

PELOTON

BIKE+

**OWNER'S MANUAL
AND USER INSTRUCTIONS**

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⚠ WARNING: To reduce your risk of injury, read all precautions and instructions in this manual before using this equipment. Peloton's limited warranty does not cover damage resulting from improper use or a failure to follow the maintenance instructions. Access the latest user manual, plus additional languages, at business.onepeloton.com/support/documentation.

WARNINGS AND SAFETY INSTRUCTIONS

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

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

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

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

Set up and operate the Bike+ on a solid, level surface.

This bike has a direct driven flywheel. If the flywheel is moving, the pedals are moving. Removing feet from the pedals while they are moving can cause serious injury. Stop the Bike+ by reducing pedaling frequency in a controlled manner or by using the emergency brake. Do not remove feet from the pedals until the flywheel stops moving.

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

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

To prevent injury, always adjust the seat and handlebars to your personal preference and verify that all knobs are fully tightened before

each use. Loose seats or handlebars can lead to serious injury.

Keep children and pets away from the Bike+ at all times. People under the age of 14 and persons with reduced physical, sensory, or mental capabilities that impair the safe use of the equipment must not use the Bike+. People with a lack of experience and knowledge must be given supervision or instruction before using the Bike+. Do not allow children to perform maintenance or to play with the Bike+.

Keep hands, loose clothing, shoelaces, and accessories away from moving parts.

Do not insert objects into openings on the equipment.

Always cycle with the appropriate footwear. Never ride the Bike+ barefoot. Cycling barefoot or with inappropriate footwear can cause serious injury.

If you are using cycling shoes, make sure that your cleats are properly positioned and all bolts are fully tightened before clipping in. Riding with loose cleats could lead to serious injury.

If you are using clip-in pedals and wearing cycling shoes, do not attempt to walk in the cycling shoes. Wear cycling shoes only while using the Peloton Bike+ with clip-in pedals and remove them immediately after clipping out. Walking on cleats may cause you to fall or twist your ankle, or otherwise result in serious injury.

If you are using clip-in pedals and wearing cycling shoes, be careful when clipping in and out. While you may need to use some force, excessive force or aggressive movements could

result in an ankle, foot, or leg injury.

Perform regular maintenance for optimal performance and longevity (see page 24).

To ensure safety, check the Bike+ for wear and damage on a regular basis. Replace any damaged or worn parts immediately. Do not use the Bike+ until the repair is performed.

Ensure that the power cable never passes under the Bike+. Keep the power cord away from heated surfaces. 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.

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

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

Persons exceeding 297 lb/135 kg in weight should not use the Bike+.

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

Do not operate where aerosol (spray) products are being used, or where oxygen is being administered.

Do not carry this appliance by its cord or use the cord as a handle.

This bike is intended for commercial use. Use the Bike+ only for its intended purpose and in a supervised environment.

SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE.

SUPPORT

QUESTIONS OR CONCERNS?

Peloton's #1 concern is member satisfaction. If you require assistance or are experiencing issues with your Peloton Bike+, please contact Peloton's dedicated commercial client support team by visiting:



commercialsupport@onepeloton.com

commercialsupport@onepeloton.co.uk

commercialsupport@onepeloton.com.au

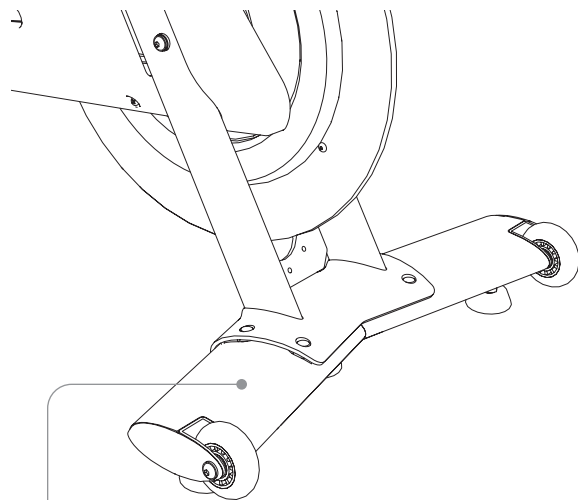
When you contact member support, have the following information ready:

1. Bike+ ID/serial number
2. Purchase Date

LABELS

BEFORE USING THE PELOTON BIKE+

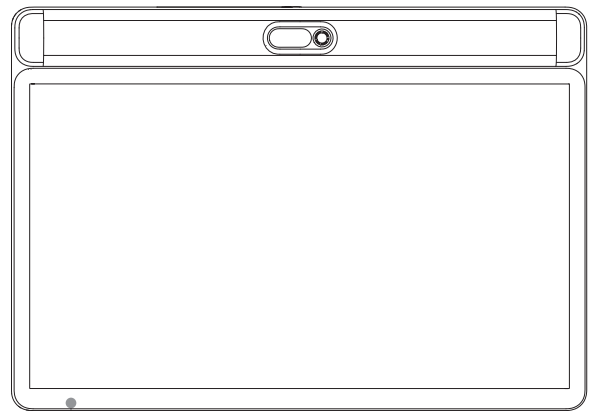
Familiarize yourself with all warnings on the Peloton Bike+ before use. If a warning label is damaged or lost, contact Peloton for a replacement immediately.



⚠ WARNING:

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

- Failure to do so, or misuse, can result in injury or death.
- Set up and operate on a solid, level surface.
- If applicable, lock bike when not in use. See user manual for instructions.
- Keep children under 14 and pets away from the bike at all times.
- Cease exercise if you feel faint or dizzy.
- Move pedal on mounting/dismounting side to lowest position and stop pedals completely before mounting/dismounting.
- Use equipment under supervision in commercial environments.
- Keep body, clothing, and fitness accessories clear of all moving parts.
- This bike does not freewheel.
- Pedals move until flywheel stopped; reduce speed slowly.
- Spinning pedals and other moving parts can cause injury.
- Always keep pedals clean and dry.
- Inspect bike before use; do not use if it appears damaged or inoperable.
- Always unplug the bike after use and before servicing.
- Max user weight: 135 kg / 297 lb



⚠ WARNING:

Heart rate monitoring systems may be inaccurate. Over-exercise may result in serious injury or death. If you feel faint or dizzy, stop exercising immediately.

NOTICES

This device complies with part 15 of the FCC Rules.

Operation is subject to the following two conditions: (1) this device must not cause harmful interference, and (2) this device must not accept any interference received, including interference that may cause undesired operation.

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

- Reorient or relocate the receiving antenna
- Increase the separation between the equipment and receiver
- Connect the equipment to 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

CAUTION:

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



Waste electrical products must be handed over to a designated collection point for disposal to be recycled in an environmentally sound manner. Improper disposal of this product could result in harm to the environment or to human health. Check with your local waste authority or the retailer where you purchased this product for available collection facilities or further recycling advice.

Please avoid the generation of waste from electrical products as much as possible, e.g. by giving preference to products with a longer service life or by reusing used electrical products instead of disposing of them.

You are responsible for deleting any personal data from this product before disposing of it.

EU DECLARATION OF CONFORMITY:

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



DISTRIBUTED BY:

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441 9th Ave, 6th Floor
New York, NY 10001

UK

Peloton Interactive UK Limited
1 Langley Street
London WC2H 9JG
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GERMANY

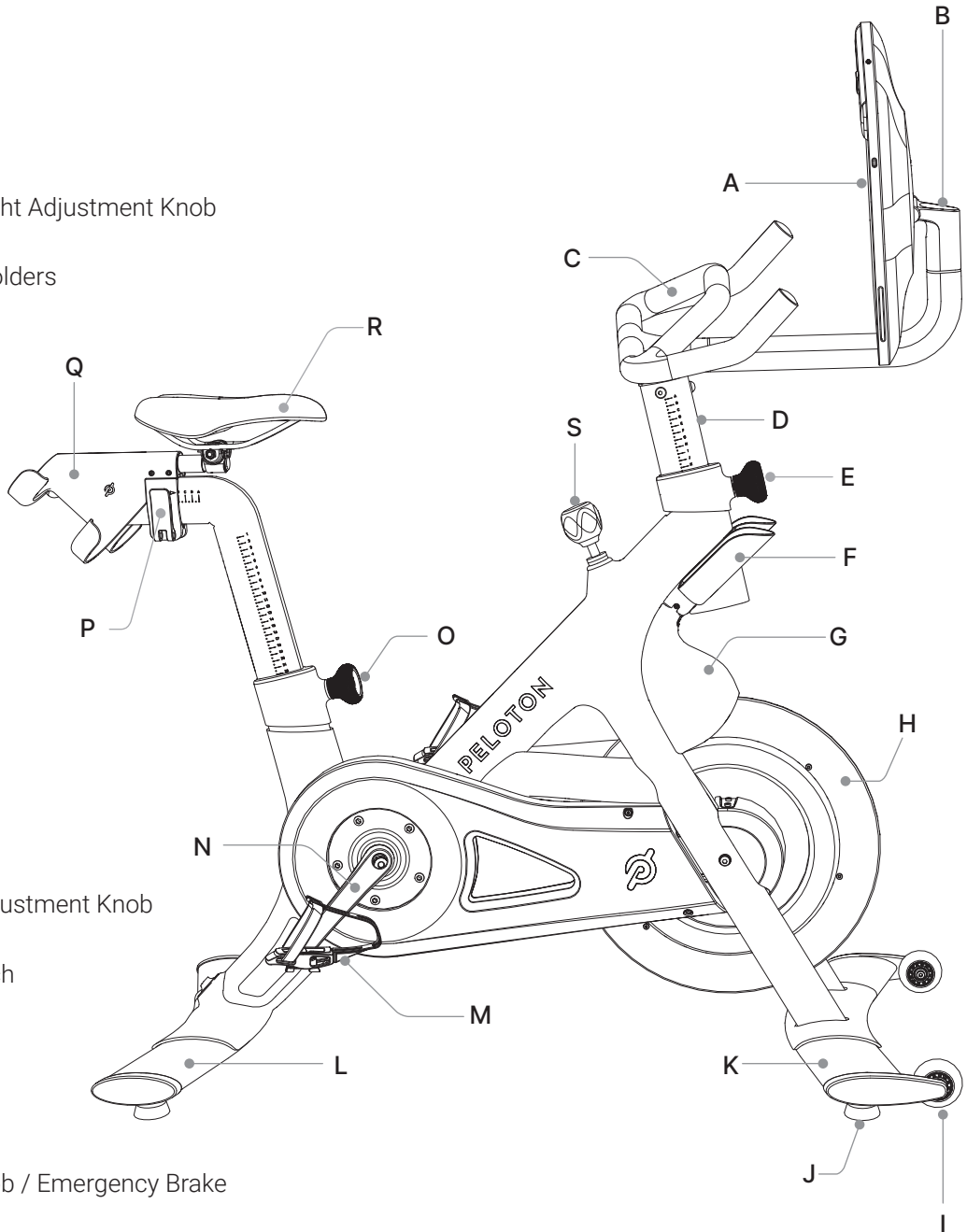
Peloton Interactive Deutschland GmbH
Karl-Liebknecht-Straße 29A
10178 Berlin
Germany

