PELOTON

PELOTON COMMERCIAL BIKE+
OWNER'S MANUAL &
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 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 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 Commercial 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.

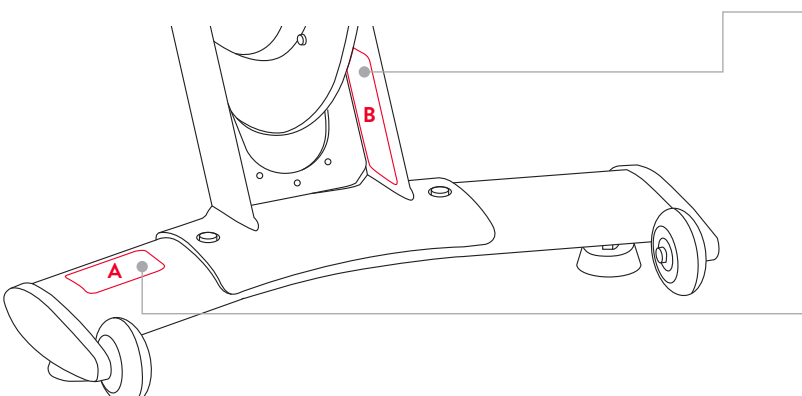
SUPPORT

QUESTIONS OR CONCERNS

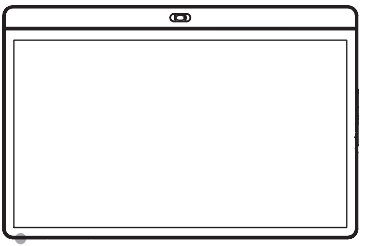
Peloton's #1 concern is member satisfaction. If you require assistance or are experiencing issues with your Peloton Commercial Bike+, please contact Peloton's dedicated commercial client support team by visiting:

commercial.onepeloton.com/support
commercial.onepeloton.co.uk/support
commercial.onepeloton.com.au/support

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 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-exercising may result in serious injury or death. If you feel faint stop exercising immediately. Use metrics on the screen for reference only.

Product Label here:

The serial number on the Product Label indicates this unit's date of construction. For example, 'TABCCS200417xxxx' would mean that the unit was constructed on 17 April 2020.

⚠ 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. If included with your bike, use the cable lock to immobilize the pedals and flywheel 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.

CE 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
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United Kingdom

DE

Peloton Interactive Deutschland GmbH
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10178 Berlin
Germany

AUSTRALIA

Peloton Interactive Australia Pty Ltd
ACN 644 958 047
The Commons, Mezzanine
388 George St, Sydney NSW 2000
Australia

