Bicycles - RevMaster (Set Up)

The Revmaster bicycle resembles a road bike.

Stand next to the bike. Adjust the seat height so the seat is in line with the pivot point of your hips.

The handlebar height should be in line with the seat.

The handlebar fore/aft position should be adjusted so you can comfortably reach the handlebars during cycling without straining your arms or neck.

The seat fore/aft position should be adjusted so your knee is lined up over the ball of your foot when your feet are in the 6 o’clock and 9 o’clock position.
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The Pilot console will display:
- Speed - Rotations per minute (RPM)
- Time - minutes
- Distance - miles

If you are wearing a heart rate monitor chest strap (available at the Fitness Center desk) then the console will also display your heart rate.

Tighten the toe clasps around your feet for a snug fit. When you cycle, pedal in full circles rather than an up/down motion.

Use the black resistance knob on the bike frame to increase or decrease the resistance on the flywheel.

Choose a level where you can talk but not comfortably sing.

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