



SPINNER® Chrono™ Power

INDOOR CYCLE

The Spinner® Chrono™ Power by Precor distances itself from the pack of indoor cycles that measure power by offering a hassle-free experience for operators, instructors and riders alike, all while staying true to the iconic feel of a Spinner bike. With no batteries to change, direct power measurement, patent pending magnetic resistance, and the

brightest console back-light in the industry that remains on even after the ride is over, the Spinner Chrono Power bike will exceed expectations.

We support the purchase of world-class Spinner® bikes with world-class Spinning® instructors and programs that keep members engaged and coming back for more.

PRECOR® | **SPINNING®**

SPINNER® Chrono™ Power

1 Direct Power Measurement

We raised the bar on accuracy and reliability by putting the strain gauge power sensor directly on the resistance system. The sensor is protected from shoes and sweat, and directly wired to the console to eliminate wireless pairing, the need for batteries or manual calibration.

2 Magnetic Resistance

The patent pending resistance mechanism delivers an equal increase with every turn of the knob without sudden jumps in resistance. The unique caliper design specifically accommodates the heavy perimeter weighted flywheel that delivers the iconic Spinner feel.

3 Timing Belt Drive

Designed with a Kevlar® reinforced, cogged timing belt for more efficient power transfer from the rider so every watt counts. Our lowest maintenance belt yet features a 10-year warranty.

4 Self-Generating Power

Say goodbye to batteries. The generator drives the power measurement sensor and console backlight and keeps the console on for three minutes after you stop pedaling so you can review and download your performance data.

5 Aluminum Frame

The all-aluminum frame features rounded tubing to shed sweat and offers the best corrosion resistance. The stamped frame elements shield and protect components while giving a high quality design appearance.



CONSOLE

The best-in-class LCD color console features an ultra-bright backlight that is always on and never needs batteries. Designed to fit seamlessly with SPINPower® programming, the display metrics are easy to personalize and see. The console is Bluetooth™ and ANT+ compatible and can receive software updates via USB. The Active Status Light™ located on the back makes keeping track of maintenance needs easier.

READOUT INCLUDES

- Watts
- Kilojoules or Calories
- Cadence (Pedal RPM)
- Heart Rate (BPM)
- Time
- Distance
- Up to 10 intervals

PRODUCT SPECIFICATIONS

Dimensions (L x W):	48 in x 20.4 in (122 x 52 cm)
Overall Weight:	110 lb / 50 kg
Flywheel Weight:	26 lb / 11.8 kg
Max User Weight:	350 lb / 158.7 kg
Frame Color:	Semi-Gloss Metallic black
Flywheel Color:	Chrome
Drive Options:	Kevlar® reinforced, cogged timing belt
Resistance System:	Magnetic
Batteries:	Self-generating, no batteries required
Console:	Spinner® Power Console (included)
Accessories:	Integrated phone tray and water bottle holder

WARRANTY: For warranty terms visit precor.com





SPINNER® CHRONO™ GETTING STARTED GUIDE

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

The Spinner® Chrono™ 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.
- Spinner® Bikes and Spinning® Accessories, Training, and the Spinning® Community at 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.



	Part
1	Seat adjustment pop-pin
2	Seat slider knob



	Part
3	Handlebar adjustment pop-pin
4	Fore/aft handlebar knob
5	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

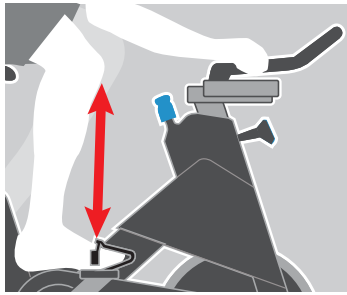
Adjust the toe straps to hold your foot firmly on the pedal, allowing you to apply force throughout every part of the pedal stroke.

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

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.

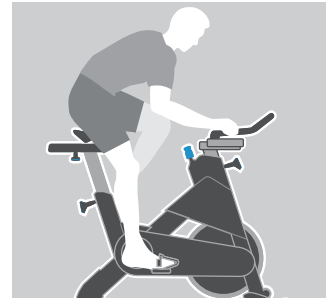
Failure to follow these safety instructions can result in serious personal injury.



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.

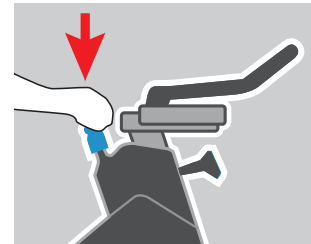
When you sit on the bike with the pedals parallel to the floor, your forward knee should be aligned over the center of the pedal.



