



SCHWINN

Core Health & Fitness

Schwinn® A.C.™ Power

OWNER'S MANUAL



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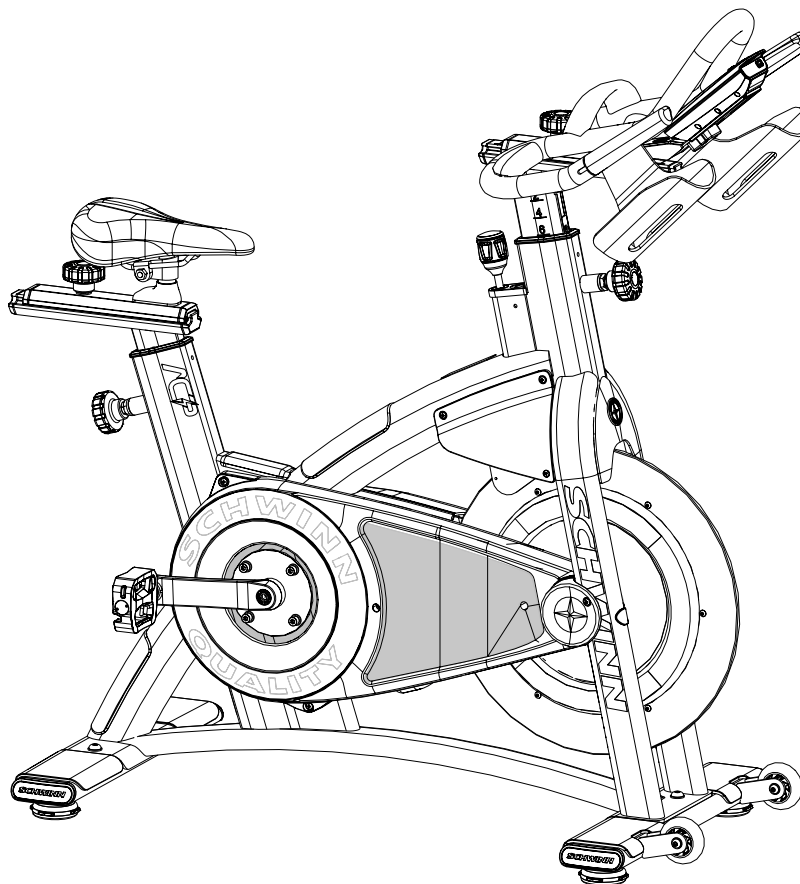


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Congratulations on the purchase of a Schwinn A.C.™ Power! This manual will acquaint you with the operation, safety, and maintenance of your Schwinn® group cycling bike, and covers the following units:

- **9-7300** - A.C.™ Power & A.C.™ Power Custom

Refer to the Assembly Instructions in the box for your specific model for proper assembly of your bike.



