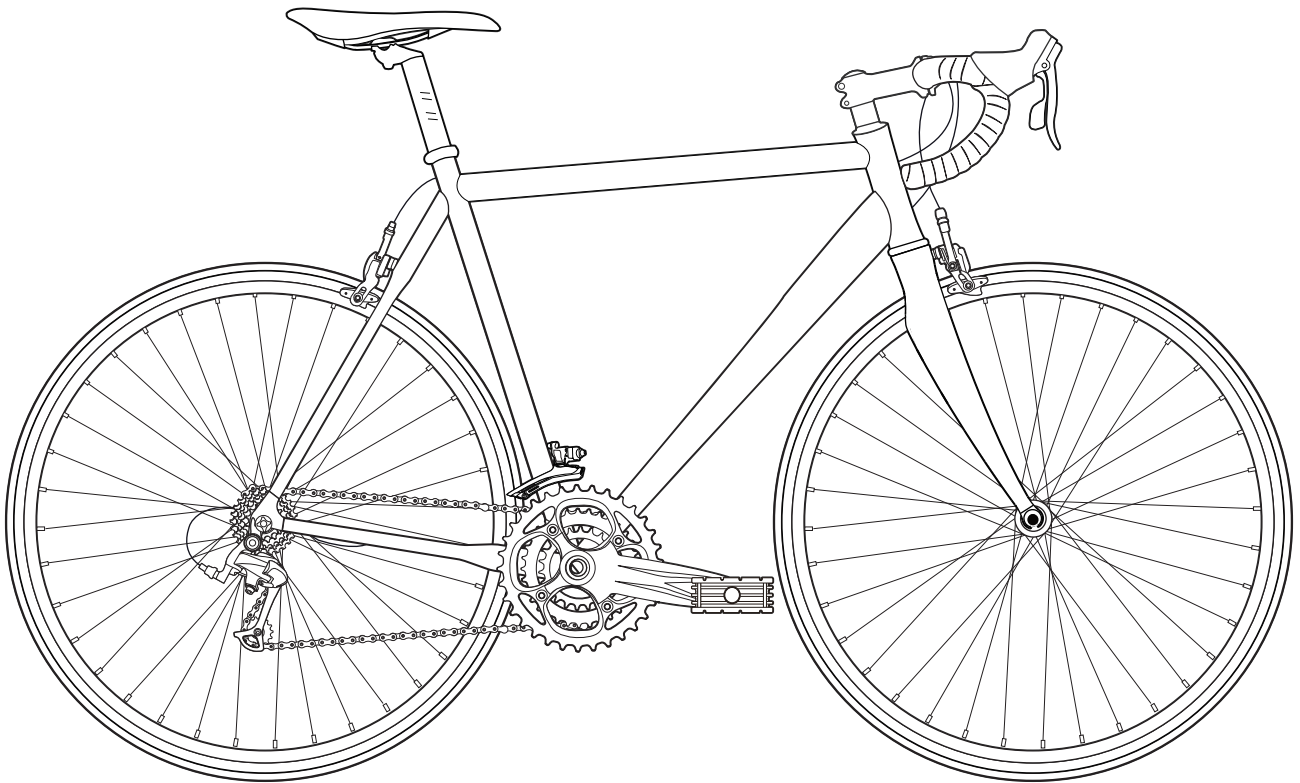


# Racing Bike

Assembly Manual

332/4491



**Important** Please read these instructions fully before starting assembly

These instructions contain important information that will help you get the best from your bike, ensuring safe and correct assembly, use and maintenance.

If you need help or have damaged or missing parts, call the **Customer Helpline on 0845 640 0800**

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## Important – Please read these instructions fully before starting assembly



**WARNING!** This Bike has been designed, assembled and tested in accordance with the BS EN 14781:2005 standard to ensure your safety. To make sure the bike remains safe, it should only be used for recreational use. Under no circumstances should it be used for competitive cycling, stunting, jumping or acrobatic manoeuvres. These types of cycling may result in serious personal injury and damage to the bike.

**WARNING!** Always wear a cycle helmet when riding the bike. The helmet should be the correct size for your head and must conform to the European Standard EN1078:1997.