AUSTRALIA

Peloton Interactive Australia Pty Ltd
ACN 644 958 047
The Commons
32 York Street
Sydney NSW 2000

FEATURES - PELOTON BIKE+

- A** Screen
- B** Swivel
- C** Handlebars
- D** Handlebar Post
- E** Handlebar Height Adjustment Knob
- F** Water Bottle Holders
- G** Brake Shroud
- H** Flywheel
- I** Front Wheels
- J** Stabilizing Feet
- K** Front Stabilizer
- L** Rear Stabilizer
- M** Pedals
- N** Crank Arms
- O** Seat Height Adjustment Knob
- P** Seat Slider Latch
- Q** Weight Holders
- R** Saddle
- S** Resistance Knob / Emergency Brake



FEATURES - SCREEN

A Speaker panel

B Mic on/off switch

C Rotating Camera

D LED indicator

E Power button

F Volume buttons

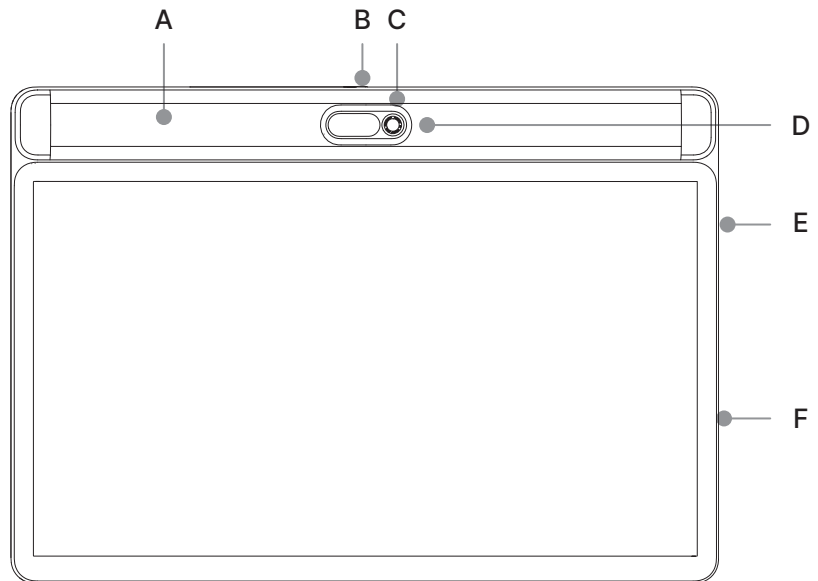
G Product label

H USB-C accessory port

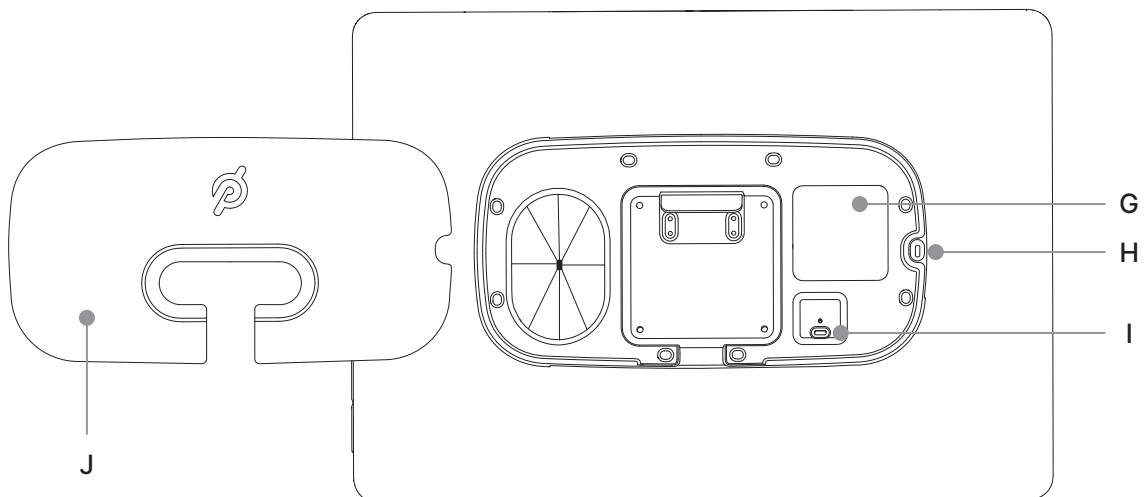
I USB-C power/data port

J Back panel

SCREEN FRONT VIEW



SCREEN REAR VIEW



SPECIFICATIONS

MEASUREMENTS

FOOTPRINT: 4 ft x 2 ft/120 cm x 60 cm

SCREEN: 24 in/61 cm diagonal

WEIGHT: 144 lbs/65 kg

HEIGHT: 54 in/137 cm

USER REQUIREMENTS

USER HEIGHT RANGE :
4 ft 11 in - 6 ft 5 in/150 cm - 195 cm

USER WEIGHT: 297 lb/135 kg

MINIMUM USER AGE: 16 years

POWER CONSUMPTION

Displayed power output accuracy: +/-10 % for
Power > 50W, +/-5W for Power < 50W

TECHNOLOGY

SCREEN: 24 in/61 cm 1080 pl

USB-C network/charging port

SCREEN ADJUSTMENT: 0-50 degree vertical tilt

SCREEN ADJUSTMENT: 180 degrees horizontal
swivel in both directions

CONNECTION:

Wi-Fi® 802.11 a/b/g/n/ac/ax
2x2 DB MIMO
Bluetooth® 5.2

CAMERA: 4G2P/188±5°

SOUND:

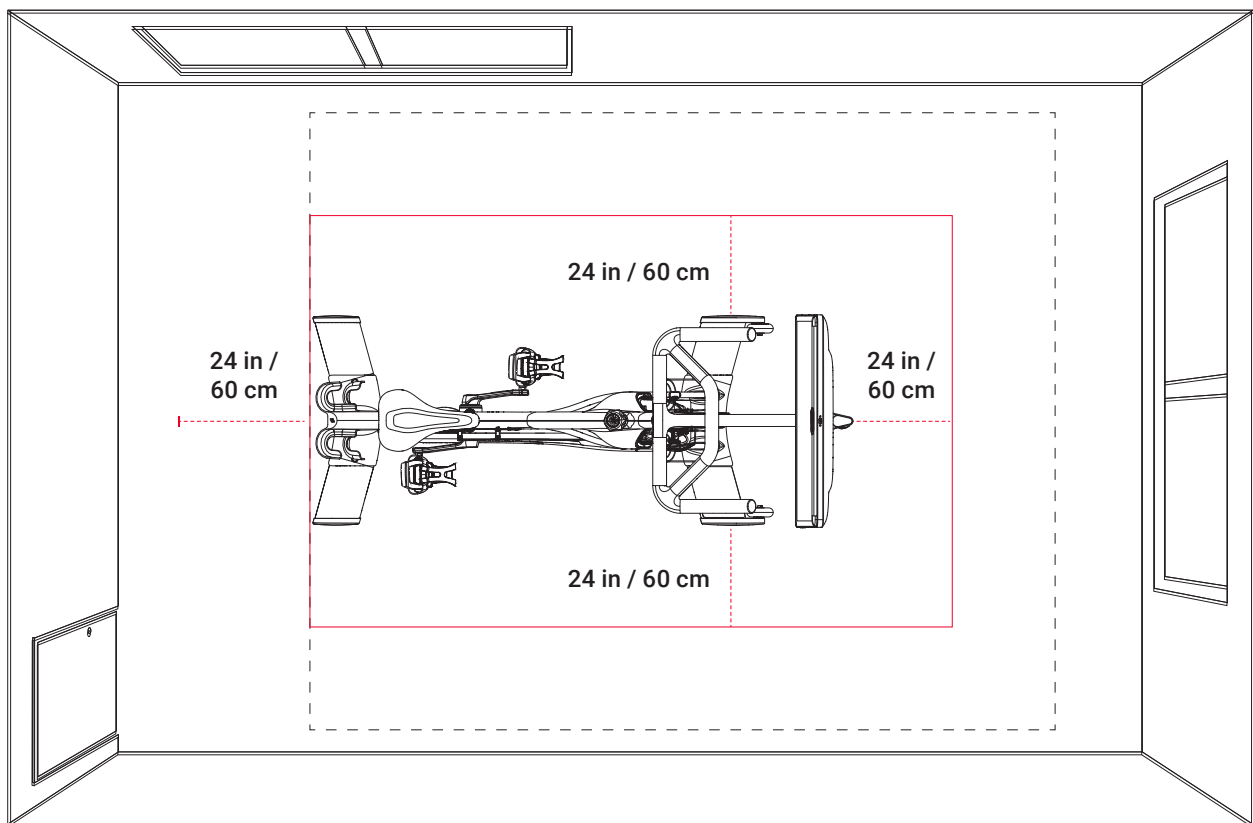
NM 72.5*42.9*23.9H(mm) racetrack driver
103±3dB: 400-1.5Khz
THD: 5% @10KHz

