Me-Mover
Fitness

Designed in Copenhagen

FIT 2.0

USER MANUAL

Your guide to your Me-Mover FIT 2.0

GET FIT, GET STRONG

Indoors, outdoors, offroad and onroad.

Contents

Introduction 1

Scope

This user manual is an extremely important document for getting the most out of your Me-Mover FIT 2.0. It contains important safety, performance and maintenance information. Please read through this user manual before using your Me-Mover FIT 2.0 for the first time. It is important to regularly check the Me-Mover Fitness Australia website for any changes and updates that may have been added to this document.

This manual explains how to perform basic maintenance and repair work. Some tasks should only be done by a Me-Mover FIT 2.0 selected repair shop, and this manual identifies them.

Parents or legal guardians must explain important information to their children. This is especially important regarding safety issues such as the use of brakes and safety gear.

Registration

When you first purchase your Me-Mover FIT 2.0 you must register it online. Each Me-Mover FIT 2.0 has a serial number. By registering your Me-Mover FIT 2.0 serial number it will allow us to identify exactly which Me-Mover FIT 2.0 belongs to you in case of theft. It will also help in making warranty claims. Register here
https://www.me-mover.com.au/register

We have a forum on our website specially created for you to engage in our active community. You can share your thoughts and ideas, ask questions and talk to fellow Me-Movers:
www.me-mover.com/forums

Useful Links

If you have any troubles with your Me-Mover FIT 2.0, if you find some parts particularly cumbersome or you face frequent problems, we encourage you to

get in contact with us via email at support@me-mover.com.au

We recommend you to check our Youtube channel for Instruction videos at http://bit.ly/1voMnNQ.

If you have any further questions or doubts contact us and we will get back to you as soon as possible:
support@me-mover.com.au

We also have a very vibrant Facebook community that are often willing to help so don't be afraid to ask our Me-Mover Ambassadors.
www.me-mover.com/forums/forum/technical-support-discussion.

Thank you for purchasing a Me-Mover FIT 2.0. We hope you enjoy the ride!

Safety Notifications 2

To highlight some of the most important safety concerns, this User Manual contains safety warnings. These warnings are featured throughout this guide.

Safety Warning

The following symbol: ⚠ WARNING!
Calls attention to a potential hazard that, if not properly addressed or avoided, could cause serious injury or death.

Safety Caution

The following symbol: ⚠ CAUTION!
Calls attention to a potential hazard that, if not properly addressed or avoided, could cause property damage to your Me-Mover FIT 2.0 and/or void your warranty.

The Me-Mover FIT 2.0 is not a toy.
Children must only ride the Me-Mover FIT 2.0 with adult supervision.

Do not ride on roads or in traffic unless you have ensured it is legal to do so in the area in which you are located. Me-Mover is not liable for any legal infringements. It is up to the individual rider to stay up to date and obey the laws and regulations in their respective area.

Do not ride the Me-Mover FIT 2.0 before going through the checklist:
Before You Get On on page 25.

Warranty 3

Warranty Conditions

Every Me-Mover FIT 2.0 has a limited two-year warranty on the frame and main parts: rear frame, front fork, steering column, transmission, pedal arms, and pedals. This warranty however, excludes wear and tear parts. This warranty applies only to original owners and is not transferrable. This warranty expires two years from the date of delivery and is conditional on the Me-Mover FIT 2.0 being operated under normal conditions and use, and with proper maintenance.

What is Not Covered Under this Limited Warranty

Your Me-Mover FIT 2.0 has been designed for general transportation and recreational use, but has not been designed to withstand abuse associated with stunting and jumping.

This warranty ceases when you rent, sell or give away the Me-Mover FIT 2.0, or ride with more than one person. This warranty does not cover ordinary wear and tear or anything you break accidentally or deliberately.

This warranty does not apply to malfunctions or failures that result from abuse, neglect, improper assembly, improper maintenance, alteration, collision, crash, accident or misuse. Nor does the warranty apply if the original owner uses the Me-Mover FIT 2.0 in other than its intended and customary manner.

This warranty does not apply to paint, finish and component parts such as brake grips, brake cables, brakes (caliper, pads, and brake disc) brake handles, tyres, chains, anti-slip stickers, plastic covers, and mud guards.

It is the responsibility of the owner to ensure that all parts included in the shipment box are adjusted properly and fully functional, and subsequent normal maintenance services and adjustments necessary are done to keep the Me-Mover FIT 2.0 in good operating condition.

How to Make a Warranty Claim

Claims should be sent to the dealer from whom the Me-Mover FIT 2.0 was purchased. If purchased directly on the web-shop, Me-Mover Fitness Australia should be contacted directly at support@me-mover.com.au

Minor Repairs

Customers should use this User Manual as a guide for minor repair work. To get a list of repairs that you can do at home, please find the relevant section in the Contents on page 2. If there is something you cannot fix, please get in contact with either Me-Mover at support@me-mover.com.au or your dealer.

Major Repairs

In the case of major breakage or damage to the frame or parts, you must contact support@me-mover.com.au or your local dealer, for further instruction.

⚠ CAUTION!

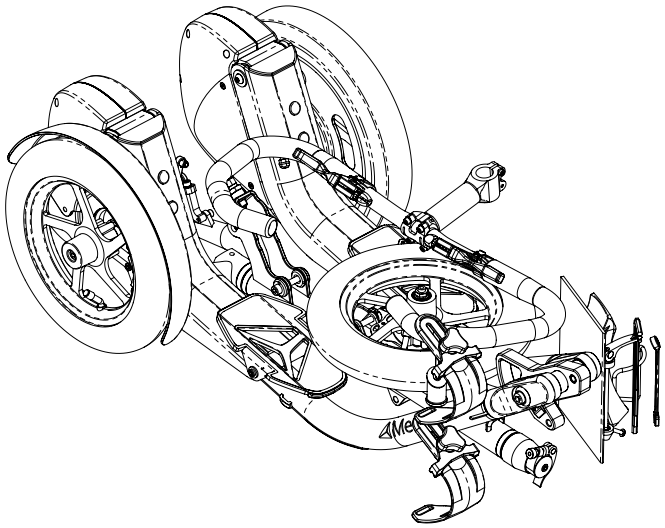
Any unapproved modifications to the Me-Mover FIT 2.0 can make it unsafe to use and voids your warranty. A component that is not approved or assembled correctly can put high stress on your Me-Mover FIT 2.0.

A frame, fork, or component with modifications could decrease your control and cause you to fall. Do not sand, drill, file, remove secondary retention devices, install incompatible forks, or make other modifications. Before you add an accessory to your Me-Mover FIT 2.0 or change a part of your Me-Mover FIT 2.0, consult your dealer to confirm that it is compatible and safe.

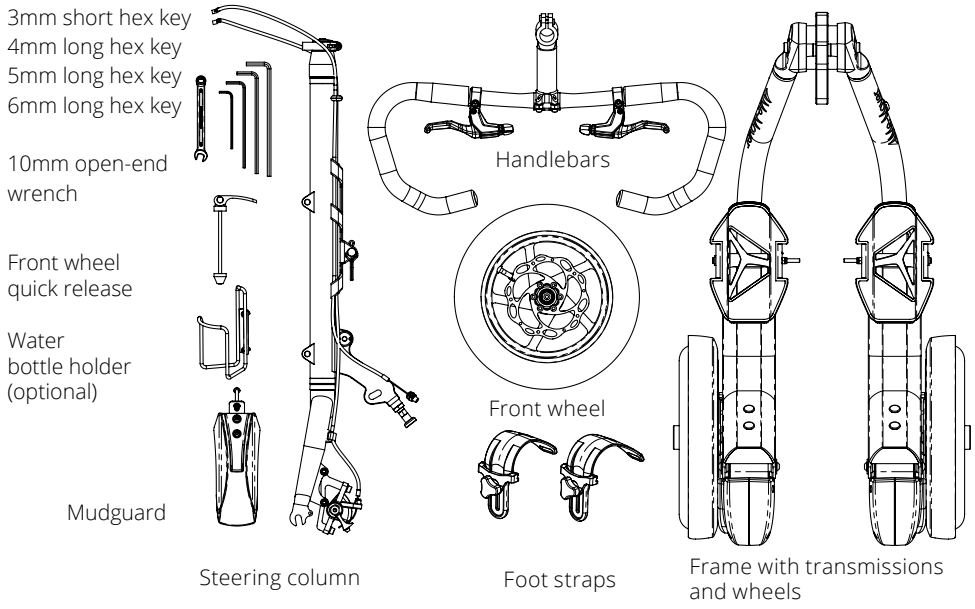
Overview and Part List

4

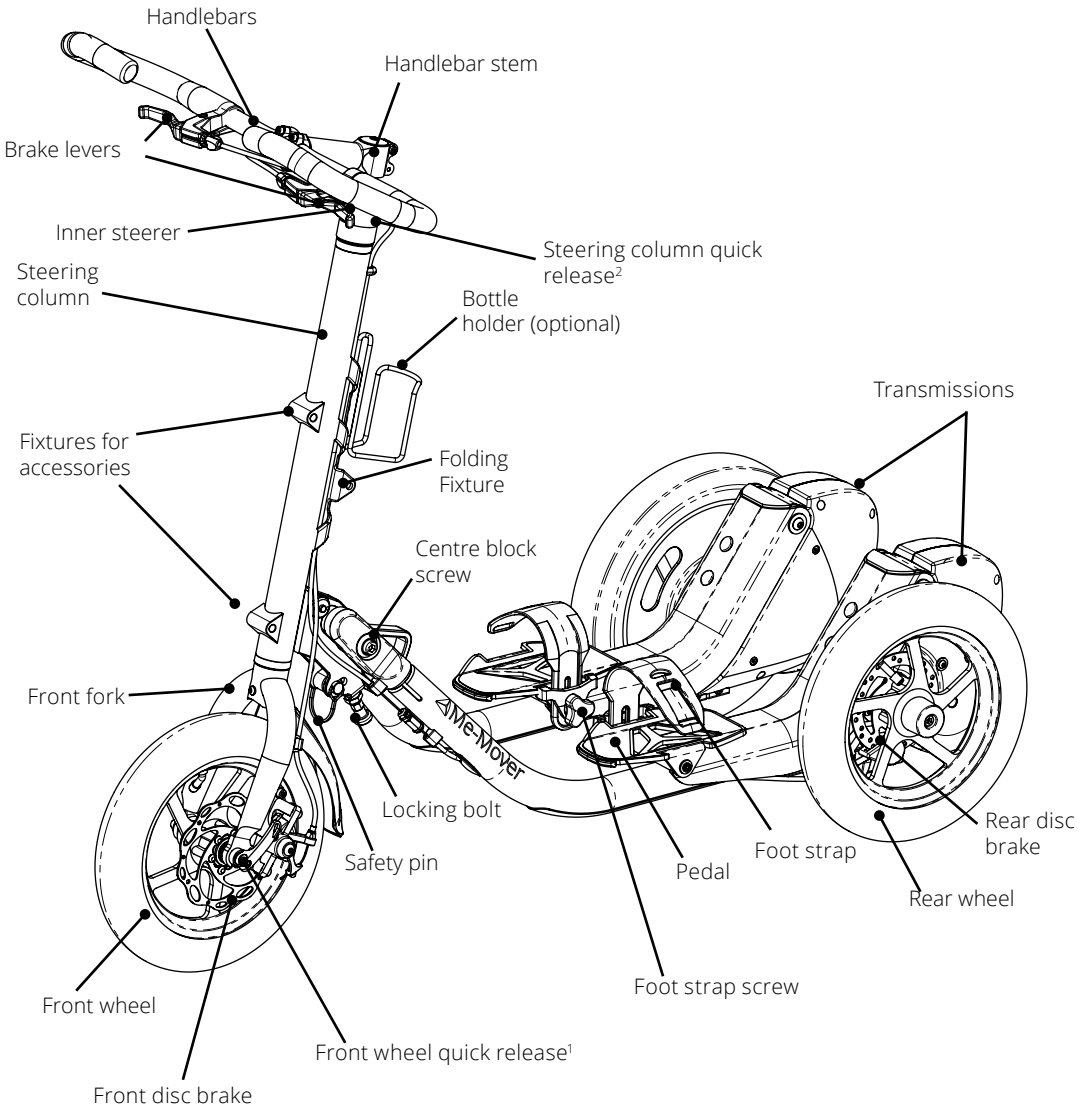
This is How Your Me-Mover FIT 2.0 is Packaged in the Box



The Me-Mover FIT 2.0 box contains the following pieces and sub-assemblies:



An overview of the main parts of the Me-Mover FIT 2.0



Technical Terms 5

Adjustment screw Lock nut	This, together with the lock nut, allows you to adjust the tightness of the brakes. This, together with the adjustment screw, allows you to adjust the tightness of the brakes. The lock nut “locks” the tension of the brake cable in place.
Brake cable housing	This is the black plastic casing that protects your brake cable (inner wire).
Brake cable	The inner wire inside the brake cable housing.
Brake caliper	This is a part of the brake system. The caliper is the black attachment on the brake disc. It houses the brake pads.
Brake disc	This is the silver disc on the front wheel and the rear left wheel. The brake pads grip on to the brake disc to increase friction and slow down your Me-Mover FIT 2.0.
Brake lever Parking brake	These are the left and right levers located on the handlebar. They are what control the front and rear brakes. It is located by the brake handle.
Brake pads	They are two little pads located inside the brake caliper. When the brake handle is pulled, the brake pads grip on to the brake disc to increase friction in order to slow down your Me-Mover FIT 2.0.

Brake washer	This is the washer that holds the brake cable in place on the brake caliper arm. It has unique “hooks” keeping the brake cable from moving around.
Carving fastener	The carving fasteners connect the individual tubes of the rear frame to the centre block. With these the Me-Mover FIT 2.0 can make its unique carving motion. See page 54
Centre block	This is the area where the rear frame and the steering column come together. It is also the folding point of the Me-Mover FIT 2.0. See page 52
Centre block screw	This is the screw located on the centre block and connects the steering column to the centre block. See page 53
End anchor	This is the metal cap at the end of the inner wire. It secures the brake cable in the brake handle. See page 43
Hex key	Also known as an allen key. It is the tool with a hexagonal cross-section. This is one of the tools required to assemble and maintain your Me-Mover FIT 2.0. See page 33
Locking bolt	This is the black knob underneath the centre block. It is a part of the folding mechanism and must click into place when unfolding. See page 52
Open-end wrench	This is one of the tools required to assemble and maintain your Me-Mover FIT 2.0. See page 33
Quick release	This is a two-part locking system consisting of a clamp and a nut. The Me-Mover FIT 2.0 has two quick releases. See page 15

Rodbase screw	These screws are located in the pedal arms, protected by rubber plugs. See page 59
Torque	This is a measure of the tightness of a screw or bolt. For every screw you can fasten there is a torque specification. These specifications are listed in Maintenance on page 33.
Transmission	This is the “brain” of the Me-Mover FIT. It is located beside the rear wheels. This should not be opened, adjusted, or repaired by customers. The transmissions are made up of over 400 individual parts and are very complex. However, the chains must be lubricated on a regular basis. Please consult your dealer when facing troubles with the transmission.
Transmission screws	These screws connect the transmission to the individual rear frame ‘tubes’. See page 58

How to Use Quick Releases 6

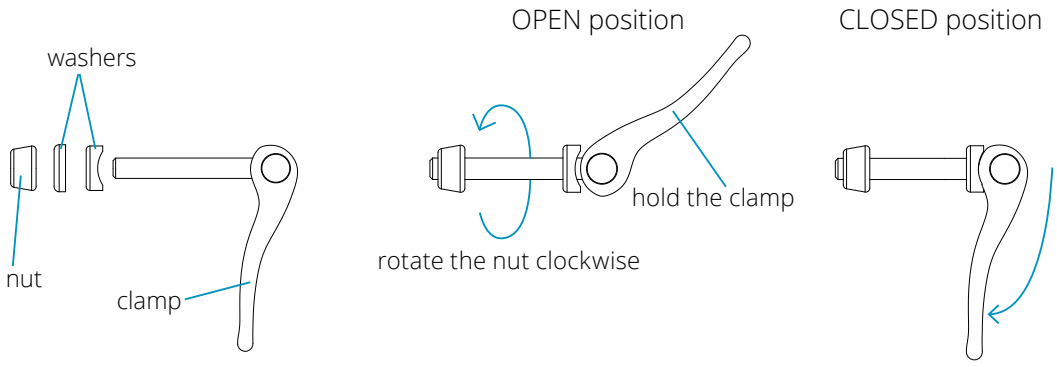
The Me-Mover FIT 2.0 has two quick releases. **It is extremely important that these quick releases are tightened securely** before you use your Me-Mover FIT 2.0.

