1. Prepare soapy water solution in a spray bottle (2-3 drops of liquid soap to 1 litre of water recommended).

2. Ensure your frame is thoroughly cleaned to remove any dirt and/or grease before starting. Also ensure your hands are clean.

3. Familiarise yourself with the pre-cut decals and the position they will be applied onto the frame.

4. Taking one section at a time, spray the frame and protection decal with the soapy water solution.

5. Position the decal correctly on the frame using a squeegee to push out water and air bubbles working from the centre outwards.

6. If you are having issues with insufficient adhesion on the edges, heat gently with a hair dryer to aid application.

Note: When applying fresh frame protection, it’s advised to leave the bike for a minimum of 24 hours before riding to let the frame protection fully adhere plus an additional 24 hours before washing the bike.
1. Gently heat frame protection with a hair dryer to soften adhesive and aid in removal.

2. Starting at an edge, slowly peel back at an aggressive angle. Do not pull straight up as this risks damaging the paintwork.

3. Continue to heat and peel until all the frame protection is removed.

4. To remove any excess adhesive residue, clean with isopropyl alcohol.