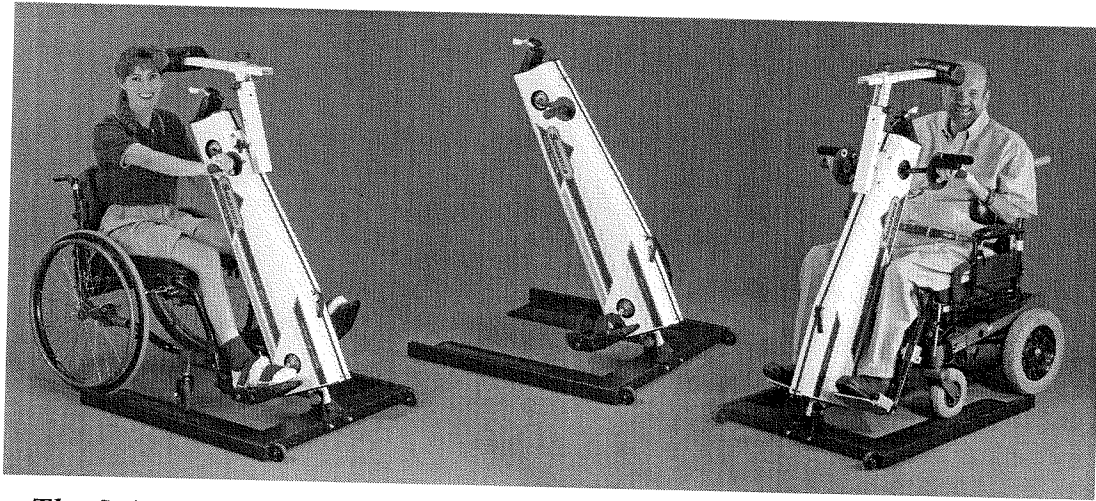




401 Linden Center Drive  
Fort Collins, CO 80524  
Toll Free: 800-467-7967  
Fax: 970-484-3800  
Website: [www.randscot.com](http://www.randscot.com)  
E-mail: [info@randscot.com](mailto:info@randscot.com)

## *How to Assemble Your Saratoga Spirit Cycle*



***The Spirit 690***—  
Selectable Arm, Leg, or  
Arm-and-Leg Cycle

***The Spirit 660***—  
Arm-and-Leg Cycle

***The Spirit 630***—  
Arm Cycle

### **Welcome to the Saratoga family of fitness customers!**

Your other family members stretch around the world.

Assembly of your new cycle should take about an hour, and might require two people.

The process is easy—just follow these photo steps.

If you hit a road block, simply call us toll-free (see above) and we will be glad to help you!

Your specific cycle was tested, polished, and carefully packaged by our staff here in sunny Colorado. However, on rare occasions, either we forget to pack a part or the shipper causes some damage during delivery. If any parts are missing or damaged, please call, fax, or e-mail us right away to let us know. Please call us directly, toll free, regardless of having purchased through a dealer.

The parts photo shows several possible options, and you might not have ordered them all. So, please check your cycle's packing list. Please read through the options that you ordered before deciding whether all the necessary parts have arrived. Please also note that we occasionally make design changes, and a part that you received might look different from the photo.

