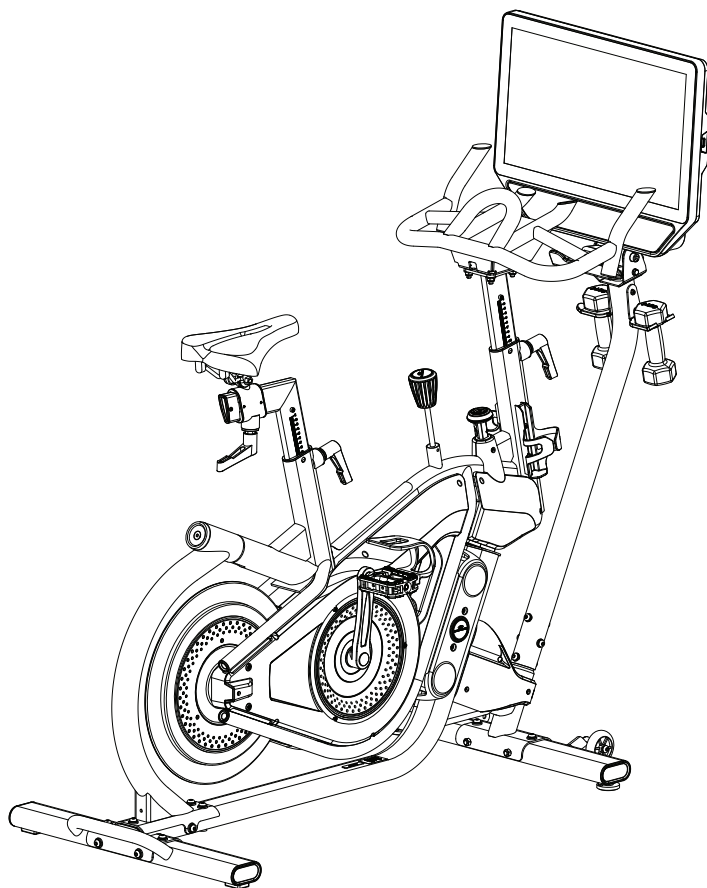


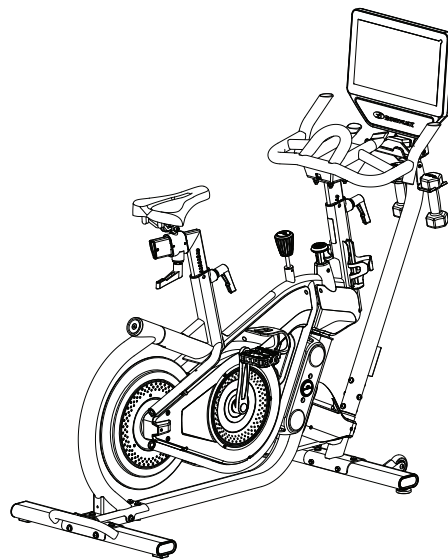


BOWFLEX™

VeloCore™



ASSEMBLY / OWNER'S MANUAL



Workout with Other Fitness Apps

This fitness machine has integrated Bluetooth® connectivity which allows it to work with a number of fitness apps. For our latest list of supported apps, please visit:

www.nautilus.com/partners



For assembly video, please visit:
www.bowflex.com/getting-started.html



Table of Contents / Registration

Important Safety Instructions	3	Remote Heart Rate Monitor	25
Safety Warning Labels / Serial Number	5	Shoe Clips (Cleats)	27
Specifications	6	Operations	28
Before Assembly	6	Adjustments	28
Parts	7	Locking for Storage	31
Hardware	8	Initial Setup	31
Tools	8	Power Up	31
Assembly	8	Paused/Workout Complete Mode	32
Installing Shoe Clips (Cleats)	17	Maintenance	33
Moving and Storing the Machine	18	Checking Drive Belt Tension	33
Leveling the Machine	18	Maintenance Parts	34
Features	19	Troubleshooting	36
Emergency Stop	20	Warranty (US/Canada only)	39
Lean Mode	20		
Console Features	20		

To validate warranty support, keep the original proof of purchase and record the following information:

Serial Number _____

Date of Purchase _____

If purchased in US/Canada: To register your product warranty, go to: www.bowflex.com/register or call 1 (800) 605-3369.

If purchased outside US/Canada: To register your product warranty, contact your local distributor.

For details regarding product warranty or if you have questions or problems with your product, please contact your local distributor. To find your local distributor, go to: global.bowflex.com

Nautilus, Inc., 5415 Centerpoint Parkway, Groveport, OH 43125 USA, www.NautilusInc.com - Customer Service: North America (800) 605-3369, csnls@nautilus.com | Nautilus (Shanghai) Fitness Equipments Co, Ltd, Room 1701 &1702, 1018 Changning Road, Changning District, Shanghai, China 200042, www.nautilus.cn - 86 21 6115 9668 | outside U.S. www.nautilusinternational.com | Printed in China | © 2020 Nautilus, Inc. | Bowflex, the B logo, VeloCore, JRNY, Explore the World, Nautilus, and Schwinn are trademarks owned or licensed by Nautilus, Inc., registered or otherwise protected by common law in the U.S. and other countries. The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc., and any use of such marks by Nautilus, Inc. is under license. Other trademarks are the property of their respective owners.

ORIGINAL MANUAL - ENGLISH VERSION ONLY

IMPORTANT SAFETY INSTRUCTIONS

When using an electrical appliance, basic precautions should always be followed, including the following:

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

Obey the following warnings:

 Read and understand all warnings on this machine.

Carefully read and understand the Assembly instructions. Read and understand the complete Manual. Keep the Manual for future reference.

- Keep bystanders and children away from the product you are assembling at all times.
- Do not connect power supply to the machine until instructed to do so.
- To reduce the risk of electrical shock or unattended/unsupervised usage, always unplug the AC Adapter from the wall outlet and the machine and wait 5 minutes before cleaning, maintaining or repairing the machine. Place the AC Adapter in a secure location.
- Do not assemble this machine outdoors or in a wet or moist location.
- Make sure assembly is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Some components of the machine can be heavy or awkward. Use a second person when doing the assembly steps involving these parts. Do not do steps that involve heavy lifting or awkward movements on your own.
- Set up this machine on a solid, level, horizontal surface.
- Do not try to change the design or functionality of this machine. This could compromise the safety of this machine and will void the warranty.
- 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.
- Do not use or put the machine into service until the machine has been fully assembled and inspected for correct performance in accordance with the Manual.
- Read and understand the complete Manual supplied with this machine before first use. Keep the Manual for future reference.
- Do all assembly steps in the sequence given. Incorrect assembly can lead to injury or incorrect function.
- Connect this machine to a properly grounded or earthed outlet only.
- Keep the AC Adapter away from heat sources and hot surfaces.
- **SAVE THESE INSTRUCTIONS.**

Before using this equipment, obey the following warnings:

 Read and understand the complete Manual. Keep the Manual for future reference.