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:

- Wipe down the bike 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® Chrono™ Assembly Guide

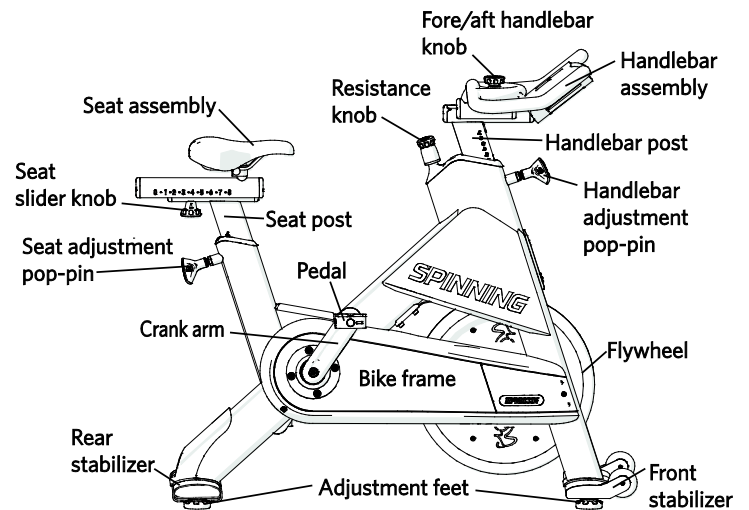
To assemble the bike follow the steps in the order listed in this assembly guide. For more product information, visit us at www.precor.com.

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)	7
4	Socket head bolt (M8 x 16 mm)	2
5	Hex key (6 mm)	1

	Component	Quantity
6	Hex key (8 mm)	1
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.

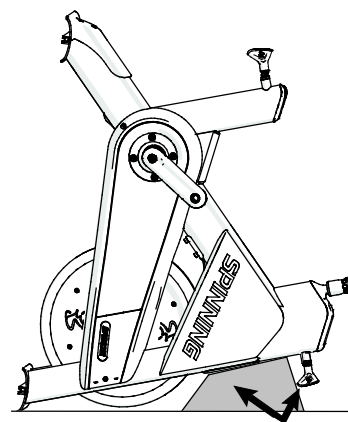


Figure 1

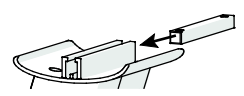


Figure 2

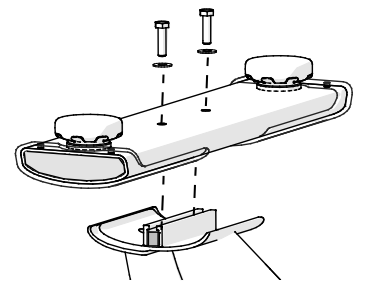


Figure 3

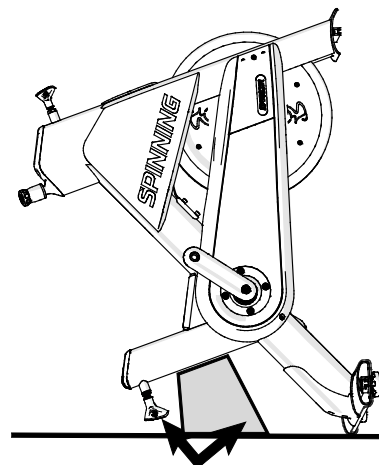


Figure 4

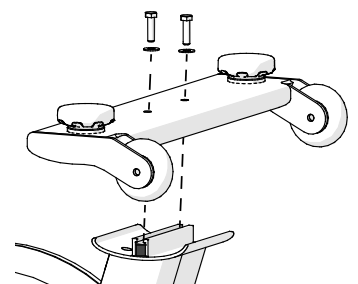


Figure 5

To attach the seat assembly:

1. Slide the seat assembly onto the seat post (Figure 6).
2. Insert one bolt ③ 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 ⑧ using three bolts ③ (Figure 8) and fully tighten with the hex key ⑦.

