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Spinning 6960

Star Trac Spinner Blade 6960 Exercise Bike User Manual

1. PRODUCT OVERVIEW

The Star Trac Spinner Blade 6960 is a high-performance indoor cycle designed for effective cardio workouts. Constructed with an all-aluminum frame, it offers durability and corrosion resistance. Key features include a highly adjustable design for various user sizes, a robust chain drive system, and a perimeter-weighted flywheel for a smooth, realistic cycling experience. The bike also incorporates dual-sided SPD compatible pedals and a smooth control resistance knob with an integrated emergency stop function.



Figure 1: Star Trac Spinner Blade 6960 Exercise Bike

2. SETUP AND ASSEMBLY

The Spinner Blade 6960 requires some self-assembly. Ensure all components are present before beginning. Follow the detailed instructions provided in the separate assembly guide for proper setup. Once assembled, adjust the bike to your personal fit for optimal performance and comfort.

2.1 Adjusting the Seat

The seat can be adjusted both vertically (up/down) and horizontally (fore/aft) to achieve the correct riding position. Loosen the adjustment knob, slide the seat to the desired position, and securely tighten the knob.



Figure 2: Adjusting the seat's fore-aft position

2.2 Adjusting the Handlebars

The handlebars can be adjusted vertically to match your preferred riding height. Loosen the handlebar adjustment knob, raise or lower the handlebars, and then firmly tighten the knob to secure them in place. The handlebars also feature an increased five-degree angle for a more convenient riding position.



Figure 3: Adjusting the handlebar height

2.3 Pedals

The Spinner Blade 6960 is equipped with custom dual-sided SPD compatible pedals. These pedals allow for use with cycling shoes that have SPD cleats or with standard athletic shoes using the integrated toe cages.



Figure 4: Dual-sided SPD compatible pedals

3. OPERATING INSTRUCTIONS

3.1 Adjusting Resistance

The Spinner Blade features a smooth control resistance knob. Turn the knob clockwise to increase resistance and counter-clockwise to decrease it. Adjust resistance gradually to match your desired workout intensity.



Figure 5: Resistance knob and emergency stop

3.2 Emergency Stop

In case of an emergency or if you need to stop the flywheel quickly, press down firmly on the resistance knob. This will engage the emergency brake and bring the flywheel to a rapid stop.

3.3 Transporting the Bike

The Spinner Blade 6960 is equipped with front-mounted wheels for easy transport. To move the bike, tilt it forward until it rests on the transport wheels, then carefully roll it to the desired location.

4. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your Spinner Blade 6960. The aluminum frame is corrosion-resistant, reducing the need for extensive rust prevention. Periodically inspect the chain drive system, pedals, and all adjustment mechanisms for wear and tear. Keep the bike clean by wiping it down after each use with a damp cloth to remove sweat and dust. Lubricate moving parts as recommended in the full product manual.

5. TROUBLESHOOTING

If you encounter any issues with your Spinner Blade 6960, please refer to the following general troubleshooting tips:

- **Squeaking or Noise:** Check all bolts and connections to ensure they are tight. Lubricate the chain and other moving parts as per the maintenance schedule.
- **Loose Pedals:** Ensure pedals are securely tightened to the crank arms. The patent-pending taper fit bottom bracket and pedal system are designed for increased strength and reliability.
- **Unstable Bike:** Verify that the bike is placed on a flat, stable surface. Adjust the leveling feet if necessary.
- **Resistance Issues:** Ensure the resistance knob is functioning correctly and the brake pad is making proper contact with the flywheel.

For persistent issues, contact Star Trac customer support.

6. SPECIFICATIONS

Feature	Detail
Brand	Spinning (Manufactured by Star Trac)
Model Name	Spinner Blade
Model Number	6960
Material	Aluminum
Item Weight	126 Pounds
Product Dimensions (D x W x H)	56.5" x 21" x 40"

Maximum Weight Recommendation	350 Pounds
Resistance Mechanism	Friction
Drive System	Chain
Adjustments	Handlebars (up/down, micro-adjust fore/aft), Seat (up/down, micro-adjust fore/aft)
Pedals	Dual-sided SPD compatible
User Height Accommodation	4' 10" to 6' 10"



Figure 6: Product Dimensions

7. PRODUCT VIDEO OVERVIEW

Video 1: Official overview of the Spinner Blade by Star Trac, highlighting its design, adjustability, and ride experience.

8. WARRANTY AND SUPPORT

For detailed warranty information, product registration, or technical support, please refer to the documentation included with your purchase or visit the official Star Trac or Spinning website. You may also contact Star Trac customer service directly for assistance with your Spinner Blade 6960 exercise bike.