

Cruzbike S40 Complete 2019

ASSEMBLY GUIDE

Please review all of these instructions prior to assembly and riding.

Note: if you are assembling the 2020 S40, please see [the video](#).

There are changes to the assembly process.

Updated September 9, 2018



Welcome to Cruzbike

You've joined a growing movement in cycling. We're so glad to have you here. [We joke that bonding with a Cruzbike is like falling in love](#). And it is. The discovery and learning, the building trust and unfolding adventure of joy-driven cycling really is a romance. Assembling your S40n following the steps in this guide is the first step in that romance. Get ready to savor it.

We're here to support you along the way.

What you'll need

These instructions don't require any special bicycle tools. A small tool kit is included with your S40 Complete. It has everything you might need except for:

Scissors/clippers

Disposable gloves

A well-lighted space

Drop-cloth to protect your flooring and make it easier to find any nuts dropped during assembly.

Note: The tool kit includes allen wrenches and allows you to build additional allen and socket wrenches and screwdrivers by inserting parts into the buildable wrench tool.

Estimated time to assemble: 2-3 hours for a novice, 45 minutes for an experienced mechanic.

Additional Resources

Check out the S40 Complete Assembly Video [here](#).

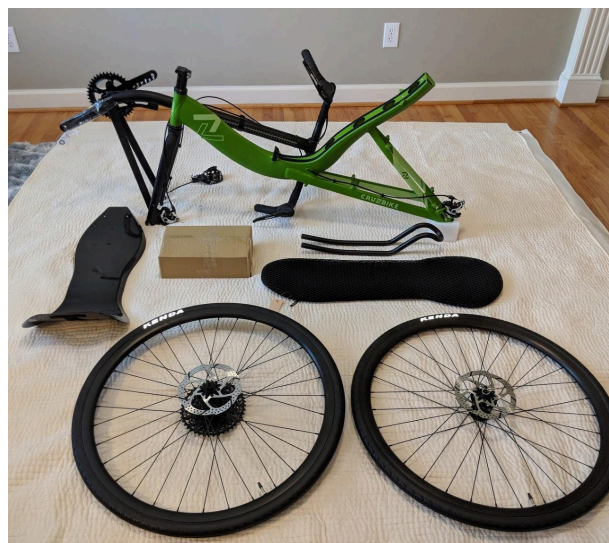
Check out the S40 Fit and Adjustment Video [here](#).

Unboxing

Open the box and remove all the contents. Set aside seat, cushion and small parts box, as well as any accessories you may have ordered.



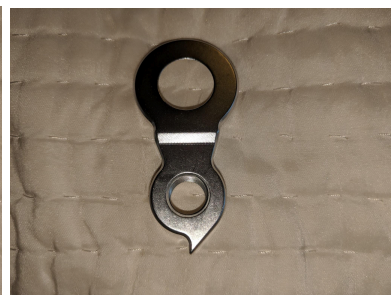
Place the main bundle in the center of your work space and begin snipping off zip ties and removing the foam protective material. You can use scissors or clippers for this.



Open small parts box and set out parts. Included in the small parts box are: Chain, Mirror, pedals Seat extension, front and rear wheel skewers, the hardware you need to attach seat to the frame, pivot clamp bolt and washers, a pulley wheel, spacer and spare derailleur hanger.



Pictured from left to right below: the pulley wheel (for those who want to add a front derailleur), spacer and spare derailleur hanger are not necessary for this assembly and can be set aside.



Attach front end to main frame

Open tool set and use a number 4 allen wrench to loosen 2 of the 4 chainstay screws slightly to allow the chainstay to rotate a little (**below**).



Using a number 5 allen wrench from the tool set, loosen the boom clamp just enough to move the slider in and out and turn and straighten the handlebars, but not so much so that the it slides out on its own (**below**).



Put the ends of the front chainstay over the outside of the fork arms (**below**).



Find pivot clamp bolt and sleeve. There should be two washers on the pivot clamp sleeve bolt and one on the bolt (**below**).



Untwist boom/slider and handlebar so that cables are routed correctly: brake cables are routed through pivot clamp, derailleur cable should be in the middle (**below**).



Connect two parts of pivot clamp by aligning pivot clamp on slider with pivot clamp on frame (on top of steerer). Connect the two by pushing pivot clamp bolt sleeve through after you have aligned the holes. Lightly grease the outside of the sleeve bolt. Make sure the washers are on the sleeve and bolt as shown in the pictures - there should be two on the sleeve and one on the bolt side (**below**).



