

# PELOTON

BIKE MANUAL



In Studio with Alex Toussaint



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*Peloton Bike Manual V2.4*

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 **CAUTION** Read all precautions and instructions in this manual before using this equipment. Improper use or maintenance can void the warranty. Keep this manual for future reference.

# SAFETY INFORMATION

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**Read all safety information before operating the bike. It is the owner's responsibility to ensure that users are aware of all warnings and precautions.**

Consult a doctor before beginning a new fitness plan. Incorrect or excessive training can result in serious injury.

If you experience faintness, chest pain, or shortness of breath, stop exercising immediately and consult a doctor.

This bike has a direct driven flywheel. If the flywheel is moving, the pedals are moving. Stop by reducing pedaling frequency in a controlled manner or by using the emergency brake. Do not remove your feet from the pedals until the flywheel stops moving.

The resistance knob can be used as an emergency brake. To stop immediately, push down on the resistance knob.

Use caution when mounting and dismounting.

To prevent injury, always adjust the seat and handlebars to your personal requirements.

Children under the age of 13 and persons with reduced physical, sensory, or mental capabilities that impair safe use of the bike must not use the bike. Keep children and pets away from the bike at all times.

Children over the age of 13 and persons with a lack of experience and knowledge must be given supervision or instruction before using the bike. Do not allow children to perform maintenance without supervision or to play with the bike. Always fully engage the brake and use safety lock when the bike is not in use.

Keep hands, loose clothing, shoelaces, and accessories away from moving parts. Do not insert objects into openings on the equipment.

The bike is equipped with LOOK Delta-compatible pedals. Always cycle using footwear equipped with appropriate cleats.

Perform regular maintenance for optimal performance and longevity. To ensure safety, the bike must be checked for wear and damage on a regular basis.

Replace any damaged or worn parts immediately. Do not use the bike until the repair is performed.

Use only original parts from the manufacturer. Changes or modifications to this unit not expressly approved by Peloton could void the warranty.

Use the bike only with the provided power supply.

Always unplug the bike immediately after use and before cleaning or performing maintenance. Service other than the procedures described here must be performed by an authorised technician.

# NOTICES

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The bike should not be used by persons exceeding 21 stone, 11 lbs/138 kg/305 lbs in weight.

This bike is for indoor use only. Do not store the bike outdoors, near water, or at high humidity levels.

This bike is for home use only. Do not use in a commercial setting. Use the bike only for its intended purpose.

Metrics on the screen, including heart rate monitoring, may be inaccurate. Values should be used for reference only.

**DISTRIBUTED IN US/CANADA BY:**

Peloton Interactive, Inc.  
125 West 25th Street, 11th FL  
New York, NY 10001  
Attn: Limited Warranty Claims

**DISTRIBUTED IN UK/EU BY:**

Peloton Interactive UK Limited  
107 Cheapside, 9th Floor  
London EC2V 6DN  
United Kingdom  
Attn: Limited Warranty Claims

# NOTICES CONTINUED

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device must not cause harmful interference, and (2) this device must not accept any interference received, including interference that may cause undesired operation.

**NOTE:** This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can

be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- 1 Reorient or relocate the receiving antenna.
- 2 Increase the separation between the equipment and receiver.
- 3 Connect the equipment to an outlet on a circuit different from that to which the receiver is connected.
- 4 Consult the dealer or an experienced radio/TV technician for help.

#### **CAUTION:**

- 1 To comply with FCC RF exposure compliance requirements, a separation distance of at least 20 cm must be maintained between the antenna of this device and all persons.
- 2 This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.



Waste electrical products should not be disposed of with household waste. Please recycle where facilities exist. Check with your local authority or retailer for recycling advice. This product is ANT+™ certified and is compatible with ANT+ sensors that support heart rate monitoring.



The Peloton Pro Bike is according to EN ISO 20957-1 and EN ISO 20957-10 a Class H product and is built to the highest standards for indoor home fitness use. It was designed especially for lower body workout and cardiovascular training.

# WARNING LABELS



## WARNING

Misuse of this bike may result in serious injury.

