



## Janis Owner's manual

**ISLABIKES**

[www.islabikes.co.uk](http://www.islabikes.co.uk)

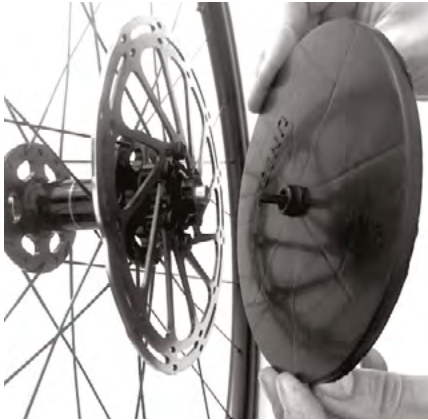
# Setting up your Janis



1. Brake levers
2. Brake calipers
3. Rotors
4. Saddle
5. Seatpost
6. Seatpost clamp
7. Saddle clamp
8. Stem
9. Stem bolts
10. Headset
11. Headset spacers
12. Headset adjuster bolt
13. Handlebars
14. Grip shift
15. Rim
16. Spokes
17. Tyres
18. Chain
19. Rear derailleur
20. Cassette
21. Frame
22. Forks
23. Cranks

Step 1 of 6

# Remove front wheel and fork packaging



1. Remove front wheel protection packaging.



2. Remove fork protector



3. Remove brake caliper spacer




**DO NOT PULL BRAKE** when caliper spacer is removed. Please keep caliper spacer for transportation when wheel is removed

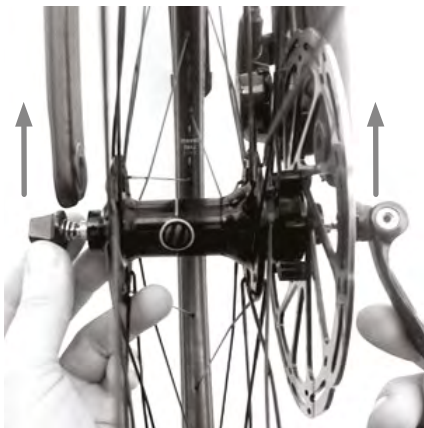
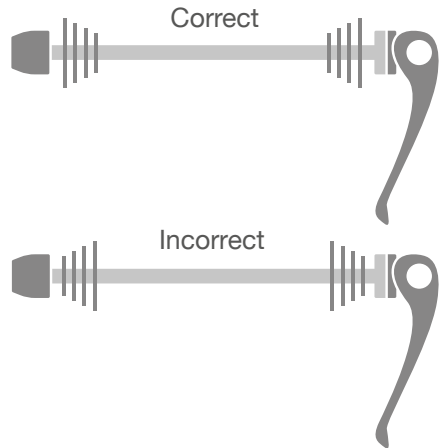
Step 2 of 6

# Install quick release and secure front wheel in fork



1. Install front quick release (QR) skewer from pedal box

 Ensure QR skewer springs orientation is correct



2. Put front wheel into the fork. Ensure (QR) lever is **not** on gear side.

Check this matches the rear wheel

Step 2 of 6

## Install quick release and secure front wheel in fork continued



3. Hold QR lever in fully 'open' position and turn nut clockwise. **Do not fully tighten nut.**



4. Clamp the QR to fully closed position in line with the fork.



The QR lever should start to feel tight at 90 degrees as you close – if it is too tight or too loose you can adjust by holding lever 'open' again and turning nut.

