

Be Strong.™



 **NAUTILUS** Assembly Manual
Commercial Series Bike R916

Model: R916

PREFACE

Thank you for purchasing the Nautilus® Commercial Series R916 bike. 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 bike. Doing so will help to insure that your users get the most out of your bike, enjoying safe and effective workouts ahead.

Nautilus, Inc.

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ATTENTION!

**FOR DETAILED INSTRUCTIONS AND INFORMATION
ON HOW TO USE AND CARE FOR YOUR NAUTILUS®
COMMERCIAL SERIES BIKE, MODEL R916, REFER TO THE
OWNER'S MANUAL.**

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PRODUCT FEATURES



C51 CONSOLE



REMOTE OPERATION CONTROLS™



SEAT ADJUSTMENT



MODEL: R916

NOTE: All instructions in the manual are given with the orientation of sitting on the exercise machine facing the console.

User Weight Capacity:	400lbs / 182Kg
Dimensions:	24"w x 67"l x 46"h / 60.96 cm x 170.18 cm x 116.84
Shipping Weight:	231 lbs / 105 kg
Net Weight:	180 lbs / 82 kg
Power Requirements:	Self Generating 9V AC/DC Power Supply (Battery Charger)

BEFORE YOU ASSEMBLE

Note: Throughout this manual, all references to the left or right side and to the front or back are made as if you were on the machine, ready to exercise.

Basic Assembly Principals

Here are few basic assembly tips that can make assembly of your Nautilus® Commercial Series Bike quick and easy.

1. You can make the assembly process go faster by gathering the pieces you need for each step prior to starting the step.
2. As a general rule, and for all fasteners on your Nautilus® Commercial Series Bike, turning toward the right will tighten, turning towards the left will loosen. An easy way to remember this is by remembering the expression, "Lefty loosey, righty tighty."
3. The tools needed to assemble your Nautilus® Commercial Series Bike are provided. You may find the use of a utility knife or scissors beneficial during the unpacking and assembly process.
4. It is recommended that you use two people to assemble your Nautilus® Commercial Series Bike.

Select Your Workout Area

Select where you are going to put your Nautilus® Commercial Series Bike carefully. The best place for your exercise bike is on a hard, level surface. You will need at least 18 inches (.45 meters) on each side of the Commercial Series Bike and 18 inches (.45 meters) behind your R916 for dismount.

Make sure that the location you choose has a grounded, 3-prong power outlet within reach of the Nautilus® Commercial Series Bike power cord.

NOTE: The Nautilus® Commercial Series Bike is designed to plug into a grounded, non-GFI outlets only. To determine if your outlet or circuit breaker is GFI, look for a test and reset button on them. If they have the test and reset button it is a GFI outlet or circuit breaker.

Further, if you ever perform any repairs on your Commercial Series Bike that require you to lay it on its side, you will need at least five feet to one side of your workout area.

Positioning Your Nautilus® Commercial Series Bike

Take great care when moving your Commercial Series Bike into place prior to assembly.

The recumbent bike is heavy and requires two people to safely move from one location to another. To move, have two people lift up the rear end of the machine until the transport wheels are in contact with the ground. The machine can now be rolled on the transport wheels.

