

# STÅLHÄSTEN



EST. 2010



# FIRST AND FOREMOST

Here are some simple, but oh so important things to consider before you get on your bike for the first time.

Some of our bikes come with saddles made out of leather and can cause stains when wet. A damp saddle can also more easily lose its shape, if it is subjected to pressure. When it rains, it is therefore advisable to cover the saddle, so that it stays in good condition and you don't risk staining your trousers.

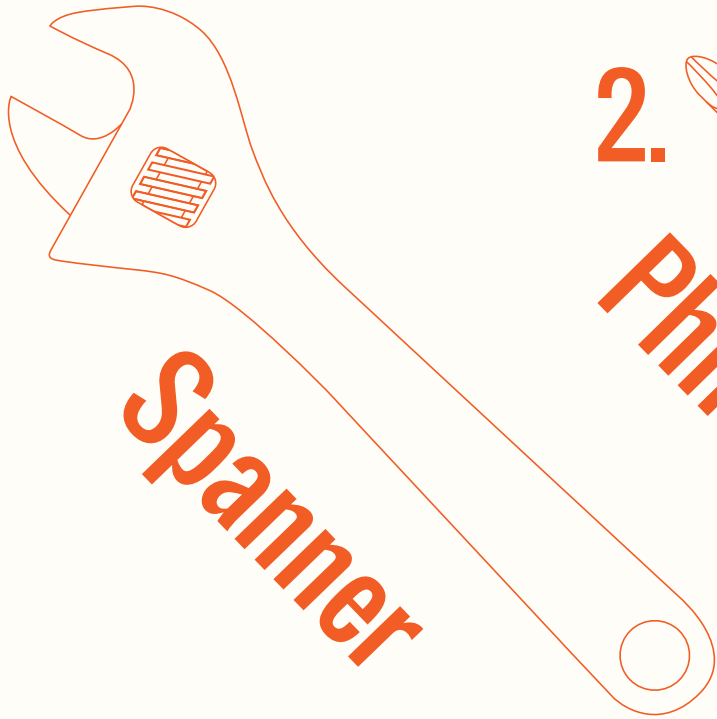
Please, double check that the chain and/or pedals don't scrape against the chain cover.  
If this happens, simply adjust the cover by hand.

Attach the pedals with care. If they are fixed on the wrong side, the entire crank arm may need to be replaced.  
As long as you follow the instructions in the manual, it should be a doddle!

**Finally - Thank you for choosing Stålhästen**

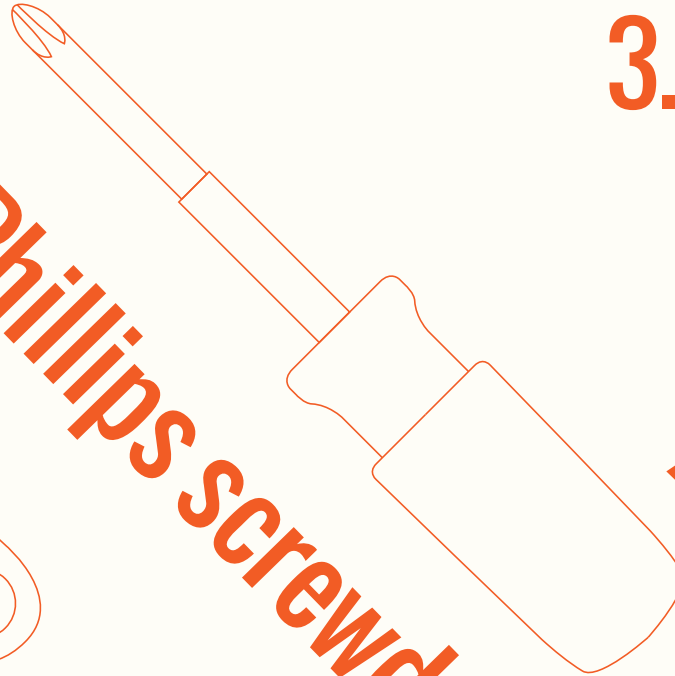
# TOOLS

1.



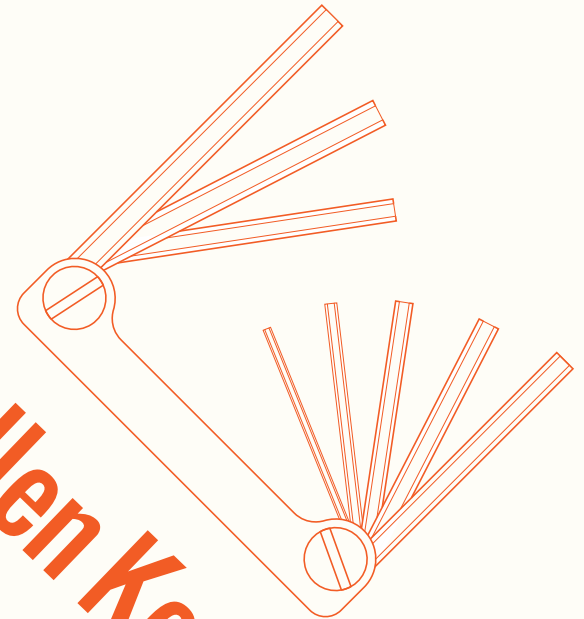
**Spanner**

2.



**Phillips screwdriver**

3.



**Allen Key**

# IN YOUR BOX

In the big box you find the bicycle. In the inner small box, there is a set of: pedals, reflectors, a saddle with seat post, plastic cover and a bell.

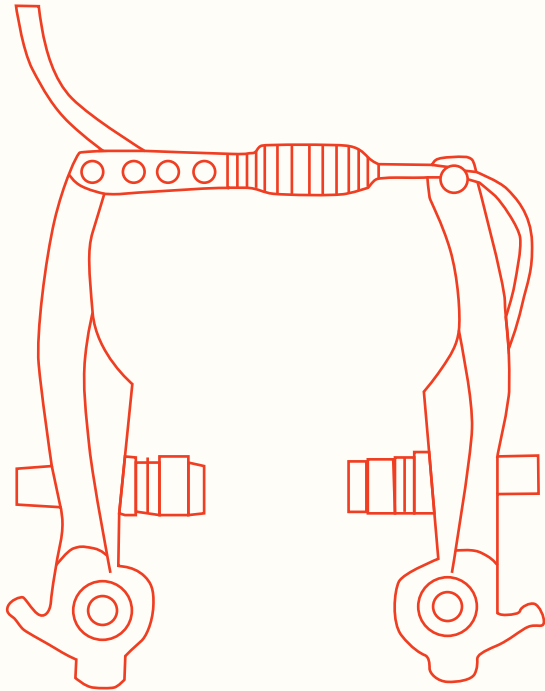


# REMOVE ALL PACKAGING MATERIAL

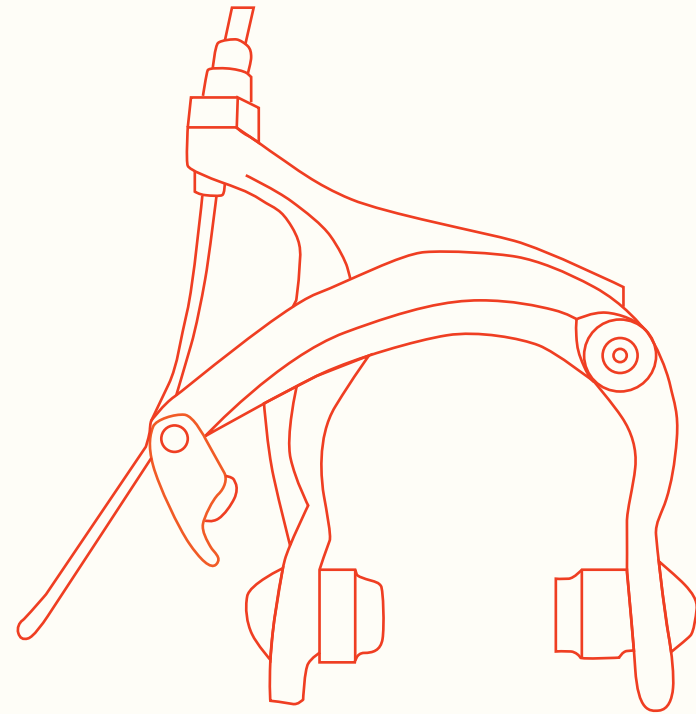
Carefully remove all the packaging material.

