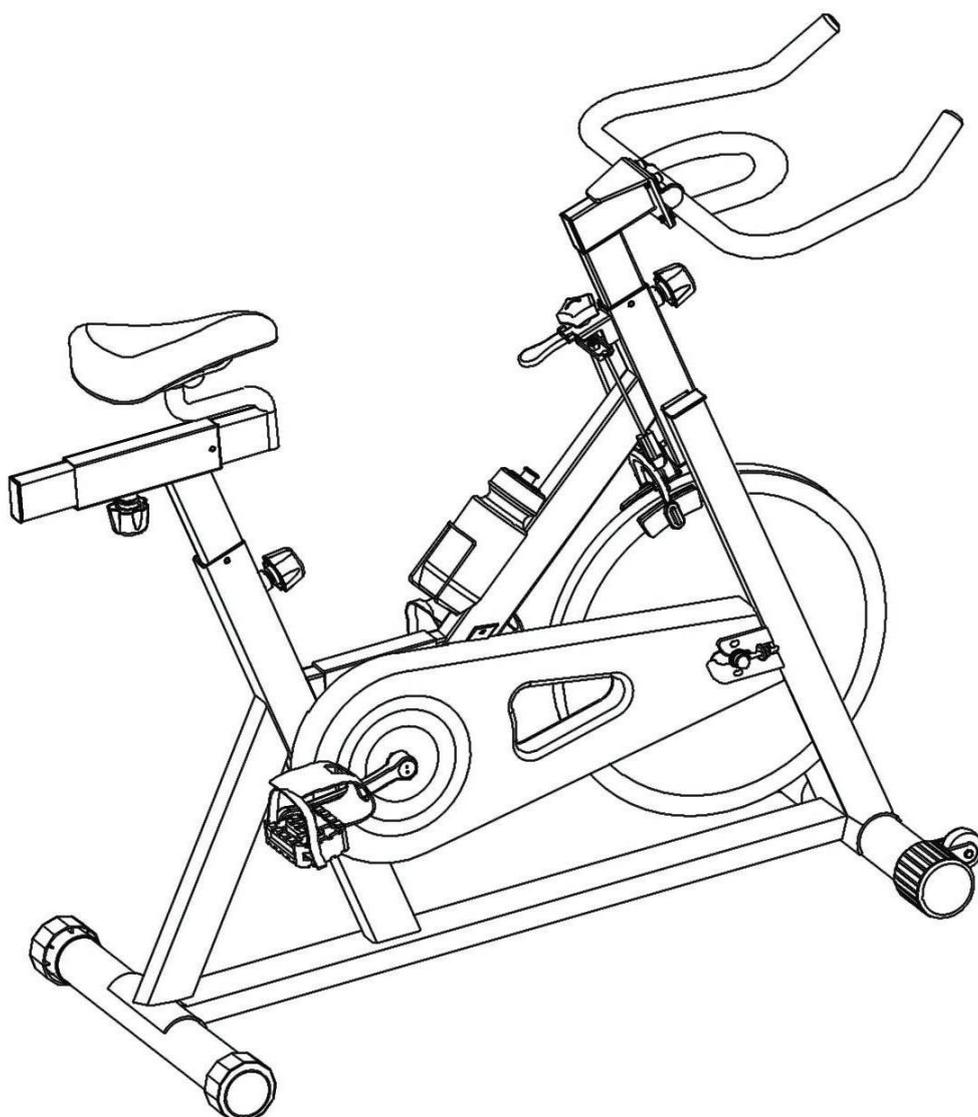


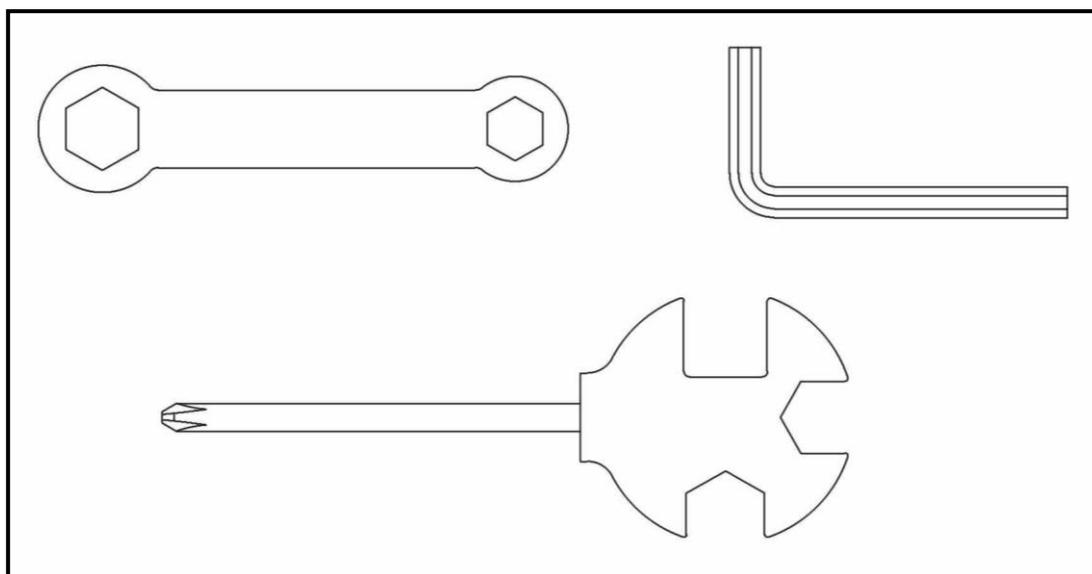
