

CONFIDENCE

FITNESS



BIKE REPAIR STAND

Please read the following instructions before using the stand and keep for future reference. The Confidence Bike Repair Stand was created for home use only.

Safety Tips

- Do not exceed the maximum load of 30kgs. Exceeding the maximum load risks damage to bicycle and the Confidence Bike Repair Stand.
- Check all parts of the Confidence Bike Repair Stand. Loose screws must be tightened and any defective parts must be replaced to avoid damage and injury.
- Please ensure the socket head screws connecting the upper bar are always tight.
- The Confidence Bike Repair Stand is to be set up on stable flat surface.
- Do not try to ride the bicycle whilst it is mounted to the Confidence Bike Repair Stand.
- To avoid damage to the bicycle please do not squeeze the conduit or cable with the retaining clamp.
- When using the Confidence Bike Repair Stand for carbon or thin aluminum frames, be careful not to over tighten and damage the bicycle frame, the clamp screw fixing are extremely powerful.
- Improper use or use for other applications may endanger the health of the user or cause damage.

Maintenance and Storage

- Clean the stand with warm water neutral PH soap. Always wipe the clean surface with a dry cloth and avoid using harsh chemicals.
- Store the Confidence Bike Repair Stand in a dry, well-ventilated place.

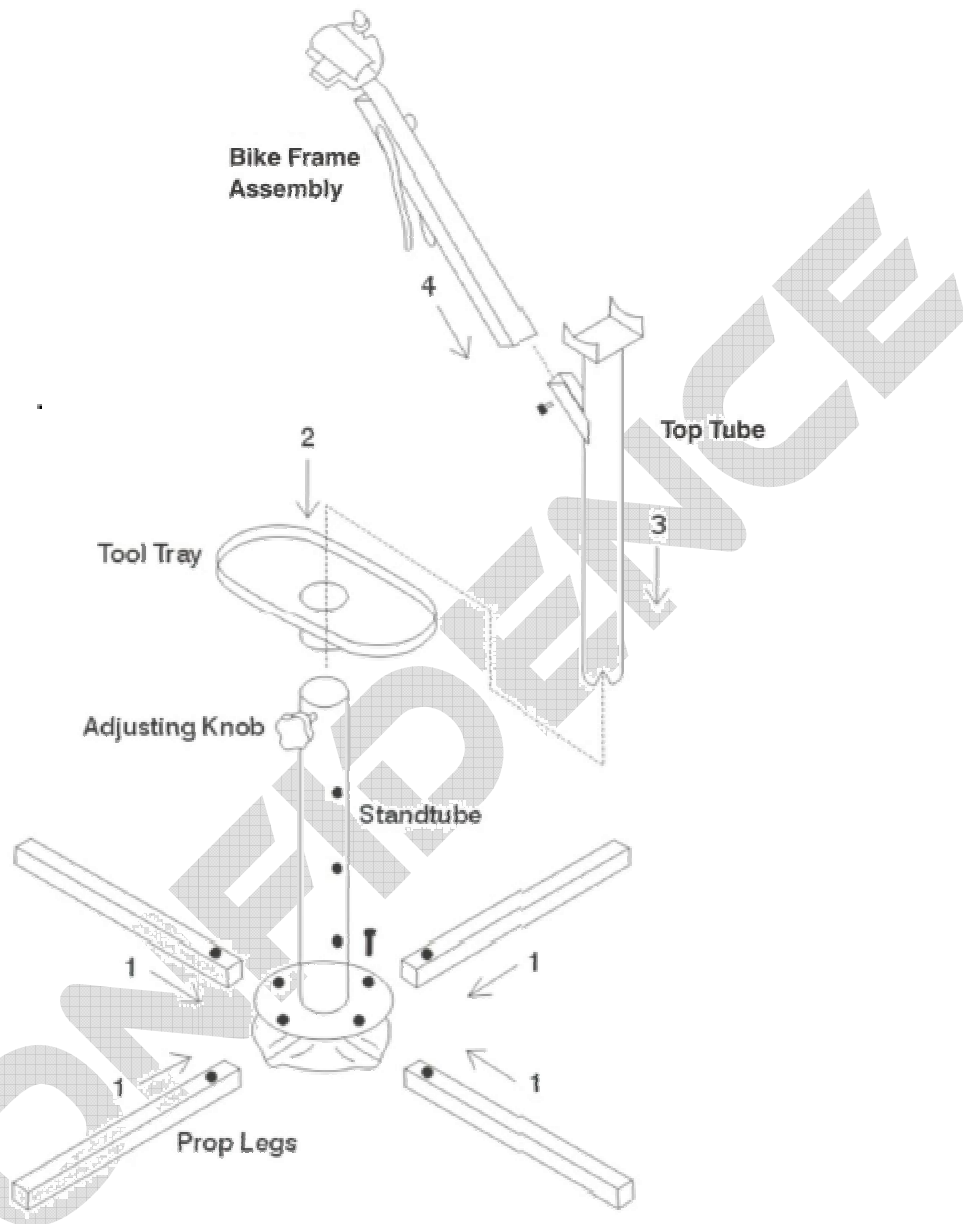
Technical Data

- Maximum load – 30kgs
- For bicycle frames from 25mm to 45mm

Parts List

1. 4 x Square Tube Prop Legs
2. 1 x Tool Tray
3. 1 x Top Tube
4. 1 x Square Top Frame
5. 1 x Bottom Plate
6. 1 x Stand Tube with Adjusting Knob

Assembly



1. Insert 4 square tube prop legs into the base using the 4 long bolts and nuts provided in the kit. Tighten with an adjustable wrench (tools not included).
2. Slip the tool tray onto the upright stand tube.
3. Insert the top stand tube into the bottom stand tube and tighten the adjustable knob clockwise until tight.
4. Now insert the Bike Frame Assembly (4) into the Top Tube (3).

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