SCHWINN

CORE HEALTH & FITNESS

Z/X BIKES

OWNER'S MANUAL

TABLE OF CONTENTS

TABLE OF CONTENTS

WARNING!

Before using this product, it is essential to read the ENTIRE Owner's Manual and ALL installation instructions. The Owner's Manual describes equipment operation and instructs members on how to use correctly and safely.

Read all warnings posted on the machine.

Health related injuries may result from incorrect or excessive use of exercise equipment. Core Health & Fitness strongly recommends you to encourage your members to discuss their health program or fitness regimen with a health care professional, especially if you or they have not exercised for several years, are over 35, or have known health conditions.

DANGER: to reduce the risk of electrical shock:

1. Always unplug the machine from the electrical outlet before cleaning or servicing.

WARNING: to reduce the risk of burns, fire, electric shock, or injury to persons:

1. A machine should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
2. 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. Keep children under the age of 13 away from this machine.
3. Use this machine only for its intended use as described in this manual. Do not use attachments not recommended by Core Health & Fitness.
4. Never operate this machine if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the machine to a service center for examination and repair.
5. Never operate the machine with the air openings blocked. Keep the air openings free of lint, hair, and the like.
6. Do not carry this appliance by supply cord or use cord as a handle.
7. Do not operate unit in damp or wet locations.
8. Do not use outdoors.
9. Never drop or insert any object into any opening.
10. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.

WARNING: to reduce the risk of serious injury to persons using this equipment, read and follow all of these warnings:

1. Assemble and operate the machine on a solid level surface. Position the machine with a minimum of 24 inches (0.6 meters) of clearance on at least one side to allow for ease of mounting and dismounting. Allow for 24 inches (0.6 meters) of clearance behind the machine. These dimensions are the recommended minimum distances.

   The actual area for access and passage shall be the responsibility of the facility and should take into account this training envelope, Americans with Disabilities Act Accessibility Guidelines (ADAAG) requirements and any required local codes or regulations (www.access-board.gov/ada).

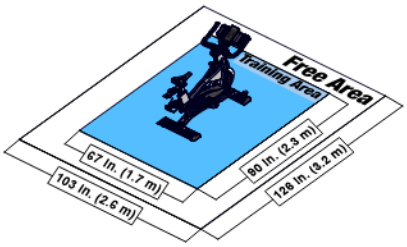


Fig. 1 Required Clearance

2. Do not exceed the maximum allowable weight limit of: 350 lbs. / 159 kg.
3. Care should be used when mounting or dismounting the equipment. Before mounting or dismounting, move the pedal on the mounting or dismounting side to its lowest position and bring the machine to a complete stop.
4. Keep the top surface of the pedals clean and dry.
5. This unit is not equipped with a free-wheel. Pedal speed should be reduced in a controlled manner.
6. This equipment is designed for use in a commercial gymnasium or health club. To ensure the proper use of the equipment in a safe manner, all users of the equipment should read this manual before using the machine. This machine should be made a part of your club training program in order that the equipment is used by your members in a safe manner as intended. In addition to instructing the club members in the proper use of the equipment, the club member should obtain a complete physical examination form their health care provider before beginning any exercise program.
7. The safety and integrity of this machine can only be maintained when the equipment is regularly examined for damage and wear and repaired. 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.
8. Use only replacement components supplied by Core Heath & Fitness. Substitutes are forbidden and will void all warranties.
9. Do not over exert yourself during exercise. Stop exercising if you feel pain or tightness in your chest, become short of breath or feel faint. If you feel pain or experience any abnormal symptoms, stop exercising and consult your health care provider.
10. It is the purchaser's sole responsibility to properly instruct its end users and supervising personnel as to the proper operating procedures of all equipment.
11. **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.
12. **WARNING**: Heart rate monitoring systems may be inaccurate. Over-exercising may result in serious injury or death. If you feel faint stop exercising immediately
13. **WARNING**: Do not open the generator chain guard unless instructed.

SAVE THESE INSTRUCTIONS

IMPORTANT LABEL LOCATIONS

This page shows the location of the warning labels and communication stickers placed on the equipment as part of the manufacturing process. It is critical that owners maintain the integrity and placement of these stickers. If you find any stickers missing or damaged the replacement numbers are shown on the support site and following pages. See Support and Service to order replacements. Note: Sticker/Label images are not to scale.

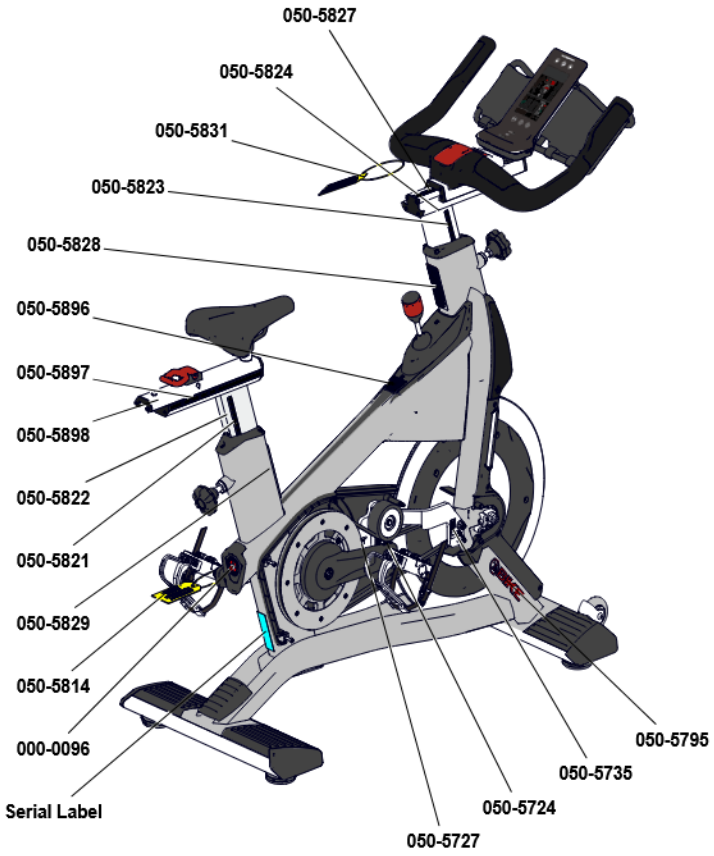


Fig. 2 Important Label Locations

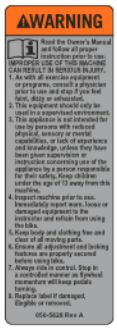
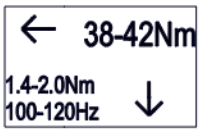
PRODUCT SPECIFICATIONS

SKU: 9-7510-XXXXP0 **Desc:** Za
9-7520-XXXXP0 Zs
9-7470-XXXXP0 Xa
9-7480-XXXXP0 Xs

Unit Weight	Width	Length	Max User Weight
130 lbs	**20.6** in	**42.5** in	**350** lbs
59 kg	**52.5** cm	**107.7** cm	**159** kg

					
050-5821 STICKER, SEAT POST, PLACEMENT, RIGHT, UGC	**050-5822** STICKER, SEAT POST, PLACEMENT, LEFT, UGC	**050-5823** STICKER, HBAR POST, PLACEMENT, RIGHT, UGC	**050-5824** STICKER, HBAR POST, PLACEMENT, LEFT, UGC	**050-5897** STICKER, FORE/AFT, SEAT, RIGHT, UGC	**050-5898** STICKER, FORE/AFT, SEAT, LEFT, UGC

	
050-5735 LABEL, DO NOT LOOSEN, ZX BIKES	**050-5724** LABEL, PEDAL BOLT TORQUE

		
050-5828 LABEL, WARNING, ENGLISH, UGC	**050-5829** LABEL, WARNING, FRENCH, UNIVERSAL CYCLE	**050-5827** STICKER, FORE/AFT, HBAR SLIDER, UGC
		
050-5727 LABEL, BELT IDLER TORQUE, TIMING	**000-0096** SCHWINN QUALITY BADGE, 40 MM	**050-5896** LABEL,WARNING, MEDICAL, HBAR V2

	
050-5794 *(9-7510 Only) DECAL, FORK, Zs, V2	**050-5795 *(9-7520 Only)** DECAL, FORK, Za, V2
	
050-5796 *(9-7480 Only) DECAL, FORK, Xs, V2	**050-5797 *(9-7470 Only)** DECAL, FORK, Xa, V2

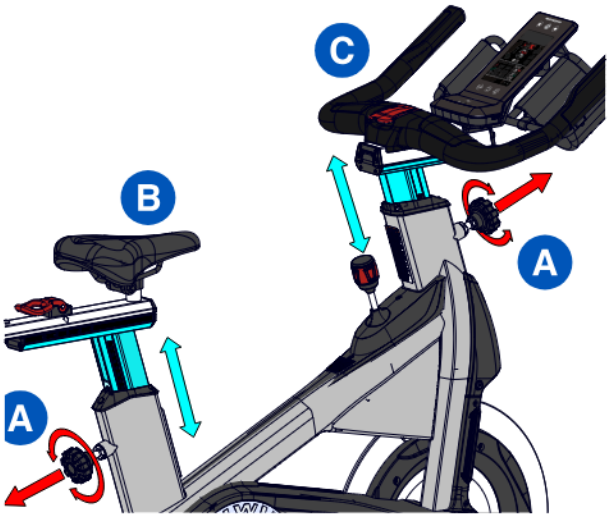


Fig. 3

Adjusting Seat Post B or Handlebar Post C height with Locking Pop Pin A

14. Turn pop-pin counterclockwise and pull to loosen.
15. While having the pop-pin pulled out, adjust the seat or handlebar tube to desired height. Do not lift the seat post or handlebar posts above the STOP mark on the tube.
16. Release pop-pin and turn clockwise to lock. Tighten pop-pin until post is secure without wobble.

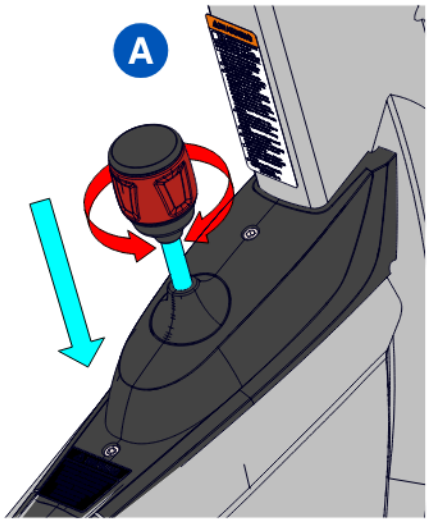


Fig. 4

Adjusting Brake Knob A

Emergency Stop

1. Press down on the emergency stop handle.

Adjusting the Resistance

1. Turn knob A clockwise to increase resistance.
2. Turn knob A counter-clockwise to reduce resistance.

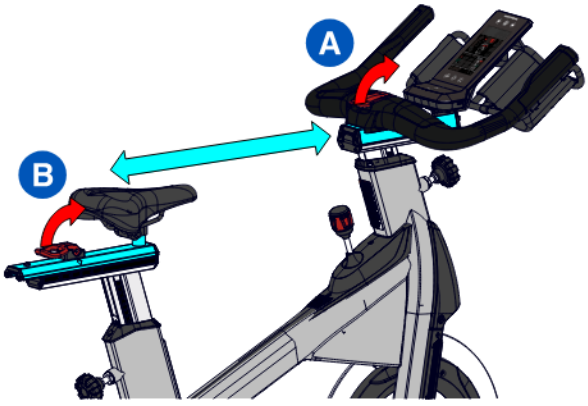


Fig. 5

Adjusting the Handlebar or Seat Slider

1. Raise the handlebar cam lever A or seat cam lever B to adjust fore or aft slider.
2. Adjust slider to desired position.
3. Return lever to original position to lock. Ensure cam lever is secure before using the unit.

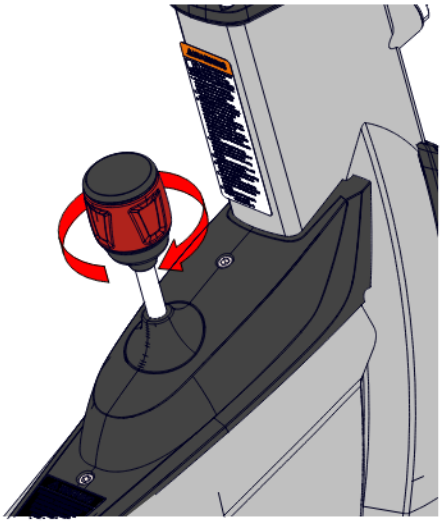


Fig. 6

TRANSPORT/STORAGE

It is recommended to apply the brake to lock the flywheel and unplug the console during transport and storage to prevent inadvertent console activation and battery drain.

REQUIRED TOOLS

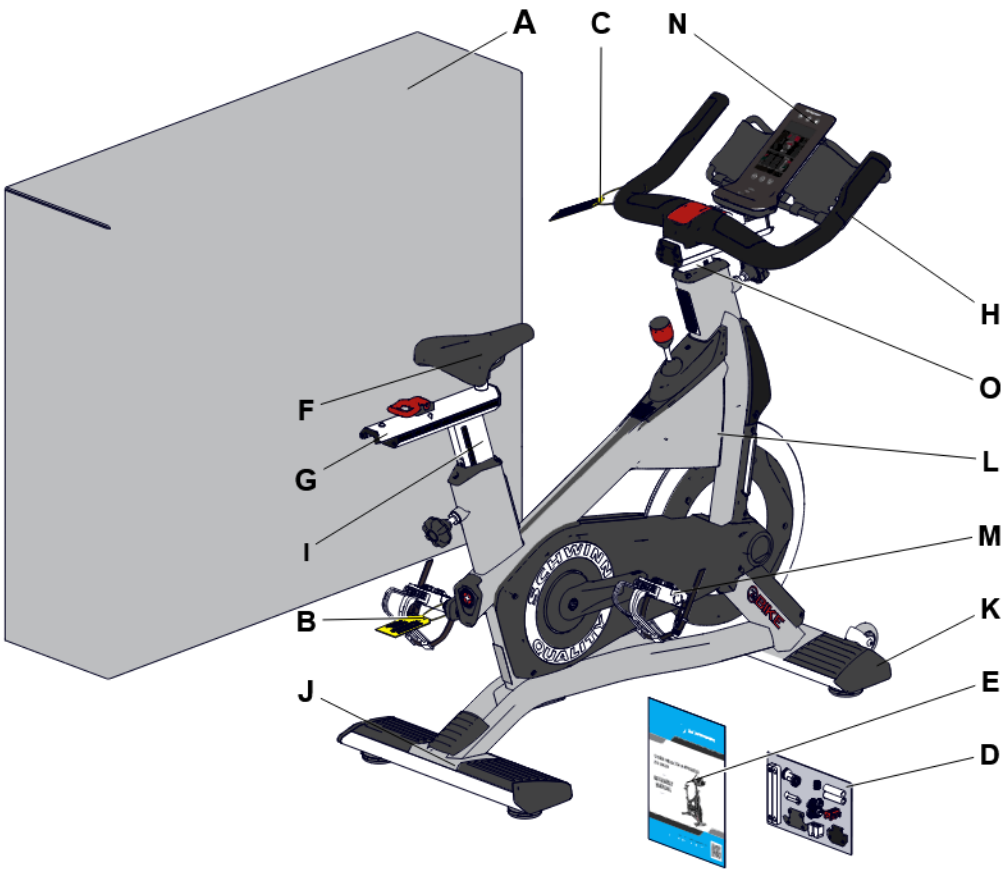


Fig. 7 9-7520 Shown

Required Tools:

- Torque Wrench
- 4mm, 5mm Allen Keys
- 4mm, 5mm, 8mm, 13mm Allen Socket
- 13mm Socket
- #2 Phillips Screwdriver

Parts Included In the Box:

