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NOTICE: This document provides important safety instructions, adjustments, and general troubleshooting information for the maintenance of the Nautilus™ U628 Upright Bike.

If you need assistance, please contact 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

 **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.**

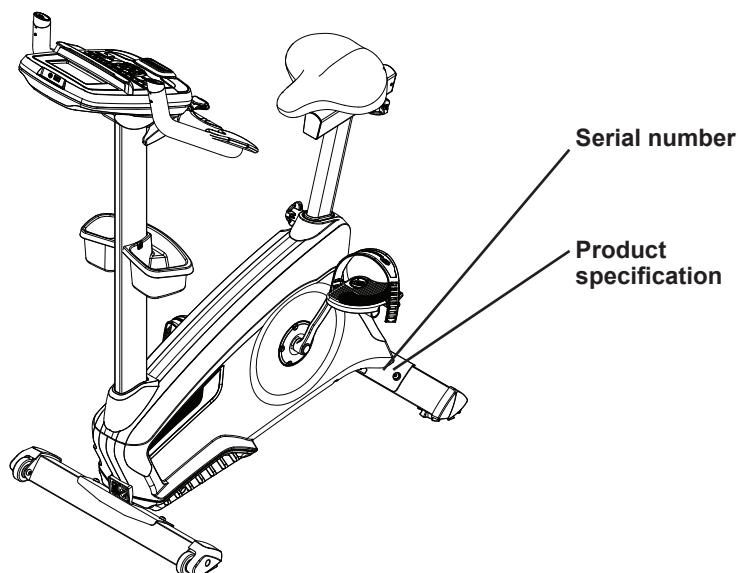
Before servicing or using this equipment, obey the following warnings:

 **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.**

⚠ DANGER To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug this machine from the electrical outlet immediately after using and before cleaning. Place the power cord in a secure location.

- 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.
- 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.
- If replacement parts are necessary, use only genuine replacement parts and hardware supplied by Nautilus. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and 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.
- Connect this machine to a properly grounded outlet only (see Earthing Instructions).
- Keep the power cord away from heat sources and hot surfaces.
- Do not operate where aerosol products are being used.
- To disconnect, turn all controls to the off position, then remove plug from outlet.

Safety Warning Labels and Serial Number



Reading the Product Specification Decal

The Manufacture Date on the Product Specification Decal is a date code: YY/WW (year/week).

Manufacture Date Code: YYWW			

Earthing Instructions

This product must be electrically earthed. If a malfunction occurs, correct earthing decreases the risk of electric shock. The power cord is equipped with an equipment-earthing conductor, and must be connected to an outlet that is properly installed and earthed.

⚠ DANGER The electrical wiring must comply with all applicable local and provincial standards and requirements. Incorrect connection of the equipment-earthing conductor can result in a risk of electric shock. Consult a licensed electrician if you are not sure that the machine is correctly earthed. Do not change the plug on the machine – if it does not fit the outlet, have a correct outlet installed by a licensed electrician.

If you connect the machine to an outlet with RCBO (Residual-Current circuit Breaker with Overload protection), machine operation can cause the circuit to trip. A Surge Protector Device is recommended to protect the machine.

⚠ If a Surge Protector Device (SPD) is used with this machine, be sure that it matches the power rating of this equipment. Do not connect other appliances or devices to the surge protector in combination with this machine.

Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

Specifications

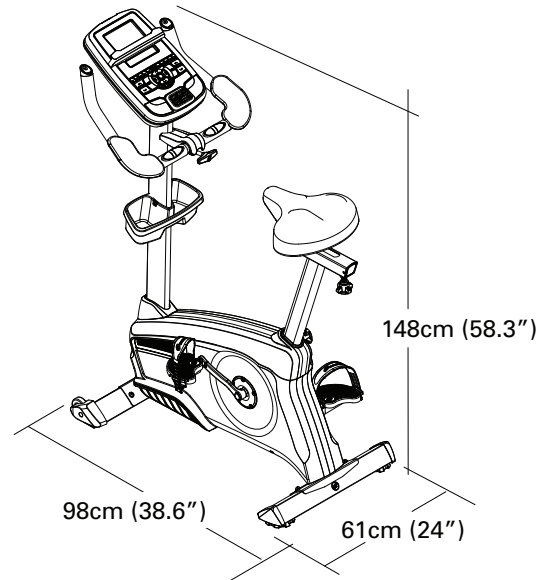
Maximum User Weight: 147.4 kg (325 lbs.)
Total Surface Area (footprint) of equipment: 5670 cm²
Machine Weight: 39.3 kg (86.6 lbs.)

Power Requirements:

Operating Voltage: 220 - 240V AC, 50/60Hz
Operating Current: 2A
Heart Rate Chest Strap: 1 CR2032 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.



Maintenance

Read all maintenance instructions fully before you start any repair work. In some conditions, an assistant is necessary 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 our local distributor for them.

! DANGER To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug this machine from the electrical outlet immediately after using and before cleaning.

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. After each workout, use a damp cloth to wipe your machine and Console free of moisture.

Note: Avoid excessive moisture on the Console.

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:

Clean the machine to remove any dust, dirt, or grime from the surfaces. Check for smooth seat slider operation. If needed, apply a very thin coating of silicone lube to ease operation.



Silicone lubricant is not intended for human consumption. Keep out of reach of children. Store in a safe place.

Note: Do not use petroleum based products.

Monthly

or after 20 hours:

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



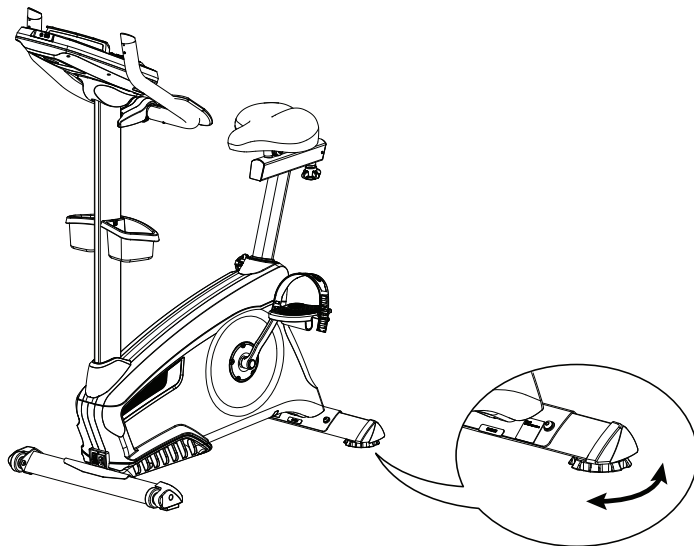
When the machine is used in a Studio environment, we recommend that the Pedals be replaced every year to maintain maximum user safety and performance. Only use replacement Pedals available from Nautilus. Other brands of Pedals may not be designed for this product, and can cause danger to users and bystanders, and will void the warranty.

Leveling Your Bike

Levelers are found on each side of the Rear Stabilizer.
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.

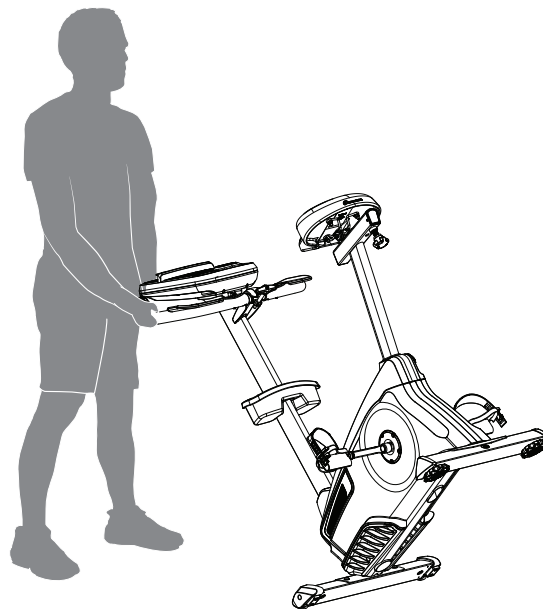
Make sure the bike is level and stable before you exercise.



Moving the Bike

To move the upright bike, carefully tilt the Handlebars toward you while pushing the front of the bike downward. Push the bike to the desired location.

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



Bluetooth® Connectivity with the “Nautilus Trainer™” Fitness App

This fitness machine is equipped with Bluetooth® connectivity and can wirelessly sync with the “Nautilus Trainer™” Fitness App on supported devices. The Software App syncs with your fitness machine to track total calories burned, time, distance, and more. It records and stores every workout for quick reference. Plus, it automatically syncs your workout data with MyFitnessPal® and Under Armour® Connected Fitness to make hitting your daily calorie goal easier than ever! Track your results and share with friends and family.

1. Download the free Software App, named Nautilus Trainer™. The software app is available on the App Store and Google Play™.

Note: For a complete list of supported devices, review the software app on the App Store or Google Play™.

2. Follow the instructions on the Software App to sync your device to your exercise machine.
3. To sync your workout data with MyFitnessPal® or Under Armour® Connected Fitness, click on the desired program and login with your information.

Note: The “Nautilus Trainer™” Fitness App will automatically sync your workouts after the initial syncing.

Workout with Other Fitness Apps

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

USB Charging

If a USB Device is attached to the USB Port, the Port will attempt to charge the Device.

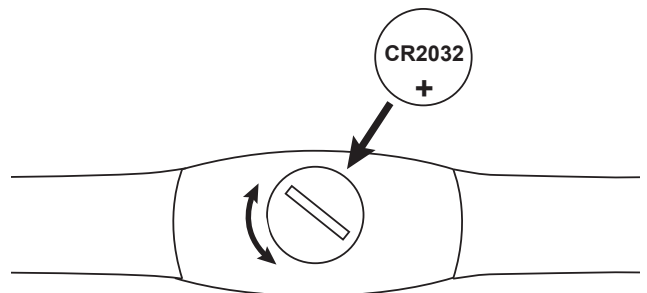
Note: Depending on the amperage of device, the power supplied from the USB Port may not be enough to operate the Device and charge it at the same time.

Heart Rate Chest Strap Battery Replacement

The heart rate (HR) chest strap uses a CR2032 battery.

⚠ Do not perform this procedure outdoors or in moist or wet locations.

1. Using a coin, loosen the slotted cover on the battery bay. Remove the cover and battery.
2. When replacing the battery, insert it in the battery bay with the + symbol facing up.
3. Reinstall the cover on the strap.
4. Discard the old battery. Dispose of in accordance with local regulations and/or at approved recycling centers.
5. Inspect your chest strap to ensure function.



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

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. Replace power cord or connection at unit if either are damaged.
	Check Power Switch	Turn on the power with the Power Switch.
	Check data cable integrity	All wires in cable should be intact. If any are visibly crimped 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.
	Console Display	If Console only has partial display and all connections are fine, replace the Console.
		If the above steps do not resolve the problem, contact Customer Service (if inside US/Canada) or your local distributor (if outside US/Canada).
Unit operates but Contact HR not displayed	HR cable connection at Console	Be sure cable is connected securely to Console.
	Sensor grip	Be sure hands are centered on HR sensors. Hands must be kept still with relatively equal pressure applied to each side.
	Dry or calloused hands	Sensors may have difficulty with dried out or calloused hands. A conductive electrode cream (heart rate cream) can help make better conduct. These are available on the web or at medical or some larger fitness stores.
	Handlebar	If tests reveal no other issues, Handlebars should be replaced.
Unit operates but Telemetric HR not displayed	Chest Strap (optional)	Strap should be "POLAR®" compatible and uncoded. Make sure strap is directly against skin and contact area is wet.
	Chest Strap Batteries	If strap has replaceable batteries, install new batteries.
	Check User Profile	Select the Edit User Profile option for the User Profile. Go to the WIRELESS HR setting and make sure that the current value is set to ON.
	Interference	Try moving unit away from sources of interference (TV, Microwave, etc).
	Replace Chest Strap	If interference is eliminated and HR does not function, replace strap.
	Replace Console	If HR still does not function, replace Console.
Unit operates but Telemetric HR displayed incorrectly	Interference	Make sure that the HR receiver is not blocked by a personal electronic device in the left side of the media tray.
No speed/RPM reading, Console displays "Please Pedal" error code	Check data cable integrity	All wires in cable should be intact. If any are cut or crimped, 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 magnet position (requires shroud removal)	Magnets should be in place on pulley.
	Check Speed Sensor (requires shroud removal)	Speed sensor should be aligned with magnets and connected to data cable. Realign sensor if necessary. Replace if there is any damage to the sensor or the connecting wire.

Condition/Problem	Things to Check	Solution
Resistance does not change (machine turns on and operates)	Batteries (if equipped)	Replace batteries and check for proper operation.
	Check Console	Check for visual sign that Console is damaged. Replace Console if damaged.
	Check data cable integrity	All wires in cable should be intact. If any are visibly crimped or cut, replace cable.
	Check data cable connections/orientation	Be sure cable is connected securely and oriented properly. Reseat all connections. Small latch on connector should line up and snap into place.
		If the above steps do not resolve the problem, contact Customer Service (if inside US/Canada) or your local distributor (if outside US/Canada).
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 power cord 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 crimped, 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 magnet position (requires shroud removal)	Magnets should be in place on pulley.
	Check Speed Sensor (requires shroud removal)	Speed sensor should be aligned with magnets and connected to data cable. Realign sensor if necessary. Replace if there is any damage to the sensor or the connecting wire.
Unit rocks/does not sit level	Check leveler adjustment	Adjust levelers until bike is level.
	Check surface under unit	Adjustment may not be able to compensate for extremely uneven surfaces. Move bike to level area.
Pedals loose/unit difficult to pedal	Check pedal to crank arm connection	Pedal should be tightened securely to crank. Ensure connection is not cross-threaded.
	Check crank arm to axle connection	Crank should be tightened securely to axle. Be sure cranks are connected at 180 degrees from each other.
Clicking sound when pedaling	Check pedal to crank arm connection	Remove pedals. Make sure there is no debris on threads, and reinstall the pedals.
Seat post movement	Check locking pin	Be sure adjustment pin is locked into one of the seat post adjustment holes.
	Check adjustment knob	Be sure knob is securely tightened.
Console continuously cycles through program screens	Console is in demonstration mode	Hold down the PAUSE/END button and Left button together for 3 seconds.
Active User does not change when User button is pushed	Console is in studio mode	Reset the Console (see Console Setup Mode).
		If the above step does not resolve the problem, contact Customer Service (if inside US/Canada) or your local distributor (if outside US/Canada).

Condition/Problem	Things to Check	Solution
Workout results will not sync with Bluetooth® enabled device	Current console mode	Machine must be in Idle Mode to sync. Push the PAUSE/END button until the Power-Up Mode screen is displayed.
	Total time of workout	A workout must be longer than 1 minute to be saved and posted by the Console.
	Fitness machine	Unplug unit from electrical outlet for 5 minutes. Reconnect to outlet.
	Bluetooth® enabled device	Consult your device to be sure that the Bluetooth® wireless feature has been enabled on it.
	Fitness App	Review Specifications of Fitness App and confirm your device is compatible.
		Contact appsupport@nautilus.com (if inside US/Canada) or your local distributor (if outside US/Canada) for further assistance.
Workout results not posting from Nautilus Trainer™ App to MyFitnessPal® account or Under Armour® Connected Fitness	Sync accounts	From the Menu icon on the Nautilus Trainer™ App, select the Sync to MyFitnessPal® or Under Armour® Connected Fitness.
	Sync fails	Review account and password for MyFitnessPal® / Under Armour® Connected Fitness.
		Contact appsupport@nautilus.com (if inside US/Canada) or your local distributor (if outside US/Canada) for further assistance.

