



**SCHWINN®**

# Core Health & Fitness

Schwinn® SC5/SC7/SC Power

ASSEMBLY  
MANUAL

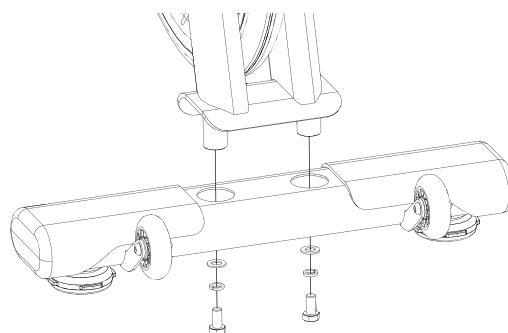


# SC5 / SC7 / SC Power Assembly Manual

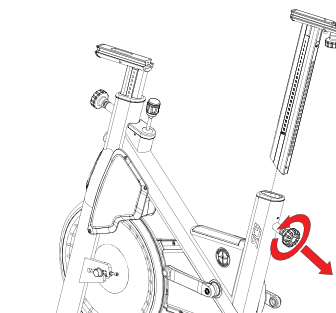
Applies to: SC5 (9-7410) + SC7 (9-7400) + SC Power (9-7380)

## SC5 ASSEMBLY INSTRUCTIONS

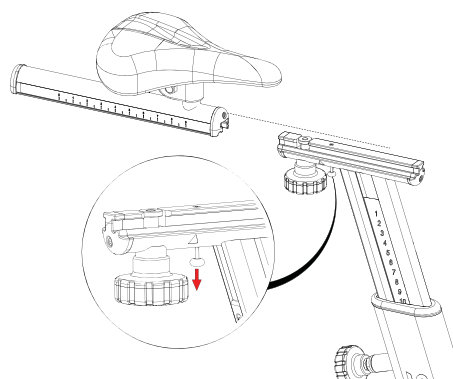
1. Install the front stabilizer using two (2) pieces each of the M10 x 25mm hex head screws, M10 split lock washers, and M10 washers. Repeat this step to attach the rear stabilizer.



2. Install the seat post by loosening the height adjustment pop pin, then pulling outwards on the pin while sliding the seat post into the frame.

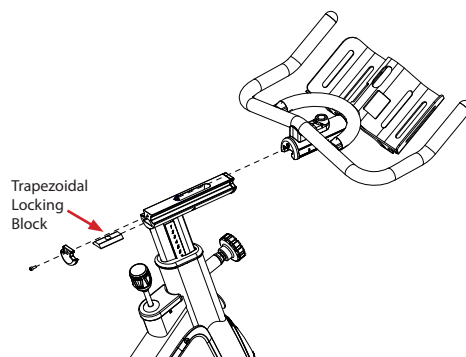


3. Pull down on the seat slider locking pin then slide the seat assembly onto the seat post installed in Step 2, tightening the fore/aft adjustment knob to lock the seat slider into place.

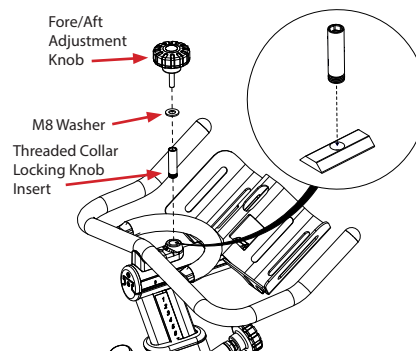


**NOTE:** The fore/aft adjustment knob may need to be loosened.

4. Insert one (1) piece of the trapezoidal fore/aft locking block into the handlebar post then slide the handlebars onto the handlebar post. Once the block is inside the handlebar post, use a 3mm allen key to secure the end cap to the post using one (1) M4 x 10mm screw.

