



INTENSE
CYCLES · USA

USER MANUAL | CARBINE 29

WELCOME TO THE FAMILY

AT INTENSE. WE HAVE ONE GOAL - TO PROVIDE THE RIDE OF YOUR LIFE.

Our team of designers, engineers and product experts are focused on one thing every day: your experience on the bike. We build bikes that are as thrilling to look at as they are to ride, and we build them for the select few of you who understand the difference and refuse to settle for anything else.

From the early days of Intense, when founder Jeff Steber worked alone in his garage to today, where a crew of talented people work in a Temecula, CA factory, Intense has been a brand built on passion by forward thinkers who, even today, love nothing more than to throw a leg over a sweet bike and head out for a rip. We're so glad you've joined us.

Welcome to Intense, we hope it's the ride of your life.

THE CARBINE 29

The Carbine 29 is Intense's bid on the large wheel enduro category. With 29" wheels, 160mm front / 140mm rear travel and a slack, 67 degree head tube angle, this bike brings a smooth and stable ride over the roughest terrain.

The geometry is designed around the 29" wheel specific 51mm fork offset which maximizes stability and superior tracking on larger wheel bikes. Insane cornering and the ability to go fast without fear in gnarly rock sections are the result of this frame design. The Carbine 29 is a top choice for aggressive trail and all mountain enduro riding that will allow you to ride hard and ride fast.



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FRAME FEATURES / SPEC

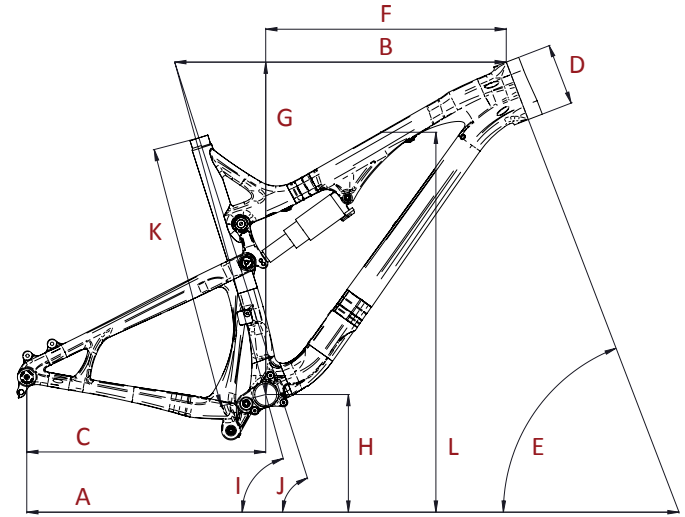
FRAME FEATURES //

- ADJUSTABLE TRAVEL – 5" OR 5.5" (125MM OR 140MM)
- PATENTED VPP SUSPENSION TECHNOLOGY 29" WHEEL SIZE
- 5.8LBS COMPLETE FRAME WEIGHT (MEDIUM NAKED)
- INTEGRATED INTERNAL BRAKE AND DERAILLEUR CABLE ROUTING SYSTEM
- INTERNAL CABLE ROUTING FOR DROPPER POSTS
- ISCG Ø5 MOUNTS
- TAPERED HEADTUBE
- ANGULAR CONTACT/COLLET BEARING SYSTEM WITH REPLACEABLE GREASE ZIRKS
- FLACK GUARD CHAIN STAY & DOWN TUBE PROTECTION
- H20 BOTTLE FITMENT

COMPONENT SPEC //

- FORK – ACCEPTS 1.125" STRAIGHT STEER OR 1.125"/1.5" TAPERED STEER, 160MM TRAVEL, 571MM LOWER LEG LENGTH, 51MM OFFSET
- SHOCK – 200MM X 57MM (7.875" X 2.25"), 22MM X 6MM AND 30MM X 6MM REDUCERS
- FRONT DERAILLEUR – DIRECT MOUNT, TOP PULL
- SEAT POST – 31.6MM
- HEADSET – ZERO STACK 44 UPPER / EXTERNAL CUP 49 LOWER
- BOTTOM BRACKET – PRESS FIT BB92
- REAR AXLE – 142MM X 12MM TA
- BRAKE MOUNT – INTERNATIONAL STANDARD FOR 160MM ROTOR

