

AREBOS

Bicycle Repair Stand

AR-HE-FMS4B/R



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

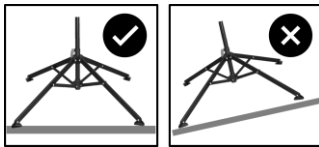
1.1 Explanation of the symbols



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.



Ensure that the floor is level and position is stable.

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!

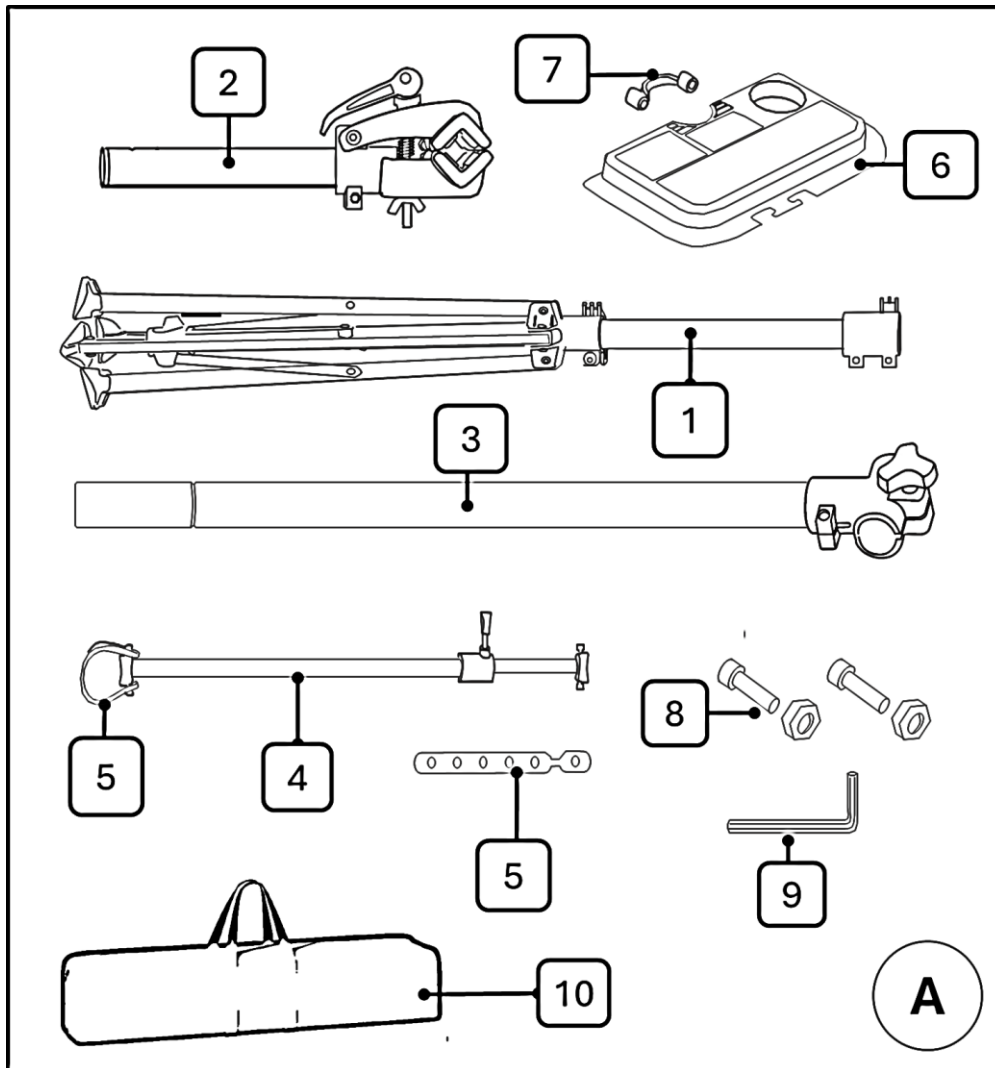
- Prevent damage to the bicycle by ensuring no parts or cables are trapped in the repair stand.
- Use the appropriate clamping force, especially for carbon frames and other delicate frames.
- Keep guiding and locking parts free from oil and grease.
- Not all frame types and cross-sections can be clamped 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