CONSOLE SERVICE MODE

Console Setup Mode

The Console Setup Mode lets you input the date and time, set the units of measurement to either English or Metric, control the sound settings (on/ off), or see maintenance statistics (Total Run Hours – for service technician use only).

1. Hold down the PAUSE/END button and Up Arrow button together for 3 seconds while in the Power-Up Mode to go into the Console Setup Mode.
Note: Push PAUSE/END to exit the Console Setup Mode and return to the Power-Up Mode screen.
2. The Console display shows the Date prompt with the current setting. To change, push the Increase/Decrease buttons to adjust the currently active value (flashing). Push the Left/Right buttons to change which segment is the currently active value (month / day / year).
3. Push OK to set.
4. The Console display shows the Time prompt with the current setting. Push the Increase/Decrease buttons to adjust the currently active value (flashing). Push the Left/Right buttons to change which segment is the currently active value (hour / minute / AM or PM).
5. Push OK to set.
6. The Console display shows the Units prompt with the current setting. To change, push OK to start the Units option. Push the Increase/Decrease buttons to change between “MILES” (Imperial English units) and “KM” (metric units).
Note: If the units change when there is data in User Statistics, the statistics convert to the new units.
7. Push OK to set.
8. The Console display shows the Sound Settings prompt with the current setting. Push the Increase/Decrease buttons to change between “ON” and “OFF”.
9. Push OK to set.
10. The Console display shows the TOTAL RUN HOURS for the machine.
To go to the next Console Setup Mode prompt, push the OK button.
11. The Console display shows the Software Version prompt.
12. For the next prompt, push the OK button.
13. The Console will display the Power-Up Mode screen.

Console Service Mode (for Service Tech use only)

In Power-Up Mode (the “welcome user” screen), push and hold the PAUSE/END button and Up Arrow button for 4 seconds to enter the System menu (Console Setup Mode). In the System menu, press OK 4 times or until TOTAL RUN HOURS displays on the screen, then push and hold the PAUSE/END and Up Arrow buttons for 4 seconds until “ENTR MFG TST” appears on the screen to enter the Manufacturing Test menu.

In the Manufacturing Test menu, use the Down/Up Arrow buttons to move through the menu options. Push OK to make a selection or to acknowledge a test result. To exit the Manufacturing Test menu, push the PAUSE/END button.

1. FIRMWARE VERSION – The Console LCD displays the Firmware Version string. Push OK to acknowledge and move to the next test.
2. TEST NVM – Tests NVM (non-volatile memory) or Flash.
If correct, “NVM ID PASS” will be displayed. Progression to next test is automatic unless test fails.
If not correct display will be “NVM BD ID” or “NVM FAIL”.
3. TEST LCD – Drives 3x5 and 1x5 LCD displays with the following patterns:
 1. All segments on
 2. All segments off
 3. Lights the individual segments sequentially.To stop the test, push the Down Arrow button then OK to exit to the Manufacturing Test menu.

4. TEST LEDs – Toggles all LEDs in the overlay (6 LEDs total):



Push OK to exit to the Manufacturing Test menu.

5. TEST RTC (Real time clock) – Tests Real Time Clock operation.

If correct, “RTC PASS” will be displayed.

If not correct, “RTC FAIL” will be displayed.

Exit to the Manufacturing Test menu is automatic unless test fails.

6. TEST AUDIO (Audio playback) – Audio test generates an Audio tone and plays it through speakers.

Push OK to exit to the Manufacturing Test menu.

7. TEST HR – Tests Contact and Wireless Heart Rate.

Place hands on heart rate grips. CHR = [contact heart rate] will be displayed.

Turn on wireless transmitter. WHR = [wireless heart rate] will be displayed.



Push OK to exit to the Manufacturing Test menu.

8. **TEST BUTTONS** – Shows the function of each button as buttons are pressed in sequential order. Push each button in the correct order.

Button test sequence



If the display shows an incorrect function, the overlay on the Console may be incorrect for that model. If the display does not show a function, the firmware version may be incorrect. No beeps are sounded during this test.

To exit the test before completion, it is necessary to cycle power.

Exit to the Manufacturing Test menu is automatic unless test fails.

9. **TEST FAN** – Tests the fan at various speeds.

Push OK to exit to the Manufacturing Test menu.

10. **TEST EMS PWM DAC** (Internal Console resistance level loopback test) – Sets the Resistance PWM DAC voltage and verifies 9 resistance levels (1, 4, 8, 12, 16, 20, 24, 28, 32) settings via internal loopback, and checks that they are within limits.

Exit to the Manufacturing Test menu is automatic unless test fails.

11. **TEST INCLINE MOTOR** – (E628 elliptical only) Used to adjust a new Incline Motor. Console Firmware causes external incline (lift) motor to move up and then down while verifying corresponding positions. The Console displays “UP MX DN MN RT CAL”: Up arrow will move the lift motor to the maximum position; Down arrow will move the lift motor to the minimum position; Right arrow will perform a lift motor calibration by moving the lift motor to its minimum and maximum position. (The Calibration option is not used for E628.) The Motor position or level is displayed.

Push OK to exit to the Manufacturing Test menu.

12. **TEST TACH** (Pedal Speed) – Apply tach generator signal to tach input of Console PCBA. The tach rate will be displayed in the LCD (Displayed rate will approximately be input signal in Hz times 60 divided by 64).

Push OK to exit to the Manufacturing Test menu.

13. **TEST BLE** (Bluetooth Low Energy) – Console Firmware tests communications with BLE module.

If BLE module communication is valid and programmed, “PASS” will be displayed.

If not correct, “BLE FAIL” will be displayed.

Push OK to exit to the Manufacturing Test menu.

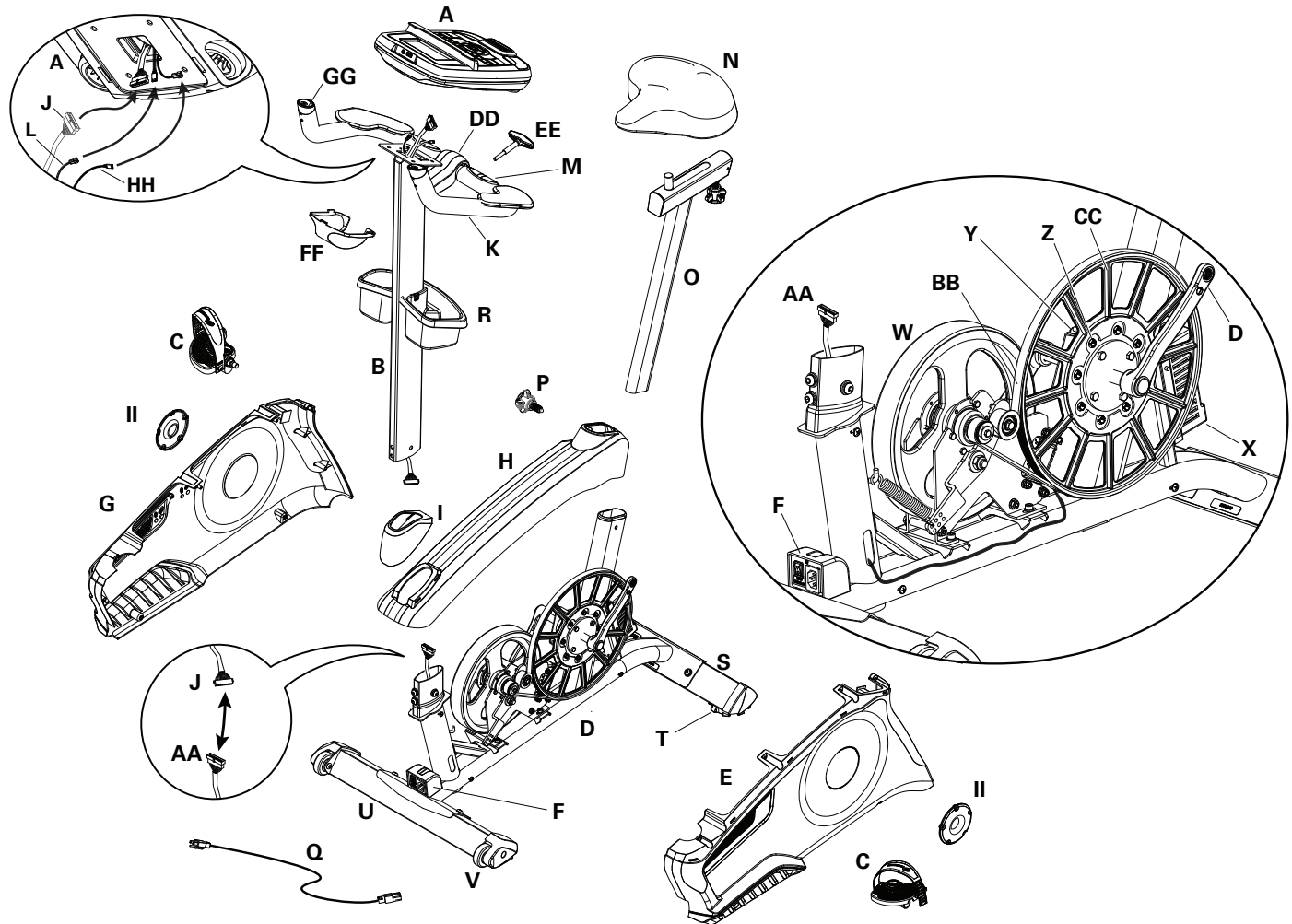
14. **CONSOLE RST START** – Resets the data from user inputs and restores the factory default settings. The Console setup, user records and workout records will be reset to defaults.

To skip this option and keep the Console settings, push Down Arrow button.

To reset the Console, push OK. When “PWR CYCLE NOW” is displayed, turn off the Power Switch (at front of machine) and disconnect the Power Cord. Reconnect the Power Cord and turn on the Power Switch.

Maintenance Parts Exploded View

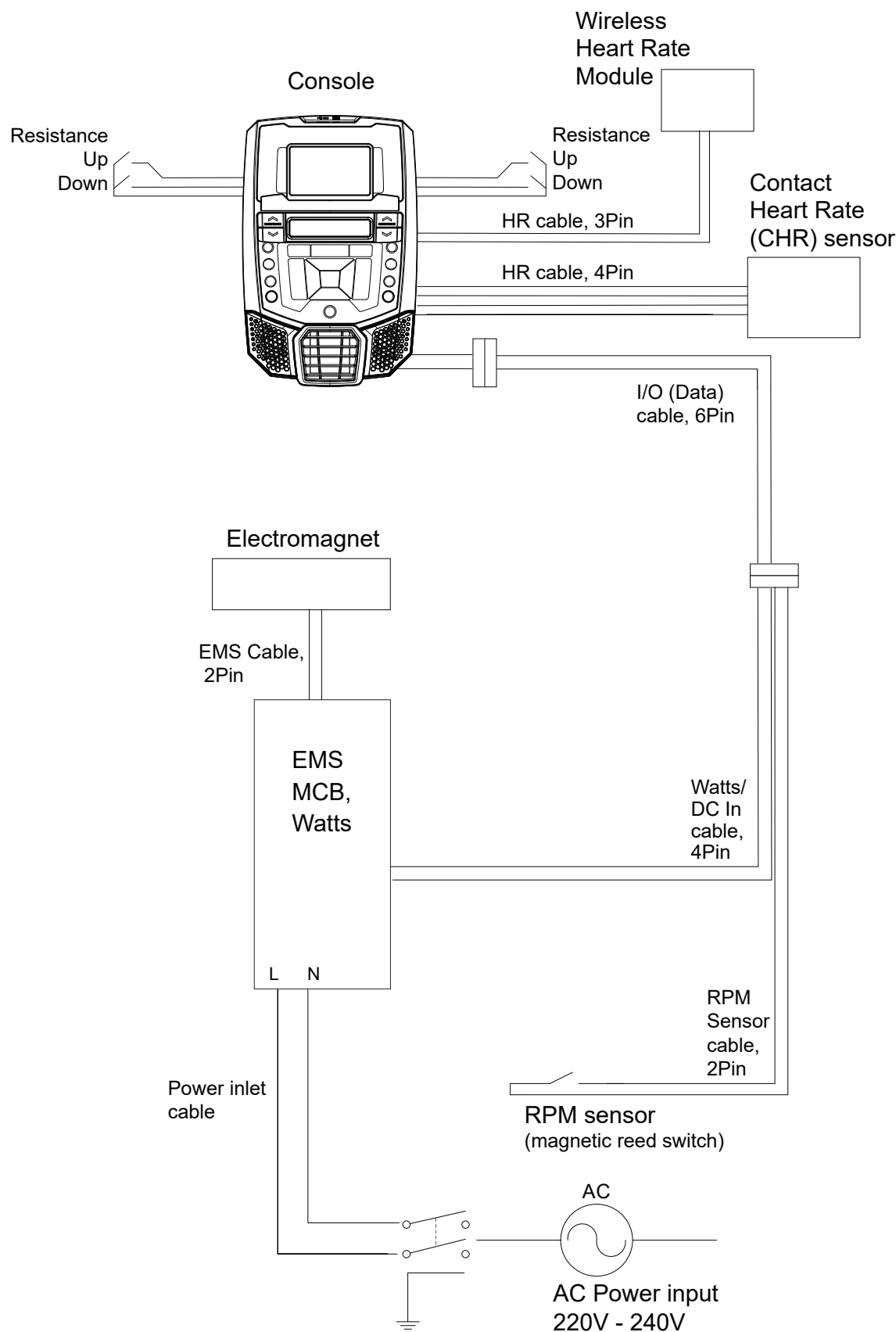
Your machine may differ. Use only as a guide.



