



CHANGING THE GAME IN HEALTH AND FITNESS™

Model EV916 / E916

Be Strong.™

NAUTILUS®



Model EV916



Model E916

Commercial Series Ellipticals
Assembly Manual

INTRODUCTION

Thank you for purchasing the Nautilus® Commercial Series EV916 or E916 Ellipticals. For more than 30 years Nautilus has been producing the world's finest fitness equipment used in health clubs and homes around the globe. We hope this product exceeds your expectations and is a valuable tool for your facility.

Please carefully read through this manual to familiarize yourself with the operation of your new Nautilus elliptical. Doing so will help to insure that your users get the most out of your elliptical, enjoying safe and effective workouts ahead.

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Model EV916



Model E916

SAFETY REQUIREMENTS: SAVE THESE INSTRUCTIONS!

WHEN USING ELECTRICAL EQUIPMENT, ALWAYS FOLLOW THESE BASIC PRECAUTIONS:

IMPORTANT SAFETY INSTRUCTIONS

The following definitions apply to the words "Danger" and "Warning" found throughout this manual:

▼▼▼▼▼ Used to call attention to IMMEDIATE hazards which, if not avoided, will result in immediate, serious personal injury or loss of life.

DANGER

▼▼▼▼▼ Used to call attention to POTENTIAL hazards that could result in personal injury or loss of life.

WARNING

READ ALL INSTRUCTIONS BEFORE USING THE MACHINE.

▼▼▼▼▼ To reduce the risk of electrical shock, always unplug the external power supply from the electrical outlet before cleaning, maintaining, or repairing.

DANGER

▼▼▼▼▼ To reduce the risk of burns, electric shock, or injury to persons:

WARNING

Read this manual in full before operating the elliptical. Failure to follow these guidelines can produce a serious or possibly fatal electrical shock hazard or other serious injury. Consult a qualified electrician as required.

1. The external power supply should always be unplugged from the AC wall outlet before removing or installing parts. Never make adjustments or repairs while an exercise program is in progress.
2. Close supervision is necessary whenever the machine is used by or near children, invalids, or disabled persons.
3. Keep your hands away from all moving parts and keep your feet on the pedals while exercising. Do not operate the machine with the side covers removed, or outdoors.
4. Use this machine only for its intended use as described in this Manual. Do not use parts, attachments, or accessories other than those provided by Nautilus Inc.
5. Do not use the external power supply if it has a damaged cord or plug, it is not working properly, if it has been dropped or damaged, or dropped in water. Contact our Technical Service Department to arrange for the return of damaged parts.

6. To avoid potential safety and electrical problems, replace with manufacturer's specified parts only.
7. Connect the external power supply to a properly grounded AC wall outlet. Keep all cords away from heated surfaces. To disconnect the external power supply, remove the plug from the AC wall outlet.
8. Do not let liquid enter the console. If it does, the console must be inspected and tested for safety by an approved technician before it can be used again.
9. Never drop or insert any object into any opening on the machine. Keep the area underneath and around the machine clear.
10. Do not operate where aerosol (spray) products are being used.
11. Always wear insulated gloves when handling batteries.
12. Do not crush, incinerate, or dismantle the battery. The electrolyte contains sulfuric acid, which can cause serious damage to eyes and skin. Should this occur, flush profusely with water and seek medical attention.

The safety level provided by the design of this equipment can only be maintained when the equipment is regularly examined for damage and wear. Inoperable components should be replaced immediately or the equipment be put out of use until it is repaired. Failure to follow the guidelines may compromise the effectiveness of the exercise experience, expose you (and possibly others) to injury, and reduce the longevity of the machine. Follow all training instructions listed in the manual and/or on the machine. Physical injury may result from incorrect or excessive training.

Failure to follow the conditions set forth below shall limit, to the extent allowed by law, Nautilus, Inc. responsibility for the safety, reliability, and performance of this equipment.

- The operator manual must be read in full by each owner and trainer before the product is first used. Each user must be instructed in the proper use of the elliptical and its accessories.
- The equipment must be used in accordance with the instructions for use.
- Only Nautilus®-trained or Nautilus®-authorized personnel should carry out assembly operations, extensions, readjustments, modifications, or repairs.
- For further information or instruction on use, maintenance or specifications, please contact your Authorized Nautilus® Fitness Dealer or Service Technician.