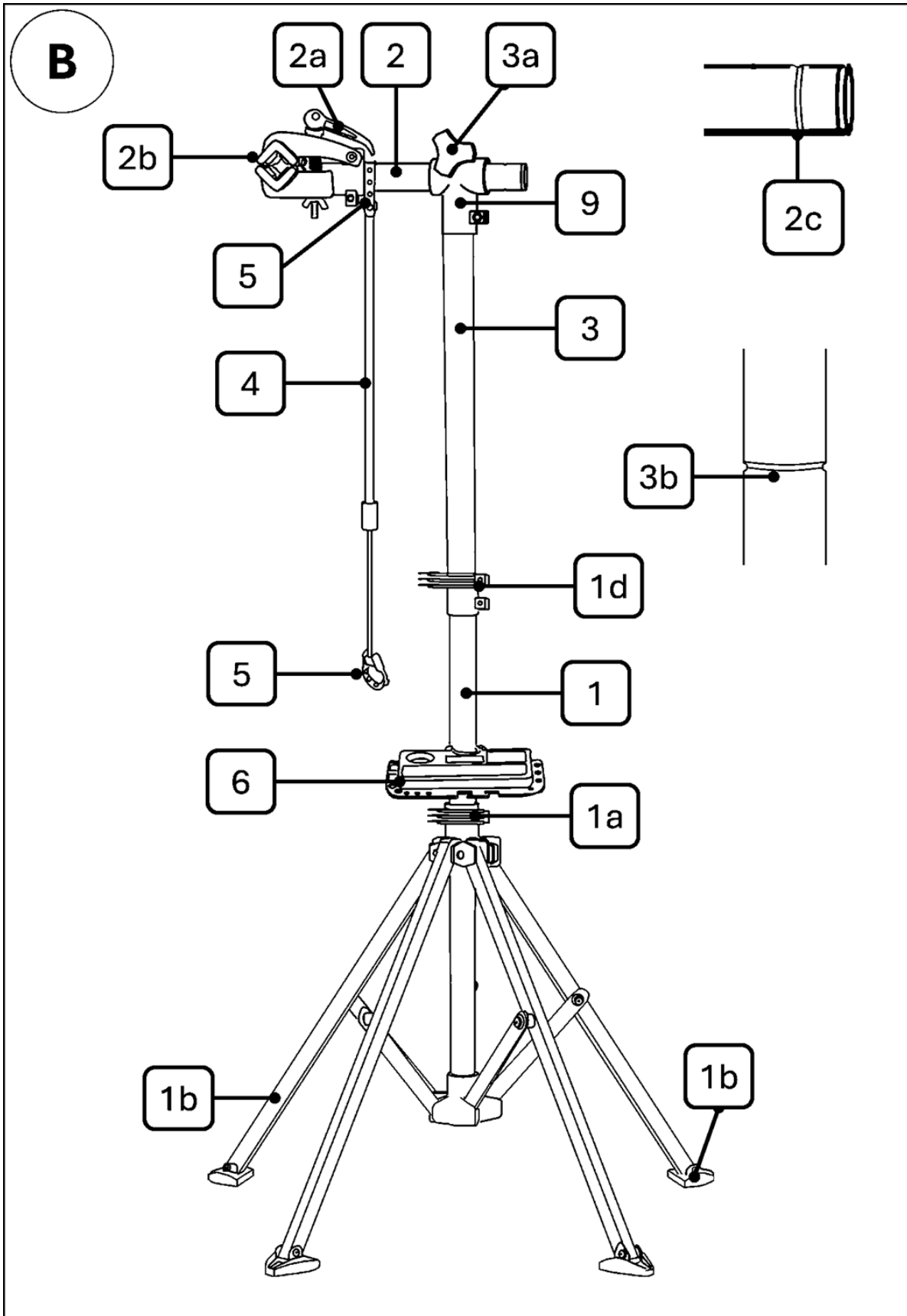
- 1 x stand with support feet (1)
- 1 x bicycle mount (2)
- 1 x telescopic rod (3)
- 1 x front wheel stabilizer (4)
- 2 x rubber connection (5)

- 1 x tool tray (6)
- 1 x clamp for tool tray (7)
- 2 x screw set (8)
- 1 x allen key (9)
- 1x storage bag (10)

2.2 Technical data

Maximum load capacity	30KG
For bicycle frame	dia. 25mm – 55mm
Support Height	Min. 1125mm – Max. 1885 mm
Weight	Approx. 6.6KG

3 Assembly

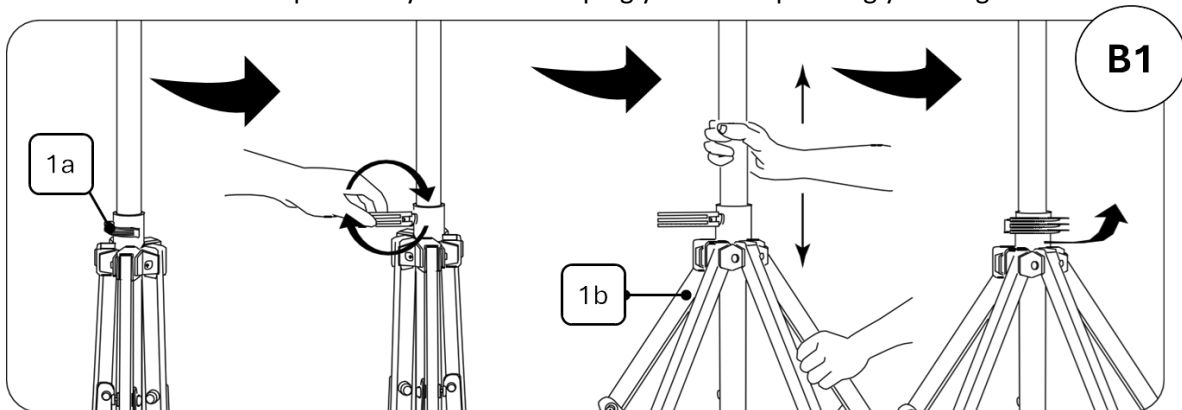


Prepare the Stand

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.

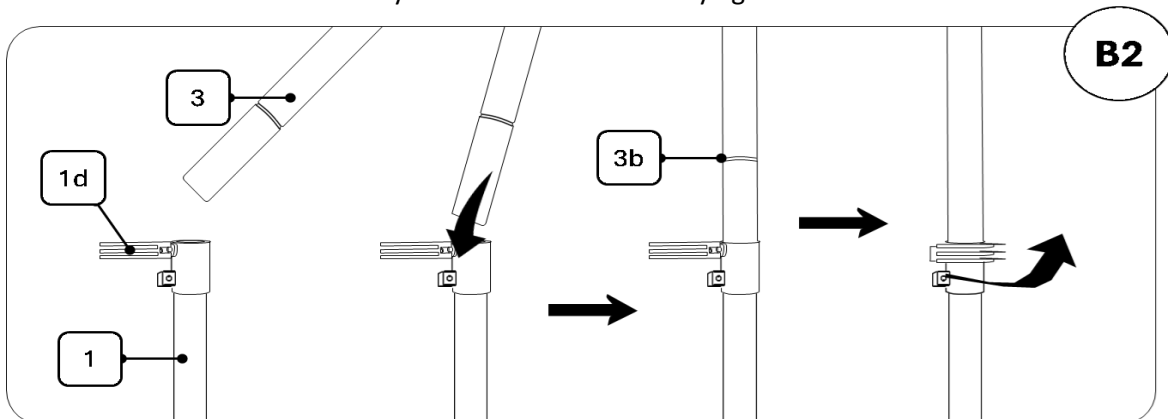
- 1) Open the lower release clamp (1a) on the stand (1) and unscrew it by approximately two turns.
- 2) Firmly grasp two opposite stand feet (1b) with one hand each and carefully push them outward as far as possible. Note that all four feet will extend simultaneously, like an umbrella.
- 3) Position the stand upright. Fold down the feet (1b) on the legs of the stand and make sure that the product is standing on a firm and stable surface.
- 4) Tighten the lower release clamp (1a) on the stand foot (1) just enough so that it can be pressed back into its original position around the tube with a slight pressure.

