

SOULCYCLE

At-Home Bike Manual



Welcome to our newest studio: **your home.**

SoulCycle is more than a workout, it's an experience. And now, you can enjoy all the things you love about it—your favorite SoulCycle instructors, the best playlists, and unparalleled energy—from the comfort of your home. Happy clipping in, we'll see you on the bike.

Table of Contents

_03	Safety Information
_05	Specifications
_07	Setup
_11	Getting Connected
_16	Personalizing Your Ride
_19	Getting Ready to Ride
_23	Maintenance and Care
_28	Warranty Information
_28	Support
_29	Notices

Safety Information

⚠WARNING: To reduce risk of serious injury, read all safety information carefully before operating the SoulCycle at-home bike and follow all operating and maintenance instructions. It is the owner's responsibility to ensure that all users of the bike are aware of all instructions and safety information provided for the bike.

Health and Safety First:

Always consult with your physician before starting any new exercise program. Discontinue exercise and consult a medical expert immediately if it causes pain or severe discomfort.

Stay hydrated: Drink water throughout your ride, even if you do not feel thirsty.

If at any time you feel dizzy or experience difficulty breathing, chest pain, or other signs that you are not well, gradually stop pedaling, carefully dismount the bike, and consult a medical expert immediately. Overexercising may result in serious injury or death.

Always listen to your body, ride at your own pace, and set your bike's resistance at the level that feels right for you. Instructor guidance is not a substitute for listening to your body.

Metrics on the screen, including heart rate monitoring, may be inaccurate. Metrics should be used for reference only and not as a substitute for listening to your body.

Safe Setup:

The bike is solely for indoor use. To avoid risk of shock, overheating or product damage, do not store the bike in a garage or covered patio, near water, or in a damp or dusty location. The bike should only be placed on a level, firm surface to prevent risk of tip-over.

Ensure sufficient clearance: Keep objects at least 24" away from the bike on all sides to allow access around the bike, safe mounting and dismounting, and prevent injury from contact with objects. Keep children and pets away from the bike.

The maximum weight for riders is 350 pounds (159 kilograms). Riders under 4'10" (147 cm) or above 6'10" (208 cm) should not ride the bike.

Children under the age of 16 and persons with reduced physical, sensory, or mental capabilities that can impair the safe use of the bike must not use the bike.

Children over the age of 16 and all new or untrained riders must be supervised and given safe use instruction before riding the bike.

Safe Preparation:

To ensure safety and optimal performance, check the bike for wear and damage before each ride, and regularly inspect, maintain, and properly tighten all parts as recommended in this user manual.

Replace any damaged or worn parts immediately and do not use the bike until repair is performed. Do not attempt to repair the bike yourself other than as provided in this manual; always use an authorized service provider to perform adjustments or repairs, with original parts from the manufacturer.

Ensure that all bike adjustment levers and knobs are properly configured for your body and properly secured according to this user manual before each ride to avoid injuries during exercise.

Do not use the bike without proper clip-in cycling shoes. The pedals are compatible with LOOK® Delta and SPD cleats. Never operate the bike pedals with bare feet or by hand.

Do not wear loose clothing that could become caught on the bike while riding. Keep shoelaces, accessories, hands, feet, and other objects away from openings and moving parts of the bike.

Ensure the power cable is properly secured and clear of all moving parts of the bike. Always unplug the bike immediately after use and before cleaning or maintenance.

Safe Use:

Watch all instructional training videos carefully before first use or attempting new movements on the bike to ensure proper form and safety.

Maintain resistance and engage your core: To avoid injury, always keep some resistance on the bike and engage your core. Never attempt to stand up on the pedals or use hand weights without adequate resistance.

Stay in control: Execute all core movements, hand positions, and hand weight exercises at a slow pace before attempting to increase your speed, and do not attempt to ride the bike in a standing position at a high RPM until you have practiced at slower speeds.

Focus on form, posture, and making smooth, controlled transitions between movements. Always keep your back straight while riding; do not arch your back.

Stop the bike gradually: The pedals will continue to turn until the weighted flywheel stops. To stop, you must gradually slow your pedal strokes. Attempting to stop abruptly could result in serious injury.

If you need to stop urgently, use the emergency break by pushing and holding down on the resistance knob.

Never dismount the bike or remove your feet from the pedals until both the pedals and the flywheel have stopped completely, as loss of control and serious injury could result. If your foot disengages from the pedal while riding, quickly move your feet to the side and push and hold down on the resistance knob to stop the flywheel.

See pages 29-30 for additional safety information.



Specifications / Bike

FOOTPRINT	62.2" L x 22.2" W x 53.5" H
WEIGHT WITH TABLET	128 lbs (BIKE) + 14 lbs (TOUCHSCREEN): 142 lbs total
USER HEIGHT RANGE	4'10" – 6'10"
WEIGHT LIMIT	350 lbs
PEDAL	Dual sided pedal for Delta or SPD style cleats
POWER MAX RATING	19v, 4.8A

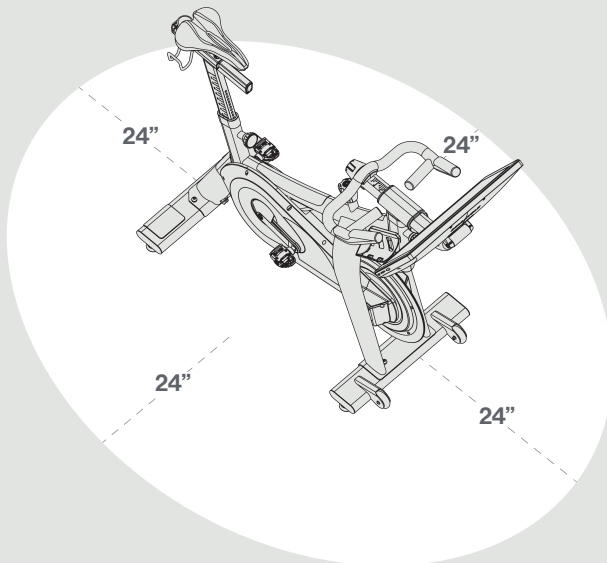


Touchscreen

SCREEN SIZE	21.5"
RESOLUTION	1920* 1080 FHD
WI-FI	802.11 a/b/g/n/ac
RAM/MEMORY	4GB/32GB
BLUETOOTH	BT 5.0
SENSOR	G-Sensor, NFC
SPEAKER	2X8W Speaker with 15W Woofer



_SETUP

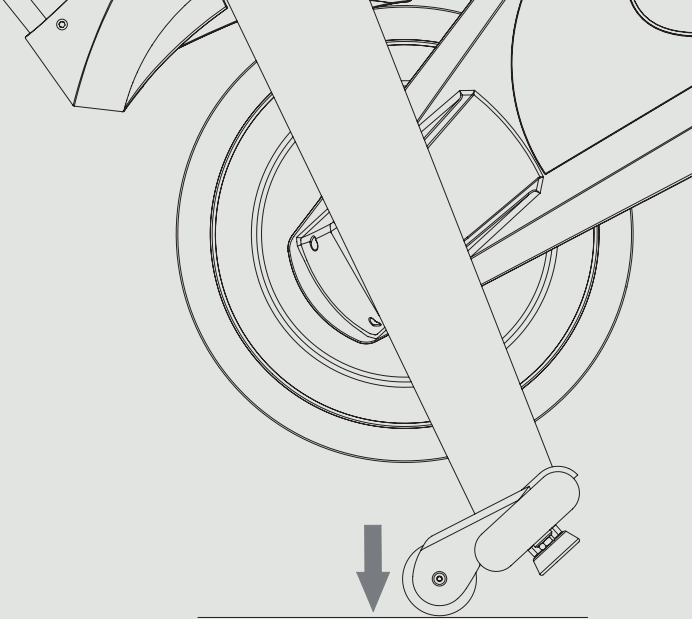


BIKE PLACEMENT

Place the bike on a solid, level, and firm surface to prevent risk of tipping.

