# SPINNING®
# STUDIO COMPUTER
## OWNER'S MANUAL



**SPINNING®**

RPM
120  AVG RPM 100

♥ HEART RATE  ((( ANT+ )))
138  AVG 80

TRAINING
TIME
42:38

►II   M
☼   ♡⚡♥

**SPINNING®**

# CONTENTS

# THE SPINNING®
# STUDIO COMPUTER

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

Enjoy the ride!

# WHAT'S INSIDE
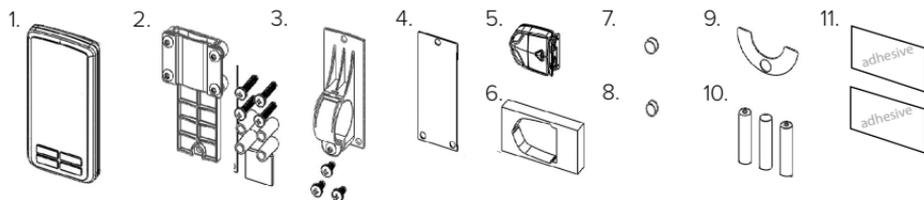


| COMPONENT | QUANTITY |
|---|---|
| 1. Computer Console | 1 |
| 2. Flat Mount Bracket with Four (4) Bolts and Spacers | 1 |
| 3. Ring Mount Bracket with Three (3) Bolts | 1 |
| 4. Rubber Gasket Inlay | 1 |
| 5. Cadence Sensor | 1 |
| 6. Cadence Sensor Foam Holder | 1 |
| 7. 7A Magnet (Thick) | 1 |
| 8. 7B Magnet (Thin) | 1 |
| 9. Adhesive Magnet-Holding Shim | 1 |
| 10. AAA Batteries for Computer Console | 3 |
| 11. Double Stick Adhesive for Sensor Mounting | 2 |

**Tools Needed for Installation:**
1. Phillips head screwdriver
2. 5mm hex key / Allen wrench (for removing the chain guard)

# COMPUTER FEATURES

**Features:**
- ANT+™ interoperable 2.4Ghz wireless technology
- Low power consumption for long battery life
- Code memory during battery displacement
- Large three line display; Cadence, Heart rate and Training data
- Bright LED backlight
- FCC ID: QSWASPDCS
- CE 1177 Certified
- ANT+ Certified

**On-Screen Features:**
- Cadence (measured in RPM) for current session
- Heart rate (measured in BPM) for current session
- Training data: Toggle the MODE button to see elapsed time, equivalent distance traveled, and estimated calories burned
- Low battery indicator

**General:**
- ANT+ 2.4 GHz wireless radio to transmit data
- Batteries Required:
  - Computer console uses 3 AAA batteries
  - Cadence sensor uses 1 CR2032 lithium coin cell battery
  - Life of batteries depends on usage

# PAIRING WITH THE CADENCE SENSOR

The Spinning® Studio Computer features a large, clear display that is protected by a clear plastic sheet. The Computer also possesses a simple four-button layout and was designed to pair with your heart rate transmitter automatically.
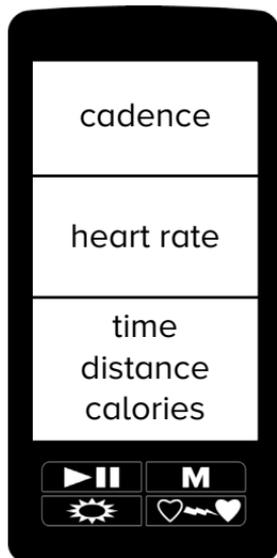
| | |
|---|---|
| ▶❚❚ | Start/Pause/Resume |
| M | MODE Button |
| ☀ | Backlight |
| ♡〜♥ | Pair Heart Rate Transmitter |

cadence

heart rate

time
distance
calories

The console and cadence sensor will pair right out of the box. Check the four-digit code on the back of the console and cadence sensor and ensure that they match (Fig. 1). Once you confirm that they match, just insert the three batteries into the console and start your ride.

If the console does not immediately pair with the cadence sensor, please follow the instructions in the "Advanced Settings" section on page 18. The "Advance Settings" section also demonstrates how to adjust the backlight time and distance settings.