NM 127×80×38.5H (mm) driver
103±3dB: 150-400Hz
THD 5% 150-400Hz

SETTING UP YOUR PELOTON BIKE+

LOCATION REQUIREMENTS

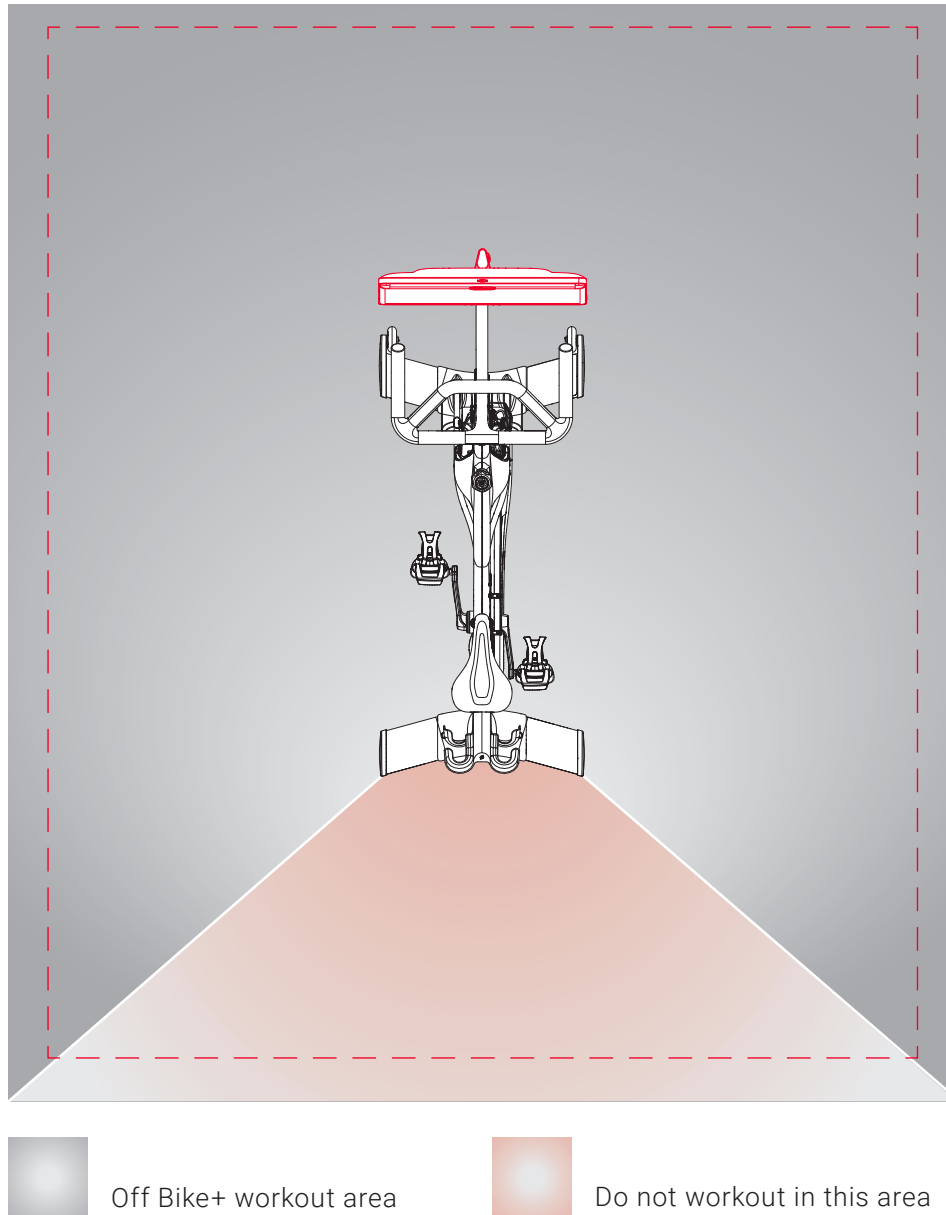
- Place the Peloton Bike+ on a solid, level surface.
- Use a mat under the Bike+ to avoid damage to the device and the floor.
- Allow a clearance of 24 in/60 cm on each side of the Bike+.
- Do not use extension cords or adapters. The included power cord must be able to reach an outlet.



- Required clearance
- Workout footprint: 6 ft/1.8 m long x 6 ft/1.8 m wide
- Off Bike+ workout footprint: 8 ft/2.4 m long x 8 ft/2.4 wide

REQUIREMENTS FOR OFF PELOTON BIKE+ WORKOUTS

The Bike+ Screen features an embedded camera with movement tracking and form feedback features. Below are the recommended distances for off Bike+ workouts depending on where the camera is pointed.

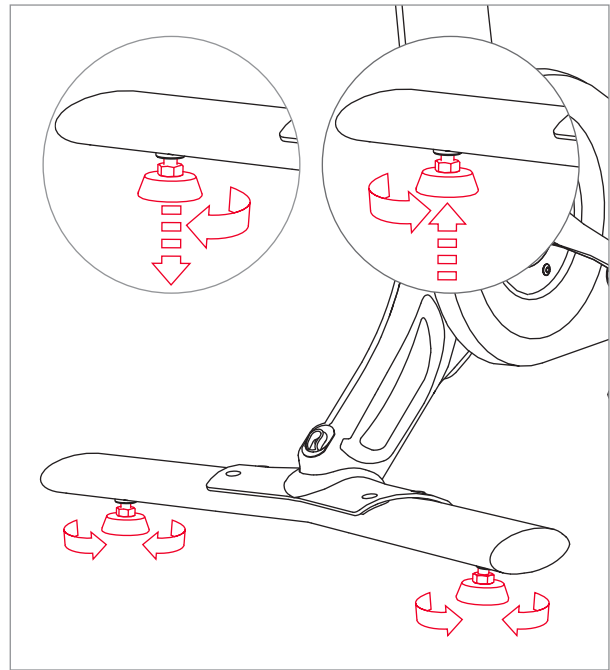
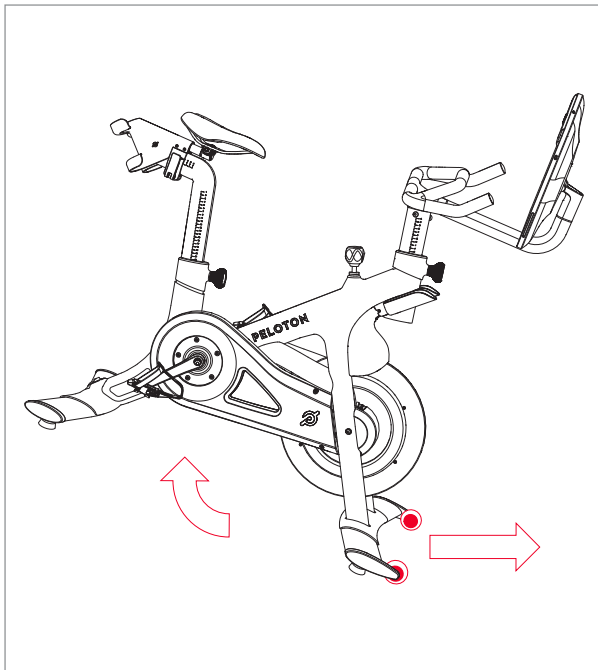


--- Off Bike+ workout recommended distances:
At least 4ft-6ft of clearance for all off Bike+ workouts

MOVING YOUR PELOTON BIKE+

⚠ **CAUTION:** Moving the Peloton Bike+ frequently could damage the screen. Avoid moving the Bike+ when possible.

- Tilt the Bike+ forward onto the transport wheels. Lift the rear stabilizer while a second person holds the handlebars.
- Carefully roll the Bike+ to the new location. Avoid uneven surfaces.
- If the Bike+ rocks or wobbles after being set down, turn each leveling foot clockwise to lower it, or counterclockwise to raise it, until it rests firmly on the floor.



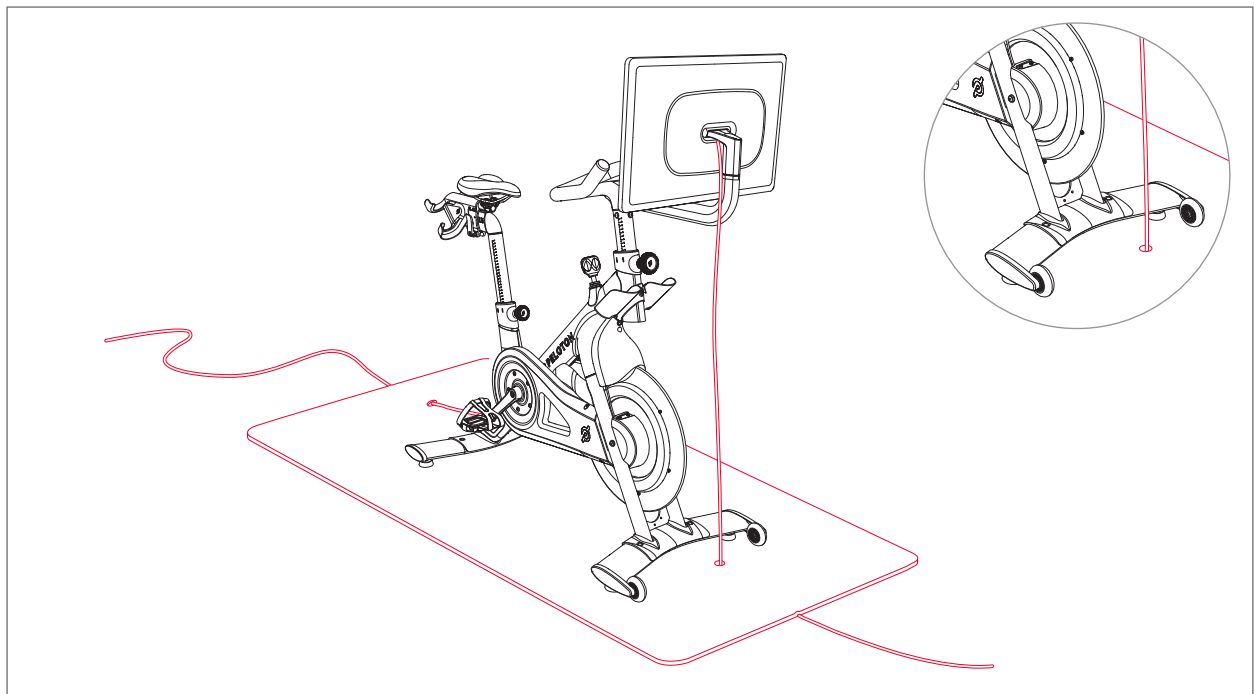
USING A BIKE MAT

A mat helps prevent damage to the Peloton Bike+ and floor, and reduces cord tripping hazards.

All connected power and Ethernet cables must be covered with a mat.

