Important Safety Information

**Important**  Save these instructions for future reference.

Read all documentation provided with your bike, including assembly, maintenance, and getting started, before using this bike.

**Note**  This product is intended for commercial use.

**CAUTION**  Using an incorrect battery creates an explosion risk. Contact manufacturer for correct replacement batteries, if needed. Dispose of used batteries according to manufacturer instructions.

To prevent injury, the console must be attached securely to the base unit following all assembly and installation instructions. The console is intended for use only with Precor fitness equipment, not as a standalone device.

**Safety Precautions**
Always follow basic safety precautions when using this bike to reduce the chance of injury, fire, or damage.

**Owner Instructions**
- Use the bike only for its intended purpose as described in this manual. Do not use accessory attachments that are not recommended by Precor. Such attachments may cause injuries.
- Assemble and operate the bike on a solid, level surface.
- Spacing: These minimum spacing recommendations are based on a combination of the ASTM (U.S.) voluntary standards and EN (European) regulations as of October 1, 2012, for access, passage around, and emergency dismount: a minimum of 0.5 m (19.7 in.) on at least one side, and 0.5 m (19.7 in.) behind or in front of the bike.
- Consider carefully the requirements of the Americans with Disabilities Act (ADA), US Code 28 CFR (see Section 305). ASTM standards are voluntary and may not reflect current industry standards. The actual area for access, passage around, and emergency dismount is the responsibility of the facility. The facility should consider the total space requirements for training on each unit, voluntary and industry standards, and any local, state, and federal regulations. Standards and regulations are subject to change at any time.

**Important** These spacing recommendations should be used when positioning bike away from sources of heat, such as radiators, heat registers, and stoves. Avoid temperature extremes.

- Do not operate the bike where aerosol (spray) products are being used or where oxygen is being administered.
- Maintain the bike to keep it in good working condition, as described in the this manual. Inspect the bike for incorrect, worn, or loose components, and then correct, replace, or tighten prior to use.
- If you plan to move the bike, obtain help and use proper lifting techniques.
- Do not attempt to service the bike yourself, except to follow the maintenance instructions in this manual.
Owner and User Instructions
Before beginning any fitness program, you should obtain a thorough medical exam from your physician, particularly if you have high blood pressure, high cholesterol, or heart disease; have a family history of any of the preceding conditions; are over the age of 45; smoke; are obese; have not exercised regularly in the past year; or are taking any medication.

When using exercise bike, you should always take basic precautions, including the following:

- Read, understand, and test the emergency stop procedures before use.
- Precor cannot guarantee that the heart rate measurement system on its products will work for all users in all instances. Heart rate measurement accuracy varies based on a number of factors, including the user’s physiology and age, the method in which the equipment and the heart rate measurement system is used, external interference, and other factors that may influence heart rate acquisition and processing.
- Do not allow children, or people unfamiliar with the operation of this bike, on or near it. Do not leave children unsupervised around the bike.
- Do not allow children under the age of 16 to use the Spinner bike.
- **For commercial bikes:**
  Release all tension from the resistance knob after each use to allow for perspiration to evaporate. If bikes are used in a class setting, the instructor should direct class participants to release all tension from the resistance knob after each use.
- **For bikes used in a home setting:**
  Wipe down the bike after each use. Pay special attention to the area under the resistance knob. When done, turn the resistance knob clockwise (+) to put tension on the flywheel so that the pedals do not rotate freely.
  - When the bike is not in use, always keep some resistance on the flywheel.
  - Care should be taken when mounting or dismounting the bike.
• You must gradually slow your pedal strokes to slow the bike. To stop immediately, firmly press down the resistance knob. Do not dismount the bike until the pedals and flywheel have come to complete stop and there is resistance on the flywheel. Failure to follow these safety instructions can result in serious personal injury.

• Hold onto a handlebar while assuming the starting position on the bike.

• Face the console and do not lean on or pull on the console at any time.

• Do not use outdoors.

