

# SCHWINN® 245



Manual en Español Latino Americano:  
<http://www.schwinnfitness.com>

**ASSEMBLY MANUAL / OWNER'S MANUAL**

## TABLE OF CONTENTS

Important Safety Instructions - Assembly	3	Important Safety Instructions	20
Safety Warning Labels / Serial Number	4	Features	21
Specifications	4	Console Features	22
Parts	5	Remote Heart Rate Monitor	23
Tools	5	Operations	25
Hardware	6	Adjustments	25
Before Assembly	6	Quick Start / Manual Program	26
Assembly	7	Workout Program Selection	26
Moving the Bike	19	Schwinn™ Advantage User Setup Mode	27
Leveling the Bike	19	Profile Programs	29
		Pausing or Stopping	30
		Results/Cool Down Mode	31
		User Statistics	31
		Console Setup Mode	32
		Maintenance	33
		Troubleshooting	35
		Warranty	37

To validate warranty support, keep the original proof of purchase and record the following information:

**Serial Number** \_\_\_\_\_

**Date of Purchase** \_\_\_\_\_

To register your product warranty , go to: **[www.SchwinnFitness.com/register](http://www.SchwinnFitness.com/register)**

Or call 1 (800) 605-3369.

If you have questions or problems with your product, please call 1 (800) NAUTILUS (628-8458).



This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury.

**Obey the following warnings:**



Read and understand all warnings on this machine.

Carefully read and understand the Assembly instructions.

- Keep bystanders and children away from the product you are assembling at all times.
- Do not connect power supply to the machine until instructed to do so.
- Do not assemble this machine outdoors or in a wet or moist location.
- Make sure assembly is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Some components of the machine can be heavy or awkward. Use a second person when doing the assembly steps involving these parts. Do not do steps that involve heavy lifting or awkward movements on your own.
- Set up this machine on a solid, level, horizontal surface.
- Do not try to change the design or functionality of this machine. This could compromise the safety of this machine and will void the warranty.
- If replacement parts are necessary, use only genuine Nautilus® replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and void the warranty.
- Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Manual.
- Do not operate this machine until you read and understand the complete Owner's Manual provided online. Keep the Owner's Manual for future reference.
- Do all assembly steps in the sequence given. Incorrect assembly can lead to injury or incorrect function.
- This product contains magnets. Magnetic fields can interfere with the normal use of certain medical devices at a close range. Users may come into proximity of the magnets in the assembly, maintenance, and/or use of the product. Given the obvious importance of these devices, such as a pacemaker, it is important that you consult with your medical provider in connection with the use of this equipment. Please consult the "Safety Warning Labels and Serial Number" section to determine the location of the magnets on this product.

# SAFETY WARNING LABELS AND SERIAL NUMBER / SPECIFICATIONS

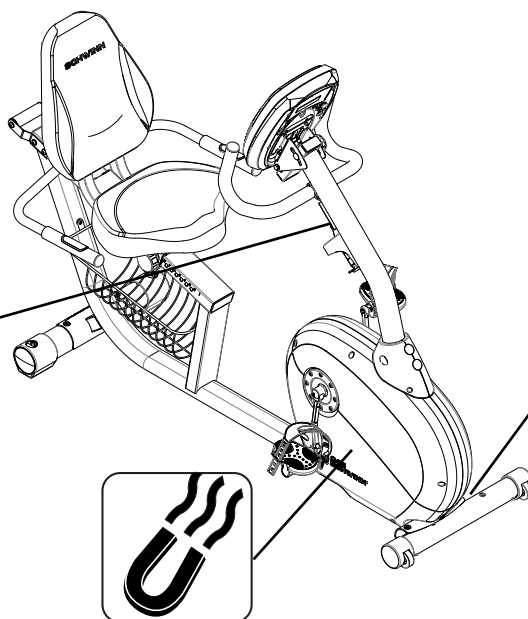
**⚠ WARNING**

- Keep children away.
- Prior to use, read and understand the Owners Manual.
- Injury or death is possible if Caution is not used while using this machine.
- The maximum user weight for this machine is 300 lbs (136 Kg).
- Replace any "Caution" "Warning" or "Danger" label that is illegible, damaged, or removed.
- This machine is for home use only.

**⚠ AVERTISSEMENT**

- Gardez les enfants et les animaux de compagnie éloignés de cette machine en tout temps.
- Lisez et familiarisez-vous avec le Manuel du propriétaire et avec tous les avertissements avant d'utiliser cette machine.
- Soyez prudent lorsque vous utilisez cet équipement pour ne pas vous infliger de graves blessures.
- Cette machine supporte un poids maximal de 300lbs. (136kg).
- Remplacez toute étiquette d'avertissement endommagée, illisible ou manquante.
- Cette machine est à usage domestique uniquement.

003-5800



## 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.

The power supply 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 power supply has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate 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. If 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.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

**Maximum User Weight:** 300 lbs. (136 kg)

### Power Requirements:

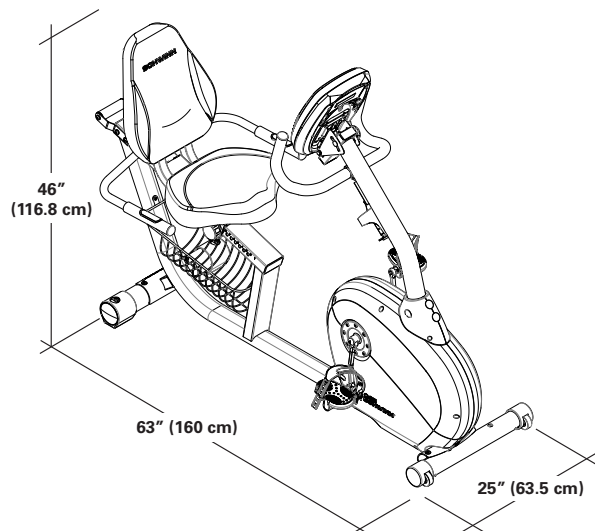
Operational Voltage: 9VDC

Operating Current: 1.0 A

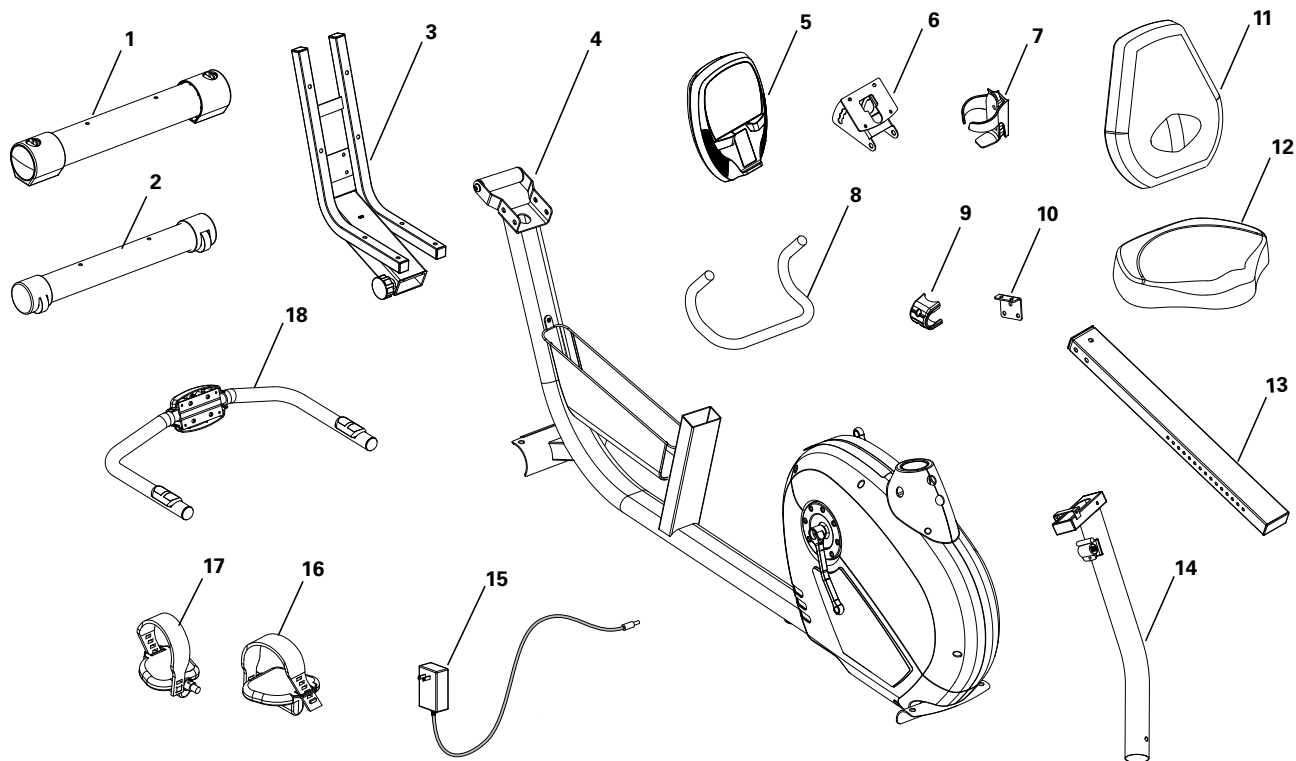
### Regulatory Approvals:

AC Power Adapter: UL listed, CSA certified (or equivalent),  
Rated 120V 60Hz Input, 9VDC, 1.0A Output.  
Class 2 or LPS.

**⚠** This product, its packaging, and components contain chemicals known to the State of California to cause cancer, birth defects, or reproductive harm. This Notice is provided in accordance with California's Proposition 65. If you would like additional information, please refer to our website at [www.nautilus.com/prop65](http://www.nautilus.com/prop65).







Item	Qty	Description	Item	Qty	Description
1	1	Rear Stabilizer	10	1	Seat Rail Bracket
2	1	Front stabilizer	11	1	Seat Back
3	1	Seat Frame	12	1	Seat Bottom
4	1	Main Frame	13	1	Seat Rail
5	1	Console	14	1	Console Mast
6	1	Console Bracket	15	1	AC Adapter
7	1	Water Bottle Holder	16	1	Left Pedal
8	1	Upright Handlebar	17	1	Right Pedal
9	1	Handlebar Bracket	18	1	Side Handlebar

**Note:** Media Cable is in the Console box.

## Tools

### Included



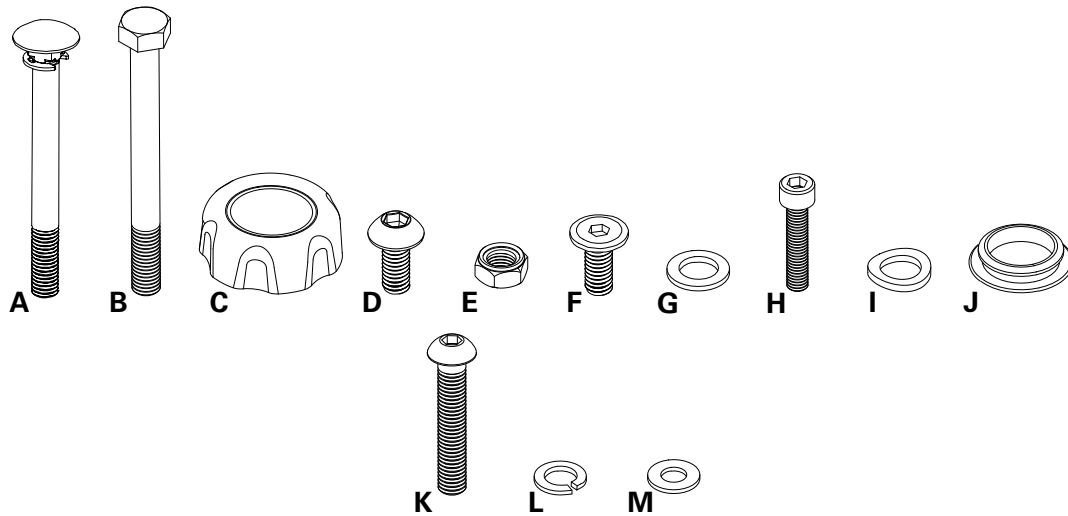
6 mm

### Not Included



(recommended)





Item	Qty	Description	Item	Qty	Description
A	1	Carriage Bolt, M8x85	H	1	Hex Bolt, M7x30
B	1	Hex Bolt, M8x85	I	4	Curved Washer, M8
C	1	Console Tilt Adjustment Knob	J	4	Cover
D	8	Button Head Hex Screw, M8x16	K	8	Button Head Hex Screw, M8x45
E	1	Lock Nut, M8	L	1	Lock Washer, M7
F	4	Hex Screw, M8x16	M	1	Flat Washer, M7
G	14	Flat Washer, M8			

## Before Assembly

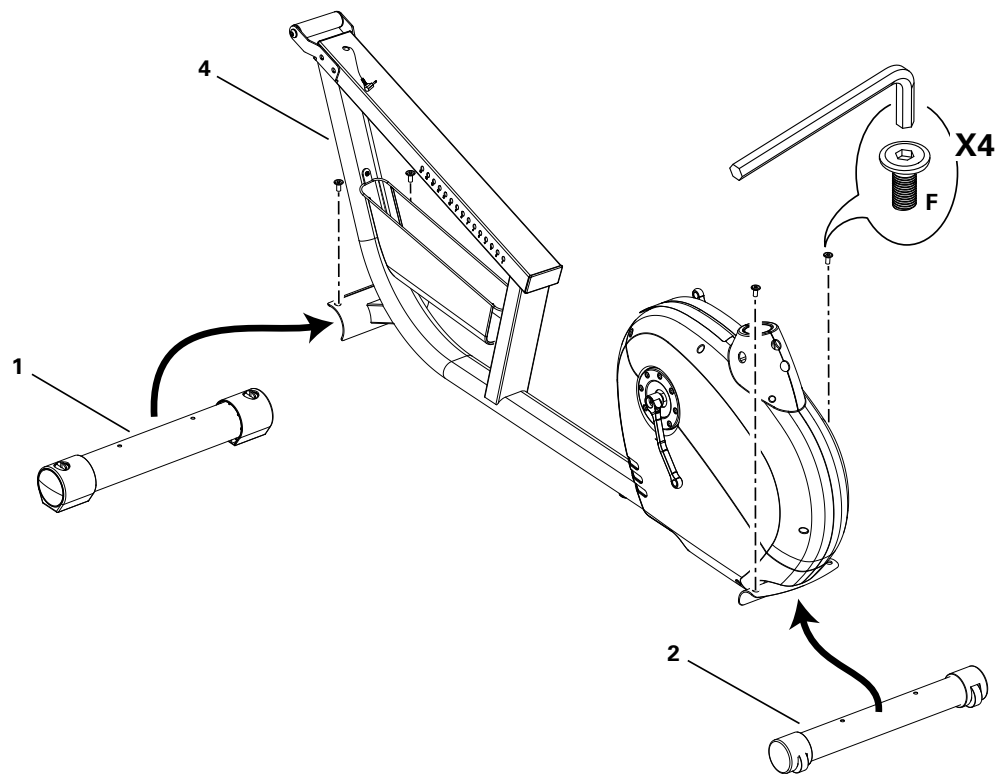
Select the area where you are going to set up and operate your machine. For safe operation, the location must be on a hard, level surface. Allow a workout area of a minimum 111" x 73" (2.8m x 1.9m).

