

## GENERAL INFORMATION

### SPECS

#### ADULT Version

Dimensions: 26" long, 18" tall, 26" wide

Weight: 10 lbs.

Use: Household, Educational or Commercial

Manufacturer: Rock the Bike - Oakland, CA USA



#### KID Version

Dimensions: 23" long, 14" tall, 26" wide

Weight: 8 lbs.

Use: Household, Educational or Commercial

Manufacturer: Rock the Bike - Oakland, CA USA



### SAFETY

- ▶ Use the Stationary Stand on a level surface.
- ▶ Children should be supervised when using this product.
- ▶ Avoid contact with moving parts. This includes, but is not limited to: fingers, hands, toes, feet, hair, clothing, and shoes.
- ▶ Be careful when folding the legs to avoid pinching your fingers.
- ▶ Never operate if the product or bike appear damaged. Call Tech Support at 1-888-354-2453 for assistance.

### TRANSPORTATION & STORAGE

- ▶ The Stationary Stand folds easily for storage and transport.
- ▶ Store indoors and out of direct sunlight.

### WARRANTY

Products made by Rock the Bike have a 2 year warranty for defects in material and workmanship. This warranty does not cover damage due to wear and tear, loss, overloading, abuse, incorrect assembly, incorrect use, or anything else beyond Rock the Bike's direct control. The warranty is valid if you purchased directly or from any of our approved distributors/dealers. The use of unauthorized attachments may cause injury or damage and will void the warranty.

- ▶ If you are having problems, call Tech Support at 1-888-354-2453 (10am-5pm PST M-F)



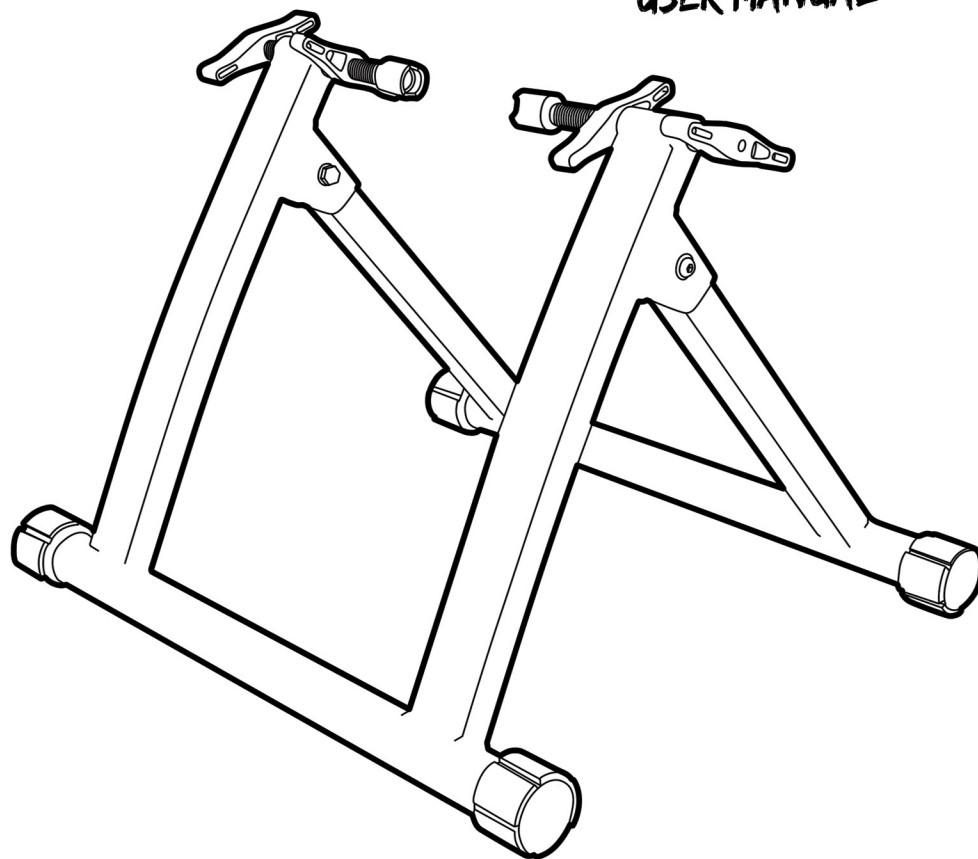
Rock the Bike  
6323 San Pablo Ave.  
Oakland, CA 94608  
[www.rockthebike.com](http://www.rockthebike.com)

888-354-BIKE(2453)  
510-338-3326  
fax 510-735-9838  
[info@rockthebike.com](mailto:info@rockthebike.com)

ROCK THE BIKE™

# STATIONARY STAND

USER MANUAL



YOU PEDAL, SOMETHING AMAZING HAPPENS

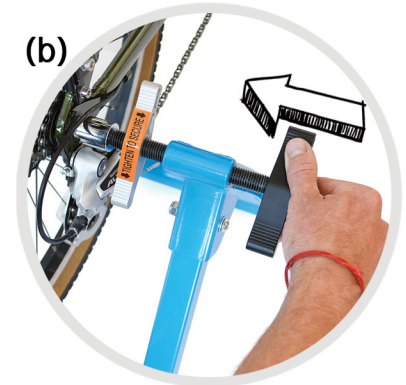
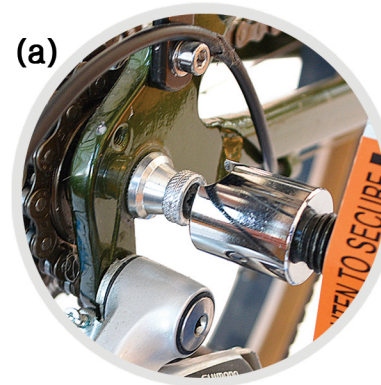
[www.rockthebike.com](http://www.rockthebike.com)

- Put the bicycle's rear wheel in between the stand's legs and if necessary, turn the black handles counter-clockwise to create more space between the cups. The silver handles may need to be adjusted to allow this.



