
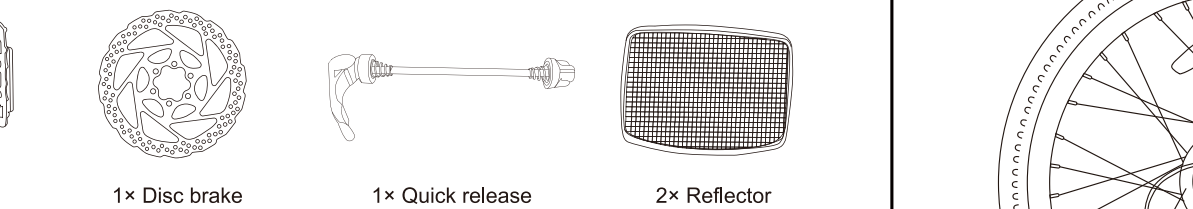
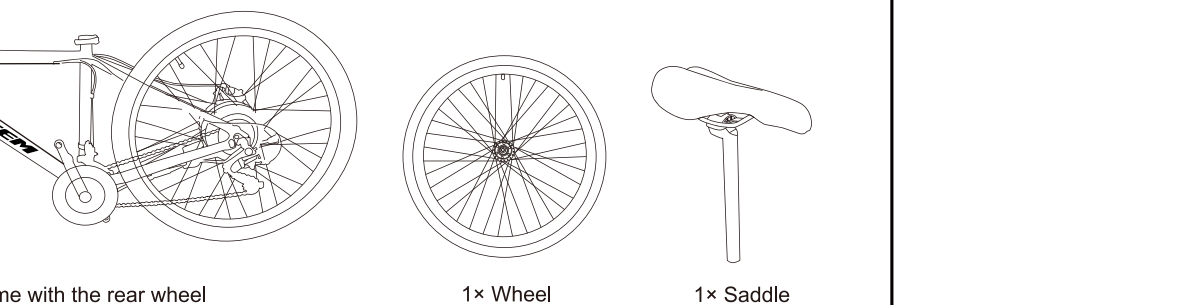


User Manual




the Box?

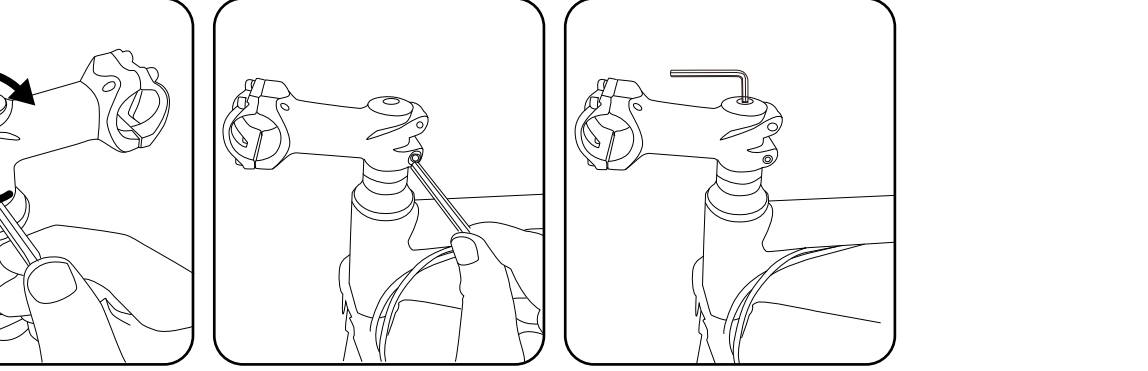
- the rear wheel
- 
- A line drawing of a rear wheel assembly. A cable is attached to the axle and extends towards the left. The wheel is shown in profile, with the tire and spokes visible.



A line drawing of a bicycle with various components labeled. The labels and their corresponding parts are: Gear lever (pointing to the shifter on the handlebar), Brake (pointing to the brake lever on the handlebar), Handle (pointing to the handlebar), Front fork (pointing to the fork holding the front wheel), Disc brake (pointing to the brake disc on the front wheel), Quick release (pointing to the front wheel axle), and Pedal (pointing to the pedal on the crank). The bicycle frame has the word "TOTEM" written on the down tube.

