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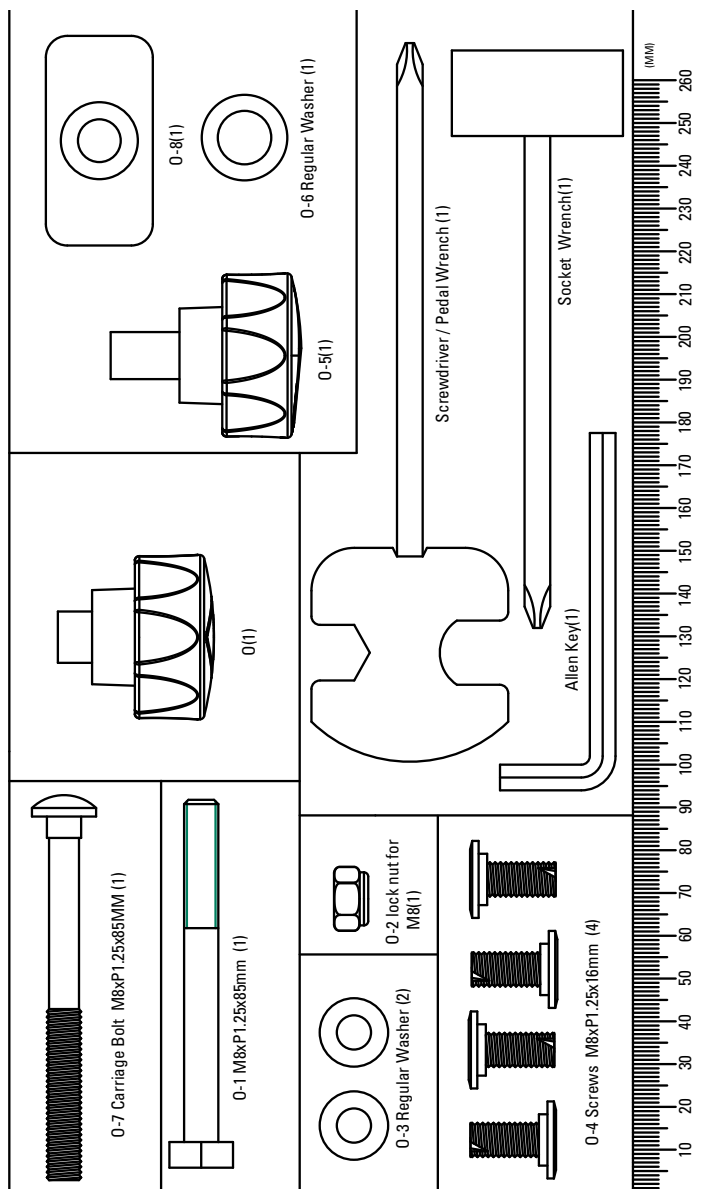
SCHWINN FITNESS



126
UPRIGHT BIKE
ASSEMBLY GUIDE

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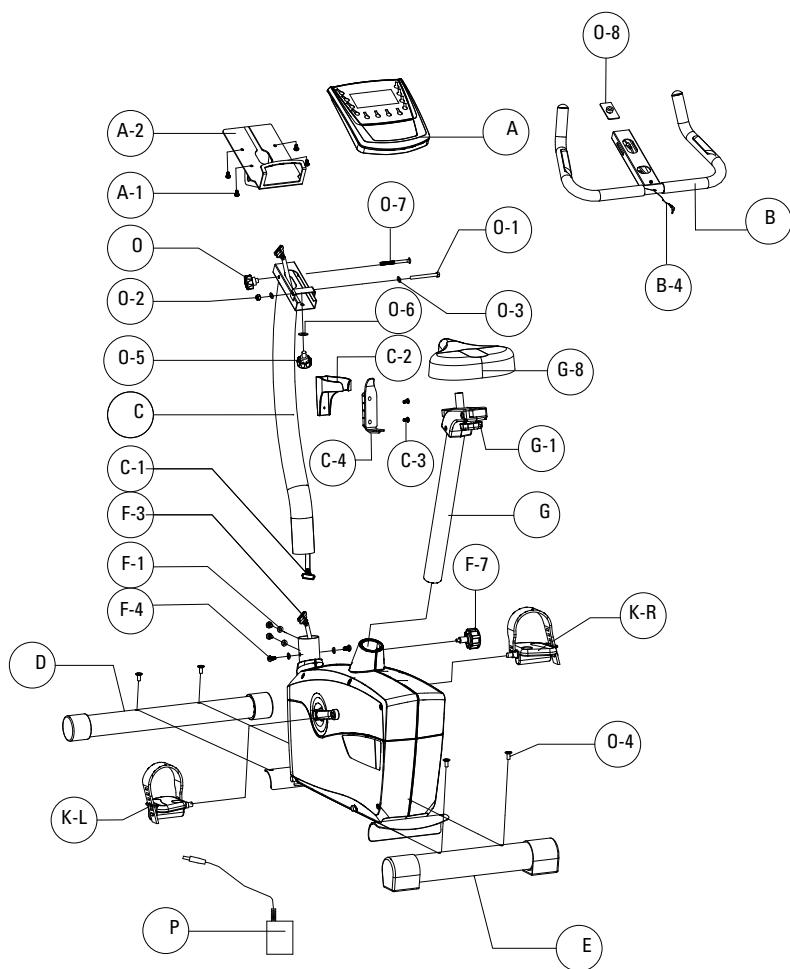
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Note: Please verify you have all correct parts and quantities before assembling unit.

