

PROGEAR

E-MOOVER CARGO BIKE

OWNER'S MANUAL



ONLY TO BE ASSEMBLED BY A SKILLED BICYCLE MECHANIC.

Read all instructions carefully before using this product. Retain this owner's manual for future reference.

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I. IMPORTANT SAFETY INSTRUCTIONS

Failure to obey all of the warnings and instructions contained in this manual may result in serious injury, or permanent damage to your bike.

- Always wear a properly fitted and fastened helmet when riding. This is required by law in most states and is an important safety precaution. Failure to wear an approved safety helmet can result in severe injury or death.
- Check your helmet for proper fit and damage before each ride.
- Always obey all traffic laws.
- The purchaser, owner, and/or riders of this cargo bike are directly responsible for knowing and obeying all local, state and federal laws regarding the riding and use of this cargo bike.
- Always ride cautiously, maintaining complete control and a reasonable speed (<20km/h).
- The rider should hold the handlebars and stop before getting on or off.
- Sitting securely when riding.
- Slow down the speed to 10km/h or less before turning the corner, in order to avoid rolling over.
- This bike is not suitable for stunt riding, jumping, competition, or racing.
- Always check that brakes are functioning properly before each ride.
- Only one rider at a time.
- Do not ride at night or in conditions when visibility is impaired, unless you install head lights and tail lights that make you visible to all pedestrians and vehicles.
- Wet weather significantly detracts from brake performance. Always allow a longer distance for safely stopping in the rain, or on a wet or icy road surface.
- This product should not be used by minors without adult supervision.
- Do not modify the bike
- Do not tow or pull with the cargo bike. Do not allow the bike to be towed or pulled.
- Keep fingers away from moving parts and chain.
- Always park in right place.
- Avoid high speed sharp turns, as your bike may tip over.
- Always apply even pressure to both brakes when stopping.
- Some localities require that the owner or rider equip their bike with a horn, bell, or other sound making device to use for warning others of your approach.
- Check handlebar and seat adjustments before riding.
- Check your tires for cuts, exposed casing, casing cords, and proper inflation before each ride.
- Ensure you wear safe footwear and keep loose articles of clothing clear of moving parts on your E-Bike while riding.

YOU SHOULD READ THIS MANUAL

Your bicycle is legally a vehicle. It can be ridden on roads mixing with other traffic. You need to know about certain legal and common sense requirements for the enjoyable, safe and trouble free use of your bicycle.

II. OWNER'S INFORMATION AND RESPONSIBILITY

To reduce the risk of serious personal injury, you should read the instructions in this manual carefully.



There are **warnings** throughout this manual. Follow all warning instructions. Don't risk injury, mechanical failure or damage.

If your bicycle has been supplied in a form not ready for use you must obtain "assembly instructions" from your supplier.

Know how to operate all standard and accessory equipment on the bicycle.

Ensure that anyone who uses the bicycle has been fully instructed in the operation of bicycle functions.

Your bicycle conforms to relevant Australian Standards. Other local regulations may apply. Check with your bicycle retailer.

Many bicycle product manufacturers and suppliers provide additional information on Web sites.

The Bicycle Industry in Australia Web site includes many useful links and other information at: www.bikeoz.com.au

The Cycling Promotion Fund offers helpful hints and links at: www.rideabike.com.au

WHAT KIND OF BICYCLE IS IT?

Bicycles can be broadly categorised into four types:

- Road or Touring
- Mountain or Off Road
- Cross, Hybrid, City or Comfort and BMX
- Freestyle

Bicycles for younger riders use are generally scaled down versions of adult bicycles including the step through design. Other bicycles include tandems, recumbents and folding bicycles. Which type is your new bicycle?

ROAD OR TOURING

Typically has narrow tyres and drop handlebar.

Variations include bicycles suited for touring, commuting, sports, and recreational riding.

MOUNTAIN OR OFF ROAD

The Mountain Bicycle is designed to give the rider maximum control and durability on a wide variety of harsh terrain. Everything about the Mountain Bicycle is more rugged. Its frame geometry provides maximum ground clearance and allows you to quickly and easily shift your weight to change the balance of the bicycle as terrain conditions demand.



WARNING: Not all Mountain type bicycles are intended for off road or competition use. Check specifications and technical advice from your bicycle retailer before use.

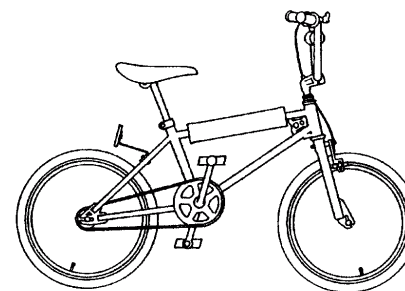
CROSS, HYBRID, CITY OR COMFORT

Usually something of a mixture of characteristics of the Road and Mountain types but may include evolving frame shapes and components. Suited for general purpose riding.

BMX

BMX, are general purpose bicycles for younger riders.

The BMX type Bicycle is a versatile machine usually of 20" (510mm) or less sized wheels with wide section tyres, ideal for general purpose use by younger riders.



WARNING: General purpose Freestyle and BMX bicycles are not designed for stunting, racing or competition use.

FREESTYLE

Modelled on a trick riding style machine, featuring 360 degree revolving handlebar/fork assembly, axle pegs and wide profile tyres. Using a freestyle type bicycle for trick or competition riding may void warranty.

POWER ASSISTED BICYCLES

Have characteristics and equipment which may require special instruction, adjustment, care and maintenance. Read carefully all instruction manuals. Ask your bicycle retailer for advice on maintenance, adjustments and repair.

Unauthorised work may limit or void the warranty.

FOLDING BICYCLES

Designed for easy storage. May require special instruction before use. Ensure that all locking devices are correctly secured before riding a Folding bicycle.

WHAT IS IT CALLED?

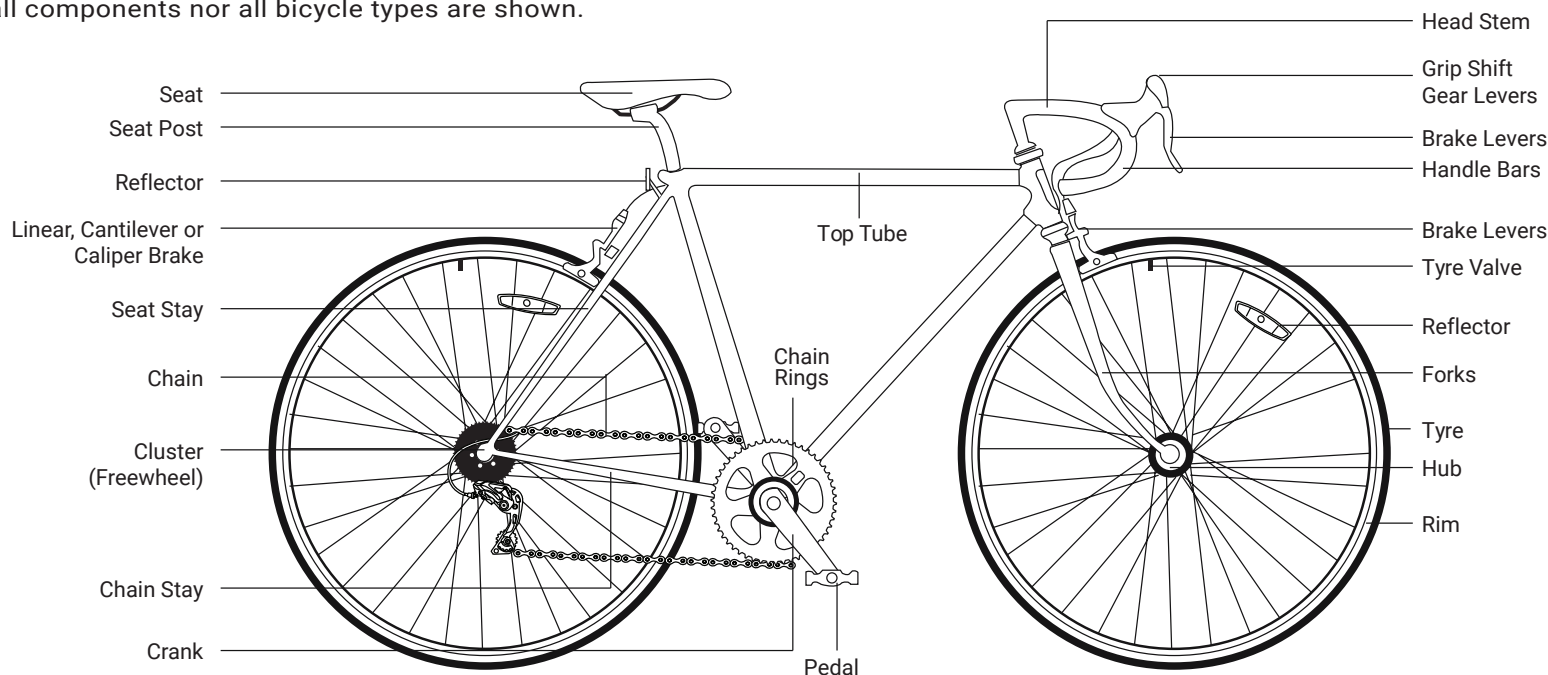
Although bicycle components vary in design, weight and method of use, basically all bicycles are the same.