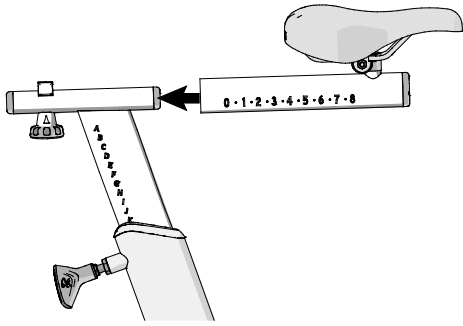


Figure 6

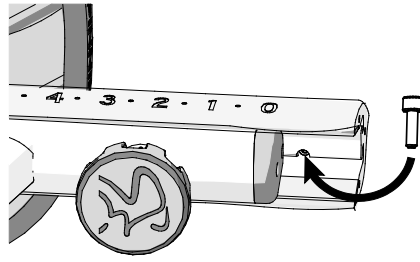


Figure 7

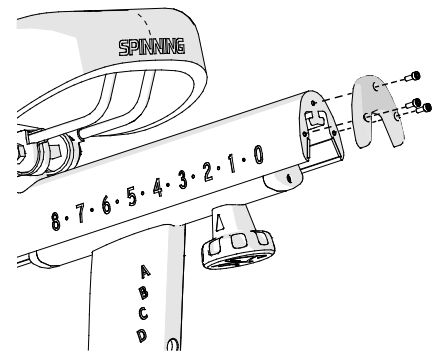


Figure 8

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 in the handlebar post.
2. Insert one bolt ③ into the post and fully tighten it to set the travel limit (Figure 10).
3. Attach the handlebar post end cap using two bolts ⑨ (Figure 11) and fully tighten with the hex key ⑦.

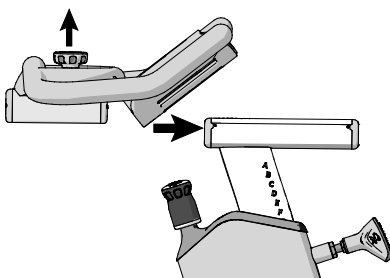


Figure 9

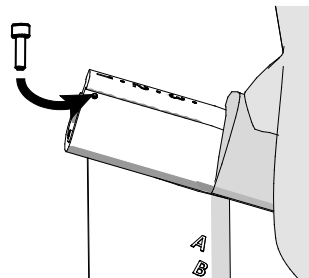


Figure 10

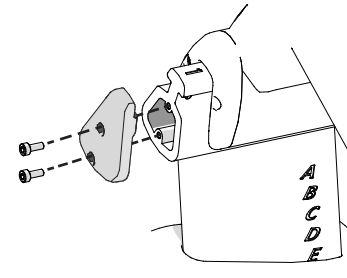


Figure 11

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 ④ (Figure 13) and torque to 33 ft-lb (45 N-m) with the hex key ⑥.
4. Repeat Steps 1-3 to attach the other pedal.

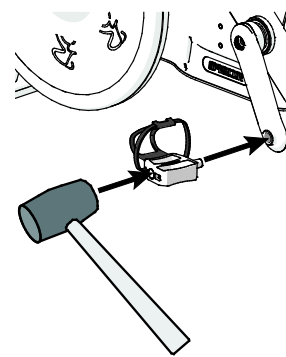


Figure 12

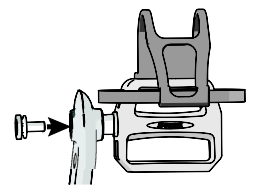


Figure 13

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 (see accompanying graphic).
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.

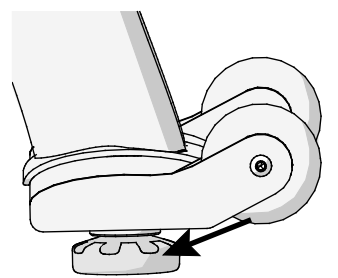


Figure 14

Bike assembly checklist

Important Your new Spinner Chrono bike comes with an innovative Kelvar® timing belt. This belt may require a break in period of 8 to 16 hours of normal use. During this time, you may experience more noise and vibration than normal operation. After the break in period, your bike should operate smoothly. If you experience any issues after the break in period, please contact Precor Customer Support.

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.



Spinner® Chrono™ Maintenance Guide

Important It is the duty of the owner to maintain equipment in accordance with the instructions in this material and any accompanying material. Always purchase replacement parts and hardware from Precor. If you use parts not approved by Precor, you could void the Precor Limited Warranty. Use of parts not approved by Precor may cause injury.

General care

Required tools: standard set of hex keys

Important Your new Spinner Chrono bike comes with an innovative Kelvar® timing belt. This belt may require a break in period of 8 to 16 hours of normal use. During this time, you may experience more noise and vibration than normal operation. After the break in period, your bike should operate smoothly. If you experience any issues after the break in period, please contact Precor Customer Support.

