

AREBOS

Bicycle Repair Stand

AR-HE-FMS2C/S



Please follow all security measures in this user's manual to ensure a secure use.

Thank you for trusting in AREBOS.

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Thank you for purchasing our product. Please read the operating instructions carefully before using the product for the first time. If you give the product to a third party, this manual must be handed over with it. Keep the instruction manual for future reference. The drawings in this manual may not match the physical objects. Please refer to the physical objects.

1 Safety instructions

1.1 Explanation of the symbols



Warning! Read the safety instructions carefully. Failure to follow the safety precautions could result in serious injury or damage. Keep the operating instructions in a safe place.



Warning! This signal word indicates a hazard with a medium degree of risk which, if not avoided, could result in death or serious injury.

1.2 Intended Use

- The bicycle repair stand is designed exclusively for private use, allowing bicycles to be suspended and clamped securely for maintenance, assembly work, and repairs. It is not intended for commercial use.
- This device is not suitable for use by children, individuals with limited mental abilities, or those lacking the necessary experience and specialist knowledge. Keep children away from the device.
- Proper use includes adhering to all information in these operating instructions, particularly the safety notes. Using the product in any way other than its intended use or making unauthorized modifications can lead to injury and damage. The manufacturer does not accept liability for damages resulting from improper use.

1.3 General safety instructions

WARNING! Suffocation risk for children!

- **Do not allow children to play with the product or the packaging materials unsupervised.**

WARNING! Risk of Injury!

- Read and follow the instructions before assembly to avoid injury and damage.
- **WARNING!** Do not exceed the maximum load capacity of 30kg!
- Regularly inspect all parts of the product. Tighten any loose screws and replace any defective parts.
- Ensure the socket screws on the upper tube connector are always secure.
- **WARNING!** Set up the product on a stable, flat surface to prevent it from toppling

over.

- **WARNING!** No one should sit on the bicycle once clamped to avoid injury.
- **WARNING!** Improper use can result in injury or damage to the bicycle.
- Avoid using aggressive chemicals (e.g., solvents).
- Cease use if the product is damaged.
- Follow the operating instructions of the manufacturer.
- Check the product for damage and wear before each use. Use only when in good condition.
- Children should not play with the device. Cleaning and maintenance should not be performed by children without supervision.

Caution! Risk of Trapping Fingers!

- Take care not to trap your fingers when unfolding and folding the repair stand.
- Position the repair stand with enough space for movement, including when the bicycle is mounted.

Avoiding Material Damage!

