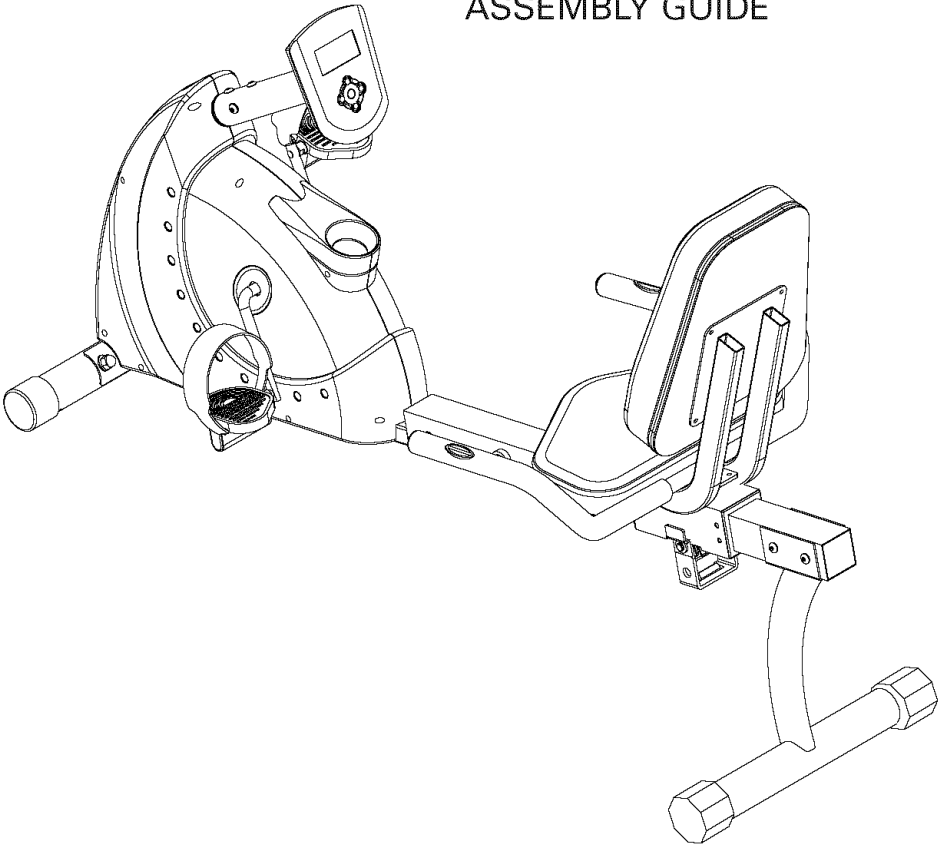




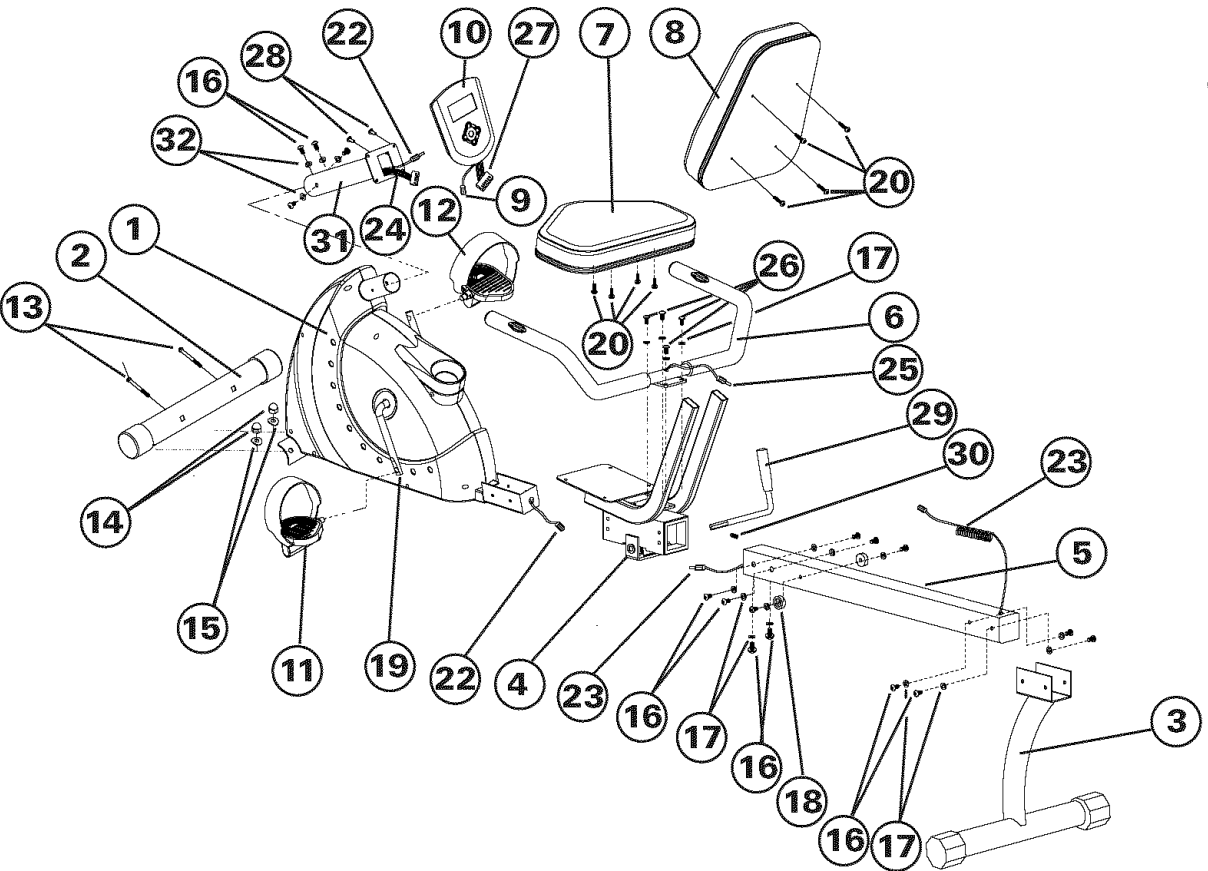
a brand of **NAUTILUS** Inc

# 20 SERIES RECUMBENT BIKE ASSEMBLY GUIDE



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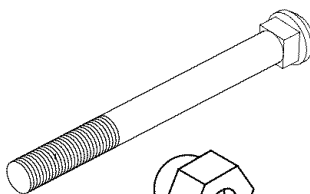
**Note:** Some component images are for general reference only and may not represent the actual shape or detail of the part. Assembly is unaffected.

**PARTS LIST**

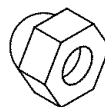
<b>Ref.</b>	<b>Description</b>	<b>Qty</b>
1	Main Frame	1
2	Front Stabilizer	1
3	Rear Stabilizer	1
4	Saddle Support Frame	1
5	Rail Tube	1
6	Handlebar	1
7	Saddle	1
8	Back Cushion	1
9	Pulse Wire Connector	1
10	Console (Computer)	1
11	Left Pedal	1
12	Right Pedal	1
13	Carriage Bolt M10 x 65mm	2
14	Acorn Nut M10	2
15	Arc Washer ID 10.5; OD 25mm; T 1.5mm	2
16	Allen Head Screw M8 x 15mm	16
17	Flat Washer ID 8.4mm; OD 25mm; T 1.5mm	12
18	Limit Rubber Pad	4
19	Crank	1
20	Phillips Screw M6 x 15mm	8
21	Not Used	
22	Lower Pulse Wire (Contact Heart Rate wire)	1
23	Middle Pulse Wire (Contact Heart Rate wire)	1
24	Lower Computer Wire	1
25	Handlebar Wire Connector (CHR Electrode cable)	1
26	Allen Head Screw M8 x 10mm	4
27	Computer Wire Connector	1
28	Flat Head Phillips Screw M5 x 10mm	4
29	Adjustment Handlebar	1
30	Screw M6 x 8mm	1
31	Front Post	1
32	Arc Washer (ID 8.5; OD 22mm; T 1.5mm)	4

If you are missing items, are short quantities, or have damaged components, please contact at 1 - 800 - 4 - MY - HOME.

