



If purchased in US/Canada:



Do not operate this machine until you read and understand the complete Owner's Manual provided online here: <http://www.bowflex.com/manuals>

In the event that you do not have a computer or on-line access and require a hard copy of the Manual, please contact Nautilus at (800) 605-3369 and we will provide one for you. In either case, before first use please read and understand the Owner's Manual.

If purchased outside US/Canada:



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

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

Serial Number _____

Date of Purchase _____

If purchased in US/Canada: To register your product warranty, go to: www.bowflex.com/register or call 1 (800) 605-3369.

If purchased outside US/Canada: To register your product warranty, contact your local distributor.

For warranty and service of products purchased outside US/Canada, please contact your local distributor. Nautilus, Inc. will cover the frame and drive motor. Contact your local distributor for key details. To find your local international distributor, go to: www.nautilusinternational.com.

Nautilus, Inc., 5415 Centerpoint Parkway, Groveport, OH 43125 USA, www.NautilusInc.com - Customer Service: North America (800) 605-3369, csnls@nautilus.com | Nautilus (Shanghai) Fitness Equipments Co, Ltd, Room 1701 & 1702, 1018 Changning Road, Changning District, Shanghai, China 200042, www.nautilus.cn - 86 21 6115 9668 | outside U.S. www.nautilusinternational.com | Printed in China | © 2020 Nautilus, Inc. | Bowflex, the B logo, VeloCore, JRNY, Nautilus and Schwinn are trademarks owned or licensed by Nautilus, Inc., registered or otherwise protected by common law in the U.S. and other countries. The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc., and any use of such marks by Nautilus, Inc. is under license. | **ORIGINAL MANUAL - ENGLISH VERSION ONLY**

IMPORTANT SAFETY INSTRUCTIONS

When using an electrical appliance, basic precautions should always be followed, including the following:



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

- Keep bystanders and children away from the product you are assembling at all times.
- Do not connect power supply to the machine until instructed to do so.
- To reduce the risk of electrical shock or unattended/unsupervised usage, always unplug the AC Adapter from the wall outlet and the machine and wait 5 minutes before cleaning, maintaining or repairing the machine. Place the AC Adapter in a secure location.
- 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.
- Connect this machine to a properly grounded or earthed outlet only.
- Keep the AC Adapter away from heat sources and hot surfaces.

• SAVE THESE INSTRUCTIONS.

Before using this equipment, obey the following warnings:

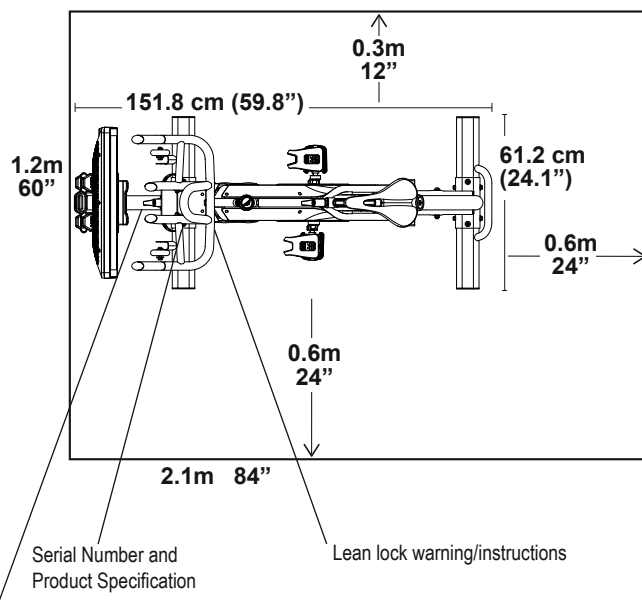


Read and understand the complete Manual. Keep the Manual for future reference.

Read and understand all warnings on this machine. If at any time the Warning stickers become loose, unreadable or dislodged, replace the labels. If purchased in US/Canada, contact Customer Service for replacement labels. If purchased outside US/Canada, contact your local distributor for them.

- 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 damage to power cord, power receptacle, loose parts or signs of wear. Do not use if found in this condition. Monitor the Seat, Pedals and Crank Arms closely. If purchased in US/Canada, contact Customer Service for repair information. If purchased outside US/Canada, contact your local distributor for repair information.
- This appliance should only be used with the power supply unit provided, or a replacement power supply unit supplied from Nautilus, Inc.
- Maximum user weight limit: 147 kg (325 lbs.). 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.
- Always wear rubber soled athletic shoes or cycling shoes with cleats when you use this machine. Do not use the machine with bare feet or only wearing socks.
- Set up and operate this machine on a solid, level, horizontal surface.
- Do not step off the machine until the Pedals have fully stopped.
- Make the Pedals stable before you step on them. Ensure the bike is in its stationary mode by pulling up on the Lean Lock Knob and 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 Pedals clean and dry.
- Keep at least 0.6 m (24") along the side used to access the machine clear and at least 0.3 m (12") clear along the other side for the side to side lean mode. Keep at least 0.6 m (24") to the rear of the machine clear. This is the recommended safe distance for access and passage around and emergency dismounts from the machine. Keep third parties out of this space when machine is in use.
- Do not over exert yourself during exercise. Operate the machine in the manner described in this manual.
- 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.
- For safe storage of the machine, remove the power supply and place in a secure location. Tighten the Brake/Resistance Adjustment Knob as described until the Flywheel is locked. Place the machine in a secure location away from children and pets.
- 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.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- This bike cannot stop the Pedals independently of the Flywheel. Reduce the pace to slow the Flywheel and Pedals to a stop. Do not dismount the bike until the Pedals have come to a complete stop. Be aware that the moving Pedals can strike the backs of the legs.
- 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.

Maximum User Weight:	147 kg (325 lbs.)	
	16" monitor	22" monitor
Machine Height:	133.6 cm (52.6 in.)	140.5 cm (55.3 in.)
Machine Weight without Dumbbells:	67.6 kg (149 lb.)	69.1 kg (152.3 lb)
Approx. Screen Size (measured diagonally):	39.6 cm (15.6")	54.6 cm (21.5")
Weight of Dumbbells (supplied in U.S./Canada):	2.7 kg (6 lbs.)	
Total Surface Area (footprint) of equipment:	9290.2 cm ² (1440 in ²)	
Power Requirements (Power Adapter):		
Input Voltage:	100-240V AC, 50-60Hz, 0.5A	
Output Voltage:	12V DC, 5A	
(Arm Band - supplied in U.S./Canada):	Rechargeable lithium battery	



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



WARNING!

- Injury or death is possible if caution is not used while using this machine.
- Keep children and pets away.
- Read and follow all warnings on this machine.
- Refer to the Owner's Manual for additional warnings and safety information.
- The heart rate displayed is an approximation and should be used for reference only.
- Not intended for use by anyone under 14 years of age.
- The maximum user weight for this machine is 325 lbs (147 kg).
- This machine is for home use only.
- Consult a physician prior to using any exercise equipment.

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

FCC Compliance

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

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

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

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

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

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

Assembly

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 2.1 m x 1.5 m (84" x 60").

Hardware

The hardware is pre-installed on the machine

Note: Selected pieces of Hardware have been provided as spares in the tool bag. Be aware that there may be remaining Hardware after the proper assembly of your machine.