### Basic Assembly Tips

Follow these basic points when you assemble your machine:

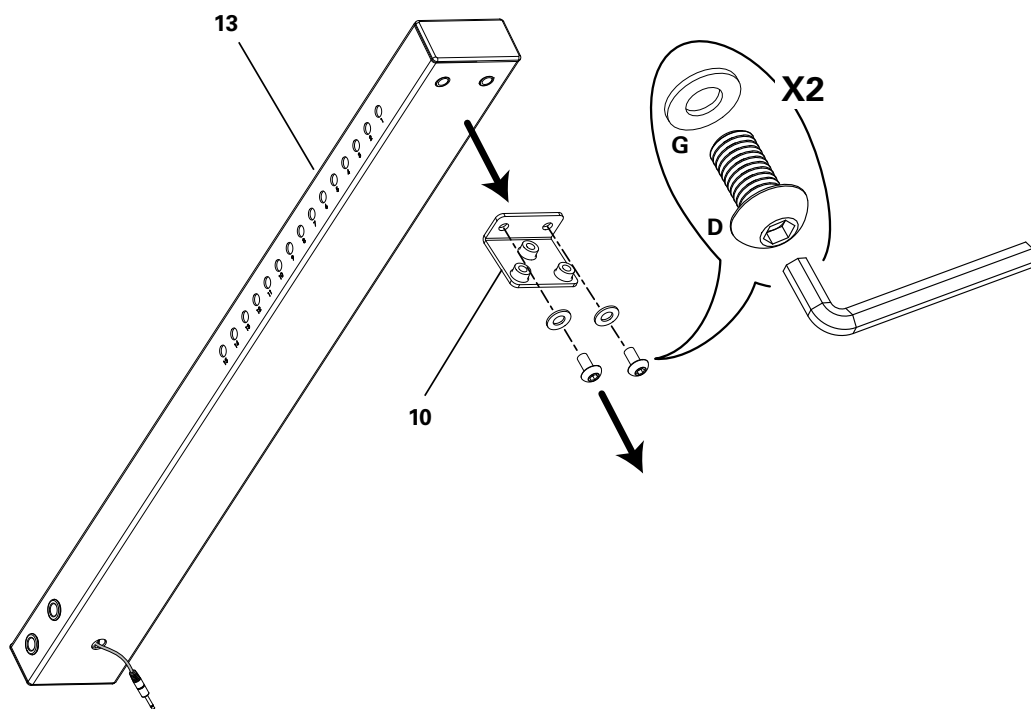
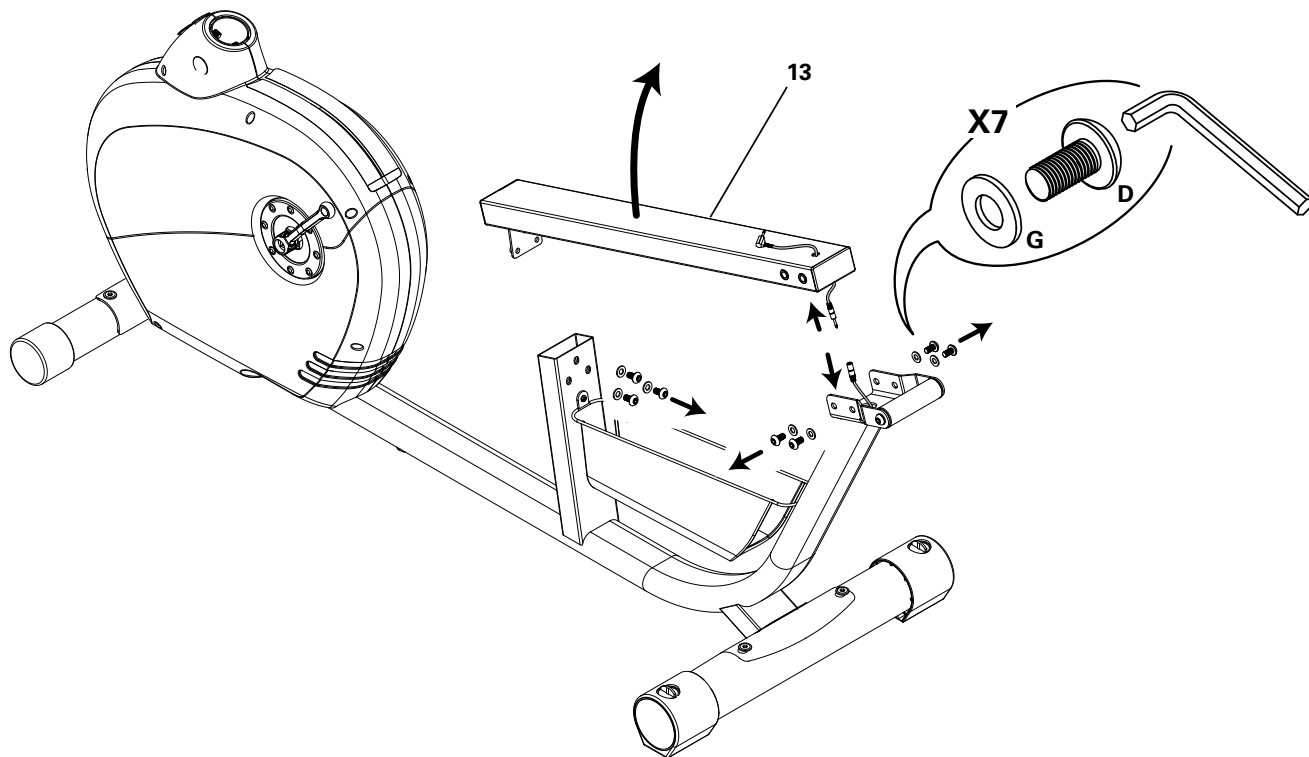
- Read and understand the "Important Safety Instructions" before assembly.
- Collect all the pieces necessary for each assembly step.
- Using the recommended wrenches, turn the bolts and nuts to the right (clockwise) to tighten, and the left (counterclockwise) to loosen, unless instructed otherwise.
- When attaching 2 pieces, lightly lift and look through the bolt holes to help insert the bolt through the holes.
- The assembly requires 2 people.

## 1. Attach Stabilizers to Frame

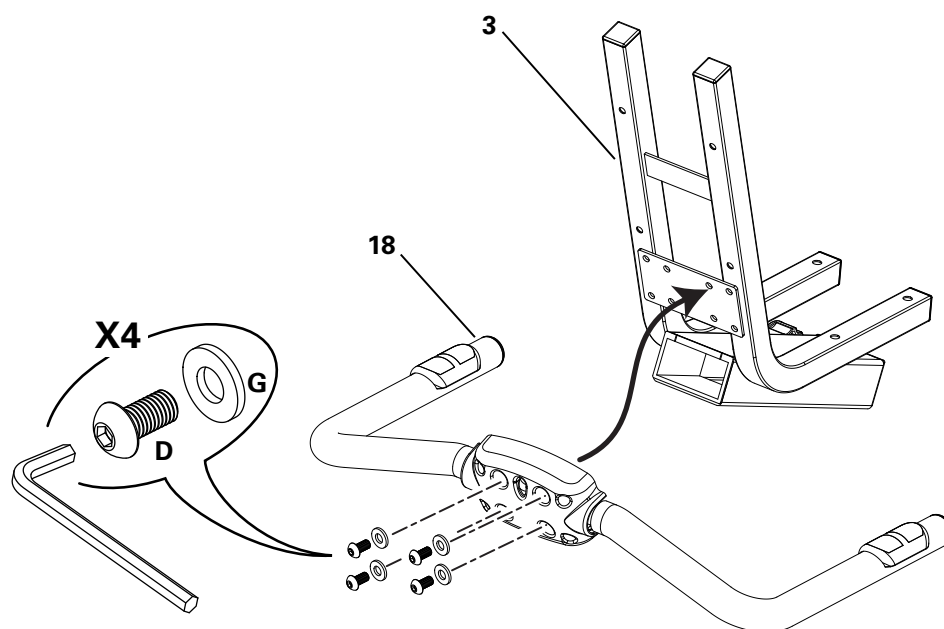


## 2. Prepare the Main Frame for Assembly

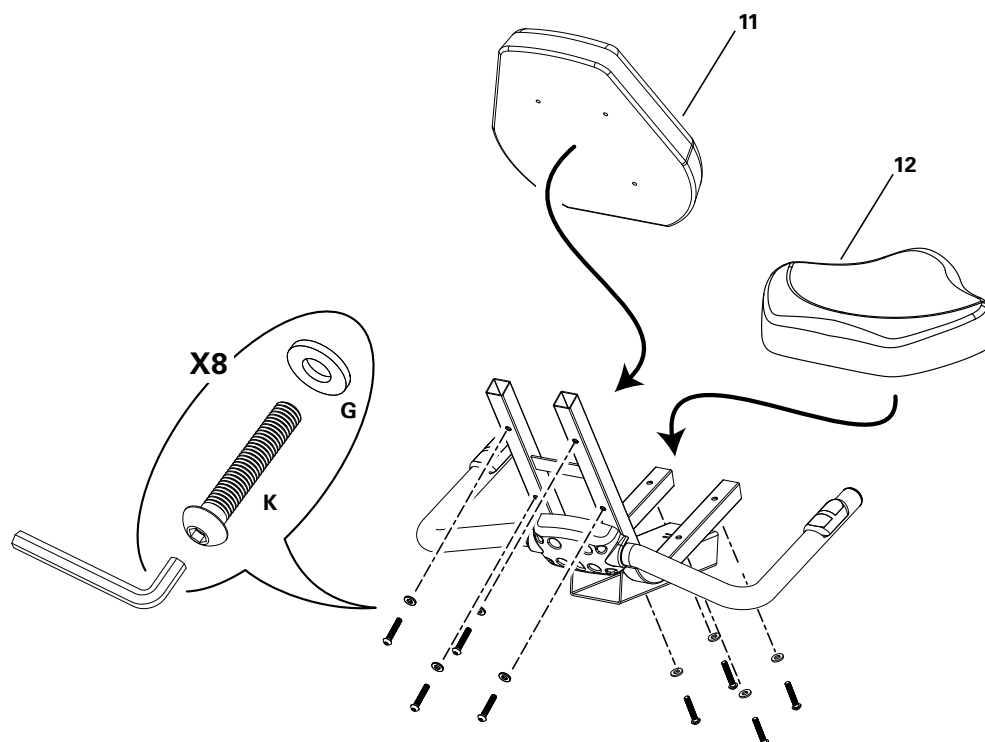
**NOTICE:** Disconnect the Heart Rate Cable. Make sure that the heart rate cable does not fall into the frame tube. Hardware is not on hardware card.



### 3. Attach Side Handlebar to Seat Frame

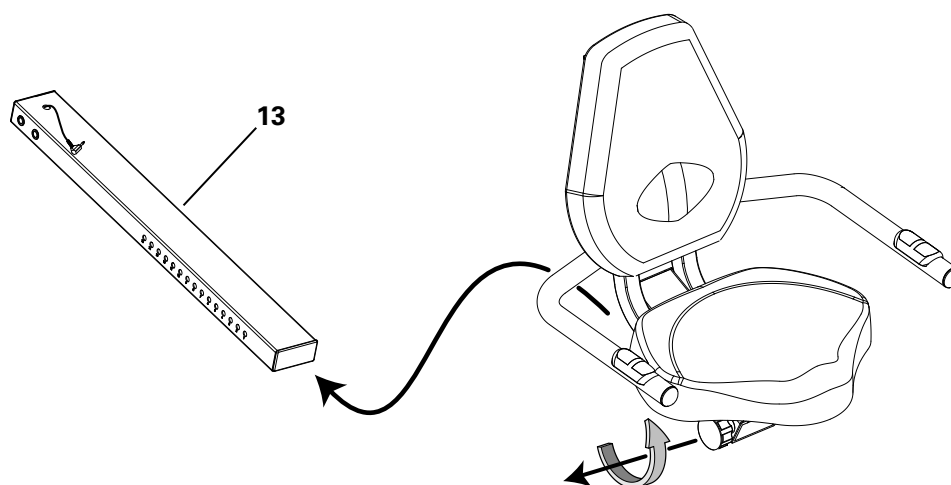


### 4. Attach Seat Pads to Seat Frame Assembly



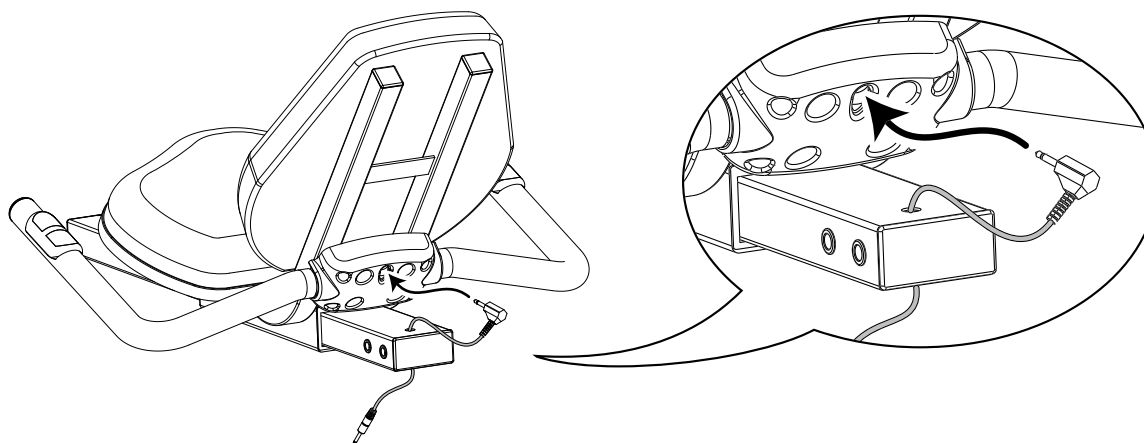
## 5. Slide Seat Assembly onto Seat Rail

*NOTICE:* Do not crimp the Heart Rate Cable. Lock the Adjustment Knob into one of the Seat Rail locking holes.



