SPINPower®
STUDIO COMPUTER
OWNER'S MANUAL

SPINPower®

$\frac{1}{2}$4**0** 1225 KJ
WATTS   223 AVG WATTS

104 85 AVG RPM
RPM

155 142 AVG BPM
BPM

1:03:22   22.6 MI
TOTAL TIME

37 KJ

4:33 ₂   245 AVG WATTS
INTERVAL 2
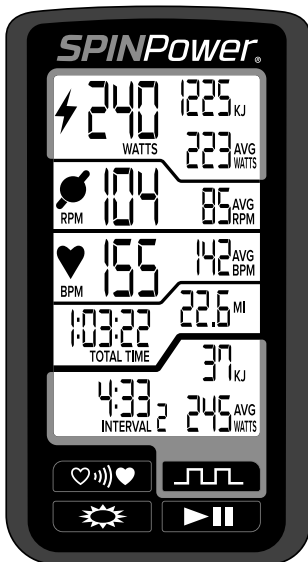
🏃 **SPINNING**®

CONTENTS

THE SPINPower®
STUDIO COMPUTER

Thank you for purchasing the SPINPower® Studio Computer. Training with power is an essential aspect of the SpinPower program, and this computer along with the SPINPower® Studio Crank will help you monitor your power, heart rate, cadence, time, distance and calories burned on every ride. This owner's manual will explain the key features of this computer, pairing procedure and each step for installing the computer onto your Spinner® bike. Be sure to log on to www.spinning.com for all the latest updates and information from SPINPower and Spinning.

Enjoy the ride!

WHAT'S INSIDE
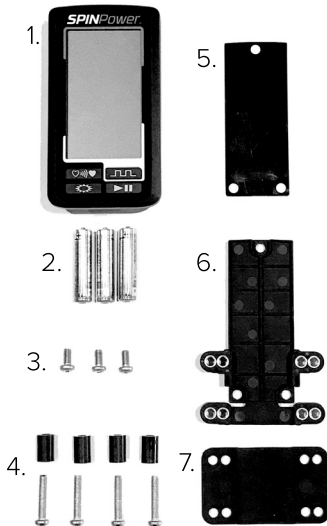
1. Computer Console
2. 3 AAA Batteries
3. 3 Short Bracket Mount Screws
4. 4 Long Mounting Screws with Optional Spacers
5. Rubber Gasket Inlay
6. Computer Mounting Bracket
7. Small Mounting Plate

Tools Needed for Installation:
1. Phillips head screwdriver

COMPUTER FEATURES

- ANT+™ interoperable 2.4Ghz wireless technology.
- Low power consumption for long battery life.
- Code memory during computer battery replacement.
- Five unique segments in the display feature power and energy, cadence, heart rate, time and estimated distance, and a dedicated interval section with a dedicated interval ckey.
- Bright LED backlight

On-Screen Features:
- Measures power (watts), average power and energy (kilojoules)
- Measures cadence and average cadence (RPM)
- Measures heart rate and average heart rate (BPM)
- Measures time and distance (measured in miles or Km)
- Interval data records up to 40 segments. Denotes interval number and measures time, power (average watts) and energy (kjs) for each segment.
- Low battery indicator

General:
- ANT+ 2.4 GHz wireless radio to transmit data
- Computer console uses 3AAA batteries.
- Note that battery life is dependent upon usage. Excessive use of the backlight can shorten battery life.

OPERATING THE SPINPOWER® STUDIO COMPUTER

The computer display automatically sleeps when not receiving any input. Touching any key will cause the display to wake up and show information. Once paired to a HR monitor and a SPINPower® crank, the display will show power and energy, cadence, heart rate, time and distance, and interval functions. The key functions during operation are described below.

Start/Pause

Use this key to start, pause and resume the workout timer. Activate this key at the beginning of every workout to start recording information.

Interval

This key is dedicated to the interval section of the display. Push once to start an interval. Push a second time to stop. The next push starts the next interval. To review intervals at the end of the workout, push the pause key. Once paused, every press of the interval key reviews the specific information for every completed interval.