Put the pivot clamp bolt through the other side and hand tighten (**below**).



Next make sure handlebars are level and further tighten pivot clamp bolt with two 5 mm allen wrenches from tool set. Do not over-tighten (**below**).



Install headrest

The clamp (called the Perez Clamp, after its designer, Cruzbike owner and racer, Jason Perez) used to hold the headrest in place are pre-installed. Loosen the Perez Clamp to move headrest tubes in and out. Tighten to hold headrest firmly in place.

Use a 3 mm allen wrench to loosen Perez Clamp button head bolts (**below, first image**) until the Perez Clamp is resting on the back of the frame. Do not completely back the screws out. They should still be holding the Perez Clamp so it does not slide down inside the frame.



Once the Perez clamp is loose and inside the frame, you should be able to insert the headrest tubes easily. You may need to jiggle the tubes past second clamp but then should be able to slide the headrest up and down easily (**below**).



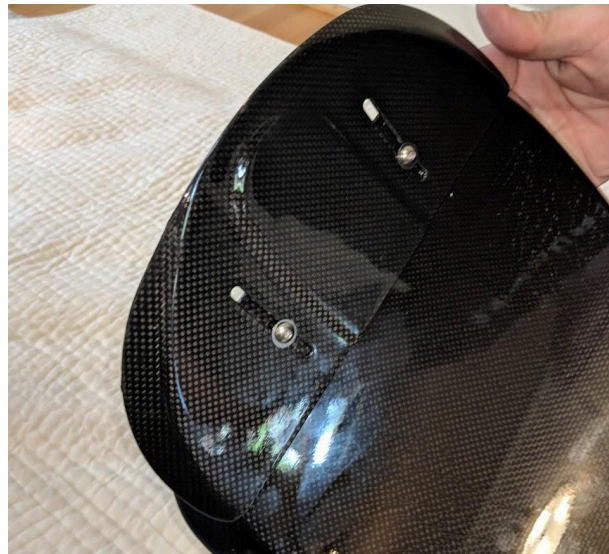
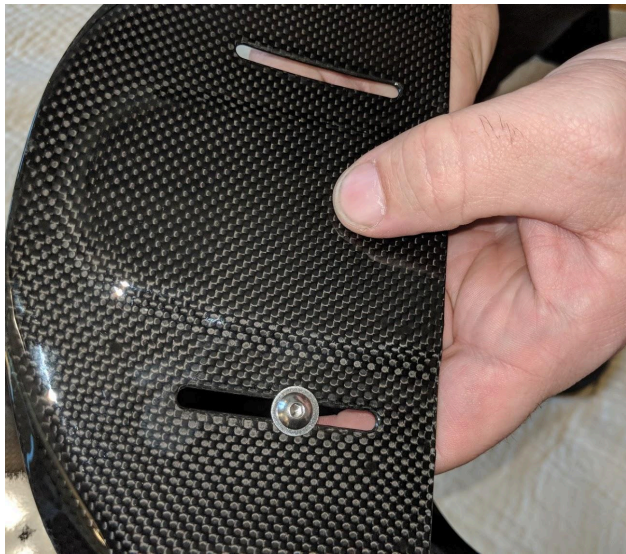
Note: The headrest is optional on the S40. If you choose to install it, it can be adjusted to your height later.

For now, pick a middle position and tighten the bolts just enough to pull the clamp and headrest to the front of the frame. Don't over tighten, it should be just tight enough to keep the headrest from sliding in and out (**below**). Later you can adjust the headrest by loosening the Perez Clamp bolts through holes in the seat.

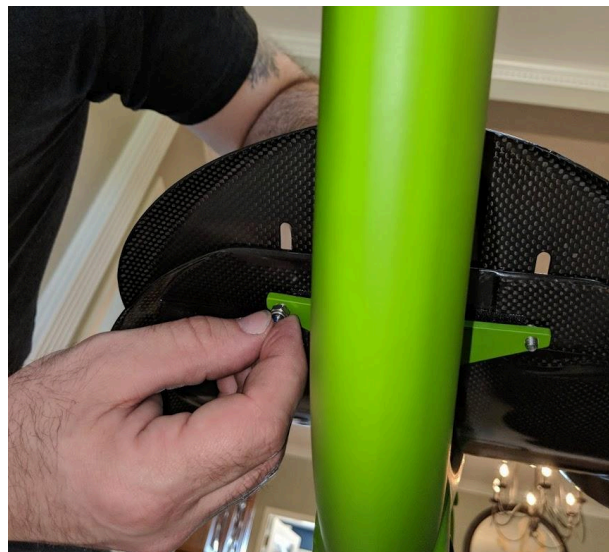


Install seat

Attach seat extension to main portion of the seat using washer and nut. Washer should be between nut and top of seat extension (**below, first image**). Push bolts through front holes of main part of seat. It might be necessary to thread them in with a number 3 allen wrench (**below, second image**).