Read and understand all warnings on this machine. If at any time the Warning stickers 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.

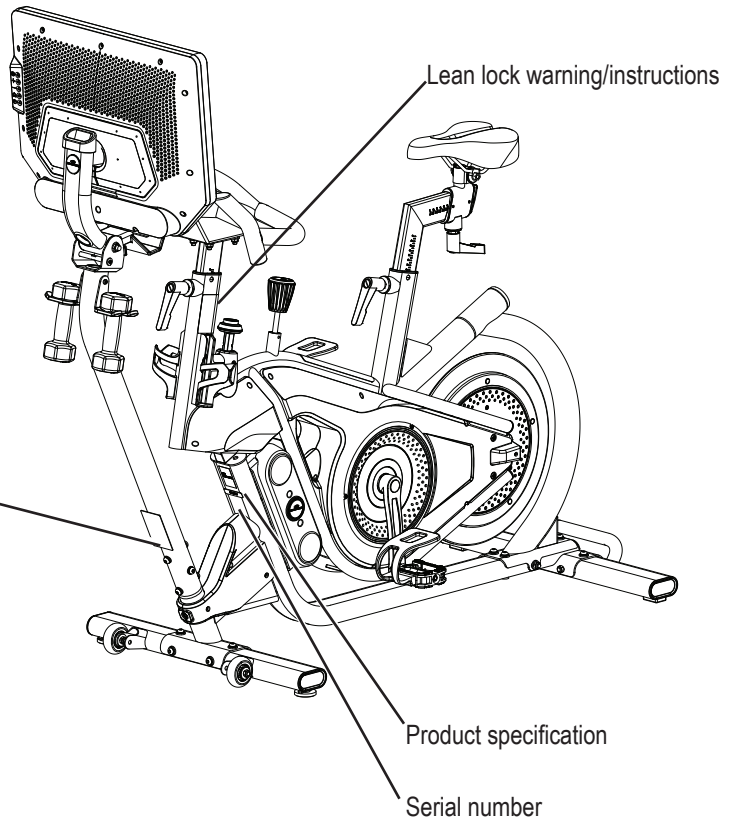
- Children must not be let on or near to this machine. Moving parts and other features of the machine can be dangerous to children.
- Not intended for use by anyone under 14 years of age. Individuals between 14 and 17 years of age must be supervised when using this machine.
- Consult a physician before 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 damage to power cord, power receptacle, loose parts or signs of wear. Do not use if found in this condition. Monitor the Seat, Pedals and Crank Arms closely. If purchased in US/Canada, contact Customer Service for repair information. If purchased outside US/Canada, contact your local distributor for repair information.

- This appliance should only be used with the power supply unit provided, or a replacement power supply unit supplied from Nautilus, Inc.
- Maximum user weight limit: 147 kg (325 lbs.). Do not use if you are over this weight.
- This machine is for home use only. Do not place or use the machine in a commercial or institutional setting. This includes gyms, corporations, work places, clubs, fitness centers and any public or private entity that has a machine for use by its members, customers, employees or affiliates.
- 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.
- Always wear rubber soled athletic shoes or cycling shoes with cleats when you use this machine. Do not use the machine with bare feet or only wearing socks.
- Set up and operate this machine on a solid, level, horizontal surface.
- Do not step off the machine until the Pedals have fully stopped.
- Make the Pedals stable before you step on them. Ensure the bike is in its stationary mode by pulling up on the Lean Lock Knob and 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 Pedals clean and dry.
- Keep at least 0.6 m (24") along the side used to access the machine clear and at least 0.3 m (12") clear along the other side for the side to side lean mode. Keep at least 0.6 m (24") to the rear 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.
- Perform all regular and periodic maintenance procedures recommended in the Owner's Manual.
- Do not drop or put objects into any opening of the machine.
- Correctly adjust and safely engage all Positional Adjustment Devices. Make sure that the Adjustment Devices do not hit the user.
- Exercise on this machine requires coordination and balance. Be sure to anticipate that changes in speed and resistance level can occur during workouts, and be attentive in order to avoid loss of balance and possible injury.
- For safe storage of the machine, remove the power supply and place in a secure location. Tighten the Brake/Resistance Adjustment Knob as described until the Flywheel is locked. Place the machine in a secure location away from children and pets.
- Since this machine operates with a fixed gear, do not back, or reverse, pedal. Doing so may loosen the Pedals, which could result in damage to the machine and/or injury to the user. Never operate this machine with loose Pedals.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- This bike cannot stop the Pedals independently of the Flywheel. Reduce the pace to slow the Flywheel and Pedals to a stop. Do not dismount the bike until the Pedals have come to a complete stop. Be aware that the moving Pedals can strike the backs of the legs.
- Children should be supervised to ensure that they do not play with the appliance.
- **SAVE THESE INSTRUCTIONS.**



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 before using equipment.
- 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.).
- For Consumer Use Only.
- Consult a physician prior to using any exercise equipment.
- Set up and operate the stationary exercise bicycle on a solid level surface.
- Care should be taken in mounting and dismounting the stationary exercise equipment. Before dismounting, bring the machine to a complete stop.
- Spinning pedals can cause injury.
- This exercise bicycle does not have a freewheel and pedal speed must be reduced in a controlled manner.



(Label is available in English and French Canadian only.)

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.

This product complies 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 product has been tested and found to comply with the limits for a Class B digital device, pursuant to CFR47 Part 15 Subpart B of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates 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. In the unlikely event that 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.
- Consult the dealer or an experienced radio/TV technician for help.

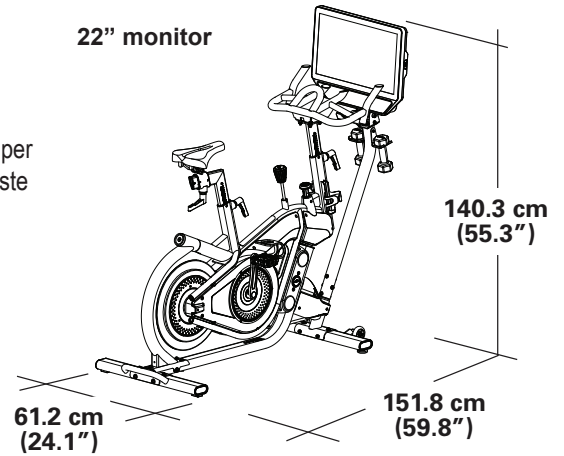
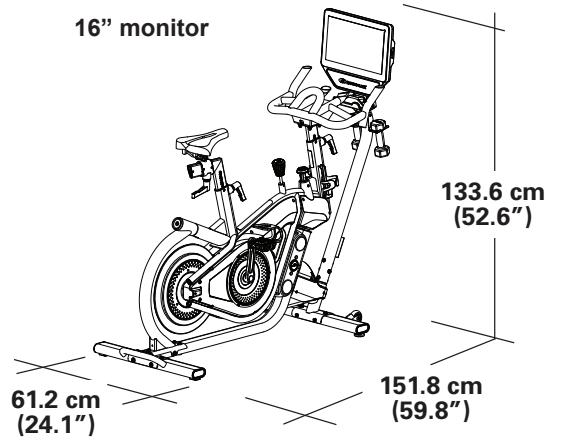
This product complies with the European Radio Equipment Directive 2014/53/EU.

