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NOTICE: This document provides important safety instructions, adjustments, and general troubleshooting information for the maintenance of the Nautilus™ R618 Recumbent Bike.

If you need assistance, please contact Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: www.nautilusinternational.com

 **This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Read and understand all Warnings on this machine.**

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Important Safety Instructions

 **This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Read and understand all Warnings on this machine.**

Before servicing or using this equipment, obey the following warnings:

 **Read and understand the Service Manual before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.**

Disconnect all power to the machine before you service it.

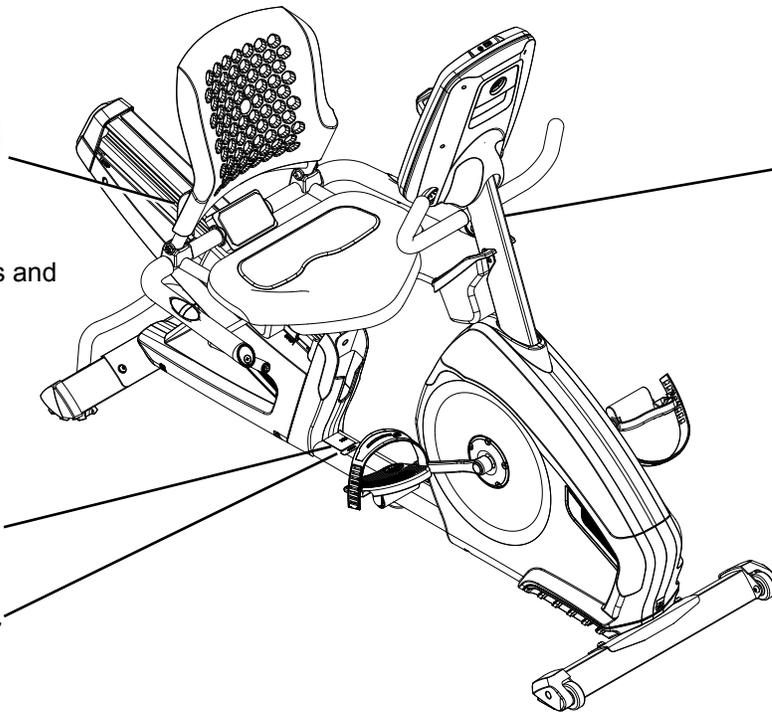
- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- 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.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If at any time the Warning labels become loose, unreadable or dislodged, replace the labels. If purchased in US/Canada, contact Customer Service for replacement labels. If purchased outside US/Canada, contact your local distributor for them.
- Do not try to change the design or functionality of the machine being serviced as this can adversely affect user safety.
- Do not put the machine back in service until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

Safety Warning Labels and Serial Numbers



WARNING

- Keep hands and feet away.



Product Specification

Serial Number

WARNING!

- Injury or death is possible if caution is not used while using this machine.
- Keep children and pets away.
- Read and follow all warnings on this machine.
- Refer to the Owner's Manual for additional warnings and safety information.
- The heart rate displayed is an approximation and should be used for reference only.
- Not intended for use by anyone under 14 years of age.
- The maximum user weight for this machine is 325 lbs (147 kg).
- This machine is for home use only.
- Consult a physician prior to using any exercise equipment.

(The label on the product is available in English and French Canadian only.)

Reading the Product Specification Decal

The Manufacture Date on the Product Specification Decal is a date code: YY/WW (year/week).

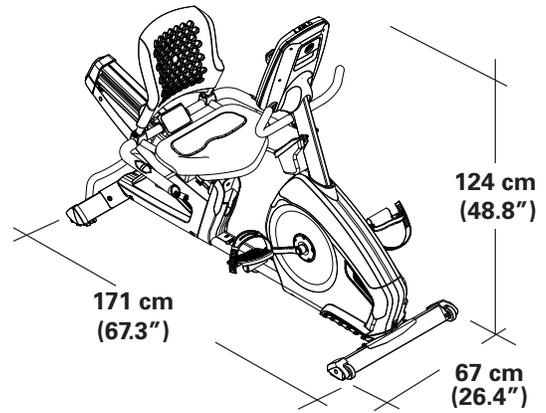
Manufacture Date Code: YYWW

Specifications

Maximum User Weight: 147.4 kg (325 lbs.)
Total Surface Area (footprint) of equipment: 11 457 cm²
Machine Weight: 48.6 kg (107.1 lbs.)

Power Requirements:

Input Voltage: 100 - 240V AC, 50/60Hz
Output Voltage: 9VDC, 1.5A
Heart Rate Chest Strap: 1 CR2032 battery



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.

FCC Compliance



Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

The machine and power supply comply with part 15 of the FCC rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Note: This machine and power supply have been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications.

However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Maintenance

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 Nautilus Customer Service 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 slider operation. If needed, apply a very 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 and crank arms and tighten as necessary. Make sure all bolts and screws are tight. Tighten as necessary.

Leveling the Machine

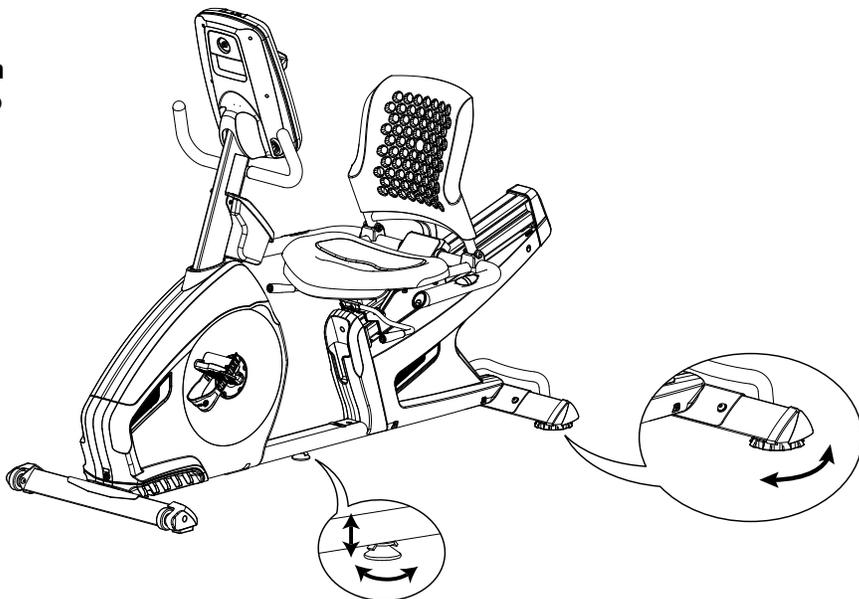
Levelers are found on each side of the Rear Stabilizer and on the Frame Rail. On the Rear Stabilizer, turn the stabilizer foot to adjust.

⚠ 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.

To adjust the leveler on the Frame Rail:

1. Loosen the upper locking nut.
2. Turn the leveler to adjust the height.
3. Tighten the upper locking nut to lock the leveler.

Make sure the bike is level and stable before you exercise.

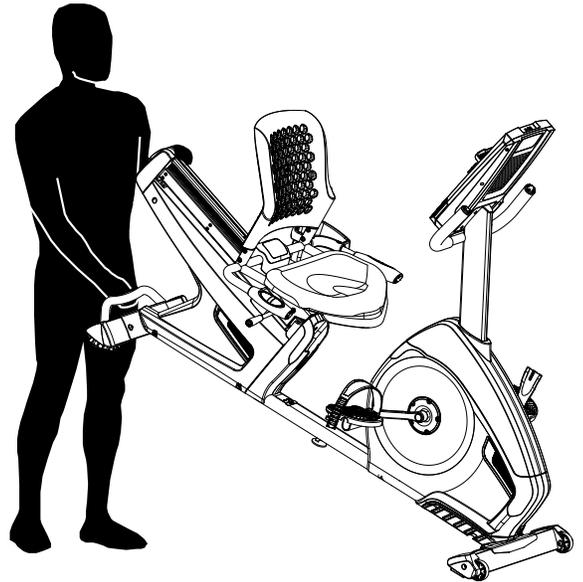


Moving the Machine

⚠ 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.

1. Remove the power cord.
2. Use the Transport Handle to carefully lift the machine onto the transport rollers.
3. Push the machine into position.
4. Carefully lower the machine into position.

NOTICE: Be careful when you move the bike. Abrupt motions can affect the computer operation.



Bluetooth® Connectivity with the “Nautilus Trainer™” Fitness App

This fitness machine is equipped with Bluetooth® connectivity and can wirelessly sync with the “Nautilus Trainer™” Fitness App on supported devices. The Software App syncs with your fitness machine to track total calories burned, time, distance, and more. It records and stores every workout for quick reference. Plus, it automatically syncs your workout data with MyFitnessPal® and Under Armour® Connected Fitness to make hitting your daily calorie goal easier than ever! Track your results and share with friends and family.

1. Download the free Software App, named Nautilus Trainer™. The software app is available on the App Store and Google Play™.

Note: For a complete list of supported devices, review the software app on the App Store or Google Play™.

2. Follow the instructions on the Software App to sync your device to your exercise machine.
3. To sync your workout data with MyFitnessPal® or Under Armour® Connected Fitness, click on the desired program and login with your information.

Note: The “Nautilus Trainer™” Fitness App will automatically sync your workouts after the initial syncing.

Workout with Other Fitness Apps

This fitness machine has integrated Bluetooth® connectivity which allows it to work with a number of digital partners. For our latest list of supported partners, please visit: www.nautilus.com/partners

USB Charging

If a USB Device is attached to the USB Port, the Port will attempt to charge the Device.

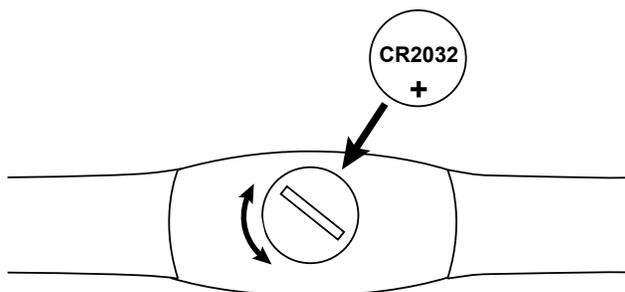
Note: Depending on the amperage of device, the power supplied from the USB Port may not be enough to operate the Device and charge it at the same time.

Heart Rate Chest Strap Battery Replacement

The heart rate (HR) chest strap uses a CR2032 battery.

⚠ Do not perform this procedure outdoors or in moist or wet locations.

1. Using a coin, loosen the slotted cover on the battery bay. Remove the cover and battery.
2. When replacing the battery, insert it in the battery bay with the + symbol facing up.
3. Reinstall the cover on the strap.
4. Discard the old battery. Dispose of in accordance with local regulations and/or at approved recycling centers.
5. Inspect your chest strap to ensure function.



⚠ Do not use until the equipment has been fully assembled and inspected for correct performance in accordance with the Owner's Manual.

Troubleshooting

Condition/Problem	Things to Check	Solution
No display/partial display/ unit will not turn on	Check electrical (wall) outlet	Make sure unit is plugged into a functioning wall outlet.
	Check connection at front of unit	Connection should be secure and undamaged. Replace adapter or connection at unit if either are damaged.
	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	Be 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.
	Console Display	If Console only has partial display and all connections are fine, replace the Console.
		If the above steps do not resolve the problem, contact Customer Service (if inside US/Canada) or your local distributor (if outside US/Canada).
Unit operates but Contact HR not displayed	HR cable connection at Console	Be sure cable is connected securely to Console.
	HR cable box connection	Be sure cables from handlebars and cable to Console are secure and undamaged.
	Sensor grip	Be sure hands are centered on HR sensors. Hands must be kept still with relatively equal pressure applied to each side.
	Dry or calloused hands	Sensors may have difficulty with dried out or calloused hands. A conductive electrode cream (heart rate cream) can help make better conduct. These are available on the web or at medical or some larger fitness stores.
	Static Handlebar	If tests reveal no other issues, Static Handlebar should be replaced.

Condition/Problem	Things to Check	Solution
Unit operates but Telemetric HR 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.
	Check User Profile	Select the Edit User Profile option for the User Profile. Go to the WIRELESS HR setting and make sure that the current value is set to ON.
	Interference	Try moving unit away from sources of interference (TV, Microwave, 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.
Unit operates but Telemetric HR displayed incorrectly	Interference	Make sure that the HR receiver is not blocked by a personal electronic device in the left side of the media tray.
No speed/RPM reading, Console displays "Please Pedal" error code	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 magnet position (requires shroud removal)	Magnet should be in place on pulley.
	Check Speed Sensor (requires shroud removal)	Speed sensor should be aligned with magnet and connected to data cable. Realign sensor if necessary. Replace if there is any damage to the sensor or the connecting wire.
Resistance does not change (machine turns on and operates)	Batteries (if equipped)	Replace batteries and check for proper operation.
	Check Console	Check for visual sign that Console is damaged. Replace Console if damaged.
	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	Be sure cable is connected securely and oriented properly. Reseat all connections. Small latch on connector should line up and snap into place.
	Check Servo Motor (requires shroud removal)	If magnets move, adjust until they are within the proper range. Replace Servo Motor if not functioning properly.
		If the above steps do not resolve the problem, contact Customer Service (if inside US/Canada) or your local distributor (if outside US/Canada).
Console shuts off (enters sleep mode) while in use	Check electrical (wall) outlet	Make sure unit is plugged into a functioning wall outlet.
	Check connection at front of unit	Connection should be secure and undamaged. Replace adapter or connection at unit if either are damaged.
	Check data cable integrity	All wires in the cable should be intact. If any are cut or crimped, replace cable.

Condition/Problem	Things to Check	Solution
	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.
	Reset machine	Unplug unit from electrical outlet for 3 minutes. Reconnect to outlet.
	Check magnet position (requires shroud removal)	Magnet should be in place on pulley.
	Check Speed Sensor (requires shroud removal)	Speed sensor should be aligned with magnet and connected to data cable. Realign sensor if necessary. Replace if there is any damage to the sensor or the connecting wire.
Fan will not turn on or will not turn off	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.
	Reset machine	Unplug unit from electrical outlet for 3 minutes. Reconnect to outlet.
Fan will not turn on, but Console operates	Check for blockage of fan	Unplug unit from electrical outlet for 5 minutes. Remove material from fan. If necessary, detach the Console to help with removal. Replace the Console if unable to remove blockage.
Unit rocks/does not sit level	Check leveler adjustment	Adjust levelers until machine is level.
	Check surface under unit	Adjustment may not be able to compensate for extremely uneven surfaces. Move machine to level area.
Seat Assembly shifts / squeaks when in use	Hardware	Check hardware that attaches Seat assembly, and fully tighten hardware.
Clicking sound when pedaling	Check pedal to crank arm connection	Remove pedals. Make sure there is no debris on threads, and reinstall the pedals.
Pedals loose/unit difficult to pedal	Check pedal to crank connection	Pedal should be tightened securely to crank. Be sure connection is not cross threaded.
	Check crank to axle connection	Crank should be tightened securely to axle.
Console continuously cycles through program screens	Console is in demonstration mode	Hold down the PAUSE/END button and Left button together for 3 seconds.
Workout results will not sync with Bluetooth® enabled device	Current console mode	Machine must be in Idle Mode to sync. Push the PAUSE/END button until the Power-Up Mode screen is displayed.
	Total time of workout	A workout must be longer than 1 minute to be saved and posted by the Console.
	Fitness machine	Unplug unit from electrical outlet for 5 minutes. Reconnect to outlet.
	Bluetooth® enabled device	Consult your device to be sure that the Bluetooth® wireless feature has been enabled on it.
	Fitness App	Review Specifications of Fitness App and confirm your device is compatible.
		Contact appsupport@nautilus.com (if inside US/Canada) or your local distributor (if outside US/Canada) for further assistance.

Condition/Problem	Things to Check	Solution
Workout results not posting from Nautilus Trainer™ to MyFitnessPal® / Under Armour® Connected Fitness.	Sync accounts	From the Menu icon on the Nautilus Trainer™ App, select the Sync to MyFitnessPal® or Under Armour® Connected Fitness.
	Sync fails	Review account and password for MyFitnessPal® / Under Armour® Connected Fitness.
		Contact appsupport@nautilus.com (if inside US/Canada) or your local distributor (if outside US/Canada) for further assistance.

Console Service Mode – x618 series Consoles

The Console Setup Mode lets you input the date and time, set the units of measurement to either English or Metric, change the machine type, control the sound settings (on/ off), or see maintenance statistics (Total Run Hours – for service technician use only).

1. To go into the Console Setup Mode:
 - For the later version of the console, hold down the PAUSE/END button and Increase (▲) button together for 3 seconds while in the Power-Up Mode.
 - For the earlier version of the console, hold down the PAUSE/END button and Left button together for 3 seconds while in the Power-Up Mode.

