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OWNER'S MANUAL

BIO™
COMPUTER

BIO HR™
COMPUTER

PARTS LIST

BIO™ and BIO HR™

- Computer Monitor/Display
- (2) Triple AAA Batteries for Display
- Cadence Sensor—Includes CR2032 Battery
- (2) Zip ties for Cadence Sensor
- Round Handlebar Mount for Monitor
- Oval Handlebar Mount for Monitor
- Rubber Insert for Oval Mount
- Handlebar Mount Screw/Nut

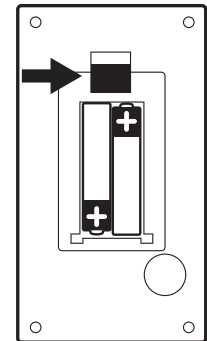
For BIO HR™ only

- Heart Rate Strap—Includes CR2032 Battery

INSTALLING BATTERIES IN COMPUTER DISPLAY

- Open the battery cover by flexing the tab at the top as shown.
- Insert 2 Triple AAA batteries as shown. Make sure each battery is installed with correct +/- polarity.
- Snap battery cover back into place.

If the display is only partially visible, please reset the device by removing the batteries for at least 15 seconds, then reinstall them. Note that previous exercise data will be lost when batteries are removed.



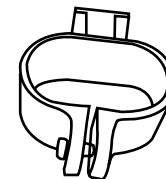
INSTALLING MOUNTING BRACKET ON BICYCLE HANDLEBARS

- Mounting adapters for all Spinner® bikes are included with the computer.
- Select the proper mount for your bike from the list below.
- Stretch mount over handle bar in desired location and secure with provided screw and nut. The screw and nut work with either mount.



Round adapter

For S5, S3, S1, R3, R1, Sport, FIT, Pace, Ascent and Sprint models



Oval Adapter

For Edge, Aero and Pro models



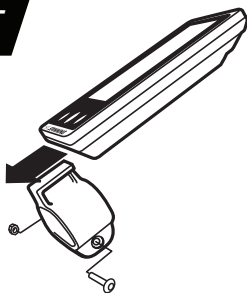
Rubber Insert

For Rally, Shift, Ride, S7, NXT, NXTSR and Blade models

INSTALLING THE COMPUTER TO MOUNTING BRACKET

Align slot on the bottom of the computer display with mounting bracket and slide into place.

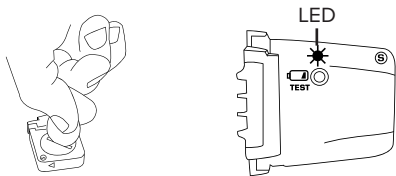
NOTE: Display installs from the front of the bike towards the rear.



CADENCE SENSOR SETUP AND INSTALLATION

Battery Installation

Install CR2032 Coin Cell Battery into sensor body. **Note:** The positive side with writing must face out. Insert cover and rotate closed using a coin or similar tool. To verify proper battery installation or check for a charged battery, push the test button. If a green LED lights up, the sensor is ready for use.

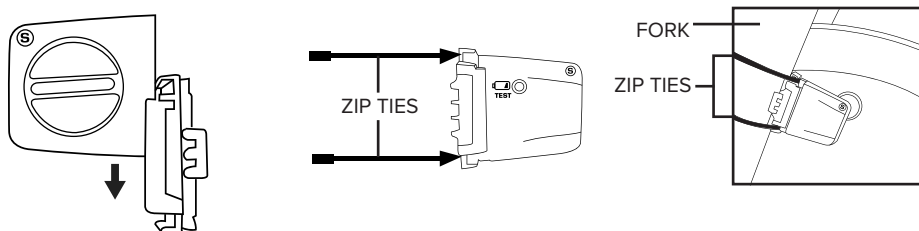


Testing the Connection

To test the connection between the sensor and the magnet, first place the computer and sensor in close proximity. Wave the magnet passed the corner of the sensor a few times to verify that the computer reads both the time and cadence (measured in RPM). If the computer does not read the cadence, ensure that the batteries were properly installed in both the computer and the sensor.