SAFE OPERATION



WARNING

THESE GUIDELINES ARE DIRECTED TO YOU, AS THE OWNER OF THE MACHINE. YOU SHOULD INSIST THAT ALL USERS FOLLOW THE SAME GUIDELINES.



WARNING!

Do not begin an exercise program without first consulting a physician.



WARNING!

If at any time during your workout you feel chest pain, experience severe muscular discomfort, feel faint, or are short of breath, stop exercising immediately. If the condition persists, you should consult your medical doctor immediately.



WARNING!

Secure long hair and loose clothing before use.

General Guidelines For Safe Operation

1. Obtain a complete physical examination from your medical doctor and enlist a health/fitness professional's aid in developing an exercise program suitable for your current health status.
2. When working out for the first time, use the MANUAL exercise program at the lower levels until you feel comfortable and capable of higher workloads.
3. The intensity and duration of your exercise program should always be subject to how you feel. Never permit peer pressure to override your personal judgment while exercising.
4. Overweight or severely deconditioned individuals should be particularly cautious when using the machine for the first time. Even though such individuals may not have histories of serious physical problems, they may perceive the exercise to be far less intense than it really is, resulting in the possibility of overexertion or injury.
5. Although all equipment manufactured by Nautilus, Inc. has been thoroughly inspected by the manufacturing facility prior to shipment, proper installation and regular maintenance are required to ensure safety. Maintenance is the sole responsibility of the owner.

Moving Your Machine

This machine is heavy and requires two people to safely move from one location to another. To move, have two people lift up the front end of the machine until the transport wheels are in contact with the ground. The machine can now be rolled on the transport wheels. Note: The transport wheels are intended for indoor use only and should never be rolled on concrete or asphalt surfaces.

GETTING STARTED

Receiving

When the carrier delivers your order, verify that the number of items received equals the number listed on the freight bill or express receipt.

Inspect the containers for damage. Itemize discrepancies and damage on the waybill and have the agent sign it. Failure to describe external evidence of loss adequately may result in the carrier refusing to honor your claim. Do not discard the packing materials until you have verified physical condition and proper operation.

Installation Notice

The elliptical must be installed correctly before being used. Nautilus recommends that you contact your elliptical dealer or sales representative when your equipment arrives. The representative will help unpack, install, and demonstrate how to use the machine to ensure the following:

- Equipment is free from shipping damage
- Installation and operation are in accordance with Nautilus standards.

Incorrect installation by unauthorized personnel can lead to equipment damage and may void the warranty.



Hardware Included

- (4) Screw, 3/8" - 16 x 3/4", Hex Head
- (4) Washer, 3/8" Split Lock
- (4) Washer, 3/8" Flat
- (22) Screw, #10-32 x 3/4", Pan Head with Lock Washer
- (2) Screw, 1/2"-13 x 4", Hex Head
- (4) Washer, 1/2" Flat
- (2) Nut, 1/2"-13, Self Locking
- (4) Screw, 1/4" x 3/4", Pan Head with Lock Washer

Components included

- (1) Bottom Front Left Cover
- (1) Bottom Front Right Cover
- (2) Bottom Pivot Cover #1
- (2) Bottom Pivot Cover #2
- (2) Bottom Swing Arm Shaft
- (1) Elliptical Console

