

Assembly Instructions



Schwinn® Elliptical 418/428p

Important Precautions

WARNING: To reduce the risk of serious injury, please read the following precautions before using the Schwinn 418/428P

1. It is the responsibility of the owner to ensure that all users of this equipment are adequately informed of all precautions.
2. Read all instructions in this manual and in the accompanying literature and follow them carefully before using the equipment.
3. If you feel pain or dizziness at any time while exercising, stop immediately and consult your physician.
4. Use this equipment only on a solid level surface. Cover the floor or carpet beneath this equipment for protection.
5. Inspect and tighten all parts often. Replace any worn parts immediately.
6. Keep small children and pets away from this equipment at all time.
7. Always wear athletic shoes for foot protection. Do not wear loose or dangling clothing while using exercise bicycle.
8. Care should be taken when mounting or dismounting the exercise bicycle.
9. Read all warnings posted on the exercise bicycle.
10. User weight limit on the Schwinn 418/428P is 300 lbs.

This Schwinn 418/428P is intended for home use only. Do not use this equipment in any commercial, rental, or institutional setting.

WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. We assume no responsibility for personal injury or property damage sustained by or through the use of this product.



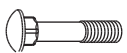
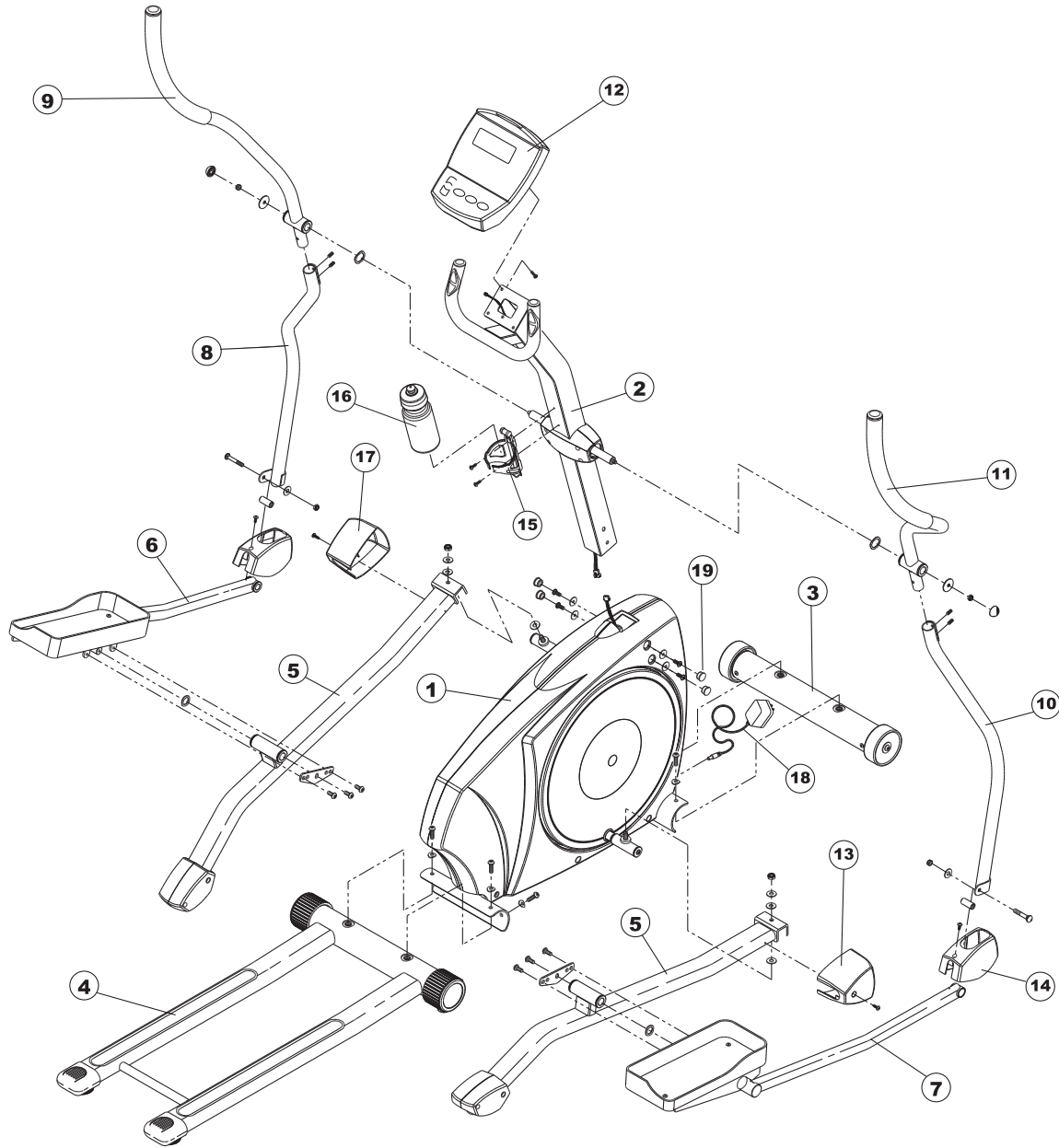
Parts List

