



! WARNING

Do not operate this machine until you read and understand the complete Owner's Manual provided online here: www.nautilusinternational.com or www.nautilus.cn

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

Serial Number _____ **Date of Purchase** _____

To register your product warranty, contact your local distributor. If you have questions or problems with your product, please contact your local distributor. To find your local distributor, go to: www.nautilusinternational.com or www.nautilus.cn

IMPORTANT SAFETY INSTRUCTIONS



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

Obey the following warnings:



Read and understand all warnings on this machine.

Carefully read and understand the Assembly instructions.

- Keep bystanders and children away from the product you are assembling at all times.
- Do not install the batteries into the machine until the time specified in the assembly manual.
- Do not assemble this machine outdoors or in a wet or moist location.
- Make sure assembly is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Some components of the machine can be heavy or awkward. Use a second person when doing the assembly steps involving these parts. Do not do steps that involve heavy lifting or awkward movements on your own.
- Set up this machine on a solid, level, horizontal surface.
- Do not try to change the design or functionality of this machine. This could compromise the safety of this machine and will void the warranty.
- If replacement parts are necessary, use only genuine replacement parts and hardware supplied by Nautilus. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and void the warranty.
- Do not use or put the machine into service until the machine has been fully assembled and inspected for correct performance in accordance with the Manual.
- Read and understand the complete Manual supplied with this machine before first use. Keep the Manual for future reference.
- Do all assembly steps in the sequence given. Incorrect assembly can lead to injury or incorrect function.

• **SAVE THESE INSTRUCTIONS.**

Before using this equipment, obey the following warnings:



Read and understand the complete Manual. Keep the Manual for future reference.

Read and understand all warnings on this machine. If at any time the Warning labels become loose, unreadable or dislodged, contact your local distributor for replacement labels.

- Children must not be let on or near to this machine. Moving parts and other features of the machine can be dangerous to children.
- Not intended for use by anyone under 14 years of age.
- Consult a physician before you start an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before you use the machine again. Use the values calculated or measured by the machine's computer for reference purposes only.
- Before each use, examine this machine for loose parts or signs of wear. Do not use if found in this condition. Monitor the Seat, Pedals, and Crank Arms closely. Contact your local distributor for repair information.
- Maximum user weight limit: 136 kg (300 lb). Do not use if you are over this weight.
- This machine is for home use only. Do not place or use the machine in a commercial or institutional setting. This includes gyms, corporations, work places, clubs, fitness centers and any public or private entity that has a machine for use by its members, customers, employees or affiliates.

- Do not wear loose clothing or jewelry. This machine contains moving parts. Do not put fingers or other objects into moving parts of the exercise equipment.
- Set up and operate this machine on a solid, level, horizontal surface.
- Make the Pedals stable before you step on them. Use caution when you step on and off the machine.
- Disconnect all power before servicing this machine.
- Do not operate this machine outdoors or in moist or wet locations. Keep the foot pedals clean and dry.
- Keep at least 0.6 m (24 in) along the side used to access the machine and to the rear of the machine clear. This is the recommended safe distance for access, passage and emergency dismounts from the machine. Keep third parties out of this space when machine is in use.
- Do not over exert yourself during exercise. Operate the machine in the manner described in this manual.
- Perform all regular and periodic maintenance procedures recommended in the Owner's Manual.
- Do not drop or put objects into any opening of the machine.
- Correctly adjust and safely engage all Positional Adjustment Devices. Make sure that the Adjustment Devices do not hit the user.
- Exercise on this machine requires coordination and balance. Be sure to anticipate that changes in speed and resistance level can occur during workouts, and be attentive in order to avoid loss of balance and possible injury.
- Keep batteries away from heat source and hot surfaces.
- Do not mix old and new batteries. Remove exhausted batteries and dispose of them safely.
- Do not mix alkaline, standard (carbon-zinc), or rechargeable (Ni-Cd, Ni-MH, etc) batteries.
- Do not short-circuit the supply terminals on the batteries.
- This appliance is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Keep children under the age of 14 away from this machine.
- Since this machine operates with a fixed gear, do not back, or reverse, pedal. Doing so may loosen the Pedals, which could result in damage to the machine and/or injury to the user. Never operate this machine with loose Pedals.
- Reduce the pace to slow the Pedals to a stop. Do not dismount the bike until the Pedals have come to a complete stop. Be aware that the moving Pedals can strike the backs of the legs.
- Children should be supervised to ensure that they do not play with the appliance.
- Use the values calculated or measured by the machine's computer for reference purposes only. The heart rate displayed is an approximation and should be used for reference only. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.