• Heart rate monitors are not medical devices. Various factors, including the user’s movement, may affect the accuracy of the heart rate readings. The heart rate monitors are intended only as exercise aids in determining heart rate trends in general.

• Hold on to the handlebar with one hand whenever you operate the console keys with the other hand.

• Never turn the crank arms by hand.

• Never drop or insert objects into any opening. Keep hands away from moving parts.

• Do not set anything on the handlebars, control console, or covers. Place liquids, magazines, and books in the appropriate receptacles.

• Weight Restriction: Refer to your bike manual for weight restrictions.

• Practice riding the bike using all hand positions and the standing position before you attempt to ride at higher speeds.

• Wear proper exercise clothing and shoes for your workouts and avoid loose or dangling clothing. Tie long hair back. Do not wear shoes with heels, and check the soles of your shoes to remove any dirt and embedded stones.

• If your foot comes out of the toe strap or toe clip, firmly press down the resistance knob to stop the flywheel and pedal motion before you reposition your foot and tighten the toe straps or reposition your shoe in the toe clip.
Regulatory Information

FCC STATEMENT
FCC警語置於使用者手冊

Federal Communication Commission Interference Statement
This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation.

This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one of the following measures:
• Reorient or relocate the receiving antenna.
• Increase the separation between the equipment and receiver.
• Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
• Consult the dealer or an experienced radio/TV technician for help.
**FCC Caution:** To assure continued compliance, any changes or modifications not expressly approved by the party responsible for compliance could void the user’s authority to operate this equipment. (Example - use only shielded interface cables when connecting to computer or peripheral devices).

**FCC Radiation Exposure Statement**
This equipment complies with FCC RF radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with a minimum distance of 20 centimeters between the radiator and your body.

This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

The antennas used for this transmitter must be installed to provide a separation distance of at least 20 cm from all persons and must not be co-located or operating in conjunction with any other antenna or transmitter.

**IC STATEMENT**

IC 警語, 如下:
This device complies with Industry Canada license-exempt RSS-210 standard. Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.
Hazardous Materials and Proper Disposal
The batteries within self-powered equipment contain materials considered hazardous to the environment. Federal law requires proper disposal.

NCC STATEMENT
NCC 聲明

第十條
製造、輸入或販賣低功率射頻電機者，應於低功率射頻電機使用說明書內加印第十二條及第十四條之規定內容。

第十二條
經型式認證合格之低功率射頻電機者，非經許可，公司、商號或使用者均不得擅自變更頻率、加大功率或變更原設計之特性及功能。

第十四條
低功率射頻電機者之使用不得影響飛航安全及干擾合法通信；經發現有干擾現象時，應立即停用，並改善至無干擾時方得繼續使用。
前項合法通信，指依電信法規定作業之無線電通信。
低功率射頻電機者須忍受合法通信或工業、科學及醫療用電波輻射性電機設備之干擾。
**Product Recycling and Disposal**

This equipment must be recycled or discarded according to applicable local and national regulations.

Product labels, in accordance with European Directive 2002/96/EC concerning waste electrical and electronic equipment (WEEE), determine the framework for the return and recycling of used equipment as applicable throughout the European Union. The WEEE label indicates that the product is not to be thrown away, but rather reclaimed upon end of life per this Directive.

In accordance with the European WEEE Directive, electrical and electronic equipment (EEE) is to be collected separately and to be reused, recycled, or recovered at end of life. Users of EEE with the WEEE label per Annex IV of the WEEE Directive must not dispose of end of life EEE as unsorted municipal waste, but use the collection framework available to customers for the return, recycling, and recovery of WEEE. Customer participation is important to minimize any potential effects of EEE on the environment and human health due to the potential presence of hazardous substances in EEE. For proper collection and treatment, contact Precor Customer Support.
Contents

The Spinning® Studio Console 14

Unpack the Box 15

Console Features 16

Console Setup 17

Cadence Sensor Installation 18

Pairing with your Heart Rate Belt 21

Customize Console Settings 23

Attach the Console to the Bike 26

Console Care 27

Frequently Asked Questions 28

Warranty Information and Customer Support 30
The Spinning® Studio Console

Thank you for purchasing the Spinning® Studio Console. Heart rate training is an essential aspect of the Spinning program and this console will help you monitor your heart rate, cadence, time, distance and calories burned on every ride. This manual explains the key features of this console, as well as the steps for installing the console onto your Spinner® bike. Be sure to log on to www.spinning.com for the latest updates and information from Spinning.

