

# **ACTIVE***SERIES*

## OWNER'S MANUAL





## ACTIVE SERIES

Our Active Series bikes offer the same range of adjustments and heavy duty construction of our commercial bikes in a package that is perfect for home use.

***SPINNER<sup>®</sup> A5***

***SPINNER<sup>®</sup> A3***

***SPINNER<sup>®</sup> A1***

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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 to help you make the most of every ride, visit [www.spinning.com](http://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 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® 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 A5, Spinner A3 and Spinner A1 should not exceed 300 pounds (136 kg).
- Spinner® bikes have a weighted flywheel and a fixed gear that do not allow riders to coast. This means that, in order to stop, you must gradually slow your pedal strokes 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.
- If at any time you feel dizzy or have difficulty breathing, press down on the red resistance knob to come until you come to complete stop and carefully dismount the bike.
- Listen to your body, ride at your own pace and set an amount of resistance that feels right for you.
- Keep children and pets away from the bike whenever it is in use.
- Never turn the pedals or crank arms by hand, unless lubricating the chain (see page 10 for details).
- Stay hydrated. Drink water throughout your ride.
- Pedal with a light amount of resistance at all times, even during warm-up and cool-down. The Spinning program reminds riders to maintain a connection to the flywheel with resistance throughout the ride.

- 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. Do not ride with bare feet or open-toed shoes.
- 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 replicates the feel of a real road bike to create an enjoyable, effective workout. Some key features include:

- A contoured saddle to keep you comfortable and balanced. You can adjust the saddle horizontally and vertically for a personalized fit.
- Adjustable handlebars featuring a rubberized coated grip and a patented design that facilitates proper Spinning hand positions.
- An adjustable resistance knob that doubles as an emergency brake to keep you in control of your ride. Simply twist 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, 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 13 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. We recommend using bike cleaners such as SPINTECH® Fitness Equipment Polish. Do not use de-greasers. When cleaning your bike, immobilize the flywheel by turning the resistance knob clockwise.

Always keep your hands, fingers, clothing and cleaning cloths 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

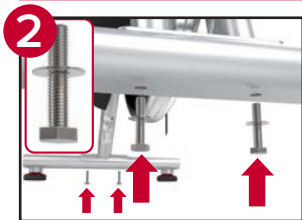
## 1 STEP 1: Unpack the carton

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 stem
- Pedals
- Pop pin assembly seat
- Seat slider and saddle
- Seat post
- Tools for assembly and maintenance
- Owner's manual
- *Guide to Ride*
- Ultimate Rides Collection DVDs
- Fore/aft adjusting lever seat
- Fore/aft adjusting lever handlebars (A3 and A5 only)
- 2 water bottle holders (A1 only)

Take the time to enter your Spinner® bike serial number in the space below (the serial number is located on the bottom crossbar). If parts are missing or if you have any assembly questions, please contact customer service at (888) 704.SPIN (7746).

Serial No. : \_\_\_\_\_



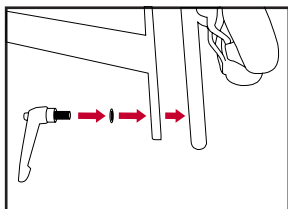
## STEP 2: ATTACH THE STABILIZER BARS

Have someone help you tilt the bike forward (toward the flywheel), remove the rear plastic shipping guard, then 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 included wrench, tighten the bolts (with washers) securely. Repeat the process with the front stabilizer bar.



## STEP 3A: ASSEMBLE THE SEAT POST

1. Place the seat slider on top of the seat post, making sure that the sliding threaded part fits near the rear of the lower slot of the seat post.



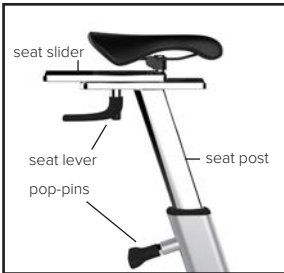
2. Place the large brass washer on the threaded portion of the seat lever. Screw the lever into the threaded slider several rotations.



3. Position the lever straight back, then use a 6mm allen wrench to secure the bolt while pulling down on the lever (as shown left).



4. Install the seat post pop-pin by tightening the bolt securely.



### STEP 3B: INSTALL THE SADDLE

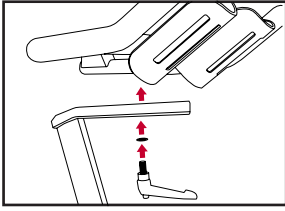
While holding and pulling back the seat post pop-pin, slide the seat post into the seat tube. Release the pop-pin. Adjust the seat post to make sure the pop-pin is properly engaged. Tighten the seat post pop-pin securely. Adjust the seat slider (fore/aft) to your desired position, then tighten the seat lever securely.



### STEP 4A: HANDLEBAR ASSEMBLY (A1)

Insert the chrome handlebar post onto the threaded handlebar stem making sure that the holes line up. Using a 6mm allen wrench, tighten the two large allen bolts on the front of the bar. Now secure the 4mm allen bolt at the rear of the post. Check to make sure that all the bolts are tightened securely before proceeding.



