

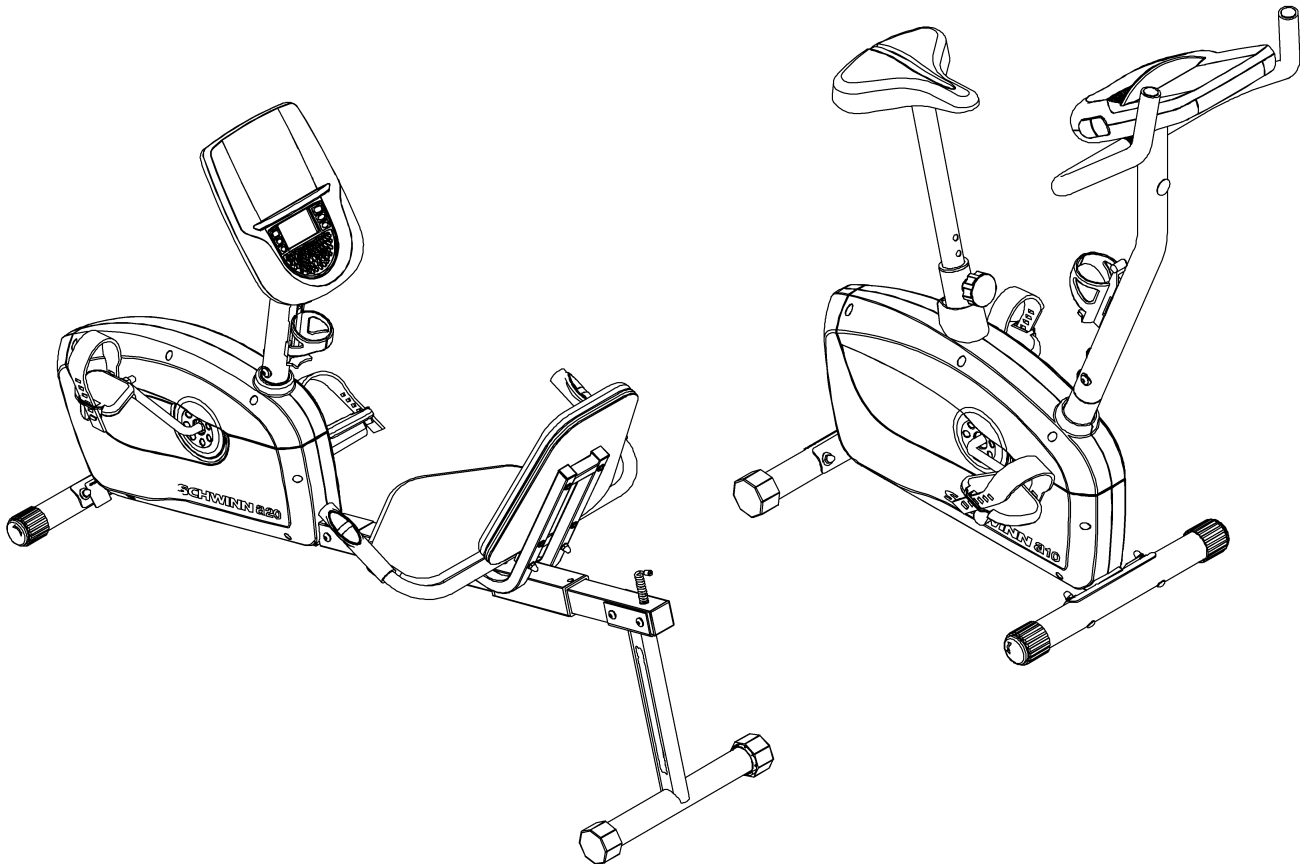


SCHWINN FITNESS

Schwinn® A10 and A20 Exercise Bikes



Owner's Manual



English

Ver página 2

Español Americano Latino

Nautilus, Inc., (800) NAUTILUS / (800) 628-8458, www.NautilusInc.com - Customer Service: North America (800) 605-3369, customerservice@schwinnfitness.com | Asia Pacific & Latin America +01-360-859-5180, technics-APLA@nautilus.com | Patent information: This product may be covered by US and Foreign Patents and Patents Pending. See Product for more information. | Printed in China | © 2010 Nautilus, Inc., All rights reserved. ™ and ® indicate a trademark or registered trademark. Nautilus, Inc. (www.NautilusInc.com) trademarks include NAUTILUS®, BOWFLEX®, SCHWINN® and UNIVERSAL® and respective logos. Other trademarks are the property of their respective owners.

To validate warranty support, keep the original proof of purchase and record the following information: Serial Number _____
Date of Purchase _____

To register your product warranty, go to: www.schwinnfitness.com/register

Or call 1 (800) 605-3369.

Español Americano Latino

Para obtener este manual en Español Latino Americano vaya a: <http://www.schwinnfitness.com>.

Table of Contents

Important Safety Instructions	3	Operations	9
Safety Warning Labels and Serial Number	3	Changing Unit Measures	10
Specifications	4	Maintenance	11
Features	4	Leveling Your Bike	13
Console Features	5	Moving Your Bike	13
Contact Heart Rate Sensors	6	Troubleshooting	13

Important Safety Instructions

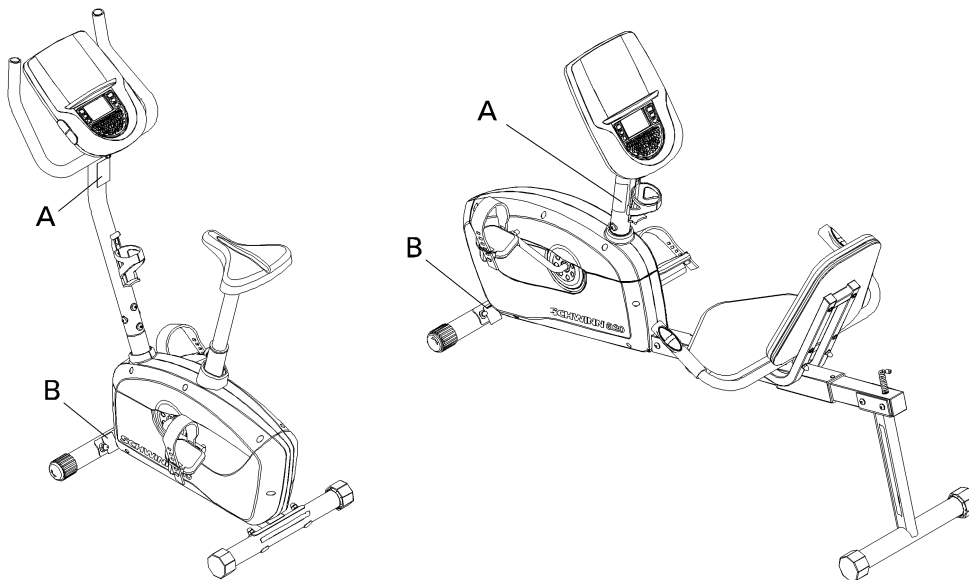


This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury.