#	PN	QTY	Description
A	050-5903	1	CARTON, UGC CORE H&F
B	050-5814	1	HANG TAG, 4IIII CRANK BATTERIES
C	050-5831	1	HANG TAG, UGC, BATTERY CHARGE/QR CODE
D	718-6334	1	UGC V2.0, BLISTER PACK, Z BIKE
E	620-8789	1	OWNERS MANUAL, SCHWINN, UGC
F	718-6165	1	SADDLE, FULL BLACK, AC BIKE
G	727-0279	1	KIT, SEAT POST, TOP/BOTTOM
H	727-0237-XX	1	ASSY, HBAR V2, W/ SLIDER

#	PN	QTY	Description
I	727-0278	1	KIT, SEAT POST, TOP/BOTTOM
J	740-9550-XX	1	ASSY, FOOT, REAR
K	740-9537-XX	1	ASSY, FOOT, FRONT, NEXT GEN BIKE
L	7520-XXXXP0	1	BIKE, SCHWINN GROUP CYCLE, Za
M	740-9020	1	ASSY, SET, PEDALS, S5/S7
N	740-9576	1	ASSY, CONSOLE, GROUP CYCLE
O	727-0249	1	ASSY, HBAR POST V2.2, ACPU

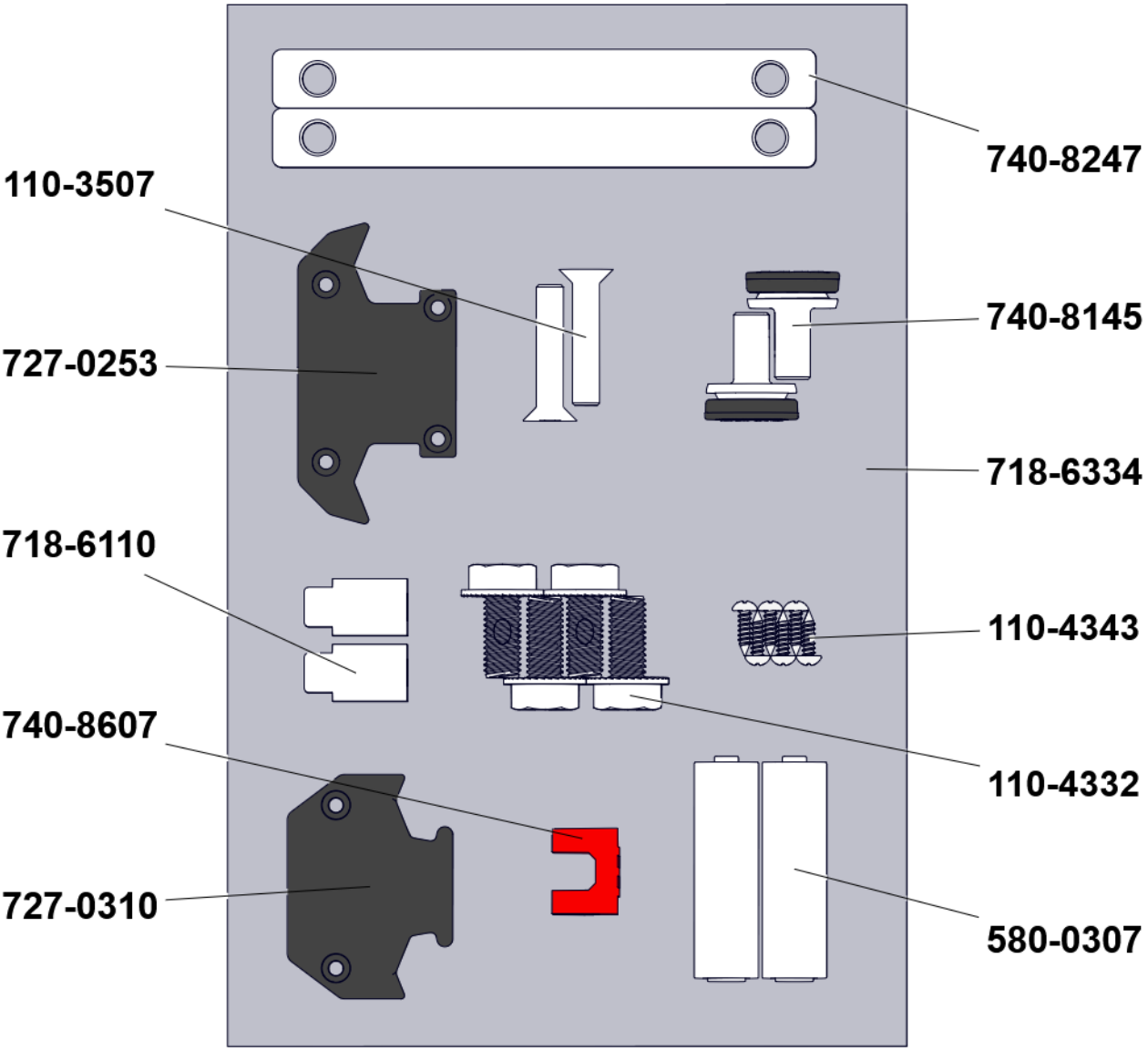


Fig. 8 Assembly Parts - Print this page to compare.

PN	Description
110-3507	SCREW, M6x1.0, 30mm, FHM, HK, SS
110-4332	SCREW, M8x1.25, 18mm, HHC, HE, AS, ZP, SF, NP, Grd-10.9
110-4343	SCREW, M2.9, 10mm L, PHTF, PH, SS, 18.8 STAINLESS
580-0307	BATTERY, AA SIZE, 1.5V
718-6110	STOPPER, F/A, HBAR, ACPU
727-0253	CAP, LOWER, BAR SLIDER V2.2
727-0310	END CAP, SEAT POST, UGC
740-8247	THREADED PLATE, FEET, BLADE
740-8607	CALIBRATION TOOL, ZERO POINT, ACPP
740-8145	BOLT, CRANKARM, M8
718-6334	UGC V2.0, BLISTER PACK, Z BIKE

PACKAGING REMOVAL:

Unit is heavy and requires two people for assembly.

Carefully remove all packaging materials that wrap the equipment.
DO NOT USE A KNIFE OR BOX CUTTER AS YOU MAY DAMAGE THE EQUIPMENT.

At this time remove any sub-components from the pallet and set aside for later assembly. Once all packaging has been removed, lay all parts out in a clean open area to prepare for assembly. Should any component not be present or if you have any operational questions, please refer to **SUPPORT & SERVICE**

After assembly, a complete visual inspection, and test of the features and functions of the assembled unit must be made prior to use.

Please note that while the install images show the Z Bike, these instructions are also valid for the X Bike.

1. Lift the fore/aft adjustment lever on the handlebars, then slide the handlebars onto the handlebar post.

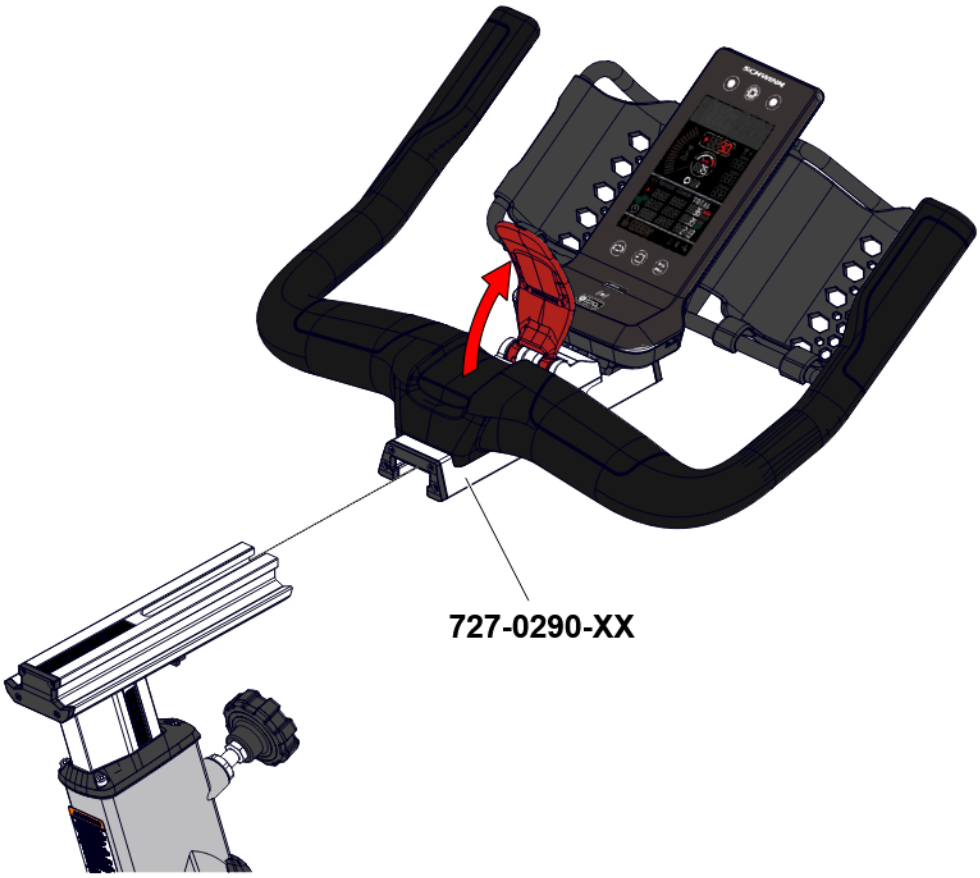


Fig. 9

2. Install the stopper into the handlebar post, then use a 4mm allen key to secure to stopper inside the post using one (1) M6 x 30mm flat head machine screw.

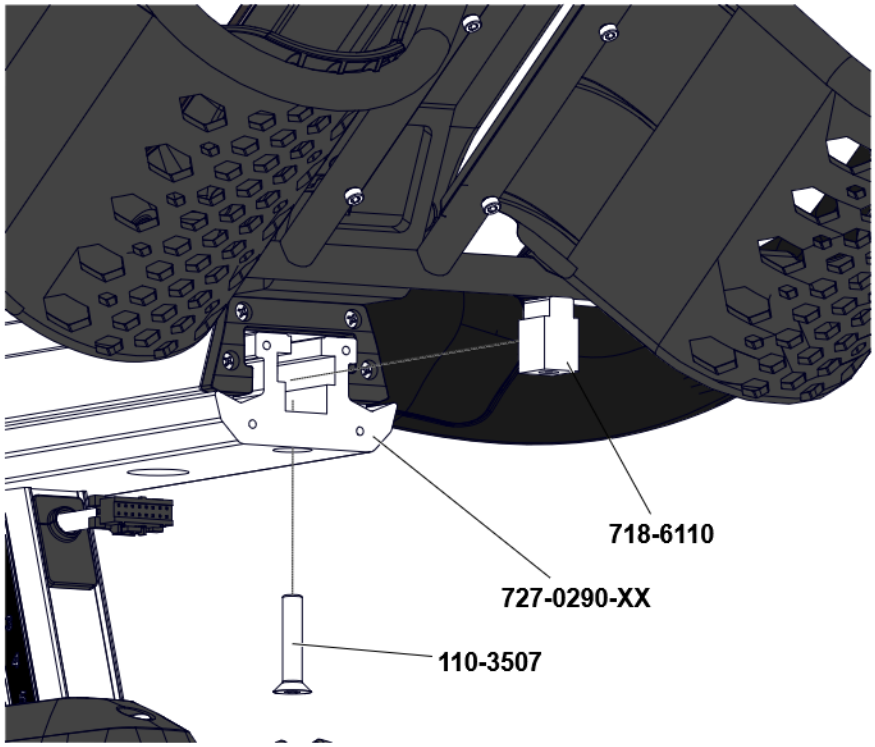


Fig. 10

3. Use a phillips head screwdriver to secure the handlebar post end cap using four (4) M2.9 x 10mm pan head machine screws.

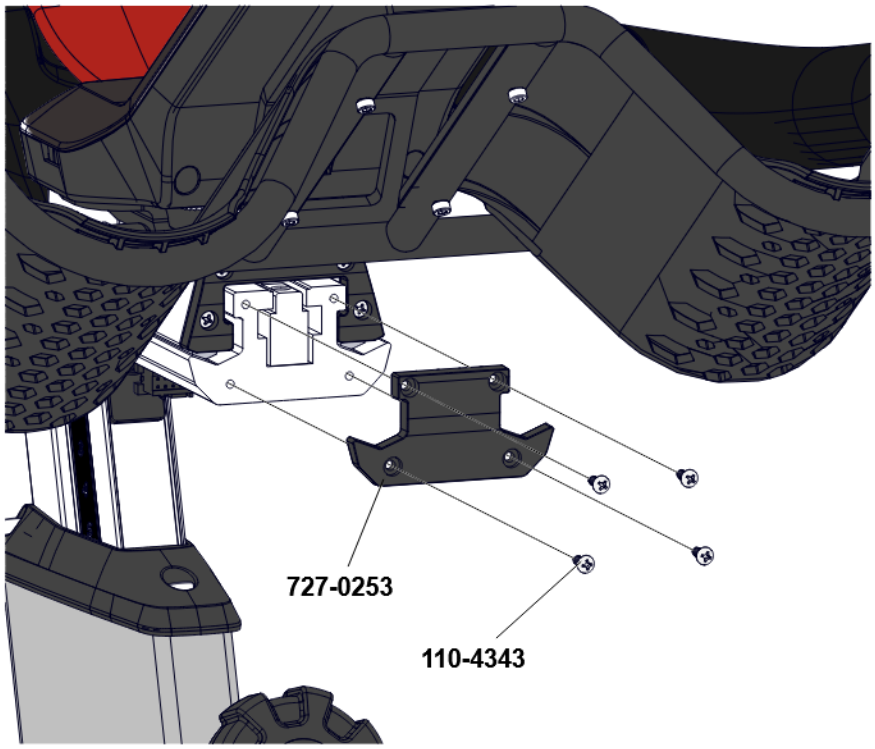


Fig. 11

X Bikes SKIP THIS STEP

4. Plug the console cable into the console.

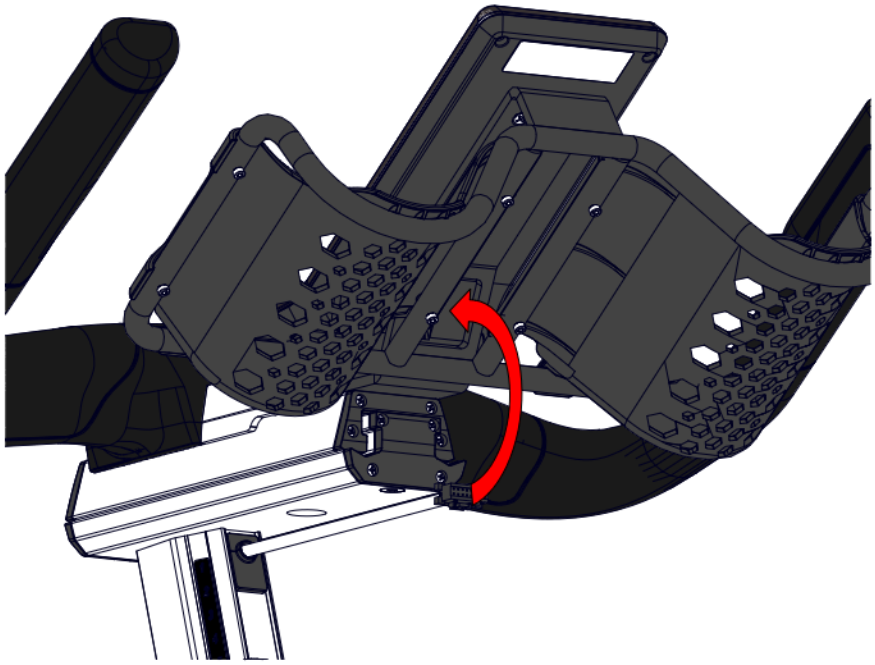


Fig. 12

5. Engage the handlebar fore/aft adjustment lever to lock the handlebars in place.

Fig. 13

6. Tip the bike forward onto the handlebars. Put a blanket or the shipping box between the floor and handlebars to prevent damage.

