

# Workshop Engine/Bike Lift Assembly Instructions.

## Contents:

1 x M8/40mm Bolt

1 x M8 Washer

1 x M8 Lock Nut

2 x M8/70mm Bolts

2 x M8 Lock Nuts

1 x M10/80mm Bolt

1 x M10 Washer

1 x M10 Lock Nut

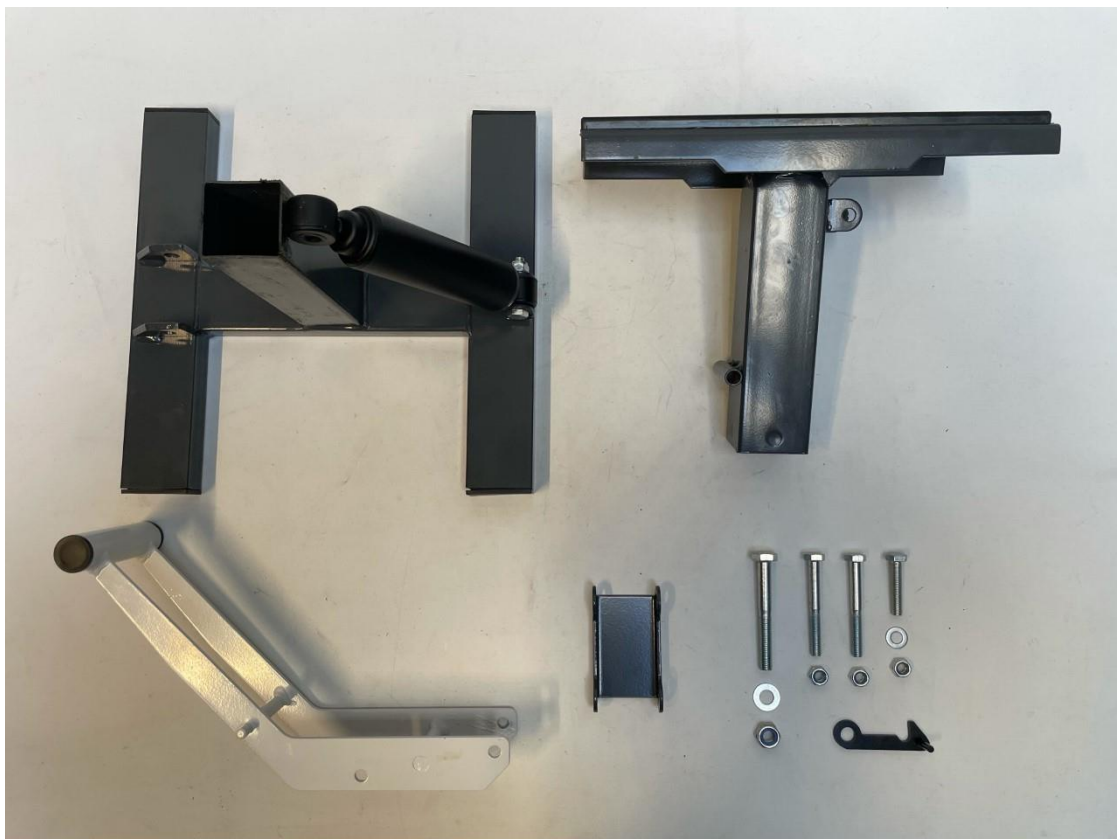
1 x Base with Gas Strut

1 x Upper Lifting Plate with Rubber Plate

1 x Foot Lever

1 x Linkage Plate

1 x Retaining Hook.

