



**BIKE AND BIKE+
PEDAL SET GUIDE**

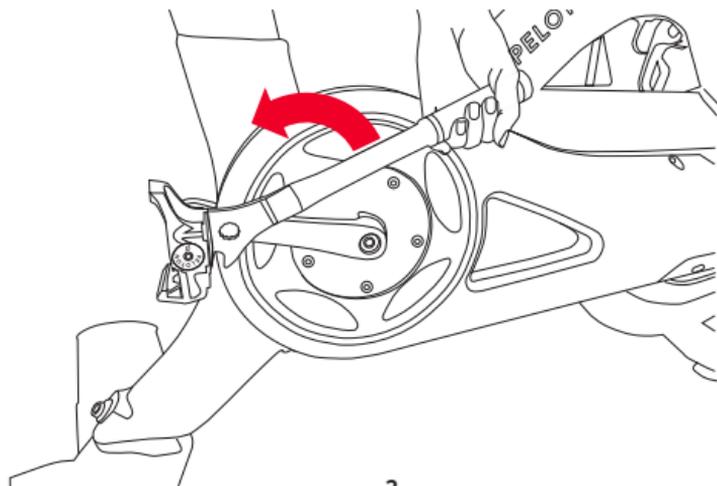
These pedals are intended for home use with the Peloton Bike or Bike+.

⚠ WARNING: Always cycle using footwear equipped with appropriate cleats. Cycling barefoot or with inappropriate footwear can cause serious injury.

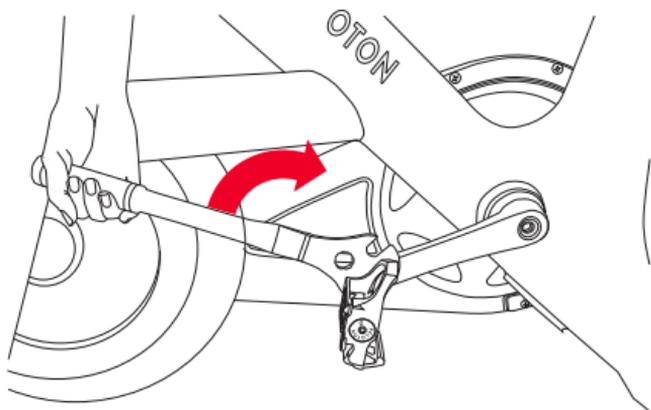
⚠ CAUTION: Identify the right and left pedals before installation. Make sure each pedal is correctly threaded before screwing it in. Misaligning the threads or turning a pedal in the wrong direction could damage the pedal and bike.

REMOVING PEDALS

1. Turn resistance to maximum (Bike) or hold down the resistance knob (Bike+) to stop the crank arms from moving.
2. Using a 15 mm pedal wrench, rotate the **right** pedal spindle **counterclockwise** until the pedal comes off.

