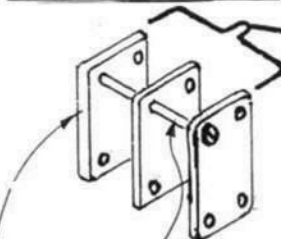
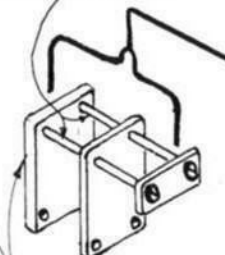


## SUBASSEMBLIES

The subassemblies shown below are already made up in kit.

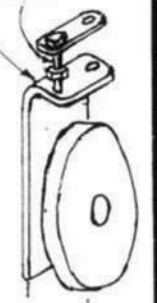


Longer Screws



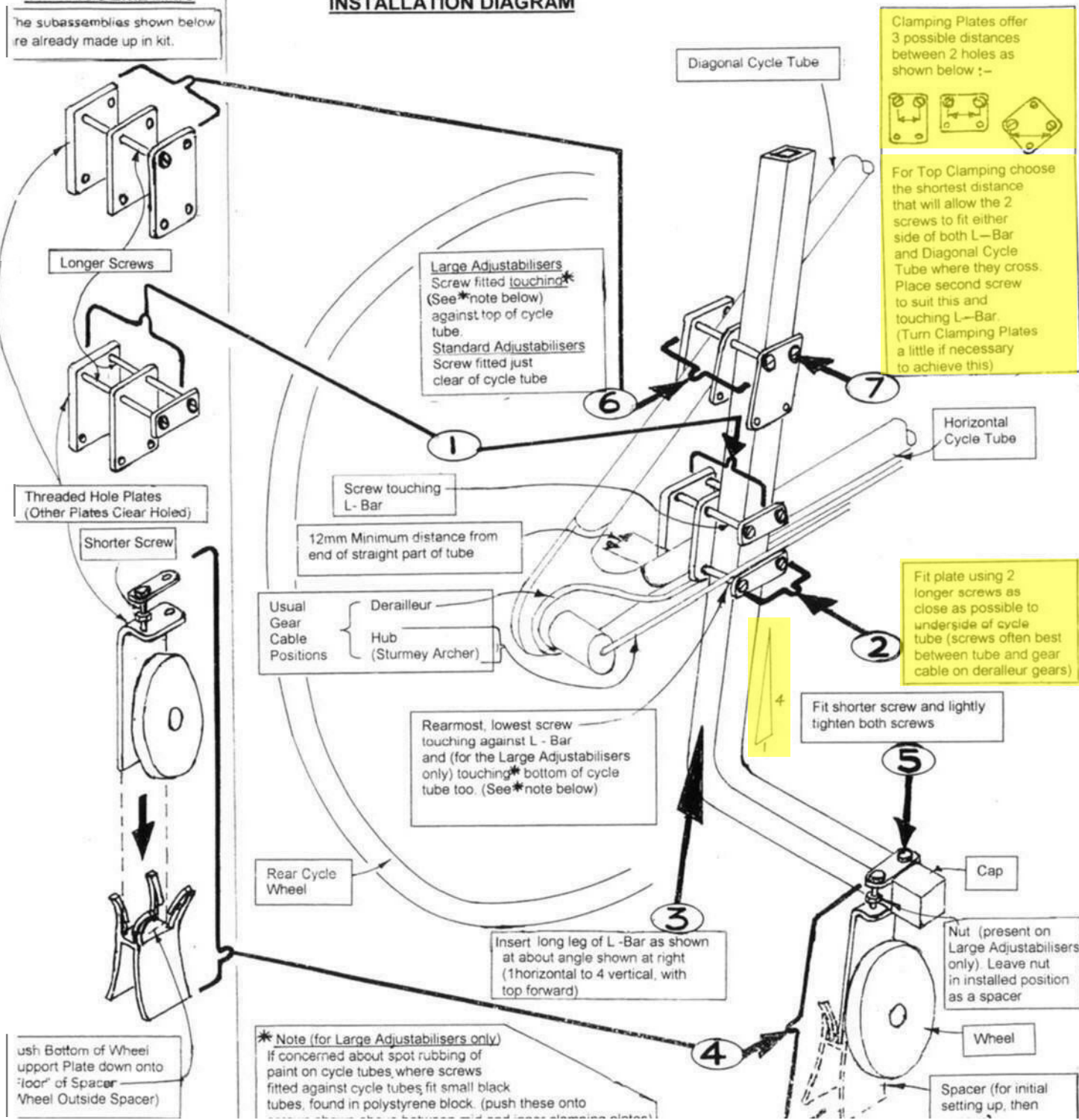
Threaded Hole Plates (Other Plates Clear Holed)

Shorter Screw



Push Bottom of Wheel Support Plate down onto "floor" of Spacer Wheel Outside Spacer

## INSTALLATION DIAGRAM



**Large Adjustabilisers**  
Screw fitted touching\* against top of cycle tube.  
**Standard Adjustabilisers**  
Screw fitted just clear of cycle tube

Screw touching L-Bar  
12mm Minimum distance from end of straight part of tube

Usual Gear Cable Positions  
Derailleur  
Hub (Sturmey Archer)

Rearmost, lowest screw touching against L-Bar and (for the Large Adjustabilisers only) touching\* bottom of cycle tube too. (See\*note below)

