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**NOTICE:** This document provides important safety instructions, adjustments, and general troubleshooting information for the maintenance of the Schwinn® 430 and Journey 4.0 Elliptical Fitness Machines.

**If you need assistance, please call Schwinn Customer Service at 1-800-605-3369.**



**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.**

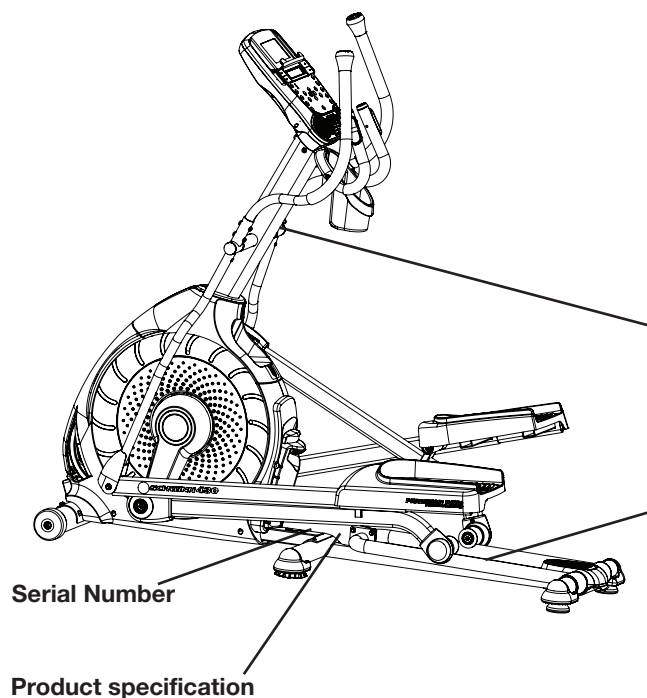
**Before servicing or using this equipment, obey the following warnings:**



**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.**

- 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 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.
- 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 necessary, request replacement warning stickers or placards from Nautilus customer service.
- 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.

## Safety Warning Labels and Serial Numbers



### WARNING!

- Injury or death is possible if caution is not used while using this machine.
- Keep children and pets away.
- Read and follow all warnings on this machine.
- Refer to the Owner's Manual for additional warnings and safety information.
- The heart rate displayed is an approximation and should be used for reference only.
- Not intended for use by anyone under 14 years of age.
- The maximum user weight for this machine is 300 lbs (136 kg).
- This machine is for home use only.
- Consult a physician prior to using any exercise equipment.



## Specifications

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

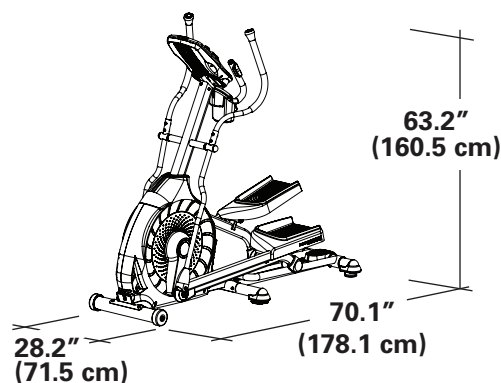
**Max pedal height at full incline:** 26.0" (66.1 cm)

### Power Requirements:

Operational Voltage: 9VDC  
Operating Current: 1500 mA

### Regulatory Approvals:

AC Power Adapter: UL listed, CSA certified (or equivalent),  
Rated 120V 60Hz Input, 9VDC, 1500mA  
Output. Class 2.



**!** 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).

## 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 machine and power supply comply 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 machine and power supply have 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.

## 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, damaged or loose 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 wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.**

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

**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.

**Weekly:** Check for smooth roller operation. Wipe the machine to remove dust, dirt, or grime. Clean the rails and surface of the rollers with a damp cloth. Apply silicone lubricant to a dry cloth and wipe the rails to eliminate roller noise.

 **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:** 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.

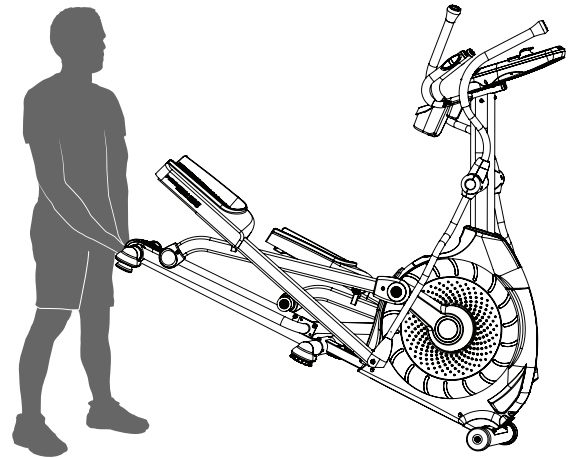


## Moving the Machine

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

1. Remove the power cord.
2. Use the Transport Handle to carefully lift the machine onto the transport rollers.
3. Push the machine into position.
4. Carefully lower the machine into position.

**NOTICE:** Be careful when you move the elliptical. All abrupt motions can affect the computer operation.



## Leveling the Machine

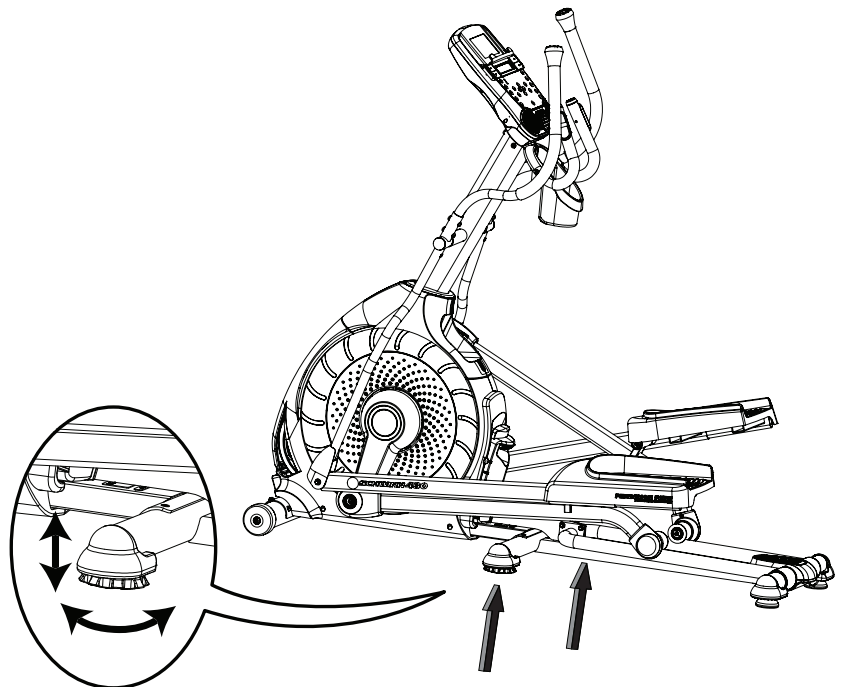
The machine needs to be leveled if your workout area is uneven or if the Rail Assembly is slightly off the floor. To adjust:

1. Place the machine in your workout area.
2. Safely stand on the back of the Rail Assembly for approximately 20 seconds.
3. Step off the machine.
4. Loosen the locking wing nuts and adjust the levelers until they all contact the floor.

**⚠** 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.

5. Adjust until the machine is level. Tighten the locking wing nuts.

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



## USB Charging

If a USB Device is attached to the USB Port, the Port will attempt to charge the Device. The power supplied from the USB Port may not be enough to operate the Device and charge it at the same time.

## Troubleshooting

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 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.
	HR cable box connection	Be sure cables from handlebars and cable to Console are secure and undamaged.
	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.
	Static Handlebar	If tests reveal no other issues, Static Handlebar should be replaced.
No speed/RPM reading, Console displays "Please Stride" 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.
Resistance does not change (machine turns on and operates)	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.
	Check Servo Motor (requires shroud removal)	If magnets move, adjust until they are within the proper range. Replace Servo Motor if not functioning properly.
	MCB (requires shroud removal)	Replace MCB.
		If the above steps do not resolve the problem, contact Customer Care for further assistance.

Console shuts off (enters sleep mode) while in use	Check electrical (wall) outlet	Make sure unit is plugged into a functioning wall outlet.
	Check connection at front of unit	Connection should be secure and undamaged. Replace adapter or connection at unit if either are damaged.
	Check data cable integrity	All wires in the cable should be intact. If any are cut or 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 (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.
Fan will not turn on or will not turn off	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.
	Reset machine	Unplug unit from electrical outlet for 3 minutes. Reconnect to outlet.
Fan will not turn on, but Console operates	Check for blockage of fan	Unplug unit from electrical outlet for 5 minutes. Remove material from fan. If necessary, detach the Console to help with removal. Replace the Console if unable to remove blockage.
Unit rocks/does not sit level	Check leveler adjustment	Adjust levelers until machine is level.
	Check surface under unit	Adjustment may not be able to compensate for extremely uneven surfaces. Move machine to level area.
Foot pedals loose/unit difficult to operate	Hardware	Tightly secure all hardware on the Pedal Arms and Handlebar Arms.
Drive train click/tick noise once per full crank revolution	Check crank/pulley assembly	Disconnect left and right foot assemblies and rotate crank. If sound persists, replace crank/pulley assembly. If sound does not come from rotating crank, check foot assemblies and upper/lower handlebars.
	Check foot assemblies, leg assemblies, handlebar assemblies	Manually move foot, leg, and handlebar assemblies to isolate sound. Replace part making sound.
Squeaking noise that appears a few minutes into a workout and normally will get progressively worse as the workout continues	Bolt that connects the swing arms to the axle running through the console mast	Loosen pivot rod bolt slightly until noise goes away. White lithium grease can also be applied for a temporary fix. Contact Customer Care for assistance.
	Roller squeaking on rail	Apply silicone lubricant to a dry cloth and wipe the rails to eliminate roller noise.
Incline assembly sticks/difficult to adjust	Check position of incline assembly	Adjust levelers to raise the front of rail assembly until there is 0.6cm - 1.25cm (1/4" - 1/2") space between the top of the incline assembly and the main unit shroud.

## Console Service Mode

The Console Setup Mode lets you input the date and time, set the units of measurement to either English or Metric, change the machine type, 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 Right 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, use 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 Machine Type prompt with the current setting. Push the Increase/Decrease buttons to change between “BIKE” and Elliptical (“ELIP”).
9. Push OK to set.
10. The Console display shows the Sound Settings prompt with the current setting. Push the Increase/Decrease buttons to change between “ON” and “OFF”.
11. Push OK to set.
12. The Console display shows the TOTAL RUN HOURS for the machine.

To go to the next Console Setup Mode prompt, push the OK button.

To enter the Manufacturing Menu (MFG Menu), hold down the PAUSE/END button and Down button together for 3 seconds. The Console display shows the Firmware Version string. Push the Up/Down buttons to move through the MFG Menu options. Push OK to make a selection.

- a. ENTER MFG TEST – This option is intended for use on the manufacturing production line only. It is a chained series of tests similar to the tests listed below, but optimized to be run on the production line. Use of this chained test should not be necessary anywhere but on the production line.
- b. DEBUG TERMINAL – Not used.
- c. MOVE LIFT – Not used. If selected, this option should not damage the console, but also should not have any noticeable effect.
- d. RESET MFG NVM – Not used. If selected, this option should not damage the console, but also should not have any noticeable effect.
- e. RUN BEEP TEST – Sounds each system beep / tone / sequence in order. Press any key to exit
- f. RUN BUTTON TEST – The Console display shows the function of each button as buttons are pressed. 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, push and hold one of the long key sequences (i.e. long Pause / End + Right or long Pause / End + Down).

- g. RUN LED TEST – Drives LEDs to the following states:
  1. All LEDs On 1 second
  2. All LEDs Off 1 second
  3. Sequence Segments 1 at a time – on 1 second, off 1 second

Press any key to exit test

h. RUN LCD TEST – Drives 3x5 and 1x5 LCD displays with the following patterns:

1. All segments on
2. All segments off
3. Set individual segments one at a time until all segments are illuminated.

Press any key to exit.

i. RESET CONSOLE – Resets the data from user inputs. The Console setup, user records and workout records will be reset to defaults. This option does not reset MFG NVM (non volatile memory).

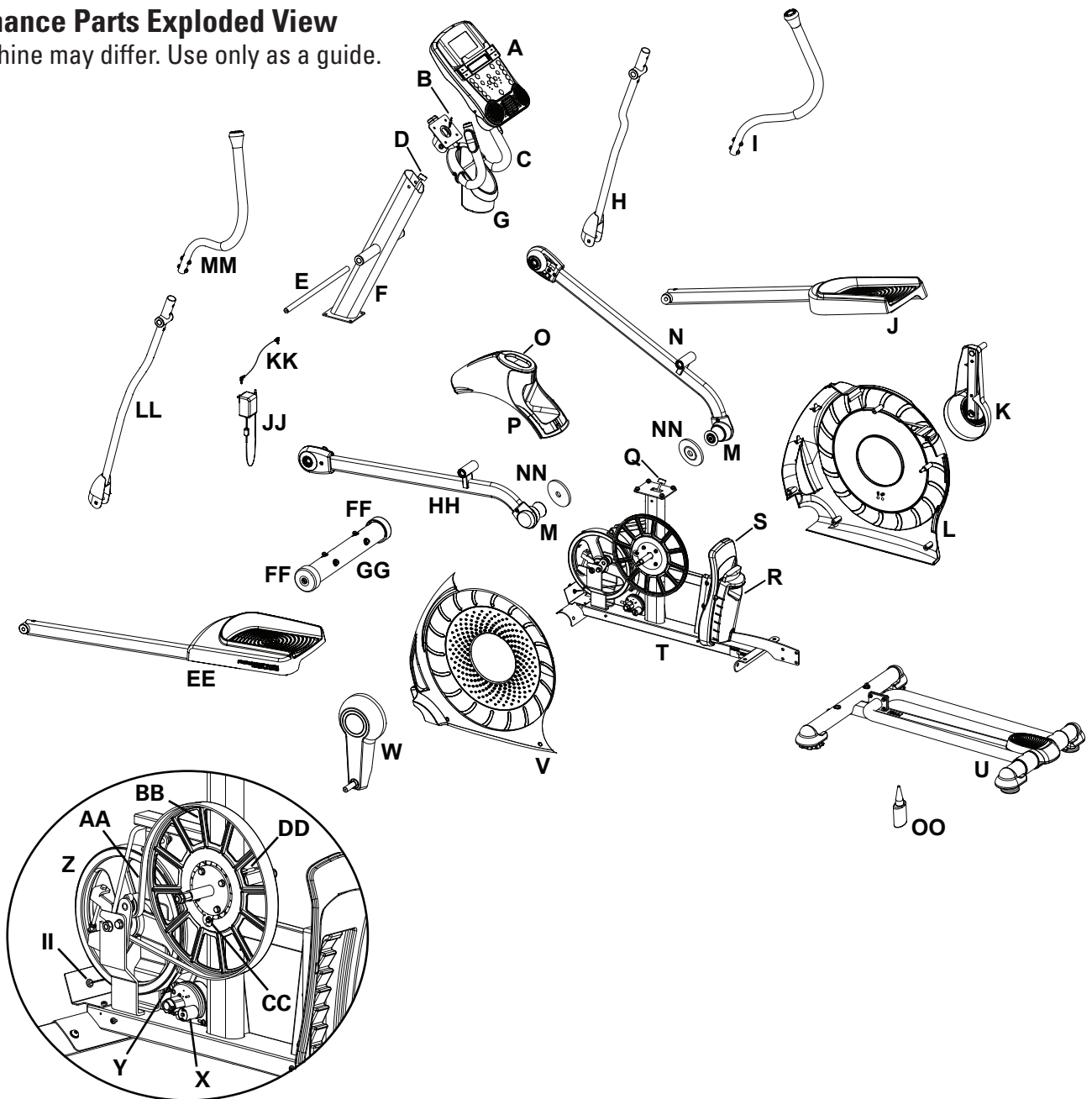
13. The Console display shows the Software Version prompt.

14. For the next prompt, push the OK button.

15 . The Console will display the Power-Up Mode screen.

## Maintenance Parts Exploded View

Your machine may differ. Use only as a guide.



A	Console	O	Mast Boot	CC	Speed Sensor Magnet
B	Heart Rate Cable	P	Shroud, Top	DD	RPM (Speed) Sensor
C	Handlebar, Static	Q	Data Cable, Lower	EE	Pedal Arm, Left
D	Data Cable, Upper	R	Incline Assembly	FF	Transport Wheel
E	Arm Pivot Rod	S	Manual Main Shroud	GG	Front Stabilizer
F	Console Mast	T	Frame Assembly	HH	Leg, Left
G	Water Bottle Holder	U	Rail Assembly	II	Power Inlet
H	Handlebar Arm, Lower Right	V	Shroud, Left	JJ	AC Adapter
I	Handlebar Arm, Upper Right	W	Crank Assembly, Left	KK	MP3 Cable
J	Pedal Arm, Right	X	Servo Motor	LL	Handlebar Arm, Lower Left
K	Crank Assembly, Right	Y	Brake Assembly	MM	Handlebar Arm, Upper Left
L	Shroud, Right	Z	Fly Wheel	NN	Plate, Roller (older models only)
M	Roller	AA	Drive Belt	OO	Silicone Lubricant, Bottle
N	Leg, Right	BB	Drive Pulley		

## 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



**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.**



**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 machine:

- Power Adapter
- Water Bottle Holder

**NOTICE:** This document provides instructions for the adjustment of the Drive Belt tension on the Schwinn® 430/470 and Journey 4.0/4.5 Elliptical fitness machines.

If you need assistance, please call Schwinn Customer Service at 1-800-605-3369.



