



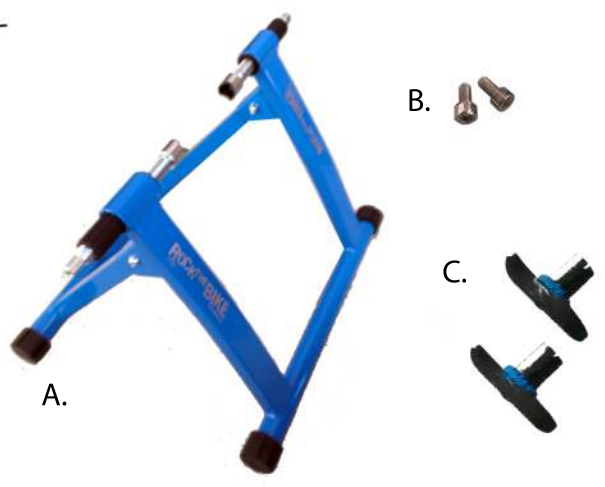
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888-354-BIKE

STATIONARY STAND ASSEMBLY & USE

ASSEMBLING YOUR STATIONARY STAND

CONTENTS:

- A) Stand Body
- B) Two Hex Screws
- C) Two Knobs



STEP 1: The stand ships with the threaded bolts extended. Retract the threaded bolts by hand so the "D" shape bolt ends are visible. Repeat for both sides.

STEP 2: Note the "D" shape at the end of the threaded bolt. Match the inside of the knob and slide the knob on for both sides.

STEP 3: Place the hex screws into the hole in the center of the knob. Use a 5mm hex driver (not included) and tighten the hex screws into the knob.



These instructions are available online at:
<http://rockthebike.com/stationary-stand-instructions>



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DIRECTIONS FOR USE

STEP 1: A stable and flat surface is ideal for stationary bike blending. Open stand by swinging legs open. Center the rear wheel in the stationary stand.

STEP 2: While lifting rear wheel of bike, fit cone cup over axle nut or quick-release QR skewer by turning the knob. Repeat for the other side of the wheel. Again, try to keep bicycle wheel centered in stand for stability.

STEP 3: With both cone cups in place, tighten until secure and snug. Do not continue to tighten! Overtightening can damage stand by forcefully spreading the legs beyond a 90 degree angle.

STEP 4: Lock in your settings by sliding the blue rings in toward the bike. Remember to slide the blue rings out when it's time to remove the bike.

NOTES: The stationary stand is not compatible with internally geared hubs that have control cables coming out of the end of the axle, or "exposed" cam style quick release skewers. Use only "enclosed" cam style quick release skewers.



Enclosed Cam
YES



Exposed Cam
NO

A compatible quick release skewer is available by request, at no charge, with purchase of stationary stand:

