




**COMMERCIAL BIKE  
OWNER'S MANUAL &  
USER INSTRUCTIONS**

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# USER INSTRUCTIONS

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 **WARNING:** To reduce your risk of injury, read all warnings and instructions in this manual before using this equipment. Improper use or maintenance can void the warranty. The information in this manual may not reflect recent updates as we continue to improve our product. Please contact [commercialsupport@onepeloton.com](mailto:commercialsupport@onepeloton.com) for the latest version.

## WARNINGS AND SAFETY INSTRUCTIONS

**Read all safety information before operating the Peloton Commercial 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 adjustment handles 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. Always fully engage the brake when the Bike is not in use.

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

Do not insert objects into openings on the equipment.

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.**

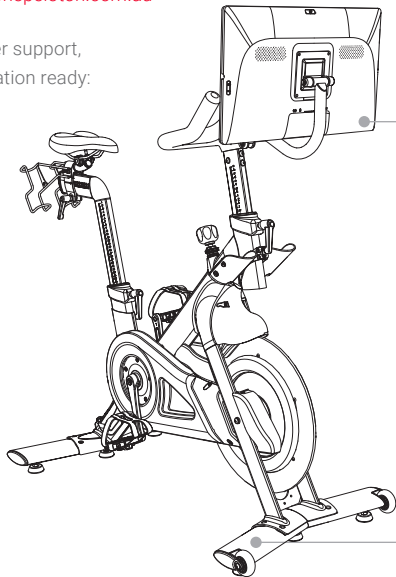
QUESTIONS OR CONCERNS

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](mailto:commercialsupport@onepeloton.com)  
[commercialsupport@onepeloton.co.uk](mailto:commercialsupport@onepeloton.co.uk)  
[commercialsupport@onepeloton.com.au](mailto:commercialsupport@onepeloton.com.au)

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


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



If the warning label is damaged or missing, contact [commercialsupport@onepeloton.com](mailto:commercialsupport@onepeloton.com) for a replacement. Obtain and read user manual prior to use and follow all warnings and instructions.

**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.

**WARNING**

Read user manual prior to use and follow all warnings and instructions. Failure to follow safety instructions or misuse of the bike can result in serious injury.

Set up and operate on a solid, level surface.

Turn resistance to maximum to lock the flywheel and crank when the bike is not in use.

Keep children under 14 and pets away from the bike at all times.

Cease exercise if you feel faint or dizzy.

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.

This bike has a direct driven flywheel. The pedals will continue to move until the flywheel stops. Reduce speed slowly.

Use equipment in a supervised environment.

Keep body, clothing, and fitness accessories clear of all moving parts.

Spinning pedals and other moving parts can cause injury.

Keep away from the flywheel at all times.

Always keep top surface of pedals clean and dry.

Inspect bike before use. Do not use the bike if it appears worn, damaged or inoperable.

Replace this label if damaged, illegible, or removed.

Always unplug the bike after use and before servicing.

Maximum user weight: 135 kg / 297 lb.

# 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 accept any interference received, including interference that may cause undesired operation.

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

- 1 Reorient or relocate the receiving antenna.
- 2 Increase the separation between the equipment and receiver.

- 3 Connect the equipment to an outlet on a circuit different from that to which the receiver is connected.
- 4 Consult the dealer or an experienced radio/TV technician for help.

### CAUTION:

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

## EU DECLARATION OF CONFORMITY

The Peloton Bike for Commercial Use is according to EN ISO 20957-1 and EN ISO 20957-10 a Class S product. It is intended for a commercial fitness environment; all use must be supervised by a professional. It was designed especially for lower body workout and cardiovascular training.



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.



This product is ANT+™ certified and is compatible with ANT+ sensors that support heart rate monitoring.

### DISTRIBUTED BY:

#### US/CANADA

Peloton Interactive, Inc.  
441 9th Ave, 6th Floor  
New York, NY 10001  
USA

#### UK

Peloton Interactive UK Limited  
1 Langley Street  
London WC2H 9JG  
United Kingdom

