

BLENDER BIKE PITCHER INSTRUCTIONS

HOW TO LOAD THE BLENDER BIKE

- To ensure that you have the bike properly configured, you may want to consider doing a test blending. An easy way to do this is to try chopping ice in the pitcher. To do this, load the pitcher about a quarter full of ice and secure to the front plate. If front tire is properly inflated, you should be able to pedal the bike with a little effort and break the ice up. There should be no screeching or whistling sounds, other than what you would expect with typical blending and the wheel should not feel like it's sticking.

- Blender ingredients must be added in a precise order to ensure proper operation. Deviating can cause pedals to lock up and chain to slip. To begin, add your liquid ingredients.



- If using yogurt, add this next. You want to add ingredients in the order of softest foods to hardest. If you're making your own recipe, keep in mind this blender is powered manually and doesn't have the capability to pulverize ingredients the way your electrically powered home machine does. Stay away from harder fruits like apples.



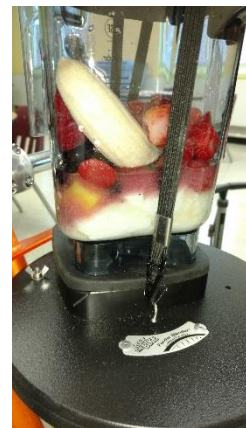
- If using fresh fruit, depending on the consistency, add next (spinach can be added at this step or at the very end).



- Lastly add frozen ingredients, such as fruit or ice.



- Position pitcher on the mixing plate and connect the retention strap to the hook on the pitcher's other side to hold it in place while pedaling.



- You're now set for pedal power! When blending, it's always a good idea to have someone positioned near the head of the bike, helping to keep the blender secure with a hand on the lid.

