



SUZUKI

Welcome.

You've joined a growing joy-driven movement in cycling. We're so glad to have you here.

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It's like falling in love.

We joke that **bonding with a Cruzbike is like falling in love**. And it is. The discovery and learning, the building trust and unfolding adventure of joy-driven cycling really is a romance.

Get ready to savor it. We're here (along with the whole Cruzbike community) to support you and celebrate each step along the way.

Email: support@cruzbike.com

Visit: cruzbike.com/forum

Take it slow.

The very best way to learn to ride a Cruzbike is slowly. The next few pages lay out our favorite learning plan. This is what you'd get if you hung out with our team for a few weeks.

Even without the Cruzbike family moving in with you, you can really enjoy this early part of your Cruzbike journey. Taking your time is not just okay, it's best. We have a vested interest in you loving your bike, after all, so trust us.

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Watch and read.

Head over to cruzbike.com/learn-to-ride and watch everything there a few times so you have a feel for the skills you'll be practicing.

This is also a good time to check out the Cruzbike Owner's Manual.

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Find wide open spaces.

Scout a wide open parking lot or paved area for learning. You and your bike are going to spend time getting to know each other there.

The best will have minimal vehicle and pedestrian traffic and a very gentle slope for getting going, but flat will do just fine, too. High school parking lots on weekends are usually quiet. Parks often have spaces that work well, too.

Get your gear.

Get your gear ready. Find and fit your helmet if it's been in deep storage.

Pull out your tennis shoes (always learn using the platform pedals we'll ship with your bike) and comfortable workout pants.

Make sure your pants are tight at the ankle or roll up the leg to keep it from getting caught on the front chainring.

Time to ride.

It's tempting to jump on your bike and just go for it, so we'll say it again. Take learning your Cruzbike slow and trust and enjoy the process.

It is like riding a bike, but more like that first time you rode without training wheels: equal parts thrilling and world-changing.

It took time then, too.

First date.

Today you're just going to get to know your new bike. Get your gear and Cruzbike and head to that wide open parking lot you scouted. Plan to spend about 45 minutes practicing the steps from the video. You can just stick with the first few steps if you like. Only move on when you feel comfortable.

Then go home and get some sleep. When you wake up, your brain will have done a lot of learning for you. Rest is a surprisingly effective learning tool, so enjoy it!

Second date.

Next time you take your bike out, go back to that empty parking lot and practice for another 45 minutes or so - this time focus on wide sweeping turns and figure 8s. It's perfectly normal to feel more comfortable turning one direction than the other at first, but that evens out with time.

Keep taking it slow. In our adult lives it's a rare and rewarding experience to learn a new skill, to discover new ways our bodies can perform and new ways to experience the world around us. Savor it!

Third time's a charm.

On your third learning day, practice starting from a stop. Keep putting the laps in in your wide open parking lot. Riding here until you feel comfortable will make your first road ride much more fun.

And that's what it's all about.

Five mile smile.

After four (or more) days in the parking lot, if you are feeling comfortable, hit the trails. Find your local bike paths and bike lanes or quiet roads and map out a fun, easy five mile loop. Relax your shoulders, loosen your grip on the handlebars and pedal.

It will be hard not to smile for all five miles.

So much to love.

Here are some things to look forward to on your new Cruzbike:

The only soreness after a ride being in your muscles. Getting fit. Burning calories. Sleeping well. Seeing the world. Enjoying time with friends, kids and loved ones.

Enjoying every mile you ride, free from discomfort.

Climbing hills and mountains fast, thanks to our unique front wheel drive design.

Safe city riding with your head up, naturally and comfortably at eye level with drivers.

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See you out there.

We can't wait to ride with you.

We are a very small team over here at Cruzbike, but are the luckiest in the world. We get to work for the most amazing community of customers...the thousands of cyclists who make up the Cruzbike Tribe. We are so grateful to have you join us.

Check out cruzbike.com for upcoming events, resources, community and answers to FAQs.

And feel free to send us an email or wave on social media! We love talking with you.

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