**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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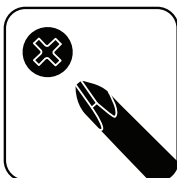


**To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.**

- 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 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.
- 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 necessary request replacement warning stickers or placards from Nautilus customer service.
- Do not try to change the design or functionality of the machine being serviced as this can adversely affect user safety.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

### Tools Required (not included)

#2 Phillips screwdriver



10mm open end wrench (2)  
13mm open end wrench



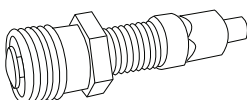
Small flathead screwdriver



14mm socket and wrench



Crank puller





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

**⚠** 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.

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

1. Remove the Left Shroud from the Main Unit. Refer to the “Replace the Shrouds” procedure.

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.

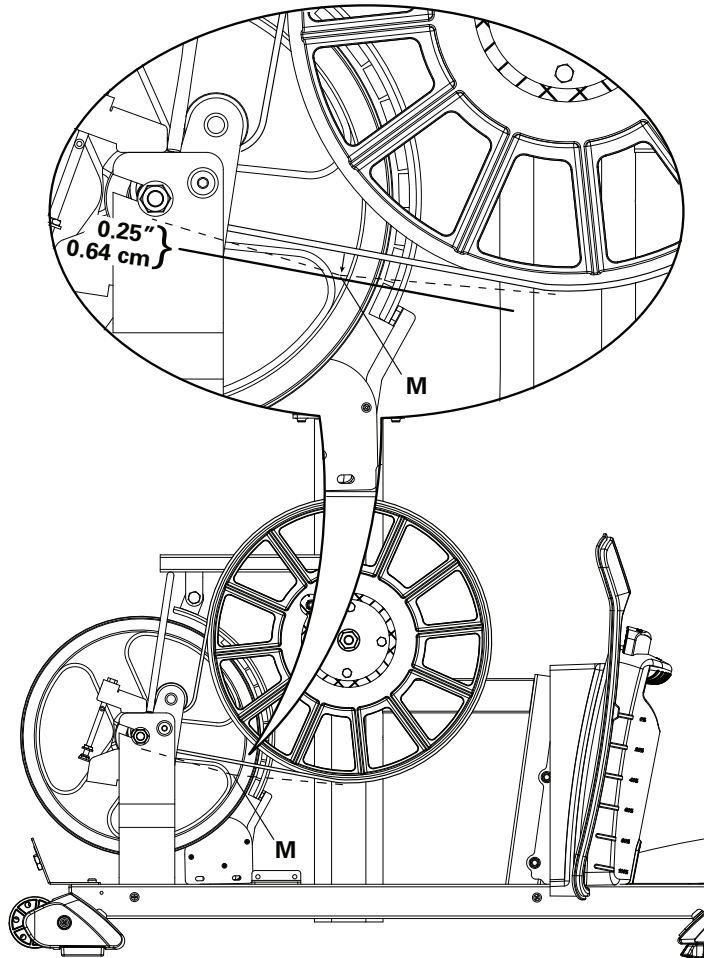
Or:

- 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).

If the tension is correct, go to Step 6.

If the tension is too loose or too tight, adjust the nuts and bolt on the Tensioner Assembly (Idler Assembly). Continue to Step 3.

**Figure 1**



**Figure 2**



3. To adjust the nuts (C) on the Tensioner Assembly (A), use a 10mm open end wrench to hold the bolt (B) steady and turn the nuts with a second 10mm open end wrench.

4. When the tension is correct, tighten the nuts (C) against the Tensioner Bracket (D) to hold the bolt (B) and the Tensioner Assembly (A) in position.

**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.

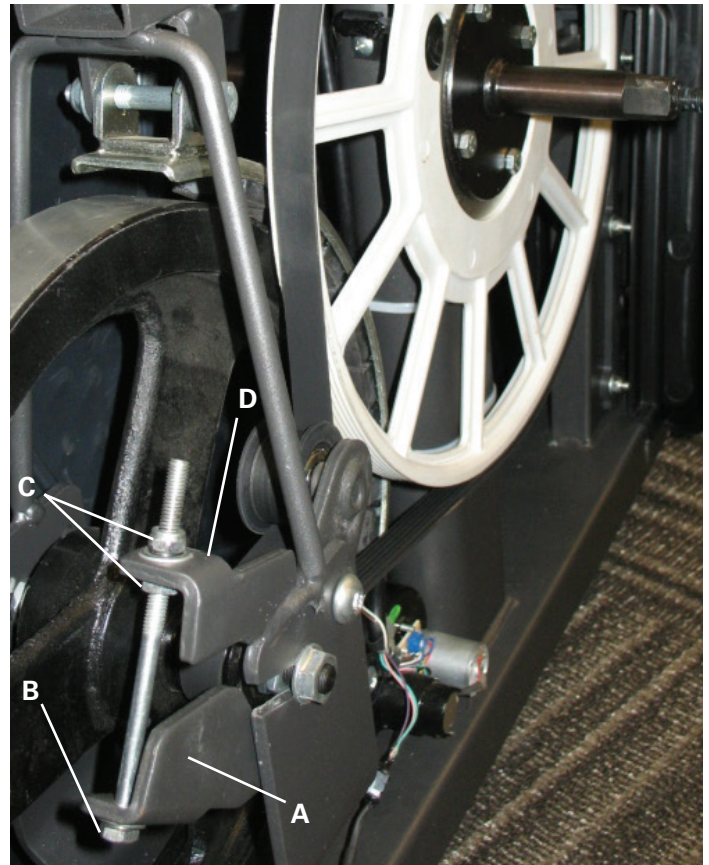
6. Reassembly is the reverse procedure.

**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 calibration of the Brake tension on the Schwinn® 430/470 and Journey 4.0/4.5 Elliptical Fitness Machines.

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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 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.
- 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 necessary request replacement warning stickers or placards from Nautilus customer service.
- Do not try to change the design or functionality of the machine being serviced as this can adversely affect user safety.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

### Tools Required (not included)

#2 Phillips screwdriver



7mm open end wrench  
13mm open end wrench



Small flathead screwdriver

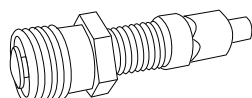


2.5" x 10" cardboard (3mm / 1/8" thick) and tape

13mm socket and wrench  
14mm socket and wrench



Crank puller





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.

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

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

1. Disconnect and reconnect the AC Adapter from the wall outlet to turn the power off and on.

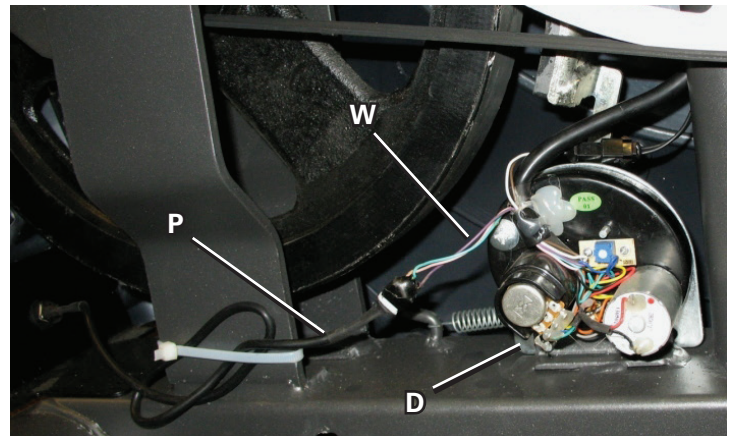
2. Push QuickStart and verify that the console shows that the default resistance level is 4.



**Disconnect all power and allow to sit for 5 minutes.**

3. Carefully remove the Left Shroud and Right Shroud. (Refer to the “Replace the Shrouds” procedure.) Turn the Top Shroud to keep it clear of the pulley assembly. Keep the Power Inlet cable (P) in the Shroud connected to the wiring harness (W) on the motor (D).

**Note:** If it is necessary to remove the Top Shroud, reinstall the Console and Mast.



Left side

4. Insert 2.5" x 10" cardboard between the Brake Magnet (A) and the Flywheel (B), and tape the cardboard to the Brake Magnet.

**Note:** Be sure the cardboard covers all of the Brake Magnet.

5. Turn the power on again.

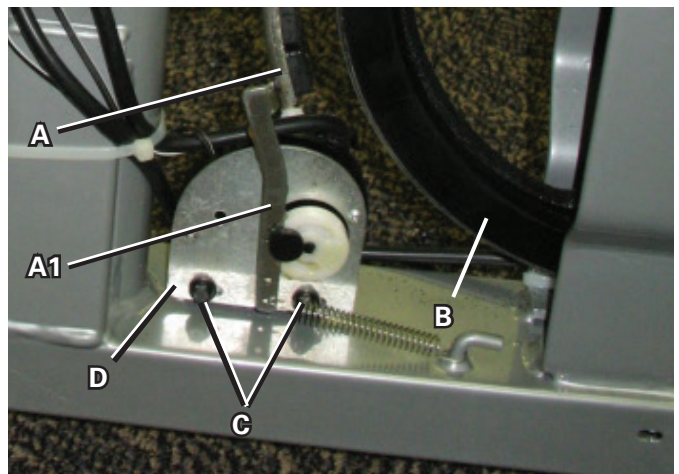


**Machine is on. Current is active. There is risk of electrical shock.**

6. Use the console to set the resistance to the highest level. This moves the Brake Magnet Arm (A1) forward. After the Brake Magnet Arm stops at the highest resistance level, turn power off.



**Disconnect all power and allow to sit for 5 minutes.**



Right side

7. To adjust the Brake tension, loosen the 2 hex head bolts (C) and move the Servo Motor assembly (D) until the closest point on the Brake Magnet (A) is within 3.0 mm (1/8") of the Flywheel (B). Tighten the bolts.



**Note:** If the cardboard is not 3mm (1/8") thick, you can use the pages of a paperback book to measure the gap. Approximately 36 pages (sheets) = 3mm.

8. Turn the power on again. Use the console to check the resistance adjustment.



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

**Note:** Before fully attaching the Shrouds, remove the cardboard from between the Brake Magnet (A) and the Flywheel (B). Power up the machine to verify that the Magnet Arm can move freely, and that the Brake Magnet and Flywheel do not touch.

## 9. Final Inspection

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



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



**Brake assembly shown is on a 130 upright bike.**

**NOTICE:** This document provides instructions for the replacement of the Brake Assembly on the Schwinn® 430/470 and Journey 4.0/4.5 Elliptical fitness machines.

If you need assistance, please call Schwinn Customer Service at 1-800-605-3369.

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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 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.
- 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 necessary request replacement warning stickers or placards from Nautilus customer service.
- Do not try to change the design or functionality of the machine being serviced as this can adversely affect user safety.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

### Tools Required (not included)

#2 Phillips screwdriver



13mm wrench



Flathead screwdriver



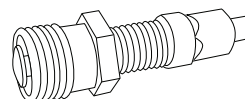
Needlenose pliers



6mm hex wrench



Crank puller



13mm socket and wrench



2.5" x 10" cardboard and tape



**NOTICE:** It is necessary to remove the Shrouds for this procedure. Refer to the “Replace the Shrouds” procedure.  
It may be necessary to adjust the brake tension at the end of this procedure. Refer to the “Set the Brake Tension” procedure.



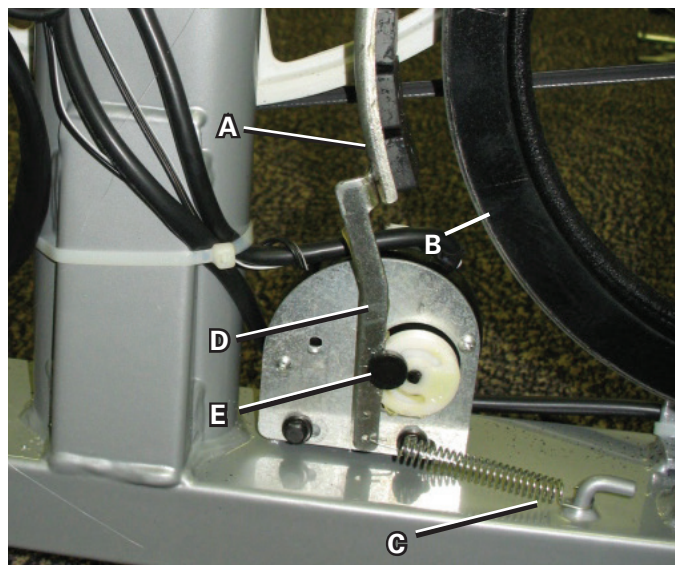
**To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and the machine and wait 5 minutes before cleaning, maintaining or repairing the machine. Place the power cord in a secure location.**

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

1. Carefully remove the Shrouds. Refer to the “Replace the Shrouds” procedure.
2. Insert 2.5” x 10” cardboard between the Brake Magnet (A) and the Flywheel (B), and tape the cardboard to the Brake Magnet.

**Note:** Be sure the cardboard covers all of the Brake Magnet.

3. Use the pliers to unhook the Tension Spring (C) from the Main Frame. Pull back and release the Magnet Arm (D) enough to disengage it from the Motor Pulley Shaft (E).



4. Loosen and remove the hex head bolt (F), nut (G) and washer (H) that attach the Brake Assembly (A) to the Main Frame bracket (J).

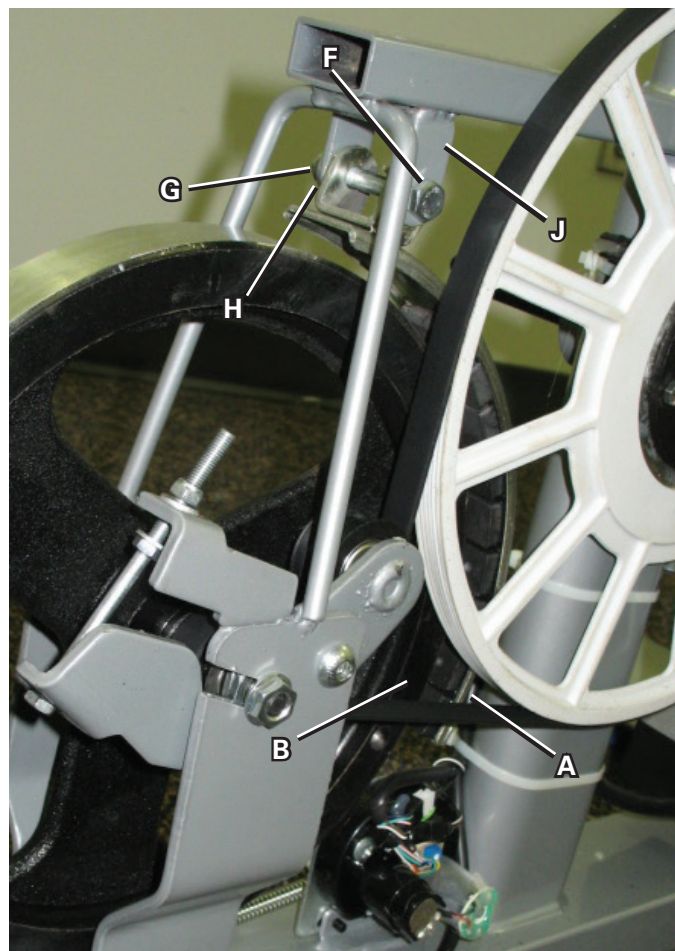
**NOTICE:** Hold the Brake Assembly so that it does not fall.  
Do not crimp the cables

5. Remove the Brake Assembly (A). Remove the cardboard. Discard the old Brake Assembly.

6. Installation is the reverse procedure. Tape the cardboard to the new Brake Magnet. Be sure the cardboard will completely cover the new Brake Magnet before installation.

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

7. Before fully attaching the Shrouds, remove the cardboard from between the Brake Magnet (A) and the Flywheel (B). Power up the machine to verify that the Magnet Arm (D) can move freely, and that the Brake Magnet and Flywheel do not touch at the maximum resistance level.



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

If necessary, refer to the “Set the Brake Tension” procedure.

## 8. Final Inspection

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



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

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



**NOTICE:** This document provides instructions for the replacement of the Console on the Schwinn® 430 and Journey 4.0 Elliptical fitness machines.

If you need assistance, please call Schwinn Customer Service at 1-800-605-3369.



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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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- Do not try to change the design or functionality of the machine being serviced as this can adversely affect user safety.
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### Tools Required (not included)

#2 Phillips screwdriver





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

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

**2.** Disconnect the Data Cable and Heart Rate Cable from the back of the Console. Discard the Console and screws.

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

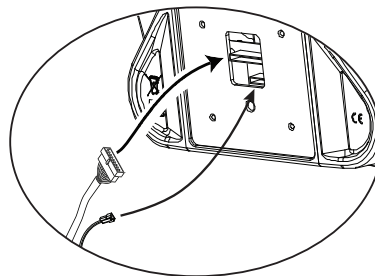
**3.** Installation is the reverse procedure.

**4.** Discard the old parts.

**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.

**7.** The Console display shows the Machine Type prompt with the current setting. Push the Increase/Decrease buttons to change between "BIKE" and Elliptical ("ELIP").

