



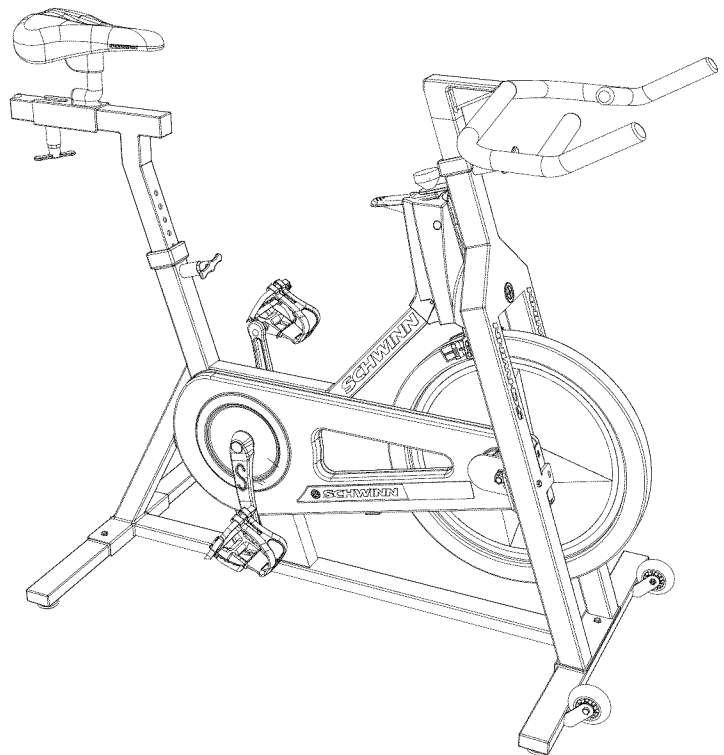
SCHWINN.FITNESS

Schwinn® IC Bikes

IC Pro™, IC Elite™



Owner's Manual



Introduction

Thank you for making the Schwinn® IC Bike a part of your exercise and fitness activities. For years to come, you'll be able to rely on Schwinn® craftsmanship and durability as you pursue your personal fitness goals.

The Schwinn® IC Bike is designed to closely simulate the feel and aerobic qualities of road cycling without the associated distractions. Its unique design, with fixed gearing and a high-inertia flywheel, produces a smooth, intense workout. By combining true road-racing geometry with high quality cycling componentry, you can cycle at far higher RPMs (revolutions per minute). Cycling at higher cadences and at varying resistance levels develops cardiovascular fitness, leg strength, concentration and balance. The Schwinn® IC Bike should enable you to:

- ▲ Increase your energy level
- ▲ Increase cardiovascular and aerobic fitness
- ▲ Increase lower body muscle strength
- ▼ Decrease your overall percentage of body fat

Whether you are just getting started in an exercise program or are already in good shape, the Schwinn® IC Bike is designed to be an efficient, challenging, yet enjoyable way to achieve an enhanced level of fitness. You can cycle your way to a slimmer and healthier body.


This Owner's Manual contains all the information you need to operate and enjoy your Schwinn® IC Bike. Please read the Owner's Manual in its entirety before getting onto the Schwinn® IC Bike.

So let's get started. Take your time and have fun.


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Safety Warnings

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

Before using this equipment, obey the following warnings:

 Read and understand the complete Owner's Manual.
Read and understand all Warnings on this machine.