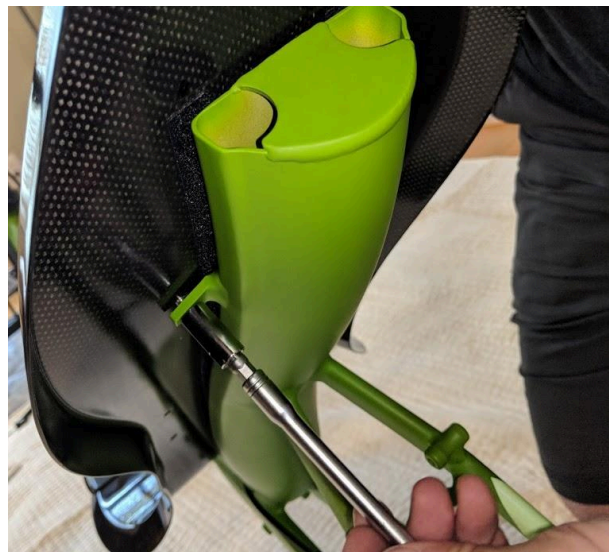
Once seat extension is attached to the main part of seat, install the seat to the frame by inserting the two bolts into tabs on the main frame (**below, first image**). Hand thread the nylock nuts, leaving them loose (**below, second image**).



Press down on the seat starting from the bottom and moving up the back (**below, first image**). Put some pressure on the seat and apply the two seat bolts to through the seat back and into the tabs on the upper part of the frame. Loosely thread the nylock nuts on the back (**below, second image**).



Use 5mm nut driver and 3 mm allen to tighten lower seat bolts just so the nut is flush with the end of the bolts. Do not over tighten (**below, first image**). Then tighten upper bolts until the seat is snug against the frame and does not move when depressed (**below, second image**).



Install pedals

Right and left pedals are indicated on the pedal and are from the rider's perspective when sitting on the bike (**below, first image**). Put on the pedal washer that should be attached to the crank arm (**below, second image**) and then grease the threads with pedal grease or vaseline to keep the threads from rusting in case the pedal gets wet (**below, third image**).



Use a 6 mm allen wrench to install the pedals.

Note: Left pedal is reverse threaded.

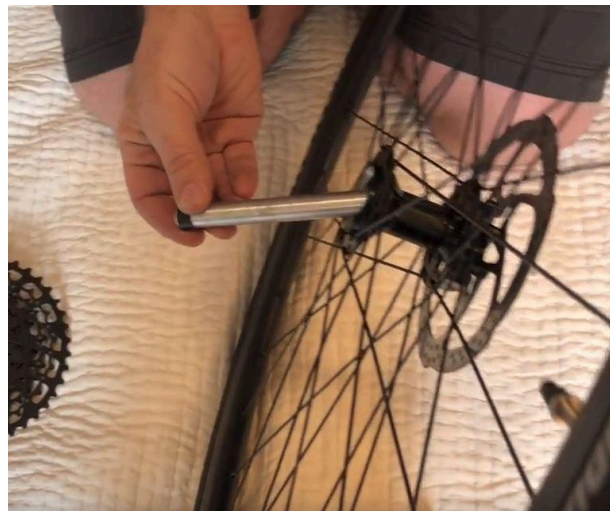


Install front wheel

Note: The drive wheel on the S40 uses a free hub system that can easily be removed from the axle. If you notice that your free hub is loose on the wheel, it is very easy to put it back on.



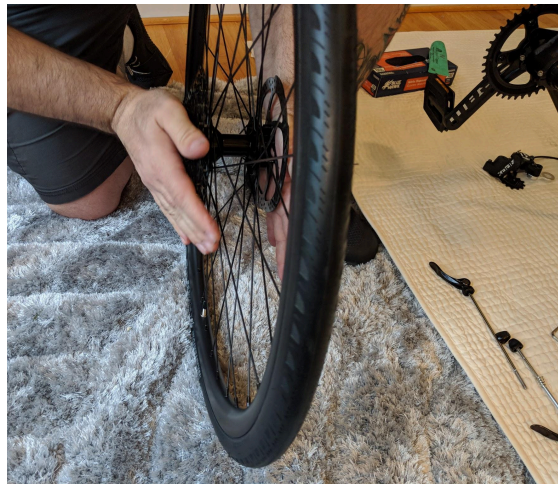
Remove the axle from the cassette (**below, first image**). Insert the axle into the hub, pushing all the way through until it is all the way inside the hub and flush with the drive side of the hub (**below, second image**).