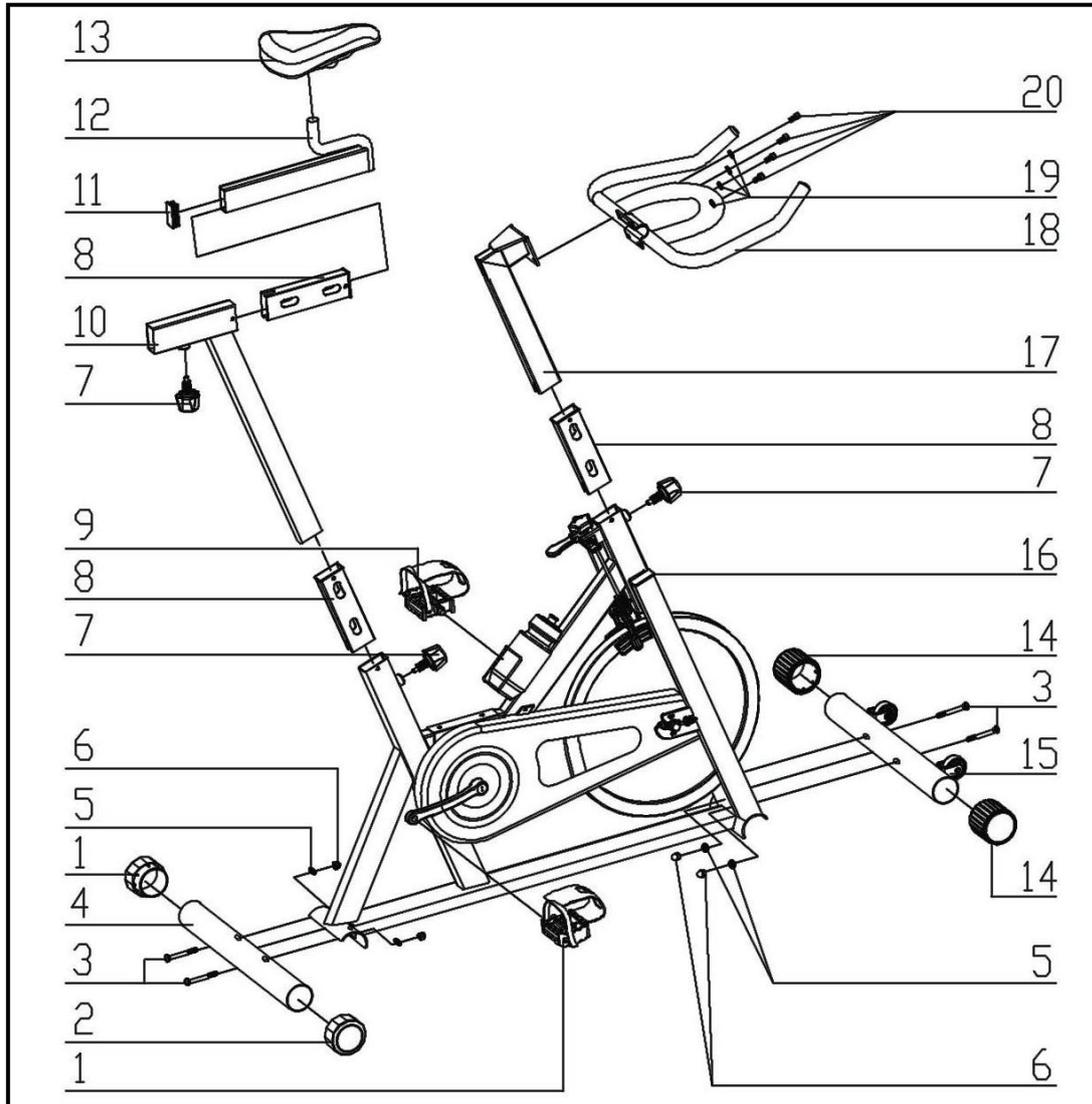


