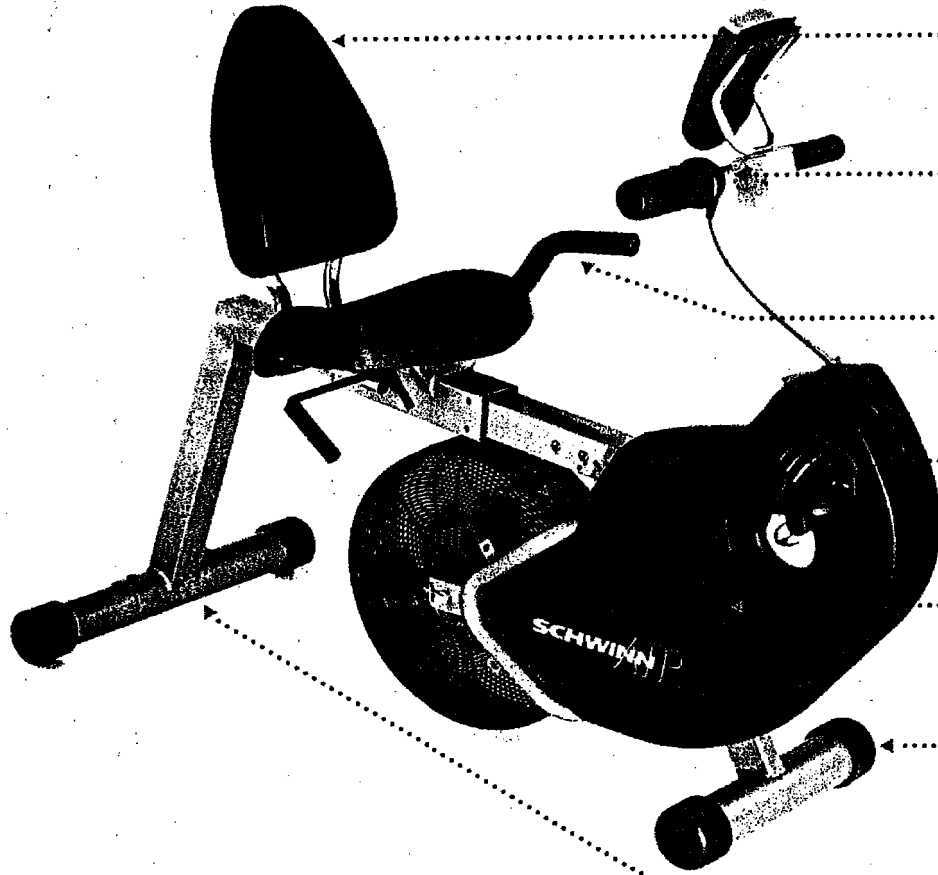


AIRDYNE®
BACKDRAFT™
RECUMBENT BIKE



FEATURES AND BENEFITS



On-Board Computer

Obtain immediate feedback regarding your fitness progress - includes manual mode plus three pre-programs



Ergonomic Seat Design

Quick-adjusting, ergonomic seat accommodates riders of all body sizes and leg lengths while providing maximum comfort



Five-speed Resistance Shifter

Twist-grip style, handlebar resistance shifter provides multiple workout intensity levels



Padded Handlebars

Comfortably padded grips in two locations, ensure extra stability and ease-of-use



Airdyne® Evolution™ Fanwheel

Patented, compact fanwheel provides air resistance and more controlled air flow to the user, along with easy "step-over" design



Second Stage Belt-drive

Super-torque woven drive belt ensures a smooth and quiet ride



Built-In Transport Wheels

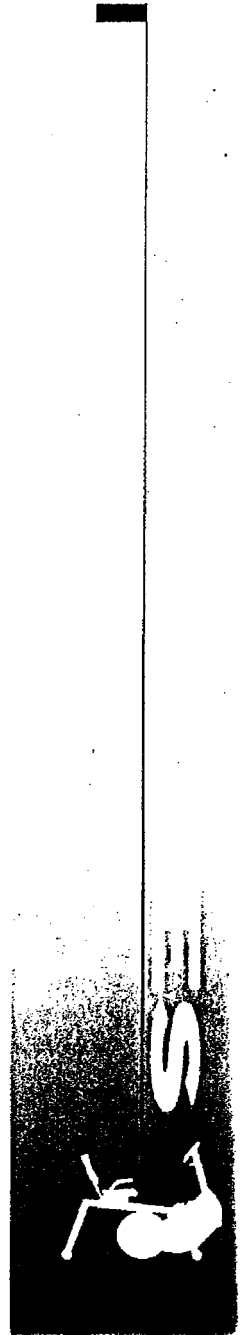
Make it simple to move the bike across any flat surface



Serial Number

Located on underside of base frame

These products are intended for commercial and residential use.