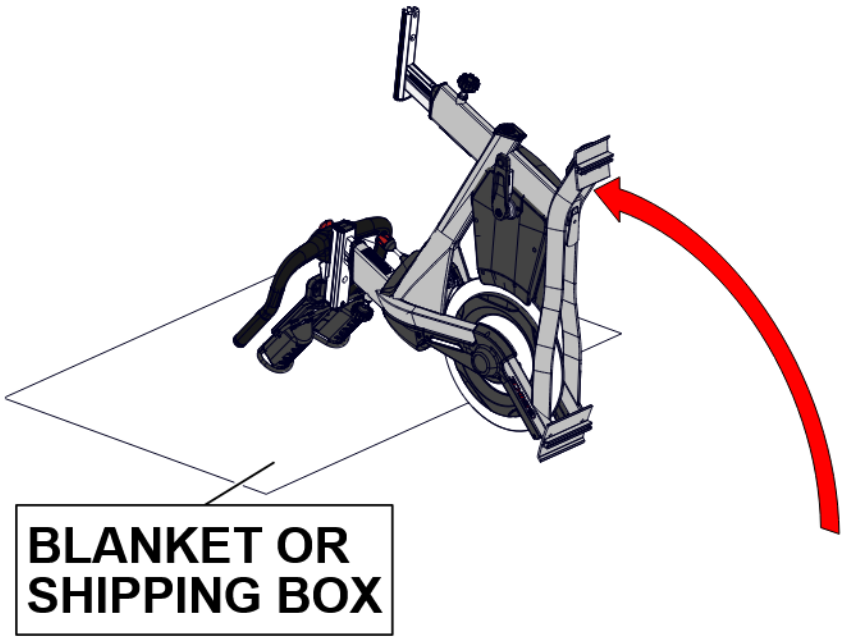


Fig. 14

7. Install one (1) threaded plate into the frame, then use a torque wrench with a 13mm socket to secure the front stabilizer to the frame using two (2) M8 x 18mm flange head screws. Repeat this step for the rear stabilizer.
8. Once the front and rear stabilizers are installed, tip the bike back onto the stabilizers before continuing installation.

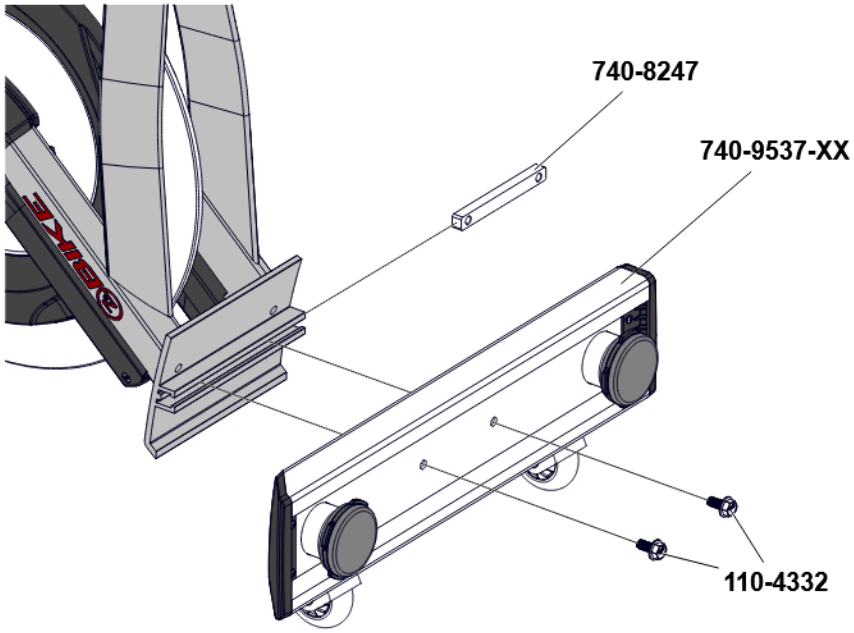


Fig. 15

9. Lift the fore/aft adjustment lever on the seat slider assembly.

10. Slide the seat slider assembly onto the seat post.

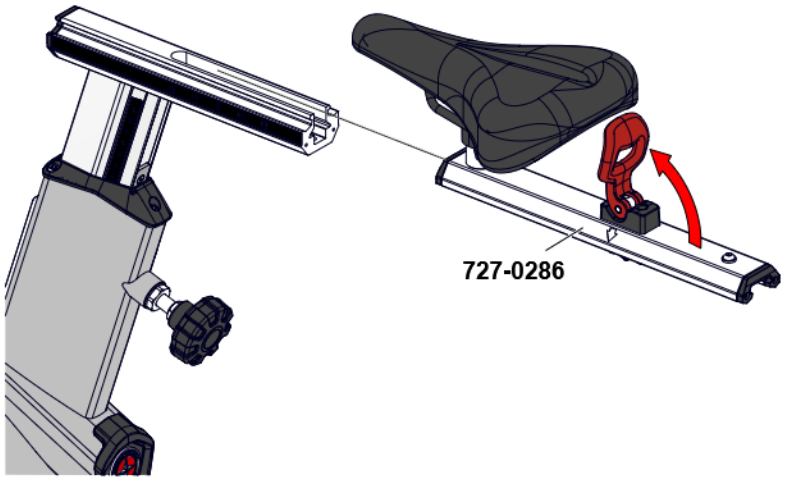


Fig. 16

11. Install the stopper into the seat post, then use a 4mm allen key to secure to stopper inside the post using one (1) M6 x 30mm flat head machine screw.

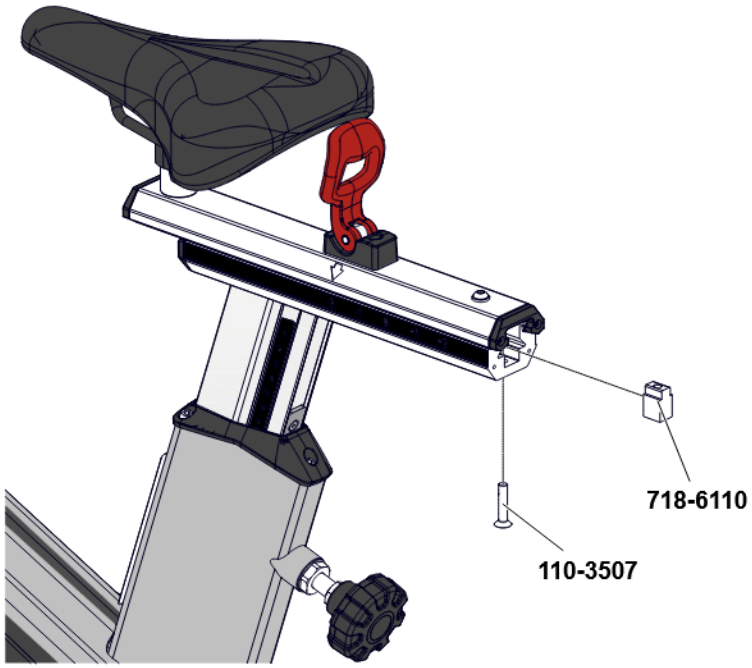


Fig. 17

12. Use a phillips head screwdriver to secure the seat post end cap using two (3) M2.9 x 10mm pan head machine screws.

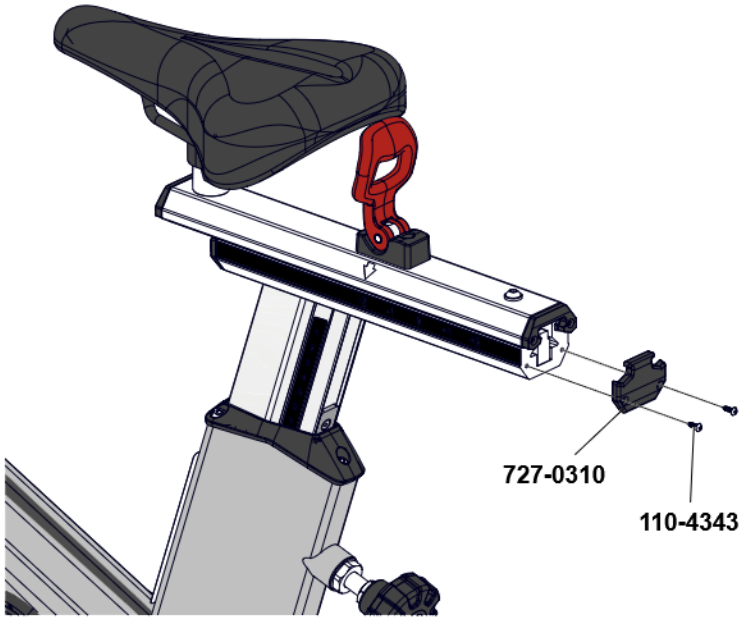


Fig. 18

13. Engage the fore/aft adjustment lever on the seat slider assembly.

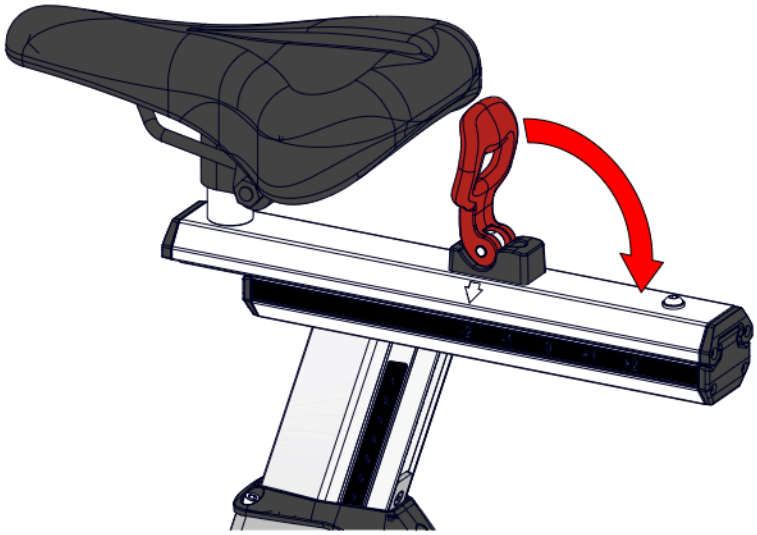


Fig. 19

14. Install the left pedal into the left crank arm.
15. Hand-thread the M8 pedal bolt through the crank arm and into the pedal.
16. Use a torque wrench with an 8mm allen socket to torque the pedal bolt to 37 ft-lb (50 Nm).
17. Repeat Steps 14-16 to install and secure the right side pedal.

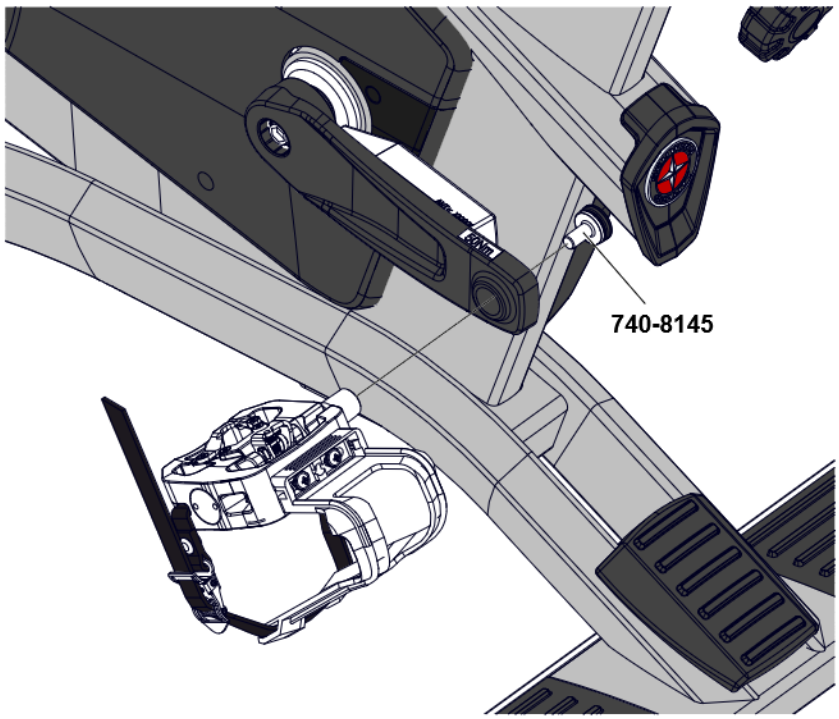


Fig. 20

X Bikes SKIP THESE STEPS

18. Use a #2 phillips screwdriver to remove the battery cover on the powermeter.
19. Remove two AA batteries from blister pack and install.

CAUTION: Make sure that batteries are not corroded prior to installation.

20. After installing the batteries, tap any button on the console to wake it up, then spin the crank arms and ensure that the console is displaying RPMs.

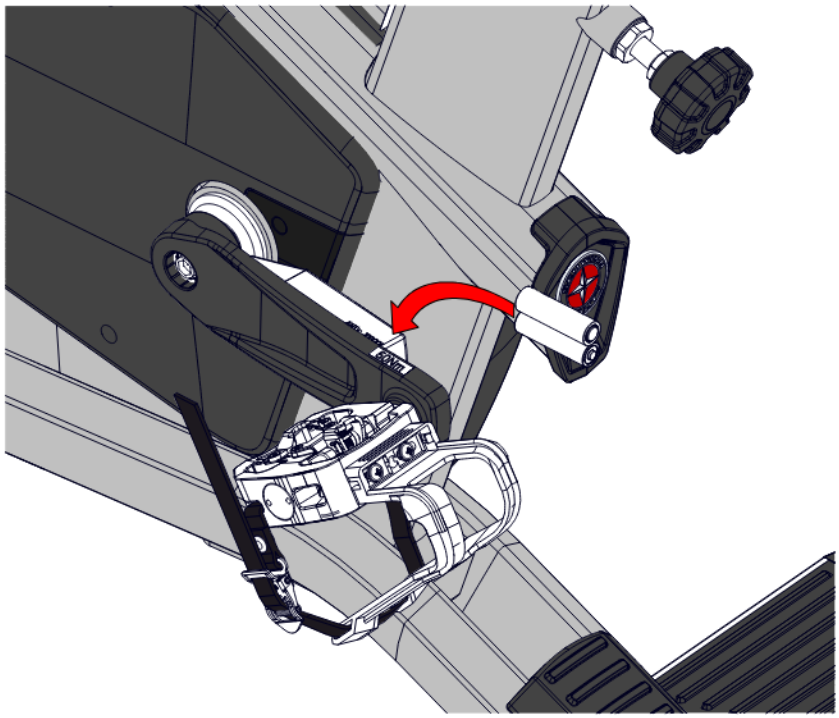


Fig. 21

To watch this prod

QR.COREHANDF.COM/ZXFTS

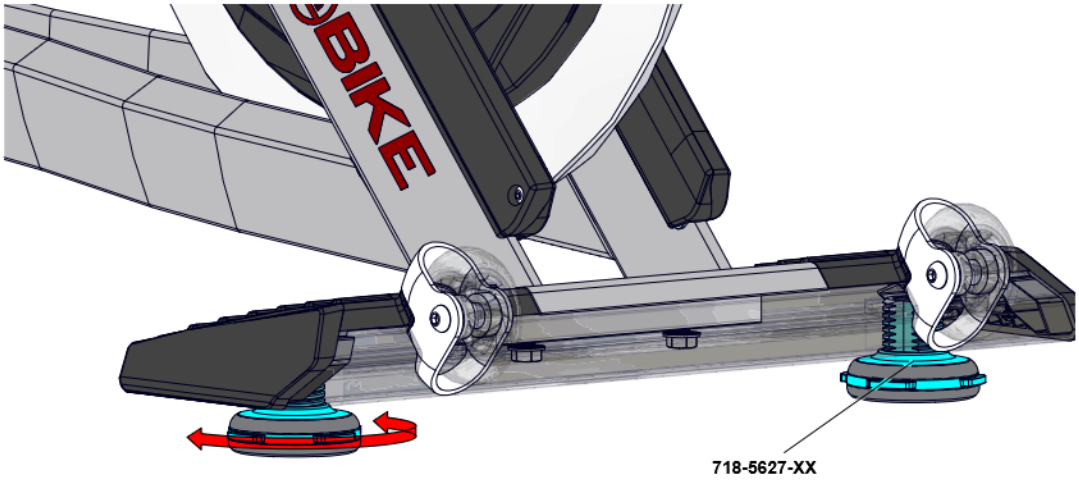


Fig. 22

1. Once the bike is fully assembled, move it into the ride location, then adjust the four (4) leveling feet located on the front and rear stabilizers to level the bike and ensure it does not move or wobble during the ride.

