

# TEN EASY STEPS TO A SAFE CYCLING EXPERIENCE



## GUIDELINES FOR BODY BIKE INDOOR CYCLES FOR ADULTS

### Before cycling


**TIGHTEN HANDLES**

4 x




Always secure all four adjustment handles before cycling. By pulling the handle it can be turned freely.

**CLICK PEDAL ON**



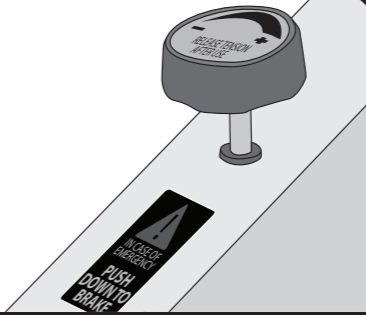
The feet should be firmly fixed to the pedals. Place the front of the clamp in the pedal and click into it by pushing down the heel.

**FLYWHEEL MOMENTUM**



Be aware that the flywheel momentum will keep the pedals turning even after you stop pedalling.

**EMERGENCY BRAKE**



Locate the emergency brake and try it out.

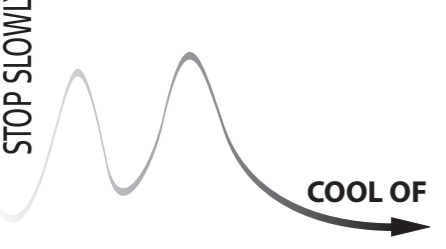
**SAFETY**



Only practise safe behaviour on the cycles.


### After cycling

**STOP SLOWLY**



Avoid a sudden stop by slowing down the pace over a period of time.

**CLICK PEDAL OFF**



Loosen both shoes before getting off the cycle. Twist the foot slightly outwards to unclick.

**GET OFF SLOWLY**



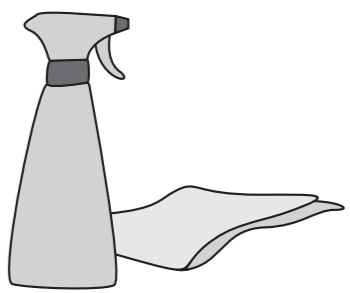
For safety reasons get off the cycle and take off the shoes before doing stretch exercises. Be aware that the floor can be slippery.

**RELEASE TENSION**



Always release tension and loosen all handles after each use.

**CLEAN CYCLE**



Clean the cycles with water and tissue paper.