **ORIGINAL DOCUMENT - ENGLISH VERSION ONLY**

Important Safety Instructions - Before servicing or using this equipment, obey the following warnings:

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.

• Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
• Keep bystanders and children away from the product being serviced at all times.
• Disconnect all power to the machine before you service it.
• Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
• Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
• Use only replacement parts and hardware that are supplied or approved by Nautilus. Failure to use Nautilus-approved replacement parts can adversely affect the safety and functionality of the equipment creating a risk to users and will void the warranty.
• Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If at any time the Warning labels 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.
• Do not try to change the design or functionality of the machine being serviced as this can adversely affect user safety.
• Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

• SAVE THESE INSTRUCTIONS.

Tools Required (not included)

#2 Phillips screwdriver

Small (2-3mm) steel pin and hammer

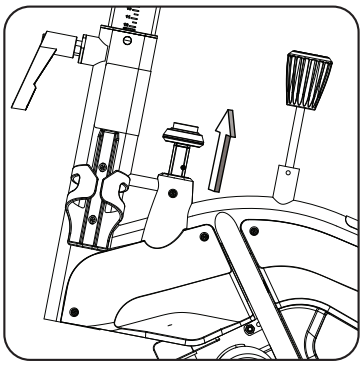
NOTICE: It may be necessary to adjust the Resistance Sensor at the end of this procedure. Refer to the "Adjust the Resistance Sensor" procedure.

Note: Your machine may not match the images provided exactly.

1. Unplug the AC Adapter from the wall outlet and machine. Be sure the bike is stabilized in the upright position with the Lean Lock Knob in the locked position.

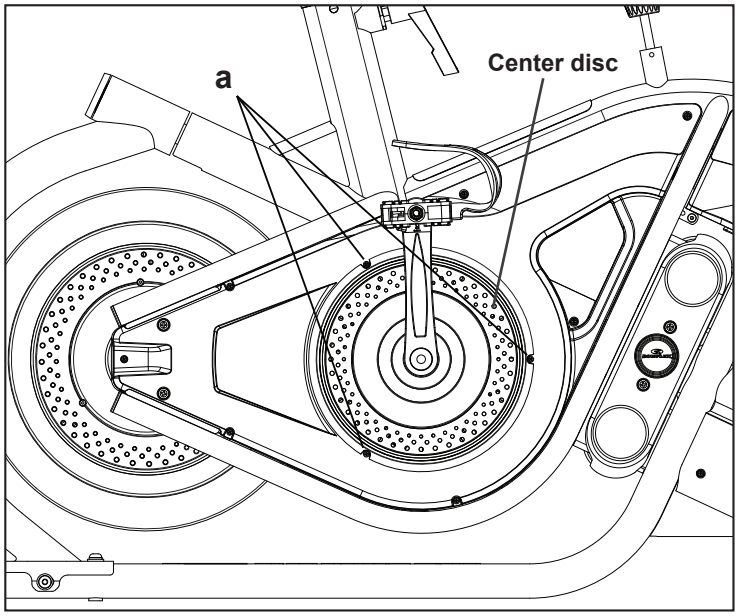
Be sure the bike is stabilized in the upright position with the Lean Lock Knob completely pulled up (locked position). If the Lean Lock mechanism is not engaged, the bike may become unbalanced and fall, which can cause injury or damage to the equipment.

Locked position



2. Using a #2 Phillips Screwdriver, remove 3 screws (a) that attach the Center Disc to the Right Main Shroud. Set them safely aside for reassembly.

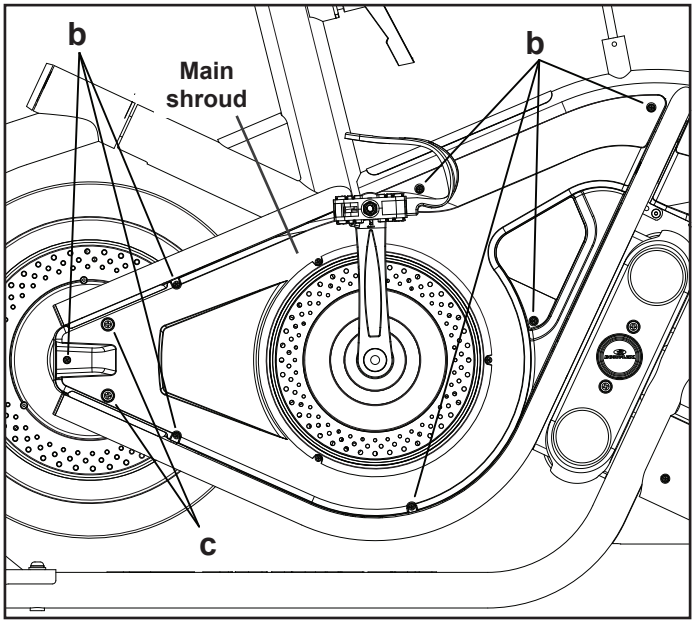
Right side



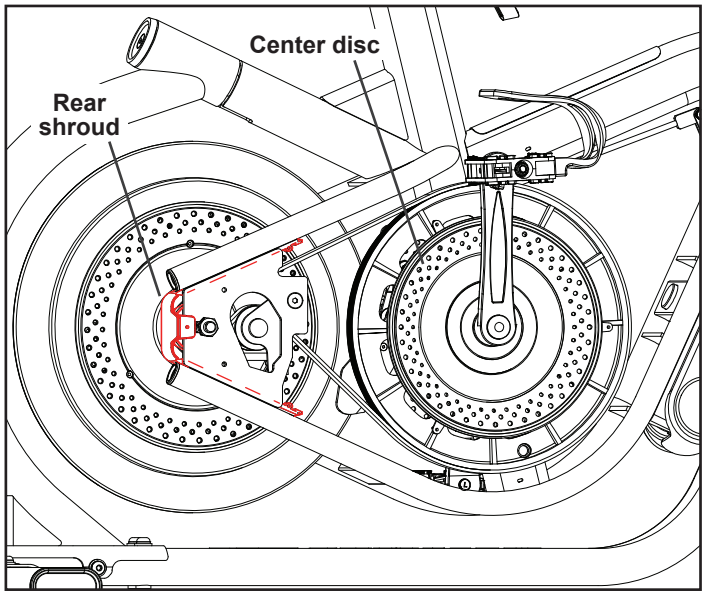
3. Using a #2 Phillips Screwdriver, remove 9 screws (b, c) from the Right Main Shroud. Be sure to note their locations for reassembly. Remove the bottom screws first, and then the top screws.

Note: It is not necessary to remove the Crank Arm and Center Disc in order to remove the Shroud.

Carefully angle and remove the Right Main Shroud and Rear (red) Shroud. Set the parts safely aside for reassembly.

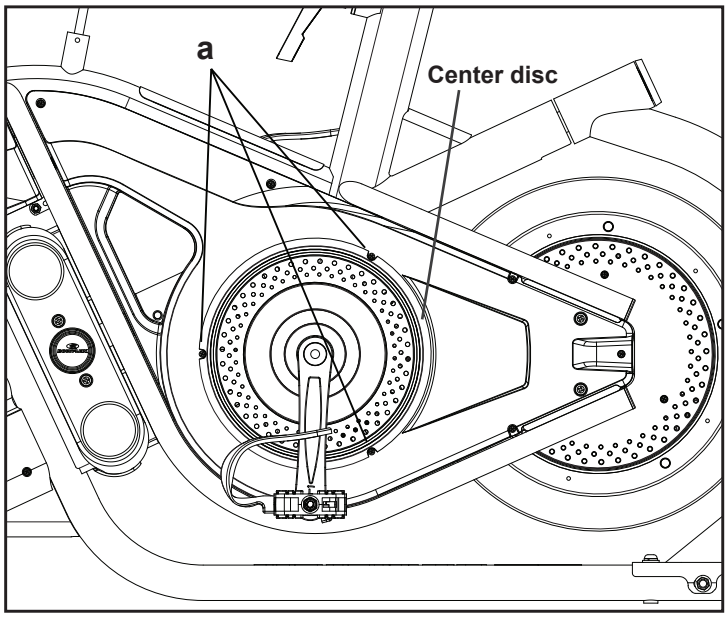


Right Main shroud removed



4. Using a #2 Phillips Screwdriver, remove 3 screws (a) that attach the Center Disc to the Left Main Shroud. Set them safely aside for reassembly.

Left side

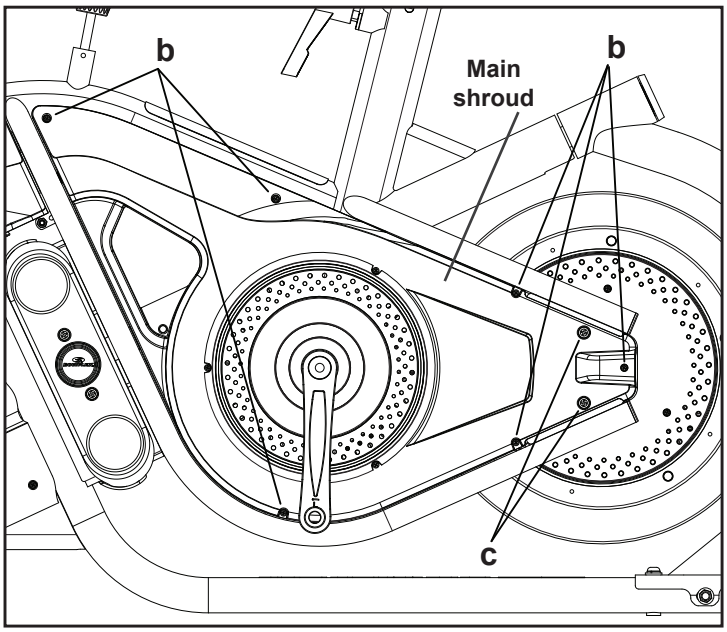


5. Using a #2 Phillips Screwdriver, remove 8 screws (b, c) from the Left Main Shroud. Be sure to note their locations for reassembly. Remove the bottom screws first, and then the top screws.

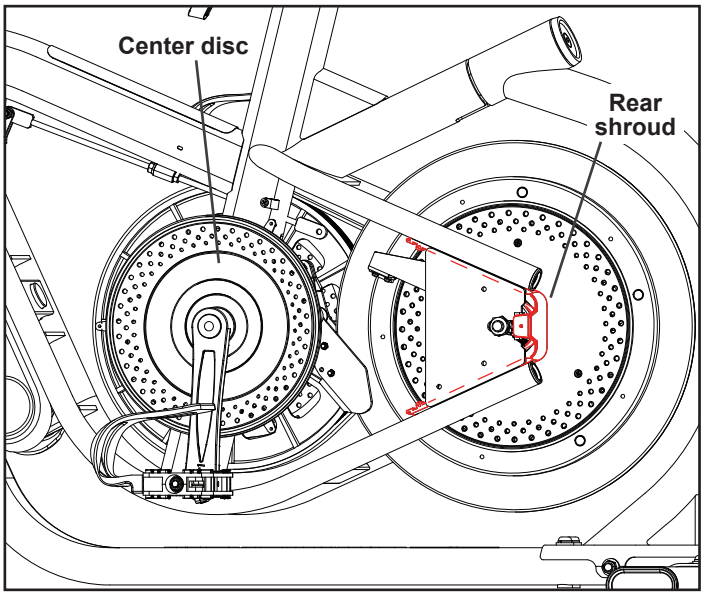
Note: It is not necessary to remove the Crank Arm and Center Disc in order to remove the Shroud.

Carefully angle and remove the Left Main Shroud and Rear (red) Shroud. Set the parts safely aside for reassembly.

Left side (pedal not shown for clarity)



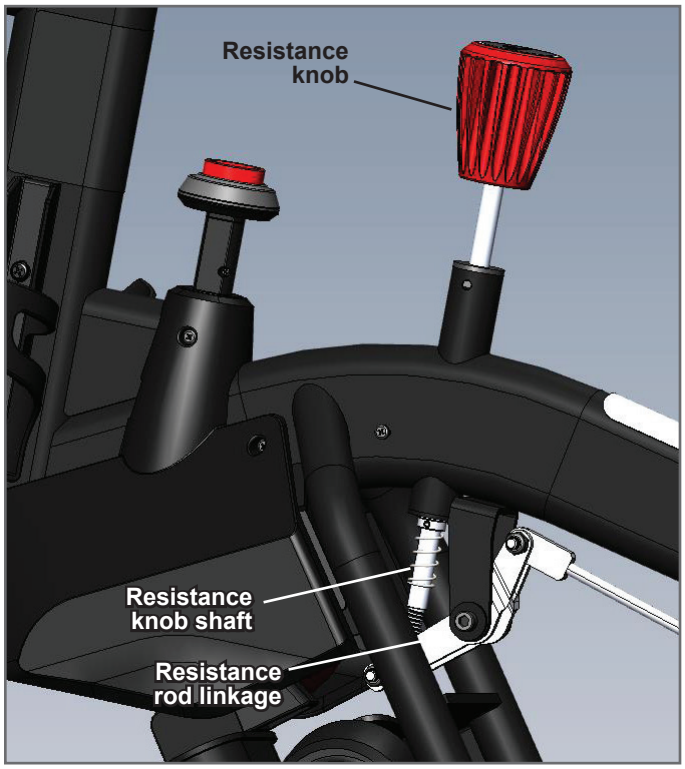
Left Main shroud removed



6. Turn the Resistance Knob to unthread it from the Resistance Rod Linkage.

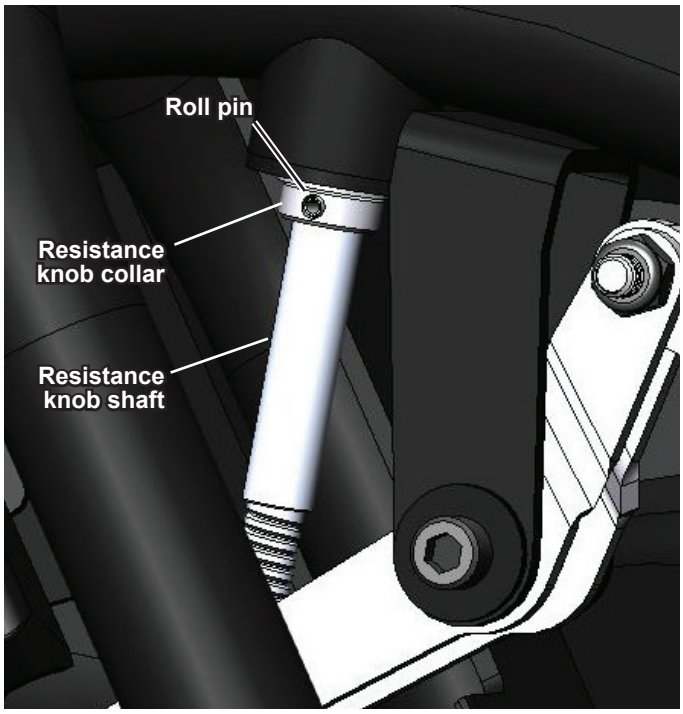
Right side

Left side

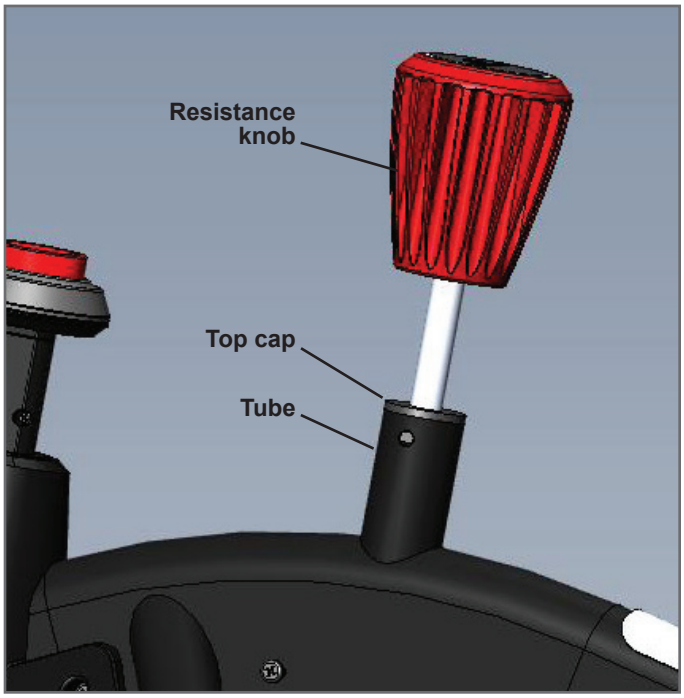


7. Using a small (2-3mm) steel pin and hammer, gently push the Roll Pin out of the Resistance Knob Collar and Resistance Knob Shaft. You may need to push down slightly on the Resistance Knob at the same time.

NOTICE: We suggest placing a cloth under the machine to catch the pin so that it does not get lost.



8. Pull quickly and sharply up on the Resistance Knob to pop the plastic top cap out of the steel tube. Pull the Resistance Knob up and out of the frame.



9. Installation is the reverse procedure.

NOTICE: Do not cut or pinch any cables.

Install the top shroud screws first.

10. If necessary, refer to the “Adjust the Resistance Sensor” procedure.

11. 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.

Replace the Bumper on the Bowflex™ VeloCore™ Bikes

Replacement Procedure
Skill Level: II
Estimated Procedure Time: 20-30 minutes
8028526.121521.A

NOTICE: This document provides instructions for the replacement of the upper and lower Bumper assemblies on the Bowflex™ VeloCore™ 16 and VeloCore™ 22 bikes.

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

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Important Safety Instructions - Before servicing or using this equipment, obey the following warnings:

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.

• Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
• Keep bystanders and children away from the product being serviced at all times.
• Disconnect all power to the machine before you service it.
• Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
• Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
• Use only replacement parts and hardware that are supplied or approved by Nautilus. Failure to use Nautilus-approved replacement parts can adversely affect the safety and functionality of the equipment creating a risk to users and will void the warranty.
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• Do not try to change the design or functionality of the machine being serviced as this can adversely affect user safety.
• Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

• SAVE THESE INSTRUCTIONS.

Tools Required (not included)

#2 Phillips screwdriver

6 mm Hex wrench

Flathead screwdriver

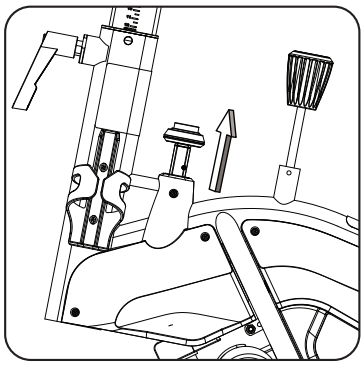
NOTICE: It may be necessary to adjust the Bumper and calibrate the Tilt Sensor at the end of this procedure. Refer to the "Adjust the Bumper" procedure and the "Adjust the Tilt Sensor" procedure.

Note: Your machine may not match the images provided exactly.

1. Unplug the AC Adapter from the wall outlet and machine. Be sure the bike is stabilized in the upright position with the Lean Lock Knob in the locked position.

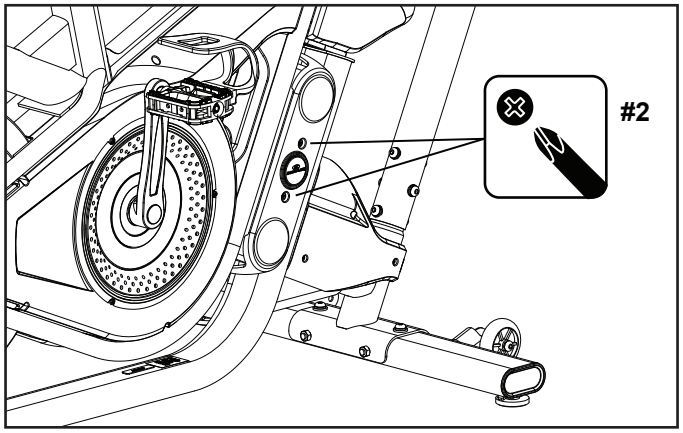
Be sure the bike is stabilized in the upright position with the Lean Lock Knob completely pulled up (locked position). If the Lean Lock mechanism is not engaged, the bike may become unbalanced and fall, which can cause injury or damage to the equipment.

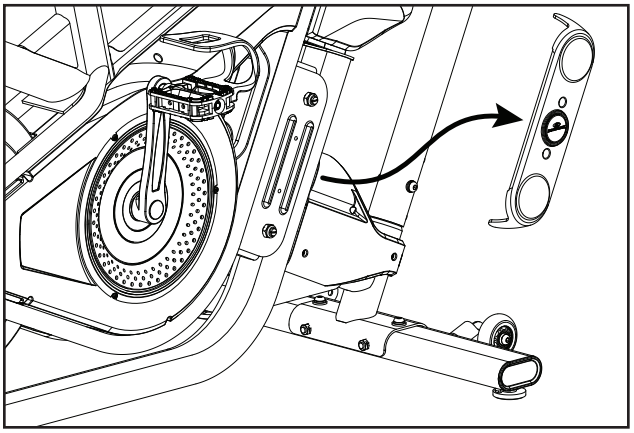
Locked position



2. Using a #2 Phillips screwdriver, loosen and remove the screws that attach the Bumper Shroud. Remove the Shroud and set it safely aside with the screws for reassembly.

Repeat for the Bumper Shroud on the other side of the machine.



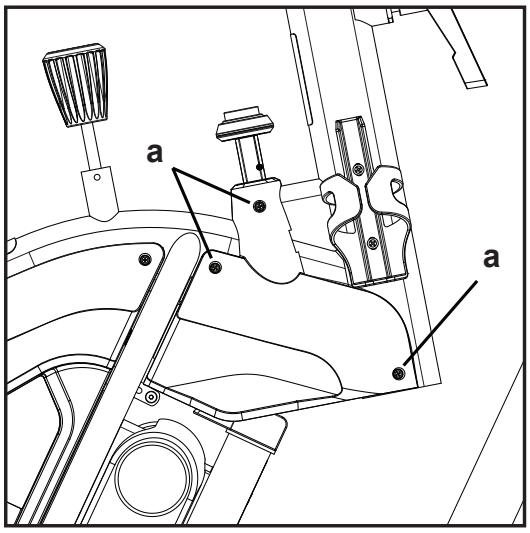


3. Using a #2 Phillips Screwdriver, remove the 3 screws (a) that attach the Front Fender to the frame. Remove the bottom screws first, and then the top screws. Set them safely aside for reassembly.

Note: Hold the Front Fender so that it does not fall.

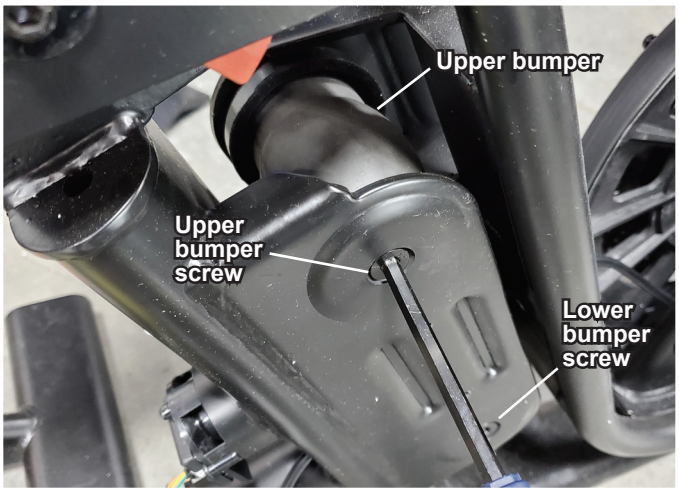
Remove the Front Fender and set it safely aside.

Repeat on the other side.



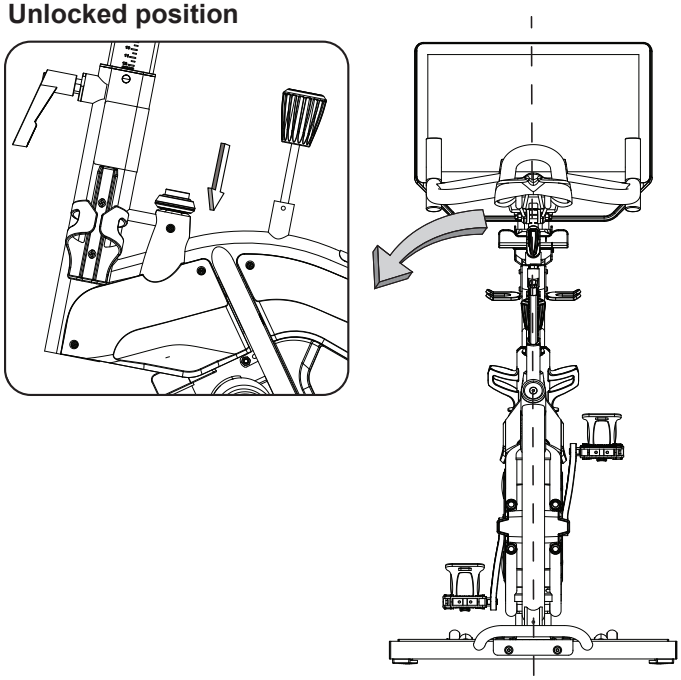
4. Using a 6 mm hex wrench, loosen and remove the Bumper screw from the Bumper to be replaced.

Left side (shrouds not shown)



5. Push down the Lean Lock Knob to the unlocked position. Carefully pull the handlebar so that the bike leans to the left.

Unlocked position



6. Carefully remove the old Bumper and set it safely aside.

7. Installation is the reverse procedure.

Note: When re-installing the Front Fenders and Bumper Shrouds, install the top screws first.

If necessary, refer to the “Adjust the Bumper” procedure and the “Adjust the Tilt Sensor” procedure.

8. 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.

Replace the Bumper Cup on the Bowflex™ VeloCore™ Bikes

Replacement Procedure
Skill Level: II
Estimated Procedure Time: 20-30 minutes
8028527.121521.A

NOTICE: This document provides instructions for the replacement of the upper and lower Bumper Cups on the Bowflex™ VeloCore™ 16 and VeloCore™ 22 bikes.

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

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Important Safety Instructions - Before servicing or using this equipment, obey the following warnings:

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.

• Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
• Keep bystanders and children away from the product being serviced at all times.
• Disconnect all power to the machine before you service it.
• Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
• Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
• Use only replacement parts and hardware that are supplied or approved by Nautilus. Failure to use Nautilus-approved replacement parts can adversely affect the safety and functionality of the equipment creating a risk to users and will void the warranty.
• Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If at any time the Warning labels 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.
• Do not try to change the design or functionality of the machine being serviced as this can adversely affect user safety.
• Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

• SAVE THESE INSTRUCTIONS.

Tools Required (not included)

#2 Phillips screwdriver

6 mm Hex wrench

17mm Wrench

Flathead screwdriver

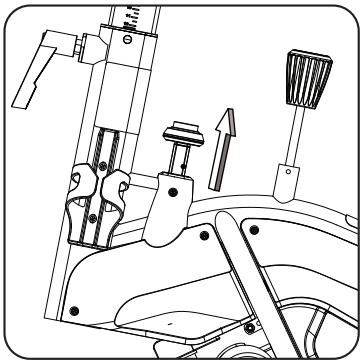
NOTICE: It may be necessary to adjust the Bumper and calibrate the Tilt Sensor at the end of this procedure. Refer to the "Adjust the Bumper" procedure and the "Adjust the Tilt Sensor" procedure..

Note: Your machine may not match the images provided exactly.

1. Unplug the AC Adapter from the wall outlet and machine. Be sure the bike is stabilized in the upright position with the Lean Lock Knob in the locked position.

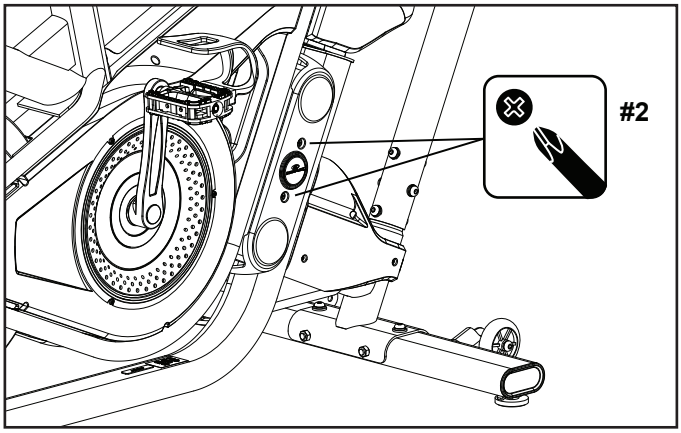
Be sure the bike is stabilized in the upright position with the Lean Lock Knob completely pulled up (locked position). If the Lean Lock mechanism is not engaged, the bike may become unbalanced and fall, which can cause injury or damage to the equipment.

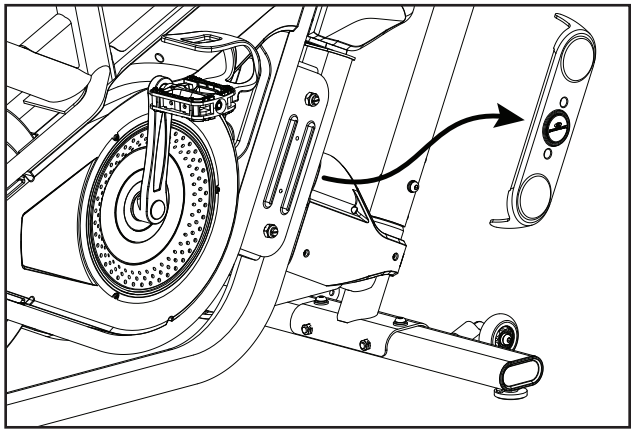
Locked position



2. Using a #2 Phillips screwdriver, loosen and remove the screws that attach the Bumper Shroud. Remove the Shroud and set it safely aside with the screws for reassembly.

Repeat for the Bumper Shroud on the other side of the machine.



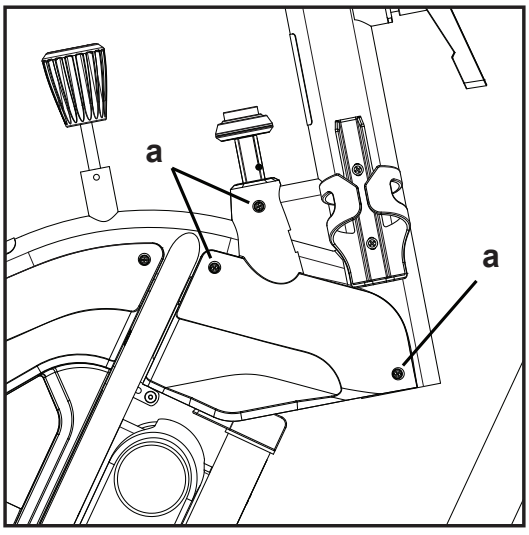


3. Using a #2 Phillips Screwdriver, remove the 3 screws (a) that attach the Front Fender to the frame. Remove the bottom screws first, and then the top screws. Set them safely aside for reassembly.

Note: Hold the Front Fender so that it does not fall.

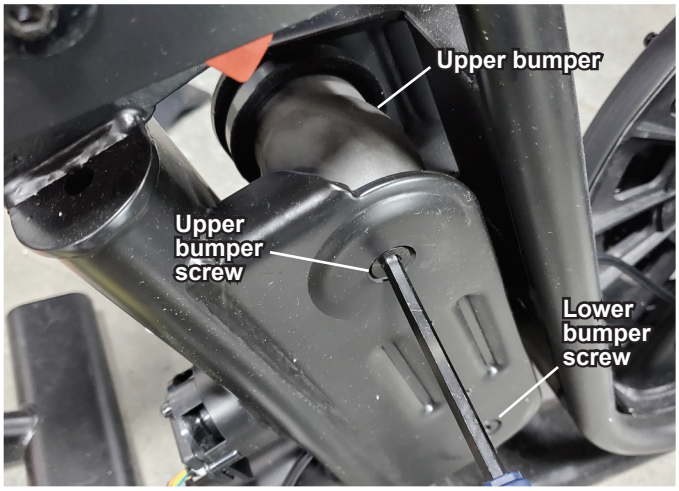
Remove the Front Fender and set it safely aside.

Repeat on the other side.



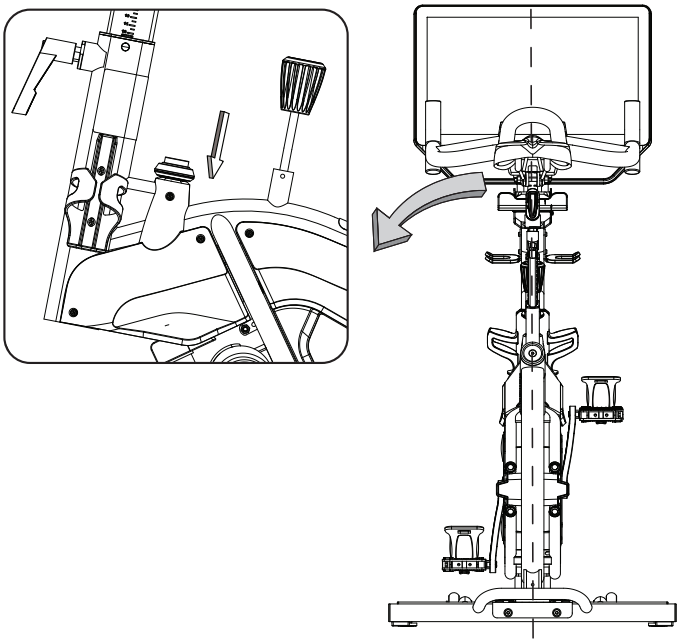
4. From the left side of the bike— Using a 6 mm hex wrench, loosen and remove the Bumper screw from the Bumper that pairs with the Bumper Cup to be replaced.

Left side (shrouds not shown)



5. Push down the Lean Lock Knob to the unlocked position. Carefully pull the handlebar so that the bike leans to one side.

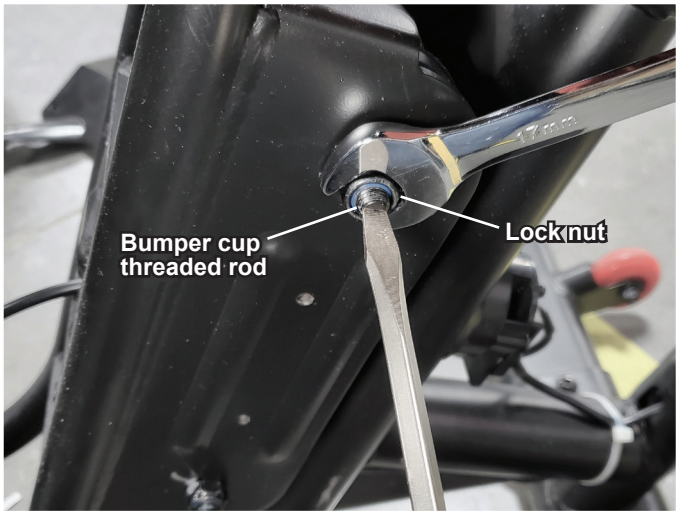
Unlocked position



6. Carefully remove the Bumper and set it safely aside for re-assembly.

7. From the right side of the bike— Hold the threaded rod of the Bumper Cup in place using a flathead screwdriver. Loosen and remove the lock nut using a 17 mm open end wrench. Set it safely aside.

Right side (shrouds not shown)



8. Using the flathead screwdriver, unscrew the Bumper Cup in a clockwise direction.

Right side (shrouds not shown)

9. Carefully reach in and remove the Bumper Cup. Set it safely aside.

10. Installation is the reverse procedure.

Note: When re-installing the Front Fenders and Bumper Shrouds, install the top screws first.

If necessary, refer to the “Adjust the Bumper” procedure and the “Adjust the Tilt Sensor” procedure.

11. 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.

Replace the Center Discs on the Bowflex™ VeloCore™ Bikes

Replacement Procedure
Skill Level: II
Estimated Procedure Time: 30 minutes
8028533.121521.A

NOTICE: This document provides instructions for the replacement of the Center Discs on the Bowflex™ VeloCore™ 16 and VeloCore™ 22 bikes.

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

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• Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
• Keep bystanders and children away from the product being serviced at all times.
• Disconnect all power to the machine before you service it.
• Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
• Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
• Use only replacement parts and hardware that are supplied or approved by Nautilus. Failure to use Nautilus-approved replacement parts can adversely affect the safety and functionality of the equipment creating a risk to users and will void the warranty.
• Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If at any time the Warning labels 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.
• Do not try to change the design or functionality of the machine being serviced as this can adversely affect user safety.
• Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

• SAVE THESE INSTRUCTIONS.

Tools Required (not included)

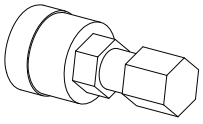
Flathead screwdriver

#2 Phillips screwdriver

16mm Socket and Wrench

Red Loctite® 272 or equivalent (high strength)

25mm Crank puller



17mm Wrench

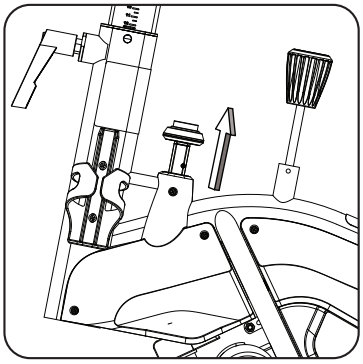
Note: Your machine may not match the images provided exactly.

1. Unplug the AC Adapter from the wall outlet and machine. Be sure the bike is stabilized in the upright position with the Lean Lock Knob in the locked position.

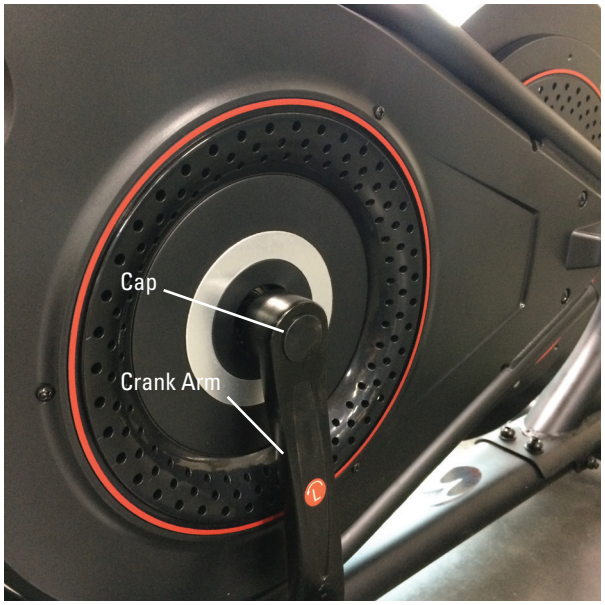
Be sure the bike is stabilized in the upright position with the Lean Lock Knob completely pulled up (locked position). If the Lean Lock mechanism is not engaged, the bike may become unbalanced and fall, which can cause injury or damage to the equipment.

Fully turn the Resistance Knob clockwise to lock the Flywheel in place.

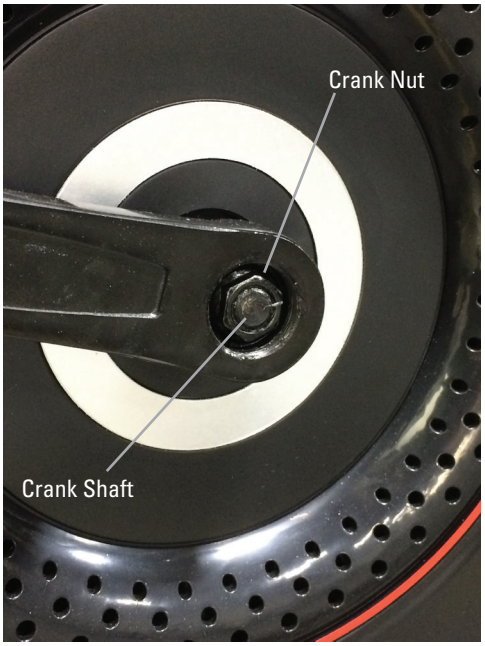
Locked position



2. Using a flathead screwdriver, remove the threaded Cap from the Crank Arm.

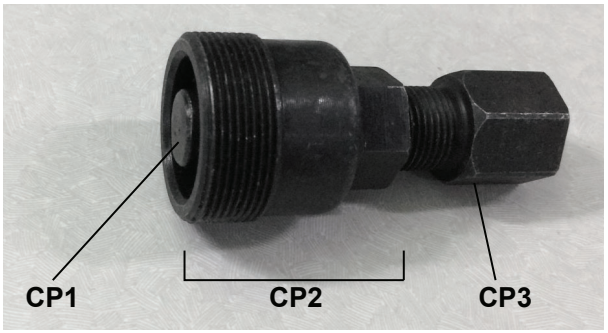


3. Using a 16 mm socket and wrench, remove the Crank Nut under the threaded Cap.



4. Thread the 25mm Crank Puller into the Crank Arm. When the Crank Puller is in the correct position, only 1-2 threads on the outer portion (CP2) of the Crank Puller should show.

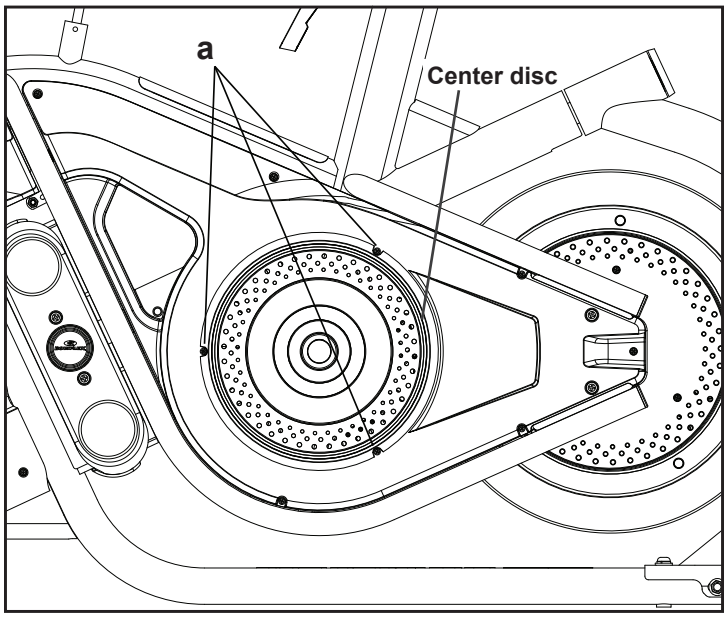
Note: Be sure that the end of the Bolt (CP1) is fully recessed within the Body of the Crank Puller (CP2) before use.



5. Using a 17mm wrench, turn the inner portion (CP3) of the Crank Puller clockwise. The Crank Arm will slide off as it is tightened. Set the parts safely aside for reassembly.

6. Using a #2 Phillips Screwdriver, remove the 3 screws (a) that attach the Center Disc to the Main Shroud. Set them safely aside for reassembly.

Left side



7. Carefully flex and remove the old Center Disc. Set it safely aside.

8. Carefully flex the new Center Disc and angle it into position. Install the 3 screws. Install the top screws first.

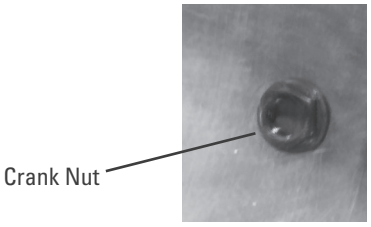
NOTICE: This step may require two people.

