



HOW TO SET UP YOUR INDOOR CYCLE

The seat height, forward and back positioning, and handlebars are adjusted with levers that you loosen. Loosen the lever to slide the seat or handlebars to the appropriate setting. When you are finished, twist to tighten.



Use the following steps to ride like a pro!

1. SADDLE HEIGHT SHOULD BE EVEN WITH YOUR HIP

Raise your leg so knee forms a 90-degree angle from hip. Adjust your saddle to be level with thigh.



2. YOUR KNEE SHOULD HAVE A SLIGHT BEND

To check the seat height, pay attention to your knees. Your knees should have a slight, comfortable bend when extended. Having knees that are too bent or too straight can cause injury.



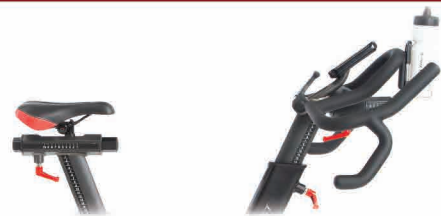
3. SEAT DISTANCE FROM HANDLEBARS

The distance between your seat and handlebars should equal about one forearm length from elbow to fingertips plus the width of two more fingertips. When seated your elbows should have a slight bend.



4. HANDLEBAR HEIGHT

Handlebars should be level with your seat or a couple inches above.



5. CAGE OR CYCLING SHOES

CLIP IN: Spin the pedal closest to the ground until it's facing up. Press your foot down and slightly forward into the clip.

CAGE: Push your foot as far forward in the cage as possible and tighten the strap



6. RIDE LIKE A PRO

And that's it! You're ready to go!