A	Console	M	CHR Sensors	Y	RPM Sensor
B	Console Mast	N	Seat	Z	Speed Sensor Magnet (8)
C	Pedals	O	Seat Post w/ Slider	AA	Data Cable, Lower
D	Crank Arms	P	Adjustment Knob	BB	Drive Belt
E	Left Shroud	Q	Power Cord	CC	Drive Pulley
F	Power Inlet/Power Switch	R	Water Bottle Holder	DD	Handlebar Mount Cover
G	Right Shroud	S	Rear Stabilizer	EE	T-handle
H	Top Shroud	T	Levelers	FF	Console Pivot Shroud
I	Mast Gasket	U	Front Stabilizer	GG	Remote Resistance Control
J	Data Cable, Upper	V	Transport Wheels	HH	Resistance Cable
K	Handlebars	W	EMS Engine	II	Cover, Crank Disc
L	HR Cable	X	Motor Control Board (MCB), Watts		

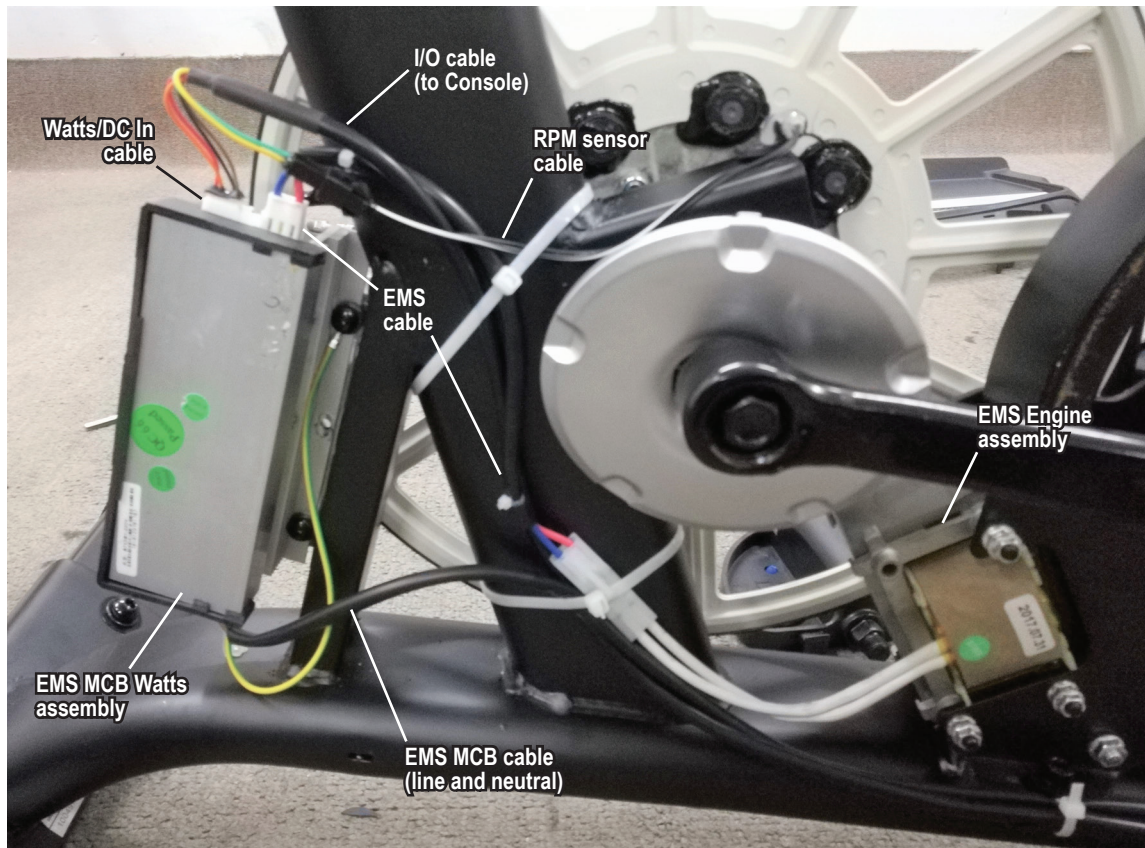
Electrical Layout

NLS U628/R628 Wiring Diagram

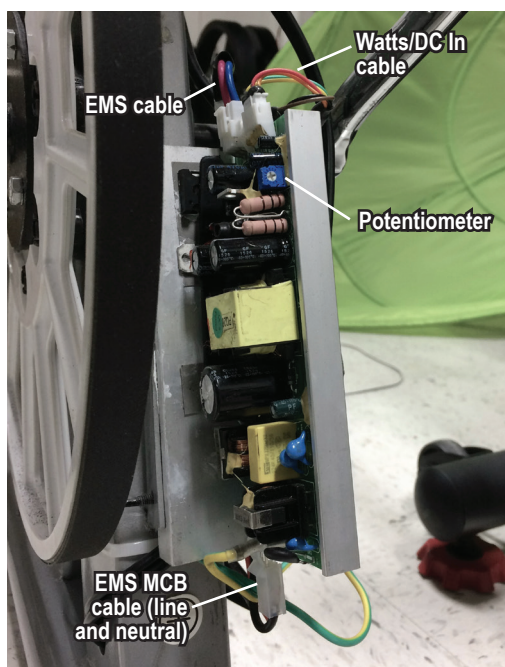


Motor Control Board (MCB), Watts

MCB - right side view



MCB - back left view (MCB shown is on R628 bike)



Demonstration Mode

Demonstration Mode is a feature on newer versions of the Console. It educates an observer about the console in a trade show or retail environment. During Demonstration Mode, the Console will display each workout Program for 4 seconds from a specific point of the workout. The Fitness machine ships with Demonstration Mode inactive.

1. With the machine at the Power-Up Mode screen, push and hold down the PAUSE/END button and the Left arrow button for 3 seconds to shift the Console into the Demonstration Mode.

To exit Demonstration mode, push and hold down the PAUSE/END button and the Left arrow button for 3 seconds.

Use of this Machine in a Studio (Non-Home) Environment

This fitness machine can be configured for use in a studio environment. When in Studio mode, the machine only has one active User profile. All other User profiles are disabled. Any workout values displayed on the Console that reference previous workouts, such as the Goal Track feature, will use a summary of past workouts.

To switch into the Studio (non-home) mode, push and hold down for 3 seconds the PAUSE/END and Decrease(▼) buttons. The Console will display STUDIO SET for three seconds, and then will display PWR CYCLE NOW. Turn the power off for a few seconds, and then on. The Console will display STUDIO MODE when successfully shifted into Studio mode.

Note: Do not switch your machine into Studio mode unless the machine is in a non-home environment. The Console must be reset to switch back into the Home mode. If the Console is reset, the Console setup, user records and workout records will be reset to defaults.

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:

- Power Cord
- Seat
- Seat Post
- Front Stabilizer
- Rear Stabilizer
- Water Bottle Holder

NOTICE: This document provides instructions for the adjustment of the Drive Belt tension on the Nautilus™ U628 Upright Bike.

If you need assistance, please contact 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.

⚠ DANGER To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.

- 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.
- 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.
- If replacement parts are necessary, use only genuine replacement parts and hardware supplied by Nautilus. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and void the warranty.
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Tools Required (not included)

#2 Phillips screwdriver



13mm socket and wrench



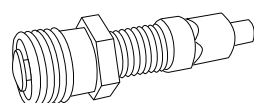
Small flathead screwdriver



17mm open end wrench



Crank puller



6mm hex wrench



NOTICE: It is necessary to remove the Shrouds for this procedure. Refer to the “Replace the Shrouds” procedure.

⚠ **Disconnect all power to the machine before you service it.**

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

1. Remove the Seat Post and Left Shroud from the Main Unit. (Refer to the “Replace the Shrouds” procedure.) It is not necessary to remove the Console and Mast. Slide the Mast Gasket and Top Shroud up the Mast. Lean the Top Shroud against the Seat Post mount to keep it clear of the pulley assembly.

Note: It may be necessary to remove the Water Bottle Holder.

2. To test 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. See Figure 1.

Or:

- Hold the edges of the Drive Belt at the midpoint (M) and twist it (see Figure 2). It should turn only 90 degrees (1/4 turn, to vertical).

Figure 1 - U628 left side

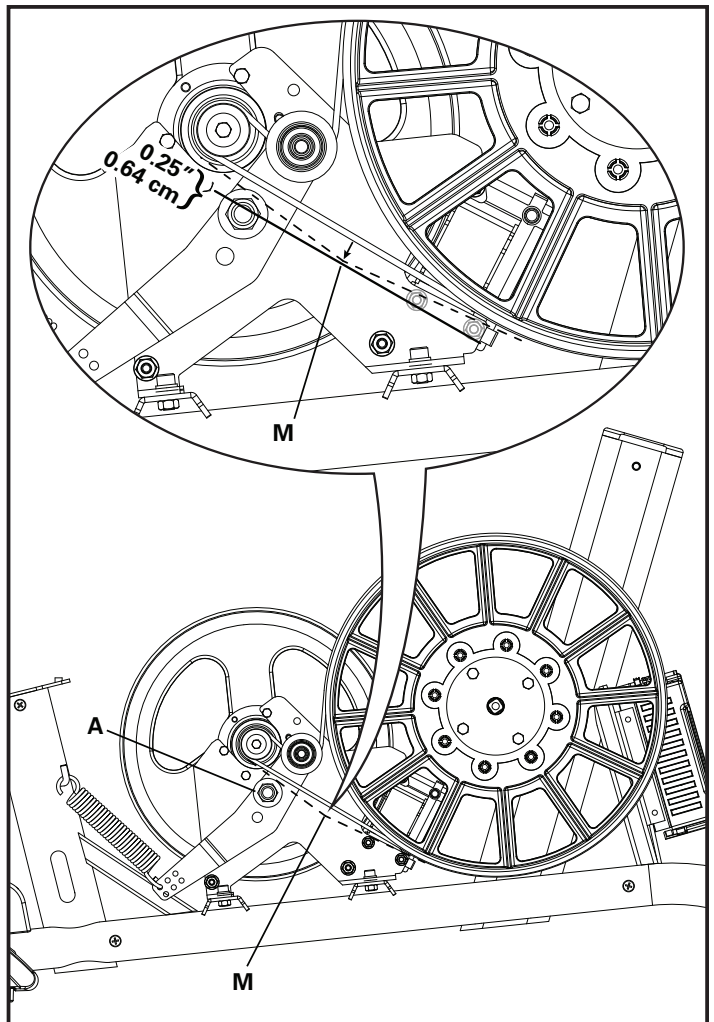


Figure 2



If the tension is correct, go to Step 6.

If the tension is too loose or too tight, adjust the position of the Belt Tensioner. Continue to Step 3.

3. To adjust the Tensioner Assembly, use a 6mm hex wrench and a 17mm wrench to loosen the Tensioner Assembly Hardware (A) that attaches the Tensioner Assembly to the EMS Engine bracket.

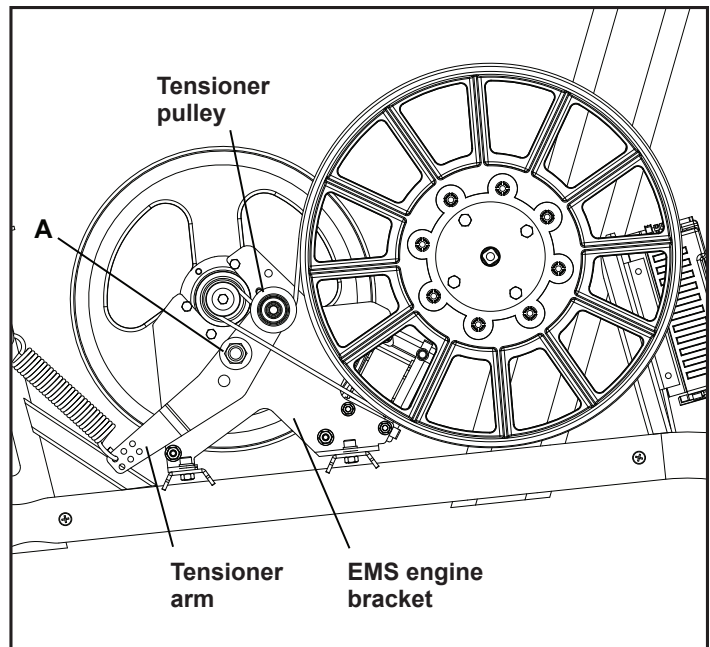
Note: Use the hex wrench to hold the bolt in place on the outside and turn the nut from the inside.

4. Adjust the angle of the Belt Tensioner arm as necessary to adjust the tension. Hold it in position and tighten the hardware.

Note: This step may require two people.

5. Carefully turn the crank arm and check the movement of the drive belt. The Crank Arms and Flywheel should move as one.

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



Adjust the belt tension again if necessary.

6. Reassembly is the reverse procedure.

NOTICE: Be sure not to crimp any cables.

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.

NOTICE: This document provides instructions for the replacement of the Console on the Nautilus™ U628 Upright Bike and R628 Recumbent Bike.

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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.
- 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.
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Tools Required (not included)

#2 Phillips screwdriver





Disconnect all power to the machine before you service it.

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

1. Press the edges of the Console Pivot Shroud to disengage the tabs from the Console. Remove the Console Pivot Shroud and set it safely aside.

2. Remove screws that attach Console to the Mast. Carefully lift the Console off the Mast.

3. Disconnect the Data Cable, Heart Rate Cable and Resistance Cable at the top of the Mast. Set the Console and screws safely aside.

Note: Do not let the cables fall down inside the Mast. This step may require two people.

4. Installation is the reverse procedure.

5. 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.

Initial Setup

During the first power-up, the Console should be set up with the date, time and your preferred measurement units.

1. Date: Push the Increase/Decrease buttons to adjust the currently active value (flashing). Push the Left/Right buttons to change which segment is the currently active value (month / day / year).

2. Push OK to set.

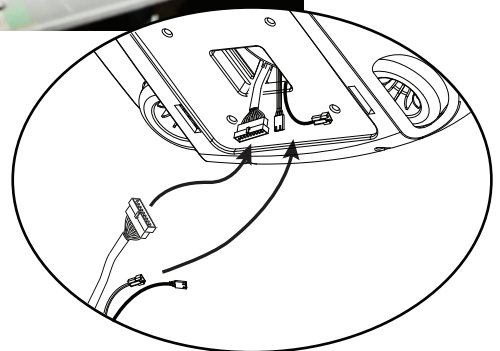
3. Time: Push the Increase/Decrease buttons to adjust the currently active value (flashing). Push the Left/Right buttons to change which segment is the currently active value (hour / minute / AM or PM).

4. Push OK to set.

5. Units of Measurement: Push the Increase/Decrease buttons to adjust between "MILES" (Imperial English) or "KM" (metric).

6. Push OK to set. The Console goes back to the Power-Up / Idle Mode screen.

Note: To adjust these selections, consult the "Console Service Mode" section.



NOTICE: This document provides instructions for the replacement of the Console Mast on the Nautilus™ U628 Upright Bike.

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Tools Required (not included)

#2 Phillips screwdriver



5' (152 cm) length of string

Small flathead screwdriver



6mm hex wrench





Disconnect all power to the machine before you service it.

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

1. Press the edges of the Console Pivot Shroud to disengage the tabs from the Console. Remove the Console Pivot Shroud and set it safely aside.

2. Remove screws that attach Console to the Mast. Carefully lift the Console off the Mast.

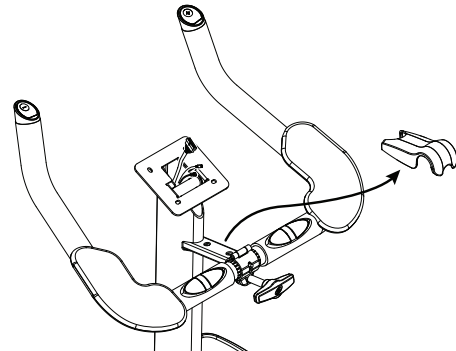


3. Disconnect the Data Cable, Heart Rate Cable and Resistance Cable at the top of the Mast. Set the Console and screws safely aside for reassembly.

Note: Do not let the cables fall down inside the Mast. This step may require two people.

