

SPINNER® PRO+
MANUFACTURED BY STAR TRAC
OWNER'S MANUAL



Table Of Contents

Introduction	4
Manufacturer	4
Warranty	4
Customer Support	4
Safety Instructions	4
Precautions	5
Safeguards	12
Assembly and Setup	13
Assembly Instructions	14
Testing Bike	17
Instructions	18
Seat Adjustment	18
Handlebar Adjustments	19
Pedal Strap Adjustment	19
Resistance Control	19
User Information	20
Bike Setup	20
Training Information	21
Dismounting Bike	21
Why Maintenance	22
Maintenance	23
Moving and Leveling	23
Preventive Maintenance	23
Daily Maintenance	23
Weekly Maintenance	24
Monthly Maintenance	24
Inspection and Adjustment	24
Frame Care	25
Parts Replacement	25
Adjustments	26

Introduction

This manual will acquaint you with the assembly, operation and maintenance of your Spinner® indoor cycling bike.

- 7160 Series - **Spinner PRO+** manufactured by STAR TRAC®

Be sure to read and follow the information and instructions for your specific model before assembly, using or servicing your indoor cycling bike.

Manufacturer

STAR TRAC
4400 NE 77th Avenue, Suite 300
Vancouver, WA 98662
Telephone: (800) 228-6635, (714) 669-1660
Fax: (714) 508-3303
<http://www.startrac.com>

Warranty

Frame is covered for 10 years from the date of purchase for structural failure. Additionally, the Spinner® PRO+ frame is warranted for five (5) years from the date of purchase against build up and propagation of rust. Flywheel Assembly, Brake Knob Assembly, Handlebar Assembly, Seat Post, and Foot Adjustments are covered for three (3) years from the date of purchase. Handle Bar Post Plastic Sleeve, Seat Post Plastic Sleeve, Bottom Bracket Assembly, Seat Saddle Assembly, and Pop-Pin Assembly, are covered for two (2) years from the date of purchase. Pedals, Chain, Brake Pad Assembly, Rubber Frame Guard, Brass Brake Nut and remaining parts are covered for one (1) year from the date of purchase. An advance warranty replacement kit of wear items is included, consisting of: one (1) brake pad and two (2) pedal straps.

Customer Support

If any items need replacement contact the Star Trac Customer Support Department at **800-503-1221** or **714-669-1660**.

Safety Instructions

This chapter includes precautions and fitness safeguards for the installation and use of the **SPINNER PRO+ manufactured by STAR TRAC**. Please read this chapter carefully before installing or using your equipment.

Safety instructions are provided in the following languages (in the order shown):

- English
- Dutch
- French
- Italian
- Portuguese
- Spanish
- Swedish
- Chinese
- Japanese

Precautions

These safety notes are directed to you as the owner of the Spinner® PRO+ manufactured by Star Trac. Please train all your users and fitness staff to follow these safety instructions.

- | DO | DO NOT |
|---|---|
| <ul style="list-style-type: none">• Do encourage each of your users to discuss their health program or fitness regimen with a healthcare professional.• Do stop operating your bike if you feel dizzy or faint.• Do perform regular preventative maintenance.• Do exercise slowly until you reach a level of comfort.• Do use the Spinner only for its intended use, as described in this manual. | <ul style="list-style-type: none">• Do not let unsupervised children operate the Spinner• Do not use without proper athletic shoes or cycling shoes.• Do not use in rainy weather outdoors, or in an enclosed pool environment.• Do not drop or insert any object, hands, or feet into any opening or within the area of the flywheel.• Do not attempt to remove any shrouds or modify the Spinner. |

WARNING

Your Spinner PRO+ manufactured by Star Trac is designed for aerobic exercise in a commercial or consumer environment. Please check with your physician prior to beginning any exercise program. Do not push yourself to excess. Stop if you are feeling faint, dizzy, or exhausted. Use common sense when biking. Read the owner's manual in its entirety before operating the bike. Failure to obey this warning can result in injury or death.

STAR TRAC® and the Star Trac logo are registered trademarks of Core Industries.
Spin®, Spinner®, Spinning® and the Spinning logo are registered trademarks of Mad Dogg Athletics, Inc.
Smart Release™ is a registered trademark of Nautilus, Inc.
SPD is a registered trademark of Shimano American Corporation

VOORZORGSMAATREGELEN

Deze veiligheidsaantekeningen zijn aan u gericht als eigenaar van de STAR Spinner® PRO+ manufactured by Star Trac. Gelieve uw gebruikers en uw personeel voor conditietraining volledig bekend te maken met deze veiligheidsinstructies.

Doe het volgende:

- Moedig elk van uw gebruikers aan hun gezondheidsprogramma of conditietherapie met een professioneel uit de gezondheidszorg te bespreken.
- Stop het gebruik van uw Spinner als u zich duizelig of een flauwte voelt.
- Voer regelmatig preventief onderhoud uit.
- Oefen langzaam totdat u een comfortniveau heeft bereikt.
- Gebruik de Spinner alleen voor zijn bedoelde gebruik, zoals in deze handleiding staat beschreven.

Doe het volgende NIET:

- Laat kinderen zonder toezicht de Spinner niet bedienen.
- Niet zonder gym schoenen gebruiken.
- Niet buiten bij regenachtig weer gebruiken, of in dichte ruimte met een zwembad.
- Laat geen enkel voorwerp in de Spinner vallen en steek uw handen of voeten in geen enkele opening van of onder uw Spinner.
- Probeer geen omhulsels te verwijderen of uw Spinner te wijzigen.

WAARSCHUWING

Uw Spinner® PRO+ manufactured by Star Trac is ontworpen voor aërobische oefeningen in een commerciële of gebruiker- omgeving.

Zie uw arts vóór het beginnen van een oefenprogramma.

Dwing uzelf niet tot buitensporige oefeningen. Stop als u zich duizelig, uitgeput of een flauwte voelt.

Lees de gebruikershandleiding helemaal en aandachtig door alvorens uw Spinner te bedienen.

Nalaten deze waarschuwing op te volgen kan letsel of overlijden tot gevolg hebben.