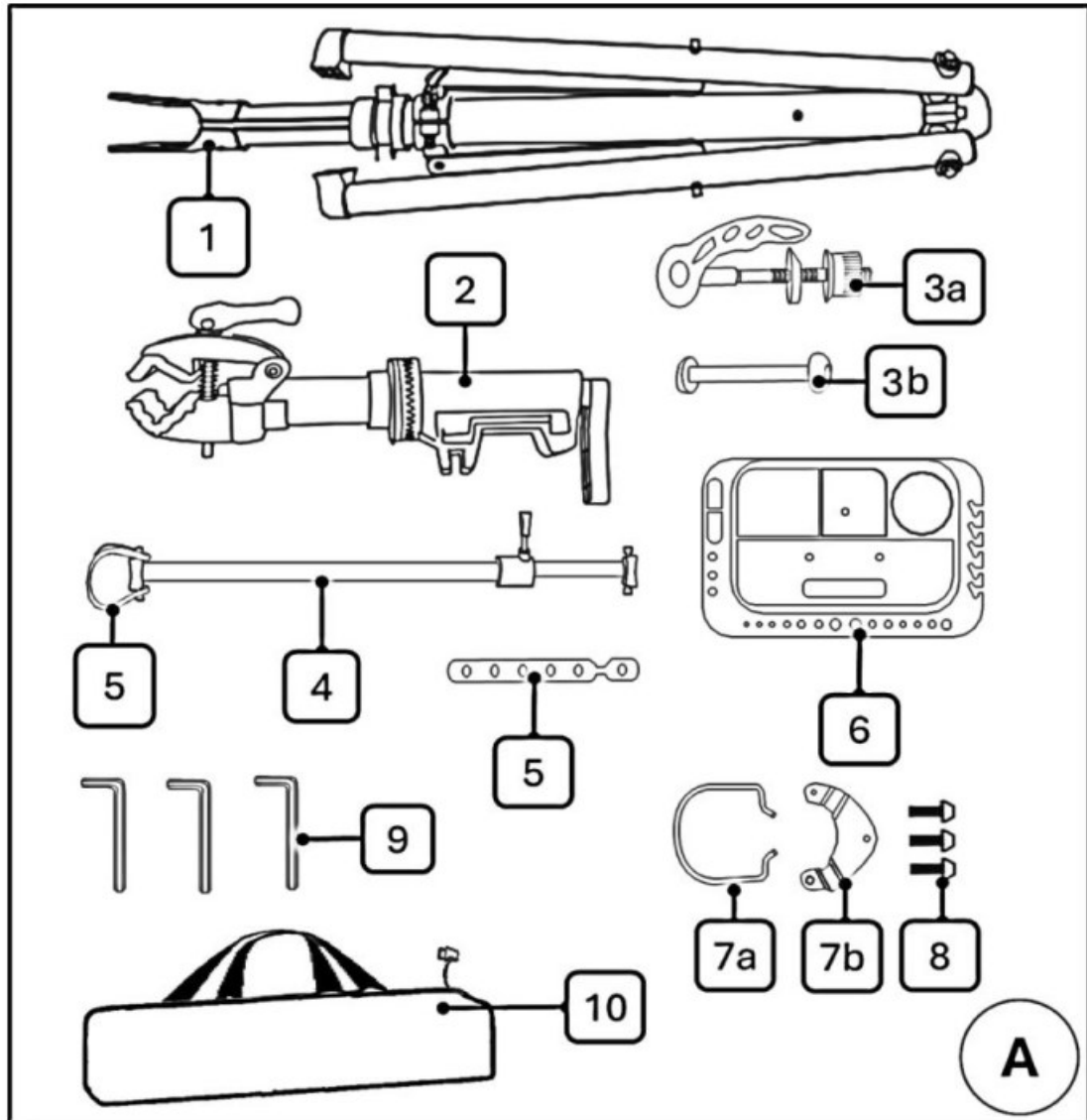
- Prevent damage to the bicycle by ensuring no parts or cables are trapped in the repair stand.
- Use the appropriate clamping force, especially for carbon frames and other delicate frames.
- Keep guiding and locking parts free from oil and grease.
- Not all frame types and cross-sections can be clamped in the product.
- When clamping the bicycle frame, ensure that cords or electrical lines are not damaged.
- If possible, always clamp the bicycle frame at its center of gravity to prevent tipping and injuries.

General Warnings

- Only use this product for its intended purpose.
- Do not tamper with or disassemble the bicycle repair stand.
- For your safety, use only accessories and spare parts recommended by the manufacturer.
- Keep packaging material out of reach of children, as it can be hazardous.

