

## Spinner® Ride™ Assembly Guide

To assemble the Spinner® Ride, 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

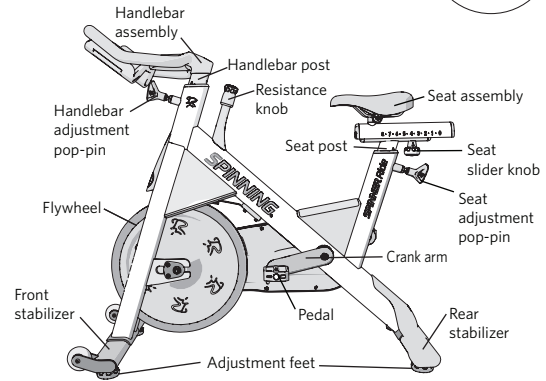
When assembling the bike, we recommend you:

- 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 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)	4
4		Socket head bolt (M8 x 16 mm)	2
5		Socket head flat bolt (M8 x 16 mm)	2
6		Socket head set screw (M8 x 16 mm)	1

	Component		Quantity
7		Seat slider end cap	1
8		2.5 mm hex key	1
9		4 mm hex key	1
10		5 mm hex key	1
11		6 mm hex key	1
12		8 mm hex key	1



### Begin Assembly

Remove the following parts from the packaging: handlebar assembly, hardware kit, stabilizers, product documentation, seat assembly, 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-pins from damage.**

#### To attach the rear stabilizer:

1. 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 from damage.
2. Attach the rear stabilizer to the frame using two bolts 1 and two washers 2 (Figure 2). Using a hex key 11, tighten to 15.6 ft-lb (21.2 N-m).

#### To attach the front stabilizer:

1. Stand the bike frame on its back end and place a piece of foam under the bike frame (Figure 3) to protect the seat adjustment pop-pin from damage.
2. Attach the front stabilizer to the frame using two bolts 1 and two washers 2 (Figure 4). Using a hex key 11, tighten the bolts to 15.6 ft-lb (21.2 N-m).
3. Return the bike to the upright position.

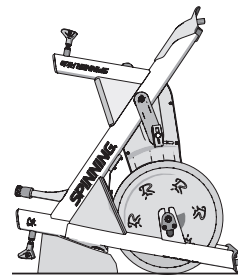


Figure 1

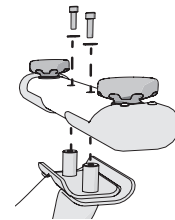


Figure 2

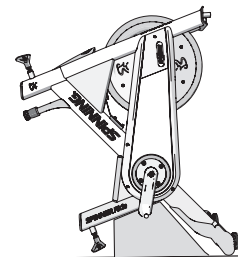


Figure 3

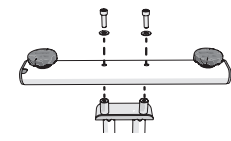


Figure 4

### To attach the seat assembly:

1. Slide the seat assembly onto the seat post (Figure 5).
2. Insert one bolt **3** into the underside of the seat slider and fully tighten it to set the travel limit (Figure 6).
3. Attach the seat slider end cap **7** using three bolts **5** (Figure 7) and fully tighten with a hex key **8**.

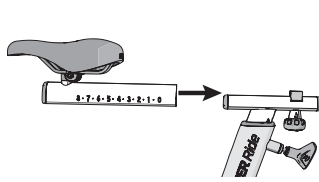


Figure 5

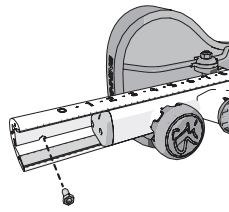


Figure 6

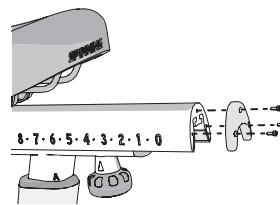


Figure 7

### To attach the handlebar assembly:

1. Position the handlebar post onto the handlebar assembly (Figure 8). Attach it using two bolts **5** and tighten them with a hex key **10**.
2. Insert a set screw **6** into the opposite side of the handlebar post (Figure 9) and tighten it using a hex key **9**.
3. Pull out the handlebar adjustment pop-pin and slide the handlebar post into the bike frame (Figure 10). Release the pop-pin to lock the handlebar post into place.

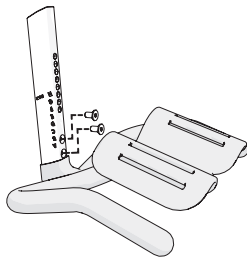


Figure 8



Figure 9

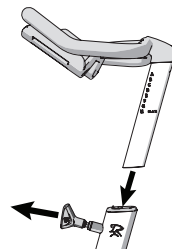


Figure 10

### 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 11).
2. Use a rubber mallet to lightly tap the center of the pedal into the crank arm to seat it (Figure 11).
3. Secure the pedal using one bolt **4** (Figure 12) and torque to 33 ft-lb (45 N-m) with a hex key **12**.
4. Repeat Steps 1-3 to attach the other pedal.

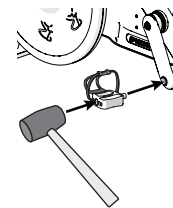


Figure 11

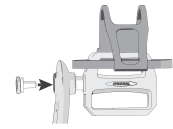


Figure 12

### 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 13).
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, recheck for movement and readjust as necessary.

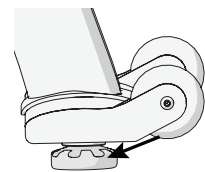


Figure 13

### 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 seat post moves freely and locks 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. If required, level the bike.