• SAVE THESE INSTRUCTIONS.

SPECIFICATIONS

Maximum User Weight:	136 kg (300 lb)
Total Surface Area (footprint) of equipment:	10,797 cm ²
Machine Weight:	46.7 kg (103 lb)
Power Requirements:	2 AA Batteries (SUM3)
Output Voltage:	3VDC

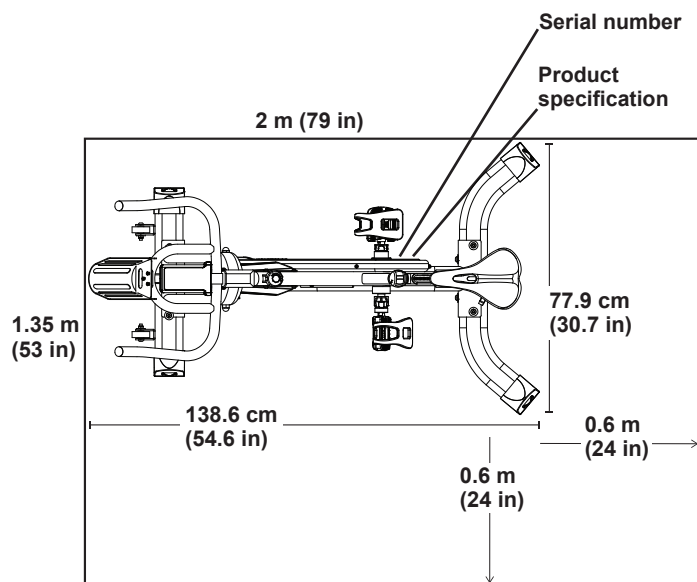
This product complies with the European Radio Equipment Directive 2014/53/EU.



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

Before Assembly

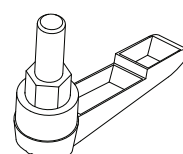
Select the area where you are going to set up and operate your machine. For safe operation, the location must be on a hard, level surface. Allow a workout area of a minimum 2 m x 1.35 m (79 in x 53 in).



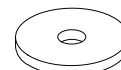
Machine Height: 126.6 cm (49.8 in)

Hardware

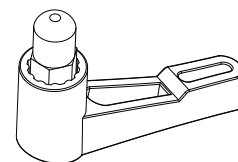
Item	Qty	Description
A	2	Adjustment Handle, Handlebar / Seat
B	2	Flat Washer, M10 Wide
C	1	Adjustment Handle, Handlebar Post