Before using this equipment, obey the following warnings:

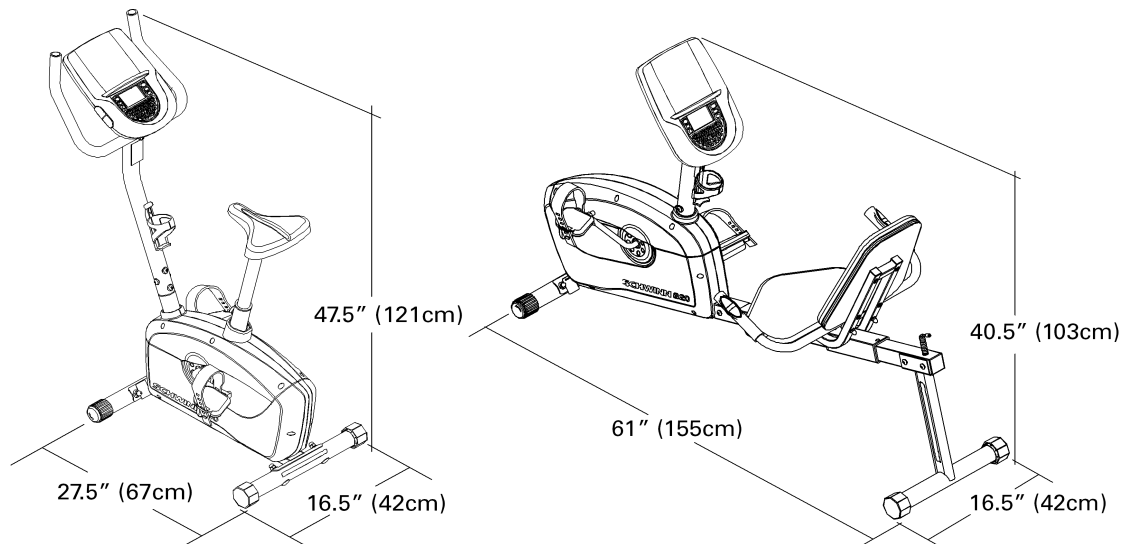
- Read and understand the complete Owner's Manual. Keep Owner's Manual for future reference.
- Read and understand all warnings on this machine. If at any time the Warning stickers become loose, unreadable or dislodged, contact Nautilus® Customer Service for replacement stickers.
- Children must not be let on or near to this machine. Moving parts and other features of the machine can be dangerous to children.
- Not intended for use by anyone under 14 years of age.
- Consult a physician before you start an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before you use the machine again. Use the values calculated or measured by the machine's computer for reference purposes only.
- Before each use, examine this machine for loose parts or signs of wear. Do not use if found in this condition. Monitor the Seat, Pedals, and Crank Arms closely. Contact Nautilus® Customer Service for repair information.
- Maximum user weight limit: 275 lbs. (125 kgs). Do not use if you are over this weight.
- This machine is for home use only.
- Do not wear loose clothing or jewelry. This machine contains moving parts. Do not put fingers or other objects into moving parts of the exercise equipment.
- Set up and operate this machine on a solid, level, horizontal surface.
- Make the Pedals stable before you step on them. Use caution when you step on and off the machine.
- Disconnect all power before servicing this machine.
- Do not operate this machine outdoors or in moist or wet locations. Keep the foot pedals clean and dry.
- Keep at least 19.7" (0.5 m) on each side of the machine clear. This is the recommended safe distance for access and passage around and emergency dismounts from the machine. Keep third parties out of this space when machine is in use.
- Do not over exert yourself during exercise. Operate the machine in the manner described in this manual.
- Correctly adjust and safely engage all Positional Adjustment Devices. Make sure that the Adjustment Devices do not hit the user.

Safety Warning Labels and Serial Number



	Type	Description
A	WARNING	<ul style="list-style-type: none">• Keep children away.• Prior to use, read and understand the Owners Manual.• Injury or death is possible if Caution is not used while using this machine.• The maximum user weight for this machine is 275 lbs (125 kg).• Replace any "Caution", "Warning" or "Danger" label that is illegible, damaged, or removed.• This machine is for home use only.
B	Serial number	Record serial number in the Serial Number field in the Contacts section of this manual.