CONGRATULATIONS!

Thank you for making the Schwinn Airdyne® Backdraft™ Recumbent Bike a part of your exercise and fitness activities. For years to come, you'll be able to rely on Schwinn craftsmanship and durability as you pursue your personal fitness goals.

The Airdyne Backdraft Recumbent Bike should enable you to shape and monitor your workouts to:

- ▲ Increase your energy level
- ▲ Increase cardiovascular and aerobic fitness
- ▲ Increase lower body muscle strength
- ▼ Decrease your overall percentage of body fat

Whether you are just getting started in an exercise program or are already in good shape, the Airdyne Backdraft Recumbent Bike is designed to be an efficient, easy and fun way to achieve an enhanced level of fitness. You can exercise your way to a slimmer and healthier body. The on-board digital computer enables you to accurately monitor your progress by tracking time, distance, mets, watts, calories, RPMs, workload level and optional heart rate.

This Owner's Manual contains all the information you need to operate and enjoy your Airdyne Backdraft Recumbent Bike. Also included are general fitness guidelines. Please read this Owner's Manual in its entirety before getting onto the Airdyne Backdraft Recumbent Bike and working out. So let's get started.

Take your time and have fun!

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FITNESS SAFEGUARDS

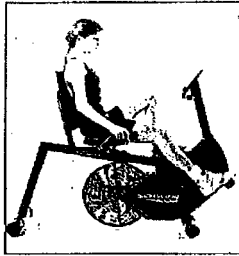
Before starting any exercise program, consult with your physician or health professional. He or she can help establish the exercise frequency, intensity (target heart rate zone) and time appropriate for your particular age and condition. If you have any pain or tightness in your chest, an irregular heartbeat, shortness of breath, feel faint or have any discomfort while you exercise, STOP! Consult your physician before continuing.

HOW TO USE THE AIRDYNE® BACKDRAFT™ RECUMBENT BIKE

■ Seat adjustment

Proper seat adjustment helps ensure maximum exercise efficiency and comfort, while reducing the risk of injury.

1. Place one pedal in the forward position, and center the ball of your foot over the center of the pedal. Your leg should be slightly bent at the knee (Fig. 1).
2. If your leg is too straight or your foot cannot touch the pedal, you will need to move the seat forward. If your leg is bent too much, you will need to move the seat backward.



3. Loosen the seat adjustment handle below the right side of the seat by pushing down (Fig. 2). Slide the seat forward or backward to the desired position. When the seat is in the desired position, tighten the seat adjustment handle by pulling up. Try several seat locations to find the most comfortable position.

■ Foot positioning

Make sure to keep the ball of each foot on the pedals. Your legs should be slightly bent at the knee in the most extended position (Fig. 3). Point your toes and knees directly forward to ensure pedaling efficiency.



■ Lower body workout

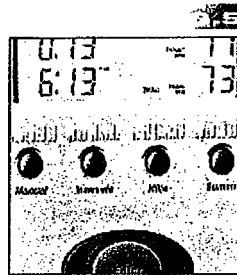
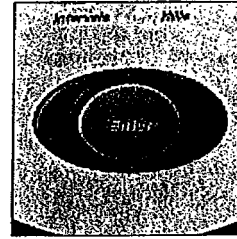
Once you are in position and sitting comfortably, slowly begin pedaling, with your hands resting on the hand grips next to the seat. Note: The handlebars next to the computer console are used for mounting and dismounting only.