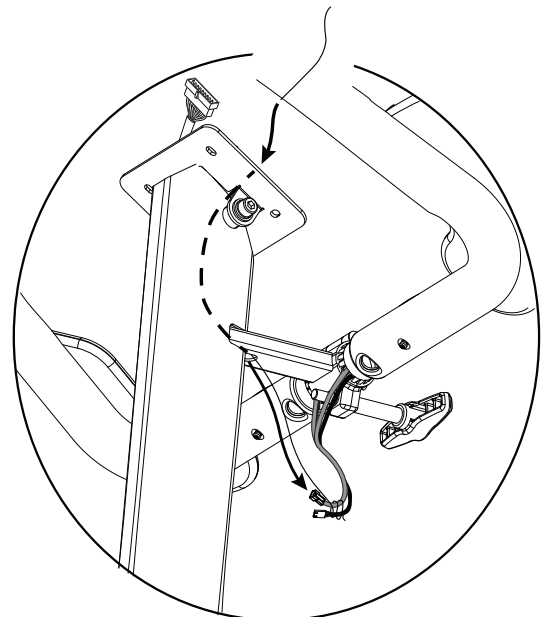


4. Remove the Handlebar Bracket Cover and set it safely aside for reassembly.



5. Grasp the section of HR Cable and Resistance Cable under the Handlebar Bracket and carefully pull the cables down through the Mast and out of the hole in the Handlebar Bracket.

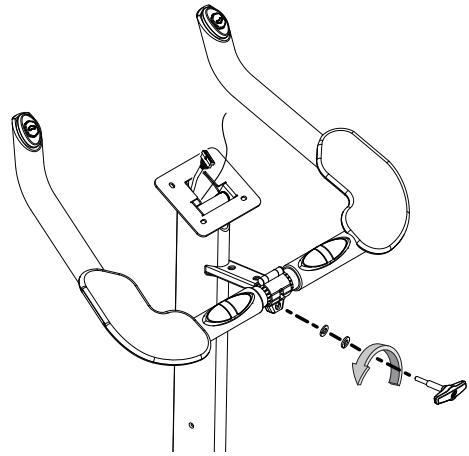
Note: Do not let the Data Cable fall down inside the Mast.



6. Remove the T-handle and washers that attach the Handlebar to the Mast. Set them safely aside for reassembly.

NOTICE: Hold the Handlebar so that it does not fall.

7. Remove the Handlebar and set it safely aside for reassembly.



8. Remove the Mast Gasket.

9. Remove the hardware (indicated) from the Mast. Gently pull the Mast out and disconnect the cables. Set the hardware, Mast Gasket and Top Shroud safely aside for reassembly. Discard the old Mast.

NOTICE: Do not crimp the cables. This step may require two people.

Note: Do not let the cables fall down inside the Frame.



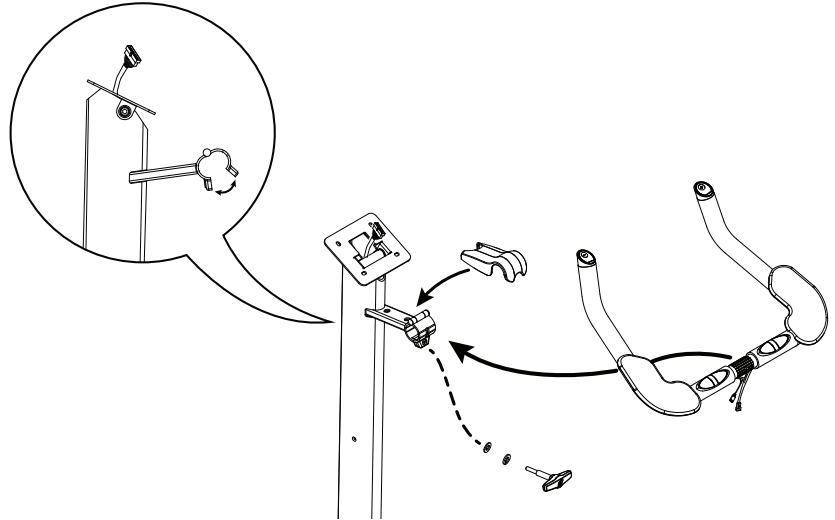
Cable connectors

10. Install the replacement Console Mast and the Mast Gasket on Main Assembly.

NOTICE: Make sure the Console Cable connector does not fall into the Console Mast. Align the clips on the cable connectors and make sure the connectors lock. Do not crimp Console Cable.

11. Put the Handlebar in the bracket, adjust the Handlebar to the desired angle, and install the T-handle through the holes and washers.

NOTICE: Do not crimp the cables.



12. Use the pull cable in the Handlebar Bracket to route the HR cable and Resistance cable through the slot under the Handlebar Bracket to the top of the mast. Fully tighten the T-handle to keep the Handlebar in position. Push the cover into position on the Handlebar Bracket.

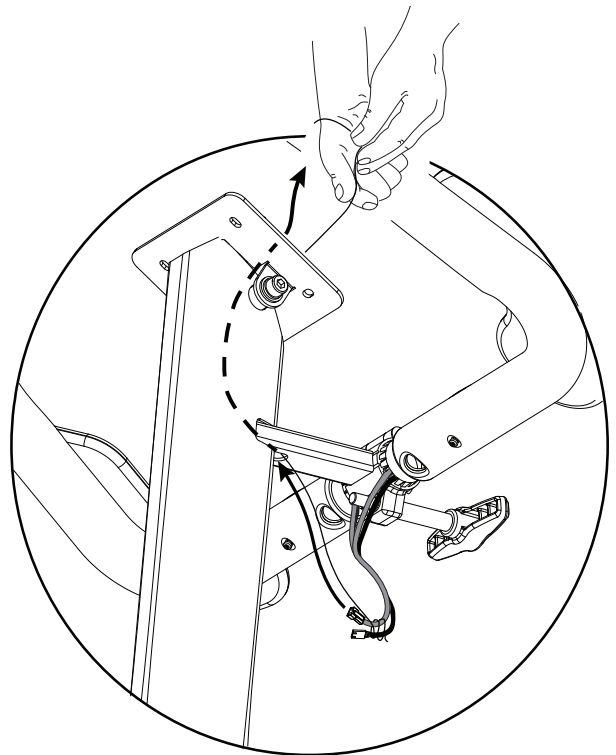
NOTICE: Do not crimp the cables. Do not let the cables fall down in the Mast.

13. Connect the cables to the back of the Console and attach the Console to the Mast.

NOTICE: Do not crimp the cables.

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.

NOTICE: This document provides instructions for the replacement of the Crank Arms on the Nautilus™ U628 Upright Bike and R628 Recumbent Bike.

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Tools Required (not included)

#2 Phillips screwdriver



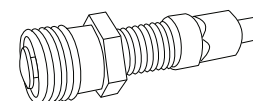
13mm wrench and socket



Flathead screwdriver



Crank puller



Pedal wrench
or 15mm open end wrench



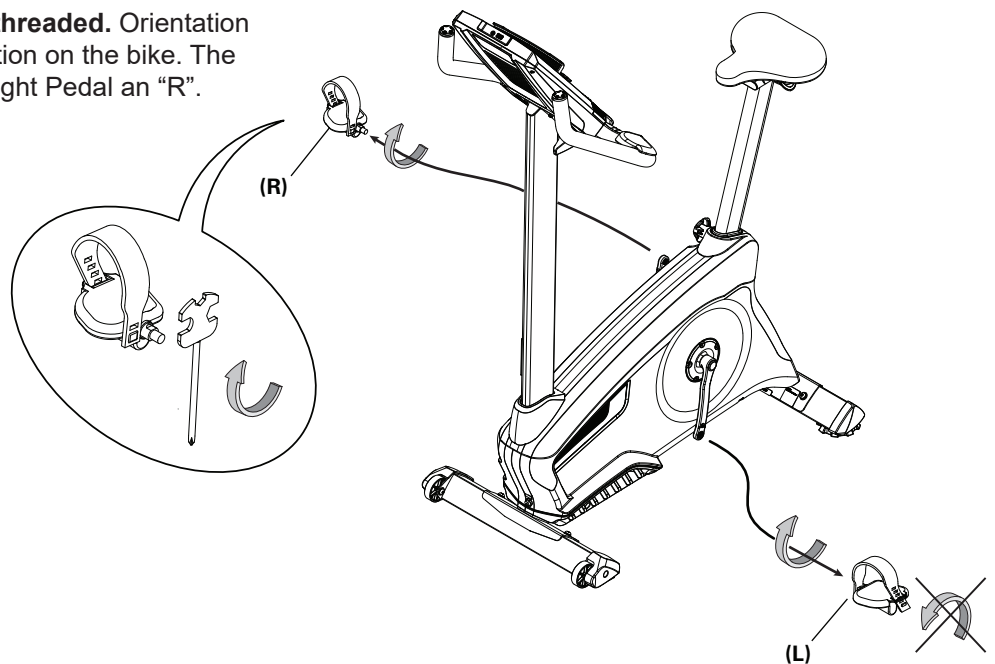
Adjustable wrench



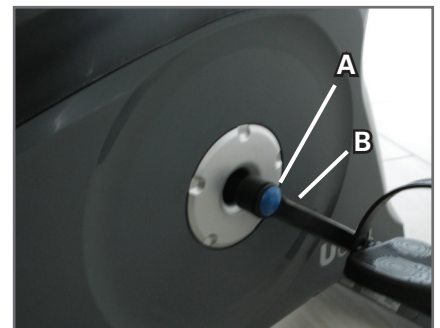
Note: Your machine may not match the image. For reference only.

1. Loosen and remove the old Pedals. Set them safely aside for reassembly.

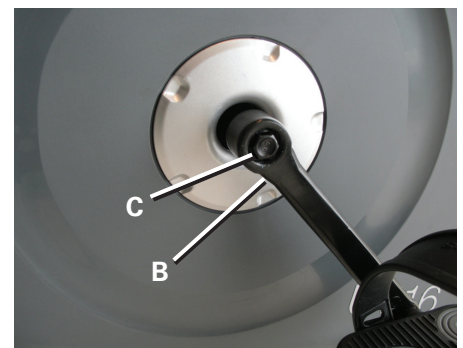
Note: The Left Pedal is reverse-threaded. Orientation is based from a seated position on the bike. The Left Pedal has an "L", the Right Pedal an "R".



2. Using a flathead screwdriver, remove the threaded Cap (A) from the Crank Arm (B) to expose the Hex Head Bolt (C).

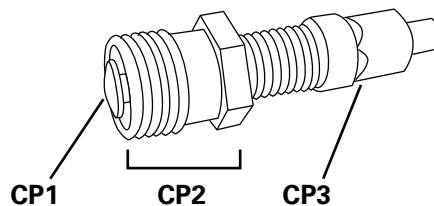


3. Using a wrench and socket, remove the Hex Head Bolt (C).

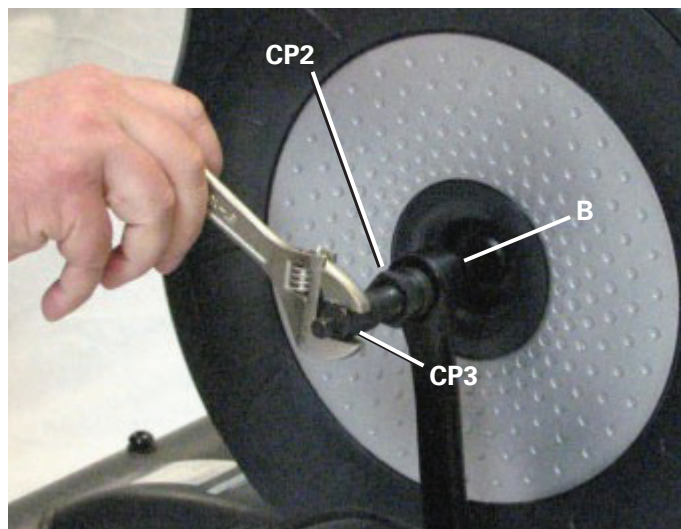


4. Thread the Crank Puller into the Crank Arm (B). When the Crank Puller is in the correct position, only 1-2 threads on the outer portion (CP2) of the Crank Puller should show.

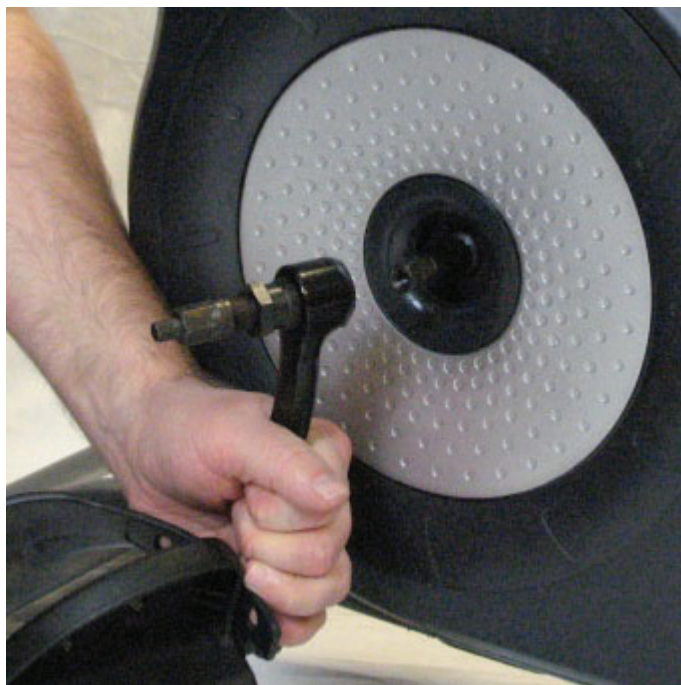
Note: Be sure the end of the Bolt (CP1) of the Crank Puller is flush with the Nut (CP2) as shown, before use.



5. Using a wrench, turn the inner portion (CP3) of the Crank Puller clockwise. The Crank Arm (B) will slide off as it is tightened.



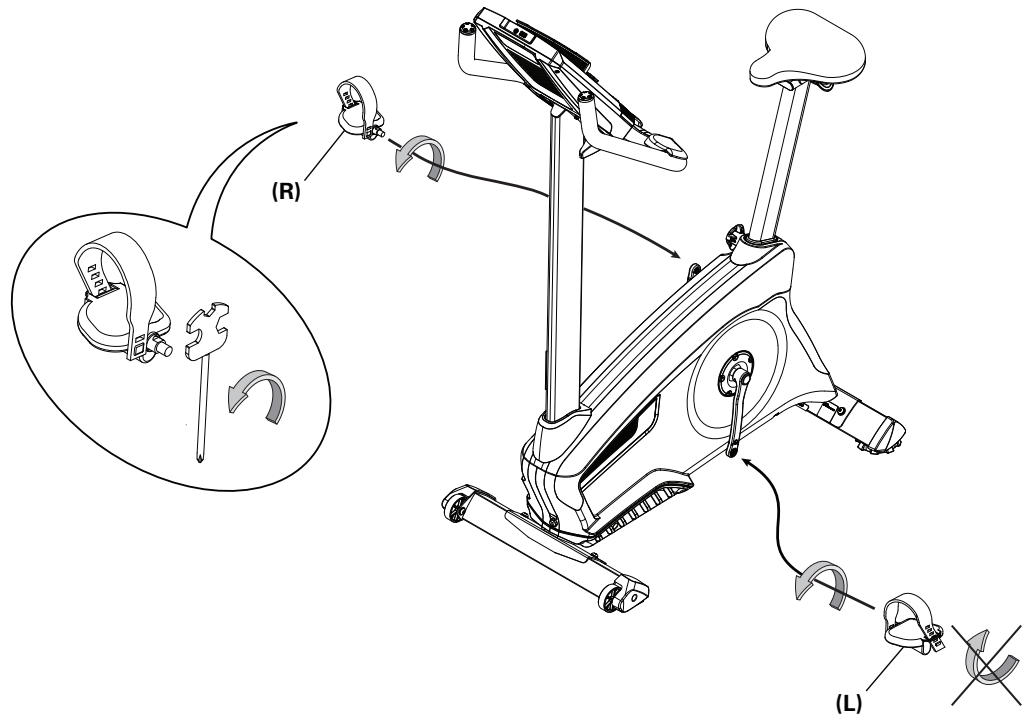
Crank arm shown is on a 170 bike.



