



SCHWINN.FITNESS

420 Elliptical Trainer



Assembly Manual

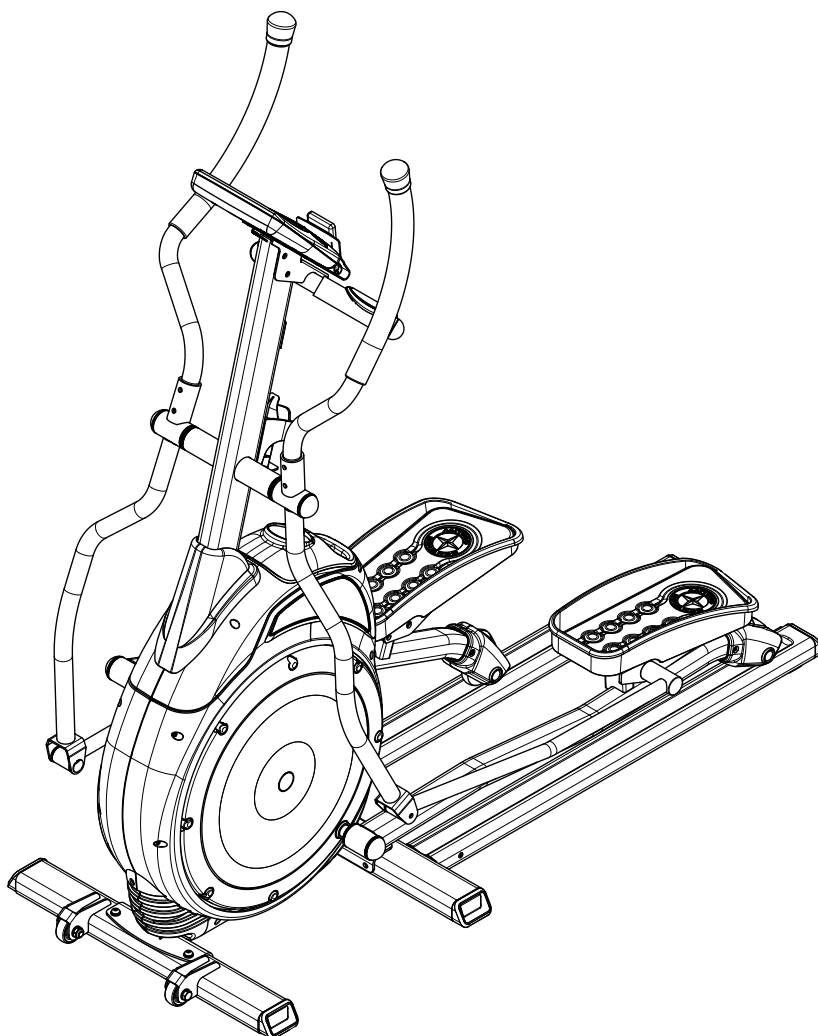


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Safety Warnings



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:

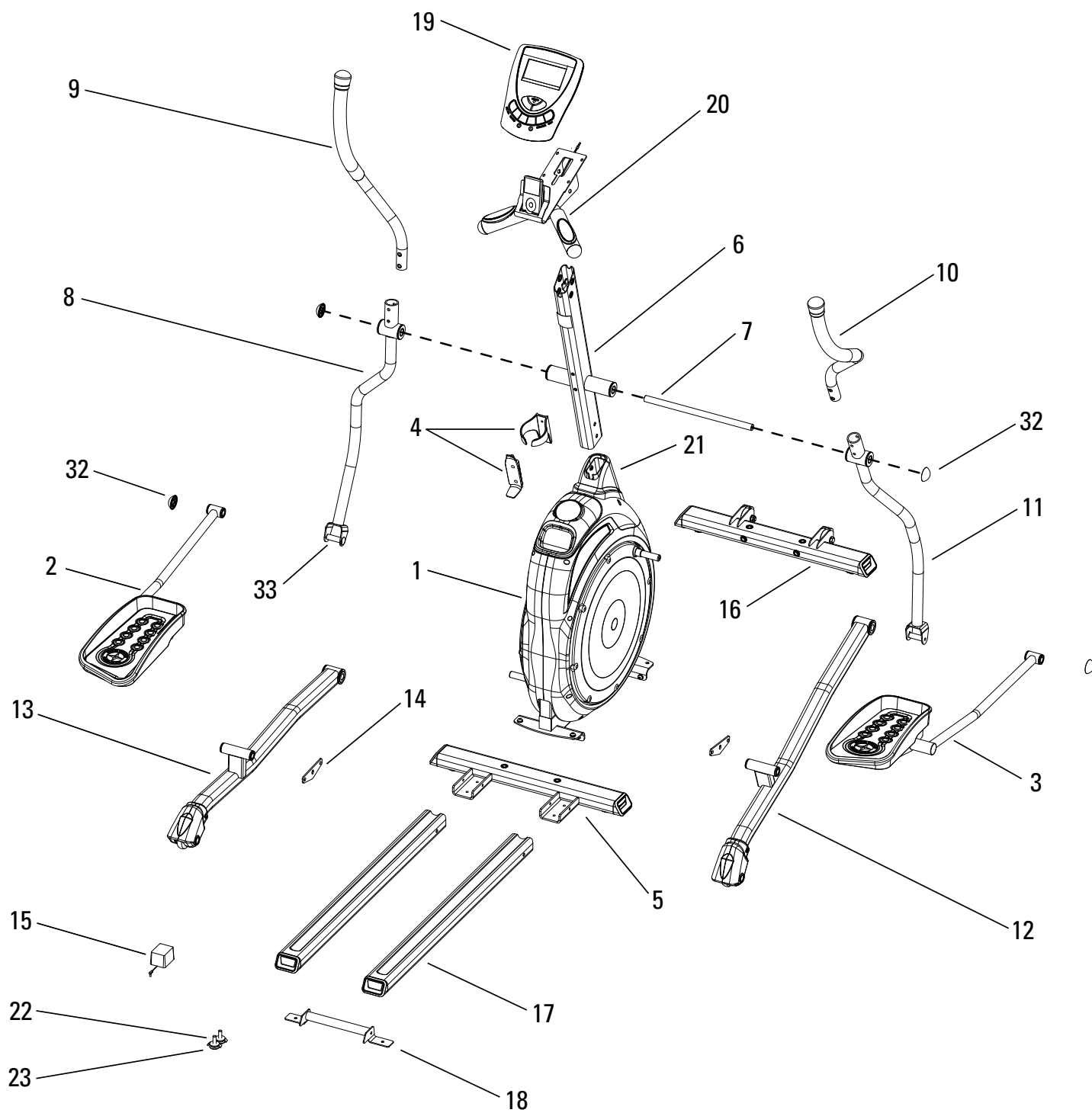


Read and understand the complete Owner's Manual.

