

# SNAIX neuro bike

## Manual and Riding Instructions



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<b>1 Special features – The SNAIX neuro bike</b> .....	<b>3</b>
1.1 The SNAIX neuro bike is not a bicycle.....	3
1.2 The geometry of the SNAIX neuro bike frame and it's effects .....	3
1.3 What does the SNAIX neuro bike offer? .....	4
<b>2 SNAIX neuro bike - Riding Instructions</b> .....	<b>6</b>
2.1 Selection of a training area.....	6
2.2 Make yourself familiar to the SNAIX neuro bike.....	6
2.3 First attempts at movement .....	6
2.4 First forward movements.....	6
2.5 Riding with use of pedals.....	7
2.6 A break works wonders.....	7
2.7 Training of different riding situations.....	8
2.8 Riding up and down gradients .....	8
2.9 Rising from the saddle.....	8
2.10 Single-handed riding.....	9
2.11 Riding off-road.....	9
2.12 Fast riding.....	9
2.13 Packaging and protection of functional parts .....	9
2.14 Selection of the tires.....	10
2.15 Consideration and responsibility.....	10
<b>3 SNAIX neuro bike - the technology</b> .....	<b>11</b>
3.1 The SNAIX neuro bike and the add-on components .....	11
3.2 Assembly and correct adjustment of the SNAIX neuro bike.....	11
3.2.1 Handlebar and front part.....	11
3.2.2 Security markers on the front part.....	11
3.2.3 Securing the handlebar for riding.....	11
3.2.4 Adjusting the saddle .....	11
3.2.5 Using quick release skewers correctly .....	11
3.2.6 Screwing on the pedals.....	12
3.2.7 Test of functionality .....	12
3.3 Add-on components of the SNAIX neuro bike.....	12
3.3.1 Brakes.....	12
3.3.2 Gears.....	13
3.3.3 Wheels .....	13
3.3.4 Tires and inner tubes .....	14
3.3.5 Fenders.....	14
3.3.6 Baggage.....	14
3.4 Care and maintenance .....	14
3.4.1 Frame number .....	14
3.4.2 Central steering bearing.....	15
3.4.3 Cleaning.....	15
3.4.4 Chain wheel guard .....	15
3.4.5 Foot pedal and bottom bearing.....	15
3.4.6 Tires and inner tubes .....	15
3.4.7 After extreme rides .....	15
3.4.8 After a fall.....	15
<b>4 SNAIX neuro bike - Notes on Safety</b> .....	<b>16</b>
4.1 Security check before every ride .....	16
4.2 Use on the road .....	16
4.3 Children's seats.....	16
4.4 Appropriate clothing.....	16
4.5 Pedals.....	17
4.6 Parking the SNAIX neuro bike.....	17
<b>5 SNAIX neuro bike – implied Warranty</b> .....	<b>17</b>
<b>6 SNAIX neuro bike - The Inspection Plan</b> .....	<b>18</b>

# 1 Special features of the SNAIX neuro bike

## 1.1 The SNAIX neuro bike is not a bicycle

You are accustomed to your bike having an integrally stiff frame which is steered by the movable front fork and the handlebar. This construction enables relatively effortless riding, which is also why the bike is primarily appreciated as a useful means of transport and a sporting device.

The SNAIX neuro bike is different. It's frame is not stiff. There is an articulated link in the middle between front and rear wheel, which can be moved easily to both sides and which represents the control axis of the SNAIX neuro bike. There is no movable fork any more.

Because of this differing frame construction, the SNAIX neuro bike cannot be compared to the bicycle at all and does not compete with it.

## 1.2 The geometry of the SNAIX neuro bike frame and it's effects

With it's vertically, articulated link in the middle the SNAIX neuro bike requires a completely new type of coordination and steering from the rider.

Both wheels run on an identical arc in a curve. The SNAIX neuro bike is steered not only with the front wheel, but the back wheel also provides steering in every curve by tilting out in the opposite direction to the front wheel. The SNAIX neuro bike is controlled by both wheels! It's grip is especially good (both wheels are at the same angle to the ground ) and the rolling resistance is especially low (less friction).

When the SNAIX neuro bike is steered into a curve, the wheelbase shortens, the central link moves to the outside and upwards. Since the link, and with it the frame, follow the force of gravity and thus have the tendency to go back to the low point of the pivoting curve, the SNAIX neuro bike has strong straight forward rolling characteristic, which is amplified even more by the weight of the body on the saddle.

The lever arm between central link and handlebar is very long and therefore it would take a lot of strength to control the SNAIX neuro bike with hands and arms. A much more suitable and elegant way to control the SNAIX neuro bike is directly by rotations of the back directly with the back wheel. The SNAIX neuro bike can be steered very dynamically and easily in this way, but this way to drive must be learned from scratch.

If you press firmly on one of the pedals, a turning moment is generated which transmit's it'self to the frame as momentum and steers the SNAIX neuro bike into a (usually not intended) curve. Once you have learned to neutralize this torque with your back musculature, the SNAIX neuro bike can be held straight while riding it. Purposeful applied forces on the pedals however, offer additional and interesting ways of steering the SNAIX neuro bike and can be used for extreme curves.

Because of the SNAIX neuro bike geometry, the brakes play an important role, too. If the back wheel brake is applied, the SNAIX neuro bike "stretches" – the straightforward direction is enforced. This is very important to remember for situations in which precise control of the SNAIX neuro bike has to be regained.

Braking with the front wheel works exactly opposite. If you use the front brake in a curve, the SNAIX neuro bike will fold even more strongly and go into an even tighter curve. An effect that has to be carefully tackled step by step. For the practiced rider, it offers the possibility to create special cornering techniques on the SNAIX neuro bike.

The geometry of the SNAIX neuro bike frame considerably affects it's operating parameters and their control requires long training and practice.