   NOTE: If the bike is moved over a doorway threshold or to two different locations (such as from a staging area to a gym), check to see if the leveling feet need to be readjusted so that the bike is stable.

2. Check to ensure that the console firmware is the latest posted on the support site
   a. Tap the ⊂⊃ and Avg Max buttons simultaneously then tap the ⚙ button to enter the Service Menu.
   b. While in the Service Menu press the ⊂⊃ or Avg Max button to navigate to the "System" menu, then press the enter button ⏎ to enter the System sub-menu.
   c. Use the ⊂⊃ or Avg Max button to navigate to the Summary sub-menu and check to ensure the software is at V2.2.0+, please visit qr.corehandf.com/SWUPDATES to verify the latest software. If software needs to be updated, please see "UPDATING SOFTWARE" on page 30

3. Check to ensure that the crank firmware is updated:

   1. Download the 4iiii app and open.
   2. Pedal and initiate scan[1].

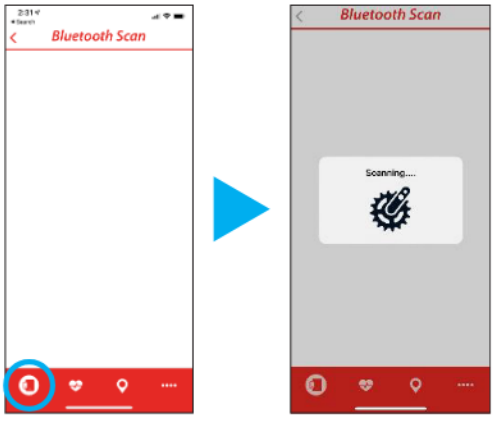


Fig. 23

1 If power meter is paired to console via Bluetooth, the power meter will not appear in the 4iiii app.

3. Select your bike[2] and Connect

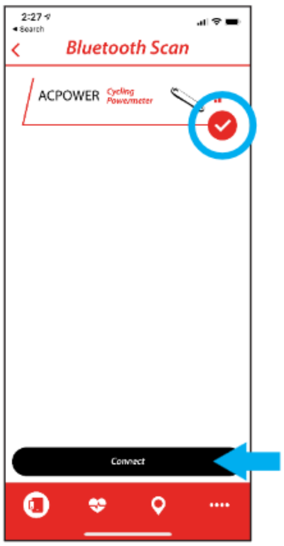


Fig. 24

4. Enter Settings

Fig. 25

5. Update Features and Firmware (black if available)[3]

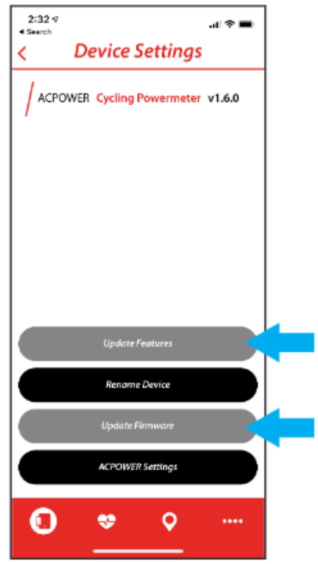


Fig. 26

Calibrate the Power[4]

1. Tap the and buttons simultaneously then tap the button to enter the Service Menu.
2. Press the button until **4iiii CAL** is shown in the message center then press the button to begin the pairing process.
3. Spin the crank to activate it for the pairing process then turn it so that the left crank is at the 6 o'clock position (pedal down) then press the button
4. If calibration is successful the message center will show **CAL COMPLETE**, otherwise it will display **CAL FAIL**. To repeat the calibration process, press the button or press the button to exit calibration.

2 In Fig. 24 the Powermeter has been renamed from the ANT+ ID to "ACPOWER"
3 In Fig. 26 the Powermeter has been renamed from the ANT+ ID to "ACPOWER"
4 During calibration the bike cannot be touched or ridden or the calibration will fail.

1. Test the full range of motion of the seat post assembly including fore/aft and height adjustments as well as smooth operation of the fore/aft adjustment lever and pop pin.

   NOTE: Ensure that when engaged, the cam lever prevents sliding.

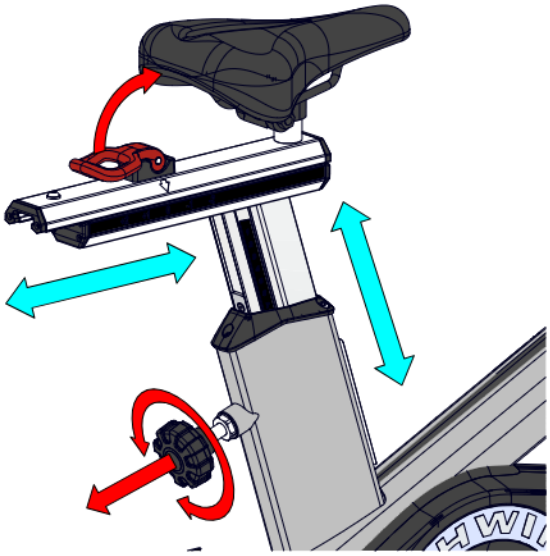


Fig. 27

2. Test the full range of motion of the handle bar post assembly including fore/aft and height adjustments as well as smooth operation of the fore/aft adjustment lever and pop pin.

   NOTE: Ensure that when engaged, the cam lever prevents sliding.

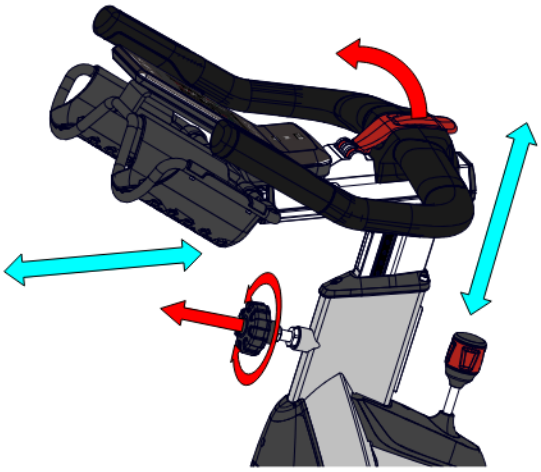


Fig. 28

3. Use a torque wrench with an 8mm allen socket to check the torque of the left and right pedal bolts is at 37 ft-lb (50 N-m).

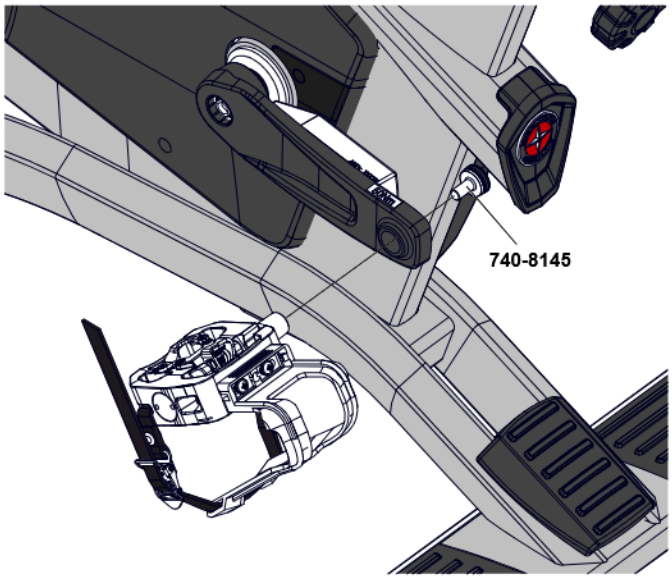


Fig. 29

4. Push down on and turn brake knob to ensure smooth operation.

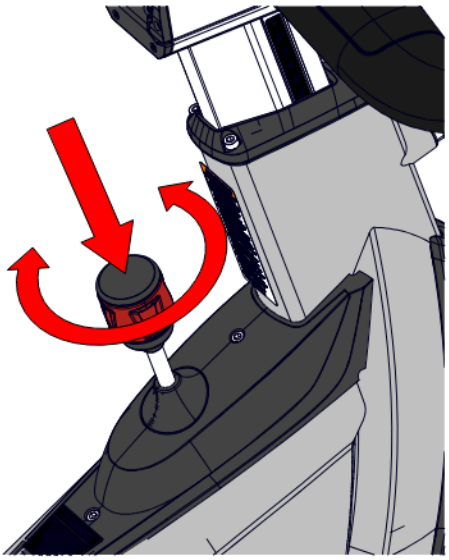


Fig. 30

5. Ride the bike at a quick pace to ensure there is no excessive belt noise. Adjust the belt tension by evenly adjusting the adjustment screws on the left and rights sides of the flywheel to decrease the noise.
6. Check for other drivetrain noise, misalignment, signs of premature wear, etc.

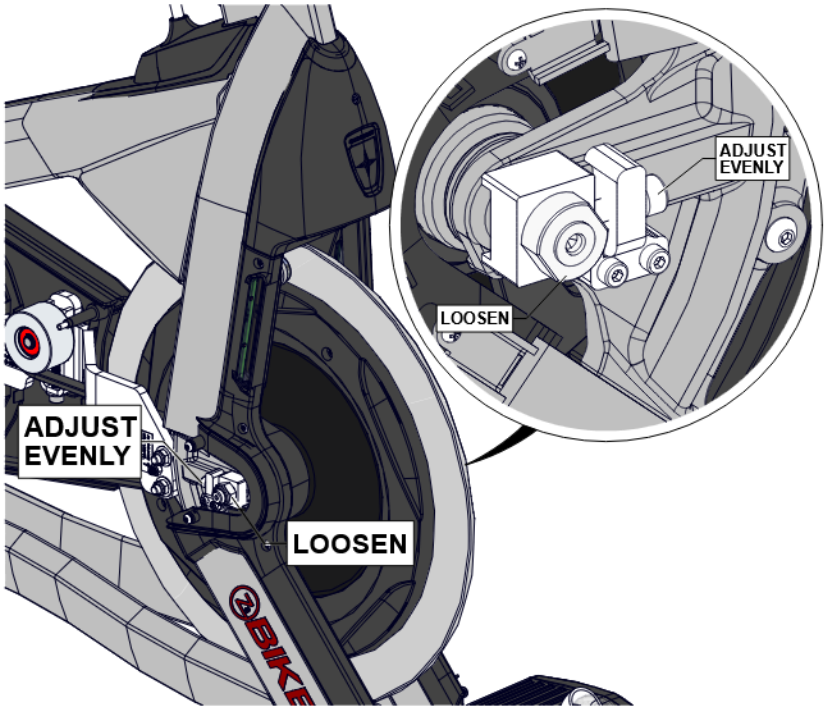


Fig. 31

7. Pedal the bike for 30 seconds to confirm the console is displaying RPM and Power (not showing zero).

   NOTE: Refer to hangtag for battery details
8. Check that console stays on after pedaling stops, console should display "END?"
9. Press the Zone Mode/Enter Button on the console to start Rhythm Mode and accelerate RPM through green-yellow-orange-red zones on the Zone Meter. Confirm that fork LED's match the Zone Meter color throughout.
10. Remove film from Schwinn Quality beauty ring

Fig. 32

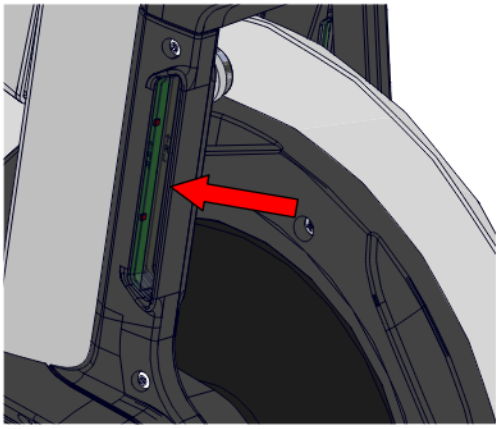


Fig. 33

CONSOLE FEATURES

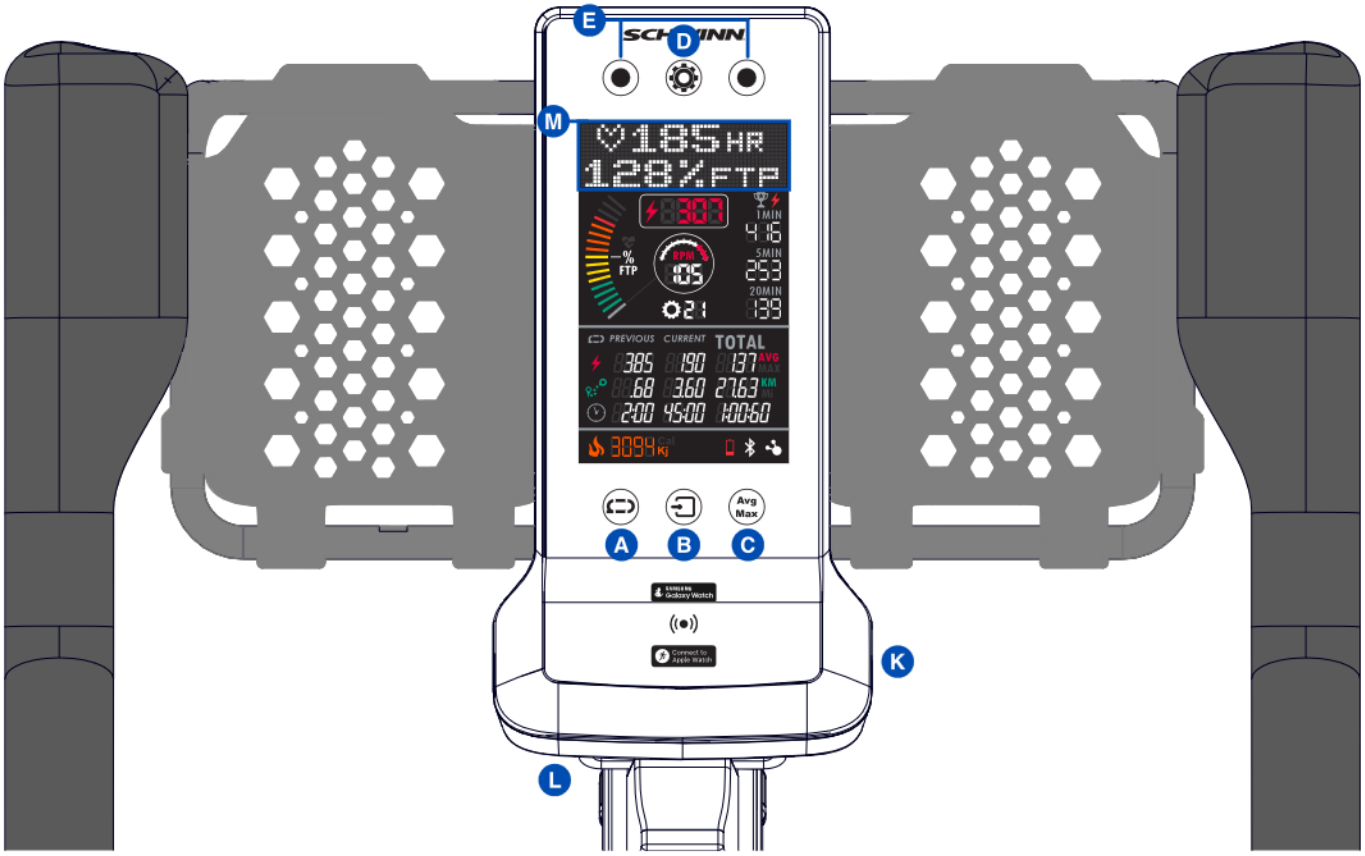
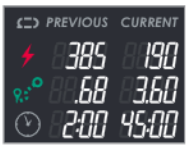


Fig. 34

To turn on console, press any button or start pedaling. Console enters PAUSE mode when pedaling stops, and the message center (M) shows the option to **END?** Either press the corresponding (●) button above or wait the TIMEOUT duration selected in the Service Menu to enter SUMMARY mode, or continue pedaling to resume workout. In SUMMARY mode, the message center will show a flag animation and the option to **EXIT?** Press the corresponding (●) button or wait 60 seconds to shut off the console to begin a new workout.