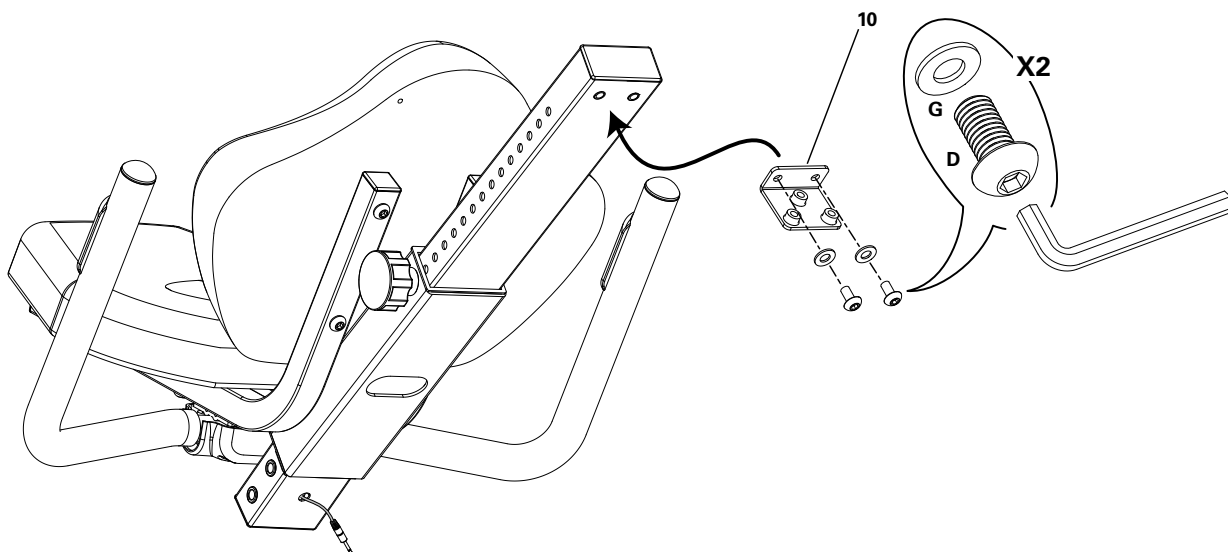
## 6. Connect Heart Rate Cable to Seat Assembly

*NOTICE:* Do not crimp the Heart Rate Cable.



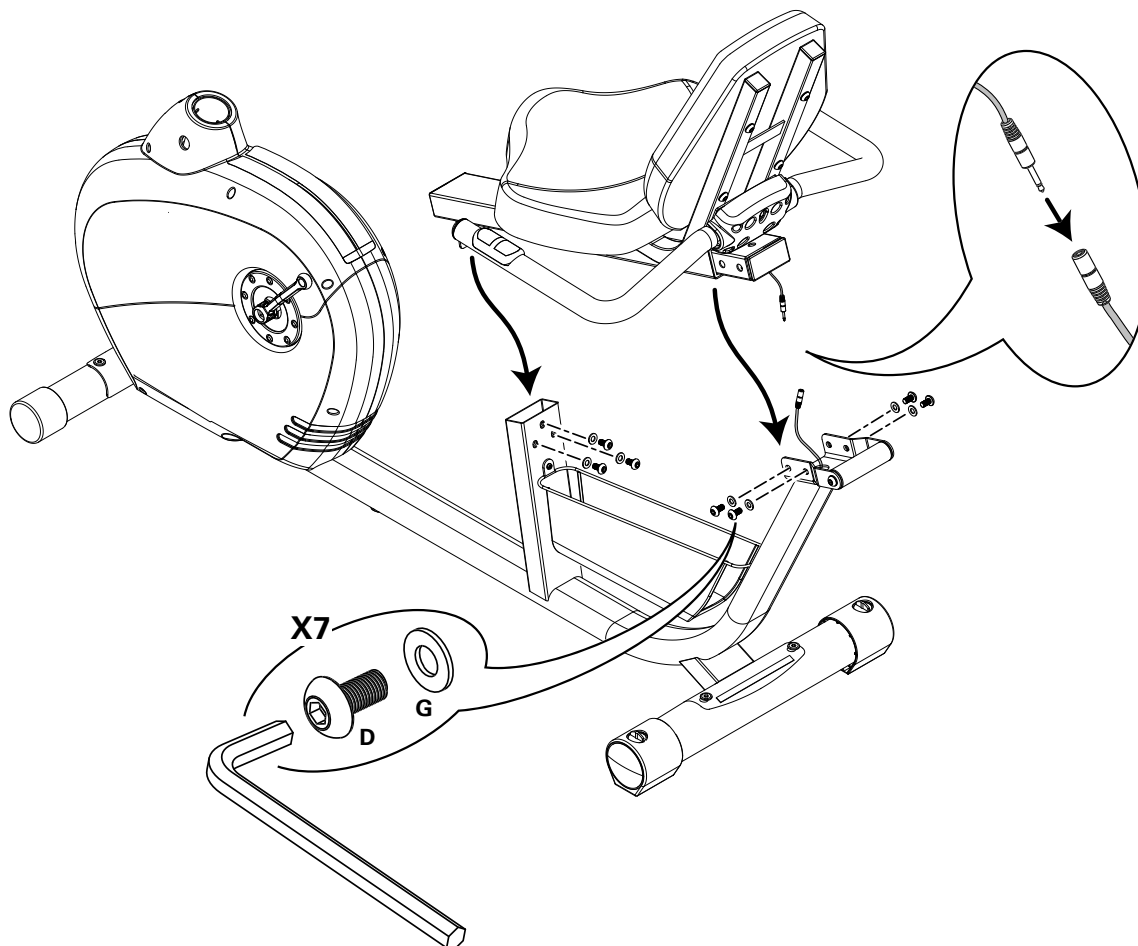
## 7. Install Seat Rail Bracket

**Note:** Hardware was pre-installed and not on hardware card.



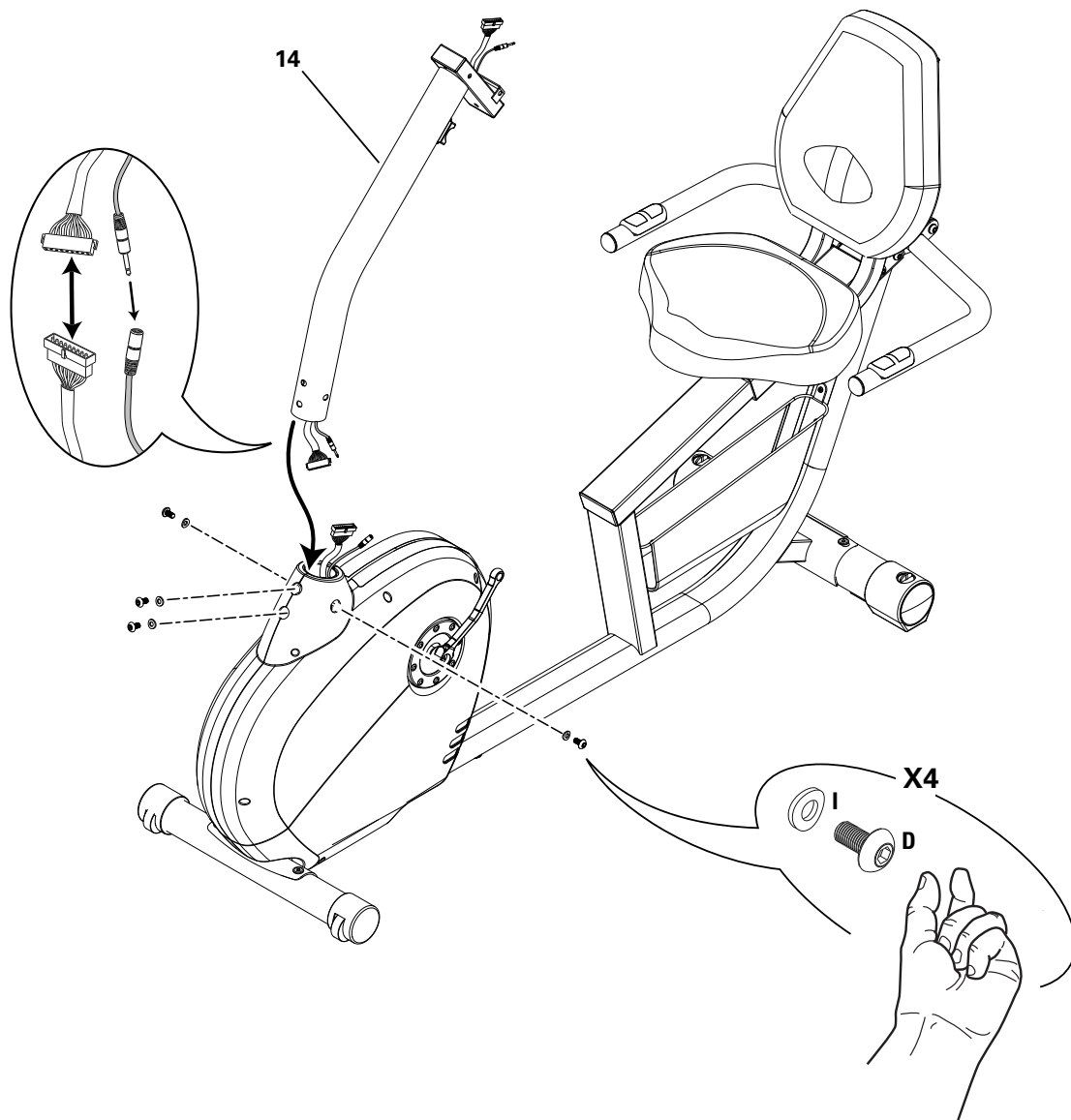
## 8. Attach Seat Rail Assembly to Frame Assembly

**NOTICE:** Do not crimp the Heart Rate Cable. Hardware was pre-installed and not on hardware card.



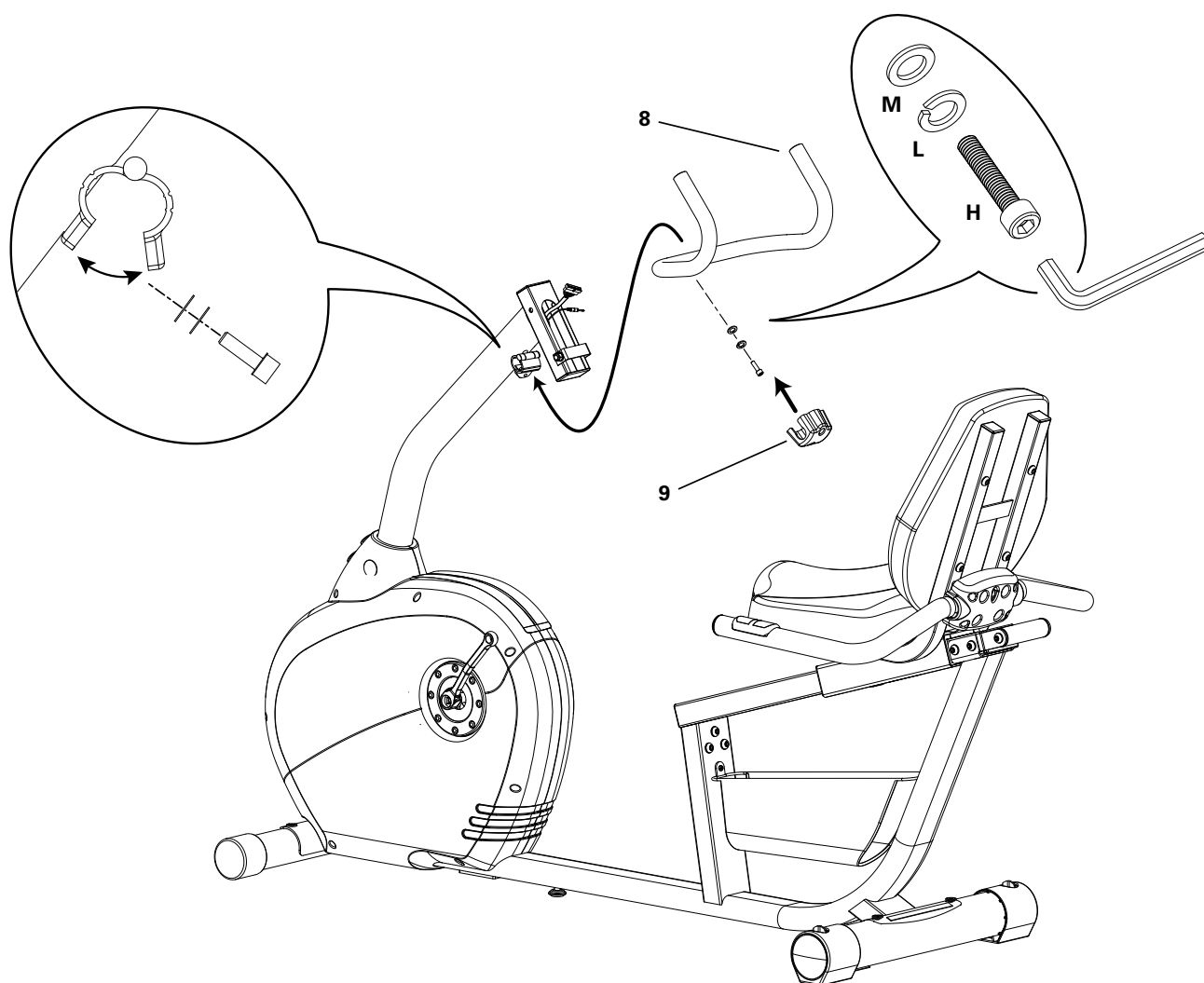
## 9. Attach Console Mast to Frame Assembly