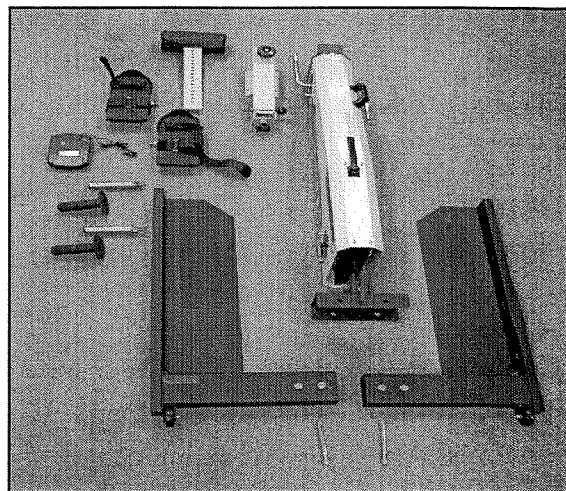
# 1

## STEP ONE—

### Unpack and identify parts

#### Parts List

1. **Cycle Body** with the almond side panels and decals attached, and with the U-shaped saddle bracket that bolts to the floor base
2. **Black floor base**
3. **Front-end black, plastic wheels**
4. **Two (2) 3/8" x 5" hex head bolts**, Two (2) hex head nyloc nuts and Four (4) 3/8" x 1" hex head bolts  
Four (4) 3/8" split lock washers
5. **Forehead rest mounting** (option) and T-shaped padded rest. The screws needed for mounting this option to the cycle body are packed with the headrest.
6. (For all three models, 630, 660 & 690) **Center Cores** with a left and right hand thread. You will receive your choice of our **QE™ Handgrips** that slip onto the center cores and are held in place by a 1/4" push button
7. (For arm-leg cycles, models 660 & 690) Your **footplates with ankle/toe straps** will screw directly into the lower crankarms of the cycle.
8. **Tools**—Phillips screwdriver, two (2) 9/16" wrenches and a 3/4" wrench.

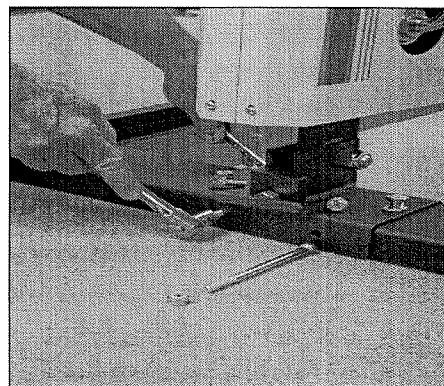


# 2

## STEP TWO—

### Attach cycle body with U-shaped saddle bracket to floor base w/ the hex head bolts & nuts.

Use your own 9/16" wrenches or equivalents. This step might require two people—one to hold the cycle body and base in position, while the second person tightens the bolts and nuts.

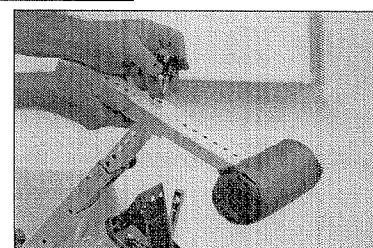
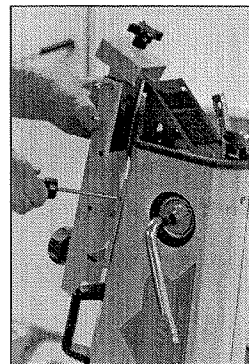


# 3

## STEP THREE—

### (Option, if ordered) Attach the forehead rest mounting and T-shaped, padded rest.

The threaded screw holes for the forehead rest are installed into every cycle body. The screws are packed with the forehead rest. First, screw the mounting to the cycle body. The top two threaded holes are approximately 3- 3/4" down from the top of the cycle body. The lower two holes are approximately 6- 3/4" down from the top of the cycle body. Next, slide the T-shaped piece into the mounting. The cyclist can later adjust the forehead rest in three ways without tools; angle, height and horizontal position.



# 4

## STEP FOUR—

### Attach the handgrips and footplates.

The handgrip cores need to be screwed directly into the crankarms. The center cores screw directly into the upper crankarms and the footplates (on models 660 and 690) screw into the lower crankarms. After the cores are in place, the hollowed out handgrip slips in place. Before screwing any options directly into the crankarms, please remember to first inspect the end of each threaded spindle. You will find one core spindle stamped with an “R” and the other with an “L” - these stamps designate which core or pedal is assigned to the right or left crankarm. The “R” or “L” is imprinted on the 3/4” hex portion of the center core and is also located on the 3/4” hex portion of the footplates. Yes, there is a difference in the direction of the threads; if both cores were threaded the same way, then one core would become unscrewed as the cycle is in use.

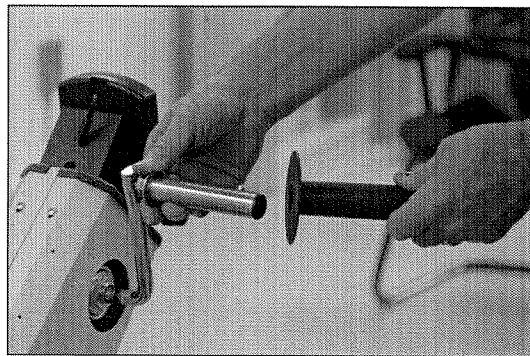
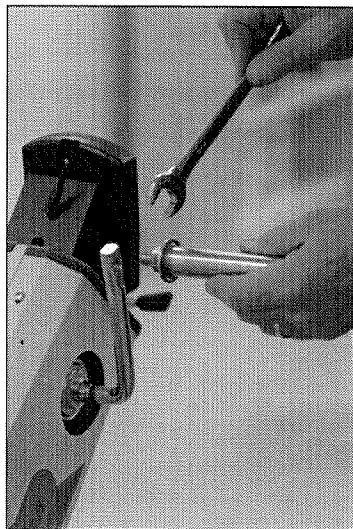
To determine the right and left sides of the cycle, please position yourself at the cycle as you would pedal it.

