

2. Preparing to Ride

Before you take your first ride, you should thoroughly review and understand the sections below and follow any instructions contained therein.

A. Basic Cycling Safety

Before riding your ElliptiGO bike, you should become familiar with the basics of cycling safety. The following includes many of the fundamental aspects of cycling safety; however, it is not an exhaustive list. For a more thorough education on cycling safety we recommend that you contact a certified bicycling instructor and enroll in a bicycle safety course. Here are the basic principles you should adhere to:

1. Wear a Helmet, Protective Equipment and Appropriate Clothing

a. **Always wear a Department of Transportation approved helmet when riding your ElliptiGO bike.** Make sure to follow the helmet manufacturer's instructions related to proper fitting and care so it can provide the most protection for your head during a fall.

▲ WARNING! When riding the ElliptiGO bike, your head will be much higher off the ground than it would be on a regular bicycle and you could suffer even more damage to your head as a result of a collision or fall than you might if you fell off a conventional bicycle. As a result, wearing a helmet is even more critical when riding the ElliptiGO bike and failure to do so could result in serious injury or death.

b. In addition to an approved helmet, we recommend that you wear closed-toed running or walking shoes with short shoelaces tied in a double knot, cycling gloves, protective glasses with plastic shatterproof lenses, and brightly colored clothing.

c. Before riding, always check your clothing to make sure there is nothing dangling that could become caught in the moving mechanisms of the ElliptiGO bike. Pay particular attention to shoelaces and wide-bottomed

pants as these could get caught in the drive train mechanism, around the rear wheel, or in the drive tracks. If something dangling from your body gets caught in any of these locations, it will likely cause you to lose control of the ElliptiGO bike and fall, resulting in serious injury or death.

d. Ensure that you have any other required safety equipment mandated by your state or municipality. It is your responsibility to comply with the law where you are riding.

2. Select a Safe Route and Riding Conditions

a. Choose a cycling route and time of travel that avoids high traffic areas and dangerous streets. Choose routes that have few cars, well maintained streets, and wide bike lanes.

b. If possible, always ride during good conditions and never at night or in inclement weather.

▲ WARNING! Riding at night or during inclement weather significantly increases your chances of suffering a collision or fall that causes significant injury or death.

▲ WARNING! Wet weather adversely impacts visibility, traction, braking and maneuvering for the ElliptiGO bike rider as well as other cyclists and motorists. Emergency stopping distances increase significantly. Always ride more slowly and begin slowing down far earlier than would be necessary under dry conditions. Never take sharp corners at high speed or attempt to corner while braking in wet conditions.

▲ WARNING! Riding during periods of low visibility, such as nighttime and in areas of dense fog, drastically increases your chances of being struck by a motorist or other cyclist and suffering significant injuries or death. You should refrain from riding the ElliptiGO bike during these periods.

▲ WARNING! Do not rely on reflectors to provide adequate lighting during periods of low visibility, especially dense fog. Reflectors cannot substitute for appropriate lights. DO NOT REMOVE THE INSTALLED REFLECTORS FROM YOUR ElliptiGO BIKE. Removing them can lower the chances you will be seen during periods of low visibility, reducing your level of safety. Inspect your reflectors often to ensure that they are clean, straight, and undamaged. Have your reflectors repaired or replaced if they are damaged or misaligned.

c. If you choose to ride during periods of low visibility, you should take many precautions, including:

1. Wearing very bright clothing with integrated reflective materials and several other highly-visible items such as an approved bicycle safety vest, lights on your body, helmet and ElliptiGO bike, and reflective stickers or straps on your helmet and clothing. Ensure that these reflective surfaces are free from obstruction by objects you are carrying and your other clothing.
2. Using head and tail lights (either battery or generator powered) that are bright enough to enhance your ability to see and be seen and meet all legal requirements for your jurisdiction.
3. Riding slowly and through well-lit areas with less traffic and designated bike lanes or paths. When riding, choose a manner and path that maximizes the chances that a motorist, cyclist or pedestrian will see you while minimizing the chances that you will collide with them. Also, ride at a speed that affords plenty of time to react to, and avoid, unexpected obstacles.
4. Never making aggressive or unpredictable maneuvers that could catch a motorist or cyclist off guard.

3. Understand and Obey the Law

a. In most jurisdictions, cyclists are subject to the same traffic laws as motorists. Always stop at stop signs and red lights and use correct hand signals.

b. Many jurisdictions have additional laws and regulations that only pertain to cyclists. In particular, observe regulations about bicycle paths, trails and routes, use of a bicycle on a sidewalk, proper front and rear lighting, helmets, seating, signaling, reflectors, licenses and any special bicycle traffic laws in your jurisdiction. As with every other aspect of the administrative state, it is your responsibility to know the law and obey it. Our failure to provide you with a component or specific safety device required by the law in your jurisdiction does not relieve you of the requirement to install that component or safety device on your ElliptiGO bike.

4. Ride Defensively

- a. Even though you can see other motorists, cyclists and pedestrians, always assume that they cannot or do not see you and take precautions accordingly.
- b. Anticipate obstacles and dangerous conditions by looking ahead and paying attention to the environment around you. Always be ready to avoid vehicles entering the bike lane, children and animals darting into the roadway, poor road conditions (including potholes, rocks, sharp edges at the road shoulder, and loose gravel), separations in the asphalt or concrete, grates, glass and other sharp objects, pedestrians and the unexpected opening of parked car doors.
- c. Ride at a controlled speed, especially when descending hills or in adverse weather conditions. The higher the speed, the less time you will have to react to dangerous conditions, so always choose a speed that is appropriate for your environment.
- d. Use extreme caution when overtaking other cyclists, approaching blind intersections, and when merging with vehicular traffic. Slow down and look both ways whenever crossing an intersection.
- e. Share the Road – stay to the right and avoid interfering with the progress of motorists and faster cyclists. Always be prepared to yield to motorists and pedestrians, even if you have the right away.

f. Maintain a sharp focus on your surroundings. Never wear headphones, talk on a cell phone, or become distracted by electronic devices such as odometers, heart rate monitors, watches, and the like. These distractions can delay your reactions to developing dangerous conditions and increase your risk of suffering serious injury or death.

g. Avoid weaving through traffic and making unexpected maneuvers, especially when in the presence of cars or other cyclists.

h. Never hold onto another moving vehicle, including another cyclist, when riding the ElliptiGO bike. This behavior can be extremely dangerous and result in the rider losing control of the ElliptiGO bike and suffering a fall.

i. Never ride the ElliptiGO bike while under the influence of alcohol or any other substance that impairs judgment, cognition, motor function or balance. This increases the risks of colliding with another object or losing control of the ElliptiGO bike and suffering a fall, either of which could cause serious injury or death.

j. Never carry anything that could impede your vision or adversely impact your ability to control the ElliptiGO bike.

Take Responsibility for Your Safety

As discussed above, you are responsible for the safe handling and maneuvering of your ElliptiGO bike. Make sure to follow the instructions in this Owner's Manual. Always wear a cycling helmet that meets the latest certification standards and is appropriate for road cycling. Always follow the helmet manufacturer's instructions for fit, use and care of your helmet. Many serious bicycle-related injuries include head injuries which might have been avoided if the rider had worn an appropriate helmet. If you intend to use the ElliptiGO bike as part of a fitness regimen, make sure that you consult with your physician so he or she can determine if you are healthy enough to do so.

▲ WARNING! Riding without an approved helmet greatly increases your chances of suffering serious injury or death during a crash or fall.