2 Delivery Content and Technical Data

2.1 Delivery Content

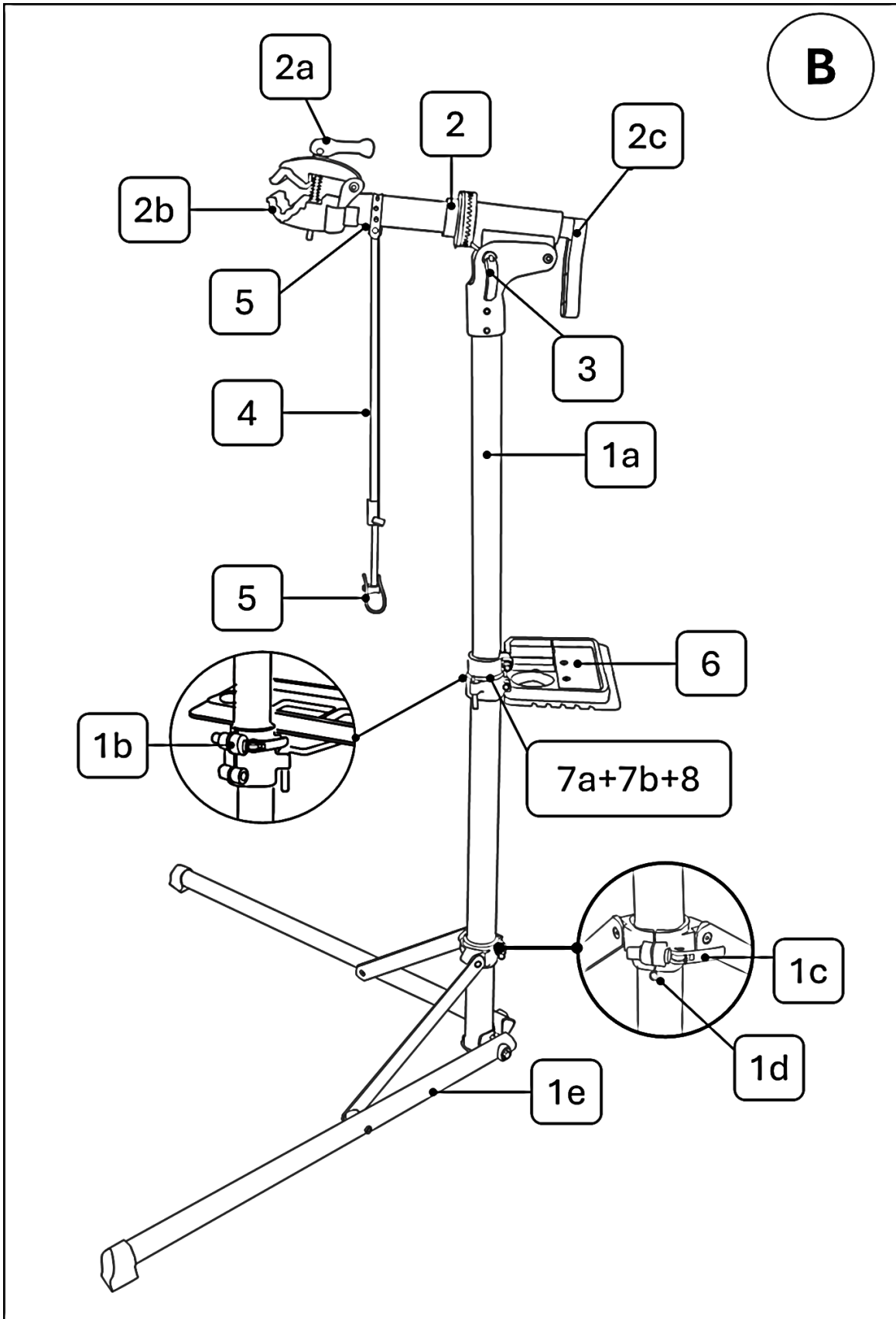


- | | |
|--|-------------------------------------|
| 1 x telescopic stand with support feet (1) | 1 x tool tray (6) |
| 1 x bicycle mount (2) | 1 x clamp set for tool tray (7a,7b) |
| 1 x quick release bolt (3a) | 3 x screws (8) |
| 1x quick release screw kit (3b) | 3 x allen key (9) |
| 1 x front wheel stabilizer (4) | 1x storage bag (10) |
| 2 x rubber connection (5) | |

2.2 Technical data

Maximum load capacity	30KG
For bicycle frame	dia. 55mm – 80mm
Support Height	Min. 1100mm – Max. 1700 mm
Weight	Approx. 4.5KG

3 Assembly

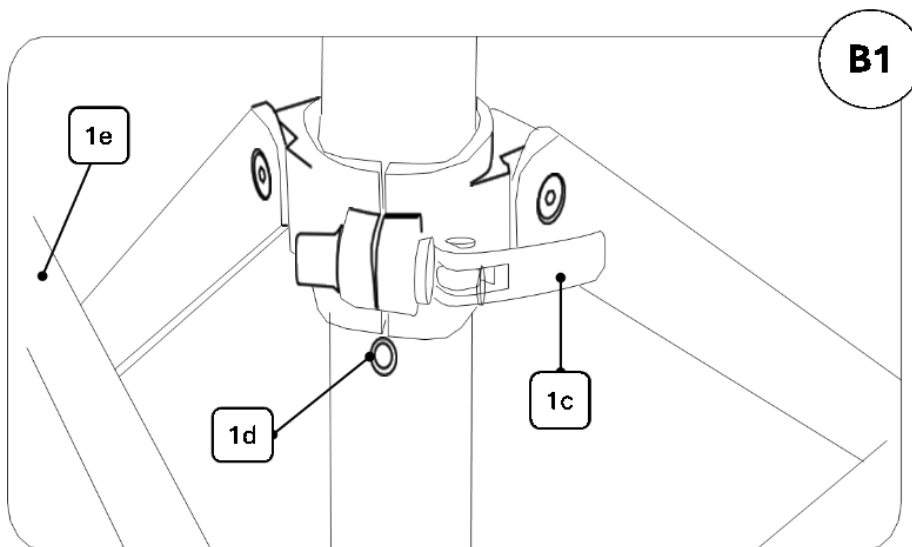


Prepare the Stand (Fig.B1)

NOTE: Ensure that there is sufficient space around you during the assembly process to prevent any accidental bumps. The stand has extended legs for enhanced stability.