13. Carriage Bolt M10 x 65mm - 2pcs



14. Acorn Nut M10 - 2pcs



15. Arc Washer - 2 pcs  
(ID 10.5mm; OD 25mm; T 1.5mm)



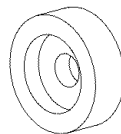
16. Allen Head Screw - 16pcs  
M8 x 15mm



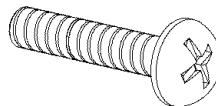
17. Flat Washer - 12pcs  
(ID 8.4mm; OD 16mm; T 1.5mm)



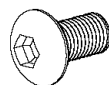
18. Limit Rubber Pad - 4pcs



20. Phillips Head Screw - 8pcs  
M8 x 15mm



26. Allen Head Screw - 4pcs  
M8 x 10mm



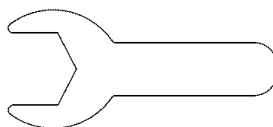
32. Arc Washer - 4 pcs  
(ID 8.5mm; OD 22mm; T 1.5mm)



Allen or Hex L - Key 6mm - 1pc



Open End Wrench 15mm - 1pc



You will also need the following tools, which are readily available from any hardware store:

Phillips screwdriver

## **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 Stabilizers

Parts:

- Front Stabilizer (2)
- Main Frame (1)
- Carriage Bolts - 2 (13)
- Arc Washer - 2 (15)
- Acorn Nut - 2 (14)

Tools:

- Wrench

**Step 1:** Install Front Stabilizer (2) to Main Frame (1) using two Carriage Bolts (13), two Arc Washers (15), and two Acorn Nuts (14) as indicated (Figure 1).

**Note:** Position Front Stabilizer so arrow on decal is pointing upwards (Figure 1A).

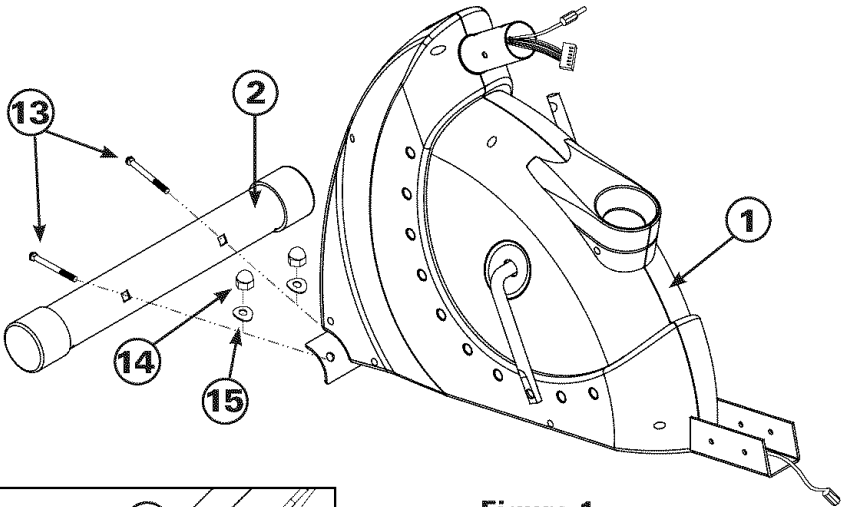


Figure 1

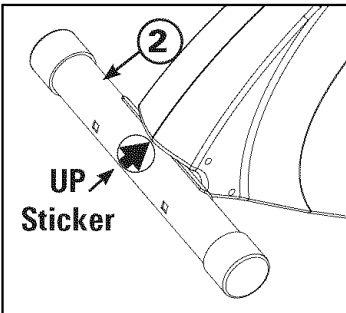


Figure 1A

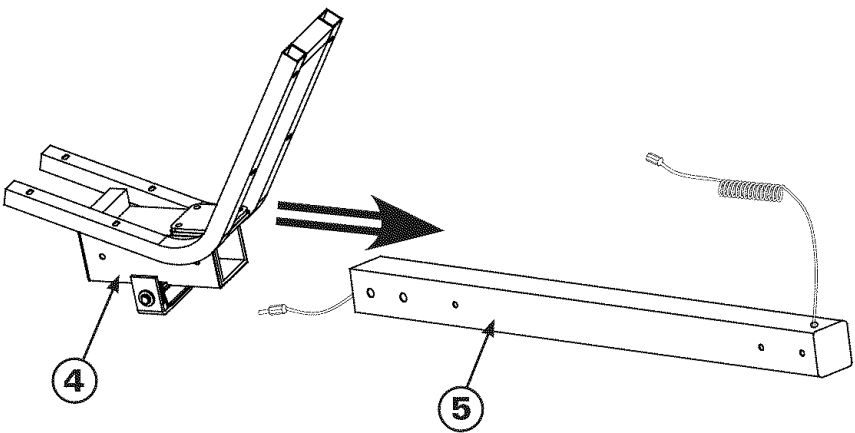
## Step 2 Assemble Saddle Support

Parts:

- Saddle Support Frame (4)
- Rail Tube (5)

**Step 2-1:** Side Saddle Support Frame (4) onto Rail Tube (5) as shown in Figure 2. The wires from the Rail Tube pass through the Saddle Support Frame.