Pedal at an easy pace and low resistance until you feel secure and comfortable. Then try experimenting with the range of resistance levels available using the twist-grip style shifter located on the right handlebar. Simply grasp the shifter and rotate clockwise (away from your body), for the easiest setting. Then, each time you rotate the shifter counter-clockwise, the resistance setting will get progressively more difficult. There are five levels of resistance available using the twist-grip shifter.

■ Getting started

1. To activate the computer, simply begin pedaling or press any button.
2. You will be prompted to select either English or Metric. Press the UP button for English or the DOWN button for Metric. Then press the ENTER button (Fig. 4).
3. You will be prompted to set the ELEVATION of your location. Change the displayed setting by pressing the UP or DOWN buttons and then press the ENTER button. Note: Steps 2 and 3 only apply on initial startup and after a battery change.
4. You will be prompted to select a PROGRAM MODE. Press one of the four program buttons (Fig. 5).
5. You will be prompted to enter your body WEIGHT. Change the default setting of 150 lbs. or the last entered weight by pressing the UP or DOWN buttons. Then press the ENTER button.
6. You will be prompted to enter your ability LEVEL. Use the UP and DOWN buttons to make your selection, then press ENTER.
7. You will be prompted to enter your workout TIME. Use the UP and DOWN buttons to make your selection, then press ENTER and begin your workout.

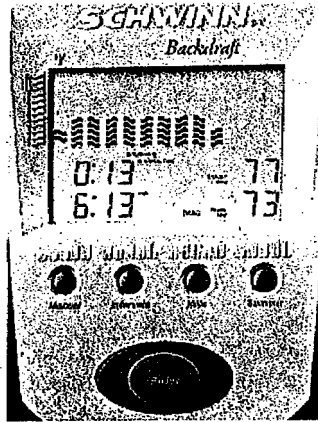


If you choose the Manual program, the graphic "brick" display shows your LEVEL in the left column. At 30 second intervals an average of that period is scrolled to the right column, giving you a running graphic profile of your workout. If you choose Intervals, Hills or Summit, you are prompted based on the LEVEL you chose, and the profile of the course, to maintain a target RPM. The left hand "brick" column will show the current LEVEL profile. The right hand columns show the upcoming course profile. The course scrolls to the left as you ride. If you are within \pm two RPM of the target RPM, no bricks will flash. If you are above or below the target RPM range, a brick will flash showing your current level. Your actual RPM is shown in the window below the target RPM window.

FITNESS SAFEGUARDS

- Failure to follow any of these safeguards may result in injury or serious health problems.
- Do not place fingers or any other objects into moving parts of the exercise equipment.
 - Keep children and pets away from the AirDyne Backdraft Recumbent Bike. A child's curiosity may result in injury. Do not allow children to use the AirDyne Backdraft Recumbent Bike. The machine is designed and intended for adults, not children.
 - Never turn pedal crank arms by hand. To avoid entanglement and possible injury, do not expose hands or arms to the drive mechanism.
 - Warn bystanders to keep a safe distance. Do not allow anyone to touch the bike while it is in operation.
 - CAUTION: DISMOUNT THE AIRDYNE BACKDRAFT BIKE ONLY AFTER THE PEDALS HAVE COME TO A COMPLETE STOP.

HOW TO USE THE AIRDYNE® BACKDRAFT™ COMPUTER

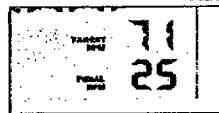
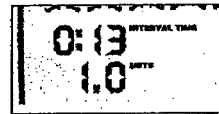
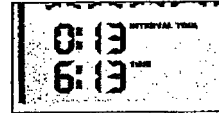
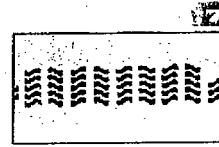


The on-board computer features multi-feedback functions and easy-to-read LCD to keep track of your workout performance and progress (Fig. 6). By taking a few moments to fully understand the computer operation and functions, you will get more pleasure, motivation and value from your Airdyne Backdraft Bike workouts. It's really very easy.

The bike computer keeps track of a variety of feedback functions. When the SCAN mode is on, the computer will continuously scan through Time, Mets, Level, Watts, Distance and Calories. Target RPM and RPM are displayed continuously. If an optional heart rate monitor is used, the heart icon will flash and the Pulse display will alternate with the Target RPM display. You can choose to continuously scan through the different functions or HOLD on any one function (see SCAN on page 7 for more information).

