

*Preparation:*

1. Move the machine to the flat and dry surface
  - Hold the seat or the whole machine to keep balance.
  - Adjust the height of the seat to match the user's height.
  - Lower leg should be at a comfortable, nearly in full extension when pedal is at bottom.
  - Be sure that the seat cushion pin has been inserted to machine entirely.

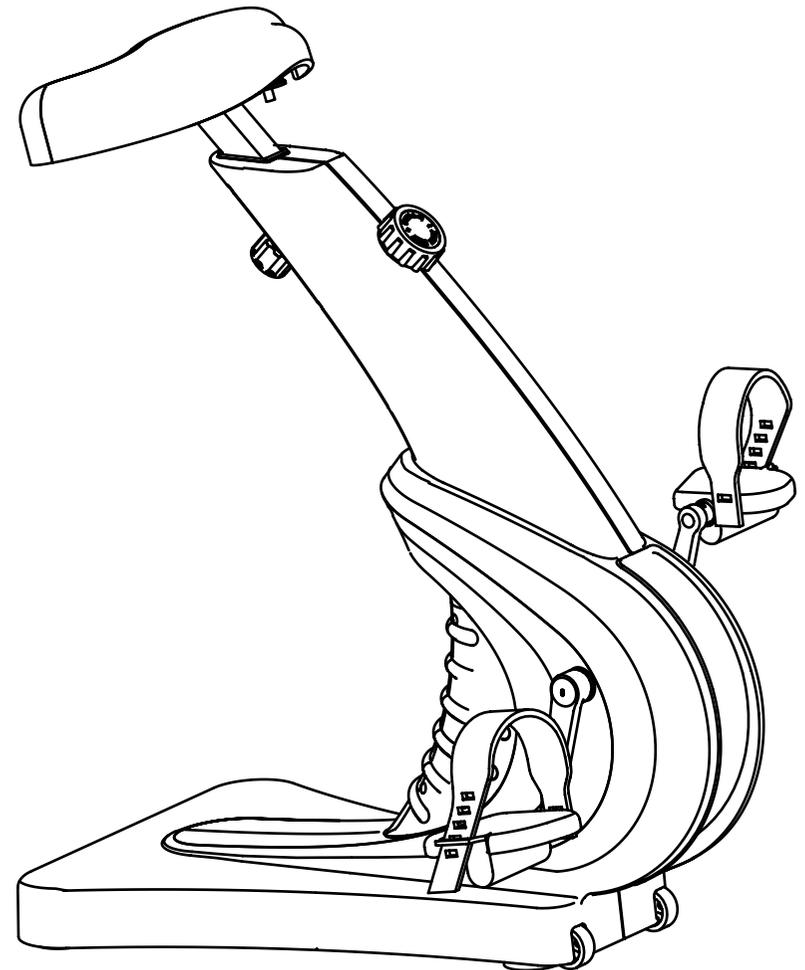
*Warning:*

- Do not use the cycle if user is beyond weight capacity
  - Do not use if you feel dizzy, light headed, or sick
  - Do not use after taking alcohol or any controlled substance
- Must be 18 or older to use

Call customer service number at 1-866-813-9833 if the following happens

- Parts broken
- Parts ruined by outside elements
- Missing part from package
- Defective machine, not functioning


# Free Cycle



## Content:

- Introduction
- Structure Specification:
- Accessories
- Assembly Instructions
- Preparation
- Warning

## Introduction:

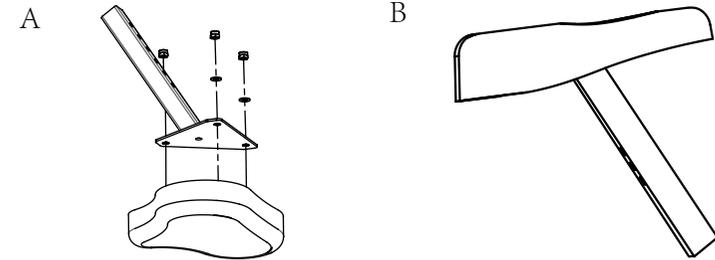
Read the manual carefully before using.