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



Install the Telescopic Pole

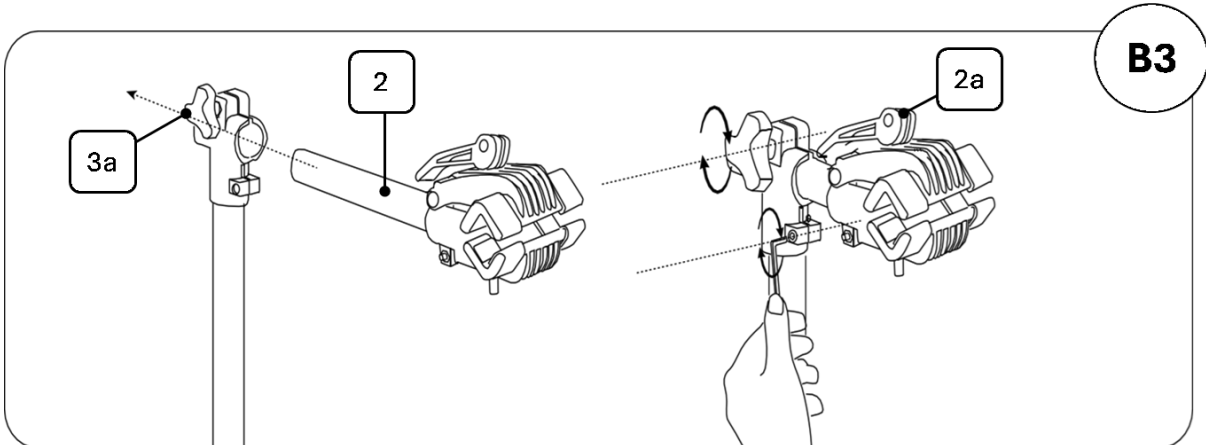
- Open the upper release clamp (1d) of the stand (1).
- Insert the telescopic rod (3) into the stand.
- Close the clamp (3) to secure the telescopic pole.
- Carefully check the tightness of the connection. If necessary, tighten the clamp by an additional turn and verify the connection's security again.



Insert the Bicycle Mount

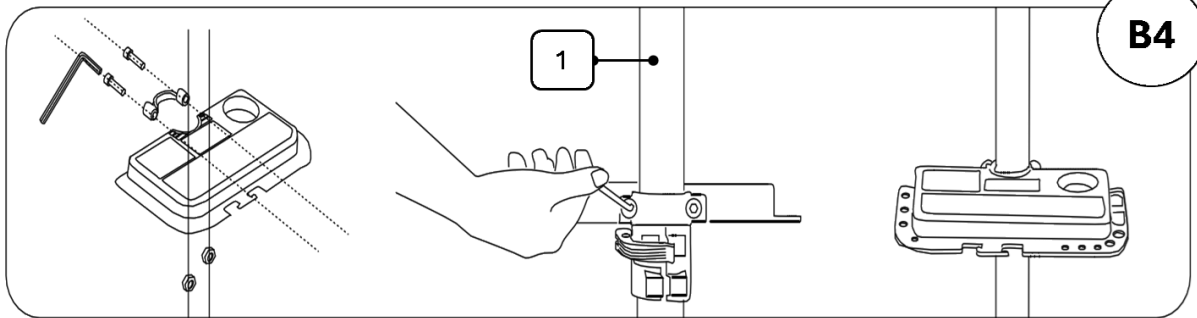
- Insert the bicycle mount (2) through the bracket (3a) of the telescopic rod (3) until the notched marking of the bicycle mount becomes visible.
- **Note:** Observe the maximum extension length of the bicycle mount (2) and do not exceed the markings indicated (2c).
- Turn the bicycle mount so that the quick release lever (2a) is positioned on top.

- Turn the fixing screw (3a) until the bicycle mount is securely positioned in the bracket of the telescopic rod.



Attach the Tool Tray

- Position the bracket (7) anywhere on the stand (1) and opposite the tool tray (6).
- Insert the screws (8) into the holes in the bracket.
- Use the Allen key (9) to screw them in securely, attaching the tool tray to the stand.