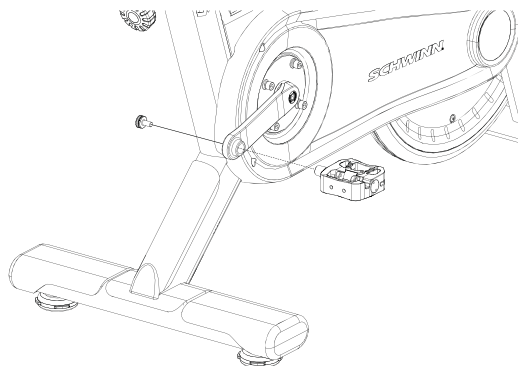


5. Secure one (1) piece of the threaded collar knob insert through the handlebars and into the trapezoidal fore/aft locking nut using a 10mm allen key. Next, slide one (1) piece of the M8 washer onto the fore/aft adjustment knob then tighten the fore/aft adjustment knob into the threaded collar locking knob insert.



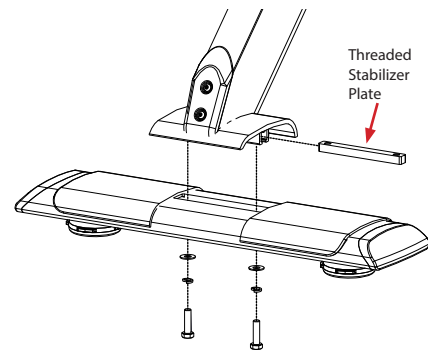
6. Install the user right side pedal into the crank arm then use a torque wrench and a 8mm allen socket to secure one (1) piece of the crank bolt from the other side of the pedal, torquing to 33-37 ft-lbs (45-50 Nm). Repeat this step for the rider left side pedal.

**CAUTION:** The pedal **MUST** be torqued to the above specifications otherwise a failure of the pedal may occur.

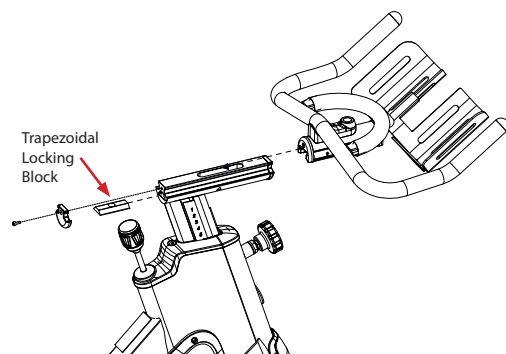


## SC7 ASSEMBLY INSTRUCTIONS

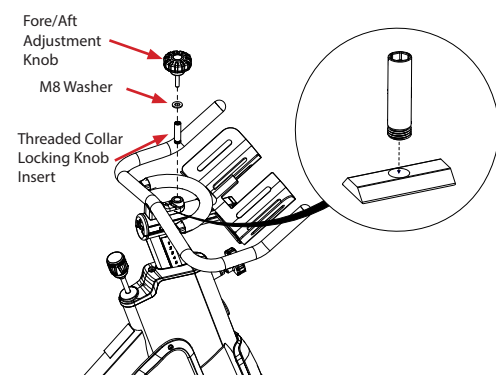
1. Slide the threaded stabilizer plate into the bike frame then use a 13mm socket to secure the rear stabilizer onto the frame using two (2) pieces each of the M8 x 32mm bolts, M8 split lock washers, and M8 flat washers. Repeat this step for the front stabilizer.



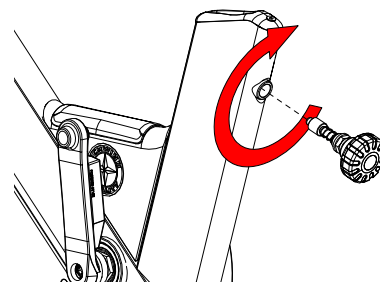
2. Insert one (1) piece of the trapezoidal fore/aft locking block into the handlebar post then slide the handlebars onto the handlebar post. Once the block is inside the handlebar post, use a 3mm allen key to secure the end cap to the post using one (1) M4 x 10mm screw.