PRÉCAUTIONS

Ces consignes de sécurité s'adressent aux propriétaires du Spinner® PRO+ manufactured by Star Trac. Veuillez instruire tous vos utilisateurs et instructeurs à suivre ces consignes.

À Faire

- Encouragez tous les utilisateurs à consulter un médecin au sujet de leur programme de fitness ou régime d'exercice.
- Cessez d'utiliser le Spinner en cas d'étourdissement ou de faiblesse.
- Exécutez régulièrement la maintenance préventive.
- Commencez l'exercice lentement jusqu'à ce que vous atteignez un niveau confortable.
- Utilisez le Spinner uniquement de la manière prévue, telle que décrite dans ce manuel.

À éviter

- Ne laissez pas des enfants utiliser le Spinner sans surveillance.
- Ne l'utilisez pas sans porter de chaussures d'athlétisme.
- Ne l'utilisez pas en extérieur lors de temps pluvieux, ni en intérieur dans une salle de piscine.
- Évitez de laisser tomber tout objet ou d'introduire les mains ou pieds dans toute ouverture ou en-dessous du Spinner.
- Ne tentez pas de retirer tout carter de protection ni de modifier le Spinner.

AVERTISSEMENT

Le Spinner® PRO+ manufactured by Star Trac est conçu pour l'exercice aérobique dans un environnement commercial ou privé.

Veuillez consulter un médecin avant de commencer tout programme d'exercice.

Ne vous poussez pas au-delà de vos limites. Arrêtez-vous si vous vous sentez faible, étourdi ou épuisé.

Faites preuve de bon sens lorsque vous vous entraînez.

Lisez le guide de l'utilisateur en entier avant d'utiliser le Spinner.

Le non-respect de ces avertissements peut se traduire par des blessures, voire la mort.

VORSICHTSMASSNAHMEN

Die folgenden Vorsichtsmaßnahmen richten sich an Sie als Besitzer des Spinner® PRO+ manufactured by Star Trac. Bitte schulen Sie alle Ihre Benutzer und Ihr Fitness-Personal in der Beachtung dieser Sicherheitsvorschriften.

Gebote

- Legen Sie jedem Ihrer Benutzer nahe, sein Gesundheits- oder Fitnessprogramm mit einem medizinischen Fachmann zu besprechen.
- Beenden Sie den Betrieb Ihres Spinner, wenn Sie sich schwindelig oder schwach fühlen.
- Führen Sie regelmäßige vorbeugende Wartungsmaßnahmen durch.
- Trainieren Sie langsam, bis Sie eine gewisse Komfortzone erreichen.
- Verwenden Sie den Spinner nur zum vorgesehenen, in dieser Anleitung beschriebenen Zweck.

Verbote

- Lassen Sie den Spinner nicht von unbeaufsichtigten Kindern in Betrieb nehmen.
- Benutzen Sie das Gerät nicht ohne Sportschuhe.
- Benutzen Sie das Gerät bei regnerischen Witterungsbedingungen nicht im Freien und nicht in einer geschlossenen Schwimmbadumgebung.
- Lassen Sie keine Gegenstände in irgendwelche Öffnungen oder unter den Spinner fallen und halten Sie Hände und Füße von diesen Bereichen fern.
- Unternehmen Sie keinen Versuch, irgendwelche Abdeckungen zu entfernen oder den Spinner zu modifizieren.

ACHTUNG

Der Spinner® PRO+ manufactured by Star Trac ist für aerobische Übungen in einer kommerziellen oder Verbrauchenumgebung vorgesehen.

Bitte holen Sie vor Aufnahme eines jeden Trainingsprogramms den Rat Ihres Arztes ein.

Trainieren Sie nicht übertrieben hart. Hören Sie auf, wenn Sie ein Schwäche-, Schwindel- oder Erschöpfungsgefühl verspüren. Lassen Sie sich beim Schrittraining von Ihrer Vernunft leiten.

Lesen Sie vor Inbetriebnahme Ihres Spinner die Bedienungsanleitung vollständig durch.

Ein Missachten dieses Achtungshinweises kann Verletzungen oder den Tod zur Folge haben.

PRECAUZIONI

Queste note precauzionali sono dirette a voi, come proprietario dello Spinner® PRO+ manufactured by Star Trac. Siete pregati di istruire i vostri utenti e il vostro personale all'osservanza di queste precauzioni.

Da Fare

- Incoraggiate i vostri utenti a discutere il loro programma di salute o di fitness con uno specialista dell'healthcare.
- Interrompete l'uso dello Spinner se avete giramenti di testa o se vi sentite mancare.
- Eseguite periodicamente servizi di manutenzione.
- Utilizzate lo Spinner soltanto per l'uso a cui è destinato, come descritto nel manuale.

Da Non Fare

- Non consentite a bambini di usare lo Spinner senza la supervisione di un adulto.
- Non utilizzate lo Spinner senza scarpe atletiche.
- Non utilizzate lo Spinner all'esterno in condizioni piovose o in un ambiente con piscina interna.
- Non lasciate cadere oggetti sullo Spinner e non inserite oggetti, mani o piedi in qualsiasi apertura esterna o sotto lo Spinner.
- Non cercate di rimuovere le coperture o di modificare lo Spinner.

AVVERTENZE

Lo Spinner® PRO+ manufactured by Star Trac è stato realizzato per esercizi di aerobica in un ambiente pubblico o privato adeguato.

Prima di iniziare un programma di esercizio fisico, consultate il vostro medico.

Non eccedete i vostri limiti. Fermatevi se vi sentite mancare, se avete giramenti di testa o se vi sentite esausti. Usate buon senso nell'utilizzo dell'attrezzatura.

Leggete il Manuale dell'utente interamente prima di utilizzare lo Spinner.

La mancata osservanza di queste avvertenze può comportare lesioni gravi o morte.

PRECAUÇÕES

Estas notas de segurança destinam-se a você, proprietário do Spinner® PRO+ manufactured by Star Trac. Treine todos os usuários e o pessoal da academia para que sigam estas instruções de segurança.

O que fazer

- Incentive todos os usuários a discutirem seu programa de saúde ou sistema de condicionamento físico com um profissional da área de saúde.
- Pare o funcionamento do Spinner se sentir tontura ou vertigem.
- Efetue a manutenção preventiva regular.
- Faça exercícios lentamente até atingir um grau de conforto.
- Use o Spinner apenas de acordo com a finalidade para que se destina, conforme descrito neste manual.

