

QUICK ASSEMBLY GUIDE



Meanings of Warnings:

This symbol is important. See the word "CAUTION" or "WARNING" which follows it.

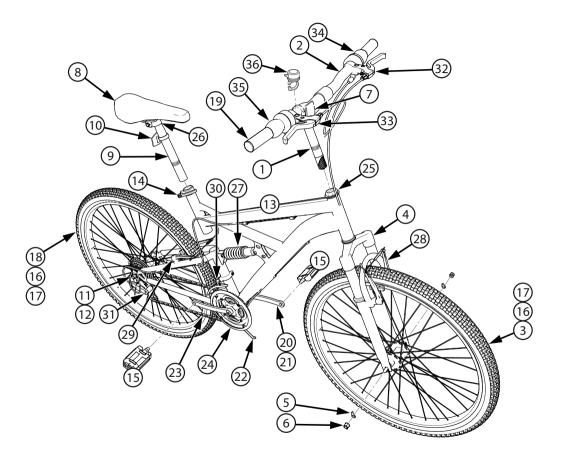
The word "CAUTION" is before mechanical instructions. If you do not obey these instructions, mechanical damage or failure of a part of the bicycle can occur.

The word "WARNING" is before personal safety instructions. If you do not obey these instructions, injury to the rider or to others can occur.

Rules of the Road

WARNING: Failure of the rider to obey the following "Rules of the Road" can result in injury to the rider or to others.

- · Obey all traffic regulations, signs, and signals.
- Always wear a bicycle helmet that meets safety standards, as well as local safety standards.
- Ride on the correct side of the road, in a single file, and in a straight line.
- If possible, avoid riding at night, dusk, dawn and any other time of poor visibility.
- If you must ride at night or at time of poor visibility:
 - Purchase, install, and use a headlight and taillight.
 - Headlights are required by all states for nighttime riding and taillights are required in some states.
 - · Battery-powered lights or flashing safety lights are also recommended.
 - Make sure the reflectors of your bicycle are correctly positioned. Do not remove the reflector or replace the reflectors with lighted devices that look similar to reflectors.
 - Make yourself more visible to motorists.
 - Wear light-colored or reflective clothing, such as a reflective vest and reflective bands for your arms and legs.
 - · Use reflective tape on your helmet.
 - Do not let anything cover the reflectors.
- Use extra caution in wet weather:
 - · Ride slowly on damp surfaces because the tires will slide more easily.



Parts Assembly List

No.	Description	No.	Description
1	Handlebar Stem	19	Grips (x2)
2	Handlebar	20	Crank & Spindle Set
3	Front Wheel Assembly	21	Crank Bearings
4	Fork	22	Kickstand
5	Wheel Retainer (x2)	23	Chain
6	Axle Nut (x4)	24	Chain guard
7	Front Reflector	25	Head Set Bearing
8	Seat	26	Seat Post Hardware
9	Seat Post	27	Spring Shock
10	Rear Reflector	28	Front Brake
11	Guard Screws (x2)	29	Rear Brake
12	Derailleur Guard	30	Front Derailleur
13	Frame	31	Rear Derailleur
14	Quick Release Lever & Nut	32	Brake Lever - Left (Front Wheel)
15	Pedal (Left & Right Set)	33	Brake Lever - Right (Rear Wheel)
16	Tire (x2)	34	Shift Mechanism, Front
17	Tube (x2)	35	Shift Mechanism, Rear
18	Rear Wheel Assembly	36	Bell (if equipped)
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Introduction

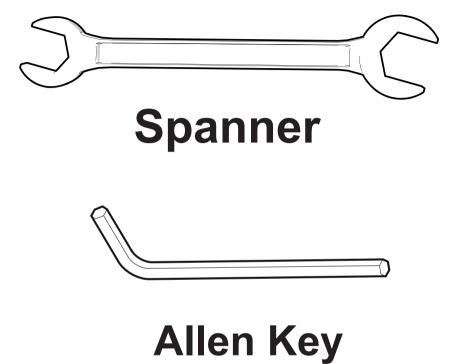
This Owner's Manual is made for several different bicycles:

- Some illustrations may vary slightly from the actual product.
- Follow instructions completely.
- If the bicycle has any parts that are not described in this manual, look for separate "Special Instructions" that are supplied with the bicycle.
- Models may have different accessory items such as bags, baskets, reflectors, cup holders, racks, etc.
- All features, components and accessories are not included on all models.
- Use the Index page to locate specific sections of this manual.
- Please read through this entire manual before beginning assembly or maintenance.
- If you are not confident with assembling this unit, refer to a local bike shop.

WARNING: Keep small parts away from children during assembly.