SPECIFICATIONS

A SCREEN

B SWIVEL

C HANDLEBAR HEIGHT ADJUSTMENT KNOB

D WATER BOTTLE HOLDER

E FLYWHEEL

F WHEELS

G FEET

H PEDALS

I BELT GUARD

J SEAT HEIGHT ADJUSTMENT KNOB

K SEAT SLIDER LATCH

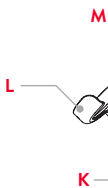
L WEIGHT HOLDERS

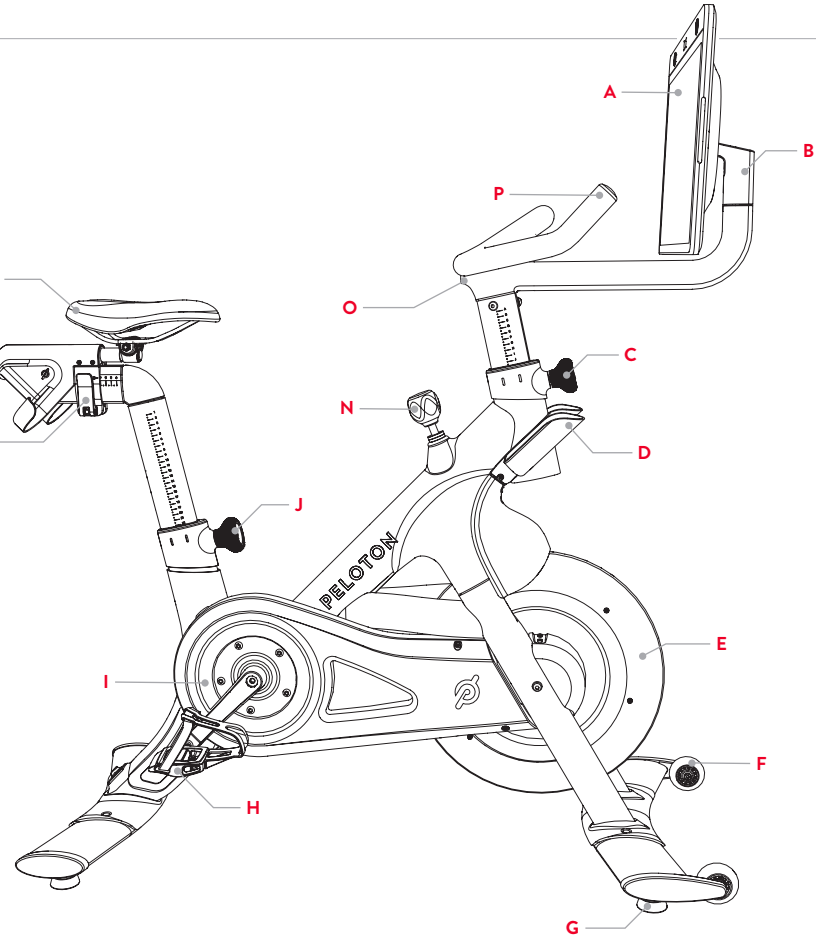
M SADDLE

N RESISTANCE KNOB/EMERGENCY BRAKE

O AUDIO JACK

P HANDLEBARS




A
B
P
O
C
N
D
J
PELOTON
E
I
F
H
G

SPECIFICATIONS CONTINUED

Q VOLUME CONTROLS

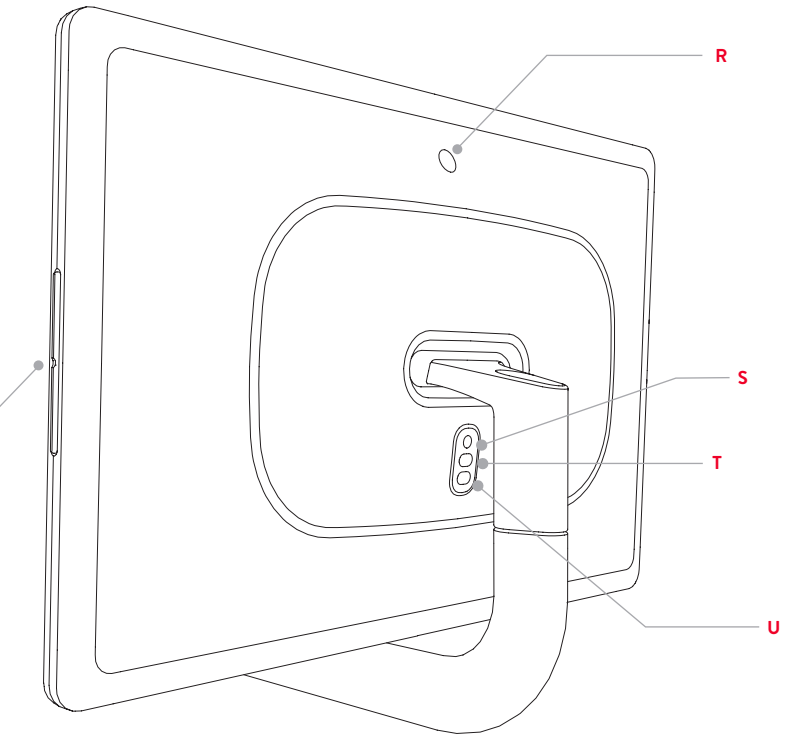
R POWER BUTTON

S AUDIO JACK

T POWER/DATA PORT

U NETWORK PORT




R
S
T
U

SPECIFICATIONS CONTINUED

BIKE+ SPECIFICATIONS

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

Maximum Height: 4ft 11in/150cm

Weight: 141lb/64kg

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

Maximum User Weight: 297lb/135kg

Weight Holder Capacity: 5lb/2.26kg

Displayed Power Output Accuracy: +/-10 % for Power > 50W, +/-5W for Power < 50W.

POWER CONSUMPTION

NETWORKED STANDBY MODE

Power Consumption: 1.91W

Power consumption with all interfaces connected: 1.91W

Time to enter Standby Mode: 20 mins of inactivity

OFF MODE

Power Consumption: 0.39W

Time to enter Off mode: N/A; Turn off equipment using power switch

TABLET SPECIFICATIONS

23.8in 1080P HD Touchscreen
WiFi 802.11 a/b/g/n/ac MIMO 2x2 antenna
1 Gbps Ethernet (via network port)
4 GB Memory
16 GB Internal Flash Storage
ANT+™ Wireless
Bluetooth® 5.0
8MP Still Photo/1080P Video Camera with Privacy Cover
4 Digital Microphone Array
3.5mm Headphone Port
2x10 Watt Woofers with 2x3W Front-Facing Tweeters
Stereo Speakers with 80Hz to 20KHz Frequency Response