9-7300 A.C.™ Power

9-7300 A.C.™ Power Custom

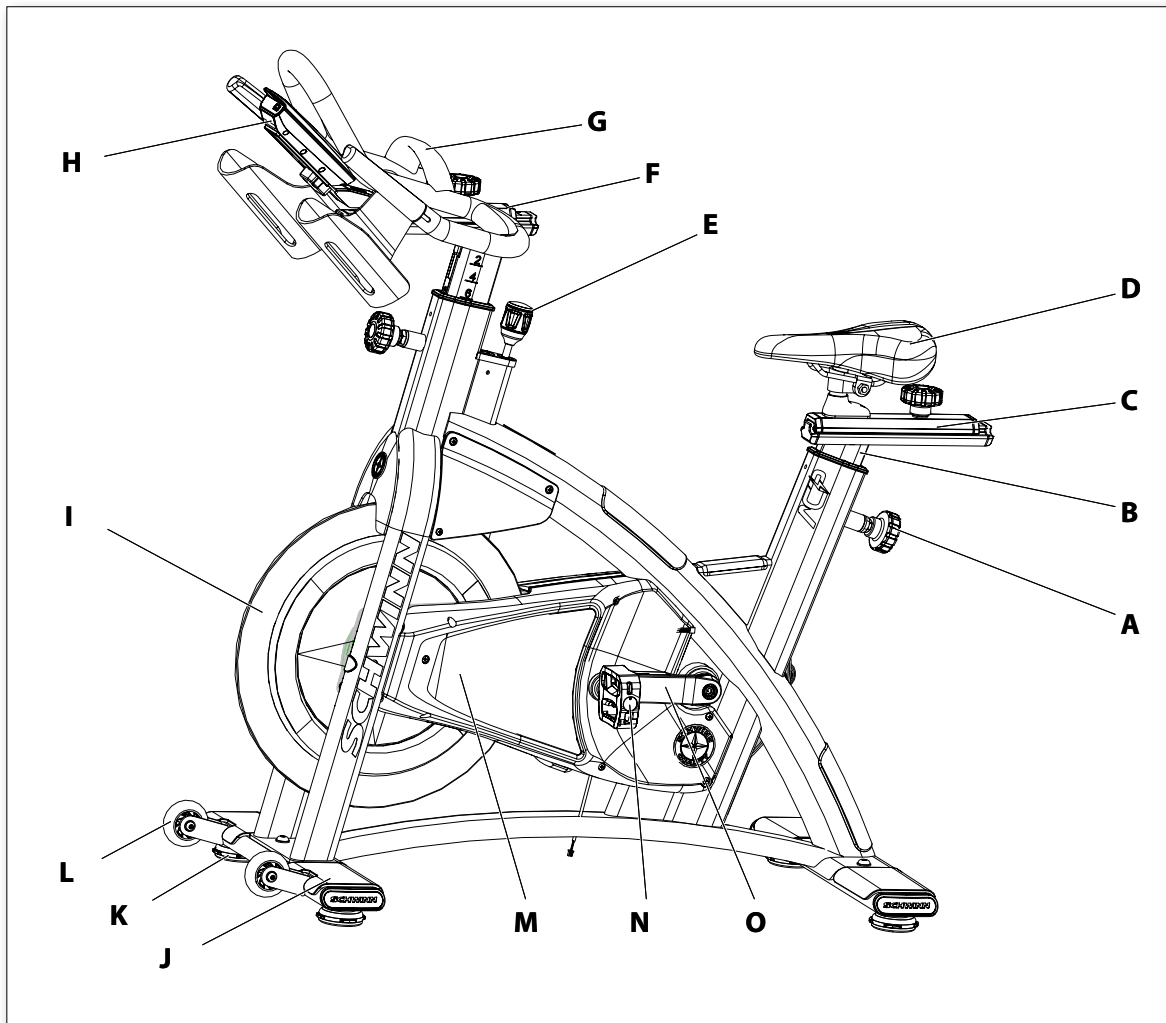
Overall Weight	Width	Length	Height	User Weight
110 lbs (50 kg)	54" (137 cm)	54" (137 cm)	51" (130 cm)	0-350 lbs (0-159 kgs)

Product Conformity

- EN957-1 (S,H)
- EN957-10 (S,H)
- ASTM F1250-13
- ASTM F2276-10
- The A.C.™ Power contains an on-board generator which powers the Echelon2G console, eliminating the need to replace batteries as part of its maintenance schedule. As the rider begins to pedal, an LED light illuminates to provide positive feedback that the generator is powering the console.
- If a battery replacement is required, they are available through Core Connect. Regular use of the A.C.™ Power is ideal to maintain a charge to the internal battery and maximize its life.

All products may be covered by US and Foreign Patents and Patents Pending.

Features



A	Locking Pop Pin	B	Seat Post	C	Seat Slider
D	Seat	E	Brake Adjustment Knob and Emergency Brake	F	Handlebar Slider
G	Handlebar	H	Echelon2G Console	I	Flywheel
J	Stabilizer	K	Leveling Foot	L	Transport Wheels
M	Generator Housing	N	Pedal with Morse Taper	O	4iiii Crank



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

Before using this equipment, obey the following warnings:

- This machine is not intended to be used by children.
- It is not intended to be used by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless given instruction and under the personal supervision concerning use of the machine by a person responsible for their safety. Do not leave children unsupervised around the 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 value calculated or measured by the console for reference purposes only.
- If you have a pacemaker or other implanted electronic device, consult your physician before using a wireless chest strap or other telemetric heart rate monitor.
- Do not use or put the device into service until it has been fully assembled and inspected for correct performance in accordance with the Owner's Manual and Installation Guide.