- Never use abrasive cleaning liquids or petroleum-based solvents on the bike.
- Use a soft nylon scrub brush to clean grooves and textured surfaces on pedals.
- **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.
- Clean all surfaces of the frame and plastic components. *Keep excess moisture away from electronic components and dry completely with a lint-free cloth to prevent electrical shock or damage.*
- After the first ten hours of use and every 100 hours of use thereafter, re-torque the pedals to 33 ft-lb (45 N-m).
- If your facility allows members to interchange pedals, check all pedals after each class to ensure pedals are properly secured to prevent damage to them, which may lead to injuries.

Daily Maintenance Tasks

Note Raise seat and handlebar posts to their highest setting to expose moisture.

- If your facility allows members to interchange pedals, check all pedals after each class to ensure pedals are properly secured to prevent damage, which may lead to injuries.
- Wipe the bike frame using a clean lint-free cloth dampened with 30 parts water to 1 part non-abrasive detergent.
- Use a lint-free cloth to dry the bike. Pay special attention to the handlebar, pop-pins, resistance knob, chain guard, flywheel, and seat adjustment assembly.
- Check warning and instruction labels.

Weekly Maintenance Tasks

- Clean the floor under the equipment. Do not lift and hold equipment while vacuuming.
- Ride each bike to identify any vibration, noises, and belt issues. Most vibration issues are caused by poor flywheel alignment or a loose belt.
- Check for flywheel alignment.
- Inspect each bike for loose assemblies, parts, bolts and nuts. Give particular attention to the following:
 - Frame hardware
 - Seat and handlebar hardware including knobs and pop-pin handles
 - Toe straps/toe clips
- Clean pedals and pedal hardware with a lint-free cloth and apply a light coat of multi-purpose oil such as Tri-Flow® to the pedal hardware.

Note Routine pedal maintenance is required to keep the pedals free of rust.

Monthly Maintenance Tasks

The monthly maintenance check is a comprehensive inspection of the entire bike frame and hardware in addition to the weekly maintenance tasks. Inspect the bike for rust or corrosion. Turn the bike upside down to thoroughly examine the underside components.

- **Flywheel**
 - Check flywheel alignment and belt tension. If these require adjustment, contact Precor Customer Support.
 - Clean the hardware with a lint-free cloth and apply a light coat of multi-purpose oil such as Tri-Flow®.
- Use a soft nylon scrub brush to remove rust build-up in small crevasses, such as pedals and pop-pin threaded stems.
- **Pedals**
 - Clean the hardware with a lint-free cloth and if required, use a soft nylon brush to remove rust formation.
 - Apply a light coat of multi-purpose oil such as Tri-Flow® to the pedal hardware.
- Inspect all wear items for adjustments or possible part replacement. Give particular attention to the following:
 - Inspect gap between brake and flywheel.
 - Inspect seat pads for wear. Rips, tears, or excessive movement indicates replacement is required.
 - Tighten seat hardware.
 - Inspect pedals for excessive movement. Excessive movement indicates replacement is required.
 - Tighten pedal toe straps and toe clips.
 - Inspect and tighten resistance knob assembly.
 - Level feet.
- Clean and seal the bike frame. Sweat can corrode the bike frame. Precor recommends that you seal the bike frame at least once a month.

To seal the bike frame:

1. Wipe the bike frame using a clean lint-free cloth dampened with 30 parts water to 1 part non-abrasive detergent.
2. Rinse the bike frame using a clean lint-free cloth and dampened with water only. Dry completely with another clean lint-free cloth.
3. Seal the bike frame using wax or a polish to repel sweat and liquids. For best results, apply the wax or polish per manufacturer's instructions.

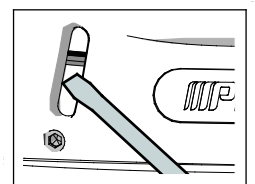
Replacement Parts

Depending on the use and maintenance of the product, certain items can be replaced on a schedule. Precor recommends that you replace the belt and pedals every two years to keep the bike in top working order.

Belt Adjustment

Important *Improper belt tension will cause premature wear and may void the Precor Limited Warranty. If the belt requires adjustment, DO NOT adjust the belt yourself. Contact Precor Customer Support.*

Insert a screwdriver into the tension inspection window and use a sonic tension meter to assess the belt tension. A properly tensioned belt should be 60 Hz (40 lb of tension).





SPINNER® CHRONO™ POWER CONSOLE GETTING STARTED GUIDE

The Spinner® Chrono™ console displays power level, interval tracking, simultaneous current and average data for workout and summary, and lets you pair your smartphone to online Bluetooth® applications.

