

Worksman FMB Folding Bike: The Compact Adult Folding Bicycle Assembly Instructions, Parts List, and Owner's Manual

For FMB, FMB3CB, and FMB7CB

Proudly made in the USA!



Congratulations on your purchase of the Worksman FMB Compact Folding Bicycle, one of the most popular adult folding bicycles of all time. This is a recreational bicycle for the consumer market with a **recommended weight limit of 210 pounds**. This bicycle is very practical whether you choose to fold it or not. The low step through, compact frame design is ideal for those riders who simply want to ride leisurely, safely and comfortably. The FMB has been carefully manufactured in the USA with simple finishing assembly required. It is always recommended to have a qualified bicycle mechanic perform repairs and assembly of any cycle. Please read these instructions thoroughly prior to assembly and riding. Visit our website at www.worksmancycles.com to see our complete line of Worksman recreational and industrial cycles.

Be sure to read the manual prior to riding, and to understand the rules of the road and safety instructions. Do not ride cycles after dark. In dusk or dawn, lights are recommended. Use of a helmet is always a good precaution, and may be required by law. Inspect your cycle regularly for wear of parts and replace as required. Only use factory original replacement parts. Lubricate chain and other moving parts as necessary and at least once every six months.

Tools Required for Assembly

- Phillips Screwdriver
- Flat-head Screwdriver
- Pliers
- Adjustable Wrench

Carton Contents: FMB bicycle, including:

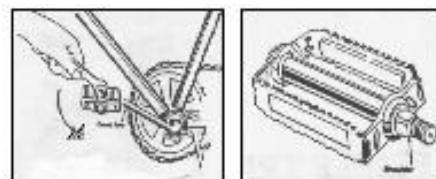
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| * Pedals | * Headset Parts |
| * Handlebar | * Handlebar Grips |
| * Seat/Seatpost | * Handlebar Stem |
| * Rear Rack | * Reflector Kit |

A) Initial Assembly

- 1) Remove protective bubble wrap.
- 2) Open fork quick-release (4911B) $\frac{1}{4}$ +tightening arm (with black rubber handle.)
- 3) Insert the Handlebar Stem (55E) at least $\frac{1}{4}$ into the fork steer tube with the head of the stem facing forward.
FAILURE TO INSERT STEM BELOW MINIMUM INSERTION LINE COULD LEAD TO FORK BREAKAGE AND INJURY.
- 4) Hand-tighten the nut on the 4911B quick-release securely and close the L-Tightening arm). Note - You should be able to pull this arm closed without great pressure at this time. This will be readjusted at time of final assembly. Excessive force can cause damage. If the arm requires force to close, simply loosen the nut a bit at this time.
- 5) Insert the handlebar (55F) into the opening of the stem. The handlebar ends should angle toward the rear of the bicycle. If the handlebar does not slip into the stem easily, simply loosen the adjusting bolt and use a flat head screwdriver to slightly pry open.
- 6) Once handlebar is inserted into the stem, using an adjustable wrench, tighten the adjusting nut. However, at this time, do not tighten fully as this will also be adjusted in final assembly process.
- 7) On front drum brake models, install brake lever onto the handlebars. (Front drum brake is optional.)
- 8) On 3 speed models, attach shift lever to handlebar.
- 9) Slide handgrips (55B) onto the bar end.

B) Installation of Pedals (See illustration)

Pedals are marked $\frac{1}{4}$ L+for left and $\frac{1}{4}$ R+for right on the threaded end of the pedal axle. Screw the right pedal marked $\frac{1}{4}$ R+clockwise into the right crank arm (chain and sprocket side). Screw the $\frac{1}{4}$ L+pedal **counterclockwise** into the left crank arm. Secure pedals tightly. (Recommended torque: 275 lbs.)
Installing pedals on wrong side will damage the threads, so proceed carefully. Failure to follow this instruction will NOT be warranted.



C) Installation of Seatpost

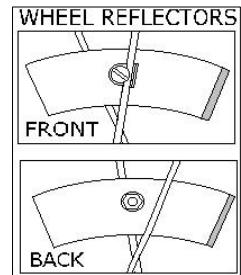
- 1) Place seatpost into saddle clamp located on the bottom of the saddle and loosely tighten saddle clamp. Make certain that the tapered end of the seatpost clamp is fully through the clamp.
- 2) Open seatpost quick-release clamp on frame by pulling lever to loose position and loosening the nut. (Same as handlebar quick release operation.) Insert the seatpost into the frame to the desired height level (must be inserted at least 3.5+.) Hand-tighten nut and push clamp arm to tightened position. Make certain at this point that the seatpost is tight and does not rotate.
- 3) Adjust the seat angle to desired position with the nose of the seat slightly up. Firmly tighten saddle clamp (35 pounds of foot torque). This must be tight to avoid rotation or slipping of the seat on the post.

Adjustment of the seat height is a personal preference. However, it is recommended that the height be adjusted so that the ball of the foot comfortably touches the pedal when the knee is slightly bent and the pedal is in its lowest position.

