

LIFESTYLE *SERIES*

OWNER'S MANUAL



LIFESTYLE SERIES

Congratulations on your purchase of a Lifestyle Series Spinner® 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.

Be sure to log on to www.spinning.com for additional training tips, videos and other useful information about your new bike and the Spinning program.

Enjoy the ride.

SPINNER® L9

SPINNER® L7

SPINNER® L5

SPINNER® L3

SPINNER® L1

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WELCOME TO THE SPINNING® PROGRAM

Millions worldwide have lost weight, gained energy and ridden into the best shape of their lives with the help of the Spinning® program. The Spinner® bike, with accompanying DVDs, gives you everything you need to join them. Ready to get started? These guidelines will give you the insight you need to change your body and your life.



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.

SPINNING® PROGRAM SAFETY

- 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, handlebar 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® L9, L7, L5, L3 and L1 bike.
- 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® L9, L7, L5, L3 or L1 should not exceed 250 pounds (113.5 kg).
- Spinner bikes have a 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 10 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.
- Pedal without resistance only during warm-up and cool-down.

- 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. If your bike is equipped with SPD pedals we recommend cycling shoes. Please go to 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.



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. 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.

PEDALS

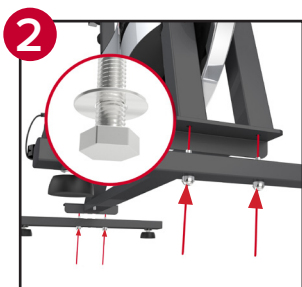
Check the pedals weekly to ensure that the threads are completely tightened. If the pedals have become loose, tighten the threads with the supplied pedal wrench to ensure that they are securely attached.

SPINNER® BIKE ASSEMBLY

1 STEP 1: Unpack the carton

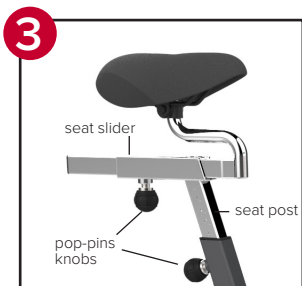
Open the shipping carton and remove all of the parts. Make sure that the following parts are included and that no damage has occurred during shipping:

- 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 (not included with L1)
- Owner's manual
- *Guide to Ride*
- Ultimate Rides Collection DVDs



STEP 2: ATTACH THE STABILIZER BARS

Lift the back of the bike and remove the plastic shipping guards. 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 wrench included tighten the bolts (with washers) securely. Repeat the process with the front stabilizer bars.



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: HANDLEBAR ASSEMBLY (L5)

Insert the chrome handlebar post onto the threaded handlebar stem making sure that the holes line up. Insert then tighten using the included 5mm allen wrench, tighten the two large allen bolts on the front of the bar. Now, using the included 3mm allen wrench to secure the bolt at the rear of the post. Check to make sure that all the bolts are tightened securely before proceeding.



STEP 4B: WATER BOTTLE HOLDER INSTALLATION (L5,L7, L9).

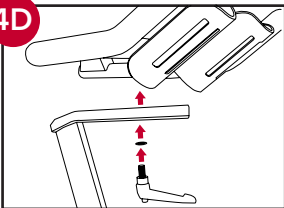
Place the handlebars upside down on a flat surface. Place and align the mounting plate with the holes on the bar. Thread in the two screws through the plate and into the bar to secure the bottle holder to the bar.



STEP 4C: WATER BOTTLE HOLDER INSTALLATION (L1, L3).

The plastic water bottle holder can be installed on the tab on the handlebar. Align the racetrack shaped hole to the tab on the bar and tighten the mounting screw securely.

4D



STEP 4D: HANDLEBAR ASSEMBLY (L9, L7)

1. Place the handlebar on top of the sliding handlebar post insuring that the threaded portion falls into the slot of the post.

2. Place one large washer on the threaded portion of the handlebar lever. Place the handlebar in the forward most position. Turn the lever clockwise to tighten. Tighten the lever to secure the fore/aft adjustment of the handlebars. Pull down on the lever for clearance to the post or centering as needed.



