ELLIPTIGO®

Stand-Up Bike Manual

Welcome to the ElliptiGO® Family

Thank you for purchasing an ElliptiGO bicycle. We have spent countless hours developing this fitness device and believe it to be the best form of low-impact exercise available. We hope you enjoy many years of healthy exercise and fun while riding it.

As you will see throughout this owner's manual, we value your safety. We have designed your bike to be a safe, fun and effective workout system. However, it is not a toy. Your ElliptiGO bike is an advanced piece of fitness equipment designed to be used for exercise by responsible riders. For your safety, before your first ride you should read the entire owner's manual and pay particular attention to Chapters 2 and 3. This information is essential for understanding how to safely use and enjoy your machine.

For the most updated version of this manual, please visit www.elliptigo.com/submanual. In addition, we have safety and maintenance videos and information posted in the customer section of our website at www.elliptigo.com/support. If you have any questions or concerns please contact us at service@elliptigo.com.

Happy Riding,

Brent and Bryan
ElliptiGO Co-Founders

Important Notifications

DO NOT SKIP THIS SECTION!

Like all forms of cycling, riding an ElliptiGO® bike involves a real risk of serious injury, maiming and death. Each time you ride your ElliptiGO cycle, you are assuming this risk. We cannot stress enough how important it is to wear a helmet and proper clothing, know and follow the rules of the road, ensure your bike is in good working order before and during your ride, and to use caution when riding. To help minimize your risk of injury when riding your bike it is critical that you read and understand the contents of this manual and become familiar with operating and maintaining your bike before you head out on the road.

No manual can address all of the potentially hazardous situations that could arise when riding a bike. As a result, we cannot provide guidance on how to safely ride your ElliptiGO bike in every circumstance. There are many unpredictable and unavoidable risks that are inherent in the sport of cycling. By choosing to ride a bike, you are voluntarily exposing yourself to these risks and are responsible for that choice.

To highlight some of the most important safety concerns, this manual contains many “Warnings”, “Cautions” and “Alerts” which are set out conspicuously in the manual.

Safety Warning
The following symbol: ⚠**WARNING!** (the safety designator together with the word WARNING!), calls attention to a potential hazard that, if not properly addressed or avoided, could cause serious injury or death.

Safety Caution
The following symbol: ⚠**CAUTION!** (the safety designator together with the word CAUTION!), calls attention to a potential hazard that, if not properly addressed or avoided, could cause property damage or an injury.

Damage Alert
The designation **ALERT!** calls attention to a situation which, if not properly addressed or avoided, could cause serious damage to your ElliptiGO bike and/or void your warranty.

As you will see, most of the Safety Warnings and Cautions contained in this manual relate to conditions that could cause the rider to lose control and fall. Every fall, regardless of the associated speed or cause, can result in serious injury or death for the rider, and injury to bystanders and property. As a result, a warning that indicates the rider may lose control and fall if a situation is not properly addressed or avoided may not also state that the resulting fall can cause serious injury or death. You should understand that this fact is always implied by the possibility of falling.

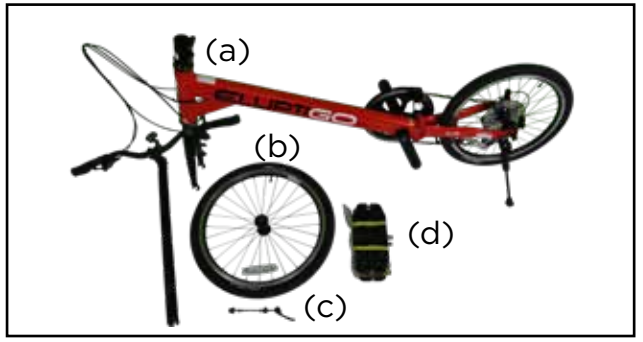
Table of Contents

IMPORTANT:
This owner's manual contains information regarding your components and how to do basic maintenance and service on your ElliptiGO® cycle. However, it is not intended to be a substitute for having your product serviced by a professional bicycle mechanic. **You should have your ElliptiGO bike maintained and serviced by a professional bicycle mechanic.**

CHAPTER 1: Assembly Instructions

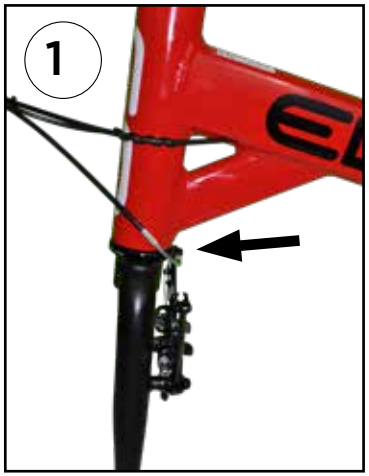
We list the assembly intructions up front for your convenience, however, you should read the entire owners manual before riding your ElliptiGO® bicycle for the first time. Please follow the below instructions to assemble your ElliptiGO bicycle.

Step 1: Remove the Packaging Materials
Carefully open the box and remove the packaing materials. Use wire cutters or sturdy scissors to cut the zip ties. **Make sure to remove the plastic derailleur cover from the derailleur.** Please retain all packaging materials in case you need to ship it somewhere in the future.



When complete, you should have the following parts ready for assembly:

(a) Frame with steering column
(b) Front wheel
(c) Front wheel skewer
(d) Pedal kit with 2 pedals and small parts kit



Step 2: Rotate the fork

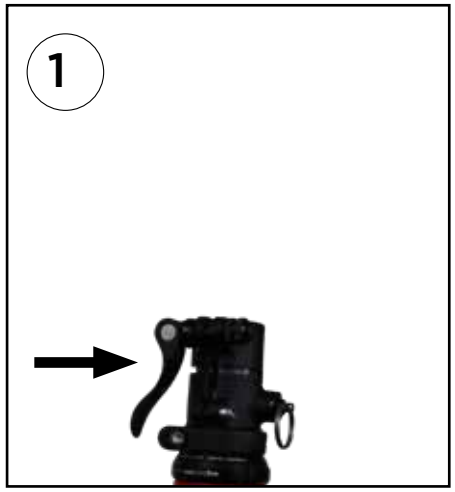
1. Locate the brake noodle and brake cable housing that are attached to the front brakes
2. Rotate the fork in the direction of the brake noodle and cable so that they are completely free from the frame. ENSURE THAT THE BRAKE CABLE IS NOT WRAPPED AROUND THE FRAME.
3. When complete, the cables should look like those in photo 2 on the right.

Step 3: Install the Steering Column
To install the steering column, follow these steps:

1. Open the steering extender quick release.
2. Orient the steering extender so that the handlebars are facing forward.
3. Ensure that the control cables are in front of the steering column and not twisted around the steering extender.
4. Line up the safety groove on the side of the steering extender with the notch in the base and insert the steering extender into the base until it gently seats against the safety index pin.
5. Pull out the safety index pin with one hand and hold it while further inserting the steering extender into the base until the desired handlebar height is reached. Ensure that the "MAX EXTENSION" line on the steering extender is not visible above the base.

⚠WARNING! ENSURE THAT THE "MAX EXTENSION" LINE ON THE STEERING EXTENDER IS BELOW THE TOP OF THE BASE! Riding while the "MAX EXTENSION" line is above the base could result in the steering extender breaking during operation or being pulled out of the base, causing a fall. Never use your bike if the "MAX EXTENSION" line is visible above the base.

6. Release the safety index pin and make fine movements on the steering extender until the pin aligns with the correct hole on the steering extender and springs completely back into place. Ensure that no red marks are visible on the pin.



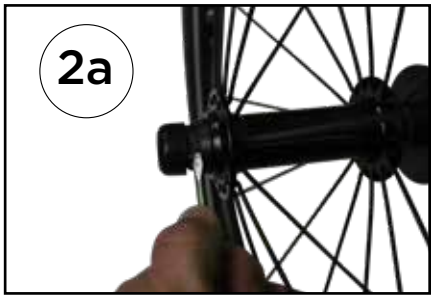
⚠WARNING! THE SAFETY INDEX PIN SHOULD BE FULLY SEATED SO THAT NO RED MARKINGS ARE VISIBLE ONCE THE STEERING HEIGHT IS SET. Failure to fully seat the index pin could result in the steering column collapsing during operation. This would likely cause the rider to lose control and fall.

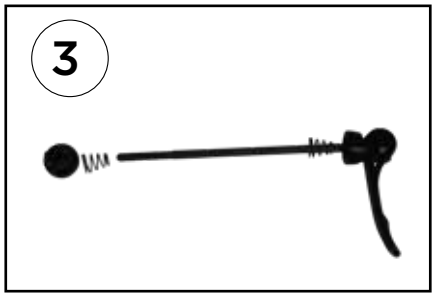
7. Secure the steering extender quick release lever by grasping the steering extender for leverage and using enough force to leave an impression on your hand. If you are not familiar with quick release clamping systems, see the Quick Release Clamping System section on page 15 for details on closing quick release levers.

⚠WARNING! Securing the quick release properly is critically important. Failure to do so could result in the steering extender collapsing or being removed unexpectedly while riding, causing the rider to fall. Make sure to follow the instructions set out in the Quick Release Clamping Systems section when closing a quick release lever.

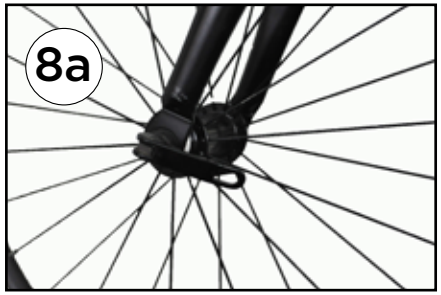
Step 4: Install the front wheel

1. Place the bike on the kickstand.
2. Remove the plastic coverings on boths sides of the hub. **Note: you may need to use a small screwdriver or pair of pliers to remove the smaller covering.**
3. Unscrew the nut from the quick release lever and remove the first spring.
4. Find the directional arrow on the tire. Orient the wheel so the arrow is pointing away from you.





5. Ensuring one spring is still on the skewer, slide the skewer into the left hub opening and through the hub.
6. Slide the smaller end of the spring onto the skewer end and screw the nut two full rotations onto the skewer.
7. With the directional arrow on the tire pointing forward, insert the wheel into the fork. Press down on the head tube to ensure the skewer is properly seated in the fork dropouts. You may need to loosen the tension nut to provide enough clearance for the wheel to seat properly.
8. Tighten the tension nut and close the quick release lever so that there is appropriate clamping force as described in the Quick Release Clamping Systems section on page 15 below.
9. Close the brake quick release. If you are not familiar with brake quick release systems, please see the detailed instructions in the Brakes section on page 22 below.
10. Spin the wheel while looking and listening for a rubbing brake pad. If rubbing is present, open the quick release and re-seat the wheel by applying downward pressure to the frame and fork with one hand so the wheel properly seats into the fork. Once it is seated, use your other hand to close the quick release lever.
11. Spin the wheel again to check for rubbing. If rubbing is still present, repeat step 10. IF BRAKE RUBBING PERSISTS DO NOT RIDE, instead have your bike inspected by a professional bike mechanic or ElliptiGO technician.



12. Inflate your front and rear tires to 85 PSI. If you are not familiar with the Presta valves that come equipped with your ElliptiGO, please refer to the section on inflating tires on page 34 below.