Use mat to help keep the bike in place and protect floor.

Allow a clearance of 24" on all sides of the bike for safety.



MOVING THE BIKE

Moving the bike requires two people for safety.

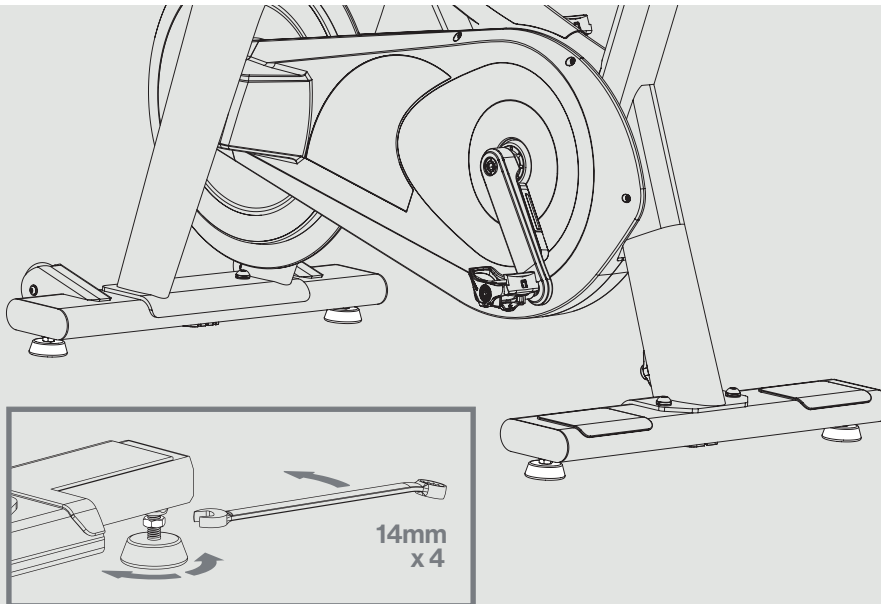
Ensure power cables are disconnected.

Using only handlebars, tilt the bike forward onto its wheels.

While holding on to handlebars, have a second person lift the rear stabilizer.

Carefully roll the bike to the new location, avoiding uneven surfaces.

If the bike rocks after being set down, unscrew each stabilizer foot until it rests firmly and steadily on the floor.



STABILIZER FEET ADJUSTMENT

The bike has adjustable stabilizer feet on each corner for a steady, wobble-free installation. To ensure the bike is level on the ground, adjust the stabilizer feet as follows:

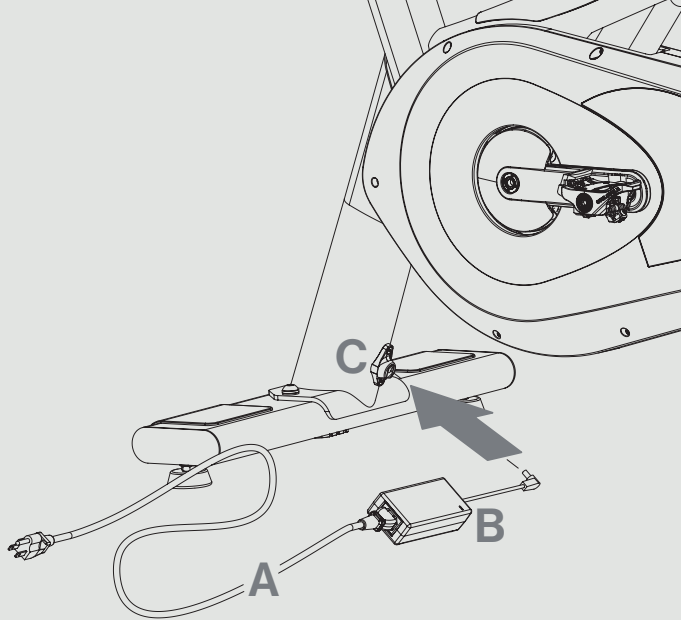
Tighten the feet so they are screwed all the way into the stabilizer.

Set the bike in its desired location.

Loosen the feet to remove all space between the stabilizer feet and the floor.

Adjust each foot on both the front and rear stabilizer.

When the bike is level, lock the nut on all stabilizer feet using a 14mm wrench.



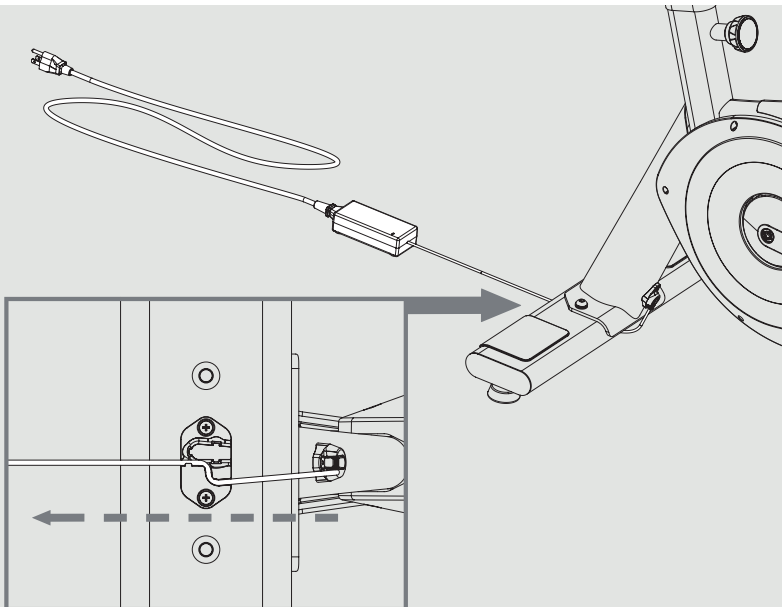
CONNECTING THE POWER CABLES

Plug the power cable **(A)** into the power adapter **(B)**.

Plug the power adapter into the bike **(C)** under the seat post, near the rear stabilizer.

Secure the power cable by using either front facing or rear facing cable routing.

CABLE ROUTING The power cable routing system helps avoid damage to the power cable itself and is designed to create a clean, neat display in your home. Cable retention mounting points are located under the bike's stabilizers. When moving the bike to a new location or when using a different power outlet, use the following images as a guide.



