



# BIKE+ HOME ASSEMBLY GUIDE

# **WARNINGS AND SAFETY INSTRUCTIONS**

**Read all warnings and instructions before beginning to assemble the Peloton Bike+. Assemble the Bike+ according to the procedures described in this guide. Peloton is not responsible for damage, injury, or equipment failure caused by improper assembly or use.**

**This is an assembly guide and does not contain instructions for using the Peloton Bike+. Do not operate the Bike+ before reading the Peloton Bike+ User Manual for full safety information and usage instructions. Use only as described.**

**It is the owner's responsibility to ensure that all users are aware of all warnings and precautions.**

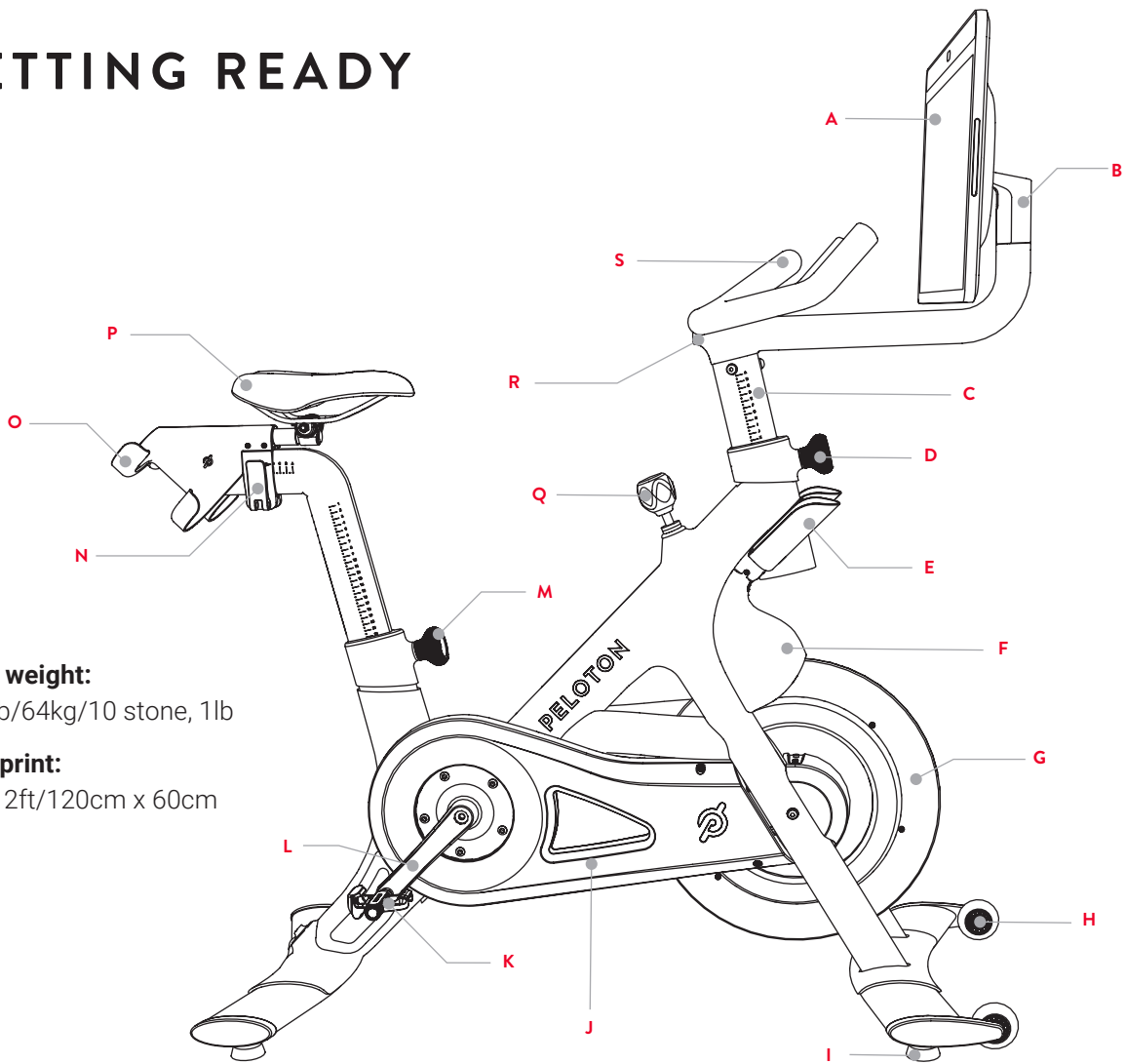
Keep children and pets away from the Bike+ at all times.

The Bike+ and Bike+ package are extremely heavy and require more than one person to lift or carry. Lifting heavy objects can cause muscle strain and back injuries. Use lifting aids and proper lifting techniques when moving or assembling the Peloton Bike+.

Perform a complete visual inspection of the Peloton Bike+ and test all features and functions prior to use.

**SAVE THESE INSTRUCTIONS FOR FUTURE USE.**

# GETTING READY



**Bike weight:**

141lb/64kg/10 stone, 1lb

**Footprint:**

4ft x 2ft/120cm x 60cm

- |   |                                      |  |
|---|--------------------------------------|--|
| <b>A</b> Touchscreen                      | <b>H</b> Wheels                      | <b>O</b> Weight holders                    |
| <b>B</b> Swivel                           | <b>I</b> Leveling feet               | <b>P</b> Saddle                            |
| <b>C</b> Handlebar post                   | <b>J</b> Belt guard                  | <b>Q</b> Resistance knob / emergency brake |
| <b>D</b> Handlebar height adjustment knob | <b>K</b> Pedals                      | <b>R</b> Audio jack                        |
| <b>E</b> Water bottle holders             | <b>L</b> Crank arms                  | <b>S</b> Handlebars                        |
| <b>F</b> Front shroud                     | <b>M</b> Seat height adjustment knob |  |
| <b>G</b> Flywheel                         | <b>N</b> Seat slider latch           |  |

**US**



**UK**



## VIDEO INSTRUCTIONS

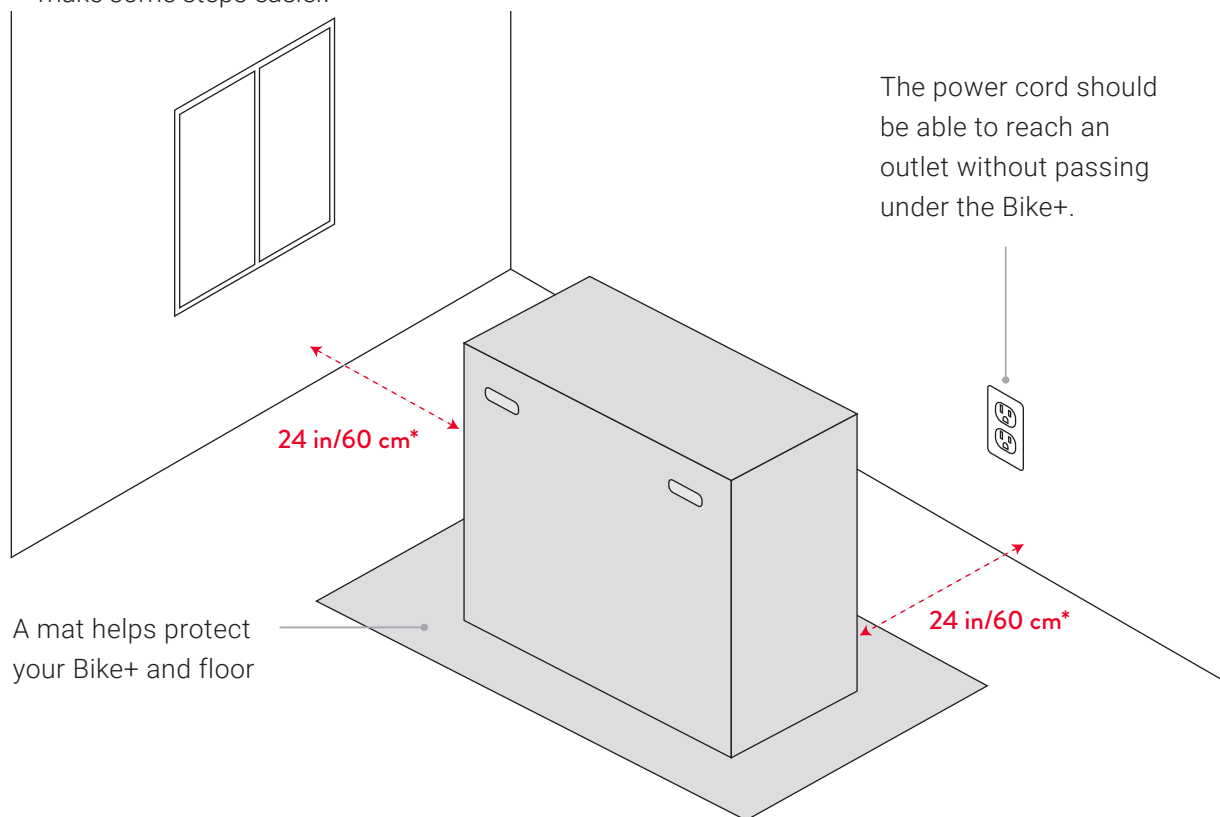
Scan the QR code or go to [onepeloton.com/setup](https://onepeloton.com/setup) to access the latest instructions, including an assembly video.

