I’d like to open this year’s Spinning® Catalog by thanking every studio, instructor, and rider that makes the Spinning experience possible. I especially want to thank our team of Spinning Master Instructors. They show genuine love for every single student, and I see that dedication when they deliver the world’s safest, most comprehensive and exciting indoor cycling program. I also want to thank our partners, facilities and studios who have been just as supportive as their members and students.

With this year’s catalog, we want to ask a basic question: Why Spinning? The answer to that question lies in our singular focus to deliver the best indoor cycling experience to millions of riders worldwide. It all starts with superior bikes and the most comprehensive programming and education available in the indoor cycling category. Our new line of Spinner bikes manufactured by Precor® is by far the best bikes we have ever offered. We enhance that riding experience with world-class instructors that are trained and educated by our team of Master Instructors.

We hope you enjoy this look into our incredible past, our strong present, and our bright future. Thank you for being part of the Spinning experience.
CONTENTS

CHAPTER 1: WHY SPINNING® 6
CHAPTER 2: COMMERCIAL BIKES 18
CHAPTER 3: SPINPOWER® 44
CHAPTER 4: EDUCATION 54

CHAPTER 5: SPINNING® STUDIOS & FACILITIES 66
CHAPTER 6: COMMUNITY & EVENTS 76
CHAPTER 7: HOME BIKES 88
“Spinning® is more than just a bike. It’s education, programming and a community that comes together to create a truly great experience.”

John Baudhuin
FOUNDER AND CEO, MAD DOGG ATHLETICS, INC.
CHAPTER 1: WHY SPINNING®
THE SPINNING® STORY

Headquartered in Venice, California, Spinning® continues to be one of the biggest names in fitness today. As the creator of indoor cycling, Spinning is the category leader in education, equipment and events. Tailored to fit all abilities and fitness goals, the Spinning program and its patented line of Spinner® bikes deliver an exhilarating and challenging experience at a self-directed pace. Spinning is committed to helping everyone grow in health and wellness through the latest advances in manufacturing technology and scientific research, ensuring that every rider feels empowered, achieves their fitness goals and, most importantly, enjoys every ride.

In 1991, cyclists Johnny G and John Baudhuin created Spinning with a simple goal: to bring an authentic cycling experience indoors. Together, they combined their passion and expertise in cycling, their innovative and authentic indoor bike design, and an inspirational class setting to create a thrilling new workout experience. 25 years later, the Spinning program and its line of Spinner bikes define the indoor cycling category—training more than 250,000 instructors at over 35,000 facilities, reaching millions of riders in 80 countries worldwide.

With a deep cycling heritage, solid programming, and bikes designed to fit riders of all shapes, sizes and abilities, the Spinning program continues to succeed in its mission to bring health and fitness to everyone. With expert coaching by a team of Certified Spinning Instructors who deliver energizing rides, the Spinning program has helped millions of people get into the best shape of their lives.

The love and enthusiasm for Spinning has cultivated a truly global community. At many annual conferences and events around the world, passionate Spinning instructors and enthusiasts continue to grow by sharing ideas and experiences. Every day, you will find Spinning instructors leading, presenting and attending sessions that keep everyone up-to-date on the latest fitness information, trends and technology.

Spinning instructors pour their energy and enthusiasm for the program into every Spinning product. Spinner bikes continue to replicate the feel and geometry of real road bikes with even more elegant and durable designs. In addition, the Spinning line of apparel and accessories is specifically designed to make riders look good and perform even better.

Spinning is the original, authentic and exhilarating indoor cycling experience.

Welcome to Spinning 2017.
“The Spinning® program allows you to go anywhere your mind can take you. Spinning is really an art—it’s the art of fitness.”

Josh Taylor
MASTER INSTRUCTOR, SENIOR ADVISOR AND BRAND AMBASSADOR

THE SPINNING® EXPERIENCE

When you hop on a Spinner® bike and participate in a Spinning® class, you are taking part in a global phenomenon that has helped millions of riders get into the best shape of their lives. Only one indoor cycling program was born from the road, and we pour that authenticity and expertise into every product and program that we offer. From day one, the Spinning program was designed for everybody, from the first-time rider to the performance athlete. Everyone can participate in an exhilarating, non-competitive setting with heart-pounding music and expert guidance from a Certified Spinning Instructor.

This incredible class experience has inspired a truly global community of riders. Around the world, passionate instructors deliver energizing rides and present exciting workshops that keep riders coming back for more. They combine sound training principles, inspiring music and a love for their students that is unmatched in any other indoor cycling program.
THE POWER OF THE PROGRAM

This year, we are continuing in our quest to design the world’s best indoor cycling bikes and offer the best technology and education programs. Our advances in power-based training technology like the Spinner® Chrono and console are guaranteed to deliver fitness results. And our new online education offerings like the online Spinning Instructor Certification helps instructors deliver an unforgettable class experience. We call this the power of the program, and it creates an environment that sets instructors and facilities apart as the best educated and most supported professionals on the planet.

As the creator of indoor cycling, the Spinning® program is at the forefront of indoor cycling. We train the industry’s best instructors and help facilities deliver an unforgettable experience with our quality line of Spinner bikes and programs. Spinning exemplifies the best of the category and our never-ending desire for perfection.

This is Spinning – Enjoy the Ride.

“Getting a great workout and being around caring, positive, goal-driven people who value smart training practices—the Spinning® program combines all of that.”

Angie Sturtevant
MASTER INSTRUCTOR, SENIOR ADVISOR FOR THE SPINNING® & SPINPOWER® PROGRAMS
THE HISTORY OF SPINNING®

1991

‘91 South African cyclist Johnny Goldberg (known as Johnny G) meets John Baudhuin, an avid cyclist and entrepreneur. The two team up to design and make the first run of commercial Spinner® bikes.

‘92 Johnny G and John B. begin commercial manufacturing and distribution of Spinner bikes and the Spinning® program.

‘93 The Spinning program is officially offered at Crunch gyms in New York City.

1995

‘94 Mad Dogg Athletics, Inc. (MDA) registers and trademarks the Spinning name and develops the Spinning Instructor Certification Program.

‘96 More than 1,000 facilities in over 30 countries become Official Spinning Facilities.

‘98 MDA launches the first Spinning continuing education workshops.

‘99 Spinning is named the “hot exercise” in Rolling Stone magazine’s annual “hot list.”

2000

‘01 WSSC moves to Miami, Florida, its new annual home.

‘02 The first Spinning® Experience event takes place in the Netherlands.

‘03 Spinning trains its 100,000th instructor.
WHY SPINNING

2005

'04 The MDA Europe office opens in the Netherlands.

Johnny G retires from Spinning®.

'05 MDA begins producing videos and selling its line of Spinner® bikes to the home market.

The first Spinning infomercial is released featuring the Spinner Sport.

2010

'08 The first Spinning-sponsored charity event, Spinning Nation®, takes place at indoor cycling facilities throughout the United States.

John Baudhuin receives The Hilton Distinguished Entrepreneur Award for his work in creating the Spinning program.

'13 The SPINPower® program and the Spinner Blade ION™ are introduced with the launch of strain-gauge power meter technology.

2017

'15 Spinning introduces belt-drive system with Fusion Drive™ at IHRSA.

Spinning and Precor® sign an exclusive partnership to co-produce an entirely new line of commercial Spinner indoor cycling equipment.

'17 Spinning and Precor launch the new Chrono, the world’s most advanced bike with power measurement.

Spinning launches an online version of its world-class Spinning Instructor Certification.

Spinning launches its new SPINPower Crank for both the studio and home environments.

Spinning launches its new Leaderboard technology.
GLOBAL OPERATIONS

SPINNING® IS IN 80 COUNTRIES

25 NUMBER OF LANGUAGES SPINNING® INSTRUCTOR CERTIFICATION TRAININGS IS TAUGHT IN

OFFICES LOCATED IN
VENICE, CALIFORNIA
RANCHO DOMINGUEZ, CALIFORNIA
LONGMONT, COLORADO
MAASLUIS, NETHERLANDS

CRUNCH STUDIO IN NEW YORK WAS THE FIRST OFFICIAL SPINNING FACILITY

SPINNING® GLOBAL EVENTS AND TRAININGS

+1,200 PER YEAR

+1,200

250,000+ PEOPLE WORLDWIDE HAVE BEEN CERTIFIED IN THE SPINNING® PROGRAM

10,000 Certified Yearly

10,000 SPIN® Members

35,000 Certified Spinning Facilities
140

TOTAL NUMBER OF SPINNING® MASTER INSTRUCTORS WORLDWIDE

SPINNING® MASTER INSTRUCTORS HAIL FROM OVER 35 COUNTRIES

2017 SPINNING SOCIAL MEDIA STATS
FACEBOOK.COM/SPINNING: 450,000
TWITTER@SPINNINGHQ: 4,550
INSTAGRAM@SPINNINGHQ: 12,400
PINTEREST.COM/SPINNING: 3,100

OUR INSTRUCTORS AGE RANGE FROM 18-80

SPINNING® INSTRUCTOR GENDER BREAKDOWN

OVER 1,000,000 COMMERCIAL & HOME CONSUMER BIKES SOLD WORLDWIDE

FIVE FIDOS FREQUENT SPINNING® HQ
In 2016, Mad Dogg Athletics, Inc., the creators of the Spinning® program and Spinner® line of indoor cycling bikes, and Precor®, a leading provider of personalized fitness solutions, entered a long-term partnership that makes Precor the exclusive manufacturer and distributor of commercial Spinner bikes. The partnership also includes the development of new commercial Spinner bikes along with collaborations on new products, marketing solutions and education programs in the future.

The commercial line of Spinner bikes incorporates the strengths of both brands to bring customers the excitement of the Spinning experience. It stays true to the design of the original Spinner bike with the authentic feel of a road bike and features the most advanced materials and engineering to deliver strong performance and reliability. As a proud member of Amer Sports, Precor delivers the best fitness equipment and solutions with a network of dedicated distributors all around the world. They will collaborate with Spinning’s network of distributors and education representatives to better serve its extensive global community.

“We are thrilled to partner with Spinning® because they have been the leader in indoor cycling ever since creating the category 25 years ago.”

Rob Barker
PRESIDENT, PRECOR®
For the last 25 years, Spinning has established itself as the world leader in indoor cycling. In that same time, Precor has earned a reputation for top-quality products and consistently excellent customer service. The continued success and commitment to excellence of both organizations make this the perfect partnership, and we cannot wait to see what our future holds.

A WORD FROM PRECOR®

For Precor®, the workout is never over. Over the last 30 years, Precor has become one of the leading providers of cardio equipment across the globe.

Precor started by launching the first ergonomically sound rowing machine and has been moving with the natural motion of the human body ever since. Every treadmill, elliptical, AMT, bike and strength product Precor has brought to the industry has always put fitness first.

It is that history in innovation, engineering, reliability, and providing the best customer service in the industry that makes Precor the perfect match for Spinning®. With the hallmarks of revolutionary and innovative design, alignment with human movement, and culture of supporting operators, Precor cardio and strength equipment provides a truly personalized experience for operators and exercisers alike.

PRECOR®

CURRENT HOME: Woodinville, WA

Precor is a proud member of Amer Sports Corporation, one of the leading sporting goods companies in the world. Through continuous research and development, Amer Sports seeks to develop new and better sporting goods that appeal to both consumers and trade customers. Its portfolio of internationally recognized brands includes Salomon®, Wilson®, Suunto, ATOMIC, Arc’teryx and Mavic®.
CHAPTER 3: COMMERCIAL BIKES

Spinning.com/commercial
COMMERCIAL SERIES

Built for the facility and studio environment, the commercial line of Spinner® bikes is designed to withstand the rigors of thousands of classes over several years. The original, most popular and best line of indoor cycling bikes on the planet, the Commercial Series is for facilities who want to bring the Spinning® experience to their members. Witness the evolution of the Spinner bike for yourself.