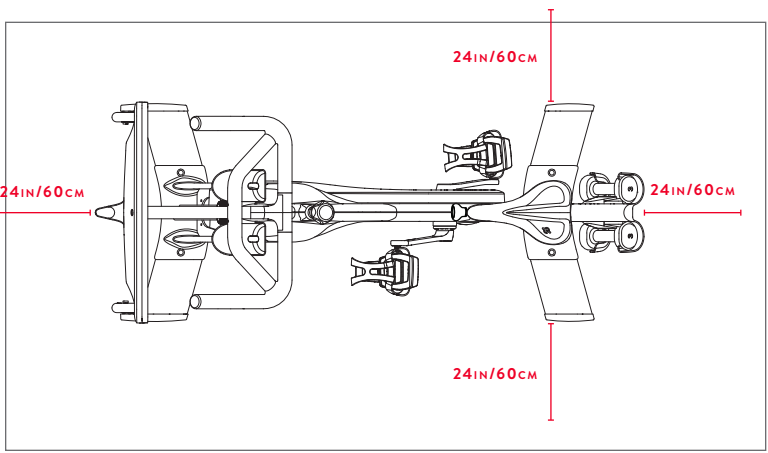
SETTING UP YOUR BIKE+

⚠ **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.
- 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.



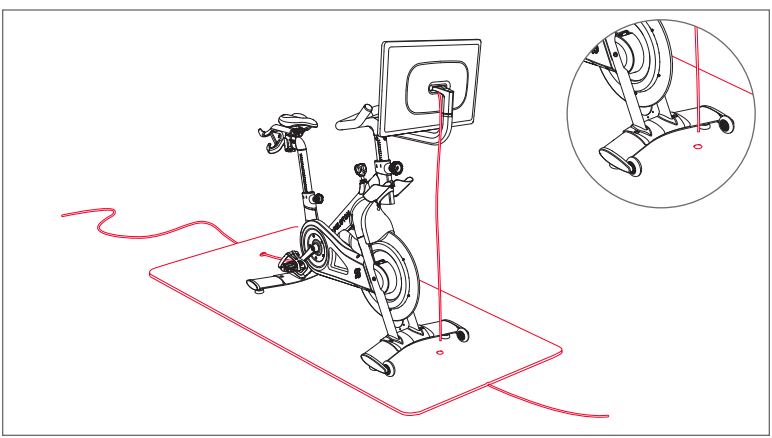
USING A BIKE MAT

A mat helps prevent damage to the Bike+ and floor, and reduces cord tripping hazards. All connected power and Ethernet cables must be covered 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.

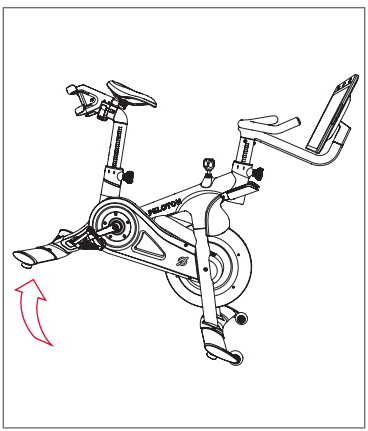
⚠ **CAUTION:** Ensure that cables do not interfere with moving parts.

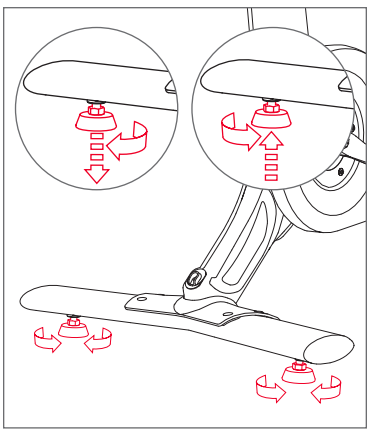


MOVING THE BIKE+

⚠ **CAUTION:** Moving the 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.



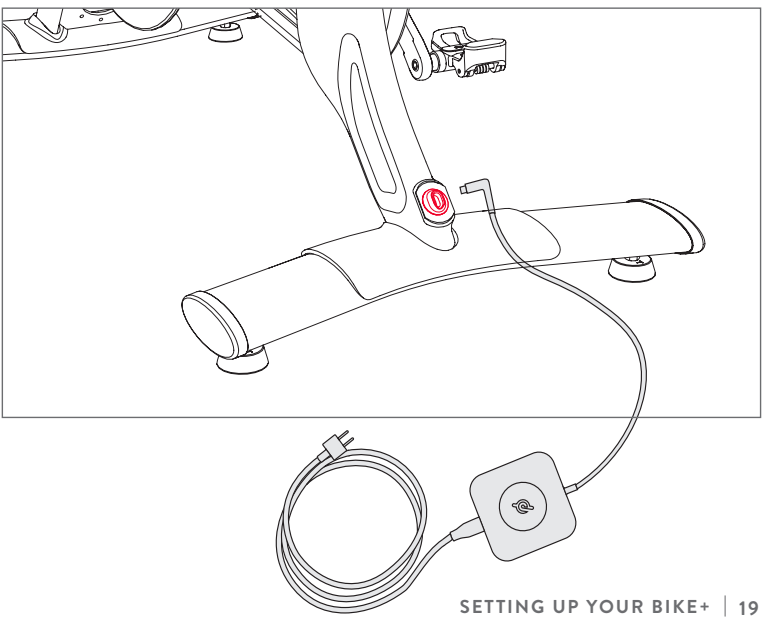


PLUGGING IN

- 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.