**NOTICE:** Align the clips on the cable connectors and make sure the connectors lock. Do not crimp the cables.



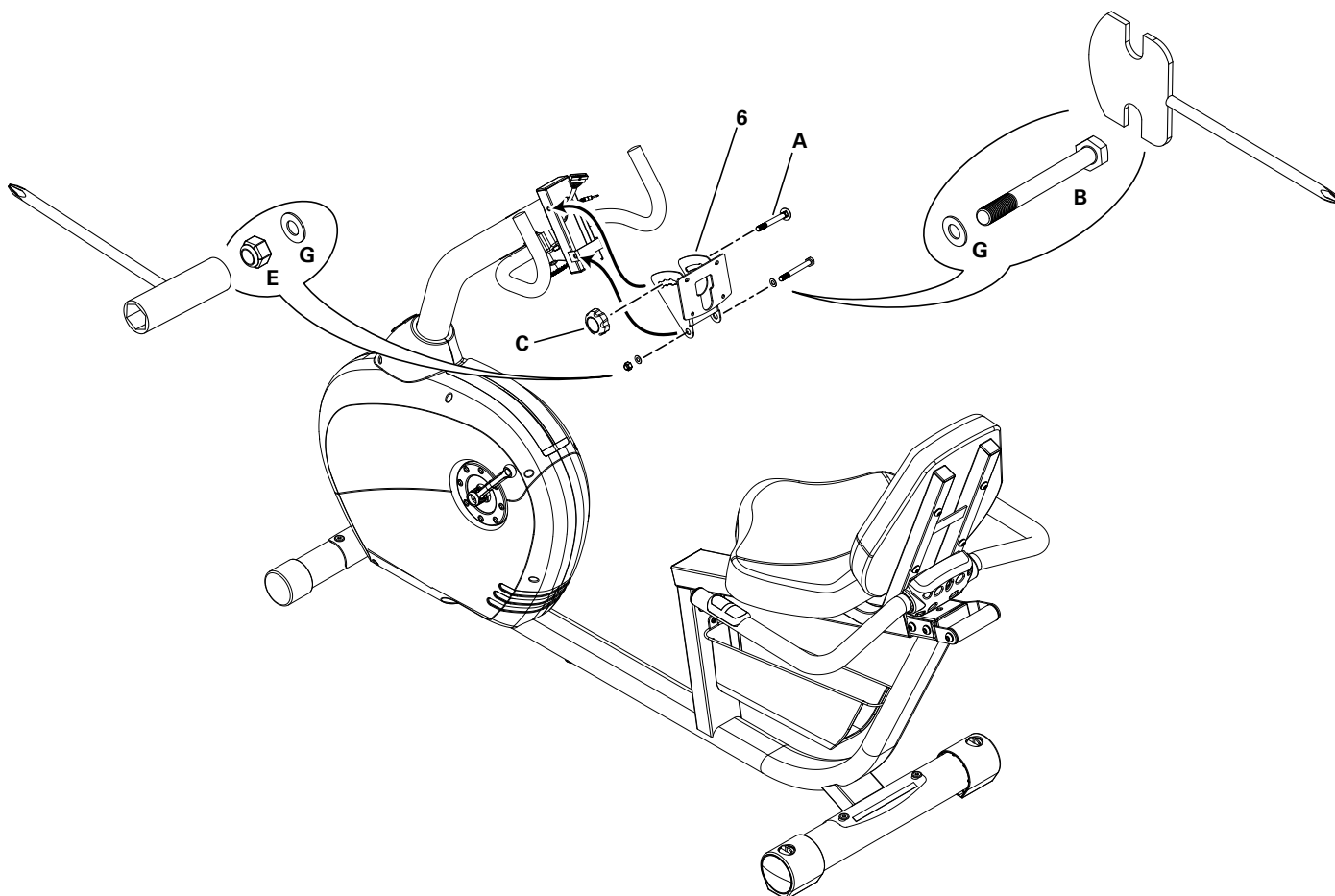


## 10. Attach Upright Handlebar to Console Mast



## 11. Attach Console Bracket to Console Mast

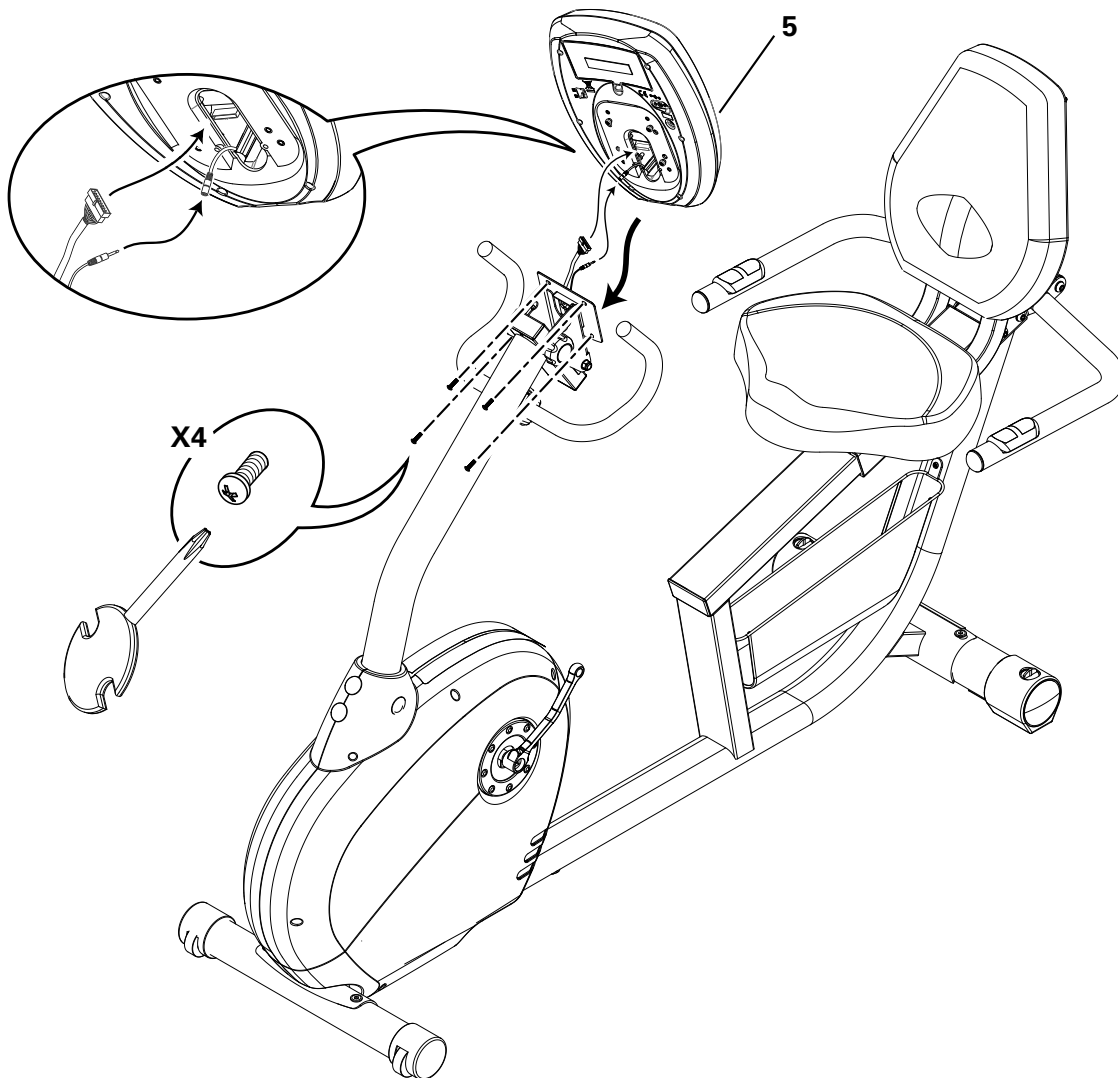
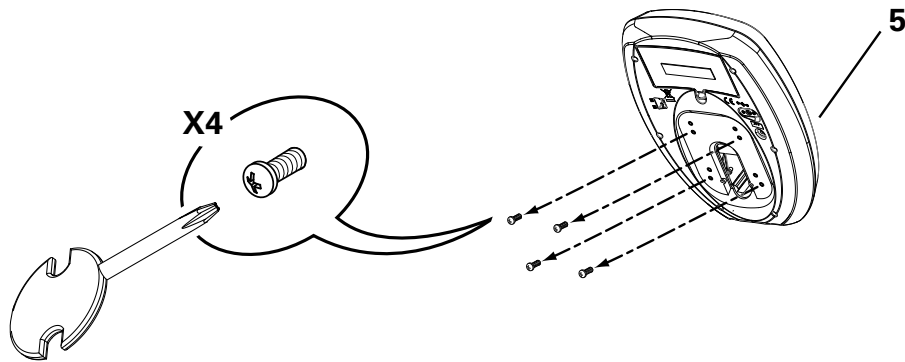
*NOTICE:* Do not crimp the cables.



## 12. Install Console to Console Bracket

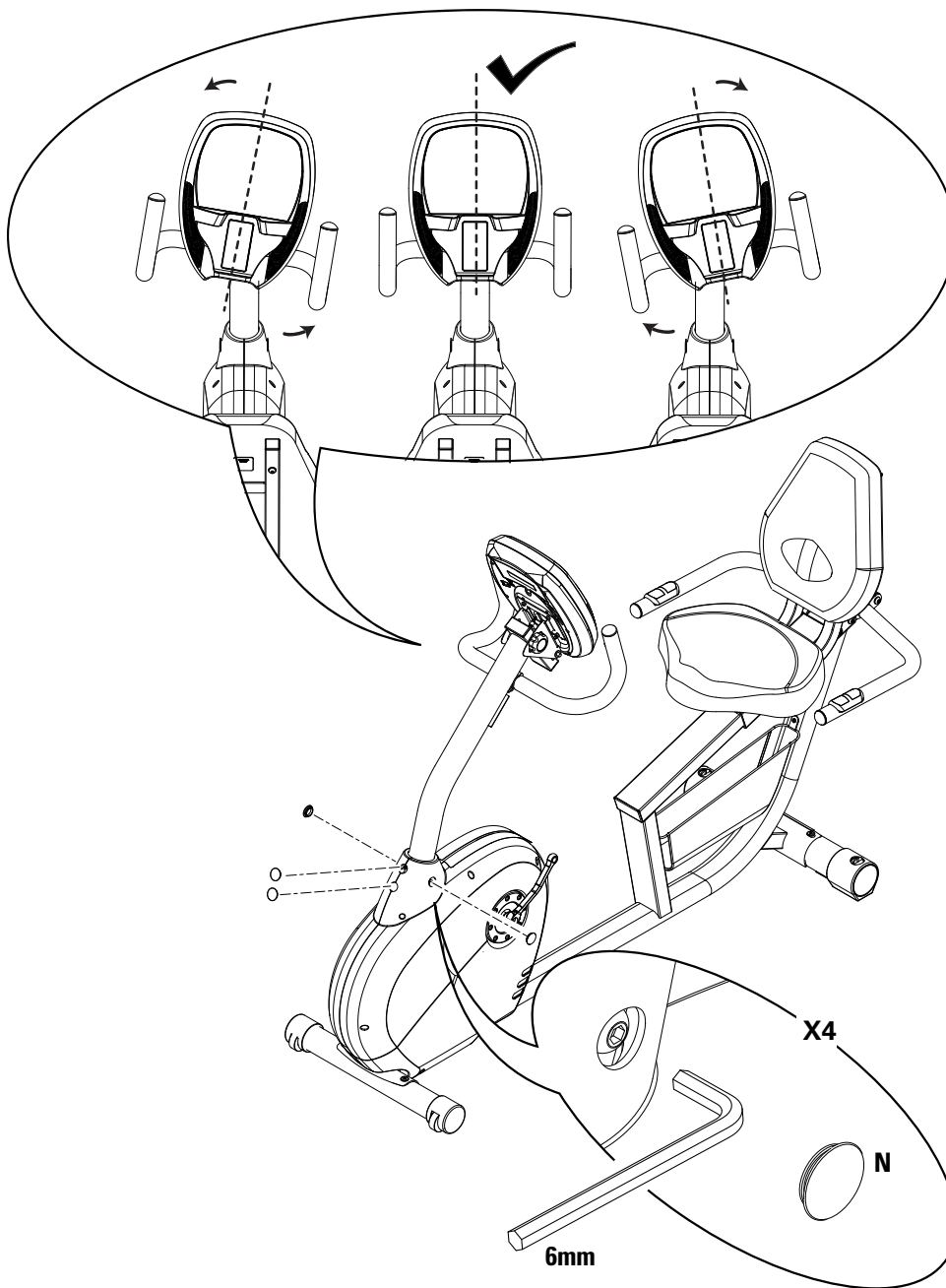
**Note:** Remove the pre-installed screws from the back of the Console before you connect the cables.