Tools

Included



4 mm

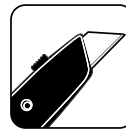


13 mm/14 mm
15 mm/17 mm



#2
6 mm

Not included



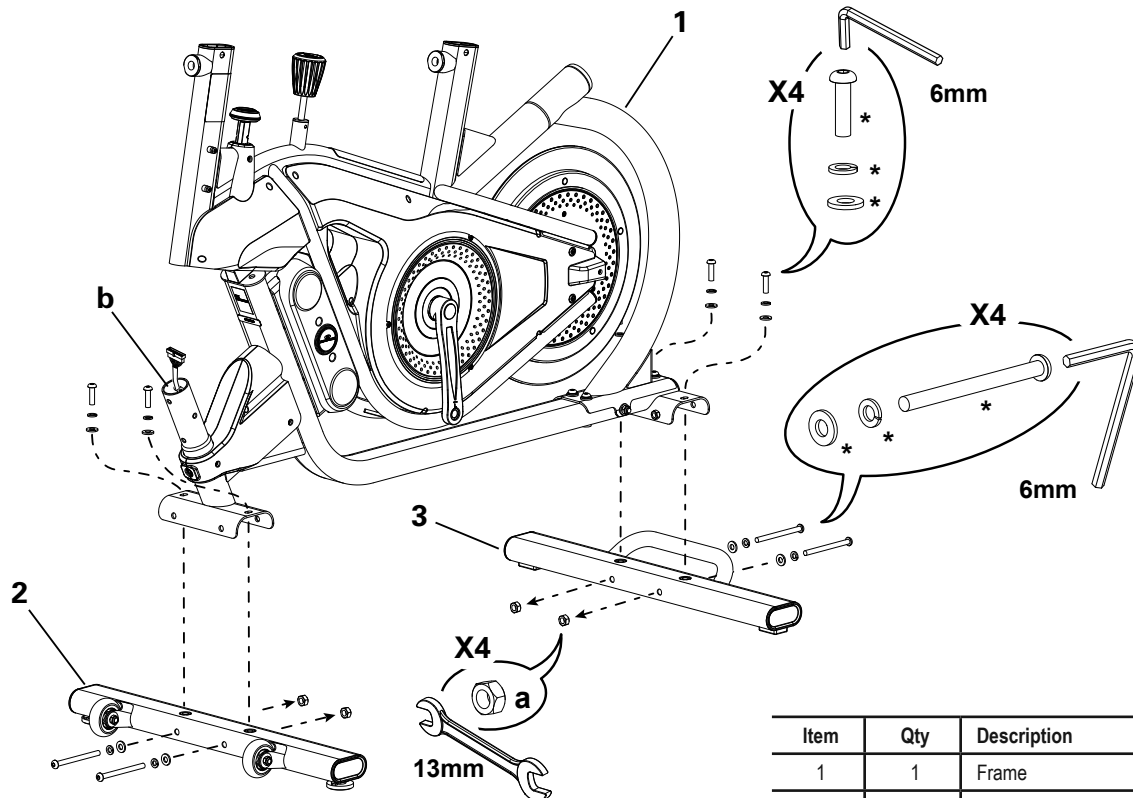
(recommended)

Step 1.

Step 1a.

Note: The hardware (*) is pre-installed on the Stabilizers. Remove the hardware and discard the nut (a) from the end of the long screws. If a tube is pre-installed in the stabilizer bracket, remove and discard safely.

NOTICE: Leave the plastic cap (b) in place to prevent the Frame cable connector from falling down into the machine. Make sure the hardware is fully tightened.



Item	Qty	Description
1	1	Frame
2	1	Stabilizer, Front
3	1	Stabilizer, Rear

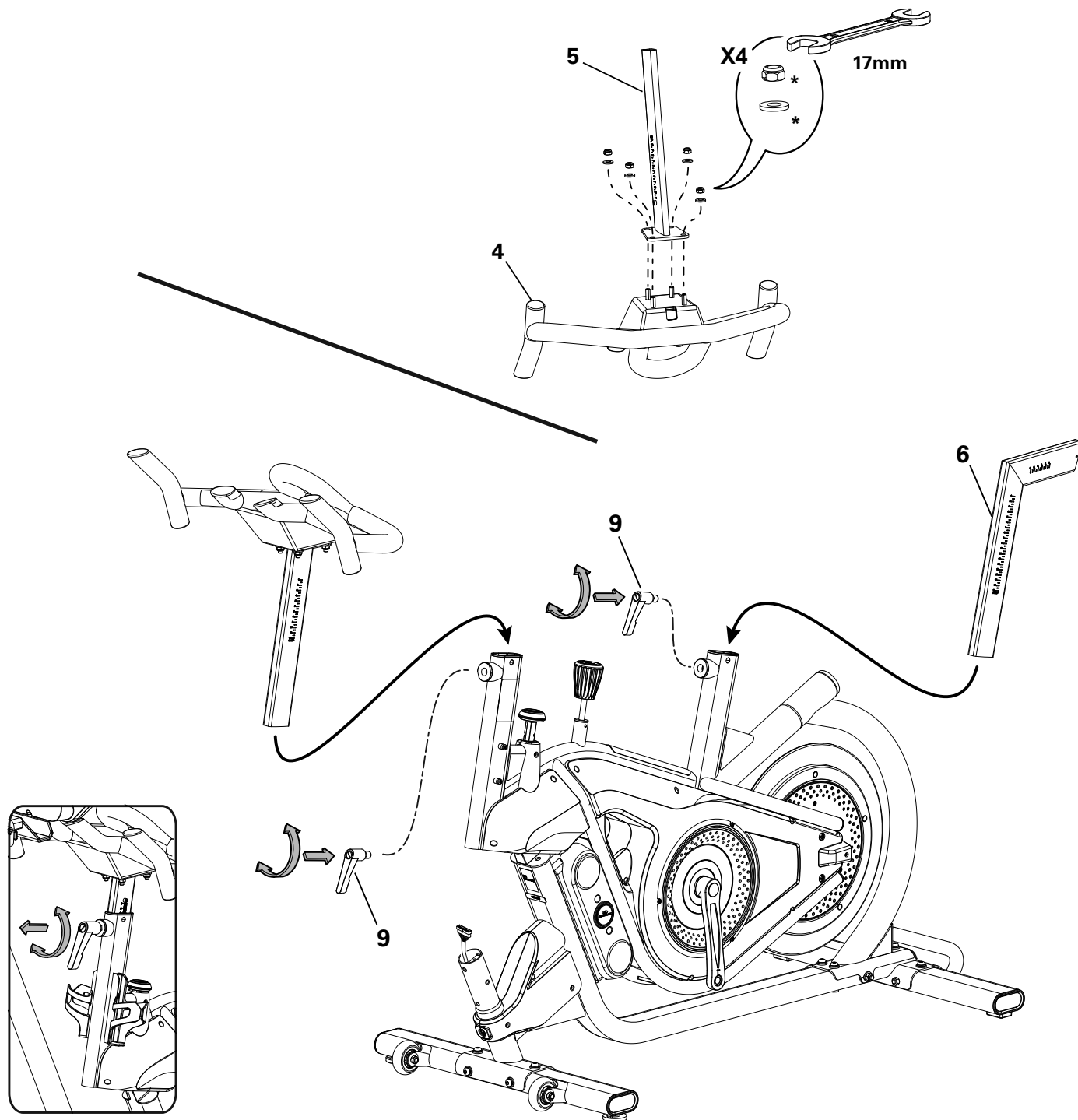
Step 1.

Step 1b.

! Do not set the Seat Stem or Handlebar Post position higher than the stop mark (STOP) on the tube.

NOTICE: Remove the AC Adapter from the Handlebar. The hardware (*) is pre-installed. After installation, make sure the hardware is fully tightened. Make sure the Handlebar Post Adjustment Handle is fully tightened to secure it on the Seat Stem. When fully tightened, the Adjustment Handles must point downward.

