

concept 2

HOW TO USE THE

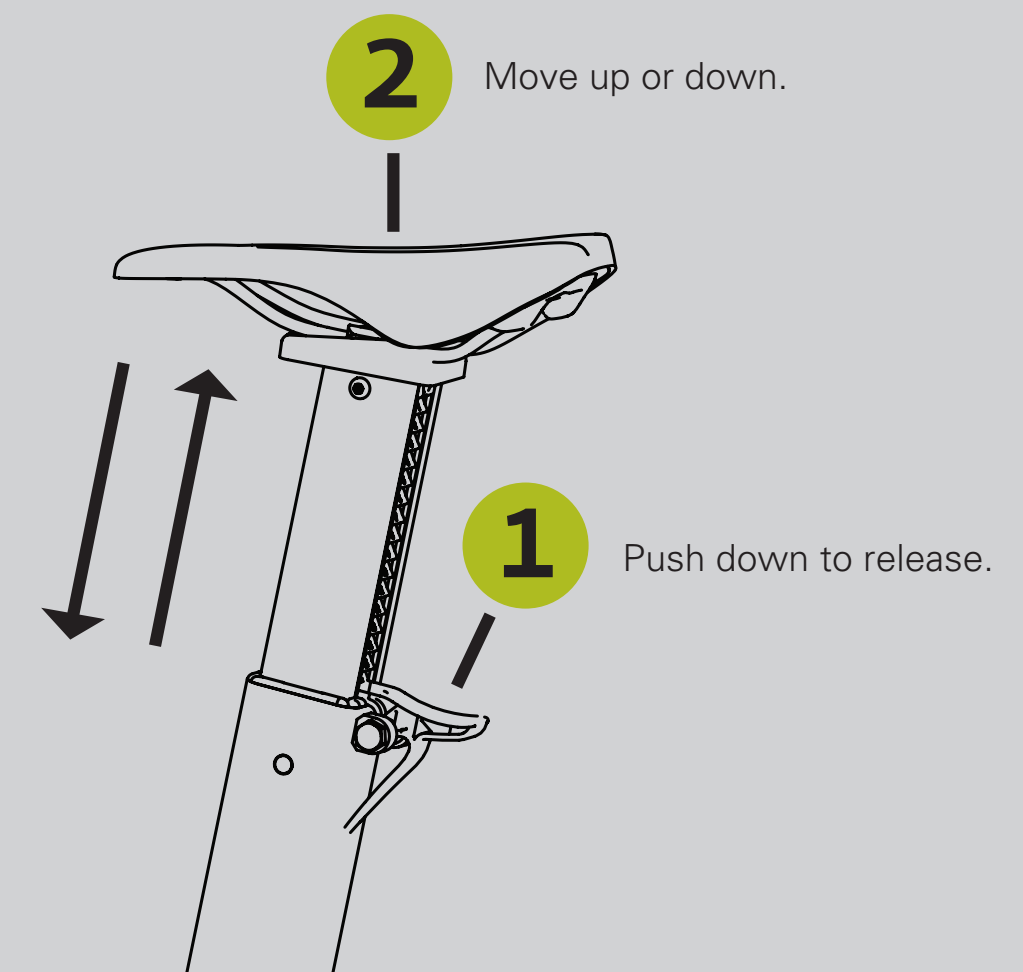
BikeERG

The Performance Monitor will power up when you start to ride, or you can press MENU to access other features.

