

# Instructions for Recumbent Foot Cycle

#TR1000



# Safety

Safety is very important to us. Our products are designed in accordance with the latest safety standards and are constantly monitored for quality. We use information from this quality control to develop our products.

We urge all riders to seek the opinion of their health-care provider(s) before riding their tryke.

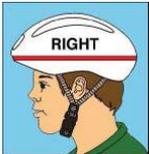
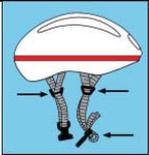
We should be used for their intended purpose only.

## Safe Riding Tips

Before riding, familiarize yourself how the tryke operates —it’s steering, braking and shift gears (if applicable). Adjust the seat, handlebars and pedals to fit the rider. See *Fitting for Rider* section in this manual for more information.

Here are some tips about riding safety:

- We should be used with close adult supervision.
- Riders must wear helmets. All our trykes include a free safety-rated helmet. The helmet must fit appropriately. A properly fitting helmet sits on the head comfortably —a helmet that sits high on the head is too small. Some movement is acceptable, but a helmet that moves a lot is too large. See the illustration below for reference:

<b>Correct Way to Wear Helmet</b>	
	
<b>Wear the helmet flat atop your head, not tilted back at an angle.</b>	
	
<b>Make sure the helmet fits snugly and doesn't obstruct your vision. The chin strap should fit securely and the buckle stay fastened.</b>	

GRAPHIC COURTESY OF BUDDY BIKE LLC

**NOTE:** Be careful not to pinch the skin when fastening helmet buckle.

For more information about finding the correct size helmet, see *Helmet Sizing Chart* on page 23.

- Riders must wear shoes. If shoes have laces, they must be tied properly.



**WARNING: NEVER ALLOW MORE THAN ONE RIDER ON.**

- Most trykes are equipped with a steering pin and have three steering options available:
  - **Full steering:** No steering pin. This option allows riders to make sharp turns and is appropriate for riders who ride at slow speeds or in close quarters. Close adult supervision is required.
  - **Limited steering:** This option allows riders to turn 20 degrees in either direction, thus, reducing the risk of over-steering or tipping over.
  - **No steering:** This option allows for riding straight only. A supervising adult is required to turn the tryke.
- To avoid tipping the tryke over, approach wheelchair ramps or thresholds at a 90-degree angle.



**WARNING: DO NOT RIDE IN OR NEAR TRAFFIC, OR WHERE THERE IS A RISK OF FALLING OFF CURBS, STAIRS, POTHOLES OR OTHER HAZARDS.**

- Use caution on sloped parking lots, driveways and sidewalks. Avoid excess speed by having an adult restrain the tryke from behind on sloped surfaces. The trykes have many options for control features. Consult to find out the best solution for your rider.
- Many riders do not have the motor skills required to be able to use the hand brake effectively.



**WARNING: DO NOT RESTRAIN TRYKE BY GRABBING HANDLEBARS OR HAND BRAKE — THIS MAY CAUSE IT TO TURN SHARPLY AND TIP OVER.**

- Depending on trunk stability, behavioral compliance and body awareness, some riders may need supports (e.g., lateral, head), belts (e.g. lap, shoulder), hip abductors or other specialized equipment. A physical therapist/health professional can assist you with any recommendations.
- Riders should only be allowed to ride trykes that are the appropriate size. If you are uncertain, refer to *Sizing Charts* in this manual or contact a physical therapist.
- Before riding, always check that all tires are inflated properly.
- If parts are broken or missing, the tryke should not be used until repaired.

## **Brakes**

If your tryke has brakes (front or coaster brakes) be careful when using the brakes. Operate the brakes gradually. If your tryke has front brakes (front

caliper brake or both front caliper brake and rear disk brake) squeeze the brake lever(s) gradually until you feel brake(s) working. The left brake lever operates the front caliper brake and the right lever operates the rear brake. To stop your tryke, use both brakes. It is advisable to start braking by operating the rear brake slightly before the front brake.