Specifications



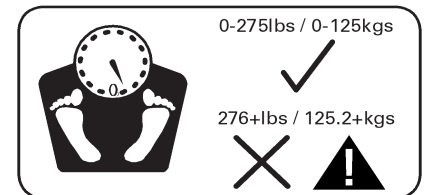
Power Requirements

4 D Batteries (LR20) – not included

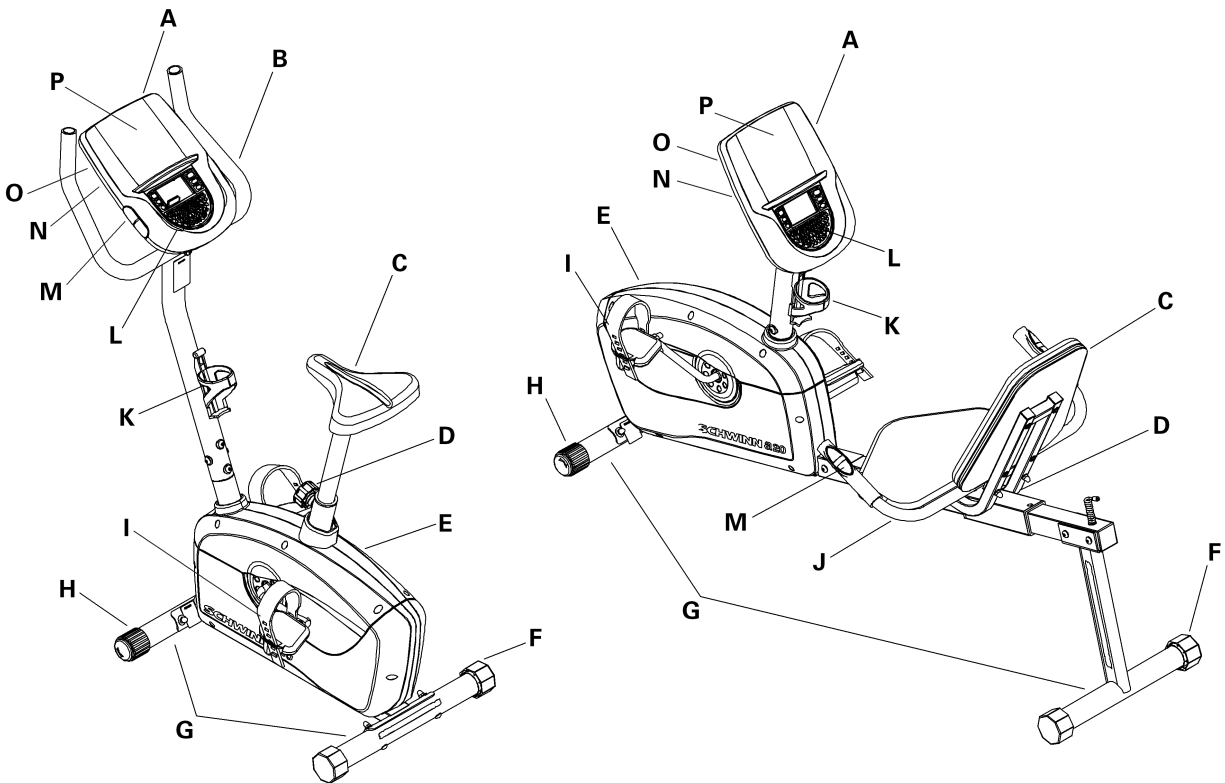
Operational Voltage 6VDC

Regulatory Approvals

Optional AC Power Adapter: UL listed, CSA certified (or equivalent), Rated 120V60Hz Input, 9VDC, 0.5A Output. Class 2 or LPS.

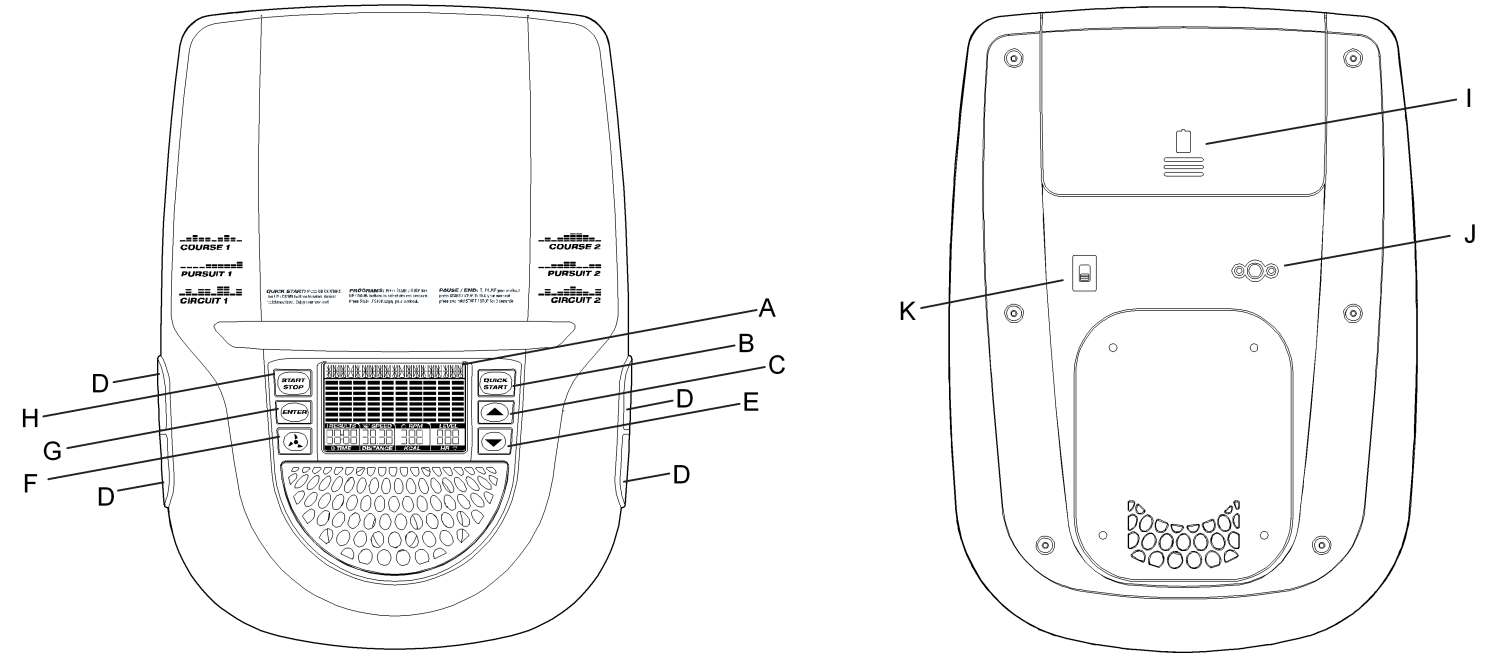


Features



A	Console	E	Fully Shrouded Flywheel	I	Pedals	M	Contact Heart Rate (CHR) Sensors
B	Handlebars, Upright	F	Levelers	J	Handlebars, Side	N	Power Connector
C	Adjustable Seat	G	Stabilizers	K	Water Bottle Holder	O	Battery Bay
D	Adjustment Knob	H	Transport Rollers	L	Fan	P	Magazine/MP3 Holder

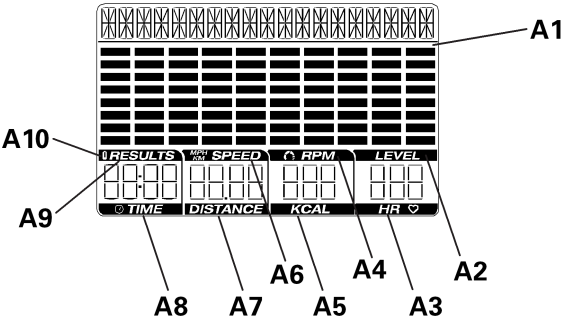
Console Features



A	LCD Display	Console screen
B	QUICK START button	Starts a Quick Start workout
C	Increase button (▲)	Increases a value (time or workout resistance level)
D	CHR Sensors	Contact Heart Rate sensors (model A10 only)
E	Decrease button (▼)	Decreases a value (time or workout resistance level)
F	Fan button	Push to control the fan (on or off)
G	ENTER button	Confirms information
H	START / STOP button	<ul style="list-style-type: none"> Push to start a Program workout, pause an active workout, or resume a paused workout. Push and hold for 3 seconds to end a paused workout.
I	Battery Bay	Open cover to install batteries.
J	Power Connector	Port to connect optional Power Adapter
K	Machine Type switch	Console setting for Bike/Elliptical (B/E) — preset at factory