Caution: Read and understand the complete Owner's Manual supplied with the device before using the device. Keep the Owner's Manual for future reference.



Danger: There is risk of explosion if the battery is replaced with an incorrect type. Dispose of used batteries according to the manufacturer's instructions.



Danger: Pedals that have not been tested and qualified by Schwinn should never be used on Schwinn bikes. Unqualified pedals can lead to pedal failure and serious injury to the rider.



Warning: Do not open the generator chain guard unless instructed to by a Service Bulletin.



Caution: Refer to Echelon2G Manual at <https://support.corehandf.com/Echelon2G> for further safety information on the console.

Compliance and Certifications

FCC Compliance

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide a reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate 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. If 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.

Note: That changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

FCC ID: 06RFIT1

DO NOT dispose of this product as refuse. This product is to be recycled. For information on the proper method of disposal, contact a Customer Service representative. Contact information is available in the Contacts section of this manual. For additional information, please visit: www.SchwinnEquipment.com.

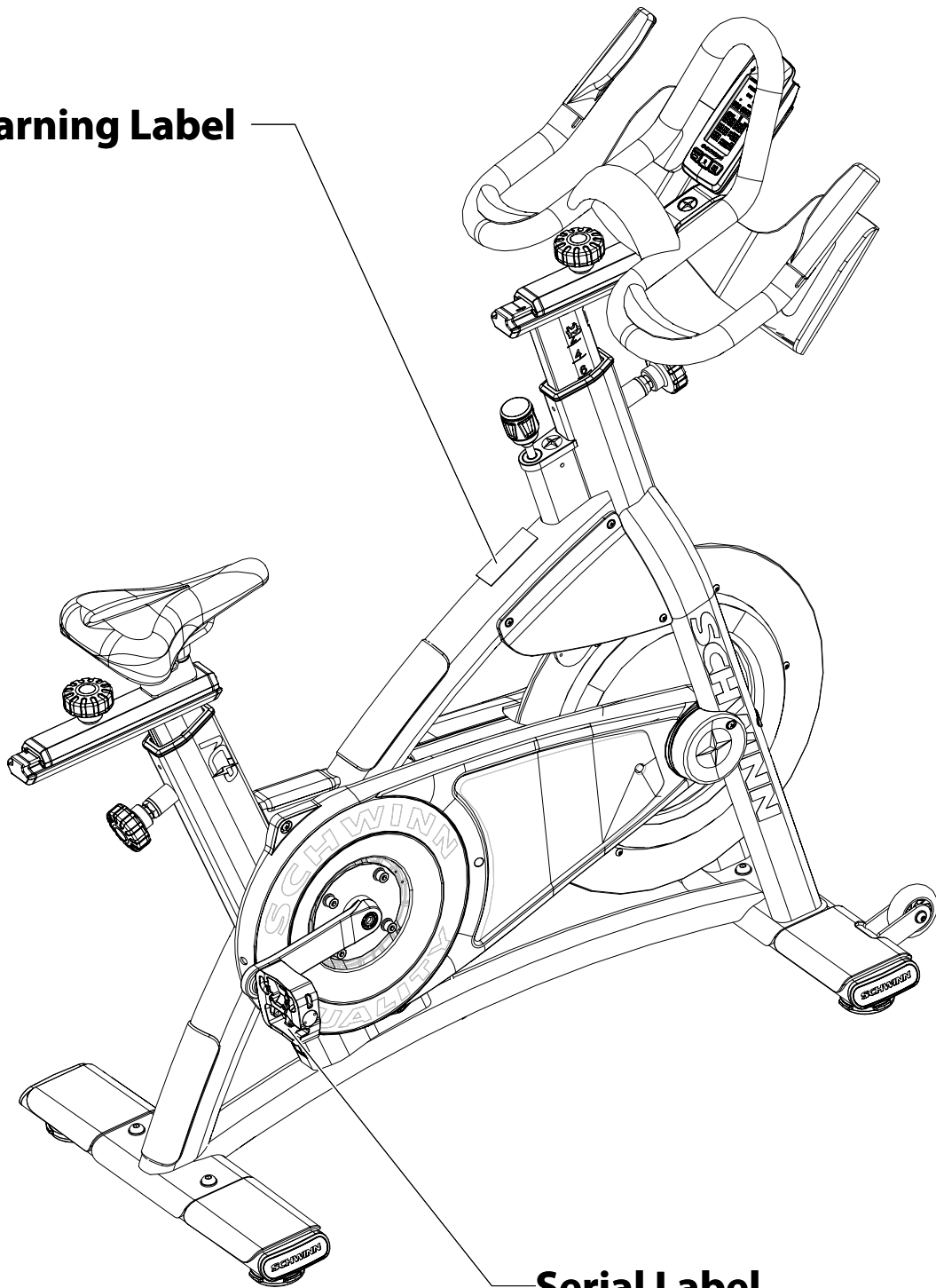
- This console is for indoor use only.
- This device conforms to European safety standards
- This console is ANT+ certified.

