

Cruzbike Q45 Complete 2019

ASSEMBLY GUIDE

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

Updated April 24, 2019



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 Q45 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

Getting a pro's help is always a great idea. If you have any concerns while assembling your bike, take it to your local bike mechanic. Even if you don't have any concerns, we always recommend a professional tune up before heading out to ride. We are happy to talk with the mechanic at your shop if he or she has any questions, too!

These instructions don't require any special bicycle tools. A small tool kit is included with your Q45 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.

Tools 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.

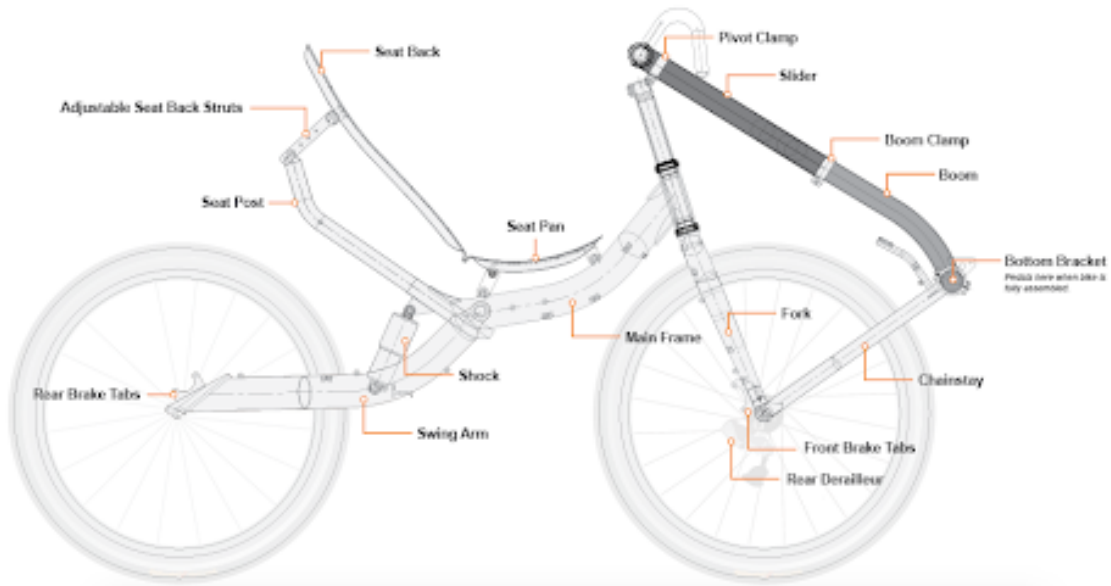
Estimated time to assemble: 2-3 hours for a novice, 45 minutes for an experienced mechanic.

Fit Note: Proper fit on a Cruzbike will greatly enhance your riding experience, optimizing both comfort and performance. We've put together tips for Cruzbike fit and adjustment on our website [here](#) that will help you get started. We've also included a 10x10" piece of extra foam for you in the box just in case you need it for optimizing your seat or headrest comfort.

Additional Resources

Check out the Q45 Complete 2019 Assembly Video [here](#).

Anatomy of a Q45



Unboxing

Open the box and remove all the contents:

- Q45 frame bundle
- Wheels
- Front triangle assembly
- Seat (backrest and seat pan)
- Seat cushions
- 10x10" extra foam
- Two boxes with small parts
- Tool kit
- "Fall in Love" booklet
- 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.



Set the wheels aside and lay the bike frame on a soft surface with the rider's left side up. The brakes, brake tabs and cables will be facing up. Inside and between the padding you will find the seat back and seat base. The front boom and slider and chainstay and crank assembly are separate from the main frame of the bike. The handlebars and shifters are pre-cabled.

Open the small parts box and lay out contents.

Box A (first image below):

Chain

Front and rear wheel skewers

Pedals

Reflectors

Box B (second image below):

All the parts needed to install the seat



Main frame assembly

Use a bike stand or a friend to hold the rear wheel. Make sure you remove any cardboard between the brake pads. Lift the frame and lower the dropouts onto the rear wheel (**first image below**).