A bicycle is made up of a frame, wheels, drive train, brakes, stem, handle bars and saddle. Frames must show a makers ID label.

Familiarise yourself with the bicycle's terminology; it will make basic maintenance instructions much easier to follow.

TYPICAL PARTS OF A BICYCLE

NOTE: Not all components nor all bicycle types are shown.

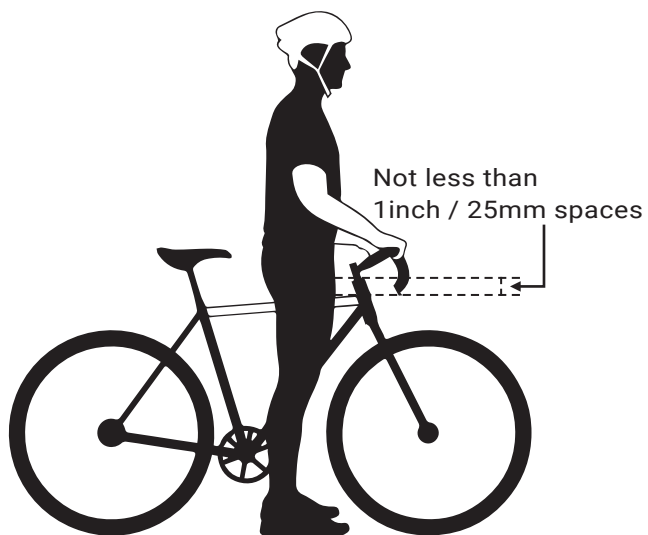




WARNING: Handlebar handgrips or tube-end plugs should be replaced if damaged. Unprotected tube-ends can cause injury. Bicycles used by children should especially be checked to ensure bar end handgrips are in good condition.

FOR ALL TYPES

Where a suspension unit, disk and/or hydraulic brake units, multi-gear hub, electric gear changing system, etc, are fitted, consult manufacturers specification and warranty documents. For correct selection and repair advice, ask your bicycle retailer. Unauthorised work may limit or void a product warranty.



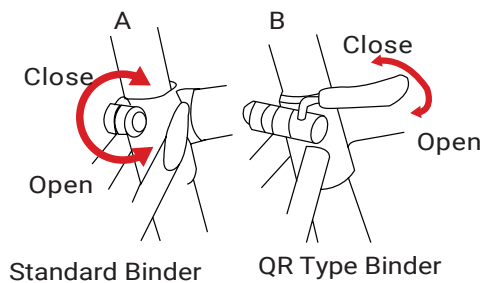
1. SAFETY PRECAUTIONS

1.1 FITTING YOUR BICYCLE FOR A SAFE RIDE

To ride safely and comfortably a bicycle and its equipment must be matched properly to the size and skills of the rider.

MAKE SURE THE BICYCLE FITS

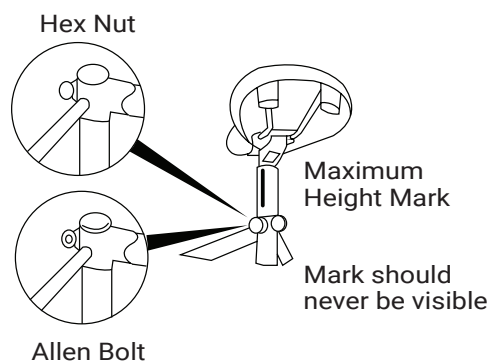
A bicycle that is too big or too small for the rider is hard to control and can be uncomfortable. If your bicycle does not fit properly, you may lose control and fall.



SADDLE HEIGHT

To ride comfortably and pedal efficiently, it's very important to have the saddle at the correct height. Your leg length determines the correct saddle height. The saddle is at the correct height for you when, while seated on the saddle, your knee is slightly bent when the crank is at the maximum down stroke (pedal is closest to the ground).

To adjust the saddle height, loosen the seat binder bolt (A) or the quick release (B) and move the seat post up or down as required. Make sure that the saddle is parallel to the top tube of the bicycle. Retighten the seat post tight enough so that you cannot twist the saddle out of alignment.



A loose seat post will allow the saddle to turn or slip and may cause you to lose control and fall. Therefore:

1. Ask your bicycle retailer to help you make sure you know how to correctly clamp your seat post.
2. Before you ride the bicycle, first check that the seat post is securely clamped.

Under no circumstances should the seat post project from the frame beyond its 'Minimum Insertion' or 'Maximum Extension' mark.



WARNING: do not replace the seat post with a post which is: A) not of the same diameter or B) longer than the original. Either will void the warranty and could lead to seat post failure, loss of rider control and injury.

HANDLEBAR HEIGHT AND ANGLE

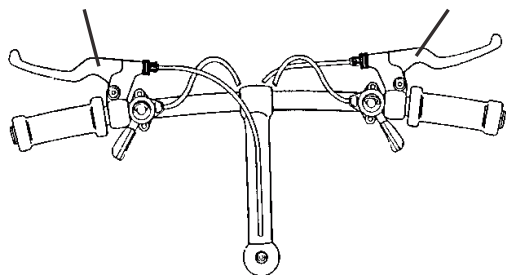
After you have set the saddle height and tilt, adjust the handlebar for a safe and comfortable ride. Ask your bicycle retailer for advice.



WARNING: Under no circumstances should the head stem be retightened with its 'Minimum Insertion' or 'Maximum Extension' mark visible. 'Threadless' headset. DO NOT over tighten the two securing bolts. If unsure, consult your bicycel retailers.

Rear Brake Lever

Front Brake Lever



If the front brake cable is attached to the handlebar stem moving the stem up or down will require a readjustment of the brake. If in doubt, ask your bicycle retailer to make the adjustment.

CONTROLS POSITION ADJUSTMENT

The brake and shifting controls on your bicycle are positioned where they work best for most riders. The angle of the controls and the position on the handlebars can be changed. **Ask your bicycle retailer to make the adjustments for you.**



WARNING: Front wheel brake lever must be mounted on the **right** hand side; rear brake lever on the **left** hand side.

HAND BRAKE LEVER 'REACH'

Many bicycles have brake levers which can be adjusted for 'reach'. If you have small hands and find it difficult to squeeze the brake levers, your bicycle retailer can either adjust the reach or fit shorter reach brake levers.

1.2 SAFETY CHECK BEFORE RIDING YOUR BICYCLE

- ☐ Check and tighten any loose nuts, bolts and straps. If you're not sure, ask your bicycle retailer to check.
- ☐ **Tyres** correctly inflated? Check by pushing down with your thumb on the top of the tyre. The tyre should depress slightly. Compare to how it feels when you know the tyres are correctly inflated.
Replace damaged tyres before they puncture.
- ☐ **Wheels** true? Spin each wheel and check for brake clearance and side-to-side wobble. If a wheel wobbles or hits the brake pads, take the bicycle to your bicycle retailer.
- ☐ **Brakes:** Check that the brakes operate effectively.

QUICK RELEASES

- ☐ Are the front wheel, rear wheel and seat post quick releases properly adjusted and in the locked position? Check all quick release mechanisms are correctly and securely closed.

