



# IC Pro / IC Elite

## ASSEMBLY INSTRUCTIONS

**SCHWINN** FITNESS

<b>Ref. #</b>	<b>Description</b>	<b>Qty.</b>
1.	Frame	1
42.	Handle Bar	1
3.	Seat Slider Assembly with Saddle	1
A	Front Stabilizer Bar with Wheels and Feet	1
B	Rear Stabilizer Bar with Feet	1
51.	Water Bottle Cage	2
	Small Parts Box	1

**Small Part Box Contents**

34.	Pedals with Toe Clips & Straps (Left & Right)	1 Pair
29.	Pop Pin Assembly for Head Tube	1
46.	13mm Hex Bolt	4
44.	Flat Washer	8
45.	13mm Lock Nut	4

**Tools Supplied**

Stamped Steel 13/14/15/17mm Combination Wrench	1
3mm Hex Wrench	1

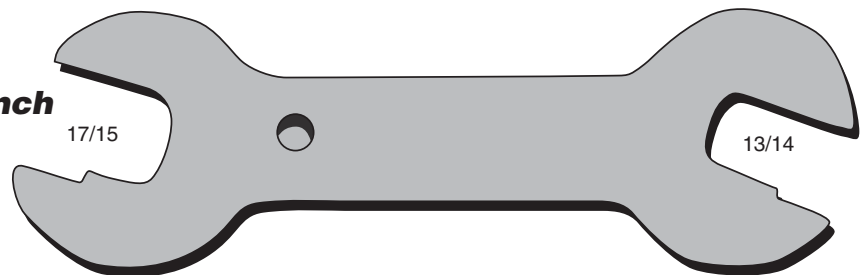
Prior to assembly of the product, remove all components from the packaging and check them against the packaged components list supplied above. Once you are certain that all the necessary parts have been supplied, begin with the first assembly step.

**Tools Needed**

**3mm Hex Wrench**

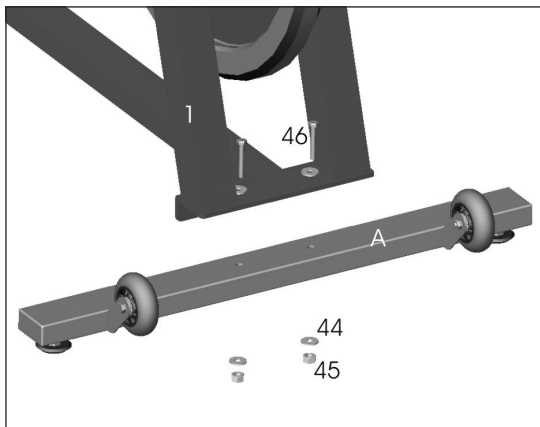


**Stamped Steel  
Combination wrench**

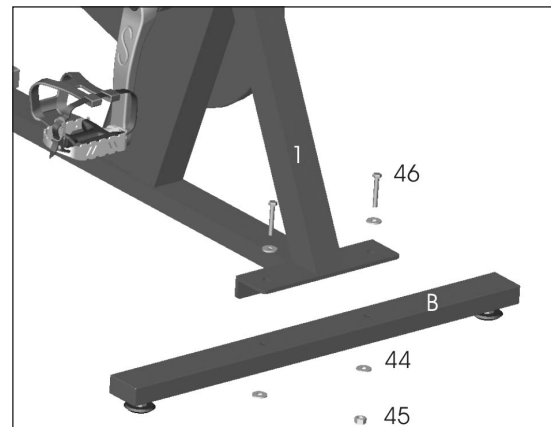


**Adjustable wrench (not included)**  
**Grease (not included)**

**Front**



**Rear**



<b>Ref. #</b>	<b>Description</b>	<b>Qty</b>
1	Frame	1
A	Front Stabilizer Bar with Wheels and Feet	1
B	Rear Stabilizer Bar with Feet	1
46	13mm Hex Bolt	4
44	Flat Washer	8
45	13mm Lock Nut	4