9. Place the Crank Arm onto the Crank Shaft. Be sure the Crank Arms are connected at 180° from each other.

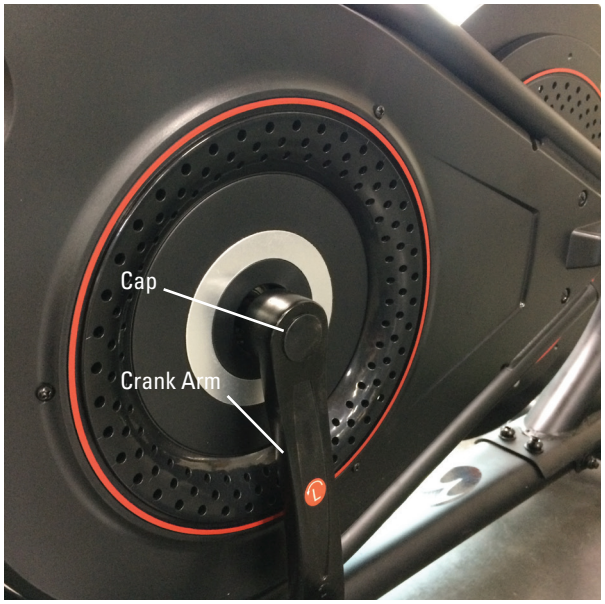
10. Add Loctite® 272 (or equivalent) to the inner threads of the Crank Nut. Do not apply the Loctite® 272 to the Crank Shaft.

11. Install the Crank Nut onto the Crank Shaft, and fully tighten it.

NOTICE: The cure time for Loctite® 272 is 24 hours. Allow time for the Loctite® 272 to cure before using the bike.



12. Re-install the threaded Cap on the Crank Arm.



13. 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.

Replace the Console on the Bowflex™ VeloCore™ Bikes

Replacement Procedure
Skill Level: I
Estimated Procedure Time:10 minutes
8028528.121521.A

NOTICE: This document provides instructions for the replacement of the Console on the Bowflex™ VeloCore™ 16 and VeloCore™ 22 bikes.

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

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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 | **ORIGINAL DOCUMENT - ENGLISH VERSION ONLY**

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• Disconnect all power to the machine before you service it.
• Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
• Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
• Use only replacement parts and hardware that are supplied or approved by Nautilus. Failure to use Nautilus-approved replacement parts can adversely affect the safety and functionality of the equipment creating a risk to users and will void the warranty.
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• Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

• SAVE THESE INSTRUCTIONS.

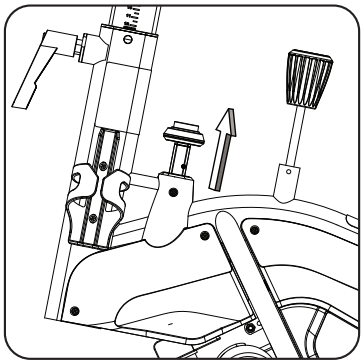
Tools Required (not included)

#2 Phillips screwdriver

Flathead screwdriver

Note: Your machine may not match the images provided exactly.

Locked position

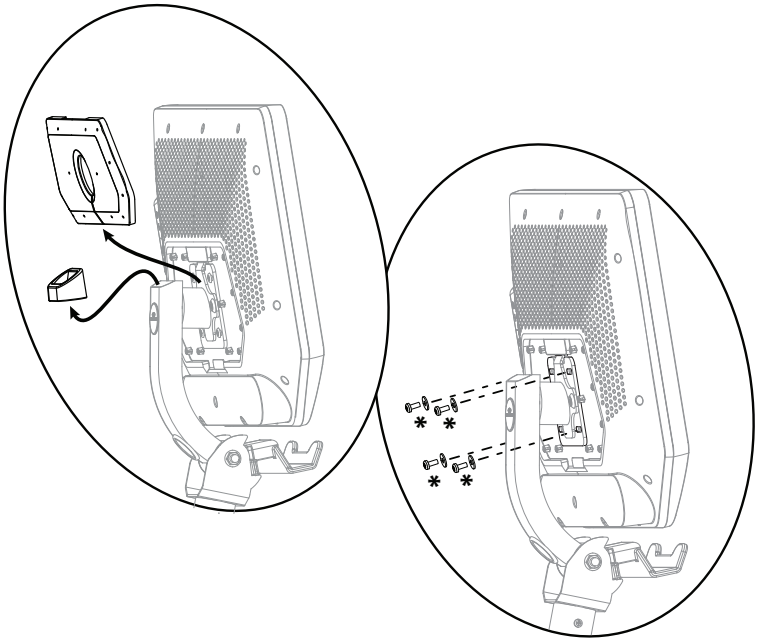


1. Unplug the AC Adapter from the wall outlet and machine. Be sure the bike is stabilized in the upright position with the Lean Lock Knob in the locked position.

Be sure the bike is stabilized in the upright position with the Lean Lock Knob completely pulled up (locked position). If the Lean Lock mechanism is not engaged, the bike may become unbalanced and fall, which can cause injury or damage to the equipment.

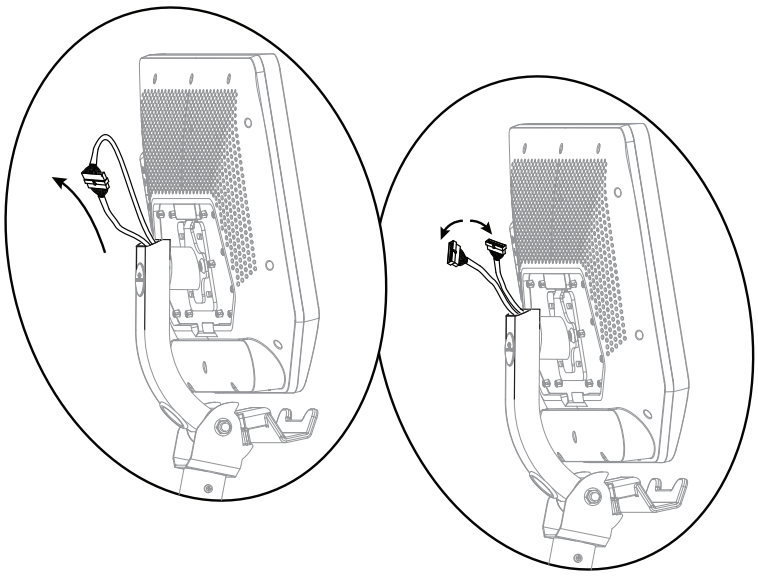
Fully turn the Resistance Knob clockwise to lock the Flywheel in place.

2. Remove the Console mast cover and Console Mast End Cap. Using a #2 Phillips screwdriver, remove the hardware(*) from the back of the Console. Set the parts safely aside for reassembly.



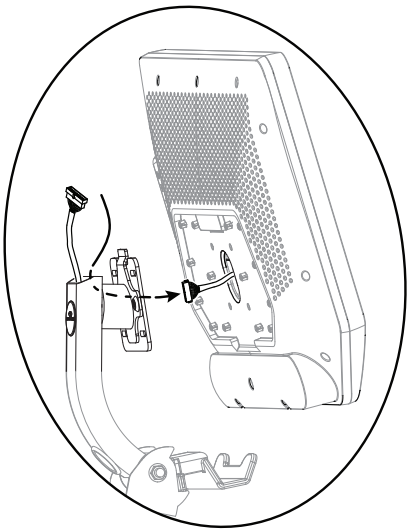
3. Carefully pull the cables up through the opening at the top of the Adjustable Console Mast, and disconnect the Mast Cable from the Console cable.

NOTICE: Do not pinch or cut the cables. This step may require two people. Hold the Console so that it does not fall.

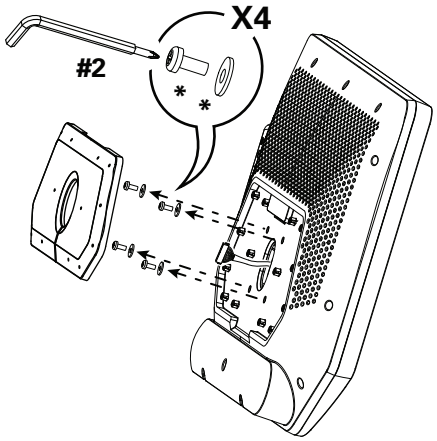


4. Carefully remove the Console. Set the Console safely aside.

NOTICE: This step may require two people. Do not pinch or cut the cables.

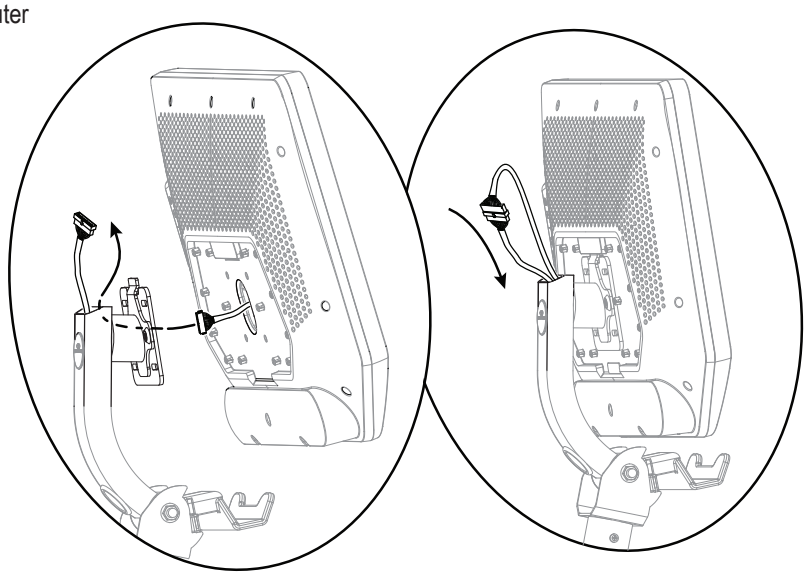


5. Remove the Console mast cover and pre-installed hardware(*) from the back of the new Console before you connect the cables.



6. Route the Console cable through the Console Mount up to the opening at the top. Connect the Console cable and Mast Data Cable. Push the extra wire down into the Adjustable Console Mast.

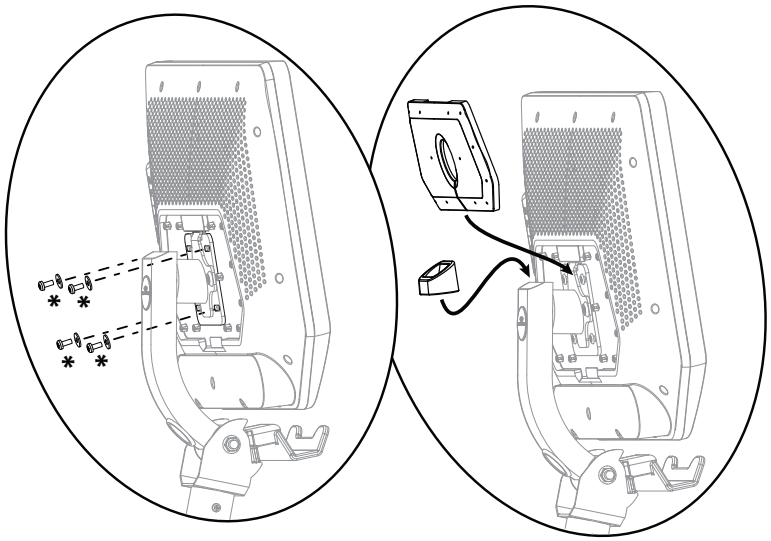
NOTICE: Do not pinch or cut the cables. This step may require two people. Abrupt motions can affect the computer operation.



7. Using a #2 Phillips screwdriver, install the new Console. Make sure the Console is level and aligned with the machine.

NOTICE: Do not pinch or cut the cables. This step may require two people. Abrupt motions can affect the computer operation.

Install the Console Mast End Cap and Console mast cover. If necessary, adjust the angle of the Console/Adjustable Console Mast.



8. Set up the new Console on your machine:

a. With the machine plugged into a functioning wall outlet, the machine will start up and the red Status LED will activate.

Note: The Console may go to sleep if it does not receive any input. Touch the screen of the Console to wake up the machine.

b. The machine will activate and display the Welcome - Connect Wifi screen. Tap on Connect.

Note: A Wifi connection is required to use your Bowflex™ VeloCore™ machine. If you do not have a Wifi connection available, contact your Bowflex™ Representative or your local distributor immediately for further assistance.

c. The Console will display the list of available Wifi connections. Tap on the desired Wifi connection, and enter the password. Tap on Connect.

d. The Console will test and connect to the Wifi connection.

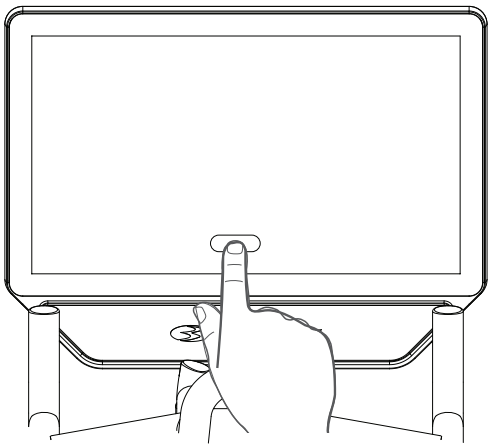
If the Console displays an Update Available screen, tap on the Agree button. The Console will update the software.

e. With a Wifi connection established, tap on Back.

f. Tap on Get Started.

g. The Console will display the options screen. Choose Log In or Create Account. Follow the prompts to register your new fitness machine. When registration is completed, your fitness machine is now ready for use.

h. The Console will display the Just for You tab. Complete the Fitness Assessment workout to unlock all workout content available to you. You can go to the Learn tab for more information about your options.



9. 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.

Replace the Console Mast on the Bowflex™ VeloCore™ Bikes

Replacement Procedure
Skill Level: II
Estimated Procedure Time: 30-45 minutes
8028529.121521.A

NOTICE: This document provides instructions for the replacement of the Console Mast on the Bowflex™ VeloCore™ 16 and VeloCore™ 22 bikes.

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• SAVE THESE INSTRUCTIONS.

Tools Required (not included)

6 mm Hex Wrench

#2 Phillips screwdriver

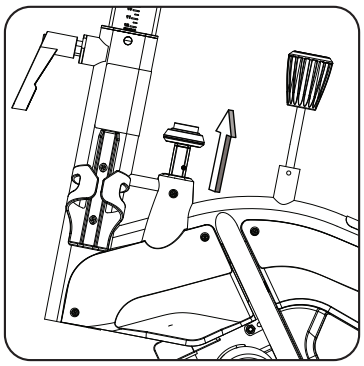
Flathead screwdriver

(1) Piece of string, 1.2 m (4’) in length each

(1) Piece of string, 0.6 m (2’) in length each

Note: Your machine may not match the images provided exactly.

Locked position

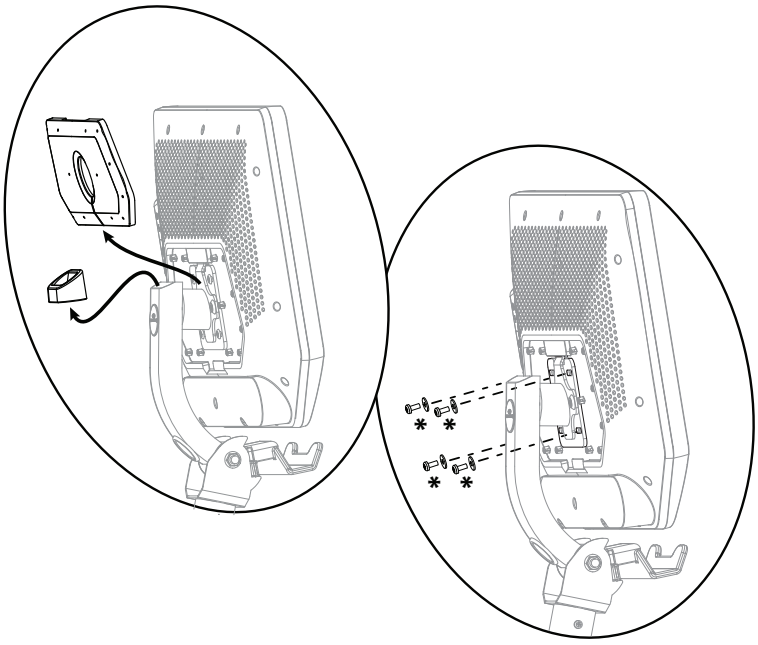


1. Unplug the AC Adapter from the wall outlet and machine. Be sure the bike is stabilized in the upright position with the Lean Lock Knob in the locked position.

Be sure the bike is stabilized in the upright position with the Lean Lock Knob completely pulled up (locked position). If the Lean Lock mechanism is not engaged, the bike may become unbalanced and fall, which can cause injury or damage to the equipment.

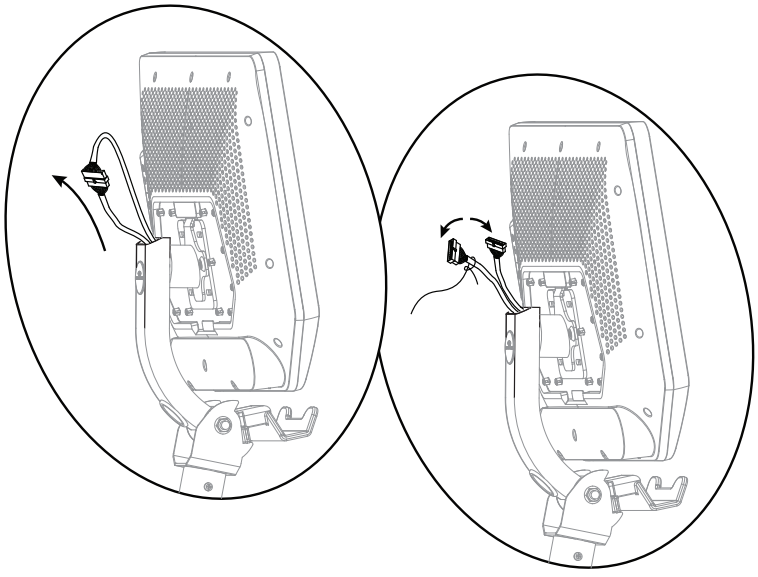
Fully turn the Resistance Knob clockwise to lock the Flywheel in place.

2. Remove the Console mast cover and Console Mast End Cap. Using a #2 Phillips screwdriver, remove the hardware(*) from the back of the Console. Set the parts safely aside for reassembly.



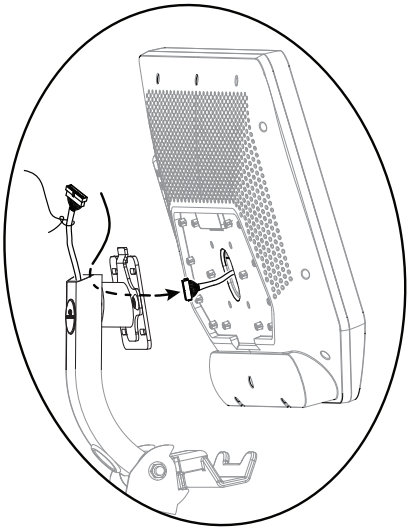
3. Carefully pull the cables up through the opening at the top of the Adjustable Console Mast, and disconnect the Mast Cable from the Console cable. Tie one end of the 0.6 m (2') piece of string to the Mast Cable connector.

NOTICE: Do not cut or pinch the cables. This step may require two people. Hold the Console so that it does not fall.



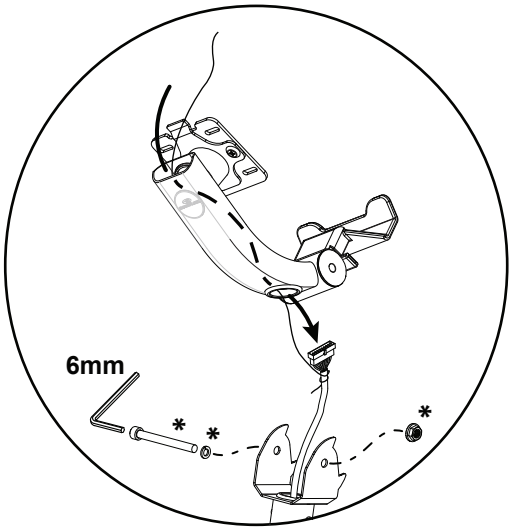
4. Carefully remove the Console, gently pulling the Console cable down and out of the Console Mount. Set the Console safely aside for reassembly.

NOTICE: This step may require two people. Do not pinch or cut the cables. Abrupt motions can affect the computer operation.



5. Using a 6 mm hex wrench, remove the hardware (*) that attaches the Adjustable Console Mast to the Console Mast. Set the hardware safely aside for reassembly.

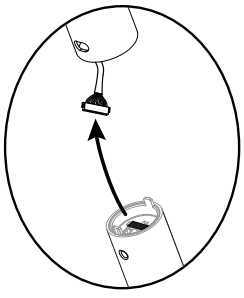
6. Carefully remove the Adjustable Console Mast, pulling the Mast Data Cable down through the Adjustable Console Mast. Be sure the string still extends through the Adjustable Console Mast, and untie it from the Data Cable. Set the Adjustable Console Mast (with string) safely aside for reassembly.



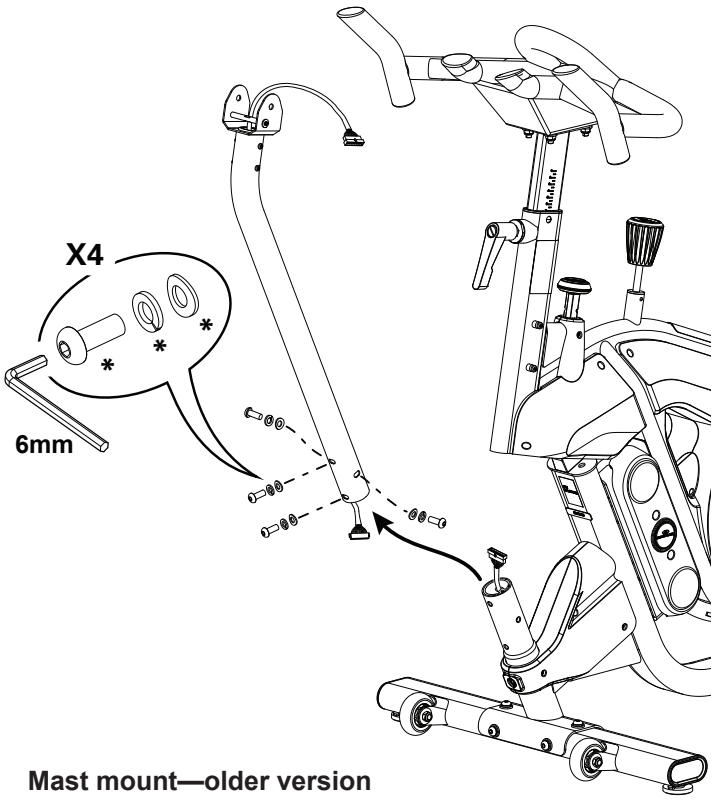
7. Using a 6 mm hex wrench, remove the hardware (*) that attaches the Console Mast to the Main Frame. Set the hardware safely aside for reassembly.

8. Carefully lift the old Console Mast off the mast mount on the Main Frame and hold it so that it does not fall. Carefully disconnect the Mast Data Cable from the Lower Data Cable. Leave the plastic insert in the mast mount in place so that the Lower Data Cable connector does not fall down iinto the machine.

NOTICE: Do not pinch or cut the cables. This step may require two people.



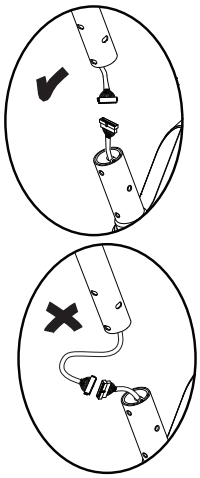
Mast mount—newer version

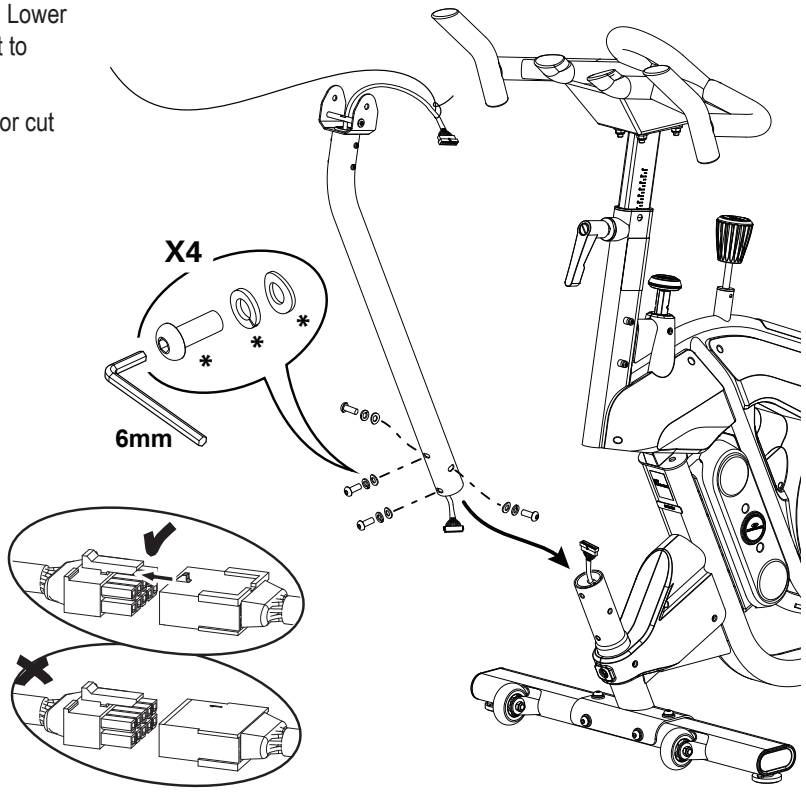


Mast mount—older version

9. Connect the Mast Data Cable in the new Console Mast to the Lower Data Cable. Gently pull the cable from the top of the Console Mast to remove all slack.

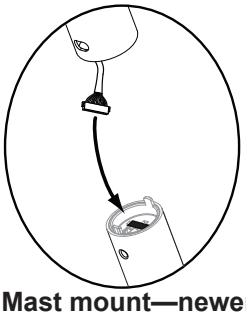
NOTICE: This step may require two people. Do not pinch or cut the cables.





Mast mount—older version

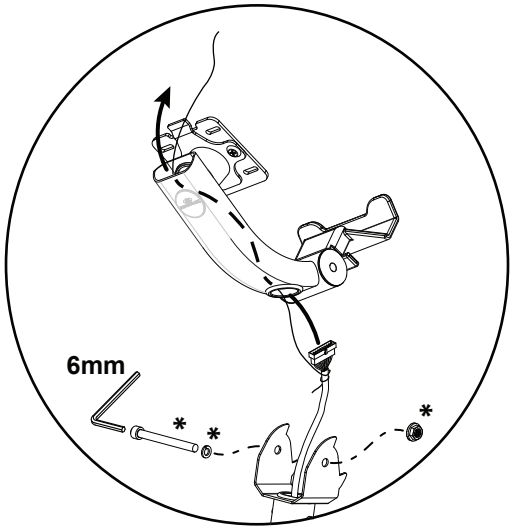
10. Carefully slide the Console Mast onto the mast mount. Hand tighten the screws at the base of the Console Mast.



Mast mount—newer version

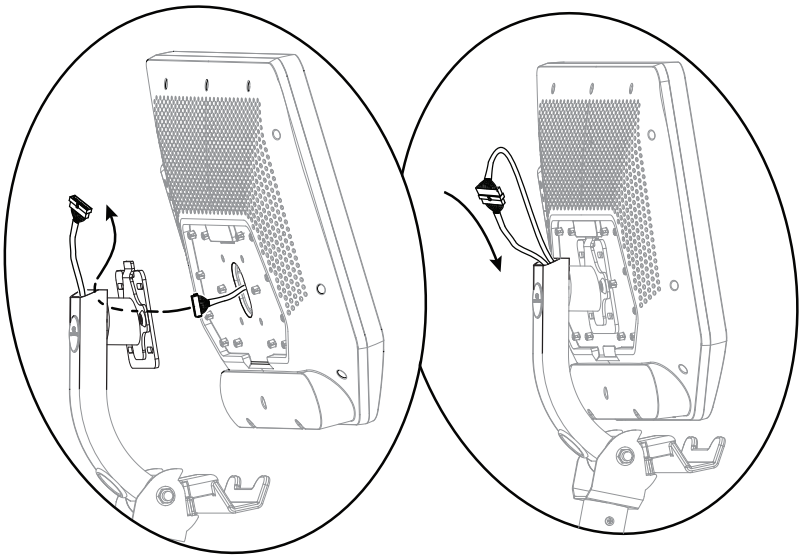
11. Tie the pull string at the base of the Adjustable Console Mast to the Data Cable. Use the string to route the cable through the round hole at the base of the Adjustable Console Mast tube to the opening at the top. Using a 6 mm hex wrench, re-install the Adjustable Console Mast.

NOTICE: Do not pinch or cut the cables. The ease of Console rotation can be adjusted by the tightness of the pivot screw.



12. Route the Console cable through the Console Mount up to the opening at the top. Connect the Console cable and Mast Data Cable. Push the extra wire down into the Adjustable Console Mast.

NOTICE: Do not pinch or cut the cables. This step may require two people. Abrupt motions can affect the computer operation.

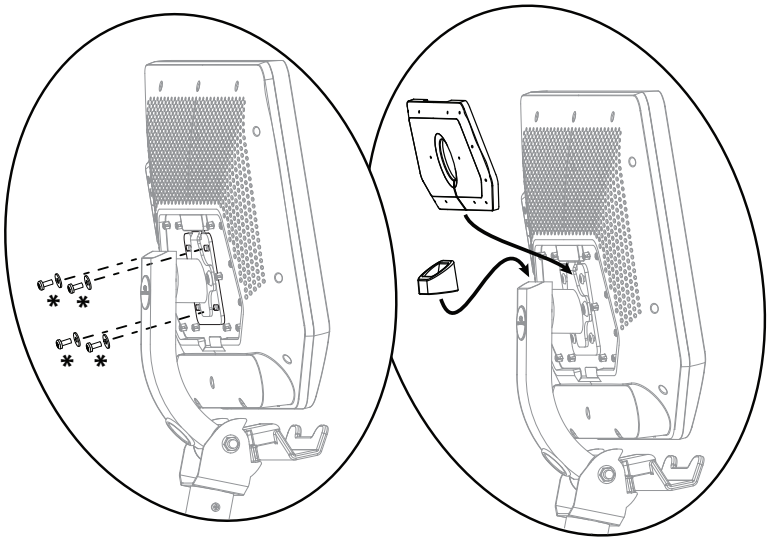


13. Using a #2 Phillips screwdriver, re-install the Console.

NOTICE: Do not pinch or cut the cables. This step may require two people. Abrupt motions can affect the computer operation.

Install the Console Mast End Cap and Console mast cover.

Make sure the Console and Console Mast are aligned with the machine, then fully tighten the screws at the base of the Console Mast. If necessary, adjust the angle of the Console/Adjustable Console Mast.



14. 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.

Replace the Crank Arm on the Bowflex™ VeloCore™ Bikes

Replacement Procedure
Skill Level: II
Estimated Procedure Time: 30 minutes
8027848.121521.B

NOTICE: This document provides instructions for the replacement of the Crank Arm on the Bowflex™ VeloCore™ 16 and VeloCore™ 22 bikes.

⚠ **When replacing the Pedals into the Crank Arms, if the threads strip due to improper installation then the Pedals can disengage from the bike and/or break while under usage, which can result in serious injury to the user.**

Note: The Left Pedal is reverse-threaded. Be sure to attach the Pedals on the proper side of the bike. Orientation is based from a seated position on the bike. The Left Pedal has an "L", the Right Pedal an "R".

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.**

Important Safety Instructions - Before servicing or using this equipment, obey the following warnings:

⚠ **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.**

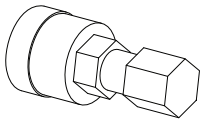
• Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
• Keep bystanders and children away from the product being serviced at all times.
• Disconnect all power to the machine before you service it.
• Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
• Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
• Use only replacement parts and hardware that are supplied or approved by Nautilus. Failure to use Nautilus-approved replacement parts can adversely affect the safety and functionality of the equipment creating a risk to users and will void the warranty.
• Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If at any time the Warning labels 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.
• Do not try to change the design or functionality of the machine being serviced as this can adversely affect user safety.
• Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

• SAVE THESE INSTRUCTIONS.

Tools Required (not included)

Flathead screwdriver

25mm Crank puller



16mm Socket and Wrench

17mm Wrench
15mm Wrench
or adjustable wrench

Red Loctite® 272 or equivalent (high strength)
Blue Loctite® 242 or equivalent (medium strength)

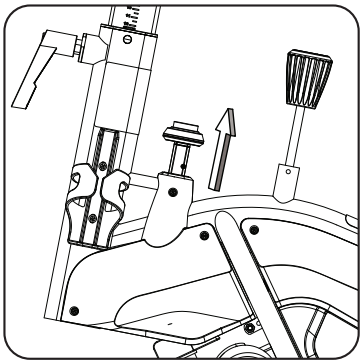
Note: Your machine may not match the images provided exactly.

1. Unplug the AC Adapter from the wall outlet and machine. Be sure the bike is stabilized in the upright position with the Lean Lock Knob in the locked position.

Be sure the bike is stabilized in the upright position with the Lean Lock Knob completely pulled up (locked position). If the Lean Lock mechanism is not engaged, the bike may become unbalanced and fall, which can cause injury or damage to the equipment.

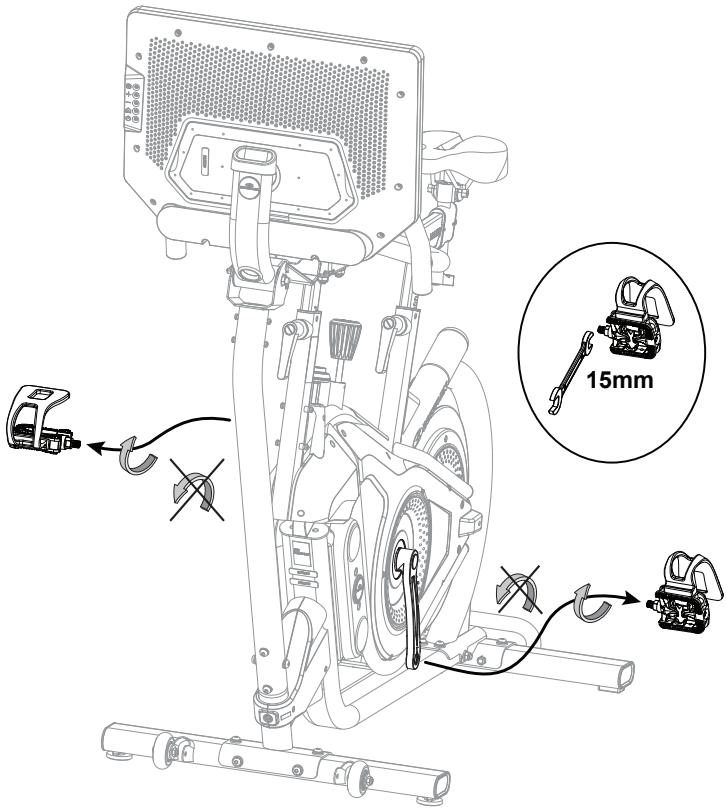
Fully turn the Resistance Knob clockwise to lock the Flywheel in place.

Locked position

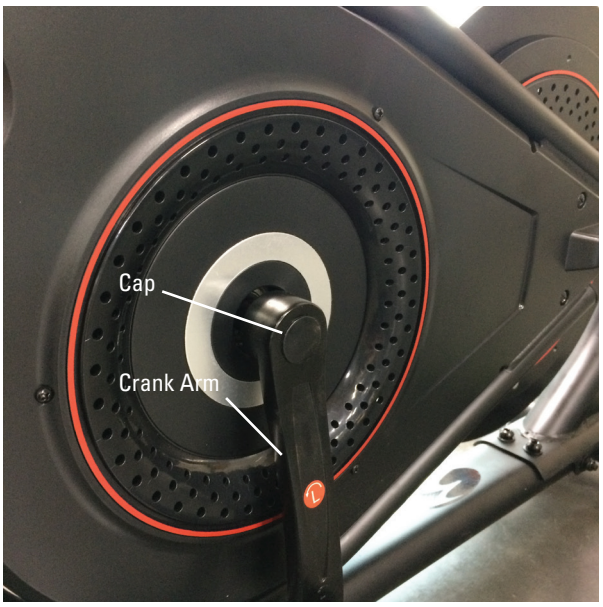


2. Loosen and remove the Pedal. Set it safely aside for reassembly.

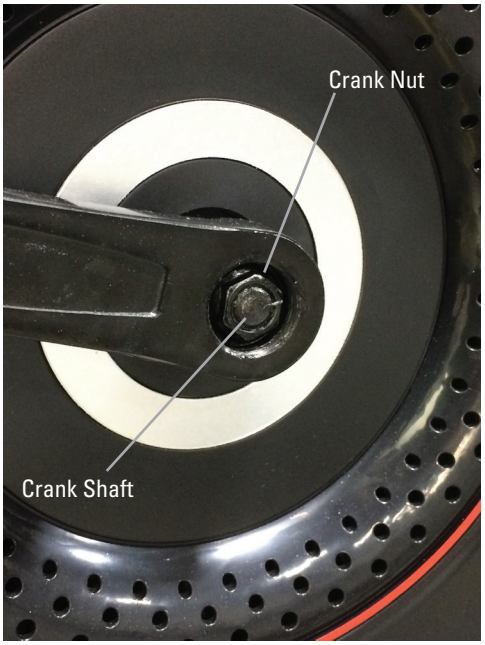
Note: The Left Pedal is reverse-threaded. Orientation is based from a seated position on the bike. The Left Pedal has an “L”, the Right Pedal an “R”.



3. Using a flathead screwdriver, remove the threaded Cap from the Crank Arm.

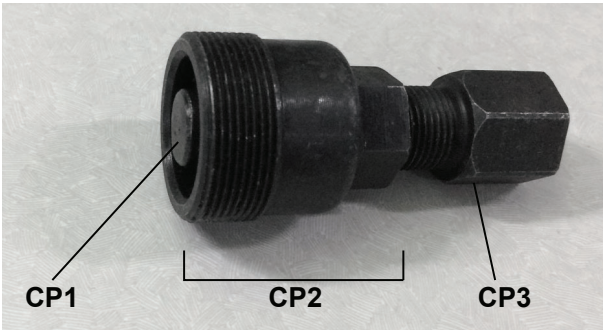


4. Using a 16 mm socket and wrench, remove the Crank Nut under the threaded Cap.



5. Thread the 25mm Crank Puller into the Crank Arm. When the Crank Puller is in the correct position, only 1-2 threads on the outer portion (CP2) of the Crank Puller should show.

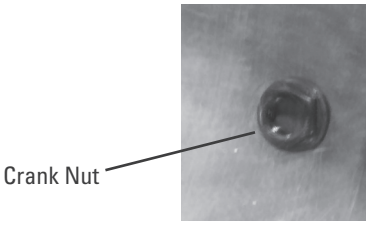
Note: Be sure that the end of the Bolt (CP1) is fully recessed within the Body of the Crank Puller (CP2) before use.



6. Using a 17mm wrench, turn the inner portion (CP3) of the Crank Puller clockwise. The Crank Arm will slide off as it is tightened. Discard the old parts.

7. Place the new Crank Arms onto the Crank Shaft. Be sure the Crank Arms are connected at 180° from each other.

8. Add Loctite® 272 (or equivalent) to the inner threads of the Crank Nuts. Do not apply the Loctite® 272 to the Crank Shaft.

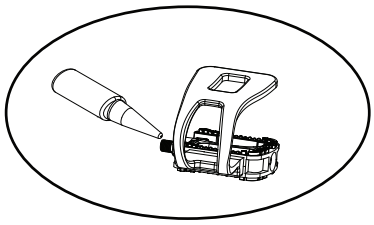


9. Install the Crank Nut onto the Crank Shaft, and fully tighten it. Repeat on the other side of the bike.

NOTICE: The cure time for Loctite® 272 is 24 hours. Allow time for the Loctite® 272 to cure before using the bike.

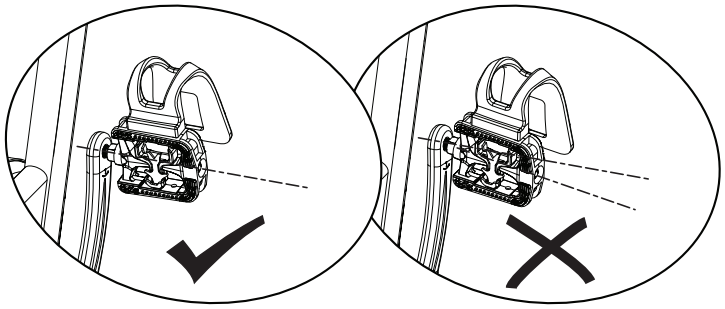
10. Replace the threaded Cap onto the Crank Arm.

11. Apply Loctite® 242 (or equivalent) to the Pedal threads.

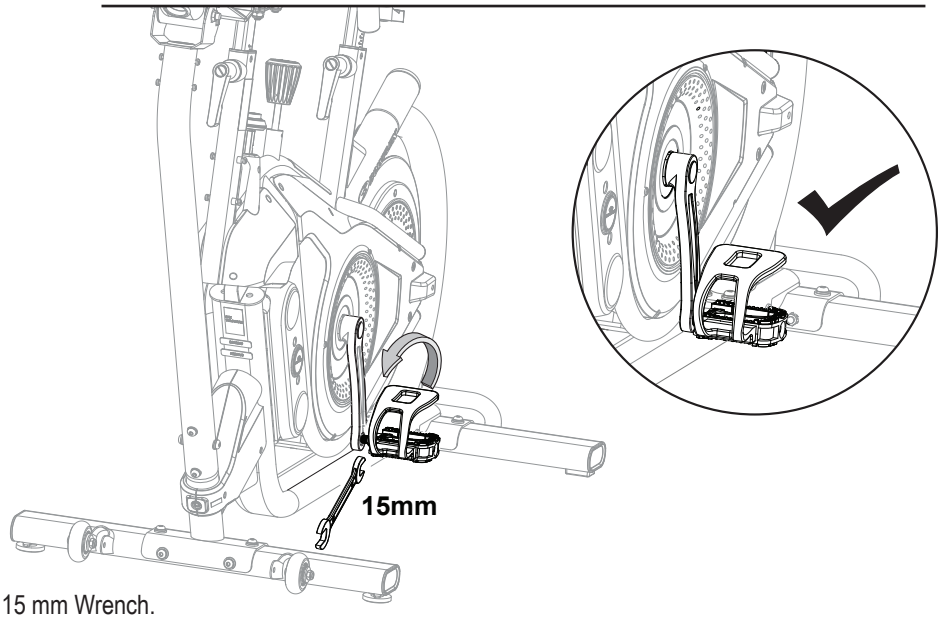


12. To reinstall a Pedal, start the Pedal by hand. If you feel resistance and the Pedal does not turn smoothly into the Crank Arm, make sure that the threads are aligned correctly. Be sure that the Pedal is going on straight into the Crank Arm. If the Pedal is not in-line with the opening, remove the Pedal and start again.

Note: The Left Pedal is reverse-threaded. Orientation is based from a seated position on the bike. The Left Pedal has an "L", the Right Pedal an "R".



13. With the Pedal started by several hand turns into the Crank Arm, fully tighten it with the 15 mm Wrench.



14. Confirm that the Pedal is fully tightened with the 15 mm Wrench.

15. Repeat with the other Pedal.

Note: Be sure to check the Pedals weekly to confirm that they are fully tightened.

Since this machine operates with a fixed gear, do not back, or reverse, pedal. Doing so may loosen the Pedals, which could result in damage to the machine and/or injury to the user. Never operate this machine with loose Pedals.

16. 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.

Replace the Drive Belt on the Bowflex™ VeloCore™ Bikes

Replacement Procedure
Skill Level: II
Estimated Procedure Time: 30-45 minutes
8028530.121521.A

NOTICE: This document provides instructions for the replacement of the Drive Belt on the Bowflex™ VeloCore™ 16 and VeloCore™ 22 bikes.