NOTE: All of the directions (right, left, front, rear, etc.) in this manual are as seen by the rider while seated on the bicycle.

Do not dispose of the carton and packaging until you complete the assembly of the bicycle. This can prevent accidentally discarding parts of the bicycle.



Handlebar and Stem Installation

Assembly

WARNING: To prevent steering system damage and possible loss of control, the "MIN-IN" (minimum insertion) mark (A) on the stem must be below the top of the Locknut (B) (fig 01).

NOTE: Bike will have one of two styles of Stems: Quill and Threadless.

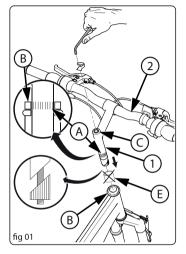
NOTE: Remove plastic Cap (E) from the end of the Stem (1).

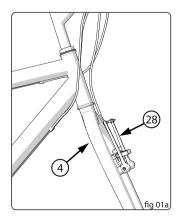
Quill Style Stem:

- 1. Insert the Stem (1) into the fork.
- 2. Point the Stem (1) towards the front of the bike.
- 3. Tighten the Stem Bolt (C) just enough to hold it in position.
- 4. Align the stem (1) with the fork and tighten the stem bolt (C) securely.

WARNING: Do not over tighten the stem bolt. Over tightening the stem bolt can damage the steering system and cause loss of control.

WARNING: The Front Brake (28) must be positioned in FRONT of the Fork (4).





WARNING: To prevent steering system damage and possible loss of control, completely seat Stem (1) onto Fork Tube (E).

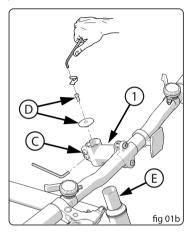
Threadless Style Stem:

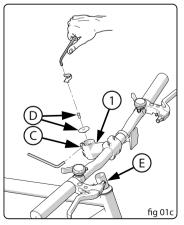
Note: This procedure applies to both the two-bolt Stem and four-bolt Stem (figs 01b and 01c):

- 1. Insert the Stem (1) onto the Fork Tube (E).
- 2. Point the Stem (1) towards the front of the bike and in line with the fork.
- 3. Tighten the stem bolts (C) securely.
- 4. Place Cap into stem and tighten screw securely (D).

WARNING: Do not over tighten the stem bolts (C). Over tightening the stem bolts can damage the steering system and cause loss of control.

WARNING: The Front Brake (28) must be positioned in FRONT of the Fork (4) (fig 01a)



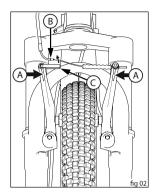


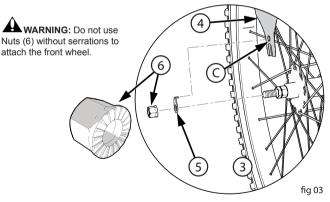
Loosen the Front Brakes:

- 1. Squeeze the two Brake arms together (A).
- 2. Lift out the Brake Cable Guide (B) from the Guide Bracket (C).

Install the Front Wheel:

- 3. Set the Front Wheel (3) into the front fork (4) (**fig 03**).
- Install wheel retainers (5) making sure the tabs are in the Fork Retainer Holes (C).
- 5. Attach the front wheel with the Axle Nuts (6).
- 6. Tighten Axle Nuts to 21 ft-lbs.





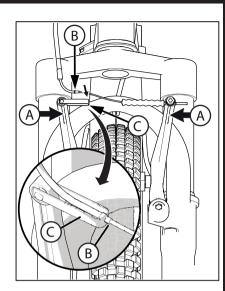
NOTE: Ensure wheel spins freely without contacting fork or fender.

WARNING: Put the wheel in the center of the fork and tighten both nuts to the recommended torque of 21 ft.-lbs.

WARNING: Failure to obey these steps can allow the front wheel to loosen while riding. This can cause injury to the rider or to others.

Re-attach Front Brake Cable:

- 7. Squeeze the two Brake arms together (A).
- 8. Insert the Brake Cable Guide (B) into the cutout in the Guide Bracket (C).
- Make sure the Brake Cable Guide (B) is seated securely in the Guide Bracket (C) cutout.

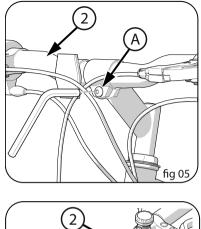


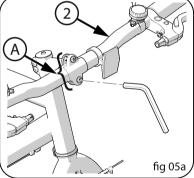
Note: This procedure is for one, two and four bolt Handlebar Stems.

