SPINNING®

Commercial Bike Assembly Guide and Owner's Manual

SPINNER PRO®

SPINNER NXT®

PRO™ Power

NXT™ Power

Chrono®

www.spinning.com

CONTENTS

SPINNING®
GETTING STARTED

The Spinner® line of indoor cycling bikes sets the standard for adjustability, comfort, and performance. Together with the Spinning® program, Spinning® provides an unparalleled experience for studios and gyms worldwide.

Before you start, you can learn more about Safety, Maintenance, Spinning® Accessories, Training, and the Spinning® Community by visiting us at **www.spinning.com**.

	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

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.
3. 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.
2. Fully tighten the seat slider knob by turning it clockwise (+).
3. 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 counter-clockwise (–) 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 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.

SPD-compatible Side of Pedal
Place the cleat over the SPD-compatible mechanism and apply pressure to secure cleat. Make sure cleat is securely connected. To disconnect, push heel outward.

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 5 to change the pedaling resistance. Press down on the knob to stop the flywheel and pedals.

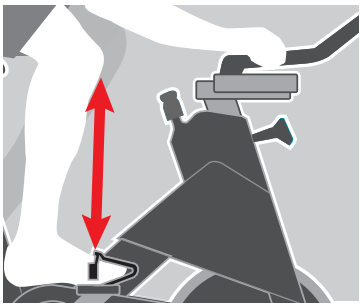
- To increase or decrease resistance, turn the knob clockwise (+) or counterclockwise (-).
- To stop the flywheel and pedals from moving, firmly press down on the resistance knob to bring the flywheel and pedals to a stop.

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.

Step 1: Set up the bike so that the seat and handlebars are properly adjusted for your height and comfort.
Important: Make sure that all pop-pins are engaged and fully tightened after adjusting your bike.

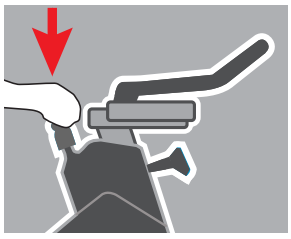


Step 2: Mount the bike and secure your shoes in the toe straps or toe clips.

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. Turn the resistance knob clockwise (+) to gradually increase the tension.

To vary the intensity of your workout, adjust the knob while riding.

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.



After each workout

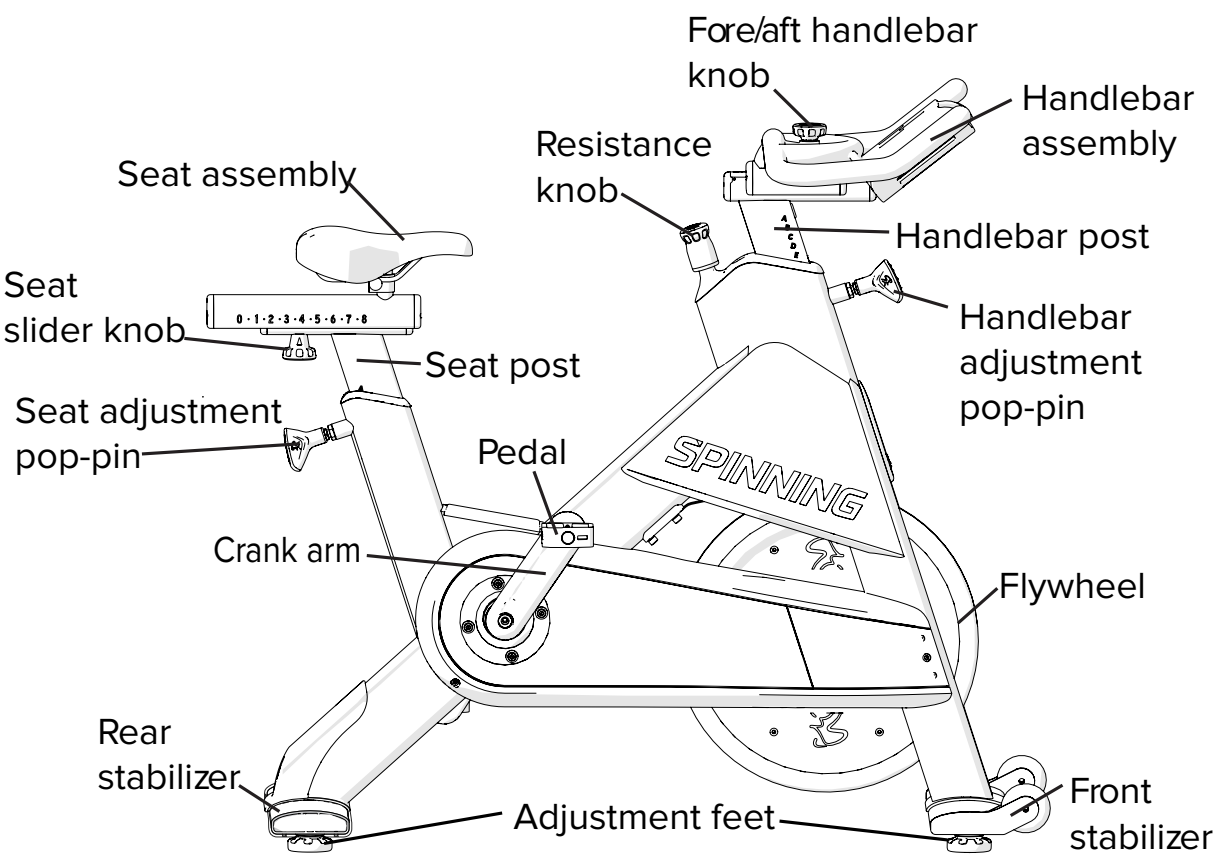
For commercial bikes:
• Release all tension from the resistance knob after each use to allow for perspiration to evaporate. If bikes are used in a class setting, the instructor should direct class participants to release all tension from the resistance knob after each use.

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.

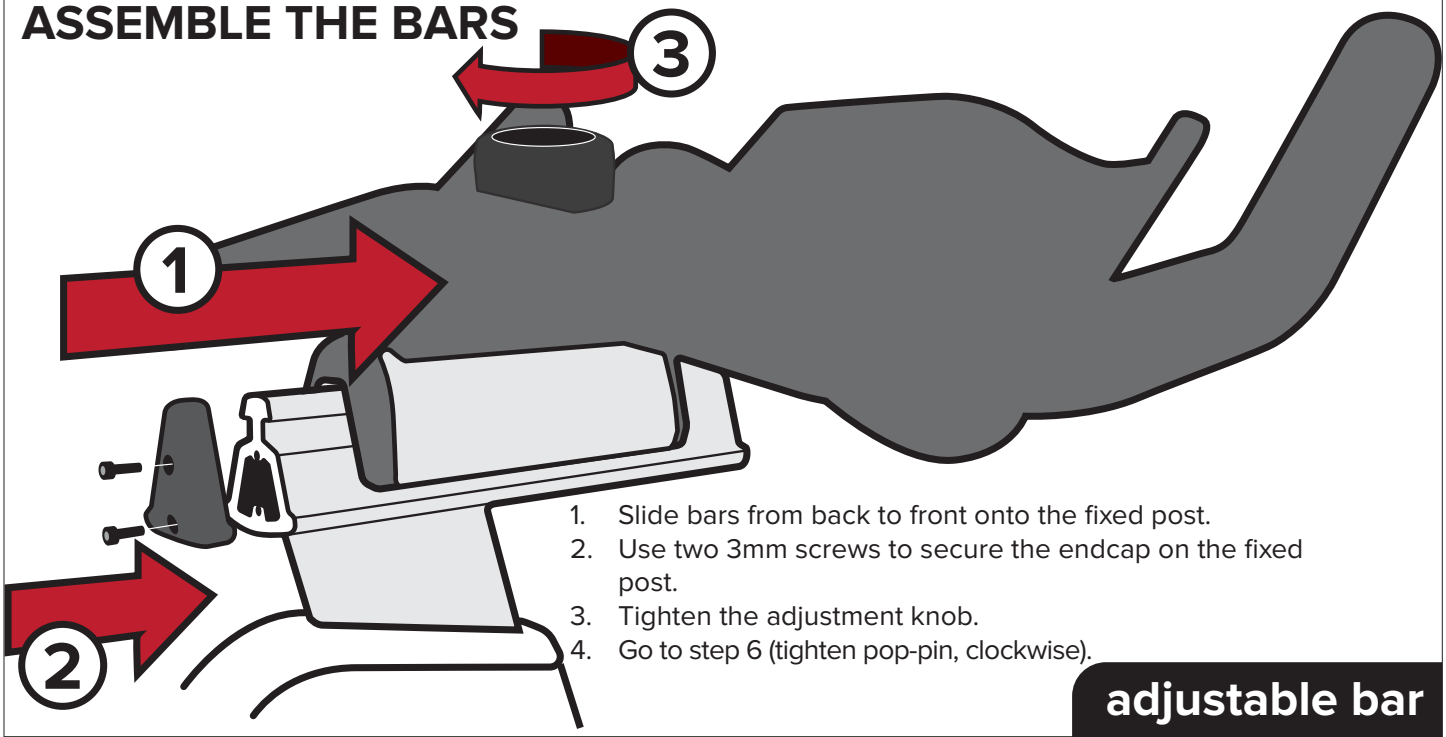
SPINNING®
PROGRAM SAFETY

- Consult your physician prior to beginning this or any other exercise program. Not all exercise routines 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 your pedaling of motion.
- Children under the age of 16 should not ride the Spinner® bike.
- Do not insert any object, hand or foot into any openings. 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 commercial Spinner® bikes should not exceed 350 pounds (159 kg).
- Spinner® bikes have a weighted flywheel and a fixed gear that do not allow riders to coast. This means that 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 a complete stop and carefully dismount the bike.
- Listen to your body, ride at your own pace, and set a resistance load that feels right for you.
- Keep children and pets away from the bike whenever it is in use.
- Stay hydrated. Drink plenty of water throughout your ride.
- During warm-up and cool-down, pedal with a light amount of resistance at all times, 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 before clipping back in.

SPINNING®
ASSEMBLY GUIDE



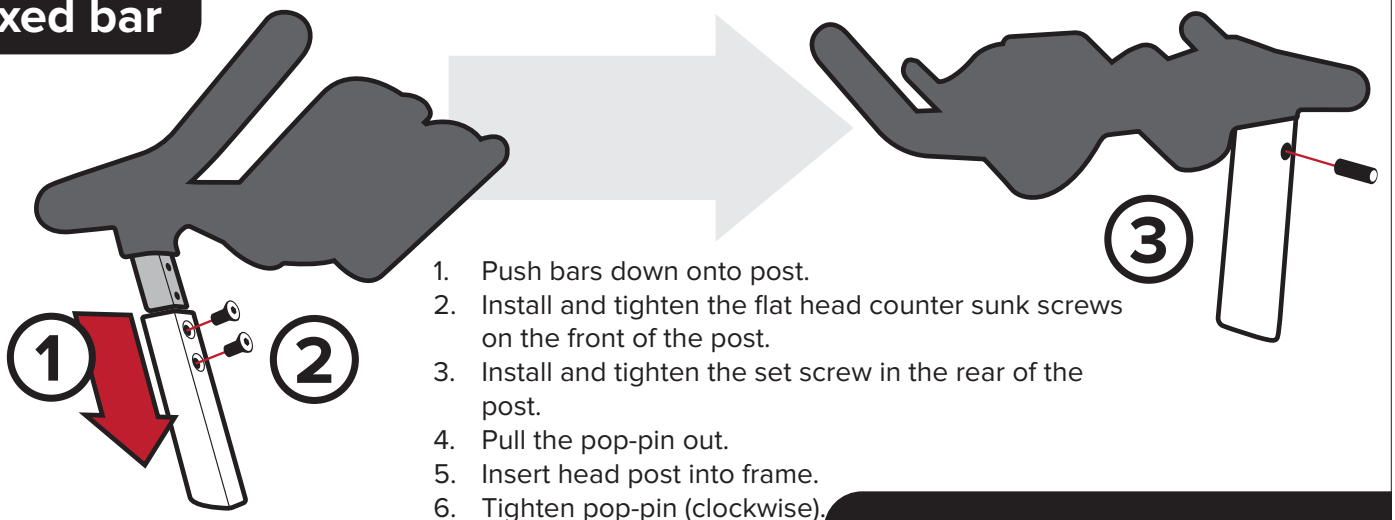
ASSEMBLE THE BARS



1. Slide bars from back to front onto the fixed post.
2. Use two 3mm screws to secure the endcap on the fixed post.
3. Tighten the adjustment knob.
4. Go to step 6 (tighten pop-pin, clockwise).