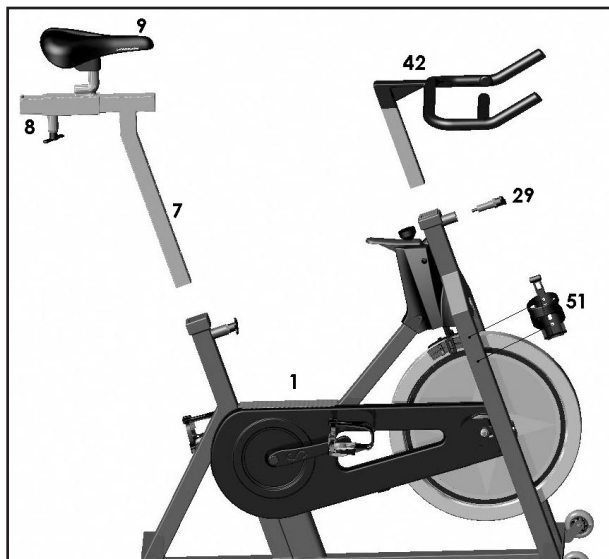
**Tools Required**

Stamped Steel Combination Wrench	1
Adjustable wrench or 13mm Socket (not supplied)	1

**ATTENTION**

The following steps utilize stainless steel hardware. Stainless steel hardware is susceptible to “cold welding”, also known as galling, if not handled properly. To reduce the chances for cold welding, make sure you apply grease to the threads at the end of the stainless hex bolts #46. When tightening the 13mm lock nuts #45, turn them at a fairly low rotational speed. High rotational speeds as well as lack of grease are common causes for cold welding of stainless steel hardware.

- A. Position the Front Stabilizer Bar (A) on the frame bracket as shown in the illustration.
- B. Make sure the adjustable feet are on the bottom and the transport wheels are facing up and toward the front of the bike.
- C. Attach Front Stabilizer Bar (A) to Frame (1) using two hex bolts (46), four washers (44), and two lock nuts (45). Tighten hardware firmly but do not over tighten as deformation of the stabilizer tube may occur
- D. At this time make sure that the adjustable feet with lock nuts are screwed fully into the stabilizer.
- E. Position the Rear Stabilizer Bar (B) on the frame bracket as shown in the illustration.
- F. Make sure the adjustable feet are on the bottom.
- G. Attach Rear Stabilizer Bar (B) to Frame (1) using two hex bolts (46), four washers (44), and two lock nuts (45). Tighten hardware firmly but do not over tighten as deformation of the stabilizer tube may occur
- H. At this time make sure that the adjustable feet with lock nuts are screwed fully into the stabilizer.

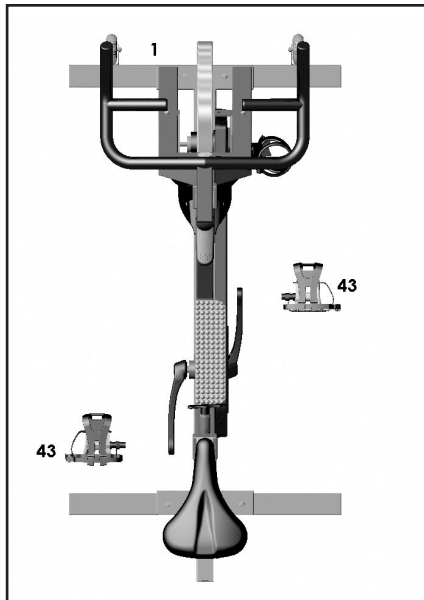


<b>Ref. #</b>	<b>Description</b>	<b>Qty</b>
1	Frame	1
29	Pop Pin Assembly for Head Tube	1
42	Handle Bar	1
7, 8, & 9	Seat Slider Assembly	1
51	Water Bottle Cage	2

