AirDyne®
AD8

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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.

For details regarding product warranty or if you have questions or problems with your product, please contact your local Schwinn distributor. To find your local distributor, go to: **www.nautilusinternational.com**

ORIGINAL MANUAL - ENGLISH VERSION ONLY

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.**

⚠DANGER **Carefully read and understand the Assembly instructions. Read and understand the complete Manual. Keep the Manual for future reference.**

⚠WARNING **To decrease the risk of burns, electric shock, or injury to persons, read and understand the complete Owner's Manual. Failure to follow these guidelines can cause a serious or possibly fatal electrical shock or other serious injury.**

- 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 connect the optional power supply to the machine until instructed to do so.
- The machine should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- Before each use, examine this machine for loose parts or signs of wear. Do not use if found in this condition. Monitor the Pedals and Crank Arms closely. Contact your local distributor for repair information.
- Not intended for use by persons with medical conditions where those conditions may impact the safe operation of the machine or pose a risk of injury to the user
- Do not drop or put objects into any opening of the machine.
- 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.
- Use this machine only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- 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 stickers become loose, unreadable or dislodged, contact your local distributor for replacement stickers.

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

- 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 Pedals and Crank Arms closely. Contact your local distributor for repair information.
- Maximum user weight limit: 159 kg (350 lbs.). Do not use if you are over this weight.
- 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 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. 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 at least 0.6 m (24") on each side of the machine clear. This is the recommended safe distance for access and passage around and emergency dismounts from the machine. Keep third parties out of this space when machine is in use.
- Do not over exert yourself during exercise. Operate the machine in the manner described in this manual.
- 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.
- Keep the Pedals clean and dry.
- Exercise on this machine requires coordination and balance. Be sure to anticipate that changes in speed and resistance level can occur during workouts, and be attentive in order to avoid loss of balance and possible injury.
- A machine should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- Keep batteries away from heat source and hot surfaces.
- Do not mix old and new batteries.
- Do not mix alkaline, standard (carbon-zinc), or rechargeable (Ni-Cd, Ni-MH, etc) batteries.
- Do not try to charge non-rechargeable batteries. Remove exhausted batteries and dispose of them safely.
- Remove rechargeable batteries from the machine before recharging them.
- Do not short-circuit the supply terminals on the batteries.

- For safe storage of the machine, remove the batteries and install the Transport and Immobilization Strap to secure the Resistance Fan. Place the machine in a secure location away from children and pets.

- When the machine is put in a Commercial environment, it can only be used in areas where access and control of the machine are managed and supervised by approved staff. The degree of management depends among other things on the specific setting in which the machine is placed, security of that environment, and familiarity of the users with the equipment. Because others will have used the machine previously, make sure the seat, pedals and handlebars are correctly adjusted, tightened and secured.

- 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 Resistance Fan. Reduce the pace to slow the Resistance Fan 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.

Safety Warning Labels and Serial Number

Serial number

Product specification
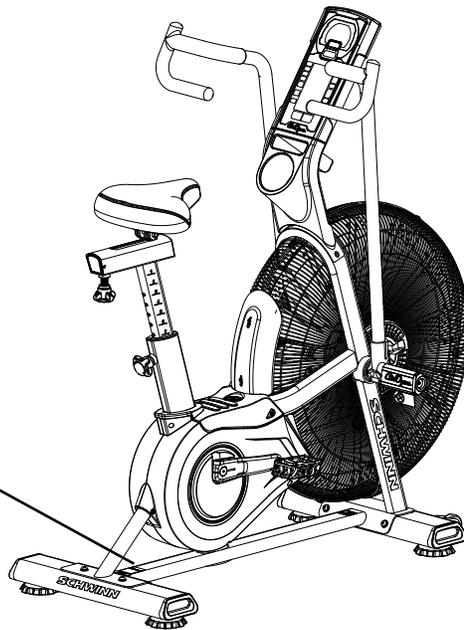
Maximum User Weight: 159 kg (350 lbs.)

Total Surface Area (footprint) of equipment: 9059 cm^2 (1405 in^2)

Machine Weight: 51.3 kg (113 lbs.)

Power Requirements:

Input Voltage:	100 - 240V AC, 50/60 Hz, 0.4A
Output Voltage:	9V DC , 1.5A
Optional Batteries:	2 D Batteries (LR20) – not included

134.6 cm
53″

134.6 cm
53″

67.3 cm
26.5″
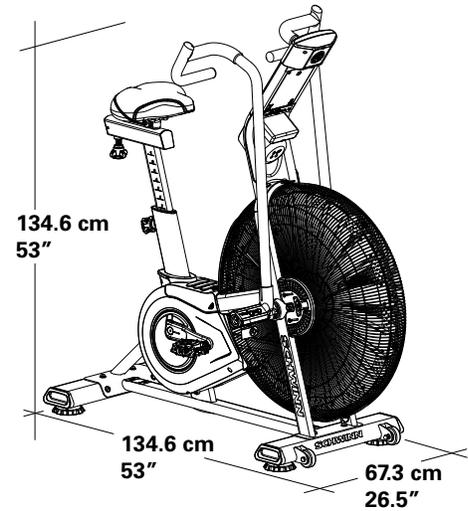
DO NOT dispose of this product as refuse. This product is to be recycled. For proper disposal of this product, please follow the prescribed methods at an approved waste center.

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 1.9 m (74.5") x 2.6 m (101").

Basic Assembly Tips
Follow these basic points when you assemble your machine:

• Read and understand the "Important Safety Instructions" before assembly.

• Collect all the pieces necessary for each assembly step.

• Using the recommended wrenches, turn the bolts and nuts to the right (clockwise) to tighten, and the left (counterclockwise) to loosen, unless instructed otherwise.

• When attaching 2 pieces, lightly lift and look through the bolt holes to help insert the bolt through the holes.

• The assembly requires 2 people.

2.6m
101"

0.6m
24"

0.6m
24"

0.6m
24"

1.9m
74.5"

0.6m
24"
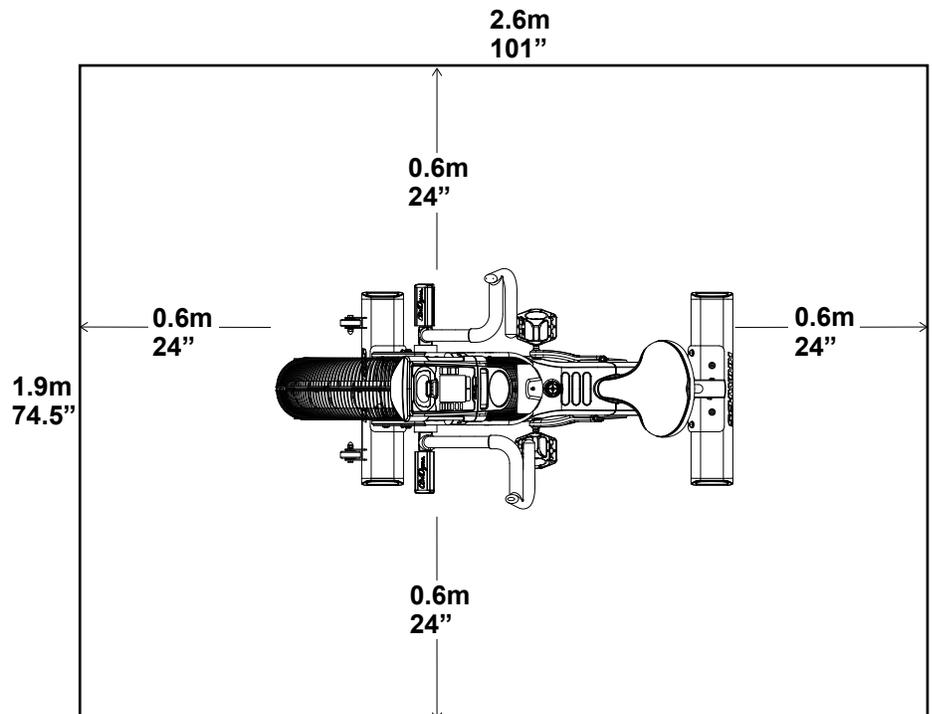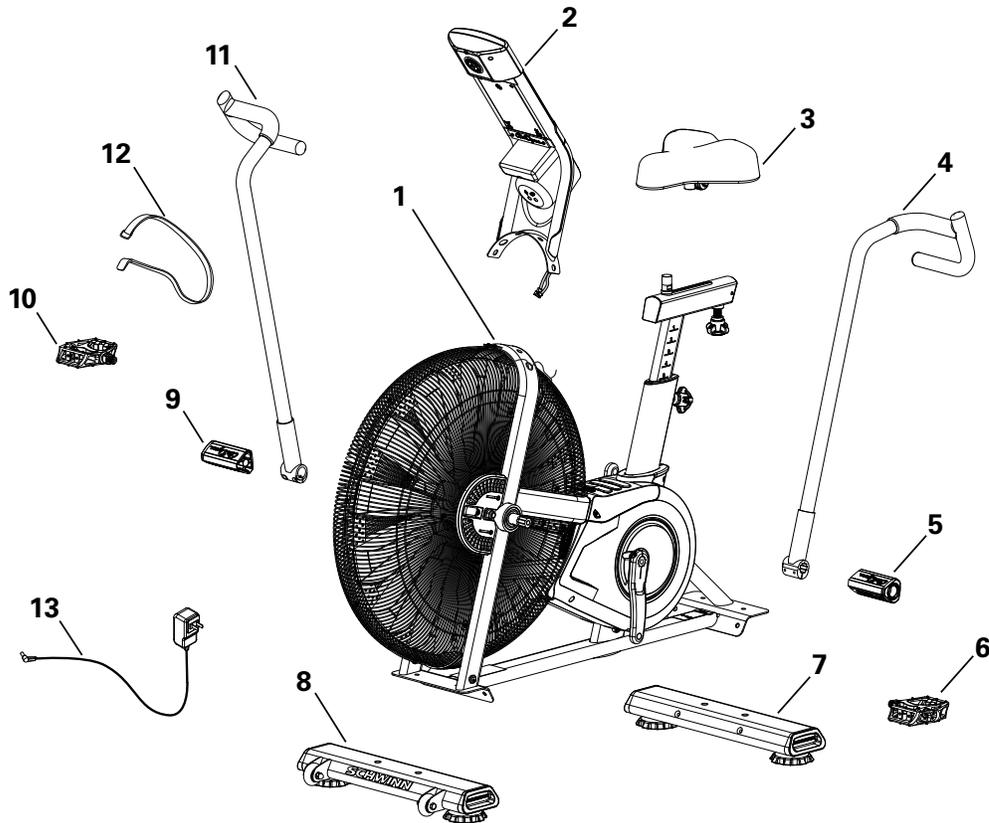
A decal has been applied to all right (" **R** ") and left (" **L** ") parts to assist with assembly.