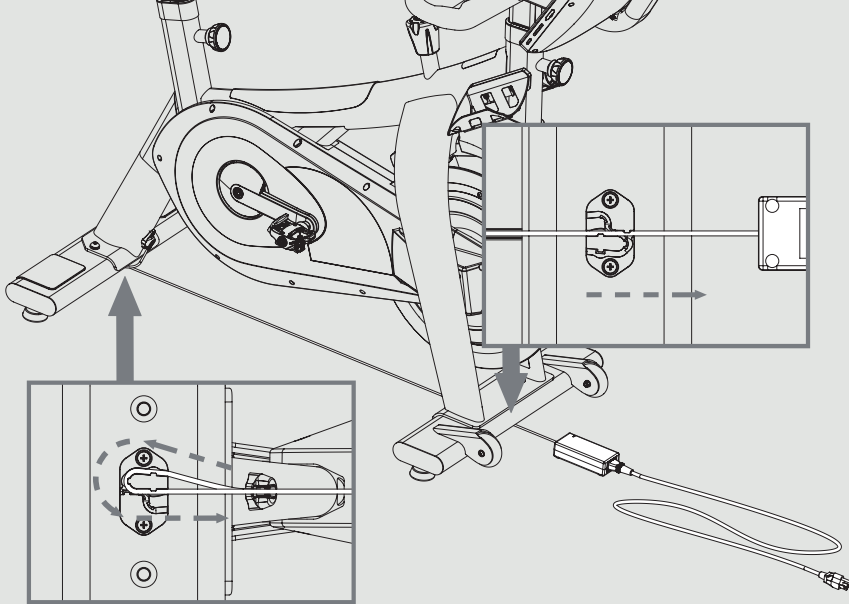
REAR FACING CABLE ROUTING

If your wall outlet is located behind the bike, follow these steps to secure the power cable:

Thread the cable down through the right-hand channel and then follow the channel curve to exit through the center channel of the cable holder on the rear stabilizer.

Plug the cable into an appropriate 100-240V wall outlet.

Ensure the power cable is clear of any moving parts on the bike and secured to avoid tripping.



FRONT FACING CABLE ROUTING

If your wall outlet is located in front of the bike, follow these steps to secure the power cable:

Thread the cable down through the left-hand channel and then loop it up through the center channel of the cable holder on the rear stabilizer.

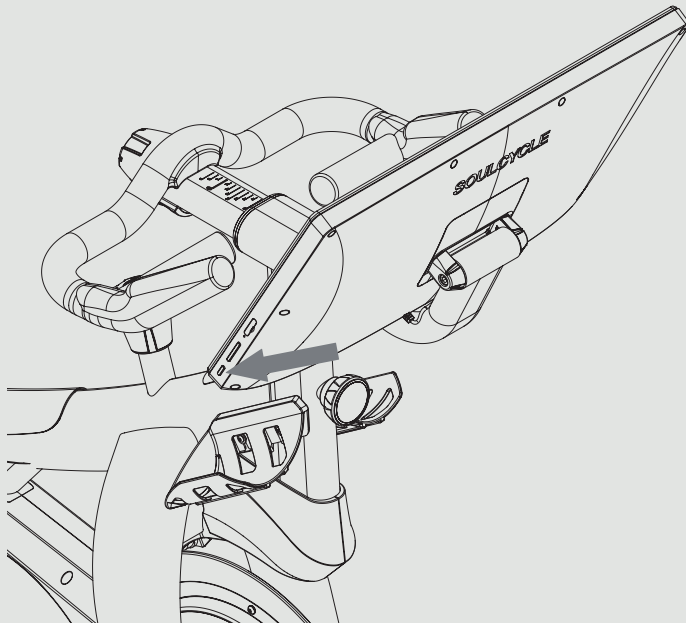
Run the cable to the front stabilizer and thread it through the center channel of the cable holder.

Plug the cable into an appropriate 100-240V wall outlet.

Ensure the power cable is clear of any moving parts on the bike and secured to avoid tripping.



_GETTING CONNECTED



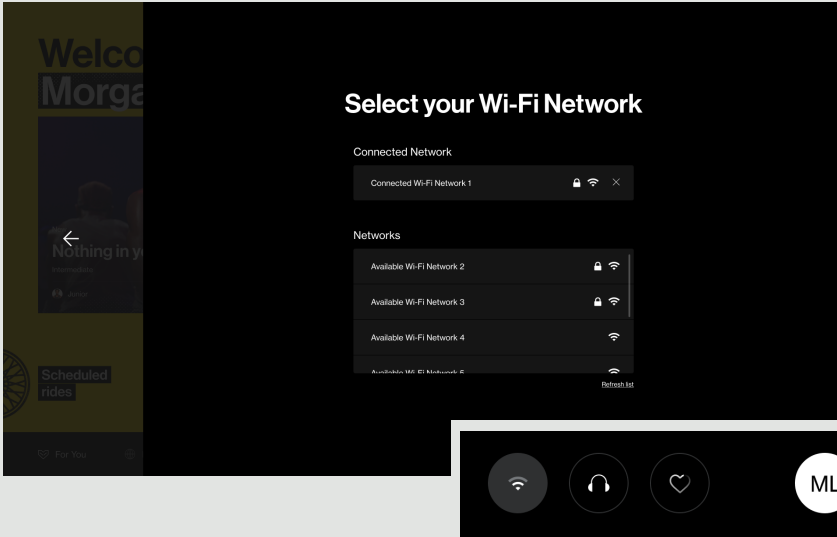
POWERING ON AND OFF

Hold the power button for up to three seconds to power on the bike.


If asleep due to inactivity, press and release power button quickly to wake.

To restart, hold the power button for up to three seconds, then select "Restart."

To power off the bike, hold the power button for up to three seconds and select "Power Off."



CONNECTING TO WI-FI

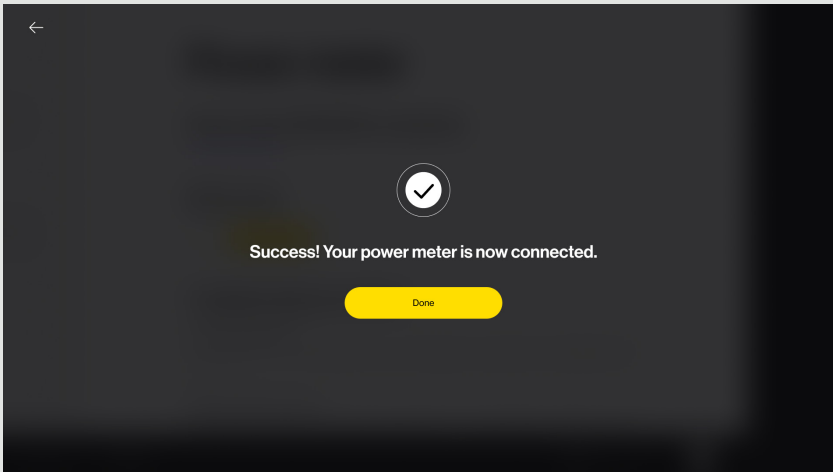
To manage your Wi-Fi connection, tap  in the lower right of the touchscreen.

Select your network from the list.

Enter network password and select "Join."

If the selected network does not require a password, the bike will automatically connect.

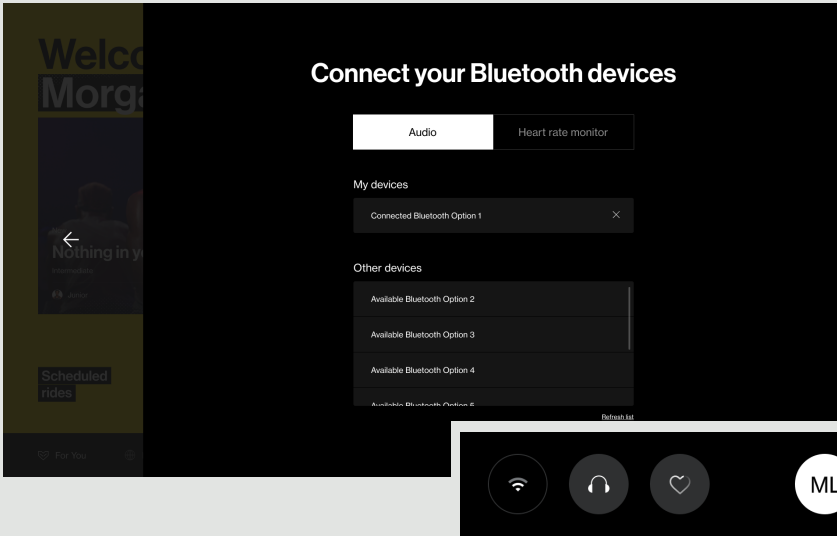
If you don't see your network, select "Refresh list."