**Note:** Take care not to cut or pinch the wires.



**Figure 2**



### Step 3 Install Rail Tube Assembly to Main Frame

Parts:

- Lower Pulse Wire (22)
- Middle Pulse Wire (23)
- Rail Tube Assembly (5) from Step 2
- Main Frame (1)
- Allen Head Screws - 6 (16)
- Flat Washer - 6 (17)
- Limit Rubber Pad - 2 (18)

Tools:

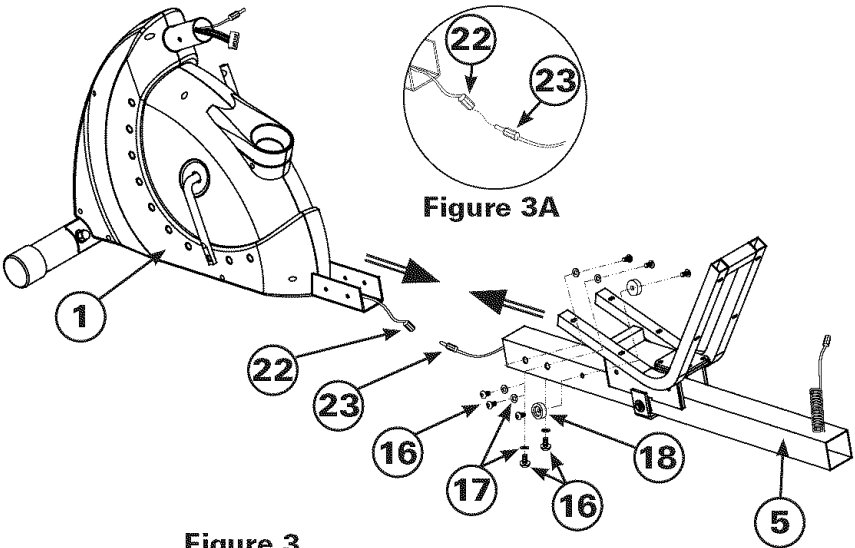
- Allen Key L6

**Step 3-1:** Connect the Lower Pulse Wire (22) to the Middle Pulse Wire (23) as shown in Figure 3A.

**Step 3-2:** Slide the Rail Tube Assembly (5) onto the Main Frame (1) and attach using 6 Allen Head Screws (16) and 6 Flat Washers (17) as shown in Figure 3.

**NOTE:** Make sure to push Lower Pulse Wire (22) and the Middle Pulse Wire (23) into the Main Frame (1) connection bracket. Ensure the wires will not be pinched or severed when assembling the Rail Tube Assembly (5) to the Main Frame (1).

**Step 3-3:** Attach the 2 Limit Rubber Pads using 2 Allen Head Screws (16). DO NOT overtighten screws.



**Figure 3**

## Step 4 Attach Rear Stabilizer Bar

Parts:

- Rear Stabilizer Bar (3)
- Rail Tube Assembly (5)
- Allen Head Screw - 4 (16)
- Flat Washer - 2 (17)
- Limit Rubber Pads - 2 (18)

Tools:

- Allen Key L6

**Step 4-1:** Attach the Rear Stabilizer Bar (3) to the Rail Tube (5) using 4 Allen Head Screws (16), 2 Flat Washers (17), and 2 Limiting Rubber Pads (18).