Fig. 1

# CADENCE SENSOR INSTALLATION

The Spinning® Studio Computer will track your cadence (measured in RPM), time, distance and estimated calories burned. In order to track this information, you must first attach the cadence sensor to the Spinner® bike. We give you two options for mounting the sensor: inside the chain guard or outside the chain guard. The components needed for the mounting process will vary depending on your preferred method of installation and your model of Spinner bike.

**Mounting the Magnet:**
NOTE: For the Spinner NXT Black Belt and Spinner Blade Belt, please use the 7B (thinner) magnet. For all other Spinner bike models, please use the 7A (thicker) magnet.

1. Examine the inside of the right crank arm and ensure that it is clear of obstructions. Wipe the inside of the crank arm to remove any dust, grease and grime.



Fig. 2

2. For all Spinner bikes built by Precor®, place the magnet on the inside the dedicated slot near the pedal spindle (Fig 2 and 3). Slowly rotate the crank arm to ensure that the magnet does not collide with the chain guard.
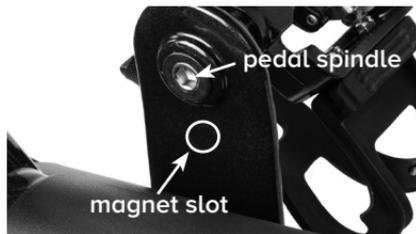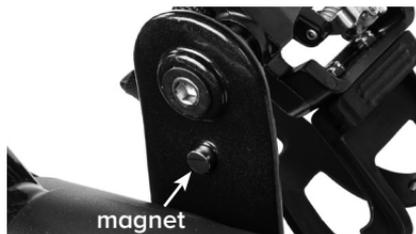


Fig. 3

3. Once the magnet is in the slot or positioned near the pedal spindle, peel the adhesive cover off of the magnet-holding shim and place it around the magnet on the inner surface of the right crank arm.

NOTE: The cadence sensor must be within 10 cm (.4 inches) of the magnet for pairing.

**Sensor Installation, Inside the Chain Guard:**
NOTE: This process is intended for all of the latest models of Spinner® indoor cycling bikes manufactured by Precor®.

1. Lock the flywheel and pedals by turning the resistance knob clockwise.

2. Remove the inner chain guard panel by removing the four screws with a 5mm hex key / Allen wrench (Fig. 4).



screw locations

FIG. 4

3. Place the cadence sensor inside the foam holder (Fig. 5).

4. Affix the strip of double stick adhesive to the underside of the cadence sensor and foam holder to cover the battery access cap.
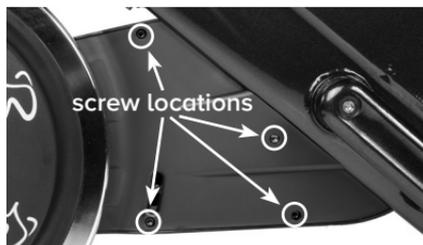


cadence sensor

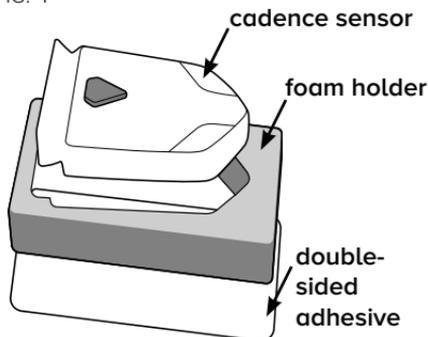foam holder

double-sided adhesive

FIG. 5

5.  Identify the cadence sensor slot inside the chain guard (Fig. 6). Insert the cadence sensor, foam holder and double stick adhesive into the slot (Fig. 7).



FIG. 6

6.  Test synchronization (see below). Once confirmed, reinstall the chain guard panel with the four bolts.

NOTE: To test synchronization, first press the reset button on the sensor. Rotate the bike pedals for at least ten rotations. A green light will flash after each pass to confirm the synchronization between the sensor and magnet.



FIG. 7

**Sensor Installation, Outside the Chain Guard:**
NOTE: This process is for the Spinner® Blade Belt and the Spinner NXT Black Belt models.