**NOTICE:** Do not crimp the cables.



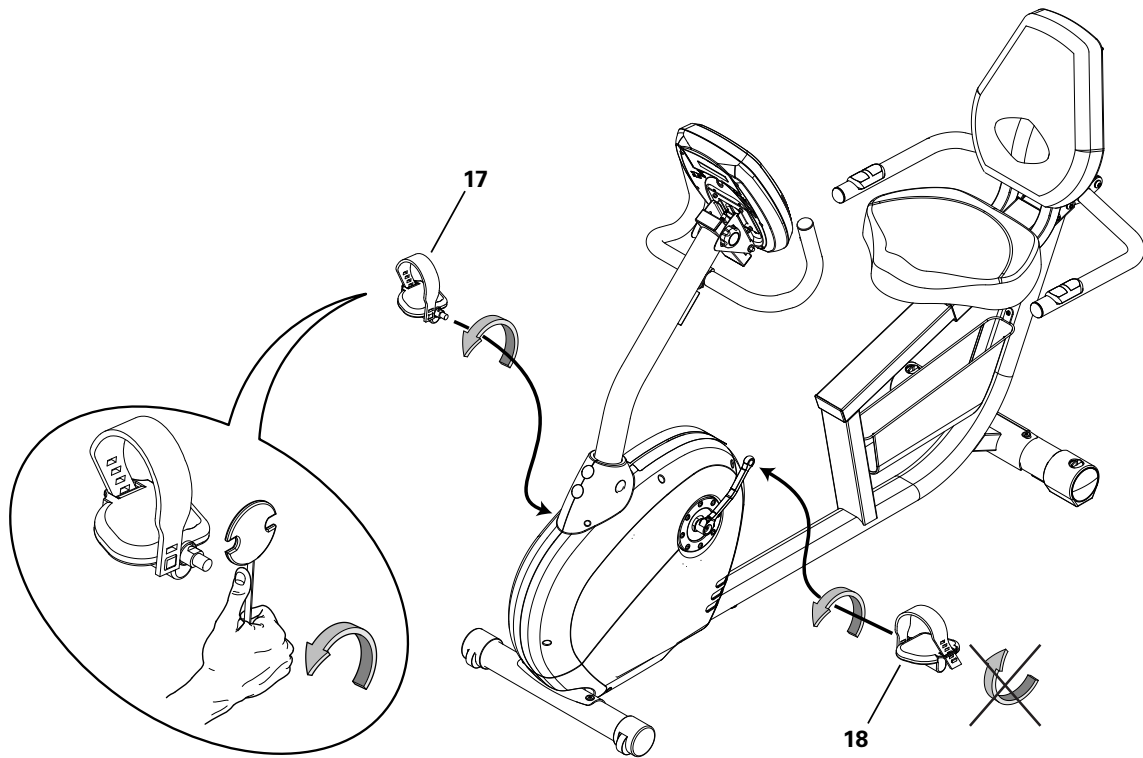
### 13. Adjust and Tighten the Console Mast and Console

*NOTICE:* Tighten hardware and install Caps.



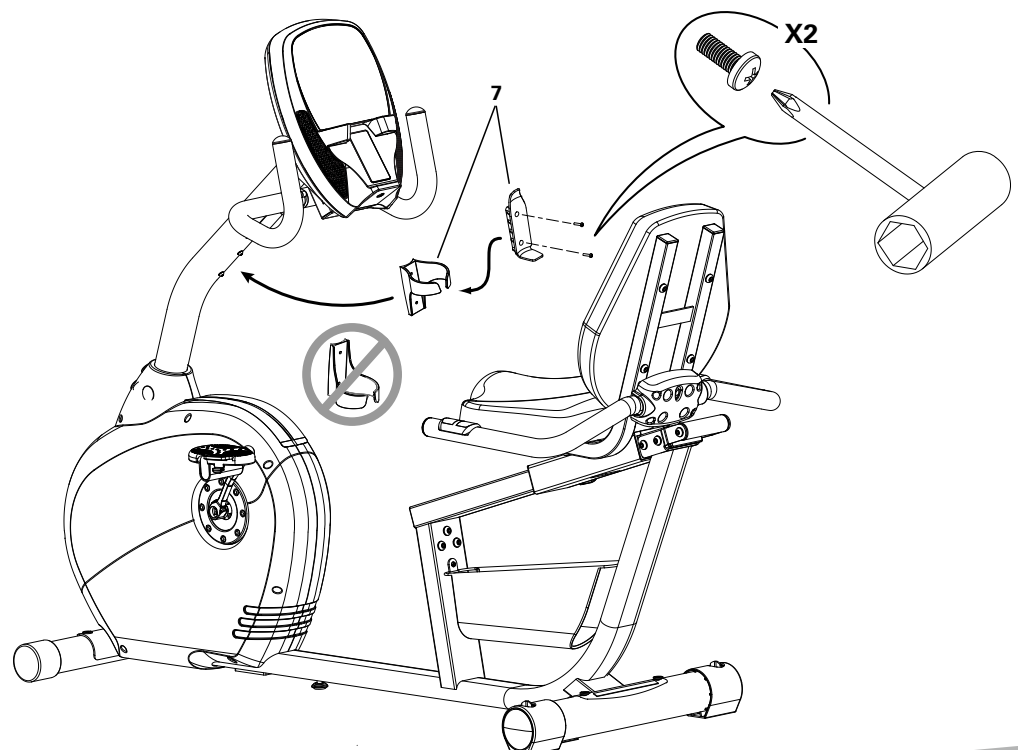
## 14. Attach Pedals to Frame Assembly

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

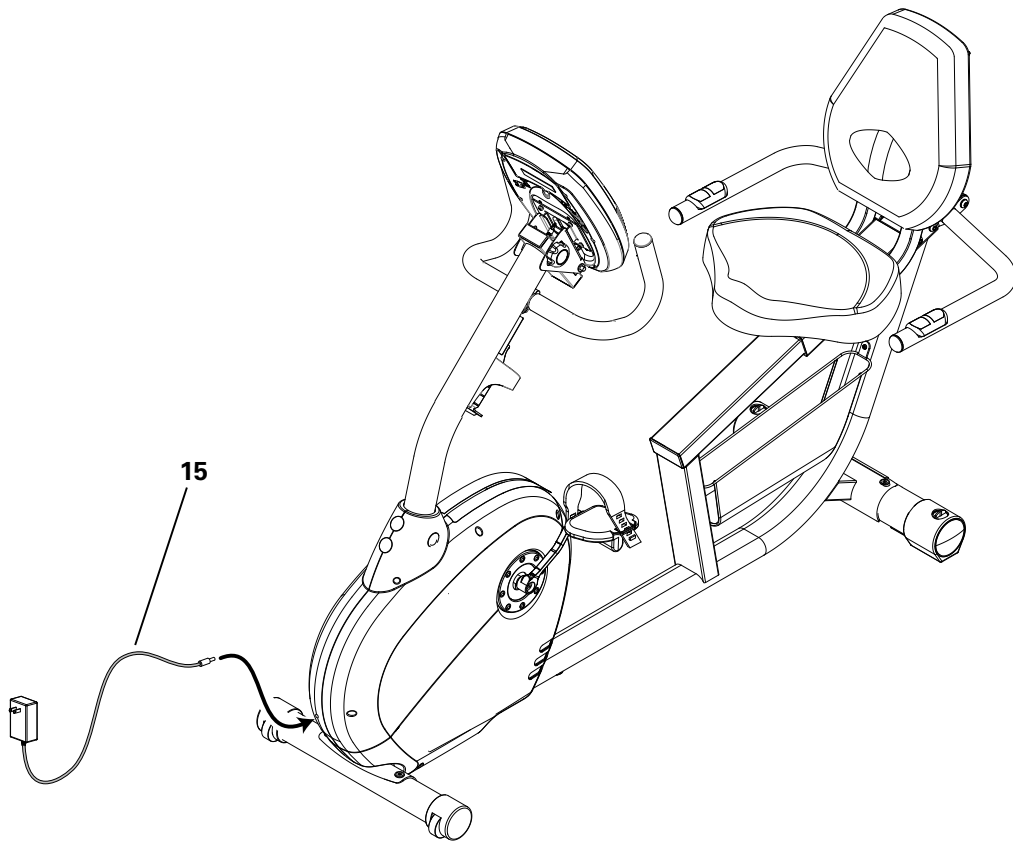


## 15. Attach Water Bottle Holder to Console Mast

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



## 16. Connect AC Adapter



## 17. Final Inspection

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

Be sure to record the serial number in the field provided at the front of this manual.

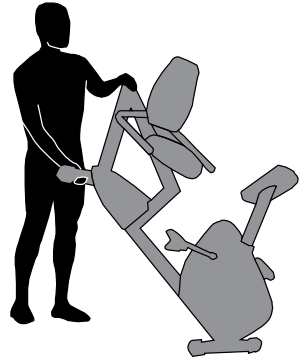


Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Owner's Manual.

### Moving the Bike

To move the recumbent bike, carefully lift the rear end of the bike and slowly push it to the desired location.

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



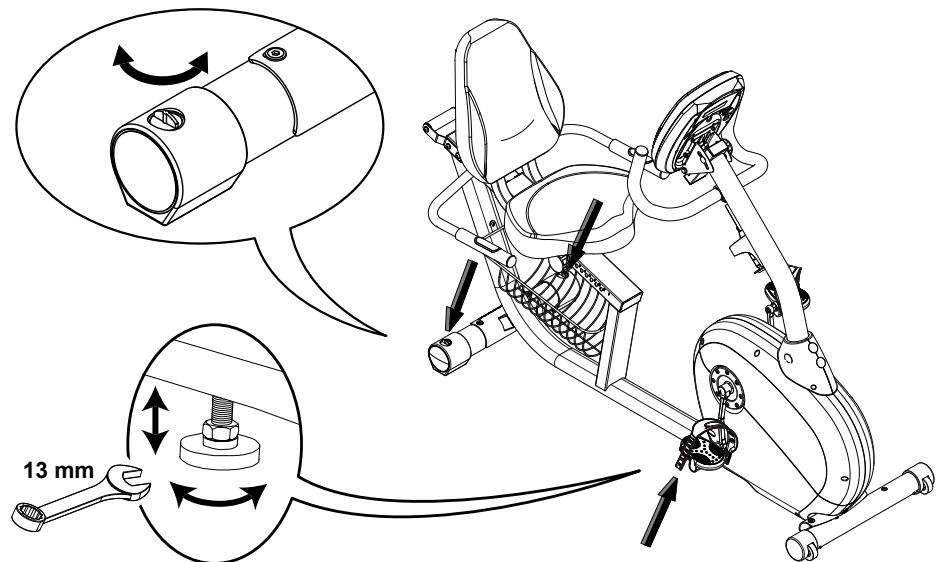
### Leveling the Bike

Levelers are found on each side of the Rear Stabilizer and on the Frame Rail. On the Rear Stabilizer, turn the knob to adjust the stabilizer foot.

To adjust the leveler on the Frame Rail:

1. Loosen the upper locking nut.
2. Turn the leveler to adjust the height.
3. Tighten the upper locking nut to lock the leveler.

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



## IMPORTANT SAFETY INSTRUCTIONS



This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury.

### **Before using this equipment, obey the following warnings:**

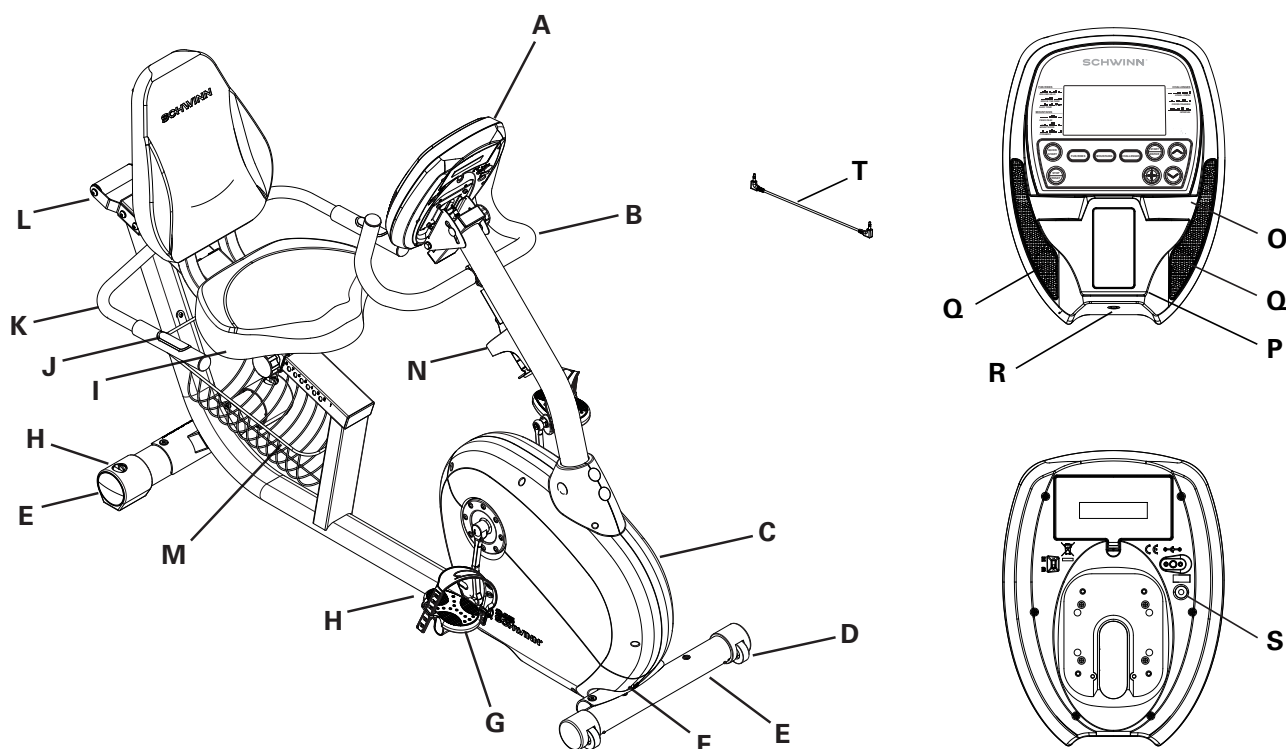


Read and understand the complete Owner's Manual. Keep the Owner's Manual for future reference.