Review the *Getting Started* sequence described on pages 4 and 5, in order to begin your workout by entering your personalized data into the computer. Entering the correct user weight and elevation will enable most accurate display of feedback. You will select either Manual mode or one of the three pre-programs - Intervals, Hills or Summit. The workout profile of your selection will appear in the Program Window. As you complete each Interval of the workout, that column of "brick" icons will disappear to show your progress (Fig. 7).

The Interval Time display counts down the time to the next RPM change. This is prompted via the Target RPM display.



The Backdraft computer keeps track of the following functions:

■ **Time** — In Program Mode, TIME is automatically a count down function. When you choose one of the three programs, the clock defaults to a minimum eight minute program. In Manual mode, TIME can be entered as a count up or count down function. If you simply press enter, the clock will begin counting up from 0:00. To select the count down function, use the UP or DOWN buttons to enter your preferred workout time and then press ENTER. The clock will then count down to zero (Fig. 8).

■ **Mets** — The METS feedback function keeps track of the approximate energy you are expending based on level and weight (Fig. 9).

■ **Level** — The LEVEL feedback function displays your workload based on your actual pedal RPM (Fig. 10).

■ **Watts** — The WATTS feedback function keeps track of the approximate energy required to pedal the machine (Fig. 11).

■ **Distance** — The DISTANCE feedback function displays the approximate miles ridden, based on number of pedal revolutions (Fig. 12).

■ **Calories** — The CALORIES feedback function displays your approximate calories burned during your workout.

■ **Target RPM** — TARGET RPM is based on the level and gear chosen. There is no TARGET RPM when Manual mode is chosen (Fig. 13).

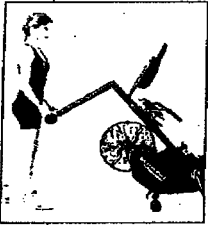
■ **RPMs** — The RPMs feedback function keeps track of your pedal speed in revolutions per minute, and is used to match the TARGET RPM. RPMs are displayed continuously (Fig. 13).

■ **Scan** — On start up, the computer automatically goes into SCAN mode. To exit SCAN, press the DOWN button. To return to SCAN, Press the UP button.

■ **Pulse (optional external module)** — When the PULSE option is used, the heart icon will turn on whenever a heart beat is detected. In SCAN mode, the PULSE display alternates with the TARGET RPM display.

NOTE: The pulse function will operate only when the optional Pulse Module is installed. This plug-in cartridge is available in either telemetric chest strap or ear clip versions and can be purchased from an authorized Schwinn dealer.

AIRDYNE® BACKDRAFT™ RECUMBENT BIKE MAINTENANCE



■ Moving your AirDyne Backdraft Bike

To move the Backdraft Bike, carefully lift the rear end of the bike and steer it to another location. Be gentle while moving the unit as any sharp impact directly or indirectly to the computer can affect operation (Fig. 14).

■ Installing new computer batteries

Your AirDyne Backdraft computer comes complete with fresh batteries already installed. Signs that battery power is low include: fading LCD display; erratic function; or failure to turn on when any button is pushed or when the pedals are put into motion. To install new AA batteries, just pop open the battery door in the back of the computer (Fig. 15).



■ Adjusting the drive chain or belt tension

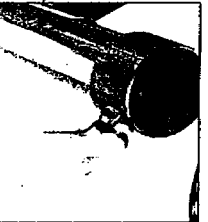
The drive chain and belt tension on your Backdraft Bike has been factory adjusted. It should not require any immediate attention. If it does need further adjustment at any point in time, contact your authorized Schwinn dealer.

■ Fanwheel alignment

The fanwheel alignment on your Backdraft Bike has been factory adjusted. It should not require any immediate attention. If it does need further adjustment at any point in time, contact your authorized Schwinn dealer.

■ Leveling your AirDyne Backdraft Bike

The AirDyne Backdraft Bike can be leveled to compensate for uneven surfaces. To level the bike, raise or lower the two leveling bolts located on the underside of the rear stabilizer by screwing them in or out as needed (Fig. 16).