**Tools Required**

3mm Hex	1
Adjustable wrench (not supplied)	1

- A. Using your hand, grab the T-handled of the Pop Pin attached to the seat tube of the frame. Turn the Pop Pin counter clockwise for several revolutions to make sure it is free of the securing threads and can be pulled freely.
- B. Pull the entire seat slider assembly (7,8,9) from the frame and reverse its direction. Reinsert the seat slider assembly into the frame (with the holes facing the front of the bike) while pulling out on the Pop Pin. Release the Pop Pin and make sure it fully engages one of the holes provided in the seat post.
- C. Using the stamped steel combination wrench supplied, loosen up the 14mm nuts that secure the saddle bracket to the seat slider (8). Once loose, rotate the saddle so that the nose of the saddle is facing the handle bars and is level with the ground or in your desired position. Tighten the 14mm nut securely and manually attempt to twist the saddle sideways to confirm that it is secure before ridding.
- D. Remove the Pop Pin Assembly (29) from the small parts bag and add some grease to the threads of the large 21mm nut that will screw into the head tube boss on the bike.
- E. Thread the Pop Pin Assembly (29) into the head tube boss using a large adjustable wrench and tighten firmly.
- F. Using your hand, grab the T-handled of the Pop Pin, turn it counter clockwise for several revolutions to make sure it is free of the securing threads and can be pulled freely.
- G. Insert the handle bar (42) into the head tube of the bike while pulling the Pop Pin out. Lower the handle bar to the desired height and release the Pop Pin. Make sure the Pop Pin fully engages one of the holes provided in the handle bar. Turn the T-handle of the Pop Pin clockwise until it is fully tightened, this will secure the handle bar firmly at the desired height.
- H. Using the 3mm hex tool supplied, mount the two water bottle cages (51) to each side of the fork legs. The necessary mounting screws have previously been installed and must be removed from the fork legs prior to securing the water bottle cage.



<b>Ref. #</b>	<b>Description</b>	<b>Qty</b>
1	Frame	1
43	Pedals with Toe Clips & Straps (Left & Right)	1 Pair

**Tools Required**

Stamped Steel Combination Wrench	1
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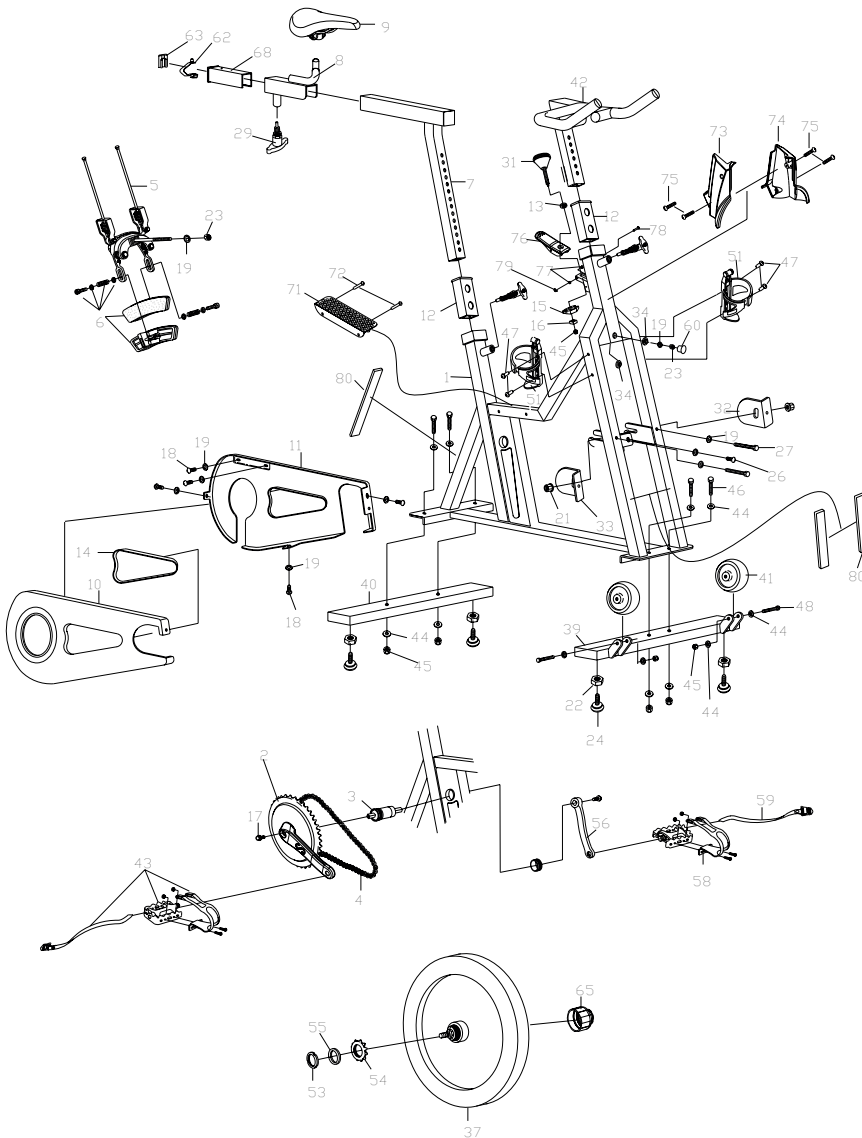
- A. Remove Pedals (43) from the small parts box and look at the ends of the pedal threads. You will notice that each pedal is marked with an "R" or an "L" on the very end of the spindle past the threads. This mark indicates which side of the bike the pedal is intended to mount. This is important since the thread directions are different for each pedal.
- B. Locate the Pedal that has the "R" on the spindle. This pedal is for the right side crank arm of the bike (chain guard side) and is right hand threaded (turn clockwise to tighten). It is a good idea to apply grease to the threads before attaching them to the crank, this will assure that they can be removed in the future. Using the supplied Combination Wrench thread the right Pedal on to the crank arm, tighten firmly.
- C. Locate the Pedal that has the "L" on the spindle. Follow the directions in step B. however, you will need to turn the spindle left (counter-clockwise) to tighten as the "L" spindle is reverse threaded.