**8.** 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 Schwinn® 430 and Journey 4.0 Elliptical fitness machines.

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### Tools Required (not included)

6mm hex wrench



Pliers



Small flathead screwdriver



13mm open end wrench

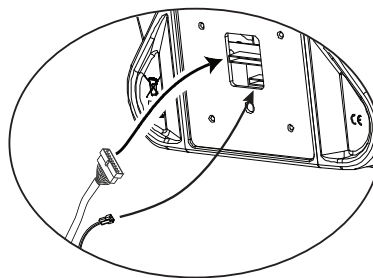




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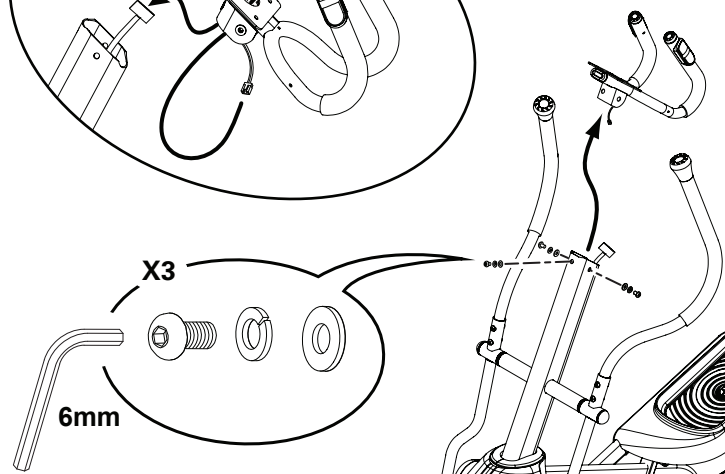
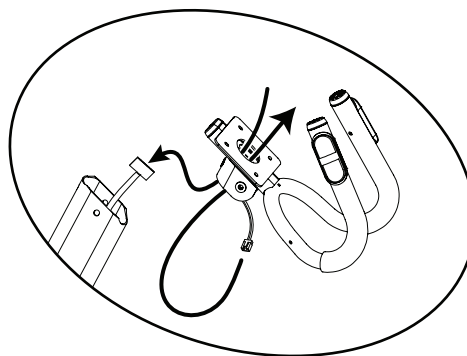
**Note:** Your machine may not match the image. For reference only.

1. Remove screws that attach Console to the Mast. Carefully lift the Console off the Mast.
2. Disconnect the cables from the back of the Console. Set the Console and screws safely aside for reassembly.



3. Using a 6 mm hex key, remove the 3 indicated bolts and remove the Static Handlebar. Set the hardware and Static Handlebar safely aside for reassembly.

**NOTICE:** Do not crimp the Heart Rate Cable when removing the Static Handlebar.

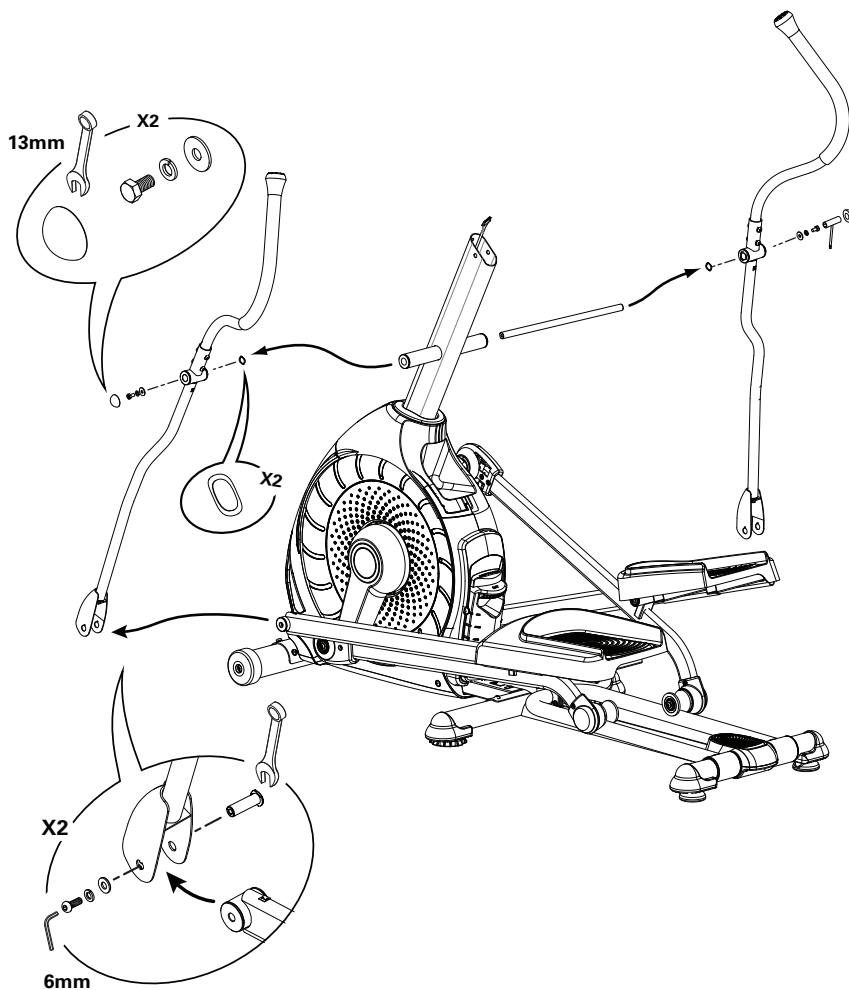


**Water bottle holder not shown for clarity**

4. Using a small flathead screwdriver, pry the Caps from the Lower Handlebar Arms.

5. Using a 13mm wrench and a pair of pliers, remove the hardware from the Lower Handlebar Arms and the Arm Pivot Rod. Remove the hardware, Upper and Lower Handlebar Arms, and Arm Pivot Rod. Set them safely aside for reassembly.

**Note:** The hardware on both ends of the Arm Pivot Rod will need to be held to remove it.



6. Bend the edges of the Top Shroud to disengage the inside tabs from the Main Assembly, and slide the Mast Boot and Top Shroud up the Mast.

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

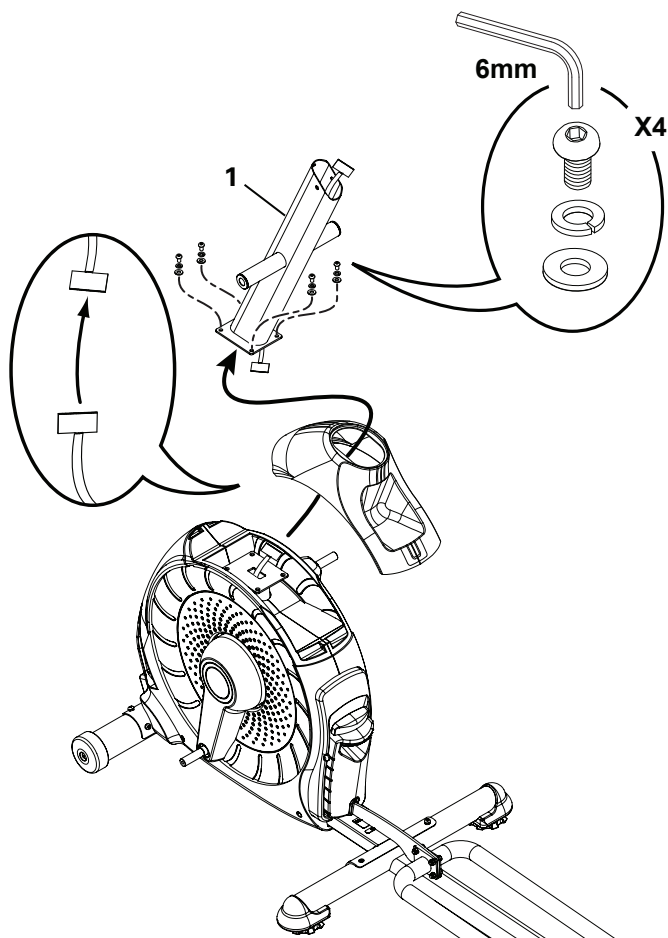
**NOTICE:** Do not crimp the cables. Do not allow the Data Cable to fall down into the Main Unit. This step may require two people.

8. Installation is the reverse procedure.

**NOTICE:** Do not crimp the cables. Do not allow the Data Cable to fall down into the Console Mast.

9. 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 Schwinn® 430, 470 and Journey 4.0 Elliptical fitness machines.

If you need assistance, please call Schwinn Customer Service at 1-800-605-3369.

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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.
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### Tools Required (not included)

6mm hex wrench



14mm socket and wrench



Small flathead screwdriver



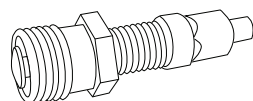
Pliers



13mm open end wrench



Crank puller



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

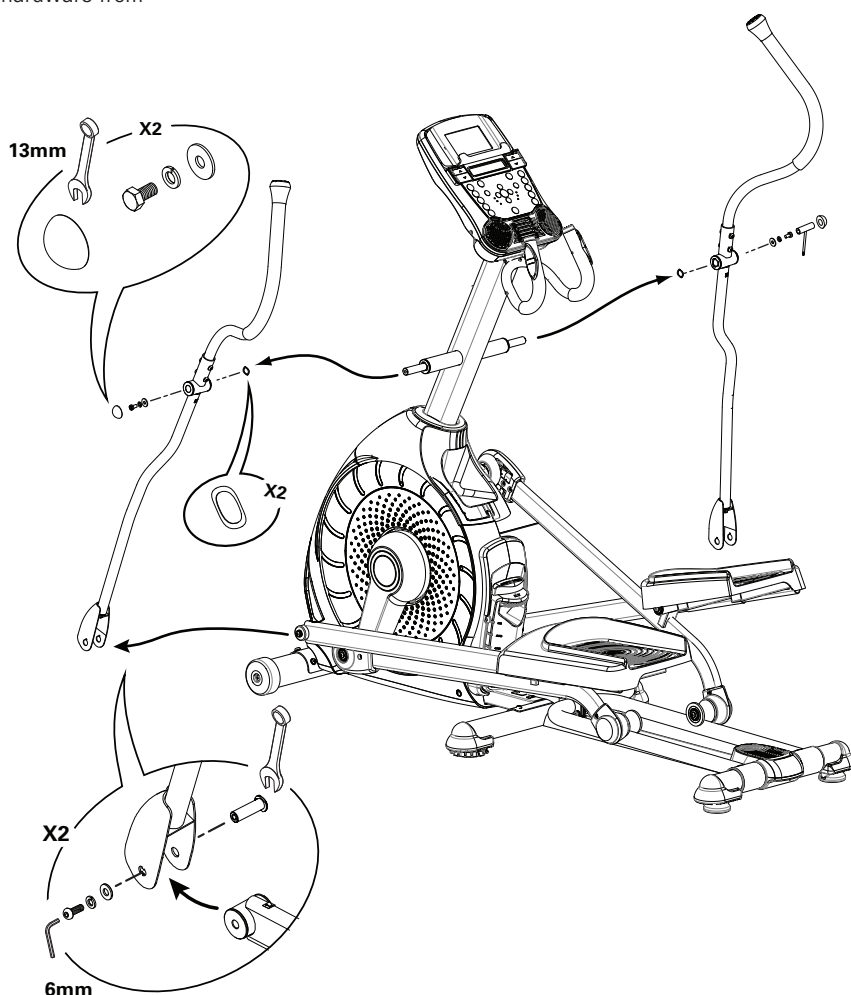
1. Using a 6mm hex wrench and a 13mm wrench, remove the 2 indicated bolts from the Lower Handlebar Arms and Pedals. Set the hardware safely aside for reassembly.

**!** Be aware that the Handlebar Arms will be loose and may pivot when the hardware is removed. This step may require two people.

2. Using a small flathead screwdriver, pry the Caps from the Lower Handlebar Arms.

3. Using a 13mm wrench and a pair of pliers, remove the hardware from the Lower Handlebar Arms and the Arm Pivot Rod. Remove the hardware and the Upper and Lower Handlebar Arms. Set them safely aside for reassembly.

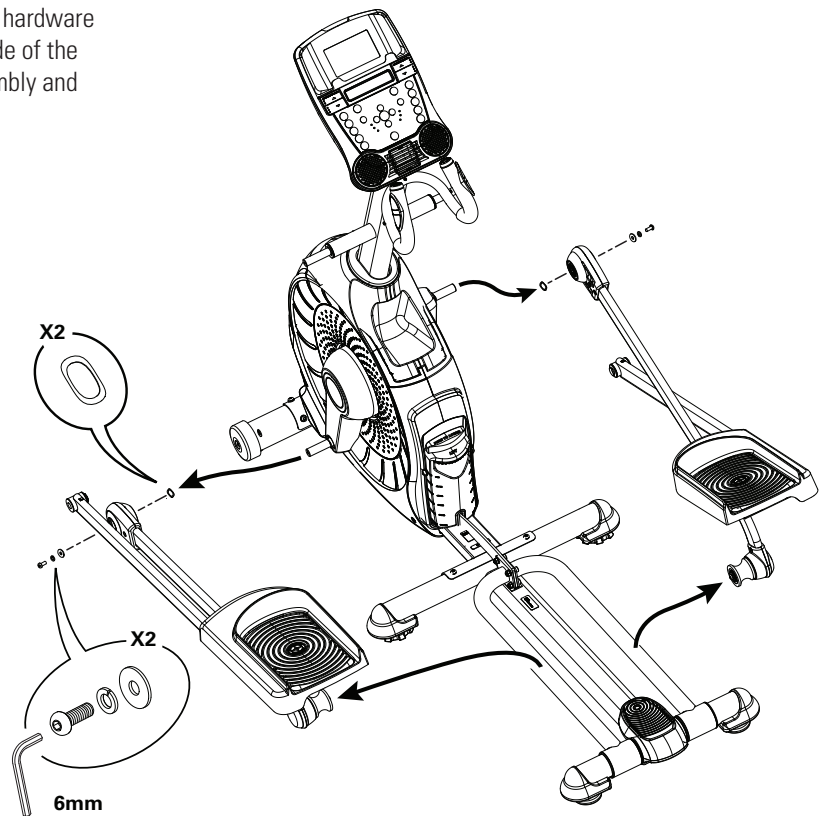
**Note:** The hardware on both ends of the Arm Pivot Rod will need to be held to remove it.





4. Using a 6mm hex wrench, loosen and remove the indicated hardware from the Legs, and set it safely aside for reassembly. On each side of the machine, remove the Leg and Pedal together from the Rail Assembly and set them safely aside for reassembly.

**NOTICE:** This step may require two people.



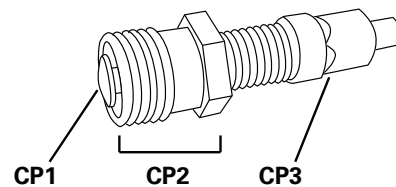
5. Using a 14mm socket and ratchet, remove the Lock Nut from the Crank Arm with Plastics.



Image does not match your machine. For illustrative purposes only.

6. Thread the Crank Puller into the Crank Arm with Plastics. 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.





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

**Note:** Be advised that it may take a lot of force to get the Crank Puller to start to slide off the Crank Arm.

8. Installation is the reverse procedure.

**Note:** Installation does not require the use of the crank puller. Be sure the tabs in the Top Shroud snap into the Main Assembly.

9. Dispose of the old parts.

10. 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.**



Image does not match your machine. For illustrative purposes only.

**NOTICE:** This document provides instructions for the replacement of the Data Cable in the Console Mast on the Schwinn® 430 and Journey 4.0 Elliptical fitness machines.

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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.
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### Tools Required (not included)

6mm hex wrench



4' (1.2m) length of string

Small flathead screwdriver



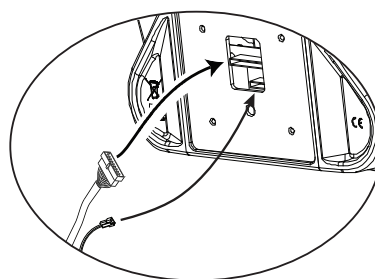
13mm open end wrench



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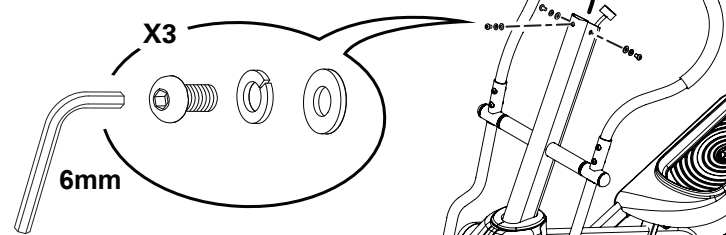
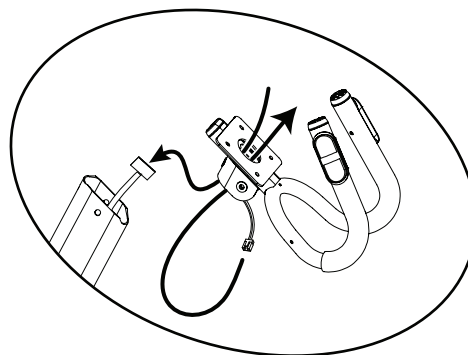
**Note:** Your machine may not match the image. For reference only.

1. Remove screws that attach Console to the Mast. Carefully lift the Console off the Mast.
2. Disconnect the cables from the back of the Console. Set the Console and screws safely aside for reassembly.



3. Using a 6mm hex wrench, remove the 3 indicated bolts and remove the Static Handlebar. Set the hardware and Static Handlebar safely aside for reassembly.