1.  Clean the bottom of the chain guard to remove any dust, grease or grime.

2.  Place with right crank arm at the very bottom of the pedal rotation.

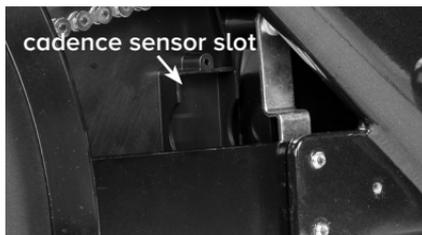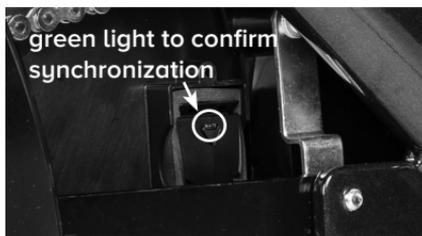3.  Lock the flywheel and pedals by turning the resistance knob clockwise.

4. Place the cadence sensor inside the foam holder, as shown in Fig. 5 on page 10.

5. Affix the strip of double stick adhesive to the underside of the cadence sensor and foam holder to cover the battery access cap (as shown in Fig. 5 on page 10).



Fig. 8

6. Peel back the adhesive cover to expose the tape. Align it with the magnet on the inside of the crank arm (Fig. 8).

7. Once the cadence sensor and the magnet are aligned, affix the tape on the sensor to the underside of the chain guard shroud (Fig. 9) and test synchronization.



green light to confirm synchronization

Fig. 9

NOTE: To test synchronization, first press the reset button on the sensor. Rotate the bike pedals for at least ten rotations. A green light will flash after each pass to confirm the synchronization between the sensor and magnet.

QUICK TIP: For the Spinner Pro+ model, please follow the instructions below for mounting the sensor outside the chain guard:

1.  Position the right crank arm at the very bottom of the pedal rotation.

2.  Lock the flywheel and pedals by turning the resistance knob clockwise.

3.  Affix the strip of double stick adhesive to the underside of the cadence sensor. Do NOT place the sensor inside the foam holder.

4.  Peel back the adhesive cover to expose the tape. Align it with the magnet on the inside of the crank arm (mounting the magnet is explained on page 9).

5.  Attach the cadence sensor to the bottom of the chain guard with the pointed end facing the front of the bike and test synchronization.

# PAIRING WITH YOUR HEART RATE TRANSMITTER

To begin the simple process of pairing the Computer with your heart rate transmitter, follow the steps below:

1.  Press the MODE button to advance out of the setup screen. The heart rate information will appear in the middle of the display.

2.  Press the Pair Heart Rate Transmitter button for automatic pairing with your heart rate transmitter. The screen will display an ANT+ symbol to signal pairing. Please remember that the heart rate transmitter must be within 30 cm (12 inches) of the console for pairing.

Start pedaling, and the display will give you information on heart rate, cadence, time, distance and calories. Once you have successfully paired the console with your heart rate transmitter, you are ready to mount the console to your bike, which is explained on the next page.

If you have any questions regarding this process or are having difficulty pairing your heart rate transmitter to the computer, please refer to the "Frequently Asked Questions" section on page 23.

# COMPUTER MOUNTING

The Spinning® Studio Computer was designed to fit all commercial Spinner® bikes. Use the brackets listed below based on the Spinner bike you are using. Instructions for mounting the console appear on the following page.

The following bikes can have the Spinning Studio Computer installed using the flat mount bracket with spacers (Fig. 10).

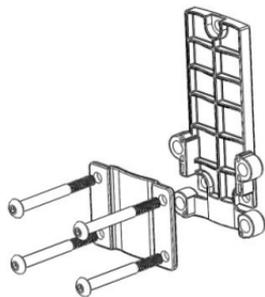| Manufacturer SKU | Spinner Bike Name |
|---|---|
| 5751-992 | Spinner Ride |
| 5751-991 | Spinner Ride Belt |
| 5752-992 | Spinner Shift |
| 5752-991 | Spinner Shift Belt |
| 5753-992 | Spinner Rally |
| 5753-991 | Spinner Rally Belt |
| 7190 | Spinner BLADE |
| 7240 | Spinner BLADE Belt |
| 7170 | Spinner NXT |
| 7230 | Spinner NXT Black Belt™ |



FIG. 10

The following bikes can have the Spinning Studio Computer installed using the ring mount bracket (Fig. 11).

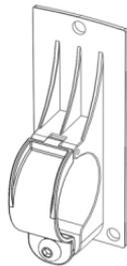| Manufacturer SKU | Spinner Bike Name |
|---|---|
| 7150 | Spinner VELO |

NOTE: The manufacturer SKU can be found on the bike serial number sticker.