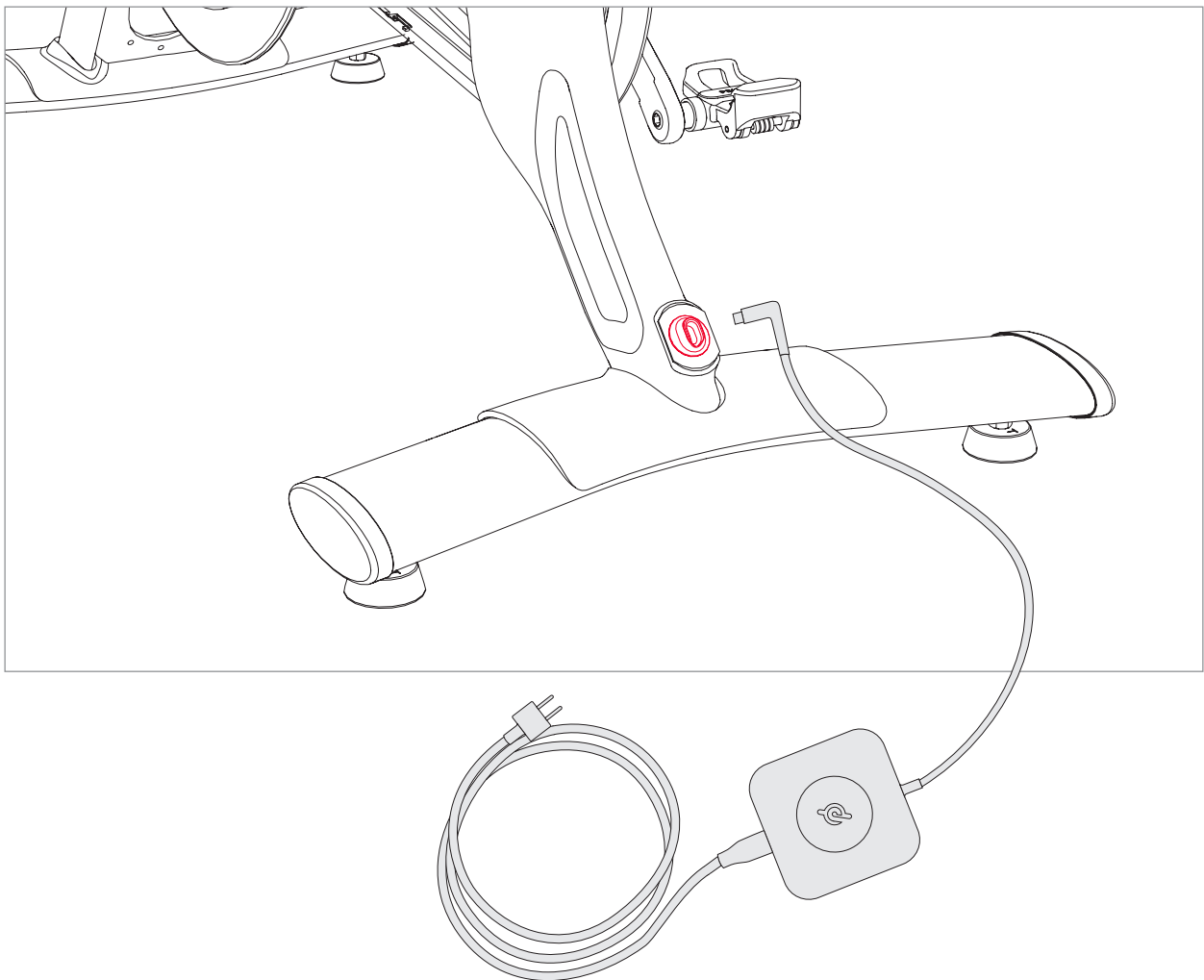
- Drill 2 holes into the mat, one at the front of the Bike+, and the other at the back.
- Thread the power cord through the hole at the back of the Bike+ and pass the cord underneath the mat.
- If the Bike+ is connected to a wired network, thread the Ethernet cable through the hole at the front of the Bike+ and pass the cable underneath the mat.

⚠ **CAUTION:** Ensure that cables do not interfere with moving parts.



PLUGGING IN YOUR PELOTON BIKE+

- ⚠ **CAUTION:** Ensure that the power cable never passes under the Peloton 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.
 - ⚠ **CAUTION:** Make sure the connector is fully seated in the power jack. The power cord light does not indicate that the power cord is connected to the power jack. If the Peloton Bike+ does not power on, remove the power cord and reconnect it.
 - ⚠ **CAUTION:** Do not use extension cords or adapters. The included power cord must be able to reach an outlet.
- Plug the power supply into the wall.
 - Plug the power cord into the power jack at the back of the Bike+.

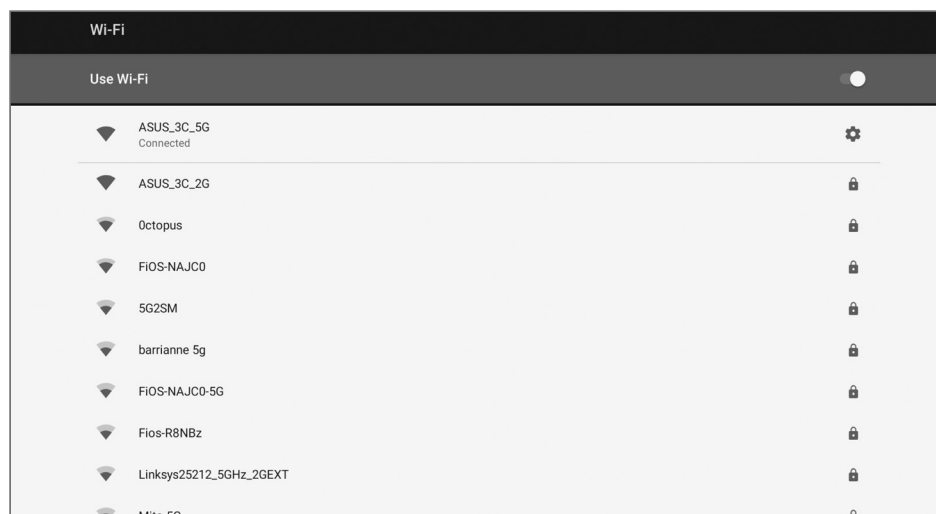


CONNECTING TO THE NETWORK

Streaming Peloton content requires a strong internet connection. In commercial environments, Peloton recommends a dedicated network. Contact your IT team or network provider to create a secure, dedicated network segment for your bike or bikes.

CONNECTING VIA WI-FI

- Select your Wi-Fi network and enter the password.
- If a Wi-Fi network is not available, use an Ethernet cable and a 3rd party LAN adapter to connect to a Local Area Network (LAN). Connect the LAN adapter to the accessory port on the back of the screen.
- To turn off Wi-Fi, tap the upper right corner of the touchscreen and select Wi-Fi. On the Wi-Fi screen, toggle the radio button at the upper right.



CONNECTING VIA ETHERNET

- To connect to a wired network, connect a 3rd party USB-C to Ethernet adapter to the accessory port on the back of the screen. Then, use an Ethernet cable to connect the adapter to your network's wall jack or router.
- The Peloton Bike+ will connect to the network automatically.

MUTING EXTERNAL SPEAKERS

If the Peloton Bike+ is located in a public space, you may wish to mute the speakers.

- Tap **Settings** at the upper right of the screen. Select **Device Settings** and **Sound**, and enable **Mute Speakers**.
- Users can connect wired or Bluetooth headphones for audio.
- When headphones are connected, a volume slider control appears on the screen.

BLUETOOTH DEVICE AUTO-DELETE

When a user logs out, or is logged out automatically, the Peloton Bike+ will forget any Bluetooth device connected during their session. This feature comes as a factory setting on the Bike+.

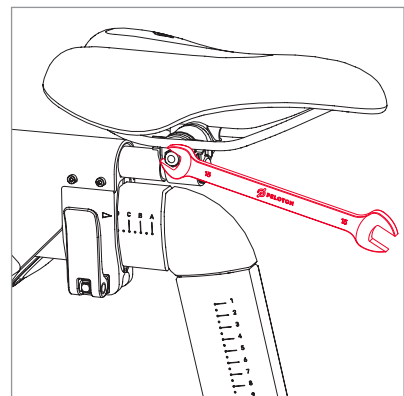
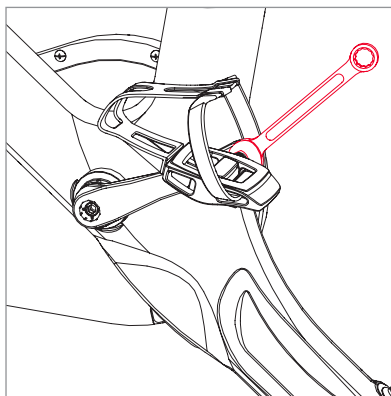
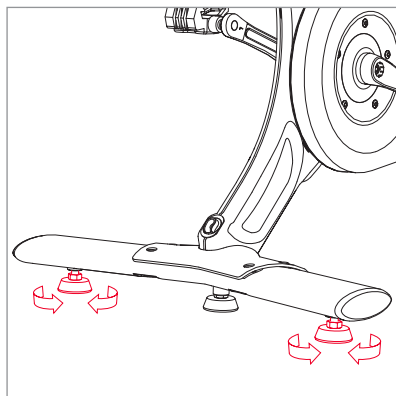
MAINTENANCE AND CARE

⚠ **CAUTION:** To ensure safe operation and optimal performance, check for wear and damage and perform maintenance on a regular basis. Replace any damaged or defective parts immediately. Do not use the Peloton Bike+ until the repair is performed. Only use original parts from the manufacturer. Peloton's limited warranty does not cover damage resulting from improper use or a failure to follow the maintenance instructions.

⚠ **CAUTION:** Always unplug the Peloton Bike+ immediately after use and before cleaning or performing maintenance. Service other than the procedures described here must be performed by an authorized technician.

AFTER EACH RIDE

- **Cleaning:** Clean the Bike+ thoroughly using a damp cloth and a mild household cleaner diluted in water. Do not use cleaning products containing bleach or ammonia. Avoid petroleum-based solvents. Clean the touchscreen using an electronics wipe.
- **Leveling feet:** If the Bike+ rocks back and forth, turn each leveling foot clockwise to lower it, or counterclockwise to raise it until it rests firmly on the floor.
- **Pedals:** Tighten any loose pedal with a 15 mm wrench. Turn clockwise to tighten the right pedal and counterclockwise to tighten the left pedal.
- **Saddle:** Make sure the seat is parallel to the ground. If the seat is loose, use the included 13 mm wrench to tighten the seat-fixing nuts on both sides.
- **Seat and handlebar posts:** Verify that all knobs are fully tightened.

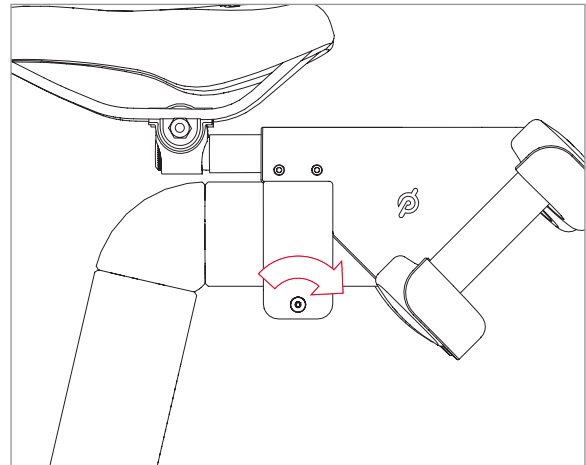
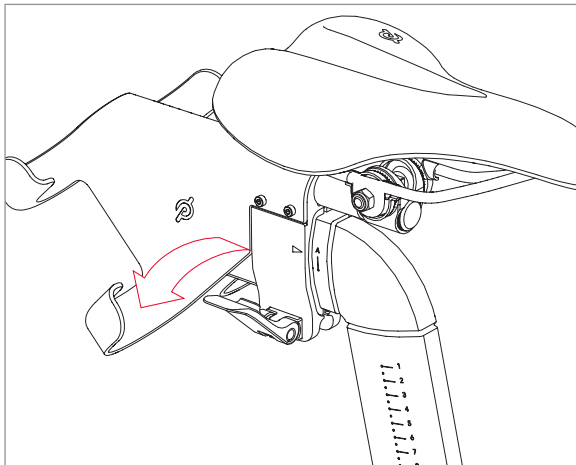


WEEKLY MAINTENANCE

- **Emergency brake:** Press down on the resistance knob while pedaling slowly. The flywheel should come to a complete stop immediately. If it does not, stop using the Peloton Bike+ immediately and contact Peloton Support.
- **Seat slider latch:** Check the seat slider for movement when in a locked position. If the seat slider moves or wiggles when locked, you will need to tighten it.
- **Frame:** Check the entire frame for signs of wear and damage, and tighten any loose bolts.

