



Me-Mover FIT

QUICK GUIDE

for assembly and initial ride



BEFORE YOU START PLEASE REGISTER AT:

www.me-mover.com/register-me-mover



Congratulations on your Me-Mover FIT!

Thank you for your purchase! Here is a Quick Guide to get you started.


Complete the registration first

Registration and proof of purchase will help to make a warranty claim and lets us contact you with updates and improvements. Please visit the following link to register your Me-Mover FIT in a few simple steps!

<http://www.me-mover.com/register-me-mover>

Safety notifications

To highlight some of the most important safety concerns, this Quick Guide contains safety warnings that are featured throughout this guide.

The following symbol  **WARNING!** calls attention to a potential hazard that, if not properly addressed or avoided, could cause **serious injury or death, property damage and/or void your warranty.**

Me-Mover FIT is not a toy.

Children must only ride the Me-Mover FIT with adult supervision.

WARNING!

You must always obey your local road laws and regulations. Me-Mover is not liable for any legal infringements. It is up to the individual rider to remain up to date with the laws in their respective area.

WARNING!

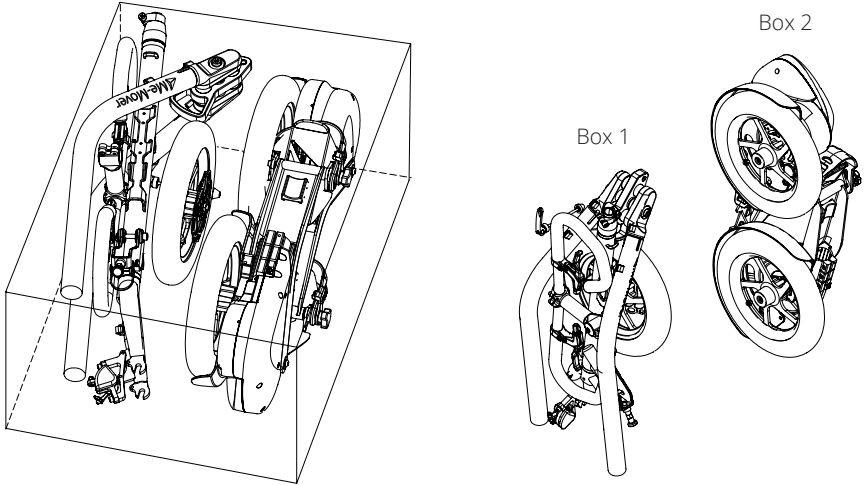
Always read the User Manual before use, as this Quick Guide is for your convenience only. Please visit:
www.me-mover.com/usermanual

WARNING!

Any unapproved modification to the Me-Mover FIT can make it unsafe to use and voids your warranty. A component that is not approved or assembly that is not correct can put high stress on your Me-Mover FIT or components. 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 consult your dealer to confirm that it is compatible and safe.

IN THE BOX

This is how your Me-Mover FIT is packaged in the box. There are two boxes inside: one with the transmission and the other with all remaining parts.



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

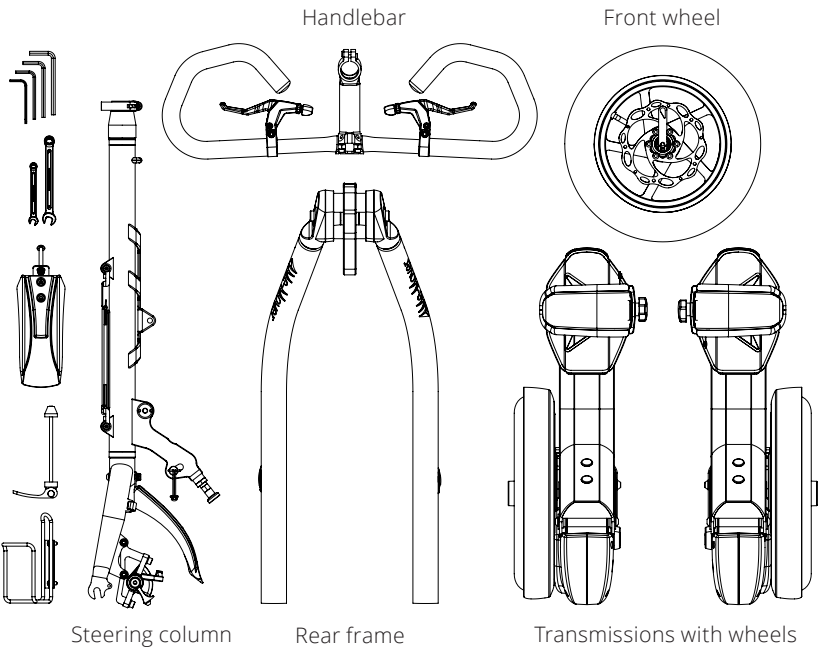
Tools:

- 3mm hex key
- 4mm hex key
- 5mm hex key
- 6mm hex key
- 10mm open-end wrench
- 7mm open-end wrench