Mounting to Bike

Find a suitable location to mount the sensor on the rear of the left fork blade. Install the zip ties (as shown below) through the cadence sensor, wrapping around the fork blade and securing back to sensor. Tighten zip ties so that cadence sensor is securely mounted, trimming off excess.

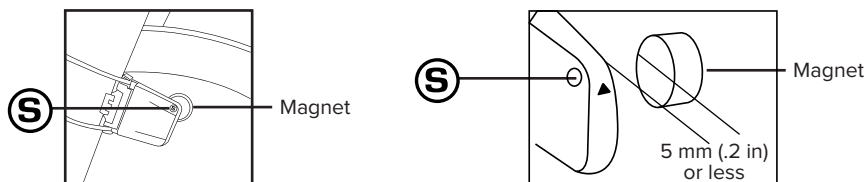


Magnet Installation

- Some Spinner bike models come with a magnet pre-installed on the flywheel. Make sure the sensor lines up with the magnet on the flywheel prior to securing the zip ties.
- For all other models: install provided magnet to left face of flywheel by peeling off adhesive backing and adhering to flywheel. Make sure that flywheel surface is clean and free of grease or dust before installing. Magnet must be installed so that it passes by the "S" symbol on the cadence sensor.

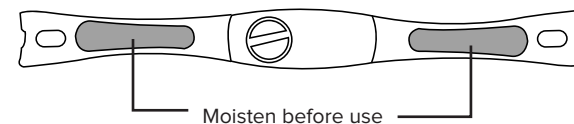
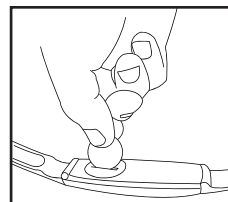
Sensor Adjustment

- Magnet must pass by the "S" symbol on the cadence sensor and be 5 mm (.2 in.) or less from the sensor. If required, raise/lower/rotate cadence sensor so that magnet passes with the "S" indication on sensor each flywheel revolution.



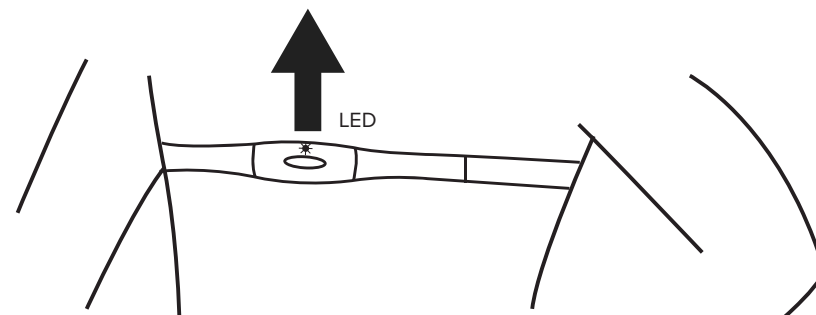
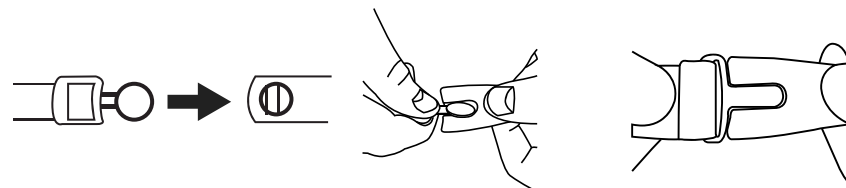
HEART RATE STRAP SETUP