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

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• Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
• Keep bystanders and children away from the product being serviced at all times.
• Disconnect all power to the machine before you service it.
• Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
• Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
• Use only replacement parts and hardware that are supplied or approved by Nautilus. Failure to use Nautilus-approved replacement parts can adversely affect the safety and functionality of the equipment creating a risk to users and will void the warranty.
• Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If at any time the Warning labels 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.
• Do not try to change the design or functionality of the machine being serviced as this can adversely affect user safety.
• Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

• SAVE THESE INSTRUCTIONS.

Tools Required (not included)

#2 Phillips screwdriver

6 mm Hex wrench

10 mm Open end wrench
13 mm Open end wrench
19 mm Open end wrench

19 mm Socket and Wrench
13 mm Socket (and extension) and Wrench (optional)

NOTICE: It may be necessary to adjust the Resistance Sensor at the end of this procedure. Refer to the "Adjust the Resistance Sensor" procedure.

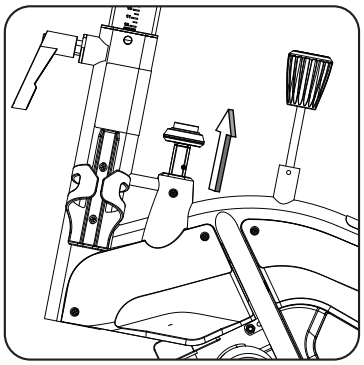
Note: Your machine may not match the images provided exactly.

1. Unplug the AC Adapter from the wall outlet and machine. Be sure the bike is stabilized in the upright position with the Lean Lock Knob in the locked position.

Be sure the bike is stabilized in the upright position with the Lean Lock Knob completely pulled up (locked position). If the Lean Lock mechanism is not engaged, the bike may become unbalanced and fall, which can cause injury or damage to the equipment.

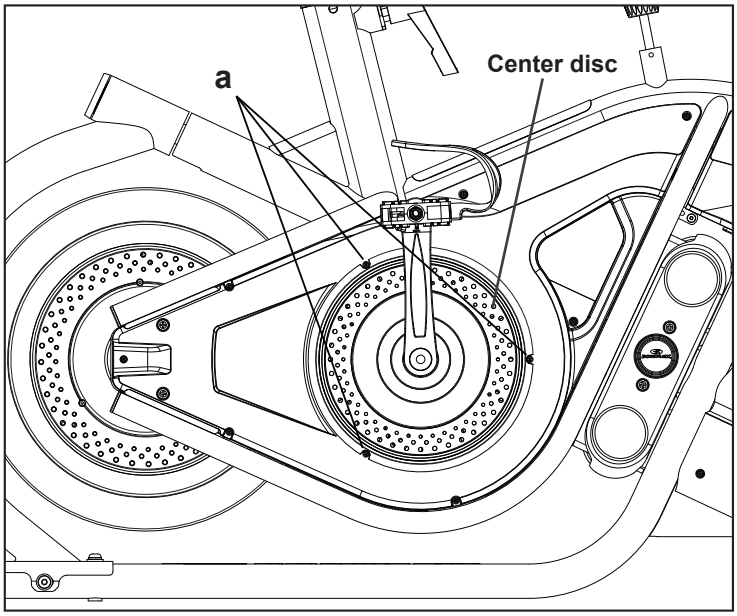
Fully turn the Resistance Knob clockwise to lock the Flywheel in place.

Locked position



2. Using a #2 Phillips Screwdriver, remove 3 screws (a) that attach the Center Disc to the Right Main Shroud. Set them safely aside for reassembly.

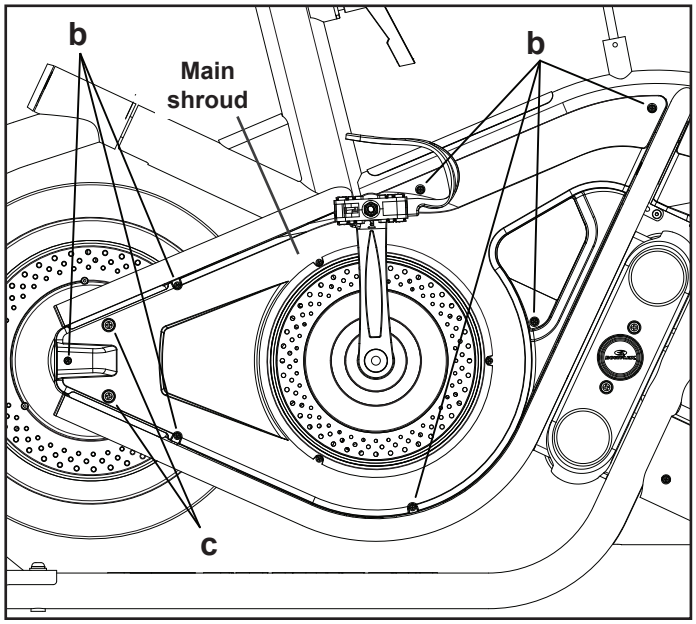
Right side



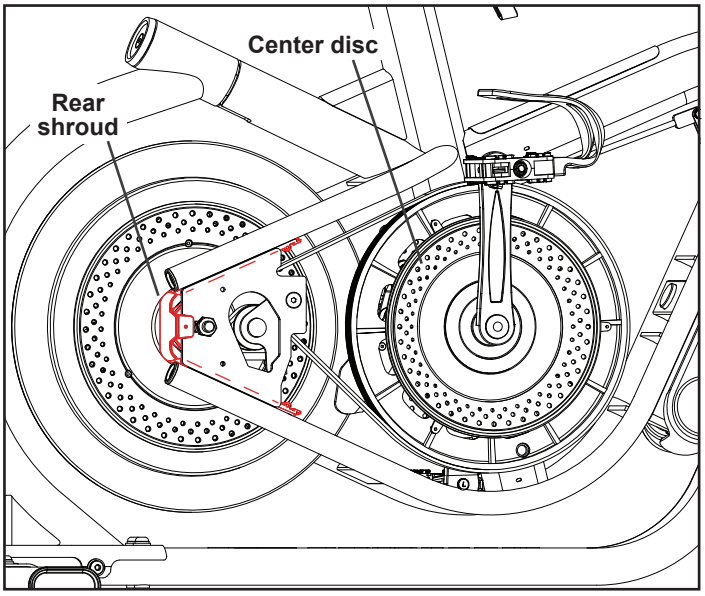
3. Using a #2 Phillips Screwdriver, remove 9 screws (b, c) from the Right Main Shroud. Be sure to note their locations for reassembly. Remove the bottom screws first, and then the top screws.

Note: It is not necessary to remove the Crank Arms and Center Disc in order to remove the Shroud.

Carefully angle and remove the Right Main Shroud and Rear (red) Shroud. Set the parts safely aside for reassembly.

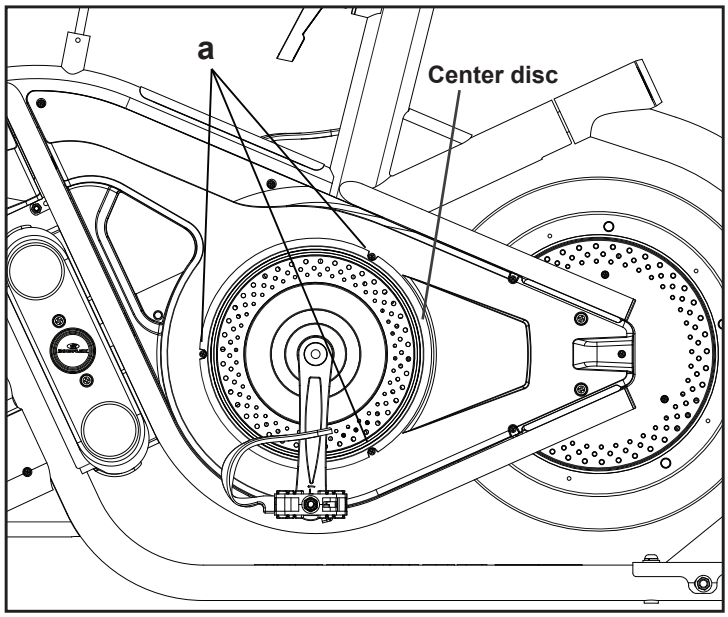


Right Main shroud removed



4. Using a #2 Phillips Screwdriver, remove 3 screws (a) that attach the Center Disc to the Left Main Shroud. Set them safely aside for reassembly.

Left side

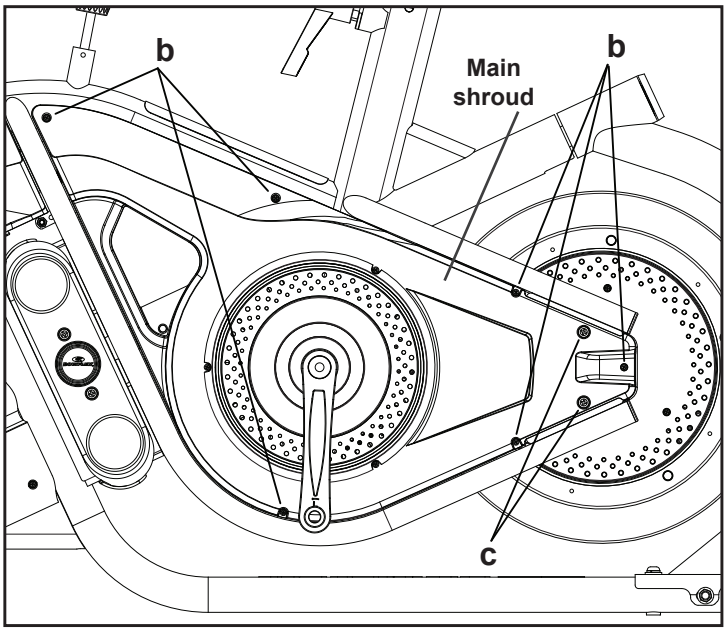


5. Using a #2 Phillips Screwdriver, remove 8 screws (b, c) from the Left Main Shroud. Be sure to note their locations for reassembly. Remove the bottom screws first, and then the top screws.

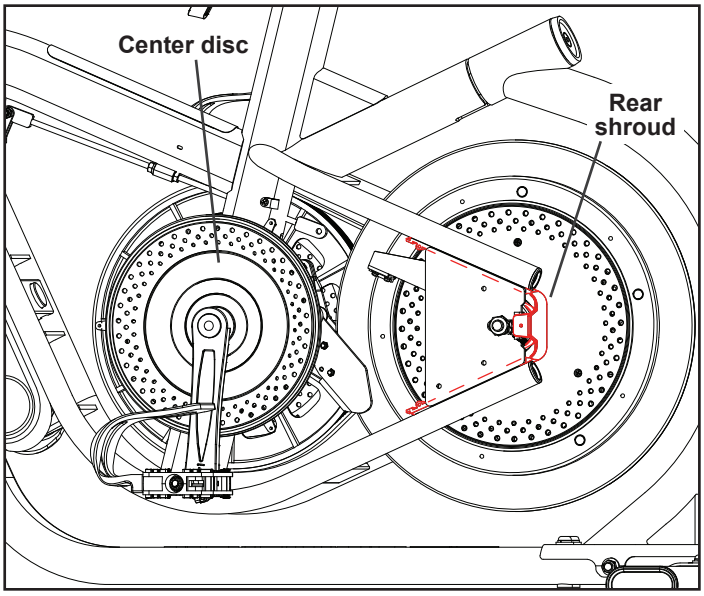
Note: It is not necessary to remove the Crank Arms and Center Disc in order to remove the Shroud.

Carefully angle and remove the Left Main Shroud and Rear (red) Shroud. Set the parts safely aside for reassembly.

Left side (pedal not shown for clarity)

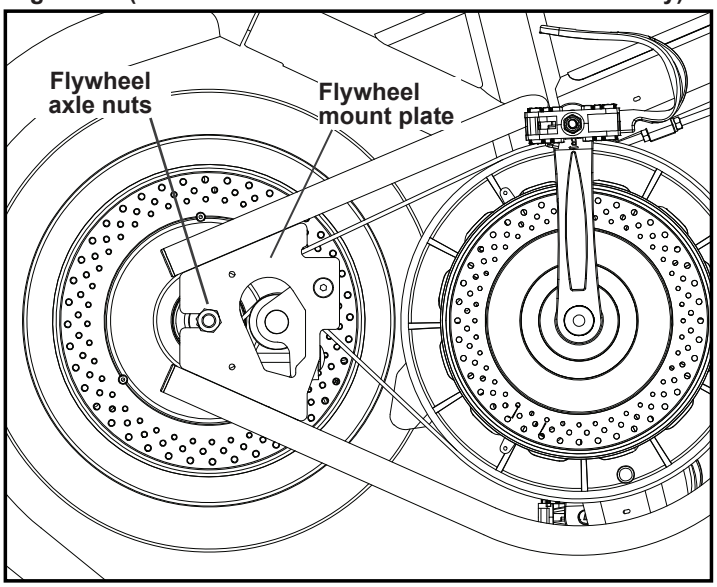


Left Main shroud removed



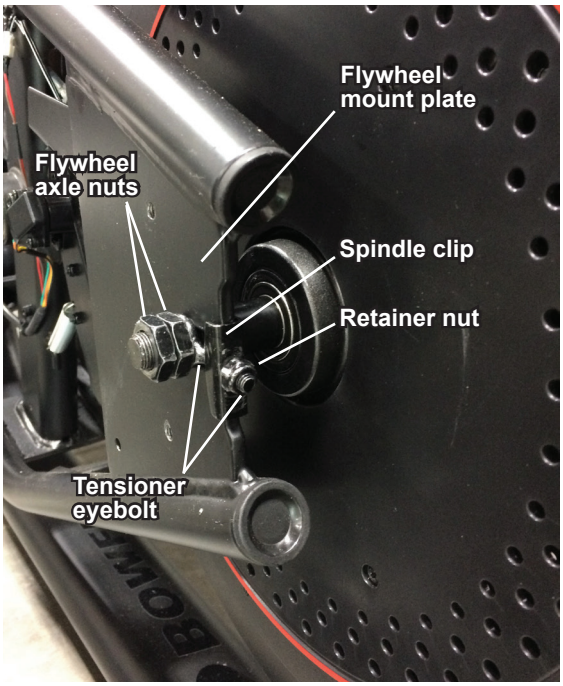
6. Mark the position of the Flywheel Axle Nuts on the Flywheel Mount Plates (both sides of bike).

Right side (crank arm and center disc not shown for clarity)



7. Record the number of threads showing on the Tensioner Eyebolt on each side of the Spindle Clip.

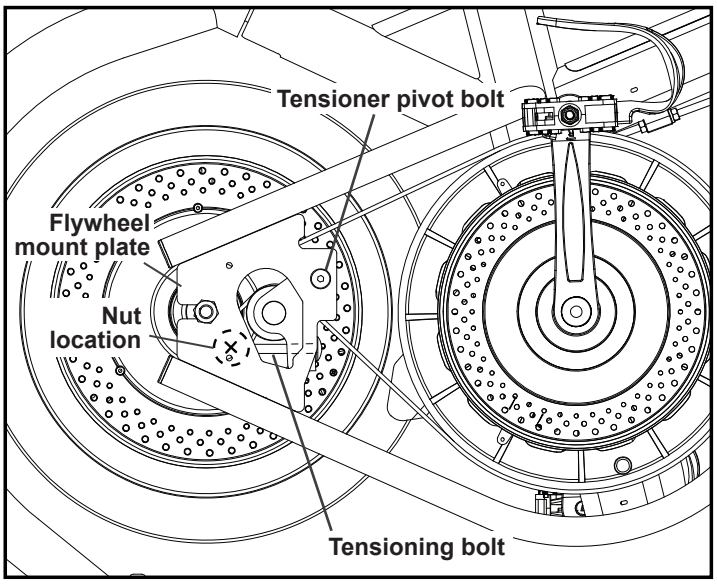
Left side



8. To loosen the Flywheel hardware, use a 19mm open end wrench to hold the Flywheel Axle Nut on one side steady and loosen the Flywheel Axle Nut on the opposite side with a 19mm socket and wrench. Remove the Flywheel Axle Nuts from the Flywheel Axle. Set the hardware safely aside for reassembly.

9. Using a 6 mm hex wrench, loosen the Tensioner Pivot bolt.

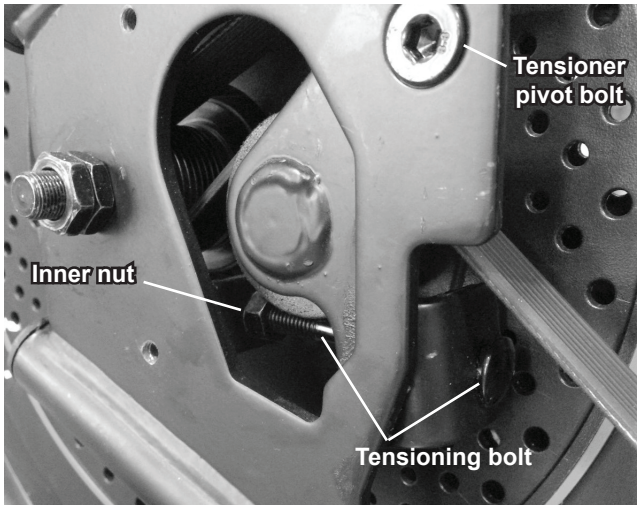
Tensioner hardware (Nuts are behind flywheel mount plate)



Right side (disregard axle nuts removed in earlier step)

10. Using a 13 mm open end wrench, loosen the inner Nut on the Tensioning Bolt.

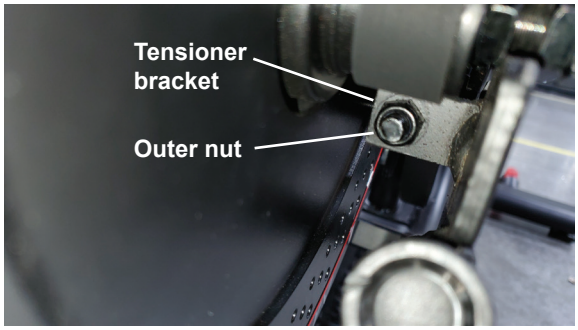
Tensioning bolt and inner nut



11. Using a 13 mm open end wrench or socket and wrench, loosen the outer Nut on the Tensioning Bolt (turn counterclockwise):

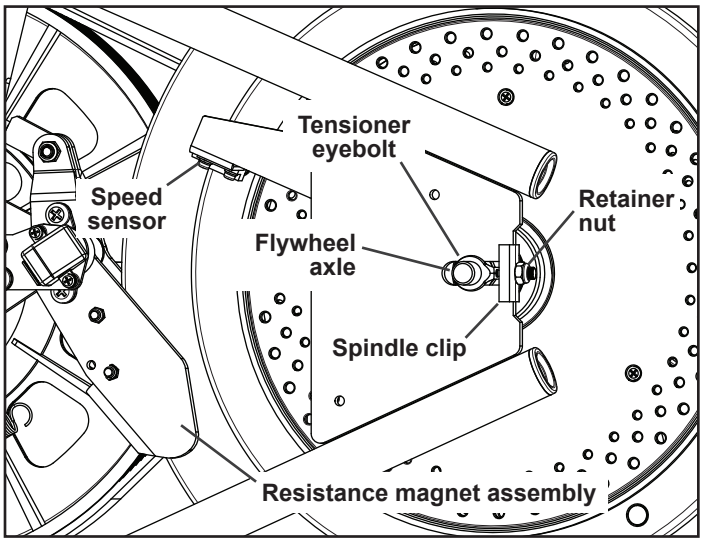
Note: If adjusting the Nut from the back, a socket extension may be necessary.

Outer nut on Tensioning bolt (view from back)



12. Using a 10mm wrench, loosen and remove the Retainer Nut from the Tensioner Eyebolt. Remove the Tensioner Eyebolt (and Spindle Clip) from the Flywheel axle. Set the Tensioner hardware safely aside.

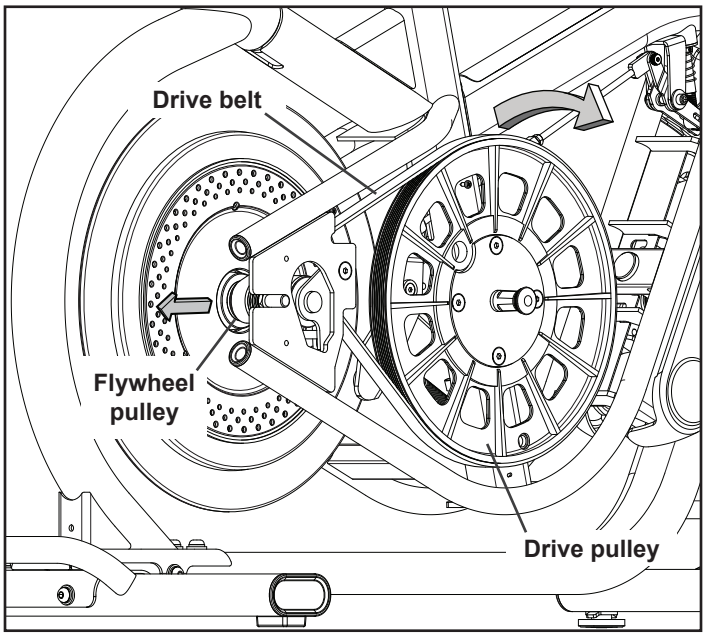
NOTICE: It may be necessary to move the Flywheel. This step may require two people.



13. Carefully turn the Drive Pulley and ease the Drive Belt off the Drive Pulley to the outside.

Be sure to keep fingers clear of all pinch hazards as you turn the Drive Pulley.

Right side (crank arm and center disc not shown for clarity)

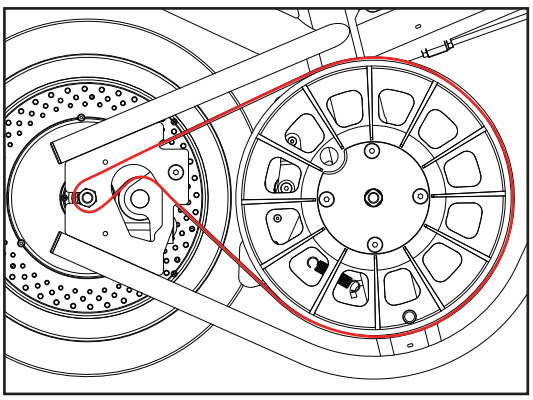


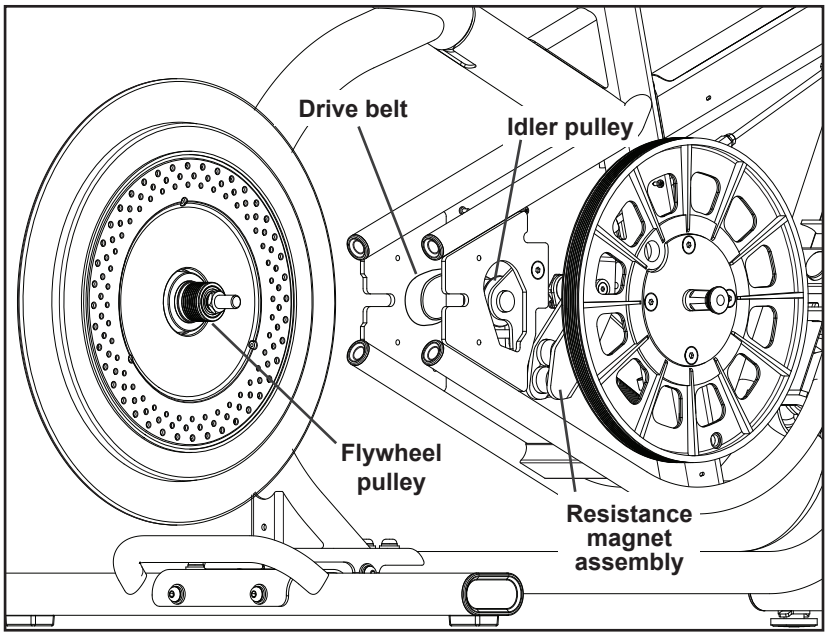
14. Carefully move the Flywheel to the openings in the Flywheel Mount Plates and remove it. Remove the old Drive Belt from the Flywheel Pulley and set it safely aside.

NOTICE: The Flywheel is heavy. This step may require two people. Make sure to avoid damage to the Speed Sensor (on the left side) and the Resistance Magnet Assembly.

15. Hold the Flywheel Assembly near the openings in the Flywheel Mount Plates. Be sure the Flywheel pulley is on the right side. Put the replacement Drive Belt in position around the Flywheel pulley. Be sure that the lower portion of the Drive Belt is over the bearings on the Idler Pulley.

NOTICE: This step may require two people.

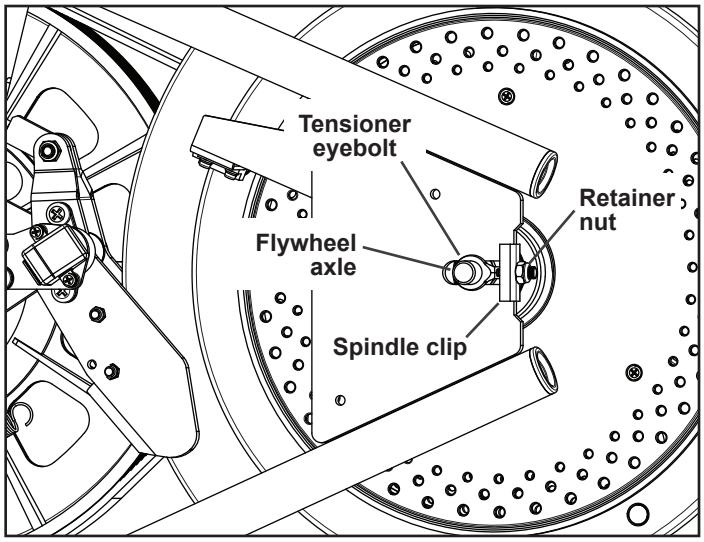




16. Put the Drive Belt onto the Drive Pulley. Make sure the Drive Belt is aligned on the Flywheel pulley, Idler Pulley and Drive Pulley

Be sure to keep fingers clear of all pinch hazards as you turn the Drive Pulley and Flywheel.

17. Align the Flywheel axle in the Flywheel Mount Plate brackets. Refer to the locations that were marked in step 6. Using a 10mm wrench, install the Tensioner Eyebolt, Spindle Clip and Retainer Nut on the left end of the Flywheel axle. Refer to the number of threads showing on the Tensioner Eyebolt that you recorded in in step 7.



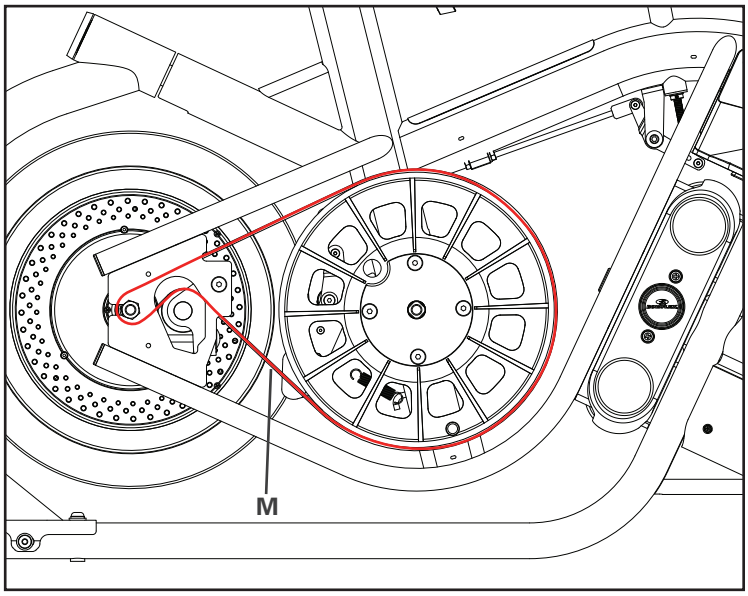
18. Check the Drive Belt tension:

• Push the Drive Belt downward at the midpoint (M) between the pulleys and measure the distance. The Drive Belt should have only 0.25" (0.64 cm) of give.

Or:

• Hold the edges of the Drive Belt at the midpoint (M) and twist it. It should turn only 90 degrees (1/4 turn, to vertical).

Right side (crank arm not shown for clarity)



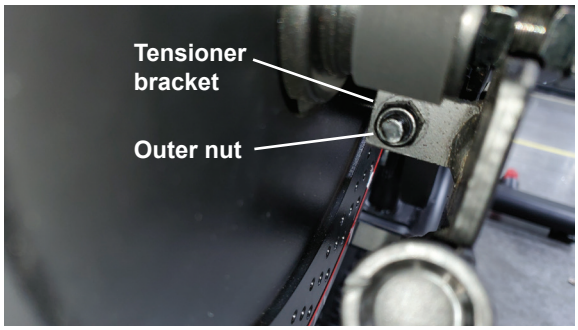
19. Using a 13 mm open end wrench or socket and wrench, adjust the outer Nut on the Tensioning Bolt:

If the Drive Belt is too loose—turn the Nut on the Tensioning Bolt clockwise.

If the Drive Belt is too tight—turn the Nut on the Tensioning Bolt counterclockwise.

Note: If adjusting the Nut from the back, a socket extension may be necessary.

Outer nut on Tensioning bolt (view from back)



20. Check the belt tension.

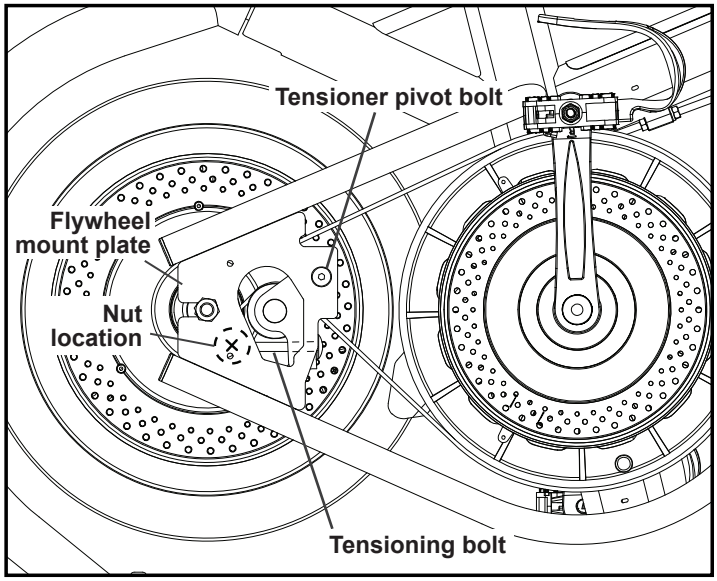
If the tension is correct—continue to step 21.

If the tension is not correct—repeat step 19.

21. Using a 13 mm socket and wrench or open end wrench, tighten the inner Nut on the Tensioning Bolt.

22. Using a 6 mm hex wrench, tighten the Tensioner Pivot bolt.

Tensioner hardware (Nuts are behind flywheel mount plate)



23. Hand tighten the Flywheel Axle Nuts on the Flywheel axle. To tighten the Flywheel hardware, use a 19mm open end wrench to hold the Flywheel Axle Nut on one side steady and tighten the Flywheel Axle Nut on the opposite side with a 19mm socket and wrench.

24. Get on the bike and check the movement of the Drive Belt by rocking back and forth on the pedals. The Pedals and Flywheel should move as one.

Adjust the Drive Belt tension again if necessary.

25. Re-install all remaining parts that were removed in reverse order.

NOTICE: Do not cut or pinch any cables.

Install the top shroud screws first.

If necessary, refer to the “Adjust the Resistance Sensor” procedure.

26. 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.

Replace the Drive Pulley on the Bowflex™ VeloCore™ Bikes

Replacement Procedure
Skill Level: III
Estimated Procedure Time: 45 minutes
8028531.121521.A

NOTICE: This document provides instructions for the replacement of the Drive Pulley on the Bowflex™ VeloCore™ 16 and VeloCore™ 22 bikes.

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 | **ORIGINAL DOCUMENT - ENGLISH VERSION ONLY**

Important Safety Instructions - Before servicing or using this equipment, obey the following warnings:

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.

• Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
• Keep bystanders and children away from the product being serviced at all times.
• Disconnect all power to the machine before you service it.
• Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
• Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
• Use only replacement parts and hardware that are supplied or approved by Nautilus. Failure to use Nautilus-approved replacement parts can adversely affect the safety and functionality of the equipment creating a risk to users and will void the warranty.
• Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If at any time the Warning labels 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.
• Do not try to change the design or functionality of the machine being serviced as this can adversely affect user safety.
• Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

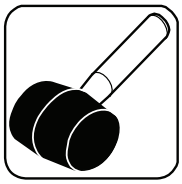
• SAVE THESE INSTRUCTIONS.

Tools Required (not included)

Flathead screwdriver

17 mm Open end wrench

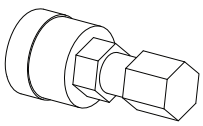
Rubber mallet



16 mm Socket and Wrench

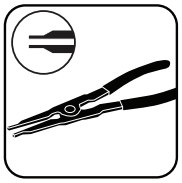
#2 Phillips screwdriver

25 mm Crank puller



6 mm Hex wrench

Snap ring removal tool



Red Loctite® 272 or equivalent (high strength)

Eye protection

NOTICE: It may be necessary to adjust the Resistance Sensor at the end of this procedure. Refer to the "Adjust the Resistance Sensor" procedure.

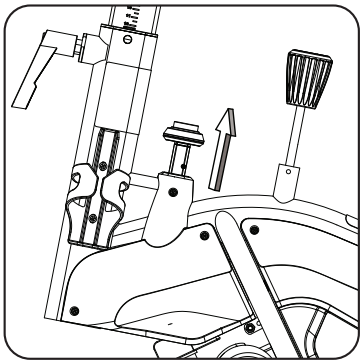
Note: Your machine may not match the images provided exactly.

1. Unplug the AC Adapter from the wall outlet and machine. Be sure the bike is stabilized in the upright position with the Lean Lock Knob in the locked position.

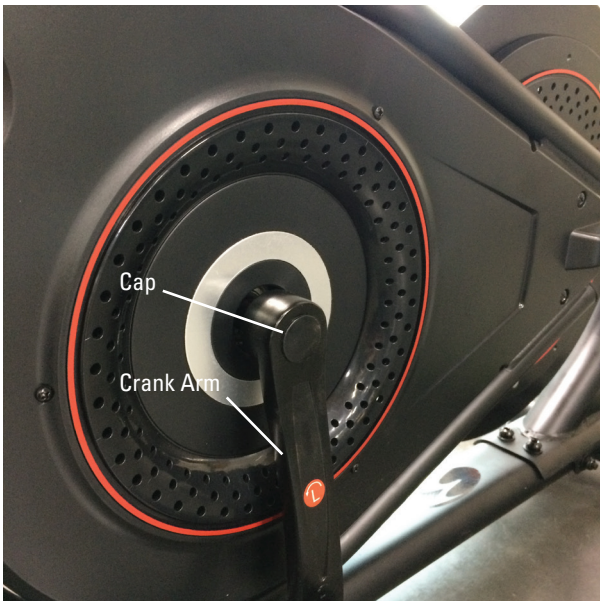
Be sure the bike is stabilized in the upright position with the Lean Lock Knob completely pulled up (locked position). If the Lean Lock mechanism is not engaged, the bike may become unbalanced and fall, which can cause injury or damage to the equipment.

Fully turn the Resistance Knob clockwise to lock the Flywheel in place.

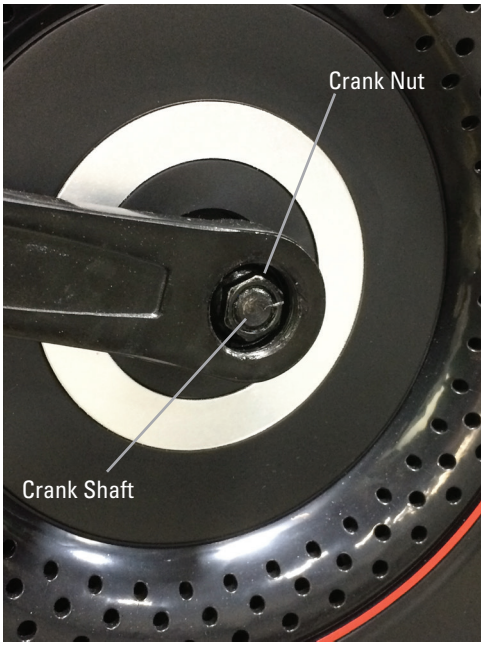
Locked position



2. Using a flathead screwdriver, remove the threaded Cap from the Left Crank Arm.

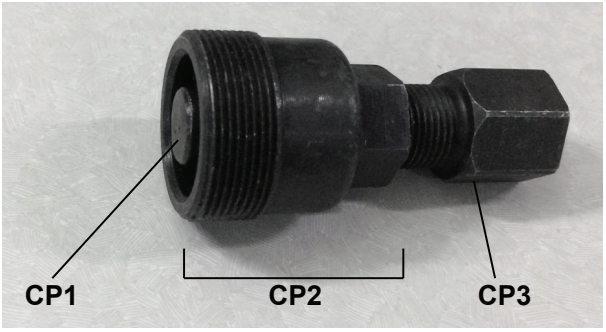


3. Using a 16 mm socket and wrench, remove the Crank Nut under the threaded Cap.



4. Thread the 25mm Crank Puller into the Crank Arm. When the Crank Puller is in the correct position, only 1-2 threads on the outer portion (CP2) of the Crank Puller should show.

Note: Be sure that the end of the Bolt (CP1) is fully recessed within the Body of the Crank Puller (CP2) before use.



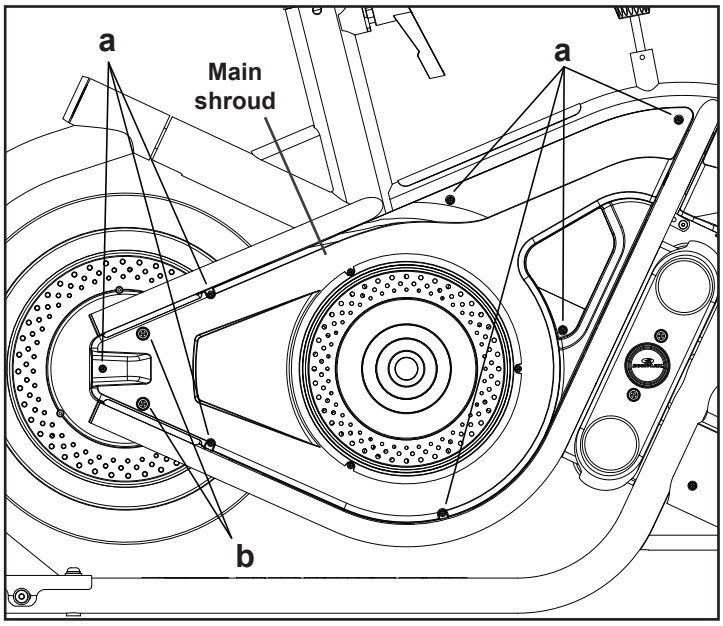
5. Using a 17mm wrench, turn the inner portion (CP3) of the Crank Puller clockwise. The Crank Arm will slide off as it is tightened. Set the parts safely aside for reassembly.

6. Repeat the last four steps on the right side of the bike.

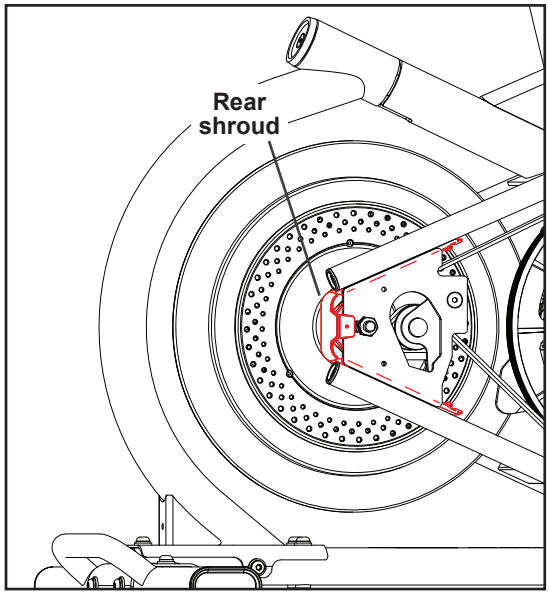
7. Using a #2 Phillips Screwdriver, remove 9 screws (a, b) from the Right Main Shroud. Be sure to note their locations for reassembly. Remove the bottom screws first, and then the top screws.

Carefully remove the Right Main Shroud and Rear (red) Shroud. Set the parts safely aside for reassembly.

Right side



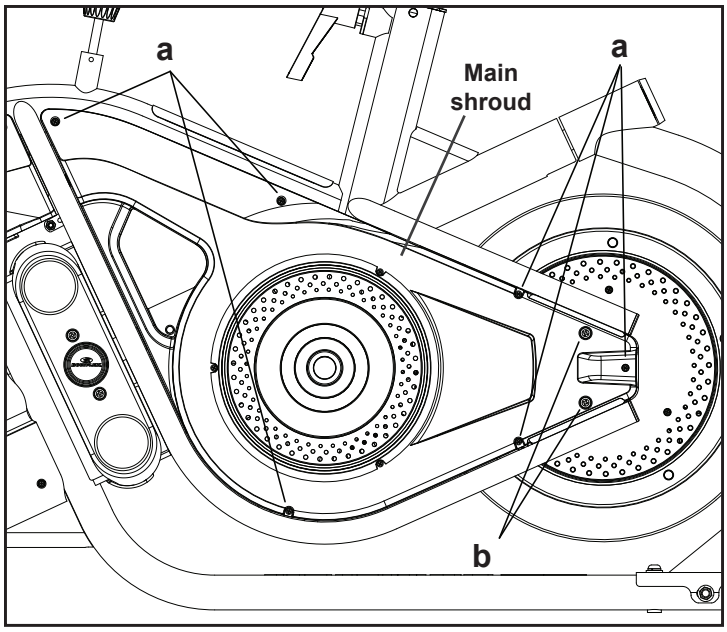
Right Main shroud removed



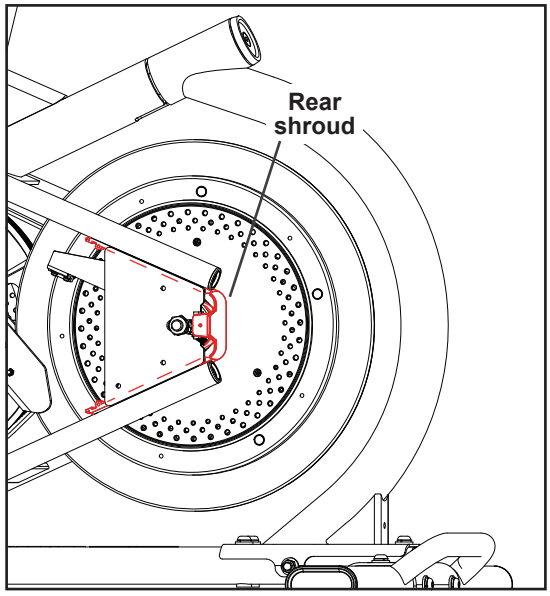
8. Using a #2 Phillips Screwdriver, remove 8 screws (a, b) from the Left Main Shroud. Be sure to note their locations for reassembly. Remove the bottom screws first, and then the top screws.

Carefully remove the Left Main Shroud and Rear (red) Shroud. Set the parts safely aside for reassembly.