#	Description	Qty.	Part #	418	428p
1	Main Frame	1	30020	30067	
2	Console Mast Assembly	1	30002	30052	
3	Front Stabilizer	1	30014	30062	
4	Rear Rail Assembly	1	30028	30072	
5	Sub Pedal Arm Assembly	2	30032	30078	
6	Left Pedal Arm Assembly	1	30021	30068	
7	Right Pedal Arm Assembly	1	30022	30069	
8	Left Lower Handlebar	1	30017	30065	
9	Left Upper Handlebar	1	30035	30079	
10	Right Lower Handlebar	1	30018	30066	
11	Right Upper Handlebar	1	30036	30080	
12	Computer	1	30001	30050	
13	Right Crank Cover	1	30006	30055	
14	Sub Arm Cover	2	30033	30077	
15	Water Bottle Cage	1	80070	80070	
16	Water Bottle	1	85012	85012	
17	Left Crank Cover	1	30005	30054	
18	AC Adapter	1	30000	30048	
19	Shroud Plug	4	30031	93292	
	Hardware				
20	29 mm Wave Washer	4	30131	30131	
21	35 mm Washer	2	30128	30128	
22	M8 Nylon Nut	4	70633	70633	
23	Nut Cap	2	30106	30106	
24	Set Screw - M8 x 10mm L	4	92424	92424	
25	Axle	2	30105	30105	
26	25 mm Arc Washer	4	93302	93302	
27	25 mm Washer	2	70657	70657	
28	M10 Nylon Nut	2	70635	70635	
29	18 mm Curve Washer	6	30133	30133	
30	Button Head Cap Screw - M8 x 25 mm L	6	30085	30085	
31	Carriage Bolt - M8 x 50mm L	2	30086	30086	
32	30 mm Washer	2	98443	98443	
33	Button Head Cap Screw - M8 x 10 mm L	4	70626	70626	
34	Button Head Cap Screw - M8 x 20 mm L	2	70625	70625	
35	Sheet Metal Screw - 12 mm L	4	91839	91839	
36	Pedal Arm Bracket	2	30023	30023	
37	15 mm Arc Washer	4	30099	30099	
38	Socket Head Cap Scev - M8 x 15 mm L	4	70622	70622	
	Note: The#33/34/36 have been pre-assembled on the PEDAL ARM ASSEMBLY.				
	Tools (Included)				
39	4 mm Allen Wrench	1			
40	5 mm Allen Wrench	1	30016	30016	
41	6 mm Allen Wrench	1	"	"	
42	17 mm Open Wrench	1	"	"	
43	Phillip Screw Driver	1	"	"	
			"	"	

Note: Please verify you have all correct parts and quantities before assembling unit. If you are missing items, short quantities, or have damaged components please contact Schwinn at 1.800.864.1270.