GEOMETRY

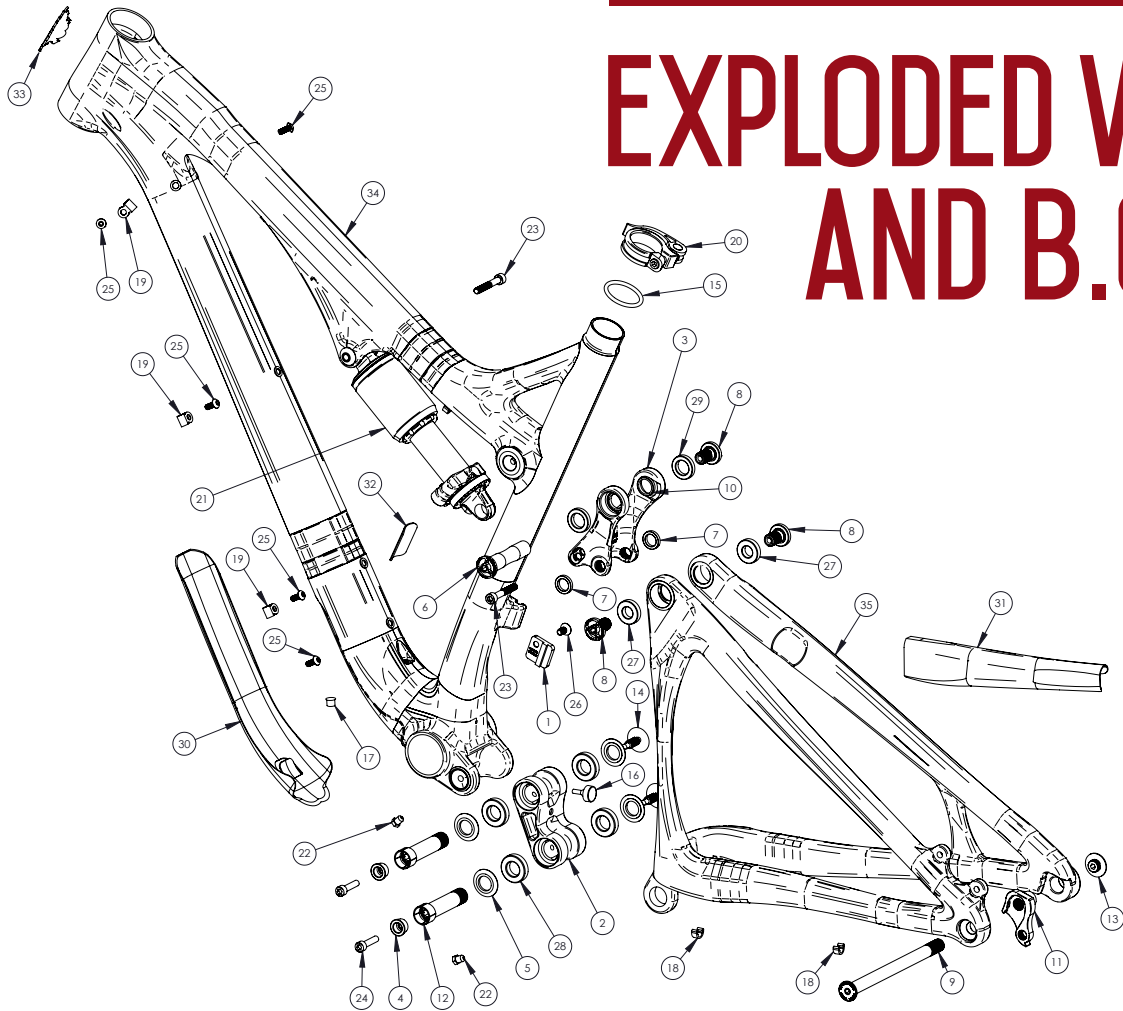


		SMALL	MEDIUM	LARGE	XLARGE
A	Wheel Base	1143 mm/ 45"	1168 mm/ 46"	1194 mm/ 47"	1219 mm/ 48"
B	Top Tube Length	572 mm/ 22.5"	597 mm/ 23.5"	622 mm/ 24.5"	648 mm/ 25.5"
C	Chain Stay Length	451 mm/ 17.75"	451 mm/ 17.75"	451 mm/ 17.75"	451 mm/ 17.75"
D	Head Tube Length	94 mm/ 3.7"	102 mm/ 4"	114 mm/ 4.5"	120 mm/ 4.7"
E	Head Tube Angle	67	67	67	67
F	Reach	394 mm/ 15.5"	416 mm/ 16.38"	437 mm/ 17.19"	474 mm/ 18.7"
G	Stack	625 mm/ 24.6"	632 mm / 24.9"	645 mm/ 25.41"	658 mm/ 25.9"
H	BB Height	349 mm/ 13.75"	349 mm/ 13.75"	349 mm/ 13.75"	349 mm/ 13.75"
I	Seat Tube Angle (Effective)	72	72	72	72
J	Seat Tube Angle (Actual)	70.5	70.5	70.5	70.5
K	Seat Tube Length	406 mm/ 16"	457 mm/ 18"	495 mm/ 19.5"	540 mm/ 21.25"
L	Standover Height	819 mm/ 32.2"	827 mm/ 32.5"	839 mm/ 33.1"	852 mm/ 33.56"

GEOMETRY NOTES

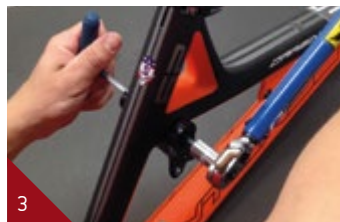
GEOMETRY TAKEN AT TOP OUT WITH 571MM
FORK LENGTH AND 51MM FORK OFFSET.

EXPLODED VIEW AND B.O.M.



ITEM NO.	ITEM	PART NUMBER	DESCRIPTION	QTY.	TORQUE SPEC.
