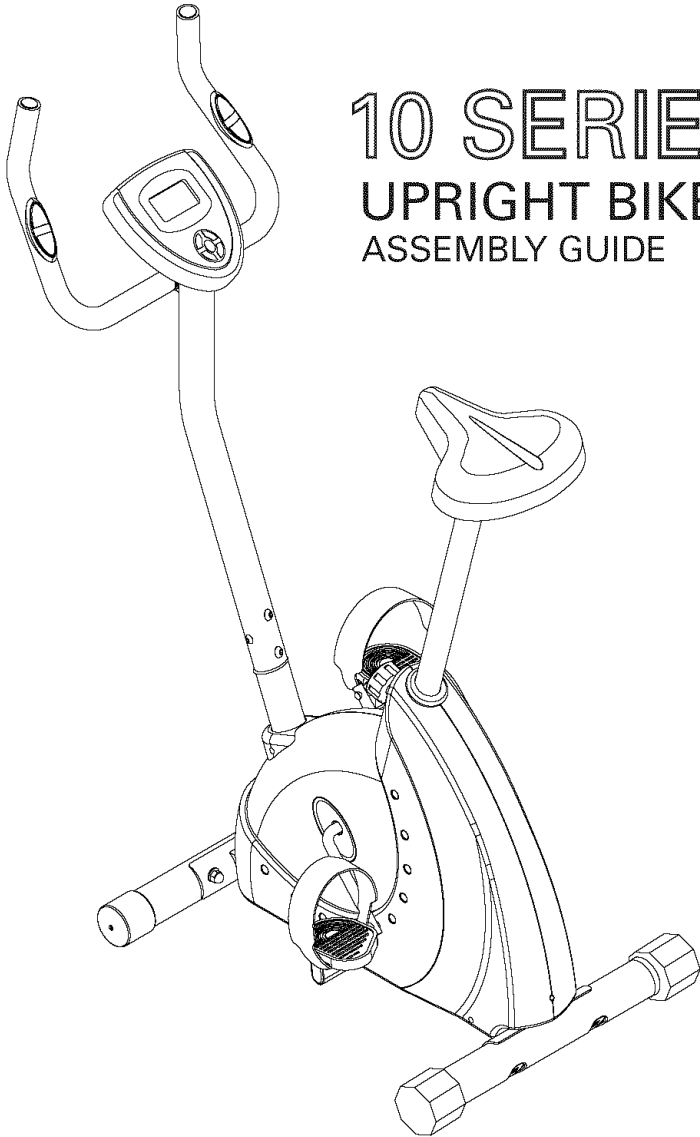




a brand of **NAUTILUS** Inc



10 SERIES

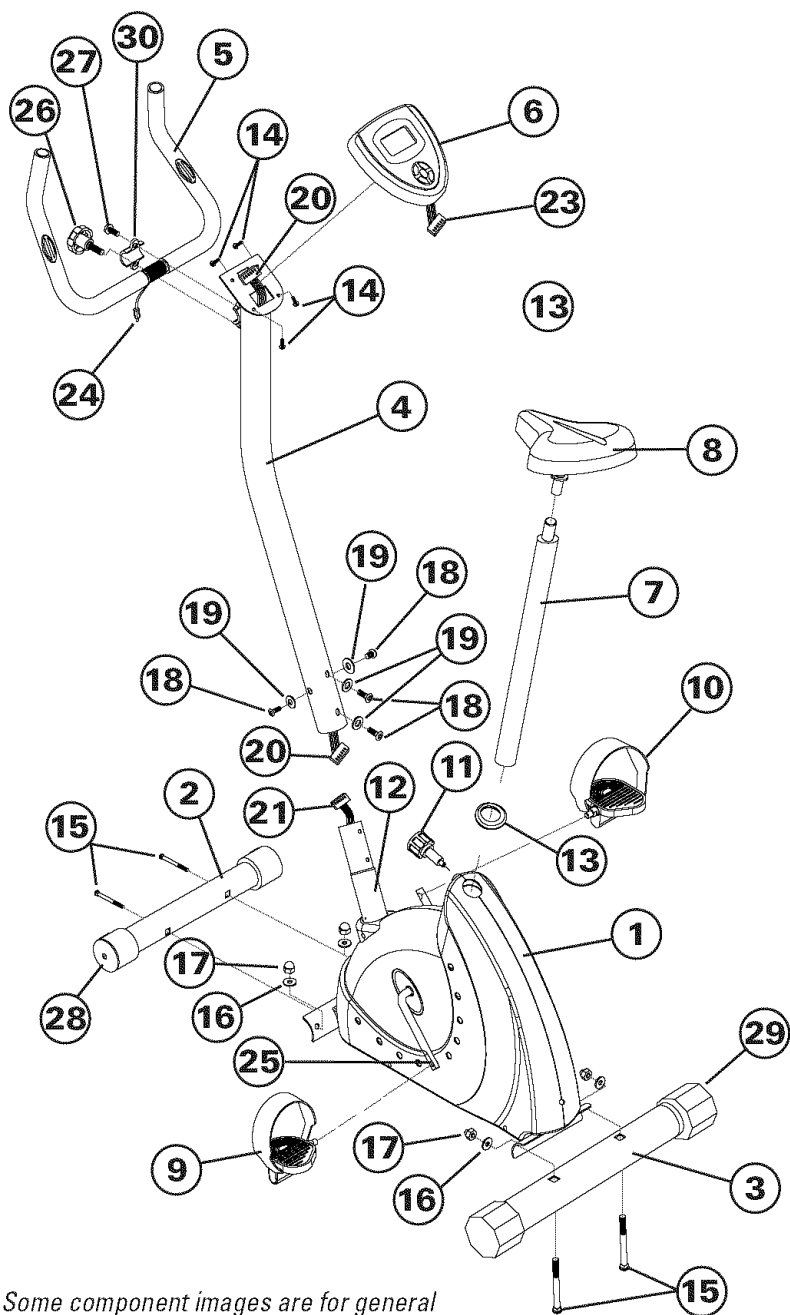
UPRIGHT BIKE

ASSEMBLY GUIDE

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EXPLODED VIEW



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

Ref.	Description	Qty
1	Main Body Assembly	1
2	Front Stabilizer	1
3	Rear Stabilizer	1
4	Console Mast	1
5	Handlebar	1
6	Console (Computer)	1
7	Seat Post	1
8	Seat Pad	1
9	Left Pedal	1
10	Right Pedal	1
11	Seat Adjustment Knob	1
12	Mast Base	1
13	Seat Post Cover	1
14	M5 x 10mm Round Head Phillips Screw	4
15	M10 x 70mm Carriage Bolt	4
16	Arc Washer ID 10.5; OD 25mm; T 1.5mm	4
17	M10 Acorn Nut	4
18	M8 x 15 Allen Head Screw	4
19	Arc Washer ID 8.5mm; OD 22mm; T 1.2mm	4
20	Console Mast Wire (middle computer wire)	1
21	Main Frame Wire (lower computer wire)	1