**Prior to first using the Schwinn IC bike it is a good idea to follow these initial set up steps.**

- A. Move bike into its final location. Confirm that all four feet are firmly in contact with the floor and that the bike is stable. If any of the feet are not making full contact it is recommended that you adjust them by turning the entire foot assembly counter-clockwise which will extend it further from the stabilizer bar. Once the foot is in full contact and the bike is stable, thread the jam nut clockwise until it comes into contact with the stabilizer at the point the foot assembly threads in. Tighten the jam nut snug using an adjustable wrench. This will secure the foot at the desired height.
- B. With the resistance adjustment knob turned fully in the counter-clockwise position (no brake contact with flywheel) it is recommended that you soak the brake pads with Schwinn Fit-Tech Lube. This will extend the life of the brake pads and assure a smooth resistance interface with the flywheel.
- C. Once the pads are lubricated it is recommended that you tighten the resistance adjustment knob clockwise to tighten the brake pads against the flywheel surface. Do this until the brake pads are firmly clamped against the flywheel. This will set the brake parts and give the springs some initial compression. This process will also assure that the Fit-Tech Lube penetrates the entire brake pad surface.
- D. Confirm that the Saddle is positioned in the desired location on the saddle mounting bracket. If the angle of the saddle or the fore/aft position of the saddle needs to be adjusted, use the Combination Wrench to loosen the 14mm nuts on either side of the saddle mounting bracket. This will allow you to adjust the tilt angle and fore/aft position of the saddle. Once in the correct position, tighten both 14mm nuts on the saddle mounting bracket with the Combination Wrench.