LCD Display Data

A1	Program Display
A2	LEVEL
A3	HR (Heart Rate)
A4	RPM (Revolutions Per Minute)
A5	KCAL (Calories)
A6	SPEED
A7	DISTANCE
A8	TIME
A9	RESULTS
A10	Battery Indicator



Note: To change the measurement units to English Imperial or metric, refer to the “Changing Unit Measures” section in this manual.

Program Display

The Program Display shows the name of the program selection and the dot-matrix area shows the course profile for the program. Each column in the profile shows one interval (1/10 of the total program time). The higher the column, the higher the resistance level and/or speed for that interval. The flashing column shows your current interval.

Level

The Level display field shows the current resistance level. There are 8 resistance levels available.

Heart Rate

The Heart Rate display field shows the heart rate in beats per minute (BPM) from the contact heart rate sensors (CHR). The heart icon flashes when the console receiver senses the CHR signal. If the console receiver does not sense the CHR, the center of the heart icon is on solid.



Consult a physician before you start an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before you use the machine again. Use the values calculated or measured by the machine's computer for reference purposes only.

RPM

The RPM display field shows the current pedal revolutions per minute (RPM).

Calories

The Calories display field shows the estimated calories that you have burned during the exercise.

Speed

The Speed display field shows the estimated speed in kilometers per hour (KM) or miles per hour (MPH).

Distance

The DISTANCE display field shows the distance count (miles or km) in the workout.

Time

The Time display field shows the time count in the workout. If no preset time is set up for the current workout program, the display value starts at zero and counts forward until the end of the workout. Maximum time is 99:59.

If the workout has a preset time, the display starts at the preset value and counts down to zero. The display shows the total time count for the workout, then the time count for the current interval.

Results Indicator

The RESULTS indicator comes on when the Console shows the workout data results.

Battery Indicator

The Battery Indicator shows when the battery power is low. It is only viewable when a low battery level is detected.

Note: The Console will automatically turn off the fan when battery levels are low.

Contact Heart Rate Sensors

Contact Heart Rate (CHR) sensors send your heart rate signals to the Console. The CHR sensors are the stainless steel parts on the handlebars or the sides of the Console.

Note: The A10 bike has the CHR sensors on the Console. The A20 bike has the CHR sensors on the handlebars.

To use, put your hands comfortably around the sensors. Be sure that your hands touch both the top and the bottom of the sensors. Hold firm, but not too tight or loose. Both hands must make contact with the sensors for the Console to detect a pulse. After the Console detects four stable pulse signals, your initial pulse rate will be shown.

Once the Console has your initial heart rate, do not move or shift your hands for 10 to 15 seconds. The Console will now validate the heart rate. Many factors influence the ability of the sensors to detect your heart rate signal:

- Movement of the upper body muscles (including arms) produces an electrical signal (muscle artifact) that can interfere with pulse detection. Slight hand movement while in contact with the sensors can also produce interference.
- Calluses and hand lotion may act as an insulating layer to reduce the signal strength.
- Some Electrocardiogram (EKG) signals generated by individuals are not strong enough to be detected by the sensors.

If your heart rate signal ever seems erratic after validation, wipe off your hands and the sensors and try again.

Heart Rate Calculations

Your maximum heart rate usually decreases from 220 Beats Per Minute (BPM) in childhood to approximately 160 BPM by age 60. This fall in heart rate is usually linear, decreasing by approximately one BPM for each year. There is no indication that training influences the decrease in maximum heart rate. Individuals of the same age could

have different maximum heart rates. It is more accurate to find this value by getting a stress test than by using an age related formula.

Your at rest heart rate is influenced by endurance training. The typical adult has an at rest heart rate of approximately 72 BPM, where as highly trained runners may have readings of 40 BPM or lower.

The Heart Rate table is an estimate of what Heart Rate Zone (HRZ) is effective to burn fat and better your cardiovascular system. Physical conditions vary, therefore your individual HRZ could be several beats higher or lower than what is shown.

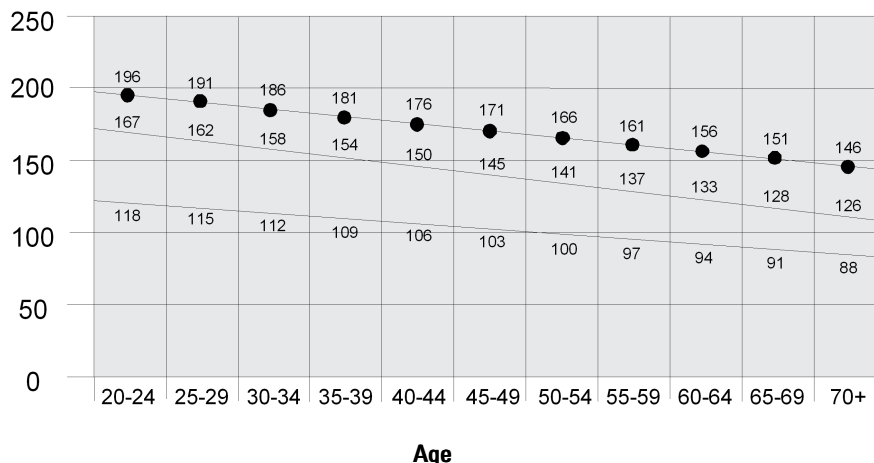
The most efficient procedure to burn fat during exercise is to start at a slow pace and gradually increase your intensity until your heart rate reaches between 60 – 85% of your maximum heart rate. Continue at that pace, keeping your heart rate in that target zone for over 20 minutes. The longer you maintain your target heart rate, the more fat your body will burn.

The graph is a brief guideline, describing the generally suggested target heart rates based on age. As noted above, your optimal target rate may be higher or lower. Consult your physician for your individual target heart rate zone.

Note: As with all exercises and fitness regimens, always use your best judgment when you increase your exercise time or intensity.