Item	Qty	Description	Item	Qty	Description
1	1	Frame Assembly	8	1	Stabilizer, Front
2	1	Console / Mast Assembly	9	1	Foot Peg, Right
3	1	Seat	10	1	Pedal, Right
4	1	Handlebar, Left	11	1	Handlebar, Right
5	1	Foot Peg, Left	12	1	Strap, Transport and Immobilization
6	1	Pedal, Left	13	1	AC Power Adapter
7	1	Stabilizer, Rear			

| A | B | C | D | E | F |
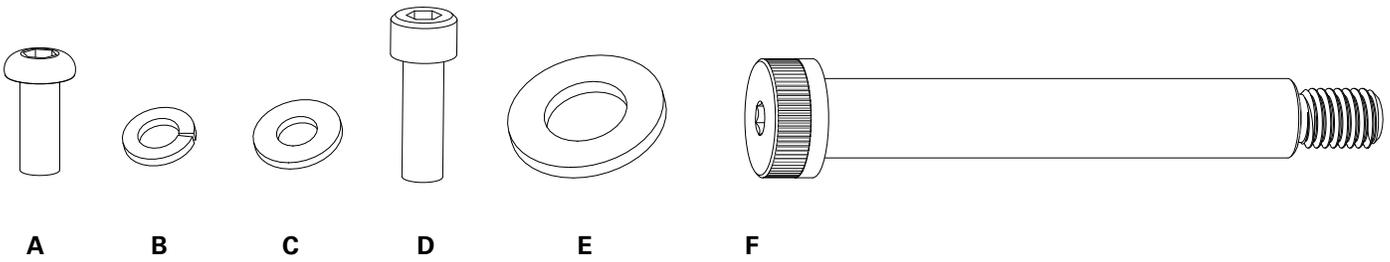
Item	Qty	Description	Item	Qty	Description
A	12	Button Head Hex Screw, M8x16	E	2	Flat Washer, M16
B	12	Lock Washer, M8	F	2	Shoulder Screw, M12x100
C	12	Flat Washer, M8			
D	4	Socket Head Cap Screw, M8x25			

Note: Select pieces of Hardware have been provided as spares on the Hardware Card. Be aware that there may be remaining Hardware after the proper assembly of your machine.

Tools

Included

 6 mm

 #2
6 mm

 13 / 15 mm

1. Attach Stabilizers to Frame Assembly
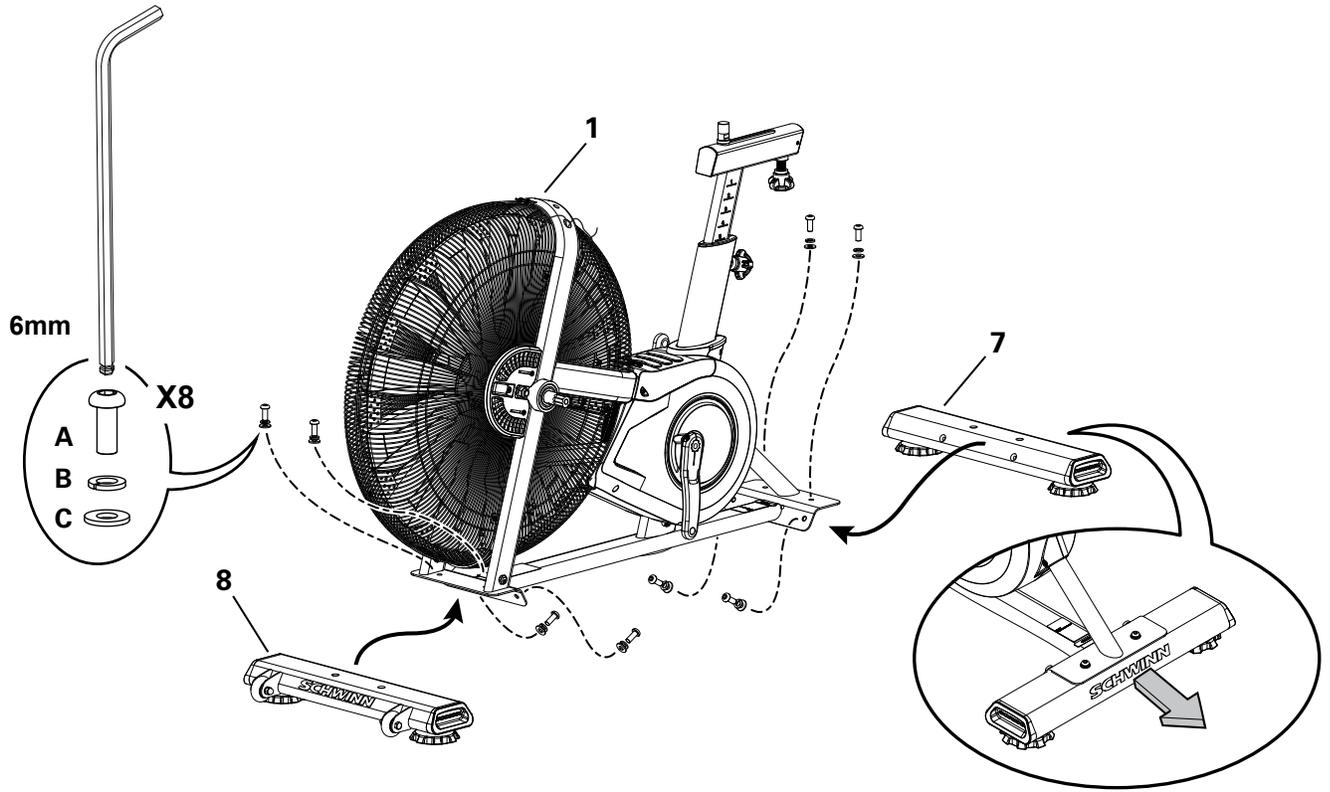
2. Attach Pedals to Frame Assembly

Note: The Left Pedal is reverse-threaded. Be sure to attach Pedals on the proper side of the Bike. Orientation is based from a seated position on the bike. The Left Pedal has an "L", the Right Pedal an "R".
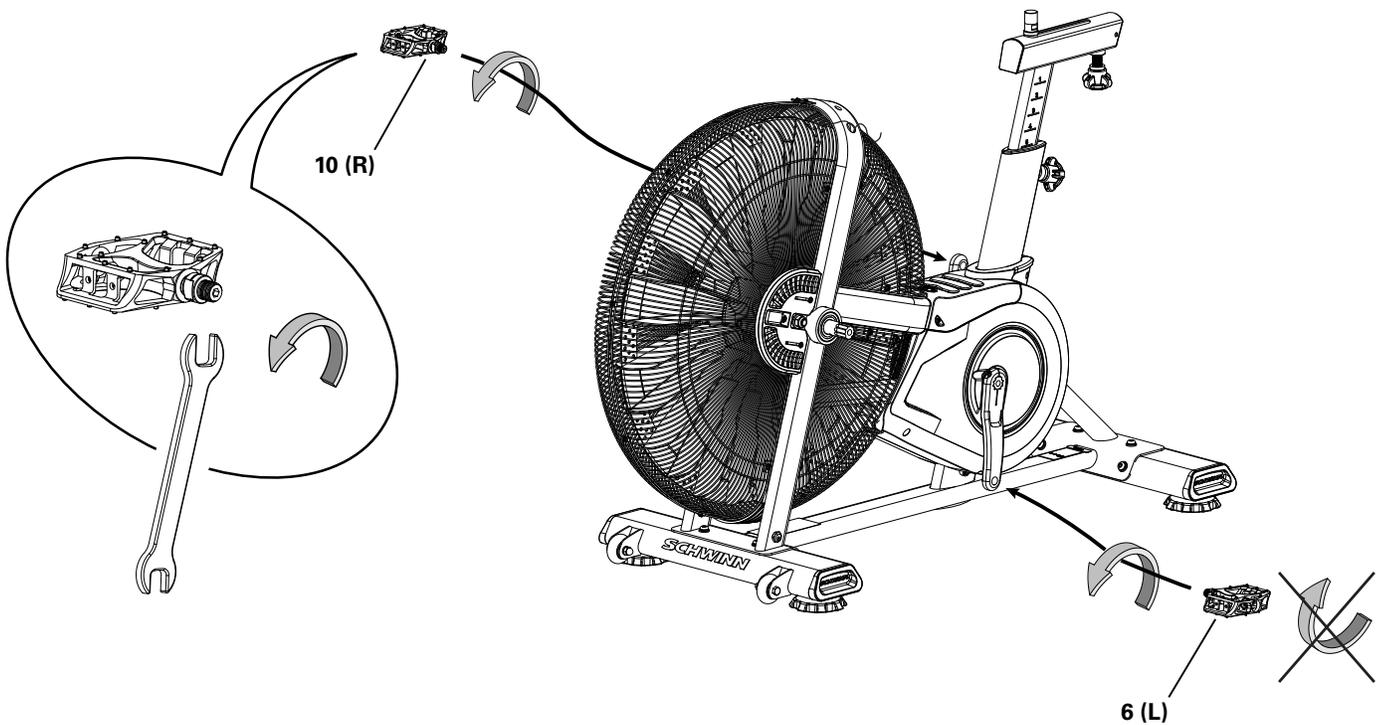
3. Connect Cables and Attach the Console/Mast Assembly to Frame Assembly

NOTICE: Do not crimp the cables.