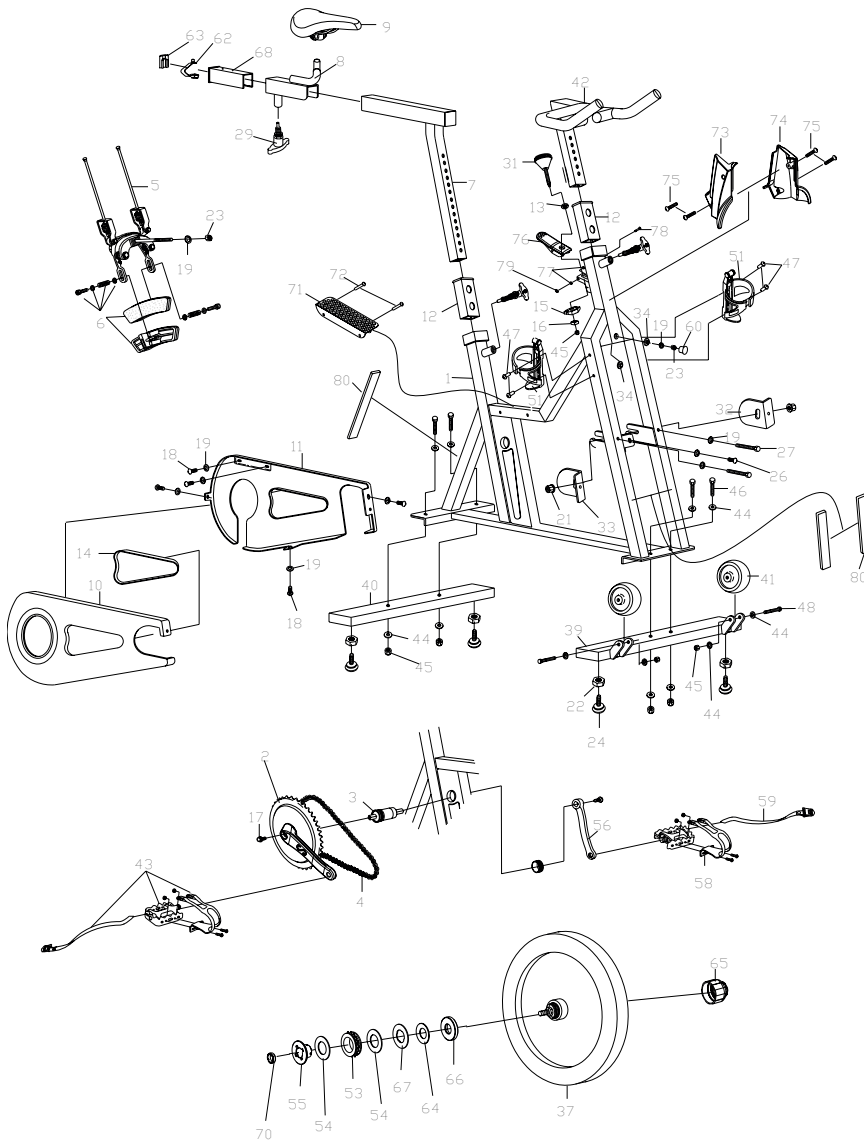
**That's it! Initial set up is complete and you can now enjoy all these features and quality of your new Schwinn IC Bike!**

**PRO**



Dwg#	Description	Part #
1	FRAME	84958
2	RIGHT CRANK W/SPOCKET, ISIS M12	80034
3	B.B. SET, OVERDRIVE W/BOLTS 68X113L	84990
4	CHAIN, 1/2X3/32", 112L	95120
5	RESISTANCE ASSY	84965
6	BRAKE PADS	92874
7	SEAT POST	84973
8	SEAT ADJUSTING BRACKET	84975
9	SEAT, 7777-1 BLACK	93092
10	OUTER CHAINGUARD	84968
11	INNER CHAINGUARD	84967
12	SLEEVE, SEAT POST/HANDLEBAR	84966
13	TENSION KNOB BALL PIVOT	84976
14	RUBBER CHAINGUARD RING	91719
15	ROD CARRIER	98009
16	SQUARE NUT FOR TENSION KNOB	98022
17	CRANK BOLT 8MM HEX FOR ISIS	80044
18	HEX HEAD SCREW M6 X 1.0 X 12L	95432
19	WASHER M6 6.5 X 16 X 1T	95431
21	FLANGED AXLE NUT	95149
22	LEVELER NUT	80016
23	NYLON NUT M6 X 1.0	95456
24	LEVELER FOOT	84995
26	HEX HEAD SCREW M6 X 1.0 X 15L	98775
27	ADJUSTING BOLT, STAINLESS	95433
29	T-HANDLE POP PIN, DOUBLE LEAD	84994
31	TENSION KNOB	84974
32	CHAIN ADJ BRACKET, LEFT	84970
33	CHAIN ADJ BRACKET, RIGHT	84969
34	YELLOW PLASTIC BUSHING, SET OF 2	92204
37	FLYWHEEL, COMPLETE 16T	84996
39	FRONT STABILIZER ASSY 22" W/ TRANSPORT	84964
40	REAR STABILIZER 22"	84963
41	TRANSPORT WHEEL	92220
42	HANDLEBAR	84959
43	PEDALS	95129
44	WASHER M8 19 X 8.5 X 1T STAINLESS	95426
45	NYLON NUT M8 X 1.25 STAINLESS	91731
46	HEX BOLT M8 X 1.25 X 40L STAINLESS	95434
47	BOTTLE CAGE BOLT	95428
48	BOLT M8 X 1.25 X 45L	92218
51	BOTTLE CAGE	84998
53	LOCK RING 1.29 X 24 X 4T B.E.D.	95450
54	SPROCKET, 16T	84997
55	WASHER	95457
56	LEFT CRANK ARM, ISIS	80035
58	TOE CLIP	47046
59	TOE STRAP	57880
60	FRAME PLUG FOR BRAKE ASSEMBLY	80052
62	SAFETY RELEASE CLIP	92450
63	END CAP FOR SEAT SLIDER	84971
65	HUB SHELL PLASTIC COVER	92451
68	SLEEVE, SEAT SLIDER	84972
71	PROTECTIVE STEP PLATE STAINLESS	84961
72	MACHINE SCREW M5X.08X12L SS	84957
73	SHROUD - RIGHT	84978
74	SHROUD - LEFT	84977
75	MACHINE SCREW M4X.7X10L SS	84961
76	EMERGENCY BRAKE LEVER	84979
77	EMERGENCY BRAKE BUSHING	84957
78	EMERGENCY BRAKE PIVOT PIN	84981
79	EMERGENCY BRAKE E-CLIP	84960
80	RUBBER FRAME GUARD	84999