■ Maintenance

Use a damp cloth to wipe your AirDyne Backdraft Bike and computer free of sweat. **IMPORTANT:** To avoid damaging the finish on your AirDyne Backdraft Bike and computer, never use a petroleum-based solvent when cleaning. Avoid getting excessive moisture on the computer.

PRINCIPLES OF ENDURANCE EXERCISE

■ Exercise selection

Effective endurance exercise is continuous, involving larger muscle groups like your legs. In addition to your AirDyne Backdraft Recumbent Bike workout, other good endurance exercises are cycling, walking, jogging, swimming and cross-country skiing.

■ Exercise frequency

Endurance exercise done regularly is most effective. Four to six times per week is best. Three separate sessions per week is generally considered the minimum needed for results.

■ Exercise duration

Twelve to fifteen minutes is commonly considered the daily minimum. Exercising more than thirty minutes will usually not produce substantial incremental weight loss. For the extra effort put forth, you may realize only a slight increase in additional caloric expenditure. If you want to exercise more, try splitting your workout into two sessions.

■ Exercise intensity

For maximum benefit, exercise at 60%-75% of your maximum heart rate is generally recommended. Exceeding 75% of your maximum heart rate is unlikely to deliver any substantial cardiovascular benefits.

■ Exercise progression

As your cardiovascular fitness improves, you'll find yourself working harder to reach 60%-75% percent of your maximum heart rate. That's due to your body's increased ability to perform with less effort.

FITNESS SAFEGUARD

Do not dismount your AirDyne Backdraft Recumbent Bike until the pedals have come to a complete stop.

THE BENEFITS OF ENDURANCE EXERCISE

Feel better, look better, and stay healthy

Looking and feeling better, and maintaining good health are all benefits of being physically fit, and endurance exercise can have a tremendous impact on your overall physical fitness and health. In fact, most doctors support the notion that good fitness can delay or even prevent health problems.

When you maintain physical fitness, you provide your body with added energy to tackle your daily routine. And, heightened energy levels give you the ability to take on more activity. Fitness aids in positive self-image and helps you to feel good about yourself.

Gaining fitness involves several aspects of conditioning, specifically those detailed in the following components of fitness.

COMPONENTS OF FITNESS

Fitness can be broken into five simple components. Each component can be improved through specific activities. The primary focus of any fitness program should be cardiovascular conditioning – a big benefit of exercising on the AirDyne BackDraft Recumbent Bike.

■ **Cardiovascular endurance** – Your heart's and lungs' ability to deliver oxygen and essential nutrients to exercising muscles over a period of time.

■ **Muscle strength** – The maximum force you can exert at one time. It is developed by working a particular muscle against resistance.

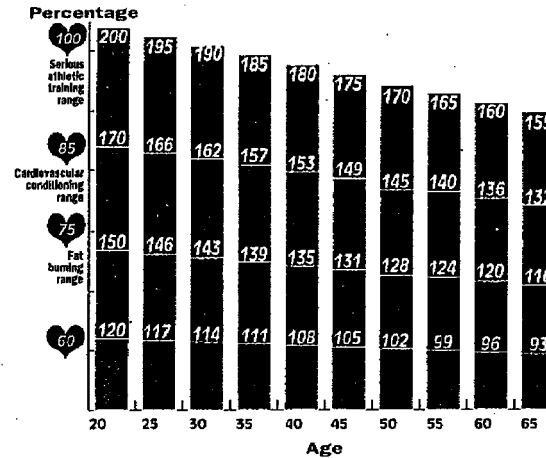
■ **Muscle endurance** – Your ability to perform repeated muscle contractions. This is what you need for endurance sports like cycling, running and cross-country skiing.

■ **Body composition** – Your ratio of body fat to your body weight. Improving muscle strength and aerobic conditioning will burn calories and help reduce your percentage of body fat.

■ **Flexibility** – Your body's ability to move smoothly through a full range of joint motion. This is best developed by gentle, regular stretching.

TARGET HEART RATE ZONE

To derive the greatest cardiovascular benefits from your exercise time, it is important to work within your target heart rate zone. The American Heart Association (AHA) defines this target as 60%-75% percent of your maximum heart rate.