Left side

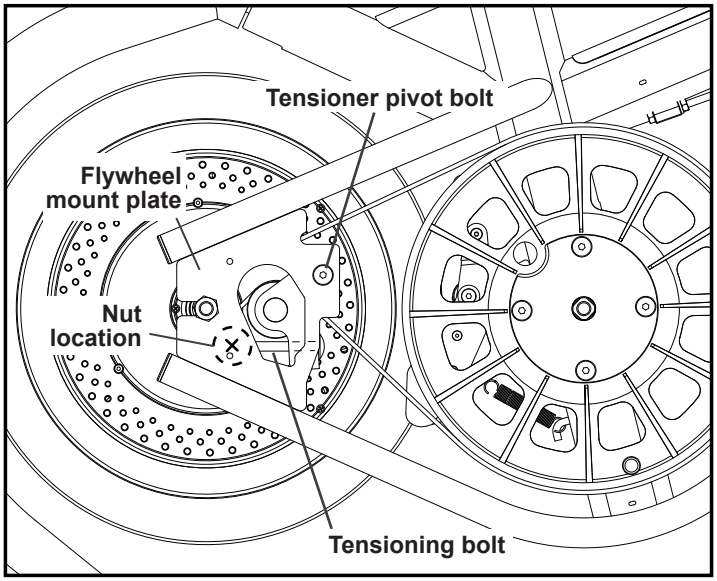


Left Main shroud removed

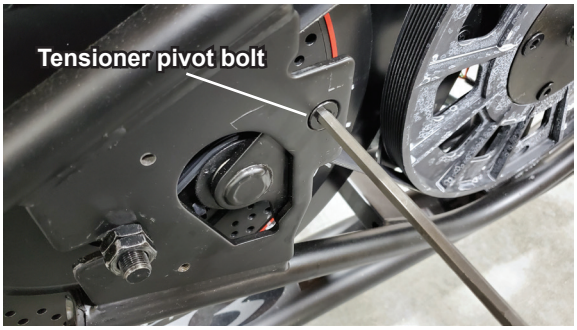


9. Using a 6 mm hex wrench, loosen the Tensioner Pivot bolt.

Right side - Tensioner hardware (Nuts are behind flywheel mount plate)

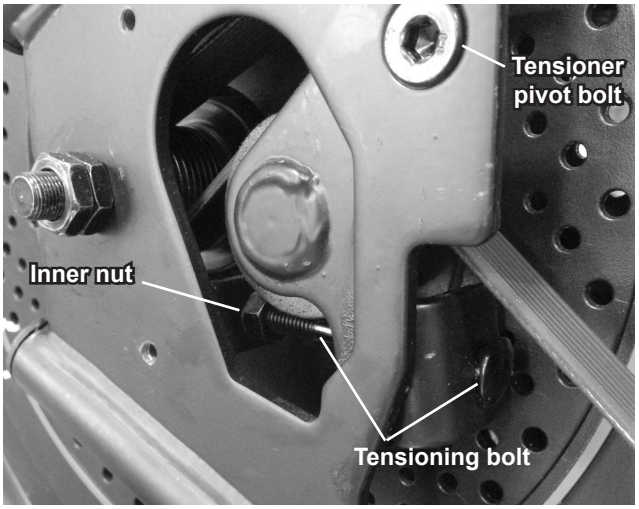


Right side



10. Using a 13 mm open end wrench, loosen the inner Nut on the Tensioning Bolt.

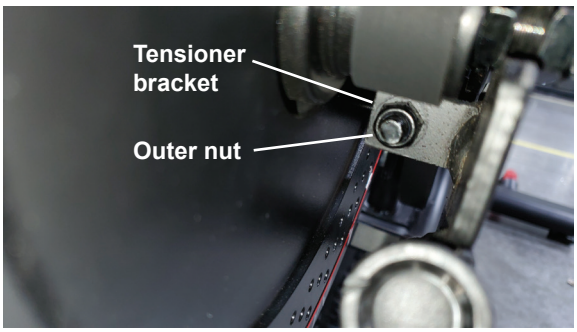
Tensioning bolt and inner nut



11. Using a 13 mm open end wrench or socket and wrench, loosen the outer Nut on the Tensioning Bolt (turn counterclockwise):

Note: If adjusting the Nut from the back, a socket extension may be necessary.

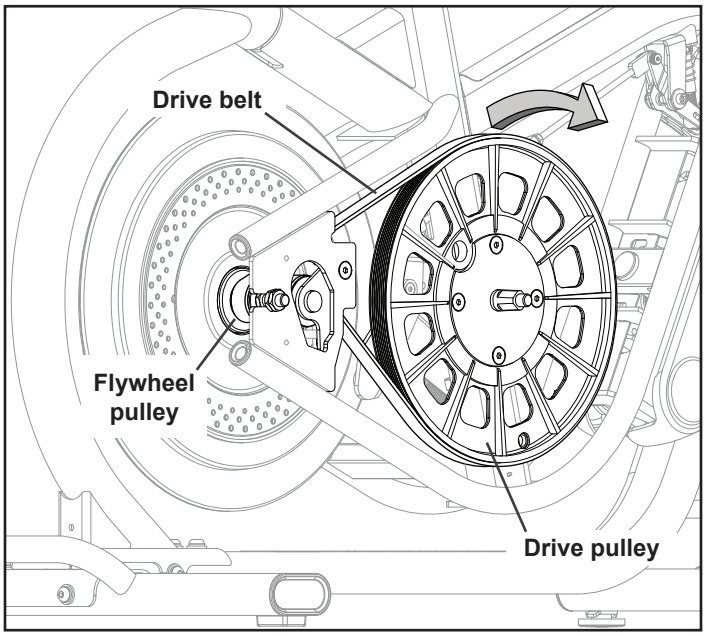
Outer nut on Tensioning bolt (view from back)



12. Carefully turn the Drive Pulley and ease the Drive Belt off the Drive Pulley to the outside.

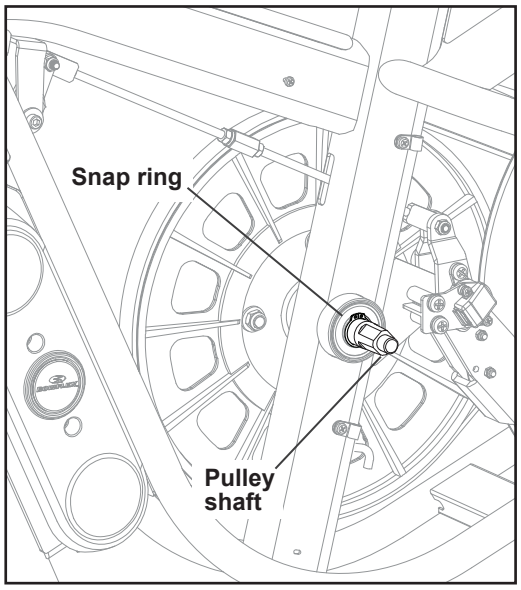
Be sure to keep fingers clear of all pinch hazards as you turn the Drive Pulley.

Right side



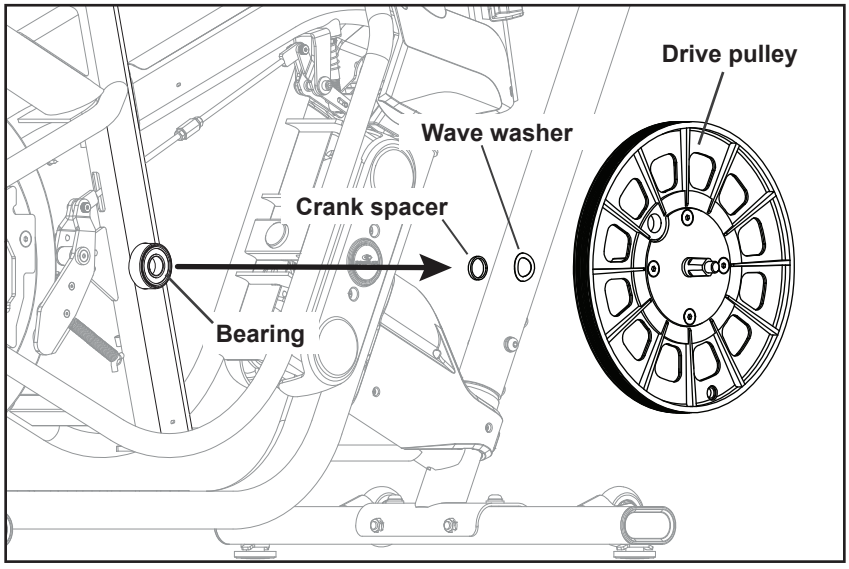
13. Using eye protection and snap ring removal tool, remove the Snap Ring from the Pulley Shaft assembly on the left side. Set the Snap Ring safely aside for reassembly.

Left side



14. Using eye protection and a rubber mallet (or wooden block and hammer), gently strike the Pulley Shaft assembly from the left side of the bike until it works out of the Frame and releases the Drive Pulley with crankshaft, Crank Spacer and Wave Washer. The bearings will stay in the frame.

Right side



15. Remove the Crank Spacer and Wave Washer from the old Drive Pulley, and place them onto the new Drive Pulley in the same location.

16. Re-installation of the new Drive Pulley is the reverse of the removal.

NOTICE: Put the Drive Belt around the edge of the Drive Pulley. Slowly turn the Drive Pulley and carefully walk the Drive Belt onto the Drive Pulley. Make sure the Drive Belt is aligned on the Flywheel Pulley, Idler Pulley and Drive Pulley.

Be sure to keep fingers clear of all pinch hazards as you turn the Drive Pulley.

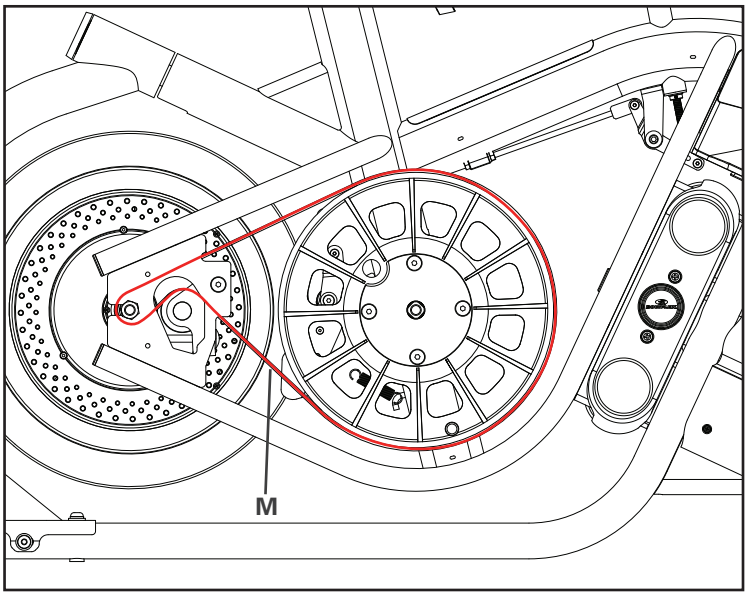
17. Check the Drive Belt tension:

• Push the Drive Belt downward at the midpoint (M) between the pulleys and measure the distance. The Drive Belt should have only 0.25" (0.64 cm) of give.

Or:

• Hold the edges of the Drive Belt at the midpoint (M) and twist it. It should turn only 90 degrees (1/4 turn, to vertical).

Right side



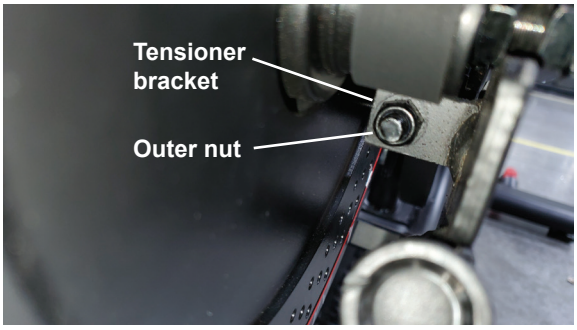
18. Using a 13 mm open end wrench or socket and wrench, adjust the outer Nut on the Tensioning Bolt:

If the Drive Belt is too loose—turn the Nut on the Tensioning Bolt clockwise.

If the Drive Belt is too tight—turn the Nut on the Tensioning Bolt counterclockwise.

Note: If adjusting the Nut from the back, a socket extension may be necessary.

Outer nut on Tensioning bolt (view from back)



19. Check the belt tension.

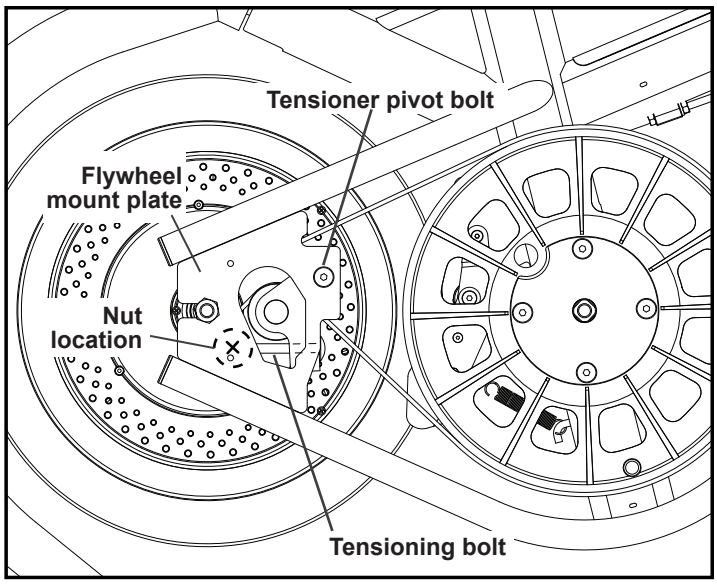
If the tension is correct—continue to step 20.

If the tension is not correct—repeat step 18.

21. Using a 13 mm socket and wrench or open end wrench, tighten the inner Nut on the Tensioning Bolt.

22. Using a 6 mm hex wrench, tighten the Tensioner Pivot bolt.

Tensioner hardware (Nuts are behind flywheel mount plate)



23. Re-installation of the Shrouds is the reverse of the removal.

NOTICE: Do not crimp any cables.

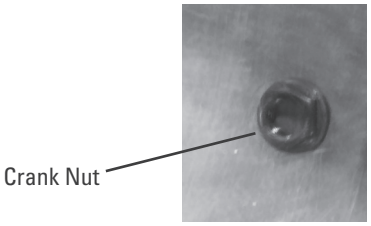
Install the top shroud screws first.

24. Place the Crank Arm onto the Crank Shaft. Be sure the Crank Arms are connected at 180° from each other.

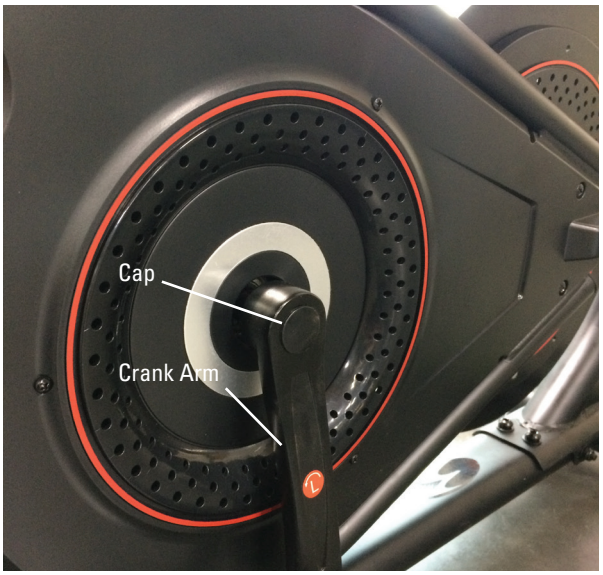
25. Add Loctite® 272 (or equivalent) to the inner threads of the Crank Nut. Do not apply the Loctite® 272 to the Crank Shaft.

26. Install the Crank Nut onto the Crank Shaft, and fully tighten it.

NOTICE: The cure time for Loctite® 272 is 24 hours. Allow time for the Loctite® 272 to cure before using the bike.



27. Re-install the threaded Cap on the Crank Arm.



If necessary, refer to the “Adjust the Resistance Sensor” procedure.

28. 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.

Replace the Flywheel on the Bowflex™ VeloCore™ Bikes

Replacement Procedure
Skill Level: II
Estimated Procedure Time: 30-45 minutes
8028532.050121.A

NOTICE: This document provides instructions for the replacement of the Flywheel on the Bowflex™ VeloCore™ 16 and VeloCore™ 22 bikes.

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.

Important Safety Instructions - Before servicing or using this equipment, obey the following warnings:

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.

• Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
• Keep bystanders and children away from the product being serviced at all times.
• Disconnect all power to the machine before you service it.
• Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
• Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
• Use only replacement parts and hardware that are supplied or approved by Nautilus. Failure to use Nautilus-approved replacement parts can adversely affect the safety and functionality of the equipment creating a risk to users and will void the warranty.
• Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If at any time the Warning labels 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.
• Do not try to change the design or functionality of the machine being serviced as this can adversely affect user safety.
• Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

• SAVE THESE INSTRUCTIONS.

Tools Required (not included)

#2 Phillips screwdriver

6 mm Hex wrench

19mm Open end wrench
13mm Open end wrench

19mm Socket and Wrench
13mm Socket (and extension) and Wrench (optional)

NOTICE: It may be necessary to adjust the Resistance Sensor at the end of this procedure. Refer to the “Adjust the Resistance Sensor” procedure.

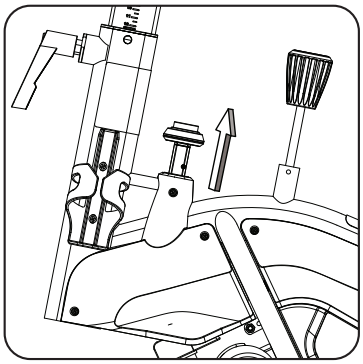
Note: Your machine may not match the images provided exactly.

1. Unplug the AC Adapter from the wall outlet and machine. Be sure the bike is stabilized in the upright position with the Lean Lock Knob in the locked position.

Be sure the bike is stabilized in the upright position with the Lean Lock Knob completely pulled up (locked position). If the Lean Lock mechanism is not engaged, the bike may become unbalanced and fall, which can cause injury or damage to the equipment.

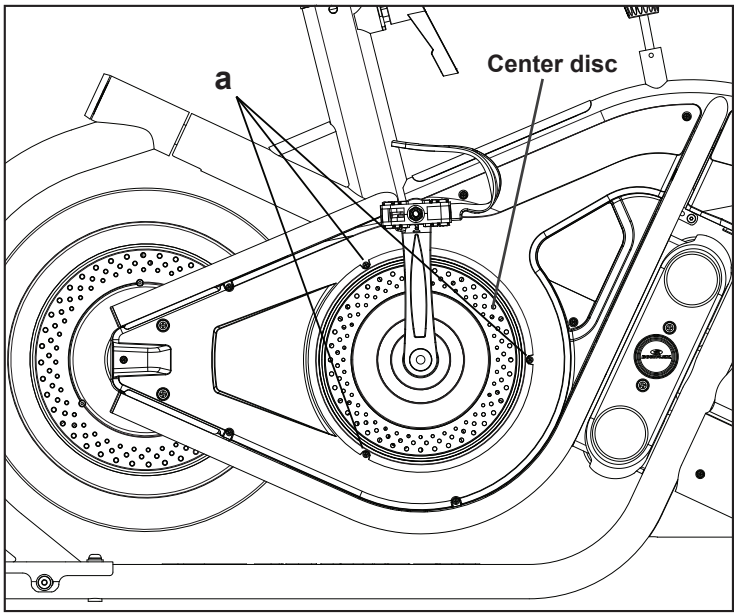
Fully turn the Resistance Knob clockwise to lock the Flywheel in place.

Locked position



2. Using a #2 Phillips Screwdriver, remove 3 screws (a) that attach the Center Disc to the Right Main Shroud. Set them safely aside for reassembly.

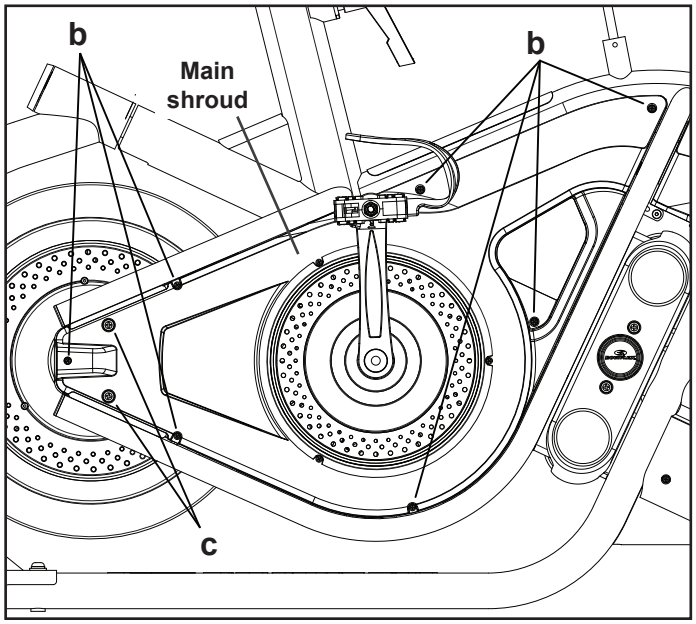
Right side



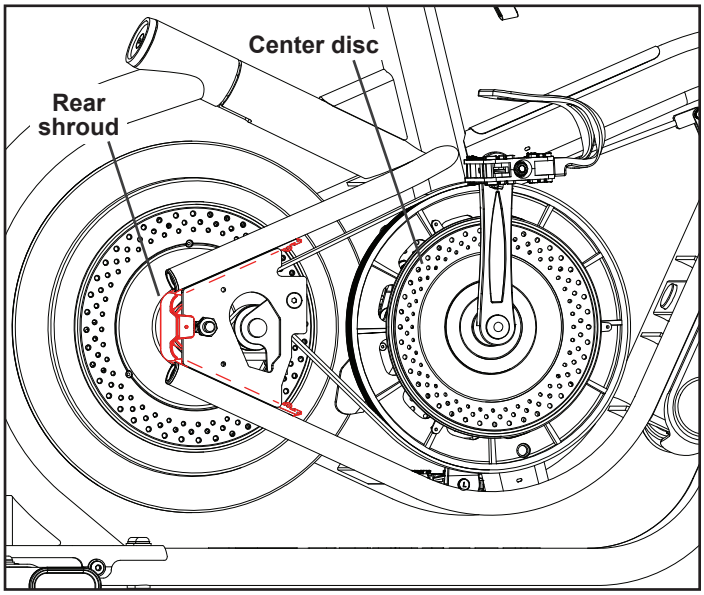
3. Using a #2 Phillips Screwdriver, remove 9 screws (b, c) from the Right Main Shroud. Be sure to note their locations for reassembly. Remove the bottom screws first, and then the top screws.

Note: It is not necessary to remove the Crank Arms and Center Disc in order to remove the Shroud.

Carefully angle and remove the Right Main Shroud and Rear (red) Shroud. Set the parts safely aside for reassembly.

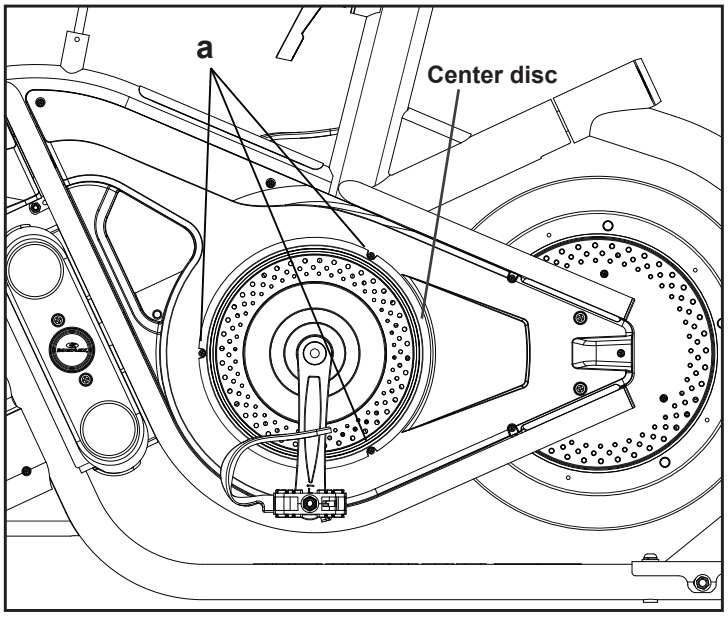


Right Main shroud removed



4. Using a #2 Phillips Screwdriver, remove 3 screws (a) that attach the Center Disc to the Left Main Shroud. Set them safely aside for reassembly.

Left side

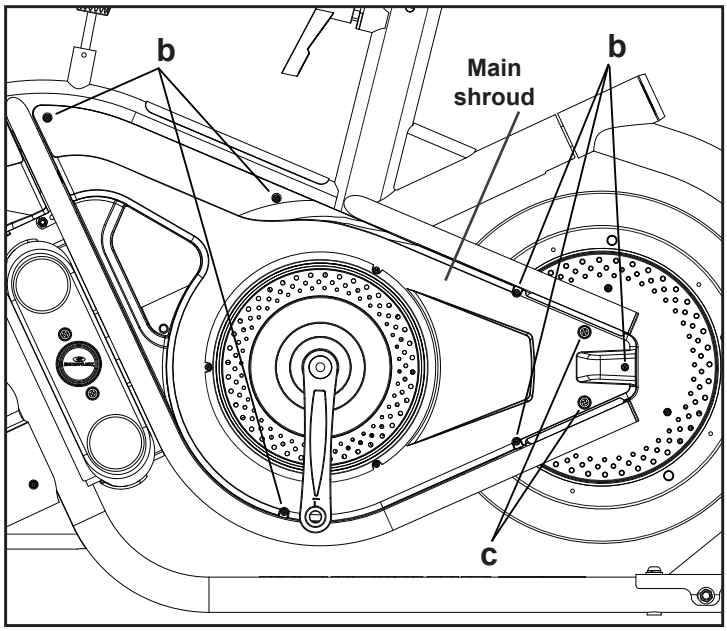


5. Using a #2 Phillips Screwdriver, remove 8 screws (b, c) from the Left Main Shroud. Be sure to note their locations for reassembly. Remove the bottom screws first, and then the top screws.

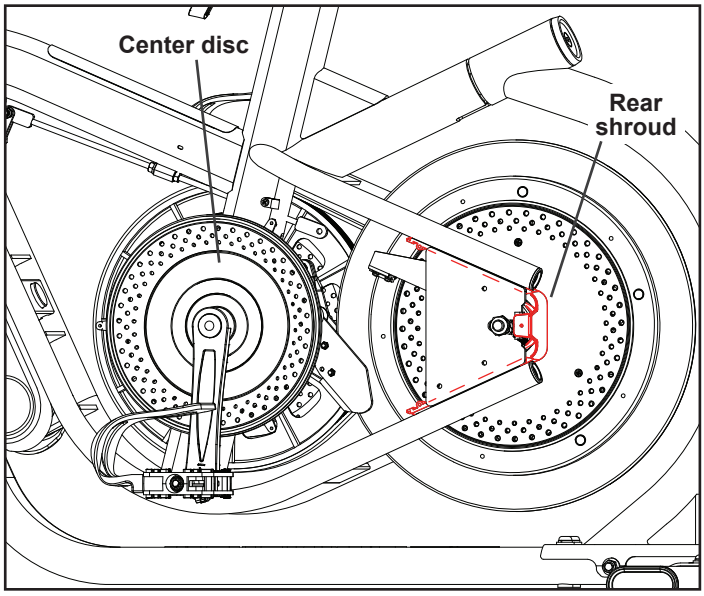
Note: It is not necessary to remove the Crank Arms and Center Disc in order to remove the Shroud.

Carefully angle and remove the Left Main Shroud and Rear (red) Shroud. Set the parts safely aside for reassembly.

Left side (pedal not shown for clarity)

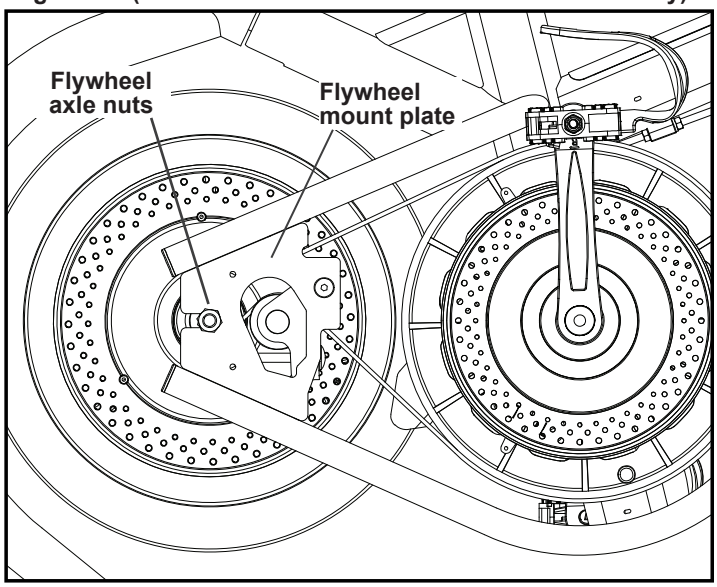


Left Main shroud removed



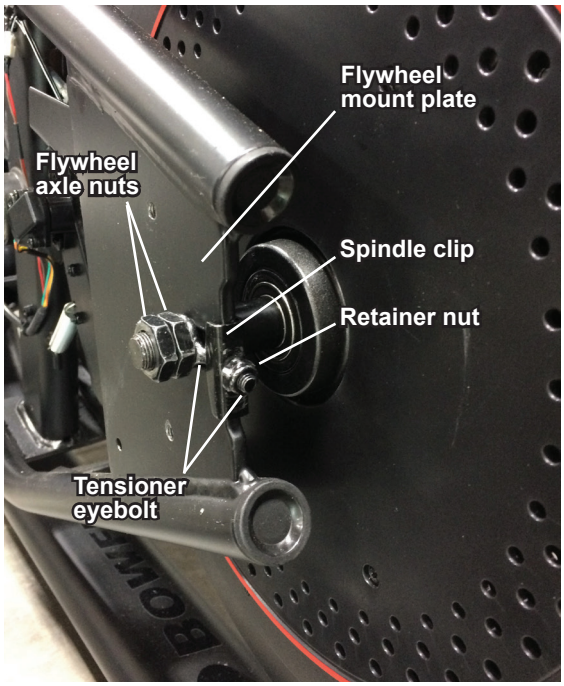
6. Mark the position of the Flywheel Axle Nuts on the Flywheel Mount Plates (both sides of bike).

Right side (crank arm and center disc not shown for clarity)



7. Record the number of threads showing on the Tensioner Eyebolt on each side of the Spindle Clip.

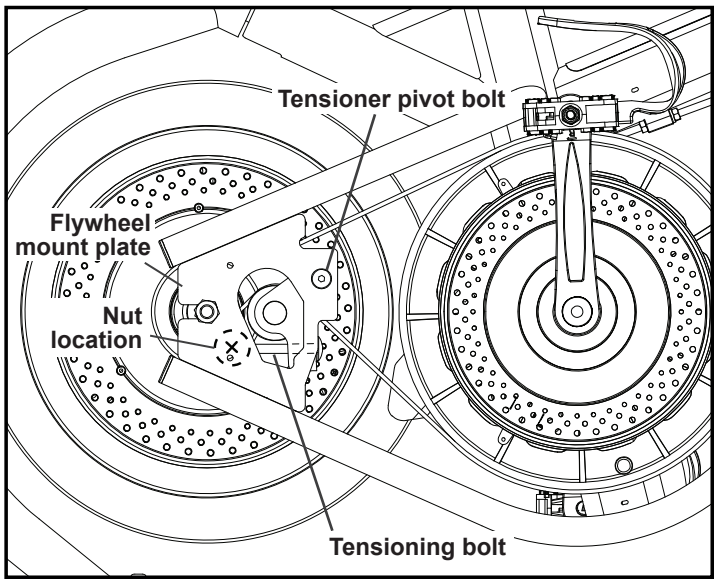
Left side



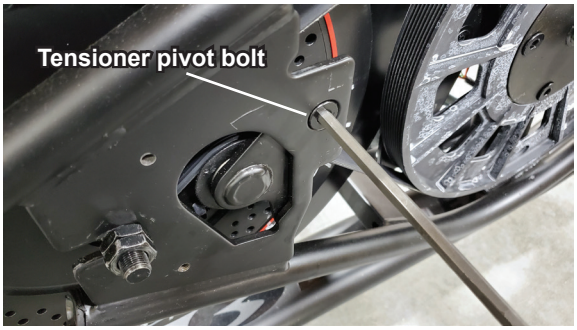
8. To loosen the Flywheel hardware, use a 19mm open end wrench to hold the Flywheel Axle Nut on one side steady and loosen the Flywheel Axle Nut on the opposite side with a 19mm socket and wrench. Remove the Flywheel Axle Nuts from the Flywheel Axle. Set the hardware safely aside for reassembly.

9. Using a 6 mm hex wrench, loosen the Tensioner Pivot bolt.

Tensioner hardware (Nuts are behind flywheel mount plate)

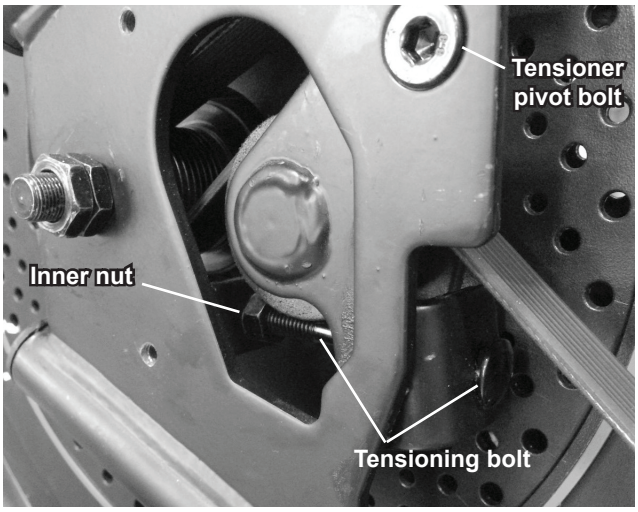


Right side (disregard axle nuts removed in earlier step)



10. Using a 13 mm open end wrench, loosen the inner Nut on the Tensioning Bolt.

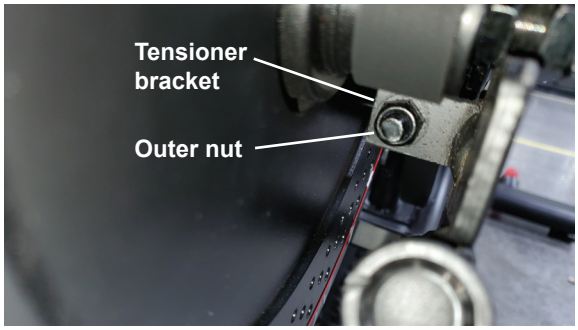
Tensioning bolt and inner nut



11. Using a 13 mm open end wrench or socket and wrench, loosen the outer Nut on the Tensioning Bolt (turn counterclockwise):

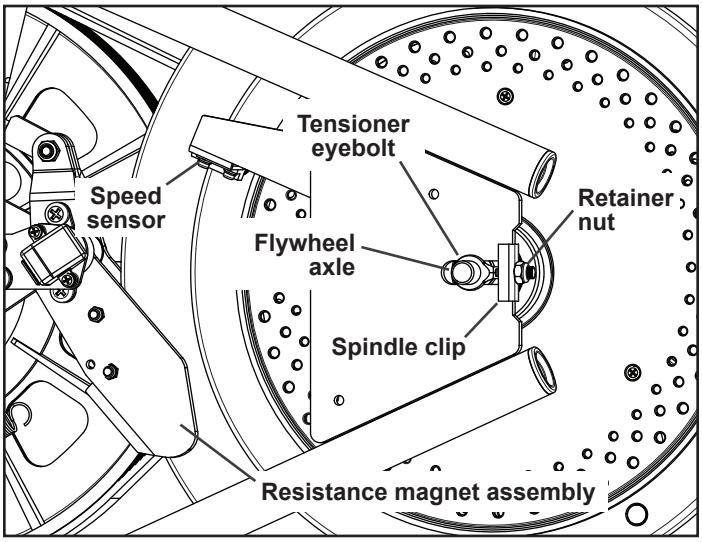
Note: If adjusting the Nut from the back, a socket extension may be necessary.

Outer nut on Tensioning bolt (view from back)



12. Using a 10mm wrench, loosen and remove the Retainer Nut from the Tensioner Eyebolt. Remove the Tensioner Eyebolt (and Spindle Clip) from the Flywheel axle. Set the Tensioner hardware safely aside.

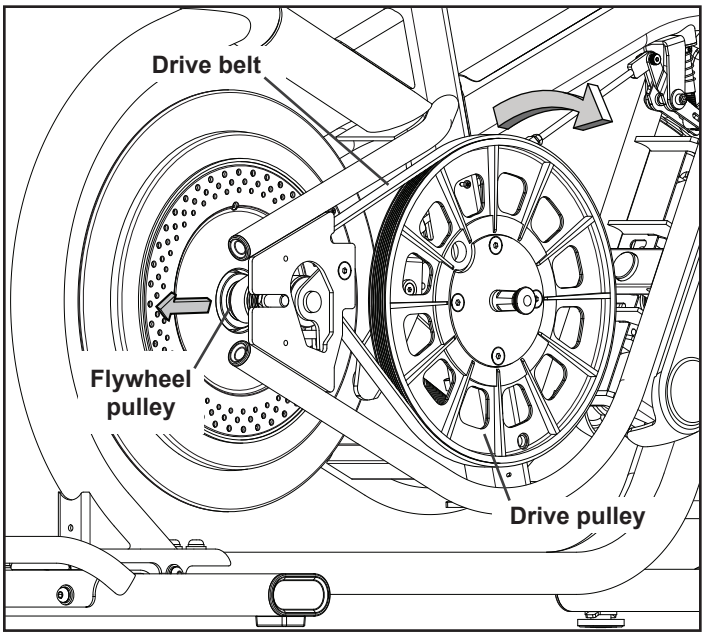
NOTICE: It may be necessary to move the Flywheel. This step may require two people.



13. Carefully turn the Drive Pulley and ease the Drive Belt off the Drive Pulley to the outside.

Be sure to keep fingers clear of all pinch hazards as you turn the Drive Pulley.

Right side (crank arm and center disc not shown for clarity)



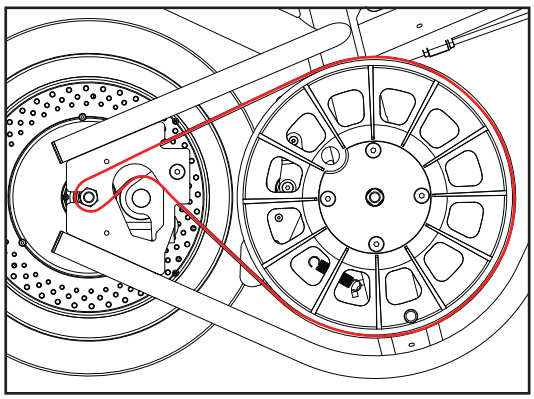
14. Carefully move the Flywheel to the openings in the Flywheel Mount Plates and remove it. Remove the Drive Belt from the Flywheel Pulley. Set the old Flywheel safely aside.

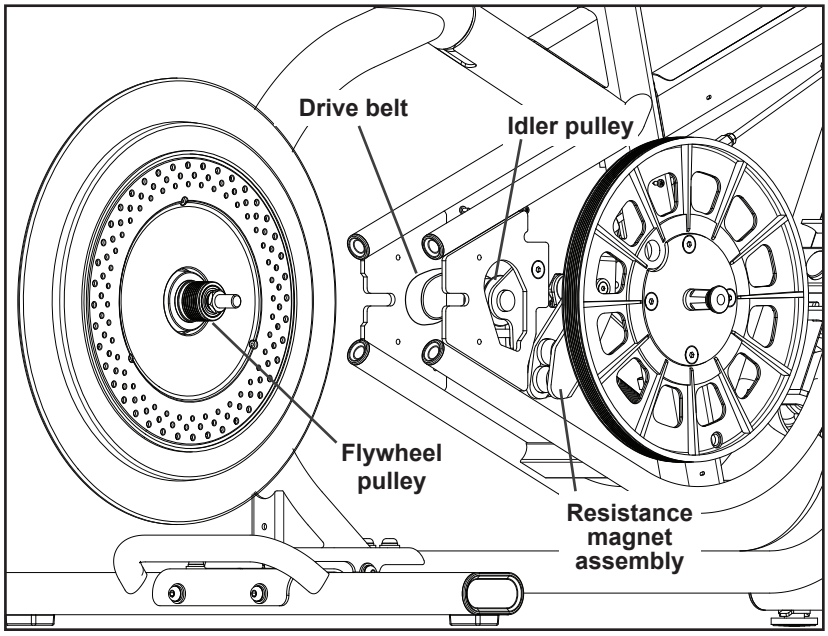
NOTICE: The Flywheel is heavy. This step may require two people. Make sure to avoid damage to the Speed Sensor (on the left side) and the Resistance Magnet Assembly.

15. Hold the replacement Flywheel Assembly near the openings in the Flywheel Mount Plates. Be sure the Flywheel pulley is on the right side. Put the Drive Belt in position around the Flywheel pulley. Be sure that the lower portion of the Drive Belt is over the bearings on the Idler Pulley.

NOTICE: This step may require two people.

Right side (crank arm not shown for clarity)

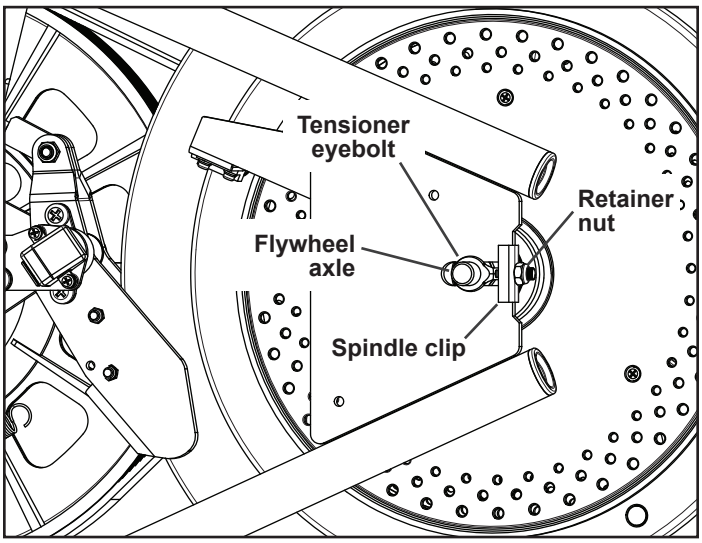




16. Put the Drive Belt onto the Drive Pulley. Make sure the Drive Belt is aligned on the Flywheel pulley, Idler Pulley and Drive Pulley

Be sure to keep fingers clear of all pinch hazards as you turn the Drive Pulley and Flywheel.

17. Align the Flywheel axle in the Flywheel Mount Plate brackets. Refer to the locations that were marked in step 6. Using a 10mm wrench, install the Tensioner Eyebolt, Spindle Clip and Retainer Nut on the left end of the Flywheel axle. Refer to the number of threads showing on the Tensioner Eyebolt that you recorded in in step 7.