- As you turn and face the right side, the “R” core of foot pedal will tighten into the crankarm by turning its spindle clockwise.
- If you move around the cycle and face the left side, the “L” core or pedal will tighten by turning it counter-clockwise.

When threading options into the crankarms, we advise turning and threading the spindles by hand as far as possible *before* the final, brief tightening with your 3/4” wrench. This reasonable care minimizes the chance of stripping the threads of the spindle or crankarm by unnecessary force before the threads become properly aligned.

*Be sure the cores or footplates are straight to the crankarm, and the spindle threads and crankarm threads are aligned, before attempting to tighten the cores or footplates. Repairs to cores, footplate or crankarm threads which have been stripped, in our opinion, through abuse, lack of reasonable care and cleaning, lack of periodic lubrication, or unnecessary force are not covered by warranty.*

If the cores of footplates will be changed often, we recommend keeping the spindle threads wiped clean of any dirt or sand as well as periodically lubricating the threads with silicone spray or a light-weight machine oil.

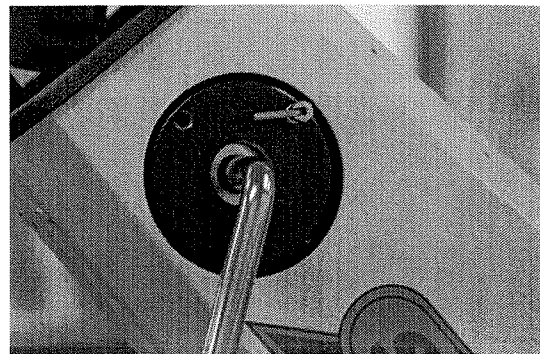


# 5

## STEP FIVE—

### (For Selectable Arm, Leg, or Arm-Leg Cycle, Model 690)

In order to engage or disengage either the arm or leg crankarms into gear with the cycle's internal flywheel, simply engage or disengage the pin at either crankarm (as shown).



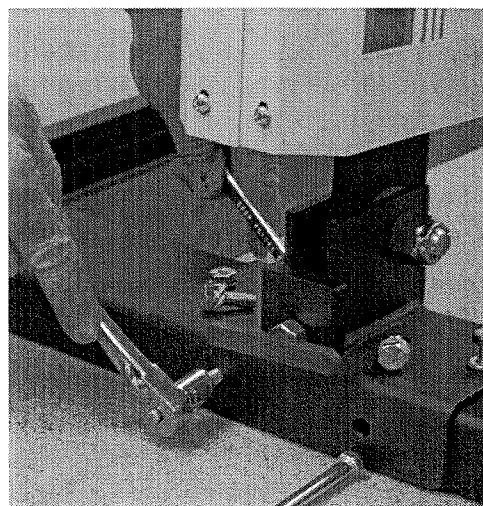
# 6

## STEP SIX—

### (Red Lock Handle / Back of Saddle)

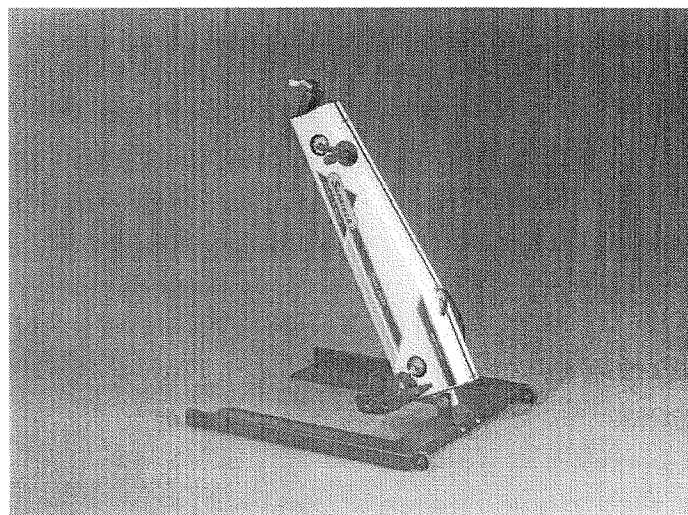
PLEASE NOTE: When you first receive your cycle, the red lock handle on the back of the saddle is screwed in fully against the threaded hole.