If you are missing items, are short quantities, or have damaged components, please contact Schwinn at 1.800.864.1270

EXPLODED VIEW



PARTS LIST

Ref.	Description	Qty
A	Computer	1
A-1	Screw M5x14L	4
A-2	Computer bracket	1
B	Handlebar	1
B-4	Heartrate wire	1
C	Handlebar mast	1
C-1	Upper computer wire	1
C-2	Bottle cage	1
C-3	Screw M5x20L	2
C-4	Bottle cage holder	1
D	Front stabilizer	1
E	Rear stabilizer	1
F-1	Washer 8x19x2	4
F-3	Lower computer wire	1
F-4	Screw M8xP1.25x16L	4
F-7	Seat post pop pin	1
G	Seat post	1
G-1	Seat slider	1
G-8	Seat	1
K	Pedal pair	1
O	Angle Adjust knob	1
O-1	Screw M8xP1.25x85L	1
O-2	Nylon nut	1
O-3	Flat washer 8x16x1	2
O-4	Screw M8x16	4
O-5	Console slider adjust knob	1
O-6	Flat washer 12.5x20x2t	1
O-7	Carriage bolt M8xP1.25x80L	1
O-8	"T" Nut	1
P	AC Adaptor	1

Basic Assembly Principles

Here are a few basic tips that will aid in the assembly process . By using these principles, you can simplify each process and save yourself extra time and effort.

1. To make the assembly process go faster, gather the pieces you need for each step and thoroughly read the assembly instructions for that step prior to starting assembly for the step.
2. When attaching two pieces, gently lift and look through the bolt holes to help guide the bolt through the holes.
3. As a general rule, and for all bolts and nuts, turn bolts or nuts toward the right to tighten and left to loosen. Or you can remember the mnemonic: "Righty tighty, lefty loosey."

Step 1 Install Front and Rear Stabilizers

Parts:

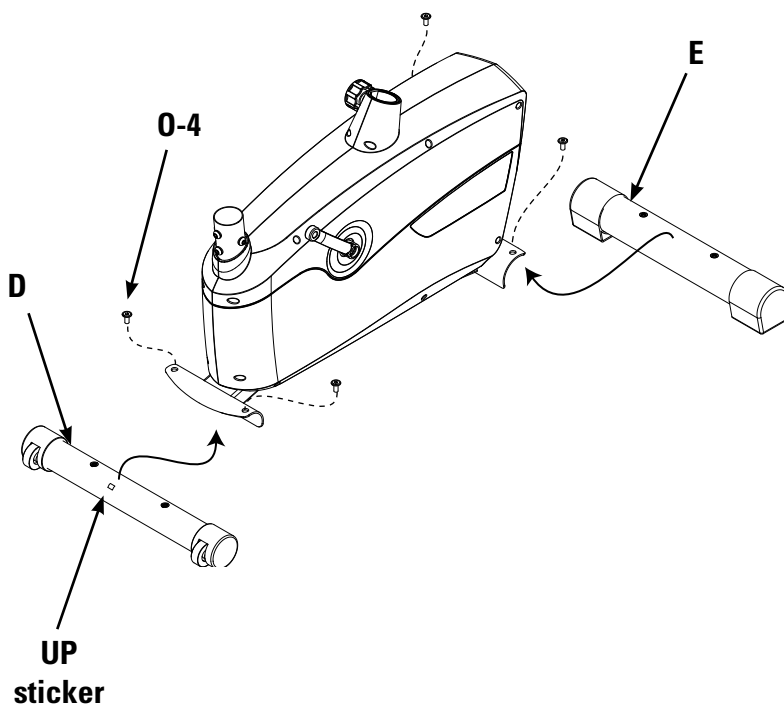
- Front Stabilizer (Ref. D)
- Rear Stabilizer (Ref. E)