NOTE: The users' device must be ANT+ compatible and capable of receiving the data files broadcast by the ANT+ chip. Users should consult with the documentation for their device, or check the ANT+ website at www.thisisant.com for compatibility.

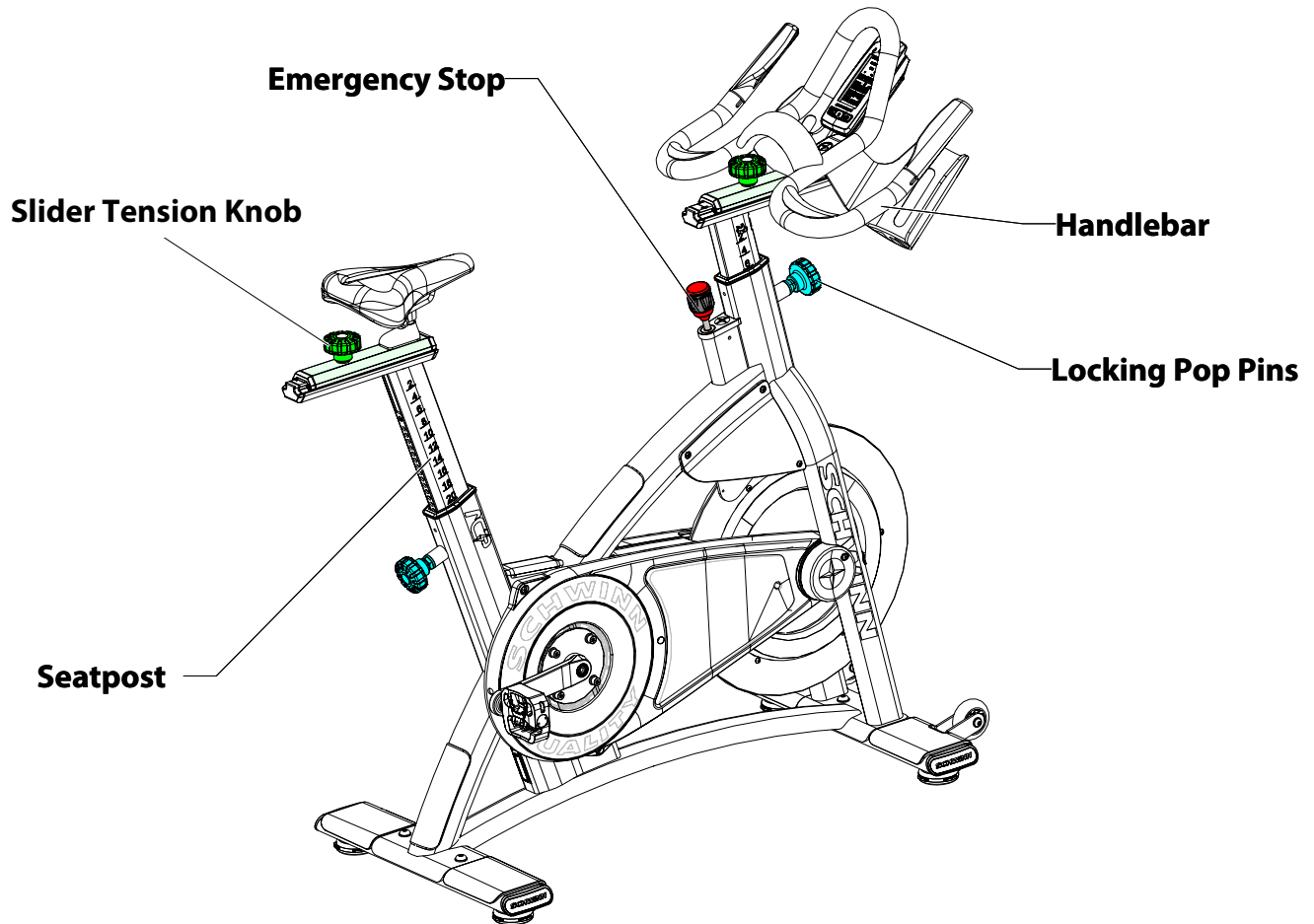
Patent Information: This product may be covered by US and foreign patents and patents pending.