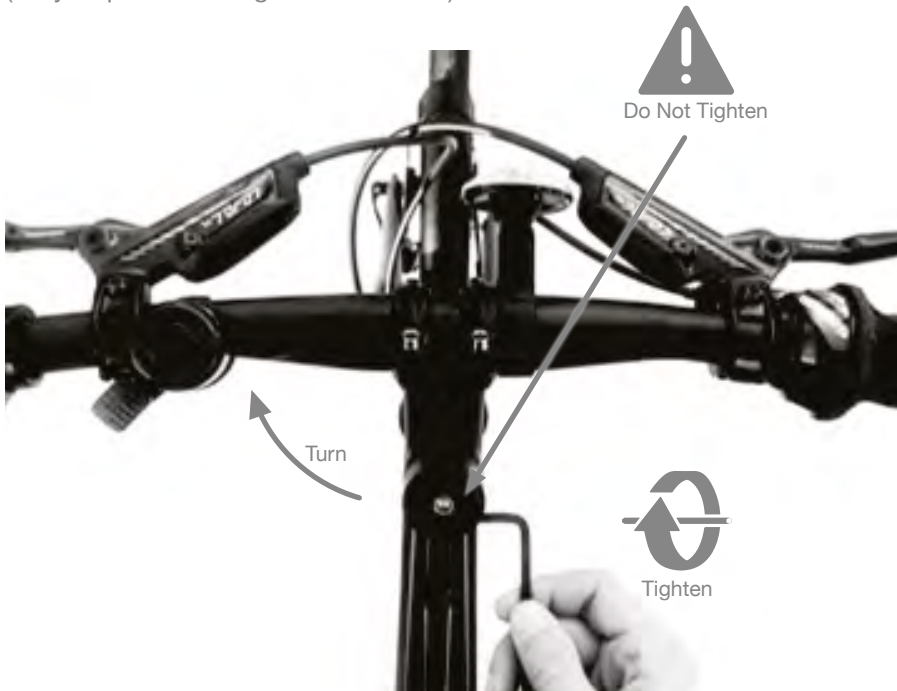


Check front wheel is correctly installed. Firstly, lift the front end of the bike off the ground by the handlebars and strike the top of the wheel firmly with the palm of your hand. Secondly, push and pull the wheel from side to side. If there is no movement from either of these actions the wheel is installed correctly.

Step 3 of 6

## Handlebar set up

(Only required if mudguards are fitted)



1. Turn handlebars clockwise and align with front wheel
2. Tighten the two stem clamp bolts Max. 7Nm



Caution: The fork steerer tube is carbon fibre construction, which can be seriously damaged by over tightening.



Failure to correctly tighten stem clamp bolt may result in serious injury or death. If in doubt, please consult our technical support team on +44 (0) 1584 708 383 or email [techsupport@islabikes.co.uk](mailto:techsupport@islabikes.co.uk).



Before riding check front brake operation is correct. To check this, apply both the front and rear brake, they should feel the same. Secondly, push the bike forward whilst holding the front brake to ensure it is working.

Step 4 of 6

## Pedal installation

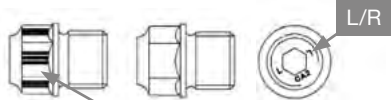


All pedals are supplied in pairs with a specific left and right pedal. This is to prevent the pedals from undoing as you turn the cranks with your feet.



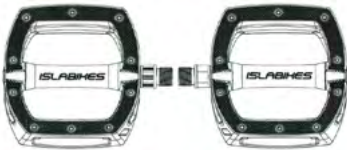
Please ensure that you have identified the left and right pedal before installation to avoid damaging the crank arm.

Many of our pedals have the following features on the pedal axle to help you identify the left and right pedals:



LH pedal has line marking on axle.

If these features are missing, another tip is to check the Islabikes logo. When standing at the back of the bike looking towards the front, the Islabikes text on the pedal should be in the correct orientation to read:

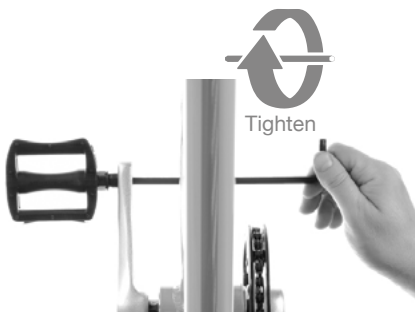


Correct



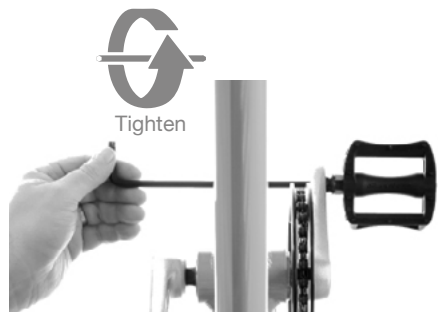
Incorrect

### 1. Left pedal



Tighten

### 2. Right pedal



Tighten

1. Left pedal – rotate pedal axle **clockwise** towards front of bike
2. Right pedal – rotate axle **anti-clockwise** towards front of bike

**Tighten max. 30Nm**

Step 5 of 6

## Adjust saddle height



1. Loosen seatpost-clamp
2. Move to desired height
3. Tighten clockwise max. 4Nm



Seatposts are clearly marked with minimum insertion mark.  
Please do not raise saddle above this line.