A



B



C

Tools

Included



#2
6 mm

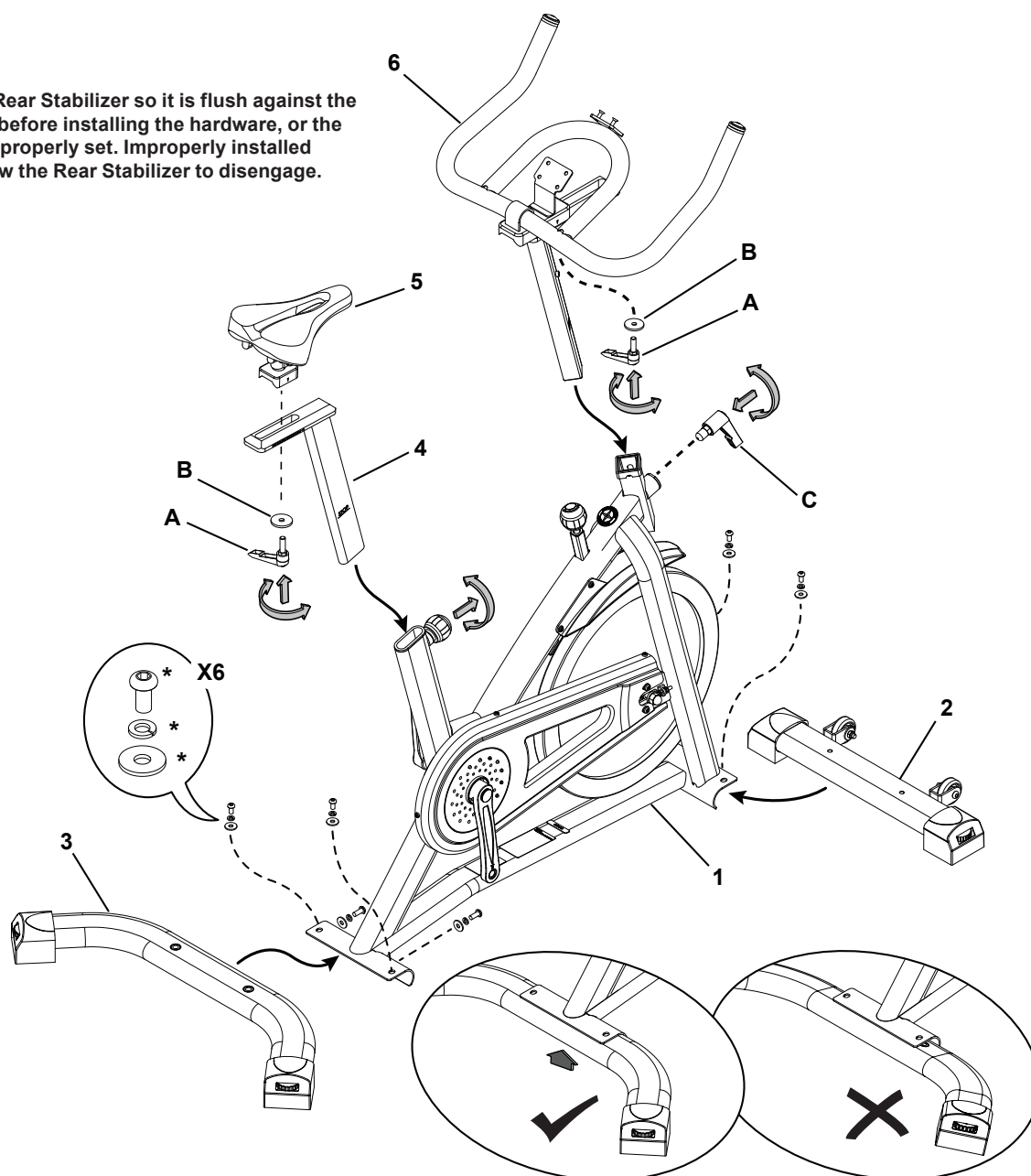


15 mm
17 mm

Step 1.



Be sure to lift the Rear Stabilizer so it is flush against the mounting bracket before installing the hardware, or the hardware may not properly set. Improperly installed hardware may allow the Rear Stabilizer to disengage.



