



SCHWINN®

Schwinn® A.C.™ and I.C.™ Series Group Cycle Bikes

OWNER'S MANUAL



A.C.™ Performance Plus Carbon Blue, Dark Gray



A.C.™ Performance Plus Carbon Blue, White
A.C.™ Performance Plus Chain, White



A.C.™ Sport Carbon Blue, White
A.C.™ Sport Chain, White



I.C.™ Pro20

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INTRODUCTION

This manual will acquaint you with the operation, safety, and maintenance of your Schwinn® group cycling bike.

- 100190-79 – A.C.™ Performance Plus Carbon Blue, Dark Gray
- 100190-25 – A.C.™ Performance Plus Carbon Blue, White
- 100189-25 – A.C.™ Performance Plus Chain, White
- 100188-25 – A.C.™ Sport Carbon Blue, White
- 100187-25 – A.C.™ Sport Chain, White
- 100182 – I.C.™ Pro 20

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

NOTE: The bikes shown in this manual are shown with the optional console that is a separate kit, and is not included with the bike.

WARNING – to reduce the risk of personal injury:

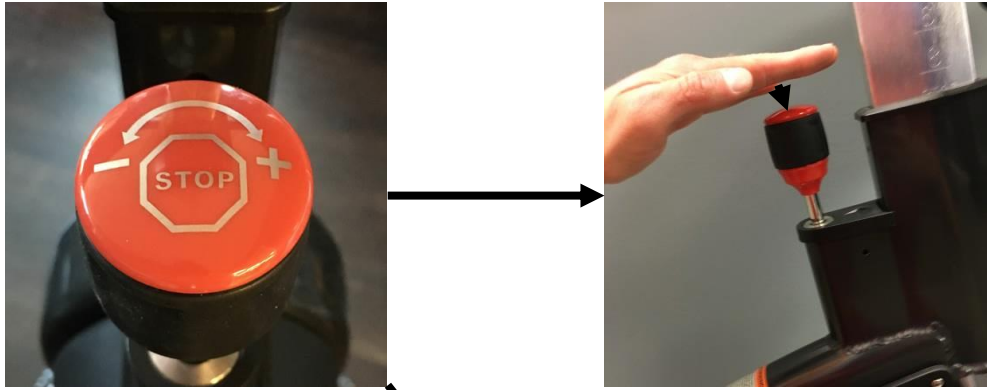
1. This equipment is designed for use in a commercial gymnasium or health club. To ensure the proper use of the equipment in a safe manner, all users of the equipment should read this manual before using the machine. This machine should be made a part of your club training program in order that the equipment is used by your members in as safe a 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 from their health care provider before beginning any exercise program.
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.
3. Assemble and operate the machine on a solid level surface. Position the machine with a minimum of 20 inches (0.5 meters) of clearance on all sides to allow for ease of mounting and dismounting. These dimensions are the recommended minimum distances. The actual area for access and passage is the responsibility of the facility and should take into account this training envelope and any other national or local codes or regulations.
4. Do not exceed the maximum allowable weight limit of 350 lbs. / 160 kg.
5. Use care when getting on or off the machine. Never remove your feet from the pedals while the pedals are still in motion. Prevent your feet from coming out of the toe clip or shoe cage by keeping shoe laces tucked in and foot straps pulled snug around your shoe. If your foot does become disengaged, push down on the resistance knob to stop the flywheel's motion.
6. 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.
7. Wear proper exercise clothing and athletic shoes during a workout. Avoid wearing loose clothing. Tie back long hair and keep towels away from the moving parts. Face forward at all times and never attempt to turn around while the machine is moving.
8. Ensure that adjustment knobs (seat height, seat fore-and-aft, and handlebar) are properly secured and do not interfere with range of motion during exercise.
9. Do not insert any object, hands or feet into any openings, or expose hands, arms or feet to the drive mechanism or other potentially moving part of the machine.
10. The bikes have a weighted flywheel and a fixed gear. This means that in order to stop, you must gradually slow your pedal strokes rather than stopping abruptly. If you do need to stop immediately, push down on the resistance knob (See pictures on page 6). Do not dismount the machine or remove your feet from the pedals until both the pedals and the flywheel have stopped completely. Failure to comply may lead to loss of control and serious injury.
11. After exercising, turn the resistance knob to increase resistance so the pedals will not rotate freely and potentially injure someone.
12. If at any time you feel dizzy or have difficulty breathing, gradually stop pedaling and carefully dismount the machine.
13. Listen to your body, ride at your own pace, and set your machine's resistance at the level that feels right for you.
14. Keep children and pets away from the machine whenever it's in use.