6. Installation is the reverse procedure. Installation does not require the use of the crank puller. Be sure the Crank Arms are connected at 180° from each other.

To reinstall the Pedals, carefully align the threads and hand tighten to prevent cross-threading. Then tighten fully with pedal wrench.

Note: The Left Pedal is reverse-threaded. Be sure to attach Pedals on the correct 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”.



7. Final Inspection

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

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NOTICE: This document provides instructions for the replacement of the Data Cable in the Console Mast on the Nautilus™ U628 Upright Bike.

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Tools Required (not included)

#2 Phillips screwdriver



5' (152 cm) length of string

Small flathead screwdriver



6mm hex wrench





Disconnect all power to the machine before you service it.

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

1. Press the edges of the Console Pivot Shroud to disengage the tabs from the Console. Remove the Console Pivot Shroud and set it safely aside.
2. Remove screws that attach Console to the Mast. Carefully lift the Console off the Mast.



3. Disconnect the Data Cable, Heart Rate Cable and Resistance Cable at the top of the Mast. Set the Console and screws safely aside for reassembly.

Note: Do not let the cables fall down inside the Mast. This step may require two people.



4. Remove the Mast Gasket. Set it safely aside for reassembly.

5. Remove the hardware (indicated) from the Mast. Gently pull the Mast out and disconnect the cables. Set the hardware safely aside for reassembly.

NOTICE: Do not crimp the cables. This step may require two people.

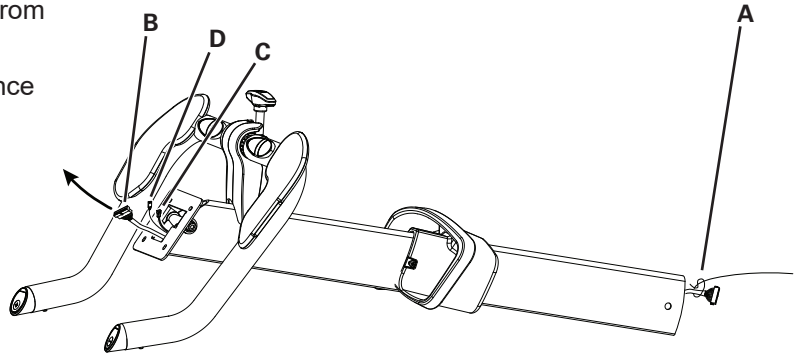
Note: Do not let the cable fall down inside the Frame.



Cable connectors

6. Tie the length of string to the end (A) of the Data Cable at the base of the Mast. Hold the other end of the Data Cable (B) and carefully pull it out of the Mast so that the string extends through the length of the Mast. Untie the string from the old Data Cable and discard the old cable.

NOTICE: Do not crimp the HR cable (C) and Resistance Cable (D).



7. Tie the end of the string at the base of the Mast to one end of the replacement Data Cable. Hold the other end of the string and carefully pull the new Data Cable through the Mast.

NOTICE: Do not crimp the cables.

8. Untie the string from the Data Cable and connect the cable to the Data Cable from the Main Frame.

NOTICE: Do not crimp the cables. This step may require two people.

9. Put the Mast back in position in the Main Frame and reinstall the Hardware.

Note: Do not let the cables fall down inside the Mast.

NOTICE: Be sure not to crimp any cables. This step may require two people.

10. Reinstall the Mast Gasket.

11. Connect the cables to the back of the Console and attach the Console to the Mast with the screws from Step 2.

NOTICE: Do not crimp the cables.

12. Final Inspection

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

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NOTICE: This document provides instructions for the replacement of the Drive Belt on the Nautilus™ U628 Upright Bikes and R628 Recumbent Bikes.

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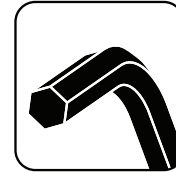
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Tools Required (not included)

#2 Phillips screwdriver



6mm hex wrench



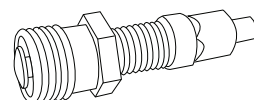
Small flathead screwdriver



13mm socket and wrench



Crank puller



NOTICE: It is necessary to remove the Shrouds for this procedure. Refer to the “Replace the Shrouds” procedure.
It is necessary to adjust the Drive Belt tension at the end of this procedure. Refer to the “Belt Tension Adjustment” procedure.



Disconnect all power to the machine before you service it.

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

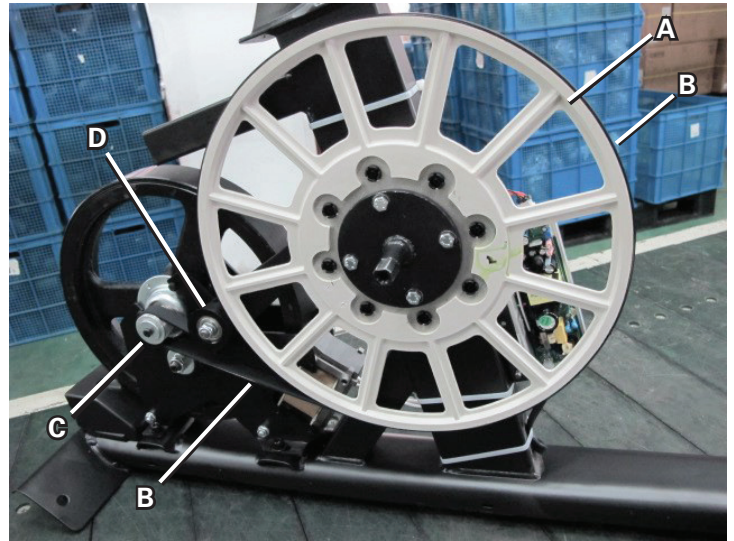
1. Carefully remove the Shrouds. Refer to the “Replace the Shrouds” procedure in this manual.

2. Slowly turn the Drive Pulley (A) backward and carefully ease the Drive Belt (B) off the Drive Pulley to the outside.



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

3. Remove the old Drive Belt (B) after noting how to properly route the new Belt.



4. Put the new Drive Belt (B) in position on the Flywheel Pulley (C). Put the Drive Belt in position around the Tensioner Assembly (D). Be sure that the upper portion of the Drive Belt is under the Tensioner Bearings on the Tensioner Assembly. Slowly turn the Drive Pulley (A) backward and carefully ease the Drive Belt onto the Drive Pulley.

5. Make sure the Drive Belt is aligned on the Flywheel Pulley (C), Belt Tensioner (D) and Drive Pulley (A).

6. The remainder of reassembly is the reverse procedure. Put the Right Shroud in position and reinstall the Right Crank Arm. Installation does not require the use of the crank puller.

Note: Before fully attaching the Shrouds, check the belt tension. Refer to the “Belt Tension Adjustment” 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.

NOTICE: This document provides instructions for the replacement of the EMS (Electromagnetic System) Engine on the Nautilus™ U628 Upright Bike.

If you need assistance, please contact 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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⚠ DANGER To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.

- 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.
- 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.
- If replacement parts are necessary, use only genuine replacement parts and hardware supplied by Nautilus. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and 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.

Tools Required (not included)

#2 Phillips screwdriver



13 mm socket and wrench



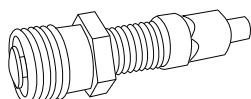
Small flathead screwdriver



Needlenose pliers



Crank puller



Safety goggles or other eye protection
Utility knife or scissors to cut zipties
Zipties

6 mm hex wrench
5 mm hex wrench



NOTICE: It is necessary to remove the Shrouds for this procedure. Refer to the “Replace the Shrouds” procedure.
It is necessary to adjust the Drive Belt tension at the end of this procedure. Refer to the “Belt Tension Adjustment” procedure



Disconnect all power to the machine before you service it.

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

1. Carefully remove the Shrouds. Refer to the “Replace the Shrouds” procedure in this manual.

2. Observe the EMS Cable routing from the EMS Motor Control Board (MCB) Watts assembly to the EMS Engine assembly.

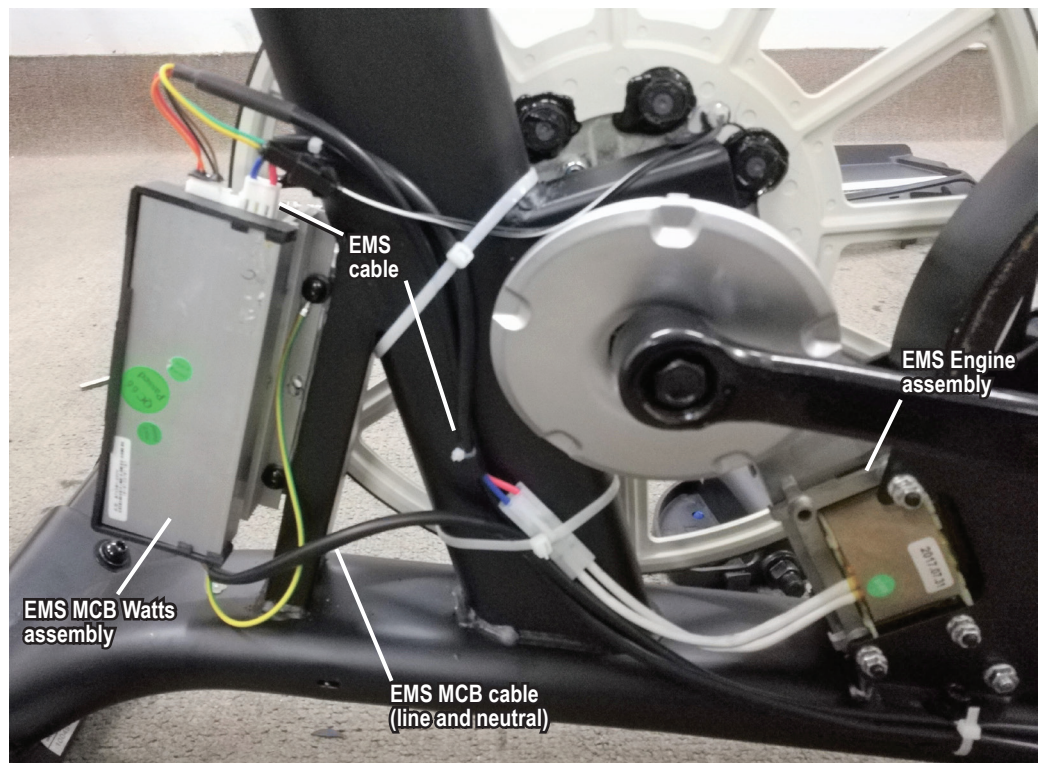
Note: Be sure to note where all cables are routed for re-assembly.

3. Remove the zip tie(s) that holds the EMS Cable.

4. Disconnect the EMS Cable from the EMS MCB Watts assembly after noting the connector location.

NOTICE: Do not crimp the cables.

U628 right side view



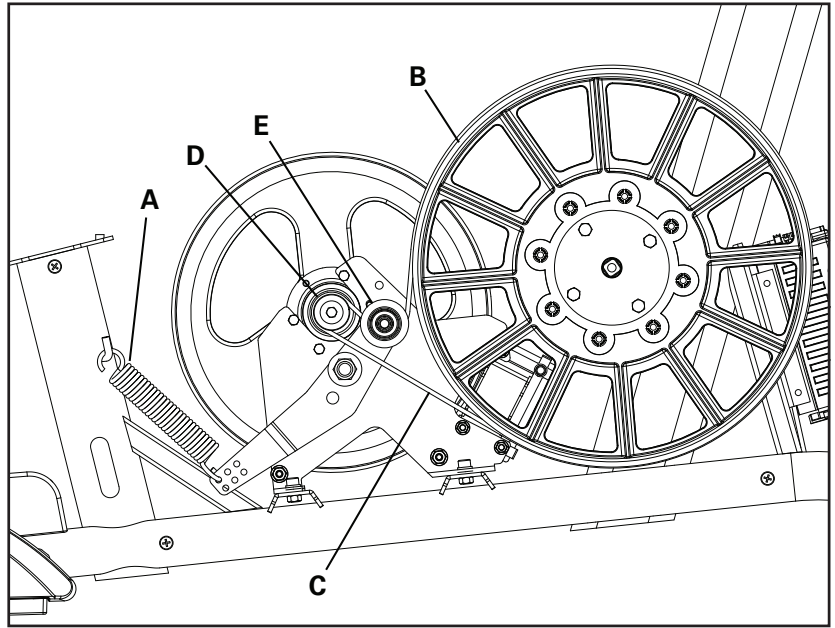
5. Using the needlenose pliers, release the Belt Tensioner spring (A). Set the spring safely aside for reassembly.

U628 left side view

6. Slowly turn the Drive Pulley (B) backward and carefully ease the Drive Belt (C) to the outside to remove it from the Flywheel Pulley (D) and Tensioner Assembly pulley (E).



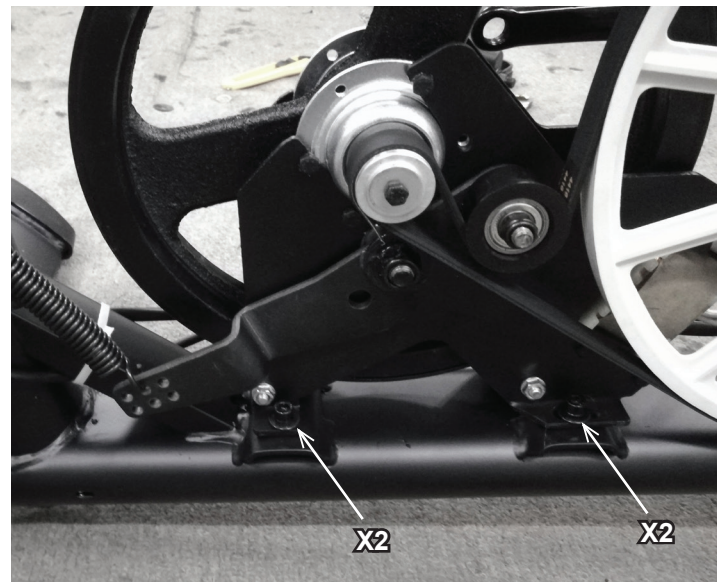
Be sure to keep fingers clear of all pinch hazards as you turn the Drive Pulley.



7. Using a 5mm hex wrench, remove the 4 indicated screws and washers (with arrows) that secure the EMS Engine to the Frame. Set the hardware aside for reassembly. Slowly remove the EMS Engine.