FIG. 11

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

NOTE: Please ensure that the console is pairing properly with your cadence sensor and heart rate transmitter before mounting it to your bike.



Fig. 12

1. After successfully pairing with the cadence sensor and heart rate transmitter, place the rubber gasket inlay behind the console (Fig 12).

2. Select the ring or flat bracket (depending on Spinner bike model you are using) and secure it to the back of the console with the three or four Phillips head screws and spacers (the flat mount bracket with spacers is shown in Fig. 13).



**Threaded bracket**

**Contoured bracket**
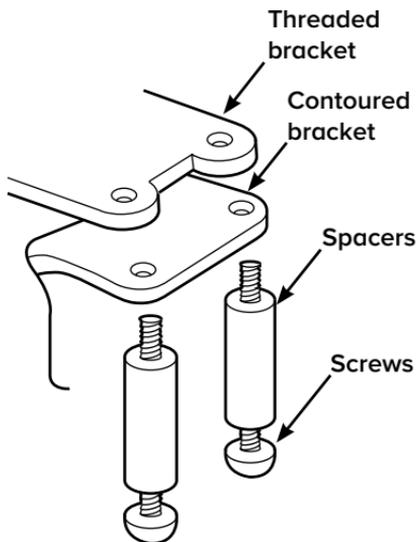
**Spacers**

**Screws**

Fig. 13

3. Mount the console and bracket assembly just above or on the center loop of the handlebars (depending on the Spinner bike model you are using) and secure it with the bolts (mounting above the loop is shown in Fig. 14).



FIG. 14

QUICK TIP: For the fastest installation of the console and flat mount bracket assembly to your Spinner bike, we recommend following these simple steps below:

1. Attach two bolts on one side of the bracket assembly (left or right) until they are finger tight.

2. Slide the console and flat mount bracket onto the assembly area just over the centerloop.

3. Install the remaining two bolts on the left or right side of the bracket assembly and secure all four bolts with a Phillips head screwdriver.

# ADVANCED SETTINGS

To manually pair the console with the cadence sensor, please follow the instructions below:

1. As you install the third battery into the console, press and hold the MODE button until the screen shows all 8s.

2. Press the MODE button to enter the cadence information screen.

3. Press the MODE button again to enter the code entry screen.

4. Hold the Start/Pause/Resume button until the first number/letter at the bottom of the screen begins to flash.
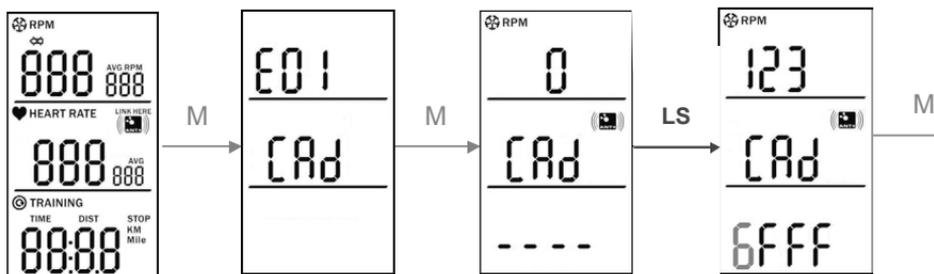
5. Enter the code on the cadence sensor using the Backlight button to scroll up through each number and letter. Press MODE to proceed to the next digit.

6. Once all four numbers/letters have been entered into the console, press MODE to set and return to the cadence information screen.

Flow Chart Key:
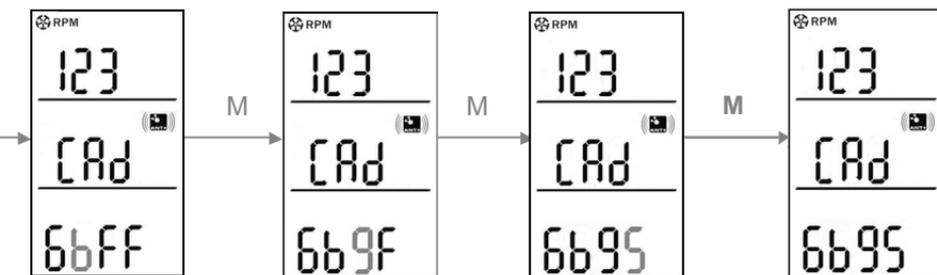S:   Start/Pause/Resume Button
LS:  Long press Start/Pause/Resume Button
M:   MODE Button
LM:  Long press MODE Button
B:   Backlight Button (increase number in code setting)
P:   Pair Heart Rate Transmitter (decrease number in code setting)

**Resetting Training Data**
The display will turn off and the training data will reset after 5 minutes of inactivity.

To reset or clear your training data immediately (such as during or after a ride), press and hold the Start/Pause/Resume button for approximately 5 seconds, and the data will reset.