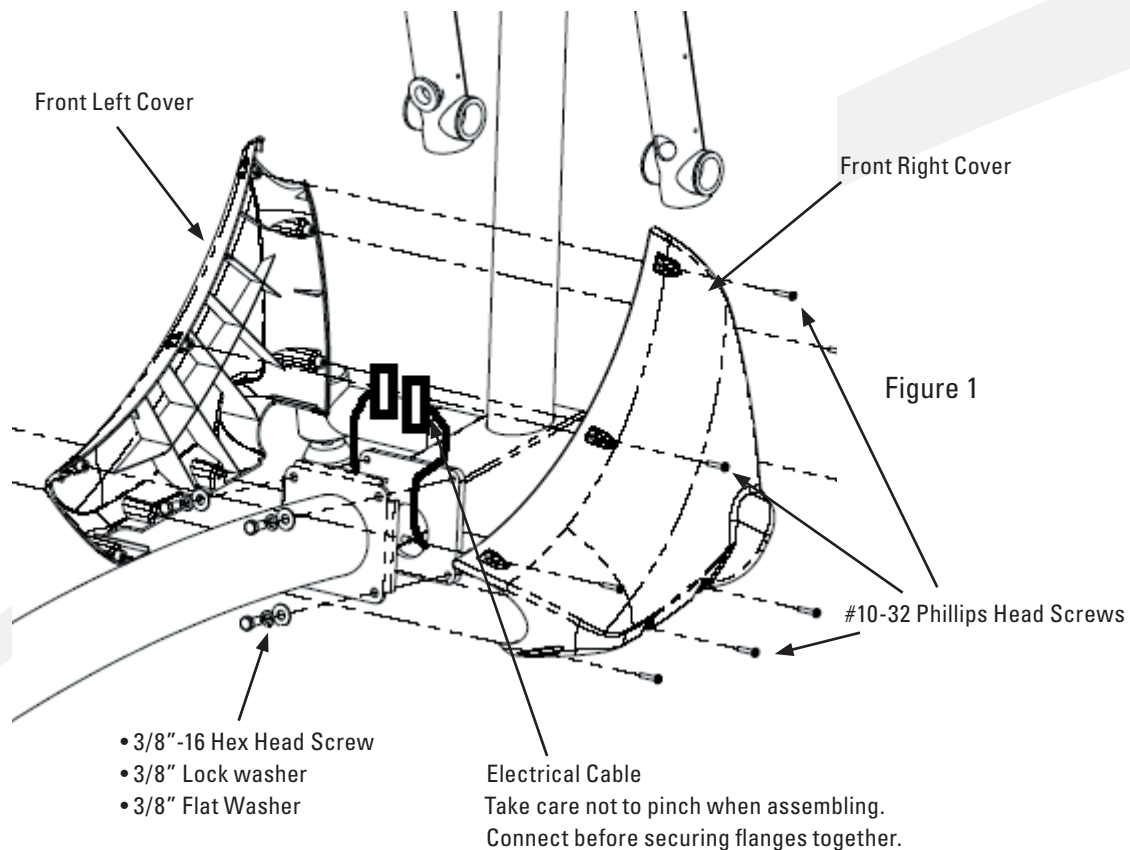
Tools Required

- Shears or Razor Knife
- 9/16" Hex Socket Wrench
- 3/4" Hex Socket Wrench
- 3/8" Hex Socket Wrench
- #2 Phillips Screw Driver
- Torque Wrench (if available)

Unpacking the Elliptical

1. Inspect the containers for damage. Itemize discrepancies and damage on the waybill and have the agent sign it. Failure to describe external evidence of loss or damage adequately may result in the carrier refusing to honor your claim.
2. Use shears or a razor knife to cut the straps that secure the elliptical cover to the pallet. Remove the cover.
3. Remove the packing materials from the machine.
4. Remove the parts box.
5. Unpack and detach the Bottom Front Cover, Front Pivot Covers, Elliptical Console, and hardware from the box.
6. Use shears or a razor knife to cut the straps that secure the elliptical machine to the pallet.
7. Use a 3/8" hex socket wrench to remove the two lag bolts at the rear of the pallet that hold the machine to the pallet.
8. Remove the packaging material from the elliptical machine mast assembly.

9. Rotate the elliptical mast into the proper position, **taking care not to pinch the electrical cable at the bottom in the process** (see Figure 1).
10. Connect the electrical cables coming out of the front bottom flange of the mast assembly to the electrical cables coming out of the front flange of the main frame center tube (see Figure 1). The color-coded cables snap together with basic male/female connectors for corresponding cable colors.
11. Install and tighten (4) 3/8"-16 hex head screws, (4) 3/8" flat washers, and (4) 3/8" lock washers into front bottom flange of the upright and the front flange of the main frame tube. Take care not to pinch the electrical cable during this process. This requires a 9/16" hex socket wrench.
12. Install the front left and right covers and align the holes at the side. (See Figure 1).
13. Secure the front bottom left and right covers with (10) #10-32 Phillips head screws. This will require a #2 Phillips head screw driver.