1	Derailleur Mount Cover	130209	For Single Ring Setup	1	N/A
2	Box Link	130770	Forged Lower Link	1	N/A
3	Top Link	130772	Forged Top Link	1	N/A
4	Cone Adjuster	130777	Main Pivot Expander Cone	2	N/A
5	Bearing Cap	130778	Main Pivot Bearing Cap	4	N/A
6	Axle Upper	130780	Top Link Pivot Axle	1	20 Nm / 175 in-lbs
7	Washer	130784	Top Link Pivot Lower Washer	2	N/A
8	Bolt Shoulder	130785	Top Link Pivot Bolt	3	20 Nm / 175 in-lbs
9	Rear Axle	130786	142 x 12mm Wheel Axle Kit	1	11 Nm / 100 in-lbs
10	Spacer	130789	Top Link Pivot Upper Spacer	2	N/A
11	Hanger	130790	Hanger Derailleur Forged 275C Blk	1	N/A
12	Bolt Main Pivot	130791	Main Pivot 1.5t Expander Bolt Blk	2	7 Nm / 60 in-lbs
13	Hanger Bolt	130792	Derailleur Hanger Bolt	1	11 Nm / 100 in-lbs
14	Plug	140004	Box Link Pivot Plug	2	N/A
15	Ring	140005	Ring Cock 1.5265 Blk	1	N/A
16	Bumper	140006	Box Link Bumper	1	N/A
17	Plastic Plug	140007	Plug Hole .3125	1	N/A
18	Clip Plastic	310001	Snap-on Cable Guide Single	4	N/A
19	Guide Plastic	310004	Bolt-on Cable Guide Single	3	N/A
20	Seat Collar	346939	QR 34.9 Blk	1	N/A
21	Shock	365000	Rear Shock 7.875 x 2.25	1	N/A