**NOTICE:** Do not crimp the Heart Rate Cable when removing the Static Handlebar.

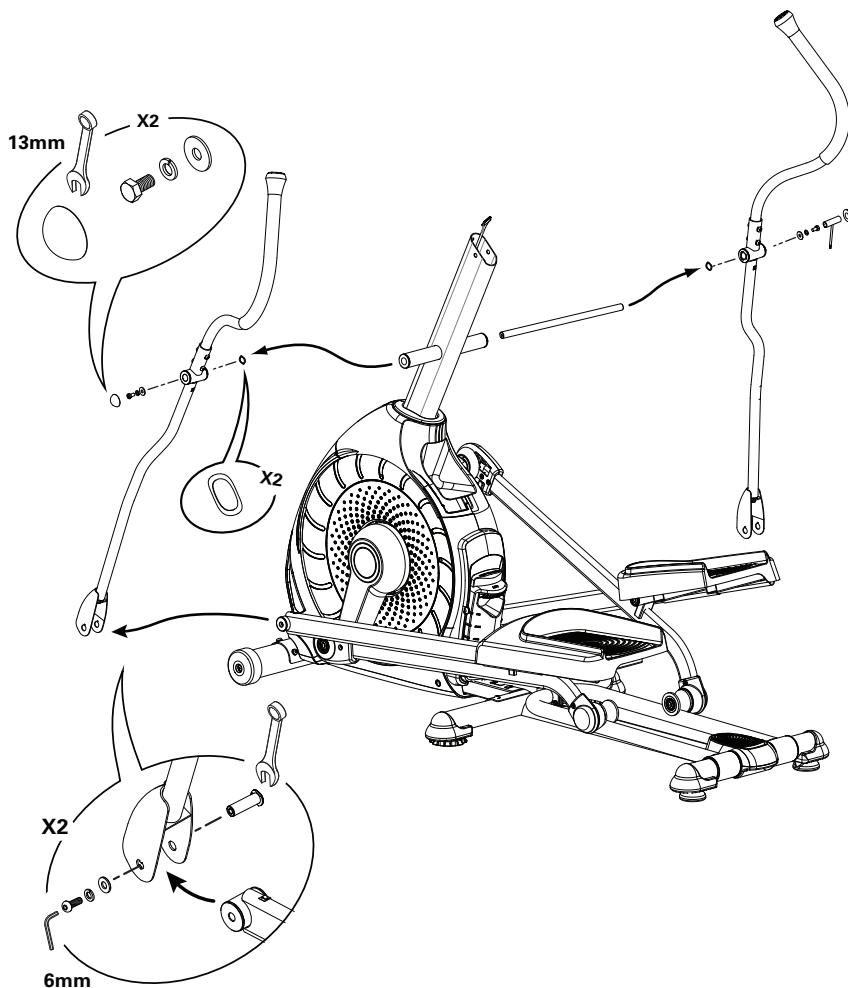


Water bottle holder not shown for clarity

4. Using a small flathead screwdriver, pry the Caps from the Lower Handlebar Arms.

5. Using a 13mm wrench and a pair of pliers, remove the hardware from the Lower Handlebar Arms and the Arm Pivot Rod. Remove the hardware, Upper and Lower Handlebar Arms, and Arm Pivot Rod. Set them safely aside for reassembly.

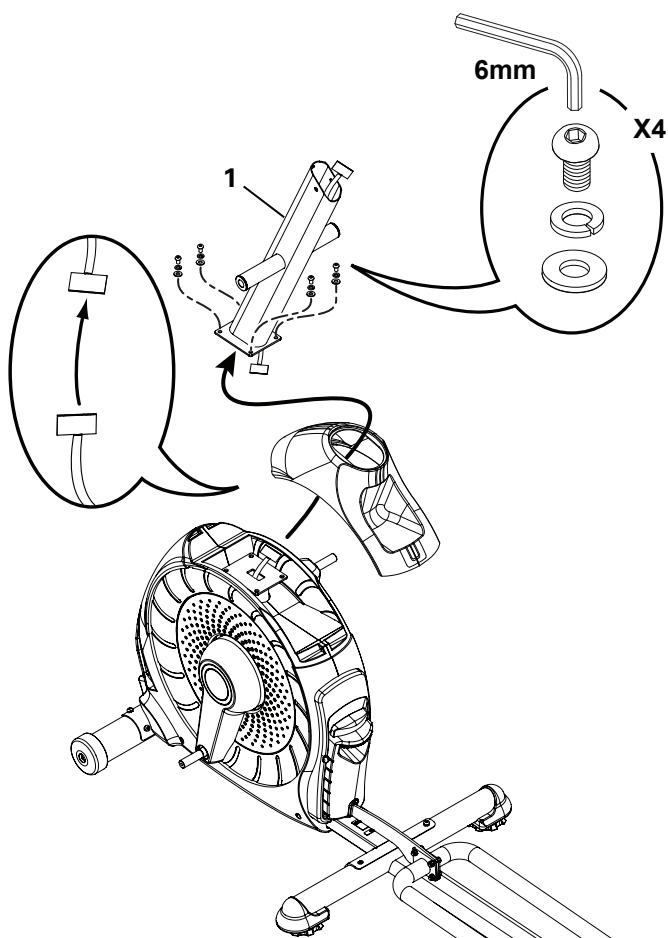
**Note:** The hardware on both ends of the Arm Pivot Rod will need to be held to remove it.



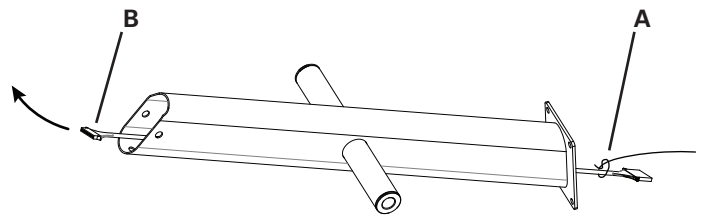
6. Bend the edges of the Top Shroud to disengage the inside tabs from the Main Assembly, and slide the Mast Boot and Top Shroud up the Mast.

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

**NOTICE:** Do not crimp the cables. Do not allow the Data Cable to fall down into the Main Unit. This step may require two people.



**8.** 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.



**9.** 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.

**10.** Connect the new Data Cable to the Data Cable from the Main Frame.

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

**11.** Reassembly is the reverse procedure.

**NOTICE:** Do not crimp the cables. Untie the string from the Data Cable. Do not allow the cables to fall down into the Console Mast.

Be sure the tabs in the Top Shroud snap into the Main Assembly.

**12.** Dispose of the old parts.

**13.** 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 Flywheel and Drive Belt on the Schwinn® 430/470 and Journey 4.0/4.5 Elliptical fitness machines.

If you need assistance, please call Schwinn Customer Service at 1-800-605-3369.



**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 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.
- 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 necessary request replacement warning stickers or placards from Nautilus customer service.
- Do not try to change the design or functionality of the machine being serviced as this can adversely affect user safety.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

### Tools Required (not included)

#2 Phillips screwdriver



13mm socket and wrench  
17mm socket and wrench



Flathead screwdriver



17mm open end wrench

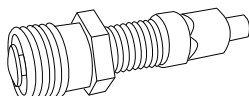


6mm hex wrench



2.5" x 10" cardboard and tape

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

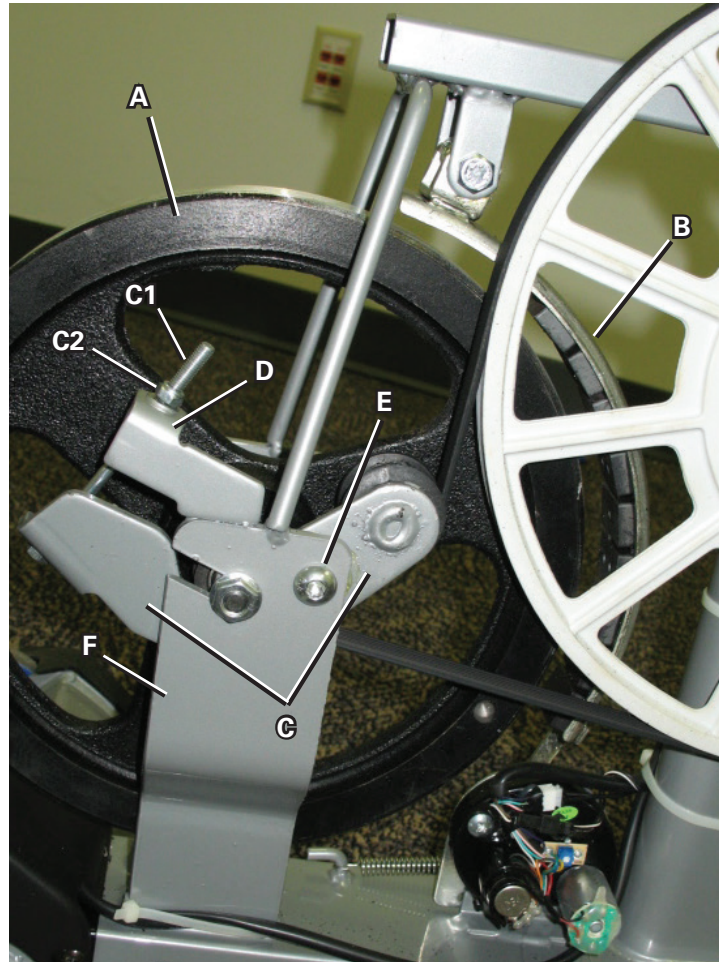


**To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and the machine and wait 5 minutes before cleaning, maintaining or repairing the machine. Place the power cord in a secure location.**

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

1. Carefully remove the Shrouds. Refer to the “Replace the Shrouds” procedure.
2. Insert 2.5” x 10” cardboard between the Flywheel (A) and the Brake Magnet (B), and tape the cardboard to the Brake Magnet.  
**Note:** Be sure the cardboard covers all of the Brake Magnet.
3. Observe the position of the Tensioner Assembly (C) on the Frame upright (F) and mark the position on the Tensioner Assembly. Measure, or mark a piece of scrap paper, the adjustment length of the Tensioner Bolt (C1) and nut (C2).
4. Using a 10 mm wrench, loosen and remove the outer nut (C2) so the Tension Bolt (C1) can be released from the Tensioner Bracket (D).
5. Using a 6mm hex key and 13mm wrench, loosen the Tensioner Assembly Hardware (E) that attaches the Tensioner Assembly (C) to the Frame upright (F).

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



6. Turn the Drive Pulley (Item G) clockwise while forcing the Drive Belt (H) to the outside. Belt will come off of the Drive Pulley.



**Keep fingers out of any pinch hazards when turning the Pulleys.**

7. To remove the hardware (I) from the Flywheel (A), use the 17 mm open end wrench to hold the nut on one side steady and remove the nut on the opposite side with the 17 mm socket and wrench. Set the hardware safely aside.

8. Adjust the angle of the Tensioner Assembly (C) to allow the Flywheel (A) to move forward. Remove the Flywheel from the Frame brackets (F) and the Drive Belt (H).

**Note:** The Flywheel is heavy. This step may require two people.

9. Remove the old Drive Belt (H) and discard it.

10. Hold the Flywheel (A) near the Frame brackets (F) and put the new Drive Belt (H) in position on the Flywheel pulley (A1). Put the Drive Belt in position around the Tensioner Assembly (C). Be sure that the upper portion of the Drive Belt is under the bearings (C3) on the Tensioner.

**Note:** This step may require two people.

11. Align the Flywheel axle (A2) in the Main Frame brackets (F). Hand tighten the hardware from step 4 on each end of the Flywheel axle.

12. Put the Drive Belt (H) onto the Drive Pulley (G). Make sure the Drive Belt is aligned on the Flywheel pulley (A1), Belt Tensioner (C3) and Drive Pulley.

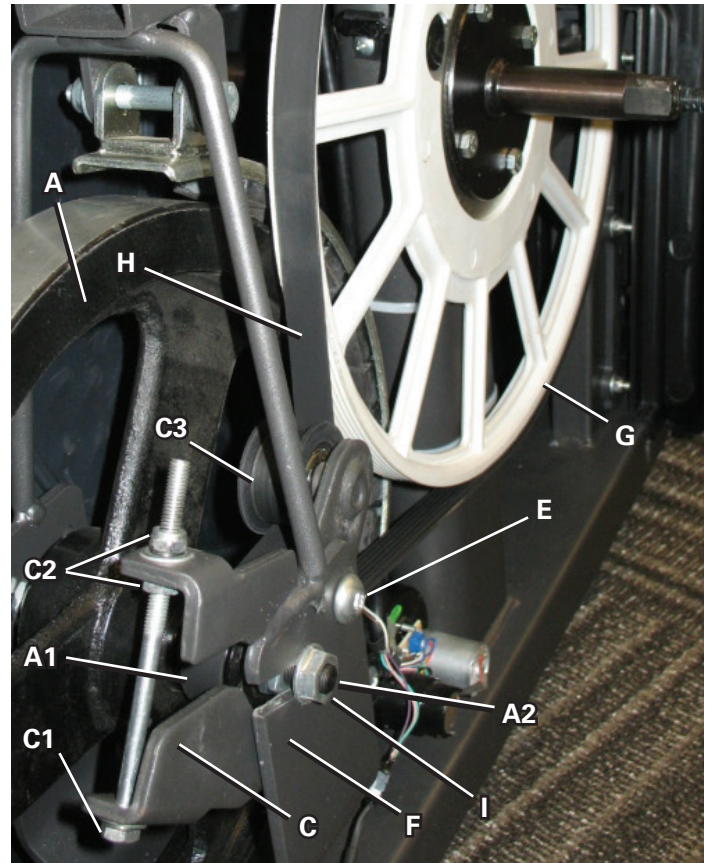
13. Before you fully tighten the Flywheel hardware (I), adjust the Tensioner Assembly (C) to the position marked in step 3 and tighten the hardware (E, C1, C2). Make sure that the belt tension is correct. Refer to the "Belt Tension Adjustment" section in this manual.

**Note:** This step may require two people.

14. To tighten the Flywheel hardware (I), use the 17mm open end wrench to hold the nut on one side steady and tighten the nut on the opposite side with the 17mm socket and wrench.

**Note:** Before fully attaching the Shrouds, power up the machine to verify that the Magnet Arm (B) can move freely, and that the Brake Magnet and Flywheel (A) do not touch at the maximum resistance level.

15. 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 Front Stabilizer on the Schwinn® 430/470 and Journey 4.0/4.5 Elliptical fitness machines.

If you need assistance, please call Schwinn Customer Service at 1-800-605-3369.



**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 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.
- 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 necessary request replacement warning stickers or placards from Nautilus customer service.
- Do not try to change the design or functionality of the machine being serviced as this can adversely affect user safety.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

### Tools Required (not included)

6mm hex wrench

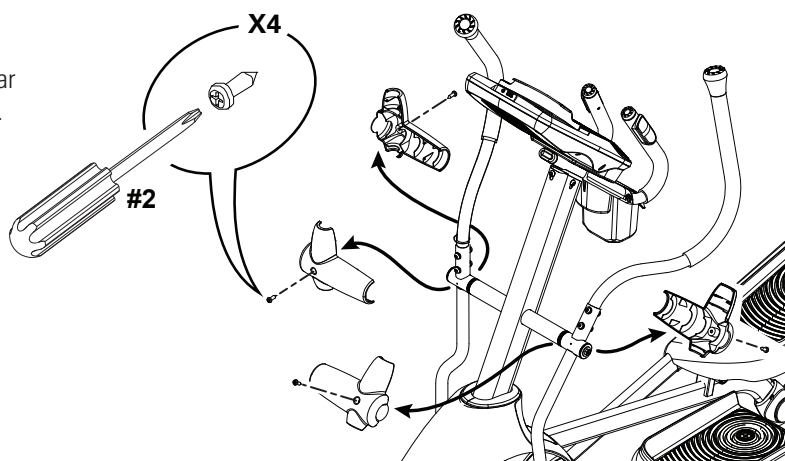


**!** To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and the machine and wait 5 minutes before cleaning, maintaining or repairing the machine. Place the power cord in a secure location.

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

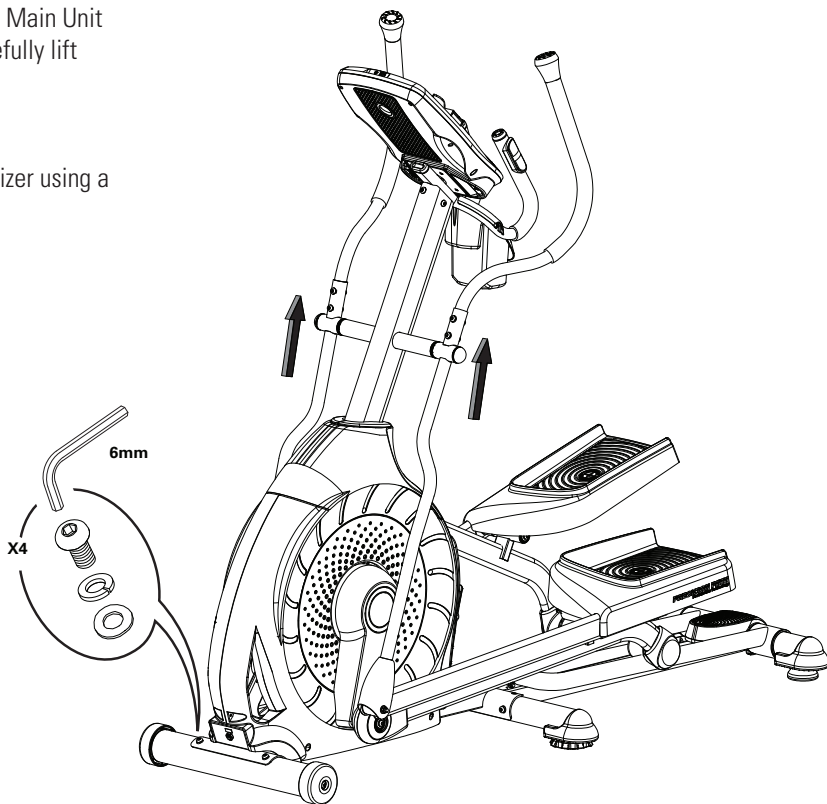
**NOTICE:** This procedure requires two or three people.

**1. 470 only**—loosen and remove the 4 screws from the Handlebar Shrouds. Remove the Handlebar Shrouds and set them safely aside.



**2.** To free the Front Stabilizer, have one or two people lift the Main Unit by grasping the Arm Pivot Tubes on each side of the Mast. Carefully lift and hold the front end slightly off the floor.

**3.** Loosen and remove the 4 bolts that attach the Front Stabilizer using a 6mm hex wrench. Remove the Front Stabilizer.



**4.** Installation is the reverse procedure.

**5.** Dispose of the old part.

**6.** 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 Lift Assembly and Rail Assembly on the Schwinn® 430 and Journey 4.0 Elliptical fitness machine.

If you need assistance, please call Schwinn Customer Service at 1-800-605-3369.