To tighten the seat slider:

- 1 Open the latch.
 - 2 Turn the knob on the other side of the seat slider $\frac{1}{4}$ turn clockwise.
 - 3 Close the latch. Test the saddle to see if it moves or wiggles.
 - 4 If the seat is still loose, continue tightening the knob in $\frac{1}{4}$ increments.
- Test the saddle between each adjustment.
 - Only adjust the knob when the latch is open.
 - Never turn the knob more than 90° at a time.



LONG-TERM MAINTENANCE

- **Pedals:** Replace pedals every 6 months. For further instructions, contact commercialsupport@onepeloton.com.

THE FOLLOWING SECTION CONTAINS USER INSTRUCTIONS.
PLEASE DETACH AND MAKE AVAILABLE TO USERS
OF THE PELOTON BIKE+.

PELOTON

BIKE+

USER INSTRUCTIONS

WARNINGS AND SAFETY INSTRUCTIONS

Read all safety information before operating the Peloton Bike+. It is the sole responsibility of the owner to ensure that all users of the Bike+ are informed and aware of all warnings and precautions. Peloton assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

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

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

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

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

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

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

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

and verify that all knobs are fully tightened.

Loose seats or handlebars can lead to serious injury.

Keep children and pets away from the Bike+ at all times. People under the age of 14 and persons with reduced physical, sensory, or mental capabilities that impair the safe use of the equipment must not use the Bike+. People with a lack of experience and knowledge must be given supervision or instruction before using the Bike+. Do not allow children to perform maintenance or to play with the Bike+.

Keep hands, loose clothing, shoelaces, and accessories away from moving parts.

Do not insert objects into openings on the equipment.

Always cycle with the appropriate footwear.

Never ride the bike barefoot. Cycling barefoot or with inappropriate footwear can cause serious injury.

If you are using cycling shoes, make sure that your cleats are properly positioned and all bolts are fully tightened before clipping in. Riding with loose cleats could lead to serious injury.

If you are using clip-in pedals and wearing cycling shoes, do not attempt to walk in the cycling shoes. Wear cycling shoes only while using the Peloton Bike+ with clip-in pedals and remove them immediately after clipping out. Walking on cleats may cause you to fall or twist your ankle, or otherwise result in serious injury.

If you are using clip-in pedals and wearing cycling shoes, be careful when clipping in and out. While you may need to use some force,

excessive force or aggressive movements could result in an ankle, foot, or leg injury.

Ensure that the power cable never passes under the Bike+. Keep the power cord away from heated surfaces. 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.

The Bike+ should not be used by persons exceeding 297lb/135kg in weight.

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

This bike is intended for commercial use. Use the Bike+ only for its intended purpose and in a supervised environment.

Inspect the Bike+ before use. Do not use the bike if any part is damaged. Report any damage to the gym supervisor immediately.

All maintenance must be performed by authorized personnel.

**SAVE THESE INSTRUCTIONS
FOR FUTURE REFERENCE.**

GETTING STARTED

⚠ **WARNING:** To prevent injury, always adjust the saddle and handlebars to your personal requirements.

Do not exceed maximum adjustment marks on the saddle, handlebar posts or seat slider.

If you want to fine-tune your bike's settings, access Peloton 101 from the menu on your screen or go to business.onepeloton.com/support.

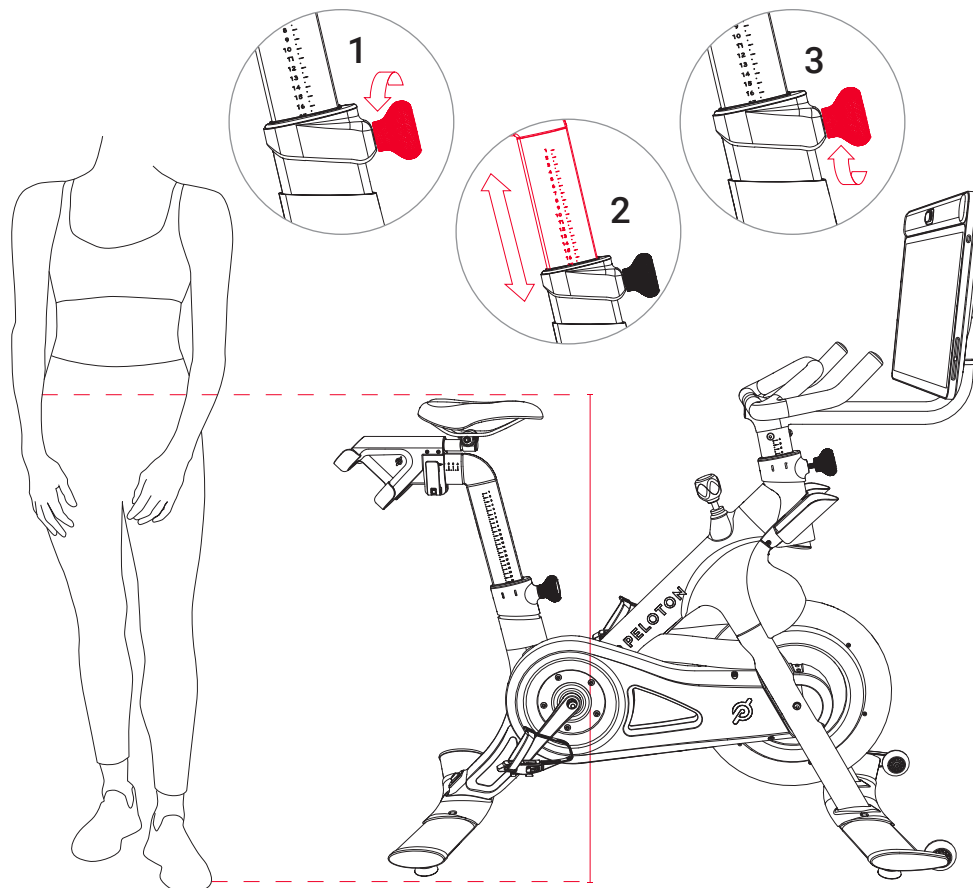
⚠ **WARNING:** Always remove any weights from the weight holder before adjusting the saddle.

SADDLE HEIGHT

⚠ **WARNING:** Verify that all adjustment handles and knobs are fully tightened. Loose saddles or handlebars can lead to serious injury.

Set the saddle height level with the top of your hip bone.

- 1 Turn the height adjustment knob counterclockwise to loosen.
- 2 Raise or lower the saddle.
- 3 Turn the adjustment knob clockwise to tighten.



SADDLE DEPTH

⚠ **WARNING:** Always remove any weights from the weight holder before adjusting the saddle. Verify that all adjustment handles and knobs are fully tightened. Loose saddles or handlebars can lead to serious injury.

Set the saddle at an elbow-to-fingertips length from the handlebars.

- 1 Open the latch to adjust the seat depth.
- 2 Move seat forward or back.
- 3 Close the latch to lock the seat in place.

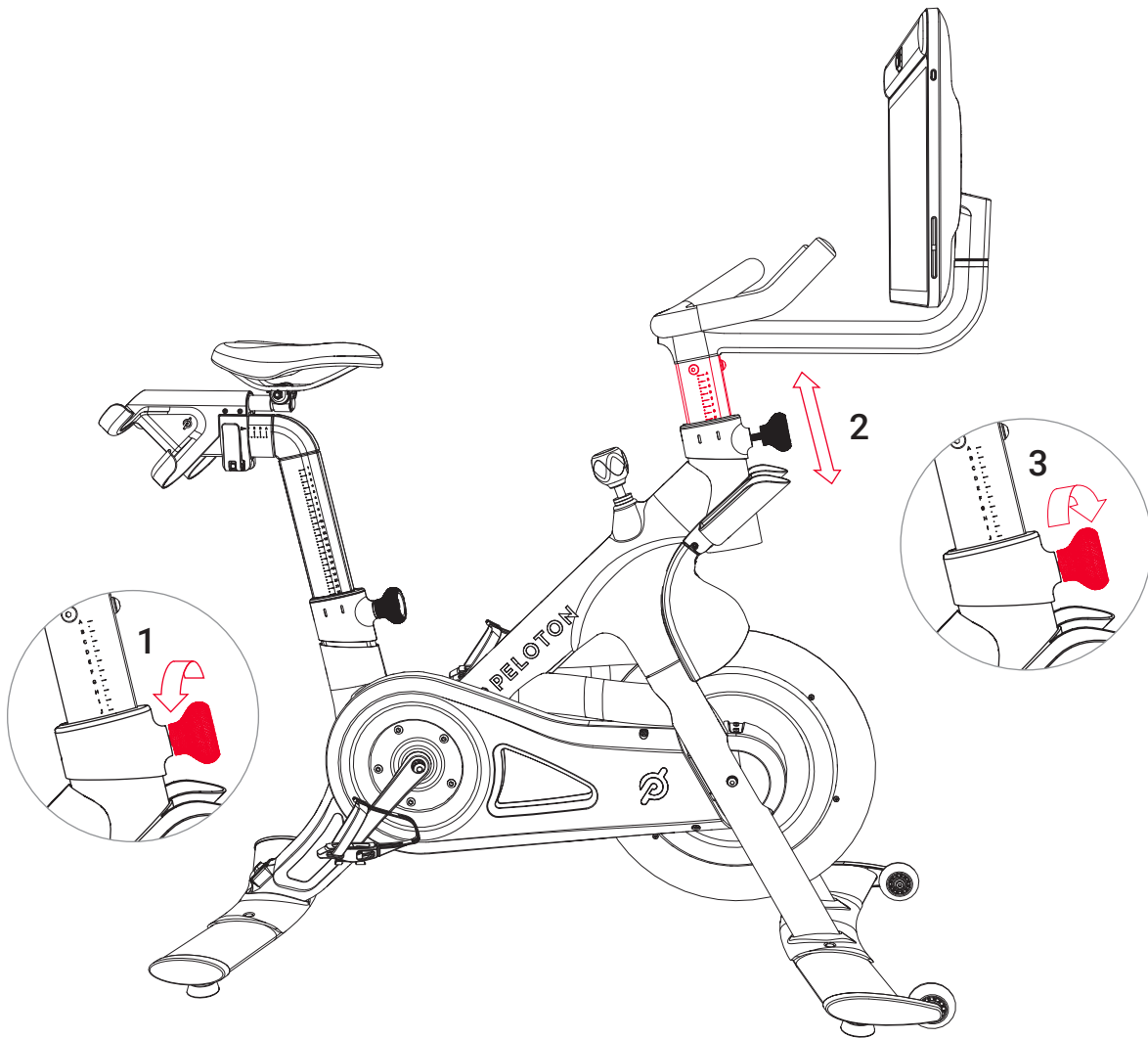


HANDLEBAR HEIGHT

⚠ **WARNING:** Verify that all adjustment handles and knobs are fully tightened. Loose saddles or handlebars can lead to serious injury.