		Description	Function
	A	**STAGE Button**	In ACTIVE mode, used to start and stop the stage timer. If pressed again, moves stage data to PREVIOUS column from CURRENT. In the Service Menu, used to scroll backwards through menus or decrease a value.
	B	**ZONE MODE/ENTER Button**	In ACTIVE mode, used to toggle data type shown on the zone meter. Changes apply only to active ride. Note: When console enters SUMMARY mode all changes will be restored to the default values set in the Service Menu. In ACTIVE mode press and hold to opt out or opt back in of displaying the zone color on the fork LEDs. In the Service Menu, used to save values and select next screen
	C	**AVG/MAX Button**	In ACTIVE mode used to display average and maximum values of ride metrics. In the Service Menu used to scroll forward through menus or increase a value.

		Description	Function
	D	**Personalization Button**	Allows Custom values to be set for FTP and Max HR Allows Pairing of HR Strap and/or App
	E	**UP/DOWN Buttons**	Allows for selection of message center options on various screens
	F	**Data Link**	**tap-to-pair** Apple[1] and Samsung watches (NFC only, not other HR monitors or apps). You may need to set your watch to Detect Gym Equipment, and accept the connection to start a workout. When a compatible device is linked, the will illuminate if the device is ANT+ or will illuminate for a Bluetooth connection. When connected to Apple Watch, Calories displayed on the console will alternate
	G	**ZONE METER**	The zone meter displays one of four ways: 
	H	**FTP Trophies**	Fields show rolling best power outputs performed by the rider in 1 minute, 5 minute, and 20 minute increments. Except for the first recorded value, when a rider reaches 90% of the previous best value the time name will blink. Once a new best is achieved the trophy icon blinks for 5 seconds before setting the new value. Does not illuminate in **reduced mode**.
	I	**STAGE TIMER**	Shows vital stats for power, distance, time, and calories. Tap the button to start a stage. Each new stages pushes the Current data to the Previous data column, and new stage data is accumulated in current.
	J	**Battery Indicator**	Illuminates when the 4iiii powermeter battery is at or below 30%[2]
	K	**USB Port**	USB port is used for .csv data extraction and software uploads
	L	**Reset Button**	Located under the console. Forces console to enter IDLE mode, resets the computer to all preferences selected in the Service Menu..
	M	**Message Center**	The top part of the console display.

1 Apple's GymKit is designed for Watches running WatchOS 4.1 or newer.
2 If display turns off immediately when pedaling stops, this indicates that battery is below minimum charge. Adequate charge will be restored after pedaling continuously at 65+ RPM for 15 minutes or more. Note that Brightness and Timeout duration settings in the Service Menu impact battery drain and re-charge times.

Pairing Priority

The console can connect to multiple devices and apps. The following connections are possible via Bluetooth and when connected the ᛒ icon on the console will stay illuminated:

- Apple Watch
- Galaxy Watch
- Bluetooth HR Devices
- App Software

Note: Only a Bluetooth HR Device can be paired with another device. When connecting, the console will look for devices in the order of the list.

Pairing with Apple Watch : The Z console has the capability to connect using Near Field Communication (NFC) with Apple Watch (must be running WatchOS 4.2 or later and have option **Detect Gym Equipment** set to **On** in Watch settings for Workout App.) When an Apple Watch is connected, the console cannot also connect to a Galaxy Watch or App.

Note: when Apple Watch is connected to display, the Calories display window will show both Active and Total Calories per Apple Watch calculations.

Pairing with Samsung Galaxy Watch: The Z console has the capability to connect using Near Field Communication (NFC) with Samsung Galaxy Watch (must be running software 4.8 or later and have **NFC** set to **On**)[3]. When a Galaxy Watch is connected, the console cannot also connect to an Apple Watch or App.

To connect: Hold the watch near the ((•)) icon on the console (this is where the NFC reader is located). When the display and watch detect each other, the Bluetooth button on the display will flash and then turn solid blue, and watch will ask user to confirm connection with the display. Once connection is confirmed by user, it will finalize and data will begin to pass between console and watch. It is possible to make this connection at any time during an active workout. At the end of workout, the connection will be terminated.

Pairing Console with Power Meter Via Bluetooth[4][5]: The Z console has the capability to connect to the power meter (console must be running software V2.2 or later) via Bluetooth. This can be enabled by changing the "4iiii Scan" option in the Service Menu from "ANT" to "BLE." Note that if the power meter is using the Bluetooth connection to the console, no other app, including the 4iiii app, will be able to connect to the power meter.

3 See qr.corehandf.com/SWUPDATES for version numbers and update instructions
4 The GEM module MUST BE updated to 2.4.5+ in order to use the BLE power meter pairing option - See Updating Software.
5 If using the BLE to pair to the power meter, any connection to a leader board system MUST connection via ANT+.

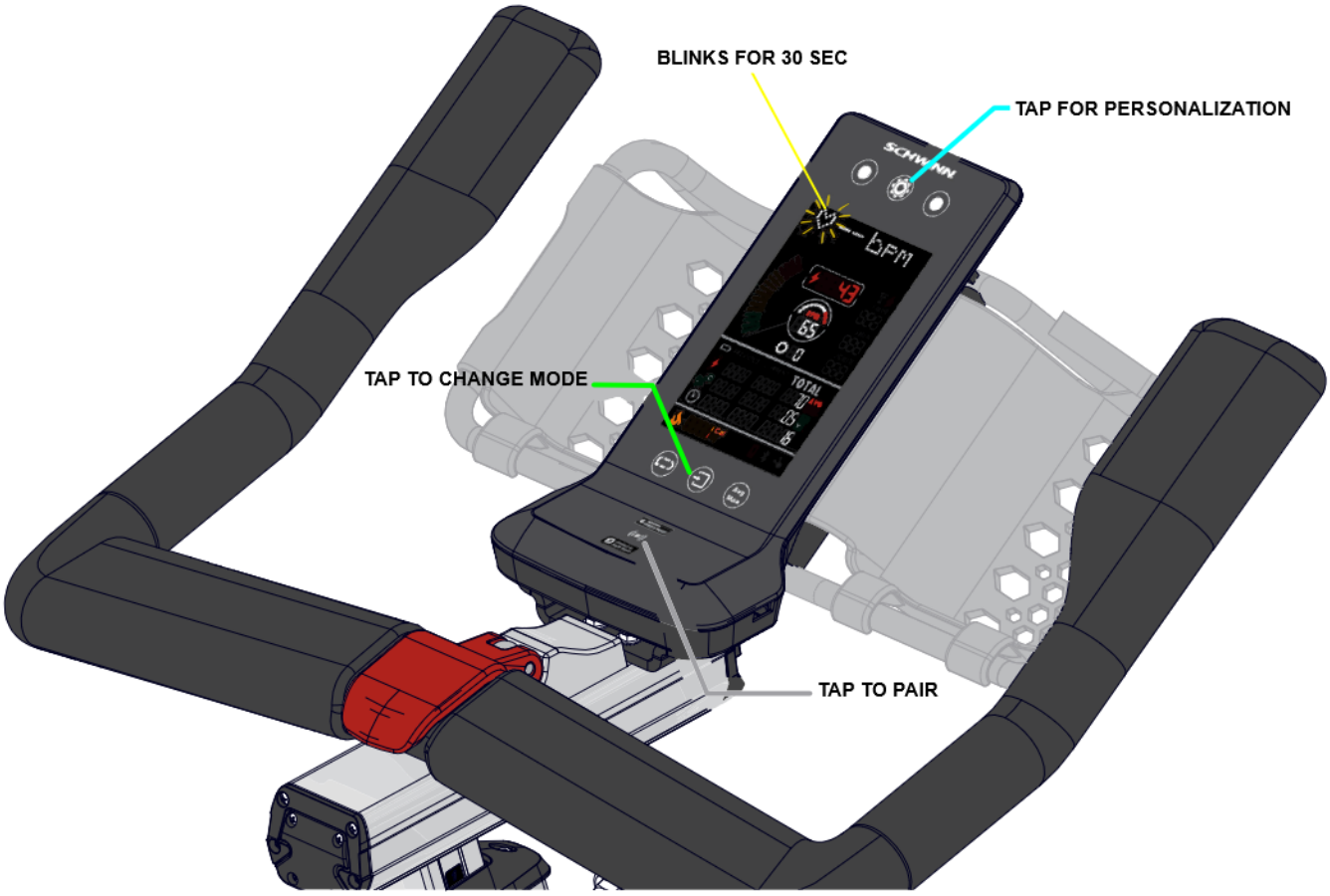


Fig. 35 Shown on Wake

CHANGING MODES

Unless values are changed in the Service Menu, the console wakes in reduced mode with no zone meter, trophies, or fork LEDs (See Fig. 34). Tap the ⏎ button when ACTIVE to access the ZONE METER. Starting from Reduced Mode the ⏎ button select the modes in the order: **Reduced, Cadence, %FTP, %HR**

PERSONALIZING FTP AND MAX HEART RATE, MANUALLY PAIRING PERSONAL DEVICES

The console will automatically scan for a HR monitor for the first 30 seconds of waking up (illustrated by a flashing heart icon in the message center). If no Apple/Galaxy watch is tapped, at the end of the 30 seconds the console will list all detected heart rate broadcasts, and the user will need to confirm their device's ID with the Personalization button. Strongest and closest broadcasts will come first, but the rider can toggle through using the +/- buttons. To manually pair a heart rate device after this scan, perform step 3 below.

1. Tap the ⚙ button once to personalize FTP. Screen shown on Fig. 35
    - Default FTP value is shown in the message center (change in the Service Menu)
    - Press the ● buttons to increase or decrease value by 1 or hold to increase or decrease by 5 every 0.5 seconds.
    - Press the ⏎ button to save the value shown in the message center. If not pressed, the console will return to ACTIVE without saving the value after 5 seconds.

2. Tap the ⚙ button twice to personalize Max Heart Rate

   - Default MAX HR value is shown in the message center (change in the Service Menu)
   - Press the ● buttons to increase or decrease value by 1 or hold to increase or decrease by 5 every 0.5 seconds.
   - Press the ⏎ button to save the value shown in the message center. If not pressed, the console will return to ACTIVE without saving the value after 5 seconds.

3. Tap the ⚙ button three times to enable HR or App Pairing, then use the ● buttons to select the desired action.

   - If HR Pair is selected, the message center displays the closest 8 ANT+ or BLE monitor, the closest one displaying first. (See **"BLUETOOTH PAIRING PRIORITY" on page 23** for complete details) Use the ● buttons to select the desired HR ID for pairing.
   - If App Pair is selected, the console ID is displayed on the message center to manually select on the phone app.
   - For either option, if no buttons are pressed the console will return to ACTIVE mode after 5 seconds.

   Note: Pair will not be available if a watch has already been connected.

4. Tap the ⚙ button again to return to the ACTIVE screen. FTP and Max HR will return to the defaults set in the Service Menu after the ride completes.

OPTIONAL MODIFICATION

To not broadcast zone color on the fork LEDs, press & hold the ⏎ button for 5 seconds.

For intensity-based zone rides (not RPM zones), lower FTP and/or MaxHR to make the colors more achievable or press & hold the ⏎ button for 5 seconds to turn off fork LED's. Changes will revert to default settings after current ride.

1. Tap the ⚙ button.
2. Tap the ● button above the desired **+** or **-** action to change the value by 1 or hold the ● button to change the value quickly[6] (See Fig. 46).
3. Tap the ⚙ button again to store.

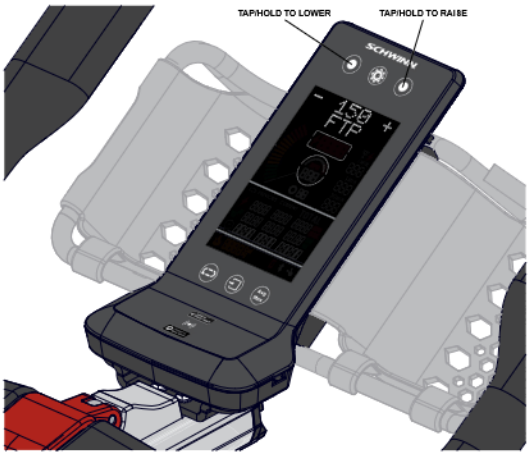


Fig. 36

Note: The zones will also become smaller, so you will have to be more accurate.

6 Holding the button for more than 0.5 seconds will raise or lower the value by 5 per 0.5 seconds as long as the button is held.

FTP CALCULATION USING TROPHIES

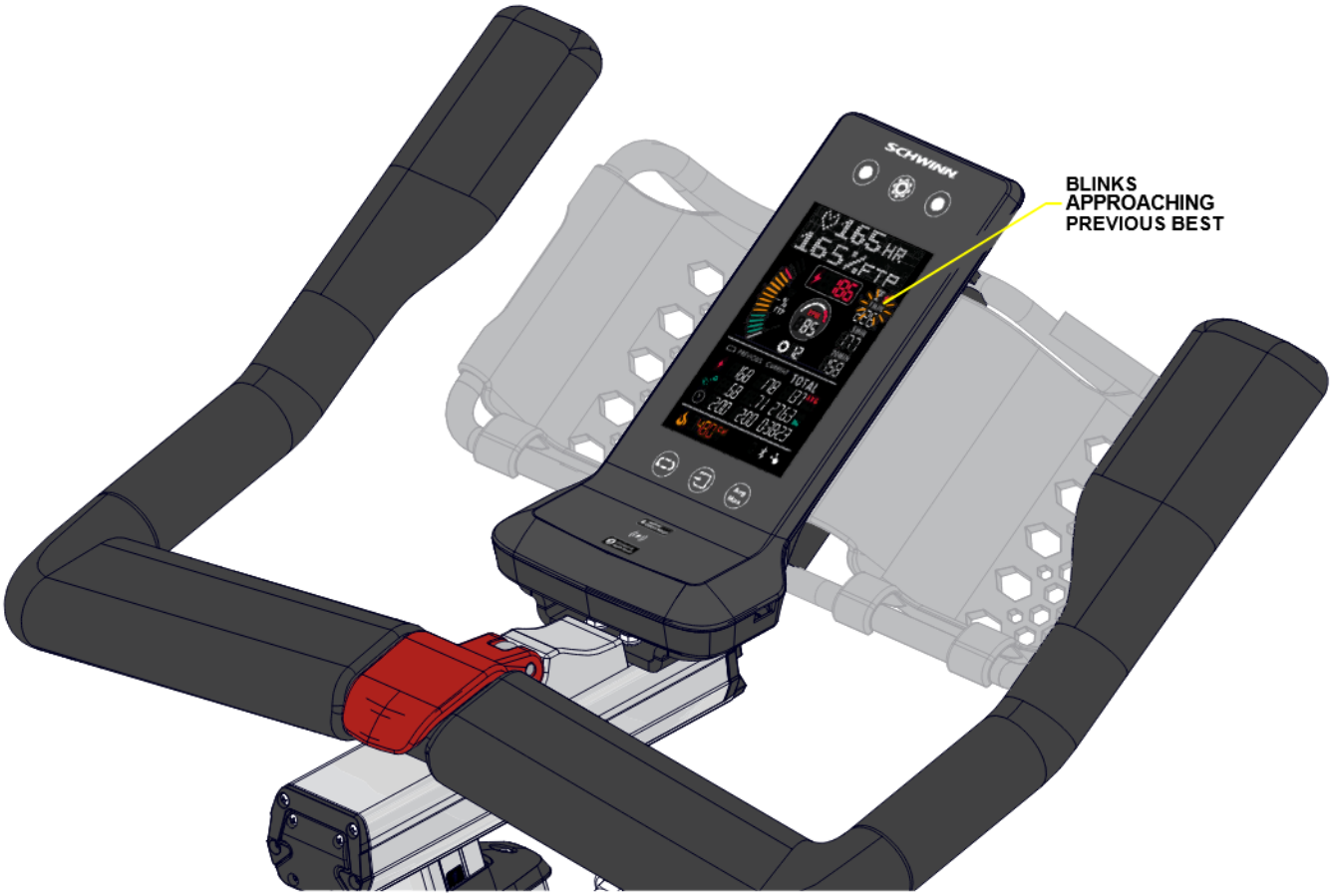


Fig. 37 Trophies

If the 1, 5, or 20 MIN icon is flashing, that means you're approaching a new best power.

