PRECOR®

Service Manual



SBK800-16 SPINNER® INDOOR CYCLES

SPINNER RALLY
SPINNER SHIFT
SPINNER RIDE

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Introduction

Only Precor certified technicians are authorized to service Precor equipment. If you are not a Precor certified servicer, you must not attempt to service any Precor product. Call your dealer for service information

WARNING: This service documentation is for use by Precor certified servicer providers only. Personal injury can result from electrical shock and/or mechanical moving parts.

This service manual applies to the SBK800-16 Spinner® Rally™, Shift™, and Ride™ indoor cycle models. This document contains information required to service, repair, troubleshoot, and maintain the bikes.



SPINNER® Ride™ SPINNER® Shift™ SPINNER® Rally™

Spinner Bike Product	Models
Spinner® Rally™	SBK861, SBK863
Spinner® Shift™	SBK841, SBK843
Spinner® Ride™	SBK821, SBK823

Additional Documentation

There is also an online web version if you have internet access at: Online Service Manual

See Also

"General Information" on page 3
"Safety Guidelines" on page 7
"Operation Verification" on page 8
"Adjustment Procedures" on page 9
"Replacement Procedures" on page 17
"Troubleshooting" on page 58

"Spinning® Studio Console" on page 63

"Preventive Maintenance (PM)" on page 65

"Parts" on page 67

General Information

The following information provides general equipment and service information that will help you to use this manual to properly repair and maintain the bike.

Orientation Convention

The equipment orientation (front, right, left, back) is referenced to an exerciser sitting on the seat facing the handlebars.



Tools

Recommended set of service and repair tools:

- Metric Hex Key set (2.5 - 6 mm)
- Metric Wrench set (10 - 21 mm)
- Standard and Phillips screwdriver set
- orque[1] wrench 40 ft-lbs (54 N•m
- rank Extractor (Part: X-Tools Crank xtractor)(1)
- elt Tension Gauge (recommended Kent-loore BT-33-73-F)

[1]Torque is a measure of the force that can cause an object to rotate about an axis. Bolt/nut example: 5 NM torque is equivalent to 5 newton's of force applied one meter from the center of the bolt, 6 ft-lb is equivalent to 6 lbs of force applied 1 foot away from the center of the bolt.

- AC[1]/DC[2] Power Adapter (PPP000000058020102)(2)

(1) Required for pedal removal.
(2) Helpful to power the console for configuration or software uploads.

Specification Summary

This table provides a summary of system component specifications.

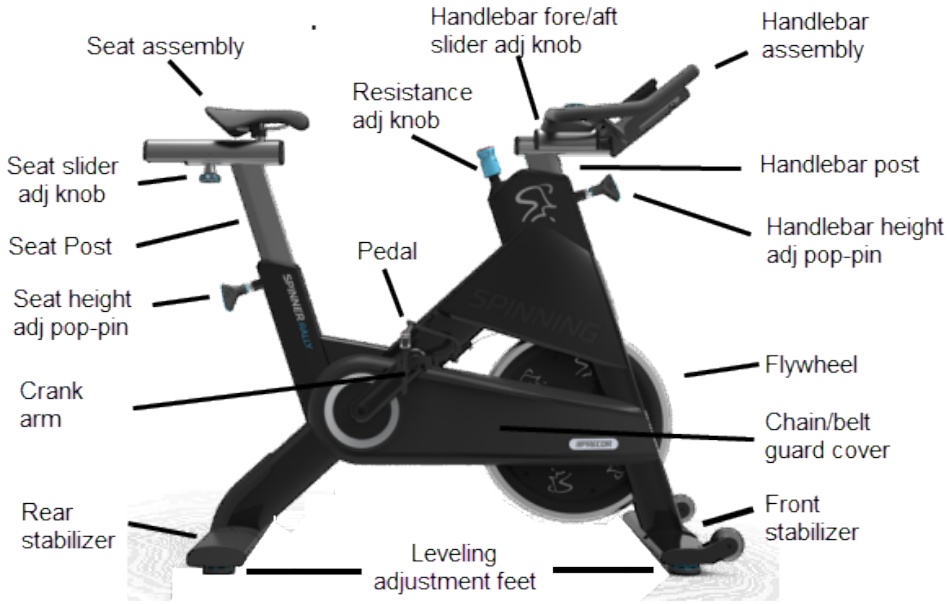
System Component	Specification
Pedal Torque	33 ft-lb (45 N•m)
Belt Drive Tension	140 - 150 lbs
Chain Drive Tension	1/2 in (1.3 cm) up/dwn travel
Stabilizer fastener Torque	15.6 ft-lbs (21 N•m)
Axle Nut Torque	29.5 ft-lbs (40 Nm)

Parts

IMPORTANT: Always purchase OEM replacement parts and hardware from Precor. If you use parts not approved by Precor, you could void the Precor Limited Warranty. Use of parts not approved by Precor may cause injury.

Major Assembly and Parts Location

[1]Alternating Current: electric current which periodically reverses direction between positive and negative polarity.
[2]Direct Current: electrical current that only flows in one direction.



Exploded View Diagram and Parts List

There is a copy of the parts *Exploded View Diagram* and *Parts Identification List* included in the "Parts" on page 67 chapter that you can use as a quick reference. It is recommended that you go to the servicer partners Precor Connect website to view the most current parts information including the *Exploded View Diagram* and *Parts Identification List*.

- Precor Connect Partner Website



Lubrication

Common metal parts Use only NLGI class 2 PTFE (Teflon) synthetic type grease (recommend Mobil 1® synthetic grease or Super Lube® with Teflon grease, or equivalent). Use of unapproved lubricants, cleaners, or solvents may void the product warranty.

Chain Lubricant: Use a high quality petroleum based chain lubricant such as *Tri-Flow Superior Lubricant* or equivalent.

Cleaning

Only use the following approved cleaning products and procedures to safely clean and prevent damage to the machine surfaces.

Approved Cleaning Products

Approved equipment and console cleaning products:

- **General Equipment Surfaces**:
  - 1 part mild soap to 30 parts water (recommend Simple Green® cleaner or equivalent).
  - Athletic equipment cleaner, 9x7 pre-saturated wipes (ATHLETIX PRODUCTS).
  - Enivir O Safe oxygen enhanced cleaner or Enviro Safe glass and multitask cleaner concentrate.
- **Consoles and PVS[1] displays**: a diluted solution of one part 91% Isopropyl alcohol to one part water.

Cleaning Procedure

Generic cleaning procedure applicable to all Precor equipment:

TIP: There are many product specific **PREVENTATIVE MAINTENANCE** cleaning videos available on the Precor Connect **SERVICE VIDEOS** web page. Log in to your Precor Connect servicer account and select SERVICE VIDEOS, see SERVICE VIDEOS.

1. Wipe down equipment using a soft lint-free cloth using only the recommended cleaning solution. Always spray cleaning solution directly onto the cleaning cloth and not directly onto the equipment surface to avoid equipment damage due to excessive moisture.

CAUTION: Do not use acidic cleaners and do not spray directly onto the equipment surfaces.

2. Rinse surfaces using a clean lint-free cloth dampened with water only.
3. Then completely dry with another clean lint-free cloth.

[1] Personal Viewing System display.

Safety Guidelines

Safety guideline you need to know and follow:

- Read and follow all **Warning** notices to protect yourself from personal injury.
- Read and follow all **Caution** notices to prevent damage to the equipment.
- Read the owner's manual and follow all operating instructions.
- Operate the equipment on a solid, level surface.
- Visually check the equipment before beginning service or maintenance operations. If it is not completely assembled or is damaged in anyway, do not attempt to operate the equipment.
- Never place liquids on any part of the equipment while performing service.
- To prevent electrical shock, keep all electrical components away from water and other liquids.
- Do not use accessory attachments that are not recommended by the manufacturer- such attachments can cause injury.
- Do not stand or climb on the handlebars, display enclosure or cover.

When servicing the equipment:

- During service operations you will be very close to moving machinery and voltage bearing components:
    - Remove jewelry (especially from ears and neck),
    - Tie up long hair,
    - Remove neck ties, and
    - Do not wear loose clothing

See Also

"Notices and Safety" on page ii

"Safety Notices" on page iii

Operation Verification

Use the Operation Verification Checklist to verify the bike operation. Verify the bike operation at the completion of any maintenance procedure and when it is necessary to ensure that the bike is operating properly.

Operation Verification Checklist

- ☐ Do an overall visual inspection of the bike looking for any loose hardware and/or missing parts Repair and replace as needed.
- ☐ Verify that the bike sets level and is stable on the floor, see "Leveling Adjustment Procedure" on page 16.
- ☐ Verify that the seat height and forward/back adjustment operate correctly.
  - Make sure that the seat post up/down movement is smooth and that the pop-pins lock at different positions. .
  - Make sure the forward/back slider movement is smooth and the adjustment knob locks the seat in position.
- ☐ Verify that the handlebar height and forward/back adjustment work correctly.
  - Make sure the handlebar post up/down movement is smooth and that the pop-pins lock at different positions.
  - Make sure the forward/back slider movement is smooth and the adjustment knob locks the handlebar in position.
- ☐ Set the resistance to minimum and pedal the bike at a moderate pace (55 rpm or greater), increase the resistance to maximum and return to zero resistance.
  - Verify that the resistance knob functions normally from min to max resistance.
  - Verify that there were no unusual noises from the brake pads or flywheel during operation.
  - Verify that at maximum resistance, the bike was very hard to pedal.
- ☐ Commercial use: Release all tension from the resistance knob when the operational check is completed.
- ☐ Residential use: Use resistance knob to apply a small amount of resistance when the operational check is completed.

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Adjustment Procedures

Adjustment procedures provide you with the step-by-step adjustment instructions to bring systems and components into specification. Perform the adjustment procedures whenever a trouble symptom points to a particular component and after a major component is removed/replaced.

Available Adjustment Procedures

"Belt Drive Tension Adjustment" on the next page

"Chain Drive Tension Adjustment" on page 12

"Leveling Adjustment Procedure" on page 16

Belt Drive Tension Adjustment

About

This procedure provides instruction to verify and make adjustments to the belt drive tension. The belt tension should be verified anytime the belt is replaced, at regularly scheduled preventative maintenance, or when there are any unusual belt related issues (noises, pedal slip, etc.) while operating the bike.

Belt adjustment requires removing the front and rear belt guards and the use of a belt tension gauge.

> **CAUTION**: Improper belt adjustment will cause premature wear and may void the Precor Limited Warranty.

Specifications

System Component	Specification
Belt Drive Tension	140 - 150 lbs

Available Movies

(Internet Only)

Belt Tension Adjustment

Procedure

Review entire procedure before starting.

1. Remove front and rear belt guards, see "Belt/Chain Guard Cover Replacement" on page 19.
2. Remove all brake pad flywheel resistance by turning the resistance knob counterclockwise (-).
3. Place the Belt Tension Gage (1) onto the belt (2).



4. Adjust the belt tension between 140 - 150 lbs tension using the 13 mm belt tensioner adjustment nut 3. Replace the belt if it cannot be adjusted within the specified limits.



5. Slowly turn the crank and verify the belt is operating smoothly and with no other issues (noises, binding, etc.).
6. Mount and pedal bike to verify that there are no issues with the belt adjustment.
7. Replace belt guard covers in reverse order, see "Belt/Chain Guard Cover Replacement" on page 19.
8. Verify bike operation per "Operation Verification Checklist" on page 8 and return to service.

See Also

"Adjustment Procedures" on page 9

Chain Drive Tension Adjustment

About

This procedure provides instruction to verify and make adjustments to the chain drive. The chain tension should be verified anytime the chain is replaced, at regularly scheduled preventative maintenance, or when there are any unusual belt related issues (noises, pedal skip, etc.) while operating the bike.

> **CAUTION**: Improper chain adjustment will cause premature wear and may void the Precor Limited Warranty.

Specifications

System Component	Specification
Chain Drive Tension	1/2 in (1.3 cm) up/dwn travel
Axle Nut torque	29.5 ft-lbs (40 Nm)

Available Movies

Chain Tension Adjustment

Procedure

Review entire procedure before starting.

Chain tension verification

1. First verify the chain tension by inserting a screwdriver into the chain tension inspection window 2 (rear chain guard) and gently moving the chain up and down. A properly adjusted chain will have 1/2 in (1.3 cm) up/dwn travel. If the chain is too loose or

too tight, continue procedure to adjust the chain tension.



Chain adjustment instructions

1. Remove the front chain guard access panel 3 by removing the one fastener using a 5 mm hex key.



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2. Remove all brake pad flywheel resistance by turning the resistance knob counter clockwise (-).
3. Loosen the left and right axle nuts 4 enough to allow axle movement using a 19 mm wrench.

4. Chain adjustment requires proper chain tension and chain sprocket alignment.

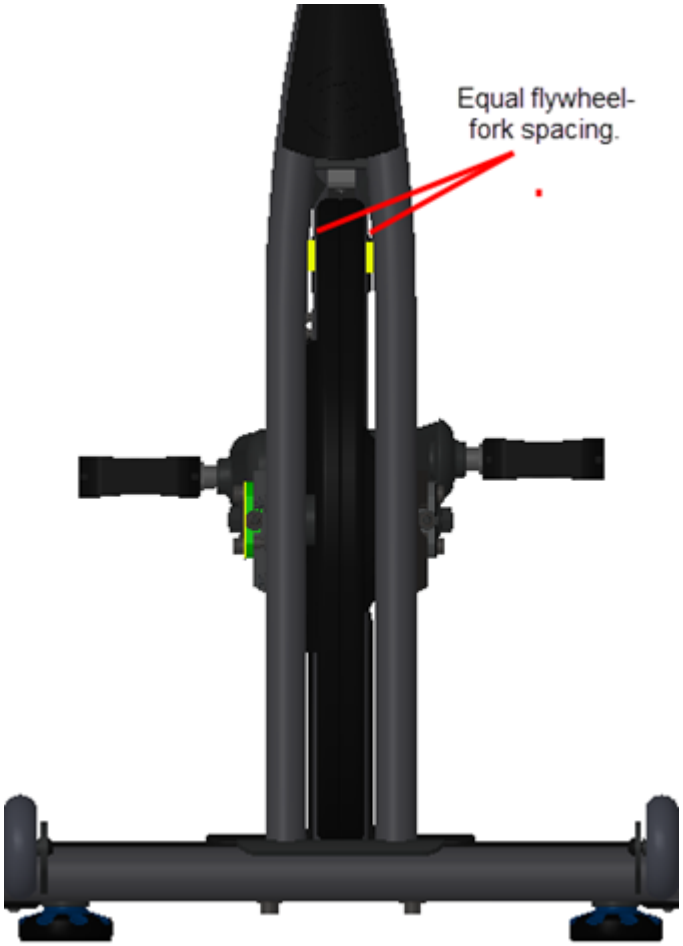
   Equally tighten or loosen the left and right chain adjustment nuts 5 (10 mm wrench) so that there is 1/2 in (1.3 cm) up/dwn travel.

   a. Slowly turn the crank arm and adjust the chain tension so the chain falls smoothly onto the front and rear sprockets.





   b. Turn the crank and verify that the chain runs smoothly over the teeth of both front and rear sprockets. The vertical gap between the flywheel rim and front forks should be equal distance. Make small tension bolt adjustments as needed to align the flywheel and sprockets.



