

## SPINNER® CHRONO™ POWER AND SPINNER® CLIMB™ BIKES

### GETTING STARTED GUIDE

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

The Spinner® Chrono™ Power and Spinner® Climb™ are premium bikes offering your members a high degree of adjustability, comfort, and performance.

Before you start, learn more about:

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



#### Get to know Precor equipment



- Part**
- 1 Seat adjustment pop-pin
  - 2 Seat slider knob



- Part**
- 3 Handlebar adjustment pop-pin
  - 4 Fore/aft handlebar knob
  - 5 Resistance knob

#### Set up the bike

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

#### Seat height

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

##### To adjust the seat height:

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

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

##### To adjust the horizontal seat:

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

#### Handlebar height

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

##### To adjust the handlebar height:

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

##### To adjust the fore/aft handlebar position:

1. Turn the fore/aft handlebar knob **4** counterclockwise (-) to loosen it.
2. Slide the handlebar assembly to the desired position and then fully tighten the fore/aft handlebar knob.

## Foot Position

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

## Foot Strap

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

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

## Resistance Control and Stop Function

Turn the resistance knob  to change the pedaling resistance.

Press down on the knob to stop the flywheel and pedals.

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

## Ride the bike



### CAUTION

**Before beginning any fitness program, see your physician for a thorough medical exam. Ask your physician for the appropriate target heart rate for your fitness level. Failure to follow these safety instructions can result in serious personal injury.**



### IMPORTANT

*The heart rate feature is intended for reference only. It may not be accurate for every user or at every speed and is not intended for use as a medical device. Please also read your product documentation and visit: [www.precor.com/en-us/customer-service/faq](http://www.precor.com/en-us/customer-service/faq).*



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

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

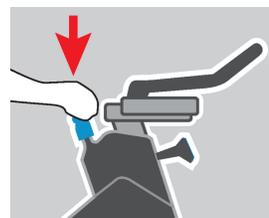
When you sit on the bike with the pedals parallel to the floor, your forward knee should be aligned over the center of the pedal.

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



**Step 2:** Mount the bike and secure your shoes in the toe

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



## After each workout

### For commercial bikes:

- Wipe down the bike after each use.

### For bikes used in a home setting:

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