Note: Push PAUSE/END to exit the Console Setup Mode and return to the Power-Up Mode screen.
2. The Console display shows the Date prompt with the current setting. To change, push the Increase/Decrease buttons to adjust the currently active value (flashing). Push the Left/Right buttons to change which segment is the currently active value (month / day / year).
3. Push OK to set.
4. The Console display shows the Time prompt with the current setting. Push the Increase/Decrease buttons to adjust the currently active value (flashing). Push the Left/Right buttons to change which segment is the currently active value (hour / minute / AM or PM).
5. Push OK to set.
6. The Console display shows the Units prompt with the current setting. To change, push OK to start the Units option. Push the Increase/Decrease buttons to change between “MILES” (Imperial English units) and “KM” (metric units).

Note: If the units change when there is data in User Statistics, the statistics convert to the new units.
7. Push OK to set.
8. The Console display shows the Sound Settings prompt with the current setting. Push the Increase/Decrease buttons to change between “ON” and “OFF”.
9. Push OK to set.
10. The Console display shows the TOTAL RUN HOURS for the machine.

To go to the next Console Setup Mode prompt, push the OK button.

To enter the Manufacturing Menu (MFG Menu):

 - For the later version of the console, hold down the PAUSE/END button and Increase (▲) button together for 3 seconds while in the Power-Up Mode.
 - For the earlier version of the console, hold down the PAUSE/END button and Left button together for 3 seconds while in the Power-Up Mode.

The Console display shows the Firmware Version string. Push the Up/Down buttons to move through the MFG Menu options. Push OK to make a selection.

 - a. ENTER MFG TEST – This option is intended for use on the manufacturing production line only. It is a chained series of tests similar to the tests listed below, but optimized to be run on the production line. This chained test should not be used anywhere but on the production line.

- b. DEBUG TERMINAL – Not used.
- c. MOVE LIFT – (E618 elliptical only) Used to adjust a new lift motor. The Console displays “UP MX DN MN RT CAL”: Up arrow will move the lift motor to the maximum position; Down arrow will move the lift motor to the minimum position; Right arrow will perform a lift motor calibration by moving the lift motor to its minimum and maximum position. Note: Lift motor calibration is no longer required, so calibration is not needed.
- d. RESET MFG NVM – Resets MFG NVM (non volatile memory). Must be run before lift motor calibration if a valid lift table exists in NVM (lift motor has been calibrated before).
- e. RUN BEEP TEST – Sounds each system beep / tone / sequence in order. Press any key to exit
- f. RUN BUTTON TEST – The Console display shows the function of each button as buttons are pressed. If the display shows an incorrect function, the overlay on the Console may be incorrect for that model. If the display does not show a function, the firmware version may be incorrect. No beeps are sounded during this test.
To exit the test, push and hold one of the long key sequences (i.e. long Pause / End + Right or long Pause / End + Down).
- g. RUN LED TEST – Drives LEDs to the following states:
 - 1. All LEDs On 1 second
 - 2. All LEDs Off 1 second
 - 3. Sequence Segments 1 at a time – on 1 second, off 1 second
 Press any key to exit test
- h. RUN LCD TEST – Drives 3x5 and 1x5 LCD displays with the following patterns:
 - 1. All segments on
 - 2. All segments off
 - 3. Set individual segments one at a time until all segments are illuminated.
 Press any key to exit.
- i. RESET CONSOLE – Resets the data from user inputs. The Console setup, user records and workout records will be reset to defaults. This option does not reset MFG NVM (non volatile memory).

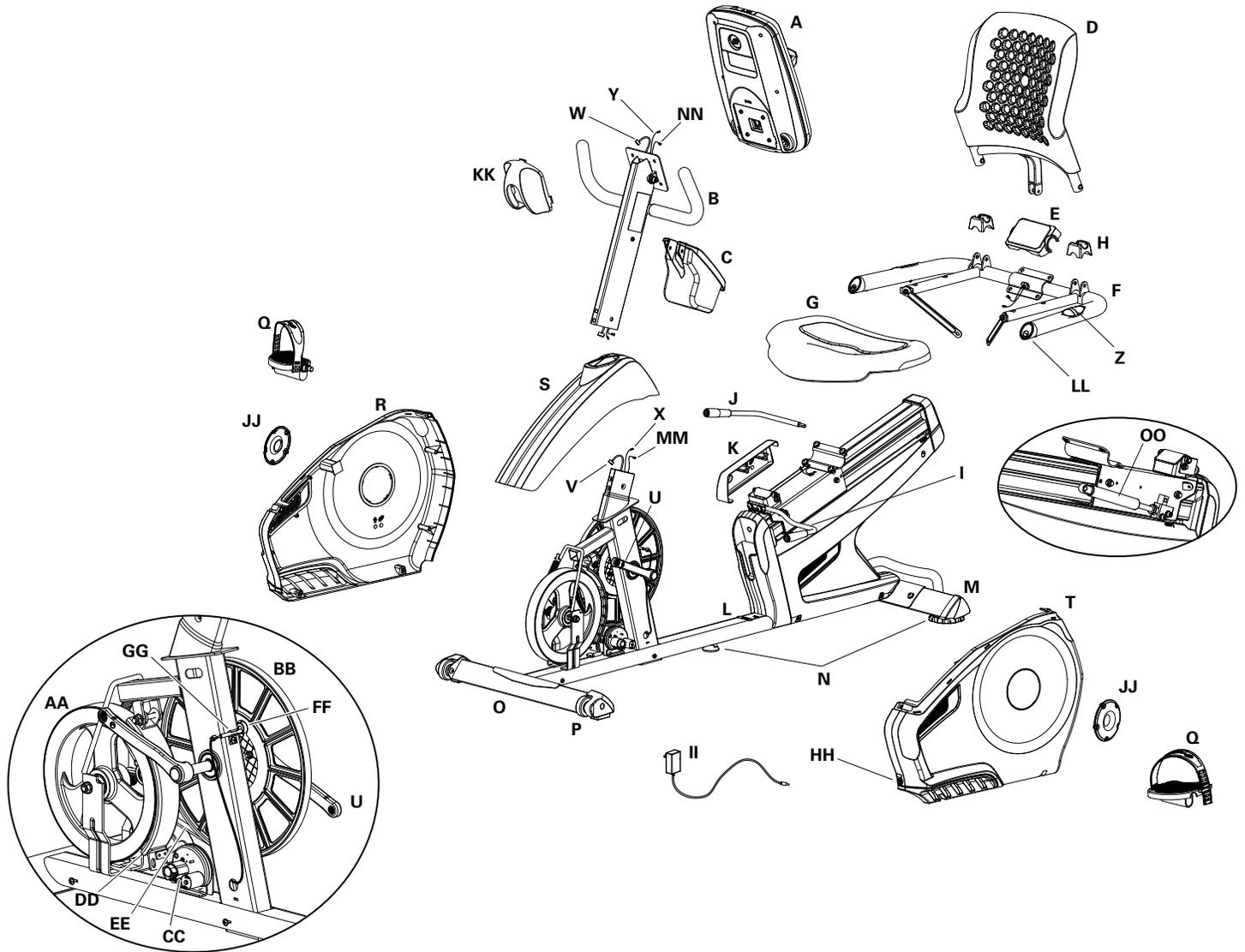
11. The Console display shows the Software Version prompt.

12. For the next prompt, push the OK button.

13 . The Console will display the Power-Up Mode screen.

Maintenance Parts Exploded View

Your machine may differ. Use only as a guide.



A	Console	O	Stabilizer, Front	CC	Servo Motor
B	Console Mast	P	Transport Wheel	DD	Brake Assembly
C	Water Bottle Holder	Q	Pedals	EE	Drive Belt
D	Seat Back	R	Shroud, Right	FF	Speed Sensor Magnet
E	Top Cap	S	Shroud, Upper	GG	Speed Sensor
F	Seat Frame Assembly	T	Shroud, Left	HH	Power Inlet
G	Seat Bottom	U	Crank Arm	II	AC Adapter
H	Seat Pivot Shroud	V	Console Cable, Lower	JJ	Cover, Crank Disc
I	Seat Adjustment Handle	W	Console Cable, Upper	KK	Console Pivot Shroud
J	Seat Recline Handle	X	Heart Rate Cable, Lower	LL	Remote Resistance Control
K	Shock Shroud	Y	Heart Rate Cable, Upper	MM	Resistance Cable, Lower
L	Frame Assembly	Z	Contact Heart Rate Sensor (CHR)	NN	Resistance Cable, Upper
M	Rear Stabilizer	AA	Flywheel	OO	Seat Recline Shock Assembly
N	Leveler	BB	Drive Pulley		

REPLACEMENT PROCEDURE SKILL LEVEL

Level I : Low - very little mechanical knowledge or exposure.

Level II : Intermediate - some experience with mechanical procedures

Level III : Advanced - knowledgeable about mechanical procedures



Disconnect all power to the machine before you service it.

When disposing of old parts, obey the applicable local and provincial requirements.

For instructions to replace the following parts, please refer to the Assembly Manual for your bike:

- AC Adapter
- Front Stabilizer
- Rear Stabilizer
- Water Bottle Holder
- Seat Adjustment Handle

NOTICE: This document provides instructions for the adjustment of the Drive Belt tension on the Nautilus™ U618 Upright Bike and R618 Recumbent Bike.

If you need assistance, please contact Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: www.nautilusinternational.com

⚠ This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Read and understand all Warnings on this machine.

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Important Safety Instructions - Before servicing or using this equipment, obey the following warnings:

⚠ Read and understand the Service Manual before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.

Disconnect all power to the machine before you service it.

- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- 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.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If at any time the Warning labels become loose, unreadable or dislodged, replace the labels. If purchased in US/Canada, contact Customer Service for replacement labels. If purchased outside US/Canada, contact your local distributor for them.
- Do not try to change the design or functionality of the machine being serviced as this can adversely affect user safety.
- Do not put the machine back in service until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

Tools Required (not included)

#2 Phillips screwdriver



15mm open end wrench



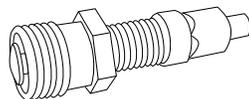
Small flathead screwdriver



15mm socket and wrench



Crank puller



NOTICE: It is necessary to remove the Shrouds for this procedure. Refer to the “Replace the Shrouds” procedure.

⚠ **Disconnect all power to the machine before you service it.**

Note: Your machine may not match the image. For reference only.

1. Remove the Top Shroud, Left Shroud and Right Shroud from the Main Unit. Refer to the “Replace the Shrouds” procedure.

2. To test the Drive Belt tension:

- Push the Drive Belt downward at the midpoint (M) between the pulleys and measure the distance. The Drive Belt should have only 0.25” (0.64 cm) of give. See Figure 1.

Or:

- Hold the edges of the Drive Belt at the midpoint (M) and twist it (see Figure 2). It should turn only 90 degrees (1/4 turn, to vertical).

If the tension is correct, go to Step 6.

If the tension is too loose or too tight, adjust the position of the Flywheel. Continue to Step 3.

3. To loosen the Flywheel hardware (A), use a 15 mm open end wrench to hold the nut on one side steady and loosen the nut on the opposite side with a 15 mm socket and wrench.

4. Move the Flywheel in the Main Frame bracket as necessary to adjust the tension. Hold it in position and tighten the hardware.

Note: This step may require two people.

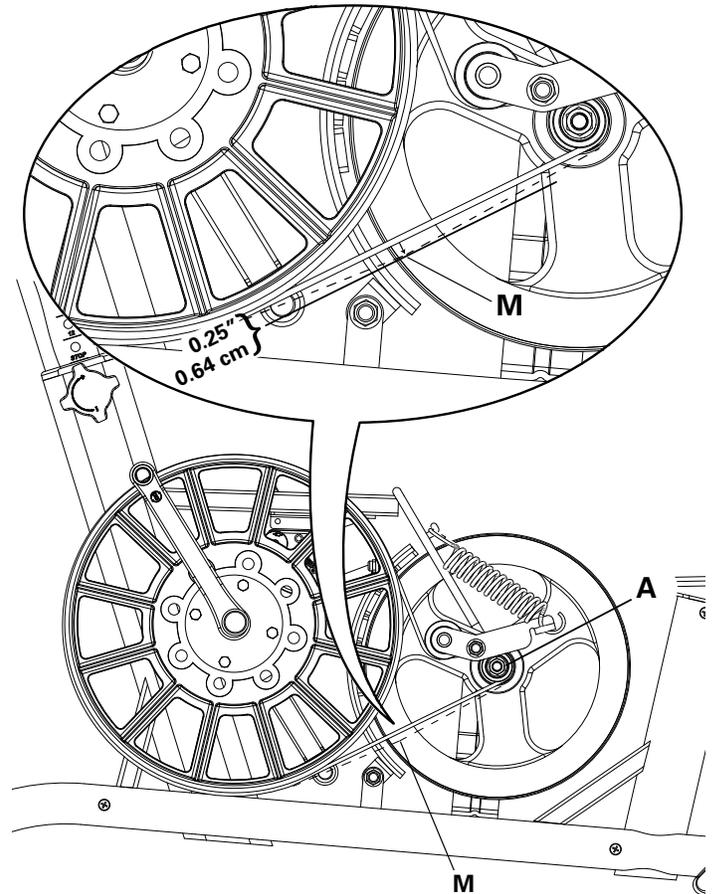
To tighten the Flywheel hardware, use a 15 mm open end wrench to hold the nut on one side steady and tighten the nut on the opposite side with a 15 mm socket and wrench.

5. Carefully turn the crank arms and check the movement of the drive belt. The Crank Arms and Flywheel should move as one.

⚠ **Be sure to keep fingers clear of all pinch hazards when you turn the Drive Pulley.**

Adjust the belt tension again if necessary.

Figure 1



(Main Frame bracket not shown for clarity)

Figure 2



6. Reassembly is the reverse procedure.

NOTICE: Be sure not to crimp any cables.

7. Final Inspection

Inspect your machine to ensure that all hardware is tight and components are properly assembled.



Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Owner's Manual.

NOTICE: This document provides instructions for the calibration of the Brake tension on the Nautilus™ R618 Recumbent Bike.

If you need assistance, please contact Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: www.nautilusinternational.com

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Read and understand the Service Manual before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.

Disconnect all power to the machine before you service it.

- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- 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.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If at any time the Warning labels become loose, unreadable or dislodged, replace the labels. If purchased in US/Canada, contact Customer Service for replacement labels. If purchased outside US/Canada, contact your local distributor for them.
- Do not try to change the design or functionality of the machine being serviced as this can adversely affect user safety.
- Do not put the machine back in service until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

Tools Required (not included)

#2 Phillips screwdriver



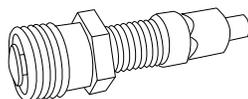
7mm open end wrench



Small flathead screwdriver



Crank puller



2.5" x 10" cardboard (3mm / 1/8" thick)
and tape



NOTICE: It is necessary to remove the shrouds for this procedure. Refer to the “Replace the Shrouds” procedure.

Note: Your machine may not match the image. For reference only.

1. Disconnect and reconnect the AC Adapter from the wall outlet to turn the power off and on.

2. Push QuickStart and verify that the console shows that the default resistance level is 4.

 **Disconnect all power and allow to sit for 5 minutes.**

3. Carefully remove the Left Shroud and Right Shroud. (Refer to the “Replace the Shrouds” procedure.) Do not remove the Console and Mast, and keep the Power Inlet cable (P) in the Shroud connected to the wiring harness on the motor (D). Slide the Top Shroud up the Mast. Balance the Top Shroud on the Mast to keep it clear of the pulley assembly.

Note: If it is necessary to remove the Top Shroud, reinstall the Console and Mast.

4. Insert 2.5” x 10” cardboard between the Brake Magnet (A) and the Flywheel (B), and tape the cardboard to the Brake Magnet.

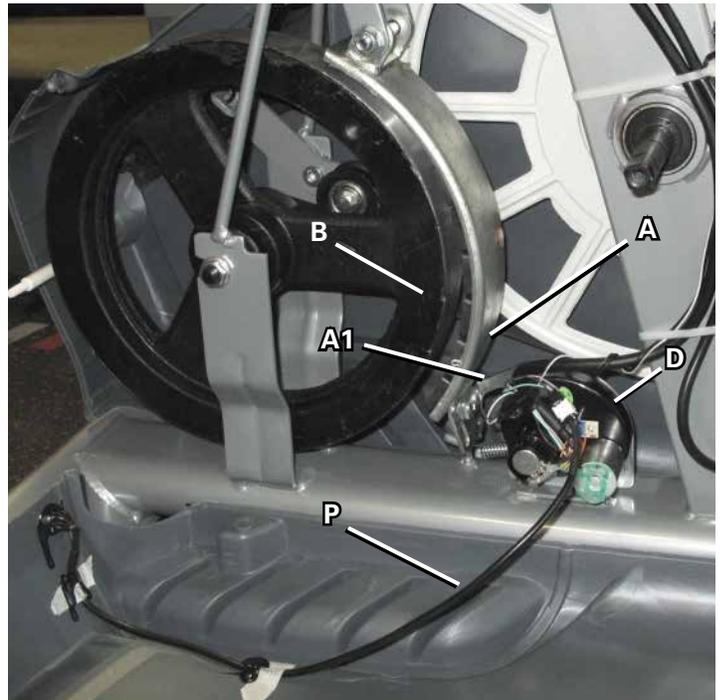
Note: Be sure the cardboard covers all of the Brake Magnet.

