



# STURDY LAD™ KICKSTAND

## Tools:



4mm Allen Wrench



5mm Allen Wrench

## Instructions:

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

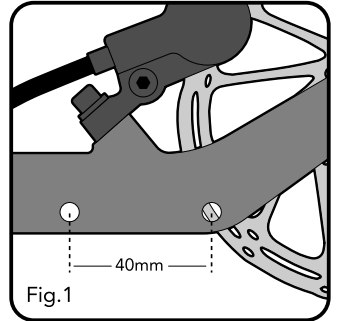


Fig.1

2. We include two M6 bolts to mount the Sturdy Lad to your frame, but because there is such a large variation in the thickness of frames, you may need to go to your local hardware store to get longer or shorter bolts.

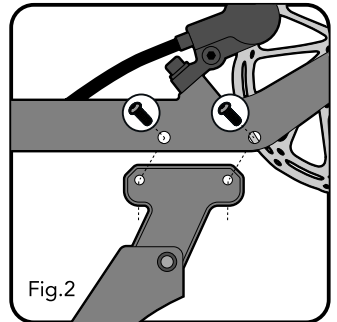


Fig.2

3. Place the kickstand on the inside of the frame so that the holes on the kickstand and frame line up. Insert the two M6 bolts through the frame and using a 5mm Allen wrench, thread the bolts into the kickstand. Tighten until snug. [fig.2]

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

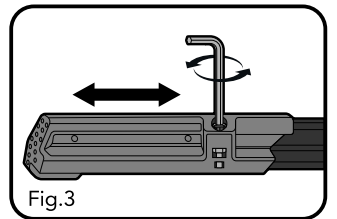


Fig.3

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!**

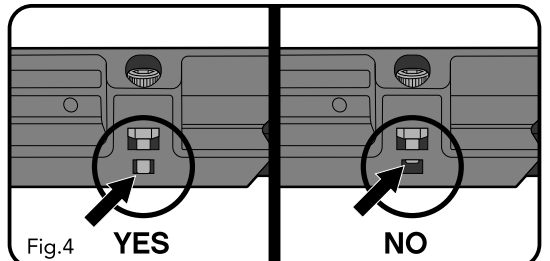


Fig.4

YES

NO