1. Unscrew the red lever and silver nut before trying to adjust the tilt of the cycle body.
2. After saddle is bolted to the base and the cycle body is positioned correctly for you, you can lock the saddle angle in place by screwing in the red lock handle until it is tight and then screw the silver nut down against the threaded hole. This will keep the cycle body from moving during use.



ALWAYS LOOSEN THE SILVER NUT AND RED LOCK HANDLE BEFORE TRYING TO ADJUST THE BODY ANGLE.

**Caution:** When relocating the cycle, tip it back onto its wheels. Carefully find its balance point, and then roll it on the two mobility wheels.



## More Notes on Your Spirit Cycle

Please be sure that you receive at least the following instruction sheets about your Saratoga Spirit Cycle.

- “How to Assemble Your Saratoga Spirit Cycle”
- “Saratoga Cycles and Products – Safe Use Cautions”
- A one-page sheet with diagrams and instructions about the exercise computer

If you are missing any of the above, please call, fax or e-mail Rand-Scot directly, even if the purchase of your cycle was made through a dealer. We will be glad to provide the information sheets for you.

### **Adjusting the Cycle’s Body-to-Base Angle (tilt)**

One of the unique features of the Saratoga Spirit Cycles is your ability to adjust the angle of the cycle body to the floor. This enables you to customize the cycle angle for maximum comfort. The pivot point is at the bottom of the cycle body, at a large bolt, where the body joins the floor base.

To adjust this angle, either roll your wheelchair or stand on the two (2) flat floor plates of the cycle base (or have someone stand on the base frame from the back side of the cycle) and grasp the top end of cycle body and either push or pull the body to its desired angle. Adjusting this angle will purposely require some strength – otherwise the cycle body would slip downward during hard exercise workouts! There is a lock knob with threaded post which screws into the saddle on the back side of the cycle and presses against the torque (swivel) bolt. Always have this lock knob loose before adjusting tilt. After determining the correct tilt, screw the lock knob in until it firmly presses against the torque bolt.

### **Adjusting the tension of the pivot’s friction brake**

There is a pivot between the lower end of the cycle body and the cycle’s floor base. At this pivot joint is a friction brake. The amount of tightness (torque) applied to the large bolt at this pivot determines how easily the cycle user can adjust the angle of the body. A spring washer controls the force applied to the friction brake surfaces.

The adjustment bolt is set at the factory at 130 lbs. This setting should enable most cycle users to adjust the angle of the cycle body with reasonable force. However, occasionally a user finds that the adjustment is too loose, and cycle will not maintain – will slip from – the desired angle. In other rare situations, the factory brake setting might be too tight.

To tighten the bolt, turn it in a clockwise direction: to loosen it, turn it counter-clockwise.

The need to adjust this friction bolt is rare, so we do not supply an appropriate wrench with each cycle. If you find that adjustment is required, first call Rand-Scot – toll free – and describe the concern. The necessary adjustment might be easy and take a few minutes of instructions from our Rand-Scot staff.

## Adjusting the flywheel tension strap

Your cycle's crankarm resistance is adjusted by adjusting the tension to the black strap that wraps around the cycle's flywheel. Your cycle's solid, heavy-duty flywheel is encased- like many of your cycle's unique features – inside the two chainguards.

You can easily adjust the crankarm resistance (tightening or loosening the flywheel strap) by simply turning the resistance lever that is located at the top end of the cycle body. On your tensioner, 1 is the lowest resistance and adjusts to 16 being the heaviest resistance. For the least crankarm resistance – turn the resistance all the way to the left. If the crankarm resistance is still too great, look halfway down the front of the cycle body and you will see an end of black strap about 5 inches long. This end will be held in place by a plastic clip which keeps tension on the strap so that it does not skip out of the flywheel track. We pull the strap fairly tight to keep it in place during shipping. To lower the resistance on your cycle, set your tensioner on 1 (lowest resistance) and crank a bit to get the feel of the amount of resistance, then open the plastic clip holding the strap (keeping tension on the strap at all times) release about a half inch and secure clip. Test resistance again and set as needed. Always remember to keep tension on the strap to keep it from slipping out of the flywheel track.

To tighten the crankarm resistance, follow the instruction above, pulling about a half inch at a time, closing clip and cranking to determine if it's the resistance you're comfortable with.

## To make adjustment inside the cycle body

In rare situations, it might be necessary to remove one of the chainguards and make internal adjustments. The right chainguard, as viewed from the user's standpoint has been designed to be removable.