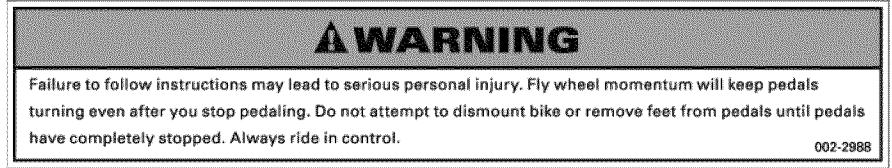
- Keep children away from this machine. Watch them closely when near the machine. Moving parts that appear dangerous to adults may not appear so to children.
- Consult a physician before starting an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before using the machine again.
- The flywheel momentum of the Schwinn® IC Bike will keep the pedals turning even after the rider stops pedaling or the rider's feet slip off. **DO NOT ATTEMPT TO DISMOUNT THE BIKE OR REMOVE YOUR FEET FROM THE PEDALS UNTIL BOTH THE PEDALS AND THE FLYWHEEL HAVE COMPLETELY STOPPED.** Failure to follow these instructions may lead to loss of control and serious personal injury.
- Examine this machine for loose parts or signs of wear. Contact Nautilus Customer Service for repair information. Use only genuine Schwinn® IC replacement parts supplied by Nautilus.
- Do not wear loose clothing or jewelry. This machine contains moving parts.
- Do not place fingers or any other objects into moving parts of the exercise equipment.
- Maximum user weight limit: 300 lb. (136 kg). Do not use if you are over this weight.
- Stabilize the pedals before stepping on them and use caution when stepping off the machine.
- Keep at least 19.7 inches (0.5 m) on each side of the machine clear. This is the recommended safe distance for access and passage around and emergency dismounts from the machine.
- Warn bystanders to keep a safe distance, at least 3 feet (1 m). Do not allow anyone to touch the operator while the machine is in motion.
- Keep the foot pedals clean and dry.
- Do not over exert yourself during exercise. Operate the machine in the manner described in this manual.

Safety Warning Labels

BEFORE USING YOUR PRODUCT: Find and read all warning labels. Replace any warning label if damaged, illegible or missing. Call 1-800-864-1270 if you need to replace warning label(s).

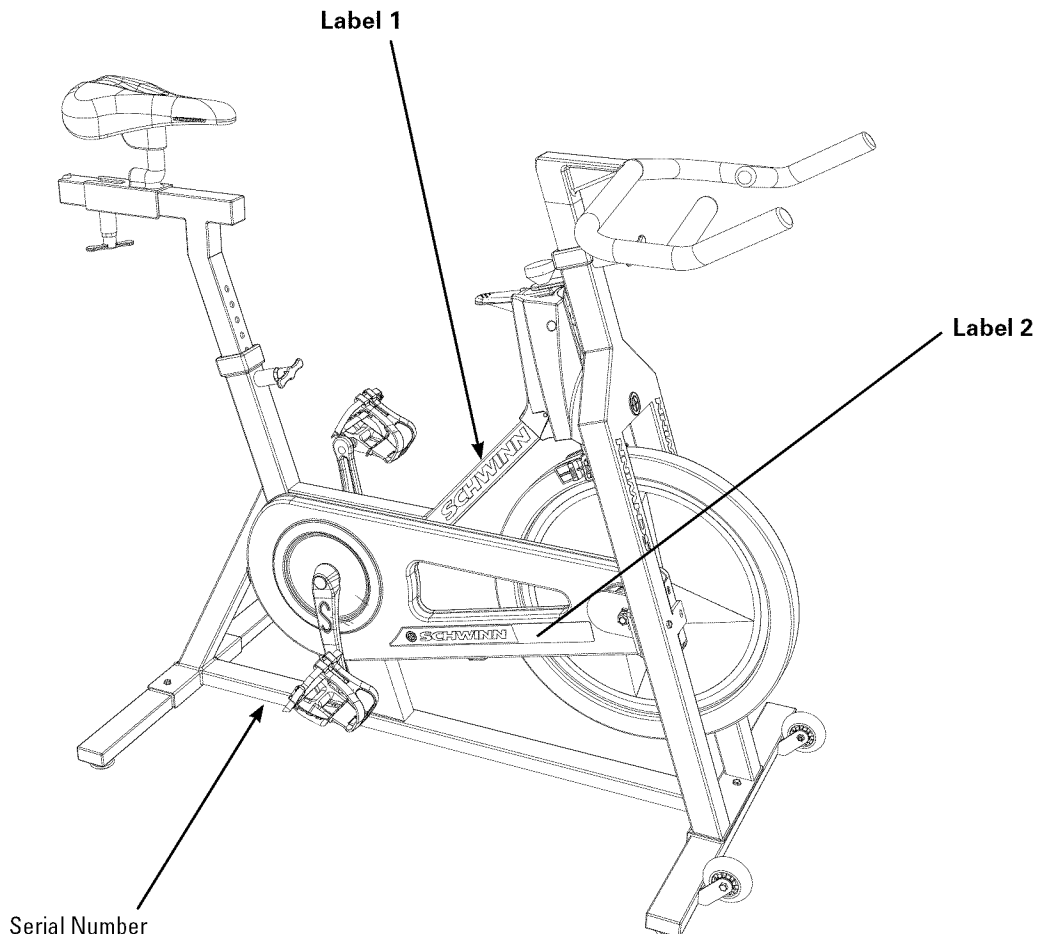
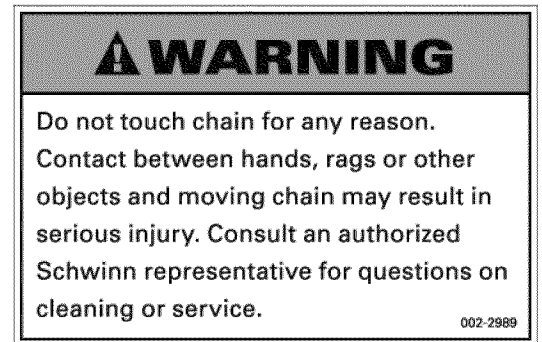
Label 1: General warning label.

