

H. Familiarization Ride

Before heading out into traffic on a “real ride,” you should become familiar with the ElliptiGO bike in a controlled environment until you can handle the bike well enough to ride safely in an uncontrolled environment. If you have not already adjusted the bike to fit you correctly, follow the instructions above in Section II. 2. F. Adjusting the Fit. Once the ElliptiGO bike is properly adjusted, follow these instructions to familiarize yourself with how it functions.

1. Find a Good Location

Bring the ElliptiGO bike to a controlled, dry, paved location free of obstacles and traffic that is large enough to maneuver the ElliptiGO bike safely. A closed-off or empty parking lot that is at least 100 yards by 40 yards (about the size of a football field) could be a good spot.

2. Put on Your Helmet, Appropriate Clothing, and Protective Gear

Every year thousands of cyclists suffer head and neck injuries as a result of collisions or falls. Some of these head injuries could have been reduced in severity or avoided entirely if the rider were wearing a Department of Transportation approved helmet properly at the time of the fall or collision. Every helmet is different and each helmet comes with a set of instructions addressing how to properly fit and adjust the helmet, as well as how to care for it. Follow these instructions to properly adjust your helmet before you begin riding the ElliptiGO bike.

▲ WARNING! When riding the ElliptiGO bike, your head will be much higher off the ground than it would be on a regular bicycle. As a result, you could suffer even more damage to your head as a result of a collision or fall than you might if you were riding a conventional bicycle. Do not become another statistic; always wear a properly fitting helmet when riding the ElliptiGO bike. Failure to do so could result in significant injury or death.

In addition, make sure that you are wearing brightly colored and well-fitting clothes, protective eyewear, and closed-toe shoes. Never ride the

ElliptiGO bike in sandals or barefoot. Check to make sure nothing is dangling from your body or is so loose that it could contact any of the ElliptiGO bike’s moving parts. In particular, make sure that your shoestrings are too short to get caught in the mechanisms of the ElliptiGO bike, especially the rear wheel, chain, sprockets, drive arms, and load wheels.

3. Inspect the ElliptiGO bike and Get Familiar with the Brakes and Gear Selector Levers

Execute the pre-ride inspection according to the checklist above. Then, with the ElliptiGO bike situated securely on the kickstand, practice squeezing the brakes and actuating the gear shifter.

4. Start Your First Practice Run

Once you are familiar with operating the brakes and gear shifter, have your helmet on, and have the appropriate clothes and other safety gear, set the gear indicator in speed number 5 for Shimano 8-speed or 11-speed hubs or speed number 1 for Sturmey-Archer 3-speed hub. Collapse the kickstand. Place one foot on the ground and the other one squarely onto the flat portion of the corresponding foot platform. Like any other two-wheeled vehicle, the ElliptiGO bike can only be balanced when moving. To generate some forward motion, push off the ground with your ground-based foot and stand up onto your platform-based foot, balancing the ElliptiGO bike. Once you have your balance, place your ground-based foot onto the flat portion of the other drive arm. Begin to take slow strides as in walking to propel the ElliptiGO bike forward slowly. Be very mindful of your height when riding. Your head will be 12-18 inches higher than your standing height, and there are many low-hanging objects like tree branches, signs, underpasses, and the like that could strike you on your ride if you are not paying attention.

▲ WARNING! During mounting and riding always ensure that each foot is resting squarely on the flat portion of the foot platform. If your

foot is not entirely located within the edges of the foot platform, it can slip off the platform, contact the frame, or contact or get caught in the moving parts of the ElliptiGO bike, any of which could cause you to lose control and suffer a fall.

▲ WARNING! YOUR HEAD IS VERY HIGH OFF THE GROUND WHEN RIDING AND COULD HIT STATIONARY OBJECTS. Always be looking out for objects like tree branches, signs, underpasses, etc. that are usually higher than pedestrians or cycling traffic, but may be low enough to strike you on the ElliptiGO bike. Hitting an object with your head while riding will likely cause you to lose control and fall, resulting in serious injury or death.

5. Test the Brakes

The ElliptiGO bike comes equipped with front and rear rim brakes actuated by levers attached to the handlebars. One brake lever operates the front brake and the other operates the rear brake. To test the brakes, start riding the ElliptiGO bike slowly and stop pedaling. Prepare to stop by standing upright in a balanced position. Gently apply braking pressure to the rear brake first, then to the front brake. Always apply the brakes in a smooth controlled manner until you come to a complete stop. As you approach a complete stop, make sure to place your foot on the ground to prevent yourself from falling.

▲ WARNING! Always apply the brakes in a smooth controlled manner. Start braking with the rear brake first, but always use both brakes to control speed. Applying the brakes too quickly or with too much force can result in a wheel “locking up” and the rider losing control and suffering a fall.

Some ElliptiGO bikes come equipped with bar extensions at the end of each handlebar. Although these extensions can be helpful for climbing hills, they position your hands further away from the brakes and shifters than when properly positioned on the grips. NEVER ATTEMPT TO BRAKE WITHOUT HAVING BOTH HANDS SECURELY POSITIONED ON THE HAND

GRIPS. Braking with only one hand securely positioned on the hand grips and the other on the bar extensions can cause the rider to lose control of the bike and suffer a fall.

▲ WARNING! Always ensure both hands are securely positioned on the hand grips before braking. Braking with only one hand on the hand grips can cause the rider to lose control of the ElliptiGO bike and suffer a fall.

6. Get familiar with Turning, Starting and Stopping the ElliptiGO bike

Ride the ElliptiGO bike for at least 20 minutes in this safe environment, ensuring that you make several starts and stops and right and left turns. Practice shifting through the gears and getting a feel for what gear is appropriate for you at different speeds. If something doesn't feel right or something happens that makes you unsure about any aspect of the ElliptiGO bike or the riding experience, stop riding and contact ElliptiGO customer service at: service@elliptigo.com to resolve the issue before attempting a subsequent ride.