**We therefore advise you to strictly follow the riding instructions and our notes on safety in Part 2 of this manual.**

### 1.3 What does the SNAIX neuro bike offer?

Because of the special riding technique and body control required, the SNAIX neuro bike is a highly effective fitness and sports device on two wheels, which must be seen primarily as an supplement to your personal training program and as alternative to other types of sport. In addition to the strengthening of the cardio-vascular system and leg musculature, it offers clear advantages over other fitness devices:

- In the first place it trains the neuronal system and the coordination of all moves in general. The SNAIX neuro bike in fact trains mind and body – that's why we call it "neuro bike".
- It mobilizes the spine and trains it's mobility.
- Due to constant minute motor balancing activity, it intensely builds up back and stomach muscles. Back problems (tensions, weakness) can be successfully prevented and treated.
- You can train anywhere, at any time. The SNAIX neuro bike motivates to do daily holistic training. Training is always connected with "work" and "effort". With the SNAIX neuro bike, you can improve your vital status without preconditions, heavy equipment in fitness facilities, instructors and schedules.
- The SNAIX neuro bike is not limited to the young crowd. Also elderly people can keep themselves fit with this device and at the same time have a lot of fun.
- Because of it's central pivot, the SNAIX neuro bike can easily be folded into convenient transportation size (car, bus, trains).
- The SNAIX neuro bike offers considerably more than home trainers, bicycles, spinning, body building, and the conventional forms of back training etc.

#### **Recreational sports, sport or fitness associations, vacation clubs:**

Any leisure time sportsperson finds a very varied, new type of sport in SNAIX training. He/she can arrange the daily training program for the back just about anywhere (city areas, nature, halls, on small tours etc.) with relatively short but effective training unit's.

For sports clubs and groups that focus on sports in which coordination plays an important role (BMX, trials, trick bike, bike ball, free climbing, paragliding, snowboarding, paddling etc.), the SNAIX neuro bike is a versatile device to be easily integrated into a more varied training program.

The fun factor associated with the SNAIX neuro bike contributes to the learning and training effects, particularly with adolescents. When groups train on the SNAIX neuro bike, it positively affects group dynamics and communication. These effect has been considered very valuable in two tests in Robinson / Aldiana vacation clubs.

Whoever perfectly masters the SNAIX neuro bike with complete secureness can use it in everyday life similarly to a bike. But it will always remain a sudatory piece of sports equipment that requires much more coordination, concentration, balance and neuronal endurance than the bicycle. Please carefully consider the following advice:

- Because of the great demands to the neuronal system, the SNAIX neuro bike is not suitable for tours longer than 40 - 50 km. The muscular demands are easy to be handeled.
- The SNAIX neuro bike is not suitable for the transport of heavy pieces of baggage. Only small amounts of baggage, carried in a rucksack, are possible.
- The SNAIX neuro bike is not suitable for the use of children's seats.
- Before riding it in the traffic, the SNAIX fitness must be equipped with bell, light and reflectors.

#### **The athletic family**

The SNAIX neuro bike is a healthy all-round sports and fitness device for the whole family. Because of the easily adjustable saddle and handlebar, it can be used by adolescents and adults in turn.

For adolescents (minimum body height approx. 1.40 m), the SNAIX neuro bike is a piece of trend sports equipment, attractive and cool like inline skates, skateboard or kickboard. They can keep up with their peers and simultaneously train their neuronal system and back muscles along the spine.

Parents use the SNAIX neuro bike as a sports and fitness device (e.g. for health training and relaxation in the evening).

If several members of the family master the SNAIX neuro bike, they can take it along on a bicycle tour together and use it in turn. The SNAIX neuro bike is a trendy all-round piece of sports equipment and it adds value to all sports the family members are engaged in.

### **Sport for health reasons**

Health means to stay vital and mentally capable as good and as long as possible. The SNAIX neuro bike is made for "holistic training" of body and mind, suitable for compensation, relaxation and improvement of neuronal, motor and muscular infirmities (especially along the spine) in a very pleasant, fun oriented and easy way outside.

Riding the SNAIX neuro bike will also optimize endurance and reduce fat.

### **Therapeutic body training**

For many handicaps or health problems (poor concentration and coordination, poor balance system, illnesses of the spine etc.) the SNAIX neuro bike can be used therapeutic (with medical supervision).

**The present state of knowledge does not allow the general recommendation of SNAIX training e.g. during acute inflammation, acute slipped disc problem or other serious damage of the spine. Please consult your doctor in such cases before you use a SNAIX neuro bike.**

### **Professional sports**

The SNAIX neuro bike is very useful as a complement to the individual training program of professional sportspeople.

Professional sportspeople from different disciplines confirmed it again and again: the SNAIX neuro bike supports the balance capability and the back musculature particularly well. Thus, it is suitable for all sportspeople whose sport greatly depends on balance techniques, fine motor activity and persistent use of the back musculature. The SNAIX neuro bike offers supplementary and compensatory training that leads to an improvement in the professional's discipline.

### **Trend sportsperson**

The SNAIX neuro bike with its carving properties and striking design has what it takes for a trend sport device with the flair of "Californian lifestyle".

Snowboarders, BMX riders, skateboarders, paragliders, free climbers, mountain bikers etc. are all enthusiastic about the SNAIX neuro bike. It offers them the possibility to practice and to improve the body control and balance techniques required to optimize their main sport - even in the urban environment of e.g. a parking lot. The SNAIX neuro bike offers new trend possibilities that can also be developed in a natural setting or the urban area. For the snowboarder, the SNAIX neuro bike is the ideal summer training device that provides a full measure of dynamic body movement, balance and speed sensations.

### **Fun and stunt freaks**

The SNAIX neuro bike offers many possibilities for new stunts and tricks: SNAIX stairs (ascending stairs diagonally), SNAIX jumps (jumps with elegant pivotal movements in the air), SNAIX "wheelies" (balancing on the back wheel), SNAIX ball (a type of bike ball using the back wheel), SNAIX carve (fast carving or slalom on asphalt) and much more. There are a lot of new things to be discovered and SNAIX riders have developed very different preferences and riding figures, which could also be made into competition programs.

