

The Peloton logo is a stylized black 'P' with a circular arrow around it.

PELOTON BIKE+

USER MANUAL



SETTING UP YOUR BIKE

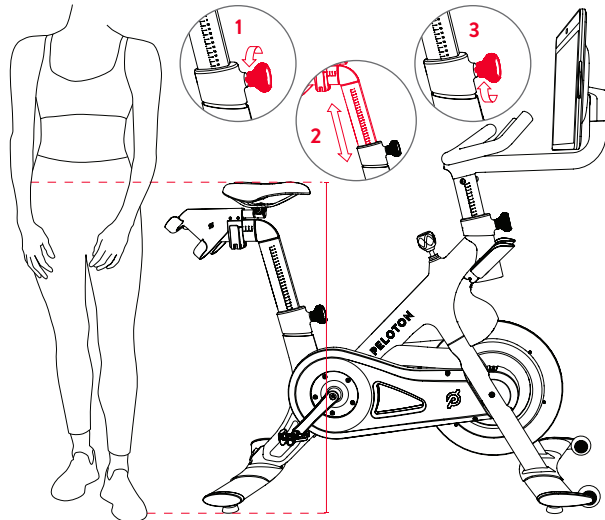
CAUTION: To prevent injury, always adjust the seat and handlebars to your personal requirements. Do not exceed maximum adjustment marks on seat and handlebar posts or seat slider.

SEAT HEIGHT

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

CAUTION: Fully tighten knob before using the Peloton Bike+.

- Set the seat height level with the top of your hip bone.
- Loosen the knob to adjust the seat height.
- Tighten the knob to lock the seat in place.

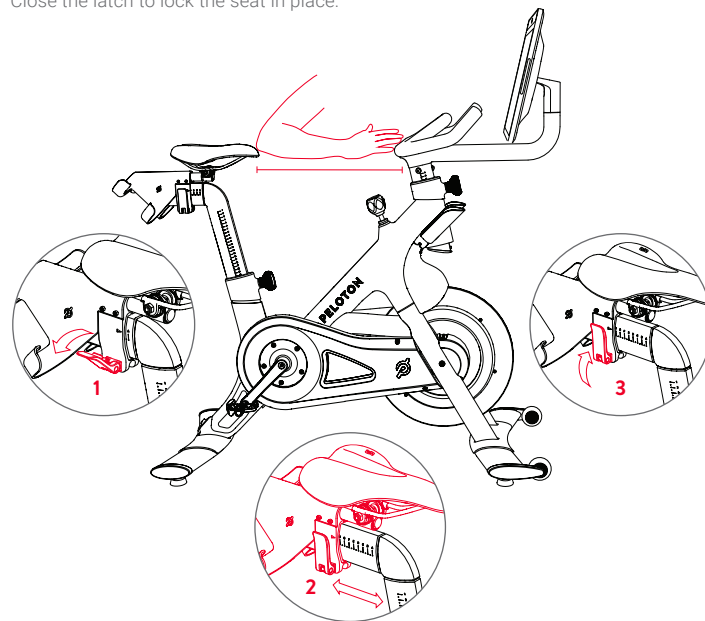


SEAT DEPTH

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

CAUTION: Close latch before using the Peloton Bike+.

- Set the seat elbow-to-fingertips length from the handlebars.
- Open the latch to adjust the seat depth.
- Close the latch to lock the seat in place.

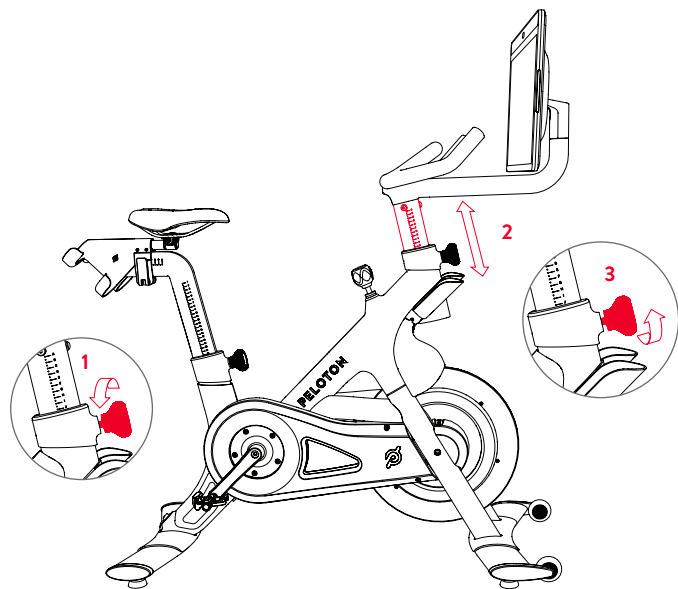


SETTING UP YOUR BIKE CONTINUED

HANDLEBAR HEIGHT

CAUTION: Fully tighten knob before using the Peloton Bike+.