Remove the 6 screws from the right chainguard. On some cycles, it might also be necessary to loosen the bolt that holds the plastic clip holding the black resistance strap.

*Never operate the cycle with the protective chainguard removed. Only responsible adults should remove the chainguard or make repairs.*

After removing these 6 screws, the cover can be removed by slowly turning the crankarms (having first removed any handgrips or foot plates from the crankarms).

## Make whatever adjustments might be necessary:

- If the black flywheel strap comes off the track, first turn the resistance lever fully clockwise to the extreme end of the yellow zone. Take any twists out of the black strap, and then wrap it around the flywheel track. Thread the end of the strap through the plastic strap clip (located outside the chainguard), pull the strap until there is a slight snug tension on it and close the strap clip.
- The chain can be lubricated (rarely needed – signaled by elevated chain noise) with a hi-temp auto grease which can be found in auto parts stores.
- For the Spirit 690, the crankarm clutches may be occasionally lubricated by applying a drop or two of oil to the oil hole on the side of the clutch.

Before reinstalling the chainguard, also be sure that the sensor wire that ultimately leads to the exercise computer is free from any moving parts that would cut, tangle, or otherwise damage it.

## Additional notes on engaging and disengaging the crankarm pins for the Spirit 690 Selectable

Your Spirit 690 Cycle enables you to select among arm exercise, leg exercise, or arm and leg exercise in seconds without tools!

On the Spirit 690 (right side of cycle body from user perspective), you will find a clutch pin assembly located inside the round cutout for each of the 2 crankarms. The crankarm motion must be stopped when either engaging or disengaging pins – not covered by warranty – will occur. To disengage either crankarm from the resistance of the internal flywheel, simply grasp both sides of the little round pin which extends out from the round mounting screw, pull up and twist ¼ turn so that it sits on top of round mounting screw (disengaging that crankarm). To engage a pin, grasp and twist until the pin drops back into its slot and slowly turn the crankarm until the pin re-engages, about ¼ turn.

## SPIRIT SERIES INFORMATION

The Spirit cycle is ideal for mild to moderate exercise programs—rehabbing or maintaining general fitness. For heavy duty crosstraining by the very strong, we would recommend the Colorado and Saratoga Cycles which are being used in many sports programs.

**Height:** 6 foot and under—average size person in wheelchair, can be taller if using from a lower 4 leg or secretarial chair. We can adapt to a taller person by using a shorter crankarm for the arms. You will want to keep to a smaller profile handgrip like the standard or adjustable loop grip. The moveable body does make the cycle adaptable to a variety of chair heights.

**Wheelchair:** Must have rigid footrests which move out of way or can be removed completely—no rigid bar chairs or a person must be moved to another chair before using the Spirit Cycle.

**Geared:** Approximately 1 pound of pressure on the arm crankarm will assist or lift approximately 1-1/2 pounds on the leg crankarm. Generally, no problem for a paraplegic or those with muscular weakness in the legs. Quadriplegics are using the Spirit also depending upon their upper body strength and function.

All of our Quick-Exchange handgrip options will fit the Spirit; however, the Limited Grasp and the 2-Way Angled are not recommended for the 660 or the 690. The “collar” size on these grips reduces the distance between the crankarms when cycling, causing the knee and handgrip to meet every 3rd revolution.

**Spirit 630:** It is the arm only cycle which can eliminate the need to buy an arm cycle with table. The rigid bar wheelchair is a restriction and you must have 4-1/4” between, or movable footrests, to straddle the body of the cycle.

**Spirit 660:** Must be using arms and legs every time the cycle is used. Foot crankarm will be turning and jamming footplates into base if feet are not on plates and removing footplates will leave a spinning crankarm which would be a potential hazard.

**Spirit 690:** Best option for people who need to turn off a crankarm and use for arms only during a day when aide or family is not available to help secure feet in footplates. Can be used for arm only, leg only or both arm and leg exercise together. This cycle is also a good choice for children who may only be able to use the arms at first and grow into the size to use for arms and legs.

Both arm-leg cycles provide range of motion and stimulate circulation to lower limbs, provide aerobic exercise and can be used by the entire family.

## \*\*\*Safe-Use Cautions for All Saratoga Exercise Cycles\*\*\*

Each person agrees to read and understand this list of **Safe-Use Cautions** before using any equipment obtained from Rand-Scot, Inc.

Throughout this text, the term “cycle” shall apply to any product available from Rand-Scot, Inc.