5. Turn the power on again.

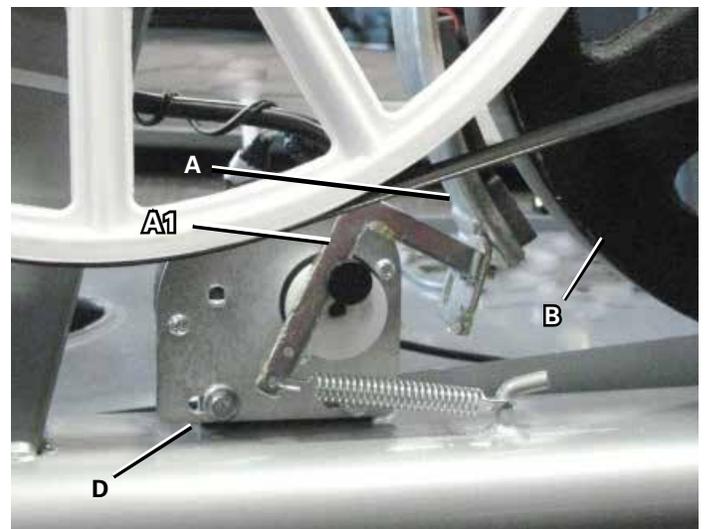
 **Machine is on. Current is active. There is risk of electrical shock.**

6. Use the console to set the resistance to the highest level. This moves the Brake Magnet Arm (A1) forward. After the Brake Magnet Arm stops at the highest resistance level, turn power off.

 **Disconnect all power and allow to sit for 5 minutes.**



Left side



Right side

6. To adjust the Brake tension, loosen the 2 hex head bolts (C) and move the Servo Motor assembly (D) until the closest point on the Brake Magnet (A) is within 3.0 mm (1/8") of the Flywheel (B). Tighten the bolts.

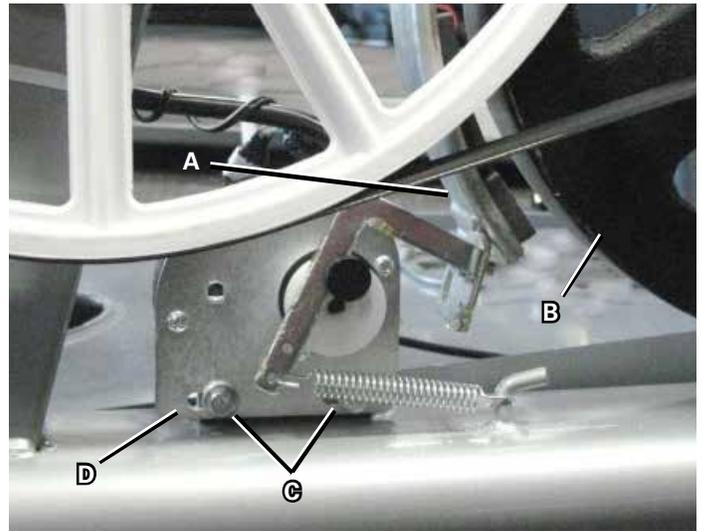
Note: If the cardboard is not 3mm (1/8") thick, you can use the pages of a paperback book to measure the gap. Approximately 36 pages (sheets) = 3mm.

7. Turn the power on again. Use the console to check the resistance adjustment.



Machine is on. Current is active. There is risk of electrical shock.

Note: Before fully attaching the Shrouds, remove the cardboard from between the Brake Magnet (A) and the Flywheel (B). Power up the machine to verify that the Magnet Arm can move freely, and that the Brake Magnet and Flywheel do not touch.



8. Final Inspection

Inspect your machine to ensure that all hardware is tight and components are properly assembled.



Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Owner's Manual.

NOTICE: This document provides instructions for the replacement of the Console on the Nautilus™ U618 Upright Bike and R618 Recumbent Bike.

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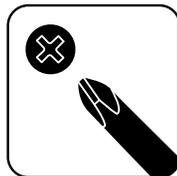
 **Read and understand the Service Manual before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.**

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Tools Required (not included)

#2 Phillips screwdriver





Disconnect all power to the machine before you service it.

Note: Your machine may not match the image. For reference only.

1. Press the edges of the Console Pivot Shroud to disengage the tabs from the Console. Remove the Console Pivot Shroud and set it safely aside.

2. Remove screws that attach Console to the Mast. Carefully lift the Console off the Mast.

3. Disconnect the Data Cable, Heart Rate Cable and Resistance Cable at the top of the Mast. Discard the Console and screws.

Note: Do not let the cables fall down inside the Mast. This step may require two people.

4. Installation is the reverse procedure.

5. Discard the old parts.

6. Inspect your machine to ensure that all hardware is tight and components are properly assembled.



Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Owner's Manual.

Initial Setup

During the first power-up, the Console should be set up with the date, time, your preferred measurement units and machine type.

1. Date: Push the Increase/Decrease buttons to adjust the currently active value (flashing). Push the Left/Right buttons to change which segment is the currently active value (month / day / year).

2. Push OK to set.

3. Time: Push the Increase/Decrease buttons to adjust the currently active value (flashing). Push the Left/Right buttons to change which segment is the currently active value (hour / minute / AM or PM).

4. Push OK to set.

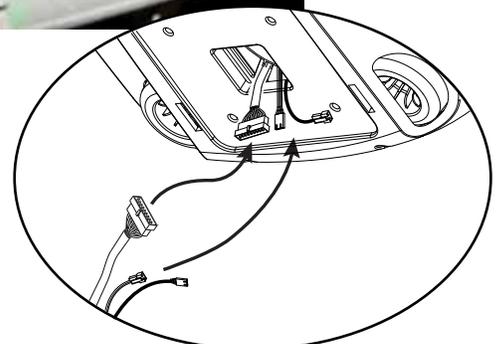
5. Units of Measurement: Push the Increase/Decrease buttons to adjust between "MILES" (Imperial English) or "KM" (metric).

6. Push OK to set.

7. The Console display shows the Machine Type prompt with the current setting. This menu option appears in the x614 series console only (not the x616 series consoles). Push the Increase/Decrease buttons to change between "BIKE" and Elliptical ("ELIP").

8. Push OK to set. The Console goes back to the Power-Up / Idle Mode screen.

Note: To adjust these selections, consult the "Console Service Mode" section.



NOTICE: This document provides instructions for the replacement of the Pedals on the Nautilus™ U618 Upright Bike and R618 Recumbent Bike.

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Tools Required (not included)

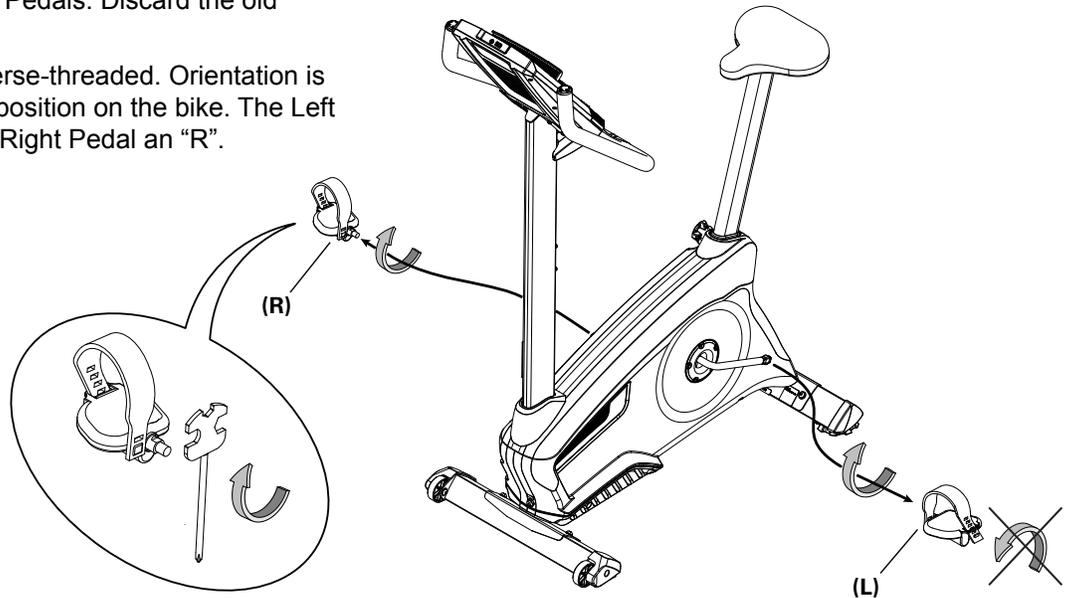
Pedal wrench



Note: Your machine may not match the image. For reference only.

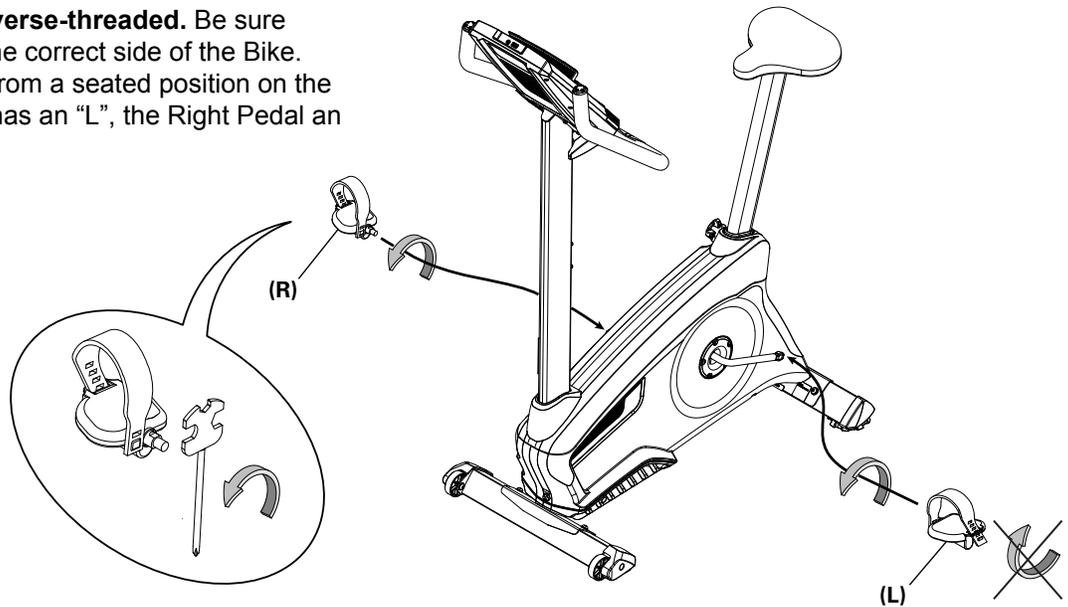
1. Loosen and remove the old Pedals. Discard the old Pedals.

Note: The Left Pedal is reverse-threaded. Orientation is based from a seated position on the bike. The Left Pedal has an “L”, the Right Pedal an “R”.



2. Install the new Pedals. Carefully align the threads and hand tighten to prevent cross-threading. Then tighten fully with pedal wrench.

Note: The Left Pedal is reverse-threaded. Be sure to attach Pedals on the correct 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. Final Inspection

Inspect your machine to ensure that all hardware is tight and components are properly assembled.

⚠ Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Owner's Manual.

NOTICE: This document provides instructions for the replacement of the Crank Arms on the Nautilus™ U618 Upright Bike and R618 Recumbent Bike.

If you need assistance, please contact Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: www.nautilusinternational.com

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Tools Required (not included)

#2 Phillips screwdriver



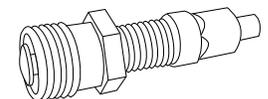
13mm wrench and socket



Flathead screwdriver



Crank puller



Pedal wrench



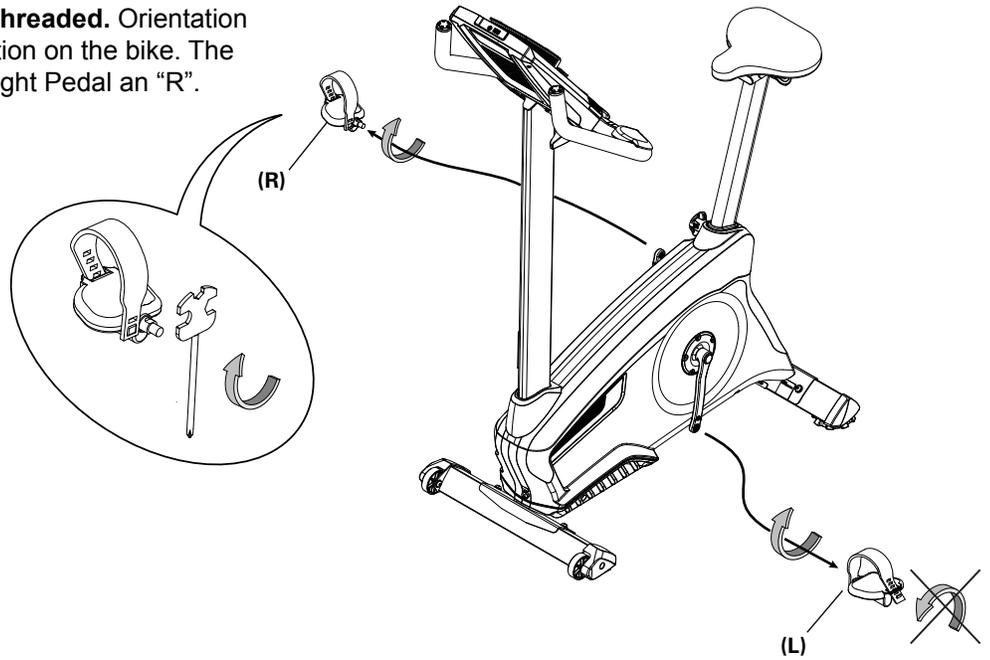
Adjustable wrench



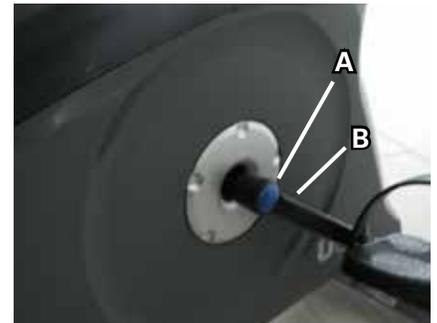
Note: Your machine may not match the image. For reference only.

1. Loosen and remove the old Pedals. Set them safely aside for reassembly.

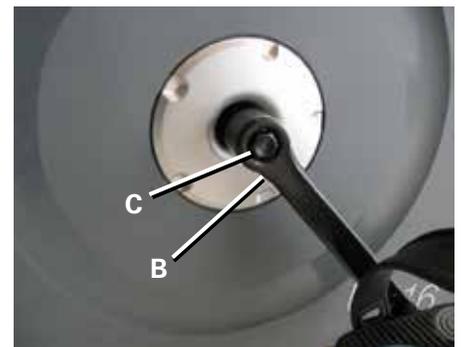
Note: The Left Pedal is reverse-threaded. Orientation is based from a seated position on the bike. The Left Pedal has an "L", the Right Pedal an "R".



2. Using a flathead screwdriver, remove the threaded Cap (A) from the Crank Arm (B) to expose the Hex Head Bolt (C).

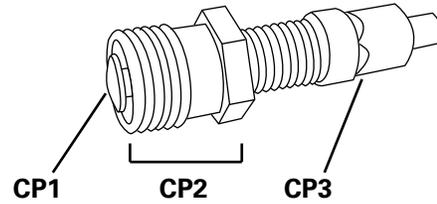


3. Using a wrench and socket, remove the Hex Head Bolt (C).

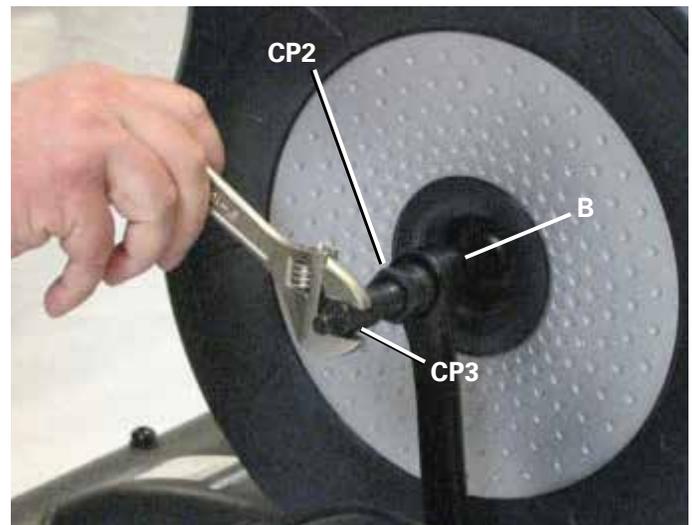


4. Thread the Crank Puller into the Crank Arm (B). When the Crank Puller is in the correct position, only 1-2 threads on the outer portion (CP2) of the Crank Puller should show.