#### DE

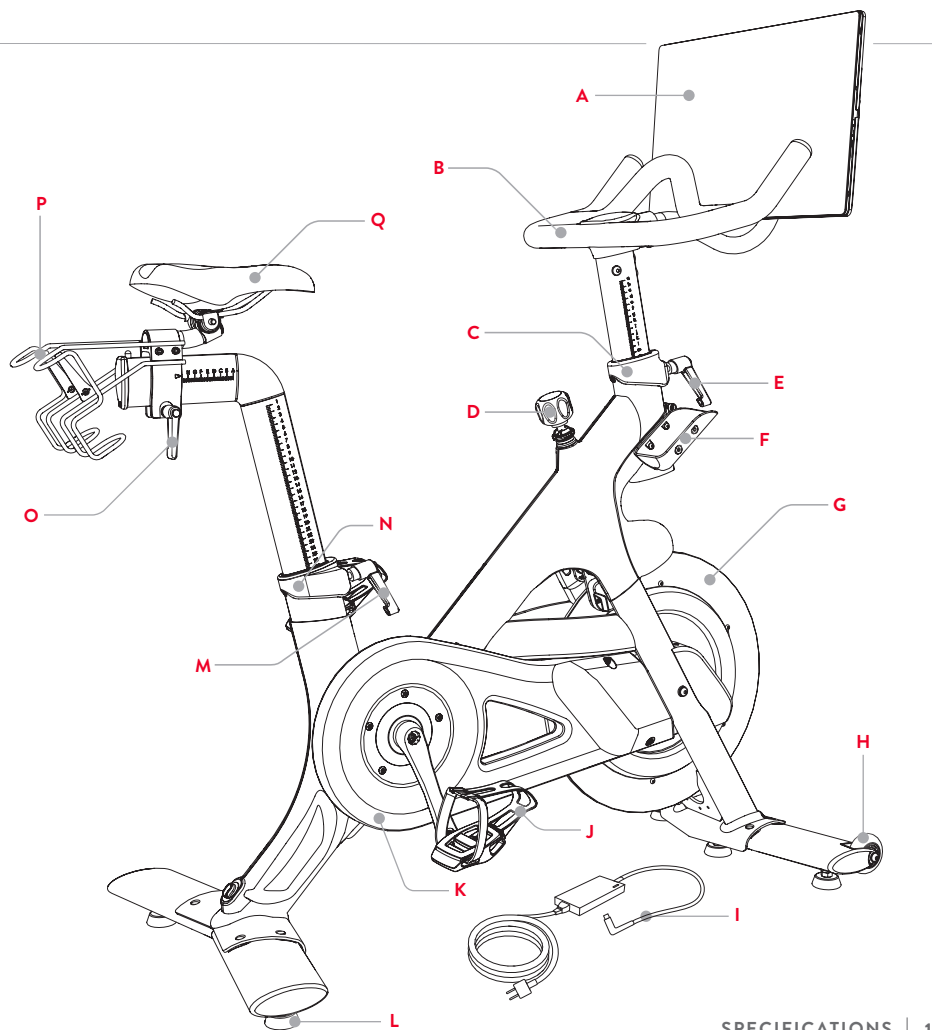
Peloton Interactive Deutschland GmbH  
Karl-Liebknecht-Straße 29A  
10178 Berlin  
Germany

#### AUSTRALIA

Peloton Interactive Australia Pty Ltd  
ACN 644 958 047  
20 Martin Place  
Sydney NSW 2000  
Australia

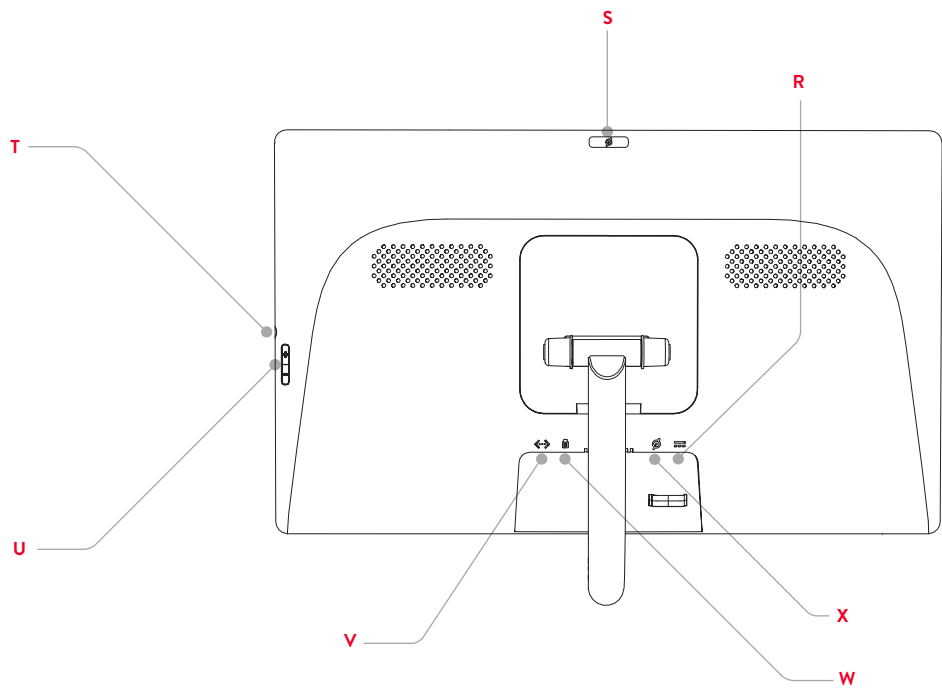
## SPECIFICATIONS

- A TOUCHSCREEN
- B HANDLEBARS
- C HANDLEBAR POST SLEEVE
- D RESISTANCE KNOB / EMERGENCY BRAKE
- E HANDLEBAR HEIGHT L-HANDLE
- F WATER BOTTLE HOLDER
- G FLYWHEEL
- H WHEELS
- I POWER SUPPLY
- J PEDALS
- K BELT GUARD
- L LEVELING FEET
- M SEAT HEIGHT L-HANDLE
- N SEAT POST SLEEVE
- O SEAT DEPTH L-HANDLE
- P WEIGHT HOLDERS
- Q SADDLE



SPECIFICATIONS CONTINUED

- R POWER INPUT
- S POWER BUTTON
- T HEADPHONE JACK
- U VOLUME CONTROLS
- V ETHERNET PORT
- W USB PORT
- X METRICS PORT



SPECIFICATIONS CONTINUED

BIKE

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

Weight: 135lb/61kg

Height: 4ft 10in/147cm

User Height Range: 4ft 11in - 6ft 5in/150cm - 195cm

Max User Weight: 297lb/135kg

Weight Holder Capacity: 3lb/1.36kg

POWER CONSUMPTION

NETWORKED STANDBY MODE

Power Consumption: 1.10W

Time inactive: Max 20 minutes

OFF MODE

Power Consumption: 0.36W

Time inactive: N/A, please turn off the equipment by pressing the power button at the rear of the touchscreen

