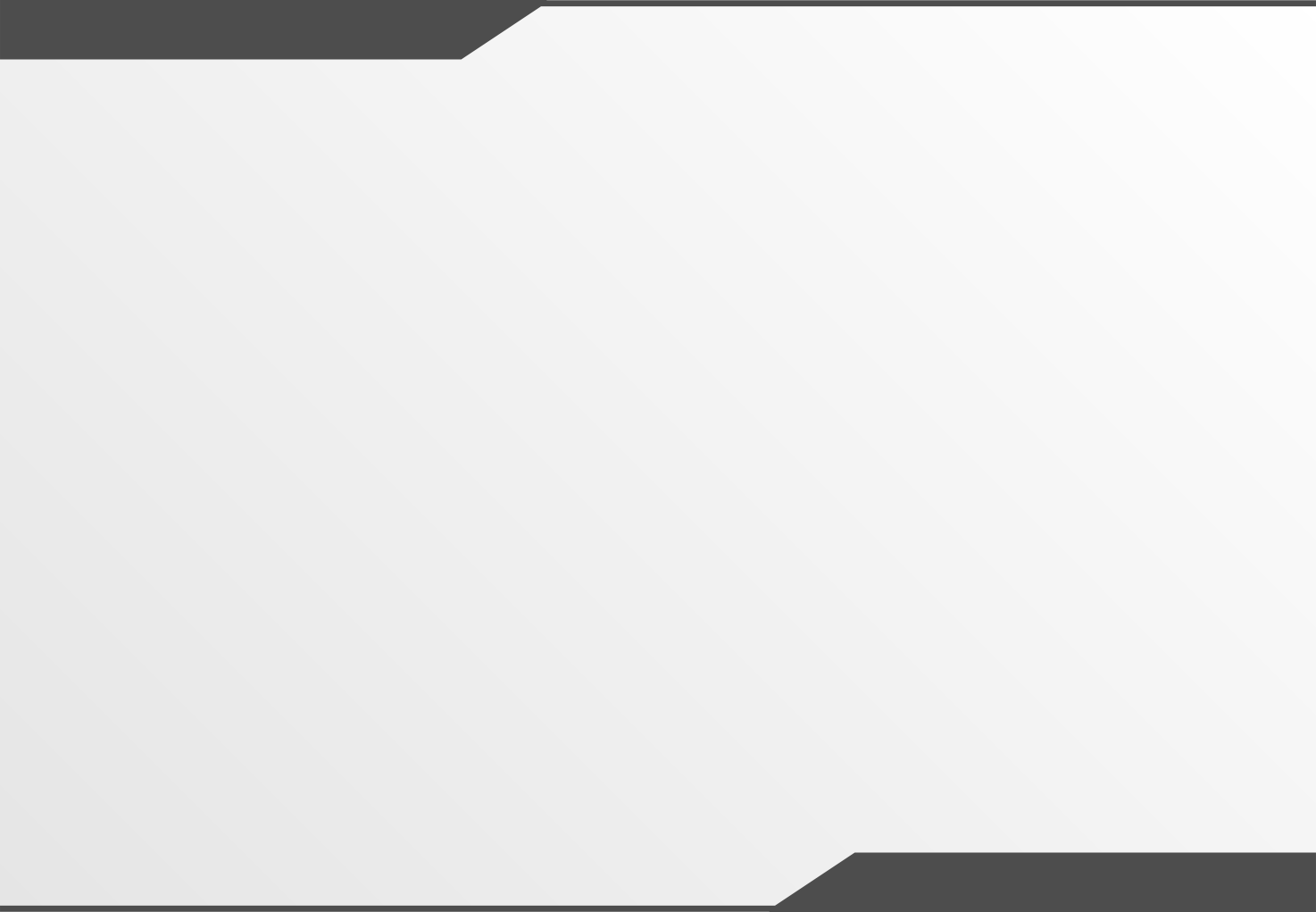


POLYGON

BIKE OWNERS MANUAL





<http://www.facebook.com/TeamPFT>

FOREWORD

Thank you for choosing Polygon Cycle, the bike that is made by optimum synergy in the technology, quality, craftsmanship and support with more than 15 years of experience

Through this owner's manual book, we want to give you guidance for the best value, performance and safety that you will find in riding Polygon