If you have trouble getting the rotor on the wheel between the brake pads, make sure the brake cables are loose at the lever (**second image above**). Sometimes they can get lodged against the stops during packaging which can make getting the rotor between the calipers challenging.

Once the wheel is in place, insert the rear wheel skewer (the shorter of the two skewers) with the lever on the brake side and tighten the skewer.

Install the front wheel

The Cruzbike's front wheel is the drive wheel. Begin by setting aside the front triangle (slider, boom and chainstay). Remove the protective cardboard from the brake caliper. Lift the fork up and lower onto the dropouts (**image below**).



Install the front triangle

Check the alignment of the pivot clamp. The front edge should be aligned with axle line of the wheel. If pivot clamp is misaligned, remove the cap off of the 5 millimeter star nut bolt on top of steerer tube, loosen one turn. Loosen side bolts about one turn, just enough to move the pivot clamp (**first image below**). Carefully twist and align the front edge of your pivot clamp with the axel line of the wheel (**second image below**).



Tighten the top bolt cap one turn. Tighten the side bolts to secure the pivot clamp.

Next, place the chainstay over the fork with the notched side on the cassette/derailleur side. **Note:** it may be necessary to spread the chainstays apart a little to seat it onto the fork (**first image below**).

Find the longer skewer and remove and toss the springs, which are not needed. Insert the skewer from the non-drive side of the wheel (**second image below**) almost all the way through, leaving about an inch out.

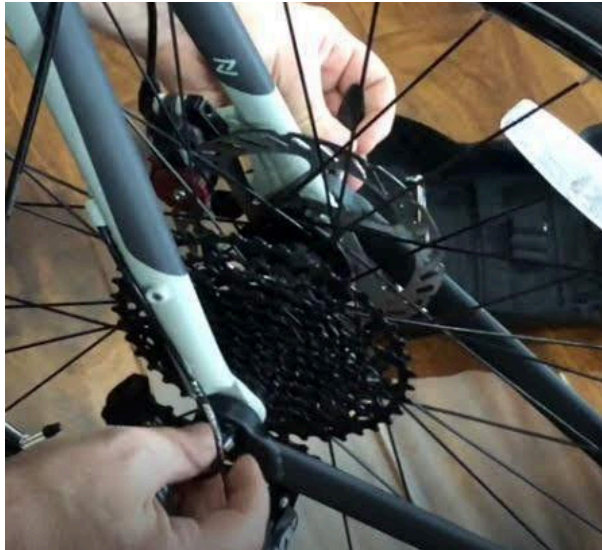


Slide the derailleur between the chainstay and fork. The flat side faces out against the chainstay and the cone side faces against the fork. It only fits snugly and allows the passage of the skewer one way (**images below**). Make sure the derailleur is in the notch on the chainstay.



Push the skewer all the way through and tighten the nut (**first image below**). Then, loosen the skewer nut just a little to allow the front end to pivot to finish the assembly of chain and slider.

Loosen boom clamp with 5 mm allen (**second image below**).



Move slider up 6-7 inches into the boom, then snug the boom/slider clamp up again. Final adjustments for fit will come later.

Remove pivot clamp bolt (**first image below**). When reassembled there should be one washer on the outside of the small pivot clamp bolt and 2 washers on the outside of the slider portion of the bolt (**second image below**).



Pivot front end up (**first image below**). If it is difficult to pivot up you may have to loosen the 4mm bolts that hold the boom onto the bottom bracket.

Slide the pivot clamp bolt through the pivot clamp and put the bolt in on the other side (**second image below**). One washer on the bolt side and 2 washers on the sleeve side (**third image below**). Do not fully tighten bolt.

Move the stand (or helper) to hold the front end (**fourth image below**) of your Q45.



Install the handlebar and cable

Loosen the boom clamp and line up the handlebar clamp with the horizontal (**first image below**). Using 4 mm allen, loosen and remove the four handlebar clamps (**second and third images below**).



Note the orientation of the cables and rotate the handlebar around to get the cables in the right position. Position the handlebars so that hand grips are vertical (**image below**).