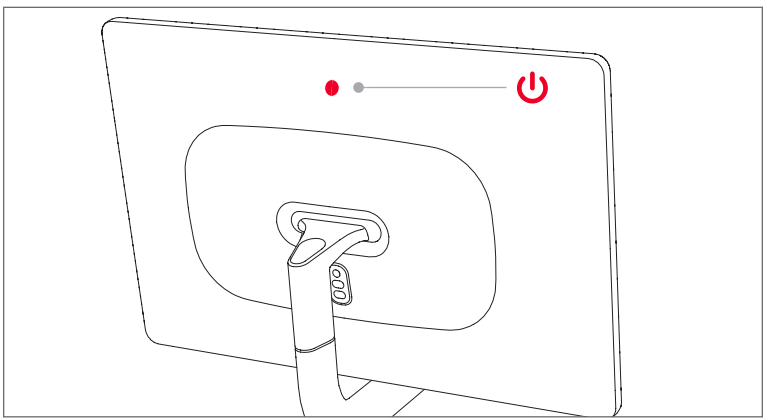
⚠ **CAUTION:** Make sure the connector is fully seated in the power jack. The power cord light does not indicate that the power cord is connected to the power jack. If the Bike+ does not power on, remove the power cord and reconnect it.



POWERING ON AND OFF

⚠ **CAUTION:** Each time the Bike+ powers on, the brake will go through a homing process. Do not adjust resistance or press down on the resistance knob until the brake has stopped moving.

- 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.



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.

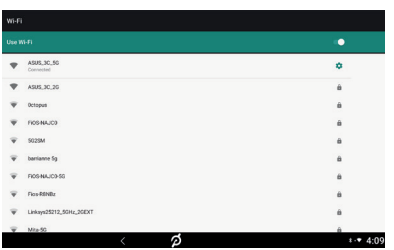
CONNECTING VIA WIFI

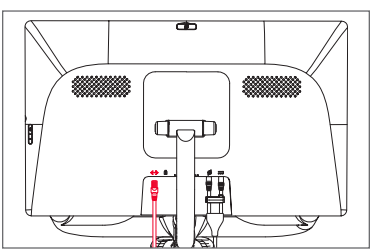
During setup, select your network.

- Enter the password when prompted and tap **Connect**.
- To turn off WiFi, tap the upper right corner of the screen 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, use a dongle to connect an Ethernet cable to the USB-C port on the back of the screen. Connect the other end of the Ethernet cable to a wall jack or router used by your local area network.
- The bike will connect to the network automatically.





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.

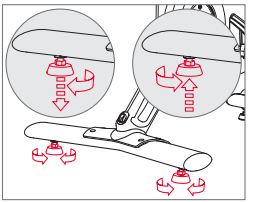
⚠ **CAUTION:** Always unplug the Bike+ immediately after use and before cleaning or performing maintenance. Service other than the procedures described here must be performed by an authorized technician.

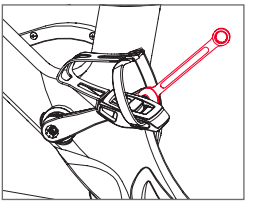
AFTER EVERY RIDE

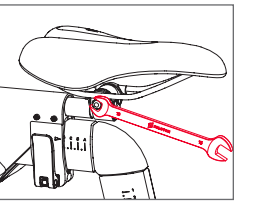
- **Cleaning**: Wipe down the Bike+ using a damp cloth.

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 screen 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. After adjusting the leveling feet, tighten the lock nut on each foot using a 15 mm wrench.
- **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.





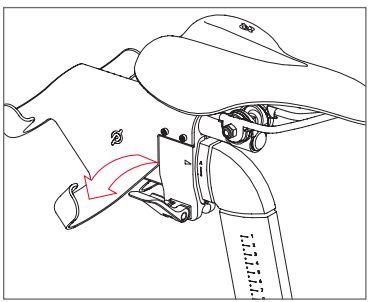


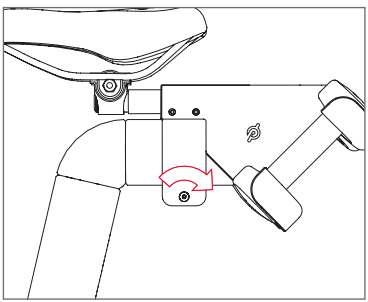
WEEKLY MAINTENANCE

- **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 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 ¼ 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 ¼ 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.