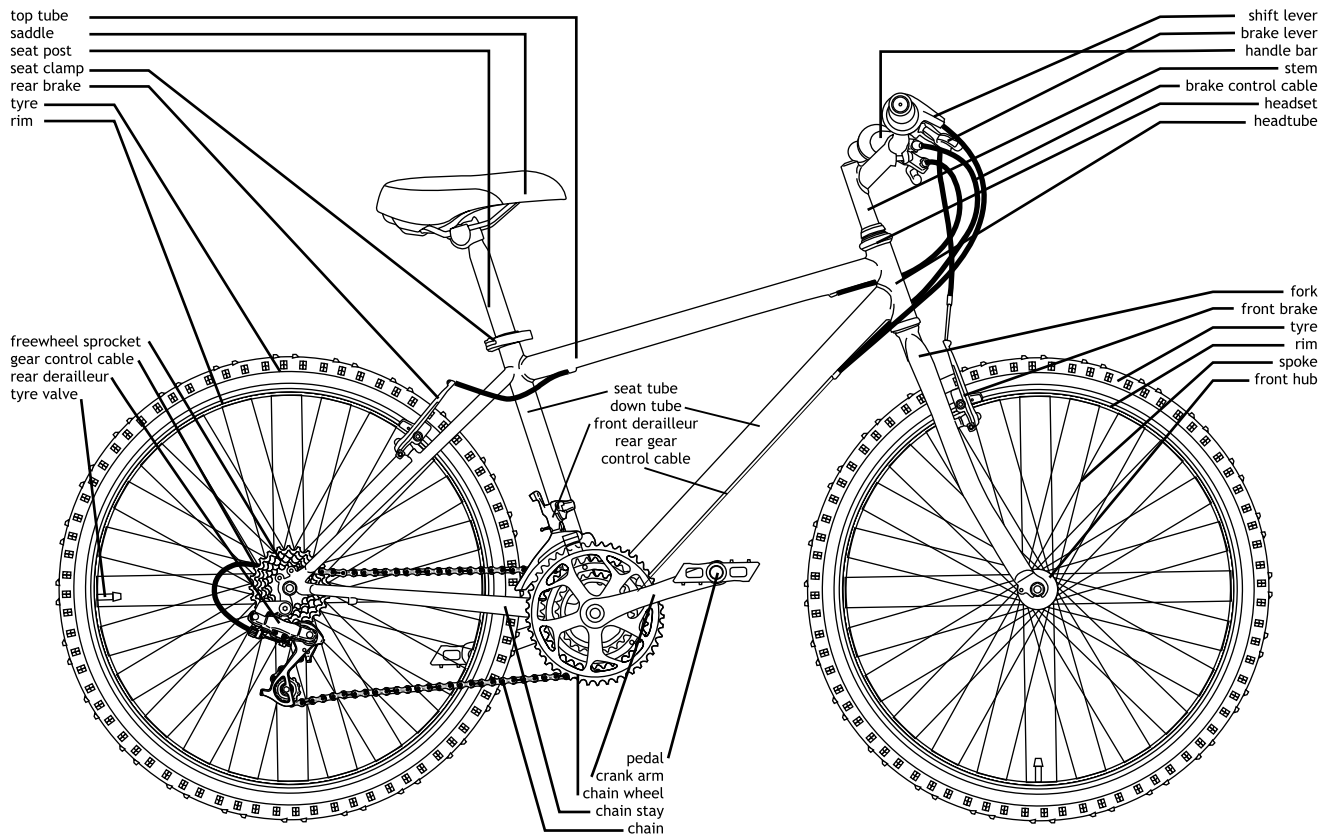
We encourage you to read this owner's manual book first whether you are beginner or an expert and have the greatest experience in the cycling world.