Parts Diagram



Carriage Bolt



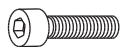
Button Head Cap Screw



Sheet Metal Screw



Pan Head Screw



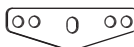
Socket Head Cap Screw



Axle



Nylon Nut



Press



Nut Cap



Set Screw



Shroud Plug



Wave Washer



Washer



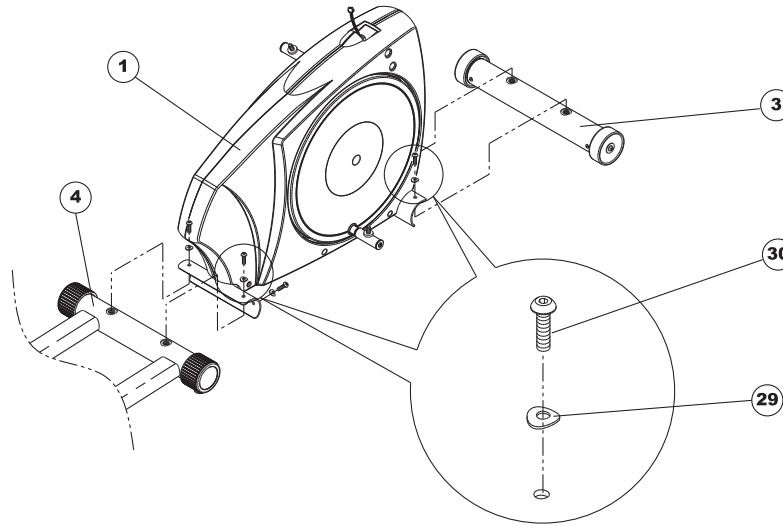
Arc Washer



Curve Washer



**step
1**

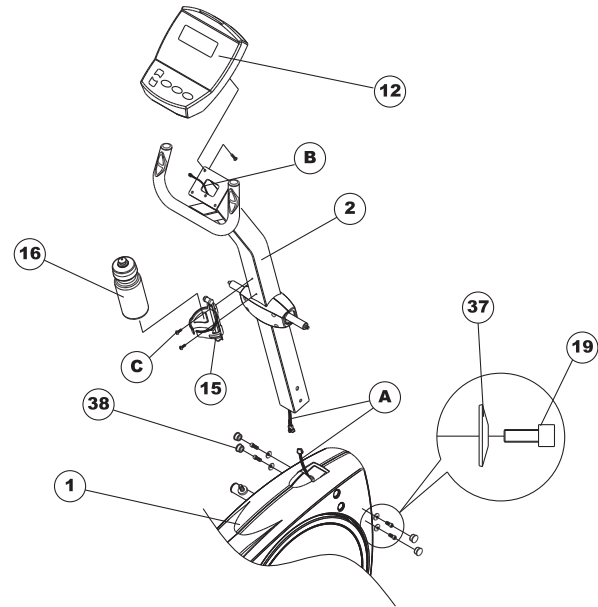
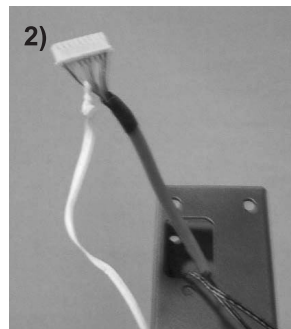
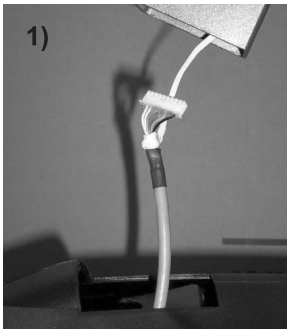


Step #1 Materials:

#	Description	Qty.
<input type="checkbox"/> 1	Main Frame	1
<input type="checkbox"/> 3	Front Stabilizer	1
<input type="checkbox"/> 4	Rear Rail Assembly	1
<input type="checkbox"/> 30	Cap Head Screw - M8 x 25 mm L	6
<input type="checkbox"/> 29	Curved Washers	6

- A. Attach FRONT STABILIZER (3) to MAIN FRAME (1) with 2 - BUTTON HEAD CAP SCREWS (30) and 2 - CURVED WASHERS (29).
- B. Attach REAR RAIL ASSEMBLY (4) to the MAIN FRAME (1) with 4 - BUTTON HEAD CAP SCREWS (30) and 4 - CURVED WASHERS (29).

**step
2**



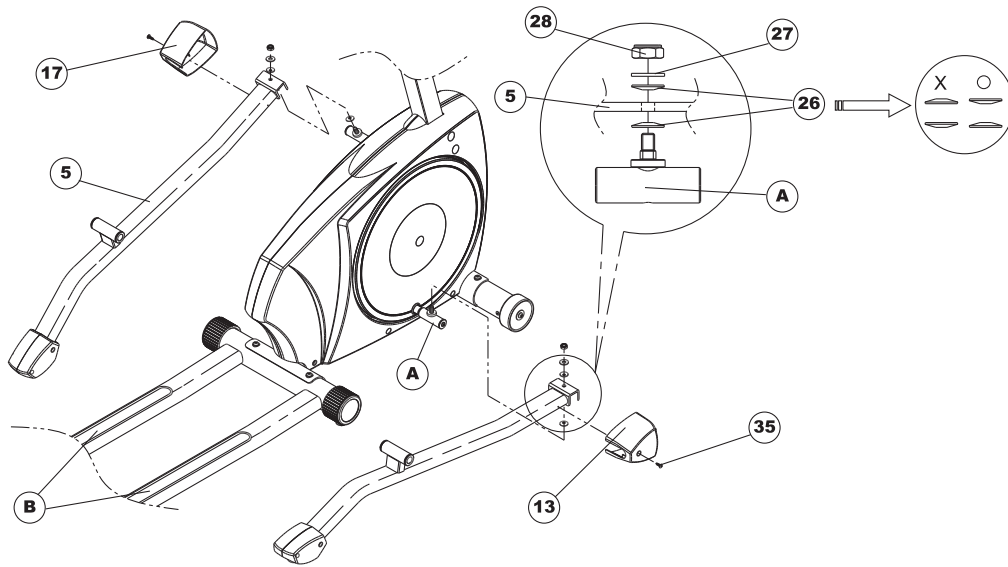
Step #2 Materials:

#	Description	Qty.
<input type="checkbox"/> 1	Main Frame	1
<input type="checkbox"/> 2	Console Mast Assembly	1
<input type="checkbox"/> 12	Computer w/ Hardware	1
<input type="checkbox"/> 15	Water Bottle Cage	1
<input type="checkbox"/> 16	Water Bottle	1
<input type="checkbox"/> C	Pan Head Screw - M5 x 15 mm L	2
<input type="checkbox"/> 37	Arc Washers	4
<input type="checkbox"/> 19	Shroud Plug	4
<input type="checkbox"/> 38	Socket Cap Scrw - M8 x 15 mm L	4

- A. Attach COMPUTER CABLE (A) to the zip-tie at the bottom of the CONSOLE MAST ASSEMBLY (2) Ensure zip-tie is thoroughly connection to the COMPUTER CABLE (A) and pull the zip-tie with the computer cable (A) through the CONSOLE MAST ASSEMBLY (2)
- B. Insert CONSOLE MAST ASSEMBLY (2) into the MAIN FRAME (1). Attach with 4 - SOCKET HEAD CAP SCREWS (38) and 4 - ARC WASHERS (37). Place SHROUD PLUG (19) in holes.
- C. Attach COMPUTER CABLE (B) extending from the top of the CONSOLE MAST ASSEMBLY (2) to bottom side of the COMPUTER (12). Use given screws to attach the COMPUTER (12) to the top of the CONSOLE MAST ASSEMBLY (2).
- D. Remove PAN HEAD SCREW (C) From the CONSOLE MAST ASSEMBLY(2) and use the install the WATER BOTTLE CAGE (15) on the CONSOLE MAST ASSEMBLY (2).



