# **PERFORMANCESERIES**

OWNER'S MANUAL





# PERFORMANCE SERIES

Our performance bikes feature the same full-size geometry and heavyduty construction from our commercial series bikes in a package that is perfect for home use.



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# WELCOME TO THE SPINNING® PROGRAM

Millions worldwide have lost weight, gained energy and ridden into the best shape of their lives with the help of the Spinning® program. The Spinner® bike, with accompanying DVDs, gives you everything you need to join them. Ready to get started? These guidelines will give you the insight you need to change your body and your life.



For more information about the Spinning program, Spinning gear and tips to help you make the most of every ride, visit **www.spinning.com**.

# SPINNING® PROGRAM SAFETY

- Consult your physician before beginning this or any other exercise routine. Not all exercise progams are suitable for everyone. Discontinue any exercise that causes you discomfort and consult a medical expert.
- Ensure that the adjustment knobs (saddle height, saddle fore/aft and handlebar height) are properly secured and do not interfere with range of motion.
- Children under the age of 16 should not ride the Spinner® bike.
- Do not insert any object, hands or feet into any openings and do not expose hands, arms or feet to the drive mechanism or any other potentially moving parts of the bike.
- The body weight for individuals riding the Spinner P5, Spinner P3 and Spinner P1 should not exceed 350 pounds (158 kg).
- Spinner® bikes have a weighted flywheel and a fixed gear that do not allow riders to coast. In order to stop, you must gradually slow your pedal strokes rather than stopping abruptly. If you need to stop immediately, push down on the red resistance knob.
- After use, turn the knob clockwise to increase the resistance so that the pedals will not rotate freely.
- If at any time you feel dizzy or have difficulty breathing, press down on the red resistance knob until you come to complete stop and carefully dismount the bike.
- Listen to your body, ride at your own pace and set an amount of resistance that feels right for you.
- Keep children and pets away from the bike whenever it is in use.
- Never turn the pedals or crank arms by hand, unless lubricating the chain (see page 10 for details).
- Stay hydrated. Drink water throughout your ride.
- Pedal with a light amount of resistance at all times, even during warmup and cool-down. The Spinning program reminds riders to maintain a connection to the flywheel with resistance throughout the ride.

- Stay in control by executing all movements and hand positions at a slow pace before attempting to increase your pedaling speed.
- Focus on form, posture and smooth transitions between movements.
- Always ride with proper footwear. Do not ride with bare feet or open-toed shoes.
- Keep shoe laces tucked in and foot straps snug around your shoe. If your foot does come out of the toe clip, push down on the resistance knob to stop the flywheel's motion.



# YOUR SPINNER® BIKE

The patented Spinner® bike has been specially designed for the Spinning® program. The Spinner bike replicates the feel of a real road bike to create an enjoyable, effective workout. Some key features include:

- A contoured saddle to keep you comfortable and balanced. You can adjust the saddle horizontally and vertically for a personalized fit.
- Adjustable handlebars featuring a rubberized coated grip and a patented design that facilitates proper Spinning hand positions.
- An adjustable resistance knob that doubles as an emergency brake to keep you in control of your ride. Simply twist the dial to add more or less resistance. Push down firmly on the resistance knob as an emergency brake.
- A perimeter weighted flywheel and robust drivetrain facilitate a smooth pedal stroke during your non-impact workout.

Your Spinner bike uses a direct-drive flywheel that does not allow you to coast. To stop, decrease your pedaling speed gradually. **If you need to stop immediately, push down on the red resistance knob.** 



# CARING FOR YOUR SPINNER® BIKE

#### MOVING YOUR BIKE

Stand in front of the bike, grasp the handlebars and tip the bike toward you until the transportation wheels are touching the floor. Roll the bike to the desired location, then gently lower the rear of the bike back to the floor

#### LEVELING YOUR BIKE

The leveling feet are located on each corner of the front and rear stabilizer bars. It is important that all four of the leveling feet touch the ground to keep the bike stable at all times. To adjust, turn the leveling feet counterclockwise to decrease the height or clockwise to increase the height until the bike is stable.

#### ADJUSTING AND LEVELING YOUR SADDLE

If you experience saddle discomfort while riding or sitting on your bike, the angle can be adjusted by loosening the 13 mm nuts located under the saddle. Be sure to re-tighten the nuts after making your angle adjustment and before riding your bike.