Front wheel quick release[1] : used to secure the front wheel to the front fork.

Steering column quick release[2] : used to adjust the height of the steering column. It can be adjusted to suit a child or an adult.

To ensure the tightness of a quick release you need to:

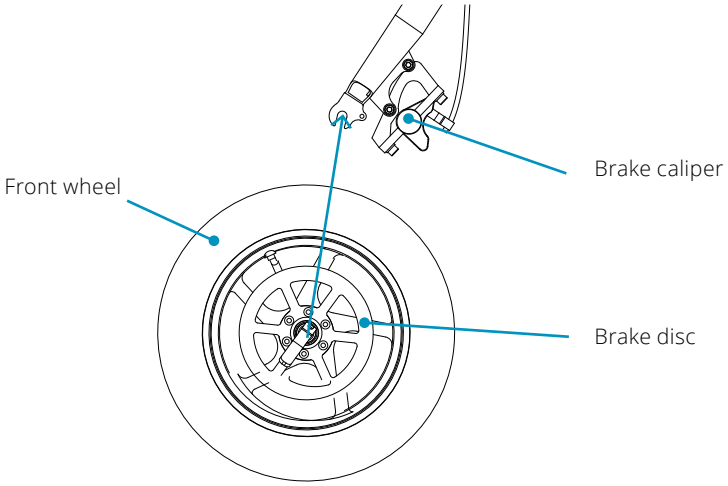
1. Hold the clamp OPEN while you rotate the nut in a clockwise direction.
2. Rotate the nut until you cannot close the clamp anymore. Then release the nut slightly so you can JUST close the clamp.
3. To close the clamp push it firmly inwards.



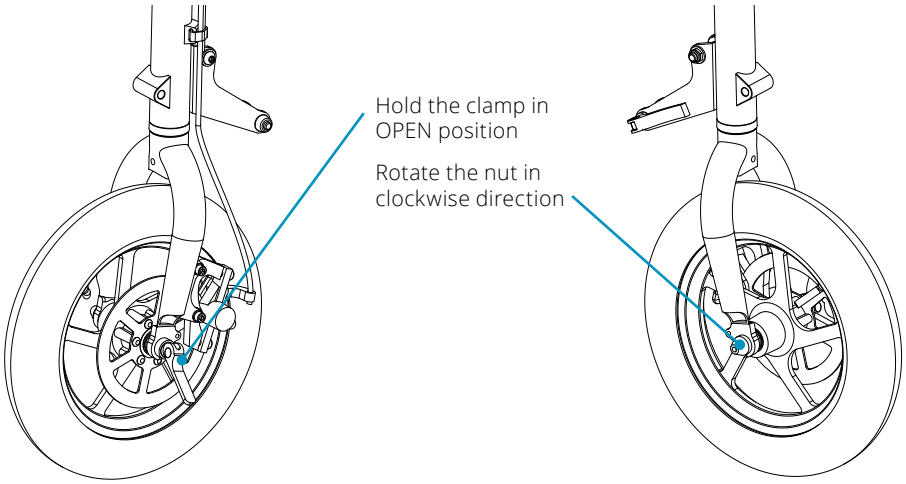
⚠ WARNING!
To close the clamp you must use a fair amount of force, otherwise it may be too loose.

⚠ CAUTION!
Always ensure that the quick releases are securely tightened. If they come loose you must re-adjust the quick release to make it tighter. **Never drive the Me-Mover FIT 2.0 without having tested that your quick releases are correctly mounted and secured.**

1. Mount the front wheel to the front fork. Using the foam packing top sheet as an underlay, ensure that the front fork is pointing forward. Slide the front wheel into the front fork so that the brake disc is placed between the brake pads in the caliper.

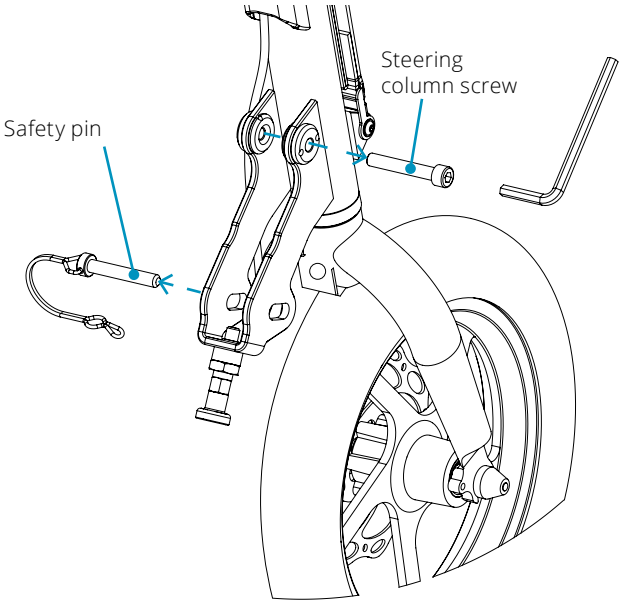


2. Fasten the front wheel to the front fork using the front wheel quick release. Hold the clamp OPEN while you rotate the nut in a clockwise direction. Rotate the nut until you cannot close the clamp anymore. At this point release the nut slightly so you can JUST close the clamp.

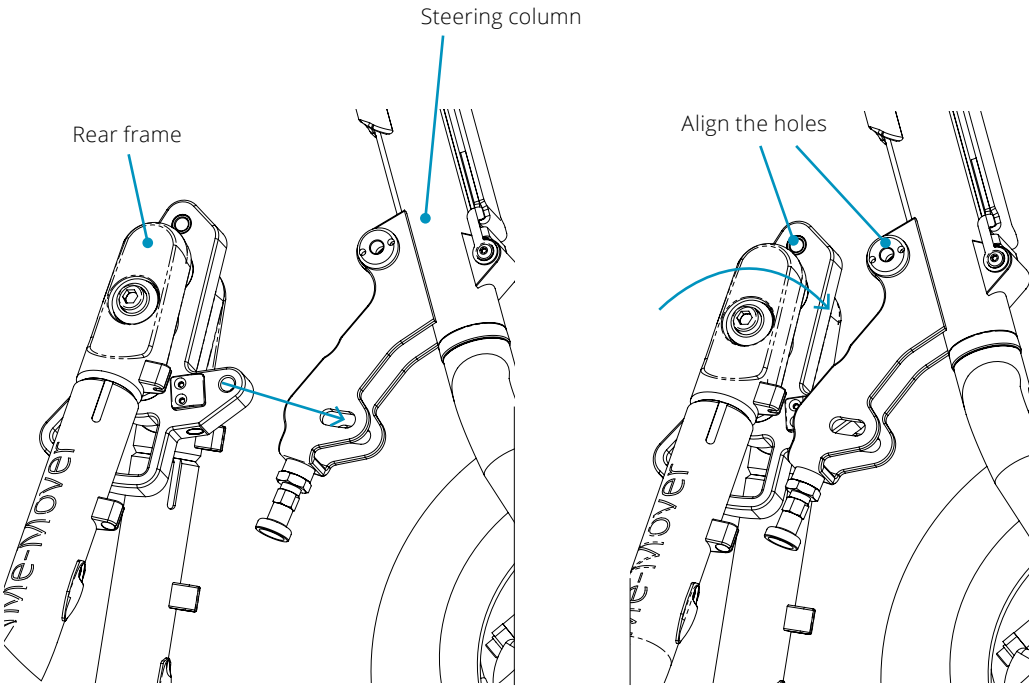


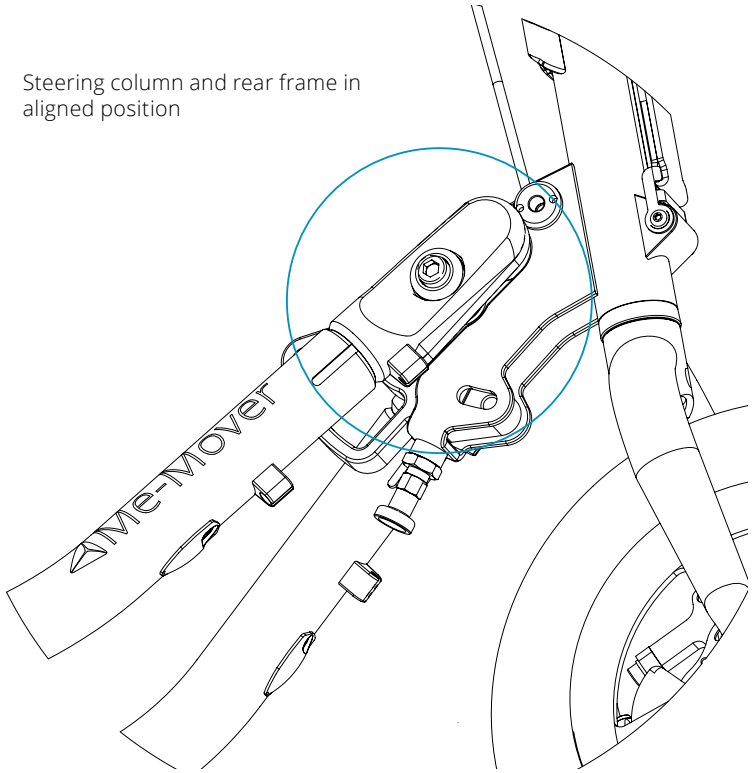
> ⚠ WARNING!
> Always ensure that the front wheel quick release is fastened securely.For detailed instructions see How to Use Quick Releases on page 15.

3. Remove the safety pin and unscrew the steering column screw using a 6mm hex key.



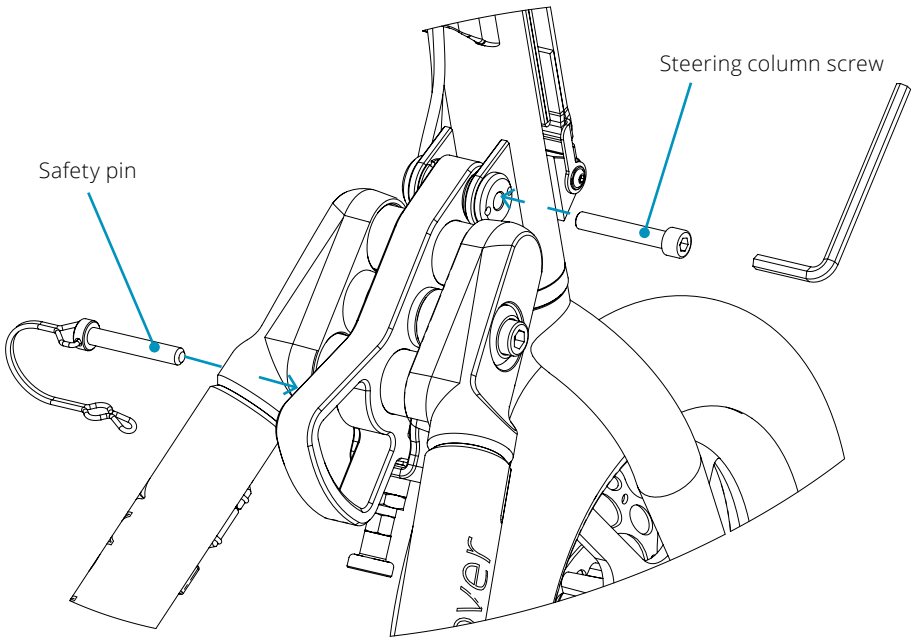
4. Connect the steering column to the rear frame. Press the frame in between the flanges at the steering column at a slightly downward angle. Then adjust until the two holes are aligned.



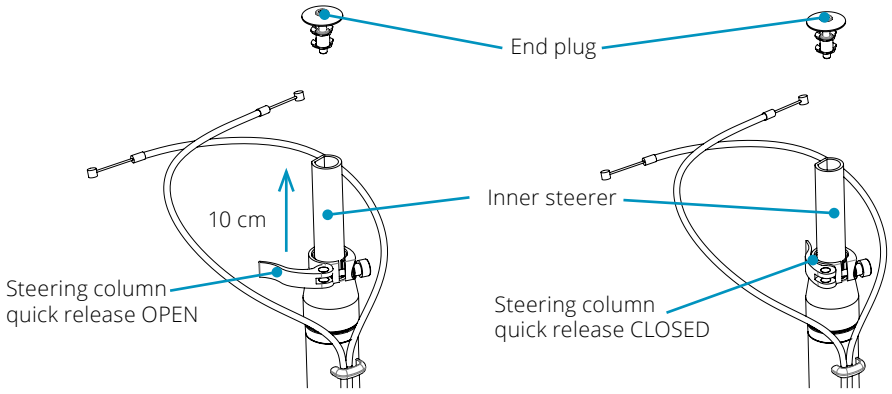


5. Screw in the steering column screw using a 6mm hex key and then re-insert the safety pin.

NOTE: Remember to insert the column screw the same way it came out!

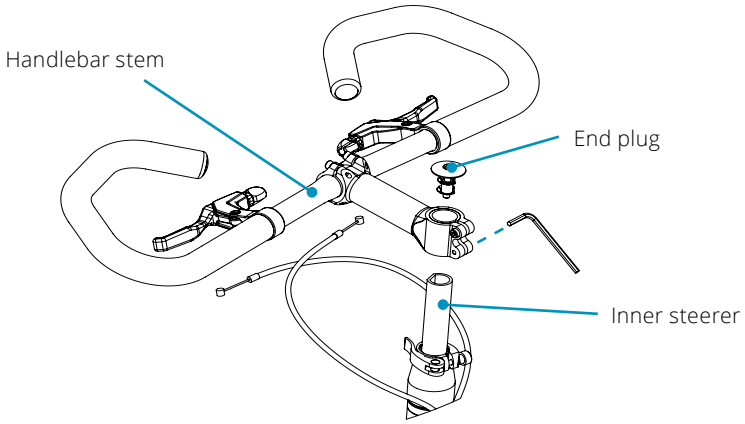


6. Open the steering column quick release and pull out the inner steerer from the steering column. Pull the inner steerer out by 10cm. Tighten the quick release clamp again so the inner steerer does not slide back down. Pull out the end plug.



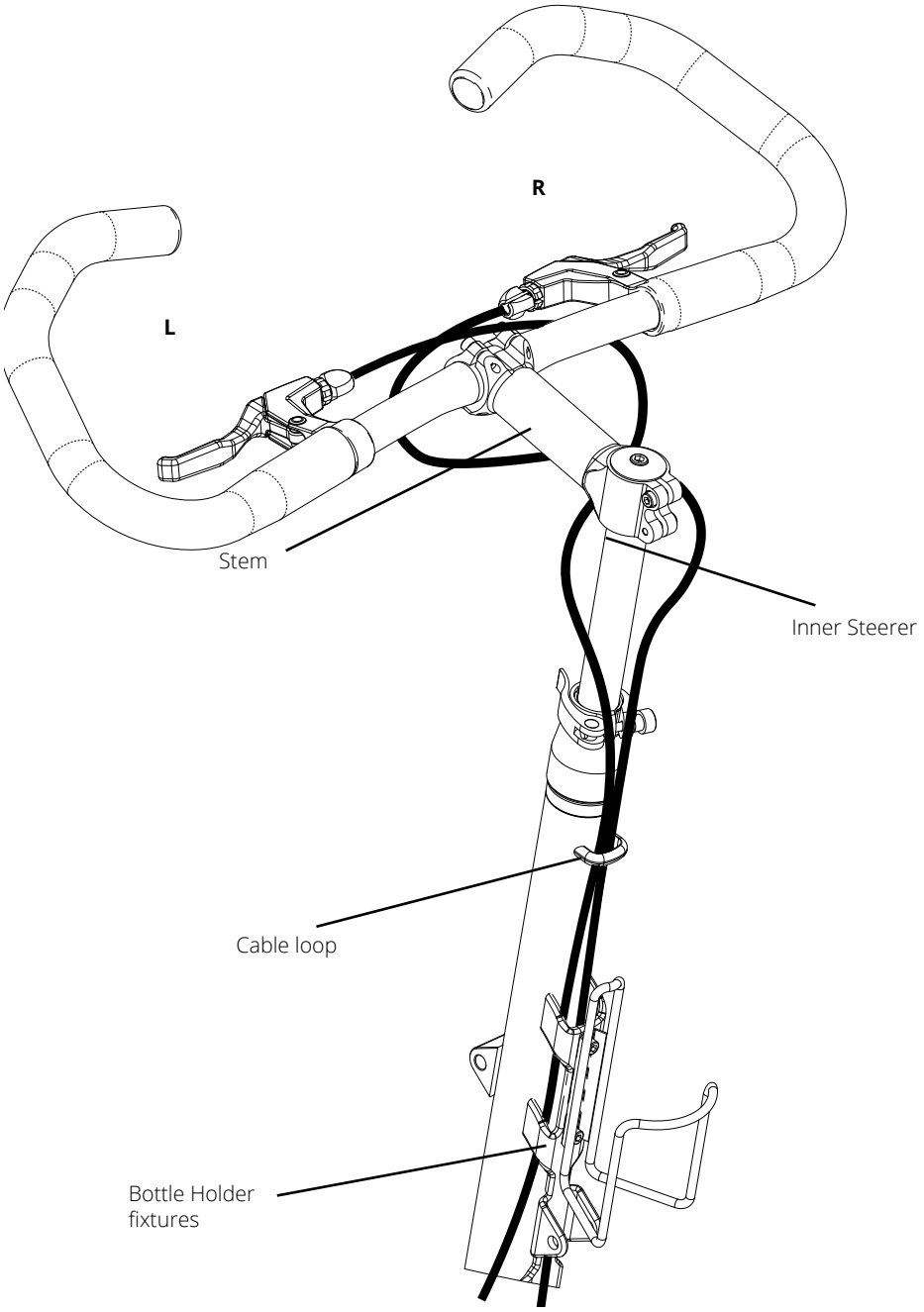
NOTE: Lubricate the inner steerer with oil or grease.

