



# Spinner® Velo XT Owner's Manual



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Take time now to enter the serial number of your Spinner® Velo XT, manufactured by Star Trac®, in the space provided below. You can locate the serial number on the bottom cross member. If parts are missing, or if you have any operational questions, please call Star Trac's service department at (800) 503-1221; have your serial number ready.

Serial #: \_\_\_\_\_

Model #: 7040 Series - Spinner® Velo XT manufactured by Star Trac

## SPINNING® SAFETY

- ▶ Read all warnings posted on the exercise bike.
- ▶ Read the owner's manual and follow it carefully before using your Spinning Bike.
- ▶ Set up and operate the Spinning bike on a solid level surface.
- ▶ Inspect the Spinning Bike for worn or loose components prior to use. Tighten/replace any loose or worn components prior to using.
- ▶ Don't wear loose or dangling clothing while using the exercise bike.
- ▶ Care should be taken in mounting or dismounting the exercise bicycle.
- ▶ Ensure that adjustment knobs (seat height, seat fore-and-aft, and handlebar) are properly secured and do not interfere with range of motion during exercise.
- ▶ Children under the age of 16 should not ride the Spinner bike. The cycle mechanism and ergonomics are designed for adult use only.
- ▶ Do not insert any object, hands or feet into any openings, or expose hands, arms or feet to the drive mechanism or other potentially moving part of the bike.
- ▶ The maximum weight for individuals riding the Spinner bike should not exceed 350 pounds.
- ▶ Spinner bikes have a weighted flywheel and a fixed gear. This means that in order to stop, you must gradually slow your pedal strokes rather than stopping abruptly. If you do need to stop immediately, push down on the resistance knob. Do not dismount the bike or remove your feet from the pedals until both the pedals and the flywheel have stopped completely. Failure to comply may lead to loss of control and serious injury.
- ▶ After exercising, turn the Push Brake System knob to increase resistance so the pedals will not rotate freely and potentially injure someone.
- ▶ If at any time you feel dizzy or have difficulty breathing, gradually stop pedaling and carefully dismount the bike.
- ▶ Listen to your body, ride at your own pace and set your bike's resistance at the level that feels right for you.
- ▶ Keep children and pets away from the bike whenever it's in use.
- ▶ Never turn the pedal crank arms by hand.
- ▶ Stay hydrated. Drink water throughout your ride as needed.
- ▶ Always keep some resistance on the flywheel.
- ▶ Stay in control by executing all core movements and hand positions at a slow pace before attempting to increase your speed. Do not attempt to ride the bike in a standing position at a high RPM until you have practiced at slower speeds.
- ▶ Focus on form, posture and making smooth transitions between movements.
- ▶ Do not use the bike without proper footwear. Never operate the bike with bare feet.
- ▶ Never remove your feet from the pedals while still in motion. Prevent your feet from coming out of the toe clip or shoe cage by keeping shoe laces tucked in and foot straps pulled snug around your shoe. If your foot does become disengaged, push down on the resistance knob to stop the flywheel's motion.

## WARNING

**YOUR SPINNER® VELO XT IS DESIGNED FOR CARDIO-VASCULAR EXERCISE IN A CONSUMER ENVIRONMENT.** Consult your physician before beginning this or any other exercise routine. Not all exercise programs are suitable for everyone. Discontinue any exercise that causes you discomfort and consult a medical expert.

**SAVE THESE INSTRUCTIONS**

## Welcome to **Spinning**®





Millions worldwide have lost weight, gained energy and gotten into the best shape of their lives with the help of the Spinning® program—and the Spinner® Velo XT bike with accompanying DVDs give you everything you need to join them. Ready to get started? This manual will help you get started to change your body and your life.



Visit **spinning.com** for more information on the Spinning program, Spinning gear and tips that will help you make the most of every ride.


## GEAR UP

The right gear makes a great ride even better.

			
<b>Padded cycling shorts</b> will make your ride more comfortable.	<b>Moisture-wicking tops</b> will keep you cool and dry even when you're hot and sweaty.	A <b>gel cushioned seat cover</b> is a great alternative to padded cycling shorts.	A <b>heart rate monitor</b> will help you control your workout and improve your results.
<b>Visit <a href="http://spinning.com">spinning.com</a> for a full selection of Spinning® essentials.</b>			


## BIKE SETUP

Proper bike setup gives you a more comfortable ride and reduces your risk of injury.