CHECK LIGHTS AND REFLECTORS

- ☐ Working
- ☐ Correctly aligned

HANDLEBAR AND SADDLE

- ☐ Are the handlebar and saddle system: horizontal? tight enough so they won't twist? handlebars secure, good condition? handle bar ends plugged?
- ☐ Is a bell fitted and working?

Any broken or worn parts should be replaced before the bicycle is used.

Certain activities may damage your bicycle and result in serious personal injury. Take these precautions:

- avoid jumping curbs
- avoid potholes and gratings
- avoid stunt riding and jumping



WARNING: Do not remove protective safety equipment fitted to your bicycle, including handlebar end covers or plugs; reflectors fitted to frame, wheels and pedals; reflector mount brackets (where cantilever brakes are fitted); front chain ring guard; rear wheel spoke protector (right hand side); chain guard where fitted; warning stickers affixed to frame.



NOTE: A replacement fork must be the same length and maintain the same rake and trail characteristics as the original. Ask your bicycle retailer for advice.

1.3 SAFETY EQUIPMENT AND SENSIBLE RIDING

As a road user you have responsibility for your own safety and the safety of others.

You need to know:

- the road rules
- how to ride safely

YOUR BICYCLE (CONT)

- Know how to work all bicycle controls.
- For riding in low light and night conditions, fit your bicycle with appropriate front and rear lamps.

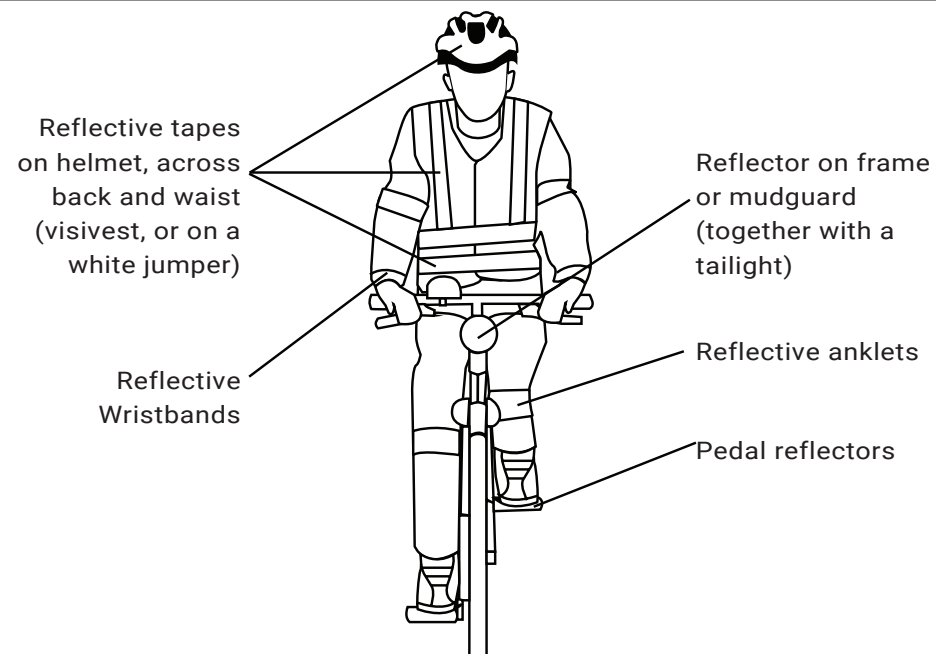


WARNING: Check reflectors and mounting brackets regularly to make sure that they are clean, straight, unbroken and securely mounted. Equip your bicycle with lights: white front and red rear. Riding in low light or at night time without reflectors and lights is extremely dangerous.

The mounting position for reflectors shall be above the level of the back axle, and shall be such that the reflector(s) are not obscured from view eg. By the riders clothing or by the wheel.

YOUR CLOTHING

- Wear a correctly fitted and fastened approved helmet.
- **Be seen:**
wear brightly coloured clothes - yellow, green and orange are best for day, reflective tape improves the conspicuity of riders at night.
- Wear shoes, not thongs or ride with bare feet.





WARNING: Always wear a correctly fitted and fastened helmet when riding your bicycle.

Correct Fit



Incorrect Fit



BE ALERT

- Obey all road rules
- Watch out for other road and pathway users.
- Adapt your riding to suit the conditions.

HOOK TURN

This manoeuvre can assist in safer right hand at intersection.

There are three steps to the hook turn:

1. Stay on the left, go straight ahead and cross the intersection. Stop on the other side of the intersection.
2. Swing your bike around to face the new direction.
3. Obey any traffic lights and complete your turn when it is safe.

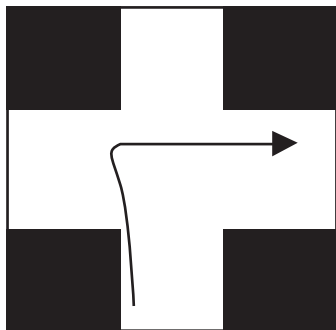
CARRYING LOADS

- Use correctly fitted carriers, racks, panniers or a back intersections. pack for parcels.

RIDING IN THE WET

Wet weather affects visibility for all road users.

It is harder for you, and other vehicles, to stop in the wet. Allow more distance to brake.



RIDING IN LOW LIGHT

Riding when light levels are low:

- use lights and reflectors.
- wear bright reflective clothing.

BE RESPONSIBLE

Follow the road rules. Use common sense. If riding in remote areas:

- go with a friend.
- leave details of route and return time with a responsible person.
- tell them when you get back!

PARENTS

Most cycling incidents involve small children and teenagers.

Make sure:

- The bicycle is in good working order.
- The rider knows:

How to use the controls.

The road rules.

- Clothing, helmet, lighting are appropriate for the bicycle trips undertaken.

QUICK SAFETY SUMMARY

- Obey all traffic laws
- Be predictable
- Be alert
- Use reliable safety equipment
- Use the bicycle for the manufacturer's recommended purpose
- Adjust riding to traffic and weather conditions
- Wear appropriate clothing
- Follow the manufacturer's instructions for any adjustments

2.1 MAINTAINING YOUR BICYCLE

SERVICE AND BASIC MAINTENANCE

Bicycles perform best when they are kept clean, lubricated and serviced regularly.

How much of your bicycle's service and maintenance you can do yourself depends on your level of skill and experience, and whether or not you have the special tools required.



WARNING: Some bicycle service and repair tasks require special knowledge and tools. Do not begin any adjustments or service on your bicycle if you have doubt about your ability. Unauthorised or incorrect service and repairs may void product warranty.

CLEANING

Mud and dust can be highly abrasive. Regular cleaning will help maintain your bicycle in good condition. Always dry and lubricate your bicycle after washing to prevent rust.

LUBRICATION

Keep your bicycle regularly lubricated for good performance and durability. Lubrication reduces friction and helps protect against rust.

All bearings and other moving parts require regular appropriate lubrication:

- Grease type lubrication: Bearings in head stem, wheels, bottom bracket and pedals (requires disassembly refer to your bicycle retailer).
- Oil type lubrication: Brake and derailleur pivot points and jockey wheels, chain, free wheel.

For advice on appropriate special lubricants, ask your bicycle retailer.

2.2 MONTHLY SERVICE CHART

Monthly servicing of your bicycle is recommended. This consists of lubrication and adjustment of components.

Use the correct type of lubricants and tools, service the bicycle's components in logical groups and clean before you start.

TYRES AND TUBES

- Clean the tyres and inspect treads for wear.
- Remove any debris from tread or walls.
- Check tyre pressure is correct.
- Replace faulty tubes.

WHEELS

- Clean rims and check they are not dented or dimpled.
- Check rims for trueness and spokes for evenness of tension.
- Replace any bent or broken spokes.

CHAIN

- Check chain for excessive wear or stretching.
- Check for any stiff links.
- Use recommended lubricant.

BRAKES

- Check brake block and brake lever mounting bolts.
- Check brake blocks for wear. Replace if necessary.
- Check block toe-in is correct.
- Lubricate brake pivot bolts and adjust where necessary.

HUBS

- Check front and rear hub bearings for excess play or binding. Have adjustable cup-and-cone bearings, tightened or loosened if necessary.
- Check hubs are correctly lubricated.
- Tighten hub axle nuts and check quick release levers.

FRONT AND REAR DERAILLEURS

- Clean derailleur cages bushings.
- Check the accuracy of the indexing and adjust cable tension at barrel adjusters and/or cable anchor bolts as required.