**WARNING!** When riding in the dark, always make sure that the bike is fitted with suitable reflectors and use a white front light and a red rear light.

**WARNING!** Always take extra care when riding in wet, foggy, windy or icy conditions. The brakes may not be as effective and the braking distances may be increased.

**WARNING!** Always wear suitable cycling clothing when riding the bike. Loose clothing which may get caught in moving parts should be avoided.

**WARNING!** This bike is only suitable for use by riders (including any panniers and/or luggage) with a weight of less than 115 kg (254 lb).

**WARNING!** When assembling the handlebars and stem to the bike frame, make sure the suspension forks are facing in the correct direction. If the suspension forks are assembled correctly, the brakes should be facing forwards. Failure to observe this warning may prevent their correct operation and may lead to personal injury and damage to the bike.

**WARNING!** When assembling the handlebars and stem, make sure it is inserted beyond the minimum insert mark. Failure to observe this warning may lead to a potentially unstable bike and may result in serious personal injury.

**WARNING!** When assembling the seat post, make sure it is inserted beyond the minimum insert mark. Failure to observe this warning may lead to a potentially unstable seat post and may result in serious personal injury.

**WARNING!** The front and rear tyres must be fully inflated before attempting to ride the bike. Under no circumstances should the tyres be inflated above the maximum pressure stated on the side of the tyres.

**WARNING!** Only inflate the front and rear tyres of the bike using a bicycle pump. Do not attempt to use another type of pump to inflate the tyres.

**WARNING!** As with all mechanical components, the bike is subjected to wear and high stresses. Different materials and components may react to wear, stress or fatigue in different ways. If the design life of a component has been exceeded, it may suddenly fail, possibly causing injuries to the rider. Any form of crack, scratches or change of colouring in highly stressed areas indicate that the life of the component has been reached and it should be replaced.

**WARNING!** Ensure only genuine replacement parts are used, especially for safety critical parts.



# Safety Information

Customer Helpline 0845 640 0800

## Important – Please read these instructions fully before starting assembly



**CAUTION!** Only use suitable tools to assemble the bike. The use of unsuitable tools may lead to personal injury and damage to the bike.

**CAUTION!** Always ensure all packaging is removed from the bike before assembly and use. Failure to remove the packaging may prevent the correct operation and may lead to personal injury and damage to the bike.

**CAUTION!** The safety and smooth running of the bike can only be preserved with regular maintenance. Always ensure the bike is maintained in accordance with the supplied maintenance manual.

**CAUTION!** Before attaching the handlebar assembly, make sure all the cables are free to move and are not tangled. Failure to observe this caution may prevent correct operation and may lead to personal injury and damage to the bike.



**IMPORTANT!** Before assembling the bike, check all the parts indicated in the manual are in the box. Inspect the parts for signs of damage. Do not assemble the bike if you observe any damaged components.

**IMPORTANT!** Always take care when removing the packaging to prevent damage to the bike.



**NOTE!** Always recycle the packaging in accordance with local recycling schemes.

**NOTE!** The pedals and crank arms have colour coded stickers to indicate which pedal matches which Crank Arm.

**NOTE!** The threads on the left and right pedals are different. To prevent damage to the threads, only tighten the pedals in the direction indicated on the stickers.