Tools:

- Supplied Allen Wrench

1-1 Attach the Rear Stabilizer (E) to the rear of the Main Unit using two M8 X 16mm screws (O-4).

1-2 Attach the Front Stabilizer (D) with the UP sticker and wheels toward the front of the Main Unit using two M8 X 16mm screws.



Step 2 Install Pedals

Parts:

- Right Pedal (K-R)
- Right Pedal (K-L)

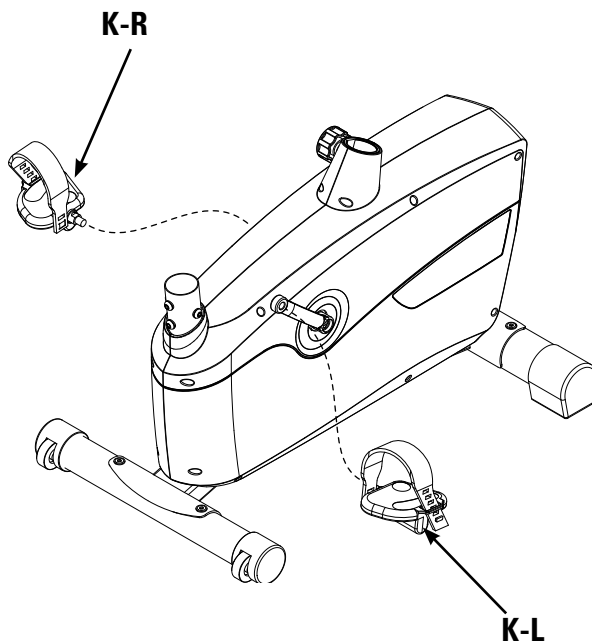
Tools:

- Supplied Pedal Wrench

2-1 Screw the Left Pedal (*has an "L" stamped into the end of the pedal*) into the Left Crank Arm.

Note: The Left Pedal has a left handed thread and screws in *counter clockwise*.

2-2 Screw the Right Pedal (*has an "R" stamped into the end of the pedal*) into the Right Crank Arm.

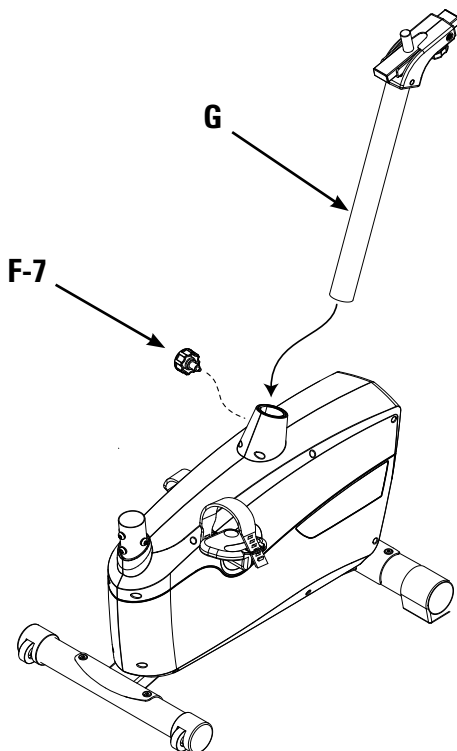


Step 3 Install Seat Post

Parts:

- Seat post (Ref. G)

3-1 Completely unscrew the Seat Post Adjustment Knob (F-7) from the main unit and insert the Seat Post (G) into the hole. Re-install the Adjustment Knob by screwing it firmly into place.



