SPINNER® BLADE SPINNER® BLADE ION

OWNER'S MANUAL





SPINNER® BLADE AND SPINNER® BLADE ION

The Spinner* Blade and Spinner* Blade ION feature the same design geometry, heavy-duty construction and aluminum style adjustments from our commercial series bikes in package that is perfect for home use.

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.

The Spinner[®] Blade and Spinner[®] Blade Ion offer the same heavy-duty construction as our commercial Spinner[®] bikes in a package that is perfect for home use.

If you purchased the Spinner Blade, you can upgrade it later with our Performance SPINPower crank. The Blade ION is equipped with the Performance SPINPower crank and you will be ready to train with power.

Need help? Scan the code to check out our Spinning* Support Video Library and other useful information about your new bike and the Spinning* program.

Enjoy the ride.

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THANK YOU!

Thank you for purchasing your new Spinner® Blade bike. Your bike has been designed and engineered for safety, durability and to provide a great ride. The following pages will outline a number of safety precautions and part diagrams for your reference. It is important to thoroughly read through this manual and follow all warnings for the best overall experience with your new ride.



- FAILURE TO READ AND FOLLOW THE INSTRUCTIONS IN THIS MANUAL MAY RESULT IN POSSIBLE SERIOUS INJURY.
- PEDAL SPEED SHOULD BE REDUCED IN A CONTROLLED MANNER.
- FIX YOUR FOOT IN THE PEDAL CAGE OR SPD CLEAT DURING EXERCISING TO PREOVENT UNINTENTED MOVING.
- IT'S IMPORTANT TO ADJUST AND SECURE THE HANDLEBAR AND SEAT TO YOUR
 DESIRED POSTION FOR A COMFORTABLE AND SAFE RIDE. DO NOT EXCEED MINIMUM
 INSERTION DEPTH MARKS LABELED 'STOP' OR 'MAX' ON THE HEAD POST AND SEAT
 POST VERTICAL ADJUSTMENTS.

IMPORTANT SAFETY PRECAUTIONS

This bike has been designed and constructed for a safe and comfortable ride. Nevertheless, certain precautions should be taken when using any piece of exercise equipment. Read the whole manual before assembling and using the bike. The following safety precautions should also be observed:

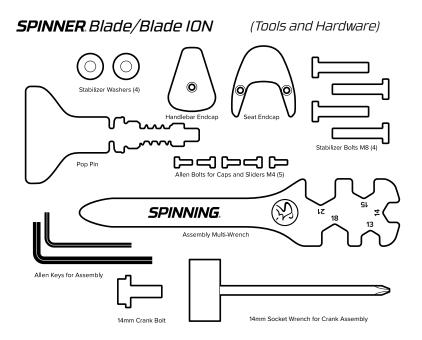
- 1. Keep children and pets away from the Spinner® bike at all times. Parents and/or those responsible for children should always take their curious nature into account and the potential of induced hazardous situations and behavior resulting in accidents. Under no circumstances should this Spinner® bike be used as a toy.
- 2. The owner is responsible for ensuring that anyone who uses the machine is duly informed about the necessary outlined precautions and proper way to ride.
- 3. This bike can only be used by one person at a time.
- 4. Use suitable clothing and footwear. Make sure all laces/cords are tied and tucked-in so that they are not loose or can be tangled into any parts of the bike.
- 5. Turn the resistance knob clockwise until the flywheel is locked when the bike is not in use.

- 6. This bike does not free-wheel. Pedals will continue to spin. Use caution when slowing and stopping. In an emergency, stop pedaling and push the resistnace knob down as an emergency brake to stop the pedals and flywheel from rotating. Uncontrolled spinning pedals can cause injury.
- 7. If you experience dizziness, nausea, chest pains or any other symptom while using this bike STOP exercising and SEEK MEDICAL ATTENTION IMMEDIATELY.
- 8. Install and ride the bike on a mat that is placed on a level, solid surface and that has a minimum of 1 meter (39.4") of unobstructed space around it on all sides. Adjust the stabilizer feet to make the bike level, secure and stable on all four feet at the same time.
- 9. Keep hands well away from any of the moving parts.
- 10. Wear clothing suitable for riding. Do not wear loose or baggy clothing that might get caught up in the parts of the bike. Always wear cycling shoes or athletic shoes with laces tucked in when using the bike.
- 11. This bike must only be used for the purposes described in this manual. DO NOT use accessories that are not recommended by Spinning*.
- 12. Differently abled people should not use the bike without the assistance of a qualified person or a doctor. This is not a medical device and should be used with caution.
- 13. Do not use the bike if it is not working correctly.
- 14. Review all warning labels affixed to the bike and replace any label that is damaged, illegible, or removed. Contact customer service at Spinning.com for replacements.
- 15. Functional and visual inspections of the bike should be made before the bike assembly is complete and prior to any ride.
- Do not exceed the MAX/STOP mark when adjusting the handlebar post or seat post.
- 17. Spinning® pedals can cause injury. Pedal speed should be reduced in a controlled manner.
- 18. Before using the bike, thoroughly inspect the bike for proper assembly.
- 19. User must adjust the seat and handlebars to suit the user's dimensional requirements. When adjusting, please insure that the bike is stable and that the resistance knob is turned to clockwise to immobilize the flywheel. Thoroughly tighen the corresponding adjustment knobs to insure that the seat and handlebars are secure before riding.
- 20. This bike should only be used for home (consumer) use and is not meant for commercial use.