Note: Be sure the end of the Bolt (CP1) of the Crank Puller is flush with the Nut (CP2) as shown, before use.



5. Using a wrench, turn the inner portion (CP3) of the Crank Puller clockwise. The Crank Arm (B) will slide off as it is tightened.



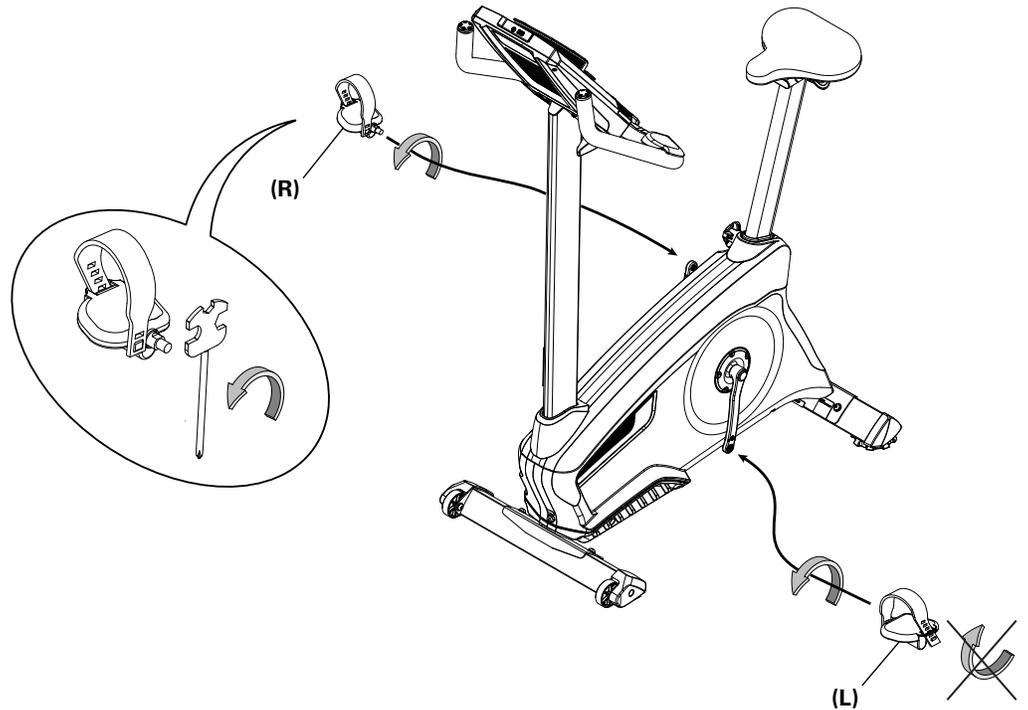
Crank arm shown is on a 170 bike.



6. Installation is the reverse procedure. Installation does not require the use of the crank puller. Be sure the Crank Arms are connected at 180° from each other.

To reinstall the Pedals, carefully align the threads and hand tighten to prevent cross-threading. Then tighten fully with pedal wrench.

Note: The Left Pedal is reverse-threaded. Be sure to attach Pedals on the correct 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”.



7. Final Inspection

Inspect your machine to ensure that all hardware is tight and components are properly assembled.

⚠ Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Owner's Manual.

NOTICE: This document provides instructions for the replacement of the Transport Wheels, Front Endcaps and Footpads on the Nautilus™ U618 Upright Bike, R618 Recumbent Bike, and E618 Elliptical Fitness Machine.

If you need assistance, please contact Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: www.nautilusinternational.com

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Tools Required (not included)

6mm hex key



Static solid object (like a book or box)

#2 Phillips screwdriver (short)



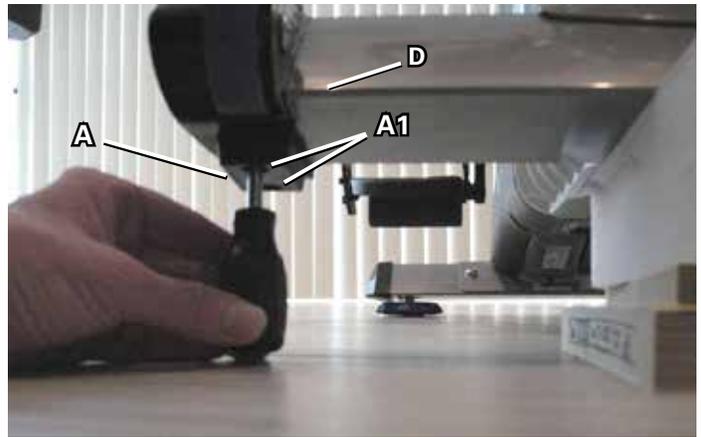
13mm open end wrench



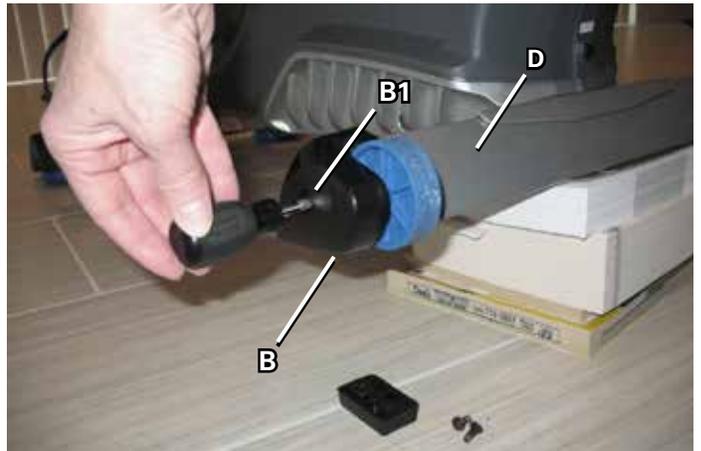
Note: Your machine may not match the image. For reference only.

1. Place a static object (like a book or box) under the front stabilizer (C). The static object should not be compressible.

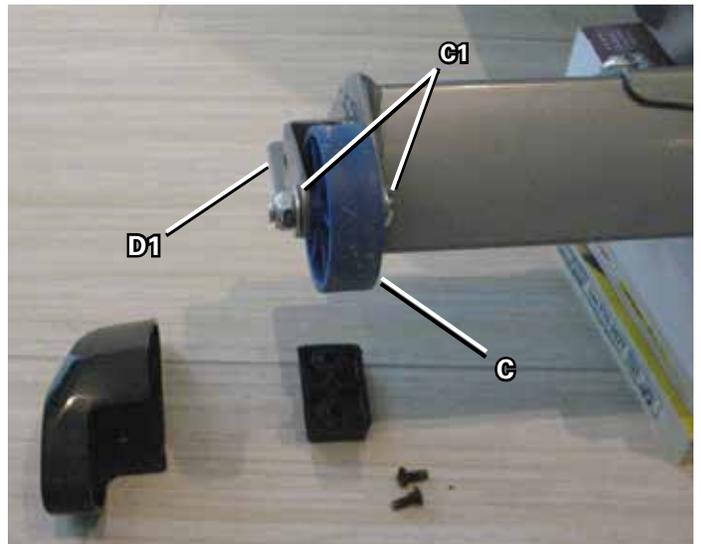
2. Using a short #2 Phillips screwdriver, loosen and remove the screws (A1) from the Footpad (A), and set them safely aside. Remove the Footpad from the front stabilizer (D). Set the Footpad and screws safely aside.



3. Loosen and remove the screw (B1) from the Endcap assembly (B) and set it safely aside. Remove the Endcap from the front stabilizer (D). Set the Endcap and screw safely aside.



4. Using the 6mm hex key and 13mm wrench, loosen and remove the hardware (C1) from the old Transport Wheel assembly (C). Remove the old Transport Wheel from the front stabilizer bracket (D1). Set the Transport Wheel and hardware safely aside.



5. Installation is the reverse procedure.

NOTICE: Before fully attaching the Endcap, be sure that the Transport Wheel can turn freely.

6. Dispose of the old parts.

7. Final Inspection

Inspect your machine to ensure that all hardware is tight and components are properly assembled.

⚠ Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Owner's Manual.

NOTICE: This document provides instructions for the replacement of the Shrouds on the Nautilus™ R618 Recumbent Bike.

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Tools Required (not included)

#2 Phillips screwdriver



6mm hex key



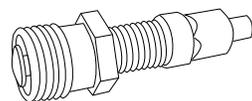
Flathead screwdriver



13mm wrench and socket



Crank puller

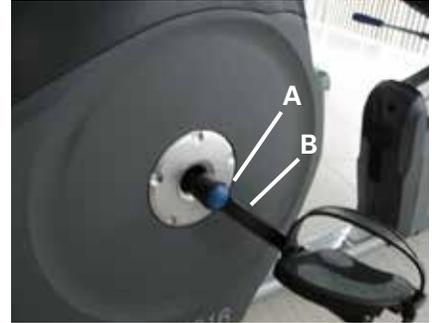


 **Disconnect all power to the machine before you service it.**

Note: Your machine may not match the image. For reference only.

To remove the Main Shrouds, start at Step 1. To remove only the Rear Shrouds, go to Step 10.

1. Using a flathead screwdriver, remove the threaded Cap (A) from the Crank Arm (B) to expose the Hex Head Bolt (C).

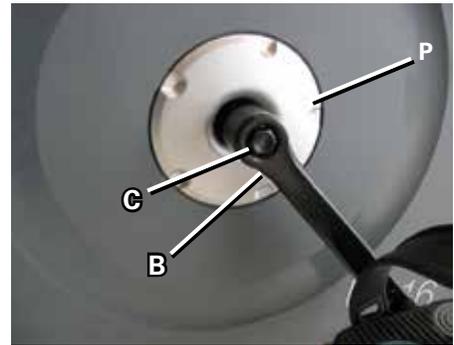


2. Using a wrench and socket, remove the Hex Head Bolt (C).

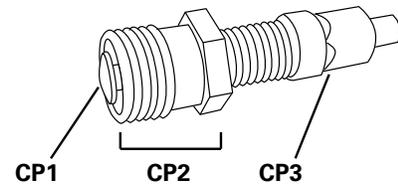
3. Thread the Crank Puller into the Crank Arm (B). When the Crank Puller is in the correct position, only 1-2 threads on the outer portion (CP2) of the Crank Puller should show.

Note: Be sure the end of the Bolt (CP1) of the Crank Puller is flush with the Nut (CP2) as shown, before use.

4. Using a wrench, turn the inner portion (CP3) of the Crank Puller clockwise. The Crank Arm (C) will slide off as it is tightened.



5. Twist the Crank Covers (P) toward the back of the machine to disengage the inner tabs. Carefully remove the Crank Covers and set them safely aside for reassembly.

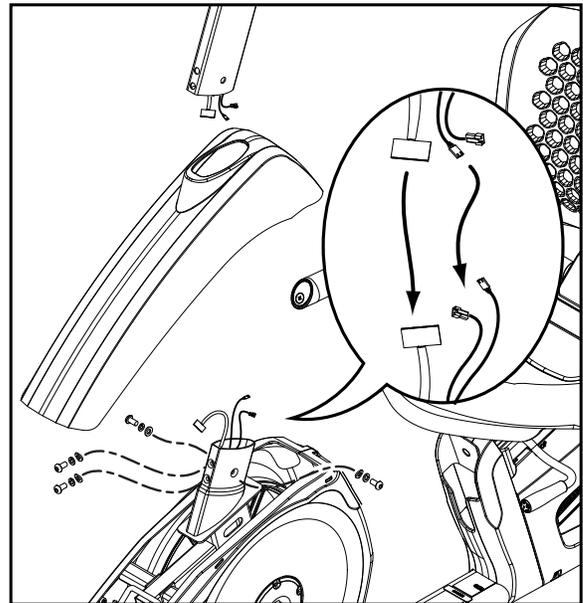
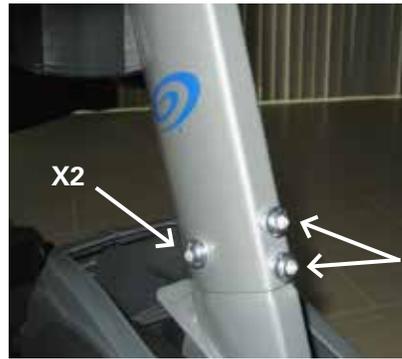


6. Bend the edges of the Top Shroud to disengage the inside tabs from the Main Assembly, and slide the Top Shroud up the Mast.

7. Using the 6mm hex key, remove the hardware (indicated) from the Mast. Gently pull the Mast out and disconnect the cables. Set the hardware, Mast and Console, and Top Shroud safely aside for reassembly.

NOTICE: Do not crimp the cables. This step may require two people.

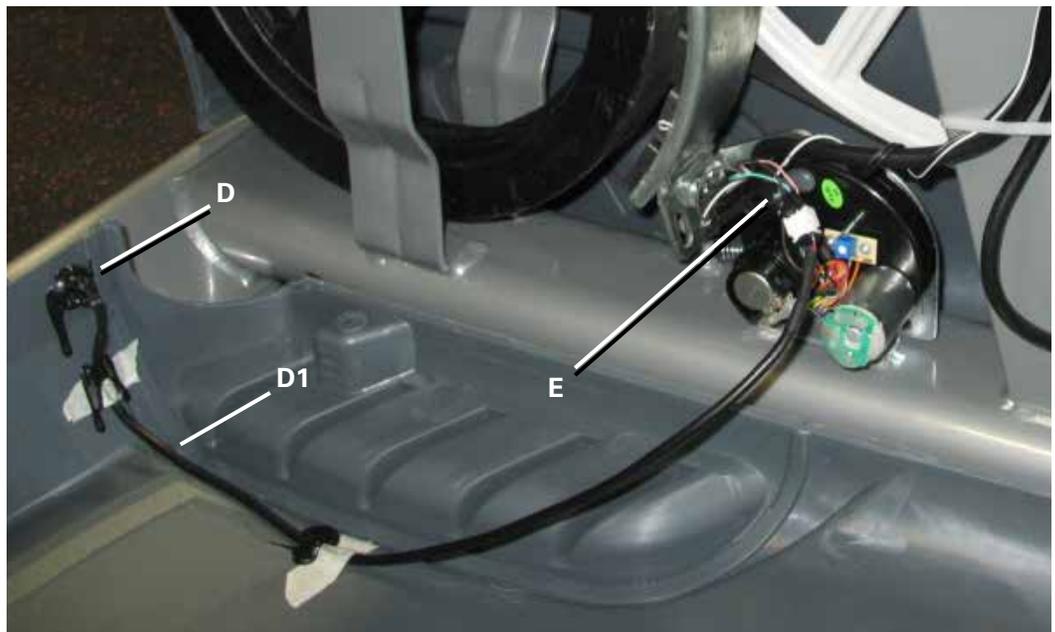
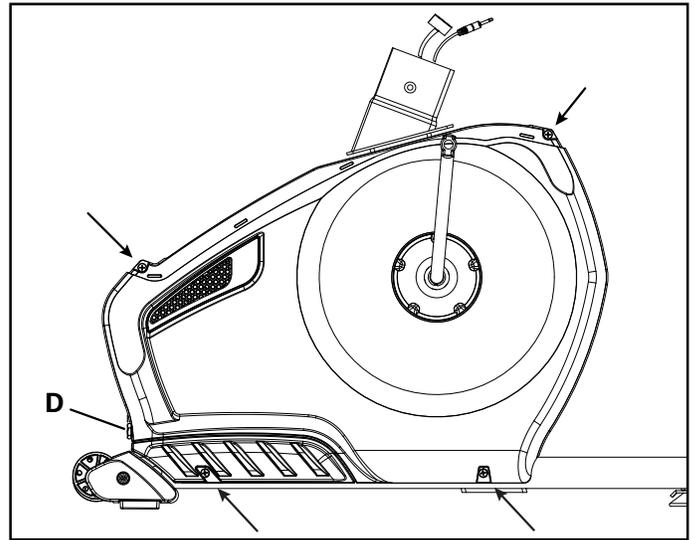
Note: Do not let the cables fall down inside the Frame.