22	Not Used	
23	Console Wire (computer wire)	1
24	Handlebar Heart Rate Wire (hand pulse wire)	1
25	Crank (pre-installed)	1
26	Handlebar Adjustment Knob	1
27	M8 x 20mm Allen Head Screw	1
28	Front Stabilizer End Cap (pre-installed)	2
29	Rear Stabilizer End Cap (pre-installed)	2
30	Handlebar C-Ring (clamp plate)	1

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

13. Seat Post Cover - 1pc

15. Carriage Bolt M10 x 70mm - 4pcs

16. Arc Washer - 4 pcs
(ID 10.5mm; OD 25mm; 1.5mm)

17. Acorn Nut M10 - 4pcs

18. Allen Head Hex Screw
M8 x 15mm- 4pcs

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

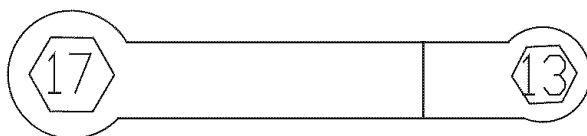
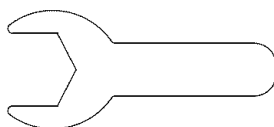
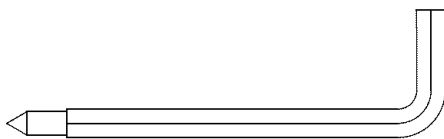
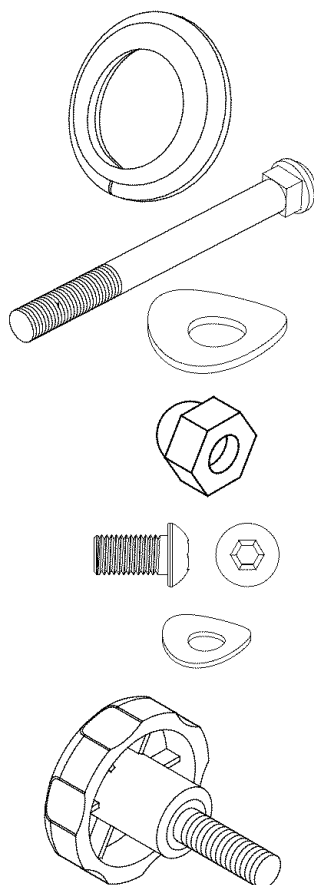
26. Handlebar adjustment knob with
texture - 1pc