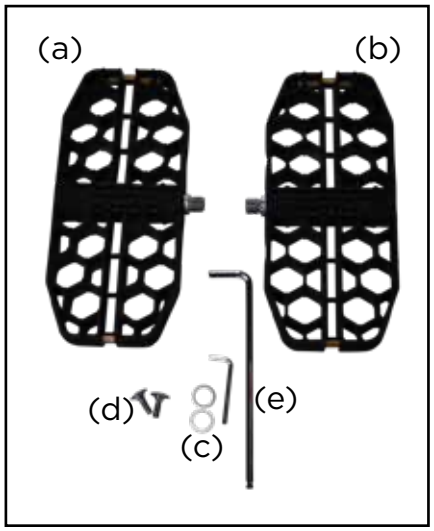
Step 5: Install the Pedals

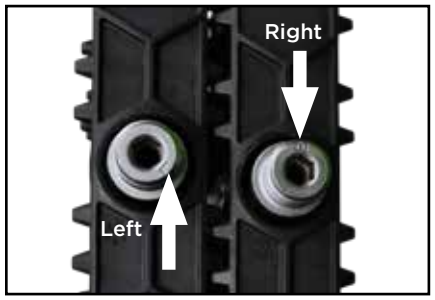
Locate the following parts from your pedal assembly kit:
(a) Left pedal (marked with an "L" on the axle face)
(b) Right pedal (marked with an "R" on the axle face)
(c) Two (2) washers
(d) Left and right retention screws (marked with an "L" and "R", respectively)
(e) 4mm and 6mm Allen keys

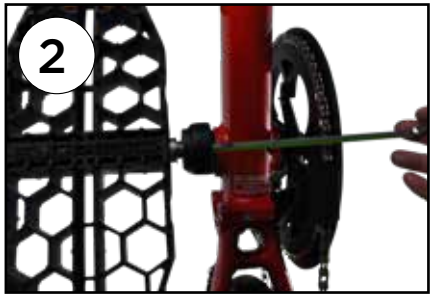
1. Insert a pedal washer onto the left pedal axle.
2. Insert the left pedal axle into the left crank arm. Use the 6mm Allen key to tighten the pedal axle by very firmly rotating it counter-clockwise until the axle is fully seated against the crank arm.
   Torque the axle to 34 Nm.

⚠WARNING! ENSURE THAT THE PEDAL AXLE IS FULLY SEATED AGAINST THE CRANK, TIGHTENED TO 34 Nm AND NOT CROSS-THREADED. Failure to fully seat the pedal axle and tighten it to 34 Nm could cause the axle to fail or unthread while riding. The axle failing or unthreading would likely cause the rider to lose control and fall.

3. Insert the left retention screw into the left pedal axle. Use the 4mm Allen key to tighten it by rotating it clockwise until it is fully-seated and torqued to 6 Nm.





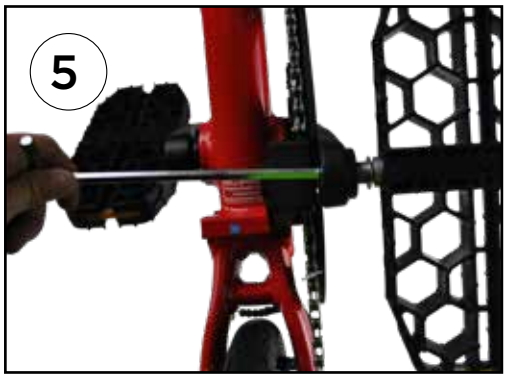


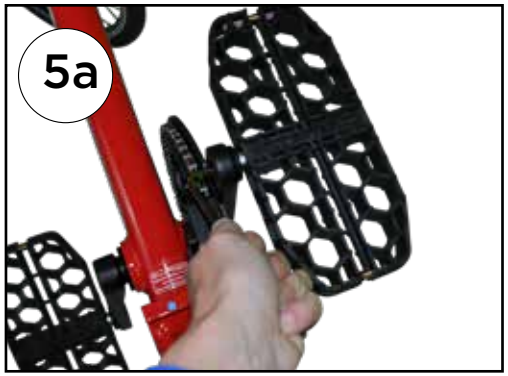
4. Insert a pedal washer onto the right pedal axle.
5. Insert the right pedal axle into the right crank arm. Use the 6mm Allen key to tighten the pedal axle by very firmly rotating it clockwise until it is fully seated against the crank arm. Torque the axle to 34 Nm.

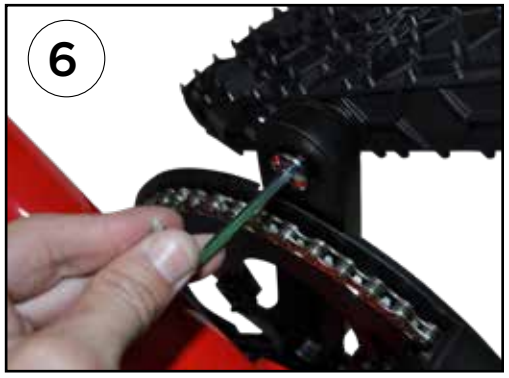
⚠WARNING! ENSURE THAT THE PEDAL AXLE IS FULLY SEATED AGAINST THE CRANK, TIGHTENED TO 34 Nm AND NOT CROSS-THREADED. Failure to fully seat the pedal axle and tighten it to 34 Nm could cause the axle to fail or unthread while riding. The axle failing or unthreading would likely cause the rider to lose control and fall.

6. Insert the right retention screw into the right pedal axle. Use the 4mm Allen key to tighten it by rotating it counter-clockwise until it is fully-seated and torqued to 6 Nm.

Step 6: Read the Rest of the Owners Manual
Prior to taking your first ride, please read through the owners manual to become familiar with how your bike operates and how to ride it safely. Remember, always wear a helmet and be cautious out on the road. We want you to have many years of fun, safe enjoyment of your ElliptiGO bike, so please invest some time now to ensure your first ride is a great one. You'll be glad you did.







CHAPTER 2: Product Familiarization

General Overview

Your ElliptiGO® bicycle is a new kind of exercise device and performs differently from other machines you may have used in the past. If you treat it with respect, keep it maintained, and use it as intended, your ElliptiGO bike should provide you with many years of enjoyable outdoor exercise. **Before your first ride, you should read this manual in its entirety and get clarity on all aspects of the bike's performance, function, or design that you do not understand.** You should also consult your physician prior to beginning any exercise plan, including exercising on your ElliptiGO bike, to ensure that you are healthy enough for such exercise. You can reach our customer service department to get any questions answered by sending an email to: service@elliptigo.com.

Intended Use

ElliptiGO bikes are intended to be used on paved surfaces by individuals weighing less than 250 pounds for the purpose of enjoying outdoor exercise.

The use of an ElliptiGO cycle in any other manner is improper and falls outside of the scope of what the product was designed to do.

⚠WARNING! ELLIPTIGO BICYCLES ARE NOT TOYS AND ARE NOT DESIGNED FOR USE BY CHILDREN. The ElliptiGO bike does not meet the safety requirements for use by children, nor is it configured for use by children. Because it lacks the safety features required for children's products, children can be seriously injured or killed while using the ElliptiGO bike. Consequently, DO NOT LET CHILDREN USE YOUR ELLIPTIGO BIKE. If you purchased your ElliptiGO product for a minor child, please contact ElliptiGO Inc. for a full refund immediately.

For use on Paved Surfaces

Our products have been optimized for riding on paved surfaces and there are certain aspects of our cycles that pose a risk to the rider if they are ridden "off-road" or on unpaved surfaces (including gravel, sand, or dirt). For example, the ElliptiGO bike's tires are not designed to be taken onto surfaces other than paved roads and will have degraded stopping and maneuvering abilities in those conditions. As a result, riding on unpaved roads falls outside the intended use of your bike and could void your warranty.

Weight Restrictions

ElliptiGO bikes have a gross weight limit of 250 pounds for the rider and all accessories. By limiting the gross weight of the rider and accessories to 250 pounds combined, we have been able to create an affordable exercise device that delivers a high-performance fitness experience. This weight limit was relied upon for every aspect of the design, from the components we selected, to the materials we used for the frame to how we designed the frame itself. Riders weighing more than 250 pounds fully-laden can subject the bike to loads that exceed those to which we have tested our products. This could result in catastrophic failure of key components during regular riding.

Terminology & Component Overview

The picture below gives an overview of the components which make up your ElliptiGO bike.
These names will be referred to throughout the owner's manual.

1 FRAME
2 PRELOAD COLLAR
3 STEERING EXTENDER
4 STEM
5 GRIP
6 HANDLEBAR
7 SHIFTER
8 BRAKE LEVERS
9 CONTROL CABLES
10 FRONT BRAKE
11 FRONT WHEEL QUICK RELEASE
12 FRONT WHEEL
13 TIRE
14 CHAINRING GUARD
15 CHAINRING (HIDDEN)
16 CHAIN
17 REAR DERAILLEUR
18 CASSETTE
19 REAR WHEEL
20 REAR TIRE
21 REAR QUICK RELEASE
22 KICKSTAND
23 CHAIN KEEPER
24 CRANK ARM
25 PEDAL

ElliptiGO® Bike Handling

Picture 1 to the right demonstrates the proper method for handling, lifting or carrying your ElliptiGO bike. The machine should be handled with one hand on the frame and the other hand on the steering column.

Picture 2 demonstrates an improper handling method which could result in bodily injury to the user.

⚠CAUTION! The ElliptiGO bike should never be picked up by any of the moving mechanism components such as the rear wheel, crank arms, pedals, or chain. Doing so could cause your hand, wrist or arm to get pinched by the mechanism potentially causing a significant injury.

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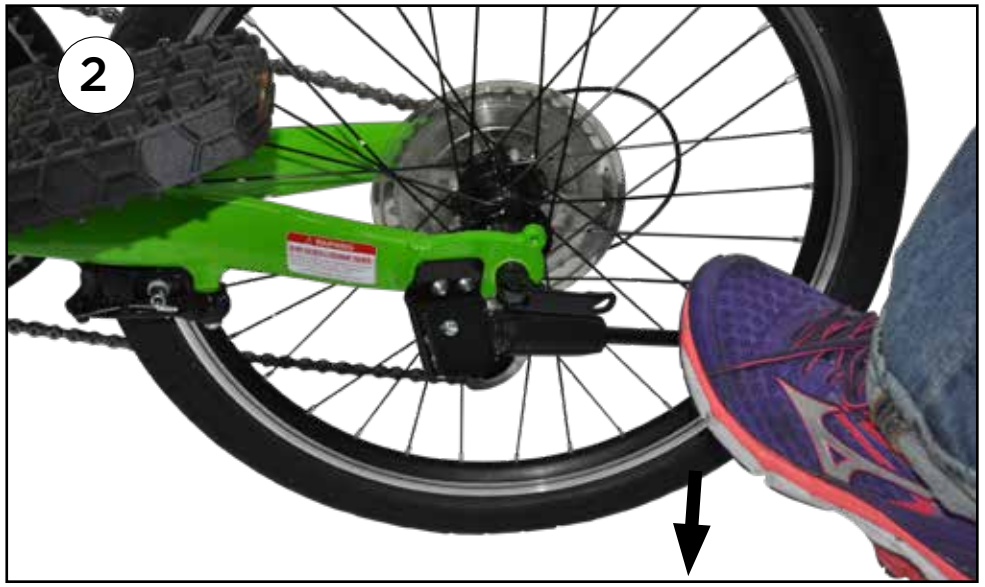
Kickstand Operation

Your ElliptiGO bike is equipped with a single-leg kickstand. To operate the kickstand, follow these steps:

1. Retracting the Kickstand - To retract the kickstand, stand on the side closest to the kickstand. Grab the steering column with one hand and lean the bike away from you so that the kickstand no longer touches the ground. Then sweep the kickstand backwards with your foot, ensuring that it fully seats into the riding position, approximately horizontal with the ground.

2. Extending the Kickstand - To extend the kickstand, stand on the side closest to the kickstand. Grab the steering column with one hand, lean the bike slightly away from you and kick the kickstand down and forward.

ALERT! Do not stand on bike with the kickstand extended. Standing on the bike with the kickstand extended can cause a fall or damage your frame and kickstand, voiding your warranty.



Quick Release Clamping Systems

Your ElliptiGO® bike comes equipped with quick release clamping systems on the front and rear wheels and the steering column. Quick releases are critical parts of your bike and riding with an improperly adjusted quick release is very dangerous. You must understand how to use the quick release systems correctly to be able to operate your bike safely.