**WARNING: BE CAREFUL WHEN OPERATING BRAKES.  
SUDDEN BRAKING MAY CAUSE TRYKE TO TIP OVER.**

## **Shift Gears**

If your tryke has shift gears, use precaution when shifting gears. When shifting gears keep pedaling but reduce pedaling pressure. Do not try to change gears when pedals or wheels are not moving. Also, never change gears while back pedaling and do not force the gear shifter when changing gears.



**CAUTION: USE CAUTION WHEN SHIFTING GEARS.**

# Assembly Instructions

Refer to the following instructions on how to assemble your tryke. Study the instructions carefully before beginning assembly and follow the sequence shown in the instructions. .

**NOTE:** It must be assembled by an adult.

Be careful when assembling your tryke. Make sure that your working area is free of possible sources of danger, such as tools lying around.



**WARNING: THERE IS ALWAYS A DANGER OF INJURY WHEN WORKING WITH TOOLS OR DOING MANUAL WORK.**

Always dispose of packaging material properly. Do not let children play with plastic bags.



**WARNING: THERE IS A RISK OF SUFFOCATION WITH PLASTIC BAGS. KEEP PLASTIC BAGS AWAY FROM CHILDREN.**

When assembling your tryke, bolt all parts together loosely at first and check that they have been put together correctly. Tighten locknuts by hand until snug; then use proper tools to tighten nuts completely.

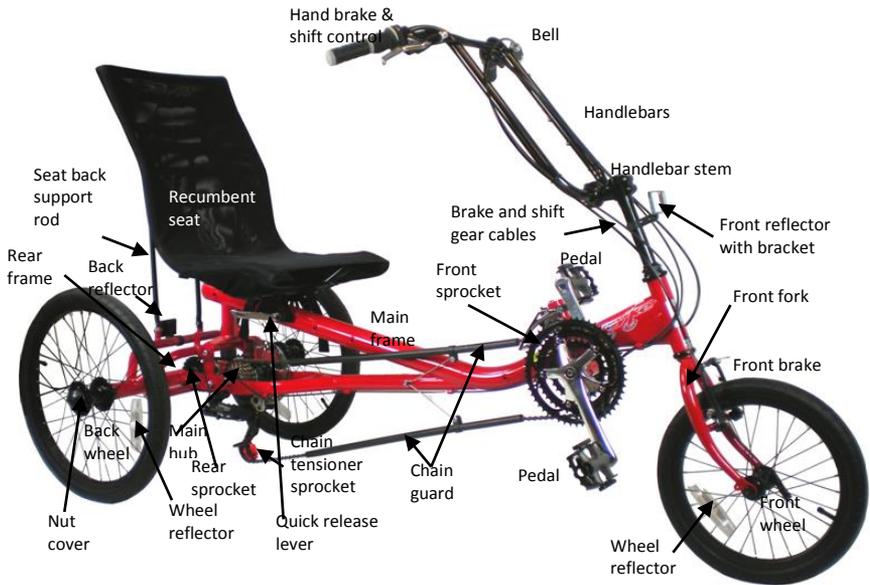


**CAUTION: CHECK THAT ALL SCREWS HAVE BEEN SECURELY TIGHTENED BEFORE USING YOUR TRYKE.**

## Getting Started

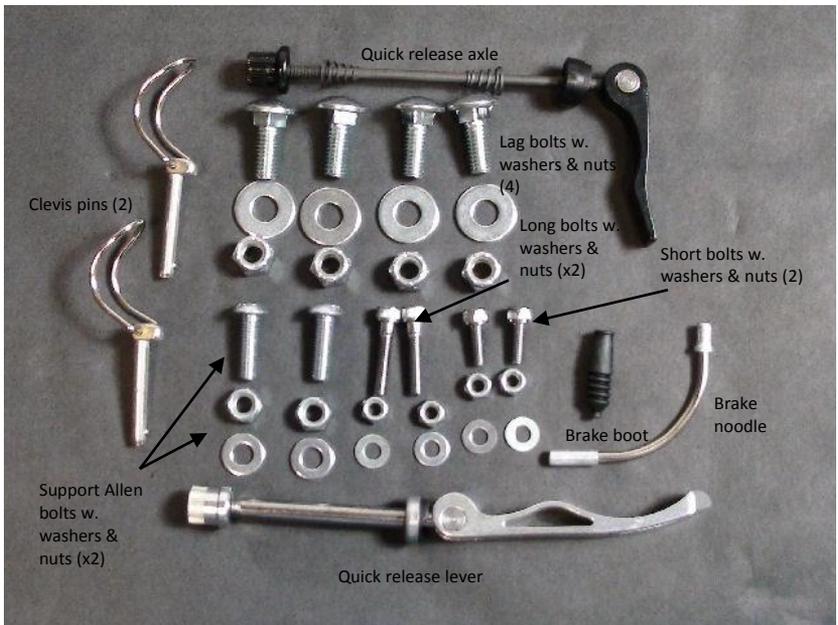
Your is shipped in parts. Carefully remove and lay out all parts from the carton so that you don't scratch or lose any parts or pieces. Check that you have all the necessary parts