CONNECTING TO POWER METER

After establishing your initial connection during setup, you can always reconnect your power meter if necessary by tapping "More" then "Settings" then "Power Meter."

When prompted, advance the pedals until the power meter is recognized on the touchscreen and connected.



CONNECTING BLUETOOTH DEVICES

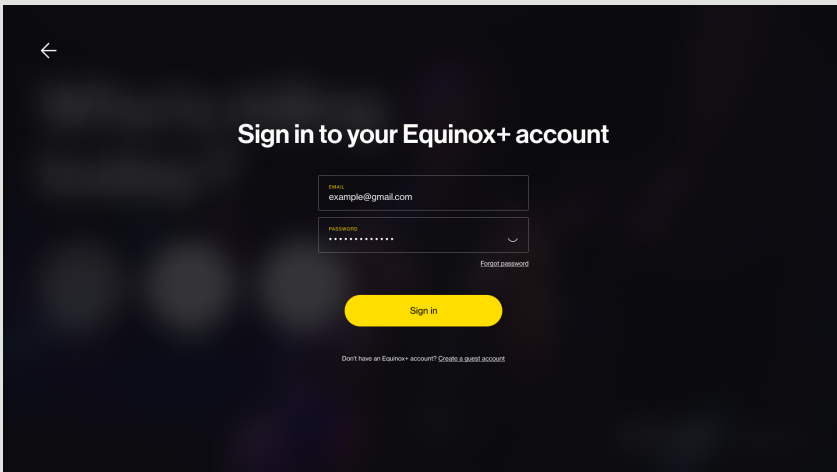
To add or manage Bluetooth devices, tap  or  in the lower right of the touchscreen.

Select "Audio devices" or "Heart rate monitors."

Ensure device is on, in pairing mode, and within range.

Select your device from the list of Bluetooth options, and await on-screen confirmation that it has connected.

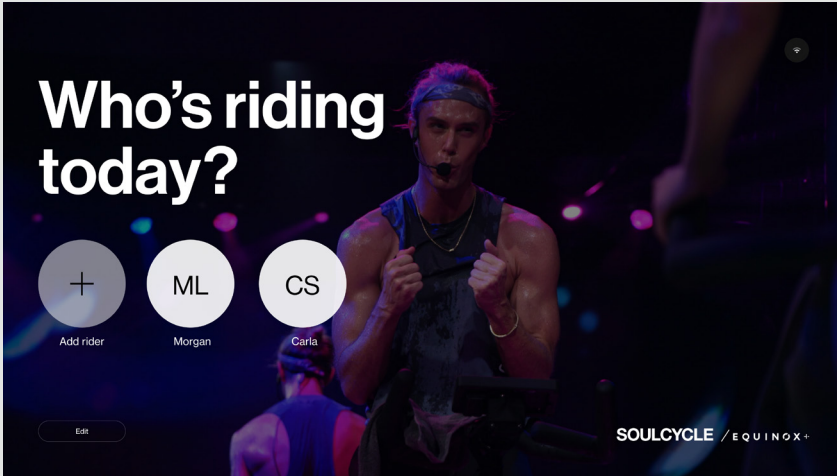
If you don't see your device, select "Refresh list."



ACCOUNT SIGN IN

Sign in to Equinox+ and follow onscreen directions.

If you have a SoulCycle account, you may link it to your Equinox+ account.



ADDING A RIDER PROFILE

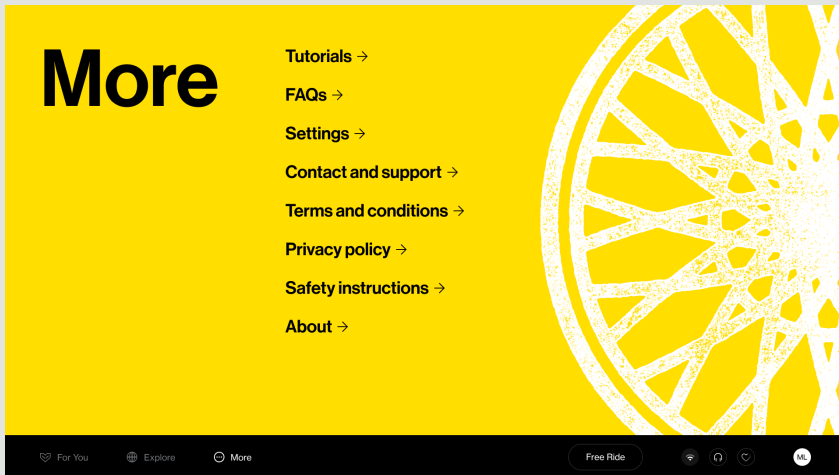
Tap "+" to add a new rider profile on the Profile screen.

Enter new rider details and follow onscreen directions.





_PERSONALIZING YOUR RIDE



SEAT AND HANDLEBAR TUTORIALS

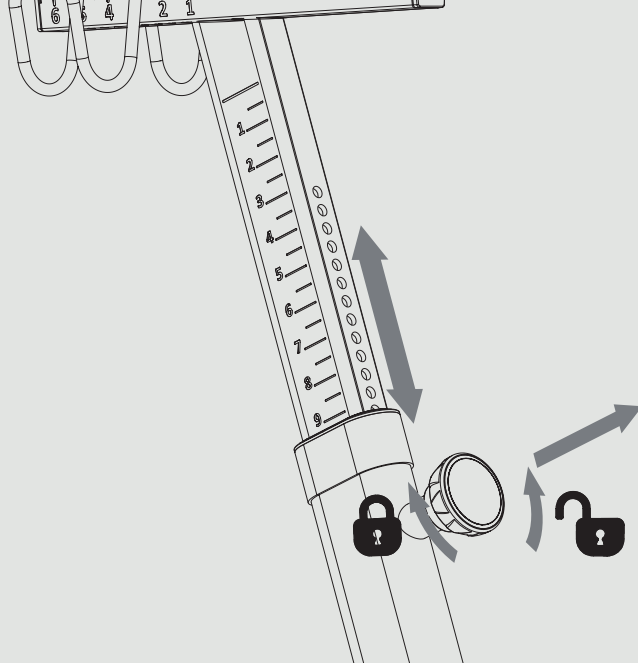
Select "More."

Select "Tutorials."

Browse and select videos to familiarize yourself with seat and handlebar adjustment settings.

Because your bike was designed for optimal at-home use, your settings may be slightly different than in-studio.

1



SEAT HEIGHT

The top of the seat should be level with the height of your hip bone.

Turn the knob on the seat height adjustment pin counterclockwise to loosen.

Pull seat adjustment pin out, raise or lower seat as desired, then lock back in.

Turn the knob clockwise to securely tighten and fully lock in place.

2

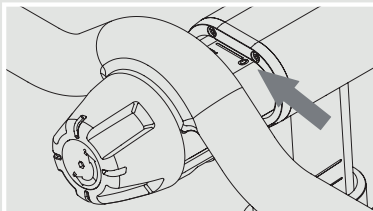
HANDLEBAR HEIGHT

Should be level with, or slightly higher than, the seat.

Turn the knob on the handlebar adjustment pin counterclockwise to loosen, then pull out.

