



BOWFLEX VeloCore Exercise Bikes Instructions

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BOWFLEX VeloCore Exercise Bikes



This addendum provides additional instructions on how to properly attach the Pedals on the Bowflex™ VeloCore™ exercise bikes.

Note: The left Pedal is reverse-threaded and must be turned counter-clockwise.

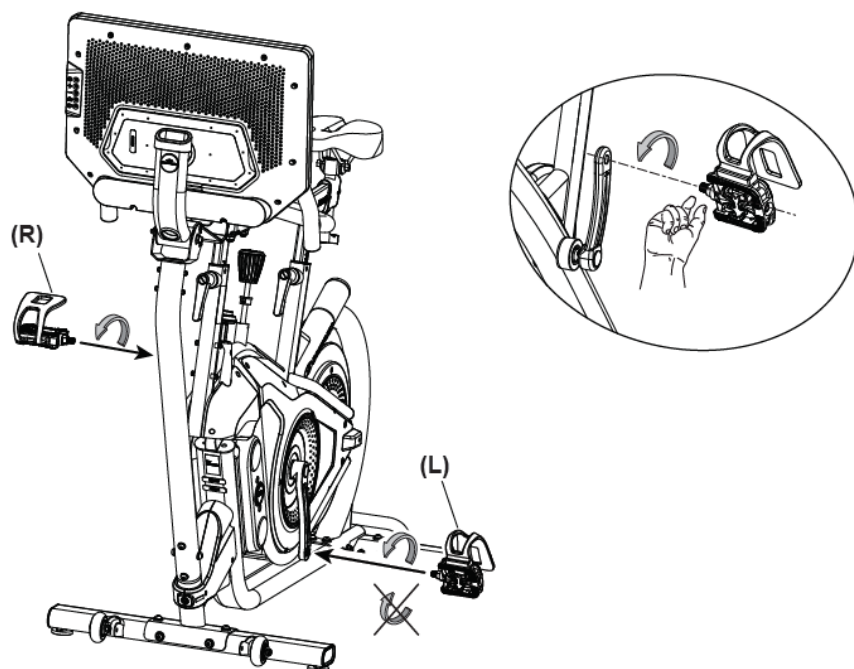
If you need assistance, please call Nautilus Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada). To find your local distributor, go to:

www.nautilusinternational.com

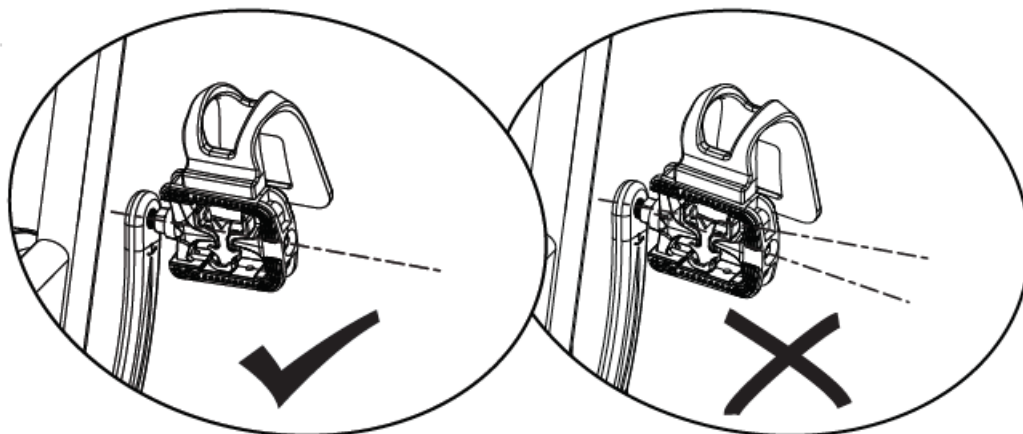
WARNING: This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Read and understand all Warnings on this machine. Refer to the Assembly Manual for complete safety instructions.

The following procedure provides additional details to assist with the proper installation of the Pedals. The Pedals **MUST** be installed straight into the Crank Arms by hand or the threads that secure the Pedals may strip. If the threads strip due to improper installation, then the Pedals can disengage from the bike and/or break while under usage, which can result in serious injury to the user.