Enjoy the ride!
Unpack the Box

The console box contains components for mounting the console on different bike models. Most current bikes use the flat mount bracket (2).

Each console ships with the following parts:
1. Console
2. Flat mount bracket (includes four screws and four spacers)
3. Ring mount bracket (packaged with 4 screws)
4. Rubber gasket inlay
5. Cadence sensor
6. Cadence sensor foam holder
7. Magnets (two: one thin, one thick)
8. Adhesive magnet-holding shim
9. AAA batteries (three) for console
10. Cadence sensor bracket and two screws
11. Double-stick adhesive pads

Required Tools
- Phillips head screwdriver
- Hex key (5 mm)

Batteries Required
- Console: three AAA batteries (included)
- Cadence sensor: one CR2032 lithium coin cell battery (included)
Console Features

ANT+™ interoperable 2.4Ghz wireless technology
Low power consumption for long battery life
Code memory during battery displacement and replacement
Large three line display: Cadence, Heart rate and Training data
Bright LED backlight
Low battery indicator

User Metrics

Customize units of measure: metric or imperial

RPM (revolutions per minute): Measures pedal strokes per minute. The average RPM is calculated over a single workout.

BPM (beats per minute): Measures heart beats per minute. The average BPM is calculated over a single workout.

Time: During a workout, time displays in minutes:seconds. After 60 minutes, it displays in hours: minutes.

Distance: Calculations are based on RPM.

Energy: KiloCalorie calculations are based on RPM.
Console Setup

The Spinning® Studio Console features a large, clear display and simple four-button layout.

The console and cadence sensor pair right out of the box. Check the four-digit code on the back of the console and cadence sensor (Figure 1) to make sure they match. Once confirmed, insert the three batteries into the console.
Cadence Sensor Installation

The Spinning® Studio Console tracks your cadence (measured in RPM) and distance. To track this information, you must attach the cadence sensor to the Spinner® bike.

To mount the magnet on a Precor Spinning bike:

1. Using a clean cloth, wipe the inside of the crank arm and magnet pocket (Figure 2) to remove dust or dirt.

2. Place the thicker magnet into the magnet pocket and secure it using the magnet-holding shim.

To install the sensor, you must remove both bike side covers.

To remove the covers:

1. Lock the flywheel and pedals by turning the resistance knob clockwise.
2. Remove one side cover by removing the three outside screws (Figure 3).

3. Remove the front window panel of the cover to expose the two inside screws. Remove these screws (Figure 4) and carefully lift the cover over the pedal assembly.

4. Remove the bike cover on the opposite side by removing the three screws that secure it (Figure 5).

To install the sensor:

1. Press the cadence sensor into the foam holder (Figure 6).
2. Gently press the cadence sensor and foam holder into the designated sensor holder (Figure 8) located on the inside of the bike cover (Figure 7).

3. To secure the cadence sensor, position the cadence sensor bracket over the cadence sensor (Figure 9) and attach it using two screws.

4. Test the cadence sensor synchronization using the following procedure.

To check the synchronization and complete installation:

1. Press the Reset button on the sensor (Figure 10).

2. Loosen the resistance knob, mount the bike, and begin pedaling.

3. On the console, verify that the rotating rate is correct. **Note** A green light will flash on the sensor to confirm synchronization between the sensor and magnet. If the sensor does not sync, refer to Customize Console Settings.