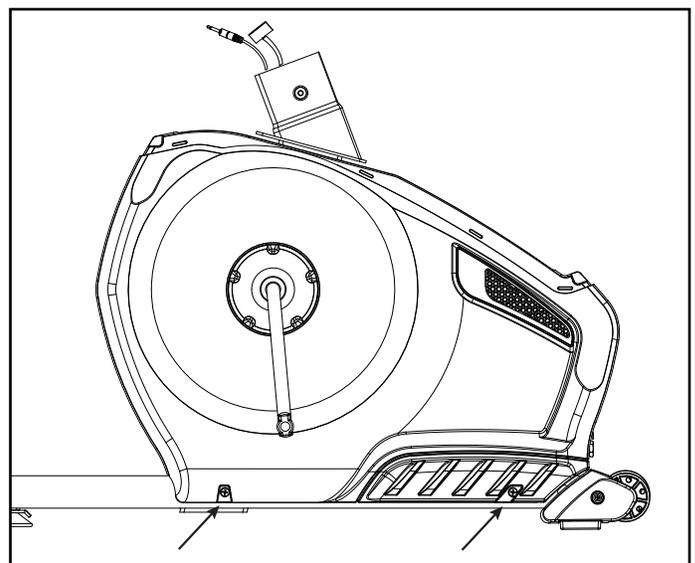
8. Using a #2 Phillips Screwdriver, remove the 4 screws (indicated) that secure the Left Main Shroud. Remove the bottom screws first, and then the top screws. Slowly remove the Left Main Shroud. Set the hardware and Shroud safely aside for reassembly.

Note: Find the Power Inlet (D) in the Left Shroud. Disconnect the Power Inlet cable (D1) from the wiring harness (E).

NOTICE: Be sure not to crimp any cables.

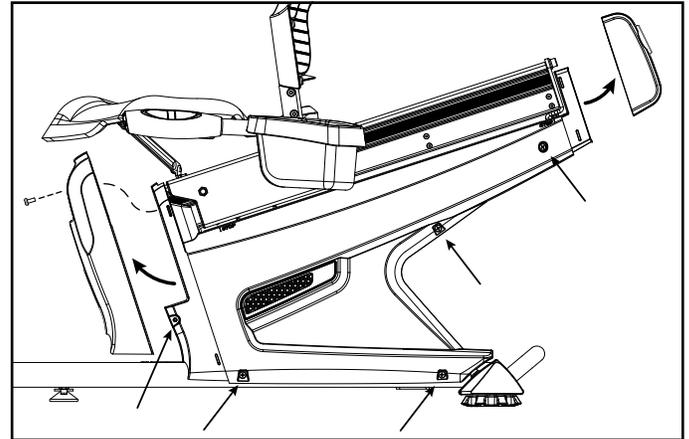


9. Using a #2 Phillips Screwdriver, remove the 2 screws that secure the Right Main Shroud. Slowly remove the Right Main Shroud. Set the hardware and Shroud safely aside for reassembly.



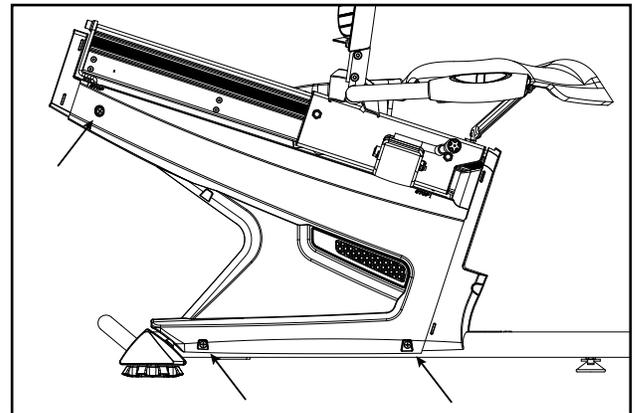
To remove the Rear Shrouds:

10. Using a #2 Phillips Screwdriver, loosen and remove the screw that secures the front Seat Rail End Cap. Bend the edges of the rear Seat Rail End Cap to disengage the inside tabs from the Main Assembly, and remove. Set the hardware and Caps safely aside for reassembly.



11. Using a #2 Phillips Screwdriver, remove the screws (indicated) that secure the Left Rear Shroud. Remove the bottom screws first, and then the top screws. Slowly remove the Left Shroud. Set the hardware and Left Shroud safely aside for reassembly.

12. Using a #2 Phillips Screwdriver, remove the screws that secure the Right Rear Shroud. Slowly remove the Right Shroud. Set the hardware and Right Shroud safely aside for reassembly.



13. Installation is the reverse procedure. Put the Left Shroud in position first to align the screws for the Right Shroud. Install the top screws first.

Note: Self-tapping screws attach the Shrouds to the Frame.



NOTICE: Be sure not to crimp any cables. Be sure the tabs in the Top Shroud snap into the Main Assembly.

Be sure the Crank Arms are connected at 180° from each other.

14. Final Inspection

Inspect your machine to ensure that all hardware is tight and components are properly assembled.



Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Owner's Manual.

NOTICE: This document provides instructions for the replacement of the Console Mast (Upright Handlebar) on the Nautilus™ R618 Recumbent Bike.

If you need assistance, please contact Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: www.nautilusinternational.com

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Important Safety Instructions - Before servicing or using this equipment, obey the following warnings:

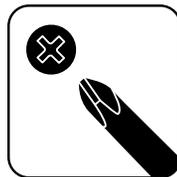
⚠ Read and understand the Service Manual before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.

Disconnect all power to the machine before you service it.

- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- 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.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If at any time the Warning labels become loose, unreadable or dislodged, replace the labels. If purchased in US/Canada, contact Customer Service for replacement labels. If purchased outside US/Canada, contact your local distributor for them.
- Do not try to change the design or functionality of the machine being serviced as this can adversely affect user safety.
- Do not put the machine back in service until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

Tools Required (not included)

#2 Phillips screwdriver



Small flathead screwdriver



6mm hex key



! Disconnect all power to the machine before you service it.

Note: Your machine may not match the image. For reference only.

1. Remove screws that attach Console to the Mast. Carefully lift the Console off the Mast.

2. Disconnect the Data Cable, Heart Rate Cable and Resistance Cable from the back of the Console. Set the Console and screws safely aside for reassembly.

Note: Do not let the cables fall down inside the Mast or Frame.



3. Bend the edges of the Top Shroud to disengage the inside tabs from the Main Assembly, and slide the Top Shroud up the Mast.

4. Remove the hardware (indicated) from the Mast. Gently pull the Mast out and disconnect the cables. Set the hardware and Top Shroud safely aside for reassembly. Discard the old Mast.

NOTICE: Do not crimp the cables.
This step may require two people.

5. Installation is the reverse procedure.

NOTICE: Make sure the cable connectors do not fall into the Console Mast. Align the clips on the cable connectors and make sure the connectors lock. Do not crimp the cables. Be sure the tabs on the Top Shroud snap into the Main Assembly.

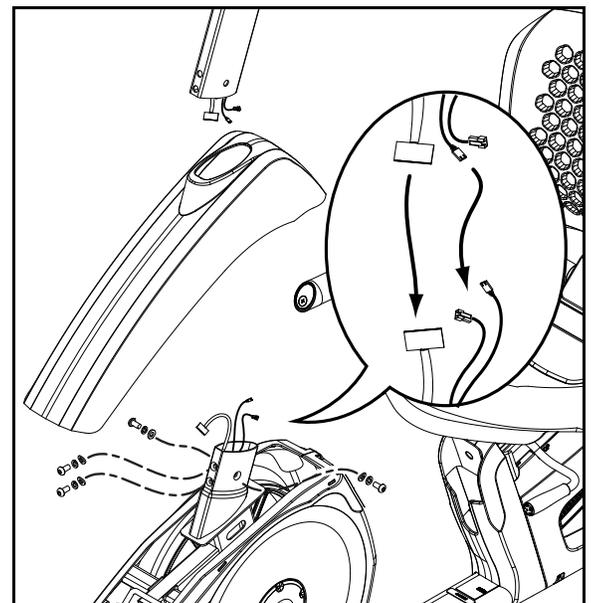
6. Connect the cables to the back of the Console and attach the Console to the Mast.

NOTICE: Do not crimp the cables.

7. Final Inspection

Inspect your machine to ensure that all hardware is tight and components are properly assembled.

! Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Owner's Manual.



NOTICE: This document provides instructions for the replacement of the Data Cable in the Console Mast on the Nautilus™ R618 Recumbent Bike.

If you need assistance, please contact Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: www.nautilusinternational.com

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Disconnect all power to the machine before you service it.

- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- 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.
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- Do not try to change the design or functionality of the machine being serviced as this can adversely affect user safety.
- Do not put the machine back in service until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

Tools Required (not included)

#2 Phillips screwdriver



5' (152 cm) length of string

Small flathead screwdriver



6mm hex key



 **Disconnect all power to the machine before you service it.**

Note: Your machine may not match the image. For reference only.

1. Remove screws that attach Console to the Mast. Carefully lift the Console off the Mast.

2. Disconnect the Data Cable, Heart Rate (HR) Cable and Resistance Cable from the back of the Console. Set the Console and screws safely aside for reassembly.

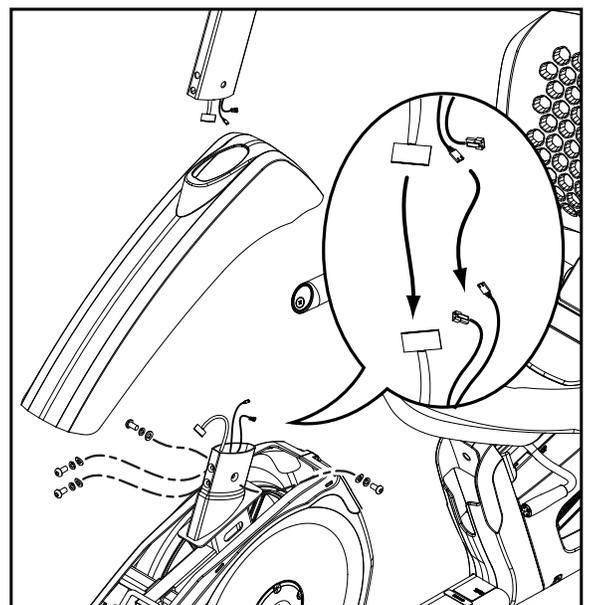
Note: Do not let the cables fall down inside the Mast or Frame.



3. Bend the edges of the Top Shroud to disengage the inside tabs from the Main Assembly, and slide the Top Shroud up the Mast.

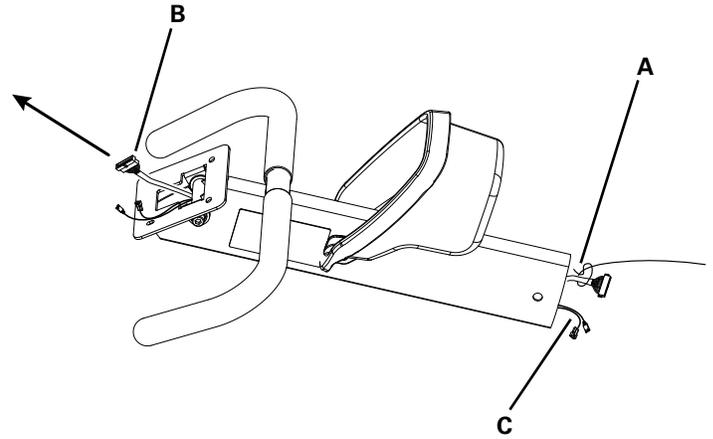
4. Remove the hardware (indicated) from the Mast. Gently pull the Mast out and disconnect the cables. Set the hardware safely aside for reassembly.

NOTICE: Do not crimp the cables. This step may require two people.



5. Tie the length of string to the end (A) of the Data Cable at the base of the Mast. Hold the other end of the Data Cable (B) and carefully pull it out of the Mast so that the string extends through the length of the Mast. Untie the string from the old Data Cable and discard the old cable.

NOTICE: Hold the HR/Resistance Cable Assembly (C) so that you do not pull it out of the Mast. Do not crimp the HR/Resistance cables.



6. Tie the end of the string at the base of the Mast to one end of the replacement Data Cable. Hold the other end of the string and carefully pull the new Data Cable through the Mast.

NOTICE: Hold the HR/Resistance Cable Assembly (C) so that you do not pull it out of the Mast. Do not crimp the cables.

7. Untie the string from the Data Cable. With the Mast through the opening in the Top Shroud, connect the cables in the Mast to the cables from the Main Frame.

NOTICE: Do not crimp the cables. This step may require two people.

8. Put the Mast (with the Top Shroud) back in position in the Main Frame and reinstall the Hardware.

Note: Do not let the cables fall down inside the Mast.

NOTICE: Be sure not to crimp any cables. This step may require two people.

9. Slide the Top Shroud back into position.

NOTICE: Be sure the tabs in the Top Shroud snap into the Main Assembly.

10. Connect the cables to the back of the Console and attach the Console to the Mast with the screws from Step 2.

NOTICE: Do not crimp the cables.

11. Final Inspection

Inspect your machine to ensure that all hardware is tight and components are properly assembled.



Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Owner's Manual.

NOTICE: This document provides instructions for the replacement of the Heart Rate (HR) and Resistance Cable Assembly in the Console Mast on the Nautilus™ R618 Recumbent Bike.

If you need assistance, please contact Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: www.nautilusinternational.com

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Disconnect all power to the machine before you service it.

- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
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- Do not put the machine back in service until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

Tools Required (not included)

#2 Phillips screwdriver



5' (152 cm) length of string

Small flathead screwdriver



6mm hex key



! Disconnect all power to the machine before you service it.

Note: Your machine may not match the image. For reference only.

1. Remove screws that attach Console to the Mast. Carefully lift the Console off the Mast.

2. Disconnect the Data Cable, Heart Rate (HR) Cable and Resistance Cable from the back of the Console. Set the Console and screws safely aside for reassembly.

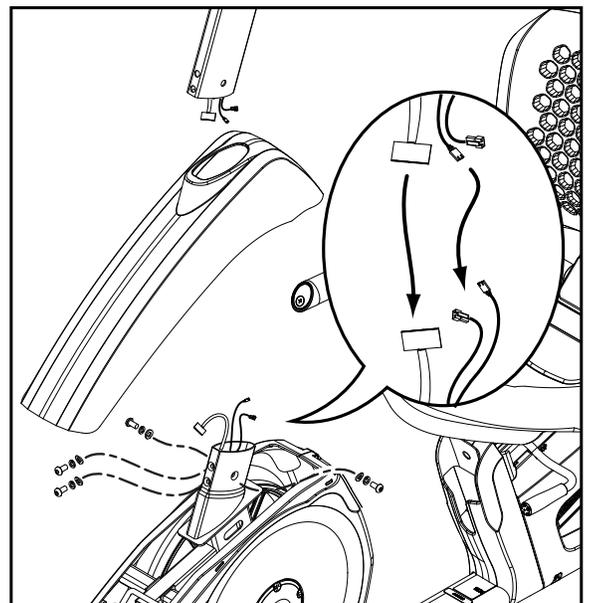
Note: Do not let the cables fall down inside the Mast.



3. Bend the edges of the Top Shroud to disengage the inside tabs from the Main Assembly, and slide the Top Shroud up the Mast.

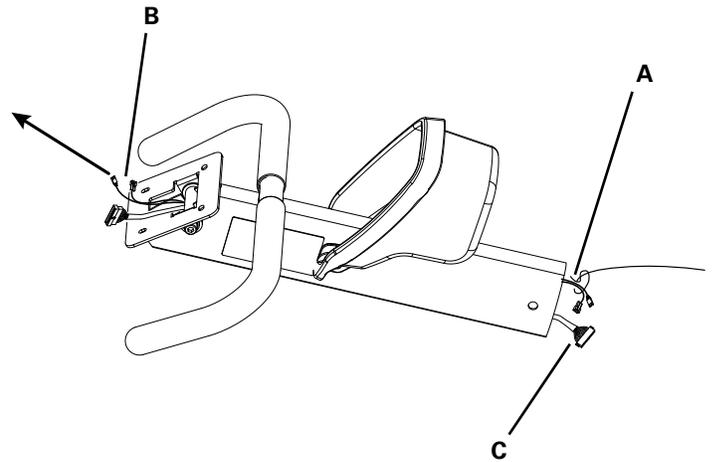
4. Remove the hardware (indicated) from the Mast. Gently pull the Mast out and disconnect the cables. Set the hardware safely aside for reassembly.

NOTICE: Do not crimp the cables. This step may require two people.



5. Tie the length of string to the end (A) of the HR/Resistance Cable Assembly at the base of the Mast. Hold the other end of the HR/Resistance Cable Assembly (B) and carefully pull it out of the Mast so that the string extends through the length of the Mast. Untie the string from the old HR/Resistance Cable Assembly and discard the old cables.

NOTICE: Hold the Data Cable (C) so that you do not pull it out of the Mast. Do not crimp the Data Cable.



6. Tie the end of the string at the base of the Mast to one end of the replacement HR/Resistance Cable Assembly. Hold the other end of the string and carefully pull the new HR/Resistance Cables through the Mast.

NOTICE: Hold the Data Cable (C) so that you do not pull it out of the Mast. Do not crimp the cables.

7. Untie the string from the HR/Resistance Cable Assembly. With the Mast through the opening in the Top Shroud, connect the cables in the Mast to the cables from the Main Frame.