Fat Burning Target Heart Rate

Heart Rate BPM (beats per minute)



Maximum Heart Rate
Target Heart Rate Zone
 (keep within this range for optimum fat burning)

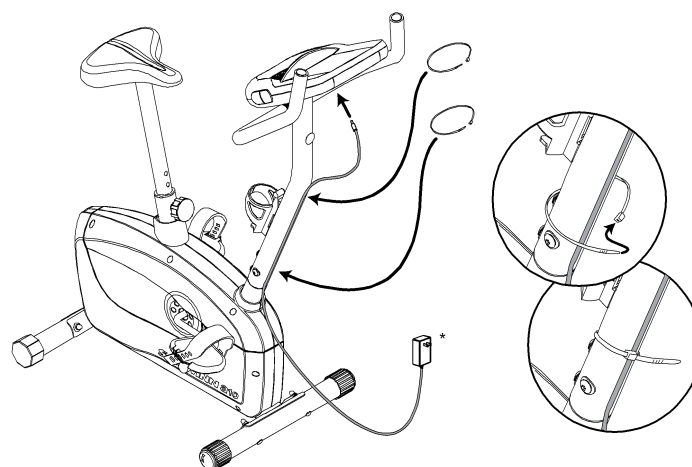
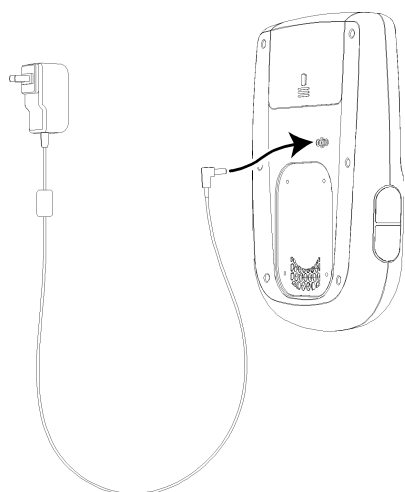
Optional Power Adapter

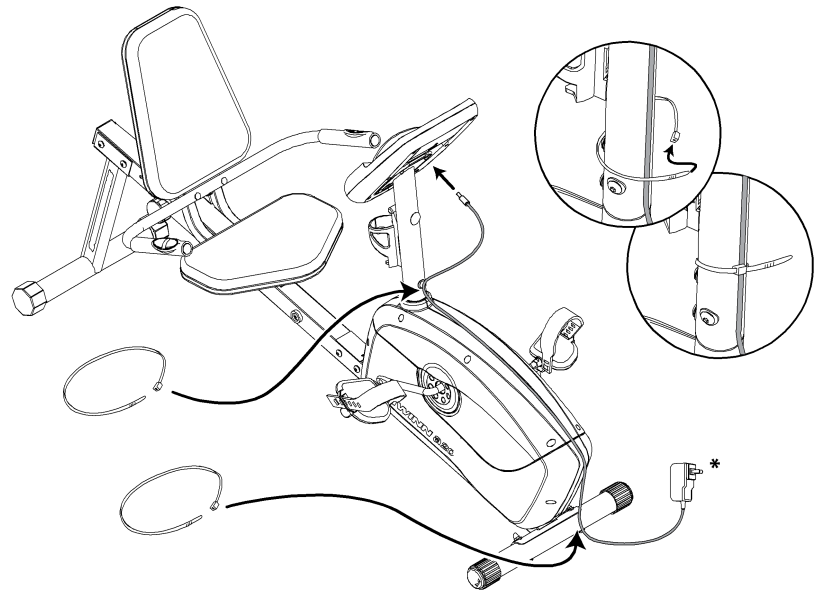
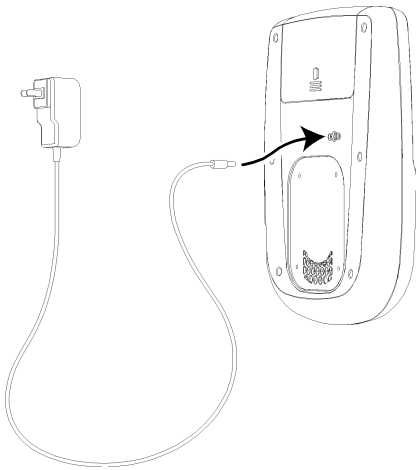
The console for your machine can operate on battery power or AC power. For AC power, it is necessary to order the optional Power Adapter. If batteries and the Power Adapter are installed, the console will use the Power Adapter to operate.

Note: If you use rechargeable batteries, the optional Power Adapter will not recharge the batteries.

After the machine is fully assembled, connect the Power Adaptor to the console and the wall outlet.

NOTICE: If you use a power adapter for your bike, make sure that the cord stays clear of the path of the pedals. Attach the cord to the machine as shown:





NOTICE: It is recommended to remove batteries when they are not used, to avoid damage from battery corrosion.

To order the optional Power Adapter, go to:

www.schwinnfitness.com/powersupply

Or call 1 (800) 605-3369.

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.

Note: This equipment has 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.

Operations

What to Wear

Wear rubber-soled athletic shoes. You will need the appropriate clothes for exercise that allow you to move freely.

How Often Should You Exercise



Consult a physician before you start an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before you use the machine again. Use the values calculated or measured by the machine's computer for reference purposes only.

- 3 times a week for 30 minutes each day.
- Schedule workouts in advance. Try to work out even when you do not want to.

Seat Adjustment

Correct seat placement encourages exercise efficiency and comfort, while reducing the risk of injury.

1. With a Pedal in the forward position, center the ball of your foot over the center of it. Your leg should be bent slightly at the knee.
2. If your leg is too straight or your foot cannot touch the Pedal, move the seat down on the upright bike or forward on the recumbent bike. If your leg is bent too much, move the seat up on the upright bike or backward on the recumbent bike.



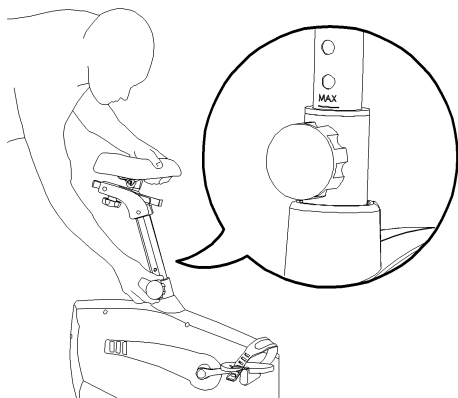
Step off the bike before you adjust the seat.