Match with your saddle height, then adjust until you feel comfortable.

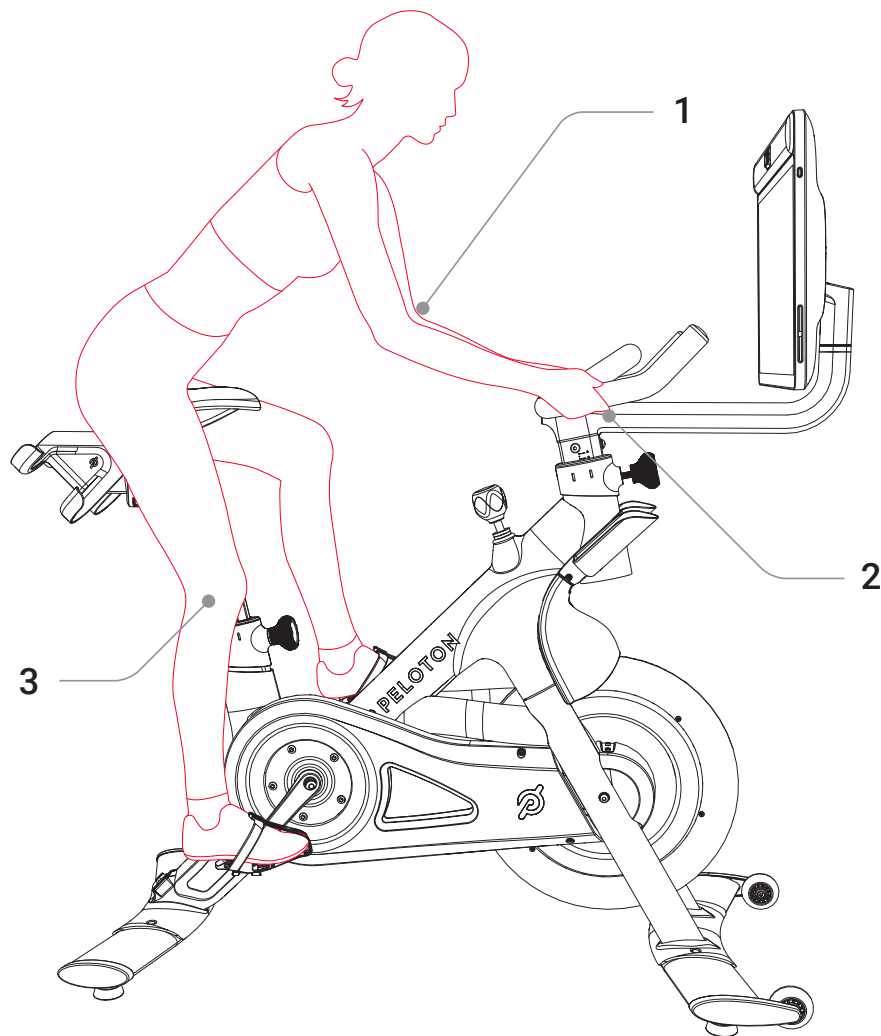
- 1 Turn the handlebar adjustment handle counterclockwise to loosen.
- 2 Raise or lower the handlebars.
- 3 Turn the adjustment handle clockwise to tighten.



PROPER BODY POSITION

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

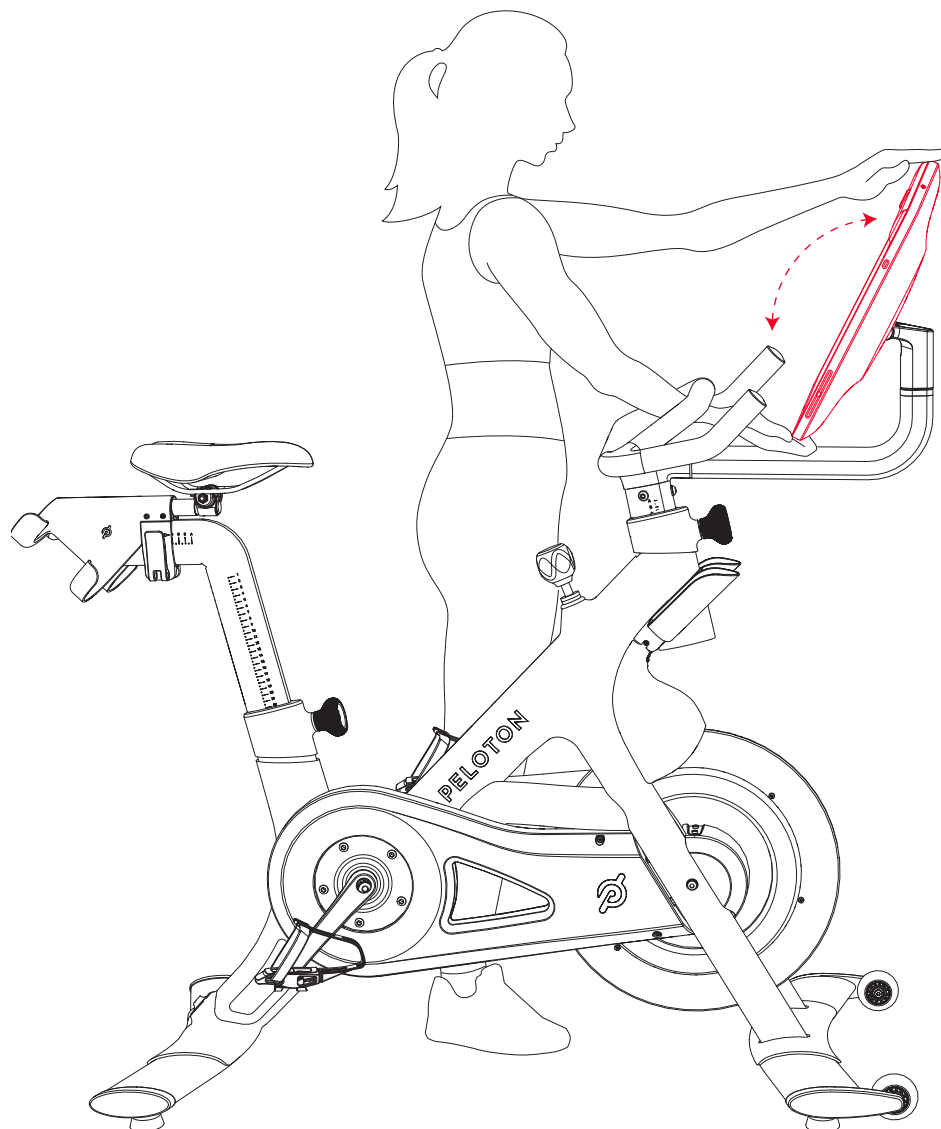
If you want to fine-tune your Bike+'s settings, access Peloton 101 from the menu on your screen or go to business.onepeloton.com/support.



ADJUSTING YOUR SCREEN

TILTING THE SCREEN

- Hold the top and bottom of the screen and tilt back or forward.
- You should be able to look at the screen comfortably, without tilting your head up or down, from the middle of the platform.

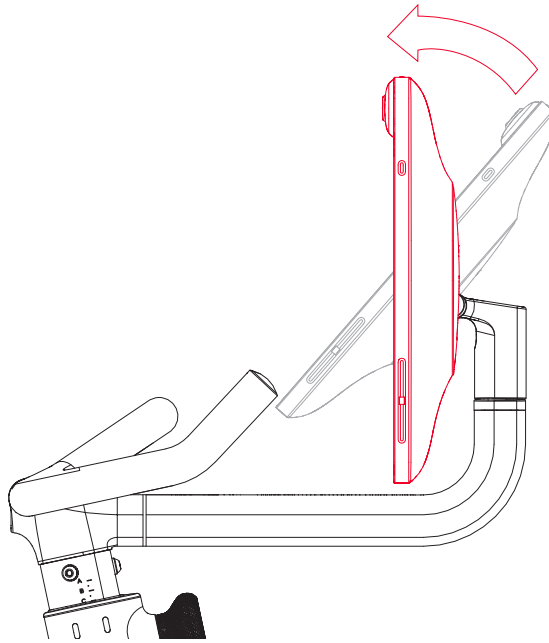


ROTATING THE SCREEN

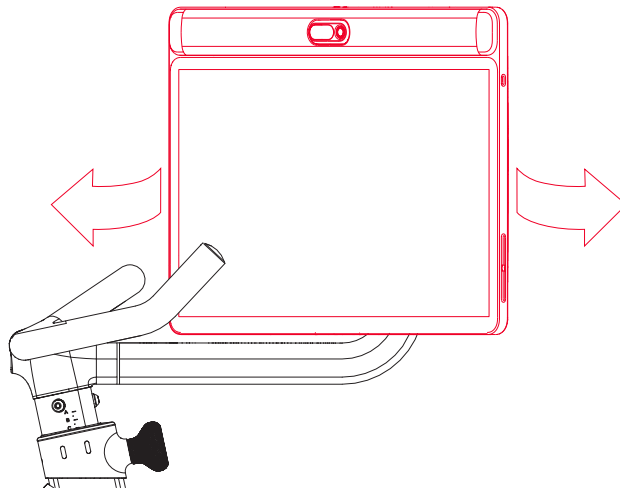
Rotate the screen to participate in Boot Camp Classes, Classes with Movement Tracker* , or to view non-cycling content from off the Bike+.

- 1 Make sure that the tablet is fully upright.

Note: If the tablet is tilted, the handlebars may prevent it from rotating.



- 2 Rotate it to the left or right 180°.



CLIPPING IN AND CLIPPING OUT

⚠ **WARNING:** In a commercial setting, the Peloton Bike+ is equipped with dual-platform pedals. One side is compatible with Shimano SPD cleats. The other side has a toe cage for use with athletic shoes. Always cycle with appropriate footwear. Never ride the Bike+ barefoot. Always cycle using footwear equipped with appropriate cleats. Cycling barefoot or with inappropriate footwear can cause serious injury.

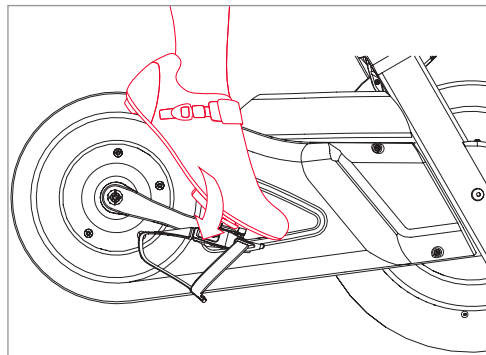
Make sure that your cleats are properly positioned and all bolts are fully tightened before clipping in. Riding with loose cleats could lead to serious injury.

