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### 1. Inflate tires

- 1) Find suitable pressure on tire
- 2) Twist of valve cap and select the correct attachment size
- 3) Attach air pump
- 4) Inflate to appropriate tire pressure
- 5) Disconnect air pump and twist on valve cap

### 2. Swap a bicycle tube

- 1) Disassemble wheel by first unhooking the brakes
- 2) Unscrew wheel nut with a fitting open-jawed spanner
- 3) Take off wheel
- 4) Lift the tire from the rim with tire lever
- 5) Remove broken bicycle tube
- 6) Insert new bicycle tube between tire and rim
- 7) Reinstall the wheel and screw tight wheel nut with open-jawed spanner
- 8) Hook the brake again

### 3. Adjustment of a V-BRAKE

- 1) Take a fitting screwdriver out of the Service Station
- 2) Loosen the screw located at the V-Brake with the screwdriver
- 3) Adjust brake cable with adjustment screw (can be found at the beginning of the brake cable right at the braking handle) in a way that both braking handles can be pulled in a similar way
- 4) Fasten the screw at the V-Brake

### 4. Adjustment of a Roller Brake

- 1) Shift to the 4th gear
- 2) Adjust adjustment screw at the gear shift
- 3) Turn the back wheel to check if the brake works right

### 5. Adjustment of front derailleur

- 1) Shift to middle gear
- 2) Adjust front derailleur with the adjustment screw located at the handlebar till the bicycle chain sits tight

### 6. Adjustment of rear derailleur

- 1) Shift to highest gear
- 2) Adjust rear derailleur with adjustment screw and turn the wheel

### 7. Assembling and disassembling of pedals

#### 7.1. Disassembling

- 1) Take a fitting open-jawed spanner from Service Station
- 2) With open-jawed spanner unscrew **both** pedals by turning towards back wheel

#### 7.2. Assembling

- 3) Take a fitting open-jawed spanner from Service Station
- 4) With open-jawed spanner screw pedals on by turning towards front wheel