Note: To adjust the height after the handle is tightened, loosen the handle as you hold the upright post to prevent it from dropping. Move it to the desired position and tighten the handle. Pull the handle out to disengage and turn so that it points down, then release.

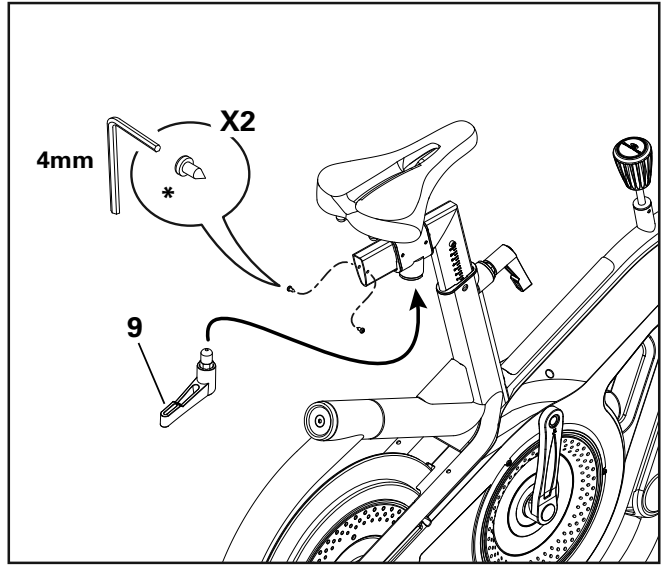
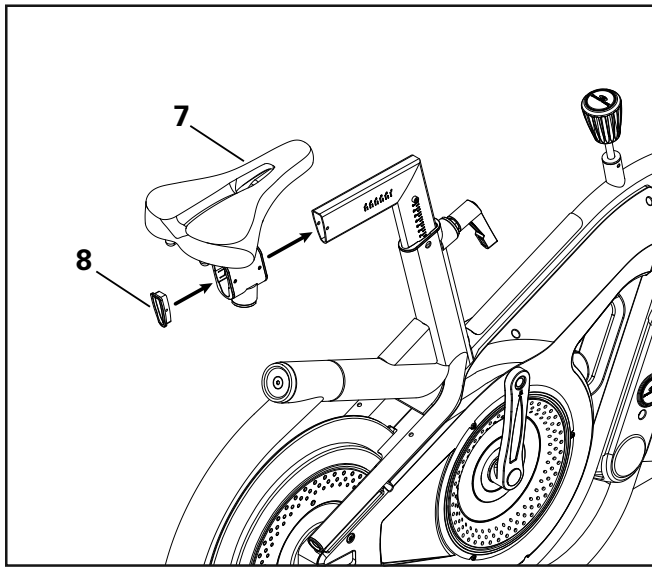


Item	Qty	Qty	Description	Item	Qty	Description
4	1	1	Handlebar	6	1	Seat Stem
5	1	1	Handlebar Post	9	2	Adjustment Handle

Step 2.

NOTICE: Remove the pre-installed screws (*) from the Seat Stem. Slide the Seat Assembly into position. Attach the Seat Stem End Cap with the hardware (*). Make sure the Seat Adjustment Handle is fully tightened to secure the Seat Assembly on the Seat Stem. When fully tightened, the Adjustment Handle must point rearward.

Note: To adjust the seat after the handle is tightened, loosen the handle. Move the seat to the desired position and tighten the handle. Pull the handle out to disengage and turn so that it points rearward, then release.

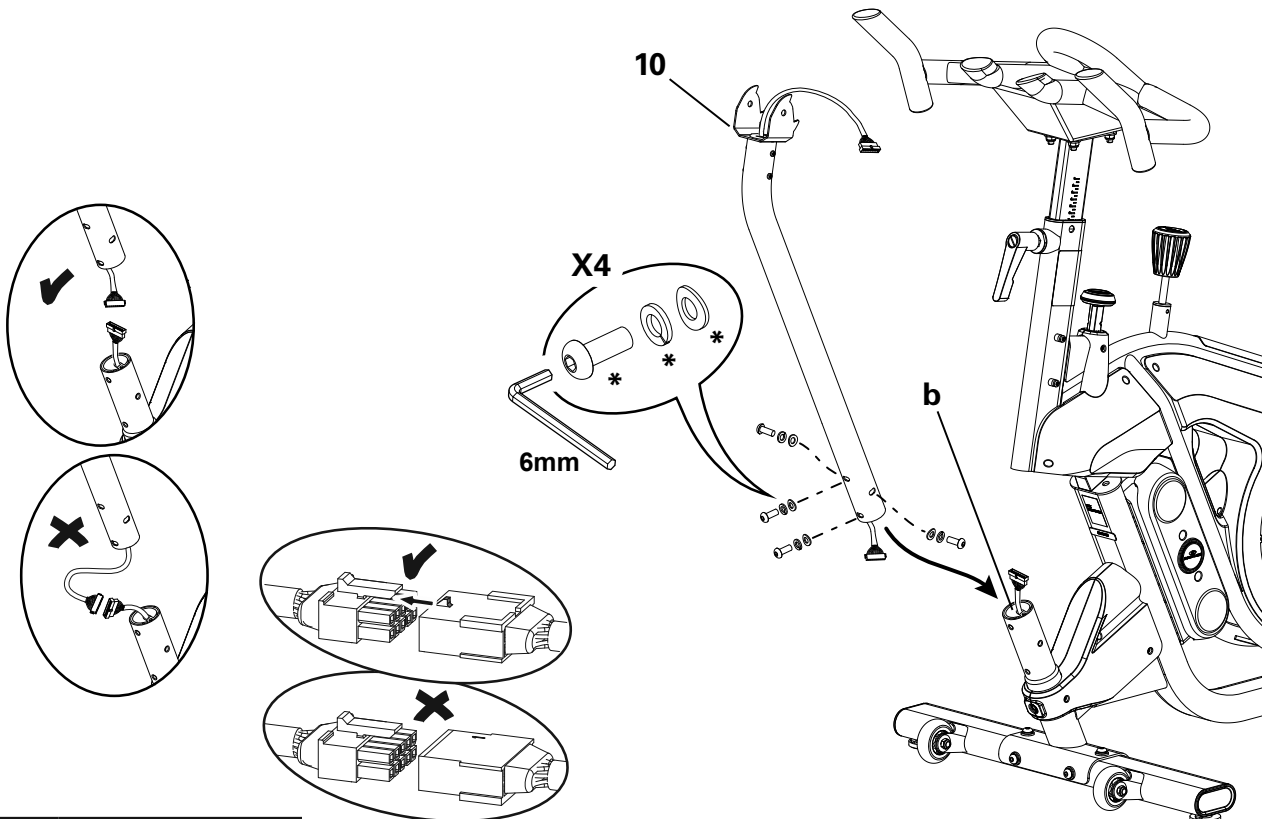


Item	Qty	Description	Item	Qty	Description	Item	Qty	Description
7	1	Seat	8	1	End Cap, Seat Post	9	1	Adjustment Handle

Step 3.

NOTICE: Leave the plastic cap (b) in place to prevent the Frame cable connector from falling down into the machine. Connect the Frame cable to the Console Mast cable. Remove the wire from the Console Mast cable and pull the connector out of the Console Mast tube. Gently pull the cable from the top of the Console Mast to remove all slack. Do not crimp the cables.

