



600 Line Recumbent Bike (RBK) Assembly Guide

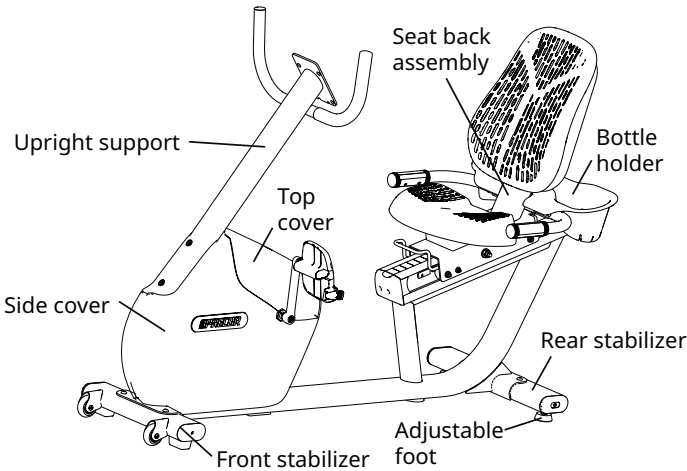
To assemble the equipment, follow the steps in the order listed in this assembly guide. For more product information, visit us at www.precor.com.

WARNING

At least two people are required to assemble the equipment. DO NOT attempt assembly by yourself.

We recommend you:

- Assemble the equipment close to where you plan to use it.
- Assemble the equipment on a solid, flat surface, so that it remains level and stable.
- Locate the equipment at least 19.7 inches (0.5 meter) away from walls or furniture on either side of the equipment, and 19.7 inches (0.5 meter) away from objects behind or in front of the equipment.
- DO NOT move the equipment without assistance.



Required tools and hardware

For hardware, the US English acronym is used throughout the guide and in all localized versions.

Tools	Component	Description	Quantity	Component	Description	Quantity
<ul style="list-style-type: none">6 mm hex wrench		Socket head cap screw (SHCS) / M12 x 80 mm	2		Button head cap screw (BHCS) / M10 x 15 mm	4
<ul style="list-style-type: none">10 mm hex wrench		Button head cap screw (BHCS) / M10 x 40 mm	4		Washer / 5 mm	1
<ul style="list-style-type: none">13 mm open-end, box or socket wrench		Button head cap screw (BHCS) / M10 x 55 mm	2		Hex nut / M10	2
<ul style="list-style-type: none">14 mm open-end wrench		Flat head cap screw (FHCS) / 1/4-inch x 5/8-inch (used with console)	4		Button head cap screw (BHCS) / M5 x 16 mm	1
<ul style="list-style-type: none">Short 3 mm ball end hex wrench						
<ul style="list-style-type: none">5/32-inch ball end hex wrench						
<ul style="list-style-type: none">#2 Phillips screwdriver						
<ul style="list-style-type: none">Wire cutter						
<ul style="list-style-type: none">Fish tape						

Attach the stabilizers

NOTE

The front stabilizer has two wheels. These wheels help to move the location of the bike.

To install the stabilizers:

- Place the rear stabilizer under the bracket at the rear of the bike (Figure 1).
- Secure the rear stabilizer using two M10 x 40 mm BHCS (Figure 2). Fully tighten using a 6 mm hex wrench.
- Place the front stabilizer underneath the bracket at the front of the bike (Figure 3).
- Secure the front stabilizer using two M10 x 40 mm BHCS (Figure 4). Fully tighten using a 6 mm hex wrench.