8. Put the new EMS Engine in position on the Frame and install the hardware.

9. Put the Drive Belt in position on the Flywheel Pulley (D) and the Tensioner Assembly pulley (E). Be sure that the upper portion of the Drive Belt is under the Tensioner Assembly pulley.



10. Make sure the Drive Belt is aligned on the Flywheel Pulley (D), Tensioner Assembly (E) and Drive Pulley (B).

11. Using needlenose pliers, attach the Belt Tensioner spring (A). Make sure that the belt tension is correct. Refer to the "Belt Tension Adjustment" section in this manual.

Note: This step may require two people.

12. Connect the EMS Cable to the EMS MCB Watts assembly and secure it with a zip tie.

NOTICE: Do not crimp the cables.

13. Put the Right Shroud in position and reinstall the Right Crank Arm. Installation does not require the use of the crank puller.

Note: Before fully attaching the Shrouds, check the belt tension. Refer to the “Belt Tension Adjustment” procedure.

14. Before fully attaching the Shrouds, power up the machine to verify that the Flywheel can move freely.



Machine is on. Current is active. There is risk of electrical shock. Be sure to keep fingers clear of all pinch hazards when you change the resistance level.

15. The remainder of reassembly is the reverse 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.

NOTICE: This document provides instructions for the replacement of the Handlebar Assembly on the Nautilus™ U628 Upright Bike.

If you need assistance, please contact 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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⚠ DANGER To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.

- 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.
- 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.
- If replacement parts are necessary, use only genuine replacement parts and hardware supplied by Nautilus. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and 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.

Tools Required (not included)

#2 Phillips screwdriver



3' (91 cm) length of string

Small flathead screwdriver



6mm hex wrench





Disconnect all power to the machine before you service it.

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

1. Press the edges of the Console Pivot Shroud to disengage the tabs from the Console. Remove the Console Pivot Shroud and set it safely aside.

2. Remove screws that attach Console to the Mast. Carefully lift the Console off the Mast.

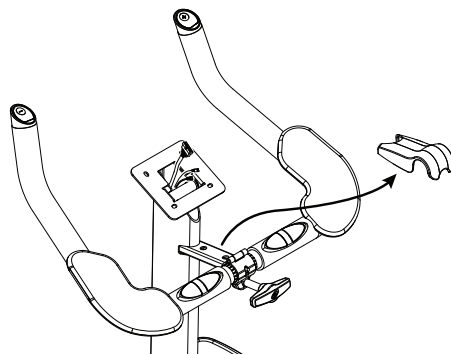


3. Disconnect the Data Cable, Heart Rate Cable and Resistance Cable at the top of the Mast. Set the Console and screws safely aside for reassembly.

Note: Do not let the cables fall down inside the Mast. This step may require two people.

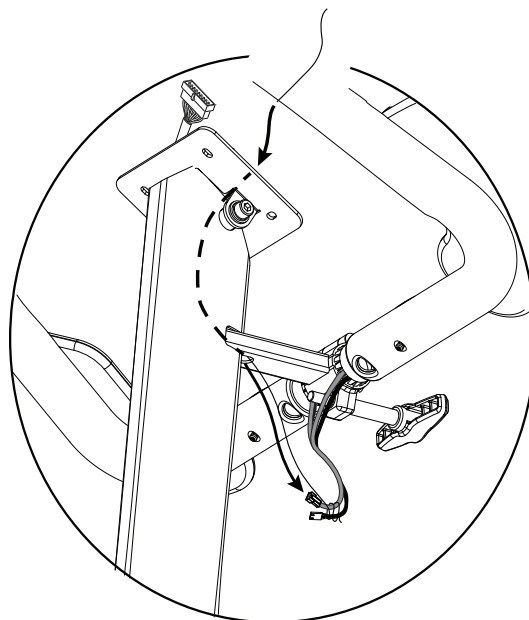


4. Remove the Handlebar Bracket Cover and set it safely aside for reassembly.



5. Tie the length of string to the end of the Heart Rate Cable and Resistance Cable at the top of the Mast. Grasp the section of HR Cable and Resistance Cable under the Handlebar Bracket and carefully pull the cables and string down through the Mast and out of the hole so that the string extends through the Mast and Handlebar Bracket.

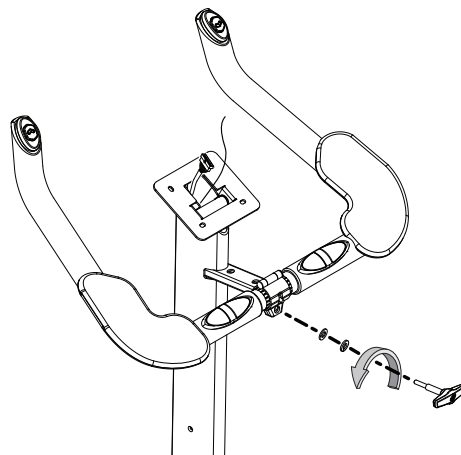
Note: Do not let the Data Cable fall down inside the Mast.



6. Remove the T-handle and washers that attach the Handlebar to the Mast. Set them safely aside for reassembly.

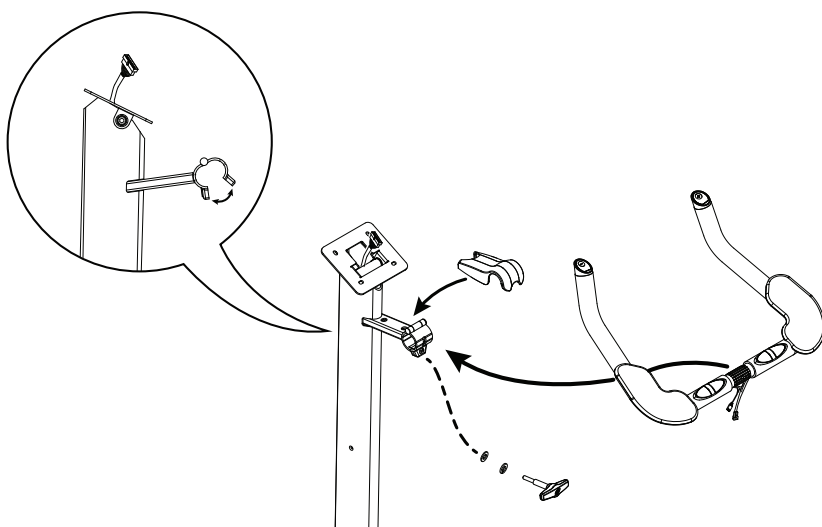
NOTICE: Hold the Handlebar so that it does not fall.

7. Untie the string from the HR Cable and Resistance Cable. Remove the old Handlebar and discard it.



8. Put the replacement Handlebar in the bracket, adjust the Handlebar to the desired angle, and install the T-handle through the holes.

NOTICE: Do not crimp the cables.



9. Tie the end of the string under the Handlebar Bracket to the ends of the HR cable and Resistance Cable. Carefully pull the cables through the slot under the Handlebar Bracket to the top of the mast. Fully tighten the T-handle to keep the Handlebar in position. Push the cover into position on the Handlebar Bracket.

NOTICE: Do not crimp the cables. Do not let the cables fall down in the Mast.

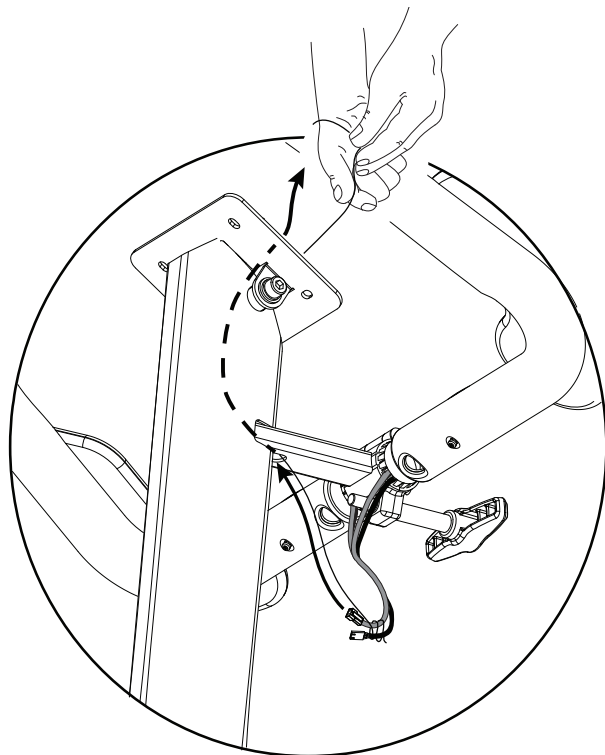
10. Connect the cables to the back of the Console and attach the Console to the Mast.

NOTICE: Do not crimp the cables.

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.



NOTICE: This document provides instructions for the replacement of the Motor Control Board (MCB) Watts on the Nautilus™ U628 Upright Bike and R628 Recumbent Bike.

If you need assistance, please contact 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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⚠ DANGER To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.

- 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.
- 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.
- If replacement parts are necessary, use only genuine replacement parts and hardware supplied by Nautilus. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and 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.

Tools Required (not included)

#2 Phillips screwdriver



13 mm socket and wrench

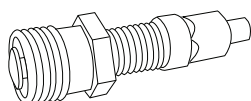


Small flathead screwdriver



Utility knife or scissors to cut zipties
Zipties

Crank puller



6mm hex wrench



NOTICE: It is necessary to remove the Shrouds for this procedure. Refer to the “Replace the Shrouds” procedure.



Disconnect all power to the machine before you service it.

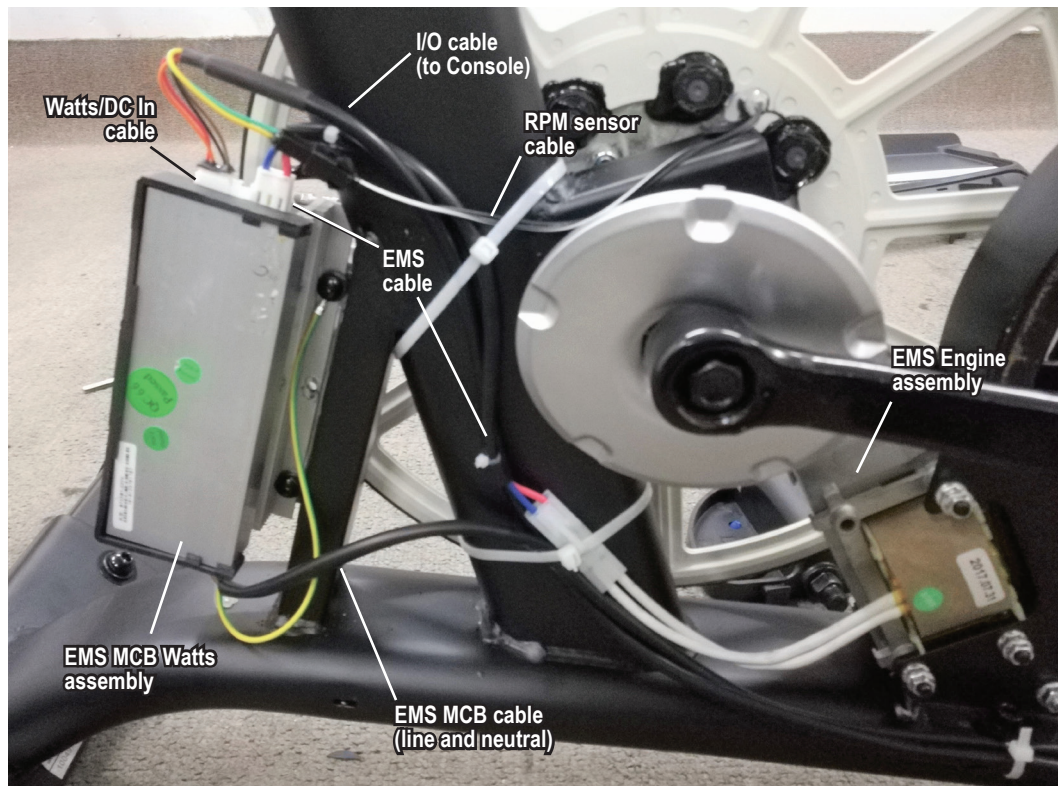
Note: Your machine may not match the image. For reference only.

1. Carefully remove the Shrouds. Refer to the “Replace the Shrouds” procedure in this manual.
2. Observe the cable routing from the EMS Motor Control Board (MCB) Watts assembly on your machine.
 - EMS Cable (EMS MCB Watts assembly to EMS Engine assembly)
 - EMS MCB Cable (Power inlet/switch to MCB)
 - Input/Output (I/O) Cable (EMS MCB Watts to Console)
 - Watts/DC In Cable, Upper (EMS MCB Watts to Console)
 - RPM Sensor Cable (RPM Sensor to Console)

Note: Be sure to note where all cables are routed for re-assembly.

EMS MCB Watts (U628) - right side view

3. Remove the ziptie(s) that holds the EMS Cable.



- Carefully remove the EMS MCB Watts cover.

NOTICE: Do not crimp the cables.

- Disconnect the cables from the MCB Watts assembly after noting their locations.

Note: Be sure to note where all cables attach for re-assembly.

EMS MCB Watts - back left view

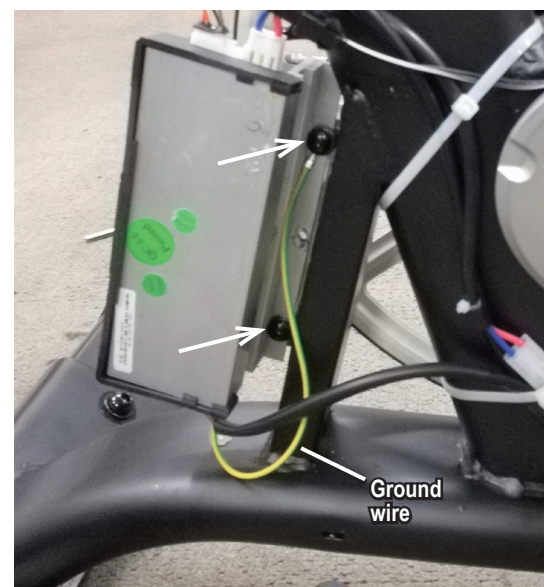


- Using a #2 Phillips screwdriver, remove the 2 indicated screws (with arrows) that attach the MCB Watts assembly to the Frame.

- Remove the old MCB Watts assembly, and install the new MCB assembly. Connect the cables to the MCB in their proper locations.



Use the upper screw to secure the green ground wire to the Frame. Be sure not to crimp any cables.



8. Make sure that the blue potentiometer on the new MCB Watts has the same setting as the old MCB Watts potentiometer. The indicated dots on the white adjuster should be aligned to the same position as the old MCB Watts potentiometer.

9. Turn the power on.



Machine is on. Current is active. There is risk of electrical shock.

10. From the Power Up Mode screen, push and hold down the PAUSE/STOP button and Up arrow button for about 3 seconds to go into the Console Setup Mode. The Console display will show the Edit Date screen with the current setting.

11. Push the OK button 4 times until the Console displays the TOTAL RUN HOURS screen.

12. Hold down the PAUSE/END button and Up button together for 4 seconds. The Console display shows the Firmware Version string.

