

# ***SPINNER***<sup>®</sup> PACE

## OWNER'S MANUAL





# SPINNER® PACE

Congratulations on your purchase of a Spinner® Pace Bike. As the creators of Spinning® and the worldwide leaders in indoor cycling bikes and programs, we're here to help you get the most out of every ride. Whether your goal is to lose a few pounds, stay in shape or train for the next race, the team at Spinning® is here to help you every step of the way. This owner's manual is just the beginning.

Need help? Scan the code to check out our Spinning® Support Video Library and other useful information about your new bike and the Spinning® program.



Enjoy the ride.



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For more information about the Spinning® program, Spinning® gear and tips that will help you make the most of every ride, visit **[www.spinning.com](http://www.spinning.com)**.

## THANK YOU!

Thank you for purchasing your new Spinner® Pace bike. Your bike has been designed and engineered for safety, durability and to provide a great ride. The following pages will outline a number of safety precautions and part diagrams for your reference. It is important to thoroughly read through this manual and follow all warnings for the best overall experience with your new ride.



## WARNING

- FAILURE TO READ AND FOLLOW THE INSTRUCTIONS IN THIS MANUAL MAY RESULT IN POSSIBLE SERIOUS INJURY.
- PEDAL SPEED SHOULD BE REDUCED IN A CONTROLLED MANNER.
- FIX YOUR FOOT IN THE PEDAL CAGE OR SPD CLEAT DURING EXERCISING TO PREVENT UNINTENDED MOVING.
- IT'S IMPORTANT TO ADJUST AND SECURE THE HANDLEBAR AND SEAT TO YOUR DESIRED POSITION FOR A COMFORTABLE AND SAFE RIDE. DO NOT EXCEED MINIMUM INSERTION DEPTH MARKS LABELED 'STOP' OR 'MAX' ON THE HEAD POST AND SEAT POST VERTICAL ADJUSTMENTS.

### IMPORTANT SAFETY PRECAUTIONS

This bike has been designed and constructed for a safe and comfortable ride. Nevertheless, certain precautions should be taken when using any piece of exercise equipment. Read the whole manual before assembling and using the bike. The following safety precautions should also be observed:

1. Keep children and pets away from the Spinner® bike at all times. Parents and/or those responsible for children should always take their curious nature into account and the potential of induced hazardous situations and behavior resulting in accidents. Under no circumstances should this Spinner® bike be used as a toy.
2. The owner is responsible for ensuring that anyone who uses the machine is duly informed about the necessary outlined precautions and proper way to ride.
3. This bike can only be used by one person at a time.
4. Use suitable clothing and footwear. Make sure all laces/cords are tied and tucked-in so that they are not loose or can be tangled into any parts of the bike.
5. Turn the resistance knob clockwise until the flywheel is locked when the bike is not in use.