1. **Materials:**
   All frame materials are powder-coated for superior corrosion resistance and lasting protection from sweat and moisture to deliver exceptionally durability.

2. **Drivetrain and Flywheel:**
   The authentic feel of the road is established via a perimeter-weighted flywheel (43 lb/19.5 kg). The inertia of our flywheel system smooths out the pedal stroke to eliminate any “dead spots” at the top and bottom of the stroke, enabling riders improve their pedaling technique and efficiency.

3. **Pedals and Crank Arms:**
   All commercial Spinner® bikes use oversized, steel and contoured crank arms that accommodate the push and power of even the strongest rider. Our dual-sided, SPD®-compatible pedals feature threadless Morse taper connections, making them the strongest and most durable crank and pedal system on the market.

4. **Saddle and Handlebar Adjustments:**
   Spinner® bikes offer greater adjustability and better ergonomics than any other indoor cycling bike in the industry. On most models, the saddle and handlebars can easily be adjusted both up and down and fore/aft to fit every rider regardless of their size.

5. **Access Panel:**
   An oversized one-bolt panel provides improved access to the drivetrain for easy maintenance.

6. **Chain Tension Inspection Window:**
   The chain tension inspection window offers a direct view of the current chain tension and allows for simple lubrication without removing any parts.

7. **Q Factor:**
   The measured space between the pedals, Q factor is an important element for comfort and performance. Spinner® bikes feature a precise Q factor that is modeled after road bikes to deliver better comfort and biomechanics through the hips, knees and ankles.

8. **Dual-sided Pedals with Optional Trio® and Trio QR® Pedals:**
   All commercial Spinner bikes come with dual-sided pedals that accommodate cycling shoes with SPD® cleats or athletic shoes. Also available with Trio® and Trio QR® pedals that fit SPD®-compatible and LOOK® Delta-compatible cycling shoes.
"We design products that can take the abuse of being ridden 24/7/365 and still deliver a fantastic feel."

John Cook
VICE PRESIDENT OF DESIGN, MAD DOGG ATHLETICS, INC.
With 25 years of cycling heritage and design innovation, experience the original and best chain-drive system in the world.

**CHAIN DRIVE SYSTEM**

Nothing compares to the authentic and connected feel of the road like our original chain-drive system. Adopted from real road bikes, our chain-driven bikes provide a pure feeling that gives riders instant feedback for their effort and intensity. Together with the perimeter-weighted flywheel, the chain drive is proven to be the optimal training tool for riders. Experience the original and best chain-driven bike on the market today.
Smooth, quiet and reliable, our belt-drive design with Fusion Drive™ delivers an exceptional ride every time.

FUSION DRIVE™ BELT SYSTEM

Keeping the best features of our chain-drive system, our advanced belt-drive system with Fusion Drive™ creates a smooth, quiet and virtually maintenance-free ride. Fusion Drive integrates our exclusive perimeter-weighted flywheel with an ultra-durable Poly-V Isoprene belt that meets our high standard for durability and an authentic ride. It also includes a unique self-tensioning system that engages the belt for a tighter fit with no vibration. Unlike other belt drives on the market that feel “mushy,” our Fusion Drive system transfers more direct cranking energy for a seamless and reliable ride.
Our Resistance System brings an authentic, dependable riding experience to you and your members.

LINEAR RESISTANCE SYSTEM™: TRIED AND TRUE

Spinning® began with the goal of bringing the feel of a real road bike indoors. From our very first bike, we accomplished that goal with our Linear Resistance System™. Combined with a perimeter-weighted flywheel, the resistance systems on commercial Spinner® bikes deliver the feel of a real road bike that micro-adjusts to allow for a linear resistance curve that suits the needs of every rider. The leather pad on all commercial Spinner bikes delivers a linear resistance curve and is durable enough to withstand whatever your riders dish out. It has been tried, tested and proven over the last 25 years, and it brings an authentic and reliable riding experience to every class.
Feel the Difference: The Magnetic Resistance System on the Spinner® Chrono rides better than anything else on the market today.

A MAGNETIC BIKE DONE RIGHT

For the first time ever, Spinning® is bringing a magnetic resistance system to Spinner® bikes. With our partners at Precor®, we’ve created a quieter, virtually maintenance-free magnetic system while staying true to an authentic riding experience and our linear resistance curve. Our magnetic system provides an even more accurate measurement of power, helping to better track riders’ progress and deliver true fitness results. It also has a self-generating power system, so it never needs a battery or chords. The magnetic resistance system on the Spinner Chrono truly is a mag bike done right.
## COMMERClAL SERIES

### AT A GLANCE

<table>
<thead>
<tr>
<th>Feature</th>
<th>Chrono</th>
<th>Rally</th>
<th>Shift</th>
<th>Ride</th>
</tr>
</thead>
<tbody>
<tr>
<td>Perimeter-weighted flywheel for smooth pedal strokes</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
</tr>
<tr>
<td>Design components engineered exclusively for Spinner® bikes</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
</tr>
<tr>
<td>Industry-leading Q factor for improved ergonomics and more comfortable fit</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
</tr>
<tr>
<td>Horizontal and vertical rider adjustments with precision aluminum construction</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
</tr>
<tr>
<td>Fore/aft saddle slider (micro adjust)</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
</tr>
<tr>
<td>Fore/aft handlebar slider (micro adjust)</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
</tr>
<tr>
<td>Seat post and handlebar precision-fit vertical adjustment</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
</tr>
<tr>
<td>Integrated phone tray with dual water bottle holders</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
</tr>
<tr>
<td>Edge-mounted transport wheels for greater portability</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
</tr>
<tr>
<td>Integrated full coverage scuff protection on rear stabilizers</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
</tr>
<tr>
<td>Increased clearance under bike for easy floor-area cleaning</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
</tr>
<tr>
<td>High-quality ground welds in high sweat areas for easy cleaning and protection against moisture</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
</tr>
<tr>
<td>350 lb (158.7 kg) weight limit</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
</tr>
<tr>
<td>Corrosion resistant bike leveler feet made of structural resin with rubber over-molding to provide improved floor grip and stability</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
</tr>
<tr>
<td>Oversized, one-bolt access panel with large compartment to the drivetrain for easy maintenance</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
</tr>
<tr>
<td>Powder-coated aluminum bike stabilizers</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
</tr>
<tr>
<td>Chain tension inspection window providing direct view of the current chain tension and allowing for simple lubrication</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
</tr>
<tr>
<td>Durable leather brake pad</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
</tr>
<tr>
<td>Proprietary aluminum tube frame contoured for strength and sweat resistance</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
</tr>
<tr>
<td>High-grade commercial steel frame</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
</tr>
<tr>
<td>Magnetic resistance with true strain gauge power measurement.</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
</tr>
<tr>
<td>The Kevlar™-reinforced cogged timing belt deliver</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
</tr>
<tr>
<td>Built in power meter technology</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
</tr>
<tr>
<td>Patent-pending magnetic resistance system</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
<td>⬤</td>
</tr>
</tbody>
</table>

### INCLUDES

- Heavy-duty materials and construction designed for studio, club or high-volume use
- Threadless tapered pedal and crank connections for increased durability
- All models available in chain drive or belt drive with Fusion Drive™ system
- Dual-sided SPD®-compatible pedals. Trio® and Trio QR® pedal options available for multiple connection options
## TECHNOLOGY ICONS

<table>
<thead>
<tr>
<th>Icon</th>
<th>Feature</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image" alt="43 LB FLYWHEEL" /></td>
<td>43 LB FLYWHEEL</td>
<td></td>
</tr>
<tr>
<td><img src="image" alt="40 LB FLYWHEEL" /></td>
<td>40 LB FLYWHEEL</td>
<td></td>
</tr>
<tr>
<td><img src="image" alt="36 LB FLYWHEEL" /></td>
<td>36 LB FLYWHEEL</td>
<td></td>
</tr>
<tr>
<td><img src="image" alt="31 LB FLYWHEEL" /></td>
<td>31 LB FLYWHEEL</td>
<td></td>
</tr>
<tr>
<td><img src="image" alt="WELDED METAL GUSSETS" /></td>
<td>WELDED METAL GUSSETS</td>
<td></td>
</tr>
<tr>
<td><img src="image" alt="PLASTIC SWEAT GUARD" /></td>
<td>PLASTIC SWEAT GUARD</td>
<td></td>
</tr>
<tr>
<td><img src="image" alt="WEDGE POSTS" /></td>
<td>WEDGE POSTS</td>
<td></td>
</tr>
<tr>
<td><img src="image" alt="COGGED TIMING BELT DRIVETRAIN" /></td>
<td>COGGED TIMING BELT DRIVETRAIN</td>
<td></td>
</tr>
<tr>
<td><img src="image" alt="OVAL TUBES" /></td>
<td>OVAL TUBES</td>
<td></td>
</tr>
<tr>
<td><img src="image" alt="DUAL BAR BOTTLE HOLDERS" /></td>
<td>DUAL BAR BOTTLE HOLDERS</td>
<td></td>
</tr>
<tr>
<td><img src="image" alt="SINGLE BAR BOTTLE HOLDER" /></td>
<td>SINGLE BAR BOTTLE HOLDER</td>
<td></td>
</tr>
<tr>
<td><img src="image" alt="BAR FORE AFT" /></td>
<td>BAR FORE AFT</td>
<td></td>
</tr>
<tr>
<td><img src="image" alt="COMMERCIAL SADDLE" /></td>
<td>COMMERCIAL SADDLE</td>
<td></td>
</tr>
<tr>
<td><img src="image" alt="ALUMINUM SLIDERS" /></td>
<td>ALUMINUM SLIDERS</td>
<td></td>
</tr>
<tr>
<td><img src="image" alt="DUAL SIDED SPD PEDALS" /></td>
<td>DUAL SIDED SPD PEDALS</td>
<td></td>
</tr>
<tr>
<td><img src="image" alt="SADDLE MICRO ADJUST" /></td>
<td>SADDLE MICRO ADJUST</td>
<td></td>
</tr>
<tr>
<td><img src="image" alt="POWER CAPABLE" /></td>
<td>POWER CAPABLE</td>
<td></td>
</tr>
<tr>
<td><img src="image" alt="Q FACTOR" /></td>
<td>Q FACTOR</td>
<td></td>
</tr>
<tr>
<td><img src="image" alt="CO-MOLDED NO-RUST FEET" /></td>
<td>CO-MOLDED NO-RUST FEET</td>
<td></td>
</tr>
<tr>
<td><img src="image" alt="MAGNETIC RESISTANCE" /></td>
<td>MAGNETIC RESISTANCE</td>
<td></td>
</tr>
<tr>
<td><img src="image" alt="CHAIN DRIVE" /></td>
<td>CHAIN DRIVE</td>
<td></td>
</tr>
<tr>
<td><img src="image" alt="FUSION DRIVE*" /></td>
<td>FUSION DRIVE*</td>
<td></td>
</tr>
</tbody>
</table>
SPINPower
The new standard for magnetic bikes, the Spinner® Chrono is the latest innovation in power meter technology. Using magnetic braking resistance, the new Chrono provides highly accurate power measurements.