Your maximum heart rate may be roughly calculated by subtracting your age from 220. For example, the maximum heart rate for an average 40 year-old is 180 bpm. The target heart rate zone is 60%-75% of 180 or 108-135 bpm. See Fitness Safeguard below.

Note: To take your pulse, locate the artery inside your wrist or on the side of your neck below your jaw. Count the beats for ten seconds, then multiply by six.

During your first several months of exercising, the AHA recommends aiming for the lower part of the target heart rate zone – 60%, then gradually progressing up to 75%.

According to the AHA, exercising above 75% of your maximum heart rate may be too strenuous unless you are in top physical condition. Exercising below 60% of your maximum will result in minimal cardiovascular conditioning.

Check your pulse recovery rate – If your pulse is over 100 bpm five minutes after you stop exercising, or if it's higher than normal the morning after exercising, your exertion may have been too strenuous for your current fitness level. Rest and reduce the intensity next time.

FITNESS SAFEGUARD

The target heart rate chart indicates average rate zones for different ages. A variety of different factors (including medication, emotional state, temperature and other conditions) can affect the target heart rate zone that is best for you. Your physician or health care professional can help you determine the exercise intensity that is appropriate for your age and condition.

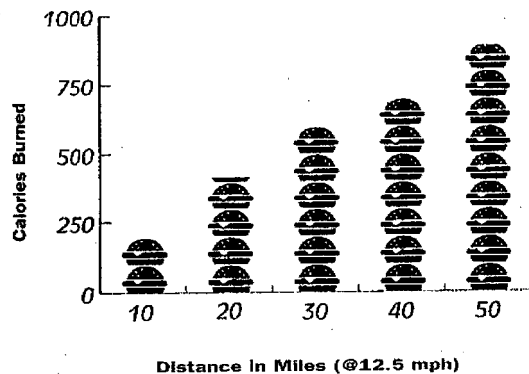
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MEASUREMENTS OF WORK

■ Calories

A measurement of the energy your body derives from food and expends through exercise and other physical activity. The Airdyne BackDraft Recumbent Bike computer measures approximate calories burned based on a 155 lb. man. If you weigh more or less than 155 lbs., your calorie burn rate may be more or less than shown on the computer.



SIGNALS OF OVER-EXERTION

The design of the Airdyne BackDraft Recumbent Bike helps you to work out comfortably and effectively.

The following conditions are warning signs of over-exertion. If you experience any of these, STOP and consult your doctor.

- Excessive perspiration or cold sweat
- Tightness in the throat, chest or arms
- Breathlessness (you should be able to talk while you exercise)
- Fluttering or palpitations in the chest
- Turning pale
- Turning blue at the lips or fingertips
- Dizziness, fainting or light-headedness
- Nausea or vomiting
- Sudden, very slow or irregular pulse
- Inability to breathe normally 10 minutes after exercise
- Failure of pulse to return to normal 5-10 minutes after exercise
- Higher than normal resting heart rate

EXERCISE SUGGESTIONS

Many different factors affect physical performance. These tips can help you exercise comfortably so that you can realize the greatest benefits.

- Exercise before meals rather than after. Digestion results in an increased heart rate and decreased cardiovascular efficiency.
- Avoid alcohol and caffeine, as they increase your heart rate. If you smoke, consider quitting for better lung capacity.
- Modify your exercise to accommodate environmental factors, particularly heat and elevation. High temperatures and humidity result in an increased heart rate and decreased cardiovascular efficiency. At temperatures above 80°F and humidity above 90%, the body's cooling mechanisms are more active - making your workout potentially more difficult.
- Use care when exercising at high elevations (over 5,000'). The effects of exercise are intensified, particularly if you are not acclimated to a higher elevation.
- If you are unable to maintain a smooth and steady pace, the workload is probably too great. Slow down.

SETTING GOALS

If your focus is general fitness, the Airdyne BackDraft Recumbent Bike can help you achieve both cardiovascular conditioning and muscle strengthening. If weight loss is a goal, combine a regular BackDraft bike workout with a careful diet.

FITNESS SAFEGUARDS

Before you begin your exercise program, consult your physician or health care professional.

If you feel any unusual pain, shortness of breath, or dizziness, STOP.