step
3

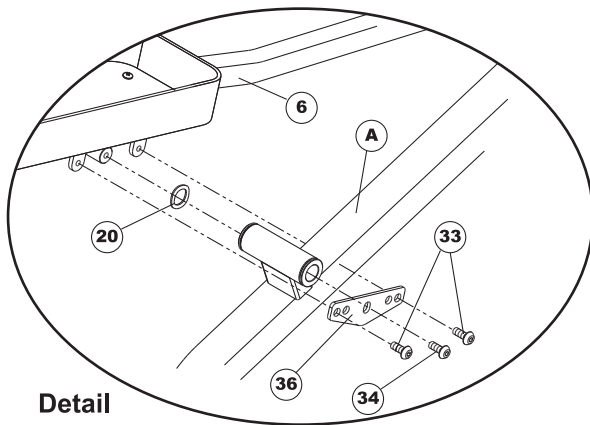


Step #3 Materials:

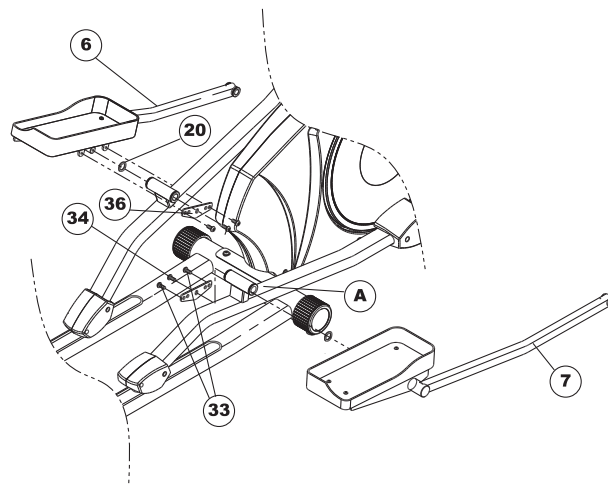
#	Description	Qty.
<input type="checkbox"/> 5	Sub Pedal Arm Assembly	2
<input type="checkbox"/> 26	25 mm Arc Washer	4
<input type="checkbox"/> 27	25 mm Washer	2
<input type="checkbox"/> 28	M10 Nylon Nut	2
<input type="checkbox"/> 13	Right Crank Cover	1
<input type="checkbox"/> 17	Left Crank Cover	1
<input type="checkbox"/> 35	Sheet Metal Screw 12 mm L	2

- A.** Place SUB PEDAL ARM ASSEMBLY (5), 2 - ARC WASHERS (26), and 1 - WASHER (27) on right pedal crank arm (A) as shown in picture above. Place NYLON NUT (28) on bolt on crank arm (A). Repeat for Left crank. Align Wheel on SUB PEDAL ARM ASSEMBLY in tracks (B).
- B.** Place RIGHT CRANK COVER (13) over the right crank (A). Secure with a SHEET METAL SCREW (35).
- C.** Repeat steps A + B for the Left Crank Arm using the LEFT CRANK COVER (17).