⚠ **WARNING:** Do not over-tighten the seat slider adjustment knob. Over-tightening could result in malfunction or breakage.

LONG-TERM MAINTENANCE

Pedals: To ensure safe operation and prevent injury, 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 COMMERCIAL BIKE+.

PELOTON

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. 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 Commercial 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.

⚠ **CAUTION:** To prevent injury, always adjust the seat and handlebars to your personal requirements and fully tighten all adjustment knobs before each use. 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.

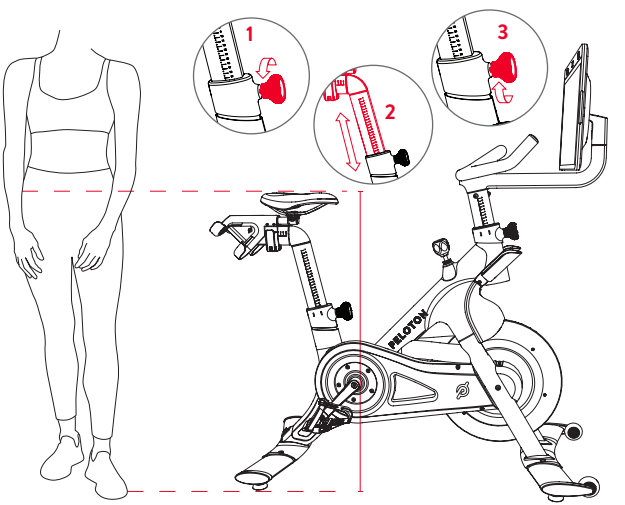
⚠ **CAUTION:** To prevent injury, fully tighten the seat height adjustment knob before each use.

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

1 Loosen the knob to adjust the seat height.

2 Raise or lower seat.

3 Tighten the knob to lock the seat in place.



SEAT DEPTH

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

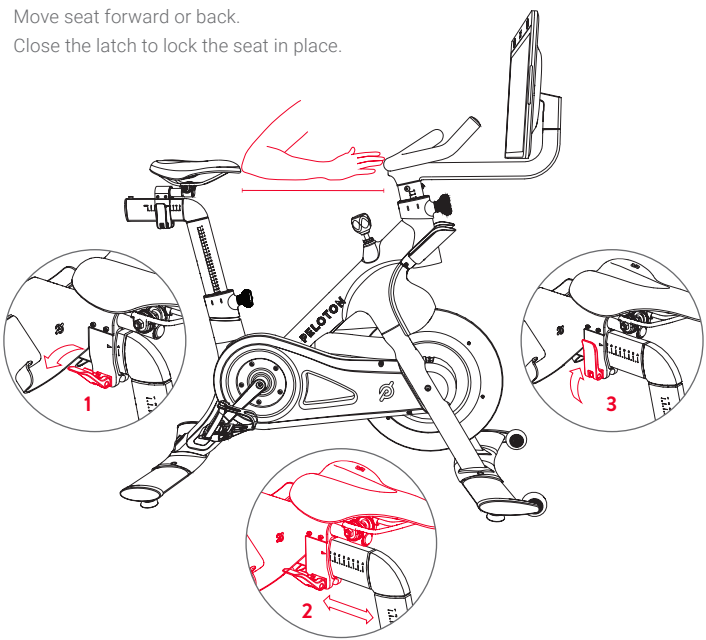
⚠ **CAUTION:** To prevent injury, verify that the latch is fully closed before each use.

Set the seat 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.

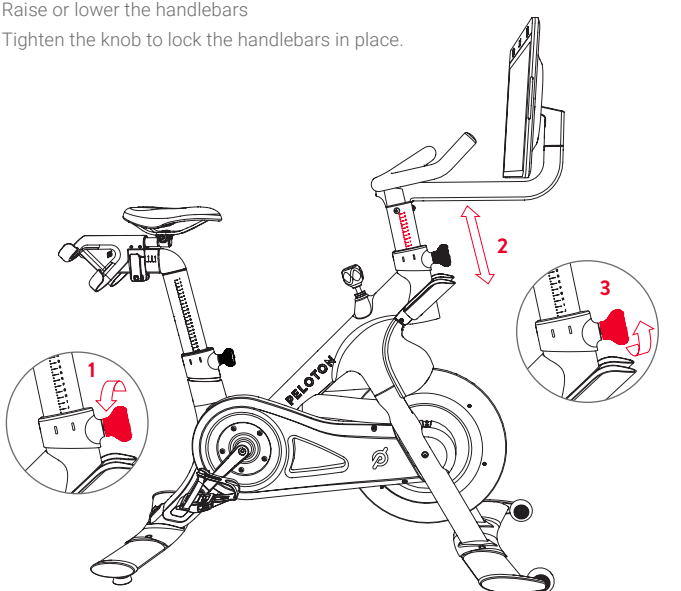


HANDLEBAR HEIGHT

⚠ **CAUTION:** To prevent injury, fully tighten the handlebar height adjustment knob before each use.