**SEAT HEIGHT**  
At the proper height, there should be a slight bend in your knee when you're at the bottom of a pedal stroke.

SEAT FORE-AND-AFT POP-PIN  
SEAT-HEIGHT POP-PIN



**FORE/AFT POSITION**  
Once the proper height has been achieved, adjust the seat forward or back so that when the feet are in the 3 o'clock and 9 o'clock positions, the forward knee is directly over the pedal axle. Recheck the seat height again after making the fore/aft adjustment, as moving the seat forward and backward can have the same effect as moving it higher or lower.

### HANDLEBAR HEIGHT

Position the handlebar at the same height as your seat, or higher if you feel any discomfort in your back.

### FOOT POSITION

Place the balls of your feet securely in the toe cages, with the ball of the foot (or the widest part of your shoe) over the center of the pedals. As you pedal, concentrate on keeping feet flat, which enables a more powerful pedal stroke. The front of the shoe may not completely fill the toe cage.

### RESISTANCE CONTROL

Pedaling resistance is controlled by the Push Brake System knob located below the handlebar. Resistance adjustments can be made while riding to vary the intensity of your workout. To increase resistance, turn the Push Brake System knob clockwise (+); to decrease resistance, turn the knob counterclockwise (-).

**Make sure that all pop pins are engaged and secure after adjusting your bike.**



## WARNING

IN CASE OF EMERGENCY, YOU MAY PRESS DIRECTLY DOWN ON THE PUSH BRAKE SYSTEM KNOB TO BRING THE FLYWHEEL TO AN ABRUPT STOP.  
Download from [www.Somanuals.com](http://www.Somanuals.com). All Manuals Search And Download.

## HAND POSITIONS

The Spinning® program is a simple and effective way to get the fitness results you want. Following are the three hand positions used in the Spinning program.



**HAND POSITION 1** can be used for warm-up, cool-down and light to moderate intensity seated flats. Form loose fists and rest the outsides of your hands on the handlebars. Keep your elbows and shoulders relaxed.



**HAND POSITION 2** is used at all times except out-of-the-saddle climbs. This position provides a stable foundation and opens the lungs to facilitate breathing.



**HAND POSITION 3** is only used for out-of-the-saddle climbs. Lightly grasp the ends of the handlebars, wrap your fingers around them and place your thumbs over the ends.

## RIDING POSITIONS

Here's an overview of the core movements that form the foundation of the Spinning program.



**SEATED FLAT**  
(HAND POSITION 1 OR 2) This basic movement builds strength and stamina.



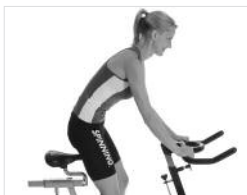
**SEATED CLIMB**  
(HAND POSITION 2) This movement tones and strengthens the gluteals and hamstrings.



**STANDING FLAT/RUNNING**  
(HAND POSITION 2) This movement is performed out-of-the-saddle using light to moderate resistance. "Running" develops core strength and increases endurance.



**STANDING CLIMB**  
(HAND POSITION 3) This out-of-the-saddle climb incorporates high resistance to strengthen and define the legs.



**JUMPS**  
(HAND POSITION 2) Jumps are performed by moving off and on the saddle with smooth, controlled movements. Jumps develop overall strength, hone reaction time and improve balance.

## STRETCHING

Stretching will help prevent injury and soreness. It keeps the lower back and leg muscles flexible, which enhances physical performance and reduces strain. Below are some key stretches to incorporate at the beginning and end of your workout. You should stretch slowly to the point where mild discomfort is felt in the muscle being stretched. Practice deep breathing through the nose at all times. Do not bounce during the stretch, since this may result in injury. The following stretches should be performed off the bike.



### HAMSTRINGS

- 1 Place one foot on the bike between the handlebars and the seat, and find a position where your balance on your supporting leg is stable.
- 2 Slightly bend your supporting leg.
- 3 Square your hips so both hip bones “face” forward.
- 4 As you exhale, bend forward from your hips and bring your straight torso toward your straight leg.
- 5 Relax and breathe as you stretch. Switch legs after 30-60 seconds.