Remove packaging material and discard. See the following **Tryke Parts Locator** to identify different parts:



**TR-1000 Tryke Parts Locator**

Your tryke also includes the following hardware:



**Hardware**

You need the following tools for assembly (to see a picture of different tools, see page 24):

- TOOLS REQUIRED:**
- 5 mm Allen wrench (incl.)
  - 8 and 10 mm wrench/socket
  - 14 and 15 mm wrench (incl.)
  - 22 mm socket or adjustable wrench
  - Needle nose pliers
  - Phillips head screwdriver

## Wheels

Start assembling your tryke by attaching the wheels to the rear and main frames. First, attach the back wheels to the rear frame:

1. Remove the 22 mm nuts and flat washers from both ends of the axle and slide wheels over each side.

**NOTE:** Pay attention to directional arrows on the tires.



Step 1



Directional arrow

2. Replace the washers and nuts on each side of the axle and tighten using a 22 mm socket or adjustable wrench.

**CAUTION: DO NOT TO OVER TIGHTEN WHEEL NUTS. WHEEL BEARINGS MAY BE DAMAGED.**

3. Place the black nut covers on top of the wheel nuts on each side. Lightly tap with the palm of your hand to secure in place.



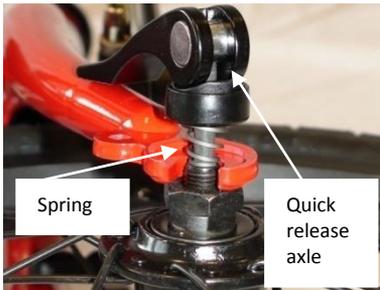
**Step 2**



**Step 3**

Next, install the front wheel to the front fork of main frame:

1. Remove the black plastic thread protectors from each end of the axle.
2. Use the quick release wrench to remove the thumb nut from one side.
3. Place the front wheel in the front fork and slide the shaft of the quick release axle through the center of the rim.
4. Put the spring of the quick release axle on the other side with the narrow end pointing inward.
5. Thread the thumb nut back on and tighten.



**Step 3**



**Step 4**

## Frames

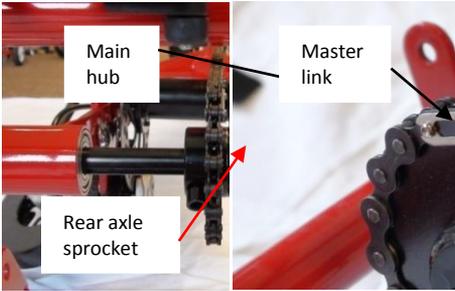
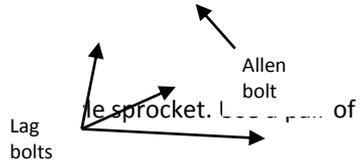
To attach the frames together, slide the rear frame into the main frame. Use



four large lag bolts, washers and nuts to secure the frames (both sides). Tighten with a 15 mm socket or wrench.

**NOTE:** Do not tighten completely at this point.

Next, install the chain from the main hub to the rear sprocket. Use needle nose pliers to snap the master link in place.



**Main and rear frames attached**

To finish assembling the frames, pull back on the rear frame to tighten the chain. While pulling, tighten the four nuts with a 15 mm socket or wrench. Install the upper support Allen bolts (one on each side), washers and nuts using a 5 mm Allen wrench and 13 mm wrench.

