



**INTENSE**  
C Y C L E S . U S A

USER MANUAL | SPIDER 29

# WELCOME TO THE FAMILY

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## 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.

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## THE SPIDER 29

The Spider 29 comes equipped with the frame features and ride you expect in an Intense cycles design. The 29" specific geometry and VPP suspension technology will rip it up on the climbs as well as provide a smooth and controlled descent to get you down fast. With 4.5"-5" of travel and sleek dropper post routing, the Spider 29 is ideal for the serious XC competitor to the endure rider that can't get enough.



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# FRAME FEATURES / SPEC

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## FRAME FEATURES //

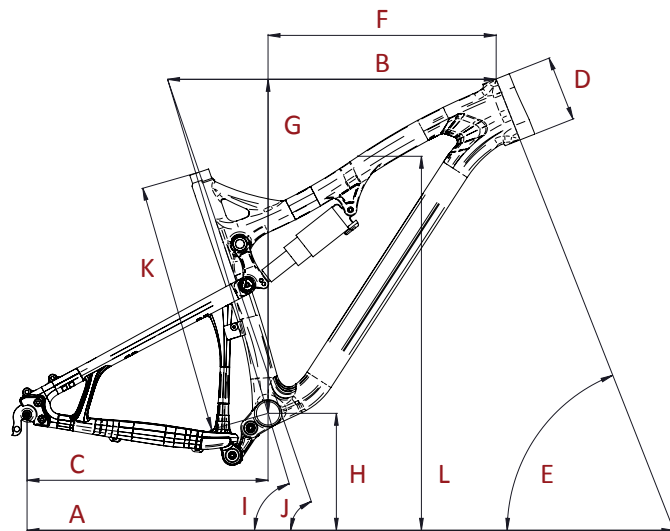
- ADJUSTABLE TRAVEL – 4.5" OR 5" (115MM OR 130MM)
- PATENTED VPP SUSPENSION TECHNOLOGY
- 29" WHEEL SIZE
- 5.5LBS FRAME WEIGHT (MEDIUM NAKED)
- G1 REPLACEABLE DROP OUT SYSTEM – 135MM QR OR 142MM X 12MM TA
- INTEGRATED INTERNAL BRAKE AND DERAILLEUR CABLE ROUTING SYSTEM
- INTERNAL CABLE ROUTING FOR DROPPER POSTS
- TAPERED HEAD TUBE
- ISCG Ø5 MOUNTS
- ANGULAR CONTACT/COLLET BEARING SYSTEM WITH REPLACEABLE GREASE ZIRKS
- FLACK GUARD CHAIN STAY & DOWN TUBE PROTECTION
- H20 BOTTLE FITMENT

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## COMPONENT SPEC //

- FORK – ACCEPTS 1.125" STRAIGHT STEER OR 1.125"/1.5" TAPERED STEER, 130MM TRAVEL, 530MM LOWER LEG LENGTH, 51MM OFFSET
- SHOCK – 200MM X 50.8MM (7.875" X 2"), 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 – 135MM QR OR 142MM X 12MM TA
- BRAKE MOUNT – INTERNATIONAL STANDARD FOR 160MM ROTOR