STEP 4E: INSTALL THE HANDLEBARS

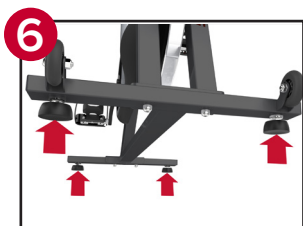
Install the large handlebar pop-pin knob into the frame head tube several turns only, then pull out and hold the handlebar pop-pin knob. Slide the handlebar post all the way into the handlebar tube. Release the handlebar pop-pin knob. Adjust the handlebars to make sure that the pop-pin is engaged. Tighten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



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.



STEP 6: LEVEL THE BIKE

Move the bike to the location where it will be used. Your Spinner® Bike requires 4 x 6 feet of floor space for proper operation. 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 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 brake if you need to stop quickly.
- Adjust the seat post and handlebar post to your needs. Refer to the *Guide to Ride* or www.spinning.com.
- 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. Make sure to adjust the leveling feet so that the bike remains stable at all times.

WARNING!

SAVE THESE INSTRUCTIONS

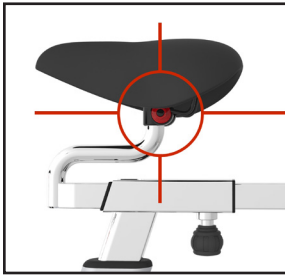
THE MOMENTUM OF THE FLYWHEEL OF THE BIKE WILL KEEP THE PEDALS TURNING EVEN AFTER YOU STOP PEDALING OR IN THE EVENT THAT YOUR FEET SLIP OFF OF THE PEDALS. DO NOT DISMOUNT THE BIKE OR ATTEMPT TO REMOVE YOUR FEET FROM THE PEDALS UNTIL BOTH THE PEDALS AND THE FLYWHEEL HAVE STOPPED COMPLETELY. FAILURE TO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

TROUBLESHOOTING



RATTLING HANDLEBARS OR SEAT TOWER

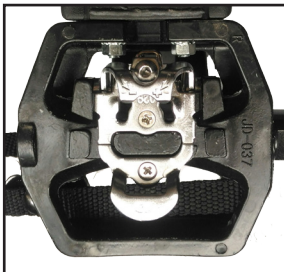
Make sure that the pop-pin knobs are correctly locked into place and tightened.



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 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

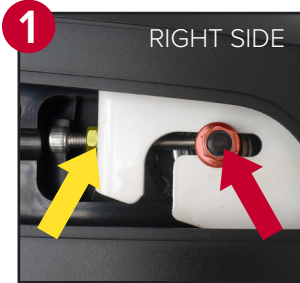


DANGER

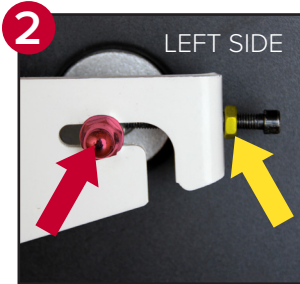
Keep fingers, loose clothing and objects away from moving drive chain. Failure to comply may lead to serious personal injury.

CHAIN TENSION & ADJUSTMENT

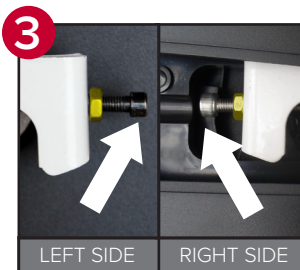
The chain on your bike has been factory set and should not require adjustment initially. Over time, however, you may need to adjust the tension. If you have any questions regarding your chain tension, please contact customer service at **(888) 704.SPIN (7746)** for consultation prior to adjusting the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

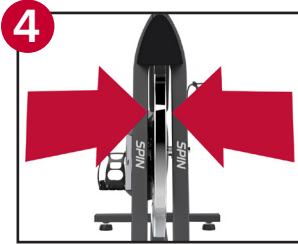
To **loosen** the chain, use an allen wrench to turn the adjustment screws (indicated with white arrows) in a counter-clockwise rotation equally on both sides. Make sure to always keep the flywheel engaged with adjustment screws by pushing the front of the flywheel towards the rear of the bike.



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.

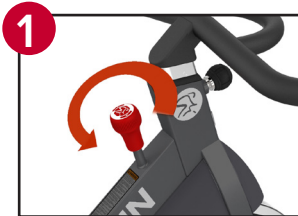


STEP 4: While adjusting the chain tension, work on both sides of the flywheel. Adjust the angle of the flywheel so that it is straight (front to rear) and evenly spaced within the forks (side to side).

