

The following instructions can be carried out with or without assistance. Please see your Cardiac Rehabilitation Supervisor if you require assistance with getting on a stationary cycle.

### How to Get On A Semi-Recumbent Cycle



**Figure 1.** Stand beside the bicycle seat with the affected side closest to the bicycle.

**Figure 2.** While holding onto the handle bar with the unaffected arm, gently lower yourself down into the seat.



**Figure 3.** Once seated, lift your affected leg over the crossbar and to the other side.

**Figure 4.** With assistance, place your feet into the pedals.