NETWORKED STANDBY MODE WITH LAN AND WIFI CONNECTED

Power Consumption: 1.41W

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

TOUCHSCREEN

21.5in 1080P HD Touchscreen

WiFi 802.11 a/b/g/n/ac / 100 Mbps Ethernet

16 GB Internal Flash Storage

ANT+™ Wireless / Bluetooth® 4.0

2x10 Watt Stereo Speakers



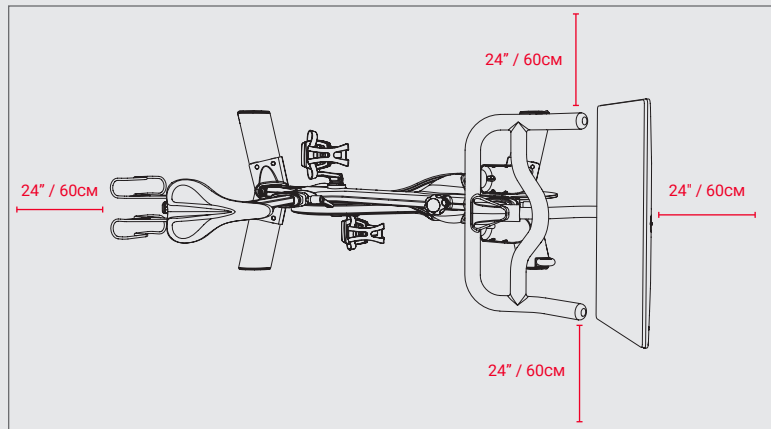
## SETTING UP YOUR BIKE

**⚠ WARNING:** Conduct a complete visual inspection of the Bike and test all features and functions prior to use.

### LOCATION REQUIREMENTS

- Place the Bike on a solid, level and horizontal surface.
- Use a mat to avoid damage to the Bike and floor.
- Allow a clearance of 24in/60cm on each side of the bike.
- Ensure that your power supply meets all applicable local building and electrical codes.
- Additional clearance for access and passage is the responsibility of the owner and should take into account applicable local codes and regulations.

**⚠ CAUTION:** 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.



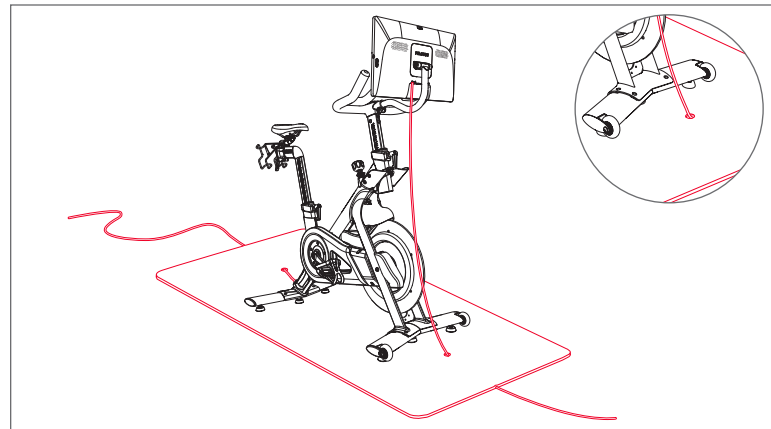
### USING A BIKE MAT

A mat can prevent damage to the Bike and floor, and reduce cord tripping hazards. When possible, cover all power and Ethernet cords with a mat.

When installing 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.