Read user manual prior to use and follow all warnings and instructions.

Keep children and pets away from the bike at all times.

Set up and operate on a solid, level surface.

Take care when mounting and dismounting. Before mounting or dismounting, move the pedal on the mounting or dismounting side to its lowest position and bring the pedals to a complete stop.

Fully engage brake and use safety lock when bike is not in use.

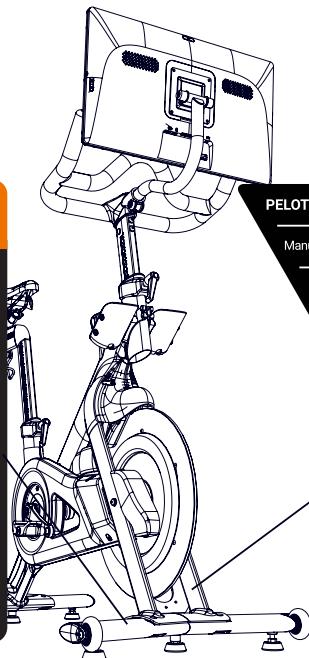
This bike does not free-wheel. Reduce pedal speed in a controlled manner.

Keep away from the flywheel at all times.

Spinning pedals and other moving parts can cause injury.

Always keep top surface of pedals clean and dry.

Replace this label if damaged, illegible, or removed.



PELOTON BIKE Model : PL-11

Manufactured in Taiwan. Designed in NYC.

Distributed in US/CA by  
Peloton Interactive Inc.  
125 W 25th St NY, NY 10001 USA

Distributed in EU/UK by  
Peloton Interactive UK Ltd.  
107 Cheapside, 9th Floor  
London EC2V 6DN United Kingdom

Tested to comply with ASTM F1250 and  
EN ISO 20957 as a Class H Home Product

For consumer use only.



BAR CODE  
PLACEMENT  
32mm W x 8mm H

# SPECIFICATIONS





## BIKE SPECIFICATIONS

**FOOTPRINT** 4' x 2' / 120 x 60 cm

**WEIGHT** 10 stone, 9 lbs/67.6 kg/149 lbs

**HEIGHT** 5'/152 cm

**USER HEIGHT RANGE** 4'11"–6'5"/150-196 cm

**MAX USER WEIGHT** 21 stone, 11 lbs/138 kg/305 lbs

**WEIGHT HOLDER CAPACITY** 3 lbs/1.36 kg

## TOUCHSCREEN SPECIFICATIONS

**21.5" 1080P HD TOUCHSCREEN**

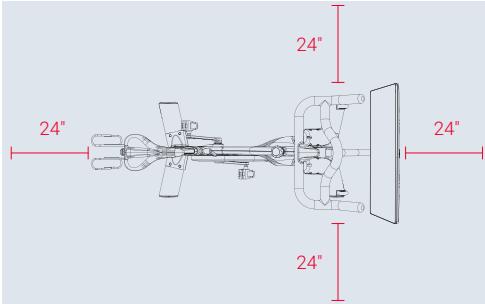
**WIFI 802.11 A/B/G/N/AC / 100 MBPS ETHERNET**

**16 GB INTERNAL FLASH STORAGE**

**ANT+™ WIRELESS / BLUETOOTH® 4.0**

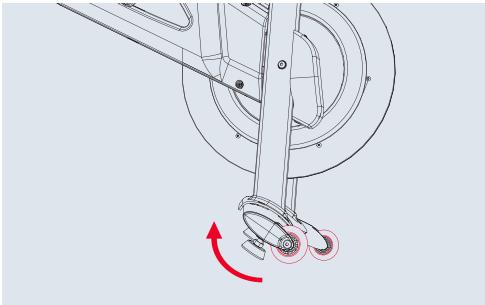
**2×10 WATT STEREO SPEAKERS**

# SETTING UP YOUR BIKE



## BIKE PLACEMENT

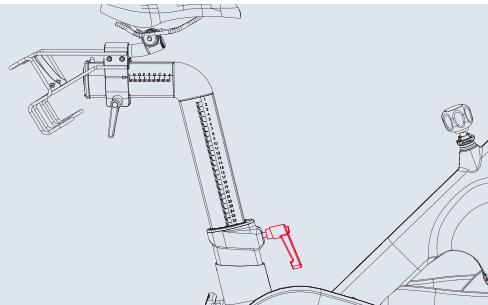
- Place the bike on a solid, level and horizontal surface
- Use a mat to avoid damage to the bike and floor
- Allow a clearance of 24" (60 cm) on each side of the bike