Specifications

Maximum User Weight:	147 kg (325 lbs.)	
	16" monitor	22" monitor
Machine Weight without Dumbbells:	67.6 kg (149 lb.)	69.1 kg (152.3 lb.)
Approx. Screen Size (measured diagonally):	39.6 cm (15.6")	54.6 cm (21.5")
Weight of Dumbbells (supplied in U.S./Canada):	2.7 kg (6 lbs.)	
Total Surface Area (footprint) of equipment:	9290.2 cm ² (1440 in ²)	

Power Requirements

(Power Adapter):	
Input Voltage:	100-240V AC, 50-60Hz, 1.5A
Output Voltage:	12V DC, 5A
(Arm Band - supplied in U.S./Canada):	Rechargeable lithium 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.

Before Assembly

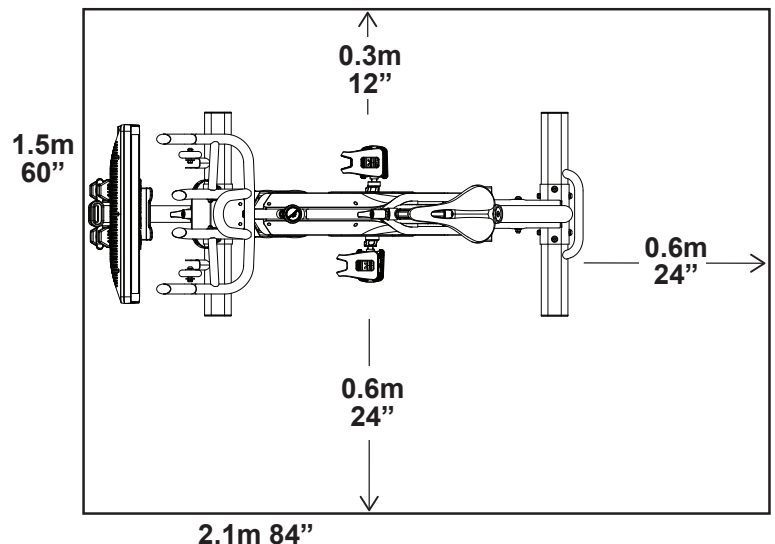
Select the area where you are going to set up and operate your machine. For safe operation, the location must be on a hard, level surface. We recommend an assembly area of 2.7 m x 1.8 m (108 in x 72 in). Estimated time to assemble the machine is 30 - 60 minutes. Allow a workout area of a minimum 2.1 m x 1.5 m (84 in x 60 in). Keep at least 0.6 m (24") along the side used to access the machine clear and at least 0.3 m (12") clear along the other side for the side to side lean mode.

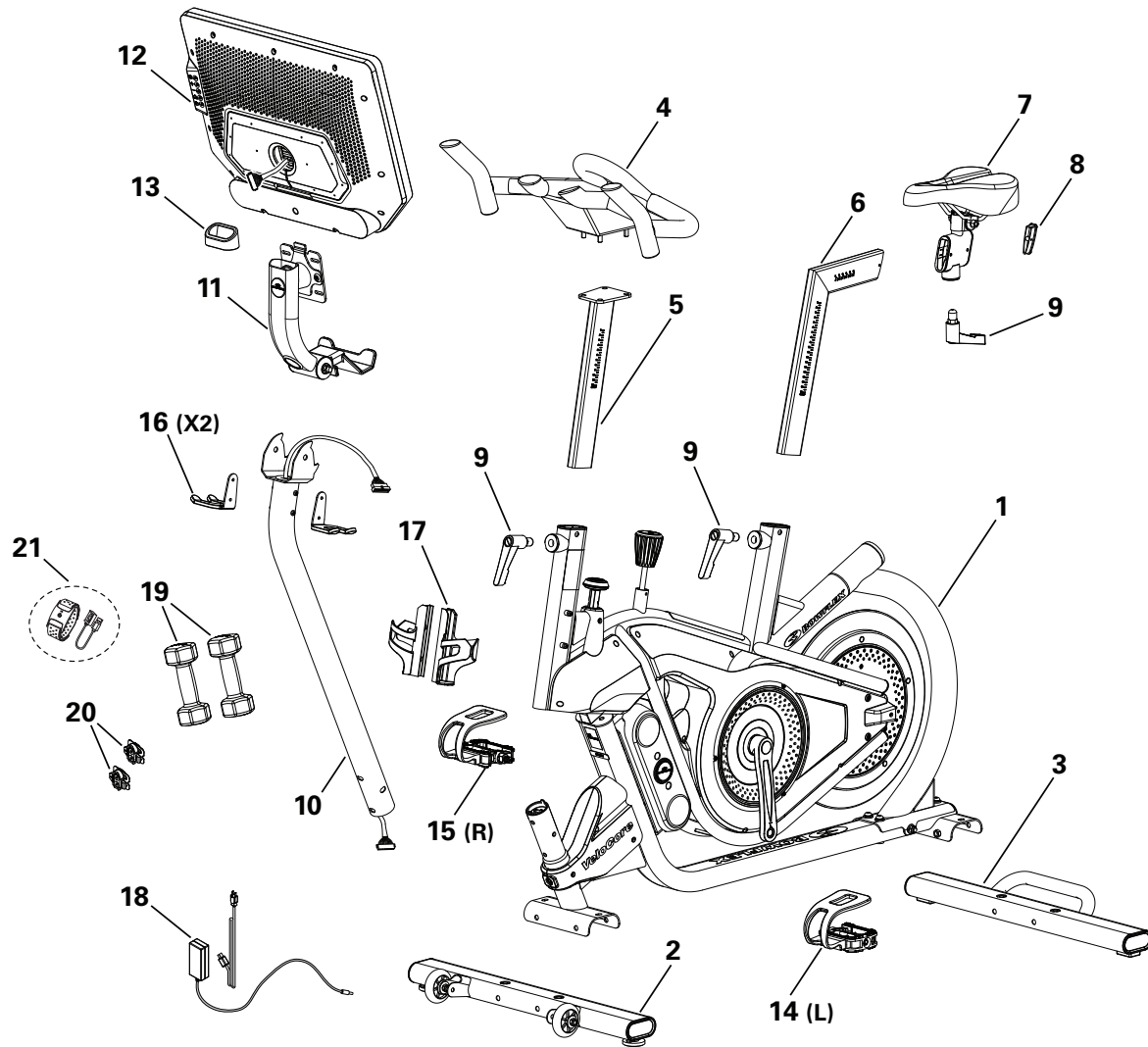
NOTICE: Inspect the machine for damaged parts due to delivery. If damage is found, contact Customer Service (if inside US/Canada) or your local distributor (if outside US/Canada) for assistance.

