



**SCHWINN**

# Core Health & Fitness

Schwinn® SC5/SC7

## OWNER'S MANUAL



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# INTRODUCTION

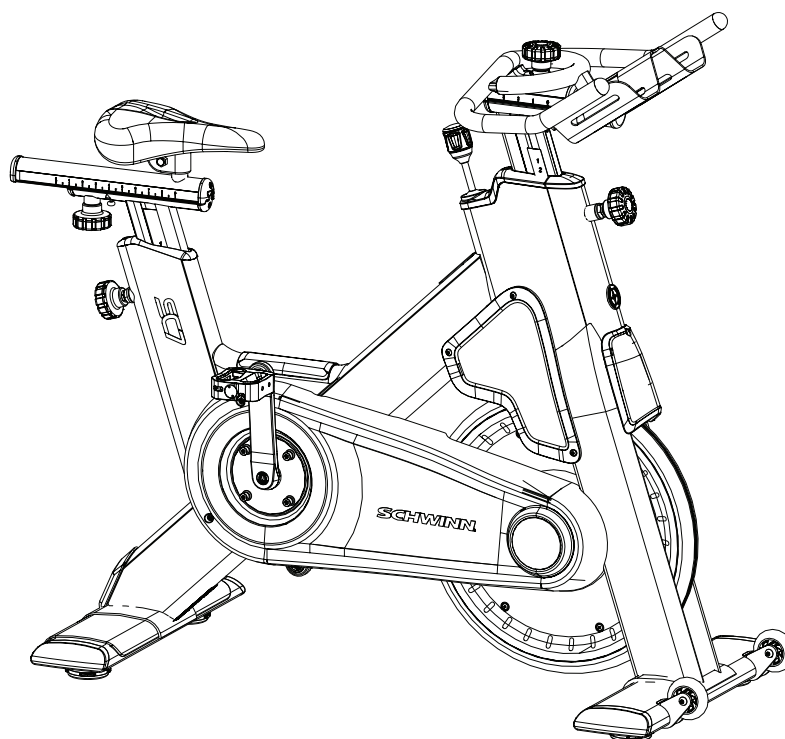


Congratulations on the purchase of a Schwinn S.C.™ bike! This manual will acquaint you with the operation, safety, and maintenance of your Schwinn® group cycling bike, and covers the following units:

- **9-7400** - S.C.™ 7
- **9-7410** - S.C.™ 5

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

# PRODUCT SPOTLIGHT



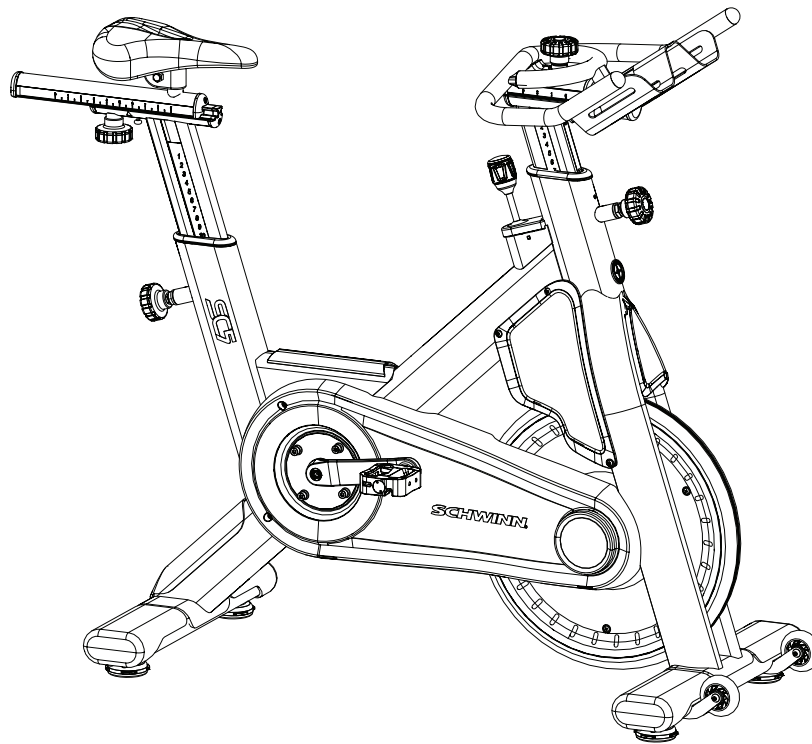
## 9-7400 S.C.™ 7

Overall Weight	Width	Length	Height	User Weight
120 lbs (54 kg)	21" (53 cm)	55" (140 cm)	46" (117 cm)	0-350 lbs (0-159 kgs)