**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 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.
- 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 necessary request replacement warning stickers or placards from Nautilus customer service.
- Do not try to change the design or functionality of the machine being serviced as this can adversely affect user safety.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

### Tools Required (not included)

6mm hex wrench



Pliers



13mm open end wrench



Arm Pivot Rod

Small flathead screwdriver



**!** 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.

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

1. Be sure the Incline Assembly on the Rail Assembly is fully lowered.

If the Incline Assembly is raised:

**!** Do not adjust the workout angle when on the machine.

- a. Grasp the Incline Adjustment Handle and push the Incline Release Button with the palm of your hand. Be prepared to support the weight of the raised parts of the machine.

**!** When released, the Incline Assembly may fully disengage. Make sure that you are able to support the weight of the raised parts of the machine safely.

**Note:** The Incline Handle may need to be slightly lifted to disengage the Incline Assembly.

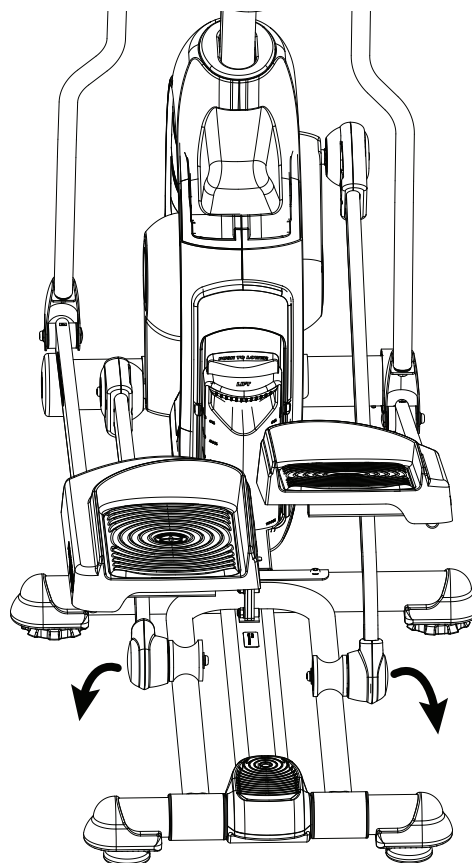
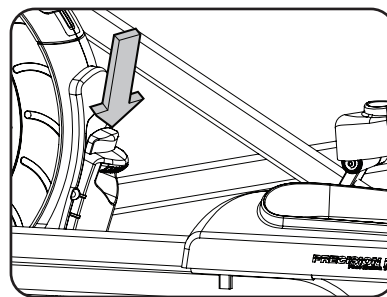
- b. Lower to the desired height.

**!** In order to avoid possible serious injury when lowering the Rails, be careful to avoid fingers or hands being caught or pinched.

- c. Release the Incline Release Button. Push down on the Pedals to be sure the Rails are secured by the Incline Assembly.

If you are only replacing the Lift Assembly—carefully lift the Leg and Pedal together to move the Roller off the Rail and set it on the floor to the outside of the Rail Assembly. Continue to Step 6.

If you are replacing the Rail Assembly—additional space is required for removal and installation. Continue to Step 2.



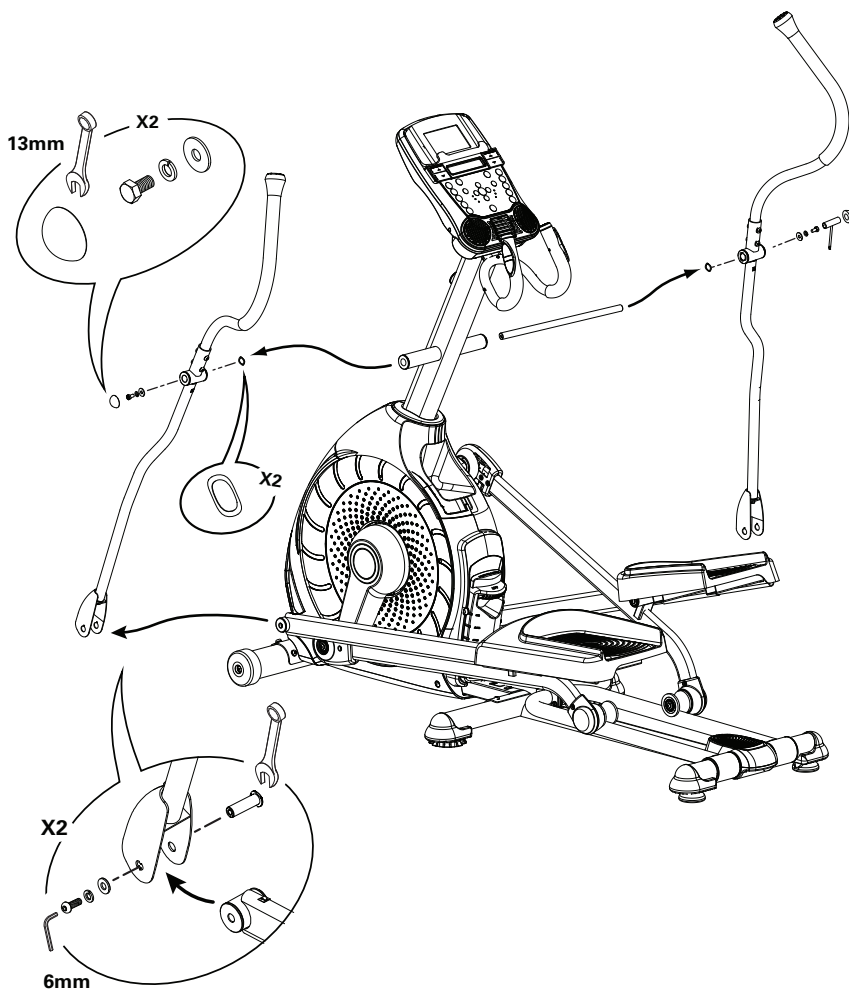
2. Using a 6mm hex key and a 13mm wrench, remove the two indicated bolts from the Lower Handlebar Arms and Pedals. Set the hardware safely aside for reassembly.

**⚠ Be aware that the Handlebar Arms will be loose and may pivot when the hardware is removed. This step may require two people.**

3. Using a small flathead screwdriver, pry the Caps from the Lower Handlebar Arms.

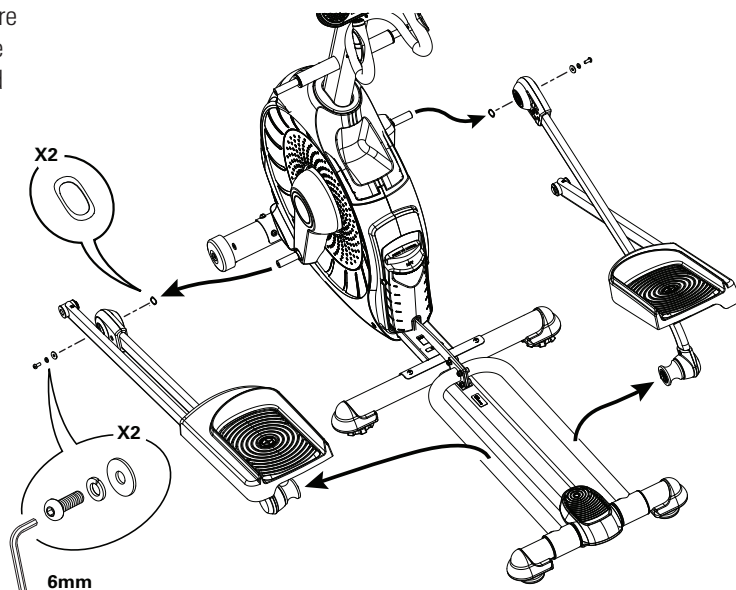
4. Using a 13mm wrench and a pair of pliers, remove the hardware from the Lower Handlebar Arms and the Arm Pivot Rod. Remove the hardware, Upper and Lower Handlebar Arms, and Arm Pivot Rod. Set them safely aside for reassembly.

**Note:** The hardware on both ends of the Arm Pivot Rod will need to be held to remove it.

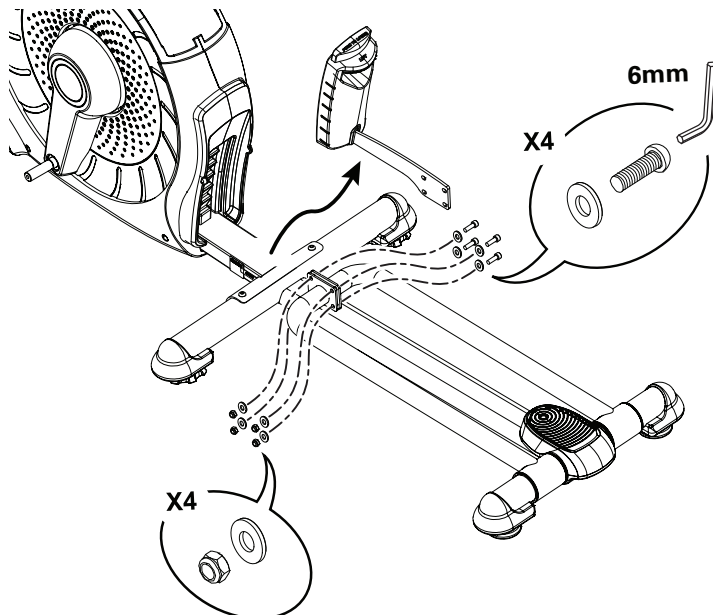


5. Using a 6mm hex wrench, loosen and remove the indicated hardware from the Legs, and set it safely aside for reassembly. On each side of the machine, remove the Leg and Pedal together from the Rail Assembly and set them safely aside for reassembly.

**NOTICE:** This step may require two people.



6. Using a 6mm hex wrench, remove the four bolts that attach the Lift Assembly to the Rail Assembly. Remove the Lift Assembly.

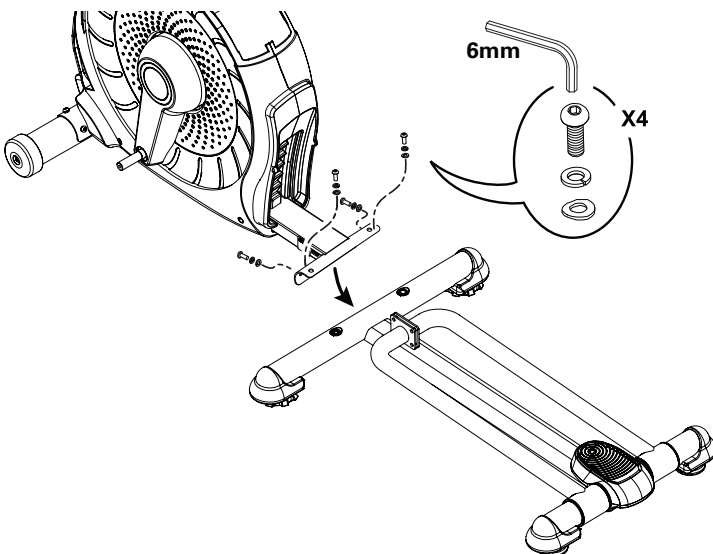


If you are only replacing the Lift Assembly, go to Step 10.

If you are replacing the Rail Assembly, continue to Step 7.

7. Using a 6mm hex wrench, remove the four bolts that attach the Rail Assembly to the Frame Assembly.

**!** Be aware that the Frame Assembly may be unstable and slightly top heavy.



8. Remove the Rail Assembly.

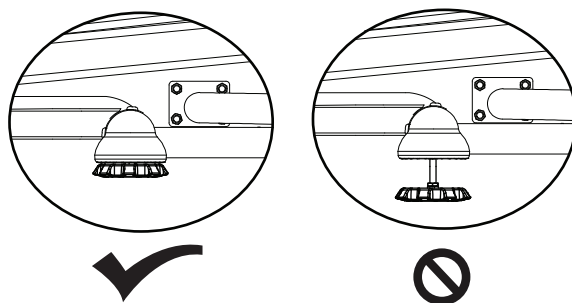
**!** The machine may be moved by one or more persons depending on their physical abilities and capacities. Make sure that you and others are all physically fit and able to move the machine safely.

*NOTICE:* This step may require two people.

9. Attach the new Rail Assembly to the Frame Assembly.

**Note:** Be sure Levelers are fully raised on Rail Assembly.

**!** Be aware that the Frame Assembly may be unstable and slightly top heavy. This step may require two people.



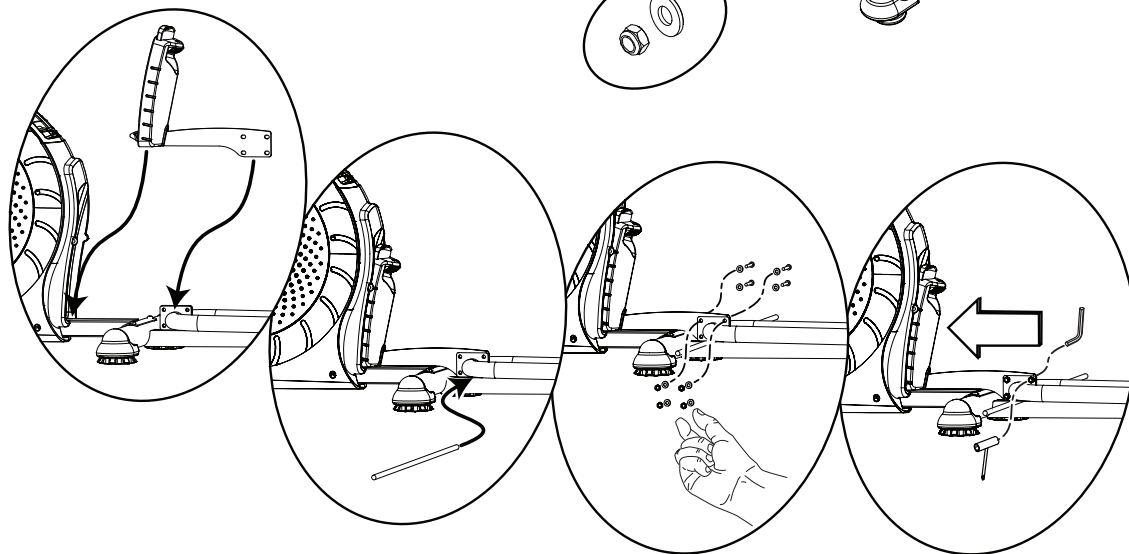
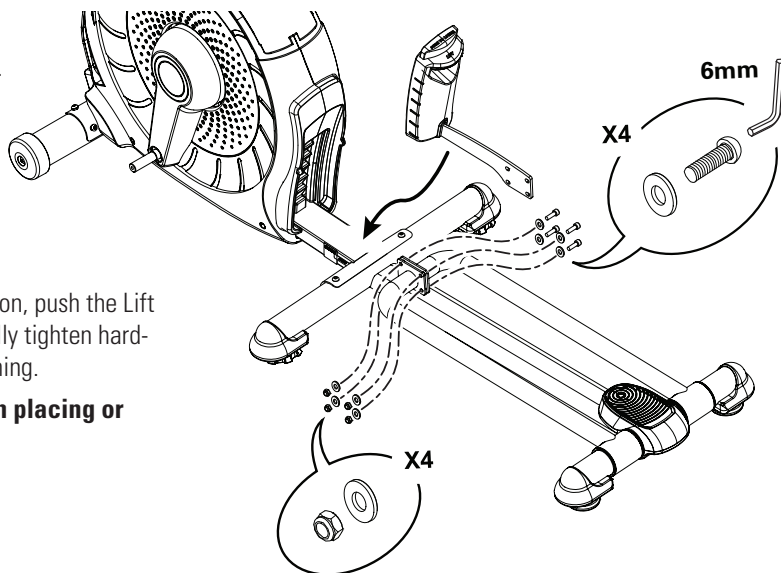


10. Attach the new Lift Assembly using the Arm Pivot Rod.

**Note:** Be sure Levelers are fully raised on Rail Assembly.

**NOTICE:** With the Arm Pivot Rod under the plate junction, push the Lift Assembly toward the Frame Assembly and fully tighten hardware. Remove the Arm Pivot Rod after tightening.

**⚠ Keep fingers away from any pinch hazards when placing or removing the Arm Pivot Rod.**



11. Using a 6mm hex wrench and a 13mm wrench, reinstall the Legs and Pedals, Arm Pivot Rod, and Upper and Lower Handlebar Arms.

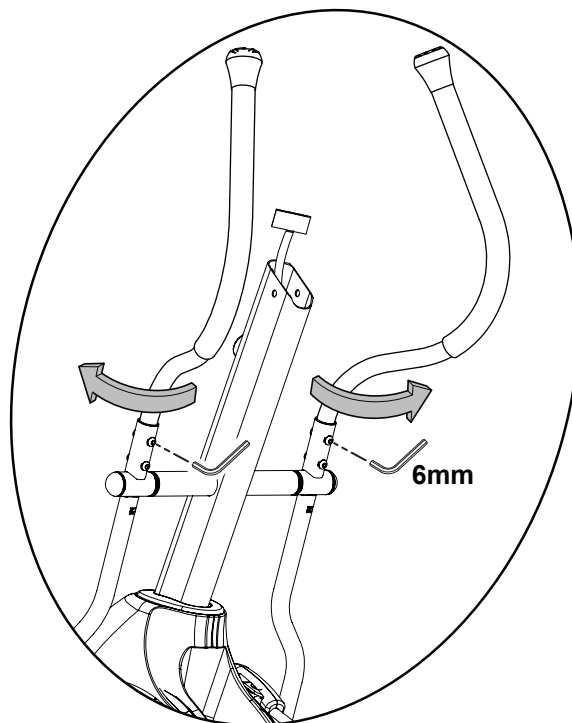
**NOTICE:** This step may require two people.

**⚠ Make sure the Upper Handlebar Arms are secure before you exercise.**

12. Dispose of the old parts.

13. 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 Pedals and Legs on the Schwinn® 430/470 and Journey 4.0/4.5 Elliptical fitness machines.