## MOVING THE BIKE

- Tilt the bike forward onto the wheels.  
Lift the rear stabilizer while a second person holds the handlebars
- Carefully roll the bike to the new location.  
Avoid uneven surfaces
- If the bike rocks after being set down, unscrew each leveling foot until it rests firmly on the floor

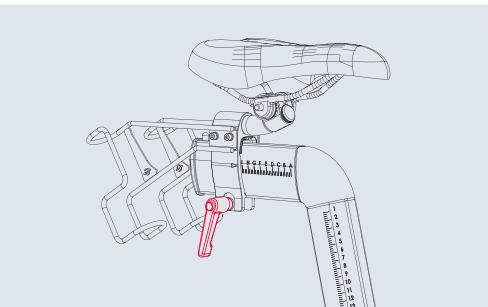
**CAUTION** The Peloton Bike has a direct driven flywheel; the pedals will continue to move until the flywheel stops. Reduce speed slowly. To stop the flywheel immediately, push down the resistance knob.



## SEAT HEIGHT

Set the seat height to line up with the top of your hip bone.

- Turn L-handle counterclockwise to loosen
- Raise or lower seat
- Turn L-handle clockwise to tighten



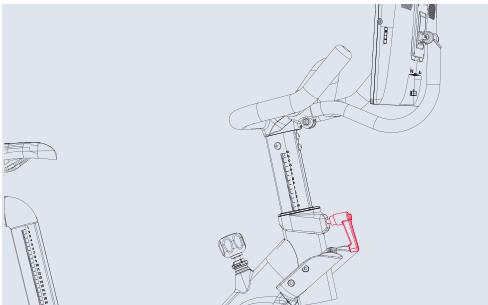
## SEAT DEPTH

Set the seat depth so that the distance between seat and handlebars is equal to the distance between your elbow and fingertips.

- Turn L-handle counterclockwise to loosen
- Move seat forward or back
- Turn L-handle clockwise to tighten

**⚠ CAUTION** To prevent injury, always adjust seat and handlebars to your personal requirements. Tighten all adjustment handles before using the Peloton Bike. Projecting adjustment handles could interfere with your movements. Do not exceed maximum adjustment marks on seat and handlebar posts and sliders. If any adjustment handle sticks out sideways, pull the handle out, rotate it to point down, and then release it.

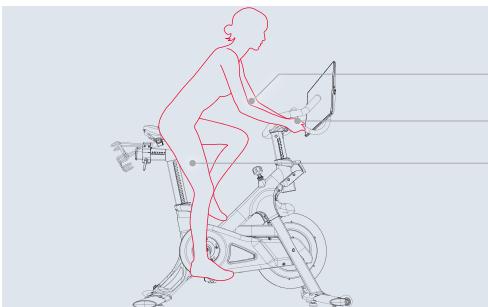
# SETTING UP YOUR BIKE CONTINUED



## HANDLEBAR HEIGHT

Set the handlebars to seat height, then adjust until you feel comfortable.