5. Tighten the left and right axle nuts (4), torque to 29.5 ft-lbs (40 Nm).
6. Ride (pedal) the bike to verify there are no issues with the chain tension adjustment.
7. Replace the chain guard access panel.
8. Verify the bike operation per "Operation Verification Checklist" on page 8 and return to service

See Also

"Adjustment Procedures" on page 9

Leveling Adjustment Procedure

Use this procedure to level the bike. Make sure the bike is level and sits firmly on the floor before allowing anyone to use the bike.

> ***IMPORTANT***: Place the unit on a flat surface. Rotating the adjustable feet does not compensate for extremely uneven surfaces.

Leveling the bike

1. Tighten all four leveling feet to fully lower the bike.



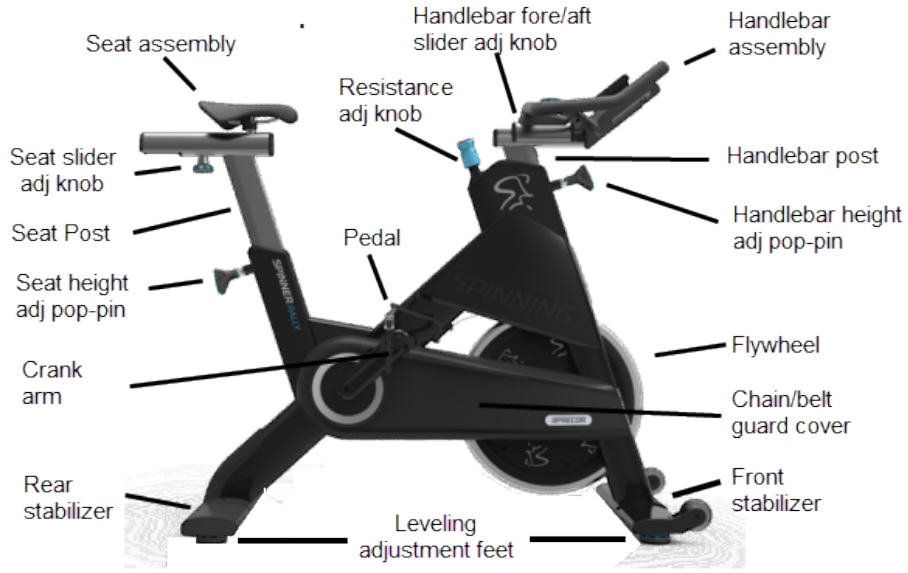
2. Try to rock the bike. If there is any movement, tip the bike to one side to locate the adjustable feet.
3. Correct the height of each adjustable foot by turning it clockwise (+) to lower the bike, or counterclockwise (-) to raise the bike.
4. When you are finished leveling the bike, place it on the floor. Recheck for movement and readjust as necessary.

See Also

"Adjustment Procedures" on page 9

Replacement Procedures

Replacement procedures provide you with the step-by-step instructions to remove and replace system components.



Available Replacement Procedures

"Belt/Chain Guard Cover Replacement" on page 19

"Belt and Flywheel Replacement" on page 22

"Brake Pad Replacement" on page 25

"Chain Drive and Flywheel Replacement" on page 28

"Front Stabilizer Replacement" on page 54

"Handlebar Assembly Replacement" on page 31

"Pedal Replacement" on page 37

"Rear Stabilizer Replacement" on page 56

"Resistance Knob Replacement" on page 45

"Seat Assembly Replacement" on page 51

See Also

"Belt Drive Tension Adjustment" on page 10

"Chain Drive Tension Adjustment" on page 12

"Leveling Adjustment Procedure" on page 16

Belt/Chain Guard Cover Replacement

About

This procedure provides instruction to remove and install the front and rear Belt/Chain Guard Covers.

The front belt/chain guard includes an access panel used to access the tensioner nuts and right axle nut. The rear cover includes a chain tension window that allows you to verify the chain tension. It is easiest to remove the rear guard cover first and then the front guard cover, install in reverse order. All rear guard fasteners must be removed before the front guard can be removed.

Available Movies

(Internet Only)

Belt/Chain Guard Cover Replacement

Procedure

Review entire procedure before starting.

Removal instructions

1. Remove the rear belt guard cover (1) by removing the fasteners (4x) using a 5 mm hex key. Remove stared fastener last. Retain part(s) and/or fastener(s) for installation.



Front Access Panel guard cover removal instructions

2. Remove the front guard access panel 3 by removing the one fastener using a 5 mm hex key. Retain part(s) and/or fastener(s) for installation.



Front Belt/Chain Panel guard cover removal instructions

3. Remove the front belt/chain guard cover 4 by removing the fasteners (4x) using a 5 mm hex key. The back cover bolts need to be removed to remove the front cover. Carefully slide the front cover over the pedal crank arm to remove. Retain part(s) and/or fastener(s) for installation.



Installation Instructions

4. Install the belt/ chain guard covers in reverse order:
    a. First install front cover 4 and access panel 3.
    b. Then install the back cover 1. It is easiest to install the stared fastener first to hold cover in position.



See Also

"Replacement Procedures" on page 17

Belt and Flywheel Replacement

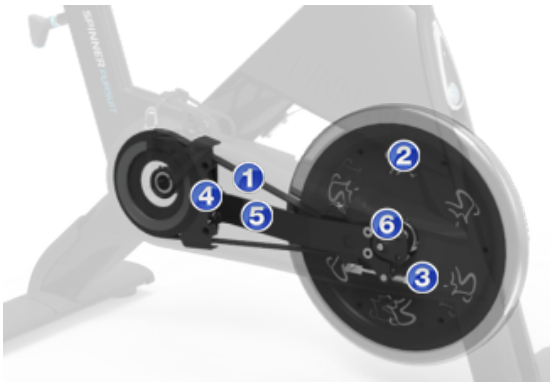
About

This procedure provides instruction to remove and install the Belt and flywheel.

The Poly V drive belt is the latest generation of drive systems for spinner bikes. The flywheel axle and front pulley are mounted in a fixed position providing front-rear belt pulley alignment. Also, after the belt tension is set, the belt tensioner mechanism is designed to not require adjustment and will not allow belt slip.

Belt replacement requires removal of the flywheel so this procedure provides instructions to remove/install both the belt and flywheel.

WARNING: Personal injury is possible while removing/installing the flywheel. The flywheel weighs approximately 43 lbs (19.5 kgs) and can pinch or fall onto fingers or other extremities causing personal injury.



ID	Part
1	Poly-V Drive Belt
2	Flywheel
3	Belt Tensioner
4	Belt Pulley Finger Guard
5	Frame Cross Member
6	Flywheel Axle Nut

Specifications

System Component	Specification
Belt Drive Tension	140 - 150 lbs
Axle Nut **Torque**[1]	29.5 ft-lbs (40 Nm)

[1]Torque is a measure of the force that can cause an object to rotate about an axis. Bolt/nut example: 5 NM torque is equivalent to 5 newton's of force applied one meter from the center of the bolt, 6 ft-lb is equivalent to 6 lbs of force applied 1 foot away from the center of the bolt.

Available Movies

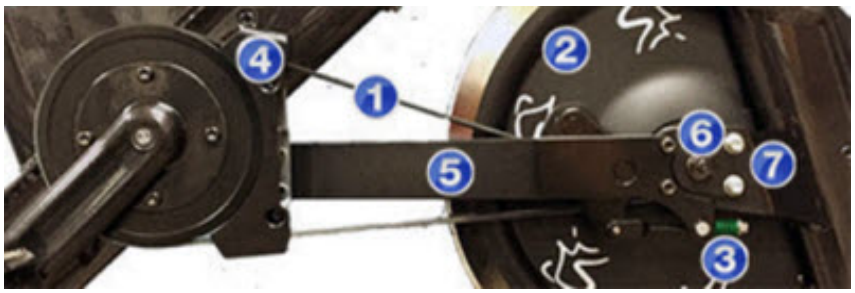
Belt Drive Replacement

Procedure

Review entire procedure before starting.

Removal instructions

1. Remove front and rear belt guard covers, see "Belt/Chain Guard Cover Replacement" on page 19.
2. Remove all brake pad resistance by turning resistance knob counterclockwise (-).
3. Release belt tension by loosening the belt tension adjustment nut 3 using a 13 mm wrench. Release as much tension as possible without removing the nut off the tension bolt.



4. Remove the rear belt pulley finger guard 4 by removing the fasteners (2x) using a 5 mm hex key. Retain part(s) and/or fastener(s) for installation.

CAUTION: It is important to release belt tension prior to removing the frame cross member.

5. Remove the frame cross member 5 by removing fasteners (4x) using 6 mm hex key. Firmly grasp the cross member while removing. The belt tensioner is mounted onto the cross member and may have a small amount of belt tension applied.

NOTE: Make sure to note how the belt is installed onto the tension mechanism pulleys for installation.

6. Loosen, but do not remove, the left and right axle nuts 6 using a 19 mm wrench.

NOTE: Make sure there is no brake pad resistance against the flywheel.

7. Remove the left and right axle mounting plate fasteners 7 (2x each) using a 6 mm hex key. Retain part(s) and/or fastener(s) for installation.

8. Carefully slide the flywheel off the frame and remove the belt.

   Installation Instructions.

9. Install the belt over the front flywheel pulley and rear pulley.
10. Use two service techs to carefully install the flywheel by inserting the axle mounting plates into the frame axle mounting slots.

TIP: You may find it easier to stand the bike frame on its front (resting on the front stabilizer and handlebar) and then installing the flywheel into the axle mounting slots. The weight of the flywheel will help to slide the flywheel into the mounting slots. Secure axle plate with mounting plate bolts and carefully return bike to the upright position.

11. Position the flywheel to align the left and right axle mounting plate holes to the frame mounting threads. Secure axle mounting plate 7 with fasteners (2x each) using a 6 mm hex key.
12. Tighten the left and right axle bolts 6, torque to 29.5 ft-lbs (40 Nm).
13. Reinstall the frame cross member 5 onto frame, make sure the drive belt is correctly installed onto the tension mechanism pulleys. Secure with fasteners (4x) using 6 mm hex key.
14. Reinstall the rear belt pulley finger guard 4, secure with the fasteners (2x) using a 5 mm hex key.
15. Tension belt to specification, go to "Belt Drive Tension Adjustment" on page 10.

NOTE: Make sure the frame cross member is installed before tensioning belt.

16. Verify that the brake pad is centered on the flywheel and operating correctly.
17. Replace front and rear belt guard covers, see "Belt/Chain Guard Cover Replacement" on page 19
18. Verify the bike operation per "Operation Verification Checklist" on page 8 and return to service.

See Also

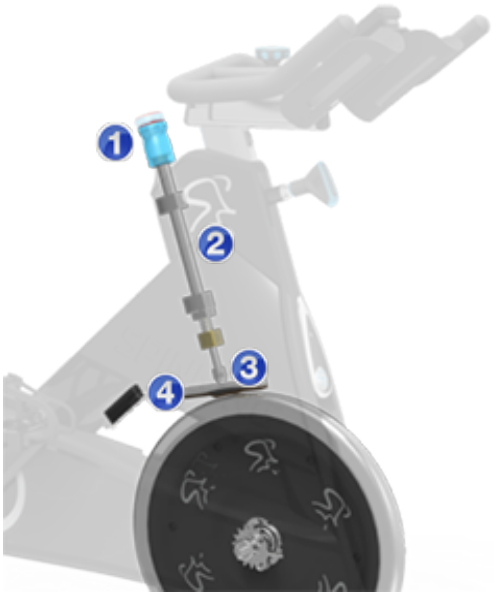
"Replacement Procedures" on page 17

Brake Pad Replacement

About

This procedure provides instruction to remove and install the Brake Pad.

The leather pad is an extremely simple and reliable resistance system. The resistance adjustment knob is used to apply pressure and increased friction to the flywheel creating changing pedal resistance.



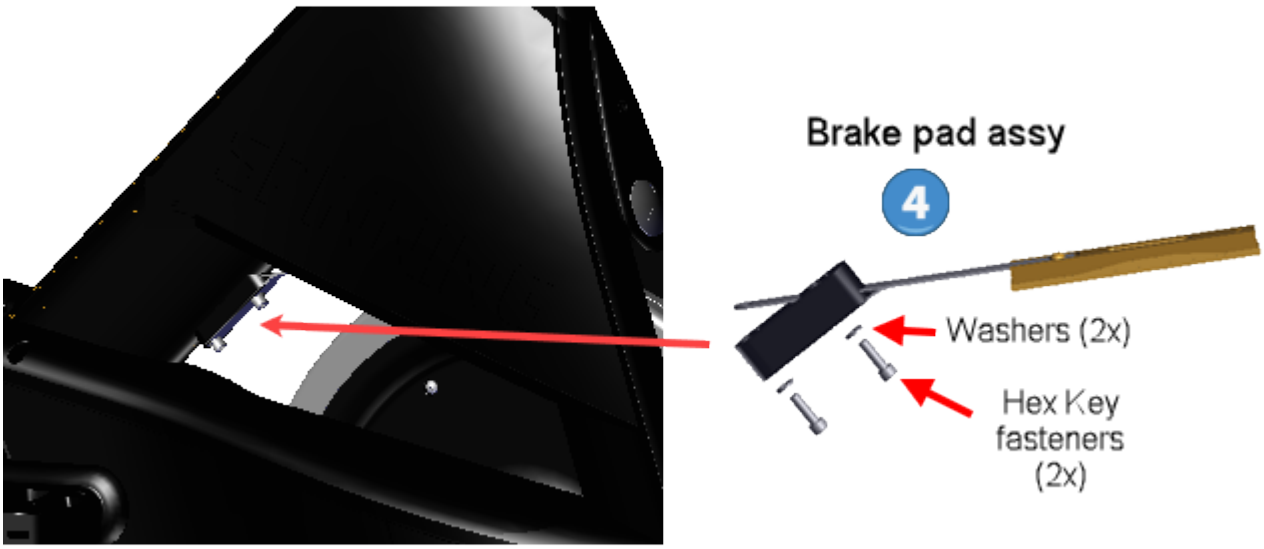
ID	Part
1	Resistance knob
2	Resistance shaft
3	Acorn shaft nut
4	Brake pad assembly

Procedure

Review entire procedure before starting.