Tools provided:

Allen Key L 6mm - 1pc

Open End Wrench 15mm - 1pc

Box Wrench
17mm x 13mm - 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 and Rear Stabilizers

Parts:

- Front Stabilizer (2)
- Rear Stabilizer (3)
- Main Body (1)
- Carriage Bolts - 4 (15)
- Arc Washers - 4 (16)
- Acorn Nut - 4 (17)

Tools:

- Wrench L13 - L17

Step 1: Secure Front Stabilizer (2) and Rear Stabilizer (3) to Main Body (1) using two Carriage Bolts (15), two Arc Washers (16), and two Acorn Nuts (17) for both Stabilizers.

Step 2: Assemble Front Roller facing forward (Figure 1A). Position Front Stabilizer so arrow on decal is pointing upwards.

Note: Assemble the Front and Rear Stabilizer bars so the red round paper decals C and D, correspond to the similar decals located on the Main Body curved weldments A and B.

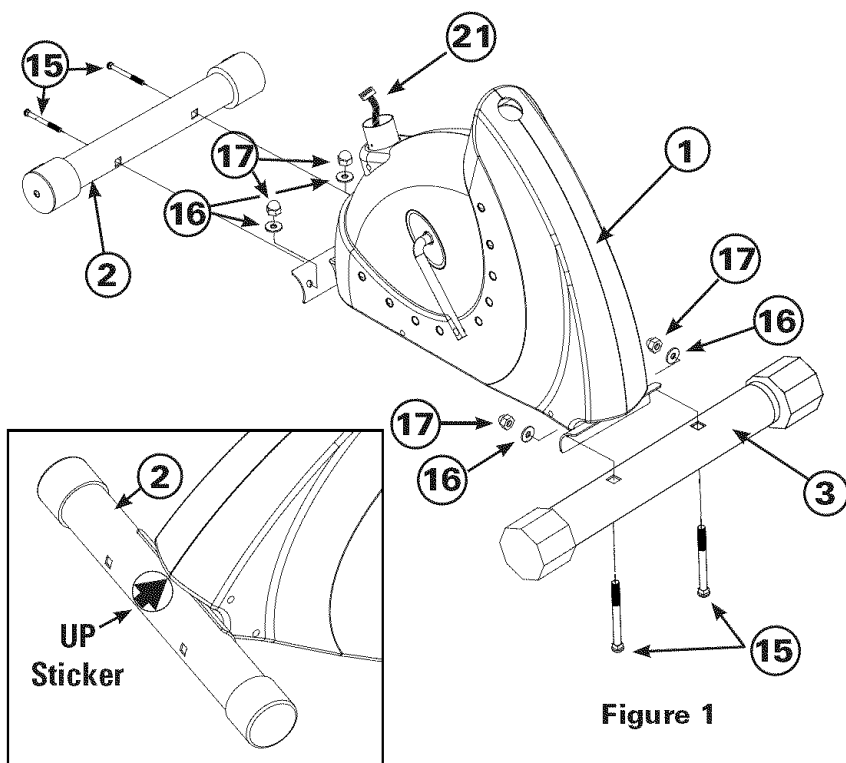


Figure 1

Figure 1A

Step 2 Attach Front Post

Parts:

- Console Mast Wire (20)
- Main Frame Wire (21)
- Console Mast (4)
- Arc Washers - 4 (19)
- Hex Screws - 4 (18)

Tools:

- Allen Key L6

Step 2-1: Connect Console Mast Wire (20) to Main Frame Wire (21).

Step 2-2: Attach ConsoleMast (4) to Main Body (1) using Arc Washers (19) and Hex Screws (18).