HR Pairing
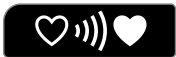
Use this key to activate pairing of an ANT+ heart rate monitor. The computer should automatically pair at the start of every workout.
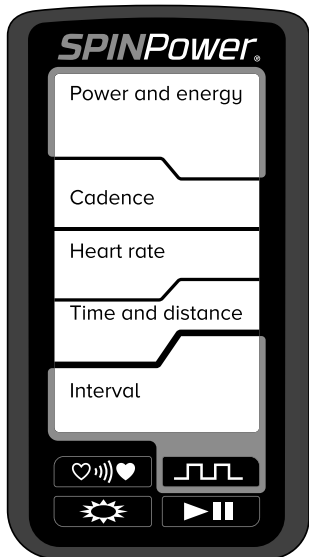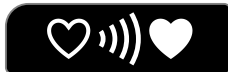
Backlight

Use this key to activate the backlight function. It has been set for 5 seconds of backlight.

PAIRING WITH THE SPINPOWER® CRANK

Once paired, the SPINPower® studio computer is designed to receive signals and show data from the SPINPower studio crank and all ANT+ compatible heart rate monitors. The following section will guide you through the pairing process.
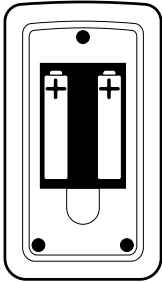
HR Pairing

Interval

Backlight

Start/Pause/Resume

Note: Before we start the pairing process, make sure that the crank is out of the box, has batteries installed correctly, and is readily at hand. See the SpinPower Studio Crank instructions for more details.

Step 1: Open the battery door cover. Install **only 2** of the 3 AAA batteries as shown. Flip the computer over to the front side.
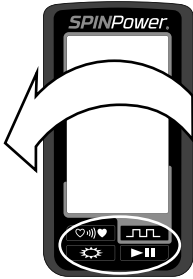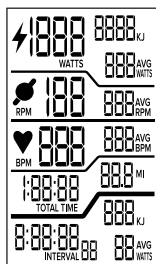
Step 2: Press and HOLD any key **for 10 seconds**.

Flip the computer to the back side to see the exposed batteries **without letting go of the key.**
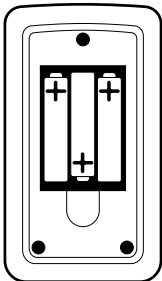
Step 3: Install the 3rd battery (as shown) while keeping that key depressed.

Make sure that the polarity on the batteries matches the illustration.

Step 4: Let go of the key and turn the computer over to the front side. You should see a display with all of the characters active (see illustration).

Step 5: Push the PLAY/PAUSE key once to start the set-up process for the computer.
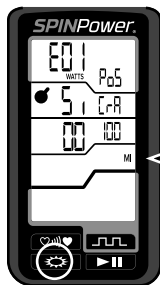
Step 6: The display will change to look like this.

Push the backlight key to choose either Kilometers or Miles for the units desired (shown with the arrow)

Note that the flashing units (either KM or MI) are the **chosen** units (i.e. if it is flashing MI, then the console will read miles).

Step 7: Make sure that the CRANK line lists "S1 CrA"and shows a single crank as the icon (as circled). This is the factory setting. If it shows 2 cranks and "duCrA", then see the next optional instruction.

Only If 2 cranks are shown:

Press the interval key 🔲 until the single crank icon and "S1 Cra" (as circled) is flashing.

To continue, press the HR pairing key 🔲 to set your preferences and activate the power crank pairing line of the computer (the crank line should now be blinking). Have your uninstalled crank in your hand and get ready to pair.
Push the HR key one more time to activate pairing.

The activated RPM portion of the display will now look like "circling zeroes". That means that it is looking for the crank to pair.

Step 8: While the "rotating zeroes" are active, rotate the crank around to activate the sensors. You can "twist" in the air or rotate the crank, but make sure that it keeps moving. This may take 30-60 seconds, so don't stop until those "rotating zeroes" stop.
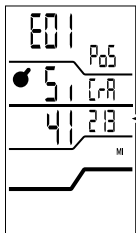
Step 9: When you are successful, the unique pairing number will appear in the RPM portion of the display (shown with the arrow).