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

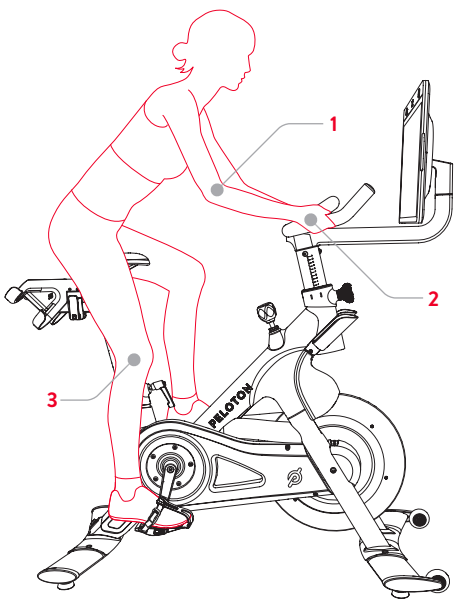
1. Loosen the knob to adjust the handlebar height.
2. Raise or lower the handlebars
3. Tighten the knob to lock the handlebars in place.



PROPER BODY POSITION

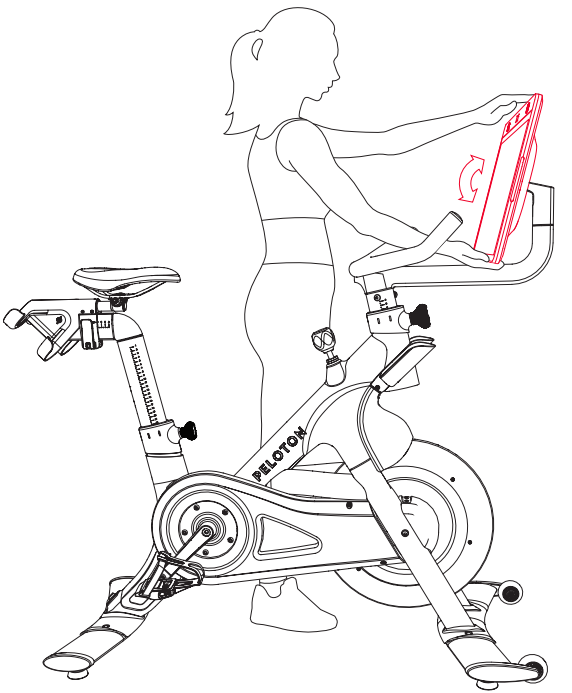
1 Arms slightly bent
2 Hands rest on the handlebars without reaching
3 Leg slightly bent at the bottom of the stroke

These adjustments should get you started. If you're uncomfortable, or want to fine-tune the bike's settings, access Peloton 101 from the menu on your screen or go to support.onepeloton.com.



ADJUSTING THE SCREEN ANGLE

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



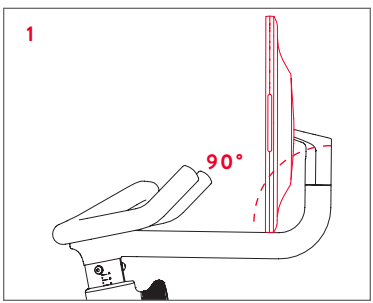
ROTATING THE SCREEN

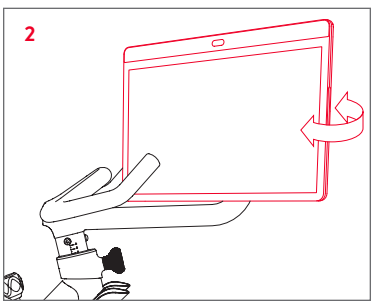
⚠ **CAUTION:** Be careful not to rotate the screen beyond its limits. Over-rotation can damage the hinge.

Rotate the screen to view non-cycling content from off the bike.

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

1. Make sure that the screen is vertical.
2. Rotate it to the left or right.





⚠ 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.