Upright

Pull the adjustment knob on the seat tube. Adjust the seat to the desired height. Release the adjustment knob to engage the locking pin. Be sure that the pin is fully engaged.



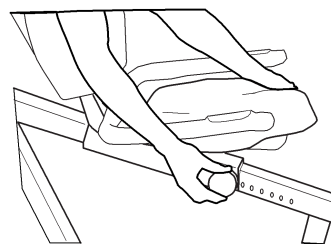
Do not set the Seat Post position higher than the stop mark (MAX) on the tube.



Recumbent

Pull the adjustment knob on the seat bracket. Slide the seat to the desired position. The adjustment knob will "pop" into the next hole. Turn the knob to fully tighten and make sure the seat is stable.

Note: Different models can have the knob on the top or the side of the seat bracket.

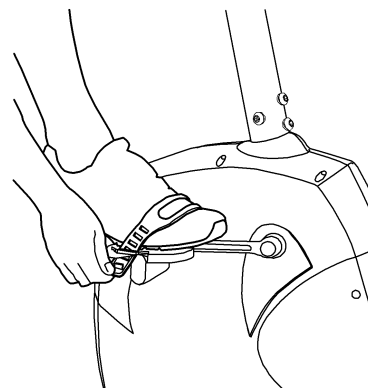


Foot Position / Pedal Strap Adjustment

Foot pedals with straps provide secure footing to the exercise bike.

1. Put the ball of each foot on the Pedals.
2. Rotate the Pedals until one can be reached.
3. Fasten the strap over the shoe.
4. Repeat for the other foot.

Be sure toes and knees point directly forward to ensure maximum Pedal efficiency. Pedal straps can be left in position for subsequent workouts.



Power-Up Mode

The Console operates on (4) D sized batteries. Once installed, the Console will enter POWER-UP mode if any button is pushed, or if it receives an indication from the RPM sensor as a result of pedaling the machine.

Note: An optional power adapter is available from www.schwinnfitness.com/powersupply or call 1(800) 605-3369.

Auto Shut-Off (Sleep Mode)

If the Console does not receive any input in approximately 5 minutes, it will automatically shut off. The LCD display is off while in Sleep Mode.

Note: The Console does not have an On/Off switch.

Quick Start / Manual Program

The Quick Start / Manual program lets you start a workout without entering any information.

1. Step on the machine.
2. Push the QUICK START button to start the QUICK START / MANUAL program.
3. Push the Increase or Decrease buttons to change the resistance level. The default Quick Start resistance level is 1. The time will count up from 00:00.

Changing Resistance Levels

Push the Increase or Decrease buttons to change the resistance level at any time in a workout program.

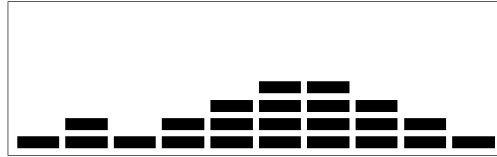
Profile Programs

These programs automate different resistances and workout levels.

Course 1



Course 2



Pursuit 1



Pursuit 2



Circuit 1



Circuit 2



To start a Profile Program:

1. Step on the machine.
2. Use the Increase or Decrease buttons to select one of the above programs.
3. To adjust the time of the workout (15 minutes is the default), push ENTER. Use the Increase and Decrease buttons to change it, and push ENTER.
4. Use the Increase and Decrease buttons to change the resistance level (default level is 3, maximum level is 8), and push ENTER.
5. Push START / STOP to begin the workout. Your Profile workout will begin.

Pausing or Stopping

1. Push the START / STOP button to pause your workout.
2. Push START / STOP to continue the workout, or push and hold the START / STOP button for 3 seconds to end the workout.

Results

When you complete, pause or cancel a workout, the Console will show your current workout value totals and averages. If there is no activity for 5 minutes, the Console will enter Sleep Mode.

Changing Unit Measures (English Imperial/Metric)

To change the measurement units (for distance and speed) to English Imperial or metric:

1. Push and hold the ENTER and START / STOP buttons for 3 seconds to go to Engineering Mode.
2. The display shows the current unit of measurement. Push the Increase/Decrease buttons to change between English Imperial (MILES) or Metric (KM) units.
3. Push ENTER to set your selection.

Maintenance



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 replaced immediately or the equipment removed from service until the repair is made. Only manufacturer supplied components can be used to maintain and repair the equipment.



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⚠ DANGER

To reduce the risk of electrical shock, always unplug the power cord and wait 5 minutes before cleaning, maintaining or repairing this machine.

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 sweat.

Note: Avoid excessive moisture on the Console.

Weekly

Check for smooth seat slider operation. Clean the machine to remove any dust, dirt, or grime from the surfaces. If needed, sparingly apply a thin coating of silicone lube to ease operation.

Note: Do not use petroleum based products.

Monthly

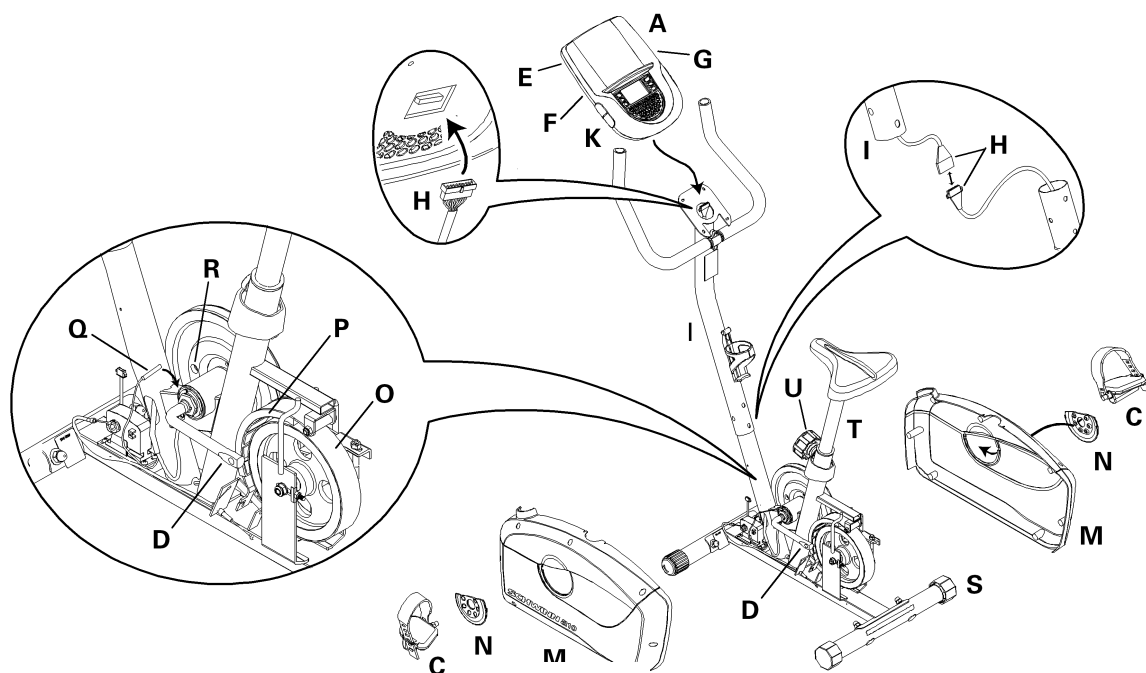
Check pedals and crank arms and tighten as necessary. Make sure all bolts and screws are tight. Tighten as necessary.