O que não fazer

- Não deixe crianças sem supervisão operarem o Spinner.
- Não use sem os sapatos esportivos apropriados.
- Não utilize em ambientes externos quando o tempo estiver chuvoso, nem em um ambiente fechado de piscina interna.
- Não deixe cair nem insira nenhum objeto, mãos ou pés em qualquer abertura ou sob o Spinner.
- Não tente remover nenhum degrau nem modificar seu Spinner.

ADVERTÊNCIA

Seu Spinner® PRO+ manufactured by Star Trac foi projetado para exercícios aeróbicos em um ambiente comercial ou próprio do consumidor.

Consulte seu médico antes de começar qualquer programa de exercícios.

Não se esforce demais. Pare se sentir tontura, vertigem ou exaustão. Tenha bom senso ao fazer o exercício.

Leia todo o Manual do Proprietário antes de operar o seu Spinner.

Deixar de observar esta advertência pode resultar em ferimentos ou morte.

PRECAUCIONES

Estas notas de seguridad están dirigidas a usted como el dueño de Spinner® PRO+ manufactured by Star Trac. Por favor instruya a todos sus usuarios y personal de entrenamiento para que sigan estas instrucciones de seguridad.

Lo que se debe hacer

- Dígame a cada uno de sus usuarios que discuta su programa de salud o régimen de ejercicio con un profesional de la salud.
- Deje de operar su Spinner si se siente mareado o como que va a desmayarse.
- Lleve a cabo mantenimiento preventivo a intervalos regulares.
- Haga ejercicio lentamente hasta que alcance un nivel en el que se sienta cómodo.
- Utilice el Spinner solamente para lo que fue diseñado, como se describe en este manual.

Lo que no se debe hacer

- No permita que los niños operen su Spinner sin supervisión.
- No lo use sin zapatos atléticos.
- No lo utilice afuera en la lluvia ni en un ambiente cerrado donde haya una piscina.
- No lo deje caer ni inserte objetos, manos o pies en ninguna apertura de su Spinner ni debajo de él.
- No intente quitar ninguna cubierta o recubrimiento ni modificar su Spinner.

ADVERTENCIA

Su Spinner® PRO+ manufactured by Star Trac está diseñado para el ejercicio aerobico en un ambiente comercial o de consume.

Por favor consulte con su médico antes de iniciar cualquier programma de ejercicio.

No haga un esfuerzo excesivo. Deténgase si se sienta mareado, exhausto o como si fuera a desmayarse. Use su sentido común al hacer ejercicio.

Lea completamente el Manual del dueño antes de operar su Spinner.

El no cumplir con esta advertencia puede resultar en una lesión o en la muerte.

FÖRSIKTIGHETSÅTGÄRDER

Dessa säkerhetsanmärkingar är riktade till dig i egenskap av ägare av Spinner® PRO+ manufactured by Star Trac. Var god utbildade alla användare och all personal att följa dessa säkerhetsanvisningar.

Man ska

- uppmuntra alla användare att konsultera sitt hälsoprogram eller sin träningsregim med en läkare.
- sluta använda Spinner om man känner sig yr eller svimfärdig.
- utföra regelbundet underhåll i förebyggande syfte.
- motionera långsamt tills man når en komfortnivå.
- endast använda Spinner för dess avsedda användning, enligt beskrivning i denna handbok.

Man ska inte

- låta barn använda Spinner utan uppsikt.
- använda Spinner utan sportskor.
- använda Spinner utomhus i fuktigt väder eller i ett inneslutet bassängområde.
- tappa in eller föra in något föremål, händer eller fötter i någon öppning, eller under Spinner.
- försöka att avlägsna några skyddskåpor eller att modifiera Spinner.

VARNINGAR

Din Spinner® PRO+ manufactured by Star Trac är avsedd för aerobisk träning i kommersiella eller konsumentinriktade miljöer.

Konsultera din läkare innan du inleder något träningsprogram.

Driv inte dig själv för hårt. Sluta om du känner dig yr, svimfärdig eller utmattad. Använd Spinner med sunt förnuft.

Läs igenom hela handboken innan du använder Spinner.

Underlåtelse att iaktta dessa varningar kan medföra skada eller dödsfall.

注意事项

以下安全注意事项是专门为 Spinner® PRO+ manufactured by Star Trac 的拥有人而制订的。请务必训练所有设备使用者和健身房工作人员遵守这些安全注意事项。

要：

- 鼓励所有使用者与专业医疗保健人员商讨他们的医疗保健方案或健身进程。
- 使用Spinner时若感觉到晕眩或虚弱，请立即停止使用。
- 定期维护设备。
- 锻炼要慢慢开始直至达到一个自如的程度。
- 仅将Spinner用作本使用手册所列的用途。

不要

- 不要让无人看管的儿童使用您的Spinner。
- 没穿运动鞋时不要使用。
- 下雨时不要在室外使用，也不要室内游泳池附近使用。
- Spinner 的敞开部位或底下不要掉落或塞进任何物件、包括手或脚。
- 不要尝试拆除任何覆盖物或改装您的Spinner。

警告

Spinner® PRO+ manufactured by Star Trac 是专门设计用于商业或消费用途的健身锻炼设备。

开始任何锻炼计划之前，请先与您的医生进行商讨。

不要过于勉强自己。如果感觉到虚弱、晕眩或疲倦就应停止运动。运用常识正确举步。

使用stepper前请先完整阅读使用手册。

如不遵从以上警告有可能导致受伤或死亡。

注意事項

以下の安全に対する注意事項は、Spinner® PRO+ manufactured by Star Trac

りオーナーに対するものです。オーナーは、すべてのユーザーおよびフィットネススタッフ全員が以下の安全に対する注意事項に従うよう指導してください。

実施すべきこと

- ユーザーには、ヘルスケア専門家と各自のヘルスプログラムまたはフィットネス管理法について話し合うよう奨励する。
- 目まいを感じたり気が遠くなった時は、Spinnerの使用を中止する。
- 定期的に予防メンテナンスを実施する。
- 快適なレベルに達するまではゆっくりと運動する。
- 本マニュアルに従って、意図された目的のみのためにSpinnerを使用する。