Attach the console to the bike

To attach the console:

1. Plug the data cable into the back of the console.
2. Place the console on top of the handlebars (Figure 1).
3. Position the console back plate under the handlebars making sure not to pinch the cable.
4. Secure the console using four socket head screws through the back plate and into the console case (Figure 2).

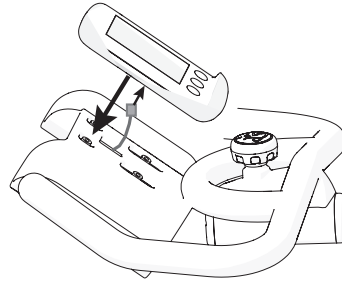


Figure 1

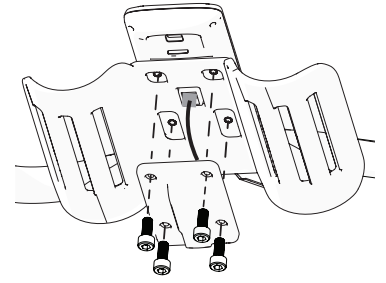


Figure 2

Important The USB port on the back of the console is for updating software and use by customer service. DO NOT use it to charge phones.

Activate the console

Precor equipment is either self-powered or externally powered using an optional power adapter. To activate self-powered equipment, begin pedaling.

An optional AC power adapter provides sustained power to the equipment or recharges the internal battery. To purchase the power adapter, contact Precor Customer Support.

Set up the console

You can use the console with default settings or you can customize it two ways:

- Save time by using a formatted USB stick with the defined settings to set up multiple consoles with the same settings.
- Manually define club settings and custom parameters on each console.

Setup/Service mode

Use the console Setup/Service mode to configure settings in ways that benefit exercisers.

Note The information provided in this section is intended for system administrators and Precor service technicians. DO NOT share it with exercisers or non-administrative staff.



In the Setup/Service mode, the console buttons function differently.

Button	Function
Blue (Focus)	Move through settings within each category
Green (Interval)	Return to previous category
White (Pairing)	Select displayed option, then advance to next category

To enter the Setup/Service mode:

1. Begin pedaling. The Welcome screen displays.
 - Note** You can only enter the Setup mode from the Welcome screen.
2. Press and **HOLD** down the blue button while doing the following at the same time:
 - Press and release the **white** button.
 - Press and release the **green** button.
 - Press and release the **green** button again.
 - Press and release the **white** button.
3. Release the **blue** button.

Settings in the Service/Setup Mode

For detailed information on each setting, see the Indoor Cycling product page at Precor.com.

Club Parameters Settings

Use Club Settings to choose the type of information you want exercisers to see on the console while working out.

Note Many of these settings can be defined on a formatted USB stick, which can then be used to set up multiple consoles with identical settings.

Setting	Setting options (default in bold)
UNITS	MPH , KPH
BACKLIGHT	3 , 1, 2
DISP MODE	SPINPOWER , CAL, KJ
ASL SETUP	ON , OFF, YELLOW ON, BLUE ON (Active Status Light)
BT PAIRING	SHORT , ON, OFF
MAJOR INSP	KEEP , CLEAR (used after bike maintenance)

Setting	Setting options (default in bold)
CLEAR ERROR	KEEP , CLEAR
DEVICE ID	Default ID # (Can be customized using the blue button)
LANGUAGE	ENGLISH , SPANISH, FRENCH, GERMAN
SETUP	NO , YES (used with USB stick during setup)
RESET	NO , YES (clears all user settings from console and returns the system to factory defaults)
PROGRAM	NO , YES (used with USB stick during software upgrades)

Informational Settings

These settings contain the information required when you contact Precor Customer Support including serial numbers, software program versions, odometer and error log summary, and model numbers. It is possible to record system information and the error log on a properly formatted USB stick.

Service Tests

These test help you troubleshoot systems including torque, WATTS, RPM, battery and generator voltage and amps, and display elements.



For complete console operating instructions and troubleshooting, visit us at www.precor.com.

TRAINING AND EXERCISING

CAUTION Before beginning any fitness program, see your physician for a thorough physical examination. Seek advice from your physician to learn the target heart rate appropriate for your fitness level.

Get to know the Spinner® Chrono™ Console

The large color display provides you with essential stats to keep you engaged from the beginning to the end of your workout.