Basic Assembly Tips

Follow these basic points when you assemble your machine:

- Read and understand the "Important Safety Instructions" before assembly.
- Collect all the pieces necessary for each assembly step.
- Using the recommended wrenches, turn the bolts and nuts to the right (clockwise) to tighten, and the left (counterclockwise) to loosen, unless instructed otherwise.
- When attaching 2 pieces, carefully lift and look through the bolt holes to help insert the bolt through the holes.
- The assembly requires 2 people.





Item	Qty	Description	Item	Qty	Description
1	1	Main Assembly	12	1	Console (22" console option shown)
2	1	Stabilizer, Front	13	1	End Cap, Console Mast *
3	1	Stabilizer, Rear	14	1	Pedal, Left (L)
4	1	Handlebar	15	1	Pedal, Right (R)
5	1	Handlebar Post	16	2	Dumbbell Holder
6	1	Seat Stem	17	2	Water Bottle Holder
7	1	Seat Assembly	18	1	AC Adapter w/Cord
8	1	End Cap, Seat Stem *	19	2	Dumbbell
9	3	Adjustment Handle, Handlebar / Seat *	20	2	Shoe Clips (Cleats) *
10	1	Console Mast	21	1	Bluetooth® Heart Rate (HR) Armband
11	1	Adjustable Console Mast			

* These items are in bag with Tools.

Hardware

Hardware is pre-installed on the machine.

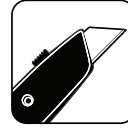
Note: Selected pieces of the pre-installed hardware have been provided as spares in the bag.

Tools

Included



Not included



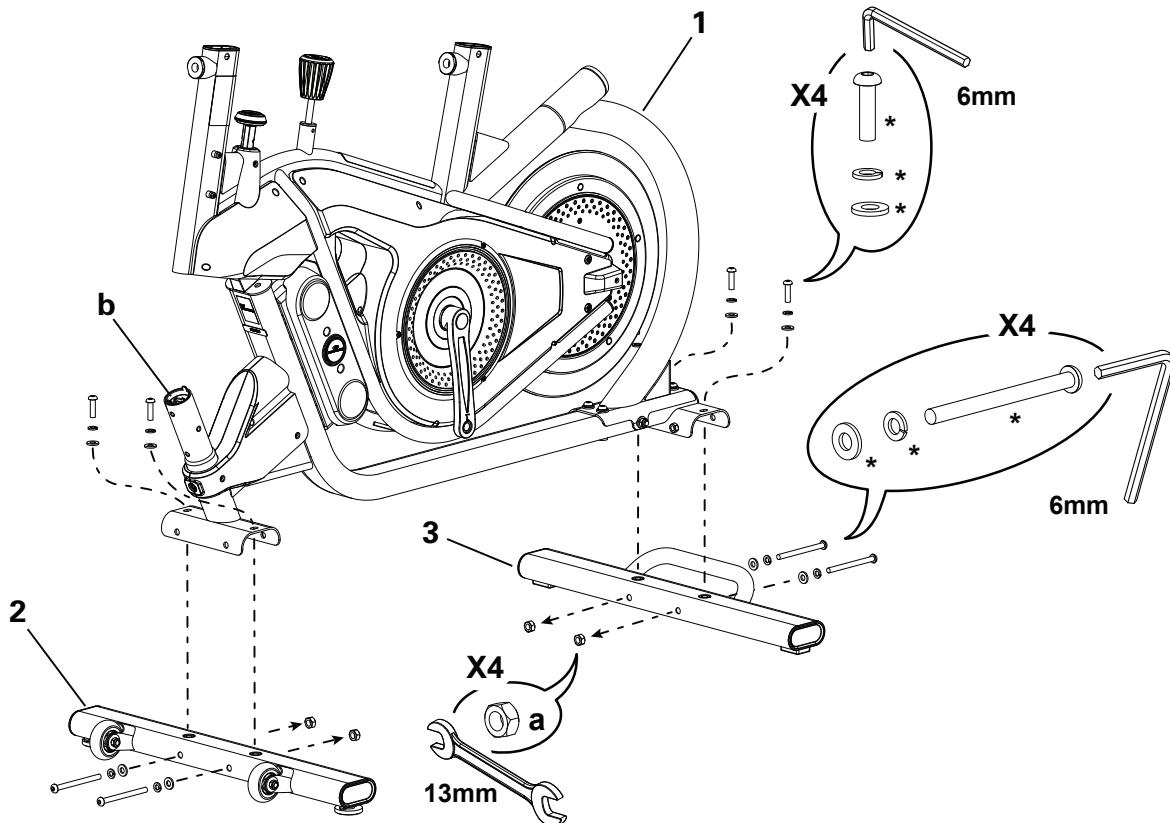
(recommended)

Assembly

1. Attach Stabilizers to Frame

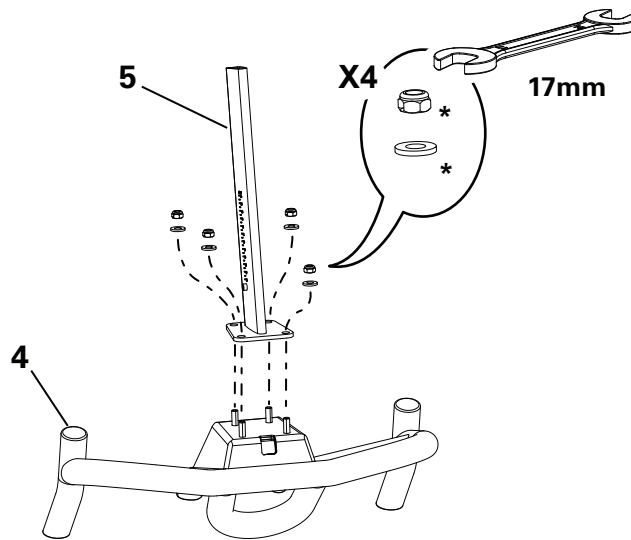
Note: The hardware (*) is pre-installed on the Stabilizers. Remove the hardware and discard the nut (a) from the end of the long screws. If a tube is pre-installed in the stabilizer bracket, remove and discard safely.

NOTICE: Leave the plastic cap (b) in place to prevent the Frame cable connector from falling down into the machine. Make sure the hardware is fully tightened.



2. Install the Handlebar to the Handlebar Post

NOTICE: Remove the AC Adapter from the Handlebar. The hardware (*) is pre-installed. After installation, make sure the hardware is fully tightened.