すべきでないこと

- 大人の監督下でない子供にSpinnerを使用させる。
- 運動靴の着用なしに使用する。
- 雨天時の屋外における使用、閉ざされた屋内プール環境での使用。
- Spinnerを落下させる、あるいは使用中のSpinnerまたはSpinnerの下に異物、手、足を入れる。
- 保護カバーをはずそうと試みる、またはSpinnerを改造する。

警告

Spinner® PRO+ manufactured by Star Trac

は、商業環境および消費者環境でエアロビクス（有酸素）運動を行うために設計されています。

エクササイズプログラムを始める前に、必ず医師に健康状態を確認してください。

無理な運動は避けてください。気が遠くなったり、目まいを感じたり、ひどく疲れた場合は、すぐに運動を中止してください。使用に際しては常識的な判断を下してください。

Spinnerを使い始める前に、オーナーズ・マニュアルを最後まで読んでください。

以上の警告に従わない場合には、負傷あるいは死亡などの結果を招く可能性があります。

Safeguards

The following fitness safeguards and operating precautions are directed to purchasers and users of Spinner® indoor cycling bikes. Club Managers should ensure that members and fitness staff are trained to follow these same instructions. Failure to follow these safeguards may result in injury or serious health risk.

- Ensure that adjustment knobs (seat height, seat fore-and-aft, and handlebar) are properly secured and do not interfere with range of motion during exercise.
- Children under the age of 16 should not ride the Spinner bike. The bike mechanism and ergonomics are designed for adult use only.
- Do not insert any object, hands or feet into any openings, or expose hands, arms or feet to the drive mechanism or other potentially moving part of the bike.
- The maximum weight for individuals riding the Spinner bike should not exceed 350 pounds (159 kilograms).
- Spinner bikes have a weighted flywheel and a fixed gear. This means that in order to stop, you must gradually slow your pedal strokes rather than stopping abruptly. If you do need to stop immediately, push down on the resistance knob. Do not dismount the bike or 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 injury.
- After exercising, turn the resistance knob to increase resistance so the pedals will not rotate freely and potentially injure someone.
- 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's in use.
- Never turn the pedal crank arms by hand.
- Stay hydrated. Drink water throughout your ride as needed.
- Always keep some resistance on the flywheel.
- Stay in control by executing all core movements and hand positions at a slow pace before attempting to increase your speed. Do not attempt to ride the bike in a standing position at a high RPM until you have practiced at slower speeds.
- Focus on form, posture and making smooth transitions between movements.
- Do not use the bike without proper footwear. Never operate the bike with bare feet.
- Never remove your feet from the pedals while still in motion. Prevent your feet from coming out of the toe clip or shoe cage by keeping shoe laces tucked in and foot straps pulled snug around your shoe. If your foot does become disengaged, push down on the resistance knob to stop the flywheel's motion.

Assembly & Setup

Use the following procedures to unpack and assemble your **Star Trac SPINNER® PRO+**.

UNPACKING AND PARTS LIST

Position the shipping carton so the “Heavy End” logo is located at the bottom. Open the top of the carton and fold back all four flaps. Carefully tilt the box forward so that the box may be lifted to expose the bike. Remove all parts from the shipping carton and foam inserts, and verify that the following parts are included in your shipment:

Spinner PRO+ Parts List	
Description	Qty.
Main Frame Assembly	1
Handlebar Assembly	1
Seat and Slider Assembly	1
Lower Seat Post	1
Rear Foot Leg	1
Front Foot Leg	1
Pedals and Bolts (set of two; R and L)	2
8mmx50mm Button Head Bolts and Washers	4
Multi-Sized Open Wrench	1
Tool Kit	1

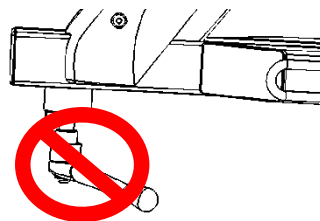
Take time now to enter your Spinner PRO+ serial number in the space below (serial number is located on the bottom cross member). If parts are missing, or if you have any operational questions, please call Star Trac's Service department at (800) 503-1221. Have your serial number ready.

Serial No. _____

NOTE: If you are missing any of the parts listed above, inspect the packing material and the box for items that may have been overlooked.

If parts are missing, or if you have any product questions, please call Star Trac's Service Department at (800) 503-1221, please have your Spinner's serial number ready.

CAUTION: Damage to the bike during assembly is not covered as part of the limited Star Trac warranty. Take care not to drop or lean the bike on the handle bar pop-pin. Carefully stand the bike up in the normal upright position on a stable surface so it will not tip over during assembly.



ASSEMBLY INSTRUCTIONS

1. Unboxing the unit requires turning the sealed box upside down to open the bottom flaps (Fig. 1).



Fig. 1

2. Return the opened box back to the upright position (Fig. 2).

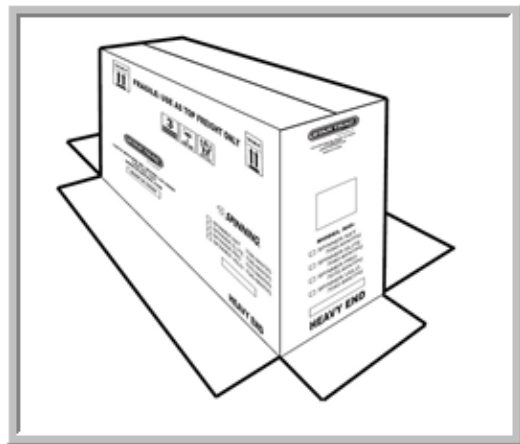


Fig. 2

3. Expose the packaged bike by pulling the box up (Fig.3).

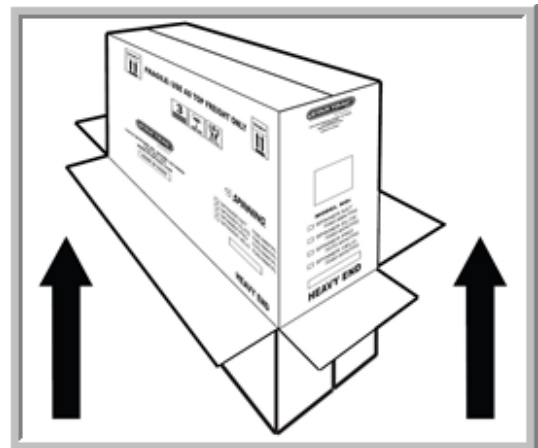


Fig. 3

4. Installing the Back Leg (Fig. 4)

- A. Place the back leg in position at the rear of the bike, aligning the two holes in the leg with the mating holes in the frame bracket.
- B. Insert two 8mm x 50mm button head bolts through each leg into the frame bracket with a flat washer between the leg and bolt.
- C. Use a 5mm Allen Wrench to tighten each bolt securely.

