

Spinner® Chrono™ Assembly Guide

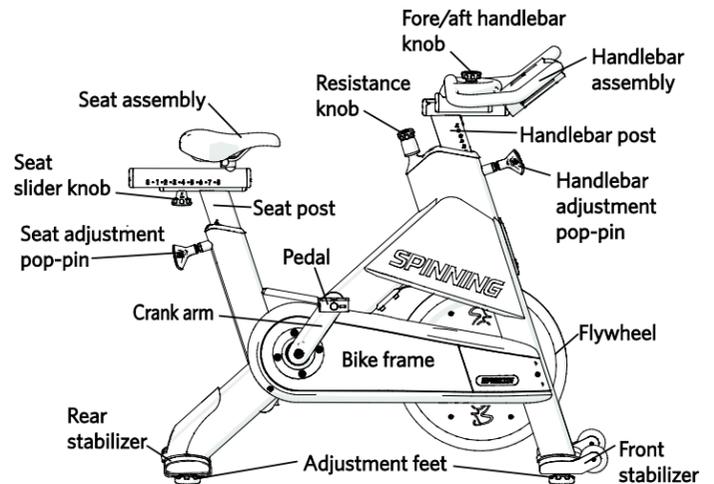
To assemble the bike follow the steps in the order listed in this assembly guide. For more product information, visit us at www.precor.com.

WARNING At least two people are required to assemble the equipment. **DO NOT** attempt assembly by yourself.

Assembly Requirements

When assembling the bike, we recommend you:

- Assemble the equipment close to where you plan to use it.
- Assemble the equipment on a solid, flat surface, so that it remains level and stable.
- Leave a minimum of 0.5 m (19.7 in.) on at least one side of the bike and 0.5 m (19.7 in.) behind or in front of the bike.



Hardware kit

	Component	Quantity
1	Socket head bolt (M8 x 30 mm)	4
2	Flat washer (8 mm)	4
3	Socket head bolt (M3 x 8 mm)	7
4	Socket head bolt (M8 x 16 mm)	2
5	Hex key (6 mm)	1

	Component	Quantity
6	Hex key (8 mm)	1
7	Hex key (2.5 mm)	1
8	Seat slider end cap	1
9	Handlebar post end cap	1
10	Stabilizer attachment bar	2

Begin Assembly

Remove the following parts from the packaging: handlebar assembly, handlebar post, hardware kit, product documentation, seat assembly, seat post, and spare parts.

CAUTION Damage to the bike during assembly is not covered by the Precor Limited Warranty.

During assembly, you must protect the handlebar and seat adjustment pop-pin threaded stems from damage

To attach the rear stabilizer:

- Stand the bike frame on its front end (toward flywheel) and place a piece of foam under the bike frame (Figure 1) to protect the handlebar adjustment pop-pin stem from damage.
- Remove the packaging from the rear stabilizer and gently pry off the plastic protection plate from the frame. Be careful not to chip the paint.
- Slide the rear stabilizer attachment bar **10** into the slot in the bike frame (Figure 2).
- Attach the rear stabilizer to the frame using two bolts **1** and two flat washers **2** (Figure 3).
Using a hex key **5**, tighten to 15.6 ft-lb (21.2 N-m).

To attach the front stabilizer:

- Stand the bike frame on its back end and place a piece of foam under the bike frame (Figure 4) to protect the seat adjustment pop-pin stem from damage.
- Remove the packaging from the front stabilizer and gently pry off the plastic protection plate from the frame. Be careful not to chip the paint.
- Slide the front stabilizer attachment bar **10** into the slot in the bike frame (Figure 2).
- Attach the front stabilizer to the frame using two bolts **1** and two flat washers **2** (Figure 5).
Using a hex key **5**, tighten to 15.6 ft-lb (21.2 N-m).
- Return the bike to the upright position.