Removal Instructions

1. Remove all tension from the brake pad by turning the resistance knob counterclockwise (-) until completely loose.
2. Remove the brake pad assembly 4 by removing the mounting bolts (2x) using a 5 mm hex key, Retain part(s) and/or fastener(s) for installation.



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3. Remove the brake pad 5 by removing the one mounting bolt using a 3 mm hex key. Retain part(s) and/or fastener(s) for installation.

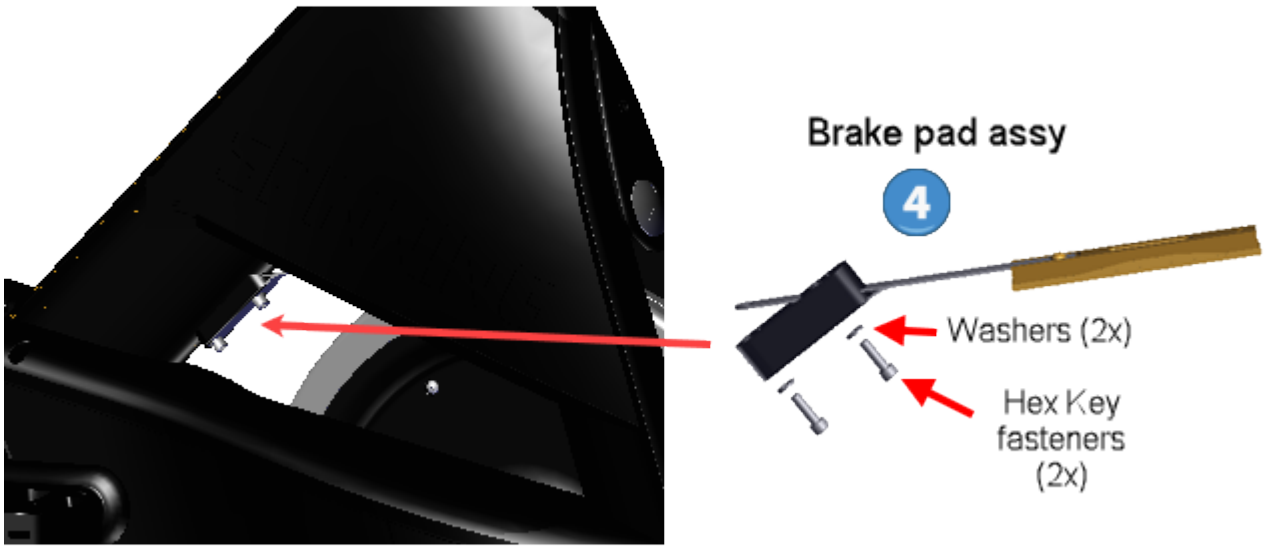


Installation Instructions

4. Reinstall the brake pad 5 onto the assembly and secure with the mounting bolt.



5. Pull up the resistance knob and slide the brake pad assembly 4 into position aligning the frame mounting bolt inserts. Secure using the two 5 mm hex hey mounting bolts (2x) and washers (2x). Make sure that the brake pad is centered on the flywheel rim and fully tighten.



6. Verify that the brake pad is centered onto the flywheel.
7. Verify the bike operation per "Operation Verification Checklist" on page 8 and return to service.

See Also

"Replacement Procedures" on page 17

Chain Drive and Flywheel Replacement

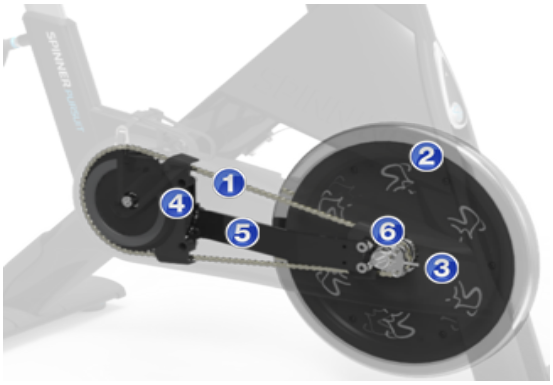
(Chain drive bikes only).

About

This procedure provides instruction to remove and install the Chain Drive and Flywheel.

Chain replacement requires removal of the flywheel so this procedure provides instructions for both chain and flywheel replacement.

WARNING: Personal injury is possible while removing/installing the flywheel. The flywheel weighs approximately 43 lbs (19.5 kgs) and can pinch or fall onto fingers or other extremities causing personal injury.



ID	Part
1	Chain
2	Flywheel
3	Chain Tensioner
4	Chain Sprocket Finger Guard
5	Frame Cross Member
6	Flywheel Axle Nut

Specifications

System Component	Specification
Chain Drive Tension	1/2 in (1.3 cm) up/dwn travel
Axle Nut Torque[1]	29.5 ft-lbs (40 Nm)

Procedure

Review entire procedure before starting.

Removal instructions

[1]Torque is a measure of the force that can cause an object to rotate about an axis. Bolt/nut example: 5 NM torque is equivalent to 5 newton's of force applied one meter from the center of the bolt, 6 ft-lb is equivalent to 6 lbs of force applied 1 foot away from the center of the bolt.

1. Remove front and rear chain guards, see "Belt/Chain Guard Cover Replacement" on page 19.
2. Remove all brake pad resistance by turning the resistance knob counter clockwise (-).
3. Remove the rear chain sprocket finger guard 4 by removing the fasteners (2x) using a 5 mm hex key. Retain part(s) and/or fastener(s) for installation.



4. Loosen, but do not remove, the left and right axle nuts 6 using a 19 mm wrench to allow axle movement.
5. Remove chain tension by alternately loosening the left and right chain adjustment nuts 3 using a 10 mm wrench. Remove nuts. Retain part(s) and/or fastener(s) for installation.
6. Remove the frame cross member 5 by removing the two front and two rear bolts, washers, and nuts using a 6 mm hex key. Grasp the cross member to prevent falling during removal. Retain part(s) and/or fastener(s) for installation.
7. Remove the flywheel using two service techs to carefully slide the flywheel rearward off the frame.

NOTE: Make sure there is no brake pad resistance applied to the flywheel.

8. Remove the chain by carefully removing the chain off the front sprocket and then sliding the chain over the rear crank arm and pedals.

Installation Instructions.

9. Place the chain over the pedals and rest it on the crank arm, do not put the chain onto the sprocket teeth.
10. Place the other end of the chain onto the flywheel axle sprocket teeth.
11. Reinstall the flywheel using two service techs to carefully slide the flywheel into the frame axle bracket. The chain adjustment bolts need to slide thru the adjustment nut bracket holes.

TIP: You may find it easier to stand the bike frame on its front (resting on the front stabilizer and handlebar) and then installing the flywheel into the axle mounting slots. The weight of the flywheel will help to slide the flywheel into the mounting slots. Carefully hold the flywheel and return bike to the upright position.

12. Reinstall the frame cross member 5 using the two front and two rear bolts, and washers using a 6 mm hex key.
13. Thread the left/right chain tension adjustment nuts 3 onto the adjustment bolt but do not tighten. Pull the flywheel forward until the chain tension stops movement. Then align the flywheel angle so that the front of the flywheel rim is equally spaced and centered within the frame forks. Then tighten the tensioner nuts until snug.
14. Adjust the chain tension to specification, go to "Chain Drive Tension Adjustment" on page 12
15. Tighten the left and right axle nuts 6, torque to 29.5 ft-lbs (40 Nm).
16. Reinstall the rear chain sprocket finger guard 4, secure with two fasteners using a 5 mm hex key.
17. Replace front and rear chain guard covers in reverse order, see "Belt/Chain Guard Cover Replacement" on page 19.
18. Verify that the brake pad is centered on the flywheel and operating correctly.
19. Verify the bike operation per "Operation Verification Checklist" on page 8 and return to service.

.See Also

"Replacement Procedures" on page 17

Handlebar Assembly Replacement

About

This procedure provides instruction to remove and install the Handlebar Assembly including: the Handlebar, Slider, Handlebar, and Handlebar Post.

- """Handlebar slider replacement Instructions" on page 1" above" above
- """Handlebar replacement Instructions" on page 1" above" above
- "Handlebar Post replacement Instructions" on page 33

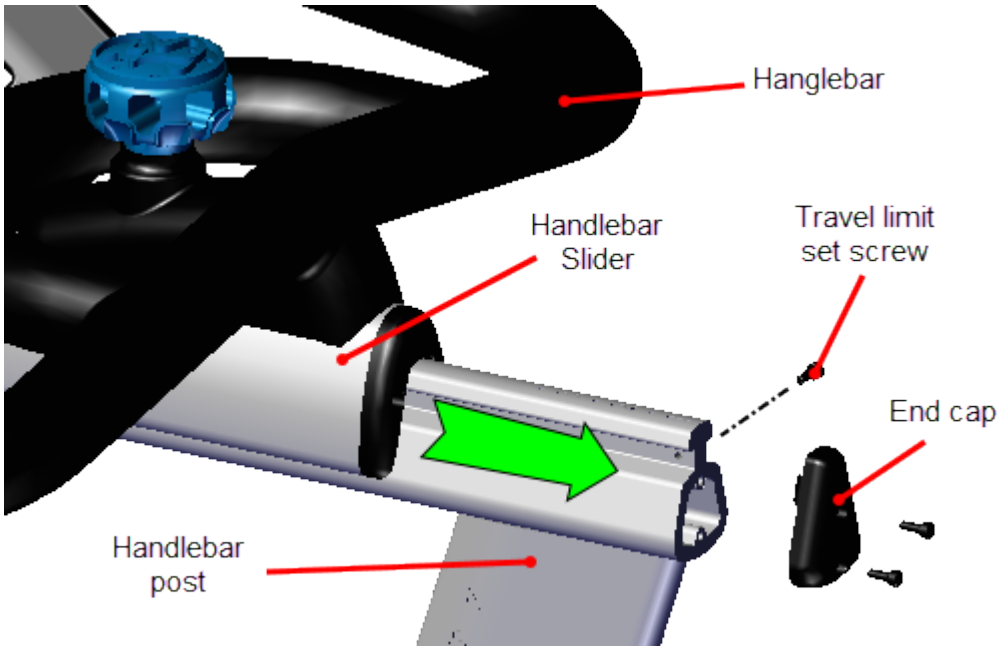
Procedure

Review entire procedure before starting.

Handlebar slider replacement Instructions

Removal Instructions

1. Remove the rear handlebar post slider end cap by removing the two mounting screws using a 2.5 mm hex key. Retain for installation.



2. Slide the handlebar forward enough to allow access to handlebar assembly travel limit set screw located at the back end of the handlebar post slider. Remove the rear slider travel limit set screw using a 2.5 mm hex key. Retain part(s) and/or fastener(s) for installation.
3. Loosen the fwd/aft adjustment knob and slide the assembly off the back of the post. Lift up on the adjustment knob while removing.

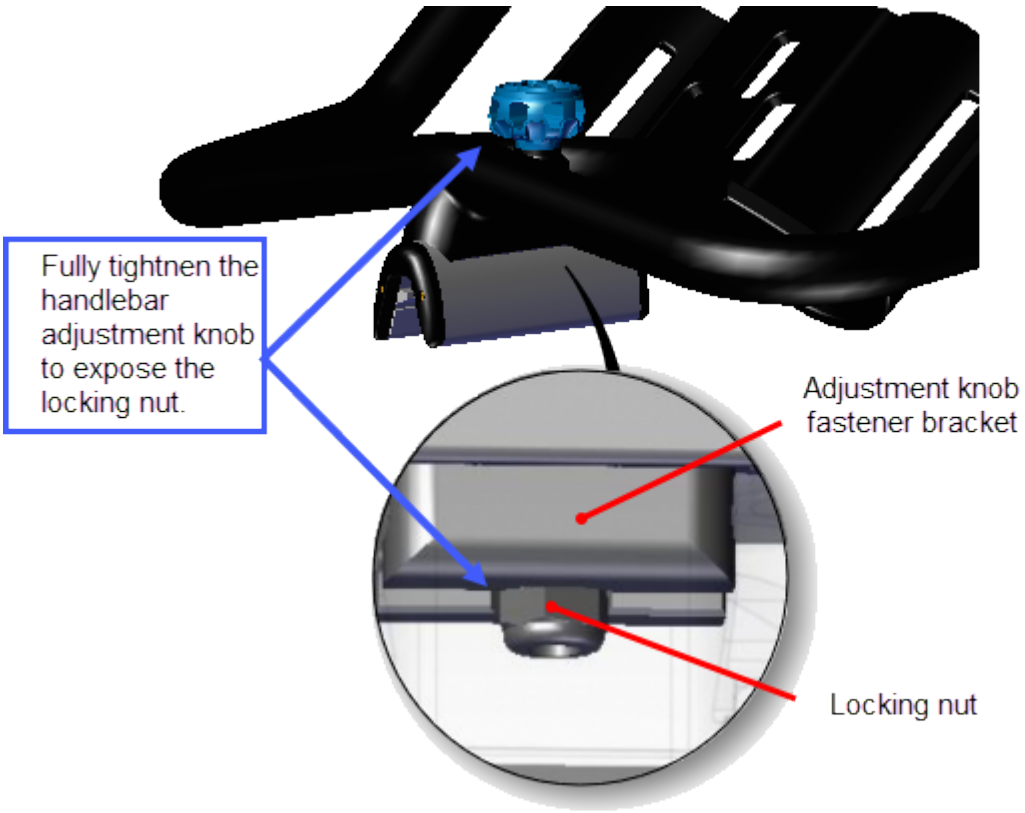
Installation Instructions

4. Reinstall the replacement handlebar assembly in reverse order.
5. Verify the handlebar forward/reverse travel is smooth and that the handlebar slider is stopped from sliding off the post.
6. Verify the handlebar adjustment knob operation and that it holds the handlebar in position.
7. Adjust the handlebar height and fwd/aft reach to a comfortable position.
8. Verify the bike operation and return to service.