Quick release clamping systems can generate a significant amount of clamping force when used correctly. This force is needed to keep your wheels attached to the frame and your steering column locked in place while riding. If a wheel detaches or your steering column collapses while riding you will likely fall and suffer a serious injury.

Each quick release clamping system has three parts – a lever on one end, a nut on the other end, and a skewer in the middle. If properly adjusted, closing the lever generates a clamping force by pushing against the surface closest to the lever while simultaneously pulling against the surface nearest the nut. The lever has a cam-action system which can generate significantly more clamping force than using the lever or nut in a screw-like fashion. The ideal clamping force for a quick release system on a bicycle is more than a typical person can generate using the lever as a screw, so it is important that you use the cam-action lever to operate all quick release systems.

⚠WARNING! An improperly adjusted quick release lever can allow the steering extender to unexpectedly collapse or be removed from the bike or enable a wheel to become loose or detach from the bike. Any of these situations could cause the rider to lose control of the bike and suffer a serious injury or be killed. IT IS CRITICAL THAT YOU UNDERSTAND HOW TO OPERATE THE QUICK RELEASE LEVERS AND THAT YOU CHECK THE SECURITY OF ALL QUICK RELEASE LEVERS BEFORE EVERY RIDE.

Left: Location of quick release lever on front wheel.

Right: Location of quick release lever on steering column.

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Adjusting the Quick Release Mechanism
The amount of clamping force for the quick release is controlled by the tension nut.

To increase the clamping force, turn the tension nut ***clockwise*** while holding cam lever fixed with the other hand.

To decrease clamping force, turn the tension nut ***counter-clockwise*** while holding cam lever fixed with the other hand.

A QUARTER TURN OF THE TENSION ADJUSTING NUT CAN MEAN THE DIFFERENCE BETWEEN A SAFE CLAMPING FORCE AND AN UNSAFE CLAMPING FORCE.

To check the clamping force, attempt to close the quick release lever. If you can close the quick release lever completely without using the fork, frame, or steering extender for leverage, and the lever closes without leaving a visible impression in your hand, then the quick release does not have enough clamping force. If, while using one hand on the fork, steering extender or frame for leverage, you cannot completely close the lever with the other hand, then the quick release has too much clamping force.

If there is too little clamping force, tighten the nut one-quarter turn and try clamping again. Repeat this until closing the lever requires grabbing the fork, frame or steering extender and leaves a mark in your hand. If there is too much clamping force, loosen the nut one-quarter turn and try clamping again. Repeat this until closing the lever requires grabbing the fork, frame or steering extender and the lever leaves a clear mark in your hand.

Steering Column

Your steering column consists of the following components:

1. The base
2. The steering extender quick release
3. The safety index pin
4. The steering extender

II

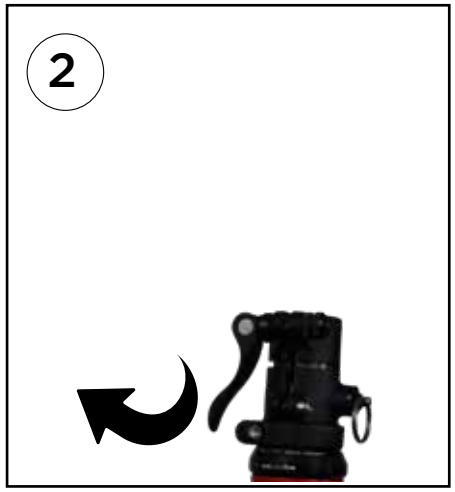
The Riding Position

When in the riding position, the steering extender is inserted to the correct depth in the base, the safety pin is fully inserted into the selected hole and the quick release lever is firmly closed. The correct depth is reached when the handlebar height is the most comfortable for the rider when riding and the *"MAX EXTENSION"* line is not visible above the base. This height is usually set so that the rider stands tall when riding with little to no weight on the hands or wrists.

To place the steering column into the riding position, follow these steps:

1. Place the bike on the kickstand.
2. Open the steering extender quick release.
3. Ensure that the control cables are in front of the steering column and not twisted around the steering extender.
4. Line up the safety groove on the side of the steering extender with the notch in the base and insert the steering extender into the base until it gently seats against the safety index pin.
5. Pull out the safety index pin with one hand and hold it while further inserting the steering extender into the base until the desired handlebar height is reached. Ensure that the "MAX EXTENSION" line on the steering extender is not visible above the base.

⚠WARNING! ENSURE THAT THE "MAX EXTENSION" LINE ON THE STEERING EXTENDER IS BELOW THE TOP OF THE BASE! Riding while the "MAX EXTENSION" line is above the base could result in the steering extender breaking during operation or being pulled out of the base, causing a fall. Never use your bike if the "MAX EXTENSION" line is visible above the base.



6. Release the safety index pin and make fine movements on the steering extender until the pin aligns with the correct hole on the steering extender and springs completely back into place. Ensure that no red marks are visible on the pin.

⚠WARNING! THE SAFETY INDEX PIN SHOULD BE FULLY SEATED SO THAT NO RED MARKINGS ARE VISIBLE ONCE THE STEERING HEIGHT IS SET. Failure to fully seat the index pin could result in the steering column collapsing during operation. This would likely cause the rider to lose control and fall.

7. Secure the steering extender quick release lever by grasping the steering extender for leverage and using enough force to leave an impression on your hand. See the Quick Release Clamping System section for details on closing quick release levers.

⚠WARNING! Securing the quick release properly is critically important. Failure to do so could result in the steering extender collapsing or being removed unexpectedly while riding, causing the rider to fall. Make sure to follow the instructions set out in the Quick Release Clamping Systems section when closing a quick release lever.

II

The Storage Position

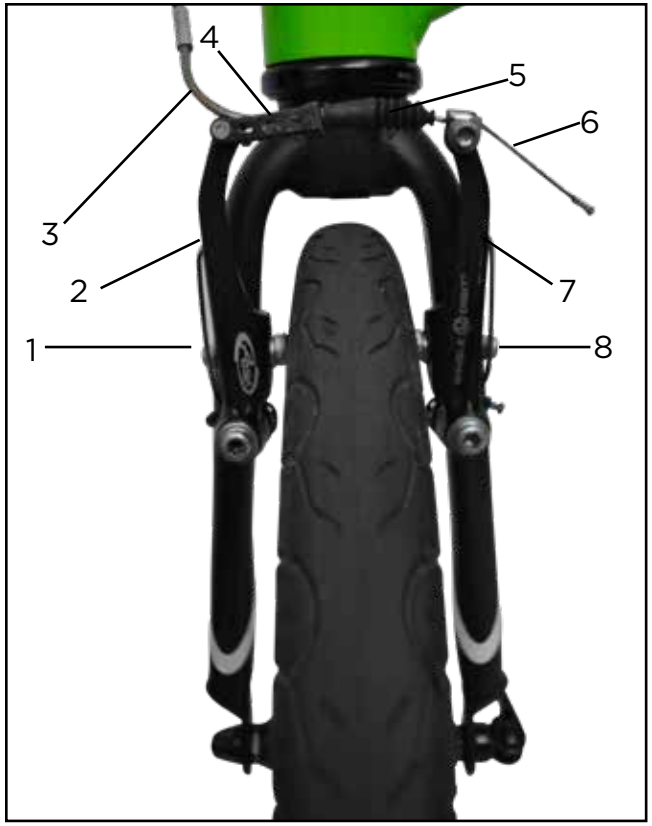
To place the steering column into the storage position, follow these steps:

1. Open the steering extender quick release.
2. Pull and hold out the safety index pin with one hand while removing the steering extender from the base collar with the other hand.
3. The extender, stem, and handlebar assembly can now be placed securely near the ElliptiGO® bike for storage.

Brakes

Your bike comes equipped with front and rear rim brakes actuated by hand levers attached to the handlebars. One lever actuates the front brake and the other actuates the rear brake. The brakes are comprised of the following components:

1. Left brake pad
2. Left caliper
3. Brake noodle
4. Quick release bracket cage
5. Brake cable boot
6. Brake cable
7. Right caliper
8. Right brake pad



II

Opening and Closing the Brake Quick Release

Each brake has a quick release mechanism that enables the corresponding wheel to be removed without deflating the tire. To open the brake quick release system, follow these steps:

1. Place the bike on the kickstand.
2. With one hand, squeeze the calipers together.
3. While holding the calipers, use the other hand to pull the brake noodle towards the hinge of the bracket (towards the left caliper). Use a finger of the hand squeezing the calipers to push the bracket cage down while simultaneously pulling up on the brake noodle so that the brake cable passes through the slot in the top of the quick release bracket.
4. Release the calipers so that they can spring open.

To close the brake quick release system, follow these steps:

5. Place the bike on the kickstand.
6. With one hand, squeeze the calipers together.
7. With the other hand, pull the brake noodle towards the hinge of the bracket and slide the cable through the slot in the bracket. Then release the brake noodle so that it slides through the large hole at the edge of the bracket.
8. Release the calipers and test the brakes by actuating the corresponding brake lever on the handlebars and ensuring they close properly.

⚠WARNING! Ensure that the brake quick release system is properly closed and your brakes are functioning properly

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before riding your bike. If the brake quick release system is open or closed improperly, the brake will not function. Riding without operating brakes is extremely dangerous and drastically increases the likelihood that the rider will collide with another object and suffer serious injury.

The correct way to apply the brakes under normal stopping conditions is to gently actuate both levers, having the rear brake engage the rear rim first and then slowly applying the front brake until it engages the front rim, then applying force to lever simultaneously to bring the bike to a smooth, controlled stop.

However, there is more to it than this, especially in emergency braking situations. Braking force is at its peak just before a wheel "locks up" and starts to skid. Once a wheel locks up, the braking force is greatly reduced and, more importantly, the bike becomes extremely difficult to control. The important skill to learn to optimize braking effectiveness is how to get to the maximum braking force quickly without locking up a wheel. This is best done by smoothly and efficiently increasing the braking force until maximum braking force is reached, as opposed to pulling the brakes to the point of maximum braking force immediately, which will likely result in overshooting on one or both brakes, causing tire lock up and skidding.

⚠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 causing a fall.

Be aware that as you slow down, inertia will cause your body weight to move forward. The quicker you slow down, the quicker your body weight will shift forward. This effect makes avoiding rear wheel lock-up even more challenging because one of the variables that determine when a wheel will lock-up is the amount of weight supported by that wheel. The lighter the weight, the less force required to lock-up the wheel. As a result, proper braking requires an adjustment for this shift in body weight as well as an active effort on your part to minimize this effect by consciously shifting your weight rearward during braking.

To accommodate for this shift in body weight, you should apply more braking force to the front wheel and less to the rear wheel as the rate of deceleration increases and your weight is disproportionately borne by the front wheel. This weight distribution inequality becomes even more pronounced when braking downhill. The declined slope encourages a greater shift in weight towards the front wheel during deceleration, increasing the likelihood of a rear wheel lock-up and requiring more braking force to be placed on the front wheel during an emergency stop.

Also, as discussed above, wet road conditions greatly reduce the stopping ability of a bicycle. Rim brakes rely on friction between the brake pad and the rim to slow rotation of the wheel. A wet rim will reduce the amount of friction that can be generated, especially at the initial stages of braking. Similarly, a wet road surface reduces the amount of traction for the tires, allowing the wheels to lock-up more easily. These are two of the primary reasons why we discourage riding during wet conditions. If you must ride

when the roads are wet, then the best way to adjust for this loss in stopping power is to slow down, to pay more attention to potential hazards around you, and to begin braking much earlier than you otherwise would.

The best way to become effective at braking, especially emergency braking, is to practice. Seek out a safe, controlled environment with a well maintained, dry, level paved surface and practice braking for 30 minutes. This small investment of time can result in much improved braking skills, which could mean the difference between life and death on the road. In addition, always inspect your brakes and rims to make sure that they are clean and dry. Dirt or other debris on the surface of your rims or brakes can also reduce your stopping power and should be removed prior to riding.