Location: On main frame.



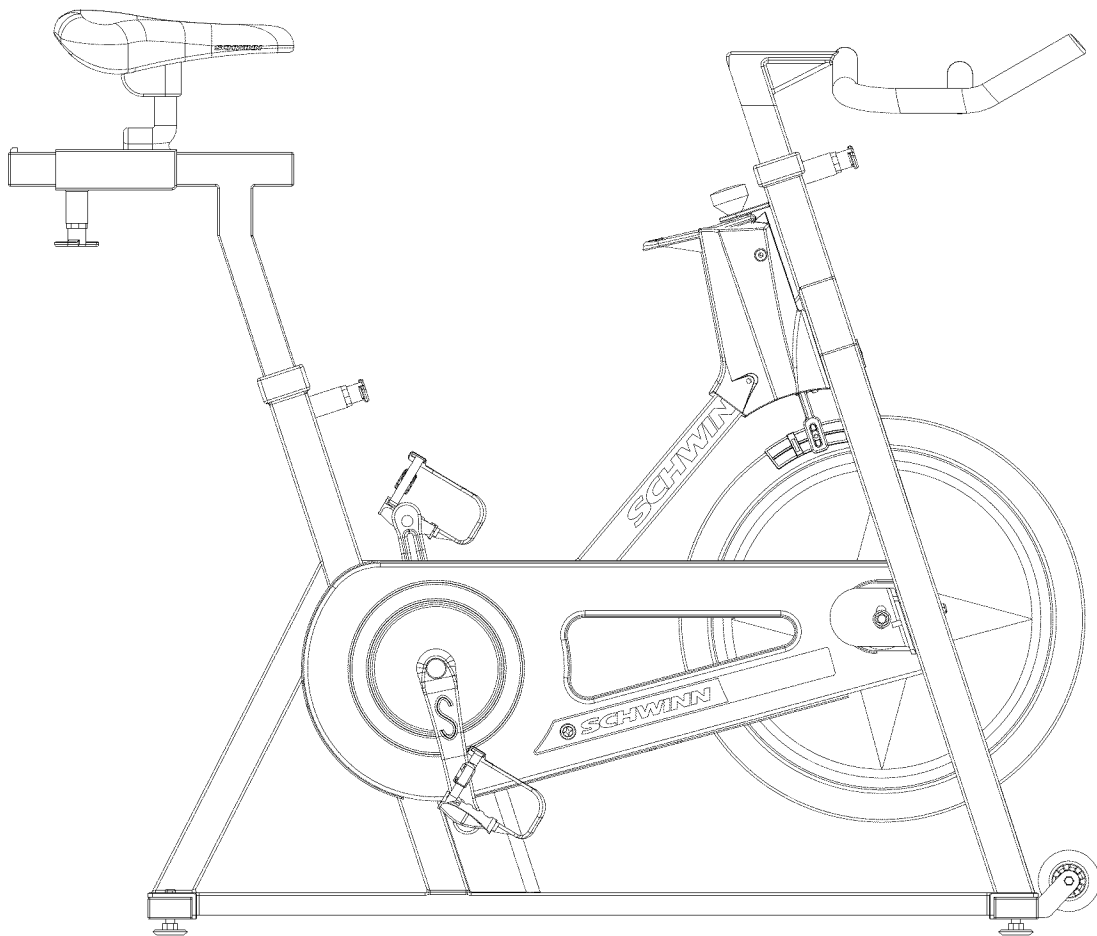
Label 2: Chain warning label.