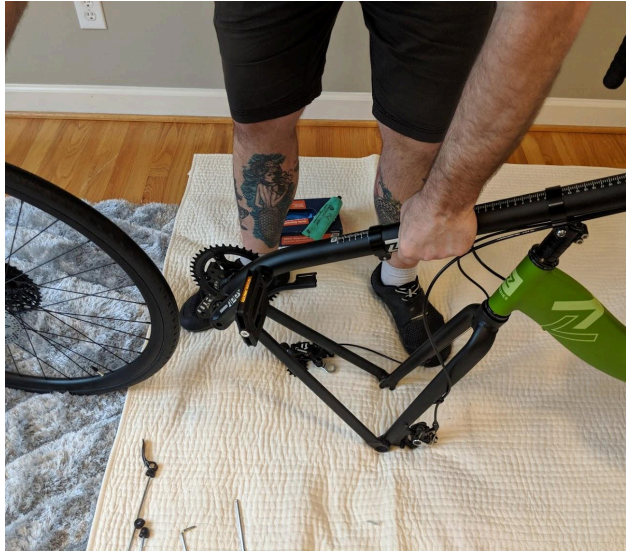
Tilt the cassette and push the cassette/free hub assembly back into the hub (**below, first and second images**).



Push the axle back into the freehub body and then re-insert the endcap (**below, first and second images**).



Slide front wheel into front end with cassette on the right side (**below, first image**). Align brake rotor with the caliper (**below, second image**).



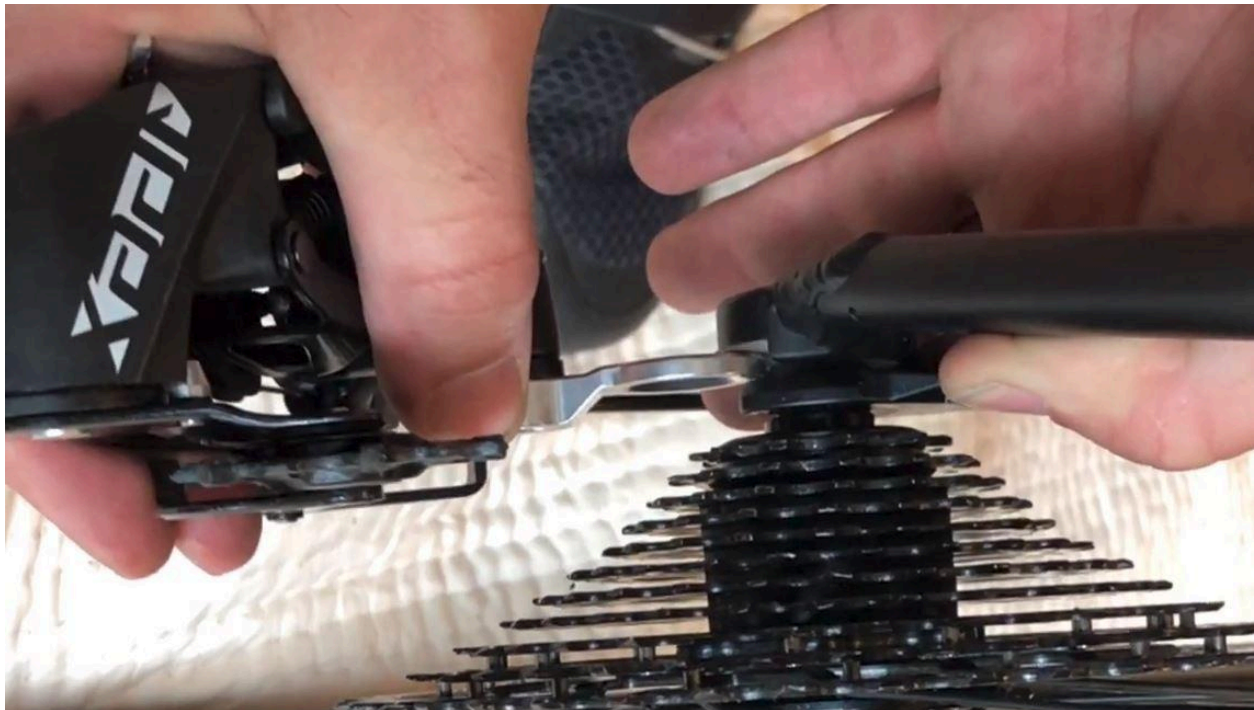
Putting hands on either side of the fork/chainstay set the fork dropouts onto the axle (**below**).