**DO NOT** overtighten the screws attaching the 2 Limiting Rubber Pads (18).

**NOTE:** Make sure the Rear Stabilizer Bar (3) is orientated as illustrated, with the bend in the bar facing forward.

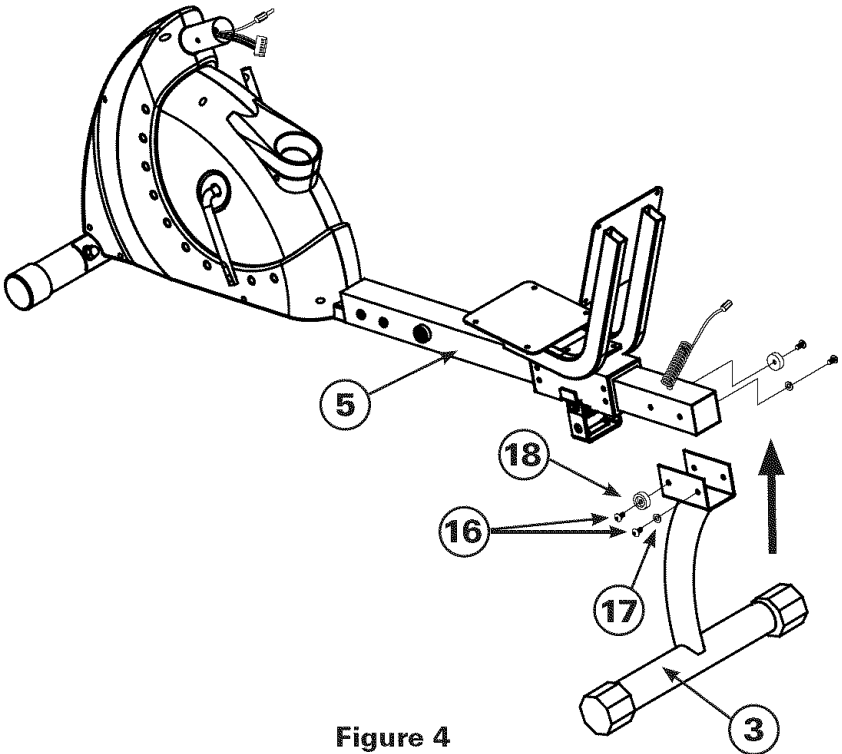


Figure 4

## Step 5 Attach Handlebar to Saddle Support Frame

Parts:

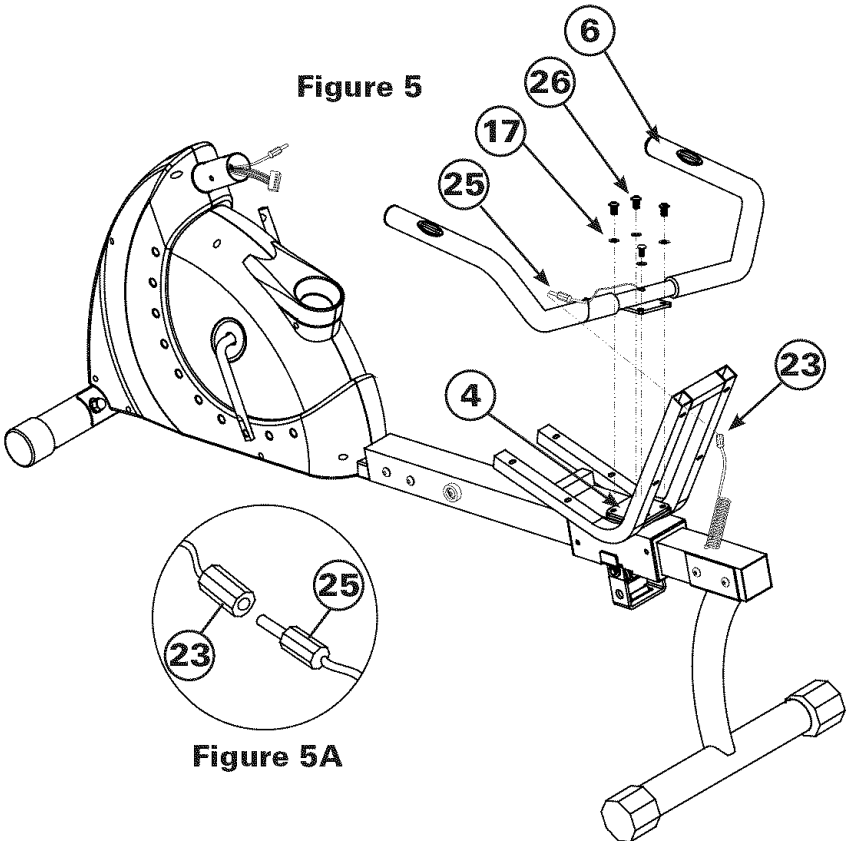
- Handlebar (6)
- Saddle Support Frame (4)
- Allen Head Screws - 4 (26)
- Flat Washer - 4 (17)
- Handlebar Wire Connector (25)
- Middle Pulse Wire (23)

Tools:

- Allen Key L6

**Step 5-1:** Attach the Handlebar (6) to Saddle Support Frame (4) using 4 Allen Head Screws (26) and 4 Flat Washers (17) as shown in Figure 5.