# GETTING READY

## PREPARE YOUR WORKSPACE

**⚠ CAUTION:** The Peloton Bike+ and Bike+ package are extremely heavy and require more than one person to lift or carry.

- Find a location for your Bike+. Peloton recommends assembling the Bike+ in the same space where it will be used, to limit movement after assembly. The Bike+ must be installed on a solid, level surface with appropriate clearance on all sides. Refer to the Bike+ User Manual for complete location requirements.
- Clear a 5 ft by 5 ft/1.5 m by 1.5 m space for assembly.
- Locate a pair of scissors or a similar tool. The Bike+ includes all the tools you will need for assembly, but you will need scissors to unpack it.
- If you can, have somebody available to help you. A second person isn't required for assembly, but can make some steps easier.



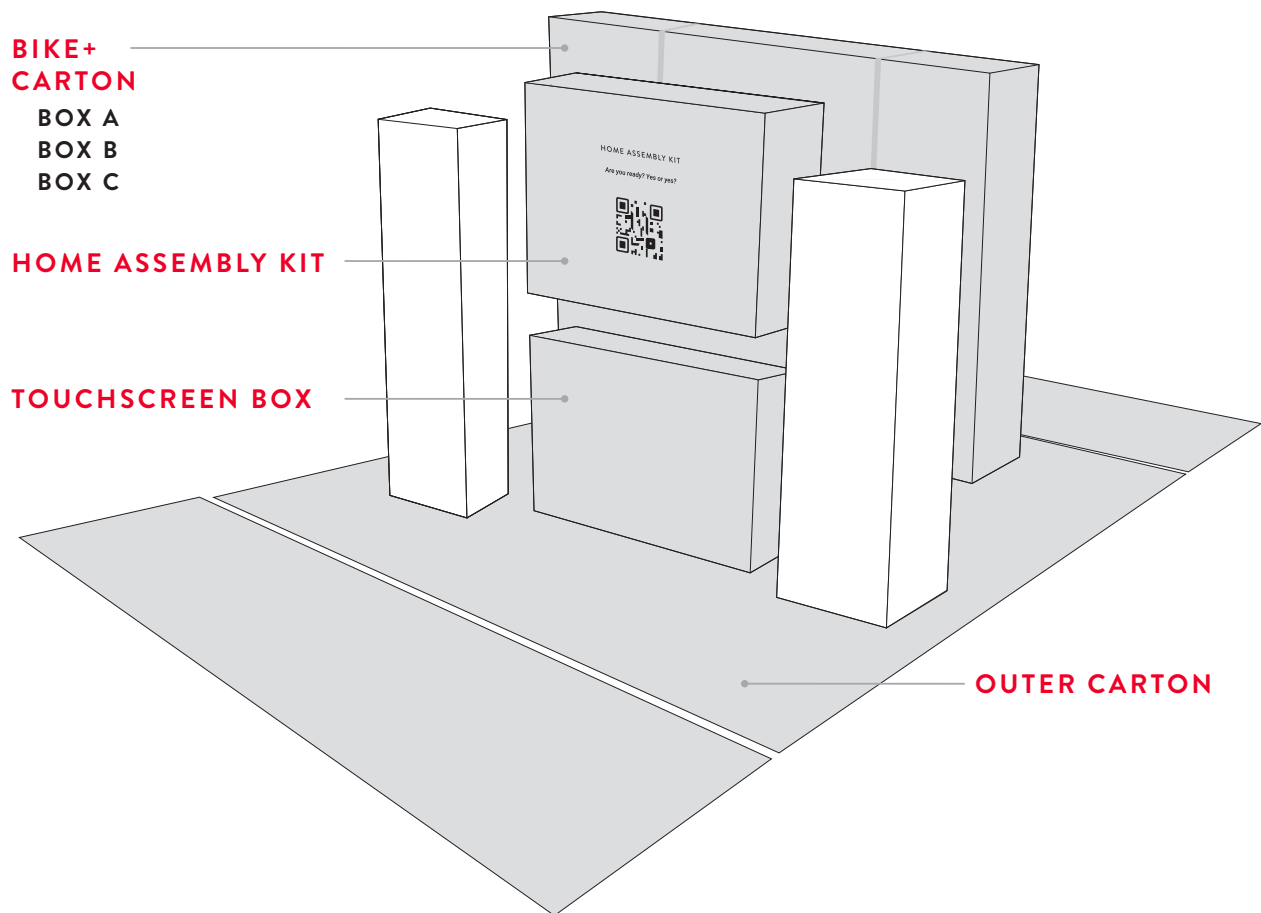
**⚠ CAUTION:** Do not use extension cords or adapters. Ensure that the power cable never passes under the Bike+. Always keep the power cable clean and dry. Sweat, spills, and other damage to the power cable may result in property damage or bodily harm.

\* There should be 24 in/60 cm of empty space on each side of the assembled Bike+.

# GETTING READY

## UNPACK YOUR BIKE+

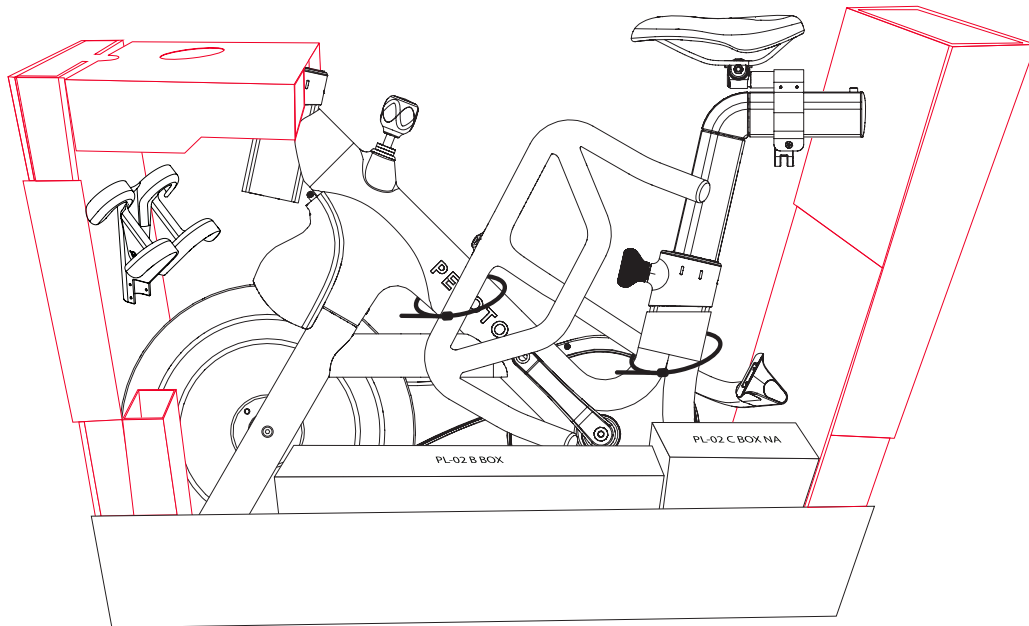
- 1 Open the outer carton. Inside, find the inner bike carton, the home assembly kit, and the touchscreen box. Clear away the rest of the cardboard, but leave the unfolded outer carton under the Bike+—it will protect the Bike+ and your floor during the assembly process.



