Just like riding a bike...only better!

Owner’s Manual
At Day 6, we hope you will enjoy riding our bicycles as much as we enjoy designing them. We have truly combined the best features of a recumbent (feet on the ground; wide, comfortable seat and back; upright head position; no wrist stress; easy on and off) with the best features of a traditional bike (dual 26” wheels, positive steering, classic styling, easy to find replacement parts) to give you one exceptional biking experience!

If you have any questions about your bicycle, please call the dealer you purchased the bicycle from or call Day 6 at 888/789-DAY6 (3296).

To activate you warranty, simply call us at 888/789-DAY6 (3296). We will need the serial number on the bottom of your bike along with your name, address, phone number, name of dealer you purchased the bike from, and e-mail address if available. Thank you!
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Day 6 Bicycles - Assembly Instructions

Step 1: Install Fork and Stem

1. Slide thin rubber washer over fork so it sits on chrome ring at base.

2. Place bearing on thin rubber washer – round balls pointing up.

3. Slide fork with just the bearing and thin rubber washer through head tube.

4. Place other bearing over fork – round balls facing down

5. Place heavy chrome ring over bearing

6. Place thicker rubber washer over chrome ring – flat side up (pointed side down)

7. Place thin steel washer over rubber washer

8. Place two 5mm spacers over steel washer

9. Place stem on top of spacer(s)

10. Place cap with hole on top of stem

11. Place bolt through hole in the cap and thread into the (starfangled) nut inside the fork.

12. Tighten bolt firmly until the front wheel, bearings, and fork are secure.

   NOTE: DO NOT OVERTIGHTEN the bolt.

   This could pull the nut out of the fork. (You don’t want that to happen) Bearings should be loose enough to allow the front wheel to turn but not so loose that you can feel and/or hear them if you dropped the bike on its tires from 6”.

13. Place rubber cap inside of bolt head.
Step 2: Install handlebars

1. Center handlebars in stem and tighten both bolts enough to keep handlebars from rotating down. (2:1)

2. Be sure cables are not tangled and that they remain on the same side of the bike that they are found on the frame.

3. Tighten bolts on the side of the stem just enough to keep front wheel from flopping. (2:2) (They will be firmly tightened later, after installing the front wheel)

Step 3: Install front brake cable to lever

1. Place the cylinder (on the end of the brake cable) into the corresponding hole in the brake lever. (3:1)

2. Turn the brake barrel and threaded nut so the slots line up.

3. Pull the brake cable through the slot and push brake cable housing into end of brake lever. (3:2)

4. Turn brake barrel and threaded nut so cable will not fall out. (3:3)
**Step 4: Install front tire**

1. Remove skewer from small cardboard box in larger bike box. (4:1)

2. Remove plastic nut and one spring from skewer. (4:1)

3. Place skewer through front tire so the skewer handle will be on the left side of the bike when tire is installed. (There is an arrow on tire sidewall that shows which way tire rotates) Replace spring (small end toward middle of tire) and plastic nut. (4:2) NOTE: Do not loosen or tighten nuts on each side of hub!

4. Release front brake pads if they are connected. Slide rubber cover off brake cable housing and pull brake cable housing out of pivot on right side brake arm. It may be necessary to loosen the brake cable bolt on the left side brake arm to get brake cable housing out of pivot. (4:3)

5. Slide tire between brake pads, and at the same time, make sure axle slides into slots at the bottom of the front fork. Make sure tire is centered in fork. (4:4 and 4:5)

6. With handle on skewer open (4:4), tighten plastic cap. Pull handle up. Keep tightening nut and pulling up on handle until handle is so tight that it can barely be closed. Be sure handle is in closed position as close to fork as possible.