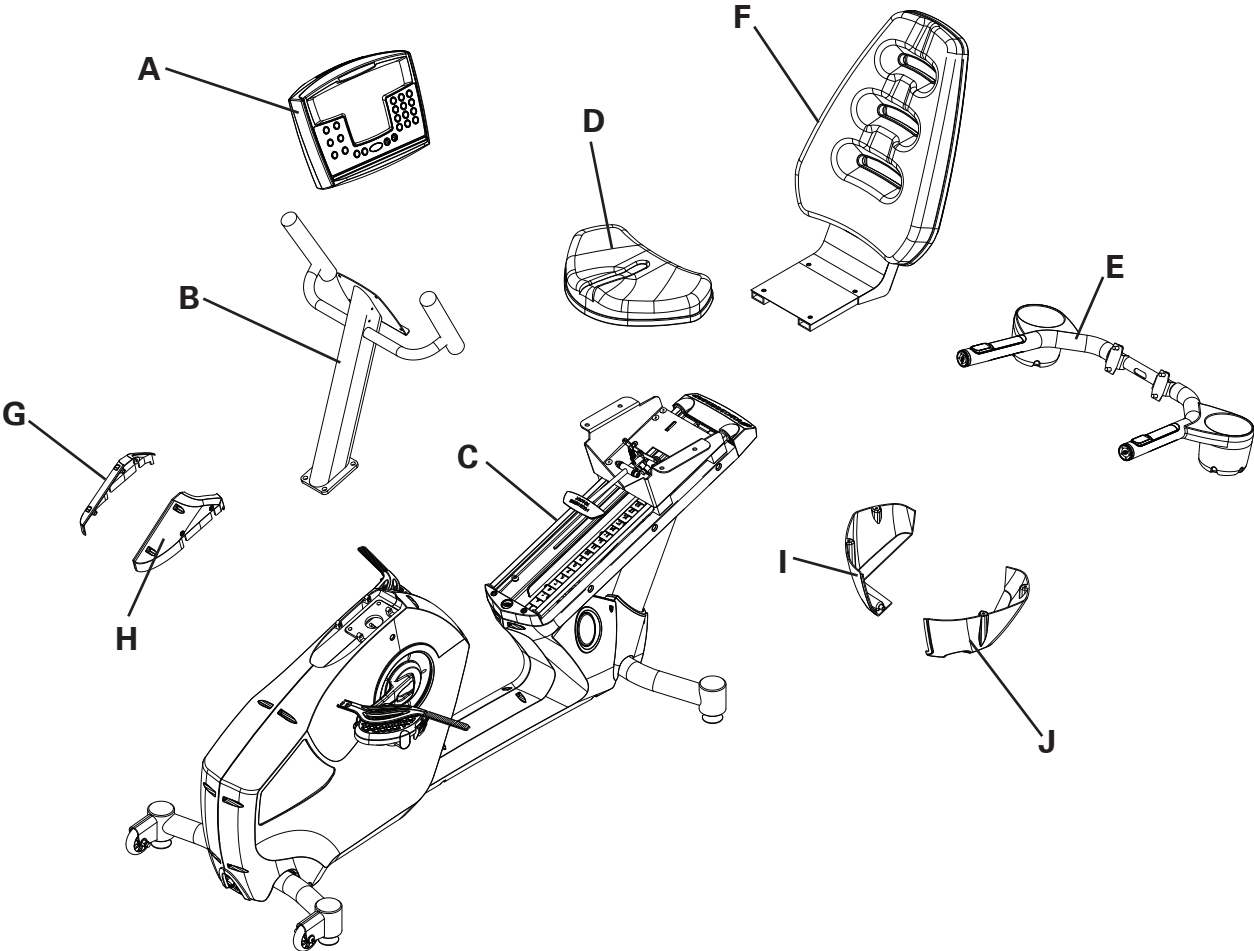
Do not grasp or move the the machine by holding onto the computer console.

Note:

The transport wheels are intended for indoor use only and should never be rolled on concrete or asphalt surfaces.

PARTS LIST / BOX CONTENTS

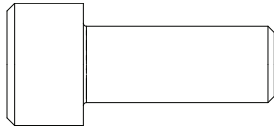
REF #	DESCRIPTION	QTY
A	Console	1
B	Console Mast	1
C	Main Frame	1
D	Seat Pad	1
E	Handlebar	1
F	Seat Back Assembly	1
G	Right Mast Shroud	1
H	Left Mast Shroud	1
I	Right Seat Bottom	1
J	Left Seat Bottom	1
K	Hardware Pack (not shown)	1



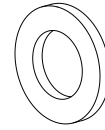
HARDWARE AND TOOL LIST

HARDWARE BAG - NOTE: ILLUSTRATIONS ARE NOT TO SCALE.

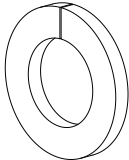
The Hardware Bag contains the following individual parts and tools.



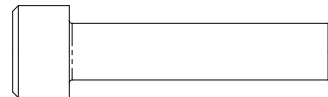
Ref #1 Allen Head Bolt M10x25 Qty. 4



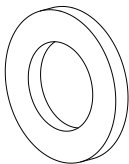
Ref #9 Flat Washer M8 Qty. 12



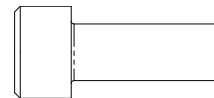
Ref #2 Spring Washer M10 Qty. 4



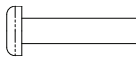
Ref #10 Allen Head Bolt M8 x 40



Ref #3 Flat Washer M10 Qty. 4



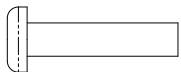
Ref #11 Allen Head Bolt M8x20 Qty. 4



Ref #4 Phillips Head Screw #10-32 x 3/4" Qty. 10



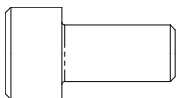
Ref #12 Phillips Head Screw M4x12 Qty. 1



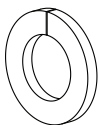
Ref #5 Phillips Head Screw 1/4"x20 Qty. 4



