



This addendum accompanies your equipment documentation and is additional information concerning the heart rate features for your equipment and console.

Important

The heart rate feature is intended for reference only. It may not be accurate for every user or at every speed and is not intended for use as a medical device.

For more information, please read your product documentation and visit:

www.precor.com/en-us/customer-service/faq.

SPINNER® RIDE™ GETTING STARTED GUIDE



Welcome to a **personalized fitness experience** for your members

The Spinner® Ride is a premium bike offering your members a high degree of adjustability, comfort, and performance.

Before you start, learn more about:

- Safety and maintenance included with your bike or visit us at www.precor.com.
- Spinner® Bikes and Spinning® Accessories, Training, and the Spinning® Community at www.spinning.com.
- Precor equipment and the benefits for your members by watching the Cardiovascular Equipment Product Tutorials in the Precor Coaching Center (select languages) at www.precor.com/education.



	Part
1	Seat adjustment pop-pin
2	Seat slider knob



	Part
3	Handlebar adjustment pop-pin
4	Resistance knob

Set up the bike

CAUTION In case of emergency, firmly press down on the resistance knob to stop the flywheel.

Seat Height

Reduce your risk of injury and enjoy a more comfortable ride by adjusting the seat height so that there is a slight bend (25-35 degrees) in your knee at the bottom of a pedal stroke.

To adjust the seat height:

1. Dismount the bike. Turn and pull the seat adjustment pop-pin **1** counterclockwise (-) to loosen and release it from the seat post.
2. Raise or lower the seat to the desired height. Turn the pop-pin clockwise (+) and secure it in a preset hole.

Now adjust the seat's horizontal position so you sit on the bike with the pedals parallel to the floor, and your forward knee is aligned over the center of the pedal.

To adjust the horizontal seat:

1. Dismount the bike. Turn the seat slider knob **2** counterclockwise (-) and move the seat to the desired position. Fully tighten the seat slider knob by turning it clockwise (+).
2. Recheck the seat height to make sure there's a slight bend in your knee.

Handlebar Height

The handlebar should be approximately the same height as the seat, or higher if you feel back discomfort.

To adjust the handlebar height:

1. Turn the handlebar adjustment pop-pin **3** counterclockwise (-) to loosen and release it from the post.
2. Raise or lower the handlebars to the desired height, then secure the pop-pin in a preset hole.
3. Turn the handlebar adjustment pop-pin clockwise (+) to fully tighten it.

Foot Position

Place the balls of your feet securely in the toe straps so that the balls are on the center of the pedals.

Foot Strap

Adjust the toe straps to hold your foot firmly on the pedal, allowing you to apply force throughout every part of the pedal stroke.

Note If your foot comes loose when riding, firmly press down on the resistance knob to stop and secure your foot.

Resistance Control and Stop Function

Turn the resistance knob **4** to change the pedaling resistance. Press down on the knob to stop the flywheel and pedals.

- To increase or decrease resistance, turn the knob clockwise (+) or counterclockwise (-).
- To stop the flywheel and pedals from moving, firmly press down on the resistance knob to bring the flywheel and pedals to a stop.

Ride the bike

CAUTION Before beginning any fitness program, see your physician for a thorough medical exam.

Ask your physician for the appropriate target heart rate for your fitness level.

Failure to follow these safety instructions can result in serious personal injury.



Step 1: Set up the bike so that the seat, handlebar, toe strap, or toe clips are properly adjusted for your height and comfort.

Important Make sure that all pop-pins are engaged and fully tightened after adjusting your bike.

When you sit on the bike with the pedals parallel to the floor, your forward knee should be aligned over the center of the pedal.



Step 2: Mount the bike and secure your shoes in the toe straps or toe clips.

Turn the resistance knob clockwise (+) to gradually increase the tension. To vary the intensity of your workout, adjust the knob while riding.

Step 3: To dismount, firmly press down on the resistance knob. Do not dismount the bike until the pedals and flywheel have come to a complete stop.



After each workout

For commercial bikes:

- Release all tension from the resistance knob after each use to allow for perspiration to evaporate. If bikes are used in a class setting, the instructor should direct class participants to release all tension from the resistance knob after each use.

For bikes used in a home setting:

- Wipe down the bike after each use. Pay special attention to wipe under the resistance knob. When done, turn the resistance knob clockwise (+) to put tension on the flywheel so that the pedals do not rotate freely.
- When the bike is not in use, always keep some resistance on the flywheel.

Spinner® Ride™ Assembly Guide

To assemble the Spinner® Ride, follow the steps in the order listed in this assembly guide. For more product information, visit us at www.precor.com.

WARNING At least two people are required to assemble the equipment.
DO NOT attempt assembly by yourself.