14. Install (1) Bottom Swing Arm Shaft into the swing arm and the install the foot support tube (see Figures 2 and 3).
15. Install and tighten (1) 1/2"-13 hex head screw, (2) 1/2" washers, and (1) 1/2"-13 nuts connecting the swing arm and the foot support tube (both left and right sides). This will require a 3/4" hex socket wrench. Install nuts toward middle of the machine as is shown in Figure 2. Torque bolts to 45 ft/lbs (if torque wrench is available).
16. Repeat steps 14 and 15 for the opposite foot support tube.

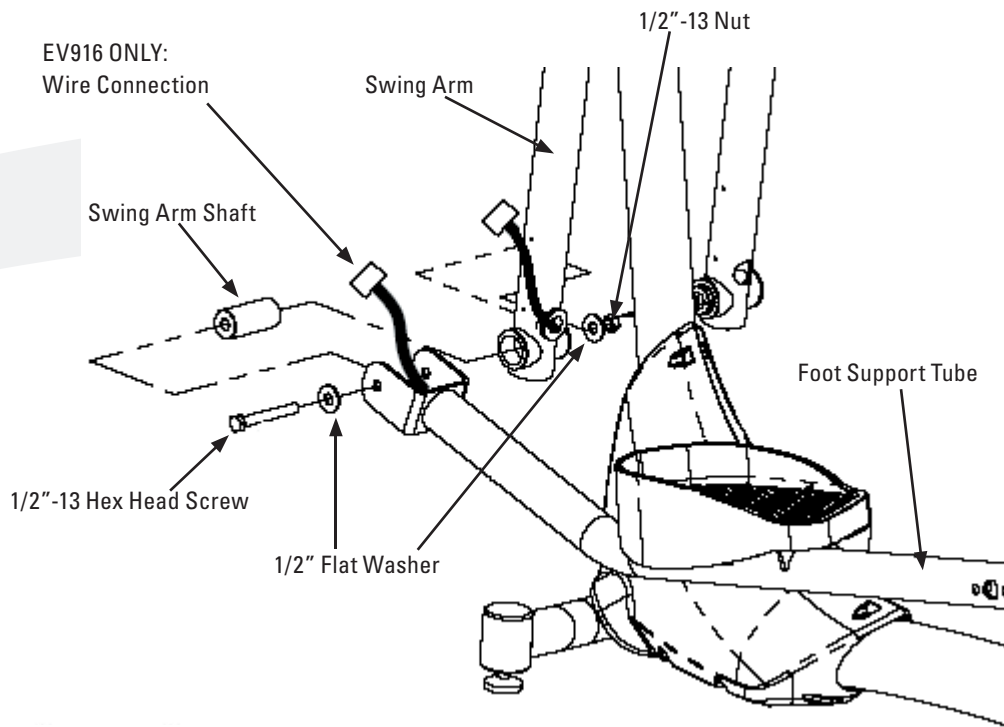


Figure 2

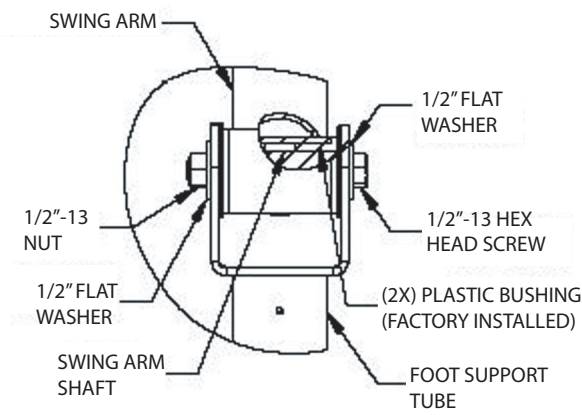


Figure 3



If you have an EV916 manufactured PRIOR to September 30, 2005, please follow steps 17-22 (for units manufactured AFTER September 30, 2005, please skip to step 19).

