



Smoothie Bike

Instructions for Use

Assembly of the Bike

It is useful to have a second person helping when assembling the smoothie bike.

1. Fit the front tyre onto the bike. (This will probably have been removed to fit it in the car).
 2. Fit the front brake. (This will probably have been removed to take the front tyre off to fit it in the car)
 3. Fix the back tyre of the bike into the training stand. Ensure this is screwed in securely by tightening and then locking the stand
 4. The resistance can be altered on the stand to make cycling harder or easier
 5. Add the blender into the fitting on the back of the bike
 6. Check everything is fitted properly; pedal the bike to ensure the blade in the blender is going round
- Add fruit and veg decorations over the handle-bars (if wanted)

Using the Smoothie Bike

There should always be at least one adult supervising when the bike is in use (two is better though).

1. When the jug is full of prepared smoothie ingredients attach the lid tightly.
2. Put the blender firmly into the fitting on the back of the bike
3. Now let somebody mount the bike safely with the help of a second adult and a stall if required. The height of the saddle can be adjusted. Now let them pedal when ready. The smoothie normally requires a few minutes blending time and this can be shared amongst a small group of people if you wish.
4. When the smoothie is done remove the jug. Now you can pour the smoothies. Wash jug between use.



Special Attention

Please be very careful of the back wheel when the bike is in use as fingers could be caught in the spinning wheel. Always make sure that an adult is standing behind the bike when it is in use to prevent children from putting their hands on the wheel.

There must be care taken when people are mounting the bike as it is fairly high up for some people. The saddle can be adjusted easily using the quick release lever under the saddle.

If the blade in the blender does not turn, it may be that not enough contact is being made between the back wheel and the cog. The saddle bag fitting on the back of the bike can be gently held over to make more contact

If taking photographs, it is the hiring organisation's responsibility to gain media consent.