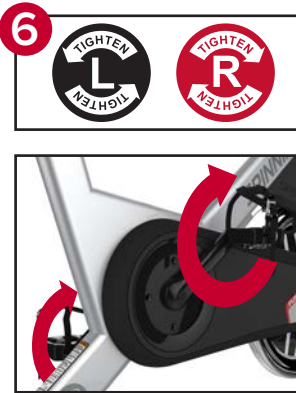
**STEP 4B: HANDLEBAR ASSEMBLY (A3, A5)**

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. Use a 6mm allen wrench to secure the lever to the threaded slider. Pull back on the lever as shown when securing the bolt. Tighten the lever to secure the fore/aft adjustment of the handlebars.

**STEP 5: INSTALL THE HANDLEBARS**

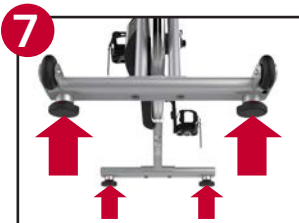
Unscrew, pull out and hold the handlebar pop-pin. Slide the handlebar post all the way into the handlebar tube. Release the handlebar pop-pin and adjust the handlebars to make sure that the pop-pin is engaged. Tighten the handlebar pop-pin securely before riding.



## STEP 6: 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. 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 7: 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. Turn the leveling feet counterclockwise to decrease the height or clockwise to increase the height until the bike is stable.



## STEP 8: WATER BOTTLE HOLDERS (A1 ONLY)

Line up the hole in the bike frame (A1) and handlebars (A3 and A5). Insert the screws and tighten with the Allen key.



## TESTING THE BIKE

Use this checklist to perform the bike test procedure.

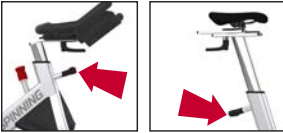
- Re-check all bolts. Make sure that they have been tightened and that no parts are missing or left over.
- Test the handlebar post and seat post to make sure that they move freely and that you are able to lock them at different positions.
- Check the saddle to make sure that it is level and tight and does not rotate around or tilt. Tighten and adjust as needed.
- Test the seat slider and handlebar slider (if applicable) for movement front to rear. 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 visit [www.spinning.com](http://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**

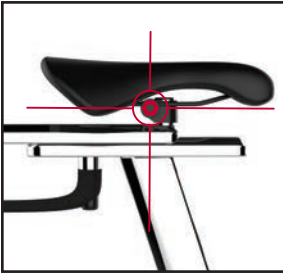
THE MOMENTUM OF THE FLYWHEEL OF THE BIKE WILL KEEP THE PEDALS TURNING EVEN AFTER YOU STOP PEDALING OR IN THE EVENT THAT YOUR FEET SLIP OFF OF THE PEDALS. DO NOT DISMOUNT THE BIKE OR ATTEMPT TO REMOVE YOUR FEET FROM THE PEDALS UNTIL BOTH THE PEDALS AND THE FLYWHEEL HAVE STOPPED COMPLETELY. FAILURE TO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

## TROUBLESHOOTING



### RATTLING HANDLEBARS OR SEAT TOWER

Make sure that the pop-pins are correctly locked into place.



### 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  $x$ mm 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

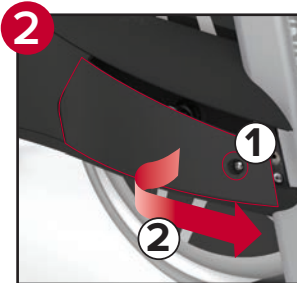
The chain on your bike has been factory set and lubricated. It may, however, require lubrication initially. Also, during heavy use of your Spinner® bike, it may be necessary to lubricate your chain to reduce chain-associated noise. If you have any questions regarding lubricating your chain, contact customer service at **(888) 704.SPIN (7746)** for assistance.



**STEP 1:** Locate the chainguard access panel. Remove the exposed screw

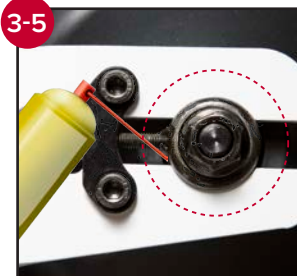
**STEP 2:** Pivot the cover slightly and then slide forward to remove. The opening will expose a small section of the chain near the front sprocket.

**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 slowly, by hand for approximately an eighth of a turn. When this turn is complete, 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 place the chainguard cover back into place and secure it by snugly tightening the screw.

**SPINTECH** lubricants, polish, grease and tools are available at [www.spinning.com](http://www.spinning.com)

## DANGER

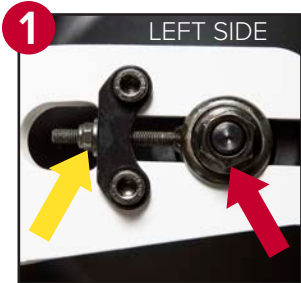


Keep fingers, loose clothing and objects away from moving drive chain. Failure to comply may lead to serious personal injury.