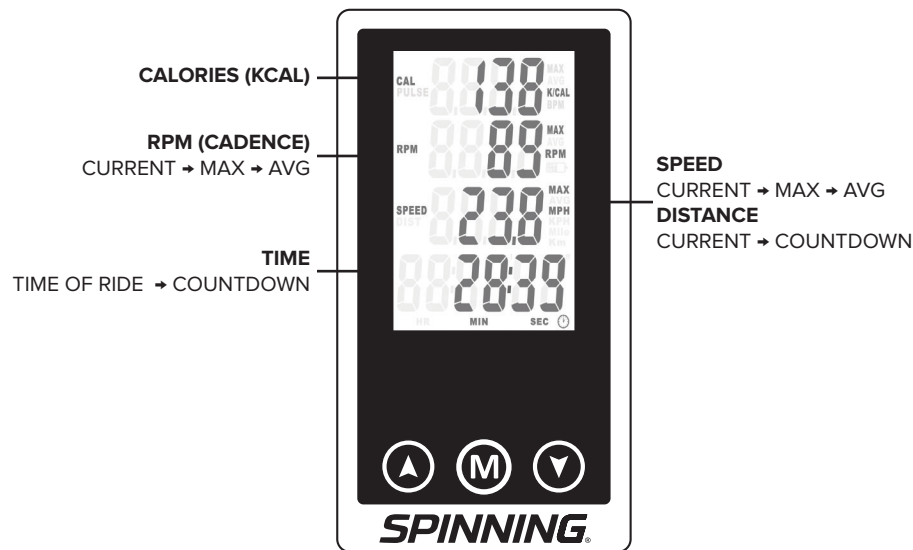
- Slide the provided CR2032 coin cell battery into the compartment on the heart rate strap.
- The positive side must face toward the outside of the compartment (writing on battery should be visible).
- Install battery cover and rubber O-ring and rotate closed using a coin or other similar tool.
- Battery cover must be securely closed and should be oriented as shown in the picture to prevent sweat and moisture from entering the strap.



HEART RATE STRAP USE

- Before use, moisten electrodes in the location shown above to improve transmission.
- Position the heart rate strap as shown and adjust elastic strap for a secure and comfortable fit.
- If the heart rate strap is installed and functioning properly the red LED indicator will flash.





Auto Start/Stop

Monitor automatically starts when exercise begins and automatically turns off 4 minutes after exercise stops at which time all exercise data will be erased.

Countdown Timer

- If desired, the exercise interval can be set using time or distance.
- If no exercise interval is set then ride time and distance will count up from zero.

Setting Countdown Functions

Time

- Select Mode “M” key once (time will be flashing).
- Use ▲ or ▼ arrows to set time, ▲ arrow will add time in 5-minute increments and ▼ arrow will subtract time in 5-minute increments to set time.
- Once desired time is achieved, select Mode “M” key again.
- Once exercise begins, time will count down from selected time to zero.

Distance

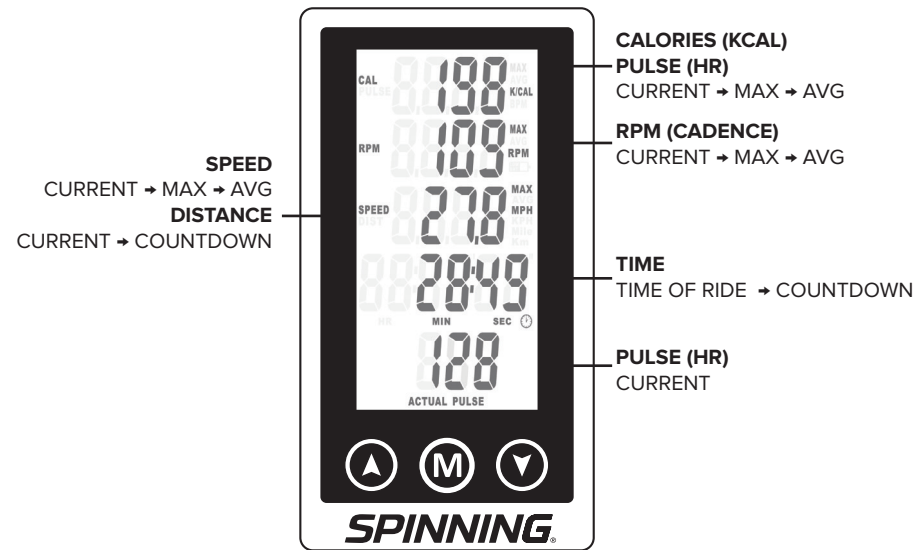
- Select Mode “M” key twice (distance will be flashing).
- ▲ arrow will add 1 mile to distance and ▼ arrow will subtract 1 mile from distance.
- Once desired distance is achieved, select Mode “M” key again.
- Once exercise begins, distance will count down from selected distance to zero.
- To change between miles and kilometers, remove one battery, select the Mode “M” key while reinserting the battery. The distance unit will switch between miles and kilometers.