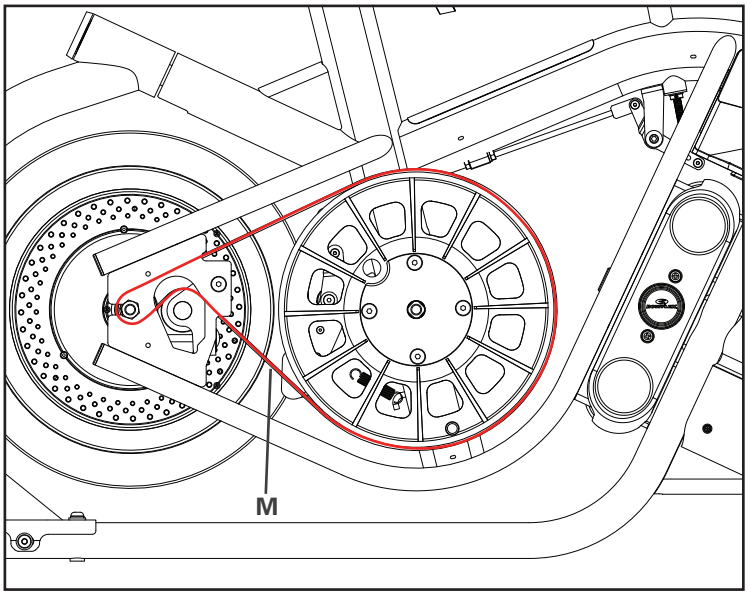
18. Check the Drive Belt tension:

• Push the Drive Belt downward at the midpoint (M) between the pulleys and measure the distance. The Drive Belt should have only 0.25" (0.64 cm) of give.

Or:

• Hold the edges of the Drive Belt at the midpoint (M) and twist it. It should turn only 90 degrees (1/4 turn, to vertical).

Right side (crank arm not shown for clarity)



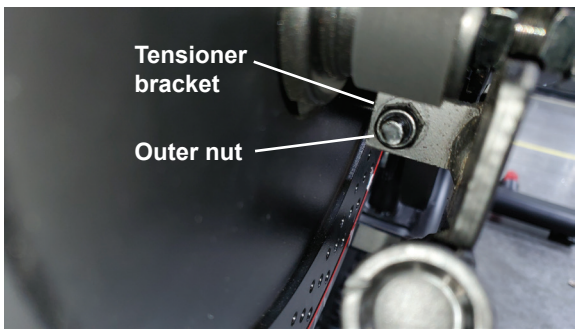
19. Using a 13 mm open end wrench or socket and wrench, adjust the outer Nut on the Tensioning Bolt:

If the Drive Belt is too loose—turn the Nut on the Tensioning Bolt clockwise.

If the Drive Belt is too tight—turn the Nut on the Tensioning Bolt counterclockwise.

Note: If adjusting the Nut from the back, a socket extension may be necessary.

Outer nut on Tensioning bolt (view from back)



20. Check the belt tension.

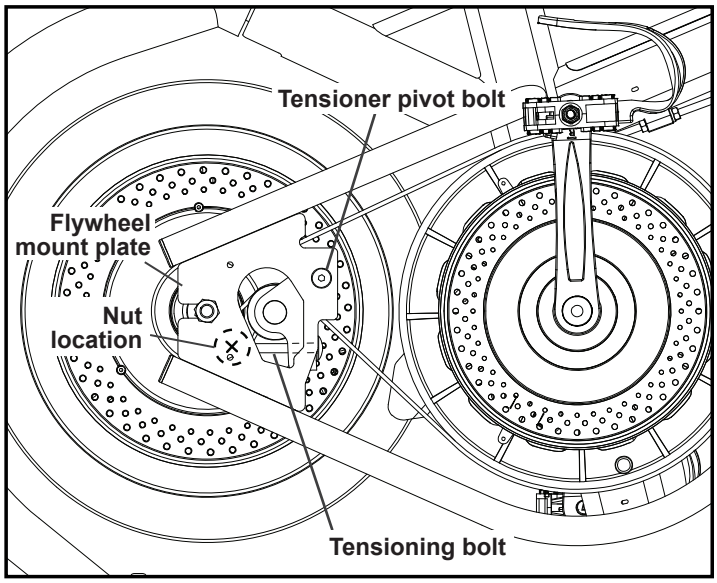
If the tension is correct—continue to step 21.

If the tension is not correct—repeat step 19.

21. Using a 13 mm socket and wrench or open end wrench, tighten the inner Nut on the Tensioning Bolt.

22. Using a 6 mm hex wrench, tighten the Tensioner Pivot bolt.

Tensioner hardware (Nuts are behind flywheel mount plate)



23. Hand tighten the Flywheel Axle Nuts on the Flywheel axle. To tighten the Flywheel hardware, use a 19mm open end wrench to hold the Flywheel Axle Nut on one side steady and tighten the Flywheel Axle Nut on the opposite side with a 19mm socket and wrench.

24. Get on the bike and check the movement of the Drive Belt by rocking back and forth on the pedals. The Pedals and Flywheel should move as one.

Adjust the Drive Belt tension again if necessary.

25. Re-install all remaining parts that were removed in reverse order.

NOTICE: Do not cut or pinch any cables.

Install the top shroud screws first.

If necessary, refer to the “Adjust the Resistance Sensor” procedure.

26. 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.

Replace the Handlebar and Seat Stem Bushings on the Bowflex™ VeloCore™ Bikes

Replacement Procedure
Skill Level: II
Estimated Procedure Time: 20-30 minutes
8028435.121521.A

NOTICE: This document provides instructions for the replacement of the Handlebar and Seat Stem Bushings on the Bowflex™ VeloCore™ 16 and VeloCore™ 22 bikes.

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.

Important Safety Instructions - Before servicing or using this equipment, obey the following warnings:

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.

• Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
• Keep bystanders and children away from the product being serviced at all times.
• Disconnect all power to the machine before you service it.
• Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
• Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
• Use only replacement parts and hardware that are supplied or approved by Nautilus. Failure to use Nautilus-approved replacement parts can adversely affect the safety and functionality of the equipment creating a risk to users and will void the warranty.
• Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If at any time the Warning labels 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.
• Do not try to change the design or functionality of the machine being serviced as this can adversely affect user safety.
• Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

• SAVE THESE INSTRUCTIONS.

Tools Required (not included)

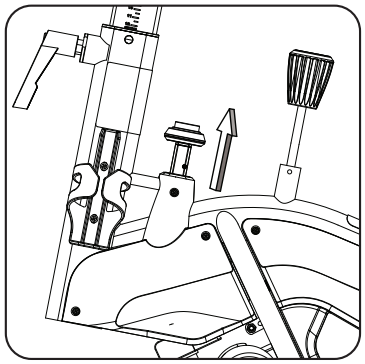
32 mm Open end wrench
or adjustable wrench

Small flathead screwdriver

Note: Your machine may not match the images provided exactly.

1. Unplug the AC Adapter from the wall outlet and machine. Be sure the bike is stabilized in the upright position with the Lean Lock Knob in the locked position.

Locked position



Be sure the bike is stabilized in the upright position with the Lean Lock Knob completely pulled up (locked position). If the Lean Lock mechanism is not engaged, the bike may become unbalanced and fall, which can cause injury or damage to the equipment.

Fully turn the Resistance Knob clockwise to lock the Flywheel in place.

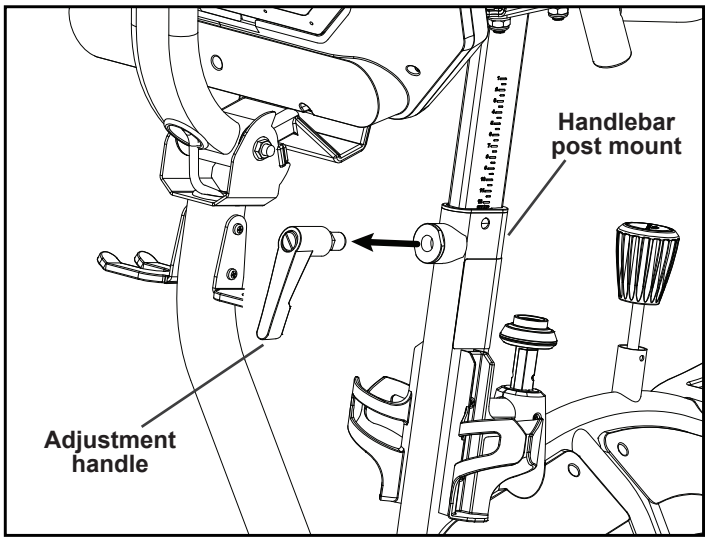
2. Remove the Dumbbells from the Dumbbell Holders.

If only replacing the Seat Stem Bushing, go to Step 11.

If replacing the Handlebar Post Bushing, continue to Step 3.

3. Being prepared to support the Handlebars, loosen and remove the Handlebar Post Adjustment Handle. Set it safely aside for reassembly.

NOTICE: This step may require two people.

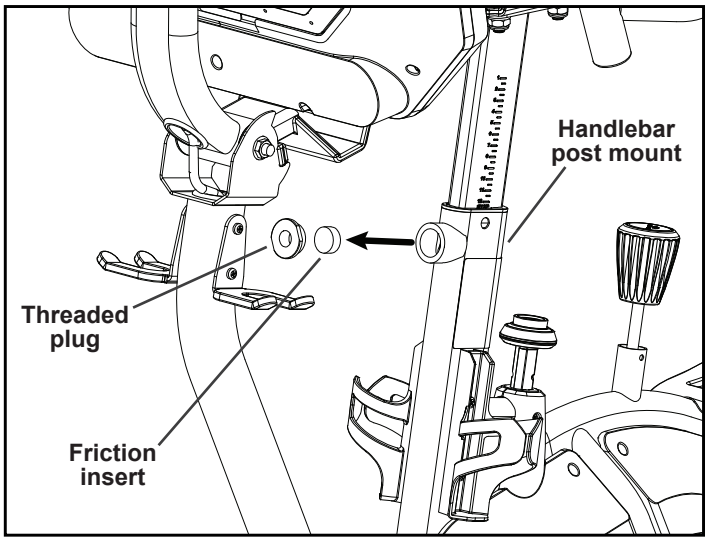


Note: It is not necessary to remove the Threaded Plug and Friction Insert in order to remove the Bushing. However, removal of the Plug and Insert will avoid the risk of the Insert falling into the Frame assembly.

If removing the Threaded Plug / Friction Insert, continue to Step 4.

If not removing the Threaded Plug / Friction Insert, go to Step 6.

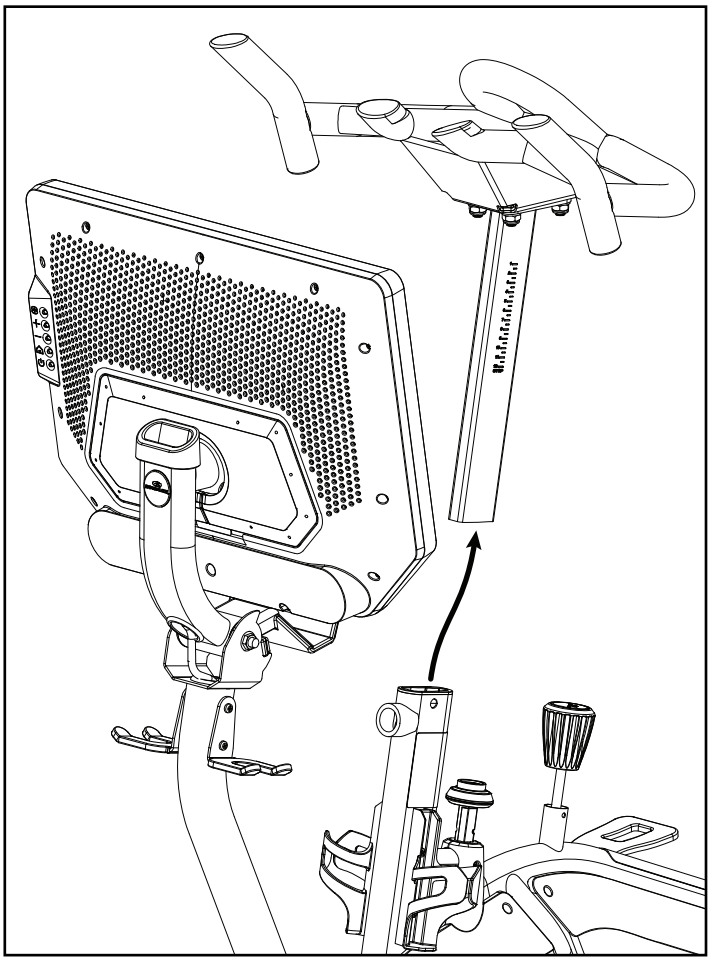
4. Using a 32 mm Open End Wrench or Adjustable Wrench, loosen and remove the Threaded Plug from the Handlebar Post mount. Set it safely aside for reassembly.



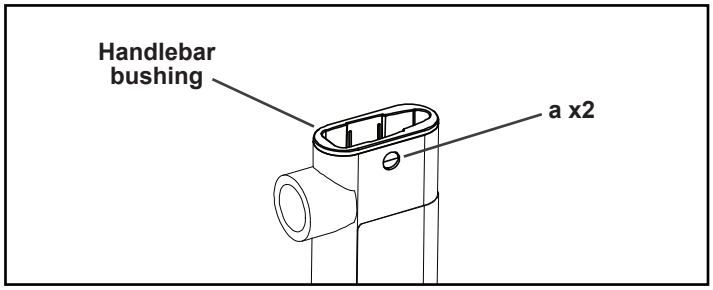
5. Using a small flathead screwdriver, carefully remove the Friction Insert from the Handlebar Post mount. Set it safely aside for reassembly.

Note: Be sure to notice how the Friction Insert is oriented within the Frame assembly to assist with reassembly.

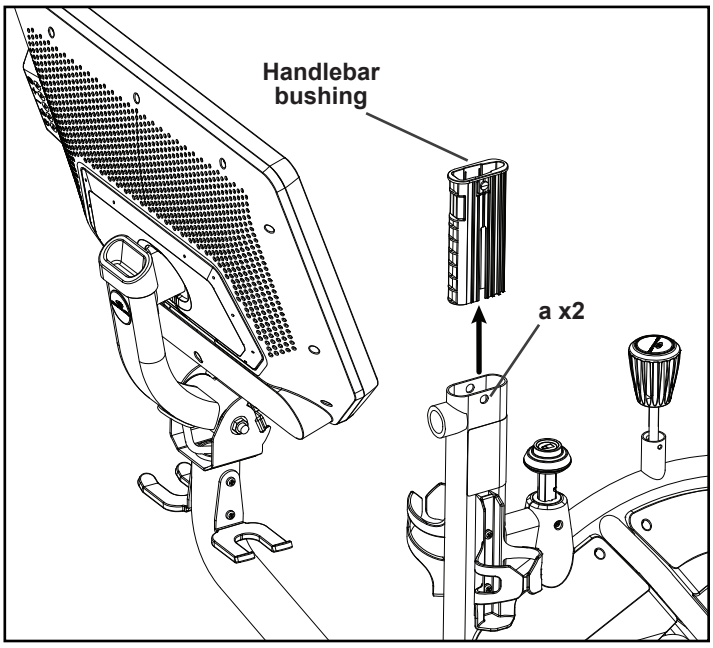
6. Carefully remove the Handlebar assembly from the Frame assembly. Set the Handlebar assembly safely aside.



7. On both sides of the Handlebar Post mount, locate the openings (a) where the Handlebar Bushing tabs are secured. Using a small screwdriver, push the tab to release and pivot the Bushing upward.



8. Place the end of the screwdriver under the lip of the Bushing. Pivot upward until the Handlebar Post Bushing is released. Continue pushing upward to remove the old Bushing. Set it safely aside.



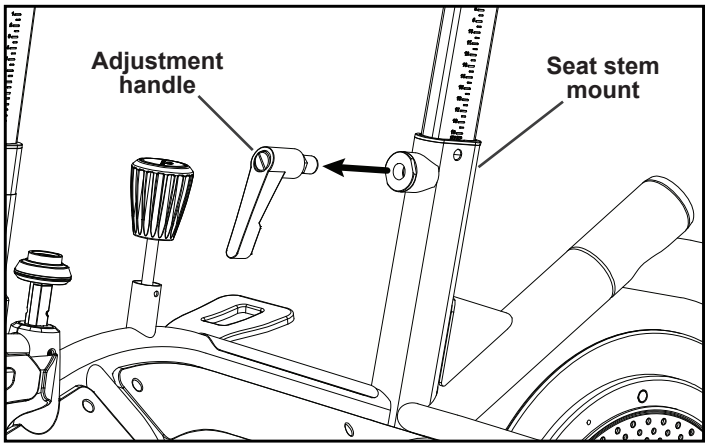
9. Install the new Handlebar Post Bushing into the Frame assembly. Be sure Handlebar Post Bushing tabs are seated in the small openings (a).

10. Re-install all remaining parts that were removed in reverse order.

If not replacing the Seat Stem Bushing, go to Step 19.

11. Being prepared to support the Seat Stem assembly, loosen and remove the Seat Stem Adjustment Handle. Set it safely aside for reassembly.

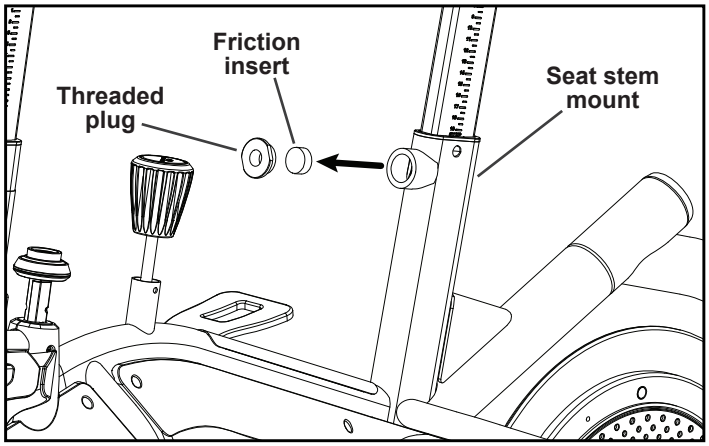
NOTICE: This step may require two people.



Note: It is not necessary to remove the Threaded Plug and Friction Insert in order to remove the Bushing. However, removal of the Plug and Insert will avoid the risk of the Insert falling into the Frame assembly.

If removing the Threaded Plug / Friction Insert, continue to Step 12.

If not removing the Threaded Plug / Friction Insert, go to Step 14.

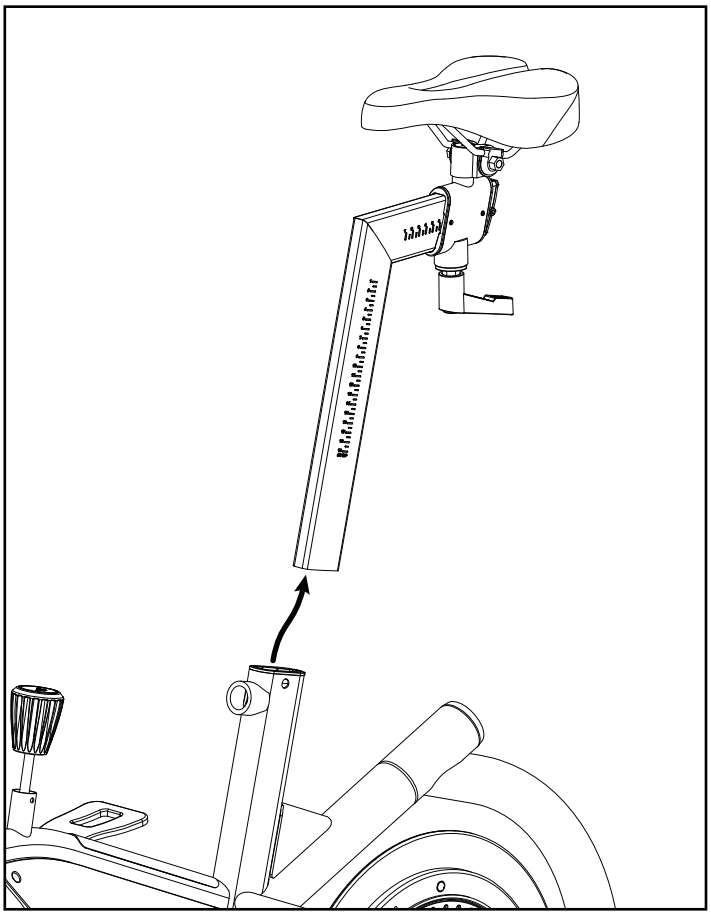


12. Using a 32mm Open End Wrench or Adjustable Wrench, loosen and remove the Threaded Plug from the Seat Stem mount. Set it safely aside for reassembly.

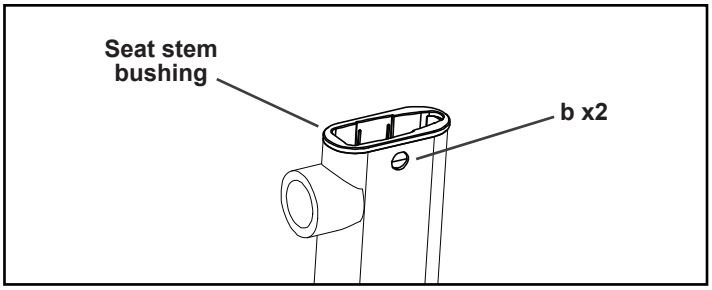
13. Using a small flathead screwdriver, carefully remove the Friction Insert from the Seat Stem mount. Set it safely aside for reassembly.

Note: Be sure to notice how the Friction Insert is oriented within the Frame assembly to assist with reassembly.

14. Remove the Seat Stem assembly from the Frame assembly. Set the Seat Stem assembly safely aside.

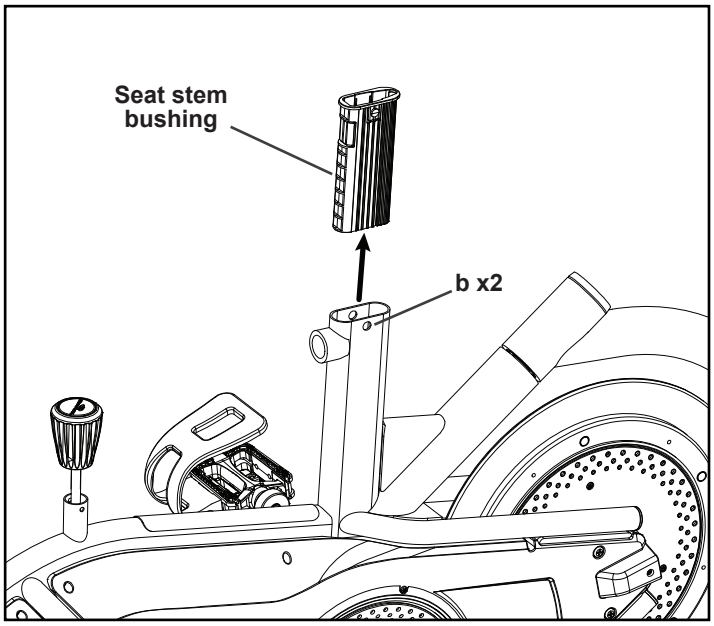


15. On both sides of the Seat Stem mount, locate the openings (b) where the Seat Stem Bushing tabs are secured. Using a small screwdriver, push the tab to release and pivot the Bushing upward.



16. Place the end of the screwdriver under the lip of the Bushing. Pivot upward until the Seat Stem Bushing is released. Continue pushing upward to remove the old Bushing.

17. Install the new Seat Stem Bushing into the Frame assembly. Be sure Seat Stem Bushing tabs are seated in the small openings (b).



18. Re-install all remaining parts that were removed in reverse order.

19. 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.

Replace the Idler Pulley on the Bowflex™ VeloCore™ Bikes

Replacement Procedure
Skill Level: II
Estimated Procedure Time: 30-45 minutes
8028535.121521.A

NOTICE: This document provides instructions for the replacement of the Idler Pulley (Belt Tensioner) on the Bowflex™ VeloCore™ 16 and VeloCore™ 22 bikes.

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

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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 | **ORIGINAL DOCUMENT - ENGLISH VERSION ONLY**

Important Safety Instructions - Before servicing or using this equipment, obey the following warnings:

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• Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
• Keep bystanders and children away from the product being serviced at all times.
• Disconnect all power to the machine before you service it.
• Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
• Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
• Use only replacement parts and hardware that are supplied or approved by Nautilus. Failure to use Nautilus-approved replacement parts can adversely affect the safety and functionality of the equipment creating a risk to users and will void the warranty.
• Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If at any time the Warning labels 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.
• Do not try to change the design or functionality of the machine being serviced as this can adversely affect user safety.
• Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

• SAVE THESE INSTRUCTIONS.

Tools Required (not included)

#2 Phillips screwdriver

6 mm Hex wrench

13 mm Open end wrench

13 mm Socket (and extension) and Wrench (optional)

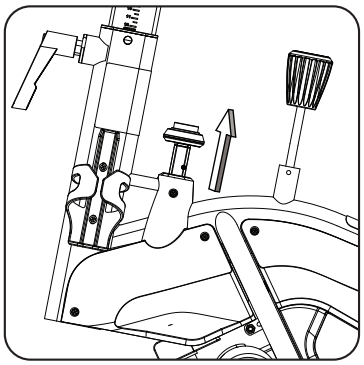
Note: Your machine may not match the images provided exactly.

1. Unplug the AC Adapter from the wall outlet and machine. Be sure the bike is stabilized in the upright position with the Lean Lock Knob in the locked position.

Be sure the bike is stabilized in the upright position with the Lean Lock Knob completely pulled up (locked position). If the Lean Lock mechanism is not engaged, the bike may become unbalanced and fall, which can cause injury or damage to the equipment.

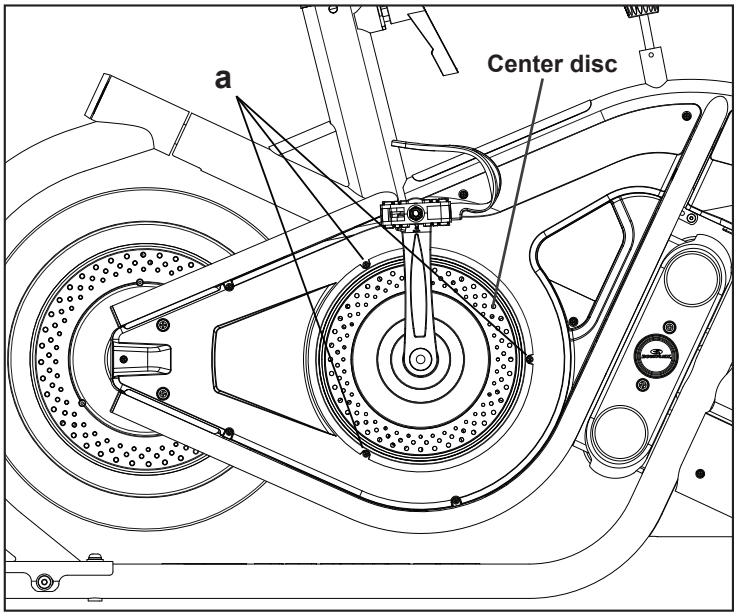
Fully turn the Resistance Knob clockwise to lock the Flywheel in place.

Locked position



2. Using a #2 Phillips Screwdriver, remove 3 screws (a) that attach the Center Disc to the Right Main Shroud. Set them safely aside for reassembly.

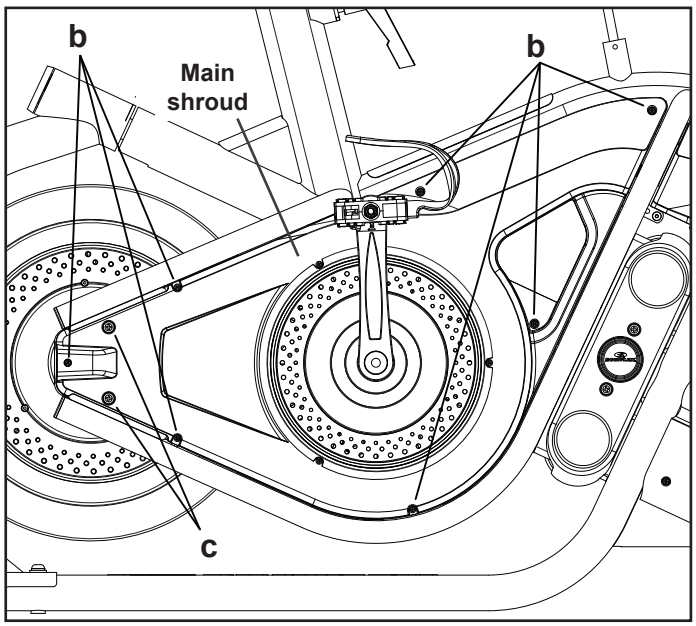
Right side



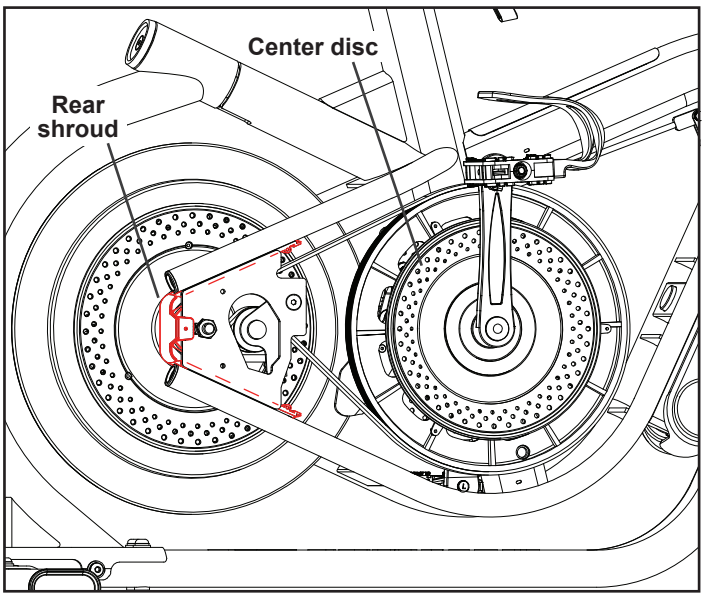
3. Using a #2 Phillips Screwdriver, remove 9 screws (b, c) from the Right Main Shroud. Be sure to note their locations for reassembly. Remove the bottom screws first, and then the top screws.

Note: It is not necessary to remove the Crank Arms and Center Disc in order to remove the Shroud.

Carefully angle and remove the Right Main Shroud and Rear (red) Shroud. Set the parts safely aside for reassembly.

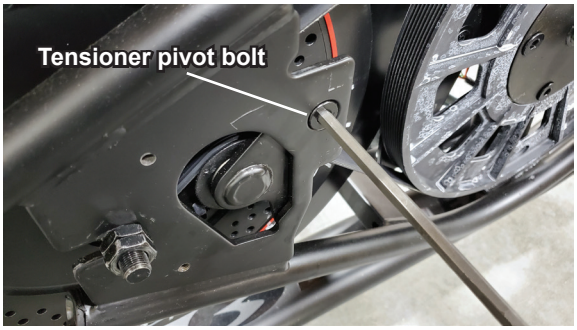


Right Main shroud removed

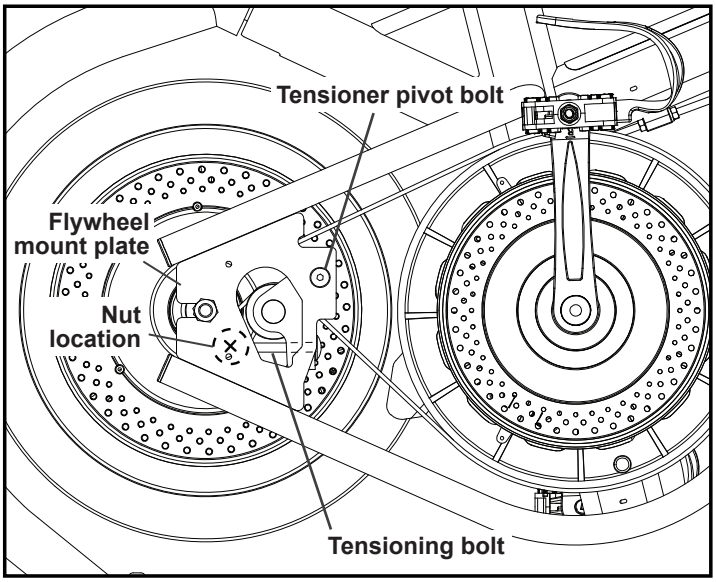


4. Using a 6 mm hex wrench, loosen the Tensioner Pivot bolt. Do not remove it at this time.

Right side (center disc not shown)



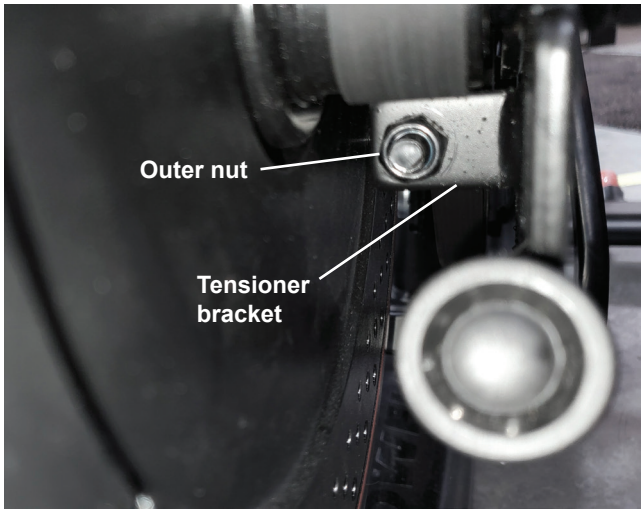
Tensioner hardware (nuts are behind flywheel mount plate)



5. Using a 13 mm open end wrench or socket and wrench, remove the outer Nut (lock nut) on the Tensioning Bolt (turn counterclockwise): Set it safely aside.

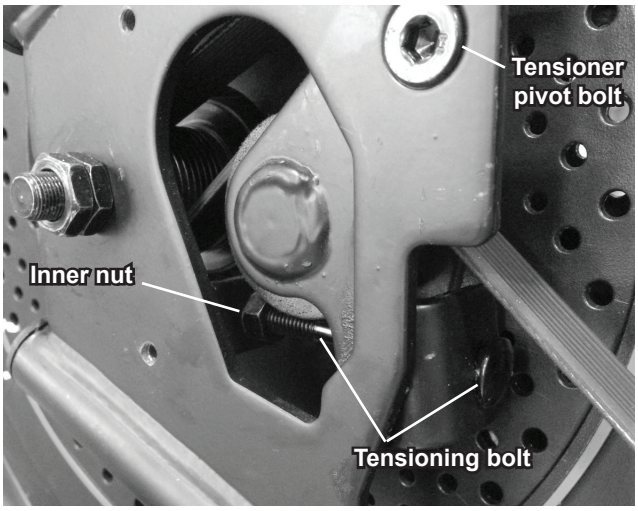
Note: If turning the Nut from the back, a socket extension may be necessary.

Outer nut on Tensioning bolt (view from back)



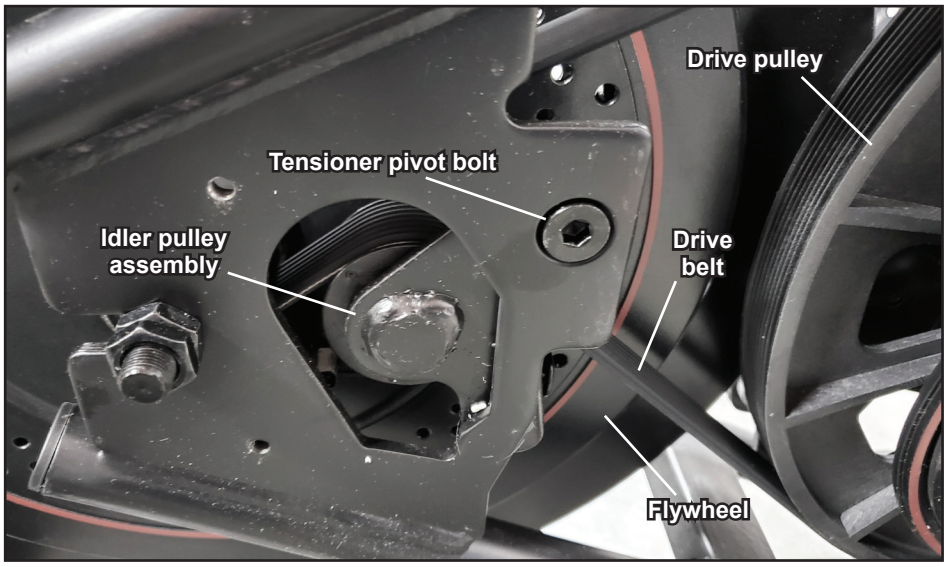
6. Using a 13 mm open end wrench, remove the inner Nut and Tensioning Bolt. Set them safely aside.

Tensioning bolt and inner nut



7. Using a 6 mm hex wrench, remove the Tensioner Pivot bolt and lock nut. Set them safely aside.

Note: Hold the Idler Pulley assembly so that it does not fall.



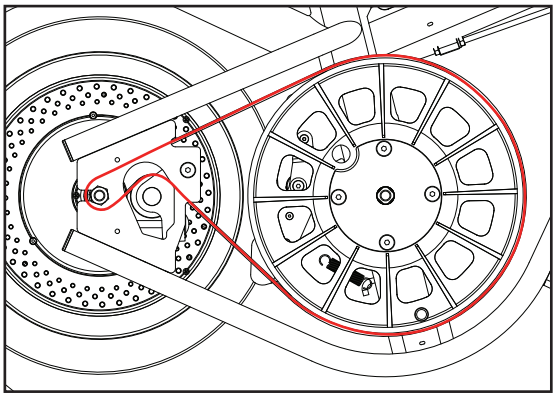
8. Remove the old Idler Pulley assembly and set it safely aside.

Be sure to keep fingers clear of all pinch hazards.

9. Install the new Idler Pulley assembly and Tensioner Pivot bolt and lock nut. Be sure that the lower portion of the Drive Belt is over the bearings on the Idler Pulley.

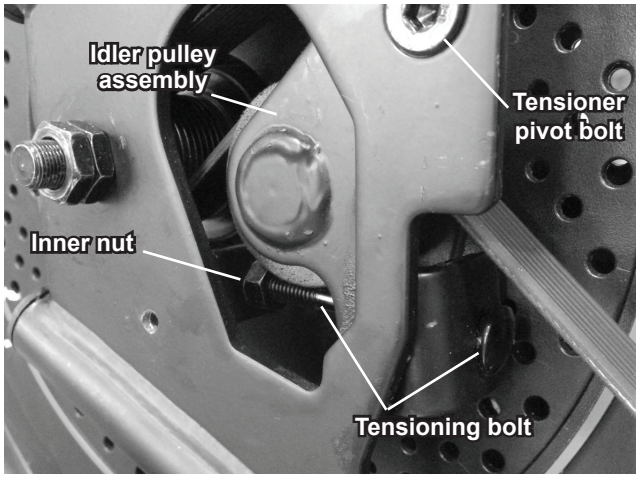
NOTICE: Do not fully tighten the Tensioner Pivot bolt at this time.

Right side (crank arm not shown for clarity)

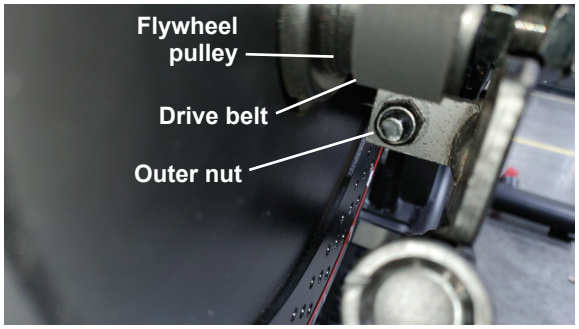


10. Install the new Tensioning Bolt and inner and outer Nuts. Make sure the Drive Belt is aligned on the Flywheel pulley, Idler Pulley and Drive Pulley.

Tensioning bolt and inner nut



Outer nut on Tensioning bolt (view from back)



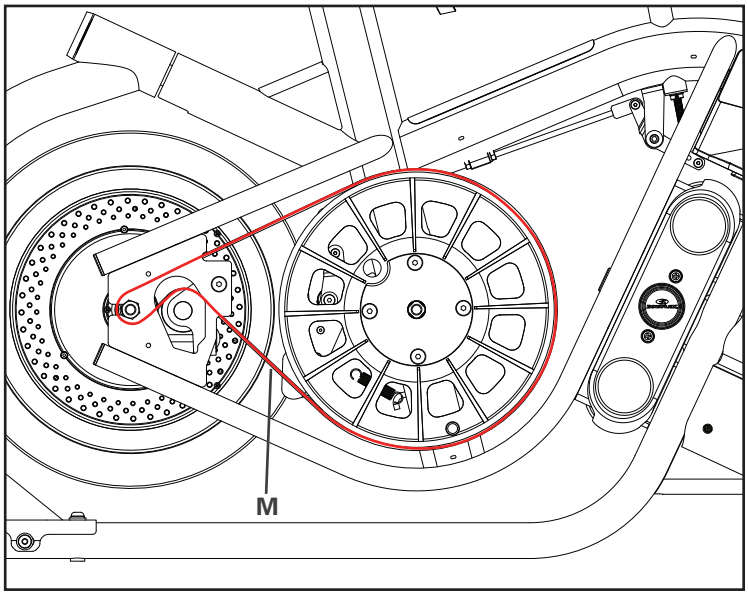
11. Check the Drive Belt tension:

• Push the Drive Belt downward at the midpoint (M) between the pulleys and measure the distance. The Drive Belt should have only 0.25" (0.64 cm) of give.

Or:

• Hold the edges of the Drive Belt at the midpoint (M) and twist it. It should turn only 90 degrees (1/4 turn, to vertical).

Right side (crank arm not shown for clarity)



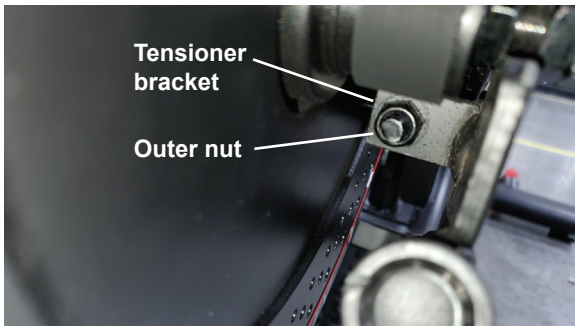
12. Using a 13 mm open end wrench or socket and wrench, adjust the outer Nut on the Tensioning Bolt:

If the Drive Belt is too loose—turn the Nut on the Tensioning Bolt clockwise.

If the Drive Belt is too tight—turn the Nut on the Tensioning Bolt counterclockwise.

Note: If adjusting the Nut from the back, a socket extension may be necessary.

Outer nut on Tensioning bolt (view from back)



13. Check the belt tension.

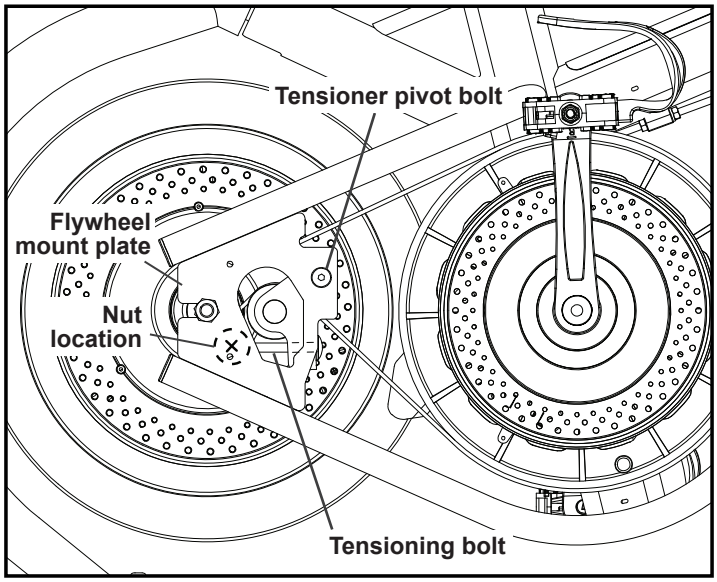
If the tension is correct—continue to step 14.

If the tension is not correct—repeat step 12.