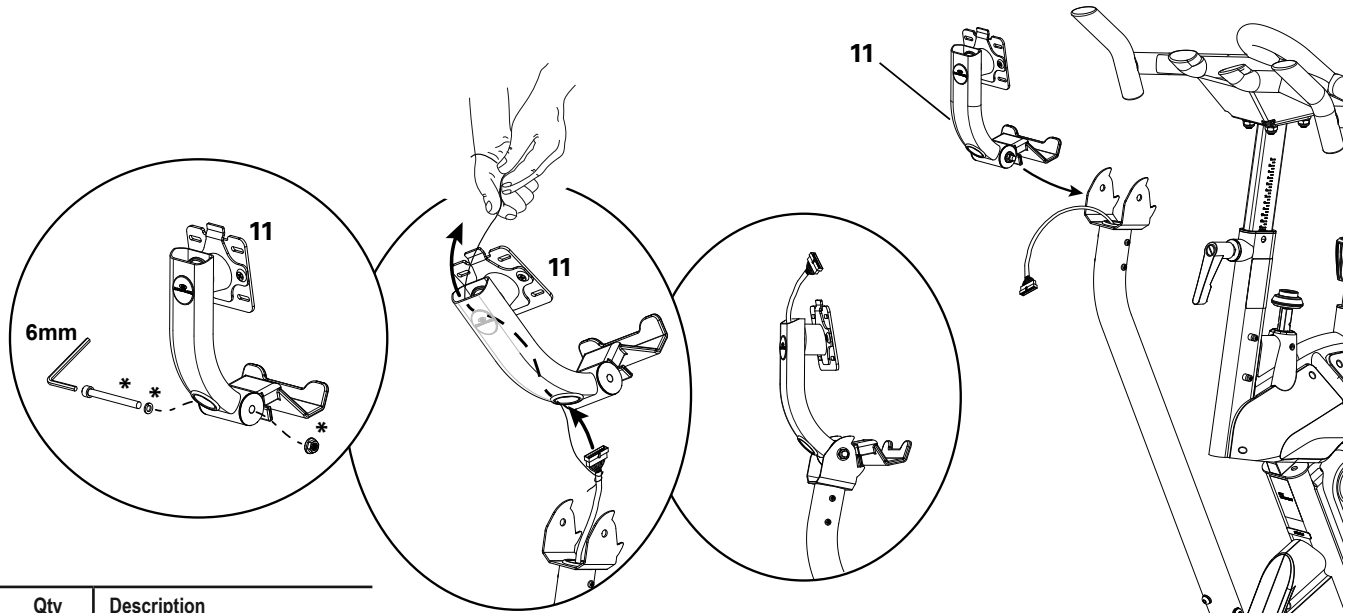
Remove the pre-installed hardware (*) from the Frame. Carefully slide the Console Mast into position. Hand tighten the screws at the base of the Console Mast.



Item	Qty	Description
10	1	Console Mast

Step 4.

NOTICE: Remove the pre-installed hardware (*) from the Adjustable Console Mast. Use the pull cable in the Adjustable Console Mast to route the Console Mast cable through the round hole at the base of the Adjustable Console Mast tube to the opening at the top. Attach the Adjustable Console Mast with the hardware (*). Do not crimp the cables. The ease of Console rotation can be adjusted by the tightness of the pivot screw.



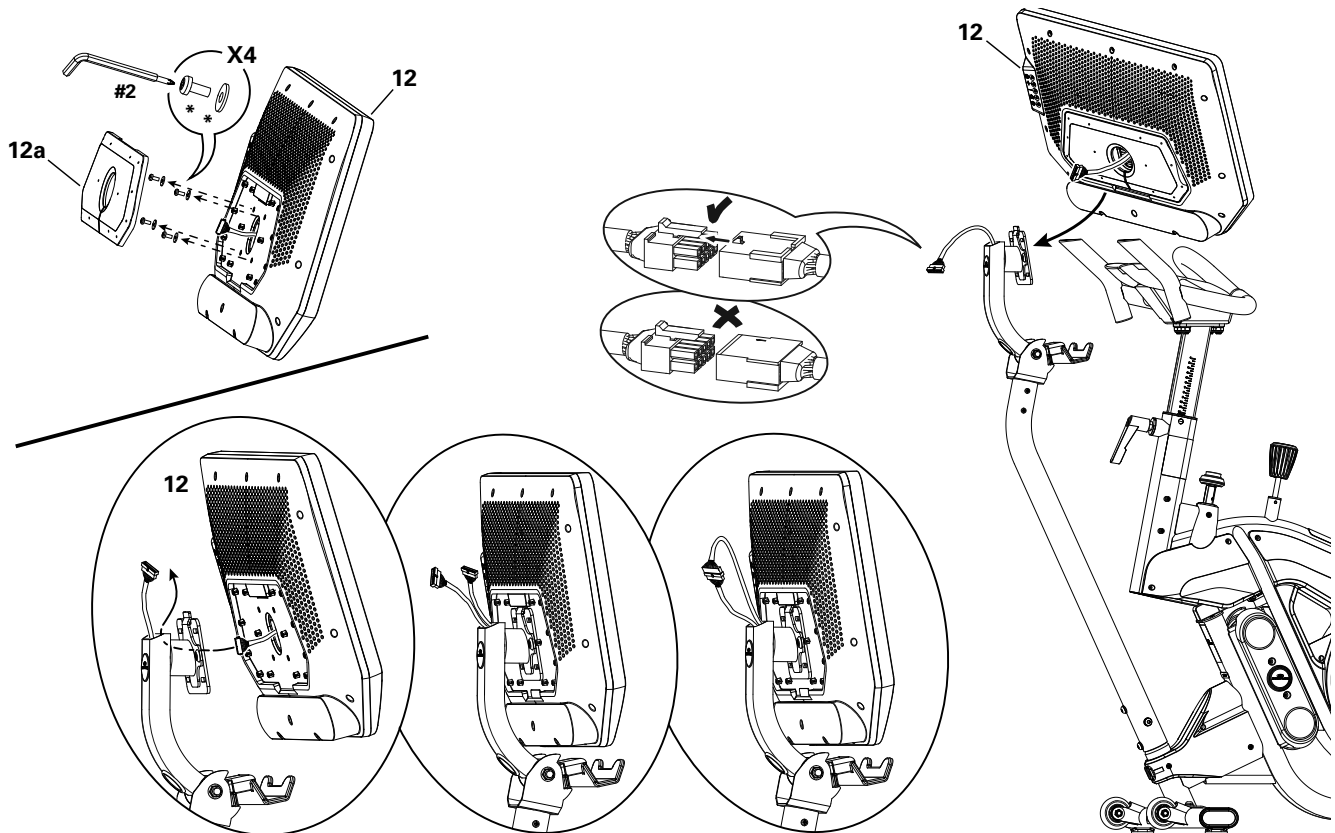
Item	Qty	Description
11	1	Adjustable Console Mast

Step 5.

Step 5a.

NOTICE: Remove the Console mast cover (12a) and pre-installed hardware(*) from the back of the Console before you connect the cables.

Route the Console cable through the Console Mount up to the opening at the top. Connect the Console cable and Console Mast cable. Do not crimp the cables.