Note that each crank has a UNIQUE number and that your number will most likely be different from the one shown here.

Once that number appears, the crank has been paired successfully.

CONGRATULATIONS!
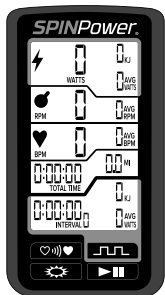
Step 10: Push the PLAY/PAUSE key ▶❚❚ to exit the pairing mode.

Your computer will look like this after it has been paired and confirmed.

Make sure to remove the protective film on the display before riding with your new SPINPower® computer.

You are now ready to ride with SPINPower®!

PAIRING WITH YOUR HEART RATE TRANSMITTER

The computer automatically pairs to the closest heart rate monitor when starting up. For best results, make sure that the heart rate transmitter is within 30cm (12 inches) of the console

If the heart rate transmitter does not initially pair upon starting, press the pairing key on the computer.
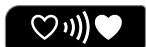
While pairing, the heart rate portion will show "rotating zeroes". Once paired, the heart rate will be displayed.

Start pedaling and the display will give you information on power, heart rate, cadence, time, distance and calories.

If you have any questions regarding this process or are having difficulty pairing your heart rate transmitter to the computer, please refer to the "Frequently Asked Questions" section on page 17.

COMPUTER MOUNTING

The SPINPower® Studio Computer was designed to fit all commercial Spinner® bikes manufactured by Precor. It will also fit most consumer Spinner bikes with dual bar-mounted water bottle holders. Instructions for mounting the console appear on the following pages.

FIG. 11

To mount this Spinning® Computer to your commercial Spinner® bike, please follow the steps below.

NOTE: For the best installation, pair the computer with the Studio SpinPower® crank before mounting it to your bike.

1. After successfully pairing with the Studio SpinPower® crank, place the rubber gasket inlay behind the console (Fig 12).

FIG. 12

2. Place the threaded mounting bracket into the recess and on top of that gasket. Secure the threaded bracket using the three short Phillips head screws provided (Fig 13).

FIG. 13

3. Place the console and bracket assembly in the dedicated openings just forward of the loop of the handlebars. (mounting location in front of the loop is shown in Fig. 11 and Fig.14).

    From the underside, place the flat mount bracket against the rubber bar in the corresponding screw location. (Fig 14) Use the long Phillips screws with spacers (if needed) to secure the computer to the bars. Note that when secure, the screws should be flush to the top of the bracket and never protrude more than 2mm. Do not overtighten and use spacers if the screws protrude too far.

    Either the wide or narrow spaced holes for the bracket can be used to secure the computer. Both mounting locations are provided for different bike models. Use the spacing that works best for your bike.
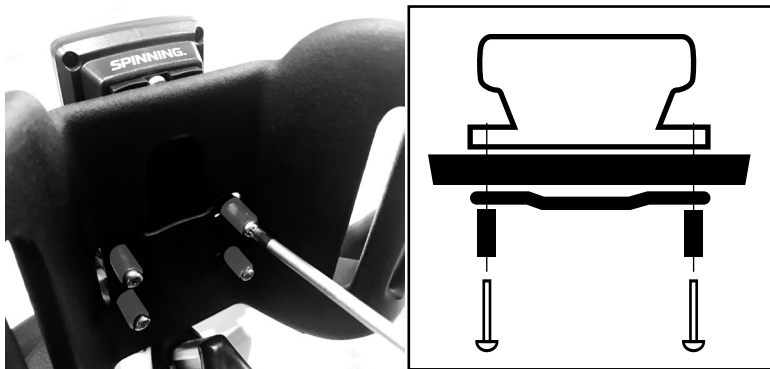

Fig. 14

COMPUTER CARE

Spinning® strongly recommends performing regular maintenance to ensure the computer is working at its best for years to come. The recommended maintenance procedures are listed below:

Daily:
- Wipe down the computer with a soft cloth after each use.
- Dilute a non-toxic cleaner like Simple Green® with water in a 30:1 water-to-cleaner ratio. Spray the solution onto a soft cloth, then wipe the computer console.
- Never spray directly onto the computer console. Never use abrasive cloths or oil, ammonia or alcohol-based cleaners.