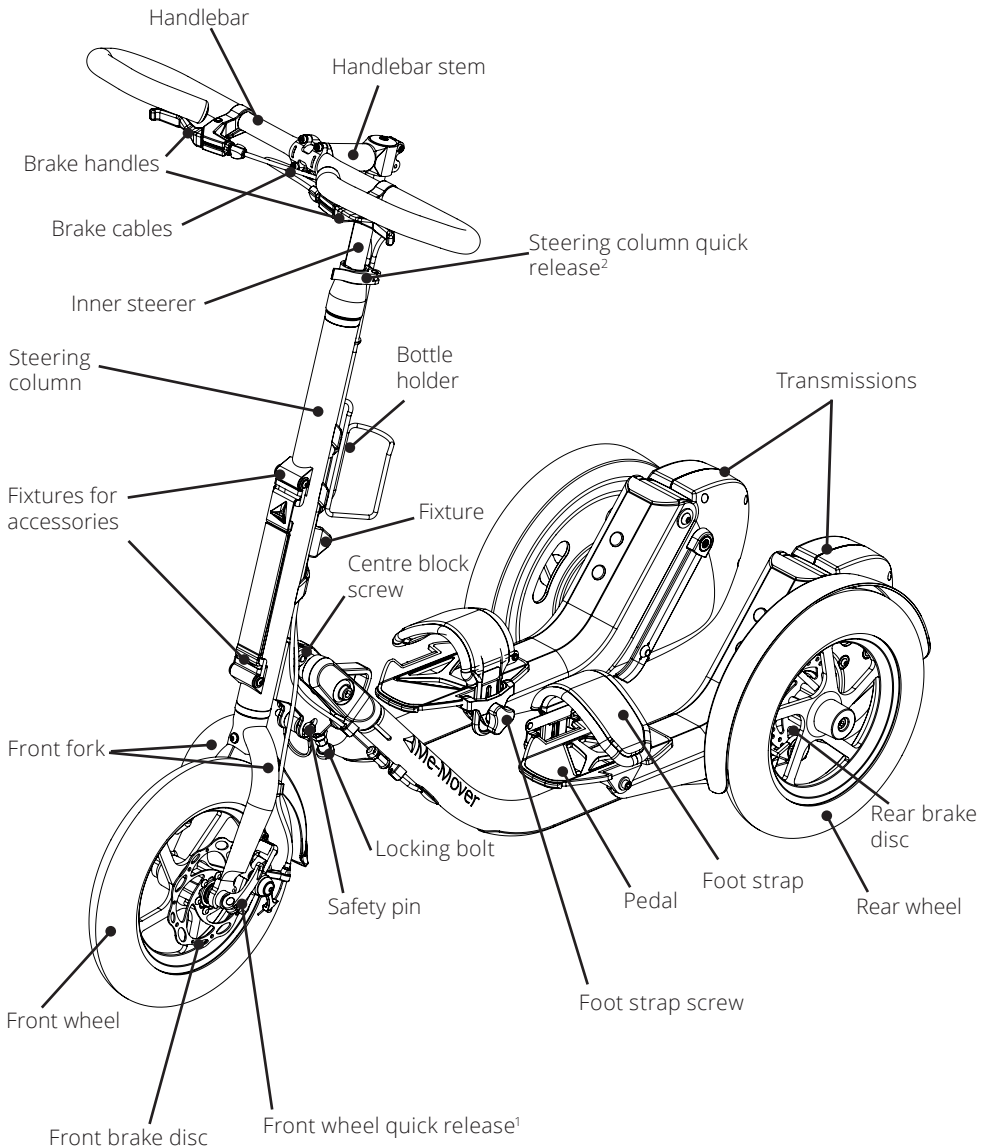
Mudguard

Front wheel quick release

Water bottle holder



AN OVERVIEW OF THE MAIN PARTS OF THE ME-MOVER FIT



HOW TO USE THE QUICK RELEASES

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

Front wheel quick release¹: used to secure the front wheel to the front fork.

Steering column quick release²: 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:

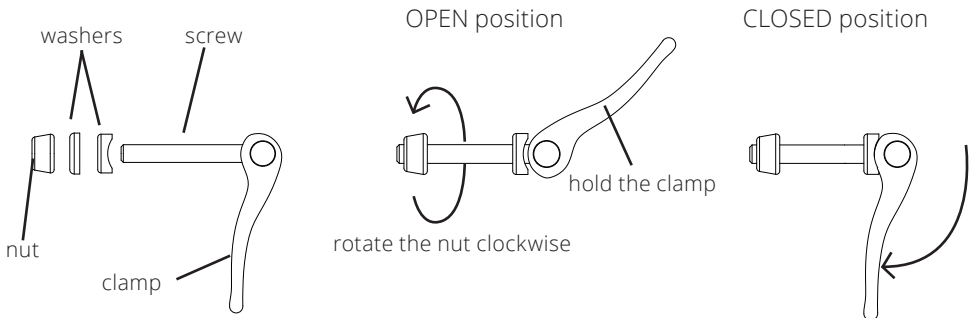
1. Hold the clamp OPEN while you rotate the nut in a clockwise direction.
2. Rotate the nut until you cannot close the clamp anymore.
Then release the nut slightly so you can JUST close the clamp.
3. To close the clamp push it firmly inwards.

⚠ WARNING!

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

⚠ WARNING!

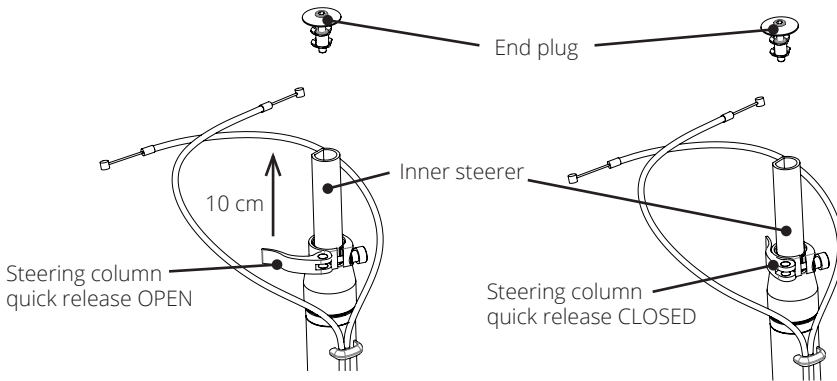
Always ensure that the quick releases are securely tightened. If they come loose you must re-adjust the quick release to make it tighter. **Never drive the Me-Mover FIT without having tested that your quick releases are correctly mounted and secured.**



TO ASSEMBLE YOUR ME-MOVER FIT, FOLLOW THESE STEPS:

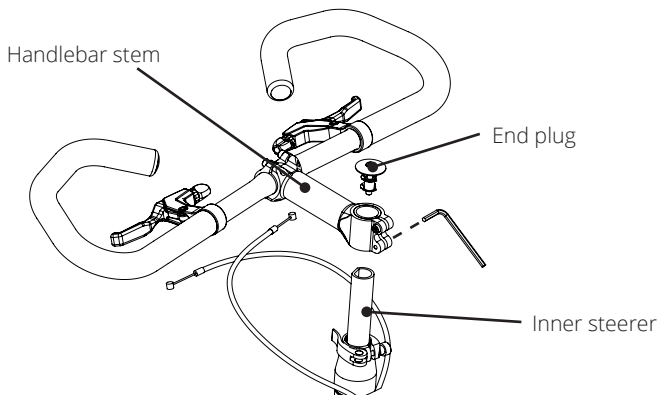
1. Place the cardboard box on the floor and use this as an underlay during assembly.

2. 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.