- At the end of 5 minutes, multiply that 5MIN value by 0.85 for your new FTP
- At the end of 20 minutes, multiply that 20MIN value by 0.95 for your new FTP

At the end of a challenging ride, you can estimate your FTP using the Trophies:

- Multiply the 5MIN Trophy by 0.85 or multiply the 20MIN Trophy by 0.95

Note: During the ride, a flashing trophy icon indicates approaching a new ride best.

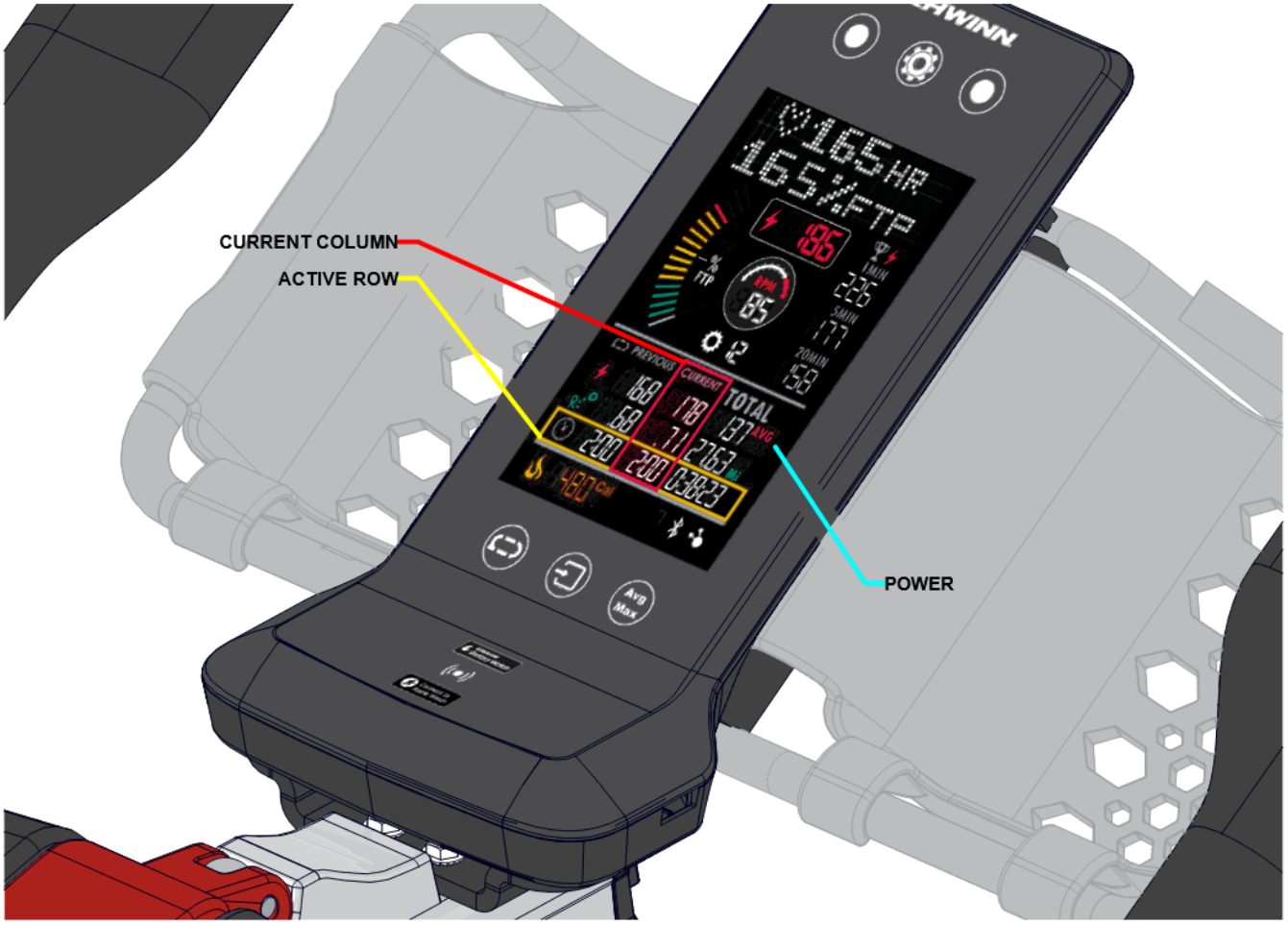


Fig. 38 Distance Challenge

1. Tap the ⇄ button.
2. Perform the CURRENT interval for a prescribed **time duration** (🕒 on active row)
3. Tap the ⇄ button again to freeze the data in the CURRENT column
4. Observe **power** (⚡ on row) or **distance** (📍 on row)

a. At any time tap Avg Max to toggle between MAX Power and AVG Power

5. Tap ⇄ button to start a new interval in the CURRENT column, with the goal pushed to the left into the PREVIOUS column
6. Tap ⇄ button again to freeze the data and compare

Upload data from the console to your USB drive

The ride data file is a great tool for people to track their rides and see their progress. After ride is complete you may save ride data from the console to a USB stick.

1. Insert USB stick into console port.
2. Message center will display "**COPY FIT?**" see Fig. 38.
3. Tap the right ◉ button to begin the upload.
4. Console will save the ride file as **SCHWINNZ1.CSV**[7]
5. Message center will return to SUMMARY when upload is complete.
6. Once the data upload is complete, the stick may be removed.

The ride data file will display the following[8]:

- Summary data for the entire ride
- Summary data for each stage
- Total ride data recorded every second

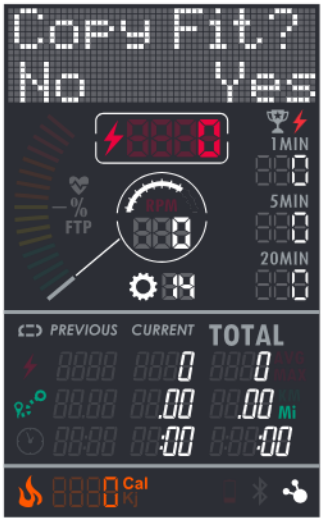


Fig. 39 USB Retrieval

RIDE SUMMARY			
Total Time	32.9	Minutes	
Total Distance	9.14	MI	
AVG Power	98		
MAX Power	210		
AVG RPM	104		
MAX RPM	112		
AVG HR	138		
MAX HR	155		
CAL	226		
RIDE DATA			
Power	RPM	HR	DISTANCE
29	90	101	0
48	89	101	0
48	89	101	0.01
48	89	101	0.01
48	89	102	0.01
48	89	101	0.02
48	89	101	0.02
48	89	101	0.02
48	89	101	0.03

Table 1 Ride Summary Example

7 If a ride file exists on the USB stick with the filename SCHWINNZ1.CSV the console will save the file with the next number: SCHWINNZ2.CSV. The console will increment numbers as needed as long as there is space on the USB stick.

8 The console continues to record data aftter the ride is complete, however lines with no recorded activity are ignored in the summary calculations.

The Service Menu (previously called MAINTENANCE mode) allows access to service and diagnostic information, as well as provides the ability to adjust certain program default parameters. To enter the Service Menu:

1. Tap the ⊂⊃ and Avg Max buttons simultaneously then tap the ⚙ button to enter the Service Menu.
2. While in the Service Menu pressing the ⊂⊃ or Avg Max button navigates between top menu choices.
3. Press the ⏎ button to display and change the property of the top menu in the message center. Property will be shown in blinking red.
4. Press the ⊂⊃ button to increase a value, press Avg Max to decrease it.
5. Press the ⏎ button to save the change. Property will be shown in solid black in the message center.

Fig. 40 Reduced Mode Example

The following properties can be accessed and changed in the Service Menu, default values shown in **bold**:

- Units **MI**/KM
- Gear **Base15**/Base25/Off
- FTP 150
- Max HR 185
- Glow **Zone**[5]/Off/Solid
  - Zone options: **Reduced**[6]/Cadence/FTP/HR
  - Solid options: **Red**/Orange/Yellow/Green/Blue/Cyan/Pink/White
- Heart Rate Mode: **Standard**/Wearables
- Brightness 1-10 Blinks when setting, Default **5**
- Open Ant **On**/Off
- 3 Sec Avg **On**/Off
- Calories **On**/Off
- Passcode **Off**/On[7]
- Timeout up to 10 Minutes
- Zone Lock **Off**/On[8]
- Sensor Type **4iiii**/E2
- 4iiii CAL
- Gear CAL
- 4iiii Scan **ANT**/BLE
- System options sub-menu
  - Summary Shows Hours and SW version
  - GEM Firmware Shows Firmware version
  - FW VERSION **Baseline**/CB[9]
    Hold down the upper left and upper right circular buttons for 2 seconds to unlock **MODEL SELECT** menu.
  - System Reset Pressing the ⏎ button resets console to factory default except Hours
  - Software Load[10] Pressing the ⏎ button prompts user to enter USB stick. Once plugged in, press Avg Max when prompted to load new software. When console reads **LOAD COMPLETE** press ⏎ to exit.
  - SN Shows console Serial Number
  - Upgrade GEM Pressing the ⏎ button displays the BLE ID[11]

5 On this setting fork LED glow follows gauge colors.
6 When REDUCED mode is on, by default the Glow is OFF
7 If on, the passcode is 218 and must be entered prior to accessing the Service Menu.
8 When on, this option disables the Enter button's ability to toggle zone modes during a ride.
9 Cyclebar model features the following options: A. Fork LEDs **OFF** B. Calories **OFF** C. Display mode **SIMPLE, NO ZONE**. D. **Gear** and **Calories** removed from the maintenance mode menu. E. The animated flag at the end of the workout is removed.
10 Bike must be pedaled continuously while uploading software until update complete message is displayed.
11 No input from user. The 4iiii app is required to update the GEM software.

UPDATING SOFTWARE

If updating from software a version prior to V2.2, the GEM module MUST BE updated to 2.4.5+, please see next page.

Note that any previous settings will remain after the update.

Required Tools:

- USB 2.0+ drive with at least 1GB of free space formatted as FAT32.

1. Check to ensure the console software matches the published version on Core Connect. If needed, download the latest version of software from:

   https://qr.corehandf.com/SWUPDATES

2. Place the file on the root drive of a blank USB drive.

3. Begin pedaling on the bike to wake the console. Console must be powered until process is complete.

4. On the Z console, tap the and buttons simultaneously then tap the button to enter the Service Menu.

   Note: This step must be completed in under 2 seconds, if the personalization option appears, exit and try again.

5. Tap the button until **SYSTEMS** shows in the message center then tap . Software version will be displayed in the message center.

6. If an update is required, tap the button 3 times. The message center will show **SOFTWARE LOAD**.

7. Tap the button and insert USB stick with software on it into the USB Port when prompted.

8. If software update is detected on USB stick, message center will display **SURE? NO YES**. Tap the button for YES to load the new software.

   Note: If the USB stick has the wrong software version in the root directory the console will display **INVALID SOFTWARE** in the message center and return to the Software version screen.

9. Console will display **LOAD COMPLETE**. Remove USB stick.

10. After uploading the new software, remove the USB drive and ride the bike for 30 seconds, check to ensure that power and RPMs are being displayed correctly.

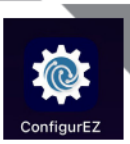
Fig. 41

	A	STAGE Button
	B	ZONE MODE/ENTER Button
Avg Max	C	AVG/MAX Button
	D	Personalization Button
	E	UP/DOWN Buttons
	K	USB Port
	L	Reset Button
	M	Message Center

Table 2

Required Tools:

- iOS Device (iPhone or iPad) w/ConfigurEZ app



1. Open the ConfigurEZ app, and tap on the "i" icon to open the settings menu.

Fig. 42

2. Tap the "Login" button to log in to the updater account using the credentials below:

Username: SchwinnService@outlook.com

Password: Schwinn2024!

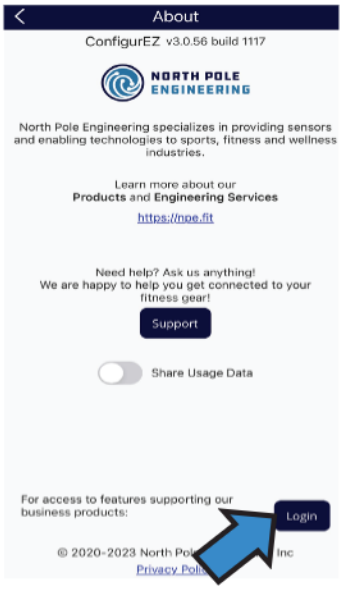


Fig. 43

3. If you receive a prompt about verifying the email login address, please request a code from "RLefever@corehandf.com" then email RLefever@corehandf.com and request the code.

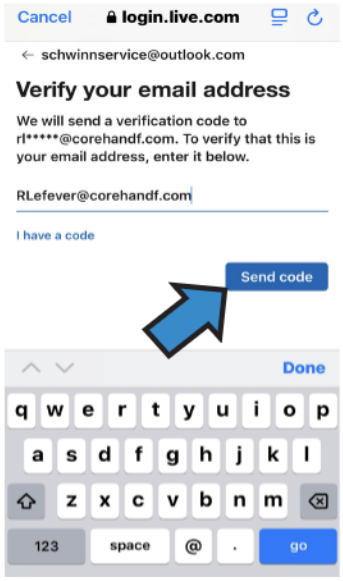


Fig. 44

4. Once you receive the verification code from RLefever@corehandf.com enter the code and tap "Verify"

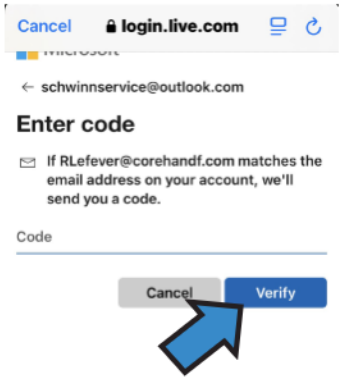


Fig. 45

5. After logging in, tap the "Update Devices" button.

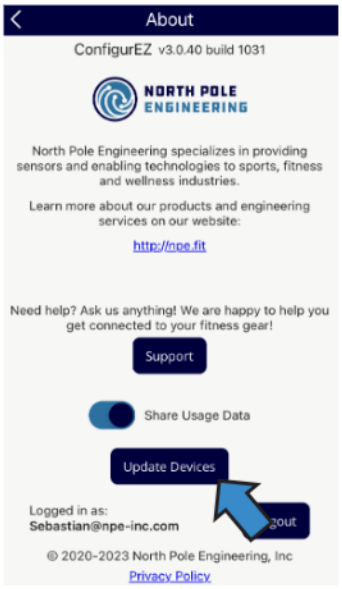


Fig. 46

6. Enable "GEM3" from the Product list, then tap on the Firmware selector.

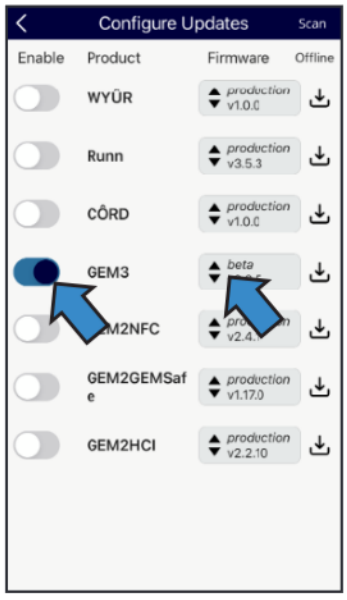


Fig. 47

7. Select “beta” from the Release Channel drop down menu
8. Select “v2.4.5” from the Version drop down menu
9. Press the “Scan” button in the upper right corner.
10. On the Z console, Tap the and buttons simultaneously then tap the button to enter the Service Menu.
11. Tap the button until “Systems” is displayed, then tap to enter the sub-menu.
12. Tap the button until “Upgrade GEM” is displayed, then tap .
13. The BLE # should appear on the ConfigurEZ app, if it doesn’t, try tapping the “Scan” button on the ConfigurEZ app again.