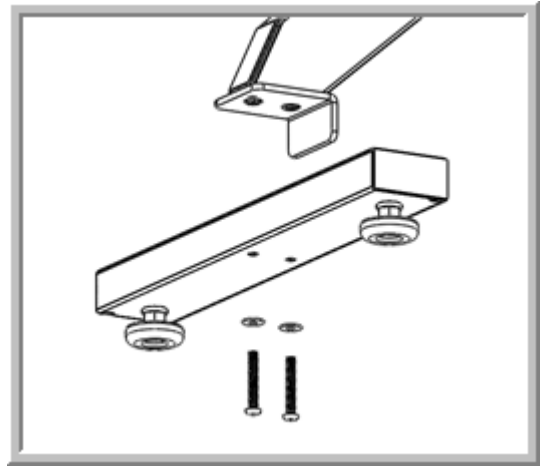


Fig. 4

5. Installing the Front Leg (Fig. 5)

- A. Place the front leg in position at the front of the bike, aligning the two holes in the leg with the mating holes in the frame bracket.
- B. Insert two 8mm x 50mm button head bolts through each leg into the frame bracket with a flat washer between the leg and bolt.
- C. Use a 5mm Allen Wrench to tighten each bolt securely.

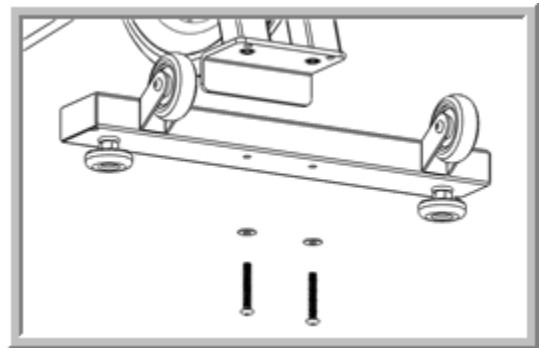


Fig. 5

6. Installing the Pedals (Fig. 6)

- A. Insert each pedal into the corresponding crank arm.
- B. Using a rubber mallet; tap the center of each pedal with medium force to lock each pedal in place.
- C. Insert the pedal securing bolts into each pedal thru the back of each crank arm using an 8mm hex key.
- D. Torque each pedal securing bolt to 33-37 lb-ft.

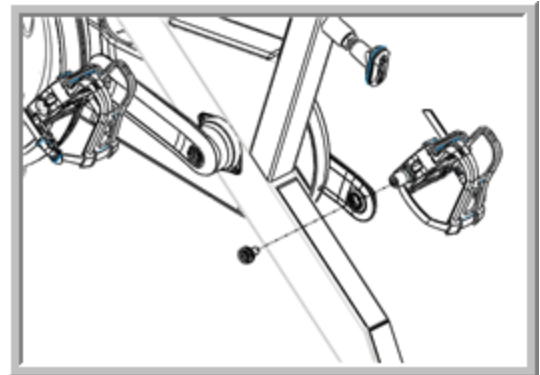


Fig. 6

NOTE: Each pedal is marked with an indentation of the letters “L” (LEFT) or “R” (RIGHT) towards the corner of the surface where the SPD clips are located.

7. Installing the Handle Bar (Fig. 7)

- A. Insert the handle bar assembly post into the front of the Spinner® frame tube. Pull on the handlebar height adjustment pop-pin to lower the handlebar post all the way into the frame.

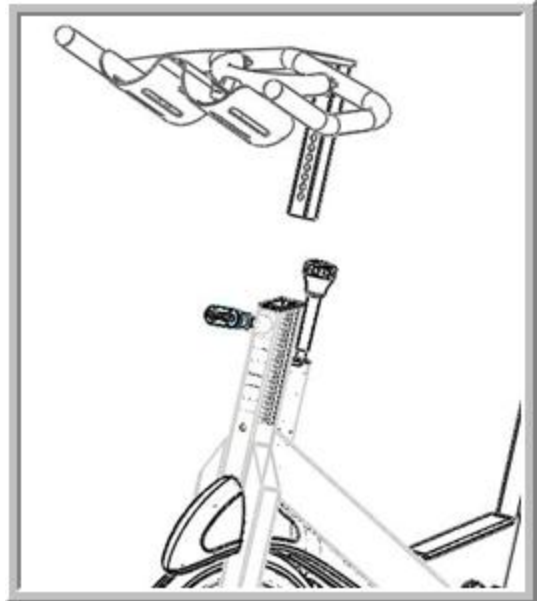


Fig. 7

8. Installing the Seat Post (Fig. 8)

- B. Insert the seat post into the rear tube of the Spin bike. Pull on the seat height adjustment pop-pin to lower the seat post all the way into the frame.

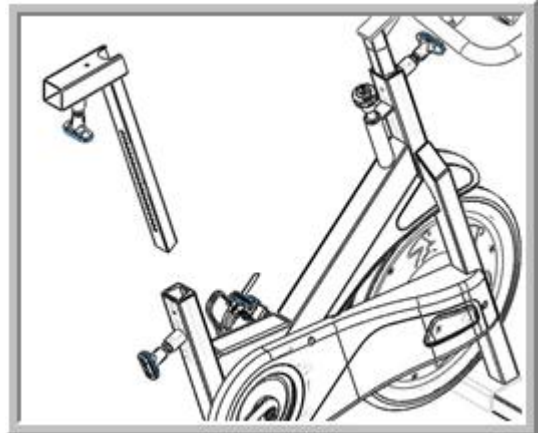


Fig. 8

9. Installing the Seat Slider (Fig. 9)

- A. Insert the seat slide into the horizontal tube opening of the seat post assembly. Pull on the seat slider adjustment pop-pin to slide the seat post all the way into the vertical seat post.