# GEOMETRY

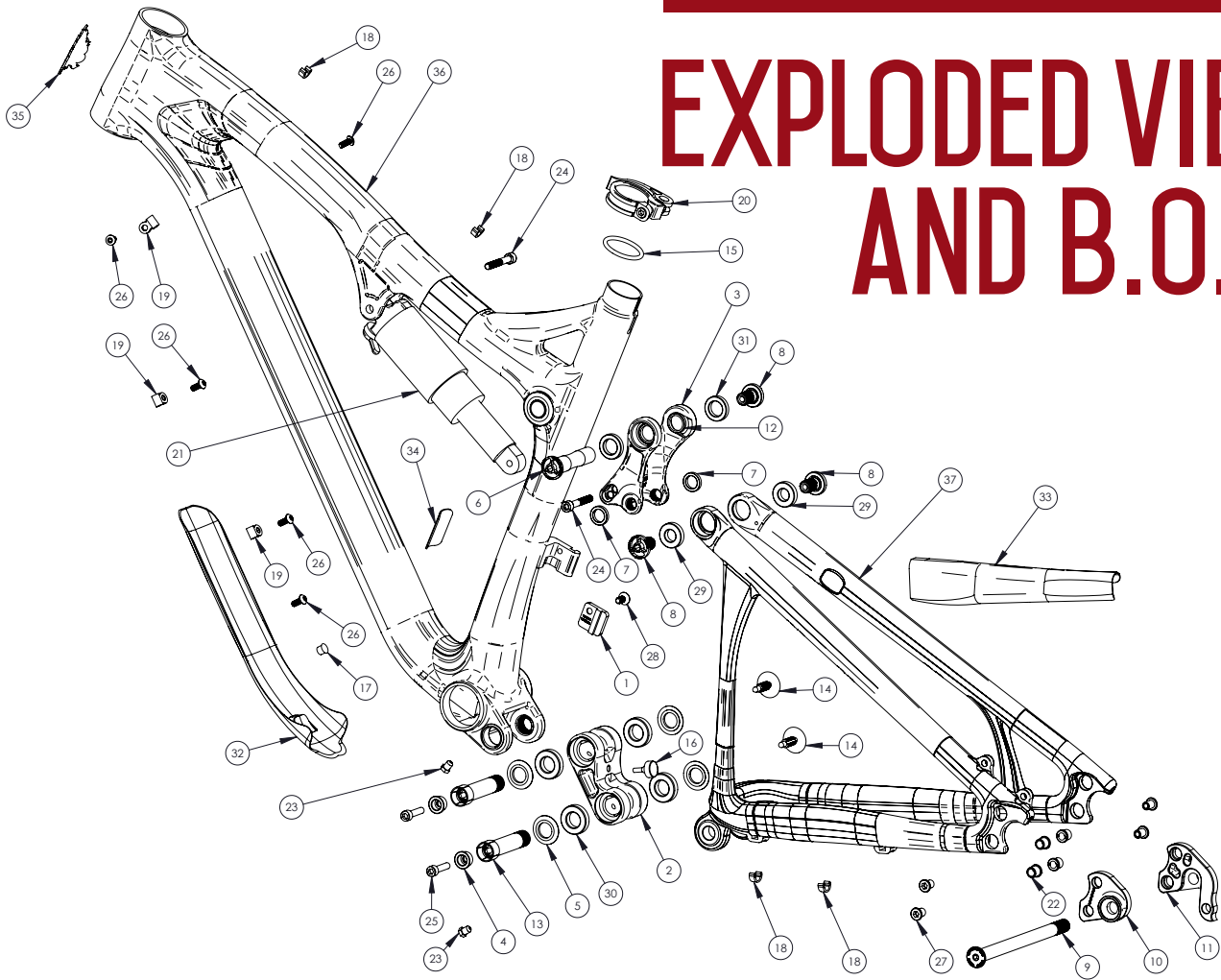


		SMALL	MEDIUM	LARGE
A	Wheel Base:	1118 mm/ 44"	1143 mm/ 45"	1168 mm/ 46"
B	Top Tube Length:	572 mm/ 22.5"	597 mm/ 23.5"	622 mm/ 24.5"
C	Chain Stay Length:	445 mm/ 17.5"	445 mm/ 17.5"	445 mm/ 17.5"
D	Head Tube Length:	94 mm/ 3.7"	102 mm/ 4"	114 mm/ 4.5"
E	Head Tube Angle:	68.5°	68.5°	68.5°
F	Reach:	404 mm/ 15.9"	424 mm/ 16.7"	434 mm/ 17.1"
G	Stack:	561 mm/ 22.1"	574 mm / 22.6"	587 mm/ 23.1"
H	BB Height:	335 mm/ 13.2"	335 mm/ 13.2"	335 mm/ 13.2"
I	Seat Tube Angle (Effective):	73.5°	73.5°	73.5°
J	Seat Tube Angle (Actual):	71.2°	71.2°	71.2°
K	Seat Stay Length:	406 mm/ 16"	457 mm/ 18"	495 mm/ 19.5"
L	Standover Height:	761 mm/ 29.9"	774 mm/ 30.5"	819 mm/ 32.2"

## GEOMETRY NOTES

GEOMETRY TAKEN AT TOP OUT WITH 530MM  
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 Chain Ring Setup	1	N/A
2	Box Link	130770	Forged Lower Link	1	N/A
3	Top Link	130773	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	Left Dropout	130787	Dropout Forged G1 Left, Syntace X-12, 142mm Blk	1	N/A
11	Right Dropout	130788	Dropout Forged G1 Right, Syntace X-12, 142mm Blk	1	N/A
12	Spacer	130789	Top Link Pivot Upper Spacer	2	N/A
13	Bolt Main Pivot	130791	Main Pivot 1.5t Expander Bolt Blk	2	7 Nm / 60 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