**NOTE:** Do not use a knife or a screwdriver to remove cable tie, you may hurt yourself or damage the bike.

# IDENTIFY TYPE OF BRAKE



**V-brake**

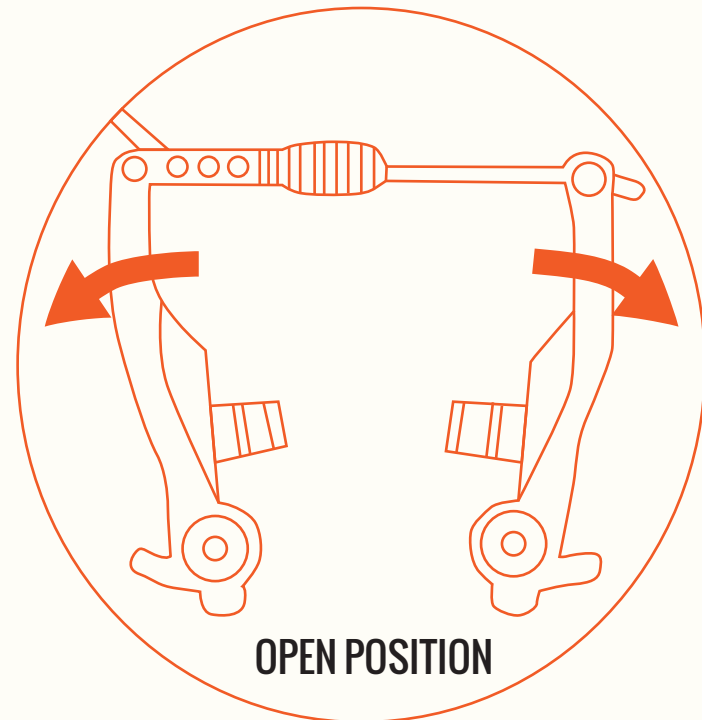
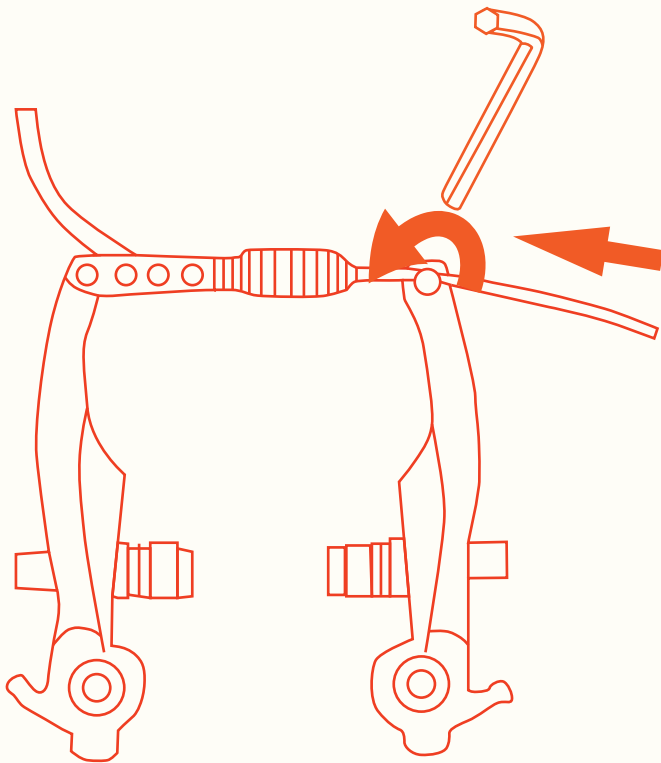


**Caliper-brake**

# OPEN THE BRAKE

**If equipped with V-brake:**

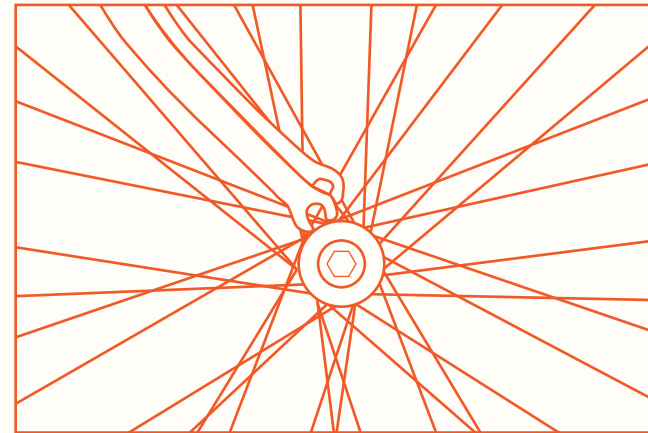
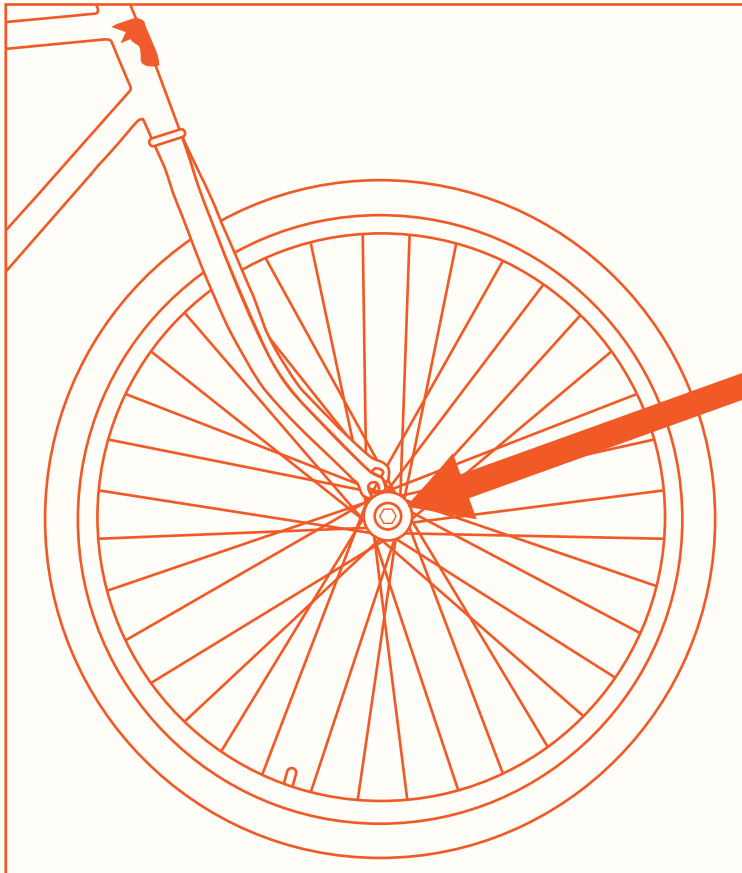
If not already loose, loosen the anchor bolt and the brake cable will slide in, opening the brake.  
Insert the tire.