Get a friend or [Rakk Bike Storage Stand](#) to hold bike while you put skewer in and rear derailleur on. Put longer skewer (without springs) all the way in to ensure alignment and then withdraw half way (**below, first image**). Identify concave side of derailleur hanger (**below, second image**).

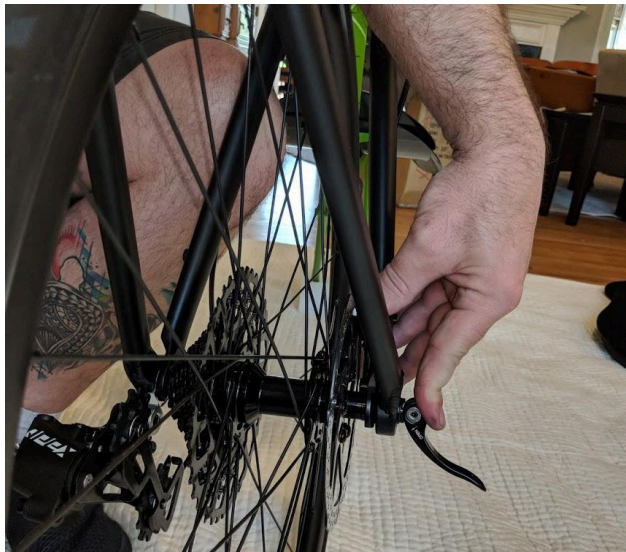


Spread the fork and chainstay a little bit and insert the derailleur into the frame. Make sure the hanger rests between the notched area of the chainstay (**below images**).





Push skewer all the way through, and put on skewer nut, and tighten (**below images**).



Install rear wheel

Put rear skewer with one spring on each side (wide side of the spring toward the outside) through the rear axle. Quick release should be on brake rotor side (**below images**).



Slide rear wheel into rear dropout lining the rotor up into brake (**below**).

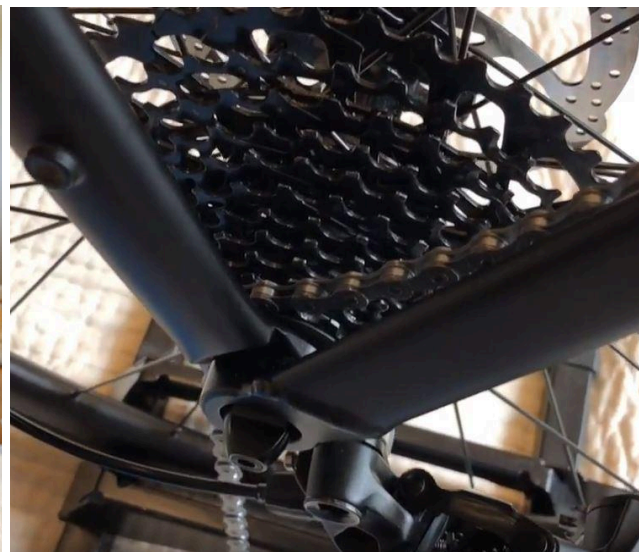


Install Chain

Gloves are helpful to protect your hands from chain grease. Identify chain and two halves of quick link. Set quick link aside (**below, first image**). Lock out derailleur cage out by pulling the cage forward and pressing the lock button so it will stay open (**below, second image**).



Untangle chain and place over front chain ring (**below, first image**) and cassette (**below, second image**).



