

FREEMOTION[®]

recumbent bike

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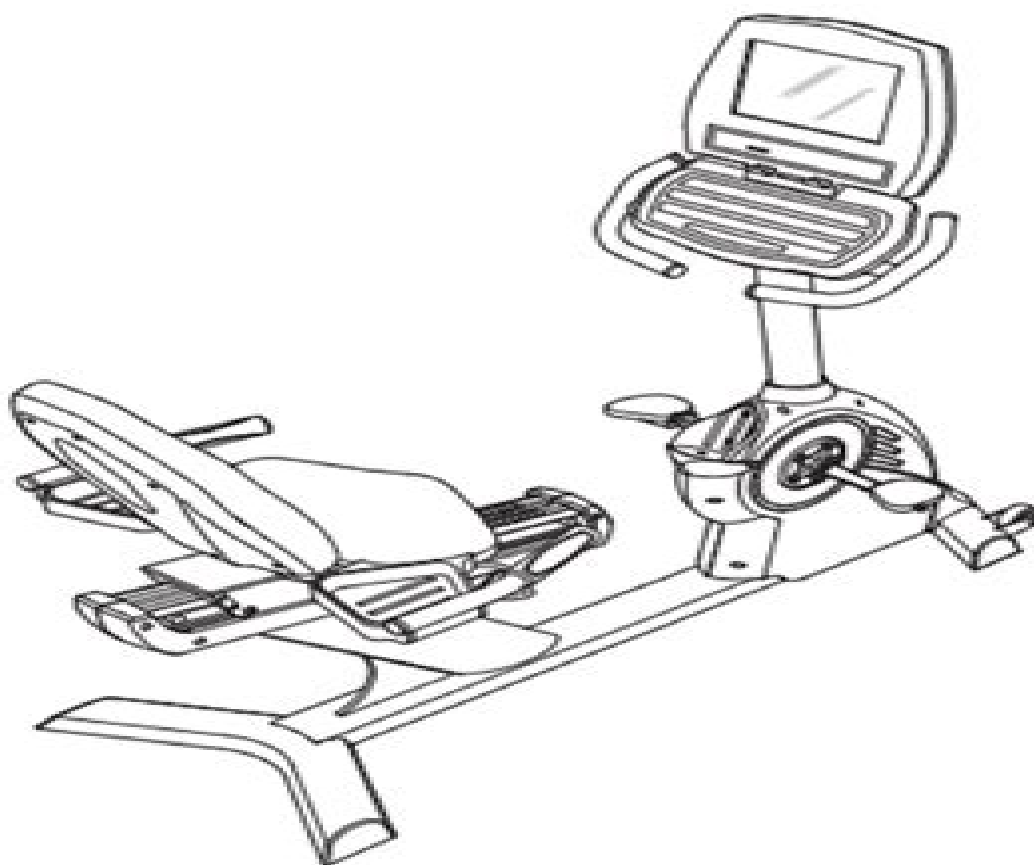


QUESTIONS?

At FreeMotion Fitness, we're committed to providing complete customer satisfaction. If you have questions, see **HOW TO CONTACT CUSTOMER CARE** on page 2.

CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.



USER'S MANUAL

Linex Recumbent Bike Manual

DK



Linex Recumbent Bike Manual:

The Cyclist's Training Manual Guy Andrews, Simon Doughty, 2013-06-30 The Cyclist's Training Manual is the definitive guide to fitness for cycling suitable for everyone from complete beginners looking to build fitness for their first charity event through to experienced cyclists looking to improve competitive performance Starting with the basic components of fitness this step by step handbook will guide you through everything you need to know to train and compete at your best including How to organise your training training methods nutrition health How to avoid the most common cycling injuries Specialised training programmes and techniques for all cycling disciplines such as road racing time trials mountain biking sprint rides and challenge rides Specific advice for novices juniors women and veterans Quotes tips and Q A sessions from leading cyclists and team coaches Let The Cyclist's Training Manual be your ultimate companion for unlocking your fitness potential

The Complete Bike Owner's Manual DK, 2017-06-13 With this full color illustrated manual in your toolbox you will never need to visit the bike repair shop again From planning regular maintenance to getting your hands dirty for emergency repairs The Complete Bike Owner's Manual will help you with everything Explore every part of your bike's anatomy with extremely detailed CGIs learn which seat position suits you the most install new brakes and adjust the handlebar change and refit gear cables and much more This essential book equips you with the tools and techniques you need to troubleshoot any problems you may face while taking care of your bicycle The reference section at the end of the book offers possible solutions to some of the common problems The Complete Bike Owner's Manual is the perfect handy guide for any bicycle enthusiast

The Total Bicycling Manual Robert F. James, 2018-07-31 Everything you need for enjoying the sport of cycling from finding your perfect bike to customizing your ride without spending a fortune learning to do your own repairs and maintenance ride with confidence in traffic or on any road or trail to participating in races cyclocross and other biking activities You never forget how to ride a bike but do you know how to get a great deal on a used bike and avoid getting ripped off set up your commuter bike for optimal safety without sacrificing fun plan the perfect family ride for kids of all ages and train for your first endurance ride Bicycle Times magazine reaches hundreds of thousands of everyday cyclists riders who care more about having a great ride than spending a year's salary on a tricked out racing bike Their mission is to make cycling fun and accessible for everyone families commuters travelers and weekend warriors included This book is the one practical manual every cyclist should have right next to the toolbox or stashed in a pannier A quick but comprehensive intro chapter on finding the right bike for every need and why so many cyclists are sure they need one of each which includes detailed information on what to look for in a new or used bike when to pay a little more for components and where you can economize creatively Filled with practical wheels on the ground tips this book will make you a better rider take you places you never thought you'd go and make sure you never get stranded by the roadside without the tools or know how to fix your ride Packaged in a durable wipe clean flexicover with metallic corner guards this practical manual withstands heavy duty use

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Linex Recumbent Bike Manual Introduction

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