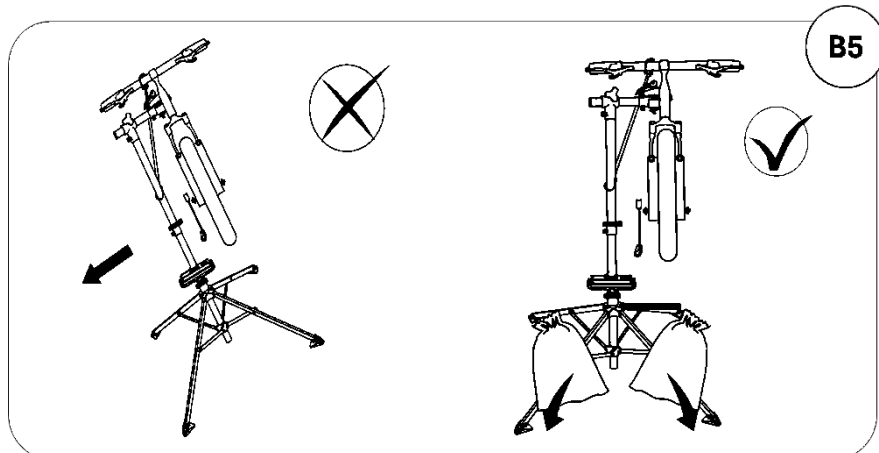


TIPS:

To achieve better stability for the assembly stand, you can screw the feet of the repair stand directly to the ground. The corresponding holes in the stand feet are provided at the factory. Please note that the assembly materials (screws and dowels) are not included in the scope of delivery.

Note:

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



4 Mounting the bicycle

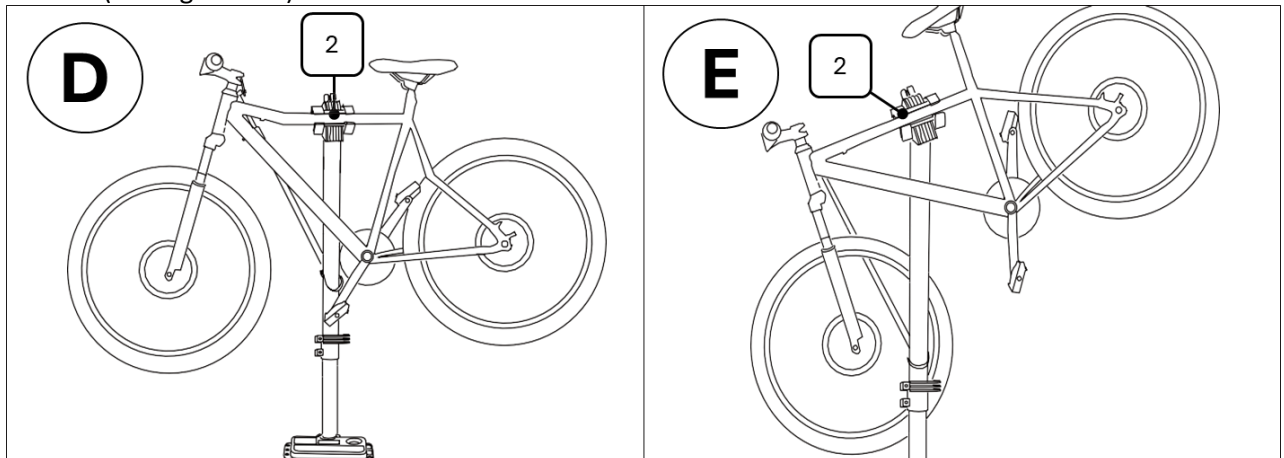
Tips:

- After mounting the bicycle, check that both the bicycle and the repair stand are securely in position.
- Adhere to the maximum extension lengths of the telescopic rod (3) and the bicycle mount (2) without exceeding the indicated markings (2c)/(3b) (see fig. B).
- 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.

1) Choose a section of the bicycle frame to clamp in the repair stand mount (2).

Note: This section must always be located at the bicycle's center of gravity.

2) Set the angle of the bicycle mount (2) to match the selected position of the bicycle frame (see Fig E and F) :