ITEM NO.	ITEM	PART NUMBER	DESCRIPTION	QTY.	TORQUE SPEC.
22	Zerk Fitting	401011	M6 x 1.0	2	5 Nm / 40 in-lbs
23	SHCS M6 x 40	410002	Shock Bolt, Socket Head, M6 x 40	2	7 Nm / 60 in-lbs
24	SHCS M6 x 22	410009	Cone Adjuster Bolt, Socket Head, M6 x 22	2	14 Nm / 125 in-lbs
25	BHCS M5 X 12	410010	Guide Bolt, Button Head, M5 X 12	5	6 Nm / 54 in-lbs
26	FHCS M6 x 12	410037	Derailleur Mount Cover Bolt, Flat Head, M6 x 12	1	7 Nm / 60 in-lbs
27	Bearing 6901	430001	12 x 24 x 6 2RS Radial Bearing	2	N/A
28	Bearing 7902	430007	15 x 28 x 7 2RS MAX Angular Contact Bearing	4	N/A
29	Bearing 6802	430008	15 x 24 x 5 2RS MAX Radial Bearing	2	N/A
30	Guard Flack DT	500185	Flack Guard Carbine 29C Down Tube	1	N/A
31	Guard Flack CS	500186	Flack Guard Carbine 29C Chain Stay	1	N/A
32	Decal California Bear	500300	Decal California Bear	1	N/A
33	Head Badge	500335	Head Badge Flame Logo	1	N/A
34	Front Triangle		Carbon, 3 Sizes	1	N/A
35	Rear Triangle		Carbon, 1 Size	1	N/A



CONNECTING TOP LINK TO FRONT TRIANGLE //

A Holding top link (#130772) with shock mount pointed forward; hold upper spacer (#130789) against inside of bearing race.

B Match upper linkage to pivot point on top tube, making sure that spacers do not fall out (IMAGE #1).

C Using upper pivot axle (PART #130780), insert through non-drive side of top link bearing and push through to drive side bearing making sure spacers do not fall out. Then, apply loctite #243 to bolt (#130785) as well as upper axle threads, and thread bolt into axle from drive side using 5mm HEX wrench (IMAGE #2).

D Holding 5mm HEX wrench on non-drive side upper axle, insert torque wrench into bolt on drive side and tighten to 20 Nm / 175 in-lbs (IMAGE #3).

CONNECTING BOX LINK TO FRONT TRIANGLE //

A Hold bearing cap (#130778) with rounded edge facing outwards against bearings on linkage piece (IMAGE #4). See exploded view on page 6 for linkage orientation.

B Match link to front triangle pivot point and insert main pivot expander bolt with greased threads (#130791) through non-drive side of box link, holding bearing caps in place (IMAGE #5). Use 8mm HEX to install and torque bolt to 7 Nm / 60 in-lbs.



CONNECTING REAR TRIANGLE TO BOX LINK //

A Follow previous steps to connect rear triangle to box link (IMAGE #6 & 7).

CONNECTING REAR TRIANGLE TO TOP LINK //

A Insert shoulder bolts (#130785) through seat stay bearings. Hold lower top link washer (#130784) against inside race of seat stay bearing on top of shoulder bolt threads (IMAGE #8).

B Apply loctite #243 to female threads of top link (#130772). Match shoulder bolts to top link threads and tighten shoulder bolts to 20 Nm / 175 in-lbs making sure that each washer is in place between bearing and linkage (IMAGE #9).