**Step 5-2:** Connect Handlebar Wire Connector (25) to Middle Pulse Wire (23) as shown in Figure 5A. Take care not to pinch the Handlebar Wire Connector (25) during assembly.



## Step 6 Attach Cushions

### Parts:

- Saddle (7)
- Back Cushion (8)
- Support Frame (4)
- Phillips Screws - 8 (20)

### Tools:

- Phillips Screw Driver

**Step 6-1:** Install Saddle (7) and Back Cushion (8) onto the Saddle Support Frame (4) using 8 Phillips Screws (20). Insert the Phillips Screws through the screw holes in the Saddle Support Frame first when attaching the Saddle and Back Cushion.

**Note:** There are two groups of mounting holes on the Back Cushion (8) so that you may adjust the height of the back support to your preference.

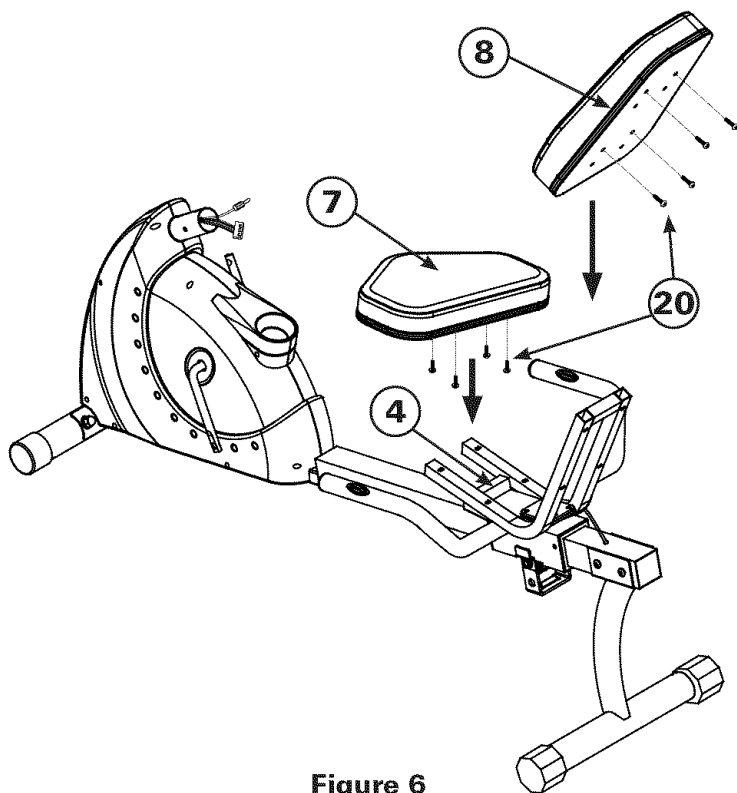


Figure 6

## Step 7 Mount the Console

Parts:

- Lower Pulse Wire (22)
- Lower Computer Wire (24)
- Front Post (31)
- Pulse Wire Connector (9)
- Computer Wire Connector (27)
- Arc Washer - 4 (32)
- Allen Head Screw - 4 (16)
- Flat Head Phillips Screw - 4 (28)

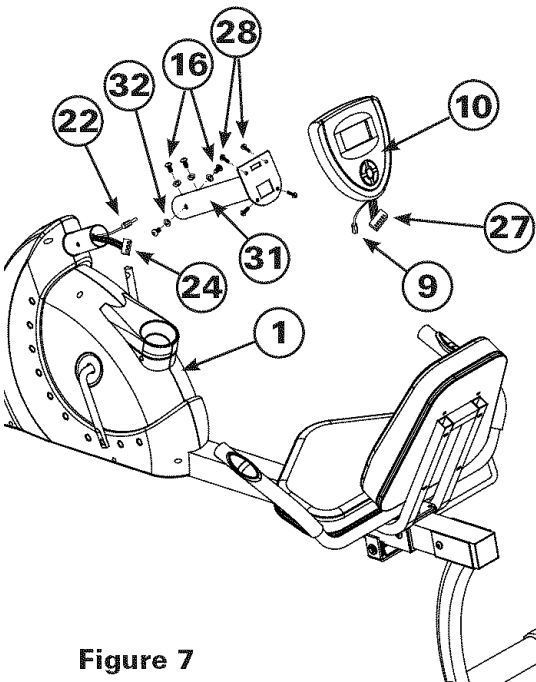
**Step 7-1:** Feed Lower Pulse Wire (22) and Lower Computer Wire (24) through the Front Post (31).