**Completely secure control of the SNAIX neuro bike, in all conceivable situations, is always an indispensable prerequisite.** It is especially important to enter fast driving step by step. It requires fast, small and precise movements of control that we are used to conduct with arms and hands. If you have to conduct them with the back (which is the case with the SNAIX neuro bike), a much longer training is needed.

## 2 SNAIX neuro bike - Riding Instructions

With these instructions, we wish to provide a **step-by-step tutorial** that will make you a skillful, safe and satisfied SNAIX rider. The best guarantee of success is constant good, intensive and **responsible training**.

**In your own interest, please take our recommendations seriously** and follow the individual instructions step by step. SNIKE Sport GmbH refuses all liability claims that arise from an inappropriate handling of the device, lack of practice of the novel operating parameters or incorrect use of the SNAIX neuro bike. Please mind our **CAUTIONS**. If you consider the SNAIX neuro bike as just another bicycle, you might put yourself into unnecessary danger.

**Before you can begin with the training, you must construct your SNAIX neuro bike according to our assembly instructions (Manual, 4.2) and test all functions.**

### 2.1 Selection of a training area

**Find an asphalted area as large and flat as possible (forecourt, schoolyard, wide doorway etc.) with as few obstacles or passers-by as possible.**

### 2.2 Make yourself familiar to the SNAIX neuro bike

**Make yourself familiar with the special geometry of the SNAIX neuro bike: Hold the device by handlebar and saddle and fold it to one side. If you now release the handlebar, the SNAIX neuro bike will swing back into a straight line.**

This proves completely novel frame geometry and of very stable straightforward riding characteristics of the SNAIX neuro bike. These characteristics are considerably amplified by the body weight - which explains why it is hardly possible to steer the SNAIX neuro bike with the arms alone.

In order to ride the SNAIX neuro bike, you require new riding abilities to maneuver the SNAIX neuro bike to changes of direction and in a straight line, using arms, shoulders, back, hip and legs in balanced coordination.

### 2.3 First attempts at movement

**Sit on the saddle of the SNAIX neuro bike, both feet resting firmly on the ground, and move the handlebar left and right while standing.**

This makes you better acquainted with your SNAIX neuro bike and you get an idea of how it will react. Let another person hold the handlebar, place both feet on the pedals and let this person swing the handlebar left and right. Like this, you can perceive how your entire back area is set into a swinging motion.

Once you are more advanced, you will find that your SNAIX neuro bike is controlled better and much more easily with a coordinated back movement, a body turn, with the contra lateral rotation of shoulder belt and hips or with a kick into one of the pedals - than with the handlebar.

The SNAIX neuro bike can be controlled in many different ways, according to practice, skill and favored balancing technique.

#### Note:

**If you wish to use the SNAIX neuro bike to train your back muscles in the best possible way, you should always sit on it with stretched back (pelvis on the saddle leaning towards the front) to be able to build up the necessary muscular tension in the back.** After a while this riding posture becomes natural, and you can also control the SNAIX neuro bike especially well in this position.

### 2.4 First forward movements

**Sit on the saddle and push yourself forward with both feet as with a walking bike and try to roll in a straight line. Then try the first curves. All this without use of pedals!**

This way, - easily and without danger - you become familiar with the surprises the SNAIX neuro bike has in store for you when riding it. The first time you lurch slightly, you will understand why we say that the SNAIX neuro bike is not a bike. But there is no need to panic. Remain calm and concentrated and keep on

practicing. And soon, you will find out that the SNAIX neuro bike can be controlled well after a little practice.

**Note:**

If the SNAIX neuro bike starts lurching, brake with the back brake (only!) (lever on the right, according to international standard) and the SNAIX neuro bike becomes manageable again.

**Note:**

**Always first sit firmly on the saddle and then set off!**

**Always hold the handlebar firmly with both hands!**

At the beginning, rising from the saddle or single-handed riding can easily make you fall. You should not attempt any of these methods until you have become familiar and secure with the basic techniques of the SNAIX neuro bike.

**CAUTION:**

**Avoid braking with the front brake during the learning phase!**

The front brake makes the SNAIX neuro bike turn even more into the curve and you could have a sudden unpleasant uncontrolled experience. It should be used only when you are already quite sure in the handling of the SNAIX neuro bike.

**CAUTION:**

**Never brake very sharply or with the front wheel brake alone!** Sharp braking on the front wheel can cause the SNAIX neuro bike to fold up - danger of falling!

## 2.5 Riding with use of pedals

**Now carefully attempt to move the SNAIX neuro bike with the pedals.**

Unfortunately with every push on a pedal, the SNAIX neuro bike will bend to that side and feel quite unstable. Here are some hints that will help you to overcome this situation quite fast:

First and most important – the SNAIX geometry will prevent you from falling, even if the bike bends quite a lot! You can trust to that fact. Just use the rear brake softly to stop the SNAIX from getting to wild.

As soon as you start pedaling, look up to a far away point and try to go to there straight away. If the SNAIX goes another direction, do not start to steer with your hands (that's why we choose a wide open training place!!). Just go where the SNAIX decides to go and try to keep your feet on the pedals as long as possible – and give your brain a real chance to pick up the new movement pattern. After probably 100 meters, your brain will begin to get the hang of the SNAIX way of coordination...and all of a sudden you feel that you can do it.

It helps a lot to put most of the body weight right on the saddle. The more you get relaxed with your arms and control the SNAIX neuro bike with movements of the back and body, the more comfortable and safe you will feel on the SNAIX neuro bike.

## 2.6 A break works wonders

**Do you feel your forearms starting to hurt? Then dismount the SNAIX neuro bike and relax.**

Aching forearms indicate that you are still more or less cycling the bike rider's way - too much or exclusively via arms and handlebar. But you probably also notice an enjoyable warm and strengthened feeling in your back.

Learn to control your SNAIX neuro bike only with the upper body and spine and start using arms and handlebar for little corrections only.