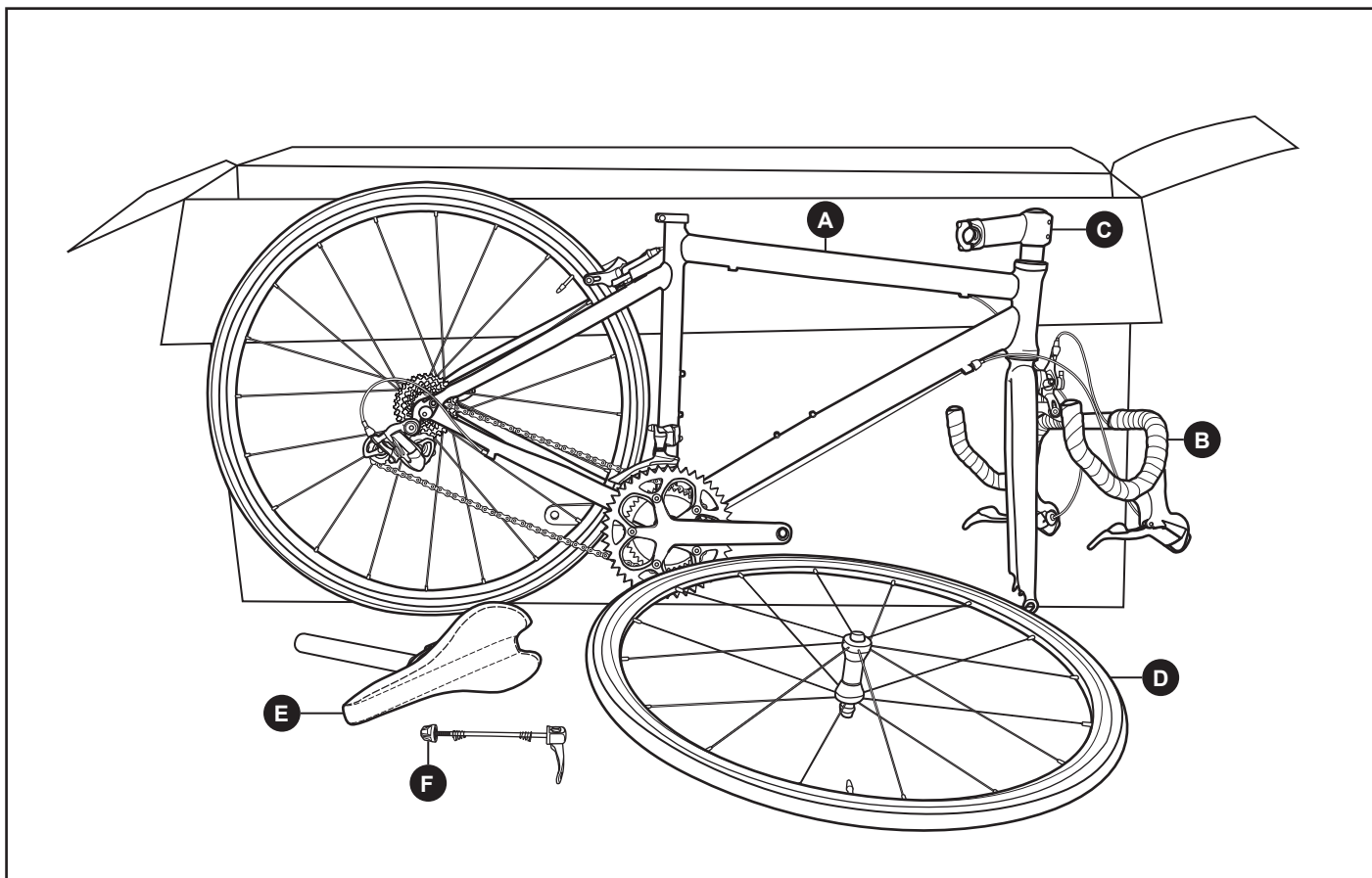
**NOTE!** The tyres may have a 'direction of rotation' arrow embossed on the side of the tyre. When the front wheel is assembled, the arrow should be pointing in the direction that the wheel will rotate.

## Recommended Tightening Information

While assembling the bike, it is recommended that, where possible, a torque wrench is used to tighten nuts and bolts. The table below provides a list of torque settings for the various nuts and bolts.

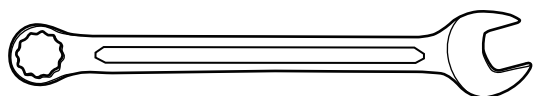
Part	Torque (Nm)
Stem bolt	17 - 19 Nm
Seat post bot	8 - 10 Nm
Saddle clamp nus	16 - 18 Nm
Pedals	40 Nm
Front wheel nuts	22 - 25 Nm
Rear wheel nus	25 - 29 Nm