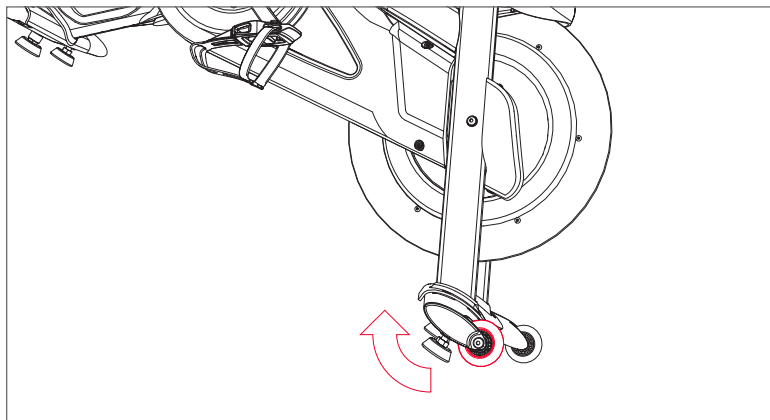


## SETTING UP YOUR BIKE **CONTINUED**

### MOVING THE BIKE

**⚠ CAUTION:** Moving the Bike frequently could damage the touchscreen. Avoid moving the Bike when possible.

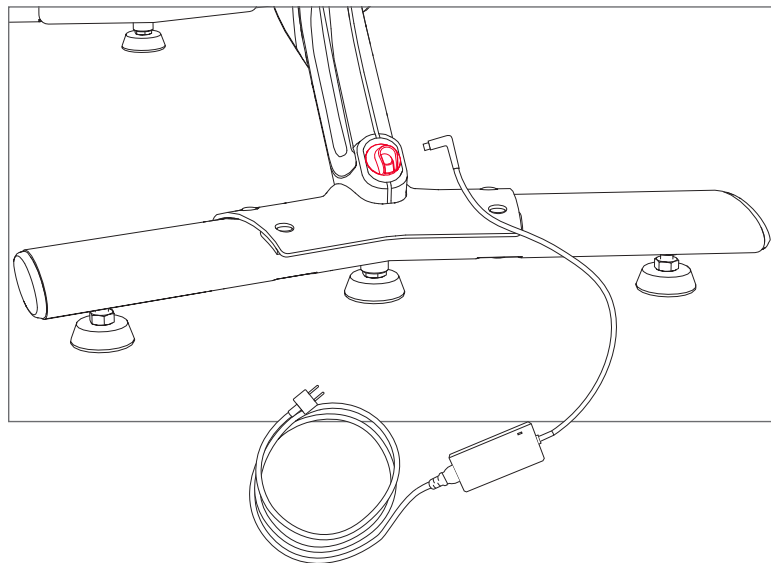
- Tilt the Bike forward onto the transport wheels. Lift the rear stabilizer while a second person holds the handlebars.
- Carefully roll the Bike to the new location. Avoid uneven surfaces.
- If the Bike rocks or wobbles after being set down, turn each leveling foot clockwise to lower it, or counterclockwise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



### PLUGGING IN

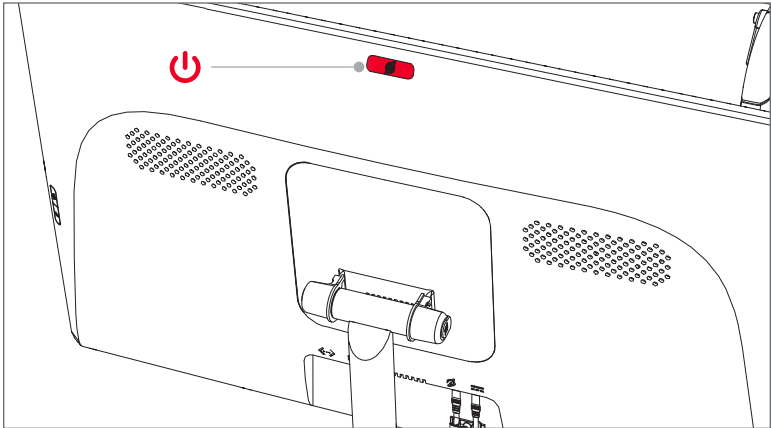
- Plug the power supply into the wall.
- Plug the power cord into the power jack at the back of the Bike.

**⚠ CAUTION:** 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.



POWERING ON AND OFF

- Hold the power button for two seconds to power on the Bike.
- The Bike will sleep after about 20 minutes of inactivity. To wake the Bike, press the power button.
- To power down, hold the power button for two seconds. Select **Shut Down** when prompted.



CONNECTING TO 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.

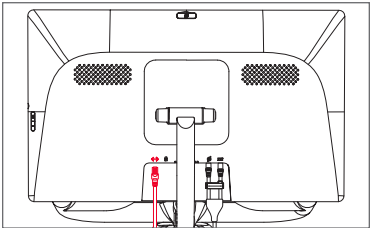
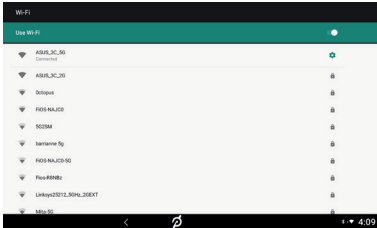
CONNECTING VIA WIFI

During setup, select your network.

- Enter the password when prompted and tap **Connect**.
- To turn off WiFi, tap the upper right corner of the touchscreen and select **Wi-Fi**. On the WiFi screen, toggle the radio button at the upper right.

CONNECTING VIA ETHERNET

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



## SETTING UP YOUR BIKE **CONTINUED**

### ACTIVATING YOUR COMMERCIAL ACCOUNT

When logging in for the first time, make sure the Peloton Commercial Bike is connected to your facility's WiFi network and have the following ready:

- Email address associated with your subscription
- Subscription password
- Activation Code(s)

- 1 Press the power button to turn on the Peloton Commercial Bike. Follow the prompts to connect to your facility's WiFi network.
- 2 Tap **Use Activation Key**.
- 3 Enter the email address associated with the commercial subscription and tap **Continue**.  
**Note:** If the next screen prompts you to enter a credit card, then you did not enter the correct email address. Please refer to the Account Set Up email that was sent to the purchaser of the Peloton Commercial Bike.
- 4 Enter your subscription password and tap **Log In**.
- 5 Review the **Complete Activation** page. If you have more than one activation code, select the appropriate code from the Membership Key list. Tap **Activate Bike**.
- 6 Enter a name for the Bike and tap **Done**.
- 7 Confirm your information on the screen. Required fields are pre-populated, while all other fields are optional. Tap **Looks Good!** when ready.
- 8 Select your language
- 9 You're all set! From this screen, any user can log into an existing Peloton account or create a new account and enjoy the full Peloton experience.

### WHERE CAN I FIND SUBSCRIPTION INFORMATION?

When an order is placed, Peloton Commercial Customer Support sends an **Account Set Up** email to the email address associated with the subscription. If you are unable to locate a password, visit <https://members.onepeloton.com/forgot-password> to reset it before activating your Bike(s).

### MUTING EXTERNAL SPEAKERS

If the 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 Bike will forget any Bluetooth device connected during their session. This feature comes as a factory setting on the Peloton Commercial 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 Bike until the repair is performed. Only use original parts from the manufacturer. Changes or modifications to this unit not expressly approved by Peloton could void the warranty.