Please note the below contents:

- Keep the machine on the flat and dry surface.
- The user should be under max 300lbs.

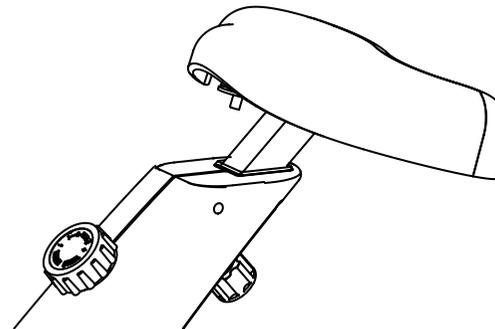
## Assemble the Seat:

1. Take the seat and seat support. (A)  
Assemble the separated (A) to (B)



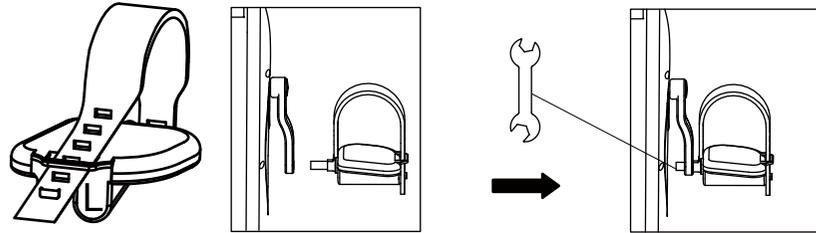
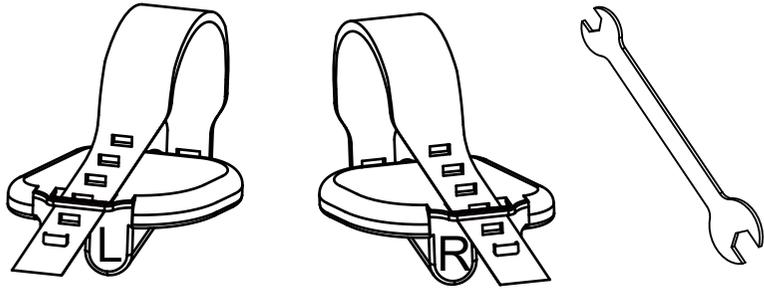
2. Assemble (B) on the main machine.  
Adjust the height with hole to match the users.

Pull out on the adjustable seat pin, then adjust the height properly by raising lowering the seat. Make sure the seat support is inserted into the machine entirely, then tighten the knob clockwise to secure.