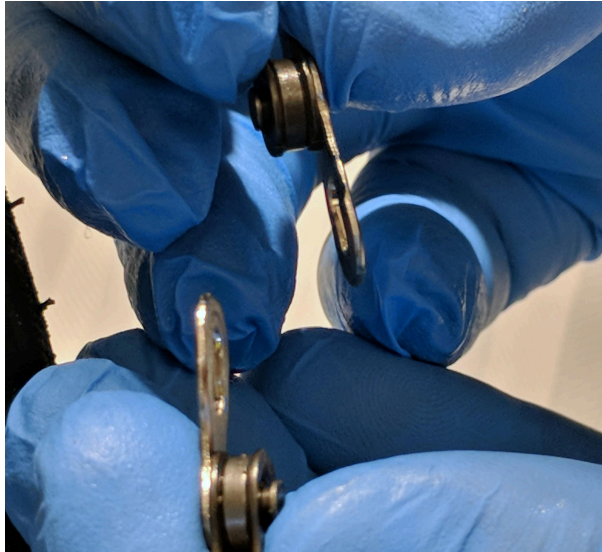
Next route the chain over the first jockey wheel (under the tab) (**below image**).



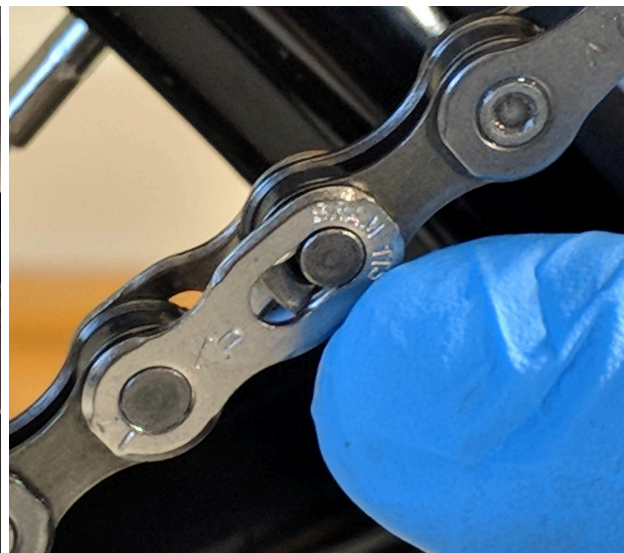
And under the second jockey wheel (**below image**).



Use the quick link to connect the two ends of the chain together by inserting the pins into each other. Pull the chain apart to lock it into place. Release the derailleur into its working position by pulling up on the jockey wheel to release pressure and pushing the lock/unlock button.



If quick link does not settle into position when pulled you can place the quick link into the top part of the chain path between the cassette and the front chain ring by very carefully turning the cranks backwards, then push hard on the pedal, that should close the quick link and lock it into place.



Install Cushion on Seat

Put the cushion face down and apply the strips of velcro that are unattached to the strips of velcro that are already attached to the cushion with adhesive facing up.

Remove the adhesive cover from the velcro that you just applied to the cushion.

Apply the cushion to the seat and backrest carefully centering it. Then press along the entire backrest and seat so that the velcro adhesive adheres along the length of the seat.

Slide headrest cushion onto headrest.



S40 Fit

General tips for a good rider fit:

At full pedal extension the rider leg should be slightly bent.

On the pedal upstroke there should be about 2 inches of clearance between the top of the rider's knee and the handlebar.

The rider's arms should have a natural bend at the elbows.

For shorter riders, the boom can be safely cut down 4 inches.

To adjust headrest:

The headrest is not necessary, but if you use it, head should be supported at the base of your skull and usually should be below the helmet.

Remove cushion and loosen Perez Clamp bolts just enough so the headrest can slide in and out. Put it in preferred position and then tighten Perez Clamp bolts so that it is firmly in place. Do not overtighten bolts.

The [Suspension Adjustable Headrest](#) is another great option for getting your head position just the way you like it.

First time rider fit tip: if this is a rider's first Cruzbike, the handlebar placement should allow enough room for him or her to sit straight up off the seat back. Sitting up improves confidence and balance while learning to ride.

If the handlebar height needs adjustment higher or lower, we have a curved slider option and different chainstay lengths available at www.cruzbike.com/s40.

Woo-hoo! You just assembled your S40 Complete. Well done.

Now is a good time to dial in your disc brakes. Here is a great YouTube [video how-to for adjusting disc brakes](#).

If you have any concerns, take your bike to your local bike mechanic to give it a check before heading out to ride. Getting a pro's help is always a great idea.



We are a very small team over here at Cruzbike, but are the luckiest in the world. We get to work for the most amazing community of customers...the thousands of cyclists who make up the Cruzbike Tribe. We are so grateful to have you join us.

Check out cruzbike.com for upcoming events, resources, community and answers to FAQs.

And feel free to send us an email or wave on social media ([Facebook](#), [Instagram](#) and [Twitter](#))! We love talking with you.