Number	Function	Number	Function
1	Setting Display: • Press Focus (blue) button 7 to select the setting you want.	6	Current interval time, number, energy, and average power: • Press the Interval (green) button 8 to record segments of your workout.
2	Total workout energy with current and average workout power.	7	Focus (blue) button: • Move through the workout metrics. • Initiate Bluetooth® pairing.
3	Total workout current and average RPM.	8	Interval (green) button: • Record segments of your workout.
4	Total workout current and average heart rate.	9	Heart Rate Pairing (white) button: • Pair your sensor with the heart rate feature on the console.
5	Total workout accumulated time and estimated distance based on the power generated.	10	If both bottle holders are in use, you can use the ledge as a phone holder.

Start a workout

Begin pedaling. The Welcome banner displays.

After 3 seconds, if enabled, the Bluetooth® pairing screen displays. With no action, the console goes into workout mode and the three buttons illuminate.

Heart Rate display

The Heart Rate display requires pairing to the user's heart rate device. Heart Rate pairing can only be done while in the workout mode.

Note Only ANT+™ heart rate enabled sensors pair with this console. This console does not pair with analog or Bluetooth® heart rate sensors.

Press the **Pairing** 9 button.

- The console searches for a heart rate sensor for 30 seconds. If it does not identify one, the console returns to the workout screen.
- If it does find a sensor, it will display its ID code.

Important The console picks up the sensor closest to it, so make sure your sensor is nearest the console.

Press the **Focus** 7 button at any time to return to the workout screen.

Interval feature

Use the Interval 8 button to record and save individual parts of your workout and move from one workout segment to the next.

To use the interval feature:

1. Start your warm-up.
2. Once you finish the warm-up, press the **Interval** button.
This saves your warm-up or subsequent interval and resets it to record the intensity portion of your workout including time and energy expenditure. You can record 0 through 10 intervals. If you keep pressing **Interval** after recording the tenth interval, the program overwrites the tenth interval.

Finish a workout

To complete a workout:

- While pedaling, press and hold the **Interval** button for at least two seconds to display the summary screen.
- If not pedaling or pause, the screen pauses for two minutes. During this time, you can:
 - Begin pedaling again to continue workout.
 - Sit idle and wait until the summary screen displays.
 - Press the **Interval** button to immediately display the summary screen and complete the workout.

In the Summary mode, you can:

- Press the **Interval** button (if intervals were selected during a workout) to display "Interval Summary 0," and then continue to press it to cycle through and display each saved interval summary.
- Stop pedaling and walk away. The console turns off after 60 seconds.
- Press and hold the **Interval** button for two seconds. The console returns to the Welcome screen. Begin pedaling to start a new workout.

Console Care

Important Do not use any acidic cleaners to clean the console. Doing so will weaken paint, powder coatings, and other surface finishes and will void the Precor Limited Warranty. Never pour water or spray liquids directly onto the screen.

Precor strongly recommends performing the following maintenance after each use:

- Spray a mild soap solution in a 30:1 water-to-cleaner ratio onto a soft cloth, and then wipe the console. Never spray liquids directly onto the console or use abrasive cloths, oil, ammonia, or alcohol-based cleaners.
- Inspect each console for loose parts or bolts and adjust and tighten loose hardware as needed. Remove any consoles that are damaged, not properly mounted, or at risk of coming loose.



SPINNER® CHRONO™ CONSOLE

Operator's Guide

The Spinner® Chrono™ console displays power level, interval tracking, simultaneous current and average data for workout and summary, and lets you pair your smartphone to online Bluetooth® applications.

Important Before using the equipment, read all documentation included with your console and bike.

Attach the console to the bike

To attach the console:

1. Plug the data cable into the back of the console.
2. Place the console on top of the handlebars (Figure 1).
3. Position the console back plate under the handlebars making sure not to pinch the cable.
4. Secure the console using four socket head screws through the back plate and into the console case (Figure 2).

Important The USB port on the back of the console is for updating software and use by customer service. DO NOT use it to charge phones.

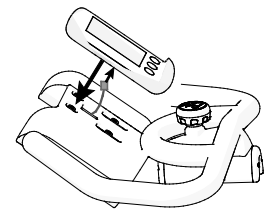


Figure 1

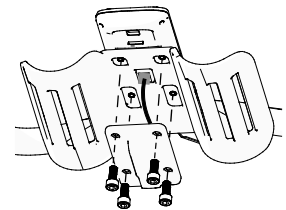


Figure 2

Activate the console

Precor equipment is either self-powered or externally powered using an optional power adapter. To activate self-powered equipment, begin pedaling.

An optional AC power adapter provides sustained power to the equipment or recharges the internal battery. To purchase the power adapter, contact Precor Customer Support.