Handlebar replacement Instructions

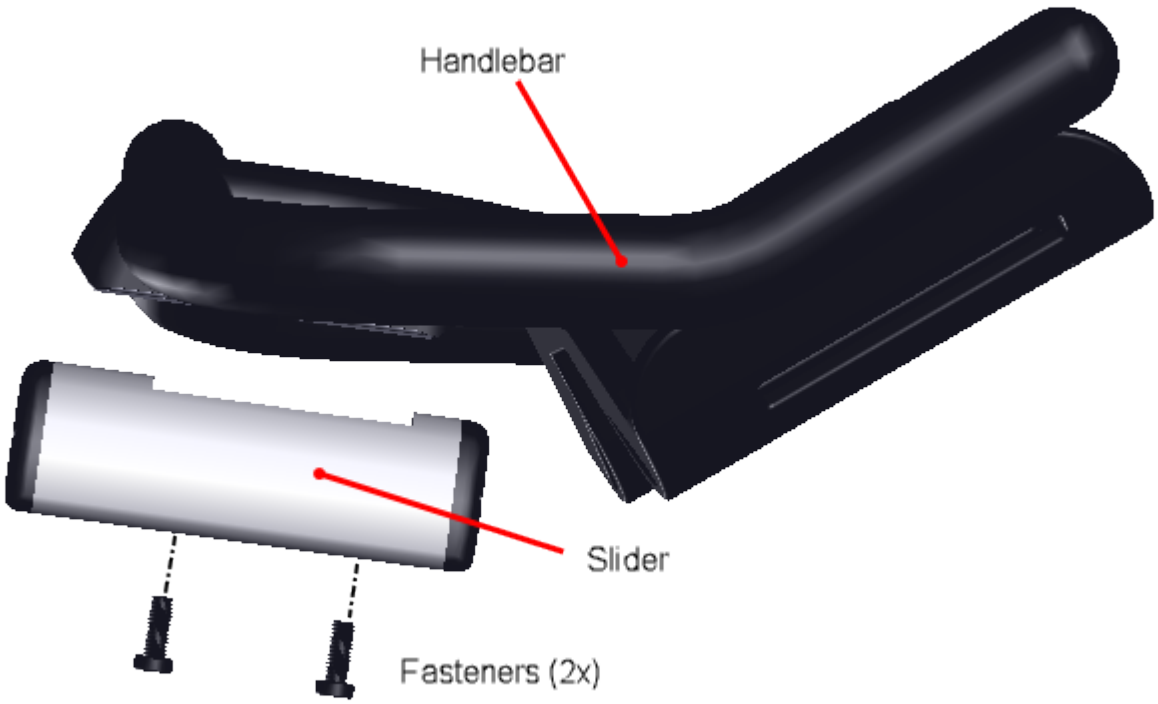
Removal Instructions

1. Remove the Handlebar slider off the post, see """"Handlebar slider replacement Instructions" on page 1" above" on the previous page.
2. Remove the handlebar adjustment knob.
   a. Fully tighten the handlebar adjustment knob. This will push the locking nut slightly above the bottom edge of the adjustment knob bracket exposing the locking nut.



b. Use a thin wall 5/16' deep socket to hold the locking nut from turning while loosening the adjustment knob until removed. Keep light pressure on the adjustment knob while loosening.

3. Remove the two fasteners and remove the slider from the handlebar.



Installation Instructions

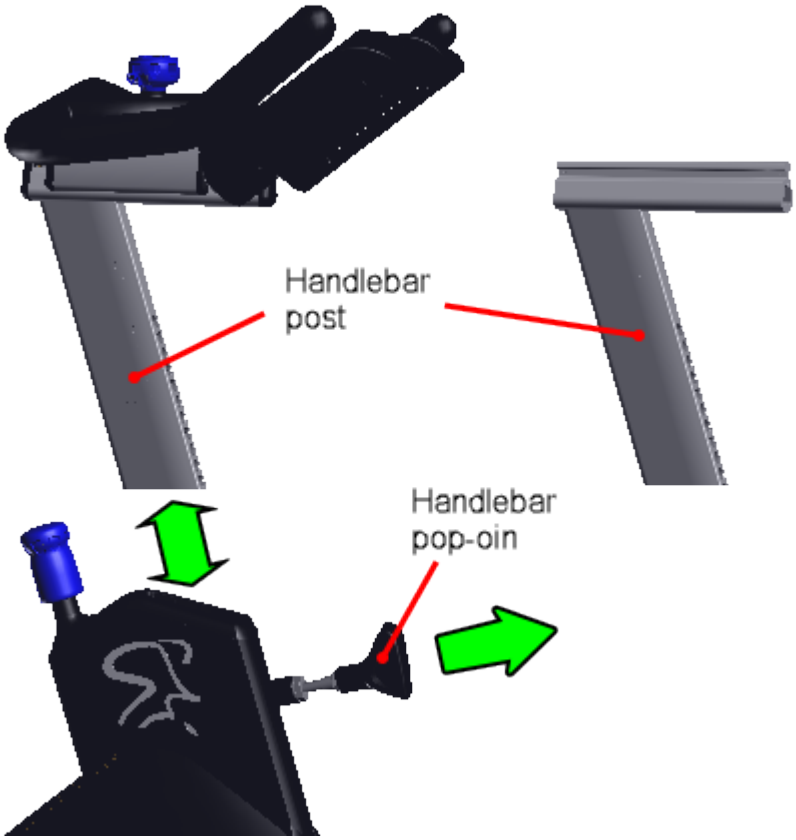
4. Install the handlebar onto the slider in reverse order.
5. Reinstall the handlebar slider onto the handlebar post, see """Handlebar slider replacement Instructions" on page 1" above" on page 31.

Handlebar Post replacement Instructions

Removal Instructions

1. Pull the handlebar height adjustment pop-pin and remove the handlebar post from the frame. The handlebar post can be removed with the handlebar slider assembly

installed.



Installation Instructions

1. Clean and apply a thin film of the 3-IN-ONE SILICONE lubricant onto the handlebar assembly post. Do not apply lubricant to the handlebar forward/back slider.
2. Install the handlebar post into the frame. Pull the handlebar pop-pin and engage one of the post height holes.
3. If removed, reinstall the handlebar onto the handlebar slider, see """Handlebar replacement Instructions" on page 1" above" on page 31.
4. If removed, install the handlebar slider assembly onto the handlebar post, see """Handlebar slider replacement Instructions" on page 1" above" on page 31.
5. Adjust the handlebar height and vertical reach to a comfprtable position.
6. Verify bike operation and return to service.

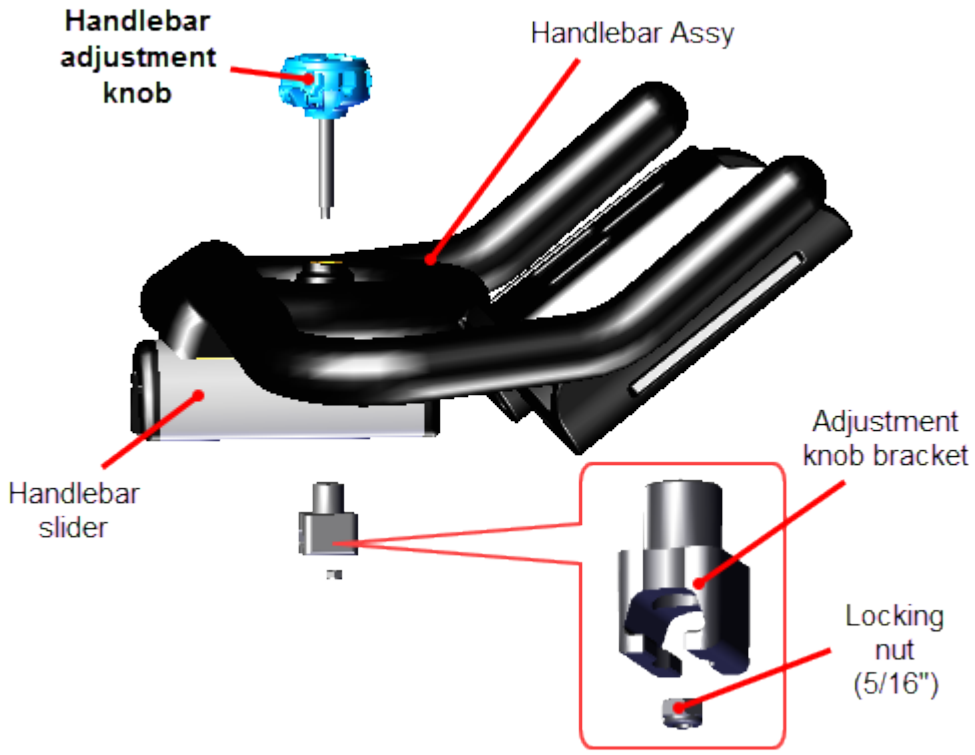
See Also

"Handlebar Adjustment Knob Replacement" on the facing page

Handlebar Adjustment Knob Replacement

About

This procedure provides instruction to remove and install the Handlebar Adjustment Knob.

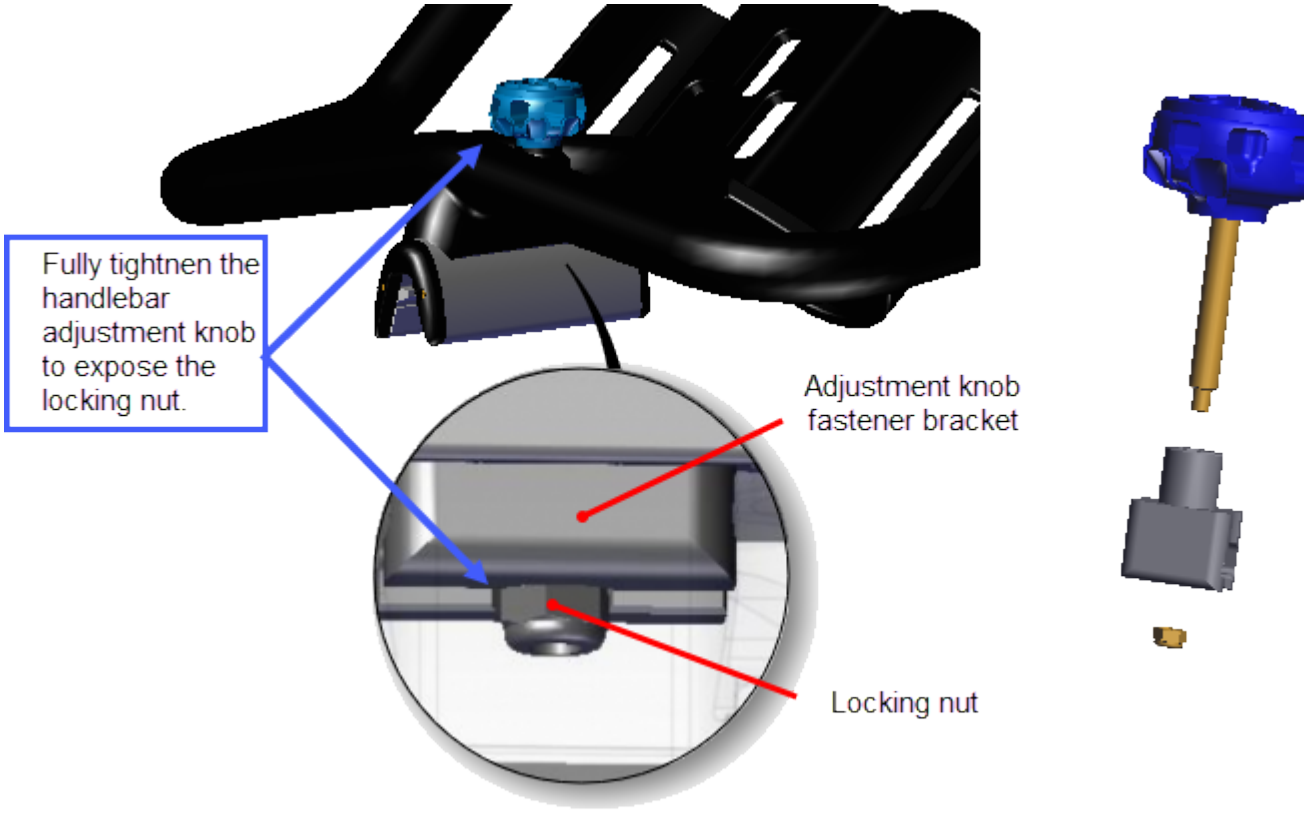


Procedure

Review entire procedure before starting.

Removal Instructions

1. Remove the handlebar assemble off the post slider, see "Handlebar Adjustment Knob Replacement" above.
2. Fully tighten the handlebar adjustment knob. This will push the locking nut slightly above the bottom edge of the adjustment knob bracket exposing the locking nut.



3. To remove the adjustment knob, use a thin wall 5/16' deep socket to hold the locking nut from turning while loosening the adjustment knob. Keep light pressure on the adjustment knob while loosening.

Installation instructions

1. Reinstall the handlebar adjustment knob in reverse order.
2. Reinstall the handlebar assembly and verify the handlebar adjustment knob operation, see "Handlebar Assembly Replacement" on page 31.

See Also

"Replacement Procedures" on page 17

Pedal Replacement

About

This procedure provides instruction to remove and install the Pedals.

The pedals are dual-sided **SPD**[1®] compatible pedal attached to oversized crank arms utilizing the patented Morse taper connections.

Available Movies

(Internet Only)

Pedal Replacement tutorial video.