NOTICE: Do not crimp the cables. This step may require two people.

8. Put the Mast (with the Top Shroud) back in position in the Main Frame and reinstall the Hardware.

Note: Do not let the cables fall down inside the Mast.

NOTICE: Be sure not to crimp any cables. This step may require two people.

9. Slide the Top Shroud back into position.

NOTICE: Be sure the tabs in the Top Shroud snap into the Main Assembly.

10. Connect the cables to the back of the Console and attach the Console to the Mast with the screws from Step 2.

NOTICE: Do not crimp the cables.

11. Final Inspection

Inspect your machine to ensure that all hardware is tight and components are properly assembled.



Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Owner's Manual.

NOTICE: This document provides instructions for the replacement of the Seat Back, Seat Bottom and Seat Frame Assembly (Side Handlebar) on the Nautilus™ R618 Recumbent Bike.

If you need assistance, please contact Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: www.nautilusinternational.com

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⚠ Read and understand the Service Manual before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.

Disconnect all power to the machine before you service it.

- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- 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.
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- Do not put the machine back in service until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

Tools Required (not included)

#2 Phillips screwdriver



13mm open end wrench



6mm hex key
4mm hex key



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Note: Your machine may not match the image. For reference only.

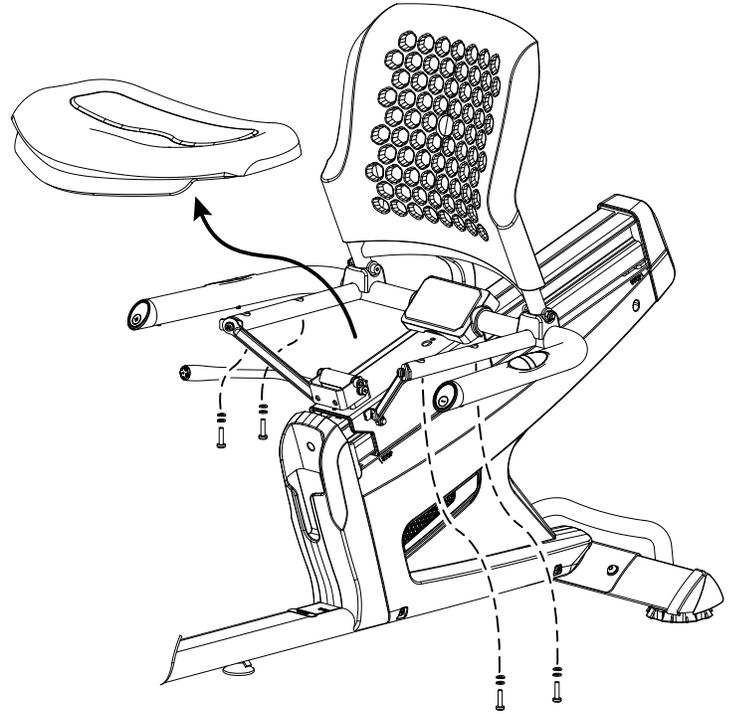
To remove only the Seat Back, start at Step 3.

1. Using a #2 Phillips Screwdriver, loosen and remove the hardware that attaches the padded Seat Bottom to the Seat Frame Assembly. Set the hardware safely aside for reassembly.

2. Remove the Seat Bottom from the Seat Frame Assembly and set it safely aside.

If you are only replacing the Seat Bottom, go to Step 8.

If you are replacing the Seat Frame Assembly, continue to Step 3.



To remove the Seat Back:

3. Using a 6mm hex key, loosen and remove the bolt (B) that attaches the Shock Assembly (A) and the Seat Recline Arm (C) on the Seat Back. Set it safely aside for reassembly.

4. Loosen and remove the hardware (D) that attaches the Seat Back to the Seat Frame assembly, and remove the Seat Back. Set the Seat Back and hardware safely aside.

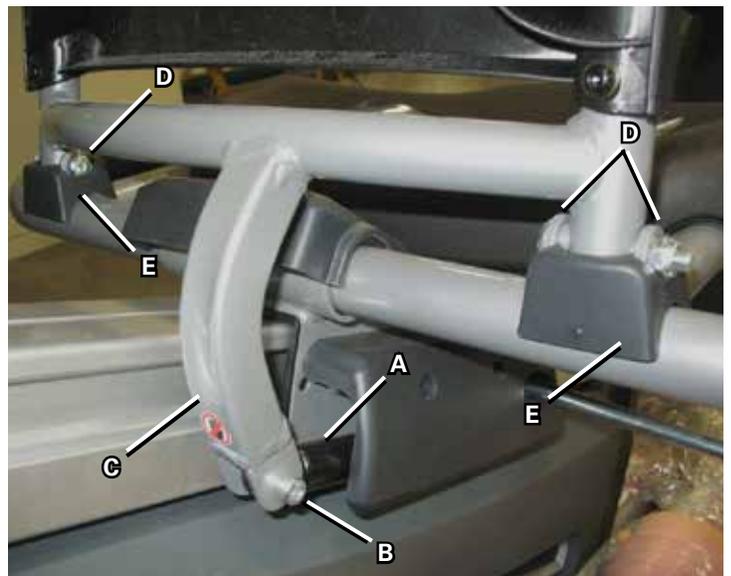
NOTICE: This step may require two people.

If you are only replacing the Seat Back, go to Step 8.

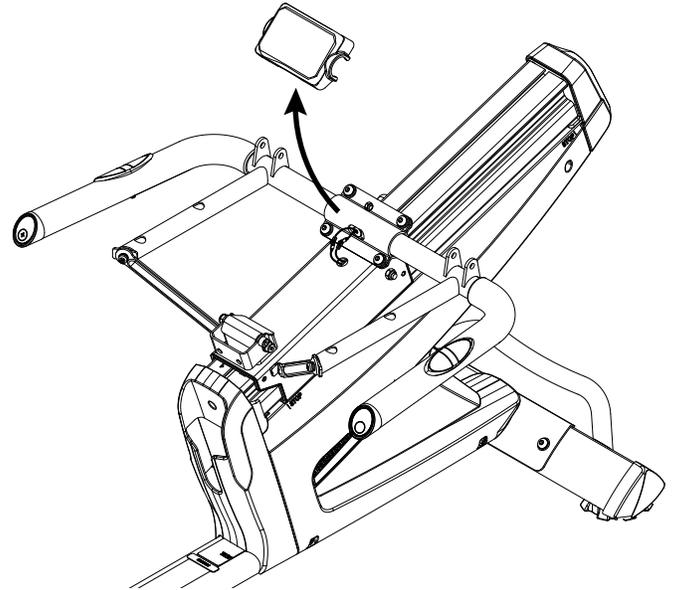
If you are replacing the Seat Frame Assembly, continue to Step 5.

To remove the Seat Frame Assembly:

5. Remove the Seat Pivot Shrouds (E) and set them safely aside.

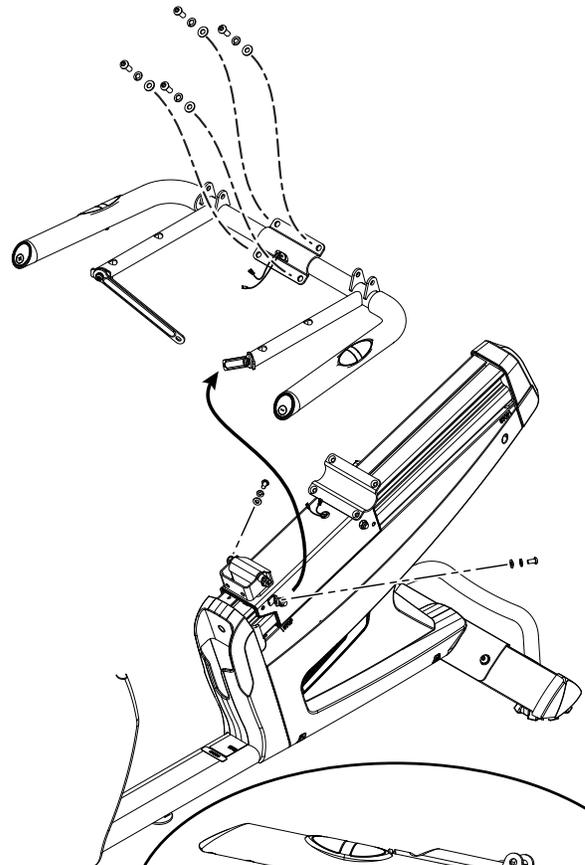


6. Carefully remove the Top Cap from the seat slider bracket, and disconnect the Resistance and Heart Rate Cables.



7. Loosen and remove the hardware that attaches the Seat Frame Assembly to the seat slider assembly. Remove the Seat Frame Assembly. Set the hardware and Seat Frame Assembly safely aside.

NOTICE: Do not crimp any cables. This step may require two people.



8. Installation is the reverse procedure.

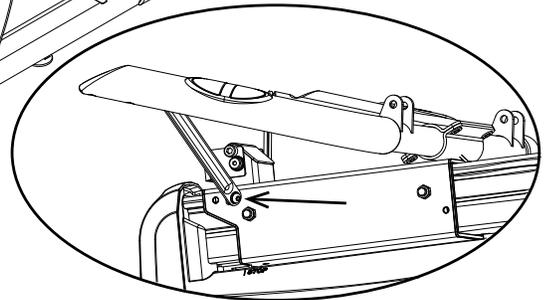
NOTICE: Do not crimp any cables. Hand tighten all hardware first, then fully tighten it. Be sure the cables are tucked inside the Top Cap.

9. Dispose of the old parts.

10. Final Inspection

Inspect your machine to ensure that all hardware is tight and components are properly assembled.

⚠ Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Owner's Manual.



NOTICE: This document provides instructions for the replacement of the Seat Recline Shock Assembly on the Nautilus™ R618 Recumbent Bike.

If you need assistance, please contact Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: www.nautilusinternational.com

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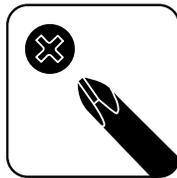
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- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- 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.
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- Do not try to change the design or functionality of the machine being serviced as this can adversely affect user safety.
- Do not put the machine back in service until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

Tools Required (not included)

#2 Phillips screwdriver



13mm open end wrench



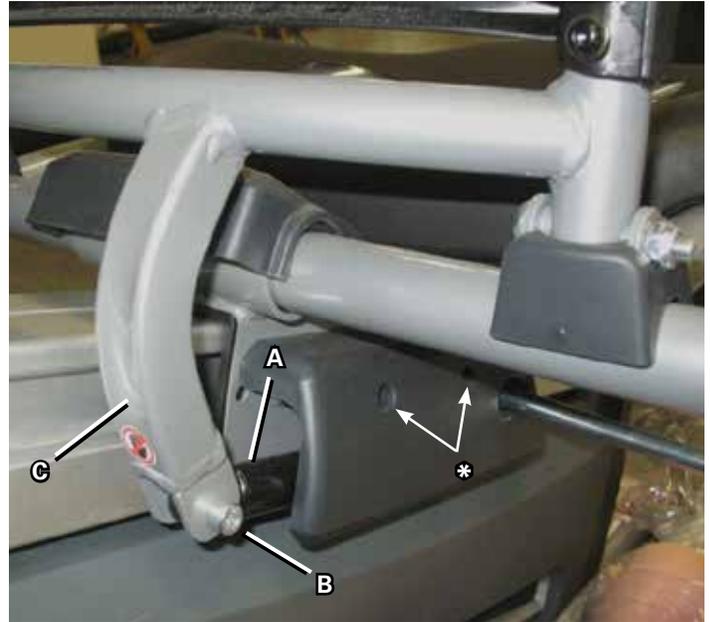
6mm hex key



Note: Your machine may not match the image. For reference only.

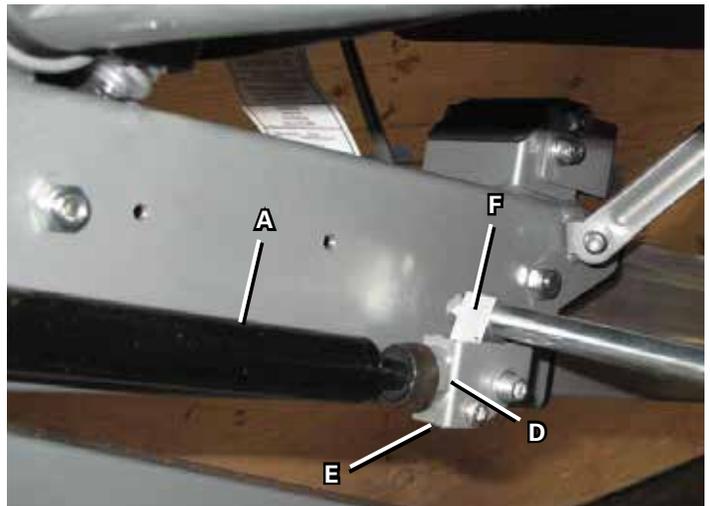
1. Using a #2 Phillips Screwdriver, remove the 2 screws (*) that secure the Shock Shroud. Turn the Shock Shroud to expose the Shock Assembly.

2. Using a 6mm hex key, loosen and remove the bolt (B) that attaches the Shock Assembly (A) and the Seat Recline Arm (C) on the Seat Back. Set it safely aside.



3. Using a 13mm open end wrench, loosen the jam nut (D) on the Shock Assembly (A). Carefully turn the Shock Assembly counterclockwise and remove from the Shock Assembly bracket (E). Set it safely aside.

4. Put the end of the replacement Shock Assembly through the opening in the Shock Assembly bracket (E). Turn the Shock Assembly (A) clockwise to tighten until the tip touches the Seat Recline Handle mount (F) inside the bracket. Make sure the holes in the end of the Shock Assembly and the Seat Recline Arm (C) are aligned. Using a 13mm open end wrench, tighten the jam nut (D) to hold the Shock cylinder in position.



Shrouds not shown.

5. Install the bolt (B) through the holes in the Seat Recline Arm (C) and Shock Assembly (A).

5. Reinstall the Shock Shroud to the Frame.

6. Dispose of the old parts.

7. Final Inspection

Inspect your machine to ensure that all hardware is tight and components are properly assembled.

⚠ Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Owner's Manual.

NOTICE: This document provides instructions for the replacement of the Brake Assembly on the Nautilus™ R618 Recumbent Bike.

If you need assistance, please contact Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: www.nautilusinternational.com

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Tools Required (not included)

#2 Phillips screwdriver



Needlenose pliers



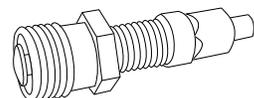
Small flathead screwdriver



13 mm open end wrench



Crank puller



2.5" x 10" cardboard and tape



NOTICE: It is necessary to remove the Shrouds for this procedure. Refer to the “Replace the Shrouds” procedure.
It may be necessary to adjust the Brake tension at the end of this procedure. Refer to the “Set the Brake Tension” procedure.

! **Disconnect all power to the machine before you service it.**

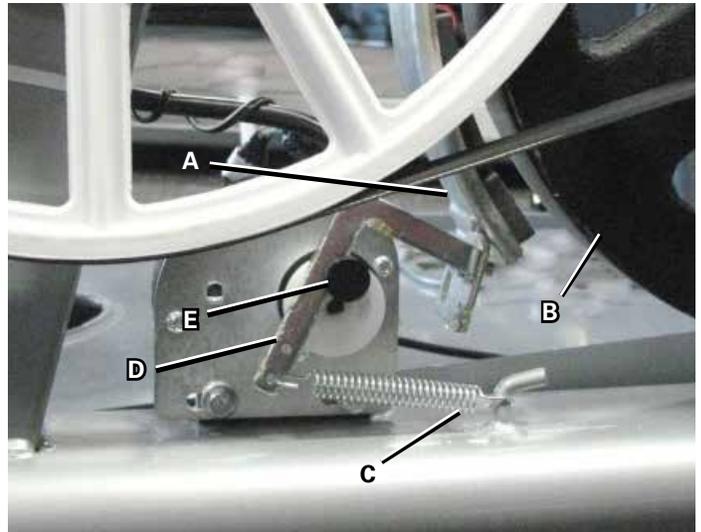
Note: Your machine may not match the image. For reference only.

1. Carefully remove the Shrouds. Refer to the “Replace the Shrouds” procedure.

2. Insert 2.5” x 10” cardboard between the Brake Magnet (A) and the Flywheel (B), and tape the cardboard to the Brake Magnet.

Note: Be sure the cardboard covers all of the Brake Magnet.