Location: Inside the chain guard.



Product Specifications

Dimensions	50" L x 22.5" W x 39" H (127cm x 57cm x 99cm)
Assembled Unit Weight	119 lbs (54 kg)
Packaged Shipping weight	123 lbs (56 kg)
Workout Area	89" L x 61.5" W (227cm x 156cm)
Maximum User Weight	300 lbs (136 kg)



Features

Seat Adjustment

Anatomically designed seat adjusts for height and fore/aft position with locking pop pins. Adjustments accommodate various body types and allow for workout of different muscle groups. Position numbering is provided, to document your preferred position.

Multi-position Handlebars

Specially designed for in and out-of-the-saddle riding. The textured gripping surface provides a variety of hand and arm position for comfort and stability. Features a locking pop pin for height adjustments. Position numbering is provided, to document your preferred position.

Pedal Resistance Control Knob & Emergency Brake

Turning knob increases or decreases resistance on the flywheel. Pressing down on the red emergency brake will stop the flywheel and pedal rotation.

Perimeter Weighted Flywheel

Concentrated mass on the outer edge combined with large gear ratio creates high inertia that best replicates the real world cycling experience.

Schwinn® Smart Release™ System (IC Elite™ model only)

Patented design offers all the benefits of a fixed gear, essential to any indoor cycling workout, while adding a unique “coasting feature”.

Zinc Plated Frame

Heavy gauge, commercial grade steel frame construction. Frame is completely zinc plated prior to application of powder coat finish for maximum corrosion resistance. Stainless steel fasteners throughout also resist corrosion.

Stainless Steel Step Plate

Convenient stainless steel plate provides step through platform and protects frame from scratches.

Stainless Steel Pop-Pin

Positive-lock pop pins are constructed from corrosion resistant stainless steel with plastic T-handles. Pop pins can be quickly threaded tight for a secure hold on the sliding tubes.

Position Numbering

Numbers are permanently stamped into the stainless steel material allowing the user to easily replicate their most comfortable riding position.

Operation

How to Use the Schwinn® IC Bike

You have full control over the levels of resistance integrated into your workout. Typically, lower resistance levels enable you to move at a faster pace, placing increased demand on your cardiovascular system. Higher resistance levels will typically deliver more of a muscle/endurance workout at lower RPMs. But everyone is different! So experiment and find the beginning level of resistance that is comfortable for you.

Resistance adjustment

Pedaling resistance is controlled by the resistance control knob conveniently located underneath the handlebars.

To increase resistance, turn the resistance control knob clockwise (+). To decrease resistance, turn the resistance control knob counter-clockwise (-). Resistance adjustments can be easily made at any time.

Emergency Brake Activation

Your IC bike features an emergency brake. If you wish to stop the flywheel rotation (and therefore the pedal rotation), simply press DOWN firmly on the red brake lever that extends from the resistance adjustment knob. Continue applying pressure until the wheel has come to a complete stop.

Seat adjustment

Proper seat height helps ensure maximum exercise efficiency and comfort, while reducing the risk of injury.