Step 6 of 6

## Brake pad bed-in

It is important to bed-in your new brake pads to achieve optimal performance, increase pad longevity and reduce the likelihood of brake fade and noise.

To safely achieve optimal results, remain seated on the bike during the entire bed-in procedure. Accelerate the bike to a moderate speed (12mph / 20kph), then firmly apply the brakes until you are at walking speed. Repeat approximately twenty times. Next, accelerate the bike to a faster speed, then firmly apply the brakes until you are at a walking speed. Repeat approximately ten times.

Important: do not lock up the wheels at any point during the bed-in procedure. Allow the brakes to cool prior to any additional riding. If you require further information about your brakes, contact our technical support team on +44 (0) 1584 708 383 or email [techsupport@islabikes.co.uk](mailto:techsupport@islabikes.co.uk).

# Ready to ride

## Safety first

Before you head off please read our advice for safe cycling.



Ensure that your helmet is adjusted correctly in accordance with the manufacturer's instructions.



Ensure you are wearing sturdy footwear and nothing can become entangled in the pedal or drivetrain.



Ensure that you familiarise yourself with your new bicycle in a safe environment. We pride ourselves on light action brakes. Check you can come to a stop safely using the brakes.



Your Islabike is set up so that the right-hand brake lever operates the front brake. Where the destination country drive on the right the right hand brake lever will operate the rear brake.



Be aware braking performance and grip will be drastically reduced in wet conditions.



Ride carefully on busy streets or highways.



Always observe national legal requirements if riding on public roads. If you are cycling in any other countries or in the EU, please check national guidelines.



It is important that your bike is regularly maintained. It should be inspected if an accident occurs.

# Ready to ride

## Safety first



We do not recommend that a bicycle trailer or trailer bicycle is fitted to this bicycle.



Your bike is fitted with mounting points for a luggage rack, but we do not recommend fitting a child seat.



The moving parts on your bike present a danger of entrapment. Particular care should be taken with the chain when riding and maintaining your bicycle.



Handlebar ends can become exposed from repeated contact with the ground or heavy fall. Never ride a bike with an unplugged handlebar end. You can buy replacement handlebar grips on our website [www.islabikes.co.uk](http://www.islabikes.co.uk) or call +44 (0) 1584 708 383.

# Usage guidelines



Your Janis has been designed to be ridden on paved roads for means of transportation or leisure where the tyres remain in contact with the ground. The maximum safe combined rider and luggage weight limits are as follows:

- Janis XS/S/M/L = 125Kg



Nothing lasts forever, including your bike. When the useful life of your bike or its components are over, continued use is hazardous. Materials and components may react to wear or stress fatigue in different ways. If the design life of a component has been exceeded it may suddenly fail, possibly causing injuries to the rider. Every bike and its components parts have a finite life. The length of that life will vary with the construction and materials used in the frame and components. Your bike and its components are subject to fatigue. With enough use at high enough loads cracks can develop that could lead to failure. Cracks, scratches or a change of colour could indicate that the design life of the component has been reached and it should be replaced. Extra care should be taken when inspecting parts that are subject to high levels of stress. The science of fatigue is not predictable.



Please note your bike is not intended for the following types of riding:

- Dirt jumping
- BMX
- Four cross
- Downhill
- Slalom
- Off road riding
- Gravel

### Factors that can reduce product lifespan include:

- Impacts to the bike from crashes, bumps or jumps.
- Exceeding the maximum weight limit for the bike.
- High mileage/usage.
- Environmental conditions (unusually damp/saline atmosphere, muddy or sandy conditions).
- Poor maintenance and use out of correct adjustment.
- Unsympathetic riding style.