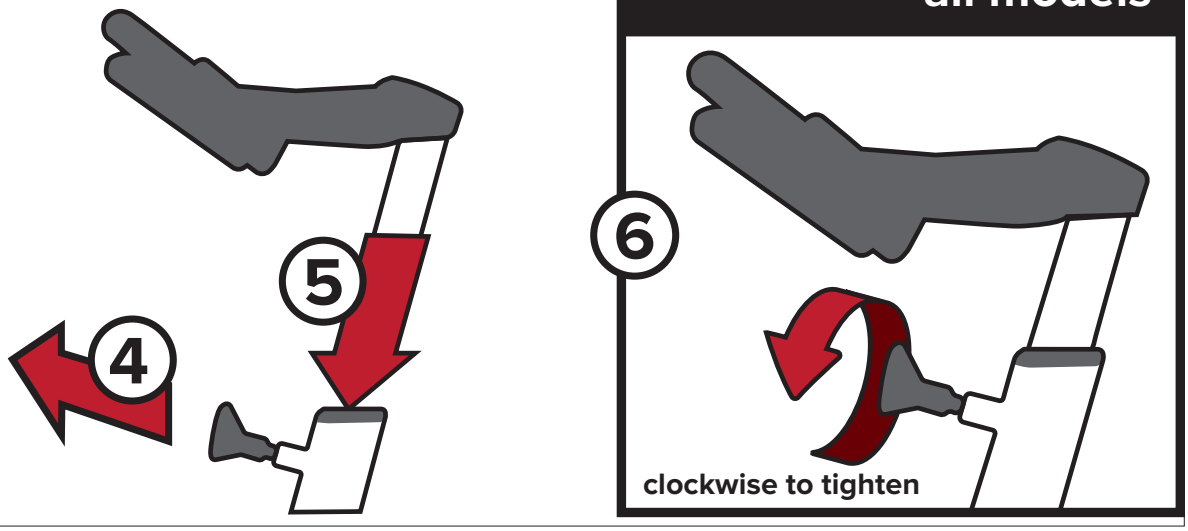
adjustable bar

fixed bar



1. Push bars down onto post.
2. Install and tighten the flat head counter sunk screws on the front of the post.
3. Install and tighten the set screw in the rear of the post.
4. Pull the pop-pin out.
5. Insert head post into frame.
6. Tighten pop-pin (clockwise).

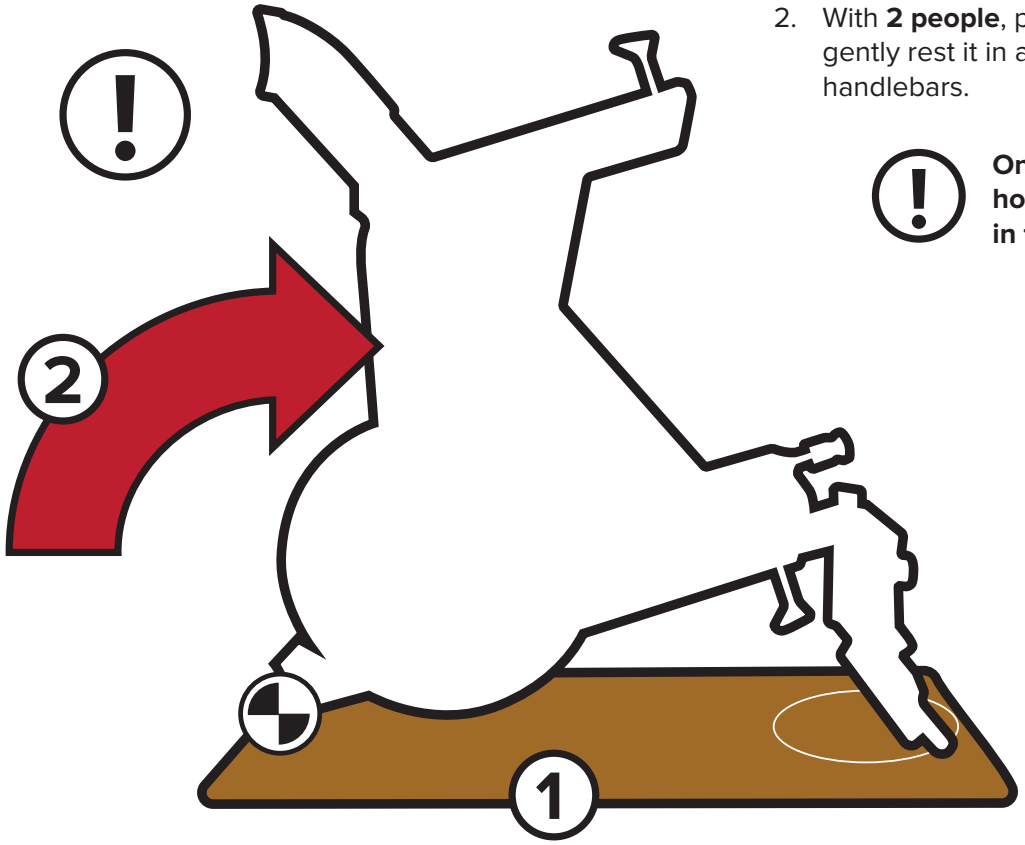
all models



TILT THE BIKE FORWARD

1. To avoid damage, ensure that the bike is on carpet, cardboard or other soft surface.
2. With **2 people**, pivot the bike forward and gently rest it in a vertical position on the handlebars.

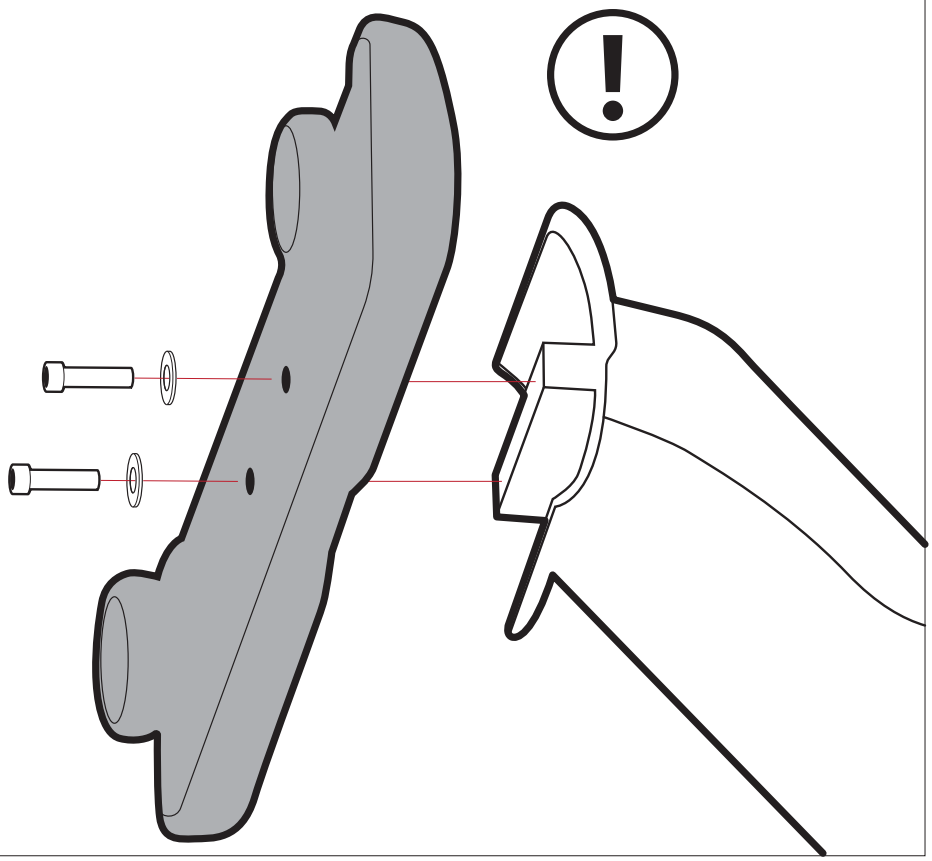
One person should always hold the bike steady when in this position.



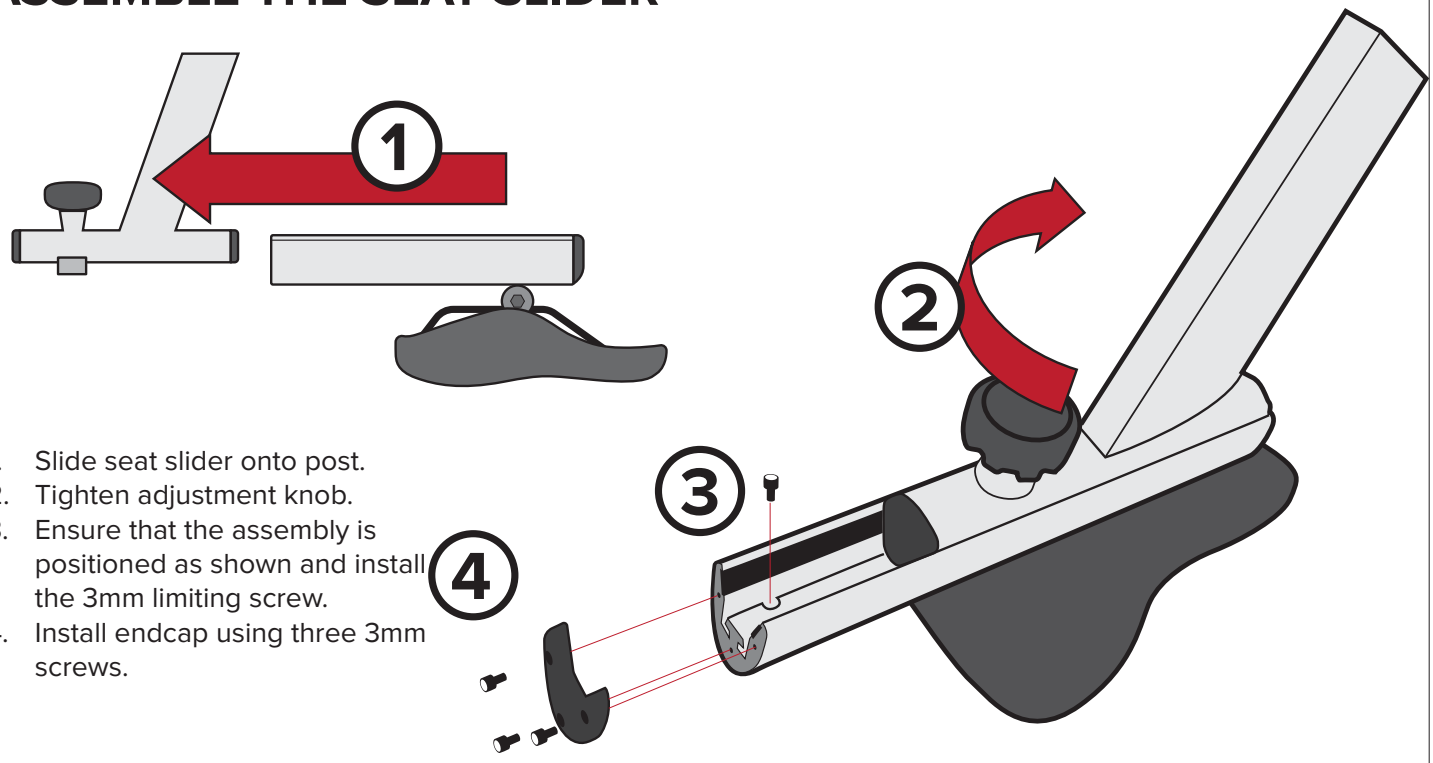
INSTALL THE REAR STABILIZER

Place washers on each stabilizer bolt and use the supplied hex key to tighten each bolt securely (turn clockwise).

For safety, make sure that one person steadies the bike while the other person installs the stabilizer.



