

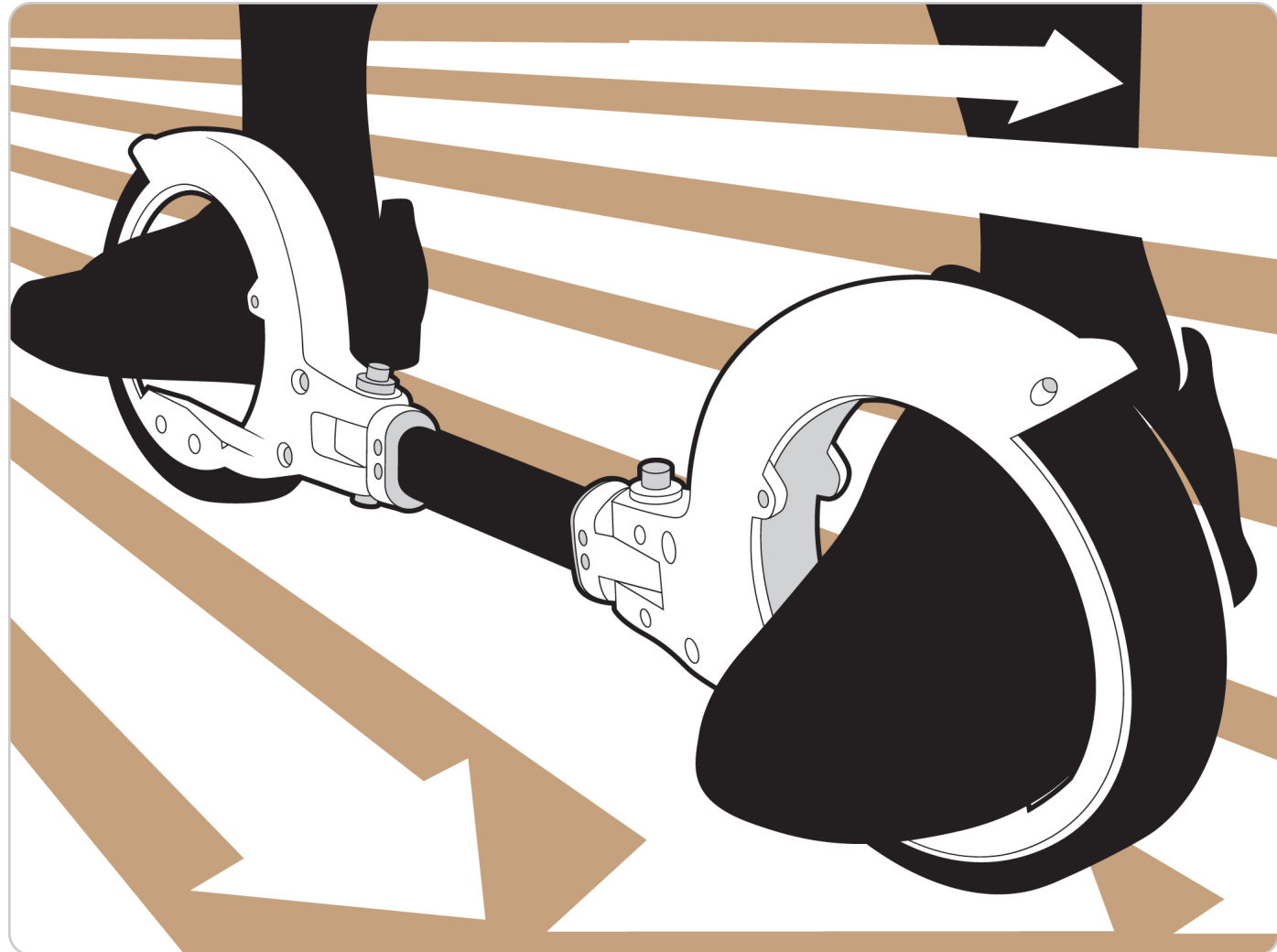
Before you start

Video

It is helpful to see video of others riding to improve your chances of success. Search Youtube.com or go to brooklynworkshop.com for training videos.

Before you launch yourself go to a location where you can hold a rail or wall and move alongside it for at least 10 minutes. This will give you a feel of how to turn the Freerider and keep it in line.

Always wear a helmet and pads, and ride within your skill level to avoid injury.



FREERIDER riding



What The Freerider

When Anytime

Where Anywhere

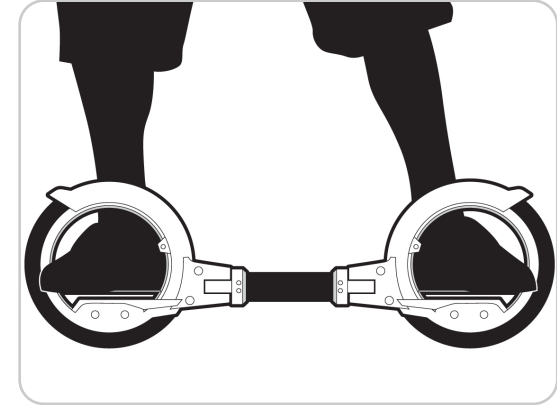
How Read Below



Step 1: It helps to know whether your stance is goofy or regular (your forward foot). Have the Freerider on the floor tilted away from you and place your back foot on the platform, pointing slightly outwards, with center of your foot over center of the platform.