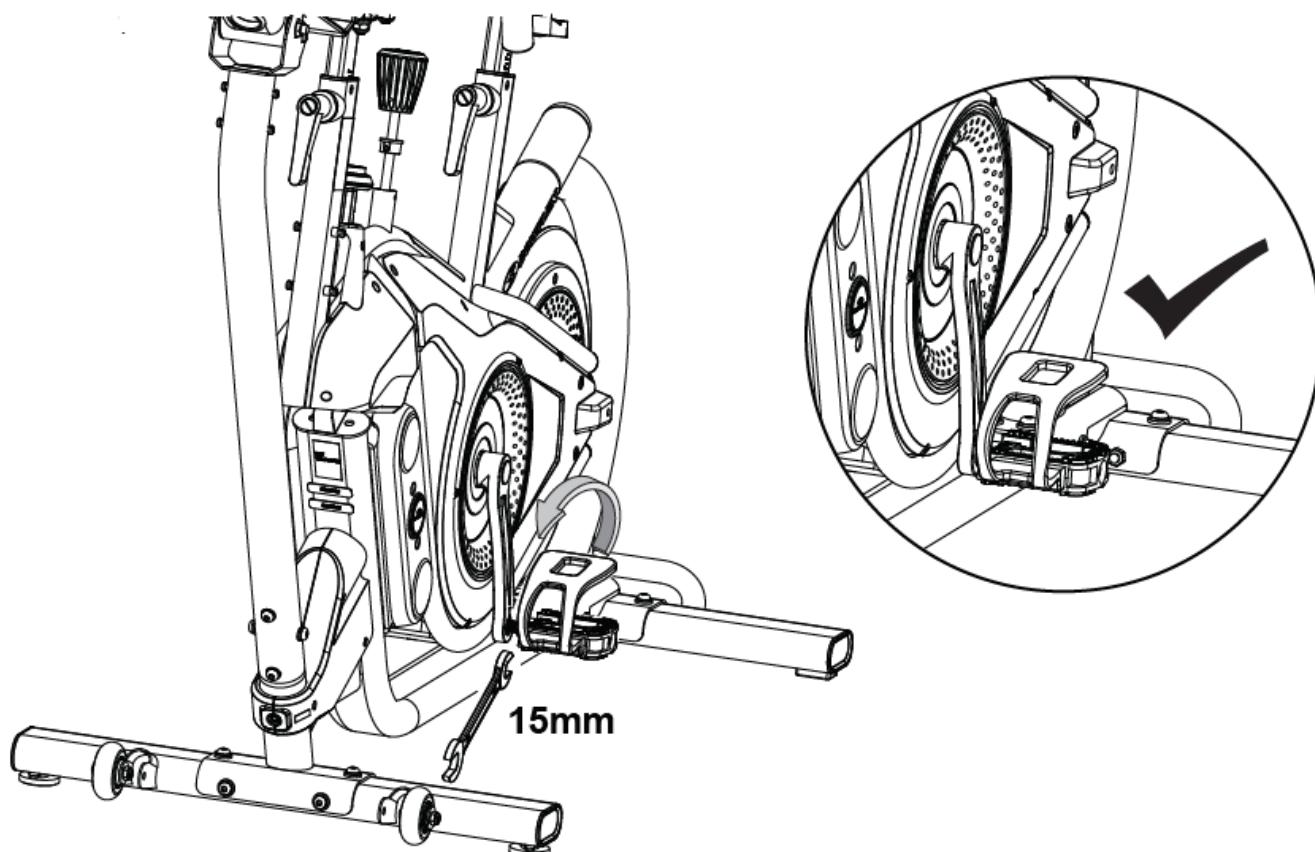
The Left Pedal is reverse-threaded. Be sure to attach the Pedals on the proper side of the bike. Orientation is based from a seated position on the bike. The Left Pedal has an “L”, the Right Pedal an “R”.



1. Start the Pedal by hand. If you feel resistance and the Pedal does not turn smoothly into the Crank Arm, make sure that the threads are aligned correctly. Be sure that the Pedal is going on straight into the Crank Arm. If the Pedal is not in-line with the opening, remove the Pedal and start again.



2. With the Pedal started by several hand turns into the Crank Arm, fully tighten it with the 15 mm Wrench.

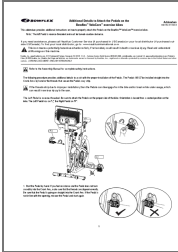


3. Confirm that the Pedal is fully tightened with the 15mm Wrench.
4. Repeat with the other Pedal.

Note: Be sure to check the Pedals weekly to confirm that they are fully tightened.

Since this machine operates with a fixed gear, do not back, or reverse, pedal. Doing so may loosen the Pedals, which could result in damage to the machine and/or injury to the user. Never operate this machine with loose Pedals.





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VeloCore Exercise Bikes

References

- [Nautilus, Inc. – A world leader in health and fitness.](#)
- [Nautilus International](#)