CRANK/CHAINRINGS AND FREEWHEELS

- Clean chainrings; check they are true and have no excessively worn, or broken teeth.
- Check crank arms are tight on bottom bracket spindle.
- Clean and lubricate freewheel and check for wear.
- Check freewheel sprockets for worn or broken teeth.

BOTTOM BRACKET/AXLE

- Test bottom bracket bearings for excess play or binding.
- Check that the locknut is tight.
- Check bottom bracket is correctly lubricated.

HEADSET

- Check headset for excess play or binding.
- Check the locknut is tight.

PEDALS

- Check pedal bodies are not cracked.
- If pedals are loose, tighten the mounting bolts firmly.
- Inspect toe clips/toe straps for damage.

GENERAL

- Check frame alignment and all the tubes for dents or damage.
- Check all bolts and nuts are secure. Tighten bolts with the correct tools.

CAUTION: Alloy bicycle parts can be damaged by overtightening.

STORAGE

The best protection for your bicycle is to store it under cover in a dry environment and away from corrosive materials such as battery acid and swimming pool chemicals. Thoroughly dry off your bicycle after use in wet conditions. Wax or lubricate as required.

Failure to follow this procedure may lead to rust and corrosion of metal work.

3. ADDITIONAL INFORMATION HELPFUL HINTS, SPECIAL INSTRUCTIONS AND WARRANTY

3.1 ABOUT YOUR BICYCLE RETAILER

Your bicycle retailer will help you to select bicycle accessories for the kind of riding you wish to do. Bicycle shop staff have the knowledge, tools and experience to give you reliable advice and provide maintenance services. If you have a problem with your bicycle or your riding, talk to your bicycle retailer.

3.2 TOOLS AND BICYCLE ASSEMBLY

Should you intend to undertake maintenance the following tools are considered to be the basic requirement:

- Adjustable wrench 5-10cm
- Adjustable wrench 32cm
- Flat screw driver 15mm
- Phillips head screw driver 15mm
- Allen Key set 2mm-6mm
- Set of open end spanners 7-17mm
- Set of tyre levers
- Chain link remover
- Wire cutters
- Torque wrench

All nuts and bolts should be checked on a regular basis for tightness. To assist in achieving the correct tension when tightening nuts and bolts the use of a torque wrench is recommended. Apply the following torque for the nominated parts of your bicycle:

Front Wheel Nuts	22-27 Newton Metres
Rear Wheel Nuts	24-29 Newton Metres
Seat Binder Nut	12-17 Newton Metres
Seat Pillar Clamp Nut	4-19 Newton Metres
Brake Anchor Nut	7-11 Newton Metres
Handle Bar Clamp Nut	5-19 Newton Metres
Head Stem Expander Bolt	17-19 Newton Metres
Crank Cotter Pin Nuts	5-10 Newton Metres
Brake Centre Bolt	5-7 Newton Metres
Pedals	35-40 Newton Metres

The following checklist presumes a bicycle which is assembled except for the handlebar & stem, brake and gear levers, saddle and seat stem, pedals, frame reflectors and wheels.

- Fit wheels to frame and align. Secure axle nuts or Quick Release (QR) mechanism.
- Lubricate handlebar stem, slacken wedge bolt and wedge, slide into head set to below minimum insert mark, align square to front wheel, tighten wedge bolt. Tighten wedge bolt. Check head stem lock nut is tight and that the handlebar will not rotate.
- If your bicycle is equipped with a 'threadless' headset, check fitting adjustments with your bicycle retailer. DO NOT OVER TIGHTEN the two securing bolts.
- Slide brake and gear lever assemblies onto handlebar in correct configuration. Tighten locking bolts. Adjust brake assembly cables and align brake blocks for prescribed clearance.
- Fit handlebar tape or handgrips, stop ends to bar if bar is taped, and bell.
- Assemble saddle onto seat stem. Tighten fixing nuts. Lubricate seat stem and insert in seat tube to below minimum insert mark. Tighten seat binder bolt or Quick Release mechanism.

- Fit pedals to crank in correct order; pedal marked R on the right hand side; L on the left.
- Fit frame mounted reflector brackets and reflectors. Align reflectors to vertical. Tighten all bolts. Confirm that wheel reflectors are fitted.
- Recheck that all components are correctly assembled, all bolts, nuts and QR correctly secure. Check that handlebar and saddle cannot be swivelled sideways.
- Check derailleur gears/hub gears for correct operation; adjust to manufacturer's specification. Check both brakes for correct operation.



WARNING: If you are unsure about correct assembly and/or adjustment, seek advice from a qualified bicycle mechanic.

'Threadless' head sets: some bicycles, especially those equipped with a front fork suspension system, are fitted with a 'threadless' head set. Special tools and/or procedures may be required to correctly secure such devices.

3.3 LOCK YOUR BICYCLE

A carbon fibre frame requires special care due to the nature of its construction.

Lock your bicycle to something solid e.g. a tree, a parking meter or a post. Make sure the bicycle cannot be lifted from the post or the post lifted out of the ground or pavement. Use a good quality U-Lock.

A good quality, hardened steel U-lock is your bicycle's best protection from theft. U-locks are more secure than cables or chains with padlocks. Combination locks provide least security.

Make sure the lock or cable is not in a position which makes it easy to be removed or cut.

- A front wheel with Quick Release can be removed and locked to the frame.
- A good quality U-Lock may be the most secure device for locking your bicycle.
- Bicycle parking rails should comply with Australian Standard AS2890.3 (1993).

- Refer to Guide to Traffic Engineering Practice Part 14 - Bicycles (AUSTRROADS 1999).
- www.bikeoz.com.au - provides additional information.
- www.cyclingpromotion.com.au - helping you get more out of your riding.

3.4 KEEP A RECORD OF YOUR BICYCLE

Take a colour photograph of your bicycle, write the frame number on the back of the photograph and keep it in a safe place. Less than one in ten stolen bicycles is returned, partly because the owner cannot describe the bicycle. Engraving a registration number on the bicycle will also help. The police, Neighbourhood Watch and service clubs run bicycle registration programs.

If you keep a record of the details of your bicycle it will greatly increase the possibility of getting it back should it be lost or stolen.

Remember the advice about LOCKING YOUR BICYCLE.

A good quality lock is cheap insurance.

See the record chart at end of this manual.

TROUBLESHOOTING CHART

PROBLEM	POSSIBLE CAUSE	REMEDY
Frequent punctures	Inner tube old or faulty	Replace inner tube
	Tyre tread / casing worn	Replace tyre
	Tyre unsuited to rim	Replace with correct tyre
	Tyre not checked after previous puncture	Remove sharp object embedded in tyre
	Tyre pressure too low	Correct tyre pressure
	Spoke protruding into rim	File down spoke

continued over ►

TROUBLESHOOTING CHART (CONTINUED)

PROBLEM	POSSIBLE CAUSE	REMEDY
When applying the brakes they squeal/squeak	Brake blocks worn down	Replace blocks
	Brake block toe-in incorrect	Correct block toe-in
	Brake blocks / rim dirty or wet	Correct block toe-in
	Brake arms loose	Tighten mounting bolts
Brakes not working effectively	Brake blocks worn down	Replace brake blocks
	Brake blocks or rims greasy, wet or dirty	Clean blocks and rims
	Brake cables are binding / stretched / damaged	Clean / adjust / replace cables
	Brake levers are binding	Adjust brake levers
	Brakes out of adjustment	Centre brakes
Steering not accurate	Wheels not aligned	Align wheels correctly
	Headset loose or binding	Adjust / tighten headset
	Front forks or frame bent	Seek advice at a bicycle shop
Knocking or shuddering when applying the brakes	Bulge in the rim or rim out of true	True wheel or take rim to a bicycle shop for repair *
	Brake mounting bolts loose	Tighten bolts
	Brakes out of adjustment	Centre brakes and / or adjust brake block toe-in
	Disk brakes: disk may be bent or blocks not free	Seek advice at a bicycle shop
	Forks loose in head tube	Tighten headset
Wobbling wheel	Axle broken	Replace axle
	Wheel out of true	True wheel
	Hub cones loose	Adjust hub bearings
	Headset binding	Adjust headset

* Repair of damaged front wheel rim not recommended. Replace wheel rim.