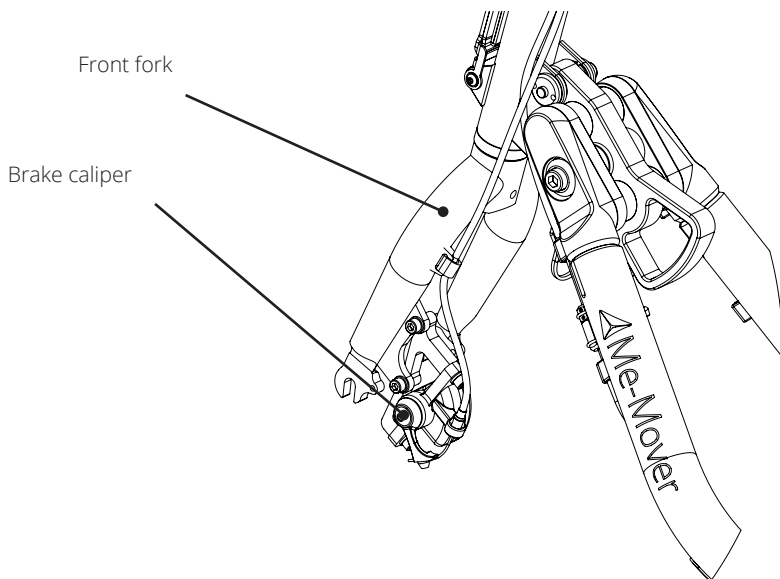
3. Mount the handlebar stem on the inner steerer and tighten the two screws using a 4mm hex key. Re-insert the end plug.



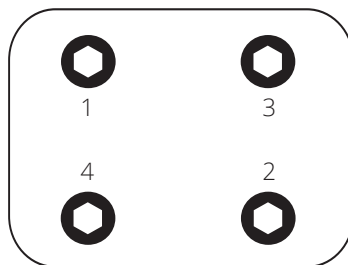
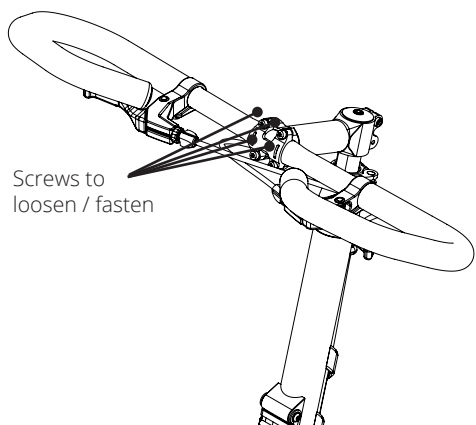
⚠ WARNING!

Do not tighten the screws with more than 5Nm. 5NM corresponds to a 20cm long wrench with a force of 2.5kg.

NOTE: Ensure the front fork is pointing in the right direction. the front fork needs to be bending slightly forward. The brake caliper has to be on the left side.



4. Loosen all four screws on the handlebar with a 4mm hex key and adjust the angle of the handlebar to your liking. After alignment, screw all four screws in halfway. Then use this tightening sequence to tighten them in place:



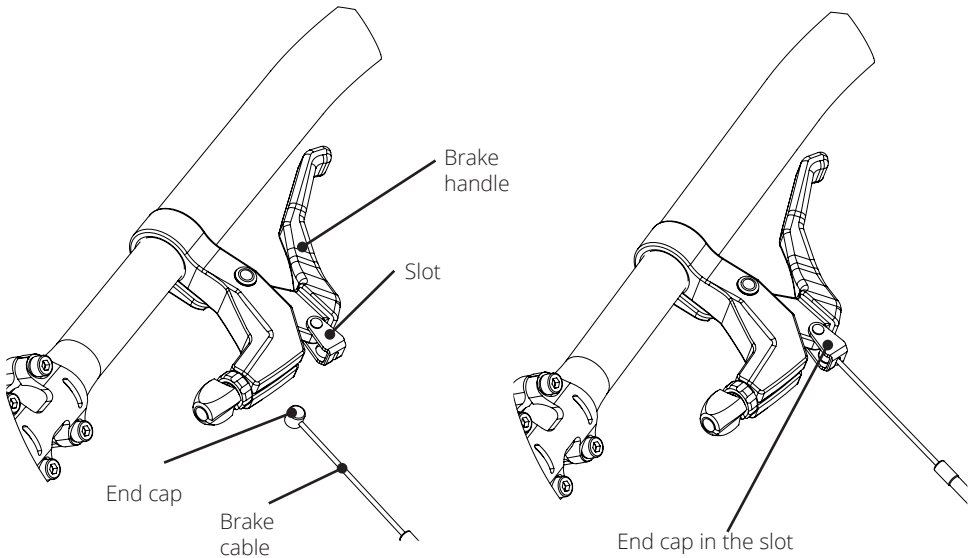
Cross-fastening sequence

⚠ WARNING!

Do not tighten the screws with more than 5Nm.

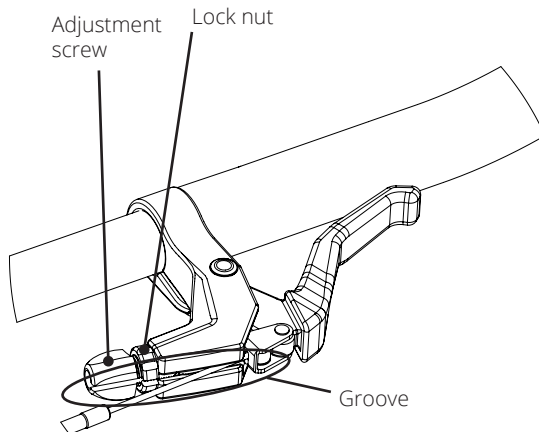


5. Connect the brake cables to the brake handles. Pull the brake handle and insert the end cap into the slot in the brake handle.

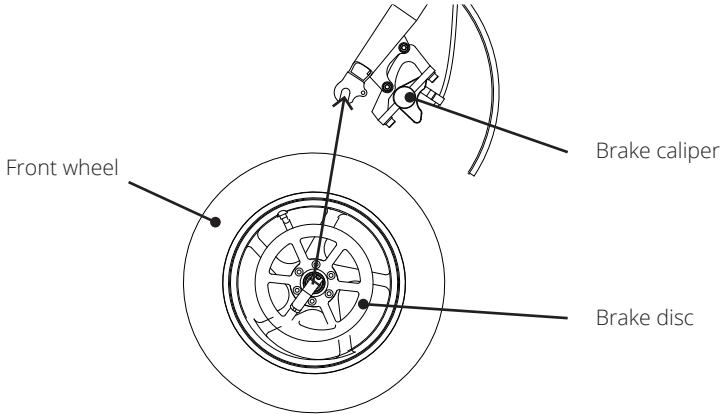


6. Align the lock nut and adjustment screw and slide the cable into the groove. If necessary, pull the brake cable housing so more cable is exposed. Screw the lock nut and adjustment screw tight.

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.