6mm

X4

A
B
C

2
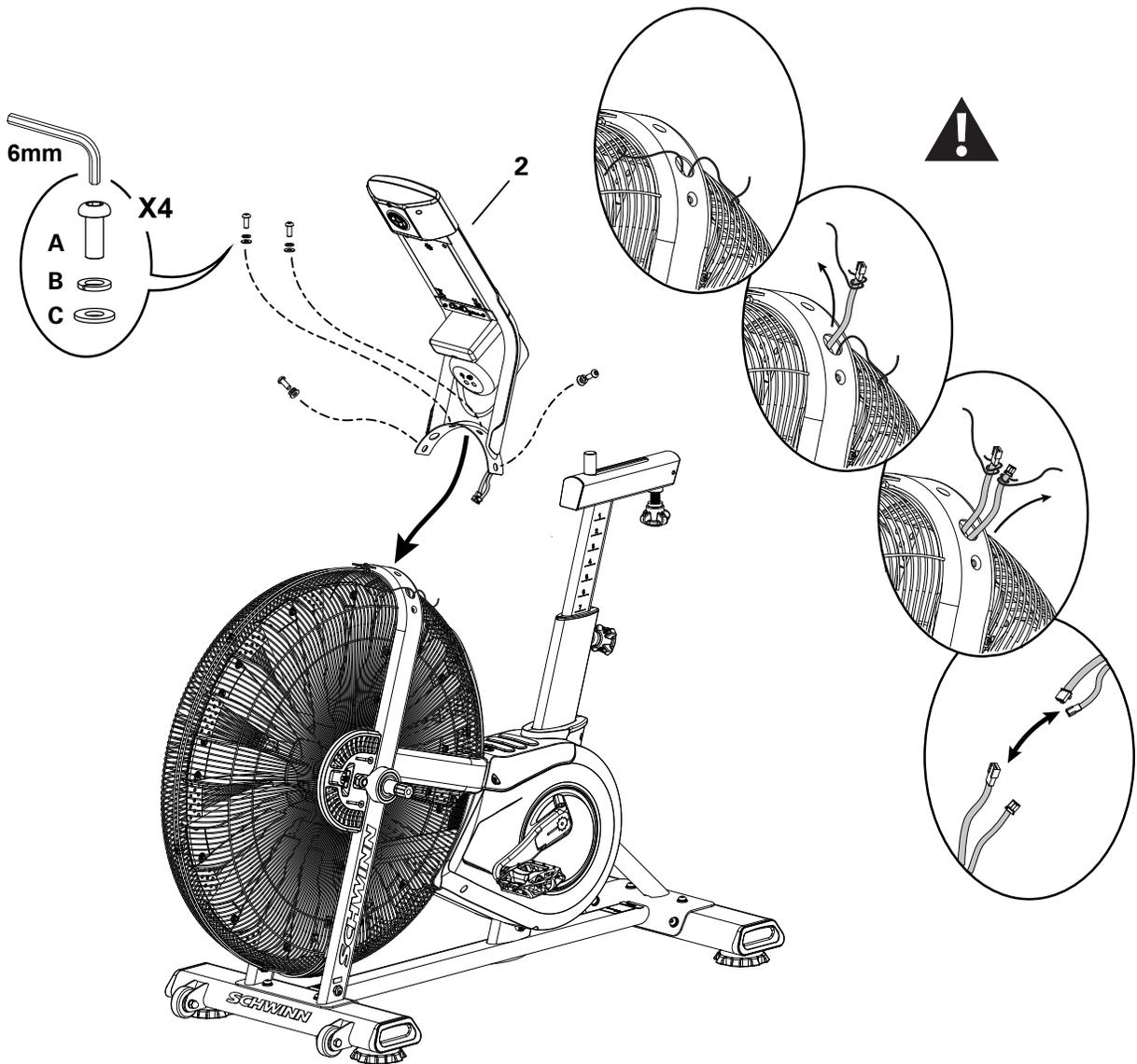
4. Attach Handlebar Arms to Frame Assembly

⚠️ **Fully tighten hardware. Make sure the Handlebar Arms are secure before you exercise. If a torque wrench is available, tighten bolts to 40 N·m.**
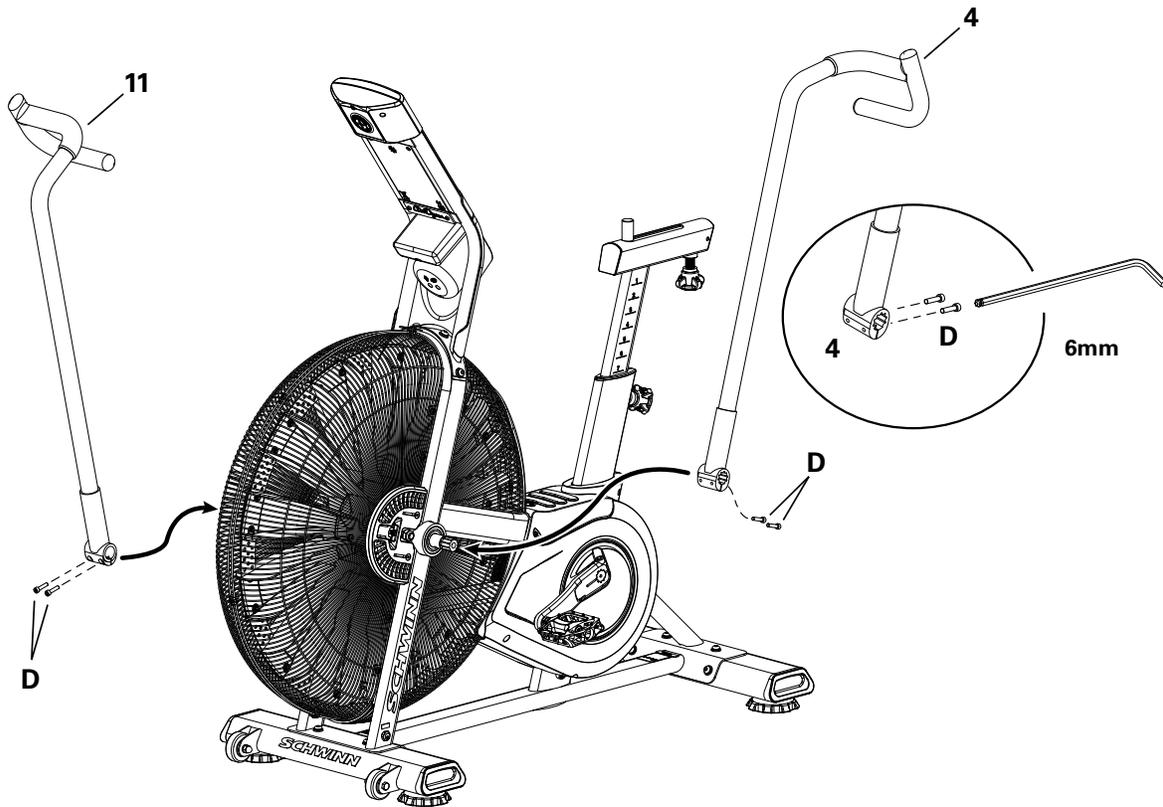
5. Assemble Foot Pegs and Hardware, and Attach Foot Pegs to Frame Assembly

NOTICE: Push the Shoulder Screw (F) completely through the Foot Peg, and press the Washer (E) tightly onto the end of the Foot Peg. Be sure the Washer does not touch the screw threads (F1). Do not let the Washer fall off the Foot Peg during installation.
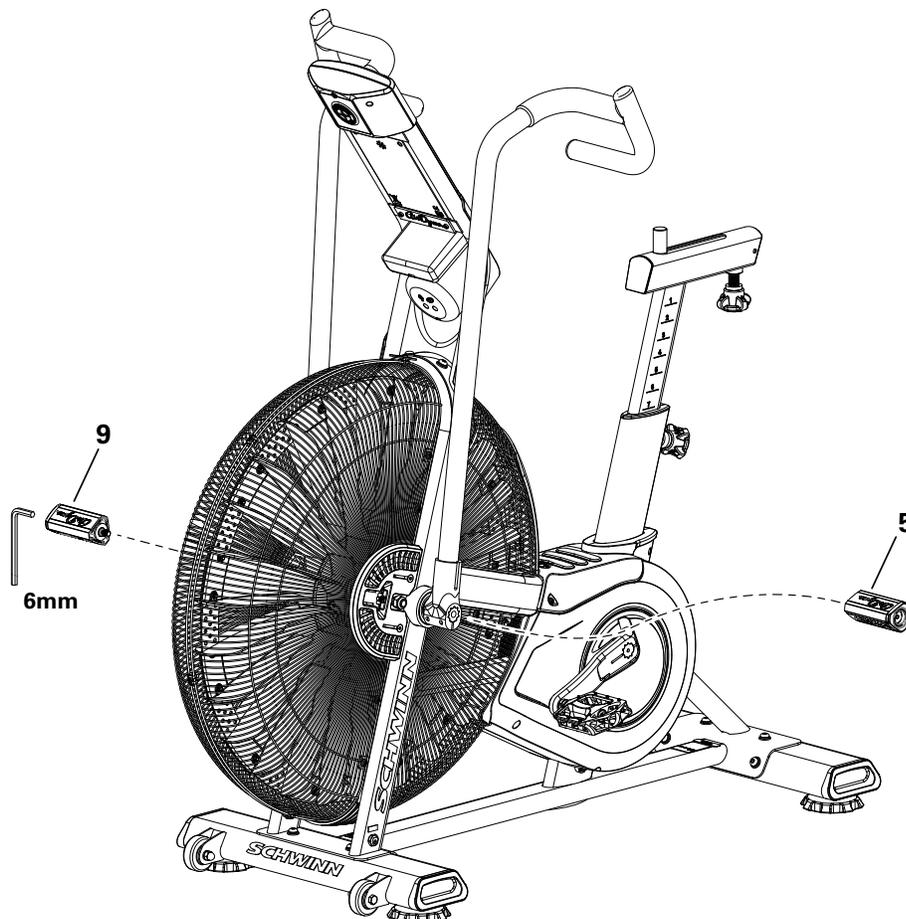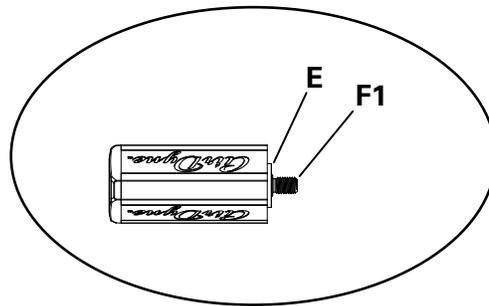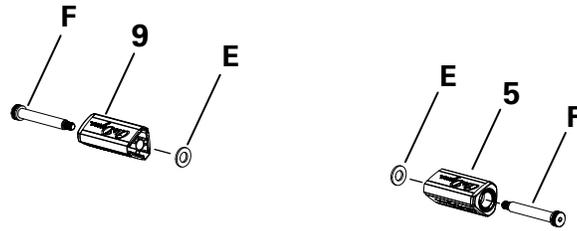
6. Attach Seat to Seat Post

