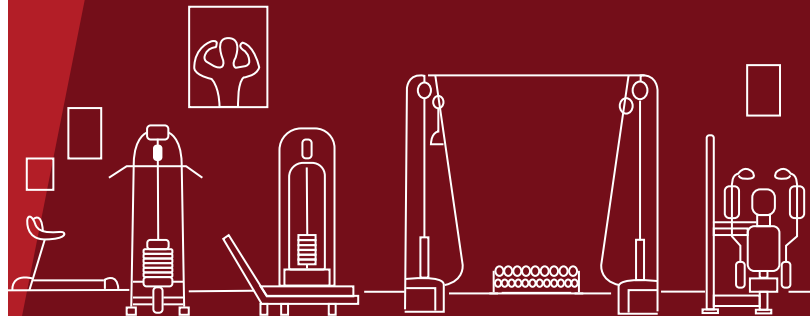


lifelong

GEAR CYCLE

User Manual



Manufactured for & Marketed by :
Lifelong Online Retail Private Limited

For queries and complaints:
please contact: customercare@lifelongindia.com
www.lifelongindiaonline.com

Built for Endurance. Built for India.

INTRODUCTION:

Dear Customer, Congratulations!

We welcome you to the Lifelong family, as you welcome the Lifelong Gear Cycle to be a part of your home.

At Lifelong, our products are carefully built for the needs of India, which is why we have crafted a diverse range of innovative products, across a spectrum of categories - Home, Kitchen, Grooming, Fitness, Lifestyle and Smart Home, to better help you. We then deliver them at the best prices, enriching your everyday living.

We are sure you can't wait to start using your new Lifelong Gear Cycle.
We know we can't!

Looking forward to building our bond for life, cheers!
Thank you, Team Lifelong



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ABOUT THE PRODUCT:

This Lifelong Gear Cycle is suitable for age group 13 years and above with height 5 feet 6 Inch to 6 feet 1 inch. Alloy MTB comes semi assembled. We Recommend customers to Get Bicycle fine tuned before riding after self-assembly.

MARKING OF PRODUCT:



1 Saddle
2 Seat Post
3 Seat post clamp
4 Seatstay
5 Seat tube
6 Front disc brake
7 Rear disc brake

8 Cassette
9 Chainstay
10 Chainring
11 Crank arm
12 Spoke
13 Tire
14 Hub

15 Down tube
16 Fork
17 Head Tube
18 Brake lever
19 Handlebar
20 Stem
21 Headset

22 Top tube
23 Suspension Fork
24 Rear Derailleur
25 Front Derailleur
26 Shifters

SAFETY PRECAUTIONS:

- Any major service or adjustments on your bicycle should be carried out by a professional repairer; however, if this service is not available and you wish to make adjustments yourself, this manual contains important tips on how to do it.

CAUTION: Any adjustments you make are entirely at your own risk.

CAUTION: To use your bicycle for freestyle and stunt riding, competitive events, off-road use or any similar activities can be dangerous and you are warned that you assume the risk for personal injury, damages or losses incurred from such use. The Retailer shall not be liable to the purchaser of the bicycle or to third parties for consequential or special damages.

- Bicycles are built with a variety of equipment and accessories, and you should familiarize yourself with their function and purpose, to make sure you can operate them correctly.

CAUTION:

WET WEATHER RIDING: No brakes work as well under wet or icy conditions as they do under dry conditions. In wet weather special precautions must be taken to assure safe stopping. Ride slower than normal and apply your brakes well in advance of anticipated stops.

CAUTION:

NIGHT RIDING: If you intend to ride on public roads, especially in the dark hours you should ensure that your cycle is equipped with any legally required parts such as reflectors and lights. Check that the reflectors are firmly secured in their correct position and clean and not obscured. Damaged reflectors must be replaced immediately.

Cycling Safety tips:

- Bicycle's nuts, bolts and parts are tight and not worn or damaged.
- Riding position is comfortable.
- Brakes are operating effectively.
- Steering is free with no excessive play.
- Wheels run true and hub bearings are correctly adjusted.
- Wheels are properly secured and locked to frame/fork.
- Tyres are in good condition and inflated to correct pressure.
- Pedals are securely tightened to pedal cranks.
- Before riding please note that the right-hand brake lever operates the front brake, and the left lever operates the rear brake. After you have made any adjustments to your bicycle, check that all nuts, and bolts are securely tightened, and cables are free from kinks and fixed securely to the bicycle frame.

When Riding:

- Be aware of and obey current traffic regulations.
- Know and observe all local laws and rules for bicycles.
- Give clear hand signals in goodtime to warn other road users of your intentions.
- Be aware of vehicles pulling in or out of traffic and for doors being opened on parked cars.
- Always keep both your hands on the handlebars and your feet on the pedals and also always sit correctly on the seat.
- Wear a protective cycling helmet and make sure no loose clothes can catch in your wheels or chain.
- Take care to ride at a speed to suit the conditions and extra care should be taken when riding on uneven surfaces, loose sand or gravel. Be alert and avoid potholes, drain covers and grates or other road hazards.