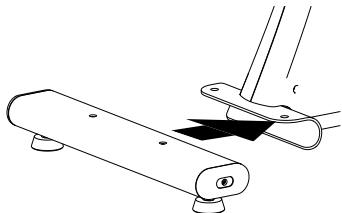


Figure 1

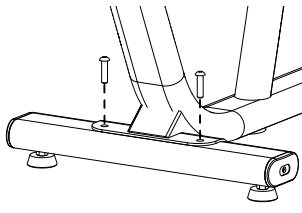


Figure 2

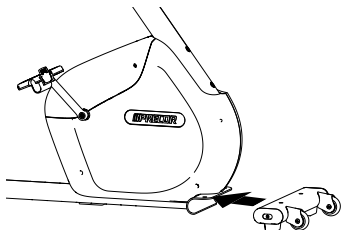


Figure 3

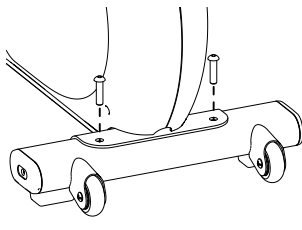


Figure 4

Attach the seat back

IMPORTANT

DO NOT pinch the cable during this procedure.

To attach the seat back:

- While your assistant holds the seat back assembly, feed the heart rate sensor cable into the seat back support through the opening at its base and then out through the opening in the handlebar bracket (Figure 5).
- Insert the lower front edge of the seat back assembly under the seat base.
- Position the seat back assembly so that its four screw holes line up with the holes on the seat carriage bracket (Figure 6).

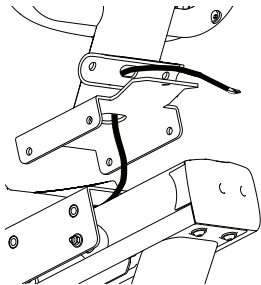


Figure 5

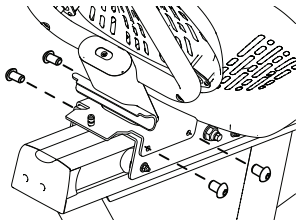


Figure 6

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- IMPORTANT**

DO NOT allow the seat to slide forward or it will pinch the cable.
- Attach it using four M10 x 15 mm BHCS and fully tighten the screws using a 6 mm hex wrench.

To complete the seat assembly:

- 1. Connect the heart rate sensor cable in the handlebars to the cable you fed through the seat back in the previous procedure. Feed any extra cable back into the seat back assembly.
- 2. Tilt the handlebar assembly with the handlebars slightly downward before fitting it into the slot behind the seat, making sure not to pinch the cable (Figure 7). Roll the handlebar assembly upward so that it seats in the slot behind the seat.
- 3. Secure the handlebars using two M10 x 55 mm BHSC and two M10 hex nuts (Figure 8).



IMPORTANT
Gently move the cable out of the way of the screw hole. If necessary, use a dull-edged tool inserted through the hole on the back of the handlebar assembly to move the cable.

- 4. Fully tighten using a 6 mm hex wrench and a 14 mm open-end box or socket wrench.

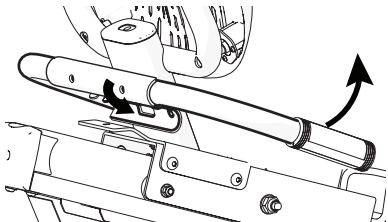


Figure 7

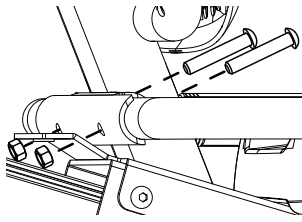


Figure 8

To attach the bottle holder:

- 1. Move the seat back as far as it can go beyond the last latch and have your assistant hold it in place.
- 2. Position the bottle holder so that the two tabs on its underside are aligned with the bottle holder bracket.
- 3. Slide the bottle holder forward so that its tabs fit around the bracket (Figure 9) and the screw hole in the center of the bottle holder and the bracket line up .
- 4. Secure it using an M5 x 16 mm BHCS and a 5 mm flat washer (Figure 10). Fully tighten using a short 3 mm ball end hex wrench.

