

Some cool facts

about cycling and exercise.



These legs are made for cycling!

When you cycle at a gentle speed, you actually travel 3 times as fast as you can walk, but use exactly the same amount of energy!



Faster than a slap shot!

According to Guinness World Records, the fastest speed ever recorded on a bicycle is 167mph! That is faster than a puck being hit by a professional NHL hockey player.



*Brain after sitting quietly

*Brain after 20 minutes of walking

Unleash your inner superhero!

When you exercise, your body sends oxygen to your brain which fires up different parts of it. This helps you concentrate, improves memory and can make you feel a little like a superhero!



Bike set-up.

- 1

Adjust seat to the height of your hip bone.
- 2

3:3
4:4

Match number on handle bar post, to number on seat post. Check the guide on the bike.
- 3

You should be able to reach the handlebars easily, keeping your elbows slightly bent.
- 4

When pedaling, your knees should not go past your toes. Adjust the seat forward or backwards as needed.
- 5

To tighten a pedal strap, pull upward on the end of the strap to release tab from slot. Move strap to desired slot, press the tab through strap to secure.



How long will it take your class to go as far as Skittles the cat?

Hibbing, Minnesota
Skittles, the tabby cat, disappeared on a family vacation 353 miles (568 km) from home. The family thought they would never see their cat again. But four months later, the cat strolled into their living room!

Keep an eye on the odometer setting to record and track it regularly with your class.

Visit: www.kids.nationalgeographic.com to learn more about Amazing Animals!

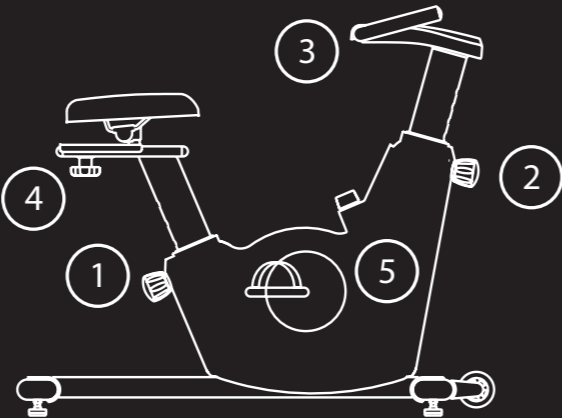


Relax.

Cycling is an excellent stress buster. So if you are having a hectic day at school, or have a tricky math question to solve, jump on the bike and pedal the stress away!



- Warning**
- As with all exercise equipment or programs, consult a physician prior to use and stop if you feel faint, dizzy or exhausted.
 - This equipment should only be used in a supervised environment.
 - Inspect machine prior to use. Immediately report worn, loose or damaged equipment to the teacher and refrain from using the bike.
 - Keep body and clothing free and clear of all moving parts.
 - Ensure all adjustments and locking features are properly secured before using bike.
 - Maximum user capability is 143lbs/64.7kgs.
 - Replace label if damaged, illegible or removed.



- Quick Bike Setup Chart
- Adjust seat to the height of your hip bone.
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Rider Setup Charts

SKU: SCC100 / SCC102		Ages 4-8	
Age (years)	Rider Height	Seat Post	Handle Bar
4	40" (101cm)	1	1
4-5	40"-43" (101-109cm)	2	2
5-6	43"-45" (109-115cm)	3	3
6-7	45"-48" (115-121cm)	4	4
7-8	48"-50" (121-126cm)	5	5-6

SKU: SCC200 / SCC202		Ages 6-12	
Age (years)	Rider Height	Seat Post	Handle Bar
6-7	45"-48" (115-121cm)	1	1
7-8	48"-50" (121-126cm)	2	2
8-9	50"-52" (126-133cm)	3	3
9-10	52"-54" (133-138cm)	4	4
10-11	54"-56" (138-143cm)	5	5
11-12	56"-60"+ (143-152cm)	6	5

*Blaydes, J. (2012). Does Exercise Make You Smarter? <https://www.achper.org.au/blog/blog-does-exercise-make-you-smarter>

Useful things to know

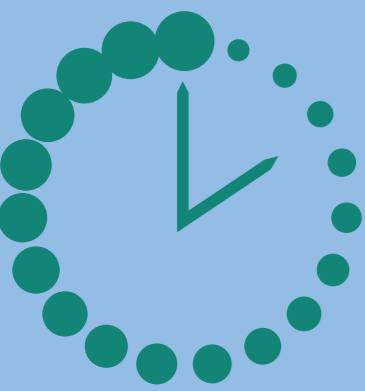
about your Self-regulation Classroom Cruiser.