INSTALLING REAR SHOCK //

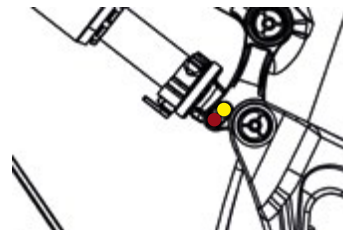
A Using rear shock, match forward end to forward shock mount and install M6x40mm bolt (#410002) through drive side of frame (IMAGE #10). Do not tighten.

B Match rear end of shock to desired travel setting (see below) on upper linkage and install M6x40mm bolt (#410002) through non-drive side of linkage.

C Tighten both M6x40mm (#410002) shock bolts in small increments until you reach approximately 7 Nm / 60 in-lbs.

ADJUSTABLE TRAVEL

THE UPPER LINKAGE OF THE CARBINE 29 FEATURES DUAL MOUNTING POSITIONS WHICH ALLOW YOU TO CHOOSE BETWEEN 140MM AND 125MM REAR TRAVEL. FOR MORE INFORMATION SEE THE SET UP GUIDE ON PAGE 13.





11



12



13



14



15



16

INSTALLING ADJUSTER CONES //

A Grease and insert cone adjuster (#130777) into head of main pivot expander bolt (#130791) with M6x22mm bolt (#410009) inserted through cone adjuster (IMAGE #11 & 12).

B Tighten M6x22mm bolt (#410009) with 5mm HEX and torque to 14 Nm / 125 in-lbs (IMAGE #13).

INSTALLING DERAILLEUR HANGER //

A Grease outer edges of derailleur hanger (#130790) and add loctite #243 to threads of hanger bolt (#130792) (IMAGE #14).

B Insert hanger (#130790) into frame opening on drive side and match with hanger bolt (#130792), threading bolt into hanger. Torque to 11 Nm / 100 in-lbs (IMAGE #15 & 16).