The SNAIX neuro bike stimulates your concentration and abstraction capability, your physical presence and the mental functions in surprisingly positive manners, different with every rider.

## 2.7 Training of different riding situations

**Now you can set off to perfection your SNAIX riding skills. Keep on practicing all sorts of situations in your training area - stopping fast, starting fast, riding safely going straight, controlling cornering techniques and secure braking in all situations. Try other riding grounds.**

This training requires some muscle aches and some time. Find out what techniques you feel most comfortable and secure with. The use of the 27 gears must be practiced. And remember, you don't have to be a world champion to have fun. There is no point in taking too high a risk.

The curves have their own special appeal. If you draw a wide curve inwards or if you actively lean into a curve, you will notice that the SNAIX neuro bike tends to accelerate. An effect that comes not only from the geometry, but also from the elasticity of the kind of steel used in the SNAIX neuro bike. It makes many riding figures possible that cannot be done with the normal bike. You can even accelerate the SNAIX neuro bike with the body alone on a flat surface, without using the pedals.

Enthusiastic SNAIX riders will use their abilities to perform tricks and figures that we cannot even imagine today. Meet with other SNAIX neuro bike riders and tell us what you found out together so that we can keep SNAIX fans informed of the latest developments via our home page.

### Note:

**The SNAIX neuro bike demands more concentration and body fitness from the user than a normal bike. Therefore, only use your SNAIX neuro bike in a good, fresh physical condition. Wear a helmet for your own safety. Do not take any risks on the SNAIX neuro bike.**

### Note:

Never use the SNAIX neuro bike on difficult ground or in traffic if you do not master it completely and feel fit.

### Note:

The SNAIX neuro bike (like mountain bikes) has no legal certification according to the road traffic regulations. They require fenders, lights, bell and reflectors.

### Note:

**Do not use the SNAIX neuro bike in bad visibility before you are perfectly sure that you are able to handle it.** The novel requirements in balance ability make it necessary that the learner always keeps perfect orientation. A partial or temporary loss of the horizontal-vertical orientation could affect his riding capability and should absolutely be avoided.

### Note:

**Please point out the peculiarities of the SNAIX neuro bike to any interested person before letting them take a test run.**

## 2.8 Riding up and down gradients

Begin with going uphill. Train balancing the different torque moments that are generated when you press down the pedals: The steeper the pitch, the more pressure it takes, and the harder you will find it to compensate the torque moments and keep the SNAIX neuro bike from lurching. Use a low gear at the beginning (easier pedaling).

Going downhill must also be practiced, especially when you allow yourself to gain speed. Avoid fast riding at the beginning – it can make the SNAIX neuro bike lurch dangerously if you are not well practiced.

### Note:

**In order to stabilize the SNAIX neuro bike going downhill, use back wheel brake (right hand). And please remember to keep your hands from the front wheel brake at the beginning.**

## 2.9 Rising from the saddle

When you have been successful with the other exercises you can try this one: On level ground and with your hand ready to pull the rear brake, **cautiously attempt to rise up from the saddle and to pedal.** It is

difficult, but absolutely feasible, and after some time you will be able to ride your SNAIX neuro bike in a straight line standing up.

## 2.10 Single-handed riding

### **Practice taking one hand from the handlebar.**

For security reasons, you should really always hold onto the SNAIX neuro bike with both hands on the handlebar. In some situations, however, it can be useful if you can ride single-handed. And it is also well possible if you have already practiced enough.

### **CAUTION:**

**Single-handed SNAIX riding is more difficult to learn than with a normal bike and requires a higher concentration. Cautious practicing necessary.**

### **CAUTION:**

**Never attempt to ride freehand. It is NOT POSSIBLE on a SNAIX neuro bike because of the characteristics of the frame geometry and would invariably lead to a fall and injuries.**

## 2.11 Riding off-road

### **Practice on dirt roads and easy off-road ground.**

The SNAIX neuro bike is very suitable for riding on cobblestone or crushed stones and on easy off-road ground. It's geometry holds it in a comparatively stable straight line. Irregularities affect the steering much less than with a normal bike. Riding off-road or on stony paths is just as much fun as riding on smooth surfaces.

### **Note:**

**The SNAIX neuro bike has not been developed for typical mountain bike exercises or for very rough ground. In these cases, a mountain bike is more suitable.**

## 2.12 Fast riding

The SNAIX neuro bike has very low rolling resistance and runs in a very stable way when ridden fast - if you have the practice. However, high speeds might make the rider fall back to old (bike) steering habit's and this may lead to sudden strong lurching. If you notice that this is happening, brake with the rear-wheel brake and tame the SNAIX neuro bike again. Keep on practicing, and you will feel more and more secure.

### **CAUTION:**

**Never ride at high speeds without sufficient practice.** Fast downhill rides are especially critical. Only extensive practice will make you a really safe SNAIX neuro bike rider.

## 2.13 Packaging and protection of functional parts

**Always fold up your SNAIX neuro bike correctly and keep it functional.**

### **How to fold the SNAIX neuro bike:**

Put the saddle at it's lowest possible position and turn it back to front. Move the right pedal to a frontal horizontal position (in driving direction). Insert the front tube completely and turn the handlebar 90° to the right while you fold the front part backwards to the right, taking the back wheel between handlebar and front wheel. This way to fold the SNAIX neuro bike has been especially developed and the SNAIX neuro bike was designed accordingly- including the way the gear cables are run.

### **The folded SNAIX neuro bike can be carried especially easily and compactly in the shoulder bag:**

Put the folded SNAIX neuro bike on the bottom of the open bag, saddle and handlebar downwards. Slip the bag over the wheels first and then over the link and close the zip. The shoulder straps can be adjusted to body height. The two additional handles help transporting and putting down the SNAIX neuro bike handlebar downwards.