Adjusting the seat forward or backward allows you to work different lower body muscle groups.

1. Place one pedal in the upward position, then place your foot in the toe clip and center the ball of your foot over the center of the pedal. Your leg should be slightly bent at the knee.
2. If your leg is too straight or your foot cannot touch the pedal, you will need to move the seat down. If your leg is bent too much, you will need to move the seat up.
3. Dismount the bike and loosen the locking pop pin by turning the handle counter clockwise. Pull out the spring loaded knob to release the locking pin from the preset seat position hole.
4. Raise or lower the seat to the desired position.



Do not raise the seat above the STOP mark.

5. When the seat is in the desired position, release the spring-loaded knob, re-positioning the locking pin in the desired, preset hole. Turn the handle clockwise to tighten the knob.
6. Try several seat heights to find the most comfortable position. Note the position number on the side of the tube for future reference.
7. To adjust the forward or backward seat position dismount the bike and loosen the locking pop pin by turning counter clockwise. Pull out the spring-loaded release knob, releasing the locking pin from the preset position hole.
8. Slide the seat forward or backward to the desired position.
9. When the seat is in the desired position, release the spring-loaded mechanism to re-position the locking pin into the desired, preset hole. Turn the handle clockwise to tighten the knob. Note the position number on the side of the tube for future reference.

Operation

Handlebar adjustment

The handlebars may be adjusted to more accurately simulate the upper body position of road cycling. Raise or lower the handlebars for a more efficient, comfortable ride.

1. To raise or lower the handlebars, loosen the locking pop pin. Pull out the spring-loaded release knob. This releases the locking pin from the preset handlebar position hole.
2. Raise or lower the handlebars to the desired position.



Do not raise the handlebar above the STOP mark.

3. When the handlebars are in the desired position, release the spring-loaded knob re-positioning the locking pin in the desired, preset hole. Turn the handle clockwise to tighten the knob.
4. Try several handlebar settings to find the most comfortable position. Note the position number on the side of the tube for future reference.

Foot positioning/pedal strap adjustment

Place the ball of each foot in the toe clip until the front of the shoe fits snugly in the toe clip cage. Rotate one foot to within arm's reach, then tighten the webbed cloth strap of the toe clip around your shoe by pulling up on the strap. Pull up on the strap until the cage of the toe clip fits snugly around the shoe. Repeat for the other foot. Point your toes and knees directly forward to ensure maximum pedal efficiency.

Lower body workout

Once you are in position and sitting comfortably, slowly begin pedaling, with your hands resting comfortably on the handlebars. Pedal casually and rhythmically at a low resistance level until you feel secure and comfortable. As you feel more and more comfortable, experiment with seat positions and resistance levels.

Upper body positioning


For added enjoyment, comfort and variety during your workout, experiment with moving your hands to various positions on the handlebars.



- Do not attempt to ride this bike at high RPMs or in a standing position until you have practiced and are comfortable riding at slower RPMs.
- After exercising, turn the adjustment control knob clockwise (+) to increase tension so the pedals will not rotate freely and possibly hurt someone.

Operation

Dismounting the unit

 **WARNING!** The flywheel momentum of the Schwinn® IC Bike will keep the pedals turning even after the rider stops pedaling or the rider's feet slip off. **DO NOT ATTEMPT TO DISMOUNT THE BIKE OR REMOVE YOUR FEET FROM THE PEDALS UNTIL BOTH THE PEDALS AND THE FLYWHEEL HAVE COMPLETELY STOPPED.** Failure to follow these instructions may lead to loss of control and serious personal injury.

There are four ways to stop the Schwinn® IC Bike pedals.

1. Pedal slower until you come to a complete stop.
2. Increase the resistance by turning the resistance adjustment control clockwise until you come to a complete stop.
3. Engage emergency brake by simply pressing **DOWN** firmly on the red brake lever that extends from the resistance adjustment knob. Continue applying pressure until the wheel has come to a complete stop.