NOTICE: Be sure the Seat is straight. Tighten both nuts (3b) on the Seat bracket (3a) to hold the Seat in position.
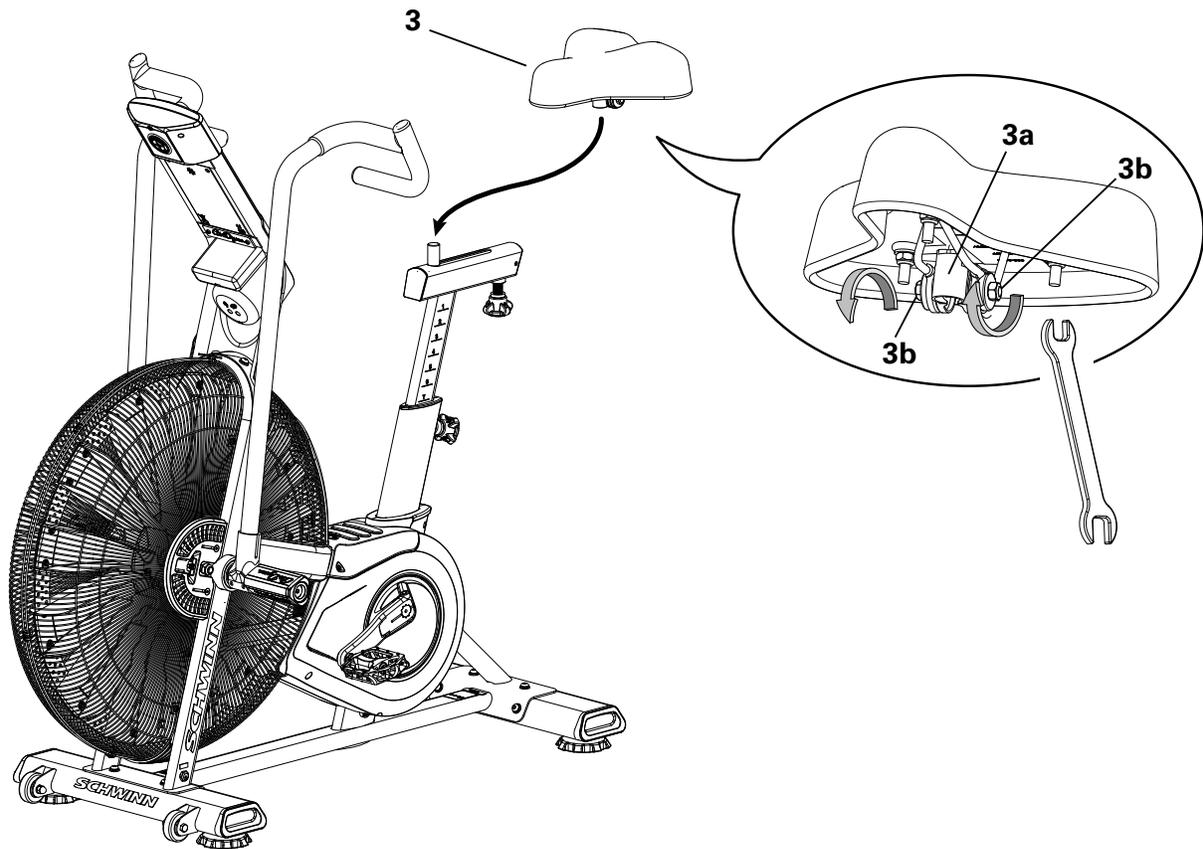
7. Connect Power Adapter

The console for your machine can operate on battery power or AC power. If batteries and the Power Adapter are installed, the console will use the Power Adapter to operate.

Note: If you use rechargeable batteries, the Power Adapter will not recharge the batteries.

After the machine is fully assembled, connect the Power Adaptor to the Power Connector and the wall outlet.

NOTICE: If you use a power adapter for your machine, make sure that the cord stays clear of the path of the pedals.

NOTICE: It is recommended to remove batteries when they are not used, to avoid damage from battery corrosion.

13
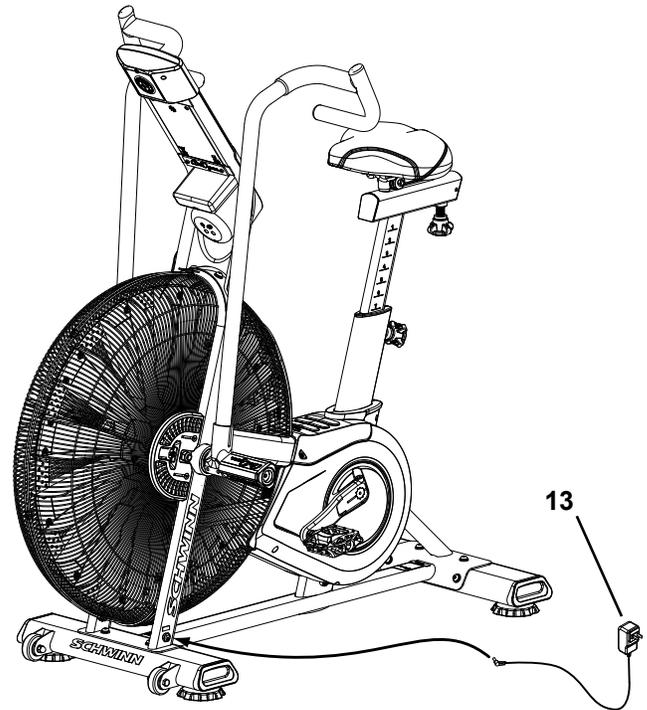
Optional Batteries in Console

Note: To open the battery bay, loosen the preinstalled screw in the cover. The console uses D size batteries (LR20). Make sure that the batteries point in the direction of the +/– indicators in the battery bay. If you use rechargeable batteries, the power adapter will not recharge the batteries.

⚠ **Do not mix old and new batteries.**

Do not mix alkaline, standard (carbon-zinc), or rechargeable (Ni-Cd, Ni-MH, etc) batteries.

X2
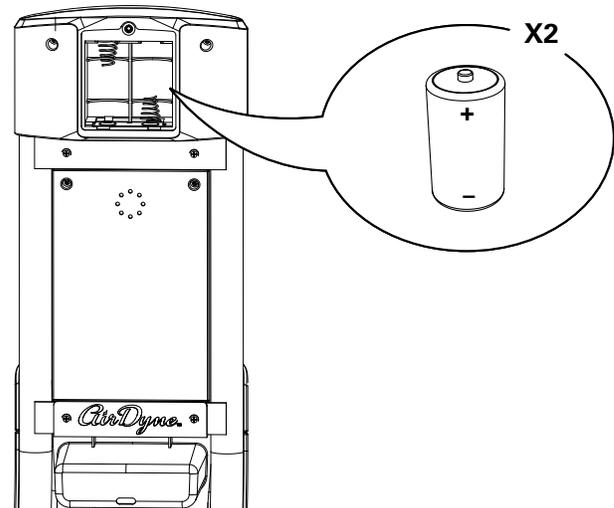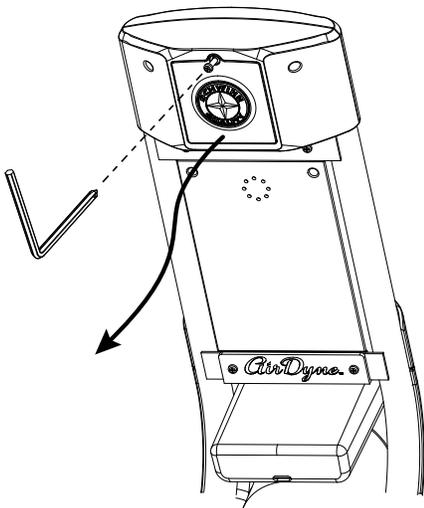
8. Final Inspection

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 or put the machine into service until the machine has been fully assembled and inspected for correct performance in accordance with the Owner's Manual.**

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. Use proper safety precautions and lifting techniques.**

1. Remove the power adapter.

2. Secure the Crank Arm to the Seat Post with the Transport and Immobilization Strap (T).

3. Use the Rear Stabilizer to carefully lift the machine onto the transport rollers.

    Note: Be sure to keep the fan assembly clear of the floor.

4. Push the machine into position.

5. Carefully lower the machine into position.

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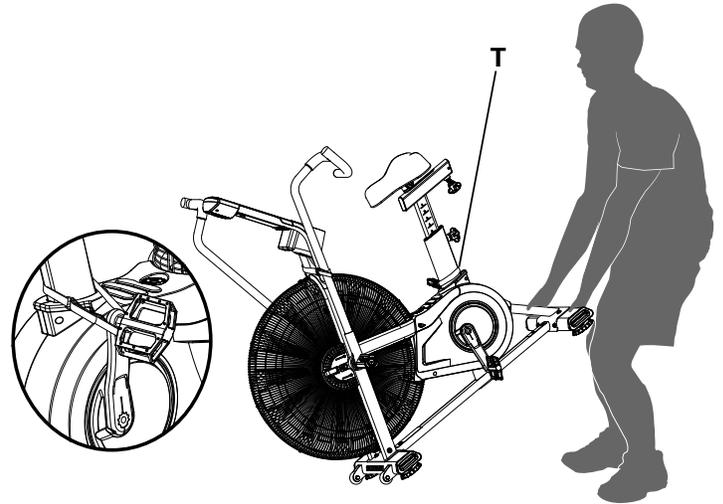
Leveling the Machine

The machine needs to be leveled if your workout area is uneven. Levelers are on each side of the Stabilizers. To adjust:

1. Place the machine in your workout area.

2. Turn the stabilizer feet to adjust until they are evenly balanced and in contact with 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.**