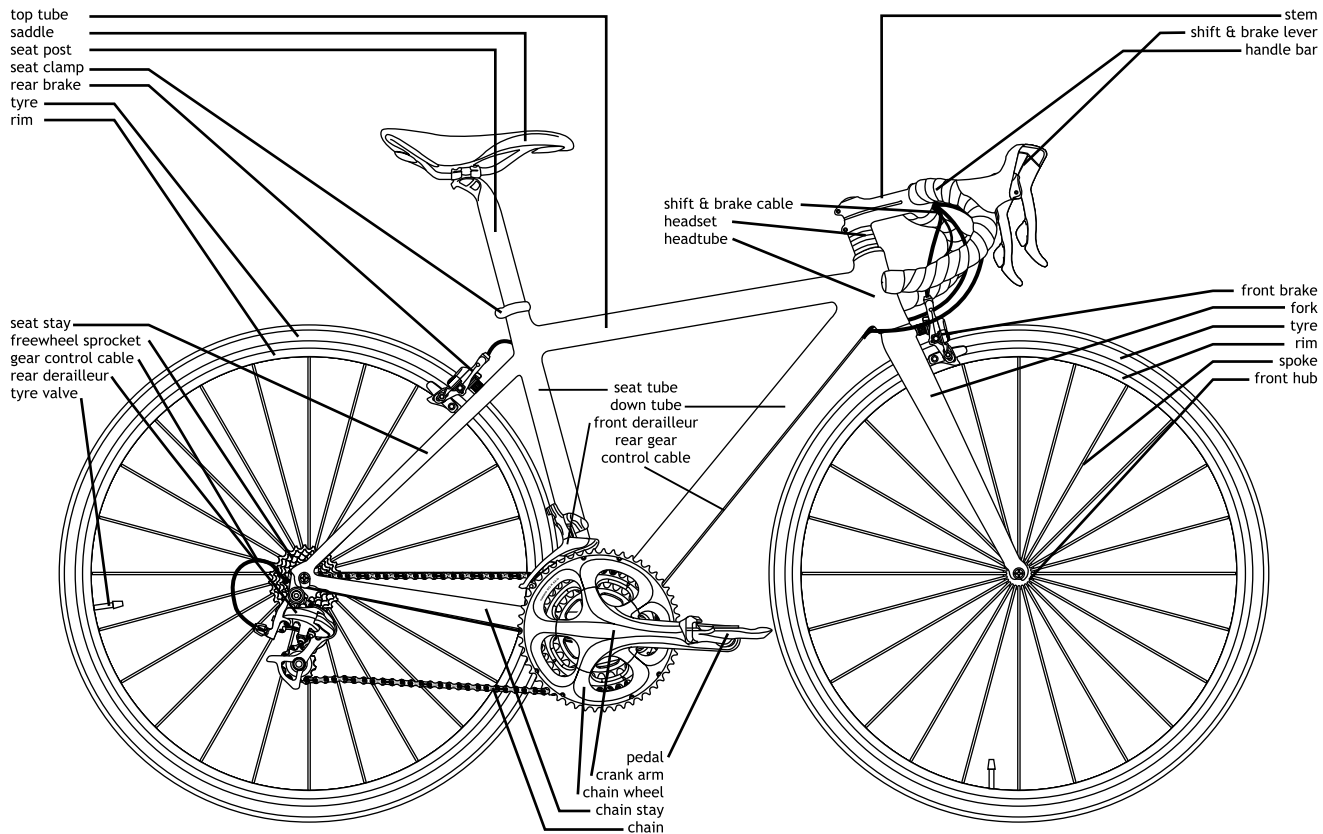
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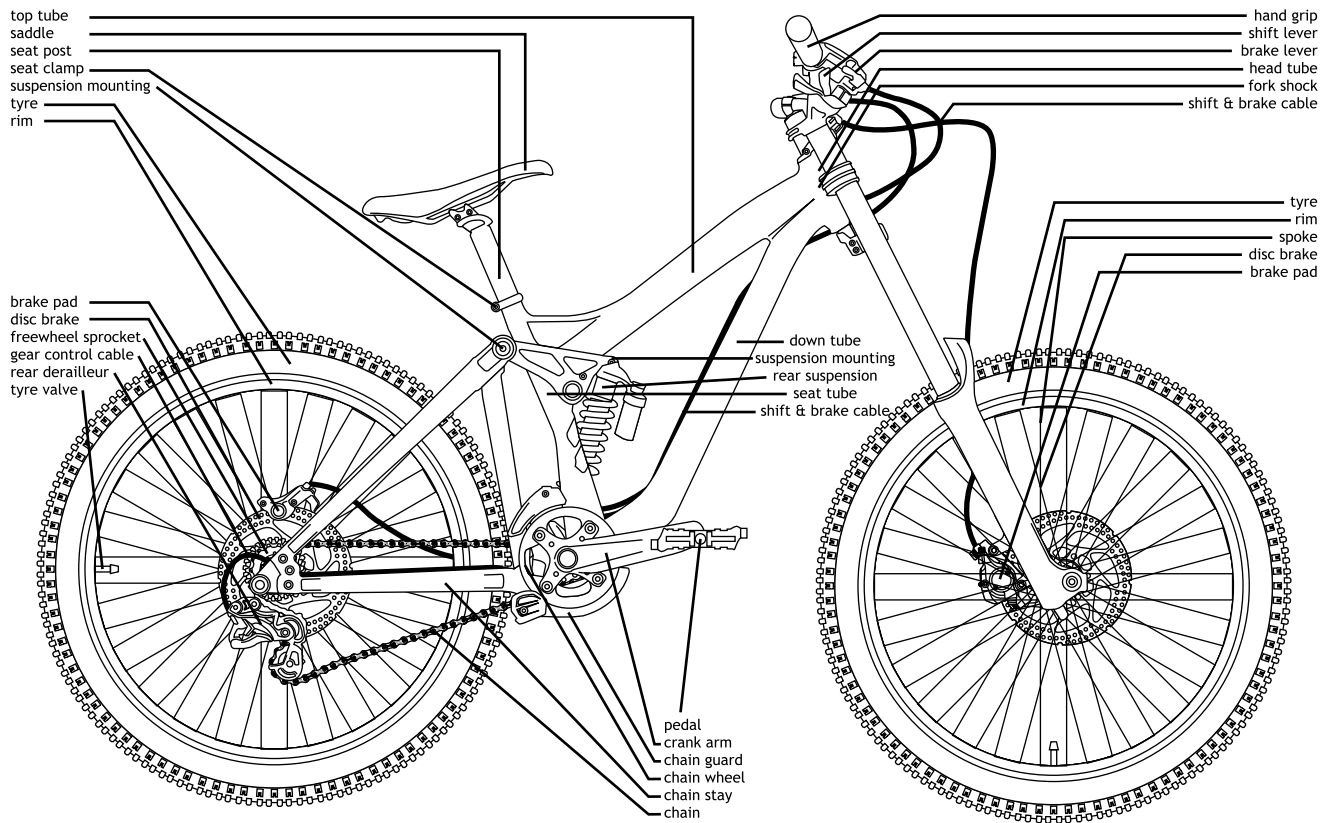
BIKE ANATOMY