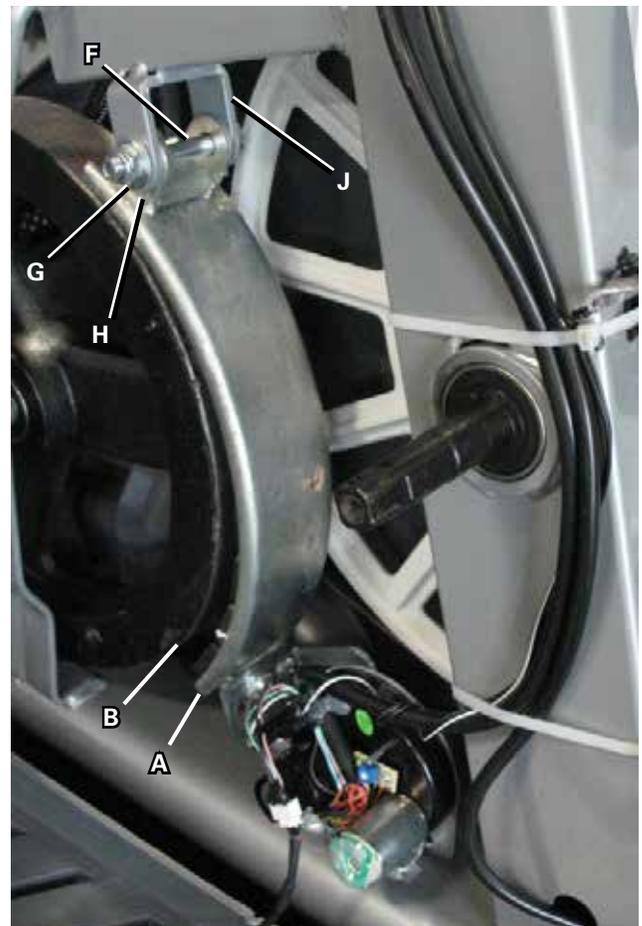
3. Use the pliers to unhook the Tension Spring (C) from the Main Frame. Pull back and release the Magnet Arm (D) enough to disengage it from the Motor Pulley Shaft (E).



4. Loosen and remove the hex head bolt (F), nut (G) and washer (H) that attach the Brake Assembly (A) to the Main Frame bracket (J).

NOTICE: Hold the Brake Assembly so that it does not fall.
Do not crimp the cables

5. Remove the Brake Assembly (A). Remove the cardboard. Discard the old Brake Assembly.



6. Installation is the reverse procedure. Tape the cardboard to the new Brake Magnet. Be sure the cardboard will completely cover the new Brake Magnet before installation.

NOTICE: Do not crimp the cables.

7. Before fully attaching the Shrouds, remove the cardboard from between the Brake Magnet (A) and the Flywheel (B). Power up the machine to verify that the Magnet Arm can move freely, and that the Brake Magnet and Flywheel do not touch at the maximum resistance level.



Machine is on. Current is active. There is risk of electrical shock.

If necessary, refer to the “Set the Brake Tension” procedure.

8. Final Inspection

Inspect your machine to ensure that all hardware is tight and components are properly assembled.



Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Owner’s Manual.

NOTICE: This document provides instructions for the replacement of the Servo Motor on the Nautilus™ R618 Recumbent Bike.

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Tools Required (not included)

#2 Phillips screwdriver



Needlenose pliers



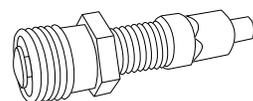
Small flathead screwdriver



7 mm open end wrench



Crank puller



3' (0.9m) length of string

2.5" x 10" cardboard and tape

Zipties

Utility knife or scissors to cut zipties



NOTICE: It is necessary to remove the Shrouds for this procedure. Refer to the “Replace the Shrouds” procedure.
It may be necessary to adjust the Brake tension at the end of this procedure. Refer to the “Set the Brake Tension” procedure.

! Disconnect all power to the machine before you service it.

Note: Your machine may not match the image. For reference only.

1. Disconnect and reconnect the AC Adapter from the wall outlet to turn the power off and on. Push QuickStart and verify that the console shows that the default resistance level is 4. Set the resistance to the highest level.

! Disconnect all power and allow to sit for 5 minutes.

2. Carefully remove the Shrouds. Refer to the “Replace the Shrouds” procedure in this manual.

3. Measure and mark the position of the Servo Motor bracket (A) on the Main Frame.

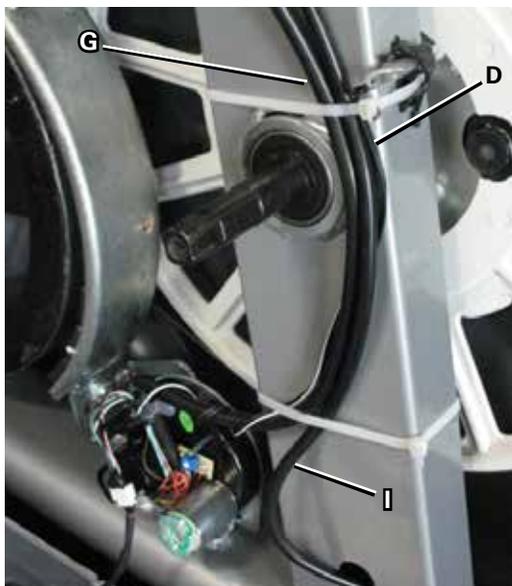
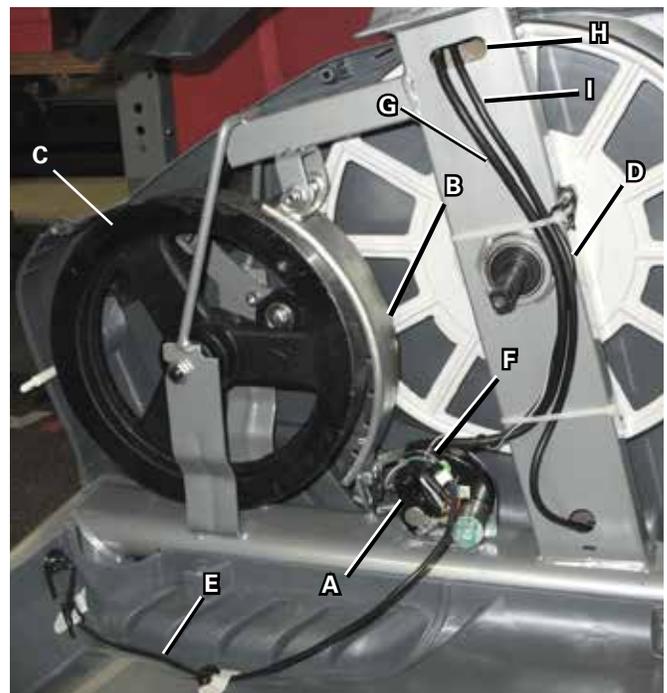
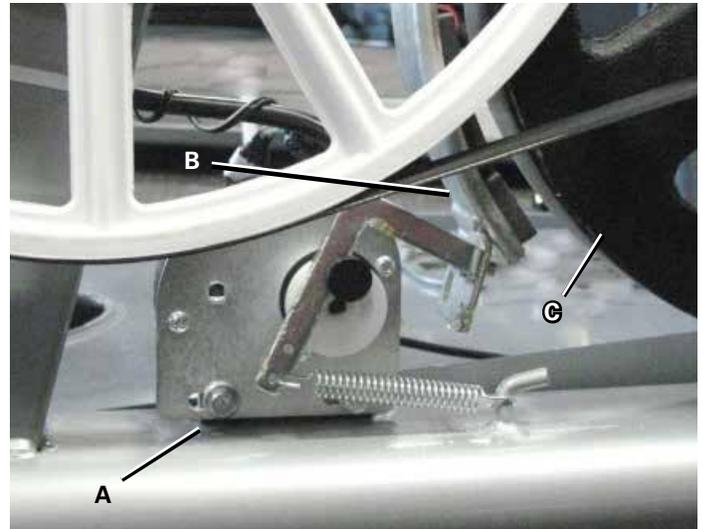
4. Insert 2.5” x 10” cardboard between the Brake Magnet (B) and the Flywheel (C), and tape the cardboard to the Brake Magnet.

Note: Be sure the cardboard covers all of the Brake Magnet.

5. Observe the cable routing to the wiring harness (F) on your machine. Disconnect the Speed Sensor Cable (D) and Power Inlet Cable (E) from the wiring harness.

6. Tie the length of string to the end of the lower Console Cable (G) at the top of the Mast mount. Remove the zipties that attach the lower Console Cable to the Frame. Pull the cable and string down through the hole (H) on the side of the Frame so that the string extends through the Frame.

Note: Do not let the HR and Resistance Cables (I) fall down inside the Frame.



7. Untie the string from the Console Cable (G).

8. Use the pliers to unhook the Tension Spring (J) from the Main Frame. Pull back and release the Magnet Arm (K) enough to disengage it from the Motor Pulley Shaft (L).

9. Loosen and remove the two hex head bolts (M) from the Servo Motor (A).

10. Remove the Servo Motor (A). Discard the old Servo Motor.

11. Installation is the reverse procedure. Adjust the new Servo Motor to same position recorded in Step 3.

NOTICE: Do not touch the Potentiometer (N). Do not crimp any cables.

12. Tie the end of the string at the hole (H) in the Mast to the end of the Console Cable (G) on the new Servo Motor (A). Carefully pull the cable through the hole to the top of the Mast mount. Untie the string and discard it.

13. Reinstall the Mast, Console and Top Shroud. (Refer to the "Replace the Shrouds" procedure.) Turn the power on.

 **Machine is on. Current is active. There is risk of electrical shock.**

14. Use the console to set the resistance to the highest level. Unplug the machine.

 **Disconnect all power and allow to sit for 5 minutes.**

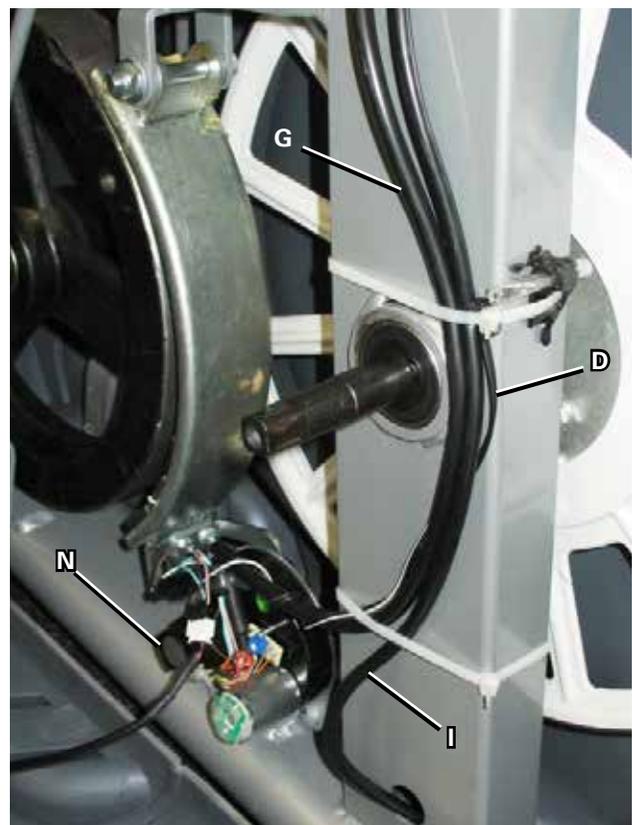
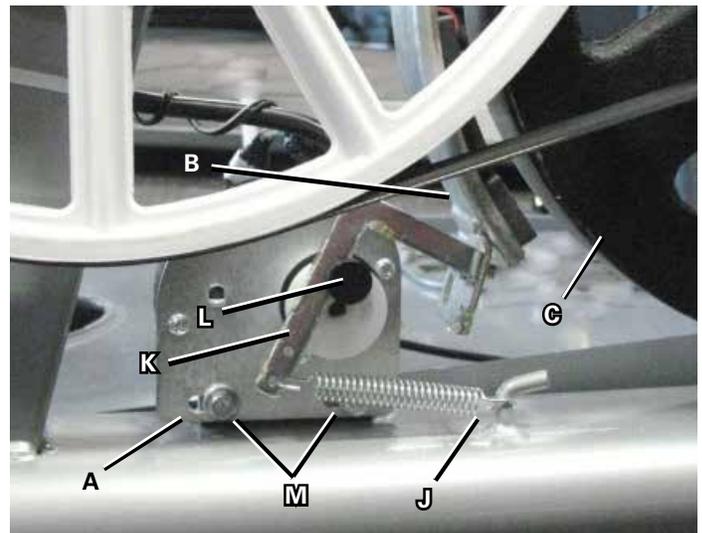
15. Put the Brake Arm (K) back in position and connect the Tension Spring (J) with the needlenose pliers.

Note: Before fully attaching the Shrouds, remove the cardboard from between the Brake Magnet (B) and the Flywheel (C). Power up the machine to verify that the Magnet Arm can move freely, and that the Brake Magnet and Flywheel do not touch at the maximum resistance level. If necessary, refer to the "Set the Brake Tension" procedure.

16. Final Inspection

Inspect your machine to ensure that all hardware is tight and components are properly assembled.

 **Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Owner's Manual.**



NOTICE: This document provides instructions for the replacement of the Drive Belt and Flywheel Assembly on the Nautilus™ U618 Upright Bikes and R618 Recumbent Bikes.

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Tools Required (not included)

#2 Phillips screwdriver



15mm open end wrench



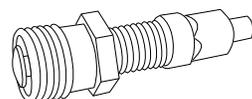
Small flathead screwdriver



15mm socket and wrench



Crank puller



Safety goggles or other eye protection

Needlenose pliers



NOTICE: It is necessary to remove the Shrouds for this procedure. Refer to the “Replace the Shrouds” procedure.
It is necessary to adjust the Drive Belt tension at the end of this procedure. Refer to the “Belt Tension Adjustment” procedure.

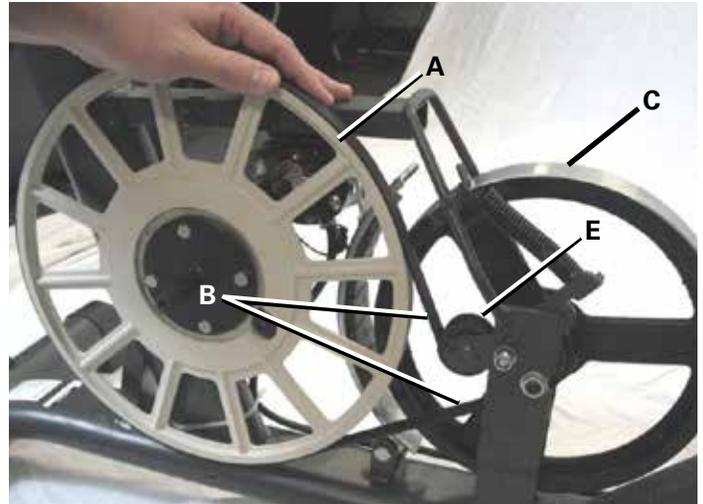
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Note: Your machine may not match the image. For reference only.

1. Carefully remove the Shrouds. Refer to the “Replace the Shrouds” procedure in this manual.

2. Slowly turn the Drive Pulley (A) backward and carefully ease the Drive Belt (B) off the Drive Pulley to the outside.

! Be sure to keep fingers clear of all pinch hazards as you turn the Drive Pulley.



3. Using needlenose pliers, carefully release the spring (E1) on the Belt Tensioner (E).

4. To remove the hardware from the Flywheel (C), use the 15 mm open end wrench to hold the nut (F) on one side steady and remove the nut on the opposite side with the 15 mm socket and wrench. Set the hardware safely aside.

5. Remove the Flywheel (C) from the Main Frame brackets (G) and the Drive Belt (B).

Note: The Flywheel is heavy.

6. Remove the old Drive Belt (B) and discard it.

7. Hold the Flywheel (C) near the Main Frame brackets (G) and put the new Drive Belt (B) in position on the Flywheel pulley (C1). Put the Drive Belt in position around the Belt Tensioner (E). Be sure that the upper portion of the Drive Belt is under the bearings on the Belt Tensioner.

NOTICE: This step may require two people.

8. Align the Flywheel axle in the Main Frame brackets (G). Hand tighten the hardware from step 4 on each end of the Flywheel axle.

9. Put the Drive Belt (B) onto the Drive Pulley (A). Make sure the Drive Belt is aligned on the Flywheel pulley (C1), Belt Tensioner (E) and Drive Pulley.

10. Before you fully tighten the Flywheel hardware, reattach the Belt Tensioner spring (E1) with the pliers. Make sure that the belt tension is correct. Refer to the "Belt Tension Adjustment" section in this manual.

Note: This step may require two people.

