Depress the brass colored push button on the side of the large loop (2) of the bicycle adapter and swing the movable gate away from the bicycle adapter.

Place opened large loop of the bicycle adapter around handle bar stem or head tube of the bike, then swing the movable gate toward the bar until it clicks into place.

Repeat step 1 and step 2 for small loop (1) of the bicycle adapter and grasping the seat post. Make sure the movable gate of small loop clicks into place.