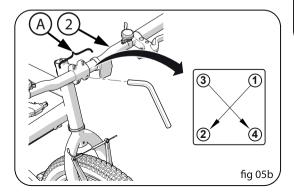
- If necessary, loosen the Handlebar Clamp Screw(s) (A) and rotate Handlebar (2) into a comfortable riding position.
- 2. Tighten Handlebar Clamp Screw(s) (A) securely.

NOTE: Do not over tighten. Torque to 14-17 ft-lbs.

WARNING: If the handlebar clamp in not tight enough, the handlebar can slip in the stem. This can cause damage to the handlebar or stem, and can cause loss of control.







To test the tightness of the stem:

- Straddle the front wheel between your legs.
- Try to turn the front wheel by turning the handlebar.
- If the handlebar and stem turn without turning the front wheel, realign the stem with the wheel and tighten the stem bolt(s) tighter than before (about 1/2 revolution only at a time).
- Do this test again, until the handlebar and stem do not turn without turning the front wheel.



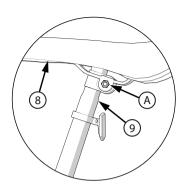
To test the tightness of the handlebar clamp:

 Hold the bicycle stationary and try to move the ends of the handlebar up and down.

Attach Seat to Seat Post:

(pre-assembled on some models)

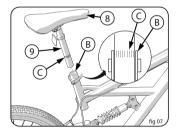
- Loosen nuts on seat clamp (Å) and rotate Seat (8) into riding position.
- Put the seat post (9) fully through the seat clamp (A).
- Tighten the Seat Clamp so the seat stays on the seat post.
- If the Seat Clamp has a nut on each side, tighten both nuts equally.



CAUTION: If you accidentally drop the seat post into the seat tube, it may be difficult to remove it.

 Point the Seat (8) forward and put the Seat Post (9) into the Seat Tube (B) (figs 07, 08).

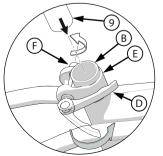
WARNING: To prevent the seat coming loose and possible loss of control, the "MIN-IN" (minimum insertion) mark (C) on the seat post must be below the top of the Seat Tube.



Tighten the quick release lever:

 Move the Quick Release Lever (D) to the "open" position so the word "open" is pointing away from the Seat Post Clamp (E).

NOTE: The words "open" and "close" are on opposite sides of the quick release lever.





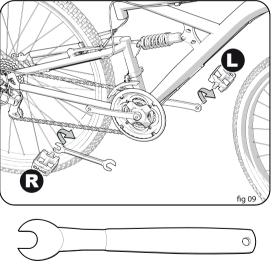
CAUTION: There is a right pedal marked "R" and a left pedal marked "L".

- The pedal marked "R" has right-hand threads. Tighten it in a clockwise direction.
- The pedal marked "L" has left-hand threads. Tighten it in a counterclockwise direction (anti-clockwise).
- Turn the right pedal marked "R" into the right side of the crank arm, and the left pedal marked "L" into the left side of the crank arm.

Tighten the pedals (fig 09):

- Make sure the threads of each pedal are fully into the crank arm.
- Make sure pedals are fully tightened with wrench.

NOTE: The recommended torque (tightness) for each pedal is 30 ft.-lbs.

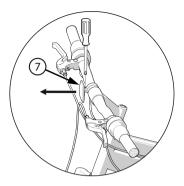


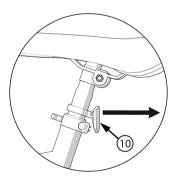
Note: A Pedal Wrench is preferred for attaching Pedals. An open-end wrench can also be used as shown.

WARNING: Ensure pedals are secure in crank arms so they will not loosen. Periodically check tightness.

- 1. Position FRONT Reflector (7) so it points straight forward (**fig 10**).
- 2. Tighten Clamp Screw.

NOTE: Do not over-tighten. This will damage the Clamp.





- 1. Position REAR Reflector (10) so it points straight backward (**fig 11**).
- 2. Tighten Clamp Screw.

NOTE: Do not over-tighten. This will damage the Clamp.

- Inspect the bicycle frequently. Failure to inspect the bicycle and to make repairs
 or adjustments, as necessary, can result in injury to the rider or to others. Make
 sure all parts are correctly assembled and adjusted as written in this manual and
 any "Special Instructions".
- Immediately replace any damaged, missing, or badly worn parts.
- Make sure all fasteners are correctly tightened as written in this manual and any "Special Instructions". Parts that are not tight enough can be lost or operate poorly. Over tightened parts can be damaged. Make sure any replacement fasteners are the correct size and type.



IF YOU NEED ASSISTANCE WITH ASSEMBLY PLEASE CALL OUR CUSTOMER HELPLINE ON 01789 207419