Alternating Display Between Speed and Distance

During exercise pushing the ▼ button will alternate the third line of the display between speed and distance.

Max/Avg/Current RPM and Speed

During exercise the ▲ arrow can be used to toggle the RPM and speed displays to show maximum, average and current as desired.



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Distance

- Select Mode “M” key twice (distance will be flashing).
- ▲ arrow will add 1 mile to distance and ▼ arrow will subtract 1 mile from distance.
- Once desired distance is achieved, select Mode “M” key again.
- Once exercise begins, distance will count down from selected distance to zero.
- To change between miles and kilometers, remove one battery, select the Mode “M” key while reinserting the battery. The distance unit will switch between miles and kilometers.

Alternating Display Between Cal/Pulse and Speed/Distance

During exercise pushing the ▼ arrow will toggle the first and third lines of the display between 1-Cal/3-Speed and 1-Pulse/3-Distance respectively.

MAX/Avg/Current RPM, Speed and Pulse

- If Cal and Speed are displayed on the first and third line respectively then the ▲ arrow can be used to toggle RPM and Speed displays between Max/Avg/Current respectively.
- If Pulse and Distance are displayed on the first and third line respectively then the ▲ arrow can be used to toggle the Pulse and RPM display between MAX/AVG/Current respectively.

WARRANTY INFORMATION

Mad Dogg Athletics, Inc. Limited Warranty BIO™ and BIO HR™

Mad Dogg Athletics, Inc. warrants to the original purchaser that the BIO™ and BIO HR™ Spinning® Computers will be free from defects in workmanship and materials. All other BIO and BIO HR parts are covered for one (1) year from the date of purchase (see limitations and exclusions below). This warranty does not cover labor charges associated with replacing covered part(s). Parts replaced under the terms of this warranty will be warranted for the remainder of the original warranty period only. This warranty becomes effective upon the invoice date of the original purchase.

To order replacement part(s), the original purchaser may contact Mad Dogg Athletics, Inc. Product Support at 800-847-SPIN (7746) or 310-823-7008. Proof of purchase or warranty registration may be needed in order for Mad Dogg Athletics, Inc. to verify warranty coverage and issue a Return Materials Authorization (RMA) number. Parts being returned to Mad Dogg Athletics, Inc. for warranty credit must be shipped prepaid, accompanied by a packing list or tag bearing the RMA number, and customer name. No credit will be issued for parts returned without prior authorization from Mad Dogg Athletics, Inc.

Mad Dogg Athletics, Inc. reserves the right to review defective part(s). All costs of shipping defective part(s) to and from Mad Dogg Athletics, Inc. for inspection shall be borne solely by the original purchaser. If Mad Dogg Athletics, Inc. determines, in its sole discretion, that it is impractical to ship defective part(s) to Mad Dogg Athletics, Inc., Mad Dogg Athletics, Inc. may designate, in its sole discretion, a repair facility to inspect and estimate the cost to repair such defective part(s). The cost, if any, of shipping defective part(s) to and from such repair facility and of such estimate shall be borne solely by the original purchaser. Defective part(s) must remain available for inspection until the claim is finalized. Whenever claims are settled, Mad Dogg Athletics, Inc. reserves the right to be subrogated under any existing insurance policies the claimant may have.