## 6 IMPORTANT SAFETY PRECAUTIONS (continued)

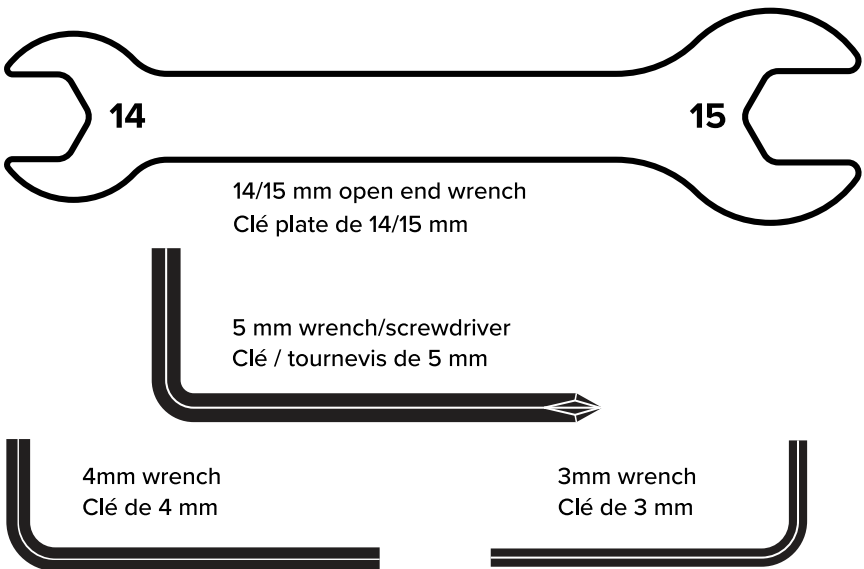
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6. This bike does not free-wheel. Pedals will continue to spin. Use caution when slowing and stopping. In an emergency, stop pedaling and push the resistance knob down as an emergency brake to stop the pedals and flywheel from rotating. Uncontrolled spinning pedals can cause injury.
7. If you experience dizziness, nausea, chest pains or any other symptom while using this bike STOP exercising and SEEK MEDICAL ATTENTION IMMEDIATELY.
8. Install and ride the bike on a mat that is placed on a level, solid surface and that has a minimum of 1 meter (39.5") of unobstructed space around it on all sides. Adjust the stabilizer feet to make the bike level, secure and stable on all four feet at the same time.
9. Keep hands well away from any of the moving parts.
10. Wear clothing suitable for riding. Do not wear loose or baggy clothing that might get caught up in the parts of the bike. Always wear cycling shoes or athletic shoes with laces tucked in when using the bike.
11. This bike must only be used for the purposes described in this manual. DO NOT use accessories that are not recommended by Spinning®.
12. Differently abled people should not use the bike without the assistance of a qualified person or a doctor. This is not a medical device and should be used with caution.
13. Do not use the bike if it is not working correctly.
14. Review all warning labels affixed to the bike and replace any label that is damaged, illegible, or removed. Contact customer service at [Spinning.com](http://Spinning.com) for replacements.
15. Functional and visual inspections of the bike should be made before the bike assembly is complete and prior to any ride.
16. Do not exceed the MAX/STOP mark when adjusting the handlebar post or seat post.
17. Spinning® pedals can cause injury. Pedal speed should be reduced in a controlled manner.
18. Before using the bike, thoroughly inspect the bike for proper assembly.
19. User must adjust the seat and handlebars to suit the user's dimensional requirements. When adjusting, please insure that the bike is stable and that the resistance knob is turned to clockwise to immobilize the flywheel. Thoroughly tighten the corresponding adjustment knobs to insure that the seat and handlebars are secure before riding.
20. This bike should only be used for home (consumer) use and is not meant for commercial use.

21. Before every ride please examine brake pad, pedals and drivetrain for signs of wear. The brake pad is a normal wear item and may need to be replaced over time.
22. This bike is not suitable for therapeutic use and is for consumer use only. Consult a physician prior to starting any exercise program.
23. The safety level of the bike can be maintained only if it is examined regularly for damage and wear (e.g. brake pad, saddle, pedals, drivetrain, etc).
24. Replace defective or worn components immediately and/or refrain from using the bike until it is serviced or repaired.
25. Special attention must be paid to all wear components (e.g. brake pads, etc.).
26. Please adjust the handlebar and seat to your best biomechanical positioning. Incorrect form and/or excessive training may result in injury.
27. Turn the resistance knob counter-clockwise to release the brake before exercising.

## TOOLS INCLUDED FOR SPINNER® BIKE ASSEMBLY

Use the included tools for bike assembly only.



# BIKE INFORMATION AND SPECIFICATIONS

SPINNER® PACE - 84.8 Lbs



WARNING LABEL LOCATION

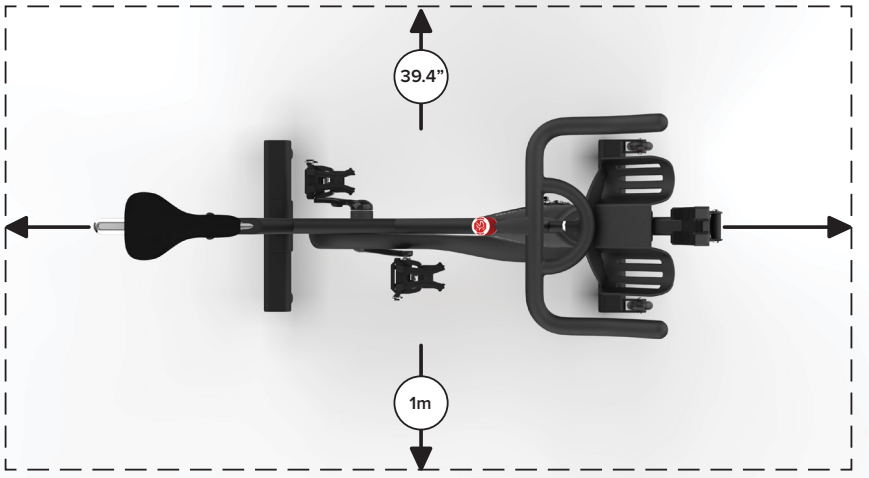


## ASSEMBLED SIZE:

1100mm Long x 450mm Wide x 1300mm Tall (without tablet installed)