Read and understand all warnings on this machine. If at any time the Warning stickers become loose, unreadable or dislodged, contact Nautilus® Customer Service for replacement stickers.

- Children must not be let on or near to this machine. Moving parts and other features of the machine can be dangerous to children.
- Not intended for use by anyone under 14 years of age.
- Consult a physician before you start an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before you use the machine again. Use the values calculated or measured by the machine's computer for reference purposes only.
- Before each use, examine this machine for loose parts or signs of wear. Do not use if found in this condition. Monitor the Seat, Pedals, and Crank Arms closely. Contact Nautilus® Customer Service for repair information.
- Maximum user weight limit: 300 lbs. (136 kg). Do not use if you are over this weight.
- This machine is for home use only.
- Do not wear loose clothing or jewelry. This machine contains moving parts. Do not put fingers or other objects into moving parts of the exercise equipment.
- Set up and operate this machine on a solid, level, horizontal surface.
- Make the Pedals stable before you step on them. Use caution when you step on and off the machine.
- Disconnect all power before servicing this machine.
- Do not operate this machine outdoors or in moist or wet locations. Keep the foot pedals clean and dry.
- Keep at least 24" (0.6 m) on each side of the machine clear. This is the recommended safe distance for access and passage around and emergency dismounts from the machine. Keep third parties out of this space when machine is in use.
- Do not over exert yourself during exercise. Operate the machine in the manner described in this manual.
- Correctly adjust and safely engage all Positional Adjustment Devices. Make sure that the Adjustment Devices do not hit the user.
- Exercise on this machine requires coordination and balance. Be sure to anticipate that changes in speed and resistance level can occur during workouts, and be attentive in order to avoid loss of balance and possible injury.





A	Console	K	Side Handlebars
B	Upright Handlebars	L	Transport Handle
C	Fully Shrouded Flywheel	M	Magazine Rack
D	Transport Wheels	N	Water Bottle Holder
E	Stabilizers	O	Media Tray
F	AC Adapter Plug	P	MP3 / Smart Phone Holder
G	Pedals	Q	Speakers
H	Levelers	R	MP3 Input
I	Adjustable Seat	S	Headphones Output
J	Contact Heart Rate (CHR) Sensors	T	Media Cable

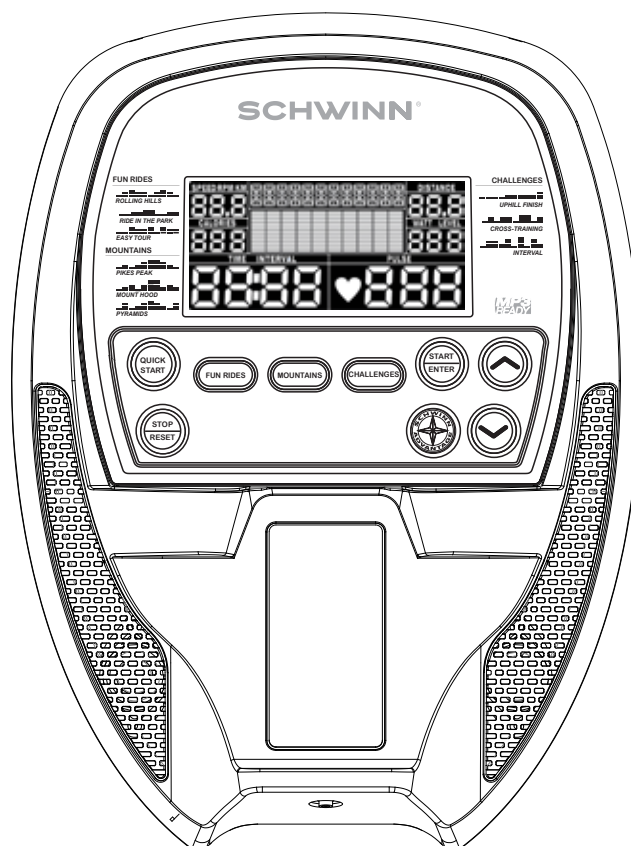
## Console Features

The Console provides important information about your workout and lets you control the resistance levels while you exercise. The Console has a grid display with touch control buttons to navigate you through the exercise programs.

### Keypad Functions

QUICK START	Begins a Quick Start workout
STOP/RESET	Pauses an active workout, and if pushed again, ends the workout
FUN RIDES	Begins selection of a FUN RIDES workout
MOUNTAINS	Begins selection of a MOUNTAINS workout
CHALLENGES	Begins selection of a CHALLENGES workout
START/ENTER	Starts a Program workout, confirms information, or resumes a paused workout
SCHWINN ADVANTAGE™	Starts user data edit mode
Increase (▲)	Increases a value (age, time, distance, calories, or workout resistance level)
Decrease (▼)	Decreases a value (age, time, distance, calories, or workout resistance level)

**Note:** The Console keypad will not adjust the sound output for a connected media device. Use the volume control on the media device.



### LCD Display Data

The multi-function, backlit LCD shows your workout measurements (during the workout), results, user setup data and console diagnostics.

#### Program Display

The Program Display shows the name of the program selection and the grid area shows the course profile for the program. Each column in the profile shows one interval (workout segment). The higher the column, the higher the resistance level for that interval. The flashing column shows your current interval.

#### Speed / RPM

The SPEED display field shows the machine speed in miles per hour (mph) or kilometers per hour (km/h) for 6 seconds, and then the machine revolutions per minute (RPM) for 6 seconds.

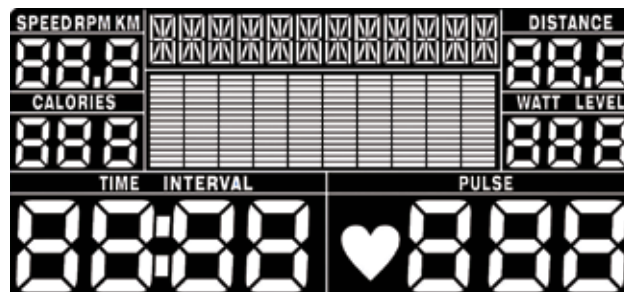
#### Distance

The Distance display shows the distance count (miles or km) in the workout.

**Note:** To change the measurement units to English Imperial or metric, refer to the “Console Setup Mode” section in this manual.

#### Calories

The Calories display field shows the estimated calories that you have burned during the exercise.



### **Watt / Level**

The WATT display field shows the power that you are producing at the current resistance level (1 horsepower = 746 watts) for 6 seconds, and then the current resistance LEVEL (1–16) for 6 seconds.

### **Time / Interval**

The TIME display field shows the time count of the workout for 6 seconds, and then the current INTERVAL segment of the workout for 6 seconds.

If the workout has a preset time, the time display starts at the preset value and counts down to zero. If no preset time is set up for the current workout program, the display value starts at zero and counts forward until the end of the workout. Maximum time is 99:59. The time display shows the total time count for the workout.

### **Pulse (Heart Rate)**

The Pulse display shows the heart rate in beats per minute (BPM) from the heart rate monitor.



Consult a physician before you start an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before you use the machine again. Use the values calculated or measured by the machine's computer for reference purposes only.

### **Remote Heart Rate Monitor**

Monitoring your Heart Rate is one of the best procedures to control the intensity of your exercise. Contact Heart Rate (CHR) sensors are installed to send your heart rate signals to the Console. The Console can also read telemetry HR signals from a Heart Rate Chest Strap Transmitter that operates in the 4.5kHz - 5.5kHz range.

**Note:** The heart rate chest strap must be an uncoded heart rate strap from Polar Electro or an uncoded POLAR® compatible model. (Coded POLAR® heart rate straps such as POLAR® OwnCode® chest straps will not work with this equipment.)



If you have a pacemaker or other implanted electronic device, consult your doctor before using a wireless chest strap or other telemetric heart rate monitor.

### **Contact Heart Rate Sensors**

Contact Heart Rate (CHR) sensors send your heart rate signals to the Console. The CHR sensors are the stainless steel parts of the Handlebars. To use, put your hands comfortably around the sensors. Be sure that your hands touch both the top and the bottom of the sensors. Hold firm, but not too tight or loose. Both hands must make contact with the sensors for the Console to detect a pulse. After the Console detects four stable pulse signals, your initial pulse rate will be shown.

Once the Console has your initial heart rate, do not move or shift your hands for 10 to 15 seconds. The Console will now validate the heart rate. Many factors influence the ability of the sensors to detect your heart rate signal:

- Movement of the upper body muscles (including arms) produces an electrical signal (muscle artifact) that can interfere with pulse detection. Slight hand movement while in contact with the sensors can also produce interference.
- Calluses and hand lotion may act as an insulating layer to reduce the signal strength.
- Some Electrocardiogram (EKG) signals generated by individuals are not strong enough to be detected by the sensors.
- The proximity of other electronic machines can generate interference.

CHR detection may be limited due to the extreme muscle artifacts and hand motion generated by a comfortable exercise style. If your heart rate signal ever seems erratic after validation, wipe off your hands and the sensors and try again.

### **Heart Rate Calculations**

Your maximum heart rate usually decreases from 220 Beats Per Minute (BPM) in childhood to approximately 160 BPM by age 60. This fall in heart rate is usually linear, decreasing by approximately one BPM for each year. There is no indication that training influences the decrease in maximum heart rate. Individuals of the same age could have different maximum heart rates. It is more accurate to find this value by getting a stress test than by using an age related formula.

Your at-rest heart rate is influenced by endurance training. The typical adult has an at rest heart rate of approximately 72 BPM, where as highly trained runners may have readings of 40 BPM or lower.

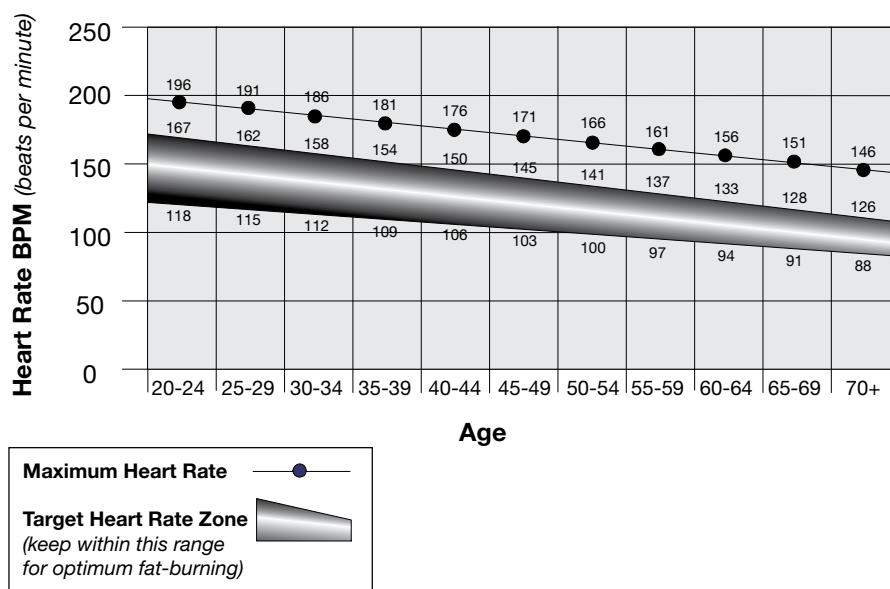
The Heart Rate table is an estimate of what Heart Rate Zone (HRZ) is effective to burn fat and improve your cardiovascular system. Physical conditions vary, therefore your individual HRZ could be several beats higher or lower than what is shown.

The most efficient procedure to burn fat during exercise is to start at a slow pace and gradually increase your intensity until your heart rate reaches between 60 – 85% of your maximum heart rate. Continue at that pace, keeping your heart rate in that target zone for over 20 minutes. The longer you maintain your target heart rate, the more fat your body will burn.

The graph is a brief guideline, describing the generally suggested target heart rates based on age. As noted above, your optimal target rate may be higher or lower. Consult your physician for your individual target heart rate zone.

**Note:** As with all exercises and fitness regimens, always use your best judgment when you increase your exercise time or intensity.

### FAT-BURNING TARGET HEART RATE



## What to Wear

Wear rubber-soled athletic shoes. You will need the appropriate clothes for exercise that allow you to move freely.

## How Often Should You Exercise



Consult a physician before you start an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before you use the machine again. Use the values calculated or measured by the machine's computer for reference purposes only.

- 3 times a week for 30 minutes each day.
- Schedule workouts in advance and try to follow the schedule.

## Seat Adjustment

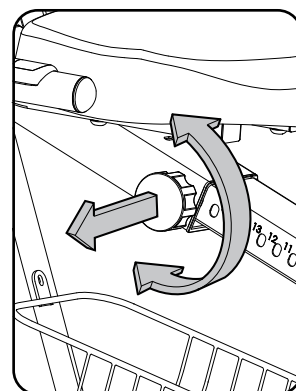
Correct seat placement encourages exercise efficiency and comfort, while reducing the risk of injury.

1. With a Pedal in the forward position, place the ball of your foot over the center of it. Your leg should be bent slightly at the knee.
2. If your leg is too straight or your foot cannot touch the Pedal, move the seat forward. If your leg is bent too much, move the seat toward the back.



Step off the bike before you adjust the seat.

3. Loosen and pull the adjustment knob on the seat tube. Adjust the seat to the desired position.
4. Release the adjustment knob to engage the locking pin. Be sure that the pin is fully engaged and fully tighten the knob.

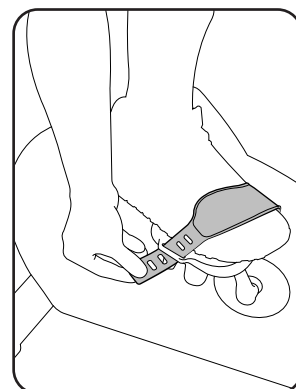


## Foot Position / Pedal Strap Adjustment

Foot pedals with straps provide secure footing to the exercise bike.