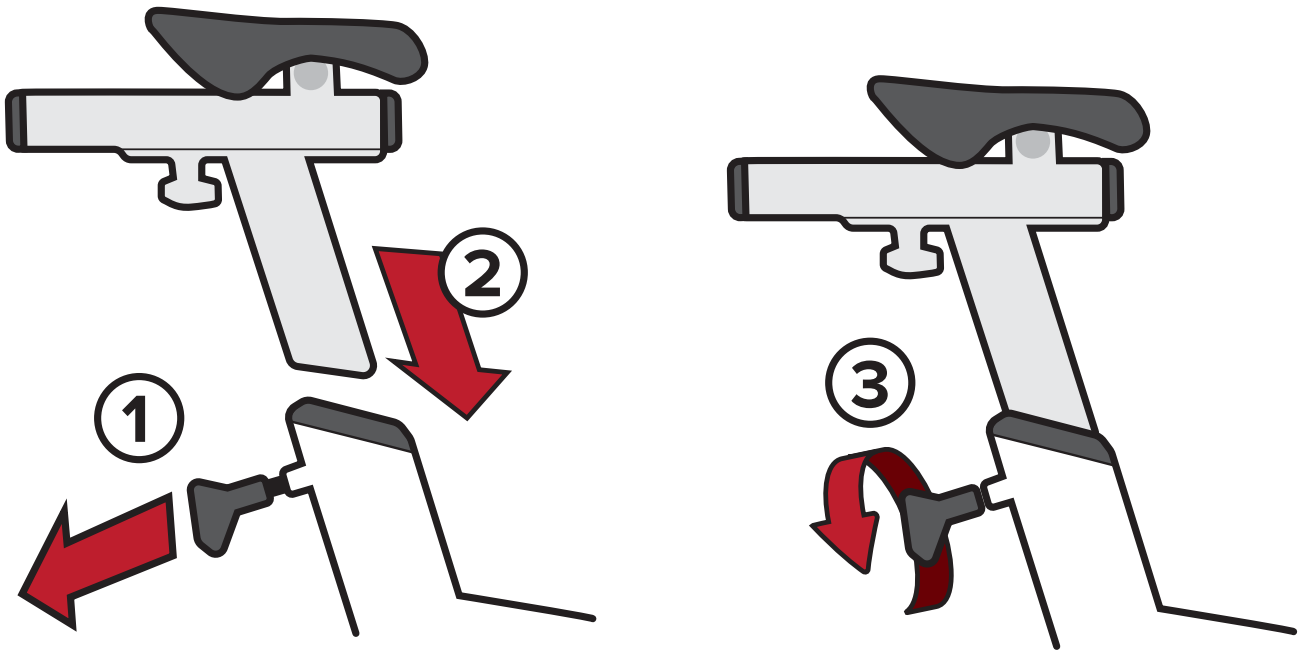
ASSEMBLE THE SEAT SLIDER



1. Slide seat slider onto post.
2. Tighten adjustment knob.
3. Ensure that the assembly is positioned as shown and install the 3mm limiting screw.
4. Install endcap using three 3mm screws.

INSTALL THE SEAT SLIDER ASSEMBLY

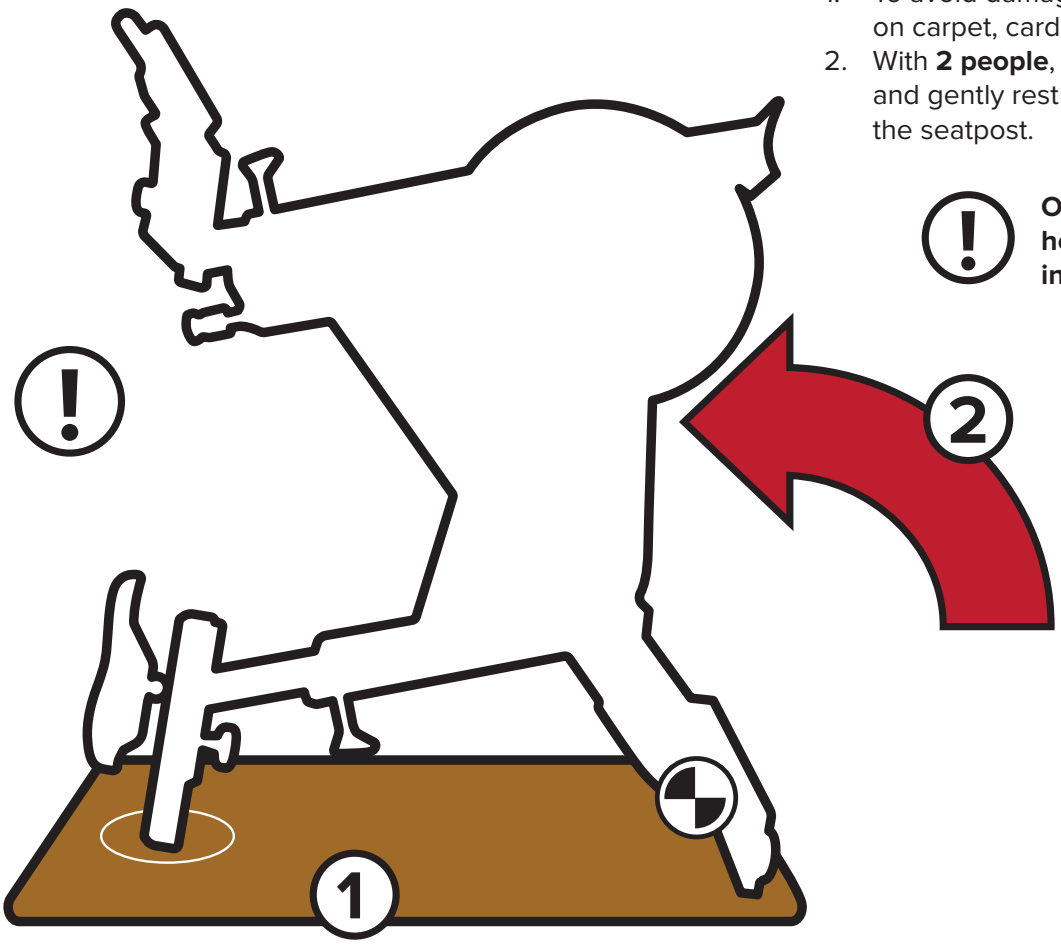
1. Pull the pop-pin back.
2. Insert the seatpost assembly into glide.
3. Secure the seatpost by releasing the pop-pin into an adjustment hole and turning the pop-pin (clockwise).



TILT THE BIKE REARWARD

1. To avoid damage, ensure that the bike is on carpet, cardboard or other soft surface.
2. With **2 people**, pivot the bike rearward and gently rest it in a vertical position on the seatpost.

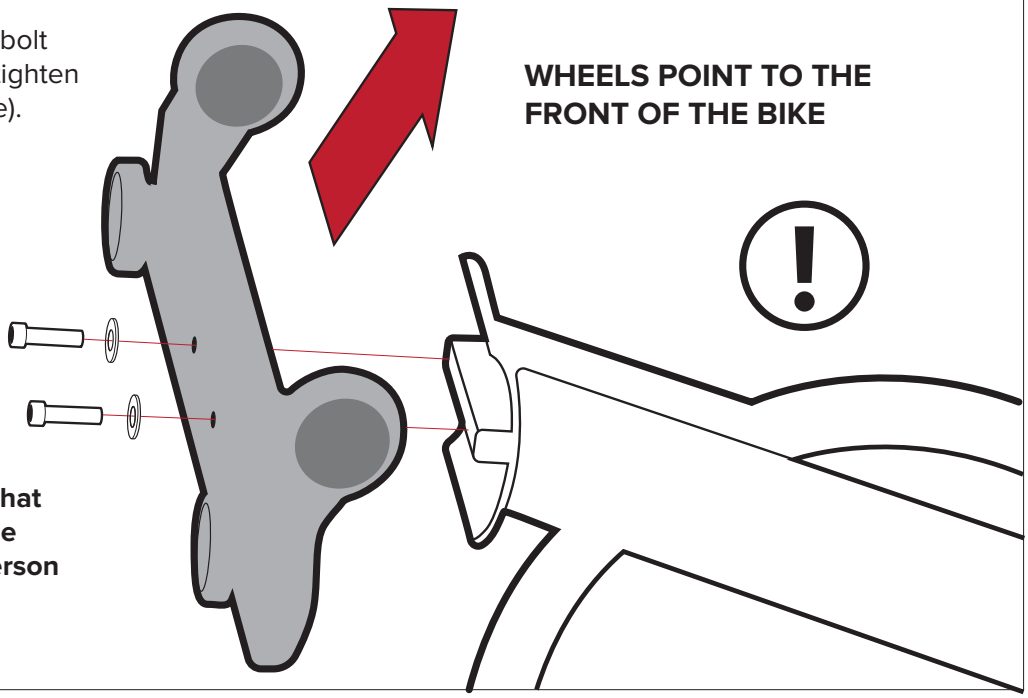
One person should always hold the bike steady when in this position.



INSTALL THE FRONT STABILIZER

Place washers on each stabilizer bolt and use the supplied hex key to tighten each bolt securely (turn clockwise).

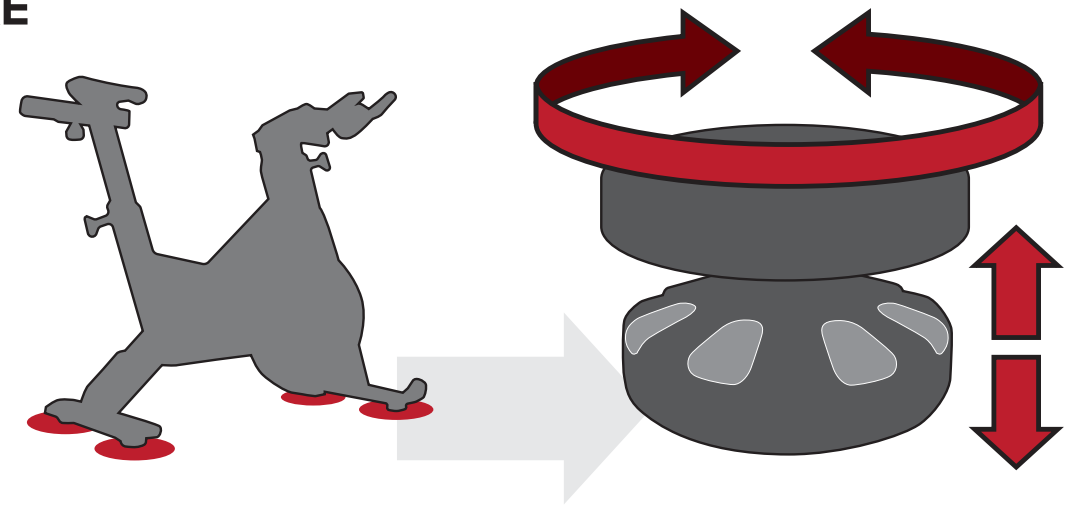
WHEELS POINT TO THE FRONT OF THE BIKE



For safety, make sure that one person steadies the bike while the other person installs the stabilizer.

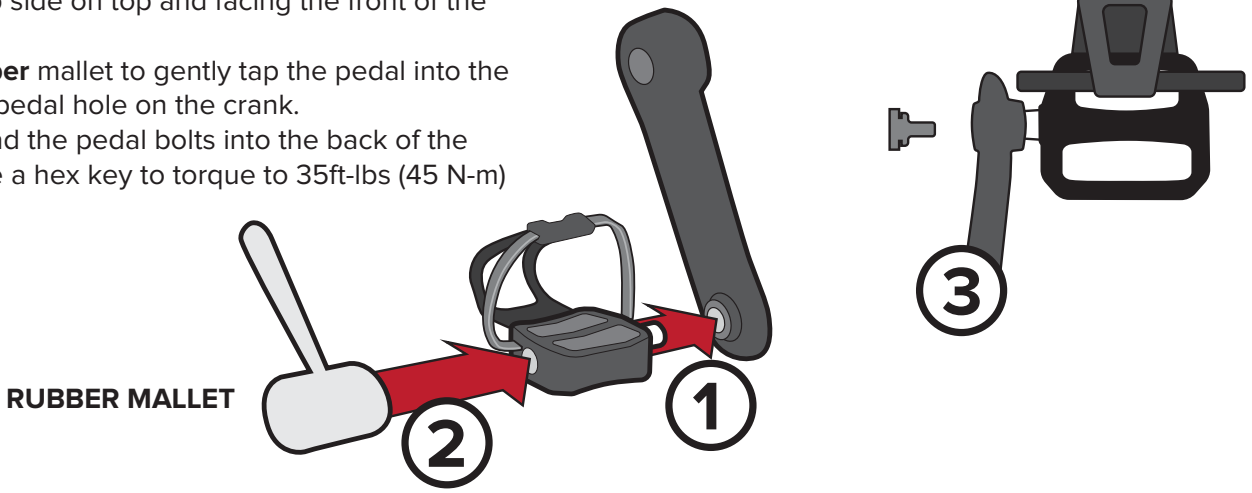
LEVEL THE BIKE

Make sure that the bike is level and securely sitting on all 4 feet. If there is any rocking or instability, rotate the appropriate adjustable foot until the bike is level and stable.