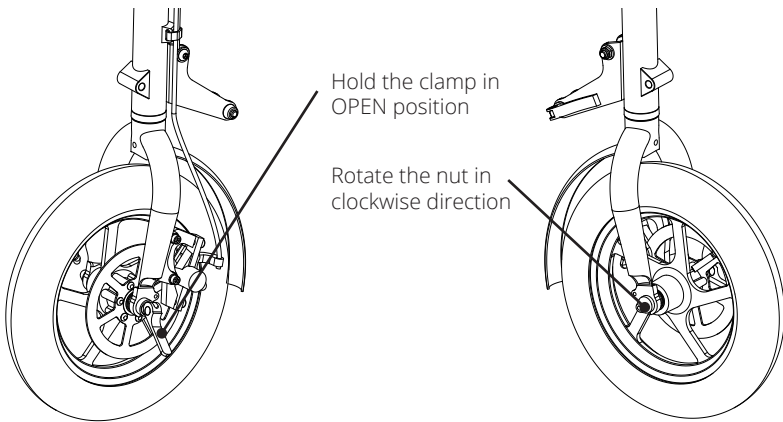


7. Mount the front wheel to the front fork. Ensure that the front fork is pointing forward. Slide the front wheel into the front fork so that the brake disc is placed between the brake pads in the caliper.



8. 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.

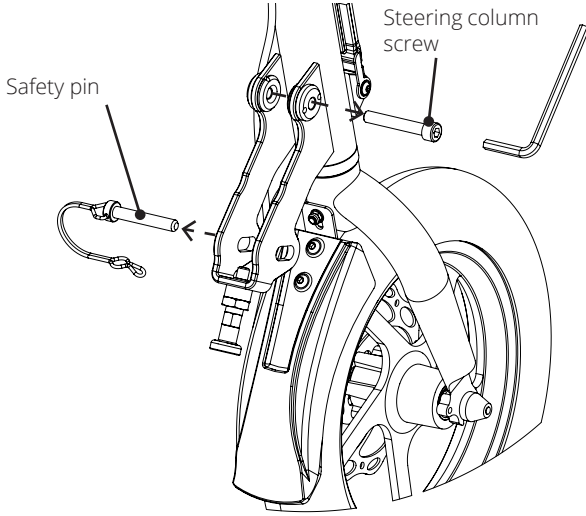


⚠ WARNING!

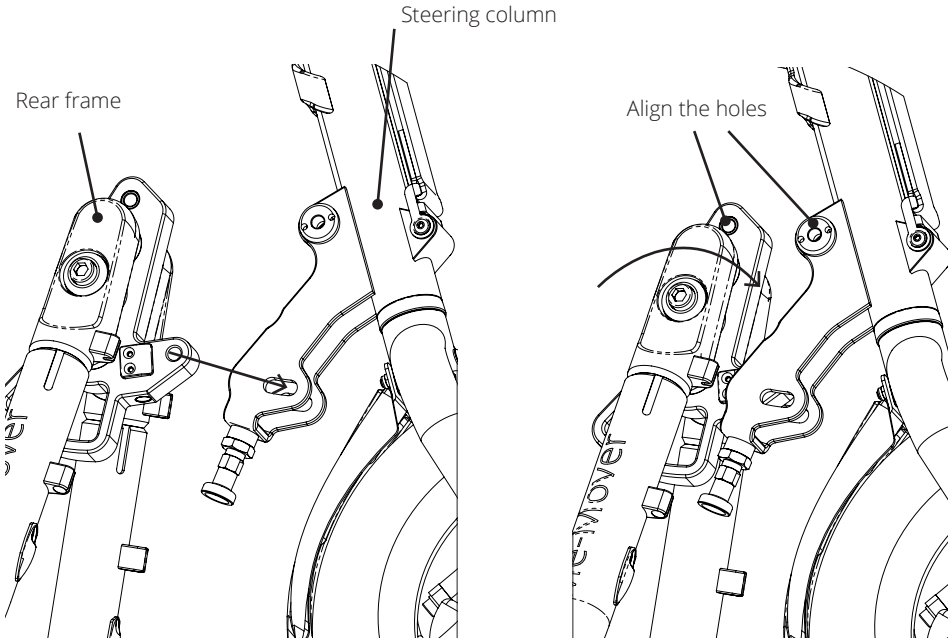
Always ensure that the front wheel quick release is fastened securely! For detailed instructions refer to "How To Use The Quick Releases" on page 6.



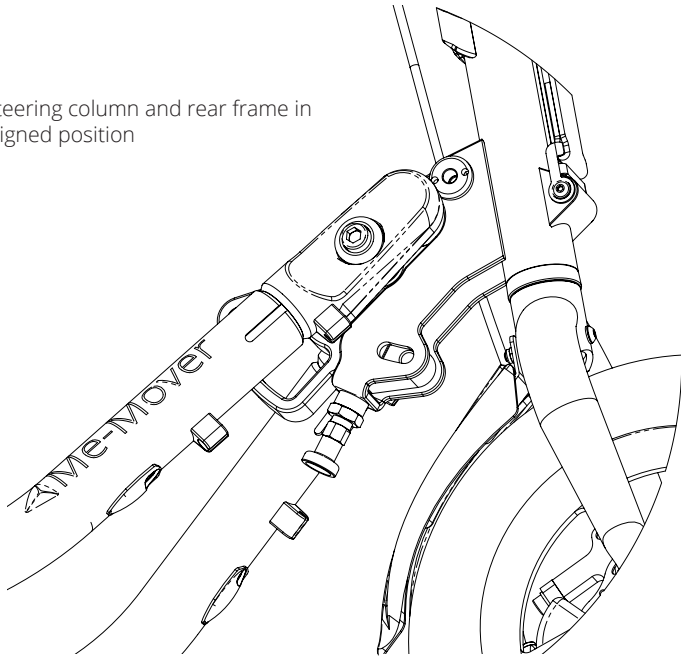
9. Remove the safety pin and unscrew the steering column screw using a 6mm hex key.



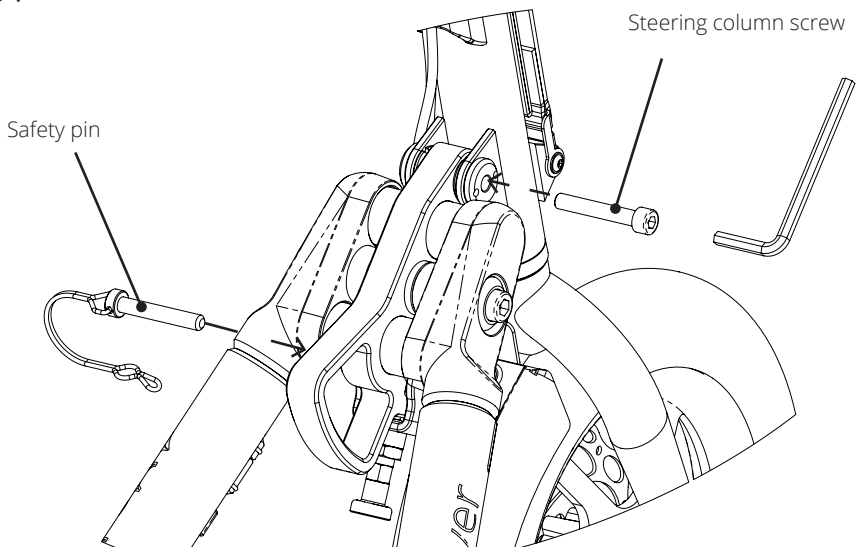
10. **Connect to the steering column to the rear frame.** Press the frame in between the flanges at the steering column at a slightly downward angle. Then adjust until the two holes are aligned.