Step 4 Install Seat

Parts:

- Seat (Ref. G-8)

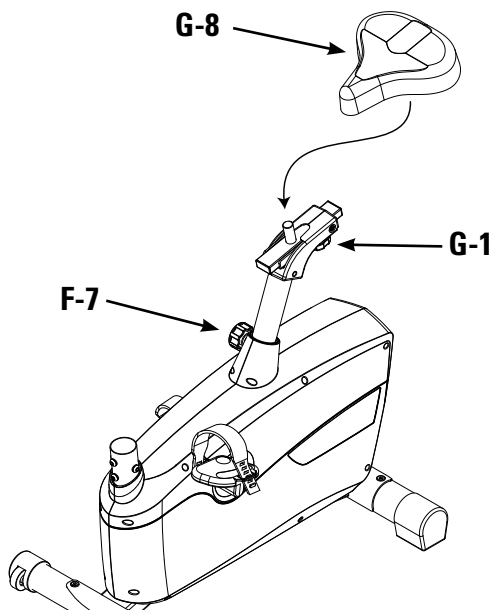
Tools:

- Supplied Wrench

4-1 Position the Seat (G-8) on the top of the Seat Slider. Tilt the the Seat to desired angle and tighten the two nuts on the underside of the Seat until completely tight.

Seat Adjustment:

To adjust the Seat Post height, unscrew the Adjustment Knob about one full turn and pull outward on the knob. Slide the Seat Post to desired position. Release the Adjustment Knob (F-7) and allow the Seat Post to lock into place then tighten the Adjustment Knob. Adjust the fore and aft position wit the Slider knob (G-1). When properly adjusted, your leg should have a slight bend at the bottom of the pedal stroke.



Step 5 Install Handlebar Mast

Parts:

- Handlebar Mast (Ref C)

Tools:

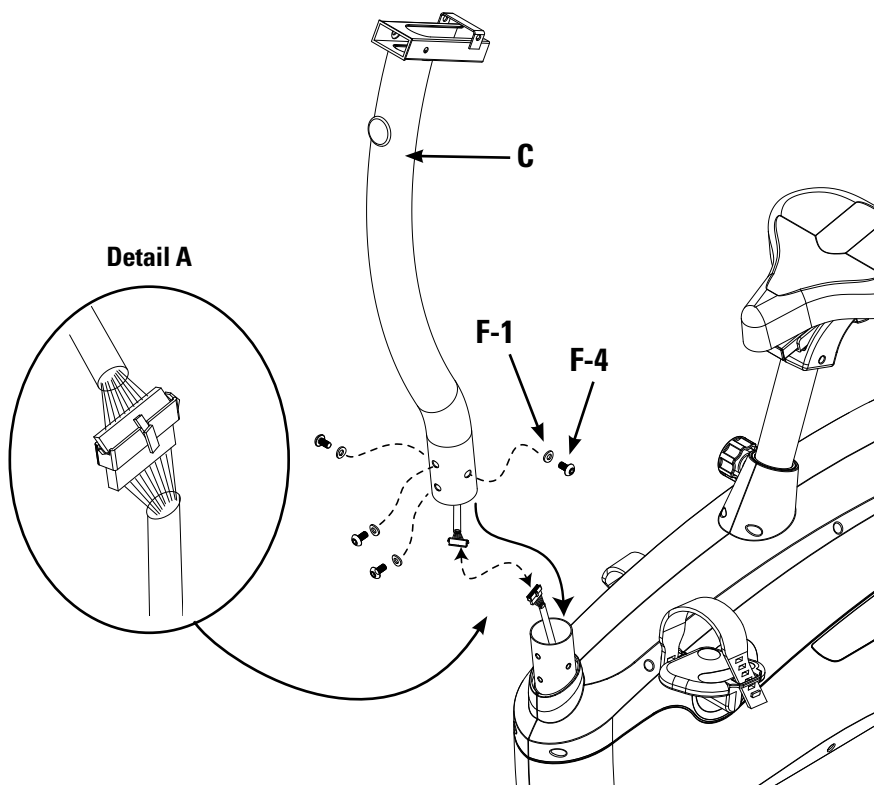
- Supplied Allen Wrench

5-1 Remove the four Allen Bolts (F-4) and Curved Washers (F-1) from the frame .

5-2 Connect the Upper and Lower Computer Wires. (Detail A)

5-3 Insert the Handlebar Mast (C) into the main unit.

5-4 Re-install the four Allen Bolts and Curved Washers and completely tighten.