continued over ►

TROUBLESHOOTING CHART (CONTINUED)

PROBLEM	POSSIBLE CAUSE	REMEDY
Slipping chain	Excessively worn / chipped chainring or freewheel	Replace chainring, sprockets and chain
	Chain worn / stretched	Replace chain
	Stiff link in chain	Lubricate or replace link
	Non compatible chain / chainring / freewheel	Seek advice at a bicycle shop
Chain jumping off	Chainring bent	Replace Chainring
	Chainring loose	Tighten mounting bolts
	Chainring teeth bent or broken	Replace Chainring
	Rear or front derailleur side-to-side travel out of adjustment	Adjust derailleur travel
Constant clicking noises when pedalling	Stiff chain link	Lubricate or replace link
	Loose pedal spindle / bearings	Adjust bearings / spindle nut
	Loose bottom bracket spindle / bearings	Adjust bottom bracket
	Bent bottom bracket / pedal spindle	Replace bottom bracket / spindle
	Loose crank	Tighten crank bolt
Grinding noise when pedalling	Pedal bearings too tight	Adjust bearings
	Bottom bracket bearings too tight	Adjust bearings
	Chain fouling derailleurs	Adjust chain line
	Derailleur jockey wheels dirty / binding	Clean and lubricate jockey wheels
Freewheel does not freewheel	Freewheel internal pawl pins are jammed	Lubricate. If problem persists, replace freewheel

Regular maintenance by your bicycle retailer is recommended

KEEP A RECORD OF YOUR NEW BICYCLE

OWNER: _____

ADDRESS: _____

POSTCODE: _____ TEL: _____

BRAND & SERIAL NUMBER: _____

MODEL: _____

FRAME STYLE: _____

FRAME SIZE: _____

FRAME COLOUR(S): _____

WHEEL SIZE: _____

TYRE SIZE & TYPE: _____

BRAKE TYPE & BRAND: _____

TRANSMISSION BRAND: _____

SADDLE BRAND: _____

OTHER ACCESSORIES (LIST & BRAND NAMES):

_____PURCHASED FROM (SHOP NAME):
_____SHOP ADDRESS:

TEL: _____ DATE OF PURCHASE: _____ / _____ / _____

PRICE PAID: \$ _____

Remember the advice about LOCKING YOUR BICYCLE.

A good quality lock is cheap insurance.

KILOPASCAL FROM PSI CONVERSION TABLE

PSI	BAR	KPA	PSI	BAR	KPA
35	2.4	241	100	6.9	689
40	2.8	276	105	7.2	724
45	3.1	310	110	7.6	758
50	3.5	345	115	7.9	793
55	3.8	379	120	8.3	827
60	4.1	414	125	8.6	862
65	4.5	448	130	9.0	896
70	4.8	483	135	9.3	931
75	5.2	517	140	9.7	965
80	5.5	552	145	10.0	1000

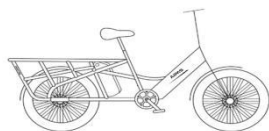
NOTES

III. BICYCLE ASSEMBLY INSTRUCTIONS

WHAT'S INSIDE THE BOX



CHARGER



E-BIKE



2 BATTERY KEYS
PER BATTERY

REMOVING PEDALS

Pull the spring-loaded sleeve while also pulling the pedal out from the hex slot.



INSERTING PEDALS



1. Pull the spring-loaded sleeve and insert the pedal axle while aligning the hex pattern.

2. Be sure the sleeve retracts, and give the pedals a small tug to ensure they are locked in.

UNFOLD THE STEM

TO UNFOLD AND SECURE IN RIDING POSITION:

1. Begin with handlebars in the folded down position.
2. Simply unfold the stem upward and press the latch inward until there is an audible click.
3. Give the latch a tug to ensure it is locked in place.



If the latch does not stay, please contact Customer Service department for adjustment instructions.

FOLDING THE STEM

TO FOLD DOWN THE STEM

1. Push the red safety tab in while pulling the latch downward.
2. Once the latch is released the stem can be folded to the side of the bike.



LOCK THE STEM LEVER

1. To lock, push the stem lever down until you hear an audible click. Ensure the stem lever is locked, by giving it a small tug.

UNLOCK THE STEM LEVER

1. Push the stem safety button up, toward the LCD display.
2. Keep the safety button pushed, as you pull the stem lever away from the stem.



HANDLEBAR ADJUSTMENTS

TO ADJUST YOUR HANDLEBARS

1. Once your stem lever is unlocked, you may adjust the orientation of the handlebars and adjust the angle of the stem.
2. After you adjust your handlebars into your preferred position, lock your stem lever back into place.

WARNING

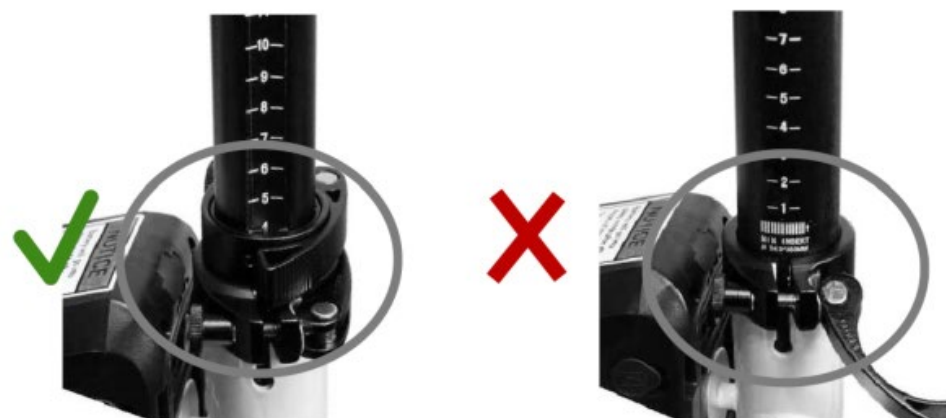
The adjustable stem is not intended to be ridden in the fully upright position pictured in the upper left photo. Rotate to a comfortable position and practice riding to get a feel for the steering in this position. Riding with the stem in the fully upright position will affect riding dynamics and comes with an increased risk of serious injury or death.



ADJUST SEAT HEIGHT

WARNING

- Always tighten fasteners to the correct torque to prevent serious injury or death. Bolts that are too tight can stretch and deform. Bolts that are too loose can move and fatigue. Either condition can lead to a sudden failure of the bolt and result in a crash.
- ALWAYS insert seat post past the minimum insertion point marked on the seat post. A seat post that is positioned too high can damage the bike and can cause you to lose control and crash.



Correct seat adjustment is an important factor in getting the most performance and comfort from your bicycle. If the seat position is not comfortable for you, you may want to go to your local bicycle shop for assistance.

To achieve correct seat height:

- Sit on the seat;
- Place one heel on a pedal;
- Rotate the crank until the pedal with your heel on it is in the down position and the crank arm is parallel to the seat tube. If your leg is not completely straight, your seat height needs to be adjusted. If your hips must rock for your heel to reach the pedal, the seat is too high. If your leg is bent at the knee with your heel on the pedal, the seat is too low.

To adjust seat height:

- Loosen the seat post clamp. The open and closed positions of the seat post clamp are shown below (open position on left, closed position on right);
- Raise or lower the seat post in the seat tube
- Check that the seat is straight before and after
- Re-tighten the seat post clamp to the recommended torque



ADJUST SEAT POSITION

WARNING

Always tighten fasteners to the correct torque to prevent serious injury or death. Bolts that are too tight can stretch and deform. Bolts that are too loose can move and fatigue. Either condition can lead to a sudden failure of the bolt and result in a crash.

Front and back adjustment: Loosen nuts on both sides of the seat. Make sure the clamp mechanism is clamping on the straight part of the seat rails and is not touching the curved part of the rails.