- Direct power measurement is more accurate and reliable than indirect systems from competitors.
- Medical grade measurement system and auto-calibrated color LCD.
- Our lowest maintenance drivetrain includes a 10-year warranty.
- The Kevlar™-reinforced cogged timing belt delivers a more efficient power transfer and a more responsive ride.
- Patent-pending magnetic resistance system is quiet, requires less maintenance, and offers an improved linear resistance compared to blade-style brake systems.
- Equipped with a best-in-class console with color LCD display and Bluetooth™ and ANT+ compatibility.
- Proprietary aluminum tube frame contoured for strength and sweat resistance
- Perimeter-weighted flywheel for smooth pedal strokes
- Horizontal and vertical rider adjustments with precision aluminum construction:
  - Fore/aft saddle slider (micro adjust)
  - Fore/aft handlebar slider (micro adjust)
  - Seat post and handlebar precision-fit vertical adjustment
Spinner® Rally Commercial Series

ITEM NUMBERS:
BELT: 5753-992  CHAIN: 5753-991

OVERALL DIMENSIONS:
20.4” W x 58” L x 49.5” H (52 x 147.3 x 125.7 cm)

OVERALL WEIGHT: 126 lb (57.1 kg)

FLYWHEEL WEIGHT: 43 lb (19.5 kg)

COLOR: High Gloss Metallic black

FEATURES

• Proprietary aluminum tube frame contoured for strength and sweat resistance
• Perimeter-weighted flywheel for smooth pedal strokes
• Industry-leading Q factor for improved ergonomics and more comfortable fit
• Horizontal and vertical rider adjustments with precision aluminum construction:
  Fore/aft saddle slider (micro adjust)
  Fore/aft handlebar slider (micro adjust)
  Seat post and handlebar precision-fit vertical adjustment
• Integrated phone tray with dual water bottle holders
• Powder-coated aluminum bike stabilizers
• Edge-mounted transport wheels for greater portability
• Integrated full coverage scuff protection on rear stabilizers
• Durable leather brake pad
• Oversized, one-bolt access panel with large compartment to the drivetrain for easy maintenance
• Chain tension inspection window providing direct view of the current chain tension and allowing for simple lubrication (chain model only)
• Increased clearance under bike for easy floor-area cleaning
• High-quality ground welds in high sweat areas for easy cleaning and protection against moisture
• Corrosion resistant bike leveler feet rubber over-molding to provide improved floor grip and stability

Solid aluminum frame and stamped gusset protect from sweat and corrosion

Overhead view of Q factor

Backside of chain guard
Spinners® Shift
Commercial Series

FEATURES

• Proprietary steel tube frame contoured for strength and sweat resistance
• Perimeter-weighted flywheel for smooth pedal strokes
• Industry-leading Q factor for improved ergonomics and more comfortable fit
• Horizontal and vertical rider adjustments with precision aluminum construction:
  • Fore/aft saddle slider (micro adjust)
  • Fore/aft handlebar slider (micro adjust)
  • Seat post and handlebar precision-fit vertical adjustment
• Integrated phone tray with dual water bottle holders
• Powder-coated aluminum bike stabilizers
• Edge-mounted transport wheels for greater portability
• Integrated full coverage scuff protection on rear stabilizers
• Durable leather brake pad
• Oversized, one-bolt access panel with large compartment to the drivetrain for easy maintenance
• Chain tension inspection window providing direct view of the current chain tension and allowing for simple lubrication (chain model only)
• Increased clearance under bike for easy floor-area cleaning
• High-quality ground welds in high sweat areas for easy cleaning and protection against moisture
• Corrosion resistant bike leveler feet with rubber over-molding to provide improved floor grip and stability

ITEM NUMBERS:
BELT: 5752-992  CHAIN: 5752-991

OVERALL DIMENSIONS:
20.4” W x 58” L x 50” H (51.9 × 147.3 × 127 cm)

OVERALL WEIGHT:  140 lb (63.5 kg)

FLYWHEEL WEIGHT:  43 lb (19.5 kg)

COLOR: Charcoal

Solid steel frame and stamped gusset protect from sweat and corrosion.

Overhead view of Q factor

Backside of chain guard
Spinner® Ride
Commercial Series

ITEM NUMBERS:
BELT: 5751-992  CHAIN: 5751-991

OVERALL DIMENSIONS:
20.3” W x 58” L x 48” H (51.6 x 147.3 x 121.9 cm)

OVERALL WEIGHT: 124 lb (56.4 kg)

FLYWHEEL WEIGHT: 43 lb (19.5 kg)

COLOR: Metallic White

FEATURES

• Proprietary steel tube frame contoured for strength and sweat resistance
• Perimeter-weighted flywheel for smooth pedal strokes
• Industry-leading Q factor for improved ergonomics and more comfortable fit
• Horizontal and vertical rider adjustments with precision aluminum construction:
  - Fore/aft saddle slider (micro adjust)
  - Seat post and handlebar precision-fit vertical adjustment
• Integrated phone tray with dual water bottle holders
• Powder-coated steel bike stabilizers
• Edge-mounted transport wheels for greater portability
• Integrated full coverage scuff protection on rear stabilizers
• Durable leather brake pad
• Oversized, one-bolt access panel with large compartment to the drivetrain for easy maintenance
• Chain tension inspection window providing direct view of the current chain tension and allowing for simple lubrication (chain model only)
• Increased clearance under bike for easy floor-area cleaning
• High-quality ground welds in high sweat areas for easy cleaning and protection against moisture
• Corrosion resistant bike leveler feet with rubber over-molding to provide improved floor grip and stability

Solid steel frame and stamped gusset protect from sweat and corrosion.

43 lbs Perimeter-weighted flywheel

Backside of chain guard
Although Spinner® bikes are built to be as maintenance-free as possible, cleaning and regularly scheduled maintenance will greatly extend the life of your bike.

Certified technicians from Precor® are experts in keeping your equipment running efficiently and effectively, and they have the industry’s best customer satisfaction rating.

Keep your bike riding for years and years, and learn more about our warranty, extended warranty and Spintech® maintenance line.

info@spinning.com
precor.com/spinning
SPINTECH® MAINTENANCE PRODUCTS

SPINTECH® COMMERCIAL SPINNER® BIKE TOOLKIT
ITEM NUMBER: 10-013
• The Spintech® Toolkit contains all the tools needed to maintain our commercial Spinner® bikes. The heavy-duty, high quality steel constructed tools are packaged in a sturdy, custom-molded, convenient carrying case for easy access with complete organization.

SPINTECH® POLISH
ITEM NUMBER: 5924
• Spintech® Fitness Equipment Polish with Teflon® fluoropolymer is specifically designed to clean, polish and protect all surfaces used in modern-day fitness equipment, including chrome, painted metal, stainless steel, plastic, clear coat, aluminum, titanium and carbon fiber.

THREADLESS PEDAL AND CRANK REMOVAL TOOLS
ITEM NUMBER: 10-012
• Heavy-duty high quality steel construction tools
• Package contains threadless pedal and crank removal tool and 8mm Allen wrench for easy maintenance of Spinner® bikes
• Provides the perfect tools when upgrading standard threadless pedals to TRIO® AND TRIO QR® pedals.
PEDALS

TRIO QR®
ITEM NUMBER: 7916, 7916-MT

- Adapts to SPD®-compatible and LOOK® Delta-compatible cycling shoes
- Comes with a snap-in platform and toe cage for shoes without cleats
- Available in both standard threaded and threadless (Morse taper) models
TRIO® AND TRIO QR® PEDALS

With a unique, patented design and enhanced functionality, the new TRIO® and TRIO QR® pedals set the standard for indoor cycling pedals. Both pedals deliver three distinct ways to connect to any indoor cycling bike:

1. Snap-in pedal platform with toe cages for athletic shoes
2. SPD®-compatible cleats for mountain biking (MTB) shoes
3. LOOK® Delta-compatible cleats for road cycling shoes

TRIO®
ITEM NUMBER: 7915, 7915-MT

• Easily adapts to riders with SPD® and LOOK® Delta-compatible cycling shoes
• Includes a snap-in pedal platform with a toe cage for riders with athletic shoes
• Features an oversized pedal spindle with commercial sealed bearings for a longer lifespan
ACCESSORIES

We know what it takes to keep you ahead of the pack. Whether you’re looking to create a pro shop, to bring the Spinning® program home with one of our Spinner® bikes, or to maximize your ride with fitness trackers, cleats, towels or bags, we’ve got you covered.

RETRO SPINNING® BAG
ITEM NUMBER: 7975
- 52 x 24 x 28 cm / 20.5 x 9 x 11 in
- Made of high quality PVC (artificial leather)
- Zipper closer
- Top carry handles
- White with black accents

BIG CHILL WATER BOTTLE
ITEM NUMBER: 7816-01
- Lockout dial with easy to read graphics for leak-proof transport
- Streamlined ergonomic design offers excellent squeezability without compromising bottle grip
- Removable nozzle for easy cleaning. TruTaste™ technology lets you taste your beverage, not your bottle
- BPA free
- 25 oz.

SPINNING® CLEATS: SPD®
ITEM NUMBER: 7946
- Clip into your Spinner® bike and notice an immediate improvement in your ride. Two easy-to-position cleats are included to complete your pair of Spinning shoes
- SPD® compatible
- Fits all Spinner bikes as well as Trio® and Trio QR® pedals
- One pair of cleats included
SPINNING CONNECT™
ITEM NUMBER: 7458
• Train with heart. Get the most out of your Spinning® classes with Spinning Connect™, our heart rate transmitter strap with Bluetooth Smart and ANT+ technology
• Compatible with all Spinning® commercial computers
• Compatible with most on-board bike computers

SPINNING® MIC BELT W/ VERTICAL POUCH
ITEM NUMBER: 7953
• This microphone carrier belt holds transmitters vertically. It features reinforced belt edges for increased durability and fits most of today’s latest and most popular transmitters
• Helps protect against perspiration and bumps
• Bound (reinforced) neoprene belt provides longer life
• Belt adjusts up to 42 inches

SPINNING® CLEATS: LOOK® DELTA
ITEM NUMBER: 7950
• Look® Delta compatible
• Fits Spinner Trio® and Trio QR® pedals
• One pair of cleats included

Visit Spinning.com to see our full selection of Accessories
From jerseys to padded shorts to cycling shoes and cleats, our performance apparel enables you to ride at your best, class after class.

From high-performance tops, shorts and jerseys to head-turning casual wear, our Spinning® apparel is perfect for every rider. We are at the forefront of the latest apparel technology, crafting performance wear that draws moisture away from the skin and keeps riders cool, as well as designing casual apparel that feels great and looks great. No other indoor cycling brand is as committed to the performance of their riders and instructors like Spinning.
Zipper: 17 inch (43 cm)
hidden zipper

Breathability: stretches and
breathes with just the right
amount of compression

Fabric: Michron™
performance fabric with
textured honeycomb knit for
maximum breathability

Chamois: Pad molded with
Giordana’s high-frequency
OmniForm technology, which
eliminates sharp edges and
hard areas

We strive to create cycling apparel that looks great,
feels great, and can withstand the most challenging
rides. Testing is an important part of our process, and
we rely on our team of Spinning® Master Instructors,
club owners and key members of the community
to rigorously test our apparel before offering it to
customers.

Our performance apparel features compression fabric
designed to support the muscles during the entire
workout, from warm-up to cool-down. Moisture-wicking
fabric moves with the rider and draws sweat away
from the skin to the surface of the fabric for quick
evaporation.

Along with the highest-quality fabrics, our Spinning
shorts feature a high-quality chamois developed with
Elastic Interface® Technology, and our gender-specific
options are carefully designed to meet the specific
needs of both men and women. Our chamois features
bacteriostatic treatment, which inhibits the growth of
bacteria after long, sweat-filled sessions. Stitch-free, all-
way stretch fabric eliminates chafing and friction while
providing freedom of movement, and single-density
foam provides optimal protection.

To see our deals on performance apparel,
visit spinning.com/cycling-clothing

Visit Spinning.com to see our full selection of Performance Apparel
“Member retention is based on results. Members want weight loss, they want fitness, they want to burn calories, they want to enjoy exercise, and they want a reason to keep coming back for more. This is why studios need SPINPower.”

Angie Sturtevant
MASTER INSTRUCTOR AND SENIOR ADVISOR FOR SPINNING® & SPINPOWER® PROGRAMS
Power is the best metric for measuring performance on the bike. Training with power is now a must-have at studios and facilities worldwide, and Spinning® is on the cutting edge of power meter technology and education with the SPINPower® program. By tracking riders’ power with the Spinner® Chrono manufactured by Precor®, instructors can accurately measure their students’ performance and deliver true fitness results.

The SPINPower Certification Program provides instructors with all of the latest exercise science tools while completely taking the guesswork out of their training.
WHAT IS POWER?
Power is the amount of work or energy you expend in a given time frame, measured as watts.

