

4. Riding Techniques

Before any ride, we highly recommend executing the pre-ride checklist in Section II. 2. E. above. **Do not ride the ElliptiGO bike without a helmet and proper clothing, including closed-toe shoes.**

The ElliptiGO bike is an advanced piece of fitness equipment. It is designed to be used on paved surfaces for exercise. The ElliptiGO bike is not a toy, nor is it designed to be used on trails, dirt, sand, gravel, or other rough surfaces. Moreover, it is never to be used for trick or stunt riding, or to be ridden off of jumps, curbs, ditches, drops or other extreme obstacles.

ALERT! Using your ElliptiGO bike improperly could cause serious damage to your ElliptiGO bike and void your warranty.

▲ WARNING! The ElliptiGO bike is exclusively designed for on-road use to get exercise. Riding on rough road surfaces or doing trick or stunt riding could cause one or more components to fail, which will likely result in a fall that could cause serious injury or death. ONLY USE THE ELLIPTIGO BIKE ON PAVED SURFACES AND DO NOT ENGAGE IN TRICK OR STUNT RIDING.

A. Riding on Level Ground

Once you have completed your familiarization ride and executed the Pre-Ride Checklist, you should be ready to start riding your ElliptiGO bike. Make sure you have selected a safe riding route comprised of a dry, paved bike path or bike friendly road. To get started, place the gear selector lever into the 5th position for Shimano 8-speed or 11-speed hubs or 1st position for Sturmey-Archer 3-speed hub. Collapse the kickstand and place one foot on the ground and the other one squarely onto the flat portion of the corresponding foot platform. 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 and gradually increase your cadence.

▲ 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.

Once you have reached a comfortable speed, begin working on your body position and cadence. Focus on standing upright and using your core muscles to provide balance. Drive the pedaling motion through the middle of your foot. Avoid lifting your heel and instead keep your entire foot engaged on the platform throughout the entire pedal stroke. Keep your weight centered over your legs and feet. Your hands should have almost no weight on them, and your arms should be relaxed. With the majority of your weight centered over your legs and feet and by using your core for balance, your hands should have a light touch on the handlebars and only be used for steering, shifting, and braking.

As a rule, you should always have two hands on the handlebars unless you are signaling. Unlike a conventional bicycle, the ElliptiGO bike cannot be ridden “with no hands”. Similarly, you should only use the bar extensions (if present) on your ElliptiGO bike when climbing hills, and never in traffic or other situations that could require emergency maneuvers. 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 ElliptiGO 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.