### QUADS

- 1 Hold onto the bike with one hand, using the bike for balance.
- 2 Grasp the top of your foot or ankle with your free hand and bring your heel as close to the buttocks as possible.
- 3 As you exhale, pull your abdominals in and tuck your hips underneath you.
- 4 Hold the stretch and breathe. Switch legs after 30-60 seconds.



### CALVES

- 1 Standing directly behind the Spinner®, place the sole of one foot against the bottom of the frame, heel down.
- 2 Stand erect and lean slightly into the bike until you feel a stretch in your calf muscles.
- 3 Hold the stretch and breathe. Switch legs after 30–60 seconds.

## STRETCHING (CONTINUED)



### HIP FLEXORS

- 1 Assume a lunge position.
- 2 Place back knee on a towel.
- 3 Make sure front knee is directly over the foot and ankle.
- 4 Hands may be placed comfortably on the front thigh.
- 5 Abdominals are in and hips tucked under.
- 6 Hold the stretch and breathe. Switch legs after 30-60 seconds.



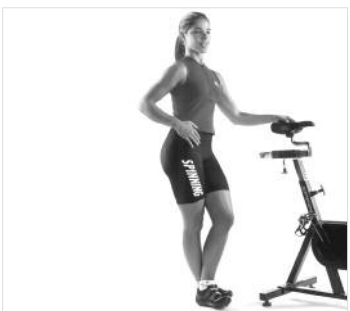
### LOWER BACK

- 1 Start in an all-fours position with your knees hip-width apart, and hands shoulder-width apart.
- 2 Align your hands under your shoulders and your knees under your hips.
- 3 Point your fingers forward, being careful not to lock or hyperextend your elbows.
- 4 Gently round your back and lengthen your spine and shoulders.
- 5 Allow your chin to drop slightly lower than a neutral position.
- 6 Feel the stretch throughout the curve of your spine.
- 7 Hold the stretch and breathe for 30 seconds.



### GLUTES

- 1 Stand facing the bike about 2-3 feet away and place a hand on handlebar for stability.
- 2 Stand on one leg and rest the other foot above the knee of your standing leg.
- 3 Flex the knee of your standing leg and allow your hips to sink back.
- 4 Feel the stretch in the glutes area of the crossed leg.
- 5 Hold the stretch and breathe for 30-60 seconds.



### OUTER HIP

- 1 Stand facing the bike about 2-3 feet away and place a hand on the bike for stability.
- 2 Stand on the outside leg (farthest from the bike) and cross the other foot in front of your ankle.
- 3 Support most of your weight on the outside leg.
- 4 Push hip of supporting leg to the side and allow the other hip to drop slightly.
- 5 Stretch should be felt along the length of the iliotibial band of supporting leg.
- 6 Hold the stretch and breathe for 30-60 seconds.



## HEART RATE GUIDELINES

Every ride begins with a goal—and heart rate training is an unbeatable way to achieve it. The Spinning® program's Energy Zone™ system promotes a sound and complete approach to fitness by addressing strength, endurance and recovery. Use the chart below to determine your ideal heart rate for each Energy Zone.

**For additional heart rate training guidelines or to purchase a heart rate monitor visit [spinning.com](http://spinning.com).**

Energy Zone™ Heart Rate Chart					
Age	Recovery 50%-65%	Endurance 65%-75%	Strength 75%-85%	Interval 65%-92%	Race Day 80%-92%
20-23	100-129	129-149	149-168	129-182	160-182
24-27	98-126	126-146	146-165	126-178	155-178
28-31	96-123	123-143	143-162	123-175	153-175
32-35	94-120	120-140	140-159	120-172	150-172
36-39	92-118	118-137	137-155	118-168	146-168
40-43	90-116	116-134	134-151	116-164	143-164
44-47	88-113	113-131	131-148	113-161	140-162
48-51	86-110	110-128	128-145	110-157	137-157
52-55	84-108	108-125	125-141	108-153	133-153
56-60	82-105	105-122	122-139	105-150	131-150

### RECOVERY ENERGY ZONE™ (50%-65% of MAXIMUM HEART RATE (MHR))

Recovery rides allow your body to heal, prevent burnout and reduce the risk of injury—making them an essential component of any exercise program.