POWER TELLS RIDERS:
1. How hard they are working
2. What they have done
3. If they are improving
4. What to do next

POWER IS THE MOST OBJECTIVE MEASURE OF EXERCISE INTENSITY.

POWER MAXIMIZES YOUR TRAINING EFFICIENCY.

00:02
POWER IS THE REAL-TIME MEASUREMENT OF HONEST INTENSITY.

A POWER METER WILL SIMPLIFY THE PROCESS OF LOSING WEIGHT BY ACCURATELY MEASURING ENERGY OUT.

KJ = KCAL
THE NUMBER KILOJOULES MEASURED ON THE SPINNER® BIKE IS EQUIVALENT TO THE NUMBER OF CALORIES BURNED.

POWER WILL GIVE MEANING TO CADENCE, HEART RATE AND RPE (RATING OF PERCEIVED EXERTION).

POWER PROVIDES INDIVIDUALITY, GIVING THAT IMMEDIATE MEASUREMENT OF WHO YOU ARE, NOT WHO YOUR FRIEND IS, OR AN AVERAGE OF THE GENERAL POPULATION.

POWER ISN’T TYPICALLY AFFECTED BY INTERNAL OR EXTERNAL FACTORS LIKE AGE OR GENDER; ONLY FITNESS.

THE SPINNER® BIKE POWER METER IS LIKE HAVING A COACH WHO NEVER BLINKS, AND PROVIDES IMMEDIATE FEEDBACK OF WHAT THE RIDER IS DOING, OR NOT DOING.

POWER TELLS RIDERS:
1. How hard they are working
2. What they have done
3. If they are improving
4. What to do next

THE SPINNER® BIKE POWER METER PROVIDES THE MEANS TO RECREATE TRUE OUTDOOR CYCLING, INDOORS.

REVOLUTIONIZE YOUR RIDE

POWER ON THE SPINNER® BIKE IS DETERMINED BY PEDAL FORCE (RESISTANCE LOAD) MULTIPLIED BY LEG SPEED (CADENCE).

JUST AS WATER IS MEASURED IN GALLONS/LITERS AND WEIGHT IS MEASURED IN POUNDS/KILOGRAMS, POWER IS MEASURED AS WATTS.

THE SPINNER® BIKE AND ITS POWER METER PROVIDE THE MEANS TO RECREATE TRUE OUTDOOR CYCLING, INDOORS.
“There’s a difference between having power and knowing how to use it. SPINPower® gives you all of the tools you need to use power effectively.”

Josh Taylor
MASTER INSTRUCTOR, SENIOR ADVISOR
AND BRAND AMBASSADOR
SPINPower® Program
Powered by Spinning®

SPINPower® remains the gold standard among power-based indoor cycling programs. Our innovation in power-meter technology delivers real, measurable results for instructors and students alike.

SPINPower is the best power-based indoor cycling training solution. With world-class education and equipment, SPINPower delivers real, measurable results. Power guarantees results for students and helps keep them engaged and coming back for more.

SPINPower® is approved as a continuing education course provider from USA Cycling and USA Triathlon. USAC and USAT are the national governing bodies for cycling and triathlon in the United States. Both are members of the United States Olympic Committee.

WHY SPINPOWER®?

- It provides a simple scale of measuring (not unproven formulas used by others) to accurately measure your performance
- It gauges efforts and improvements to adjust training intensity and techniques to burn more calories
- It keeps a log of your training history
- It maximizes training time by taking away the guesswork approach to fitness goals
- It allows riders to be their own coach by giving biometric feedback, validating and recording their specific training, no matter what level
- It enables riders to actually SEE how they are getting fitter

www.Spinning.com/SPINPowerTraining
We measure your true power

The gold standard of indoor cycling, the Spinner® Chrono bike is the latest innovation in power meter technology. Using an innovative new magnetic resistance system, the new Chrono exemplifies our devotion to reliability and most accurate power measurement possible. SPINPower enables riders to quantify energy expenditure, performance and progress.

- Aluminum frame for lighter weight and greater resistance to rust
- Most accurate direct power measurement on the market
- Laboratory grade measurement system and color LCD computer
- Our lowest maintenance drivetrain yet

www.Spinning.com/SPINPowerChrono

How do we measure power?

- Power Meter
- Magnetic Resistance
- Perimeter
- Weighted Flywheel

Medical grade measurement system and auto-calibrated color LCD

Patent-pending magnetic resistance system

The Kevlar®-reinforced cogged timing belt
STUDIO SPINPOWER® CRANK
ITEM NUMBER: 10-009

- Bolt-on solution provides highly accurate power measurement.
- Heavy duty crank
- Extra-long life water-resistant battery pack
- ANT+ and Bluetooth Smart connection compatible with most cycle computers and mobile devices
- Retrofits all commercial Spinner® bikes
- Connects to SPINPower® leaderboard display
Introducing the New SPINPower® Crank

This year, Spinning® is excited to introduce the new SPINPower® Crank. This bolt-on solution brings a highly accurate power measurement to any commercial Spinner® bike.

Recreate the sensation of outdoor cycling and enhance your indoor cycling experience by adding power meter technology to any Precor®-manufactured commercial Spinner bike with the Studio Power Crank.

Our easy-to-use, heavy-duty crank enables riders to accurately measure performance and track progress. The Studio Power Crank features a water-resistant battery pack and oversized compartment to create an exceptionally long battery life.

Improve weight loss, fitness and performance all with one crank.

STUDIO SPINPOWER® COMPUTER
ITEM NUMBER: 10-011

- Track power, cadence and heart rate with the SPINPower® Studio Computer. Fully compatible with the SPINPower Studio Crank, the Studio Computer automatically pairs with any ANT+ compatible heart rate monitor for easy use. Its memory settings and standard backlight display make it intuitive and easy to use.
- New dedicated interval function for SPINPower programming.
- Pairs automatically with any ANT+ compatible heart rate monitor
- Standard backlight display
- Code memory during battery replacement
BECOME AN ACTIVE PART OF THE WORLD’S BEST INDOOR CYCLING PROGRAM

Certified Spinning® Instructors are the most highly-trained, best-supported and most sought-after fitness professionals on the planet. They share an incredible dedication to the principles and passion for which the Spinning program is so widely known and loved.

Our drive to create great instructors starts with the Spinning Instructor Certification, a comprehensive program led by Spinning Master Instructors. The training is delivered in both a live, interactive setting as well as online. Whether live or online, instructors are provided all the tools and techniques needed to fill your classes and deliver life-changing rides.

For instructors who already may be certified by other indoor cycling programs and looking to quickly become Spinning certified, Spinning also offers a live and online Bridge certification program, giving them a quick and convenient way to learn all of the core tenants of the Spinning program.

THE CERTIFICATION PATHWAY

Spinning Instructor Certification is just the first step in an instructor’s journey. They can also enhance their coaching skills, attract more students and deliver true fitness results by elevating themselves to a Level 2 and Level 3 Certified Spinning Instructor. It’s all about options; the pathway offers flexibility for instructors to learn on their own terms in either live or online formats.

These courses all offer 14 continuing education credits (CECs) to help maintain instructors’ certification for at least two years.

The Spinning curriculum ensures instructors have all the skills to attract more riders and keep their classes full. The online options also provide an efficient, cost-effective way to train and develop instructors’ skills, resulting in higher membership retention and a healthier bottom line. The Spinning instructor pathway truly is the foundation for creating a successful and enduring indoor cycling program.

For more information on the Spinning Instructor Pathway, visit www.spinning.com/instructors/education.
STEP 1:
Complete the Spinning® Instructor Certification or Bridge course (available live or online) to become a Level 1 Certified Spinning Instructor.

STEP 2:
Choose between three outstanding courses to advance to a Level 2 Certified Spinning Instructor.

- Choose one course
  - Advanced Coaching Certification (14 CECS)
  - SPINNING® Certification (14 CECS)
  - Bridge

- Choose another course*
  - SPINPOWER® Certification (14 CECS)
  - ELITE Training Series (14 CECS)
  - ELITE Training Series (14 CECS)

STEP 3:
Select a different course to become a Level 3 Certified Spinning Instructor and set yourself on the path toward becoming a Master Instructor!

- Choose another course*
  - Advanced Coaching Certification (14 CECS)
  - SPINNING® Certification (14 CECS)
  - SPINPOWER® Certification (14 CECS)

NEW COURSES ARE ADDED REGULARLY! VISIT SPINNING.COM/EDUCATION FOR MORE GREAT OFFERINGS.

Note: Instructors are required to earn 14 CECS every two years in order to maintain certification.
* You must complete a different course from your Level 2 certification.
ONLINE CERTIFICATION

New for 2017, Spinning® is proud to offer its world-class Spinning Instructor Certification online. Taught by our team of top Master Instructors, the online Spinning Instructor Certification program is more accessible than ever and delivers the same great content as our live trainings.

The online Spinning Instructor Certification program features videos and interactive quizzes that deliver a complete overview of the Spinning program. And like a live training day, there are two rides that demonstrate the foundations of the Spinning program, providing instructors with all the tools they need to lead a successful class. The online Spinning Instructor Certification program offers the flexibility for instructors to learn at their own pace.

The online Spinning® Instructor Certification is truly the first of its kind. No other indoor cycling program offers an online course as engaging, thorough and fun as Spinning’s online certification.
For Certified Spinning® Instructors, success is the result of a strong commitment to training, continuing education and the ability to stay up to speed with the latest advances in health and fitness. The Spinning Program Instructor Network (SPIN®) program was designed specifically to enhance instructors’ knowledge, as well as deliver a great value on everything indoor cycling professionals need to lead great classes.

With SPIN membership, instructors also receive a host of discounts, including:

• A free online course worth up to 5 CECs
• A $30 store credit at Spinning.com
• Special pricing on WSSC registration
• Free class profiles and online specials every month
• 20% off apparel, accessories and DVDs
• 20% off cycling shoes
• 20% off all heart rate monitors and fitness computers
• 15% off all Spinner® bikes
• 15% off all online education and live workshops
• 15% off registration on global events like WSSC

Members also receive free education refreshers, access to Spinning Instructor News and an online instructor profile.

To become a SPIN® member, visit www.spinning.com/instructors/spin-membership/

Join our Online Community
Our social media pages are where our global community truly comes alive. Every day, thousands of Spinning instructors and enthusiasts share their stories of success and triumph. Instructors can also keep up on the latest developments in the Spinning program and sign up for one of our spectacular global events. Like and follow us today!
CONTINUING EDUCATION

We are committed to helping every instructor teach the best indoor cycling classes possible. We offer dozens of online courses and live workshops designed to keep instructors up-to-date on all of the latest health and exercise science information while they earning CECs. Spinning continuing education courses are also recognized by leading fitness organizations, including ACE, AFAA, NASM and USA Cycling.

ONLINE LEARNING
Earn up to 14 SPIN® CECs I 1 ACE CEC

Instructors can take their riders even further with *Periodization for Peak Performance*. This course helps instructors attract more students to their Spinning classes by integrating the concept of periodization, the process of dividing a set period of time into different forms of training. This course explains how to correctly partition a year into a periodized training schedule, and take home year-long periodization schedules for both new and experienced riders.

STAY CONNECTED WITH SPINNING®

We are always evolving to provide the best experience for riders. We want to ensure that every instructor remains certified and gets all of the latest tools and resources in indoor cycling. Featuring interactive elements and videos, the *Spinning® Instructor Essentials* course keeps instructors up-to-date on all of the latest developments in the Spinning program while they earn all of the CECs they need to keep their certification current.

DELIVER TRUE FITNESS RESULTS

The Spinning® program is a great component to any well-rounded weight loss plan. The online course *Principles for Effective Weight Loss* examines all of the factors that contribute to weight loss, including nutrition, healthy habits, common misconceptions, heart rate training, exercise schedules and ways to measure success.