## Parts

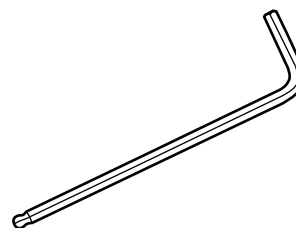


- A** Bike (supplied with rear wheel assembled)
- B** Handlebar
- C** Stem
- D** Front wheel
- E** Seat post and saddle
- F** Front wheel quickly release

## Tools



Wrench

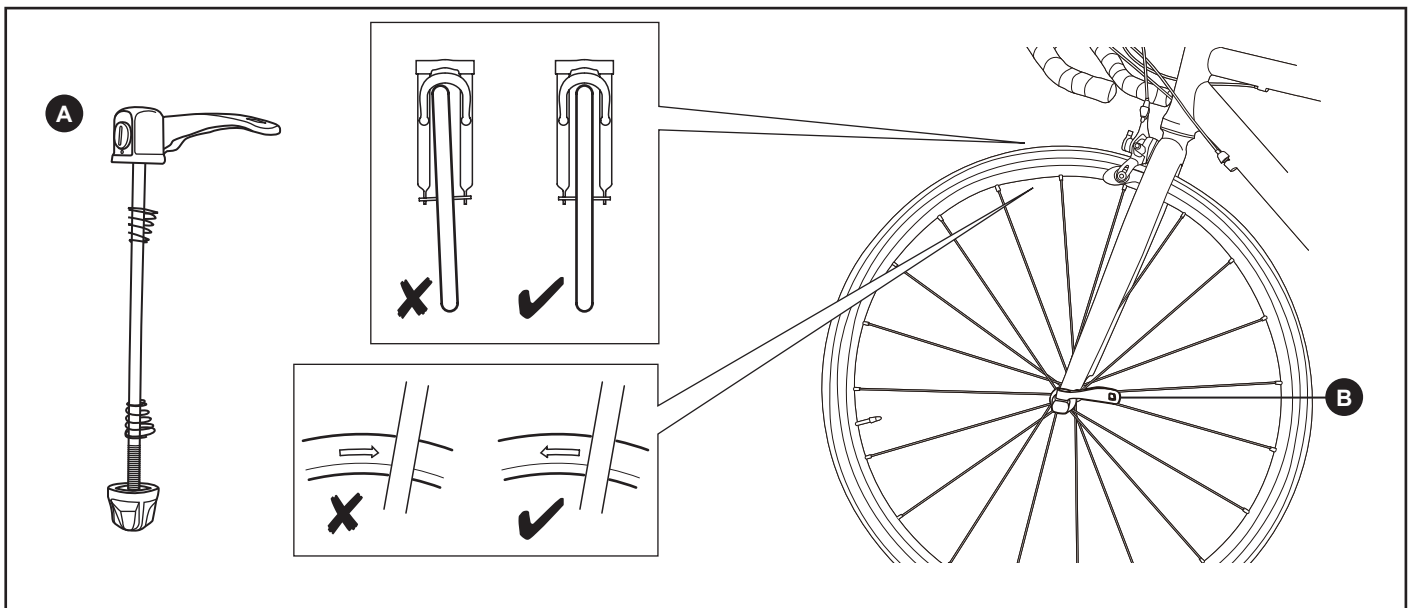


Hexagonal key

# Assembly

Customer Helpline 0845 640 0800

## Step 1 Install Front Wheel



**NOTE!** Please taking out the front wheel quickly release and losing the bolt. Inserting the quickly release pin, and making sure the spring should be on each side. Large diameter should be facing out toward to the bolt and handle, small diameter should be toward to the hub. **A**

Also, please pay attention to the tire tread, and it should rolling forward direction from the top facing front. It might have marking arrow direction on the side wall of tire. We suggest all quickly release handles should be on bicycle's left side.

