

SMOOTHIE BIKE USER MANUAL

ASSEMBLY

IDEAL BIKE: LADIES (SO THAT KIDS CAN PEDAL STANDING UP), 26" WHEELS, SMOOTH TYRES (better than knobbly)

1. Check rear Quick Release skewer (QR) or nuts are of a similar shape to the supplied items; replace with the supplied items if dissimilar. Refer to the turbo trainer instructions for more information.
2. Check that the rear wheel of the bicycle is the correct size for the turbo trainer (26" or 700c). Adapt the turbo trainer if necessary, referring to the turbo trainer instructions.
3. Clamp the rear axle of the bike into the turbo trainer using the two black knobs to adjust tension and the red lever to clamp in place. (see photos 1 & 2). Note that the bike should face away from the red part at the bottom of the turbo trainer. Sufficient pressure must be applied to prevent the bike from wobbling or rocking, but **excessive pressure could damage the turbo trainer or bike.**
4. Adjust the roller unit (red part at the back of the turbo trainer) to apply pressure to the rear tyre using the black knob beneath the unit. Insufficient pressure will cause the tyre to slip during use, excessive pressure will cause drag. **Test/adjust while someone pedals slowly.**
5. Attach the rack to the seat post (tube immediately below the saddle) of the bicycle. Use neither, one or both of the included collars (curved black plastic pieces) to accommodate large, medium or small seat posts. Clamp the rack by adjusting and closing the silver lever. **If the seat is lowered to the extent that there is not sufficient post immediately below the seat, you can attach lower down and have the pannier to the side (see photo 3).**
6. Attach the drive shaft to the base of the blender using the small chuck key (attached to rack with string). Make sure you thread the drive shaft through the hole in the mount on the pannier rack before attaching it to the blender.
7. Attach the base of the blender to the upper part (if not already done)- **note the left-handed thread.**
8. Mount the blender onto the pannier rack by pushing it into the slot firmly.
9. Check that everything is secure and test the system by rotating the rear wheel of the bicycle forwards slowly. The turbo trainer, drive shaft and blender blades should all turn smoothly.
10. Have a celebratory cup of tea (or other triumphant beverage)- you've just assembled your smoothie bike!

OPERATION

- Select a mid range gear
- Pedal smoothly
- **Avoid using/ the rear brake when in motion**
- Chop fruit up before filling blender. Use soft fruits. Add orange juice. Make sure totally blended before trying to pour, or tap will block. If this happens, lift blender out of slot, pour from top then flush through with water.
- **DISASSEMBLY** Reverse of assembly. Make sure to return the supplied QR or nuts if used.

Any problems, please phone Jane on 0773 326 4976



Photo 1



Photo 2



Photo 3