Set up the console

You can use the console with default settings or you can customize it two ways:

- o Save time by using a USB stick with the defined settings to set up multiple consoles with the same settings.
- o Manually define club settings and custom parameters on each console.

Setup/Service mode

Use the console Setup/Service mode to configure settings in ways that benefit exercisers.

Note The information provided in this section is intended for system administrators and Precor service technicians. DO NOT share it with exercisers or non-administrative staff.

In the Setup/Service mode, the console buttons function differently.

Button	Function
Blue (Focus)	Move through settings within each category
Green (Interval)	Return to previous category
White (Pairing)	Select displayed option, then advance to next category

To enter the Setup/Service mode:

1. Begin pedaling. The Welcome screen appears.
Note You can only enter the Setup/Service mode from the Welcome screen.
2. Press and **HOLD** down the **blue** button while doing the following at the same time:
 - Press and release the **white** button.
 - Press and release the **green** button.
 - Press and release the **green** button again.
 - Press and release the **white** button.
3. Release the **blue** button.

Modifying the Club Parameters settings

Use Club Parameter settings to choose the type of information you want exercisers to see on the console while working out.

Note Many of these settings can be defined on a formatted USB stick, which can then be used to set up multiple consoles with identical settings. For more information, contact Precor Customer Support.

Setting	Description	Setting options (default in bold)
UNITS	Speed and distance measurements	MPH , KPH
BACKLIGHT	Three is the brightest setting	3 , 1, 2
DISP MODE	Energy measurements	SPINPOWER , CAL, KJ
ASL SETUP	Active Status Light (ASL): Turns on and tests light so its color alerts owner of bike maintenance issues	ON , OFF, YELLOW ON, BLUE ON
BT PAIRING	Turn ON so that exerciser's can pair their phone to save their workout information	SHORT , ON, OFF
MAJOR INSP	<ul style="list-style-type: none">• After routine inspection and maintenance, clear this setting to reset the ASL to steady blue, clear the error log, and reset the maintenance value back to the maintenance default.• The maintenance default is 1000 miles• Change this default using a Setup.ini file	KEEP , CLEAR
CLEAR ERROR	Select CLEAR to delete errors from the error log	KEEP , CLEAR
DEVICE ID	The default number is based on the product lower serial number	Default ID # (Can be customized using the blue button)
LANGUAGE	<ul style="list-style-type: none">• Service mode is English only• Select the language for all exercisers	ENGLISH , SPANISH, FRENCH, GERMAN
SETUP	For use with USB stick during setup	NO , YES
RESET	Returns all settings to factory defaults, except system information (number of workouts, hours, and distance)	NO , YES
PROGRAM	For use with USB stick during software upgrades	NO , YES

Informational Settings

The Information Settings contain the information required when you contact Precor Customer Support including serial numbers, software program versions, odometer and error log summary, and model numbers.

Note It is possible to record system information and the error log on a properly formatted USB stick.

Setting	Description
CONS SN	Console serial number that is printed on a label on the back of the console
LPCA SN	Serial number for the printed circuit board in the base, which is also the base equipment serial number
TOP SW	Versions of CONS and GEM software are in console
CONS SW	One of the two software programs in console
GEM SW	One of the two software programs in console
LPCA SW	Software part number for the printed circuit board in the base
ODOMETER	Total distance (in miles) on bike
HOURS	Total hours of use on bike
WORKOUTS	Total number of workouts on bike
ERROR LOG	<ul style="list-style-type: none">• If there are no errors, then there will be nothing below the title.• If there are errors, the five most recent errors appear. Press the blue key to navigate through the error list.
MODEL TYPE	Bike model number

Operational Information

Setting	Description
Torque	Reported strain gauge force (in-lb)
WATTS	Reported power = Total torque x RPM (WATTS)
RPM	Revolutions per minute (pedal rate)

Service Tests

Perform tests to help you troubleshoot systems including torque, WATTS, RPM, battery and generator voltage and amps, and display elements.

Press the white button to move from one test to the next.

Setting	Description
DISP TEST	Tests the display to make sure all elements are working. Select YES to test the display. No is the default.
BAT VOLT	Battery voltage: While you pedal or if you have an external charger installed, the voltage will appear high because the battery is charging. When you stop pedaling, you will see the actual (true) voltage.
BAT AMP	Battery amp: Battery current being discharged.
GEN VOLT	Generator voltage: Speed of pedaling affects the voltage number.
GEN AMP	Generator amp: Current being supplied by generator.
USB LOGS	Data from this setting is stored in Log directory.

