

NAUTILUS® R916: UPRIGHT PERFORMANCE IN A RECUMBENT BIKE

Recumbent bikes have always been designed for seated comfort. However, due to inferior biomechanics, most users are put in an incorrect cycling position, making pedaling uncomfortable. Until now. The key to pedaling comfort is the angle between the hip and the center of the crank. With most recumbent bikes, this angle changes depending upon where the seat is adjusted, meaning an incorrect fit for most riders. The Nautilus® R916 seat adjustment is designed to put users in the correct riding position from the shortest adjustment to the farthest. That means this bike is not only comfortable to sit on, it's comfortable to use. By the way, it also means a more effective workout, but they don't need to know that.



	U916	R916	
Drive Train	Poly-V belt drive	Poly-V belt drive	MECHANICAL
Resistance System	Alternator-based resistance	Alternator-based resistance	
ROC™ System	Yes	Yes	
Display Type	Custom LCD	Custom LCD	ELECTRONICS & PROGRAMMING
Power Requirements	Cordless (Optional AC power)	Cordless (Optional AC power)	
Workout Levels	20	20	
Pre-programmed Workouts	8	8	
Fitness Test	Yes	Yes	
Heart Rate Control Programs	Yes	Yes	OTHER
Heart Rate Monitoring	Contact sensors and wireless telemetry	Contact sensors and wireless telemetry	
Dimensions	Upright: 45" L x 24" W x 57" H 114 L x 61 W x 145 H cm	Recumbent: 67" L x 24" W x 46" H 170 L x 61 W x 117 H cm	
Maximum User Weight	400 lb. 181 kg	400 lb. 181 kg	
Color	Frame: Nautilus® Silver Shrouding: Graphite	Frame: Nautilus® Silver Shrouding: Graphite	
Warranty	Frame: 15 years Parts: 3 years Labor: 1 year Wear Items: 1 year	Frame: 15 years Parts: 3 years Labor: 1 year Wear Items: 1 year	

A WARRANTY THAT ENDURES.

At Nautilus, we've stood behind our products for more than three decades. Commercial Series bikes continue that tradition with one of the best warranties in the industry. You get 15 years on the frame, 3 years on mechanical and electronic parts, and 1 year on labor. We also support you with factory-trained field service and toll-free technical support.

FIRST WE TEST OUR BIKES. THEN WE TORTURE THEM.

We understand that the equipment used in clubs and facilities has to stand up to continuous use and occasional abuse. So we put Nautilus® Commercial Series bikes through rigorous testing in the harshest environments under the most extreme performance conditions. For example, our bikes are tested at the maximum user weight, highest power level and top speed. And all testing is done in-house with a dedicated team of engineers.



Be Strong.™

For more information about our Commercial Series Nautilus® products, or other Nautilus® equipment for your facility, visit www.Nautilus.com/Commercial.

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U916 UPRIGHT BIKE
R916 RECUMBENT BIKE

COMMERCIAL SERIES
INDUSTRIAL-GRADE BIKES REVVED UP
WITH SCHWINN® TECHNOLOGY



Be Strong.™



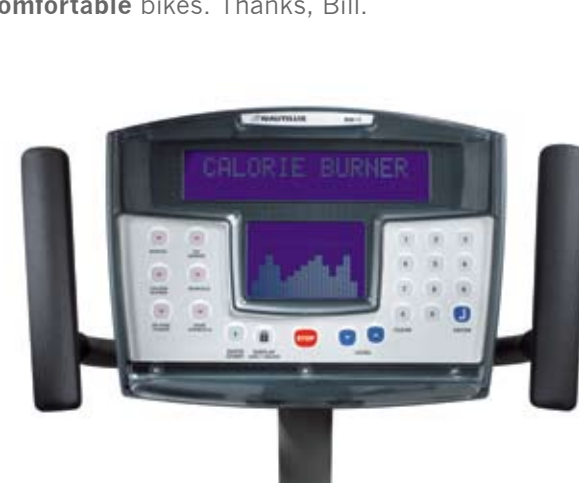
FINALLY, COMMERCIAL BIKES THAT OFFER REAL RESULTS.

Commercial bikes score high for comfort, but fail to deliver great results. Our new bikes have been designed by professional cyclists and tested and approved by trainers—they provide a real bike workout with the comfort your members demand.

THE TRAINING WHEELS ARE OFF...



Schwinn® Technology means sophisticated design and superior performance. We assembled a team of cyclists, trainers and a couch potato named Bill to redesign the exercise bike experience. The cyclists and trainers helped us push the envelope on performance, Bill made sure we didn't sacrifice comfort. The result is bikes with intelligent improvements and user-friendly additions that create the unexpected...they feel like riding real bikes. Real **comfortable** bikes. Thanks, Bill.



R916 DISPLAY



U916 DISPLAY

The large, backlit LCD eliminates glare, even if the machine is positioned in front of a window. Even better, the U/R916 bikes share the same Nautilus® C51 console used in our elliptical trainers. This means one user interface for members to learn, and should a display ever have a problem, one common part services multiple units, ensuring availability and minimum down time.

NAUTILUS® U916 UPRIGHT BIKE HIGHLIGHTS:

Performance Comfort seat is wide towards the back to provide maximum user comfort when seated in a more upright position, while tapering towards the front to allow for a more performance, "real bike" feel in a bent forward position

Remote Operation Control™ (ROC™) system on handlebars enable workout adjustment without letting go

Ergo bars enable multiple user riding positions for an amazing level of personalization

Pop-pin-free seat adjustment for easy use and durability



U916

This bottom bracket is tops.

The Nautilus® commercial series bikes utilize ISIS bottom bracket technology. Our competitors do not. So what? An ISIS bottom bracket will not loosen over time offering that smooth, stable new-bike feeling that users will notice.

Crank it up.

Most commercial bikes utilize a one-piece crank because it's cheaper to manufacture. The Nautilus® commercial bikes utilize a three piece crank which is stronger, lasts longer, and enables significantly easier shroud removal for maintenance and cleaning.

An old dog can learn new tricks.

From ratcheting foot straps to revolutionary rider biomechanics, our team has created a riding experience filled with intelligent design details that take indoor biking to a new level of comfort and performance.



WE DON'T JUST SUPPORT EDUCATION. WE'VE CREATED OUR OWN INSTITUTE.

At Nautilus, we're always researching ways to help people stay committed to a healthy lifestyle by making exercise more effective. More fun. And more rewarding. So we've established the Nautilus Institute™. This comprehensive resource—brought to you by acclaimed experts in the fitness industry—provides the tools you need to attract and retain more members. The Nautilus Institute™ offers your staff proven, hands-on training programs, including Expressway™ circuit; Cardiathlon™ circuit; Arms, Chest and Back; Hips, Buns and Thighs; and Core 360™ circuit. All the circuits are based on solid scientific research. And you can place them back-to-back for endless variety and training options. Find out more by going to www.NautilusInstitute.org.



R916



U916

YOUR PARTNER IN FITNESS. AND IN BUSINESS.

Nautilus does a lot more than sell equipment. Over the years, we've helped thousands of facilities like yours strengthen their business and take advantage of revenue-generating opportunities. We can assist you with member recruitment and retention through marketing programs, special incentives, and more. Nautilus also offers financing programs, facility planning, product training, and staff education. And you can count on our dedicated service crew—they're just a phone call away.