Weekly:
- Inspect each console for loose parts, bolts and nuts. Adjust and tighten loose points as needed.
- Remove any consoles that are not properly mounted or at risk of coming loose.

Monthly:
- Inspect all areas for proper adjustments.
- Inspect all parts for damage which could require possible replacement.
- A "low battery" indicator will display when batteries need replacing. Replace the batteries in the console with 3 high-quality AAA alkaline batteries from brands like Panasonic®, Duracell® or Energizer®.

FREQUENTLY ASKED QUESTIONS

Which heart rate transmitters will work with the Spinning® Studio Computer?
Any ANT+ compatible heart rate transmitter will work with this Spinning Computer, and pairing to an ANT+ transmitter will prevent any heart rate "crosstalk". Also, any analog 5.3 KHz heart rate transmitter such as Polar® Wearlinktm will pair with this computer. We recommend the **Spinning Connect**™ heart rate transmitter, as it will pair with this computer as well as Bluetooth compatible smart phones.

What if the computer is not picking up my heart rate?
We recommend following these steps to connect your heart rate transmitter with the Computer:

- Make sure that the transmitter fits snuggly at the bottom of your ribcage and that the sensors are slightly moistened.
- The battery in the transmitter may be low. Try another strap or replace the battery/batteries inside your heart rate transmitter to facilitate pairing.
- Try using the heart rate pairing key for manual pairing with the computer.
- Check your distance from the computer during syncing. Make sure you are 30 cm (12 inches) or closer to the computer.

What if I am picking up another riders heart rate?

If bikes and riders are close enough together while wearing analog heart rate transmitters, it is possible to have "crosstalk" wherein the heart rate signal from another rider is shown on an adjacent console. Using ANT+ compatible transmitters will prevent this problem, but if this problem persists, you can also try moving the bikes further apart to prevent this "crosstalk". The initial close proximity heart rate pairing to each individual computer is an important step to prevent "crosstalk".

What batteries does the computer console and cadence sensor take?

The computer console requires three AAA batteries.

What is the best way to preserve battery life on the computer?

Excessive use of the backlight will diminish battery life, so we recommend using the backlight only when necessary to preserve battery life.

How do I clear the display after a ride?

The display will turn off automatically after 5 minutes of inactivity. To reset or clear your training data during or after a ride, press and hold the Interval button for approximately 5 seconds, and the data will reset.

The computer screen looks like it is not very clear.

All SPINPower® Studio Computers come with a protective plastic film on the display screen for shipping. Make sure to peel away that protective plastic film before use.

CERTIFICATIONS

Federal Communication Commission Interference Statement

This device complies with Part 15 of the FCC Rules. Operation is subject the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Changes or modifications not expressly approved by Spinning® could void the user's authority to operate the equipment.

FCC ID: 06RFIT1

EU Declaration of Conformity

This device complies with the essential requirements of the R&TTE Directive 1999/5/EC.

ANT+

This console is ANT+ certified.

WARRANTY INFORMATION AND CUSTOMER SUPPORT

Warranty:

The SPINPower® Studio Computer has a one-year warranty. This warranty excludes batteries and battery replacement.

Customer Support:

If you are a facility operator and you have any questions about the commercial use of this computer, please contact **Spinning Technical Support** by phone at **1-800-847-7746 X602**. For all other inquiries, please contact the Mad Dogg Athletics customer service departments, which are listed below:

For customers in North America, South America and Asia Pacific, please contact:

MAD DOGG ATHLETICS, INC.
2111 Narcissus Court
Venice, CA 90291 U.S.A.
Toll-free: 1.800.847.7746
Dialing outside U.S.:
1.310.823.7008
info@spinning.com
Hours: 6:00 AM–5:00 PM PST

For customers in Europe, the Middle East and Africa, please contact:

MAD DOGG ATHLETICS EUROPE
Scheldeweg 3
3144 Es Maassiuis
The Netherlands
Phone: +31.1059.04508
infoeurope@spinning.com
Hours: 9:00 AM–5:30 PM CET

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SPINNING.COM/REGISTRATION.

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FOR ALL YOUR SPINNING® NEEDS.

SPINNING®

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