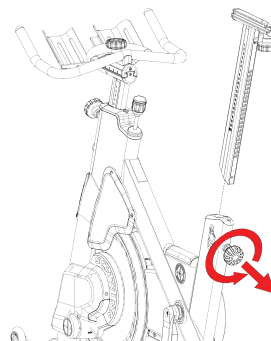
3. Secure one (1) piece of the threaded collar knob insert through the handlebars and into the trapezoidal fore/aft locking nut using a 10mm allen key. Next, slide one (1) piece of the M8 washer onto the fore/aft adjustment knob then tighten the fore/aft adjustment knob into the threaded collar locking knob insert.



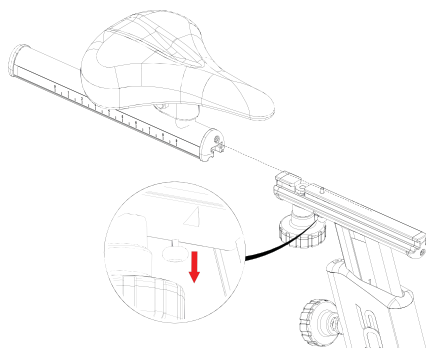
4. Use a 21mm open-ended wrench to install the seat post pop pin into the frame, turning clockwise to tighten.



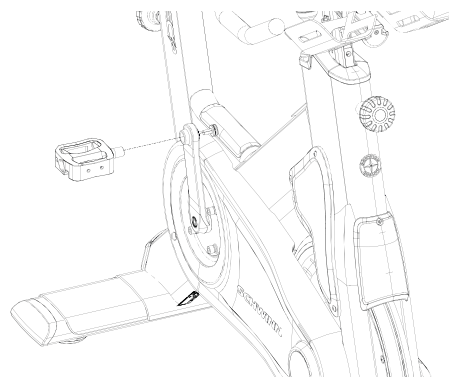
5. Slide the seat post into the frame by loosening the seat post pop pin, then pulling outwards on the pin while sliding the seat into the frame.



6. Pull down on the seat slider locking pin then slide the seat assembly onto the seat post installed in Step 3, tightening the fore/aft adjustment knob to lock the seat slider into place.



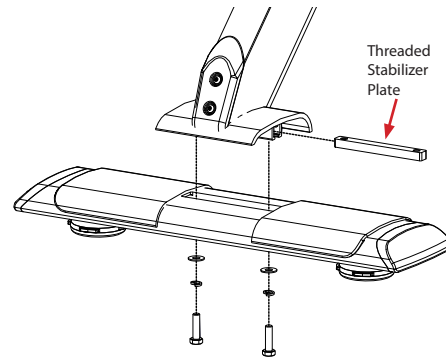
7. Install the pedal into the crank arm then use a torque wrench and a 8mm allen socket to secure one (1) piece of the crank bolt from the other side of the pedal, torquing to 33-37 ft-lbs (45-50 Nm). Repeat this step for the rider left side pedal.



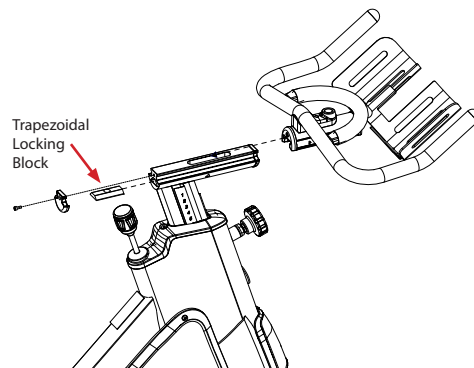
**CAUTION:** The pedal MUST be torqued to the above specifications otherwise a failure of the pedal may occur.