15. Never turn the pedal crank arms by hand.
16. Stay hydrated. Drink water throughout your ride as needed.
17. Always pedal with some resistance on the flywheel.
18. Stay in control by executing all core movements and hand positions at a slow pace before attempting to increase your speed. Do not attempt to ride the machine in a standing position at a high RPM until you have practiced at slower speeds.
19. Focus on form, posture and making smooth transitions between movements.
20. Do not use the machine without proper footwear. Never operate the machine with bare feet.

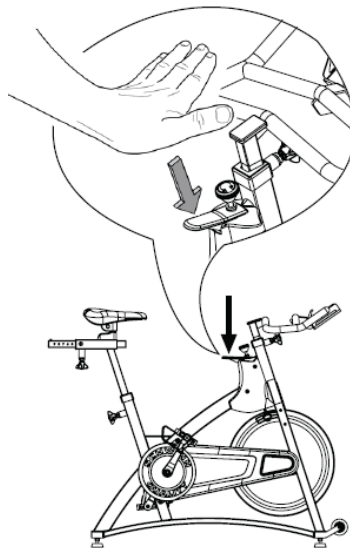
SAVE THESE INSTRUCTIONS

EMERGENCY STOP

Push down on red knob to stop flywheel



A.C.™ performance Plus and A.C.™ Sport



I.C.™ Pro20

SAFETY INSTRUCTIONS

This section includes precautions and fitness safeguards for the installation and use of the Schwinn® group cycling bikes. Please read this section carefully before installing or using your equipment.



CAUTION: Before using this product, it is essential to read this ENTIRE owner's manual and ALL Assembly Instructions. It describes equipment setup and instructs members on how to use it correctly and safely.

Precautions

These safety notes are directed to you as the owner of the equipment. Please train all your users and fitness staff to follow these safety instructions.

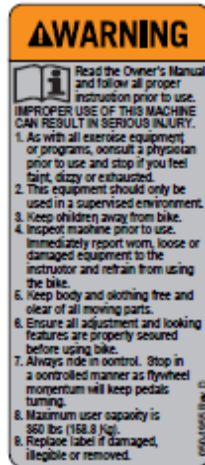
- Do instruct your members to obtain a medical exam before starting any exercise program. If at any time during exercise you feel faint, dizzy or experience pain, stop and consult your physician.
- Do read, understand and carefully follow all warnings, instructions and procedures on the machine and in this manual before use.
- Do use your machine only for its intended use, as described in this manual.
- Do set up the machine on a solid, level surface.
- Do inspect the machine for incorrect, worn or loose components and then correct, replace or tighten prior to use.
- Do stop operating your machine if you feel dizzy, faint or exhausted.
- Do use care when mounting or dismounting the machine, and make sure it is completely stopped before attempting to mount or dismount.
- Do perform regular preventive maintenance as instructed in the manual.
- Do reduce pedal/crank speed in a controlled manner – this unit is not equipped with a free-wheel.
- Do not let children operate your machine. Supervise invalids or disabled persons who use your machine.
- Do not exceed the maximum allowable user weight (350 lbs. / 160 kg).
- Do not use your machine without athletic shoes.
- Do not wear loose or dangling clothing while using the machine.
- Do not step or jump on or off the machine while it is in motion.
- Do not use this machine in damp or wet locations.
- Do not ever drop or insert any object, hands, or feet into any opening, or underneath this equipment.
- Do not place water bottles or cups on the machine unless you are using the designed holders.
- Do not use attachments or parts not recommended by the manufacturer.

BEFORE USING YOUR PRODUCT

Find and read the warning label on your Schwinn® bike (pointed out in the picture below) before using your bike. Be sure to replace the warning label if it is damaged, illegible, or missing. Contact customer support to order new labels.