## OPERATION AND INSTALLATION PERIMETER



### PERIMETER SPACE:

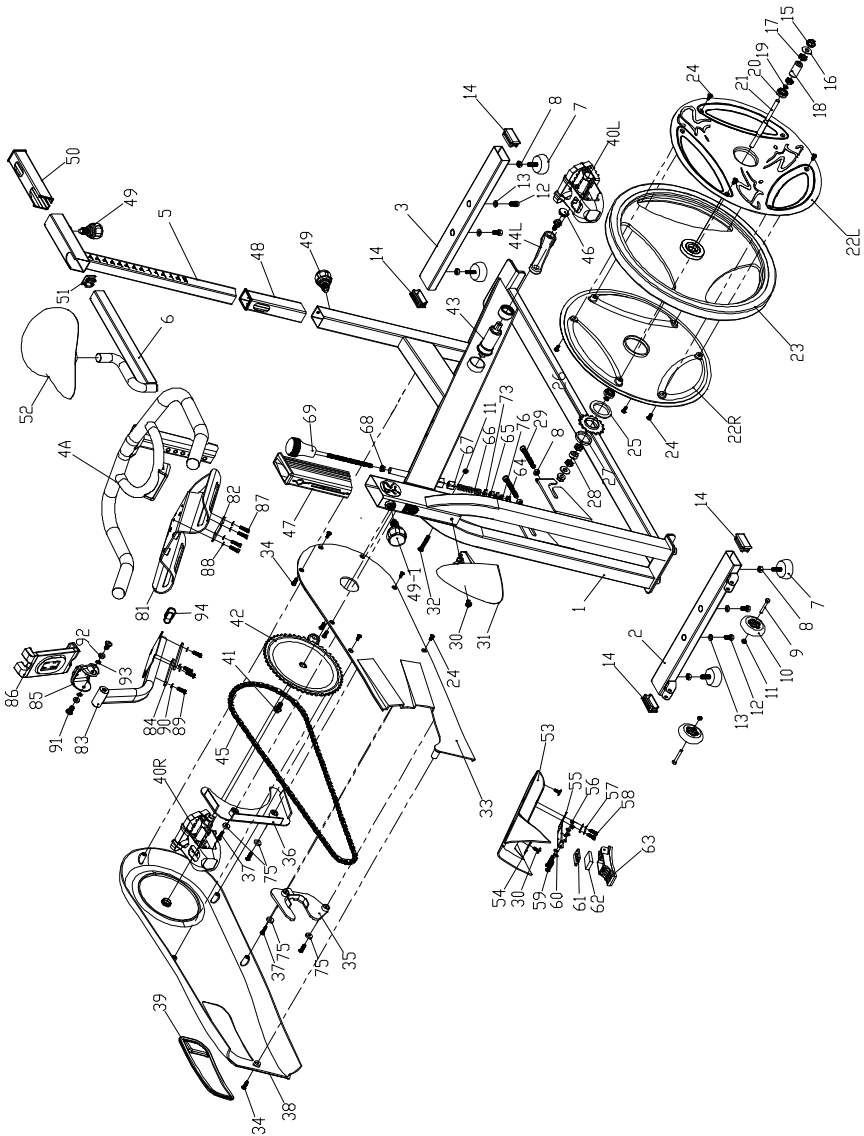
Keep at least 1 meter (39.5") of clear space around the entire bike


# SPINNER® PACE PARTS LIST

NO#	DESCRIPTION	SIZE	QTY
1	Main frame		1
2	front stabilizer		1
3	rear stabilizer		1
4	handlebar	L1/L3	1
5	seat post		1
6	seat tube		1
7	adjustable foot	M8X25	4
8	hex nut	M8	6
9	hex bolt	M6X40	2
10	moving wheel	PP	2
11	nylon nut	M6	3
12	hex bolt M8X20 8.8		4
13	washer	Φ8	4
14	end cap	25X50	4
15	flange nut	M10X1	2
16	washer	Φ10	2
17	thin hex nut	M10X1	4
18	spacer Φ20XΦ10.5X32		1
19	washer	Φ10	2
20	bearing	6000Z	4
21	flywheel axle Φ12XM10X161		1
22	flywheel cover		1
23	flywheel	L1/L3	1
24	phillips bolt	M5X12	10
25	washer	Φ35	1
26	fixed freewheel		1
27	locking nut	M33X1 e	1
28	spacer Φ20XΦ10.5X7		1
29	hex socket bolt	M8X60	2
30	plastic snap		3
31	front fender	PVC	1
32	hex bolt	M6X45	1
33	inner chain cover	chain	1
34	phillips bolt	M5X16	4
35	front finger guard	ABS	1
36	rear finger guard	ABS	1
37	phillips bolt	M5X25	5
38	outer chain cover	black	1
39	access port	PVC	1
40	pedal	JD037	1 set
41	flange nut	M10X1.25	2
42	chain wheel/W crank right		1
43	BB set	L110	1
44L	crank left	L170	1 set