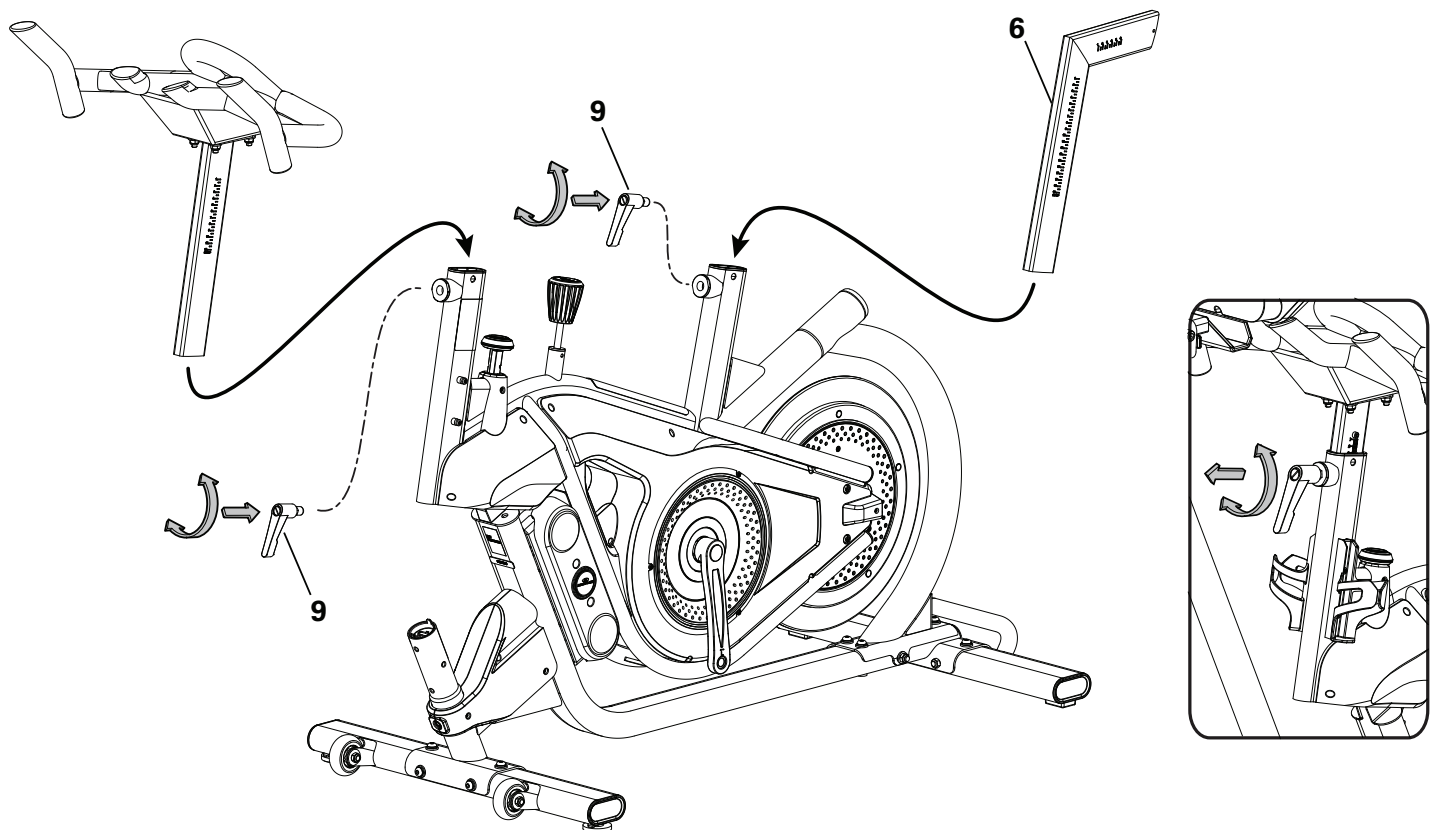


3. Attach the Handlebar Assembly and Seat Stem to the Frame Assembly

! Do not set the Seat Stem or Handlebar Post position higher than the stop mark (STOP) on the tube.

NOTICE: Make sure the Handlebar Post Adjustment Handle is fully tightened to secure it on the Handlebar Post, and the Seat Stem Adjustment Handle is fully tightened to secure it on the Seat Stem. When fully tightened, the Adjustment Handles must point downward.

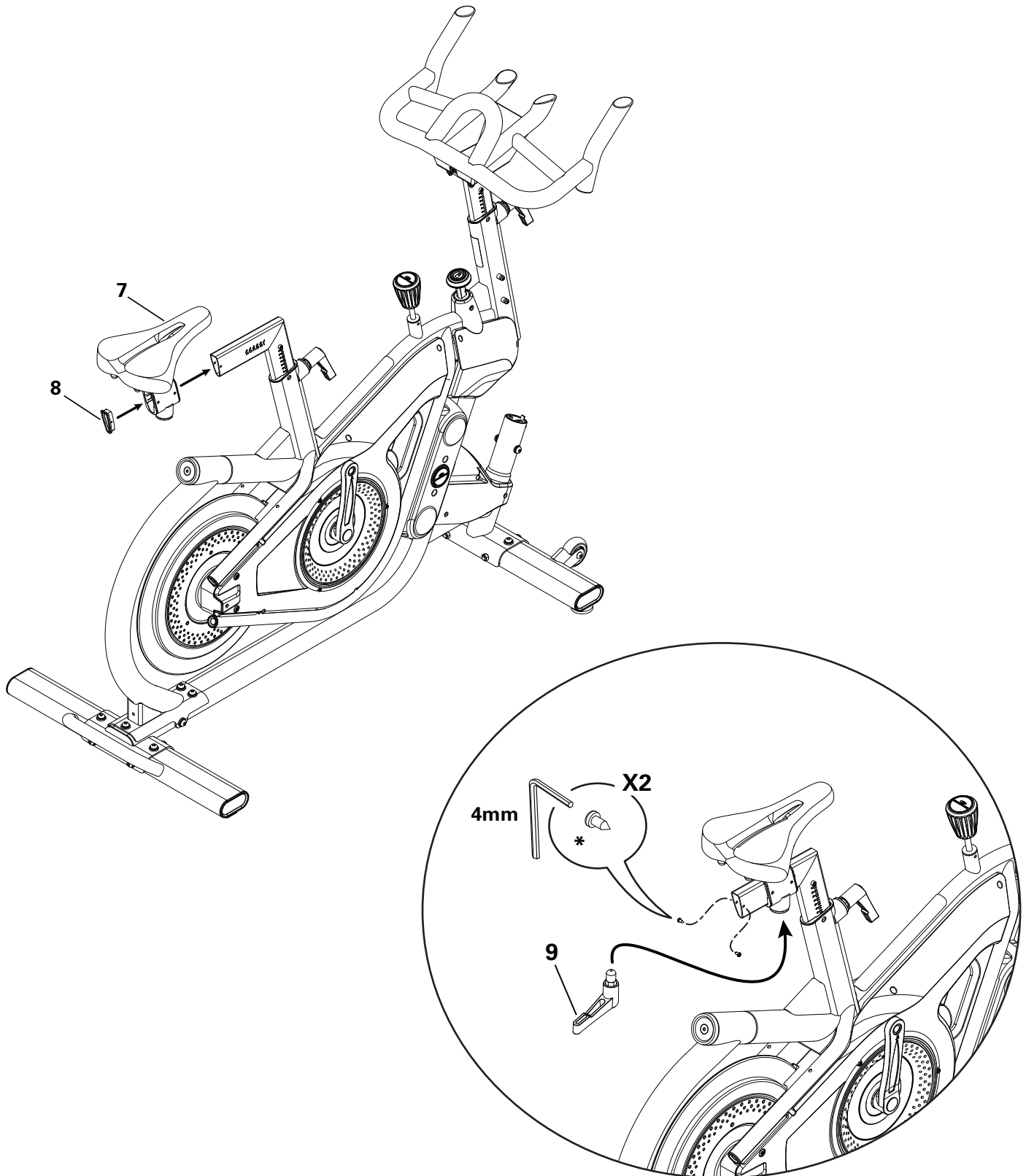
Note: To adjust the height after the handle is tightened, loosen the handle as you hold the upright post to prevent it from dropping. Move it to the desired position and tighten the handle. Pull the handle out to disengage and turn so that it points down, then release.