13. Push the Down arrow button until the EMS PWM DAC option appears and push OK to select the test.

14. The EMS PWM DAC test sets the Resistance PWM DAC voltage and verifies 9 resistance levels (1, 4, 8, 12, 16, 20, 24, 28, 32) settings via internal loopback, and checks that they are within limits.

Push the OK button to exit the EMS PWM DAC option. Push PAUSE/END to go back to the Power-Up Mode screen.



Disconnect all power and allow to sit for 5 minutes.

15. The remainder of reassembly is the reverse procedure.

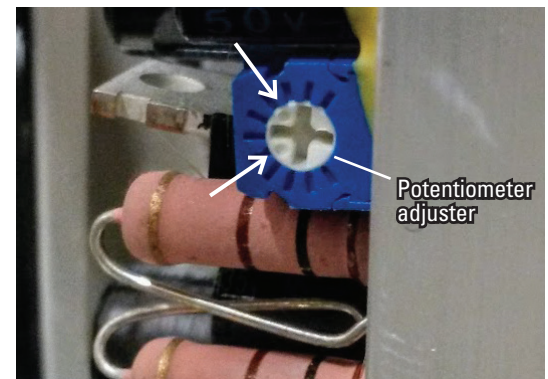
16. Final Inspection

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

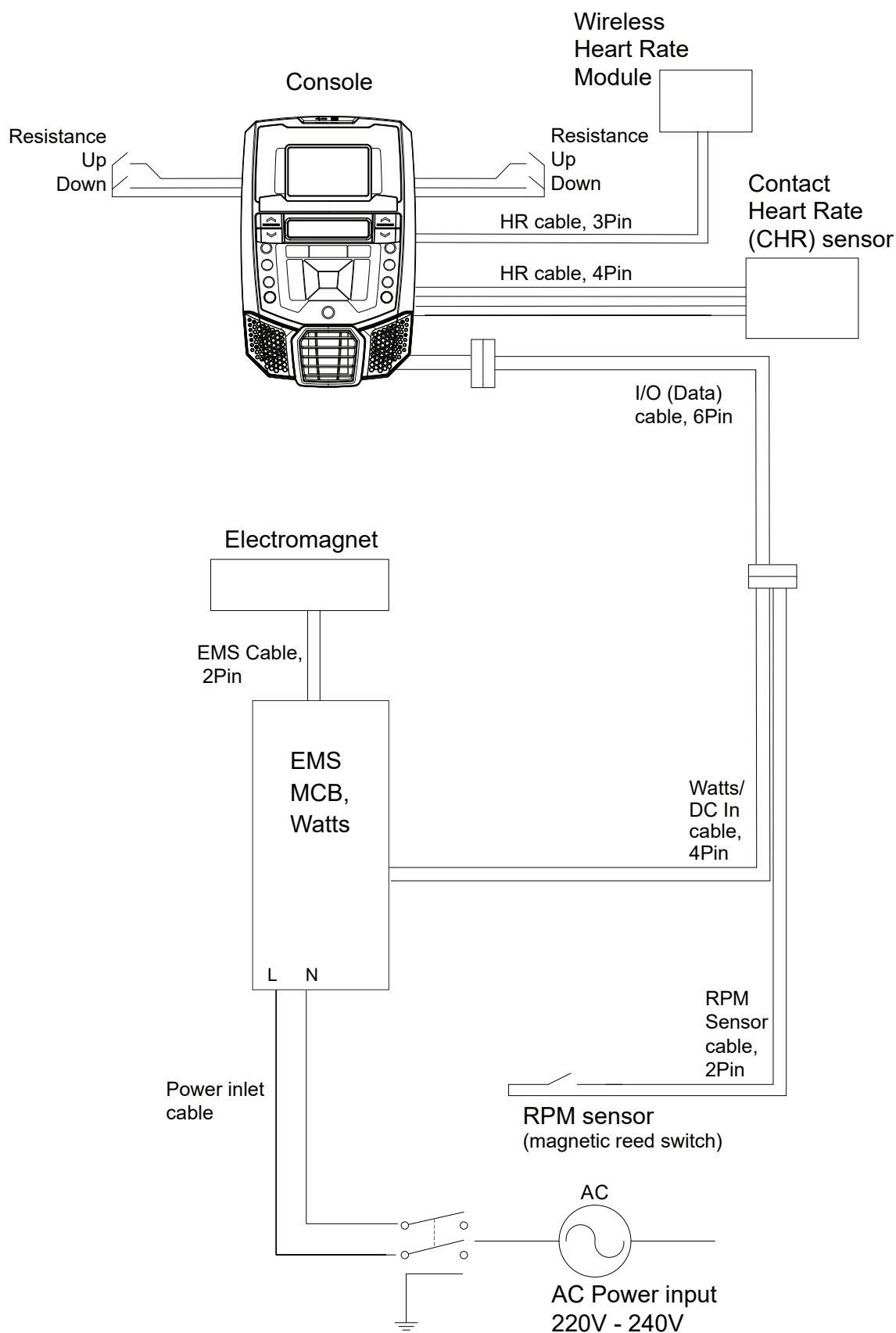


Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Owner's Manual.

Note: After replacing the MCB Assembly, the resistance levels of the machine may be different. The user should adjust their workout levels accordingly.




NLS U628/R628 Wiring Diagram



NOTICE: This document provides instructions for the replacement of the Pedals on the Nautilus™ U628 Upright Bike and R628 Recumbent Bike.

If you need assistance, please contact 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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DANGER To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.

- 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.
- 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.
- If replacement parts are necessary, use only genuine replacement parts and hardware supplied by Nautilus. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and 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.

Tools Required (not included)

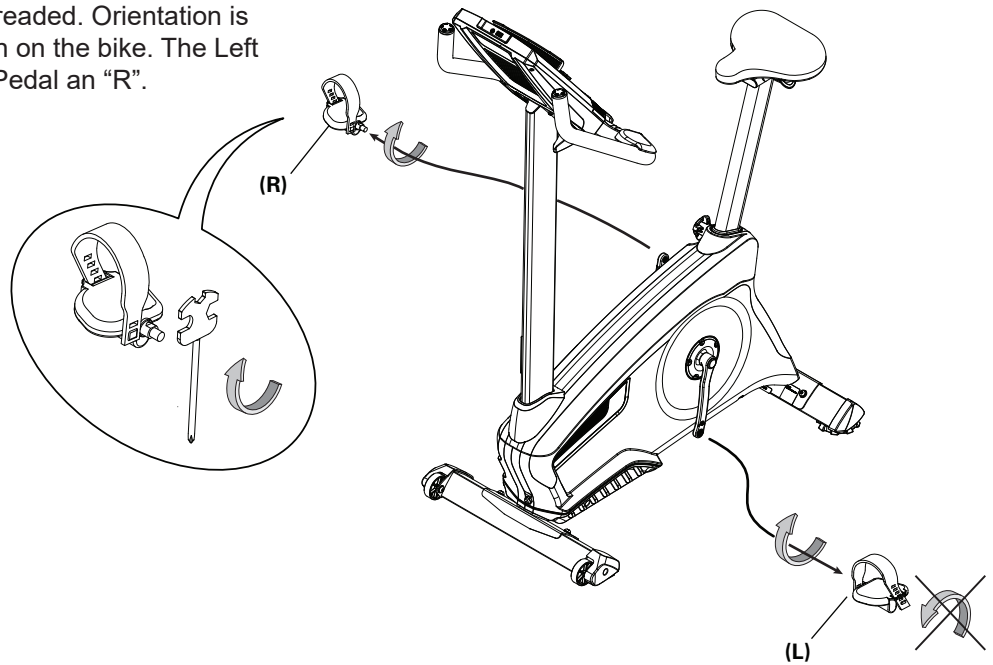
Pedal wrench
or 15mm open end wrench



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

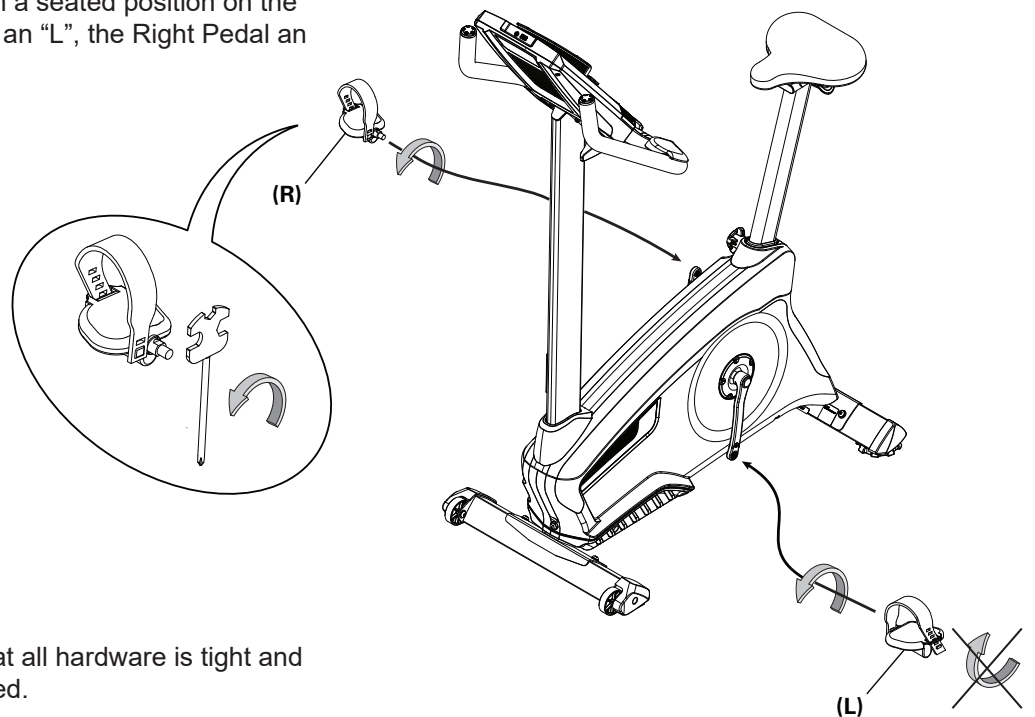
1. Loosen and remove the old Pedals. Discard the old Pedals.

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”.



2. Install the new Pedals. Carefully align the threads and hand tighten to prevent cross-threading. Then tighten fully with pedal wrench.

Note: **The Left Pedal is reverse-threaded.** Be sure to attach Pedals on the correct 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”.



3. 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 for the replacement of the Power Inlet/Switch Assembly on the Nautilus™ U628 Upright Bike and R628 Recumbent Bike.

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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.
- 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.
- If replacement parts are necessary, use only genuine replacement parts and hardware supplied by Nautilus. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and void the warranty.
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- 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.

Tools Required (not included)

#2 Phillips screwdriver



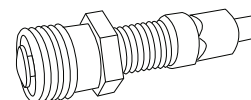
13mm open end wrench



Small flathead screwdriver



Crank puller



13mm wrench and socket



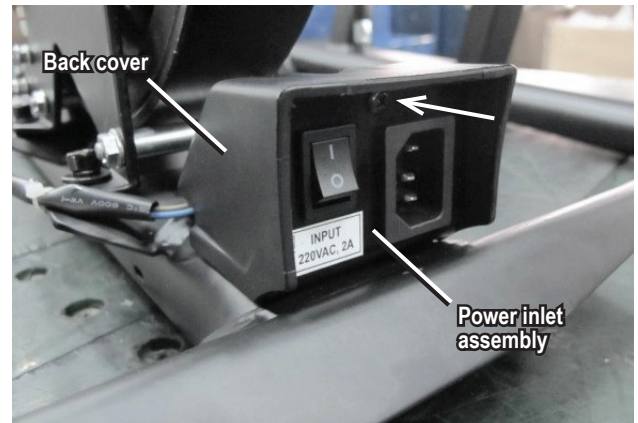
NOTICE: It is necessary to remove the Shrouds for this procedure. Refer to the “Replace the Shrouds” procedure.



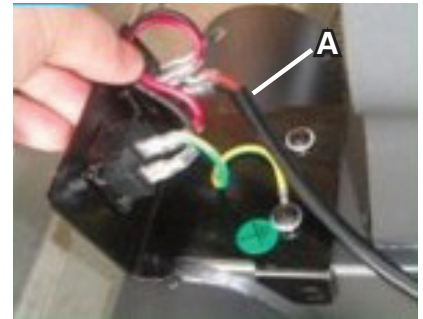
Disconnect all power to the machine before you service it.

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

1. Carefully remove the Left and Right Shrouds. Refer to the “Replace the Shrouds” procedure in this manual.
2. Loosen and remove the indicated screw from the Power Inlet assembly to release the back cover.

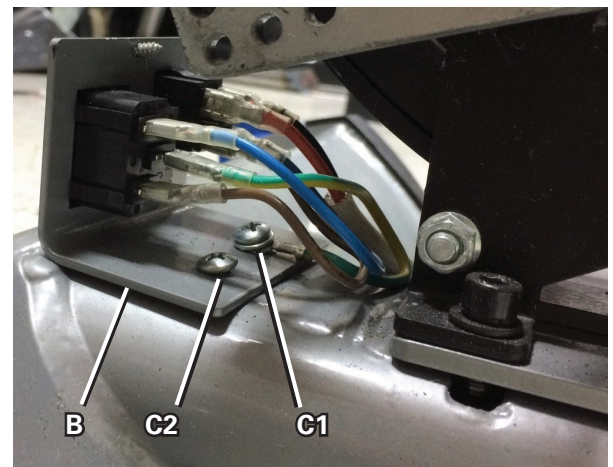


3. Carefully disconnect the Power Inlet cable (A) from the Power Inlet assembly.



4. Loosen and remove the hardware (C1, C2) that attaches the Power Inlet bracket (B) to the Main Frame. Set the hardware safely aside for reassembly.
5. Remove the old Power Inlet assembly and set it safely aside.
6. Installation is the reverse procedure.

NOTICE: Use screw C1 to attach the green ground wire to the bracket and Frame. Be sure not to crimp any cables.



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.

NOTICE: This document provides instructions for the replacement of the RPM Sensor (Speed Sensor) on the Nautilus™ U628 Upright Bike and R628 Recumbent Bike.

If you need assistance, please contact 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:

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⚠ DANGER To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.

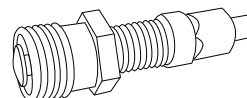
- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair 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.
- If replacement parts are necessary, use only genuine replacement parts and hardware supplied by Nautilus. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and 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.