14. Using a 13 mm open end wrench, tighten the inner Nut on the Tensioning Bolt.

15. Using a 6 mm hex wrench, tighten the Tensioner Pivot bolt.

Tensioner hardware (Nuts are behind flywheel mount plate)



16. Get on the bike and check the movement of the Drive Belt by rocking back and forth on the pedals. The Pedals and Flywheel should move as one.

Adjust the Drive Belt tension again if necessary.

17. Re-install all remaining parts that were removed in reverse order.

NOTICE: Do not crimp any cables.

Install the top shroud screws first.

18. 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.

Replace the Lean Lockout Assembly (Cam Lockout) and Lean Lock Knob on the Bowflex™ VeloCore™ Bikes

Replacement Procedure
Skill Level: II
Estimated Procedure Time: 30 minutes
8028536.121521.A

NOTICE: This document provides instructions for the replacement of the Lean Lockout Assembly (Cam Lockout) and Lean Lock Knob assembly on the Bowflex™ VeloCore™ 16 and VeloCore™ 22 bikes.

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 | **ORIGINAL DOCUMENT - ENGLISH VERSION ONLY**

Important Safety Instructions - Before servicing or using this equipment, obey the following warnings:

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.

• Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
• Keep bystanders and children away from the product being serviced at all times.
• Disconnect all power to the machine before you service it.
• Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
• Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
• Use only replacement parts and hardware that are supplied or approved by Nautilus. Failure to use Nautilus-approved replacement parts can adversely affect the safety and functionality of the equipment creating a risk to users and will void the warranty.
• Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If at any time the Warning labels 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.
• Do not try to change the design or functionality of the machine being serviced as this can adversely affect user safety.
• Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

• SAVE THESE INSTRUCTIONS.

Tools Required (not included)

#2 Phillips screwdriver

5 mm Hex wrench (2)

Small flathead screwdriver

NOTICE: It may be necessary to adjust the Tilt Sensor at the end of this procedure. Refer to the “Adjust the Tilt Sensor” procedure.

Note: Your machine may not match the images provided exactly.

1. Unplug the AC Adapter from the wall outlet and machine. Be sure the bike is stabilized in the upright position with the Lean Lock Knob in the locked position.

Fully turn the Resistance Knob clockwise to lock the Flywheel in place.

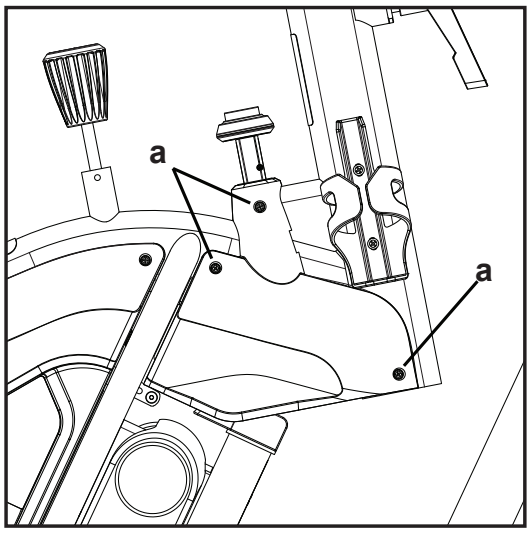
2. Using a #2 Phillips Screwdriver, remove the 3 screws (a) that attach the Front Fender to the frame. Remove the bottom screws first, and then the top screws. Set them safely aside for reassembly.

Note: Hold the Front Fender so that it does not fall.

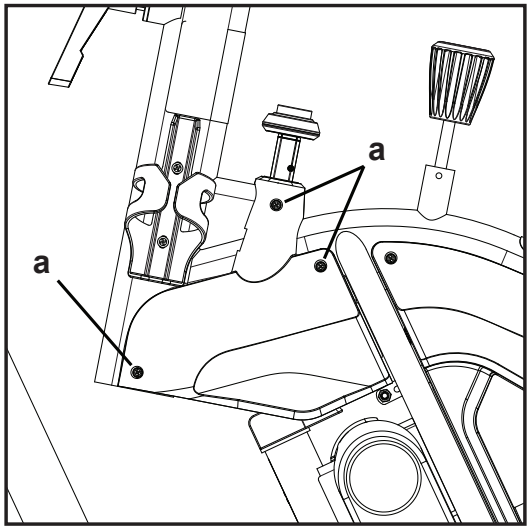
3. Remove the Front Fender and set it safely aside.

4. Repeat steps 2 and 3 on the other side.

Right side

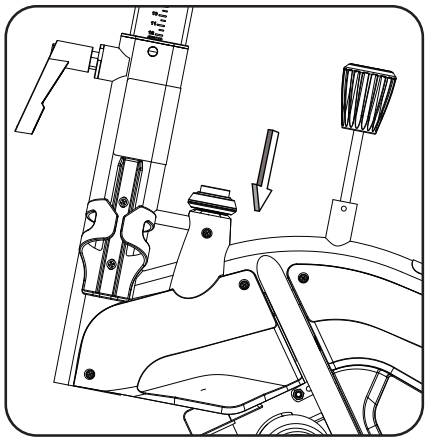


Left side



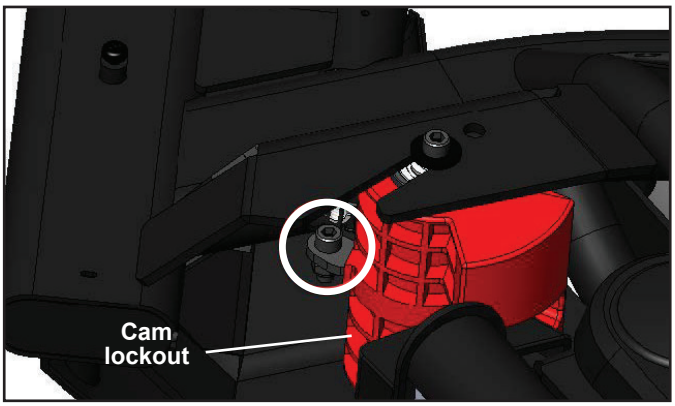
NOTICE: Be sure the Lean Lock Knob is in the unlocked position.

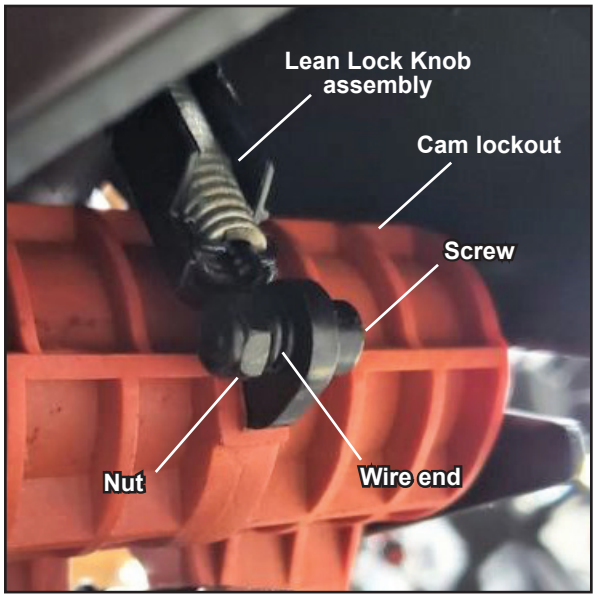
Unlocked position



5. Using a 5 mm hex wrench, remove the screw and nut (indicated) that connect the Lean Lockout Assembly (Cam Lockout) to the Lean Lock Knob assembly. Note that the screw goes through the wire end of the spring assembly. Set the hardware safely aside for reassembly.

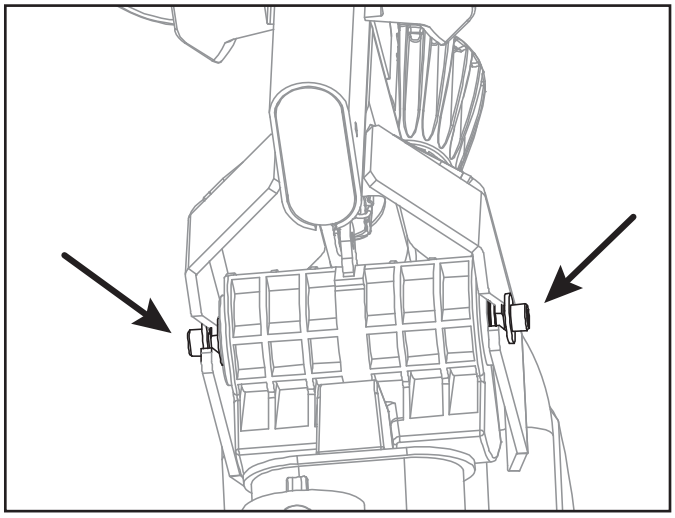
Left side



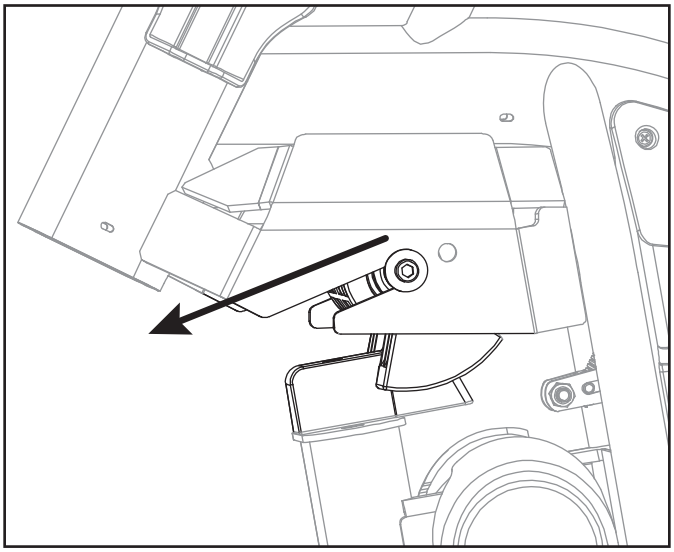


6. Using two 5 mm hex wrenches, loosen the indicated hardware that holds the Lean Lockout Assembly (Cam Lockout) in the Cam Pivot Brackets.

Note: Hold the Cam Lockout so that it does not fall.



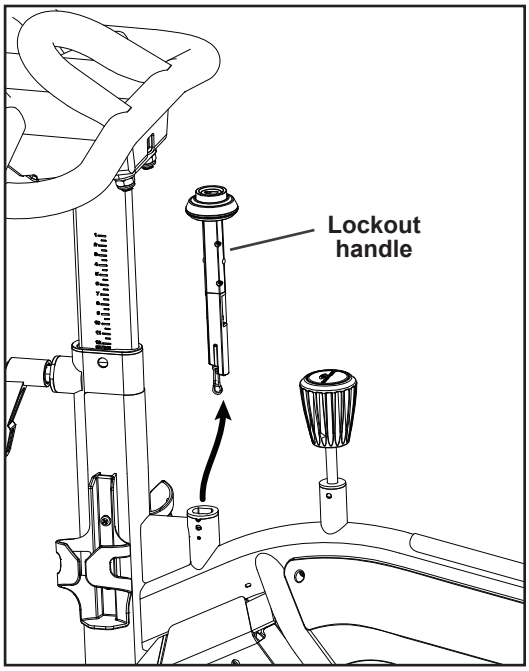
7. Slide the Cam Lockout assembly forward out of the Brackets. It will be necessary to lean the bike right or left so that the Cam can clear the Frame.



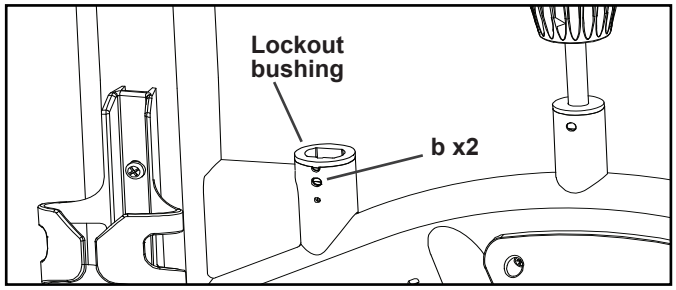
If replacing the Lean Lock Knob assembly, continue to Step 8.

If not replacing the Lean Lock Knob assembly, go to Step 12.

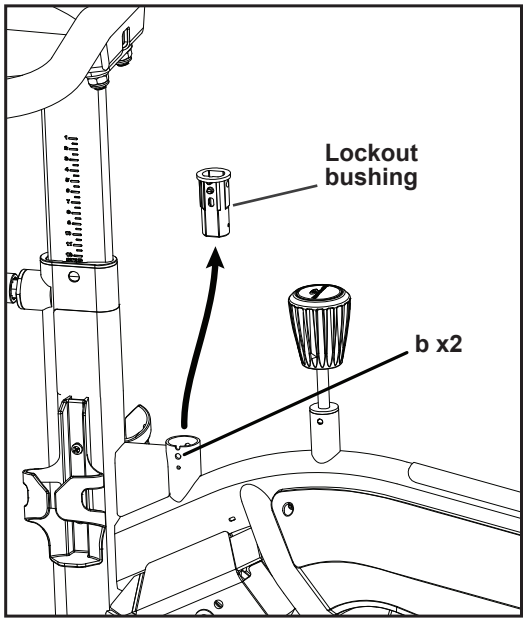
8. Push the red button on the Lean Lock Knob and pull the Lockout handle out of the mount tube on the Frame.



9. On both sides of the mount tube, locate the openings (b) where the Lockout Bushing tabs are secured. Using a small screwdriver, push the tabs to release and pivot the Bushing upward.



10. Place the end of the screwdriver under the lip of the Bushing. Pivot upward until the Lockout Bushing is released. Continue pushing upward to remove the old Bushing. Set it safely aside.

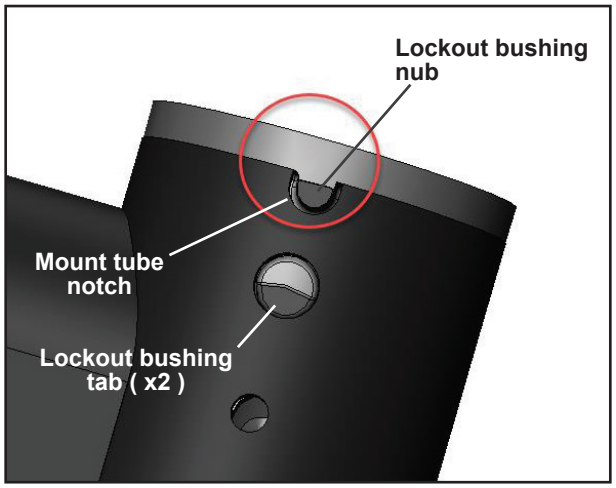


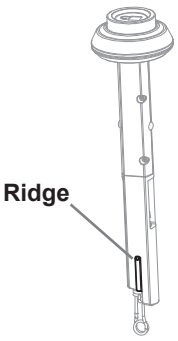
11. Installation of the Bushing and Knob is the reverse procedure.

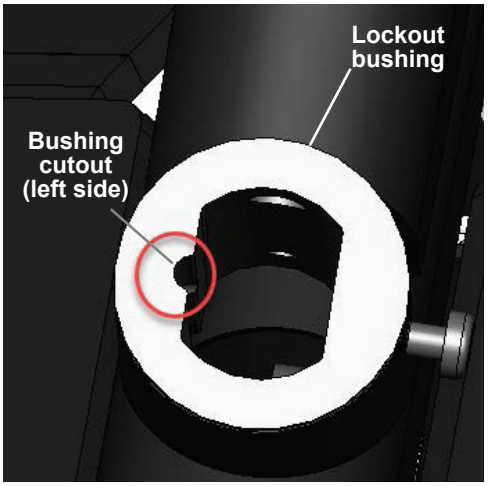
Make sure the Lockout Bushing nub is aligned with the notch in the left side of the mount tube to ensure the Lockout handle will be oriented correctly. Align the ridge on the handle with the Bushing cutout.

Be sure the Lockout Bushing tabs are seated in the openings on both sides of the mount tube.

Left side





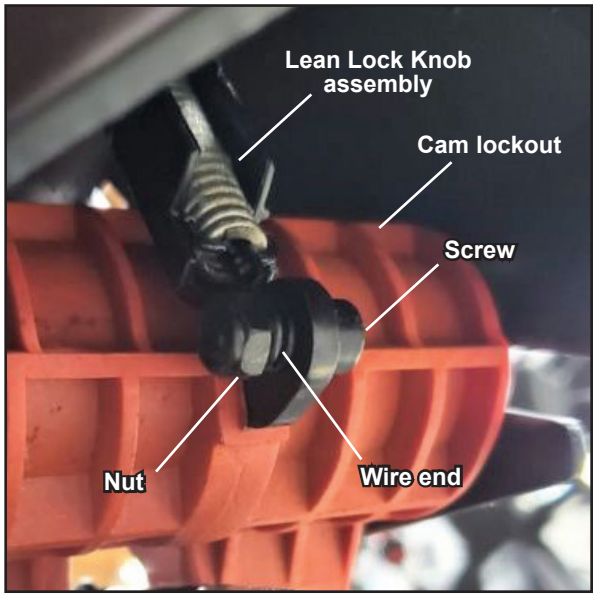


12. Installation of the Cam Lockout is the reverse procedure.

Note: Hold the Cam Lockout so that it does not fall.

13. Using a 5 mm hex wrench, re-install the screw and nut (removed in Step 5) to connect the Cam Lockout to the Lean Lock Knob assembly.

NOTICE: Make sure that the screw goes through the wire end of the spring assembly.



14. Re-install the Front Fenders.

Install the top shroud screws first.

If necessary, refer to the “Adjust the Tilt Sensor” procedure.

15. 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.

Replace the Lower Wiring Harness on the Bowflex™ VeloCore™ Bikes

Replacement Procedure
Skill Level: II
Estimated Procedure Time: 30 minutes
8027849.121521.B

NOTICE: This document provides instructions for the replacement of the frame Wiring Harness with Power Inlet on the Bowflex™ VeloCore™ 16 and VeloCore™ 22 bikes.

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

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• Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
• Keep bystanders and children away from the product being serviced at all times.
• Disconnect all power to the machine before you service it.
• Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
• Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
• Use only replacement parts and hardware that are supplied or approved by Nautilus. Failure to use Nautilus-approved replacement parts can adversely affect the safety and functionality of the equipment creating a risk to users and will void the warranty.
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• Do not try to change the design or functionality of the machine being serviced as this can adversely affect user safety.
• Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

• SAVE THESE INSTRUCTIONS.

Tools Required (not included)

6mm Hex Wrench

#2 Phillips screwdriver

Flathead screwdriver

17mm Wrench or nutdriver

(2) Pieces of string, 0.6m (2') in length each

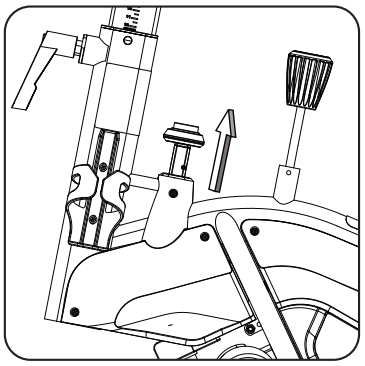
Something to cut a Zip-Tie

Ziptie

NOTICE: It may be necessary to calibrate the Tilt Sensor at the end of this procedure. Refer to the "Adjust the Tilt Sensor" procedure.

Note: Your machine may not match the images provided exactly.

Locked position



1. Unplug the AC Adapter from the wall outlet and machine. Be sure the bike is stabilized in the upright position with the Lean Lock Knob in the locked position.

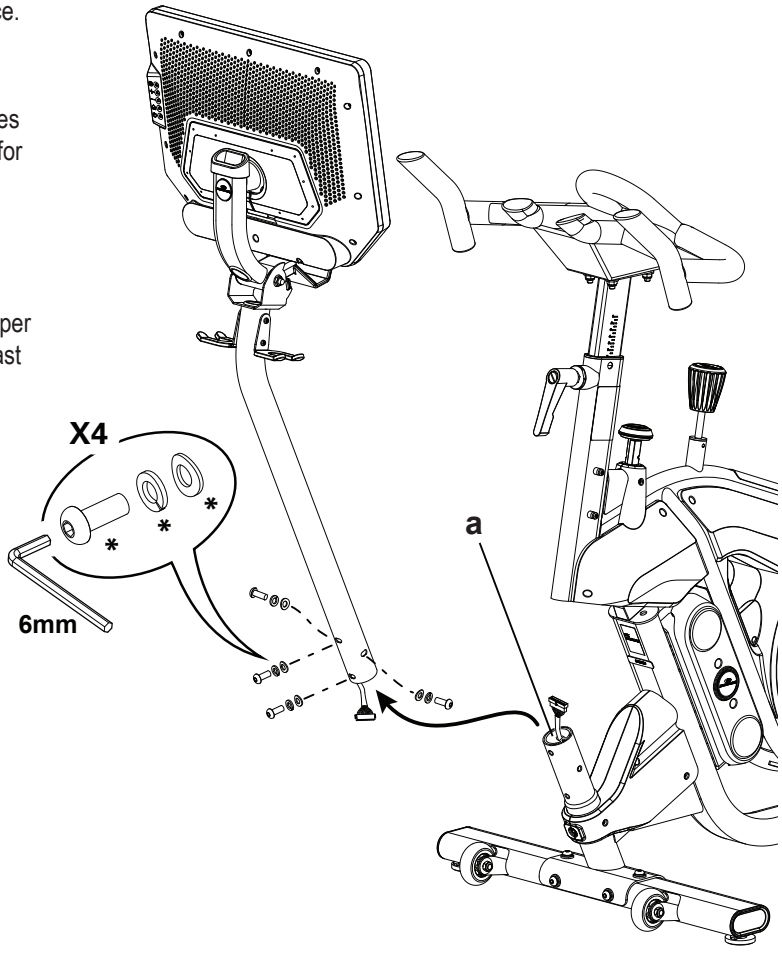
Be sure the bike is stabilized in the upright position with the Lean Lock Knob completely pulled up (locked position). If the Lean Lock mechanism is not engaged, the bike may become unbalanced and fall, which can cause injury or damage to the equipment.

Fully turn the Resistance Knob clockwise to lock the Flywheel in place.

2. Using a 6 mm hex wrench, remove the hardware (*) that attaches the Console Mast to the Main Frame. Set the hardware safely aside for reassembly.

3. Carefully lift the Console Mast off the mast mount on the Main Frame and hold it so that it does not fall. Carefully disconnect the Upper Data Cable from the Lower Data Cable. Set the Console/Console Mast assembly safely aside for reassembly.

NOTICE: This step may require two people. Do not cut or pinch the cables. Abrupt motions can affect the computer operation.



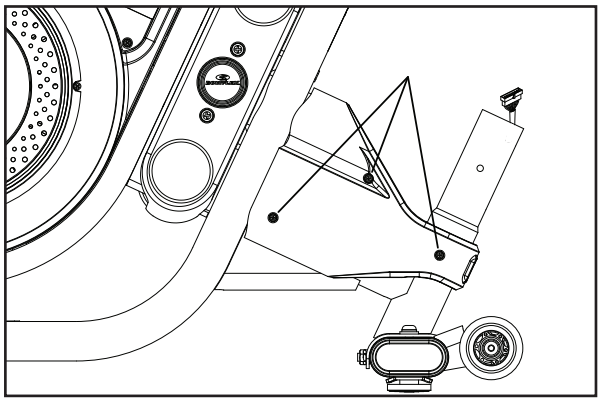
4. If there is a plastic Mast Insert (a) in the mast mount, carefully remove it and set it aside for reassembly.

NOTICE: Do not cut or pinch the cable.

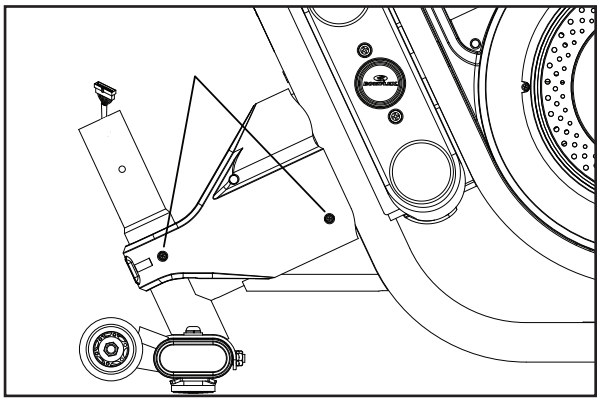
5. Using a #2 Phillips screwdriver, loosen and remove the screws (indicated) that attach the Pivot Shrouds to the Main Frame. Set the screws and Shrouds safely aside for reassembly.

NOTICE: Hold the Pivot Shrouds so that they do not fall.

Right side



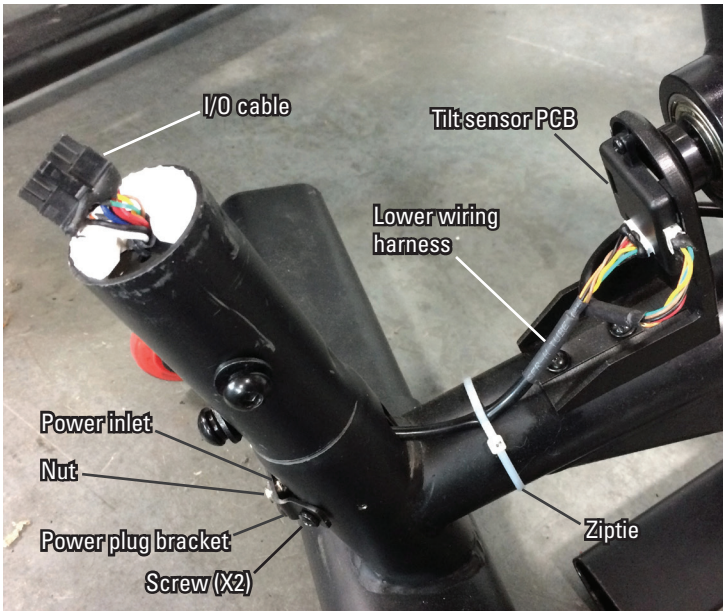
Left side



6. Observe the routing of the Lower Wiring Harness to the front of the machine (Power Inlet) and the top of the mast mount (I/O Cable). If there is a plastic cap in the mast mount, remove and set it safely aside for reassembly. Remove the ziptie that attaches the I/O Cable in the mast mount.

7. Using a 17 mm wrench or nutdriver, remove the thin Nut that attaches the Power Inlet to the Power Plug bracket. Set it safely aside for reassembly.

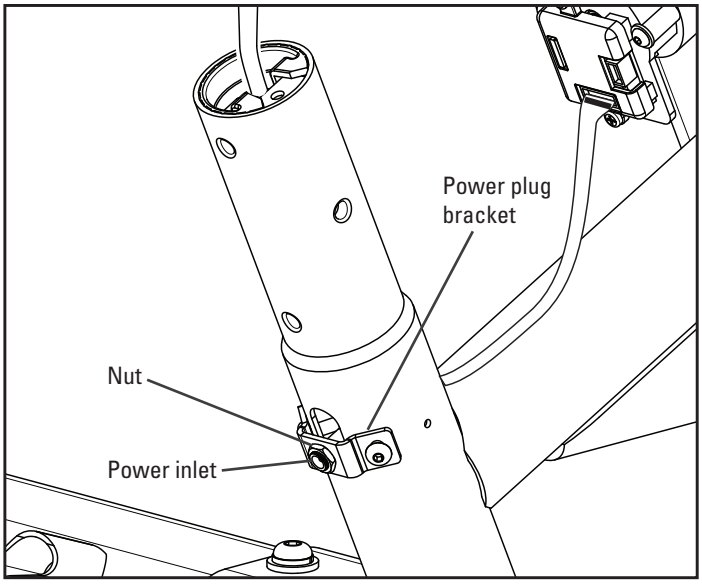
8. Using a #2 Phillips screwdriver, remove the screws that attach the Power Plug bracket to the mast mount. Set the bracket and screws safely aside for reassembly.



(The Tilt Sensor PCB shown is an older version.)

9. Tie the end of one piece of string to the Power Inlet connector. Tie the end of the other piece of string to I/O Cable connector. Remove the ziptie that secures the Lower Wiring Harness to the Frame.

10. Carefully disconnect the Lower Wiring Harness from the Tilt Sensor PCB and pull the wires out of the mast mount. Be sure the strings are still routed through the mast mount.



11. Untie each string from the old cable connector and tie it to the corresponding connector on the new Lower Wiring Harness. Discard the old Lower Wring Harness.

12. Carefully pull the string to route the I/O Cable to the top of the mast mount, and then pull the string to route the Power Inlet cable to the front opening.

NOTICE: Do not cut or pinch the cables.

13. Re-install the Power Plug bracket. Using a 17 mm wrench or nutdriver, reinstall the thin Nut to secure the Power Inlet to the Power Plug bracket.

NOTICE: Do not cut or pinch the cable.

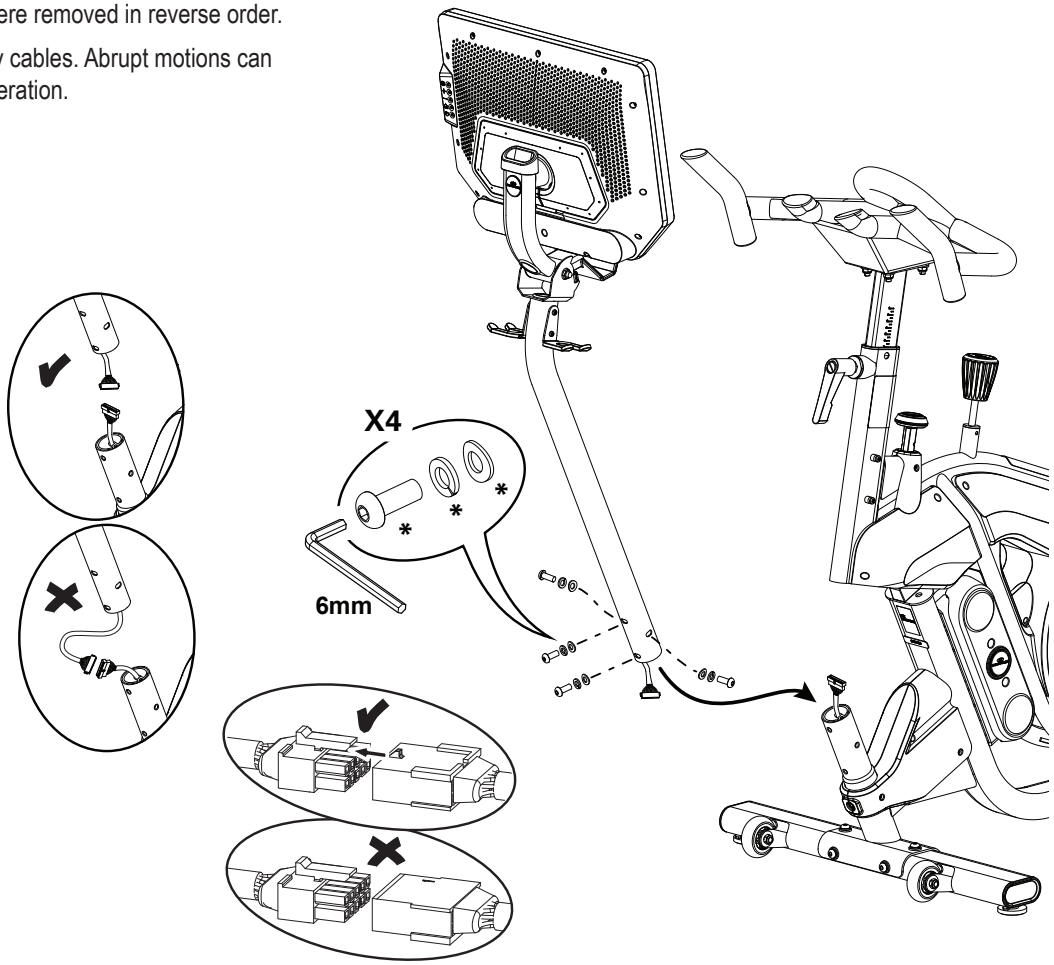
14. Carefully connect the Lower Wiring Harness to the Tilt Sensor PCB. Use a ziptie to attach the Lower Wliring Harness to the Frame.

Reinstall the plastic Mast Insert from Step 4 (if applicable) in the mast mount.

NOTICE: Do not cut or pinch the cables.

15. Re-install all remaining parts that were removed in reverse order.

NOTICE: Do not cut or pinch any cables. Abrupt motions can affect the computer operation.



If necessary, refer to the “Adjust the Tilt Sensor” procedure.

16. 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.

Replace the Mast Data Cable on the Bowflex™ VeloCore™ Bikes

Replacement Procedure
Skill Level: II
Estimated Procedure Time: 30-45 minutes
8027852.121521.B

NOTICE: This document provides instructions for the replacement of the Console Mast Data (I/O) Cable on the Bowflex™ VeloCore™ 16 and VeloCore™ 22 bikes.

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.

Important Safety Instructions - Before servicing or using this equipment, obey the following warnings:

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.

• Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
• Keep bystanders and children away from the product being serviced at all times.
• Disconnect all power to the machine before you service it.
• Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
• Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
• Use only replacement parts and hardware that are supplied or approved by Nautilus. Failure to use Nautilus-approved replacement parts can adversely affect the safety and functionality of the equipment creating a risk to users and will void the warranty.
• Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If at any time the Warning labels 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.
• Do not try to change the design or functionality of the machine being serviced as this can adversely affect user safety.
• Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

• SAVE THESE INSTRUCTIONS.

Tools Required (not included)

6 mm Hex Wrench

#2 Phillips screwdriver

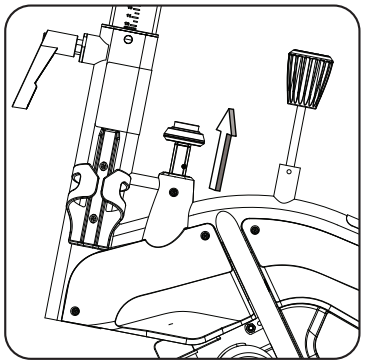
Flathead screwdriver

(1) Piece of string, 1.2 m (4’) in length each

(1) Piece of string, 0.6 m (2’) in length each

Note: Your machine may not match the images provided exactly.

Locked position



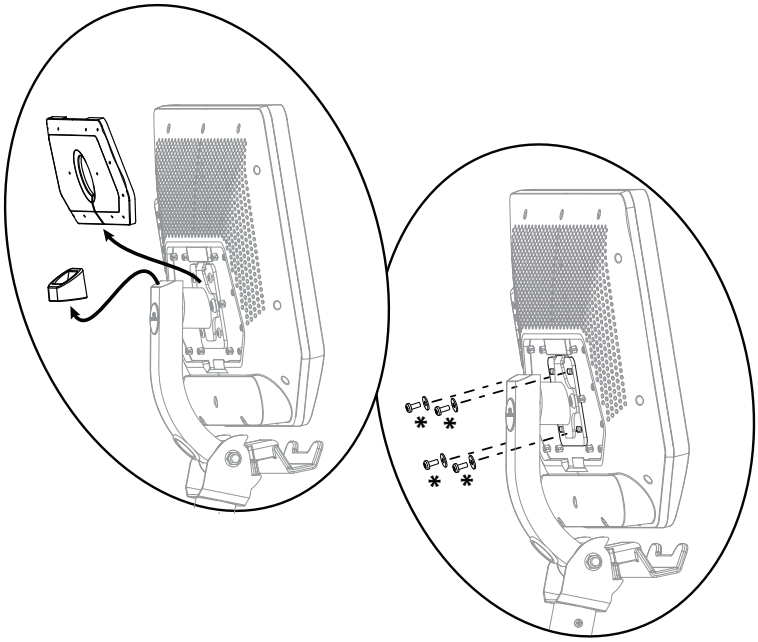
1. Unplug the AC Adapter from the wall outlet and machine. Be sure the bike is stabilized in the upright position with the Lean Lock Knob in the locked position.

Be sure the bike is stabilized in the upright position with the Lean Lock Knob completely pulled up (locked position). If the Lean Lock mechanism is not engaged, the bike may become unbalanced and fall, which can cause injury or damage to the equipment.

Fully turn the Resistance Knob clockwise to lock the Flywheel in place.

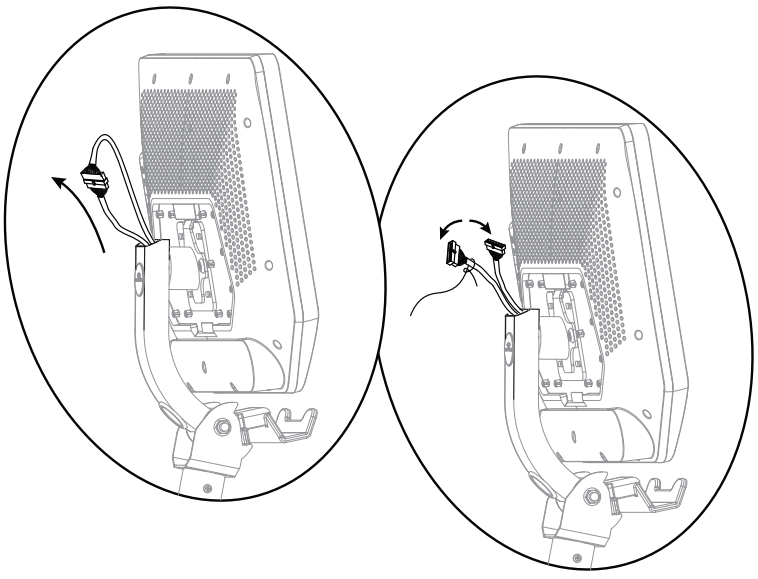
2. Remove the Console mast cover and Console Mast End Cap. Using a #2 Phillips screwdriver, remove the hardware(*) from the back of the Console. Set the parts safely aside for reassembly.

NOTICE: Do not cut or pinch the cables. This step may require two people. Hold the Console so that it does not fall. Abrupt motions can affect the computer operation.



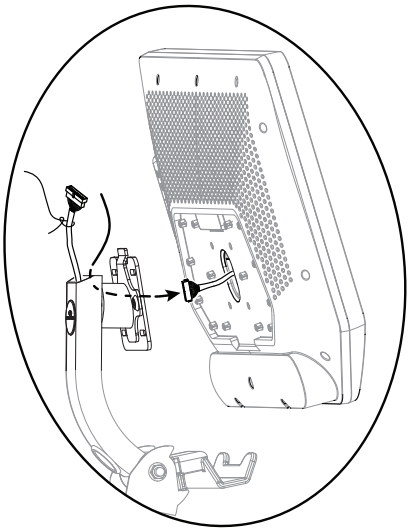
3. Carefully pull the cables up through the opening at the top of the Adjustable Console Mast, and disconnect the Mast Cable from the Console cable. Tie one end of the 0.6 m (2') piece of string to the Mast Cable connector.

NOTICE: Do not cut or pinch the cables. This step may require two people. Hold the Console so that it does not fall.



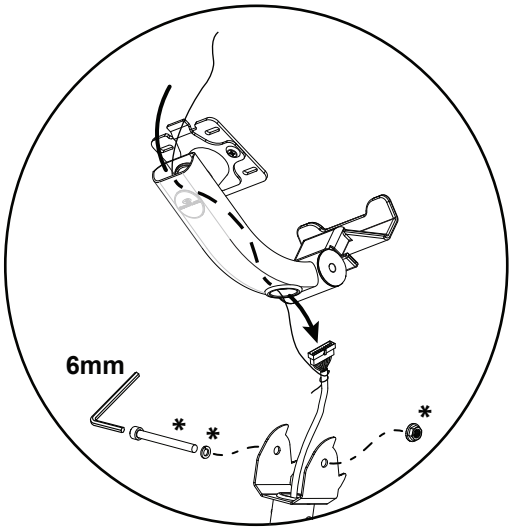
4. Carefully remove the Console, gently pulling the Console cable down and out of the Console Mount. Set the Console safely aside for reassembly.

NOTICE: This step may require two people. Do not pinch or cut the cables. Abrupt motions can affect the computer operation.



5. Using a 6 mm hex wrench, remove the hardware (*) that attaches the Adjustable Console Mast to the Console Mast. Set the hardware safely aside for reassembly.

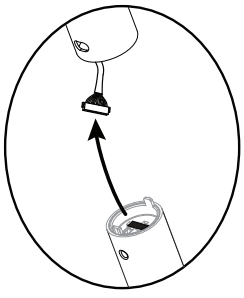
6. Carefully remove the Adjustable Console Mast, pulling the Mast Data Cable down through the Adjustable Console Mast. Be sure the string still extends through the Adjustable Console Mast, and untie it from the Data Cable. Set the Adjustable Console Mast (with string) safely aside for reassembly.



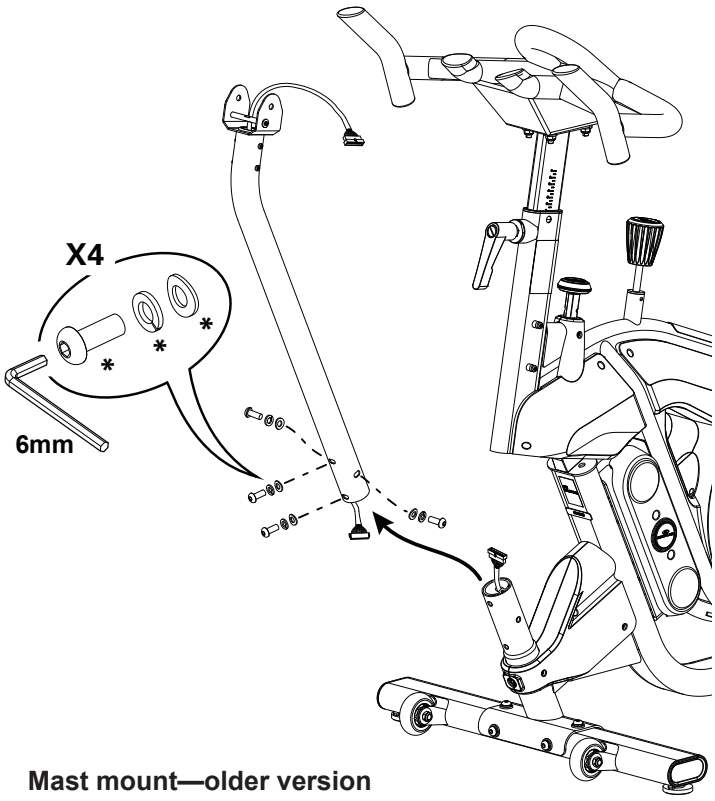
7. Using a 6 mm hex wrench, remove the hardware (*) that attaches the Console Mast to the Main Frame. Set the hardware safely aside for reassembly.

8. Carefully lift the old Console Mast off the mast mount on the Main Frame and hold it so that it does not fall. Carefully disconnect the Mast Data Cable from the Lower Data Cable. Leave the plastic insert in the mast mount in place so that the Lower Data Cable connector does not fall down iinto the machine.

NOTICE: Do not pinch or cut the cables. This step may require two people.