### ENDURANCE ENERGY ZONE™ (65%-75% of MHR)

Endurance rides build strength and stamina by maintaining a steady heart rate and a comfortable pace over an extended period of time.

### STRENGTH ENERGY ZONE™ (75%-85% of MHR)

This zone improves cardiovascular fitness and builds strength by blending increased resistance with longer distances.

### INTERVAL ENERGY ZONE™ (65%-92% of MHR)

Interval training teaches your body to recover quickly after performing at peak levels by incorporating bursts of speed and power with periods of recovery.

### RACE DAY ENERGY ZONE™ (80%-92% of MHR)

This energy zone is the ultimate challenge and an unbeatable way to test your fitness and measure your progress.

## SPINNING® VIDEO 4 WEEK RIDE GUIDE



**RIDE ON: AN ENDURANCE ENERGY ZONE™ RIDE**  
Transform your body into a fat burning machine with this energizing ride.



**PEDAL POWER: A STRENGTH ENERGY ZONE™ RIDE** Use cadence building and resistance loading to build shapely legs and a toned tush.



**CRANK IT UP: AN INTERVAL ENERGY ZONE™ RIDE** Push yourself to new limits with this Race Day ride.



**HEART RACER: A RACE DAY ENERGY ZONE™ RIDE** This calorie-blasting ride will send your heart rate and your fitness level to new heights.

### WEEK ONE

Day 1	Ride On: Endurance EZ Ride
Day 2	Rest
Day 3	Ride On: Endurance EZ Ride
Day 4	Rest
Day 5	Pedal Power: Strength EZ Ride
Day 6	Rest
Day 7	Ride On: Endurance EZ Ride

### WEEK THREE

Day 15	Rest
Day 16	Ride On: Endurance EZ Ride
Day 17	Rest
Day 18	Crank it Up: Interval EZ Ride
Day 19	Ride On: Endurance EZ Ride
Day 20	Rest
Day 21	Heart Racer: Race Day EZ Ride

### WEEK TWO

Day 8	Rest
Day 9	Crank it Up: Interval EZ Ride
Day 10	Ride On: Endurance EZ Ride
Day 11	Rest
Day 12	Ride On: Endurance EZ Ride
Day 13	Rest
Day 14	Pedal Power: Strength EZ Ride

### WEEK FOUR

Day 22	Rest
Day 23	Ride On: Endurance EZ Ride
Day 24	Rest
Day 25	Heart Racer: Race Day EZ Ride
Day 26	Rest
Day 27	Crank it Up: Interval EZ Ride or Pedal Power: Strength EZ Ride
Day 28	Ride On: Endurance EZ Ride

More videos are available at [spinning.com](http://spinning.com)

## ACHIEVING YOUR GOALS

- ▶ We suggest riding your Spinner® bike three to five times per week for optimum results.
- ▶ Be patient. When beginning the Spinning® program you may need to ride for 10-15 minutes and slowly build up to a complete ride.
- ▶ Stick with it! Every pedal stroke counts and each ride gets a little easier.

## CARING FOR YOUR SPINNING® VELO XT BIKE

### MOVING YOUR BIKE

Stand in front the bike, grasp the handlebars and tip the bike toward you until the transport wheels are touching the floor. Roll the bike to the desired location and then gently lower the rear of the bike back to the floor.

### LEVELING YOUR BIKE

If you place your bike on an uneven surface, you may adjust how the bike sits by

adjusting one or all of the four levelers located on the bottom of each corner of the bike.

### ADJUSTING AND LEVELING YOUR SADDLE

If you experience saddle discomfort while riding or sitting on your bike, the angle can be adjusted by loosening the 14mm nuts located under the saddle. After making your adjustment be sure to retighten the nuts before riding your bike.

#### PREVENTING RUST

After each use, raise handlebar and seat posts to the highest settings to expose moisture. Using an absorbent cloth, focus on all areas where perspiration can settle.

#### PROTECTING YOUR BIKE'S FINISH

After each ride, protect your bike's finish by wiping it down with a damp cloth. You may use bike cleaner but do not use de-greasers. When cleaning your bike be sure to keep your hands and fingers clear of a moving drivetrain.