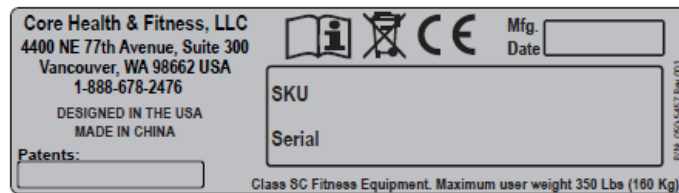
Label 1: Warning Label

Location: On the down tube



Label 2: Serial Number Label

Location: On the vertical down tube



TESTING EQUIPMENT AFTER ASSEMBLY

Use this checklist to perform the test procedure on all new units.

- Check all nuts and bolts and make sure they are all tightened to the proper torque specification (when indicated) in the Assembly Instructions, and verify that no parts are missing.
- Test the handlebar and seat post to make sure they move freely, and you are able to lock them in at different positions.
- Check the seat to make sure it is level and tight, and does not rotate around or tilt. Tighten and adjust as needed.
- Test the seat slide for movement front to rear, and check it by setting it at different settings.
- Adjust the seat post and handlebar post to your needs. Ride/test the machine for proper operation according to this owner's manual.
- Pedal the machine at a moderate pace, and test for proper and smooth resistance changes while varying the amount of turns on the resistance knob.

CAUTION: The flywheel will continue to spin after you pedal, and the crank arms and pedals will rotate with the flywheel.

Brake tension is adjustable using the red resistance knob in the front of the machine. Pressing down on the knob will apply the brake if you need to stop quickly.

- When you have completed testing the machine, tip the it forward using the handlebars, roll it on a smooth surface to the final location where it will be used, and adjust the leveling feet so the machine is stable.

OPERATING INSTRUCTIONS

This section provides the instructions for making seat adjustments, handlebar adjustments, pedal strap adjustments, and for controlling resistance.

PLEASE NOTE: In a club setting, each user be properly fitted on the bike by a certified indoor cycling instructor.

Seat and Handlebar Adjustments

The I.C.™ Pro20 offers vertical adjustments of the seat and handlebar, and horizontal adjustment of the seat. The A.C.™ Performance Plus and A.C.™ Sport models offer vertical adjustments of the seat and handlebar, and horizontal adjustments of the seat and handlebar.

To adjust the seat height:

Dismount the bike. Turn the seat height pop-pin counterclockwise and pull out on the pin to release it from its current preset location. Raise or lower the seat to the desired height, then gently release the pop-pin. Raise or lower the seat slightly, if necessary, until the pop-pin engages a preset hole, turn the pop-pin clockwise to secure. Be sure to tighten firmly.



A.C.™ Performance Plus and I.C.™ Pro20



A.C.™ Sport

To adjust the seat horizontal position:

Dismount the bike. Loosen the seat fore/aft adjustment knob by turning the knob counterclockwise. Move the seat forward or back to the desired position and then tighten the knob by turning clockwise. The A.C.™ Performance Plus uses micro adjustments. The knob only needs to be loosened slightly to allow the seat to slide. Be careful not to fully unscrew the knob. Once the desired position is reached, tighten the knob.

The A.C.™ Sport and I.C.™ Pro20 use pop pin adjustments. As with the vertical pop pin adjustments, loosen the knob completely, pull the knob out, and slide the seat. Once desired position is reached, reengage the pop pin and tighten the knob. The A.C.™ Sport uses only three horizontal adjustment positions: +, 0, and -. The I.C.™ Pro20 has 9 adjustment positions.



A.C.™ Performance Plus



A.C.™ Sport and IC Pro20

To adjust the handlebar height:

Loosen the handlebar height knob by turning the knob counterclockwise. Pull the pop pin out and raise or lower the handlebar to the desired height, then reengage the pop. Be sure to tighten firmly.



All Models

To adjust the handlebar horizontal position on the A.C.™ Performance Plus and A.C.™ Sport:

The A.C.™ Performance Plus uses micro adjustments. The knob only needs to be loosened slightly to allow the seat to slide. Be careful not to fully unscrew the knob. Once desired position is reached, tighten the knob.

The A.C.™ Sport and IC Pro20 use pop pin adjustments. As with the vertical pop pin adjustments, loosen the knob completely, pull the knob out, and slide the seat. Once desired position is reached, reengage the pop pin and tighten the knob. The A.C.™ Sport has three horizontal handlebar adjustment positions: +, 0, and -.