step
4



Detail



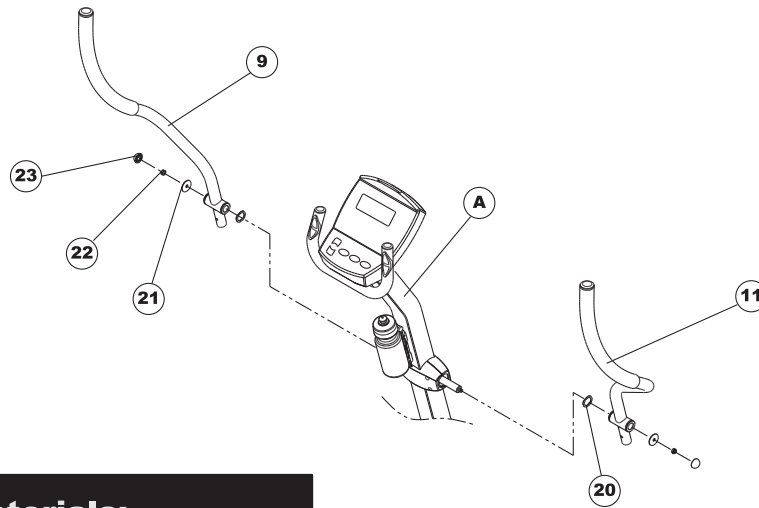
Step #4 Materials:

#	Description	Qty.
<input type="checkbox"/> 6	Left Pedal Arm Assembly	1
<input type="checkbox"/> 7	Right Pedal Arm Assembly	1
<input type="checkbox"/> 20	29 mm Wave Washer	2
<input type="checkbox"/> 33	Button Head Scrw - M8 x 10 mm L	4
<input type="checkbox"/> 34	Button Head Scrw - M8 x 20 mm L	2
<input type="checkbox"/> 36	Pedal Arm Bracket	2

- A.** Remove 2-BUTTON HEAD CAP SCREWS-10 MML (33), a BUTTON HEAD CAP SCREW -20MML(34), and a PEDAL ARM BRACKET from the RIGHT PEDAL ASSEMBLY (7).
- B.** Attach the RIGHT PEDAL ARM ASSEMBLY (7) to the SUB PEDAL ARM ASSEMBLY (A) as shown above with a WAVE WASHER (20), a PEDAL ARM BRACKET (36), 2 - BUTTON HEAD CAP SCREWS - 10 MM L (33), and a BUTTON HEAD CAP SCREW - 20 MM L (34).
- C.** Repeat step A+B for the LEFT PEDAL ARM ASSEMBLY (6).