Assembly Requirements

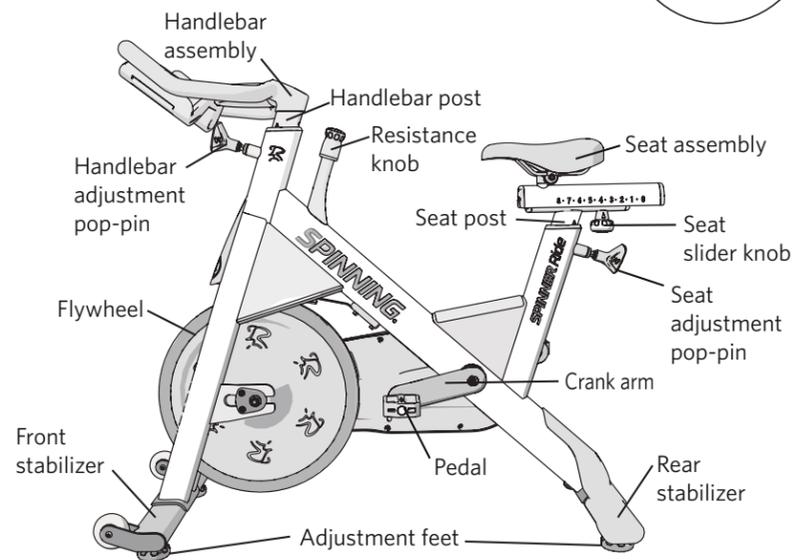
When assembling the bike, we recommend you:

- Assemble the equipment close to where you plan to use it.
- Assemble the equipment on a solid, flat surface, so that it remains level and stable.
- Leave a minimum of 0.5 m (19.7 in.) on at least once side of the bike and 0.5 m (19.7 in.) behind or in front of the bike.

Hardware Kit

	Component	Quantity
1	Socket head bolt (M8 x 20 mm)	4
2	Flat washer (8 mm)	4
3	Socket head bolt (M3 x 8 mm)	4
4	Socket head bolt (M8 x 16 mm)	2
5	Socket head flat bolt (M8 x 16 mm)	2
6	Socket head set screw (M8 x 16 mm)	1

	Component	Quantity
7	Seat slider end cap	1
8	2.5 mm hex key	1
9	4 mm hex key	1
10	5 mm hex key	1
11	6 mm hex key	1
12	8 mm hex key	1



Begin Assembly

Remove the following parts from the packaging: handlebar assembly, hardware kit, stabilizers, product documentation, seat assembly, and spare parts.

CAUTION Damage to the bike during assembly is not covered by the Precor Limited Warranty.
During assembly, you must protect the handlebar and seat adjustment pop-pins from damage.

To attach the rear stabilizer:

1. Stand the bike frame on its front end (toward flywheel) and place a piece of foam under the bike frame (Figure 1) to protect the handlebar adjustment pop-pin from damage.
2. Attach the rear stabilizer to the frame using two bolts 1 and two washers 2 (Figure 2). Using a hex key 11, tighten to 15.6 ft-lb (21.2 N-m).

To attach the front stabilizer:

1. Stand the bike frame on its back end and place a piece of foam under the bike frame (Figure 3) to protect the seat adjustment pop-pin from damage.
2. Attach the front stabilizer to the frame using two bolts 1 and two washers 2 (Figure 4). Using a hex key 11, tighten the bolts to 15.6 ft-lb (21.2 N-m).
3. Return the bike to the upright position.

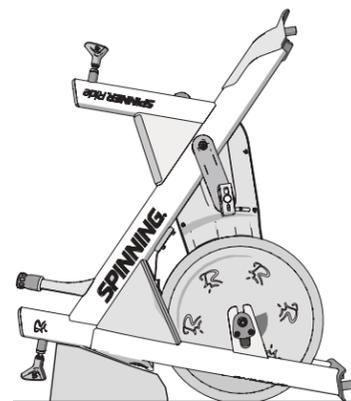


Figure 1

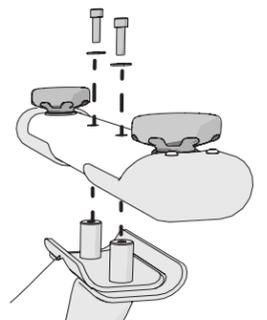


Figure 2

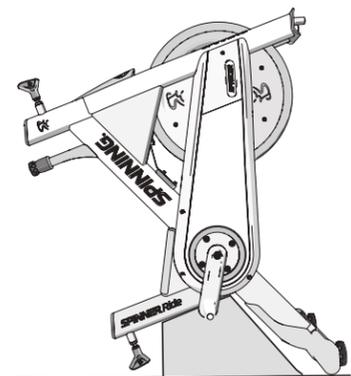


Figure 3

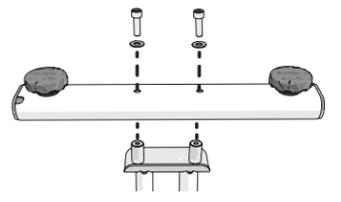


Figure 4

To attach the seat assembly:

1. Slide the seat assembly onto the seat post (Figure 5).
2. Insert one bolt ③ into the underside of the seat slider and fully tighten it to set the travel limit (Figure 6).
3. Attach the seat slider end cap ⑦ using three bolts ③ (Figure 7) and fully tighten with a hex key ⑧.