To determine the manufacturing date of your machine, refer to the 14-digit serial number:

08000050926005

1st 5 digits: Model Number (above example: Model #08000)

Next 6 digits: Year, Month, Day (above example, "050926) means September 26, 2005)

Last 3 digits: Number of units built this day (above example, 005 means this was the fifth unit built on September 26, 2005)

17. Remove the rubber grommets from the openings in the left Swing Arm and left Foot Support Tube. Slide the Grommets onto the Footlink Cable extruding from the Foot support Tube.
18. Using a 1 1/2" section of sheathed housing, make a loop in the sheathed portion of the footlink cable between the grommets and the end connector, and use a zip tie to secure the loop. See Figure 4.
19. Connect the swing arm cable to the footlink cable. You can remove the warning tag at this time.

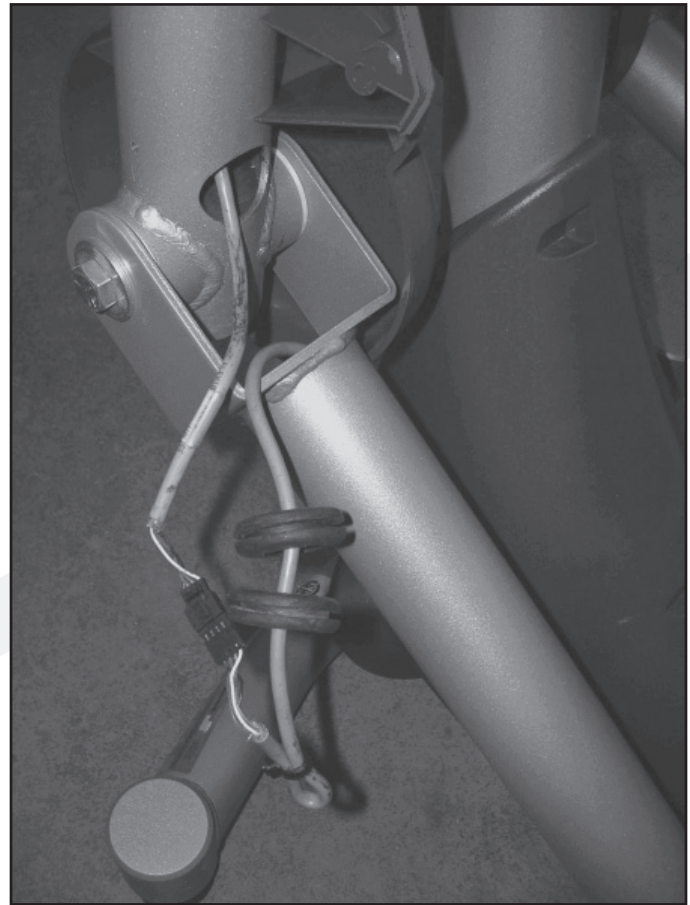


Figure 4

20. Carefully insert the connectors and zip tied loop into the swing arm tube's opening (see Figure 5).

NOTE: If connectors are not inserted into the swing arm tube, they will be damaged during use!

