

### Operating Instructions for Cycle Bicycles

1. Adjust foot straps based on width of foot if wearing tennis shoes. Reverse side of pedal can be used for cycling cleats
2. Seats can be adjusted horizontally and vertically by rotating lever counter-clockwise (Position should be set to maintain slight bend in knee at full extension of pedal).
3. Handle bars can be adjusted by rotating lever counter-clockwise.
4. Once adjustments have been made, begin pedaling.
5. To increase resistance push the red lever up. Your gear will appear in the lower corner of the display screen.
6. Distance on the bike computer will be calculated by RPM only; however, if you have too little resistance, you will risk popping out of the foot straps or “bounce” in the saddle as you pedal. With too heavy resistance your RPM will drop and affect the rate of travel. The “just right” amount of resistance will be subjective to you, as the rider, so that you can pedal in a “fast but smooth and controlled” manner.

### Operating Instructions for Treadmills

1. From back of Treadmill, step onto belt.
2. Press “Quick Start” button.
3. Adjust speed to desired run pace with + or – arrows on panel. (Speed will increase more quickly by holding button down, but will stop at 2.5mph increments due to a safety mechanism. Release button, then hold down again to continue to desired speed.)
4. Distance will be displayed on panel.
5. Please be aware of safety key line while running. Removing this key will shut off treadmill immediately resulting in possible injury or loss of display information.