Steering column and rear frame in aligned position



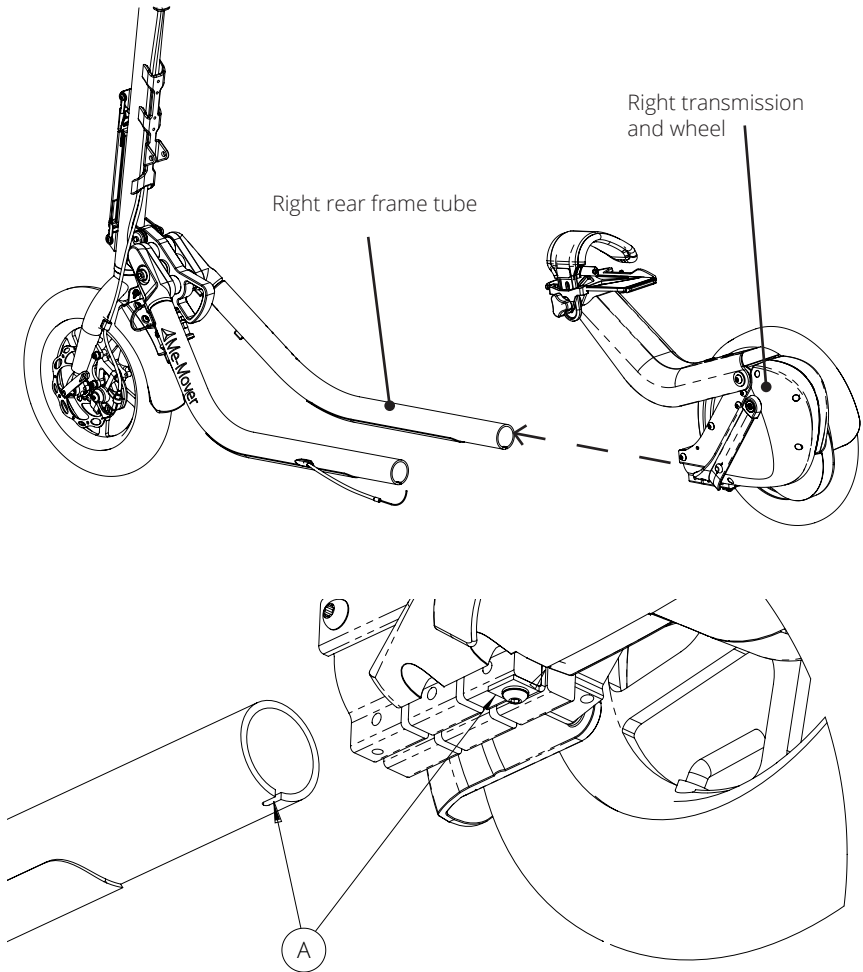
11. Screw in the steering column screw using a 6mm hex key and then re-insert the safety pin.



12. Mount the right transmission and wheel onto the right rear frame tube.

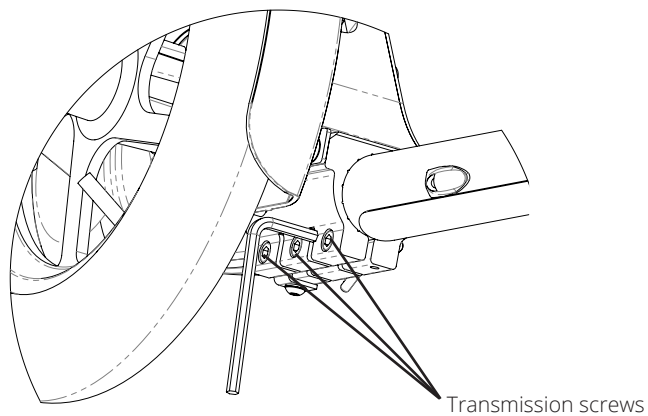
Lift the pedal arm and slide the transmission onto the tube. Align the small bracket "A" with the slot "A" in the frame tube. Press the transmission in until the end of rear tube is aligned with the end of the transmission.

NOTE: The right transmission does not have the brake caliper.



⚠ WARNING!

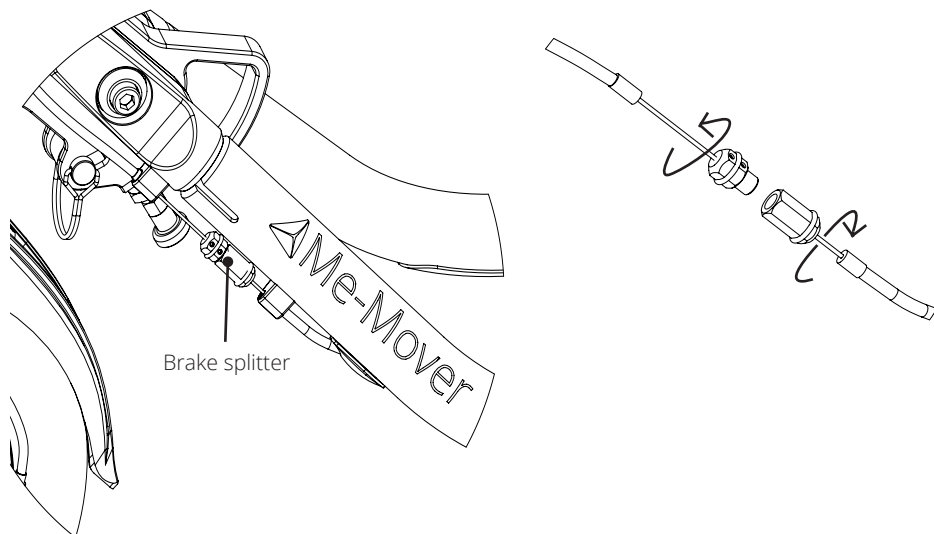
Slide the transmission in slowly and gently. The slot in the rear frame tube could break if too much force is used.