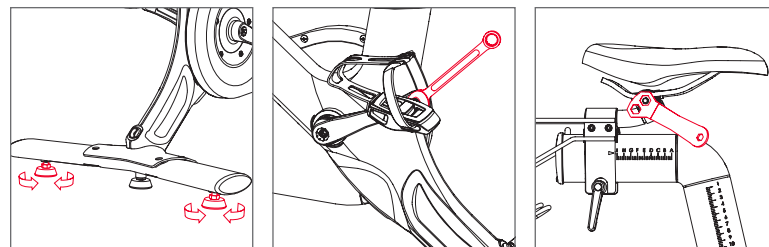
**⚠ CAUTION:** Always unplug the Bike immediately after use and before cleaning or performing maintenance. Service other than the procedures described here must be performed by an authorized technician.

### AFTER EVERY RIDE

- **Cleaning:** Wipe down the Bike using a damp cloth.

### DAILY MAINTENANCE

- **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.



### 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 bike immediately and contact Peloton Support.
- **Seat Slider:** Wipe the slider down with a clean cloth and then apply a small amount of lithium grease.
- **Frame:** Check the entire frame for signs of wear and damage, and tighten any loose bolts.

### LONG-TERM MAINTENANCE

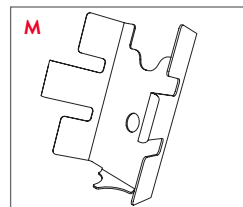
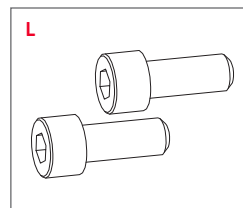
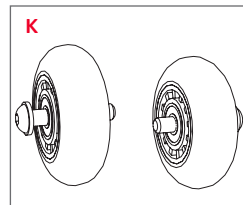
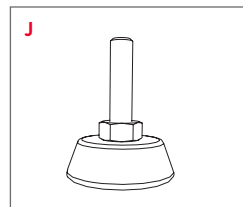
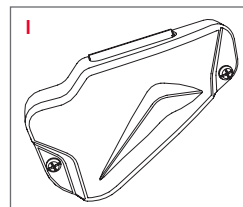
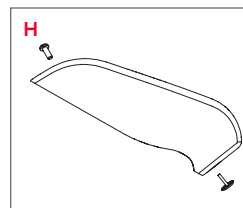
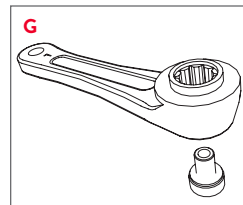
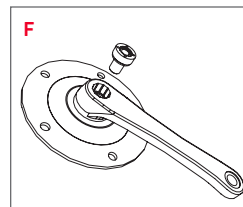
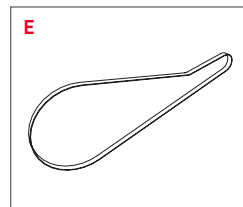
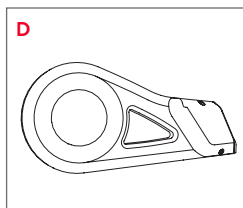
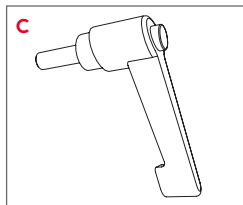
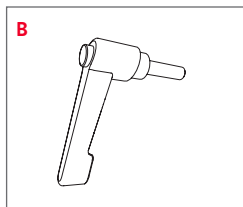
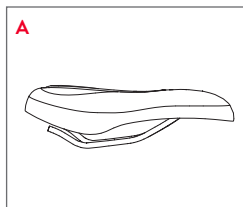
**Pedals:** Replace pedals every 6 months. For further instructions, contact [commercialsupport@onepeloton.com](mailto:commercialsupport@onepeloton.com).

## SPARE PARTS

**⚠ WARNING:** DO NOT ATTEMPT TO ASSEMBLE, DISASSEMBLE, OR MOVE THE PELOTON COMMERCIAL BIKE. The Peloton Commercial Bike was not designed for assembly and installation by consumers.

- A** Saddle SP-03-1
- B** Small L-handle SP-06/RP-06
- C** Large L-handle SP-07/RP-07
- D** Outer Belt Guard SP-11-12
- E** Belt SP-15
- F** Right Crank Arm SP-11-17
- G** Left Crank Arm SP-11-19
- H** Front Belt Guard SP-11-26
- I** Sensor Assembly SP-27-2/RP-27
- J** Foot SP-31
- K** Wheels SP-32
- L** Stabilizer Screw Set SP-35
- M** Wire Bracket SP-41/RP-41

- Monitor Cable SP-39
- Inner Wiring SP-38/RP-38
- Label package PL-11-KIT
- Pedals PL-PS7-02-L/R
- Weight Holders SP-09/RP-09
- Front Stabilizer SP-33/RP-33
- Rear Stabilizer SP-34/RP-34
- Handlebars SP-43/RP-43



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



## USER INSTRUCTIONS

## WARNINGS AND SAFETY INSTRUCTIONS

**Read all safety information before operating the Peloton Commercial 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.

To prevent injury, always adjust the seat and handlebars to your personal preference and verify that all adjustment handles 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. Always fully engage the brake when the Bike is not in use.

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

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.

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.