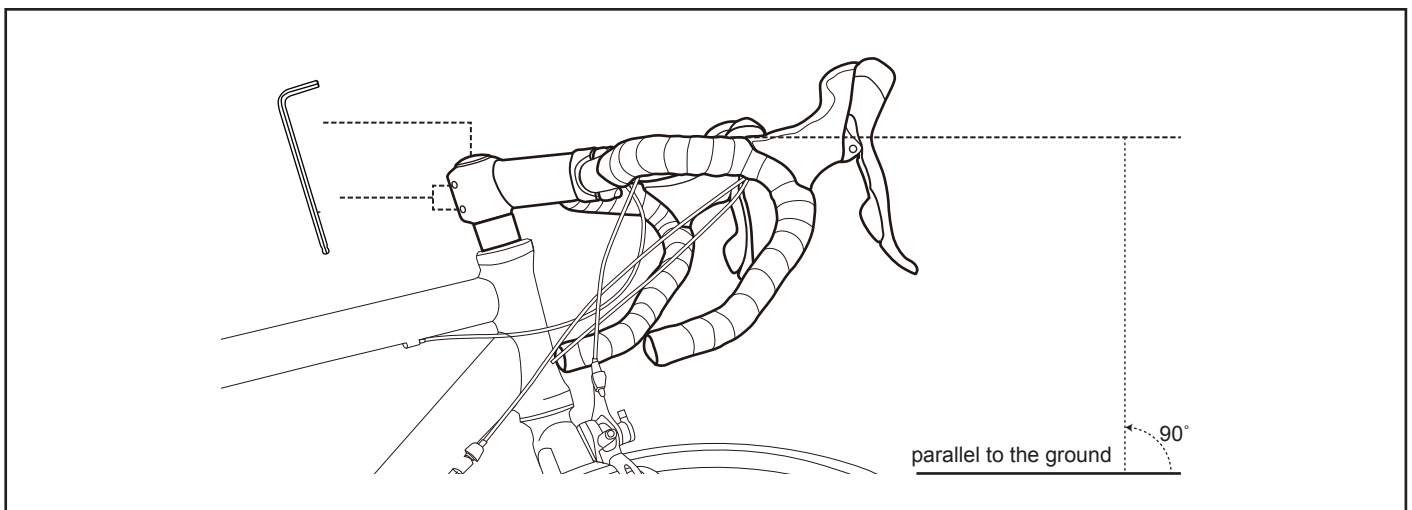


**IMPORTANT!** Putting the front wheel into the fork drop out, and tight up by the quickly release handle. Please kindly make sure do not tighten to tight and also not too lose. Suggest to put the handle facing up or rear. Do not let handle facing forward and it could cause danger. **B**



**CAUTION!** Checking the wheel if rolling is smooth. If not, please double check the quickly release is too tight or the spring is install in wrong direction.