Important Label Locations

Warning Label



Serial Label



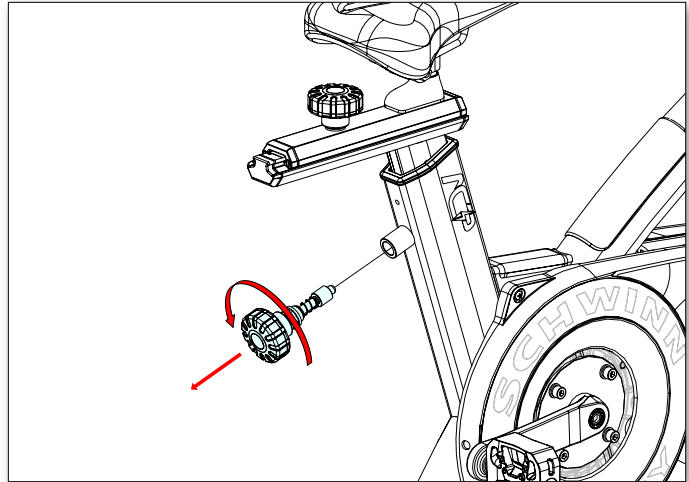
To operate the features shown, see the directions on the following pages.

For bike fit and coaching resources, refer to <https://www.corehandf.com/schwinn-resources/>

For Schwinn Group Cycle Education and Certification, refer to <https://corehandf.com/certification>

Locking Pop Pins / Seatpost & Handlebar Adjustment

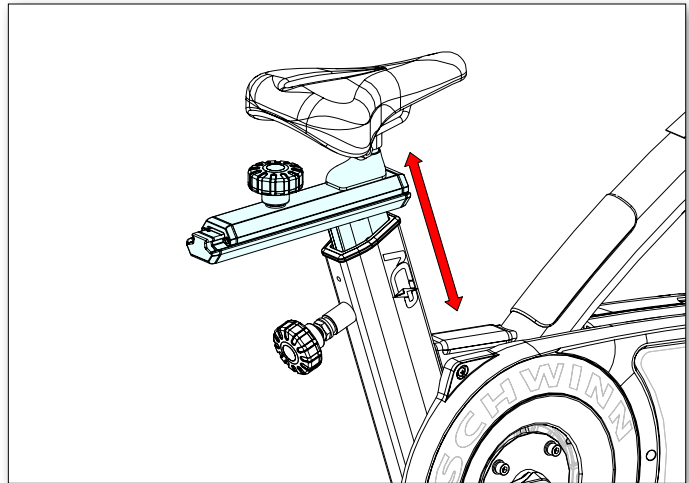
1. Turn pin counterclockwise and pull to loosen.



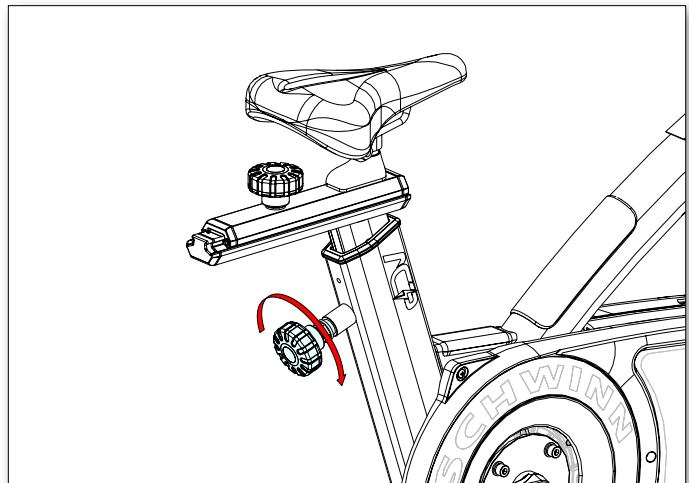
2. Adjust tube.