# FRONT WHEEL

Start by attaching the front wheel. First, make sure the washer is in the right place. Thereafter fasten the nuts alternating between both sides, to make sure the wheel will be properly aligned.  
Torque: 30-42 Nm



⊙ washer

⬡ nut

# FRONT FENDER TOP

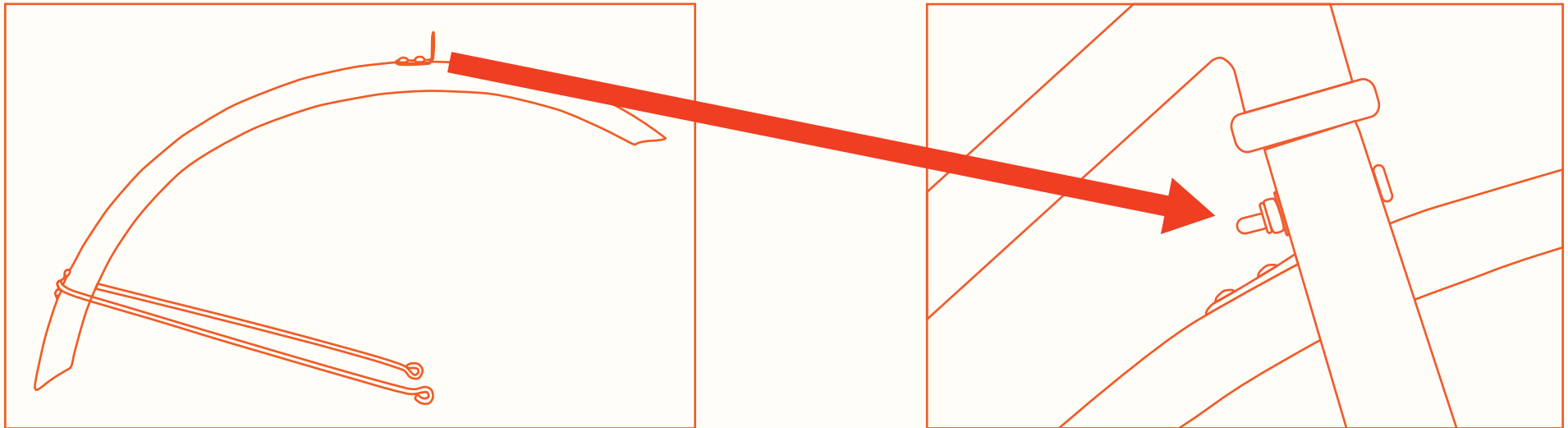
**Without caliper brake:** Now, keep up!

The long screw for the front fender should be inserted in the following order:

1) The reflector holder 2) The fork 3) The loop on the fender 4) The washer 5)...and then attach the nut.

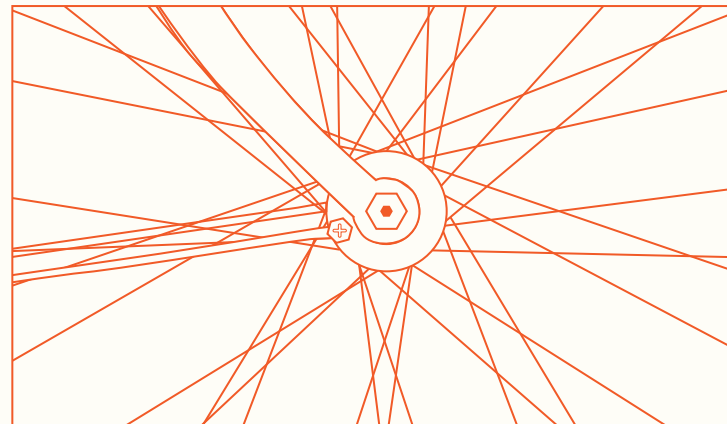
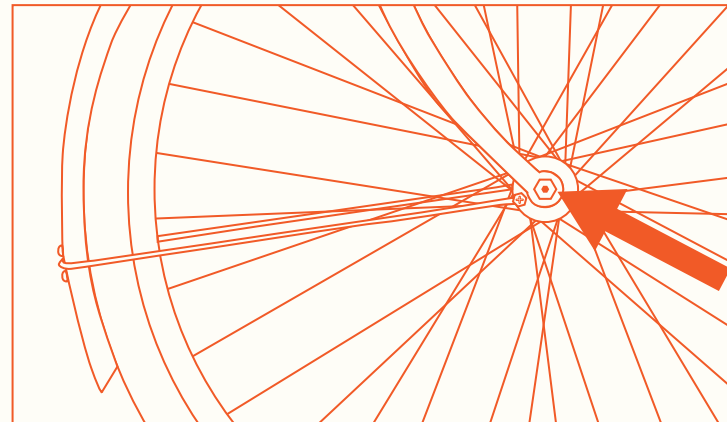
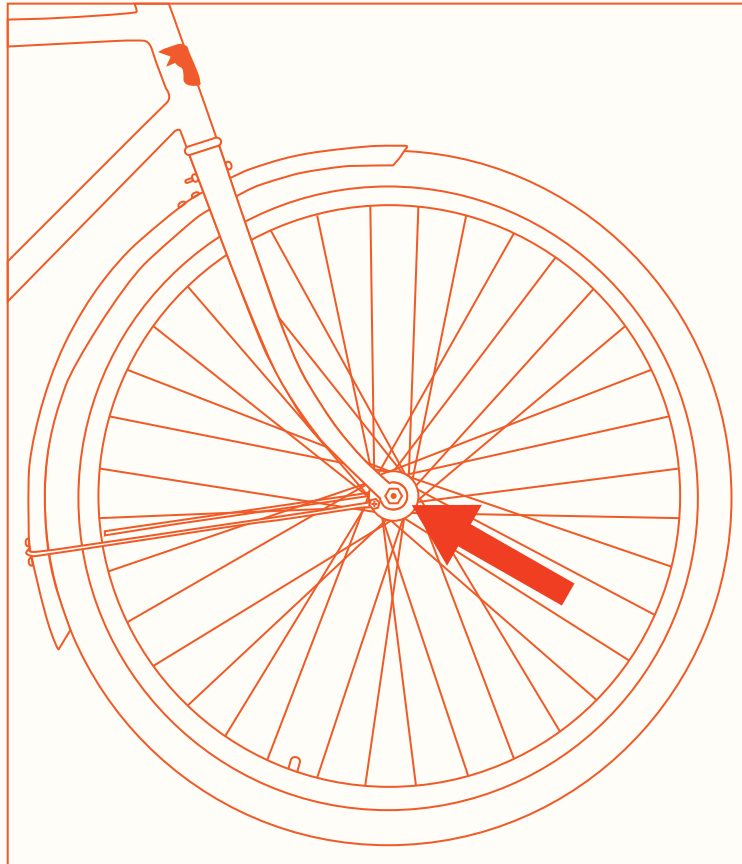
**With caliper brake:** Now, keep up!

1) Untighten the nut on the screw that goes through the front fork 2) Put the fender onto the screw 3) Reattach the nut 4) Make sure the brake is centered.



