



# Your New Frog Bike

Congratulations on purchasing a new bike and thank you for choosing Frog!

We know that you must be raring to go but before you do there's a few little things still to do to get you up and running safely. So just follow these simple steps and in a few minutes you'll be ready to hit the road. The following pages will help you fully understand your bike and how to look after it.

## **A few basic tools**

It's easy to get your Frog Bike ready. All you need to make the final pre-ride adjustments are some standard allen keys and a size 15 spanner for the pedals.

## **Ok, let's get started**

If your new Frog Bike has been delivered to your home you just need to fit the front wheel, twist the handlebars and fit the pedals. Then you need to make the final size adjustments. Don't worry, it's easy to do and only takes a few minutes. If you have picked your new Frog Bike up from a shop most of this will already be done for you, but your safety is very important to us - so please check these anyway.



### In the box you will find

- » 1 bike with front wheel off
- » 1 front wheel
- » 1 bag containing 2 mudguards, 2 long bolts, 2 short bolts, 3 nuts, 1 curved plastic washer, 1 metal washer, 1 black mudguard clamp
- » 1 box containing reflectors, pedals, front wheel Quando skewer, allen key, warranty card and manual



Before you start, carefully remove all plastic wrapping, cable ties and cardboard wraps.

#### a) Fitting the Front Wheel

- » Remove the black plastic supporting rod from between the forks
- » The front brake arms will need to be disconnected to get the front wheel on. To do this, squeeze the left and right brake arms (or "calipers") together and then slide the cable out of the cut-out piece



For the **Tadpole**, **Frog 43** and **Frog 48**, place the front wheel axle in between the jaws of the forks. Keep the safety washers on the outside of each fork, and plug them into the holes.



- » Use a 15mm spanner to tighten the nuts

#### For **all others sizes of bike**:

- » Find the Quando skewer which is in the box with the pedals and reflectors, unscrew the plastic nut off the end and place the skewer through the wheel. Make sure that there is a spring either side of the wheel; the widest part of each spring should be furthest away from the wheel. The quick release handle goes on the left side of the bike, and the "Drive →" marking on the tyre should be pointing forwards
- » Open the quick-release lever on the front wheel



- » Insert the wheel into the jaws of the front forks (these look like open jaws), keeping the quick-release lever on the left
- » Tighten up the nut on the opposite side to the quick-release lever and then close the lever with a firm pressure. If it is too tight to close, release the nut a little then try to close it again



### Important safety check!

Check that the quick-release lever is firmly closed and that the wheel is clamped tightly in the forks. If the quick-release lever closes too easily or if the wheel is loose in the forks when the lever is closed then re-open the lever and tighten the nut on the opposite side of the wheel. Then try again.

### b) Fitting the handlebars correctly

- » The handlebars need to be fitted to the bike



Stem

Headset

Side bolts

- » Unscrew the 4 bolts at the front of the stem and take off the front plate in order to position the handlebars centrally on the stem. Note the ridges on the handlebar indicate the centre
- » Next, ensure the handlebars are straight. Loosen the side bolts with an allen key
- » Flip the rubber cap out of the headset, then loosen with allen key



- » Position the handlebars to line up the stem with the front wheel



- » Tighten the top cap bolt first, then tighten the bolts on either side of the stem. Replace the rubber cap

### c) Connecting the front brakes

**Safety first - Don't ride the bike until you have done this.**

- » With your fingers, squeeze the left and right brake arms (or "calipers") together above the wheel until the brake pads are touching the rims





» Now slide the cable into the cut-out piece on the brake (see pictures)



✘ This is not connected



✔ This is connected

» Tuck the tail end of the brake cable into the groove so that it's out of the way



### Important safety check!

Now test the brakes. Raise the front wheel off the ground and spin it and then squeeze the right brake handle to stop the wheel. Do the same for the rear wheel using the left brake handle. Make sure the brakes stop the wheels firmly and do not still grip the wheels when you release the handles.

### d) Fitting the saddle

- » To adjust the height of the saddle, loosen the quick-release lever on the side
- » Raise or lower the saddle so that it's the same height as your child's inside leg measurement, then close the quick-release lever.
- » For the perfect riding position your child should just be able to put

the ball of their foot on the ground when seated on the saddle. As your child becomes more proficient and confident, you can raise the saddle height until they are only standing on tip toes

**Safety first - There some marks towards the base of the seat post which indicate the maximum amount of post that should be exposed. Don't raise the post any higher than this mark.**

- » To get the most comfortable riding position, you can easily slide the saddle backwards or forwards along the seat rails by loosening the bolt underneath the saddle, using an allen key. If your child is reaching too far for the handlebars, slide the saddle forwards



### e) Keeping your tyres pumped up

Your new Frog Bike should arrive with tyres pumped up to the correct level; however, they naturally lose pressure, so it is good practise to check them regularly. The recommended tyre pressures are printed on the sidewall of the tyre. Please do not let the pressure drop below the minimum level as it will increase the risk of puncturing or poor handling on your bike. Frog Bikes come with Schrader valves which are easy to inflate.