7. Place brake cable housing into pivot. It may be necessary to loosen the brake cable bolt on the left side brake arm to get brake cable housing back into pivot. (4:6)

8. Place rubber cover back over brake cable housing.
Step 5: Adjust brakes

1. Loosen the brake cable bolt on left brake arm until cable moves freely.

2. Squeeze pads until they are completely touching rim. (5:1)

3. Release pads until they are BOTH 1/16” - 1/8” from the rim. (5:2)

4. Tighten brake cable bolt.

![5:1]

NOTE: The bottom side of the brake pads should be even with the edge of the rim. If they are too far up they will rub on the tire and could cause a flat. To adjust pads, loosen bolt on side of pad with 5mm wrench. Move pad to desired location and tighten bolt. (5:3)

Spin wheel. If the tire rubs the brake pad on one side, turn the adjustment screw clockwise (5:4, Phillips screwdriver needed) on that side to pull the pad away from the rim. Turn the adjustment screw counterclockwise to allow the pad to get closer to the rim until the rim is centered between the pads. If rim hits both pads you may have to loosen the brake cable bolt and allow pads to move slightly further away from the rim. If rim does not spin evenly or it ‘wobbles’, you will have to take it to a bike shop to have it trued. Brake lever should be about 1” from the hand grip when fully engaged. If closer than this, tighten cable.

![5:3]

Rear brakes should be adjusted in the same manner.
**Step 6: Adjust handlebars**

1. Align stem, parallel with front tire. (6:1)

2. **Firmly** tighten the two bolts on the side of the stem. (6:2)
   Failure to tighten these bolts securely could result in loss of control.

3. For optimal performance, place the handlebars almost parallel with the head tube. (6:3)
   
   **NOTE:** Having the handlebars too far forward or rearward will affect the steering and can be dangerous. If they are too far rearward, they can hit your knees while pedaling.

4. Firmly tighten nuts on stem.

**Step 7: Install pedals**

The pedals are marked with an L and an R on the flat area near the threads and there should be a sticker on each pedal with an L or an R. The right pedal has standard, **right hand** threads – to install and tighten the pedal - turn clockwise. The left pedal has **left hand** threads – to install and tighten – turn counterclockwise.

**Step 8: Install reflectors**

The silver reflector goes on the handlebar next to the stem. The red reflector goes on the right side seat stay as shown.
The Seat

When the **seat height** is properly adjusted, the balls of your feet should easily touch the ground AND your leg should have a slight bend when the pedal is in the extended position. If your legs are completely straight when pedaling, you need to lower the seat. If your legs have more than a slight bend when pedaling, you need to raise the seat.

![Correct, Seat Too High, Seat Too Low]

The seat height adjustment on the **SL seat** is important because of the unique seat design. Unlike standard seats with a horn, you can not move forward and backward on the SL seat. If you sit too far forward you will feel like you are going to slide off. If you sit too far rearward, the front edge of the seat will impede your downstroke while pedaling. You must sit so your ischials (butt bones) are securely on the seat AND your legs can freely pedal.

**CAUTION:**

There is a maximum height for extending the seat post which is clearly marked on the seat post with a line. **Never extend the seat post beyond this mark!**
Seat Angle and Depth Adjustment

Loosen the allen bolt (A) at the top of the seat post to loosen seat.

If the Back Rest Frame is already installed, you will first need to move it out of the way by loosening the two allen bolts (B) that attach it to the seat post. After Back Rest Frame is loose, slide it down the seat post and spin it out of the way to reach the allen bolt at the top of the seat post.

It is best to start with the seat parallel to the ground and then experiment to see if another angle works for you. With the seat loose you can also slide it forward and backward on the rails underneath the seat. Securely tighten the allen bolt after finding the correct seat position and then reinstall the Back Rest Frame.

NOTE:
Day 6 bicycles come with a quick release to secure the seat post. If you are concerned about someone stealing your seat or you will not be changing the seat height once you find the proper fit, you may want to purchase a seat clamp that uses a bolt instead of a quick release. These are available at most bicycle dealers and are easy to put on your bicycle. The seat post on Day 6 bicycles is 30.4 mm.
The Back:
The backrests on all Day 6 bicycles can be adjusted horizontally and vertically to fit different sized people - all with no tools. After adjusting the seat to the proper height, unlock the quick release (A) below the back cushion and slide the back cushion forward until it rests comfortably against your back. Lock the quick release. Next, unlock the quick release (B) under the travel pack and move the back cushion up and down until it fits comfortably in your lumbar area. Lock the quick release.

