

How to set up your Schwinn AC bike



Quick Fit

1. Set both the saddle and handlebar fore and aft (horizontal) settings to "0"
2. Stand next to the bike and raise one leg until your thigh is parallel to the floor. Adjust the saddle height to line up with the top of your thigh.
3. Adjust the handlebars to about the same height as the saddle.
4. Sit on the bike with your feet in the toe cages or clipped into the pedals. At the bottom of the pedal stroke (6 o'clock), your leg should have just a slight bend at the knee.

Performance Fit

1. Complete Quick Fit as above.
2. Raise saddle height one level at a time until the leg is almost straight at the bottom of the pedal stroke. Place your heel on the back of the pedal, at this point the leg should be completely straight.
3. Place your foot back in the toe cage or clip in, place one pedal at 3 o'clock and check that the kneecap is aligned with or behind the centre of the pedal.
4. Adjust handlebars for comfort.

SCHWINN CYCLING