7. Mount the handlebar stem on the inner steerer and tighten the two screws using a 4mm hex key. Re-insert the end plug.

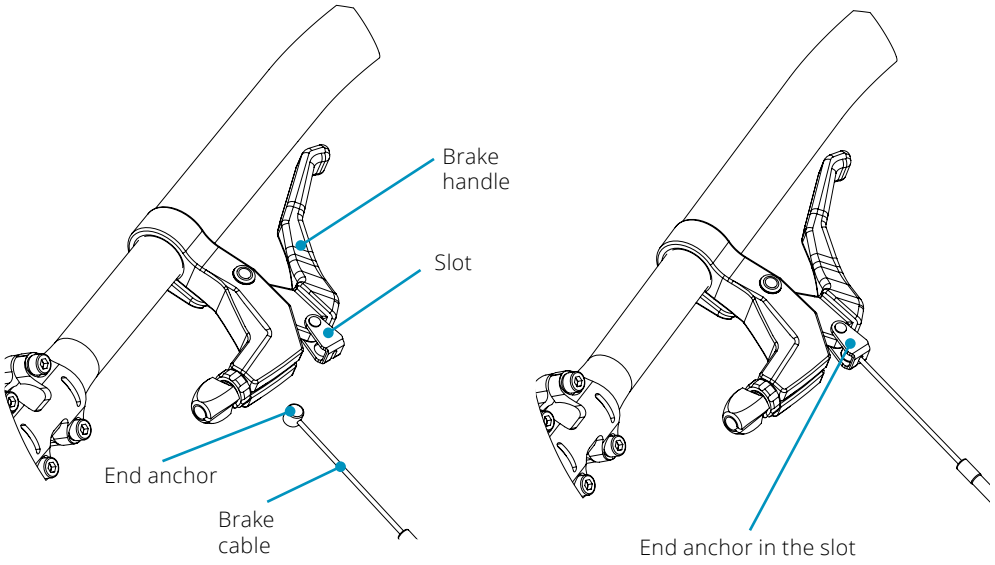


8. Fitting the brake cables. The cables should be threaded behind the bottle holder, through the cable loop on the steering column, and then around the inner steerer below the stem as shown below.

NOTE: The left brake cable loops under the stem from the left hand side. The right brake cable loops under the stem from the right hand side. This ensures the cables are close to the frame; not interfering with the riders knees whilst riding.

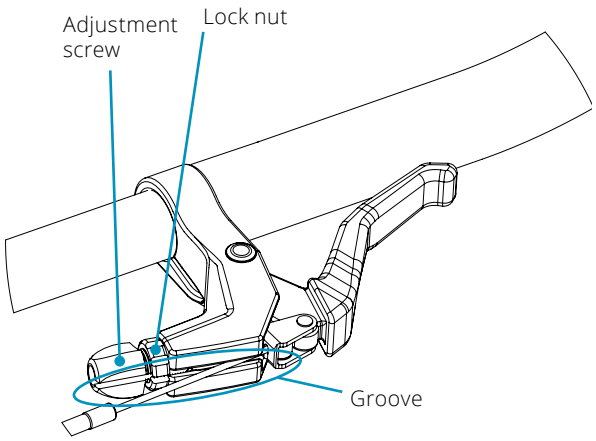


9. Connect the brake cables to the brake levers. Pull the brake lever and insert the end anchor into the slot in the brake handle.

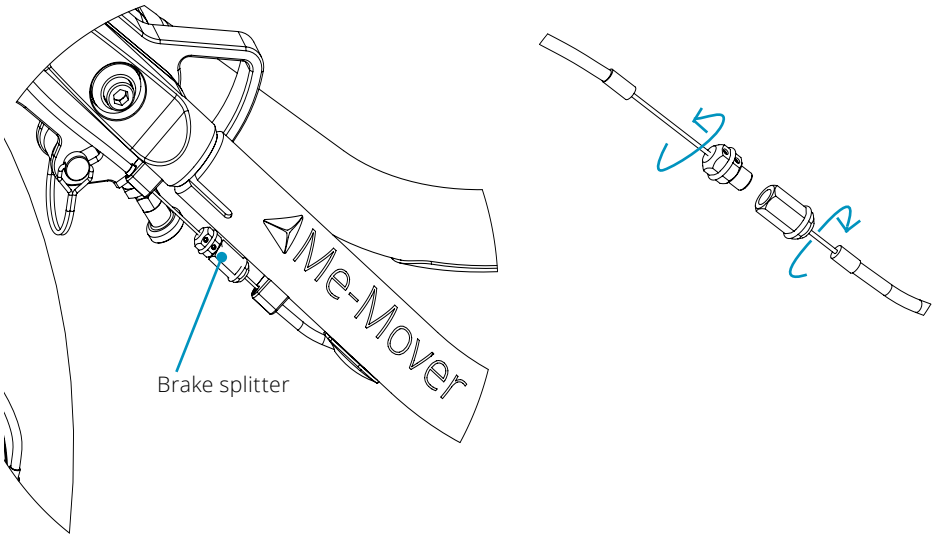


10. Align the lock nut and adjustment screw and slide the cable into the groove. If necessary, pull the brake cable housing so more cable is exposed. Screw the lock nut and adjustment screw tight.

NOTE: Please take note of which cable operates the front and the rear brake when doing this step. There may be local laws regulating how your brakes need to function.

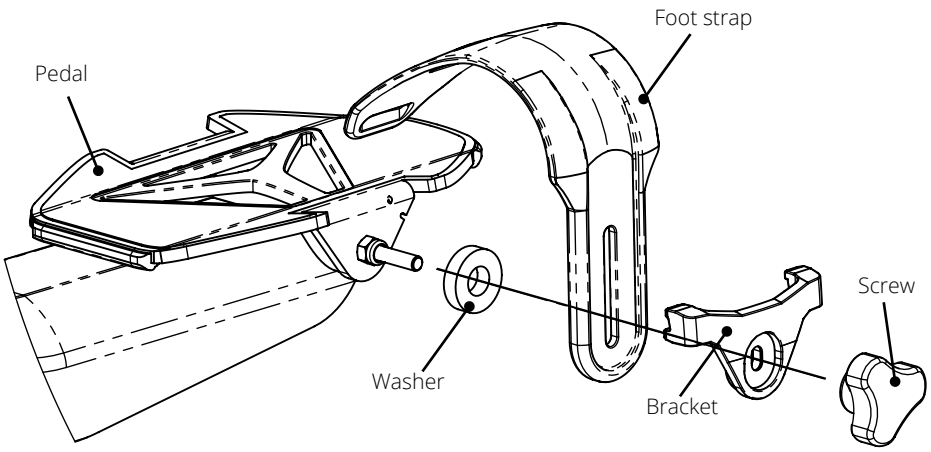


11. Attach the two brake cables at the cable splitter. Screw the splitter together using your hands. Rotate one in a clockwise and the other in a counterclockwise direction simultaneously.

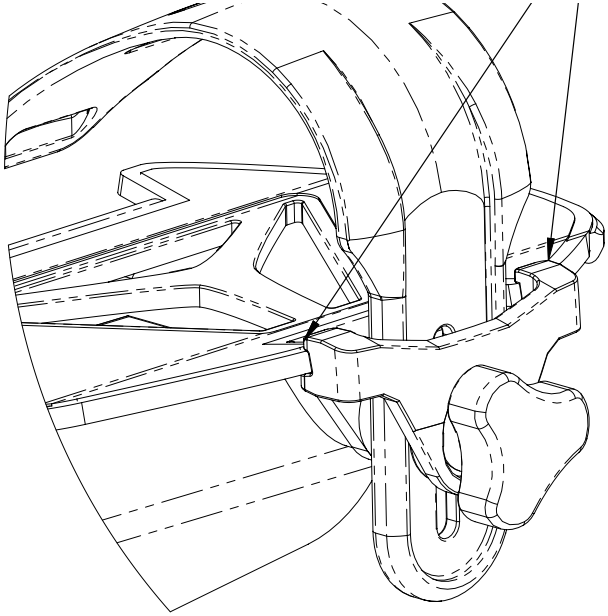


12. Attach the foot straps. Align the components as shown, and tighten the screw.

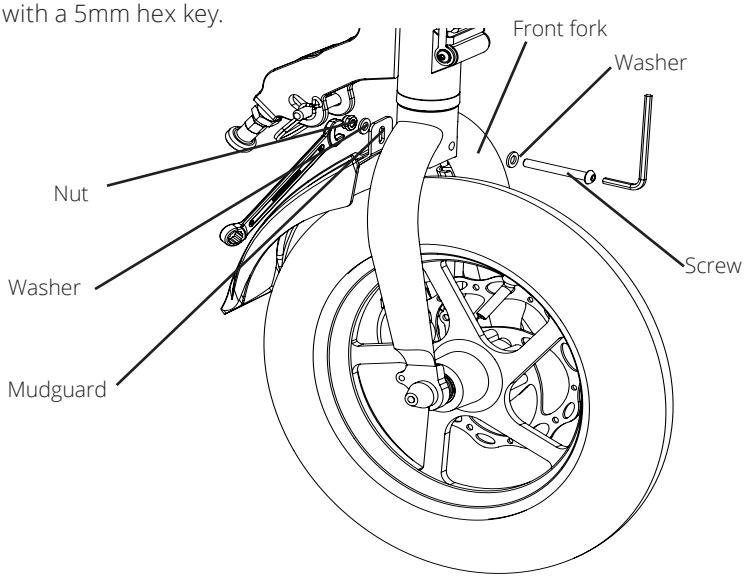
NOTE: Please hold the bracket in place with one hand whilst tightening the screw with the other.



Make sure that the two forks grip the sides of the pedal on both sides.



13. Mount the mudguard. Place the washers between the mudguard and the front fork as shown. Use a 10mm open-end wrench to hold the nut in place while you rotate the screw with a 5mm hex key.



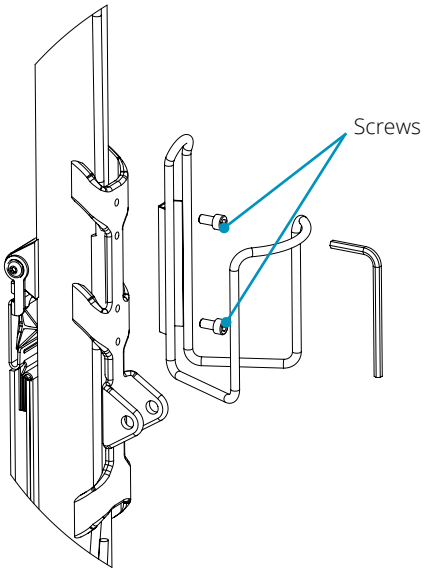
14. Brakes check: Please test the brakes are functioning properly.

Conduct a security test before riding. Test both the front and the rear brakes before getting on your Me-Mover FIT 2.0. Walk alongside your Me-Mover FIT 2.0 and try to brake with each brake individually. You should be able to stop the Me-Mover FIT 2.0 when in motion with each brake. The rear brake will bring you to a gradual halt.

> ⚠ WARNING!
> The front brake will bring you to a sudden halt, so please use it cautiously. In wet or slippery conditions, and when carving around corners, please be very cautious with the front brake.

> ⚠ WARNING!
> Do not use the Me-Mover FIT 2.0 if the brakes do not work properly. If they are not working properly, please refer to the User Manual for instructions on how to adjust the brakes.

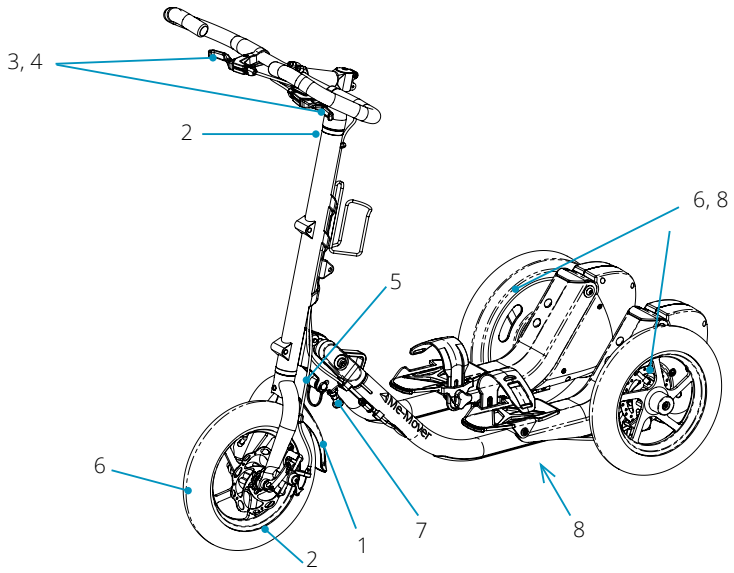
15. Mount the bottle holder (optional). Align the bottle holder with the fixtures and screw them in using a 4mm hex key.



Checklist Before You Get On 8

You should run through this checklist every time you are about to use your Me-Mover FIT 2.0:

1. Ensure the locking bolt has clicked in place, when unfolding, see page 52
2. Ensure all Quick Releases are fastened tightly, see page 15
3. Ensure both the front and rear brakes function properly and they are not being overstretched, see page 42
4. Ensure the parking brake is not engaged, see page 42
5. Ensure the centre block screw is securely tightened, see page 53
6. Ensure the tyre pressure is sufficient, and check for wear and/or damage to tyres, see page 55
7. Ensure both carving fasteners are securely tightened, see page 54
8. Ensure each of the wheels run freely. Tilt the Me-Mover FIT 2.0 to one side, life the pedal arm and let it drop. The wheels should rotate with no scratching sounds, see page 55



Rules to Ride Safely 9

Know and Obey Local Road Laws

Most state and local areas have specific road laws. Obey these laws. The necessary items such as lights and reflectors change between areas. To learn what is necessary, consult your local council or the Department of Transportation (or the equivalent). It is the responsibility of the rider to remain up-to-date with road laws. Me-Mover Fitness Australia is not liable for infringements while riding a Me-Mover FIT 2.0.

These are examples of some important traffic rules. Please note that these are only a small number of rules - you must familiarise yourself fully with your local road laws.

- When riding the Me-Mover FIT 2.0 always hold on with both hands. Do not attempt to ride with one hand.
- Mount a horn or bell on your Me-Mover FIT 2.0 to tell people you are near
- Ride one at a time (single file) when you ride with other road users
- Ride on the correct side of the road; Do not ride in the opposite direction of traffic
- Ride defensively: be prepared for all situations
- Take care when riding over road curbs and/or uneven or badly maintained roads.
- Use correct hand signals. Be careful when doing so, so you do not loose balance.

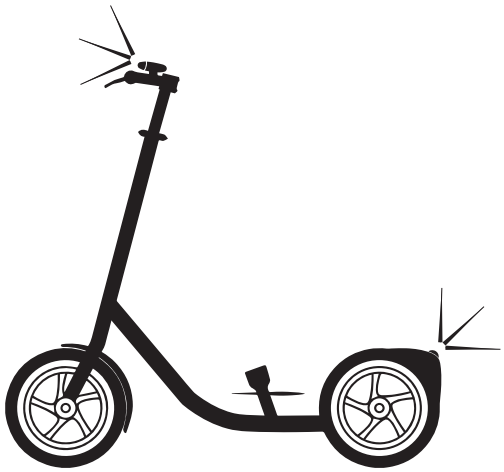
Wear Safety Gear

Wear a helmet that complies with your country's legal safety standards. A helmet can decrease or prevent injury.