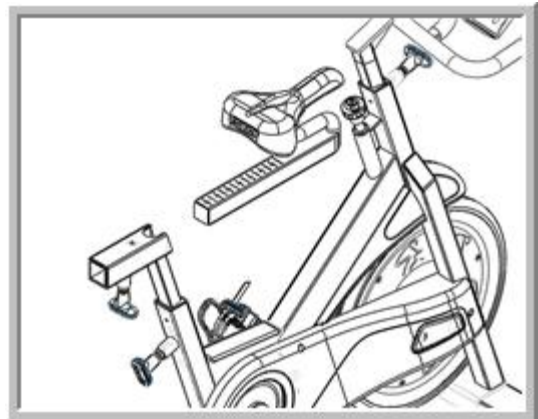


Fig. 9

Testing Bike

Use this checklist to perform the bike test procedure.

- Recheck all the bolts and make sure they are all tightened to the proper torque specification (when indicated) and no parts are missing.
- Test the handlebar and seat post to make sure they move freely and you are able to lock in at different positions.
- Check the seat to make sure it is level and tight and does not rotate around or tilt. Tighten and adjust as needed.
- Test the seat slide for movement front to rear and check it by settings it at different settings.

CAUTION: The flywheel will continue to spin after you pedal and the crank arms and pedals will rotate with the flywheel.

Brake tension is adjustable using the red resistance knob in the front of the bike. Pressing down on the knob will apply the brake if you need to stop quickly.

- Adjust seat post and handlebar post to your needs (Refer to page 18-19). Ride / test the bike for proper operation according to this owner's manual.
- Pedal the bike at a moderate pace and test for proper and smooth resistance changes while varying the amount of turns on the resistance knob.
- When the testing is complete tip the bike forward using the handlebars and roll it on a smooth surface to the final location and adjust the leveling feet so the bike is stable.

Instructions

Your Spinner® indoor cycling bike is easy to use. The bike allows full control over the resistance by simply adjusting the brake pad. Typically, lower resistance levels enable you to pedal at a faster pace, placing increased demand on the cardiovascular system. Higher resistance levels will typically deliver a greater muscle/endurance workout at lower revolutions per minute (RPM). RPM parameters in the Spinning program range from 60 to 110 RPM.

Additionally, the bike offers seat and handlebar adjustments, allowing the bike to be configured to each users comfort zone.

This section provides the instructions for making seat adjustments, handlebar adjustments, pedal strap adjustments, and for controlling resistance.

PLEASE NOTE: In a club setting, we recommend each user to initially be properly fitted on the bike by a certified Spinning instructor.

Seat Adjustments

Proper seat height helps ensure maximum exercise efficiency and comfort, while reducing the risk of injury. Adjust the seat height so that the knee joint is slightly flexed when the extended leg is at the bottom of the pedal stroke. Once the proper height has been achieved, adjust the seat forward or back so that when the feet are in the 3 o'clock and 9 o'clock positions, the forward knee is directly over the pedal axle. Recheck the seat height again after making the fore/aft adjustment, as moving the seat forward and backward can have the same effect as moving it higher or lower

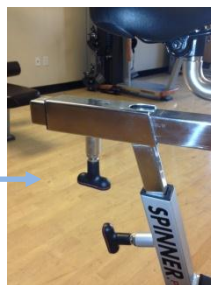
Spinner Pro+
Seat Pop-Pin



To adjust the seat height:

Dismount the bike. Turn the seat height pop-pin counterclockwise and pull out on the pin to release it from its current preset location. Raise or lower the seat to the desired height, then gently release the pop-pin. Raise or lower the seat slightly, if necessary, until the pop-pin engages a preset hole, Turn the pop-pin clockwise to secure. Be sure to tighten firmly.

Spinner Pro+
Fore/Aft Pop-Pin



To adjust the seat horizontal position:

Dismount the bike. Loosen the seat fore-and-aft tension knob by turning the knob counterclockwise. Move the seat forward or back to the desired position and then tighten the tension knob by turning clockwise.

Handlebar Adjustment

Position the handlebar at the same height as your seat, or higher if you feel any discomfort in your back. All Spinner® indoor cycling bikes allow for adjustment of handlebar height.

To adjust the handlebar height:

Loosen the handlebar height tension handle by turning the handle counterclockwise. Raise or lower the handlebar to the desired height, then tighten the tension handle by turning clockwise. Be sure to tighten firmly.



Spinner Pro+
Height Pop-Pin

Pedal Strap Adjustment

To adjust the pedal straps:

Place the balls of your feet securely in the toe cages, with the ball of the foot (or the widest part of your shoe) over the center of the pedals. As you pedal, concentrate on keeping feet flat, which enables a more powerful pedal stroke. The front of the shoe may not completely fill the toe cage.

Note: The pedal straps should be adjusted to hold the foot snugly in the pedal.

Spinner Pro+
Pedal Tightening
Clip



Resistance Control

Pedaling resistance is controlled by the resistance knob. Resistance adjustments can be made while riding to vary the intensity of your workout. To increase resistance, turn the Push Brake System knob clockwise (+); to decrease resistance, turn the knob counterclockwise (-).

NOTE: In case of emergency, you may press directly down on the Push Brake System knob to bring the flywheel to an abrupt stop.

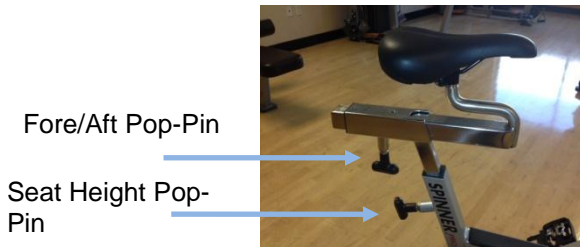
Spinner Pro+
Resistance Knob



User Information

Bike Setup

Proper bike setup gives you a more comfortable ride and reduces your risk of injury.