- Turn L-handle counterclockwise to loosen
- Raise or lower seat
- Turn L-handle clockwise to tighten

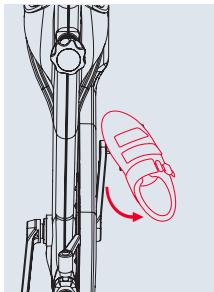
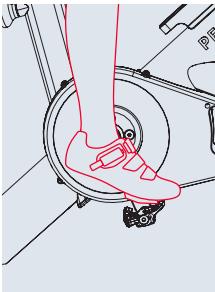


## PROPER BODY POSITION

- Arms slightly bent
- Hands rest on handlebars without reaching
- Leg slightly bent at the bottom of the stroke

These adjustments should get you started. If you're uncomfortable, or want to fine-tune your bike's settings, go to [support.onepeloton.com](https://support.onepeloton.com)

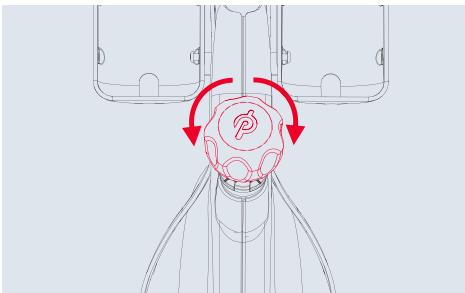
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## CLIPPING IN AND OUT

**CLIPPING IN:** Point your toes down to fit the cleat into the pedal, then push down through your heel.

**CLIPPING OUT:** Kick your heel away from the bike.

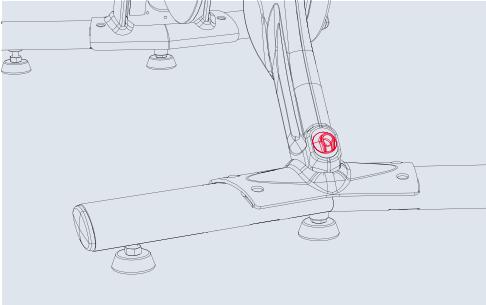


## ADJUSTING RESISTANCE

- Turn knob right to increase resistance
- Turn knob left to decrease resistance
- Press knob down for emergency brake

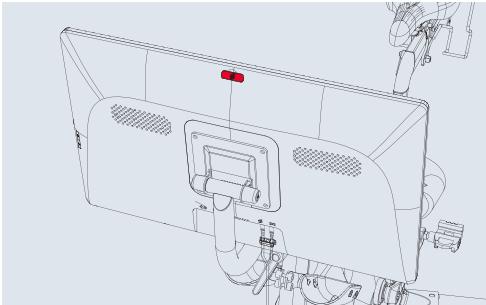
# GETTING STARTED

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## PLUGGING IN

- Plug the power supply into the wall
- Plug the power cord into the power jack at the back of the bike



## POWERING ON & OFF

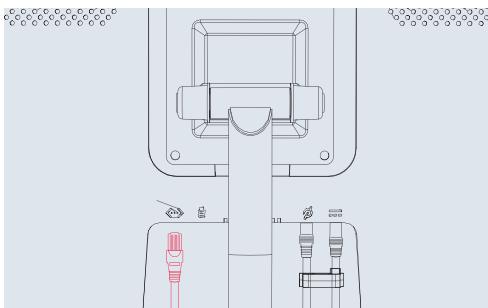
- Hold the power button for two seconds to power on the bike
- The bike will sleep after about 5 minutes of inactivity. To wake the bike, press the power button
- To power down, hold the power button for two seconds. Select **Shut Down** when prompted



## CONNECTING TO WIFI

To connect to a WiFi network, tap the network name

- If the network is not secured, the bike will connect to the network
- If the network is secured, you will be prompted to enter a password. Type in the password and tap **Connect**



## CONNECTING TO ETHERNET

To connect to a wired network, connect an Ethernet cable to the Ethernet port on the back of the touchscreen and to a wall jack or router used by your local area network. The bike will connect to the network automatically.

# GETTING STARTED CONTINUED

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## LOGGING IN

Enter the username or email address and password for your Peloton account.

If you haven't set up your Peloton account yet, tap **Forgot password?** and enter the email address you used when you purchased your Peloton Pro.

## PELOTON 101

Watch our intro video for more on adjusting your bike to fit your body and maintaining proper body position when you ride.

## ADDING A RIDER

To let another rider use your bike, tap the menu icon at the lower left of the screen and select **Switch Rider**.

Tap **Manage Riders** and then **Add a Rider**. The new rider can log in with an existing Peloton account or tap **Create an account** to set up a new one.

