

# LOTUS HOUSE OF YOGA

## BIKE SAFETY INSTRUCTIONS

1. For your first class, arrive at least 15 minutes early for proper bike set up. Ask a member of the Lotus team for assistance. Record your settings in your phone so you remember them for next time.
2. STAY HYDRATED. Drink water throughout your ride ANY time you need it.
3. Ensure that the adjustment knobs (seat height, seat fore-and-aft, and handlebar) are properly secured and do not interfere with range of motion during the exercise. Ask for help from a Lotus staff member if necessary.
4. If you are pregnant, please consult with your doctor before taking any cycling classes as the workout is both core intensive and aerobic.
5. The maximum weight for riders should not exceed 350 lbs.
6. The bike is designed only for persons who are 4'11" or taller.
7. Keep children and pets away from the bikes when they are in use. Children should never ride the bikes without parental supervision. Those children under 4'11" should not ride the bike under any circumstances.
8. Do not insert any object, hands or feet into any openings, or expose hands, arms or feet to the drive mechanism or other potentially moving part of the bike. Never turn the pedal crank arms by hand.
9. In order to stop, you must gradually slow your pedal strokes rather than coming to an abrupt stop. If you do need to stop immediately, push down on the resistance knob. Do not dismount the bike or remove your feet from the pedals until both the pedals and the wheel have stopped completely. Failure to comply may lead to loss of control and serious injury.
10. If at any time you feel dizzy or become short of breath, gradually stop pedaling and carefully dismount the bike.
11. Listen to your body, ride at your own pace, and set your bike's resistance at the level that feels right and safe for you. Never add more tension than you feel comfortable with on the tension knob. If at any time it is too difficult to pedal, then reduce the tension immediately.
12. Always keep some resistance on the bike.
13. Stay in control by executing all core movements and hand positions at a slow pace before attempting to increase your speed. Do not attempt to ride the bike in a standing position at a high RPM until you have practiced at slower speeds.

14. Focus on form, posture, and making smooth and controlled transitions between movements.

15. You may not ride any of the bikes without proper footwear, only close-toed athletic shoes or cycling shoes are acceptable. Never ride or operate the bike with bare feet or with sandals.

16. Never remove your feet from the pedals while the bike is still in motion. If your foot becomes unclipped, quickly move your feet to the side and push down on the resistance knob to stop the bike's motion.

17. Keep at least 12'' on both sides of the bike clear of any and all items.

18. After exercising, turn the resistance knob to increased resistance so that the pedals will not rotate freely and potentially injure someone else or you.

19. SWEAT. DANCE. LAUGH. SING.

20. HAVE FUN.