BIKE ANATOMY



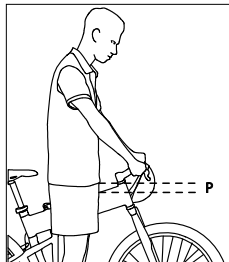


BIKE ANATOMY



BIKE CHECKING

FRAME SIZE



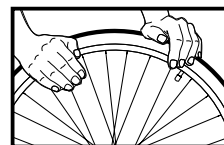
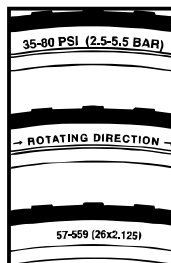
P = not less than 1 inch (25.mm)

Your dealer will help you find a bicycle that has the correct dimensions for your body. There should be at least 1" (25.mm) between top tube and you when you stand over the bicycle

For a mountain bicycle, we recommend 2-3" (50-75.mm) clearance. You can adjust the handlebar and saddle to offer the best performance and comfort. Please refer to the chart below to assist you in making the right choice (if you have any queries refer to your dealer)

BICYCLING SIZING GUIDE

	Approximate Ages	Wheel Size (kid's model)	Frame Size (Road Bikes)	Frame Size (MTB/ Hybrid Bikes)
	4-6	30 cm	-	-
46 cm min	5-10	40 cm	-	-
55 cm min	6-14	50 cm	-	-
61 cm min	12-16	61 cm	-	-
61-69 cm	12 plus	-	-	37 cm
66-76 cm	12 plus	-	-	43 cm
71-79 cm	12 plus	-	50 cm	45 cm
	12 plus	-	55 cm	50 cm
79-86 cm	12 plus	-	57 cm	52 cm
81-89 cm	12 plus	-	60 cm	53 - 56 cm
	12 plus	-	63 cm	58 - 60 cm

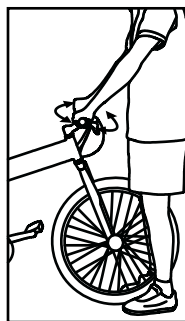


check the tire pressure

Tire Markings :
the specific recommended use
are marked on the side wall of the tire

The Standard Tire Pressure

BMX	241 - 344 k.p.a (35 - 50 p.s.i)
MTB	276 - 448 k.p.a (40 - 65 p.s.i)
Road Touring	483 - 620 k.p.a (35 - 50 p.s.i)
Road Racing	755 - 862 k.p.a (110 - 125 p.s.i)
Hybrid/Crossbike	414 - 690 k.p.a (60 - 100 p.s.i)

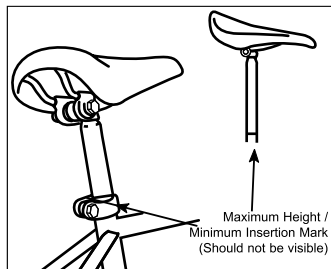


HANDLEBAR & STEM

Examine the attachment to the fork, try to turn the handlebar from side to side while you hold the front wheel between your knees. To examine the connection of the handlebar, try to twist it in the stem. The handlebar should not move or be loose.

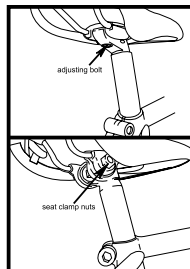
Make sure that no cables are pulled or caught on your bicycle when you turn the handlebar. make sure the handlebar plugs are correctly put into the two ends of the handlebar.

SADDLE HEIGHT



You can adjust the seat height to your feet length accurately by doing this thing :

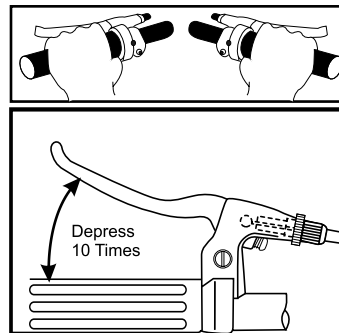
1. Tighten your seat. Place your ankle on the pedal with the nearest position to the ground. make sure the crank is on the vertical position.
2. If the heel of your foot points down about 30, the height of the saddle is correct.



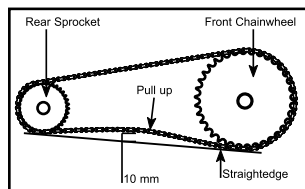
BRAKES

It is important for you to check the brakes before riding. The easiest way to check whether the brakes are in the best performances or not is by depressing the brakes ten times.

Remember, it is not easy to adjust the brake system without correct tools and training. if more aid is necessary, visit to your dealer.



CHAIN



The chain must be kept clean, rust free and frequently lubricated in order to extend its life as long as possible.

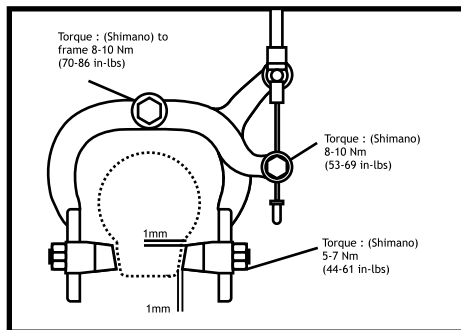
It will require replacement if it stretches, breaks or causes inefficient gear shifting. Make sure that there are no stiff links, they must all move freely.