## GETTING STARTED

**⚠ WARNING:** To prevent injury, always adjust the seat and handlebars to your personal requirements. Do not exceed maximum adjustment marks on seat and handlebar posts or seat slider.

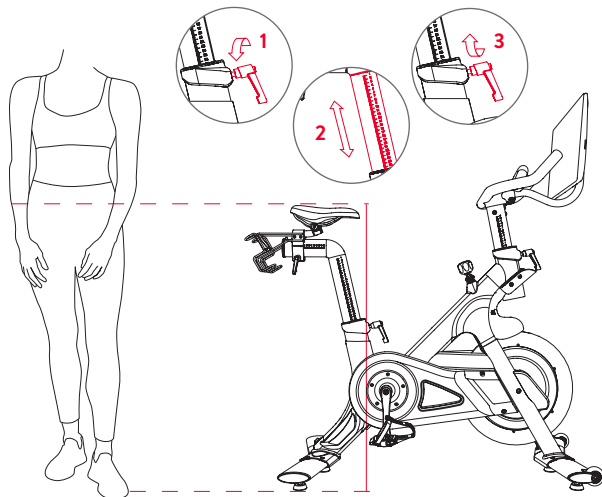
### SEAT HEIGHT

**⚠ CAUTION:** Always remove any weights from the weight holder before adjusting the seat.

**⚠ CAUTION:** Verify that all adjustment handles are fully tightened. Loose seats or handlebars can lead to serious injury.

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

- 1 Turn L-handle counterclockwise to loosen.
- 2 Raise or lower seat.
- 3 Turn L-handle clockwise to tighten.



### SEAT DEPTH

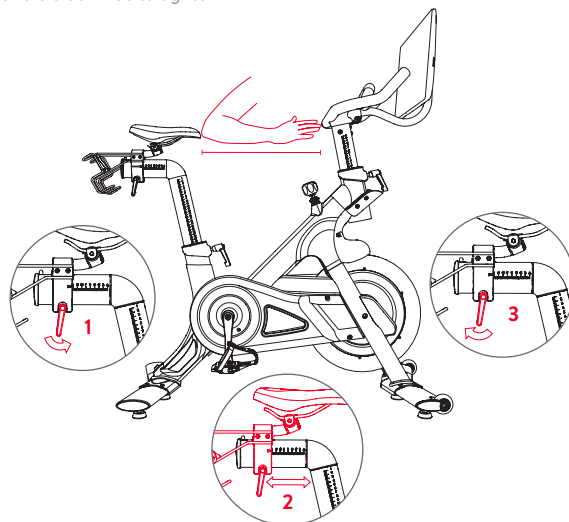
**⚠ CAUTION:** Always remove any weights from the weight holder before adjusting the seat.

**⚠ CAUTION:** Verify that all adjustment handles are fully tightened. Loose seats or handlebars can lead to serious injury.

**⚠ CAUTION:** Projecting adjustment handles could interfere with your movements. If any adjustment handle sticks out sideways, pull the handle out, rotate it to point down, and then release it.

Set the seat elbow-to-fingertips length from the handlebars.

- 1 Turn L-handle counterclockwise to loosen.
- 2 Move seat forward or back.
- 3 Turn L-handle clockwise to tighten.

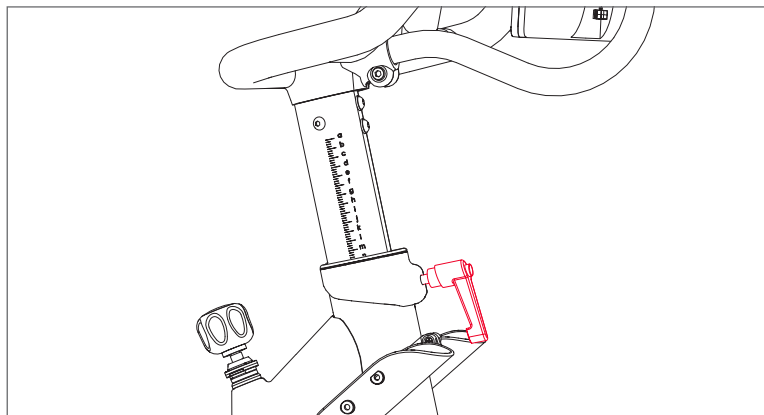


### HANDLEBAR HEIGHT

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

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

- Turn L-handle counterclockwise to loosen.
- Raise or lower the handlebars
- Turn L-handle clockwise to tighten.



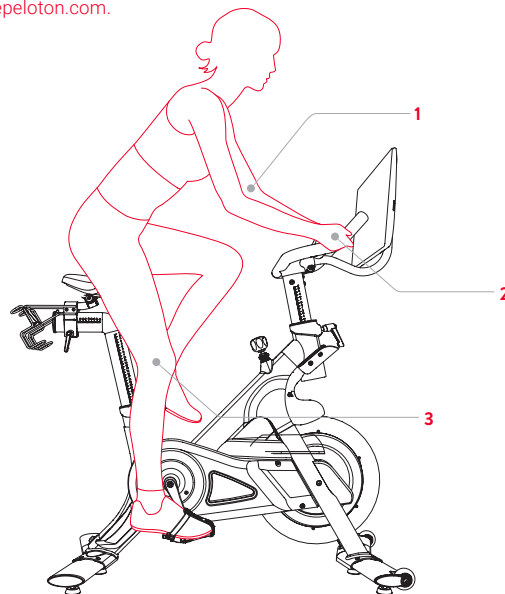
### ADJUSTING THE TOUCHSCREEN

Hold the top and bottom of the touchscreen and tilt it forward or back. You should be able to view the screen comfortably when seated on the bike.