While some clients have lofty weight loss goals, it is important to keep the technical and realistic options in mind. With *Fitness Assessments for Spinning®*, instructors learn how to administer an accurate fitness assessment both safely and successfully by examining how to assess body composition, cardiorespiratory endurance and flexibility.

GET THE BEST OUT OF EVERY RIDER

At Spinning, we want riders to leave class feeling like a champion and eager to come back for more. We help instructors deliver that feeling with a number of online courses aimed directly at building the best exercise program for everyone.

The *Aerobic Exercise* course stresses the importance of emphasizing aerobic exercise, one of the most essential components of a well-rounded fitness routine. This course helps instructors impart the importance of aerobic exercise to riders and how it ensures long-term fitness progress and optimum health.

We also enable instructors to bring energy and live to their rides the *Cadence, Heart Rate and Class Design* course. This online course demonstrates how to maximize the efficiency of cadence by incorporating cadence drills and heart rate games that will engage students as they train like professional cyclists.

Of course, maximum performance requires the optimal breathing, one of the most important functions of your body. With *Breathing Techniques*, instructors use the concepts of this class to teach clients proper breathing techniques to enhance performance and reduce exercise stress.
The mind/body connection is an important part of the Spinning program, and we want to help instructors put it into practice. The *Mental Training* course teaches ways to reach peak performance, how to use a single-minded focus and what parasympathetic stimulation can do for an exercise regimen.

**RIDES DESIGNED FOR EVERYONE**

The Spinning® program welcomes and encourages participants of all ages. As a result, we want instructors to be aware of the special considerations for active older adults, one of the largest core groups of riders. The *Active Older Adults* course shows how to communicate with this group, taking into account all of your students’ physiological and psychological needs.

The *Spinning® Energy Zones®* course covers many different aspects of training. This course covers them all, giving instructors a well-rounded knowledge of different types of classes.

**SPINNING® INSTRUCTOR NEWSLETTER QUIZZES**

Instructors can earn one SPIN® CEC with every issue of *Spinning Instructor News*. They can enjoy the feature article by a Spinning Master Instructor and successfully complete the online quiz for one continuing education credit. Instructors can also access archived newsletters at www.spinning.com/community.

Certified Spinning® Instructors are at the top of your class. With the continuing education program from Spinning, they are leading the most effective indoor cycling classes on the planet.
LIVE TWO-HOUR WORKSHOPS

3 SPIN® CECs | 2 AFAA | .2 ACE

No other indoor cycling program offers instruction like the workshops led by our Spinning Master Instructors. Fitness professionals can learn in a fun, fast-paced and exciting atmosphere with these two-hour workshops:

ENERGIZE YOUR RIDE

Spinning offers a number of courses designed to enhance instructors’ skills and give their students the ride of their lives.

With 3-Part Cues, instructors learn and practice how to connect and motivate riders with a technique we’ve developed call 3-part cues. In this workshop, students will the most impactful phrases, corrective cues and technique tips to address everyone in class.

An authentic cycling skill, sprinting challenges the body’s ability to attain and recover from high levels of power output. In The 5-Step Sprint, instructors apply the step-by-step techniques for preparing, cueing and executing sprints safely and efficiently.

Loops and Ladders offers a variety of aerobic and anaerobic options to design rides for cadence building, resistance loading, transition practice and interval training.

Combining a rider’s rating of perceived exertion (RPE) with heart rate training helps strengthen the mind/body connection during exercise. Rating of Perceived Exertion: It’s More than a Feeling guides instructors on how to use and apply the RPE scale in classes, as well as how to complement heart rate training with RPE.

Music is a powerful element of class that enhances the rider’s experience and keeps them motivated. In Music, Movement and Motivation, instructors learn how to connect music and rhythm with movement to elicit an emotional response. They will take home great suggestions and playlists from this exciting workshop.

Finally, recovery is one of the most essential Energy Zones® in the Spinning program, and we want to impart its importance to every instructor. The Art of Recovery takes an in-depth look at the amazing benefits of recovery and why it is so important in training.
GET READY TO CLIMB
Climbing is one of the exciting aspects of any ride, and the Spinning program helps instructors deliver that experience with a number of live workshops.

Climbing starts with loading resistance, which is a great way to energize riders. The *Resistance Loading and Cadence Building* workshop enables instructors to develop profiles that will keep your riders focused and excited by using these two essential techniques.

Instructors can challenge riders even more with *Creative Climbs*. This workshop identifies, discusses and demonstrates several strategies for engaging, safe and fun climbs with techniques used in many class formats.

In *Strength, Hills and Power*, instructors can deliver real fitness benefits to riders by advancing their knowledge and skills with new techniques for hill climbs. This workshop explains all the physiological benefits of training on hills and how they can get their students hearts racing.

ENTER THE ENERGY ZONES®
The Spinning program also offers three in-depth looks at how the Spinning Energy Zones are an instrumental part of any fitness program.

The *Interval Energy Zone®* is a favorite of Spinning® instructors and riders. With this workshop, instructors can help their classes experience true fitness gains along with enhanced performance and a stronger metabolism.

The *Strength Energy Zone®* challenges lower body muscular endurance as well as the cardiovascular system. This workshop teaches instructors how to create climbs that elicit more power, strength and mental stamina.

Finally, the *Race Day Energy Zone®* takes riders on a high-powered—the ultimate challenge in the Spinning program. This workshop enables instructors to bring this special, heart-pounding, all-out experience to their students.
LIVE FOUR-HOUR WORKSHOPS
6 SPIN® CECs | 4 AFAA | .4 ACE

EXPERIENCE THE REVOLUTION WITH SPINPOWER®
Instructors gain even more knowledge of the revolutionary SPINPower® program with the SPINPower® Personal Spinning® Threshold workshop. By examining the various metabolic points during exercise to better understand threshold training, instructors learn how to use the Personal Spinning Threshold to establish individualized SPINPower Zones™ with their students and guarantee fitness results.

LEAD THE PACK WITH ADVANCED COACHING
The world’s best indoor cycling instructors set themselves apart by designing and skillfully presenting theme rides that create an immersive experience for students. Creating a Journey Ride shares all the secrets of the Spinning program’s top coaches on how they give riders a memorable experiences that have them coming back for more.

Creative Coaching provides innovative techniques to help riders improve their fitness. This workshop covers the fundamentals of creating effective Spinning classes by considering the 4 Ps of class design—populations, purpose, planning and progression.

With Spinning® Language and Visualization, instructors learn how to communicate and coach effectively with descriptive images and metaphors that promote greater energy, confidence, focus and ability. They can tap into senses with vivid imagery and evoke an emotional response to jump-start their riders’ thinking and motivation.

As instructors develop their physical fitness, they also need to sharpen our mental edge for maximum performance. Mental Training: Approach and Skills provides all of the tools, techniques and skills instructors need to discover the mind/body connection and develop complete focus and dedication in their riders.

DESIGN WORLD-CLASS RIDES
We want every rider to overcome fitness plateaus and enhance their overall fitness. The High Intensity Training workshop explains how, why and when to use high intensity training to guarantee best fitness results for instructors and students alike.

Profile Designs and Heart Rate Games improve riders’ fitness by focusing on how the body responds to both rest and stress. With this workshop, instructors can take their knowledge to the next level to achieve improved physiological adaptations for both themselves and their riders.
The *Heart Rate Training* workshop provides an in-depth look at the five Spinning® Energy Zones*, complementary terrains for each zone, effective heart rate training ranges and health-screening preparation.

The workshop dedicated to *Aerobic Base Building* delivers the key components, importance and benefits of building an aerobic foundation. It presents effective ways to implement aerobic and result-oriented rides.

Understanding the relationship between cadence, resistance and intensity is key to coaching classes that meet riders’ training goals. The *Cadence, Heart Rate and Class Design* workshop shows how to correctly use cadence and resistance as training variables and create the best fitness program for students.

With *Spintensity*®, instructors learn and understand the benefits of using a heart rate monitor and identifying effective heart rate training ranges. This workshop takes an in-depth look at how to develop a periodized training plan using the various Spinning® Energy Zones.

Over the last 25 years, the Spinning program has developed movements and techniques that empower riders to safely and effectively reach their goals. The *Contraindications to the Spinning® Program* workshop provides a greater understanding of the biomechanical, physiological and philosophical reasons of why we don’t perform certain movements in Spinning classes. This workshop also introduces acceptable modifications that achieve the same goals and alternative ways to be creative with your teaching.

**CROSS-TRAIN LIKE A PRO**

Strength and resistance training are a necessary part of any fitness program, and they are a great complement to the Spinning program. *SPIN® Flex* is a combined format that uses flex bands, tubing and dumbbells to train the major muscles groups with special attention paid to the upper body. This workshop details muscular anatomy and physiology, helping instructors come away with sample SPIN Flex class formats that they can take to their classes right away.

Core training also develops the body’s foundation, which translates to more cycling power, improved balance and enhanced functional movement. *Spinning® and Core Training* explains the anatomy and biomechanics behind core training and provides dozens of basic standing, mat and stability ball exercises.

With *Spin® Yoga*, instructors bring a whole new dimension to their classes with cycling-specific asanas (yoga poses) that help elongate muscles, release tension, deepen the breath and improve posture. Plus, they take home yoga class formats that can be integrated into your Spinning class schedule.
CHAPTER 4: SPINNING® STUDIOS AND FACILITIES

Spinning.com/Studios
BECOME AN OFFICIAL SPINNING® FACILITY

Today’s studios and club markets are as competitive as ever and require cutting-edge solutions to stay ahead of the pack. At Spinning®, our commitment to delivering the best indoor cycling experience in the industry is what drives us to never stop innovating.

An Official Spinning Facility is where the Spinning experience comes to life. We empower facilities with the world’s best bikes, the world’s best trained instructors, and the brand name that created indoor cycling. We also provide the guidance, resources and support to make your indoor cycling program and your business even more successful.

From high-profile facilities with multiple locations to small boutique studios with dedicated members, the Spinning program is ready to bring the world’s best indoor cycling experience to everyone.

MAKING YOUR BUSINESS EVEN MORE SUCCESSFUL

No matter the size or budget, we are fiercely devoted to delivering superior equipment, exemplary instructor training, responsive customer support and unmatched marketing support. We help all of our Official Spinning Facilities create the best indoor cycling experience on the planet. We provide the tools you need to attract more members, keeping riders engaged, decreasing your maintenance costs and boosting revenue.

TOP-NOTCH INSTRUCTORS

With our comprehensive, world-class education offerings that include online courses, workshops and conferences, we train extraordinary instructors who pack classes and transform casual participants into dedicated regulars.
BEST-IN-CLASS EQUIPMENT

Designed to mimic the feel of real road bikes, our patented line of commercial Spinner® bikes manufactured by Precor® are adjustable to fit all shapes, sizes and abilities. They are built to withstand years of sweat and punishment that riders dish out on a daily basis.

All of our bikes are designed with four key constituents in mind. For the buyer, we build bikes that deliver value, durability and years of hassle-free use. For the maintenance team, Spinner bikes are corrosion-resistant and easy to maintain and service. For instructors, this means trouble-free classes featuring bikes with intuitive adjustments, the feel of a real road bike, and perfect ergonomics to fit every body. And for riders, they are guaranteed to deliver a great riding experience class after class. Our Spinner bikes deliver in all of these areas and more.

HOW TO BECOME AN OFFICIAL SPINNING® FACILITY

Now is the perfect time to let the Spinning® program steer your facility—and your members—toward success. Becoming an Official Spinning Facility takes three easy steps:

1. Purchase Spinner bikes.
2. Schedule a Spinning Instructor Certification with a Spinning Master Instructor to get your staff certified as Spinning instructors.
3. Register for free as an Official Spinning Facility by completing a licensing agreement.

Once these three steps are complete, you will have the tools and recognition of the world’s best indoor cycling program at your facility.
CREATE THE PERFECT STUDIO

For the last 25 years, we have helped Official Spinning® Facilities generate more revenue with our exceptional bikes and programs. We know that a well-designed room and a stellar environment bring more clients and members through your doors.