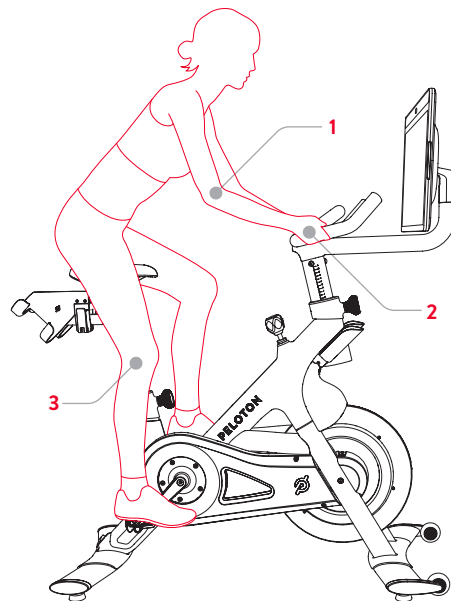
- Set to seat height, then adjust until you feel comfortable.
- Loosen the knob to adjust the handlebar height.
- Tighten the knob to lock the handlebars in place.



PROPER BODY POSITION

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

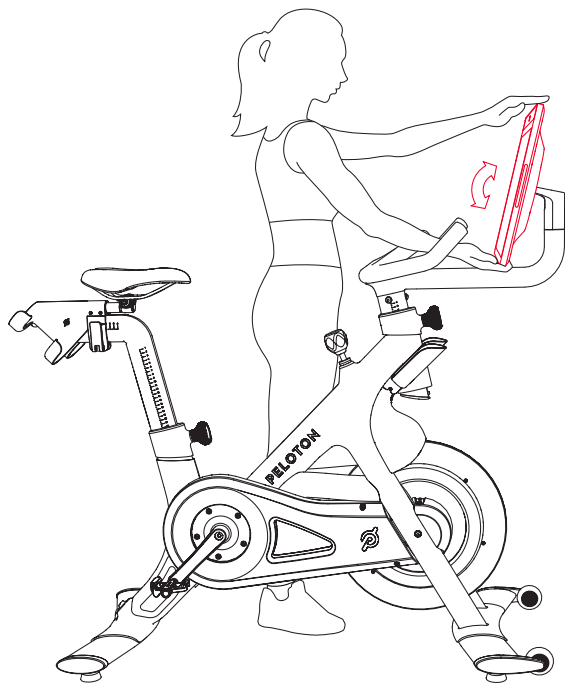
These adjustments should get you started. If you're uncomfortable, or want to fine-tune your bike's settings, access Peloton 101 from the menu on your touchscreen or go to support.onepeloton.com.



SETTING UP YOUR BIKE **CONTINUED**

ADJUSTING THE TOUCHSCREEN ANGLE

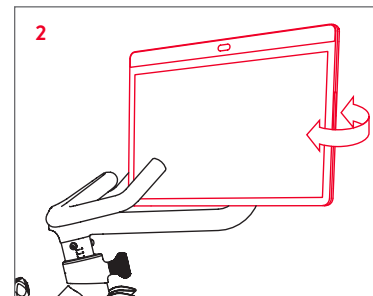
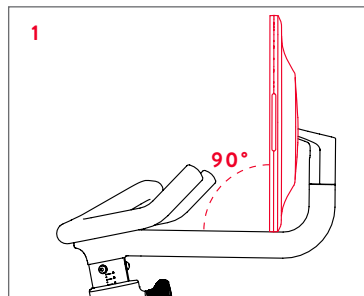
Hold the top and bottom of the touchscreen and tilt it forward or back. You should be able to view the screen comfortably when seated on the bike.