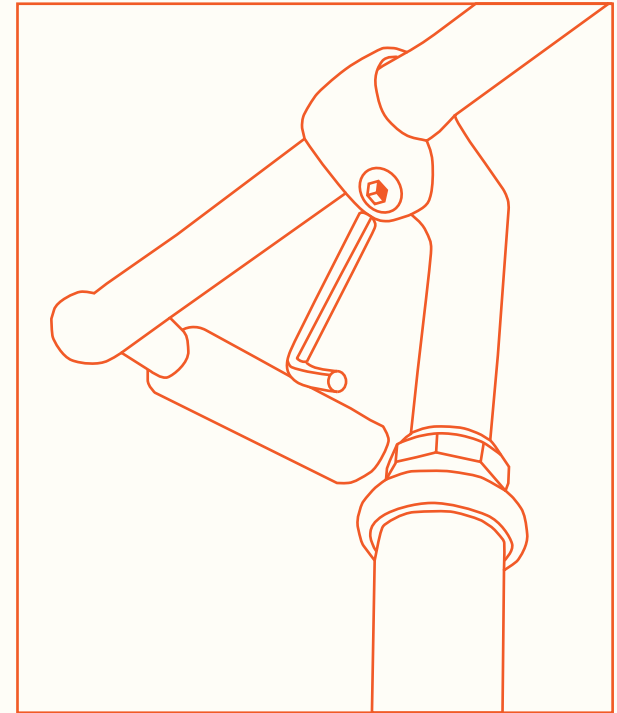
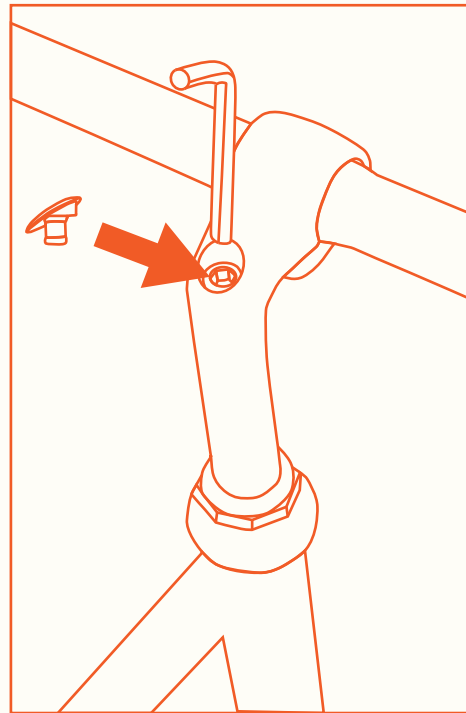
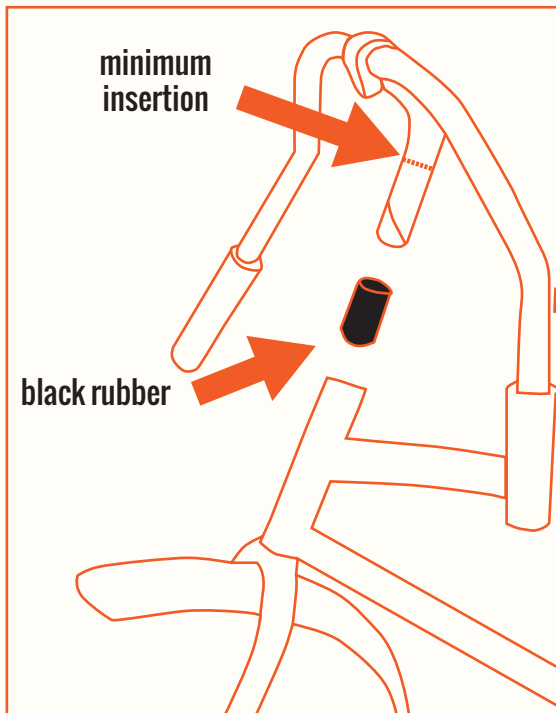
# FRONT FENDER LOWER

**You know the nuts holding the front wheel? Behind them is a pair of screws.  
This is where to attach the lower fender. Torque: 2.5-4 Nm**

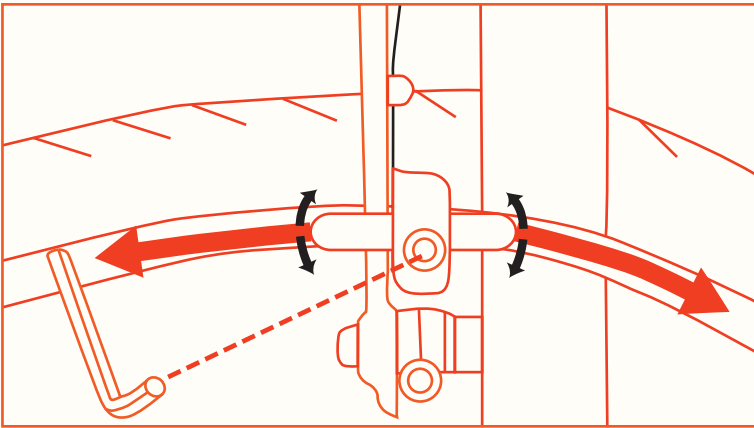


# THE HANDLEBAR

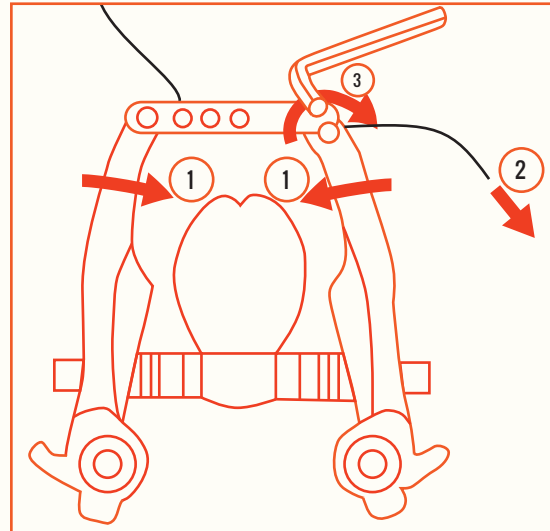
Please, remove the black rubber protection on the lower surface of the handlebars and insert them into the frame and adjust to desired height. Firmly fix the bolt at the top of the handlebars with an Allen key. Thereafter, centre the handlebars at the footing and adjust to the preferred angle.  
Torque: 17-22 Nm



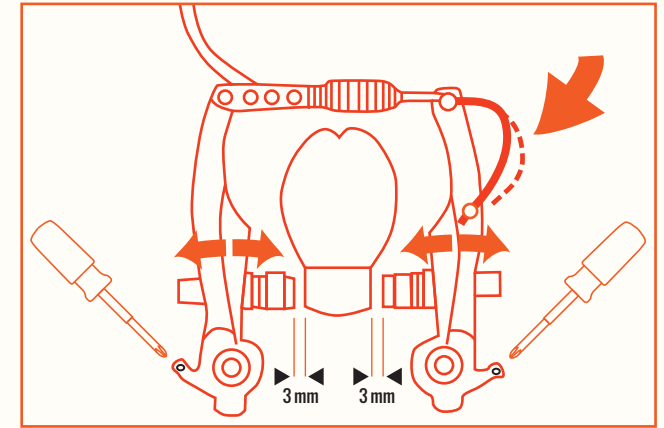
# ADJUST V-BRAKE



Align brake pads parallel to wheel rim by pressing them inward.  
Tighten brake pad in the correct position.

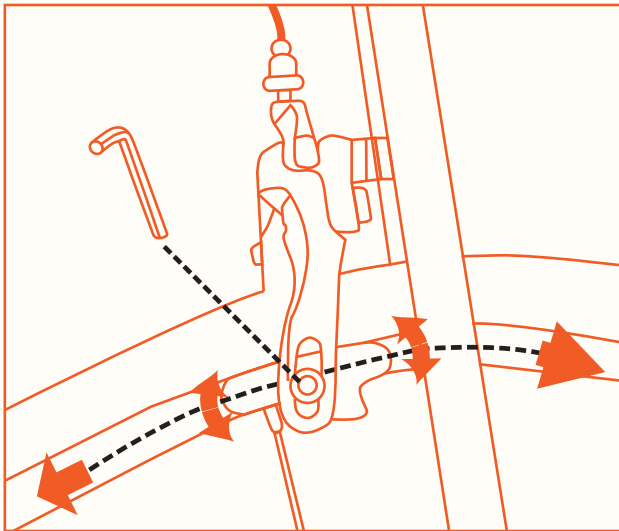


1. Squeeze calipers together  
2. Pull and fix the brake cable with about 3 mm distance between rim and brake pad. Test brake by squeezing brake lever hard 3 times. Repeat above if necessary.  
3. Tighten the brake cable.