INSTALL THE PEDALS

1. Place the pedal into the morse taper hole, orienting the toe clip side on top and facing the front of the bike.
2. Use a **rubber** mallet to gently tap the pedal into the machined pedal hole on the crank.
3. Hand thread the pedal bolts into the back of the crank. Use a hex key to torque to 35ft-lbs (45 N-m)



ADDITIONAL STEPS FOR BIKES EQUIPPED WITH THE SPINPOWER® CRANK AND INTEGRATED POWER CONSOLE

INTEGRATED POWER CONSOLE

See Integrated Power Console supplement for details.

CALIBRATE THE SPINPOWER® CRANK

Download the SPINPower® Crank Connect app available free for Apple and Android devices and follow the on-screen instructions to calibrate your crank. You can also rename your crank, check for firmware updates and check the battery life, all from your mobile device. See the Studio SPINPower® Crank supplement for more info.

SPINNING®
BIKE MAINTENANCE

Before you begin

- Spinning® recommends owners implement a thorough maintenance program that incorporates regular safety inspections by qualified maintenance technicians as outlined in this Maintenance Guide ("Guide"). Also, Spinning® recommends that technicians thoroughly read and understand the safety guidelines and maintenance procedures covered in this Guide.
- This Guide provides information about items that need to be inspected and maintained on a daily, weekly, and monthly basis.
- It is the duty of the gym or studio owner or bike owner, during maintenance, to place an "Out Of Order" sign on the bike.

***Important**: It is the duty of the owner to maintain equipment in accordance with the instructions in this material and any accompanying material. Always purchase replacement parts and hardware from Spinning®. If you use parts not approved by Spinning®, you could void the Spinning® Limited Warranty. Use of parts not approved by Spinning® may cause injury and potential damage to your equipment.*

Recommended Tools

• Standard set of hex keys

General Care

- Never use abrasive cleaning liquids, degreasers or petroleum-based solvents on the bike. Use a soft nylon scrub brush to clean grooves and textured surfaces.

  For commercial bikes:
  - o Release all tension from the resistance knob after each use to allow for perspiration to evaporate. If bikes are used in a class setting, the instructor should direct class participants to release all tension from the resistance knob after each use.

  For bikes used in a home setting:
  - o Wipe down the bike after each use. When done, turn the resistance knob clockwise (+) to put tension on the flywheel so that the pedals do not rotate freely.
  - o When the bike is not in use, always keep some resistance on the flywheel.
- Clean all surfaces of the frame and plastic components. **Keep excess moisture away from electronic components and dry completely with a lint-free cloth to prevent electrical shock or damage.**
- After the first ten hours of use and every 100 hours of use thereafter, re-torque the pedals to 33 ft-lb (45 N-m).

Daily Maintenance Tasks

Note: Raise seat and handlebar posts to their highest setting to expose moisture.

- Wipe the bike frame using a clean lint-free cloth dampened with 30 parts water to 1 part non-abrasive detergent.
- Use a lint-free cloth to dry the bike. Pay special attention to the handlebar, pop-pins, resistance knob, chain guard, flywheel, and seat adjustment assembly.
- Check warning and instruction labels.

Weekly Maintenance Tasks

- Clean the floor under the equipment. Do not lift and hold equipment while vacuuming or mopping.
- Ride each bike to identify any vibration, noises, and chain issues.
- Check for flywheel alignment.
- Inspect each bike for loose assemblies, parts, bolts and nuts. Give particular attention to the following:
  - o Frame hardware
  - o Seat and handlebar hardware including knobs and pop-pin handles
  - o Toe straps/toe clips

Monthly Maintenance Tasks

The monthly maintenance check is a comprehensive inspection of the entire bike frame and hardware in addition to the weekly maintenance tasks.

- Inspect the bike for rust or corrosion.
- Check flywheel alignment and torque flywheel nuts as necessary.
- Remove chain guard and check for loose belt. Adjust belt as necessary.
- Use a soft nylon scrub brush to remove rust build-up in small crevices, such as pedals and pop-pin threaded stems.
- Inspect all wear items for adjustments or possible part replacement. Give particular attention to the following:
    - Inspect brake pad for wear. Excessive wear, such as glazing or leather separation, indicates replacement is required.
    - Inspect seat for wear. Rips, tears, or excessive movement indicates replacement is required.
    - Tighten seat hardware.
    - Inspect pedals for excessive wear or movement. Excessive wear or movement indicates replacement is required.
    - Tighten pedal toe and toe clips and inspect toe straps for excessive wear.
    - Inspect and tighten resistance knob assembly.
    - Level feet.
- Clean and seal the bike frame. Sweat can corrode the bike frame. Spinning® recommends that you seal the bike frame at least once a month with equipment polish.

To seal the bike frame:

1. Wipe the bike frame using a clean lint-free cloth dampened with 30 parts water to 1 part non-abrasive detergent.
2. Rinse the bike frame using a clean lint-free cloth and dampened with water only. Dry completely with another clean lint-free cloth.
3. Seal the bike frame using wax or a polish to repel sweat and liquids. For best results, apply the wax or polish per manufacturer's instructions.

Replacement Parts

Depending on the use and maintenance of the bike, certain items can be replaced on a schedule. The list below shows the components that can be replaced on a schedule to keep the bike in top working order.

Part	Replacement Schedule
Brake Pad Assembly	2 years
Belt	2 years
Pedals	2 years

Adjust the Belt

Important: Adjust the belt only if you are experiencing slippage under high resistance. Improper belt adjustment will cause premature wear and may void the *Spinning® Bike Limited Warranty.*

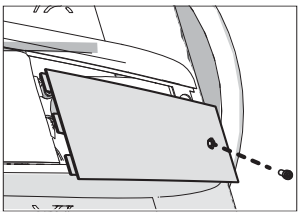


Figure 1

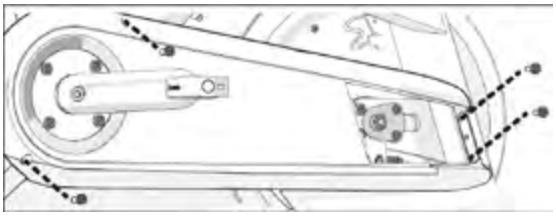


Figure 2

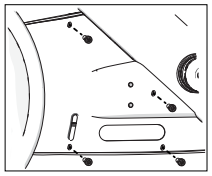


Figure 3

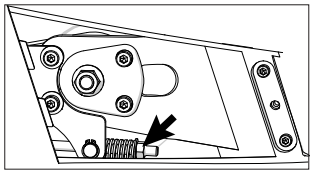


Figure 4

To adjust the belt:

1. Loosen the bolt and remove the cover window (Figures 1).
2. Loosen the four bolts holding on the cover and remove it (Figure 2).
3. Remove the four bolts holding on the back cover and remove it (Figure 3).
4. Turn the nut clockwise one full turn. Ride the bike at high resistance. If you still experience slippage, turn the nut clockwise one more full turn. Repeat until there is no slippage. (Figure 4).
   Important: *If the belt is stretched beyond adjustment, replacement of the belt is recommended.*
5. Check that the belt moves smoothly by slowly turning the crank arm while keeping your fingers away from the belt.
6. Replace the covers.

Replace the Brake Pad (Friction-Resistant Bikes)

Your bike comes with a spare brake pad. To order additional pads, contact Spinning® Customer Support.

To replace the brake pad:

1. Remove tension from the brake pad by turning the resistance knob counterclockwise (–) until completely loose.
2. Using a 5 mm hex key, remove the two bolts holding the brake pad against the frame (Figure 5).
3. Remove the bolt on the brake pad with a 3 mm hex key (Figure 6).
4. Replace the brake pad and secure it with the bolt removed in Step 3.
5. Pull up the resistance knob and slide the new brake pad into place. Secure it using the two bolts removed in Step 2.

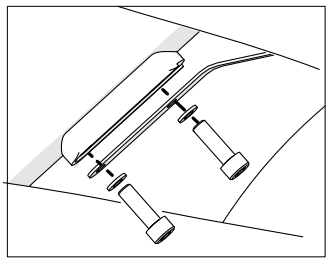


Figure 5

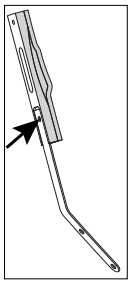


Figure 6

SPINNING®
SPINNER® BIKE LINE LIMITED WARRANTY

Limited Warranty

PLEASE READ THESE WARRANTY TERMS AND CONDITIONS CAREFULLY BEFORE USING YOUR SPINNING® PRODUCT. BY USING THE EQUIPMENT, YOU ARE CONSENTING TO BE BOUND BY THE FOLLOWING WARRANTY TERMS AND CONDITIONS.

Mad Dogg Athletics, Inc. (MDA) warrants all new products to be free from defects in materials and manufacture for the warranty periods set forth below. The warranty periods commence on the invoice date of the original purchase. This warranty applies only against defects discovered within the warranty period and extends only to the original purchaser of the product. Parts repaired or replaced under the terms of this warranty will be warranted for the remainder of the original warranty period only. To claim under this warranty, the buyer must notify MDA or your authorized Spinning® Distributor within 30 days after the date of discovery of any nonconformity and make the affected product available for inspection by MDA or its service representative. MDA's obligations under this warranty are limited as set forth below.

Warranty Periods and Coverage.

All Commercial indoor cycles manufactured and sold after January 1, 2023, subject to the terms and conditions set forth herein:

	Spinner PRO® **PRO™ Power** **Spinner NXT®** **NXT™ Power**	**Spinner Chrono®**
Frame	7 years	10 years
Mechanical Parts	2 years	
Labor	1 year	
Wear Items	90 days	
Console	1 year	

Limited Extended Warranty and Coverage.

To the extent the original purchaser purchases a limited extended warranty for Spinner® Bike Line of products as set forth in a signed Product Quote that has been accepted by Spinning®, then such limited extended warranty (i) shall only apply to Mechanical and Electrical parts and Product Labor, if applicable, (ii) shall commence on the invoice date of the original purchase, (iii) shall replace, and not be in addition to, the warranty periods for Mechanical and Electric parts and Product Labor set forth above (e.g., the standard warranty period and the extended warranty period shall NOT be cumulative), and (iv) shall be subject to all the terms and conditions set forth herein.

In no event shall any limited extended warranty apply to the following parts:

- Wear Items, including: Headphone Jacks, Batteries, Pedals, Toe Straps, Seats and Belts.

Conditions and Restrictions.

This warranty is valid only in accordance with the conditions set forth below:

1. The warranty applies to the Spinning® product only if:
    a. it has been serviced by a Spinning® Authorized Service Provider and/or Spinning® Certified facility staff. Outside of North America, such product must be serviced by Spinning® office or Spinning® Authorized Distributors.
    b. it remains in the possession of the original purchaser and proof of purchase is demonstrated.
    c. it has not been subjected to accident, misuse, abuse, improper service, or non-Spinning® modification.
    d. claims are made within the warranty period.
2. This warranty does not cover damage or equipment failure caused by owner's failure to provide reasonable and necessary maintenance as outlined in the owner's manual.
3. Spinning® is not responsible for Internet connectivity to its products. This restriction applies to services, such as those provided by an Internet service provider (ISP), and also to hardware related to Internet connectivity, such as Ethernet cabling, routers, servers and switches.
4. Spinning® is not responsible for the quality of video, audio, or other media supplied to its products. This restriction applies to services, such as those provided by a cable or satellite television provider; to signal strength and clarity; and also to hardware related to the reception and delivery of television, video, audio, and other media. Such hardware can include (but is not limited to) audio, video, and radio-frequency (RF) cabling, connectors, receivers, modulators, combiners, distribution amplifiers, splitters, and so on.
5. Spinning® cannot guarantee that the heart rate measurement system on its products will work for all users. Heart rate measurement accuracy varies based on a number of factors, including the user's physiology and age, the method in which the heart rate measurement system is used, external interference, and other factors that may influence heart rate acquisition.
6. Spinning® does not warranty the work or product of third party companies (e.g., head end systems, low voltage wiring, etc.).

7. Except in Canada, Spinning® does not pay labor outside the United States. Equipment limited warranty is void when equipment is installed in a country other than where sold.
8. Moving parts bolted to the structural frame are not included in the "Structural Frame" warranty
9. In the case of commercial indoor cycle products sold into a residential (home) environment, the term of limited warranty coverage remains the same regardless of where the equipment is installed or used.