If you need assistance, please call Schwinn Customer Service at 1-800-605-3369.



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#### **DANGER**

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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 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.
- 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 necessary request replacement warning stickers or placards from Nautilus customer service.
- Do not try to change the design or functionality of the machine being serviced as this can adversely affect user safety.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

### Tools Required (not included)

6mm hex wrench



13mm open end wrench



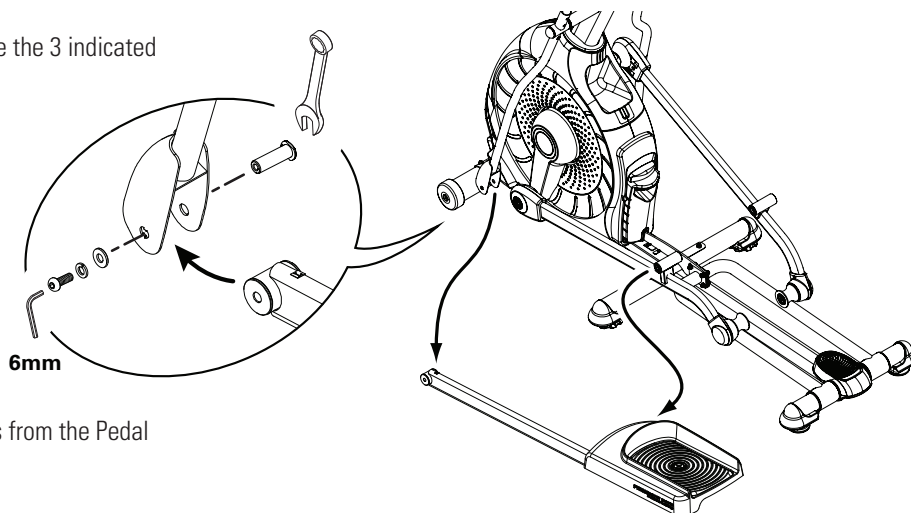
Small flathead screwdriver



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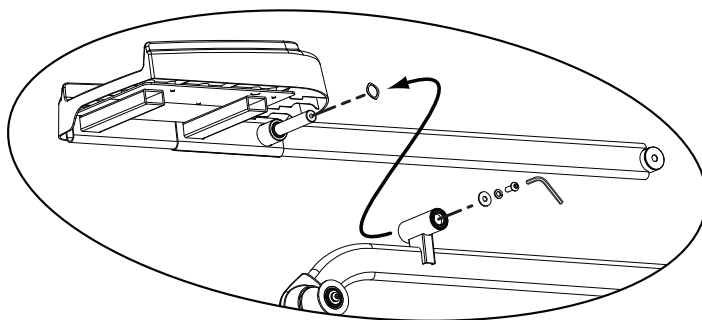
1. Using a 6 mm hex wrench and 13mm wrench, remove the 3 indicated bolts from below the Pedal.



2. Using a 6mm hex wrench, remove the indicated bolts from the Pedal and Lower Handlebar Arm.

**!** Be aware that the Handlebar Arms will be loose and may pivot when the hardware is removed.

3. Remove the Pedal.



4. Using a small Flathead screwdriver, pry the Cap from the Crank Arm.

5. Using a 6mm hex key, loosen and remove the indicated hardware and remove the Leg.

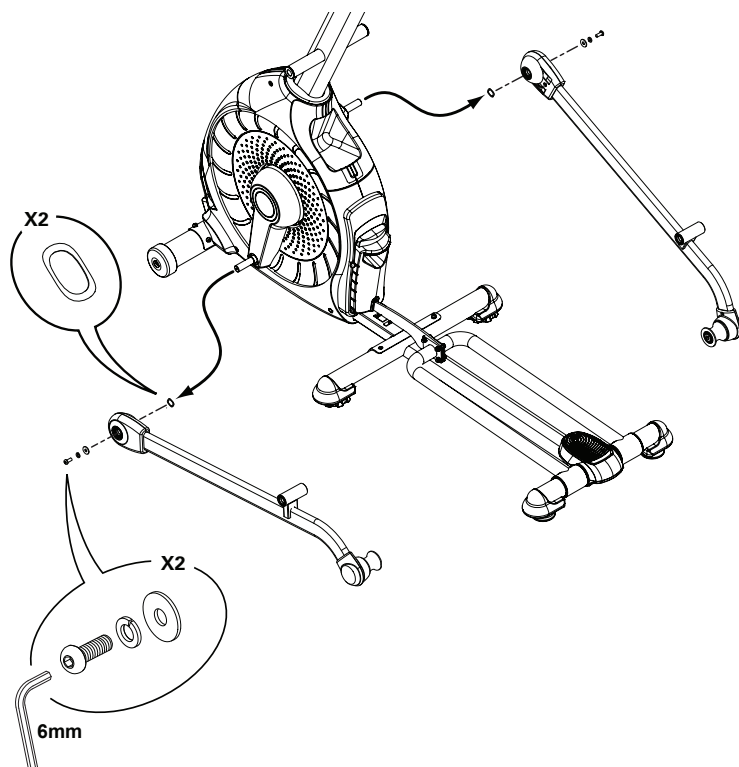
6. Repeat steps on opposite side.

7. Installation is the reverse procedure.

8. Discard the old parts.

9. 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 Assembly on the Schwinn® 430 and Journey 4.0 Elliptical fitness machines.

If you need assistance, please call Schwinn Customer Service at 1-800-605-3369.



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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.**

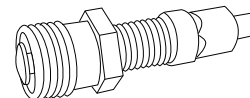
- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair 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.
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- Do not try to change the design or functionality of the machine being serviced as this can adversely affect user safety.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

### Tools Required (not included)

#2 Phillips screwdriver



Crank puller



Flathead screwdriver



17mm open end wrench



13mm socket and ratchet



6mm hex wrench



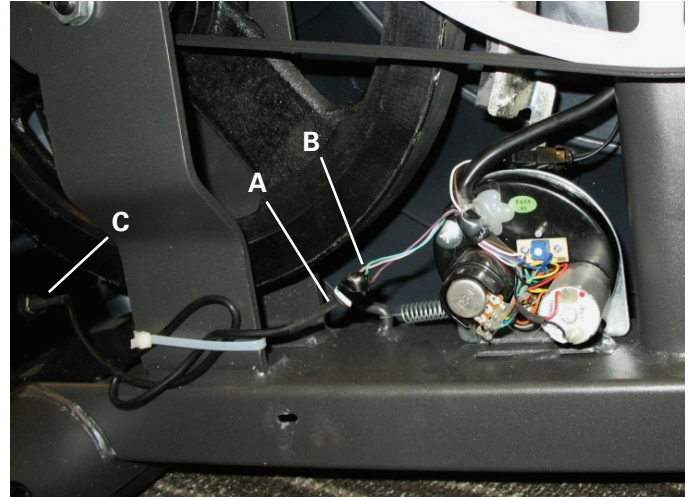
**NOTICE:** It is necessary to remove the Shrouds for this procedure. Refer to the “Replace the Shrouds” procedure.



**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.**

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

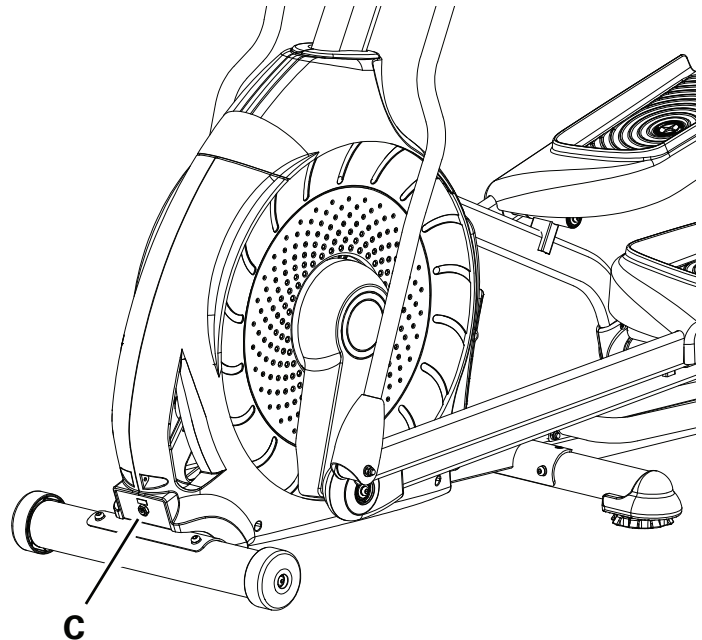
1. Remove the left Shroud. Refer to the “Replace the Shrouds” Procedure.
2. Carefully disconnect the Power Inlet cable (A) from the wiring harness (B) on the Servo Motor.



3. Using a 17mm wrench, loosen and remove the thin Nut from the Power Inlet (C) on the outside of the front of the Frame.

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

4. Pull the Power Inlet plug (C) out of the hole toward the inside of the main unit. Discard the old Power Inlet assembly.



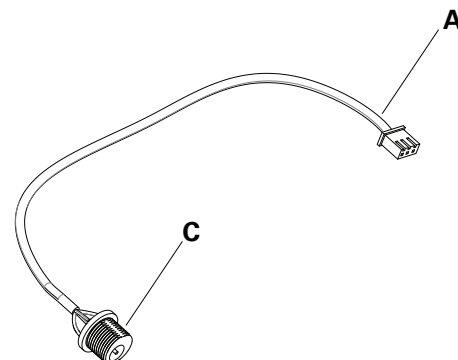
5. Installation is the reverse procedure.

**NOTICE:** Do not crimp any cables. Be sure the Power Inlet plug is seated evenly in the hole.

6. 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 installation of the Roller Wheel Plates on the Schwinn® 430/470 and Journey 4.0/4.5 Elliptical fitness machines. This procedure only applies to older models.

If you need assistance, please call Schwinn Customer Service at 1-800-605-3369.

**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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**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 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.
- 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 necessary request replacement warning stickers or placards from Nautilus customer service.
- Do not try to change the design or functionality of the machine being serviced as this can adversely affect user safety.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

### Tools Required (not included)

6mm hex wrench





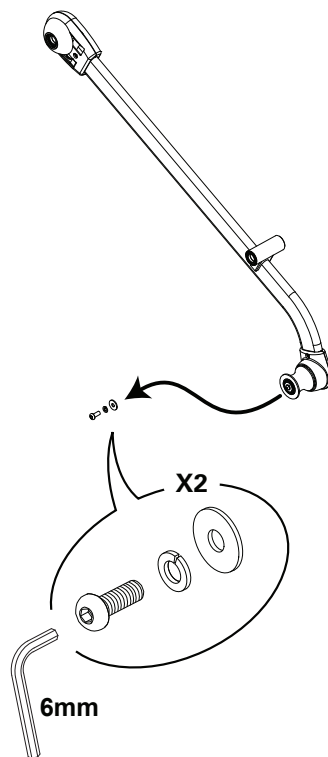


**To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and the machine and wait 5 minutes before cleaning, maintaining or repairing the machine. Place the power cord in a secure location.**

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

**1.** Using a 6mm hex wrench, remove the bolt and washers from Roller assembly on the Leg.

**NOTICE:** This step may require two people to support the weight of the Leg.



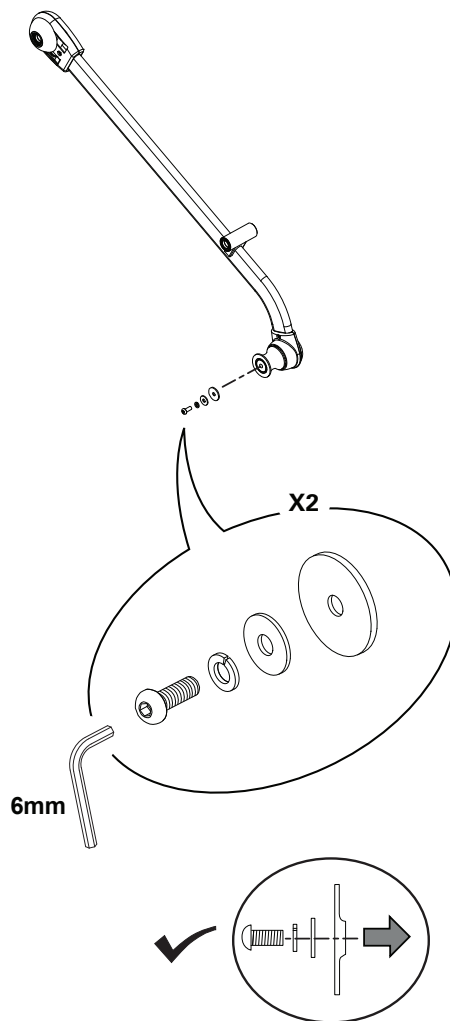
**2.** Using a 6 mm hex key, attach the Round Plate to the Leg.

**Note:** Be sure the inner ridge on the Round Plate is installed toward the Leg.

**3.** 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 Speed Sensor Assembly on the Schwinn® 430/470 and Journey 4.0/4.5 Elliptical fitness machines.

If you need assistance, please call Schwinn Customer Service at 1-800-605-3369.



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#### **DANGER**

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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.
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- 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.
- 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 necessary request replacement warning stickers or placards from Nautilus customer service.
- Do not try to change the design or functionality of the machine being serviced as this can adversely affect user safety.
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### Tools Required (not included)

#2 Phillips screwdriver



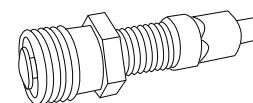
13mm socket and wrench



Flathead screwdriver



Crank puller



6mm hex wrench



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



**DANGER**

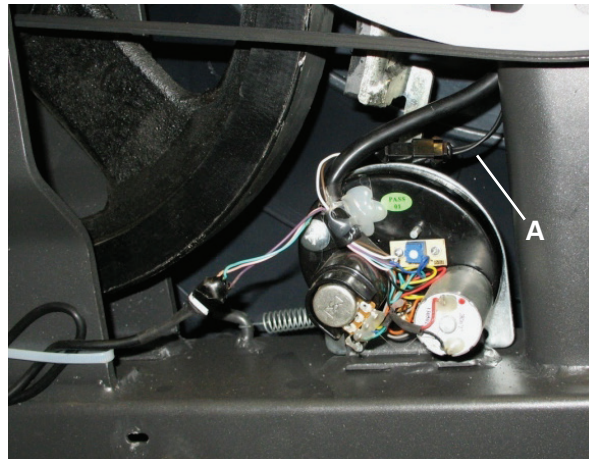
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**Note:** Your machine may not match the image. For reference only.

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

2. Disconnect the Speed Sensor Cable (A).

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



3. Using a #2 Phillips screwdriver, remove the indicated bolt (B) from the RPM Sensor Assembly (C).

**Note:** The Speed Sensor Magnet (D) is on the Drive Pulley Assembly.

4. Remove the RPM Sensor Assembly (C) and replace with the new assembly.

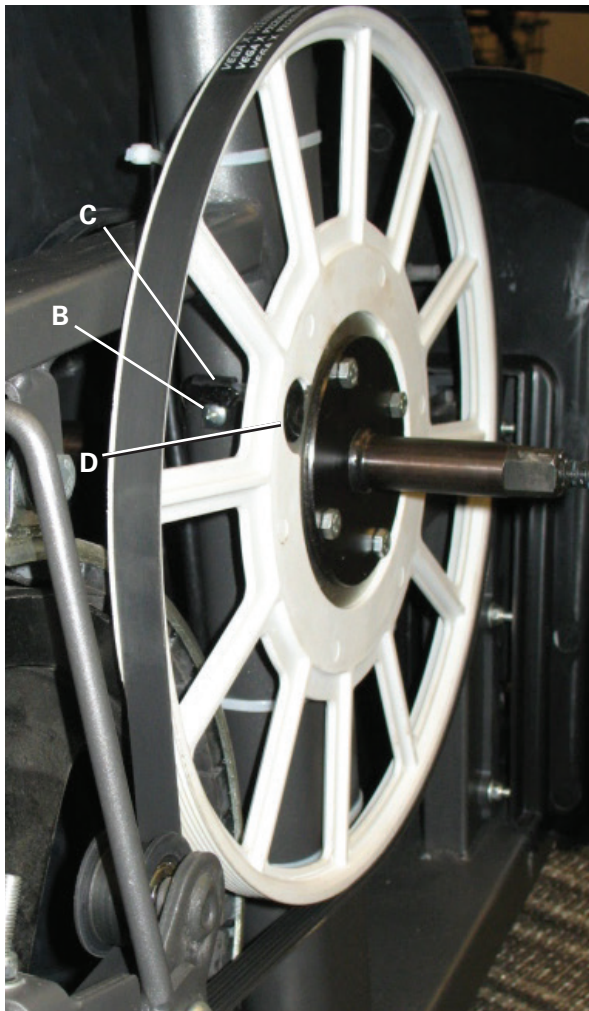
5. Installation is the reverse procedure.

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

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

6. Dispose of the old parts.

7. 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 Servo Motor on the Schwinn® 430 and Journey 4.0 Elliptical fitness machines.

If you need assistance, please call Schwinn Customer Service at 1-800-605-3369.

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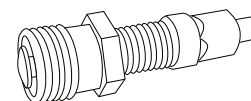
- Read and understand the Part Replacement Procedure before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.
- Keep bystanders and children away from the product being serviced at all times.
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### Tools Required (not included)

#2 Phillips screwdriver



Crank puller



Flathead screwdriver



Needlenose pliers



6mm hex wrench  
3mm hex wrench



2.5" x 10" cardboard and tape  
Utility knife or scissors to cut zipties  
4' (1.2m) length of string  
Zipties

13mm socket and wrench





**NOTICE:** It is necessary to remove the Shrouds for this procedure. Refer to the “Replace the Shrouds” procedure.  
It may be necessary to adjust the brake tension at the end of this procedure. Refer to the “Set the Brake Tension” procedure.