It is advised that you also wear protective gear such as knee pads and elbow pads.

Make Sure You Are Clearly Visible

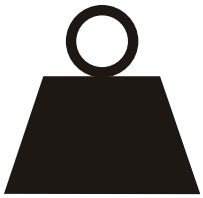
You must ensure your Me-Mover FIT 2.0 has a full set of reflectors and lights that are leaglly appropriate according to your country's road laws. Make sure the reflectors are clean and in the correct position, and that your clothing or accessories do not obstruct them.



Wear bright, and reflective clothing to make it easier for others to spot you, especially at night. If you ride at dusk, at night, or in low-visibility conditions, consult your dealer to find equipment or materials that help your vision and that meet local requirements.

Maximum Load

The Me-Mover FIT 2.0 is suitable for both children and adults, however there are weight restrictions. The pedal arms are pressed down by your body weight, thus a certain amount of weight is needed. Anyone weighing less than 30kg could have problems with applying enough force to lower the pedals, and could make riding a challenge.
The maximum load of a Me-Mover FIT 2.0 is 100kg / 220lbs. Persons heavier than 100kg will risk damaging the Me-Mover FIT 2.0 by bending the rear frame.



100 kg / 220 lbs

Think About Safety When You Ride

You can prevent many accidents if you use common sense and think about safety. Here are some examples:

- Check your Me-Mover FIT 2.0 before every ride
- Do not ride 'no hands' or with one hand
- Do not ride with a loose object or pet (or its leash) attached to the handlebar or other part of your Me-Mover FIT 2.0
- Do not ride while intoxicated or while you use medication that can make you drowsy
- Do not 'ride double.' The Me-Mover FIT 2.0 is designed for only one rider
- Do not ride above your skill level
- Do not ride abusively
- Ride carefully when off-road. Ride only on the trails. Do not ride over rocks, branches, or depressions. When you approach a descent use your rear brake to decrease your speed
- Do not ride too fast. Higher speed causes higher risk. Higher speed results in higher forces if a crash occurs. The Me-Mover FIT 2.0 can reach speeds as fast as 40 km/h, however only do this if you are an advanced rider. Children should not ride fast and never without adult supervision

Safeguarding 10

Lock your Me-Mover FIT

Safeguarding your Me-Mover FIT is essential in everyday use. Therefore always use a secure, tough lock. Use a lock that resists bolt cutters and saws. Do not park your Me-Mover FIT unless it is locked.
Loop the chain through the centreblock **and** the front wheel, and then secure it to an immovable object. Engage the parking brake.

Packaging When You Ship Your Me-Mover FIT

If you need to package your Me-Mover FIT for travel, always use a hard case or carton that will protect your Me-Mover FIT. Attach pads to all the frame and fork tubes, and use a rigid block to protect the fork tips and maintain structural support of the fork blades. If the Me-Mover FIT is not packaged correctly it could be easily damaged in transit.

It is a good idea to save the box your Me-Mover FIT was shipped in for future use.

Riding Instructions 11

⚠ WARNING!
Do not try the Me-Mover FIT 2.0 in a crowded or high traffic area for the first time.

⚠ WARNING!
Never attempt to ride with one hand, always hold on with both hands.

The Me-Mover FIT 2.0 offers a totally unique riding feel that requires only minutes to learn. Follow these simple instructions to start riding your new Me-Mover FIT 2.0. You can also watch our video : bit.ly/1ryQn71

1. Find an area without traffic to practice in.
Ensure that it is a safe, straight stretch with a flat surface.

2. Make sure both pedals are in the bottom position.

3. Adjust the foot straps: place one foot fully onto the pedal - not just the ball of the foot. Gently tighten the foot strap until it fits comfortably around your foot. Repeat on the other foot.

4. Stand next to your Me-Mover FIT 2.0. Ensure the parking brakes are not engaged.

5. Grab the handlebar and hold the brake(s) tight.
Place one foot into the pedals at a time – for stability purposes place your foot closest to the Me-Mover FIT 2.0 in the pedal first.

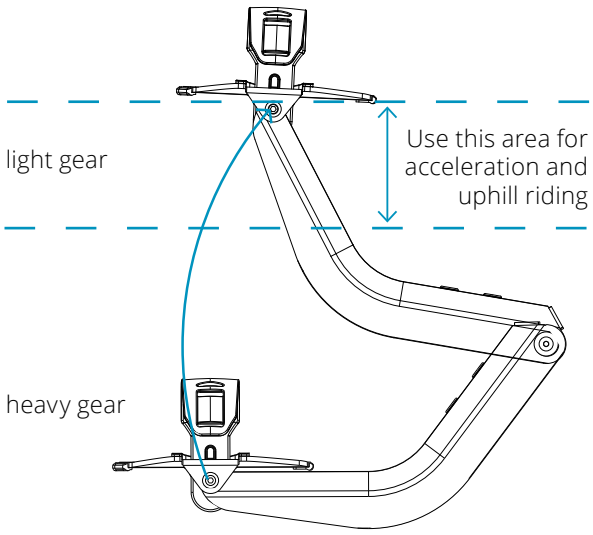
6. Keep holding the brake(s) tight and lean gently to either side to find your balance, and to get the feeling of the unique carving motion the Me-Mover FIT

2.0 offers.

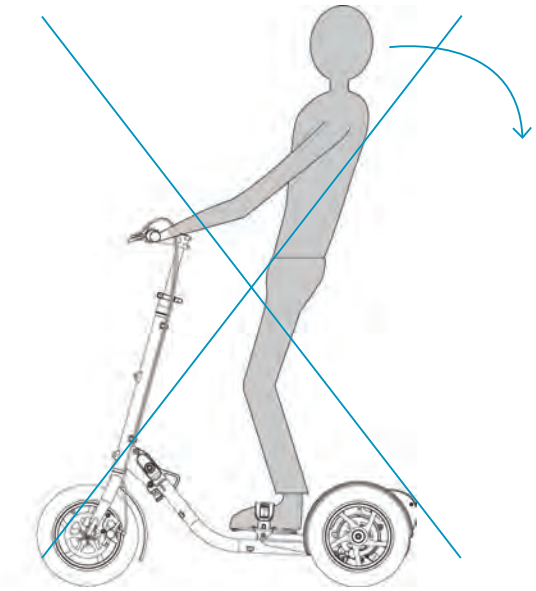
7. Lift one leg to the highest comfortable point .

8. Let go of the brake(s). You will move slightly forward, and at this point you have to **lift your other foot. Only concentrate on lifting your feet**. Alternate lifting them as though you are walking up a flight of stairs. Eventually you will lift your second foot before the first foot will reach the bottom of the pedal stroke. There is no need to forcibly push the pedal downwards, because your body weight will automatically push the pedal down when the other pedal is being lifted.

9. The higher the pedal rises, the lower the gear is. The position of the stroke determines the gear.



⚠ WARNING!
Due to the very compact design and short wheel-base it is possible to do an unintended 'wheelie'.
Always lean forwards when riding the Me-Mover FIT 2.0. Keep your centre of gravity between the front wheel and the rear wheels at all times.



⚠ WARNING!

Although you can learn to ride the Me-Mover FIT 2.0 in minutes, **do not ride on challenging terrain or in traffic areas until you are practiced and have 100% control of the Me-Mover FIT 2.0**. It is your own responsibility to practice sufficiently on the Me-Mover FIT 2.0 before entering crowded areas. Always wear protective gear, such as a helmet and protective pads. Never ride the Me-Mover FIT 2.0 while intoxicated.

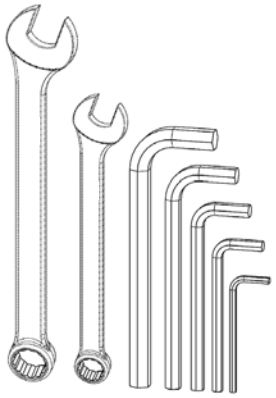
Maintenance 12

It is important to maintain your Me-Mover FIT 2.0 properly. This will prolong the lifespan of your Me-Mover FIT 2.0, and will also reduce the likelihood of damage or breakage.

> ⚠ CAUTION!
> Special tools are necessary for the assembly and the adjustment of your Me-Mover FIT 2.0.

Suggested Tools List

- Open-end wrench: 10mm, 7mm
- Hex Key: 8, 6, 5, 4, 2 ½mm



About Mechanical Work

Incorrect Mechanical Work Can Make Your Me-Mover FIT 2.0 Unsafe

The instructions in this User Manual are for the everyday user and are designed to help you with assembly and minor repair work. There are some very specific requirements that must be met when handling the Me-Mover FIT 2.0. Something as simple as an under-tightened screw can, over time, cause a part to break and lead to an accident.
We recommend you have your Me-Mover FIT 2.0 professionally serviced every year.

Modifications to Your Me-Mover FIT 2.0 Can Make it Unsafe

Each and every part of your new Me-Mover FIT 2.0 has been carefully selected and approved. The safety of accessory or replacement parts, and especially how those parts attach and interface with other parts of the Me-Mover FIT 2.0, is not always apparent. For this reason, you should only replace parts with original equipment or parts that are approved.
If you are not sure what parts are approved, contact us at:
support@me-mover.com.au.

Necessary Regular Maintenance

This maintenance schedule is based on normal use. If you ride your Me-Mover FIT 2.0 more than average, or in rain, snow, or off- road conditions, do maintenance on your Me-Mover FIT 2.0 more frequently than the schedule recommends. If a part malfunctions, check and service it immediately. If a part has wear or damage, replace it before you ride your Me-Mover FIT 2.0 again.
After initial use your Me-Mover FIT 2.0 should be checked. As an example, cables stretch through use, and this can affect the operation of the brakes.
Even if you do not ride your Me-Mover FIT 2.0 much, have your Me-Mover FIT 2.0 fully serviced each year.

Lubrication

Lubricating the Chains and Locking Bolt

Lubricated Locking Bolt and chains are essential for a safe ride. There are three chains in the transmission. The chain that rotates with the wheel must be lubricated once a week, while the other two need to be lubricated once a year. An unlubricated chain can cause accidents and injuries.

We highly recommend you use Cross Country FINISH LINE Wet Lubricant. You can purchase this at most bicycle shops.

Every Day, or Before Getting on Your Me-Mover FIT 2.0

1. Check the locking bolt has clicked in place
2. Ensure your foot straps are securely tightened to your foot
3. Check and tighten all Quick Releases securely
4. Examine the brake cables for any problems: kinks, rust, broken strands, or a frayed end
5. Check the brake calipers are clean so both the front and rear brakes function properly
6. Tilt the Me-Mover FIT 2.0 to one side, lift the pedal arm and let it fall freely. The wheel should spin freely. Repeat on the other wheel. If there is resistance or a scratching sound, clean the brake discs
7. Ensure the tyre pressure is sufficient, if not then inflate the tyre further
8. Ensure the front and rear lights and reflectors are mounted securely and are not obstructed
9. Clean your Me-Mover FIT 2.0 by spraying it down with cold water then wiping it with a damp cloth if needed

NOTE: Be careful about cleaning your Me-Mover FIT 2.0 with cold water in the winter

Every Week

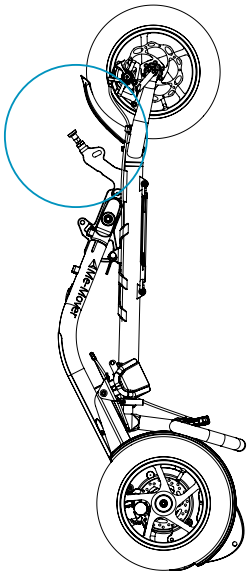
- Check tyre pressure is **5 bars,** see page 55
- Check that the centre block screw is tightened properly, see page 53
- Check rear wheel screws are tight, see page 55
- Check the carving fasteners are tight, see page 54
- Check the transmission screws are tight, see page 58
- Check rodbase screws are securely tightened, see page 59
- Lubricate the locking bolt, see page 36
- Lubricate the wheel chain, see page 37

Lubricating the Locking bolt

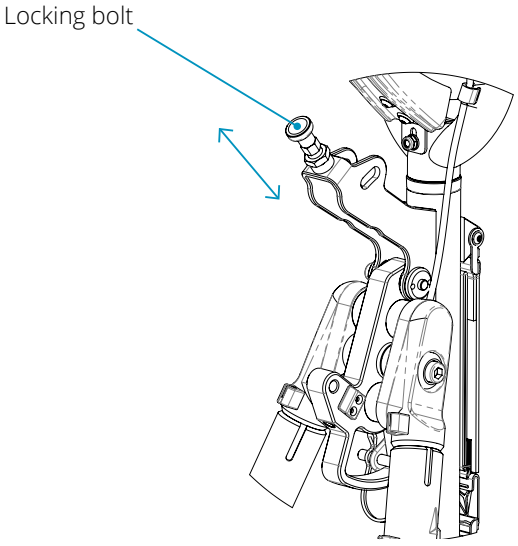
The locking bolt must be lubricated every week. As it is positioned on the underside of the Me-Mover FIT 2.0 it can be exposed to water, dirt, sand and other sediments. The mudguard is in place to prevent this, however even a slight amount of sediment can jam the locking bolt.

To lubricate the locking bolt:

1. Fold the Me-Mover FIT 2.0 and stand it upright

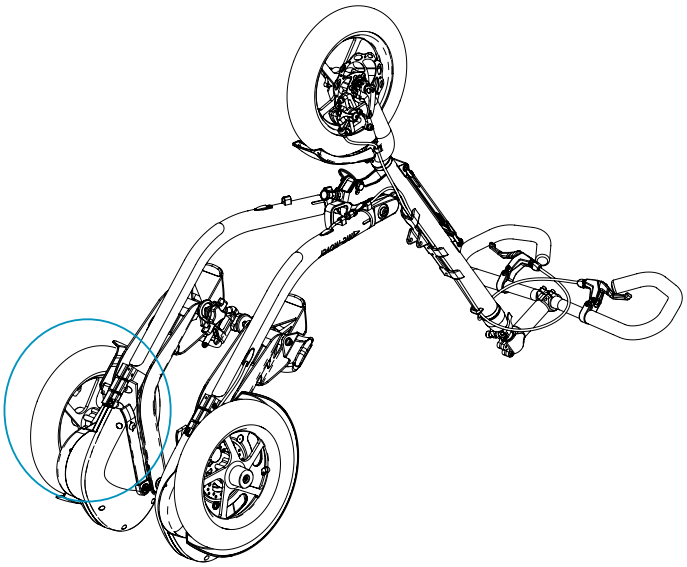


2. Apply one drop onto the top of the locking bolt and pull the lever back and forth to spread the lubrication along the locking bolt.

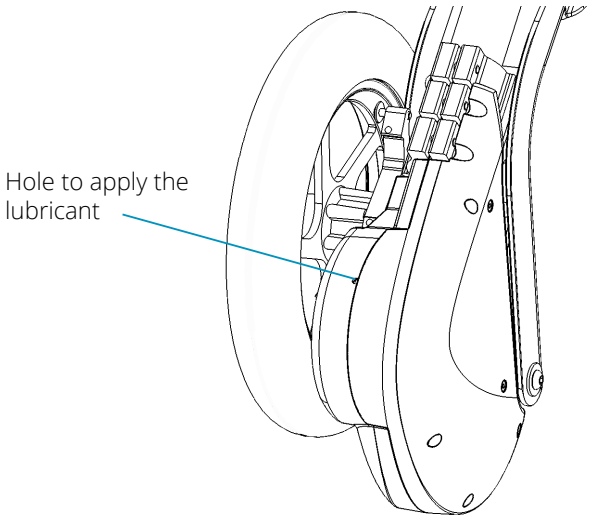


Lubricating the wheel chain:

1. Place your Me-Mover FIT 2.0 upside down as shown.



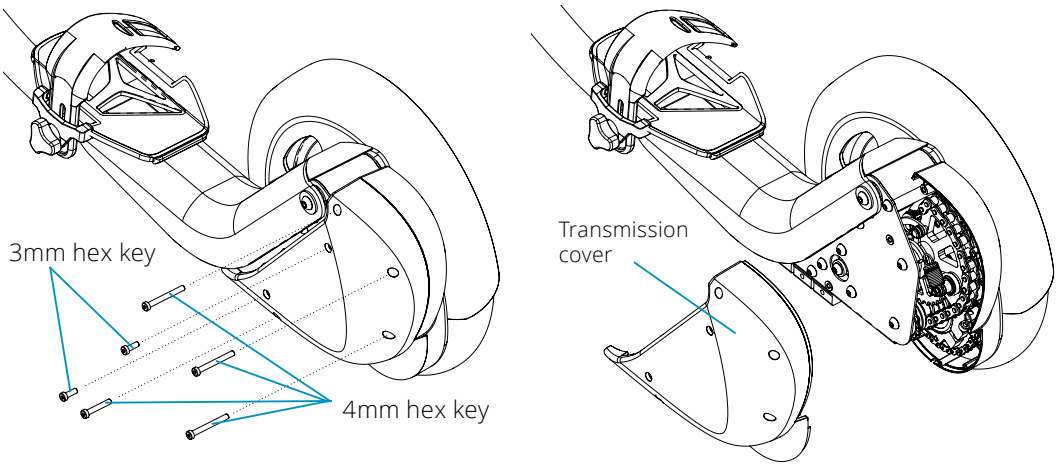
2. Drop 3-4 drops into the little hole on the back of the transmission cover and pump the pedal up and down to rotate the chain on the inside. This ensures that the lubricant is distributed along the entire chain.