#### PREVENTING RUST

After each use, raise the handlebar post and seat post to the highest settings to allow any moisture to evaporate. Using an absorbent cloth, wipe all areas where moisture can settle.

#### PROTECTING YOUR SPINNER® BIKE'S FINISH

After each ride, protect your bike's finish by wiping it down with a damp cloth. We recommend using bike cleaners such as SPINTECH® Fitness Equipment Polish. Do not use de-greasers. When cleaning your bike, immobilize the flywheel by turning the resistance knob clockwise. Always spray the cleaner onto the cloth and then wipe the bike down.

#### **PEDALS**

Check the pedals weekly to ensure that the threads are completely tightened. If the pedals have become loose, tighten the threads with the supplied pedal wrench to ensure that they are securely attached.

# SPINNER® BIKE ASSEMBLY

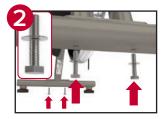


# STEP 1: Unpack the carton

Open the shipping carton as illustrated on the box and remove all of the parts. Make sure that the following parts are included and that no damage has occurred during shipping:

- Bike frame with flywheel
- Front stabilizer bar with transportation wheels
- Rear stabilizer bar
- Handlebars
- Handlebar stem
- Pop pin assembly seat
- Seat slider and saddle

- Tools for assembly and maintenance Multi-wrench, 5mm allen wrench (P1 only), 3mm allen wrench
- Owner's manual
- Guide to Ride
- Ultimate Rides Collection DVDs
- 2 water bottle holders (P1 only)



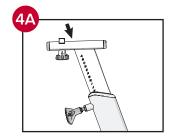
#### STEP 2: ATTACH THE STABILIZER BARS

Have someone help you tilt the bike forward (toward the flywheel), remove the rear plastic shipping guard, then you can attach the rear stabilizer bar from the underside with the provided bolts and washers. Line up the holes in the stabilizer bar with the holes in the frame. Using the included wrench, tighten the bolts (with washers) securely. Repeat the process with the front stabilizer bar.



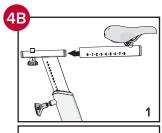
#### STEP 3: INSTALL THE SEATPOST POP PIN

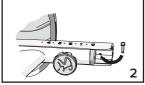
Install the seat post pop-pin and tighten the bolt securely. Make sure that you install the pop-pin without the seatpost in place.

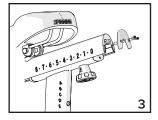


#### STEP 4A: ASSEMBLE THE SEAT POST

Insert the seat post into the frame and tighten the pop-pin.







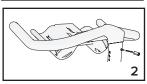


- 1. Slide the seat assembly onto the seat post.
- Insert one bolt into the underside of the seat slider and fully tighten it to set the travel limit.
- 3. Attach the seat slider end cap using two bolts and fully tighten with the hex key.

#### STEP 4C: ADJUSTING THE SADDLE

While holding and pulling back the seat post pop-pin, Raise or lower the seat to the desired position, then release and tighten the pop-pin knob. Adjust the seat slider (fore/aft) to your desired position, then tighten the seat knob securely.

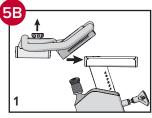


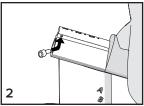


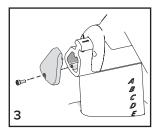


#### STEP 5A: HANDLEBAR ASSEMBLY (P1 only)

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







#### STEP 5B: HANDLEBAR ASSEMBLY (P3, P5)

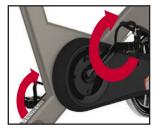
- 1. Slide the handlebar assembly onto the handlebar post by loosening the fore/aft handlebar knob and pulling it up to align with the grooves on the handlebar post.
- 2. Insert one bolt into the post and fully tighten it to set the travel limit.
- Attach the handlebar post end cap using one small cap screw and fully tighten with the hex key.
- 4. Tighten the fore/aft adjustment knob in any position before proceeding.



#### STEP 6: INSTALL THE HANDLEBARS (P3, P5)

Unscrew, pull out and hold the handlebar poppin. Slide the handlebar post all the way into the handlebar tube. Release the handlebar poppin and adjust the handlebars to make sure that the poppin is engaged. Tighten the handlebar poppin securely before riding.