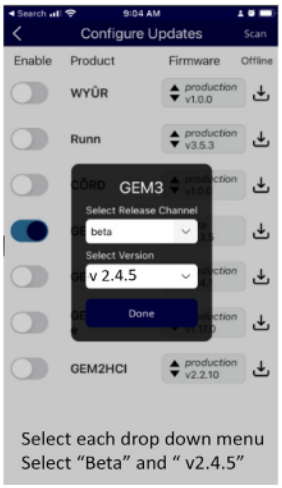


Fig. 48

Fig. 49

Fig. 50

14. Once the console is connected to the app, tap the arrow button to push the update.
15. Wait for the firmware to download and complete.
16. After the firmware update is complete, disconnect and reconnect the data/power cable from the back of console.

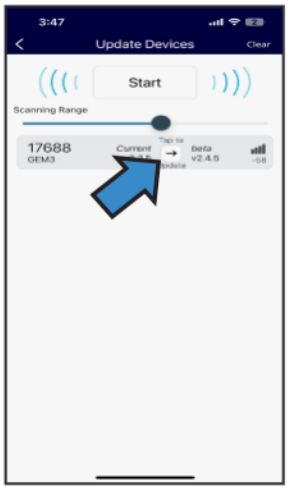


Fig. 51

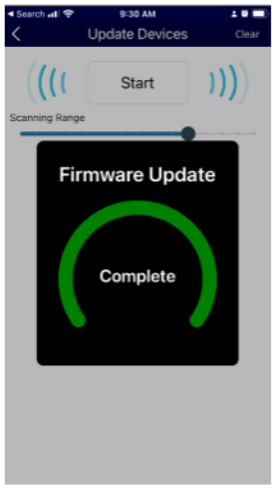


Fig. 52

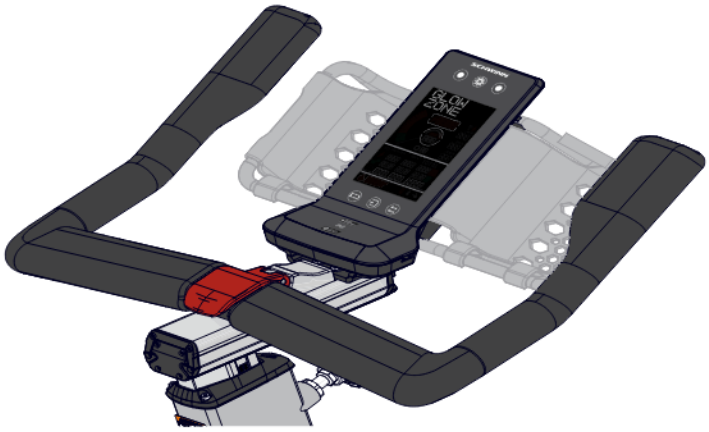


Fig. 53

Lock Modes

If you are a Rhythm-Only, Power-Only, or Heart Rate-Only studio, you are able to set the mode that the console wakes up in and not allow the member to change the mode with the ENTER button:

1. Tap the ⇄ and Avg Max buttons simultaneously then tap the ⚙ button to enter the Service Menu.
2. Tap the ⇄ or Avg Max button until **GLOW** appears at the top, then tap the ↵ button twice to display and change the bottom property to either Cadence, FTP, or HR using the ⇄ or Avg Max buttons.
3. Tap the ↵ button to save.
4. Tap the ⇄ or Avg Max button until **ZONE LOCK** appears at the top, then tap the ↵ button to display and change the bottom property from OFF to ON.
5. Tap the ↵ button to save.

Theme Rides

Factory default is that the LEDs are set to reflect the zone meter (In the Service Menu, GLOW=ZONE). In order to turn change the color of the LEDs for a theme ride so that they do not reflect the console zone meter:

1. Tap the ⇄ and Avg Max buttons simultaneously then tap the ⚙ button to enter the Service Menu.
2. Tap the ⇄ or Avg Max button until **GLOW** appears at the top, then tap the ↵ button once to display and change the bottom property to SOLID using the ⇄ or Avg Max buttons.
3. Tap the ↵ button to save then select the desired color (white, red, orange, yellow, green, cyan, blue, or pink) using the ⇄ or Avg Max buttons.
4. Tap the ↵ button to save.

   Note: The console is still free to be used for Simple, Cadence, FTP, or HR.
5. When the theme ride is done, the setting will need to be restored in the Service Menu if desired, as it will not automatically reset after the ride.

RESETTING THE CONSOLE

Console resets to values in the Service Menu when it enters IDLE mode. Button can be pressed to immediately reset the console.

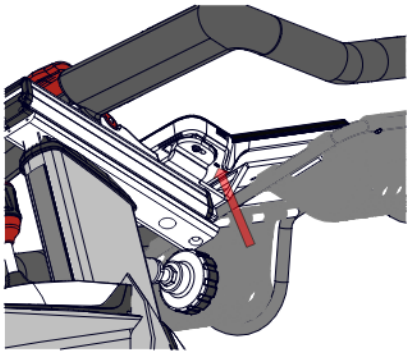


Fig. 54 Reset Button Location

PAIRING A NEW 4iiii POWERMETER via ANT+

For Bluetooth pairing instructions, please see “BLUETOOTH VS. ANT+ CONNECTION” on page 40.

In the event a new crank needs to be paired with the console the below procedure will pair a new crank. Once the pairing procedure is complete, a calibration must be performed. 4iiii app required for crank software updates.

1. Tap the and buttons simultaneously then tap the button to enter the Service Menu.
2. Press the button until **4iiii SCAN** is shown in the message center then press the button to begin the pairing process.
3. Check the side of the power sensor for a 4 or 5-digit **ANT+ ID**[12] code then spin the crank to activate it for pairing.
4. The message center will show available ANT+ devices within range. Press the button to change devices. When the matching crank **ANT+ ID** code appears in the message center, press the button to complete pairing.
5. Calibrate the new crank (see **CALIBRATING POWER** on page 36).

12 Please note that the ANT+ ID could be either a 4-digit or a 5-digit number. If the 4-digit code is present, the first number of the ANT+ ID Code is zero (0).

Example of 4 digit number

Example of 5 digit number

I DON'T SEE MY HEART RATE

To troubleshoot a missing heart rate:

1. Confirm that you are wearing your heart rate monitor, that it is charged, and has clean contact with your skin.
2. Apple[13] or Galaxy Watch tap to pair:
   a. Rest your watch face down on the ((•)) icon on the face of the console until you feel a haptic. You must confirm the prompt on your phone to connect.
   b. If no prompt happens, check the settings that detecting fitness equipment has been enabled. If still no prompt, hard reset your watch.
3. MyZone[14]

   Note: Apple/Galaxy watches will take priority. Heart rate scan will not be available if you have already tapped to pair. Tap to pair will override a MyZone pairing, but if disconnected, the console will automatically re-pair with MyZone.

   a. In your phone app, identify the 5 digit ANT ID or "MYZONE-…" BLE ID. The console will scan for the closest and strongest signals, and will ask you to choose one to pair with.
   b. If you don't see your device, force quit the MyZone app on your phone to free up the BLE channel of your strap/watch to pair.
4. If a blank or "ANT HRMx" is displayed up first when scanning for heart rate, this is likely a renamed Polar or Garmin device. Select it to connect.

LED'S DON'T TURN ON

Factory default is that the console wakes up with the console zone meter and LED's off (In the Service Menu, ZONE=REDUCED) and for the LEDs to reflect the zone meter (In the Service Menu, GLOW=ZONE), so if the zone meter does not light up, neither should the LEDs. Test the LED function by pressing ENTER to switch the zone mode to Cadence, FTP, or HR.

- In CADENCE mode, pedal to >50 rpm for a green light
- In FTP mode, turn knob to increase resistance to 90W for a green light
  - If still no green light, check the FTP setting in the Service Menu (factory default is 150) to determine the minimum Power that will activate green = 0.56 x FTP and/or press the PERSONALIZATION button to identify the FTP set for that ride (will reset to the Service Menu value after timeout)
- In HR mode
  - Check that a heart rate monitor is paired.
  - Check the MaxHR setting in the Service Menu (factory default is 185) to determine the minimum bpm that will activate green = 0.60 x MaxHR and/or press the PERSONALIZATION button to identify the MaxHR set for that ride (will reset to the Service Menu value after timeout)

If ENTER button does not switch zone modes, check the Service Menu if ZONE LOCK is ON while ZONE is REDUCED. ZONE LOCK deactivates the ENTER button so they user cannot change zone mode during a ride. Or hold the ENTER button to see if user has OPTED-OUT of lights for that ride (will opt back in after timeout). If the LEDs still do not turn on, check the Service Menu if GLOW=OFF (If the LEDs are stuck in a solid color, check the Service Menu if GLOW = SOLID)

NO WATTS/RPM ON DISPLAY

If the console powers on, but does not display any numbers, it may mean there is no connection with the crank. To troubleshoot:

1. Wake the console by pedaling at least 3 revolutions at 45 RPMs or faster or press any button on the console
2. Check Powermeter battery life indicator on the console, which will illuminate if less than 25%.
   - If yes, replace the 2AA batteries in the Powermeter, ensuring battery placement is correct.
3. If no, or after replacing the batteries re-pair the Powermeter to the console.

   a. Re-pair the console - see "Pairing a New 4iiii Powermeter via ANT+" on page 34.
   b. Console will show nearest, strongest signal in the message center. Tap the ◉ button to scroll between available signals if the ANT+ ID does not match the Powermeter. When desired ANT+ ID is shown press the ⏎ button to pair.
   c. Console will display **CONNECT OK** in the message center on success.
4. After pairing, zero-offset calibrate in the 4iiii app. If there is a software or feature update available, follow those prompts first, then complete zero-offset afterwards.
5. Confirm that Watts/RPM now display.

13 NOTE: Calories will automatically toggle between "Act" and "ttL" to match active and total calories on your Apple watch
14 NOTE: calories/MEPs on your MyZone app will not match the console

POWER READS HIGH OR LOW/CALIBRATING POWER

The Powermeter measures the 3-dimensional deflection of the left crank due to the force exerted into the pedal, the same technology used in outdoor cycling. It is a result of resistance applied and pedal speed, but because a pedal stroke is cyclical, the force is averaged over 3 seconds.

Strain-gauge power is innately lower than power derived from resistance level and rpm alone because it considers pedal stroke consistency and ability to focus movement in-plane.

While manual calibration can still be performed anytime, weekly manual calibration is no longer needed.

1. Download the 4iiii app and open.
2. Pedal and initiate scan.

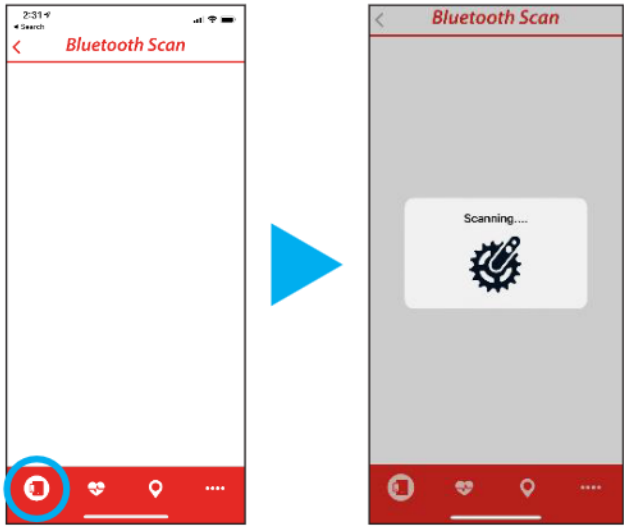


Fig. 55

3. Select your bike and Connect[15]

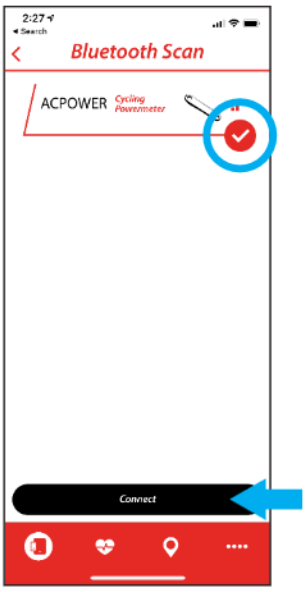


Fig. 56

4. Enter Settings

Fig. 57

5. Update Features and Software (black if available)

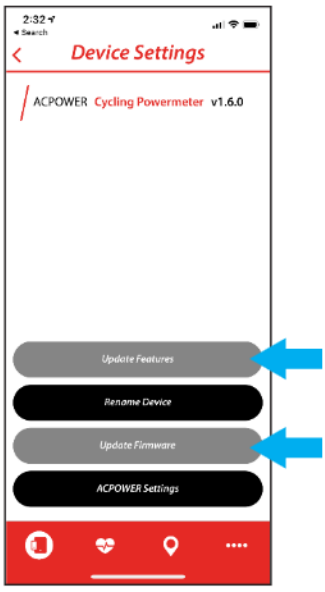


Fig. 58

15 Please note that if Bluetooth connection to console is being used, the power meter will not appear.

6. Go Back.
7. Calibrate via 4iiii app if power appears
low or high

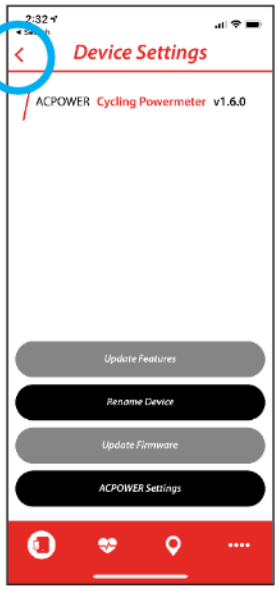


Fig. 59

8. Select Calibrate in the app

Fig. 60

9. Follow the directions (point left crank straight down to 6 o'clock) and tap crank image.
10. To continue to calibrate other bikes, "forget" the bike currently connected and add the next device

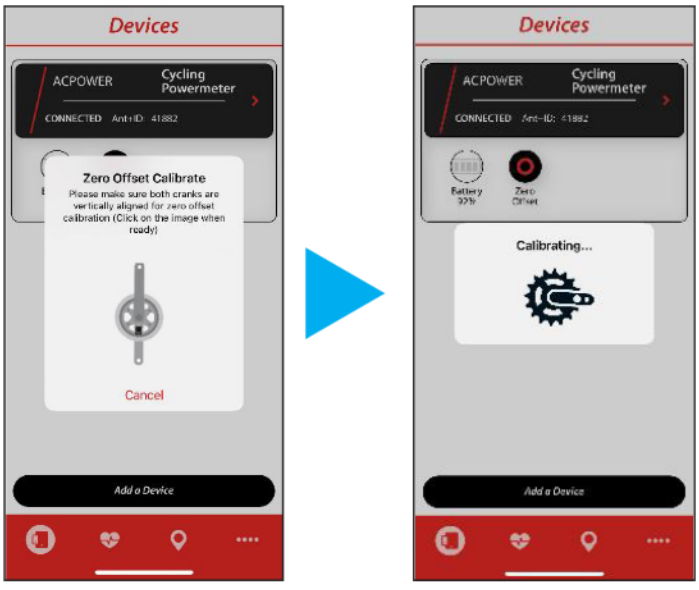


Fig. 61

CONSOLE ERROR MESSAGES

During normal operation the following errors may be shown on the console:

ERROR	On Menu	Cause	Resolution
WRONG PASS!	MM Password	**PASSCODE** has been turned on in the Service Menu and wrong password has been entered.	Enter correct passcode
NOTHING FOUND	HR Pairing	Console cannot find a compatible device within range.	Troubleshoot external device
CONNECT FAIL	HR Pairing	Connection to selected device failed.	Troubleshoot external device
NO GEAR DETECTED	Gear Cal	Gear cable damaged or angle sensor is not plugged in/damaged	Troubleshoot the angle sensor assembly including wiring
NO PM!	4iiii Cal	Crank not paired with console or battery in crank low	Pair crank to console, check or replace crank battery
CAL FAIL	4iiii Cal	Left crank not at 6 o'clock during calibration or bike was touched during calibration	Recalibrate
NOTHING FOUND	4iiii Scan	Console cannot find a compatible ANT+ device within range.	Troubleshoot external device
CONNECT FAIL	4iiii Scan	Connection to selected device failed.	Check or replace crank battery
NO USB DETECTED	Software Load	USB stick not inserted	Use different USB stick, ensure adequate space on device, ensure USB stick is formatted for FAT32
INVALID SOFTWARE	Software Load	Software on USB stick is incorrect	Ensure software is the only file on USB stick

WHAT IS A GEAR?