Read and understand all Warnings on this machine.

- Keep children away from this machine. Monitor them closely when near the machine. Moving parts that look dangerous to adults may not look so to children.
- Consult a physician before starting 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 using the machine again. Use the values calculated or measured by the machine's computer for reference purposes only.
- Examine this machine for loose parts or signs of wear. Contact Nautilus Customer Service for repair information.
- Do not wear loose clothing or jewelry. This machine contains moving parts.
- Maximum user weight limit: 300 lb. (136 kg). Do not use if you are over this weight.
- Make the pedals stable before stepping on them. Use caution when stepping off the machine.
- Disconnect all power before servicing this machine.
- Do not operate this machine in damp or wet locations.
- Keep at least 19.5" (0.5 m) on each side of the Elliptical clear. This is the recommended safe distance for access and passage around and emergency dismounts from the machine.
- Keep the foot pedals clean and dry.
- Do not overexert yourself during exercise. Operate the machine in the manner described in this manual.
- This machine is for home use only.

Exploded View

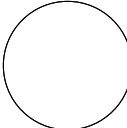
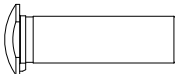


Parts List

Item	Description	Qty
1	Main Frame	1
2	Left Foot	1
3	Right Foot	1
4	Water Bottle Holder	1
5	Rear Stabilizer	1
6	Console Mast	1
7	Arm Pivot Rod	1
8	Lower Left Handlebar	1
9	Upper Left Handlebar	1
10	Upper Right Handlebar	1
11	Lower Right Handlebar	1
12	Right Leg	1
13	Left Leg	1
14	Foot Mount Plate	2
15	AC Power Adapter	1
16	Front Stabilizer	1
17	Running Rail	2
18	Transport Handle	1
19	Console	1
20	Static Handlebar	1
21	Mast Boot	1
22	Threaded Foot Pad	2
23	Foot Adjust Nut	2

- A. Compare the Parts List to the box contents. Make sure you have all parts before installing.
- B. Unpackage and put all parts near the final location to avoid moving the equipment when fully assembled.

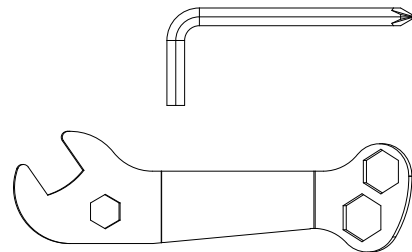
Hardware Guide

Item	Description	Qty	
24	M8 Flat Washers	41	
25	M8 Lock Washers	41	
26	M5 0.8x25 Phillips Head Screws	2	
27	M8 Lock Washers - Black	4	
28	M8 Wide Flat Washers	4	
29	M8 1.25x15 Hex Screws	17	
30	M8 1.25x20 Hex Screws	20	
31	M8 1.25x20 Hex Head Bolts	4	
32	45mm Round Cover	4	
33	Arm Mount Cotter Pin	2	
34	M8 1.25x20 Hex Screws - Nylock	2	
35	M8 1.25x25 Hex Screws - Nylock	2	

Tools Required

Hex Key w/Phillips Head 1

Combination Wrench 2



You may also need a rubber mallet (not included).

Before You Start

Locate where you will assemble and use your Schwinn® 420 Elliptical Trainer. We recommend you install it on a hard, level surface. Allow an area of at least 62" L x 50" W (1.57 m x 1.27 m). You need at least 101" L x 66" W (2.57 m x 1.68 m) of free space for safe operation.

Basic Assembly Principles

Follow these basic assembly tips when putting together your Elliptical Trainer:

1. Collect all the pieces needed for each step before assembling.
2. Turn all bolts and locknuts to the right (clockwise) to tighten, and to the left (counterclockwise) to loosen.
3. When attaching two pieces, lightly lift and look through the bolt holes to help guide bolts through the holes.
4. Two people are necessary to assemble this machine.

NOTE: Some axles contain oil. Use caution to avoid staining clothes or carpet.

Assembly

Step 1: Install Rear Stabilizer and Transport Handle

Parts

- #5 - Rear Stabilizer (Qty. 1)
- #17 - Running Rail (Qty. 2)
- #18 - Transport Handle (Qty. 1)
- #22 - Threaded Foot Pad (Qty. 2)
- #23 - Foot Adjust Nut (Qty. 2)