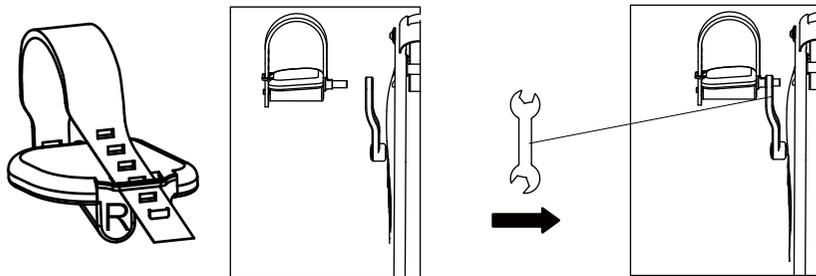


## Assemble the pedal:

1. Check the "L" and "R" of the pedal before assembling.

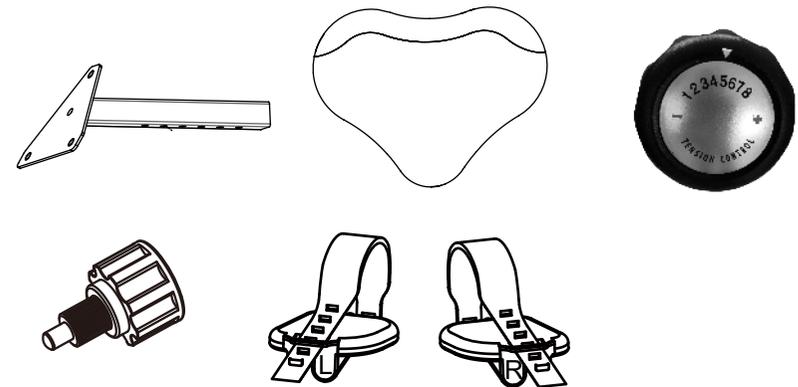
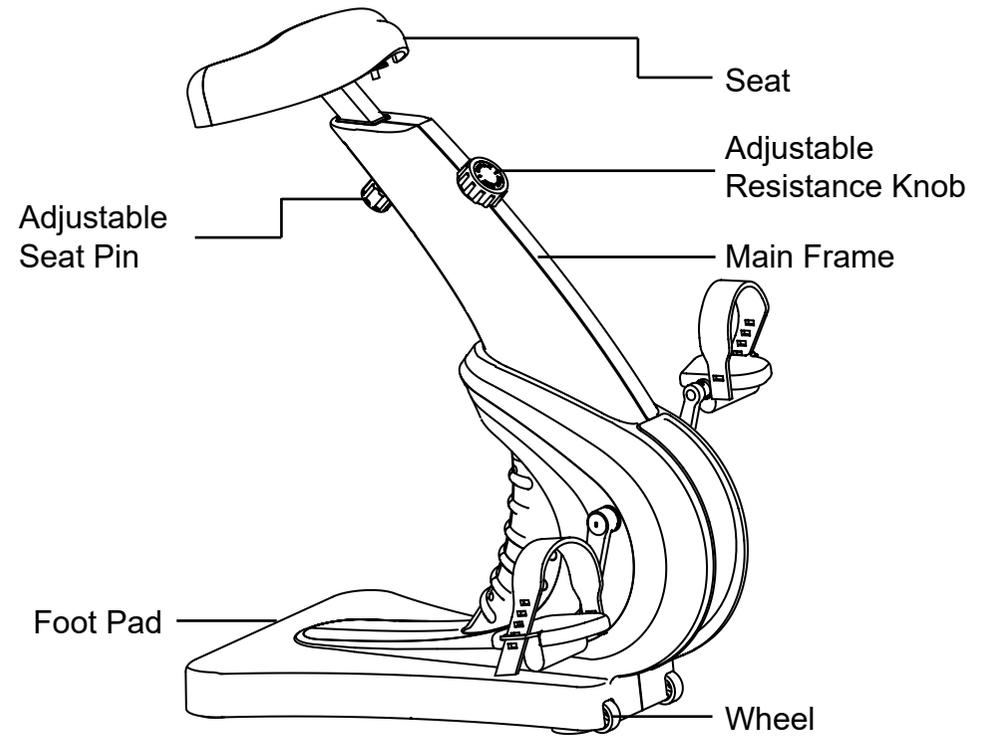