**Note:**

**Do not drop the SNAIX neuro bike on the floor with the chain wheel downwards (which is its position inside the bag when carried by the shoulder strap.) Mind your fingers when you fold the bike and avoid catching them between chain and gear rims. Do not touch any greased parts.**

**After unfolding the SNAIX neuro bike,**

please insert the cables back into the steering tube by the joint and avoid any bends in the cables. **This is especially important after a longer storage of the SNAIX neuro bike in a folded stage.**

**Note:**

**Handle the hydraulic brake conduit's and the gear cables especially carefully, so that they remain functional.**

**CAUTION:**

**The loss of brake fluid may cause a total failure of the brakes. Danger! Defective brake hoses or connections must be repaired immediately by a specialist.**

Always keep your SNAIX neuro bike in a good technical condition and employ the usual repair technologies for bikes. Use only original spare parts.

**2.14 Selection of the tires**

The SNAIX neuro bike was tested with a great variety of tires. The so-called "Semi-Slicks" gave the best riding and safety results.

**CAUTION:**

**Only use the tire type as originally delivered. The Schwalbe Speed CRUISER (or alternatively Continental Avenue) were selected by us because of the especially good grip of the SNAIX neuro bike with them.**

Tires with deep profiles can be very dangerous, because with the high cornering speeds of the SNAIX neuro bike, the studs might suddenly lose grip and lead to a fall.

The use of the AVOCET AMPD X Country SP (stiff shoulder) as a trial tire is possible. However, this tire should not be ridden on tarmac roads. SNIKE Sport GmbH accepts no liability for the use of this tire.

**2.15 Consideration and responsibility**

**Always remember that every type of sport can be dangerous for you and others. This is also true for the SNAIX neuro bike, especially if you have little practice or are unsure of yourself on the SNAIX neuro bike.**

You will only achieve complete control of this device in all riding situations with a lot of practice. So please always be cautious when you ride the SNAIX neuro bike. Always ride it in a way that allows you to control it at any time.

A new type of sport is always viewed especially skeptically and therefore it is important that the pioneers of this sport maintain a fair and cautious behavior towards others.

**You yourself are fully responsible for what you do with the SNAIX neuro bike.**

**SNIKE Sport GmbH refuses any liability or responsibility for any type of damage that arises from the use of this sports device by you or others.**

## 3 SNAIX neuro bike - the technology

### 3.1 The SNAIX neuro bike and the add-on components

### 3.2 Assembly and correct adjustment of the SNAIX neuro bike

We ship the SNAIX neuro bike ready assembled, in folded state, with pedals attached under the saddle, saddle slid in completely and with handlebar slid in and turned by 90 degrees.

#### 3.2.1 Handlebar and front part

The front part of the SNAIX neuro bike is a special design that requires especially careful handling. After releasing the quick skewer, the whole front part can be moved to the front (upwards) and to the rear (downwards) within the steering tube (up to 100 mm). Like this, you can adjust the distance from saddle to handlebar to your height simply and quickly.

To avoid the handlebar from rotating to the side, there is a slot inside the steering tube, in which a pin fitted in the front part is running. Like this, the front part is fixed to a horizontal position. (All this is hidden from view inside the tubes.)

#### 3.2.2 Security markers on the front part

Directly behind the standard a-headset holding the handlebar, you will find a knurl mark that indicates the minimum distance which the front part should always be pulled out of the frame.

**This mark must be completely visible when you ride the SNAIX neuro bike.**

#### Warning:

**If this minimum knurl mark is not visible, the handlebar can turn to the right, which may lead to a fall and heavy injuries!**

The front tube cannot be pulled out further than to the limit stop.

#### 3.2.3 Securing the handlebar for riding

Loosen the front quick release skewer by opening the lever in the extension of the bolt axis.

Turn the handlebar to a horizontal position and pull the front tube out of the frame tube until the **minimum knurl mark** mentioned above is **completely visible**.

Extend the front part until you have an optimum posture and tighten the quick release skewer.

#### CAUTION:

**Before taking a ride on the SNAIX neuro bike, always make sure that the quick release skewers are tight enough!**

#### 3.2.4 Adjusting the saddle

The saddle should be adjusted at a height that allows you to place both feet firmly and comfortably on the ground. The saddle is ridden a little lower with SNAIX neuro bikes than with normal bikes. **The saddle tube must not be pulled out of the frame tube beyond the mark for maximum pullout!**

#### CAUTION:

**If the saddle tube is pulled out beyond the mark, it can break off under stress. This could lead to fall and injuries.**

#### 3.2.5 Using quick release skewers correctly

To open a quick release skewer, open the clamping lever until it is in extension of the bolt axis. It is closed by simply folding the clamping lever (90° to the bolt axis) without the use of force.

The necessary tightness is best achieved by turning the nut on the opposite side of the lever - not the lever. The lever should simply be brought into a position that allows it to come to an optimum position when closed and not be used to turn the skewer any tighter.

**CAUTION:**

**Never tighten quick release skewers by turning the lever! You must be able to open and close the lever without the use of great force. If the quick release skewers have been overstrained, the guarantee for the frame does not apply any more.**

**CAUTION:**

**To avoid accidents caused by loose quick release skewers, always test their secure closure before riding.**

**3.2.6 Screwing on the pedals**

Take the pedals from the saddle and screw them to the outside of the pedal levers, using the appropriate wrench. Please note the marks for left (L) and right (R) (viewed in direction of riding) on the pedals. Tighten both screw nuts firmly.

**3.2.7 Test of functionality**

Test the functionality of brakes and gears. These parts were mounted correctly in the factory and should function without problems. If you need to correct the adjustments, please note the enclosed manufacturer's references.

Test the air pressure in the tires. You will find information on the correct air pressure on the sides of the tire. A pressure too low or too high damages the tires and can lead to falls.

If you have any problems with the assembly, ask your bike dealer for help. The frame measurements and the sitting posture for the SNAIX neuro bike correspond to those of the standard mountain bike.