**⚠ DANGER**

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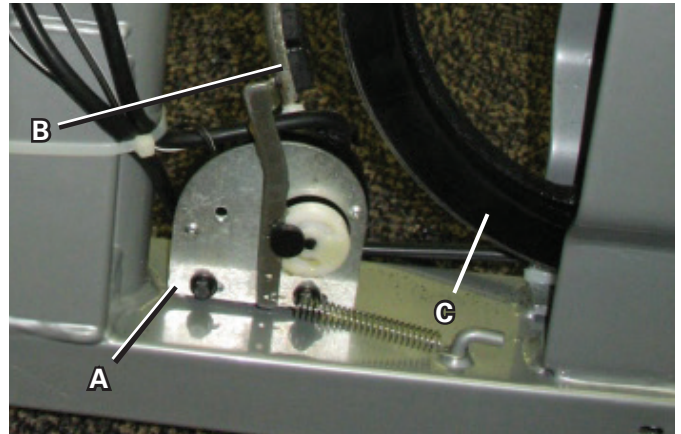
**Note:** Your machine may not match the image. For reference only.

1. Disconnect and reconnect the AC Adapter from the wall outlet to turn the power off and on. Push QuickStart and verify that the console shows that the default resistance level is 4. Set the resistance to the highest level.



**Disconnect all power and allow to sit for 5 minutes.**

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

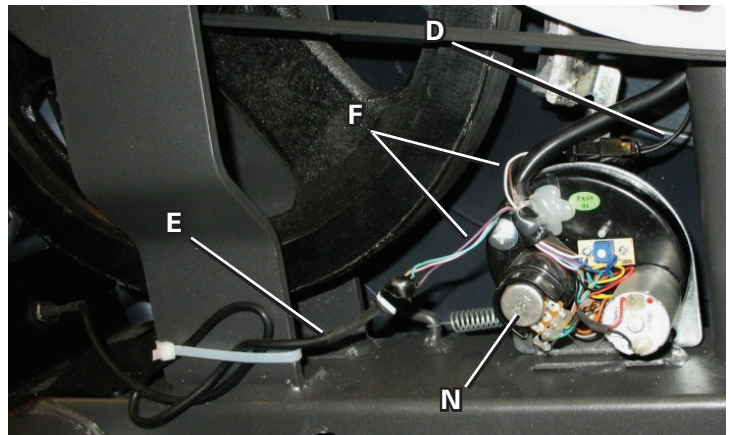


3. Measure and mark the position of the Servo Motor bracket (A) on the Main Frame.

4. Insert 2.5" x 10" cardboard between the Brake Magnet (B) and the Flywheel (C), and tape the cardboard to the Brake Magnet.

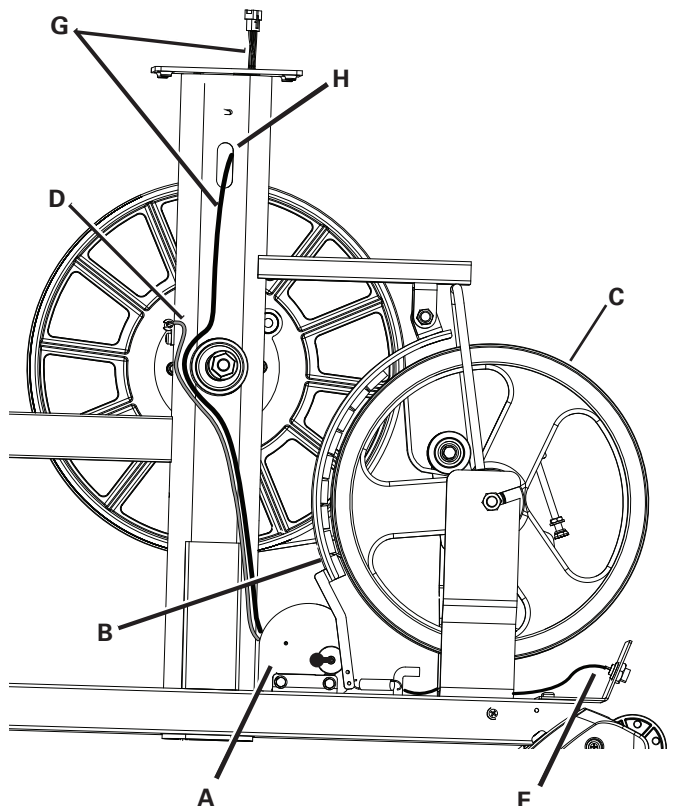
**Note:** Be sure the cardboard covers all of the Brake Magnet.

5. Observe the cable routing to the wiring harness (F) on your machine. Disconnect the Speed Sensor Cable (D) and Power Inlet Cable (E) from the wiring harness.



6. Tie the length of string to the end of the lower Console Cable (G) at the top of the Mast mount. Remove the zipties that attach the lower Console Cable to the Frame. Pull the cable and string down through the hole (H) on the side of the Frame so that the string extends through the Frame.

7. Untie the string from the Console Cable (G).



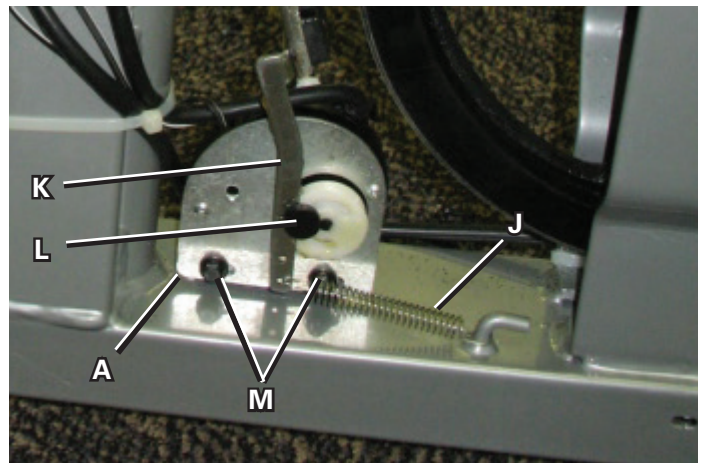
8. Use the pliers to unhook the Tension Spring (J) from the Main Frame. Pull back and release the Magnet Arm (K) enough to disengage it from the Motor Pulley Shaft (L).

9. Loosen and remove the two socket head bolts (M) from the Servo Motor (A).

10. Remove the Servo Motor (A). Discard the old Servo Motor.

11. Installation is the reverse procedure. Adjust the new Servo Motor to same position recorded in Step 3.

**NOTICE:** Do not touch the Potentiometer (N). Do not crimp any cables.



12. Tie the end of the string at the hole (H) in the Mast to the end of the Console Cable (G) on the new Servo Motor (A). Carefully pull the cable through the hole to the top of the Mast mount. Untie the string and discard it.

13. Reinstall the Mast, Static Handlebar, Console and Top Shroud. (Refer to the "Replace the Shrouds" procedure.) Turn the power on.



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

14. Use the console to set the resistance to the highest level. Unplug the machine.



**Disconnect all power and allow to sit for 5 minutes.**

15. Put the Brake Arm (K) back in position and connect the Tension Spring (J) with the needlenose pliers.

**Note:** Before fully attaching the Shrouds, remove the cardboard from between the Brake Magnet (B) and the Flywheel (C). Power up the machine to verify that the Magnet Arm can move freely, and that the Brake Magnet and Flywheel do not touch at the maximum resistance level. If necessary, refer to the "Set the Brake Tension" 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.**

After replacing the Servo Motor, the resistance levels of the machine may be different. The user should adjust their workout levels accordingly.



**NOTICE:** This document provides instructions for the replacement of the Shrouds on the Schwinn® 430 and Journey 4.0 Elliptical fitness machines.

If you need assistance, please call Schwinn Customer Service at 1-800-605-3369.



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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.
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### Tools Required (not included)

6mm hex wrench



14mm socket and wrench



Small flathead screwdriver



#2 Phillips screwdriver



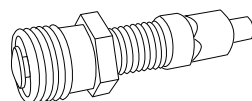
13mm open end wrench



Pliers



Crank puller



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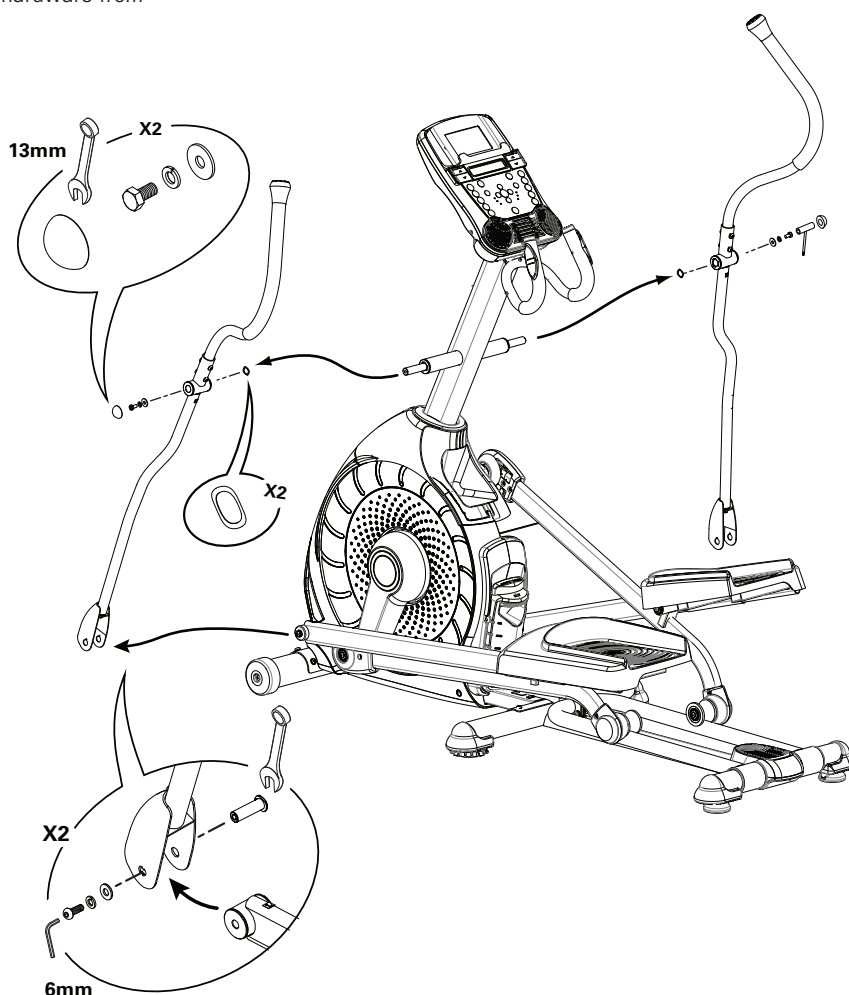
**1.** Using a 6mm hex wrench and a 13mm wrench, remove the 2 indicated bolts from the Lower Handlebar Arms and Pedals. Set the hardware safely aside for reassembly.

**!** Be aware that the Handlebar Arms will be loose and may pivot when the hardware is removed. This step may require two people.

**2.** Using a small flathead screwdriver, pry the Caps from the Lower Handlebar Arms.

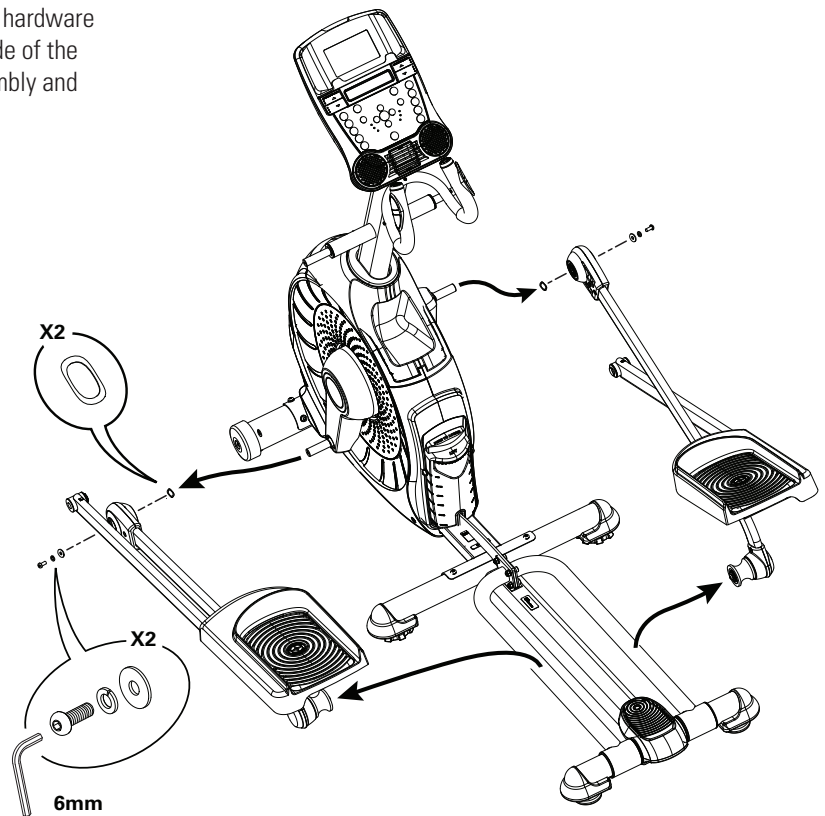
**3.** Using a 13mm wrench and a pair of pliers, remove the hardware from the Lower Handlebar Arms and the Arm Pivot Rod. Remove the hardware and the Upper and Lower Handlebar Arms. Set them safely aside for reassembly.

**Note:** The hardware on both ends of the Arm Pivot Rod will need to be held to remove it.



**4.** Using a 6mm hex wrench, loosen and remove the indicated hardware from the Legs, and set it safely aside for reassembly. On each side of the machine, remove the Leg and Pedal together from the Rail Assembly and set them safely aside for reassembly.

**NOTICE:** This step may require two people.

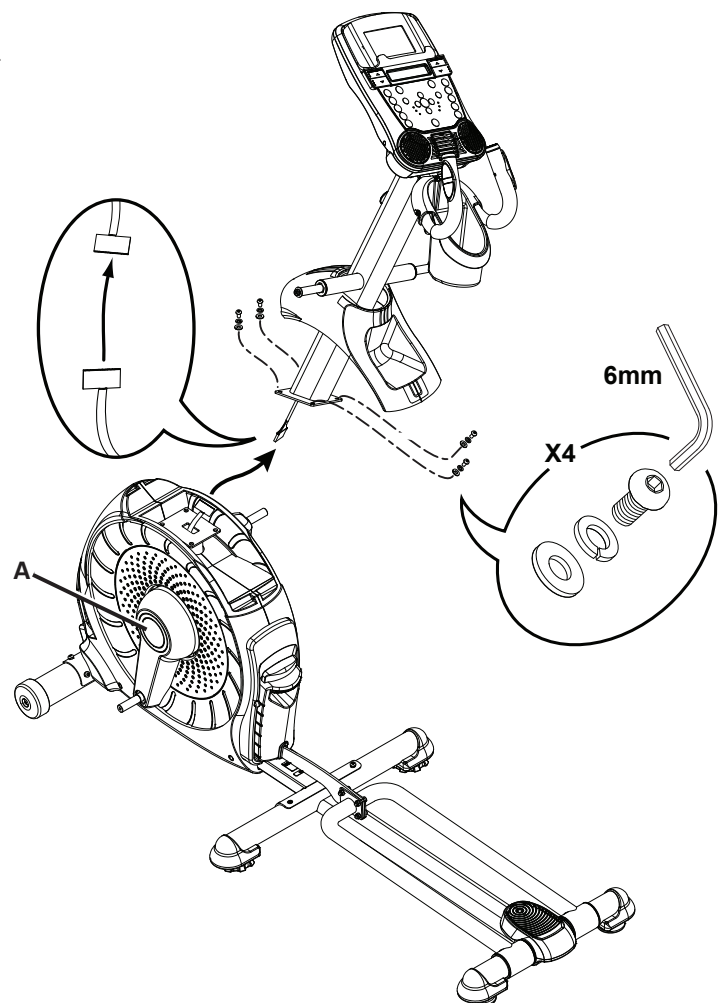


**5.** Bend the edges of the Top Shroud to disengage the inside tabs from the Main Assembly, and slide the Mast Boot and Top Shroud up the Mast.

**6.** Remove the hardware (indicated) from the Mast. Gently pull the Mast out and disconnect the cables. Set the hardware, Mast and Top Shroud safely aside.

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

**7.** Twist the Center Cap (A) counter-clockwise and remove it from the Crank Arm.



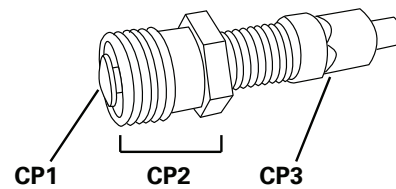
8. Using a 14mm socket and ratchet, remove the Lock Nut from the Crank Arm with Plastics.



Image does not match your machine. For illustrative purposes only.

9. Thread the Crank Puller into the Crank Arm with Plastics. 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.



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

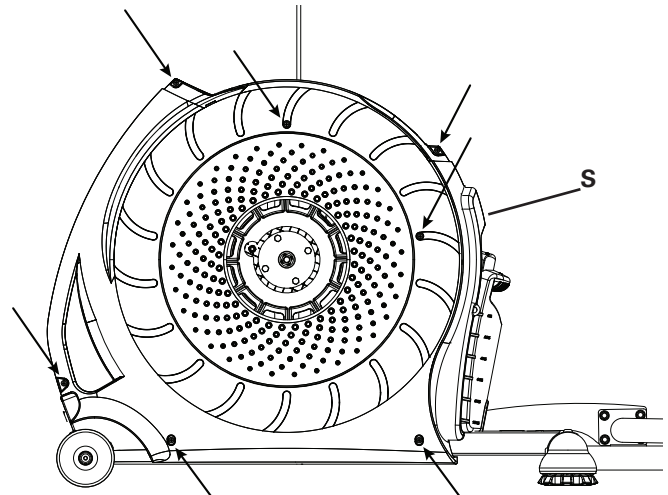


Image does not match your machine. For illustrative purposes only.

