

PELTON TREADMILL INSTRUCTIONS

- 1) UNLOCK CODE = **3910**
- 2) SELECT **WARCO_FITNESS** PROFILE FROM HOME SCREEN*
- 3) PELTON OFFERS A VARIETY OF INSTRUCTOR LED CLASSES. FEEL FREE TO PICK WHAT CLASS SUITS YOU BEST.

IF YOU DO NOT WANT TO TAKE AN INSTRUCTOR LED CLASS, AND WOULD RATHER JUST RUN OR WALK AT YOUR OWN PACE:

- SELECT “**MORE**” AT THE BOTTOM OF THE SCREEN
- THEN SELECT “**JUST RUN**”

AS A COURTESY TO OTHERS AROUND YOU, PLEASE UTILIZE HEADPHONES INSTEAD OF BUILT IN SPEAKERS

***NOTE:** THERE IS UNFORTUNATELY NO COMMERCIAL MODEL AT THIS TIME FOR THE TREADMILL. THIS TREADMILL IS A RESIDENTIAL MODEL AND REQUIRES A PAID ALL ACCESS SUBSCRIPTION. **WARCO HAS CREATED AND PAID FOR A GENERIC PROFILE SUBSCRIPTION UNDER THE NAME OF “WARCO_FITNESS” WHICH SHOULD BE LOGGED IN TO THE TREADMILL BY DEFAULT.**

ANY ISSUES? Please contact fitness@warcoconstruction.com

PELOTON BIKE INSTRUCTIONS

NOTE: THIS IS A COMMERCIAL MODEL, WHICH ALLOWS YOU TO CREATE A FREE ACCOUNT.

1) **PLEASE FOLLOW THE HOME SCREEN INSTRUCTIONS TO CREATE YOUR FREE ACCOUNT AND LOGIN.** THIS ACCOUNT CAN BE USED ON BOTH THE BIKE & ROW MACHINES.

2) PELOTON OFFERS A VARIETY OF INSTRUCTOR LED CLASSES. FEEL FREE TO PICK WHAT CLASS SUITS YOU BEST.

IF YOU DO NOT WANT TO TAKE AN INSTRUCTOR LED CLASS, AND WOULD RATHER JUST RIDE:

- SELECT "**MORE**" AT THE BOTTOM OF THE SCREEN
- THEN SELECT "**JUST RIDE**"

3) PLEASE USE THE VELCRO STRAPS TO SECURE YOUR SHOES IN THE BIKE PEDALS.

AS A COURTESY TO OTHERS AROUND YOU, PLEASE UTILIZE HEADPHONES INSTEAD OF SPEAKERS

ANY ISSUES? Please contact fitness@warcoconstruction.com

PELOTON ROW INSTRUCTIONS

NOTE: THIS IS A COMMERCIAL MODEL, WHICH ALLOWS YOU TO CREATE A FREE ACCOUNT.

- 1) **PLEASE FOLLOW THE HOME SCREEN INSTRUCTIONS TO CREATE YOUR FREE ACCOUNT AND LOGIN.** THIS ACCOUNT CAN BE USED ON BOTH THE BIKE & ROW MACHINES.

- 2) PELOTON OFFERS A VARIETY OF INSTRUCTOR LED CLASSES. FEEL FREE TO PICK WHAT CLASS SUITS YOU BEST.

IF YOU DO NOT WANT TO TAKE AN INSTRUCTOR LED CLASS, AND WOULD RATHER JUST ROW:

- SELECT “**MORE**” AT THE BOTTOM OF THE SCREEN
- THEN SELECT “**JUST ROW**” OR “**SCENIC ROW**”

AS A COURTESY TO OTHERS AROUND YOU, PLEASE UTILIZE HEADPHONES INSTEAD OF SPEAKERS

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