A.C.™ Performance Plus



A.C.™ Sport

Pedal Strap Adjustment

To adjust the pedal straps:

Place the balls of your feet securely in the toe cages, with the balls of your feet (generally the widest part of your shoes) directly over or slightly ahead of the center (axle) of the pedals. As you pedal, concentrate on keeping feet flat, which enables a more powerful pedal stroke. The front of the shoe may not completely fill the toe cage. Follow the steps shown in the pictures below to thread the pedal strap through the clamp and to snug the and secure the strap.

Note: The pedal straps should be adjusted to hold the foot snugly in the pedal.



Resistance Control

Pedaling resistance is controlled by the resistance knob. Resistance adjustments can be made while riding to vary the intensity of your workout. To increase resistance, turn the push brake system knob clockwise (+); to decrease resistance, turn the knob counterclockwise (-).

⚠ WARNING. IN CASE OF AN EMERGENCY, YOU MAY PUSH DIRECTLY DOWN ON THE PUSH BRAKE SYSTEM KNOB TO BRING THE FLYWHEEL TO AN ABRUPT AND CONTROLLED STOP.



Bike Setup

Proper bike setup gives you a more comfortable ride and reduces your risk of injury.

Seat Height

Position the seat height so that when the crank arm is at the 6 o'clock position (pedal at the bottom of the pedal stroke), and the sole of your foot is parallel to the ground, there is a 27 to 37 degree bend in your leg, as shown to the below.



Seat Fore/Aft Position

Once the proper height has been achieved, adjust the seat forward or back so that when the feet are in the 3 o'clock and 9 o'clock positions, the forward knee should be approximately in line or slightly ahead of the pedal axle as shown. A plumb line or laser can be used to more accurately determine knee position over the pedal axle. Recheck the seat height again after making the fore/aft adjustment, as moving the seat forward and backward can affect the seat height.



Handlebar Height

Handlebar height is based largely on rider comfort. Less experienced riders and riders with back issues or discomfort will generally prefer a higher handlebar position. Experienced riders with good flexibility in their back will prefer a much lower, more aggressive handlebar position.

Handlebar Fore/Aft Position

Handlebar fore/aft position should be set so that your back is flat and there is a slight bend in your elbows when you are in a normal, seated riding position. Riders should always avoid positions that require them to round their shoulders or lock their elbows.

Foot Position

Place the balls of your feet securely in the toe cages, with the balls of your feet (generally the widest part of your shoes) directly over or slightly ahead of the center (axle) of the pedals. As you pedal, concentrate on keeping your feet flat, which enables a more powerful pedal stroke. The front of the shoe may not completely fill the toe cage.

TRAINING INFORMATION

This section will provide very basic information regarding the structure of an indoor cycling workout.

IMPORTANT: User should be aware of the features, functions and proper operation instructions of the bike *before* using the bike for the first time.

Before Beginning

Be sure the seat, handlebar and pedal straps are properly adjusted for your body size and comfort before beginning your workout. Consult your physician before beginning this or any other exercise routine. Discontinue any exercise that causes you discomfort and consult a medical expert.

Warm-Up

Once you are in position and sitting on the bike with your hands in a comfortable position on the handlebar, slowly begin pedaling. A gradual warm-up prepares the muscles and cardiovascular system for a more intense workout, and helps prevent potential injuries from occurring. Your warm-up should be sufficient once your breathing rate begins to increase and you begin to perspire lightly. The warm-up period should last about five minutes.

Work Out

A brisk and rhythmic workout will train the muscles and cardiovascular system to perform at a higher efficiency. The key is to exercise aerobically; typically at 60% – 75% of your maximum heart rate.

Cool-Down

Slow and relaxed activity after a workout allows the muscles and cardiovascular system to gradually return to a resting level.

Dismounting the Bike

⚠ WARNING: The flywheel momentum of the bike will keep the pedals turning even after the user stops pedaling, or in the event the user's feet slip off the pedals. **DO NOT DISMOUNT THE BIKE OR REMOVE YOUR FEET FROM THE PEDALS UNTIL BOTH THE PEDALS AND THE FLYWHEEL HAVE STOPPED COMPLETELY.** Failure to comply may lead to loss of control and serious personal injury.