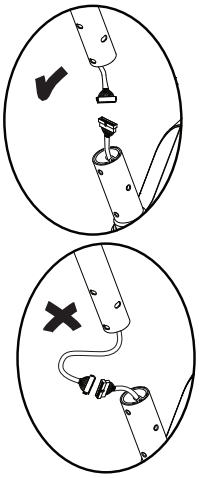
Mast mount—newer version

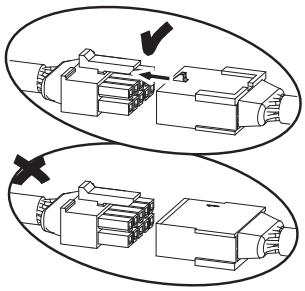


Mast mount—older version

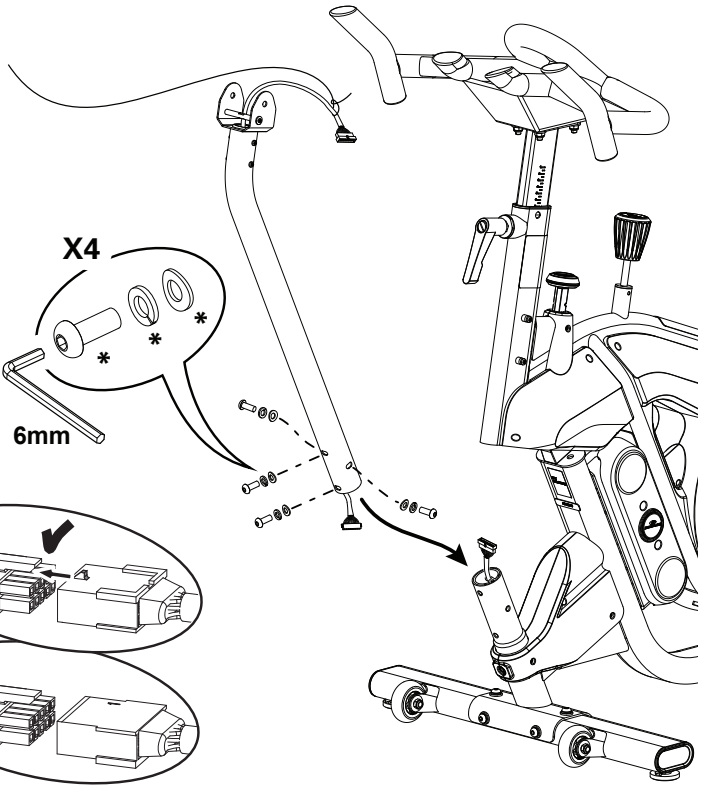
9. Connect the Mast Data Cable in the new Console Mast to the Lower Data Cable. Gently pull the cable from the top of the Console Mast to remove all slack.

NOTICE: This step may require two people. Do not pinch or cut the cables.

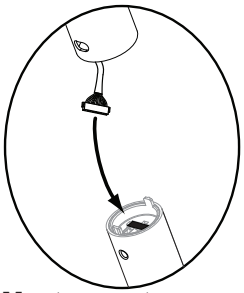




10. Carefully slide the Console Mast onto the mast mount. Hand tighten the screws at the base of the Console Mast.



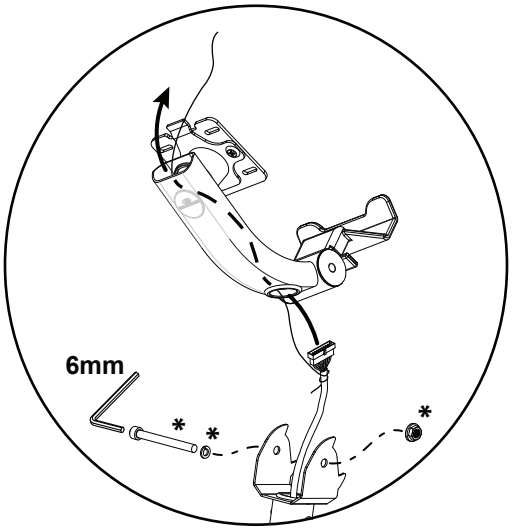
Mast mount—older version



Mast mount—newer version

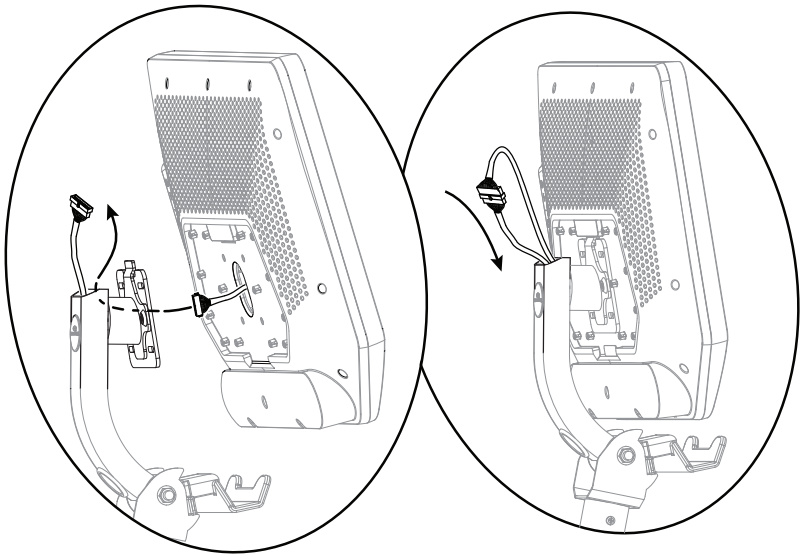
11. Tie the pull string at the base of the Adjustable Console Mast to the Data Cable. Use the string to route the cable through the round hole at the base of the Adjustable Console Mast tube to the opening at the top. Using a 6 mm hex wrench, re-install the Adjustable Console Mast.

NOTICE: Do not pinch or cut the cables. The ease of Console rotation can be adjusted by the tightness of the pivot screw.



12. Route the Console cable through the Console Mount up to the opening at the top. Connect the Console cable and Mast Data Cable. Push the extra wire down into the Adjustable Console Mast.

NOTICE: Do not pinch or cut the cables. This step may require two people. Abrupt motions can affect the computer operation.

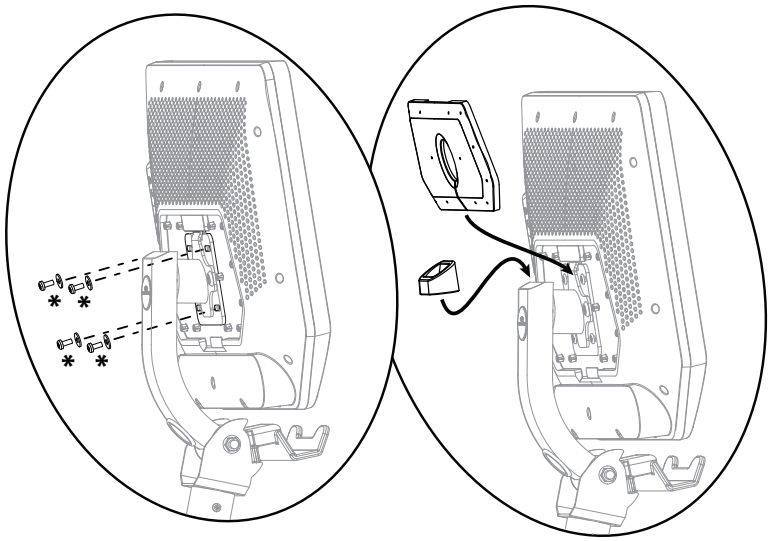


13. Using a #2 Phillips screwdriver, re-install the Console.

NOTICE: Do not pinch or cut the cables. This step may require two people. Abrupt motions can affect the computer operation.

Install the Console Mast End Cap and Console mast cover.

Make sure the Console and Console Mast are aligned with the machine, then fully tighten the screws at the base of the Console Mast. If necessary, adjust the angle of the Console/Adjustable Console Mast.



14. 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.

Replace the Pedals on the Bowflex™ VeloCore™ Bikes

Replacement Procedure
Skill Level: II
Estimated Procedure Time: 20 minutes
8028538.121521.A

NOTICE: This document provides instructions for the replacement of the Pedals on the Bowflex™ VeloCore™ 16 and VeloCore™ 22 bikes. The Pedals MUST be installed straight into the Crank Arms by hand or the threads that secure the Pedals may strip.

⚠ **If the threads strip due to improper installation, then the Pedals can disengage from the bike and/or break while under usage, which can result in serious injury to the user.**

Note: The Left Pedal is reverse-threaded. Be sure to attach the Pedals on the proper side of the bike. Orientation is based from a seated position on the bike. The Left Pedal has an "L", the Right Pedal an "R".

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• Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
• Keep bystanders and children away from the product being serviced at all times.
• Disconnect all power to the machine before you service it.
• Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
• Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
• Use only replacement parts and hardware that are supplied or approved by Nautilus. Failure to use Nautilus-approved replacement parts can adversely affect the safety and functionality of the equipment creating a risk to users and will void the warranty.
• Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If at any time the Warning labels 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.
• Do not try to change the design or functionality of the machine being serviced as this can adversely affect user safety.
• Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

• SAVE THESE INSTRUCTIONS.

Tools Required (not included)

15mm Wrench

Blue Loctite® 242 or equivalent
(medium strength)

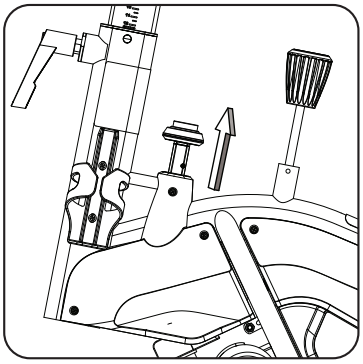
Note: Your machine may not match the images provided exactly.

1. Unplug the AC Adapter from the wall outlet and machine. Be sure the bike is stabilized in the upright position with the Lean Lock Knob in the locked position.

Be sure the bike is stabilized in the upright position with the Lean Lock Knob completely pulled up (locked position). If the Lean Lock mechanism is not engaged, the bike may become unbalanced and fall, which can cause injury or damage to the equipment.

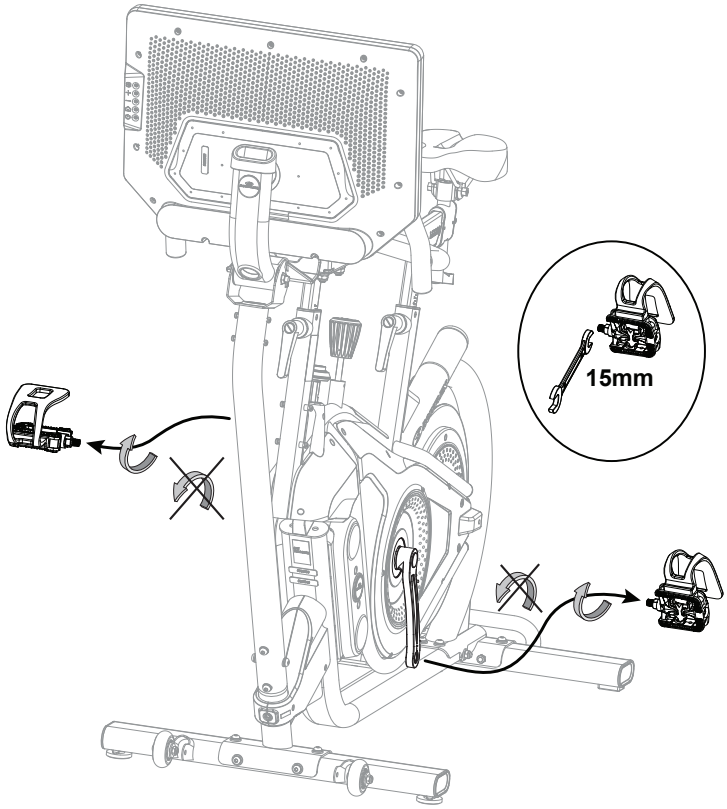
Fully turn the Resistance Knob clockwise to lock the Flywheel in place.

Locked position

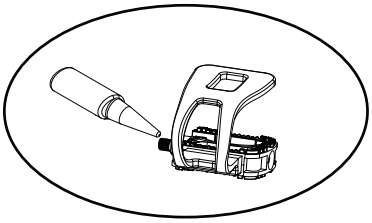


2. Loosen and remove the Pedal. Set it safely aside for reassembly.

Note: The Left Pedal is reverse-threaded. Orientation is based from a seated position on the bike. The Left Pedal has an “L”, the Right Pedal an “R”.

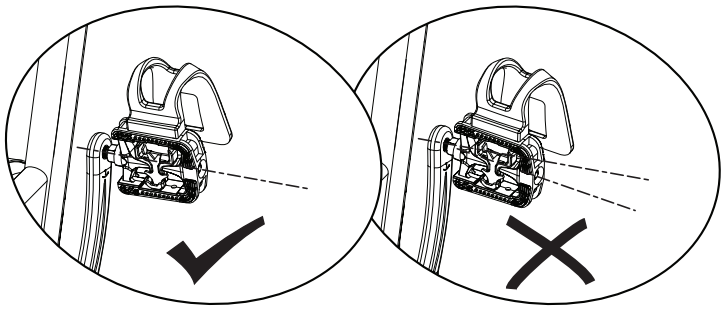


3. Apply Loctite® 242 (or equivalent) to the pedal threads on the new Pedal.

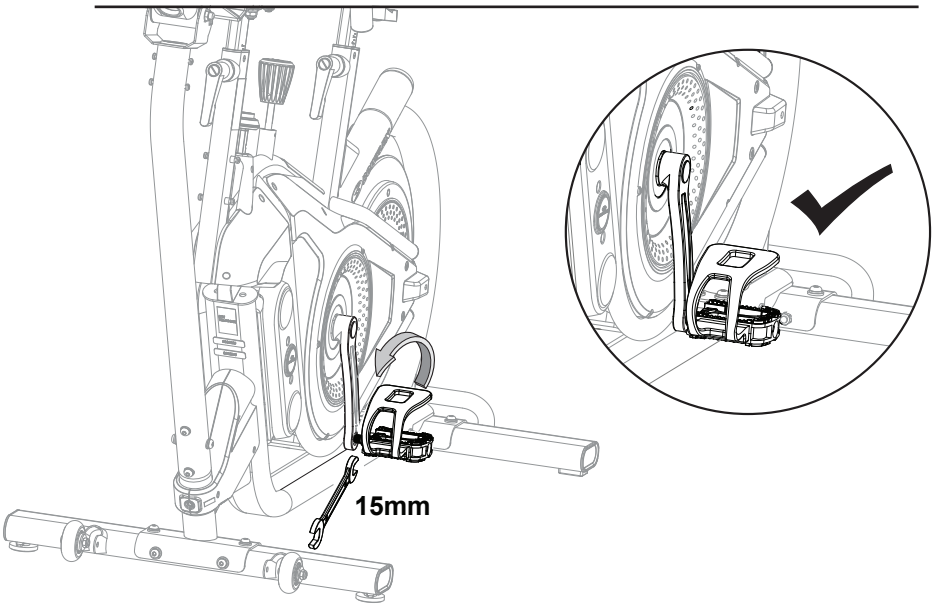


4. Start the Pedal by hand. If you feel resistance and the Pedal does not turn smoothly into the Crank Arm, make sure that the threads are aligned correctly. Be sure that the Pedal is going on straight into the Crank Arm. If the Pedal is not in-line with the opening, remove the Pedal and start again.

Note: The Left Pedal is reverse-threaded. Orientation is based from a seated position on the bike. The Left Pedal has an "L", the Right Pedal an "R".



5. With the Pedal started by several hand turns into the Crank Arm, fully tighten it with the 15 mm Wrench.



6. Confirm that the Pedal is fully tightened with the 15 mm Wrench.

7. Repeat with the other Pedal.

Note: Be sure to check the Pedals weekly to confirm that they are fully tightened.

Since this machine operates with a fixed gear, do not back, or reverse, pedal. Doing so may loosen the Pedals, which could result in damage to the machine and/or injury to the user. Never operate this machine with loose Pedals.

8. 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.

Replace the Resistance Magnet Carriage on the Bowflex™ VeloCore™ Bikes

Replacement Procedure
Skill Level: II
Estimated Procedure Time: 30-45 minutes
8028540.121521.A

NOTICE: This document provides instructions for the replacement of the Resistance Magnet Carriage on the Bowflex™ VeloCore™ 16 and VeloCore™ 22 bikes.

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• SAVE THESE INSTRUCTIONS.

Tools Required (not included)

#2 Phillips screwdriver, long

3 mm Hex wrench
5 mm Hex wrench

10 mm Open end wrench

NOTICE: It may be necessary to adjust the Resistance Sensor at the end of this procedure. Refer to the “Adjust the Resistance Sensor” procedure.

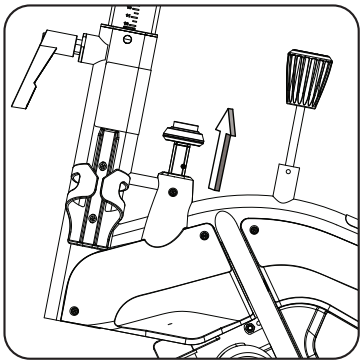
Note: Your machine may not match the images provided exactly.

1. Unplug the AC Adapter from the wall outlet and machine. Be sure the bike is stabilized in the upright position with the Lean Lock Knob in the locked position.

Be sure the bike is stabilized in the upright position with the Lean Lock Knob completely pulled up (locked position). If the Lean Lock mechanism is not engaged, the bike may become unbalanced and fall, which can cause injury or damage to the equipment.

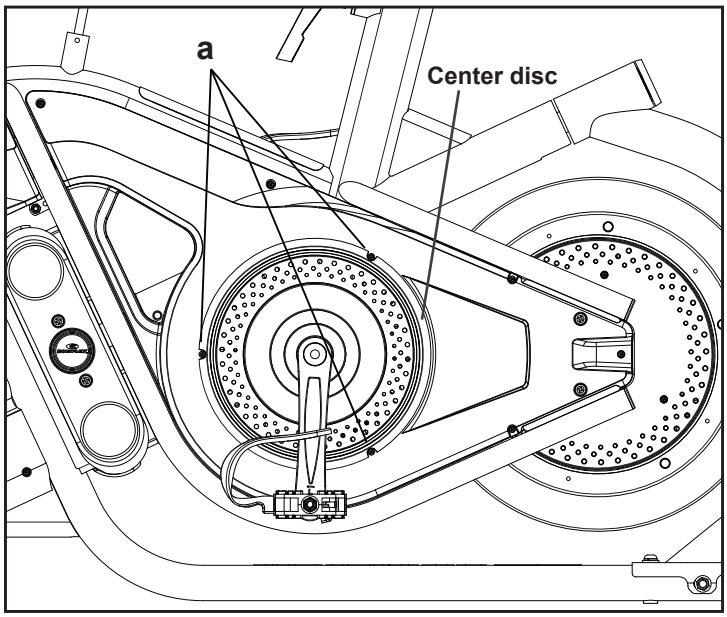
Fully turn the Resistance Knob clockwise to lock the Flywheel in place.

Locked position



2. Using a #2 Phillips Screwdriver, remove 3 screws (a) that attach the Center Disc to the Left Main Shroud. Set them safely aside for reassembly.

Left side

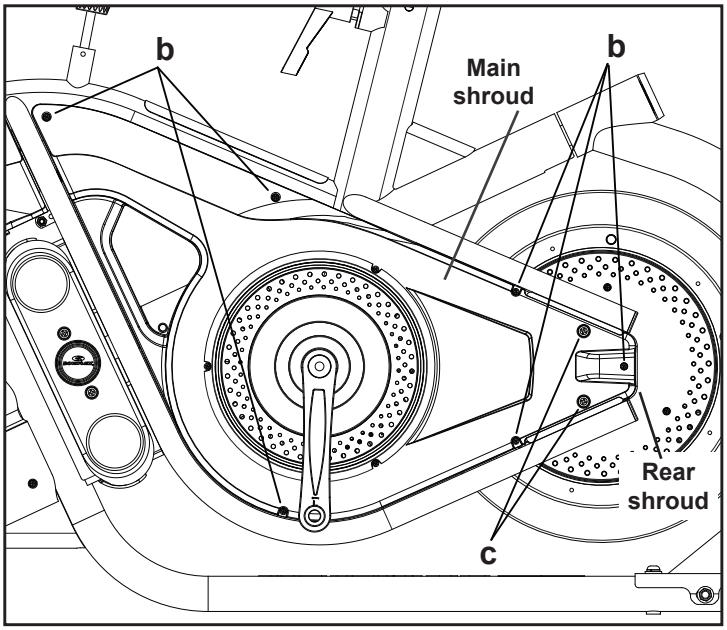


3. Using a #2 Phillips Screwdriver, remove 8 screws (b, c) from the Left Main Shroud and 1 screw (d) from the Right Main Shroud. Be sure to note their locations for reassembly. Remove the bottom screws first, and then the top screws.

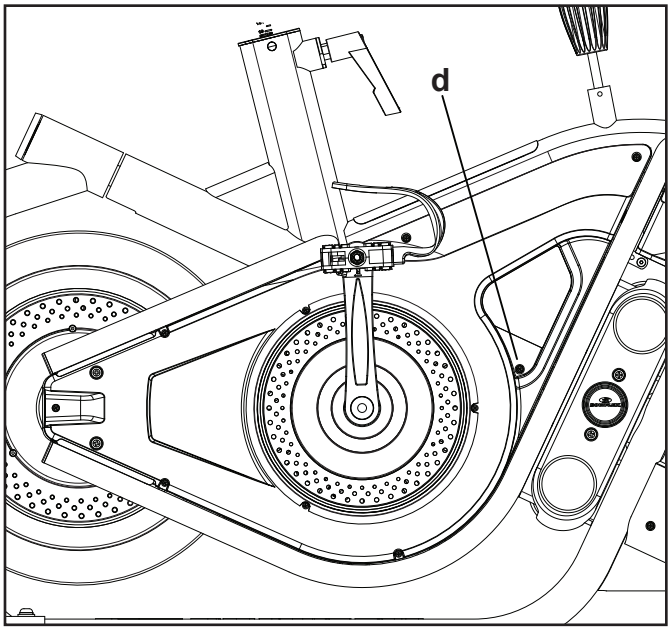
Note: It is not necessary to remove the Crank Arms and Center Disc in order to remove the Shroud.

Carefully angle and remove the Left Main Shroud and Rear (red) Shroud. Set the parts safely aside for reassembly.

Left side (pedal not shown for clarity)



Right side



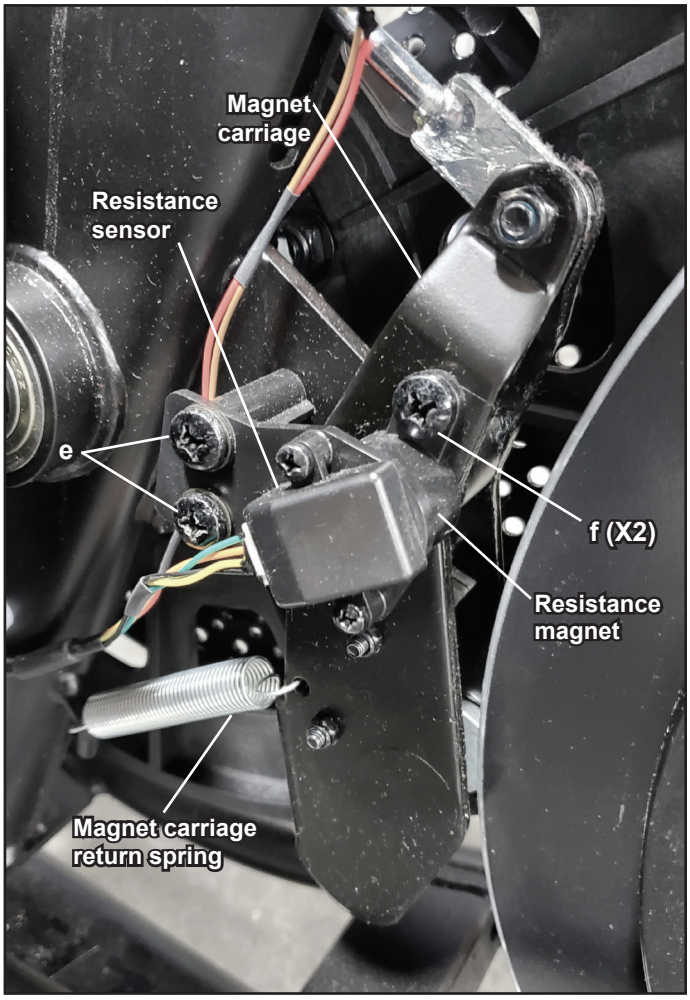
4. Using a long #2 Phillips screwdriver, remove the 2 screws (e) from the Resistance Sensor mount, and move the Sensor and mount out of the way. Set the hardware safely aside for reassembly.

NOTICE: Do not cut or pinch the cables.

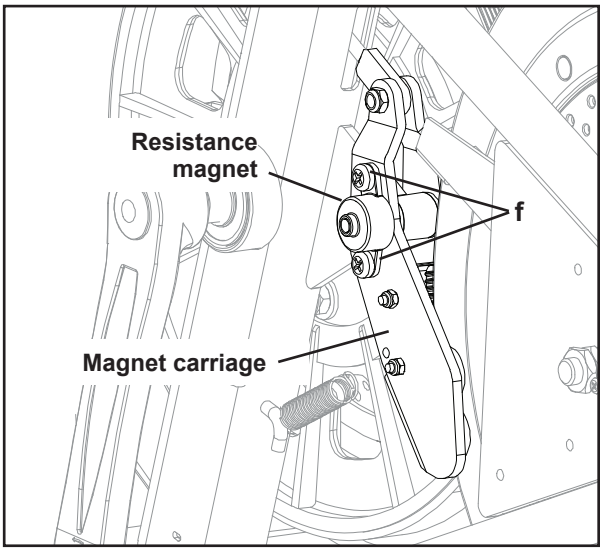
5. Carefully note the position of the Resistance Magnet. Using a #2 Phillips Screwdriver, remove the 2 screws (f) holding it to the Magnet Carriage. Set the parts safely aside for reassembly.

6. Disconnect the Magnet Carriage return spring from the Magnet Carriage.

Left side (center disc not shown for clarity)



Resistance magnet (resistance sensor removed)



7. Using a 10 mm open end wrench and 3 mm hex wrench, carefully remove the lock nut and bolt (indicated with oval) connecting the Magnet Carriage to the Resistance Adjuster.

NOTICE: Do not cut or pinch any cables.

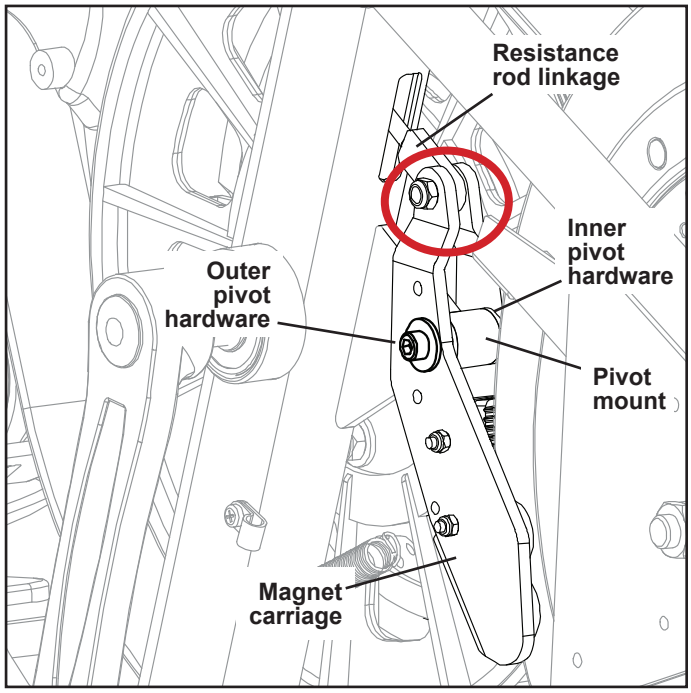
8. Using a 5 mm hex wrench, carefully remove the inner pivot hardware (flathead screw and washer) from the right side of the Magnet Carriage.

Using a 5 mm hex wrench, remove the outer pivot hardware (screw, washer and pivot shaft) from the left side of the Magnet Carriage.

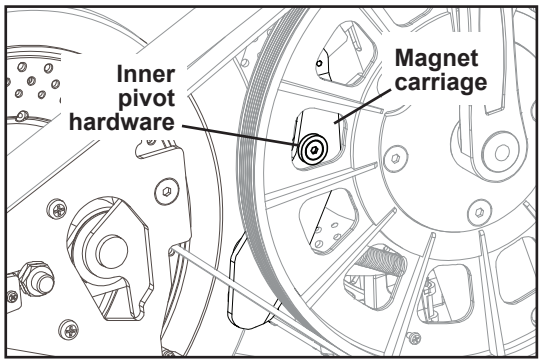
Note: Hold the Magnet Carriage so that it does not fall.

Carefully remove the Magnet Carriage and bushings from the pivot mount on the Frame. Set the parts safely aside.

Left side



Location of inner pivot hardware (right side)



9. Install the new bushings into the pivot mount and carefully slide the new Magnet Carriage into position. Push the pivot shaft into position and install the new pivot screws and washers.

NOTICE: This step may require two people. Do not let the magnets touch the Flywheel.

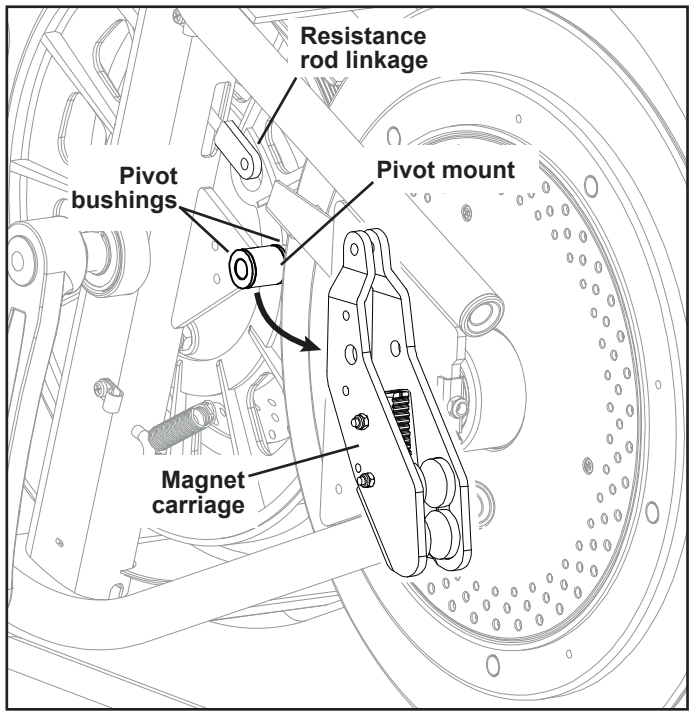
10. Re-install all remaining parts that were removed in reverse order.

NOTICE: Be sure the position of the Resistance Sensor Magnet is the same as noted in step 5. Do not cut or pinch any cables.

Install the top shroud screws first.

If necessary, refer to the “Adjust the Resistance Sensor” procedure.

Left side



11. 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.

Replace the Resistance PCB on the Bowflex™ VeloCore™ Bikes

Replacement Procedure
Skill Level: II
Estimated Procedure Time: 30-45 minutes
8027850.121521.B

NOTICE: This document provides instructions for the replacement of the Resistance PCB (Printed Circuit Board) assembly on the Bowflex™ VeloCore™ 16 and VeloCore™ 22 bikes.

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

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• Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
• Keep bystanders and children away from the product being serviced at all times.
• Disconnect all power to the machine before you service it.
• Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
• Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
• Use only replacement parts and hardware that are supplied or approved by Nautilus. Failure to use Nautilus-approved replacement parts can adversely affect the safety and functionality of the equipment creating a risk to users and will void the warranty.
• Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If at any time the Warning labels 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.
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• Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

• SAVE THESE INSTRUCTIONS.

Tools Required (not included)

Flathead screwdriver

Long #2 Phillips screwdriver

NOTICE: It may be necessary to adjust the Resistance Sensor at the end of this procedure. Refer to the "Adjust the Resistance Sensor" procedure.

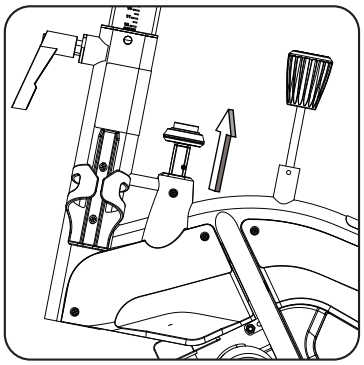
Note: Your machine may not match the images provided exactly.

1. Unplug the AC Adapter from the wall outlet and machine. Be sure the bike is stabilized in the upright position with the Lean Lock Knob in the locked position.

Be sure the bike is stabilized in the upright position with the Lean Lock Knob completely pulled up (locked position). If the Lean Lock mechanism is not engaged, the bike may become unbalanced and fall, which can cause injury or damage to the equipment.

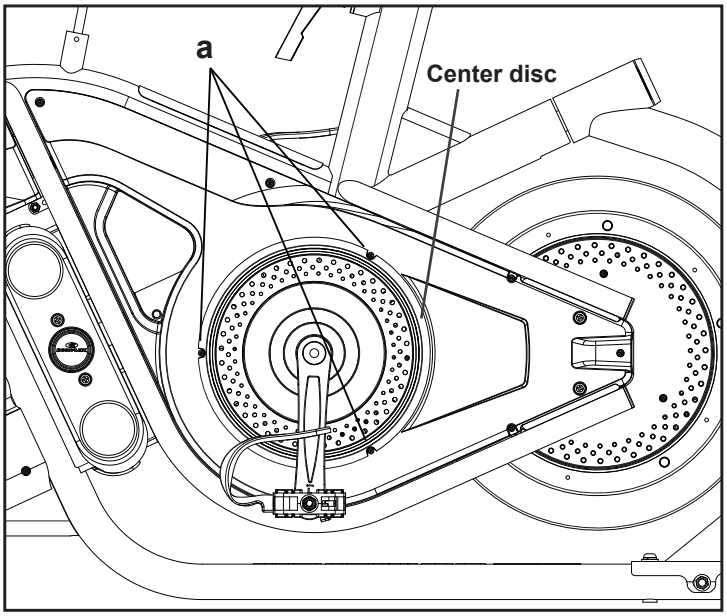
Fully turn the Resistance Knob clockwise to lock the Flywheel in place.

Locked position



2. Using a #2 Phillips Screwdriver, remove 3 screws (a) that attach the Center Disc to the Left Main Shroud. Set them safely aside for reassembly.

Left side

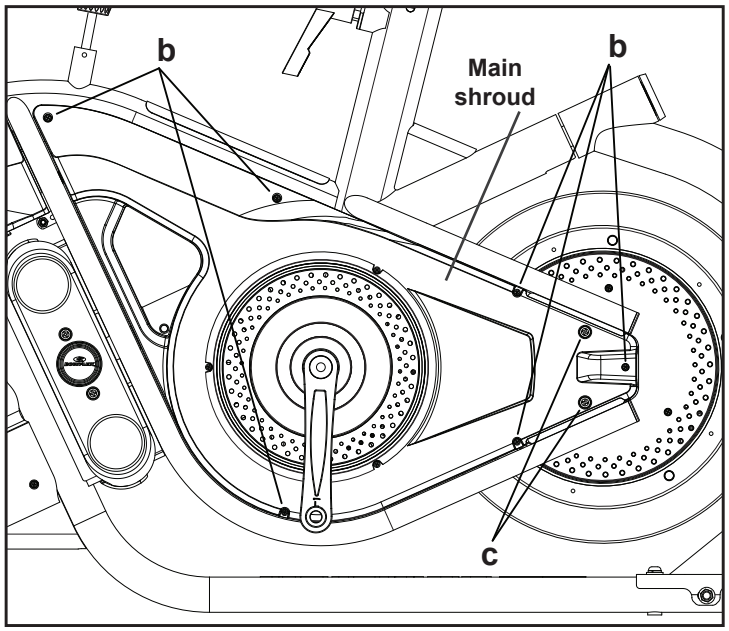


3. Using a #2 Phillips Screwdriver, remove 8 screws (b, c) from the Left Main Shroud and 1 screw (d) from the Right Main Shroud. Be sure to note their locations for reassembly. Remove the bottom screws first, and then the top screws.

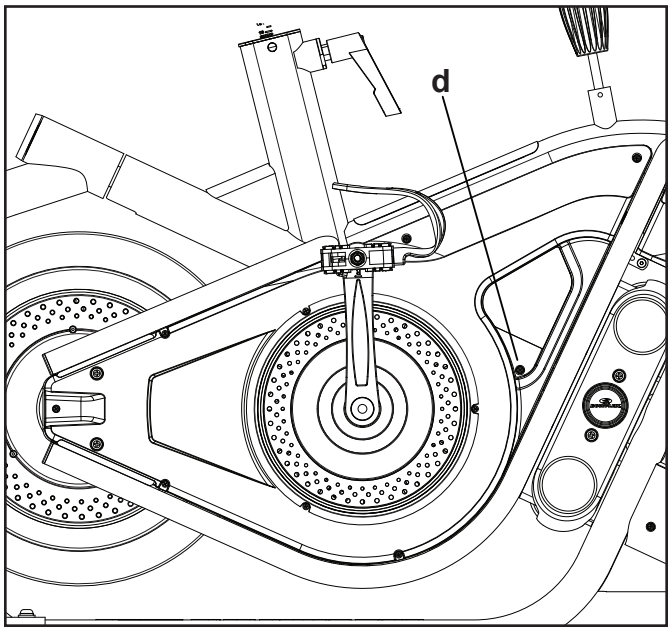
Note: It is not necessary to remove the Crank Arms and Center Disc in order to remove the Shroud.

Carefully angle and remove the Left Main Shroud. Set the parts safely aside for reassembly.

Left side (pedal not shown for clarity)

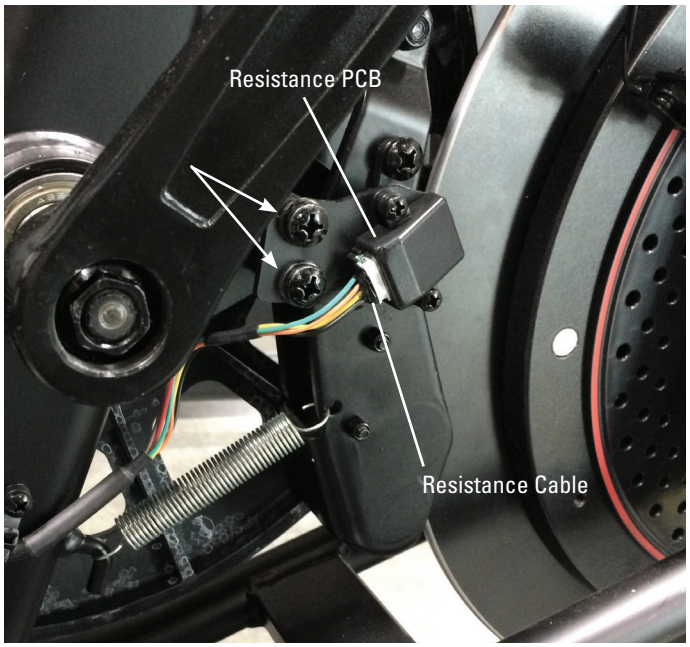


Right side



4. Disconnect the Resistance Cable from the Resistance PCB. Using a long #2 Phillips screwdriver, remove the indicated hardware (arrows) and remove the old Resistance PCB.

NOTICE: Do not cut or pinch the cable.



Center disc not shown for clarity

5. Using a long #2 Phillips screwdriver, attach the new Resistance PCB. Connect the Resistance Cable to the Resistance PCB.

NOTICE: Do not cut or pinch the cable.

6. Re-install all remaining parts that were removed in reverse order.

NOTICE: Do not cut or pinch any cables.

Install the top shroud screws first.

If necessary, refer to the “Adjust the Resistance Sensor” procedure.

7. 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.

Replace the Resistance Adjuster (Rod Linkage) on the Bowflex™ VeloCore™ Bikes

Replacement Procedure
Skill Level: III
Estimated Procedure Time: 30 minutes
8028541.121521.A

NOTICE: This document provides instructions for the replacement of the Resistance Adjuster (rod linkage) on the Bowflex™ VeloCore™ 16 and VeloCore™ 22 bikes.

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

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• SAVE THESE INSTRUCTIONS.

Tools Required (not included)

#2 Phillips screwdriver

10 mm Open end wrench

3 mm Hex wrench
5 mm Hex wrench

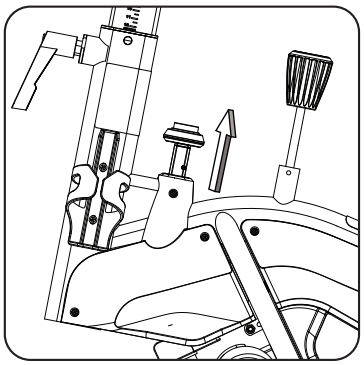
NOTICE: It may be necessary to adjust the Resistance Sensor at the end of this procedure. Refer to the "Adjust the Resistance Sensor" procedure.

Note: Your machine may not match the images provided exactly.

1. Unplug the AC Adapter from the wall outlet and machine. Be sure the bike is stabilized in the upright position with the Lean Lock Knob in the locked position.

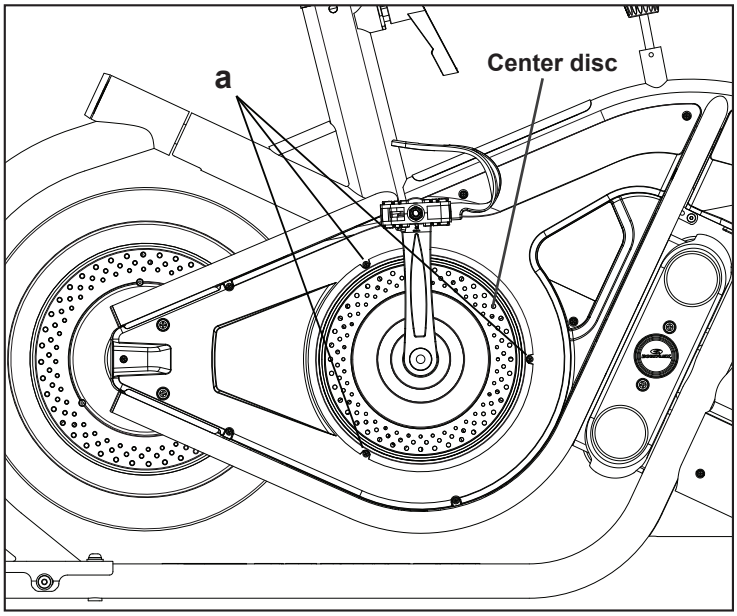
Be sure the bike is stabilized in the upright position with the Lean Lock Knob completely pulled up (locked position). If the Lean Lock mechanism is not engaged, the bike may become unbalanced and fall, which can cause injury or damage to the equipment.

Locked position



2. Using a #2 Phillips Screwdriver, remove 3 screws (a) that attach the Center Disc to the Right Main Shroud. Set them safely aside for reassembly.