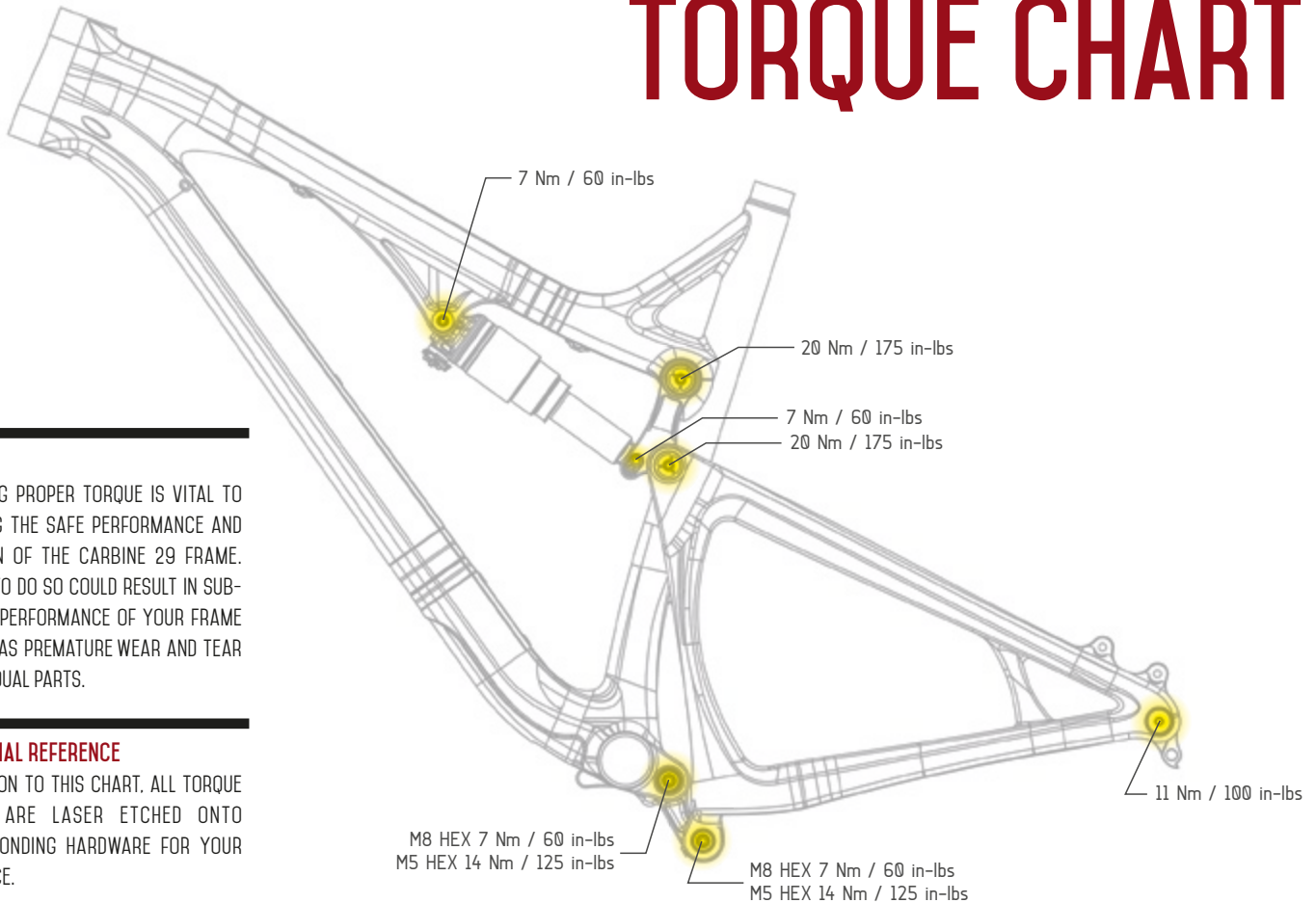
TORQUE CHART

TORQUE

ACHIEVING PROPER TORQUE IS VITAL TO ENSURING THE SAFE PERFORMANCE AND FUNCTION OF THE CARBINE 29 FRAME. FAILURE TO DO SO COULD RESULT IN SUB-OPTIMAL PERFORMANCE OF YOUR FRAME AS WELL AS PREMATURE WEAR AND TEAR OF INDIVIDUAL PARTS.

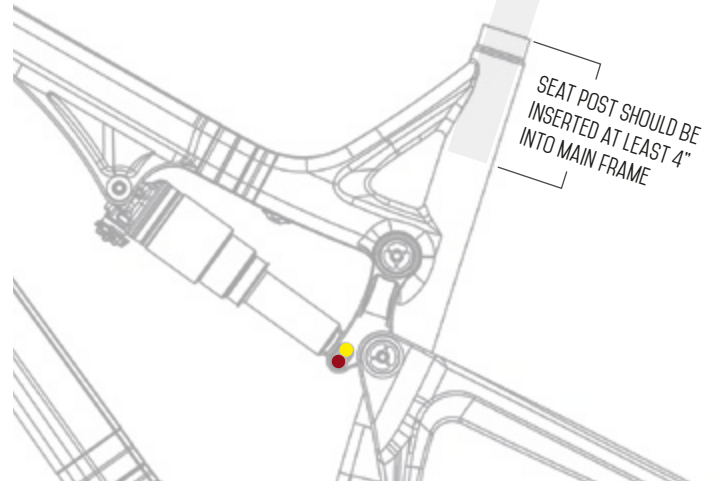
ADDITIONAL REFERENCE

IN ADDITION TO THIS CHART, ALL TORQUE VALUES ARE LASER ETCHED ONTO CORRESPONDING HARDWARE FOR YOUR REFERENCE.





SET UP



SEATPOST

MAKE SURE TO INSERT SEAT POST AT LEAST 4" INTO THE MAIN FRAME. ANYTHING LESS THAN THIS AMOUNT COULD CAUSE DAMAGE TO THE FRAME OR EVEN FAILURE.