Finally, brakes wear out by design. Regular use of your bike will require regular replacement of brake pads. Braking in wet conditions or on dirty rims will accelerate brake pad wear and reduce the life of your brake pads. Every time you inspect the bike, make sure your brakes and brake pads are in good working order and that your pads are not worn out. If any part of the pad has been worn away to the indicator groove, then it needs to be replaced. Also, if during an inspection a professional bicycle mechanic or ElliptiGO® technician indicates that you need new pads, have them replaced. Have your professional bicycle mechanic select an appropriate replacement pad, install it for you, and adjust the brakes so they function properly again.

Gearing System and Selection

Your ElliptiGO bike comes equipped with a gearing system that allows you to maintain a similar cadence on different terrain. This system includes gears, a “trigger shifter” control mechanism and a numbered gear selection indicator. The lower the gear, the easier it is to pedal and the shorter the distance traveled per rotation of the crank arms. Conversely, the higher the gear, the harder it is to pedal and the further the distance traveled per rotation of the crank arms.

The trigger shifter has two levers, a thick “thumb lever” towards the rear of the system and a thinner “finger lever” towards the front of the system. To shift into a lower gear push the thumb lever forward until it stops and then release it. To shift into a higher gear, pull the finger lever rearwards (towards you) until it stops and then release it. Shifting will only take place while pedaling. You should be able to hear the mechanism working as you shift, feel the change in the gearing and see the gear selection indicator line move from gear to gear.

⚠WARNING! Always ensure that the lever has been completely depressed before releasing. Failure to completely depress the lever can result in a shifting failure that can change the pedaling experience unexpectedly. This can cause the rider to lose control and suffer a fall. It is important during your familiarization ride to understand the pedaling experience in each gear and to get comfortable assessing which gear is appropriate for the different speeds at which you will be traveling during a ride.

It is important to shift properly to prolong the life of your drivetrain and reduce the chances of unexpected shifts and dropped chains. To shift properly, slow your cadence slightly to reduce the amount of torque on the drivetrain, then fully depress the appropriate lever, then re-establish your preferred pedaling cadence. Always shift one gear at a time. Trying to shift multiple gears at once or shifting while applying significant torque to the drivetrain can result in a failed shift or an unexpected pedaling experience which can cause a fall.

⚠WARNING! Shifting improperly can cause the drivetrain to slacken unexpectedly or the chain to detach from a cog, startling the rider, which could result in the rider losing control and falling.

Even with proper shifting, your chain and cables will stretch over time, putting you drivetrain out of alignment. To re-align the drivetrain for proper shifting, follow the steps below:

Adjusting the Gearing System

1. Place your bike on the kickstand.
2. Ensure the cable is fully seated in the barrel adjusters at the shifter and rear derailleur.
3. While leaning the bike on the kickstand to lift the rear wheel up, rotate the the pedal and shift from 8th gear to 1st gear and back.
4. Note if the shifting hesitated while shifting in either direction.
5. To correct slow downshifting (8th to 1st), turn the barrel adjuster on the derailleur clockwise 1/2 turn and recheck the shifting.
6. To correct slow upshifting (1st to 8th), turn the barrel adjuster on the derailleur counterclockwise 1/2 turn and recheck the shifting.
7. Repeat steps 3 - 6 until the shifting is smooth in both directions.

⚠WARNING! Stop riding if your drivetrain is not aligned correctly. Make sure to re-align it properly before resuming your ride.

Wheels, Tires and Tubes

Your ElliptiGO® bike comes equipped with a 20" spoked wheelset, high-pressure clincher-style tires and presta-valve tubes. These comprise the system that actually connects the bike to the ground, so it is important that you understand how they function and how to take care of them.

Wheels

Your wheels are a critical part of your bike. You should pay particularly close attention to the following parts of your wheels:

True

To perform safely on the road, your wheels must be "true." A wheel is true when all of the spokes are tensioned such that there is no side to side wobble when the wheel is rotated about the hub. Truing a wheel requires special tools and skills and should always be done by a trained bicycle mechanic.

⚠WARNING! A wheel that is not true can present a very dangerous situation because it interferes with the proper functioning of the brakes. It requires skill and proper tools to correctly true a wheel. As a result, we strongly recommend taking the ElliptiGO bike to a professional bicycle mechanic to have your wheel trued prior to riding. Riding on a wheel that is not true could cause you to lose control and suffer a fall.

Rim Surface

Your rim should have no visible signs of wear and be free from damage, including cracks, ruts or chips. To check for wear, find the wear indicator groove on the rim and ensure that it is still easy to feel depth in the groove below the rim surface. If you cannot locate the groove, DO NOT RIDE your bike. Instead contact service@elliptigo.com or take your bike to a certified bicycle mechanic.

⚠WARNING! Never ride on a rim that is worn below the wear indicator groove, a rim that is bowed, or a cracked rim. Not only does a worn, bowed or cracked rim reduce stopping power, but it will eventually break, likely without warning. If your rim breaks it will almost certainly cause the tire to come loose and the rider to suffer serious injuries or death from a resulting fall.

Spokes

Each spoke plays a critical role in providing wheel strength, performance and alignment. Loose spokes and over-tightened spokes can both present dangers to the rider. Ensuring that your spokes are in proper tension requires special tools and skills and should always be done by a trained bicycle mechanic.

Quick release clamping systems

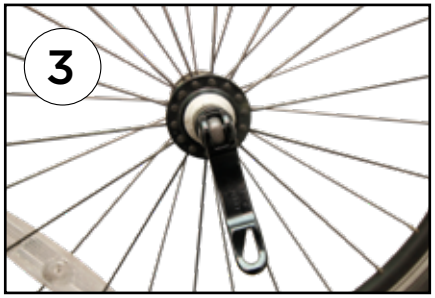
The wheels are attached to your bike by quick release clamping systems. It is critical to use these systems properly when attaching a wheel to your bike. Before attaching or removing a wheel, you should closely read the section above entitled Quick Release Clamping Systems.

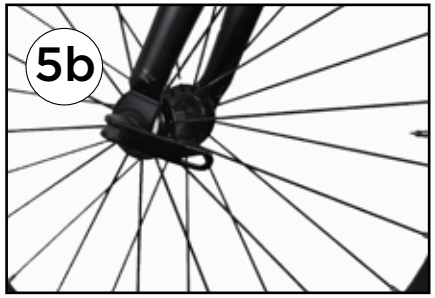
⚠WARNING! An improperly adjusted quick release can allow a wheel to become loose or detach from the bike. If a wheel detaches from the bike while you are riding it, you will lose control and suffer a serious injury or be killed. IT IS CRITICAL THAT YOU UNDERSTAND HOW TO OPERATE THE QUICK RELEASE LEVERS AND THAT YOU CHECK THE SECURITY OF EACH QUICK RELEASE SYSTEM EVERY TIME YOU RIDE THE BIKE.

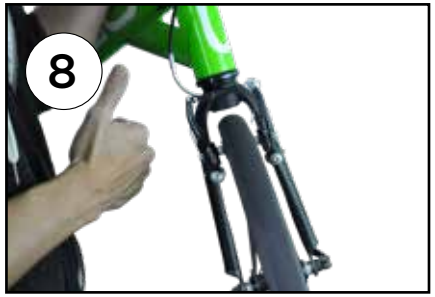
Front Wheel Installation

To install the front wheel follow these steps:

1. Place the bike on the kickstand.
2. Check the rotational direction arrow on the tire and ensure it is pointing forward.
3. Open the quick release lever on the front wheel.
4. Insert the wheel into the fork. Press down on the head tube to ensure the quick release skewer is properly seated in the fork dropouts. Adjust the tension nut to ensure there is enough clearance for the wheel to seat properly.
5. Tighten the tension nut and close the quick release lever so that there is appropriate clamping force as described in the Quick Release Clamping Systems section above.
6. Close the brake quick release. See the Brakes section above for detailed instructions on closing your brake quick release system.
7. Spin the wheel while looking and listening for a rubbing brake pad. If rubbing is present, open the quick release and re-seat the wheel by applying downward pressure to the frame and fork with one hand so the wheel properly seats into the fork. Once it is seated, use your other hand to close the quick release lever.
8. Spin the wheel again to check for rubbing. If rubbing is still present, repeat step 7. IF BRAKE RUBBING PERSISTS DO NOT RIDE, instead have your bike inspected by a professional bike mechanic or ElliptiGO technician.







⚠WARNING! If your rims are damaged, cracked or worn out, or brake rubbing persists, DO NOT RIDE. Instead, consult a bicycle mechanic or contact ElliptiGO® Customer Service.

Front Wheel Removal
To remove the front wheel, follow these steps:

1. Place the bike on the kickstand.
2. Open the brake quick release. See the Brakes section above for detailed instructions on opening your brake quick release system.
3. Open the quick release lever on the front wheel. Loosen the tension nut with one hand while holding the quick release lever fixed with the other hand. For details on operating the quick release, see the Quick Release Clamping System section above.
4. Remove the front wheel.

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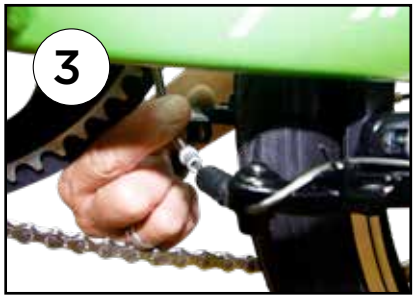
Rear Wheel Removal

To remove the rear wheel, follow these steps:

1. Place the bike on the kickstand.
2. While standing on the right side of the bike, lean the bike towards the kickstand to lift the rear wheel off the ground slightly. Grab the pedal and rotate it forward while shifting into 8th gear (the smallest cog on the cassette).
3. Open the rear brake quick release. See the Brakes section above for detailed instructions on how to open your brake quick release system.
4. Open the quick release lever on the rear wheel axle. Loosen the tension nut by turning it counterclockwise while holding the quick release lever still. Continuing loosening the tension nut until there is enough space for the wheel to detach from the bike.
5. Lean the bike gently on the kickstand to provide enough space between the wheel and the ground for the wheel to drop out of the frame. Push the rear wheel down and away from the frame. Lifting the bike higher off the ground may facilitate this process.
6. Remove the chain from the cassette so the wheel is completely free from the bike.



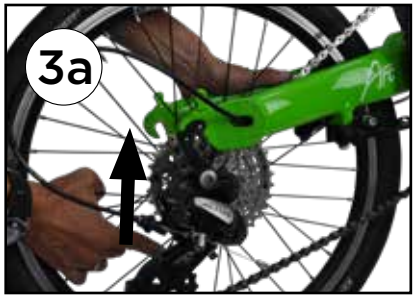
Rear Wheel Installation
To install the rear wheel, follow these steps:

1. Place the bike on the kickstand.
2. Ensure the gear selection lever is in 8th gear.
3. While pulling the derailleur rearward to create space, guide the ends of the quick release skewer into the corresponding dropouts on the frame.
4. Seat the wheel fully in the dropouts and ensure that it is centered in the frame.
5. Close the quick release lever. Follow the detailed instructions set forth in the Quick Release Clamping Systems section above.

⚠WARNING! Securing the rear wheel quick release properly is critically important. An improperly adjusted quick release can allow the rear wheel to become loose or detach from the bike. If the rear wheel detaches from the bike while you are riding it, you will lose control and suffer a serious injury or be killed. Make sure to follow the instructions set out in the Quick Release Clamping Systems section when closing a quick release lever. Make sure to check the security of your quick release levers before each ride.

6. Reattach the rear brakes. Follow the detailed instructions in the Brakes section above.

⚠WARNING! Ensure that the brake quick release system is properly closed and your brakes are functioning properly before riding your bike. If the brake quick release system is open or closed improperly, the brake will not function. Riding without operating brakes is



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extremely dangerous and drastically increase the likelihood that the rider will collide with another object and suffer serious injury.