Step 6 Install Handlebar

Parts:

- Handlebar (Ref B)
- Console Slider Adjust Knob (Ref 0-5)
- Washer (Ref 0-6)
- "T" Nut (Ref 0-8)

6-1 Tuck the Computer Wires into the Mast to allow insertion of the Handlebar .

6-2 Slide the Handlebar (B) into the Mast, insert the "T" nut (0-8) and secure with the Console Slide Adjust Knob (0-5) and Washer (0-6) . (Figure A)

6-3 Pull the Computer Wires back up through the Handlebar as shown. (Figure B)

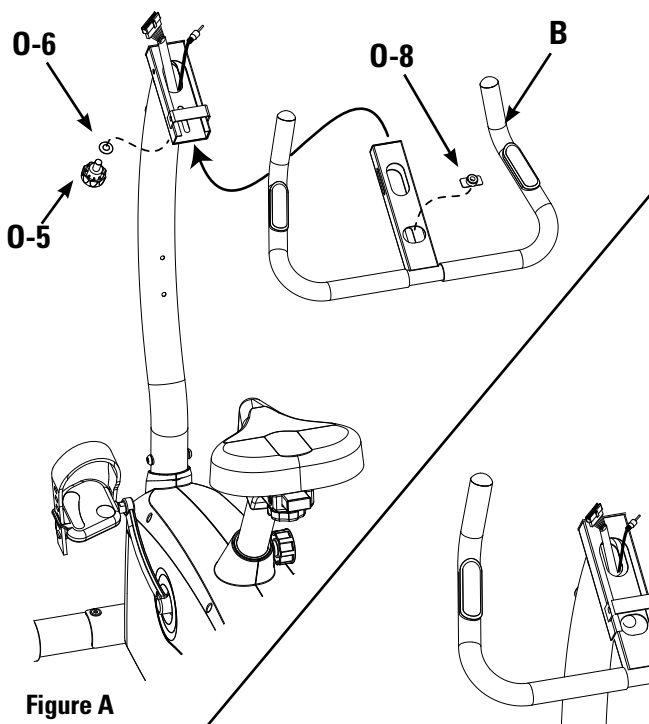
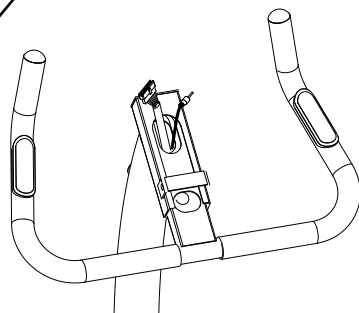


Figure B



Step 7 Install Computer Bracket

Parts:

- Computer Bracket (Ref. A-2)
- Angle Adjust Knob (Ref. O)
- Carriage Bolt (Ref. O-7)
- Screw M8x85 (Ref. O-1)
- 2 Washers (Ref. O-3)
- Hex Nut (Ref. O-2)

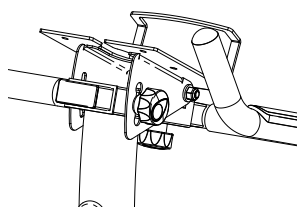
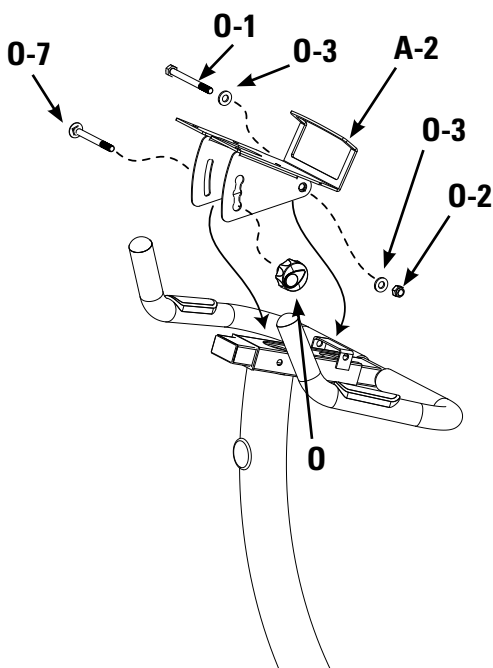
Tools:

- Supplied Socket and Flat Wrenches

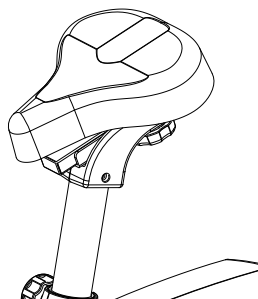
7-1 Align the Computer Bracket (A-2) with the holes in the Mast.
(See assembled view for reference)

7-2 Install and completely tighten the hardware.

