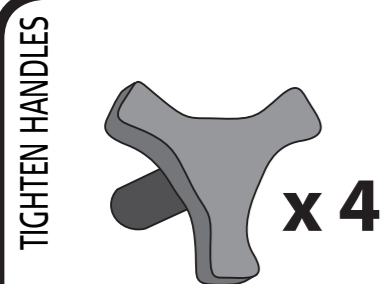


# TEN EASY STEPS TO A SAFE CYCLING EXPERIENCE

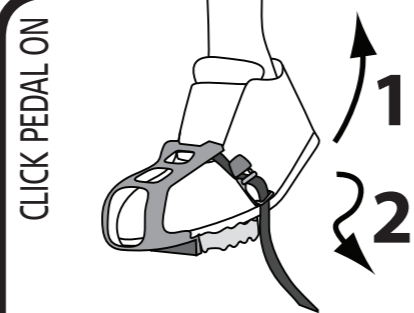


## GUIDELINES FOR BODY BIKE INDOOR CYCLES FOR YOUNG PEOPLE

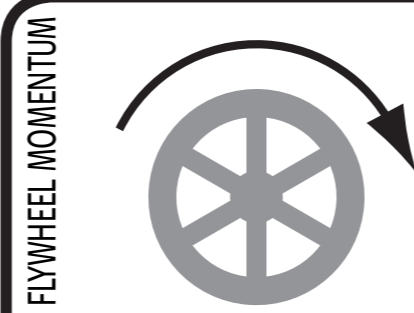
### Before cycling



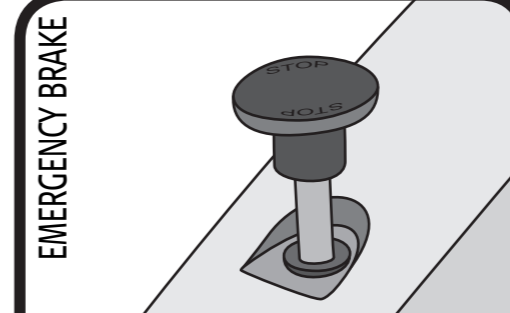
Always secure all four adjustment handles before cycling. Make sure that the handlebar is not slid beyond its outermost position.



The feet should be firmly fixed in the pedals. Pull upwards in the strap to tighten and then tuck it in to keep it in place.



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

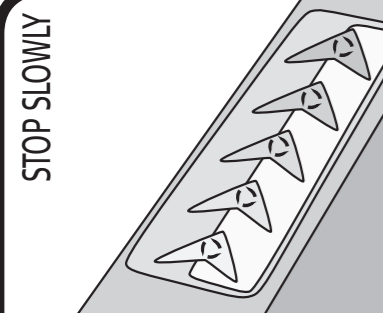


Locate the emergency brake and try it out.

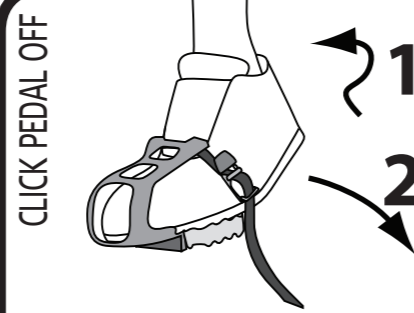


Only practise safe behaviour on the cycles.

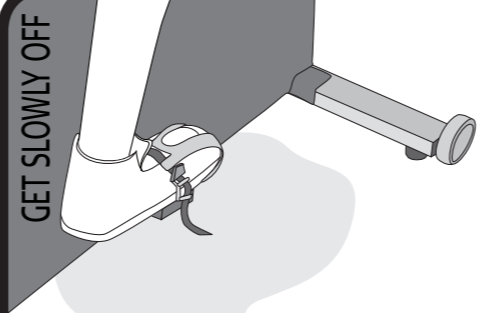
### After cycling



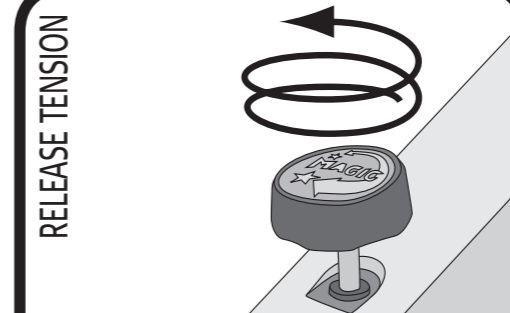
Avoid a sudden stop by slowing down the pace over a period of time. Use the lights when slowing down.



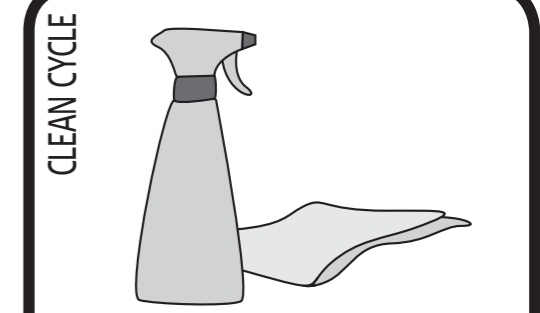
Loosen both pedal straps before getting off the cycle. Untuck the strap and press downwards on the small black plastic piece.



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



Always release tension and loosen all handles after each use.



Clean the cycles with water and tissue paper.