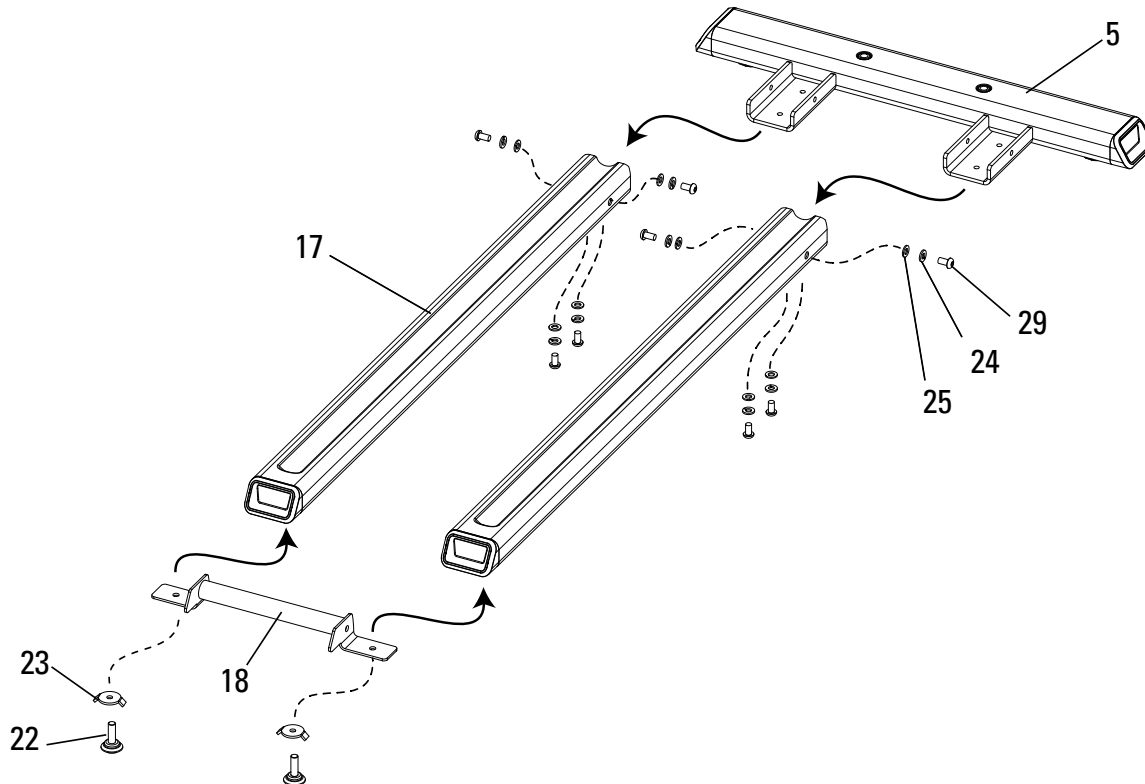
Hardware

- #24 - M8 Flat Washer (Qty. 8)
- #25 - M8 Lock Washer (Qty. 8)
- #29 - M8x15 Hex Screw (Qty. 8)

Tools

- Hex Key

- 1-1** Attach two Running Rails to Rear Stabilizer with the hardware shown. Do not tighten.
- 1-2** Attach the Transport Handle to each Running Rail with 2 Foot Adjust Nuts and 2 Foot Pads.
- 1-3** Fully tighten all hardware.



Assembly

Step 2: Install Front Stabilizer

Parts

- Rear Stabilizer assembly (from Step 1)
- #1 - Main Frame (Qty. 1)
- #16 - Front Stabilizer (Qty. 1)

Hardware

- #24 - M8 Flat Washer (Qty. 8)
- #25 - M8 Lock Washer (Qty. 8)
- #30 - M8x20 Hex Screw (Qty. 8)

Tools

- Hex Key

2-1 Attach the Main Frame to the Front Stabilizer with the hardware shown.

2-2 Attach the Main Frame to the Rear Stabilizer with the hardware shown.

2-3 Adjust the 6 Foot Pads (A) under the Stabilizers and the Transport Handle until they just touch the floor (see Figure 2a). First, twist the Threaded Foot Pad out and then lock with the Foot Adjust Nut to keep machine stable.

Figure 2

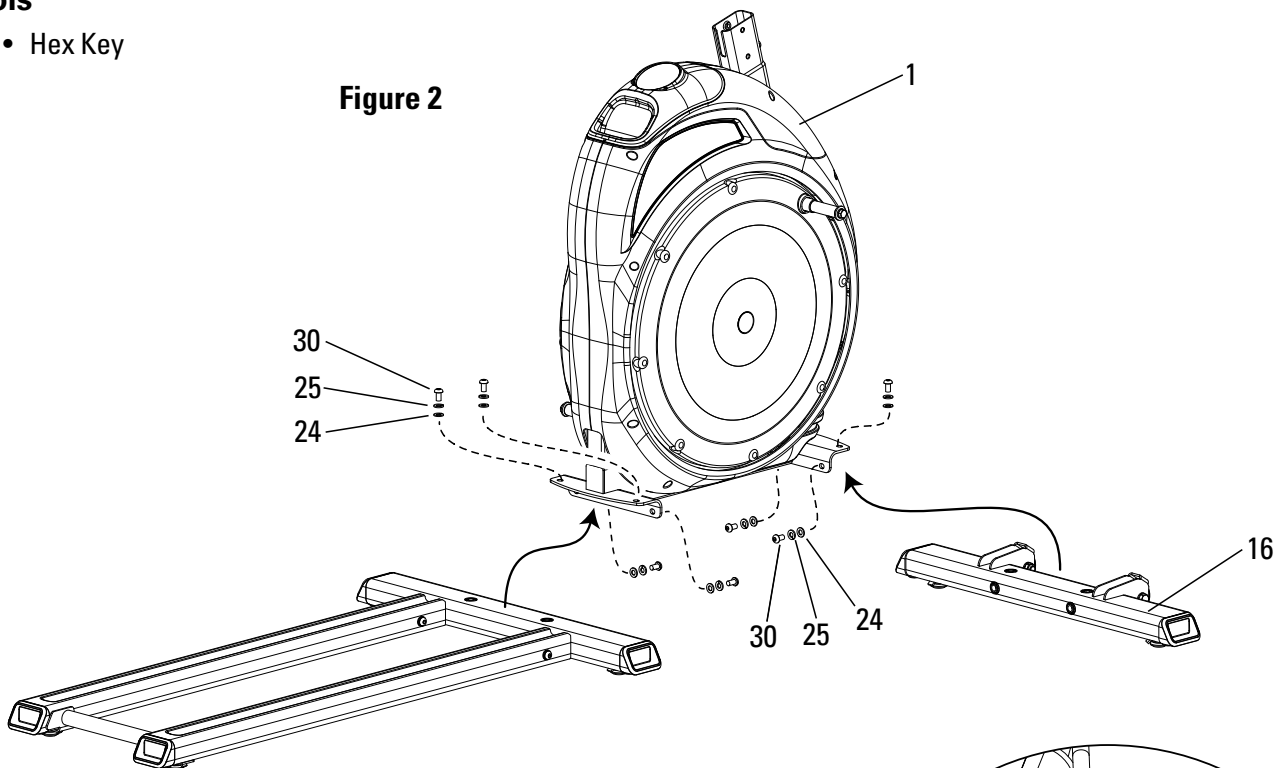
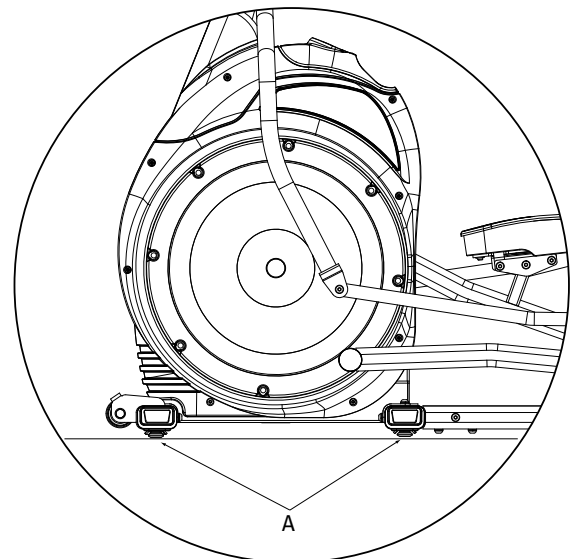