THE F.I.T. WORKOUT SYSTEM

The "F.I.T." system consists of three variables that affect the quality of a workout: **Frequency, Intensity and Time.**

Frequency - How Often You Exercise

To achieve improvement in your cardiovascular and muscle endurance fitness you should exercise three to six times per week. Less frequent exercise will result in minimal benefit.

Intensity - How Hard You Exercise

Exercise intensity is measured by monitoring your heart rate while active. Exercise must be sufficiently rigorous to stress your cardiovascular system.

Time - How Long You Exercise

In general, the longer you are able to sustain exercise within your target heart rate zone, the greater the aerobic benefits.

	FREQUENCY	INTENSITY	TIME
Beginning Fitness Program	3-6 DAYS/WEEK	60-65% MAXIMUM HEART RATE	3-5 MINUTES
Establishing Aerobic Fitness	3-6 DAYS/WEEK	60-75% MAXIMUM HEART RATE	20-30 MINUTES
Maintaining Aerobic Fitness	3-6 DAYS/WEEK	60-75% MAXIMUM HEART RATE	20-30 MINUTES
Managing Weight	3-6 DAYS/WEEK	60-75% MAXIMUM HEART RATE	30-45 MINUTES

The F.I.T. Chart outlines programs for various long-term goals and your current physical condition. The recommendations in each category indicate ranges rather than absolute figures. You should make modifications to accommodate your unique requirements.

Suggestions to help achieve your weight management goal:

- Consume most of your dietary calories at breakfast and lunch; eat a light dinner. Do not eat heavy, high-fat foods close to bedtime.
- Exercise before meals. Moderate exercise may actually help suppress appetite.
- Regular exercise helps to increase your caloric expenditure.

AIRDYNE BACKDRAFT RECUMBENT BIKE MAINTENANCE



■ Moving your Airdyne BackDraft Bike

To move the BackDraft bike, carefully lift the rear end of the bike and steer it to another location. Be gentle while moving the unit as any sharp impact directly or indirectly to the computer can affect operation (Fig. 14).

■ Installing new computer batteries

Your Airdyne BackDraft computer comes complete with fresh batteries already installed. Signs that battery power is low include: fading LCD display; erratic function; or failure to turn on when the POWER button is pushed or when the pedals are put into motion. To install new A-76 batteries, just pop open the battery door in the back of the computer (Fig. 15).



■ Adjusting the drive chain or belt tension

The drive chain and belt tension on your BackDraft bike has been factory adjusted. It should not require any immediate attention. If it does need further adjustment at any point in time, contact your authorized Schwinn dealer.

■ Fanwheel alignment

The fanwheel alignment on your BackDraft bike has been factory adjusted. It should not require any immediate attention. If it does need further adjustment at any point in time, contact your authorized Schwinn dealer.

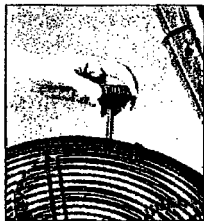


■ Leveling your Airdyne BackDraft Bike

The Airdyne BackDraft Bike can be leveled to compensate for uneven surfaces. To level the bike, raise or lower the four leveling bolts located on the underside of the legs by screwing them in or out as needed (Fig. 16).

■ Locking your Airdyne BackDraft Bike

A locking device has been provided to prevent the drive mechanism from rotating accidentally. To lock the BackDraft, rotate the knob on the fan cage clockwise until the stop engages the fanwheel. It is now securely locked in place (Fig. 17). To unlock the bike, rotate the knob counter-clockwise until the stop is completely clear of the fanwheel. NOTE: If you hear a clicking noise while exercising, make certain that the locking knob is completely unscrewed and clear of the fanwheel.



■ Maintenance

Use a damp cloth to wipe your Airdyne BackDraft Bike and computer free of sweat. IMPORTANT: To avoid damaging the finish on your Airdyne BackDraft Bike and computer, never use a petroleum-based solvent when cleaning. Avoid getting excessive moisture on the computer.

GUIDE TO MAINTENANCE

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Please complete for your records

Dealer _____

Dealer Address _____

City _____ State _____ Zip _____

Purchase Date _____

Model _____ Serial # _____

SCHWINN CYCLING & FITNESS INC. LIMITED WARRANTY

SCHWINN CYCLING & FITNESS INC. LIMITED WARRANTY FOR EXERCISER PRODUCTS

All Schwinn exerciser products are warranted to the retail purchaser to be free from defects in materials and workmanship.