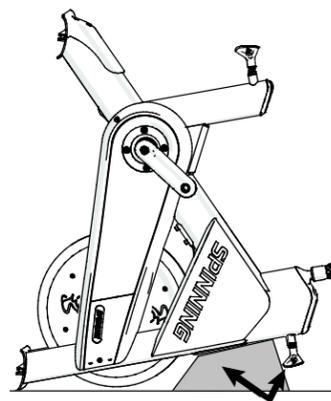


Figure 1

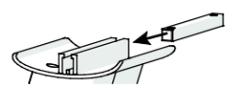


Figure 2

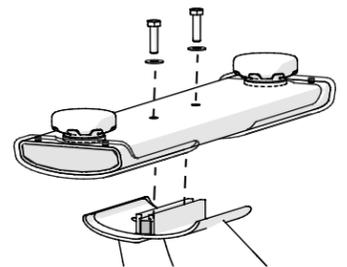


Figure 3

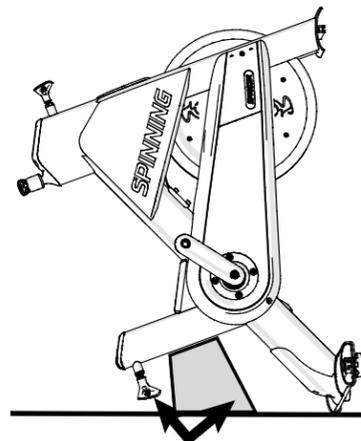


Figure 4

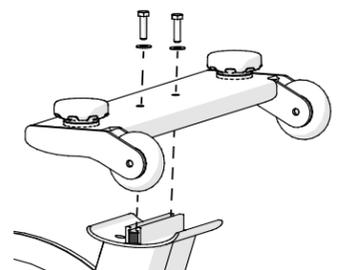


Figure 5

To attach the seat assembly:

1. Slide the seat assembly onto the seat post (Figure 6).
2. Insert one bolt **3** into the underside of the seat slider and fully tighten it to set the travel limit (Figure 7).
3. Attach the seat slider end cap **8** using three bolts **3** (Figure 8) and fully tighten with the hex key **7**.

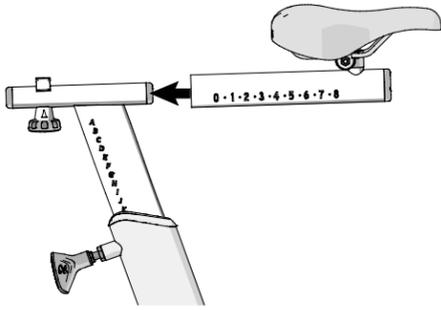


Figure 6

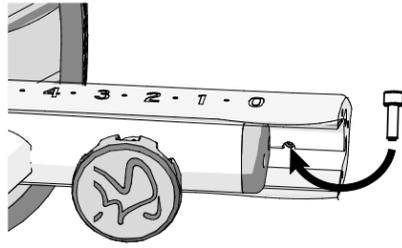


Figure 7

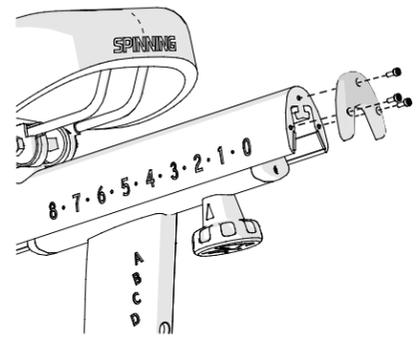


Figure 8

To attach the handlebar assembly:

1. Slide the handlebar assembly onto the handlebar post (Figure 9) by loosening the fore/aft handlebar knob and pulling it up to align with the grooves in the handlebar post.
2. Insert one bolt **3** into the post and fully tighten it to set the travel limit (Figure 10).
3. Attach the handlebar post end cap using two bolts **9** (Figure 11) and fully tighten with the hex key **7**.

