

## Follow these steps to find the arm that's right for you

1. Take your favorite exercise to the gym or to an outdoor setting.
  - Use a dumbbell or a barbell with a weight that is 10% of your body weight.
  - Use a resistance band that is 10% of your body weight.
  - Use a resistance band that is 10% of your body weight.
2. After the exercise, you should feel a burn in the arm.
  - If you feel a burn, you are using the right weight.
  - If you feel a burn, you are using the right weight.
  - If you feel a burn, you are using the right weight.
  - If you feel a burn, you are using the right weight.
3. Repeat the exercise for 10-15 minutes for each arm.

### A. Select your arm length



<b>Short arm</b> 11-12" (28-30cm) [Link]	<b>Medium arm</b> 13-14" (33-35cm) [Link]	<b>Long arm</b> 15-16" (38-40cm) [Link]
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### B. Select your spring strength



<b>Medium spring</b> 10-12" (25-30cm) [Link]	<b>Heavy spring</b> 13-14" (33-35cm) [Link]	<b>Extra heavy spring</b> 15-16" (38-40cm) [Link]
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Product Code	Product Name	Price (ex. GST)
04-1-01	Short Arm	\$17.99
04-1-02	Medium Arm Standard Spring	\$17.99
04-1-03	Medium Arm Heavy Duty Spring	\$17.99
04-1-04	Long Arm Standard Spring	\$19.99
04-1-05	Long Arm Heavy Duty Spring	\$19.99
04-1-06	Heavy Duty Spring Replacement Kit	\$19.99
04-1-07	Short Leg - Spring Only	\$19.99
04-1-08	Short Leg - Fido Champ	\$19.99
04-1-09	Med Waist	\$19.99
04-1-10	Long Arm Adapter Kit	\$19.99
04-1-11	Long Arm Adapter	\$19.99

### 3. Select your seat mount



**Seat leg - Through seat**  
 Insert through seat and secure  
 with a seat cap.  
 Suitable for seats fixed to  
 handlebar.

Article No. [30011100](#)



**Seat leg - High clamp**  
 Insert in handlebar and  
 tighten with 8mm Allen key.  
 The seatpost must not  
 slide up or down in the leg.

Article No. [30011102](#)

### 4. Fit seat from the optional accessories



**Seat mount**  
 The seat cap is designed to attach  
 the seat to the seat post.

Article No. [30011100](#)



**Seat leg mount**  
 Insert through the seat post  
 and use the Allen key to secure.  
 Tighten the pressure correctly.  
 The seat must not slide up  
 or down in the seat post.

Article No. [30011102](#)



**Seat post mount**  
 After the seat is attached to the  
 seat post, insert into the  
 handlebar and tighten.

Article No. [30011103](#)

### 5. Select any additional accessories



**Seat post attachment**  
 The seat post attachment is  
 designed to attach the seat  
 post to the handlebar. It is  
 made of high quality steel.  
 Tighten with Allen key.

Article No. [30011104](#)



**Saddle support bracket**  
 The saddle support bracket  
 is designed to support the  
 seat on the handlebar.  
 It is made of high quality  
 steel.

Article No. [30011105](#)

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