1. Rotate the Pedals until one can be reached.
2. Put the ball of each foot on the Pedals.
3. Fasten the strap over the shoe.
4. Repeat for the other foot.

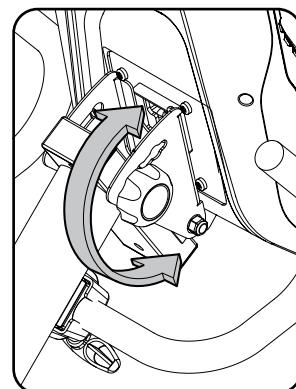
Be sure toes and knees point directly forward to ensure maximum Pedal efficiency. Pedal straps can be left in position for subsequent workouts.



## Console Adjustment

To adjust the Console tilt position:

1. Loosen the Console Adjustment Knob behind the Console.
2. Carefully move the Console tilt to one of the available positions.
3. Fully tighten the knob.



## Power-Up Mode

The Console will enter Power-Up Mode if it is plugged into a power source, any button is pushed, or if it receives a signal from the RPM sensor as a result of pedaling the machine.

**Note:** The Console does not use batteries. It operates on AC power from the AC Adapter connected to the AC Adapter Plug at the front of the machine.

## Auto Shut-Off (Sleep Mode)

If the Console does not receive any input in approximately 5 minutes, it will automatically shut off. The LCD display is off while in Sleep Mode.

**Note:** The Console does not have an On/Off switch.

## Quick Start / Manual Program

The Quick Start / Manual program lets you start a workout without entering any information.

1. Sit on the machine.
2. Push the QUICK START button to start the QUICK START / MANUAL program.
3. Push the Increase or Decrease buttons to change the resistance level. The default Quick Start resistance level is 3. The time will count up from 00:00.

**Note:** The maximum time value is 99:59.

4. Push STOP/RESET when done with your workout.

## Workout Program Selection

The “quick” buttons on the console—Fun Rides, Mountains and Challenges—let you start a Profile Program without user setup data. For more information, refer to the “Profile Programs” section in this manual.

To go to the Program Menu and start a workout program without user setup data, push START/ENTER. Go to Step 4.

To go to the Program Menu and use a program with your User data, you must first make a User selection through the Schwinn Advantage™ feature. If you want to save your workout data, refer to the User Setup procedure in this manual.

1. From the Power-Up Mode screen, push the Schwinn Advantage™ button to go to User Selection Mode.
2. Use the Increase/ Decrease buttons to select a User Profile and push START/ENTER.

**Note:** If no User Profile is set up, the Console will go to the User Setup Mode.

3. VIEW STATS and WORKOUT. Use the Increase/Decrease buttons to choose an option, and push START/ENTER to make your selection. The User Statistics option lets you see a summary of your workout data (see the User Statistics section). The Workout option lets you select a workout profile program and begin a workout.
4. To work out, use the Increase(▲) or Decrease(▼) buttons to select one of the profile programs. Push START/ENTER to select the profile program.

**Note:** The Custom workout will be one of the profile programs if setup.

5. Use the Increase(▲) and Decrease(▼) buttons to adjust the workout time. Push START/ENTER.

**Note:** The range of values for TIME is 5 - 99 minutes; the default value is 30:00.

6. Use the Increase(▲) and Decrease(▼) buttons to adjust the workout LEVEL.

**Note:** The range of values for LEVEL is 1 - 16; the default start value is 3.

7. Push the START/ENTER button to start the profile workout. The time will count down from the set time.

## Schwinn Advantage™ User Setup Mode

The Schwinn® 45 Series console lets you store and use 2 User profiles. The User profiles automatically record the workout results for each User profile, and let you view your workout data.

The User profile stores the following data:

- Name—up to 19 characters
- Age
- Weight
- Gender
- Custom Workout (program profile)
- Total time (last workout, average, and total)
- Average speed (last workout, average, and total)
- Total distance (last workout, average, and total)
- Total calories (last workout, average, and total)
- Total workouts

**Note:** Push the STOP button to go back to the previous screen.

### Add User Profile

1. From the Power-Up Mode screen, push the Schwinn Advantage™ button to go to User Setup Mode.

**Note:** If no User Profile is set up, the Console will show the Name prompt for User 1. If a User Profile does exist, go to the Edit User Profile option to select CREATE USER 2 and continue with the steps below.

2. The Console display shows the “ENTER NAME” prompt. Push START/ENTER.
3. Enter a name for the user. Use the Increase/Decrease buttons to move through the alphabet and blank space (found between A and Z). To set each letter, push the START/ENTER button. Push the STOP button to go back to the previous letter.

Push and hold the START/ENTER button for 3 seconds to complete the entry and go to the next data prompt.

4. The Console display shows the “AGE 30” prompt. Use the Increase/Decrease buttons to adjust the default value, and push START/ENTER to complete the entry and go to the next prompt.
5. The Console display shows the “WEIGHT 150” prompt. Use the Increase/Decrease buttons to adjust the default value, and push START/ENTER to complete the entry and go to the next prompt.
6. The Console display shows the “GENDER MALE” prompt. Use the Increase/Decrease buttons to adjust the default value, and push START/ENTER to complete the entry and go to the next prompt.

**Note:** Due to screen limitations, “FEMLE” is the abbreviation for female.

7. The Console display shows the “CREATE CUSTOM YES” prompt. Use the Increase/Decrease buttons to move to the YES or NO option. To start setup of your Custom Workout, go to YES and push START/ENTER.

To complete User Setup without a Custom Workout, go to the NO option and push START/ENTER. The Console goes back to the Power-Up Mode screen.

**Note:** The Custom workout can be created at a later time by editing the User.

8. If you start the Custom Workout setup, the Program Display will show the left column (workout interval) is active by flashing, with a default resistance level of 3. Use the Increase/Decrease buttons to adjust the resistance level of the active interval. Push START/ENTER to record the resistance level. The next column to the right becomes active.

**Note:** The Console display shows the message “N of 20” during setup (N is the current interval). The maximum number of intervals is 20.

Push and hold START/ENTER to complete the Custom Workout setup.

9. The Console goes back to the Power-Up Mode screen



## Edit User Profile

1. From the Power-Up Mode screen, push Schwinn Advantage™ button and hold for 3 seconds to go to User Setup Mode.

To exit the User Selection option, push STOP and the console will go back to the Power-Up Mode screen.

2. The Console will show a prompt to edit the user (EDIT <Name>) or delete the user (DELETE <Name>).

**Note:** If only one User was set up, the Edit User menu includes a CREATE USER 2 option. The steps to set up User 2 are the same as the CREATE USER option.

Use the Increase/Decrease buttons to move through the Edit menu options, and push START/ENTER to make your selection.

To exit the Edit User option, push STOP and the console will go back to the User Selection option.

3. After you start the Edit function, the Console will show the Edit Name prompt. To edit the name, push START/ENTER.

**Note:** Use the Increase/Decrease buttons to move through the alphabet and blank space (found between A and Z). To set each letter, push the START/ENTER button. Push the STOP button to go back to the previous letter.

Push and hold START/ENTER to complete the entry and go to the next data prompt. Or you can tap the START/ENTER button to add spaces until the next data screen appears.

4. To edit the other User data (EDIT AGE, EDIT WEIGHT, EDIT GENDER), use the Increase/Decrease buttons to select an option and push START/ENTER. Use the Increase/Decrease buttons to adjust, and push START/ENTER to set each entry.

5. The Console display shows the CUSTOM prompt. To edit your Custom Workout, push START/ENTER.

6. The Program Display will show the left column (workout interval) is active by flashing. Use the Increase/Decrease buttons to adjust the resistance level of the active interval. Push START/ENTER to record the resistance level. The next column to the right becomes active.

**Note:** The Console display shows the message “N of 20” during setup (N is the current interval). The maximum number of intervals is 20.

Push and hold START/ENTER to accept the Custom Workout.

7. When done, push STOP and the Console will go back to the User Selection option.

## Delete a User Profile

1. From the Power-Up Mode screen, push the Schwinn Advantage™ button and hold for 3 seconds to go to User Setup Mode.

To exit the Schwinn® Advantage option, push STOP and the Console will go back to the Power-Up Mode screen.

2. The Console will show a prompt to edit the user (EDIT <Name>) or delete the user (DELETE <Name>). Use the Increase/Decrease buttons to go to the Delete option, and push START/ENTER to make your selection.

To exit the Delete option, push STOP and the console will go back to the Edit and Delete options.

3. After you start the Delete function, the Console will show a prompt to delete the User profile, or not delete the user and go back to the Edit and Delete options. Push START/ENTER to make your selection.

4. After you delete the user, the Console will go to the Power-Up Mode screen.

## Custom Workout

After your Custom Workout is set up in your User Profile, you can start the program from the CUSTOM workout option in the Program Menu. The Console display will prompt you to set the Time for the workout (default is 30:00). Use the Increase/Decrease buttons to adjust the Time value, and push START/ENTER to begin the workout.

## Changing Resistance Levels

Push the Increase(▲) or Decrease(▼) buttons to change the resistance level at any time in a workout program.

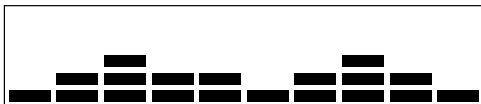


## Profile Programs

These programs automate different resistances and workout levels. You can use the Program Menu to start a Profile Program or use the buttons on the console to make a quick selection.

### Fun Rides

#### Rolling Hills



#### Ride in the Park



#### Easy Tour



### Mountains

#### Pike's Peak



#### Mount Hood

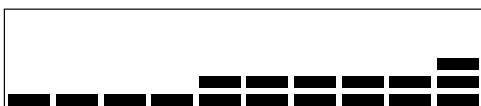


#### Pyramids

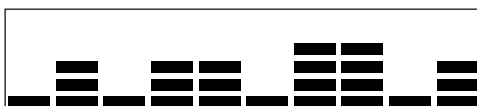


### Challenges

#### Uphill Finish



#### Cross-Training



#### Interval



To start a Profile Program without user setup data:

1. Sit on the machine.
2. Push the button for the desired Profile Program type: Fun Rides, Mountains or Challenges. The display shows the first option for that type—for example, the Rolling Hills program for the Fun Rides type. Push the button again to cycle through the options for that type.
3. To adjust the time of the workout, push START/ENTER. The default value is 15 minutes. Use the Increase(▲) or Decrease(▼) buttons to change it, and push START/ENTER.

4. Use the Increase(▲) and Decrease(▼) buttons to change the resistance level (default level is 3, maximum level is 8), and push START/ENTER.
5. Push the START/ENTER button to start the Profile workout.

### **Fitness Test**

The Fitness Test measures the improvements of your physical fitness level. The test compares your power output (in Watts) to your heart rate. As your fitness level improves, your power output will increase at a given heart rate.

You can start the Fitness Test from the FITNESS TEST option in the Program Menu. The Fitness Test program first prompts you to select your fitness level—Beginner or Advanced. The program will use the Age and Weight values in your User profile to calculate your Fitness Score. If you are a Guest User, the program will use the default values for your workout.

Start to pedal and hold the Heart Rate Sensors. When the test starts, the power (Watts) slowly increases. This means you will work harder, and as a result, your heart rate increases. The Watts continues to increase automatically until your heart rate reaches the “Test Zone.” This zone is individually computed to be near 75 percent of your maximum heart rate. When you reach the Test Zone, your machine holds the Watts steady for 3 minutes. This lets you reach a stable condition (where your heart rate becomes steady). At the end of the 3 minutes, the Console measures your heart rate and the power output (Watts). These numbers, along with information about your age and weight, are computed to produce a “Fitness Score”.

**Note:** Fitness Test scores should only be compared to your previous scores and not other users.

Compare your Fitness Scores to see your improvement.

### **Heart Rate Control (HRC) Workout**

The Heart Rate Control (HRC) program lets you set a heart rate goal for your workout. The program monitors your heart rate in beats per minute (BPM) from the Contact Heart Rate (CHR) sensors on the machine or from a Heart Rate Monitor (HRM) chest strap.

**Note:** The console must be able to read the heart rate information from the CHR sensors or HRM for the HRC program to work correctly.

If you go to the HRC program from your User profile, the HRC program uses your age and other user setup information to set the Heart Rate Zone values for your workout. If you do not use a User profile, the program will use the default values for your workout. The console display then gives prompts for you to set up your workout:

1. Set the workout level: BEGINNER or ADVANCED.
2. Set the percentage of maximum heart rate: 60–70%, 70–80%, 80–90%.



Consult a physician before you start to exercise in the 80–90% heart rate zone.

3. Set the Time for the workout. (The default value is 10:00.)

For more detailed information about fitness zones, please refer to the fitness information on our website:

[www.schwinnfitness.com](http://www.schwinnfitness.com).

### **Pausing or Stopping**

1. Push the STOP/RESET button to pause your workout. WORKOUT PAUSED mode shows on the Display.
2. Push START/ENTER to continue your workout, or push the STOP/RESET button to stop the workout.

## Results / Cool Down Mode

After a workout the TIME display shows 00:00 and then starts to count up. During this Cool Down period, the Console shows the Workout Results and your current Heart Rate. All workouts except Quick Start have a 3-minute Cool Down period.

The LCD display shows each workout data value for 4 seconds: TIME, DISTANCE, CALORIE, AVG/MPH (KMH), AVG/PWR, AVG/HR, MAX/HR. You can use the Increase/Decrease buttons to move through the results manually. The HR display shows the current BPM value.

The Level during Cool Down is based on the Level at the end of the workout:

End Level	Cool Down Level
Level $\leq$ 3	1
3 < Level $\leq$ 10	3
10 < Level	5

You can push STOP to stop the Results display and go back to Power-Up Mode. If there is no RPM or PULSE signal, the console automatically goes into Sleep Mode.

## User Statistics

Each User Profile stores the statistics from all workout data recorded for that user in three capacities - Last Workout, Averages, and Totals.