ITEM NO.	ITEM	PART NUMBER	DESCRIPTION	QTY.	TORQUE SPEC.
21	Shock	350330	Rear Shock 7.875 x 2	1	N/A
22	Nut	400012	Dropout Nut Steel 9.9 x 10.5L Blk UCP	4	N/A
23	Zerk Fitting	401011	M6 x 1.0	2	5 Nm / 40 in-lbs
24	SHCS M6 x 40	410002	Shock Bolt, Socket Head, M6 x 40	2	7 Nm / 60 in-lbs
25	SHCS M6 x 22	410009	Cone Adjuster Bolt, Socket Head, M6 x 22	2	14 Nm / 125 in-lbs
26	BHCS M5 X 12	410010	Guide Bolt, Button Head, M5 X 12	5	6 Nm / 54 in-lbs
27	Bolt	410030	Dropout Bolt Steel M8-0.75 x 10L Black UCP	4	8 Nm / 70 in-lbs
28	FHCS M6 x 12	410037	Derailleur Mount Cover Bolt, Flat Head, M6 x 12	1	7 Nm / 60 in-lbs
29	Bearing 6901	430001	12 x 24 x 6 2RS Radial Bearing	2	N/A
30	Bearing 7902	430007	15 x 28 x 7 2RS MAX Angular Contact Bearing	4	N/A
31	Bearing 6802	430008	15 x 24 x 5 2RS MAX Radial Bearing	2	N/A
32	Guard Flack DT	500185	Flack Guard Spider 29C Down Tube	1	N/A
33	Guard Flack CS	500186	Flack Guard Spider 29C Chain Stay	1	N/A
34	Decal California Bear	500300	Decal California Bear	1	N/A
35	Head Badge	500335	Head Badge Flame Logo	1	N/A
36	Front Triangle		Carbon, 3 Sizes	1	N/A
37	Rear Triangle		Carbon, 1 Size	1	N/A

# ASSEMBLY

## PREFACE //

Service and maintenance on an Intense bicycle requires special tools, abilities and knowledge of working on bicycles. It is always recommended to use an authorized Intense dealer for service and maintenance. Always wear eye protection. It is critical to use the proper tools, loctite, grease and torque specs during assembly. Failure to follow these instructions may result in serious bodily injury or death.

## TOOLS NEEDED

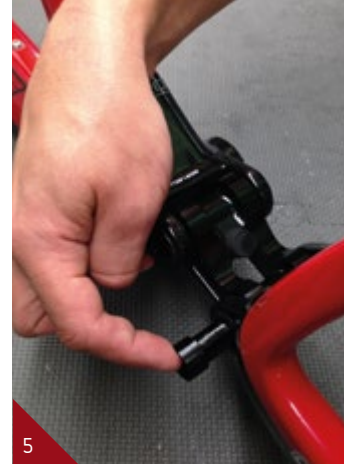
- HIGH GRADE, WATERPROOF GREASE  
(MAXIMA WATERPROOF GREASE  
RECOMMENDED)
- BLUE LOCTITE #243
- 5MM HEX WRENCH X2
- 8MM HEX WRENCH

## RECOMMENDATION

USE GREASE ON LOWER LINKAGE BOLTS  
ONLY. USE LOCTITE ON UPPER LINKAGE  
BOLTS, DROPOUT BOLTS AND HANGER BOLT.







## CONNECTING TOP LINK TO FRONT TRIANGLE //

**A** Holding top link (#130773) 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 (#130773). 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 //

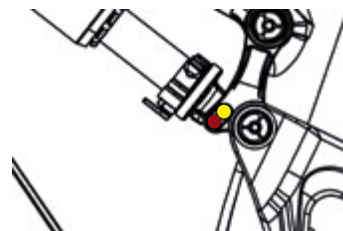
**A** Using rear shock, match forward end to forward shock mount and install M6x40mm bolt (#410002) through drive side of frame (IMAGE #10). Do not tighten.