Make sure the machine is level and stable before you exercise.
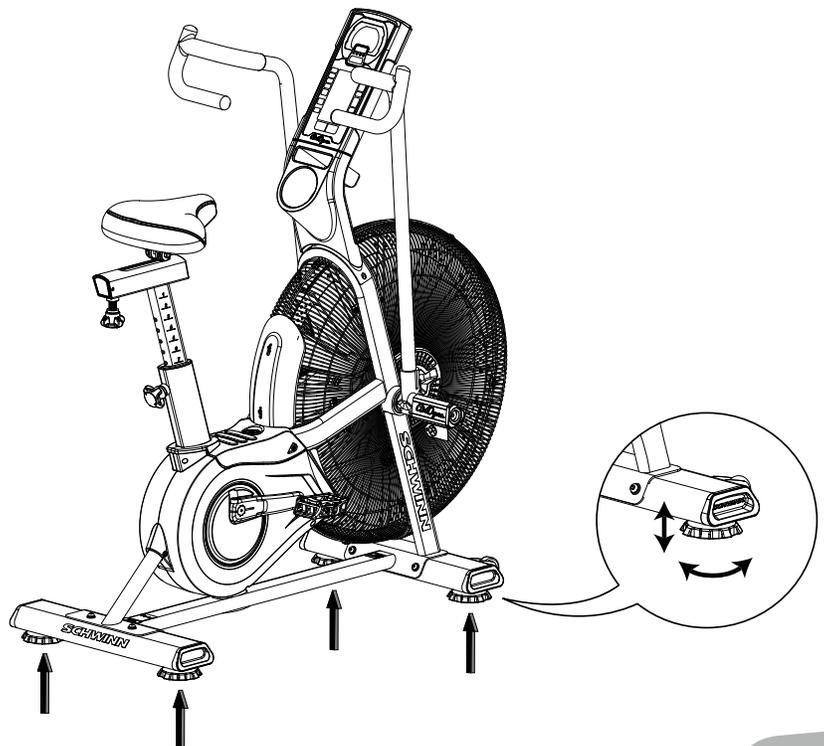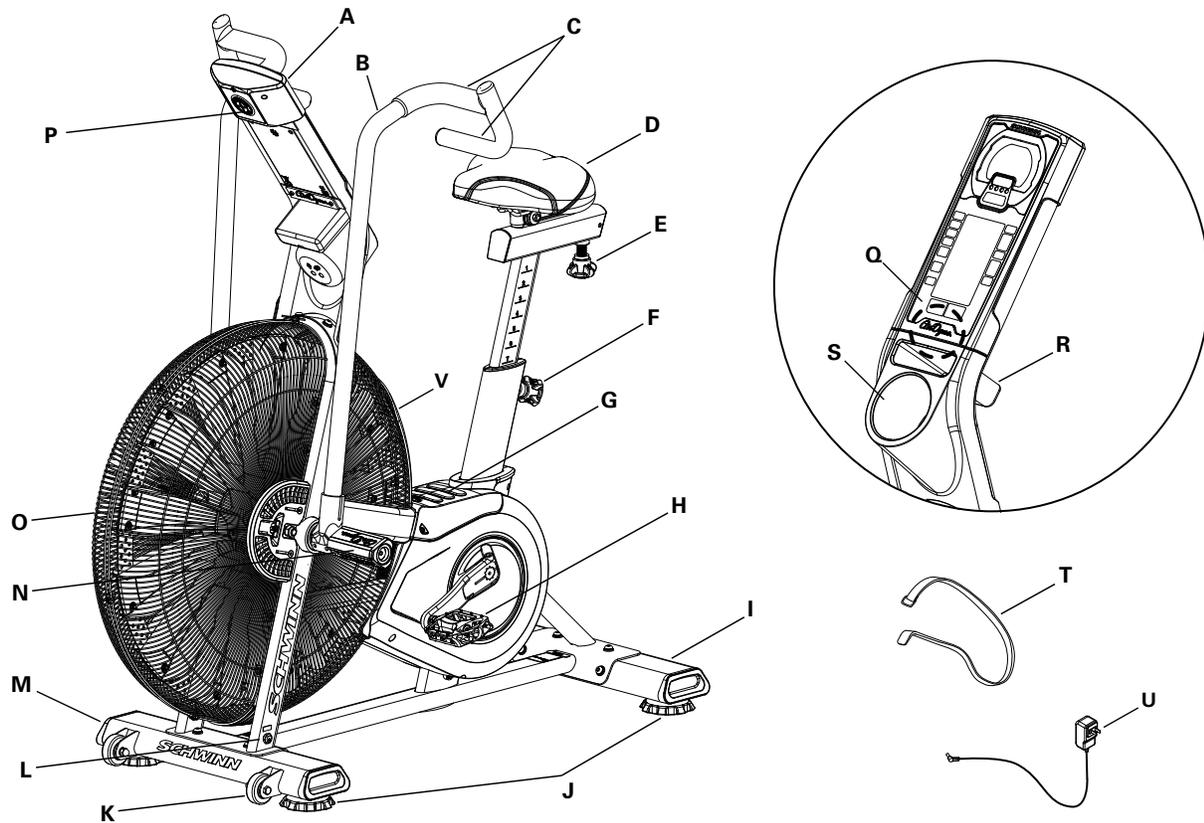
A	Console	I	Stabilizer, Rear	Q	Telemetry Heart Rate (HR) Receiver
B	Handlebar	J	Leveler	R	Media Rack
C	Handle Grip	K	Transport Roller	S	Water Bottle Holder
D	Seat	L	Power Connector	T	Transport and Immobilization Strap
E	Seat Slider Adjustment Knob	M	Stabilizer, Front	U	Power adapter
F	Seat Post Adjustment Knob	N	Foot Peg	V	AirDyne® Air Diverter
G	Foot Step Pad	O	Air Resistance Fan		
H	Pedal	P	Battery Compartment		

WARNING! 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.

Console Features

The Console provides information about your workout on the display screens.

Programs

- Manual
- 20/10 Interval
- 30/90 Interval
- Custom Interval
- Time Target
- Heart Rate Zones
- Calorie Target
- Kilojoules Target
- Miles Target
- Kilometers Target

Tachometer Display

Program Data Display

Keypad
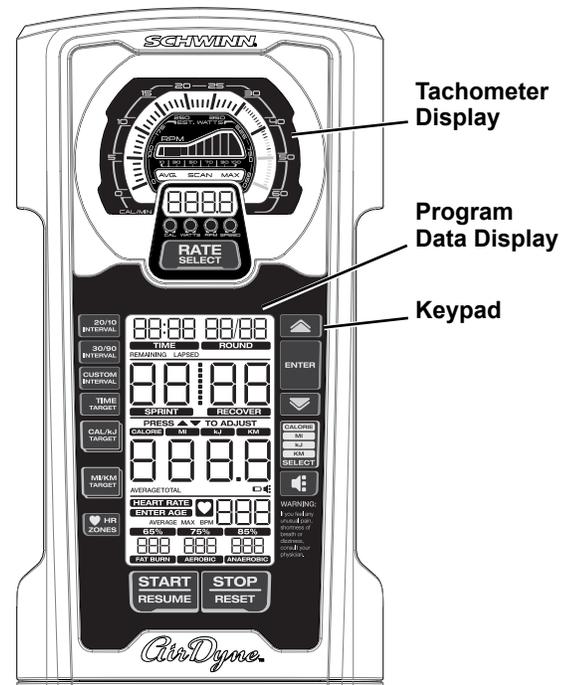
Tachometer Display

1. **LCD tachometer display**—the meter is divided into 60 segments to show CAL/MIN and WATTS metrics for the current workout performance. For CAL/MIN values the meter utilizes two linear scales: each large tick mark segment (0-30) indicates 1 calorie/minute, and each small tick mark segment (30-60) indicates 1 calorie/minute.

2. **Tach metric labels**—indicate the type of values currently shown in the Tach metric display:
- AVG— the Average values display only during workout summary.
- SCAN—in Scan mode the tach automatically moves through the rate metrics. Each rate display shows for 3 seconds.
- MAX—the Maximum values display only during workout summary.

3. **Tach metric display**—shows the numeric values for the following rates:
- CAL/MIN—the estimated calories burned per minute (based on the Watts metric). The maximum display is 999.9.

- WATTS—the power that you are producing at the current resistance level (1 horsepower = 746 watts). Maximum value is 999.9.

- RPM— the machine revolutions per minute (RPM). The maximum display is 9999.

- SPEED— the machine speed in miles per hour, to one decimal place—for example, 10.5. The maximum display is 999.9.

4. **Tach hill**—represents the user's RPM performance on a 1-100 linear scale (divided into 10 segments).

5. **MAX CAL/MIN tick mark**—the highest tick mark achieved (on the LCD tachometer display) stays on to show the maximum effort during the current workout.
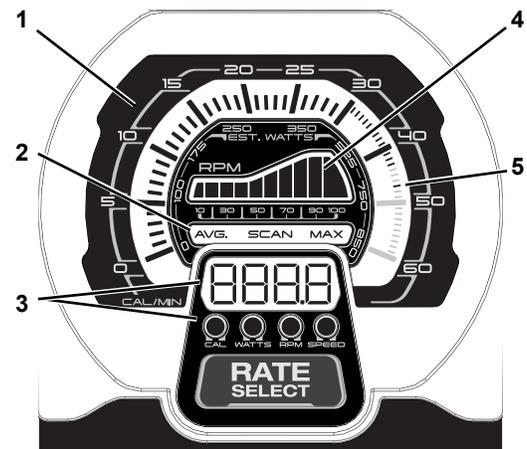
Program Data Display

6. TIME
The TIME display field is used for Interval workouts only. During the workout, it shows the remaining time. During workout summary it shows the total time.

7. ROUND
The ROUND display field is used for Interval workouts only. The first 00 segment shows the number of the current round. The second 00 segment shows the total number of rounds. The maximum number of rounds is 49.

8. TIME/INTERVAL area
The TIME/INTERVAL display field has two modes: Default and Interval. The Sprint and Recover labels are enabled for Interval programs only.

Default mode shows lapsed or remaining time, depending on the program in use. Time ticks up to 99 minutes and 59 seconds (the maximum time).

Interval mode shows the workout state (Sprint/Recover) and remaining time in that state. The maximum is 99 seconds in each state.

9. PRESS ▲/▼ TO ADJUST
The prompt "PRESS ▲/▼ TO ADJUST" shows only before a workout for the option to Increase/Decrease a target or number of intervals. The customizable metric flashes until it is adjusted.

10. Cumulative metrics
The cumulative metrics display field shows the work (CALORIES, kJ) or distance (MI, KM) achieved during the workout. Manual and Interval programs start at 0 and count up. In Target programs the target metric counts down to 0, but the other metrics count up. Push the CAL MI Kj KM Select button to move to each metric.

The AVERAGE and TOTAL labels identify the values in the workout summary.

11. Battery indicator
The battery indicator turns on when the battery level is 25% or less.

12. Volume
The volume icon for the audio alert is always on. The three dots to the right indicate the volume setting. (Off: icon shows no dots, Full: icon shows three dots.)

13. HEART RATE area
The HEART RATE display shows the heart rate in beats per minute (BPM) from a telemetric heart rate sensor. The icon will flash when it has a signal from a telemetric heart rate strap. This display value will be blank if a heart rate signal is not detected. The AVERAGE and MAX labels identify the HR values in the workout summary.

⚠️ **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.**

The prompt "ENTER AGE" turns on if the user presses the HR ZONES button. The default age is 35.

The values in the FAT BURN, AEROBIC and ANAEROBIC heart rate zone fields are calculated from the Age value.
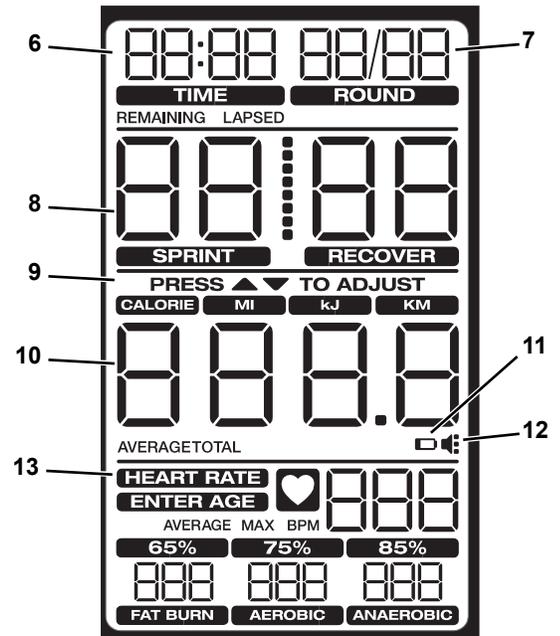
Keypad Functions

RATE SELECT button- Cycles through the Tach metric display options (CAL/MIN, WATTS, RPM, SPEED). Push and hold the button for 3 seconds to go to SCAN mode and cycle through the rates automatically. Each rate is displayed for 3 seconds. To exit SCAN mode, push the Rate Select button.