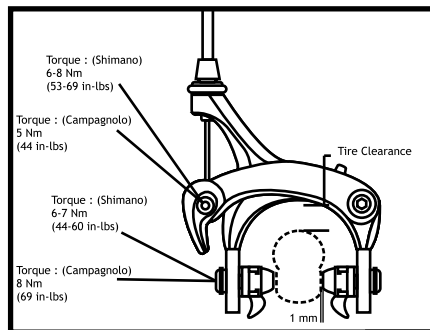
ADJUSTMENT

BRAKE SYSTEM TYPE

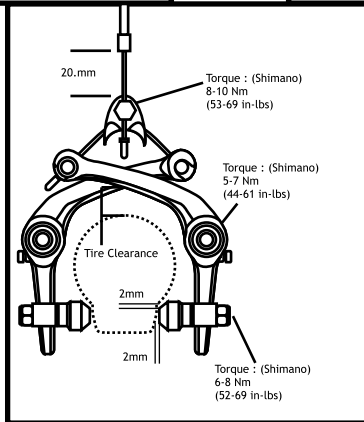
SIDE PULL



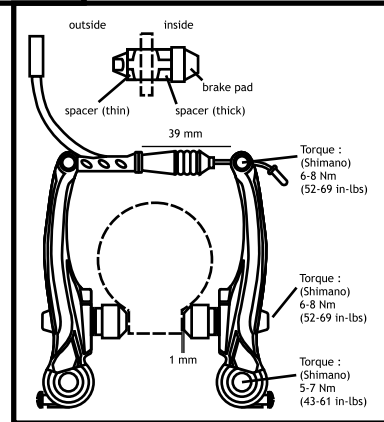
DUAL PIVOT



U-BRAKE

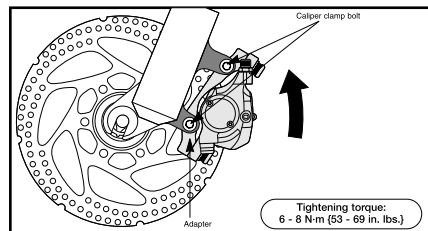


LINEAR PULL

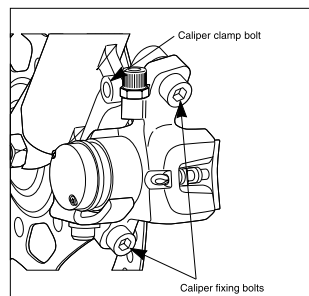
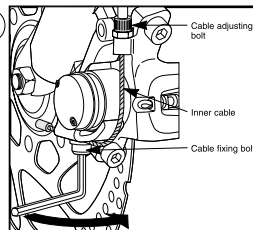


BRAKE SYSTEM TYPE

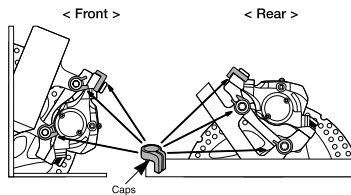
DISC BRAKE



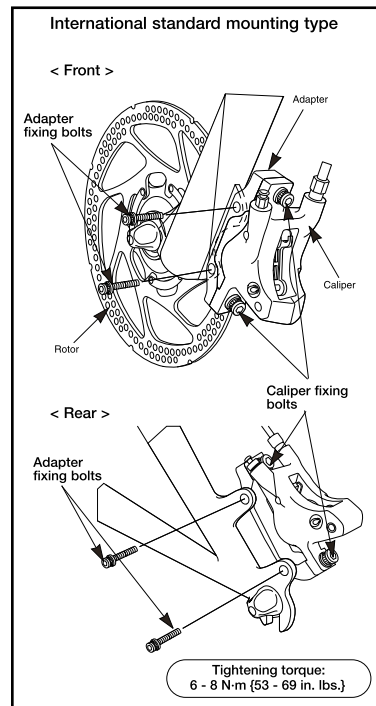
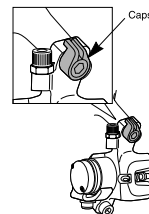
Tightening torque:
6 - 8 N·m (53 - 69 in. lbs.)



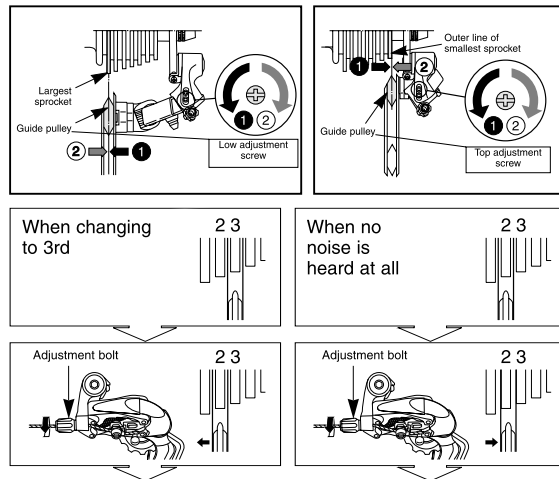
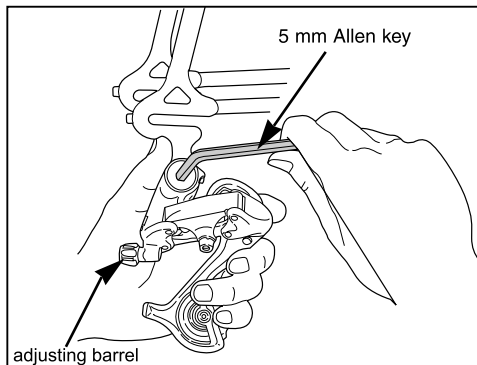
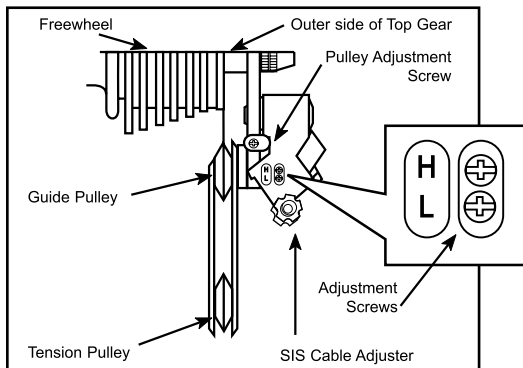
Secure the three bolts with a cap as shown in the illustration in order to prevent the bolts from coming loose.



