

eSPINNER®

expect different™.



 SPINNING®

 STAR TRAC®

Energize your cardio floor.  
Engage new users.





Usually, I'm a bit  
intimidated.  
Not anymore.

Work used to dictate when  
I'd take a Spinning® class.  
That was then.

The cardio floor  
hasn't done it for me.  
Until now.



Introducing **eSPINNER**<sup>®</sup>

It's more than just a step into the future, it's the Spinning<sup>®</sup> program on your members' terms.

The eSpinner<sup>®</sup> is a breakthrough new Spinning<sup>®</sup> bike manufactured by StarTrac that brings the experience out of the group cycling room and onto the cardio floor. Now users of all levels and abilities can experience the fun, energy and excitement of a Spinning<sup>®</sup> class whenever they want, and on their terms.

In 1989, Spinning<sup>®</sup> changed the face of group exercise and now eSpinner<sup>®</sup> is set to do the same – not only in cardio, but also in the very way people work out. From a virtual master instructor that guides the rider, to its real, on-the-bike feel, no other indoor cycling product on the market offers the level of interaction and user experience that eSpinner<sup>®</sup> does. Welcome to the future.

## BUILD YOUR SPINNING® PROGRAM WORKOUT



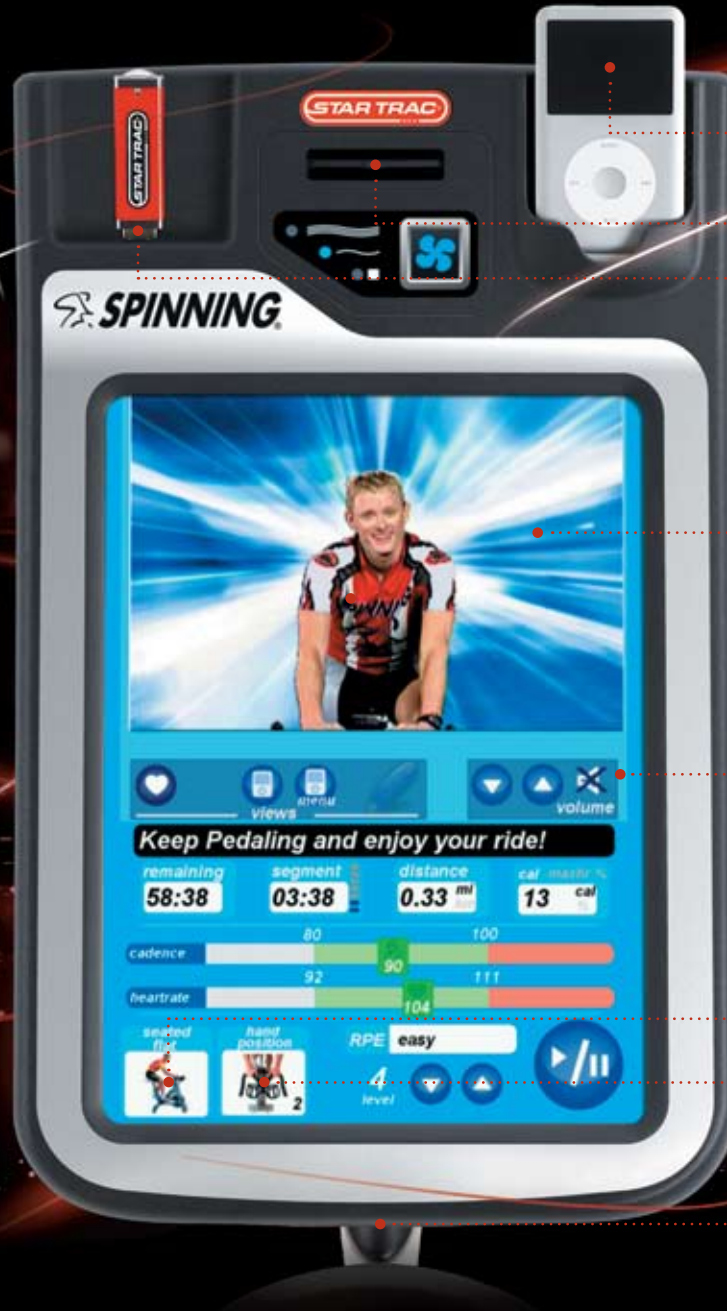
1 Choose your workout.



2 Choose your Energy Zone.™



3 Select time and level.



- Made for iPod® connector
- Integrated fan
- USB port

• Adjustable touch screen computer

• Built-in TV tuner

• Body position icon

• Hand position icon

• Headphone jack

4 The computer builds customized workouts, creating literally thousands of potential combinations of rides varying between 20 and 60 minutes.