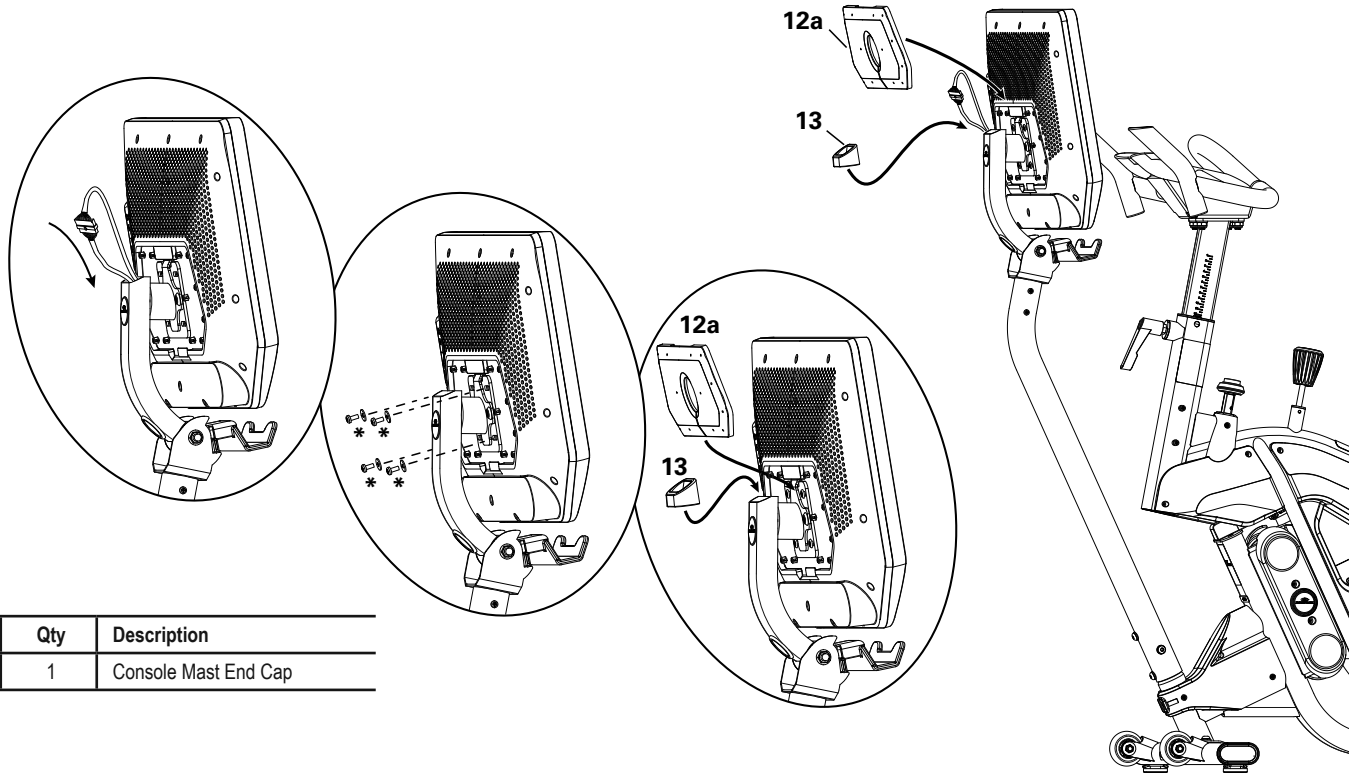


Item	Qty	Description
12	1	Console

Step 5b.

NOTICE: Push the extra wire down into the Console Mast. Reinstall the console hardware (*). Install the top cap (13) and Console mast cover (12a). Do not crimp the cables.

Make sure the Console and Console Mast are aligned with the machine, then fully tighten the screws at the base of the Console Mast.



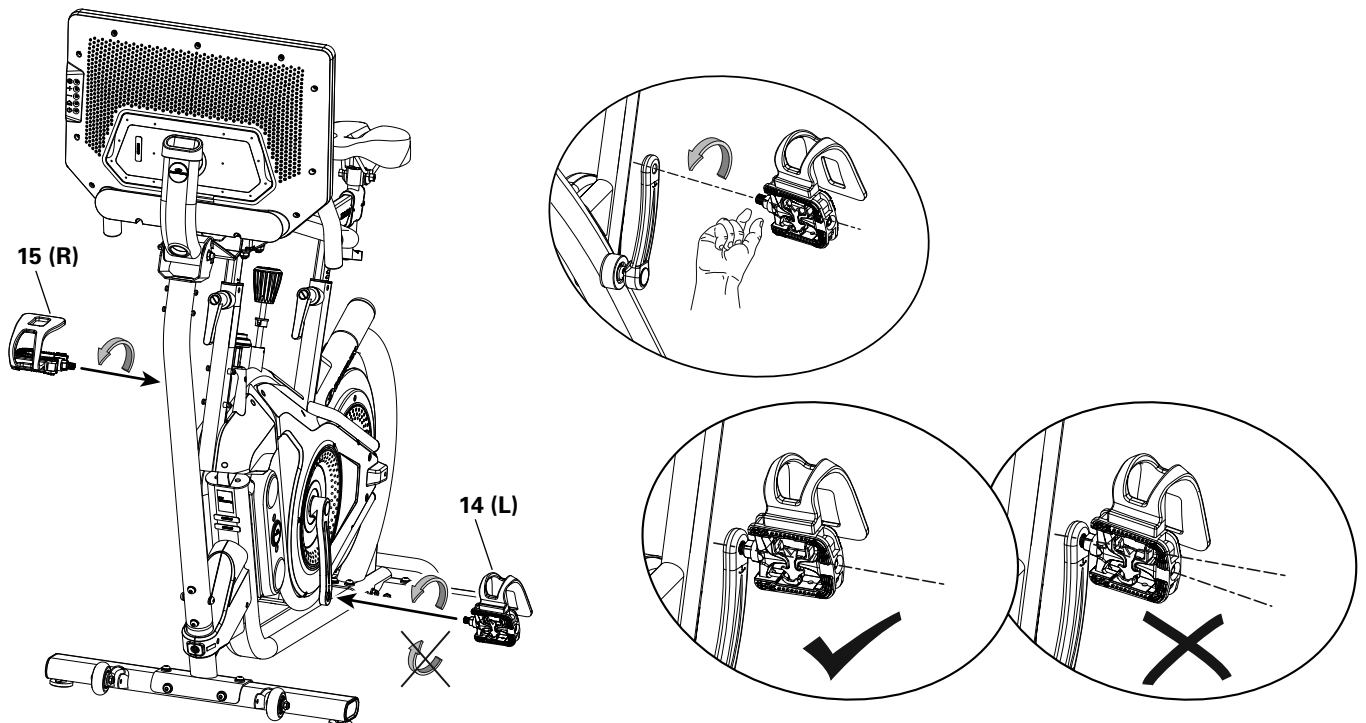
Item	Qty	Description
13	1	Console Mast End Cap

Step 6. Step 6a.

! 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.



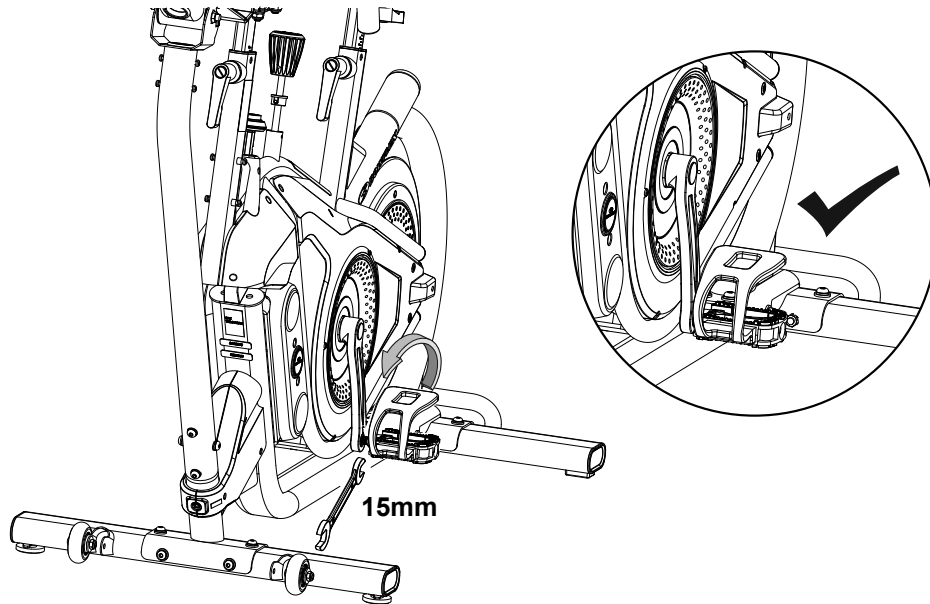
Item	Qty	Description	Item	Qty	Description
14	1	Pedal, Left (L)	15	1	Pedal, Right (R)

Step 6b.

