

# PELOTON

# ***Unlock your potential one workout at a time***

**Making movement and wellness a bigger part of your routine has never been easier.**

**Join live and on-demand classes with world-class instructors**

## **Sign in**

### **New to Peloton?**

Enter your email address, create a quick username and password, and you're set—no payment required.

### **Already a Member?**

Simply type in the email and password associated with your Peloton App or All-Access Membership. That's it!

## **Once you're in**

### **Set up**

Adjust the Bike seat position and handlebar height for your most comfortable ride. Need help? Tap the bottom right of your screen and select "Peloton 101" for instructions.

### **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.

Age and height restrictions apply. Please review all safety messaging carefully before using the Peloton Bike, Bike+, or Row. For more information, visit [support.onepeloton.com](https://support.onepeloton.com).