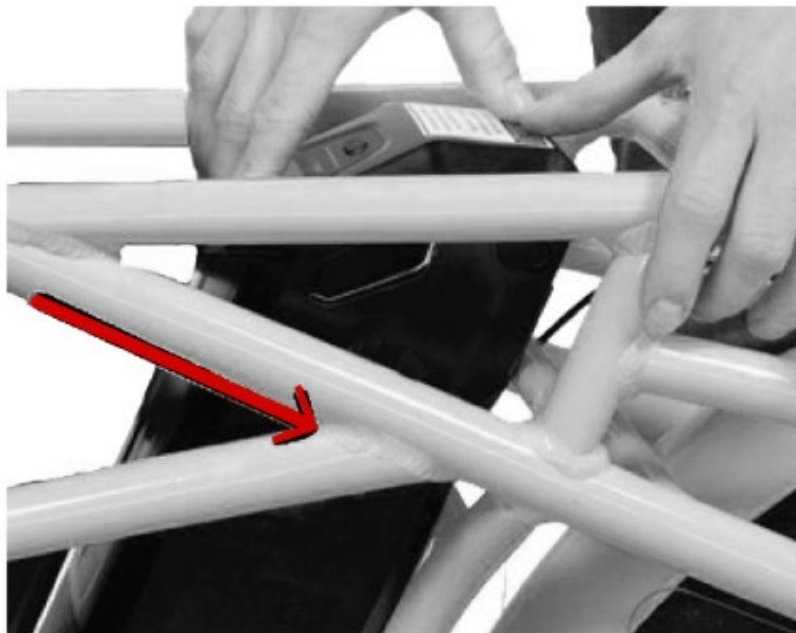
Ensure that you are using the recommended torque on the clamping fastener(s).

Seat angle adjustment: Most people prefer a horizontal seat; but you may prefer the seat nose angled slightly up or down. Loosen the clamp bolt to allow any serrations on the clamp mechanism to disengage before changing the seat angle, and to fully reengage the serrations before you tighten the clamp bolt to the recommended torque.



CHARGE BATTERY BEFORE FIRST USE

Locate charging port on the side of the battery pack. Use this port to charge when battery pack is installed or not installed.



You should fully charge your battery before your first ride.

WARNING

Fire and explosion hazards. Never leave your battery pack unattended while charging to prevent serious injury or death.

Part	Tool	Spec
Bottom Bracket	ISIS spline tool (171-00517)	40 Nm
Brake Caliper Mounting Bolts	5mm allen	10 Nm
Brake Lever Clamp Bolts	4mm allen	5 Nm
Crank Bolts	8mm allen	40 Nm
Disc Rotor Mounting Bolts	T-25 Torx	5-8 Nm
Fender Mounting Bolts	4mm allen	5 Nm
Headlight Mounting Screw	5mm allen	10 Nm
Headset Compression Bolt	5mm allen	~2-4 Nm
Kickstand Mounting Bolts	8mm allen	25 Nm
Pedals	8mm allen	35 Nm
Rear Derailleur Mounting Bolt	5mm allen	8-10 Nm
Seat Rail Binder	14mm wrench	20 Nm
Shifter Clamp Bolt	philips screw driver	4 Nm
Spokes	spoke wrench 2	Front Tension 180-200 KGF
Stem Pinch Bolts		10 Nm
Stem Riser	6mm allen	20 Nm
Stem Clamp Bolt	4mm allen	12 Nm
Stem QR Lever Bolt	5mm allen	15 Nm
Torque Arm Bolt	4mm allen	5 Nm
Wheel Axle Nuts	Rear: 17mm wrench Front: 15mm wrench	35 Nm

FEATURES

WARNING

Never modify your frame or bicycle in any way as this could cause serious injury or death. Do not sand, drill, file, or remove parts from your bicycle. Do not install incompatible components or hardware.

MOTOR

TO PREVENT SERIOUS INJURY OR DEATH:

- Do not open the drive unit yourself. The drive unit must only be repaired by qualified personnel using only original parts. This will ensure that the safety of the drive unit is maintained. Unauthorized opening of the drive unit will render warranty claims null and void.
- All components fitted to the drive unit and all other components of your eBike PAS system (e.g. chainring, chainring receptacle, pedals) must only be replaced with identical components or components that have been specifically approved by eBikes. This should help protect the motor from overloading.
- Always remove the battery pack from your eBike before beginning work (e.g. inspection, repair, assembly, maintenance, work on the chain, etc.), transporting it with a car or on an airplane, or storing it. Battery pack removal should prevent unintentional activation of your eBike.
- Do not make any modifications to your eBike or attach any other products that might increase the performance of your eBike. Doing so will generally reduce the service life of the system and risks damaging the drive unit and the bicycle. You also run the risk of losing the guarantee and warranty claims on the bicycle you have purchased. By handling the system improperly you are also endangering your safety and that of other road users, thus running the risk of high personal liability costs and possibly even criminal prosecution in the event of accidents that can be attributed to manipulation of the bicycle.
- Under extreme conditions, such as continuously high loads at low speed when riding up hills or carrying loads, parts of the motor can reach high temperatures.

7-SPEED GEAR SYSTEM

Your eBike comes with a 7-speed freewheel. The freewheel is the cluster of sprockets on the rear wheel of your bicycle.

While pedaling in 1st gear (lowest gear using the largest sprocket), it will be easier to pedal up hills. In 7th gear (highest gear using the smallest sprocket), it will be easier to reach higher speeds on flat or downhill terrain.

To shift up:

Press the lower button marked with the plus (+) sign.

To shift down:

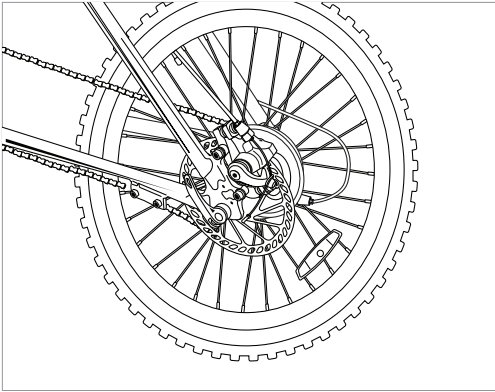
Push the upper lever marked with the minus (-) away from you (forward).



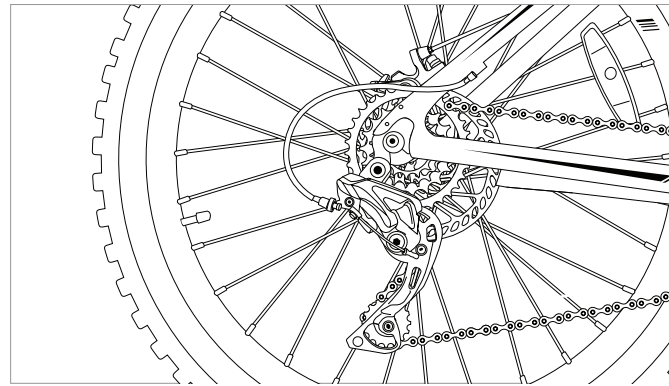
DERAILLEUR ADJUSTMENT

To adjust the rear derailleur, you will need to pedal the rear wheel freely. This can be done with a bicycle assembly stand.

NOTE: Tilt the bike such that the rear wheel is not touching the ground.

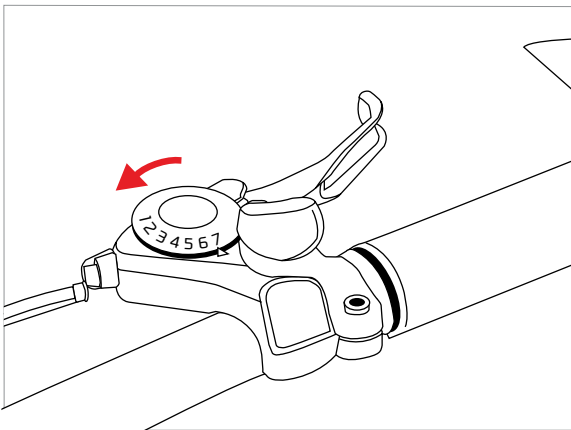


The chain should move up a single cog with every upshift and down a single cog with every downshift.



As you are turning the pedals in a forward motion, adjust your gears down to the lowest setting - so the chain sits on the smallest cog.

NOTE: Observe the gears by shifting up and down with your free hand 1 gear at a time.

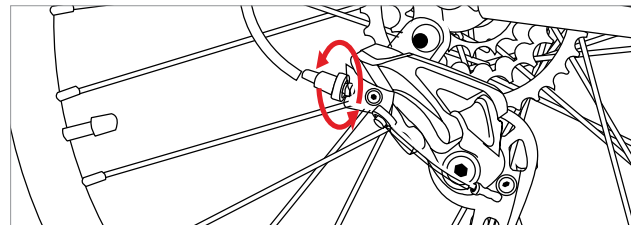


If it doesn't move up with a single upshift

- The gear cable is too loose. Fix this by increasing cable tension on the derailleur barrel adjuster.
- The opposite applies for a single downshift.