The SNAIX neuro bike was examined by the Rhineland Testing and Research Laboratory (TÜV), according to DIN 957-1 (Sports Equipment), and evaluated a safe and functional sports device. The add-on components (brakes, wheels and drive) correspond to the usual safety standards in bike construction.

**Now you can begin with the exercises as described in the riding instructions (Item 2 of this handbook).**

**3.3 Add-on components of the SNAIX neuro bike****3.3.1 Brakes**

A bicycle is only as good as it's brakes. The different SNAIX neuro bike models are supplied with hydraulic brakes, V brakes or a hub brake activation with backpedaling.

For your own security, it is important that you learn to instinctively activate the correct brake/brake lever.

**On the SNAIX neuro bike, the right lever activates the rear brake, the left activates the front brake.**

Your hands must be able to easily reach the brake levers and to pull them effortlessly. The distance between the brake levers and the handlebar can be adjusted to your needs (for this purpose, ask an authorized dealer). In the case of the hydraulic Magura brakes, the braking effect can be adjusted to your personal preferences with the knurl.

Most brakes have a quick release skewer lock that opens the brakes far enough to allow an easy wheel change. The brakes do not function in the open state. For your own security, read the enclosed information from the manufacturer or ask your authorized dealer.

**CAUTION:**

**Always check the brakes and their quick release skewers before every ride. If necessary, readjust the brakes using the adjustment screws and replace outworn brake blocks. Malfunctioning brakes can cause severe accidents and injuries.**

**CAUTION:**

**When the front wheel brake is activated first, the SNAIX neuro bike can fold in an uncontrolled way and the rider can be hurled over the handlebar (as with a normal bike) which can cause serious injuries.**

### 3.3.2 Gears

The gears on your SNAIX neuro bike consist of

- a gear wheel package (or a hub mechanism) at the back wheel
- a switching mechanism at the back wheel
- a derailleur in the front at the drive
- two control levers (thumb switch) or a turn grip on the right (hub shifting)
- 1-3 front gear wheels (called chain rings)
- a chain

#### The gearshifts

SNAIX neuro bikes have two pairs of thumb levers (rapid fire) for the derailleur. The right levers activate the rear control unit, the left levers activate the derailleur in front on the chain rings. The hub is shifted by a turning handle (on the right of the handlebar), the gears are marked. During gear shifting, you should ride on without pedal pressure until the gear has shifted audibly.

#### CAUTION:

**Never touch the gear shifts while traveling backwards and never pedal backwards after activating the gear shifts. The chain could jam and damage the SNAIX neuro bike severely.**

#### The function of the rear control unit

The rear control unit is actuated with the right hand control lever and guides the chain from one pinion (gear) to the other and thus changes the drive ratio. Smaller pinions mean more effort and faster riding (e.g. riding on a level surface). Bigger pinions mean less effort and slower riding (pitches). In order to move the chain from one pinion to the other, the rider must pedal on lightly.

Blocks limit the gear ratio at the highest and lowest gear. You should check their position and, if required, have them adjusted by a specialist.

#### CAUTION (derailleur):

**An incorrect adjustment of the switching mechanism may lead to jamming of the chain and can cause falls.**

With hub gear shifts, the correct adjustment of the individual gears can be corrected using the knurl screws at the gear cables. In case of doubt, the authorized dealer should carry out the adjustment.

#### The front derailleur

The front derailleur is actuated with the left hand control lever, guides the chain from one chain ring to the other and thus also changes the drive ratio. Smaller chain rings make pedaling easier, while the larger ones make it harder.

#### The optimal gear

For the SNAIX neuro bike, we recommend low gears (easy pedaling) at the beginning. Later, higher gears (faster riding) can be selected and pedaling frequencies similar to those on a bike can be achieved (70 - 90 rotations/minute). However, a lot of practice is required before they should be used.

#### HINT (derailleur):

**Never ride in extreme gear translation ratios e.g. biggest sprocket wheel in front and smallest sprocket in the back (the chain would run cross-over). With such a translation, gear rims and chain are worn excessively and it takes unnecessarily much strength to pedal.**

### 3.3.3 Wheels

The wheels were produced on state-of-the-art machines, so that the possibility of any loosening of the spokes over the first kilometers can be eliminated. In spite of this, you should frequently check the spokes for a uniform tension during the initial break-in phase and regularly afterwards. A loose spoke may cause a rim to warp. Such a warped rim, however, can also be readjusted.

#### CAUTION:

**Wheels must be centered well so that the brakes function correctly. It takes a lot of experience and specific tools to center rims. Without the experience and equipment, you should leave the centering of the wheels to a specialist.**

**Quick release axles**

Your SNAIX neuro bike is equipped with quick release axles at the front wheel and (except for the version with hub gear shifts) at the back wheel. Quick release axles function via the axis with a lock knob that is tightened with the opposite lever until the wheel has a secure fit in the fork.

Any quick release mechanism should be tightened only by use of the knob mechanism (clamping lever). If it does not close tightly enough, the nut on the opposite lever can be turned clockwise (while the clamping lever is open) to tighten the entire mechanism.

**DANGER:**

**A quick release mechanism must never be closed by holding the nut in place and tightening the clamping lever like a wing nut. With this method no proper firm locking can be achieved. Such inappropriate application of the quick release mechanism is life threatening, since the parts tightened up like this can fall from the bracket or suddenly readjust themselves!**

**This danger applies to all parts of the SNAIX neuro bike equipped with quick release mechanisms.**

**3.3.4 Tires and inner tubes**

The SNAIX neuro bike is delivered with so-called "Semi Slicks". This tire type is especially suitable for the requirements of the SNAIX neuro bike cornering techniques.

Particularly in the case of "carving", the SNAIX neuro bike achieves very high curve speeds and very tilted positions; both generate high centrifugal forces. For the transference of these forces, the tire's surface must be stable in tilted positions and have a good grip.

**CAUTION:**

**Do not use any studded or trekking tires on a SNAIX neuro bike.**

Tires with deep profiles can be very dangerous, because with the high cornering speeds of the SNAIX neuro bike, the studs might suddenly lose grip and lead to a fall.