Every Spinning studio around the world is unique with something special to bring to every rider. Over the years, we have developed some universal principles that can turn any facility into the perfect Spinning studio.

STUDIO DESIGN AND LAYOUT

Your needs are important to us. Whatever the size and style of the room, we support every Official Spinning Facility with design principles we’ve developed with our 25 years’ experience. We will evaluate your studio space to determine the optimum number of bikes, suggest the arrangement and aesthetics of the room, and assess the acoustics and temperature of the space to create the perfect indoor cycling environment. These principles give riders the best experience possible and keep them coming back for more.
FLEXIBILITY
Becoming an Official Spinning® Facility means much more than just having Spinner® bikes. It also means hosting all kinds of events, including fundraisers, themed classes, performance rides and live workshops. Our facility support staff ensures that your studio is supported every step of the way.

AUDIO & VIDEO
Audio and video are some of the biggest factors in the success of a class. As the industry leader, we know the exact makes and models of microphones, speakers and audio set-ups that can stand up to the rigors of multiple classes a day. Providing flexible, high-quality video projection in your facility gives your instructors and riders the opportunity to create a variety of great Spinning® experiences, both in classes and as a room for participants to use outside of class time.

COMMUNITY BUILDING
The right kind of space can encourage interaction and comradery, giving riders and instructors an opportunity to connect with each other. Riders benefit from having access to the world’s best indoor cycling experience, and studios benefit from an engaged and loyal community.

CUSTOMIZED STUDIO DESIGN CONSULTING
For those that need more help in designing the very best studio for their needs, we also offer custom consulting for creating your ultimate Spinning facility. Our team of experts will advise you on build-out options, sizing and orientation, temperature control and other key aspects of studio design.
Official Spinning® Facilities are where the Spinning® experience comes alive. Enjoy all the benefits of the biggest name in indoor cycling with bikes and programs designed to keep studios ahead of the pack.

FACILITY BENEFITS & SUPPORT

You take pride in your studio and work hard to deliver great rides day after day. We’ve worked with thousands of facility owners and operators and know what’s most important to your success. We do our part to ensure that the Spinning® program helps with member retention and lowers the cost of ownership and maintenance to help maximize profitability. We provide everything studios need to get started and run a profitable program, from marketing materials to revenue-generating ideas. Here are just a few of the benefits of being an Official Spinning Facility:

THE SPINNING® BRAND NAME AND LOGO
The first and still best name in indoor cycling, only Official Spinning Facilities have the ability to use the widely recognized and highly-regarded Spinning name and logo.

MARKETING SUPPORT
From referral programs and event support to promotional materials and online resources, we offer a wide range of marketing materials to help you create a buzz around the Spinning program at your facility.
HOST INSTRUCTOR TRAININGS & WORKSHOPS
The Spinning® Instructor Certification training is the first step in the Spinning education program. Every Spinning Instructor Certification produces a brand new crop of fun, engaged and informed instructors to lead the next class. To keep your instructors sharp, motivated and on top of the latest exercise science, we also offer the industry’s largest selection of continuing education workshops.

WEBSITE
The Spinning website is the epicenter of our global community. From the home page, users can easily find the closest facility, classes, workshops and instructors, as well as shop for all Spinning gear and apparel. We also engage our community with the latest content, videos and social media feeds so riders all over the world can connect.

CUSTOMIZED FLYER & FORM TEMPLATES
The flyer and form templates give you access to professional Spinning-branded images, the Spinning logo and personalized materials.

LEAD GENERATION PROGRAM
An added feature to the Facility Finder is the downloadable Class Pass. Users can download an offer to take a free Spinning class at any participating facilities.

PRO SHOP PROGRAM
For our Official Spinning Facilities, we offer wholesale prices on the complete line of Spinning apparel, products and accessories for your riders.

EVENTS
Spinning is committed to supporting charitable events, fundraisers and specialty rides in your community. We will fully support and advertise events affiliated with Official Spinning Facilities.

PHOTOGRAPHY
Our library of Spinning photos make creating marketing materials a snap. Select from our extensive selection of photographs to make your marketing initiatives and website imagery stand out from the pack.
PRO SHOP PROGRAM

The Pro Shop Program offers a wide range of Spinning® apparel and accessories that look as great as they perform. Our Pro Shop support adds tremendous overall value and immediate profit to any bottom line. Spinning offers a wide range of products that:

- Provides wholesale pricing on the complete line of Spinning apparel, products and accessories
- Enhance the riding experience with performance apparel, cycling shoes and socks, and water bottles
- Are expertly designed for indoor cycling
- Present incredible revenue-generating opportunities for facilities and studios
CHAPTER 5: COMMUNITY & EVENTS
Certified Spinning® Instructors are the faces, hearts and souls of Spinning. Every day, they deliver top-notch classes to hundreds of thousands of riders around the globe. Their passion and devotion to the Spinning program begins with Spinning Instructor Certification, which are taken online or led in live workshops by our dedicated team of Spinning Master Instructors.

Spinning Instructor Certification trainings can be found in more than 80 countries. With this certification, our hundreds of thousands of instructors around the world are committed to providing the world’s best indoor cycling experience to new and experienced riders everywhere.

The commitment of Spinning instructors is clear in the thousands of miles they travel to attend Spinning events and in the special rides they host closer to home.
Since 1999, the World Spinning® and Sports Conditioning (WSSC) conference is the largest educational conference for fitness professionals in the world. Held annually in Miami, Florida, WSSC is the only conference that features extraordinary Spinning theme rides and workshops led by our entire team of Spinning Master Instructors from around the globe.

Each year offers something unique and challenging as we strive to deliver the latest developments in research, equipment and technology. Alongside the over 80 dedicated Spinning and SPINPower® theme rides and workshops, the conference also features 150 sessions from Peak Pilates®, CrossCore®, Ugi®, Resist-A-Ball®, Zumba®, yoga, sports performance, nutrition, strength training and more.

This three-day conference is designed to empower instructors with the knowledge, motivation and resources to take fitness careers to the next level and inspire their students to lead happier, healthier lives.
CONFERENCES & TRADESHOWS

THE SPINNING® EXPERIENCE (SPEX)
Since 2002, SPEX has been the largest and most unique Spinning® event in Europe. Attracting participants from all over the world, the Netherlands hosts Europe’s largest educational indoor cycling conference, which features more than 500 Spinner® bikes in a two-day event that culminates in a six-hour Spinning marathon presented by best-in-class presenters from the international Spinning Master Instructor team.

IHRSA
Every year, Spinning makes its presence felt at IHRSA, the largest commercial fitness event in the United States. This tradeshow annually brings in thousands of fitness industry professionals from around the world. Visit the Spinning booth to learn more about our education programs with demonstrations on the latest line of Spinner® bikes. Don’t forget to join us for an early morning workout where you can take an hour-long journey through the Spinning program with a Spinning Master Instructor.

FIBO
Spinning is a big part of FIBO, the largest commercial and consumer fitness and wellness event in Europe. Nearly 100,000 participants converge on this conference each year to learn about the newest innovations in fitness. Visit the Spinning booth in the commercial fitness hall to learn more about Spinning education and equipment. And don’t forget to shop for the latest in apparel and accessories at the Spinning store.
CHARITY & PARTNERSHIPS

The Spinning® program offers local, regional and global events that keep this community inspired and connected. One of our biggest events is Spinning Nation®, an annual 4-hour marathon ride that raises funds to support the American Heart Association.

One of the most successful Spinning charity events is Pedal 4 Pattison’s in Charleston, South Carolina. Now in its ninth year, this epic 4-hour ride raise money to benefit Pattison’s Academy, a school dedicated to improving the lives of children with disabilities. In 2016, over 300 riders raised a quarter of a million dollars for this special cause.
GLOBAL EVENTS

**Spinning® Showcase – United Kingdom**
Pumping music, maximum energy and hundreds of riders working their hardest: this is the scene at Spinning® Showcase, an annual event at Blackpool’s historic Winter Gardens. With the entire UK Master Instructor team, five rooms of workouts, lectures and workshops, instructors come away with a new ideas and motivation to become the best coaches they can be.

**Underground Energy Zone – Poland**
Deep in a salt mine in Bochnia, Poland, hundreds of Spinning instructors and enthusiasts gather for one purpose — to ride! The Underground Energy Zone brings together more than 250 participants from 11 countries and 6 Spinning Master Instructors for an unforgettable experience 250 meters underground. It truly is one of the most spectacular Spinning rides in the world!

**Beach 24h Spinning® Tour – Portugal**
The 24h Spinning Tour inspires riders with a marathon fitness event on beautiful beaches of Portugal. Over two thousand riders take part in this amazing Spinning experience for a full 24 hours. Where else can you see the sun rise and set while getting a killer workout from the best Spinning Instructors in the world? With scenic beach views and surprises for each ride, this event cannot be missed!

**SKYMORPHOSIS – Chile**
The Guinness World Record for the “The highest official Spinning Ride in the world,” SKYMORPHOSIS takes riders on an unforgettable journey atop the Costanera Center Building, the tallest skyscraper in all of Latin America. Seven heart-pumping rides take place in the Sky Terrace, 62 floors up and 300 meters above Santiago, Chile. Participants have the chance to learn, connect and enjoy live music at the highest Spinning event on the planet.
Spinning® International Master Day – Italy
For two days every year, the entire Spinning community in Italy comes together to learn from the best of the best. With nearly 1,500 participants in this amazing two-day Spinning Conference, the entire Italian Spinning team throws out everything they have with workshops, lectures and mind-blowing rides. This event is truly an epic way for instructors to learn, connect and ride.

“It is truly a gift to be able to work daily with experts from all corners of the globe who are so passionate about Spinning® and improving lives.”
Luciana Marcial-Vincion
MASTER INSTRUCTOR, SENIOR ADVISOR AND MI TEAM LEADER

To learn more about these truly amazing global events, follow us online!
Home of the Spinning®, Peak Pilates®, CrossCore®, Ugi®, Resist-A-Ball® and Spin Fitness® brands, Mad Dogg Athletics® is the world’s largest equipment-based education company. Mad Dogg Athletics has trained over 250,000 instructors and has reached millions of enthusiasts in 80 countries worldwide through a network of over 35,000 fitness facilities.

We are a truly global brand, supporting an international community that includes a dedicated network of 82 equipment distributors and 30 education representatives. These partners distribute the best indoor cycling bikes and best education on the planet, and they enjoy the full support of offices based in the U.S. and Europe, ensuring that each and every studio has both local representation and global support.

From equipment and education to an industry-leading web platform and marketing tools, Mad Dogg Athletics ensures that every rider enjoys the Spinning experience.
CHAPTER 6:
HOME BIKES

Spinning.com/home-bikes
<table>
<thead>
<tr>
<th>TECHNOLOGY ICONS</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image" alt="43LB FLYWHEEL" /></td>
</tr>
<tr>
<td><img src="image" alt="40LB FLYWHEEL" /></td>
</tr>
<tr>
<td><img src="image" alt="36LB FLYWHEEL" /></td>
</tr>
<tr>
<td><img src="image" alt="31LB FLYWHEEL" /></td>
</tr>
<tr>
<td><img src="image" alt="WELDED STEEL GUSSETS" /></td>
</tr>
<tr>
<td><img src="image" alt="PLASTIC SWEAT GUARD" /></td>
</tr>
<tr>
<td><img src="image" alt="WEDGE POSTS" /></td>
</tr>
<tr>
<td><img src="image" alt="OVAL TUBES" /></td>
</tr>
</tbody>
</table>
HOME BIKES

PERFORMANCE

For the dedicated cyclist or performance athlete, the Performance Series is the best way to bring the quality of a commercial Spinner® bike home.

ACTIVE

Designed with active riders in mind, the Active Series is the ideal choice for anyone looking to make an addition to their home gym.