Raise or lower handlebars as desired, then lock back in.

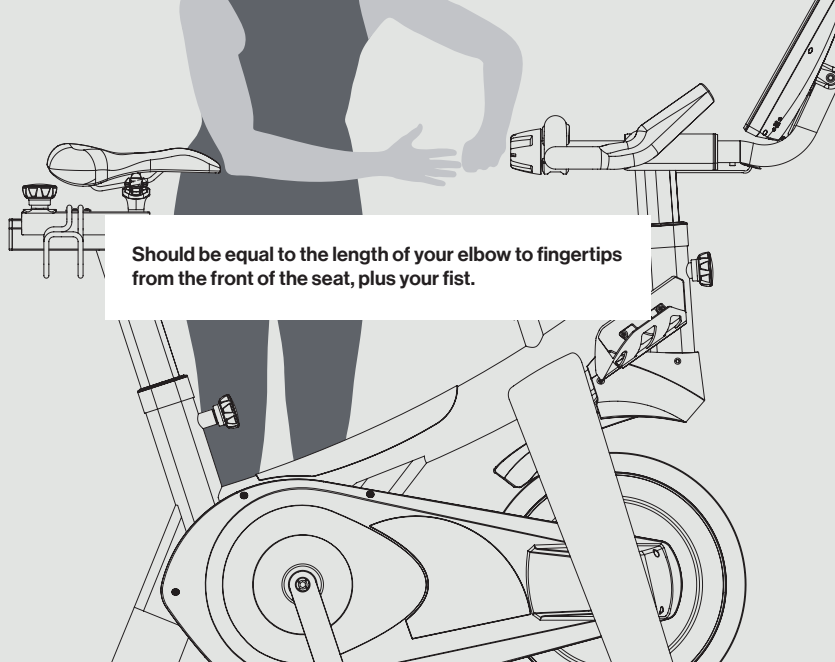
Turn the knob clockwise to securely tighten and fully lock in place.



NOTE: Before adjusting height, ensure the Handlebar Depth is set at 0

(See HANDLEBAR DEPTH for more details)

3



SEAT DEPTH

Ensuring your handlebar depth is first set to 0, place your elbow at the front of the seat and extend your fingers toward the handlebars.

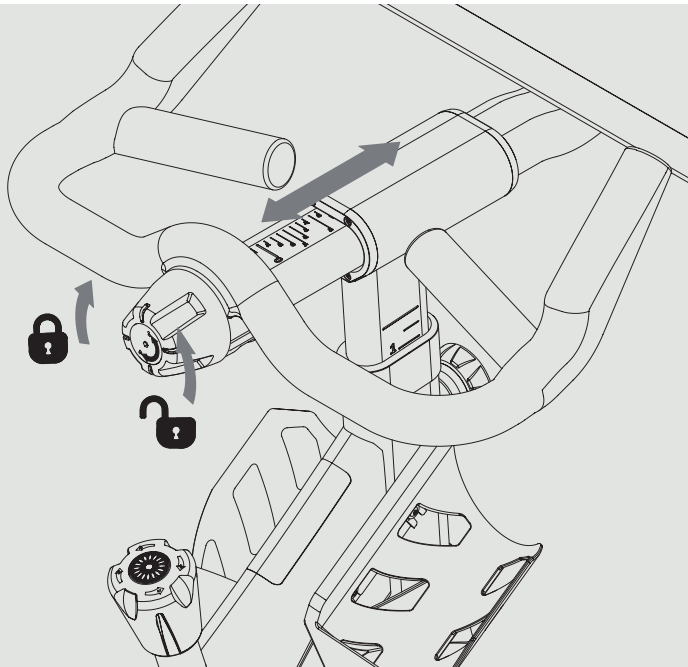
With your other hand, place your fist between the tip of your extended fingers and the handlebar knob.

Turn the knob on the seat depth adjustment pin counterclockwise to loosen.

Adjust seat forward or backward until there is no space between the length of your elbow to fingertips plus your fist and the handlebar knob.

Turn the handlebar knob clockwise to securely tighten and lock in place.

4



HANDLEBAR DEPTH

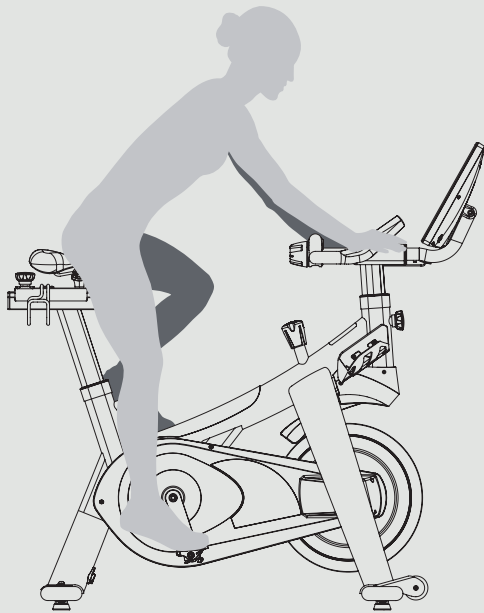
When seated, proper handlebar depth should place you in a neutral position, with your body and shoulder angle close to 90 degrees.

Turn the knob on the handlebar tube counterclockwise to loosen.

Slide handlebar tube forward or backward to align with the 0 or bold line to start.

Adjust the handlebars forward or backward as desired. When you're seated, your arms should be slightly bent.

Turn the knob clockwise to securely tighten and lock in place.



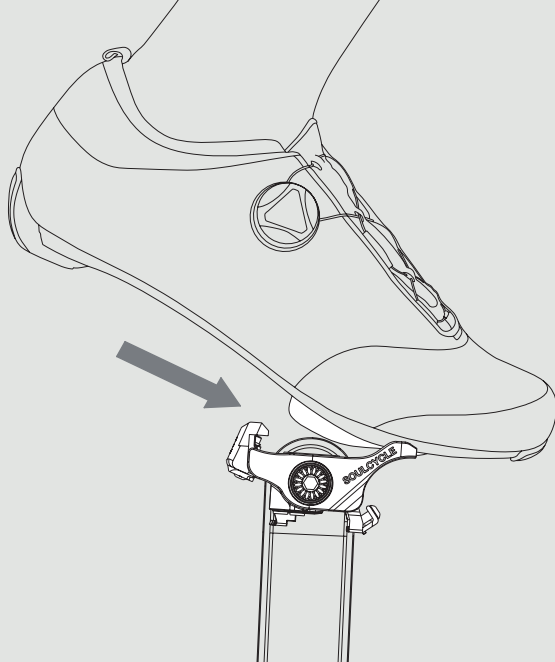
RECOMMENDED BODY POSITIONING

Your hands should rest comfortably on the handlebars without reaching.

Your arms should be slightly bent at the elbows.

Your leg should be slightly bent at the bottom of the stroke.