NO#	DESCRIPTION	SIZE	QTY
45	chain	112	1
46	end cap for crank	PP	2
47	plastic sleeve	38X75 wedge	1
48	plastic sleeve	PP square 38(30)	1
49-1	spring knob (big head)	M16X1.5	1
49	spring knob	M16X1.5	2
50	plastic sleeve	PP 38(30) (open)	1
51	end cap	30°30 PP	1
52	seat	DD24-2 black/silver	1
53	sweat guard	PVC	1
54	square washer		1
55	brake spring plate		1
56	nylon nut	M5	2
57	spring washer	Φ5	2
58	hex socket bolt	M5X16	2
59	phillips bolt	M5X30	2
60	flat washer	Φ5	4
61	square sheet	37.6X26.6X2.5	1
62	EVA cushion	26X37X8	1
63	brake pad	PP+	1
64	nylon nut	M8	1
65	square nut(brass)	14X14XM8X10	1
66	spring Φ9XΦ2.5X50		1
67	square plastic sleeve 15X15X15XΦ8.65		1
68	sleeve Φ16XΦ11.5XΦ8.8X7.8		1
69	resistance knob	red + print	1
73	square plastic spacer		1
75	plastic spacer	Φ12XΦ6X5	4
76	spacer	Φ13XΦ8.5X6	1
A-81	water bottle holder		1
A-82	reinforced plate	62X37X3	1
A-83	tablet arm		1
A-84	bar bracket	110X12X4.0	2
A-85	pivoting bracket		1
A-86	tablet holder		1
A-87	hex socket bolt	M5X20	4
A-88	flat washer	Φ5	4
A-89	hex socket bolt	M6X16	4
A-90	flat washer	Φ6	4
A-91	inner hex bolt	M8X16	2
A-92	wave washer	Φ8	2
A-93	flat washer	Φ8	2
A-94	end cap	Oval 20X40X1.5	1

# SPINNER® PACE EXPLODED VIEW



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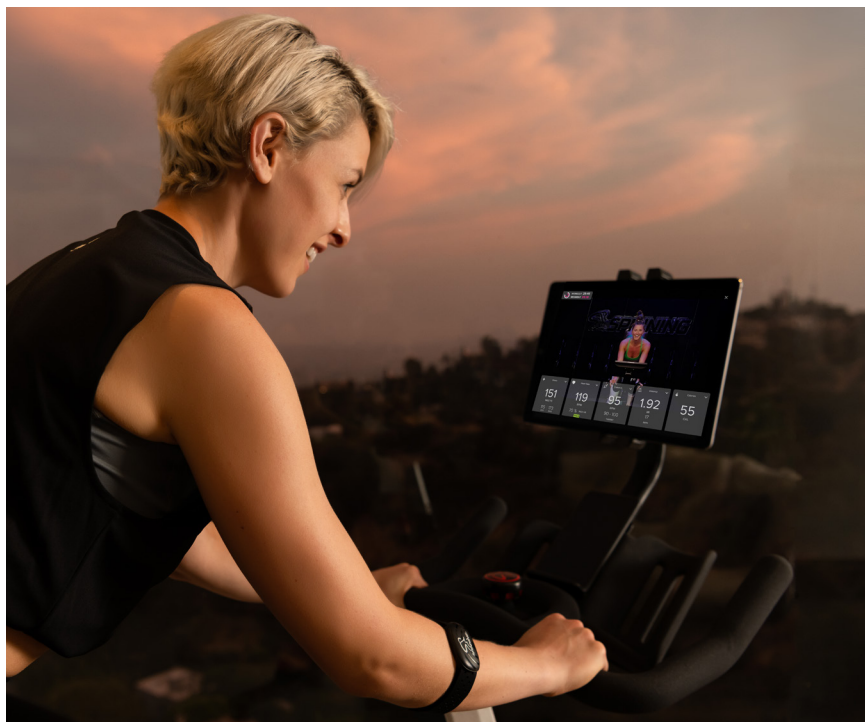
## WELCOME TO THE SPINNING® PROGRAM

Spinning® was born on the road, raised in the studio, and made for your home. We've helped millions of people around the world get into the best shape of their lives and we can't wait to ride with you.