Limitations and Exclusions

This limited warranty does not apply to cosmetic damage or imperfections that are within design specification(s) or that do not materially alter functionality, or damage due to acts of God, accident, abuse, misuse, negligence, lack of normal maintenance, abnormal service or handling that differs from that specified for this model of computer, improper installation or operation. In addition, alternation or modification of the product, or repair by anyone other than a Mad Dogg Athletics, Inc. technical representative or authorized service provider will void this warranty. This warranty is valid only in the continental United States.

Disclaimer of Warranties; Limitation of Liability

This warranty is in lieu of all other warranties, express or implied, including without limitation the implied warranties of merchantability and fitness for a particular purpose.

Repair or replacement as provided above shall be the sole and exclusive remedy available to the purchaser. Correction of defects, in the manner and for the period of time described above, shall constitute complete fulfillment of all liabilities and responsibilities of Mad Dogg Athletics, Inc. to the purchaser with respect to contract, negligence, strict liability or otherwise. Mad Dogg Athletics, Inc. shall not be liable or in any way responsible for any incidental or consequential damages based upon breach of any express or implied warranty on this product or otherwise. Some states do not allow the exclusion or limitation of implied warranties or incidental or consequential damages, so the above exclusions and limitations may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which may vary from state to state. This product is warranted for home use only.

The Spinning® BIO™ and Spinning® BIO HR™ computers are not for use in commercial settings and are warranted for home use only.

ADVANCED SETTINGS

Changing the Distance Settings between MPH and KPH

1. Remove one of the batteries.
2. While holding the Mode “M” key, reinsert the battery. The screen will show either MPH or KPH.
3. Use the ▲ and ▼ arrows to make your selection.

Adjusting the Brightness of the Screen

1. Remove one of the batteries.
2. While holding the Mode “M” key and the ▼ arrow simultaneously, reinsert the battery. This will bring you to the LCD adjustment screen.
3. Use the ▲ and ▼ arrows to adjust the brightness of the backlight.

Reset Connection between Bio™ / Bio HR™ and the Heart Rate Monitor

If the display is not showing your heart rate accurately, the connection may need to be reset. To reset the connection between the computer and the heart rate monitor, pause the activity, get off the bike and hold the heart rate monitor close to the computer until the connection resets.

Reestablish Connection between the Computer and the Cadence Sensor

If the computer ever loses connection with the cadence sensor, please complete the following steps:

1. Pause the activity and remove the computer from the handlebars.
2. Hold the computer near the cadence sensor.
3. The user should safely pedal the bike until a connection is re-established.
4. Once the computer re-establishes the signal displays the correct cadence, slowly bring it back to the handlebars and remount it.

TROUBLESHOOTING TIPS

If your BIO or BIO HR console is not syncing with the cadence sensor, please take the following steps:

1. Ensure the batteries are positioned correctly in both the computer and cadence sensor.
2. Ensure the cadence sensor and the magnet pass within 5 mm (.2 in.) of each other.
3. Position the bike away from items that may interfere with the radio frequency such as WiFi routers, large audio speakers, ballasts in fluorescent lights and ultraviolet lights.
4. Move the sensor to a different area on the fork to ensure a better signal with the computer. In some cases, changing the orientation of the sensor may facilitate the connection to the computer.

FCC REGULATORY STATEMENTS

1. This device complies with Part 15 of the FCC Rules. Operation is subject to following two conditions:
 - A. This device may not cause harmful interference.
 - B. This device must accept any interference received, including interference that may cause undesired operation.
2. Changes or modifications not expressly approved by Mad Dogg Athletics, Inc. could void the user's authority to operate the equipment.