The Spinner® Chrono™ console displays power level, interval tracking, simultaneous current and average data for workout and summary, and lets you pair your smartphone to online Bluetooth® applications.

**Attach the console to the bike**

**To attach the console:**
1. Plug the data cable into the back of the console.
2. Place the console on top of the handlebars (Figure 1).
3. Position the console back plate under the handlebars making sure not to pinch the cable.
4. Secure the console using four socket head screws through the back plate and into the console case (Figure 2).

**Important** The USB port on the back of the console is for updating software and use by customer service. DO NOT use it to charge phones.

**Activate the console**

Precor equipment is either self-powered or externally powered using an optional power adapter. To activate self-powered equipment, begin pedaling.

An optional AC power adapter provides sustained power to the equipment or recharges the internal battery. To purchase the power adapter, contact Precor Customer Support.

**Set up the console**

You can use the console with default settings or you can customize it two ways:
- Save time by using a formatted USB stick with the defined settings to set up multiple consoles with the same settings.
- Manually define club settings and custom parameters on each console.

**Setup/Service mode**

Use the console Setup/Service mode to configure settings in ways that benefit exercisers.

*Note* The information provided in this section is intended for system administrators and Precor service technicians. DO NOT share it with exercisers or non-administrative staff.

**To enter the Setup/Service mode:**

2. Press and HOLD down the blue button while doing the following at the same time:
   - Press and release the white button.
   - Press and release the green button.
   - Press and release the green button again.
   - Press and release the white button.
3. Release the blue button.

In the Setup/Service mode, the console buttons function differently.

<table>
<thead>
<tr>
<th>Button</th>
<th>Function</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blue (Focus)</td>
<td>Move through settings within each category</td>
</tr>
<tr>
<td>Green (Interval)</td>
<td>Return to previous category</td>
</tr>
<tr>
<td>White (Pairing)</td>
<td>Select displayed option, then advance to next category</td>
</tr>
</tbody>
</table>

**Settings in the Service/Setup Mode**

For detailed information on each setting, see the Indoor Cycling product page at Precor.com.

<table>
<thead>
<tr>
<th>Setting</th>
<th>Setting options (default in bold)</th>
</tr>
</thead>
<tbody>
<tr>
<td>UNITS</td>
<td>MPH, KPH</td>
</tr>
<tr>
<td>BACKLIGHT</td>
<td>3, 1, 2</td>
</tr>
<tr>
<td>DISP MODE</td>
<td>SPINPOWER, CAL, KJ</td>
</tr>
<tr>
<td>BT PAIRING</td>
<td>ON, OFF, YELLOW ON, BLUE ON (Active Status Light)</td>
</tr>
<tr>
<td>ASL SETUP</td>
<td>ON, OFF, YELLOW ON, BLUE OFF (Active Status Light)</td>
</tr>
<tr>
<td>MAJOR INS</td>
<td>KEEP, CLEAR (used after bike maintenance)</td>
</tr>
<tr>
<td>DEVICE ID</td>
<td>Default ID # (Can be customized using the blue button)</td>
</tr>
<tr>
<td>LANGUAGE</td>
<td>ENGLISH, SPANISH, FRENCH, GERMAN</td>
</tr>
<tr>
<td>SETUP</td>
<td>NO, YES (used with USB stick during setup)</td>
</tr>
<tr>
<td>RESET</td>
<td>NO, YES (clears all user settings from console and returns the system to factory defaults)</td>
</tr>
<tr>
<td>PROGRAM</td>
<td>NO, YES (used with USB stick during software upgrades)</td>
</tr>
</tbody>
</table>

**Informational Settings**

These settings contain the information required when you contact Precor Customer Support including serial numbers, software program versions, odometer and error log summary, and model numbers. It is possible to record system information and the error log on a properly formatted USB stick.

