

BIKE SETUP



The bikes allow you to tailor your seat and handlebar height to create the perfect fit. With the proper bike setup, you reap the full benefits of the ride and minimize the risk of injury.



Seat Height

Adjusting your bike's seat height is a simple way to improve the comfort and safety of your ride. To determine the right height, simply place your feet on the pedals and rotate the pedals until one leg reaches the bottom of the pedal stroke. Make sure there is a slight bend in the lower knee.



Fore/Aft Position

The seat also adjusts forward and backward, which helps keep your upper body and knees in the correct position. To start, make sure you can reach the handlebars comfortably, maintaining a slight bend in the elbows. Then move both pedals until they're level with each other. Your seat is in the right position when the kneecap of your forward leg is directly above the centre of your pedal (you should be able to see your toes in front of your knee when you look down).



Handlebar Height

Adjust the handlebars up or down to a position that is comfortable and eliminates any strain on your neck and back.

Foot Position

Place the balls of your feet securely in the toe cages, over the centre of the pedals. As you pedal, concentrate on keeping your feet flat, which helps create a powerful pedal stroke.

Once you have finished adjusting the bike, make sure the pop pins for the seat and handlebars are securely locked in position. Tuck in any long shoelaces and make sure the straps on the toe cages are snug. When starting to pedal, familiarize yourself with the resistance knob on the frame of the bike behind the handlebars. Always try to keep at least a little resistance on the wheel. If you must stop the wheel quickly, pull up on the resistance knob, if your bike has a red lever attached to the resistance knob, push down on the lever.

Have a safe and enjoyable ride!