# 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.



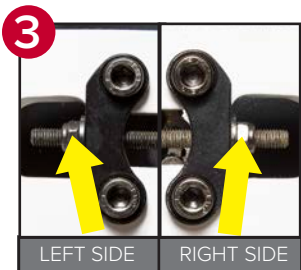
**STEP 1:** Open the access panel (see Step 1 of chain lubrication process) and local the axle nut.

**STEP 2:** Using the multi-wrench or a socket wrench (not supplied), loosen the axle nuts (see red arrow left) on both the right and left side of the flywheel.

**STEP 3:** To **tighten** the chain, use a 10mm box wrench and turn the adjustment screws (see yellow arrow left) in a clockwise rotation equally on both sides.



To **loosen** the chain, use an Allen wrench to turn the adjustment screws (see yellow arrow left) 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.



## DANGER

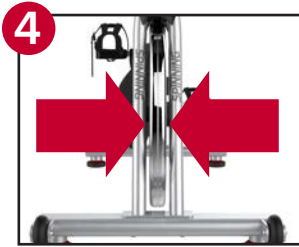


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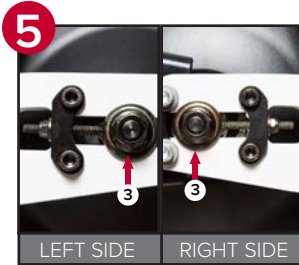
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**STEP 4:** While adjusting the chain tension, work equally on both sides of the flywheel. Adjust the angle of the flywheel so that it is straight (front to rear) and evenly spaced within the forks (side to side).



**STEP 5:** Tighten the axle nuts (see red arrow left) on both sides, alternating from side to side until the flywheel is secure.

**NOTE: For belt tension & adjustment instructions. (A5 only)**  
Please visit us at [spinning.com/bike-maintenance](http://spinning.com/bike-maintenance)

## 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 wrench, carefully remove the two bolts supporting the brake pad (see red arrows left). Remove the old brake pad assembly.

Position the new brake pad assembly onto the frame. Make sure that the brake pad is between the resistance knob shaft and the flywheel. 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® Active Series: Spinner A5, Spinner A3, and Spinner A1

MAD DOGG ATHLETICS, INC. WARRANTS TO THE ORIGINAL PURCHASER THAT THE ACTIVE LINE OF SPINNER BIKES WILL BE FREE FROM DEFECTS IN WORKMANSHIP AND MATERIALS. ALL OTHER SPINNER ACTIVE LINE 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.

TO ORDER REPLACEMENT PART(S), THE ORIGINAL PURCHASER MAY CONTACT MAD DOGG ATHLETICS, INC. PRODUCT SUPPORT AT (888) 704.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.

MAD DOGG ATHLETICS, INC. RESERVES THE RIGHT TO REVIEW DEFECTIVE PART(S). ALL COSTS OF SHIPPING DEFECTIVE PART(S) TO AND FROM MAD DOGG ATHLETICS, INC. FOR INSPECTION SHALL BE BORNE SOLELY BY THE ORIGINAL PURCHASER. ANY REPAIR OR MODIFICATION OF DEFECTIVE PART(S) BY ANYONE OTHER THAN A MAD DOGG ATHLETICS, INC. TECHNICAL REPRESENTATIVE OR AUTHORIZED SERVICE PROVIDER WILL VOID THIS WARRANTY. IF MAD DOGG ATHLETICS, INC. DETERMINES, IN ITS SOLE DISCRETION, THAT IT IS IMPRACTICAL TO SHIP DEFECTIVE PARTS BACK TO MAD DOGG ATHLETICS, INC., MAD DOGG ATHLETICS, INC. MAY DESIGNATE, IN ITS SOLE DISCRETION, A REPAIR FACILITY TO INSPECT AND ESTIMATE THE COST TO REPAIR SUCH DEFECTIVE PART(S). THE COST, IF ANY, OF SHIPPING DEFECTIVE PART(S) TO AND FROM SUCH REPAIR FACILITY AND OF SUCH ESTIMATE SHALL BE BORNE SOLELY BY THE ORIGINAL PURCHASER. DEFECTIVE PART(S) MUST REMAIN AVAILABLE FOR INSPECTION UNTIL THE CLAIM IS FINALIZED. WHENEVER CLAIMS ARE SETTLED, MAD DOGG ATHLETICS, INC. RESERVES THE RIGHT TO BE SUBROGATED UNDER ANY EXISTING INSURANCE POLICES THE CLAIMANT MAY HAVE.

### 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, OR REPAIR BY ANYONE OTHER THAN A MAD DOGG ATHLETICS, INC. TECHNICAL REPRESENTATIVE OR AUTHORIZED SERVICE PROVIDER WILL VOID THIS WARRANTY. THIS WARRANTY IS VALID ONLY IN THE CONTINENTAL UNITED STATES.

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The Spinner Active 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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