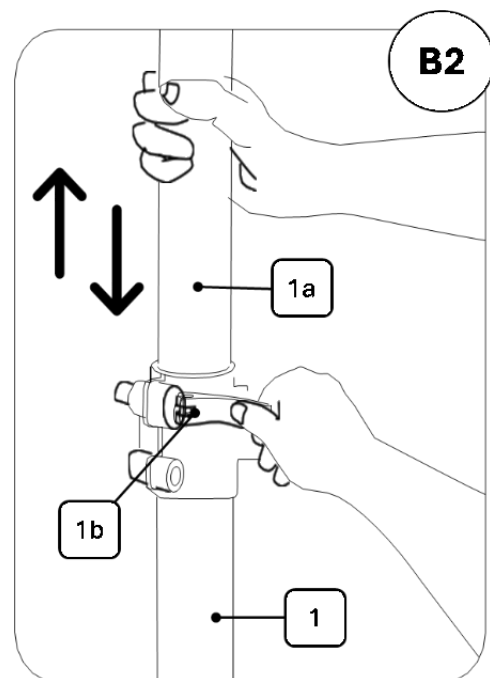
- Locate the base foot and fold it out to the open position.
- Loosen the quick release spanner (1c) located on the main body of the stand.
- Expand the base foot (1e) out 90 degrees to the ground until the clamp touches the bulge (1d).
- Position the stand upright. Expand the base foot (1e) out 90 degrees to the ground until the clamp touches the bulge (1d). Note: please make sure that the product is standing on a firm and stable surface.
- Tighten the quick release spanner (1c) by rotating it clockwise.
- When resistance is felt, close the quick release spanner to secure the base foot.

Caution: Handle this step carefully to avoid bumping yourself or pinching your fingers.



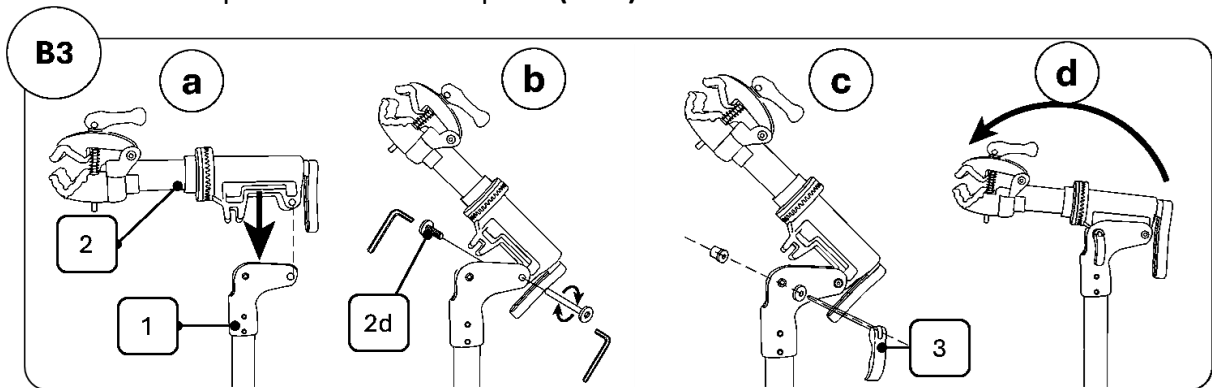
Adjusting the Height (Fig.B2)

- Open the upper release clamp (1b) of the stand (1).
- **Extend the Upper Telescopic Pipe:** Pull the upper telescopic pipe (1a) out to the desired height.
- **Secure the Telescopic Pipe:** Secure the telescopic pipe with the quick clamp (1b) by folding the lever up to the pipe.
- If the pipe is not secure enough, fold the lever back and rotate it clockwise 1 or 2 turns on the thread.
- Fold the lever of the quick clamp back up to the pipe. Repeat this procedure until the upper telescopic pipe is sufficiently secured.



