

## **Worksmen 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:

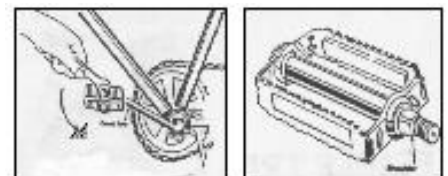
- \* Pedals
- \* Handlebar
- \* Seat/Seatpost
- \* Rear Rack
- \* Headset Parts
- \* Handlebar Grips
- \* Handlebar Stem
- \* Reflector Kit

#### **A) Initial Assembly**

- 1) Remove protective bubble wrap.
- 2) Open fork quick-release (4911B)  $\frac{1}{2}$ +tightening arm (with black rubber handle.)
- 3) Insert the Handlebar Stem (55E) at least 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  $\frac{1}{2}$ +for left and  $\frac{1}{2}$ +for right on the threaded end of the pedal axle. Screw the right pedal marked  $\frac{1}{2}$ +clockwise into the right crank arm (chain and sprocket side). Screw the  $\frac{1}{2}$ +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.**



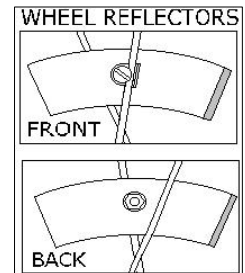
### C) Installation of Seatpost

- 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 Worksmen 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 Worksmen 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:** Worksmen 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:**

<u>Part #</u>	<u>Description</u>
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

<u>Part #</u>	<u>Description</u>
<b>Crank Assembly and Parts</b>	
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**)
<b>Seats and Related Parts</b>	
4908D	Seatpost
4911A	Quick Release Clamp for Seat Post
6911V	Saddle Wide (with springs . optional)
7910V	Saddle- Wide (standard)
<b>Rear Brake Parts</b>	
SS721	Coaster Brake Internal Parts (1 spd)
306	Coaster Brake Hub (1 speed)

**Wheels and Related Parts**

467	Front Drum Brake Wheel w/tire
467A	Front Drum Brake Wheel w/o tire
G250	Front Drum Brake (Hub only!)
G219	Front Drum Brake Cable and Housing
468A	Rear Wheel w/2 bearings w/o tire
468DA	Rear Drive Wheel w/2 bearings w/o tire
6012	Tires 20x1.75 Black wall
6012W	Tires 20x1.75 White wall
1017A	Rim Strip

M20F	Front Wheel (No drum brake)
M20CB	Rear Wheel (1 speed)
M203CB	Rear Wheel w/ Shifter and Cable (3 speed)
M207CB	Rear Wheel w/ Shifter and Cable (7 speed)
468	Rear Wheel w/2 bearings w/ tire
468D	Rear Wheel w/2 bearings w/ tire
6012R	Tires 20x1.75 Red line
6012A	Tube 20x1.75
M20A	Rims Only (not a built wheel)

**Brakes and Related Parts**

G219A	Front Caliper Brake Cable & Housing
F820L	Non-Locking Brake Lever . Left (Std)
F852L	Locking Brake Lever . Left (Optional)

G219	Front Drum Brake Cable, Housing, and Attachment Parts
F820R	Non-Locking Brake Lever . Right (Std)
F852R	Locking Brake Lever . Right (Optional)

**Fenders**

95	L-Bracket for front fender
4801	Rear Fender

4800	Front Fender
4802	Fender Brace (F or R)