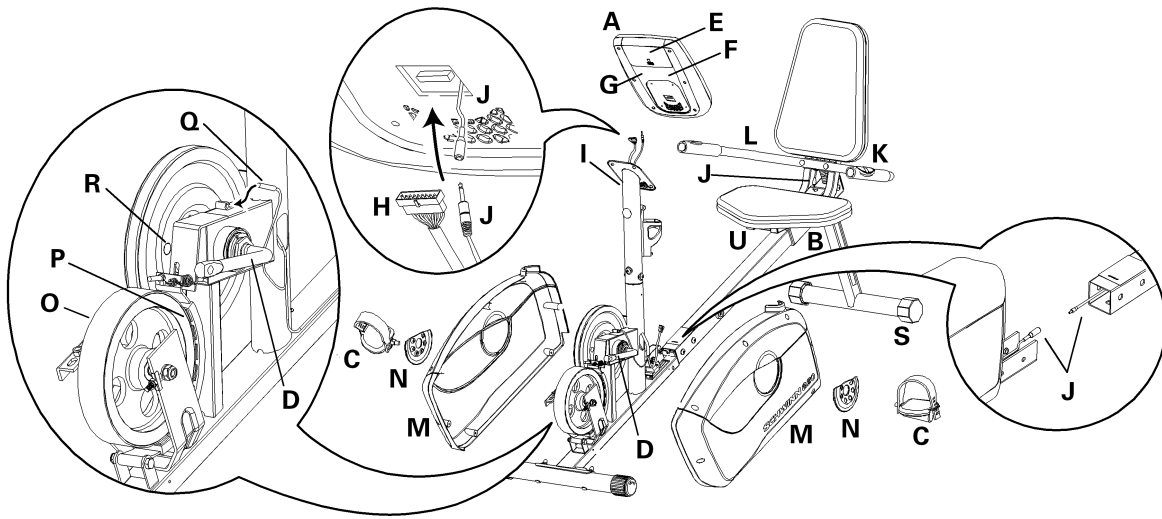
Yearly

Replace the console batteries every 1 year (as necessary).

Maintenance Parts

A	Console	H	Data Cable	O	Flywheel
B	Seat Slider (A20 only)	I	Console Mast	P	Brake Magnet
C	Pedals	J	HR Cables	Q	RPM Sensor
D	Crank Arms	K	CHR Sensors	R	Speed Sensor Magnet
E	Battery Bay	L	Handlebars, Side (A20 only)	S	Levelers
F	AC Power Connector	M	Shrouds	T	Seat Post (A10 only)
G	Machine Type Switch	N	Center Plates	U	Adjustment Knob





Replacing the Console Batteries

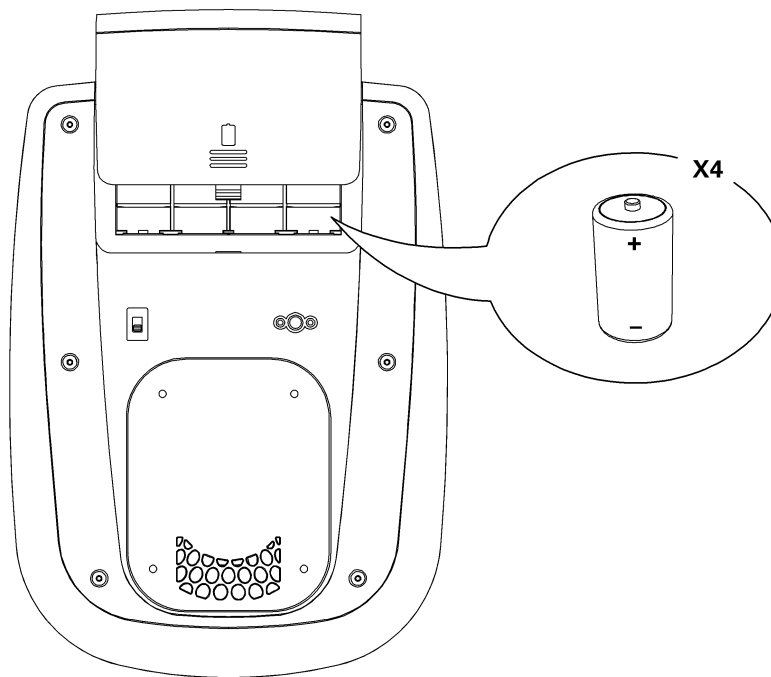
If the Battery Indicator comes on, replace the batteries in the back of the console with fresh batteries. Make sure the batteries point in the **+/-** direction shown in the battery bay.

Note: The console uses D size batteries (LR20). If you use rechargeable batteries, the optional power adapter will not recharge the batteries.



Do not mix old and new batteries.

Do not mix alkaline, standard (carbon-zinc), or rechargeable (Ni-Cd, Ni-MH, etc) batteries.