Forbidden:

- Do not ride on same side of road as oncoming traffic.
- Do not carry a passenger unless cycle is equipped to do so.
- Do not swerve in and out of traffic.
- Do not hang items over the handlebars to impede steering or catch in the front wheel.
- Do not hold on to another vehicle.
- Do not ride too close behind another vehicle.

INSTALLATION OF PRODUCT:**Tweaking the gear changes using the barrel adjuster**

- Shift into the highest gear (smallest cog).
- Whilst slowly turning the pedals/cranks, shift the rear derailleur up gradually to the lowest gear (largest cog), and the back down again.
- If the cable tension is correct, and the cable is not rusted or gunked up, the chain should move smoothly from cog to cog.
- If the chain is reluctant, rattles, rubs on the derailleur or is unsettled when shifting up into a larger cog, check the cable moves freely, and if this is the case.
- Shift onto the problematic gear on the shifter. Then gradually unscrew the barrel adjuster, which increases cable tension, turning the pedals/cranks as you do so, until the chain sits smoothly in the correct gear.
- Or if the chain has problems shifting down into a gear, again shift into the gear you want the chain to move onto, this time screw in the adjusting barrel, loosening the cable tension.
- Sometimes you will have to compromise on cable tensioning, as its a balance between shifting up and shifting downwards smoothly.
- Certain gear combinations should be avoided as they stretch the chain diagonally and damage derailleurs. These are the smallest cog on the front and smallest cog on the rear, and largest cog on the front and largest cog on the rear. Do not adjust the gears for this combination.

Adjusting the Barrel Adjuster on the Front Derailleur:

- Shift into the middle gear on the rear
- As with the rear derailleur, shift through the gears checking that the chain moves freely, up and down.
- If the chain has problems moving up into higher or highest gear (remember this is the largest cog on the front) unscrew the barrel adjuster.
- If the chain has problems moving down into the lower gears (smaller cogs) then screw in the barrel adjuster.

Other gear tips:

- Frayed and rusted cables need replacing if they do not shift well or are badly frayed.
- Spraying a gunked up cable with a bit of lubricant will usually help the gears move more smoothly.
- A skipping/slipping chain usually indicates you have a stiff link, or that the chain or gear cogs are too worn and need replacing. If adjusting the limit screws, and the cable tension does not help with gear problems, then your derailleur may be broken or bent, or the derailleur hanger may be bent. Because these problems require specialist tools to diagnose it's best to get a bike shop to check this for you.

Adjusting Gears

How Gears work:

When you change gear using the shifter on the handlebars, it increases or decreases the tension of the gear cable, which in turn moves the derailleur.

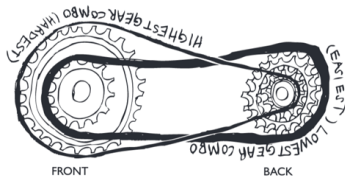
The derailleur moves the chain from gear cog to gear cog making it easier or harder to pedal.

Most bikes have two derailleurs:

The front derailleur moves the chain between gear cogs on the set attached to the cranks of your bicycle. The rear derailleur moves the chain between cogs on the set which is fixed to the bike's back wheel.

Low & High Gears:

Your bike is in the lowest gear when it's easiest to pedal. You would shift into your low gear when cycling up a steep hill. The lowest gear is when the chain is on the smallest cog on the front and the largest cog on the rear. The highest gear is when it's hardest to pedal, this will move your bike at a fast speed if cruising along on the flat. The highest gear is when the chain is on the largest cog on the front and the smallest cog on the rear.



Limiter Screws:

Limiter screws stop your derailleur from shifting the chain too far inwards or outwards off the cogs. When set correctly they prevent the frustrating occurrence of the chain falling off.

There are two screws on each derailleur. Usually, a small 'L' or 'H' next to the individual screws indicates whether it limits the chain falling off the Highest or Lowest gear, however, if the screws are unmarked you may need to find out which one is 'H' and which one is 'L'.

Note: Whilst adjusting gears you will either need to put your bike in a stand, have your bike upside down (not ideal on your first try!) or ask a patient friend to help by holding the rear end of the bike off the ground so that you can freely turn the cranks.

Setting the Limiter Screws:

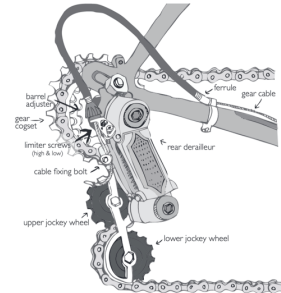
On the Rear Derailleur:

High Gear

- Locate the limit screws: These are usually on the back of the derailleur
- Shift the chain into the highest gear (smallest cog).
- Gradually tighten the high gear limiter screw (marked 'H') whilst gently turning the pedals/cranks until the chain moves onto the second highest cog (second smallest cog).
- Then, whilst still turning the pedals/ cranks gently, back out the limiter screws a quarter turn at a time until the point when the derailleur is able to move the chain into the smallest cog once again.
- Shift up and down between the smallest and second smallest cog a few times to check that it shifts smoothly and that the chain doesn't rub. You may need to tweak the limit screw a bit to get the best shifting.