It is the responsibility of each cycle user, and not the manufacturer, to determine whether his or her personal medical history and current condition present any limitations for beginning or at any time continuing exercise with this equipment. The manufacturer assumes absolutely no responsibility or liability for personal medical problems that occur for the first time, or previous problems that become more severe, while using this equipment. None of the information in materials supplied by the manufacturer is intended to be interpreted as medical advice. Each cycle user agrees to be personally responsible for consulting a medical physician or other health professional in determining whether it is wise for him or her to begin and at anytime continue exercise with the cycle; the method, frequency, intensity, and duration for his or her exercise each time; and which benefits the user might expect to realize from exercise with the cycle. The user—and any institutional supervisor—agree to be especially watchful for these, and other, medical conditions:

•Tightness or pain in the chest or arms •Difficulty with breathing •Headache or other symptoms of high blood pressure •Breathlessness, lightheadedness, dizziness or nausea •Sudden weakness •Feeling too tired to continue •Body heat buildup, especially for those people with a limited ability to perspire •Soreness in joints or muscles •Reddened or swollen areas, blisters, or pressure sores, especially in body areas affected by partial or total lack of sensation •Any other strange or suspicious symptoms.

Institutional professionals who will be instructing and supervising the use of the cycle by clients or patients agree to be aware of the following cautions, and agree to be responsible for communicating this information to each client or patient who will use the cycle and ensuring that these cautions are observed by each client or patient.

- The cycle should not be used by some children or by persons who are not capable of understanding and using the cycle in a proper and safe manner. Injury may occur to those who use the cycle improperly or in a dangerous manner.
- Those who use the cycle agree to use caution themselves and to be responsible for preventing others from getting too close to or coming in contact with the cycle’s moving parts. Injury may occur to the user or observer if moving parts strike or rub against an individual, or if an individual allows moving parts to become entangled with limbs, jewelry, hair, clothing, neckties or similar objects.
- Those with a partial or total lack of sensation in fingers, arms, legs or other body parts agree to be responsible for taking appropriate precautions to ensure that swelling, pressure sores, blisters, pressure marks, and other skin, tissue, muscle or bone damages do not occur from use of the cycle or contact with its handgrips, hand mitts, foot pedals or other parts.
- The cycle should never be foot pedaled with bare feet; appropriate protective footwear must always be worn.
- The cycle should never be operated or used while the chainguard is either partially or totally removed.
- The cycle should not be used or placed on the top surface of furniture that is not sturdy or that has a finish that can be easily scratched. An unsturdy table might collapse during cycle use; damage to the finish or surface can include scratches, scrapes, stains or dents. A structurally sturdy table must be used that has an impact—and scratch-resistant surface.
- The cycle must not be used by those whose judgement is impaired by personal medical conditions or because of medications, alcohol or drugs. Improper or unsafe use, and consequent injury, may result.
- The cycle must be used only for the purpose of acquiring physical exercise for healthful objectives, and must not be used for other reasons or operated by a power source other than one’s own muscular strength.



- Those using the cycle for arm exercise agree to take any necessary precautions to prevent the thumb collar of either handgrip from striking their face and causing injury. Those users with sight impairments, perceptual problems, or coordination/balance impairments are advised to use the cycle with any warranted supervision or assistance from a sighted companion to prevent any type of injury.
- Those using the cycle for arm exercise who have significant problems with coordination or trunk balance agree to take appropriate precautions to prevent themselves from falling forward, striking the cycle, or causing any other kind of injury. The padded forehead rest that is available with some cycles is neither designed, nor intended, to prevent those with problems of balance or coordination from falling forward or incurring any type of injury. To help prevent such injury, our company offers an optional Safety Chest Strap that can be used with a straight-back chair or wheelchair. Each user agrees to be personally responsible in deciding whether obtaining and using the Safety Strap or one of their choice from another source is warranted by their own physical limitations. The strap may be ordered at anytime
- The padded forehead rest is designed to aid all cycle users in reducing neck and shoulder strain while exercising. All users who arm cycle with a cycle that has been equipped with a forehead rest agree not to use the cycle with the padded part of the rest removed and the unpadded portion of the mounting still in place. This exposed, unpadded part of the mounting would be very dangerous to a user who falls forward and strikes it—injury might easily occur.
- The user assumes all risk for bodily injury, property damage, or other negative consequences whenever the user makes his or her own additions, deletions, or other changes to the original cycle structure or other Saratoga products.
- If at anytime the user has questions about properly using the Saratoga Cycle or Colorado Sport Cycle, or whether the cycle is operating as it should, it is the responsibility of the user to contact the manufacturer. We will be glad to answer your questions.