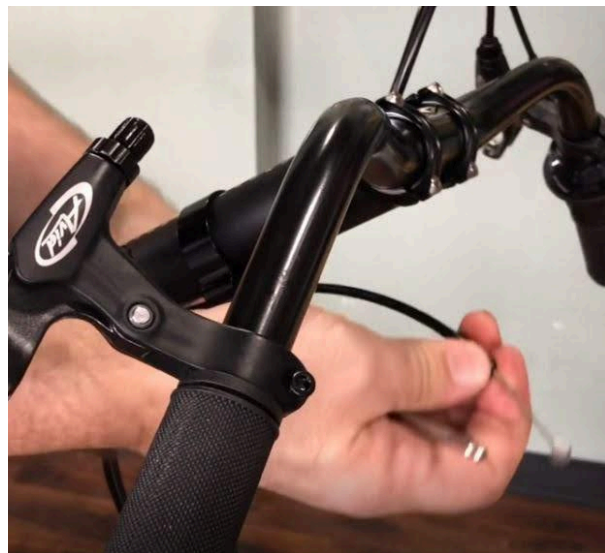
Install the handlebar clamps making sure there is an even gap on the top and the bottom bolts. If one side is tightened all the way down, the clamps can be stressed and break. Make sure there is an even gap as you snug the bolts (**first image below**).

Carefully remove pivot clamp bolt and remove pivot clamp just a bit to allow for putting the cables under the pivot clamp in the gap (**second image below**).



Note: if one of your cables ends up on the wrong side of the boom it can be easily disconnected and routed on the correct side of the boom. In the **first image below** the cable ended up on the wrong side of the boom when we installed the handlebar.

To fix it, line up the openings for the brake lever (**second image below**), pull the cable out (**third image below**) and reroute it through the pivot clamp making sure it's on the right side of the frame at the fork (**fourth image below**). Finally, reinstall that cable and snug down the adjuster.



Use (2) 5 mm allen wrenches to snug down the pivot clamp (**first image below**).

Note: Build your second 5mm allen wrench by inserting the 5mm head from the tool kit into the buildable wrench tool (**second image below**).



Install pedals

Install the pedals using the 6 mm allen wrench. There is some grease on the pedals, but if you have pedal grease or vaseline, you can add a little more to the pedal threads. Be sure to use the included pedal washers (**first image below**). Pedals are marked with L and R to indicate the correct side for installation (**second image below**).

Note: The rider's left pedal is reverse threaded so right means loose and left means tight.

Begin by threading the pedals by hand. Back pedal to rotate the pedal on the cranks.

Pedals can be further tightened with a pedal wrench or a skinny crescent wrench. Make sure they are secure, but do not overtighten.



Assemble the seat

Attach seat mounts to seat pan

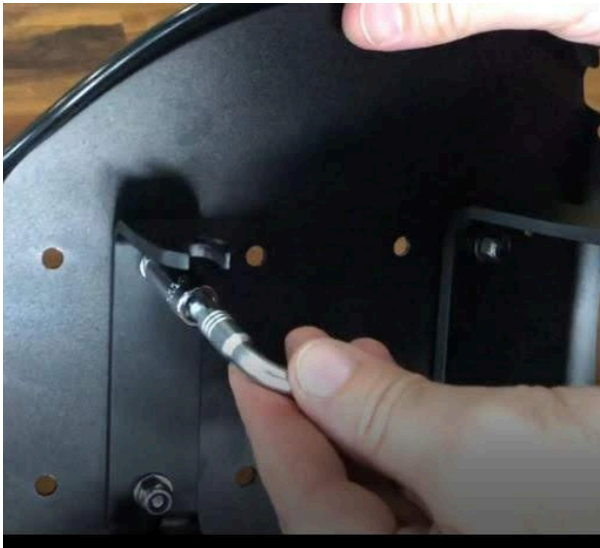
The shorter mount will be installed toward the front of the seat pan. The longer mount will be installed toward the back of the seat pan. **Note:** The third bracket with the angled slot will be used on the seat back.

Install the front mount tightly by pushing one 6 mm bolt through the second set of holes on the seat, then putting on the washer and nylock nut. Finger tighten. Repeat for second bolt (**first image below**).