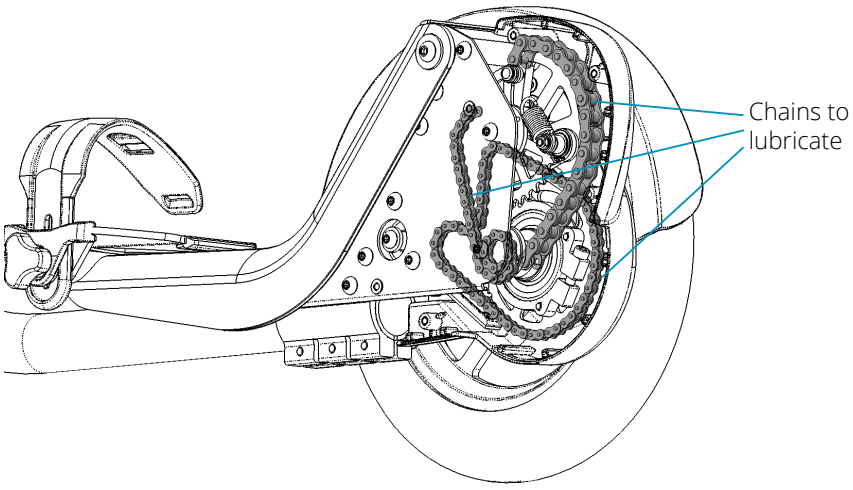
Every year you must:

- Complete maintanance by a skilled mechanic
- Remove the transmission covers and lubricate all three chains as shown:

1. Remove the transmission covers one at a time: unscrew the six screws on the inner side of the Me-Mover FIT 2.0 wheels using a **3mm** and **4mm hex key**.



2. Apply the lubricant directly onto the chains as you rotate the individual wheels. Ensure the wheel makes enough rotations so the oil covers the entire chain sufficiently.
   NOTE: The large chain endures the most force while riding, so it is paramount that it gets a good amount of lubrication.



3. Re-mount the transmission covers and screw the six screws using a **4mm hex key**.
4. Repeat on the other transmission.

> ⚠ CAUTION!
> Use EXTREME caution when tightening screws as only a very small amount of torque is necessary and over-tightening is very easy.

Repairs and Adjustments 13

This section provides instructions for repairs and adjustment of the parts of the Me-Mover FIT 2.0. The parts are divided into subsections to make it easier for you to locate the relevant instructions.

Please note that these repairs and adjustments are only minor. If your Me-Mover FIT 2.0 has substantial damage or breakage you must contact Me-Mover Fitness at support@me-mover.com.au and we will arrange the necessary repairs. Your warranty only covers the main parts, and excludes any wear-and-tear.

It is extremely important that you follow the given instructions precisely, as every part of the Me-Mover FIT 2.0 has specific requirements.

A Word about Torque Specifications

Torque is a measure of the tightness of a screw or bolt. For every screw or bolt you can tighten there is a torque specification. These specifications are listed in the relevant sections in the Repairs and Adjustments on page 39.
Some screws on the Me-Mover FIT 2.0 are very fragile and only require a little amount of torque. All of the aluminium screws on the handlebar and all of the screws securing the transmission covers require only a force of 5 Newton Metres. This is not a lot of force and can easily be exceeded if you are not careful. Always use the correct tools. There are devices that can measure the amount of Newton metres.

> ⚠ CAUTION!
> Make sure you do not apply too much torque, as this can cause damage or break the part. However, a screw or bolt that is too loose can also lead to damage and could cause a part to break.

Handlebar

Handlebar Adjustment

The handlebar is important for control and safety while riding the Me-Mover FIT 2.0.

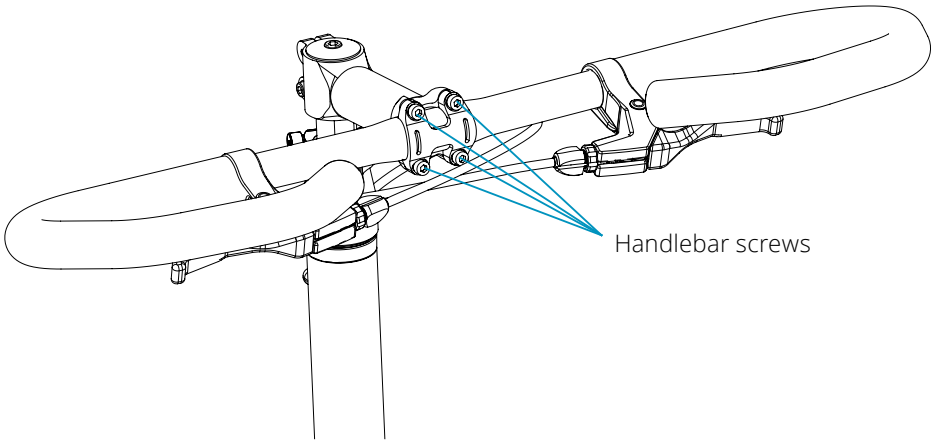
To fasten the handlebar follow these steps:

1. Using a **4mm hex key** rotate the four screws in a clockwise direction.

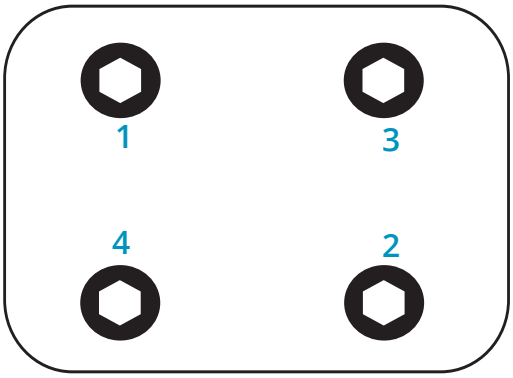
Torque specifications: 5 Newton metres

> ⚠ CAUTION!
> These aluminium screws are extremely delicate and do not require a lot of torque. It is easy to over-tighten so do not exceed the torque specifications given above.

NOTE: you can adjust the angle of the brake handles by adjusting the handlebar. When you have found the desired position secure the handlebar screws as indicated.



2. Cross-fasten the screws as shown:

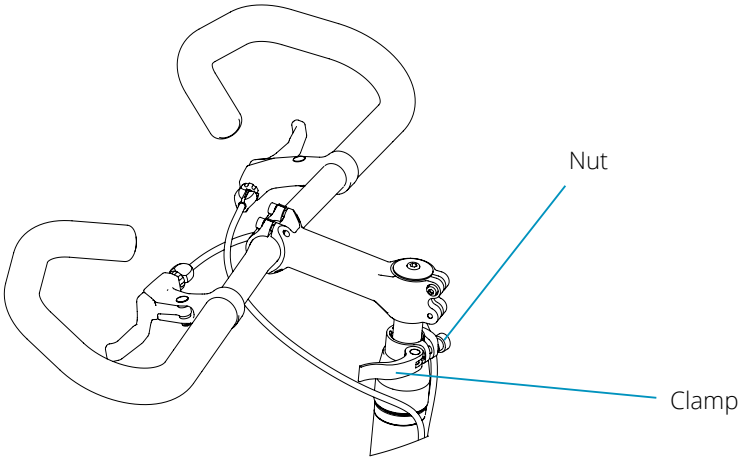


Steering

Steering Height Adjustment

The steering column can be adjusted to suit people of different heights. To adjust the height, you must use the Quick Release on the steering column.

1. Hold the clamp OPEN while you rotate the nut in a clockwise direction.
2. Rotate the nut until you cannot close the clamp anymore. Then release the nut slightly so you can JUST close the clamp.



3. To close the clamp push it firmly inwards. Align the clamp with the centreblock, so the clamp does not stick out of the Me-Mover FIT 2.0.
4. Test the tightness of the steering column by trying to push down on it. If it does not move then it has been fastened securely. If you are able to adjust the height simply by applying force, you must rotate the nut a few more rotations and then close the clamp.

> ⚠ CAUTION! WARNING!
> Do not heighten past the mark. If the minimum mark on the steering column is visible you have heightened it too much. This will weaken the stability of the steering column and will risk injury and/or damage to your Me-Mover FIT 2.0.

> ⚠ CAUTION!
> Do not turn the handlebar more than 90˚ in each direction otherwise the brake cables will become tangled, which can lead to broken brake cables.

Brakes

The brake system allows you to slow down or stop your Me-Mover FIT 2.0. The Me-Mover FIT 2.0 is equipped with brake discs. The maintenance and operation of the brake discs is critical for your safety and driving experience. You should keep your brake discs clean. Use caution when wiping them.

How Does a Brake Disc Work?

A cable connects the brake disc with the brake handle. Pulling the brake handle causes the brake pads to apply pressure to a brake disc attached to the wheel, thus increasing friction and slowing down your Me-Mover FIT 2.0.

> ⚠ WARNING!
> The brake disc can get very hot during use and could burn skin. Also, the disc edges can be sharp and could cut skin. Do not touch the brake disc when hot or when in motion.

Parking Brake

Your Me-Mover FIT 2.0 is equipped with parking brakes to prevent your Me-Mover FIT 2.0 from rolling away when parked. To engage the parking brake push the red tab outward.

Brake Check

Walk alongside your Me-Mover FIT 2.0 and try to brake with each brake individually. You should be able to stop the Me-Mover FIT 2.0 when in motion with each brake. Pull the brake lever to make sure the brake moves freely and stops your Me-Mover FIT 2.0. If the brake lever can be pulled to the handlebar, the brake is too loose. If you cannot pull the brake lever at all then the brake is too tight.

Additionally, make the individual wheels spin to listen for friction between the brake pads and the brake dics. If you hear a scratching sound causing the wheel rotation to slow down, please adjust your brakes as they are too tight.

When the brake is not applied, the brake-pads should be **0.25-0.75mm** away from the brake disc. If the pads are too near the brake disc, the brake is not in alignment or the brake is too tight.

⚠ WARNING!
The rear brake will bring you to a gradual halt. The front brake can bring you to a sudden halt, so please use it cautiously. In wet or slippery conditions, and when carving around corners, please be very cautious with the front brake. Do not use the Me-Mover FIT 2.0 if the brakes do not work properly.

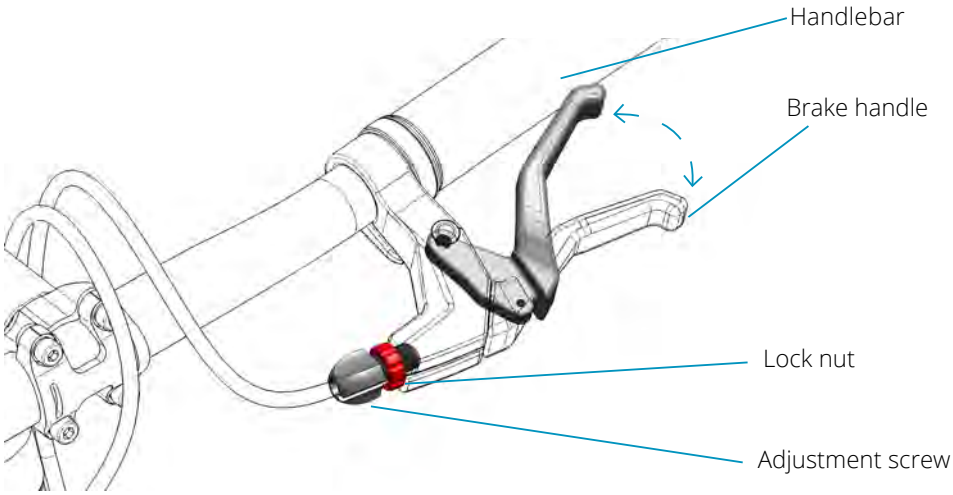
⚠ CAUTION!
Do not turn the handlebar more than 90˚ in each direction otherwise the brake cables will become tangled, which can lead to broken brake cables.

Brake Adjustment

Once you have tested your brakes you will know if they are too loose or too tight.

To adjust your brakes:

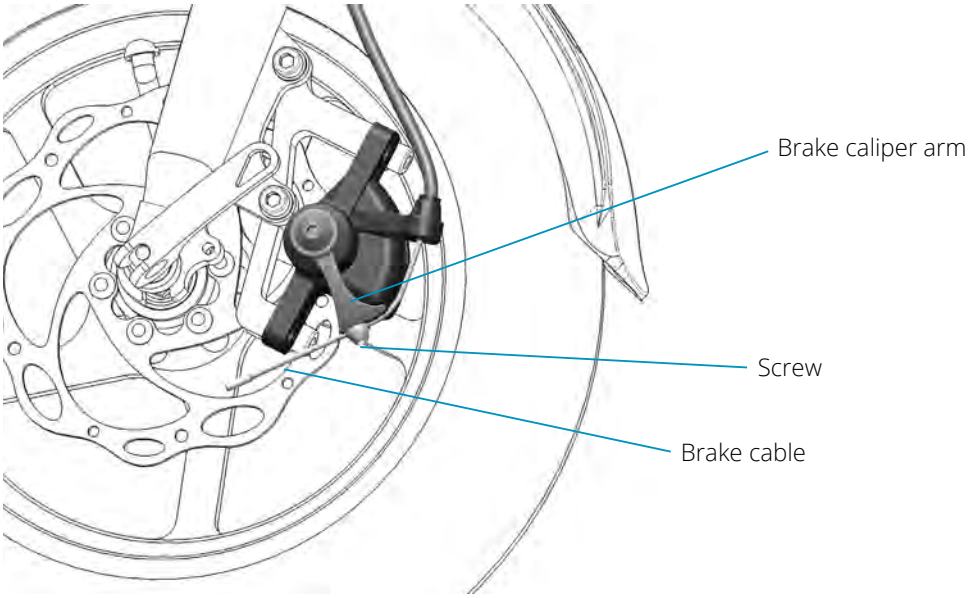
1. Release the lock nut.
2. Unscrew the adjustment screw until the tension of the brake handle feels good.
3. Tighten the lock nut.



NOTE: The adjustment screw determines the tension of the brake handle, and the lock nut secures the position in place.

If the brake handle still touches the handlebar then you must adjust the brake cable at the brake caliper.

4. Using a **5mm hex key**, release the screw at the end of the brake caliper arm.
5. Hold the end of the brake cable and make the wheel spin. Reposition the brake caliper arm so that there is no scratching sound.



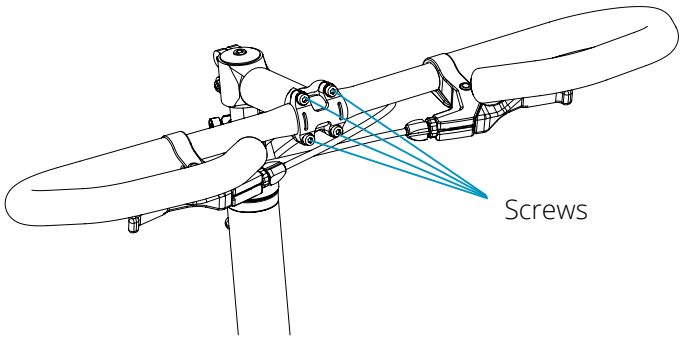
6. While still holding on to the end of the brake wire, secure the screw at the end of the brake caliper arm with the **5mm hex key**.
7. Fine-tune the brake lever by repeating steps 1 - 3.

Brake Handle Angle

The handle should be mounted at an angle comfortable for your specific driving style. To adjust you simply adjust the angle of the handlebar. This is a very simple process.