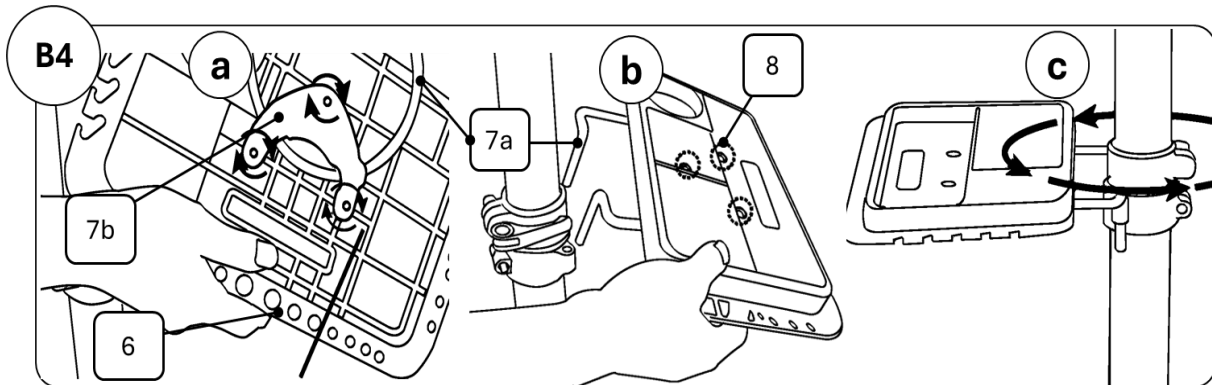
Assemble the Bicycle Mount (Fig.B3)

- **Align the Clamp (B3.a):** According to the below graph, align the mounting holes to insert the clamp (2) into the slot.
- **Insert and Secure the Clamp (B3.b):** Insert the bolt and nut (2d) through the aligned holes. Then fasten them with 2 x A5 Allen keys(9) .
- **Insert the Quick Release Bolt (B3.c):** : Insert the quick release bolt (3) through the assembly hole according to the diagram. Fasten the cap nut. Put down the clamp to lock the quick release bolt in place **(B3.d):** .



Attach the Tool Tray (Fig B4)