7. Check that the chain is routed properly and the derailleur is functioning correctly by leaning the bike against the kickstand to lift the rear wheel off of the ground and then grabbing the pedal with your hand and rotate it forward while slowly shifting through the gears.

8. If the drivetrain is not shifting smoothly, do not ride. Make sure to follow the drivetrain alignment procedures outlined above to re-align the drivetrain properly before taking a ride.

⚠WARNING! Riding on an misaligned drivetrain can cause unexpected shifting behavior or a dropped chain. If the bike shifts or the chain slackens unexpectedly, this can desabilize the rider and cause a fall.

Tires

Your bike comes equipped with high-pressure, unidirectional, clincher-style tires. These tires have a finite lifespan that depends on, among other things, rider weight, how well you maintain the tire pressure, the kind of riding that you do and the surfaces upon which you ride. As a result, there is no hard and fast rule regarding how long your tires will last.

It is important that you maintain the correct tire pressure in your tires. The maximum pressure is listed on the sidewall of the tires. We recommend riding at 90 - 95% of the maximum tire pressure. Use a floor pump with an air pressure gauge to inflate the tire to the correct pressure.

⚠WARNING! Always check your tire pressure before riding. Underinflated or overinflated tires pose serious risks including loss of traction, blowouts, and buckling while cornering. Any of these situations could cause the rider to lose control and suffer a fall.

⚠WARNING! Never inflate a tire beyond the maximum pressure – this can cause the tire to explode off of the rim and injure you or a bystander.

Before you ride, do a thorough visual inspection of the front and rear tires. Make sure there are no tears, cracks, or impregnated debris in the sidewall or along the tire tread. Ensure that the tread is not worn out and that the bead wire at the bottom of each sidewall is securely seated inside the rim. Look for bulging along the sidewall or tire tread. If you see any tears, cracks, bulging, or excessive wear, DO NOT RIDE THE BIKE. Instead, take your bike to a shop to have a new tire installed.

⚠WARNING! Always check both tires before riding. Damaged or excessively worn tires increase the likelihood of experiencing a blowout, unseating of a tire, or sustaining a flat during a ride. Any of these situations could cause the rider to lose control and suffer a fall.

Finally, make sure that your tire is attached in the correct orientation. On the sidewall, locate the unidirectional symbol consisting of an arrow and the word “Drive” or “Rotation.” When the wheel is rotated so that the arrow is at the highest point during the rotation, the arrow should be pointing in the forward direction of travel. If, when the arrow is at the top of the wheel, it is pointing towards the rear of the bike, either the tire or the wheel is on backwards. Ensure you correct the issue so that the arrow is in the correct orientation before riding.

When you are ready for a new set of tires, take your ElliptiGO bike to a professional bike mechanic and have them install your tires with the same size of high pressure clincher tire.

Tubes

Your ElliptiGO® bike comes with high-pressure tubes There are two kinds of valves used on inner tubes in the bike industry. Schrader valves are frequently used for low-pressure tubes and are the same valves you'll find on automobile tires. Presta valves are frequently used with high-pressure tubes. Each valve type requires a different pump head for inflation. Your ElliptiGO bike comes equipped with high pressure tubes that use a Presta valve. To inflate them, you can use a pump head configured for use with a Presta valve, or you can use a Presta-valve adapter with a pump head configured for Schrader valves.

To inflate your tubes, follow these steps:

1. Gently loosen the locking nut at the top of the Presta valve by turning it counterclockwise several turns until it reaches the end of the center thread. DO NOT remove the locking nut - stop turning it once it reaches the end of the center thread.
2. Push down briefly on the nut to ensure that they Presta valve is not stuck in the locked position. A small amount of air should escape.
3. If you are using a pump head configured for a Presta valve, proceed to the next step. If you are using a pump head configured for a Schrader valve, screw the larger end of your Presta-valve adapter onto the metal valve stem.
4. Place the pump head over the valve.
5. Inflate to the proper pressure. We recommend inflating your tires 5% - 10% under the max pressure printed on the tire sidewall. The rims on your bike are designed to accept 20" X 1.5" - 1.75" tubes with Presta valves, so whenever you purchase a spare tube, ensure that it is this size and has a Presta valve.

Chain Keeper

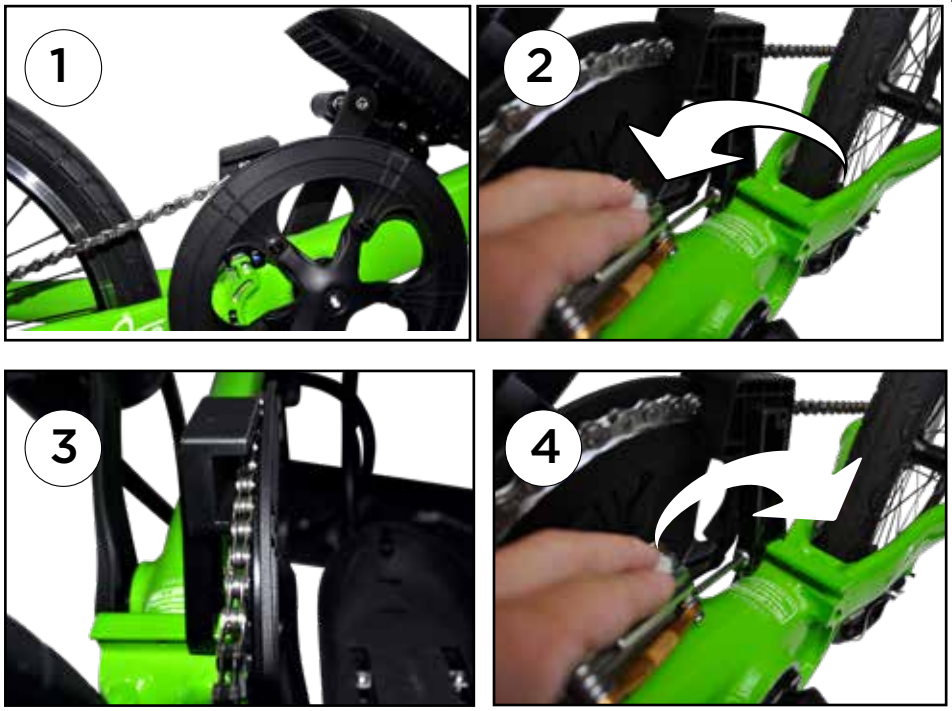
Your bike comes equipped with a chain keeper located to the inside of the chainring. The purpose of the chain keeper is to reduce the likelihood that your chain will become detached from the chainring while riding. While it is impossible to ensure that a chain will never detach from the chainring, a properly adjusted chain keeper should prevent most potential chain detachments from taking place. The chain keeper is properly adjusted when there is between 1 and 2 mm of space between the lowest face of the chain keeper and the inside edge of the chainring.

⚠WARNING! A properly adjusted chain keeper is a critical safety feature. It is your responsibility to ensure that it remains set at the appropriate distance from the chainring. Failure to do so could result in a chain detaching from the sprocket unexpectedly during a ride. This could cause you to lose control of the bike and suffer a fall.

Adjusting the Chain Keeper

To adjust the chain keeper, follow these steps:

1. If the chain keeper is contacting the chain or chainring, cycle the drivetrain by hand to identify the point in the stroke where the chain keeper contacts the chain or chainring. Once you have located the point where contact is being made, keep the cranks in that position for the remainder of these steps.
2. Insert a 4mm Allen wrench into the chain keeper fixing bolt and turn it counter-clockwise to loosen the bolt.
3. Move the chain keeper away from the chainring until there is a gap of at least 1mm but no more than 2mm between the inside edge of the lowest face of the chain keeper and the inside edge of the chainring.
4. Using the 4mm Allen wrench, tighten the fixing bolt to 6-8 Nm.
5. Re-check the gap between the lowest face of the chain keeper and the chainring to ensure it is between 1 and 2mm wide.



Toe Cages

ElliptiGO offers an accessory for your bike called a toe cage. The purpose of a toe cage is to provide additional retention, registration and security for your foot, specifically during high-speed riding or riding on uneven surfaces. If you intend to do any aggresive or high-speed riding or intend to ride on uneven surfaces like railroad tracks, speed bumps or trails, we highly recommend installing toe cages on your bike. Toe cages can be purchased from your local dealer or through www.elliptigo.com.

⚠WARNING! Riding aggressively, at high-speed or on uneven surfaces can be dangerous. You should always be cautious and avoid hitting anything on the road that could result in your foot coming off of the pedal platform. Your foot coming off of the pedal platform could lead to you losing control of the bike and suffering a fall.

CHAPTER 3: Riding

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 some of the basic principles you should adhere to:

Wear a Helmet, Protective Equipment and Appropriate Clothing

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

⚠WARNING! When riding your bike, your head will be 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 your ElliptiGO bike. Failure to do so could result in serious injury or death.

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.

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, wide-bottomed pants, and long dresses as these could get caught in the drivetrain mechanism or around the rear wheel. If something dangling from your body gets caught in the cranks, chain or rear wheel, you will likely lose control of the bike and fall, resulting in serious injury or death.

⚠WARNING! Loose clothing or other dangling objects can get caught in the moving parts of the ElliptiGO bike and cause the rider to lose control and suffer a fall.

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.

Select a Safe Route and Riding Conditions

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. 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 in wet conditions 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 BIKE. Removing them lowers 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.

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.

Understand and Obey the Law
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.

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.

Ride Defensively
Even though you can see other motorists, cyclists and pedestrians, always assume that they cannot or do not see you and take precautions accordingly. 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.

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.

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.

Share the Road – stay to the side of the road and avoid interfering with the progress of motorists and faster cyclists.

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.

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

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

Never ride your 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 bike and suffering a fall, either of which could cause serious injury or death.

Never carry anything that could impede your vision or adversely impact your ability to control your 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. Get to know the mechanical workings of your bike and always do a pre-ride safety check to ensure everything is in good working order. Make sure that all quick releases and safety mechanisms are properly engaged. Pay particular attention to the condition of your tires, brakes and load wheels as a failure by one of these components can be particularly dangerous. Test out the shifting mechanism to ensure the derailleur is properly adjusted and the chain has an appropriate amount of tension on it. Double check the security of the steering column, ensure that it is not set above the "Max Extension" line, that the safety pin is inserted and the quick release lever is closed properly.

Always wear a DOT approved 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. Before riding your bike, 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.

⚠WARNING! Riding with damaged, poorly maintained, or improperly engaged components or a misaligned drivetrain can result in an unexpected failure of a critical element of the ElliptiGO bike. The failure of a critical element of the bike is likely to result in the rider falling and suffering a serious injury or death.

Pre-Ride Safety Checklist

Before riding, always visually and physically inspect your ElliptiGO® bike to ensure that it is in good riding condition.
With the bike supported on its kickstand, you should inspect the bike using the following checklist prior to each ride:

1. Thoroughly examine the front and rear tires on both sides for signs of damage (this will require you to spin the tire periodically to observe the part that was contacting the ground). Use a tire gauge to ensure that each tire is inflated to the proper pressure annotated on the tire's sidewall. Adjust the tire pressure if necessary.

2. Inspect the front wheel quick release system to make sure that the hub is securely seated on the fork and that the quick release has been closed properly with the appropriate amount of force. The mechanism should emboss the fork-ends when closed to the locked position. See the section on the Quick Release Clamping Systems for details on how to ensure the quick release is securely fastened.

⚠WARNING! An improperly secured quick release lever on the front wheel can allow the wheel to disengage from the fork. This condition is exceptionally hazardous and will cause the rider to suffer a fall that will almost certainly result in serious injury or death. BEFORE RIDING ALWAYS ENSURE THE FRONT WHEEL QUICK RELEASE IS PROPERLY SECURED.