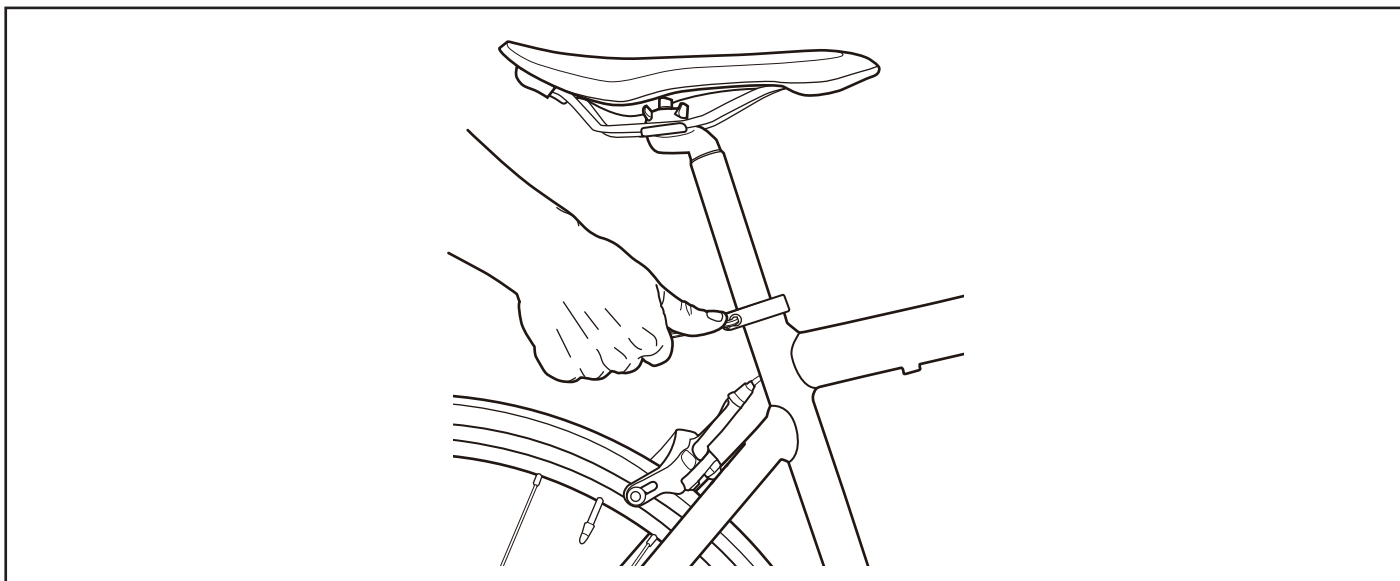
## Step 2 Install the Handlebar Set



## Step 2 Install the Handlebar Set

Please turn stem toward the front direction. Losing the front cap on the stem, and install handlebar into the stem. Please use Allen key to tight up all stem front cap and top cap. Suggest handlebar should be parallel to the ground and right angle with the wheel rolling direction.

## Step 3 Install the Saddle



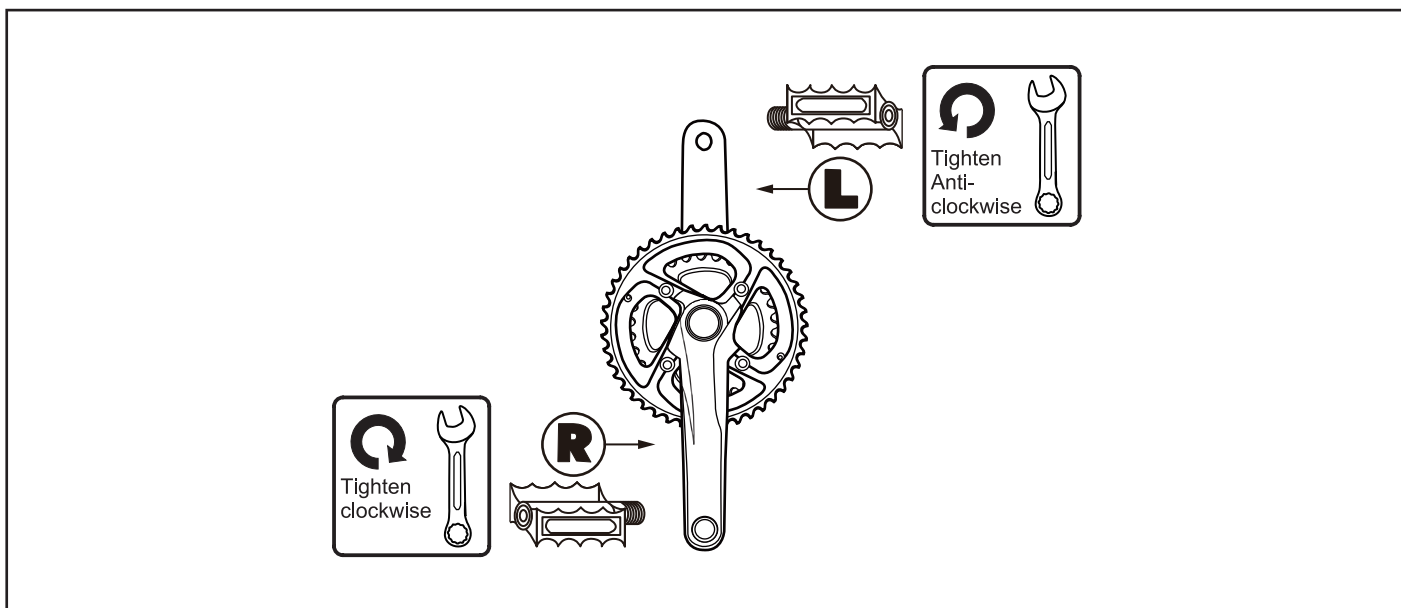
Please make sure the seat clamp lose and nothing hinder inside the seat tube. Please insert seat post into seat tube.