### BODY POSITION

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

These adjustments should get you started. If you're uncomfortable, or want to fine-tune your Bike's settings, access Peloton 101 from the menu on your touchscreen or go to [support.onepeloton.com](https://support.onepeloton.com).



### **⚠ WARNING AND SAFETY INSTRUCTIONS**

The Peloton Commercial 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.

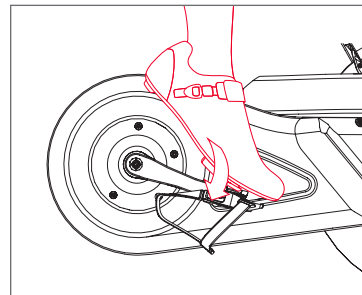
Do not attempt to walk in cycling shoes with cleats. Wear cycling shoes only while using the Peloton Commercial Bike and remove them immediately after clipping out. Walking on cleats may cause you to fall or twist your ankle, or otherwise result in serious injury.

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.

### **USING CLEATS**

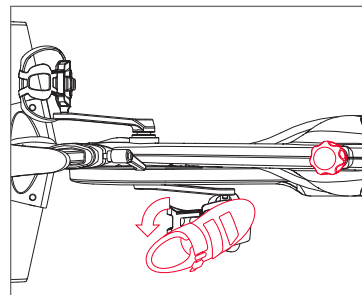
#### **CLIPPING IN**

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 bike.

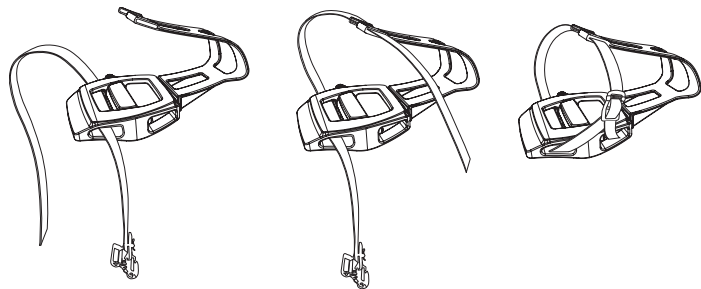


### USING TOE CAGES

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

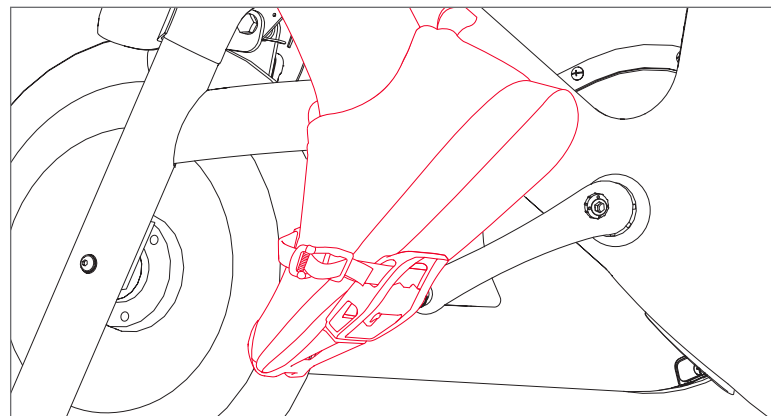
Always wear appropriate athletic footwear when using the Bike:

- 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.
- 3 Pull the end of the strap to tighten the toe cage. It should be snug, but loose enough that you can remove your foot without difficulty.

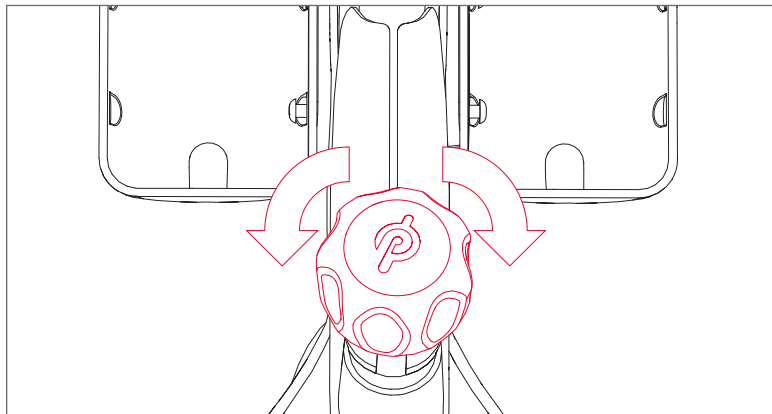
- 4 Push the pedal down to its lowest position. Standing on the pedal should allow you to lift yourself into the saddle.
- 5 Insert your other foot into its toe cage and pull the strap to tighten the toe cage. It should be snug, but loose enough that you can remove your foot without difficulty.



