

MTB Quick Set-up Guide

This "Set-up" guide is only to be used in conjunction with the full bike manual supplied with your bike. Failure to follow the instructions contained within the bike manual may lead to injury. For additional information on setting up brakes, gear and checking that your new bike is suitable for riding, please visit: www.elswickbikes.co.uk to view our online video tutorial.

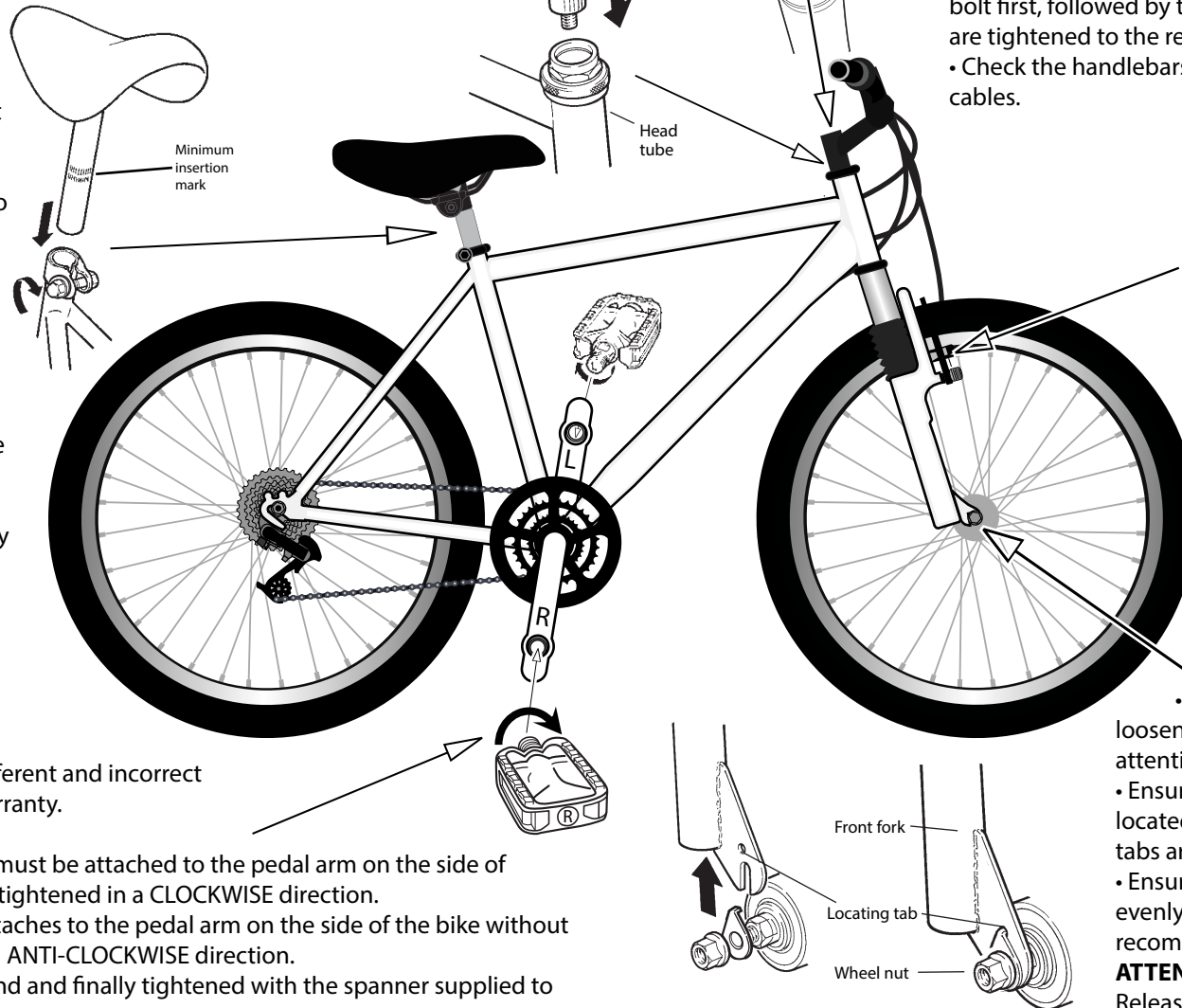
Attaching the Saddle

- Remove the saddle and saddle post from the accessory box.
- Insert the saddle post into the seat tube of the bike ensuring insertion to at least the minimum insertion mark on the seat post and tighten to the recommended torque setting.
- Fit the saddle to the top of the saddle post, ensuring it is parallel to the ground and positioned centrally in the rails.
- Tighten the nuts on each side of the saddle clamp equally to avoid obtrusions.
- Check that there is no movement by firmly rotating side-to-side, and up-and-down.

Attaching the Pedals

IMPORTANT: Each pedal is different and incorrect fitment will invalidate your warranty.

- The pedal marked "R" (Right) must be attached to the pedal arm on the side of the bike with the chain. This is tightened in a **CLOCKWISE** direction.
- The pedal marked "L" (Left) attaches to the pedal arm on the side of the bike without the chain. This is tightened in a **ANTI-CLOCKWISE** direction.
- Pedals should be fitted by hand and finally tightened with the spanner supplied to avoid cross-threading.



Inserting the Handlebars

- Remove the plastic cap from the end of the handlebar stem. Discard.
- Use the Allen key supplied to slacken the handlebar stem bolt.
 - Ensure the forks face forward (check rim brakes are at the front, or disc brake on opposite side to the chain).
- Insert the handlebar to at least the depth of the minimum insertion mark.
- Straighten the handlebars before tightening stem bolt (fig 1)
- If your bike is fitted with an "A-head" stem, fully tighten the stem bolt first, followed by the horizontal clamp bolts, ensuring they are tightened to the recommended torque (fig 2).
- Check the handlebars rotate freely without interruption from the cables.

Detaching and Re-attaching the Front Brakes

- If rim brakes are fitted, these must be disconnected to allow the wheel to be fitted.
- Squeeze the top of the brake calliper arms together.
- Remove the curved pipe from one side of the calliper to release the cable.
- To re-attach once the wheel has been fitted, simply re-attach as above.

Attaching the Front Wheel

- After removing the plastic fork protector, loosen the axle nuts and slot into the fork, paying attention to any rotational marking on the tyre.
 - Ensure that the wheelnut and safety washer are located on the outside of the fork and the washer tabs are located in the safety hole.
 - Ensure the wheel is centred in the fork and evenly tighten both wheel nuts firmly to the recommended torque.
- ATTENTION!** If your bike is fitted with a Quick Release Hub then please refer to the instruction manual for details relating to safe and proper installation to avoid injury.