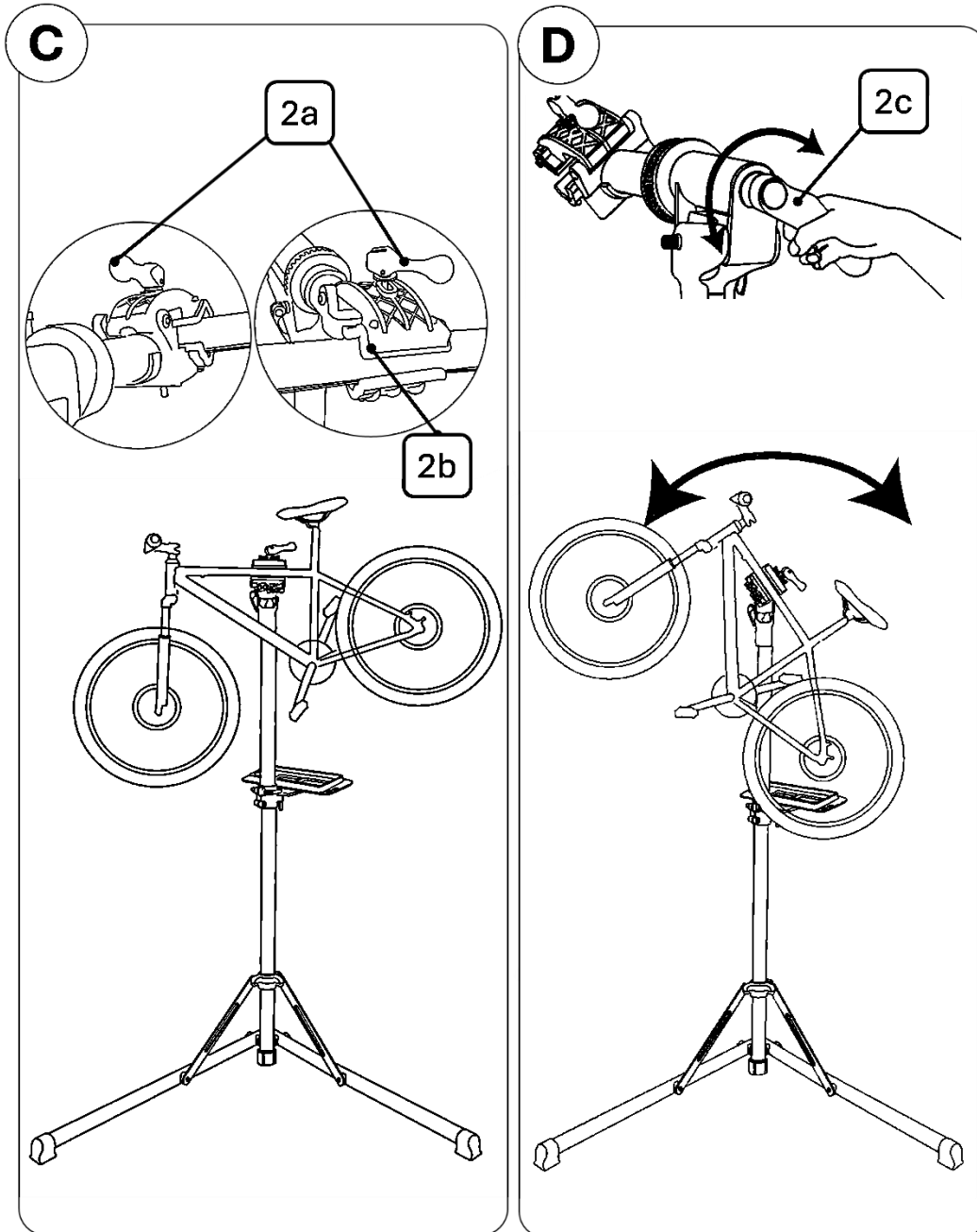
- Assemble the U-bracket (7a) to the Tool Tray (6): use an **A3 Allen Key (9)** to assemble the U bracket to the tool tray with the screws (8) and clamp plate (7b) on the back side of the tray.
- Insert the U bracket into the mounting holes on the plastic junction of the stand.
- The tool tray can be rotated 45° in the horizontal direction for easy access.
 - Note: The tool tray is equipped with magnets which can absorb screws and tools.



Note:

If there is a risk of the bike repair stand tipping over during use, weigh down both 2 legs (1e). Ensure that the ballast cannot shift unintentionally. Distribute the ballast uniformly over the legs (1e), covering a broad surface area.

4 Mounting the bicycle



Tips:

- After mounting the bicycle, check that both the bicycle and the repair stand are securely in position.
- If you attach the bicycle to a vertical frame post (e.g., seat post), the maximum load capacity decreases to 25kg.
- Ensure the bicycle is attached at its center of gravity to prevent it from turning.
- If the center of gravity shifts while working on the bicycle, readjust the bicycle in the mount to restore balance. Failure to do so may decrease the maximum load capacity to 25kg.

Caution: There is a risk of injuries if the bicycle falls out of the frame clamp. If possible, have a second person help you tension a bicycle in the assembly rack.

- 1) Choose a section of the bicycle frame to clamp in the repair stand mount (2).
- 2) **Note:** This section must always be located at the bicycle's center of gravity.
- 3) Set the angle of the bicycle mount (2) to match the selected position of the bicycle frame.
- 4) Flip the quick release lever (2a) to open the clamp (2b) (see fig. C).
- 5) Place the bicycle frame in the clamp and flip the quick release lever back to close the clamp.
 - a. **Note:** Ensure that the clamping force is sufficient.

Adjust the Repair Head Angle (Fig. D):