NOTE: The Schwinn® Smart Release™ system feature is standard only on the Schwinn® IC Elite™. Please verify that your exercise bike has this feature before utilizing stopping method #4.

4. Apply back pressure to the pedals and the Smart Release™ system will activate. Continue applying pressure until both the pedals and the flywheel come to a complete stop.

Maintenance

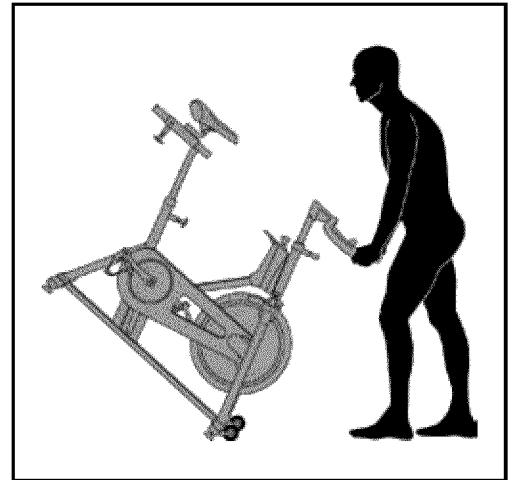
NOTE: Do not operate or store this machine in damp or wet conditions. Dampness can cause rust.

Moving your Schwinn® IC Bike

Make sure that the handlebar is securely attached to the bike and that the pop pin has been turned clockwise until tight. Standing in front of the bike, grasp the handlebars at their very ends. Place one foot on the lower stabilizer bar and tilt the bike towards you. Once the bike has tilted enough to engage the transport wheel, you will be able to easily roll the bike in any direction. Be gentle while moving the bike as any sudden impact may affect the operation of the machine.

Leveling the unit


The Schwinn® IC Bike can be leveled to compensate for uneven surfaces. To level the bike, raise or lower the four leveling bolts located on the underside of the legs using an adjustable wrench.



Maintenance

Maintenance Schedule

<p>Daily maintenance or at the end of each workout</p>	<ul style="list-style-type: none"> • Release the brake resistance so that the brake pads do not contact the flywheel. • Clean the bike with Schwinn® equipment polish and a clean damp cloth. • Remove the handlebars from the head tube to allow the handlebar tube and sleeve to dry. <p>IMPORTANT! To avoid damaging the finish on your Schwinn® IC Bike, never use a petroleum-based solvent when cleaning.</p>
<p>Weekly maintenance</p>	<ul style="list-style-type: none"> • Inspect the Schwinn® Indoor Cycling bike for loose parts, nuts, bolts, etc. Pay special attention to the brake assembly, seat and handlebar pop-pins. This will prolong the service life of the product.
<p>Monthly maintenance</p>	<ul style="list-style-type: none"> • Lubricate drive chain with bicycle lubricant containing PTFE (Teflon®). Put the lubricant through the hole in the top of the chainguard. • Lubricate seat post and handlebars with Schwinn® Fit Tech® silicon lubricant to ensure smooth operation. • Make sure handlebar and seat pop-pins are fully tightened and operating smoothly. • Inspect toe clips and toe straps for any signs of wear or rough movement. Replace the components if any signs of wear are noticed. • Check that both pedals are secured and properly attached to the crank arms. Inspect pedals by rotating the pedals by hand, if any rough movement or noise is observed replace the pedals immediately. <p>NOTE: Only trained personnel should change the pedals. Unqualified people performing this procedure can cause threads to cross. Crossed threads do not qualify for warranty replacement.</p> <ul style="list-style-type: none"> • Check the chain for proper adjustment. Move the crank arms back and forth. If there is more than 1/4" (0.64 cm) movement in the crank before the flywheel turns, tighten the Chain. (See Chain Adjustment instructions.) <p>NOTE: Make sure you adjust both sides equally so that the flywheel remains in alignment with the frame.</p> <ul style="list-style-type: none"> • Check the crank bolts with a torque wrench. The torque should not exceed 360 lbf/in (40.67 Nm) for IC Pro™ and IC Elite™ and 420 lbf/in (47.45 Nm) for the Evolution® models.