- A “Gear” is a measure of resistance on a numbered scale.

HOW ARE GEARS CALCULATED?

- Gears are derived from a triangulation of data from the angle sensor, power meter torque value, and RPM from the RPM sensor.

WHY AREN’T GEARS DISPLAYED AT THE BEGINNING OF THE RIDE?

- Gear measurement is calibrated at startup of every ride using a database of known brake positions at various RPM and torque combinations, along with three data points mentioned above to “triangulate” the magnetic brake position. This allows for automatic gear calibration during every ride, ensuring more consistent performance across bikes.
- At the beginning of each ride, the system uses the first minute to pull data from these sensors, similar to how a car’s GPS calibrates when starting from a parking lot. Initially, the algorithm provides an estimated gear value, but it will become more accurate as additional data is collected.

WHAT TO EXPECT DURING CALIBRATION PROCEDURE:

- Up to 1 minute for GEAR to set up at the beginning of the ride. During this minute, you will dashes or a “1” while the gear is being calibrated.
- From zero resistance starting point, it takes two full turns before the magnetic brake engages, keeping GEAR 1 active longer and resulting in minimal resistance initially.
- Potential minor gear changes if there is a radical change in power or RPM without adjusting resistance, which will stabilize as the pedaling motion steadies.

GEAR PROFILES OVERVIEW

This console offers two gear profiles to suit different riding preferences and training styles that users can select through the service menu, allowing for flexibility based on training goals:

- 15 Gears: Designed for a smoother, more consistent rider experience, the 15-gear profile is the recommended option for most users. It provides easier transitions between resistance levels, making it ideal for steady-state rides or longer endurance sessions.
- 25 Gears: Geared towards high-intensity interval training (HIIT) and performance-focused workouts, the 25-gear profile allows for greater variation in resistance, enabling riders to push their limits and maximize training intensity.

ANT+

Traditionally, ANT+ has been the default method of communication between the crank and console. However, as technology has advanced and studio environments have evolved, there is a possibility that the ANT+ connection may be disrupted in certain settings.

Indicators of ANT+ Communication Interference:

- The "END?" message appears mid-ride, indicating the console is no longer receiving data from the crank and assumes the ride is over.
- Power or RPM metrics may briefly freeze or fluctuate.
- Metrics drop to zero momentarily before returning after a few seconds.

BLUETOOTH

Software V2.2+ offers the ability to connect the power meter to the console via Bluetooth (BLE) in environments where ANT+ may experience interference[16]. Bluetooth is known to provide a more stable and reliable connection in these case.

Important Note: If using Bluetooth connection for the power meter, the power meter must first be disconnected from the console in order to connect the 4iiii app.

Changing power meter connection from ANT+ to Bluetooth:

1. Tap the ⇄ and Avg Max buttons simultaneously then tap the ⚙ button to enter the Service Menu.
2. While in the Service Menu press the ⇄ or Avg Max button to navigate to the "4iiii SCAN" menu, then press the ↵ button to enter the "Scan Type" sub-menu.
3. Press the ⇄ button to change the "Scan Type" from "ANT" to "BLE".
4. Press the ↵ button to save the change.

16 The GEM module MUST BE updated to 2.4.5+ in order to enable Bluetooth pairing between the power meter and console.

TOOLS

Working on this product will require basic and/or sometimes specialty tools based on the type of service that will be performed at any time. To assist, we recommend having the tools listed available when performing maintenance.

- Metric Allen Key Set
- Screwdriver Set, Phillips and Flat
- Large Adjustable Crescent Wrench
- Torque Wrench
- Multi-meter
- Metric Open-Ended Wrench Set
- Metric Socket Set
- Snap Ring Pliers
- Loctite 680
- USB - Flash Drive
- zip ties – various sizes

MAINTENANCE SCHEDULE

With durable, high performance components, this equipment is designed for heavy usage with minimal maintenance required. To keep it in top condition, perform regular daily, weekly and monthly preventive maintenance routines outlined below.

	Daily	Weekly	Monthly	Bi-Annually
Cleaning				
Wipe down and clean Bike and Frame	X			
Clean Console[1]	X			
Inspect				
Check Pedals for damage and movement	X			
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 and Crank[2]		X		
Check flywheel alignment, realign flywheel nuts as necessary		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	
Clean and seal frame[4]			X	
Lubricate pop-pins[5]			X	
Inspect welds for any signs of cracking			X	
Software				
Check support site for console SW updates			X	
Check 4iiii app for Powermeter SW updates			X	

Cleaning

Keeping your units clean is an important component of preventative maintenance and the overall aesthetics of your product. While your clients will appreciate clean equipment free of sweat, dirt and other contaminants proper care and cleaning will extend the life of your product and reduce premature aging and wear. See the maintenance schedule for recommended frequency. Cleaners/Disinfectants should be used at manufacturer recommended dilutions and never in concentrated form.

⚠ **CAUTION**: Cleaning products may be harmful/irritating to your skin, eyes, etc. Use protective gloves and eye protection. Do not inhale or swallow any cleaning product. Protect surrounding area/clothing from exposure. Use in a well-ventilated area. Follow all product manufacturer's warnings. CORE Health and Fitness cannot be held responsible for damage or injuries resulting from the use or misuse of cleaning products.

1 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.

2 Using a torque wrench, verify that pedal bolts and crank are tight after the first 10 hours of use and every 100 hours of use thereafter. Pedal to crank arm torque is 33-37 lb-ft. Crank arm to bottom bracket bolt torque is 40-44 lb-ft.

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 bike companies, at bike shops, and at some hardware stores. Apply a layer using a cloth to clean up excess.

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 USB Port.
- Do not use power tools on fasteners, it will damage the plastic shrouds.

In August of 2023, the seatpost and handlebar assemblies of the Schwinn X and Z bikes were updated to improve functionality. The previous designs were discontinued and are no longer available. Please see below for additional details.

SEAT POST ASSEMBLY

The seat post assembly with the adjustment cam located on the underside of the post has been discontinued. If the bike has this design, please order 727-0286 "KIT, SEAT POST, TOP/BOTTOM"

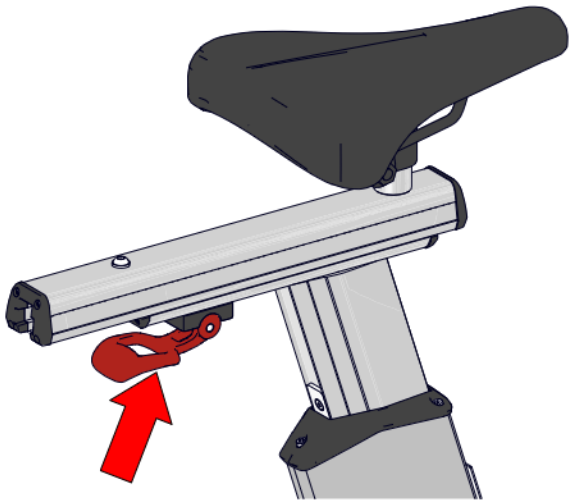


Fig. 62 - adjustment cam on underside of seat post (discontinued)

HANDLE BAR ASSEMBLY

The handlebar post assembly with the longer, curved cam base has been discontinued. If the bike has this design, please order 727-0290-XX "KIT, HBAR SLIDER W/ POST, UGC"

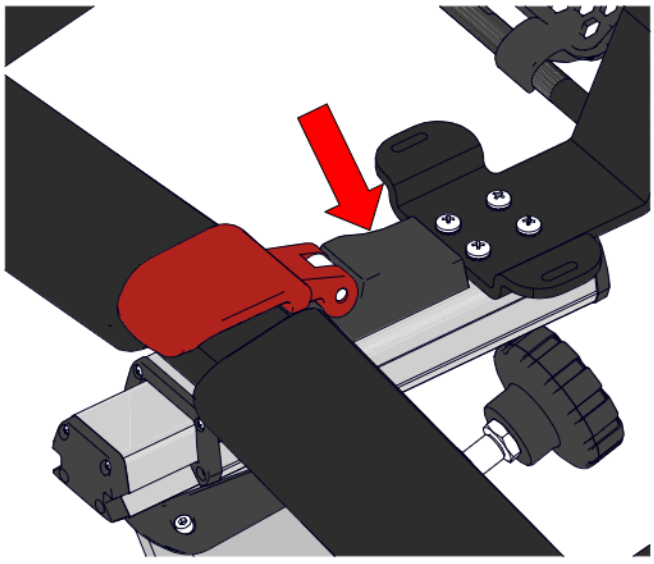


Fig. 63 - long, curved cam base (discontinued)

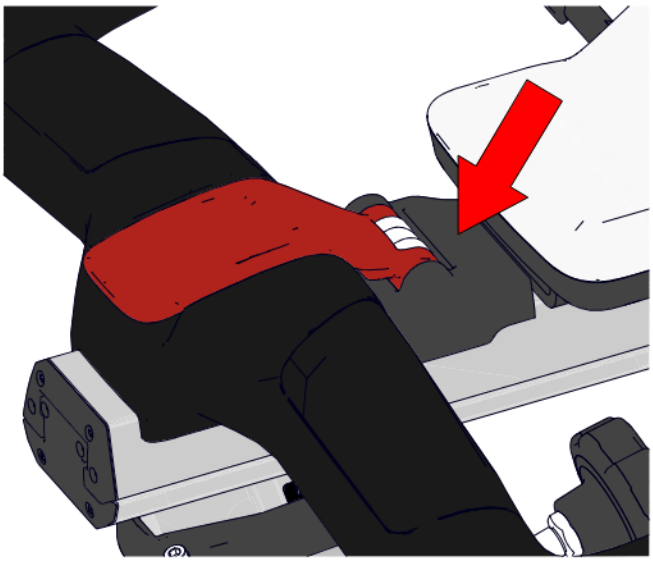


Fig. 64 - short, angular cam base (new)

TRAPEZOIDAL LOCK NUT

The trapezoidal lock nut has also been updated to improve function. If the bike has the REV A trapezoidal lock nut, the lock nut kit will need to be ordered: 727-0277-KT "CLAMP PLATE REPLACEMENT KIT, UGC."

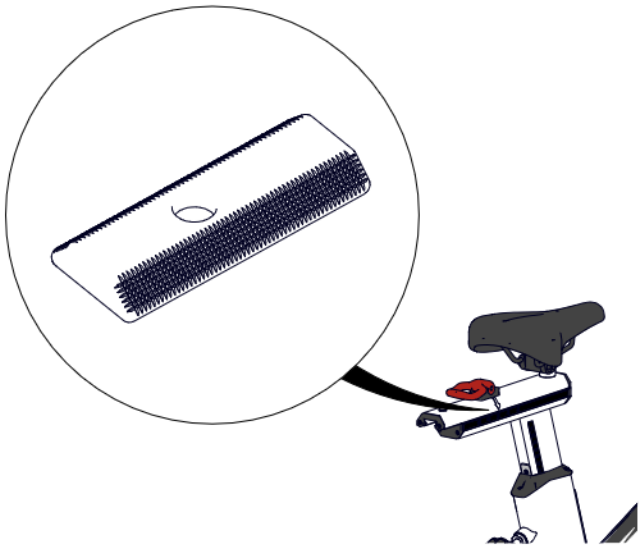


Fig. 65 - REV A (OLD)

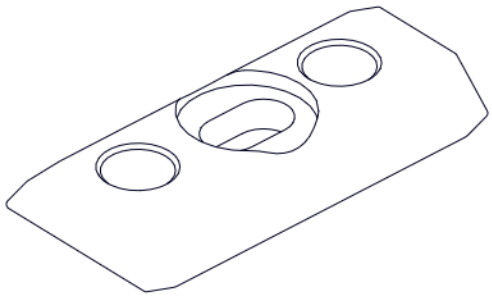


Fig. 66 - REV B (NEW)

END CAP KIT

Individual end caps will no longer be available, instead an end cap kit (727-0296 "END CAP REPLACEMENT KIT, UGC") will be available to order which will consist of both the old and new caps. The un-used caps can simply be discarded.

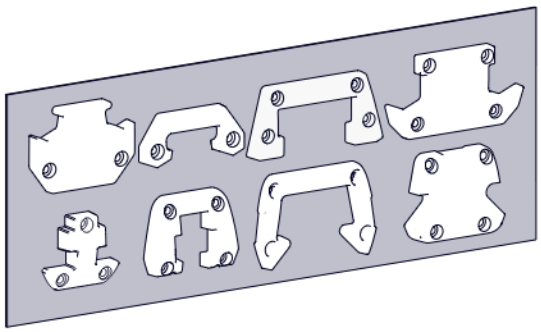


Fig. 67 - End Cap Kit 727-0296

BRAKE CHANGE

In November of 2023, a change to the brake was made to improve function. If replacing the brake, check to see if the brake spacer is present by pressing down on the brake knob and inspecting the front of the brake. If the brake does **NOT** have the spacer, the entire brake assembly will need to be replaced: **727-0294**. If the brake spacer is present, the brake itself can be replaced: **727-0293**.

Fig. 68 - NO SPACER, ORDER 727-0294

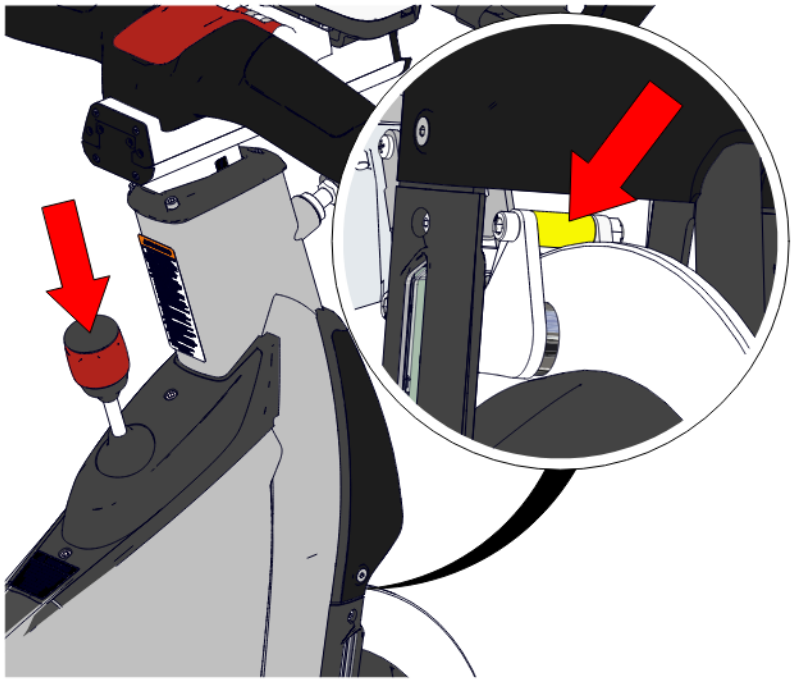


Fig. 69 - BRAKE SPACER, CAN ORDER 727-0293