**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 SPIDER 29 FEATURES DUAL MOUNTING POSITIONS WHICH ALLOW YOU TO CHOOSE BETWEEN 130MM AND 115MM 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 DERAILEUR HANGER //

**A** Locate the right and left G1 dropouts. The right dropout has the derailleur hanger built into it.

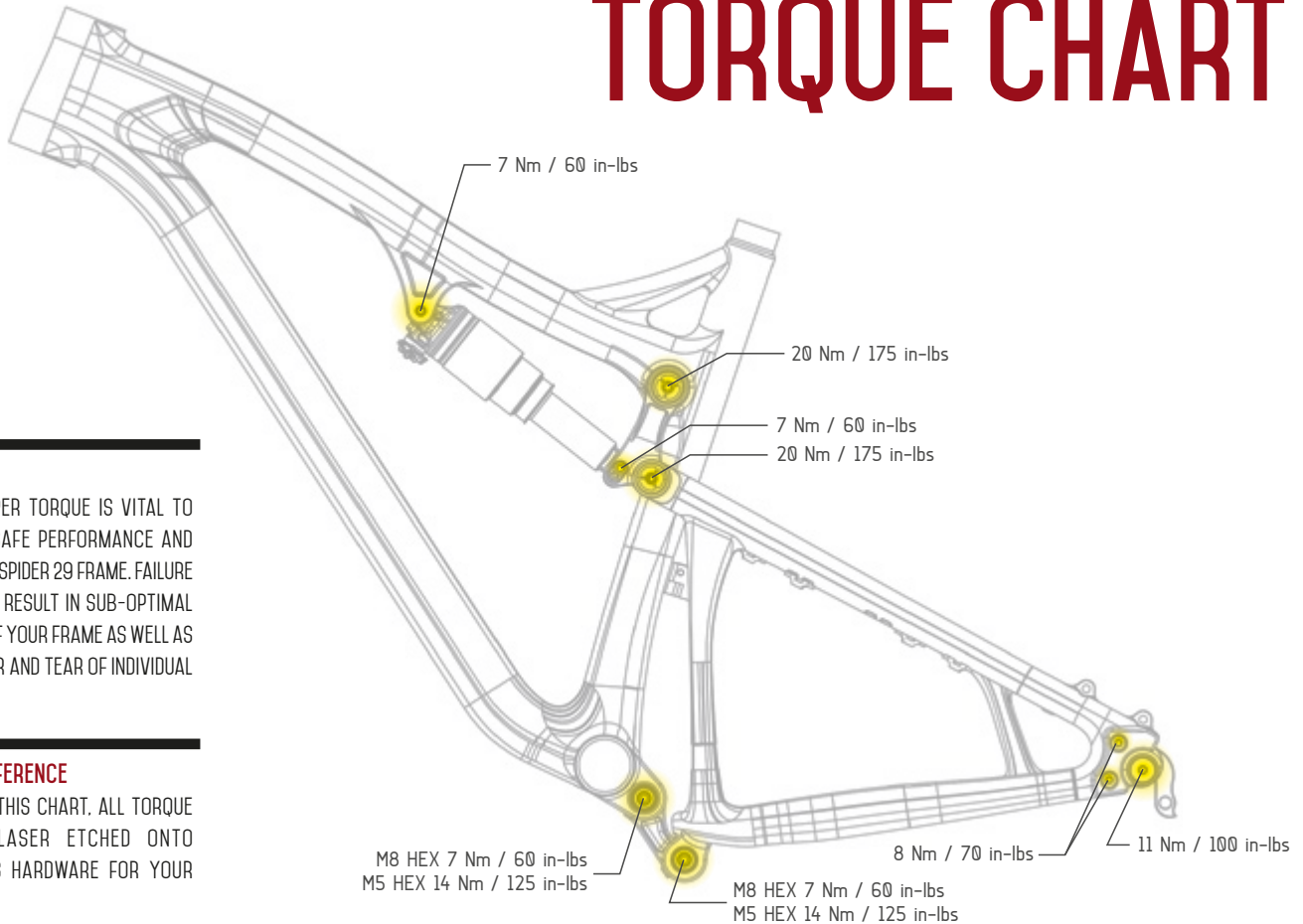
**B** Apply grease to the face of the dropout (IMAGE 14).

**C** Position dropout into the recessed area on the right side of the rear triangle. Insert the mounting bolt from the front and tighten into the nut (IMAGE 15).

**D** Using a chainring tool hold the dropout nut from behind while tightening the dropout bolt to 10NM (88 inch/lbs) using a 5mm hex (IMAGE 16).