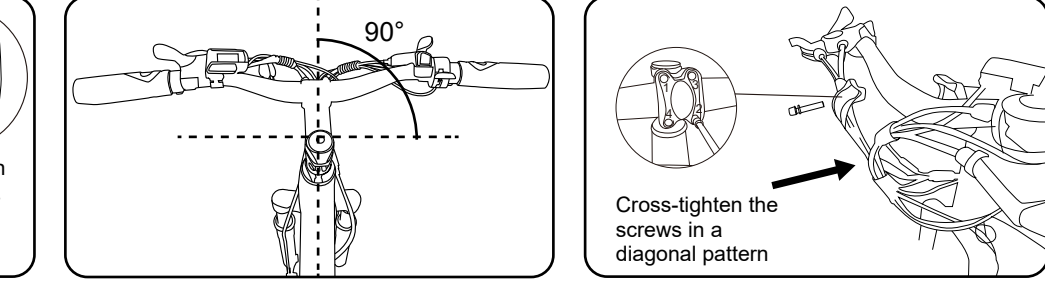
- Assembling your **Bike** - please read all instructions in the manual and follow the steps and descriptions carefully. This manual will guide you through the installation, functions, operation, and proper maintenance of your **TOTEM Bike**.
- Before assembling, check that all parts are complete and in good condition. If you have any questions or cannot find the information you need in the manual, please contact support@totemusa.com. Before contacting customer service, please have your original purchase information handy before calling.
- Customer Service.**
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2 bolts that are already on the stem to secure the handlebar in position.



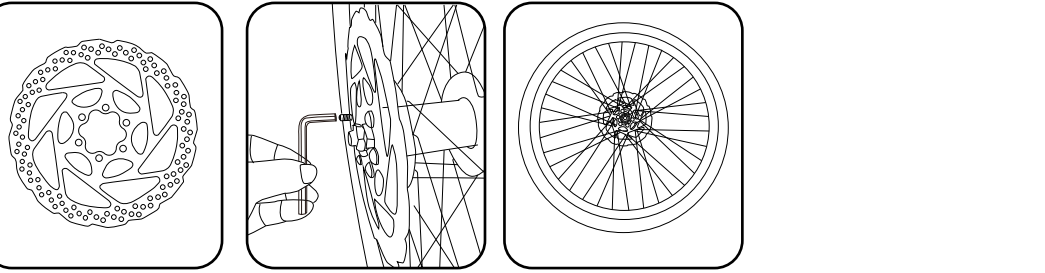
em to remove the stem cover

- ighten the 4 screws in order



wheel

- M5*8.5 are inserted and the disc brake is tightened with the included allen wrench



- Take out the wheel and the quick-release skewer

- Open the lever and unscrew the thumb nut from the quick release.
 - Insert quick-release skewer with each cone spring on both sides into the wheel and pre-fasten thumb nut.
- ⚠ Quick-release thumb nut is installed on the same side as the brake pad.

Both cone springs should point toward the

Keep the lever open and thread on the thumb nut a couple of turns leaving enough room for the fork d

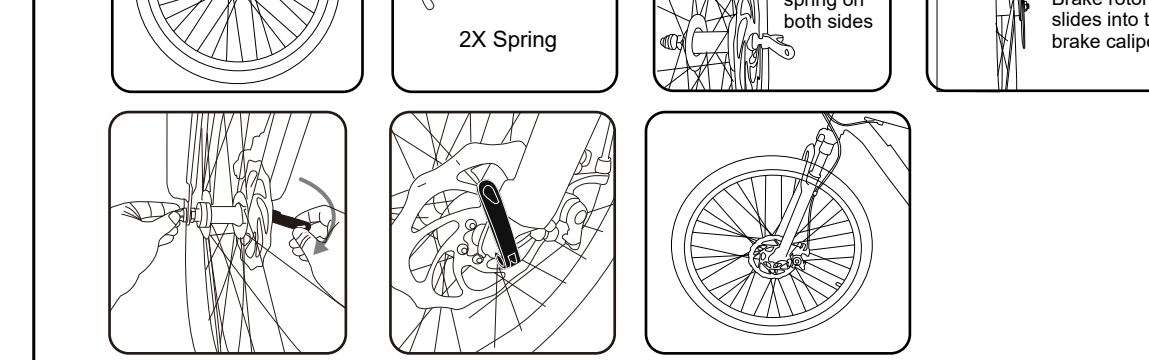
- Lower the front fork onto the front wheel. The brake rotor should go into the brake caliper in between the brake pads and the axle should enter the fork dropouts fully.