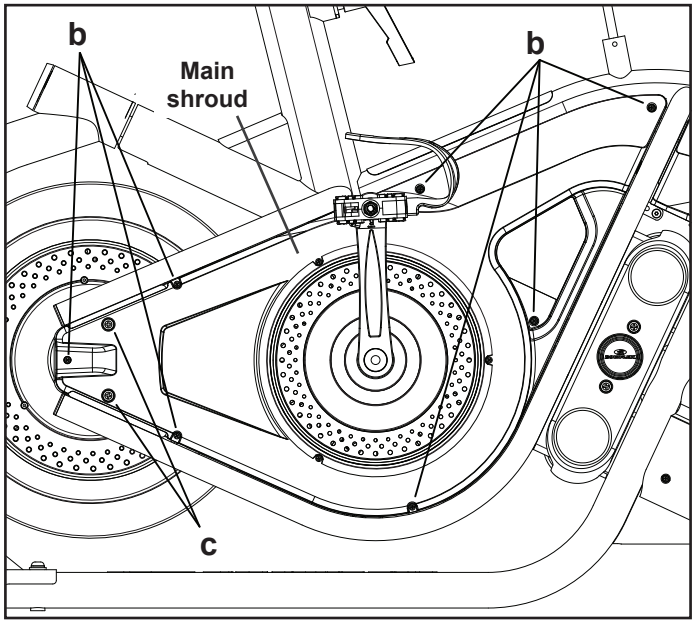
Right side



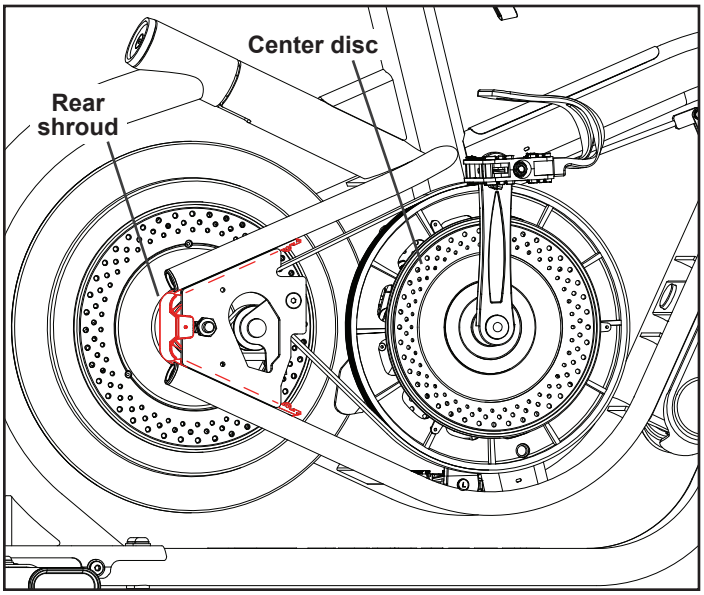
3. Using a #2 Phillips Screwdriver, remove 9 screws (b, c) from the Right Main Shroud. Be sure to note their locations for reassembly. Remove the bottom screws first, and then the top screws.

Note: It is not necessary to remove the Crank Arm and Center Disc in order to remove the Shroud.

Carefully angle and remove the Right Main Shroud and Rear (red) Shroud. Set the parts safely aside for reassembly.

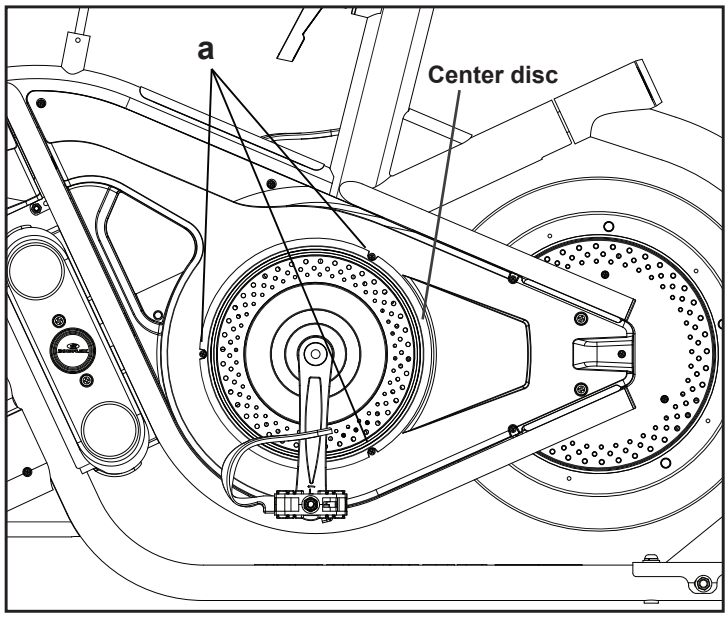


Right Main shroud removed



4. Using a #2 Phillips Screwdriver, remove 3 screws (a) that attach the Center Disc to the Left Main Shroud. Set them safely aside for reassembly.

Left side

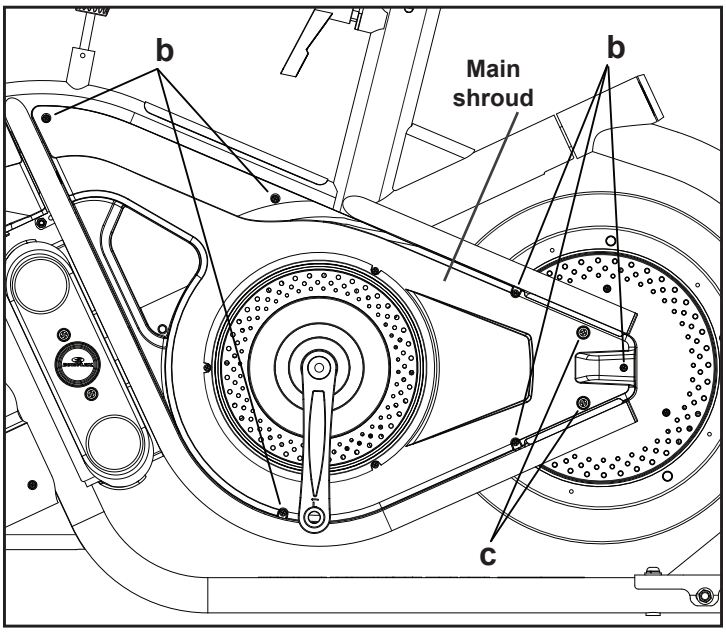


5. Using a #2 Phillips Screwdriver, remove 8 screws (b, c) from the Left Main Shroud. Be sure to note their locations for reassembly. Remove the bottom screws first, and then the top screws.

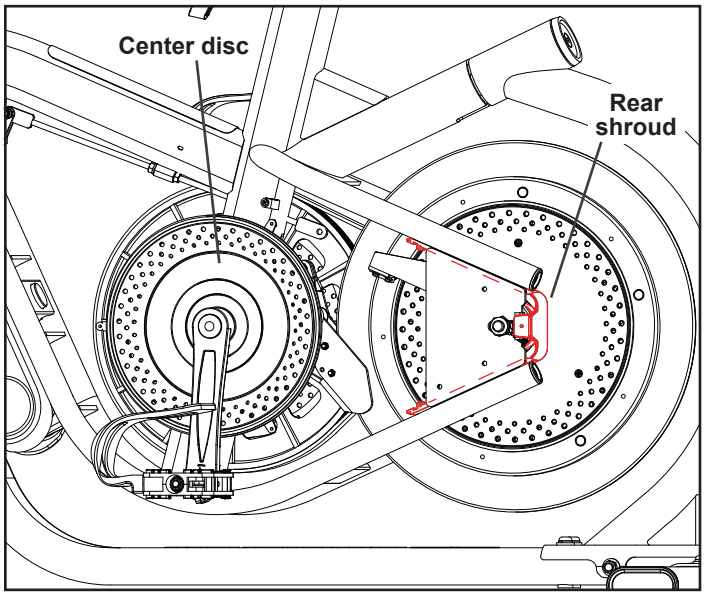
Note: It is not necessary to remove the Crank Arm and Center Disc in order to remove the Shroud.

Carefully angle and remove the Left Main Shroud and Rear (red) Shroud. Set the parts safely aside for reassembly.

Left side (pedal not shown for clarity)



Left Main shroud removed

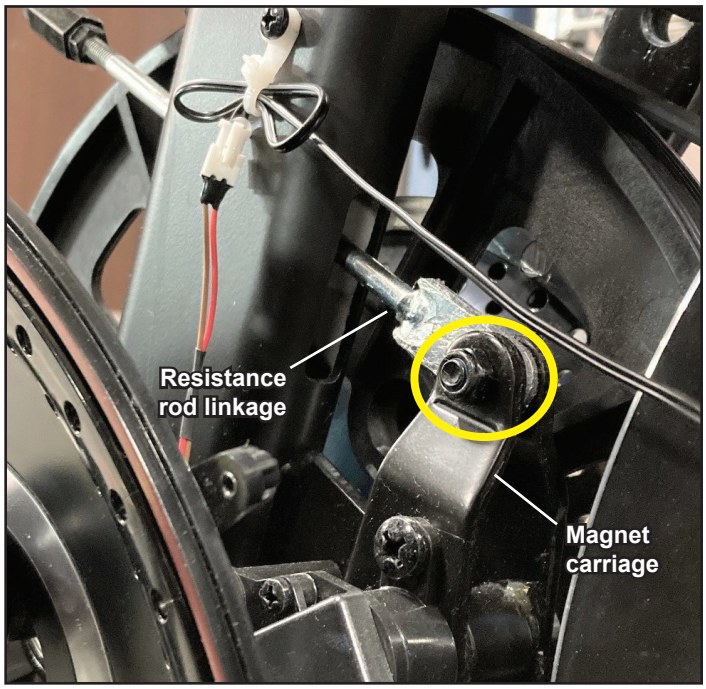


Left side

6. Using a 10 mm open end wrench and 3 mm hex wrench, carefully remove the lock nut and bolt (indicated with oval) connecting the Magnet Carriage to the Resistance Rod Linkage. Set the nut and bolt safely aside.

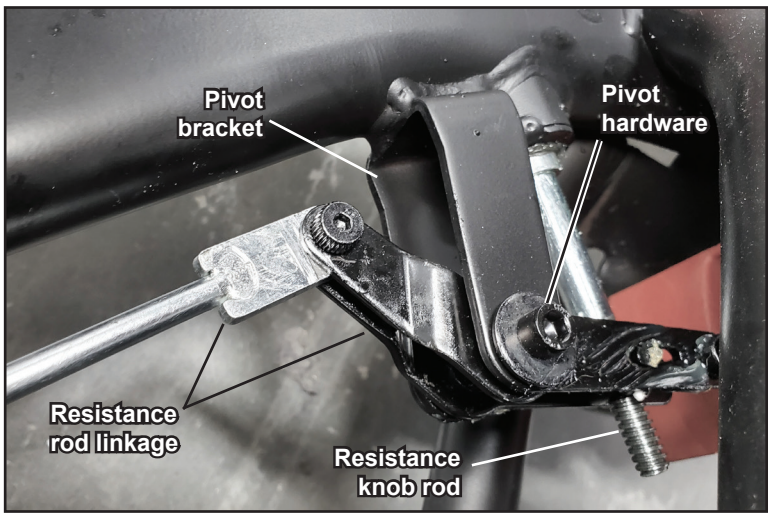
NOTICE: Do not cut or pinch any cables.

Left side



7. Using a 5 mm hex wrench, remove the pivot hardware that attaches the Linkage to the pivot bracket on the Frame, and set it safely aside.

Right side

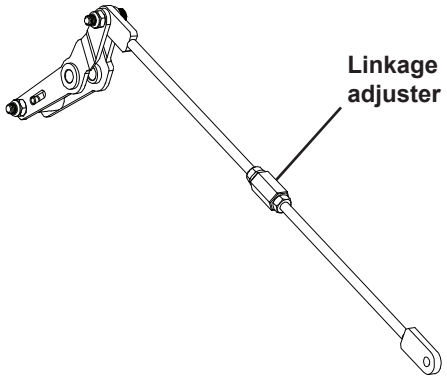


8. Record the number of threads showing on the Resistance Knob rod. Turn the Resistance Knob to unthread it from the Linkage.

9. Carefully remove the old Linkage from the bike.

NOTICE: Do not cut or pinch any cables.

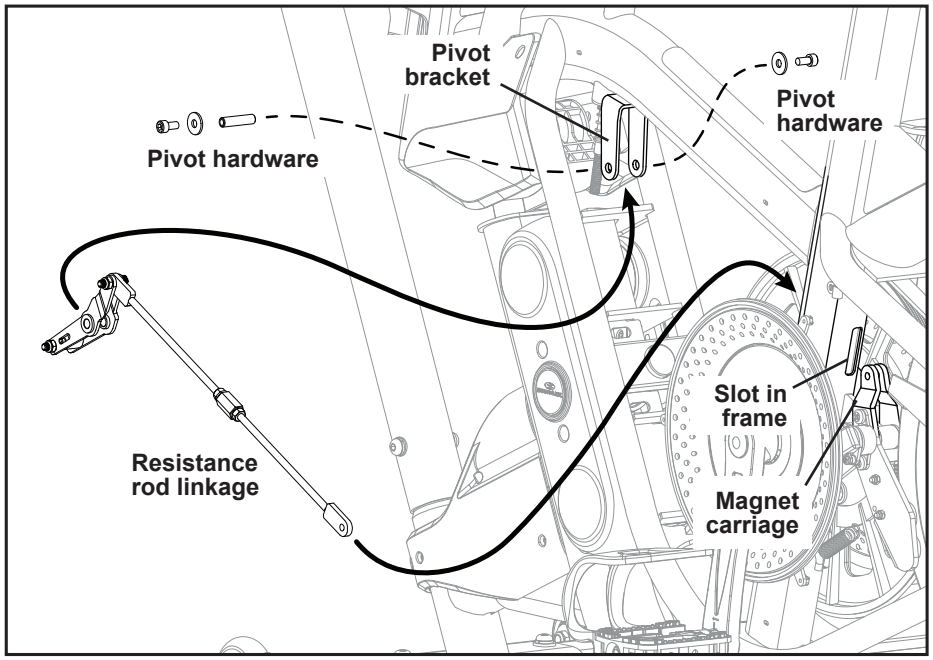
10. Adjust the new Linkage to closely match the length of the old one before installing it into the bike.



11. Carefully route the rod end of the new Linkage through the slots in the Frame center post.

NOTICE: Do not cut or pinch any cables.

Left side



12. Using a 5 mm hex wrench, install the new Linkage into the pivot bracket on the Frame.

13. Thread the Resistance Knob back into the Linkage. Refer to the number of threads showing on the Resistance Knob rod that you recorded in step 8.

14. Using a 10 mm open end wrench and 3 mm hex wrench, carefully install the Linkage to the Magnet Carriage.

NOTICE: Do not cut or pinch any cables.

15. Re-install all remaining parts that were removed in reverse order.

NOTICE: Do not cut or pinch any cables.

Install the top shroud screws first.

16. If necessary, refer to the “Adjust the Resistance Sensor” procedure.

17. 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.

Replace the Shrouds and Front Fenders on the Bowflex™ VeloCore™ Bikes

Replacement Procedure
Skill Level: II
Estimated Procedure Time: 20-30 minutes
8028542.121521.A

NOTICE: This document provides instructions for the replacement of the Main Shrouds, Pivot Shrouds and Front Fenders on the Bowflex™ VeloCore™ 16 and VeloCore™ 22 bikes.

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• SAVE THESE INSTRUCTIONS.

Tools Required (not included)

#2 Phillips screwdriver

NOTICE: If you are replacing the Center Disc, refer to the "Replace the Center Disc" procedure.

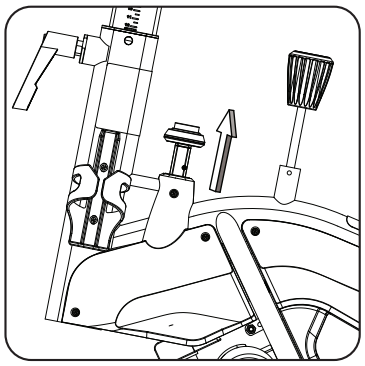
Note: Your machine may not match the images provided exactly.

1. Unplug the AC Adapter from the wall outlet and machine. Be sure the bike is stabilized in the upright position with the Lean Lock Knob in the locked position.

Be sure the bike is stabilized in the upright position with the Lean Lock Knob completely pulled up (locked position). If the Lean Lock mechanism is not engaged, the bike may become unbalanced and fall, which can cause injury or damage to the equipment.

Fully turn the Resistance Knob clockwise to lock the Flywheel in place.

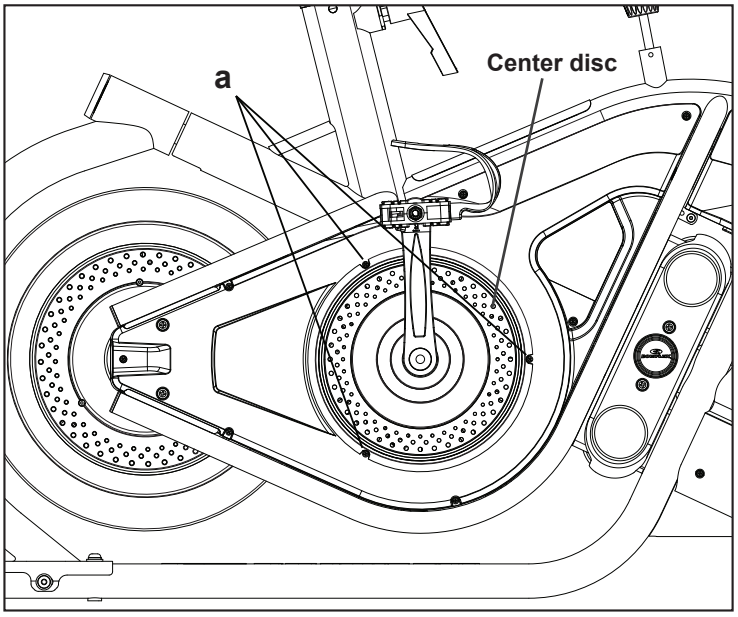
Locked position



If you are replacing the Main Shrouds, continue to step 2.
If you are replacing the Front Fenders, go to Section 2 of this procedure.
If you are replacing the Pivot Shrouds, go to Section 3 of this procedure.

2. Using a #2 Phillips Screwdriver, remove 3 screws (a) that attach the Center Disc to the Right Main Shroud. Set them safely aside for reassembly.

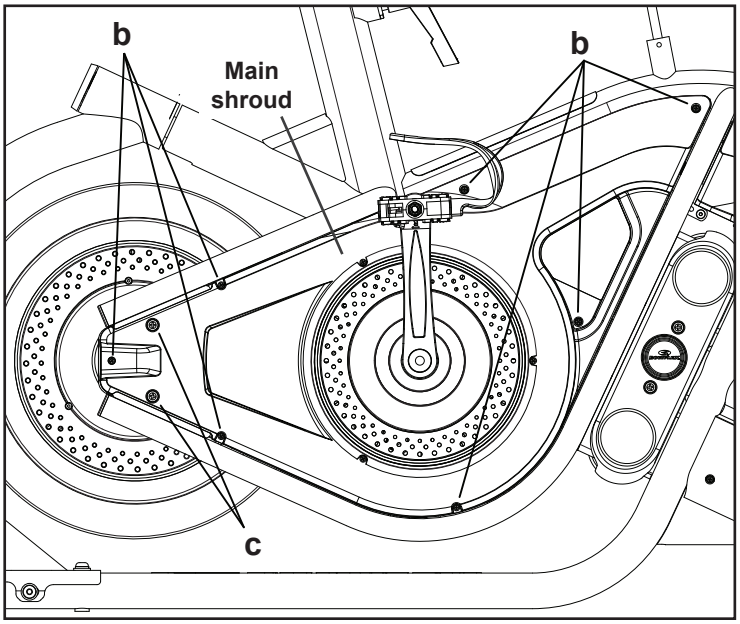
Right side



3. Using a #2 Phillips Screwdriver, remove 9 screws (b, c) from the Right Main Shroud. Be sure to note their locations for reassembly. Remove the bottom screws first, and then the top screws.

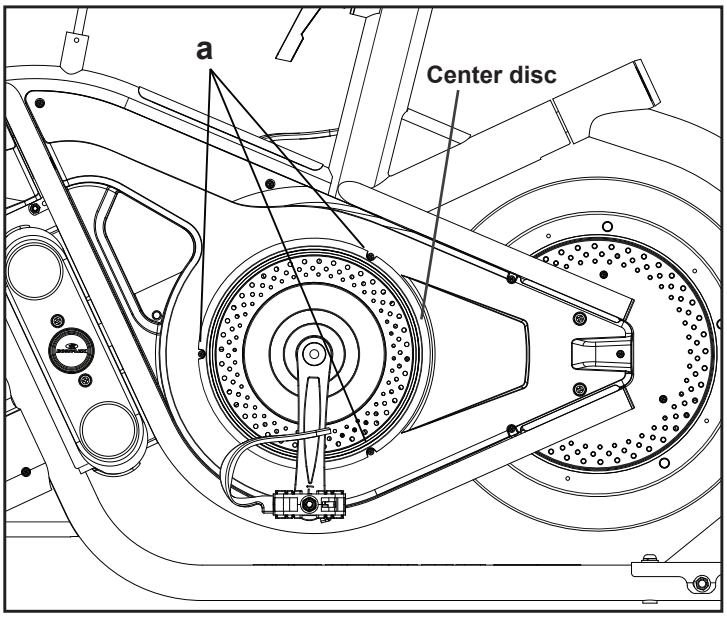
Note: It is not necessary to remove the Crank Arm and Center Disc in order to remove the Shroud.

Carefully angle and remove the Right Main Shroud and Rear (red) Shroud. Set the parts safely aside for reassembly.



4. Using a #2 Phillips Screwdriver, remove 3 screws (a) that attach the Center Disc to the Left Main Shroud. Set them safely aside for reassembly.

Left side

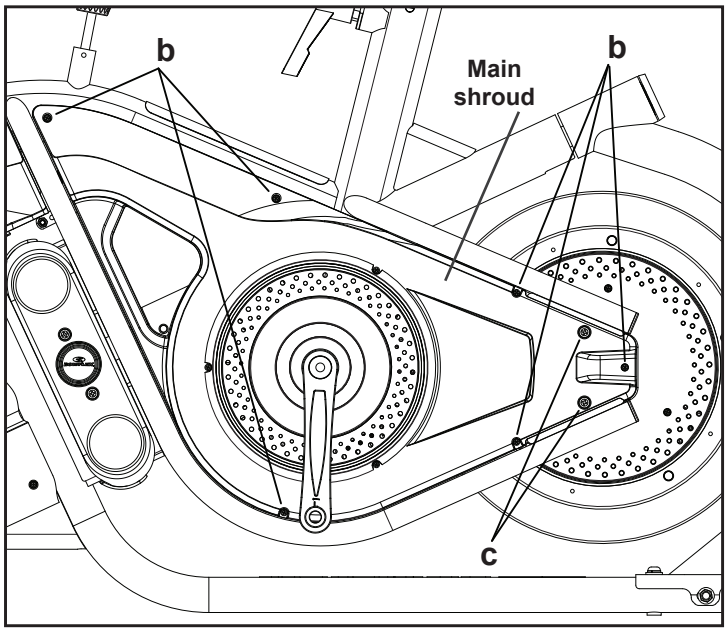


5. Using a #2 Phillips Screwdriver, remove 8 screws (b, c) from the Left Main Shroud. Be sure to note their locations for reassembly. Remove the bottom screws first, and then the top screws.

Note: It is not necessary to remove the Crank Arm and Center Disc in order to remove the Shroud.

Carefully angle and remove the Left Main Shroud and Rear (red) Shroud. Set the parts safely aside for reassembly.

Left side (pedal not shown for clarity)



6. Installation steps are the reverse procedure.

NOTICE: Do not cut or pinch any cables.

Install the top shroud screws first.

7. 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.

Section 2

1. Using a #2 Phillips Screwdriver, remove the 3 screws (d) that attach the Front Fender to the frame. Remove the bottom screws first, and then the top screws. Set them safely aside for reassembly.

Note: Hold the Front Fender so that it does not fall.

2. Remove the Front Fender and set it safely aside.

3. Installation is the reverse procedure.

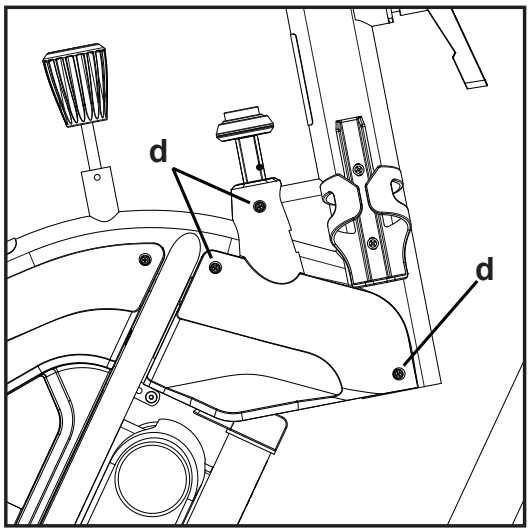
Install the top screws first.

4. Final Inspection

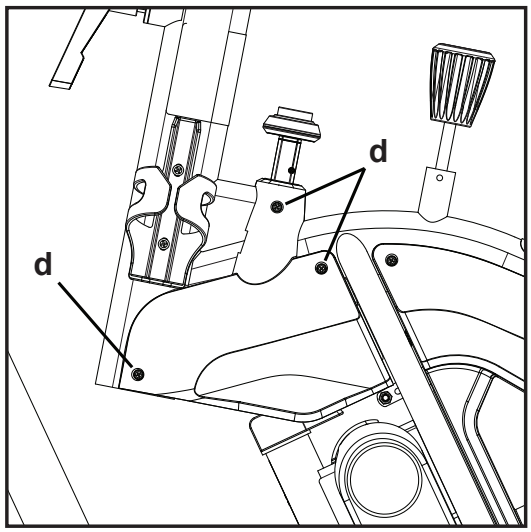
Inspect your machine to ensure that all hardware is tight and components are properly assembled.

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

Right side



Left side



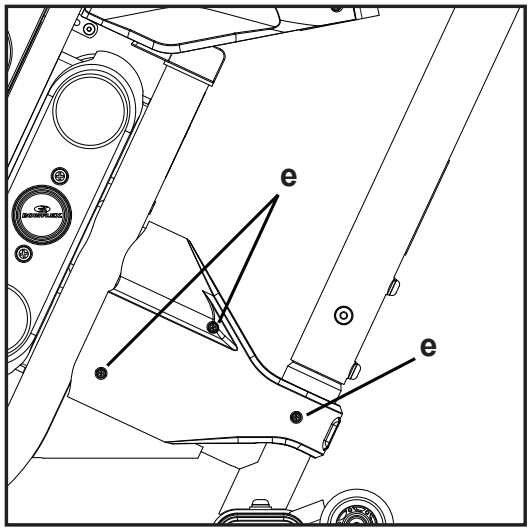
Section 3

1. Using a #2 Phillips Screwdriver, remove the 3 screws (e) that attach the Right Pivot Shroud to the frame. Remove the bottom screws first, and then the top screw. Set them safely aside for reassembly.

Note: Hold the Pivot Shroud so that it does not fall.

2. Remove the Right Pivot Shroud and set it safely aside.

Right side

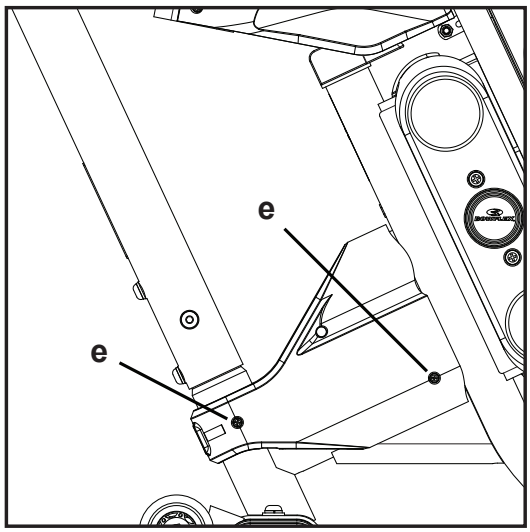


3. Using a #2 Phillips Screwdriver, remove the 2 screws (e) that attach the Left Pivot Shroud to the frame. Set them safely aside for reassembly.

Note: Hold the Pivot Shroud so that it does not fall.

4. Remove the Left Pivot Shroud and set it safely aside.

Left side



5. Installation is the reverse procedure.

NOTICE: Do not cut or pinch any cables.

Install the top shroud screws first.

6. 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.

Replace the Speed Sensor on the Bowflex™ VeloCore™ Bikes

Replacement Procedure
Skill Level: II
Estimated Procedure Time: 30-45 minutes
8027851.121521.B

NOTICE: This document provides instructions for the replacement of the Speed Sensor on the Bowflex™ VeloCore™ 16 and VeloCore™ 22 bikes.

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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 | **ORIGINAL DOCUMENT - ENGLISH VERSION ONLY**

Important Safety Instructions - Before servicing or using this equipment, obey the following warnings:

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.

• Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
• Keep bystanders and children away from the product being serviced at all times.
• Disconnect all power to the machine before you service it.
• Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
• Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
• Use only replacement parts and hardware that are supplied or approved by Nautilus. Failure to use Nautilus-approved replacement parts can adversely affect the safety and functionality of the equipment creating a risk to users and will void the warranty.
• Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If at any time the Warning labels 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.
• Do not try to change the design or functionality of the machine being serviced as this can adversely affect user safety.
• Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

• SAVE THESE INSTRUCTIONS.

Tools Required (not included)

#2 Phillips screwdriver

NOTICE: It may be necessary to adjust the Resistance Sensor at the end of this procedure. Refer to the "Adjust the Resistance Sensor" procedure.

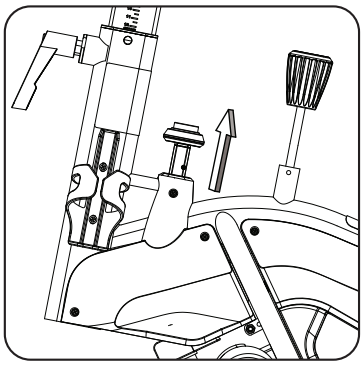
Note: Your machine may not match the images provided exactly.

1. Unplug the AC Adapter from the wall outlet and machine. Be sure the bike is stabilized in the upright position with the Lean Lock Knob in the locked position.

Be sure the bike is stabilized in the upright position with the Lean Lock Knob completely pulled up (locked position). If the Lean Lock mechanism is not engaged, the bike may become unbalanced and fall, which can cause injury or damage to the equipment.

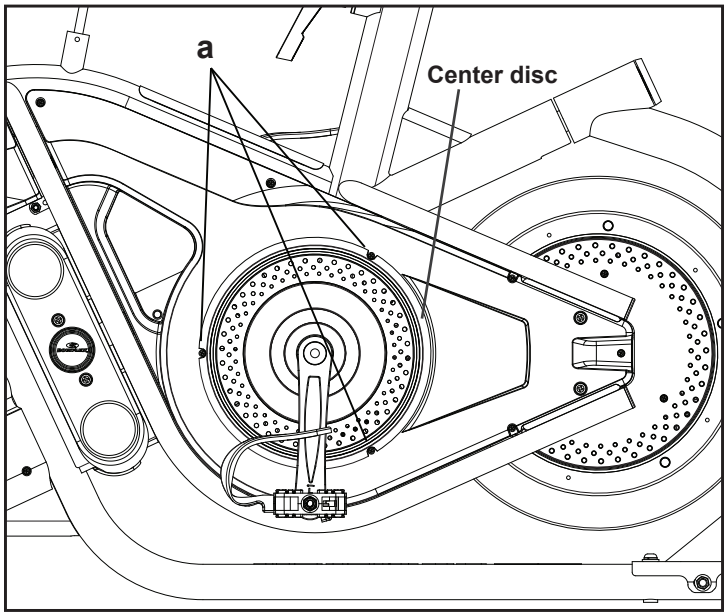
Fully turn the Resistance Knob clockwise to lock the Flywheel in place.

Locked position



2. Using a #2 Phillips Screwdriver, remove 3 screws (a) that attach the Center Disc to the Left Main Shroud. Set them safely aside for reassembly.

Left side

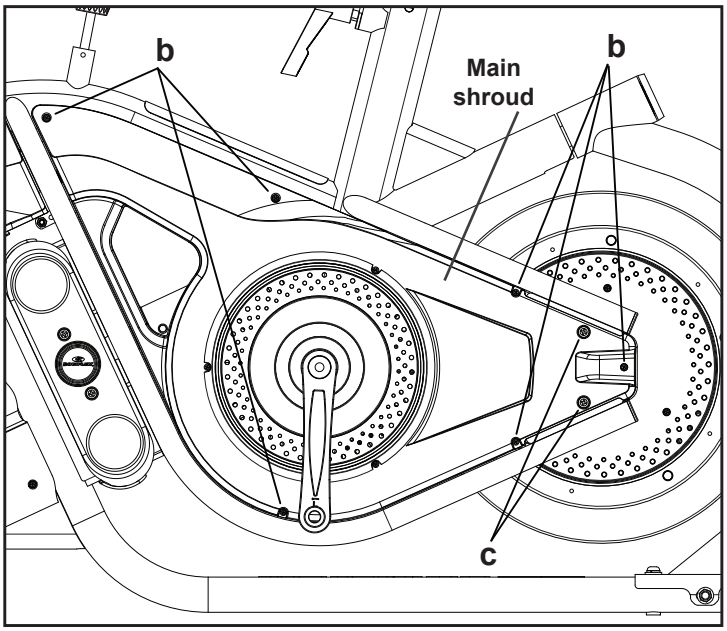


3. Using a #2 Phillips Screwdriver, remove 8 screws (b, c) from the Left Main Shroud and 1 screw (d) from the Right Main Shroud. Be sure to note their locations for reassembly. Remove the bottom screws first, and then the top screws.

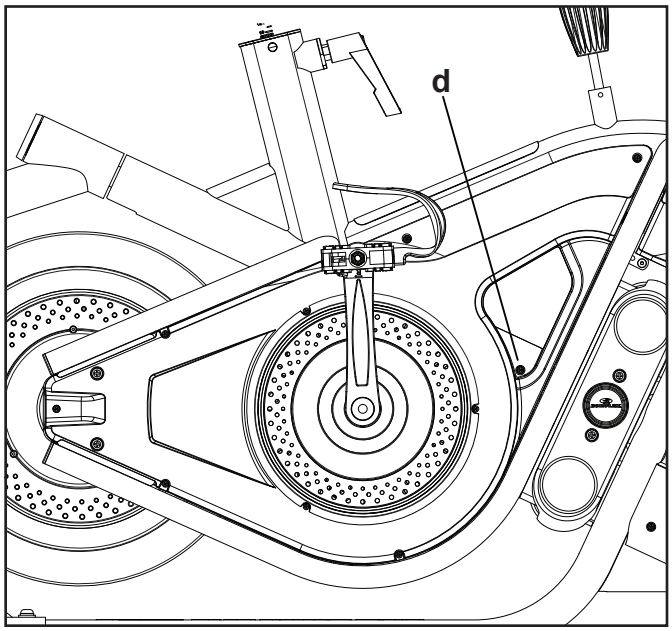
Note: It is not necessary to remove the Crank Arms and Center Disc in order to remove the Shroud.

Carefully angle and remove the Left Main Shroud. Set the parts safely aside for reassembly.

Left side (pedal not shown for clarity)

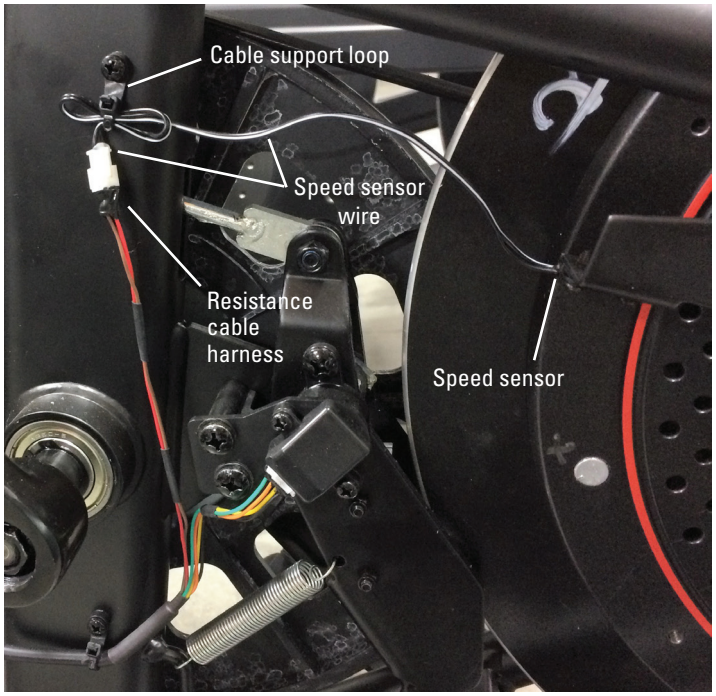


Right side



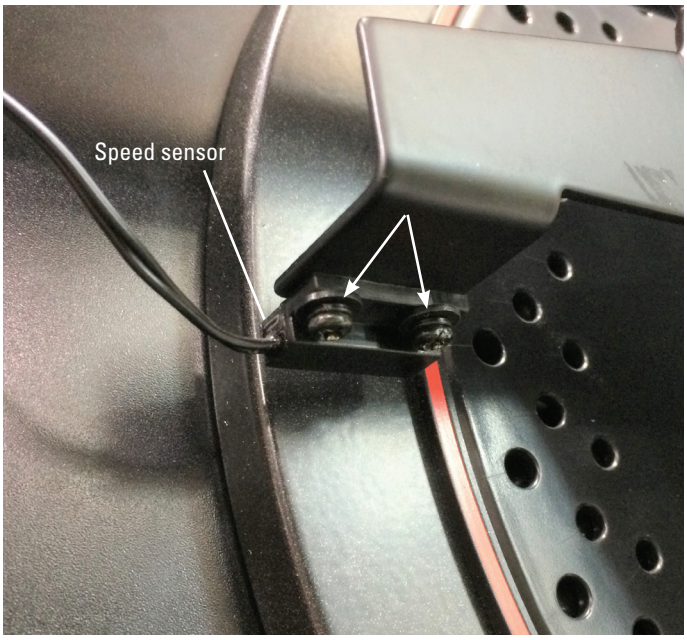
4. Observe the routing of the Speed Sensor wire and disconnect from the Resistance Cable harness. To release the Speed Sensor wire, loosen and remove the screw that attaches the cable support loop to the frame. Set the loop and screw safely aside for reassembly.

NOTICE: Do not cut or pinch any cables.



Center disc not shown for clarity

5. Using a #2 Phillips screwdriver, remove the indicated hardware (arrows) and remove the old Speed Sensor from the bracket. Set the hardware safely aside for reassembly.



6. Using a #2 Phillips screwdriver, install the new Speed Sensor. Connect the Speed Sensor wire to the Resistance Cable harness. Secure the slack in the Speed Sensor wire to the frame, using the cable support loop.

NOTICE: Do not cut or pinch any cables.

7. Re-install all remaining parts that were removed in reverse order.

NOTICE: Do not cut or pinch any cables.

Install the top shroud screws first.

If necessary, refer to the “Adjust the Resistance Sensor” procedure.

8. 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.

Replace the Tilt Sensor on the Bowflex™ VeloCore™ Bikes

Replacement Procedure
Skill Level: II
Estimated Procedure Time: 30 minutes
8028543.121521.A

NOTICE: This document provides instructions for the replacement of the Tilt Sensor on the Bowflex™ VeloCore™ 16 and VeloCore™ 22 bikes.

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• Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
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• Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

• SAVE THESE INSTRUCTIONS.

Tools Required (not included)

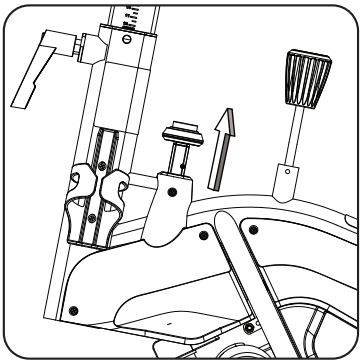
#2 Phillips screwdriver

NOTICE: It may be necessary to adjust the Tilt Sensor at the end of this procedure. Refer to the “Adjust the Tilt Sensor” procedure.

Note: Your machine may not match the images provided exactly.

1. Unplug the AC Adapter from the wall outlet and machine. Be sure the bike is stabilized in the upright position with the Lean Lock Knob in the locked position.

Locked position



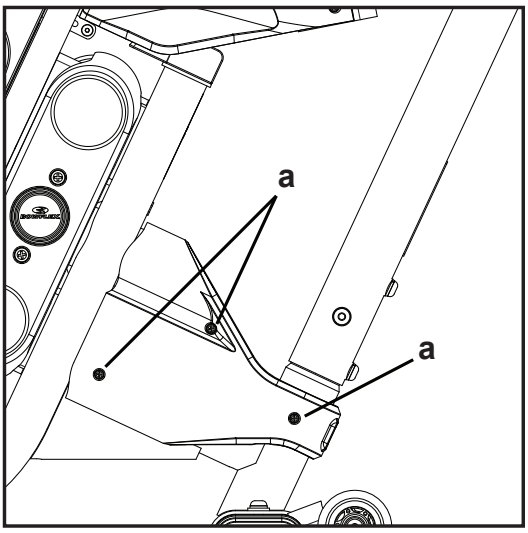
2. Using a #2 Phillips Screwdriver, remove the 3 screws (a) that attach the Right Pivot Shroud to the frame. Remove the bottom screws first, and then the top screw. Set them safely aside for reassembly.

Note: Hold the Pivot Shroud so that it does not fall.

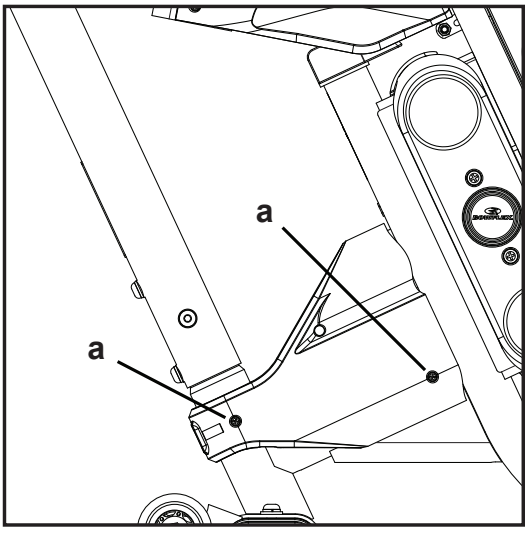
3. Remove the Right Pivot Shroud and set it safely aside.

4. Repeat steps 2 and 3 on the other side.

Right side

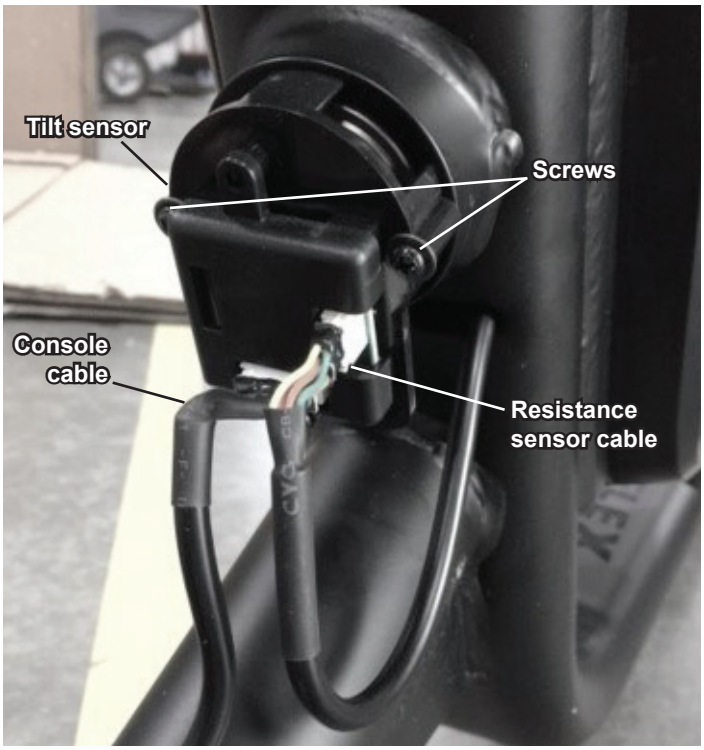


Left side



5. Note the position and orientation of the Console Cable (lower wiring harness) and Resistance Sensor Cable. Carefully disconnect the cables from the Tilt Sensor PCB.

NOTICE: Do not cut or pinch the cables.



6. Remove the 2 screws on the left and right sides of the Tilt Sensor, and remove the Sensor from the bike. Set the old parts safely aside.

7. Installation is the reverse procedure.

NOTICE: Do not cut or pinch the cables.

Install the top shroud screws first.

If necessary, refer to the “Adjust the Tilt Sensor” procedure.

8. 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.