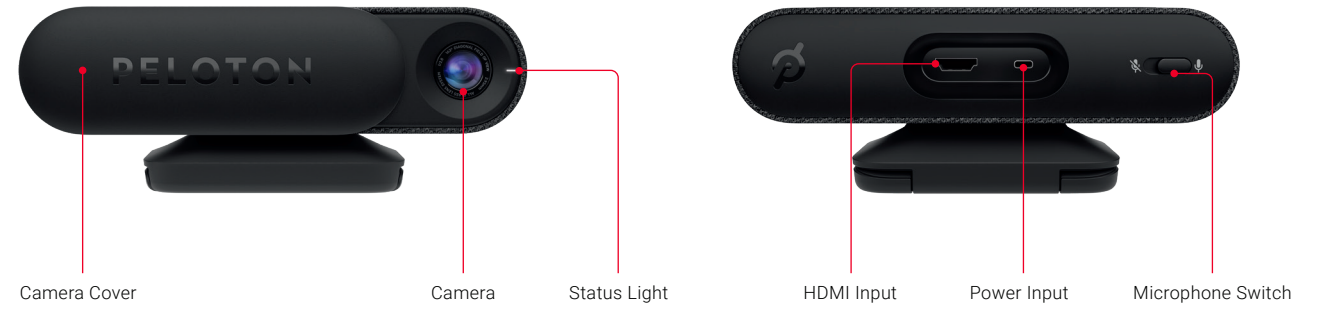


The Peloton logo is a stylized white 'P' inside a circle, with a small gap at the top of the circle.

# PELOTON GUIDE

QUICK SETUP



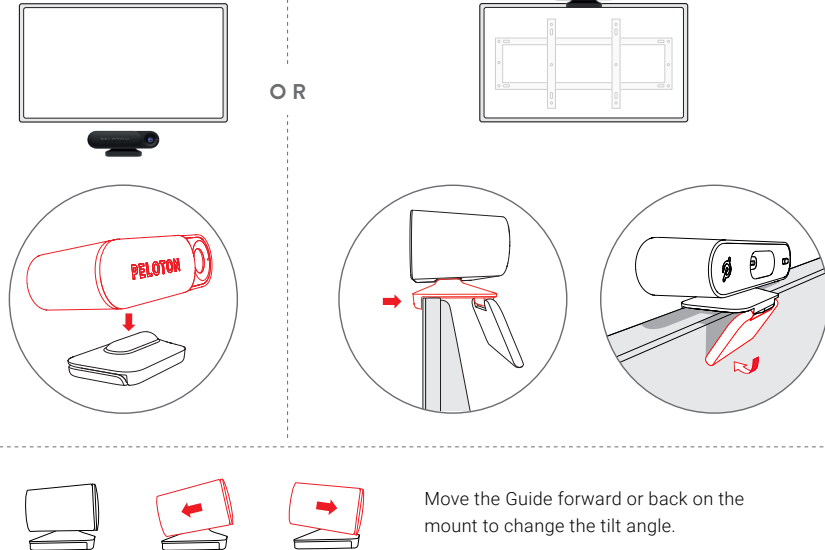
## GETTING STARTED

**1**



**⚠ CAUTION:**  
To avoid trip hazards, ensure that the power and HDMI cables do not obstruct walkways or the workout area.


**2**



OR

Move the Guide forward or back on the mount to change the tilt angle.

**3**




**Y** CALIBRATION  
**✓** ACTIVATION  
**🏃** EXERCISE

For more help setting up the Peloton Guide, visit [onepeloton.com/setup/guide](https://onepeloton.com/setup/guide).

# GUIDE

NOTICES

## NOTICES

 This product is an electrical product containing batteries. Waste electrical products and/or batteries must not be disposed of with household waste. Please recycle at facilities available to you. Check with your local authority or retailer for the nearest facilities available and for further recycling advice.

To access regulatory content on your Peloton Guide, navigate to Settings > System > Legal.

## FCC

**FCC RULES PART 15:** The enclosed product (hardware) device complies with part 15 of the FCC Rules. Operation is subject to following two conditions: (1) this device may not cause harmful interference and (2) it must accept any interference received, including interference that may cause undesired operation.

**FCC RADIATION EXPOSURE STATEMENT:** This equipment complies with FCC RF radiation exposure limits set forth for an uncontrolled environment. It should be installed and operated with a minimum distance of 20 cm between the radiator and your body. The transmitter must not be re-located or operated in conjunction with any other antenna or transmitter.

**MODIFICATION STATEMENT:** This device has been designed to comply with the FCC Rules. Changes or modifications not expressly approved could void the user's authority to use the device.

**FCC COMPLIANCE STATEMENT:** This equipment has been tested and found to comply with limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in residential installations. This equipment generates, uses, and can radiate radio frequency energy, and if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause interference to radio or television equipment reception, which can be determined by turning the equipment off and on, the user is encouraged to try correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna
- Increase the separation between the equipment and receiver
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

## NOTICES CONTINUED

### ISED CANADA

This device complies with ISED's licence-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

**CAUTION:** The device for operation in the band 5150–5250 MHz is only for indoor use to reduce the potential for harmful interference to co-channel mobile satellite systems.

### CANICES-3 (B)/NMB-3(B)

**RADIO FREQUENCY EXPOSURE STATEMENT:** This equipment complies with ISED's RSS-102 radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with a minimum distance of 20cm between the radiator & your body.

Pour accéder au contenu réglementaire de votre Guide Peloton, accédez à Paramètres > Système > Juridique.

### ISDE DU CANADA

Cet appareil est conforme à la ou aux normes CNR exemptées de licence de l'ISDE. Son fonctionnement est soumis aux deux conditions suivantes : (1) cet appareil ne peut pas provoquer d'interférences, et (2) cet appareil doit accepter toute interférence, y compris des interférences pouvant causer un fonctionnement indésirable de l'appareil.

### CANICES-3 (B)/NMB-3(B)

**DÉCLARATION D'EXPOSITION AUX ONDES RADIO:** Cet équipement est conforme aux limites d'exposition aux rayonnements de ISDE fixées pour un environnement non contrôlé. Cet équipement doit être installé et utilisé en maintenant une distance minimale de 20 cm avec un radiateur et votre corps.

ATTENTION : Le dispositif pour fonctionner dans la bande 5150-5250 MHz est uniquement destiné à une utilisation à l'intérieur pour réduire le risque de brouillage préjudiciable aux systèmes mobiles par satellite de co-canal.

### CAUTION: EXPOSURE TO RADIO FREQUENCY RADIATION

This equipment complies with European radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with a minimum distance of 20 cm between the radiator and your body.

### DISTRIBUTED BY:

**USA / CANADA**  
441 9th Ave, 6th Floor  
New York, NY 10001  
USA



[onepeloton.com](https://onepeloton.com)