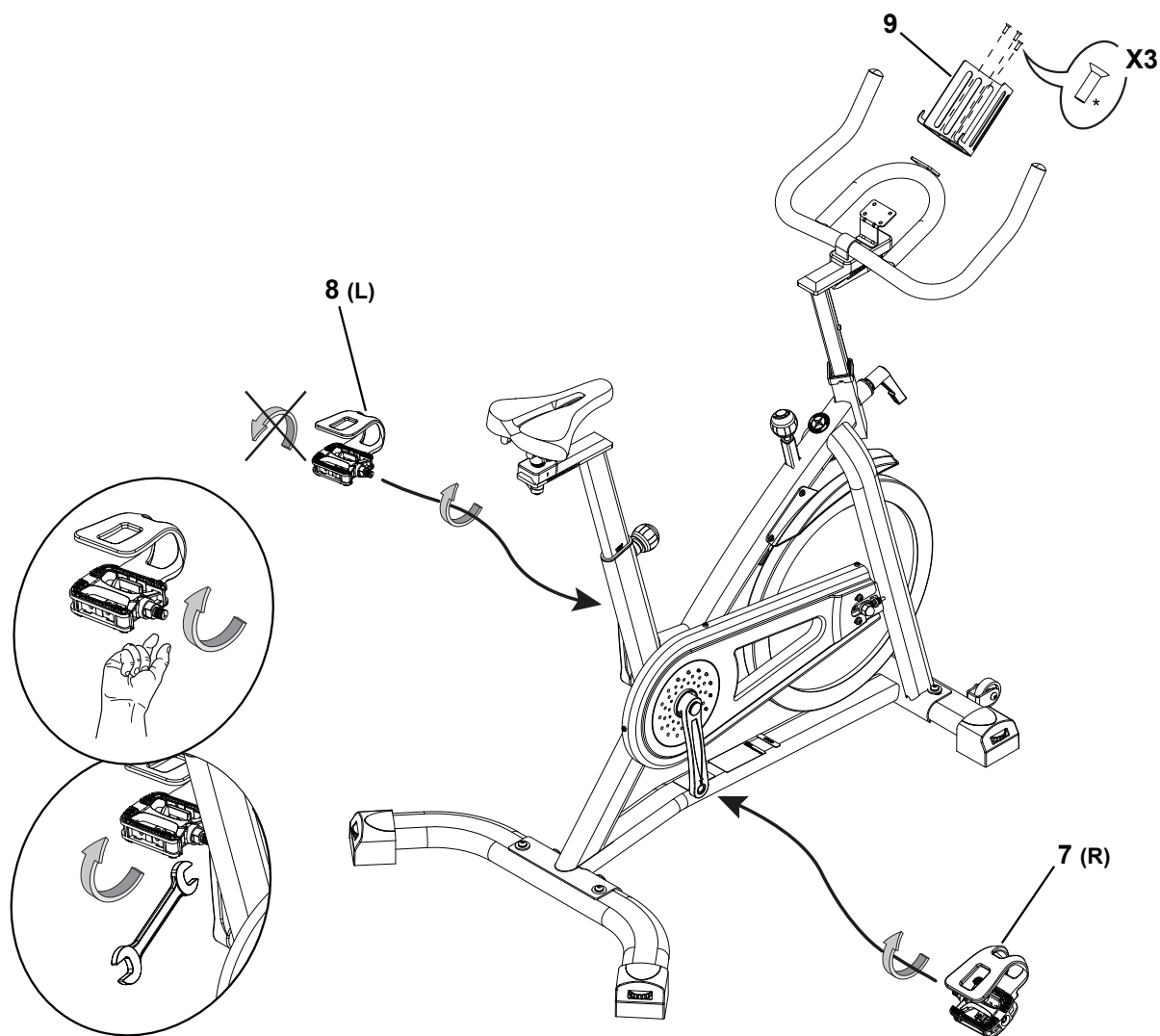
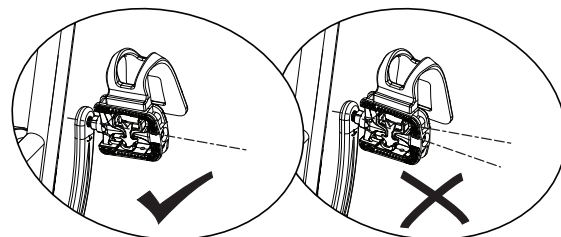
Item	Qty	Description	Item	Qty	Description	Item	Qty	Description
1	1	Main Assembly	3	1	Rear Stabilizer	5	1	Seat
2	1	Front Stabilizer	4	1	Seat Post	6	1	Handlebar

Step 2.

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

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

NOTICE: The Pedals MUST be installed straight into the Crank Arms by hand or the threads that secure the Pedals may strip. Start the Pedal by hand. If you feel resistance and the Pedal does not turn smoothly into the Crank Arm, make sure that the threads are aligned correctly. Be sure that the Pedal is going on straight into the Crank Arm. If the Pedal is not in-line with the opening, remove the Pedal and start again.