Low Gear

- Shift into the lowest gear (largest cog).
- Turn the pedals/cranks as described before
- Tighten the low gear screw (marked L) until the chain falls onto the second largest cog.
- Back out the low gear screw until it will shift into the lowest gear, and test shift back and forth as with the H screw.



On the Front Derailleur: Use the same technique as described in adjusting the rear derailleur, only remember with the front gear cogs, the highest gear (adjusted by the H screw) is the largest cog, and that the lowest gear (adjusted by the L screw) is the smallest cog.

Adjusting Gear Cable Tension:

Before you adjust cable tension, ensure the limiter screws are set correctly as described on previous pages. The gear cables run from the shifters on each of the handlebars to the front and rear derailleurs. Adjust the cable tension if the chain has difficulty shifting between gears.



Adjust the gear cable tension at the cable fixing bolt:

- Shift the chain into the lowest gear combination.
- Follow the gear cable from the shifter to the derailleur, check the cable's tension on the exposed section of inner cable.
- The cable should ideally be tensioned but not overly tight. It should not be baggy.

- If the cable is not correctly tensioned, loosen the cable fixing bolt (see diagrams for where this is located on each derailleur)
- Pull the cable taught, but not tight.
- Re-fasten the bolt.



Barrel Adjusters

Gear barrel adjusters are handily positioned on the handlebars so that the gear tension can be tweaked whilst riding along. With the rear derailleur there will often be a second barrel adjuster on the derailleur body itself.

Terms and Conditions:

1. This warranty is void if:
 - a. The completely filled warranty card is not presented at the time of servicing the product.
 - b. The product is not operated according to the instructions given under the user manual.
 - c. Damages are caused by lightning, abnormal voltage, water or other liquid intrusion, fire, flood, accident, negligence or improper handling.
 - d. Product has been damaged due to installation, repairs, alterations or modifications by unauthorized service organizations or persons.
 - e. Product label specifying the model number, serial number and production code has been removed and altered.
 - f. Defects or parts requiring replacement due to ordinary wear and tear, corrosion, rust or stains, scratches, dents on the casing or paintwork of the product.
 - g. Claims damaged and/or missing parts (accessories) after 7 days from the original date of goods received.
 - h. Defects or faults in product which have been used for commercial/industrial purposes or which have been rented/leased or have been otherwise subject to non-household/non-domestic use.
2. Repairs or replacements will be carried out by authorized service provider.
3. During the limited warranty period, Lifelong or its authorized service provider will repair without charge the defective unit inclusive of labor and parts and restore the unit to its optimum working condition. All defective parts used for the warranty repair should be surrendered to Lifelong and/or its authorised servicer.
4. All expenses incurred in collecting the unit (s) or part(s) thereof from authorised service provider as well as any other expenses and incidentals will be borne by the consumer.
5. Lifelong obligations are limited to the repair and replacement of the defective product. Except as set forth above, there are no other express or implied warranty and all warranted, conditions or other terms implied by statute or common law (including any warranty of satisfactory quality, merchantability or fitness for a particular purpose) are excluded to the fullest extent permitted by the law.
6. Lifelong total liability for damages relating to or arising out of the purchase or use of the product regardless of the type or cause of such damage of the form of characterization of the claim asserted (e.g. contract or tort) shall not exceed the original purchase price paid for the product.
7. However in no event shall Lifelong and Lifelong authorized distributors be liable for any punitive, special incidental, indirect or consequential losses or damages whatsoever (including without limitation, damages for the loss of revenue, business, profits, goodwill, or contracts, business interruptions, loss of business information or any other pecuniary loss.) Whether or not Lifelong has been advised of the possibility of such damages. These limitations shall apply not with standing the failure of the essential purpose of any limited warranty. This limited warranty does not affect consumer's statutory rights under the law.
8. No carrier, dealer or employee is thereof authorized to make modifications to this warranty and you should not rely on any such representation. Lifelong reserves the right to amend the terms and conditions if necessary.

Consumer Warranty Card

Dear Customer,

Thank you for choosing a Lifelong consumer product. All Lifelong Consumer products are designed and manufactured to the highest standards to deliver high quality performance, as well as easy installation and use. At Lifelong, we believe in providing not only service, but adding value to your purchase. The warranty has therefore been designed especially for you with your interest at heart.

Warranty Service

All Lifelong consumer products are covered against manufacturing defects from their date of purchase.

Name of the product: _____

Model: _____

Warranty coverage: 1 year

Please note: Purchase receipt is necessary for warranty verification.

Customer Care: customercare@lifelongindia.com

Customer Details

Name: _____

Address: _____

Home Number: _____

Office Number: _____

E-mail Address: _____

Product Details

Model No.: _____

Serial No.: _____

Purchase Date: _____

Invoice Number: _____

Online Site: _____

Please log on to www.lifelongindiaonline.com and complete the online warranty form with your personal and product details within 14 days.