Figure 2a



Assembly

Step 3: Install Console Mast and Water Bottle Holder

Parts

- Main Unit (from Step 2)
- #4 - Water Bottle Holder
(Two parts: (4a) outer ring, (4b) - base)
- #6 - Console Mast (Qty. 1)
- #21 - Mast Boot (Qty. 1)

Hardware

- #24 - M8 Flat Washer (Qty. 5)
- #25 - M8 Lock Washer (Qty. 5)
- #26 - M5x25 Phillips Head Screw (Qty. 2)
- #29 - M8x15 Hex Screw (Qty. 5)

Tools

- Phillips Head Screwdriver

3-1 Put the Console Mast into the Mast Boot.

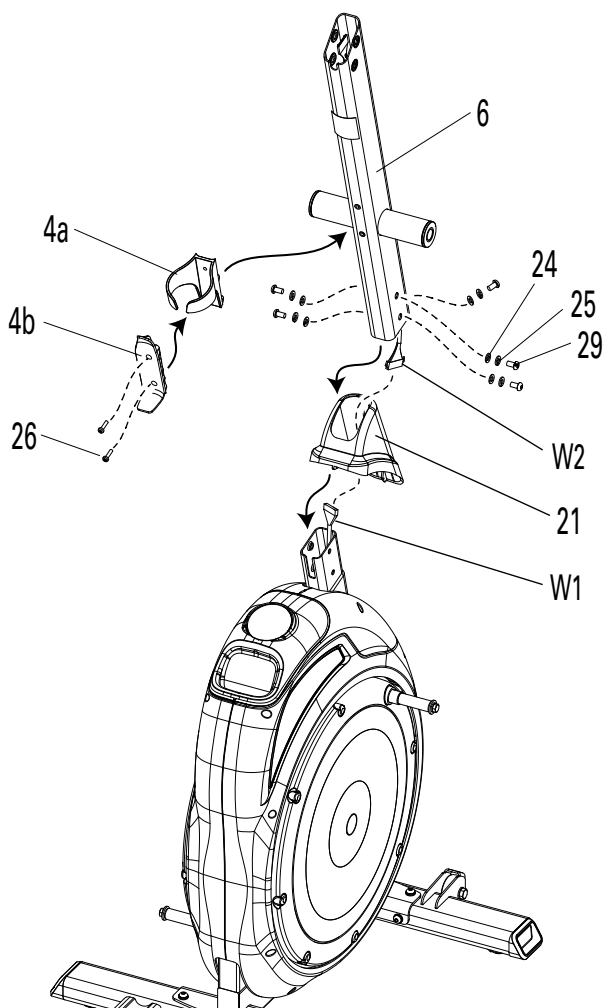
3-2 Connect the wire harness (W1) from the Main Unit to the wire harness (W2) in the Console Mast.

3-3 Move the Console Mast down on the Main Unit. Secure the Console Mast with the hardware shown.

NOTICE: Do not pinch the wires when putting the Console Mast on the Main Unit.

3-4 Move the Mast Boot down to the Main Unit.

3-5 Attach the Water Bottle Holder to the Console Mast with the hardware shown.



Assembly

Step 4: Install Static Handlebar and Console

Parts

- Main Unit (from Step 3)
- #19 - Console (Qty. 1)
- #20 - Static Handlebar (Qty. 1)

Hardware

- #24 - M8 Flat Washer (Qty. 4)
- #25 - M8 Lock Washer (Qty. 4)
- #30 - M8x20 Hex Screw (Qty. 4)
- Pre-installed Screws in Back of Console (Qty. 4)

Tools

- Phillips Head Screwdriver

4-1 Feed the Heart Rate Wire (W3) from the Static Handlebar through the rectangular opening in the handlebar.

4-2 Put the Console Mast Wire (W2) through the rectangular opening in the Static Handlebar. The Heart Rate Wire goes through the notch (N) in the Console Mast. Connect the Static Handlebar to the Console Mast with the hardware shown.

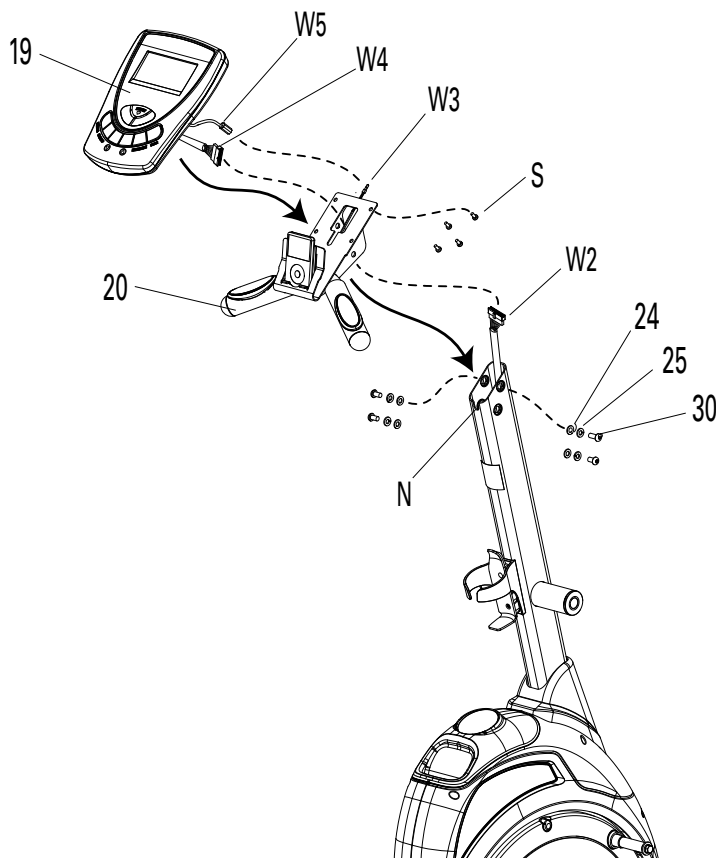
NOTICE: Do not pinch the wires when putting the Static Handlebar on the Console Mast.