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

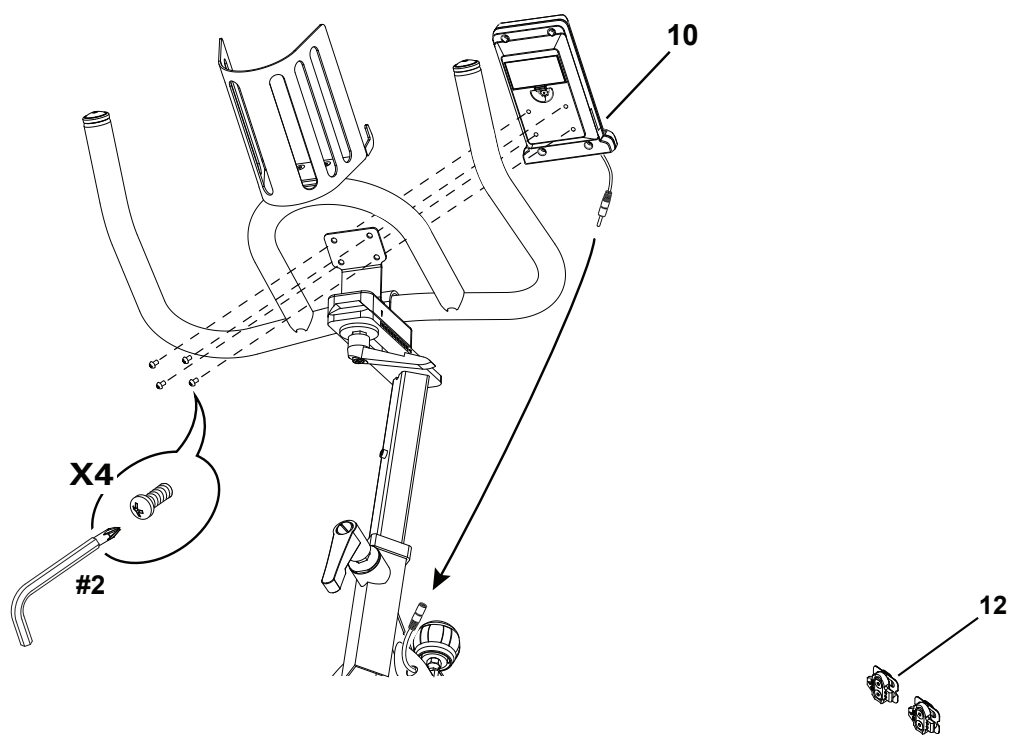
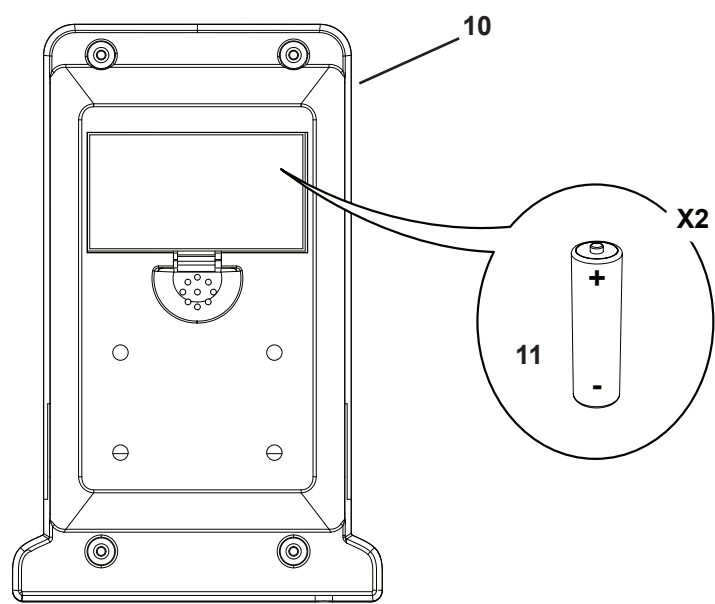
Confirm that the Pedal is fully tightened with the Wrench.

Repeat with the other Pedal.

Item	Qty	Description	Item	Qty	Description
7	1	Right Pedal (R)	9	1	Water Bottle Holder
8	1	Left Pedal (L)			

Step 3.

Note: Make sure that the batteries point in the direction of the +/- indicators in the battery bay.



Item	Qty	Description	Item	Qty	Description
10	1	Console	12	2	Shoe Clips (Cleats) - optional
11	2	AA Batteries (SUM3)			

Step 4. Final Inspection

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

Note: Remove any protective covers from the face of the Console.

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

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

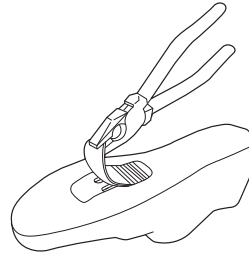
Installing Shoe Clips (Cleats) on Cycling Shoes (optional accessory)

Note: The shoe cleats fit both the right and left Pedals.

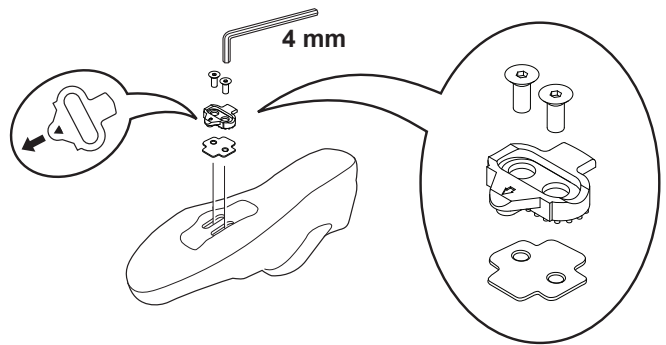
Tools needed: pliers, 4mm hex key

1. With a pair of pliers, pull off the rubber cover to expose the cleat mounting holes on the bottom of the cycling shoe.