20/10 INTERVAL button- Selects the 20/10 Interval workout.

30/90 INTERVAL button- Selects the 30/90 Interval workout.

CUSTOM INTERVAL button- Selects the Custom Interval workout.

TIME TARGET button- Selects the Time Target workout.

CAL/kJ TARGET button- Push one time to select the CAL Target workout. Push two times to select the kJ Target workout.

MI/KM TARGET button- Push one time to select the MI Target workout. Push two times to select the KM Target workout.

HR ZONES button- Push before or during any workout to start the Heart Rate Zones calculation.

Increase (▲) button- Increases a value (time, target or age) or moves through options. Push and hold for quick access.

ENTER button- Confirms a setting for HR Zones and the Custom Interval program.

Decrease (▼) button- Decreases a value (time, target or age) or moves through options. Push and hold for quick access.

CAL MI Kj KM Select button- Cycles through the cumulative metrics.

Volume button- Moves through the four volume levels for the audio alert: Off, low, med (default), high, med, low, off

START/RESUME button- Starts the timer, and resumes a paused workout

STOP/RESET button- Push one time to stop the workout and display summary. Push two times to reset the console and erase data (except Custom Interval program).

Remote Heart Rate Monitor

Monitoring your Heart Rate is one of the best procedures to control the intensity of your exercise. The Console can read telemetry HR signals from a Heart Rate Chest Strap Transmitter that operates in the 4.5kHz - 5.5kHz range.

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

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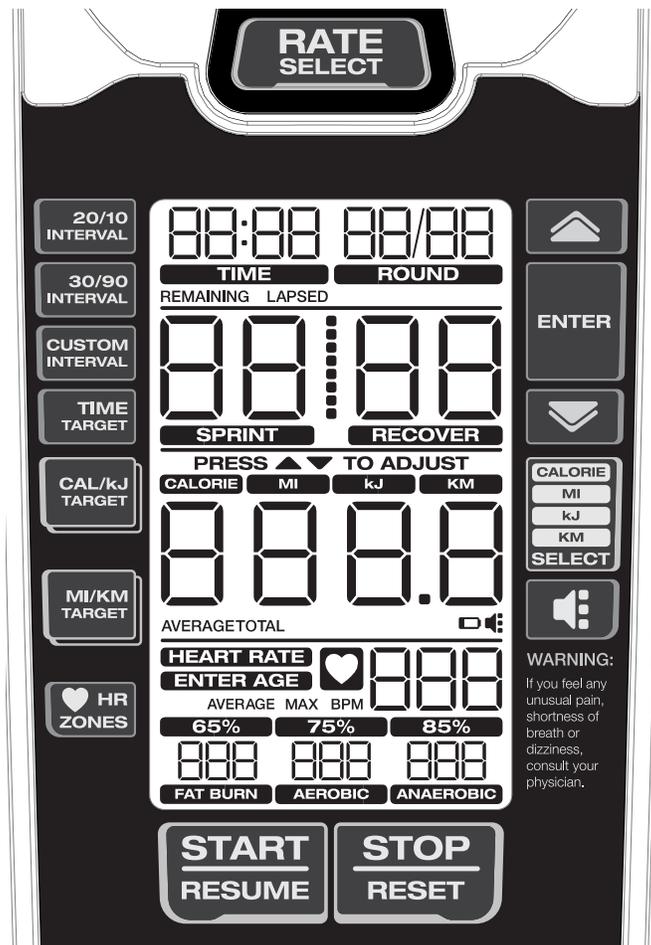
Heart Rate Calculations

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

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

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

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

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

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

FAT-BURNING TARGET HEART RATE
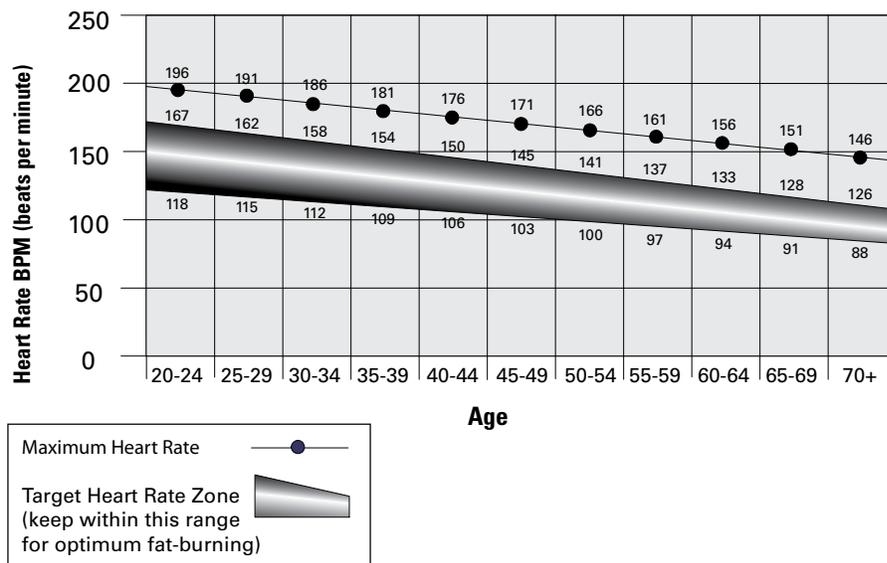
Auto-Calibration

The console has a built-in sensor which continually corrects for changes in altitude to maintain accurate measurement of fan resistance and watts used during exercise.

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 is an approximation and should be used for reference purposes only.**

• 3 times a week for 20 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.
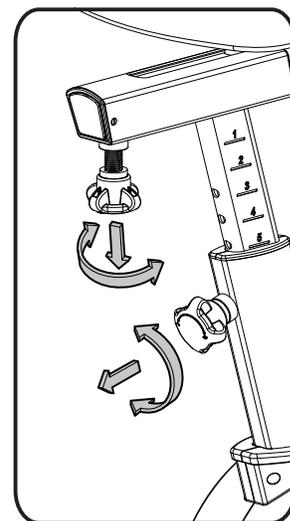
Using the Machine

⚠️ **Be aware that the Pedals, Handlebars and Resistance Fan are connected and when any of these parts move the others do as well.**

Carefully mount the machine using the Foot Step Pad if necessary. Adjust the Seat and Pedals before starting a workout.

Lower Body Workout: Slowly pedal with your arms relaxed at your sides or with your hands resting on the Hand Grips as the Handlebars move.

Full Body Workout: Grasp the Hand Grips with your palms down. Push and pull the Handlebars as you pedal, keeping your elbows low and next to your body.

Upper Body Workout: Grasp the Hand Grips firmly with palms down and place your feet on the Foot Pegs. Lean slightly forward at the hips with your back straight and shoulders down. Now push and pull the Handlebars

   Note: You may need to safely push a Pedal to assist with starting the workout.

To increase the air resistance and workload, increase your level of activity. To exercise all the muscle groups in your arms, alter your grasp to palms up for part of the workout.

When done with your workout, reduce the Resistance Fan speed until the machine fully stops.

⚠️ **This bike cannot stop the Pedals independently of the Resistance Fan. Reduce the pace to slow the Resistance Fan 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.**

### Locking the Fan Assembly / Storage
When the machine is not in use, be sure to lock the Fan Assembly with the Transport and Immobilization Strap. The fan assembly should be locked for storage of the machine.

⚠️ **For safe storage of the machine, remove the batteries and install the Transport and Immobilization Strap to secure the Resistance Fan. Place the machine in a secure location away from children and pets. Be aware that the Pedals, Handlebars and Resistance Fan are connected and when any of these parts move, the others do as well.**

To lock the Fan Assembly:

1. Move the Pedals so that one Crank Arm is as close as possible to the Seat Post.

2. Wrap the Transport and Immobilization Strap (T) around the Crank Arm and the Seat Post and put the end of the strap through the metal ring. Tighten the strap to prevent movement of the Pedals and secure the strap.
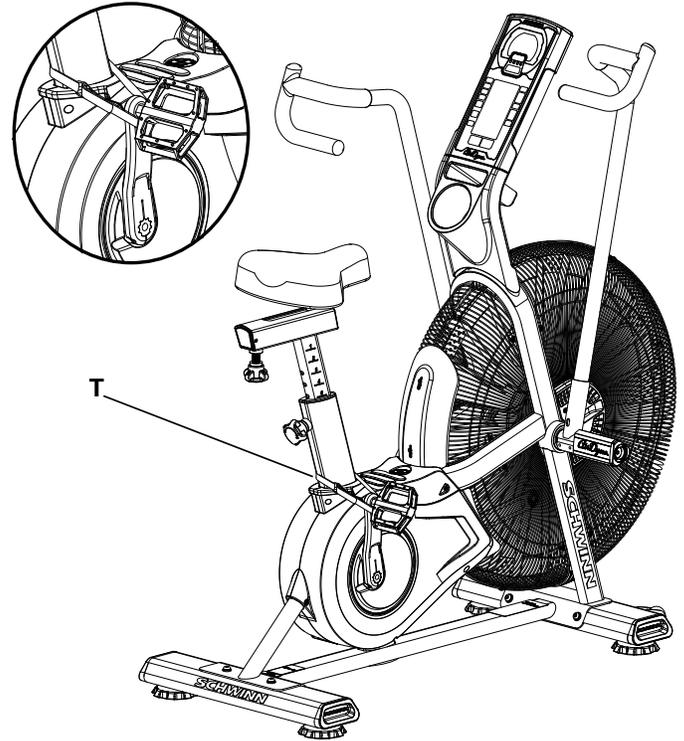
Power-Up / Idle Mode
The Console will enter Power-Up / Idle Mode if any button is pushed, or if it receives a signal from the RPM sensor as a result of pedaling the machine.

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

Auto Shut-Off (Sleep Mode)
If the Console does not receive any input in approximately 2 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.

Manual Workout
The Manual program lets you start a workout without entering any information.

1. Sit on the machine.

2. With the Console in Idle Mode, push the START/RESUME button to start the workout program, and start to pedal.

3. To pause the workout and see your metrics, push the STOP/RESET button one time. Push START/RESUME to continue.

4. When done with your workout, push the STOP/RESET button two times to end the workout.

20/10 Interval Workout

The Console allows you to select an Interval workout of 20 seconds Sprint followed by 10 seconds Recover (1 round).The default number of rounds is 8 rounds (total time - 4 minutes).

1. Sit on the machine.
2. With the Console in Idle Mode, push the 20/10 INTERVAL button.
3. The ROUND field blinks (default value is 8). To change the number of rounds, use the Increase/Decrease buttons.
4. Push the START/RESUME button to start the timer, and start to pedal.
5. The program starts in the Sprint phase and counts down each phase and the total workout time. The work and distance values count up. An audible alert sounds 3 seconds before each phase change.