Specifications

System Component	Specification
Pedal fastener	**Torque**[2] 33 ft-lb (45 N•m)

Specialized Tools

Tool		Part Number	Qty
Crank Extractor (used to remove pedal)		X-Tools Crank Extractor)(1) or similar	1

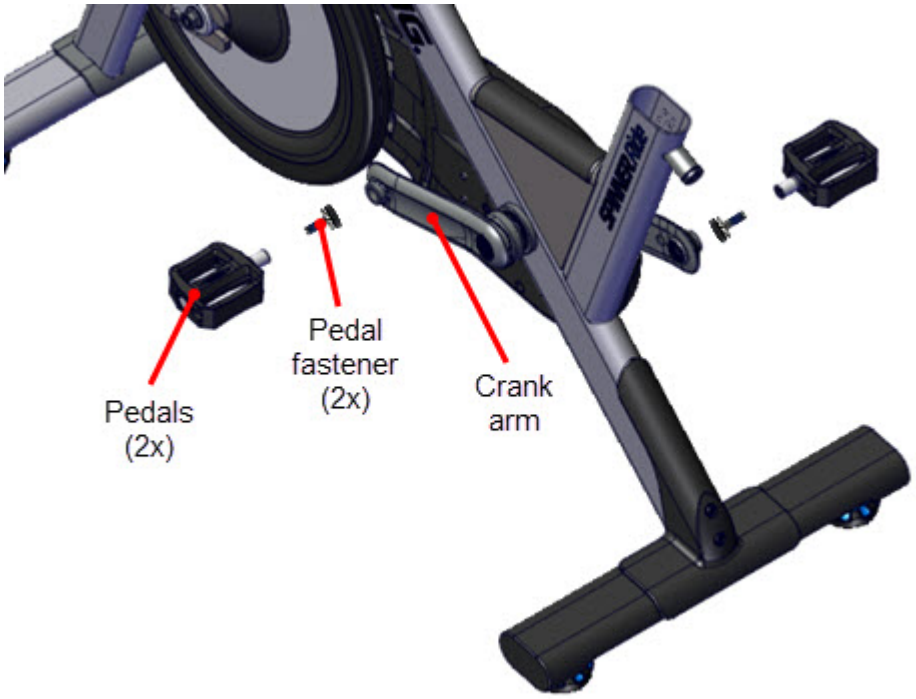
Procedure

Review entire procedure before starting.

CAUTION: Be careful not to scratch or dent bike with tools during the removal/installation process.

[1]speed

[2]Torque is a measure of the force that can cause an object to rotate about an axis. Bolt/nut example: 5 NM torque is equivalent to 5 newton's of force applied one meter from the center of the bolt, 6 ft-lb is equivalent to 6 lbs of force applied 1 foot away from the center of the bolt.



Removal Instructions

1. Position the crank arm and right pedal to the 12 o'clock position.
2. Remove the pedal mounting bolt using an 8 mm hex key. Retain part(s) and/or fastener(s) for installation.



3. Use a crank puller (recommended PN X-Tools Crank Extractor or similar) to press the pedal out of the crank arm and remove.





4. Repeat steps to remove the left pedal.

   Installation instructions:

5. Insert the right pedal into the right crank arm. Seat the pedal by using a rubber mallet to lightly tap the center of the pedal into the crank arm.



6. Secure pedal with the pedal mounting bolt using an 8 mm hex key, torque to 33 ft-lb (45 N•m).



7. 

8. Repeat installation steps to install the left pedal.
9. Verify the bike operation per "Operation Verification Checklist" on page 8 and return to service

See Also

"Replacement Procedures" on page 17

Crank Arm Replacement

About

This procedure provides instruction to remove and install the Crank Arm.

The process is similar to removing the pedals.

Specifications

System Component	Specification
Crank arm fastener	33 ft-lb (45 N•m)

Specialized Tools

Tool		Part Number	Qty
Crank Extractor (used to remove pedal)		X-Tools Crank Extractor)[1] or similar	1
Medium strength thread-locker		Loctite 243	1

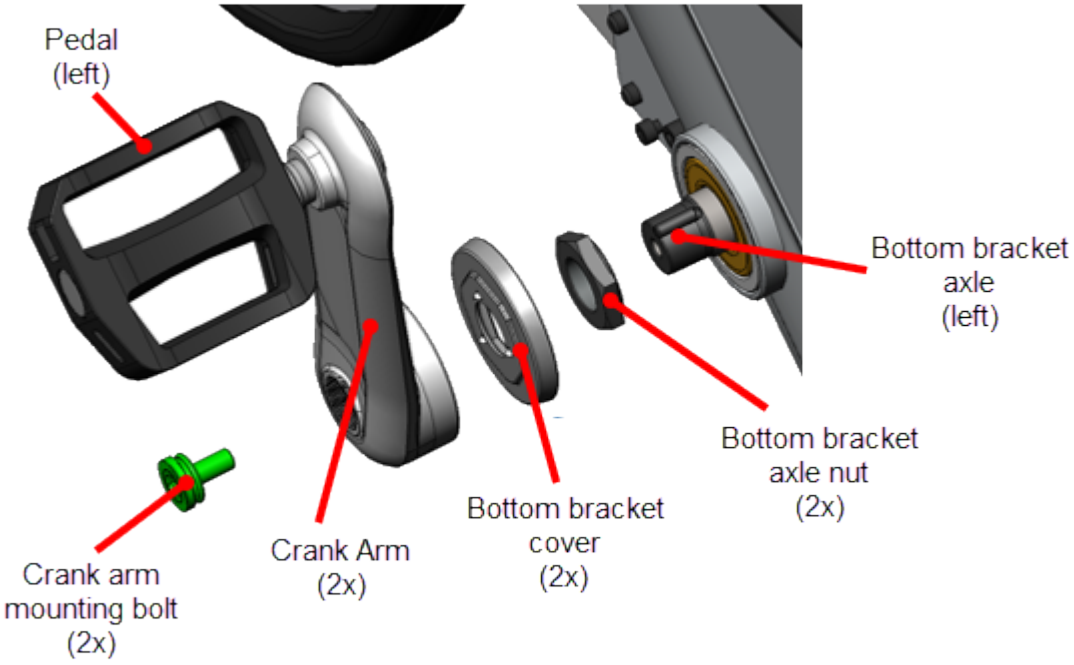
Procedure

Review entire procedure before starting.

CAUTION: Be careful not to scratch or dent bike with tools during the removal/installation process.

Removal Instructions

1. Remove the left and right pedals, see "Pedal Replacement" on page 37.
2. Remove the left crank arm mounting bolt using an 8 mm hex key.



3. Use a crank puller (recommended Park Tool CCP-222 to pull the crank arm from the bottom bracket bearing axle and remove.
4. Remove the bottom bracket cover.

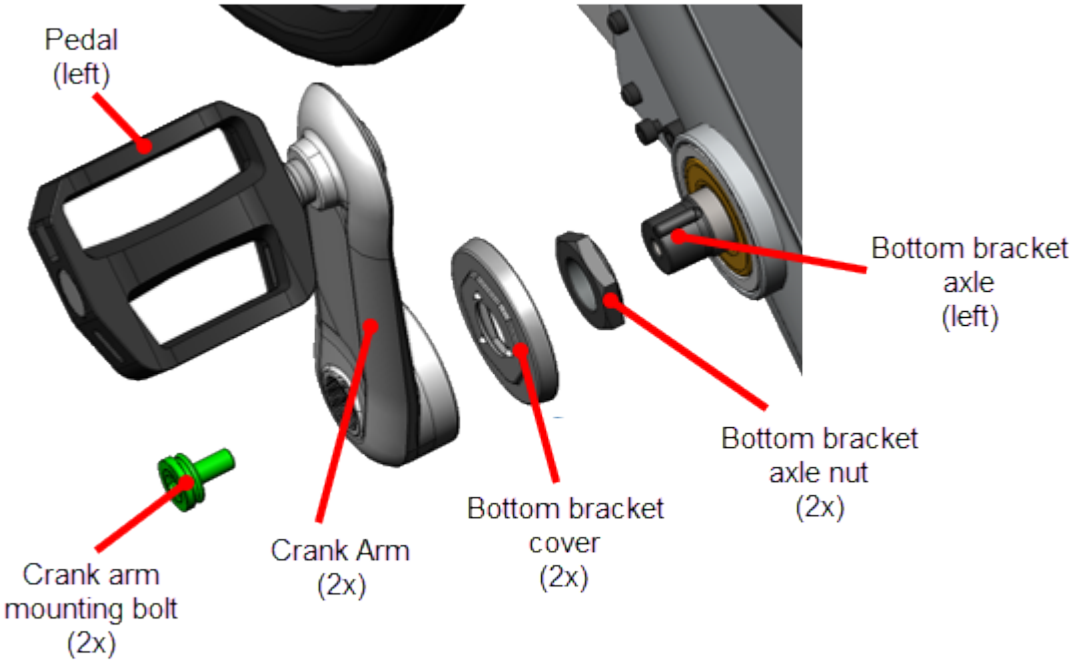
Note: Early production bikes may not include the bottom bracket cover, see service bulletin SB.**SBK**[1].20160825 for information.

5. Remove the bottom bracket axle nut. Clean the axle nut and the bottom bracket axle threads. Retain part(s) and/or fastener(s) for installation.
6. Repeat steps to remove the right crank arm.

Installation instructions:

1. Apply a light coat of multipurpose oil to the axle nut threads and install onto the bottom bracket axle. Fully tighten the axle nut.

[1]Spinner Indoor Cycle



2. Install bottom bracket cover onto the bottom bracket axle over the axle nut.
3. Install the left crank arm onto the left side bottom bracket axle. Seat the crank arm by using a rubber mallet to lightly tap the crank arm onto the bottom bracket axle.
4. Apply Loctite 243 to the 8 mm hex key crank arm mounting bolt, torque to 33 ft-lb (45 N•m).
5. Repeat installation steps to install the right crank arm.
6. Install the left and right pedals, see "Pedal Replacement" on page 37.
7. Verify the bike operation and return to service, see "Operation Verification" on page 8.

See Also

"Pedal Replacement" on page 37

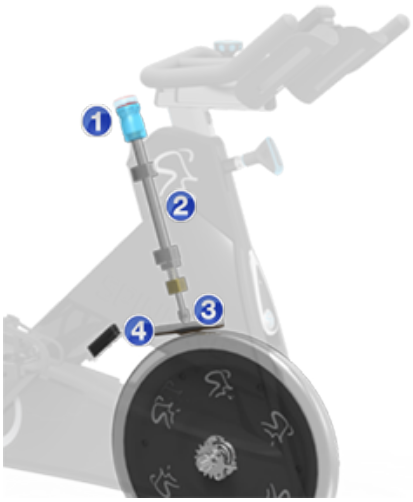
"Operation Verification" on page 8

Resistance Knob Replacement

About

This procedure provides instruction to remove and install the Resistance Knob assembly.

The resistance knob is fixed to the steel resistance shaft capped with an acorn nut that applies pressure to the leather brake pad assembly. The brake pad assembly must be removed to access and remove the resistance shaft acorn nut.



ID	Part
1	Resistance knob
2	Resistance shaft
3	Shaft acorn nut
4	Brake pad assembly

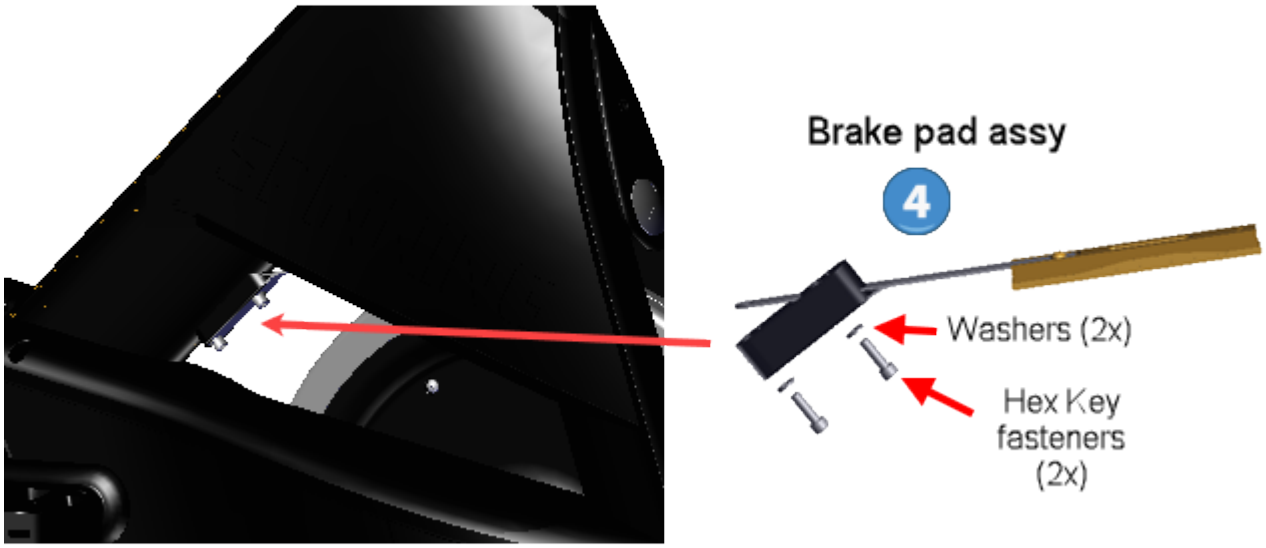
Procedure

Review entire procedure before starting.

Removal Instructions

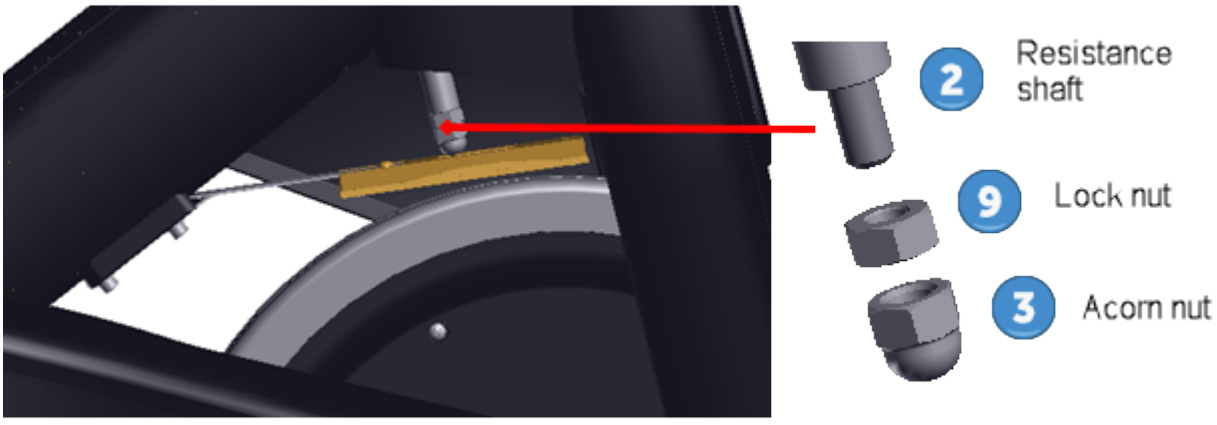
1. Remove all resistance (pressure on the brake pad) by turning the resistance knob counterclockwise (-) until it reaches the stop.
2. Remove the brake pad assembly 4 by removing the mounting bolts (2x) and wash-

ers (2x) using a 5 mm hex key, Retain part(s) and/or fastener(s) for installation.



