



Spinner® Bike Installation Instructions



NXT 7000



ELITE 6900



PRO 6800

Installation Instructions

SPIN BIKE ASSEMBLY AND SETUP

Use the following procedures to unpack and assemble your **STAR TRAC SPINNER® BIKE**.

Prepare the area that you will be unpacking and assembling the bike to be free from debris that may cause damage. Observe all safety precautions and care while unpacking and assembling the bike.

UNPACKING

Open the shipping carton, carefully remove all parts from the shipping carton and foam inserts, inspect all packaging material for parts or screws and verify that the following parts are included in your shipment:

NXT Parts List			
Description	Qty.	Description	Qty.
Handlebar Post	1	M10x1.5, 55mm Button Head Screw	4
Handlebar	1	M10x1.5, 65mm Button Head Screw	4
M8x1.25, 16mm Flat Head Screw	2	M10x1.5 Nyloc Hex Nut	8
M8x1.25, 16mm Socket Set Screw	1	10mm Washer, Flat	16
Seat Post	1	Wrench Hex, 5mm	1
Seat Slider Assy, with Saddle	1	Wrench Hex, 4mm	1
Pedal set	1 set	Multi Wrench	1
Front Leg Assy. With Transport Wheels	1	Spare Parts Kit (USA Only)	1 Kit
Rear Leg Assy.	1		

Pro/Elite Parts List			
Description	Qty.	Description	Qty.
Handlebar Assy.	1	M10x1.5, 55mm Flat Head Screw	4
Seat Post	1	M10x1.5 Nut	4
Seat Slider Assy, with Saddle	1	10mm Washer, Flat	4
Pedal Set	1 set	Wrench Hex, 5mm	1
Front Leg Assy. With Transport Wheels	1	Wrench Hex, 4mm	1
Rear Leg Assy.	1	Multi Wrench	1
		Spare Parts Kit (USA Only)	1 Kit

Spare Parts Kit- Save the box of spare parts in a safe place so you have service parts when needed in the future. The spare parts kit contains a spare saddle, brake pad and pedals straps. These items are not included in the parts warranty.

NOTE: If you are missing any of the parts listed above, inspect the packing material and the box for items that may have been overlooked.

If parts are missing, or if you have any product questions, please call Star Trac's Service Department at (800) 503-1221, please have your Spinner® serial number ready.

CAUTION: Damage to the bike during assembly is not covered as part of the limited Star Trac warranty. Take care not to drop or lean the bike on the handle bar pop pin. Carefully stand the bike up in the normal upright position on a stable surface so it will not tip over during assembly.



Assembly

Following these steps in order will minimize the build time and ensure proper assembly.

Note: Not all of the following procedures are performed on all models; Spinner ® Pro, Elite and NXT.

If the procedure is particular to that model only it will be noted as follows: (NXT Only) or (Pro/Elite Only) or (NXT/Elite Only)

Installation of the Rear Leg Assembly

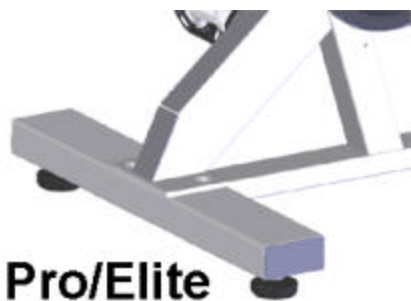
Lift up the rear of the bike frame and place the rear leg assembly in position under the frame, aligning the holes in the leg with the holes in the frame.

NXT Only



1. Position the leg so the thicker end faces toward the front of the bike
2. Using the 5mm hex wrench and a 13mm combination wrench insert 2- M10X55mm (rear-most holes) and 2- M10X65mm (front-most holes) button head screws, nuts and washers (under bolt head and nut), to secure the rear leg assembly to the frame. The nut should be on the bottom of the bike and the head of the screw on the top of the bike.
3. Tighten all hardware securely using a torque wrench to 85 Inch Pounds

Pro & Elite Only



1. Lift up the rear of the bike frame and place the rear leg assembly in position under the frame, aligning the holes in the leg with the holes in the frame.
 2. Using the 5mm hex wrench and a 13mm combination wrench insert 2- M10X55mm flat head screws, nuts and washers to secure the rear leg assembly to the frame. The nut should be on the bottom of the bike and the head of the screw on the top of the bike.
- Tighten all screws/nuts securely using a torque wrench to 85 Inch Pounds

Installation of the Front Leg Assembly

NOTE: The front foot assembly has wheels attached to the front edge. Be sure the wheels face forward when installing the front leg assembly.

Stand the bike frame upright and gently tip the front of the bike up and position the front foot under the frame, with the wheels facing forward.

Attach the front foot assembly to the frame, aligning the holes in the foot with the holes in the frame.