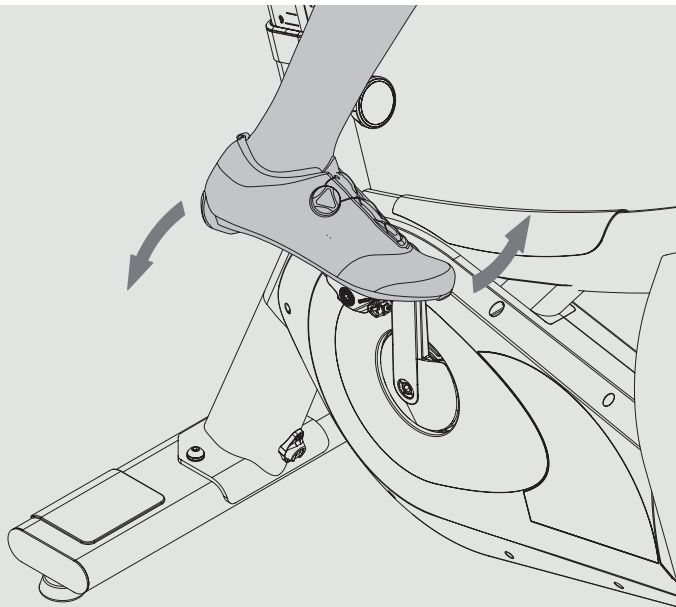
_GETTING READY TO RIDE



CLIPPING IN

Point your toes down to fit the cleat into the pedal, then firmly push down through your heel until it locks in.

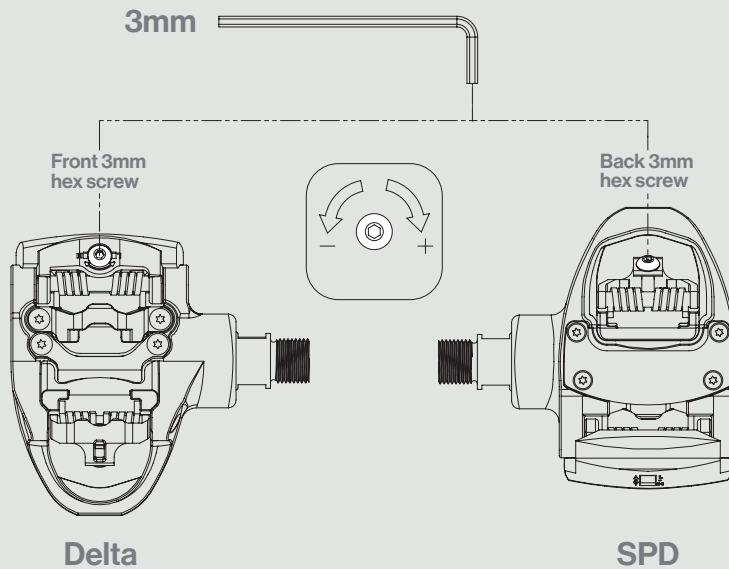
Always ensure you're clipped in securely before each ride.



CLIPPING OUT

While pushing the resistance knob down, kick your heels away from the bike.

Never clip out or dismount the bike until both the pedals and flywheel have completely stopped.

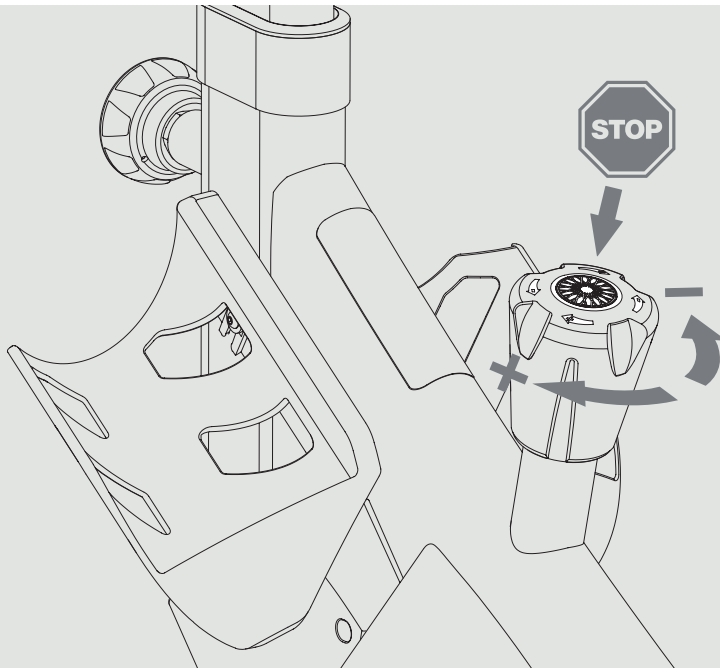


CLEAT TENSION ADJUSTMENT

Sometimes, you may notice it feels either too easy or too difficult to clip in and out of the pedals. The tension should be strong enough to keep your feet locked into the pedals at high RPMs, but loose enough that you can unclip and dismount the bike without difficulty.

If tension is too low, tighten clockwise with a 3mm hex key to increase the resistance required to release the pedal from the cleat.

If tension is too high, loosen counterclockwise with a 3mm hex key to decrease the resistance required to release the pedal from the cleat.



EMERGENCY BRAKE AND ADJUSTING RESISTANCE

EMERGENCY BRAKE

If you need to stop urgently, press and hold the resistance knob down for emergency brake.

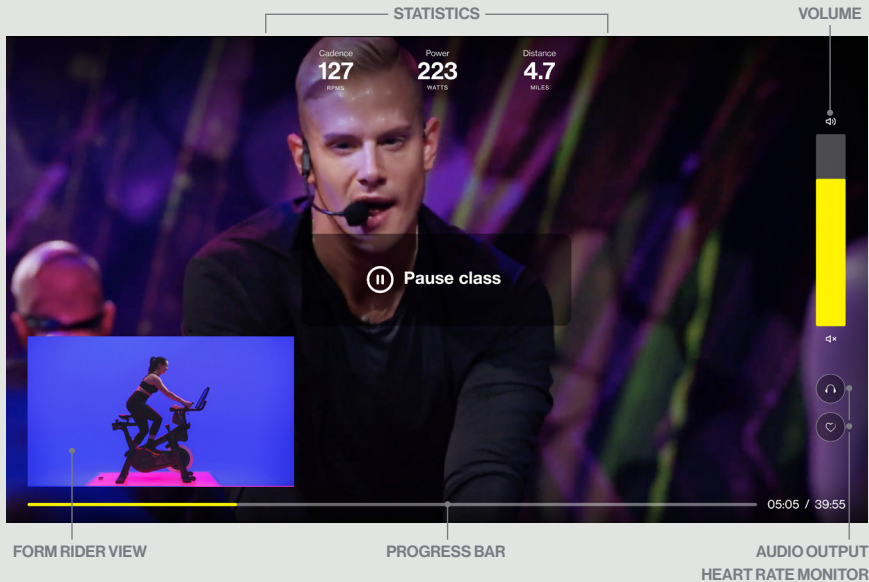
ADJUSTING RESISTANCE

Turn the resistance knob clockwise to increase resistance.

Turn the resistance knob counterclockwise to decrease resistance.

To reduce risk of serious injury, always maintain some resistance on the bike. Do not stand up on the pedals without adequate resistance.

When bike is not in use, turn resistance knob all the way to the right for your safety.