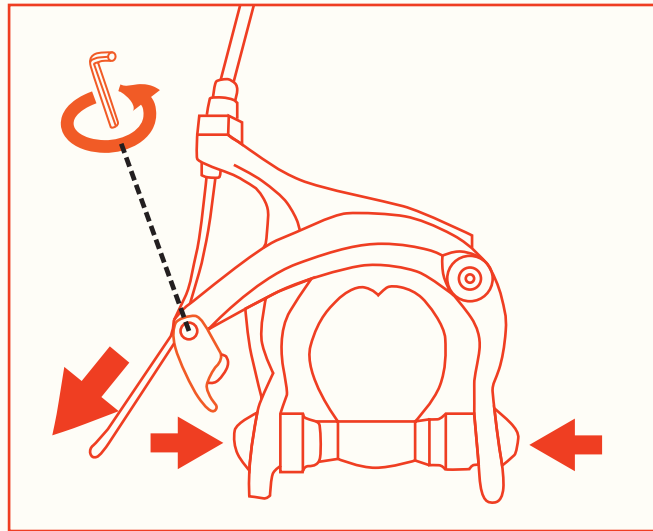


Adjusting the spring tension to balance the brake. It is recommended a 3 mm clearance between rim and brake pad.

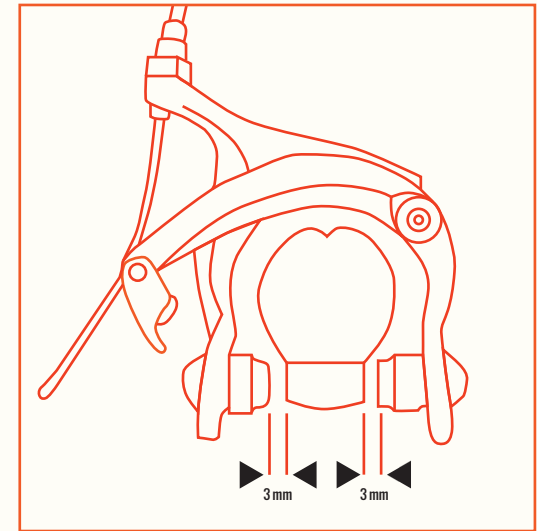
# ADJUST CALIPER BRAKE



Align brake pads parallel to wheel rim by pressing them inward. Tighten the brake pad in the correct position.



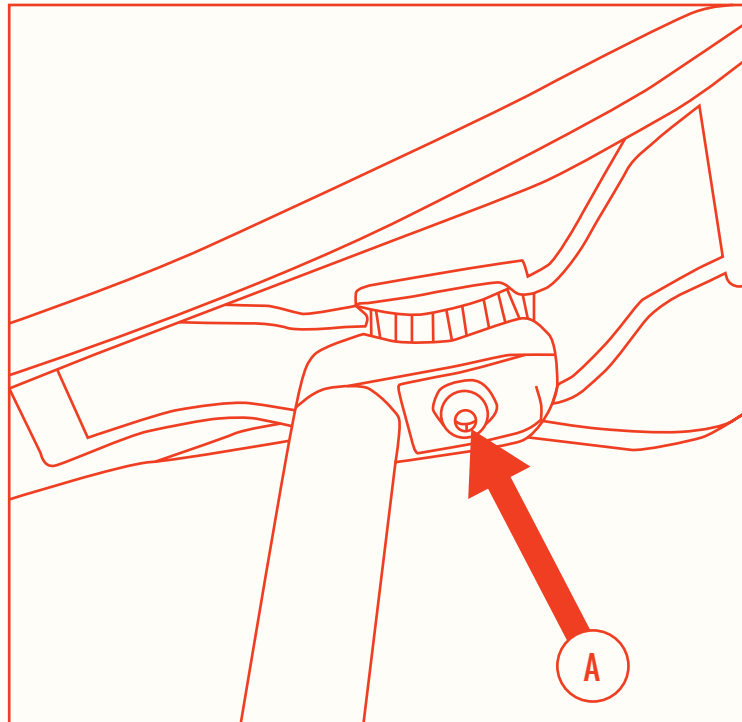
Squeeze brake arms together and pull cable length tightly. Tighten the brake cable.



It is recommended a 3 mm clearance between the rim and the brake pad. Tighten anchor bolt. Test brake by squeezing brake lever hard 3 times. Repeat above if necessary.

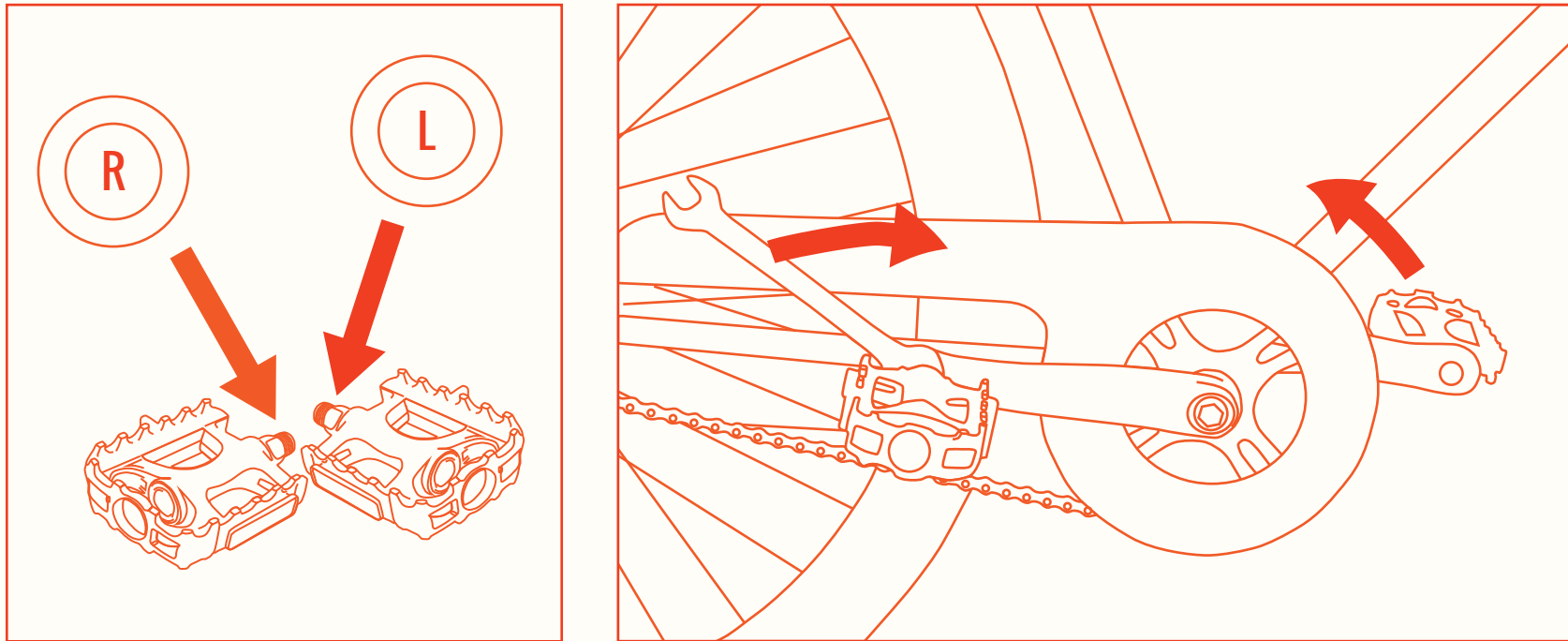
# SADDLE

1. Loosen the Seat Clamp Bolt (A) enough to insert the saddle to the seat post.
2. Adjust the saddle to a comfortable riding position
3. Tighten the Seat Clamp Bolt (A) sufficient to ensure the seat is not loose. Torque: 10-34 Nm
4. Lower the seat post into the frame and adjust it to the desired height. Tighten the nut. Torque: 10-34 Nm



# PEDALS

This step is **important**, so please read this section carefully! The pedals are marked L for Left and R for Right. The R pedal is attached on the right side, i.e. the side where your right leg would be if seated on the saddle facing forwards, L on the left side.