For post type



REAR DERAILLEUR ADJUSTMENT



1.Top Adjustment

Turn the top adjustment screw to adjust so that the guide pulley is in line with the outer line of the smallest sprocket.

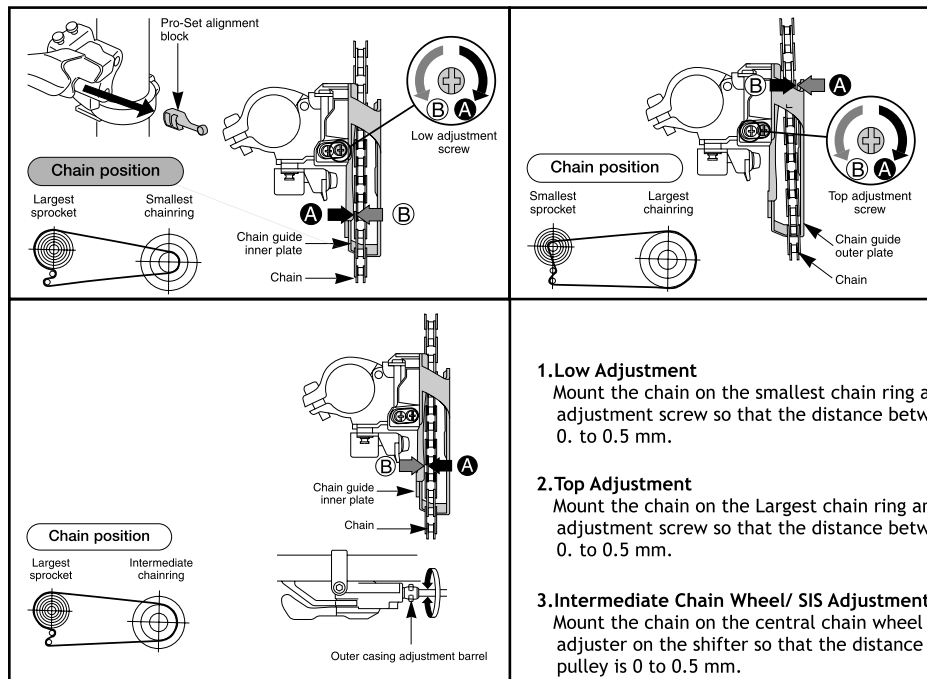
2.Low Adjustment

Turn the low adjustment screw to adjust so that the guide pulley moves to a position directly in line with the largest sprocket.

3.SIS (Shimano Index System) Adjustment

Drive the pedals forward and move the chain from one to another gear. In case of chain noise and the chain can not move to the gear that you mean to move, try to turn the cable tension barrel adjuster on the RD or micro adjuster on the shifter.

FRONT DERAILLEUR ADJUSTMENT

**1. Low Adjustment**

Mount the chain on the smallest chain ring and the largest sprocket. Turn the low adjustment screw so that the distance between the chain and the inside guide pulley is 0. to 0.5 mm.