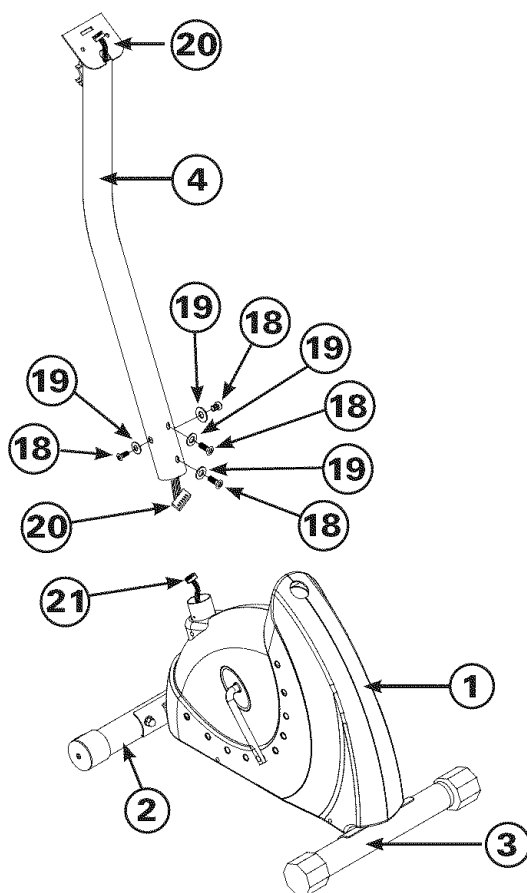


Figure 2

Step 3 Connect Console Assembly

Parts:

- Console Mast Wire (20)
- Console Wire (23)
- Console Assembly (6)
- Phillips Screws - 4 (14)

Tools:

- Allen Key L6
- Phillips screwdriver

Step 3-1: Connect ConsoleMast Wire (20) top connector to Console Wire (23). Push connected console wires down into the hole in the top of the Console Mast (4). Push the unconnected female connector wire (24f) through the rectangular hole near the edge of the mast plate.

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

Step 3-2: Slide Console Assembly (6) onto the Console Mast (4) flat plate (Figure 3A). Secure Console to plate (Figure 3B) using four Phillips Screws (14).

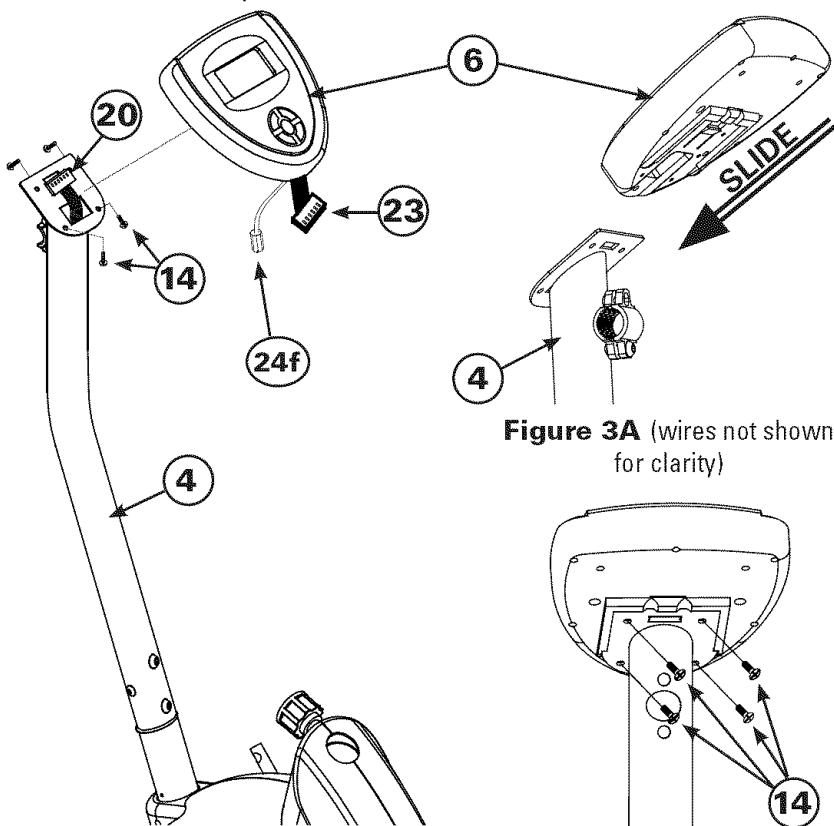


Figure 3

Figure 3A (wires not shown for clarity)

Figure 3B (24f connector not shown for clarity)

Step 4 Connect Contact HR and Handle Bar

Parts:

- Heart Rate Wire (24)
- Handlebar (5)
- C-Ring (30)
- Flat Hex Screw M8 (27)
- Adjustment Knob (26)

Tools:

- Allen Key L6

Step 4-1: Using C-ring (30), Flat HeadScrew (27) and Knob (26), secure Handle Bar (5) to Console Mast (4). Make sure to tighten the Adjustment Knob so that the Handlebar is stable and does not move when pressed.