If your chain moves up by more than 1 gears cog in a single upshift

- Your gear cable is too tight and you should loosen the gear cable.
- Again, the opposite applies for a single downshift.



THROTTLE

The right handlebar features a half-twist throttle.

To operate:

Check that the Pedal Assist (PAS) level is set above 0, then twist the throttle back slowly to achieve your desired speed and acceleration.



HYDRAULIC DISC BRAKES

Your eBike is equipped with hydraulic disc brakes

WARNING

To prevent serious injury or death:

- ALWAYS apply right brake lever (rear wheel) before and during use of the front brake.
- ALWAYS apply even pressure to both brake levers when slowing down or stopping.

If only the front brake is applied while slowing or stopping quickly, you may be ejected over the front handlebars.

Before riding, check to ensure brake levers do not touch the handlebars when fully applied. If either lever touches the handlebars, screw or unscrew the barrel adjuster to increase tension in the brake cable. If this does not fix the problem, take your bicycle to an experienced bicycle mechanic for further adjustment.

To brake the rear wheel:

Pull right brake lever to activate rear brake.

To brake the front wheel:

Pull left brake lever to activate front brake.

Disc brake rotors will become hot during use and will stay hot for a short period after use. To prevent burns, do not touch the disc rotor right after use.

FRONT AND REAR LIGHTS

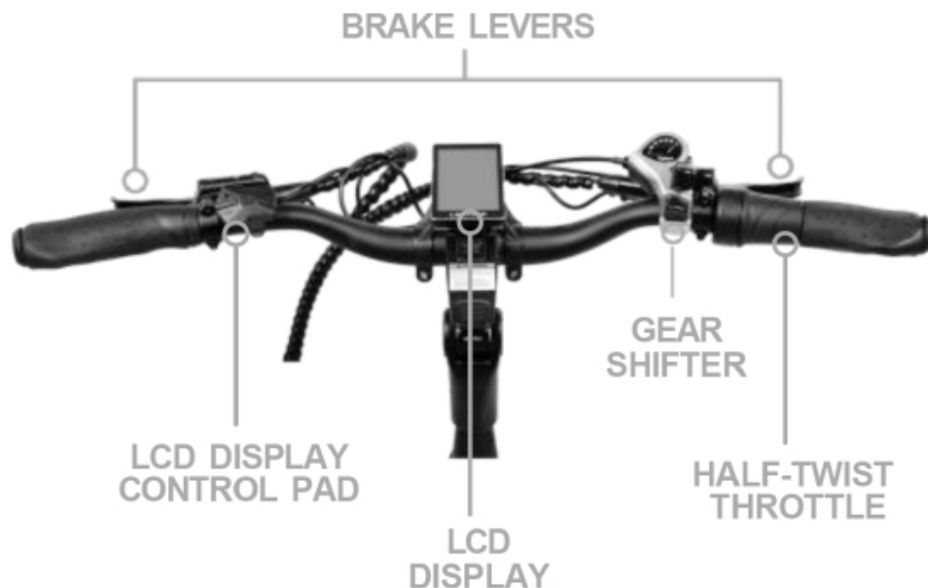
Your eBike comes with integrated front and rear lights

To turn lights ON: Hold plus (+) button on the display control pad for about 3 seconds until the lights turn ON.

To turn lights OFF: Hold plus (+) button on the display control pad for about 3 seconds until the lights turn OFF.

Always turn lights ON for your safety, especially when riding at night or in low visibility situations.

COCKPIT SYSTEM



DISPLAY CONTROLS



WHEN DOES THE PEDAL ASSIST ACTIVATE?

Your eBike is equipped with hydraulic disc brakes

Pedal Assist (PAS) functions only when you are pedaling. If you do not pedal, the PAS will not activate. The motor output always depends on your pedaling and the PAS level you have set.

PAS automatically switches off at the maximum speed set for your eBike (up to 28 mph). When the speed falls below the maximum set speed, PAS automatically becomes available again.

You can also use your eBike as a normal bicycle without assistance at any time, either by switching the Cockpit System power button OFF, or by setting PAS to 0. If the battery needs to be charged, PAS will not function.

When the bicycle has not been used for 10 consecutive minutes, the display will automatically shutdown. The PAS and throttle features will no longer work when the display is OFF.

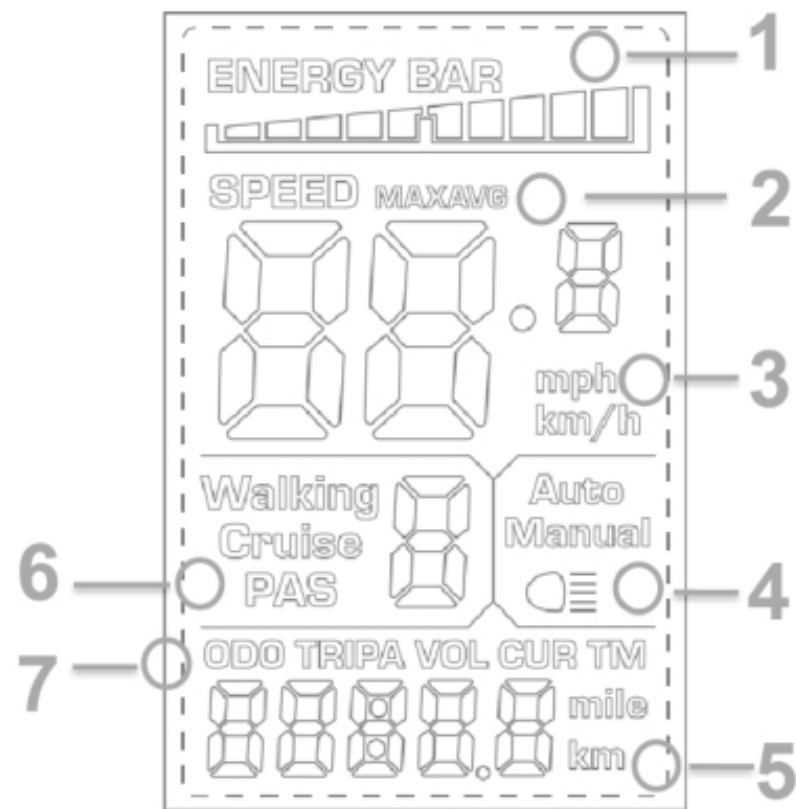
PEDAL ASSIST AND SHIFTING GEARS

You should shift gears on your eBike in the same way you would shift with a normal bicycle. By selecting the proper gear, you can increase your speed and range while applying the same amount of force. You should test the range of your NONE eBike under different conditions and terrains before planning longer and more demanding trips. Refer to the Range Estimates section below to learn about the factors to consider when planning longerrides.

To prevent serious injury or death:

- Do not allow yourself to be distracted by the display. If you do not concentrate on the traffic around you, you risk being involved in a crash. If you want to change any settings other than the PAS level, always stop before changing the settings or display.
- Set the display brightness such that you can adequately see important information like speed or warning symbols. Display brightness that is incorrectly set can result in dangerous situations.
- The electrical components on the bicycle are not waterproof. The electrical components on the bike have an IP rating of 65.
- Check the display and plug. If damage is detected, do not use the display. A damaged display or cables or plugs increase the risk of a fire, explosion and personal injury.
- Do not disassemble the display. There are no user serviceable parts inside the display. Incorrect reassembly or damage may result in fire or explosion.

DISPLAY FUNCTIONS



1. Battery level indicator bar
2. Maximum and Average Speed
3. Speedometer in MPH or KM/H
4. Light On/Off Indicator
5. Mile and kilometer indicators
6. Walk Mode, Cruise Control, and Pedal assist (PAS) Level Indicator
7. Mile and kilOdometer, TripA, Voltage, Current, Trip Timer (TM) readouts
- ometer indicators

BATTERY LEVEL INDICATOR BAR

The “Energy Bar” near the top of the display is your battery indicator and shows the estimated charge level remaining in your battery pack. As the battery charge depletes, the remaining marks will display the approximate remaining charge in the battery pack.