To adjust the position of the brake lever:

1. Using a **4mm hex key**, loosen the four screws 4-5 turns.
2. Rotate the handlebar to your desired position.

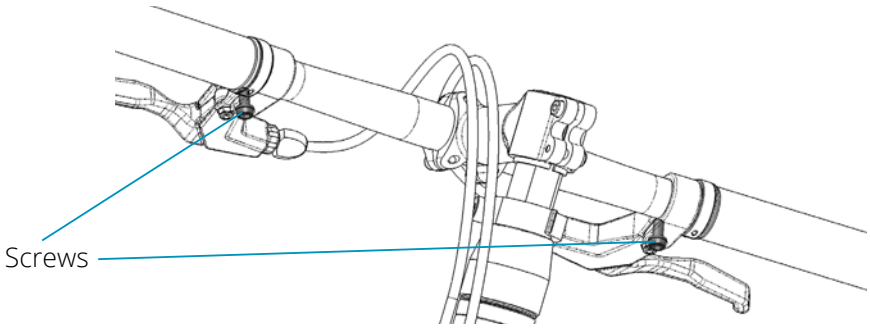


3. Tighten the screws using the same **4mm hex key**.
   Torque specifications: 5 Newton metres

⚠ CAUTION!
These aluminium screws are extremely delicate and do not require a lot of torque. It is easy to over-tighten so do not exceed the torque specifications given above.

Or you can adjust the angle of the individual brake lever.

1. Unscrew the screw on the bottom of the handle using a **5mm hex key**



2. Find the desired position of the brake lever and tighten the screw.
   Torque specifications: 5 Newton metres
3. Repeat steps 1 and 2 on the other brake handle.

Brake Cable Specifications and Replacement

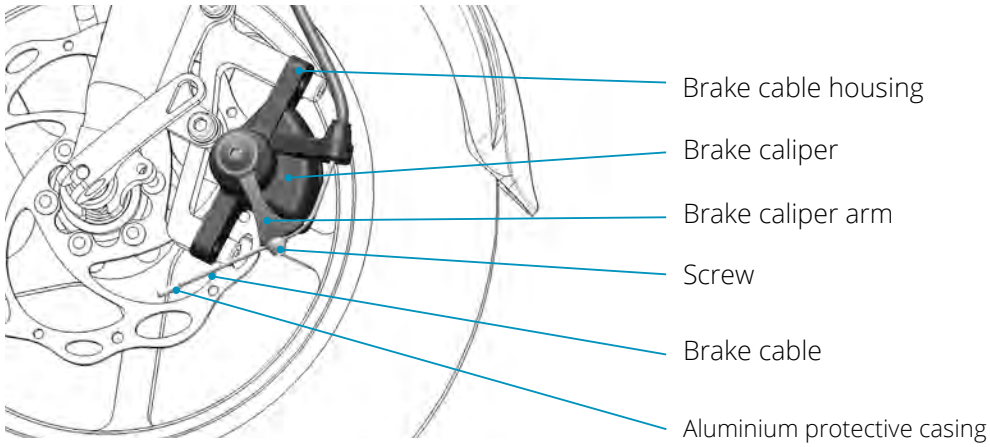
Your Me-Mover FIT 2.0 is equipped with premium quality brake cables and stainless steel wire. It is import for safety and drive experience that the brake cables are intact and without any damage.
Every few weeks you must examine the brake cables and cable housing for any problems: kinks, rust, broken strands, or a frayed end. If there is a problem with a brake cable or brake cable housing, do not ride your Me-Mover FIT 2.0.
Brake cable type: Mountain bike or road bike, NOT RACER BIKE.

MEASUREMENTS	Width	Front cable length	Rear cable rear part length	Rear cable front part length
Brake cable:	1,5mm	135cm	75cm	120cm
Brake cable housing:	5mm	120cm	60cm	105cm
Anchor type:	-	MTB	Road	MTB

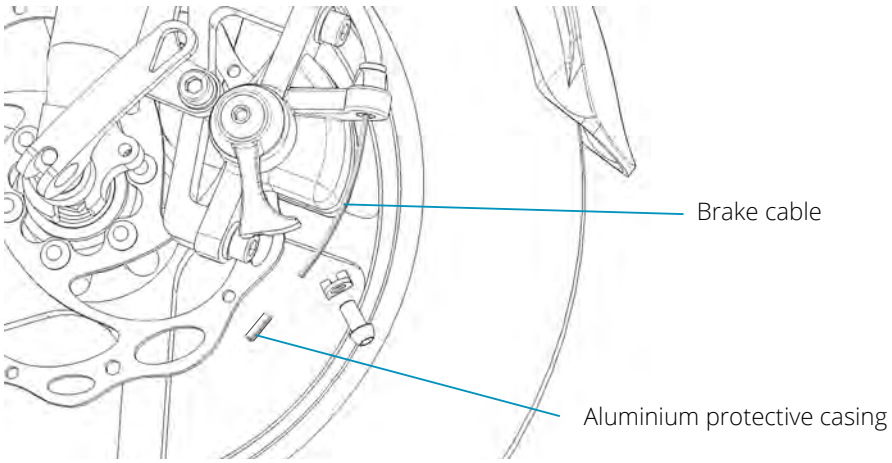
You can either buy these separately and cut them to the correct length, or buy a set. You **must** ensure that if you buy a set you refer to the specifications above.

Instructions to Replace the Brake Cables

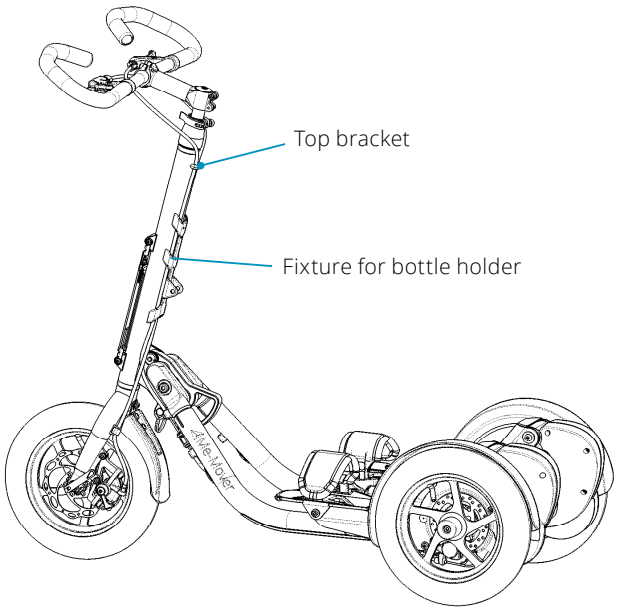
1. Prepare your new brake cable and brake cable housing.
   If you have bought the brake cable as a set then measure the correct length. If you have bought the brake cable and the brake cable housing separately, then measure the correct lengths and feed the brake cable through the brake cable housing. Have your aluminium protective casing ready (this is typically included when you purchase brake cables).



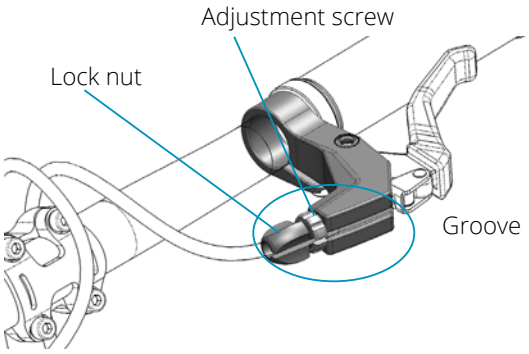
2. Release the Screw on the arm of the brake caliper using a **5mm hex key**.
3. Cut off the end of the brake cable and the aluminium protective casing with a pair of pliers.
4. Pull the brake cable out of the brake caliper.



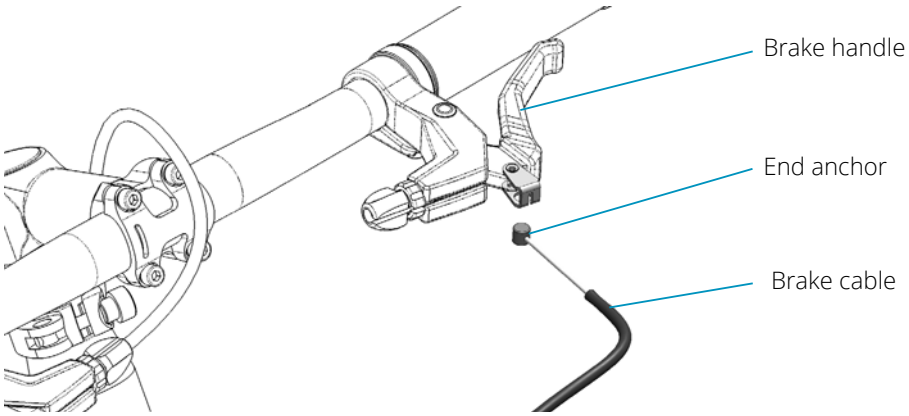
5. Put the cables through the bracket for the bottle holder and the top bracket on the front column.



6. Align the lock nut and adjustment screw so you can see the groove.

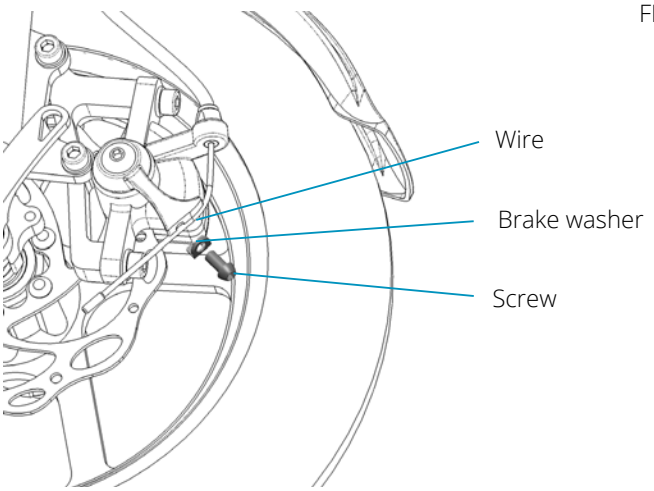


7. Pull the brake cable out of the brake lever through the groove.
8. Pull the brake handle and unhook the end anchor.

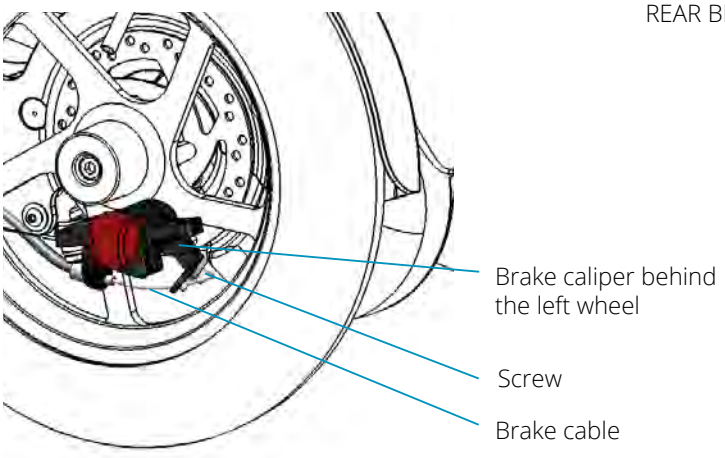


9. Install your new brake cable. At the brake caliper, align the brake cable to the brake washer. Hold it in place and tighten the screw at the end of the caliper arm using a **5mm hex key**.

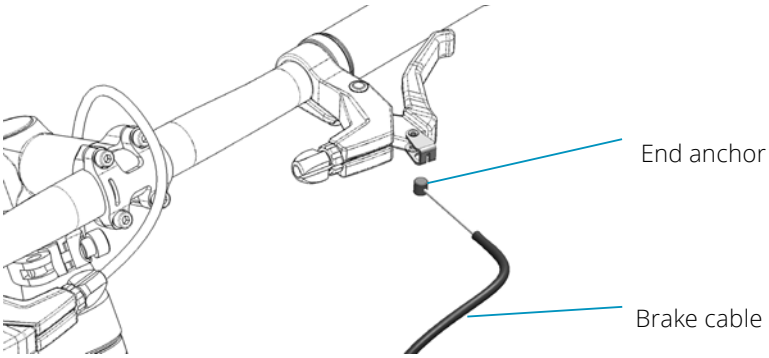
FRONT BRAKE



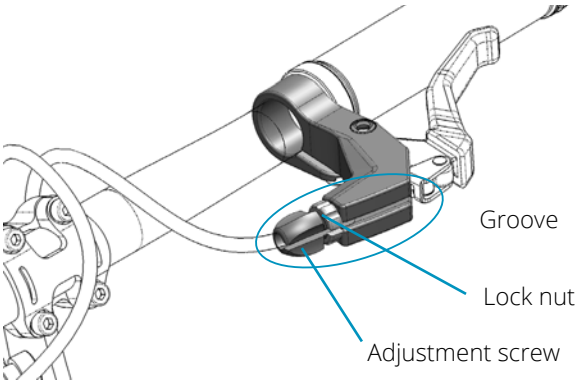
REAR BRAKE



10. Apply the aluminium protective casing to the end of your brake cable to contain any frayed ends. Secure it in place by pressing on it with pliers.
11. Clip the cable to the clips along the front fork and steering column.
12. Pull the brake lever and insert the end anchor into the brake lever.



13. Align the lock nut and adjustment screw so you can re-insert the brake cable into the groove.



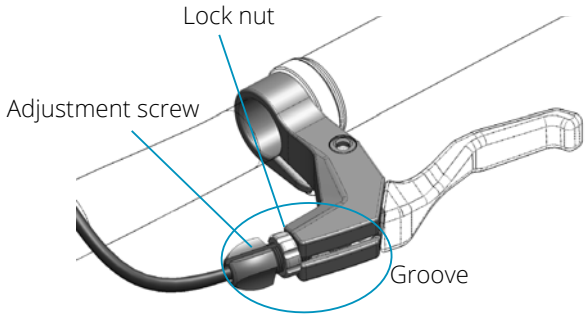
14. Adjust the tightness of the brake as outlined in the Brake Adjustment on page 43.

> ⚠ WARNING!
> Always use caution when handling the brake cable as the end can be frayed and can cut you very easily.

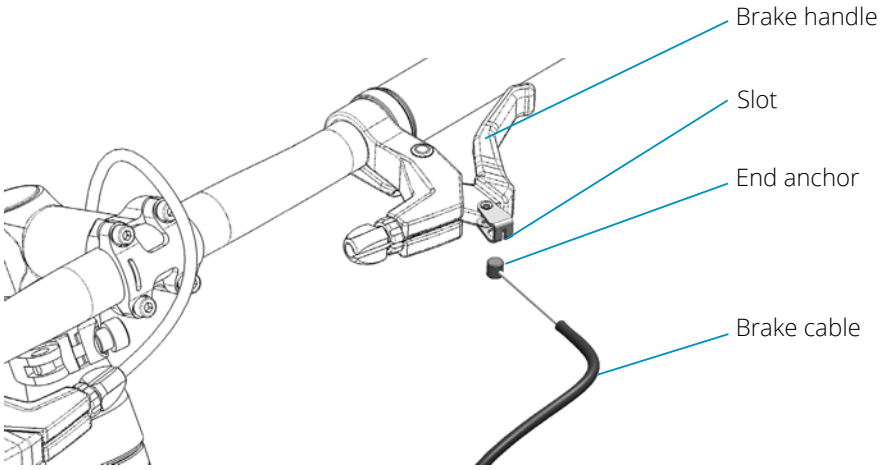
Changing Which Brake Levers Operate the Front and Rear Brake

Every Me-Mover FIT 2.0 is assembled the same way. The front brake is controlled by the left brake lever, and the rear brake is controlled by the right brake lever. This may differ from what you are used to, in which case you can easily switch the controls around. Follow these steps:

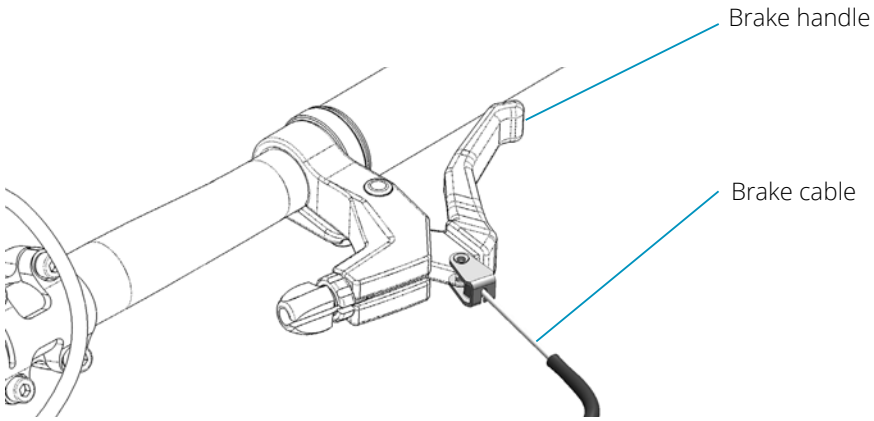
1. Align the lock nut and adjustment screw so you can see the groove.



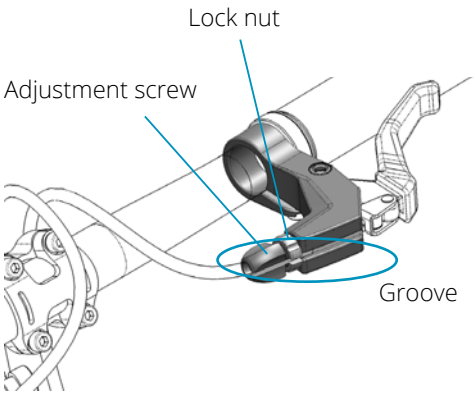
2. Pull the brake cable out of the brake lever through the groove.
3. Pull the brake lever and unhook the end anchor inside the brake lever. You will need to manoeuvre the brake cable to feed the end anchor through the slot in the brake lever.



4. Repeat the same on the other brake lever.
5. Switch the cables around so the front brake is controlled by the right brake lever, and the rear brake is controlled by the left brake lever.
6. Pull the brake lever and insert the end anchor through the slot in the brake lever.



7. Align the lock nut and screw and insert the cable into the groove.



8. If necessary, pull the brake cable housing backwards so more cable wiring appears.
9. Tighten the lock nut and adjustment screw.
   Refer to Brake Adjustment on page 43 to fine tune the brake tightness.

Centre block

Locking Bolt

The locking bolt is the little black lever located underneath the centre block. The locking bolt is part of the folding mechanism. It is the part that clicks into place when you unfold your Me-Mover FIT 2.0.

> ⚠ WARNING!
> If the locking bolt does not operate properly do not ride your Me-Mover FIT 2.0 under any circumstances.

It is paramount that this locking bolt is maintained and kept clean. Lubricate it every week. Refer to Lubricating the Locking bolt on page 36.
If it gets too dirty or if sand gets in it could jam the locking bolt. If you ride on dirty, muddy, sandy, or dusty terrain, ensure you lubricate the locking bolt. This will decrease the likelihood of your locking bolt jamming.

Lubricate the locking bolt using the Cross Country FINISH LINE Wet Lubricant and follow the instructions on page 36 .

If your locking bolt jams, please contact your dealer immediately. It is not easy to repair and is also very costly to do so. Do not attempt to fix it or replace it yourself.

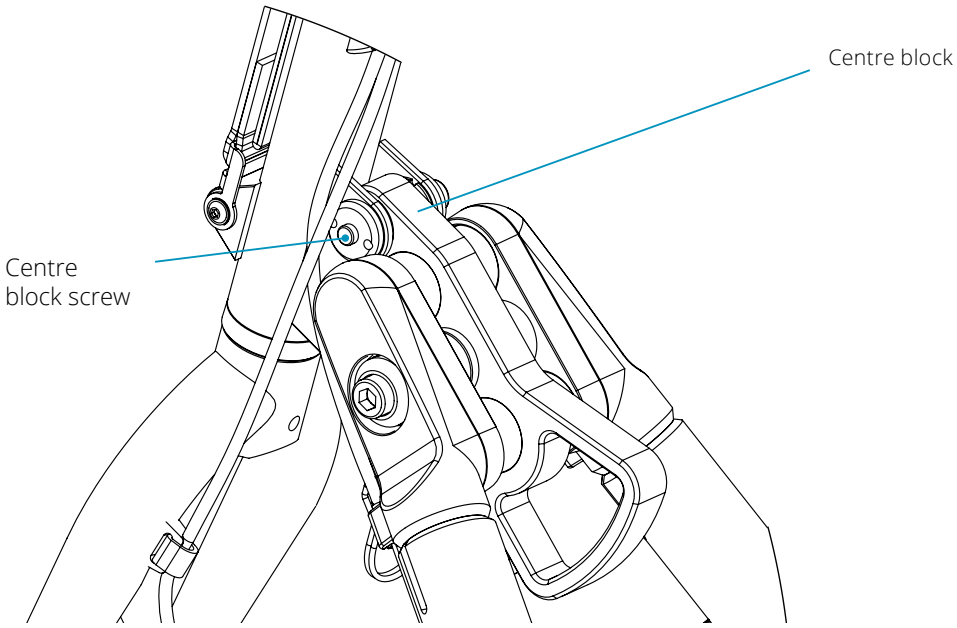
Centre Block Screw

The centre block screw is extremely important for your safety. It is what keeps your steering column and rear frame connected. It is paramount that this centre block screw remains tightly secured at all times. If it comes loose, the Me-Mover FIT 2.0 will come apart and you are likely to sustain an injury.

To maintain the centre block screw tightness you must:

Use a **6mm hex key** to rotate the screw in a clockwise direction.

> ⚠ WARNING! CAUTION!
> It is paramount that you always ensure the centre block screw is tightened.

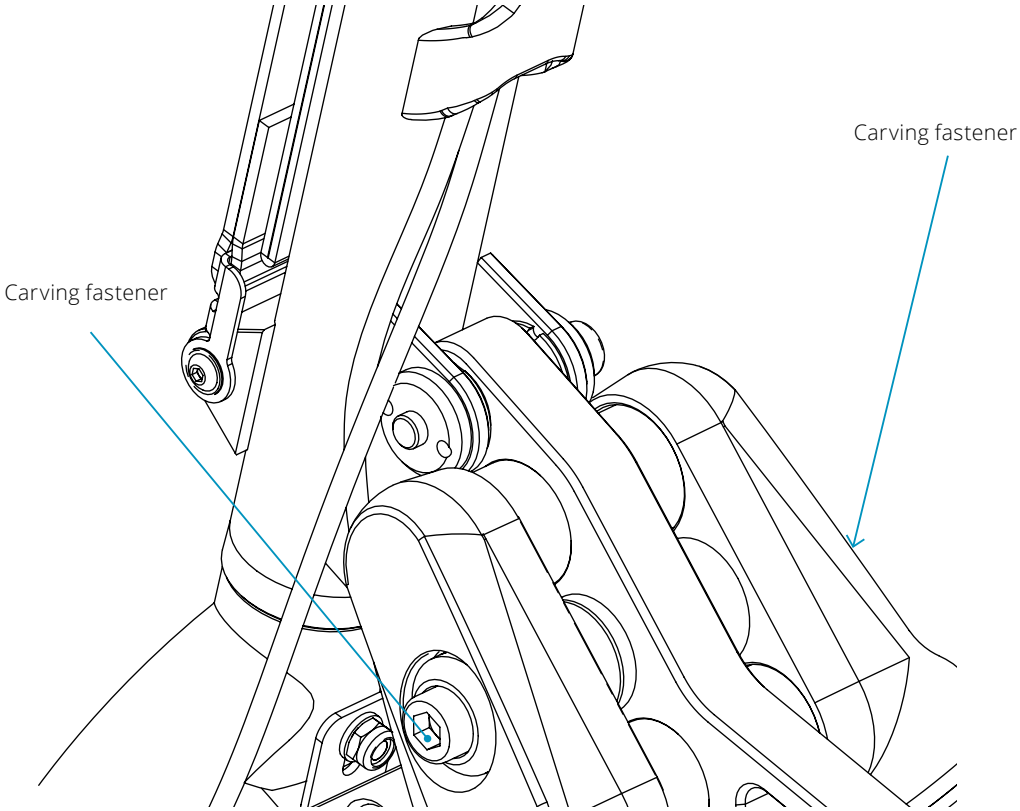


Carving Fastener

There are two carving fasteners on your Me-Mover FIT 2.0. They are located on either side of the centre block. The carving fasteners connect the individual tubes of the rear frame to the centre block. The carving fasteners enable the unique carving motion of the Me-Mover FIT 2.0.

In order to maintain flexibility and safety while riding, the carving fasteners must always be securely tightened. When assembled, the fasteners are locked into place with an engineering adhesive. However, in very rare circumstances they could come loose.

If the carving fasteners come loose you must tighten them using a **8mm hex key** in a clockwise direction.



Wheels, Tyres and Tubes

The wheels are critical for a safe and smooth ride. Their attachment and integrity are important for your safety.

Tyre Pressure

Since the Me-Mover FIT 2.0 has small wheels the tyre pressure is extremely important for smooth riding feel. If the tyre pressure is too low the rolling resistance is very high. Ensure the tyre pressure is at 5 bars or 72 PSI.

> ⚠ CAUTION!
> The wheels are specifically approved for the Me-Mover FIT 2.0. Do not use any non-approved parts. This can damage your Me-Mover FIT 2.0 and void your warranty.

Inspection of Wheels

Before every ride, check the wheel attachment and tyre inflation.

Each month, check tyres for a worn area or damage. Make sure the wheel (hub) bearings are correctly adjusted and tight.

The rear wheels are secured with an engineering adhesive, so there is a minor risk to come loose. In case they do you must tighten them using a **6mm hex key**.

Flat Tyres

If you experience a flat tyre it is most likely because the tube has been punctured. In order to fix this you must replace the tube or repair it. To replace a tyre or a tube on your Me-Mover FIT 2.0 we advise using a tyre repair kit. You can purchase these at most bicycle shops. We recommend Zefal Kit May Day.

Use the Correct Size

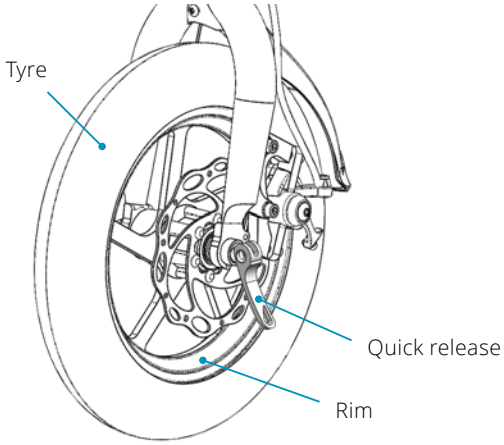
When purchasing spare tyres, tubes, rim strips, or other replacements, always ensure you are using the correct size of replacement component.
Me-Mover uses a standard tyre where the air inside the tyre is contained in an inner tube, and the tyre is on a standard rim. This is a very common type of tyre and is the easiest to repair.

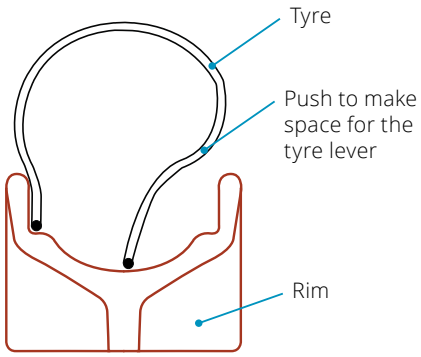
Please consult the chart below for useful information about the Me-Mover FIT 2.0 tyre and tube size.

	US size (inches)	EU size (mm)
Tyre (min)	12 x 1 ¾	47-203
Tyre (max)	12 ½ x 2 ¼	62-203
Tube	12 ½ x 2 ¼	62-203
Valve	45˚ Auto-Valve	45˚ Auto-Valve

Replacing a Tube

Front wheel





If you experience a flat tyre on your front wheel follow these steps:

1. Release the Quick Release and slide the wheel out of the front fork.
2. Deflate the tyre completely.
3. Push the tyre to the centre of the rim to be able to insert the tyre lever. See illustration.
4. Starting on the opposite side of the valve, insert a tyre lever between the tyre and the rim. It might be necessary to use two tyre levers simultaneously.
5. Pull the end of the lever towards yourself so the tyre bead pops out of the rim. Continue around the wheel to lift the bead out until one bead is completely free.
6. Slot the tube valve through the hole and pull the entire tube out of the rim.
7. Carefully run your hands along the inside of the tyre to check for any sediments, nails, glass, or anything that could have penetrated the tyre. Remove any such objects.
8. If the tube has a small puncture you can patch this up with a tube patch. Check the instructions of your tyre repair kit. If it did not come in your kit,

then you can easily purchase these patches at most bicycle repair shops. If the tube is unfixable then replace the tube.

9. Before you re-insert the tube, inflate it a little so it just keeps its shape. This will ease the positioning of the tube in the rim and tyre.
10. First slot the valve through the hole. Ensure the valve is pointing outside and not into the wheel. Then place the rest of the tube back in.
11. Insert the tyre bead back into the rim using your hands. When you can no longer use your fingers to insert the bead, use the tyre lever.

> ⚠ CAUTION!
> Do not twist the tube when you are doing this. Twisting can cause the tube to rupture.

12. When you have reinserted the tyre you must re-inflate the tube. Inflate it to **MAX 5 bars** (maximum 72 PSI).

> ⚠ CAUTION!
> Do not pinch the tube between the rim and the tyre.

13. Re-attach the tyre to the front fork and close the Quick Release. Ensure you slot the brake disc between the brake pads.
14. Rotate the wheel. If you hear a scratching sound you have to reposition the wheel. To adjust the brakes refer to Brake Adjustment on page 43.

Rear wheels

If you experience a flat tyre on your rear wheels lie your Me-Mover FIT 2.0 on its side or place a support under the frame and follow steps 3 - 11 above.

Replacing a Tyre

If your tyre has a big puncture you must replace the tyre.

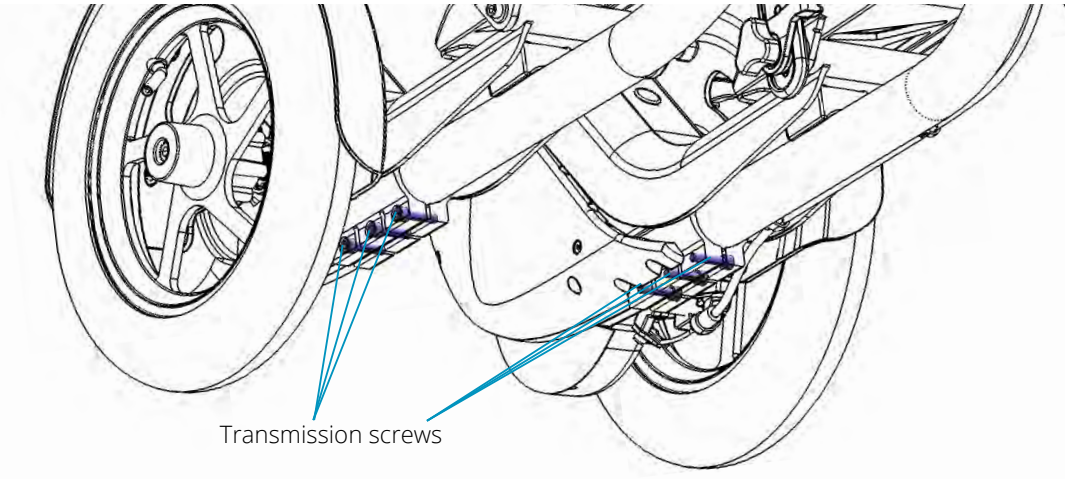
1. Remove one tyre bead completely. Follow steps 5, 6, 7 in Replacing a Tube on page 56.
2. Deflate the inner tube completely.
3. Remove the second tyre bead from the rim.
4. Replace the tyre - refer to the table above for correct the size.
5. Re-insert one tyre bead into the rim.
6. Follow steps 8 onwards in Replacing a Tube on page 56.

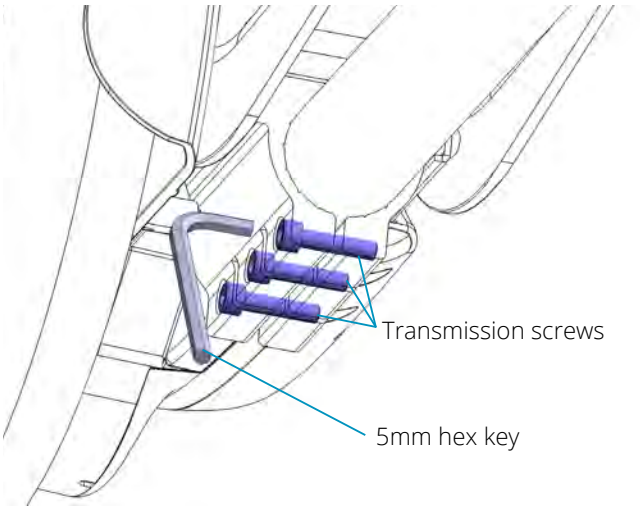
Transmission Screws

The transmission screws fasten the transmission to the rear frame tubes. These must be securely tightened at all times. If they come loose the transmission and wheels could tilt inwards and injure your ankles while riding.

To tighten these screws use a **5mm hex key**.

> ⚠ WARNING!
> Always ensure these screws are securely tightened otherwise you can risk severe injury to your ankles.