Rear Cycle Wheel

Insert long leg of L-Bar as shown at right (1 horizontal to 4 vertical, with top forward)

**\* Note (for Large Adjustabilisers only)**  
If concerned about spot rubbing of paint on cycle tubes, where screws fitted against cycle tubes, fit small black tubes, found in polystyrene block. (push these onto

Clamping Plates offer 3 possible distances between 2 holes as shown below :-

For Top Clamping choose the shortest distance that will allow the 2 screws to fit either side of both L-Bar and Diagonal Cycle Tube where they cross. Place second screw to suit this and touching L-Bar. (Turn Clamping Plates a little if necessary to achieve this)

Fit plate using 2 longer screws as close as possible to underside of cycle tube (screws often best between tube and gear cable on derailleur gears)

Fit shorter screw and lightly tighten both screws

Cap  
Nut (present on Large Adjustabilisers only). Leave nut in installed position as a spacer  
Wheel  
Spacer (for initial setting up, then

## INSTALLATION INSTRUCTIONS

**Do not install on bicycles with thin walled frame tubes (e.g. racing bicycles)**  
**Follow instructions carefully. Install Adjustabilisers on level floor.**

Pump up bicycle tyres if necessary. First install Adjustabiliser on right (chain) side of bicycle. Install fully on rear bicycle tubes, as far back as possible without contacting moving bicycle parts (except, if unavoidable, gear cable). But bottom clamp no closer than 12mm from rear end of straight part of horizontal cycle tube (see diagram). Ensure plates installed flat on L-Bar faces and / or in contact with bicycle tubes over whole plate width. **ASSEMBLE IN ORDER OF NUMBERED STEPS, AS SHOWN ON DIAGRAM AND DETAILED BELOW. SUBASSEMBLIES SHOWN ON LEFT ALREADY MADE UP IN KIT.** Assembly easier if bike held still and upright (in balanced position with front wheel straight) by helper, or by other means, throughout installation. For slotted head screws, use fairly large ordinary screwdriver of the same or greater blade width than the screw slots.

**8** Set L-Bar at angle shown in diagram within its plate clamps and with spacer base on floor. Tighten screws fully and evenly, first to clamp on horizontal and then diagonal cycle tubes. Check screws fully threaded in or through threaded hole plates. Fit top L-Bar cap. Before riding rotate pedals forwards and backwards and change through derailleur gears where present. Meanwhile, check that clearance always exists between Adjustabilisers and moving bicycle parts (except if unavoidable, gear cables). If no such clearance, move L-Bar till clearance is obtained. Slacken top screws of wheel assembly and set stabiliser wheel parallel with rear bicycle wheel. Retighten those screws fully. **Check that all screws are fully tightened.**

**9** Similarly install other Adjustabiliser on left side of bicycle opposite to the one just installed on the right. Remove both spacers.

## OTHER INSTRUCTIONS

**Practice area** - reasonably smooth, firm and even, with little or no cross camber. Initially at least as free as possible of obstructions.

**Wheel Position Adjustments for EASIEST BALANCE LEARNING** - after practice sessions with wheels in outer position, slacken top screws on both wheel assemblies. Retighten screws. Warn rider to be more careful for a while. Repeat up to 4 times with enough practice periods, between each wheel move, to regain balance confidence. After practice in that final position, rider should nearly always be able to ride without Adjustabilisers. Try cautiously, preferably with helper running along behind holding back of saddle to assist rider's balance if necessary or let go if rider is balancing alright. Some riders will learn with less than 4 such inward stabiliser wheel movements. **After a few movements check each time before riding that stabilised bicycle is still stable on level area without other support. Some down (to increase stability) or up wheel adjustment may be needed on some bicycle models. If so, slacken all screws clamping L-Bar vertical leg and slide it up or down to leave about 1/4" (6mm) gap under Adjustabiliser wheel when bicycle vertical. Repeat on other L-Bar. Note (a):- for riders with particularly poor balance and/or low confidence, inward stabiliser wheel movements can of course be less than the above suggested 1/2" (12mm). Note (b):- enough regular practice and rider and helper determination are often better indicators of likelihood of success than degree of disability (if any). First 3 riders using balance training stabilisers all successful, despite all having disabilities.**

**Checks** - check instructions, particularly where underlined and that all screws are tightened fully.

**Wheel Wear** - check regularly on wheel wear. If significant wear occurs adjust gaps under the stabiliser wheels, with bicycle upright on level ground, to between 12mm (for furthest out wheel position) to 6mm (for closest in wheel position). Adjust gaps by slackening all screws, clamping L-Bar to bicycle, and slide the L-Bars to re-establish the required gaps before retightening those screws.

**If significant UNEVEN stabiliser wheel wear occurs - act to equalise tyre tread wear** - (a) remove both wheel assemblies and replace and tighten them onto opposite side L-Bars from where they were. (b) repeat step (a) after further use, if necessary.

**When Wear Necessitates Wheel Replacement** - replace wheels as soon as only 9mm (about 3/8") is all the grey wheel tread thickness left beyond the black centre, at any point on both wheel sides.

If you have any problems please contact us:  
Tel: 01274 560400 / 07879 522993  
Email: info@gooddesigns.eu  
Web: www.gooddesigns.eu



Address: 133 Morton Lane  
East Morton  
KEIGHLEY  
West Yorkshire  
BD20 5RS