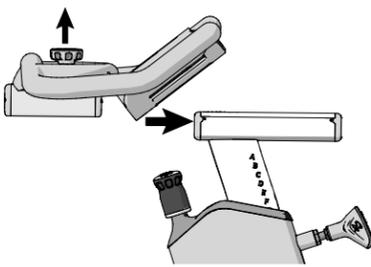


Figure 9

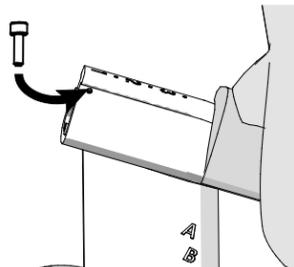


Figure 10

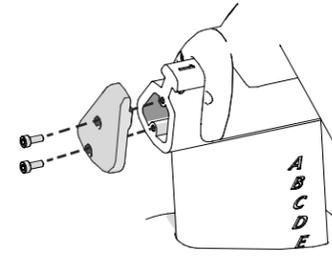


Figure 11

Attach the Pedals

Hold the pedals with the toe straps facing forward.

To attach the pedals:

1. Insert a pedal into its corresponding crank arm (Figure 12).
2. Use a rubber mallet to lightly tap the center of the pedal into the crank arm to seat it (Figure 12).
3. Secure the pedal using one bolt **4** (Figure 13) and torque to 33 ft-lb (45 N-m) with the hex key **6**.
4. Repeat Steps 1-3 to attach the other pedal.

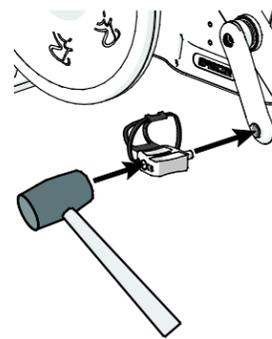


Figure 12

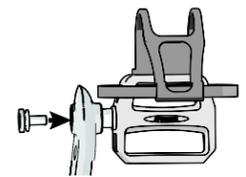


Figure 13

Level the bike

Important Place the equipment on a flat surface. Rotating the adjustable feet does not compensate for extremely uneven surfaces.

Make sure the bike is level before allowing anyone to use it.

To level the bike:

1. Try to rock the bike. If there is any movement, tip the bike to one side to locate the adjustable feet (see accompanying graphic).
2. Correct the height of each adjustable foot by turning it clockwise (+) to lower the bike, or counterclockwise (-) to raise the bike.
3. When you are finished leveling the bike, place it on the floor. Recheck for movement and readjust as necessary.

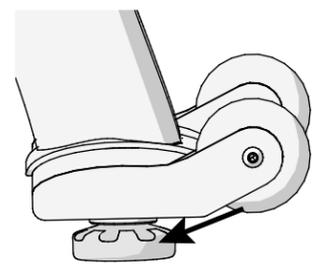


Figure 14

Bike assembly checklist

Important Your new Spinner Chrono bike comes with an innovative Kelvar® timing belt. This belt may require a break in period of 8 to 16 hours of normal use. During this time, you may experience more noise and vibration than normal operation. After the break in period, your bike should operate smoothly. If you experience any issues after the break in period, please contact Precor Customer Support.

Use this checklist to make sure your bike is assembled properly.

- Check that all bolts are tightened to proper torque specification and no parts are missing.
- Check that the handlebar and seat posts move freely and lock in different positions.
- Check that the seat is level and does not rotate or tilt. Tighten and adjust as needed.
- Test the seat for movement front to rear.
- Brake tension is adjustable by turning the resistance knob in the front of the seat. Pressing down on the knob will apply the brake if you need to stop quickly.
- Pedal the bike at a moderate pace and test the resistance knob for smooth resistance changes.
- Press down on the knob to ensure the bike stops quickly.

Once testing is complete, tip the bike forward using the handlebars and roll it on a smooth surface to its final use location. Turn the adjustable feet to level the bike.