NOTE: Backrests on SL models are bolted to the frame using the upper 4 holes. On SS models, use the lower 4 holes to raise the back up.

Bicycle Inspection

Before riding your Day 6 bicycle, always do an inspection to make sure all parts are adjusted and working properly. The frame and components are designed to be used in a responsible manner on streets, trails, or grassy areas. Day 6 bicycles are not designed for racing, mountain biking, jumping, stunt riding, riding with more than one rider, riding with heavy loads, or any extreme type of riding or nonstandard use and the warranty will not cover any of the above riding types. You are responsible for checking your bike before each ride and on a regular basis to make sure that the frame and parts are not cracked, loose, or broken and are working in a proper fashion. Failure to inspect your bike could lead to damage to your bike or severe injury or even death. If you choose not to inspect your bike and breakage or failure occurs, you are responsible and not Day 6 Bicycles or the dealer you purchased your bike from. Be responsible and safe - check your bike before each ride.

If you see something you are uncertain about, take your bicycle to your local bicycle dealer.

General Inspection

- Check for loose parts by raising your bicycle about 3” off the ground and dropping it on the tires.
- Make sure ALL quick release mechanisms are locked and tight.
- Make sure wheels, fork, headset, and seat post are tight.
- Check frame/welds for cracks and bends. Immediately replace a damaged frame as this can cause a crash and lead to a severe injury. Take immediately to your local bicycle dealer.
Quick Release Levers

Quick release levers are used on both wheels (21 speed), the seat post, and the back rest. Quick release levers can be replaced with bolts if you are concerned about theft or having your setting changed. It is important that all quick release/bolts are tight.

- The quick release lever should never be tightened like a nut.
- To tighten, open the quick release lever, turn the adjusting nut clockwise and then close the quick release lever by pushing it in.
- If the lever can be easily pushed closed repeat above step until it takes a firm push to close it.

Wheels and Tires

- Spin wheels to make sure they are centered (tracking in a straight line) and do not wobble.
- Check for loose or missing spokes. See your local dealer if you have one.
- Check front and rear wheel quick release levers every time you ride. Pick up end of bike and strike top of wheel with a few sharp blows to check for looseness.
- Make sure tires are properly inflated to pressure listed on sidewall. Tires can lose up to 10 pounds of air per week. Never ride with under inflated tires.
- Although Day 6 bicycles are designed with large, 26” tires for a smooth ride, if possible, avoid stairs, curbs, potholes, railroad tracks, and other hazards.

Brakes and Pads

- While rolling slowly, squeeze brake levers. Bike should stop quickly and levers should not touch handlebars. Since brake cables stretch, it may be necessary to adjust cables periodically. See you local dealer for this.
- Make sure pads are aligned correctly on rims.
- Replace worn or hardened pads.

Chain and Derailleur

- Look for wear on chain or links that don’t swivel easily.
- If chain comes off chain ring, have your local dealer adjust derailleur.

It is important that you keep your bicycle clean - especially the moving parts (chain, derailleur, gears, etc.) since grit and dirt can damage these and shorten their useful life. If you are riding continually, it is best to wash your bike monthly.
Bicycle Cleaning

Cleaning the frame:

1. To remove dirt, wash lightly with a hose. (Never use a pressure washer or take to a car wash as water can penetrate the bearings.)
2. Use warm soapy water and a SOFT brush to finish cleaning. (Never wipe the dirt with a rag as the dirt will scratch your bike’s paint.)
3. Lightly rinse with hose.

NOTE: Do not store your bicycle in direct sunlight.

Cleaning greasy chains and drive train components:

1. Apply a degreaser and allow it to soak for 10 minutes.
2. Scrub greasy area with an old brush.
3. Lightly rinse with a hose.

Lubrication

Proper lubrication of moving parts means a longer life for the components of your bicycle. The chain, in particular, needs to be inspected frequently. Be sure to use lubricants especially designed for bicycles. Never over-lubricate and be sure to wipe off any excess as this will attract dirt.