- 2 Using a pair of scissors, cut the two plastic straps on the inner carton.
- 3 Lift the carton lid off the base. It should slide off easily.

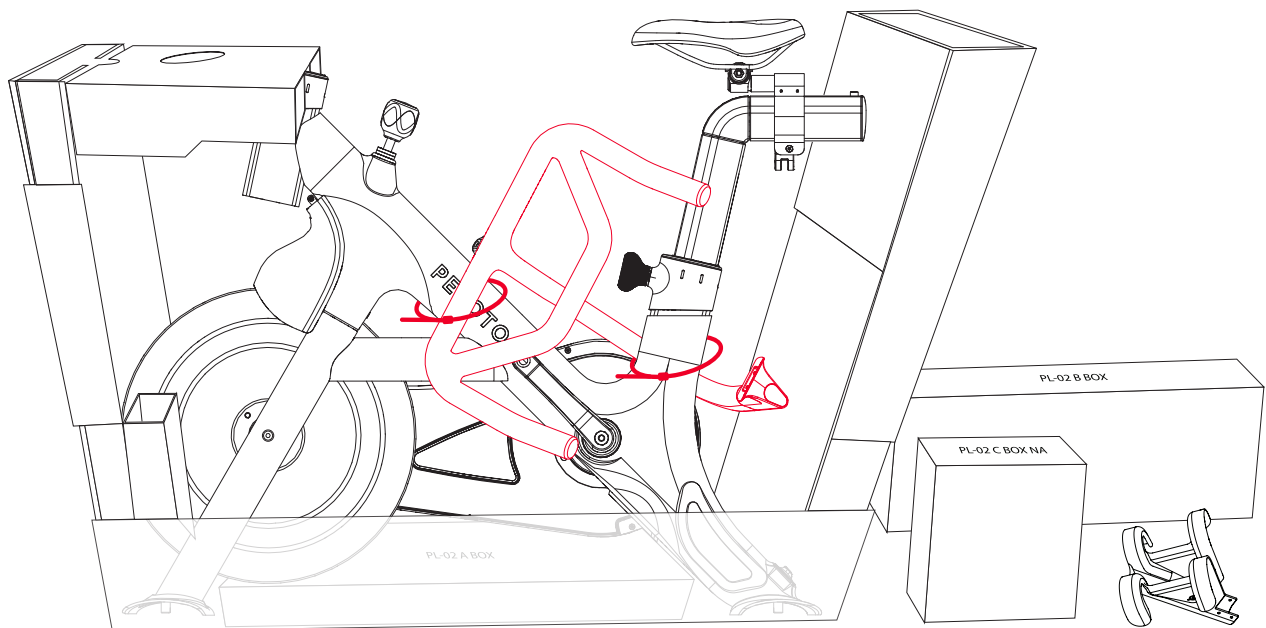
# GETTING READY

- 4 Remove the cardboard at the front and back of the bike. Make sure to take the weight holder out of the cardboard at the back.



- 5 Pull boxes B and C out of the carton base and remove the plastic around the bike frame.

- 6 Cut two zip ties to free the handlebars. Set them aside.

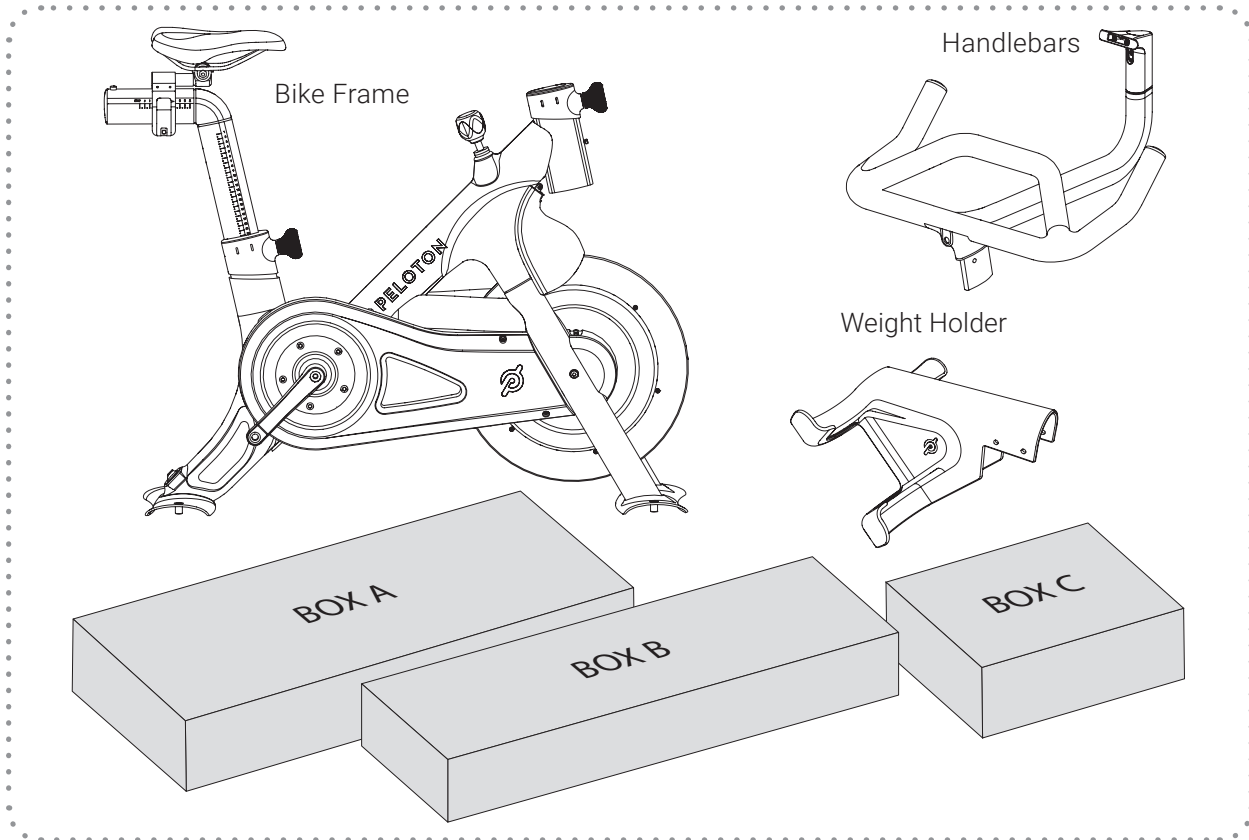


# GETTING READY

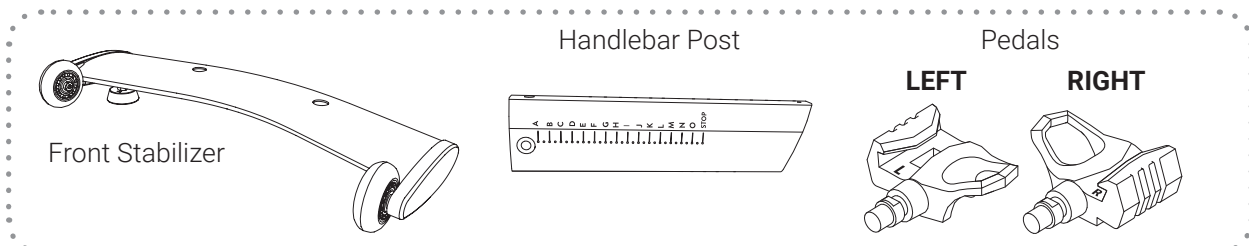
## IDENTIFY PARTS

Before beginning to assemble your Bike, locate and identify all parts and tools.