**ELITE**



Dwg#	Description	Part #
1	FRAME	84958
2	RIGHT CRANK W/SPOCKET, ISIS M12	80034
3	B.B. SET, OVERDRIVE W/BOLTS 68X113L	84990
4	CHAIN, 1/2x3/32", 112L	95120
5	RESISTANCE ASSY	84965
6	BRAKE PADS	92874
7	SEAT POST	84973
8	SEAT ADJUSTING BRACKET	84975
9	SEAT, 7777-1 RED	92202
10	OUTER CHAINGUARD	84956
11	INNER CHAINGUARD	84967
12	SLEEVE, SEAT POST/HANDLEBAR	84966
13	TENSION KNOB BALL PIVOT	84976
14	RUBBER CHAINGUARD RING	91719
15	ROD CARRIER	98009
16	SQUARE NUT FOR TENSION KNOB	98022
17	CRANK BOLT 8MM HEX FOR ISIS	80044
18	HEX HEAD SCREW M6 X 1.0 X 12L	95432
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32	CHAIN ADJ BRACKET, LEFT	84970
33	CHAIN ADJ BRACKET, RIGHT	84969
34	YELLOW PLASTIC BUSHING, SET OF 2	92204
37	FLYWHEEL, COMPLETE	92207
39	FRONT STABILIZER ASSY 22" W/TRANSPORT	84964
40	REAR STABILIZER 22"	84963
41	TRANSPORT WHEEL	92210
42	HANDLEBAR	84959
43	PEDALS	95129
44	WASHER M8 19 X 8.5 X 1T STAINLESS	95426
45	NYLON NUT M8 X 1.25 STAINLESS	91731
46	HEX BOLT M8 X 1.25 X 40L STAINLESS	95434
47	BOTTLE CAGE BOLT	95428
48	BOLT M8 X 1.25 X 45L	92218
51	BOTTLE CAGE	84998
53	HUB SPROCKET W/ BEARING	98419
54	ELITE BRAKE PAD SET, WHITE U.H.P.	92213
55	FLANGED HUB LOCKNUT	92214
56	LEFT CRANK ARM, ISIS	80035
58	TOE CLIP	47046
59	TOE STRAP	57880
60	FRAME PLUG FOR BRAKE ASSEMBLY	92206
62	SAFETY RELEASE CLIP	80052
63	END CAP FOR SEAT SLIDER	84971
64	CONICAL SPRING	92208
65	HUB SHELL PLASTIC COVER	92451
66	INNER ADJUSTABLE SMART RELEASE PLATE	92452
67	INTERFACINE PLATE TO BRAKE PADS	92453
68	SLEEVE, SEAT SLIDER	84972
70	BEARING RETAINING RING	92458
71	PROTECTIVE STEP PLATE STAINLESS	84961
72	MACHINE SCREW M5X.08X12L SS	84957
73	SHROUD - RIGHT	84978
74	SHROUD - LEFT	84977
75	MACHINE SCREW M4X.7X10L SS	84961
76	EMERGENCY BRAKE LEVER	84979
77	EMERGENCY BRAKE BUSHING	84957
78	EMERGENCY BRAKE PIVOT PIN	84981
79	EMERGENCY BRAKE E-CLIP	84960
80	RUBBER FRAME GUARD	84999



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