

VQ ActionCare Smooth Rider II – Recumbent Bike:

- 1) Move the seat so it feels comfortable (your knees should bend a little when you pedal).
- 2) Sit carefully and hold onto the handlebars.
- 3) Pedal slowly for 5 to 20 minutes each day.
- 4) Use the monitor to check your time, speed, and calories (if it has that feature).

Safety tips:

- 1) Talk to your doctor before you begin.
- 2) Move slowly and stop if you feel dizzy or hurt.
- 3) Hold onto a wall or chair for balance.
- 4) Put on strong shoes.

Maintenance:

- 1) Clean it after using.
- 2) Check the bolts every month.
- 3) Keep it inside.