- Before every ride please examine brake pad, pedals and drivetrain for signs of wear. The brake pad is a normal wear item and may need to be replaced over time.
- 22. This bike is not suitable for therapeutic use and is for consumer use only. Consult a physician prior to starting any exercise program.
- 23. The safety level of the bike can be maintained only if it is examined regularly for damage and wear (e.g. brake pad, saddle, pedals, drivetrain, etc).
- 24. Replace defective or worn components immediately and/or refrain from using the bike until it is serviced or repaired.
- 25. Special attention must be paid to all wear components (e.g. brake pads, etc.).
- 26. Please adjust the handlebar and seat to your best biomechanical positioning. Incorrect form and/or excessive training may result in injury.
- 27. Turn the resistance knob counter-clockwise to release the brake before exercising.

TOOLS INCLUDED FOR SPINNER® BIKE ASSEMBLY

Use the included tools for bike assembly only.



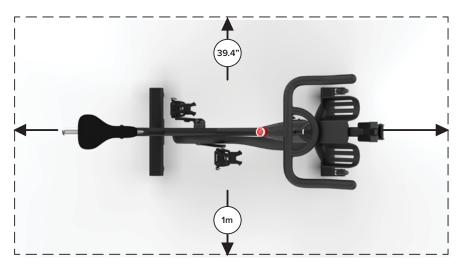
BIKE INFORMATION AND SPECIFICATIONS

SPINNER® BLADE AND SPINNER® BLADE ION - 123.5 Lbs (56 Kg)



ASSEMBLED SIZE: 1145mm Long x 502mm Wide x 1425mm Tall (avg, without tablet installed)

OPERATION AND INSTALLATION PERIMETER



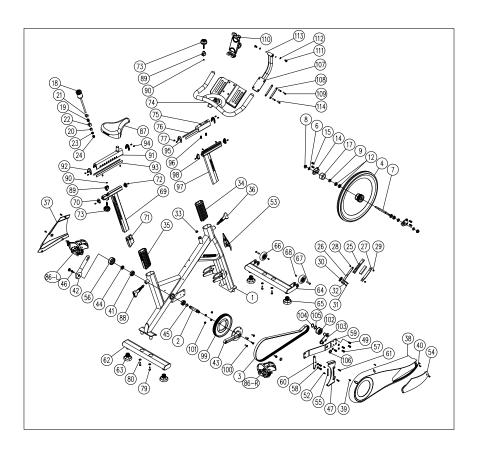
PERIMETER SPACE:

Keep at least 1 meter (39.4") of clear space around the entire bike

SPINNER® BLADE AND BLADE ION PARTS LIST

1 fame	Part No.	Description	Specifications		Part No.	Description	Specifications	П
6	1	frame		1	62	rear stabilizer		1
6	2	axle	φ20*109L	1	63	adjusting cap	(PA+) M30*3.0	2
7	4	flywheel	φ460*35W(18kg)	1	64	front stabilizer		1
Secret Part Part	6	flat washer	φ12.5*φ24*2.5t	2	65	adjusting cap	(PA+) M30*3.0	2
9 bushing φ25°φ12.17.5L 2 68 screw M6x10L(sm/m) 12 bearings (2 per side) 6001RS 4 69 aluminum seat post 14 flywheel locator bracket 2 70 slider cover (ABS) 15 hexagonal nut M8x12L 4 71 seat post end cap 17 hywheel cap PVC 1 72 screw M4x8L 18 braking knob M10°271L 1 73 knob (ABS) 19 spring holder (lowp) 918.3°2.4°22.4L 1 74 front handlebar 21 spring holder (lowp) 20°20°12L 1 76 internal handlebar slider glide (PE) 21 spring holder (lowp) 20°20°12H M10 1 77 screw M4x8L 23 hexagonal ut M10 (81) 1 78 wrench tool 13.14.15.18.21 (LOGO) 24 nut M10 1 79 screw M8xP1.25x25L 25 <t< td=""><td>7</td><td>flywheel axle</td><td>φ15*164L</td><td>1</td><td>66</td><td>transporation wheel</td><td>∮76*15W PU 90A</td><td>2</td></t<>	7	flywheel axle	φ15*164L	1	66	transporation wheel	∮76*15W PU 90A	2
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14 hywheel locator bracket 2 70 slider cover (ABS)	9	bushing	φ25*φ12.1*7.5L	2	68	screw	M6x10L(5m/m)	2
14 hywheel locator bracket	12	bearings (2 per side)	6001RS	4	69	aluminum seat post	, ,	1
15	14			2	70	'	(ABS)	2
17	15		M8x12L	4	71			1
B braking knob	17	·	PVC	1	72	<u> </u>	M4x8L	2
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24		,					•	1
25 brake pad holder aluminum		·	, ,	_			, ,	4
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43 right crank		•				handlebar slider lower cap	1 - /	2
44		left crank				large pulley		1
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o i jiexayunaisciew jivisxzul(sm/m) [Z]	61	hexagonal screw	M5x20L(3m/m)	2				

SPINNER® BLADE AND SPINNER® BLADE ION EXPLODED VIEW



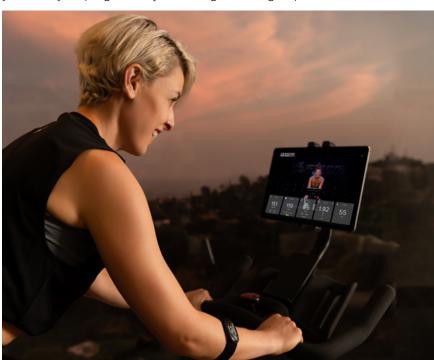
WELCOME TO THE SPINNING® PROGRAM

Spinning® was born on the road, raised in the studio, and made for your home. We've helped millions of people around the world get into the best shape of their lives and we can't wait to ride with you.

The bike is just the beginning! Now you can create your own Spinning® experience by choosing content and gear for a ride tailored just for you. Try one of our apps on for size with a free trial for the Spinning® subscription of your choice.

Spinning® Digital delivers 24/7 access to on-demand rides with rockstar instructors. Stream rides directly to your favorite Wi-Fi enabled TV, computer or favorite mobile device. With a diverse selection of instructors, training styles and durations, you can get the workout you want, whenever you want – even when you can't get to the studio.

Spinning® Digital+ is our all-in-one app that combines all the rockstar instructors and rides from Spinning® Digital with real-time metrics and tracking. It pairs with your heart rate monitor and your bike (with a power crank or cadence sensor) to deliver personal metrics and training zones during your ride! Your performance is tracked with detailed graphs and workout history, so you'll see your progress as you crush goals and gain power!



SPINNING® PROGRAM SAFETY

- Consult your physician before beginning this or any other exercise program. Not all exercise routines 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 your pedaling of motion.
- Children under the age of 16 should not ride the Spinner® bike.
- Do not insert any object, hand or foot into any openings. 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® Blade/Blade Ion should not exceed 350 pounds (159 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 until you come to complete stop and carefully dismount the bike.
- Listen to your body, ride at your own pace, and set a resistance load that feels right for you.
- Keep children and pets away from the bike whenever it is in use.
- Stay hydrated. Drink plenty of water throughout your ride.
- Pedal with a light amount of resistance at all times, even during warmup 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 before clipping back in.

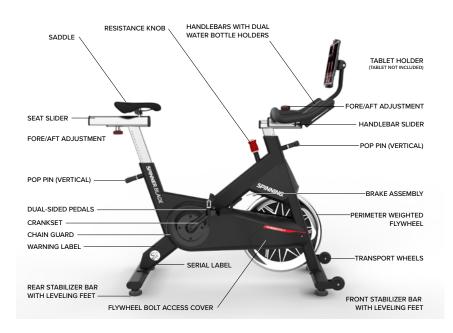


YOUR SPINNER® BIKE

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. Push down firmly on the resistance knob as an emergency brake.
- A perimeter weighted flywheel and robust drivetrain facilitate a smooth pedal stroke during your non-impact workout.

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 spray the cleaner onto the cloth and then wipe the bike down.