SEAT HEIGHT

At the proper height, there should be a slight bend in your knee when you're at the bottom of a pedal stroke.



FORE/AFT POSITION

Once the proper height has been achieved, adjust the seat forward or back so that when the feet are in the 3 o'clock and 9 o'clock positions, the forward knee is directly over the pedal axle. Recheck the seat height again after making the fore/aft adjustment, as moving the seat forward and backward can have the same effect as moving it higher or lower.

HANDLEBAR HEIGHT

Position the handlebar at the same height as your seat, or higher if you feel any discomfort in your back.

FOOT POSITION

Place the balls of your feet securely in the toe cages, with the ball of the foot (or the widest part of your shoe) over the center of the pedals. As you pedal, concentrate on keeping feet flat, which enables a more powerful pedal stroke. The front of the shoe may not completely fill the toe cage.

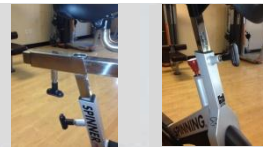
RESISTANCE CONTROL

Pedaling resistance is controlled by the Push Brake System knob located below the handlebar. Resistance adjustments can be made while riding to vary the intensity of your workout. To increase resistance, turn the Push Brake System knob clockwise (+); to decrease resistance, turn the knob counterclockwise (-).

Make sure that all pop pins are engaged and secure after adjusting your bike.

WARNING

IN CASE OF EMERGENCY, YOU MAY PRESS DIRECTLY DOWN ON THE PUSH BRAKE SYSTEM KNOB TO BRING THE FLYWHEEL TO AN ABRUPT STOP.



TRAINING INFORMATION

This section will provide very basic information regarding the structure of a Spinning® workout. For compressive information, refer to the Spinning website and their Enthusiasts section at: <http://www.spinning.com/en/enthusiasts>

IMPORTANT: User should be aware of the features, functions and proper operation of the bike **before** using the bike for the first time. Users can refer to the Spinning website and their Enthusiasts section at: <http://www.spinning.com/en/enthusiasts> to learn about getting started, training tips, articles and research and more.

Before Beginning

Be sure the seat, handlebar and pedal straps are properly adjusted for your body size and comfort before beginning your workout. Consult your physician before beginning this or any other exercise routine. Discontinue any exercise that causes you discomfort and consult a medical expert.

Warm-Up

Once you are in position and sitting on the bike with your hands in a comfortable position on the handlebar, slowly begin pedaling. A gradual warm-up prepares the muscles and cardiovascular system for a more intense workout, and helps prevent potential injuries from occurring. Your warm-up should be sufficient once your breathing rate begins to increase and you begin to perspire lightly. The warm-up period should last about five minutes.

Work Out

A brisk and rhythmic workout will train the muscles and cardiovascular system to perform at a higher efficiency. The key is to exercise aerobically; typically at 60% – 75% of your maximum heart rate.

Cool-Down

Slow and relaxed activity after a workout allows the muscles and cardiovascular system to gradually return to a resting level.

Dismounting Bike

WARNING: The flywheel momentum of the bike will keep the pedals turning even after the user stops pedaling, or in the event the user's feet slip off the pedals. **DO NOT DISMOUNT THE BIKE OR 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.

You may stop the bike using ANY of the following methods:

- Pedal more slowly until the pedals come to a complete stop.
- Increase the resistance by turning the Push Brake System knob clockwise (+) until the pedals come to a complete stop.
- Push down on the Push Brake System knob until the pedals come to a complete stop.

Why Maintenance

A regular preventative maintenance schedule with all fitness equipment ensures that products are working at an optimal condition without affecting the end user exercise experience. To assist in the maintenance regiment, it is recommended to break service into: Daily, Weekly, & Monthly intervals. Details on each interval can be found in the “Maintenance Intervals” section of this document.

Tools

Working on this product will require basic and/or sometimes specialty tools based on the type of service that will be performed at any time. To assist, Star Trac recommends having the tools listed (Fig. 1) available when performing maintenance.

Tool	Purpose
Crank Puller	Removing cranks & pedals
Metric Allen (Hex Key) Wrench Set	Tightening or removing various Allen head screws throughout the product.
Metric Sockets Set	Tightening or removing various hex nuts used throughout the product.
Metric Open Wrench Set	Tightening or removing various hex nuts used throughout the product.
Square Drive Ratchet Wrenches	To use in conjunction with Allen head and or hex socket sets.
Torque Wrench	Tightening various critical bolts throughout the product to specific torque specifications.
Phillips Head Screwdriver Set	Tightening or removing various Phillips head screws used throughout the product.
Flat Head Screwdriver Set	Prying off specific shrouds from wedged locations.

Fig. 1

Maintenance

This section provides the procedures to maintain the Spinner® indoor cycling bikes in serviceable condition.

Moving & Leveling

To move the bike to a new location:

Lift the bike from the rear and use the front wheels (located on the front leg, below the handlebar) to roll the bike from one location to another.

To level the bike:

Use the four leveling adjusters (located on the underside of the front and rear legs) to compensate for uneven floor surfaces.

Preventive Maintenance

Perform regular scheduled preventive maintenance procedures to maintain your Spinner® indoor cycling bike in serviceable condition.

Note: *Star Trac strongly recommends replacing the pedals after two years of use.*

Daily Maintenance

The life of your Spinning product will be determined by how consistently you perform the daily maintenance procedures. Dry the Spinning bike after each use to remove sweat and moisture. It is best to use a liquid non-abrasive cleaner diluted with water.

Wipe Down / Cleaning

To prevent the build-up of rust and other forms of corrosion, wipe down the bike at the end of each day (or preferably at the end of each class). Raise all posts to the highest setting to expose moisture. Using an absorbent cloth, focus on all areas that perspiration can settle. Give particular attention to the following areas:

- Handlebar
- Seat / adjustable slide for the seat
- Flywheel
- Back leg assembly
- Chain guard
- Brake knob and bolt assembly
- Pop-pins
- Leveling feet

NOTE: Never use abrasive cleaning liquids or petroleum-based solvents when wiping down the bike.

