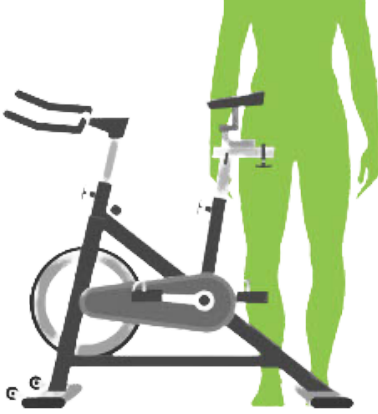


BIKE INSTRUCTIONS

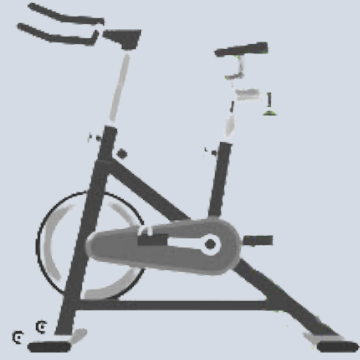
STEP
1

Set seat height to the top of your hip bone, use blue lever on post under seat



STEP
2

Set handlebar height to the same height as seat or higher, use blue lever on post under handlebar



STEP
3

Adjust seat/handlebar forward or back to improve comfort, use blue nobs on seat/handlebar



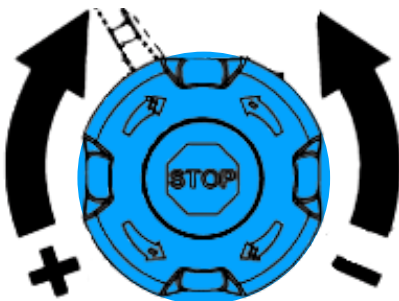
STEP
4

Tighten blue nobs, fully close levers, and pull toe cage straps snug to shoes



STEP
5

Turn blue nob w/ silver lever to modify pedal resistance, press on that blue nob to stop pedals



Enjoy your ride!

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everybodycycle.com