3. Remove the resistance shaft acorn nut 3 and lock nut 9. Use one 17 mm wrench to hold the acorn nut 3 while using another 17 mm wrench to loosen the lock nut 9. Then loosen and remove the acorn nut 5.

   TIP: You may find it easier to tip the bike upright onto the handlebars to access and remove the resistance shaft acorn nut.



4. Turn the resistance knob 1 counterclockwise to expose the resistance shaft 21 mm fastener nut 4. Then use a 21 mm wrench to remove the nut 4. Turn the resistance knob counter-clockwise while lifting to remove the resistance shaft 2 from the frame. The following parts could fall from the bottom of the resistance shaft during

removal: the spacer 8, adjustment bolt nut 7, spring 6, or adjustment knob cushion 5. Retain part(s) and/or fastener(s) for installation.



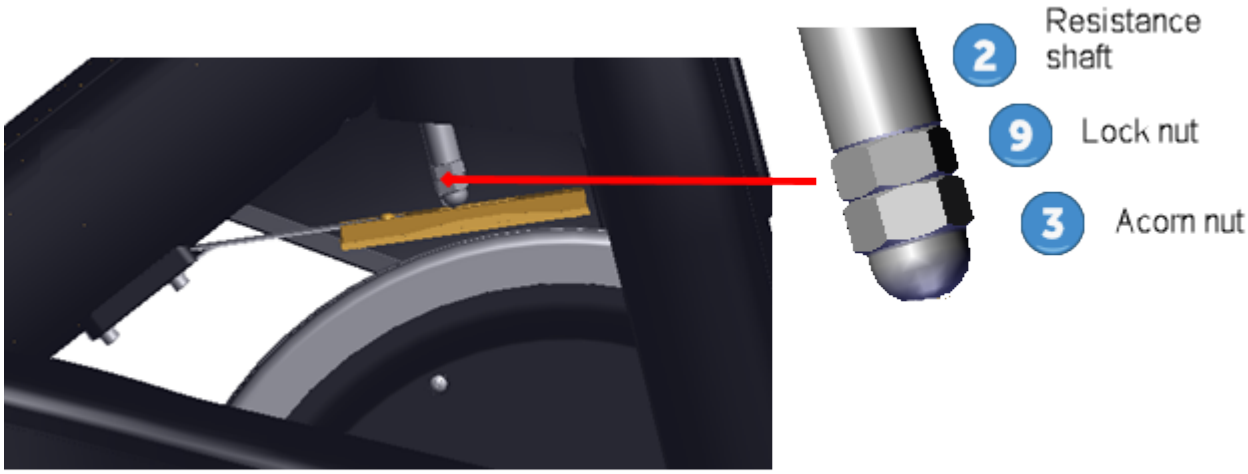
Installation Instructions

1. Reinstall the resistance shaft into the frame while carefully turning the knob in a clockwise direction. It is easy to cross thread the fine resistance shaft threads while installing.
2. Raise the resistance knob (turn counter-clockwise) enough to allow room to hand thread the 21 mm shaft fastener nut 4 onto the frame. Then use a 21 mm wrench to fully tighten the nut 4.

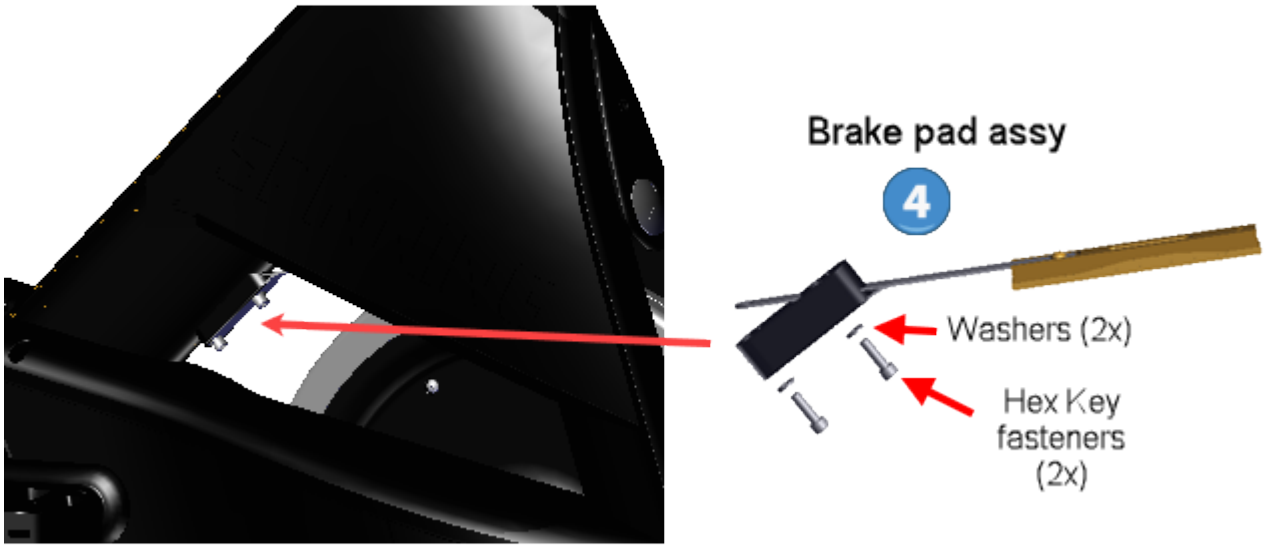


3. Reinstall any resistance shaft hardware that could have fallen off during the shaft (2) removal including: the spacer (8), adjustment bolt nut (7), spring (6), and/or adjustment knob cushion (5). Make sure that the hardware is reinstalled in the proper order.
4. Reinstall the the shaft acorn nut (3) and shaft lock nut (9).
    a. First tread the shaft lock nut (9) onto the resistance shaft followed by the shaft acorn nut (3).
    b. Then fully tighten the shaft 17 mm acorn nut (3). Thread the shaft lock nut (9) far enough onto the resistance shaft so that there is enough room to fully tighten the acorn nut.

c. Fully tighten the acorn lock nut 9 against the shaft acorn nut 3. Use one 17 mm wrench to hold the shaft acorn nut 3 tight while using another 17 mm wrench to fully tighten the lock nut 9 against the acorn nut. It's important to lock the acorn nut 3 in place to keep it from loosening during bike workouts.



5. Pull up the resistance knob and slide the brake pad assembly 4 into position aligning the frame mounting bolt inserts. Secure using the two 5 mm hex hey mounting bolts (2x) and washers (2x). Make sure that the brake pad is centered on the flywheel rim and fully tighten.



6. Verify the resistance control and stop brake functions work properly.
    a. While riding the bike, turn the resistance knob from minimum to maximum and verify the pedal resistance changes as expected.
    b. While riding the bike, press down on the resistance knob and verify that the flywheel and pedals quickly stop.
7. Verify the bike operation per "Operation Verification Checklist" on page 8 and return to service.

See Also

"Replacement Procedures" on page 17

Seat Assembly Replacement

About

This procedure provides instruction to remove and install the Seat Assembly which includes: the Seat, Seat Slider Assembly, and Seat Post.

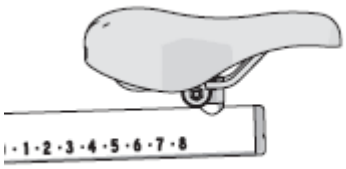
- "Seat replacement instructions" below
- "Seat slider assembly replacement instructions" below
- "Seat post replacement instructions" on the next page

Procedure

Review entire procedure before starting.

Seat replacement instructions

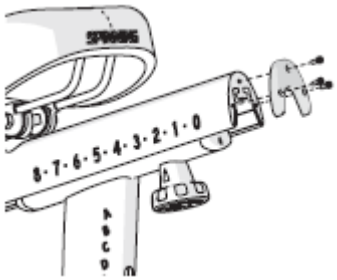
1. Remove seat by loosening the seat mounting bolt and pulling seat off the seat post.



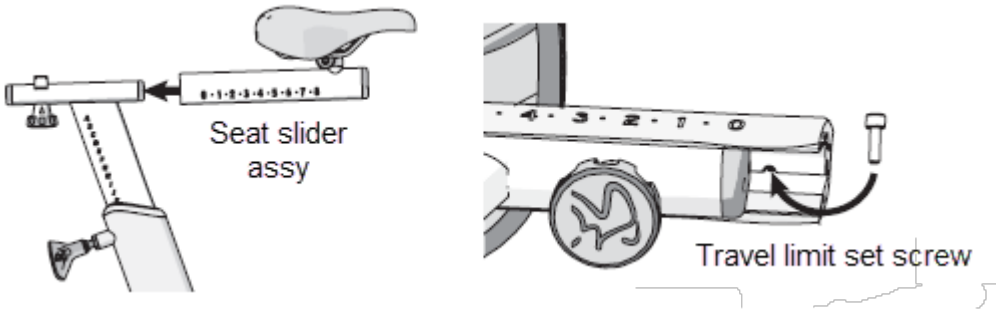
2. Reinstall by placing seat onto the seat post.
3. Adjust the seat so that it is inline and level with the frame. Tighten the seat mounting bolt. Sit on bike and verify the seat position, make adjustments as necessary.
4. Return bike to service.

Seat slider assembly replacement instructions

1. Loosen the seat adjustment knob.
2. Remove the seat slider - rear end cap by removing the three mounting screws using a 2.5 mm hex key. Retain part(s) and/or fastener(s) for installation.



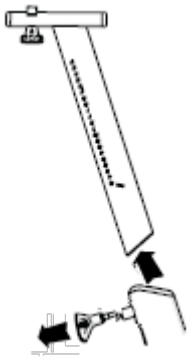
3. Remove the slider travel limit set screw located on the underside of the seat slider using a 2.5 mm hex key. Retain part(s) and/or fastener(s) for installation.
4. Remove seat slider assembly by moving it towards the front of the bike.



5. Reinstall the replacement seat slider in reverse order.
6. Verify the seat slider forward/reverse travel is smooth and is blocked from sliding off the seat post.
7. Verify that the seat fwd/aft adjustment knob works properly and return to service.

Seat post replacement instructions

1. Pull the seat height adjustment pop-pin and remove the seat post from the frame.



1. Clean and apply a thin film of 3-IN-ONE SILICONE lubricant onto the seat assembly post. Do not apply lubricant to the seat forward/back slider.
2. Reinstall the seat post by pulling the height adjustment pop-pin and inserting the post into the bike frame. Release the pop-pin so that it engages inside the seat post.
3. Verify that the seat height adjustment works properly and return to service.

See Also

"Replacement Procedures" on page 17

Stabilizer Replacement

About

There is a front and rear stabilizer, select the procedure for your application.

"Front Stabilizer Replacement" on the next page

"Rear Stabilizer Replacement" on page 56



Front Stabilizer Replacement

About

This procedure provides instruction to remove and install the Front Stabilizer.

Specifications

System Component	Specification
Stabilizer fastener **Torque**[1]	15.6 ft-lbs (21 N•m)

Procedure

Review entire procedure before starting.

Removal Instructions

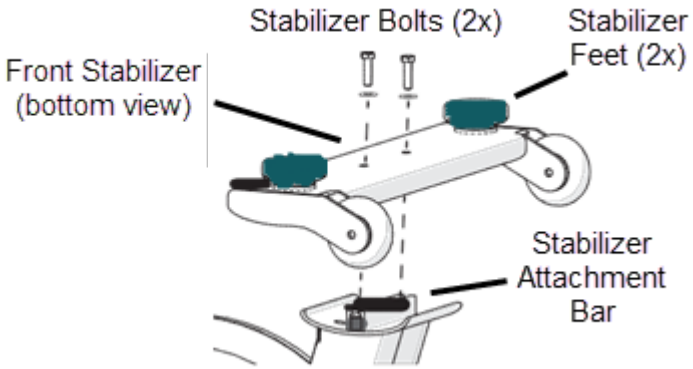
1. Place a soft mat under the bike frame and stand the bike frame on its back resting on the rear stabilizer and seat rail.
2. Remove and retain the two stabilizer feet.
3. Remove the front stabilizer by removing the two mounting bolts and washers using a 6 mm hex key. Retain fasteners for installation.

NOTE: The stabilizer attachment bar can slide within the mounting bracket. Make sure the attachment bar remains in position.

Installation Instructions

1. Position the front stabilizer onto the frame and fasten using the two stabilizer mounting bolts and washers, torque to 15.6 ft-lbs (21 N•m).
2. Install the two stabilizer feet.
3. Return bike to the upright position.
4. Make sure the bike is level and setting firmly on the floor, see "Leveling Adjustment Procedure" on page 16.
5. Verify bike operation per "Operation Verification" on page 8 checklist and return to service.

[1]Torque is a measure of the force that can cause an object to rotate about an axis. Bolt/nut example: 5 NM torque is equivalent to 5 newton's of force applied one meter from the center of the bolt, 6 ft-lb is equivalent to 6 lbs of force applied 1 foot away from the center of the bolt.



See Also

"Rear Stabilizer Replacement" on the next page

"Leveling Adjustment Procedure" on page 16

"Replacement Procedures" on page 17

Rear Stabilizer Replacement

About

This procedure provides instruction to remove and install the Rear Stabilizer.

Specifications

System Component	Specification
Stabilizer fastener **Torque**[1]	15.6 ft-lbs (21 N•m)

Review entire procedure before starting.

Removal Instructions

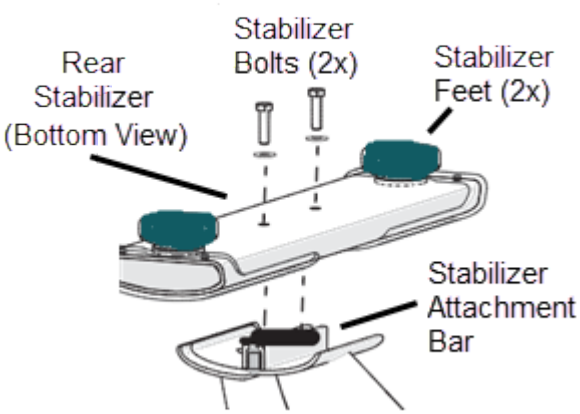
1. Place a soft mat under the bike frame and stand the bike frame on its front resting on the front stabilizer and handlebar
2. Remove and retain the two stabilizer feet.
3. Remove the rear stabilizer by removing the two mounting bolts and washers using a 6 mm hex hey. Retain fasteners for installation.