## JOINING A RIDE

Select a live ride or filter by ride length, instructor, and ride type and choose from more than 3,000 on-demand rides. Your instructor will guide you through a workout that includes a warmup and cooldown. For more information, go to [www.onepeloton.com/classes](http://www.onepeloton.com/classes).

# RIDE SCREEN



## CADENCE

How fast you're pedaling, in revolutions per minute



## OUTPUT

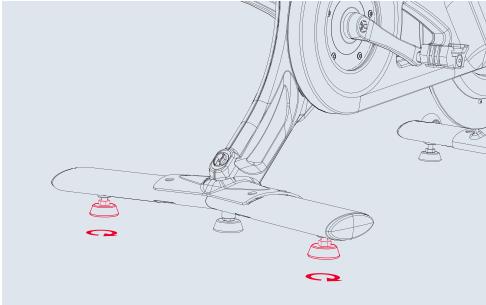
The power you're exerting, measured in watts



## RESISTANCE

Pedaling difficulty, measured as a percentage

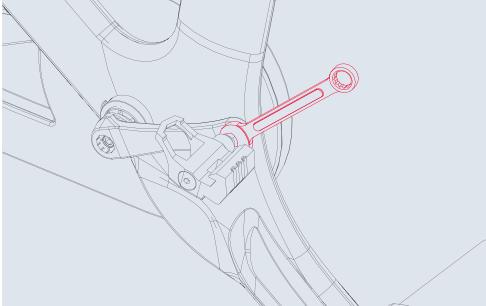
# MAINTENANCE AND CARE



## AFTER EACH RIDE

**CLEANING:** Wipe down the bike using a damp cloth.

**LEVELING FEET:** If the bike rocks back and forth, turn each leveling foot clockwise (when viewed from above) until it rests firmly on the ground.

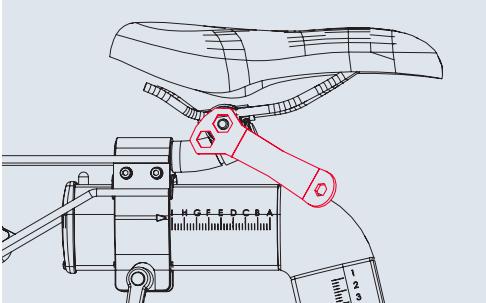


## EVERY 3 TO 5 RIDES

**CLEANING:** Clean the bike thoroughly using a damp cloth and a mild household cleaner diluted in water. Clean the touchscreen using an electronics wipe.

**PEDALS:** Tighten any loose pedal with the included 15 mm wrench. Pedals should be tightened to 25 lb-ft of torque. Turn clockwise to tighten the right pedal and counterclockwise to tighten the left pedal.

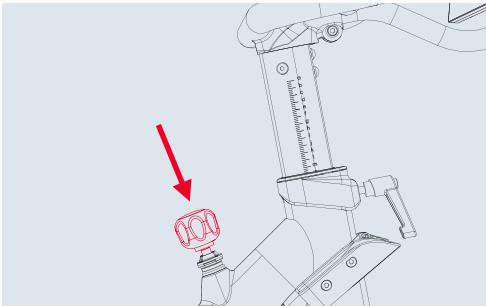
**⚠ CAUTION:** To ensure safe operation and optimal performance, check for wear and damage and perform maintenance on a regular basis. Replace any damaged or defective parts immediately. Do not use the bike until the repair is performed. Only use original parts from the manufacturer. Changes or modifications to this unit not expressly approved by Peloton could void the warranty.



## EVERY 3 TO 5 RIDES CONTINUED

**CLEATS:** Use a 4mm Allen wrench to tighten any loose screws attaching your cleats to your cycling shoes.

**SEAT:** Make sure the seat is parallel to the ground. Then use the included combination wrench to tighten the seat-fixing nuts on both sides.



## EVERY 15 TO 20 RIDES

**EMERGENCY BRAKE:** Press down on the resistance knob while pedaling slowly. The flywheel should come to a complete stop immediately. If it does not, stop using the bike immediately and contact Peloton Support.