### BIKE BOX



### BOX A\*



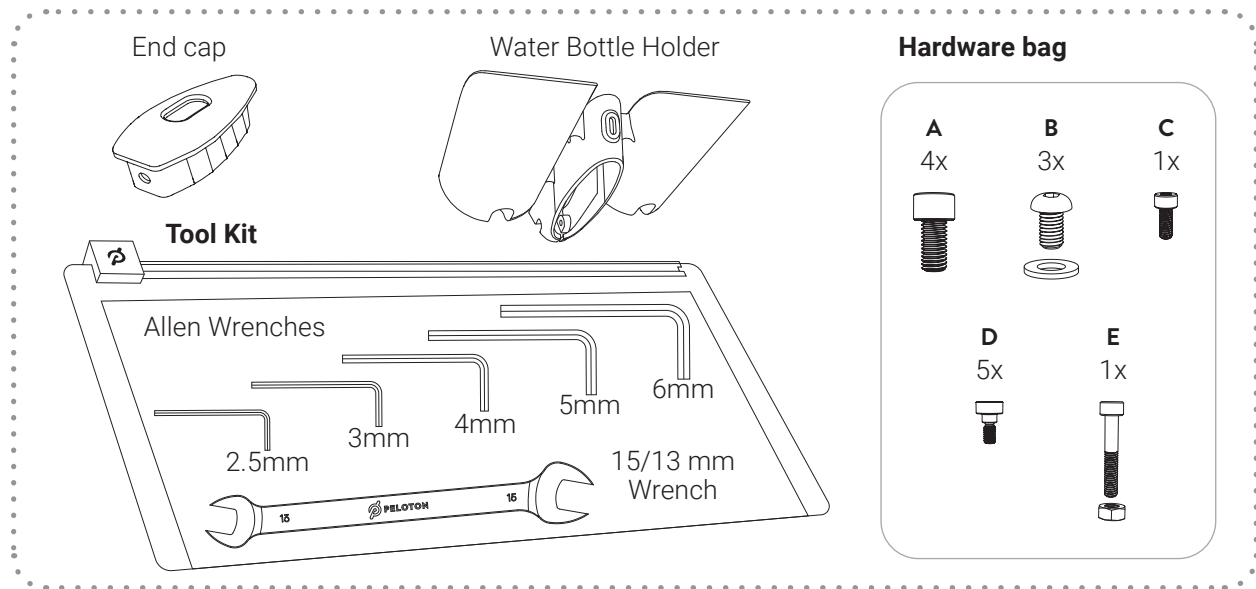
\* Box A is located underneath the bike frame. You can take it out when you remove the carton base from the bike.

### BOX B

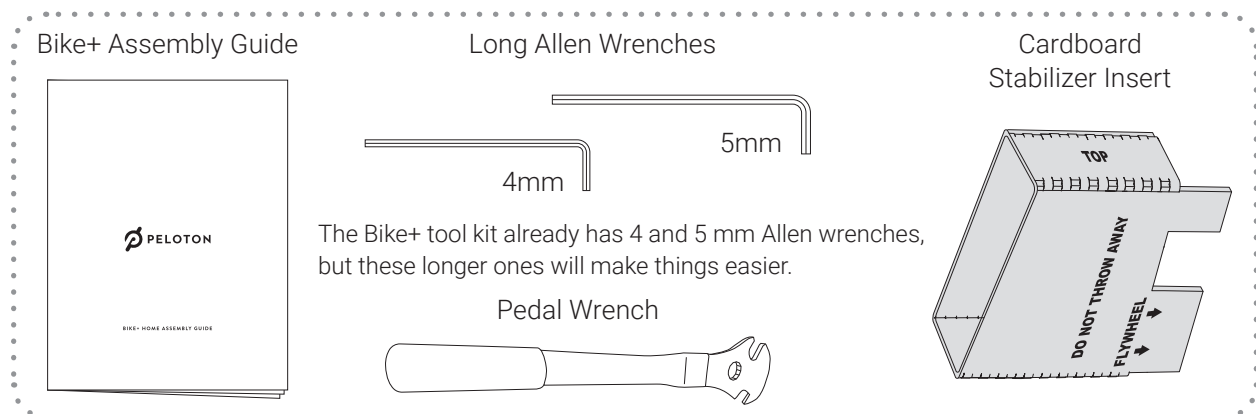


# GETTING READY

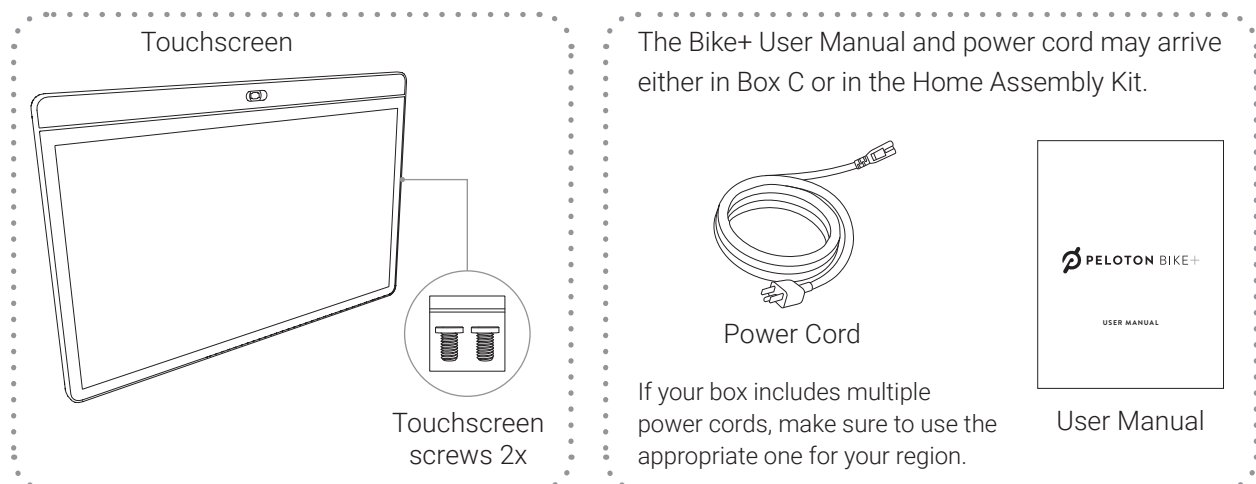
## BOX C



## HOME ASSEMBLY KIT



## TOUCHSCREEN BOX

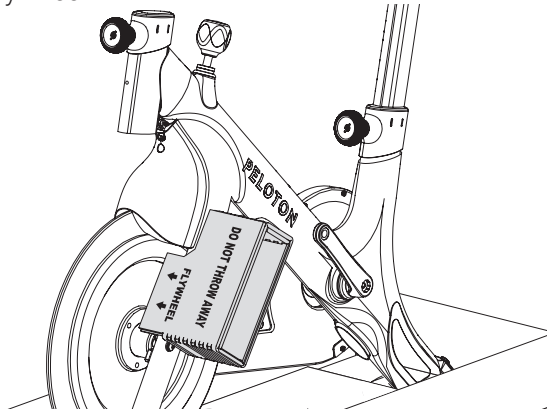




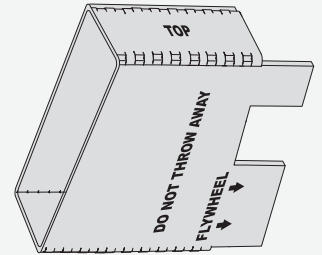
# ASSEMBLING THE BIKE+

## LOWERING THE BIKE+

- 1 Fit the cardboard stabilizer insert onto the frame as shown. Make sure it sits flush against the flywheel.