Note: Use the Angle Adjust Knob to position the Computer to fit individual preferences.



Assembled View



Step 8 Install Computer

Parts:

- Computer (Ref. A)

Tools:

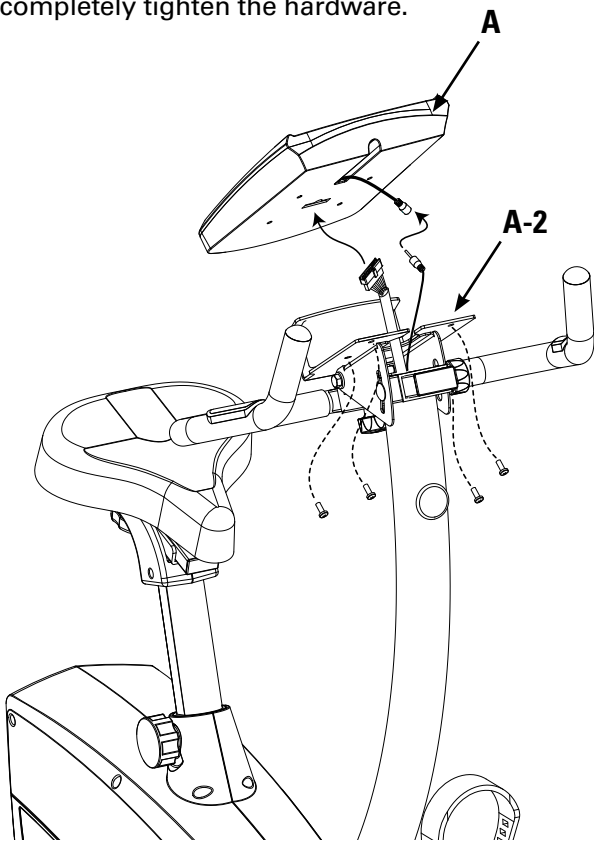
- Supplied Phillips Head Screwdriver

8-1 Remove the four screws from the back of the Computer.

8-2 Connect the Computer Wire and Heartrate Wire to the connectors on the back of the Computer as shown.

8-3 Align the Computer with the holes in the Computer Bracket.
(A-2)

8-4 Install and completely tighten the hardware.



Step 9 Install Bottle Cage

Parts:

- Bottle Cage A (Ref. C-2)
- Bottle Cage B (Ref. C-4)

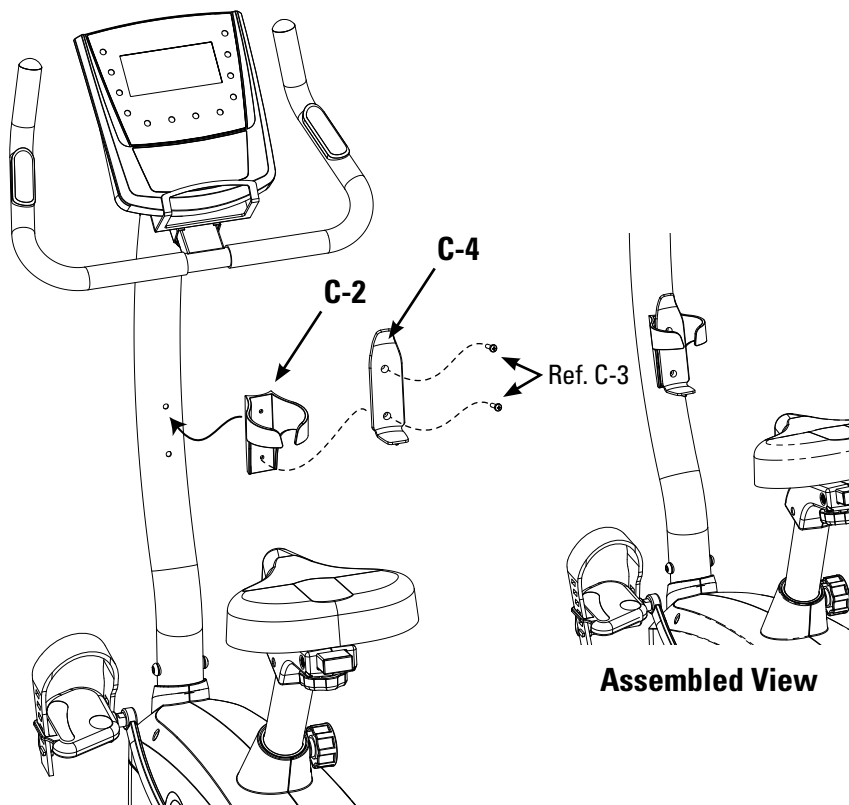
Tools:

- Supplied Phillips Head Screwdriver

9-1 Remove the two M5 x 20L (Ref. C-3) screws from the Mast.

9-2 Align Bottle Cage A and B with the holes in the mast as shown.
(see assembled view for reference)

9-3 Install and completely tighten the hardware.

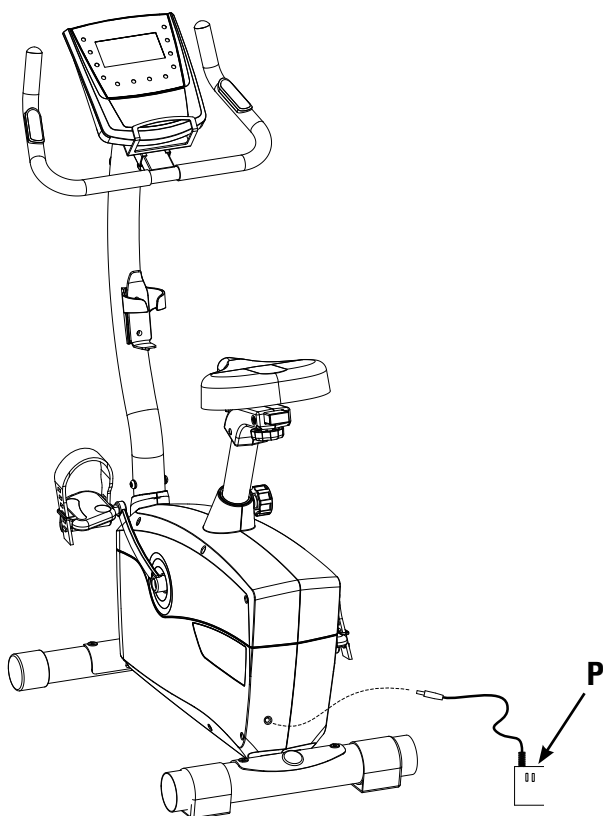


Step 10 Plug in AC Adapter

Parts:

- AC Adapter (Ref. P)

10-1 Plug the AC Adapter (P) into the receptacle on the rear left of the unit and into a 110 volt outlet.



Assembly is complete!

Please reference the Owner's Manual for information regarding computer operation, product maintenance, Warranty information, and general fitness and exercise guidelines.

IMPORTANT CONTACT NUMBERS

If you need assistance, please have both the serial number of your machine and the date of purchase available when you contact the appropriate Nautilus office listed below.

OFFICES IN THE UNITED STATES:

E-mail: cstech@nautilus.com

- **NAUTILUS INNOVATION CENTER**
Nautilus, Inc.
1886 Prairie Way
Louisville, Colorado, USA 80027

Phone: 800-NAUTILUS (800-628-8458)
Fax: 800-898-9410

- **TECHNICAL/CUSTOMER SERVICE**
Nautilus, Inc.
World Headquarters
16400 SE Nautilus Drive
Vancouver, Washington, USA 98683
Phone: 800-NAUTILUS (800-628-8458)
Fax: 877-686-6466

- **CORPORATE HEADQUARTERS**
Nautilus, Inc.
World Headquarters
16400 SE Nautilus Drive
Vancouver, Washington, USA 98683
Phone: 800-NAUTILUS (800-628-8458)

INTERNATIONAL OFFICES:

For technical assistance and a list of distributors in your area, please call or fax one of the following numbers.

- **INTERNATIONAL CUSTOMER SERVICE:**

Nautilus International S.A.
Rue Jean Prouvé 6
1762 Givisiez / Switzerland
Tel: + 41-26-460-77-77
Fax: + 41-26-460-77-70
Email: technics@nautilus.com

INTERNATIONAL OFFICES:

- **SWITZERLAND OFFICE**
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- **CHINA OFFICE**
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