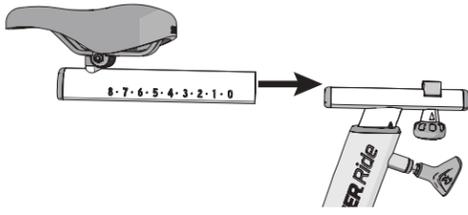


Figure 5

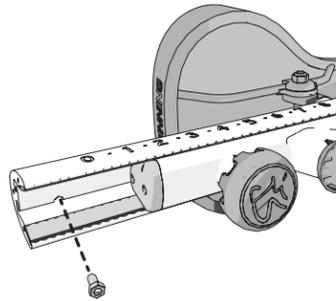


Figure 6

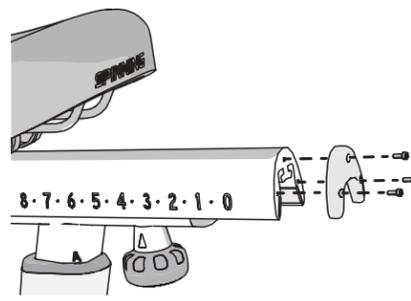


Figure 7

To attach the handlebar assembly:

1. Position the handlebar post onto the handlebar assembly (Figure 8). Attach it using two bolts ⑤ and tighten them with a hex key ⑩.
2. Insert a set screw ⑥ into the opposite side of the handlebar post (Figure 9) and tighten it using a hex key ⑨.
3. Pull out the handlebar adjustment pop-pin and slide the handlebar post into the bike frame (Figure 10). Release the pop-pin to lock the handlebar post into place.

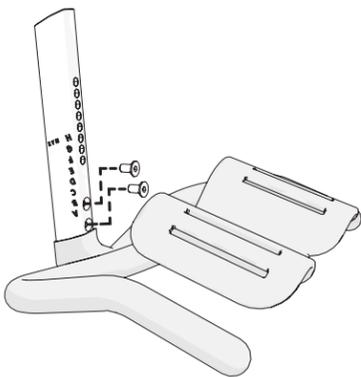


Figure 8

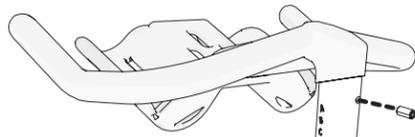


Figure 9

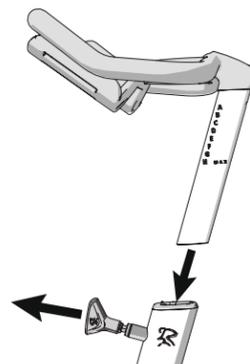


Figure 10

Attach the Pedals

Hold the pedals with the toe straps facing forward.

To attach the pedals:

1. Insert a pedal into its corresponding crank arm (Figure 11).
2. Use a rubber mallet to lightly tap the center of the pedal into the crank arm to seat it (Figure 11).
3. Secure the pedal using one bolt ④ (Figure 12) and torque to 33 ft-lb (45 N-m) with a hex key ⑫.
4. Repeat Steps 1-3 to attach the other pedal.

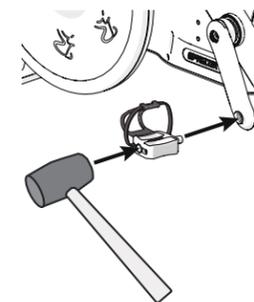


Figure 11

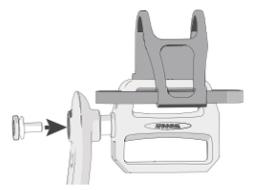


Figure 12

Level the Bike

Important Place the equipment on a flat surface. Rotating the adjustable feet does not compensate for extremely uneven surfaces. Make sure the bike is level before allowing anyone to use it.

To level the bike:

1. Try to rock the bike. If there is any movement, tip the bike to one side to locate the adjustable feet (Figure 13).
2. Correct the height of each adjustable foot by turning it clockwise (+) to lower the bike, or counterclockwise (-) to raise the bike.
3. When you are finished leveling the bike, recheck for movement and readjust as necessary.



Figure 13

Bike Assembly Checklist

Use this checklist to make sure your bike is assembled properly.

- Check that all bolts are tightened to proper torque specification and no parts are missing.
- Check that the seat post moves freely and locks in different positions.
- Check that the seat is level and does not rotate or tilt. Tighten and adjust as needed.
- Test the seat for movement front to rear.
- Brake tension is adjustable by turning the resistance knob in the front of the seat. Pressing down on the knob will apply the brake if you need to stop quickly.
- Pedal the bike at a moderate pace and test the resistance knob for smooth resistance changes.
- Press down on the knob to ensure the bike stops quickly.

Once testing is complete, tip the bike forward using the handlebars and roll it on a smooth surface to its final use location. If required, level the bike.