This Limited Warranty shall not apply to:

1. Software updates.
2. Software defects that do not materially and negatively affect the exercise functionality of the product under normal use conditions at the time of installation.
3. Consumable goods or cosmetic items of the product, to include all plastic or painted surfaces, the exterior of which has been damaged or defaced as a result of abuse, misuse, accident, improper service or installation, mishandling or modification in design or construction not authorized by Spinning®; including, without limitation, use or incorporation of any non-OEM (Original Equipment Manufacturer) replacement parts.
4. Cosmetic, structural, or functional damage (including rust, corrosion and unusual wear) caused by failure to follow the maintenance procedures described in the owner's manual.
5. Repairs performed on Spinning® equipment missing a serial number or with a serial tag that has been altered or defaced.
6. Service calls to correct installation of the equipment or instruct owners on how to use the equipment.
7. RFID tokens.
8. Pickup and delivery involved with repairs.
9. Any labor costs incurred beyond the applicable labor warranty period. interference, and other factors that may influence heart rate acquisition.

Disclaimer and Release.

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SPINNING®
NOTES

Complete this portion and keep for your records.

Purchased from: _____

Example: Distributor or store name.

Phone number: _____

Example: Distributor or store telephone number

Product/model: _____

Example: Spinner Chrono®.

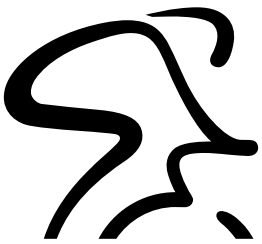
Serial number: _____

The serial number is found on the box or bike frame.

SPINNING®

Integrated Power Console

for 2022 and newer Chrono®, NXT™ Power and PRO™ Power



CONTENTS

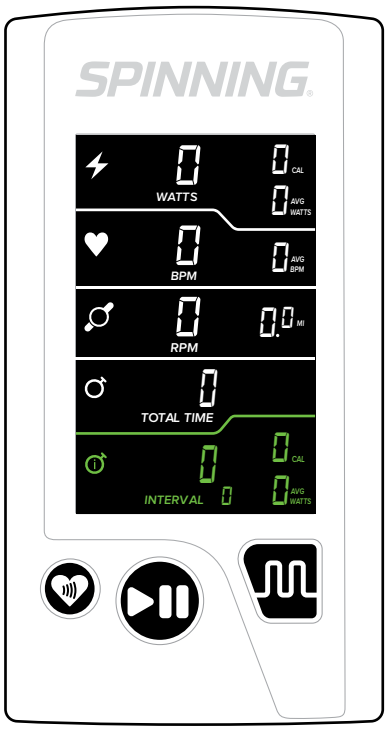
Integrated Power Console

Welcome

This manual will help you install, operate and maintain the new Spinning® Integrated Power Console that is furnished with your new bike and is designed to be used exclusively with any 2022 and newer Spinner® Chrono®, Spinner® NXT™ Power and Spinner® Pro™ Power. This console is “self-powered” and can only be used with the integrated generator that is located inside the drivetrain. The display has an integrated battery that is charged through regular use and will keep the display powered during a ride and for a limited time when not pedaling.

Metrics

Current Power (Watts)
Calories or KJs (cumulative)
Average Watts (cumulative)
Heart Rate (using external HR monitor)
Average Heart Rate (cumulative)
Cadence (pedaling RPM)
Distance (cumulative, MI or KM)
Total Active Ride Time
Dedicated Interval section (controlled by the interval key)
- Interval Time
- Interval Number
- Interval Calories or KJs
- Interval Average Watts



Key Functions

	normal	active	function
LEFT Heart Rate Monitor Pairing			Controls the HR monitor pairing. Key flashes red when actively pairing an ANT+ or Bluetooth HR monitor, and stays white when paired or not active.
CENTER Ride/Pause			Starts the ride and activates elapsed time, distance, calories and average watts and heart rate. Key flashes orange and white when console is paused, solid white when recording a ride.
RIGHT Interval			Starts and ends intervals. Key is solid green when recording an active interval, solid white when not recording an interval.

Display and Keys

Power (Watts)
Calories/Kjs
Average Watts

Heart Rate (BPM)
Average HR

Cadence (RPM)
Distance

Time (Elapsed)

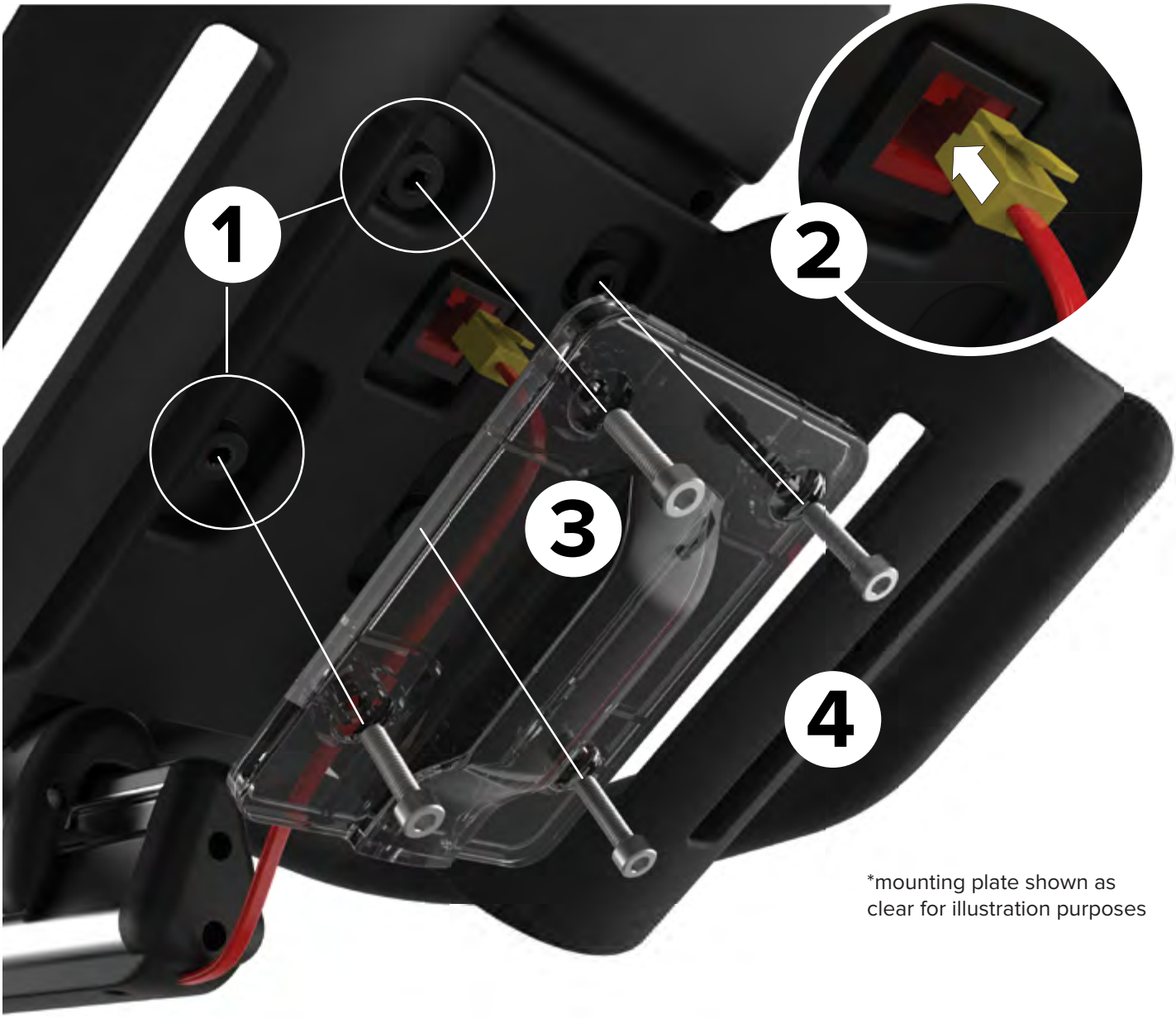
Interval Time
Interval number
Interval calories/kjs
Interval avg watts

HR monitor pairing
flashes red and white while pairing

Ride/Pause
flashes orange while paused, solid white when recording

Interval
green during interval, white when ready for next interval

Attaching the Console



*mounting plate shown as clear for illustration purposes

Console Mount to All Spinner® Bikes (underside of bars shown above)

1. Place the console onto the center portion of the handlebars so that the mounting points correspond with the bar openings as shown.
2. Note the orientation of the connector (with the tab up) and plug it into the back of the console. There should be an audible click when the connector is properly engaged.
3. Align the mounting plate so that the holes correspond with the threaded portions in the console. Make sure that the cable is not pinched and that there is enough of it exposed to allow for proper fore/aft movement of the bars (without cable stretch).
4. Hand thread the mounting bolts into the back of the computer to get them started. They should thread in easily by hand. Once started, use an allen wrench to tighten them until they are snug and the console does not move. DO NOT OVER TIGHTEN THESE BOLTS.

- If you need to remove the cable/console for any reason, make sure to push the release tab on the connector before removing the cable.

Setup and Maintenance Mode

Choice of Units Displayed

Your Integrated Console is configured to offer choices in unitts of measurememt to suit your riders' needs. It can show either Calories or KJs in the Energy field and Miles or Kilometers in the Cadence/ Distance field. Calories and Miles are the default settings and they can be changed independently in setup mode.

Choice of Power Measurement (time average)

Your console also has the ability to read a power measurement signal from the SPINPower® Studio crank using a 3 second, 4 second or 5 second power average. The default setting is a **3 second average** because it is an active and stable way to display the changing watts values. Changing the power measurement settings to 4 or 5 second averages will "smooth out" the power reading but will also make the display less "instantly reactive" to subtle bursts of power or uneven power transfer from the rider. A 4 or 5 second average may be preferred when offering classes that are more rhythm-based, and a 3 second average may be preferred for performance-based classes.

Hours of Operation / Miles Ridden

Your Integrated Console also has the ability to track the amount of rider time (shown in whole hours) and miles ridden on the Spinner® bike (like an odometer in your car). Many studios use this as a guide for regular maintenance and to monitor usage.

all segments shown for reference

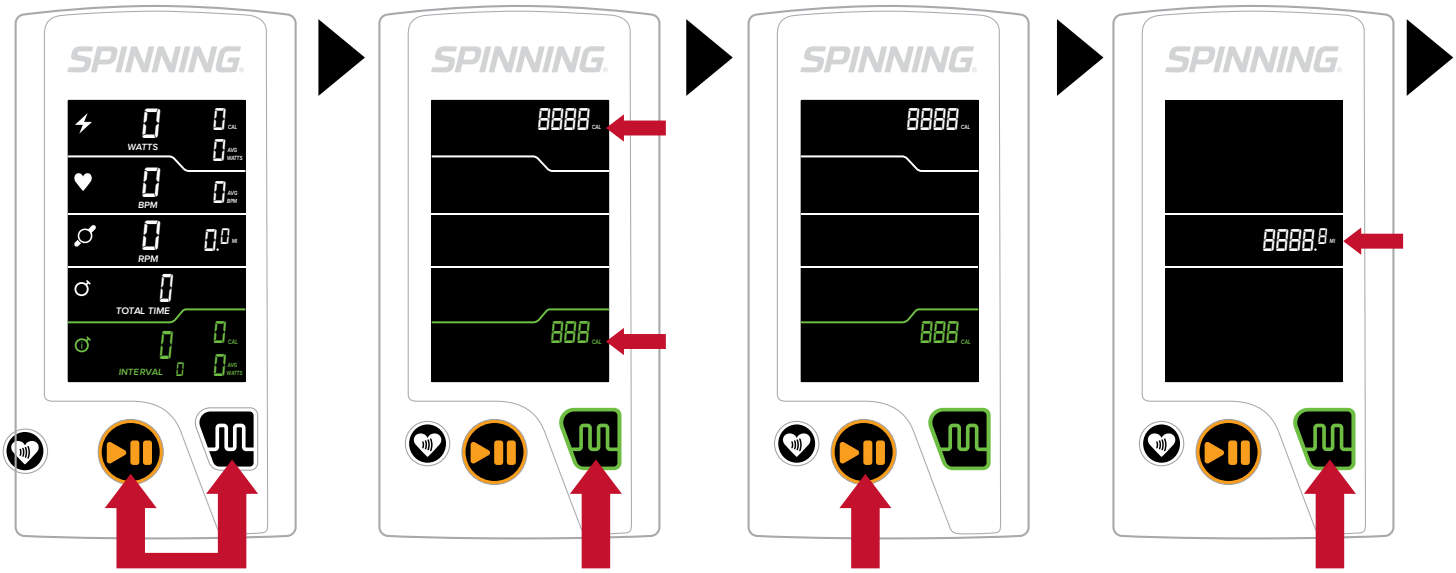
units of measurement options

	default	optional
energy	calories	kilojoules
distance	miles	kilometers
power avg.	3 seconds	4 sec, 5 sec

Setup and Maintenance Mode Sequence

Pedal the bike to turn on the display and keep pedaling through this process. Once the display is active (Ride/Pause is flashing orange and white), use the keys as described below to access the maintenance mode to adjust units, power average, note software version and access the odometer.