### ADJUSTING RESISTANCE

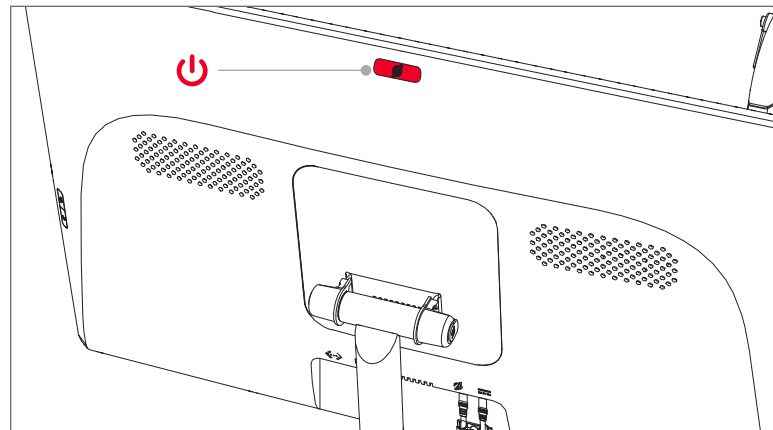
**⚠ CAUTION:** The Peloton Commercial Bike has a direct driven flywheel; the pedals will continue to move until the flywheel stops. Reduce speed slowly. To stop the flywheel immediately, push down the resistance knob.

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



### POWERING ON AND OFF

- Hold the power button for two seconds to power on the Bike.
- The Bike will sleep after about 20 minutes of inactivity. To wake the Bike, press the power button.
- To power down, hold the power button for two seconds. Select Shut Down when prompted.



### 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**.

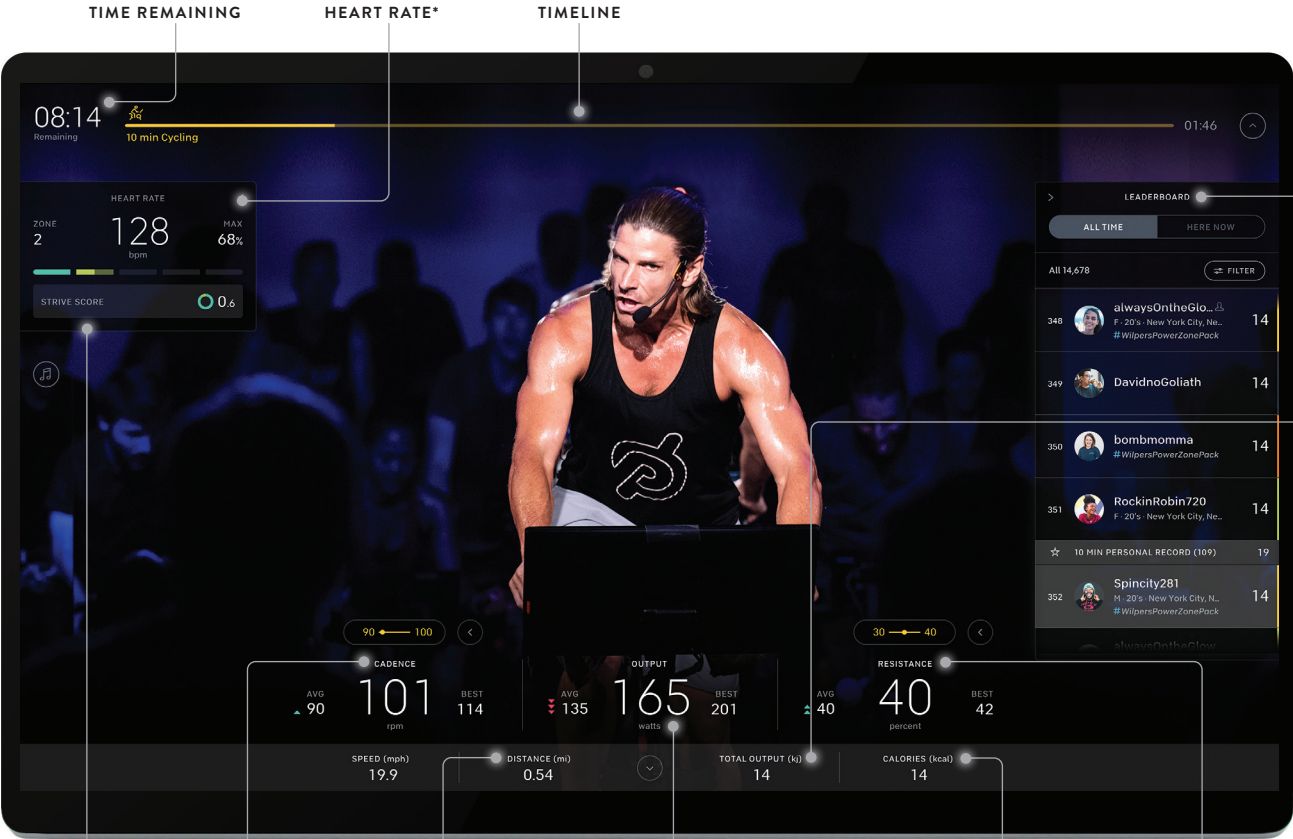
### JOINING A RIDE

- Select a class to view details. Tap **Start** to enter the class screen.
- To connect a heart rate monitor or wireless headphones, select a class and press **Start**.
- You will have the chance to connect to an available device before the class begins.
- Your instructor will guide you through a workout that includes a warmup and cooldown.

### CLASSES

- 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 **More** for a Scenic Ride, or to Just Ride without instruction or video.

# CLASS SCREEN



TAP ELEMENTS TO REVEAL OR HIDE THEM

LEADERBOARD

TOTAL OUTPUT

\*Appears only when a heart rate monitor is connected

**⚠ 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.

STRIVE SCORE\*

CADENCE

DISTANCE TRAVELLED

OUTPUT

CALORIES BURNED

RESISTANCE



**PL31 | 00002-3.1**

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