4-3 Remove the 4 pre-installed screws (S) in the back of the Console. Save them for Step 4-5.

4-4 Connect the Console Wire (W4) to the Console Mast Wire (W2). Connect the Heart Rate Wire to the Heart Rate connector (W5) from the back of the Console.

4-5 Attach the Console to the Static Handlebar assembly with the screws from Step 4-3.

NOTICE: Do not pinch the wires when putting the Console on the Static Handlebar.



Assembly

Step 5: Install Legs

Parts

- Main Unit (from Step 4)
- #12 - Right Leg (Qty. 1)
- #13 - Left Leg (Qty. 1)

Hardware

- #27 - M8 Lock Washer - Black (Qty. 2)
- #28 - M8 Wide Flat Washer (Qty. 2)
- #31 - M8x20 Hex Head Bolt (Qty. 2)
- #32 - Round Cover (Qty. 2)

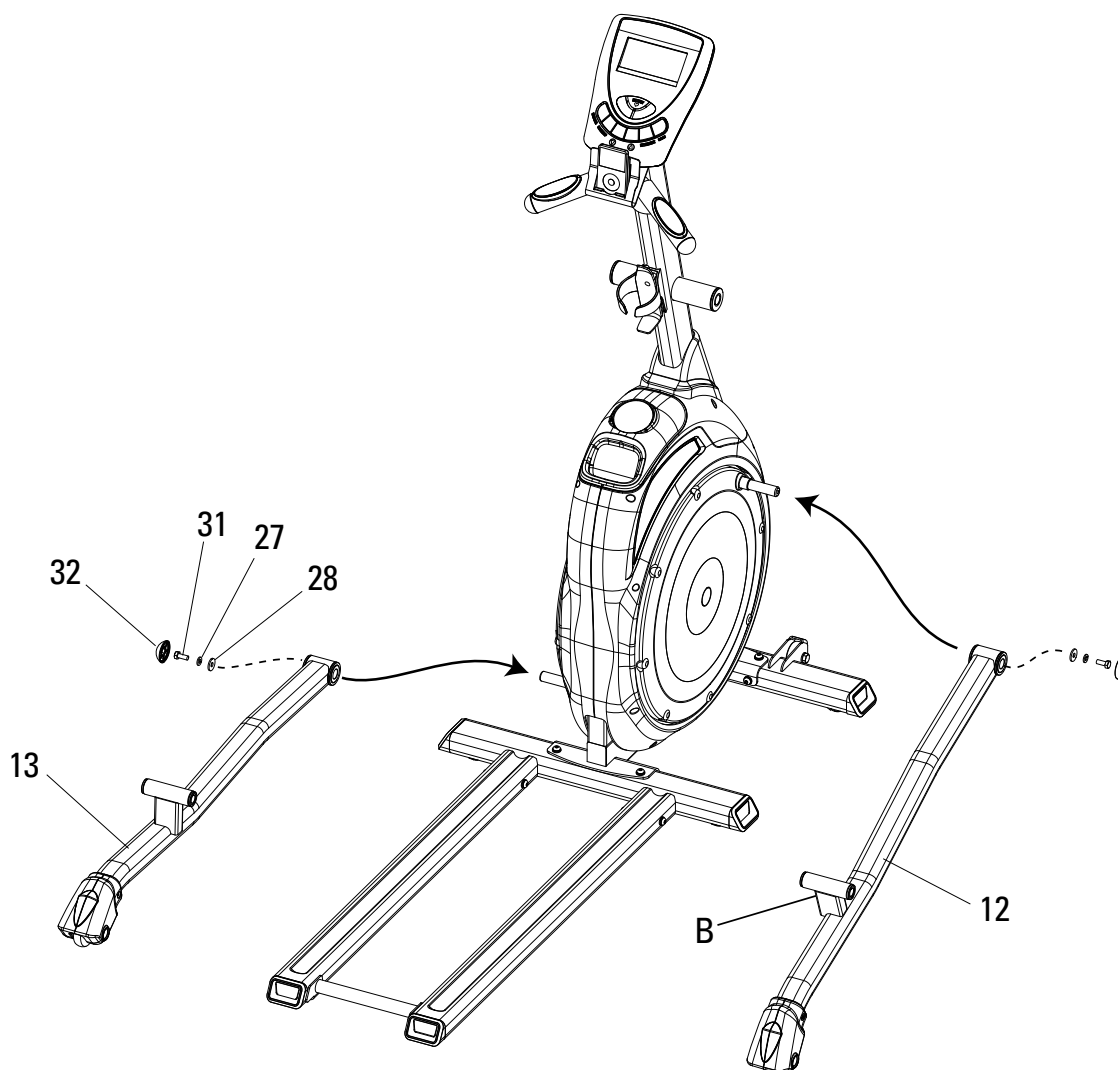
Tools

- Hex Key

Do steps 5-1 and 5-2 on one side and then again on the other side.

5-1 Install the Right Leg to the Main Unit with the hardware shown. Make sure that the upright pivot (B) is closer to the center of the machine. Make sure the wheels on each leg align correctly in the Rails.

5-2 Put a Round Cover over the head of each screw.