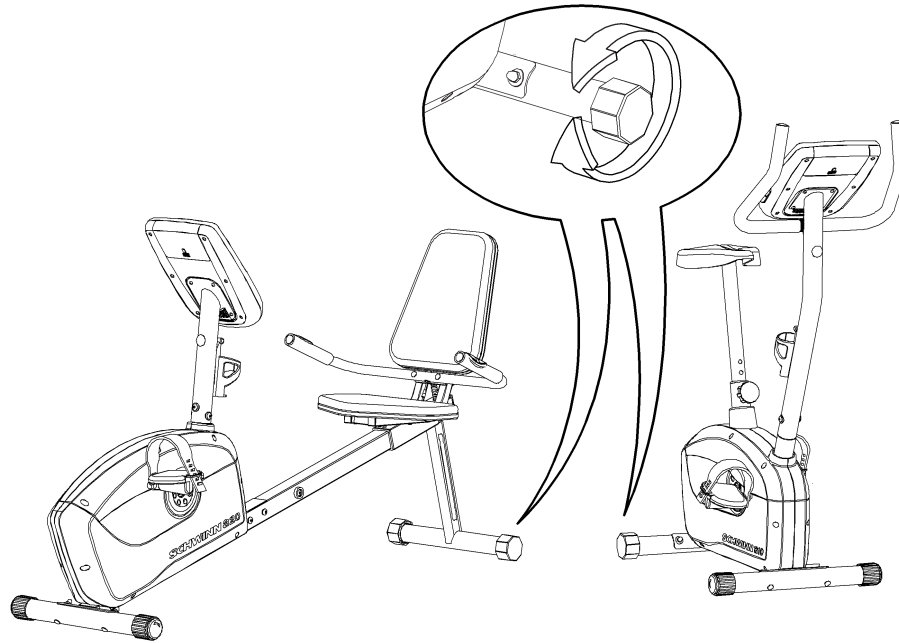


Machine Type Switch

The Machine Type switch on the Console is preset at the factory to B (bike) or E (elliptical). If you replace the console, it will possibly be necessary to set the switch for your machine. After you set the switch, it is necessary to turn the power off and then turn it back on to start the new mode of operation.

NOTICE: Make sure that the Machine Type is set correctly to give more accurate calculations for Distance, Speed and Calories values.

Leveling Your Bike

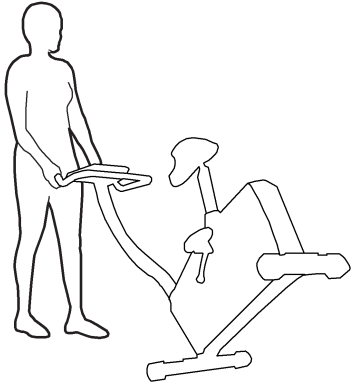


The levelers are the polygonal end caps on the Rear Stabilizer. Turn the end cap to adjust the level. Make sure the bike is level and stable before you exercise.

Moving Your Bike

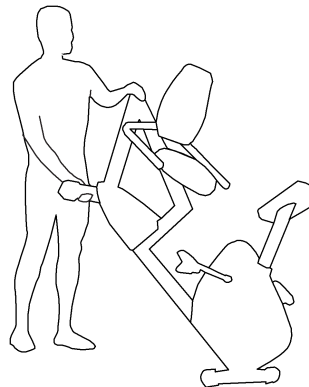
Upright

To move the upright bike, carefully pull the Handlebars toward you while pushing the front of the bike downward. Push the bike to the desired location.



Recumbent

To move the recumbent bike, carefully lift the rear end of the bike and slowly push the bike to the desired location.



NOTICE:

Be careful when you move the bike. All abrupt motions can affect the computer operation.

Troubleshooting

Problem	Check	Solution
No display/partial display/unit will not turn on	If bike has AC adapter, check electrical (wall) outlet	Make sure unit is plugged into a functioning wall outlet.
	If bike has AC adapter, check connection at unit	Connection should be secure and undamaged. Replace adapter or connection at unit if either are damaged.
	If bike has batteries, check Battery Indicator on console or check batteries.	Replace the batteries. It may be necessary to replace the batteries although the Battery Indicator is not on.
	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	Make 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 Care for further assistance.
Unit operates but Contact HR not displayed	HR cable connection at Console	Make sure cable is connected securely to Console.
	HR cable box connection (recumbent only)	Make sure cables from handlebars and cable to Console are secure and undamaged. Some models may require the seat back be raised to access cable box.
	Sensor grip	Make 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 such as SIGNACREME® or Buh-Bump™ can help make better conduct. These are available on the web or at medical or some larger fitness stores.
	Handlebars (recumbent only)	If tests reveal no other issues, Handlebars should be replaced.
	Console (upright only)	If tests reveal no other issues, Console should be replaced.
Console displays "E2" 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	Insure cable is connected securely and oriented properly. Small latch on connector should line up and snap into place.
	Console Electronics	If tests reveal no other issues, Console should be replaced.
No speed/RPM reading, Console displays "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	Insure 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 flywheel. If no magnet is present, replace the flywheel or the entire base unit (if unable to replace flywheel).
	Check RPM Sensor (requires shroud removal)	RPM 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.
Console shuts off (enters sleep mode) while in use	Check data cable integrity	All wires in the cable should be intact. If any are cut or crimped, replace cable.
	Check data cable connections/orientation	Insure cable is connected securely and oriented properly. Small latch on connector should line up and snap into place.
	Reset Machine (if equipped with reset button)	Unplug unit from electrical outlet for 3 minutes. Reconnect to outlet. After the Console powers up, press "reset".
	If bike has batteries, check Battery Level icon on console or check batteries.	If the battery level shows low or no power, replace the batteries.
	Check magnet position (requires shroud removal)	Magnet should be in place on flywheel. If no magnet is present, replace flywheel or entire base unit.
	Check RPM Sensor	Contact Customer Care for further assistance.

Fan (if equipped) 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	Insure cable is connected securely and oriented properly. Small latch on connector should line up and snap into place.
	Reset Machine (if equipped with reset button)	Unplug unit from electrical outlet for 3 minutes. Reconnect to outlet. After Console powers up, press "reset".
	If bike has batteries, check Battery Indicator on console or check batteries.	If the battery level shows low or no power, replace the batteries.
Fan (if equipped) will not turn on, but Console operates	Check for blockage of fan	Turn power off (remove batteries or unplug power adapter). 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	Leveling feet may be turned to level bike.
	Check surface under unit	Adjustment may not be able to compensate for extremely uneven surfaces. Move bike to level area.
Pedals loose/unit difficult to pedal	Check pedal to crank connection	Pedal should be tightened securely to crank. Insure connection is not cross-threaded.
	Check crank to axle connection	Crank should be tightened securely to axle. Be sure cranks are connected at 180 degrees from each other.
Seat post movement	Check locking pin	Insure adjustment pin is locked into one of the seat post adjustment holes.
	Check adjustment knob	Insure knob is securely tightened.



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