Note: This step may not be necessary, depending on the type of shoe.

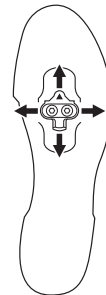


2. From the bottom of the shoe, put the anti-skid sheet in position over the cleat holes and then a cleat. Be sure the single arrow on the cleat points toward the toe of the shoe. Tighten the cleat mounting bolts (2.5 N·m).



3. The cleat has an adjustment range of 20mm front to back and 5mm left to right. Practice engaging with the Pedal and releasing, one shoe at a time. Readjust to determine the best cleat position.

4. Using a 4mm hex key, fully tighten the cleat mounting bolts (5 – 6 N·m).



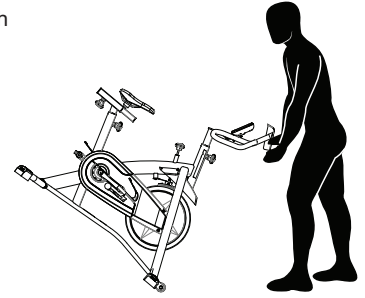
Moving Your Bike

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

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



For safe storage of the machine, remove the batteries. Place the machine in a secure location away from children and pets.



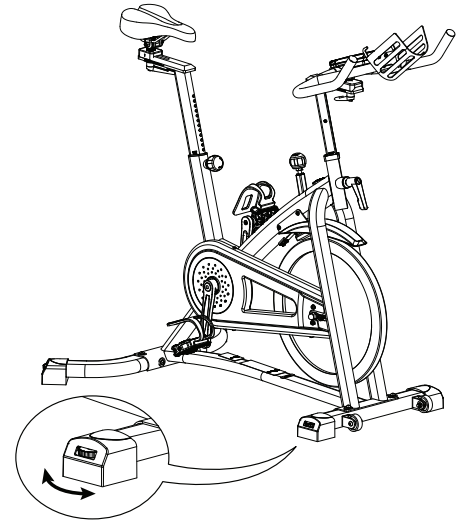
Leveling Your Bike

The machine needs to be leveled if your workout area is uneven. Levelers are found on each side of the stabilizers. Lift the stabilizer slightly to take the weight off the adjuster, then turn the knob to adjust the stabilizer foot.



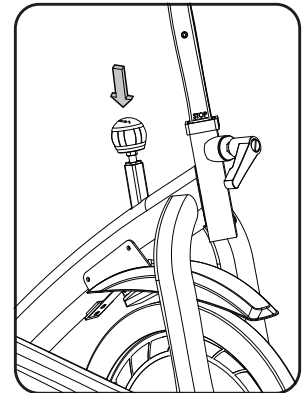
Do not adjust the levelers to such a height that they detach or unscrew from the machine. Injury to you or damage to the machine can occur.

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



Emergency Stop

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



Remote Heart Rate Monitor



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

NOTICE: To prevent interference with the telemetry HR receiver, do not place any personal electronic devices in the left side of the media tray.*

Shoe Clips (Cleats)

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



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

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

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

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

What to Wear

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

How Often Should You Exercise

! Consult a physician before you start an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before you use the machine again. Use the values calculated or measured by the machine's computer for reference purposes only. The heart rate displayed on the console is an approximation and should be used for reference only.

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

Seat Adjustment

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

1. With a Pedal in the forward position, place the heel of your foot to the lowest part of it. Your leg should be bent slightly at the knee.
2. If your leg is too straight or your foot cannot touch the Pedal, you need to move the seat downward. If your leg is bent too much, you need to move the seat upward.

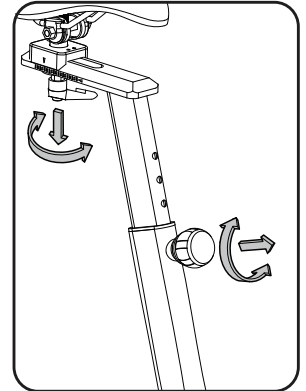
! Step off the machine before you adjust the seat.

