

Sinner Comfort Instruction Manual

English language version (translated from Dutch)

Dear Customer,

Congratulations on the purchase of your new Sinner Comfort recumbent trike.

With the purchase of a Sinner Comfort you have chosen a way of moving that is relaxing and comfortable. We are confident that our product will give satisfaction, both during daily use and leisure rides.



Before using your new Comfort for the first time please read this manual carefully. It contains important safety instructions as well as useful guidance on the correct individual adjustments for your recumbent.

Follow the instructions in this reference manual as much as possible. This will keep your recumbent fully functioning for years and provide lots of fun. Your Sinner recumbent is composed of carefully selected components, but beyond this you need to make your recumbent trike meets your own needs and uses by adjusting appropriately.

For current information and offers visit your dealer or our website www.sinnerbikes.com

Please tell others if you are satisfied with our product. If there are problems please let us know as soon as possible, we will do everything in our capabilities to address this issue.

We advise you to check the vital points of the recumbent before riding. Should you find defects or have questions, please contact your dealer or us directly. They and we have the necessary knowledge and tools required to solve your problems carefully.

If doing this while using your Sinner Comfort, you'll have lots of fun and enjoy your recumbent.

Your safety is very important to us. We have therefore carefully designed, constructed and assembled your Comfort. The components we use are the latest technology and by our legislature suitable for use on public roads.

General

This recumbent trike is designed and constructed like a touring bike. Improper use will invalidate any warranty claim. For your own safety: after a fall, accident or improper use any damaged parts

and elements should be replaced immediately.

For comfortable operation and optimum efficiency it is very important that your recumbent is ergonomically adjusted (please see next section) to your personal anatomy. The same also applies if a different person uses your recumbent.

Adjusting your recumbent

For maximum comfort and safety it is important that your recumbent trike is best suited to your anatomy. If not, there can be a feeling of insecurity – for example, if you cannot easily operate the brake or if your feet cannot pedal smoothly. Ask yourself: is the trike well set to your height? Incorrect height setting = too much energy when pedalling. Try to find your optimum position from which to experiment with different settings.

Leglength

Height adjustment is achieved by sliding the main frame in the middle (the front part slides inside the rear part). Unlock the two quick clamps or bolts and slide into the desired position. *The length adjustment is correct when you can just touch the pedal with your heel when the pedal is in the farthest forward position. This way, when pedalling with the ball of your foot on the pedal your knee will be slightly bent. Normally this proves to be the correct distance.* Set both quick clamps or screws securely. Finally, adjust the steering rod (description and photo in “Maintenance” section of this manual) to match the new leglength adjustment.

Seat

The backrest angle of the seat is adjusted by the using the quick-clip/bolts behind the seat to pull out to the desired position, and re-tightening.

Steering

Handlebar adjustment is possible by loosening the two Allen bolts in the steering block underneath the seat. Put the handlebars in the desired position. However, make sure that you can still use both brake levers in a tight turn. When in the best position, tighten both bolts securely.

Suspension

Your Comfort is equipped with an adjustable spring element. Adjusting the spring tension is recommended, depending on different loads. Screw the nut on top of the spring toward the spring, the spring will be compressed and the spring tension increase. Turn the nut in the other direction to slacken the spring tension.

There must always be a little tension on the spring to allow enough movement. We advise trial and error to find the correct spring tension. In general when there is more weight on the trike then the spring should tightened, or vice versa. Also, the use of one or two battery packs or much luggage on your Comfort will affect the suspension.

Maintenance

In general, maintaining your Sinner recumbent is similar to a regular bicycle. However, there are a few special considerations which are explained below.

Bearings

It is especially important that the freewheel (one-way) bearings inside the rear hubs are **not** lubricated! However, the two "doughnut" ball-bearing units seated in the rear frame (through which the axle rotates) should be given a little oil about every 500 km.

Rear-frame pivot

The pivot of the rear-frame to main-frame uses sealed ball-bearings, which have no further maintenance. It is important that the bolt (2 x key 13) at the pivot-point is tightened with much force!

Steering block

It is also important that the main bolt in the steering block (M12, key 19) is well-tightened. Give the bearings in the steering block a few drops of oil about every 500km.

Headset

Periodically check and lubricate with bearing grease. Adjust as necessary.

Tektro disc-brakes

Adjust the Tektro disc-brakes: the pads are formed on the disks at the commissioning of the trike, so in the beginning the brakes should be adjusted regularly. The calipers are two pads, the inner blocks are set off by adjusting the length of the brake cable. This is done via the aluminum screw in the lever(s).

The outer blocks are adjusted with a long Allen key (size 5): turn the adjustment bolt on the outside of the caliper clockwise until the brake just runs freely from the disk. The brakes are properly adjusted when the brake pads are just idling and the parking brakes are working properly.



Miscellaneous

The chain, sprockets and gear shifter should be maintained as specified by the manufacturer.

Success!



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