30/90 Interval Workout

The Console allows you to select an Interval workout of 30 seconds Sprint followed by 90 seconds Recover (1 round).The default number of rounds is 8 rounds (total time - 16 minutes).

1. Sit on the machine.
2. With the Console in Idle Mode, push the 30/90 INTERVAL button.
3. The ROUND field blinks (default value is 8). To change the number of rounds, use the Increase/Decrease buttons.
4. Push the START/RESUME button to start the timer, and start to pedal.
5. The program starts in the Sprint phase and counts down each phase and the total workout time. The work and distance values count up. An audible alert sounds 3 seconds before each phase change.

Custom Interval Workout

The Console allows you to select a Custom Interval workout and enter your own values for Sprint, Recover and number of rounds.

1. Sit on the machine and start to pedal.
2. With the Console in Idle Mode, push the CUSTOM INTERVAL button.
3. The Console will show the default values or the last custom values. The ROUND field blinks.

   Note: The default Round value is 5 (maximum is 99). The default Sprint value is 60 seconds (maximum is 99). The default Recover value is 60 seconds (maximum is 99).

4. The ROUND field blinks. To change the value, use the Increase/Decrease buttons and push ENTER to confirm and go to the next field.
5. The SPRINT field blinks. To change the value, use the Increase/Decrease buttons to adjust the time in 5 second increments. Push ENTER to confirm and go to the next field.
6. The RECOVER field blinks. To change the value, use the Increase/Decrease buttons to adjust the time in 5 second increments. Push ENTER to confirm.
7. Push START/RESUME to start the timer, and start to pedal.
8. The program starts in the Sprint phase and counts down each phase and the total workout time. The work and distance values count up. An audible alert sounds 3 seconds before each phase change.

Time Target Workout

The Console allows you to select a Time Target workout and enter your own Time value. The default value is 10 minutes.

1. Sit on the machine.
2. With the Console in Idle Mode, push the TIME TARGET button.
3. The TIME/INTERVAL field blinks (default value is 10:00). To change the value, use the Increase/Decrease buttons to adjust in 1 minute increments.

4.   Push the START/RESUME button to start the timer, and start to pedal.

5.   The program starts and counts down the time. The CALORIE, kJ, MI and KM values count up.

Calories Target Workout

The Console allows you to select a Calories Target workout and enter your own Calories value. The default value is 100 calories.

1.   Sit on the machine.

2.   With the Console in Idle Mode, push the CAL/kJ TARGET button one time.

3.   The CALORIE metrics field blinks (default value is 100). To change the value, use the Increase/Decrease buttons to adjust in 25 calorie increments.

4.   Push the START/RESUME button to start the timer, and start to pedal.

5.   The program starts and counts down the calories. The total time, kJ, MI and KM values count up.

Kilojoules (kJ) Target Workout

The Console allows you to select a Kilojoules Target workout and enter your own Kilojoules value. The default value is 400 kilojoules.

1.   Sit on the machine.

2.   With the Console in Idle Mode, push the CAL/kJ TARGET button two times.

3.   The kJ metrics field blinks (default value is 400). To change the value, use the Increase/Decrease buttons to adjust in 100 kilojoule increments.

4.   Push the START/RESUME button to start the timer, and start to pedal.

5.   The program starts and counts down the kilojoules. The total time, CALORIE, MI and KM values count up.

Miles Target Workout

The Console allows you to select a Miles Target workout and enter your own Miles value. The default value is 1 mile.

1.   Sit on the machine.

2.   With the Console in Idle Mode, push the MI/KM TARGET button one time.

3.   The MI metrics field blinks (default value is 1.0). To change the value, use the Increase/Decrease buttons to adjust in 0.5 mile increments.

4.   Push the START/RESUME button to start the timer, and start to pedal.

5.   The program starts and counts down the miles. The total time, CALORIE, kJ and KM values count up.

Kilometers Target Workout

The Console allows you to select a Kilometers Target workout and enter your own Kilometers value. The default value is 1 kilometer.

1.   Sit on the machine.

2.   With the Console in Idle Mode, push the MI/KM TARGET button two times.

3.   The KM metrics field blinks (default value is 1.0). To change the value, use the Increase/Decrease buttons to adjust in 1 kilometer increments.

4.   Push the START/RESUME button to start the timer, and start to pedal.

5.   The program starts and counts down the kilometers. The total time, CALORIE, kJ and MI values count up.

Heart Rate Zones

The Console allows you to set your Heart Rate Zones and use the calculated values to monitor your workout intensity. This feature can be used in conjunction with all of the other programs.

1. Sit on the machine.

2. With the Console in Idle Mode, push the HR ZONES button. The prompt "ENTER AGE" turns on. The default age is 35. To adjust the Age value, use the Increase/Decrease buttons and push ENTER.

    The Console calculates values for the FAT BURN, AEROBIC and ANAEROBIC heart rate zone fields from the Age value.

⚠️ **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. The HEART RATE display shows the heart rate in beats per minute (BPM) from a heart rate chest strap transmitter. The icon will flash when it has a signal from a HR chest strap.

    Note: If no heart rate is detected, the display will be blank.

When the Console goes into Sleep Mode or the power is removed, the Age value is reset to default and the HR Zones turn off.

Pausing / Results Mode

To pause a workout and see the workout summary:

1. Push the STOP/RESET button one time.

    Note: The Console will automatically pause if there is no RPM signal for 5 minutes.

2. To continue your workout, push START/RESUME.

To end the workout, push the STOP/RESET button two times. The Console will go into Idle Mode.

When you complete or stop a workout, the Console will display a summary of your workout values. To stop a workout and see the summary, push STOP/RESET and the Console will go into Results mode.

The Tachometer Display shows the user's average CAL/MIN and WATTS, and the MAX CAL/MIN tick mark for that workout. The Tach hill shows the average RPM. The Tach metric display shows the average and maximum values for the selected metric. If the console was in SCAN mode, the display cycles through the average and maximum values for CAL/MIN, WATTS, RPM and SPEED.

The Program Data Display shows the total time, CALORIE, MI (miles), kJ (kilojoules), and KM (kilometers) metrics. Push the CAL MI Kj KM Select button to cycle through the metrics. The summary for Interval programs shows total time, rounds and interval time.

Manual and Target Programs
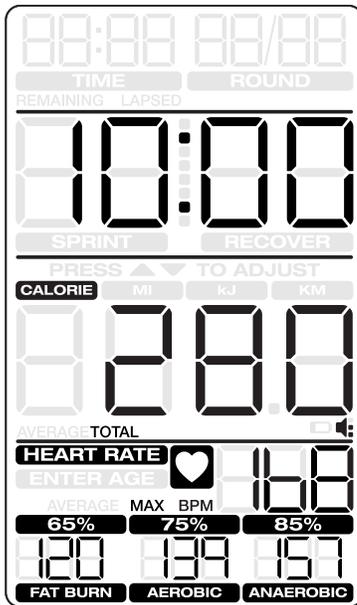
Interval Programs
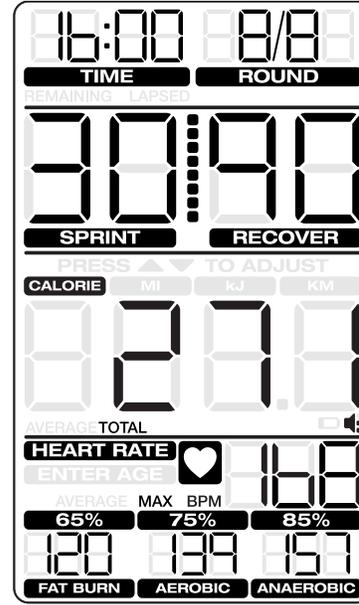
The Heart Rate area cycles the Average HR and MAX HR values. If HR Zones were calculated for the program, the values are displayed.

The Results display will show for 5 minutes and then reset.

Push STOP/RESET to stop the Results display and go back to Idle Mode.

Console Service Mode

The Console Service Mode lets you see the total time and distance the machine has been used, adjust the altitude value for a more accurate calorie count, or find out which version of Firmware is installed.

1. Hold down the STOP/RESET button and Decrease (▼) button together for 3 seconds while in the Idle Mode to go into the Console Service Mode.

2. The Console display shows the machine statistics:

    • Total Machine Time—number of hours (in Time/Interval field). Maximum display is 9999.

    • Total Machine Distance—number of miles (in cumulative metrics field).

    Push the Decrease button to go to the metric display option:

    • Total Machine Time—number of hours (in Time/Interval field). Maximum display is 9999.

    • Total Machine Distance—number of kilometers in 10-kilometer increments (in cumulative metrics field).

3. Push STOP/RESET to exit Console Service Mode. Push the Decrease button to go to the next option.

4. The Console display shows the Firmware Version.

5. Push STOP/RESET to exit Console Service Mode.

In Service Mode if the Console does not receive any input in approximately 2 minutes, it goes into Sleep Mode.

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, 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. After each workout, use a damp cloth to wipe your machine and Console free of moisture.
	Note: Avoid excessive moisture on the Console.
	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 for smooth seat operation. If needed, sparingly apply a thin coating of silicone lube to ease operation.

⚠ **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 pedals, crank arms and handlebars. Make sure all bolts and screws are tight. Tighten as necessary. Check drive belt for signs of wear. Rotate crank arms by hand and observe the belt through the fan cage.

⚠ **Be aware that the Crank Arms, Handlebars and Resistance Fan are connected and when any of these parts move, the others do as well.**

⚠ **When the machine is used in a Commercial environment, the Pedals must be replaced every year to maintain maximum user safety and performance. Only use replacement Pedals available from Nautilus. Other brands of Pedals may not be designed for Indoor Cycling or this product, and can cause danger to users and bystanders, and will void the warranty.**

Replacing the Console Batteries

The Console will display the Battery Indicator icon when the batteries are around 25% of their rated power during power up. If you use rechargeable batteries, the optional power adapter will not recharge the batteries.

To open the battery bay, loosen the preinstalled screw in the cover. When replacing the batteries, make sure the batteries point in the +/- direction shown in the battery bay.