NOTE: The stabilizer attachment bar can slide within the mounting bracket. Make sure the attachment bar remains in position.

Installation Instructions

1. Position rear stabilizer onto the frame and fasten using the two stabilizer mounting bolts and washers, torque to [[[Undefined variable SBK800SpinChrono.Spin-StabilizerTorque]]].
2. Install the two stabilizer feet.
3. Return bike to upright position.
4. Make sure the bike is level and setting firmly on the floor, see "Leveling Adjustment Procedure" on page 16.
5. Verify bike operation per "Operation Verification Checklist" on page 8 and return to service.

[1]Torque is a measure of the force that can cause an object to rotate about an axis. Bolt/nut example: 5 NM torque is equivalent to 5 newton's of force applied one meter from the center of the bolt, 6 ft-lb is equivalent to 6 lbs of force applied 1 foot away from the center of the bolt.



See Also

"Front Stabilizer Replacement" on page 54
"Leveling Adjustment Procedure" on page 16
"Replacement Procedures" on page 17

Troubleshooting

About

This section contains troubleshooting information to help you identify, isolate, and resolve component and system issues.

Review the *Introduction To Troubleshooting* section below to learn about the troubleshooting process, troubleshooting best practices, and other pertinent information that will help you efficiently troubleshoot issues and return the equipment to service.

Introduction To Troubleshooting

Troubleshooting issues is an investigative process best implemented utilizing a systematic approach that efficiently targets the issue cause allowing correct equipment repairs and return to service. The following information will help you to systematically troubleshoot and resolve issues.

Basic Steps

1) Validate the customer reported issue:

The failure that is reported may differ from your observations as a trained technician. Many reported failure are not true failures and can be fixed without a customer visit.

- (powered units only) Always ask the customer if the unit power is connected and switched ON.
- Further interrogate the customer to determine if this is the real issue requiring an on-site visit or possibly a different issue that can be simply resolved over the phone.

2) Verify that the console is operating correctly

If the Spinning® Studio Consoles is installed, verify the console and speed indicator is showing the correct speed, refer to the console operating guide:

"Spinning® Studio Console" on page 63



Spinning® Studio Console

3) Verify (reproduce) the issue.

Operate the unit in normal user mode and attempt to reproduce the reported failure. Determine if the error is a repeatable or intermittent type failure. Make note of any additional observations (noises, vibrations, etc.) that occur at the time of the failure which may then be used to help resolve the issue.

Note: It is important to keep in mind that some issues are weight (load) related. You may need to test the unit at minimum and maximum load limits to reproduce the failure.

4) Verify service bulletins

Go to the Precor Connect website and browse the list of machine service bulletins and tech-tips. Incorporate any missing service bulletin repairs and in particular any bulletins that may fix the current failure.

Belt Drive Issues

Applies To

All belt drive spinner series bikes.

Issues

Issues related to the belt drive bikes:

ISSUE	CAUSE	SOLUTION
Excessive belt noise.	• Belt tension out-of-spec. • Worn belt.	Verify and adjust belt tension, see "Belt Drive Tension Adjustment" on page 10. If tension is within spec, inspect belt condition and replace if worn, see "Belt and Flywheel Replacement" on page 22.
Pedal slips when pedaling with power.	• Loose belt, tension out-of-spec. • Worn belt.	Verify and adjust belt tension, see "Belt Drive Tension Adjustment" on page 10. If tension is within spec, inspect belt condition and replace if worn, see "Belt and Flywheel Replacement" on page 22.
Belt comes off pulley	• Loose belt. • Misaligned belt pulley alignment.	Verify and adjust belt tension, see "Belt Drive Tension Adjustment" on page 10. Check the front to rear belt pulley alignment. Cannot be adjusted, check the left/right flywheel axle bracket condition or possible a bent frame.

See Also

"Troubleshooting" on page 58

Chain Drive Issues

Applies To

All chain drive spinner series bikes.

Issues

Issues related to the chain drive bikes:

- Issues

ISSUE	CAUSE	SOLUTION
Excessive chain noise.	• Chain tension is either to loose or tight. • Chain misaligned.	Verify and adjust chain tension, see "Chain Drive Tension Adjustment" on page 12. If tension is within spec, inspect belt condition and replace if worn, see "Belt and Flywheel Replacement" on page 22.
Scraping rubbing noise from flywheel.	Flywheel misaligned and rubbing frame forks.	Check chain sprocket alignment, see "Chain Drive Tension Adjustment" on page 12.
Jerky pedal movement.	Chain is skipping teeth due to: • Chain tension to loose. • Worn chain. • Worn sprocket teeth.	Verify chain tension. If tension within spec, check the condition of chain and sprocket teeth, replace as necessary, see "Chain Drive and Flywheel Replacement" on page 28.
Chain comes off sprocket.	Bad front/rear sprocket chain alignment.	Verify the chain sprocket alignment, see "Chain Drive Tension Adjustment" on page 12.

See Also

"Troubleshooting" on page 58

Resistance Issues

Applies To

All Spinner Series Bikes

Issue

Increasing the resistance knob does not apply typical or no increased resistance to the fly-wheel.

Cause

Most likely the brake pad condition is worn, glazed, and/or dry.

Less likely the resistance knob shaft mechanism has failed.

Solution

Remove the brake pad and visually inspect condition for wear, glazing, and/or dryness of leather (leather should be moist), replace as necessary, see "Brake Pad Replacement" on page 25.

If the pad is in good condition, verify that the resistance shaft acorn nut is still attached, and replace if missing, see "Resistance Knob Replacement" on page 45.

Make sure the resistance knob is moving the shaft up/down when turned. Replace shaft if not working, see "Resistance Knob Replacement" on page 45.

See Also

"Troubleshooting" on page 58

Spinning® Studio Console

About

The Spinning® Studio Console is used on the Precor Spinner® Ride™, Spinner® Shift™, Spinner® Rally™, and Spinner® Climb™ indoor cycles.

Refer to the SPINNING® STUDIO Owner's Manual for the latest console installation, use, and service information.

- Operator's Guide



Features

- **Battery Powered Console and Cadence Sensor:** The console is powered by 3 - AAA batteries and the Cadence sensor uses a CR2032 lithium coin cell battery.
- **ANT+[1] connectivity**: The console supports ANT+ wireless heart rate monitor chest straps (however the Polar or Suunto ANT+ brand heart rate monitor chest straps are not supported).
- **Program Memory**: The console maintains programming code during battery replacement.

[1]ANT+ (pronounced ant plus) is a wireless protocol for monitoring sensor data such as a person's heart rate or a bicycle's tire pressure

Console installation and Set Up

- Batteries Required: three AAA batteries.

For instructions to install the console, see the the *SPINNING® STUDIO Owner's Manual* "*Console Setup*",see Operator's Guide.

Cadence (RPM) sensor installation

- Batteries Required: one CR2032 lithium coin cell battery.

For instructions to install the cadence sensor, see the *Cadence Sensor Installation* chapter in the *SPINNING® STUDIO Owner's Manual,* see Operator's Guide.

Heart Rate Belt Bluetooth Pairing

For instructions to use and pair a bluetooth heart rate belt, see the *Pairing with your Heart Rate Belt* chapter in the *Operators Guide*, see Operator's Guide.

Service and Maintenance

All information regarding the console installation, operation, service, and maintenance is provided in the *SPINNING® STUDIO Owner's Manual*, see Operator's Guide.

Preventive Maintenance (PM)

About

Preventative maintenance is proven to extend the life of the equipment, improve the user experience, and keep maintenance problems and service calls to a minimum.

IMPORTANT: It is the responsibility of the owner to maintain equipment in accordance with the Precor recommended preventative maintenance schedule. Following the preventative maintenance schedule is required to maintain warranty coverage.

Preventative maintenance (**PM**[1]) tasks are grouped into Daily, Weekly, Monthly, Quarterly, and Semi-annual scheduled maintenance tasks (scheduled maintenance tasks are equipment model specific). Refer to the equipment specific maintenance guide for schedule and maintenance task information. The PM maintenance manuals are available for download from the Precor product web page, see " PM Guides" below. There are also many PM service task instructional videos available to view from the Precor Connect servicer web site, see " PM Service Videos" on the next page.

Precor Customer PM Plans

Precor also offers PM service plans for customer purchase, see Preventative Maintenance Plans.

PM Guides and Videos

Product PM Guides

PM Guides

The PM maintenance guide provides the required Daily, Weekly, Monthly, Quarterly, and Semi-annual scheduled maintenance tasks needed to satisfy Precor equipment maintenance requirements. The PM guides can be downloaded from the Precor product web page.

- Cardio Equipment PM Guide

How to find equipment and console PM guides

[1]Preventative Maintenance: Daily, Weekly, Monthly, and Quarterly scheduled maintenance.

1. Go to the Precor.com website and select COMMERCIAL FITNESS products (Precor.com/commercial) and navigate to the specific equipment product web page.
2. Then scroll down to the **Brochures and Manuals** section.
3. Click the **Please Select** drop-down box and select the product **Preventative Maintenance Guide** link(s).

TIP: Make sure to review the entire list of manuals. There may be other related product PM guides, such as, console PM guides.

IMPORTANT: If you determine that the equipment needs service, disconnect all power connections (television, Ethernet, and power cables). Then place an OUT OF SERVICE sign on the equipment and make it clear that the machine must not be used.

PM Service Videos

PM Service Videos

There are many products that have product PM service videos. The list of current available product PM videos are located on the **Precor Connect** > **SERVICE VIDEOS** web page. Not all products currently include PM videos, please review the web site for the latest video updates.

- PM Service Videos: SERVICE VIDEOS

How to access PM service videos from Precor Connect:

1. Log in to your Precor Connect Servicer account (Precor Connect Partner's).
2. On the Connect Home page, select DOCUMENTATION > **SERVICE VIDEOS** to view the list of the current available equipment PM and service videos.

Parts

The following copies of the equipment *"Exploded View Diagram*" and *"Parts Identification List*" are provided for you to use as a quick reference. It is recommended that you go to the servicer partners Precor Connect website to view the most current parts information including the *Exploded View Diagram* and *Parts Identification List*.

- Precor Connect website



IMPORTANT: Always purchase OEM replacement parts and hardware from Precor. If you use parts not approved by Precor, you could void the Precor Limited Warranty. Use of parts not approved by Precor may cause injury.