Troubleshooting

Error	Information	Error displays?	In error log?	ASL Change?	Possible Causes
Serious error	You cannot use the console	Error number	YES	YES	<ul style="list-style-type: none"> • Connected to wrong lower • Communication error
Minor error	Console continues to function	NO	YES	YES	RPM sensor stops working or strain gauge fails causing WATTS inaccuracy, but a functioning console.
Service mode error	Only occurs during USB access	Error message	NO	NO	<ul style="list-style-type: none"> • USB ACCESS - Unable to read USB stick • USB FILE - File structure error on USB stick • USB SETUP - Error in program.ini or setup.ini
STUCK KEY error	Only detected when the console is powered up	STUCK KEY	NO	NO	Appears if you hold key down for at least three seconds.

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- o Spray a mild soap solution in a 30:1 water-to-cleaner ratio onto a soft cloth, and then wipe the console. Never spray liquids directly onto the console or use abrasive cloths, oil, ammonia, or alcohol-based cleaners.
- o Inspect each console for loose parts or bolts, and adjust and tighten loose hardware as needed. Remove any consoles that are damaged, not properly mounted, or at risk of coming loose.



Spinner® Chrono™ Power Console Regulatory Guide

Model Number: **PRECOR S20**

Important Safety Information

Before using this console, read the bike and console safety information contained in the box with the bike or view it on the Indoor Cycling section at Precor.com.

Important Always follow basic safety precautions when using the bike to reduce the chance of injury, fire, or damage. Read all documentation provided with your bike, including safety, assembly, maintenance, and the getting started guide, before using this console. Always purchase replacement parts and hardware from Precor. If you use parts not approved by Precor, you could void the Precor Limited Warranty. Use of parts not approved by Precor may cause injury.

Note This product is intended for commercial use only.

CAUTION | **Using an incorrect battery creates an explosion risk. Contact manufacturer for correct replacement batteries, if needed. Dispose of used batteries according to manufacturer instructions.**

To prevent injury, the console must be attached securely to the base unit following all assembly and installation instructions. The console is intended for use only with Precor fitness equipment, not as a standalone device.

Regulatory Information

Hazardous Materials and Proper Disposal

The batteries within self-powered equipment contain materials considered hazardous to the environment. Federal law requires proper disposal. This equipment must be recycled or discarded according to applicable local and national regulations.

Product labels, in accordance with European Directive 2002/96/EC concerning waste electrical and electronic equipment (WEEE), determine the framework for the return and recycling of used equipment as applicable throughout the European Union. The WEEE label indicates that the product is not to be thrown away, but rather reclaimed upon end of life per this Directive.

In accordance with the European WEEE Directive, electrical and electronic equipment (EEE) is to be collected separately and to be reused, recycled, or recovered at end of life. Users of EEE with the WEEE label per Annex IV of the WEEE Directive must not dispose of end of life EEE as unsorted municipal waste, but use the collection framework available to customers for the return, recycling, and recovery of WEEE. Customer participation is important to minimize any potential effects of EEE on the environment and human health due to the potential presence of hazardous substances in EEE. For proper collection and treatment, contact Precor Customer Service.

Other Information

Frequency range: BT: 2402-2480MHz, ANT+: 2475MHz

Maximum power output: BT: 0.59dBm, ANT+: -6.5dBm

Rating: DC 5V / 500mA

FCC STATEMENT (FCC警語置於使用者手冊)

Federal Communication Commission Interference Statement

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 of the following measures:

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

FCC Caution: To assure continued compliance, any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment. (Example - use only shielded interface cables when connecting to computer or peripheral devices).

FCC Radiation Exposure Statement: This equipment complies with FCC RF radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with a minimum distance of 20 centimeters between the radiator and your body.

This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

The antennas used for this transmitter must be installed to provide a separation distance of at least 20 cm from all persons and must not be co-located or operating in conjunction with any other antenna or transmitter.

IC STATEMENT (IC 警語, 如下) For Canada and other countries as applicable


This device complies with Industry Canada's license-exempt RSSs. Operation is subject to the following conditions: (1) This device may not cause interference; and (2) This device must accept any interference, including interference that may cause undesired operation of the device.

In FRC:

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

Trademark Notice

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ANT, ANT+, and the ANT+ logo are trademarks of Dynastream® Innovations Inc., a subsidiary of Garmin® Ltd.

The Bluetooth® word mark and logos are registered trademarks owned by the Bluetooth SIG, Inc. and any use of such marks by Precor is under license. Other trademarks and trade names are those of their respective owners.

SPD® is a registered trademark of Shimano American Corporation.

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