

# Helping Handles

Your Helping Handles should arrive with: 2 x Helping Handles, 2 x bottom plates, 8 x M5 25mm Bolts and 8 x M5 split washers and 2 x ICE Stickers. You will also need a 5mm Hex Key.

## When attaching to an Adventure:

When you attempt to attach your Helping Handles to our Adventure models, not HD's, you will find that they will sit directly on top of the ICE sticker on the cross axle. Therefore we advise removing the stickers before and then applying the stickers provided after the Helping Handles are fixed into place.

## Removing the ICE stickers:

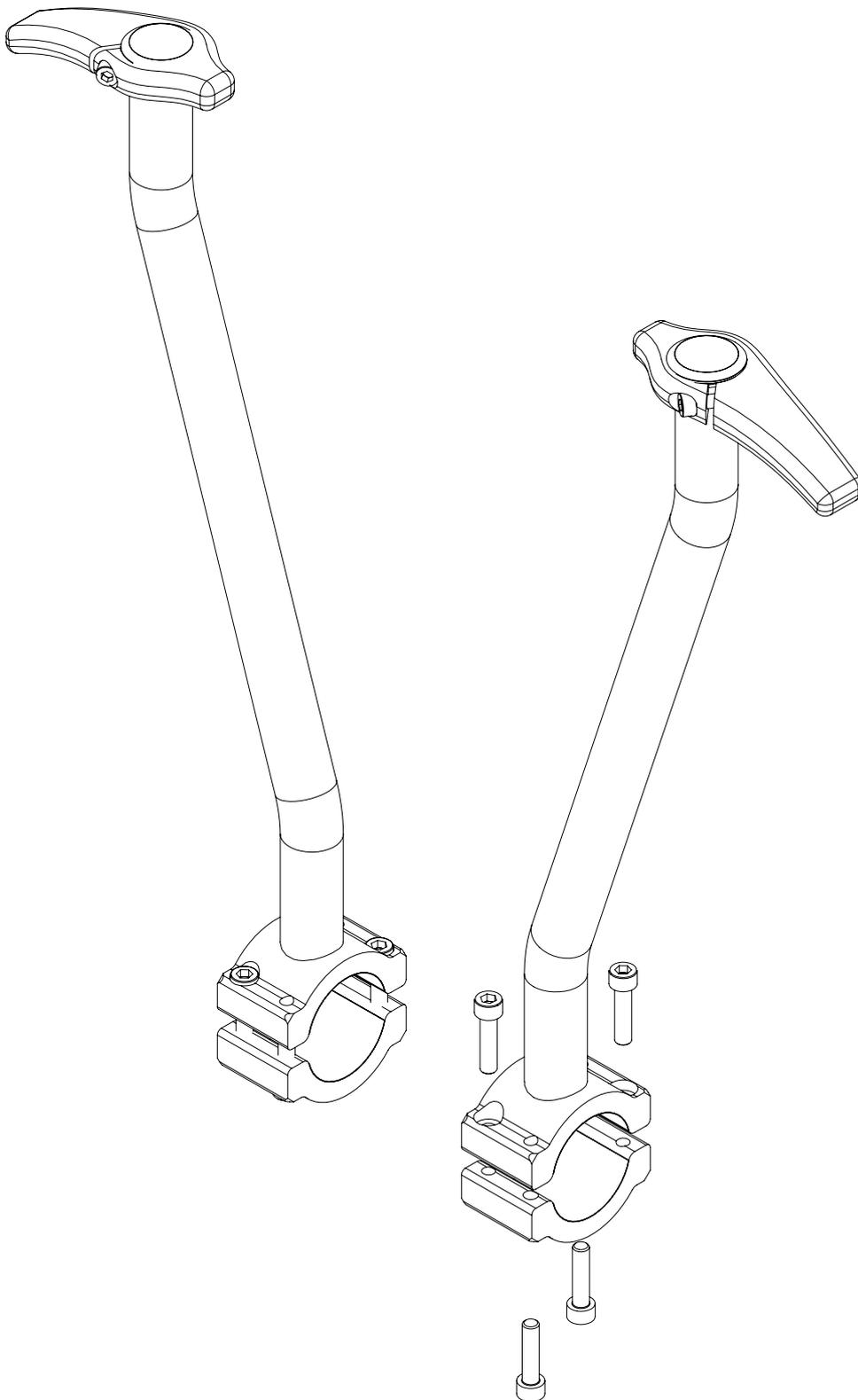
We advise heating the stickers with a heat gun or hair dryer first to loosen the glue to make them easier to remove.

## Applying the ICE stickers:

The ICE stickers will come sandwiched between 2 layers. One is a clear film with a red horizontal guide-line on and the second is a yellow backing paper.

1. Use white spirit to remove any glue residue left on the frame.
2. Remove the yellow backing paper ensuring the sticker stays attached to the clear film.
3. Then apply the sticker to the cross axle using the red line as a horizontal guide.
4. Press the sticker firmly onto the cruciform, make sure that there are no air bubbles.
5. Finally peel away the clear film and give the sticker a smooth over.

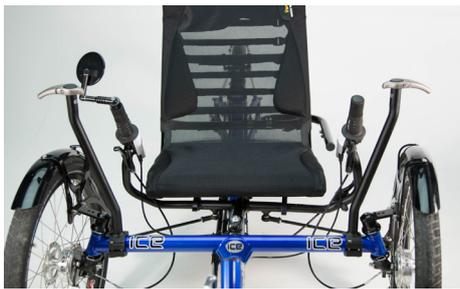
## Two complete handles:



## Attaching Your Helping Handles:



**1** Using a Helping Handle, 1 x bottom plate, 1 x M5 25mm Bolt and a M5 split washer attach the handle on the cross axle, just inside the kingpost.



**4** Then do the same on the opposite side.



**7** Now the Helping Handles are fixed in place its possible to alter the angle of the handle itself. Using a 5mm Hex Key you can angle the handle to your preferred position.



**2** Continue the process for the other 3 bolts, at this point the clamp wants to be tight enough that it doesn't move on its own but loose enough so that you can rotate it with a little pressure.



**5** Take your time to find the angle that suits you getting in and out of the trike.



**3** Position the handles so that they sit vertical/ 90 degrees and 15mm's inside the kingpost.



**6** Once you have positioned the Helping Handles continue to tighten all the bolts evenly until you are confident the handles wont slip under your body weight. Overtightening these bolts can do damage to the frame.



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