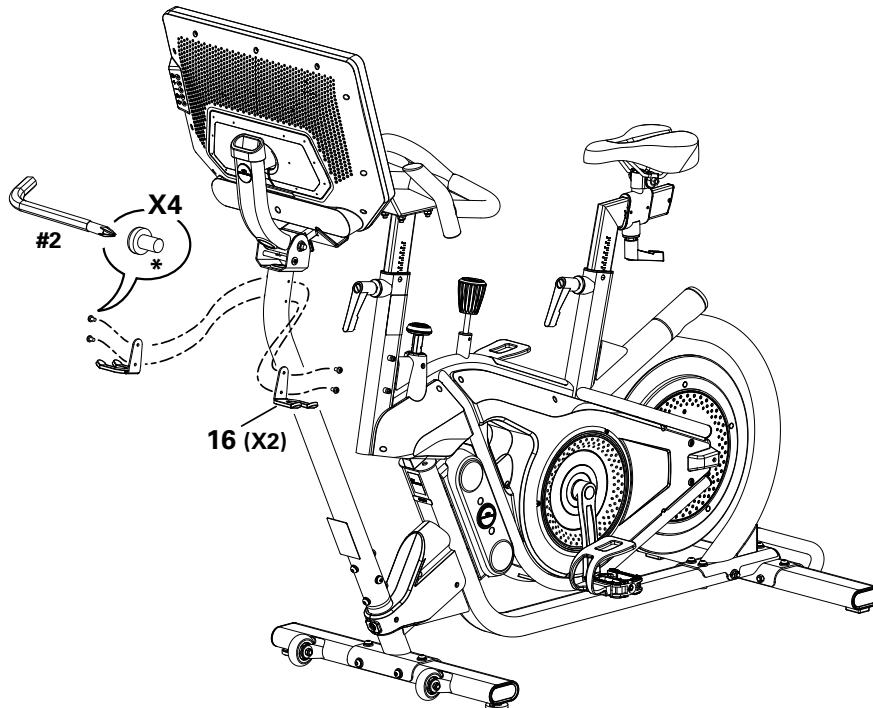
With the Pedal started by several hand turns into the Crank Arm, fully tighten it with the 15 mm Wrench.

Confirm that the Pedal is fully tightened with the Wrench.

Repeat with the other Pedal.



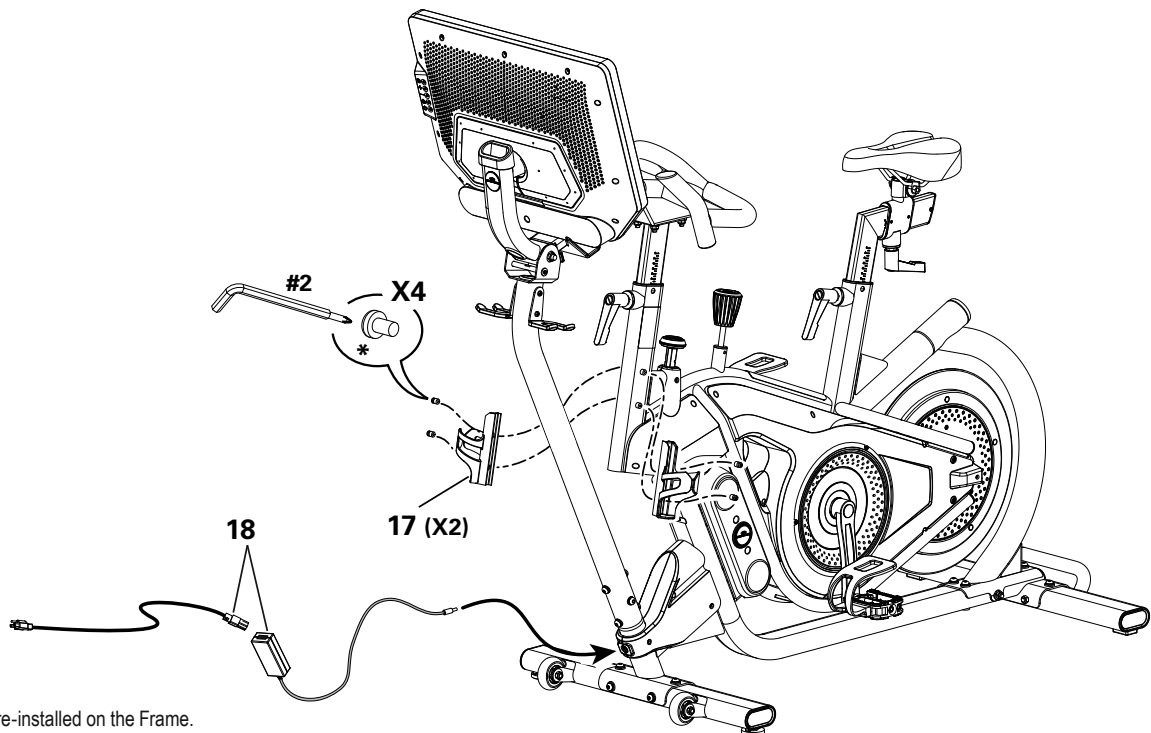
Step 7.



Note: The hardware (*) is pre-installed on the Console Mast.

Item	Qty	Description
16	2	Dumbbell Holder

Step 8.



Note: The hardware (*) is pre-installed on the Frame.

Item	Qty	Description
17	2	Water Bottle Holder
18	1	AC Adapter w/Cord

Step 9. Set Up Your Machine

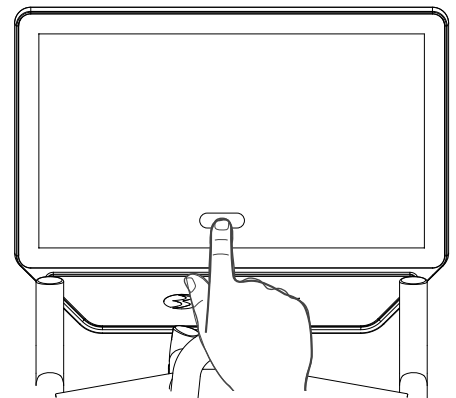
- With the machine plugged into a functioning wall outlet, the machine will start up and the red Status LED will activate.
Note: The Console may go to sleep if it does not receive any input. Touch the screen of the Console to wake up the machine.

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

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

- The Console will display the list of available Wifi connections. Tap on the desired Wifi connection, and enter the password. Tap on Connect.
- The Console will test and connect to the Wifi connection.
If the Console displays an Update Available screen, tap on the Agree button. The Console will update the software.