Activating maintenance mode only works from the initial start screen. The display can be reset by pressing and holding the Ride/Pause button for 5 seconds. The screen will go dark briefly and then will reactivate and be ready for the setup procedure.

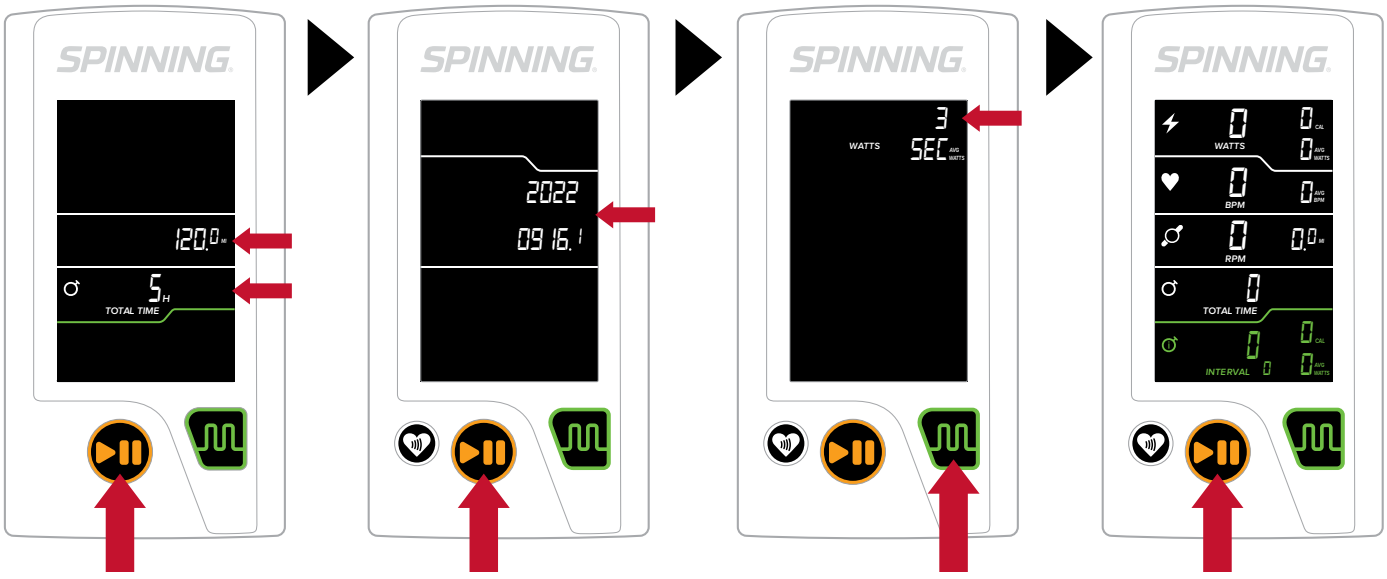


push together for 8 seconds

change units (CAL or KJ)

confirm and go to adjust distance units

change units (MI or KM)



confirm and note operation time

confirm, note software version and go to power average

change power avg (3, 4, or 5 sec. avg)

confirm and exit to main screen

Pairing a SPINPower® Crank to the Console

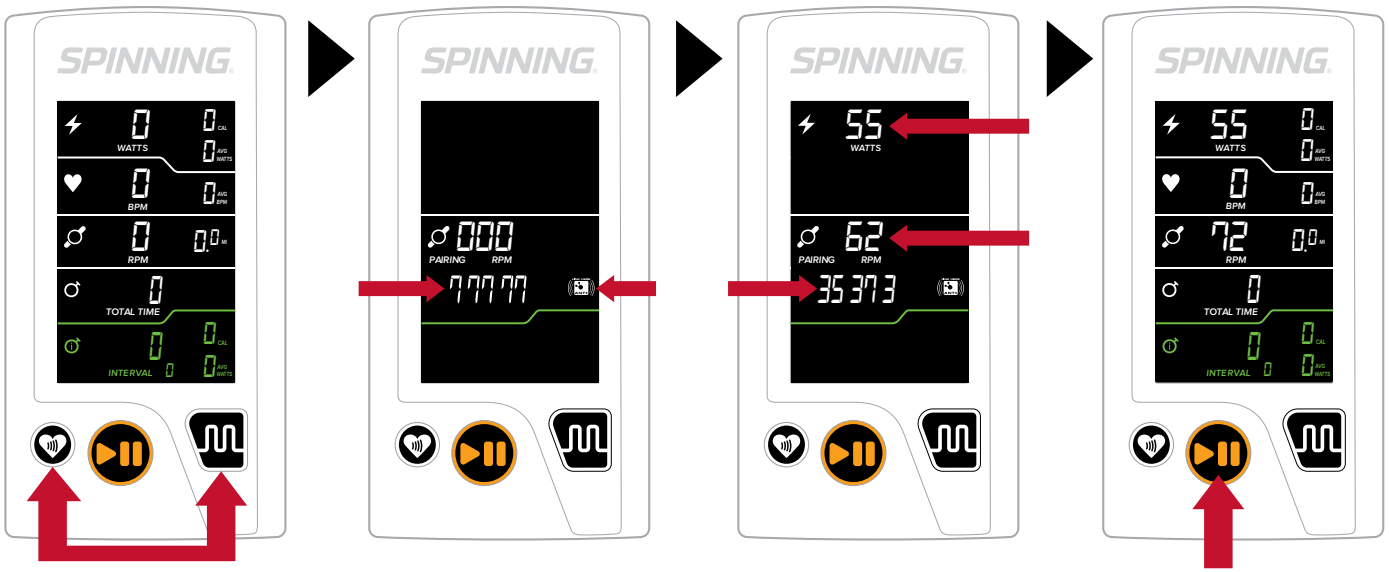
Your bike has been paired to your SPINPower® crank at the factory and should not need to be paired during setup. If the power/cadence signal is not reaching the console, check the battery level on the SPINPower® crank with the SPINPower® Crank Connect app. If the battery level is good then proceed with the steps below to re-pair the SPINPower® crank to the console.

Before starting this process, please make sure that the SPINPower® crank has been installed correctly and that the batteries are fresh and installed with all 3 AA batteries pointing in the same direction as indicated on the crank battery case. Also, please ensure that the crank has been properly calibrated using the SPINPower® Crank Connect app. See the SPINPower® crank instructions for further details.

While stationary, take note of the unique ANT+ device number that is printed on the edge of the SPINPower® crank case. That number will be displayed during crank pairing and it will be important to confirm the correct crank before concluding the crank pairing process.

If you have multiple bikes, it is best to pair one bike at a time to avoid any “cross talk” between crank signals. Your console is designed to acknowledge and pair with the closest SPINPower® crank. This ensures that the correct crank will be paired with the correct bike.

Pedal the bike to turn on the display and keep pedaling through this process. Once the display is active (Play/Pause is flashing orange and white), use the keys as described below to access the crank pairing mode to complete the SPINPower® crank pairing process. This will only need to be done once as the console will remember the unique ANT+ ID once paired.



push together for 5 seconds

ANT+ pairing will activate, ANT+ light will glow and zeros will circle

crank found, shows:
- ANT+ ID (confirm that the ANT+ ID is correct)
- current watts
- current RPM

push ride key or wait 5 seconds to return to main screen

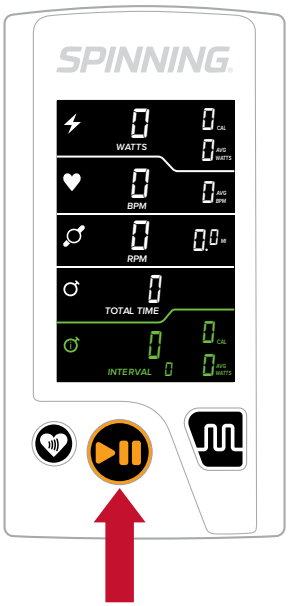
If your crank does not pair to the console, use the SPINPower® Crank Connect app to check the battery life on the SPINPower® crank (and change the batteries as needed). If the console picks up a signal from a different SPINPower® crank, separate the bikes by 10 feet and repeat the pairing process**.**

Using the Console

The Spinning® Integrated Power Console has a number of features to allow a rider to train with many different metrics and modalities. It has been designed to be simple to use and easy to set up for every rider. A quick explanation of these features to your riders will allow them to get the most out of their ride.

Starting and Pausing a Ride

When you start pedaling, the display will show power (watts), cadence (RPM), and heart rate (BPM) if a heart rate monitor is paired. Press the Ride/Pause key to start a ride. This will start the elapsed time, distance, calories, average watts and average heart rate. Press the Ride/Pause key again to pause those metrics. The key will flash orange/white while in pause mode. Under normal conditions, the console can be paused indefinitely while pedaling and will shut down after 2 minutes of not pedaling.

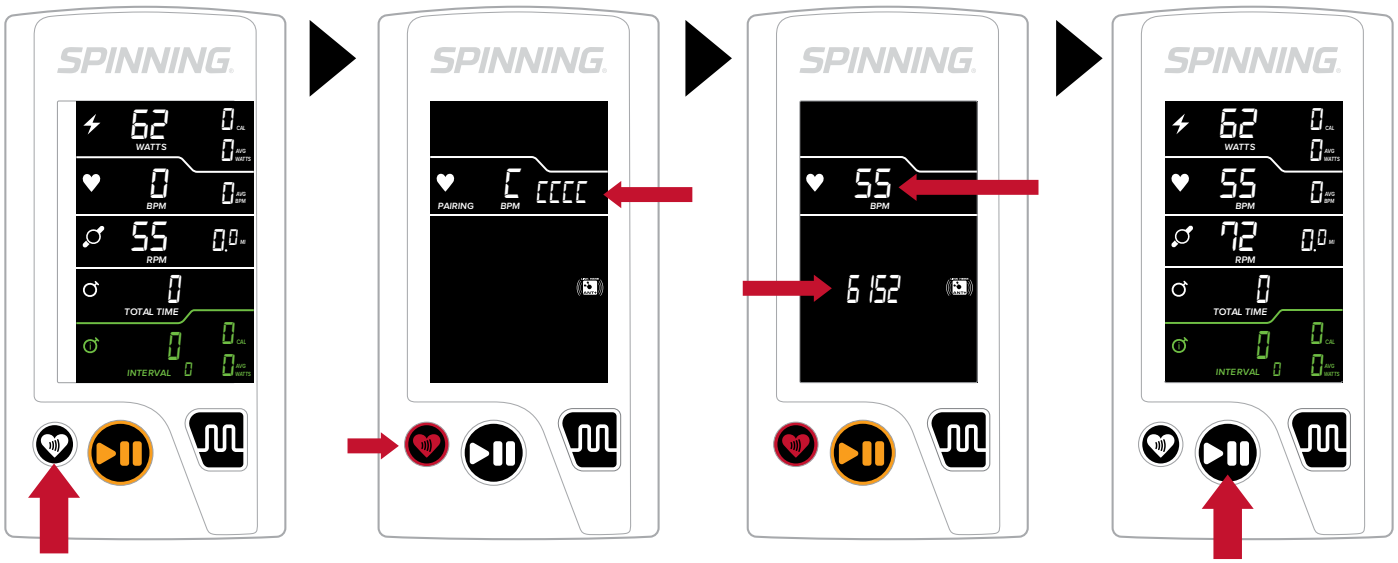


Clear Display Metrics

Push and hold the Ride/Pause key for 5 seconds to reset the console and clear all metrics and HR pairing information from the previous ride. All metrics will return to zero and intervals will reset.