### Product Conformity

- EN957-1 (S,H)
- EN957-10 (S,H)
- ASTM F1250-13
- ASTM F2276-10

All products may be covered by US and Foreign Patents and Patents Pending.


**9-7410 S.C.™ 5**

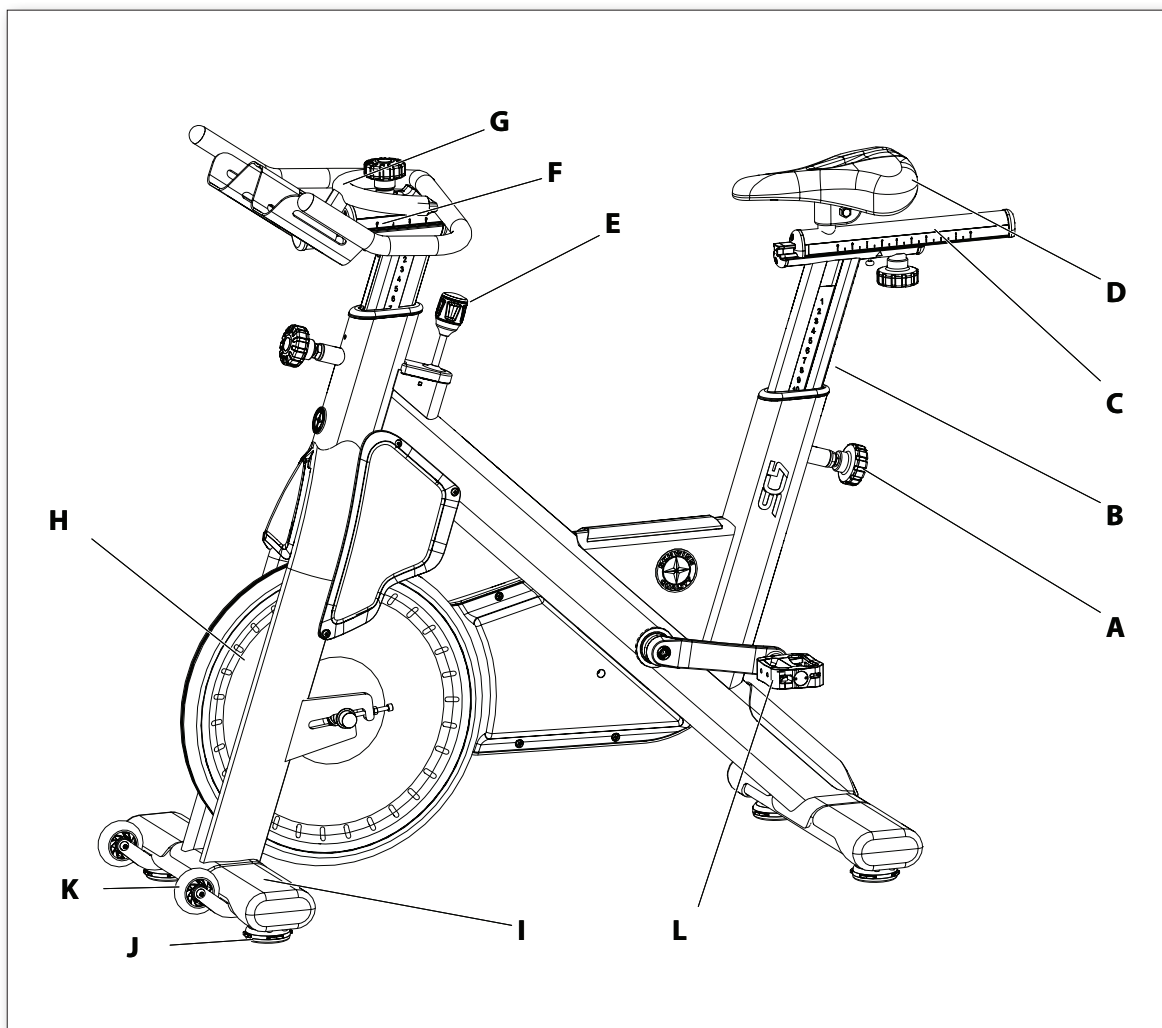
Overall Weight	Width	Length	Height	User Weight
134 lbs (61 kg)	21" (53 cm)	55" (140 cm)	47" (119 cm)	0-350 lbs (0-159 kgs)