3. With the kickstand retracted, raise the front end of the bike off of the ground several inches and then drop it. Watch and listen for unusual movements or noises as the bike strikes the ground. If you hear an unusual noise, continue this test until you can locate the problem. Do not ride the ElliptiGO bike until the problem is resolved. When in doubt, take the bike to a professional bicycle mechanic for service or contact our service department at service@elliptigo.com.

4. Inspect the wheels to ensure that they are true. Spin each wheel and watch it as it rotates to make sure it spins straight, without any side-to-side wobble. Also, make sure that the wheel does not rub intermittently against one or both brake pads. Any side to side wobble or intermittent rubbing indicates that the wheel is out of true.

⚠WARNING! A wheel that is not true can present a very dangerous situation because it interferes with the proper functioning of the brakes. It requires expertise and proper tools to correctly true a wheel. Always have a professional bicycle mechanic true your wheels. Riding on a wheel that is not true could cause you to lose control and suffer a fall.

5. Make sure that the rims are not damaged or worn out, that the tops of the rims are securely engaging the tire at the rim bead, and that the rim braking surfaces are clean and free from damage. Feel the rim on both sides to make sure the wear indictor is still present and that there is no bowing, indentations, or other damage to the rims. They should be flat and smooth with a pronounced wear indicator groove.

⚠WARNING! Riding on damaged rims, worn out rims or rims that do not secure the tire is extremely dangerous. Rims in these conditions can catastrophically fail without notice, causing the rider to fall and be seriously injured or killed. CHECK YOUR RIMS BEFORE RIDING!

6. Inspect the spokes on the front and rear wheels to ensure that none are missing, that they are all tight, and that they are all properly aligned.

7. Inspect the front and rear brake pads to ensure they are in good condition and securely attached.

8. Actuate the front and rear brake levers while watching the brakes to make sure that both are functioning properly and that each pad contacts the wheel rim in the correct position. Check that the brake noodle is seated into the brake quick release system and the brake cable is seated into the top end of the noodle and is free from pinches or sharp turns. Ensure that the brake pads contact the rim within the first inch of pulling on the levers and each brake pad lands completely on the rim. No brake pad should contact the tire or overhang off of the rim and you should be able to apply full braking power before the levers contact the handlebars.

If your brakes are not working properly, do not ride the ElliptiGO® cycle. Instead, take your bike to a professional bicycle mechanic to have the brakes adjusted.

⚠WARNING! Improper brake alignment and functioning can result in the rider losing control of the bike and suffering a fall, which can result in significant injury or death. Always make sure your brakes are working properly before riding.

9. Thoroughly inspect the steering column to ensure that it is secure, the safety pin is fully-seated into the proper corresponding hole, and the quick release levers are securely fastened. Check that the handlebars are aligned properly with the front wheel. See Adjustable Steering Height for details on how to properly adjust steering column components. See Quick Release Clamping Systems for details on how to ensure the quick release is securely fastened.

⚠ WARNING! Failure to properly secure the steering column could result in the unexpected collapsing of the steering column during riding. This would likely cause the rider to lose control and suffer serious injury or death from a resulting fall.

10. Test the grips. They should be in good condition and securely fastened so that they cannot be rotated. Improperly secured grips can detach from the handlebars during riding and cause the rider to lose control and fall.

11. Ensure that each end of the handlebar is capped with a smooth surface. A handlebar end can have sharp edges that, if exposed, can cut a rider or exacerbate injuries sustained during a fall.

12. Ensure that drivetrain is functioning properly. Lean the bike onto the kickstand to lift up the rear wheel. Rotate the right pedal with one hand while shifting through all of the gears with the other hand. Ensure shifting is smooth in both directions (1st to 8th and 8th to 1st). If the shifting is not smooth, review the Gear System Adjustment process in Chapter II.

⚠WARNING! It is critical that your drivetrain is adjusted properly prior to riding. A misaligned drivetrain can allow the chain to slacken or detach from the cogs unexpectedly when riding. If this happens, it could cause the rider to lose balance and suffer a fall.

13. Visually inspect each pedal carefully to ensure there are no visible signs of damage, especially cracking. Make sure you inspect all sides of each pedal. If a pedal has visible signs of damage or cracking, DO NOT RIDE the bike. Instead, contact our service department at service@elliptigo.com for support.

14. Visually inspect the frame to ensure it is free from damage.

15. Ensure that the chain has the appropriate amount of tension and the chain, chainring and cassette gears are clean and lubricated.

16. Check that the rear wheel is properly seated in the frame dropouts and that the quick release lever is properly secured.

⚠WARNING! An improperly secured quick release lever on the rear wheel can allow the rear wheel to come loose while riding. This condition is exceptionally hazardous and can cause the rider to suffer a fall that will almost certainly result in serious injury or death. BEFORE RIDING ALWAYS ENSURE THE REAR WHEEL IS PROPERLY SECURED.

17. If you have mounted toe cages on your pedals, ensure that they are properly adjusted for the shoes you are wearing.

18. Ensure that you have a set of spare parts including at least one replacement tube, tools, and pump and they are securely and safely fastened to you or your bike.

19. Finally, do a thorough once over of the entire machine, including checking each screw, bolt, fastener, and quick release system to make sure nothing is loose, damaged or appears like it will not function properly. To make sure that the many fasteners on your bike are correctly tightened, refer to the section on Torque Requirements for Screws and Fasteners below.

⚠WARNING! It is very important that your screws, fasteners and quick release levers are properly tightened. Not applying enough force increases the chance that they will become loose and fail to perform their function properly, increasing the risk of a failure. Over tightening them can damage the fastener, elevating the risk of a failure. The failure of a fastener or improper tensioning on a quick release may lead to a component failure that causes the rider to lose control and suffer a fall.

Ensuring that your screws and fasteners are tightened correctly requires the skillful use of a torque wrench and we strongly recommend having a professional bicycle mechanic tighten them. If you would prefer to tighten the screws and fasteners yourself, you must use a calibrated torque wrench and ensure you reach the correct torque as specified the section on Torque Requirements for Screws and Fasteners below.

From time to time, it is possible that you will need to adjust screws or fasteners during a ride. In these rare situations, you must exercise the utmost of care and we recommend having a professional bike mechanic check the fasteners you adjusted as soon as you can.

Adjusting the Fit

Before riding your ElliptiGO bike, it is important that it is set up to fit you correctly. Your bike has several adjustable features that you should use to ensure you are getting the most comfortable and safest riding experience possible.

Adjusting the Steering Height

The correct steering height is really a matter of preference and will vary for every rider. We recommend setting the height of the handlebars where they enable you to ride in a comfortable, upright position with your torso directly above your legs and with little to no weight on your hands or wrists. Although everyone's proportions are different, this usually means that taller people ride with a higher steering height and shorter people use a lower steering height. To adjust the steering height, follow the detailed instructions set forth in the Steering Columns section above.

Adjusting the Controls

Rotating the handlebars moves the controls either away from or closer to the rider. While most people find the factory setting to be comfortable, a few require this adjustment for the most comfortable and safest riding experience. However, after adjusting the handlebars, the grips, shifter, and brake levers will all require repositioning. Riding with the controls in the wrong position can be extremely unsafe, so it is critical that these controls are positioned and tightened correctly. As a result, this adjustment should only be done by a professional bicycle mechanic or certified ElliptiGO technician.

⚠WARNING! Rotating the handlebars could re-position the controls such that your bike is unsafe to ride. Always have a professional bike mechanic position the controls so that they can be used safely while riding.

Another adjustable feature on the controls is the brake reach, which is the distance from the handlebar grip to the brake lever. This distance can be adjusted to accommodate a wide range of hand and finger sizes. Because of the technical nature of this adjustment and the importance of having it done properly, this adjustment should only be done by a professional bicycle mechanic or certified ElliptiGO technician.

⚠WARNING! Because the braking force is created by pulling on the brake levers, have the reach set up correctly is critical for safe riding. Moreover, the shorter the reach is set, the more important to ensure that the brake levers are adjusted correctly. If the brake levers do not have enough space to fully actuate the brakes, you will not be able to employ full braking power. This will likely increase your stopping distance and make it more likely that you will be unable to avoid a dangerous obstacle or condition on the road, potentially resulting in serious injury or death. If you choose to have your brake reach adjusted, ensure the adjustment is done by a professional bicycle mechanic or certified ElliptiGO technician.

III

Familiarization Ride

Before heading out into traffic on a "real ride," you should become familiar with riding your 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 in the Adjusting the Fit section above. Once your bike is properly adjusted, follow these instructions to familiarize yourself with how it functions.

Find a Good Location

Bring the machine to a controlled, dry, paved location free of obstacles and traffic that is large enough to maneuver 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.

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 your ElliptiGO® bike.

⚠WARNING! When riding your 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 your 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, eye protection, and closed-toe shoes. Check to make sure nothing is dangling from your body or is so loose that it could contact any of the machine's moving parts. In particular, make sure that your shoestrings are not too long to get caught in the moving mechanisms, especially the rear wheel, chain, sprockets, and drive arms. Never ride your bike wearing open-toed shoes, flip flops, sandals or while barefoot.

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 situated securely on the kickstand, practice squeezing the brakes. Ensure that they have the correct brake reach and are functioning properly.

Start Your First Practice Ride

Once you are familiar with operating the brakes, have your helmet on, and have the appropriate clothes and other safety gear. To get started, move the bike off of the kickstand. Place one foot on the ground

and the other one squarely onto the flat portion of the corresponding pedal. Generate forward momentum by pushing off the ground with your ground-based foot and then stand up onto your pedal-based foot, balancing the bike as you roll forward. Once you have your balance, place your ground-based foot onto the other pedal. Pedal in a circle and gradually increase your cadence as you get comfortable.

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 the pedal. If your foot is not placed correctly on the pedal, it can slip off the pedal, contact the frame, or get caught in the bike's moving parts, 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 look 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 your 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.

Test the Brakes

Your ElliptiGO cycle 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 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 so you don't fall over.

⚠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.

⚠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 and suffer a fall.

Get Familiar with Bike Procedures

Ride your 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 your machine or the riding experience, stop riding and contact ElliptiGO customer service at service@elliptigo.com to resolve the issue before attempting a subsequent ride.

Riding Techniques

Before any ride, we highly recommend executing the Pre-Ride Checklist. **Do not ride your bike without a helmet and properly-fitting and appropriate clothing, including closed-toe shoes. Ensure that all of the components are working properly, the drivetrain is adjusted, and all screws, fasteners and quick release levers are properly closed.**

Your ElliptiGO® bike is an advanced piece of fitness equipment. It is designed to be used on paved surfaces for exercise. It 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 seriously damage it and void your warranty.

⚠WARNING! ElliptiGO bikes are designed exclusively 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 YOUR BIKE ON PAVED SURFACES AND DO NOT ENGAGE IN TRICK OR STUNT RIDING.

⚠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 your bike. Hitting an object with your head while riding will likely cause you to lose control and fall, resulting in serious injury or death.

As a rule, you should always have two hands on the handlebars unless you are signaling. Unlike a conventional bicycle, ElliptiGO bikes cannot be ridden "with no hands." 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 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 and suffer a fall.

Also, 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.

Always pay attention to the road surface and approach obstacles like speed bumps, cobblestones, potholes and train tracks with caution. If you must cross these obstacles, stop pedaling and place your feet in the 3 and 9 o'clock

positions with your weight evenly distributed between the pedals. These obstacles and other like them can jar you and your bike. If approached incorrectly, they can cause a fall.

⚠WARNING! Always approach road obstacles with caution. Failing to properly cross or avoid these obstacles can jar you and your bike, resulting in a fall.

Signaling

When riding, you may find it necessary to signal traffic before making a turn. Signaling while riding your bike requires skill and using your core muscles for balance. You will need to develop your core muscles and practice signaling before mastering this skill. Avoid riding on public roads where you will need to signal until you have mastered the technique of signaling while riding.