#### **LIMITED WARRANTY—WARNING—DISCLAIMER**

Rand-Scot, Inc. declares that its products and information (all printed advertisements, sales, brochures, owner materials, and web site details) have been offered to provide educational information to the public. It is offered with the agreement that Rand-Scot, Inc. is not engaged in providing medical, legal or other professional services.

If medical, legal or other specialized expertise is desired, the reader agrees to enlist the services of a competent professional

While information about Rand-Scot's products and materials are intended to be as comprehensive as possible in addressing its subjects, no information source—including Rand-Scot—can be held responsible for being exhaustive, infallible, or absolutely up to date regarding its topics. The topic of exercise, how best to exercise, and whether anyone should purchase or use exercise equipment—including equipment offered by Rand-Scot—is not an exact science. The methods, strategies, procedures, and advice offered by Rand-Scot have been successfully used by many people, however they are not infallible.

There is not guarantee—expressed or implied, regardless of any materials that seem to state certainty or assurance—that any technique or advice will succeed or should be followed without question. Therefore, the reader agrees to use the information offered by Rand-Scot as one of the sources that he or she will use in making his or her own decisions. Every effort has been made to make Rand-Scot's information as accurate as possible, however there may be mistakes both typographical and in content. Rand-Scot shall not be responsible or liable to any person or entity for any damage or loss, caused or alleged to be caused, directly or indirectly, by any products or information that it offers.

*If you do not wish to agree to using products or information offered by Rand-Scot, Inc. within all these conditions, you may return any purchased products (within one month of purchase for a refund) or disregard any promotional information.*

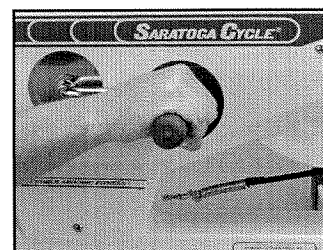
# Choose a handgrip that meets your needs

## All Saratoga Cycle handgrips offer Quick-Exchange™

All handgrips sold with a Saratoga Cycle offer our exclusive Quick-Exchange™ feature. Therapists love the QE™ because they can switch handgrip options in seconds, without tools. Only Rand-Scot offers so many handgrip options, and only Rand-Scot offers Quick-Exchange™!

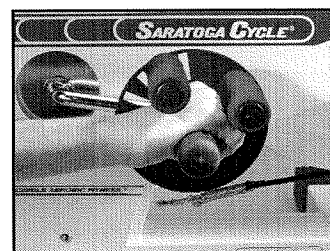
- **Standard Handgrips**

If you have a full or nearly full hand grasp, then this is the grip for you. The comfortable, padded central grip and protective thumb collar separate the handgrip area from the rotating crank-arm. Whenever you want to work out, just grab these grips and go!



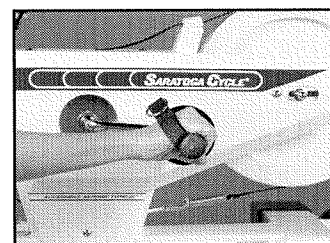
- **Limited Grasp Handgrips**

If you lack hand grasp or yours is limited, then these patented handgrips may be just what you need. For a quadriplegic with curled fingers and weak wrist flexion, these are the best handgrips. Two adjustable “knuckle pads” hold the hand (as pictured). The grip can be used with one, both or neither knuckle pad. To use these grips, just initially adjust the knuckle pads to fit your hands. Then, slip your hands into the open end of each grip and start cranking away, whenever you wish. It’s just that easy! Not recommended for a complete lack of grasp with straight fingers.



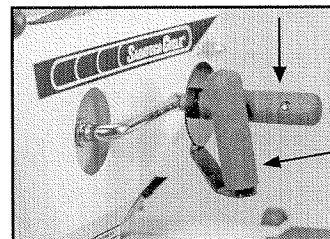
- **Adjustable-Loop Handgrips**

Some folks with partial grasp prefer these grips. Just slip your hand into the loop, pull the D-ring to tighten the Velcro strap, and then slip the handgrip tubes onto the Quick-Exchange™ cores. Not recommended for a complete lack of grasp with straight fingers.