### Factors that can increase product lifespan include:

- No impacts to the bike from crashes, bumps or jumps.
- Observing the maximum weight limit for the bike.
- Environmental conditions (dry, clean, non-corrosive environment).
- Regular maintenance and careful adjustment.
- Sympathetic riding style.



It is not possible to make a bike that is never going to be damaged. If you use the bike beyond its limitations, there is a high risk of failure which could result in serious injury or death. Bikes that are used competitively should be subject to more frequent and rigorous checks. Take particular care to check the frame tube junctions and welds as well as all the components for damage or excessive wear. If in any doubt, please contact our technical support team on +44 (0) 1584 708 383 or email [techsupport@islabikes.co.uk](mailto:techsupport@islabikes.co.uk). Or take it to a qualified cycle mechanic for inspection.

# Guarantee

Your Islabike comes with a 5-year guarantee on frame and forks and a 2-year guarantee on parts. This covers faulty manufacturing but not normal wear and tear. This guarantee only applies to the original purchaser of the bike.

*Your statutory rights are not affected by the guarantee.*

Our clearance bikes have the following guarantees, these apply to the original purchaser and are only valid within the UK.

Ex-display / Demo:	5-years frame and forks / 2-years parts
Second hand:	12-months frame and forks



Our bikes are not guaranteed for racing in sanctioned or competitive events. The use of a bicycle in hazardous conditions including changeable and uneven surfaces can put high, unpredictable loads on the bicycle and its components. Lack of rider skill and experience can further increase these loads leading to the possibility of serious damage to the bicycle and/or injury to the rider. If you choose to participate in these events then please carry out more frequent and thorough maintenance and checks, including regularly inspecting the frame, fork, stem, cranks and handlebars for signs of damage. Discontinue use immediately if anything untoward is spotted and contact our technical support team on +44 (0) 1584 708 383 or email [techsupport@islabikes.co.uk](mailto:techsupport@islabikes.co.uk).

# Maintenance

Keeping your bike clean and maintained comes with many benefits. Not only will your Islabike perform better but it will be safer, last longer and look great. To do this we have listed some regular checks to help you along the way. Of course, if you are unsure of anything we strongly recommend you seek professional advice or contact our technical support team on +44 (0) 1584 708 383 or email [techsupport@islabikes.co.uk](mailto:techsupport@islabikes.co.uk).

Firstly, moving parts on your bicycle will need lubricating from time to time. Weather conditions are generally the biggest factor that determine frequency of maintenance and lubrication. However, it is also heavily dependent on the frequency, type and duration of riding.

Component	Lubricant	Frequency
<b>Chain</b>	Oil	Weekly or after washing / rain
<b>Gear cables</b>	Oil	Monthly or after washing / rain
<b>Wheel bearings</b>	Grease	6 months
<b>Headset</b>	n/a	Sealed bearings
<b>Brake fluid</b>	Mineral oil	12 months - service
<b>Bottom bracket</b>	n/a	Sealed bearings

# Disc brakes

One of the most important safety features of your Islabike. It is a good habit to check the brakes on a regular basis. This should be done depending on the type, frequency or duration of riding. If your bike has not been used for a period of time, we recommend a quick check before riding.

**Brake operation** – Pull on one brake at a time and look at the brake pads. Check to see if they are touching the discs evenly when applied. If the pads are not contacting the discs correctly, they are uneven, rubbing or feel spongy to apply please contact our technical support team on +44 (0) 1584 708 383 or email [techsupport@islabikes.co.uk](mailto:techsupport@islabikes.co.uk).

**Brake pad wear and replacement** – Brake pads do not last forever. Eventually they will need replacing. This will depend on the type, frequency and duration of riding. Brake pads must be replaced if the total thickness of the backing plate and pad friction material is less than 3mm.



Riding with backing plate and pad friction material less than 3mm can result in reduced braking performance, crash, and/or death.



Pads fitted as standard are **organic compound**. We recommend replacing with the same compound to maintain performance.

**Brake fluid and replacement** – The brakes fitted to your bike contain Mineral Oil. Your fluid will need replacing annually to maintain performance. Always seek professional advice – specialist tools are required for this maintenance.