D) Reflectors

You should have two curved white reflectors for the wheels, one white square reflector for the front, and one square red reflector for the rear, as well as all mounting hardware. The square white reflector goes on the headset reflector bracket. The rear reflector goes on the back of the rear rack.

- The wheel reflectors (white arched or rectangular) install on the inside of the two layers of spokes. The spoke has a groove that will be facing you that is placed onto the spoke. Insert a bolt through the hole, sandwiching the spoke between the reflector and the head of the bolt as shown. The bolt will thread into a nut that must be placed into the back of the reflector.



E) Final Assembly

- 1) Handlebar- Open Quick Release Clamp. Reposition stem in frame to achieve the desired height, keeping minimum stem insertion at 4+. (See Section C.) Squarely position the bars in line with front wheel and re-tighten the clamp.
- 2) Tires- Check for proper tire inflation (35PSI is normal). Maximum tire inflation is indicated on the sidewall of the tire.

How to Fold Your Worksman Folding FMB Bicycle

- 1) Pull the %Safety-Loc+lever to the loose position.
- 2) Pivot the lever toward the side of the bicycle.
- 3) Lift up on the spring arm, releasing the pin from the %Safety-Loc+hinge pinhole in the front section of the frame. You will then be able to fold the frame.

Be careful to position the pedals for wheel clearance. (The front wheel should tuck in toward the rear of the frame.)

How to Unfold Your Worksman Folding FMB Bicycle

- 1) Loosen and swing the quick-release arm toward the rear of the bicycle. (Figure 1)
- 2) Close the %Safety-Loc+hinge in center of frame until frame is straight and completely closed. (Figure 2)
- 3) Slide the arm/pin down into the hole in the lower section of the front hinge so that the hinge cannot fold accidentally.
- 4) Rotate the quick-release arm toward the front of the bicycle and pull quick-release arm up to tighten. (Figure 3)
- 5)



FIGURE 1



FIGURE 2



FIGURE 3

It is advisable to place grease in the pinhole on the frame hinge every so often so the "Safety-Loc" system works easily.

Owner's Responsibility:

- 1) Make certain that all assembly instructions have been followed and that the bicycle is safe and ready to ride.
- 2) Perform maintenance as needed.
- 3) Provide instructions to anyone who may ride the cycle.
- 4) Conform to all local regulations, including traffic laws.
- 5) Be deemed physically fit to ride a cycle.

Where to Ride a Bicycle: It is recommended that you ride in areas that are paved and relatively flat. Avoid steep hills and naturally ride where you feel safe. Low traffic areas are most desirable.

Coaster Brake Information: Worksman FMB Folding Bicycles have a foot brake, which is engaged by pedaling backwards until the brake operates. It is best to gently slow the cycle down using the coaster brake rather than slamming on the brake and skidding the rear wheel. For those models with a 3 or 7 speed coaster brake, simply use the handlebar mounted shifter to select the desired gear. Gear 1 is the easiest gear for easier starting or going up hills, while gear 2 and 3 are useful once you get to your desired riding speed. Select the gear that suits your individual taste and comfort level. **DO NOT SHIFT AND PEDAL AT THE SAME TIME. PAUSE PEDALING WHEN SHIFTING.**

Replacement Parts List:

Part #	Description
3800	Frame
4908K-S	Safety-Loc Hinge Parts

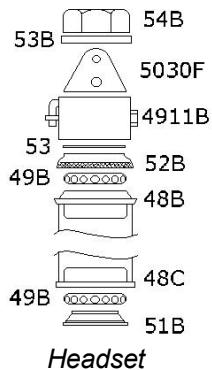
Front End Assembly

50B	Head Parts Set
48B	Ball Cup (Upper) for frame head tube
48C	Ball Cup (Lower) for frame head tube
49B	Bearings for Headset (pair)
51B	Fork Bottom Cone (presses onto fork)
52B	Threaded Top Adjusting Fork Cone
53	Key Washer (Thin - Lower)
53B	Key Washer (Thick . Upper)
54B	Top Fork Lock Nut
4911B	Quick Release Clamp and parts (fork)
153	Front Fork (specify color)
55B	Hand Grips (pair)
55E	Handlebar Stem
55F	Handlebar
5030F	Reflector Bracket

Part #

Crank Assembly and Parts

7217	Pedals (pair)
1265	Crank Parts Set
3275	Crank (5.5+)
1380B	Front Sprocket 44T
1267G	Complete Crank set (1265,3275,1380C)
4910	Chainguard
4914H	Chain (97 links)
4914M	Chain Connecting Link
4914R	Chain ½ link
SA14-1	3 Speed Shifter & Cable (Sturmey Archer**)
Seats and Related Parts	
4908D	Seatpost
4911A	Quick Release Clamp for Seat Post
6911V	Saddle Wide (with springs . optional)
7910V	Saddle- Wide (standard)
Rear Brake Parts	
SS721	Coaster Brake Internal Parts (1 spd)
306	Coaster Brake Hub (1 speed)