Next, install the rear bracket **very loosely** by pushing one 6 mm bolt through the second set of holes on the seat, then putting on the washer and nylock nut. Only thread the nut about 1 and ½ turns so that the bracket is very loosely attached to the seat (**second image below**). Repeat for second bolt.



Create a 10 mm nut driver from the Cruzbike Tool Kit. Using the 10 mm nut driver and the 4 mm allen wrench tighten only front bracket bolts. **Leave back bolts very loose.**



Install seat pan

Place the front bracket of the seat base onto the mount (**first image below**). After the front end is on, use the play in the back bracket to position the back bracket over the rear mounts. Push down. Use 10mm nut driver and our 4mm allen to tighten the rear bolts and nuts (**second image below**).



Install the skewers that hold the seat pan to the frame. For consistency, put the lever sides on the brake side, since that's where all the other levers are (**image below**).



Install seat back

Mount the seat back bracket in the second set of holes (**first image below**). This can be changed later to adjust your seat back angle. Use 5mm nuts and bolts to attach bracket with slots angled downward using the 8mm nut driver from Cruzbike Tool Kit and 3mm allen (**second image below**).



Attach the seat back to the seat pan using (2) 6mm bolts, rubber washers, M6 metal washers and M6 nylock nuts.

Push both 6mm bolts through seat back. Slide rubber washers on bolts. Holding both bolts and washers, push through holes in seat pan. Add M6 metal washer and hand thread nylock nut to each side. Hand tighten.

Use 10mm nut driver and 4mm allen wrench to secure nuts. Only tighten nut until the bolt is flush with the end of the nut. That allows for some flex of the seat back in relation to seat pan for backrest angle changes.



Install seat back to seat tube using the seat back connector (**first image below**) and skewer. Start with second set of holes. Push skewer through and loosely install skewer nut.



Attach to the connector to seat back bracket (**first image below**).

Note: If the alignment is off, loosen the small lower skewer where the seat tube goes into the frame (**second image below**). Rotate the seat tube a bit so you can fit the seat back on the bracket and install final skewer loosely. Then tighten all skewers including seat tube skewers.



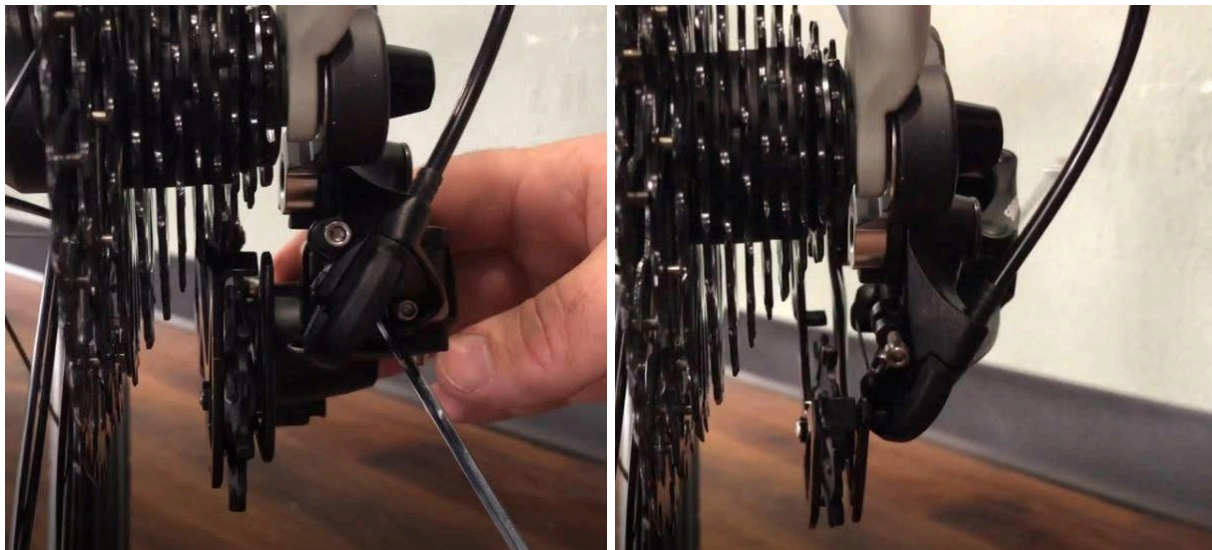
Install chain

Check derailleur alignment

Shift derailleur all the way down as far as it will go so that the jockey wheels of the derailleur line up with the smallest cog of the cassette.