**Assembly- and user's manual for
Abilica Spin**

Art. No: 555 046



COMPLETE PARTS-DRAWING



COMPLETE PARTS LIST

NO	NAME	QUANTITY	REMARK
1	RIGHT PEDAL (R)	1	
2	END CAP 1	2	
3	CARRIAGE BOLT (M8*70)	4	
4	REAR STABILIZER	1	
5	CURVED WASHER (Ø 8)	4	
6	DOMED NUT	4	
7	SPRING ADJUSTMENT KNOB	3	
8	INSERT PLASTIC	3	
9	LEFT PEDAL (L)	1	
10	VERTICAL SEAT POST	1	
11	END CAP 2	1	
12	SEAT POST	1	
13	SEAT	1	
14	END CAP 3	2	
15	FRONT STABILIZER	1	
16	MAIN FRAME	1	
17	HANDLEBAR POST	1	
18	HANDLE BAR	1	
19	SPRING WASHER	4	
20	BOLT (M8*15)	4	

ASSEMBLY

FIG.1

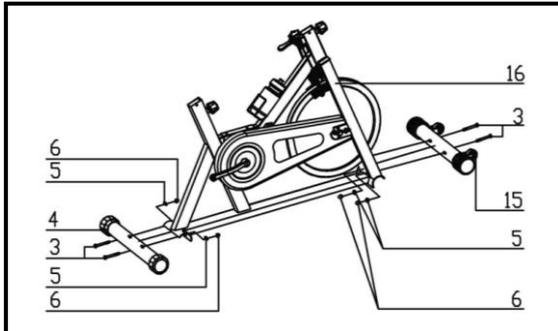


FIG.1:

Remove the bolts and nut from the bottom tube, then attach the Front Stabilizer (pt.15) to the Main Frame (pt.16) using two sets of Ø8 Curved Washers (pt.5), M8 Domed Nut (pt.6) and M8*70 Carriage bolt (3).

Attach the Rear Stabilizer (pt.4) to the Main Frame (pt.16) using two sets of Ø8 Curved Washers (pt.5), M8 Domed Nut (pt.6) and M8*70 Carriage bolt (3).

FIG.2

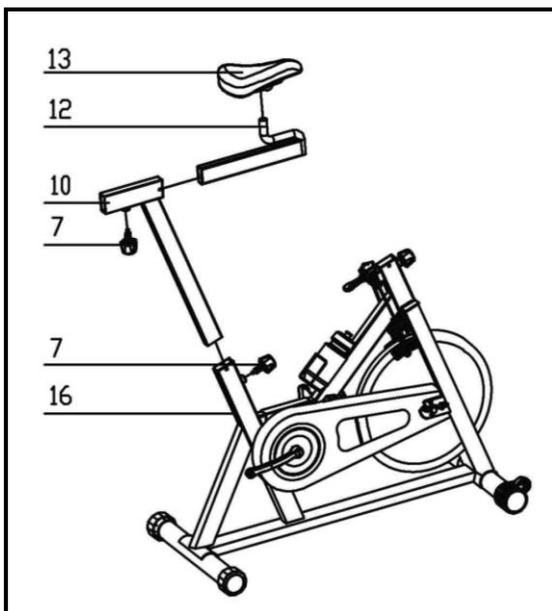


FIG.2:

Slide the Vertical Seat Post (pt.10) into the seat post housing on the main frame (pt.16). Then slide the Seat Post (pt.12) into the Vertical Seat Post (pt.10). You will have to slacken the knurled section of the Spring Adjustment Knob (pt.7) and pull the knob back and then select and align holes for the desired height. Release the knob and retighten the knurled portion.