**CAUTION!** Adjust the height to the right position, and also make sure the seat post “Minimum insertion mark” must be under the seat tube and it cannot be over the seat clamp or appearing outside the seat tube. This will cause danger and breakage of seat post if the marking is outside the seat tube.

Please use Allen key tighten up the seat clamp bolts and insure saddle will not move.

## Step 4 Install Pedals



**IMPORTANT!** Please check the pedal with marking R. Sometime it will have small sticker on the pedal, or please check the center of the axle nut will appear R on it. Put the axle into the crank arm center hole, and use hex wrench clockwise tighten up. Using the same method to the left side, but tighten up with counterclockwise direction.



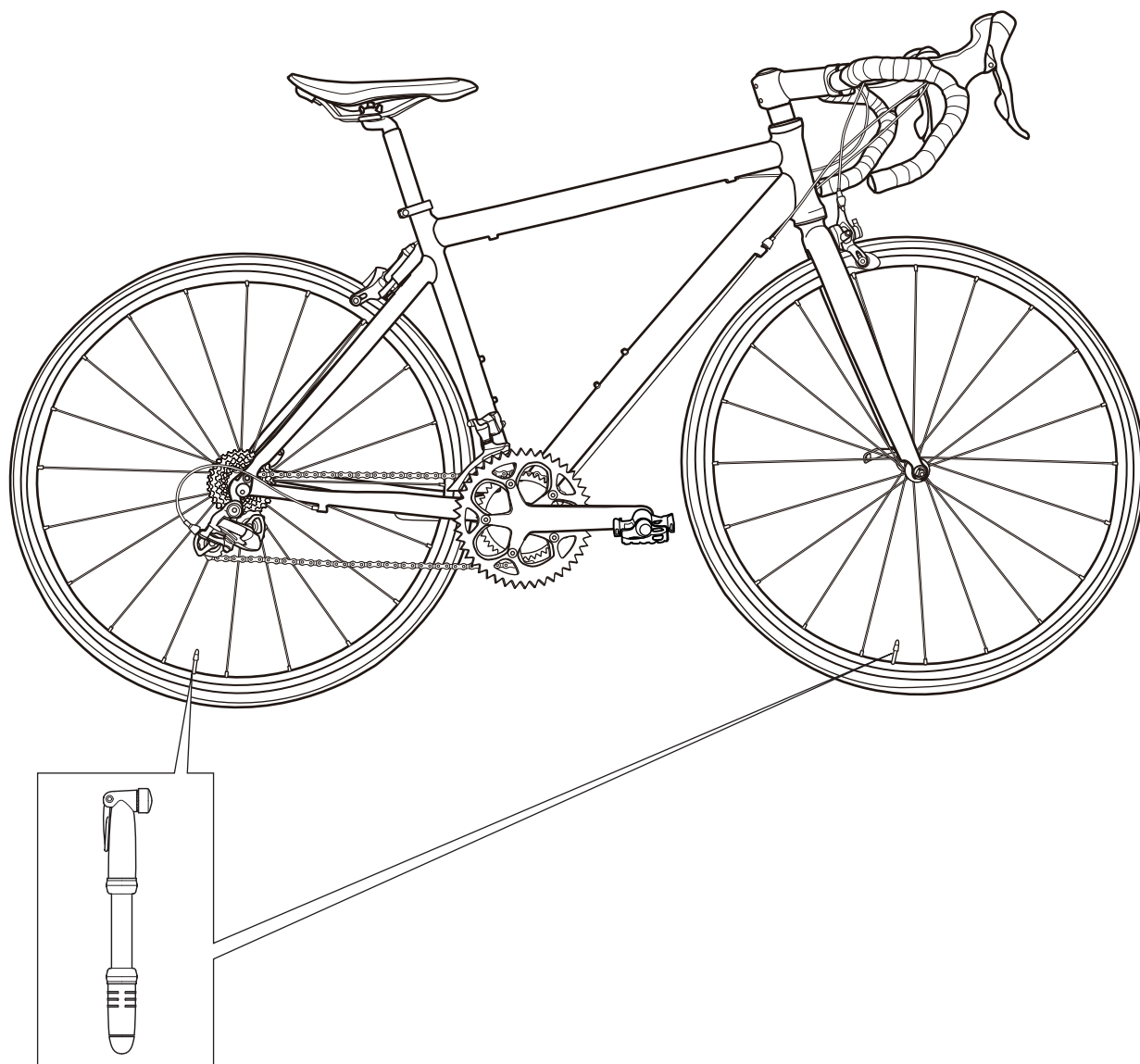
**CAUTION!** Please make sure the thread on axle has correctly insert into the crank arm and it can be able to turn smoothly tight or loss, then continue to tighten up. Otherwise, it could cause damage to the pedal axle thread or the thread on the crank arm center hole.