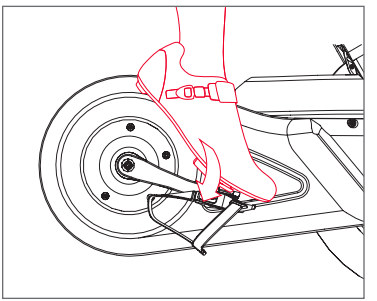
Do not attempt to walk in cycling shoes with cleats. Wear cycling shoes only while using the Peloton Commercial Bike+ and remove them immediately after clipping out. Walking on cleats may cause you to fall or twist your ankle, or otherwise result in serious injury.

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

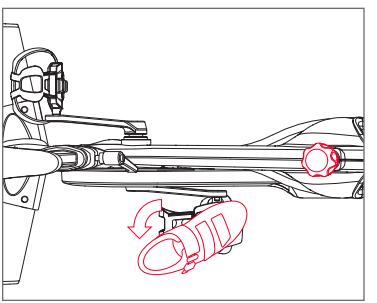
CLIPPING IN

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.

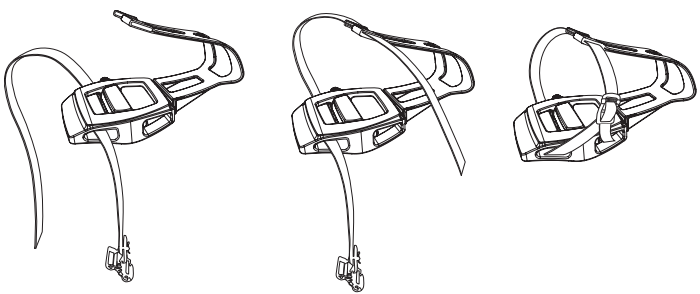


USING TOE CAGES

⚠ **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.

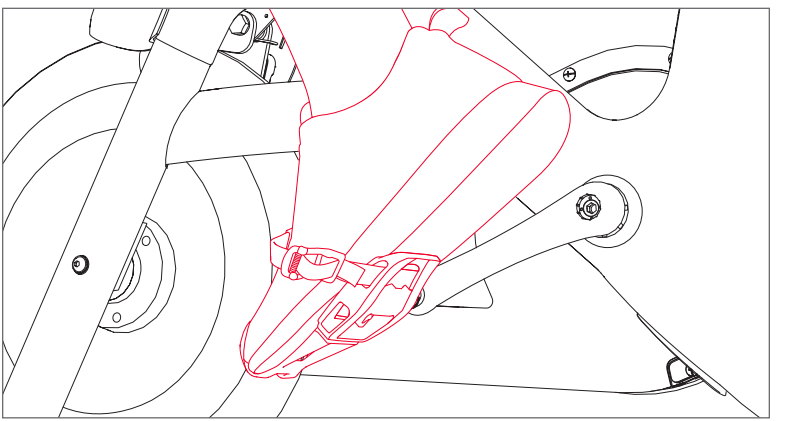


2 Standing over the Bike+, insert one foot into its toe cage.

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.

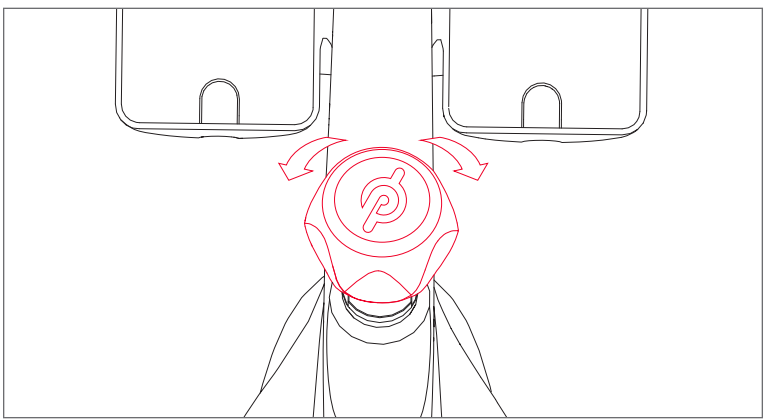
4 Push the pedal down to its lowest position. Standing on the pedal should allow you to lift yourself into the saddle.

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

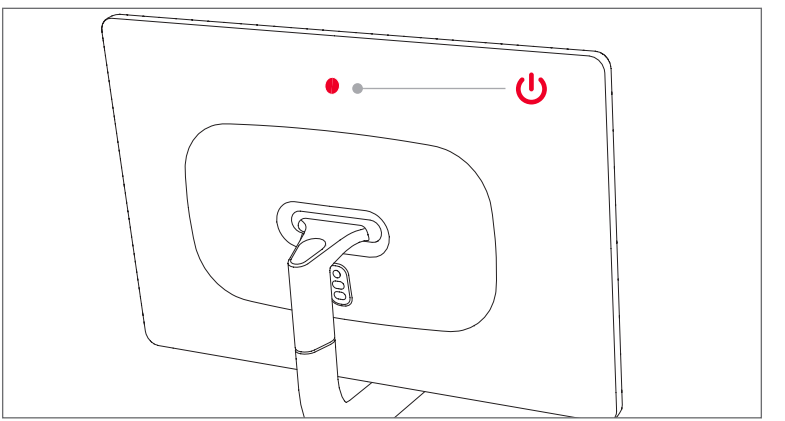
- Turn knob right to increase resistance.
- Turn knob left to decrease resistance.
- Press knob down for emergency brake.