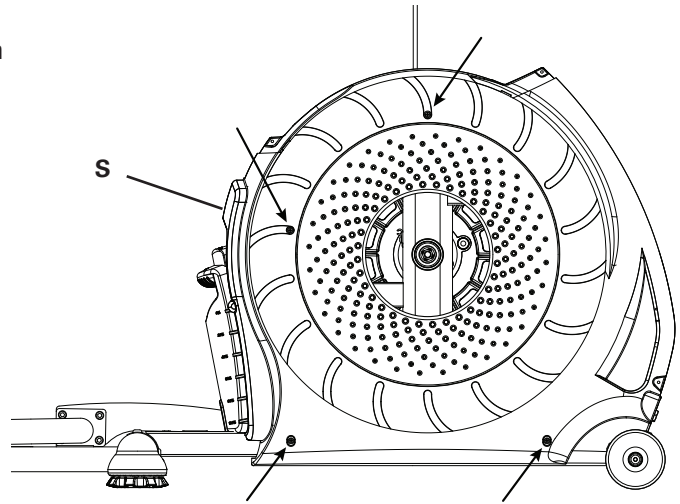
11. Using a #2 Phillips screwdriver, loosen the 7 indicated screws from the Left Shroud. Loosen the bottom screws first, and then the top screws. Slowly remove the Left Shroud.

**NOTICE:** Hold the Manual Main Shroud (S) so that it does not fall. Be sure not to crimp any cables.

12. Remove the Manual Main Shroud (S) from the Lift Assembly.



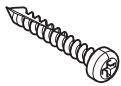
**13.** Using a #2 Phillips screwdriver, remove the 4 screws that secure the Right Shroud. Remove the bottom screws first, and then the top screws. Slowly remove the Right Shroud.



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

**Note:** Self-tapping screws attach the Shrouds to the Frame.



No screws hold the Manual Main Shroud in position. Reach through the left or right side opening to stabilize it while installing the screws.

Installation does not require the use of the crank puller. Be sure the tabs in the Top Shroud snap into the Main Assembly.

**15.** Dispose of the old parts.

**16.** 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 Static Handlebar Assembly on the Schwinn® 430 and Journey 4.0 Elliptical fitness machines. ]

**If you need assistance, please call Schwinn Customer Service at 1-800-605-3369.**



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### **DANGER**

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### **Tools Required (not included)**

#2 Phillips screwdriver



6mm hex wrench



10mm open end wrench







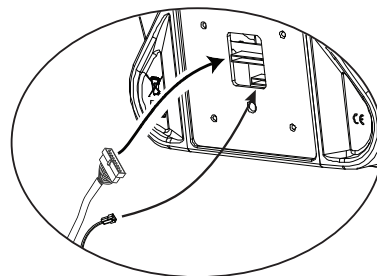
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**Note:** Your machine may not match the image. For reference only.

**1.** Using a #2 Phillips screwdriver, remove the 4 indicated screws from the Console Assembly.

**2.** Gently lift the Console Assembly and disconnect the cables.

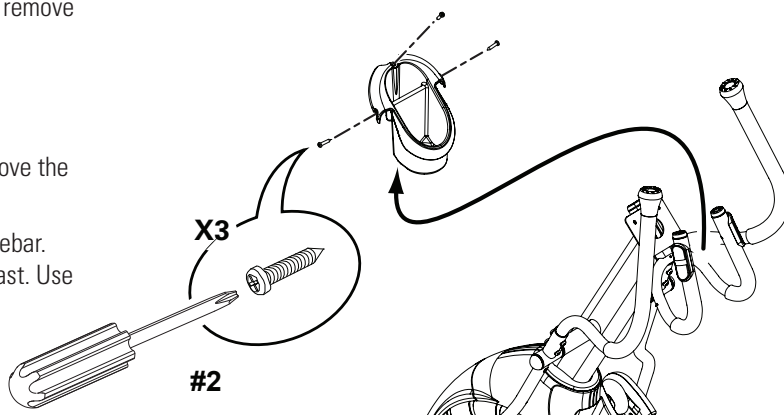
**NOTICE:** Do not crimp the cables. Do not allow the cables to fall down the Console Mast. Use a rubber band or wire tie. This step may require two people.



**3.** Using a Phillips screwdriver, remove the 3 indicated screws and remove the Water Bottle Holder.

**4.** Using a 6mm hex wrench, remove the 3 indicated bolts and remove the Static Handlebar.

**NOTICE:** Do not crimp the cables when removing the Static Handlebar. Do not allow the cables to fall down into the Console Mast. Use a rubber band or wire tie.



**5.** Installation is the reverse procedure.

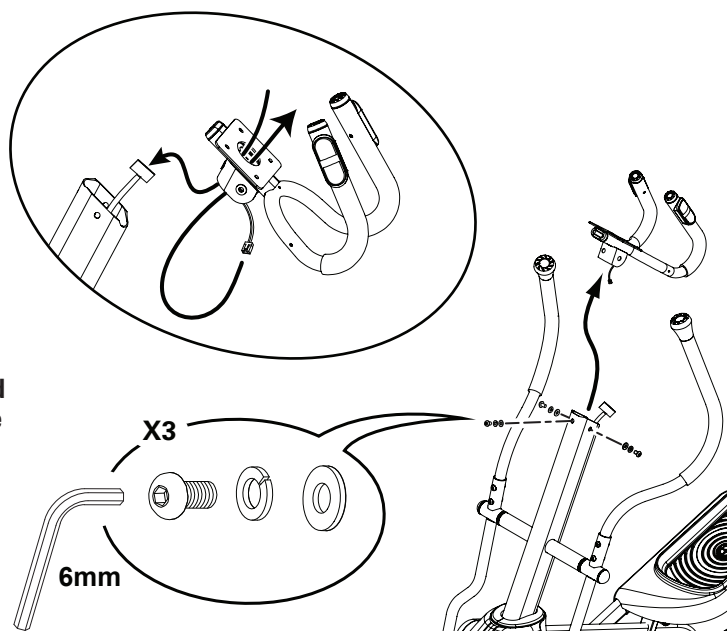
**NOTICE:** Do not crimp the cables.

**6.** Dispose of the old parts.

**7.** 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 Tensioner Assembly on the Schwinn® 430/470 and Journey 4.0/4.5 Elliptical fitness machines.

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**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 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.
- 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 necessary request replacement warning stickers or placards from Nautilus customer service.
- Do not try to change the design or functionality of the machine being serviced as this can adversely affect user safety.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

### Tools Required (not included)

#2 Phillips screwdriver



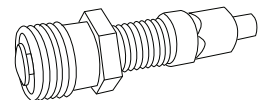
13mm socket and wrench



Large flathead screwdriver



Crank puller



6mm hex wrench



10mm open end 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



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

**1.** Carefully remove the Shrouds. Refer to the “Replace the Shrouds” procedure.

**2.** Measure, or mark a piece of scrap paper, the adjustment length of the Tensioner Bolt (D) and nut (C).

**3.** Using a 10mm wrench, loosen and remove the outer nut (C) so the Tension Bolt (D) can be released from the Tensioner Bracket (E).

**4.** Using a 6mm hex wrench and 13mm wrench, remove the Tensioner Assembly Hardware (A) that attaches the Tensioner Assembly (B) to the frame upright.

**Note:** Use the hex key to hold the bolt (A) in place on the outside and turn the nut from the inside.

**5.** Remove the Tensioner Assembly (B) from the Frame Assembly and the Drive Belt.

**6.** Installation is the reverse procedure.

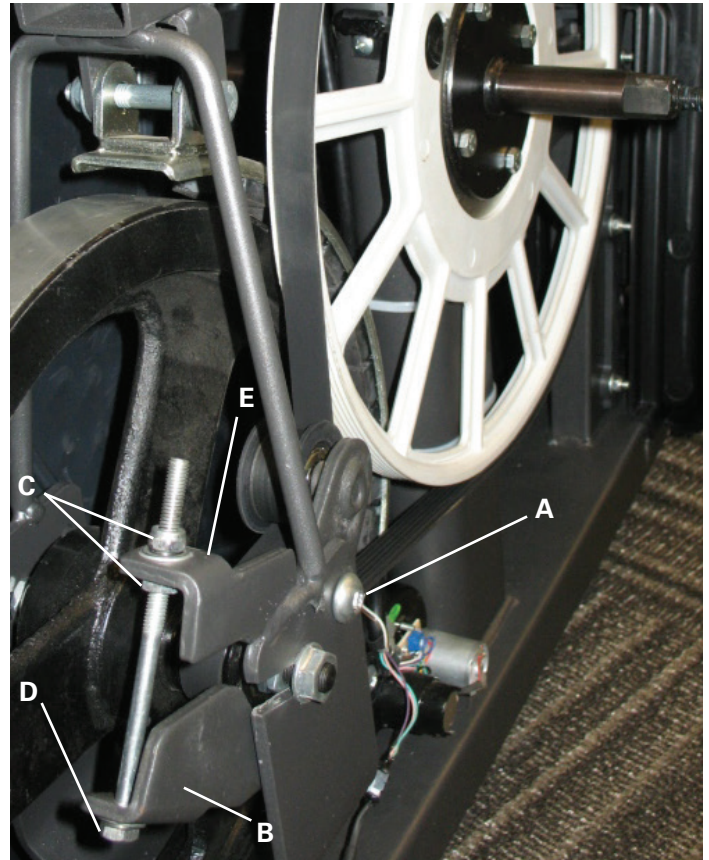
**Note:** Be sure to adjust the replacement Tensioner Bolt (D) and nuts (C) to the previous length.

**7.** Dispose of the old parts.

**8.** 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 Upper and Lower Handlebar Arms on the Schwinn® 430/470 and Journey 4.0/4.5 Elliptical fitness machine.

If you need assistance, please call Schwinn Customer Service at 1-800-605-3369.



**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 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.
- 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 necessary request replacement warning stickers or placards from Nautilus customer service.
- Do not try to change the design or functionality of the machine being serviced as this can adversely affect user safety.
- Do not use the machine until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

### Tools Required (not included)

6mm hex wrench



Small flathead screwdriver



13mm open end wrench



#2 Phillips screwdriver  
(470 only)



Pliers

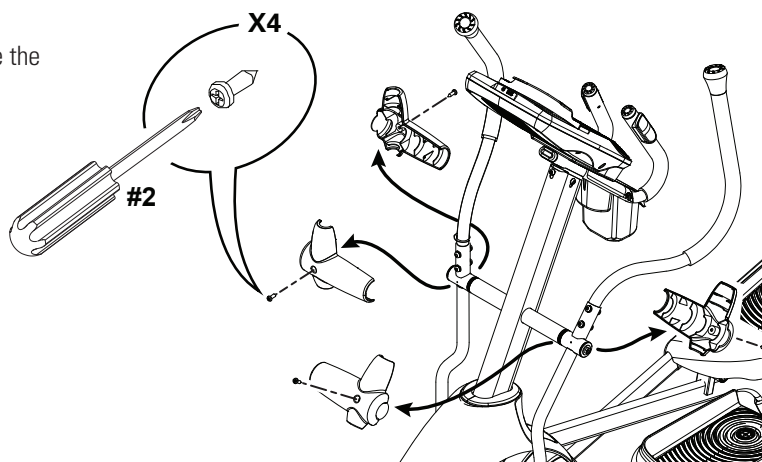


**!** To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and the machine and wait 5 minutes before cleaning, maintaining or repairing the machine. Place the power cord in a secure location.

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

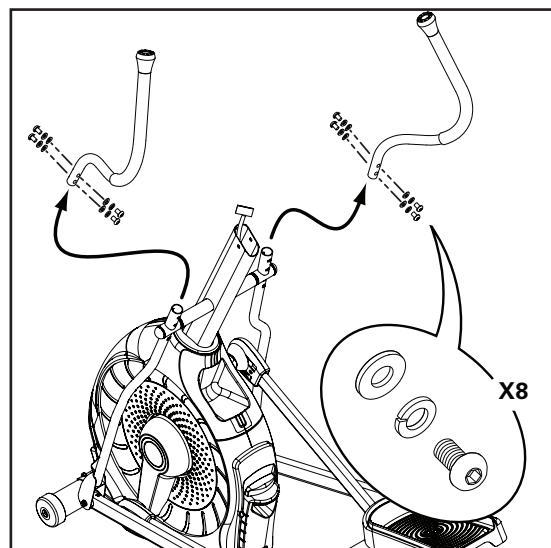
**1. 470 / Journey 4.5 only-**

loosen and remove the 4 screws from the Handlebar Shrouds. Remove the Handlebar Shrouds and set them safely aside.



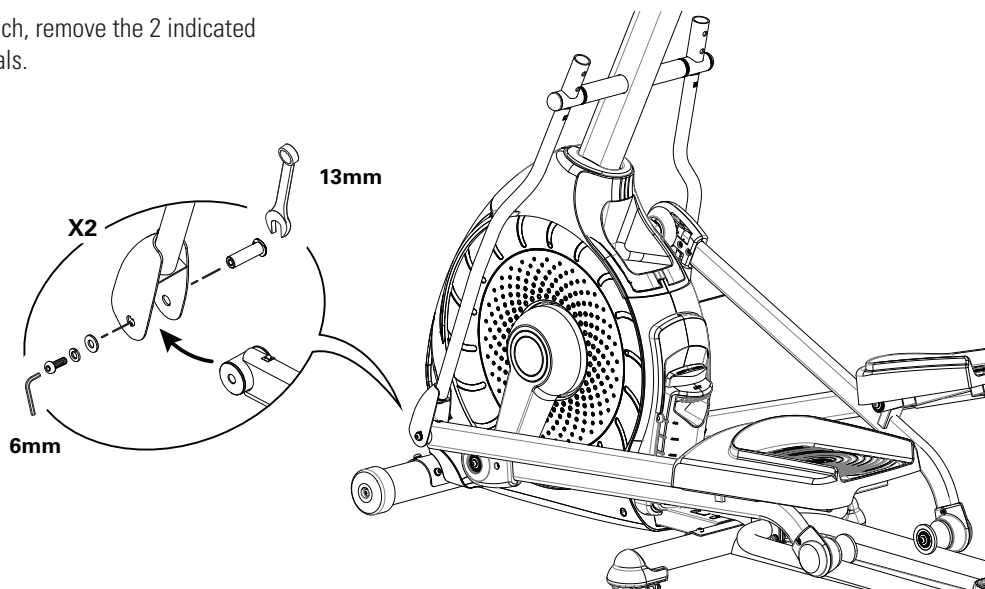
**2.** Using a 6 mm hex wrench, remove the 8 indicated bolts from the Upper Handlebar Arms.

**3.** Remove the Upper Handlebar Arms and set them safely aside.



Console-static handlebar not shown for clarity

**4.** Using a 6 mm hex wrench and a 13mm wrench, remove the 2 indicated bolts from the Lower Handlebar Arms and Pedals.

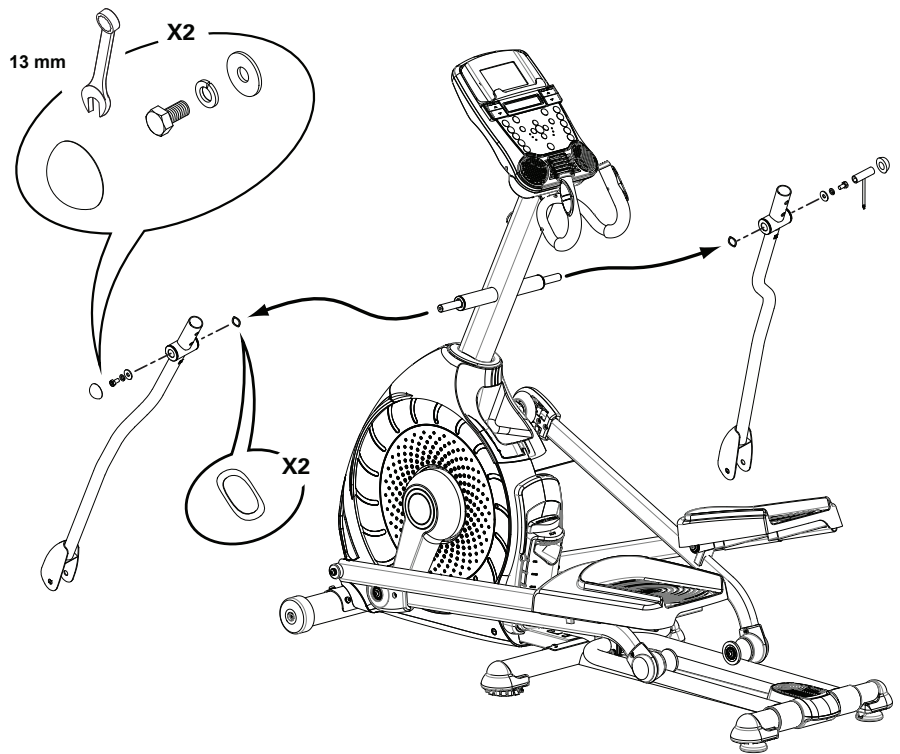


**5. 430 / Journey 4.0 only-**

using a small Flathead screwdriver, pry the Caps from the Lower Handlebar Arms.

**6.** Using a 13mm wrench and a pair of pliers, remove the hardware from the Lower Handlebar Arms and the Arm Pivot. Remove the Handlebar Arms and set them safely aside.

**Note:** The hardware on both ends of the Arm Pivot Rod will need to be held to remove it.



**7.** Installation is the reverse procedure.

**⚠ Make sure the Upper Handlebar Arms are secure before you exercise.**

**8.** Discard the old parts.

**9.** 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.**