Step 4-2: Connect Heart RateWire (24) to the female connector from Console (6).

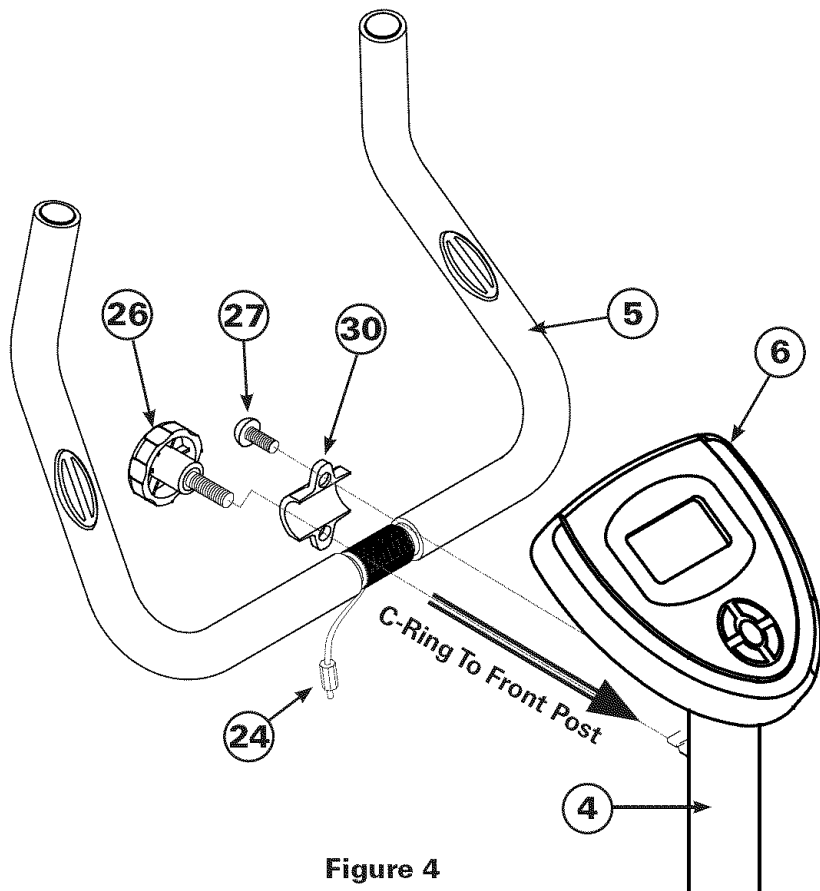


Figure 4

Step 5 Attach Seat Post and Seat

Parts:

- Seat Post Cover (13)
- Seat Post (7)
- Seat Pad (8)

Tools:

- Wrench L13-L17

Step 5-1: Slide Seat Post Cover (13) over Seat Post (7). Pull out Quick Release Knob (11) and insert Seat Post (7) into Main Body (1). Adjust seat height and lock into position with Quick Release Knob (11).

Step 5-2: Install Seat Pad (8) on Seat Post (7) and tighten the nut under the pad to secure the seat.