Warning: Do not lift the Seatpost or Handlebar posts above the stop mark on the tube.

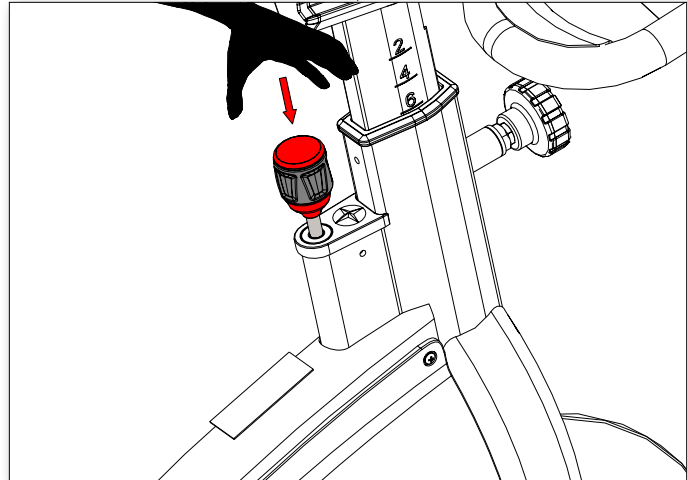


3. Release pin and turn clockwise to lock. Tighten knob until snug and post is secure without wobble.



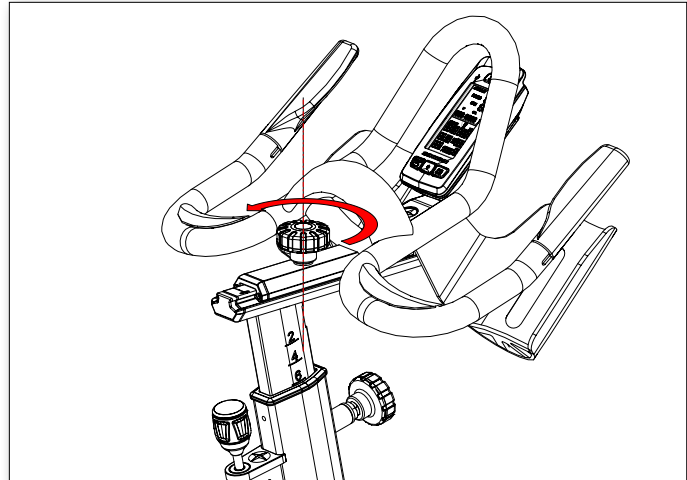
Emergency Stop

1. Push down on red knob to stop flywheel.

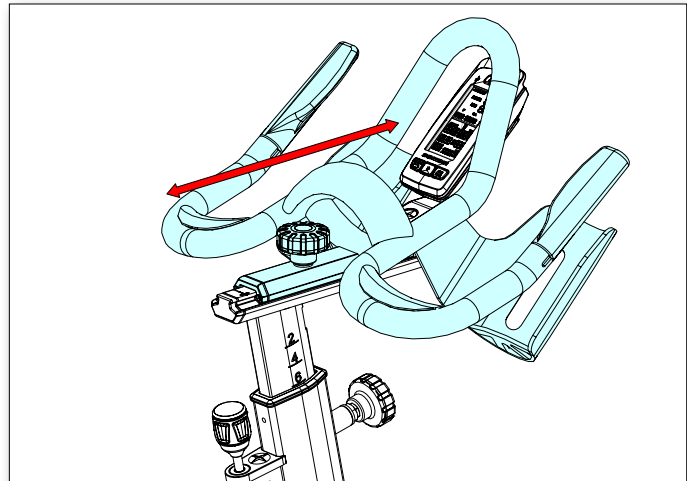


Slider Tension Knob

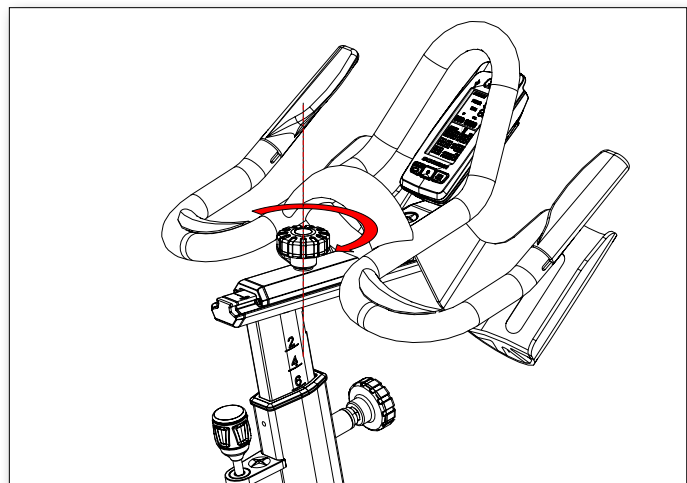
1. Turn pin counterclockwise to loosen.

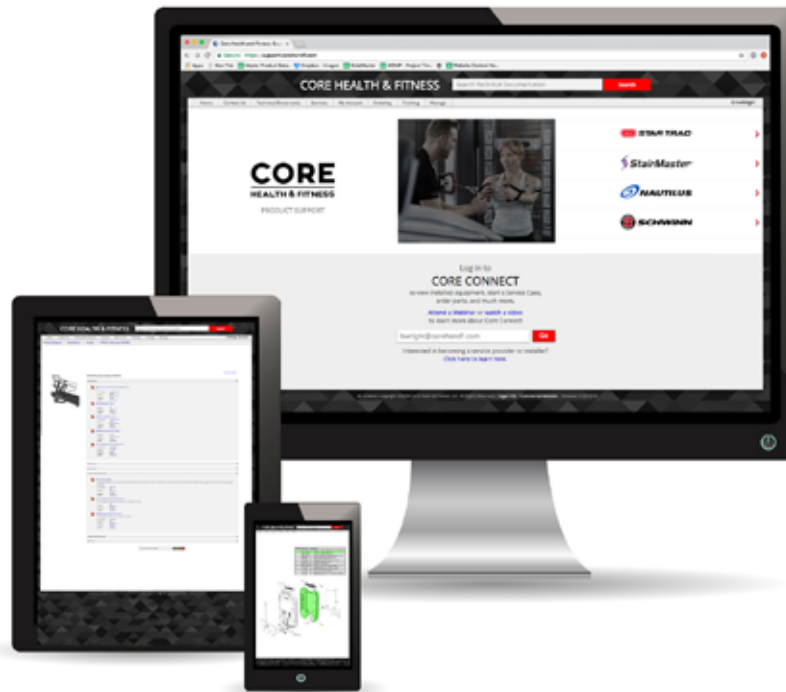


2. Adjust slider.



3. Turn pin clockwise to lock. Tighten knob until snug and post is secure without wobble.





CORE CONNECT

Get world class support for all brands with our new support portal, Core Connect. Get help with your general inquiries, warranty registration, preventative maintenance, service requests and parts orders. You can also make seamless service requests, get real time updates, manage your assets and intuitively order parts for all brands direct from the site.

support.corehandf.com

- 24 hour self service access
- Real time communication
- Seamless Order Experience
- Intuitive user experience
- Mobile friendly technology
- Asset management
- Automated partner payment
- Seamless access to technical library
- Transparency on service performance
- Fast, reliable, quality service every time

Contact Information

CORE HEALTH & FITNESS
 4400 NE 77th Avenue, Suite 300
 Vancouver, WA 98662
 Telephone: (888) 678-2476
<http://www.corehandf.com>

Customer Support

Contact your local distributor, or Core Health & Fitness directly at: 1-800-503-1221
support@corehandf.com
 Warranty information: <https://corehandf.com/warranty>

Preventive maintenance (PM) is a schedule of planned maintenance actions aimed at the prevention of failures. PM is the best way to preserve and enhance equipment reliability by keeping key components clean and free of debris. PM activities may include cleaning, vacuuming, visual inspections of key components, lubrication, etc. The better your PM program is, the more dramatically you can increase the life of your product and significantly reduce equipment failures.

To keep it in top condition, perform regular daily, weekly, and monthly preventative maintenance routines outlined below. It is the sole responsibility of the owner of this equipment to ensure that regular maintenance is performed. Worn or damaged parts must be replaced immediately, or the equipment removed from service until the repair is made.