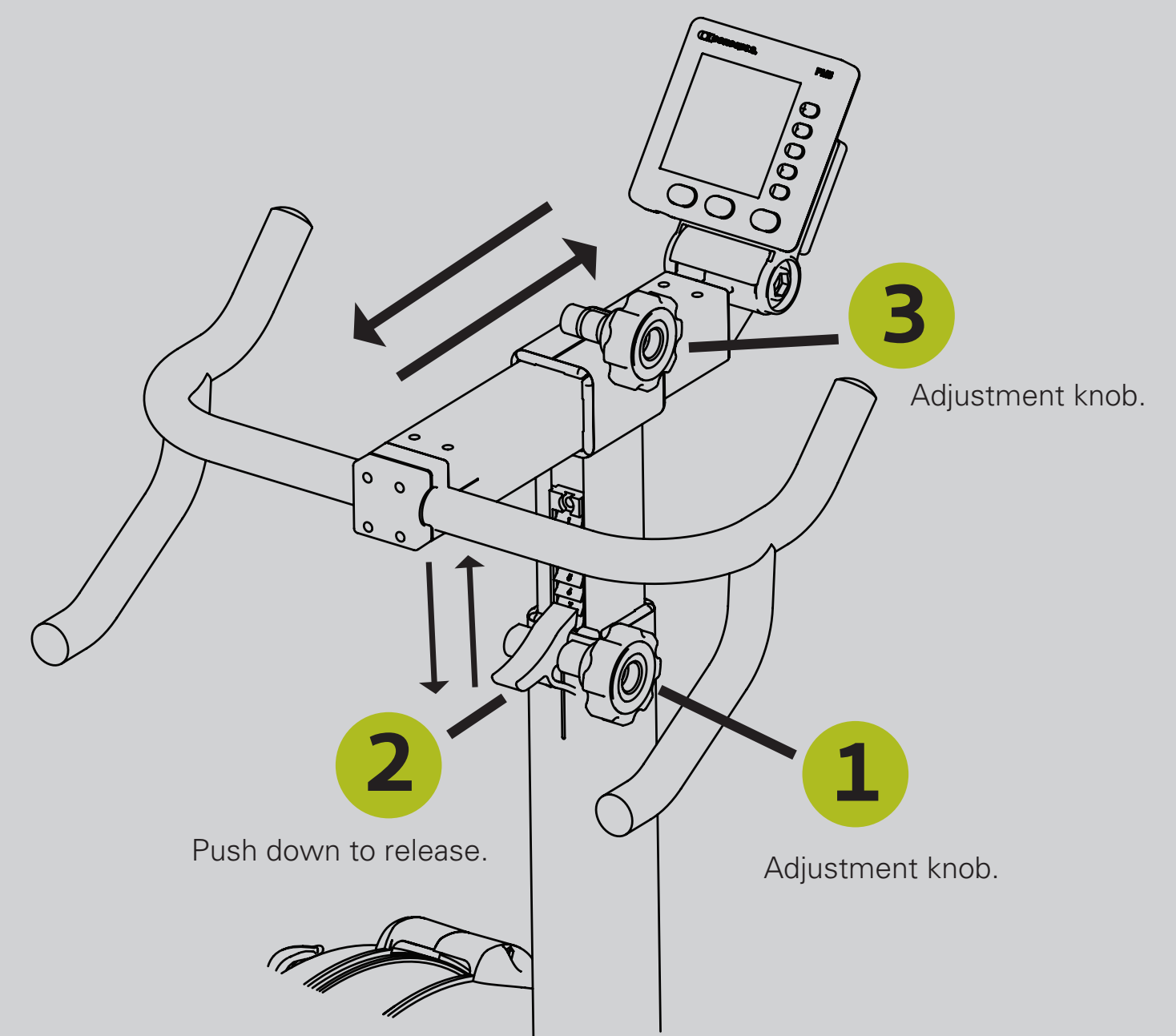


BEFORE YOU RIDE

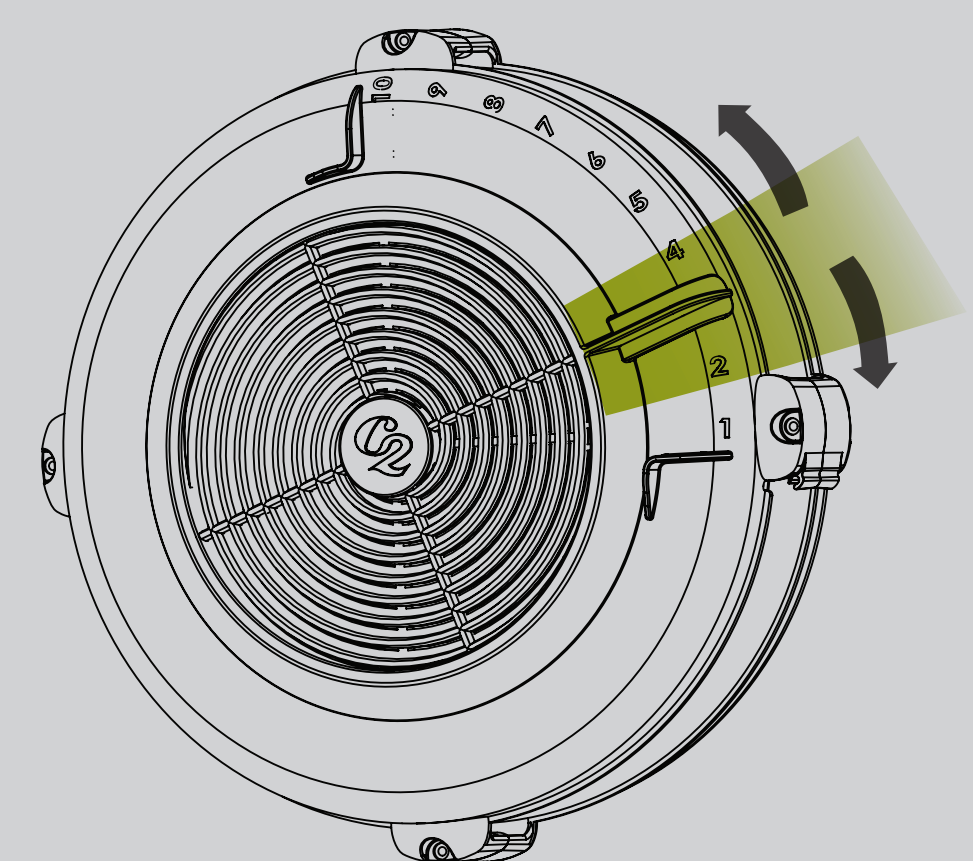
1. Adjust saddle.



2. Adjust handlebars.



3. The damper is your "gearing".



4. Warm up with several minutes of easy riding.
5. Aim for 60-100 rpm (revolutions per minute).
6. Increase your intensity by either increasing your pedaling speed (rpm) or changing the damper to a higher setting.

WARNING! Over-exercising may result in serious injury or death. If you feel faint, stop exercising immediately.

CONCEPT2.COM/START