## Seat

Start seat assembly by first attaching the seat support bracket to the rear frame. Use two 5 mm Allen bolts and nuts to secure it. Tighten with a 10 mm socket or wrench, and a 5 mm Allen wrench.



Next, attach the seat mounting bracket to the frame:

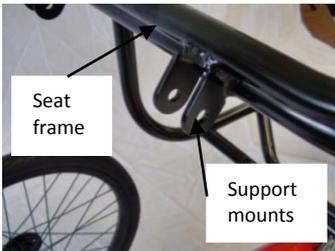
1. Place the seat bracket over the main frame so that one hole in the bracket aligns with a hole in the frame.
2. Remove the thumb nut from the quick release lever and insert its shaft through the bracket and frame. Thread the nut back on and press the lever down.



Steps 1 and 2

**NOTE:** Turn the lever until tight and then press it down to lock. Make sure that the seat bracket is securely tightened before riding.

3. Install two short seat supports on the back of seat frame using two long shafted Allen bolts with flat washers and nuts. Tighten with a 10 mm wrench or socket, and a 5 mm Allen wrench.

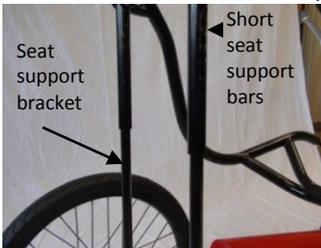


Seat support



Step 3

4. Slide the short support bars over the long bars of the seat support bracket. Align the holes and insert a clevis pin with snap ring to both bars.



Step 2

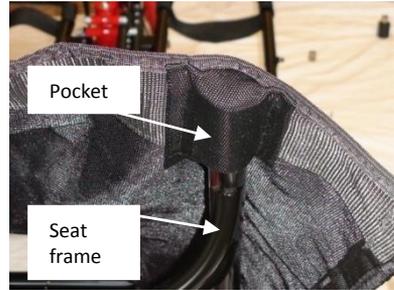


Clevis pin

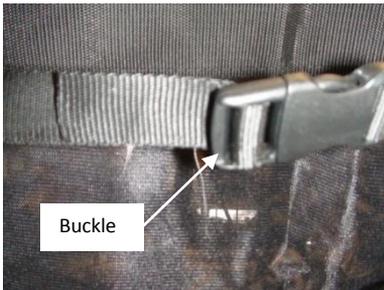
**NOTE:** Angle of the seat is adjusted with the support bars – the lower the adjustment, the greater the angle.

Finish seat assembly by attaching the seat cover to the seat frame. Find the two edges that have pockets (two other edges have straps or buckles) and:

1. Slide the seat cover over the seat frame.
2. Lace the straps through the buckles and tighten them by pulling. The cover will conform to the seat frame.



Step 1



Step 2



Finished seat

## Front Brakes

The front brake caliper is already installed but you need to install the brake levers onto the handlebar and connect the brake cable to them (the cable is already attached to frame).

### TOOLS REQUIRED:

- 5 mm Allen wrench

## Brake Levers

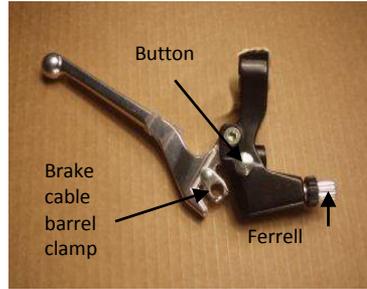
Each brake lever has a button on it with a spring underneath it. The brake lever should be installed so that the button is on the top side and hand grip points to the outside of the tryke.

To install the brake levers:

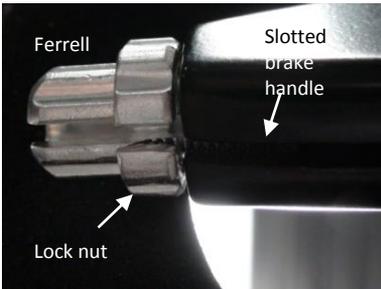
1. Slide one brake lever over one side of the handlebar until just before the curved portion of the handlebar. Adjust the position of the brake lever to a comfortable position.
2. Tighten the brake lever clamp with a 5 mm Allen wrench securely so that it cannot slide.

