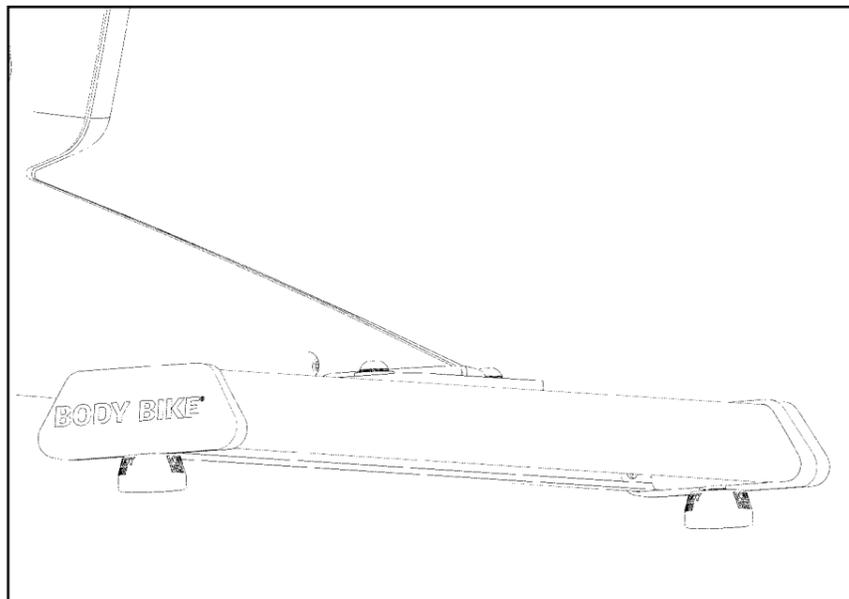




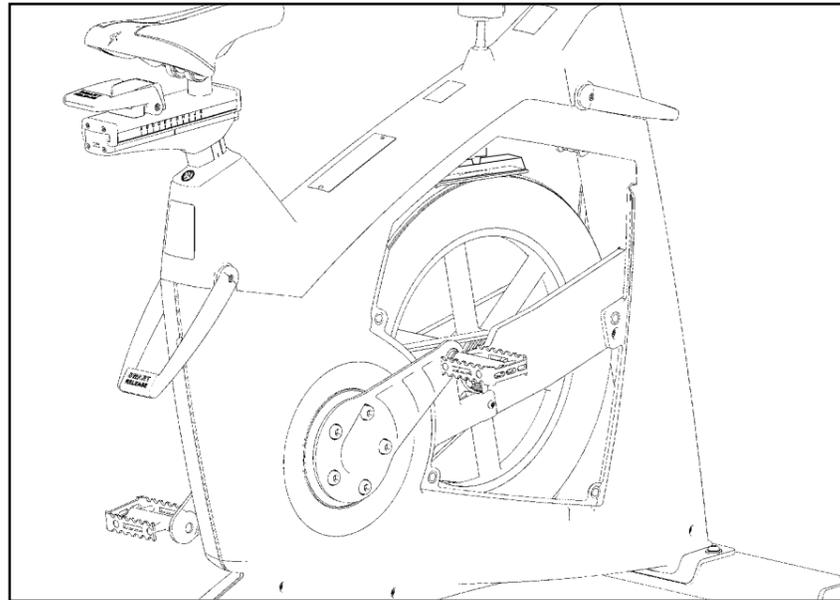
### DAILY USE

After each workout, wipe the cycle down with tissue paper. Once a month, we recommend to wipe the side covers and posts with an oily cloth to protect them from sweat etc. Only use Vaseline oil. Never use alcohol or chemicals. If it is necessary to move the cycle, handle it with care and avoid bumps. Use the handlebars in locked position and wheel the cycle. DO NOT lift by the saddle or handles. Front and seat posts are fitted individually to each bike so DO NOT switch them from one cycle to another.