Maintenance Schedule

Some types of PM need to be performed more often than others. The frequency of PM depends a great deal on the use and environment of the unit. Core has a baseline of procedures that should be performed at pre-determined intervals as shown below, but it is imperative to understand that this is a baseline and PM schedules should be adapted to the environment and usage that the unit receives. Refer to Echelon2G Manual at <https://support.corehandf.com/Echelon2G> for further maintenance information on the console.

	Daily	Weekly	Monthly	Bi-Annually
General Maintenance				
Inspect each console, sensor, and cables for loose parts or damage. Adjust or replace as necessary.		X		
Inspect for loose assemblies, nuts or bolts and tighten as necessary.		X		
Remove and replace any components that are damaged or deemed unsafe.		X		
Inspect Pedal Bolts ¹		X		
Check flywheel alignment, realign flywheel nuts as necessary		X		
Check Powermeter battery level in 4iiii App ²			X	
Inspect seat for wear			X	
Inspect Pedals ³			X	
Tighten Seat Hardware			X	
Inspect and tighten pedal toe clips and shoe straps			X	
Inspect leveling feet			X	

	Daily	Weekly	Monthly	Bi-Annually
Clean and seal frame ⁴			X	
Lubricate horizontal and vertical seat sliders ⁵			X	
Inspect welds for any signs of cracking			X	
Calibration				
Perform 4iii Calibration			X	
Cleaning				
Wipe down and clean Bike and Frame	X			
Clean Console ⁶	X			

1 - Verify that pedal bolts are tight after the first 10 hours of use and every 100 hours of use thereafter. Pedal-to-crank-arm bolt torque is 33-37 ft-lbs

2 - See Fig. 1 for location of indicator in the 4iii App. Replace batteries when low.


3 - Excessive side-to-side movement or bearing resistance indicates the pedals need to be replaced.

4 - Use water with a non-abrasive soap, car wash soap, or bike cleaner soap to clean. Wipe with water and dry. Seal with wax or bike polish.

5 - Dry film lubricant with PTFE or wet film lubricant with PTFE may be used. These products can be purchased online via pike companies, at bike shops, and at some hardware stores. Apply a layer using a cloth to clean up excess.

6 - Wipe console with a soft, non-abrasive cloth to remove all sweat after each use. Use a soft, non-abrasive cloth and mild spray cleanser to clean the console. Never use abrasive cleaning liquids, cleaning liquids with an oil base, ammonia, or alcohol.

Preventive Maintenance Cautions

- While maintaining equipment you will want to avoid spraying any liquids directly onto any surface of the unit. Always spray cleaning solutions onto a clean towel first then wipe the unit.
- Do not use glass cleaners or any other household cleaners on the console. The console should be cleaned with a damp cloth and dried on a daily basis. Cleaning solutions can be made of a 5:1 dilution ratio, where 5 parts water are mixed with 1 part of Simple Green®, Fantastik®, or 409®. Do not spray water, or cleaner directly onto console surfaces.
-  **Danger:** Pedals that have not been tested and qualified by Schwinn should never be used on Schwinn bikes. Unqualified pedals can lead to pedal failure and serious injury to the rider.

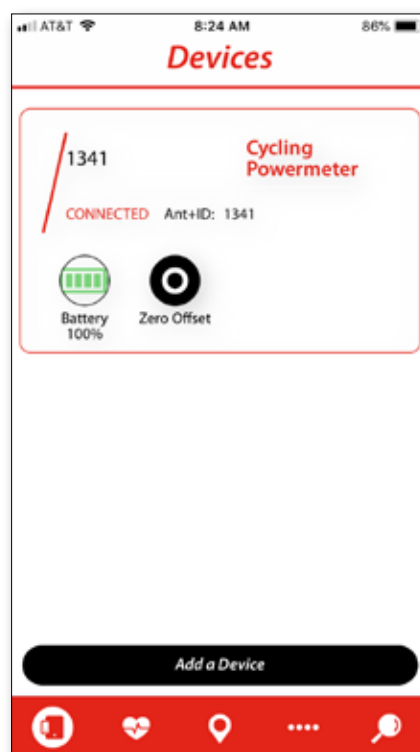


FIG. 1