Assembly

Step 6: Install Lower Arms

Parts

- Main Unit (from Step 5)
- #7 - Arm Pivot Rod (Qty. 1)
- #8 - Lower Left Arm (Qty. 1)
- #11 - Lower Right Arm (Qty. 1)

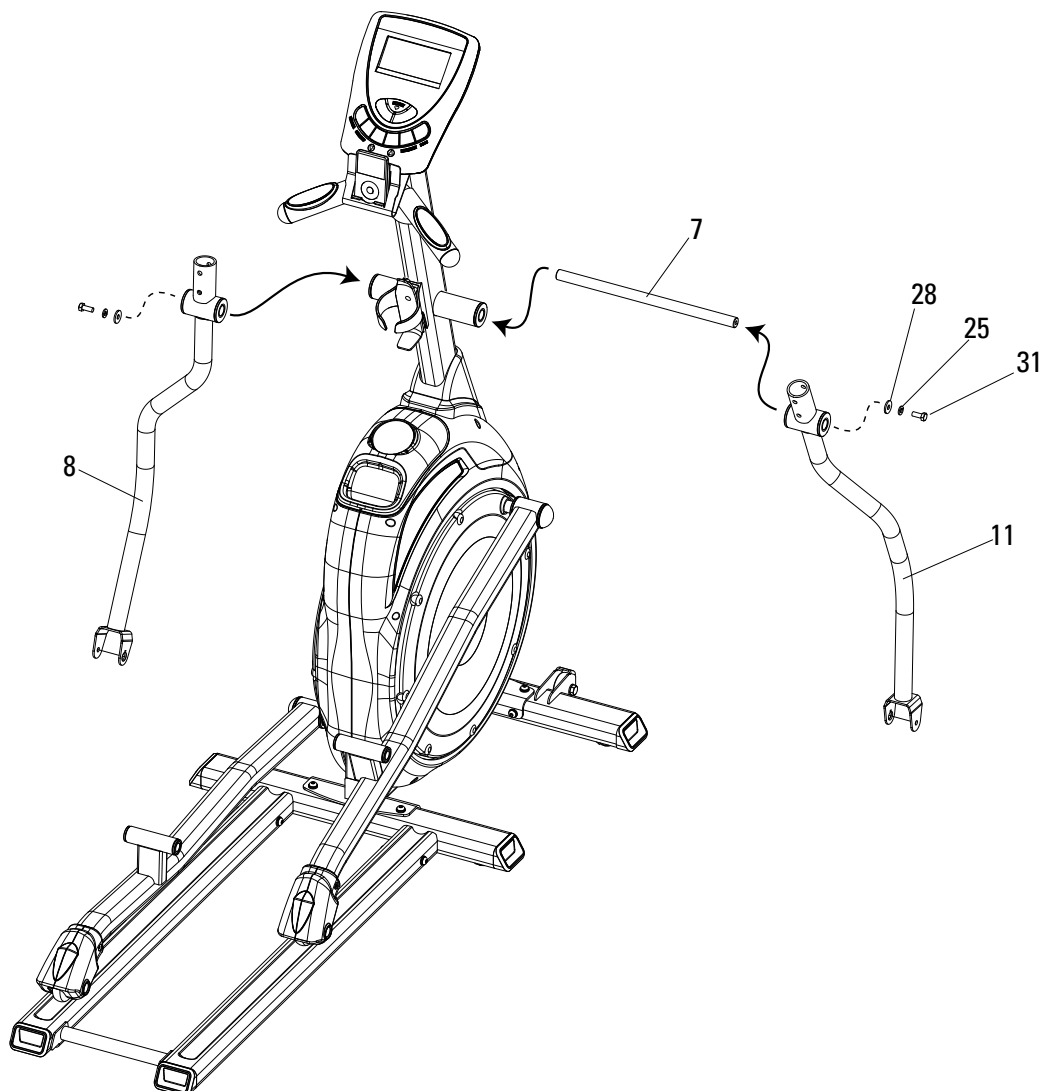
Hardware

- #25 - M8 Lock Washer (Qty. 2)
- #28 - M8 Wide Washer (Qty. 2)
- #31 - M8x20 Hex Head Bolt (Qty. 2)

Do steps 6-1 and 6-2 on one side and then again on the other side.

6-1 Move the Arm Pivot Rod through the Console Mast as shown.

6-2 Connect the Lower Right Arm to the Arm Pivot Rod with the hardware shown. Do not tighten.



Assembly

Step 7: Install Feet

Parts

- Main Unit (from Step 6)
- #2 - Left Foot (Qty. 1)
- #3 - Right Foot (Qty. 1)
- #14 - Foot Mount Plate (Qty. 1)

Hardware

- #24 - M8 Flat Washer (Qty. 8)
- #25 - M8 Lock Washer (Qty. 8)
- #29 - M8x15 Hex Screw (Qty. 4)
- #32 - Round Cover (Qty. 2)
- #33 - Cotter Pin (Qty. 2)
- #34 - M8x20 Hex Screw - Nylock (Qty. 2)
- #35 - M8x25 Hex Screw - Nylock (Qty. 2)

Tools

- Phillips Head Screwdriver
- Combination Wrench (Qty. 2)

Do steps 7-1 thru 7-3 on one side and then again on the other side.