Pairing a Heart Rate Monitor

The console can record data from a paired BLE or ANT+ HR monitor**. If your HR monitor has a pairing key or process, make sure to activate the HR monitor pairing mode BEFORE pushing the power swtich or HR pairing key on the console**. “Dual Mode HR monitors (ANT+ and Bluetooth) are common and the console will pair with any open mode available. The rider has the ability to pair the console in ANT+ and leave the BLE channel open for a phone or tablet pairing if desired.



pedal and push to start pairing process

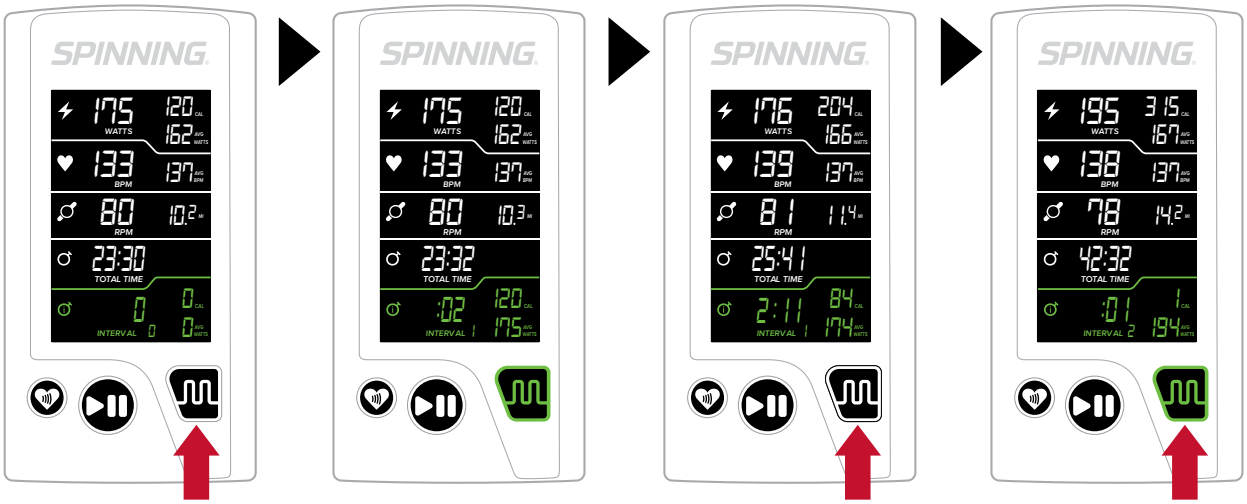
“circling” zeros and red HR key indicate looking for monitor

when found, HR value and monitor number shown

wait 5 sec or push ride/pause key to return to main screen

Using the Interval Function
The console can record up to 99 interval segments and the interval modality and related section of the display can be accessed by using the interval key.

Starting an Interval: Press the interval key to start an interval. The key will turn green. Press the key again to end the interval, and the key will go back to white. The numbers from the last interval will stay on the screen until another interval is started. This allows the rider to do an interval and use that data for subesequent work efforts. The interval number will advance accordingly.



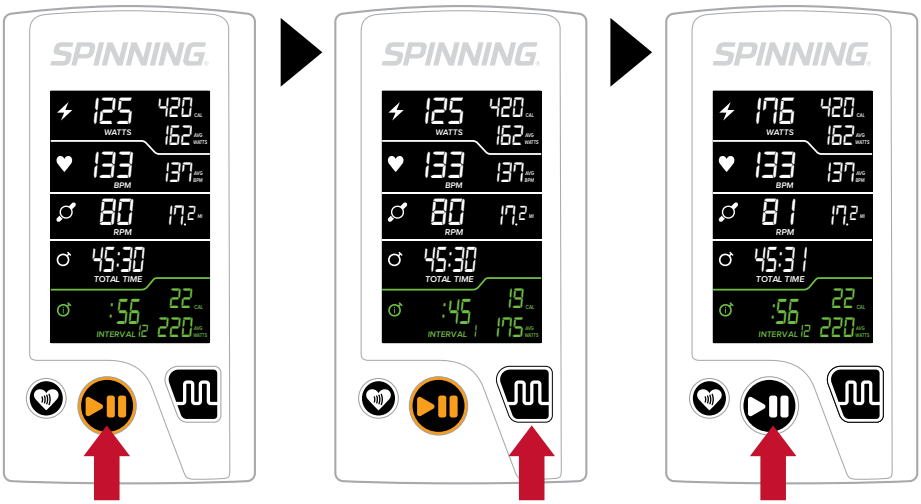
at any time, push the interval key to start

interval key will turn green and first interval will start ('1')

push interval key again to end interval and review

push interval key again to start next interval

Reviewing: Intervals can be reviewed while the console is in Pause mode (flashing orange center key) by pushing the interval key to cycle through the intervals. Pushing the Ride/Pause key again for active ride mode (center key is solid white) resumes the ride, stores the previous intervals and displays the last interval completed. The console is now ready for additional intervals if desired.



put the console into pause mode (at any time)

push the interval key to cycle through intervals

when finished, push the ride key to resume

Troubleshooting

The console won't turn on.
Check the connection of the power cable to ensure that it is snapped in correctly and has connection. The computer should "wake" upon pedaling, using the generator signal and crank signal.

"BA LO" appears on the screen.
The low battery indicator means that the batteries in the console should be recharged by normal riding. Pedaling the bike above 60 RPM should fully recharge the battery in 5 or so classes.

Watts and RPM are displayed, but all other metrics show zeros.
Press the Ride/Pause key to start the ride and display the additional metrics.

I want more steady watts numbers.
Change the default 3 second watts average to 4 or 5 seconds (less reactive, but smoother).

The SPINPower® crank will not pair.
Use the SPINPower® Crank Connect app to check the battery life on the crank. Also, make sure that the crank has been calibrated correctly with the SPINPower® Crank Connect app.

The distance numbers seem different from other bikes.
This computer is much more accurate at estimating a "real world" distance value because it calculates distance based upon power and not simply the RPM of the flywheel. This will be a much more valuable number for gauging your workout progress.

We want to change the distance units from Miles to Kilometers
See the Setup and Maintenance Mode instructions.

My heart rate monitor will not pair.
It must be Bluetooth Low Energy (BLE) or ANT+ to connect to the console. If you have a BLE only HR monitor, make sure that it is not paired to any other device before pairing to the console (you can only pair your BLE HR monitor to one device at a time). Also, if equipped, make sure you have pressed the "pairing activation" key on your HR monitor before attempting to pair to the console. The console is not designed to pair with an Apple watch or equivalent.

Can I use my HR monitor with my phone and the console at the same time?
Yes, but only if you have a dual mode HR monitor. In this case, the console will use the ANT+ signal and your mobile device will use the BLE signal from the HR monitor.

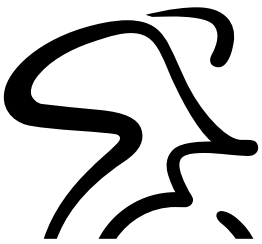
If I stop pedaling, will the computer keep my information?
The console is designed to stay on for up to 2 minutes after the rider stops pedaling. To resume, simply pedal the bike and press the Ride/Pause key to resume recording your ride. The console automatically goes into pause mode when the rider stops pedaling.

Can I install this console on other Spinner® bikes?
Only if it is a 2022 or newer Spinning® power bike with an integrated generator. Specifically, the PRO™ Power, NXT™ Power or Chrono®.

Something else? Email tech@maddogg.com or see additional contact info on back cover.

SPINPower®
STUDIO CRANK
OWNER'S MANUAL

SPINNING®



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SPINPower® Studio Crank

THE SPINPOWER® STUDIO CRANK

Thank you for purchasing the SPINPower® Studio Crank. Power measurement is a key component of the SPINPower® program that was developed by the leader of the indoor cycling world: Spinning®. This crank will measure a rider's effort and is designed to be compatible with Bluetooth and ANT+ devices to provide a rider with real (and not estimated) power measurement. The crank is also compatible with many popular cycling apps and most leaderboard systems.

This owner's manual will explain all of the key features of this crank as well as take you through each step of installing the crank onto your commercial Spinner® bike. Be sure to log on to spinning.com for all of the latest updates and information about SPINPower® and the Spinning® program.

WHAT'S INSIDE

1. SPINPower® Studio Crank
2. 3mm allen wrench (for the battery compartment)
3. 3 AA batteries
4. 8mm crank bolt (NOT for the pedal)

Tools Needed to Install the SPINPower® Crank

1. Spintech® crank removal tool by Spinning® – available on spinning.com (not included) or equivalent.
2. Corresponding wrench to fit the crank removal tool.
3. 8mm Allen torque wrench for the crank and pedal bolt.
4. 3mm Allen wrench for the battery door (included).
5. White lithium grease or light oil.

FEATURES

General

Proprietary oversized steel crank design with Morse taper threadless connections for both the pedal and crank.

Proprietary battery configuration with 3 AA batteries and energy-saving firmware for longer time between battery changes (battery life depends upon usage).

Single sliding battery door access for ease of use and security.

Dual mode design allows for compatibility with both ANT+ and Bluetooth devices.

Powder coated finish for durability.

Specifications

Powered by 3 AA batteries

Compatible with ANT+ (Studio SpinPower Computer) and Bluetooth Smart devices (smart phones, tablets, smart TVs).

Calibration and firmware updates can be accessed with the SPINPower® crank app available for IOS and Android.

D powermeter technology (patent pending) measures tri-axial strain on your crank arm for accurate, consistent data.

Data accuracy: +/- 1% error margin

INSTALLING THE BATTERIES

for a demonstration see: https://youtu.be/u_cpLc8J-wQ

1. Use the 3mm allen wrench to remove the single allen bolt on the battery door (as shown).

2. Slide the cover forward (towards the pedal side) as shown to reveal the battery compartment. Note the orientation of the 3 AA batteries.

3. Place the batteries as shown with all three positive ends pointing towards the pedal end of the crank.

4. Slide the cover back onto the crank and secure it with the screw that was previously removed. The screw should be snug. DO NOT OVER TIGHTEN THE SCREW.

PAIRING THE CRANK

Your crank is designed to pair with a wide variety of devices that receive signals in either ANT+ or Bluetooth formats. The crank is equipped with a motion sensor that will turn it on while the crank is rotating making an on/off switch unnecessary. Once the crank is rotated it will take a few seconds for the signal to activate your display device.

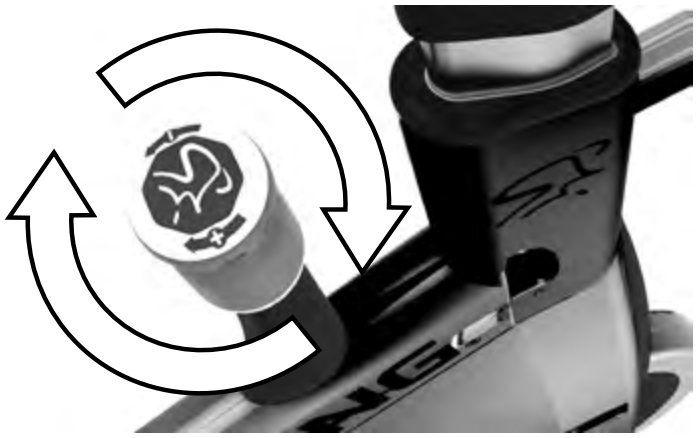
If you are pairing this for the first time to the Studio SPINPower® computer, we suggest you pair the crank before installing it on your Spinner® bike. The instructions for this pairing are included in the SPINPower® Computer box.

ID CODE

Each crank has a unique 5-digit identification code so that many cranks can be used in the same room at the same time. It can also be used as a unique identifier when pairing to a display device. Some display devices will show that number when initial pairing occurs. For reference, the 5-digit number is located on the bottom edge of the black plastic housing as shown.

REMOVING YOUR EXISTING CRANK

You must remove your existing crank before installing your new SPINPower® crank. To do so, you need an 8mm allen wrench as well as a heavy duty crank removal tool. (Spintech® crank removal tool by Spinning®– available on spinning.com or equivalent).

