



This addendum accompanies your equipment documentation and is additional information concerning the heart rate features for your equipment and console.

***Important***

*The heart rate feature is intended for reference only. It may not be accurate for every user or at every speed and is not intended for use as a medical device.*

*For more information, please read your product documentation and visit:*

*[www.precor.com/en-us/customer-service/faq](http://www.precor.com/en-us/customer-service/faq).*

## SPINNER® RALLY GETTING STARTED GUIDE



Welcome to a **personalized fitness experience** for your members

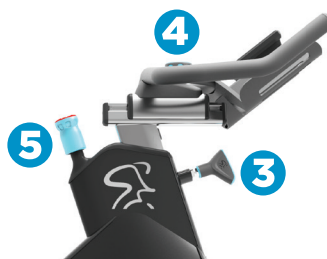
The Spinner® Rally is a premium bike offering your members a high degree of adjustability, comfort, and performance.

Before you start, learn more about:

- Safety and maintenance included with your bike or visit us at [www.precor.com](http://www.precor.com).
- Spinner® Bikes and Spinning® Accessories, Training, and the Spinning® Community at [www.spinning.com](http://www.spinning.com).
- Precor equipment and the benefits for your members by watching the Cardiovascular Equipment Product Tutorials in the Precor Coaching Center (select languages) at [www.precor.com/education](http://www.precor.com/education).



	Part
<b>1</b>	Seat adjustment pop-pin
<b>2</b>	Seat slider knob



	Part
<b>3</b>	Handlebar adjustment pop-pin
<b>4</b>	Fore/aft handlebar knob
<b>5</b>	Resistance knob

### Set up the bike

**CAUTION** In case of emergency, firmly press down on the resistance knob to stop the flywheel.

#### Seat Height

Reduce your risk of injury and enjoy a more comfortable ride by adjusting the seat height so that there is a slight bend (25-35 degrees) in your knee at the bottom of a pedal stroke.

##### To adjust the seat height:

1. Dismount the bike. Turn and pull the seat adjustment pop-pin **1** counterclockwise (-) to loosen and release it from the seat post.
2. Raise or lower the seat to the desired height. Turn the pop-pin clockwise (+) and secure it in a preset hole.

Now adjust the seat's horizontal position so you sit on the bike with the pedals parallel to the floor, and your forward knee is aligned over the center of the pedal.

##### To adjust the horizontal seat:

1. Dismount the bike. Turn the seat slider knob **2** counterclockwise (-) and move the seat to the desired position. Fully tighten the seat slider knob by turning it clockwise (+).
2. Recheck the seat height to make sure there's a slight bend in your knee.

#### Handlebar Height

The handlebar should be approximately the same height as the seat, or higher if you feel back discomfort.

##### To adjust the handlebar height:

1. Turn the handlebar adjustment pop-pin **3** counterclockwise (-) to loosen and release it from the post.
2. Raise or lower the handlebars to the desired height, then secure the pop-pin in a preset hole.
3. Turn the handlebar adjustment pop-pin clockwise (+) to fully tighten it.

##### To adjust the fore/aft handlebar position:

1. Turn the fore/aft handlebar knob **4** counterclockwise (-) to loosen it.
2. Slide the handlebar assembly to the desired position and then fully tighten the fore/aft handlebar knob.

## Foot Position

Place the balls of your feet securely in the toe straps so that the balls are on the center of the pedals.

## Foot Strap

Adjust the toe straps to hold your foot firmly on the pedal, allowing you to apply force throughout every part of the pedal stroke.

**Note** If your foot comes loose when riding, firmly press down on the resistance knob to stop and secure your foot.

## Resistance Control and Stop Function

Turn the resistance knob **5** to change the pedaling resistance. Press down on the knob to stop the flywheel and pedals.

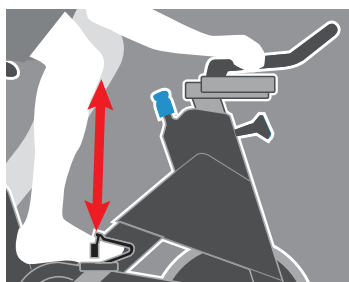
- To increase or decrease resistance, turn the knob clockwise (+) or counterclockwise (-).
- To stop the flywheel and pedals from moving, firmly press down on the resistance knob to bring the flywheel and pedals to a stop.

## Ride the bike

**CAUTION** Before beginning any fitness program, see your physician for a thorough medical exam.

**Ask your physician for the appropriate target heart rate for your fitness level.**

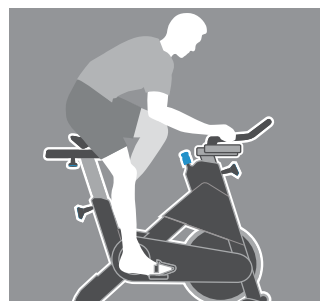
**Failure to follow these safety instructions can result in serious personal injury.**



**Step 1:** Set up the bike so that the seat, handlebar, toe strap, or toe clips are properly adjusted for your height and comfort.

