Smoothie Bike User Manual

This bike machine can be used to manually blend smoothies. The following guide details the setup, use, and maintenance of the machine.

Cautions
- *Cut hard foods finely in advance*
- *Pedal at speeds below 100 RPM*
- *Keep hands and fingers out of wheels and chain*
- *Avoid touching drive after use*
- *Keep bike and blender clean and dry*

Setup
1. Set the smoothie bike on a relatively flat, stable surface
   a. Confirm the bike does not shake when pedaled
2. Adjust bike settings as necessary
   a. Adjust seat height using the quick-release under the seat
   b. Adjust handlebar height by loosening the screw at the T-junction
3. Attach the blender to the bike
   a. Pull the base of the blender's drive shaft away from the bike wheel to align it vertically
   b. While doing so, press the blender into the base while turning to secure it

Use
1. Fill the blender with food and drink
   a. Fill the blender with enough liquid to submerge the foods
   b. *Harder foods (such as carrots or ice) don't blend easily -- chop them into small pieces before blending*
2. Make sure the blender lid is closed and the base is secured
   a. For best results, have a second person hold the blender during operation
3. Pedal until the contents of the blender are liquefied
   a. Pedal at a "normal" speed, or around 60 rotations per minute (RPM)
   b. Continue pedaling for approximately 2 minutes, or until food is liquefied
   c. *Caution: speeds over 100 RPM risk detaching the bike chain and will cause excess wear*
   d. *Caution: keep hands and fingers out of wheels in motion*

Cleanup and Maintenance
1. Remove and clean the blender
   a. *Caution: the drive remains hot after use*
2. Clean any smoothie residue on the bike
3. Store the bike somewhere dry, preferably indoors when not in use for longer periods
   a. *Caution: moisture will rust the bike and degrade it over time*

Bike components: 1) smoothie stand and blender, 2) front supports, 3) middle support, 4) rear supports, 5) support base, 6) chain tensioner, 7) adjustable seat.

Blender drive assembled -- note proper contact with the bike tire for max efficiency