When the TOTALS displayed for a statistic exceeds the maximum value, the count will start again at zero.

- Total number of workouts—maximum is 9999.
- Total hours—maximum is 999:59 (999 hours, 59 minutes).
- Average speed—mph or km (per units in setup)
- Total distance—maximum is 9999.9.
- Total calories—maximum is 999999.

The Statistics option in the User profile menu lets you look at the recorded data or delete it.

1. Push the Schwinn Advantage™ button at the Power-Up Mode screen. The Console display shows the User Profiles.
2. Use the Increase(▲) and Decrease(▼) buttons to select a User profile, and push START/ENTER to make your selection.
3. After you select the User profile option, you have two options: VIEW STATS and WORKOUT. Use the Increase(▲) and Decrease(▼) buttons to go to the Statistics option, and push START/ENTER to make your selection.
4. The Console display shows the User Statistics menu options—LAST WORKOUT, AVERAGES, TOTALS and RESET STATS. Use the Increase/Decrease buttons to move between the menu options, and push START/ENTER to make your selection.
5. Use the Increase/Decrease buttons to move between the values, or after a few seconds the workout statistics start to scroll automatically. You can use the Increase/Decrease buttons to move through the results manually. Push STOP to exit to the User Statistics menu.

The RESET STATS option will clear the accumulated workout values. Use the Increase/Decrease buttons to change your selection between YES and NO, and push START/ENTER. Push STOP to exit the RESET STATS option.

6. Push STOP to go back to the User profile menu—View Stats or Workout option.

### Console Setup Mode


The Console Setup Mode lets you set the units of measurement to either English or Metric, set the machine type, adjust the contrast of the display, or see maintenance statistics (Run Hours – for service technician use only).

1. Hold down the Increase button and Decrease button together for 3 seconds while in the Power-Up Mode to go into the Console Setup Mode.

**Note:** Push STOP to go back to the previous screen or the Power-Up Mode screen.

2. The Console display shows the Units prompt. Push START/ENTER to start Units option. Push the Increase/Decrease buttons to change between “Miles-Lb” (Imperial English units) and “Km-Kg” (metric units).
3. Push START/ENTER to set. For the next option, push the Increase button.
4. The Console display shows the Machine Type prompt. Push START/ENTER to start Machine Type option. Push the Increase/Decrease buttons to change between ELLIPTICAL and BIKE.
5. Push START/ENTER to set. For the next option, push the Increase button.
6. The Console display shows the Brightness prompt. Push START/ENTER to start the brightness option. Push the Increase/Decrease buttons to change the backlight levels from 1 (lowest) to 5 (highest).
7. Push START/ENTER to set. For the next option, push the Increase button.
8. The Console shows the RUN HOURS prompt. Push START/ENTER to see total hours and minutes for the machine.
9. Push STOP to exit. For the next option, push the Increase button.
10. The Console display shows the Units prompt again. Push STOP to go back to the Power-Up Mode screen.

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.

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

**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 sweat.

**Note:** Avoid excessive moisture on the Console.

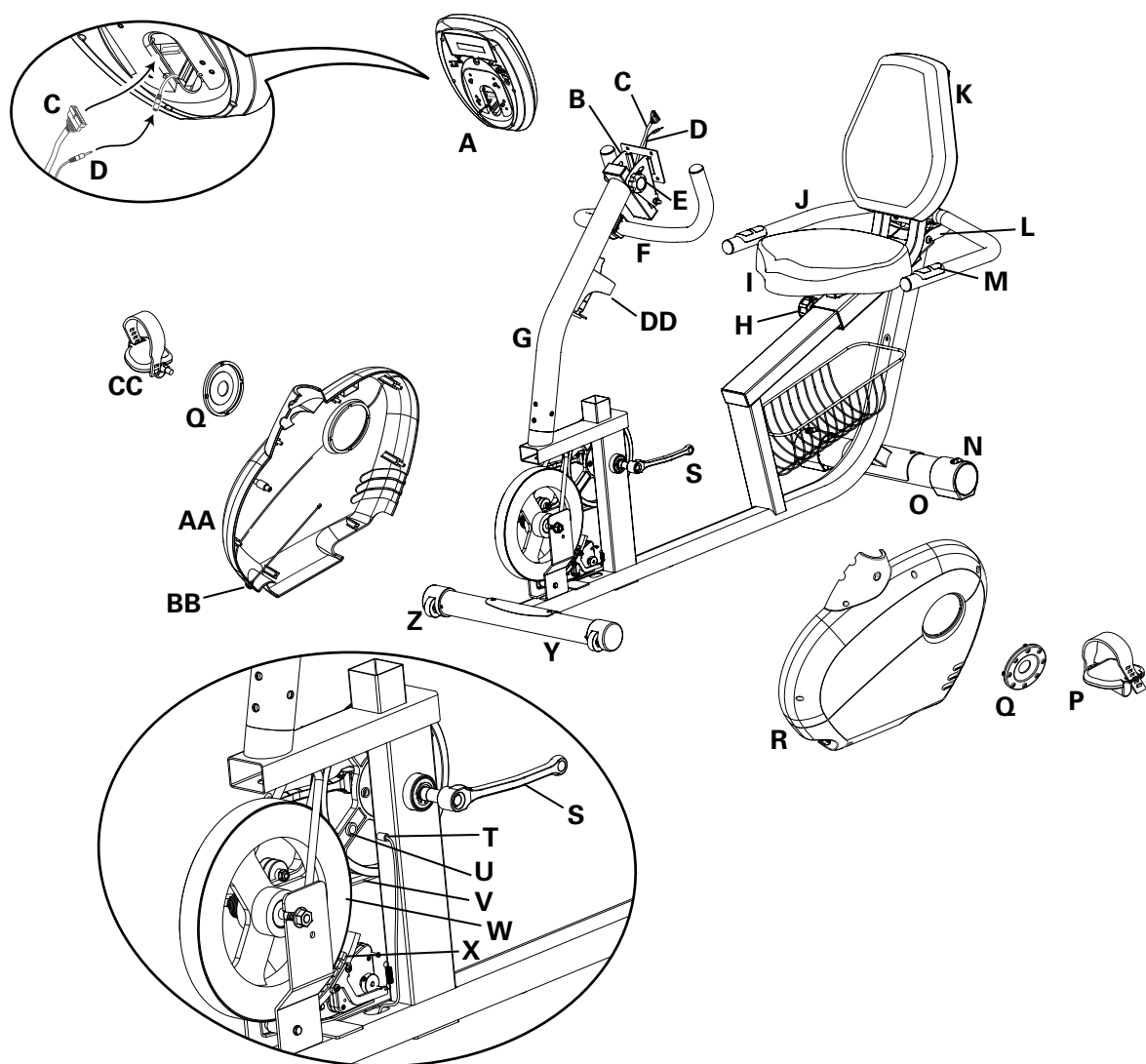
**Weekly:** Clean the machine to remove any dust, dirt, or grime from the surfaces. Check for smooth seat slider operation. If needed, apply a very thin coating of silicone lube to ease operation.

**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.

**NOTICE:** Do not clean with a petroleum based solvent or an automotive cleaner. Be sure to keep the Console free of moisture.

## Maintenance Parts



A	Console	K	Seat Back	U	Speed Sensor Magnet
B	Console Bracket	L	Transport Handle	V	Drive Belt
C	Console Cable	M	HR Sensors	W	Flywheel
D	Heart Rate Sensor Cable, Upper	N	Leveler	X	Brake Assembly
E	Console Adjustment Knob	O	Rear Stabilizer	Y	Front Stabilizer
F	Handlebar, Upper	P	Pedal, Left	Z	Transport Wheel
G	Console Mast	Q	Center Plate	AA	Shroud, Right
H	Seat Adjustment Knob	R	Shroud, Left	BB	AC Adapter Plug
I	Seat Bottom	S	Crank Arm	CC	Pedal, Right
J	Handlebar, Side	T	Speed Sensor	DD	Water Bottle Holder

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 rear 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 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 Care for further assistance.
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 such as “Signa Crème” or “Buh-Bump” 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 (if equipped) 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.
	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.
Console displays “E2” 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.
	Console Electronics	If tests reveal no other issues, Console should be replaced.
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)	Magnet should be in place on pulley.
	Check Speed Sensor (requires shroud removal)	Speed sensor should be aligned with magnet 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
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 rear 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 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)	Magnet should be in place on pulley.
	Check Speed Sensor	Contact Customer Care for further assistance.
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 and reattach.
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.



**Who Is Covered**

This warranty is valid only to the original purchaser and is not transferable or applicable to any other person(s).

**What Is Covered**

Nautilus, Inc. warrants that this product is free from defects in materials and workmanship, when used for the purpose intended, under normal conditions, and provided it receives proper care and maintenance as described in the Product's Assembly and Owner's manual. This warranty is good only for authentic, original, legitimate machines manufactured by Nautilus, Inc. and sold through an authorized agent and used in the United States or Canada.

**Terms**

- Frame 5 years
- Mechanical parts 1 year
- Electronics 1 year
- Wear items 3 months
- Labor 3 months

(Labor support does not include the installation of replacement parts involved in the initial product assembly and preventative maintenance services.)

**How Nautilus Will Support the Warranty**

Throughout the terms of the warranty coverage, Nautilus, Inc. will repair any machine that proves to be defective in materials or workmanship. Nautilus reserves the right to replace the product in the event a repair is not possible. When Nautilus determines replacement is the correct remedy, Nautilus may apply a limited credit reimbursement toward another Nautilus Inc. brand Product, at our discretion. This reimbursement may be prorated based on length of ownership. Nautilus, Inc. provides repair service within major metropolitan areas. Nautilus, Inc. reserves the right to charge the consumer for travel outside these areas. Nautilus Inc. is not responsible for dealer labor or maintenance charges beyond the applicable warranty period(s) stated herein. Nautilus, Inc. reserves the right to substitute material, parts or products of equal or better quality if identical materials or products are not available at the time of service under this warranty. Any replacement of the product under the terms of the Warranty in no way extends the original Warranty period. Any limited credit reimbursement may be prorated based on length of ownership. THESE REMEDIES ARE THE EXCLUSIVE AND SOLE REMEDIES FOR ANY BREACH OF WARRANTY.

**What You Must Do**

- Retain appropriate and acceptable Proof of Purchase.
- Operate, maintain, and inspect the Product as specified in the Product Documentation (Manuals, (Assembly, Owner's Manuals, etc.).
- Product must be used exclusively for the purpose intended.
- Notify Nautilus within 30 days after detecting an issue with the Product.
- Install replacement parts or components in accordance with any Nautilus instructions.
- Perform diagnostic procedures with a trained Nautilus, Inc representative if requested.

**What Is Not Covered**

- Damage due to abuse, tampering or modification of the Product, failure to properly follow assembly instructions, maintenance instructions, or safety warnings as stated in the Product Documentation (Assembly, Owner's Manuals, etc), damage due to improper storage or the effect of environmental conditions such as moisture or weather, misuse, mishandling, accident, natural disasters, power surges.
- A machine placed or used in a commercial or institutional setting. This includes gyms, corporations, work places, clubs, fitness centers and any public or private entity that has a machine for use by its members, customers, employees or affiliates.
- Damage caused by exceeding maximum user weights as defined in the Product's Owner's manual or warning label.
- Damage due to normal usage and wear and tear.
- This warranty does not extend to any territories or countries outside the United States and Canada.

**How to Obtain Service**

For Products purchased directly from Nautilus, Inc. contact the Nautilus office listed on the Contacts page of the products Owner's manual. You may be required to return the defective component to a specified address for repair or inspection, at your expense. Standard ground shipping of any warranty replacement parts will be paid by Nautilus, Inc. For products purchased from a retailer, you may be asked to contact your retailer for warranty support.

**Exclusions**

The preceding warranties are the sole and exclusive express warranties made by Nautilus, Inc. They supersede any prior, contrary or additional representations, whether oral or written. No agent, representative, dealer, person or employee has the authority to alter or increase the obligations or limitations of this warranty. Any implied warranties, including the WARRANTY OF MERCHANTABILITY and any WARRANTY OF FITNESS FOR A PARTICULAR PURPOSE, are limited in duration to the term of the applicable express warranty provided above, whichever is longer. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

**Limitation of Remedies**

EXCEPT AS OTHERWISE REQUIRED BY APPLICABLE LAW, THE PURCHASER'S EXCLUSIVE REMEDY IS LIMITED TO REPAIR OR REPLACEMENT OF ANY COMPONENT DEEMED BY NAUTILUS, INC. TO BE DEFECTIVE UNDER THE TERMS AND CONDITIONS STATED HEREIN. IN NO EVENT WILL NAUTILUS, INC. BE LIABLE FOR ANY SPECIAL, CONSEQUENTIAL, INCIDENTAL, INDIRECT OR ECONOMIC DAMAGES, REGARDLESS OF THE THEORY OF LIABILITY (INCLUDING, WITHOUT LIMITATION, PRODUCT LIABILITY, NEGLIGENCE OR OTHER TORT) OR FOR ANY LOST REVENUE, PROFIT, DATA, PRIVACY OR FOR ANY PUNITIVE DAMAGES ARISING OUT OF OR RELATED TO THE USE OF THE FITNESS MACHINE EVEN IF NAUTILUS, INC. HAS BEEN ADVISED OF THE POSSIBILITY OF SUCH DAMAGES. THIS EXCLUSION AND LIMITATION SHALL APPLY EVEN IF ANY REMEDY FAILS OF ITS ESSENTIAL PURPOSE. SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF CONSEQUENTIAL OR INCIDENTAL TYPE DAMAGES SO THE ABOVE LIMITATION MAY NOT APPLY TO YOU.

**State Laws**

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

**Expirations**

If the warranty has expired, Nautilus, Inc. may assist with replacements or repairs to parts and labor, but there will be a charge for these services. Contact a Nautilus® office for information on post-warranty parts and services. Nautilus® does not guarantee availability of spare parts after expiration of warranty period.

**International Purchases**

If you purchased your machine outside of the United States consult your local distributor or dealer for warranty coverage.