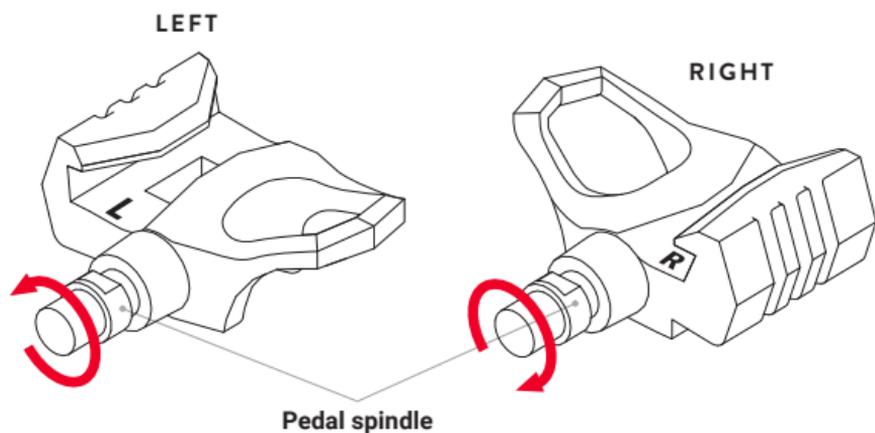


3. Rotate the **left** pedal spindle **clockwise** until the pedal comes off.

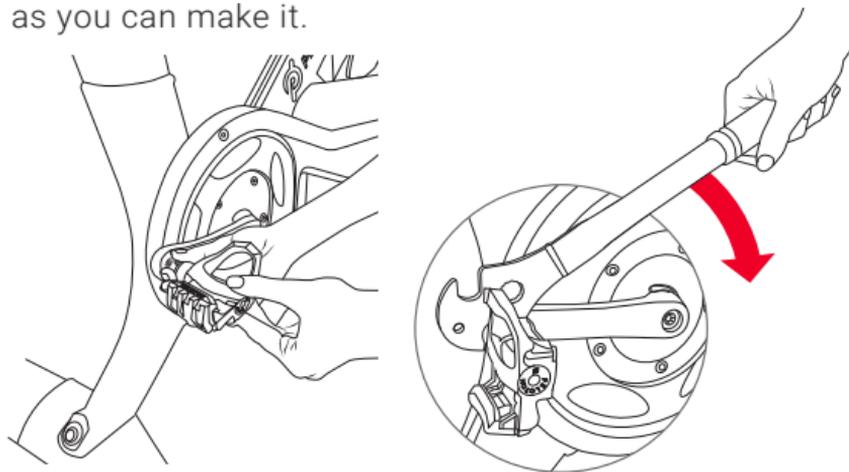


ATTACHING PEDALS

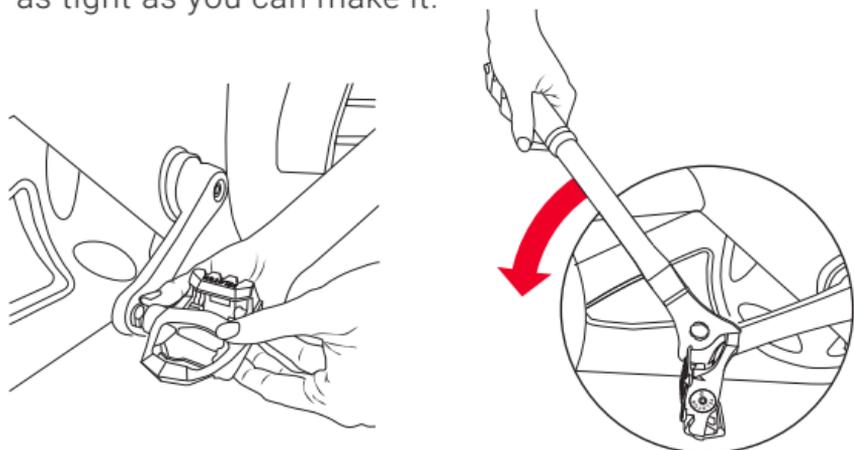
1. Identify the left and right pedals using the L and R markings near the spindle.



2. Insert the **right** pedal into the right crank arm at a 90° angle. Holding the pedal steady, rotate the spindle **clockwise** until it is hand-tight. Tighten using a 15 mm pedal wrench. It's important that the pedal is as tight as you can make it.



3. Insert the **left** pedal into the left crank arm at a 90° angle. Holding the pedal steady, rotate the spindle **counterclockwise** until it is hand-tight. Tighten using a 15 mm pedal wrench. Double check that the pedal is as tight as you can make it.



After your first 3 to 5 rides with the new pedals, tighten them again. Remember to turn the wrench toward the front of the bike to tighten on both sides.

To ensure safe operation and optimal performance, replace the pedals on your Peloton Bike or Bike+ every 12 months.

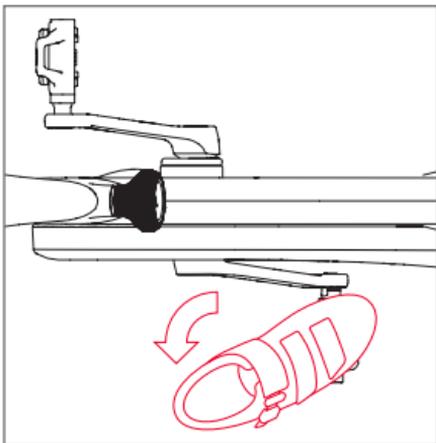
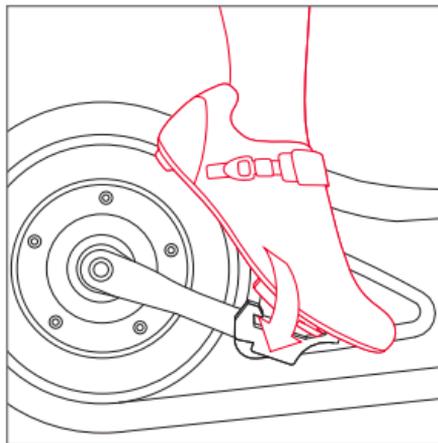
USING PEDALS WITH CYCLING SHOES

Use the Peloton Bike and Bike+ Pedal set with any cycling shoes equipped with Delta-compatible cleats.

To clip in, point your toes down to fit the cleat into the front of the pedal. Push down through your heel.

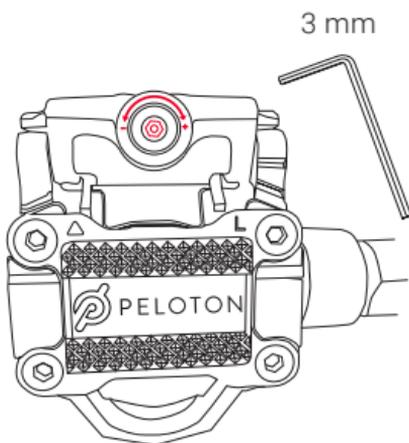
CAUTION: Be careful when clipping in and out. While you may need to use some force, excessive force or aggressive movements could result in an ankle, foot, or leg injury.

To clip out, kick your heel away from the bike.



ADJUSTING PEDAL TENSION

If clipping in requires excessive force, or if your shoes unclip by accident, you may need to adjust pedal tension. The tensioning screw is located on the underside of the pedal.



To make it easier to clip in and out, turn the tensioning screw about one quarter-turn counterclockwise. Repeat as needed, and don't loosen the screw more than you need to.

To make it more difficult to clip in and out, turn the tensioning screw about one quarter-turn clockwise. Repeat as needed, and be careful not to overtighten.

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