- With a Wifi connection established, tap on Back.
- Tap on Get Started.
- The Console will display the options screen. Choose Log In or Create Account. Follow the prompts to register your new fitness machine. When registration is completed, your fitness machine is now ready for use.
- The Console will display the Just for You tab. Complete the Fitness Assessment workout to unlock all workout content available to you. You can go to the Learn tab for more information about your options.



Step 10.

Final Inspection

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

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



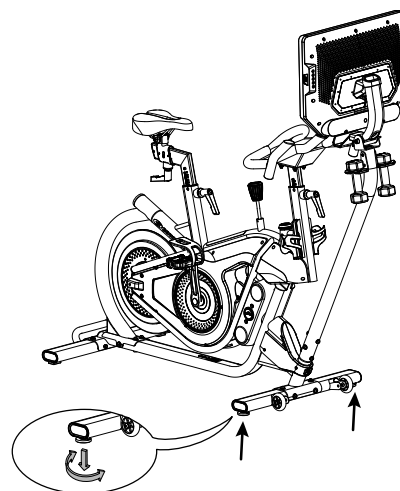
Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Owner's Manual.

Leveling the Machine

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

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

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



Moving and Storing the Machine

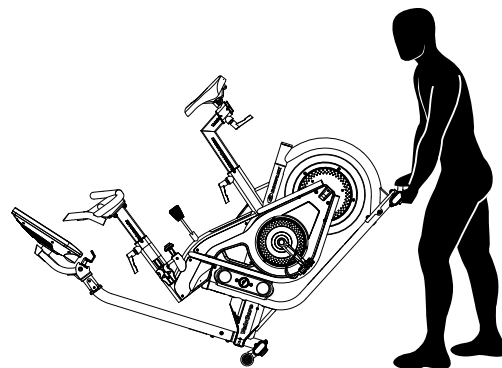
1. Remove the power adapter. Remove the dumbbells, any media devices, or water bottles from the bike before moving it.
2. Be sure the machine is stabilized in the upright position with the Lean Lock Knob pulled up (locked position).
3. To lock the Flywheel, turn the Emergency Brake/Resistance Adjustment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

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

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

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

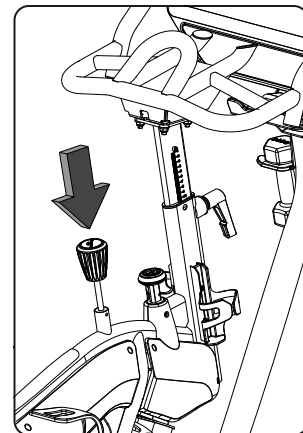
! For safe storage of the machine, remove the power adapter and place in a secure location. Be sure the machine is stabilized in the upright position with the Lean Lock Knob completely pulled up (locked position). Tighten the Brake/Resistance Adjustment Knob as described until the Flywheel is locked.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



Emergency Stop

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

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

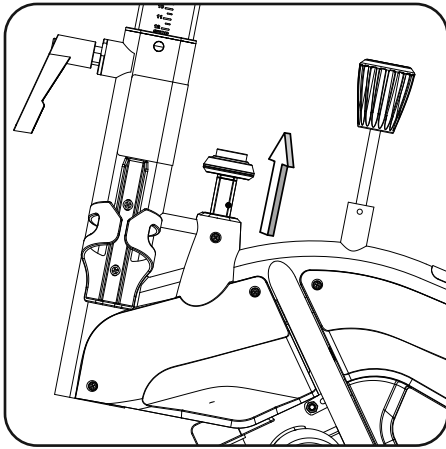


Lean Mode

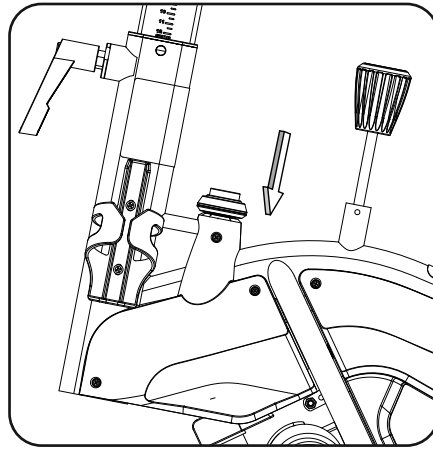
To unlock the leaning mode, push the button all the way down with an open hand. To lock the bike in the stationary mode, pull up on the button until it clicks. Take a moment to practice unlocking and locking the lean mode.

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

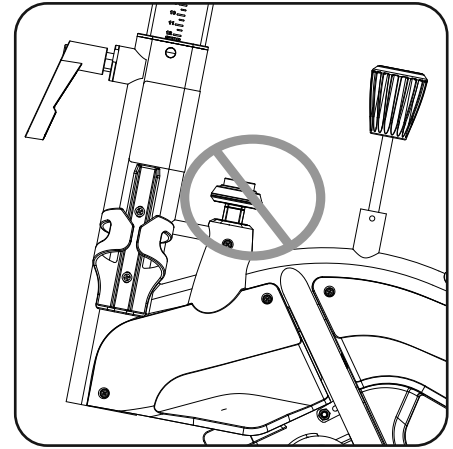
Stationary mode (locked)



Lean mode (unlocked)



Incorrect setting (partially locked)



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.

Workout with Other Fitness Apps

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

Bluetooth® Heart Rate Enabled

Your fitness machine is equipped to be able to receive a signal from a Bluetooth® Heart Rate (HR) Monitor. Follow the instructions provided with your Bluetooth® HR monitor.



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

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

Bluetooth® Heart Rate Armband

A Bluetooth® Heart Rate Armband is provided with your fitness machine. To use the Bluetooth® Heart Rate Armband, follow the instructions that were included with the Armband.



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

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

1. Put the Bluetooth® Heart Rate Armband onto the upper portion of your forearm.
2. Confirm that Bluetooth® wireless connection is active on the machine. If the Bluetooth® icon is blue, then it is active. If the icon is red, then Bluetooth® wireless connection must be activated. To activate Bluetooth® wireless connection:
 - a. Tap the Bluetooth® icon.
 - b. Tap "Manage Bluetooth®".
 - c. Slide the option from "OFF" to "ON".
 - d. Tap Back to exit.
3. When ready to exercise, start your workout.
4. Push the On/Off LED button on the Heart Rate Armband. Be sure to only push the On/Off LED button once.
5. During your workout, the Heart Rate Armband may take up to 60 seconds to connect. When connected, the Bluetooth® Heart Rate Device icon will be displayed along with your heart rate.

Note: The Armband can only be connected once to an active workout. If the On/Off LED button is pushed after being connected, the workout must be restarted.



Use the values calculated or measured by the machine's computer for reference purposes only.



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.

Mounting and Dismounting the Machine

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

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

Seat Adjustment

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

1. Standing next to the bike, raise/low the Seat so that it is level with the top of your hip bone.
2. Sit on the bike. With the hips level, place the ball of the foot on the Pedal at the bottom of the pedal stroke (6 o'clock). The leg should be slightly bent at the knee (approx. 20 degrees).
3. If your leg is too straight or your foot cannot touch the Pedal, you need to move the seat downward. If your leg is bent too much, you need to move the seat upward.

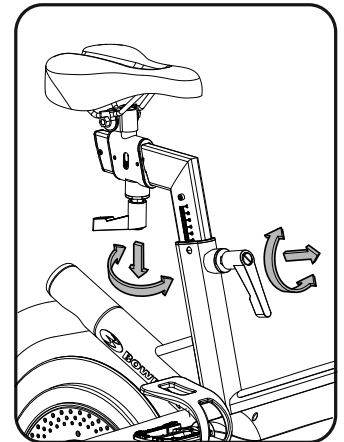
! Step off the machine before you adjust the seat.