 In order to ensure proper function and safety, use only genuine Schwinn® IC replacement parts supplied by Nautilus.

Maintenance

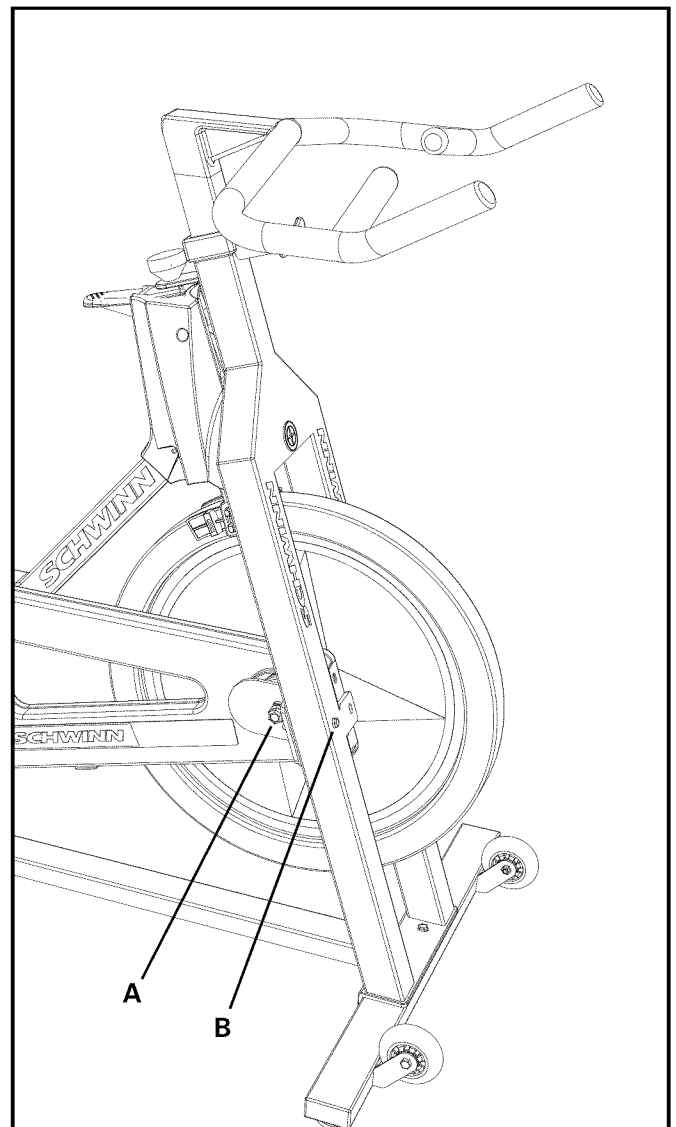
Chain adjustment

The chain on your Schwinn® IC Bike has been factory set and lubricated. It should not require any immediate attention. Over time however you may need to make minor tension adjustments.

1. With an adjustable wrench, loosen the two bolts (A) on either side of the flywheel.
2. Tighten the two smaller nuts (B) which go through the frame tube evenly by turning clockwise until there is approximately 1/4" (0.64 cm) of slack in the chain.
3. Tighten the two larger nuts (A) on the sides of the flywheel.

NOTE: Make sure you adjust both sides equally so that the flywheel remains in alignment with the frame.

For more information, see the Schwinn® IC Service Manual or consult a certified Nautilus technician for assistance.



Limited Warranty

All Schwinn® exercise products are warranted to the retail purchaser to be free from defects in materials and workmanship. Warranty coverage valid to the original purchaser only and proof of purchase will be required. Any product sold or placed in an application not recommended by Nautilus, Inc. will void any warranty coverage set forth by Schwinn® Fitness warranty policies and procedures.

TIME PERIOD

Residential Environment:

Frame30 years

Parts3 years

Labor1 year

Commercial Environment:

Frame15 years

Parts2 years

Labor1 year

This warranty excludes wear items that need to be replaced due to normal wear and tear.