## PARTS AND TOOLS

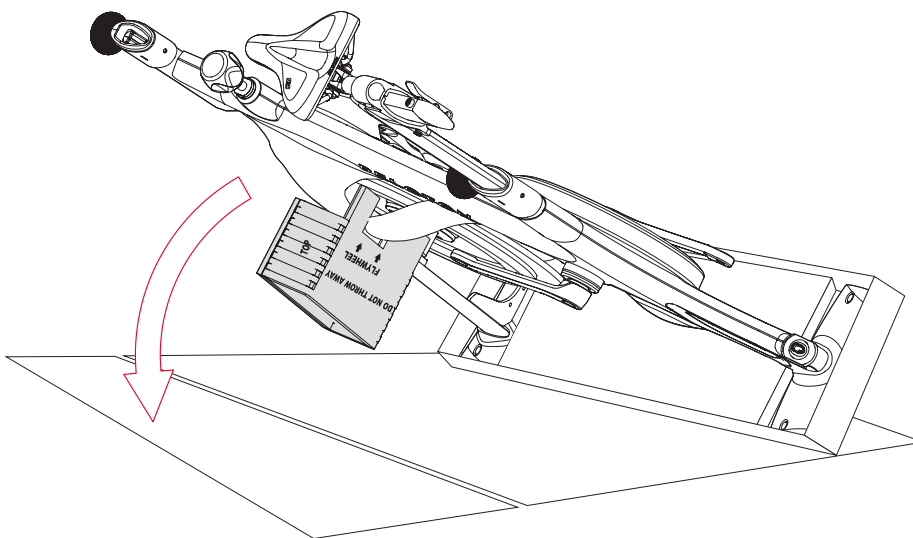


Cardboard Stabilizer Insert

- ⚠ CAUTION:** Lifting heavy objects can cause muscle strain and back injuries. Use lifting aids and proper lifting techniques when moving or assembling the Peloton Bike+. A second person may be helpful when raising and lowering the Bike+.

- ⚠ CAUTION:** Ensure that the seat post height adjustment knob is securely tightened before proceeding.

- 2 Slowly lower the Bike+ onto its left side. Make sure the stabilizer insert stays in place and rests flat against the floor.



- 3 Remove the carton base from the bottom of the Bike+. Remove Box A from the carton.

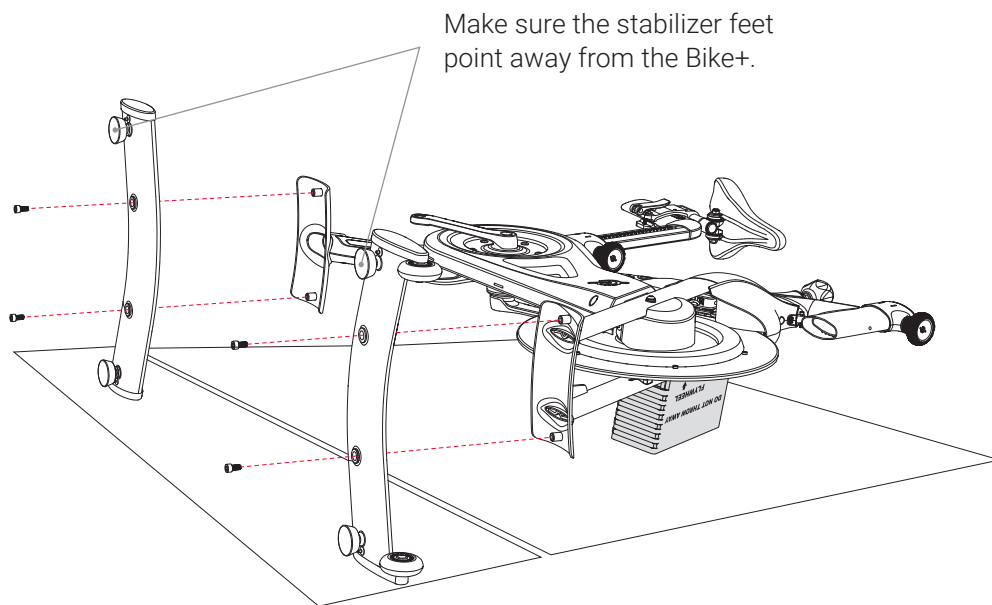
# ASSEMBLING THE BIKE+

## ADDING THE STABILIZERS

1 Fit the front stabilizer tightly against the front foot of the Peloton Bike+.

**Note:** Make sure you have the correct stabilizer. The front stabilizer has wheels and the rear stabilizer does not.

2 Using the 6mm Allen wrench and **(2)** bolts **A**, secure the front stabilizer to the foot of the Bike+. Make sure you fully tighten both bolts.



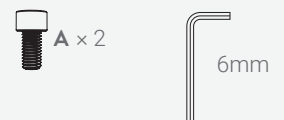
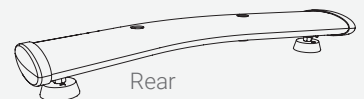
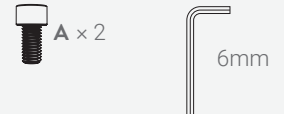
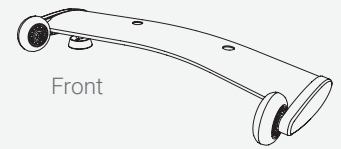
3 Fit the rear stabilizer onto the back foot of the Bike+.

4 Using the 6mm Allen wrench and **(2)** bolts **A**, secure the back stabilizer to the foot of the Bike+. Make sure you fully tighten both bolts.

**CAUTION:** Make sure all bolts are tight before moving to the next step. Shake each stabilizer to make sure it is held securely against the frame. If there is any movement, tighten each bolt again. When tightening, insert the short end of the Allen wrench into the bolt.

5 Carefully lift the Bike+ and set it upright.

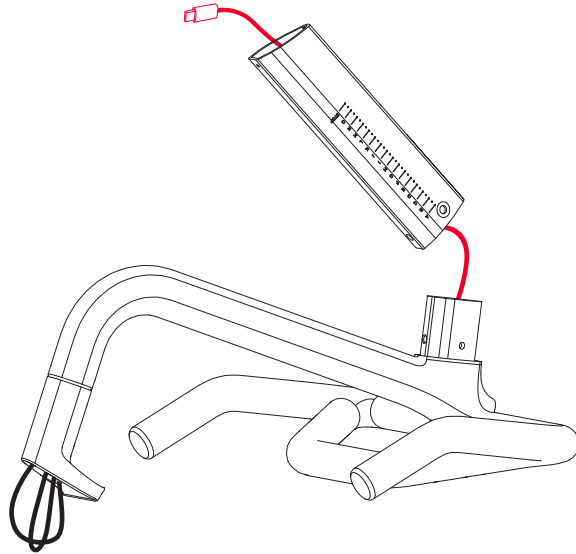
## PARTS AND TOOLS



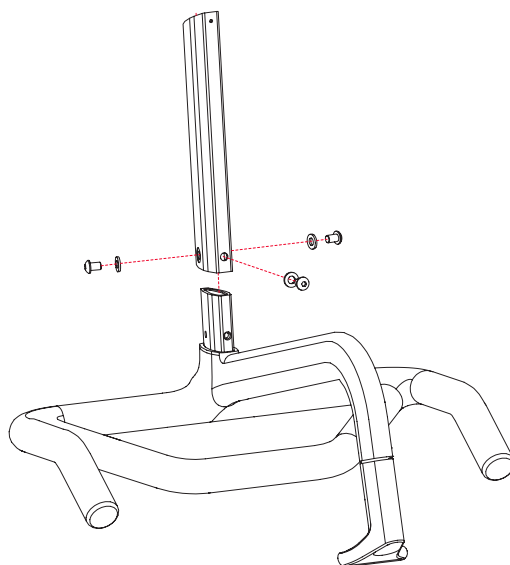
# ASSEMBLING THE BIKE+

## ASSEMBLING THE HANDLEBARS

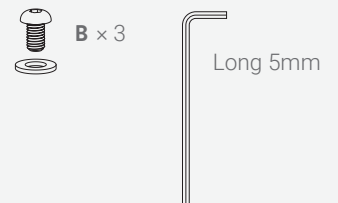
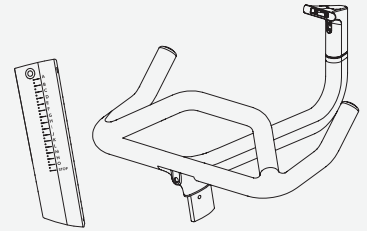
- 1 Pull the coiled cable out of the bottom of the handlebars and thread it through the handlebar post.