Do not attempt to walk in cycling shoes with cleats. Wear cycling shoes only while using the Peloton Bike+ and remove them immediately after clipping out. Walking on cleats may cause you to fall or twist your ankle, or otherwise result in serious injury.

Be careful when clipping in and out. While you may need to use some force, excessive force or aggressive movements could result in an ankle, foot, or leg injury.

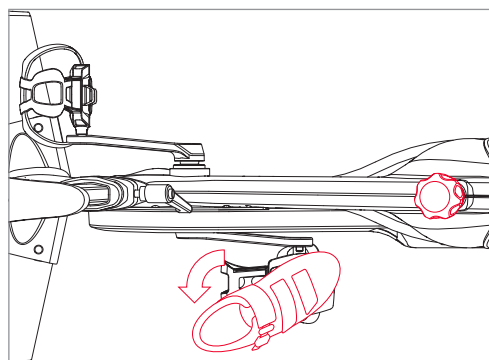
CLIPPING IN

Make sure the toe cages are facing the floor. Point your toes down to fit the tip of the cleat into the pedal, then push down through your heel.



CLIPPING OUT

Hold down the resistance knob and kick your heel away from the Peloton Bike+.

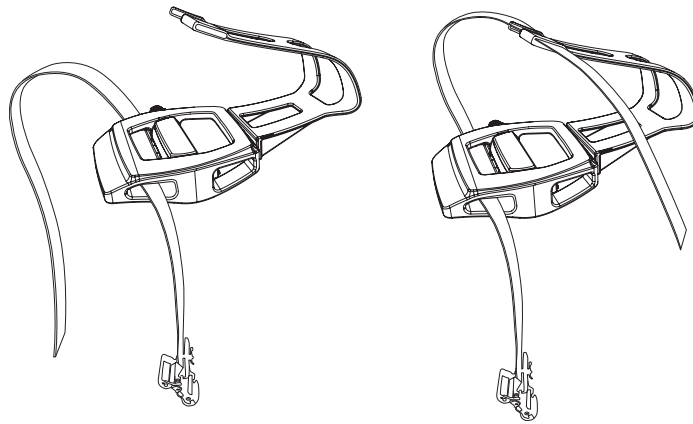


USING TOE CAGES

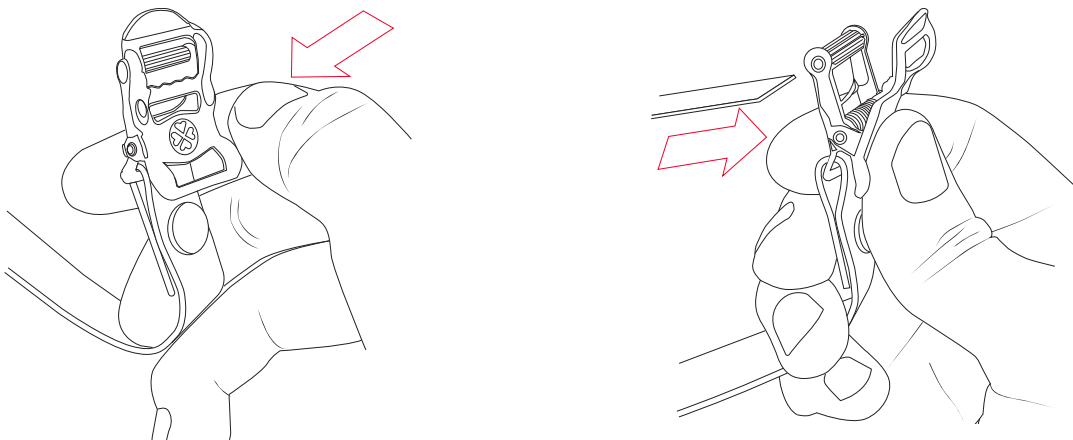
⚠ **WARNING:** Never use the toe cages without the strap. If the strap is missing, notify management or the bike's owner for a replacement.

Always wear appropriate athletic footwear when using the Peloton Bike+:

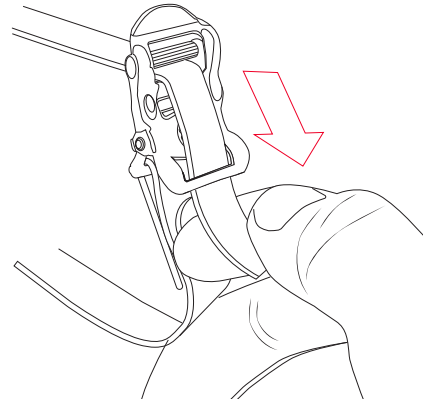
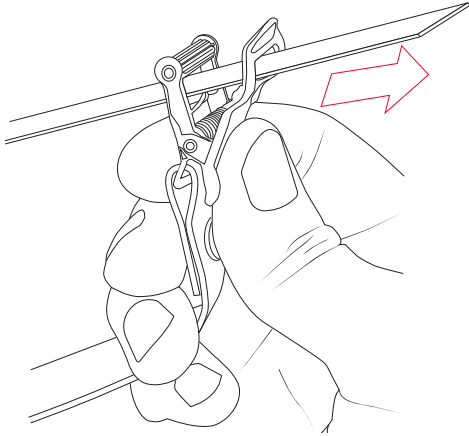
- 1 Thread the toe cage strap up into the buckle and out through the other side. Make sure the straps on both toe cages are threaded through the buckles and there is enough room in the cages for your shoes to slide in easily.



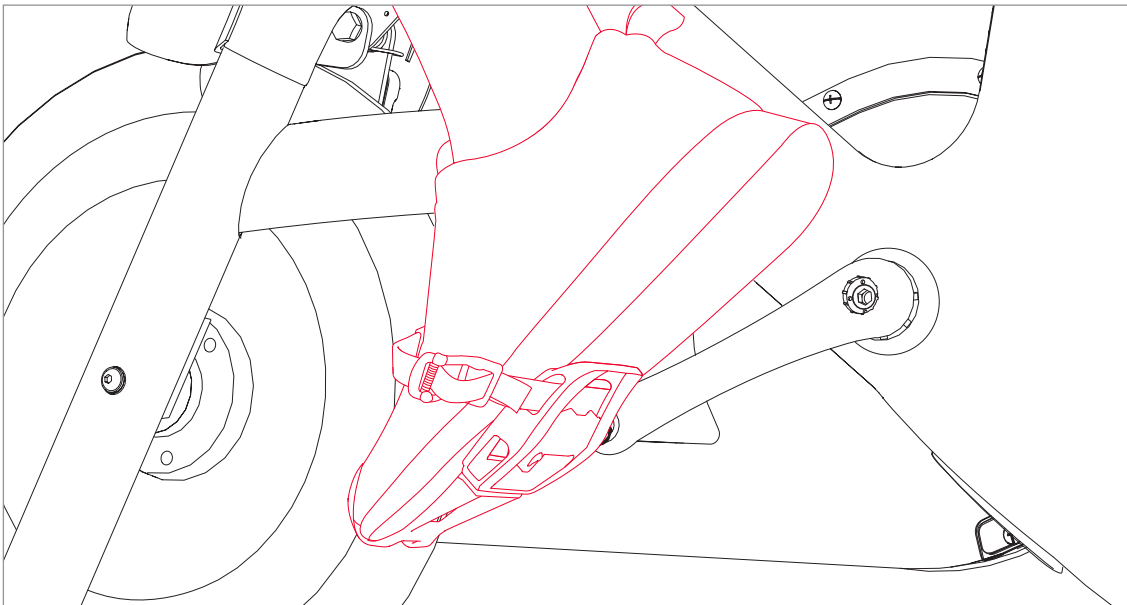
- 2 Standing over the Bike+, insert one foot into its toe cage. Locate the clip at the end of the strap and press down the clip to open.
- 3 Thread strap through 1st opening.



- 4 Thread strap through 2nd opening and adjust the strap until your foot is secured into the toe cage. It should be snug, but loose enough that you can remove your foot without difficulty.
- 5 Release clip and thread strap through outer opening.

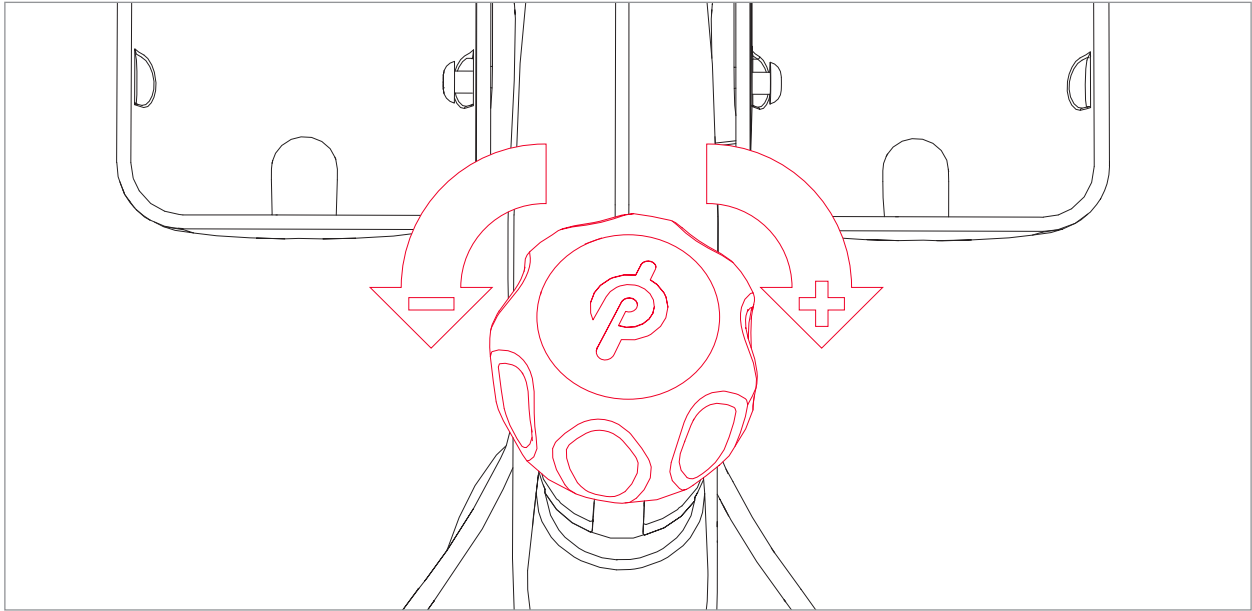


- 6 Push the pedal down to its lowest position. Standing on the pedal should allow you to lift yourself into the saddle.
- 7 Insert your other foot into its toe cage and perform the same steps.