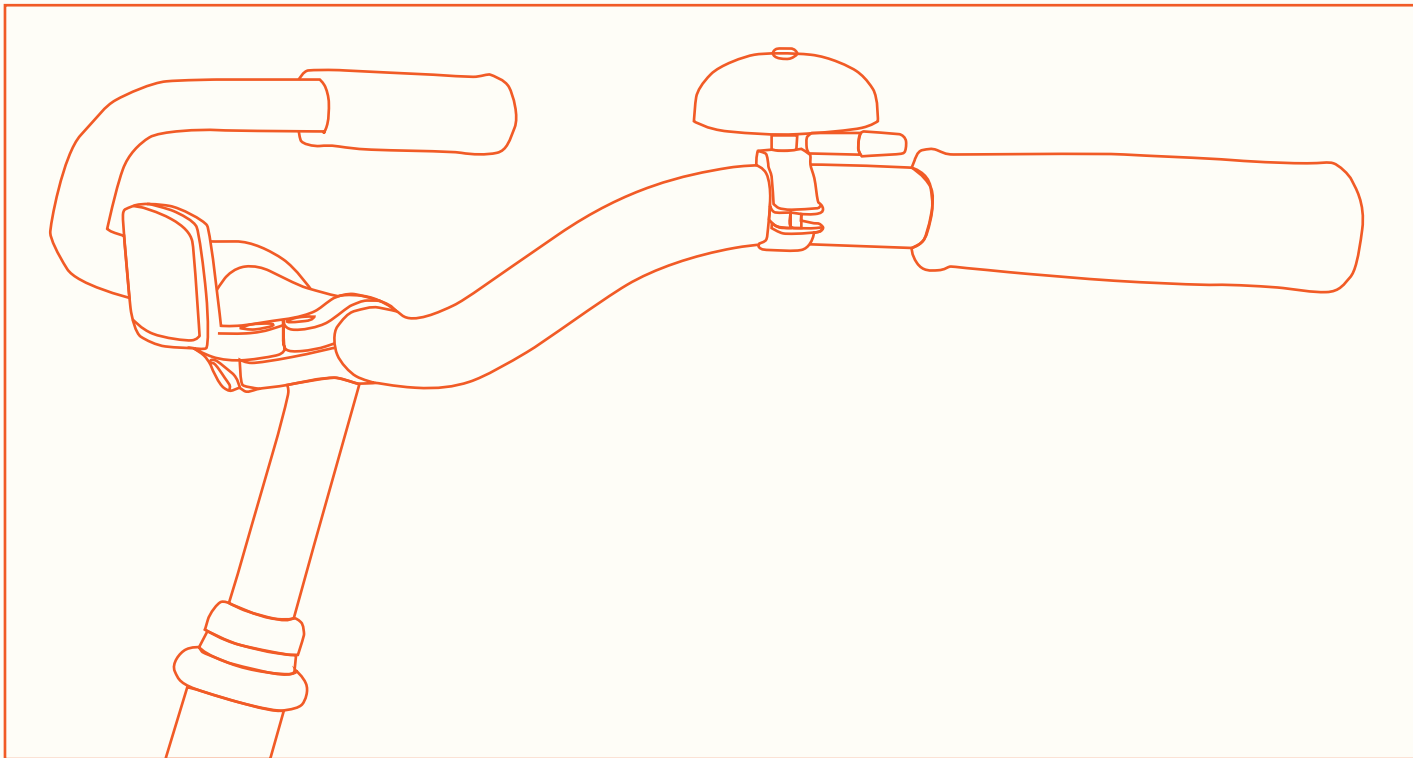


The right pedal is screwed on as would be expected, i.e. clockwise.  
The Left pedal, L, on the other hand is attached anti-clockwise.