LIFESTYLE

If you are looking for a fast, fun way to get into shape, the Lifestyle Series delivers a quality indoor cycling experience at an exceptionally affordable price.
The Performance Series includes all the great strengths of our commercial Spinner® bikes. Featuring the full adjustability and heavy construction of our commercial bikes, the Performance Series is the perfect fit for your home.
Spinner® P5
Performance Series

ITEM NUMBER: 10-003
OVERALL DIMENSIONS:
20.5" W × 49" L × 42" H (52.1 × 124.5 × 106.7 cm)
OVERALL WEIGHT: 115 lb (52.2 kg)
FLYWHEEL WEIGHT: 40 lb (18 kg)
COLOR: Warm Silver

FEATURES
- Fusion Drive™ Belt System made with aramid fibers for strength and flexibility delivers a smooth, silent and virtually maintenance-free ride.
- The 40-pound (18 kg) perimeter weighted flywheel and drivetrain provide the authentic road bike feel that Spinning® pioneered 25 years ago.
- A new open frame design employs oversized commercial-scale racetrack frame tubes for more durability.
- Lightweight aluminum sliders and posts make the Performance line easy to move and resistant to rust.
- The new “umbrella” style resistance knob protects the internal mechanical components from sweat while providing optimal contours for precise adjustments.
- Our proven leather brake pad has the best feel of any resistance system.
- Fore/aft micro-adjustment on seat and handle bars provides maximum comfort and a personalized fit.
- Our newly designed dual water bottle holder on the handlebars feature a wide center section that is large enough to fit a computer, phone or tablet.
- The dual-sided SPD® compatible pedals enable riding with either cycling shoes or sneakers.
- The all-new wedge design aluminum handlebar post keeps the bars secure and solid while remaining easy to adjust.
- Our Performance Series boasts a new contoured side fender that channels sweat and moisture away from the flywheel and drivetrain components, helping your bike last longer.
- 350-pound weight limit.
**Spinner® P3**

**Performance Series**

**ITEM NUMBER:** 10-004

**OVERALL DIMENSIONS:**
20.5" W × 49" L × 42" H (52.1 × 124.5 × 106.7 cm)

**OVERALL WEIGHT:** 111 lb (50.3 kg)

**FLYWHEEL WEIGHT:** 40 lb (18 kg)

**COLOR:** Warm Silver

**FEATURES**

- The 40-pound (18 kg) perimeter weighted flywheel and drivetrain provide the authentic road bike feel that Spinning® pioneered 25 years ago.

- A new open frame design employs oversized commercial-scale racetrack frame tubes for more durability.

- Lightweight aluminum sliders and posts make the Performance line easy to move and resistant to rust.

- The new “umbrella” style resistance knob protects the internal mechanical components from sweat while providing optimal contours for precise adjustments.

- Our proven leather brake pad has the best feel of any resistance system.

- Fore/aft micro-adjustment on seat and handle bars provides maximum comfort and a personalized fit.

- Our newly designed dual water bottle holder on the handlebars feature a wide center section that is large enough to fit a computer, phone or tablet.

- The dual-sided SPD® compatible pedals enable riding with either cycling shoes or sneakers.

- The all-new wedge design aluminum handlebar post keeps the bars secure and solid while remaining easy to adjust.

- Our Performance Series boasts a new contoured side fender that channels sweat and moisture away from the flywheel and drivetrain components, helping your bike last longer.

- 350-pound weight limit.
Spinner® P1
Performance Series

ITEM NUMBER: 10-005
OVERALL DIMENSIONS: 20.5" W × 49" L × 42" H (52.1 × 124.5 × 106.7 cm)
OVERALL WEIGHT: 108 lb (48.9 kg)
FLYWHEEL WEIGHT: 40 lb (18 kg)
COLOR: Warm Silver

FEATURES

• The 40-pound (18 kg) perimeter weighted flywheel and drivetrain provide the authentic road bike feel that Spinning® pioneered 25 years ago.
• A new open frame design employs oversized commercial-scale racetrack frame tubes for more durability.
• Lightweight aluminum sliders and posts make the Performance line easy to move and resistant to rust.
• The new “umbrella” style resistance knob protects the internal mechanical components from sweat while providing optimal contours for precise adjustments.
• Our proven leather brake pad has the best feel of any resistance system.
• Fore/aft incremental adjustment on seat provides a personalized fit.
• Our newly designed dual water bottle holder on the handlebars feature a wide center section that is large enough to fit a computer, phone or tablet.
• The dual-sided SPD® compatible pedals enable riding with either cycling shoes or sneakers.
• The all-new wedge design aluminum handlebar post keeps the bars secure and solid while remaining easy to adjust.
• Our Performance Series boasts a new contoured side fender that channels sweat and moisture away from the flywheel and drivetrain components, helping your bike last longer.
• 350-pound weight limit.
## PERFORMANCE SERIES

### AT A GLANCE

<table>
<thead>
<tr>
<th>Feature</th>
<th>P5</th>
<th>P3</th>
<th>P1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lightweight aluminum sliders and posts</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Commercial-sized design with stable saddle and handlebar adjustments</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Perimeter-weighted flywheel and crank system modeled after Commercial Series bikes</td>
<td>40 lb</td>
<td>40 lb</td>
<td>40 lb</td>
</tr>
<tr>
<td>Powder- and clear-coated, rust-resistant steel frame</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Commercial-style bottom bracket bar for a quieter, more durable ride</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Commercial-style leather brake pad for more resistance and a better workout</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Umbrella-style resistance knob for better grip and ease-of-use</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Front-end transport wheels for easy portability</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Easy-adjusting stabilizer feet for simple in-home leveling and a safer ride</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>350-pound weight limit</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Narrow Q factor for improved comfort</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Fore/aft adjustment on saddle to fit riders of all sizes</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Micro-adjustable fore/aft saddle slider</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Integrated, dual water bottle holders on handlebars</td>
<td>Dual</td>
<td>Dual</td>
<td>Dual</td>
</tr>
<tr>
<td>Dual-sided, SPD®-compatible pedals for riding with cycling shoes or athletic shoes</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Wedge design handlebar post and seat post for secure fit</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Fore/aft adjustment on handlebars to fit riders of all sizes</td>
<td>○</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
HOME BIKES
ACTIVE SERIES

If you are seeking the perfect way to stay fit and burn fat from the comfort of home, Spinning® has the bikes for you. The Active Series is the ideal choice for the rider familiar with Spinning classes and looking to make an addition to their home gym. Featuring many of the same great attributes of our commercial and Performance Series of Spinner bikes, the Active Series will inspire you to get up and ride!

- Commercial style saddle with fore/aft micro-adjustability
- New, wider handlebar diameter for superior grip and comfort
- Durable, sweat resistant steel frame with integrated plastic sweat guards
- All new Fusion Drive™ belt drivetrain system for a smooth and silent ride
- Oversized, corrosion-resistant feet that won’t mark floors
- Handlebars accommodate integrated tablet holder (optional)
Spinner® A5
Active Series

ITEM NUMBER: 10-000

OVERALL DIMENSIONS:
20.5" W × 49" L × 42" H (52.1 × 124.5 × 106.7 cm)

OVERALL WEIGHT: 119 lb (53.9 kg)

FLYWHEEL WEIGHT: 40 lb (18 kg)

COLOR: Metallic Silver

FEATURES

• Fusion Drive™ Belt System made with aramid fibers for strength and flexibility delivers a smooth, silent and virtually maintenance-free ride.
• The 40-pound (18 kg) perimeter weighted flywheel and drivetrain provide the authentic road bike feel that Spinning® pioneered 25 years ago.
• A new open frame design employs oversized commercial-scale racetrack frame tubes for more durability.
• The new “umbrella” style resistance knob protects the internal mechanical components from sweat while providing optimal contours for precise adjustments.
• Our proven leather brake pad has the best feel of any resistance system.
• Fore/aft micro-adjustment on seat and handle bars provides maximum comfort and a personalized fit.
• Our newly designed dual water bottle holder on the handlebars feature a wide center section that is large enough to fit a computer, phone or tablet.
• The dual-sided SPD® compatible pedals enable riding with either cycling shoes or sneakers.
• The all-new wedge design handlebar post keeps the bars secure and solid while remaining easy to adjust.
• Our Active Series boasts a contoured sweat guard that channels sweat and moisture away from the flywheel and drivetrain components, helping your bike last longer.
• 300-pound weight limit.
Spinner® A3
Active Series

ITEM NUMBER: 10-001
OVERALL DIMENSIONS: 20.5" W × 49" L × 42" H (52.1 × 124.5 × 106.7 cm)
OVERALL WEIGHT: 116 lb (52.6 kg)
FLYWHEEL WEIGHT: 40 lb (18 kg)
COLOR: Metallic Silver

FEATURES

• The 40-pound (18 kg) perimeter weighted flywheel and drivetrain provide the authentic road bike feel that Spinning® pioneered 25 years ago.
• A new open frame design employs oversized commercial-scale racetrack frame tubes for more durability.
• The new “umbrella” style resistance knob protects the internal mechanical components from sweat while providing optimal contours for precise adjustments.
• Our proven leather brake pad has the best feel of any resistance system.
• Fore/aft micro-adjustment on seat and handle bars provides maximum comfort and a personalized fit.
• Our newly designed dual water bottle holder on the handlebars feature a wide center section that is large enough to fit a computer, phone or tablet.
• The dual-sided SPD® compatible pedals enable riding with either cycling shoes or sneakers.
• The all-new wedge design handlebar post keeps the bars secure and solid while remaining easy to adjust.
• Our Active Series boasts a contoured sweat guard that channels sweat and moisture away from the flywheel and drivetrain components, helping your bike last longer.
• 300-pound weight limit
25th Anniversary

The Original
Johnny G Spinner®

25 years ago, we created the first indoor cycling bike, the Johnny G Spinner®. Built in the garage and painted the color of the coveted “Yellow Jersey,” this is the bike that gave us our start. Humble beginnings combined with 25 years of relentless innovation have made the Spinner line of bikes the most widely used indoor cycles on the planet.

It only gets better from here...
Introducing the
Johnny G Spinner®
25th Anniversary Edition
Active Series

ITEM NUMBER: 10-038
OVERALL DIMENSIONS:
20.5” W × 49” L × 42” H (52.1 × 124.5 × 106.7 cm)
OVERALL WEIGHT: 112 lb (50.8 kg)
FLYWHEEL WEIGHT: 40 lb (18 kg)
COLOR: Yellow

FEATURES
• Limited Edition Johnny G with classic yellow graphics package celebrating the 25th anniversary of the bike that started the Spinning® movement.
• The 40-pound (18 kg) perimeter weighted flywheel and drivetrain provide the authentic road bike feel that Spinning® pioneered 25 years ago.
• A new open frame design employs oversized commercial-scale racetrack frame tubes for more durability.
• The new “umbrella” style resistance knob protects the internal mechanical components from sweat while providing optimal contours for precise adjustments.
• Our proven leather brake pad has the best feel of any resistance system.
• Fore/aft incremental adjustment on seat provides a personalized fit.
• Single plastic water bottle holder on the handlebars also fits optional phone or tablet accessory.
• The dual-sided SPD® compatible pedals enable riding with either cycling shoes or sneakers.
• The all-new wedge design handlebar post keeps the bars secure and solid while remaining easy to adjust.
• Our Active Series boasts a contoured sweat guard that channels sweat and moisture away from the flywheel and drivetrain components, helping your bike last longer.
• 300-pound weight limit
Spinner® A1
Active Series

ITEM NUMBER: 10-002
OVERALL DIMENSIONS: 20.5" W × 49" L × 42" H (52.1 × 124.5 × 106.7 cm)
OVERALL WEIGHT: 112 lb (50.8 kg)
FLYWHEEL WEIGHT: 40 lb (18 kg)
COLOR: Metallic Silver

FEATURES
- The 40-pound (18 kg) perimeter weighted flywheel and drivetrain provide the authentic road bike feel that Spinning® pioneered 25 years ago.
- A new open frame design employs oversized commercial-scale racetrack frame tubes for more durability.
- The new "umbrella" style resistance knob protects the internal mechanical components from sweat while providing optimal contours for precise adjustments.
- Our proven leather brake pad has the best feel of any resistance system.
- Fore/aft incremental adjustment on seat provides a personalized fit.
- Single plastic water bottle holder on the handlebars also fits optional phone or tablet accessory.
- The dual-sided SPD® compatible pedals enable riding with either cycling shoes or sneakers.
- The all-new wedge design handlebar post keeps the bars secure and solid while remaining easy to adjust.
- Our Active Series boasts a contoured sweat guard that channels sweat and moisture away from the flywheel and drivetrain components, helping your bike last longer.
- 300-pound weight limit
Power is key to tracking fitness and guaranteeing results. We want to bring this fitness solution to every rider, whether they’re in taking part in classes at their local studio or enjoying a ride at home. The Home SPINPower® Crank and Studio SPINPower® Computer are the perfect solution for bringing power technology home.