2. Assemble the Left pedal on the machine, tighten with spanner counter clockwise.

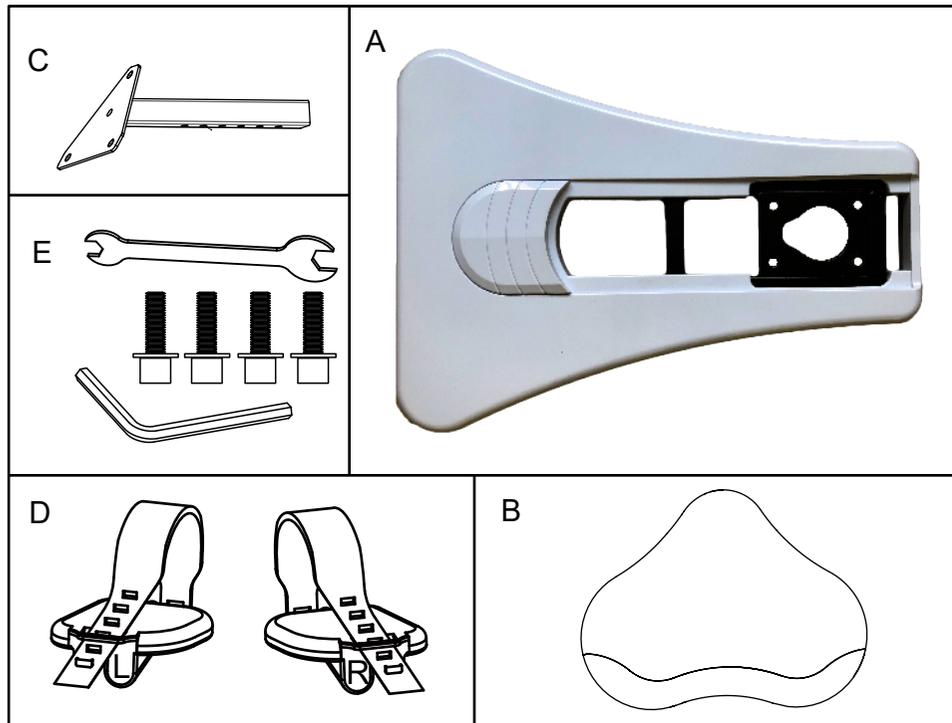


3. Assemble the Right pedal on the machine, tighten with spanner clockwise.

## Structure Specification:



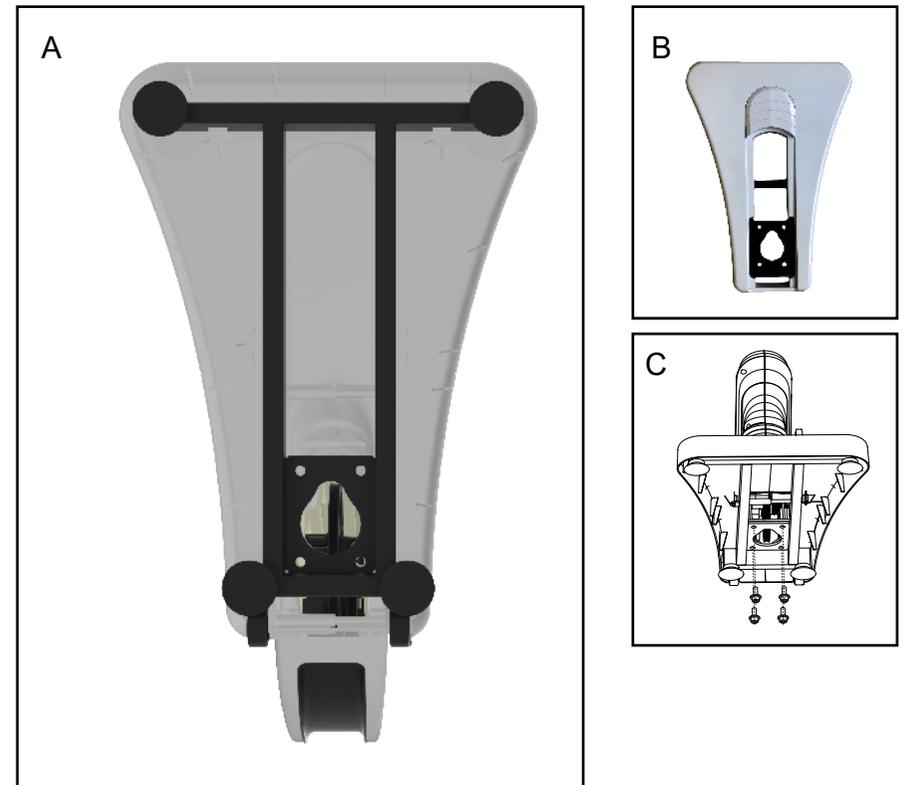
### Accessory:



- A Base
- B Seat cushion
- C Seat support
- D Pedal (2pcs)
- E Tools: "L" hexagon wrenches (1pc)  
Multi-functional open end wrench.(1pc)  
Hexagon socket head cap screw.(4pcs)

### Assembly instructions:

Assemble the base



- Take out the base from the bag (B)
- Put the base on the frame (A)
- Affix screws at the base(C)