1. Chain: Lubricate using bicycle chain lube every week, more often during wet conditions. It is best to do this in the evening so the lubricant has a chance to soak into the chain before riding again.
2. Derailleur: Oil pivot points each month.
3. Hubs, headset, bottom bracket bearings, cables, and pedals: It is recommended that your local bicycle dealer lubricate these items every 6 months.
Riding Rules

1. Always wear a helmet - most serious cycling accidents involve the head.
2. Ride defensively - never assume the driver of a motor vehicle sees you. Try to make eye contact with the driver of the motor vehicle.
   • Watch for turning and stopping cars.
   • Watch for opening car doors.
   • Be especially cautious at intersections and driveways.
   • Watch for hazards - pot holes, sand, curbs, railroad tracks, manhole covers.
3. Obey all traffic rules and signs.
4. Use the proper hand signals when turning and stopping.
5. Do not ride on sidewalks unless necessary - be courteous to pedestrians
6. Do not hitch rides on motor vehicles.
7. Ride in a straight line - do not weave in and out of traffic or parked cars.
8. Ride on the side of the road going the same direction as the traffic.
9. Inspect your bike before each ride and keep your bike well maintained.

Riding Tips

1. Wear comfortable clothing but not loose clothing
2. Wear bright colored clothing
3. Wear your clothing in layers so you can add or remove it depending on the temperature.
4. Never ride with bare feet.
5. Do not wear head phones - you will not be able to hear traffic around you.
6. Use a rear view mirror to see what is going on behind you.
7. At night, wear clothing with reflective material in it
8. At night, use an appropriate lighting system
9. Use extra caution when riding at night, in rain, on snow or ice - give yourself plenty of time to stop
10. Never ride with more than one more person on your bike
11. Do not disturb wildlife
12. Slow down when approaching or overtaking another rider or pedestrian
13. Respect all public and private property
14. Be extra alert when cycling with children - make sure they know the rules!
Day 6 Bicycles Limited Warranty

Day 6 Bicycles, LLC, located in Bozeman, MT makes the following Limited Warranty concerning Day 6 Bicycles:

**Limited Five (5) Year Warranty on Frames:** Subject to the following limitations, terms, and conditions, Day 6 Bicycles, LLC warrants to the original owner of each new aluminum frame that the frame is free from defects in workmanship and materials for a period of 5 years from date of purchase. This Limited Warranty does not apply to damage or failure due to: accident, neglect, abuse (such as jumping, acrobatics, stunt riding or similar activities, competitive riding, motorizing, riding over the 250 pound weight limit, pulling trailers, carrying excessive weight) and/or improper maintenance, alteration, collision, or normal wear and tear.

**Limited Six (6) Month Warranty:** Subject to the following limitations, terms, and conditions, Day 6 Bicycles, LLC warrants to the original owner of each new Day 6 bicycle that all other original parts attached to the frame (fork, paint, seat, post, drive train, wheels, brakes, stem, etc.) are free from defects in workmanship and materials for a period of 180 days. This Limited Warranty does not apply to damage or failure due to: accident, neglect, abuse, (such as jumping, acrobatics, stunt riding or similar activities, competitive riding, motorizing, riding over the 250 pound weight limit, pulling trailers, carrying excessive weight) and/or improper maintenance, alteration, collision, or normal wear and tear. This warranty does not include tires or tubes.

**Additional Conditions:**

All warranties are in effect for the original owner only and are NOT transferable.

In order to exercise your rights under this warranty, the Day 6 bicycle must be presented to a dealer or Day 6 Bicycles along with a receipt or other written proof of purchase which includes a serial number.

Should any part of your bicycle, as determined by Day 6, be covered under this warranty, it shall be repaired or replaced, at Day 6 Bicycle’s sole discretion, which will be conclusive and binding.

The original owner shall pay all labor charges connected with repair/replacement of parts.

This warranty does not cover any transportation costs to and from place of repair.

Day 6 does not authorize or permit anyone, including its dealers, to make any other warranties, expressed or implied, for Day 6.

Day 6 will not be responsible for incidental or consequential damages.

This warranty is expressly limited to the repair or replacement of a defective frame, fork, or other part and is the sole remedy of the warranty.