

04. Instructions On Product Usage

Brake Instructions

Emergency Stop

The flywheel and pedals are linked. Never dismount or remove your feet while the pedals are rotating. To stop (normal or emergency), firmly press and hold the brake knob down until the bike fully stops.

How to Use Your Brakes

1. For Long-Term Inactivity:

To prevent the pedals from rotating and potentially harming children, turn the brake knob clockwise to increase resistance. Continue turning until the pedals come to a complete stop.

2. To Resume Exercise:

Turn the knob counterclockwise to reduce the resistance to your desired level before starting your workout.



The pedal resistance can be increased or decreased by rotating the brake knob.