When learning to signal we recommend practicing in a safe, open, flat and paved area to that is separated from traffic, like a large parking lot. Get up to normal riding speed and then coast with the pedals in the 3 o'clock and 9 o'clock positions (so they are even with the ground). If you are signaling with your left hand, put your left foot in the forward (3 o'clock) position. If you are signaling with your right hand, put your right foot in the forward position. Conduct your signal while paying particular attention to the road ahead of you to confirm your path is free from obstacles and debris. Check over your shoulder to ensure that it is safe to turn. Place your signaling hand back onto the handlebars before beginning your turn. Start your turn. When turning, quickly alternate between checking traffic to make sure it is safe to turn and checking the road to make sure your path is free from debris and obstacles. Once you have completed your turn, resume riding normally.

Climbing and Descending Hills

Be cautious when climbing and descending hills. Prior to reaching a hill to climb, prepare to shift into a lower gear. The steepness of the hill will determine which gear is the correct one to select. Once you have reached the hill, shift into the correct gear and apply power using the same riding technique that you use on level ground. If the hill is steep, lean forward to drive additional power from your quadriceps muscles. Use the gearing to keep the same comfortable cadence you enjoy when riding on level ground.

As you crest the hill, shift up to accommodate your increase in speed while trying to keep the same cadence throughout.

When descending a hill, always make sure that you are traveling at a safe rate of speed. The preferred way to descend a hill is to "coast". To coast, simply stop pedaling. Use the brakes gently and frequently to control your speed. If you choose to pedal during a descent, make sure that you select the correct gear position (usually a "higher" gear) before starting to pedal. Pedaling while in an incorrect gear can cause your bike to become unstable, so always ensure you are in the correct gear for the speed you are traveling before pedaling. When in doubt, slow down to a more comfortable speed and shift into a higher gear before pedaling.

Riding in Adverse Conditions

⚠WARNING! Water on the road and in the air will reduce your ability to control and maneuver your bike. It also reduces the ability of motorists and other cyclists to control their vehicles. As a result, collisions and falls occur much more frequently in wet conditions. We strongly suggest not riding your bike when the roadways are wet. If you must ride, always use extreme caution, and allow for extra stopping distance and room to maneuver.

Riding in Wet Conditions

Riding in wet conditions subjects you to a significantly increased risk of serious injury or death as a result of a collision with a motor vehicle, cyclist, or stationary object or a fall. We recommend not riding ElliptiGO® bikes outside when the roads are wet, even if it isn't raining. This is because the contact between your tire and the road will cause moisture from the roads (and air) to be transferred onto your rims and significantly reduce the performance of your brakes and increase your stopping distance. In addition, the decreased friction between your tires and the road surface will reduce your ability to maneuver your bike and increase the chance that you will lose control while turning or stopping. This could result in a fall causing you serious injury or death. Finally, other cars and cyclists will experience similar effects, making it less likely that they will be able to see you and avoid colliding with you during an emergency.

If you must ride when it is wet out, always use extreme caution. Wear very bright and visible clothing, and use front and rear lights. Consider attaching lights or highly visible colors to your helmet. Travel at a slower speed and choose less traveled roads with wide bike lanes or bike paths where possible. In situations that require braking (e.g., when approaching a turn, stop light or stop sign), start applying the brakes very early so you can gauge how much stopping power you have given the reduction in friction between the brake pads and the rims. Take turns slowly and watch out for painted features on the roads. These can become exceptionally slick when wet, so try to avoid them if possible.

Again, our strong recommendation is to avoid riding at all during wet conditions.

Riding at Night and During Periods of Low Visibility

⚠WARNING! Riding at night and during periods of low visibility significantly increases the likelihood of collisions and falls that can cause serious injury or death. Even with proper lighting, cyclists are difficult to see and are more likely to be struck by vehicles during periods of low visibility than during the day. In addition, dangerous road conditions are more difficult to spot and therefore, it is more likely that you will strike them. We strongly suggest not riding ElliptiGO bikes outside during periods of low visibility. If you must ride, always use lighting that complies with the laws in your area and ride with extreme caution.

Riding at night and during periods of low visibility significantly increases your risk of serious injury or death as a result of a collision with a motor vehicle, cyclist, or stationary object. We strongly recommend not riding bikes at night or during periods of low visibility. Even with proper lighting and highly-visible clothing, cyclists are difficult to see. In addition, dangerous road conditions are much more difficult to spot in time to avoid them at night and

during other periods of reduced visibility which drastically increases the likelihood you will suffer a fall because of them. Although your bike is equipped with reflectors, they are not a substitute for the proper front and rear lighting systems. Always ensure you have proper lighting before choosing to ride at night.

⚠WARNING! Reflectors are not substitutes for adequate front and rear lighting systems. Never ride at night or during periods of low visibility without front and rear lights that meet the requirements of your local laws. Because cyclists are difficult for drivers, pedestrians and other cyclists to see, riding without lights in these conditions is reckless and significantly increases the likelihood of collisions and falls that can cause serious injury or death.

⚠WARNING! Do not remove the attached front and rear reflectors. They provide a valuable resource in alerting drivers and other cyclists that you are on the road and your direction of travel. Removing them will reduce your visibility when riding at all times, but especially during night and during periods of low light. This, in turn, will increase the chances that you will be struck by another vehicle while riding and be seriously injured or killed.

If you must ride at night or during other periods of reduced visibility, always use extreme caution. Always ride defensively, and make sure that drivers and other cyclists can easily predict any changes of speed or direction. Avoid abrupt stops or quick departures from your line of travel. Choose your path wisely, avoiding unlit or poorly lit roads, and including well-lit, low-traffic roads with wide bike lanes whenever possible.

Research the laws pertaining to night riding in your area and make sure that you comply with them, including having front and rear lights. Make sure that your lights provide enough visibility for you to see and be seen easily. Wear light colored clothing and shoes that incorporate reflective materials into them; these can be purchased at most bicycle and running stores. Add lighted and/or reflective accessories to your body, especially on your arms and legs and helmet. When lit or seen by reflective materials, the motion of your legs will help attract attention and demonstrate that you are a moving object on the roadway that needs to be avoided. Take advantage of your body size to become as visible as possible on the road. The easier you make it to be seen, the less likely it is that you will be hit by a vehicle because the driver does not see you. Before riding, check to make sure that the faces of your reflectors are free from dirt and other obstructions, that the reflectors are securely attached to their mounts, and that the mounts are securely attached to your bike. If a reflector is damaged, replace it immediately. Also, make sure that your lights are working properly and bring a spare set of batteries. Check to ensure that your clothing or other objects will not obstruct your reflectors or lights.

Again, if you do not absolutely have to ride at night, don't - the risks likely outweigh the benefits.

Competitive and Group Riding

Riding in groups or organized events, whether competitive or recreational, brings additional risks that must be addressed but cannot be eliminated. By choosing to ride in groups, in events, or in competitions, you are voluntarily assuming an increased risk of serious injury or death. As a result, it is imperative that you exercise additional caution.

ElliptiGO bikes are designed to be used for exercise. We strongly encourage you to ride alone or with one other person and to always avoid large groups of cyclists. Before you ride in an event with other cyclists, make sure that you have the experience and skill necessary to take on the added challenges of riding close to other cyclists. Choose your event wisely and get to know the course ahead of time to make sure there will be ample room for you to maneuver away from packs of cyclists.

During competitive and recreational events, we strongly recommend against "drafting" behind other cyclists. **Never crouch down or change your body position to reduce your drag** while riding an ElliptiGO bike. This behavior will reduce your stability and increase the likelihood that you will crash or fall and suffer serious injury or be killed.

On downhill sections, again, stay in an upright and well-balanced position at all times. We strongly recommend coasting downhill and using the brakes to maintain a safe speed. Even using these techniques, it is possible to reach speeds in excess of 40 mph. Traveling at that rate of speed drastically increases the likelihood of serious injury or death during a fall.

If you intend to ride aggressively or in competitive events, we strongly recommend adding toe cages to your bike for added safety.

⚠WARNING! Even though you may have seen photographs or video footage of people riding ElliptiGO® bikes at high speeds, this does not indicate that this behavior is safe. Riding at high speeds is dangerous and can result in serious injury or death. Keep in mind that any high-speed maneuvers you may have seen were likely performed by professionals with extensive experience riding stand-up bikes. It is your responsibility to ride safely and within your abilities. Regardless of whether the riders in these photos or videos were using protective gear, always wear a helmet and protective clothing. Remember that helmets and safety equipment can only reduce the amount of damage you suffer from a fall or crash – nothing can completely prevent injuries or death in every situation. As you increase your speed, the chances that your safety equipment will prevent serious injury or death should you crash or fall are reduced.

It is imperative that your bike be in top working condition before doing any ride that includes a steep descent. Do a thorough inspection of all of the elements of the bike, especially the wheels, tires, brakes and fasteners. Pay specific attention to the alignment of the drivetrain. Do not ride an ElliptiGO bike that has any damaged parts or components. We recommend having your bike carefully inspected by a trained ElliptiGO service expert or bicycle mechanic who is familiar with how the ElliptiGO bike and its components operate prior to a group ride.

Stationary Trainers

Stationary trainers (also known as wind trainers or indoor trainers) are bike accessories that enable you to exercise on a bike without actually moving. There are a number of different stationary trainer manufacturers and your ElliptiGO bike may fit on many different models of trainers. The majority of trainers attach to bikes at the rear dropouts. Holding the frame fixed at the rear dropouts can put a significant amount of stress on the rear portion of the frame. That amount of stress created by using your bike in a stationary trainer will depend on your weight, how hard you ride, how long you ride, how often you ride and how you engage the pedals while riding in the stationary trainer.

Your frame is not designed to be used in a conventional stationary trainer and should not be used in one. Riding your stand-up bike in a stationary trainer that is not approved for it voids your warranty and could irreparably damage your frame. It is possible that damage caused by riding the stand-up bike in an unapproved stationary trainer will introduce a crack into the frame that will cause the frame to fail when riding on the road. For more details about stationary trainers and a list of which stationary trainers are approved for which ElliptiGO models please visit: elliptigo.com/shop/stationary-trainers.

⚠WARNING! DO NOT RIDE THE STAND-UP BIKE IN A UNAPPROVED STATIONARY TRAINER. Doing so voids your warranty and could cause significant damage to the frame which may result in your frame failing during a ride.

Chapter 4: Service and Maintenance

Servicing Your Bike

As with any piece of sophisticated equipment, your ElliptiGO bike will require periodic servicing and maintenance in addition to consistent inspections. All servicing beyond the routine maintenance steps discussed below should be performed by a professional bicycle mechanic or ElliptiGO-certified technician. To discourage you from attempting to service your ElliptiGO bike on your own, this manual does not provide any servicing procedures beyond routine maintenance.

Your maintenance and servicing requirements will depend on a number of factors, including your weight, the frequency, style and duration of your rides, the climate where you ride, and the condition of the surfaces upon which you ride. Regardless of how diligent you are with your inspections and careful you are when riding, your ElliptiGO bike components will fatigue with each ride and eventually they will wear out. Each component has a different lifespan and tolerance for abuse. Many can fail catastrophically without warning if subjected to the stresses of riding after they have reached the end of their life. Even a component that is covered by a warranty can fail before the expiration of its warranty depending on how it is affected by the factors listed above. Consequently, it is your responsibility to spot the signs of fatigue that can indicate when a component is reaching the end of its useful life and to have that component replaced by a professional bicycle mechanic or ElliptiGO-certified technician.

⚠WARNING! Your bike is subjected to high stresses during operation. Different materials and components may react to wear or stress fatigue in different ways. If the design life of a component has been exceeded, it may suddenly fail, possibly causing injuries to the rider. Any form of crack, scratches or change of coloring in highly stressed areas could indicate that the life of the component has been reached and it should be replaced.