Step 2: Do the same with front foot and press down on the platform to level it so you can balance while standing still.



Step 3: Push off by pressing your weight on back foot. Then shift weight quickly towards your front foot simultaneously raising the back platform to level. Alternate between pointing feet inwards and outwards to gain momentum. See below for foot pattern and upper body movements.



Step 4: Keep your arms out to maintain balance until you push off (step 3 above)

Step 5: Keeping your arms stretched out turn your toes outwards as you twist your upper body outwards.

Step 6: Keep your arms straight and twist your upper body so your leading arm and body goes inwards as you point both toes inwards.

FREERIDER riding

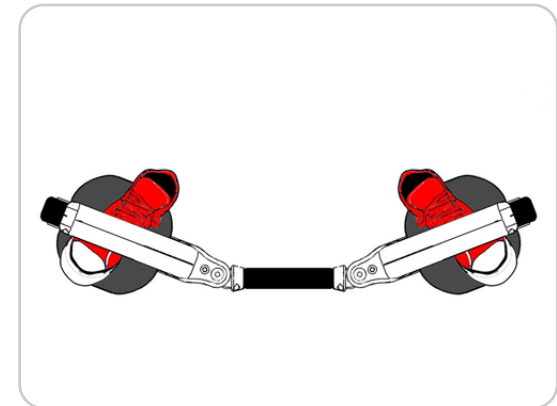
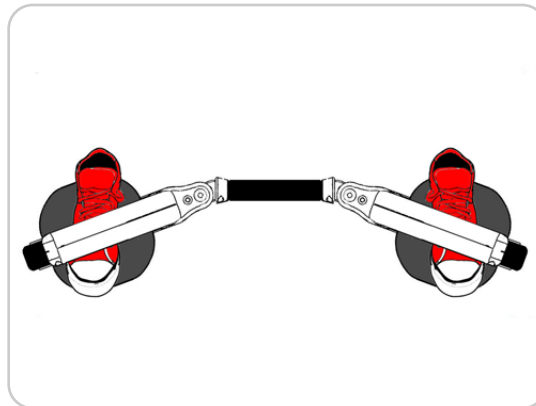
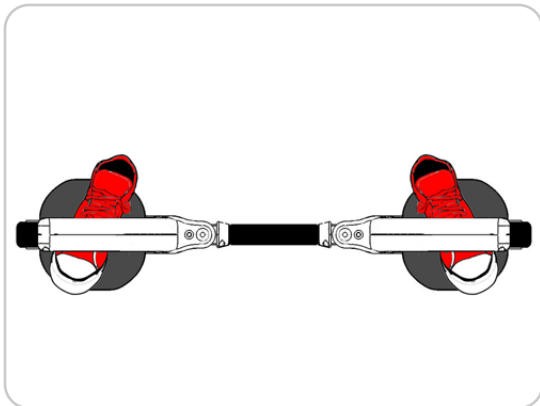
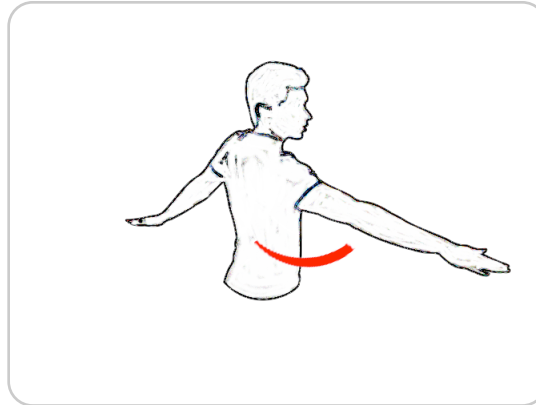
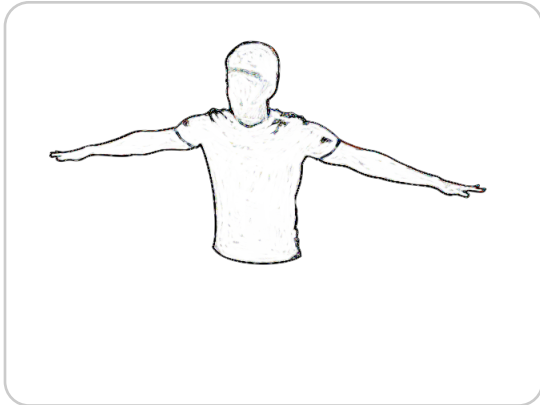


What The Freerider

When Anytime

Where Anywhere

How Read Below



Lower and upper body close up 1:

Upper Body: Keep your arms out to maintain balance until you push off (step 3 above)

Lower and upper body close up 2:

Upper Body: Keep your arms straight and twist your upper body so your leading arm and body goes inwards as you point both toes inwards.

Lower and upper body close up 3:

Upper Body: As you turn your toes outwards twist your upper body outwards. As you get better you will not need to keep your arms out to propel forward.