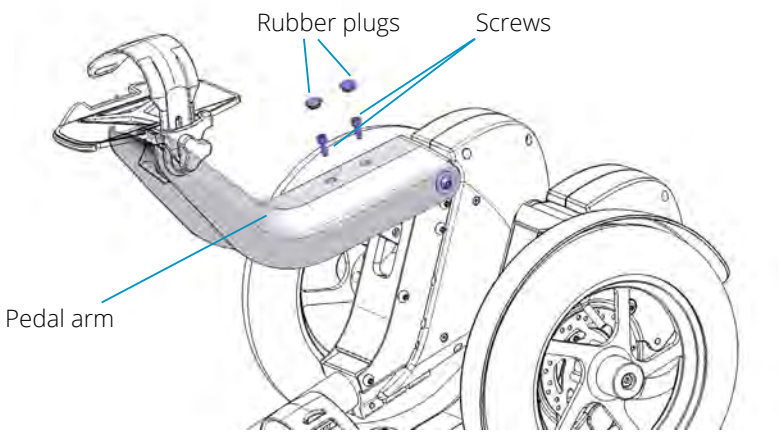
Pedal Arms and Pedals

The pedals and pedal arms connect to the transmission, making you move forwards. These parts must be maintained in order to have a proper functioning Me-Mover FIT 2.0.

Pedal Arms (Rodbase Screws)

The rodbase screws are located on the pedal arms. There are two screws on each pedal arm, which are protected by rubber plugs. Always ensure these screws are tightened securely. NEVER REMOVE THESE SCREWS COMPLETELY, OTHERWISE YOUR PEDAL ARM WILL DISCONNECT FROM THE TRANSMISSION.

To secure them tightly you must:
1. Remove the rubber plugs
2. Use a **4mm hex key** to rotate the screws in a clockwise direction.
Torque specifications: 5 Newton metres
3. Re-insert the rubber plugs



Pedal Straps

The pedal straps secure your foot in place when riding. Because the Me-Mover FIT 2.0 requires your foot to do a lifting motion it is important to ensure the pedal straps are securely tightened.

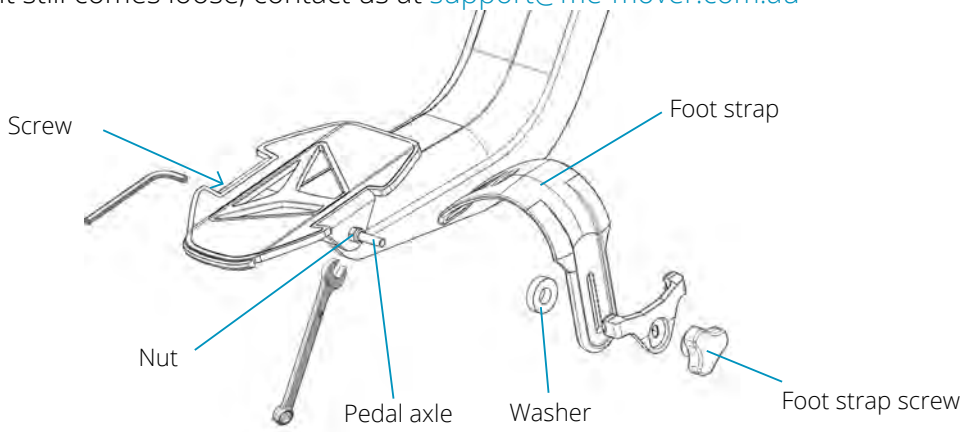
If the pedal straps continuously come loose please see Pedal Axle on page 60.

Pedal Axle

The pedal axle must be sufficiently tightened so the pedal will not rattle while riding, or rotate while tightening the foot straps. The pedal axle has a self-locking screw designed to stay in place and not come loose. In the rare circumstance that it does come loose you must tighten it again.

To tighten the pedal axle:

1. Unscrew the pedal strap screw entirely.
2. Remove the washer.
3. Tighten the screw: Hold the nut in place using a **10mm open-end wrench** while you rotate the screw in a clockwise direction using a **5mm hex key**. If it still comes loose, contact us at support@me-mover.com.au



Anti-Slip Stickers

Your Me-Mover FIT 2.0 pedals are equipped with anti-slip stickers. This is a safety precaution so you do not slip around on your pedals while you ride. If these anti-slip stickers wear off you must purchase new ones. Contact us at: support@me-mover.com.au for information.

Accessories 14

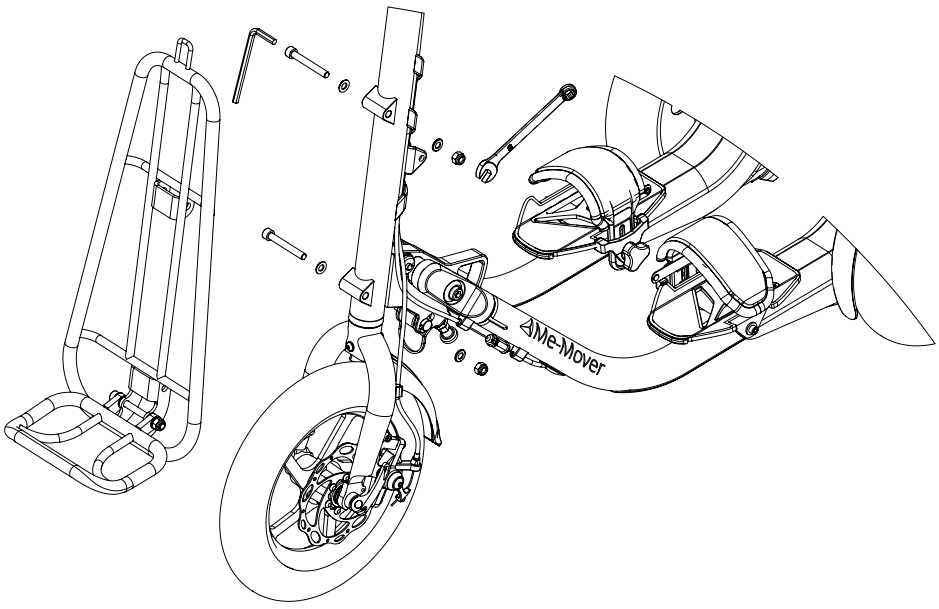
There is a possibility to equip your different Me-Mover FIT 2.0 with accessories. All accessories in the webshop are approved. If you choose to use accessories not sold on the web shop, Me-Mover Fitness Australia is not liable for any damage caused to or by said accessories.

Front Rack

The Me-Mover FIT 2.0 has fixtures on the steering column. These fixtures are used for mounting your front rack.

To mount your front rack follow these steps:

1. Starting on the top fixture point, place one washer on either side of the front rack fixture points.
2. Slide the screw through the washers and the steering column.
3. Secure it by holding the screw in place with a 6mm hex key and rotate the nut using a 13mm open-end wrench.
4. Repeat on the bottom fixture points.



Reflectors / Rear light fixture

Reflectors and lights are important safety features.

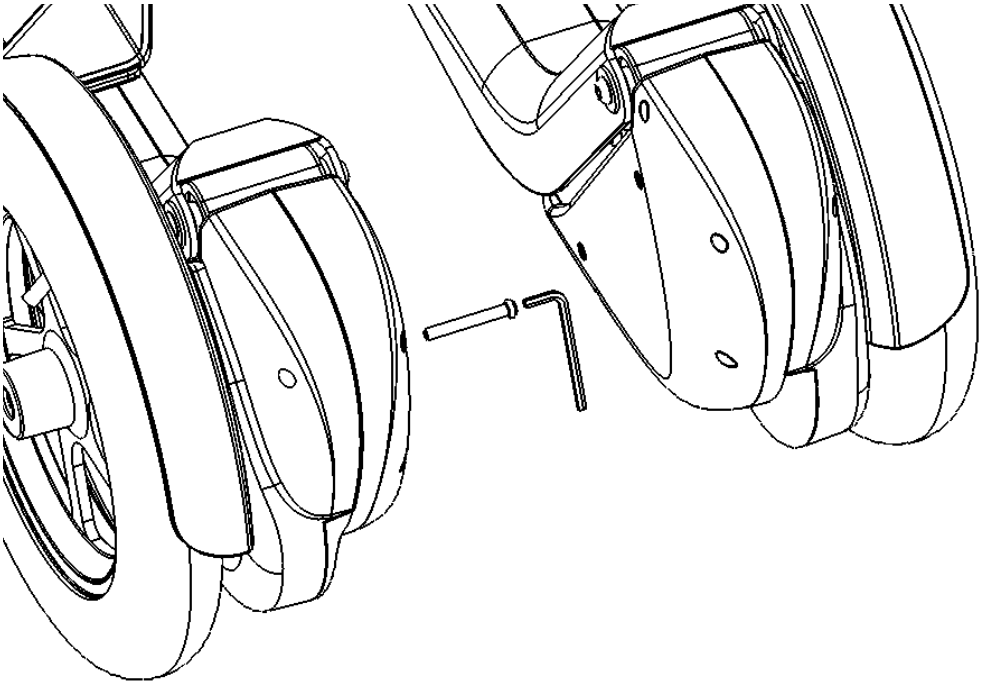
Me-Mover FIT 2.0s should be equipped with reflective stickers and front and back lights, especially if you are riding at night. This helps fellow road-users to locate you and will make your ride safer.

It is the responsibility of the individual user to ensure reflective stickers and lights are approved by your local authorities.

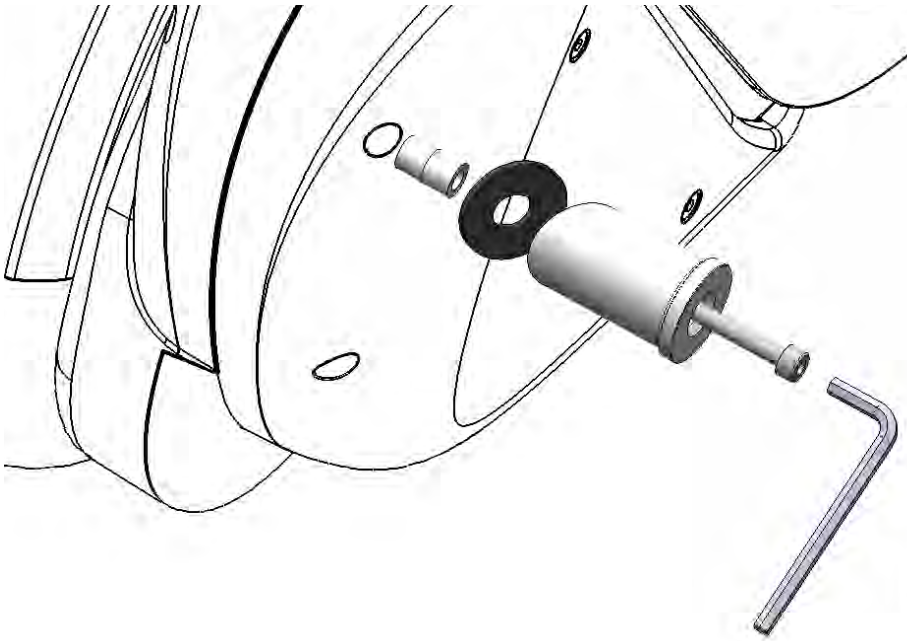
Adapter for Rear Light

The light can be mounted on either the left or right side of the transmission. Depending on your traffic regulations you should mount it towards the traffic (so that the light is close to the cars).

1. Using a 4mm hex key remove the screw of the transmission cover shown (the one in the furthest top corner):



2. Align the parts as shown on the transmission cover.
3. Tighten the screw with a 4mm hex key.



4. Mount your light.

Cushions for Foot Strap

If you wear shoes with thin fabric on top, cushions for foot strap could protect your foot when you are riding.

Troubleshooting 15

PROBLEM	POSSIBLE CAUSE	SOLUTION
The locking bolt does not click into place	Jammed locking bolt	Lubricate the locking bolt, see page 36
	Residue stuck inside the locking bolt	Clean for residue
	The locking bolt is out of alignment	Contact us or your dealer
When I brake and come to a standstil there is a slight jolt	The centre block screw is loose	Tighten the centre block screw according to Centre Block Screw on page 53
I can feel the Me-Mover FIT 2.0 wiggling while I ride	The tyre is not mounted properly	Check that the tyres are aligned with the rims
	Tyre malfunction	Change the tyre if it is damaged
	The wheel is out of alignment	Contact your dealer or us to get a new wheel
	There is something wrong with the bearing	Contact us or your local dealer to get new bearing mounted
	Insufficient tyre pressure	Check the Tyre Pressure on page 55
The wheels are loose	Front wheel	Tighten the front wheel quick release
	Rear wheels	Check that the centre block screw is properly tightened

PROBLEM	POSSIBLE CAUSE	SOLUTION
The brakes are not functioning adequately	The brakes are too loose The brake pads are worn out	Adjust the brakes, see Brake Adjustment on page 43 Change the brake pads - contact us or your dealer
I cannot rotate the steering column / handlebar	Twisted brake cables	Turn the steering column to untwist the cables
The brake lever does not return to original position after being pulled	The brake cables are tangled so the outer casing of the brake cable prevents the free movement of the inner cable Usually due to the handlebar being rotated more than 180 degrees Corrosion of the outer casing	Re-bend the brake cable housing to get it to work, otherwise replace it, see Instructions to Replace the Brake Cables on page 46 Twist the handlebar to untwist the cables Replace the brake cables, see Instructions to Replace the Brake Cables on page 46
The transmission slants inwards (towards each other)	The transmission screws are not securely tightened	Use a 5mm hex key and untighten the transmission bolts. Adjust to vertical position and tighten the bolts again.
I can hear a sliding sound	There is something stuck between the wheel and the fender Something is stuck between the brake disc and the brake	Find the object and remove it Find the object and remove it

PROBLEM	POSSIBLE CAUSE	SOLUTION
The foot straps are coming loose	The foot strap screw is not adequately tightened	Unmount the foot strap and tighten the inner nut, see page 60
I can hear a squeaking sound	The rubber joints need lubrication The carving fastener need lubrication	Loosen the carving fastener and lubricate the housing of the rubber joints. Contact us or your local dealer
The wheels are not running freely	The brake pads are touching the disc	Adjust the brakes according to Brake Adjustment on page 43
My clothes / hands are getting dirty when carrying the Me-Mover FIT 2.0	Holding dirty frame / wheel after rain and mud	Use a carry bag
It feels very heavy when riding	Flat tyre Unlubricated transmissions Worn out bearings	Check the Tyre Pressure on page 55 Lubricate the tranmission according to page 37 Contact us or your local dealer
There is a lag while riding fast (When you are pressing down the pedals it takes a second before the mechanism is engaged)	The free wheel hub inside the gearbox is worn down, so friction inside is increased. (This means the return system is not fast enough to pull back) The overall friction inside the axles need lubrication	The free wheel needs to be replaced, contact us or your local dealer Contact us or your local dealer

PROBLEM	POSSIBLE CAUSE	SOLUTION
When I lift the pedal it gets a little stuck at the bottom	The rodbase screws have come loose and the holes become worn. The rod will become jammed in the bottom position The rubber stoppers underneath the pedals fell off	Contact us or your local dealer The rubber stoppers need to be replaced, contact us or your local dealer
The pedal just falls down, like it is not connected to the gear box at all	The Me-Mover FIT 2.0 has been left outside during a very cold night. Grease on the one way clutch / free wheel is stiff due to cold temperatures The mounted bracket for the 42 teeth sprocket has come loose The return spring is broken	It will stop doing it once inside has been heated up (by friction,warmth, etc.) The screw has to be tightened to the bracket again. Contact us or your local dealer The return spring has to be replaced, contact us or your local dealer
There is a tiny play when you are pedaling	The rod bearings are worn down	The rod bearings has to be replaced, contact us or your local dealer
I feel a sensation that the chain is loose inside (when going downhill fast and you are not pedalling you can hear the chain rattling)	The drive chain (the one running the wheel axle) has been worn down so it has become too loose	The chain has to be changed or tightened, contact us or your local dealer

PROBLEM	POSSIBLE CAUSE	SOLUTION
There is loss of agility when carving	The carving fastener needs lubrication After a small crash the axle can be bent and cannot move	Take it apart and clean the bearings and the rubbers. Relubricate both bearings and the rubber. Give the rubbers some chain oil The axle can be straightened. Contact us or your local dealer.
When braking the front brake the steering column gives little play	The steering column fitting has not been tightened properly and just comes loose	The steering column fitting need to be tightened and readjusted, contact us or your local dealer
The pedal arm is restricted in different postions	The screws inside the transmission under the pedal arm are coming too loose and hitting the pedal arm	Contact us or your local dealer