Integration phase - classroom tip.

At first the bike will be a new curiosity in the class. Don't worry, that will pass! Explain how the bike works (helps you calm down, get the wiggles out) and outline the benefits of exercise and its affect on the brain.

To minimize distraction, place the bike at the back of the class with a view of the whiteboard/chalkboard.



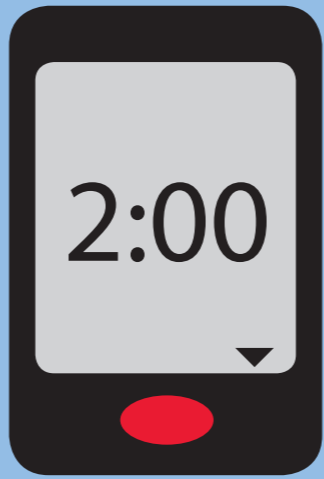
Create some guidelines.

Create bike-use guidelines with the class (you may want to restrict bike use during certain times of the day). They could include: Assign a student (helper of the day) that decides and prepares a waiting list, establish a silent signal for students to indicate they would like to use the bike, start using a signup sheet for students to schedule their own time with the bike with specified time slots (5, 10, 20, 30 minutes).



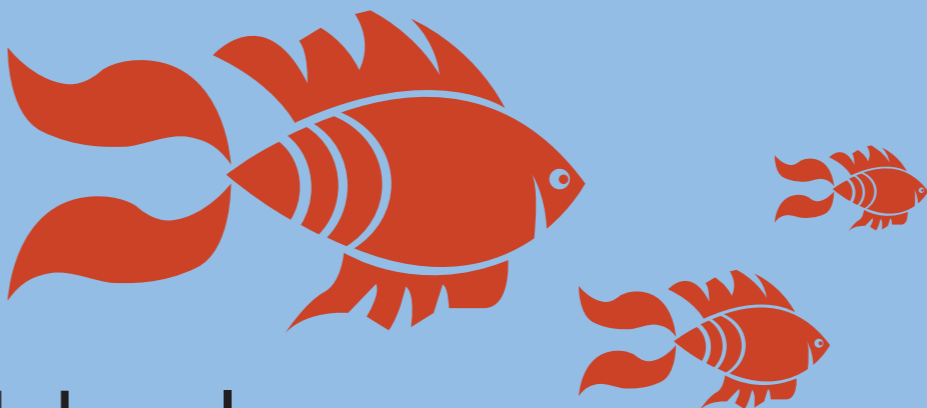
Hop-on!

Now that the bike is just like the other furniture in your classroom, try allowing students to self-regulate by hopping on the bike when they feel they need it. The multi-position work surface can be positioned for reading or writing.



How far can you go?

The digital Bike Display makes it easy to track the time, speed, distance, RPM, and more. Try plotting your distances on a map to connect with a geography lesson, or use the odometer and calorie counter for math or fitness discussions.



Swimming in a fish bowl.

In our media and app-saturated world, we have all seen a reduction in attention spans. Before the invention of the Smartphone, our attention spans were an average of 12 seconds. By 2013, they had dropped to eight seconds; one second shorter than a goldfish!*




Why does this matter?

Attention spans are what allow us to piece together complex information, concentrate on problems long enough to solve them and hold a conversation. Imagine a world where we are no longer able to do that. Hopping on the bike can help students focus their attention by being physically active.



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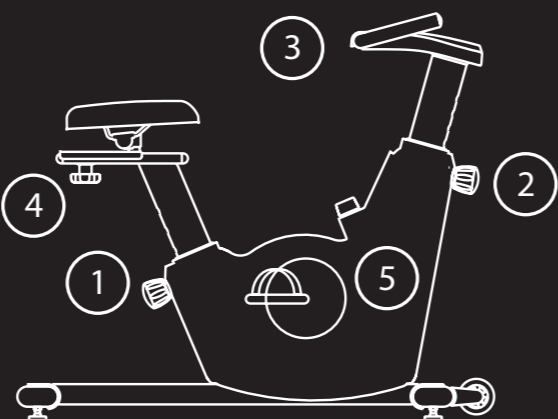
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