# 8

#### STEP 7: INSTALL THE PEDALS

NOTE: The pedal spindles and cranks are marked "L" (left) and "R" (right). Left and right are referenced from a seated position on the bike. Be sure to install the pedals on the correct side of the bike.

Turn the resistance knob clockwise until the crank arms are immobilized. Remove the pedals from the packaging. Install the **left pedal** on the **left crank**. Use the (15mm) multi-wrench supplied and turn **counterclockwise** to tighten. Install the **right pedal** on the **right crank**. Turn the multi-wrench **clockwise** to tighten. **Remember, pedals are always tightened by turning the wrench over the top of the spindle towards the front of the bike.** Be sure both pedals are tightened securely.

#### STEP 8: LEVEL THE BIKE

Move the bike to the location where it will be used. Your Spinner® Bike requires 4 x 6 feet of floor space for proper operation. Rock the bike gently to check for wobble. If needed, use the leveling adjusters under the front and rear stabilizer bars to steady the bike. Turn the leveling feet counterclockwise to decrease the height or clockwise to increase the height until the bike is stable

# **TESTING THE BIKE**

Use this checklist to perform the bike test procedure.

- Re-check all bolts. Make sure that they have been tightened and that no parts are missing or left over.
- Test the handlebar post and seat post to make sure that they move freely and that you are able to lock them at different positions.
- Check the saddle to make sure that it is level and tight and does not rotate around or tilt. Tighten and adjust as needed.
- Test the seat slider and handlebar slider (if applicable) for movement front to rear. Check it by locking it at different settings.
- The brake tension (resistance) can be adjusted using the red resistance knob. Pressing down on the red knob will apply the brake if you need to stop quickly.
- Adjust the seat post and handlebar post to fit your body.. Refer to the Guide to Ride or visit www.spinning.com.
- Pedal at a moderate pace and test for proper and smooth resistance changes while varying the amount of turns on the resistance knob.
- To move the bike after testing is complete, stand in front of the bike, grasp the handlebars and tip the bike toward you until the transportation wheels are touching the floor. Roll the bike to the desired location and then gently lower the rear of the bike back to the floor. Make sure to adjust the leveling feet so that the bike remains stable at all times.

## **WARNING!**

#### SAVE THESE INSTRUCTIONS

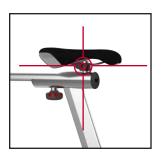
# **TROUBLESHOOTING**





### RATTLING HANDLEBARS OR SEAT TOWER

Make sure that the pop-pins are correctly locked into place.



#### SADDLE PAIN

Check to ensure that the saddle is centered and level. Adjust the level as necessary using the outside bolts (shown in RED). Remember that it does take time for a body to acclimate to the saddle. A padded gel seat cover and/or cycling shorts can make your ride more comfortable.

# PEDAL ADJUSTMENTS



The SPD pedals are set for the lowest release tension at the factory for safety. If you would like a stronger release tension, use a 3mm allen wrench and turn the adjustment screw clockwise. Adjust both sides evenly and start with as little adjustment as necessary until you achieve the desired release tension.

Take the time to enter your Spinner® bike serial number in the space below (the serial number is located on the bottom crossbar). If parts are missing or if you have any assembly questions, please contact customer service at (888) 704.SPIN (7746).

Serial No. : _		
ochan No	 	

# LUBRICATING THE CHAIN

The chain on your bike has been factory set and lubricated. However, during heavy use of your Spinner® bike, it may become necessary to lubricate your chain to reduce chain-associated noise. If you have any questions regarding lubricating your chain, contact customer service at **800.847.SPIN (7746)** for assistance.



**STEP 1:** Locate the chainguard access panel. Remove the exposed screw

**STEP 2:** Pivot the cover slightly and then slide forward to remove. The opening will expose a small section of the chain near the front sprocket.

**STEP 3:** Cover the floor under the bike and take care not to allow lubricant to drip onto the floor.



**STEP 4:** Use a chain lube such as SPINTECH® Silicone Fitness Lube or other oil-based lubricant with a spray nozzle. Use the included spray tube to keep the lubricant spray focused on the chain area near the sprocket. Do NOT use a wax-based lubricant.