**Important** Make sure that all pop-pins are engaged and fully tightened after adjusting your bike.

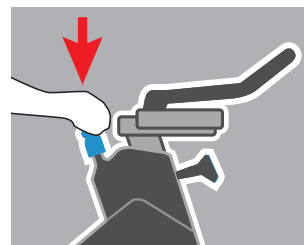
When you sit on the bike with the pedals parallel to the floor, your forward knee should be aligned over the center of the pedal.



**Step 2:** Mount the bike and secure your shoes in the toe straps or toe clips.

Turn the resistance knob clockwise (+) to gradually increase the tension. To vary the intensity of your workout, adjust the knob while riding.

**Step 3:** To dismount, firmly press down on the resistance knob. Do not dismount the bike until the pedals and flywheel have come to a complete stop.



## After each workout

### 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 wipe 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.

# Spinner® Rally and Spinner® Shift Assembly Guide

To assemble the Spinner® Rally and Spinner® Shift, follow the steps in the order listed in this assembly guide. For more product information, visit us at [www.precor.com](http://www.precor.com).

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

## Assembly Requirements

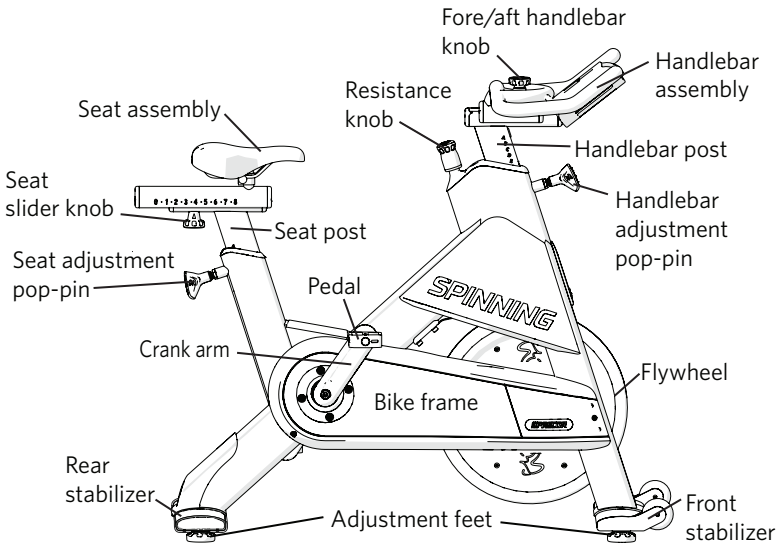
When assembling the bike, we recommend you:

- 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 once 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
6		Hex key (8 mm)	1

	Component		Quantity
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.

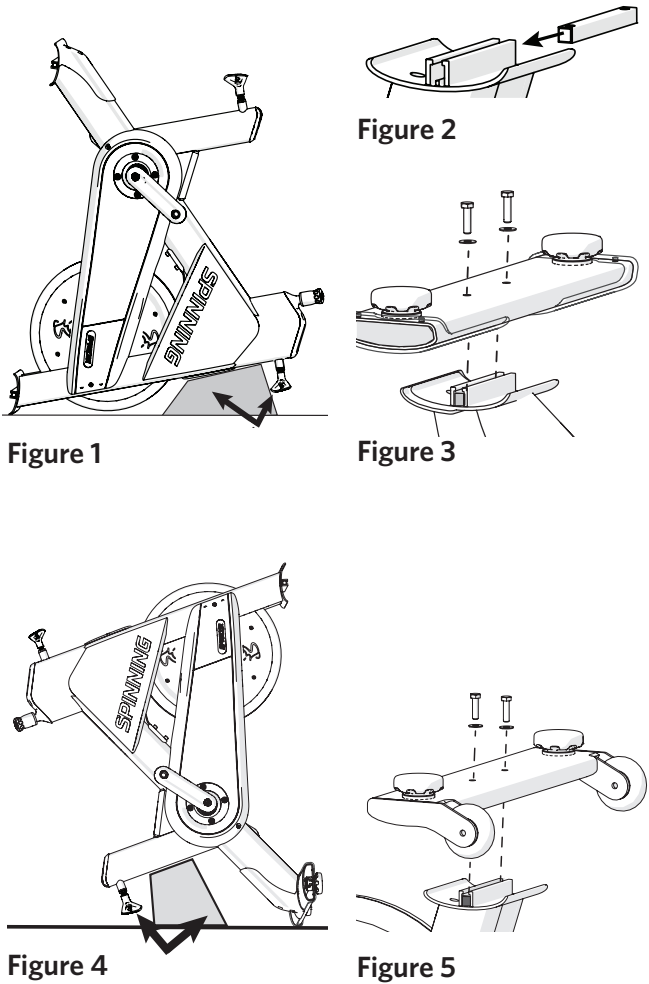
**CAUTION** Damage to the bike during assembly is not covered by the Precor Limited Warranty.  
**During assembly, you must protect the handlebar and seat adjustment pop-pin threaded stems from damage.**

