

How to get the most from your Recumbent Trikes

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Trike Design

- Tadpole vs Delta
- Steering design
- Shifting
- Electric vs Non-Electric



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Accessories and Comfort

- Wrist rests
- Head/Neck rests
- Clipless or adaptive pedals
- Chain management systems
- Tires
- Grab Bars



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E-Assist Systems

- Mid-Drive Motors – Superior torque, excellent hill climbing
- Hub Motors – Simpler installation, affordability
- Add-ons – Kits, Aftermarket



One Side Set-up

- Double-pull brake lever
- Cable splitters
- Repositioned shifters and displays



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One Side Set-up



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One Side Set-up



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Custom



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Creative



Discussion

What have you found that makes a difference to your participants?



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Resources

- Greenspeed-trikes
- Ice Trikes
- Catrike
- Hase Bikes
- Terratrike
- T-Cycle
- Electric Bike Solutions

- Bike-on.com
- RAD Innovations

- Move United Adaptive Cycling Manual (new edition 2026)

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