ROTATING THE TOUCHSCREEN

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

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

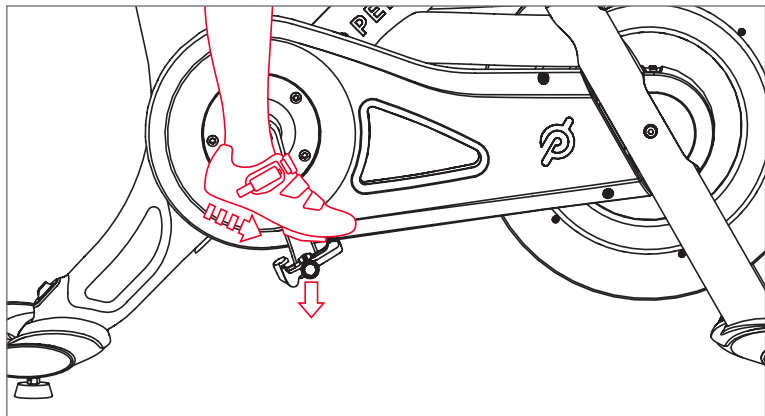


SETTING UP YOUR BIKE **CONTINUED**

⚠ CAUTION: The bike is equipped with Delta-compatible pedals. Always cycle using footwear equipped with appropriate cleats. Never ride the bike barefoot.

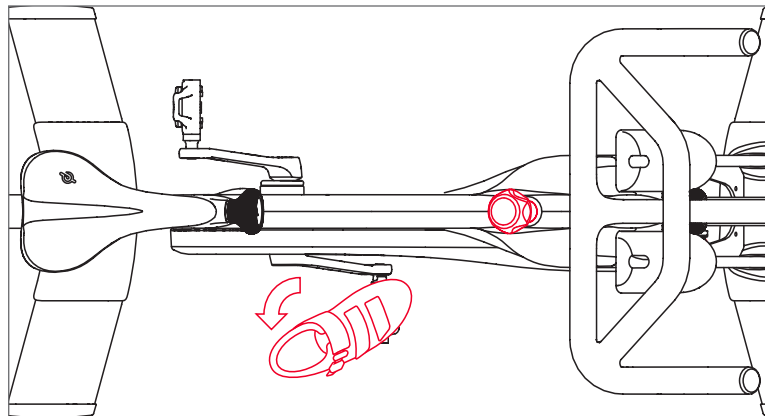
CLIPPING IN

Point your toes down to fit the cleat into the pedal, then push down through your heel.



CLIPPING OUT

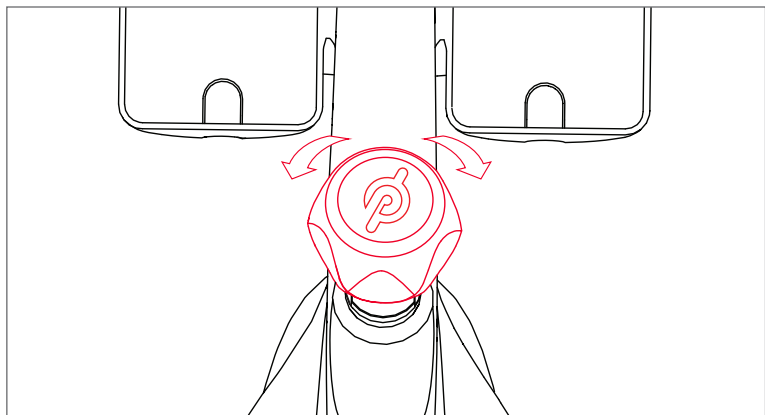
Hold the resistance knob down and kick your heel away from the bike.