### 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.



**To attach the seat assembly:**

- 1. Slide the seat assembly onto the seat post (Figure 6).
- 2. Insert one bolt ❸ 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 ❸ using three bolts ❸ (Figure 8) and fully tighten with the hex key ❷.

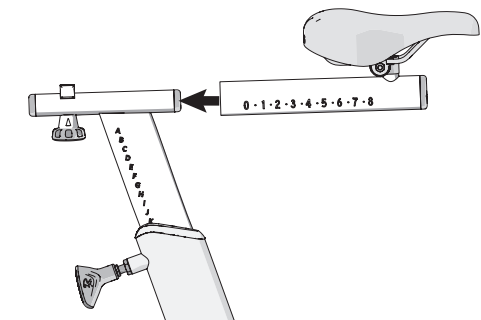


Figure 6

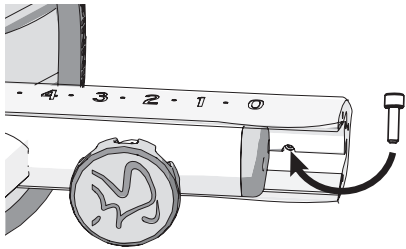


Figure 7

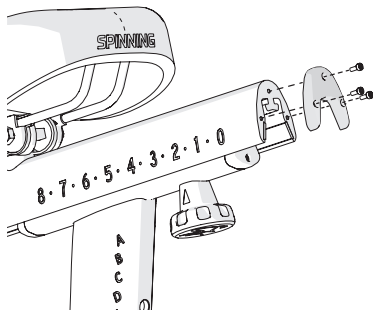


Figure 8

**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 on the handlebar post.
- 2. Insert one bolt ❸ into the post and fully tighten it to set the travel limit (Figure 10).
- 3. Attach the handlebar post end cap ❹ using two bolts ❸ (Figure 11) and fully tighten with the hex key ❷.

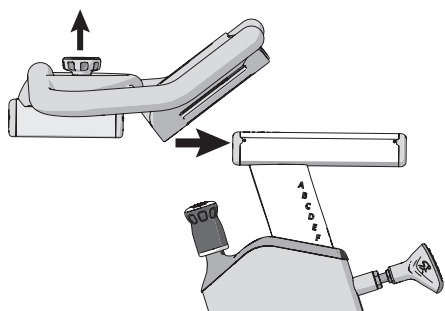


Figure 9

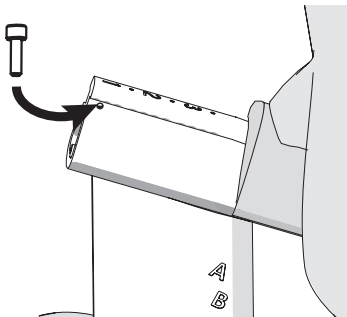


Figure 10

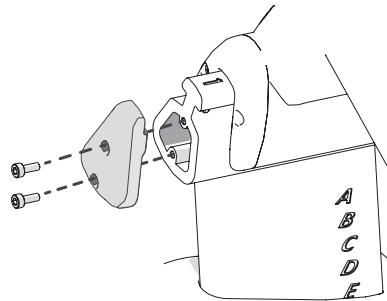


Figure 11

**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 ❹ (Figure 13) and torque to 33 ft-lb (45 N-m) with the hex key ❷.
- 4. Repeat Steps 1-3 to attach the other pedal.

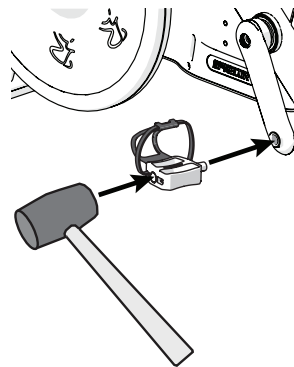


Figure 12

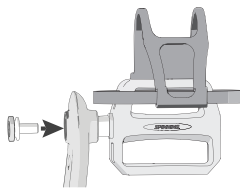


Figure 13

**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 (Figure 14).
- 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.

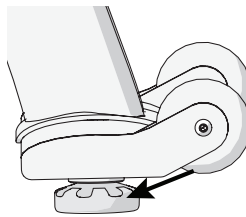


Figure 14

**Bike Assembly Checklist**

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.