Repeat this process for opposite side.

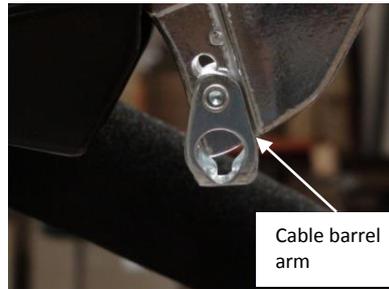
The brake cable Ferrell has two parts, the Ferrell and lock nut. The Ferrell and lock nut each have a slot for the cable to slide through. To attach the cable to the brake levers, follow these steps:



**Brake lever parts**



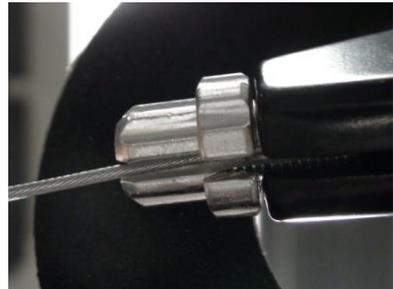
**Step 1: Turn the Ferrell so that the slot in it and the lock nut align.**



**Step 2: Pull in on the lever and pull out the cable barrel arm.**



**Step 3: Insert the cable barrel into the cable barrel arm.**

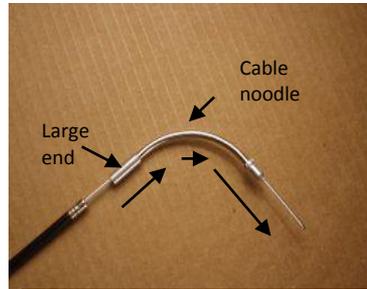


**Step 4: Slide cable through the slots of the Ferrell and lock nut, then turn the lock nut and Ferrell 180 degrees from each other.**

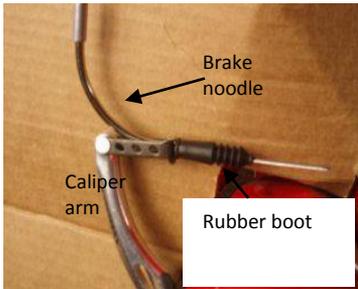
## Brake Caliper

To install cable to the brake caliper, follow these instructions:

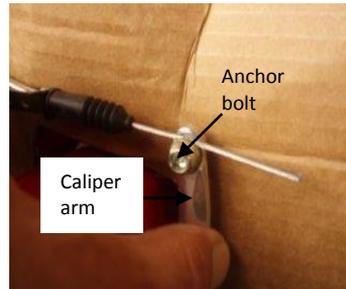
1. Thread the cable through the large end of the cable noodle.
2. Slide the cable noodle through the slot in the caliper control arm.
3. Slide the rubber boot over the cable and onto the cable noodle.
4. Use a 5 mm Allen wrench to loosen the anchor bolt on the caliper arm and put the cable between the thick washer and caliper arm.



Step 1



Steps 2 and 3

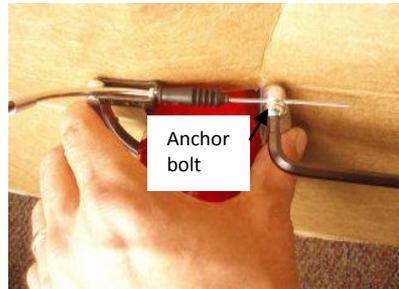


Step 4

## Brake Adjustment

To adjust the brakes, follow these instructions:

1. Squeeze the top of the caliper arms with your hand until the brake pads lightly touch the rim.
2. While squeezing the caliper arms, tighten the anchor bolt with a 5 mm Allen wrench. Once the anchor bolt is tight, you can release the caliper arms.
3. Pull the brake lever in and hold it while trying to push the bike. If you are unable to move the bike easily then the brakes are set correctly. If you are able to push the bike then you will need to adjust the brakes more.