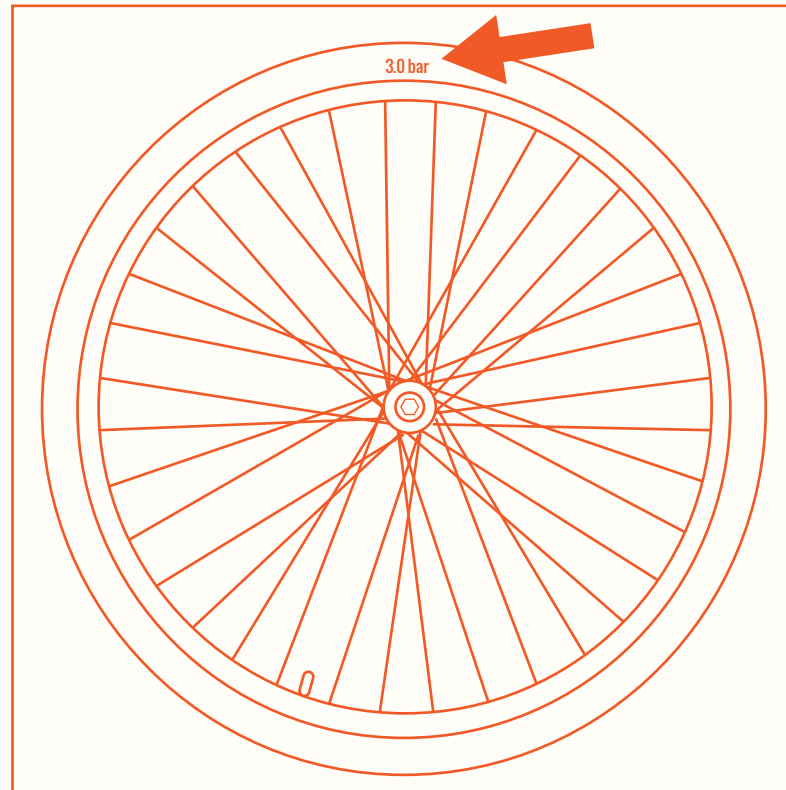
# THE BELL AND REFLECTORS

**Fix the bell and the front reflector onto the handlebar.**



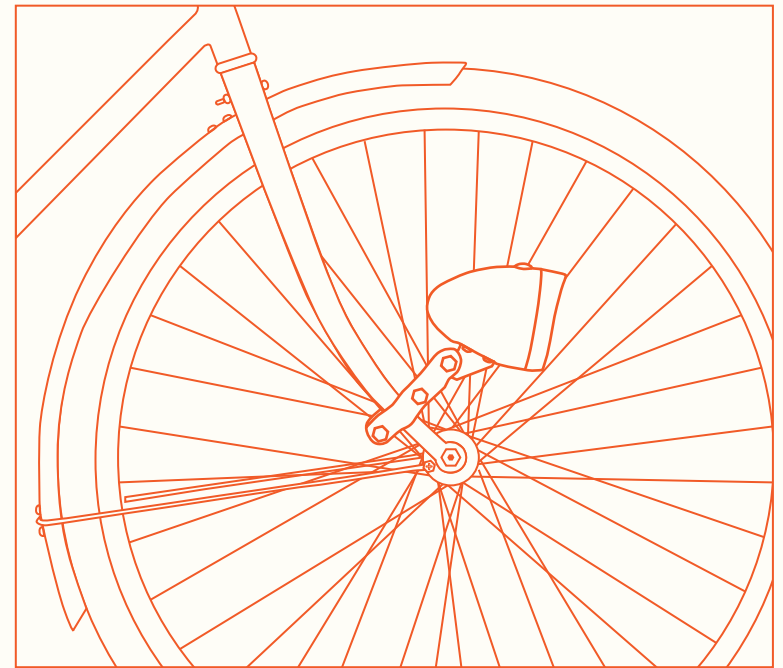
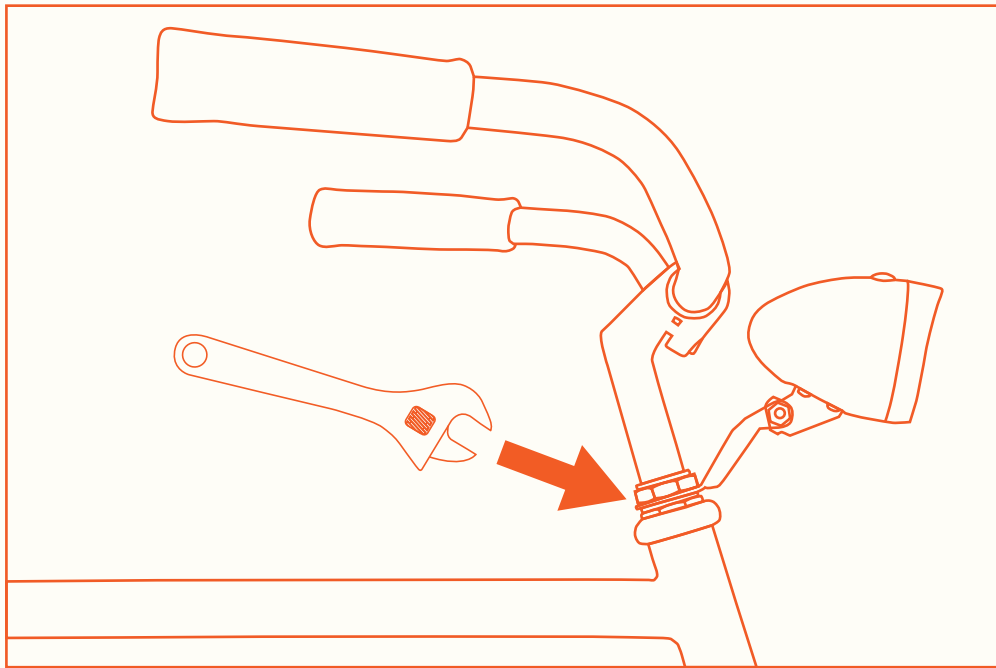
# PUMP UP THE TIRES

Check the recommended air pressure on the walls of the tire. Pump up the tires according to the recommendation. On some of our bikes we use presta/racer valves. On these valves, untighten the screw on the top of the valve before pumping. When done, tighten the screw.



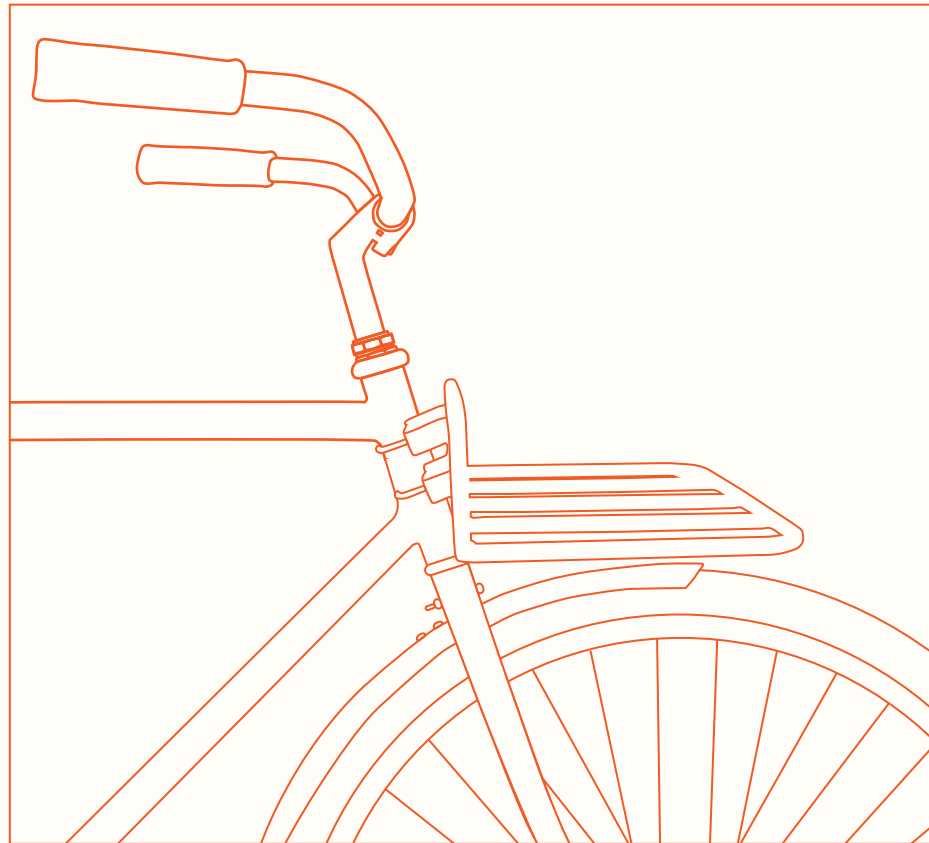
# HEAD LIGHT

1. Assemble the bracket under the head part.
2. Assemble the light to the front fork.



# FRONT CARRIER

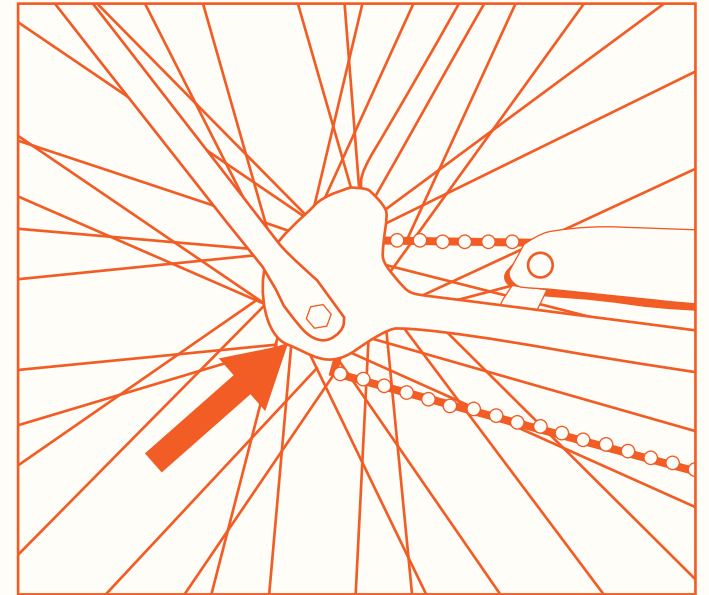
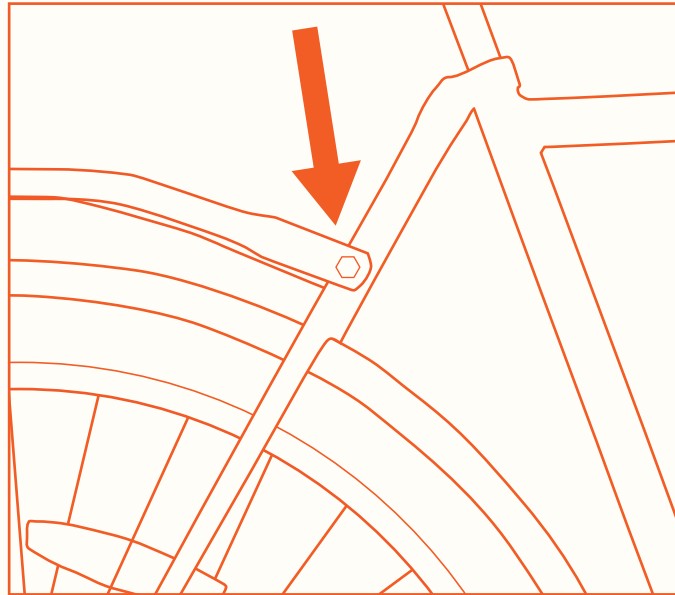
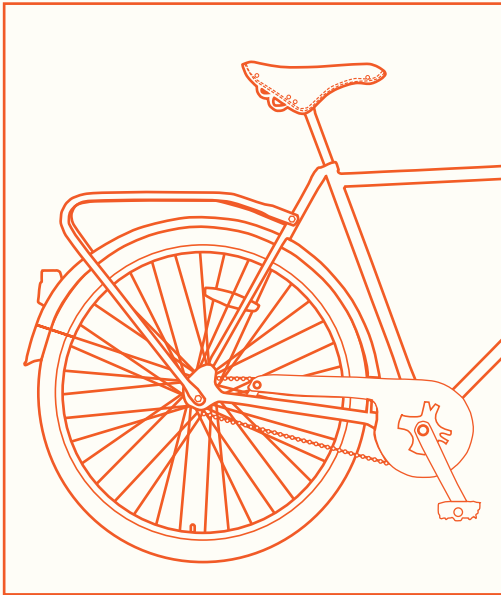
Place the carrier to the head tube. Use the included U-bolts to tighten the carrier to the frame.