If possible, ask a friend for help with the next step.

- While lifting the rear wheel, fit one cup over the axle nut or quick release of the wheel **(a)**. Turn one of the black handles clockwise until both sides of the wheel are held by the cups **(b)**.



- To ensure the axle doesn't rotate and loosen during use, secure the cups' position. Rotate both silver handles away from the bike until they are firmly against the stand. Don't forget to loosen these before trying to change the position of the cups or remove the bicycle.



**Test for safety:** Grab the bike by the seat, rock side to side and check that the cups are securely holding the bike. Tighten the handles as necessary.

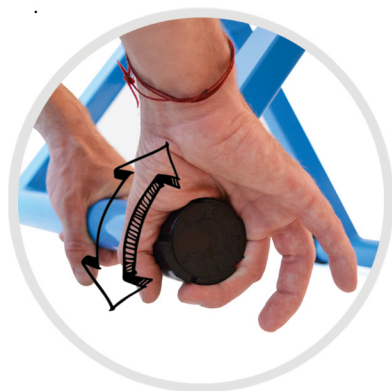
## ANATOMY AND COMPONENTS



1. Leveling foot.
2. Black axle handle.
3. Silver axle handle.
4. Cup.

## ASSEMBLY

1. Find a flat surface for your stand to increase stability and safety. Open the legs of the stand. If necessary, adjust the leveling feet by rotating.



### FUNCTION OF THE HANDLES:

#### BLACK

Outer handles clamp the cups onto the bicycle

#### SILVER

Inner handles secure the position of the cups



## THANK YOU!

In our humble beginnings we ran a bike-powered smoothie booth at Northern California music festivals called "The Juice Pedaler". We saw the smiles and excitement as people jumped on our bike blender and poured their heart into a thick tangy smoothie. Now we're excited to have you joining our quest to spread the spirit of pedaling.

Yours,

Paul Freedman,  
Founder

### THE STATIONARY STAND IS AVAILABLE IN TWO SIZES:



#### ADULTS

Compatible wheel sizes:  
Standard 24", 26" & 29"/700c.



#### KIDS

Compatible wheel sizes: 16"-20".

### WHAT YOU WILL NEED FOR ASSEMBLY

TOOLS: No tools needed!

TIME: 5-6 minutes.

TEAM: 1-2 people.

FIND ROCK THE BIKE ON





# CHOOSING THE RIGHT BICYCLE

**SELECTING THE RIGHT BICYCLE IS IMPORTANT FOR SAFETY, COMFORT AND EFFICIENCY. HERE IS OUR CHECKLIST:**

## A) SIZE

### ADULT STATIONARY STAND

Wheel size: 24" to maximum 29"-er tire width of 2"



Here's an example of a 29" wheel with a 2½" tire.

**NOT ENOUGH CLEARANCE!**



### KIDS STATIONARY STAND

Wheel size: 16" and 20"

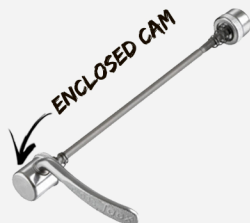
## B) REAR AXLE

Compatible wheels either have a bolted axle:



Or more commonly:

**A QUICK RELEASE SKEWER WITH AN ENCLOSED CAM.**



## DANGER

Newer EXPOSED CAM Quick Release skewer may slide out of the stand's cup during use.

You don't need a new wheel, just the right skewer.

Contact us if you need to get an enclosed cam skewer at:

[customerservice@rockthebike.com](mailto:customerservice@rockthebike.com)



**EXPOSED CAM**

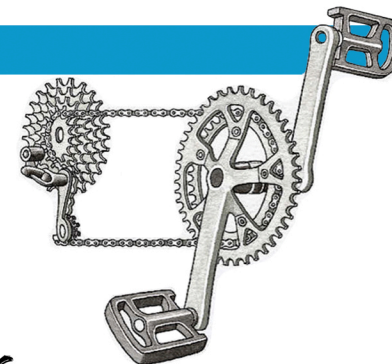


Internally geared hubs often have cables or plastic components blocking rear axle nuts that are not compatible with the stationary stand.



## C) GEARS

Having a multi-speed bike gives you the greatest chance of a satisfying pedaling feel: Not too hard, not too easy.



## D) TIRES

Knobby tires may cause noise and vibration, but can be used in a pinch. We recommend a smooth or slick tire for best performance.

**MAKE SURE THE TIRES ARE FILLED TO 60PSI -OR RECOMMENDED TIRE PRESSURE.**