**Product Conformity**

- EN957-1 (S,H)
- EN957-10 (S,H)
- ASTM F1250-13
- ASTM F2276-10

All products may be covered by US and Foreign Patents and Patents Pending.

## Features



<b>A</b>	Locking Pop Pin	<b>B</b>	Seat Post	<b>C</b>	Seat Slider
<b>D</b>	Seat	<b>E</b>	Brake Adjustment Knob and Emergency Brake	<b>F</b>	Handlebar Slider
<b>G</b>	Handlebar	<b>H</b>	Flywheel	<b>I</b>	Stabilizer
<b>J</b>	Leveling Foot	<b>K</b>	Transport Wheels	<b>L</b>	Pedal with Morse Taper

# SAFETY INSTRUCTIONS



This symbol indicates a potentially hazardous situation, which, if not avoided, could result in death or serious injury.

Before using this equipment, obey the following warnings:

- 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
- Consult a physician before you start an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before you use the machine again. Use the value calculated or measured by the console for reference purposes only.
- If you have a pacemaker or other implanted electronic device, consult your physician before using a wireless chest strap or other telemetric heart rate monitor.
- Do not use or put the device into service until it has been fully assembled and inspected for correct performance in accordance with the Owner's Manual and Installation Guide.

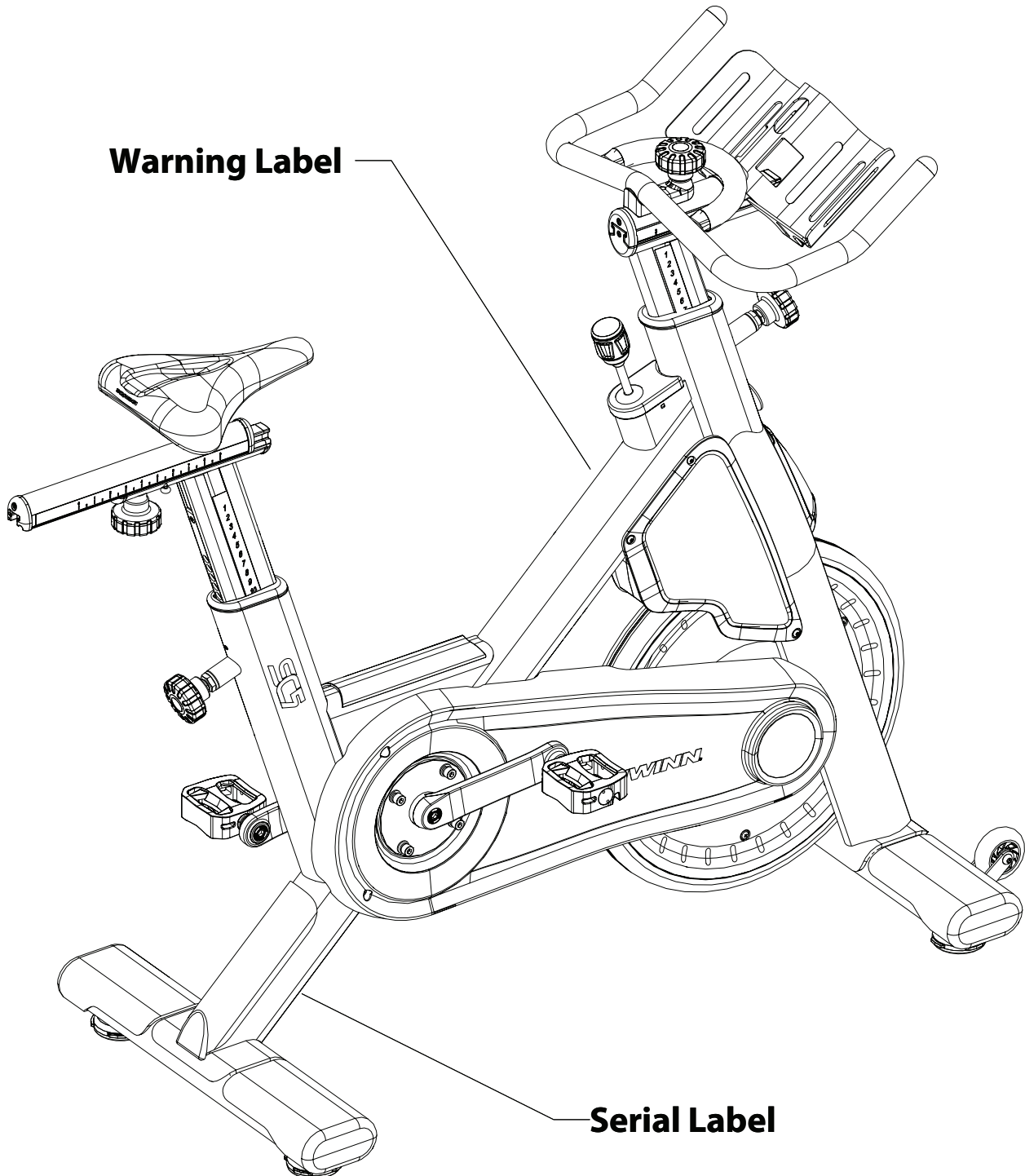


Caution: Read and understand the complete Owner's Manual supplied with the device before using the device. Keep the Owner's Manual for future reference.



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.

## Important Label Locations

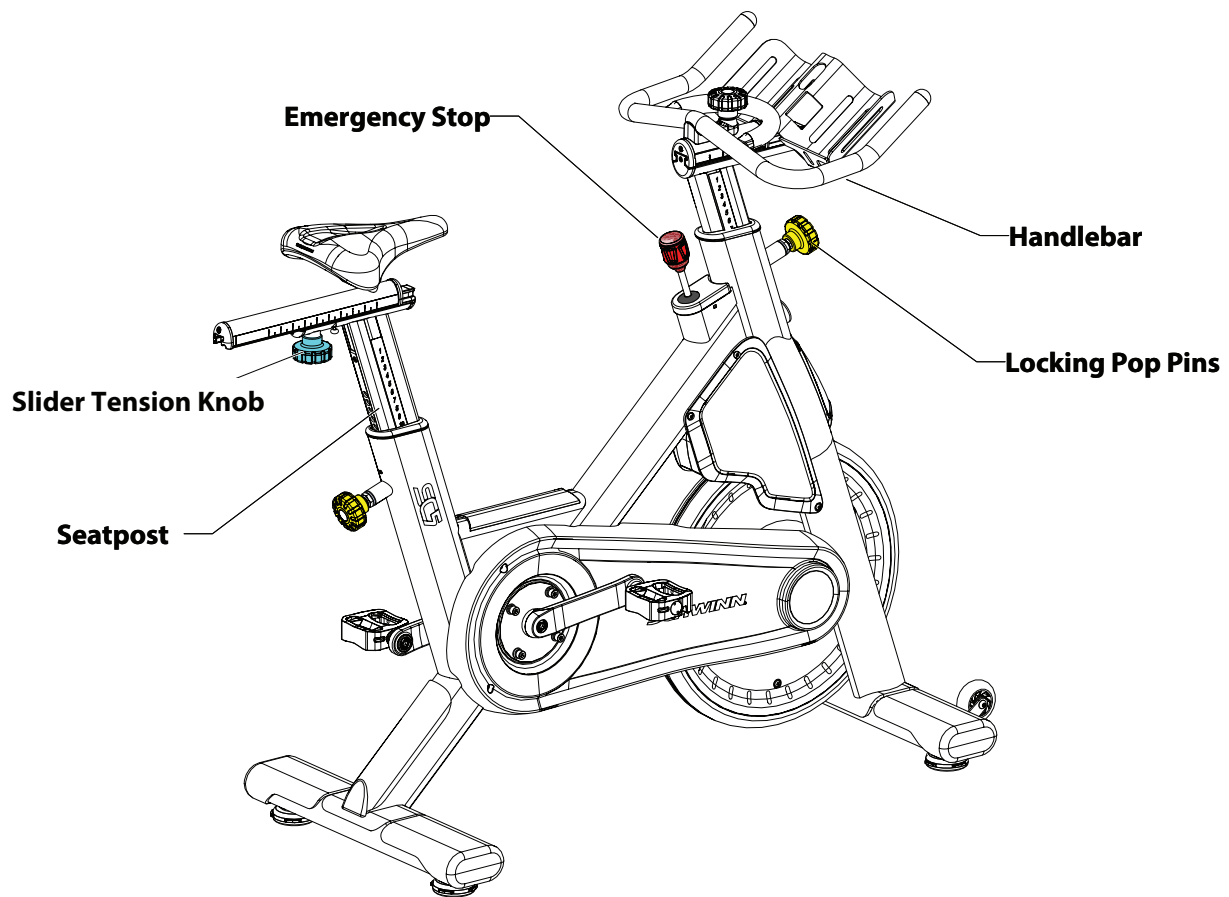




To operate the features shown, see the directions below.

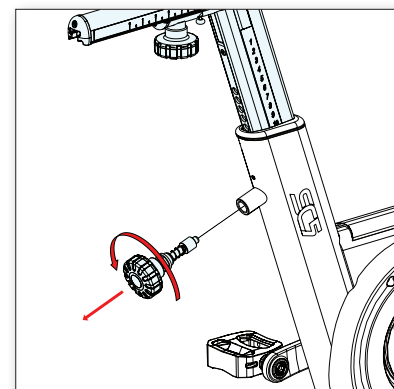
For bike fit and coaching resources, refer to <https://www.corehandf.com/schwinn-resources/>

For Schwinn Group Cycle Education and Certification, refer to <https://corehandf.com/certification>



## Locking Pop Pins / Seatpost & Handlebar Adjustment

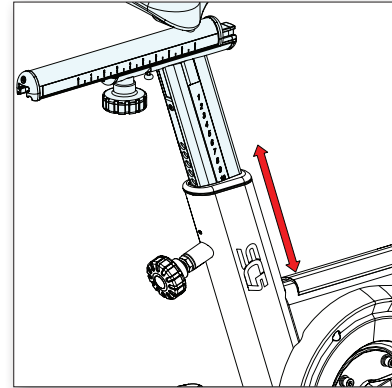
1. Turn pin counterclockwise and pull to loosen.



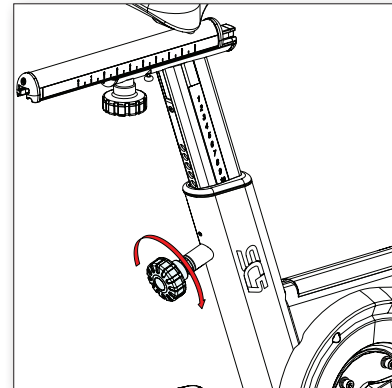
2. Adjust tube.



Caution: Do not lift the Seatpost or Handlebar posts above the MAX mark on the tube.