# REAR CARRIER

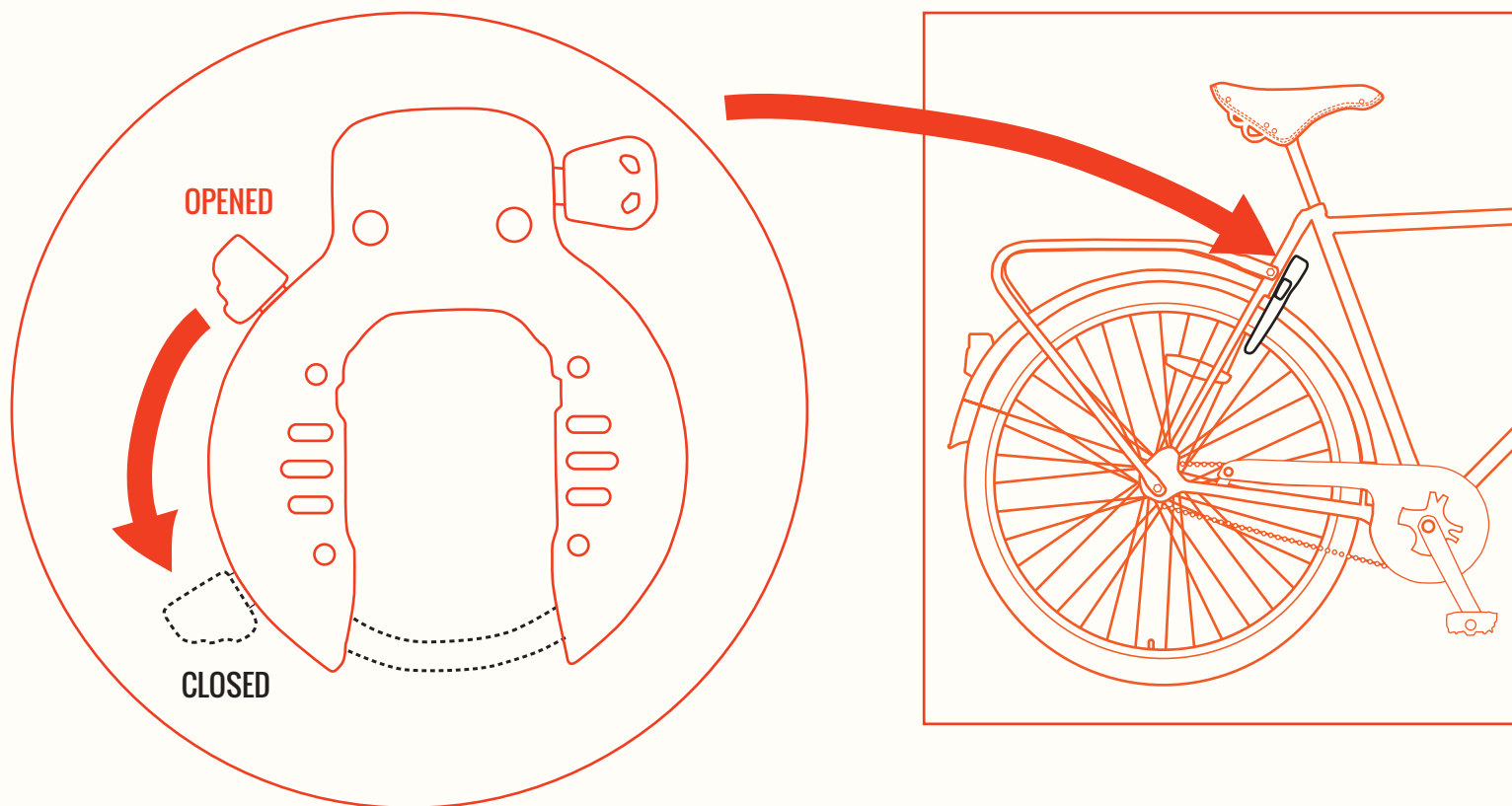
Place the carrier over the rear mudguard. Tighten it with screws (and nuts) in the frame.

**NOTE:** Assemble the rear carrier before assembling the lock.



# LOCK

Assemble with the 2 included screws to the frame.  
Note: Assemble the rear carrier before assembling the lock



# THERE YOU GO!

**Nice work, you are all done!**

**Please, remove all protective plastic, pump the tyres and you are ready to use your Stålhästen. After using the bike for a while it is advisable to tighten all of the bolts once more. At times, also lubricate your Stålhästen with oil.**

**Take it easy and don't forget your helmet!**

# COMMON SENSE

**Don't ride off-road and don't soak your Stålhästen. Of course, it can withstand rain, but take good care of it and sometimes rescue it from the winter weather, when it is at its worst. Pimp it anyway you like and please feel free to send us a picture!**

**The bike is a Stålhästen (meaning in Swedish: Steel horse) does unfortunately not mean, that it is strong enough to take a horse.**

**But if you are brave enough and succeed, take a photo and send it to us and we will treat you with a hot dog for the effort.**

# HOW TO TAKE CARE OF YOUR STÅLHÄSTEN

After 200 - 300 km or no later than after 1 year, take your bike to your local professional bike service center. This will prolong the life-span of your Stålhästen.

## EVERY WEEK

Check your tires pressure.  
Refer to the tire sidewall for recommended pressure.  
Check the tire tread for wear, cuts and debris.

## EVERY MONTH

Clean your bike with a sponge and shampoo approved for bikes.  
Dirt contains salt and if not removed reduces the expected life time of the bike. Don't clean with high pressure hose.

Check chain for proper lubrication.  
If necessary lubricate. Do not over lubricate,  
wipe off any excess with a clean rag.

**DO NOT USE VEGETABLE BASED OILS  
TO LUBRICATE YOUR BICYCLE!**

Check all nuts and bolts for proper tightness.  
Tighten if needed.

## EVERY 4TH MONTH

Clean the bike using a sponge and mild soap and water solution. Dry your bike and polish all metal surfaces with a high quality automotive wax.

Check crank and steering bearings for smooth operation with no looseness in working assemblies.

Crank and steering bearings should be adjusted to work smoothly with no resistance or play.  
Visit your local bike shop if adjustment is necessary.

Check pedal axles to be sure they have not worked loose. Tighten, if necessary using a 15mm wrench.  
Refer to Torque specifications for correct settings.

## ONCE PER YEAR

Check tires for excessive wear or dry rot.  
Replace if necessary.



# CONTACT STÅLHÄSTEN

**Were the instructions not clear enough or do you have any further questions? Please, send us your feedback, questions or just flattery. In the unlikely event that something is missing or a part is faulty, please get in contact as quickly as possible. We will endeavour to resolve the issue as quickly as it is humanly possible. How do you get a hold of us?  
The easiest way is to use our web-site, where you can find the most up-to-date contact information.**