**Service Tests**

These tests help you troubleshoot systems including torque, WATTs, RPM, battery and generator voltage and amps, and display elements.
**Get to know the Spinner® Chrono™ Console**

The large color display provides you with essential stats to keep you engaged from the beginning to the end of your workout.

<table>
<thead>
<tr>
<th>Number</th>
<th>Function</th>
<th>Number</th>
<th>Function</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Setting Display: • Press <strong>Focus</strong> (blue) button to select the setting you want.</td>
<td>6</td>
<td>Current interval time, number, energy, and average power: • Press the <strong>Interval</strong> (green) button to record segments of your workout.</td>
</tr>
<tr>
<td>2</td>
<td>Total workout energy with current and average workout power.</td>
<td>7</td>
<td>Focus (blue) button: • Move through the workout metrics. • Initiate Bluetooth® pairing.</td>
</tr>
<tr>
<td>3</td>
<td>Total workout current and average RPM.</td>
<td>8</td>
<td>Interval (green) button: • Record segments of your workout.</td>
</tr>
<tr>
<td>4</td>
<td>Total workout current and average heart rate.</td>
<td>9</td>
<td>Heart Rate Pairing (white) button: • Pair your sensor with the heart rate feature on the console.</td>
</tr>
<tr>
<td>5</td>
<td>Total workout accumulated time and estimated distance based on the power generated.</td>
<td>10</td>
<td>If both bottle holders are in use, you can use the ledge as a phone holder.</td>
</tr>
</tbody>
</table>

**Start a workout**

Begin pedaling. The Welcome banner displays. After 3 seconds, if enabled, the Bluetooth® pairing screen displays. With no action, the console goes into workout mode and the three buttons illuminate.

**Heart Rate display**

The Heart Rate display requires pairing to the user’s heart rate device. Heart Rate pairing can only be done while in the workout mode. **Note:** Only ANT+™ heart rate enabled sensors pair with this console. This console does not pair with analog or Bluetooth® heart rate sensors.

Press the **Pairing** button. • The console searches for a heart rate sensor for 30 seconds. If it does not identify one, the console returns to the workout screen. • If it does find a sensor, it will display its ID code.

**Important** The console picks up the sensor closest to it, so make sure your sensor is nearest the console.

Press the **Focus** button at any time to return to the workout screen.

**Interval feature**

Use the **Interval** button to record and save individual parts of your workout and move from one workout segment to the next.

**To use the interval feature:**

1. Start your warm-up.
2. Once you finish the warm-up, press the **Interval** button. This saves your warm-up or subsequent interval and resets it to record the intensity portion of your workout including time and energy expenditure. You can record 0 through 10 intervals. If you keep pressing **Interval** after recording the tenth interval, the program overwrites the tenth interval.

**Finish a workout**

To complete a workout:

1. While pedaling, press and hold the **Interval** button for at least two seconds to display the summary screen.
2. If not pedaling or pause, the screen pauses for two minutes. During this time, you can:
   • Begin pedaling again to continue workout.
   • Sit idle and wait until the summary screen displays.
   • Press the **Interval** button to immediately display the summary screen and complete the workout.

In the Summary mode, you can:

1. Press the **Interval** button (if intervals were selected during a workout) to display “Interval Summary 0,” and then continue to press it to cycle through and display each saved interval summary.
2. Stop pedaling and walk away. The console turns off after 60 seconds.
3. Press and hold the **Interval** button for two seconds. The console returns to the Welcome screen. Begin pedaling to start a new workout.

**Console Care**

**Important** Do not use any acidic cleaners to clean the console. Doing so will weaken paint, powder coatings, and other surface finishes and will void the Precor Limited Warranty. Never pour water or spray liquids directly onto the screen.

Precor strongly recommends performing the following maintenance after each use:

1. Spray a mild soap solution in a 30:1 water-to-cleaner ratio 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.
2. Inspect each console for loose parts or bolts and adjust and tighten loose hardware as needed. Remove any consoles that are damaged, not properly mounted, or at risk of coming loose.