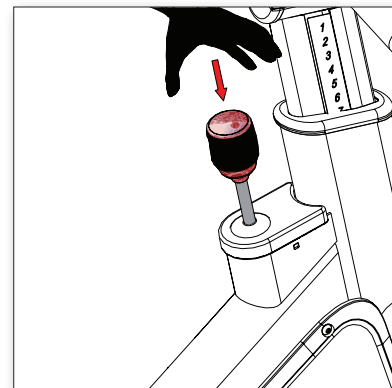


3. Release pin and turn clockwise to lock. Tighten knob until snug and post is secure without wobble.



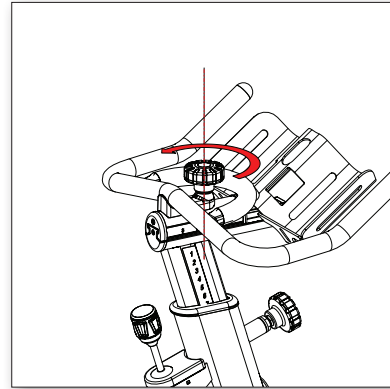
## Emergency Stop

1. Push down on red knob to stop flywheel.

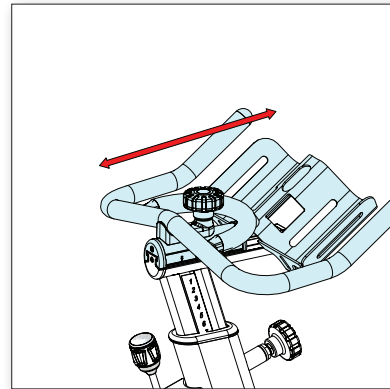


## Slider Tension Knob

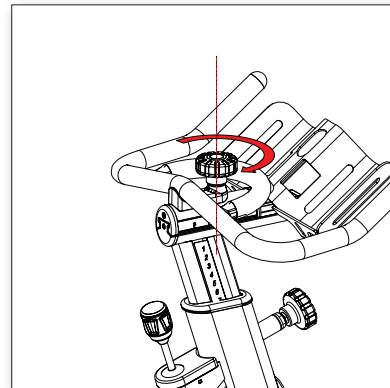
1. Turn pin counterclockwise to loosen.



2. Adjust slider.



3. Turn pin clockwise to lock. Tighten knob until snug and post is secure without wobble.





# SUPPORT AND SERVICE RESOURCES



The Schwinn Support website provides a wealth of resources to help you get the best experience from your S.C.™ Bike. It is important to check the website periodically for firmware updates, updated video content, Owner's Manual and Installation Instructions, Service Bulletins, and other information. The resources include:

- Go to <https://support.corehandf.com/> for support information and information on all Schwinn products.
- Updated Owner's Manual, Installation Instructions, Service Bulletins, Instructional Videos, and other information.
  - <https://support.corehandf.com/SC7>
  - <https://support.corehandf.com/SC5>
- Owner's and Installation manuals for all Core Health & Fitness brand products. <https://support.corehandf.com/manuals/>
- On Facebook join the Schwinn Indoor Cycling Official Site for product and event updates.

## Contact Information

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

<b>Serial Number</b>
<b>Date of Purchase</b>





# PREVENTATIVE MAINTENANCE

Preventive maintenance (PM) is a schedule of planned maintenance actions aimed at the prevention of failures. PM is the best way to preserve and enhance equipment reliability by keeping key components clean and free of debris. PM activities may include cleaning, vacuuming, visual inspections of key components, lubrication, etc. The better your PM program is, the more dramatically you can increase the life of your product and significantly reduce equipment failures.

To keep it in top condition, perform regular daily, weekly, and monthly preventative maintenance routines outlined below. 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.

## Maintenance Schedule

Some types of PM need to be performed more often than others. The frequency of PM depends a great deal on the use and environment of the unit. Core has a baseline of procedures that should be performed at pre-determined intervals as shown below, but it is imperative to understand that this is a baseline and PM schedules should be adapted to the environment and usage that the unit receives.

	Daily	Weekly	Monthly	Bi-Annually
<b>General Maintenance</b>				
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 <sup>1</sup>		X		
Check flywheel alignment, realign flywheel nuts as necessary		X		
Inspect seat for wear			X	
Inspect Pedals <sup>2</sup>			X	
Tighten Seat Hardware			X	
Inspect and tighten pedal toe clips and shoe straps			X	
Inspect leveling feet			X	
Clean and seal frame <sup>3</sup>			X	
Lubricate horizontal and vertical seat sliders <sup>4</sup>			X	
Inspect welds for any signs of cracking			X	



	Daily	Weekly	Monthly	Bi-Annually
Cleaning				
Wipe down and clean Bike and Frame	<b>X</b>			


1 - Verify that pedal bolts are tight after the first 10 hours of use and every 100 hours of use thereafter. Pedal-to-crank-arm bolt torque is 33-37 ft-lbs

2 - Excessive side-to-side movement or bearing resistance indicates the pedals need to be replaced.

3 - 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.

4 - 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.
-  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.