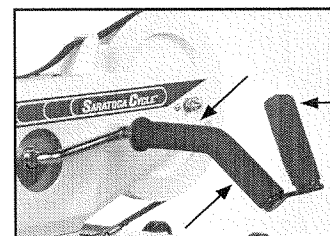
- **2-Way Angled Handgrips**

Some customers told us that they love their Saratoga Cycle, however they would like a handgrip that enables changing hand positions during long workouts. These grips provide 2 choices for positioning: horizontal and 45-degree. These different angles provide a variety of comfortable positions while also exercising different muscle groups. In addition, the cyclist has the choice of keeping both hands close to the cycle or exercising while the hands are spread apart.



- **3-Way Angled Handgrips**

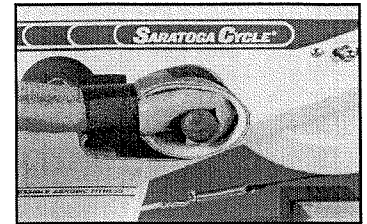
These grips are just like the 2-Way Angled grips, but provide 3 choices for positioning: horizontal, 45-degrees, and 23-degrees. These different angles provide a variety of comfortable positions while also exercising different muscle groups. In addition, the cyclist has the choice of keeping both hands close to the cycle or exercising while the hands are spread apart.



# *Additional Options for Your Cycle*

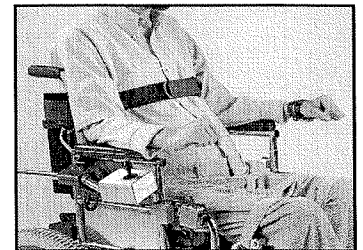
- **Grip Cuffs**

A few people whose hand(s) is not accommodated by one of our handgrips need our Gripp Cuffs. Our Cuffs can be used with either our Standard Handgrips or Limited-Grasp Handgrips with knuckle pads removed. These Cuffs are stronger and easier to use than the traditional handmitts you used in rehab. Their open sides make adjusting and inspecting fingers easy. Just fasten the Velcro straps around your hand and slip your cuffed hand onto the central post of the handgrip. You might wish to have a local therapist add some D-rings and extended Velcro straps to enable using the Cuff independently. One size fits all; may be ordered singly or as a pair.



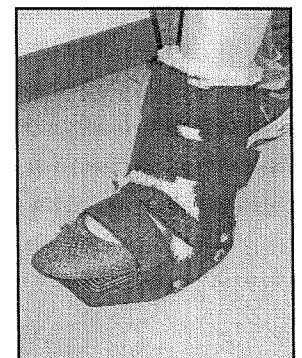
- **Safety Chest Strap**

We recommend our Chest Strap if you will be using your cycle for arm exercise and you have significant concerns with trunk balance or coordination. You can use our Chest Strap with a wheelchair or straight-back chair to minimize the potential of falling forward or sideways. The Velcro assisted, D-ring strap wraps around your chest and the back of a chair. The Strap is 2" (5 cm) wide and has a usable circumference of approximately 42" to 52" (107-132 cm). The forehead rest of the Saratoga and Silver cycles is not designed or intended to prevent a loss of trunk balance; it is the user's responsibility to decide whether obtaining and using the strap is warranted by one's own physical limitations.



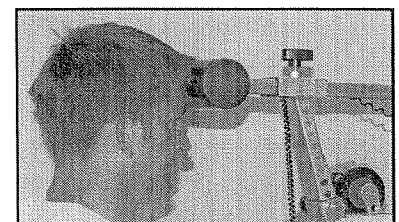
- **High Ankle Support Boots**

Some customers need a little extra support for their feet and ankles. We now offer a footplate with high boot ankle support. These boots feature adjustable ankle and toe straps and rigid plastic heel collars, resulting in very firm, yet comfortable, stability to hold your feet in place. The sewn upper area is made of high grade vinyl and includes a series of vertical sewn pockets for insertion of stays (provided) for stability. By addition or removal of stays, the degree of ankle support can be tuned to the users need. Lined with synthetic sheepskin type pile for comfort and to prevent abrasion. These are recommended for therapy clinics where clients otherwise have difficulty keeping their feet on less secure pedals.



- **Forehead Rest**

The forehead rest is also available for use Spirit Cycles. The forehead rest supports your forehead for freedom and stability to really lean into your workout. It significantly reduces neck and shoulder strain that may otherwise be experienced while trying to maintain trunk stability during your arm cycle. It is easily adjustable, both vertically and horizontally.



# You are now ready to enjoy your new Spirit Cycle!



At Rand-Scot, Inc., we always welcome your questions, comments, or problems about your Spirit cycle and options, including suggestions for improving their design. Please feel free to contact us directly at anytime (regardless of having purchased it through a dealer) - we will be glad to help you.