- 2 Fit the handlebar post onto the handlebar base.
- 3 Add the three bolts **B** with washers to the handlebar post. Screw them in using the **long** 5mm Allen wrench from the Home Assembly Kit.

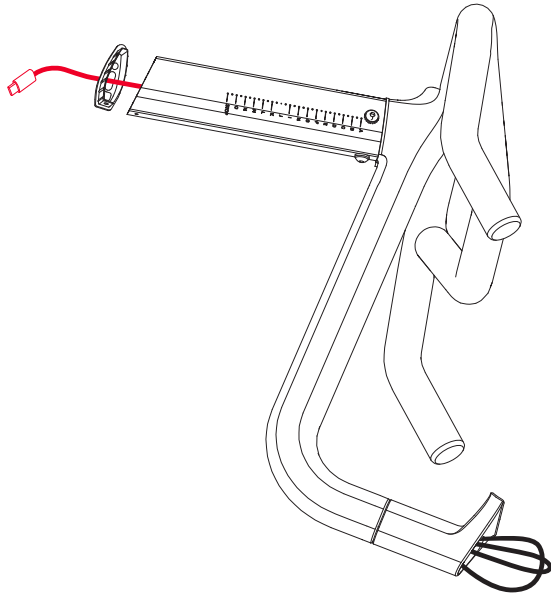


## PARTS AND TOOLS



# ASSEMBLING THE BIKE+

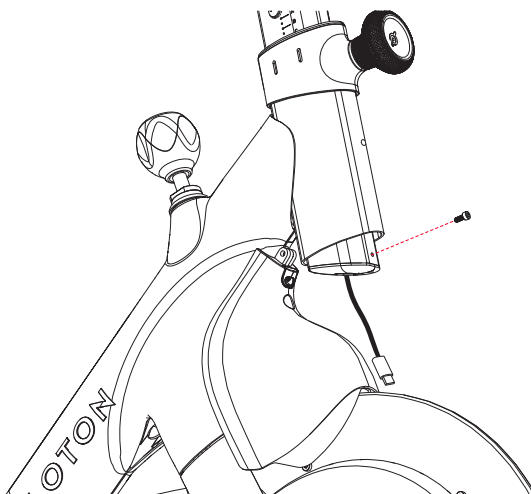
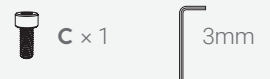
- 4 Thread the cable through the end cap and add the end cap to the handlebar post.



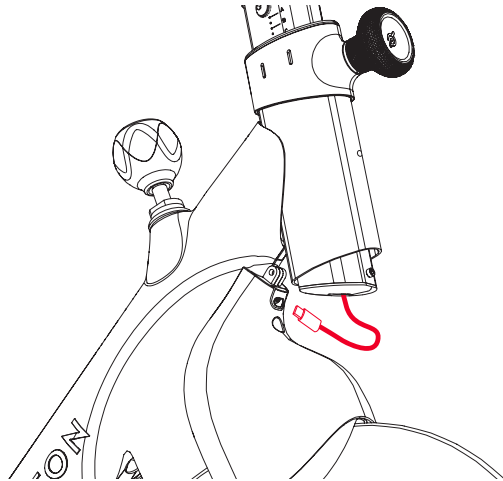
## PARTS AND TOOLS



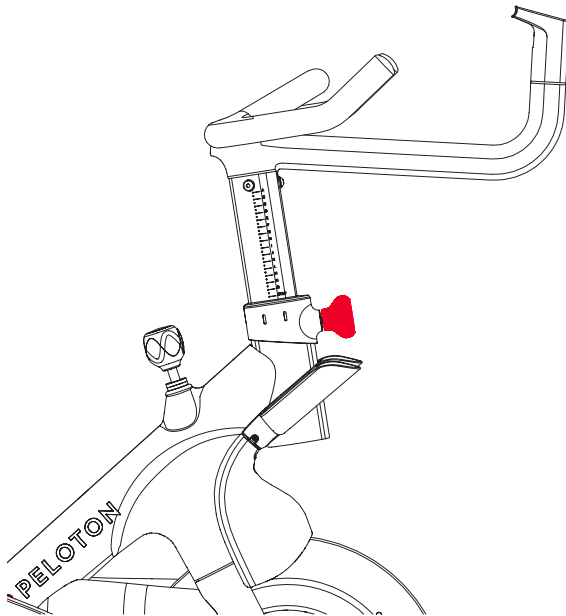
- 5 Loosen the adjustment knob at the front of the Bike+ by turning it counterclockwise.
- 6 Thread the cable through the head tube and then insert the handlebar post.
- 7 Move the handlebars to their lowest position and add bolt C to the handlebar post using a 3 mm Allen wrench.



- 8 Plug the cable into the front shroud.



- 9 Tighten the adjustment knob and wiggle the handlebars. Look for movement between the handlebars and post. Then check again with the handlebars in the highest position. If you see any movement in either position, retighten the bolts on the handlebar post.



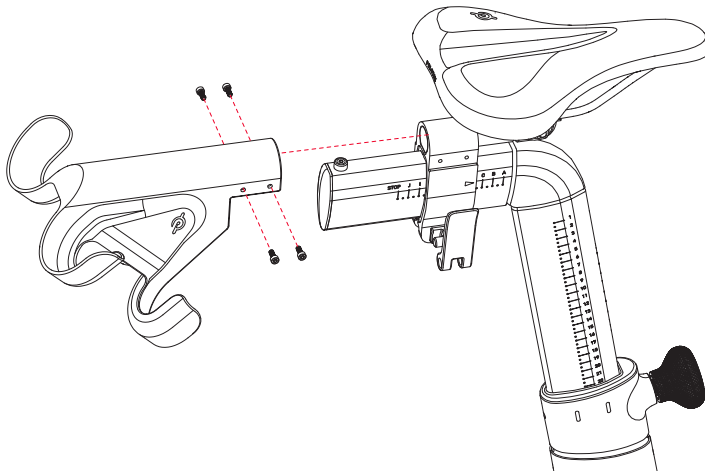
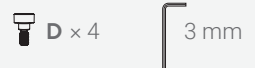
**⚠ CAUTION:** Make sure the handlebar height adjustment knob and all bolts are tight before moving to the next step.

# ASSEMBLING THE BIKE+

## PARTS AND TOOLS

### ADDING THE WEIGHT HOLDER

- 1 Fit the weight holder onto the back of the seat post.
- 2 Secure it using (4) bolts **D** and the 3 mm Allen wrench.

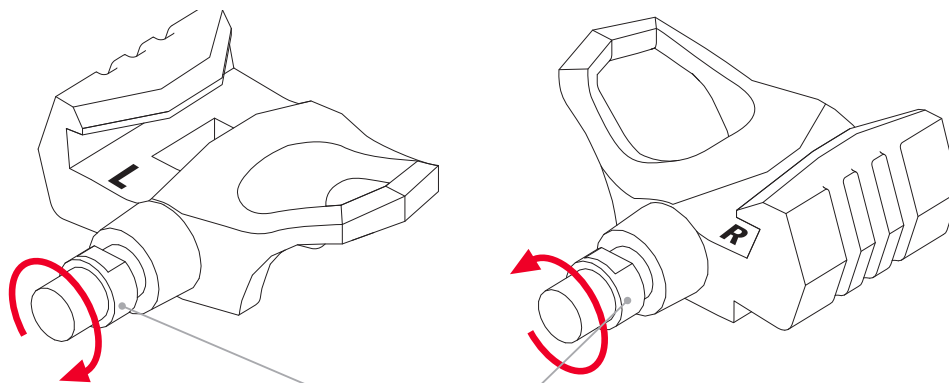


### INSTALLING THE PEDALS

**⚠ CAUTION:** Identify the right and left pedals before beginning installation. Make sure each pedal is correctly threaded before screwing it in. Misaligning the threads or turning a pedal in the wrong direction could lead to injury and damage the pedal and Bike+.