The bike is just the beginning! Now you can create your own Spinning® experience by choosing content and gear for a ride tailored just for you. Try one of our apps on for size with a free trial for the Spinning® subscription of your choice.

**Spinning® Digital** delivers 24/7 access to on-demand rides with rockstar instructors. Stream rides directly to your favorite Wi-Fi enabled TV, computer or favorite mobile device. With a diverse selection of instructors, training styles and durations, you can get the workout you want, whenever you want – even when you can't get to the studio.

**Spinning® Digital+** is our all-in-one app that combines all the rockstar instructors and rides from Spinning® Digital with real-time metrics and tracking. It pairs with your heart rate monitor and your bike (with a power crank or cadence sensor) to deliver personal metrics and training zones during your ride! Your performance is tracked with detailed graphs and workout history, so you'll see your progress as you crush goals and gain power!



# SPINNING® PROGRAM SAFETY

- Read all warnings posted on the Spinner® bike. Read this owner's manual and follow it carefully before using the Spinner® Pace.
- Consult your physician before beginning this or any other exercise routine. Not all exercise programs 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® Pace.
- 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® Pace should not exceed 250 pounds (113.6 kg).
- Spinner® bikes have a perimeter-weighted flywheel and a fixed gear, which does not allow riders to coast. This means that, in order to stop, you must gradually slow your pedaling motion 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.
- Never turn the pedals or crank arms by hand, unless lubricating the chain (see page 22 for details).
- If at any time you feel dizzy or have difficulty breathing, gradually stop pedaling and carefully dismount the bike.
- Listen to your body, ride at your own pace and set your bike's resistance at the level that feels right for you.
- Keep children and pets away from the bike whenever it is in use.
- Stay hydrated. Drink water throughout your ride as needed.
- Always pedal with at least a little resistance on the flywheel.
- Your bike may include a heart rate monitor. The heart rate displayed may be inaccurate and should be used for reference only

- Keep your cadence range between 60 RPM and 110 RPM, depending upon the terrain. Use proper resistance to keep your pedaling speed within that range.
- 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. Your bike is equipped with dual-sided SPD pedals and we recommend cycling shoes for the best connection. You can purchase cycling specific shoes at [spinning.com](http://spinning.com). Please go to [spinning.com](http://spinning.com) for options.
- 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 placing your foot back in the pedal cage.
- When setting up the bike, make sure to place it on a level surface, adjust the leveling feet for stability and leave at least 39.5" of unobstructed clear space around all sides.
- Care should be taken in mounting or dismounting the exercise bike.

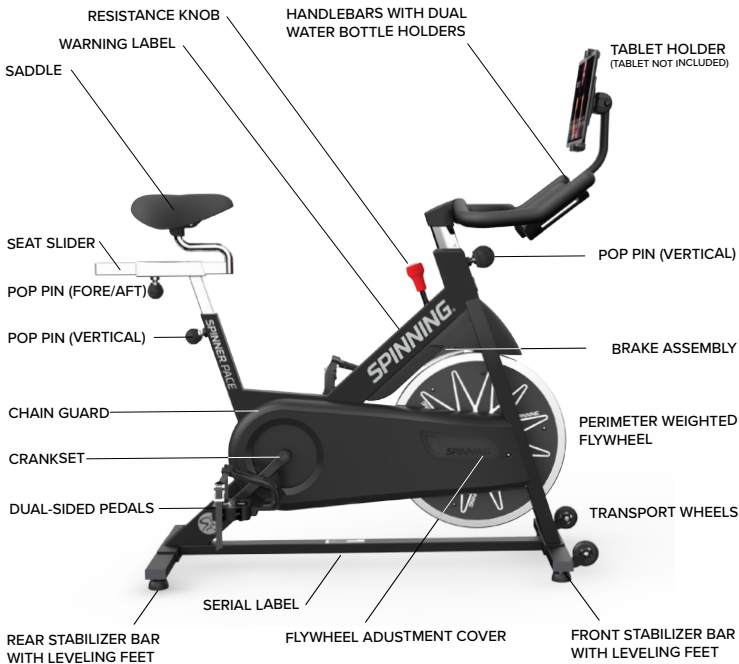


# YOUR SPINNER® BIKE

The patented Spinner® bike has been specially designed for the Spinning® program. The Spinner® bike lets you change positions with ease and includes the following features to create an enjoyable, effective workout:

- A contoured saddle to keep you comfortable and balanced. You can adjust the saddle horizontally and vertically to create a personalized fit.
- Adjustable handlebars featuring a contoured, tactile grip surface and an ergonomic design that facilitates proper Spinning® hand positions.
- An adjustable resistance knob to keep you in control of your ride. Simply turn the dial to add more or less resistance.
- A weighted flywheel to create a non-impact workout and facilitate a fluid pedal stroke.

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. Be careful about contacting the tablet holder while moving the bike and do not use it as a grip or moving handle. Roll the bike to the desired location and 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 14 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. You may use bike cleaner such as SPINTECH® Fitness Equipment Polish, but do not use de-greasers or harsh cleaning products. When cleaning your bike, be sure to keep your hands and fingers clear of a moving drivetrain. Never spray any cleaners onto the frame or components. Instead, spray a soft cloth with a diluted mixture of Simple Green (or equivalent) and wipe the bike down. Thoroughly dry the bike with a separate towel.

## PEDALS

Check the pedals weekly to ensure that the threads are completely tightened and the cleat retention is tailored to your riding style. If the pedals have become loose, tighten the threads with the supplied pedal wrench to ensure that they are securely attached. (Drive side tightens clockwise, non-drive side tightens counter-clockwise.)

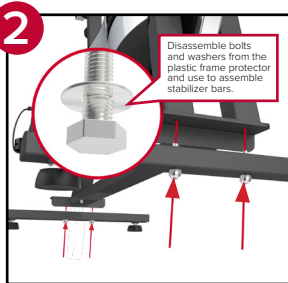


# SPINNER® BIKE ASSEMBLY

## 1 STEP 1: Unpack the carton

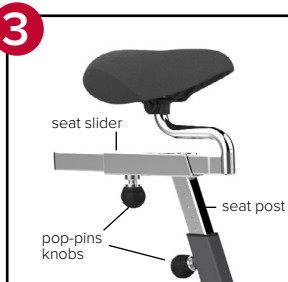
Open the shipping carton and remove all of the parts. Make sure that the following parts are included and that no damage has occurred during shipping:

- Bike frame with flywheel
- Front stabilizer bar with transportation wheels
- Rear stabilizer bar
- Handlebars
- Handlebar Post
- Pedals
- Large pop-pin knob
- Seat slider and saddle
- Seat post
- Tools for assembly and maintenance:  
Multi-wrench, Phillips head screw driver/5mm allen wrench combo,  
3mm allen wrench
- Owner's manual
- Tablet Holder



## 2 STEP 2: ATTACH THE STABILIZER BARS

Have someone help you tilt the bike forward and stabilize it while you remove the rear plastic shipping guard. Lift the back of the bike and remove the front plastic shipping guard. It is normal to see cracking in the shipping guards as they protect the frame in transit. Have someone help you tilt the bike forward (toward the flywheel) so that 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 bars.



## 3 STEP 3: INSTALL THE SADDLE

While holding and pulling back the seat post pop-pin knob, slide the seat post into the seat tube. Release the pop-pin knob. Adjust the seat post to make sure the pop-pin is properly engaged. Tighten the seat post pop-pin knob securely. Now unscrew, pull out and hold the seat slider pop-pin knob. Slide the seat slider all the way into the seat tube. Release the seat slider pop-pin knob. Adjust the seat slider (fore/aft) to make sure the pop-pin is engaged. Tighten the seat slider pop-pin knob securely.

4A



#### STEP 4A: **WATER BOTTLE HOLDER INSTALLATION**

Place the handlebars upside down on a flat surface. Place and align the mounting plate with the holes on the bar. Thread in the four screws (as shown in red) through the plate and into the bar to secure the bottle holder to the bar.