**FRAME:** Check the entire frame for signs of wear and damage, and tighten any loose bolts.

 **CAUTION:** Service other than the procedures described here must be performed by an authorised technician.

# LIMITED HOME USE WARRANTY\*

Peloton Interactive, Inc. ("Peloton") extends the following Limited Warranty, which applies only to non-commercial, in-home, indoor use of the Peloton Bike. Any other use of the Peloton Bike shall void this Limited Warranty. During the applicable Limited Warranty periods described below, the covered components of the Peloton Bike will be free of defects or malfunctions during normal use. Certain exclusions apply, as further described in this Limited Warranty.

The Limited Warranty applies for the following components of the Peloton Bike only, for the time period indicated. The Limited Warranty applies only against defects discovered within the applicable Limited Warranty period and only so long as the Peloton Bike remains in the possession of the original purchaser, or, for gifted Peloton Bikes, the owner of the original Subscription attached to that Peloton Bike.

## **HD TOUCHSCREEN: 12 MONTHS**

Peloton warrants the touchscreen against defects in workmanship and materials for a period of 12 months from the date of original delivery.

## **FRAME: FIVE YEARS**

Peloton warrants the frame (excluding any moving parts attached to the structural frame) against defects in workmanship and materials for a period of five years from the date of original delivery.

## **BIKE COMPONENTS: 12 MONTHS**

Peloton warrants the components and all original parts of the Peloton Bike other than pedals, including its belt, brake resistance, crank shaft, seatpost, handlebars and water bottle holder, against defects in workmanship and materials for a period of 12 months from the date of original delivery.

## **BIKE PEDALS: 12 MONTHS**

Peloton warrants the components and all original parts of the original pedals that come with the Peloton Bike against defects in workmanship and materials for a period of 12 months from the date of original delivery. Bike pedals are not warranted against normal wear and tear and it is important that you maintain the pedals by inspecting the pedals regularly for any damage, loose parts or other signs of wear and tear that could cause breakdowns or part failures. Any pedal that shows signs of worn or damaged parts should be removed from service immediately. Please refer to Peloton's guide on maintaining your pedals, available on Peloton's website.

## **LABOR: 12 MONTHS**

For Peloton Bikes originally assembled by an authorized Peloton technician, Peloton will cover the labor cost for the repair or replacement made under this Limited Warranty for a period of 12 months from the date of original delivery. Except where applicable law requires otherwise, repair labor is not covered for locations where Peloton did not originally assemble the Peloton Bike or if the Peloton Bike is moved to a location that is outside of Peloton's service area.

## **EXCLUSIONS AND LIMITATIONS**

*Who and what is covered:* The original owner of the Peloton Bike. The Peloton Bike must remain in the possession of the original purchaser, or, for gifted Peloton Bikes, the owner of the original Subscription attached to that Peloton Bike. This Limited Warranty is not transferable.

If a defect arises in the Peloton Bike or a warranted component within the applicable Limited Warranty period, the purchaser's sole and exclusive remedy is for Peloton to, at Peloton's discretion to the extent permitted by law, either replace or repair

the defective or malfunctioning Peloton Bike or component with the same or a comparable model. Any replacement or repaired component shall be warranted for the remainder of the original Limited Warranty period or 30 days, whichever is longer, or for any additional period that is required by applicable law.

*What is NOT covered:* Any other Peloton products or services, non-Peloton products or labor, units that are, or that Peloton reasonably believes to be, stolen, counterfeit, or purchased from an unauthorized distributor or reseller, units purchased or used outside the U.S., and units missing serial numbers.

Software, even if sold with or embedded in the Peloton Bike, or Internet connectivity. Peloton does not warrant that the operation of the Peloton Bike will be uninterrupted or error-free.

Damage or equipment failure due to normal wear and tear, improper or negligent assembly, maintenance, installation, relocation, or repair (other than that caused by a Peloton authorized service technician), use of the Peloton Bike with parts or accessories from third parties, or with parts or accessories not originally intended for or compatible with the Peloton Bike, or any use contrary to the instructions in the Peloton Guide.