3. Loosen and pull the Seat Post Adjustment Knob on the Seat Post. Adjust the seat to the desired height.

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

4. Release the Seat Post Adjustment Knob to engage the locking pin. Be sure that the pin is fully engaged and fully tighten the adjustment knob.
5. To move the seat closer to, or away from the console, loosen the seat adjustment knob. Slide the seat to the desired position and fully tighten the knob.

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

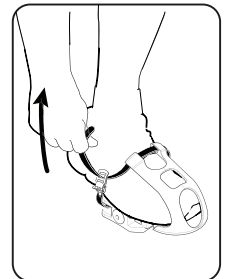


Foot Position / Pedal Strap Adjustment

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

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

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



Using the Shoe Clips (Cleats)

Foot pedals that are equipped for cycling shoes with cleats provide secure footing on the exercise bike. Be sure to turn the Pedals so that the Foot Restraint is under the Pedal.

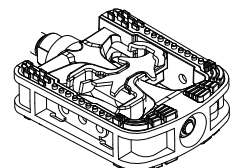
! Prior to use, make sure you understand the operation of the engagement / release mechanism for the pedals and cleats (shoes). Keep cleats and bindings clear of dirt and debris to ensure engagement and release.

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

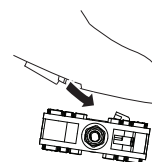
Pedals and cleats are SPD Compatible. They fit any shoe size with the correct cleat mounts: shoes with "Standard 2-Hole MTB SPD Cleat Mounts" (MTB SPD = Mountain Bike Shimano Pedaling Dynamics).

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

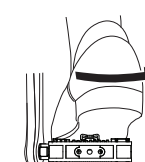
To disengage (release) the cleats from the pedals, push the heels outward and lift.



Right Pedal - (Foot restraint not shown for clarity)



Engage

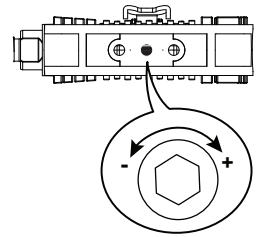


Disengage (release)

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

To adjust the retention:

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



Handlebar Adjustment

To adjust the handlebar position:

1. Loosen and pull the Handlebar Post Adjustment Knob on the Handlebar Post. Adjust the Handlebar to the desired height.



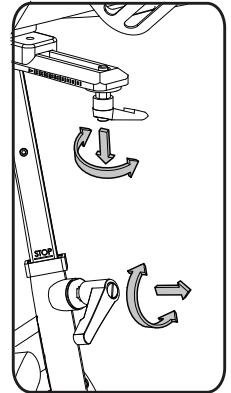
Do not lift the Handlebar Post above the “STOP” mark on the Handlebar Post.

2. Tighten the Handlebar Post Adjustment Knob to engage the locking pin. Be sure that the pin is fully engaged and fully tighten the adjustment knob.

NOTICE: Do not crimp the cables.

3. To move the Handlebar closer to, or away from the console, loosen the Handlebar Adjustment Knob. Slide the Handlebar to the desired position and fully tighten the knob.

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



Locking the Flywheel/Storage

When the machine is not in use, be sure to lock the Flywheel with the Brake/Resistance Adjustment Knob. The flywheel should be locked for storage of the machine.



For safe storage of the machine, remove the batteries and fully tighten the Brake/Resistance Adjustment Knob to secure the Flywheel. Place the machine in a secure location away from children and pets.

To lock the Flywheel, fully tighten the Brake/Resistance Adjustment Knob to prevent movement of the Flywheel and Pedals.

Power-Up Mode

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

Note: The Console display will dim if the battery level is 25% or less.

Auto Shut-Off (Sleep Mode)

If the Console does not receive any input in approximately 4 minutes, it will automatically shut off. The LCD display is off while in Sleep Mode.

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

MAINTENANCE

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

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

If at any time the Warning labels become loose, unreadable or dislodged, contact your local distributor for replacement labels.

Disconnect all power to the machine before you service it.

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

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

Weekly: Check pedals and crank arms and tighten as necessary. Make sure all bolts and screws are tight. Tighten as necessary. Clean the machine to remove any dust, dirt, or grime from the surfaces. Check for smooth seat slider operation. If needed, apply a very thin coating of silicone lube to ease operation.

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

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

Note: Do not use petroleum based products.

**Monthly
or after 20 hours:** Check the drive belt tension.

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