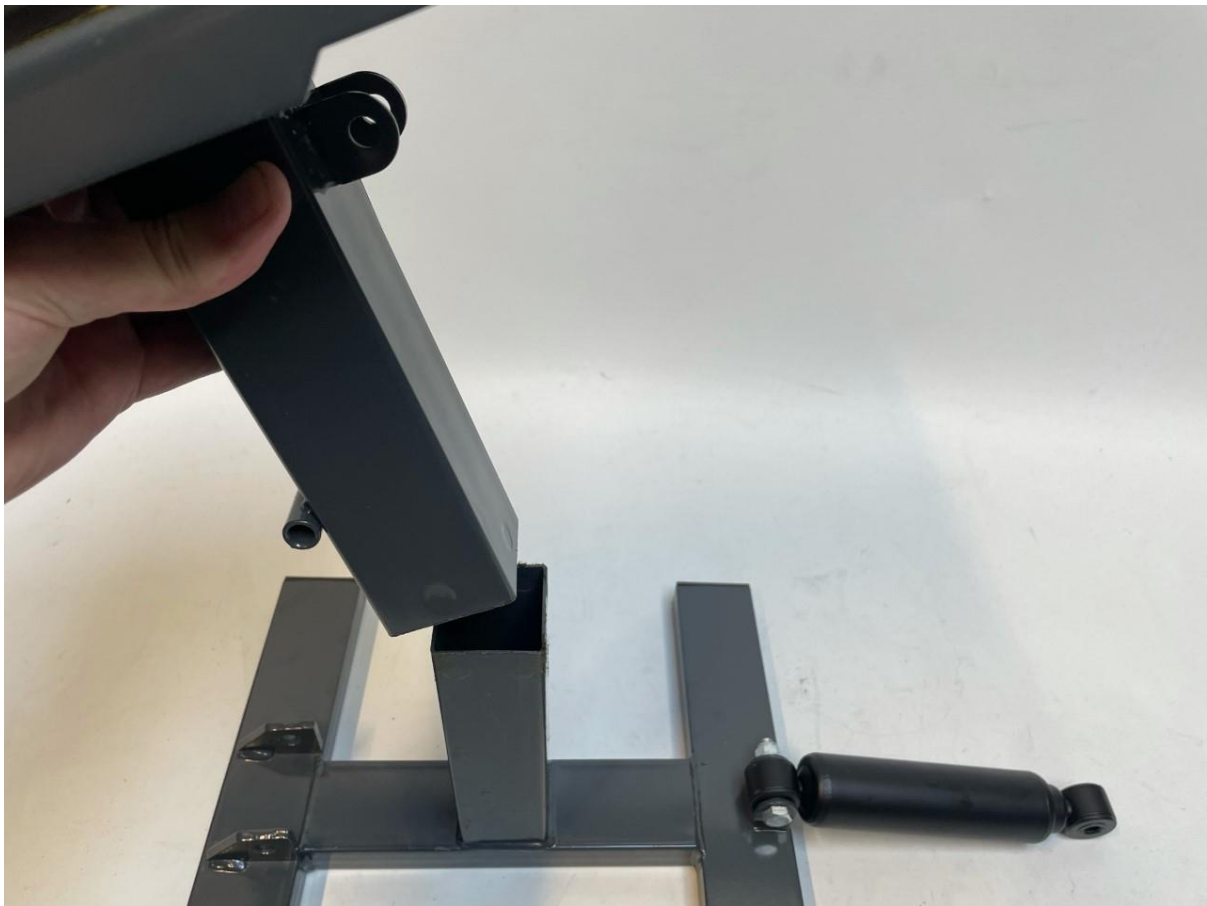


Step One:

Start by sliding the Upper Lifting Plate on to the Base with Gas Strut. To do this align the 2 parts so the Upper Gas Strut fixing point faces the Gas Strut.

See Picture below.

The Box section may feel tight for the initial 2 cm's of fitting but once past the top it slides easily down the Base.



Step Two:

Attaching the Gas Strut to the Upper Lifting Plate. Take the M8/40mm Bolt and pass it through the Support Lug, then through the Bush in the Gas Strut.

Once through slide the M8 washer over the thread and screw on the M8 Lock Nut.

You can fully tighten this Nut and Bolt but take care not to over tighten making the Lug grip the Gas Strut.



Step Three:

Next step is to assemble the Linkage and Retaining Hook on to the Base.

Take the M10/80mm and pass it through the appropriate hole in the Retaining Hook. The Hook has to go on a specific way round so notice the small handle which needs to be facing you away from the Base.

Now you can pass the Bolt through the relevant hole in the Base, then also through the Linkage Plate and straight through till it emerges from the other side of the Base.

Next slide on the M10 Washer and screw on the M10 Lock Nut. You can fully tighten this Nut and Bolt, ensuring you don't pinch Linkage Plate and the Hook can swing freely.



Step Four:

Attaching the Foot Lever (painted white).

Take an M8/70mm Bolt and pass it through the Foot Lever (end hole), then through the Upper Support Plate Lug/Tube. The orientation of the Foot Lever should be so that is angled upwards NOT downwards.

Pass the Bolt straight through and screw on an M8 Lock Nut on the other side.

As before you can fully tighten this Nut and Bolt but be careful not to pinch the Foot Lever against the Lug.





Step Five:

Attaching the Linkage Plate to the Foot Lever.

Take the second M8/70mm Bolt and pass it through the remaining hole in the Foot Lever, then position the Linkage Plate so the Bolt can pass straight through it and out the other side.

Then screw on the M8 Lock Nut, which again take care not to Pinch the Linkage Plate.



Step Six:

Before continuing test the action of the Retaining Hook on the Foot Lever.

With the Assembly on the floor press down on the Foot Lever all the way which will lift the Upper Plate fully.

You can then swing the Retaining Hook to latch on to the Foot Lever.



Step Seven:

The last step is to tighten the Locking Ring underneath the Upper Lifting Plate to keep the Plate in the desired position.

Align the Plate how you want it and spin the Locking Ring, so it bites against the Box Section. Tighten it fully to lock Upper Plate.