13. Do the same for the left transmission.

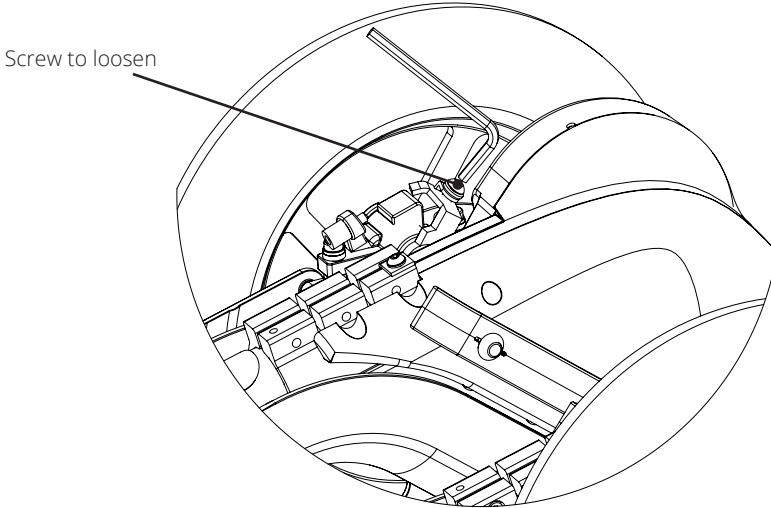
NOTE: The left wheel has the brake caliper.

14. 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.

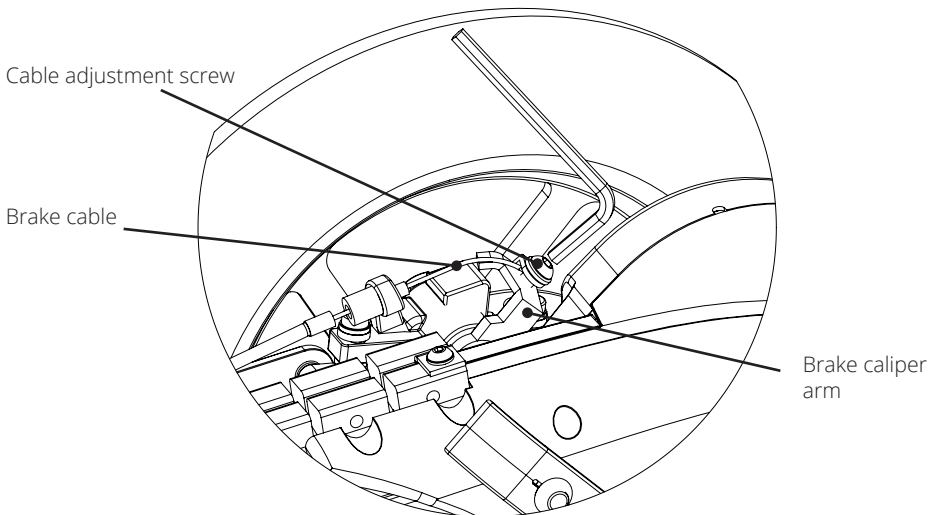


15. Attach the brake cable to the brake caliper.

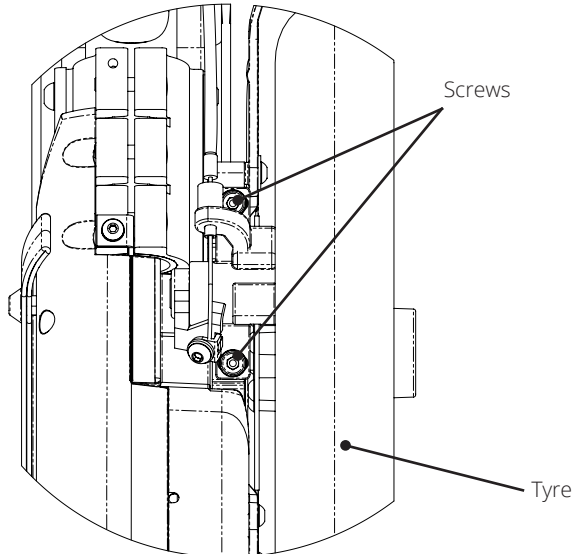
Flip the Me-Mover over and let it rest on the handlebar. Loosen the screw using a 5mm hex key.



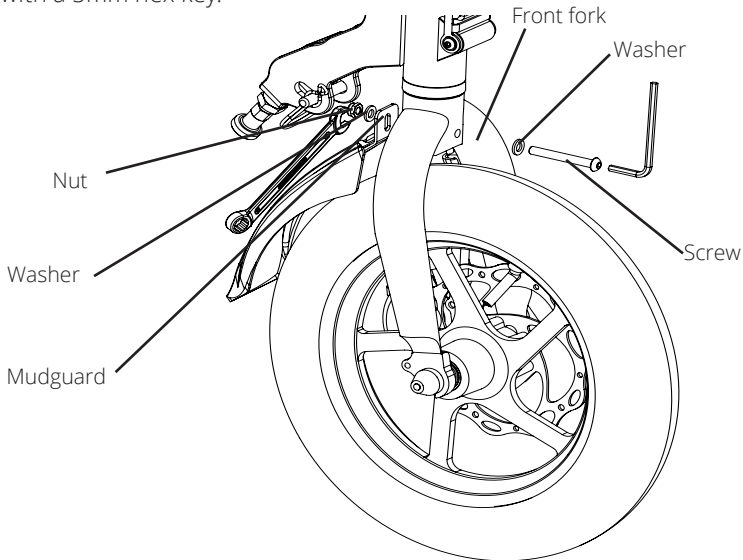
Pull the cable through the cable adjustment screw and underneath the small bracket. Then pull the brake caliper arm until the wheel is blocked. Then, release it until the wheel is JUST able to rotate. Then tighten the screw.



If the brake disc still touches the brake pads, loosen the two screws holding the entire brake in place and slightly adjust its position so the brake disc is positioned exactly between the two brake pads. Same procedure for the front brake if it needs adjustment.



16. 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.



17. 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. Walk alongside your Me-Mover FIT and try to brake with each brake individually. You should be able to stop the Me-Mover FIT when in motion with each brake. The rear brake will bring you to a gradual halt.

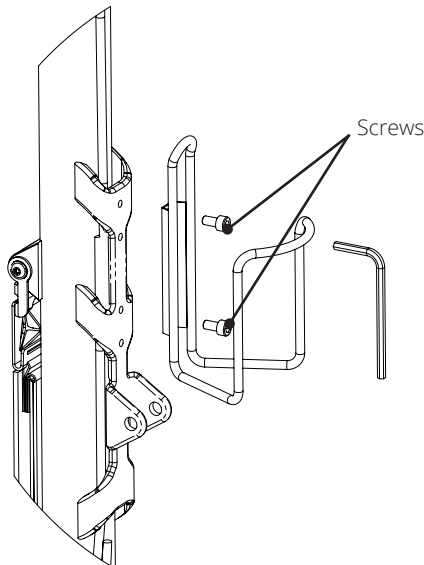
⚠ WARNING!