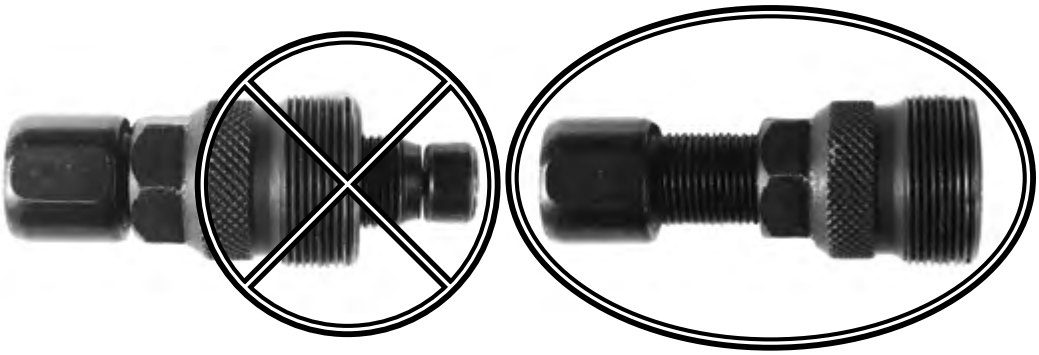


Keep the crank from rotating during installation.

Before starting, place the crank in an easily accessable location for both crank and pedal bolts. Then turn the resistance knob clockwise until the flywheel and crank are locked.

Remove the pedal.

1. Locate the pedal bolt (on the back side of the crank). Insert the 8mm allen wrench and turn it counter-clockwise for removal.
2. Before threading in the crank removal tool (for both the pedal and crank), unthread the center bolt (on the tool) so that the tip is pulled back inside the body (as shown).

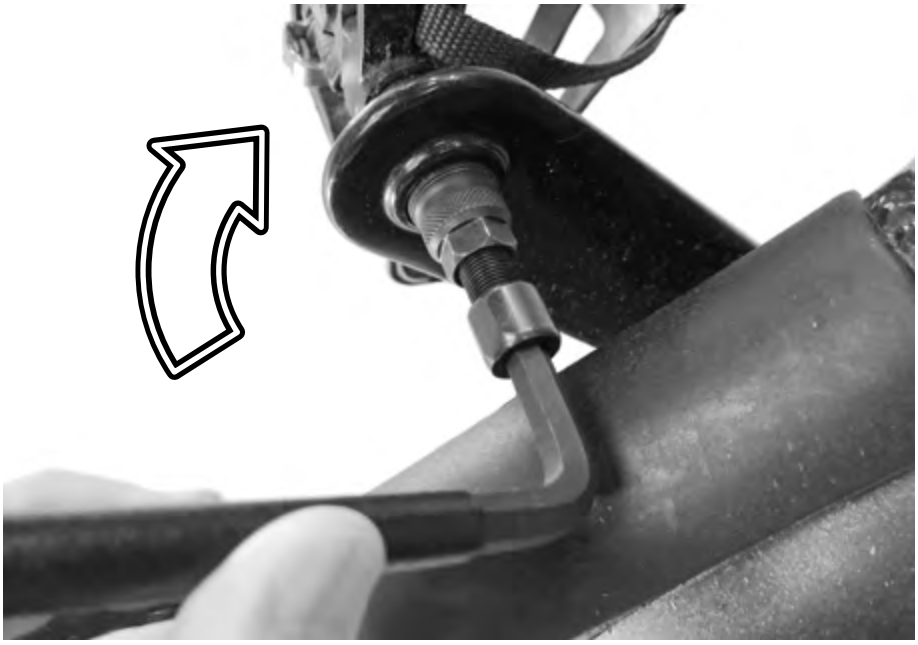


REMOVING YOUR EXISTING CRANK (continued)

(Removing the pedal, Continued)

3. Once the tool is ready, thread the body of the crank removal tool into the fine threads of the crank. It is VERY IMPORTANT that this tool is threaded into the crank in a straight manner. Do not cross-thread this tool and make sure to turn the tool into the crank by hand for the first few threads. Once confirmed that the tool is in straight, proceed to use a wrench to tighten the tool so that it is completely threaded into the crank.

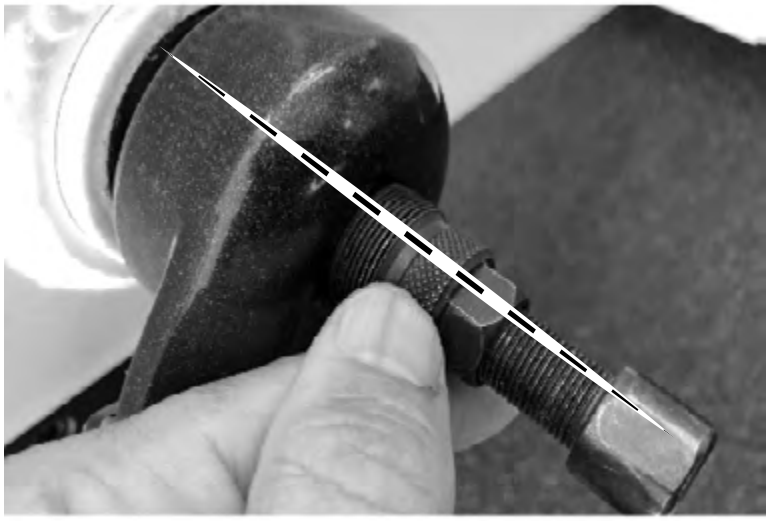
4. Once the tool is fully threaded into the crank, use a wrench to turn the removal bolt clockwise into the crank. It might take a few turns that might require heavy force. The center of that tool will “push” the pedal out.



REMOVING YOUR EXISTING CRANK (continued)

Remove the crank.
1. Use the 8mm allen wrench to remove the center crank bolt by turning it counter-clockwise.

2. The process for removing the crank is exactly like removing the pedal (prevously outlined). Before threading in the crank removal tool, unthread the center bolt (on the tool) so that the tip is recessed. Once set, thread the body of the crank removal tool into the fine threads of the crank. It is VERY IMPORTANT that this tool is threaded into the crank in a straight manner. Do not cross-thread this tool.



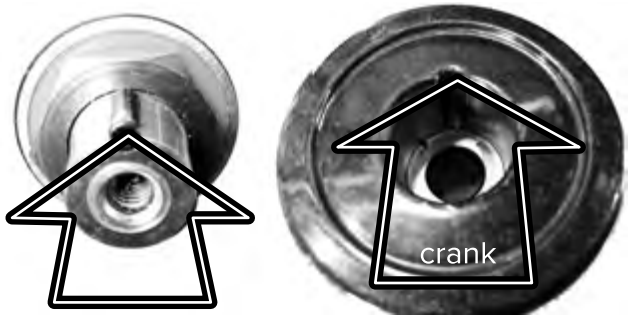
REMOVING YOUR EXISTING CRANK (continued)

3. Once started by hand, use a 15mm wrench and turn it clockwise to thread the tool completely into the crank.

4. Once the tool is fully threaded into the crank, use a wrench to turn the removal bolt clockwise into the crank. It might take a few turns that might require heavy force. The center of that tool will engage with the bottom bracket axle and will allow the tool and crank to ”pull” away from the bottom bracket axle. Unthread the tool from the crank.

INSTALLING THE SPINPOWER® STUDIO CRANK

At this point in the process, the “stock” crank has been removed.



Prepare the bottom bracket axle.

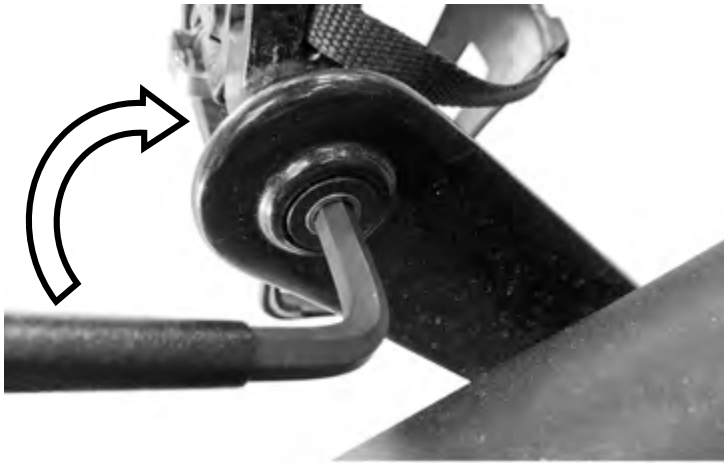
Note that the exposed bottom bracket axle has a keyway with a “floating” pin installed on the axle. That pin may have come out with the crank and if so, place it back in the slot on the bottom bracket axle (as shown).

Install the crank.

1. Locate the slot on the crank hole and line it up to the keyway on the bottom backet. For best results, add a small amount of lithium grease to the bottom bracket axle. Push the crank onto the axle in the correct position.
2. Once the crank is on, hand-thread the 8mm bolt clockwise onto the axle. Now use an 8mm torque wrench to tighten the bolt to 35-40 ft-lbs (47-57 Nm). Do not overtighten the bolt.

INSTALLING THE SPINPOWER® STUDIO CRANK (continued)

3. Once the crank has been tighened it is time to install the pedal. Locate the 8mm pedal bolt and hand thread it into the pocket on the back of the crank. Now use an 8mm torque wrench and tigthen the bolt to 35-40 ft-lbs (47-57 Nm). Do not overtighten the bolt.



Once installed, it is necessary to calibrate the crank using the SPINPower® Crank Connect app (available for iOS and Android). Follow the on-screen instructions and make sure that the calibration occurs with the crank pointed at 6 and 12 o'clock.

CARE AND MAINTENANCE

Your SPINPower® Studio crank is designed for accuracy and durability in the commmercial environment. If needed, the crank can be cleaned with a soft cloth. Use a mild diluted solution of Simple Green® or equivalent applied to the cloth. Do not spray any cleaners directly on the crank (or the bike).

Batteries (3- AA) can be easily replaced when needed and the instructions for replacement are at the beginning of this manual. Always use high quality alkaline batteries such as Duracel®, Energizer® or equivalent for optimal performance.

Periodically check the crank and pedal bolts as part of your regular maintenance for your Spinner® bikes.

FREQUENTLY ASKED QUESTIONS

If I replace the batteries, will I need to pair the computer again?

No. The computer has a memory function for pairing.

Can I pair the crank with both Bluetooth® and ANT+ devices?

Yes. The crank has “dual mode” functionality.

My crank will not pair with the SPINPower® computer.

Make sure that both the computer and crank have fresh high grade batteries. Review the pairing steps provided in the computer manual.

The watts reading seems too high or low:

Use the SPINPower® Crank Connect app calibrate the crank.

How can I be sure that the power numbers are accurate?

From time-to-time you may want to calibrate the crank. Use the SPINPower® crank maintenance app to update the firmware, name your crank and to calibrate it.

The crank removal tool is difficult to thread into the crank.

Make sure that you have a removal tool that is compatible with the SPINPower® crank. The same tool is used for pedals and it should thread into both.
DO NOT CROSS THREAD THIS TOOL INTO THE CRANK.

The crank removal tool is correctly threaded into the crank and it is difficult to remove the crank.

Removing the old cranks/pedals may take some “elbow grease” as they are pressed on at the factory. Take your time and make sure to use leverage points to turn the wrench. It is normal for the crank to be securely fastened to the bottom bracket.

Can I pair my crank to Zwift® or other apps with power?

Absolutely. As long as your device is capable of reading a Bluetooth® or ANT+ signal.

Can I pair my crank to a leaderboard system?

Yes. Most leaderboards work with ANT+ signals through a WASP or other translation device. Consult your leaderboard instructions for details.

CERTIFICATION

Federal Communication Commission
Interference Statement

This device complies with Part 15 of the FCC Rules. Operation is subject to 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.

IC: 9896A-PM102
FCC: ZZNPM102
M/N: PIC102
EU Declaration of Conformity

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

ANT+
This crank is ANT+ certified

WARRANTY INFORMATION AND CUSTOMER SUPPORT

Warranty:
The SPINPower® Studio Crank 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. 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.
Phone: **1.800.847.7746**
Dialing outside U.S.: **1.310.823.7008**
Hours: 6:00 AM–5:00 PM PST
info@spinning.com

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

Mad Dogg Athletics Europe, BV
Scheldeweg 3
3144 ES Maassluis
The Netherlands
Phone: **+31 1059 04508**
Hours: 9:00 AM–5:30 PM CET
info@spinning.eu

STEP-BY-STEP

1 INSTALL THE BATTERIES

2 PAIR YOUR (OPTIONAL) SPINPOWER® COMPUTER

3 REMOVE THE EXISTING CRANK

4 INSTALL THE SPINPOWER® CRANK

Congratulations on the purchase of your new SPINPower® Studio Crank.

Video instructions are also available at youtube.com/user/SpinningHQ

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2111 Narcissus Court
Venice, CA 90291

5360 E. El Campo Grande Avenue
Las Vegas, NV 89115

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