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

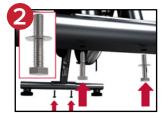


STEP 1: UNPACK THE CARTON

Open the shipping carton as illustrated on the box 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
- Left Side Crank

- Pedals
- Pop pin assembly seat
- Seat slider and saddle
- Seat post
- Tools for assembly and maintenance provided on the parts card.
- Owner's manual



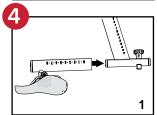
STEP 2: ATTACH THE STABILIZER BARS

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.



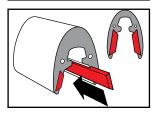
STEP 3: INSTALL THE SEATPOST POP PIN

Install the seat post pop-pin and tighten the bolt securely making sure that the thin washer is properly seated and centered between the pop-pin and the frame boss.

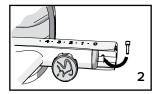


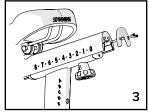
STEP 4: ASSEMBLE THE SEAT POST

1. Slide the seat assembly onto the seatpost, insuring that the black internal glides remain in place and are secure inside the slider.



If the glides have slipped out, please make sure to reinstall them. The glides are shaped to fit in the orientation as shown and must be installed by sliding them into the groove from the outside edge in the correct orientation.





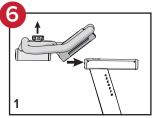
2. Turn the assembly over and slide the top portion rearward so that the limiter screw hole is exposed as shown. Now insert the small 3mm bolt into the exposed hole and tighten. This bolt sets the travel limit of the slider.

3. Attach the seat slider end cap using two bolts and fully tighten with the supplied allen key.

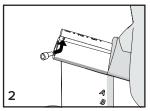


STEP 5: INSERT THE SEAT POST

- 1. Hold the seatpost in one hand and the poppin with the other. Insert the seat post into the frame and tighten the poppin.
- 2. Unscrew the knob of the pop-pin and then pull back on the spring loaded handle.
- 3. Insert the seatpost into the seatpost glide and find a general location that lines up with the pop pin.

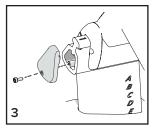


- 4. Now release the lever and pull up or push down on the seatpost until the pop pin engages a hole in the seatpost.
- 5. Tighten the pop pin by turning the handle clockwise to secure the seatpost.



STEP 6: HANDLEBAR ASSEMBLY

1. Hold the headpost in your hands and slide the handlebar assembly onto the handlebar post by loosening the fore/aft handlebar knob and pulling it up to align with the grooves on the handlebar post.



- 2. Insert one 3mm bolt into the post on either side and fully tighten it to set the travel limit.
- 3. Attach the handlebar post end cap using one 3mm bolt and fully tighten with the hex key.
- 4. Tighten the fore/aft adjustment knob in any position before proceeding.



STEP 7: INSTALL THE CRANK

Locate the left side crank and push it onto the axle in the opposite orientation of the drive side crank. Give the crank a tap with the hand at that axle bolt location to make the connection snug. Now find the 14mm crank bolt on the assembly card and hand thread the bolt into the axle hole as far as possible, making sure that the threads are engaged and the bolt is straight. Use the supplied 14mm socket wrench to tighten the bolt clockwise. Make sure it is tight and then snap the dust cap into the bolt hole.



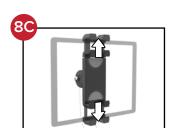
STEP8A: INSTALL THE TABLET MOUNT

Locate the 2 bar washers and 4 bolts with associated washers as shown and align the holes with the threaded bosses underneath the center section. Use the allen wrench to tighten the allen bolts securely.



STEP8B: ATTACH THE TABLET CLAMP TO THE ARM

Push in and slide down gently to fully engage the snap locks as shown. Note the orientation of the tabs and slots.



Pivot bolts can be tightened for a stiffer angle adjustment and should always be snug. Use caution and **do not over-tighten these bolts**.

STEP 8C: ATTACH THE TABLET

Open holder tabs using two hands and place tablet securely. Use caution to keep tablet side controls away from holder tabs.



STEP 9: INSTALL THE HANDLEBARS

The handlebars are installed in the same fashion as the seatpost. 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.

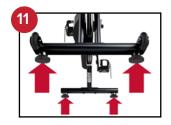




NOTE: The pedal spindles and cranks are marked "L" (left) and "R" (right). Left and right are referenced from a seated position on the bike. Be sure to install the pedals on the correct side of the bike.

STEP 10: INSTALL THE PEDALS

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 (15mm) multiwrench supplied and turn counterclockwise to tighten. Install the right pedal on the right crank. Turn the multi-wrench 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 11: 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

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 fit your body.. Refer to the Guide to Ride or visit 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 TOWERMake 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.

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.:			
Senai NO			

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.

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 reinstall 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.

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Spinner® Blade and Spinner® Blade Ion

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