**DO NOT ALLOW** brake fluid to contact skin or eyes. If fluid comes into contact with skin or eyes seek to dilute with plenty water and seek medical advice.



# Wheels

**Rim trueness** – Depending on the type of riding you do your Islabikes bikes wheels may become untrue or damaged when riding. This means they will not spin straight and will wobble. If for any reason they are untrue our wheels can be easily repaired, please contact our technical support team on +44 (0) 1584 708 383 or email [techsupport@islabikes.co.uk](mailto:techsupport@islabikes.co.uk).

**Hubs** – Your hubs are fitted with cup and cone bearings. Although they are sealed water and grit can enter your hubs and cause premature wear. To prolong the life and keep them running smooth and efficient. We recommend annual maintenance and re-greasing of hub bearings.

# Tyres and Tubes

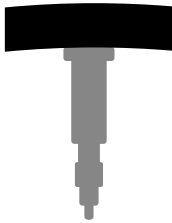
**Tyre wear** – Regularly check tyres for general wear and tear. Overtime your tyres will become more worn and can become more susceptible to punctures.

**Tyre pressure** – Regularly check your Islabike tyre pressure as they slowly go down over time. To check, simply push your thumb hard onto the tyre or use a pressure gauge fitted to most quality bicycle track pumps. If you can touch the rim this probably needs some more air.

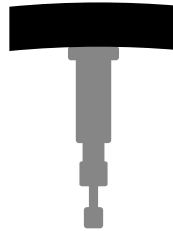


You should not exceed the maximum tyre pressure printed on the sidewall of the tyre. We recommend approx. 70% of the maximum tyre pressure illustrated on your tyre. To inflate presta valves you must first open the valve by unscrewing and tapping the valve end to relieve it if stuck. Inflate to correct pressure and then carefully re-tighten to close the valve.

Use our guide to inflate your tyres, <https://www.islabikes.co.uk/knowledge/technical-support/maintaining-your-islabike/>



Valve closed



Valve open

# Drivetrain

The drivetrain is a category of components made up of the chain, cranks, cassette and pedals. These components work together to drive your Islabike forward and are crucial in maintaining the optimum performance and life of your Islabike. To keep these running smoothly we advise the following.

**Chain cleaning and lubricating** – We recommend cleaning & lubricating your chain weekly or after washing/rain. Simply use soapy water to wipe over your chain and rear derailleur then dry with a cloth. Then gently apply any general bicycle oil direct whilst simultaneously turning the cranks backwards to ensure full chain coverage. Wipe off any surplus oil with a cloth.

# Gears

Your Islabike has had its gears adjusted prior to delivery. These should be checked periodically or after a fall to ensure they are operating correctly.

Quick check:



Ensure your rear derailleur hanger is not twisted or bent.

Place your Islabike in gear 1 or the biggest sprocket and look from the rear. Look out to see if the rear derailleur is fouling the spokes or looks twisted.

If the gears are not working correctly contact our technical support team on +44 (0) 1584 708 383 or email [techsupport@islabikes.co.uk](mailto:techsupport@islabikes.co.uk).

# Recommended torque settings

All stem bolts	7Nm
Saddle clamp bolts	7Nm
Seatpost collar bolt	4Nm
Crank bolts	35Nm
Pedals	30Nm
Caliper bolts	9Nm
Rotor bolts	6Nm
Rear derailleur	6Nm

## Spares and replacement parts

We carry stock of replacement parts for your Islabike including inner tubes, tyres and grips. Please visit our website for a list of readily available spares.

We only recommend using genuine parts for safety critical components e.g. brake cables, brake blocks and bolts.

If you can't find what you are looking for or are unsure of any compatibility for older models, please contact our technical support team by phone or email.

[techsupport@islabikes.co.uk](mailto:techsupport@islabikes.co.uk)

+44 (0) 1584 708 383

For technical support and cycling advice please see the knowledge area of our website. [www.islabikes.co.uk/knowledge/](http://www.islabikes.co.uk/knowledge/)

# Frame number

Please make a record of your frame number. This is a combination of letters and numbers unique to your bike stamped to the underside of the frame. This is required by police and insurance companies in case of loss.



Frame number





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