



CRUZBIKE S40

GETTING STARTED

Thank you for choosing the Cruzbike S40! This frame is as versatile as it is beautiful.

The Cruzbike S40 is a recumbent bike frame designed to be built up as a fast road bike, endurance bike, a sleek and sophisticated tourer or the ultimate commuter.

We recommend you and your mechanic work together to source a component set that fits your cycling needs.

Note: If you are unsure about compatibility, a qualified bicycle mechanic will be able to help you design a great build. You can also email support@cruzbike.com.

CRUZBIKE S40 RESOURCES



EXAMPLE COMPONENT SET LIST: S40 FAST ROAD BIKE SETUP

- 1-Handlebar: Included custom lightweight wide grip handlebar for control, fast climbing and knee clearance.
- 2-Shifters and Cassette: Road levers and wide range cassette
- 3-Brakes: Road lever compatible disc brakes 160mm front and rear
- 4-Derailleur: Brand compatible long cage rear derailleur, braze on front derailleur
- 5-Bottom Bracket and Cranks: 68mm English thread, compact double
- 6-Wheels: 700c with disc brake hubs
- 7-Tires: 700c x 32c

S40 VIDEOS | Watch at www.cruzbike.com/s40

S40 Frame Assembly | S40 Complete Assembly | S40 Fit and Adjustment | S40 Features and Accessories

S40 ASSEMBLY AND FIT NOTES | See next page

QUESTIONS? CALL US 888-226-2789 OR EMAIL [SUPPORT@CRUZBIKE.COM](mailto:support@cruzbike.com)



CRUZBIKE S40 ASSEMBLY NOTES:

The S40 frame can be assembled without a workstand. When installing components, a standard bike workstand can be used - just rotate the clamp to hold the front boom.

The frame accepts wheels that are standard 700c disc brake set with 130mm and 100 mm spacing - just reversed - placing the drive wheel up front. The fork spacing is 132.5mm so 135MM hubs can also be used.

The BB shell is standard 68mm English thread. A typical build utilizes a standard road drivetrain and disc brakes. The bike should be built with components installed and fit to the rider prior to running cable housing and cables.

Cruzbike sells a rear rack and an under seat rack that are designed to work perfectly with the S40 frame. If using another rack, use two 15 mm spacers to achieve the proper width for lower rack stays.

CRUZBIKE S40 FIT NOTES:

General tips for a good rider fit:

See our website for a detailed fit video. General tips for a good rider fit:

- 1-At full pedal extension the rider leg should be slightly bent.
- 2-On the pedal upstroke there should be around 2" of clearance between the top of the rider's knee and the handlebar.
- 3-The rider's arms should have a natural bend at the elbows.
- 4-For shorter riders, the boom can be safely cut down 4 inches.

First time rider fit tip: if this is a rider's first Cruzbike, the handlebar placement should allow enough room for him or her to sit straight up off the seat back. Sitting up improves confidence and balance while learning to ride.

If the handlebar height needs adjustment higher or lower, we have a curved slider option and different chainstay lengths available at www.cruzbike.com/s40.