You may stop the bike using ANY of the following methods:

- Pedal more slowly until the pedals come to a complete stop.
- Increase the resistance by turning the push brake system knob clockwise (+) until the pedals come to a complete stop.
- Push down on the push brake system knob until the pedals come to a complete stop.

MAINTENANCE

Why Maintenance

A regular preventative maintenance schedule with all fitness equipment ensures that products are working at an optimal condition without affecting the end user exercise experience. To assist in the maintenance regiment, it is recommended to break service into daily, weekly, and monthly intervals. Details on each interval can be found in the “Preventative Maintenance” section of this document. NOTE: Detailed information on how to do maintenance on Schwinn bikes can be accessed on the Schwinn support website at support.schwinnequipment.com

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 (Table 1) available when performing maintenance.

Table 1. Tool List

Tool	Purpose
Crank Puller	Removing cranks & pedals
Metric Allen (Hex Key) Wrench Set	Tightening or removing various hex head screws throughout the product.
Metric Sockets Set	Tightening or removing various hex nuts used throughout the product.
Metric Open Wrench Set	Tightening or removing various hex nuts used throughout the product.
Square Drive Ratchet Wrenches	To use in conjunction with hex head and or hex socket sets.
Torque Wrench	Tightening various critical bolts throughout the product to specific torque specifications.
Phillips Head Screwdriver Set	Tightening or removing various Phillips head screws used throughout the product.
Flat Head Screwdriver Set	Prying off specific shrouds from wedged locations.
Belt Tension Measuring Device (e.g. a Kriket)	For measuring belt tension

Moving & Leveling

To move the bike to a new location:

Lift the bike from the rear and use the front wheels (located on the front leg, below the handlebar) to roll the bike from one location to another.

To level the bike:

Use the four leveling adjusters (located on the underside of the front and rear legs) to compensate for uneven floor surfaces.

Preventive Maintenance

Perform regularly scheduled preventive maintenance in order to maintain equipment in serviceable condition.

Note: Pedals are wear items that need to be inspected routinely and replaced at least every 2 years.

Table 2. Maintenance Schedule

	Daily	Weekly	Monthly	Notes
Wipe down and clean	X			Wipe and clean any part of the bike where sweat can settle, including: <ul style="list-style-type: none"> • Handlebar, slider, post • Seat, slider, post • Flywheel • Stabilizer legs • Chain/belt guards • Pop pins • Brake knob assembly NOTE: Never use abrasive or petroleum-based liquids to clean the bike.
Inspect for loose assemblies, nuts, and bolts		X		Tighten any loose items found
Inspect pedals		X		Verify that pedal bolts are tight after the first 10 hours of use and every 100 hours of use thereafter. Inspect NOTE: Pedal-to-crank-arm bolt torque is 33-37 ft-lbs IMPORTANT: 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.
Check flywheel alignment		X		Tighten flywheel nuts as necessary.
Check for proper chain tension		X		Stand on pedals with crank arms at 3 and 9 o'clock. Hold down the emergency brake and see if there is movement in the crank arms. If there is backlash, then tension the chain according to the instructions in the Schwinn® Technical Manual, which can be downloaded from www.support.schwinnequipment.com .
Check for rust			X	Use a small wire brush to remove rust build up.
Lubricate the chain			X	Use chain lubricant to lubricate the chain. The chain lubricant hole in the back of the outer chain guard provides access for a thin nozzle attachment.
Inspect seat for wear			X	Rips, tears, or excessive movement indicates the seat needs to be replaced.
Inspect pedals			X	Excessive side-to-side movement or bearing resistance indicates the pedals needs to be replaced.
Tighten seat hardware			X	
Inspect and tighten pedal toe clips and shoe straps			X	
Inspect leveling feet			X	
Clean and seal frame			X	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.
Lubricate horizontal and vertical seat sliders			X	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 select hardware stores. Apply a layer using a cloth and clean up excess.
Inspect welds for any signs of cracking			X	

CONTACT INFORMATION

Manufacturer

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

Customer Support

Contact your local distributor, or Core Health & Fitness directly at:

1-800-503-1221
Support@corehandf.com

Please supply the serial number of your machine and the date of purchase when you call. Use the space in the boxes below to write down this information. To find the serial number on your machine, refer to the Safety Warning Label information page.

Please record the following information for future reference.

Serial Number
Date of Purchase