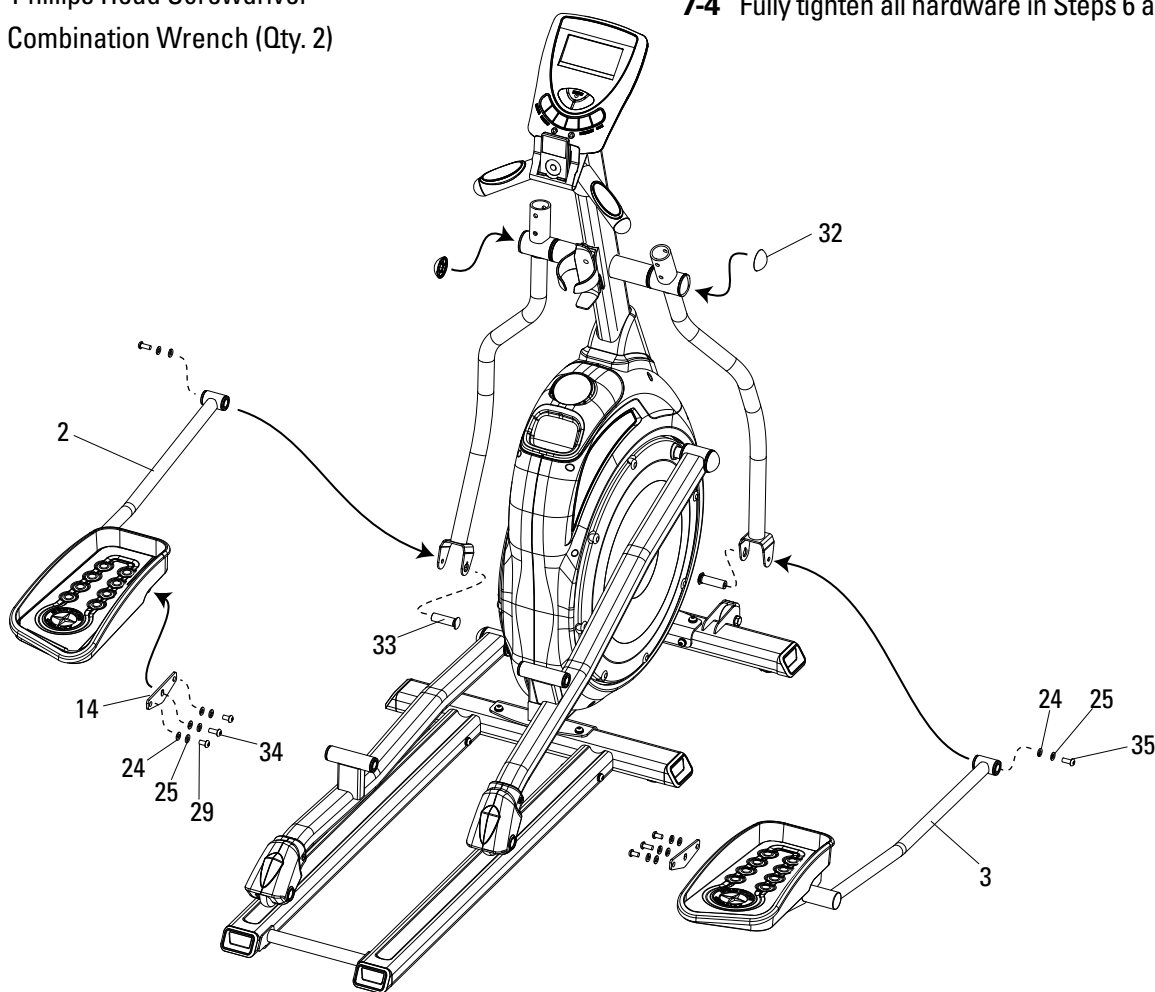
7-1 Move the shaft under the pedal into the pivot on the Leg Assembly. Align a Foot Mount Plate with the pivot and the Foot Assembly. Attach with three M8 Locking Washers, three M8 Flat Washers, two M8x15 Hex Screws (outside holes), and one M8x20 Hex Screw (center hole).

7-2 Set the Foot Assembly in the U-bracket at the bottom of the Lower Handlebar. Put a Cotter Pin from the inside through the U-bracket and Foot assembly. Attach with M8x25 Hex Screw, M8 Lock Washer, and M8 Flat Washer.

NOTE: Make sure the key on the Cotter Pin engages the slot in the U-bracket.

7-3 Tighten the screws holding the arms and then put a Round Cover over the head of each screw.

7-4 Fully tighten all hardware in Steps 6 and 7.



Assembly

Step 8: Install Moving Handlebars

Parts

- Main Unit (from Step 7)
- #9 - Upper Left Handlebar (Qty. 1)
- #10 - Upper Right Handlebar (Qty. 1)

Hardware

- #24 - M8 Flat Washer (Qty. 8)
- #25 - M8 Lock Washer (Qty. 8)
- #30 - M8x20 Hex Screw (Qty. 8)

Tools

- Hex Key

Do steps 8-1 thru 8-2 on one side and then again on the other side.

8-1 Put the Upper Right Handlebar into the Lower Right Handlebar (Figure 8). Make sure that the Upper Handlebar curves toward the back of the machine (Figure 8A).

8-2 Attach with the hardware shown.

Figure 8

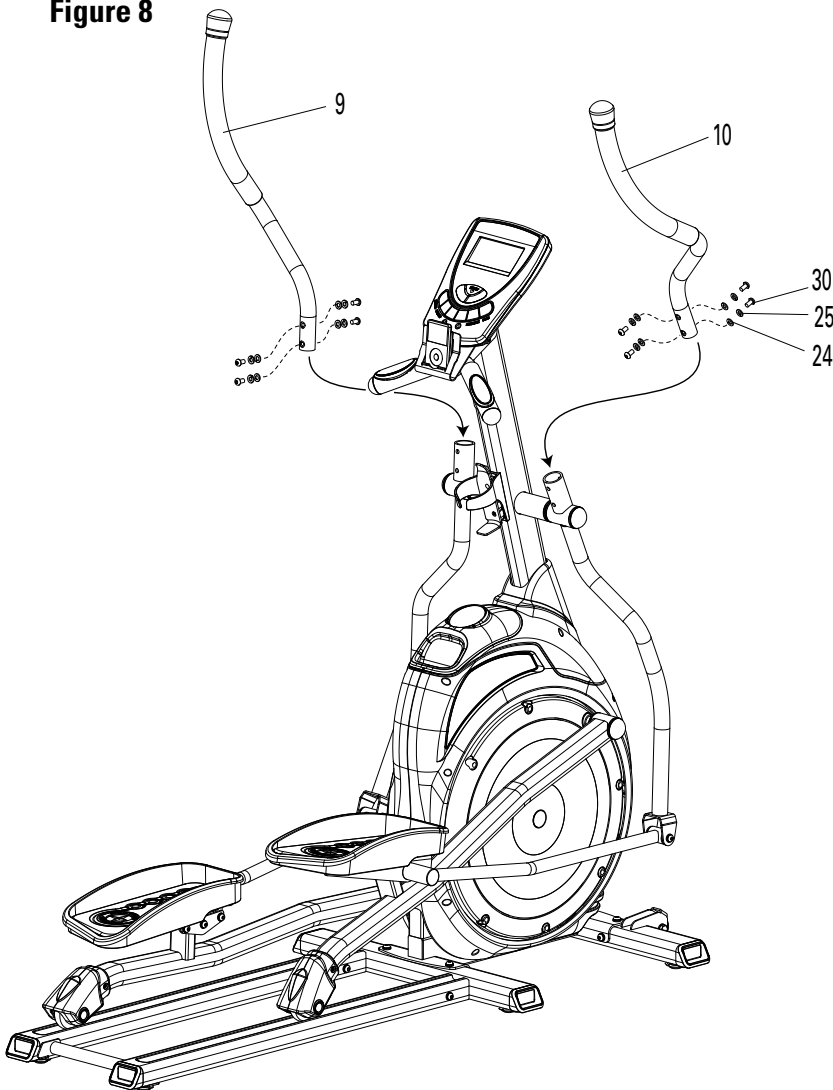
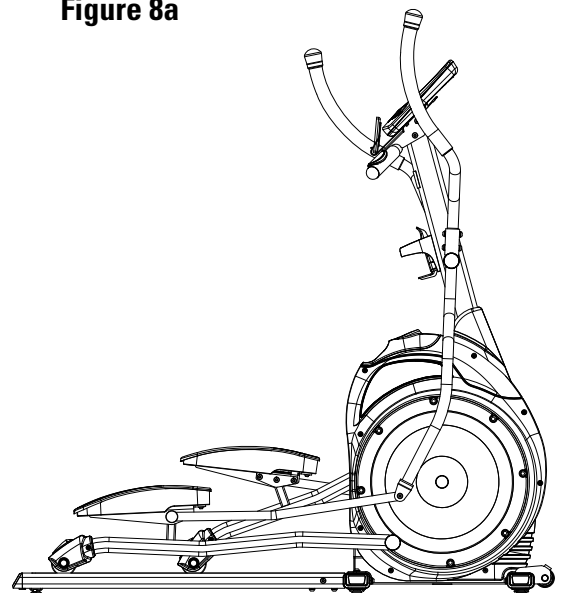