**LEFT**

**RIGHT**

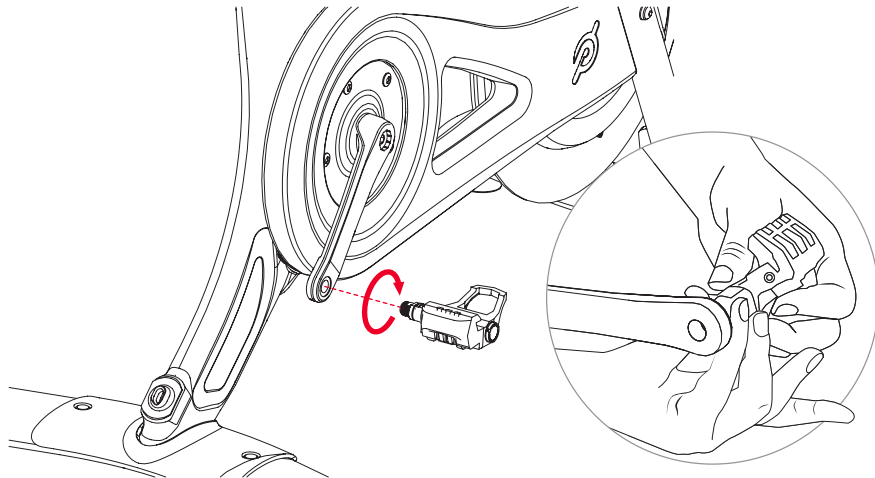


Look for the "L" and "R" markings on the pedals.

**Pedal spindle**

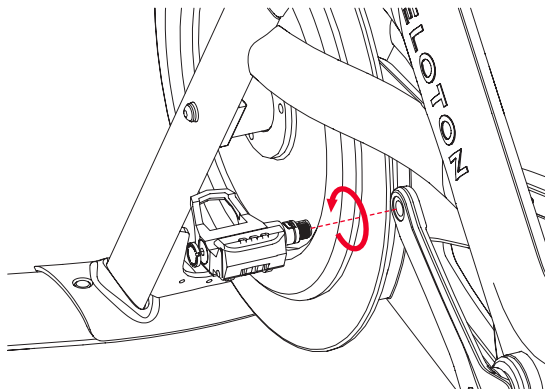
# ASSEMBLING THE BIKE+

- 1 Insert the right pedal into the right crank arm at a 90-degree angle. Hold the pedal steady and rotate the spindle **clockwise** until it is **hand-tight**. You may need to turn it slightly counterclockwise to seat it before you can screw it in.

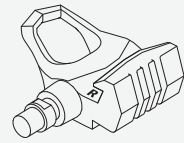


- 2 Insert the left pedal into the left crank arm at a 90-degree angle. Hold the pedal steady and rotate the spindle **counterclockwise** until it is **hand-tight**. You may need to turn it slightly clockwise to seat it before you can screw it in.

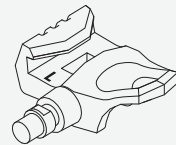
**⚠ CAUTION:** Do not use any tool on the pedals until each pedal is screwed in at least **(4)** full rotations by hand.



## PARTS AND TOOLS



RIGHT

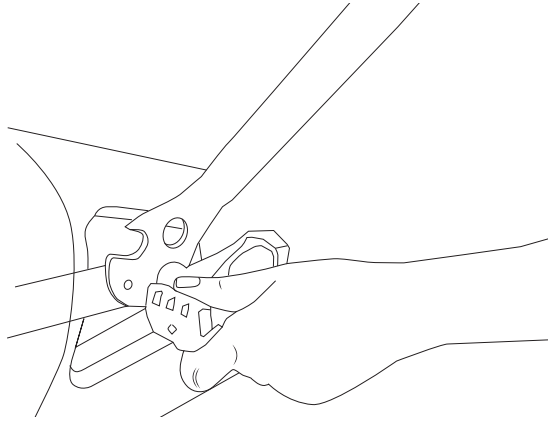


LEFT

# ASSEMBLING THE BIKE+

- 3 Once both pedals are screwed in, hold the crank arm and use your pedal wrench to fully tighten them. Turn the wrench toward the front of the Bike+ on both sides.

**Note:** Remember to turn the left pedal **counterclockwise** to tighten.



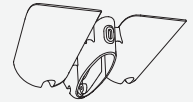
## PARTS AND TOOLS



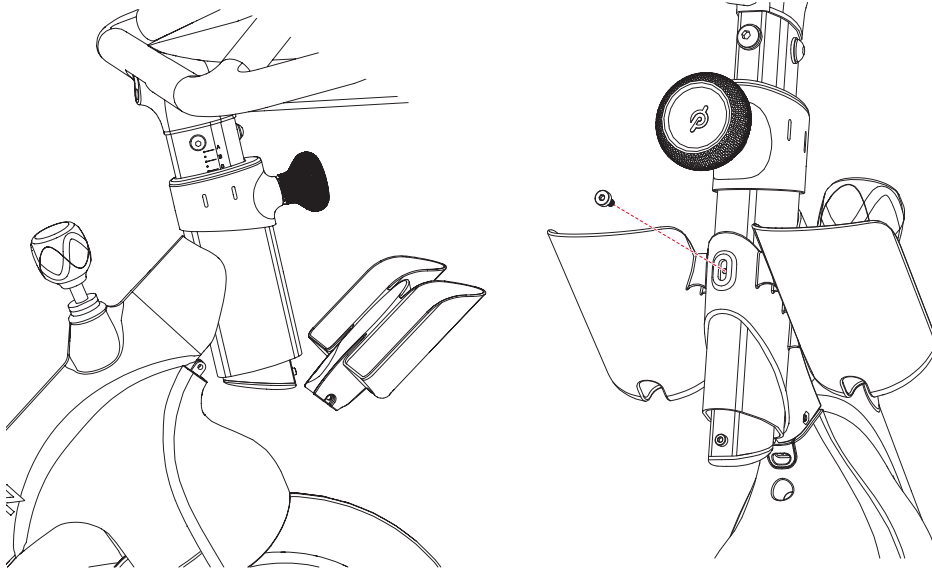
Pedal Wrench

## ADDING THE WATER BOTTLE HOLDERS

- 1 Pull the water bottle holder apart slightly to fit it onto the head tube.
- 2 Add the last bolt **D** to the front of the water bottle holder, but don't tighten it.



 **D** × 1





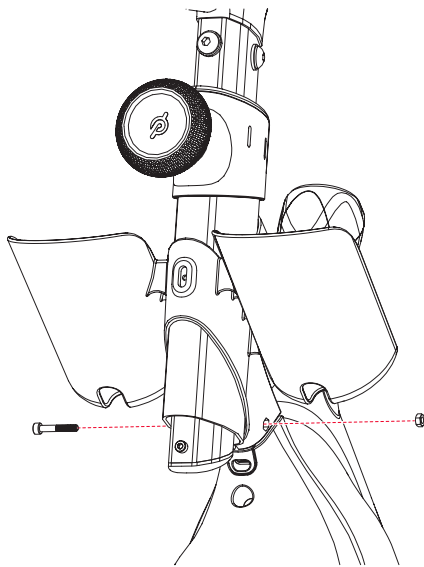
# ASSEMBLING THE BIKE+

**3** Find the long screw and nut **E**. Push the screw all the way into the right side of the water bottle holder.

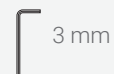


**⚠ CAUTION:** Before adding the long screw, make sure that the holes in the front shroud, water bottle holder, and rubber USB-C inlet line up. Failure to fit these parts together correctly could damage the cable.