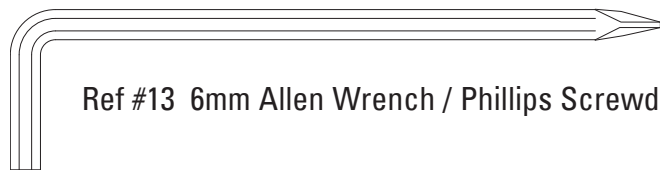
Ref #6 Spring Washer M6 Qty. 4



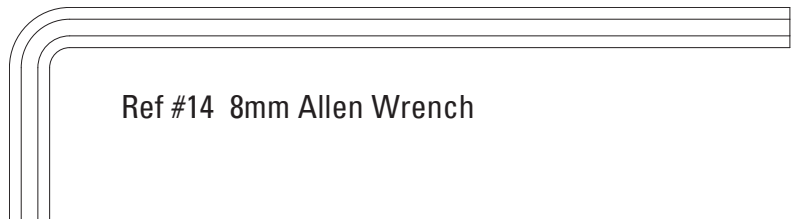
Ref #7 Allen Head Bolt M8x15 Qty. 4



Ref #8 Spring Washer M8 Qty. 12



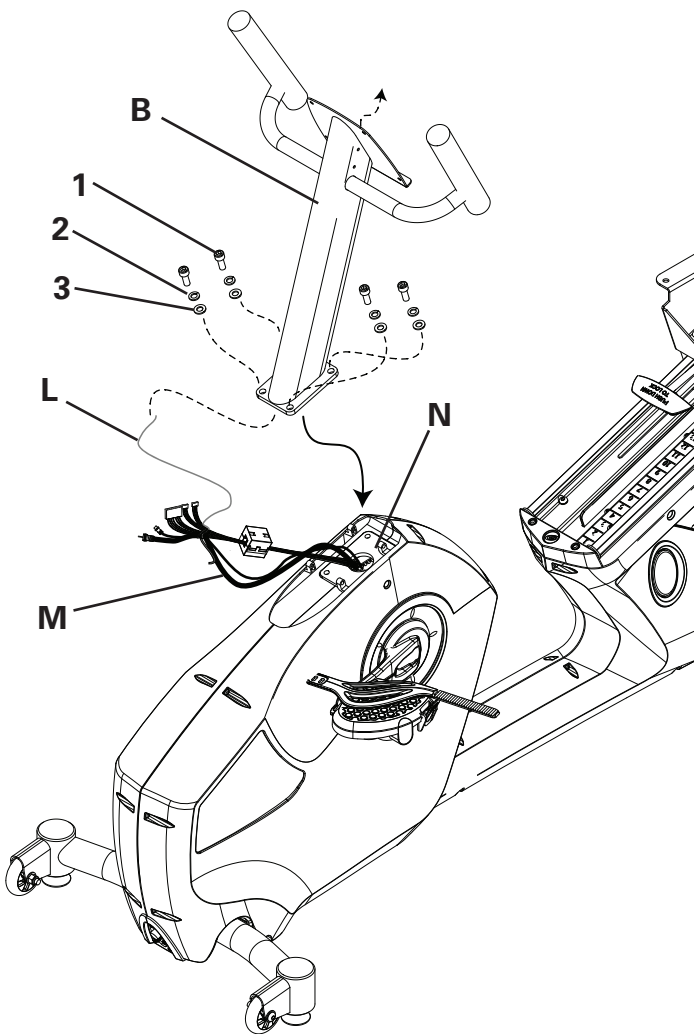
Ref #13 6mm Allen Wrench / Phillips Screwdriver



Ref #14 8mm Allen Wrench

The following instructions provide direction in assembling the base unit for the Nautilus® Commercial Series Bike model R916. All instructions in the manual are given with the orientation of sitting on the bike facing the console. The console is the front, while the seat is the back.

Figure 1:



Step 1:

Locate the following for this step:

Parts:

- Console Mast (B)

Hardware:

- Ref #1 Allen Head Bolt M10x25 Qty. 4
- Ref #2 Spring Washer M10 Qty. 4
- Ref #3 Flat Washer M10 Qty. 4

Tools:

- 8mm Allen Wrench

1-1 Connect the attached long Wire Tie (L) to the main and TV cables (M) and use it to pull the cables up through the Mast (B). Discard the Wire Tie after use.

1-2 Align the Mast (B) with the four holes in the Main Frame. (N)

1-3 Install and completely tighten the hardware.

