

04. Instructions On Product Usage

How to Move the Exercise Bike

Firmly grip the handlebars and push downward until the transport wheels on the front stabilizer make full contact with the ground and the rear stabilizer lift off the floor. Maintain a stable tilt angle while slowly moving the bike.

Additional Tips for Female and Elderly Users:

You can place one foot on the front stabilizer tube to secure it, then push down on the handlebars. This method makes it easier to ground the front wheels and lift the rear section with less effort.