Now fix the Seat (pt.13) to the Vertical Seat Post (pt.12) as shown, and tighten the bolts around the screws under the seat.

FIG.3

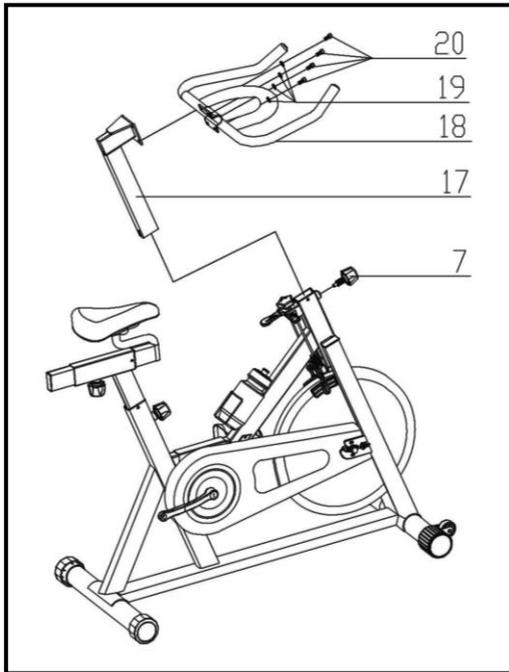


FIG.3:

Slide the Handlebar Post (pt.17) into the handlebar post housing on the main frame. You will have to slacken the knurled section of the Spring Adjustment Knob (pt.7) and pull the knob back and then select and align holes for the desired height. Release the knob and retighten the knurled portion.

Then fix the Handlebar (pt.18) with four sets of Ø8 the Spring Washer (pt.19) and M8*15 the Bolt (pt.20).

FIG.4

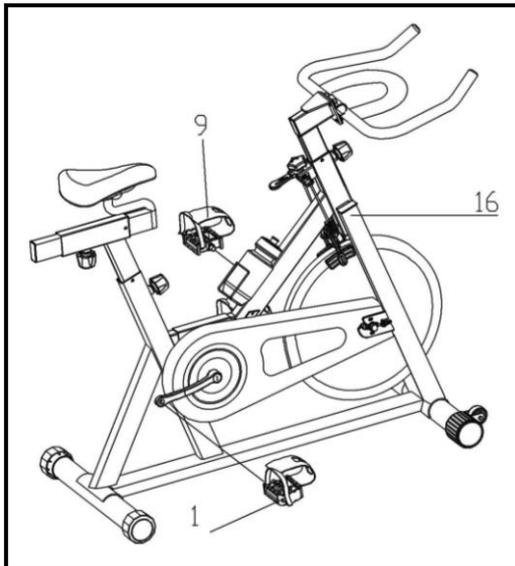


FIG.4:

The Pedals (pt.9 L & pt.1 R) are marked "L" and "R" - Left and Right. Connect them to their appropriate crank arms. The right crank arm is on the right- hand side of the cycle as you sit on it.

Note that the Right pedal should be threaded on clockwise and the Left pedal anticlockwise.

ADJUSTMENT

- To adjust seat height, slacken the tension knob on the vertical seat post, and pull the knob out. Adjust the seat to desired height and make sure the holes align. Release the knob and retighten it.
- To move the seat forward in the direction of the handlebar or backwards away from it, loosen the adjusting knob and washer and pull the knob back. Slide horizontal seat post into desired position. Align holes and then retighten the adjusting knob.
- To adjust the handlebar height, slacken the spring knob and secondary Knob and pull both knobs back. Slide the handlebar post along the housing on the main frame to the desired height and, with the holes aligned correctly, tighten the spring adjusting knob and then the secondary knob.
- The tension control knob allows you to alter the resistance of the pedals. A high resistance makes it more difficult to pedal, and is achieved by turning the tension knob clockwise. A low resistance makes it easier to pedal, and is achieved by turning the tension knob counterclockwise.

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