4. Install the Seat Assembly to the Frame Assembly

NOTICE: Remove the pre-installed hardware (*) from the Seat Stem. Slide the Seat Assembly into position. Attach the Seat Stem End Cap with the hardware (*). Make sure the Seat Adjustment Handle is fully tightened to secure the Seat Assembly on the Seat Stem. When fully tightened, the Adjustment Handle must point rearward.

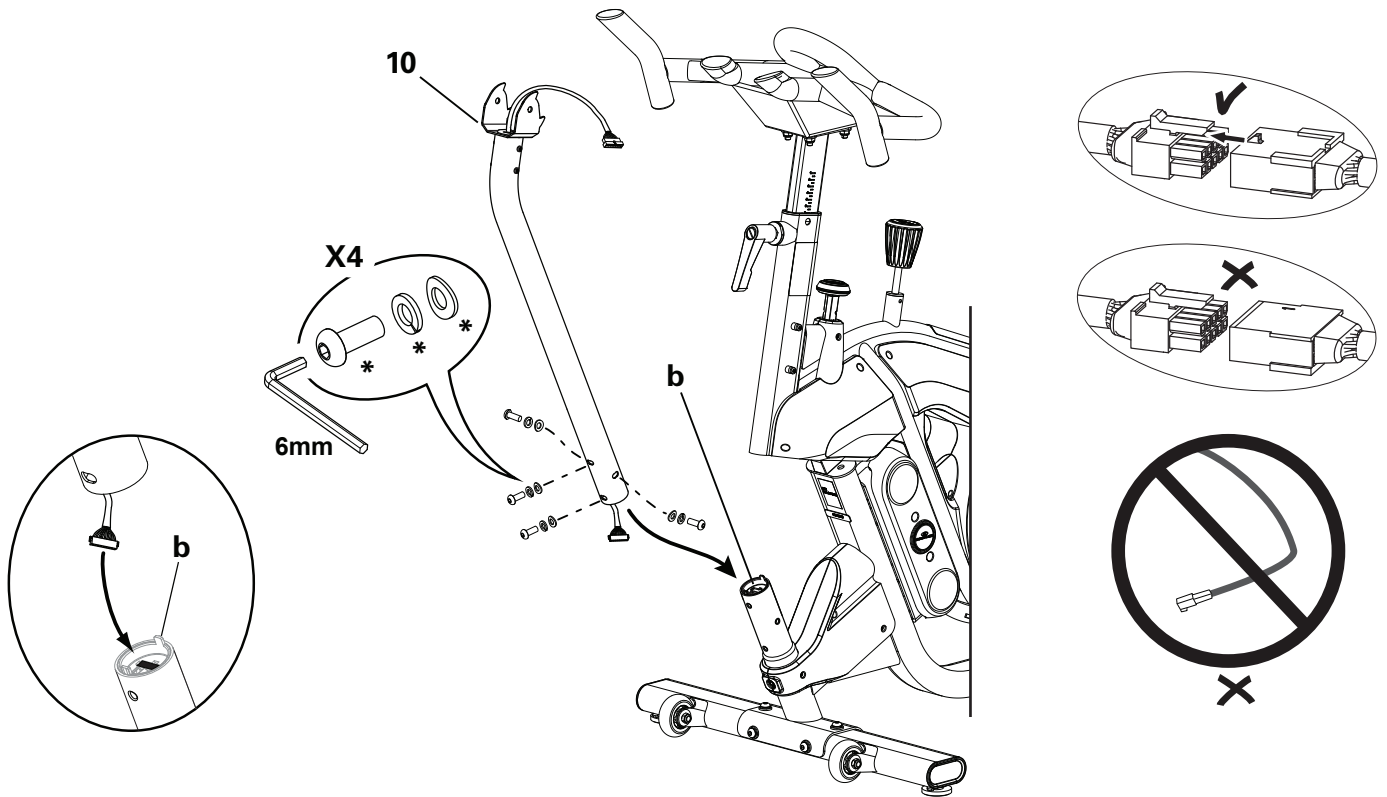
Note: To adjust the seat after the handle is tightened, loosen the handle. Move the seat to the desired position and tighten the handle. Pull the handle out to disengage and turn so that it points rearward, then release.



5. Attach the Console Mast to the Frame Assembly

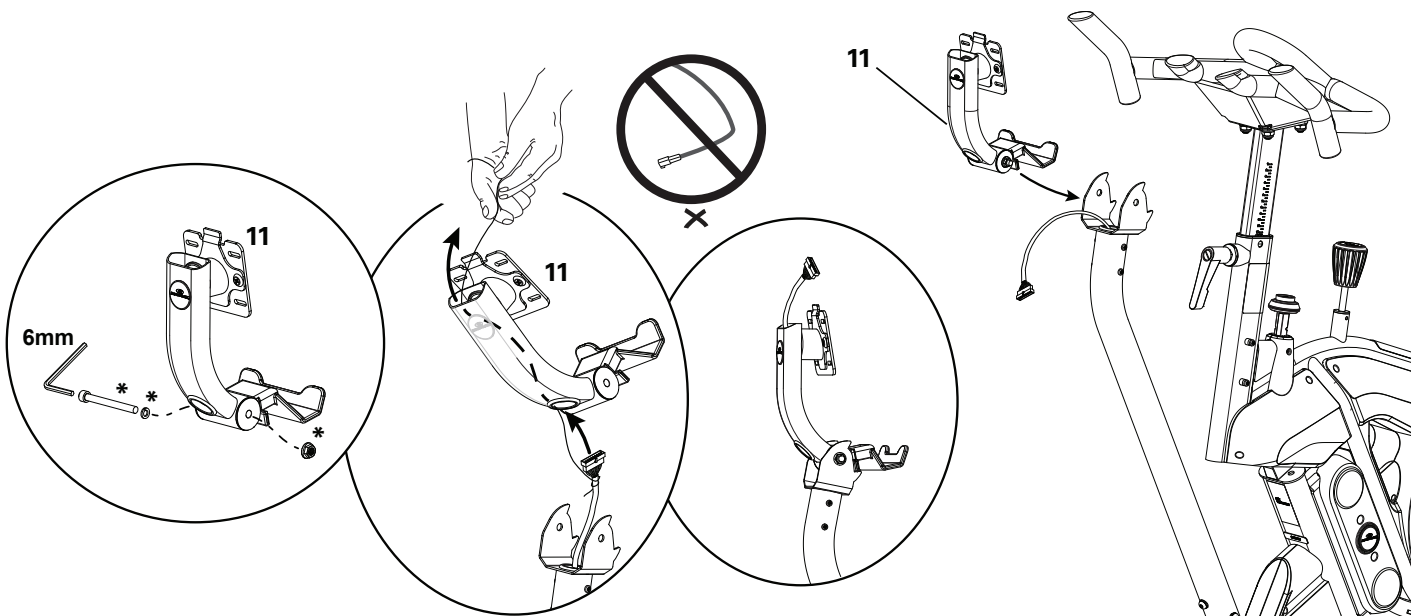
NOTICE: Leave the plastic cap (b) in place to prevent the Frame cable connector from falling down into the machine. Connect the Console Mast cable to the Frame cable. Remove the wire from the Console Mast cable and pull the connector out of the Console Mast tube. Gently pull the cable from the top of the Console Mast to remove all slack. Do not pinch or cut the cables.