POWERING ON AND OFF

⚠ **CAUTION:** Each time the Bike+ powers on, the brake will go through a homing process. Do not adjust resistance or press down on the resistance knob until the brake has stopped moving.

- 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 create or 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 the 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**.

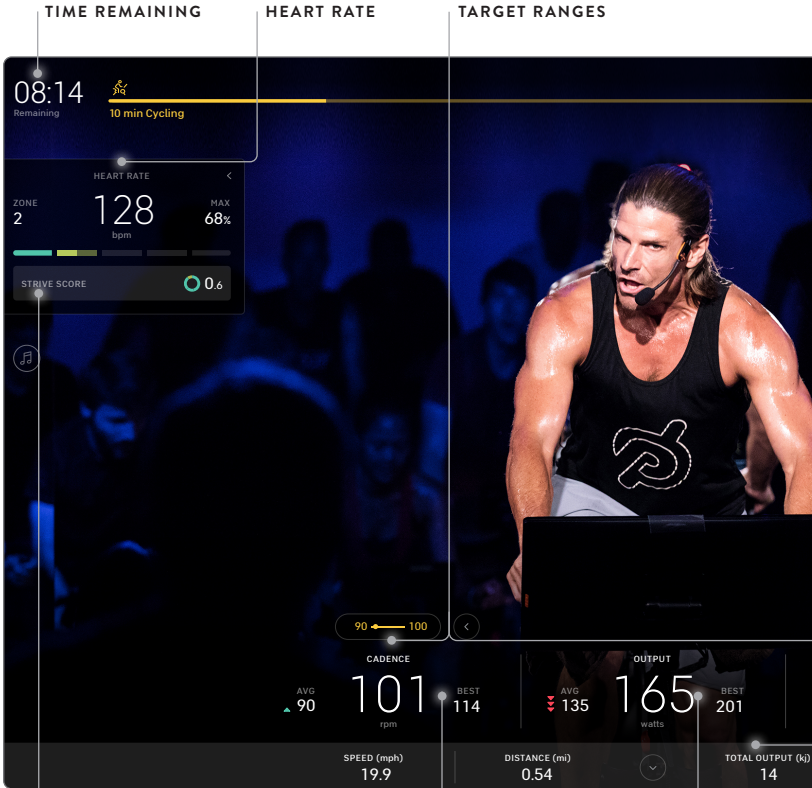
JOINING A RIDE

- 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

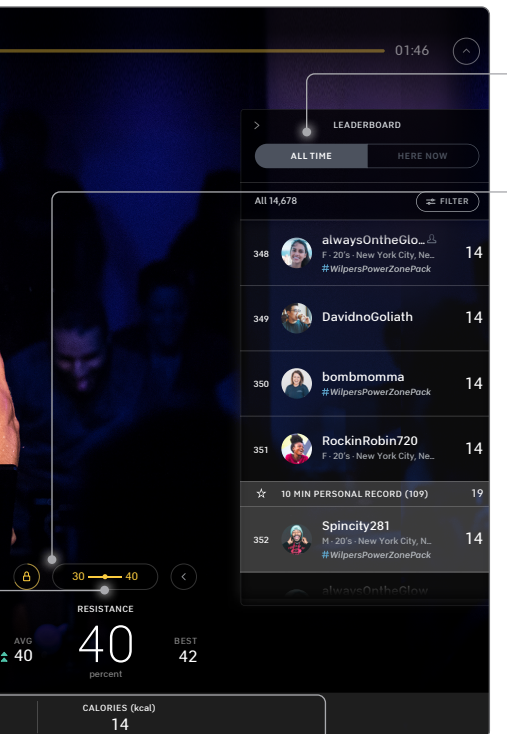


STRIVE SCORE

A numerical score that uses your heart rate to track your workout intensity

CADENCE

How fast you're pedaling, in revolutions per minute



TAP ELEMENTS TO HIDE OR REVEAL

LEADERBOARD

AUTO-RESISTANCE

Tap the lock symbol to automatically adjust resistance to match the target resistance range

RESISTANCE

Pedaling difficulty, measured as a percentage

⚠ **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.

OUTPUT

The power you're exerting, measured in watts

TOTAL OUTPUT

PL02 | 00100-3.0

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