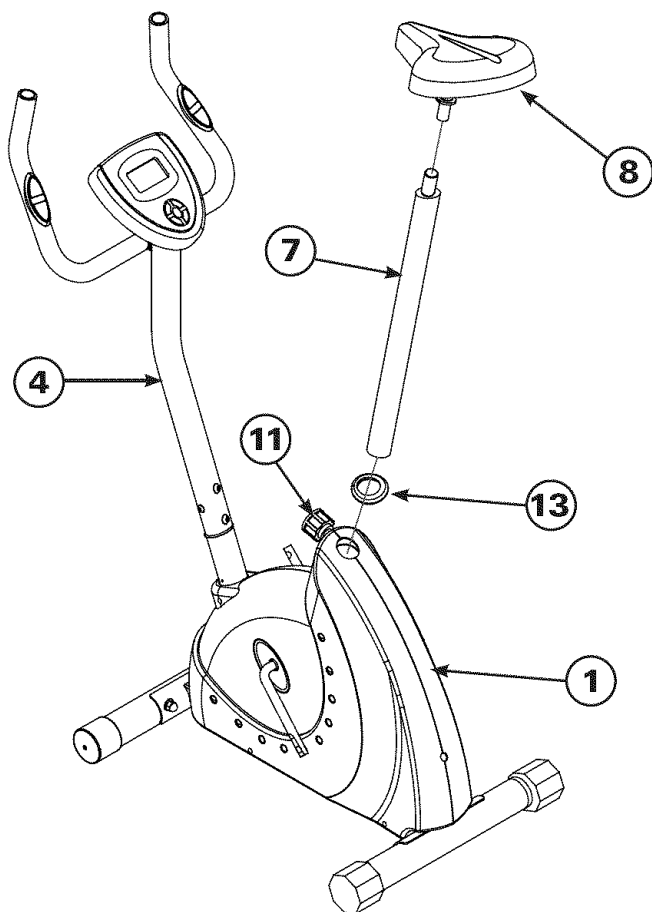


Figure 5

Step 6 Attach Pedals to Cranks

Parts:

- Left Pedal (9)
- Right Pedal (10)
- Batteries

Tools:

- Spanner Wrench L15

Step 6-1: Install the Left Pedal (9) to Left Crank (25). Install Right Pedal (10) to the Right Crank.

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

Step 6-2: Insert C batteries into the back of the console as indicated in the battery bay.

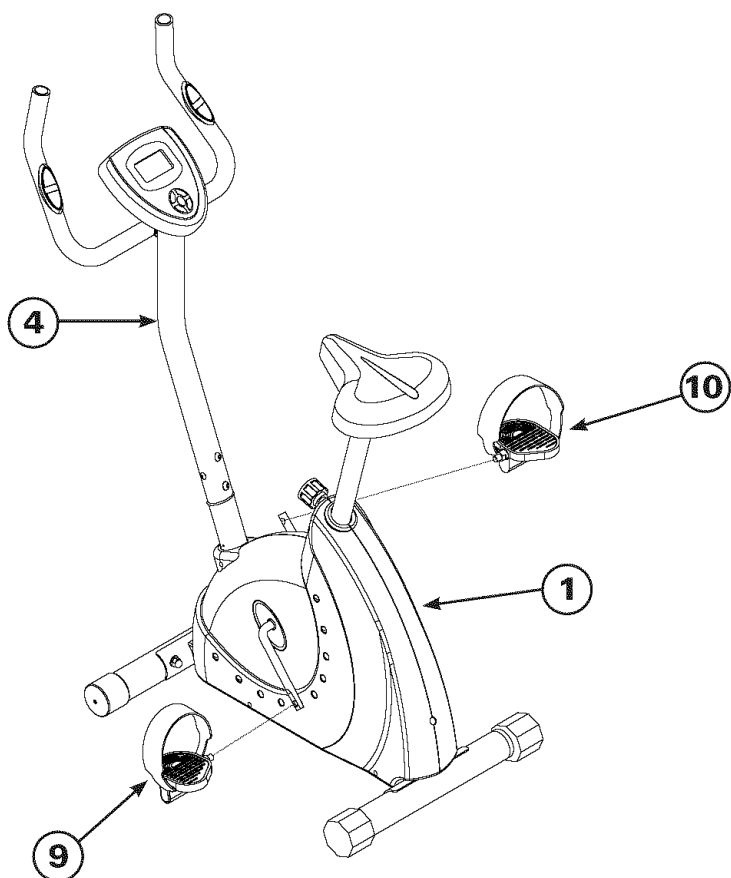


Figure 6

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.

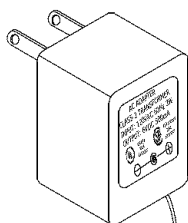
The adapter must be purchased separately and can be obtained from many electronic stores.

The AC adapter specifications are:

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

The DC Connector Jack configuration:

- Outside: Negative
- Inside: Positive



AC ADAPTER
CLASS 2 TRANSFORMER
INPUT: 120VAC 60Hz 5.7W
OUTPUT: 6VDC 500mA



XXXXX
XXX
XXXXXX



XXXXXXXXX
SAC
XXXXXX



Step 7 Final Inspection

Step 7-1: 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.