## SC POWER ASSEMBLY INSTRUCTIONS

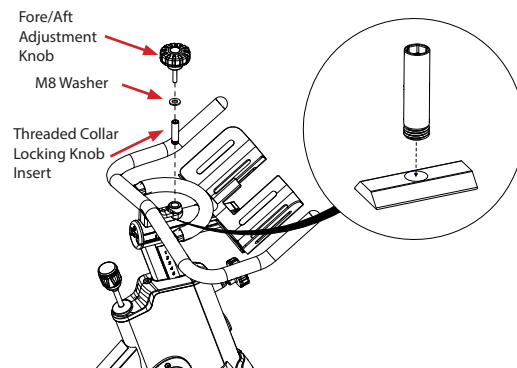
1. Slide the threaded stabilizer plate into the bike frame then use a 13mm socket to secure the rear stabilizer onto the frame using two (2) pieces each of the M8 x 32mm bolts, M8 split lock washers, and M8 flat washers. Repeat this step for the front stabilizer.



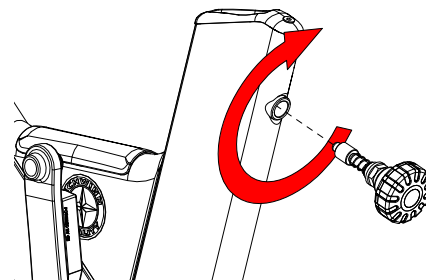
2. Insert one (1) piece of the trapezoidal fore/aft locking block into the handlebar post then slide the handlebars onto the handlebar post. Once the block is inside the handlebar post, use a 3mm allen key to secure the end cap to the post using one (1) M4 x 10mm screw.



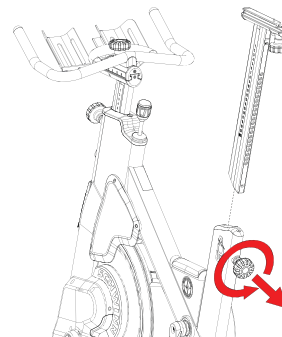
3. Secure one (1) piece of the threaded collar knob insert through the handlebars and into the trapezoidal fore/aft locking nut using a 10mm allen key. Next, slide one (1) piece of the M8 washer onto the fore/aft adjustment knob then tighten the fore/aft adjustment knob into the threaded collar locking knob insert



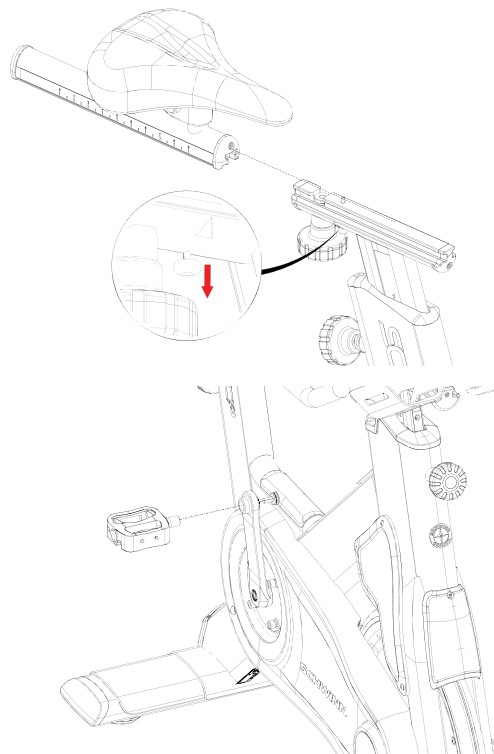
4. Use a 21mm open-ended wrench to install the seat post pop pin into the frame, turning clockwise to tighten.



- Slide the seat post into the frame by loosening the height adjustment pop pin, then pulling outwards on the pin while sliding the seat into the frame.



- Pull down on the seat slider locking pin then slide the seat assembly onto the seat post installed in Step 3, tightening the fore/aft adjustment knob to lock the seat slider into place.



- Install the pedal into the crank arm then use a torque wrench and a 8mm allen socket to secure one (1) piece of the crank bolt from the other side of the pedal, torquing to 33-37 ft-lbs (45-50 Nm). Repeat this step for the rider left side pedal.

**CAUTION:** The pedal MUST be torqued to the above specifications otherwise a failure of the pedal may occur.

- Refer to document [620-8594](#) "Echelon2G Assembly Manual" contained within the Echelon2G box to continue the installation of the SC Power.

## 620-8594