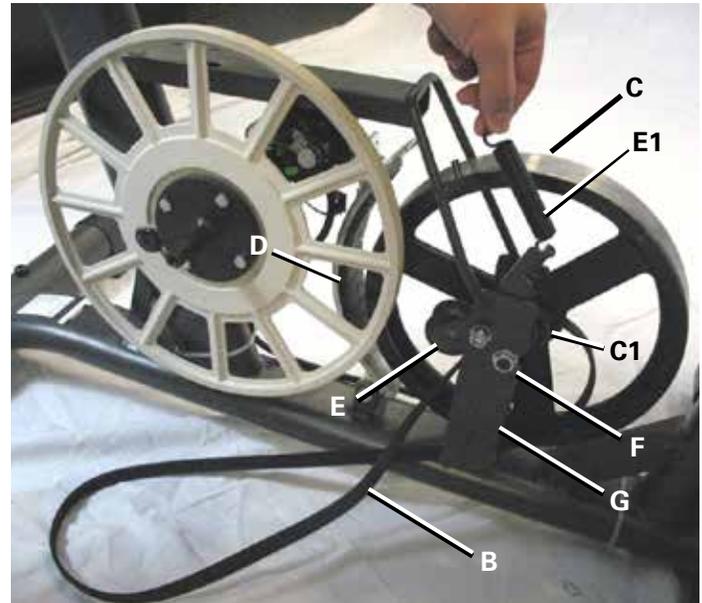
11. To tighten the Flywheel hardware, use the 15 mm open end wrench to hold the nut (F) on one side steady and tighten the nut on the opposite side with the 15 mm socket and wrench.

Note: Before fully attaching the Shrouds, power up the machine to verify that the Magnet Arm (D) can move freely, and that the Brake Magnet and Flywheel (C) do not touch at the maximum resistance level.

12. Final Inspection

Inspect your machine to ensure that all hardware is tight and components are properly assembled.

⚠ Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Owner's Manual.



NOTICE: This document provides instructions for the replacement of the Belt Tensioner Assembly (Idler Assembly) on the Nautilus™ U618 Upright Bike and R618 Recumbent Bike.

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Tools Required (not included)

#2 Phillips screwdriver



Needlenose pliers



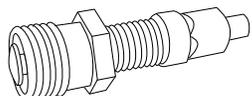
Small flathead screwdriver



13mm open end wrench



Crank puller (U616/R616)



Safety goggles or other eye protection

6mm hex key



Tape or marking pen



NOTICE: It is necessary to remove the Shrouds for this procedure. Refer to the “Replace the Shrouds” procedure.
It is necessary to adjust the Drive Belt tension at the end of this procedure. Refer to the “Belt Tension Adjustment” procedure

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Note: Your machine may not match the image. For reference only.

1. Carefully remove the Shrouds. Refer to the “Replace the Shrouds” procedure in this manual.
2. Mark the position of the Belt Tensioner (A) on the Main Frame bracket (D) to record the angle of the Tension Spring arm’s position.
3. Slowly turn the Drive Pulley (B) backward and carefully ease the Drive Belt (C) off the Drive Pulley to the outside.

! Be sure to keep fingers clear of all pinch hazards as you turn the Drive Pulley.

4. Using needlenose pliers, release the Tension Spring (A1) from the hook (H) on the Main Frame.
5. Using 13 mm wrench and 6mm hex key, loosen and remove the Belt Tensioner Hardware (E). Remove the Belt Tensioner assembly (A) from the Main Frame and the Drive Belt (C). Discard the old Belt Tensioner assembly.

6. Install the new Belt Tensioner assembly. Adjust the Belt Tensioner position to the angle of the previous position recorded in Step 2.

NOTICE: Do not overtighten the hardware (E). The Belt Tensioner must be able to pivot. If the hardware is too tight, this can cause wear on the bearings.

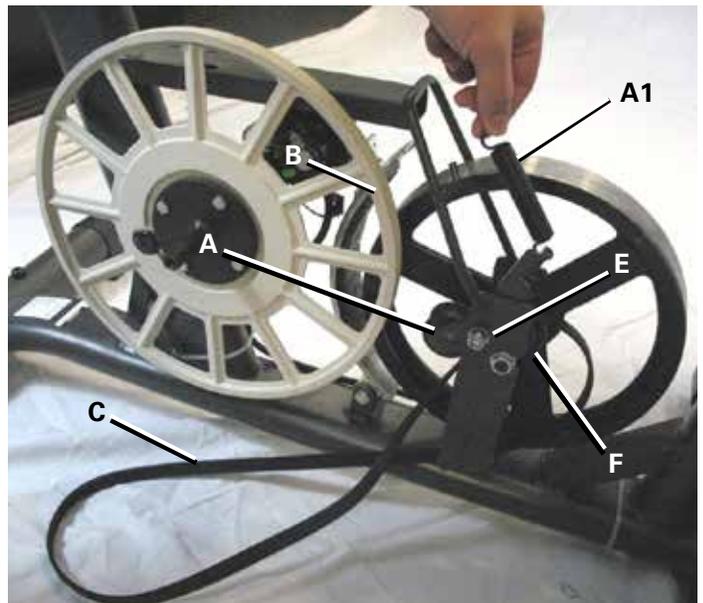
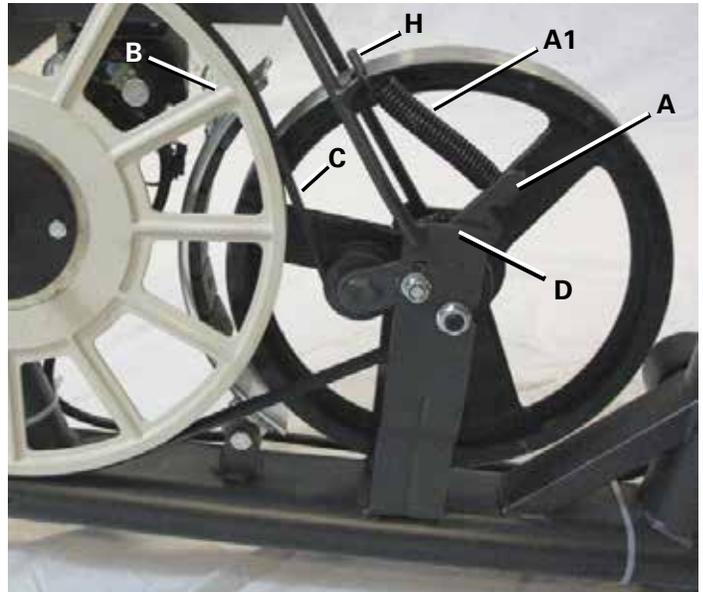
7. Put the Drive Belt (C) onto the Drive Pulley (B). Make sure the Drive Belt is aligned on the Flywheel pulley (F), Belt Tensioner (A) and Drive Pulley. Be sure that the upper portion of the Drive Belt is under the bearings on the Belt Tensioner.
8. Using needlenose pliers, attach the Belt Tensioner spring (A1). Make sure that the belt tension is correct. Refer to the “Belt Tension Adjustment” section in this manual.

Note: This step may require two people.

9. Final Inspection

Inspect your machine to ensure that all hardware is tight and components are properly assembled.

! Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Owner’s Manual.



NOTICE: This document provides instructions for the replacement of the RPM Sensor (Speed Sensor) on the Nautilus™ U618 Upright Bike and R618 Recumbent Bike.

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- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If at any time the Warning labels become loose, unreadable or dislodged, replace the labels. If purchased in US/Canada, contact Customer Service for replacement labels. If purchased outside US/Canada, contact your local distributor for them.
- Do not try to change the design or functionality of the machine being serviced as this can adversely affect user safety.
- Do not put the machine back in service until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

Tools Required (not included)

#2 Phillips screwdriver



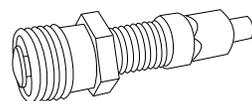
Utility knife or scissors to cut ziptie

Ziptie

Small flathead screwdriver



Crank puller



NOTICE: It is necessary to remove the Shrouds for this procedure. Refer to the “Replace the Shrouds” procedure.

! **Disconnect all power to the machine before you service it.**

Note: Your machine may not match the image. For reference only.

1. Carefully remove the Shrouds. Refer to the “Replace the Shrouds” procedure in this manual.

2. Observe the cable routing from the RPM Sensor (A) to the wiring harness (C) on your machine. Carefully disconnect the RPM Sensor cable (B) from the wiring harness.

3. Remove the hardware that attaches the RPM Sensor (A) to the Main Frame. Carefully remove the old RPM Sensor and cable and discard it.

NOTICE: Do not crimp any cables.

4. Installation is the reverse procedure.

NOTICE: Do not crimp any cables. Be sure the routing for the new RPM Sensor cable (B) and other wiring is correct to prevent interference from moving parts.

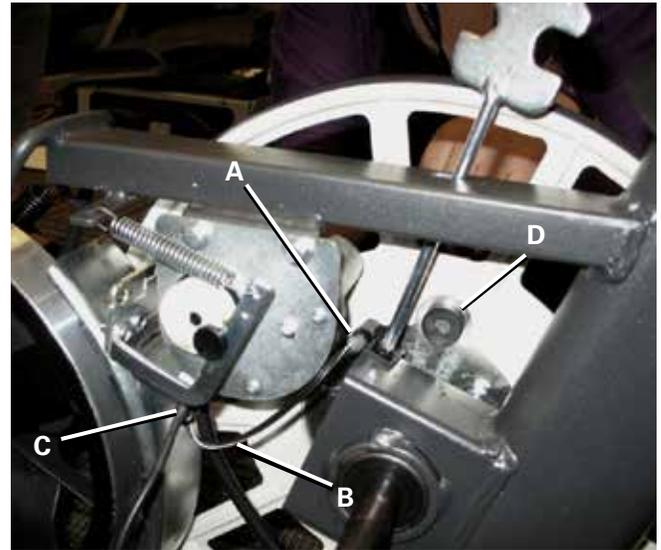
Note: Before fully attaching the Shrouds, verify that the RPM Sensor (A) and Speed Sensor Magnet (D) on the Drive Pulley do not touch.

5. Final Inspection

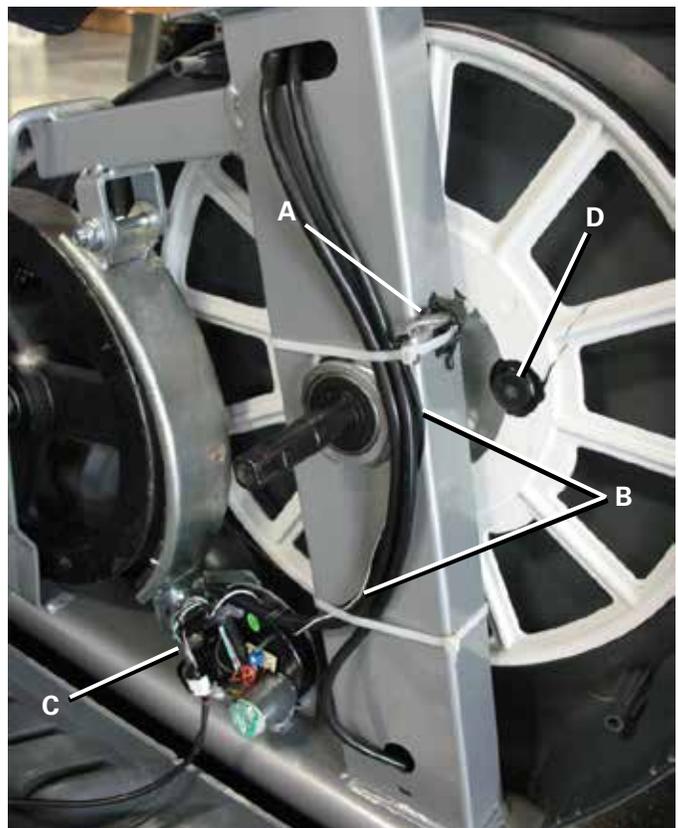
Inspect your machine to ensure that all hardware is tight and components are properly assembled.

! **Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Owner’s Manual.**

Upright bike



Recumbent bike



NOTICE: This document provides instructions for the replacement of the Power Inlet on the Nautilus™ U618 Upright Bike and R618 Recumbent Bike.

If you need assistance, please contact Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to: www.nautilusinternational.com

 **This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Read and understand all Warnings on this machine.**

Nautilus, Inc., www.NautilusInc.com, 5415 Centerpoint Parkway, Groveport, OH 43125 U.S.A. - Customer Service: North America (800) 605-3369, csnls@nautilus.com | outside U.S. www.nautilusinternational.com | © 2016 Nautilus, Inc. | Nautilus and the Nautilus logo are trademarks owned by or licensed to Nautilus, Inc. Inc., which are registered or otherwise protected by common law in the United States and other countries. | **ORIGINAL DOCUMENT - ENGLISH VERSION ONLY**

Important Safety Instructions - Before servicing or using this equipment, obey the following warnings:

 **Read and understand the Service Manual before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.**

Disconnect all power to the machine before you service it.

- Keep bystanders and children away from the product being serviced at all times.
- Make sure that the repair is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- 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.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If at any time the Warning labels become loose, unreadable or dislodged, replace the labels. If purchased in US/Canada, contact Customer Service for replacement labels. If purchased outside US/Canada, contact your local distributor for them.
- Do not try to change the design or functionality of the machine being serviced as this can adversely affect user safety.
- Do not put the machine back in service until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.

Tools Required (not included)

#2 Phillips screwdriver



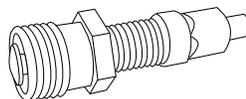
17mm open end wrench
or adjustable wrench



Small flathead screwdriver



Crank puller



NOTICE: It is necessary to remove the Shrouds for this procedure. Refer to the “Replace the Shrouds” procedure.

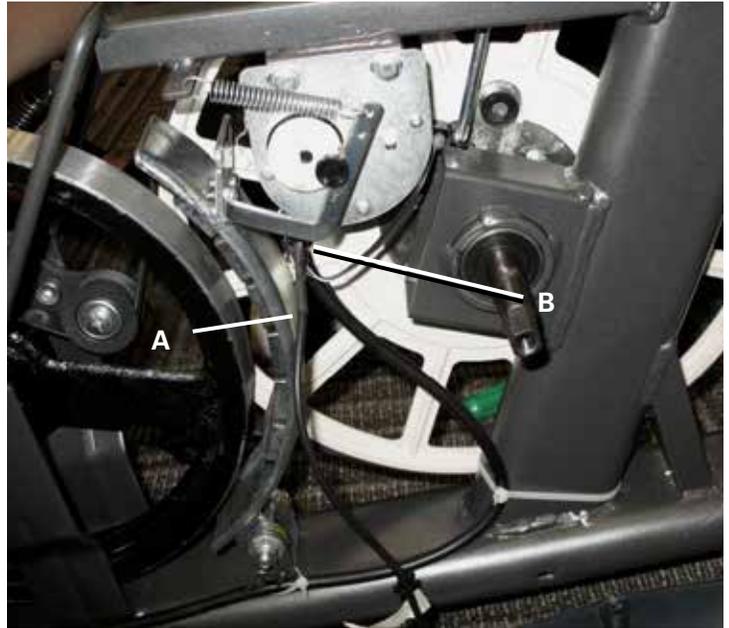
 **Disconnect all power to the machine before you service it.**

Note: Your machine may not match the image. For reference only.

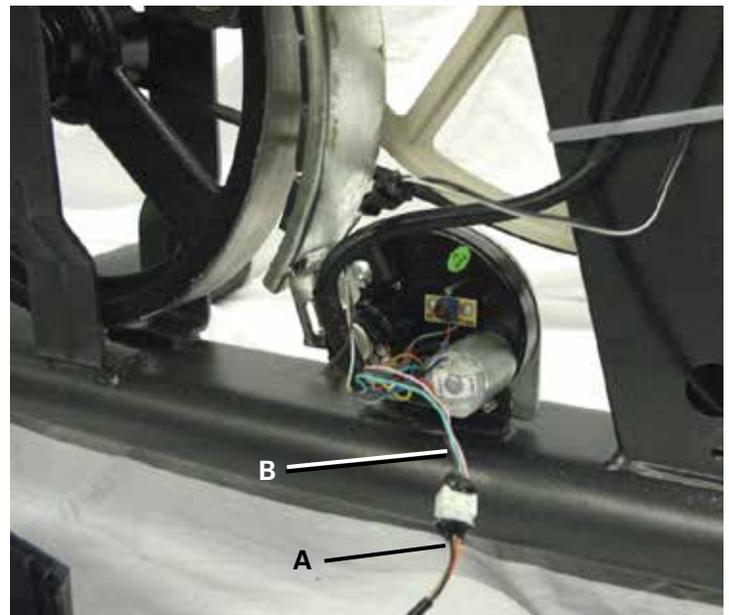
1. Carefully remove the Left Shroud. Refer to the “Replace the Shrouds” procedure in this manual.

2. Carefully disconnect the Power Inlet cable (A) in the Shroud from the wiring harness (B) on the motor.

Upright bike



Recumbent bike



- Loosen and remove the thin Nut from the Power Inlet (C) on the outside of the Shroud.



- Pull the Power Inlet plug (C) out of the hole toward the inside of the Shroud. Discard the old Power Inlet assembly.

- Installation is the reverse procedure.

NOTICE: Do not crimp any cables. Be sure the Power Inlet plug is seated evenly in the hole.

6. Final Inspection

Inspect your machine to ensure that all hardware is tight and components are properly assembled.

⚠ Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Owner's Manual.