Figure 8a



Assembly

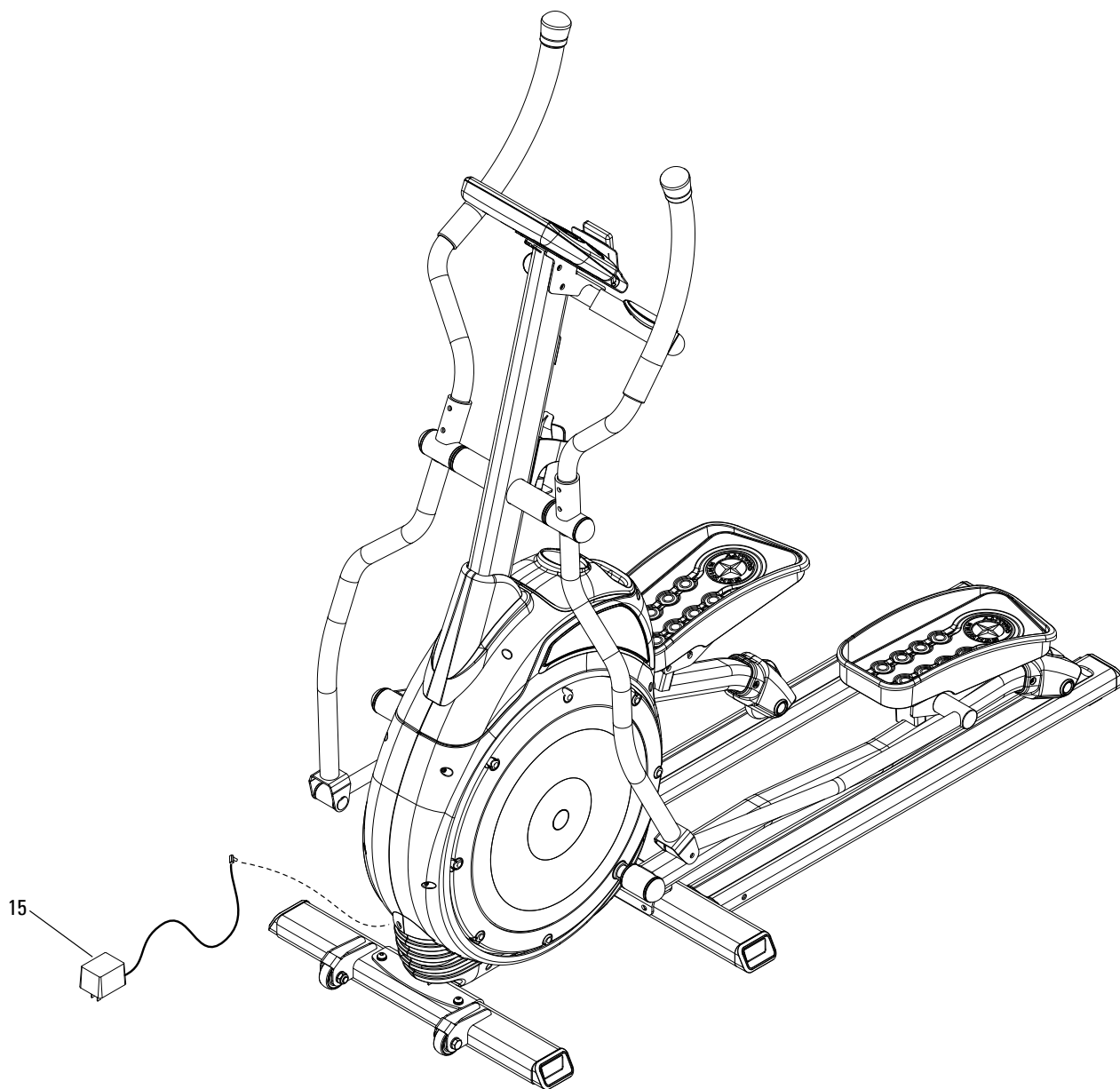
Step 9: Connect Power Cable

Parts

- Main Unit (from Step 8)
- #15 - AC Power Adapter (Qty. 1)

9-1 Find the power connector on the front of the machine above the Front Stabilizer.

9-2 Connect the AC Power Adapter to the power connector on the front of the machine.



Assembly

Step 10: Final Check



Failure to visually check and test assembly before use can cause damage to the equipment. It can also cause serious injury to users and bystanders.

10-1 Tighten all hardware.

10-2 Make sure that the machine is level. If necessary, adjust the Feet again as described in Step 2.

10-3 Read warnings on machine.

Refer to the Owner's Manual for:

- Operating Instructions
- Maintenance Instructions

Assembly

Contacts

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