ADJUSTABLE TRAVEL

- UPPER MOUNT: 140MM
- LOWER MOUNT: 125MM

SHOCK SETUP

ROCK SHOX MONARCH PLUS RC3



SET UP AND TUNE

PROPER SET UP AND TUNING CAN VARY FROM SHOCK TO SHOCK. PLEASE CONSULT THE ROCKSHOX MANUAL INCLUDED WITH YOUR BIKE FOR COMPLETE INFORMATION ABOUT SET UP, TUNING AND GENERAL MAINTENANCE OR VISIT WWW.SRAM.COM/ROCKSHOX/PRODUCTS

TRAVEL	125 MM		140 MM	
SHOCK STROKE	57 mm			
SHOCK SAG	20% when sitting on the bike			
FORK SAG	25-30% when sitting on the bike			
SHOCK	Rock Shox Monarch Plus RC3 200x57mm High Volume MM Tune			
RIDER WEIGHT(LBS/KGS)	SPRING (PSI)	REBOUND (CLICKS OUT)	SPRING (PSI)	REBOUND (CLICKS OUT)
100 lbs / 45 kgs	77	1 to 2	92	1 to 2
110 lbs / 50 kgs	80		95	
120 lbs / 54 kgs	84		99	
130 lbs / 59 kgs	87		102	
140 lbs / 63.5 kgs	91		106	
150 lbs / 68 kgs	95	3 to 4	110	3 to 4
160 lbs / 72.57 kgs	98		113	
170 lbs / 77.11 kgs	102		117	
180 lbs / 81.65 kgs	106		121	
190 lbs / 86.18 kgs	109		124	
200 lbs / 90.72 kgs	113		128	
210 lbs / 95.25 kgs	117		132	
220 lbs / 99.79 kgs	120	135	5 to 6	
230 lbs / 140.33 kgs	124	139		
240 lbs / 108.86 kgs	127	142		
250 lbs / 113.40 kgs	131	146		
260 lbs / 117.93 kgs	135	150		
270 lbs / 122.50 kgs	138	153		
280 lbs / 127 kgs	142	157		
290 lbs / 131.54 kgs	146	161	5 to 6	
300 lbs / 136.08 kgs	149	164		

SHOCK SETUP

X-FUSION, Ø2 RL, 200x57 MM



SET UP AND TUNE

PROPER SET UP AND TUNING CAN VARY FROM SHOCK TO SHOCK. PLEASE CONSULT THE X-FUSION MANUAL INCLUDED WITH YOUR BIKE FOR COMPLETE INFORMATION ABOUT SET UP, TUNING AND GENERAL MAINTENANCE OR VISIT WWW.XFUSIONSHOX.COM

TRAVEL	125 MM		140 MM	
SHOCK STROKE	57 mm			
SHOCK SAG	20% when sitting on the bike			
FORK SAG	25-30% when sitting on the bike			
SHOCK	X-Fusion, Ø2 RL , 200x57 mm			
RIDER WEIGHT (LBS/KGS)	SPRING (PSI)	REBOUND (CLICKS OUT)	SPRING (PSI)	REBOUND (CLICKS OUT)
100 lbs / 45 kgs	77	1 to 2	82	1 to 2
110 lbs / 50 kgs	80		85	
120 lbs / 54 kgs	84		89	
130 lbs / 59 kgs	87		92	
140 lbs / 63.5 kgs	91		96	
150 lbs / 68 kgs	95	3 to 4	100	3 to 4
160 lbs / 72.57 kgs	98		103	
170 lbs / 77.11 kgs	102		107	
180 lbs / 81.65 kgs	106		111	
190 lbs / 86.18 kgs	109		114	
200 lbs / 90.72 kgs	113		118	
210 lbs / 95.25 kgs	117		122	
220 lbs / 99.79 kgs	120	125		
230 lbs / 140.33 kgs	124	5 to 6	129	5 to 6
240 lbs / 108.86 kgs	127		132	
250 lbs / 113.40 kgs	131		136	
260 lbs / 117.93 kgs	135		140	
270 lbs / 122.50 kgs	138		143	
280 lbs / 127.00 kgs	142		147	
290 lbs / 131.54 kgs	146		151	
300 lbs / 136.08 kgs	149		154	