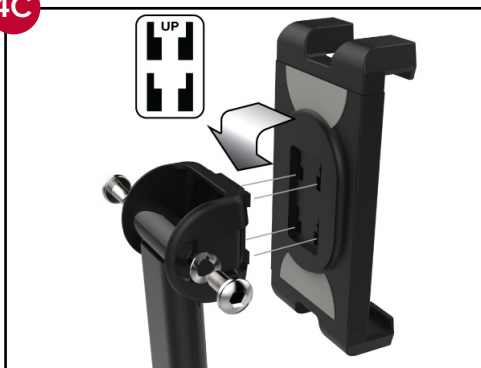
4B



#### STEP 4B: **ATTACH THE TABLET MOUNT TO THE BARS**

Locate the 2 bar washers and 4 bolts as shown and align the holes with the threaded bosses underneath the center section. Use the allen wrench to tighten the allen bolts securely.

4C

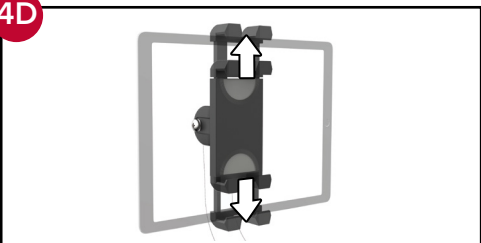


#### STEP 4C: **ATTACH THE TABLET CLAMP TO THE ARM**

Push in and slide down gently to fully engage the snap locks as shown. Note the orientation of the tabs and slots.

Pivot bolts can be tightened for a stiffer angle adjustment and should always be snug. Use caution and **do not over-tighten these bolts.**

4D



#### STEP 4D: **ATTACH THE TABLET**

Open holder tabs using two hands and place tablet securely. Use caution to keep tablet side controls away from holder tabs.

#### **Safety Precautions**

Install the tablet mount securely. Do not adjust the tablet or tablet mount while pedaling. Remove the tablet before moving your indoor cycle and do not place direct force on the tablet mount. Mad Dogg Athletics, Inc.® is not responsible for any injuries or damages caused to any person or item during the installation or use of this tablet mount.

4E

**STEP 4E: INSTALL THE HANDLEBARS**

Install the large handlebar pop-pin knob into the frame head tube several turns only, then pull out and hold the handlebar pop-pin knob. Slide the handlebar post all the way into the handlebar tube. Release the handlebar pop-pin knob. Adjust the handlebars to make sure that the pop-pin is engaged. Tighten the handlebar pop-pin knob securely before riding.

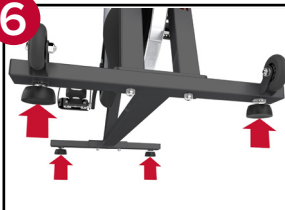
5

**STEP 5: 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 with the flywheel facing forward. 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 multi-wrench supplied and turn **counterclockwise** to tighten. Install the **right pedal** on the **right crank**. Use the multi-wrench supplied and turn **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.

6

**STEP 6: LEVEL THE BIKE**

Move the bike to the location where it will be used. Your Spinner® Bike requires 39.5” of unobstructed clearance space around every portion of the bike for proper operation. Make sure to set the bike up on a level surface. 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.

## 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 there are no missing parts.
- Test the handlebar post and seat post to make sure that they move freely and that you are able to lock them securely at different positions.
- Check the saddle to make sure that it is level, tight and does not rotate around or tilt. Tighten and adjust as needed.
- Test the seat slider for movement from front to rear, and 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 emergency brake if you need to stop quickly.
- Adjust the seat post and handlebar post to your needs. Refer to the playlist at [https://www.youtube.com/playlist?list=PLZwv65qs7XFRP\\_gw32Kh0WRkgpUTt1Atu](https://www.youtube.com/playlist?list=PLZwv65qs7XFRP_gw32Kh0WRkgpUTt1Atu) for video help.
- 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. Be careful to avoid the tablet holder when moving the bike. Do not use the tablet holder as a handle to move the bike. Make sure to adjust the leveling feet so that the bike remains stable at all times.

## WARNING!

### SAVE THESE INSTRUCTIONS

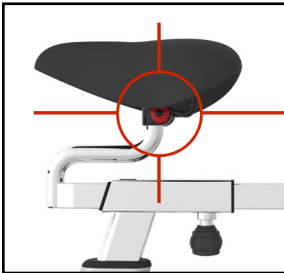
THE MOMENTUM OF THE FLYWHEEL OF THE BIKE WILL KEEP THE PEDALS TURNING EVEN AFTER YOU STOP PEDALING OR IN THE EVENT THAT YOUR FEET SLIP OFF OF THE PEDALS. DO NOT DISMOUNT THE BIKE OR ATTEMPT TO REMOVE YOUR FEET FROM THE PEDALS UNTIL BOTH THE PEDALS AND THE FLYWHEEL HAVE STOPPED COMPLETELY. FAILURE TO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

## TROUBLESHOOTING



### RATTLING HANDLEBARS OR SEAT TOWER

Make sure that the pop-pin knobs are correctly locked into place and tightened.