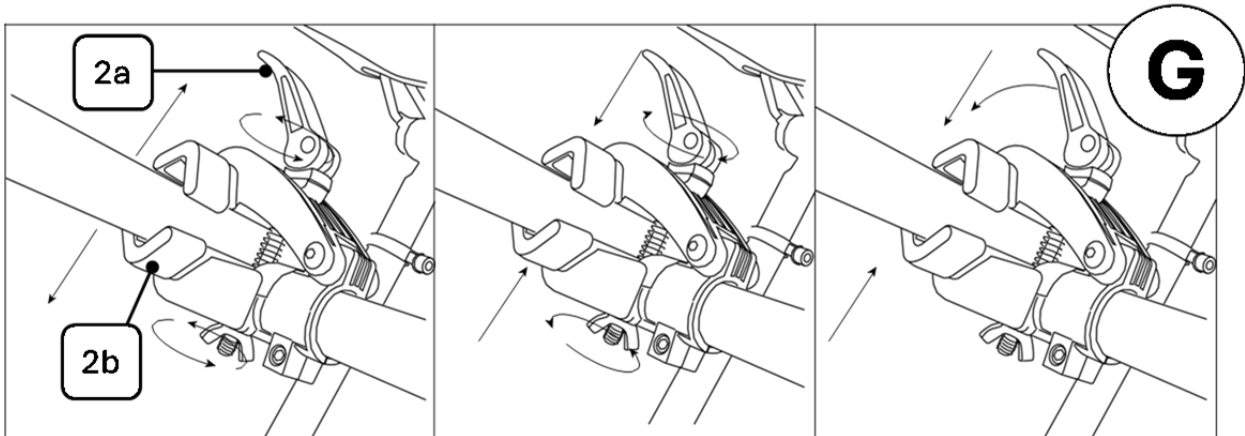
3) Flip the quick release lever (2a) to open the clamp (2b) (see fig. G).

4) Place the bicycle frame in the clamp and flip the quick release lever back to close the clamp.

Note: Ensure that the clamping force is sufficient.

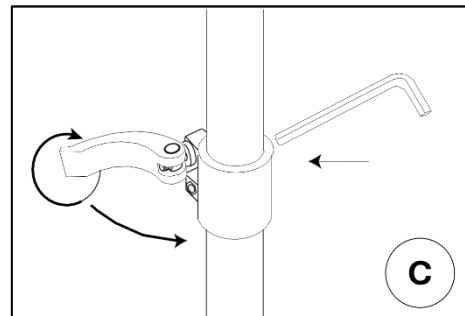
Setting the Clamping Force

- 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. G).
 - **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.



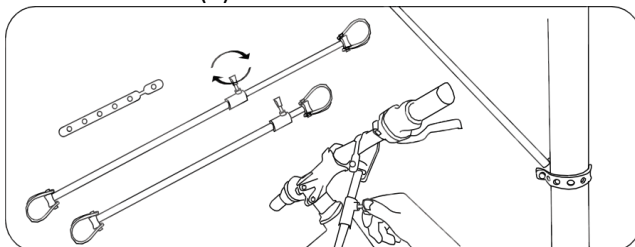
Adjusting the Telescopic Rod

- If the quick release lever (2a) can be flipped too easily, the clamping force is insufficient. Follow these steps to adjust the clamping force:
- The telescopic rod can be set at any desired height. It is recommended that two people perform the height adjustment.
- Rotate the telescopic rod (3) to change the position of the bicycle when clamped.
- Open the quick release clamp (1d) on the stand.
- Adjust the telescopic rod to the desired height.
- **Note:** Observe the maximum extension length of the telescopic rod (3) and do not exceed the indicated markings (3a).
- To secure the position, insert the Allen key (9) into the end of the quick release clamp (1b)/(1d) as shown in fig. C, and turn it clockwise until you feel slight resistance.
- Give it one more turn and then flip the quick release clamp. You should feel stiff resistance when flipping it.
- Verify that the telescopic rod is securely fixed in position.

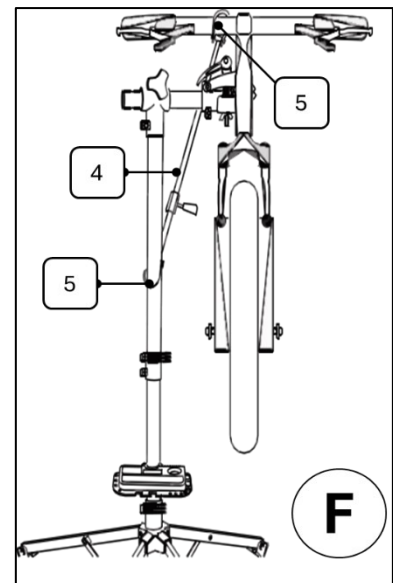


Attaching the Front Wheel Stabilizer

- 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 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.

5.2 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-FMS4B/R
Article number: 4252023125468; 4252023125475;

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

Date/Manufacturer Signature/Location:

Würzburg, 20 August 2024



Identification of the signatory:
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Korhan Canbolat

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

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