Compatible with nearly all home Spinner® bikes, the easy-to-use Home SPINPower Crank measures your power output to track true performance. Equipped with a water-resistant battery pack with an oversized compartment, the crank boasts an exceptionally long battery life for epic rides at home. Pair the crank with the Studio SPINPower® Computer, and see real fitness results.

**HOME SPINPOWER® CRANK**

**ITEM NUMBER: 10-010**

- Heavy duty crank for Performance and Active line bikes
- Battery power is scaled for use in the home
- Waterproof battery pack
- ANT+ and Bluetooth Smart connection to most cycle computers and mobile devices
- Compatible with: P5, P3, P1, A5, A3, A1 and Johnny G Spinner®

**STUDIO SPINPOWER® COMPUTER**

**ITEM NUMBER: 10-011**

- Track power, cadence and heart rate with the SPINPower® Studio Computer. Fully compatible with the SPINPower Studio Crank, the Studio Computer automatically pairs with any ANT+ compatible heart rate monitor for easy use. Its memory settings and standard backlight display makes it stand out from the competitors.
- New dedicated interval function for SPINPower programming.
- Pairs automatically with any ANT+ compatible heart rate monitor
- Standard backlight display
- Code memory during battery replacement
### ACTIVE SERIES

#### AT A GLANCE

<table>
<thead>
<tr>
<th>Feature</th>
<th>A5</th>
<th>A3</th>
<th>JOHNNY G</th>
<th>A1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Perimeter-weighted flywheel and crank system modeled after Commercial Series bikes</td>
<td>40 lb</td>
<td>40 lb</td>
<td>40 lb</td>
<td>40 lb</td>
</tr>
<tr>
<td>Rust-resistant, powder-coat steel frame</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td>Wedge design handlebar post for secure fit</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td>Large, diameter commercial-sized handlebars for a more comfortable grip</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td>Fore/aft micro-adjust saddle fits riders of all sizes</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td>Front-end transport wheels allow for easy portability</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td>Narrow Q factor for improved comfort</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td>300-pound weight limit</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td>Integral contoured sweat guards</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td>Dual-sided, SPD®-compatible pedals for riding with cycling shoes or athletic shoes</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td>Fore/aft adjustment on handlebars to fit riders of all sizes</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td>Integrated, dual water bottle holders on handlebars</td>
<td>●</td>
<td>●</td>
<td></td>
<td>●</td>
</tr>
<tr>
<td>Water bottle holder on frame</td>
<td>●</td>
<td>●</td>
<td></td>
<td>●</td>
</tr>
<tr>
<td>Fusion Drive™ Belt System</td>
<td>●</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### FEATURES

- Commercial-style oval tube frame geometry with plastic sweat guards.
- Lightweight aluminum sliders and posts make it easier to move and rust resistant.
- Includes Spinning® DVDs and our Guide to Ride to keep you motivated and on track with your fitness goals.
HOME BIKES

LIFESTYLE SERIES

The Lifestyle Series employs all the best features of our Performance Series in an even more affordable package. With lighter flywheels and body construction, these bikes are perfect for any rider on a budget that wants to bring Spinning® classes home.

- New, wider handlebar diameter for superior grip and comfort
- Wider saddle for even greater comfort
- Powder-coated frame to protect against sweat and prevent rust
- Perimeter-weighted flywheel that delivers the feel of a real road bike
**SPIN® L9**  
Lifestyle Series

**ITEM NUMBER: 10-006**

**OVERALL DIMENSIONS:**  
18” W × 48” L × 42” H (47.5 × 121.9 × 106.7 cm)

**OVERALL WEIGHT:** 100 lb (45.3 kg)

**FLYWHEEL WEIGHT:** 36 lb (16.3 kg)

**COLOR:** Titanium Metallic

---

**FEATURES**

- Fusion Drive™ Belt System made with aramid fibers for strength and flexibility delivers a smooth, silent and virtually maintenance-free ride.
- The 36-pound (16.3 kg) perimeter weighted flywheel and drivetrain provide the authentic road bike feel that Spinning® pioneered 25 years ago.
- “Umbrella” style resistance knob protects the internal mechanical components from sweat while providing optimal contours for precise adjustments.
- Our proven leather brake pad has the best feel of any resistance system.
- Fore/aft incremental adjustment on seat and micro-adjustment on handle bars provides maximum comfort and a personalized fit.
- Our newly designed dual water bottle holder on the handlebars feature a wide center section that is large enough to fit a computer, phone or tablet.
- The dual-sided SPD® compatible pedals enable riding with either cycling shoes or sneakers.
- The all-new wedge design handlebar post keeps the bars secure and solid while remaining easy to adjust.
- Easy-adjusting stabilizer feet for simple in-home leveling and a safer ride.
- Contoured, aesthetic flywheel cover
- 250-pound weight limit.
SPIN® L7
Lifestyle Series

ITEM NUMBER: 10-007

OVERALL DIMENSIONS:
18" W × 48" L × 42" H (47.5 × 121.9 × 106.7 cm)

OVERALL WEIGHT: 100 lb (45.3 kg)

FLYWHEEL WEIGHT: 36 lb (16.3 kg)

COLOR: Black

FEATURES

- The 36-pound (16.3 kg) perimeter weighted flywheel and drivetrain provide the authentic road bike feel that Spinning® pioneered 25 years ago.
- “Umbrella” style resistance knob protects the internal mechanical components from sweat while providing optimal contours for precise adjustments.
- Our proven leather brake pad has the best feel of any resistance system.
- Fore/aft incremental adjustment on seat and micro-adjustment on handle bars provides maximum comfort and a personalized fit.
- Our newly designed dual water bottle holder on the handlebars feature a wide center section that is large enough to fit a computer, phone or tablet.
- The dual-sided SPD® compatible pedals enable riding with either cycling shoes or sneakers.
- The all-new wedge design handlebar post keeps the bars secure and solid while remaining easy to adjust.
- Easy-adjusting stabilizer feet for simple in-home leveling and a safer ride.
- Contoured, aesthetic flywheel cover
- 250-pound weight limit.
SPIN® L5
Lifestyle Series

ITEM NUMBER: 10-008
OVERALL DIMENSIONS:
18" W × 48" L × 42" H (47.5 × 121.9 × 106.7 cm)
OVERALL WEIGHT: 100 lb (45.3 kg)
FLYWHEEL WEIGHT: 36 lb (16.3 kg)
COLOR: Black

FEATURES
- The 36-pound (16.3 kg) perimeter weighted flywheel and drivetrain provide the authentic road bike feel that Spinning® pioneered 25 years ago.
- "Umbrella" style resistance knob protects the internal mechanical components from sweat while providing optimal contours for precise adjustments.
- Our proven leather brake pad has the best feel of any resistance system.
- Fore/aft incremental adjustment on seat provides a personalized fit.
- Our newly designed dual water bottle holder on the handlebars feature a wide center section that is large enough to fit a computer, phone or tablet.
- The dual-sided SPD® compatible pedals enable riding with either cycling shoes or sneakers.
- The all-new wedge design handlebar post keeps the bars secure and solid while remaining easy to adjust.
- Easy-adjusting stabilizer feet for simple in-home leveling and a safer ride.
- Contoured, aesthetic flywheel cover
- 250-pound weight limit.
ITEM NUMBER: 10-014

OVERALL DIMENSIONS:
18” W × 48” L × 42” H (47.5 × 121.9 × 106.7 cm)
OVERALL WEIGHT: 96 lb (43.9 kg)
FLYWHEEL WEIGHT: 31 lb (14 kg)
COLOR: Black

FEATURES

• The 31-pound (14 kg) perimeter weighted flywheel and drivetrain provide the authentic road bike feel that Spinning® pioneered 25 years ago.
• “Umbrella” style resistance knob protects the internal mechanical components from sweat while providing optimal contours for precise adjustments.
• Our proven leather brake pad has the best feel of any resistance system.
• Fore/aft incremental adjustment on seat provides a personalized fit.
• Single plastic water bottle holder on the frame and handlebars.
• Optional phone or tablet accessory.
• The dual-sided SPD® compatible pedals enable riding with either cycling shoes or sneakers.
• Easy-adjusting stabilizer feet for simple in-home leveling and a safer ride.
• Contoured, aesthetic flywheel cover
• 250-pound weight limit.
SPIN® L1
Lifestyle Series

ITEM NUMBER: 10-015

OVERALL DIMENSIONS:
18” W x 48” L x 42” H (47.5 x 121.9 x 106.7 cm)

OVERALL WEIGHT: 96 lb (43.9 kg)

FLYWHEEL WEIGHT: 31 lb (14 kg)

COLOR: Black

FEATURES

- The 31-pound (14 kg) perimeter weighted flywheel and drivetrain provide the authentic road bike feel that Spinning® pioneered 25 years ago.
- “Umbrella” style resistance knob protects the internal mechanical components from sweat while providing optimal contours for precise adjustments.
- Our proven leather brake pad has the best feel of any resistance system.
- Fore/aft incremental adjustment on seat provides a personalized fit.
- Single plastic water bottle holder on the handlebars also fits optional phone or tablet accessory.
- One-piece alloy pedals with toe cages for secure and easy foot placement.
- Easy-adjusting stabilizer feet for simple in-home leveling and a safer ride.
- Contoured, aesthetic flywheel cover
- 250-pound weight limit.
## Features

- Rectangular frame tubes for strength, rigidity and durability
- Contoured chain guard and integrated fenders for sweat resistance and easy cleaning
- Includes Spinning® DVDs and our Guide to Ride to keep you motivated and on track with your fitness goals

### Lifestyle Series

#### At a Glance

<table>
<thead>
<tr>
<th>Feature</th>
<th>L9</th>
<th>L7</th>
<th>L5</th>
<th>L3</th>
<th>L1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Perimeter-weighted flywheel and crank system modeled after Commercial Series bikes</td>
<td>36 lb</td>
<td>36 lb</td>
<td>36 lb</td>
<td>36 lb</td>
<td>36 lb</td>
</tr>
<tr>
<td>Rust-resistant, powder-coat steel frame</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td>Large, diameter commercial-sized handlebars for a more comfortable grip</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td>Incremental saddle fore/aft incremental adjustment for a comfortable fit</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td>Narrow Q factor for improved comfort</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td>Front-end transport wheels allow for easy portability</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td>Easy-adjusting stabilizer feet for simple in-home leveling and a safer ride</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td>250-pound weight limit</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td>Contoured, aesthetic flywheel cover</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td>Dual-sided, SPD®-compatible pedals for riding with cycling shoes or athletic shoes</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td>Integrated, dual water bottle holders on handlebars</td>
<td>Dual</td>
<td>Dual</td>
<td>Single</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wedge design handlebar post for secure fit</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fore/aft adjustment on handlebars to fit riders of all sizes</td>
<td>●</td>
<td>●</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Water bottle holder on frame</td>
<td>●</td>
<td>●</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fusion Drive™ Belt System</td>
<td>●</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Two piece alloy pedals with toe cages and straps for every shoe</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Note:**
- ● indicates included feature
- Dual indicates dual-side feature
- Single indicates single-side feature