Tools Required (not included)

#2 Phillips screwdriver



Crank puller



Small flathead screwdriver



Utility knife or scissors to cut ziptie

Ziptie

13mm wrench and socket



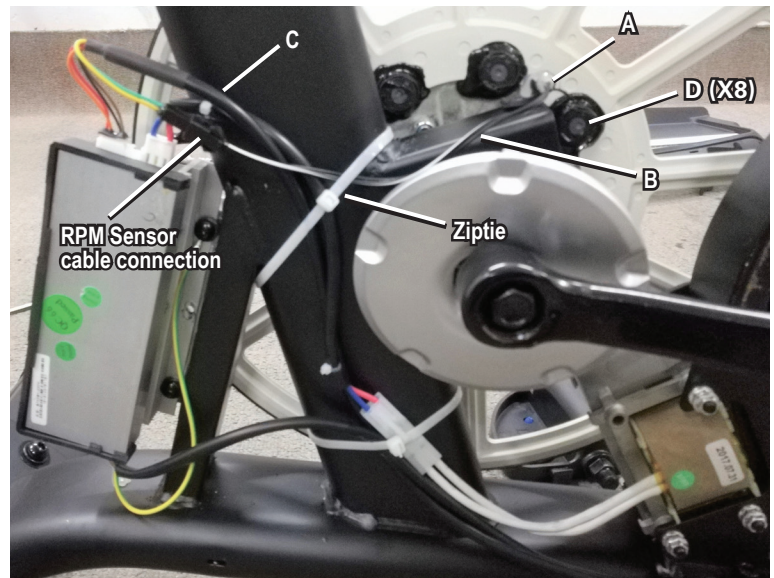
NOTICE: It is necessary to remove the Shrouds for this procedure. Refer to the “Replace the Shrouds” procedure.

! **Disconnect all power to the machine before you service it.**

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

1. Carefully remove the Shrouds. Refer to the “Replace the Shrouds” procedure in this manual.
2. Observe the cable routing from the RPM Sensor (A) to the I/O Cable (C).
3. Disconnect the RPM Sensor cable (B) from the I/O Cable (C).
NOTICE: Do not crimp any cables.
4. Carefully remove the ziptie(s) that attaches the RPM Sensor cable (B) to the Frame.

U628 - right side view



5. Using a #2 Phillips screwdriver, remove the screw (A1) that attaches the RPM Sensor (A) to the Main Frame. Carefully remove the old RPM Sensor and cable.

NOTICE: Do not crimp any cables.

6. Installation is the reverse procedure.

NOTICE: Do not crimp any cables. Be sure the routing for the new RPM Sensor cable (B) and other wiring is correct to prevent interference from moving parts.

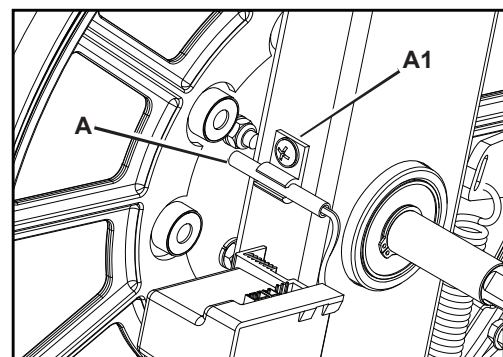
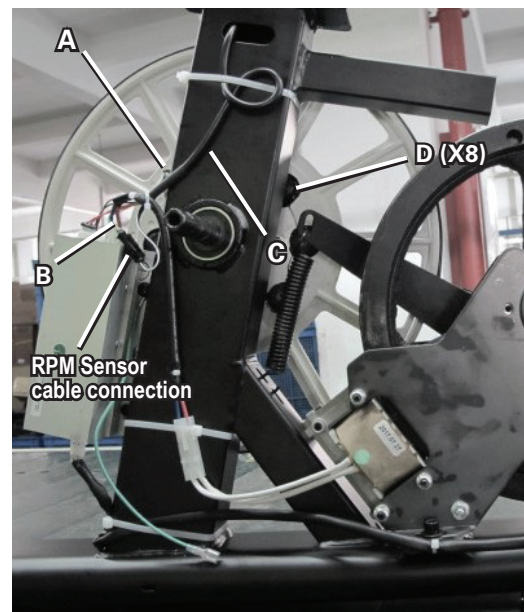
Note: Before fully attaching the Shrouds, verify that the RPM Sensor (A) and Speed Sensor Magnets (D) on the Drive Pulley do not touch.

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.**

R628 - right side view



NOTICE: This document provides instructions for the replacement of the Shrouds on the Nautilus™ U628 Upright Bike.

If you need assistance, please contact 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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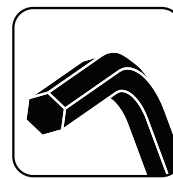
- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair 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.
- If replacement parts are necessary, use only genuine replacement parts and hardware supplied by Nautilus. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and 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.

Tools Required (not included)

#2 Phillips screwdriver



6mm hex wrench



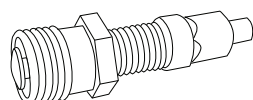
Flathead screwdriver



13mm wrench and socket



Crank puller

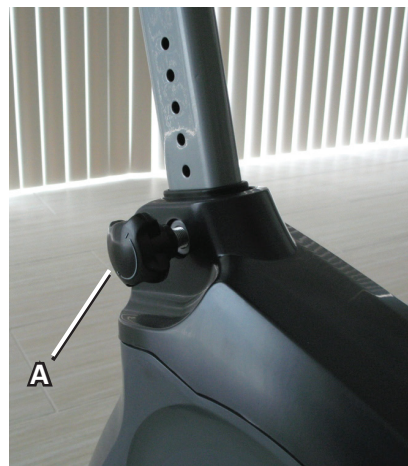




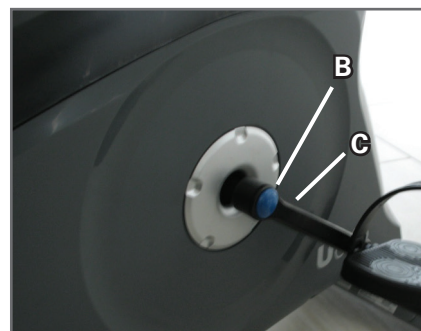
Disconnect all power to the machine before you service it.

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

1. Remove the Seat Post and the Seat Adjustment Knob (A). Set them safely aside for reassembly.



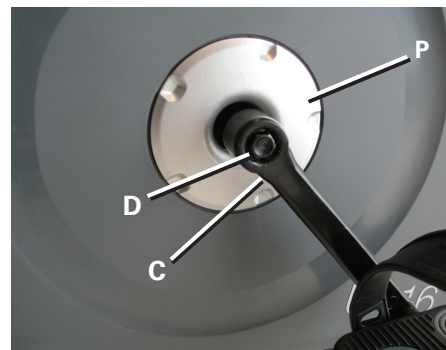
2. Using a flathead screwdriver, remove the threaded Cap (B) from the Crank Arm (C) to expose the Hex Head Bolt (D).



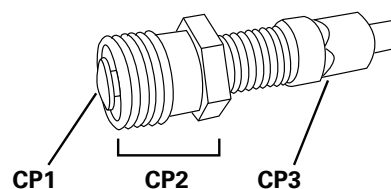
3. Using a wrench and socket, remove the Hex Head Bolt (D) .
4. Thread the Crank Puller into the Crank Arm (C). When the Crank Puller is in the correct position, only 1-2 threads on the outer portion (CP2) of the Crank Puller should show.

Note: Be sure the end of the Bolt (CP1) of the Crank Puller is flush with the Nut (CP2) as shown, before use.

5. Using a wrench, turn the inner portion (CP3) of the Crank Puller clockwise. The Crank Arm (C) will slide off as it is tightened.



6. Twist the Crank Cover (P) toward the front of the machine to disengage the inner tabs. Carefully remove the Crank Covers and set them safely aside.



7. Slide the Mast Gasket up the Mast.

8. Remove the hardware (indicated) from the Mast. Gently pull the Mast out and disconnect the cables. Set the hardware, Mast and Mast Gasket safely aside.

NOTICE: Do not crimp the cables. This step may require two people.

Note: Do not let the cable fall down inside the Frame.

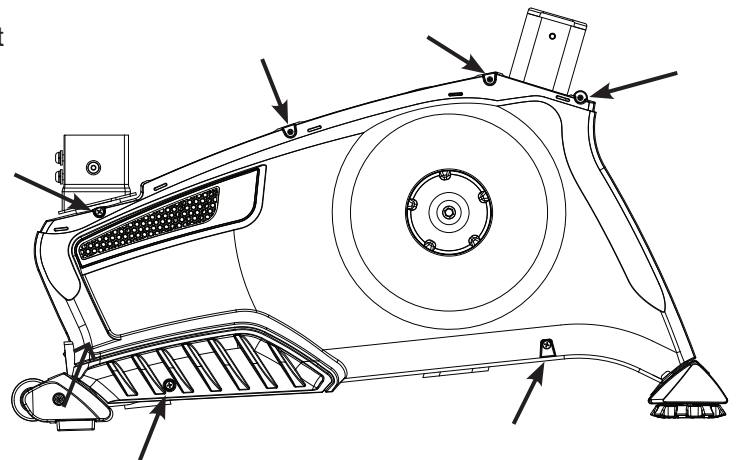
9. Bend the edges of the Top Shroud to disengage the inside tabs from the Main Assembly, and remove the Top Shroud.



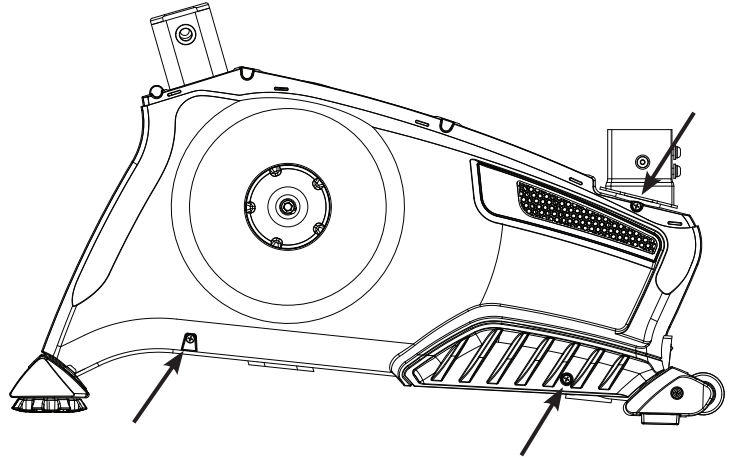
Cable connectors

10. Using a #2 Phillips Screwdriver, remove the 6 screws (indicated) that secure the Left Shroud. Remove the bottom screws first, and then the top screws. Slowly remove the Left Shroud.

NOTICE: Be sure not to crimp any cables.



11. Using a #2 Phillips Screwdriver, remove the 3 screws that secure the Right Shroud. Remove the bottom screws first, and then the top screw. Slowly remove the Right Shroud.



12. Installation is the reverse procedure. Put the Left Shroud in position first to align the screws for the Right Shroud. Install the top screws first.

NOTICE: Be sure not to crimp any cables. Be sure the tabs in the Top Shroud snap into the Main Assembly.

Be sure the Crank Arms are connected at 180° from each other.

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 for the replacement of the Transport Wheels, Front Endcaps and Footpads on the Nautilus™ U628 Upright Bike, R628 Recumbent Bike, and E628 Elliptical Fitness Machine.

If you need assistance, please contact 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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! DANGER To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.

- 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.
- 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.
- If replacement parts are necessary, use only genuine replacement parts and hardware supplied by Nautilus. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and 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.

Tools Required (not included)

6mm hex wrench



Static solid object (like a book or box)

#2 Phillips screwdriver (short)



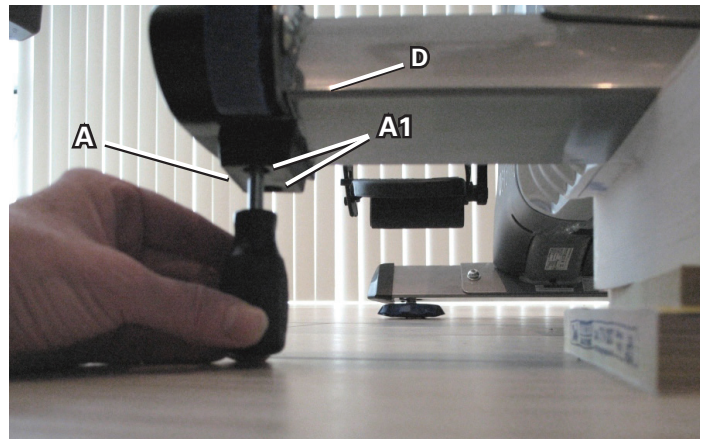
13mm open end wrench



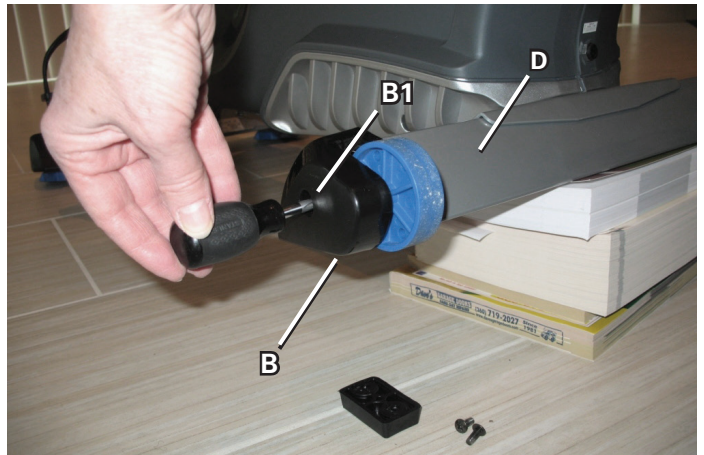
Note: Your machine may not match the image. For reference only.

1. Place a static object (like a book or box) under the front stabilizer (D). The static object should not be compressible.

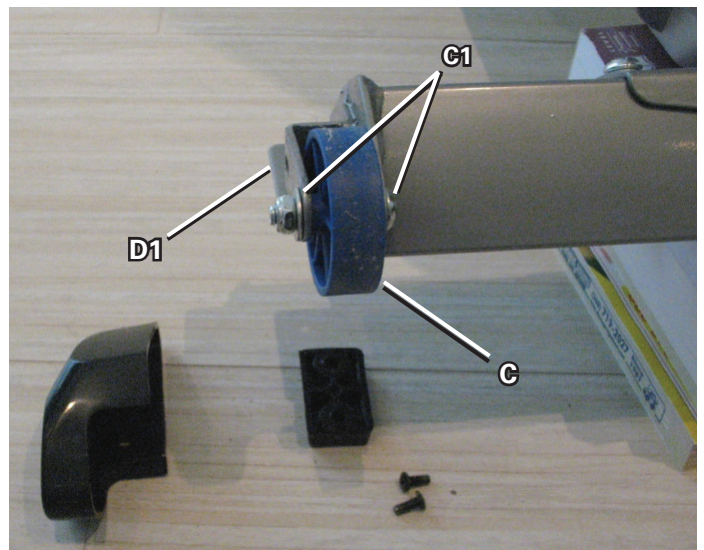
2. Using a short #2 Phillips screwdriver, loosen and remove the screws (A1) from the Footpad (A), and set them safely aside. Remove the Footpad from the front stabilizer (D). Set the Footpad and screws safely aside.



3. Loosen and remove the screw (B1) from the Endcap assembly (B) and set it safely aside. Remove the Endcap from the front stabilizer (D). Set the Endcap and screw safely aside.



4. Using the 6mm hex wrench and 13mm wrench, loosen and remove the hardware (C1) from the old Transport Wheel assembly (C). Remove the old Transport Wheel from the front stabilizer bracket (D1). Set the Transport Wheel and hardware safely aside.



5. Installation is the reverse procedure.

NOTICE: Before fully attaching the Endcap, be sure that the Transport Wheel can turn freely.

6. Dispose of the old parts.

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.