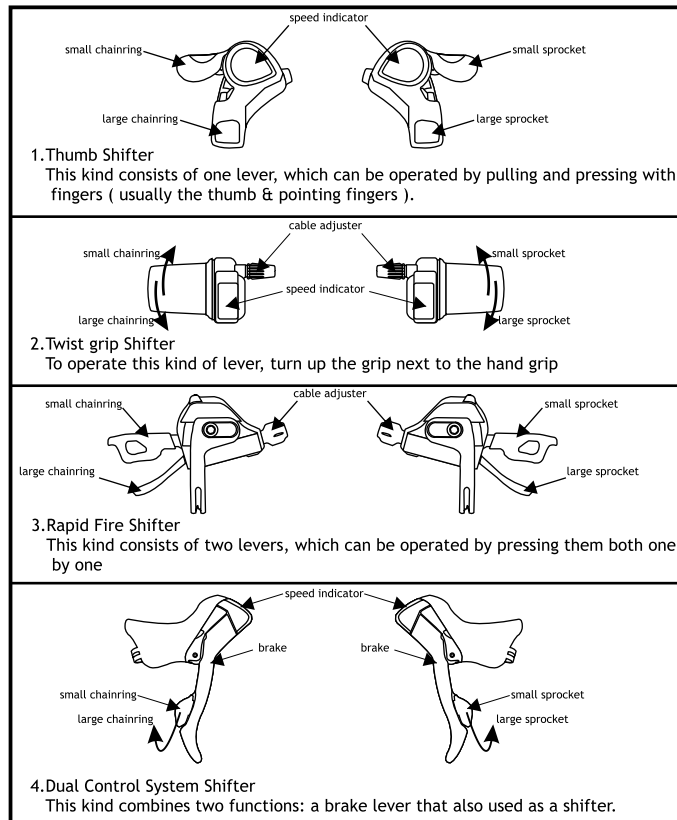
2. Top Adjustment

Mount the chain on the Largest chain ring and the smallest sprocket. Turn the top adjustment screw so that the distance between the chain and the inside guide pulley is 0. to 0.5 mm.

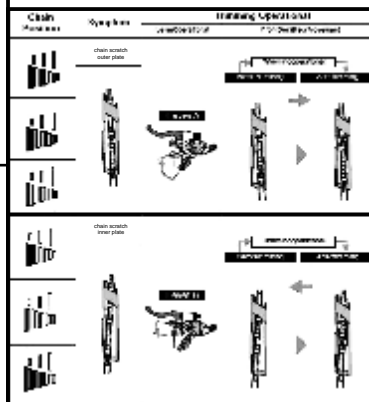
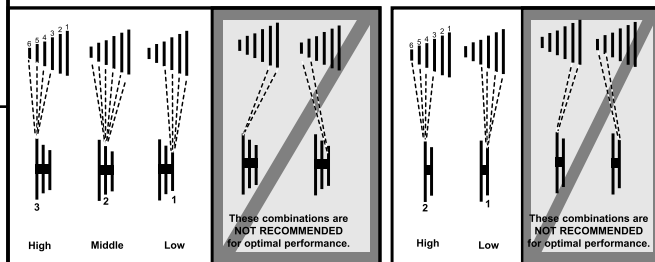
3. Intermediate Chain Wheel/ SIS Adjustment

Mount the chain on the central chain wheel and the largest sprocket. Adjust the micro adjuster on the shifter so that the distance between the chain and the inside guide pulley is 0 to 0.5 mm.

SHIFTER OPERATIONAL SYSTEM



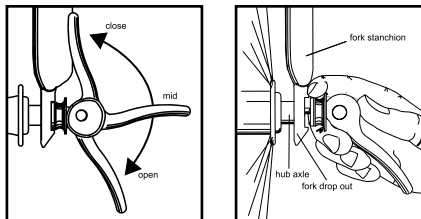
TRIMMING NOISE PREVENTION



The chain will touch the outside part of the front derailleur when the position is on the smallest chain ring & sprocket. Therefore, press the front shifter A lever or the biggest part and the noise will be eliminated.

The chain will touch the inside part of the front derailleur when the position is on the biggest chain ring & sprocket. Therefore, press the front shifter B lever or the biggest part and the noise will be eliminated.

FRONT WHEEL REMOVAL



Front Wheel Removal

1. Open the brake quick release, if fitted or screw on the brake cable adjuster. You may need to undo the brake cable anchor bolt if more clearance is required.
2. Where standard axle nuts are present, use a spanner to loosen. If secondary retention devices are fitted slacken the nuts enough to give a clearance to remove the wheel.
3. Turn the lever to the open position if a quick release axle is fitted. Where the secondary retention devices are fitted, the adjusting nut at the opposite end to the Quick Release lever needs to be loosened sufficiently to permit the wheel removed.
4. Remove the wheel.

Front Wheel Installment

1. Guide the wheel into the frame ensuring that the axle fits well up against the fork slots. The fork legs may need to be slightly prised apart.
2. If the wheel has a Quick release axle, ensure the quick release is open on the left side of the bicycle. Check Quick Release tension and close the lever when adequate tension is achieved. When closed the lever should be parallel to the fork to prevent accidental opening when riding
3. When secondary retention devices are present, ensure they are properly lodged in the fork ends.
4. If fitted, firmly fasten both axle nuts.
5. Re-set the brake quick release and inspect the brake pad clearance. If able, adjust the brake cable/pad clearance.

