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Nautilus R618

Nautilus R618 Recumbent Bike User Manual

Brand: Nautilus | **Model:** R618

INTRODUCTION

The Nautilus R618 Recumbent Bike is designed for individuals seeking a high-performance cardio workout experience. This manual provides essential information for the safe and effective assembly, operation, maintenance, and troubleshooting of your recumbent bike. Please read this manual thoroughly before using the equipment.

1. SETUP

1.1 Assembly

For detailed assembly instructions, please refer to the dedicated Installation Manual (PDF) provided with your product or available for download. Ensure all components are present and undamaged before beginning assembly.

Note: Professional assembly is recommended if you are unfamiliar with fitness equipment setup.

1.2 Placement and Leveling

Place the recumbent bike on a flat, stable surface. Ensure adequate clearance around the unit for safe operation and maintenance. Use the adjustable levelers located on the base of the bike to stabilize the unit and prevent wobbling during use.



Figure 1: Nautilus R618 Recumbent Bike in a typical home environment. This image illustrates the overall design and footprint of the bike, suitable for indoor use.

2. OPERATING INSTRUCTIONS

2.1 Console Overview

The Nautilus R618 features an Adjustable Sight Line console with dual blue backlit screens, designed for optimal visibility of your workout metrics. The console provides access to various programs, resistance controls, and performance data.



Figure 2: Close-up view of the Nautilus R618 console. This image highlights the dual backlit displays, control buttons for resistance and program selection, and the integrated media tray.

2.2 Training Programs

The R618 offers **29 customizable workout programs** to suit various fitness levels and goals. These programs include:

- **Profile Programs:** Preset workouts with varying intensity levels.
- **Heart Rate Control Programs:** Adjust resistance to maintain a target heart rate zone.
- **Custom Programs:** Create and save your personalized workout routines.

- **Goal Track Programs:** Set and track goals for time, distance, or calories burned.

2.3 Resistance Adjustment

The bike features **25 levels of magnetic resistance**, allowing for precise control over your workout intensity. Resistance can be adjusted directly from the console or via integrated controls on the multi-position handlebars.

2.4 Heart Rate Monitoring

Monitor your heart rate using the integrated contact hand grips located on the handlebars or by utilizing the included wireless heart rate chest strap for continuous and accurate readings. Maintaining your target heart rate zone is crucial for effective cardio training.

2.5 Bluetooth Connectivity & App Integration

The R618 is equipped with enhanced Bluetooth connectivity, enabling seamless synchronization of your workout data with popular app-based tracking tools. This includes the **Nautilus Trainer App** and compatibility with **Explore the World** (subscription required) for virtual global routes that auto-adjust to your speed.



Figure 3: The Explore the World app interface on a tablet. This app allows users to experience virtual rides through various global routes, enhancing the workout experience.

3. COMFORT AND DESIGN FEATURES

The Nautilus R618 is engineered with features to enhance user comfort and minimize impact during workouts:

- **Optimized Drive Train:** A high-speed, high-inertia drive system with a perimeter weighted flywheel ensures easy startup and smooth, consistent workouts.
- **Multi-Position Seat:** The Dynamic Recline Nautilus Gel seat provides superior comfort and adjustability for various user heights and preferences.

- **Integrated Controls:** Resistance controls are conveniently located on the multi-position handlebars for easy adjustments without interrupting your workout.
- **Built-in Device Charging Port:** Keep your smart devices charged during your workout sessions.



Figure 4: Side view of a user on the Nautilus R618 Recumbent Bike. This image demonstrates the recumbent seating position and the overall ergonomic design of the bike.



Figure 5: Detailed view of the R618's drive train and pedals. This shows the robust construction and the R618 model designation on the side casing.



Figure 6: Close-up of the Nautilus Gel seat. This image highlights the ergonomic design and gel cushioning for enhanced comfort during extended workouts.

4. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your Nautilus R618 Recumbent Bike. Perform the following checks periodically:

- **Cleaning:** Wipe down the bike after each use with a damp cloth to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Regularly check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** Consult the full user guide for specific lubrication requirements, if any.
- **Power Cord:** Inspect the power cord for any damage. Do not use the bike if the cord is frayed or damaged.

5. TROUBLESHOOTING

This section addresses common issues you might encounter with your Nautilus R618 Recumbent Bike. For more complex problems, refer to the full User Guide or contact customer support.

Problem	Possible Cause	Solution
Console not powering on	Power cord disconnected; outlet issue	Ensure power cord is securely plugged into the bike and a working outlet.
No resistance change	Console malfunction; internal mechanism issue	Check console connections. If issue persists, contact customer support.
Heart rate not detected	Improper hand placement; chest strap not worn correctly or battery low	Ensure firm grip on hand sensors; adjust chest strap for proper contact or replace battery.
Bluetooth connectivity issues	Device not discoverable; app not updated	Ensure Bluetooth is enabled on your device; restart bike and device; update app.

6. SPECIFICATIONS

Key technical specifications for the Nautilus R618 Recumbent Bike:

Feature	Specification
Brand	Nautilus
Model Name	Nautilus R618 Recumbent Bike (black)
Model Number	100650
Resistance Mechanism	Magnetic
Number of Resistance Levels	25
Product Dimensions (D x W x H)	66.25"D x 12.75"W x 27.25"H
Item Weight	107 Pounds
Maximum User Weight	325 Pounds
Power Source	Corded Electric
UPC	708447911018

7. WARRANTY AND SUPPORT

For detailed warranty information, please refer to the warranty card included with your product or the full User Guide. Nautilus provides customer support for any inquiries or issues you may have.

Available Documents:

- [Installation Manual \(PDF\)](#)
- [User Guide \(PDF\)](#)

For further assistance, please visit the [Nautilus Store on Amazon](#) or contact their customer support directly.

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question