4. Reattach all bike covers and fully tighten the bolts.
Pairing with your Heart Rate Belt

ANT+ compatible heart rate belts work with this console, and pairing to an ANT+ belt prevents any heart rate “crosstalk”.

Analog 5.3 KHz heart rate belts such as Polar® Wearlink™ also pair with the this console.

*Important* Precor recommends testing both types of heart rate belts with the console to ensure it functions properly with each type.

To pair the console with your heart rate belt:

1. Start your ANT+ compatible HR belt signal or analog 5.3 KHz heart rate simulator or belt.
2. Press *Mode*.  
The heart rate information displays on the screen.
3. Press *Heart Rate Pairing* for automatic pairing with your heart rate signal.

*Note* When pairing, the words LINK HERE appear above the ANT symbol.

For *ANT+ products*: The heart rate belt must be within 30 cm (12 inches) of the console for pairing.
4. When pairing is successful:

**ANT+ products:** A four digit code displays on the screen.

**For other 5.3 KHz heart rate belts:** Four zeros display on the screen.

5. Press **Heart Rate Pairing** again to return to the workout mode.

As you pedal, the console displays information on your heart rate, cadence, time, distance and calories. After successfully pairing the console with your heart rate belt, you are ready to customize your settings or attach the console to your bike.

If you have difficulty pairing your heart rate belt to the console, please refer to *Frequently Asked Questions.*
Customize Console Settings

Use these settings to customize the console display or, if necessary, to re-pair the cadence sensor with the console.

**Important** To enter the settings mode, you must press and hold Mode as you install the third battery into the console.

The keys on the console are used as labeled by users, but function differently when setting up the console.

<table>
<thead>
<tr>
<th>Key</th>
<th>Function during setup</th>
</tr>
</thead>
<tbody>
<tr>
<td>S</td>
<td>Start/Pause/Resume button</td>
</tr>
<tr>
<td>LS</td>
<td>Long press Start/Pause/Resume button</td>
</tr>
<tr>
<td>M</td>
<td>Mode Button</td>
</tr>
<tr>
<td>LM</td>
<td>Long press Mode Button</td>
</tr>
<tr>
<td>B</td>
<td>Backlight Button (increase number in code setting)</td>
</tr>
<tr>
<td>P</td>
<td>Heart Rate Pairing (decrease number in code setting)</td>
</tr>
</tbody>
</table>

To customize the console settings or re-pair the cadence sensor with the console:

1. As you install the third battery into the console, press and hold Mode until the screen displays all 8s.

2. Press Mode again to display the cadence screen.
3. Press **Mode** again to display the cadence sensor code.

   a. To re-pair the cadence sensor, perform an **LS** press to enter the re-pair screen sequence, then press **Mode**. Go to Step 4 to enter the correct sensor code (Figure 1).

   b. If your sensor needs repairing and you do not know your cadence sensor code (Figure 1), perform an **S** press on the console and then press the reset button on the sensor (Figure 10) so the console can identify the code. When the sensor code displays, press **Mode** to continue setup with the *Units of Measure* section.

   c. If re-pairing is not required, press **Mode** to continue setup with the *Units of Measure* section.

4. Hold **Start/Pause/Resume** until the first number or letter at the bottom of the screen begins flashing.

5. Enter the four digit code on the cadence sensor using **Backlight** to scroll up through each number and letter.

6. Press **Mode** to enter your selection and proceed to the next digit.
7. When all four numbers or letters have been entered into the console, press **Mode** to save and return to the cadence sensor identification screen.

8. Press **Mode** again to display the units of measure.

To change the units of measure:

1. On the console, press **Heart Rate Pairing** to select the units of measure (Figure 14). The flashing unit is the one selected.