REAR WHEEL REMOVAL

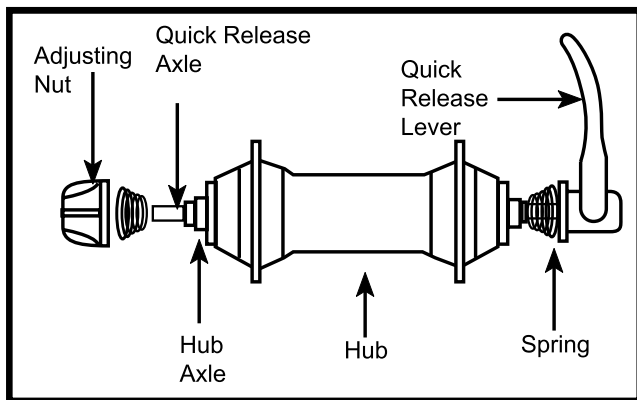
Rear Wheel Removal

1. Open the brake quick release, if fitted, or screw in brake cable adjuster. Undo the brake cable adjuster anchor bolt if greater clearance is required.
2. Move the chain onto the smallest rear cog if derailleur gears are fitted.
3. When the wheel is fitted with the standard axle nuts, loosen them with a spanner.
4. Turn the quick release lever to the open position if a quick release axle is present.
5. Hold the derailleur unit and allow the wheel to slide forward out of the frame.
6. For a single gear bicycles with the coaster hub, disengage the brake arm clip from the brake arm, lift the chain off the rear cog and over the rear axle by hand, then allow the wheel to slide out of the frame.

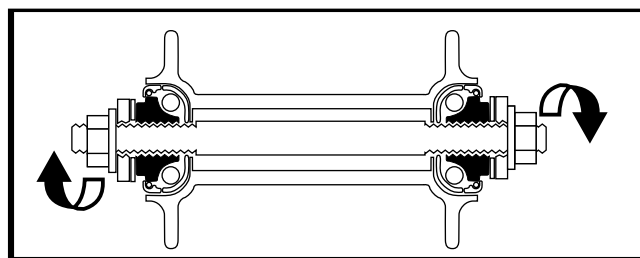
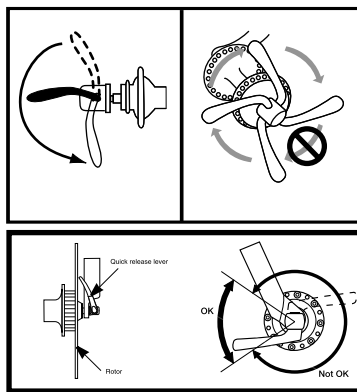
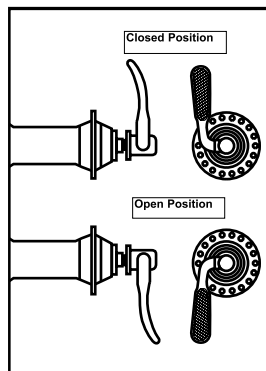
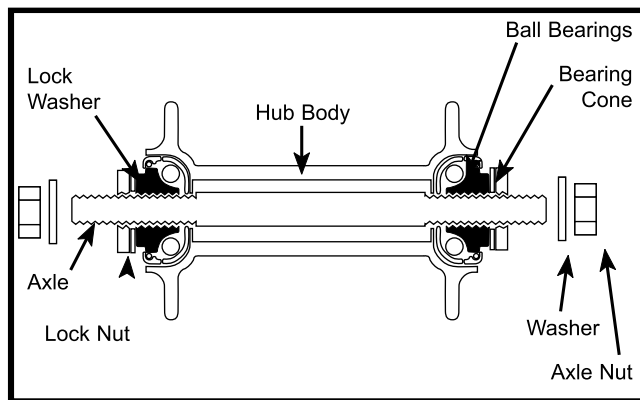
Rear Wheel Installment

1. Wheel replacement virtually follows the reverse process to rear wheel removal.
2. For derailleur geared bicycles, hold the rear derailleur spring fully back and feed the top part of the smallest hub cog into the top part of the chain. Fit the wheel into a frame.
3. For single geared bicycles, lift the chain over the axle and onto the cog and fit the wheel onto the frame.
4. Ensure the wheel is centered correctly in the frame and then firmly secure both axle nuts. To test if the wheels is centered, inspect the distance between the front of the wheel and the frame chain stay tubes on either side.
5. If the wheel has a quick release axle, the quick release needs to be open and on the left side of the bicycle. Check the quick release tension and close the lever when correct. For safety reasons the lever should be parallel to the frame seat stay tube.
6. On coaster hub bicycles, the brake arm needs to be reconnected to the brake arm clip on the chain stay.
as a result.
7. Reset the brake quick release and check the brake pad clearance. If required, adjust the brake cable/ pad clearance

QUICK RELEASE



HUB AXLE NUT



BICYCLE CARE

LUBRICATION

Frequency	Component	Lubricant	How to Lubricate
Weekly	chain derailleur wheels derailleurs brake calipers brake levers	chain lube or light oil chain lube or light oil oil oil oil	brush on or squirt brush on or squirt oil can 3 drops from oil can 2 drops from oil can
Monthly	shift levers	lithium based grease	disassemble
Every Six Months	freewheel brake cables	oil lithium based grease	2 squirts from oil can disassemble
Yearly	bottom bracket pedals derailleur cables wheel bearings headset seat pillar frame bearings	lithium based grease lithium based grease lithium based grease lithium based grease lithium based grease lithium based grease lithium based grease	disassemble disassemble disassemble disassemble disassemble disassemble disassemble

Note: The frequency of maintenance should increase with use in wet or dusty conditions. Do not over lubricate - remove excess lubricant to prevent dirt build up. Never use a degreaser to lubricate your chain (WD-40™)

GENERAL ADVICE

Should more instructions
about your bicycle or
service are necessary,
please visit Polygon dealer

www.polygonbikes.com