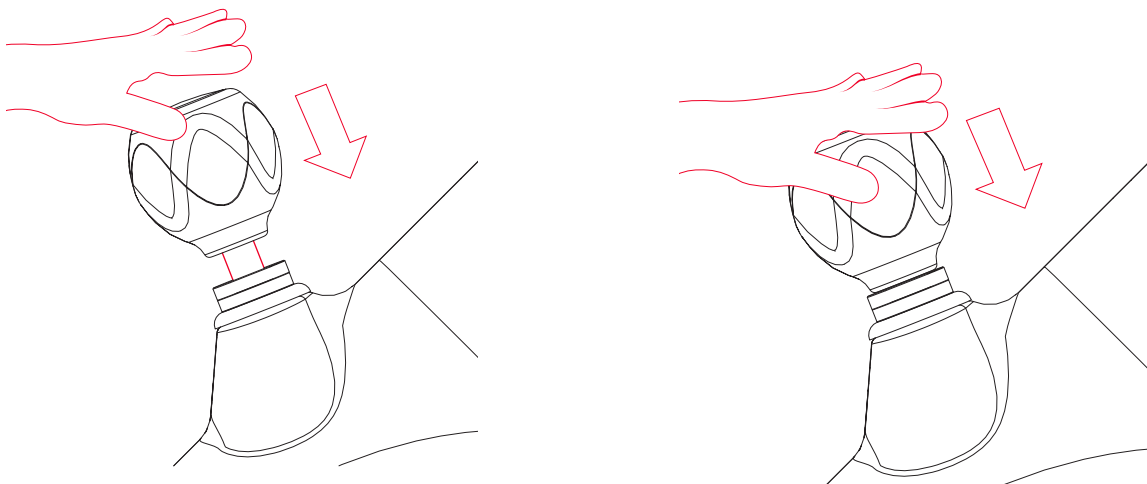
ADJUSTING RESISTANCE

⚠ **CAUTION:** The Peloton Bike+ has a direct driven flywheel. When the flywheel is moving, the pedals will also move. Stop by reducing pedaling frequency in a controlled manner or by using the emergency brake. Do not remove your feet from the pedals until the flywheel stops moving. Spinning pedals can cause injury.



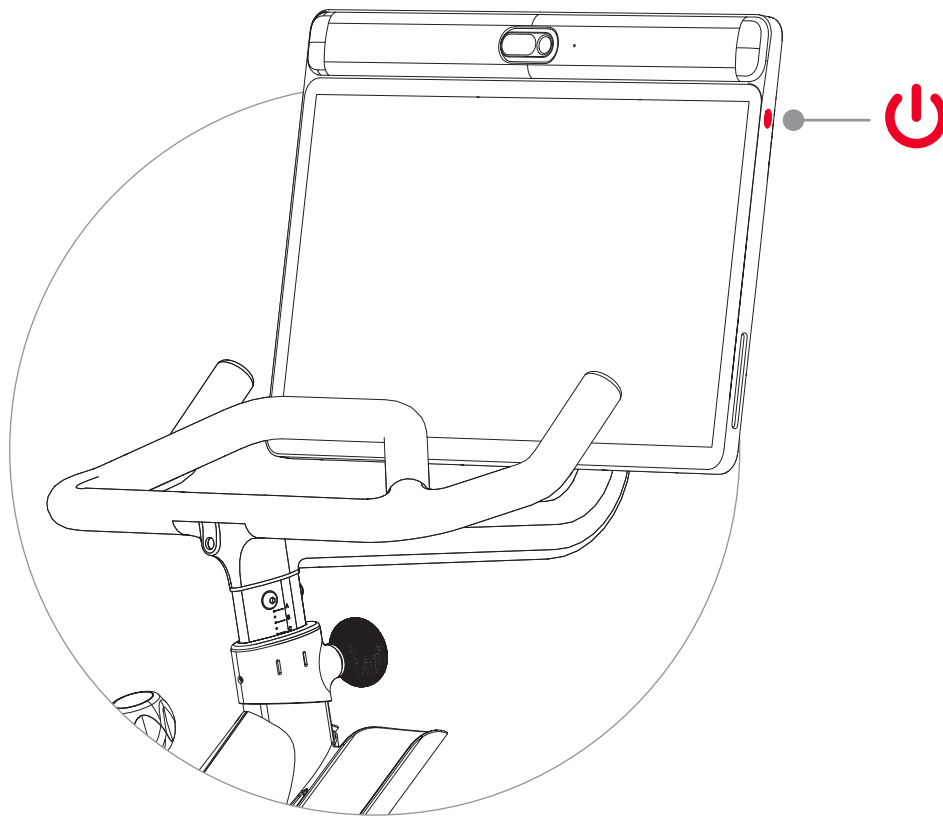
EMERGENCY BRAKE

Press and hold the knob down for the emergency brake.



POWERING ON THE PELOTON BIKE+

- Hold the power button for two seconds to power on the Bike+.
- To power down, hold the power button for two seconds. Select Shut Down when prompted.



LOGGING IN

You will need to log into a Peloton account in order to take a class.

- Tap **Log In to my Account** or **I'm New to Peloton**.
- Once you are logged in, you can take any live or on-demand class.

PELOTON 101

Check out our introduction to Peloton for more on adjusting your bike to fit your body and maintaining proper body position when you ride.

To access **Peloton 101**, tap on the icon on the lower right of the home screen and select **Peloton 101**.

SELECTING A CLASS

- Select a live or on-demand ride from the home screen, or tap **Classes** to filter and search thousands of on-demand rides by length, instructor, title, and featured music.
- Tap the icons at the top of the Classes screen to view classes in strength, stretching, yoga, and other disciplines.
- Use the buttons along the bottom of the screen to view a **Schedule** of upcoming classes, join **Challenges**, or view **Programs** of preselected classes.
- Tap **Experiences** for a **Scenic Ride**, or to **Just Ride** without instruction or video.

CLASS SCREEN

A TIME REMAINING - Time remaining in the class

B HEART RATE - Heart rate is measured when you connect a heart rate monitor

C TIMELINE - Your Timeline shows class segments and your progress within the class

D LEADERBOARD

- Displays all participants
- Filter by Friends, Tags, or Here Now

E STRIVE SCORE - Tracks workout intensity via heart rate zones (requires a heart rate monitor).

F CADENCE - How fast you're pedaling in revolutions per minute

G SPEED

H DISTANCE TRAVELLED

I OUTPUT - Your Output, in watts, is a combination of Speed and Incline

J TOTAL OUTPUT

K CALORIES BURNED

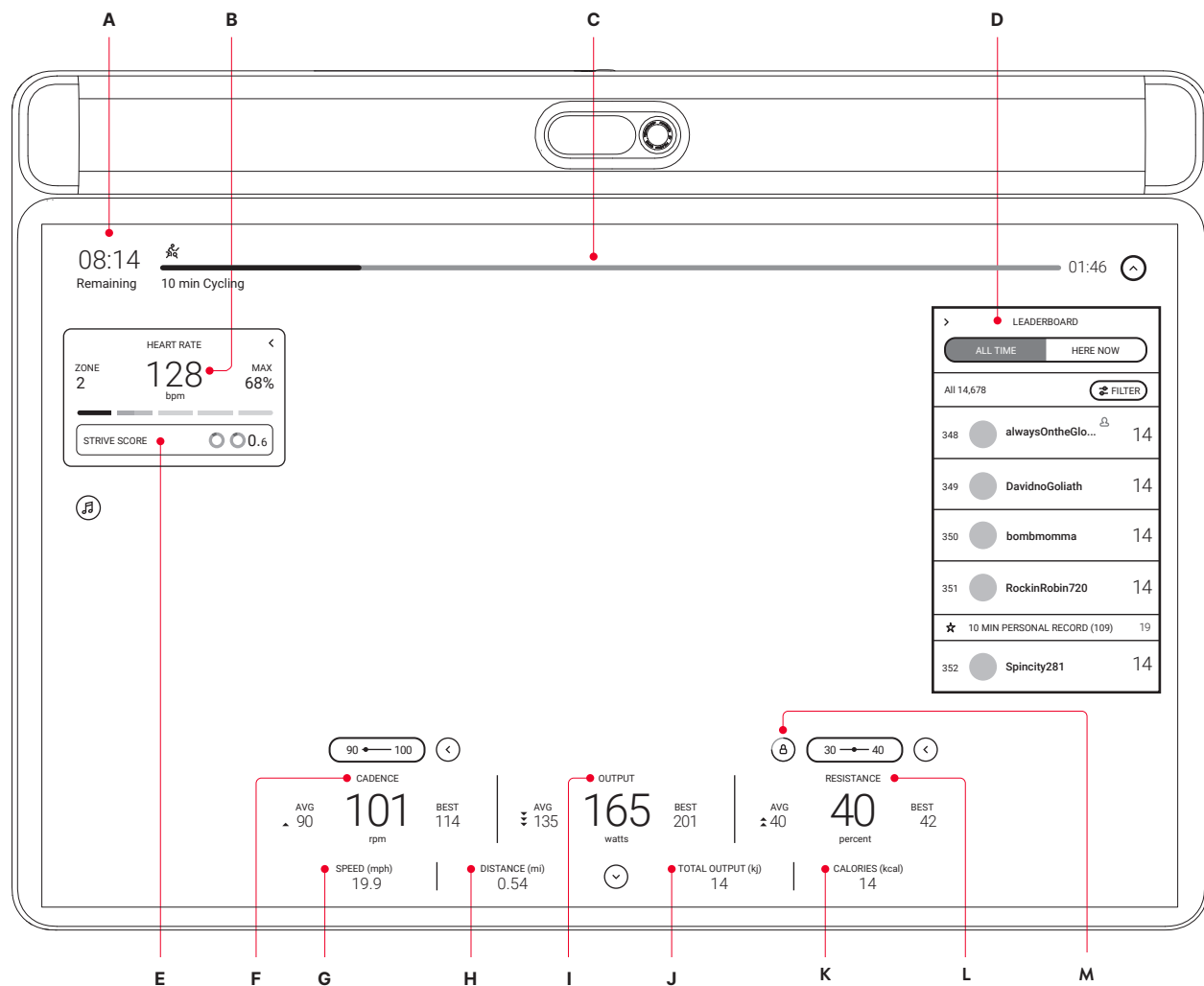
L RESISTANCE - Pedaling difficulty, measured as a percentage

M AUTO-RESISTANCE - Pedaling difficulty, measured as a percentage

SELF-MODE* - See yourself next to the instructor to check your form and follow along.

MOVEMENT TRACKER* - Tracks your movement and displays a Rep Counter or a Time Tracker

* Only available in Class with Movement Tracker



⏮ ⏪ ⏩ ⏭ = TAP ELEMENTS TO HIDE OR REVEAL

⚠ WARNING: Heart rate monitoring systems may be inaccurate. Over-exercising may result in serious injury or death. If you feel faint stop exercising immediately. Use metrics on the screen for reference only.

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