We designed your ElliptiGO bike so that all of the components work in concert to provide a safe and enjoyable riding experience. As a result, when you replace a safety-critical component, always use a genuine replacement part. If you replace an original component with a different component, the change can have a ripple effect through the entire system and potentially put additional stress on other components. This additional stress could cause the new component or the existing components to wear out more quickly or, depending on the nature of the new component, could result in a catastrophic failure of a component during normal use.

While servicing of the ElliptiGO bike should be done by a professional bicycle mechanic, you should perform the following routine maintenance and inspections before and after every ride.

Routine Maintenance and Inspections

1. Before every ride execute the Pre-Ride Safety Checklist. This is a critical process for ensuring your bike is in good working order and it is the best way to prevent an injury caused by a worn out or improperly operating component.

2. After every ride:
   a. Wipe the bike down, inspecting it for damage and loose cables or components. Pay particular attention to the tires, rims and brakes, examining the tires for wear, the rims for cracking or bowing and the brakes for proper adjustment, alignment, and sufficient brake pad depth. Address any issues you find.

   b. Take time to thoroughly inspect the pedals to make sure there is no visible damage to them.

   c. Test the headset and steering column to make sure they are tightened properly. Straddle the bike and pull on the front brake lever to lock the front wheel. With the front wheel held by the front brake, push forward on the handlebars so that the rear wheel lifts off the ground, then drop the wheel back down, feeling for movement through the steering column and headset. If there is movement, check the tightness of the steering column quick release systems. If they are appropriately tight, then the headset may be loose. Take your bike to a professional bike mechanic to have him or her examine the headset.

   d. Do a thorough inspection of the spokes on both wheels. They should all feel equally tight. If any one feels looser than the others, take your ElliptiGO bike to a professional bicycle mechanic to have the spokes tightened and the wheel trued.

   e. If you encountered any moisture during the ride, such as puddles, rain or wet roads, ensure that the bike is completely dry before you put it away and lubricate the chain with oil.

   f. Double check the your drivetrain to make sure the chain has the correct amount of tension and the derailleur is properly adjusted.

If during your pre- or post-ride inspections you see any frayed, scratched, torn, damaged or discolored component, cable, housing, or part, take your ElliptiGO cycle to a professional bicycle mechanic or ElliptiGO-certified technician to have it inspected and the part replaced.

⚠WARNING! Always have a professional bicycle mechanic or ElliptiGO-certified technician service your bike. Failure to properly service your bike can result in the improper functioning of one or more components during a ride, causing the rider to suffer a fall. Improper servicing can also result in damage to your bike and could void your warranty.

Maintenance Chart

The appropriate maintenance intervals for your ElliptiGO® bicycle depend on many variables, including your weight, riding style, riding terrain and riding environment. The recommendations below are based on a 175-pound rider riding about 75 miles per week (300 miles per month) on relatively flat, well-paved surfaces in a mild climate. This chart assumes that the pre-ride and post-ride inspections and wipe-down descibed in the Owner's Manual are being done consistently. Those activities are critical for indentifying parts that are wearing more quickly than expected or have been damaged during riding. Proper maintenance is an important part of a safe cycling experience, so we highly recommend performing regular maintenance on your ElliptiGO bike.

	Every Ride	Every Week	30 Days	6 Months	12 Months	18 Months	24 Months
Inflate Tires	x						
Lube Chain		x					
Professional Tune-Up			x		x		x
Replace Brake Pads					x		x
Replace Shifter and Brake Cable				x	x	x	x
Replace Cable Housing					x		x
Replace Tires					x		x
Replace Chainring and Cassette						x	
Replace Chain				x	x	x	x
Replace Rear Derailleur Jockey Wheels							x

What Happens if I Damage My Bike?

If you damage your bike by colliding with another object or sustaining a fall, first ensure that you do not require medical attention. If you do, get medical help immediately.

Even if you are unhurt, DO NOT RESUME RIDING your bike. Instead, take it to a professional bike mechanic or to an ElliptiGO® Certified Technician. Do not resume riding the bike until a professional has thoroughly checked out the entire system and taken it for a test ride.

How Long Will My Bike Last?

The short answer is: we don't know exactly how long your ElliptiGO bike will last, but we do know that it will not last forever.

As discussed above, the lifespan of any given component on your bike varies with a range of factors, including rider weight, frequency of riding, duration of rides, riding surface, intensity of riding, style of riding, climatic conditions when riding and in storage, and diligence with maintenance and servicing.

Because it is impossible to predict exactly how long any given component will remain serviceable, it is important for you to be able to spot the signs of component aging so you can avoid experiencing a catastrophic failure of a component that is beyond its useful service life. What is equally important for you to know is that some components can show no signs of stress or damage before giving out, so it is critical to have a professional bicycle mechanic or ElliptiGO-certified technician inspect your bike periodically to ensure everything is in good working order.

We recommend having your bike inspected by a professional after the initial break-in period, which for most riders will be after the first 10 hours of riding or 30 days, whichever comes first. During this initial period, pay particular attention to shifter cable stretch that can cause the drivetrain to become misaligned.

Following this initial inspection, you should have your bike inspected after every 50 hours of riding if you are an average weight rider (175 pounds) using the bike for exercise on well-maintained paved roads and average around 12-15 mph when riding. That's about every 10 weeks if you ride an hour a day, five days a week. If you are a heavier rider, frequently engage in aggressive climbing and descending, or ride on poorly maintained roads, you should have your ElliptiGO bike checked more frequently. Again, you should inspect the bike before and after every ride, the 50 hour rule of thumb is for periodic inspections by a professional.

These professional inspections can be critical for identifying failing parts early so you can avoid the extreme hazards that accompany a catastrophic failure of a component during use. A professional technician will be very familiar with the operation of almost all of the components on your bike and be able to spot damage or accelerated aging more easily than someone who is untrained in bicycle mechanics. This is why they can identify problems early-on and then advise you regarding the best way to handle them.

At the end of the day, like most things in life, your safety and experience with the ElliptiGO bike are in your hands. When used properly, your ElliptiGO cycle will provide you with many years of enjoyable outdoor low-impact exercise. If you pay attention to the bike and its components, keep them clean and in good working condition, inspect them before and after each ride, and have your bike inspected frequently by a professional, you should be able to derive the full value from the machine. If you neglect to maintain the bike, rarely inspect the components, fail to keep the bike clean and the drivetrain adjusted and lubricated, or pay no attention to signs of damage or excessive wear, you will likely experience problems with your bike and could experience a catastrophic failure of a component while riding.

Torque Requirements For Screws And Fasteners

Item	Fastener Location / Description	Fastener Size	Tool Required	Qty	Torque (N-m)
1	Grips to Handlebars	M4x0.70	3mm Allen	2	2-3
2	Gear Shifter to Handlebars	M6x1.0	5mm Allen	1	5-7
3	Brake Levers to Handlebars	M5x0.8	4mm Allen	2	4-5
4	Stem to Handlebars	M5x0.8	4mm Allen	4	4-5
5	Steeering Extender Star Nut	M6x1.0	5mm Allen	1	6-8
6	Stem to Steering Extender	M6x1.0	6mm Allen	2	8-10
7	Steering Column Base to Fork Steering Tube	M6x1.0	5mm Allen	2	6-8
8	Kickstand to Frame	M6x1.0	4mm Allen	2	6-8
9	Rear Brakes to Frame	M6x1.0	5mm Allen	2	5-7
10	Front Brakes to Fork	M6x1.0	5mm Allen	2	5-7
11	Brake Pads to Brake Arms	M6x1.0	5mm Allen	4	6-8
12	Brake Cable to Brake Arms (Cable Anchor Bolt)	M6x1.0	5mm Allen	2	6-8
21	Bottom Bracket to Frame	1.375” -24	BB Tool	2	50-70
22	RH/LH Crank to Bottom Bracket	M15x1	8mm Allen	2	47-54
23	Chainring /Chain guard to RH Crank	M8x0.75	5mm Allen	5	8-10
24	Chain Keeper Bracket to Frame	M6x1.0	4mm Allen	1	6-8
25	Chain Keeper to Chain Keeper Bracket	M5x.8.0	3mm Allen	1	4-5
26	Pedal to Crank Arm	9/16”-20 RH	6mm Allen	2	34
27	Pedal Axle Retention Screw	M6x1.0	4mm Allen	2	6
28	Cassette Lock Ring	-	Shimano Lock Ring Tool	1	30-50
29	Shifter Cable Inner Cable Fixing Bolt	M6x1.0	5mm Allen	1	6-8
30	Derailleur Hanger to Frame	M4x0.70	3mm Allen	2	2-3
31	Derailleur to Hanger	M10x1.0	5mm Allen	1	8-10

Satisfaction Guarantee

We guarantee that you will love your ElliptiGO® bicycle. If you purchased your bike directly from ElliptiGO Inc., you can return it for any reason within 30 days of purchase for a full refund, less return shipping charges, if any. It is your responsibility to retain all original packing materials so they can be used in the event of a product return. Any item that is damaged or is missing parts for reasons not due to our error may receive a partial refund. Just contact us at service@elliptigo.com to arrange the return.

If you purchased from an authorized dealer, that dealer's return policy will apply instead.

Limited Warranty

The warranty covers your ElliptiGO bicycle against defects in material or workmanship for the periods stated below:

- Five years: Frame
- Two years: Fork, Pedals, Crank Arms, and Steering Column
- One year: All Other Components, Paint and Decals

The warranty period begins upon purchase. This is is the only warranty for your ElliptiGO bike and it is limited to the initial purchaser (it expires upon resale or transfer of the product to another party). The warranty applies only to products purchased from ElliptiGO Inc. directly or from an authorized dealer. **Any implied warranty of merchantability or fitness for a particular purpose is limited to the duration of these written warranties.** Some States do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

This warranty is being provided by ElliptiGO, Inc., 722 Genevieve St., Solana Beach, California.During the term of this warranty, if you experience a defect in your ElliptiGO bicycle, we will either repair or replace the defective part. The warranty repairs should be completed in a reasonable amount of time, not to exceed 30 days. This warranty does not cover any costs for return shipping, labor installation, transportation or any other expenses incurred because of the defective part.

Limits to Coverage

This warranty does not cover damage to your bicycle resulting from:

- Normal wear and tear
- Improper use (see Owner's Manual for a detailed discussion of proper and improper use of the ElliptiGO)
- Improper assembly of a component or the bike itself performed by someone other than an authorized representative of ElliptiGO
- Improper servicing of a part by someone not authorized by ElliptiGO
- Failure to perform routine maintenance
- Damaged caused by using parts other than the original parts or replacement parts purchased from ElliptiGO
- Collisions, crashes, or physical abuse to the bike
- Neglect or use of the ElliptiGO bike when in a state of disrepair

Note that tires, tubes, brake pads, load wheels, track inserts and other wear parts will need to be replaced periodically as they wear out. We warranty that they will be free from defects in manufacturing and workmanship, but not from failures caused by usage.

Voiding Your Warranty

You void your warranty by:

- Misusing the bike (see your Owner's Manual for a detailed discussion of proper and improper uses of the ElliptiGO® bike)
- Exceeding the rider weight limit of 250 pounds
- Modifying the ElliptiGO bike frame
- Modifying the ElliptiGO bike components

Claims

To make a claim through this warranty, please contact service@elliptigo.com.

Subject to the laws of the governing jurisdiction, ElliptiGO shall not be responsible for any incidental or consequential damages arising from this offer of warranty or that result directly or indirectly from the use of ElliptiGO products. Some States do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you. Your rights under this warranty are limited to the reparation or replacement of your product. The decision to repair or replace resides solely with ElliptiGO.

This warranty gives you specific legal rights and you may also have other rights which vary from State to State. Any limitations expressed in this warranty do not affect your statutory rights under the law of the relevant jurisdiction. If a court of competent jurisdiction determines that one or more specific provisions contained in this limited warranty cannot be applied, the inapplicability of that provision shall not affect the enforceability of any other provision contained herein and all other provisions shall remain in full effect for the term of the warranty.

Notes

Notes


ELLIPTIGO®