

SMOOTHIE BIKE USER MANUAL

Items Supplied

1. Bike with Bike Rack and Blender Mount.
2. Turbo Trainer.
3. Drive Shaft with Chuck Key
4. Blender

Assembly (See illustrations)

1. Fig. 1. Clamp the Bike's rear wheel axle into the Turbo Trainer against the metal roller, using the two black screws to secure the wheel in place. Use sufficient tension to ensure the Bike is stable but avoid excessive tension.
2. Fig. 2. Adjust the metal roller, using the black screw beneath the unit, to obtain a firm contact with the rear wheel.
Test/adjust by hand turning the pedals slowly.
3. Fig. 3. Adjust the seat height using the black quick release lever.
If the seat needs to be lower attach the rack to the side of the Bike.
4. Fig 4. Thread the Drive Shaft down through the hole in the mount; attach the shaft to the Turbo Trainer tightening with the Chuck Key.
5. Fig 5. Attach the blade end of the Drive Shaft to the base of the Blender; note the thread is left-handed.
6. Fig 6. Fit the Blender to the Bike Rack Mount.
7. Check that everything is secure and test the system by hand turning the pedals slowly.

Operation

1. Using soft fruits, chop the fruit up before putting it in the Blender and add fruit juice. Seal the Blender
2. Select an easy pedalling gear and start pedalling smoothly. Do not use the rear brake.
3. Ensure the mix is fully blended before trying to pour or the tap will block. If this happens, lift the Blender out of the slot, pour the mix through the top and flush the Blender with water.
4. To disassemble reverse the assembly process.
Please clean the Blender and Drive Shaft before returning.