21. Install the swing arm rubber grommet, and insert any remaining slack cable into either tube.

22. Make sure that grommets are fully installed and that only the sheathed cable is exposed (see Figure 6).

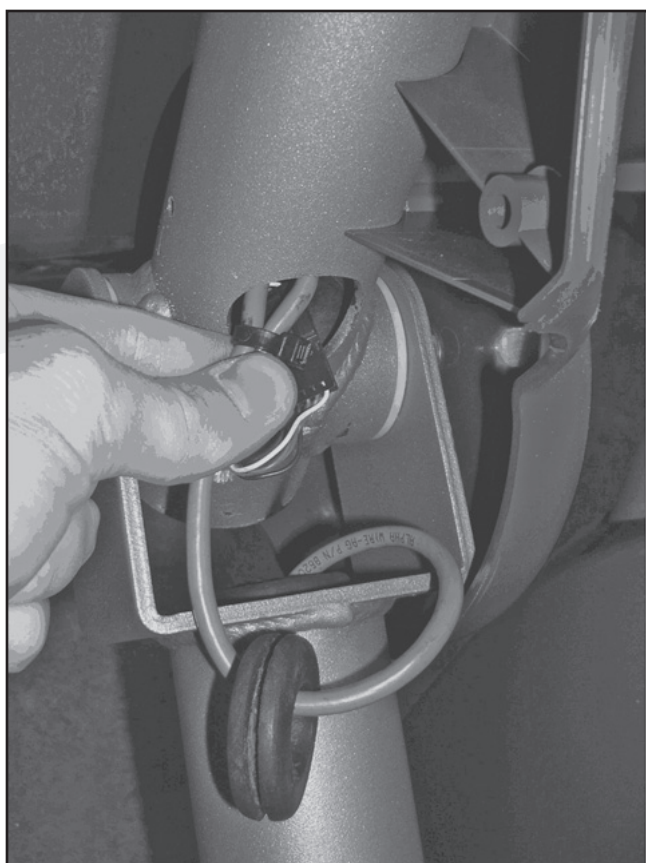


Figure 5

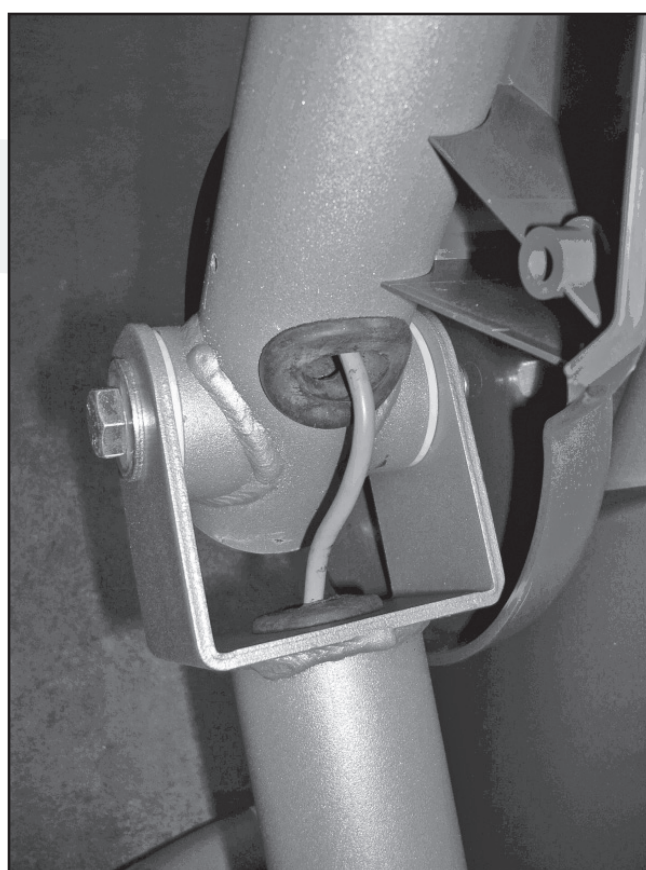


Figure 6



23. Install the (1) Bottom Pivot Cover #1 and (1) Bottom Pivot Cover #2 and align the holes at the sides of the swing arm tube (see Figure 7).