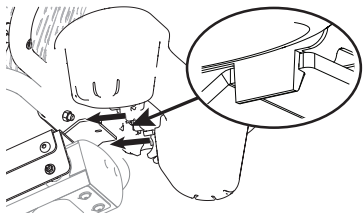


Figure 9

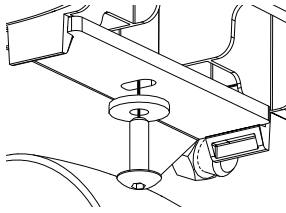


Figure 10

Attach the upright support and cables



CAUTION
DO NOT attempt to connect electrical power until all assembly procedures are complete and properly installed.

To attach the upright support and cables:

- 1. Retrieve the cables for the console that you plan to install on this bike and for any PVS equipment that you plan to install on the console.
- 2. Remove the wire tie holding the base unit data cable in place inside the upright support channel. Save the tie for use in Step 4.
If you are installing PVS equipment on the console, continue with Step 3. If you are **not** installing PVS equipment, skip to Step 5.
- 3. Use the wire tie from Step 1 to bind the upper ends of the cables together.
- 4. Feed the television and power cables through the opening at the bottom of the front stabilizer.
- 5. Using a fish tape, place the upright support on the floor with its lower end next to the bike. Thread the cable(s) upward through the support and secure them to the top of the support.
- 6. Remove the extra serial number label from the upright support channel and set it aside for attachment to the console mount bracket during console installation.
- 7. Lift the upright support and position its lower end over the upright support channel. Set the upright support so that it rests on the metal tab within the upright support channel to prevent sliding (Figure 11).

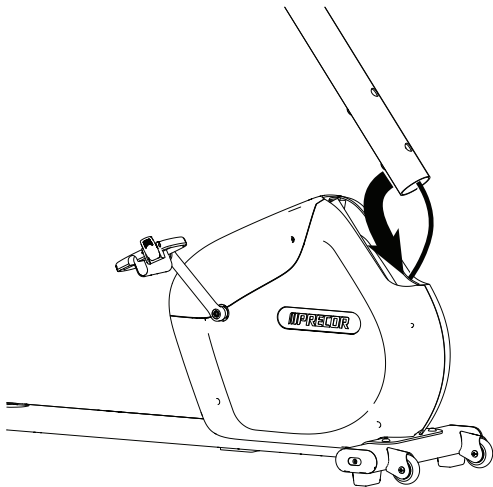


Figure 11



IMPORTANT
In the following step, be extremely careful not to trap or pinch any of the cables between the mounting screws and their seats.

- 8. Insert two M12 x 80 mm SHCS through the opening on the support and into the holes on the body assembly (Figure 12). Fully tighten using a 10 mm hex wrench.

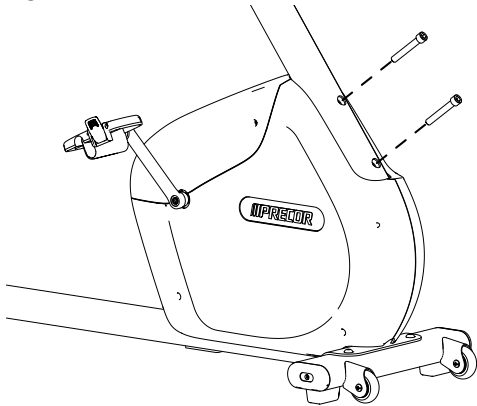


Figure 12

Level the equipment

Make sure the equipment is level before allowing anyone to use it.



CAUTION
To eliminate movement, make sure the adjustable feet are in contact with the floor. Rotating the adjustable feet cannot compensate for extremely uneven surfaces.

To level the equipment:

- 1. Try to shake the equipment. If there is any movement, tip the equipment to one side to locate the adjustable foot.
- 2. Correct the height of each adjustable foot as follows:

If you want to ...	Then turn the adjustable feet ...
Raise the equipment	Counterclockwise
Lower the equipment	Clockwise

- 3. When you are finished adjusting the equipment, recheck for movement and readjust as necessary.