If they do not line up: Find the inner adjust screw (**first image below**) and use a 3mm allen to loosen the screw until the jockey wheel of the derailleur lines up with the smallest wheel of the cassette (**second image below**).

Note: If you are uncomfortable with this, we recommend taking the bike to a bike shop for a final check over.



Install chain

Gloves are helpful here to protect your hands from chain grease. Open the the derailleur cage and press the lock button to lock it open (**first image below**). Open chain and make sure to locate the two pieces of the quick link (**second image below**). Set quick link aside.



Drape the chain over the chain ring and over the smallest cog on the cassette (**first image below**).

Note: the chain ring is a narrow/wide. There is a wider tooth and a narrow tooth and they alternate. The chain will only fit on the chain ring one way. Make sure the wide openings are on the wide teeth (**second image below**).

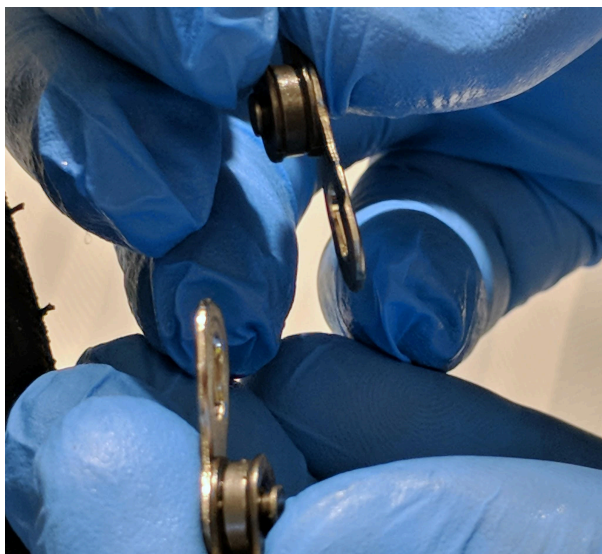


Thread chain through the derailleur

Thread the chain over the first jockey wheel (**first image below**), then through the guard and under the last jockey wheel (**second image below**). The jockey wheels have the same narrow wide teeth, so make sure the chain is on the jockey wheels properly with smooth movement of the chain.



Use the quick link to connect the two ends of the chain together. Inserting the pins into each other. 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 (**first image below**) 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 to close the quick link and lock it into place (**second image below**).



Install seat cushion

Remove the paper backing of the Velcro from just the bottom of the seat cushion and install the bottom of the seat cushion onto the seat pan. Make sure it is secure (**first image below**). Next, remove the entire Velcro piece from the back of the seat cushion and press it to the edges of the aluminum seat back (**second image below**). Press the back of the seat cushion into the seat back (**third image below**).



Install reflectors

Install the white reflector on the handlebar facing forward (**first image below**) and the red reflector on the seat post facing backward (**second image below**).



Final brake adjustments

Dial in your disc brakes. Here is a great YouTube [video how-to for adjusting disc brakes](#), but if you aren't a mechanic we recommend you take your bike to your local shop for this.

Brake calipers will ship loose. They need to be leveled and centered on the rotor before riding. A 5mm allen wrench is used to adjust the brake until both wheels is spinning freely and evenly.

Traditionally bicycles are cabled so that the right lever controls the rear brake and the left lever controls the front brake. If your cables have been set up with the front brake on the right and the rear brake on the left, you can undo the brake cables and redo them the more traditional way if you choose.

We highly recommend you have your bike looked over by a bike mechanic before riding.

Fit

Proper fit on a Cruzbike will greatly enhance your riding experience, optimizing both comfort and performance. We've put together tips for Cruzbike fit and adjustment on our website [here](#) that will help you get started. We've also included a 10x10" piece of extra foam for you in the box just in case you need it for optimizing your seat comfort.

Before riding make sure all fasteners and quick releases are tight.

Woo-hoo! You just assembled your Q45.
Well done.



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.