Wheels and Related Parts

467	Front Drum Brake Wheel w/tire	M20F	Front Wheel (No drum brake)
467A	Front Drum Brake Wheel w/o tire	M20CB	Rear Wheel (1 speed)
G250	Front Drum Brake (Hub only!)	M203CB	Rear Wheel w/ Shifter and Cable (3 speed)
G219	Front Drum Brake Cable and Housing	M207CB	Rear Wheel w/ Shifter and Cable (7 speed)
468A	Rear Wheel w/2 bearings w/o tire	468	Rear Wheel w/2 bearings w/ tire
468DA	Rear Drive Wheel w/2 bearings w/o tire	468D	Rear Wheel w/2 bearings w/ tire
6012	Tires 20x1.75 Black wall	6012R	Tires 20x1.75 Red line
6012W	Tires 20x1.75 White wall	6012A	Tube 20x1.75
1017A	Rim Strip	M20A	Rims Only (not a built wheel)

Brakes and Related Parts

G219A	Front Caliper Brake Cable & Housing	G219	Front Drum Brake Cable, Housing, and Attachment Parts
F820L	Non-Locking Brake Lever . Left (Std)	F820R	Non-Locking Brake Lever . Right (Std)
F852L	Locking Brake Lever . Left (Optional)	F852R	Locking Brake Lever . Right (Optional)

Fenders

95	L-Bracket for front fender	4800	Front Fender
4801	Rear Fender	4802	Fender Brace (F or R)

Miscellaneous Parts

4919	Rear Carrier Rack	7229C	Kickstand
5030B	Reflector Kit	1018	Valve Cap

**** On 3 speed models, please note the brand and shifter style. Your Worksman PT3CB will be equipped with a quality 3 speed and shifter, but brand and shifter style may vary. Parts listed here are the most commonly used Sturmey Archer style. For Shimano Parts, call 718 322-2000.**

Available Accessories

3979	Ding Dong Bell	3973	Battery Operated Mega-Horn
3975	Generator Light Set	3976	Headlight (Battery Operated)
3978	Safety Flag w/ Pole & Bracket	303	Squeeze Bulb Horn
101710	Flashing Strobe Light- White Lens	101714	Flashing Strobe Light- Red Lens
133WH	Front Basket with Bracket (Easily removable w/ handles!)		

Limited Warranty

Commercial use voids this warranty. This is a consumer model. Worksman Trading Corporation makes a full array of industrial and recreational cycles. Visit our website at www.worksmancycles.com to view the many quality cycles we offer. This cycle is warranted against faulty parts under the following conditions: This warranty does not cover any failure due to accident, abuse, misuse, neglect, or as a result of normal wear and tear, or by assembly errors performed by a non-qualified mechanic. The entire frame including all welded joints is warranted to be free of defects in material and workmanship for one (1) year while in the possession of the original purchaser. All other parts on this cycle (except tires and tubes) are warranted for 90 days from date of purchase. Proof of purchase is required and completed warranty cards must be received in our office prior to any claims being considered. The manufacturer reserves the right to have all defective parts returned at purchaser's expense for examination prior to resolving the claim. If upon examination the manufacturer deems the part to be defective and within the warranty period, a replacement part will be sent at no charge, with the exception of shipping. Unauthorized repair of parts voids warranty. Proper maintenance is required for the warranty to be valid. If it is determined by the manufacturer or the dealer that the part in question is not covered under warranty, we will advise the cost to repair or replace the part. The sole responsibility of the manufacturer pursuant to the terms of this warranty is the replacement or repair of the parts in question. The liability of the manufacturer shall in no event exceed the original purchase price of the model and the manufacturer shall not be liable for any consequential damages of any nature including but not but not by way of limitation damages for personal injuries or to property. This statement constitutes the exclusive expression of warranties by the manufacturer and is in lieu of any and all other warranties including expressed warranties, any implied warranties,, including but not limited to warranties of merchantability and fitness or purpose, are limited in duration to one year of purchase for the frame (excludes fork) and ninety (90) days for other parts as covered in this warranty. Cycles are not intended for off road use, stunt riding or similar activities. Should an approved electric bicycle assist be added to the cycle, the purchaser is responsible for meeting any local laws. Such modifications void warranty.. Void where prohibited by state law. The seller is not responsible for typographical errors or omissions.

Manufactured by Worksman Trading Corporation, 94-15 100th Street, Ozone Park, NY 11416

If you like riding at home, then you'll LOVE riding at work!

Worksman Industrial Cycles are used at many large facilities, including oil refineries, college campuses, distribution centers, auto manufacturing plants, food processing plants, military bases, and many others. They are also very popular for food and parcel delivery services. Help your company to become more environmentally conscious, and help them save some money, too! Your company will thank you, your coworkers will thank you, and so will the planet! Thank you for choosing Worksman Cycles!



Visit www.worksmancycles.com to see our full line of quality Worksman Cycles!