2. Press **Mode** to save the preferred unit of measure (Km or Miles). The back light adjustment screen now displays.

**Backlight Time Adjustment**

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

To adjust the length of time the backlight remains on after use:

1. On the cadence information screen, the LCD display will appear with a time.

2. Press **Backlight** to increase the time or **Heart Rate Pairing** to decrease the time. You can also select **OFF**.

3. Press **Mode** to select time and return to workout mode.
Attach the Console to the Bike

Before attaching your Spinning® Studio Console to your Spinner® bike, make sure that the console is pairing properly with your cadence sensor and heart rate transmitter.

*To attach the console to the bike:*

1. Place the rubber gasket inlay behind the console (Figure 15).

2. Select the flat bracket and secure it to the back of the console with the three screws (Figure 16).

   **Note** Older bike models may require a different console mounting bracket. Choose the one appropriate for your bike.

3. Mount the console and bracket assembly just above the handlebars using four screws and four spacers. Use Figure 18 for newer bike models and Figure 19 for older bike models.
Console Care

Precor strongly recommends performing regular maintenance to ensure the console performs accurately.

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

Follow these recommended procedures:

**Daily:**
- After each use, wipe down the console using a soft cloth moistened with a mild soap solution in a 30:1 water-to-cleaner ratio. Spray the solution onto a soft cloth and then wipe the console.
- Never spray liquids directly onto the console or use abrasive cloths, oil, ammonia, or alcohol-based cleaners.

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

**Monthly:**
- Inspect all parts for damage and replace parts as required.
- Inspect mounting of the cadence sensor and magnet to ensure it is intact and working properly.
- A “low battery” indicator displays when batteries need replacing. Replace the batteries in the console with 3 high-quality AAA alkaline batteries.
Frequently Asked Questions

**Which heart rate belts work with the Spinning® Studio Console?**
Any ANT+ compatible heart rate belt will work with this console, and pairing to an ANT+ belt will prevent any heart rate “crosstalk”. Any analog 5.3 KHz heart rate belt such as Polar® Wearlink™ will also pair with this console. We recommend the **Spinning Connect™** heart rate belt, as it will pair with this console as well as BLE-receiving smart phones.

**What if the console is not picking up my heart rate?**
- Make sure that the belt fits securely at the bottom of your ribcage and that the sensors are slightly moistened.
- The battery in the belt may be low. Try another strap or replace the battery/batteries inside your heart rate belt to facilitate pairing.
- Try using the Heart Rate Pairing button in the lower left for manual pairing with the console. For ANT+ chest straps, the displayed code will be alphanumerical. For analog belts, the code will be 4-digits and displayed as 0000.
- Check your distance from the console during syncing. Make sure you are 30 cm (12 inches) or less from the console.
- Press **Heart Rate Pairing** to start a new pairing process and delete the existing relationship. If the process does not complete, the previous pairing relationship will be lost.
What if I am picking up another rider’s heart rate?
If bikes and riders are close enough together while wearing analog heart rate belts, it is possible to have “crosstalk” wherein the heart rate signal from another rider displays on an adjacent console. Using ANT+ compatible belts prevents this problem, but if this problem persists, try moving the bikes further apart to prevent “crosstalk.” The initial close proximity heart rate pairing to each individual console is an important step in preventing “crosstalk.” The console will first look for a close ANT+ HR belt if one is not seen it will look for a 5.3KHz belt.

What batteries work in the console and cadence sensor?
The console requires three AAA batteries. The cadence sensor requires one CR2032 lithium coin cell battery.

CAUTION  Using an incorrect battery creates an explosion risk. Contact manufacturer for correct replacement batteries, if needed. Dispose of used batteries according to manufacturer instructions.

What is the best way to preserve battery life on the console?
Excessive use of the backlight will diminish battery life. Keeping the backlight off preserves battery life.

How do I clear the display after a ride?
The display turns off automatically after five minutes of inactivity. To manually reset or clear your training data during or after a ride, press and hold Start/Pause/Resume for ten seconds.
Warranty Information and Customer Support

Warranty

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

Customer Support

If you have any questions about this console or any parts in need of replacement, please contact:

Precor Customer Service & Support: 1-800-347-4404

Find us online at www.precor.com.