NOTE: 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 may direct class participants to release all tension for the resistance knob after each use.

Inspection / Adjustment

Inspect major moving parts that require constant proper torque. Loose or misadjusted parts can result in personal injury or damage to the bike. Check the following parts for security and/or proper torque.

Inspect all major moving parts that require constant proper torque. Loose or misadjusted parts can result in personal injury or damage to the bike. Check the following parts for security and/or proper torque.

Pedals

Verify that the pedals are re-torqued after the first 10 hours of use and every 100 hours of operation, thereafter. Use a torque wrench if components are loose.

NOTE: The pedal to the crank arm bolt torque is: 33-37 lb-ft.

IMPORTANT: If your facility allows members to interchange pedals, it is critical that the pedals are checked after each class to prevent damage, which may lead to injuries if ignored.

Weekly Maintenance

Weekly maintenance should focus on the overall performance of the Spinner® indoor cycling bike. During these inspections, look for vibration and possible loose assemblies.

Have an experienced rider ride each bike to identify and help diagnose any vibration, noises, and any "unusual" feeling from the drive chain. Either faulty flywheel alignment or a loose chain can cause vibration.

- Check for proper flywheel alignment. Torque flywheel nuts as necessary.
- Remove chain guard and check for loose chain. Adjust chain as necessary.

Inspect each bike for loose assemblies, parts, bolts and nuts. Give particular attention to the following:

- Tighten all frame base hardware.
- Tighten all pop-pin handles.
- Tighten seat hardware.
- Tighten pedal toe clip / toe straps.
- Inspect and tighten tension knob assembly.

Monthly Maintenance

The monthly maintenance check should be a comprehensive inspection of the overall frame and main assembly components of the Spinner indoor cycling bike in addition to the Weekly Maintenance.

Inspection and Adjustment

Inspect the frame and main assembly components for rust or corrosion. Tilt the bike or place in an upside down position to locate areas where rust and corrosion may develop. Use a small, wire brush to remove rust build-up in small crevasses, such as leveling feet, pop pin handles and other bolt assemblies. Give particular attention to the following areas:

- Leveling feet
- Pop pin handles

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 pad for wear. Rips, tears or excessive movement indicates replacement is required.
- Inspect pedals for play. Excessive movement of pedals indicates replacement is required.
- Tighten seat hardware.
- Tighten pedal toe clip / toe straps.
- Inspect and tighten tension knob assembly.
- Leveling feet.

Frame Care

It is recommended that the frame on the each Spin® bike is sealed from sweat impurities that may speed the corrosion process at least once a month.

Cleaning

Using a clean terry cloth that is dampened in 30 parts water to 1 part non-abrasive detergent or car wash soap rub over the frame of the product.

Wash/Dry

Dampen a clean terry cloth in an **only** water solution to wipe away any soap residue. Using a second clean and dry terry cloth; dry off any liquid residue.

Sealing

The frame can be sealed by applying a wax or polishing coat that can help repel away liquids like human perspiration. Apply the wax or polish per the manufacturer's instructions for best results.

Parts Replacement

Depending on the use and maintenance of the product; certain items can be replaced on a scheduled timeframe. The list (Fig. 2) below shows the components that can be replaced on a scheduled date to maximize the end user experience.

Component	Time Frame
Brake Pad Assembly	12 Months
Chain	24 Months
Console Batteries (for Optional Group Cycling Computer Console, sold separately)	48 Months OR As Needed Based on Use

Fig. 2

Adjustments

Chain Tension & Adjustment

The chain on your bike has been factory set and lubricated. It should not require adjustment initially. Over time, however, you may need to adjust the tension.

CAUTION: Improper chain adjustment will cause premature wear and may void the warranty.

To adjust chain on Spinner® PRO+:

1. Using a 3mm Allen Wrench, remove the three screws supporting the plastic chain guard shroud. (Figures 4)
2. Using a 16mm or 5/8" socket and socket wrench, loosen the axle nuts on both sides of the flywheel.
3. Using a 10mm open end wrench, loosen the lock nuts on the chain adjustment screws.
4. To tighten the chain, turn the adjustment screw in a clockwise rotation equally on both sides using the 10mm open end wrench. (Figure 2A & 2B).
5. To loosen the chain, turn the adjustment screws on both sides counter-clockwise using a 10mm open end wrench.
6. While adjusting the chain tension, work on both sides of the flywheel. Adjust the angle of the flywheel so it is straight front to rear and evenly spaced within the frame side to side. (Figure 2A & 2B).
7. Align the chain so it runs straight on both of the sprockets.
8. Adjust the angle of the flywheel by adjusting the adjustment screws on both sides of the flywheel. Test by slowly rotating the pedals.

Note:

- If the chain is stretched beyond adjustment, the replacement of the chain is recommended.
 - When alignment is at the optimal adjustment, the chain will run smoother and quieter.
9. Tighten the adjustment lock nuts and axle nuts on both sides.
 10. Install the chain guard shroud and re-test the bike.

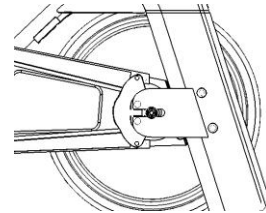


Figure 1. PRO+

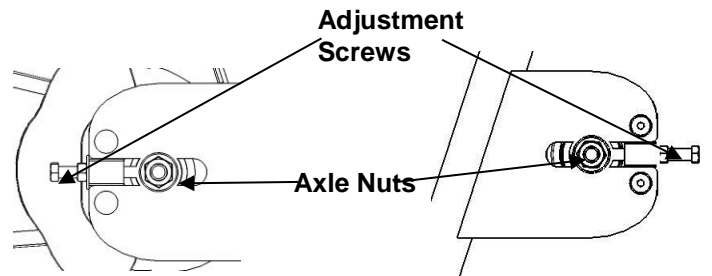


Figure 2A. PRO+
Chain Guard Side

Figure 2B. PRO+
Opposite Side of Chain
Guard



STAR TRAC
4400 NE 77th Avenue, Suite 300
Vancouver, WA 98662
Telephone: (800) 228-6635, (714) 669-1660
Fax: (714) 508-3303
<http://www.startrac.com>