Step 2:

Locate the following for this step:

Parts:

- Right Mast Shroud (G)
- Right Mast Shroud (H)

Hardware:

- Ref #4 Phillips Head Screw #10-32x3/4" Qty. 6

Tools:

- Phillips Head Screwdriver

Figure 2:

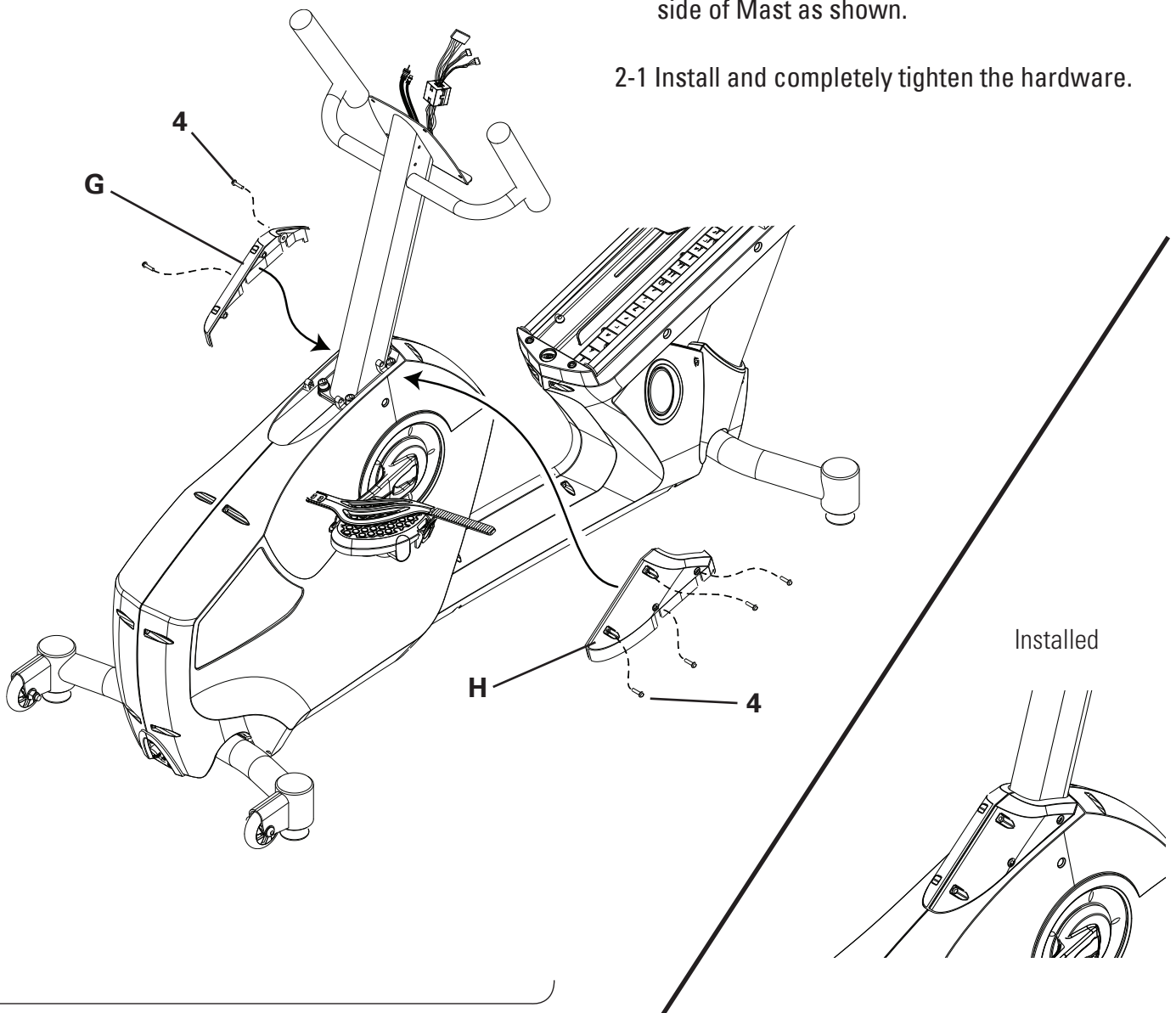


Figure 3:

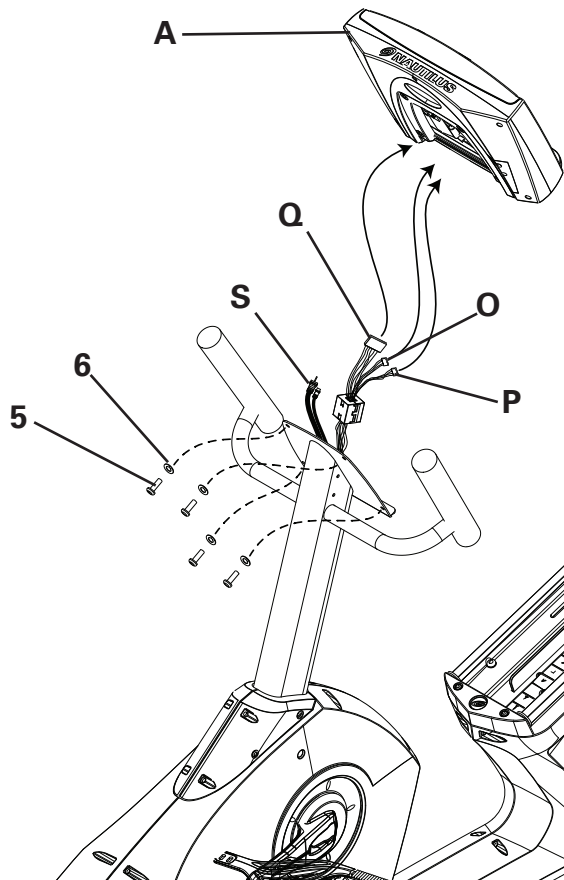
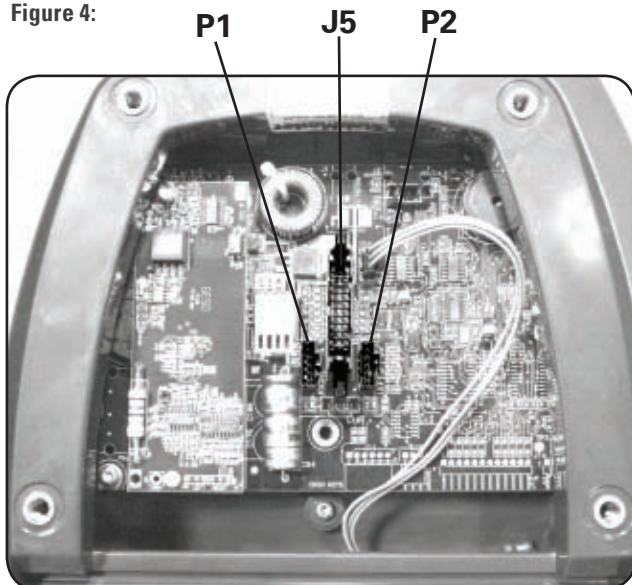


Figure 4:



Step 3:

Locate the following for this step:

Parts:

- Display Console (A)

Hardware:

- Ref #5 Phillips Head Screw 1/4"x20 Qty. 4
- Ref #6 Spring Washer M6 Qty. 4

Tools:

- Phillips Head Screwdriver

3-1 Plug the Main Console Wire (Q) into the large Connector (J5) on the back of the Console. (Figure 4)

3-2 The Right Heart Rate Wire (O) is labeled with an "R". Plug the Right Heart Rate Wire into the connector labeled P1 on the back of the console. (Figure 4)

3-3 Plug the Left Heart Rate Wire (P) into the P2 connector. (Figure 4)

NOTE: If installing the optional LCD Monitor refer to the NV915 installation manual at this time. If not installing the LCD Monitor, tuck the TV Cables (S) into the Mast.

3-4 Align the Console with the Mast, install and completely tighten the hardware.

Step 4:

Locate the following for this step:

Parts:

- Seat back Assembly (F)
- Handlebar (E)

Hardware:

- Ref #7 Allen Head Bolt M8x15 Qty. 4
- Ref #8 Spring Washer M8 Qty. 4
- Ref #9 Flat Washer M8 Qty. 4

Tools:

- 6mm Allen Wrench

4-1 Align the Handlebar (E) with the Seat Back Assembly (F) as shown.

4-2 Install and completely tighten the hardware.

Figure 5:

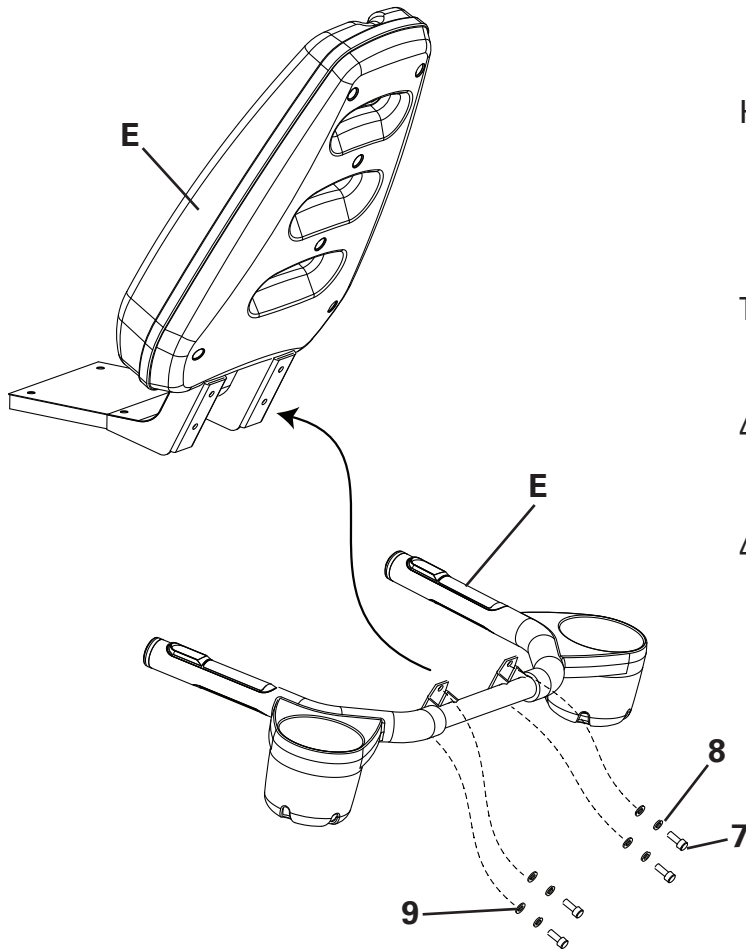
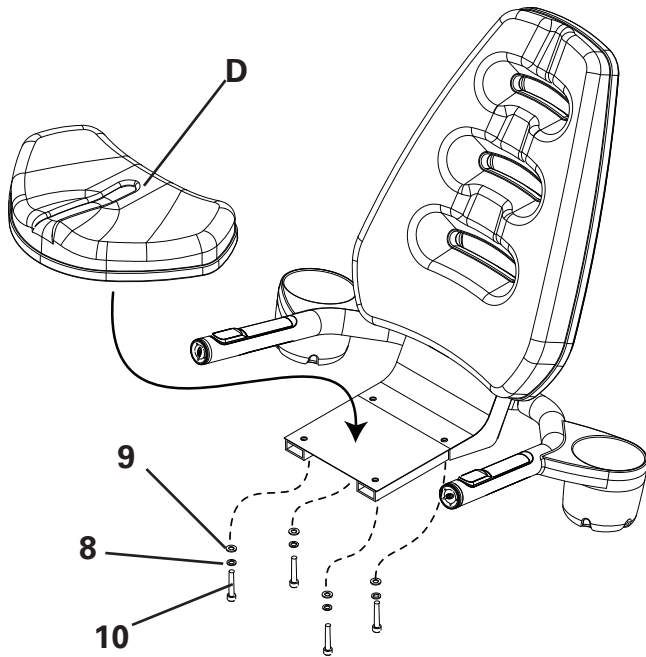


Figure 6:



Step 5:

Locate the following for this step:

Parts:

- Seat Pad (D)

Hardware:

- Ref #10 Allen Head Bolt M8 x 40 Qty. 4
- Ref #8 Spring Washer M8 Qty. 4
- Ref #9 Flat Washer M8 Qty. 4

Tools:

- 6mm Allen Wrench

5-1 Align the Seat Pad with the holes in the Seat Back Assembly.

5-2 Install and completely tighten the hardware.

Step 6:

Locate the following for this step:

Parts:

- Seat Assembly (from previous step)

Hardware:

- Ref #11 Allen Head Bolt M8x20 Qty. 4
- Ref #8 Spring Washer M8 Qty. 4
- Ref #9 Flat Washer M8 Qty. 4

Tools:

- 6mm Allen Wrench

6-1 Carefully Align the Seat Assembly with the Seat Carriage (T).

6-2 Install and completely tighten the hardware.