Always pay attention to correct air pressure in the tires. You will find information on the correct air pressure on the sides of the tire. A pressure too low or too high increases the rolling resistance and can lead to the tire moving on the rim and the valve might break.

**CAUTION:**

**Never exceed the tire pressure indicated on the tire side. The tire could detach from the rim and cause a fall.**

**Valves**

The SNAIX neuro bike is supplied with inner tubes with car valves that can be inflated at any gas station as well as by hand pump.

**3.3.5 Fenders**

If you wish to equip your SNAIX neuro bike with fenders, you will find eyelets and screw threads for their attachment at the fork ends and at the transverse clasp of the chain stays in front of the bearing.

**3.3.6 Baggage**

The SNAIX neuro bike is a sporting device, not suitable for the transportation of baggage on a carrier. The weight above the back wheel would influence the riding characteristics very unfavorably. We recommend the use of a rucksack, and to transport only light baggage.

**3.4 Care and maintenance****3.4.1 Frame number**

The frame number of your SNAIX neuro bike is located underneath the bottom bracket, or in some cases under the chain wheel guard. This number is in our files. Please indicate this number and the color in all guarantee cases and in case of repeat orders.

### 3.4.2 Central steering bearing

The central steering bearing is very robust. It consists of two waterproof industrial ball bearings seated on an axis of high-strength steel. The steering bearing is sealed against water and secured with a nut and locking nut of V2A steel. If it should loosen a little after some time, it can be readjusted with the aid of these nuts. To open the bearing, take off both these nuts. You can then take the bearing apart.

#### CAUTION:

**The steering bearing is a highly strained functional part and must be adjusted by a specialist.**

**For your safety, the tightness of the nuts should be checked regularly.**

### 3.4.3 Cleaning

When your SNAIX neuro bike has been soiled, hose it down with a gentle jet of water and wash off rougher dirt with a sponge. Afterwards, the bike should be wiped dry with a cloth - particularly chain and pinions. Then, treat chain and pinions with a chain cleaning agent. The varnished surfaces can be maintained with hard wax. Only use agents that are ecologically harmless and comply with the waste water specifications of your parish. Watch out for any corrosive damages that might be concealed under the paint. Corroded parts should be treated with special protection agents.

#### CAUTION:

**Never employ a high-pressure cleaner. The high water pressure washes out important lubricants and mud is washed in, even in the case of the well sealed bearing parts. This leads to an increased wear out of these parts.**

### 3.4.4 Chain wheel guard

The chain wheel guard was developed especially for the SNAIX neuro bike. This guard is to prevent the SNAIX neuro bike to hit the ground with the chain wheel while folded. This could damaging both the floor and the chain wheel with the wheel ring (plastic part for clothes protection). The chain wheel guard is attached to the bottom bearing container with two bolts and can easily be replaced or positioned differently if required. You can obtain this spare part directly from the SNIKE Sport GmbH. When you order, please state the type of your SNAIX neuro bike, frame number and frame color.

### 3.4.5 Foot pedal and bottom bearing

Foot pedals are highly stressed with alternating forces. They can loosen with time. Check their firmness at regular intervals. If the treadle does not sit firmly on the shaft, tighten the bolt that links the treadle to the shaft with the appropriate socket wrench.

The bottom bearing must be firm and easily to rotate within the bearing. If a bottom bearing has clearance, it must be renewed by an authorized dealer.

### 3.4.6 Tires and inner tubes

Damaged or worn out tires (no profile) must be replaced immediately. The safety of the SNAIX neuro bike is affected and this can lead to serious injuries to you and others. Damaged or inappropriately patched tubes should also be replaced.

### 3.4.7 After extreme rides

After extreme rides when your SNAIX neuro bike is very dirty, after journeys through rain as well as after every 200 km of riding, you should clean your SNAIX neuro bike according to our recommendations. Also check the wear of the brake pads and the rim flanks and replace any worn out parts.

### 3.4.8 After a fall

After a fall, check your SNAIX neuro bike thoroughly for damaged, bent or cracked parts. Do this very carefully, also if there is no obvious damage visible at first. Damaged parts must be replaced by a specialist before the next ride.

## 4 SNAIX neuro bike - Notes on Safety

### 4.1 Security check before every ride

We recommend to check the important functions of the SNAIX neuro bike before every ride.

- Is the knurl mark on the front tube completely visible?
- Are all quick release skewers tightened correctly?
- Do the brakes function perfectly, are the hydraulic circuit's sealed?
- Is the air pressure in the tires correct?
- Are all spokes still firm?

**CAUTION:**

The allowed maximum weight for the tires is restricted to 90 kg.

**CAUTION:**

After a fall, the SNAIX neuro bike must be checked very thoroughly for bent parts (frame, handlebar, rims and drive). Please replace any bent or damaged parts and do not use the SNAIX neuro bike before everything has been repaired. If you cannot eliminate damages completely, you should consult an authorized dealer.

**CAUTION, DANGER:**

The loss of brake fluid (in hydraulic brakes) may cause a total failure of the brakes. Danger! Defective brake hoses or connections must be repaired immediately by a specialist.

### 4.2 Use on the road

As the majority of today's mountain bikes or sports bikes, the SNAIX neuro bike as delivered is not admitted to the road and traffic. If the SNAIX neuro bike is to be used in traffic or on public roads, it must be equipped according to the road traffic regulations - with a lighting system, reflectors and a bell.

**CAUTION:**

The SNAIX neuro bike was designed as a sports device. It's use on public roads is possible only after long practice and with good control of the SNAIX neuro bike in all riding situations. As long as you do not have these abilities, you should, for your own security, not use the SNAIX neuro bike in traffic.

### 4.3 Children's seats

There are children's seats for all kinds of mounting on bikes. Even if you could attach such a seat to the SNAIX neuro bike, please do not do it.

