



# STURDY LAD™ KICKSTAND

## Tools:



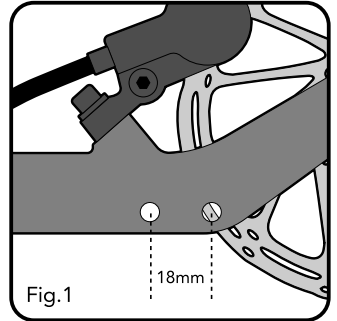
4mm Allen Wrench



5mm Allen Wrench

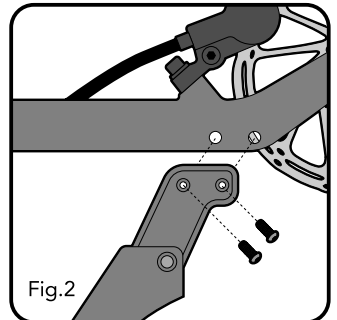
## Instructions:

1. Confirm your bicycle has two holes on the chainstay that are 18mm apart [fig.1]. If your bicycle has holes but they are 40mm apart, you'll need our 40mm direct mount kickstand. If there are no holes at all, you'll need our center mount kickstand.



2. On most bicycles the above holes are threaded. If the mounting holes in your frame are not threaded you will need to purchase longer M6 bolts and locking nuts at your local hardware store.

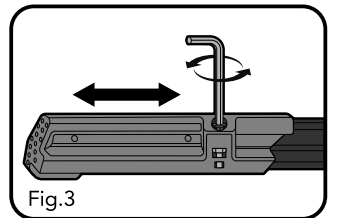
3. Using a 5mm Allen wrench, line up the holes on the Sturdy Lad Kickstand with the holes on your bicycle frame and thread the bolts through the kickstand into the frame. Tighten until snug. [fig.2]



4. Using a 4mm Allen wrench, loosen the bolt on the composite foot until it slides freely. [fig.3]

5. Adjust the length of the kickstand to your liking and then tighten the bolt down to lock the foot into place.

- Make sure the bolt is seated in one of the notches in the kickstand [fig.4]
- Only tighten until there is no play between the foot and the kickstand and then stop. **Do not overtighten the bolt. Overtightening can damage the kickstand.**



**You're all set. Have a great ride!**