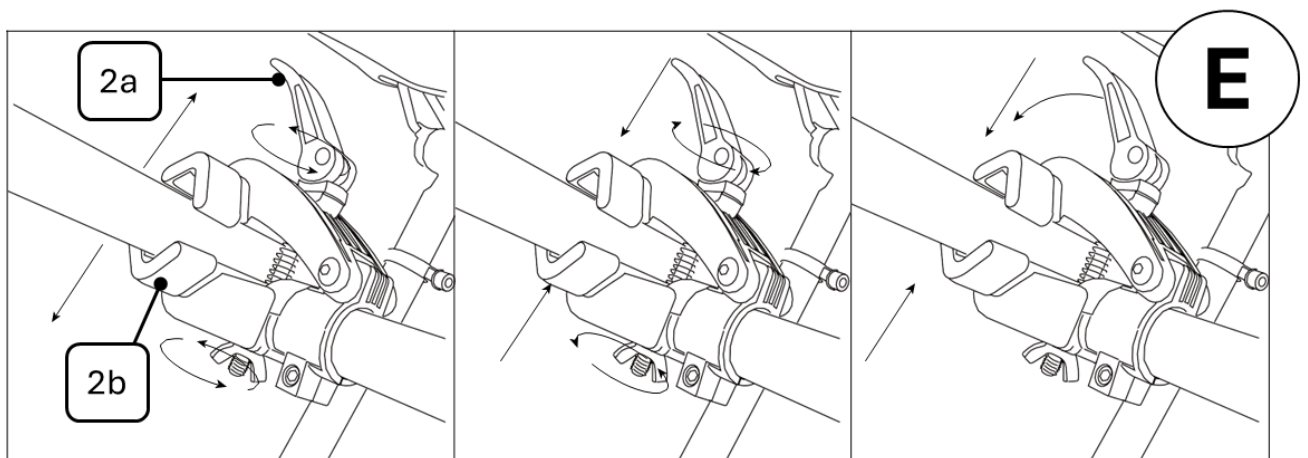
- If you wish to tension the bicycle in a different position, such as by the saddle pipe, rotate the frame clamp appropriately.
- Turn the locking lever (2c) to the left to unlock the rotating mechanism and make the repair head adjustable. If you wish to tension the bicycle in a different position, such as by the saddle pipe, rotate the frame clamp appropriately.
- Turn the locking lever (2c) to the left to unlock the rotating mechanism and make the repair head adjustable.
- Set the angle of the bicycle mount (2) to match the selected position of the bicycle frame (see examples in the diagram).
- Once the desired position is achieved, turn the locking lever (2c) to the right to fasten and secure the bicycle mount.

CAUTION: Hold the bicycle securely before opening the teeth.

The bicycle may suddenly tilt into another position. There is a risk of injury.

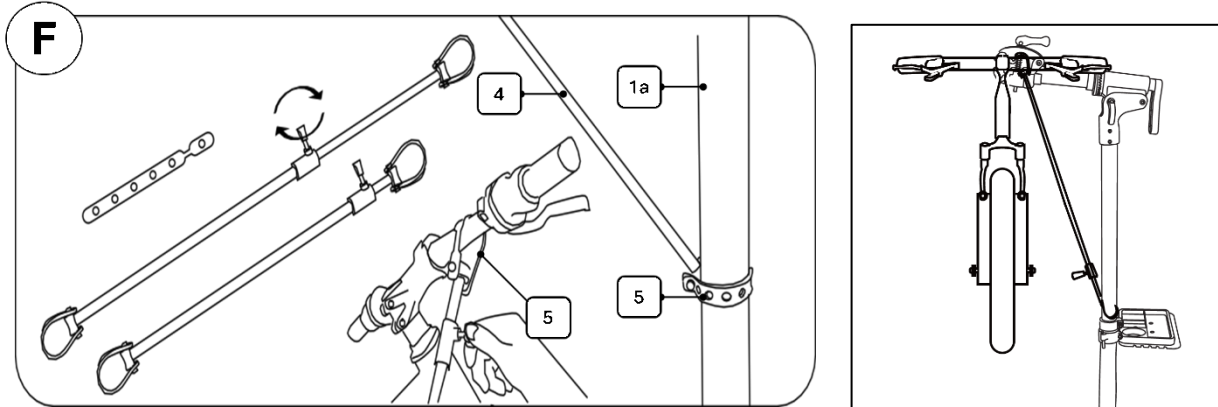
Setting the Clamping Force (Fig.E)

- If the quick release lever (2a) can be flipped too easily, the clamping force is insufficient. Follow these steps to adjust the clamping force:
 - Turn the quick release lever clockwise to increase the clamping force (see fig. E).
 - **Note:** If the quick release lever cannot be flipped, the clamping force is too great.
 - Reduce the clamping force by turning the quick release lever counterclockwise.
 - Loosen the clamp by one half turn and then attempt to close the quick release lever.
 - Repeat this procedure until you find the maximum clamping force at which the quick release lever can still be flipped.



