

# PELOTON

# *Let's get **moving***

Getting started:

## Peloton at your fitness facility

**1. Power up:** Turn on the Peloton Bike, Bike+, or Row using the power switch on the back of the equipment.

**2. Get connected:** Make sure the Bike, Bike+, or Row is connected to the internet for access to Peloton's extensive programs.

**3. Tune in:** Wired headphones can be used for the Bike and Bike+. To connect, use the auxiliary jack on the right side of the Bike screen or between the handlebars of the Bike+. Wireless headphones can be used for the Bike, Bike+, and Row. To connect wireless headphones, go to More > Settings > Bluetooth.

### 4. Start moving:

#### **Bike/Bike+**

Exercisers don't need cycling cleats to ride the Bike and Bike+, just standard athletic shoes. (If your facility's Bike or Bike+ does have clip-in pedals, exercisers will need appropriate cycling shoes.)

#### **Row**

Once secured, the Row's adjustable foot straps will keep exercisers' feet comfortable during their workout.

### **No Membership? No problem.**

Anyone can use your facility's Peloton devices. Existing Members can log in to keep their streak alive. Newcomers can create a free account to use on this or any other Peloton equipment.

### **Need help? We've got you covered.**

Exercisers new to Peloton can follow the on-screen instructions to create a profile. For extra guidance, select "Peloton 101" onscreen, or go to [support.onepeloton.com](https://support.onepeloton.com) for a walkthrough video.



### **Troubleshooting information**

For self-service repairs, please leverage the spare parts kits provided and find instructional articles linked to the training deck and at [support.onepeloton.com](https://support.onepeloton.com). For troubleshooting common issues please find instructional articles at <https://business.onepeloton.com/support/knowledge-base>. If you require troubleshooting or repair assistance, please contact our commercial support team at 1-855-662-7356 or [commercialsupport@onepeloton.com](mailto:commercialsupport@onepeloton.com).