#### PEDALS

Check pedals weekly to ensure that the threads are tightened. If the pedals have become loose, tighten threads with the wrench supplied to ensure they are securely attached.

#### WATER BOTTLE CAGES

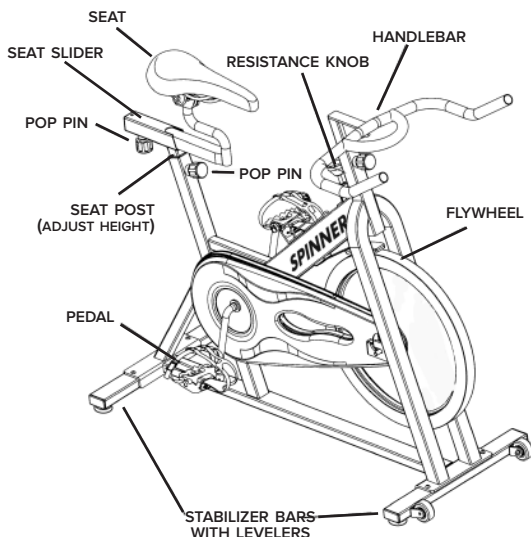
Forcing oversized bottles into water bottle cages can damage cages. Checking and tightening the screws will help prevent damage.

## YOUR SPINNER® BIKE

The patented Spinner bike is specially designed for the Spinning® program. The Spinner bike lets you change positions with ease and includes the following features to create an enjoyable, effective workout:

- ▶ A wide, padded seat to keep you comfortable and balanced. Adjust the seat horizontally and vertically to create a personalized fit.
- ▶ Adjustable handlebars featuring foam grips and a patented design that facilitates proper Spinning hand positions.
- ▶ An adjustable resistance knob to keep you in control of your ride. Simply twist the dial to add more or less resistance.
- ▶ A weighted flywheel to create a non-impact workout and facilitate a fluid pedal stroke.

Your Spinner bike uses a direct-drive fixed flywheel system that does not allow you to coast. To stop, decrease your speed gradually. **If you need to stop immediately, push down on the resistance knob.**



## BIKE ASSEMBLY

Please refer to the separately enclosed manual for the assembly of your Spinner® Velo XT.

## TESTING THE BIKE

Use this checklist to perform the bike test procedure.

- ▶ Recheck all the bolts and make sure they are all tightened and that no parts are missing.
- ▶ Test the handlebar and seat post to make sure they move freely and you are able to lock them at different positions.
- ▶ Check the seat to make sure it is level and tight, and does not rotate around or tilt. Tighten and adjust as needed.
- ▶ Test the seat slider for movement front to rear and check it by setting it at different settings.
- ▶ Brake tension is adjustable using the red resistance knob in the front of the bike. Pressing down on the knob will apply the brake if you need to stop quickly.
- ▶ Adjust seat post and handlebar post to your needs. (Refer to page 2 for proper bike setup.)
- ▶ Pedal at a moderate pace and test for proper and smooth resistance changes while varying the amount of turns on the resistance knob.
- ▶ To move the bike after testing is complete, stand in front the bike, grasp the handlebars and tip the bike toward you until the transport wheels are touching the floor. Roll the bike to the desired location and then gently lower the rear of the bike back to the floor. Adjust the leveling feet so that the bike is stable.

**WARNING** THE FLYWHEEL MOMENTUM OF THE BIKE WILL KEEP THE PEDALS TURNING EVEN AFTER THE USER STOPS PEDALING OR IN THE EVENT THE USER'S FEET SLIP OFF THE PEDALS. DO NOT DISMOUNT THE BIKE OR ATTEMPT TO REMOVE YOUR FEET FROM THE PEDALS UNTIL BOTH THE PEDALS AND THE FLYWHEEL HAVE STOPPED COMPLETELY. FAILURE TO COMPLY MAY LEAD TO LOSS OF CONTROL AND SERIOUS PERSONAL INJURY.

**SAVE THESE INSTRUCTIONS**

## TROUBLESHOOTING



### RATTLING HANDLEBARS/SEAT TOWER

Make sure pop pin is correctly locked into place.

### SADDLE DISCOMFORT

Check to ensure the saddle is centered and level. Adjust as necessary. Bear in mind that it does take time for the body to adjust to the saddle. A gel cushioned seat cover or padded cycling shorts can make your ride more comfortable.