**4** Add the nut to the other side and tighten the screw using the 3 mm Allen wrench. You may need to hold the nut in place with a finger or another Allen wrench.



**5** Return to bolt **D** and tighten it using the 3 mm Allen wrench.



**⚠ CAUTION:** Make sure the USB-C inlet is flush with the front shroud. If it sticks out, the inlet, water bottle holder and shroud are not lined up correctly. Return to step 3.

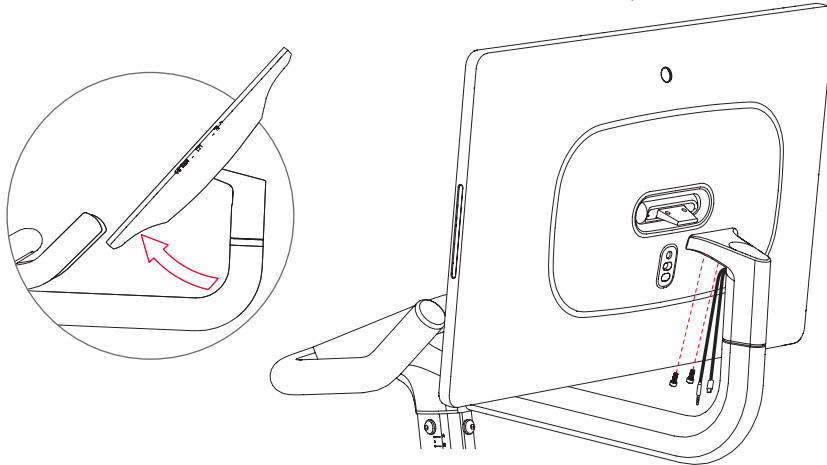
# ASSEMBLING THE BIKE+

## ATTACHING THE TOUCHSCREEN

1 Open the touchscreen box and remove the touchscreen and the small bag containing two screws.

**⚠ CAUTION:** Hold onto the touchscreen during installation. Until the touchscreen is fully secured to the monitor mount, it can fall and break.

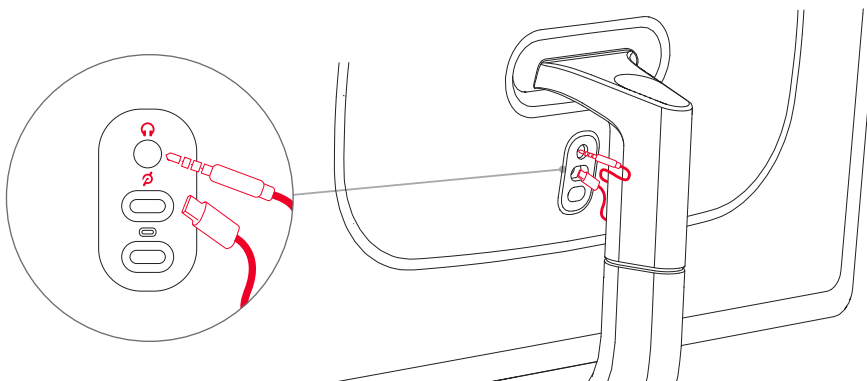
2 Fit the touchscreen onto the monitor mount and tilt it up.



3 Add the two screws to the underside of the monitor mount. Screw them in using the **long** 4mm Allen wrench from the Home Assembly Kit.

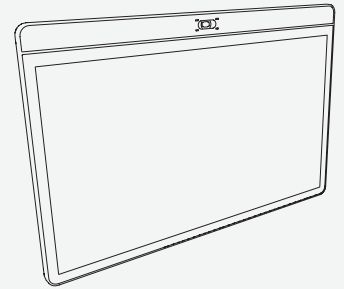
**⚠ CAUTION:** Make sure the screws go in straight and are flush against the monitor mount when tight. Cross-threaded screws may not hold the touchscreen securely, and create a risk of damage and injury.


4 Locate the two cables coming from the monitor mount and remove any remaining foam or twist-ties. Plug the audio cable into the top port. Plug the USB-C cable into the middle port.

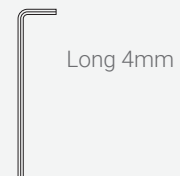


**⚠ CAUTION:** Only plug the monitor mount USB-C cable into the **Ⓟ** port. Never plug the power supply directly into the touchscreen.

## PARTS AND TOOLS



 Touchscreen screws  
× 2

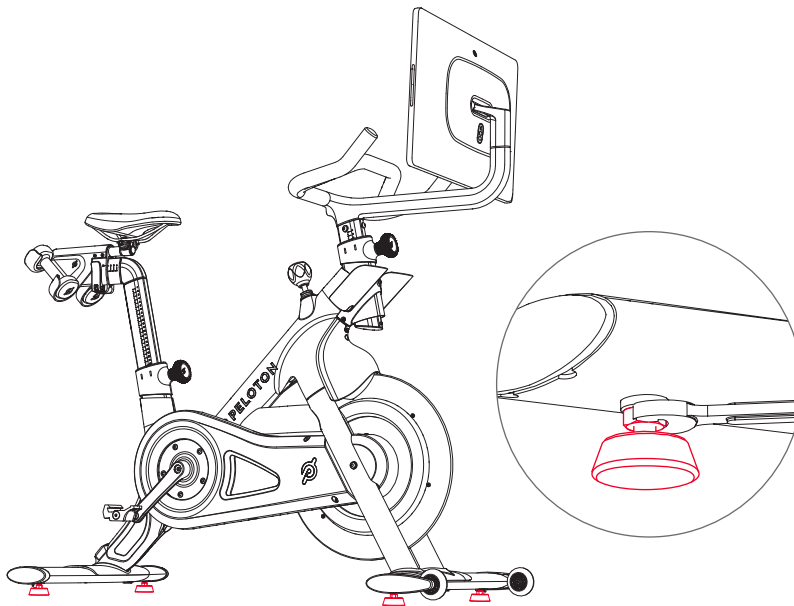


# ASSEMBLING THE BIKE+

## PARTS AND TOOLS

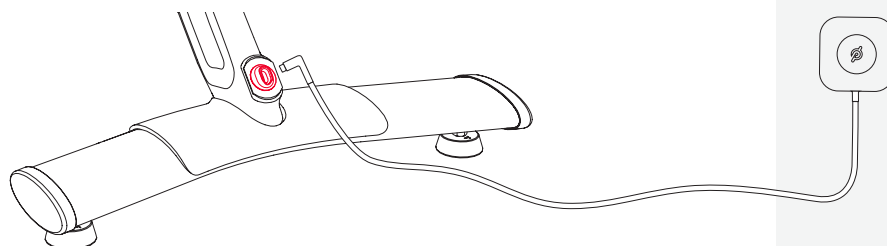
### LEVELING THE BIKE+

- 1 Roll the Bike+ off the cardboard by tilting it forward onto the front wheels. Check the User Manual for location requirements, and make sure the Bike+ is located where you plan to use it.
- 2 Gently push the seat and handlebars from side to side to check if the Bike+ rocks or wobbles.
- 3 If there is any wobble, check each of the four leveling feet. If any foot does not rest firmly against the floor, turn it clockwise to lower it.



- 4 Using the 15 mm wrench, tighten the nut on each leveling foot. The nut should sit against the underside of the stabilizer.

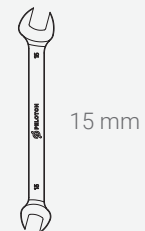
**WAIT!** Your Peloton Bike+ is now fully assembled, but there are still a few steps to complete before you start riding. Please see the Peloton Bike+ User Manual for instructions on plugging in your bike and connecting to an account and subscription.



Power supply



User Manual



If your box included more than one power cord, make sure to use the appropriate one for your region.

**⚠ CAUTION:** Perform a complete visual inspection of the Peloton Bike+ and test all features and functions prior to use.



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