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

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

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

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



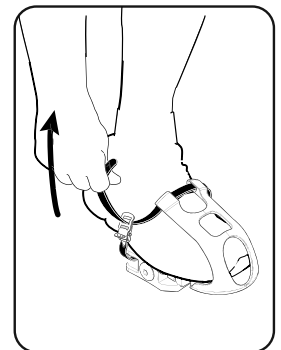
Foot Position / Pedal Strap Adjustment

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.

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



Using the Shoe Clips (Cleats)

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

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

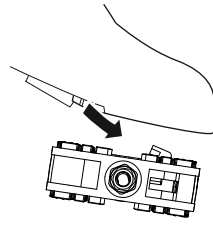
Keep cleats and bindings clear of dirt and debris to ensure engagement and release.

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.

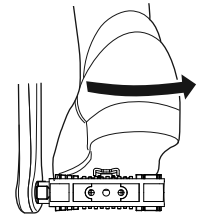
Pedals and cleats are SPD Compatible. They fit any shoe size with the correct cleat mounts: shoes with "Standard 2-Hole MTB SPD Cleat Mounts" (MTB SPD = Mountain Bike Shimano Pedaling Dynamics).

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.



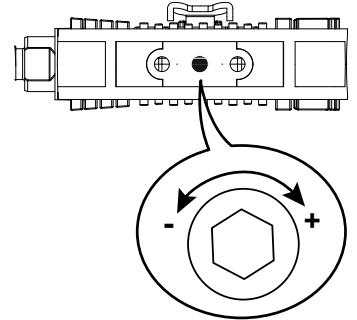
Engage



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 wrench to turn the adjustment bolt. To decrease the retention, turn it left (counterclockwise). To increase the retention, turn it right (clockwise).



Handlebar Adjustment

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

To adjust the handlebar position:

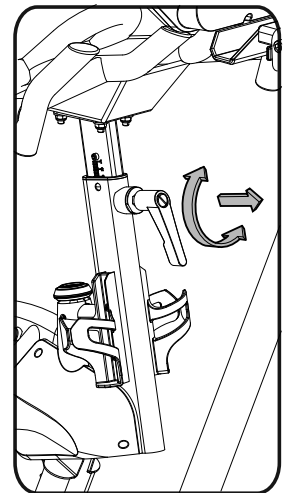
1. Loosen the Handlebar Post Adjustment Handle on the Handlebar Post as you hold the upright post to prevent it from dropping. Adjust the Handlebar to the desired height.



Do not lift the Handlebar Post above the "STOP" mark on the Handlebar Post.

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

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

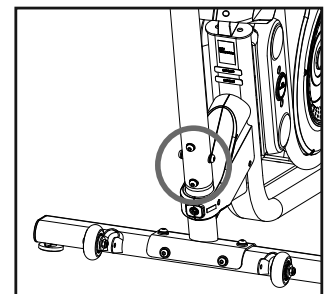


Console Alignment

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

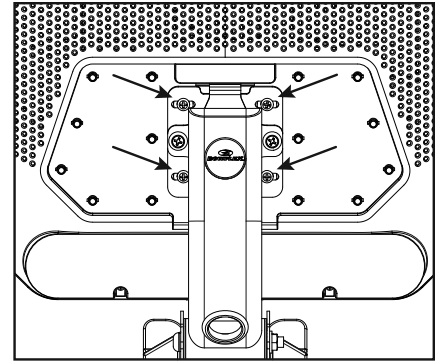
If the Console does not face the Seat directly:

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



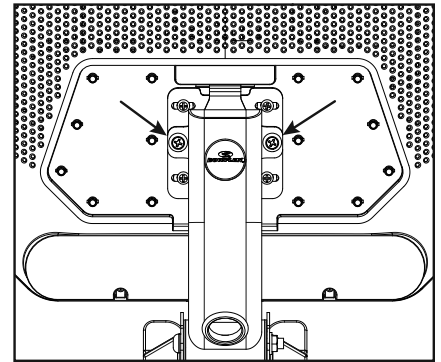
If the Console is not centered horizontally:

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



If the Console is not level:

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



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

Locking the Flywheel for Storage

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

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

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

Power-Up Mode

The Console will enter Power-Up / Home Tab if it is plugged into a power source, the Console display is touched, or if it receives a signal from the RPM sensor as a result of pedaling the machine.

Auto Shut-Off (Sleep Mode)

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

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

Resistance Adjustment

To increase the resistance and workload, turn the Resistance Adjustment Knob clockwise. To reduce the resistance, turn the Resistance Adjustment Knob counter-clockwise. The range of movement of the Resistance Adjustment Knob is 0% to slightly past the 100% level of resistance (locked Flywheel). Do not turn the Resistance Adjustment Knob past the range of movement. If turned past the range of movement, damage to the machine may occur.

Paused / Workout Complete Mode

1. To Pause a workout, stop pedaling during the workout.

Note: The Console will automatically pause if there is no RPM signal for 5 seconds, or if you tap the screen and tap the Pause button.

When paused, the Console will display the Play and Stop buttons.

2. To continue the workout, begin pedaling or tap the Play button.
To end the workout before completing it, tap Stop.
3. After the workout, the Console will display the Workout Complete values (Total Time, Total Intervals, Total Calories, Average Sprint Burn Rate, Average Heart Rate, Average RPM, and Average Resistance).
4. Tap Continue.
5. The Console will go to the Overview of the Latest Workout of the JOURNAL tab.

Power-Off or Restart the Machine

Note: When active, the Bowflex™ VeloCore™ machine checks for software updates and installs them. If the machine is de-activated for a period of time, it may try to install updates when restarted.


To turn off the machine:

1. Log off.
2. Disconnect the power cord from the wall outlet.

To restart the machine:

1. Plug in the machine to a functioning wall outlet. The machine will start up, and the red Status LED will activate.

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

-  **Equipment must be regularly examined for damage and repairs. The owner is responsible to make sure that regular maintenance is done. Worn or damaged components must be repaired or replaced immediately. Only manufacturer supplied components can be used to maintain and repair the equipment.**
- If at any time the Warning labels become loose, unreadable or dislodged, replace the labels. If purchased in US/Canada, contact Customer Service for replacement labels. If purchased outside US/Canada, contact your local distributor for them.**
- Disconnect all power to the machine before you service it.**

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

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

Weekly: Clean the machine to remove any dust, dirt, or grime from the surfaces.
Check pedals and crank arms and tighten as necessary. Make sure all bolts and screws are tight. Tighten as necessary.
Check for smooth seat operation.

Note: Do not use petroleum based products.

**Monthly
or after 20 hours:** Check the drive belt tension and adjust if necessary.

Checking the Drive Belt Tension

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

An "Adjust the Belt Tension" procedure can be found in the Service Manual.

Warranty (If purchased in US/Canada)

Who Is Covered

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

What Is Covered

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

Terms

Warranty terms for products purchased in US/Canada are as stated below

- Frame 2 years
- Mechanical parts 2 years
- Electronics 1 year
- Labor 1 year

(Labor support does not include the installation of replacement parts involved in the initial product assembly and preventative maintenance services. All repairs covered under the labor portion of the warranty must be preauthorized by Nautilus.)

For warranty & service of products purchased outside US/Canada, please contact your local distributor. To find your local international distributor, go to: www.nautilusinternational.com

How Nautilus Will Support the Warranty

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

What You Must Do

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

What Is Not Covered

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

How to Obtain Service

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

Exclusions

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

Limitation of Remedies

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

State Laws

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

Expirations

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

International Purchases

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