MAINTENANCE

GENERAL SERVICE AND CARE //

You have purchased a high performance bicycle which requires a certain level of service and maintenance to sustain the level of performance your frame was designed around. Proper care will also ensure the bike is safe to ride at all levels. It is important to read and understand the carbon care information as well as follow the maintenance schedule and inspect your bicycle before each ride. These will not only help to limit or avoid costly repairs but will also help to avoid injury due to service neglect and component failure.

CARBON CARE

INTENSE CYCLES EMPLOYS ADVANCED COMPOSITE TECHNIQUES AND MATERIALS IN OUR FRAMES WHICH DO REQUIRE A CERTAIN LEVEL OF CARE AND MAINTENANCE TO ENSURE A SAFE EXPERIENCE AT THE HIGH LEVEL OF PERFORMANCE EACH FRAME IS DESIGNED AROUND. NOT FOLLOWING THESE GUIDELINES WILL DECREASE THE LEVEL OF PERFORMANCE AND POSSIBLY CAUSE INJURY OR DEATH.

- Use a soft cloth with warm soapy water to clean the carbon surfaces. Do not use abrasive cloths or cleaners.
- Be sure all frame surfaces in contact with cables are protected. Cable housing rubbing on carbon can wear over time.
- Be sure brake levers, handle bar ends and the fork crown do not contact the frame at full rotation.
- Never clamp any part of a carbon frame in a bike stand or car rack.
- Always inspect your frame if you experience any chain suck. Intense frames come equipped with steel chain suck plates but damage can still be done in the event of chain suck.
- Always inspect your frame in full after a crash to be sure there is no damage. Look for cracks, dents or loose fibers. If you discover damage in any degree it's best to have your frame inspected by a qualified Intense Cycles dealer. Any direct impact to the frame can cause serious structural damage.
- Use high grade waterproof grease on seat post, BB and head set bearing contact areas with the carbon.
- Never ream or face a carbon frame.
- Be sure to follow all recommended torque settings.

MAINTENANCE SCHEDULE *

	ACTION	EVERY RIDE	500 MILES OR 1 MONTH	2000 MILES OR 6 MONTHS	4000 MILES OR 1 YEAR
TIRES	Check air pressure, inspect tread and sidewalls for tears and punctures	X			
CHAIN	Brush off and lubricate	X			
BRAKES	Squeeze brakes and confirm function	X			
GENERAL	Clean complete bike of mud and debris		X		
HEADSET	Check adjustment		X		
BOX LINK	Add grease thru zerk fittings		X		
FRAME PIVOTS	Check torques		X		
SPOKES	Inspect for damage, check tension		X		
SHOCK AND FORK	Check air pressure, inspect for leaks		X		
DERAILEUR CABLES	Inspect and lube			X	
SEATPOST	Clean and regrease interface with frame			X	
FRAME PIVOTS	Remove pivot bolts, check bearings for pitting and wear			X	
HEADSET	Disassemble stem, headset and fork. Check bearings for pitting and wear			X	
HUBS	Pull wheels off, check hub bearings for pitting and wear			X	
BOTTOM BRACKET	Remove crank arms and check BB bearings for pitting and wear			X	
BRAKES	Replace brake pads			X	
CHAIN	Inspect for damage and check for stretching			X	
GENERAL	Complete Tune-Up				X
SHOCK AND FORK	Overhaul			See MFG Recommendations	

* THE ABOVE MAINTENANCE SCHEDULE IS ONLY A GUIDELINE. REFER TO COMPONENT MANUFACTURER FOR SPECIFIC INSTRUCTION ON MAINTAINING THEIR PARTS.



REGISTRATION

WWW.INTENSECYCLES.COM/WARRANTY-CARD/



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