Attaching the Front Wheel Stabilizer (Fig.F)

- Attach the rubber connections (5) to the ends of the front wheel stabilizer (4).
- Use the front wheel stabilizer to secure the front wheel in position between the handlebars and the telescopic tube (see fig. F)



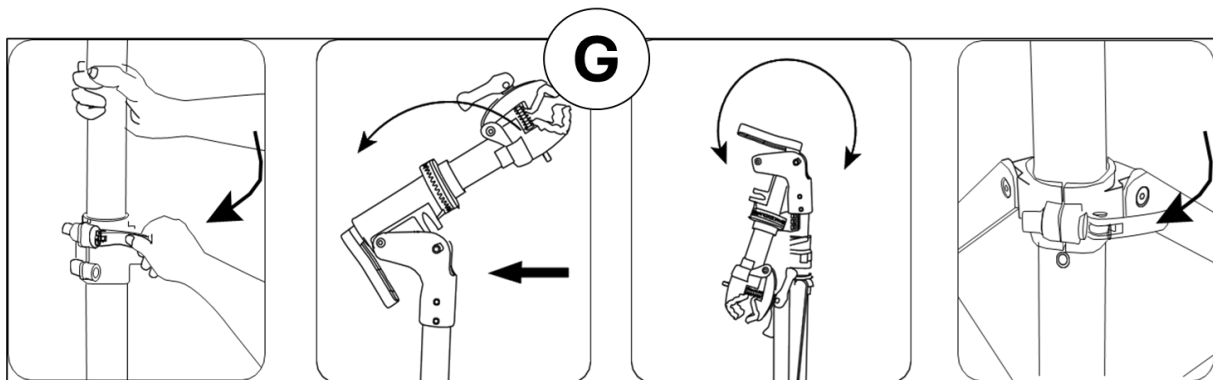
Tool Tray

A magnet is located inside the large compartment of the tool tray for securing small parts.

5 Maintenance and Care

5.1 Unfold the Stand (Fig.G)

- Lower the Telescopic Tube: Open and loosen the quick release spanner at the middle of the stand to lower the telescopic tube height.
- Fold the Clamp: Turn the clamp in the opposite direction to fold it down. Lower the Telescopic Tube: Open and loosen the quick release spanner at the middle of the stand to lower the telescopic tube height.
- Fold the Legs: Open and loosen the quick release spanner on the main base. Fold the legs inward to collapse the stand.
- Place the collapsed stand into the storage bag for easy storage and transport.



5.2 Maintenance

- Ensure that the hexagonal screws on the upper tube connector are always securely tightened.
- Regularly inspect all components of the bicycle repair stand. Tighten any loose screws and replace any defective parts to prevent damage to the product.

5.3 Cleaning and Storage

- Clean the bicycle repair stand using a mild cleaning agent, warm water, and a soft cloth.
- Avoid using solvents or harsh cleaning agents, as they can cause damage to the bicycle repair stand.
- Ensure that all adjusting elements remain free from oil and grease.
- Store the bicycle repair stand in a dry location, away from direct sunlight.
- Keep the assembly rack out of the reach of children and securely locked when not in use.
- Ensure the product is clean and dry before storing it at room temperature.

6 Environmentally friendly disposal

Warning Danger of suffocation! Packaging material is dangerous for children. Never let children play with packaging material.

6.1 Disposal and packaging

- The packaging of your unit consists of materials that are necessary to guarantee effective protection during transport. These materials are fully recyclable and therefore reduce the environmental impact. Dispose of the packaging in a bin for recyclable materials.

6.2 Disposal of old equipment

- Old appliances must be disposed of in accordance with the guidelines and regulations of the local waste disposal authority. Check with your local administration for the address of the nearest recycling centre and deliver your appliance there.

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Return address can be found in the imprint: <https://www.arebos.de/impressum/>

Imprint

Name of the product: Bicycle Repair Stand
Model number: AR-HE-FMS2C/S
Article number: 44252023125444; 4252023125451

If the product has any modification not allowed by us, this declaration loses its validity.

Date/Manufacturer Signature/Location:

Würzburg, 21 August 2024



Identification of the signatory:
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Authorised representative for the technical documentation:
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Return address can be found in the imprint: <https://www.arebos.de/impressum/>

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