Time period

Warranty coverage extends for the life of the product while owned by the original retail purchaser except:

1. Electronic components are covered for two years from date of original purchase.
2. Exerciser products sold for and used in a commercial or institutional setting are covered for two years from date of original purchase.

This warranty does not cover:

1. Any component on original equipment which carries a separate consumer warranty of the parts supplier.
2. Normal wear and tear.
3. Any damage, failure or loss caused by accident, misuse, neglect, abuse, improper assembly, improper maintenance, or failure to follow instructions or warnings in owners manual.
4. Use of products in a manner for which they were not designed.
5. Use of any product in other than a home or residential setting unless otherwise noted in the owners manual.

Limitations:

The foregoing warranties are in lieu of and exclude all other warranties not expressly set forth herein, whether express or implied by operation of law or otherwise, including but not limited to any implied warranties of merchantability or fitness. Schwinn shall in no event be liable for incidental or consequential losses, damages or expenses in connection with exercise products. Schwinn's liability hereunder is expressly limited

to the replacement of goods not complying with this warranty or, at Schwinn's election, to the repayment of an amount equal to the purchase price of the exerciser product in question.

Some states do not permit the exclusion or limitation of implied warranties or incidental or consequential damages, so the preceding limitations and exclusions may not apply to you.

Procedures:

Warranty service will be performed by Schwinn or the authorized Schwinn fitness dealer from whom you bought the product. Schwinn will have the option of either repair or replacement at no charge for any defective product. Transportation to and from the authorized Schwinn fitness dealer is the responsibility of the purchaser.

The following procedures will apply:

1. Schwinn will replace any exerciser frame that is structurally defective with a new frame or replace the unit with a unit of equal or greater value. Schwinn is not responsible for labor charges in replacing defective frames.
2. Schwinn will have the option to either repair or replace any other defective part or product. Dealer labor charges for installing replacement or repaired parts are not covered by this warranty.
3. If you elect to repair a defective product or part yourself or use the services of someone other than an authorized Schwinn fitness dealer, or if you use a replacement part not supplied by Schwinn, Schwinn will not be liable for any defects or damage caused by the use of such unauthorized service or parts.
4. See your authorized Schwinn fitness dealer for service or write the Technical Services Department, Schwinn Cycling & Fitness Inc., 1690 38th Street, Boulder, Colorado 80301-2602.
5. This warranty gives you specific legal rights and you may also have other rights which may vary from state to state. Effective July 1, 1994.

BIBLI WAR

RTS LIST

REFERENCE	DESCRIPTION	QUANTITY
	FRAME	x 1
	REAR FRAME	x 1
	SEAT	x 1
	SEAT BACK	x 1
	COMPUTER	x 1
	SENSOR WIRE (3 PIN)	x 1
	SENSOR WIRE (2 PIN)	x 1
	REAR STABILIZER	x 1
	HANDLEBAR STEM	x 1
	SEAT MOUNT TUBE	x 1
	SEAT LOCKING BAR	x 1
	SHIFTER	x 1
	PEDAL SET	x 1
	SPRING WASHER	Rx1 Lx1
	PHILIPS HEAD SCREW M5x12L	x 4
	SCREW COVERS	x 2
	COMPUTER BRACKET	x 4
	PLASTIC CAM BASE	x 1
	SEAT CAM	x 1
	WASHER	x 1
	SEAT CAM SCREW	x 4
	SNAP RING	x 2
	HANDLEBAR	x 1
	SPRING WASHER	x 18
	WASHER	x 18
	ALLEN BOLT M8x16L	x 4
	ALLEN BOLT M8x40L	x 4
	SCREW M4x22L	x 4
	HEX BOLT M8x16L	x 4
	HEX BOLT M8x20L	x 4
	ALLEN BOLT M8x16L	x 6
	END CAP	x 2
	LEFT GRIP	x 1
	NYLOCK NUT	x 4
	WASHER D13x24x2.0t	x 2
	WASHER D5.5x13x1.0t	x 2
	SPRING WASHER D5.5	x 2