Damage or equipment failure due to accident, abuse, improper or abnormal use, neglect, corrosion, discoloration of paint or plastic (or any other change in cosmetic appearance that does not affect performance), theft, vandalism, fire, flood, wind, lightning, freezing or other natural disasters or acts of God of any kind, electrical wiring, power reduction, power fluctuation or power failure from whatever cause, unusual atmospheric conditions, collision, introduction of foreign objects, or modifications that are unauthorized or not recommended by Peloton.

# SUPPORT

Incidental or consequential damages. Peloton is not responsible or liable for indirect, special, incidental or consequential damages, economic loss, loss of property or profits, loss of enjoyment or use, or other consequential damages of any nature whatsoever in connection with the purchase, use, repair or maintenance of equipment or parts. Peloton does not provide monetary or other compensation for any such repairs or replacement parts costs, including but not limited to gym membership fees, work time lost, cost of substitute equipment, diagnostic visits, maintenance visits or transportation.

Equipment used for commercial purposes or for any use other than a single family or household.

Any attempt to move or repair fitness equipment creates a risk of injury and property damage. Peloton is not responsible or liable for any damage or injury incurred during, or as a result of, any move, repair or attempted repair of equipment by anyone other than a Peloton authorized service technician. All moves or repairs attempted by you or your agents are undertaken AT YOUR OWN RISK and Peloton shall have no liability for any injury to person or property arising from such attempted moves or repairs. In addition, labor may no longer be covered if you move outside of Peloton's service area.

Where permitted by law, replacement units, parts and electronic components reconditioned to as-new condition by Peloton or its vendors may sometimes be supplied as warranty replacement and constitute fulfillment of warranty terms.

## EXTENDED WARRANTY SERVICE

Extended warranty coverage is available for purchase through Peloton's authorized partner. See [support.onepeloton.com](https://support.onepeloton.com) for more details.

## HOW TO OBTAIN WARRANTY SERVICE

To be eligible for service under this Limited Warranty you must contact the Peloton Support team. You will be asked to provide Peloton with the serial number of your Peloton Bike and the dated receipt, or other proof of purchase indicating the date purchased, upon discovering any nonconformity or defect.

Claims must be made within the specified warranty period.

Any disputes between you and Peloton related to this Limited Warranty or the Peloton Bike will be governed by the then-current dispute resolution procedures in Peloton's Terms of Service, available at [www.onepeloton.com/terms-of-service](https://www.onepeloton.com/terms-of-service).

*\*This limited warranty is the exclusive warranty given by Peloton and supersedes any prior, contrary or additional representations. All other warranties, express or implied, including any statutory warranty or condition of merchantability or fitness for a particular purpose, are disclaimed except to the extent prohibited by law. In such event, such warranty is limited to the duration of the warranty periods set forth above. This exclusion applies even if this warranty fails of its essential purposes and regardless of whether damages are sought for breach of warranty, breach of contract, negligence, or strict liability in tort or under any other legal theory. Some jurisdictions do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation may not apply to you. This limited warranty gives you specific legal rights, and you may also have other legal rights, which vary from state to state.*

## QUESTIONS OR CONCERNS

Peloton's #1 concern is member satisfaction. If you require assistance or are experiencing issues with your Peloton Bike, please contact the Peloton Support team for additional help. You may direct any questions or concerns to customer support:



US: 1.866.679.9129  
UK/EU: +44.808.169.6469  
Canada: 1.833.821.0099



[support@onepeloton.com](mailto:support@onepeloton.com)



[support.onepeloton.com](https://support.onepeloton.com)



US/CA:  
Peloton Interactive, Inc.  
125 West 25th Street, 11th FL  
New York, NY 10001  
Attn: Limited Warranty Claims

UK/EU:  
Peloton Interactive UK Limited  
107 Cheapside, 9th Floor  
London EC2V 6DN  
United Kingdom  
Attn: Limited Warranty Claims



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[www.onepeloton.com](http://www.onepeloton.com)