THIS WARRANTY DOES NOT COVER

1. Any component on original equipment which carries a separate consumer warranty of the parts supplier.
2. Normal wear and tear.
3. Any damage, failure or loss caused by accident, misuse, neglect, abuse, improper assembly, improper maintenance, or failure to follow instructions or warnings in the Owner's Manual.
4. Use of products in a manner or environment for which they were not designed.

LIMITATIONS

The foregoing warranties are in lieu of and exclude all other warranties not expressly set forth herein, whether express or implied by operation of law or otherwise, including, but not limited to, warranties of merchantability or fitness for a particular purpose. Nautilus, Inc. shall in no event be liable for incidental or consequential losses, damages or expenses in connection with its exercise products. Nautilus, Inc.'s liability hereunder is expressly limited to the replacement of goods not complying with this warranty or, at Nautilus, Inc.'s election, to the repayment of an amount of the purchase price of the exercise product in question. Some states do not permit the exclusion or limitation of implied warranties or incidental or consequential damages, so the preceding limitations and exclusions may not apply to you.

PROCEDURES

Warranty service will be performed by Nautilus, Inc. or an authorized Schwinn® Fitness Dealer. The original purchaser must provide proof of purchase. Service calls and/or transportation to and from the Authorized Schwinn® Dealer is the responsibility of the purchaser.

1. Nautilus, Inc. will have the option to repair or replace any exercise product(s), which require warranty service.
2. Nautilus, Inc. will replace any equipment frame that is structurally defective with a new frame or replace the unit with a unit of equal value. Nautilus, Inc. is not responsible for labor charges in replacing defective frames.
3. In the event a product cannot be repaired, Nautilus, Inc. will apply a limited credit reimbursement toward another Schwinn® exercise product of equal or greater value.
4. Nautilus, Inc. is not responsible for dealer labor charges for component changeovers completed after the labor-related warranty period(s) stated herein.
5. If you elect to repair an exercise product or part yourself, using the services of someone other than Nautilus, Inc. or an Authorized Schwinn® Fitness Dealer, or use a replacement part not supplied by Nautilus, Inc., Nautilus, Inc. shall not be liable for any cost, damage, failure or loss caused by the use of such unauthorized service or parts.
6. See your Authorized Schwinn® Fitness Dealer for service or write to:

Nautilus, Inc.
16400 SE Nautilus Drive
Vancouver, Washington, USA 98683

Or call 1-800-NAUTILUS (628-8458) for assistance or questions.

Contact Numbers

OFFICES IN THE UNITED STATES:

E-mail: customerservice@nautilus.com

TECHNICAL/CUSTOMER SERVICE

Phone: 800-NAUTILUS (800-628-8458)

Fax: (877) 686-6466

E-mail: cstech@nautilus.com

CORPORATE HEADQUARTERS

Nautilus, Inc.

World Headquarters

16400 SE Nautilus Drive

Vancouver, Washington, USA 98683

Phone: (800) NAUTILUS (800) 628-8458

Please supply the serial number of your machine and the date of purchase when you call Nautilus. Use the space in the boxes below to write down this information. To find the serial number on your machine, refer to the Safety Warning Label information page. Dial the number of the office close to you.

Serial Number

Date of Purchase

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

1762 Givisiez / Switzerland

Tel: (41) (26) 460 77 77

Fax: (41) (26) 460 77 70

E-mail: technics@nautilus.com

GERMANY and AUSTRIA

Nautilus Deutschland GmbH

Albin-Köbis-Str. 4

51147 Köln

Tel.: (49) 02203 2020 0

Fax: (49) 02203 2020 45 45

ITALY

Nautilus Italy S.r.l., Via della Mercanzia, 103

40050 Funo di Argelato - Bologna

Tel: (39) 051 664 6201

Fax: (39) 051 664 7461

SWITZERLAND

Nautilus Switzerland SA

Rue Jean-Prouvé 6,

CH-1762 Givisiez

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