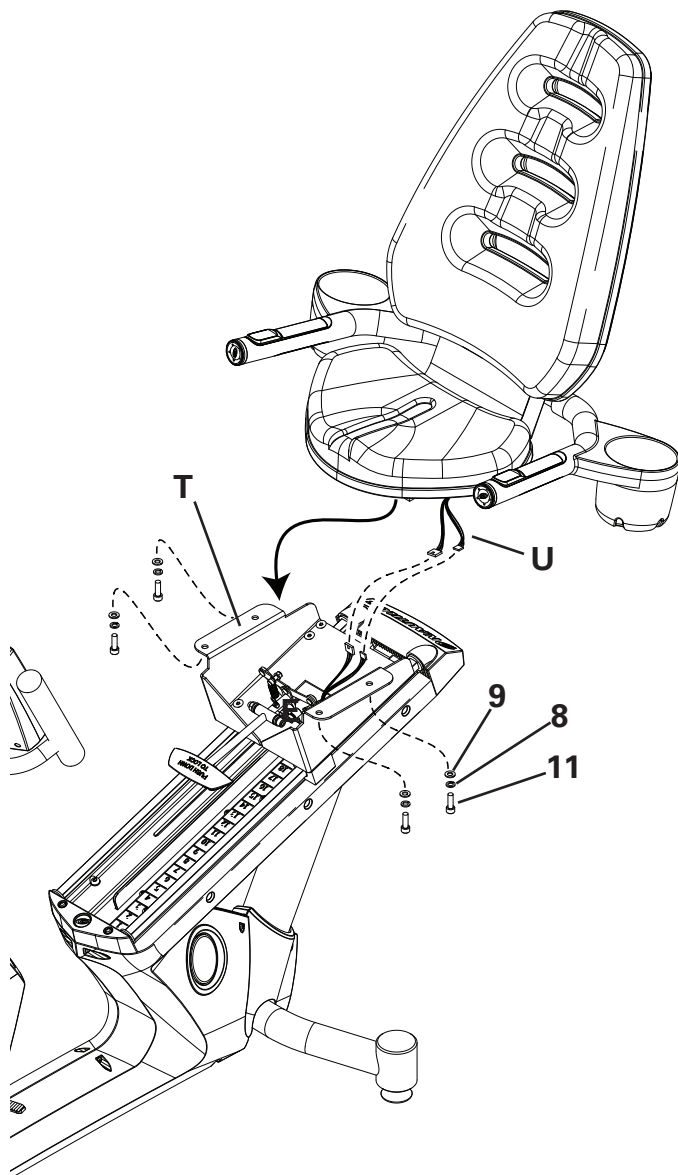
NOTE: Use caution during this step as the Seat Assembly is not yet secured to the Seat Carriage. It is easier to perform this step if the Carriage is positioned toward the top of the range.

6-3 Connect the Heart Rate Cables (U) from the Handlebars to the corresponding connectors exiting the Seat Carriage.

6-4 Carefully place excess cable from Contact Heart Rate cables in between the Seat and the Seat Carriage.

To avoid damage to the Heart Rate Cables, DO NOT apply excessive force to the cables while assembling connectors.

Figure 5:



Step 7:

Locate the following for this step:

Parts:

- Right Seat Bottom (I)
- Left Seat Bottom (J)

Hardware:

- Ref #4 Phillips Head Screw #10-32x3/4" Qty. 4
- Ref #12 Phillips Head Screw M4x12 Qty. 1

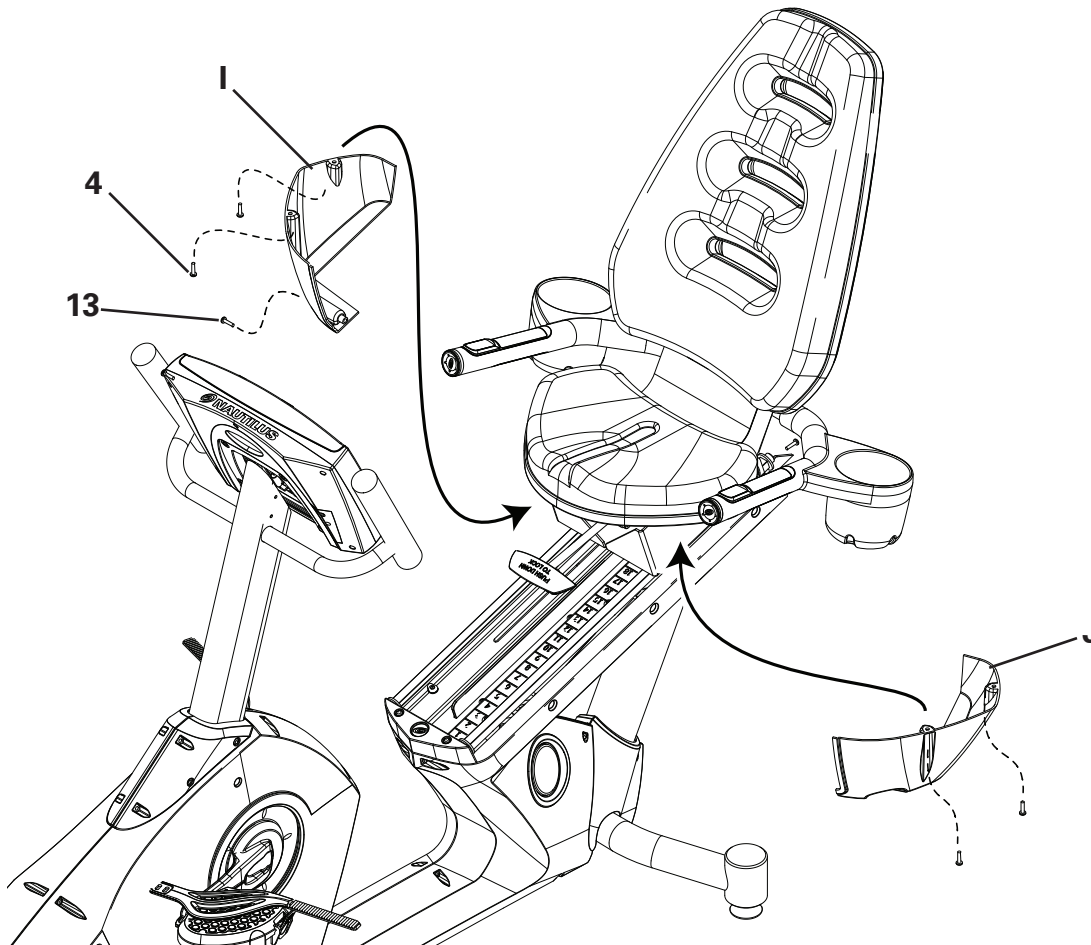
Tools:

- Philips Head Screwdriver

7-1 Align the Seat Bottoms with the holes in the underside of the seat.

7-2 Install and completely tighten the hardware.

Figure 6:



QUICK START GUIDE

To Start:

Press the [QUICK START] key **1**, or select a program key **2**.

To Stop:

Press [STOP] key **3** to pause the workout. Press [STOP] key **3** again to end the workout.

During the workout:

- After selecting a program, follow the Display **4** prompts and use the numeric keypad **5** to enter information.
- Intensity level may be changed at any time during the workout by pressing the [Level: UP] key **6** to increase the resistance, or the [Level: DOWN] key **7** to decrease the resistance.

** R916 console shown. Same instructions apply to U916 console.*

WARNING: For detailed information on use and safety, refer to your Owner's Manual file located on CD ROM.



LIMITED WARRANTY

Commercial Market Warranty Information

All Nautilus® exercise products are warranted to the commercial market purchaser to be free from defects in materials and workmanship. Warranty coverage valid to the original purchaser only and proof of the purchase will be required. Any product sold or placed in an application not recommended by Nautilus will void any warranty coverage set forth by Nautilus warranty policies and procedures.

Time Period

15 Years - Frame

3 Years- Mechanical and electrical parts

1 Year- Labor

1 Year - Wear items

What this warranty does not cover

1. Users weighing more than 400 lbs.
2. Any damage, failure or loss caused by accident, misuse, neglect, abuse, improper assembly, improper maintenance or failure follow instructions or warnings in Owner's Manual.
3. Use of product in a manner or environment for which it was not designed.

Limitations

The foregoing warranties are in lieu of and exclude all other warranties not expressly set forth herein, whether expressed or implied by operation of law or otherwise, including, but not limited to, warranties of merchantability or fitness for a particular purpose. Nautilus shall in no event be liable for incidental or consequential losses, damages or expenses in connection with its exercise products. Nautilus' liability hereunder is expressly limited to the replacement of goods not complying with this warranty or, at Nautilus' election, to the replacement

amount of the purchase price of the exercise product in question. Some states do not permit the exclusion or limitation of implied warranties or incidental or consequential damages, so the preceding limitations and exclusions may not apply to you.

Procedures

Warranty service will in most cases be performed by an authorized Nautilus Fitness Dealer or Service Technician. The original purchaser must provide proof of purchase, Service calls and/or transportation to and from the Nautilus Dealer is the responsibility of the purchaser.

1. Nautilus will have the option to repair or replace any exercise product, which requires service.
2. Nautilus will replace any equipment frame that is structurally defective with a new frame or replace the unit with a unit of equal value.
3. Nautilus is not responsible for dealer labor charges for the component changeovers completed after the labor related warranty period stated herein.
4. If you elect to repair an exercise product or part yourself, using the services of someone other than an authorized Nautilus Fitness Dealer or Service Technician, or use a replacement part not supplied by Nautilus, Nautilus shall not be liable for any cost, damage, failure or loss caused by the use of such unauthorized service or parts.

IMPORTANT CONTACT NUMBERS

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.

WORLDWIDE CUSTOMER SERVICE

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Be Strong.™

For more information about our Commercial Series exercise equipment or other Nautilus® equipment for your home, visit www.Nautilus.com.

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