 Check to confirm the wheel is fully seated in the dropouts.

- Hold the quick release lever in line with the axle and tighten the thumb nut until the lever can stay in parallel to the floor without being held. Use the palm of your hand to close the lever fully without touching the brake pad.

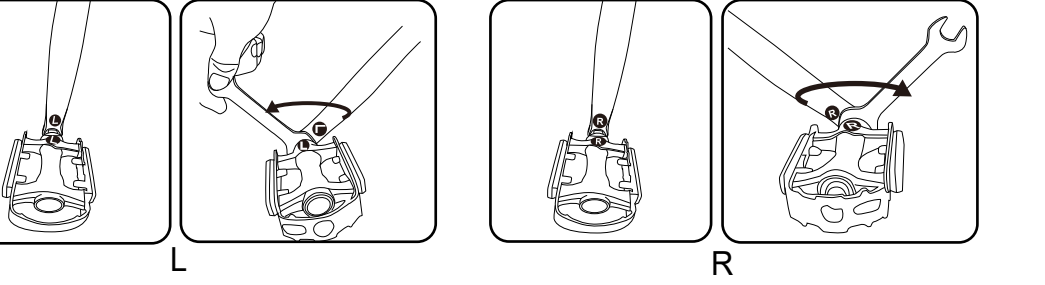
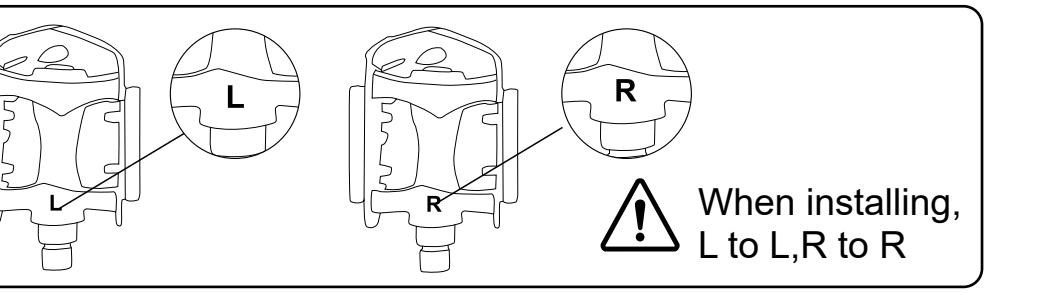
⚠ The quick-release lever secures the front wheel to the bike so the thumb nut must be tight enough so the closed lever has adequate clamping

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- Diagram of a wheel and axle assembly. The wheel is shown with spokes. The axle is a horizontal rod passing through the center of the wheel. The hub is the central part of the wheel where the axle is attached. A label 'brake call' points to a component on the right side of the axle.



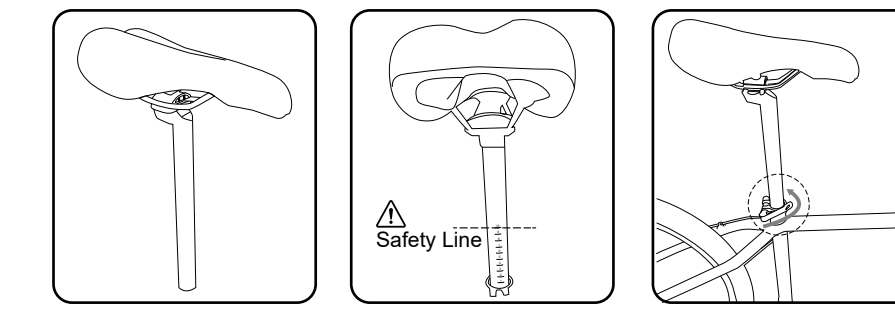
Look for the 'R' or 'L' labeled at the

- and tighten at first. The right pedal tightens **CLOCKWISE**. The left pedal tightens **COUNTERCLOCKWISE**.
completely tighten the pedals with a pedal wrench or an open-end wrench