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 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.

18. Mount the bottle holder. Align the bottle holder with the fixtures and screw them in using a 4mm hex key.

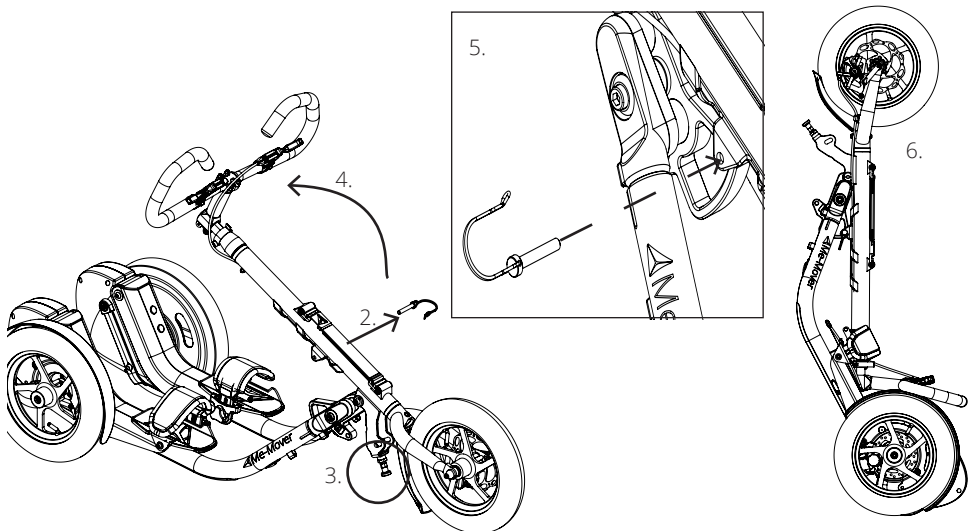


QUICK FOLD INSTRUCTION

Folding

The Me-Mover FIT can be folded in seconds to roll it along with you or for easy at-home storage.

1. Lower the steering column to the lowest position.
2. Remove the safety pin.
3. Put one foot on one pedal to prevent the Me-Mover FIT from tipping and pull one brake handle. Press the handlebar slightly forward and simultaneously pull the locking bolt to fold the Me-Mover FIT.
4. Gently lower the steering column. Mind your head while doing this.



5. When folded, insert the pin through the fixture. This will keep the steering column locked in place when folded.

6. To store the Me-Mover FIT, balance it upright on the transmission covers.

⚠ WARNING!

Be careful with plastic covers of the transmission: they can crack if too much force is put on them.

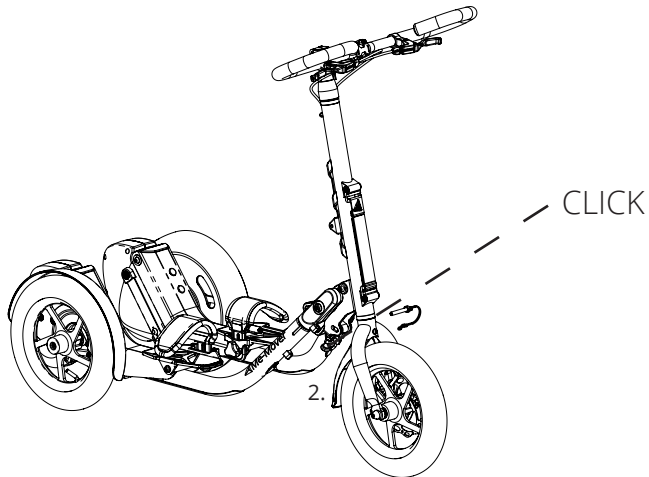
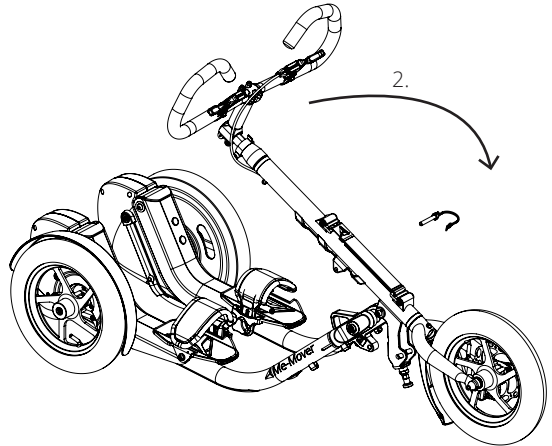
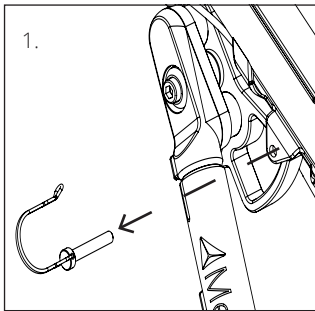


Unfolding

1. Remove the safety pin.

2. Lift the handlebar upwards. Put one foot onto one pedal, hold the brakes and push the handlebar forwards until you hear a click. The 'CLICK' is of utmost importance.

3. Re-insert the safety pin.



⚠ WARNING!

If you do not hear the 'CLICK' sound it means the locking bolt has not been secured in place. If the locking bolt does not click into place, do not use the Me-Mover FIT under any circumstance.



RIDING SAFELY



Always wear a helmet!



Use lights at night!



Maximum weight of rider:
100 kg / 220 lbs



No ice riding!



No stunt driving!



No wheelies!



RIDING INSTRUCTIONS

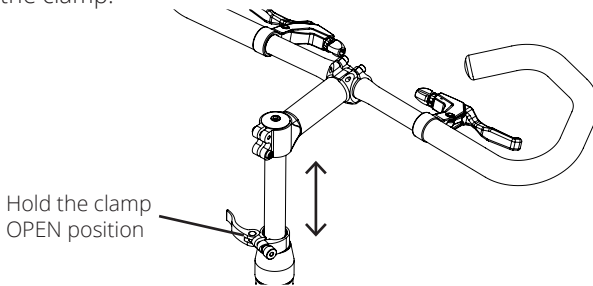


⚠ WARNING!

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

The Me-Mover FIT offers a totally unique riding feel that requires only minutes to learn. Follow these simple instructions to start riding your new Me-Mover FIT.

