

# CYCLES UK

## Please Read this before you do anything else

Thank you for buying your bike from Cycles UK. In order that you get the best out of your new purchase we ask that you follow the instructions below.

### Damage

Bikes can occasionally get damaged in transit so please take a few moments to check over your new bike. If you spot anything you need to email us at [info@cyclesuk.com](mailto:info@cyclesuk.com) within 72 hours of receipt describing the problem. It is also a great help if you can email us a few digital photos of any damage to the bike and/or box.

### Set Up

Your bike has been sent to you in a condition which we call 90% built. This means that your bike has been built up and checked over by a mechanic but in order to get it in the box we have to make a few adjustments. Before you ride your bike you will need to do a few basic things.

- 1) **Handlebars** – In order to get your bike in it's box we have turned the handlebars to one side. (We also sometimes turn them upside down). You will need to straighten and tighten the bars and also make sure your cables are correctly routed before riding your bike.

There are two types of stems and instructions for both are below, see the image next to the instructions to determine which type you have.



Quill Type

- Stand in front of your bike with the wheel between your legs.
- Adjust the handlebars so that they are 90° to the bike.
- You can also adjust the height of the stem slightly. (**When doing this make sure the minimum insertion mark is NOT visible**).
- Locate the bolt on top on the stem and tighten (*this may be hidden under a plastic bung which would need to be removed*).



Ahead Type

- Stand in front of your bike with the wheel between your legs.
- Adjust the handlebars so that they are 90° to the bike.
- If there is movement in the headset locate the bolt on the top of the stem and tighten only enough to take the slack out of the headset. (**Do not over tighten as this will cause damage to your headset**)
- Locate the two bolts on the side of the stem and tighten.

Once you have followed the instructions, grab the handlebars and turn them left and then right. When you turn the bars the wheel should move as well. If it doesn't then the stem isn't tight enough.

At this point you should also check the bolts on the front of the stem (*the ones which clamp the handlebar*) to make sure they are tight and that the bar doesn't rotate vertically.

- 2) **Pedals** – You need to be very careful with this next step. It is very easy to damage the threads on your cranks and pedals.

Your pedals are left and right specific. This is normally indicated by an L or an R located somewhere on the pedal. (Imagine you are sitting on the bike. The left pedal is for your left foot the right for your right).

*The left hand pedal needs to be screwed in **anti-clockwise**.*  
*The right hand pedal needs to be screwed in **clockwise**.*

Once you have identified the correct pedal you need to gently screw it into the crank arm (you might want to put a little bit of grease on the threads first). Be careful at this stage, you should not need to use a spanner or any other tools until the pedal thread is fully into the crank arm. Once the pedal is as tight as you can get it by hand you need to make sure it is properly tight with a spanner or allen key.

- 3) **Final checks** – There are a few other basic checks you should also make before you ride your bike for the first time.
- i) **Tyre pressure** – check your tyres are properly inflated. There is usually a guideline pressure written on the side of the tyre.
  - ii) **Brakes** – Make sure they work before you get on the bike!
  - iii) **Gears** – Pick up the bike so that the back wheel is off the ground. Now pedal the bike and flip it through it's gears. Make sure the gear changes are smooth and that the chain does not skip off at the top or bottom of it's range.
  - iv) **Wheels** – make sure they are on tight.
  - v) **Suspension** – If your bike has suspension make sure it is properly adjusted to your weight and riding style. You should find instructions included with your bike.
  - vi) **Read the manual** – this will give you more specific information on your bike

**If you do not feel competent to do any of the steps or checks above please take your bike to an Association of Cycle Traders Cytech approved mechanic and have them give your bike a quick once over.**

**It is important to remember that things will work loose on your bike, especially in the first few rides. It is therefore very important to check you bike at regular intervals to make sure all nuts and bolts are tight. It is a good idea to get your bike professionally serviced after about 4-6 weeks and then every 3-6 months thereafter.**

**If any faults develop with your bike or you are unsure of anything stop riding the bike and contact us as soon as possible.**

**Above all Enjoy your bike!**