- Open the clamp under the

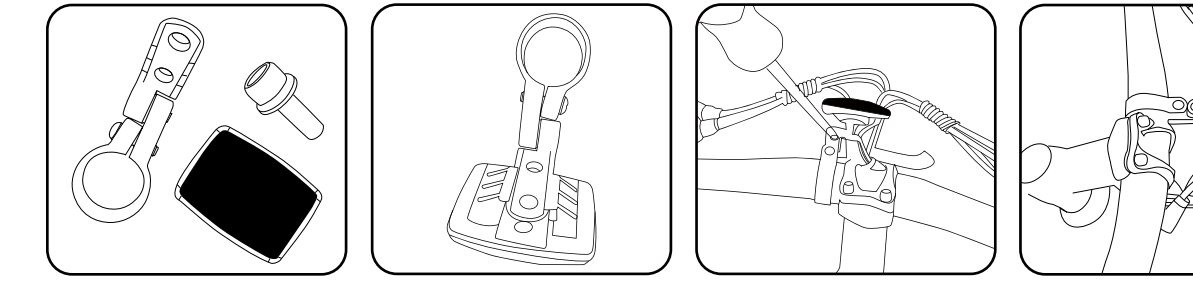
- Close the clamp to secure the seat in place. Do not raise the saddle higher than the safe



- Take out the white reflector and 1× screw

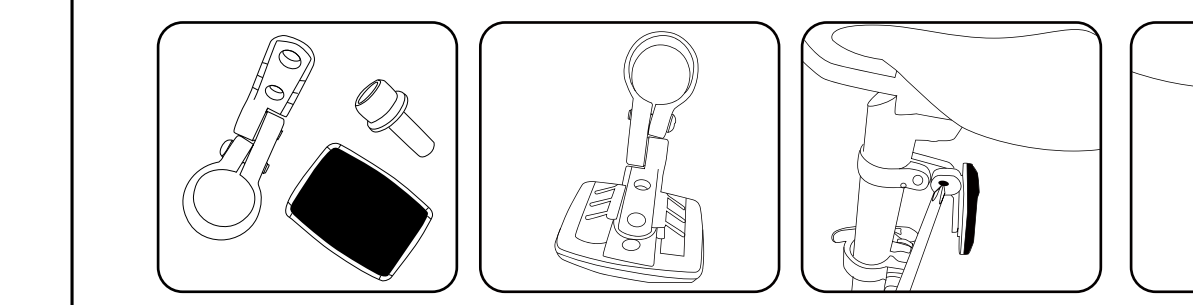
- Install the reflector on the handlebars
- Tighten the screws with suitable tools and complete front

Note: The screwdriver included in the package is 2-in-1. You can remove and change the screw head and use a Phillips screwdriver for installation.



- Take out the red reflector and

- Tighten the screws with suitable tools and complete Rear Reflector installation



4.1 Adjusting the Seat

Positioning the seat to the right height is key for better pedaling, safety, and overall comfort. The rider's leg length is used to determine the seat height. When pedaling, your hips should remain level and your legs shouldn't over-extend. To determine the right seat height, sit on the Bike with one foot on its lowest point and place the ball of your foot on the pedal. If your knee bends slightly at this position, the seat is at the right height. Additionally, placing your heel on the pedal, your leg should be nearly straight.

Open the clamp under the seat post. Pull the seat up or push it down to adjust the height. Check to make sure the seat post is fully inserted into the frame and the head of the seat is parallel with the frame. Close the clamp to secure the seat in place.