**step
5**

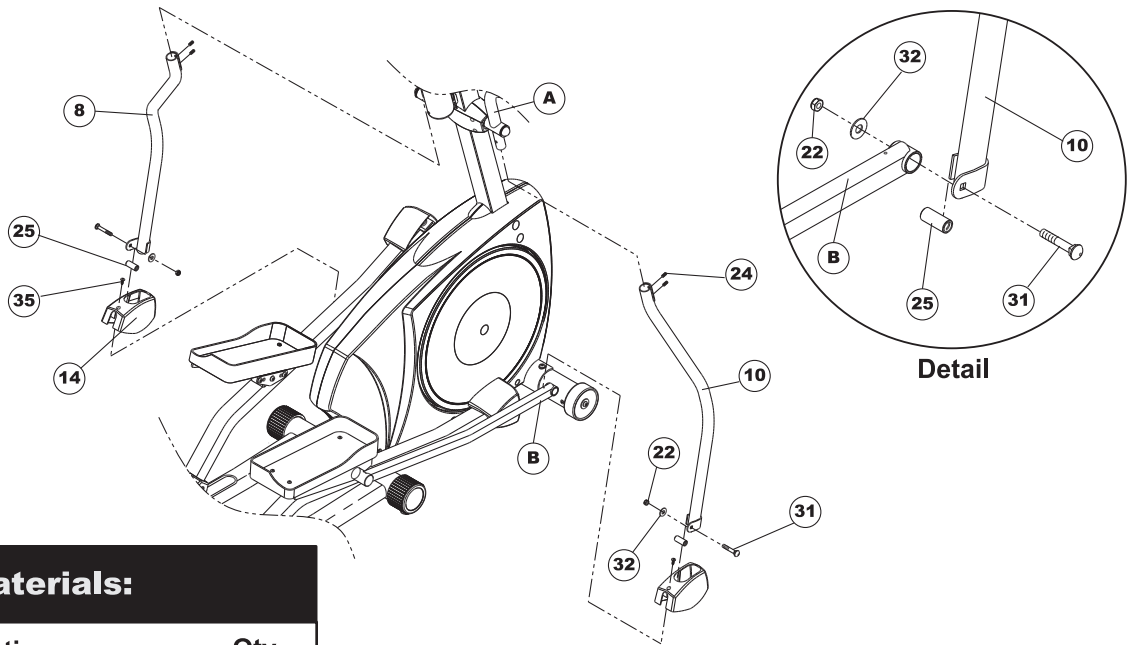


Step #5 Materials:

#	Description	Qty.
<input type="checkbox"/> 9	Left Upper Handlebar	1
<input type="checkbox"/> 11	Right Upper Handlebar	1
<input type="checkbox"/> 20	29 mm Wave Washer	2
<input type="checkbox"/> 21	35 mm Washer	2
<input type="checkbox"/> 22	M8 Nylon Nut	2
<input type="checkbox"/> 23	Nut Cap	2

- A.** Attach the RIGHT UPPER HANDLEBAR (11) to the CONSOLE MAST ASSEMBLY (A) with a 35 MM WASHER (21), a 29 MM WAVE WASHER (20), a M8 NYLON NUT (22) and a NUT CAP(23).
- B.** Repeat step A for LEFT UPPER HANDLEBAR.

**step
6**



Step #6 Materials:

#	Description	Qty.
<input type="checkbox"/> 8	Left Lower Handlebar	1
<input type="checkbox"/> 10	Right Lower Handlebar	1
<input type="checkbox"/> 14	Sub Arm Cover	2
<input type="checkbox"/> 22	M8 Nylon Nut	2
<input type="checkbox"/> 24	Set Screw - M8 x 10 mm L	4
<input type="checkbox"/> 25	Axle	2
<input type="checkbox"/> 31	Carriage Bolt - M8 x 50 mm L	2
<input type="checkbox"/> 32	30 mm Washer	2
<input type="checkbox"/> 35	Sheet Metal Screw - 12 mm L	2

- A.** Attach RIGHT LOWER HANDLEBAR (10) to the RIGHT UPPER HANDLEBAR (A) using 2 - SET SCREWS (24).
- B.** Slide the SUB ARM COVER (14) onto the RIGHT LOWER HANDLEBAR (10) and attach the RIGHT LOWER HANDLEBAR (10) to the RIGHT PEDAL ARM ASSEMBLY (B) using one AXLE (25), a 30 MM WASHER (32), a M8 NYLON NUT (22) and a CARRIAGE BOLT(31) as shown above. Secure SUB ARM COVER (14) with a SHEET METAL SCREW (35).
- C.** Repeat steps A + B for the LEFT LOWER HANDLEBAR (8).



Congratulations!

That's it!

You're finished and now you can begin to reach your fitness goals!

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

Troubleshooting the Schwinn 418/428p Elliptical

TIP: Use assembly diagram(s) as reference when troubleshooting unit.

PROBLEM:

Computer will not start, function, or is blank....

(SOLUTION):

1. Ensure the unit is plugged in or batteries were installed correctly.
2. Check the wiring connections and connector orientation made to the computer.
3. Confirm that wiring (cable assembly) has not been damaged
4. If computer still fails to start please call 1.800.864.1270 for assistance.

PROBLEM:

No Heart Rate on computer....

(SOLUTION):

1. Check the connections made under the bike, under the seat, and into the computer.
2. If heart rate still fails to work call 1.800.864.1270 for assistance.

Note: If you need additional support information or assistance in troubleshooting, please contact us at: 1.800.864.1270.