- » Check the tyre pressures regularly with a pressure gauge or pump. You should not exceed the maximum tyre pressure printed on the sidewall of the tyre and it is best if the pressure is not less than 70% of the maximum
- » Remove the dust cap. Press the top section with your finger nail so it releases a little air making a 'psst' sound – this opens the valve ready for pumping
- » Fit the pump onto the valve – this is usually a case of pushing the pump over the valve so it fully covers the valve. Most pumps have a locking device to grip the valve stem to stop air escaping as you pump
- » Pump up the tyre until the correct pressure is reached and then unlock the pump and with a wiggle pull the head off the valve stalk. You usually hear a short 'psst' sound again
- » Replace the dust cap



### f) Adding pedals

The pedals are pre-greased and marked Right and Left.

- » Insert the Right pedal into the right crank arm (on the chain side) and turn clockwise to fit
- » Insert the Left pedal into the left crank arm and turn anticlockwise to fit
- » No force is required - screw the pedals in with your fingers and then tighten using a size 15 spanner. Avoid over tightening

Note: If you are moving up from a balance bike, it is a good idea to let your child get used to their bigger bike without using the pedals. Only add pedals when your child is ready to use them and when they are confident riding the new bike without them.

### g) Adding Mudguards

There are front and rear mudguards to protect the rider from splashes. There are 2 mudguards.

Front Mudguard:

- » Put the largest bolt through the hole at the top of the forks, using the rubber washer to protect the paintwork. Attach the front mudguard using this bolt and secure it with a nut and washer



Rear Mudguard:

- » Put both the smaller bolts through the rear mudguard and mudguard clamp as shown, engaging the 2 nuts in the recesses on the left hand side.



- » Remove the saddle and seat post from the bike. Slide the seat post through the clamp and tighten the front bolt at the right height. Replace the seat post on the frame. Re-tighten both bolts



- » Replace the seat post.



## h) Adding reflectors

To fit the rear reflector, put the bolt through the drilled hole where the rear stays meet, just behind the seat post. Secure it with the nut from below.



NOTE that the rear reflector is not compatible with the current mudguards, but we would advise you always to have adequate rear lighting and reflection for riding in dusk or at night.

- » Unscrew the front reflector screw so that the collar fits around the handlebar. Tighten both screws so the reflector is firmly facing forwards

## i) Adding the bell

To fit the bell, unscrew the screw so that the collar fits around the handlebar. Position it so that the rider's thumb can reach the bell easily, then re-tighten the screw.

**You are now ready to ride! Have fun and ride safely.**

### Safety tips

- » For your child to be most comfortable on their Frog Bike, it is best they wear sturdy shoes while riding and a correctly fitted safety helmet purchased from any good bike shop or [www.frogbikes.com](http://www.frogbikes.com)
- » Make sure that your child is aware that riding on wet surfaces can be slippery and that the bike may take longer to stop
- » Keep an eye on your child's saddle height and adjust it as they grow.
- » After approximately 18-24 months, your child will probably be ready for the next size of Frog Bike. Please contact us then and we can discuss a part-exchange deal (depending on the condition of the bike)

### Adjusting the handlebar height

Frog Bikes come with several "spacers" on the top of the fork which gives a small amount of adjustment in the height of the handlebars.

- » Loosen the two bolts on the side and undo the top cap



- » Take off the spacers and move them either below the handlebar stem to raise the height, or above the stem to lower the height



- » Replace the headset and tighten up the side bolts

## Maintaining your Frog Bike

This will help you fully understand your Frog Bike and how to look after it. All Frog Bikes have undergone a Pre Delivery Inspection (PDI) to the British Standard, however just like cars, bicycles need regular checks to keep them in perfect riding order.

Follow these simple steps to keep your bike in great condition for years.

### Oiling the moving parts

All moving parts on your bike will need oil from time to time: how often depends on the sort of use it gets. The more you use your bike, and the worse the conditions, the more it will need oiling. As a rough guide:

Oil the **chain** and **gears** every 2 weeks and lightly oil them after washing or riding in the rain.

Re-grease your **pedals, bearings** and **brackets** every 6 months. We recommended that you take your bike to your local bike shop for this service.



## Getting started with a Tadpole Balance Bike

A Tadpole Balance Bike is the easiest way for a child to learn to ride a bike. Learning on a Tadpole separates the need to pedal and balance at the same time, and so very young children can learn to ride safely by learning the balance first without the need for pedalling. And they'll get the fun of two wheels long before they're big enough for a "proper" bike!

The rate at which children develop the necessary motor skills and strength for balance may vary greatly, so don't worry if your child can't manage it straight away - just be patient and keep trying.

Follow these simple steps to ride a Tadpole Balance Bike safely.

- » Choose a flat place for their first lesson with plenty of space and nothing for the child to bump into. This can be indoors or outdoors on firm grass
- » Help the child on to their bike and support them by holding them under the armpits from behind
- » Younger children will often stand over the bike initially, rather than let the saddle take their weight. Try and encourage them to sit down
- » It's usual for your child to waddle cautiously at first. With practice they will gain confidence and will learn to stride and in time "scoot and glide"
- » Remember young children do not yet possess the judgement to assess risks so they must always be closely supervised when riding, and wear a helmet!

### Warranty

Our standard warranty is 2 years on frame and forks, parts and paintwork (excluding tyres and inner tubes.) To enjoy 5 years warranty on your frame and forks, apply for our **FREE Warranty Plus**, by filling in the form attached and return it to Frog Bikes or go to [www.frogbikes.com/warranty](http://www.frogbikes.com/warranty) and fill it in online.