SETTING UP YOUR BIKE **CONTINUED**

ADJUSTING RESISTANCE

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

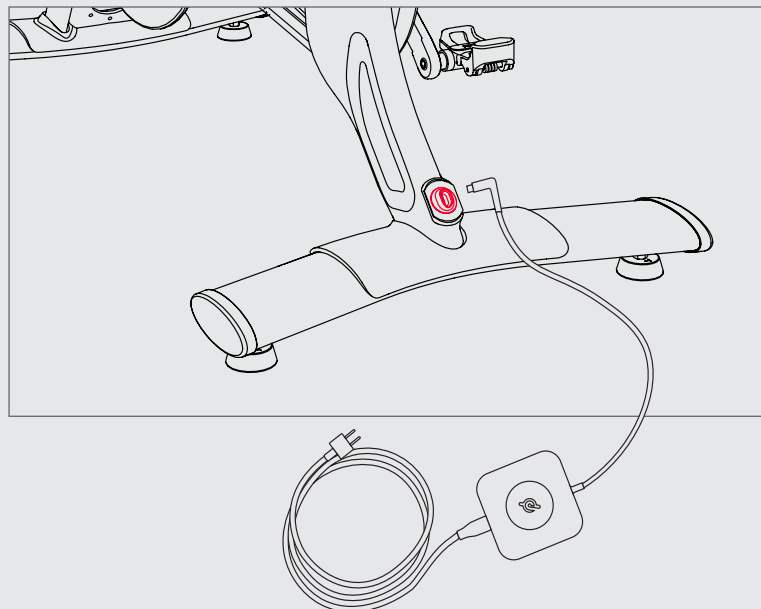


GETTING STARTED

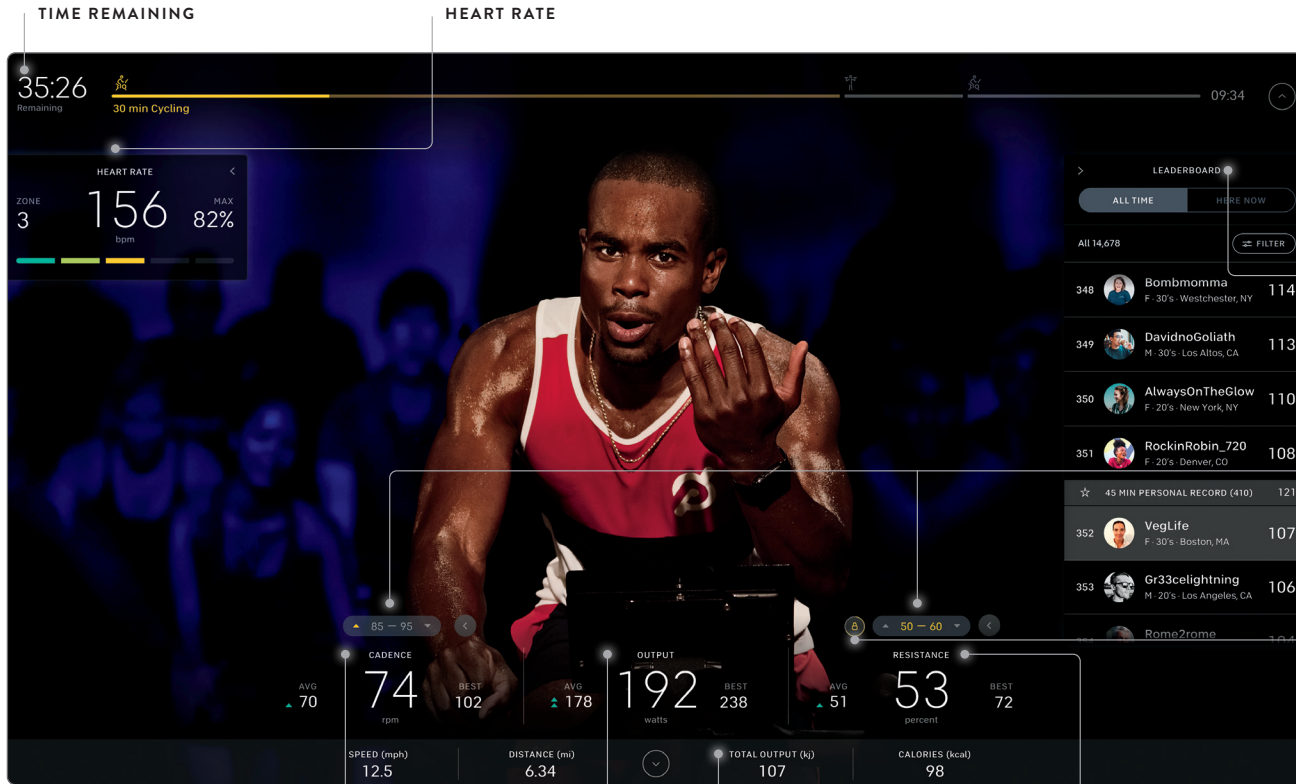
PLUGGING IN

- Plug the power supply into the wall.
- Plug the power cord into the power jack at the back of the bike.

⚠ WARNING: Do not use extension cords or adapters. The included power cord must be able to reach an outlet.



CLASS SCREEN



TAP ELEMENTS TO HIDE OR REVEAL

LEADERBOARD

TARGET RANGES

AUTO-FOLLOW

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

CADENCE

How fast you're pedaling, in revolutions per minute

OUTPUT

The power you're exerting, measured in watts

TOTAL OUTPUT

RESISTANCE

Pedaling difficulty, measured as a percentage