**Backlight Time**
To adjust the amount of time that the backlight remains on after use, please follow the instructions below:

1. From the cadence information screen, press the MODE button twice.

2. The display will appear with a time on the bottom. Increase the time using the Backlight button, or decrease it using the Pair Heart Rate Transmitter button.

NOTE: Increasing the amount of time the backlight stays on will diminish battery life. The default setting is 5 seconds.

**Distance Settings**
To change the distance settings between miles and kilometers, please follow the instructions below:

1. Remove one of the batteries.

2.  While pressing and holding the MODE button, reinsert the third battery back into the console. The screen should show all 8s.

3.  Press the MODE button three times to enter the distance settings on the bottom of the display. It will be flashing miles or kilometers.

4.  Press the Backlight button to toggle between miles and kilometers.

5.  Press the MODE button to finalize your selection and return to the cadence information screen.

# COMPUTER CARE

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

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

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

**Monthly:**
- Inspect all areas for proper adjustments.
- Inspect all parts for damage which could require possible replacement.
- Inspect mounting of the cadence sensor and magnet to ensure it is intact and working properly.
- A "low battery" indicator will display when batteries need replacing. Replace the batteries in the console with 3 high-quality AAA alkaline batteries from brands like Panasonic®, Duracell® and Energizer®.

# FREQUENTLY ASKED QUESTIONS

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

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

- Make sure that the transmitter fits snuggly at the bottom of your ribcage and that the sensors are slightly moistened.
- The battery in the transmitter may be low. Try another strap or replace the battery/batteries inside your heart rate transmitter to facilitate pairing.
- Try using the Pair Heart Rate Transmitter button in the lower left for manual pairing with the Computer. For ANT+ chest straps, the displayed code will be alphanumeric. For analog transmitters, the code will be 4-digits and displayed as 0000.
- Check your distance from the Computer during syncing. Make sure you are 30 cm (12 inches) or closer to the computer.

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

**What batteries does the computer console and cadence sensor take?**
The computer console requires three AAA batteries. The cadence sensor requires one CR2032 lithium coin cell battery.

**What is the best way to preserve battery life on the computer?**
Excessive use of the backlight will diminish battery life, so we recommend keeping the backlight off to preserve battery life.

**How do I clear the display after a ride?**
The display will turn off automatically after 5 minutes of inactivity. To reset or clear your training data during or after a ride, press and hold the Start/Pause/Resume button for approximately 5 seconds, and the data will reset.

**Scratches, scuffs and fingerprints appear on my Computer's screen. How do I remove them?**
All Spinning® Studio Computers come installed with a protective plastic sheet on the display screen. Peel away that protective plastic sheet, and any scratches or scuffs will be removed.

# CERTIFICATIONS

**Federal Communication Commission Interference Statement**

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

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

**FCC ID: QSWASPDCS**

**EU Declaration of Conformity**

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

**ANT+**

This console is ANT+ certified.

# WARRANTY INFORMATION AND CUSTOMER SUPPORT

**Warranty:**

The Spinning® Studio Computer has a one-year warranty on the console and sensor. This warranty excludes batteries and battery replacement.

**Customer Support:**

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

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

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

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

MAD DOGG ATHLETICS EUROPE
Industrieweg 20A
3144 CH Maassluis
The Netherlands
Phone: +31.1059.04508
infoeurope@spinning.com
Hours: 9:00 AM–5:30 PM CET

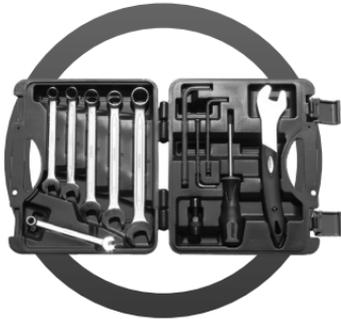# BE SURE TO VISIT SPINNING.COM FOR ALL YOUR SPINNING® NEEDS.

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