

Owner's manual for EQBikers products

WHEELIES MACHINE

You have started a great moment in cycling, you will enjoy every moment and every achievement with WHEELIES MACHINE.

Figure 1. Lift the bicycle until you feel it is being balanced in the rear wheel.

Figure 2. Set one foot on the pedal while keeping the rear brake for the rear wheel engaged.

Figure 3. Put the other foot on the pedal, with the safety strap secured and tightened barely behind the balance point,, do this several times until you feel confident with the posture.

Figure 4. If the safety strap is loose, congratulations, you have mastered the wheelie. Otherwise, you are still under the aid of the WHEELIES MACHINE. Remember to keep the rear wheel brake engaged at all times.

It is ok to ask for help, to achieve this faster ask someone to hold your back.

Figure 5. Or, someone can hold the handlebar until you can feel the balance point.

Figure 6. After practicing steps 1 through 6 it's time to do it all by yourself

Figure 7. Lean your body backward and then pull on the handlebar

Figure 8. Pull the handlebar upwards keeping your body leaning back until the balance in the rear wheel is achieved

Figure 9. Increase confidence by flexing and stretching legs and arms.

Figure 10. Now sit on the saddle and keep the bicycle in balance, do this several times until you master the skill 100%.

Figure 11. To recover balance and posture you can always use the safety strap and by turning the handlebar side to side

Figure 12. Only after you have mastered balance with your body without tightening the safety strap you can start to release the rear wheel brake. Practice as much as you can.

Figure 13. Now you can start to enjoy one wheel balance, feel free to lift your feet off the pedals and without the use of break.

Figure 14. You're ready to do wheelies anywhere.



Figure 1



Figure 2



Figure 3



Figure 4



Figure 5



Figure 6



Figure 7



Figure 8



Figure 9



Figure 10



Figure 11



Figure 12



Figure 13



Figure 14

Safety measures.

1.- Don't forget to wear a helmet.

2.- Wear gloves to make your workouts comfortable.

3.- The more you practice in your WHEELIES MACHINE the faster you will be able to perform in the open field.

EQUILIBRIUM BIKERS

Figure 1. Choose the posture that makes you feel confident, pretending you're on your bike, place your feet in the footmarks.

Figure 2,3,4 Now try to stay in equilibrium without having the EQUILIBRIUM BIKERS touch the ground with its perimeter.

Train constantly in your EQUILIBRIUM BIKERS and you will notice that your riding skills will improve dramatically, you will be surprised by the increased confidence that you will experience when riding your bike.



Figure 1



Figure 2



Figure 3



Figure 4

EQUILIBRIUM

Figure 1. Get on the EQUILIBRIUM, setting your feet in the marks, keep your body as straight as possible trying not to touch the ground with its perimeter.

Figure 2.3 Once you master the EQUILIBRIUM, you can do situps or any exercise that improves your balance. It's recommended to improve overall performance in life and sports.



Figure 1



Figure 2



Figure 3

Guarantee

PRODUCTS: WHEELIES MACHINE

EQUILIBRIUM

EQUILIBRIUM BIKERS

54458166

54455171

5525585394

www.diacero.com

www.eqbikers.com

The company Diseño en acero and it's division EQBikers Protects it's products against manufacturing mistakes, faulty materials, and weldings as long as the products are used for the purpose they were designed for.

Warning:

Do not expose the product to the elements, some components will deteriorate if exposed to direct sunlight, rain, snow, etc.

Notes:

Use appropriate equipment for better performance: Shoes, gloves, and helmet.