NXT Only



1. Position the leg so the thicker end faces toward the front of the bike
2. Using the 5mm hex wrench and a 13mm combination wrench insert 2- M10X55mm (rear-most holes) and 2-M10X65mm (front-most holes) button head screws, nuts and washers (under bolt head and nut), to secure the rear leg assembly to the frame. The nut should be on the bottom of the bike and the head of the screw on the top of the bike.
3. Tighten all hardware securely using a torque wrench to 85 Inch Pounds

Pro & Elite Only



- 1) Using the 5mm hex wrench and a 13mm combination wrench insert 2- M10X55mm flat head screws, nuts and washers to secure the rear leg assembly to the frame. The nut should be on the bottom of the bike and the head of the screw on the top of the bike.
- 2) Tighten all screws/nuts securely using a torque wrench to 85 Inch Pounds

Position the bike on a flat surface and adjust the leveling feet so the bike is stable.

Installation of the Saddle and Seat Slider

1. Install the seat post into the frame and lower it to the lowest position and tighten the pop pin securely.
2. Slide the seat slide into the top of the seat post with the saddle pointed towards the front of the bike.



NXT Only

1. Rotate the seat slider lock knob as needed so that the slider clamp is in alignment with the guide rail
2. There is a locking pin under the saddle that has to be pulled up as you move the slider into position. Release the pin when the indicator is within the 0 to 9 range.
3. Test the seat slide for proper operation and full travel.



Pro & Elite Only

1. Unscrew the seat slider pin far enough to allow the slider to pass over the pin.
2. Tighten screw with the slider within the usable range.
3. Test the seat slide for proper operation and full travel.

Installation of the Pedals

NOTE: The pedal shafts are marked "R" and "L". Trying to install the pedals on the wrong side may damage the pedal and the crank arm. Take caution to attach the pedals to the correct side of the bike (picture shown is for Elite/NXT).



- 1) Install the pedals on the pedal cranks using a 15mm open-end wrench and tighten securely.
- 2) Turn the left pedal spindle counterclockwise when threading into the left crank arm; turn the right pedal spindle clockwise when threading into the right crank arm.

Installation of the Handlebar Pop Pin



- 1) Insert the pop pin into the front of the bike frame.
- 2) Hand-tighten the nut of the pop pin hand tight taking care not to cross tread it.
- 3) Using a wrench tighten the pop pin assembly.

Assembly and Installation of the Handlebar and Post



NXT Only

- 4) Positioning the handlebar post with the numbers 1 on top and insert the handlebar into the handlebar sleeve locking it at number 4.
- 5) Slide the handlebar onto the handlebar post insert with the water bottle holders facing forward and align the three screw holes.
- 6) Insert the socket head set screw into the handlebar but do not tighten at this time.
- 7) Insert the 2 flat head screws into the handlebar but do not tighten at this time.
- 8) Check for proper alignment then tighten the 2 flat head screws using a 5mm hex wrench to 60 inch pounds.
- 9) Tighten the set screw to 60 inch pounds using a 4mm hex wrench.
- 10) Slide the handlebar post into the frame making sure the holes face the front of the bike.
- 11) Allow the post to go into the frame all the way in to level 1 and align the pop pin so it snaps into the hole then tighten the pop pin and test for steadiness.
- 12) Loosen the pop pin and raise the handlebar to its highest position number 10 and tighten the pop pin and test for steadiness.



Pro & Elite Only

- 1) Slide the handlebar post into the frame making sure the holes face the front of the bike.
- 2) Allow the post to go into the frame all the way in to level 1 and align the pop pin so it snaps into the hole then tighten the pop pin and test for steadiness.
- 3) Loosen the pop pin and raise the handlebar to its highest position and tighten the pop pin and test for steadiness.



Removing the decal protective covers

The bikes have protective clear decal covers to protect the decals from damage during packaging and shipping. Using your fingers only, carefully peel off the protective covers after assembly of the bike.

Testing the bike

Use this checklist to perform the bike test procedure to ensure the bike is operating properly.

- Recheck all bolts to make sure they are all tightened to the proper torque specification and no parts were left off the bike or are missing.
- Test the handlebar and seat post to make sure they move freely and you are able to lock in at different positions.
- Check the seat to make sure it is level and tight and does not rotate around or tilt forward or backward. Tighten and adjust as needed.
- Test the seat slide for easy movement front to rear and the ability to adjust it to different settings.

Testing the flywheel and brake mechanism.

CAUTION: The flywheel will continue to spin after you pedal and the crank arms and pedals will rotate with the flywheel. Brake tension is adjustable by turning the red resistance knob in the front of the bike, clockwise to tighten the brake and counterclockwise to loosen the brake. Pressing down on the knob will apply the brake momentarily if you need to stop quickly.

- Adjust seat post and handlebar post to your comfort. Ride / test the bike for proper operation according to the owner's manual.
- Pedal the bike at a moderate pace and test for proper and smooth resistance changes while varying the amount of turns on the resistance knob.
- When the testing is complete tip the bike forward using the handlebars and roll it on a smooth surface to the final location. Check and adjust the leveling feet so the bike is stable.

WEB SITE

<http://support.startrac.com/>

PHONE

800-503-1221

FAX

714-669-0739

EMAIL

SUPPORT@STARTRAC.COM



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