

Translations:Pédalier multifonction/9/en

- Remove the tire from the rear wheel.
- Cut off the bike frame and remove unnecessary items (see diagram). In our case it was a multi-speed bike, but to simplify we decided to always stay on the maximum speed (largest chainring with smallest sprocket). We kept the sprockets and chainrings, but we disassembled the chainring shifting mechanism and cut the shift cable that changes the sprocket.
- Attach the frame of the bike to the ground. In our case, we attached the handlebars of the bike's base into the saddle tube to give lateral stability, and a frame tube was embedded in a tube attached to the ground. You will need to adapt this according to the available parts and the type of bicycle.



Make sure the bike frame is completely secured to the ground and placed in a well-ventilated area to keep the cyclist cool.