**Step 7-2:** Install the Front Post (31) onto the Main Frame (1), using 4 Allen Head Screws (16) and 4 Arc Washers (32).

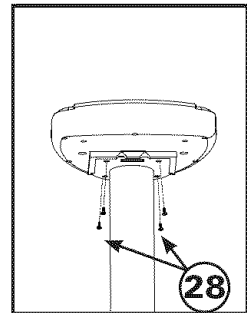
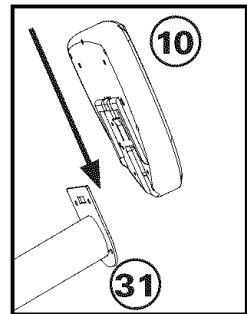
**Step 7-3:** Connect Lower Pulse Wire (22) to the Pulse Wire Connector (9), and the Lower Computer Wire (24) to the Computer Wire Connector (27).

**Note:** Push the wires gently into the Front Post. Take care not to cut or pinch the wires.

**Step 7-4:** Install the Console (10) to Front Post (31) using 4 Flat Head Phillips Screws (28) as shown in Figure 7A.



**Figure 7**



**Figure 7A**

## Step 8 Install Adjustment Handle

Parts:

- Adjustment Handle (29)
- Screw (30)

**Step 8-1:** Insert the Adjustment Handle (29) into the adjustment handle mount. Position the Adjustment Handle at an angle that is easy for you to reach and operate from your normal seated position on the bike. This may vary from person to person. Finish install by tightening Screw (30).

**Note:** Be careful not to overtighten and strip the threads on the screw (30).

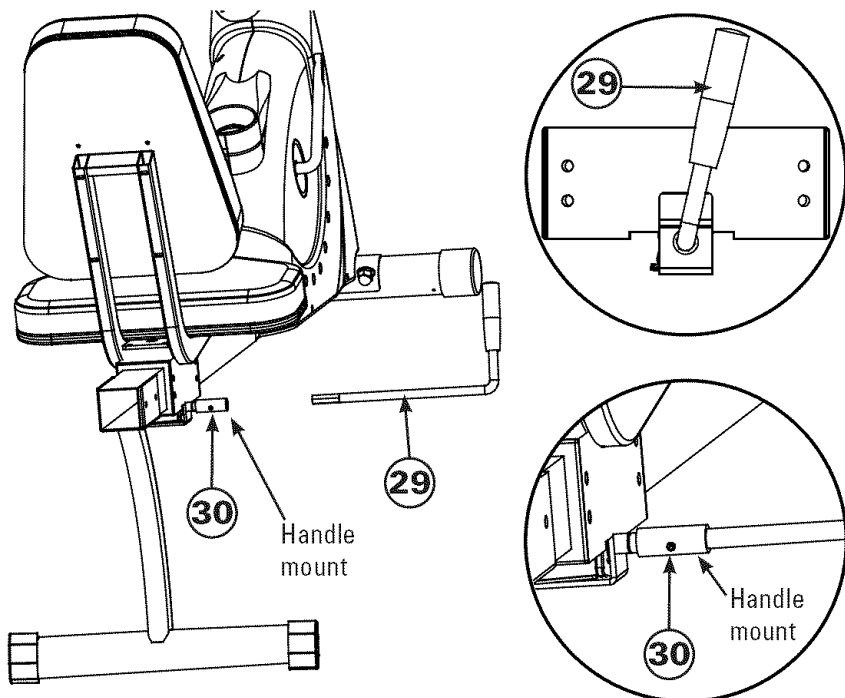


Figure 8

## Step 9 Install Pedals

Parts:

- Left Pedal (11)
- Right Pedal (12)
- "C" Cell Batteries

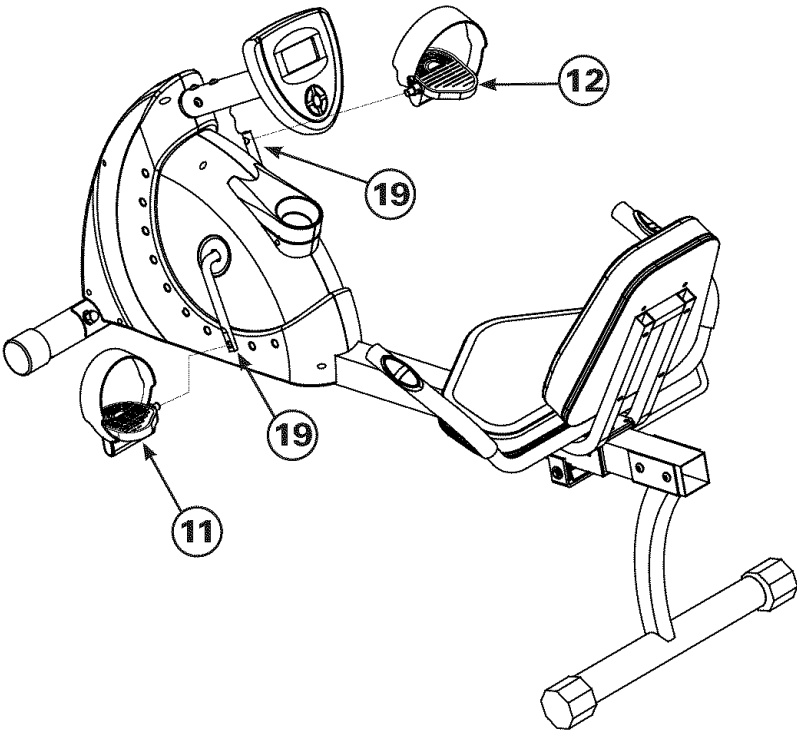
Tools:

- Spanner Wrench L15

**Step 9-1:** Install the Left Pedal (11) to Left Crank (19). Install Right Pedal (12) to the Right Crank.

**Note:** The Left Pedal has a left handed tread and screws into the Left Crank counter-clockwise.

**Step 9-2:** Insert 4 "C" cell batteries into the back of the console as shown by the diagram in battery bay.



**Figure 9**

**NOTE:** If you prefer, you may power the bike with a Class 2 Transformer AC Adapter. The adapter plugs into the DC Connector Jack on the back of the console.

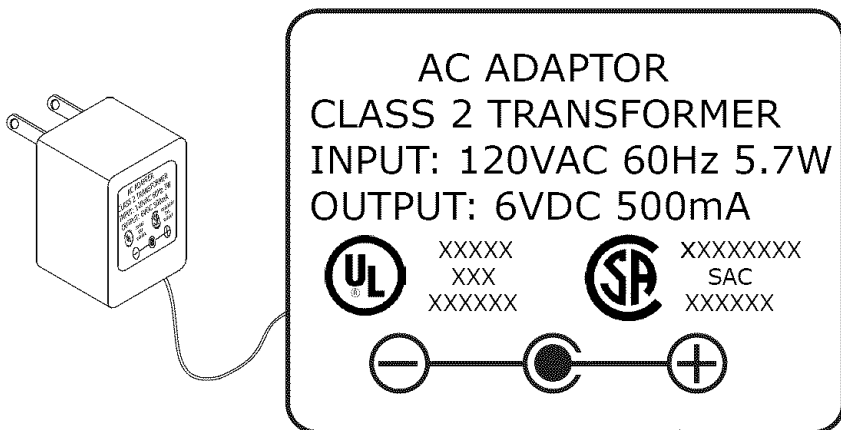
The adapter must be purchased separately and can be obtained from many electronic stores.

### The AC adapter specifications are:

- INPUT: AC 120v 60Hz 5.7W
- OUTPUT: DC 6V 500mA
- DC PLUG:  
Outer Diameter  $5.5 \pm 0.1$   
Internal Diameter  $2.1 \pm 0.1$   
Length  $10 \pm 0.1$   
DC Wire Length 71 in. (180cm)  
Wire Diameter 24AWG

### The DC Connector Jack configuration:

- Outside: Negative
- Inside: Positive





## **Step 10 Final Inspection**

**Step 10-1:** Please inspect your machine to ensure that all fasteners are tight and components are properly assembled. Review all warnings affixed to machine.

## **Congratulations! Assembly is complete!**

Please reference the Owner's Manual for information regarding Computer Operation, Product Maintenance, Warranty Information, General Fitness and Exercise Guidelines.



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