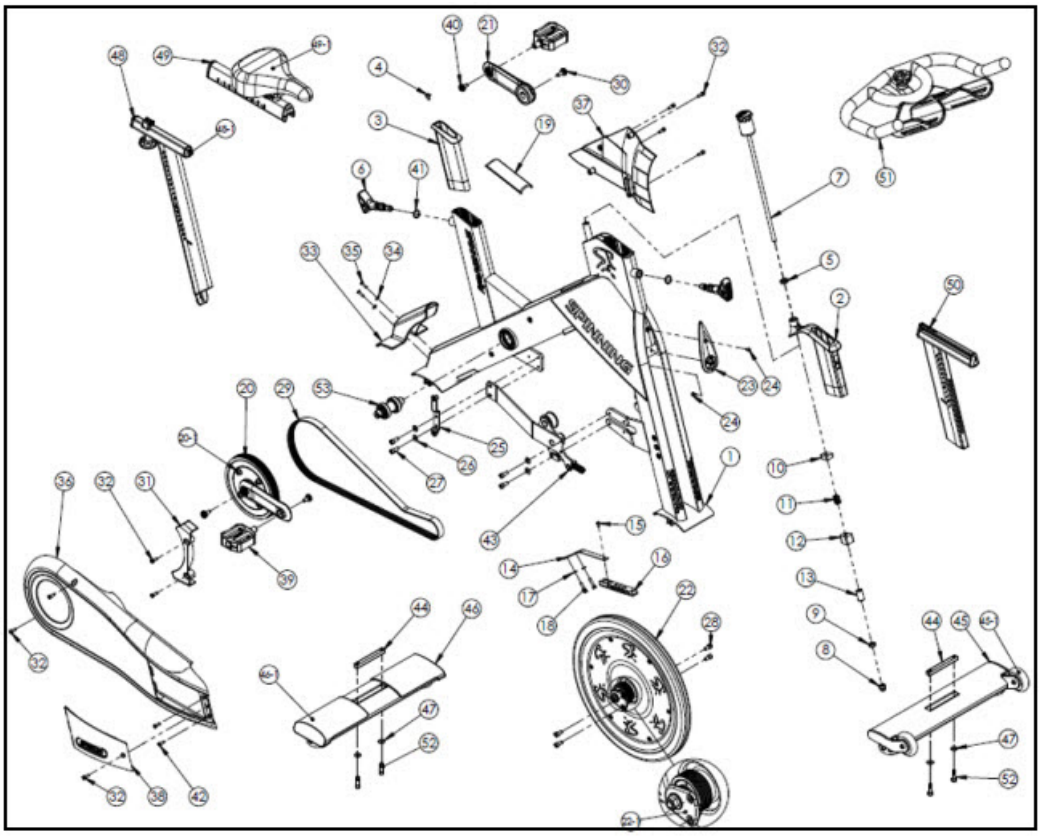
Select Spinner Bike Model

"Belt Drive Exploded View and Parts List" on the next page

"Chain Drive Exploded View and Parts List" on page 71

Belt Drive Series Bikes

Belt Drive Exploded View and Parts List

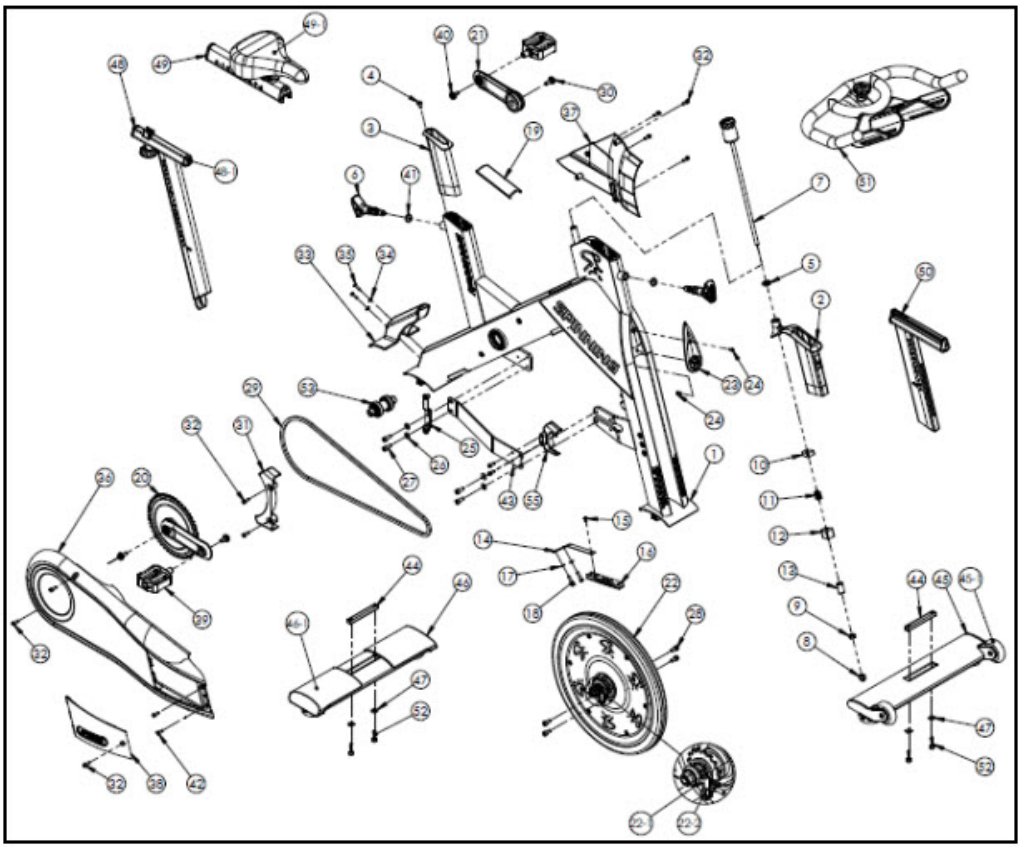


SBK 863,SPIN,RALLY,POLY,FRT

Part Number	Description	Bubble Number
PPPFT0039061900000	FIXED, LEG	1
PPPFT0006033008500	WASHER, D19XD8.5X1.2T, SS304	2
PPPFT0064910080352	HEX BOLT, M8X1.25X20L, SCM435	3
PPPFT0039062403000	BUSHING, ADJUST KNOB., D14XD10.5X25	7
PPPFT0039061600000	SLEEVE-HANDLEBAR POST	8
PPPFT0039061601000	SLEEVE-SEAT POST	9
PPPFT0039062311000	BRACKET, FLYWHEEL AXLE	9
PPPFT0064910060206	HEX BOLT, M6X1.0X12L, SS304	10
PPPFT0039062404000	NUT, SLEEVE-HB POST, 21X6, SS304	11
PPPFT0039041602000	POP PIN ASSY	12
PPPFT0039062000000	BRACKET, BEARING	13
PPPFT0066750550007	C-RING, NO. 55	14
PPPFT0039062001000	B/B AXLE	15
PPPFT0039062003000	B/B AXLE NUT	17
PPPFT0039062002000	B/B AXLE SPACER	18
PPPFT0039062201000	BLOCK SHAFT, CRANK	19
PPPFT0060330064036	WASHER, D12XD6.4X1.5T, SS304	20
PPPFT0064910060216	HEX BOLT, M6X1.0X25L, SS304	21
PPPFT0039063404000	STEP THROUGH	22
PPPFT3906220000089	CRANK, LEFT, COATING	24
PPPFT0039063400000	FENDER	25
PPPFT0006491008007	HEX BOLT, M8X1.25X16L, SCM435	30
PPPFT0039062208000	BOLT, CRANK, M8X1.25X20L, SCM435	31
PPPFT0039063450000	RING FINGERGUARD	32
PPPFT0064910060136	BUTTON HEAD SCREW, M6X1.0X16L, SS30	33
PPPFT0039063401000	STRETCH PAD	34
PPPFT0060330055016	WASHER, D13XD5.5DX1T, SS304	35
PPPFT0039063402000	CHAIN GUARD (OUTSIDE)-PAINTING	37
PPPFT0039063403000	CHAIN GUARD (INSIDE)	38
PPPFT0039063405100	ACCESS PORT COVER	39
PPPFT0039062207000	PEDAL, RIGHT	40
PPPFT0039062206000	PEDAL, LEFT	41
PPPFT0039062204000	BOLT, CRANK, M8X1.25X16L, SCM435	42
PPPFT3903170000030	FRONT LEG COATING.	45
PPPFT0003564200300	WHEEL SET	45-1
PPPFT0039061705000	BOLT, WHEEL, D8X39, SS304	45-2
PPPFT0039061706000	FOOT ASSY.	45-3
PPPFT0039061605000	WASHER, D24.5XD18.5X1.2T, SS304	47
PPPFT0066410060000	HEX SCREW, M6X1.0X16L, SS304	48
PPPFT0039061706000	FOOT ASSY.	54
PPPFT3903180000030	REAR LEG, COATING	55
PPPFT0039061801000	END CAP, REAR LEG	56
PPPFT0006591005009	BUTTON HEAD CAP SCREW, M5X0.8X12L,	57
PPPFT0039031400000	SEAT POST-ANDOIZING	59
PPPFT0039061404000	END CAP-FIXED SHAFT, SEAT	60
PPPFT0064910030036	HEX BOLT, M3X0.5X8L, SS304	61
PPPFT0039061309000	FIXED BLOCK	62
PPPFT0039061402000	CUSHION, SEAT POST	63
PPPFT0066210040050	SCREW, VESSEL HEAD SELF TAPPING	64
PPPFT0039031306000	KNOB, HANDLEBAR	65
PPPFT0039031500000	SEAT SLIDE, ANDOIZE	67
PPPFT0039061502000	END CAP-SEAT SLIDER, SEAT	68
PPPFT0039061503000	INSERT, 14.8X2.5TX310, HDPE	69
PPPFT0039061504000	SEAT	70
PPPFT0039031100000	HANDLE BAR POST, ANDORIZE	71
PPPFT0039041100000	HANDLE BAR POST, ASSY.	71
PPPFT0039061502000	END CAP, FIXED HANDLE BAR POST	72
PPPFT0039042400000	ADJUST KNOB ASSY.	79
PPPFT0039031200000	HANDLEBAR ASSY-PVC	82
PPPFT0039041300000	ADJUST, HB, ASSY	83
PPPFT0006641008001	HEX BOLT, M8X1, SS304	86
PPPFT0003114180000	BRAKE PAD SET	89

Chain Drive Series Bikes

Chain Drive Exploded View and Parts List



SBK 861,SPIN,RALLY,CHN,FRT

Part Number	Description	Bubble Number
PPPFT0006033008500	WASHER, D19XD8.5X1.2T, SS304	2
PPPFT0064910080352	HEX BOLT, M8X1.25X20L, SCM435	3
PPPFT0039062403000	BUSHING, ADJUST KNOB., D14XD10.5X25	7
PPPFT0039061600000	SLEEVE-HANDLEBAR POST	8
PPPFT0039061601000	SLEEVE-SEAT POST	9
PPPFT0064910060206	HEX BOLT, M6X1.0X12L, SS304	10
PPPFT0039041602000	POP PIN ASSY	12
PPPFT0039062000000	BRACKET, BEARING	13
PPPFT0066750550007	C-RING, NO. 55	14
PPPFT0039062001000	B/B AXLE	15
PPPFT0061166005040	BEARING, 6005LLUCM/5K	16
PPPFT0039062003000	B/B AXLE NUT	17
PPPFT0039062002000	B/B AXLE SPACER	18
PPPFT0039062201000	BLOCK SHAFT, CRANK	19
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PPPFT0064910060216	HEX BOLT, M6X1.0X25L, SS304	21
PPPFT0039063404000	STEP THROUGH	22
PPPFT3906220000089	CRANK, LEFT, COATING	24
PPPFT0039063400000	FENDER	25
PPPFT0039062851000	FIXED PLATE, RING, FINGERGUARD	28
PPPFT0006491008007	HEX BOLT, M8X1.25X16L, SCM435	30
PPPFT0039062208000	BOLT, CRANK, M8X1.25X20L, SCM435	31
PPPFT0039063450000	RING FINGERGUARD	32
PPPFT0064910060136	BUTTON HEAD SCREW, M6X1.0X16L, SS30	33
PPPFT0039063401000	STRETCH PAD	34
PPPFT0060330055016	WASHER, D13XD5.5DX1T, SS304	35
PPPFT0006591005022	BUTTON HEAD SCREW, M5X0.8X20L, SS30	36
PPPFT0039063402000	CHAIN GUARD (OUTSIDE)-PAINTING	37
PPPFT0039063403000	CHAIN GUARD (INSIDE)	38
PPPFT0039063405100	ACCESS PORT COVER	39
PPPFT0039062207000	PEDAL, RIGHT	40
PPPFT0039062206000	PEDAL, LEFT	41
PPPFT0039062204000	BOLT, CRANK, M8X1.25X16L, SCM435	42
PPPFT3903170000030	FRONT LEG COATING.	45
PPPFT0003564200300	WHEEL SET	45-1
PPPFT0039061705000	BOLT, WHEEL, D8X39, SS304	45-2
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PPPFT0066410060000	HEX SCREW, M6X1.0X16L, SS304	48
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PPPFT3903180000030	REAR LEG, COATING	55
PPPFT0039061801000	END CAP, REAR LEG	56
PPPFT0006591005009	BUTTON HEAD CAP SCREW, M5X0.8X12L,	57
PPPFT0039031400000	SEAT POST-ANDOIZING	59
PPPFT0039061404000	END CAP-FIXED SHAFT, SEAT	60
PPPFT0064910030036	HEX BOLT, M3X0.5X8L, SS304	61
PPPFT0039061309000	FIXED BLOCK	62
PPPFT0039061402000	CUSHION, SEAT POST	63
PPPFT0066210040050	SCREW, VESSEL HEAD SELF TAPPING	64
PPPFT0039031306000	KNOB, HANDLEBAR	65
PPPFT0039031500000	SEAT SLIDE, ANDOIZE	67
PPPFT0039061502000	END CAP-SEAT SLIDER, SEAT	68
PPPFT0039061503000	INSERT, 14.8X2.5TX310, HDPE	69

Product Literature & Videos

Additional product literature and videos that will help you to service and maintain the equipment.

- "Service & Maintenance Documentation" below
- "Precor Websites" below
- "Service Videos" on the facing page

Service & Maintenance Documentation

	Document	Link
	SBK800-16 Spinner® **Chrono**[1]™ Power & Climb™ Indoor Cycle (online version)	Service Manual
	Preventative Maintenance Guides	"Preventive Maintenance (PM)" on page 65

Precor Websites

	Precor Websites	Link
	Precor.com product home page. Available information: • Product Specifications • Assembly Guides • Preventative Maintenance Guides • Console Install & PM Guides	Precor.com
	Precor Connect servicer home page*. Available Product information: • Part Numbers • Exploded View Diagrams • Service Bulletins • Software Updates • Service Videos	Connect Login
	Precor Technician Certification Training	Service & Install Training

[1]Spinner® Chrono™ Power bike.

	Precor Websites	Link
	Precor E-Learning Center	E-Learning System
	SalesForce Login	SalesForce Login
* Always log in to Precor connect using your Precor Connect account login information.		

Service Videos

	Service Video	Link
	Preventative Maintenance Videos	
	Preventative Maintenance Videos: (not available for all products) • Login to Precor Connect‡. • select **SERVICE VIDEOS** • Navigate to the product equipment PM videos	available on Precor Connect Connect Login
	SBK800-16 Spinner® Rally™, Shift™, and Ride™ Indoor Cycle Service Videos	
	Belt/Chain Guard Cover Removal	Belt/Chain Cover Removal
	Pedal Replacement	Pedal Replacement
	Belt Tension Adjustment	Belt Tension Adjustment
	Belt Replacement	Belt Replacement
	Chain Tension Adjustment	Chain Tension Adjustment
‡ Always log in to your Precor connect servicer account. Guest login users do not have access to all features.		

Appendix A : Edition Information

Edition

Title: SBK800 Spinner Bike Line Service Manual
P/N: 20039-300
Publish Date: Feb 2016

Additional Documentation

You can also view the service manual online at Online Service Manual

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Appendix B : Notices and Safety

Trademarks

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The Spinner Family of bikes—Spin®, Spinner®, Spinning®, Spin Fitness®, and the Spinning logo® are registered trademarks owned by Mad Dogg Athletics, Inc., a California corporation.

SPD[3] is a registered trademark of Shimano American Corporation.

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Precor is widely recognized for its innovative, award-winning designs of exercise equipment. Precor aggressively seeks U.S. and foreign patents for both the mechanical construction and the visual aspects of its product design. Any party contemplating the use of Precor product designs is hereby forewarned that Precor considers the unauthorized appropriation of its proprietary rights to be a very serious matter. Precor will vigorously pursue all unauthorized appropriation of its proprietary rights.

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The material contained in this document is provided "as is," and is subject to being changed, without notice, in future editions. Further, to the maximum extent permitted by applicable law, Precor disclaims all warranties, either expressed or implied, with regard to this manual and any information contained herein, including but not limited to the implied warranties of merchantability and fitness for a particular purpose. Precor shall not be liable for errors or for incidental or consequential damages in connection with the furnishing, use, or performance of this document or of any information contained herein. Should Precor and the user have a separate written agreement with warranty terms covering the material in this document that conflict with these terms, the warranty terms in the separate agreement shall control.

[1]Adaptive Motion Trainer

[2]Elliptical Fitness Crosstrainer

[3]speed

Safety Notices

Warning and Caution notices indicate an activity that could be dangerous and cause personal injury and/or equipment damage if not adhered to. Always follow Warning and Caution instructions.

Warning



A **WARNING** notice denotes a hazard. It calls attention to an operating procedure, practice, or the like that, if not correctly performed or adhered to, could result in personal injury or death. Do not proceed beyond a WARNING notice until the indicated conditions are fully understood.

Caution



A **CAUTION** notice denotes a hazard. It calls attention to an operating procedure, practice, or the like that, if not correctly performed or adhered to, could result in damage to the product or loss of important data. Do not proceed beyond a CAUTION notice until the indicated conditions are fully understood.

Service Safety Guidelines

Prior to doing any machine service, review the Service Safety Guidelines, see Service Safety Guidelines.