**CAUTION, DANGER:**

Do not mount any children's seats to a SNAIX neuro bike. The special riding and reaction characteristics of the SNAIX neuro bike would be highly affected by the weight and movements of the child in the seat. A serious fall of rider and child would easily be possible.

### 4.4 Appropriate clothing

**Helmets:**

For your own safety, you should always use an certificated helmet (ANSI, Snell or CE 95) when riding. Most serious injuries caused by accidents today are head injuries, even fatal head injuries happen again and again.

**CAUTION:**

Always wear a helmet on the SNAIX neuro bike. The chin belt of the helmet must be closed securely. Without a helmet, you risk severe head injuries in case of a fall.

**Protection of the eyes:**

When you ride the SNAIX neuro bike, there might be dust, mud, insects or dazzle through sun, so it might be useful to wear protective biking goggles.

**Garments:**

Wear sportive clothing on your SNAIX neuro bike with a comfortable, athletic fit, but not too loose; made of natural, breathable and sweat-absorbing material. Bright colors are to be favored for safety reasons.

**Shoes:**

We recommend trainers with non-skid soles, they guarantee good contact to the pedals.

**4.5 Pedals**

The SNAIX neuro bike is delivered with simple sports pedals. We selected these pedals because they are safe and you can take your feet off at any time if necessary. If you care for an especially small packing size, you might wish to replace them by folding pedals. Please select a pedal can be firmly locked in place.

**CAUTION:**

**Click pedals or pedals with loops should be employed on a SNAIX neuro bike only if the rider is completely sure of mastering these pedals together with the new properties of the SNAIX neuro bike.**

**4.6 Parking the SNAIX neuro bike**

There are different possibilities to park a SNAIX neuro bike:

1. Use a bike stand.
2. Lean it against a stable surface (please avoid damages).
3. Fold the SNAIX neuro bike and rest it on handlebar and tires.
4. SNAIX like: Close the rear brake by the knurled screw and support the bent SNAIX neuro bike with it's pedal (the braked back wheel stabilizes the SNAIX neuro bike). This type of the parking needs practice.
5. Mount a double stand on your SNAIX neuro bike.

**5 SNAIX neuro bike – implied Warranty**

We offer the warranty provided by the individual manufacturer for all add-on components and a 2 year guarantee (from date of purchase) for the SNAIX frame and it's paint coating.

All guarantees are given only if:

1. damages were not caused by applied force or through falls.
2. the SNAIX neuro bike was used in accordance with the directions for use (no rides on rough grounds, no jumps, no rides with several persons on a SNAIX neuro bike)
3. no decorations have been removed from the frame.

Please have your authorized dealer(s) confirm any inspections on the enclosed inspection list. This can considerably facilitate the handling of guarantee cases.

**SNIKE Sport GmbH points out that it does not assume liability or guarantee for any type of damage involving the owner or a third party due to inappropriate use of the sports device or a deficient riding technique, particularly in the case of use in traffic and on public roads.**

## 6 SNAIX neuro bike - The Inspection Plan

Please mark or note any work carried out and confirm by signature and date.

Check, adjustment or replacement, if required	Final inspection in the factory	Start of operation: Customer or authorized dealer	150 km inspection	1500 km inspection	3000 km inspection	5000 km inspection
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### WHEELS

Spoke tension	o.k.					
Air pressure (tires)	o.k.					
Tire wear	xxxxxxxxxxxxxxxxxxxx	xxxxxxxxxxxxxxxxxxxxxxxxxxxx	xxxxxxxx			
Rim wear	xxxxxxxxxxxxxxxxxxxx	xxxxxxxxxxxxxxxxxxxxxxxxxxxx	xxxxxxxx			

### GEARS

Adjustments	o.k.					
Limit stops	o.k.					
Chain wear	xxxxxxxxxxxxxxxxxxxx	xxxxxxxxxxxxxxxxxxxxxxxxxxxx	xxxxxxxx			

### BRAKES

Shoe adjustments	o.k.					
Wear of brake pads	xxxxxxxxxxxxxxxxxxxx	xxxxxxxxxxxxxxxxxxxxxxxxxxxx	xxxxxxxx			
Brake hoses	xxxxxxxxxxxxxxxxxxxx	xxxxxxxxxxxxxxxxxxxxxxxxxxxx	xxxxxxxx			
Lever movement	o.k.					

### BOTTOM BRACKET

Pedal tightness	xxxxxxxxxxxxxxxxxxxx					
Crank bolts	o.k.					
Pedal bearing – clearance	xxxxxxxxxxxxxxxxxxxx	xxxxxxxxxxxxxxxxxxxxxxxxxxxx	xxxxxxxx			

### CONTROL SET

Check for clearance	o.k.					
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### SCREW JOINTS

Handlebar	o.k.					
<b>Front part</b> (quick rel. skewer)	xxxxxxxxxxxxxxxxxxxx	<b>check before all</b>	<b>rides!</b>	xxxxxxxx	xxxxxxxx	xxxxxxxx
<b>Saddle</b> (quick release skewer)	xxxxxxxxxxxxxxxxxxxx	<b>check before all</b>	<b>rides!</b>	xxxxxxxx	xxxxxxxx	xxxxxxxx
<b>Wheels</b> (quick rel. skewer)	xxxxxxxxxxxx	<b>check before all</b>	<b>rides!</b>	xxxxxxxx	xxxxxxxx	xxxxxxxx

<b>All bolts checked</b>	o.k.					
<b>All bearings greased</b>	o.k.	xxxxxxxxxxxxxxxxxxxxxxxxxxxx	xxxxxxxx			

<b>Operating Instructions</b>	Enclosed.	xxxxxxxxxxxxxxxxxxxxxxxxxxxx	xxxxxxxx	xxxxxxxx	xxxxxxxx	xxxxxxxx
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	Mechanic	Customer or auth. dealer	Auth. dealer	Auth. dealer	Auth. dealer	Auth. dealer
<b>Signature</b>						
<b>Location</b>	Halle Zonelight					
<b>Date</b>		Delivery date				