1. Wear a helmet.
2. Find an area without traffic to practice in. Ensure that it is a straight, safe stretch with a flat surface.
3. Adjust the handlebar height to a comfortable position. Release the steering column quick release clamp. This will allow you to slide the steering column up and down to your desired height. 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 be sure that the quick release is fastened securely! For detailed instructions refer to "How To Use The Quick Releases" on page 6.

⚠ WARNING!

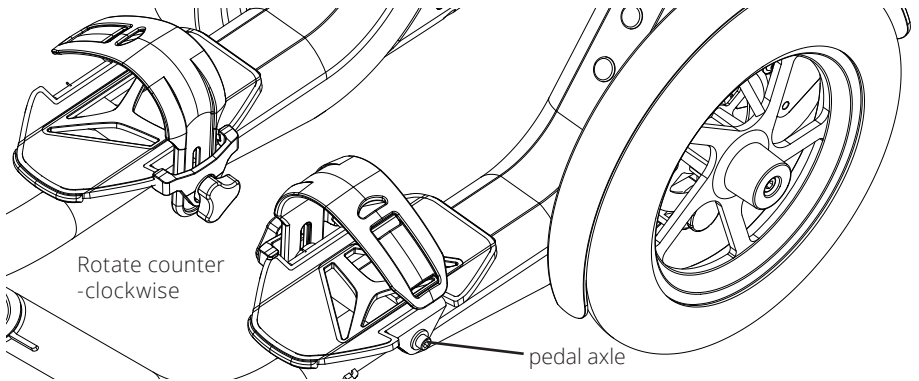
Do not heighten past the maximum mark. If the maximum mark on the inner steerer is visible you have heightened it too much. This will weaken the stability of the inner steerer and will risk injury and/or damage to your Me-Mover FIT.



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

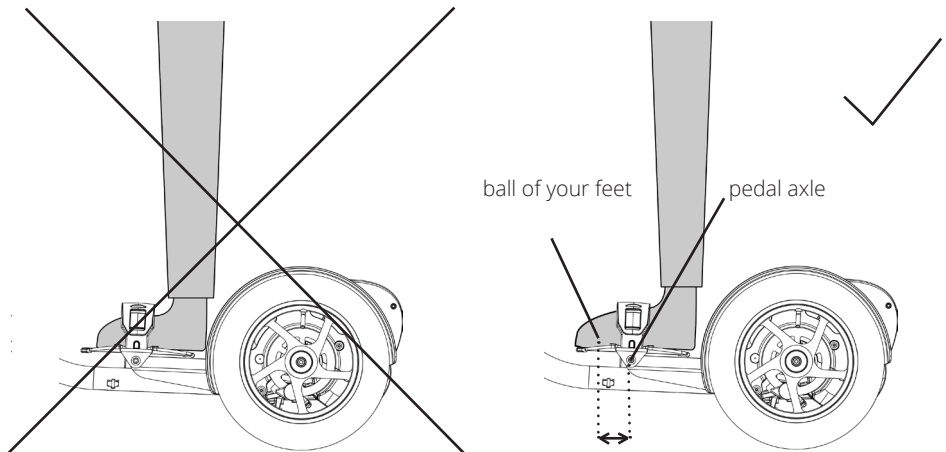
5. Adjust the footstraps: loosen the foot strap by gently rotating the foot strap screw in a counterclockwise direction. Do not unscrew it entirely. Slide your foot onto the pedal until the ball of your foot is slightly ahead of the pedal axle. This will put less strain on your achilles tendon and calf muscle.

Tighten the strap by rotating the footstrap screw in a clockwise direction. The strap should fit comfortably around your foot.



⚠ WARNING!

Positioning the ball of your feet behind the pedal axle can cause injury and/or cramp in your calf muscle over time. Make sure the straps are securely tightened.



6. Stand next to your Me-Mover FIT.

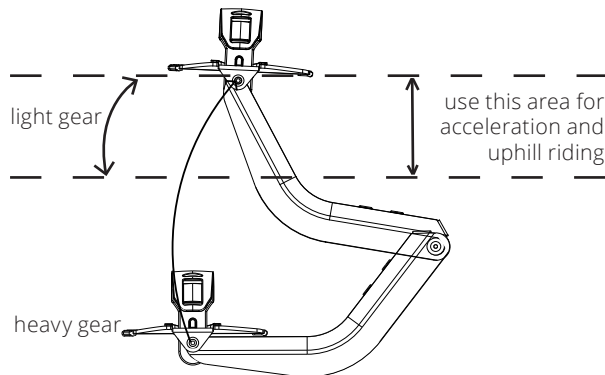
7. Grab the handlebar and hold ONE brake tight. Place one foot onto the pedals at a time. For the purpose of stability, place your foot closest to the Me-Mover FIT on the pedal first.

8. Keep holding ONE brake tight and when you have placed both of your feet on the pedals, lean gently to either side to find your balance.

9. Lift one leg to the highest comfortable point

10. Release the brake. You will move slightly forward and at this point you have to lift your other foot. **Only concentrate on the lifting motion.** Alternate lifting your feet 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.

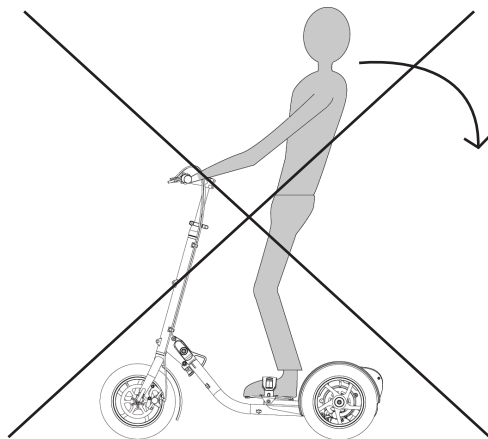
11. The higher the pedal rises, the lower the gear is. The position of the pedal stroke determines the gear.



⚠ WARNING!

Due to the very compact design and short wheel-base it is easy to do an unintended 'wheelie'.

Always lean forwards when riding the Me-Mover FIT. 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 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.** It is your own responsibility to practice sufficiently on the Me-Mover FIT before entering crowded areas. Always wear protective gear, such as a helmet and protective pads. Never ride the Me-Mover FIT while intoxicated.

USEFUL LINKS

The User Manual includes a detailed description of usage, storage, repairs and maintenance: www.me-mover.com/usermanual

Share tips and tricks about the Me-Mover FIT on our online forum: www.me-mover.com/forums

Join the Super User Group on Facebook to join the conversation and share your ideas: <http://bit.ly/1Sje6o7/>

You are welcome to check our Youtube channel for videos, we have a playlis with instruction videos: www.youtube.com/user/TheMemover

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