Remove the pre-installed hardware (*) from the Frame. Carefully slide the Console Mast into position. Hand tighten the screws at the base of the Console Mast.



6. Attach the Adjustable Console Mast to the Frame Assembly

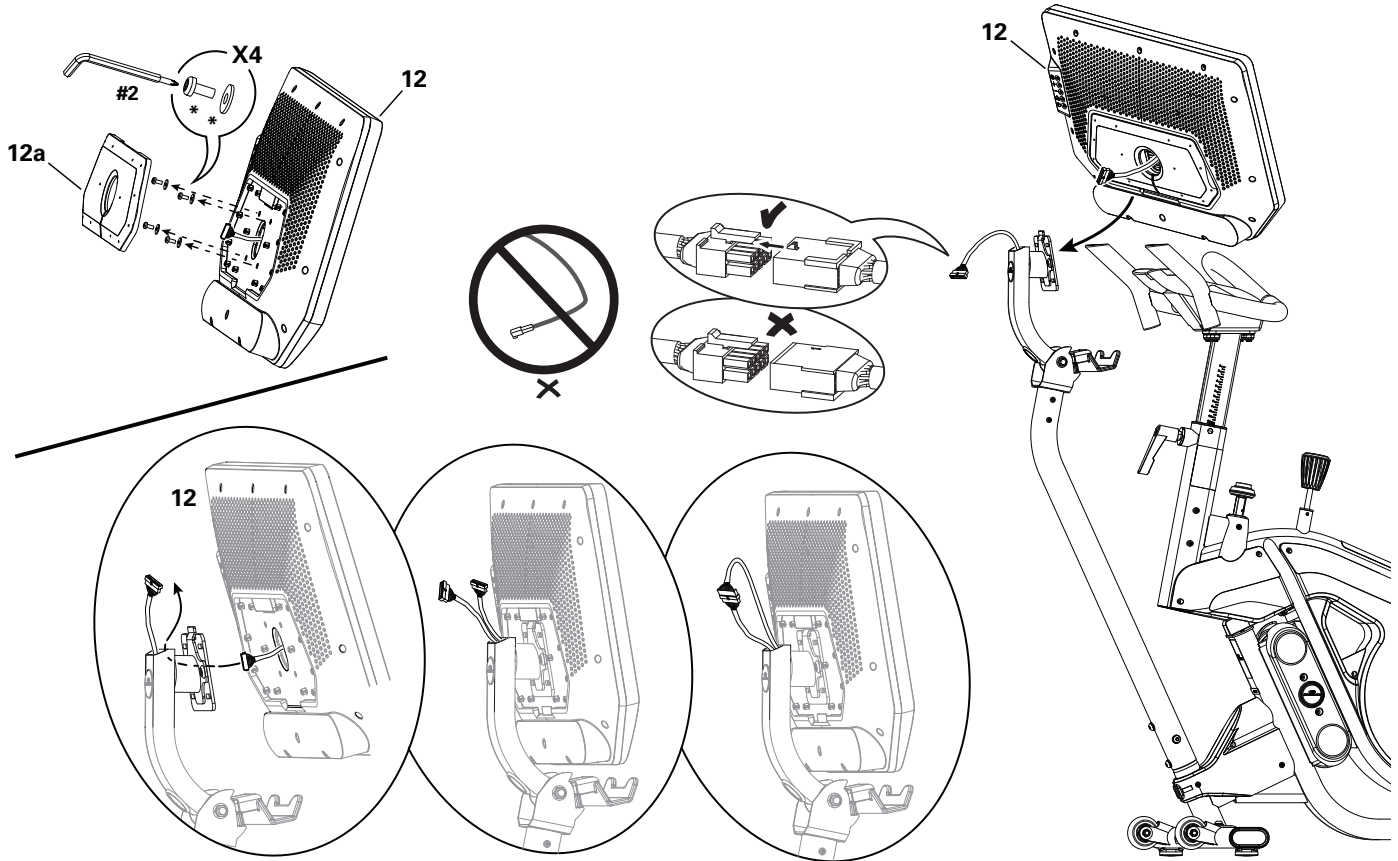
NOTICE: Remove the pre-installed hardware (*) from the Adjustable Console Mast. Use the pull cable in the Adjustable Console Mast to route the Console Mast cable through the round hole at the base of the Adjustable Console Mast tube to the opening at the top. Attach the Adjustable Console Mast with the hardware (*). Do not pinch or cut the cables. The ease of Console rotation can be adjusted by the tightness of the pivot screw.