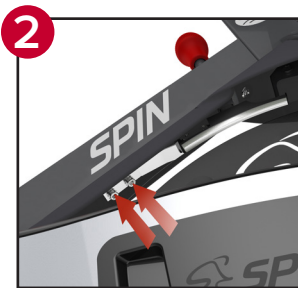


STEP 5: Once the flywheel is centered and the chain is tensioned, check to ensure that the main flywheel adjustment bolts (indicated with white arrows) are touching the flywheel axle. Now tighten the adjustment lock nuts clockwise (indicated with yellow arrows) against the frame while ensuring that the 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® Sport Series: Spinner® L1, L3, L5, L7 and L9

MAD DOGG ATHLETICS, INC. WARRANTS TO THE ORIGINAL PURCHASER THAT SPINNER BIKES WILL BE FREE FROM DEFECTS IN WORKMANSHIP AND MATERIALS. ALL OTHER SPINNER PARTS ARE COVERED FOR ONE (1) YEAR FROM THE DATE OF PURCHASE (SEE LIMITATIONS AND EXCLUSIONS BELOW). THIS WARRANTY DOES NOT COVER LABOR CHARGES ASSOCIATED WITH REPLACING COVERED COMPONENTS, PART(S) REPLACED UNDER THE TERMS OF THIS WARRANTY WILL BE WARRANTED FOR THE REMAINDER OF THE ORIGINAL WARRANTY PERIOD ONLY. THIS WARRANTY BECOMES EFFECTIVE UPON THE INVOICE DATE OF THE ORIGINAL PURCHASE FROM AN AUTHORIZED SPINNING® DEALER ONLY. HOME SPINNER BIKES ARE NOT FOR COMMERCIAL USE AND ARE WARRANTED FOR HOME USE ONLY.

TO ORDER REPLACEMENT PART(S), THE ORIGINAL PURCHASER MAY CONTACT MAD DOGG ATHLETICS, INC. PRODUCT SUPPORT AT (800) 847.SPIN. PROOF OF PURCHASE OR WARRANTY REGISTRATION MAY BE NEEDED IN ORDER FOR MAD DOGG ATHLETICS, INC. TO VERIFY WARRANTY COVERAGE AND ISSUE A RETURN MATERIALS AUTHORIZATION (RMA) NUMBER. PARTS BEING RETURNED TO MAD DOGG ATHLETICS, INC. FOR WARRANTY CREDIT MUST BE SHIPPED PREPAID, ACCOMPANIED BY A PACKING LIST OR TAG BEARING THE RMA NUMBER AND THE CUSTOMER NAME. NO CREDIT WILL BE ISSUED FOR PARTS RETURNED WITHOUT PRIOR AUTHORIZATION FROM MAD DOGG ATHLETICS, INC. TO NOTIFY MAD DOGG ATHLETICS, INC. OF DAMAGES THAT OCCURRED DURING SHIPPING YOU MUST DO SO WITHIN 48 HOURS OF RECEIPT OF GOODS.

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LIMITATIONS AND EXCLUSIONS

THIS LIMITED WARRANTY DOES NOT APPLY TO COSMETIC DAMAGE, IMPERFECTIONS THAT ARE WITHIN DESIGN SPECIFICATIONS OR THAT DO NOT MATERIALLY ALTER FUNCTIONALITY, OR DAMAGE DUE TO ACTS OF GOD, ACCIDENT, ABUSE, MISUSE, NEGLIGENCE, LACK OF NORMAL MAINTENANCE, ABNORMAL SERVICE OR HANDLING THAT DIFFERS FROM THAT SPECIFIED FOR THE SPORT LINE OF BIKES, IMPROPER INSTALLATION OR IMPROPER OPERATION. IN ADDITION, ALTERATION OR MODIFICATION OF THE PRODUCT.

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The Spinner Lifestyle Series is **not** for commercial use and is warranted for home use only.

This product or use thereof is covered by US Patent Numbers: D677,349 and D677,747.

US and International Patents Pending.

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MAD DOGG ATHLETICS, INC.

2111 Narcissus Court
Venice, CA 90291
Toll-free: **1.800.847.SPIN(7746)**
Dialing outside U.S.:
1.310.823.7008
Fax: **1.310.823.7408**
www.spinning.com

MAD DOGG ATHLETICS EUROPE

Scheldeweg 3
3144 Es Maassius
The Netherlands
Phone: **+31.1059 04508**
Fax: **+31.1059 00054**