### ROUGH, DRY FEELING WHEN INCREASING RESISTANCE

Put a few drops of oil underneath the resistance knob and let it run down to the resistance shaft thread barrel. This typically makes the motion of adjustment feel smoother.

## LUBRICATING THE CHAIN

During heavy use of your Spinner® Velo XT, it may become necessary to lubricate your chain to reduce chain associated noises. If you have any questions regarding lubricating your chain, please contact Star Trac customer service at (800) 503-1221 for consultation prior to lubricating the chain.



1 Locate the flywheel adjustment cover on the front right side of your Spinner Velo XT.

2 Using a flat head screwdriver, gently pop out the flywheel adjustment cover from the chain guard. This will expose a small section of the chain.

3 Use a chain lube such as Tri-Flo® or other oil based lubricant with a spray nozzle. DO NOT use a wax based lubricant.

4 When spraying the lubricant onto the chain, cover the floor under the bike and take care not to allow the lubricant to drip onto the floor.

5 Lock the brake by turning the Push Brake System knob clockwise. With the brake locked up, spray the lube onto the chain. Loosen the brake and rotate the chain carefully, and slowly by hand approximately a quarter turn, then stop it and tighten the brake again and spray lube onto the next portion of the chain. Repeat the above steps a total of 6 times to lubricate the entire chain.

6 Carefully replace the flywheel adjustment cover. Your Spinner Velo XT is now ready for testing.



## WARNING

REMOVAL OF THE CHAIN GUARD IS STRONGLY DISCOURAGED AND SHOULD ONLY BE PERFORMED BY AN AUTHORIZED STAR TRAC® TECHNICIAN. FAILURE TO FOLLOW THESE INSTRUCTIONS MAY RESULT IN SEVERE INJURY.

**SAVE THESE INSTRUCTIONS**

## CHAIN TENSION ADJUSTMENT

During normal operation of your Spinner® Velo XT it may become necessary to loosen or tighten your chain for optimum performance. If you have any questions regarding your chain tension, please contact Star Trac customer service at (800) 503-1221 for consultation prior to adjusting the tension of the chain.



1 To access the axle nut on the right side of the Spinner Velo XT you will need to first remove the flywheel adjustment cover. Using a flat head screw driver gently pop out the flywheel adjustment cover from the chain guard.



2 Using the 16mm or 5/8" socket and socket wrench loosen the axle nuts on the sides of the flywheel.



3 To tighten the chain, turn the adjustment screw in a clock wise rotation equally on both sides using a 4 mm allen wrench.

4 To tighten the chain, turn the adjustment screw in a clock wise rotation equally on both sides using the 10mm open end wrench.



5 While adjusting the chain tension, work on both sides of the flywheel. Adjust the angle of the flywheel so it is straight front to rear and evenly spaced within the frame side to side as shown in the photo.

6 Adjust the angle of the flywheel by adjusting the adjustment screws on both sides of the flywheel test by slowly rotating the pedals.

- a. If the chain is stretched beyond adjustment the replacement of the chain is recommended. Please contact Star Trac® customer service at (800) 503-1221 for more information.



7 Tighten the adjustment lock nuts and the axle nuts on both sides alternating from side to side. Replace the flywheel adjustment cover before operation.

**WARNING** REMOVAL OF THE CHAIN GUARD IS STRONGLY DISCOURAGED AND SHOULD ONLY BE PERFORMED BY AN AUTHORIZED STAR TRAC® TECHNICIAN. FAILURE TO FOLLOW THESE INSTRUCTIONS MAY RESULT IN SEVERE INJURY.

**SAVE THESE INSTRUCTIONS**

The Spinner® Velo XT is not for commercial use, and is warranted for home use only. Part number 620-7796. Covered by one or more U.S. Patents No. 5,423,728; 5,722,916; 6,155,958; 6,468,185; 6,881,178, U.S. Patent Pending. Spin®, Spinning®, Spinner®, and the Spinning Logo are registered trademarks of Mad Dogg Athletics, Inc. Star Trac® is a registered trademark of Unisen, Inc.

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**For more information about the Spinning® Program,  
visit [spinning.com](http://spinning.com)**



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