**STEP 5:** Turn the resistance knob clockwise until the flywheel is locked and cannot rotate. With the flywheel locked, spray the lube onto the chain. Loosen the brake and rotate the crank slowly, by hand for approximately an eighth of a turn. When this turn is complete, lock the flywheel again. Spray lube onto the next portion of the chain. Repeat the above steps a total of eight times to lubricate the entire chain.



**STEP 6:** Carefully place the chainguard access panel back into place and secure it by snugly tightening the screw.

SPINTECH lubricants, polish, grease and tools are available at www.spinning.com



#### DANGER

Keep fingers, loose clothing and objects away from moving drive chain. Failure to comply may lead to serious personal injury.

# CHAIN TENSION & ADJUSTMENT

The chain on your bike has been factory set and should not require adjustment initially. Over time, however, you may need to adjust the tension. If you have any questions regarding your chain tension, please contact customer service at **(888) 704.SPIN (7746)** for consultation prior to adjusting the tension of the chain.



**STEP 1:** Open the access panel (see Step 1 of chain lubrication process) and local the axle nut.

**STEP 2:** Using the multi-wrench or a socket wrench (not supplied), loosen the axle nuts (counter-clockwise to loosen) on both the right and left side of the flywheel.



**STEP 3:** To **tighten** the chain, use a 10mm box wrench and turn the adjustment screws (see yellow arrow left) in a clockwise rotation equally on both sides. A little adjustment here goes a long way.

To **loosen** the chain, use an 10mm box wrench to turn the adjustment screws (see yellow arrow left) in a counter-clockwise rotation equally on both sides. Make sure to always keep the flywheel engaged with adjustment screws by pushing the front of the flywheel towards the rear of the bike.





#### DANGER

Keep fingers, loose clothing and objects away from moving drive chain. Failure to comply may lead to serious personal injury.

## **WARNING!**

#### SAVE THESE INSTRUCTIONS

THE MOMENTUM OF THE FLYWHEEL OF THE BIKE WILL KEEP THE PEDALS TURNING EVEN AFTER YOU STOP PEDALING OR IN THE EVENT THAT YOUR FEET SLIP OFF OF THE PEDALS. DO NOT DISMOUNT THE BIKE OR ATTEMPT TO REMOVE YOUR FEET FROM THE PEDALS UNTIL BOTH THE PEDALS AND THE FLYWHEEL HAVE STOPPED COMPLETELY. FAILURE TO COMPLY MAY LEAD TO LOSS OF CONTROL AND SERIOUS PERSONAL INJURY.



**STEP 4:** While adjusting the chain tension, work equally on both sides of the flywheel. Adjust the angle of the flywheel so that it is straight (front to rear) and evenly spaced within the forks (side to side).



**STEP 5:** Tighten the axle nuts (see red arrow left) on both sides, alternating from side to side until the flywheel is secure.

NOTE: For belt tension & adjustment instructions. (P5 only) Please visit us at spinning.com/bike-maintenance

# BRAKE PAD REPLACEMENT



**STEP 1:** Remove tension from the brake pad by turning the resistance knob counterclockwise as far as possible. You should feel a "stop" when the knob is completely loose and you should not rotate the knob any farther.



**STEP 2:** Using a wrench, carefully remove the two bolts supporting the brake pad (see red arrows left). Remove the old brake pad assembly.

Position the new brake pad assembly onto the frame. Make sure that the brake pad is between the resistance knob shaft and the flywheel. Carefully reinstall the two bolts through the brake pad bracket and into the frame. Start threading the bolts with your fingers to ensure that you do not cross thread the bolts. Finish tightening the bolts with a wrench.

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#### Spinner® Performance Series: Spinner P5, Spinner P3, and Spinner P1

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The Spinner Performance Series is not for commercial use and is warranted for home use only.

This product or use thereof is covered by US Patent Numbers: D677,349 and D677,747.

US and International Patents Pending

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#### MAD DOGG ATHLETICS, INC.

2111 Narcissus Court Venice, CA 90291 Toll-free: **1.800.847.7746** Dialing outside U.S.: **1.310.823.7008** 

Fax: **1.310.823.7408** www.spinning.com

#### MAD DOGG ATHLETICS EUROPE

Scheldeweg 3 3144 Es Maassiuis The Netherlands Phone: +31.1059 04508

Fax: +31.1059 00054

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