**E** Repeat attachment steps for left side dropout.

# TORQUE CHART



## TORQUE

ACHIEVING PROPER TORQUE IS VITAL TO ENSURING THE SAFE PERFORMANCE AND FUNCTION OF THE SPIDER 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.

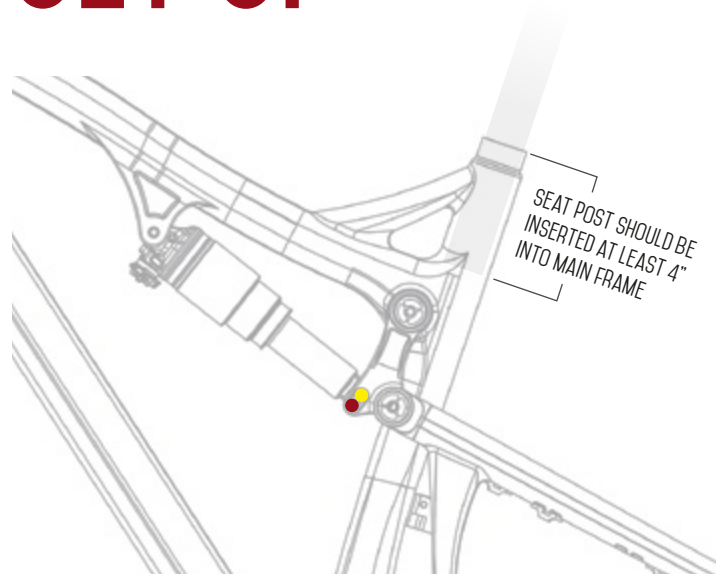
## ADDITIONAL REFERENCE

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: 130MM
- LOWER MOUNT: 115MM

# 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](http://WWW.SRAM.COM/ROCKSHOX/PRODUCTS)

TRAVEL	115 MM		130 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	87	1 to 2	102	1 to 2
110 lbs / 50 kgs	91		107	
120 lbs / 54 kgs	96		112	
130 lbs / 59 kgs	100		117	
140 lbs / 63.5 kgs	105		123	
150 lbs / 68 kgs	109	3 to 4	128	3 to 4
160 lbs / 72.57 kgs	114		133	
170 lbs / 77.11 kgs	118		139	
180 lbs / 81.65 kgs	122		144	
190 lbs / 86.18 kgs	127		149	
200 lbs / 90.72 kgs	131		154	
210 lbs / 95.25 kgs	136		160	
220 lbs / 99.79 kgs	140	165		
230 lbs / 140.33 kgs	145	5 to 6	170	5 to 6
240 lbs / 108.86 kgs	149		176	
250 lbs / 113.40 kgs	153		181	
260 lbs / 117.93 kgs	158		186	
270 lbs / 122.50 kgs	162		192	
280 lbs / 127.00 kgs	167		197	
290 lbs / 131.54 kgs	171		202	
300 lbs / 136.08 kgs	176		207	

# 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](http://WWW.XFUSIONSHOX.COM)

TRAVEL	115 MM		130 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	92	1 to 2
110 lbs / 50 kgs	80		96	
120 lbs / 54 kgs	84		101	
130 lbs / 59 kgs	87		105	
140 lbs / 63.5 kgs	91		110	
150 lbs / 68 kgs	95	3 to 4	114	3 to 4
160 lbs / 72.57 kgs	98		119	
170 lbs / 77.11 kgs	102		123	
180 lbs / 81.65 kgs	106		127	
190 lbs / 86.18 kgs	109		132	
200 lbs / 90.72 kgs	113		136	
210 lbs / 95.25 kgs	117		141	
220 lbs / 99.79 kgs	120		145	
230 lbs / 140.33 kgs	124	5 to 6	150	5 to 6
240 lbs / 108.86 kgs	127		154	
250 lbs / 113.40 kgs	131		158	
260 lbs / 117.93 kgs	135		163	
270 lbs / 122.50 kgs	138		167	
280 lbs / 127.00 kgs	142		172	
290 lbs / 131.54 kgs	146		176	
300 lbs / 136.08 kgs	149		181	

# MAINTENANCE

## GENERAL SERVICE AND CARE //

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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/](http://WWW.INTENSECYCLES.COM/WARRANTY-CARD/)

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## CONTACT CUSTOMER SERVICE

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