The battery display will flash when there is no charge remaining.



OPERATING COCKPIT SYSTEM

Turn the bicycle ON/OFF	Press and hold button
Increase PAS Level	Press plus (+) button
Decrease PAS Level	Press minus (-) button
Turn lights ON/OFF	Press and hold the plus (+) button for about 3 seconds or until lights turn ON; repeat to turn OFF
Toggle Odometer, TripA, Voltage, Current, Trip Timer (TM)	Press button
Max Speed and Average Speed	Press and hold the plus (+) button and button simultaneously to toggle between the speedometer, max speed and average speed

NOTE: The trip meter, as well as maximum and average speed will reset when the bicycle is powered OFF.

RANGE ESTIMATES

The range the bicycle can go on a single battery charge can vary significantly between riders, terrain, wind conditions, user input, and additional cargo weight.

All tests were performed with:

- Few starts and stops
- Flat ground
- No additional cargo
- Few bumps
- Temperature ~75°F
- Little to no wind
- Rider weight ~180 lbs.
- Top speed set to 20 mph
- 14 Ah Battery
- NONE 20x3 in. slick tires at ~30 PSI

Throttle and PAS Level	Range Estimates: 1 Battery
Up to 25 Miles	Mostly PAS level 5
Up to 50 Miles	Pure throttle in PAS level 1
Up to 75	- Little use of throttle - Mostly PAS level 2

Range Estimates: 2 Batteries	Throttle and PAS Level
Up to 50 Miles	Mostly PAS level 5
Up to 100 Miles	Pure throttle in PAS level 1
Up to 150 Miles	- Little use of throttle - Mostly PAS level 2

TIPS TO INCREASE RANGE

To get the maximum range out of each battery charge, there are some simple things you can do:

- Ride at a lower PAS level
- Use lower PAS levels and pedal when climbing hills
- Pedal when starting from a standstill

SETTINGS MENU

WARNING

Do not tamper with your bicycle. Tampering is defined as removing or replacing any original equipment, or modifying your bicycle in any way that may change its design and/or operation. Such changes may seriously impair the handling, stability, and other aspects of the bicycle, making it unsafe to ride. Tampering can void the warranty and render your bicycle non compliant with the applicable laws and regulations. NONE eBikes is not responsible for any direct, incidental, or consequential damages, including, without limitation, damages for personal injury, property damage, or economic losses due to tampering.

To change display settings, hold the plus (+) and the minus (-) buttons simultaneously to enter into the Settings Menu. Press the  button to toggle between each numbered setting. To adjust the value of each setting, click the plus (+) and the minus (-) buttons as needed.

There are 22 settings (P01-P22). You should only change the settings listed below.

WARNING

To prevent serious injury or death, DO NOT change settings excluded from the table. Changing settings not listed in the following table may cause your bike to stop working properly. If you need the default value of a setting not listed, contact eBikes. DO NOT ride your bicycle until the default settings have been restored.

Setting	Function	Default	Explanation
P01	Brightness	2	Backlight display brightness. The darkest level is 1 and the brightest level is 3.
P02	Distance Units	1	0: KM; 1: MILE.
P04	Sleep	10	LCD Display sleep timer. The default setting will turn the display OFF after it has not been used for 10 minutes.

Setting	Function	Default	Explanation
P06	Tire Size	19.7	Used to compute speed and distance traveled.
P08	Speed Limit	32	32:Class 2 100:Class 3
P09	Throttle Zero Start	0	0: Throttle active from stand 1: Throttle active only when already moving.
P10	Mode Toggle	2	0: PAS Active, Throttle Inactive 1: PAS Inactive, Throttle Active 2: Both PAS and Throttle Active
P11	PAS Sensitivity	1	1-5 When set to higher numbers, it will take more crank rotations for the motor to turn ON. Lower numbers will take fewer crankrotations to turn the motor ON.
P12	PAS Strength	1	1- 5 When set to higher numbers, the motor will come on stronger. Lower numbers will be more gentle.
P16	Odometer Reset	N/A	Hold the plus (+) button for 5 seconds to reset odometer.
P21	Walk Mode Toggle	1	0:Walk Mode disabled 1:Walk Mode enabled
P22	Assistance Level	0	0: PAS 1 speed limit 9 mph, PAS 2 speed limit 15 mph, all other PAS limited to P08 setting. 1:All PAS levels limited to P08 setting

CHANGING TOP SPEED

Your eBike ships with a maximum speed set at 20 miles perhour (mph). This means it is a Class 2 electric bicycle in states that recognize three classes of eBikes. In most states that only recognize eBikes generally, the 20 mph top speed is legal for use on public roads.

Class	Pedal Assist Speed Limit	Throttle Speed Limit
1	20 mph	Throttle not allowed
2 (Default)	20 mph	20 mph
3	28 mph	20 mph

WARNING

ALWAYS check your local laws and regulations to determine if it is lawful to ride Class 3 eBikes on public roads before increasing yourbicycle's top speed. Laws vary by territory, state, trail, path, and road so you will need to check the applicable regulations in each new location you ride.

Class 3 Label

If you increase your bicycle's top speed, you must remove the Class 2 label that displays your eBike class, top pedal assisted speed, and motor wattage. This label is posted under the carry handle, near the seat tube on the bicycle.

WARNING

Ride within your limits to prevent serious injury or death. Riding at higher speeds poses an increased safety risk. ALWAYS wear a helmet and obey the rules of the road.

Use increased caution when riding at speeds above 20mph when the bike is carrying cargo, as this riding condition will impact stopping time, turning, and balance. These conditions carry an increased risk of serious injury or death.

To increase maximum speed:

1. Press and hold the plus (+) and minus (-) buttons on the control pad simultaneously until the screen says "P1".
2. Press the  button on the control pad to cycle through the settings.
3. Go to setting "P08" and change this value from 32 to 100.

NOTE: This setting represents the top speed in kilometers per hour. For Class 2 performance, this speed setting must not exceed 20 mph (32 km/h). For Class 3 performance, this setting will be set at 100, indicating the bike has been completely unlocked to enable speeds of up to 28 mph. Please note: The maximum achievable conditions, total payload, battery charge level and other factors. Top speed will vary by tire inflation pressure, road

4. Press and hold the plus (+) and the minus (-) buttons on the control pad to exit Settings Menu.

5. Power bicycle OFF by holding the  button to save the settings.

Walk Mode

Electric bicycles are heavier than bicycles. To make walking the bicycle easier, your eBike is equipped with Walk Mode, which can be toggled on or off in the settings menu. Walk Mode may be subject to local regulations. Check your local regulations to determine if allowed.

To activate:

Hold down the minus (-) button on the display control pad and the motor will engage at a speed similar to a slow walk.

NOTE: When Walk Mode is active, "Walking" will appear on the display.

ALWAYS keep wheels in contact with the ground when using Walk Mode.

To deactivate:

Pull either brake lever to disengage Walk Mode OR press and hold the minus (-) button on the display control pad.

Cruise Control

Cruise control on your eBike works similarly to cruise control on a car. The bike will try to maintain a speed based on the position of the throttle when cruise control was activated. For example, if the throttle is twisted all the way from its resting position (to a position that would normally maintain 20 mph) and the minus button is held, cruise control will be activated and set at 20 mph. Even if the bike is currently going slower than 20 mph, the bike will try to accelerate and maintain that speed because it was set based on that throttle position.

To activate:

Hold the minus (-) button while twisting the throttle.

To cruise at low speeds, only slightly twist the throttle and hold the minus (-) button.

NOTE: When Cruise Control is active, "Cruise" will appear on the display.

To deactivate:

Pull either brake lever to disengage Cruise Control.

IV. WARRANTY

AUSTRALIAN CONSUMER LAW

Many of our products come with a guarantee or warranty from the manufacturer. In addition, they come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage.

You are entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure. Full details of your consumer rights may be found at **www.consumerlaw.gov.au**.

Please visit our website to view our full warranty terms and conditions:
www.progearbikes.com.au/pages/warranty-repairs

WARRANTY AND SUPPORT

Please email us at **support@progearbikes.com.au** for all warranty or support issues.

For all warranty or support related enquiries, please lodge a support ticket first by sending us an email.

PROGEAR

www.progearbikes.com.au