

Fitness Bike

How to use a fitness bike

1. Adjust the seat to a suitable height so that your knees do not bend or extend too much when sitting on the bike.



2. Adjust the height of the handle bars to a suitable level between your shoulders and waist.



3. When using the fitness bike, keep your back straight, feet on the pedals and breathe normally.
4. Do not pedal too fast. Start with a slow speed and increase your speed gradually.
5. Adjust the bike resistance to a suitable level according to your ability.
6. The recommended exercise duration is about 10 to 15 minutes.

Safety guidelines for using a fitness bike

1. Before using this exercise equipment for the first time, speak to a member of staff.
2. If you suffer from severe pain, or have a history of recent injury, fracture, joint dislocation, joint replacement surgery at your lower limb(s), or any chronic diseases such as heart disease and diabetes, please consult a doctor or physiotherapist before using the equipment.
3. Wear comfortable and suitable clothing, such as cotton clothing and socks, sport shoes, etc.
4. Do not exercise on an empty stomach as you may be more likely to exhaust yourself. Likewise, do not exercise on a full stomach, which may cause indigestion.
5. Perform 5 to 10 minutes of warm up / cool down and stretching exercises before and after using the fitness bike.
6. If you suffer from knee arthritis, do not set the bike resistance too high.
7. Stop immediately and seek help from healthcare professionals if you develop the following symptoms: chest pain, intense or worsening pain, headache, dizziness, nausea, vomiting, knee pain, muscle cramps, etc.
8. Take care not to fall over when getting on and off the fitness bike.
9. If you fall down from the fitness bike, keep calm and seek help from a member of staff nearby. Do not rush to stand up immediately.