TOUCHSCREEN NAVIGATION

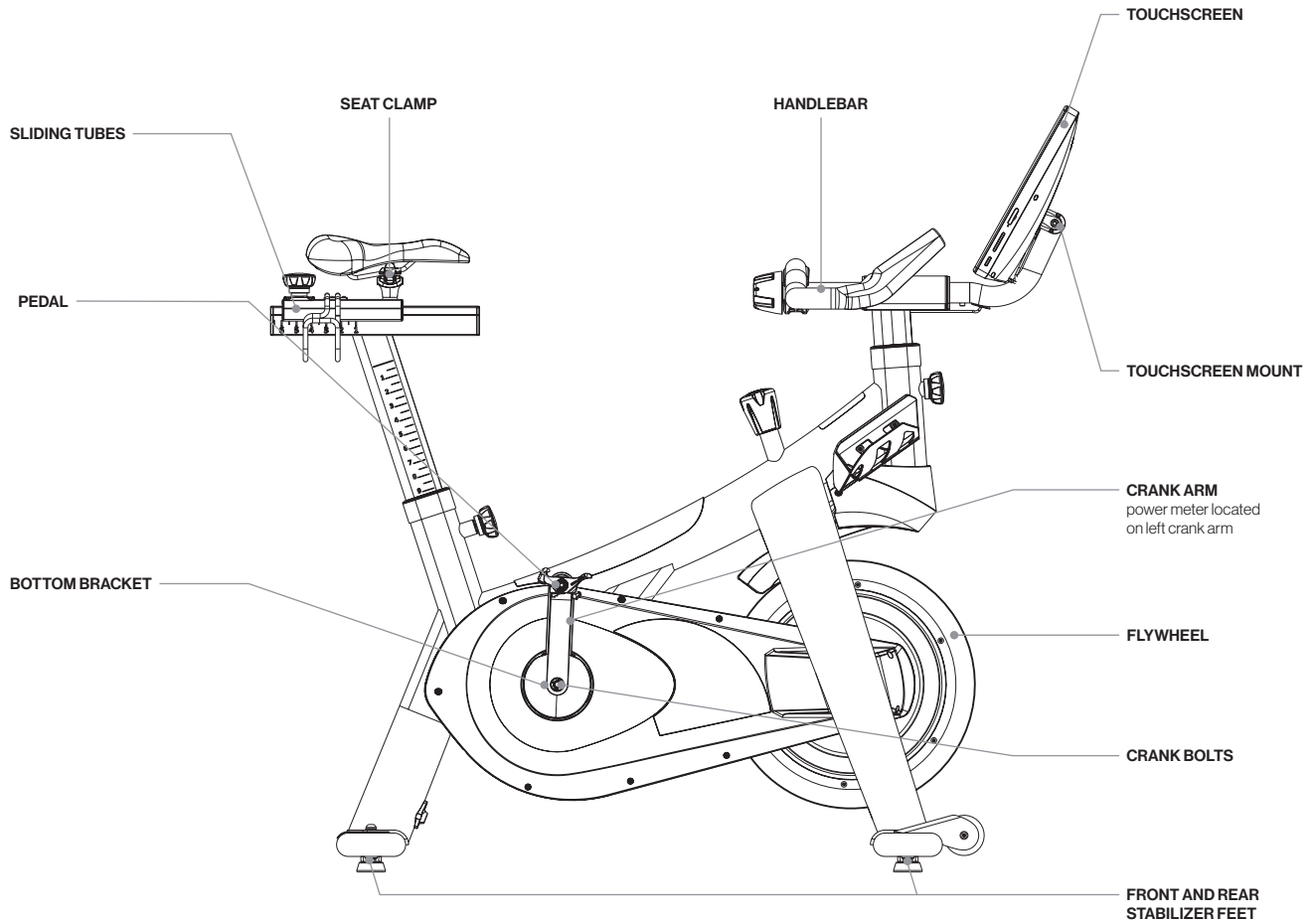
When taking a class, tap the center of the touchscreen to reveal navigation options for ride stats, volume, ride progress, form rider view, and to pause your ride.

Swipe your desired function toward the center of the screen to view/adjust.

Swipe back to remove the function from view.



Maintenance and Care



Daily

BIKE

With a soft, slightly damp cloth, wipe down the bike using a mild soap and water solution or a mild cleaner. Do not use products containing ammonium chloride.

TOUCHSCREEN

Use a soft, slightly damp, lint-free cloth (like dry anti-static or microfiber) to gently wipe away smudges and fingerprints. Spray a small amount of screen cleaner or water on the cloth if necessary. Never spray the screen cleaner solution directly onto the touchscreen.

BEFORE EACH RIDE

Ensure cleats are secured tightly to shoe soles.

Monthly

CRANK BOLTS

Check crank bolt torque.
(Torque to 52-57 Nm or 38-42 lb – ft).

FRONT AND REAR STABILIZER FEET

Inspect and tighten as needed to secure.

PEDALS (CLEAT TENSION)

Check cleat tension using a 3mm hex key.

SEAT KNOB

Inspect and tighten as needed to secure.

Weekly

ALL HARDWARE COMPONENTS

Visually inspect all hardware components.

SLIDING TUBES

Clean with a mild soap and water solution and lubricate with a wet silicone lubricant.

PEDALS

Ensure pedals are securely fastened to the crank arm and inspect them for worn or broken springs.

FLYWHEEL

Inspect for damage and unusual noise. (Note: a gentle whirring sound when pedaling is normal.)

TOUCHSCREEN MOUNT

Inspect and tighten as needed to secure.

SEAT CLAMP

Inspect and tighten as needed to secure.

HANDLEBAR KNOB

Inspect and tighten as needed to secure.

Annually

PEDALS

For maximum performance and safety, replace the pedals every year.

BOTTOM BRACKET

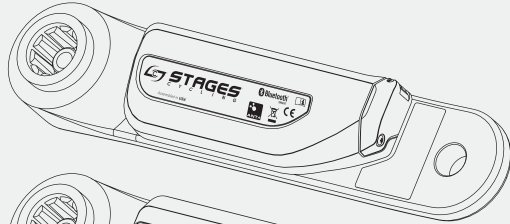
Inspect bottom bracket for tightness.

POWER METER BATTERY

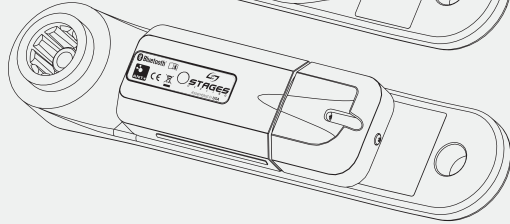
Check and replace power meter batteries (see pages 25-26).

POWER METER BATTERY REPLACEMENT

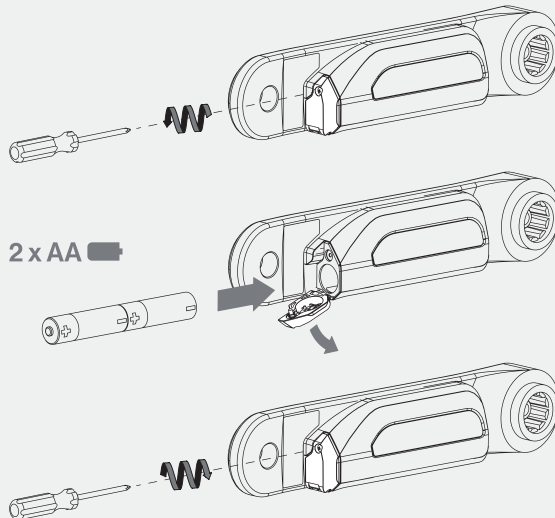
Your bike comes equipped with either a gen. 2 or gen. 3 Stages Power meter. Both use (2) AA batteries, good for around 2000 hours of riding time. Identify which one you have, and follow the corresponding directions to replace batteries.



Gen. 2
Stages indoor Power meter



Gen. 3
Stages indoor Power meter



GEN. 2

Unplug the bike before performing any replacement.

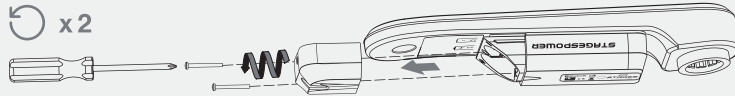
Locate the power meter on the left side crank arm.

Remove battery cover screw using a Phillips #0 screwdriver.