7. Install the Console to the Frame Assembly

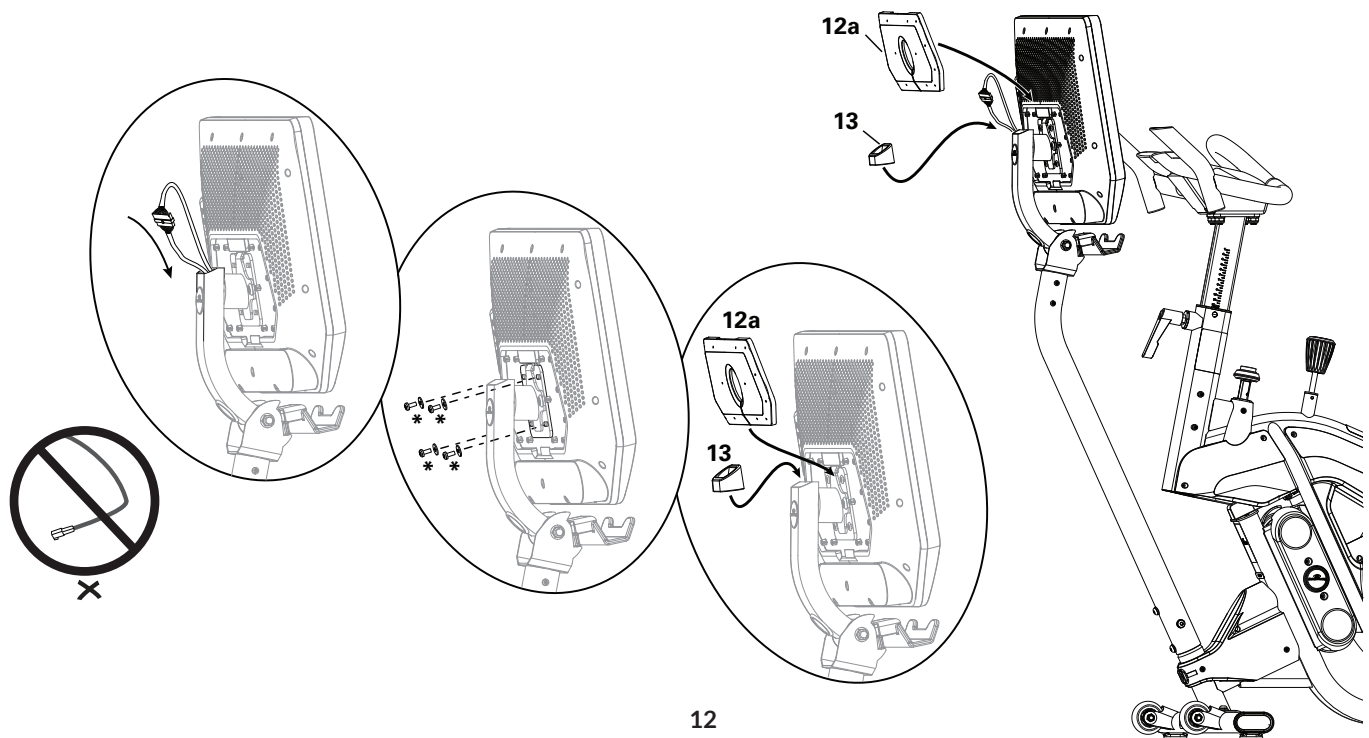
NOTICE: Remove the Console mast cover (12a) and pre-installed hardware(*) from the back of the Console before you connect the cables.

Route the Console cable through the Console Mount up to the opening at the top. Connect the Console cable and Console Mast cable. Do not pinch or cut the cables.



NOTICE: Push the extra wire down into the Console Mast. Reinstall the console hardware (*). Install the Console Mast End Cap (13) and Console mast cover (12a). Do not pinch or cut the cables.

Make sure the Console and Console Mast are aligned with the machine, then fully tighten the screws at the base of the Console Mast.

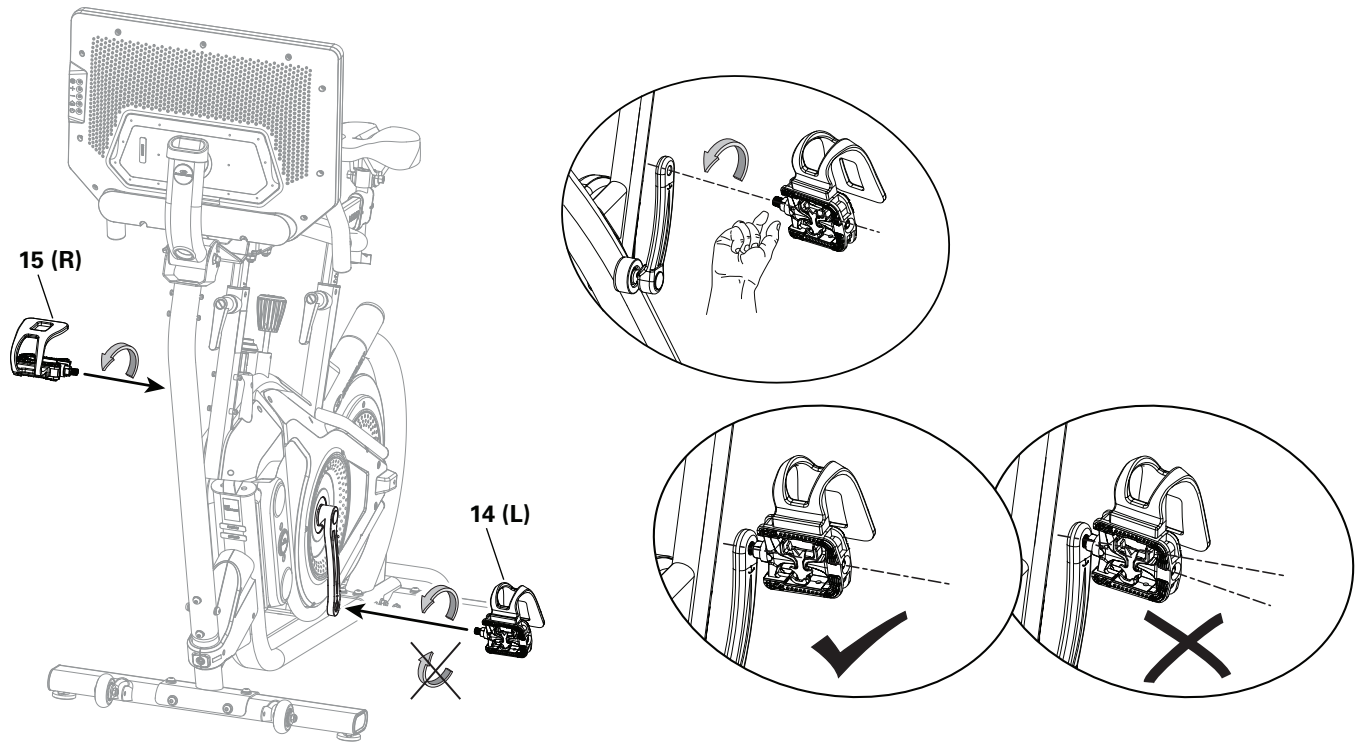


8. Attach Pedals to Frame Assembly

! If the threads strip due to improper installation, then the Pedals can disengage from the bike and/or break while under usage, which can result in serious injury to the user.

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

NOTICE: The Pedals MUST be installed straight into the Crank Arms by hand or the threads that secure the Pedals may strip. Start the Pedal by hand. If you feel resistance and the Pedal does not turn smoothly into the Crank Arm, make sure that the threads are aligned correctly. Be sure that the Pedal is going on straight into the Crank Arm. If the Pedal is not in-line with the opening, remove the Pedal and start again.



With the Pedal started by several hand turns into the Crank Arm, fully tighten it with the 15 mm Wrench.

Confirm that the Pedal is fully tightened with the Wrench.

Repeat with the other Pedal.