**NOTE!** This is the description of the Install pedals, the product is not necessarily attached to pedals.



## Step 6 Inflate the Front and Rear Tyres



**WARNING!** The front and rear tyres must be fully inflated before attempting to ride the bike. Under no circumstances should the tyres be inflated above the maximum pressure stated on the side of the tyres.

**WARNING!** Only inflate the front and rear tyres using a bicycle pump. Do not attempt to use another type of pump to inflate the tyres.

Before riding the bike, the front and rear tyres must be fully inflated the pressures indicated on the side of the tyre.

## Before Riding

You should perform the following checks before riding your bike to ensure it is safe to use and operating correctly.

### **1. Is the Saddle Secure?**

While standing next to the bike, try and move the saddle from side to side. If the saddle moves you should retighten the seat post bolt or the saddle clamp bolts.

### **2. Are the Front and Rear Tyres Inflated Correctly?**

Squeeze the sides of the front and rear tyres. If they are soft they will need inflating. Re-inflate to the pressure indicated on the sides of the tyres using an approved bicycle pump.

### **3. Are the Pedals Tight?**

Using the supplied multitool, ensure both the left and right pedals are fully tight. Remember that the threaded shafts of the left and right pedals tighten in different directions.

### **4. Do the Brakes Work?**

Stand next to the bike and apply the front brake and push forwards. If the wheels move, the front brake may not be working correctly. If required, adjust the front brake as described in the Maintenance Manual.

Repeat the above check for the rear brake.

### **5. Do the Handlebars Move?**

Hold the front wheel between your legs and try to move the handlebars. If the handlebars move, the stem bolt may have become loose. Retighten the stem bolt.

### **6. Is the Bike Clean?**

The bike should be cleaned and re-oiled regularly to ensure it operates correctly.

## Using the Brakes

The bike is fitted with front and rear brakes to stop the bike effectively.

The brakes are operated using two brake levers mounted on the handle bars next to the trigger shifters. The left hand brake lever operates the rear brake and the right hand brake lever operates the front brake.

## Riding in Bad Weather



**WARNING!** Always take extra care when riding in wet, foggy, windy or icy conditions. The brakes may not be as effective and the braking distances may be increased.

When riding in bad weather i.e. wet, foggy, windy or icy, always wear bright, reflective clothing which is warm and waterproof.

You should always give other road users clear signals in plenty of time particularly when approaching junctions. Always brake earlier than you would in the dry as the required braking distance will be increased.

Be aware that all types of surface become greasy or slippery in bad weather. Do not turn or brake suddenly.

## Riding in the Dark



**WARNING!** When riding in the dark, always make sure that the bike is fitted with suitable reflectors and a white front light and a red rear light.

It is essential that other road users can clearly see you when riding in the dark. Always wear bright, reflective clothing. Suitable reflectors should be fitted to the front and rear of the bike and if possible the wheels. A white light must be fitted to the front of the bike and a red light at the rear.

Before starting any journey in the dark or even twilight, ensure the lights are working correctly and are turned on.

Clean lights and reflectors regularly and make sure they can be seen from a distance.

## Riding Using Personal Music Players

It is recommended that personal music players are not used while riding a bike. These devices prevent you from hearing approaching vehicles and may prove to be a distraction.

## Using Child Seats

If a child seat is fitted to the bike, make sure the child remains calm at all times. Take time to check that the child's arms, feet and clothing cannot be trapped in moving parts such as the wheels and gears.

The child seat must be installed and used in accordance with the Manufacturer's information.