24. Install and tighten (5) #10-32 Phillips head screws. This requires a #2 Phillips head screwdriver.

25. Repeat steps 23 and 24 for the opposite swing arm tube.

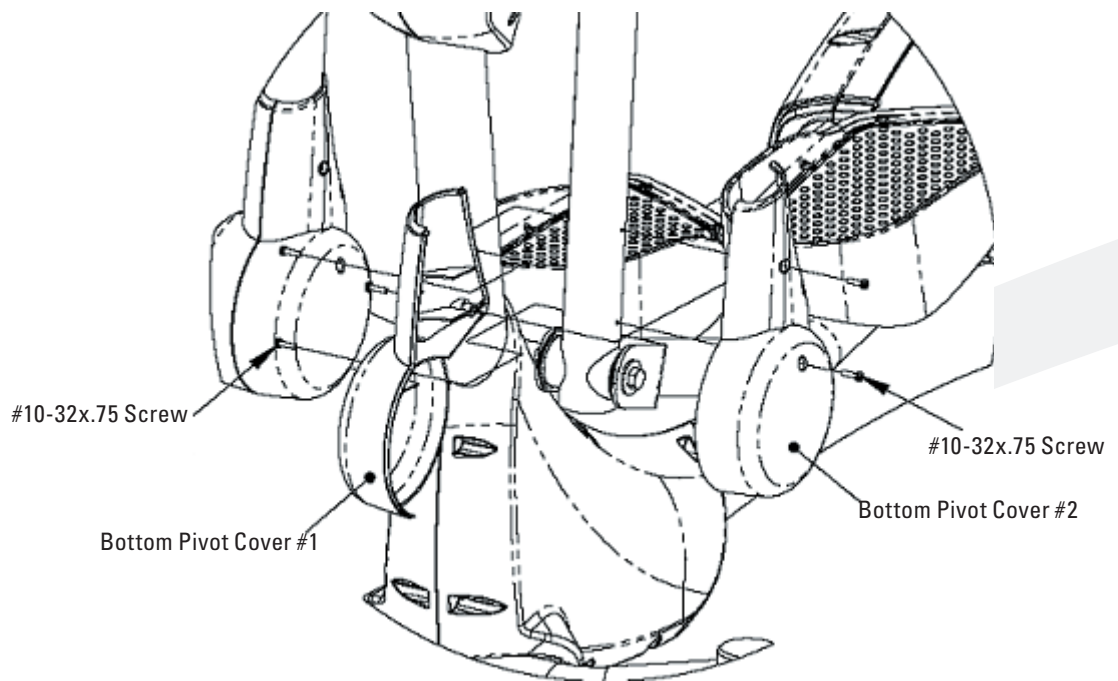


Figure 7

26. Position console so that the electrical cables can be connected. Use the correct cables with the proper connectors. See wiring diagram on next page.
27. Install the console and tighten (4) 1/4" Phillips head screws (see Figure 8). This requires a #2 Phillips head screwdriver.
28. The elliptical can now be removed from the pallet and is ready for use.

