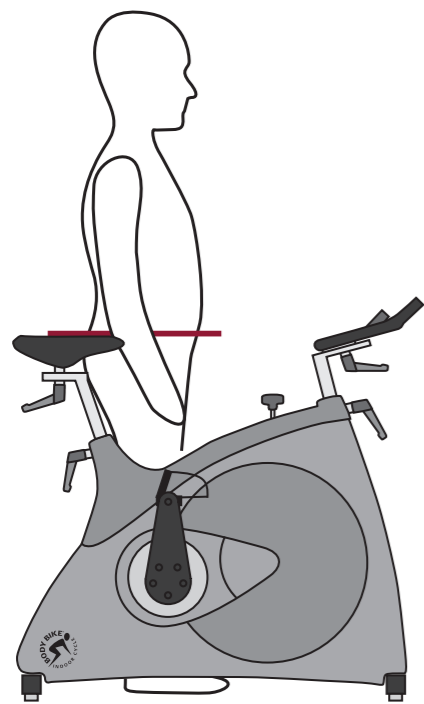
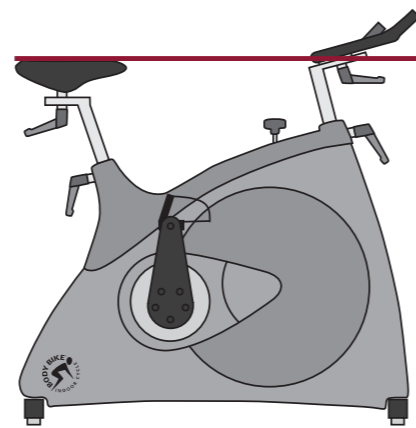


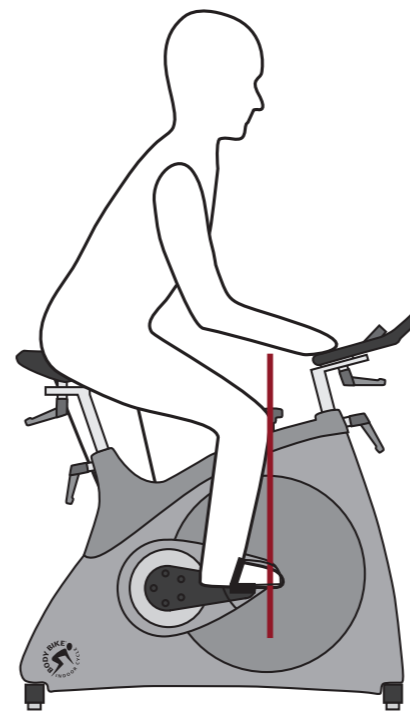
ADJUSTMENT OF THE CYCLE



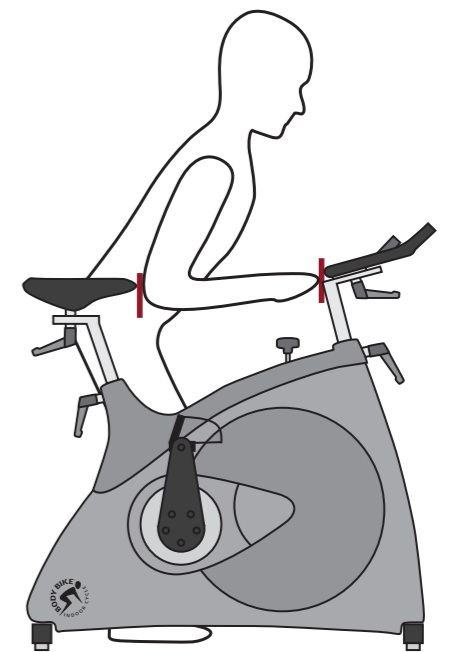
Stand next to the cycle and adjust the height of the saddle to the top of the hip.



Adjust the height of the handlebar so the lowest part is the same height as the saddle.



To adjust the saddle horizontally, place the pedal pointing forward. Adjust the saddle in order for the knee to be straight over the palm of the foot.



Adjust the handlebar so the distance between the saddle and the handlebar equals the length of the user's forearm.