Steps 1 and 2

If you need to adjust them more, follow these steps:

1. Loosen the lock nut on the brake lever by turning it to the left (counterclockwise).
2. Loosen the Ferrell by turning it to the left two complete turns.
3. Tighten the lock nut by turning it to the right (clockwise).
4. Test the brakes to see if they hold – if they do then you are finished. If the brakes do not hold and the bike still moves freely repeat step 1.
5. When you are satisfied with the brakes, pull the brake lever in all the way ten times to make sure the cable is not going to slip.

## Pedals

**TIP:** Pedal threads tighten toward the front of bike.

Put a thin washer in the pedal crank arm and hand thread the right pedal clockwise and the left pedal counterclockwise into the pedal crank arms. When you are certain that the pedals are threaded properly, use a 15 mm wrench to tighten securely.



**CAUTION: BE CAREFUL WHEN THREADING PEDALS. DO NOT FORCE! PEDALS THREAD EASILY WHEN INSTALLED PROPERLY.**

## Reflectors

Install the rear reflector with bracket on the rear frame (between the seat support brackets). Use a Phillips head screwdriver to remove the clamping screw from the bracket. Open the clamp and place it on the frame. Thread the clamping screw back and tighten.

Follow the same procedure and attach the front reflector to the steering stem tube.



Rear reflector



Front reflector

To install the wheel reflectors, place them in an area on the rim behind a single spoke with two spokes on the opposite side. Align the front spoke with the slot in the reflector and insert the reflector holding pin with the slotted end going over the spoke into the hole in the reflector. Press firmly until you hear it click into place.



**Wheel reflector**

## Fitting for Rider

*Tr-1000* has been designed for adults. See the information below for quick reference on rider's size requirements:

### **TR-1000**

**Rider's height: Max. 74 inches**

Arm length 20-28 inches

Leg length 30-41 inches

**Maximum weight: 250 lbs**

For more information on how to measure rider's size correctly, see *Rider's measurements* graphic on page 23.

Follow these instruction to adjust the tryke for rider:

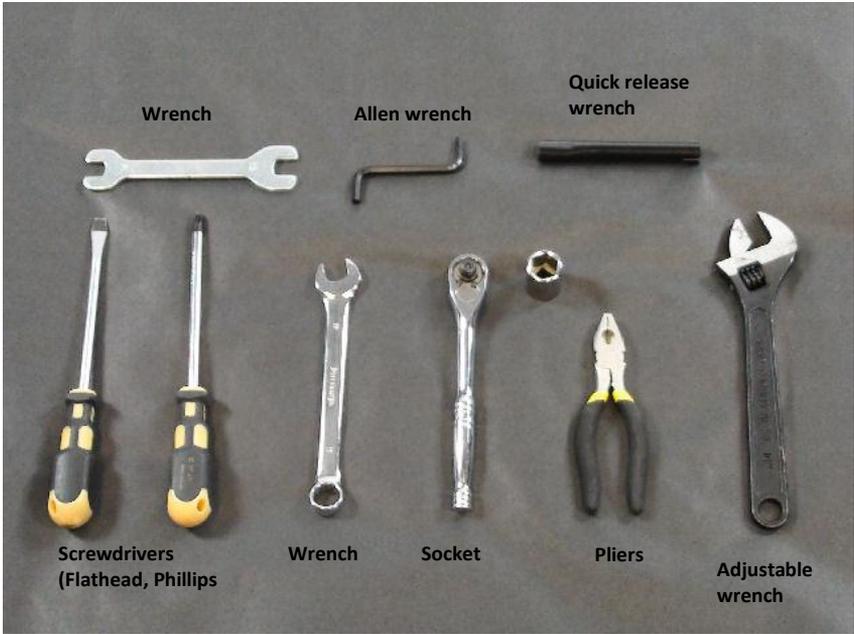
**NOTE:** You may need assistance while fitting the tryke.

1. Adjust the seat by moving it forward/back to suit the rider's needs. When seated, the rider's knees should be slightly bent. Tighten the quick release lever under the seat securely.
2. Adjust the seat back by moving seat back support rods up/down. Secure both clevis pins.
3. Adjust handlebars forward/back and up/down.

If you need further adjustments, see *Optional Accessories* on the next page for different options.

# Tools

Refer to the photo below to identify different tools:



Tools (top row tools are included with your)