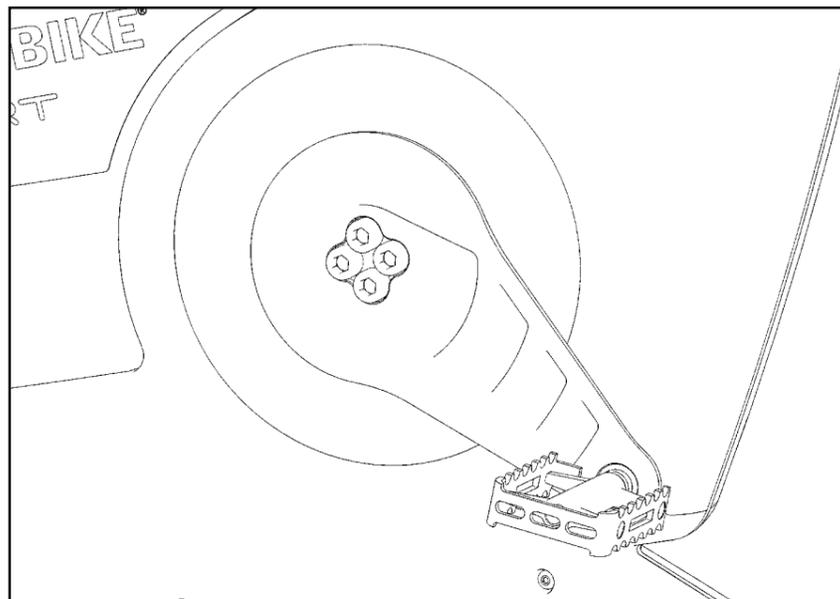
### RUBBER FEET

To ensure that the cycle is in level, always adjust the rubber after moving the cycle. Every second year the rubber feet should be replaced as the rubber hardens and becomes unable to absorb the impact.



### INSIDE INSPECTION

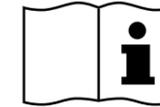
Inspect the Kevlar® brake pad after the first month and hereafter every third month. Replace the brake unit before the Kevlar® brake pad is worn through and reveals the black rubber. At every inspection the cycle should be vacuum cleaned inside. Also check that the ribs on the Poly-V belt and pulley are clean. Polish the flywheel edge with 3M Scotch-Brite™ pad to prevent dirt from collecting on the edge.



### PEDALS

Tighten the pedals every 2 weeks to prevent them from getting loose or breaking off. The pedals should always be screwed on in the direction of the handlebar. Use a 15mm pedal wrench to tighten the pedal. Pedals should be changed once a year or at least after 1500 hours of cycling.

# QUICK MANUAL BODY BIKE SMART



Download and read full instructions on [www.body-bike.com/marketing/manuals](http://www.body-bike.com/marketing/manuals)

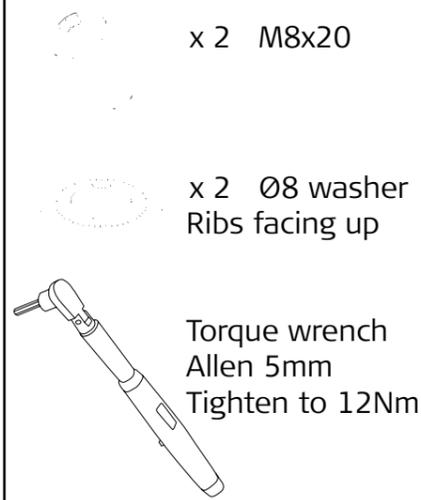


Edition 1.2



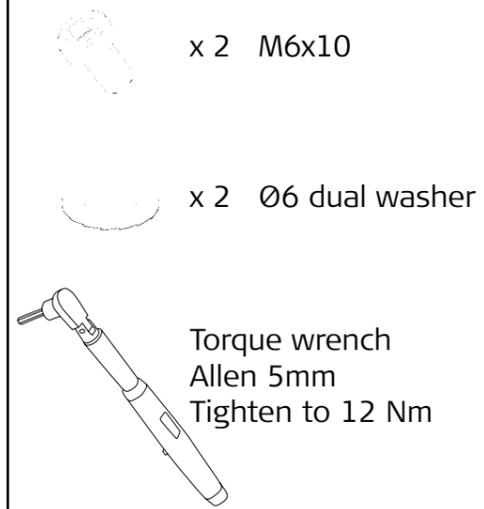
# STABILIZERS

## READ ME



# HANDLEBAR

## READ ME



# PEDALS

## READ ME

