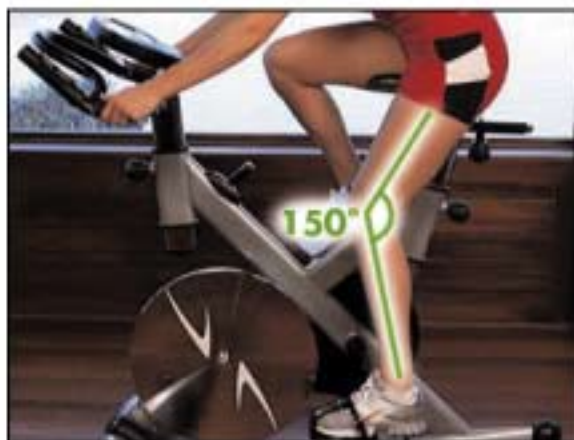


PROPER INDOOR CYCLING BIKE SET UP

The Softride Indoor Cycling Bike features several adjustments to ensure the bike will fit every user comfortably and safely. Our bike allows you to customize your seat and handlebar height as well as horizontally move your position to create a perfect fit. Cycling in the proper position will allow the rider to obtain the full benefits of the spin workout and minimize the risk of injury. Before starting your spin workout on the Softride Indoor Cycling Bike, a 15 minute warm up is highly recommended.

SEAT HEIGHT:

Adjusting the seat on the Indoor Cycling Bike is an easy way to ensure the ride is comfortable and safe. Once you have found a comfortable seated position on the saddle, place your foot on the pedal or clip with the pedal at the bottom of the pedal rotation. With your foot all the way down, your knee should be slightly bent. The angle here should be around 150 degrees.



FORE/AFT POSITION:

The seat and handle bars adjust forward and backward, helping to keep your upper body and knees in the correct position.



ADJUSTING THE SEAT:

To start, move the pedal until they are level with each other. You will be in the correct body position when your knee is directly above the center of the pedal (pointing forward).



ADJUSTING THE HANDLEBARS:

You should be able to reach the handlebars comfortably while maintaining a slight bend in the elbows. Comfort is key. If lower back, neck, and/or arms hurt, you're probably leaning too far forward.



PEDAL/SHOE ADJUSTMENTS:

Pedaling is most efficient when you ride with the balls of your feet on the pedals. Trouble is, it's impossible to not end up pedaling on your arches or tiptoes unless you use something to hold your feet in place.

HOW TO DO IT:

Toe clips, which are comprised of cages and straps, can be attached to pedals in order to hold feet in the correct position. When you're ready for an upgrade, purchase clipless pedal shoes. Mount the cleats to the shoe bottoms so that when you click into the clipless pedals, the balls of your feet are centered over the pedals. It is probably best to have your clipless shoes fitted by a bike fitter to assure proper cleat placement.

For additional questions please contact Softride at 800.557.6387