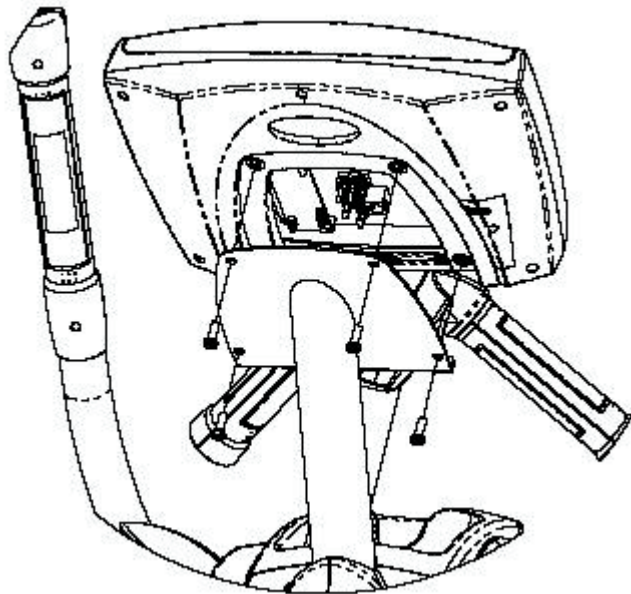
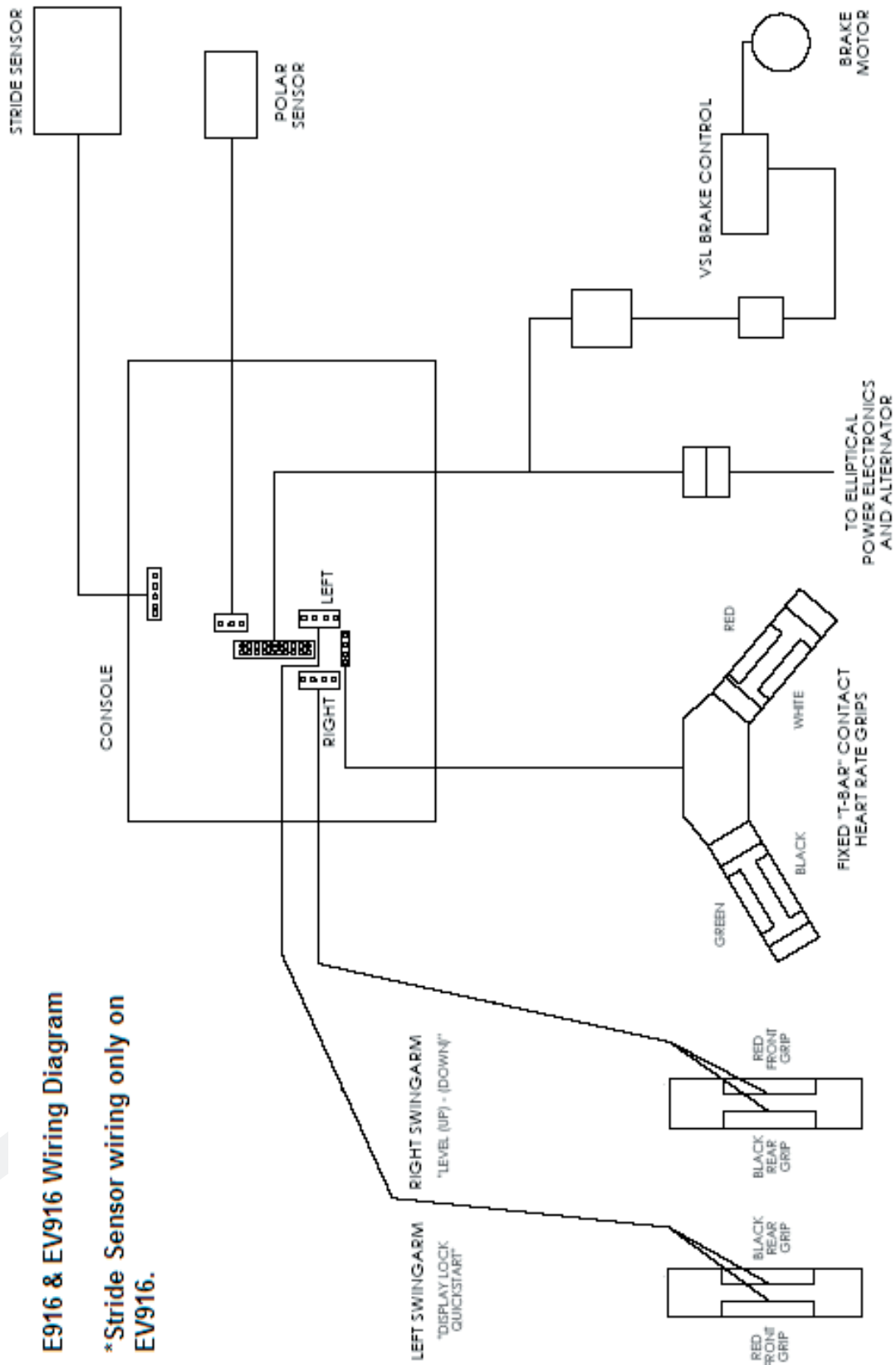


Figure 8

29. Ensure all console wiring is connected correctly, using the following wiring diagram.

E916 & EV916 Wiring Diagram

***Stride Sensor wiring only on EV916.**



If you need assistance, please have both the serial number of your machine and the date of purchase available when you contact the appropriate Nautilus office listed below.

OFFICES IN THE UNITED STATES INTERNATIONAL OFFICES

- **NAUTILUS INNOVATION CENTER**

Nautilus, Inc.
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Louisville, Colorado, USA 80027
Phone: 800-864-1270
Fax: 800-898-9410

- **TECHNICAL/CUSTOMER SERVICE**

Nautilus, Inc.
10757 East Ute Street
Tulsa, Oklahoma, USA 74116
Phone: 800-864-1270
Fax: 800-764-7380
E-mail: customerservice@nautilus.com

- **CORPORATE HEADQUARTERS**

Nautilus, Inc.
World Headquarters
16400 SE Nautilus Drive
Vancouver, Washington, USA 98683
Phone: 800-NAUTILUS

For technical assistance and a list of distributors in your area, please call or fax one of the following numbers.

- **INTERNATIONAL CUSTOMER SERVICE
NORTH AMERICA OFFICE**

Nautilus, Inc.
World Headquarters
16400 SE Nautilus Drive
Vancouver, Washington, USA 98683
Phone: 800-864-1270
Fax: 800-764-7380
E-mail: customerservice@nautilus.com

- **GERMANY OFFICE**

Nautilus GmbH
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Fax: 02204 62890

- **ITALY OFFICE**

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