# WARRANTY



## Core Health & Fitness, LLC Limited Warranty Commercial Fitness Products

CORE HEALTH & FITNESS, LLC, warrants to the original purchaser that its Commercial Fitness Products are free of defects in workmanship and materials. Mechanical parts are covered for a period of two (2) years from date of purchase. Electronic parts are covered for one (1) year from the date of purchase. Labor is covered for a period of one (1) year from the date of purchase. Frames are warranted for 10 years from the date of purchase.

During the applicable warranty period, CORE HEALTH & FITNESS, LLC, will either repair or replace, at its option, defective part(s) at no charge. The Manufacturer does not warrant the heart rate system performance on its products, as the heart rate system performance varies, based on a user's physiology, fitness level, age, method of use and other factors. Furthermore, the heart rate system is not for medical use.

In order to implement the provisions of this limited warranty, the original purchaser must contact Customer Support at (888) 678-2476. Be prepared to provide the product serial number and a detailed description of the problem. Proof of purchase or warranty registration will be needed to verify warranty effectivity and obtain warranty service and/or parts. Do not return defective part(s) for repair or replacement without prior authorization.

CORE HEALTH & FITNESS, LLC, reserves the right to review defective part(s). All costs of shipping defective part(s) to and from CORE HEALTH & FITNESS, LLC, for inspection shall be borne solely by the original purchaser. Any repair or modification of defective part(s) by anyone other than an Authorized Technical Representative or Authorized Service Provider will void this warranty. If CORE HEALTH & FITNESS, LLC, determines, in its sole discretion, that it is impractical to ship defective part(s) to CORE HEALTH & FITNESS, LLC, CORE HEALTH & FITNESS, LLC, may designate, in its sole discretion, a repair facility to inspect and estimate the cost to repair such defective part(s). The cost, if any, of shipping defective part(s) to and from such repair facility and of such estimate shall be borne solely by the original consumer purchaser. Defective part(s) must remain available for inspection until the claim is finalized. Whenever claims are settled, CORE HEALTH & FITNESS, LLC, reserves the right to be subrogated under any existing insurance policies the claimant may have.

### **EXCLUSIONS**

This limited warranty does not apply to cosmetic damage, imperfections that are within design specification(s) or that do not materially alter functionality, or damage due to acts of God, accident, abuse, misuse, negligence, lack of normal maintenance, abnormal service or handling that differs from that specified for this model, improper installation or operation. In addition, alteration or modification of the product, or repair by anyone other than a CORE HEALTH & FITNESS, LLC, technical representative or authorized service provider will void this warranty. This warranty is valid only in the continental United States. It is the purchaser's responsibility to maintain the product per the owner's manual instructions that comes with each product. Failure to follow the maintenance instructions shall void the manufacturer's warranty.

### **DISCLAIMER OF WARRANTIES; LIMITATION OF LIABILITY**

THIS WARRANTY IS IN LIEU OF ALL OTHER WARRANTIES, EXPRESS OR IMPLIED, INCLUDING WITHOUT LIMITATION, THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. REPAIR OR REPLACEMENT AS PROVIDED ABOVE SHALL BE THE SOLE AND EXCLUSIVE REMEDY AVAILABLE TO THE PURCHASER. CORRECTION OF DEFECTS, IN THE MANNER AND FOR THE PERIOD OF TIME DESCRIBED ABOVE, SHALL CONSTITUTE COMPLETE FULFILLMENT OF ALL LIABILITIES AND RESPONSIBILITIES OF CORE HEALTH & FITNESS, LLC TO THE PURCHASER WITH RESPECT TO CONTRACT, NEGLIGENCE, STRICT LIABILITY OR OTHERWISE. CORE HEALTH & FITNESS, LLC SHALL NOT BE LIABLE OR IN ANY WAY RESPONSIBLE FOR ANY INCIDENTAL OR CONSEQUENTIAL DAMAGES BASED UPON BREACH OF ANY EXPRESS OR IMPLIED WARRANTY ON THIS PRODUCT OR OTHERWISE.

Some states do not allow the exclusion or limitation of implied warranties or incidental or consequential damages, so the above exclusions and limitations may not apply to you. This warranty gives you specific legal rights, and you may also have other rights, which may vary, from state to state.

From P/N: 620-8360. REV: A. DOC., WARRANTY, COMMERCIAL Effective November, 2015

For contact details, see [SUPPORT AND SERVICE RESOURCES](#) on page 12.



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