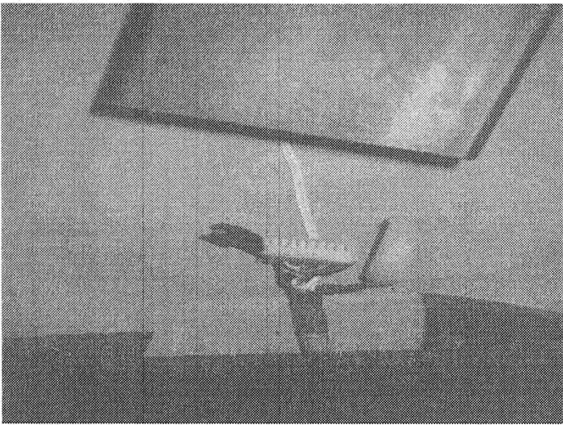
Schwinn Customer Service
1.800.864.1270



This machine has been upgraded to the new connecting cable. Please refer to the following instruction to make the connection between the computer and cable correctly.

An Addition Remark to STEP 2

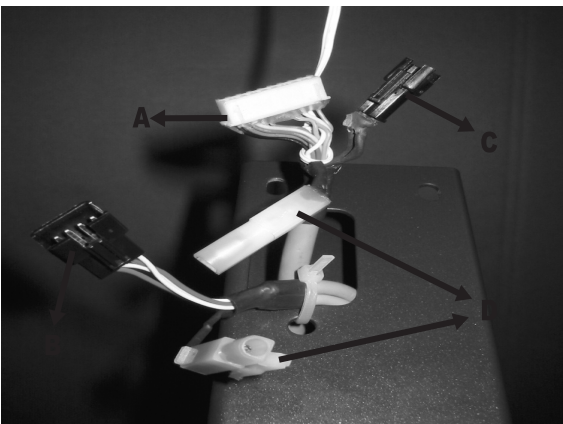
Figure 1



A. Attach Computer Cable to the zip-tie at the bottom of the CONSOLE MAST ASSEMBLY (2). Ensure zip-tie is thoroughly connection to the COMPUTER CABLE and pull the zip-tie with the computer cable through the CONSOLE MAST ASSEMBLY (2).

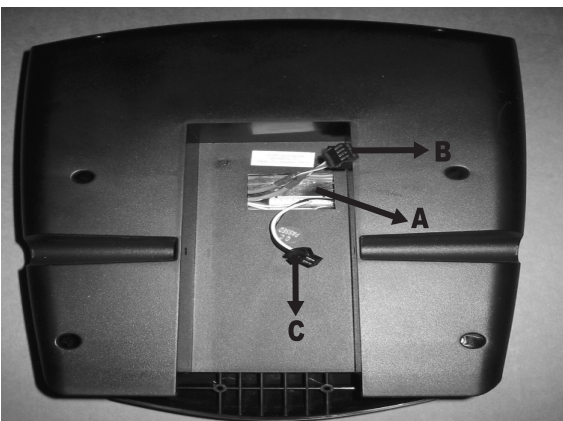
B. Insure CONSOLE MAST ASSEMBLY into the MAIN FRAME (1). Attach with 4-SOCKET HEAD CAP SCREWS (38) and 4-ARC WASHERS (37). Place SHROUD PLUG (19) in holes.

Figure 2



C. Attach COMPUTER CABLE (A) and HR WIRE (B&C) extending from the top of the CONSOLE MAST ASSEMBLY to bottom side of the COMPUTER. Use given screws to attach the COMPUTER to the top of the CONSOLE MAST ASSEMBLY.

Figure 3



D. Remove PAN HEAD SCREW (C) from the CONSOLE MAST ASSEMBLY (2) and use the install the WATER BOTTLE CAGE (15) on the CONSOLE MAST ASSEMBLY (2).

Addendum to Step 6

The **AXLE (25)** is now pre-installed in the **LEFT PEDAL ARM ASSEMBLY (6)** and the **RIGHT PEDAL ARM ASSEMBLY (7)**. Simply remove the twist-tie and assemble as instructed.