# It coaches. It motivates. It entertains.

From the moment your users climb aboard the eSpinner®, it's obvious that they're in for an experience they've never felt before on the cardio floor. It all begins with the state-of-the-art, embedded touch screen computer. But it's more than an intuitive dashboard – it's also home to their very own virtual Spinning® master instructor. They simply choose their time goal and intensity level, and are off on a guided, virtual Spinning® class experience.

eSpinner's® programming is designed for everyone from first-time riders to cycling enthusiasts and weekend warriors looking for cross training. Every ride is based on the proven methodology of the Spinning® program and feature endurance, interval, strength and race-day training.

Workouts are led to a variety of dynamic music genres including pop, rock, chill and jazz, or users can choose their own audio/video content from their iPod®. There's even a built-in TV to watch if they choose to build their own workout and train without the master instructor.

## PROGRAMMING AND ENTERTAINMENT



### MONITOR INTENSITY

*Build a custom workout based on monitoring heart rate and intensity*



### TV TUNER / iPod®

*Watch TV or iPod video content instead of the virtual master instructor*

## eSPINNER® CYCLE FEATURES



Resistance knob  
with emergency  
pressure stop

Corrosion-resistant  
aluminum frame

Dual-sided  
SPINNING® pedals  
with SPD®-capability  
for cycling shoes  
and toe-cage on  
reverse side

Pop-pin handlebar  
and screen adjusts for  
maximum safety

Dual water  
bottle holder

Smart Release™  
system for added  
safety

Universal power  
supply

# We started with a lot to like and then delivered even more to love.

From top to bottom, eSpinner® has all of the quality, design and features you've come to expect from both StarTrac® and Spinning®. But we also knew that in order to create the next level in cardio, we had to take features to the next level in places you might not even expect. That's why you'll see features like a Smart Release™ system for added safety on the cardio floor, and educational programming that teaches proper hand and body positioning. The end result is the first piece of equipment that's as appealing to you as it is to your users.

## HOW eSPINNER® BENEFITS YOUR FACILITY

### UNIQUENESS

*eSpinner® is unlike anything else and allows you to offer a new cardio concept on your floor.*

### VALUE

*eSpinner® has a very broad user appeal/usage and doesn't require an instructor.*

### SPACE

*eSpinner® allows you to extend the Spinning® experience or offer it for the very first time without the need for additional class space.*

## HOW eSPINNER® BENEFITS YOUR USERS

### COACHING

*eSpinner® offers an interactive coaching experience not found on any other piece of equipment.*

### VARIETY

*eSpinner® offers a broad range of programs that are suitable and challenging to users of all levels and abilities.*

### CUSTOMIZATION

*eSpinner® offers every user a completely unique and customized Spinning® experience every time they use it.*



©2009 StarTrac. All rights reserved. StarTrac and the StarTrac logo are registered trademarks of Unisen, Inc. Expect Different is a trademark of Unisen, Inc. Energy Zone is a trademark of Mad Dogg Athletics, Inc. SPIN®, Spinning®, Spinner®, Spinning® logo and eSpinner® are registered trademarks of Mad Dogg Athletics, Inc. iPod® is a registered trademark of Apple, Inc. SDP is a registered trademark of Shimano, Inc. Smart Release is a trademark of Nautilus, Inc.

**WORLD HEADQUARTERS** [www.startrac.com](http://www.startrac.com)

*14410 Myford Road, Irvine, California 92606 USA*

*Tel +1 (714) 669 1660 Corp +1 (800) 228 6635 Fax +1 (714) 838 6286*

**EUROPE HEADQUARTERS** [www.startrac.com/europe](http://www.startrac.com/europe)

*Unit 4, The Gateway Centre, Coronation Road*

*Cressex Business Park, High Wycombe, Bucks HP12 3SU United Kingdom*

*Tel +44 (0) 1494 688260 Fax +44 (0) 1494 688269*

**ASIA HEADQUARTERS**

*No. 39A Jalan Pemimpin, Halcyon Building #01-02, Singapore 577183*

*Tel +65 6255 6252 Fax +65 6255 1501*

**MAD DOGG ATHLETICS, INC.** [www.spinning.com](http://www.spinning.com)

*2111 Narcissus Court, Venice, California 90291 USA*

*Tel +1 (310) 823 7008 Corp +1 (800) 847 7746 Fax +1 (310) 823 7408*

**MAD DOGG ATHLETICS EUROPE** [www.spinningeurope.com](http://www.spinningeurope.com)

*Scheldeweg 3, Maassluis 3144 ES, The Netherlands*

*Tel +31 (0) 10 590 45 08 Fax +31 (0) 10 590 00 54*