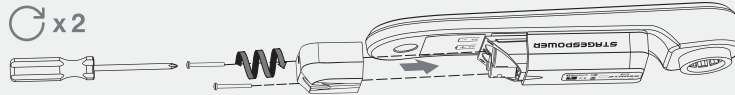
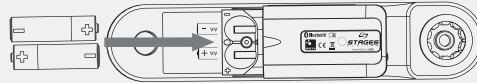
Slide out the old batteries by rotating the crank arm downward.

Open the battery door and insert batteries.

Close the battery door and tighten screws until secure. Do not overtighten as this may damage the battery case.



2 x AA 



GEN. 3

Locate the power meter on the left side crank arm.

Remove battery cover screws using a Phillips #0 screwdriver.

Slide out the old batteries by rotating the crank arm downward.

Insert (2) AA batteries according to the orientation shown on the power meter.

Replace the battery cover and screws and tighten lightly until secure. Do not overtighten as this may damage the battery case.





Maintenance Tools Required

ITEM	TORQUE	TOOL REQUIRED
Pedal	42 Nm	15mm pedal wrench
Handlebar clamp	9 Nm	5mm hex key
Crank bolt	52 - 57 Nm	8mm hex key
Cleats	5 - 8 Nm	4mm hex key
Front and rear stabilizer	20 Nm	6mm hex key
Seat	25 Nm	6mm hex key

Warranty Information

Equinox Media LLC provides a limited warranty for the commercial use of the SoulCycle at-home bike. A complete description of the terms and conditions of the commercial limited warranty, including the scope of coverage, applicable warranty periods, and certain important exclusions and limitations, can be accessed at: <http://www.equinoxplus.com/commercial-warranty>. You may also request a copy of the limited warranty terms by contacting us at: Equinox Media LLC, Attn: Legal Department (Limited Warranty), 513 W. 54th Street, New York, NY 10019.

All commercial limited warranty support is provided by Stages Indoor Cycling, LLC, who can be contacted by email at support@stagesindoorcycling.com or by phone at 800-718-8076.

Support

Still have questions? Contact us at hello@equinoxplus.com, 1-844-782-7447, or check out <https://www.equinoxplus.com/terms> and <https://www.equinoxplus.com/privacy> for more information.

© 2020-2021 Equinox Media LLC. All rights reserved.
513 W. 54th Street, New York, NY 10019
www.equinoxplus.com

To access the most up-to-date version of the user manual, visit www.equinoxplus.com/getstarted

Notices

⚠️ POWER SUPPLY, TOUCHSCREEN, AND BATTERY WARNINGS

To reduce risk of serious injury or property damage, read all safety information carefully before operating:

Power Supply:

Do not overload electrical outlets; this can cause electric shock or fire.

The touchscreen is designed to operate from a 100-240 Volt, 50/60 Hz AC main supply. The use of other power sources may damage this machine. If you are not sure of the voltage, please consult with your local power company before plugging in.

Check that the voltage marked on the rating plate located at the rear of the power adapter states 100-240V. Equinox Media is not responsible for damage or injury caused by connecting to the wrong voltage.

The touchscreen must be unplugged during installation and maintenance to avoid risk of shock.

To avoid risk of shock, stop using the power adapter if damaged, exposed to excessive moisture, or liquid is spilled onto the power adapter. Do not connect or disconnect the power adapter with wet hands.

Touchscreen:

The touchscreen should only be used in temperatures between 0°-40°C (32°-104°F), with relative humidity between 20%-80%. Avoid using the device in a very hot or high-humidity location.

Handle the touchscreen with care. Avoid contact with hard or sharp objects, which may crack or scratch the surface or damage internal parts. Do not use the touchscreen with a cracked screen, as it may cause injury.

Avoid contact with liquids, which can cause overheating and internal damage to the device. If the touchscreen comes in contact with liquid, immediately unplug and wipe to absorb liquid.

Do not attempt to disassemble or repair this product yourself; always use an authorized service provider to perform adjustments or repairs.

To avoid injury, ensure the mounting screws that attach the touchscreen to the bike are securely fastened during installation, and check regularly to ensure they remain secured.

The touchscreen display screen needs to be cleaned regularly, as prolonged dust on the display screen may cause touch failure.

Always power off the touchscreen if not used for long periods of time.

If the touchscreen is moved from low to high temperature, allow the touchscreen to warm up to room temperature before use.

Battery:

This device contains alkaline batteries. The below guidelines must be followed in order to maintain expected useful life of the device, and to reduce risk of damage to device or serious personal injury.

Batteries may explode or leak, and cause burn injury, if recharged, disposed of in fire, mixed with a different battery type, inserted backwards or disassembled. Replace all used batteries at the same time. Do not carry batteries loose in your pocket or purse. Do not remove the battery label.

Keep small batteries away from children. If swallowed, consult a physician at once.

Avoid mechanical and electrical abuse. Do not short circuit or install incorrectly. Batteries may rupture or vent if disassembled, crushed, recharged, or exposed to high temperatures.

Install batteries in accordance with equipment instructions.

Dispose of used (or excess) batteries in compliance with federal, state/provincial, and local regulations.

Do not accumulate large quantities of used batteries for disposal as accumulations could cause batteries to short-circuit. Do not incinerate. Please contact local authorities for end-of-life disposal of this product and battery in compliance with your local laws and regulations.

Power Meter Manufacturer Information:

Foundation Fitness, LLC.
mfg Stages® Cycling, LLC.
www.stagescycling.com,
info@stagescycling.com
606 SE 9th Ave,
Portland, OR 97214
1-800-717-8076

Product Name:
Stages Power® Meter
Model Name: SPM2A
FCC ID: ZBM-SPM2
IC:9327A-SPM2
CE Registration

Equinox Media Home Bike Tablet (Touchscreen)

Manufacturer Information:

Harman Connected Services, Inc.
https://services.harman.com
askhcs@harman.com
636 Ellis Street,
Mountain View, CA 94043
1-650-623-9400

Product Name:
Equinox Media Home
Bike Tablet
Model Name: SH-1
FCC ID: 2AUTU-SH-1

FCC Compliance 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 or more 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.

WARNING: Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This device complies with part 15 of the FCC rules. Operation is subject to the following two conditions:

- (1) This device may not cause harmful interference, and
- (2) This device must accept any interference received, including interference that may cause undesired operation. Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This equipment complies with FCC RF radiation exposure limits set forth for an uncontrolled environment. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

Caution! The manufacturer is not responsible for any radio or TV interference caused by unauthorized modifications to this equipment. Such modifications could void the user's authority to operate the equipment.

Power Meter Operation Frequency	Max. RF power transmitted
Bluetooth 2.402-2.480GHz	6.03 dBm
ANT+2.457GHz ISM Band	3.29 dBm

Tablet Operation Frequency Bands	Max. RF power transmitted
Bluetooth	6.88 dBm
ANT+ ISM Band	17.89 dBm / 10.93 dBm

This product meets the government's requirements for exposure to radio waves. The guidelines are based on standards that were developed by independent scientific organizations through periodic and thorough evaluation of scientific studies. The standards include a substantial safety margin designed to assure the safety of all persons regardless of age or health. The SAR limit of USA (FCC) is 1.6 W/kg averaged over one gram of tissue for body, and 4 W/kg averaged over ten grams of tissue. This device type:SH-1 (FCC ID: 2AUTU-SH-1) has been tested against this SAR limit. SAR information can be viewed online at <http://www.fcc.gov/oet/ea/fccid/>. Please use the device FCC ID number for search.