Note: The console uses D size batteries (LR20)

⚠️ **Do not mix old and new batteries.**

Do not mix alkaline, standard (carbon-zinc), or rechargeable (Ni-Cd, Ni-MH, etc) batteries.
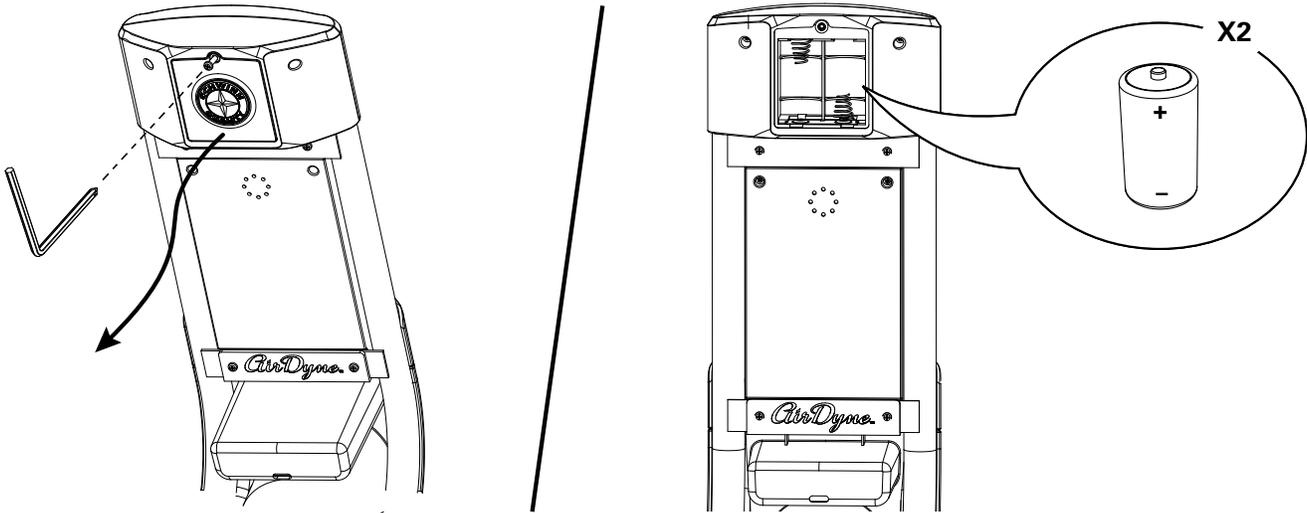
Maintenance Parts
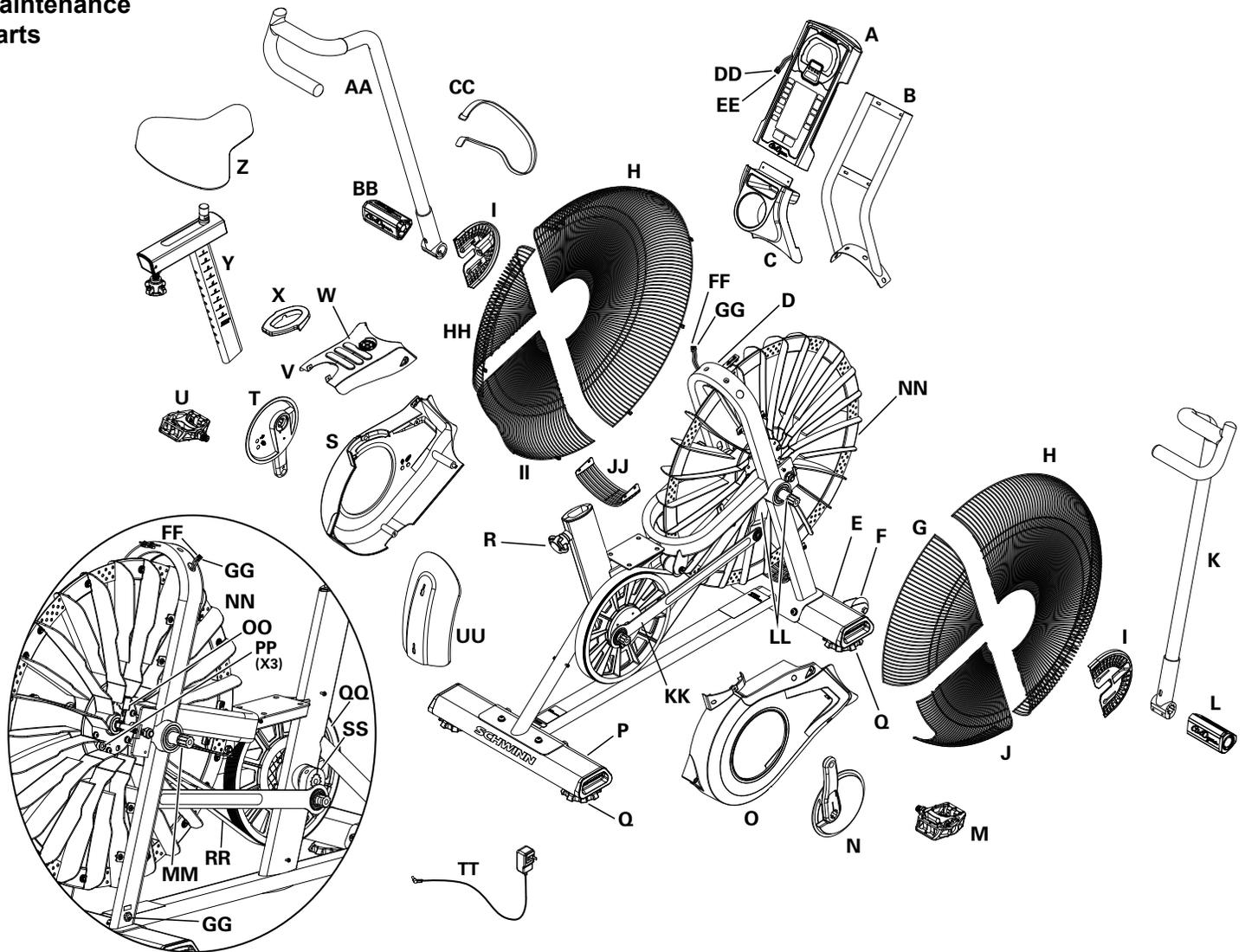
A	Console	Q	Leveler	GG	Power Inlet Assembly
B	Console Mast	R	Seat Adjustment Knob	HH	Fan Cage, Upper Left
C	Water Bottle Holder	S	Shroud, Left	II	Fan Cage, Lower Left
D	Frame	T	Crank Arm, Left	JJ	Fan Cage, Lower Filler
E	Stabilizer, Front	U	Pedal, Left	KK	Linkage Arm
F	Transport Wheel	V	Shroud, Top	LL	Arm Pivot, Right
G	Fan Cage, Upper Right	W	Foot Step Pad	MM	Arm Pivot, Left
H	Fan Cage, Front	X	Grommet	NN	Resistance Fan Assembly
I	Fan Adjustment Plate Cover	Y	Seat Post	OO	RPM (Speed) Sensor Assembly
J	Fan Cage, Lower Right	Z	Seat	PP	Speed Sensor Magnets
K	Handlebar, Right	AA	Handlebar, Left	QQ	Drive Pulley
L	Foot Peg, Right	BB	Foot Peg, Left	RR	Drive Belt
M	Pedal, Right	CC	Strap, Transport/Immobilization	SS	Crank Link Assembly
N	Crank Arm, Right	DD	Data Cable, Upper	TT	Power Adapter
O	Shroud, Right	EE	Power Wire, Upper	UU	AirDyne® Air Diverter
P	Stabilizer, Rear	FF	Data Cable, Lower		

Condition/Problem	Things to Check	Solution
Console will not power up/ turn on/start	If bike has AC adapter, check electrical (wall) outlet	Make sure unit is plugged into a functioning wall outlet.
	If bike has AC adapter, check connection at unit	Connection should be secure and undamaged. Replace adapter or connection at unit if either are damaged.
	If bike has batteries, check Battery Indicator on console or check batteries.	Make sure batteries are installed correctly. If batteries are correctly installed, replace with a set of new batteries.
	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	Make 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.
		If the above steps do not resolve the problem, contact your local distributor for further assistance.
Speed displayed is not accurate	Check Speed Sensor Magnet position (requires fan cover removal)	Speed Sensor Magnets should be in place on Fan assembly.
Speed displayed is always "0"/stuck in Pause mode	Data cable	Make sure the data cable is connected to the back of the Console and the main frame assembly.
	Speed Sensor (requires fan cover removal)	Make sure the Speed Sensor Magnets and the Speed Sensor are in place.
No speed/RPM reading	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 Speed Sensor Magnet position (requires fan cover removal)	Magnets should be in place on Fan assembly.
	Check Speed Sensor Assembly (requires fan cover removal)	Speed Sensor Assembly should be aligned with magnets and connected to data cable. Realign sensor if necessary. Replace if there is any damage to the sensor or the connecting wire.
Console displays battery icon	Batteries	Replace batteries
Unit operates but Telemetric Heart Rate not displayed	Chest Strap (optional)	Strap should be "POLAR®" compatible and uncoded. Make sure strap is directly against skin and contact area is wet.
	Chest Strap Batteries	If strap has replaceable batteries, install new batteries.
	Interference	Try moving unit away from sources of interference (TV, Micro-wave, etc).
	Replace Chest Strap	If interference is eliminated and HR does not function, replace strap.
	Replace Console	If HR still does not function, replace Console.

Condition/Problem	Things to Check	Solution
Console shuts off (enters sleep mode) while in use	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.
	If bike has batteries, check Battery Indicator on console or check batteries.	Make sure batteries are installed correctly. If batteries are correctly installed, replace with a set of new batteries.
	Check Speed Sensor Magnet position (requires fan cover removal)	Speed Sensor Magnets should be in place on Fan assembly.
	Check Speed Sensor Assembly	Speed Sensor Assembly should be aligned with magnets and connected to data cable. Realign sensor if necessary. Replace if there is any damage to the sensor or the connecting wire.
Console displays "err 1" message	Check Console keypad for stuck key	Contact your local distributor for further assistance.
Unit rocks/does not sit level	Check leveler adjustment	Leveling feet may be turned in or out to level bike.
	Check surface under unit	Adjustment may not be able to compensate for extremely un-even surfaces. Move bike to level area.
Pedals loose/unit difficult to pedal	Check pedal to crank connection	Pedal should be tightened securely to crank arm. Be sure connection is not cross-threaded.
	Check crank arm to axle connection	Crank arm should be tightened securely to axle. (Screw torque: M8 = 40 N·m; M10 = 60 N·m.)
	Crank link to pulley connection	If the left crank arm still feels loose with correct torque applied and the crank link shaft is moving with the crank arm, replace the crank link assembly.
Clicking sound when pedaling	Check pedal to crank connection	Remove pedals. Make sure there is no debris on threads, and reinstall the pedals.
	Check fan alignment (requires fan cover removal)	Refer to the "Adjust the Belt Tension" procedure in the Service Manual.
Seat post movement	Check locking pin	Be sure adjustment pin is locked into one of the seat post adjustment holes.
	Check locking knob	Be sure knob is securely tightened.
Handlebar arms click/tick during movement	Check hardware	Screws at the base of handlebar arms should be tightened securely. (Screw torque = 40 N·m.)