### 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 the left and right sides evenly and start with as little adjustment as necessary until you achieve the desired release tension.

# 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 flywheel adjustment cover on the front right side of the chainguard. Note the recess in the cover for finger grip.

**STEP 2:** Using your fingers, gently pop out the flywheel adjustment cover from the chainguard. This 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 carefully and slowly, by hand, approximately an eighth of a turn, and then 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 replace the flywheel adjustment cover so that it is flush to the outside of the chainguard. Your Spinner® bike is now ready for testing.

**SPINTECH®** lubricants, polish, grease and tools are available at [www.spinning.com](http://www.spinning.com)

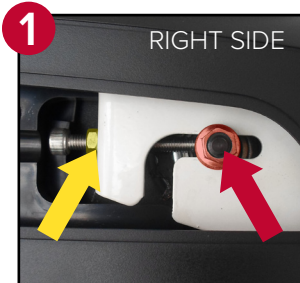
## ANGER



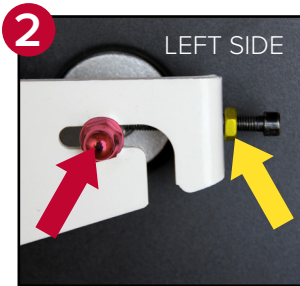
Keep fingers, loose clothing and objects away from moving drive chain. Failure to comply may lead to serious personal injury.

# CHAIN TENSION & ADJUSTMENT

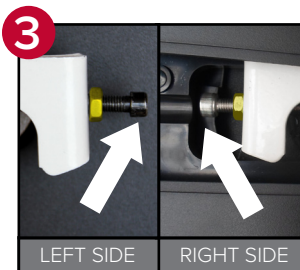
The chain on your bike has been factory set and should not require adjustment initially. Over time, however, you may need to adjust the tension. If you have any questions regarding your chain tension, please contact customer service at **(888) 704.SPIN (7746)** for consultation prior to adjusting the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



**STEP 1:** To access the axle nut on the right side of the Spinner® bike you will need to first remove the small rubber flywheel adjustment cover. Please refer to Step 2 in the previous section.



**STEP 2:** Using the multi-wrench or a socket wrench (not supplied), loosen the axle nuts (indicated with red arrows) on both the right and left side of the flywheel. Using the multi-wrench, loosen the adjustment lock nuts (indicated with yellow arrows) on both sides of the flywheel.



**STEP 3:** To **tighten** the chain, use an allen wrench, to turn the adjustment screws (indicated with white arrows) in a clockwise rotation equally on both sides.

To **loosen** the chain, use an allen wrench to turn the adjustment screws (indicated with white arrows) 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

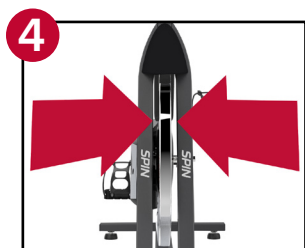


Keep fingers, loose clothing and objects away from moving drive chain. Failure to comply may lead to serious personal injury.

## 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 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).

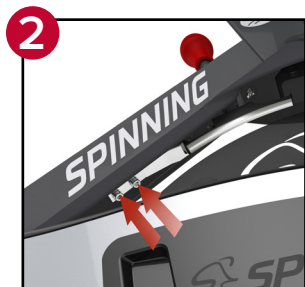


**STEP 5:** Once the flywheel is centered and the chain is tensioned, check to ensure that the main flywheel adjustment bolts (indicated with white arrows) are touching the flywheel axle. Now tighten the adjustment lock nuts clockwise (indicated with yellow arrows) against the frame while ensuring that the flywheel adjustment bolts do not rotate. Next, tighten the axle nuts (indicated with red arrows) on both sides, alternating from side to side until the flywheel is secure.

## 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 4mm allen wrench, carefully remove the two bolts supporting the brake pad (indicated with red arrows). Remove the old brake pad assembly.

Position the new brake pad assembly onto the frame. Carefully re-install 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.



# MAD DOGG ATHLETICS, INC. LIMITED WARRANTY

## Spinner® Pace

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