

# NSA POWER

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# WELCOME

**We thank you for your confidence in us and we wish you many good times to come with your new COMMENCAL bike. This manual will help you to get to know your bike and includes some useful information and detail. We recommend that you read it with care.**

## MANUAL CONTENT

In this manual, you will find all the necessary information to assemble, set up and maintain your bike correctly. You will also find the different security warnings and the warranty terms and conditions.

## IN CASE OF PROBLEM

If you encounter any problems during the assembly of your bike or have any other questions, don't hesitate to contact us:

- by e-mail : [customerservice@commencal.com](mailto:customerservice@commencal.com)
- by phone : + 376 73 74 75



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# USEFUL INFO

## LABELLED DIAGRAM

### Parts designation

#### FULL BIKE

- |                           |                         |
|---------------------------|-------------------------|
| <b>01</b> - Frame         | <b>11</b> - Shifter     |
| <b>02</b> - Fork          | <b>12</b> - Tire        |
| <b>03</b> - Wheel         | <b>13</b> - Rear shock  |
| <b>04</b> - Disc          | <b>14</b> - Crank       |
| <b>05</b> - Brake caliper | <b>15</b> - Chain guide |
| <b>06</b> - Brake lever   | <b>16</b> - Chainring   |
| <b>07</b> - Handlebar     | <b>17</b> - Chain       |
| <b>08</b> - Stem          | <b>18</b> - Derailleur  |
| <b>09</b> - Seat clamp    | <b>19</b> - Saddle      |
| <b>10</b> - Seatpost      | <b>20</b> - Grip        |

#### FRAME

##### Front triangle

- a1** - Tootube
- a2** - Down tube
- a3** - Seat tube

##### Rear triangle

- a4** - Rocker/Clevis
- a5** - Seatstay
- a6** - Chainstay

#### FORK AND WHEELS

- |                      |                  |
|----------------------|------------------|
| <b>b</b> - Crown     | <b>f</b> - Hub   |
| <b>c</b> - Stanchion | <b>g</b> - Spoke |
| <b>d</b> - Lowers    | <b>h</b> - Rim   |
| <b>e</b> - Axle      |                  |

#### SPECIFIC ELECTRIC PARTS

- |                    |                    |
|--------------------|--------------------|
| <b>i</b> - Battery | <b>k</b> - Shifter |
| <b>j</b> - Motor   | <b>l</b> - Display |

COMMENCAL / P.28



# USEFUL INFO

## ABOUT E-BIKES

### ELECTRIC BIKES (E-BIKES)

A pedal assisted e-bike enables you to reach a higher speed than a standard bike. The speed is dependant on the import country of your product specifically.

Please be aware that the motor will only provide assistance when you are pedalling. The system provides you with 3 modes of assistance and a walk mode. (See Shimano user manual for more detail)

The Meta Power is a bike designed to ride on gravel roads, moderate tracks and uneven tracks, some steep or technical tracks will require a higher level of bike handling skill.

If you don't respect these instructions, you risk to damage your bike or to hurt yourself.

### RECOMMENDATIONS

You must remove the battery in case of :

- Performing maintenance/ changing components
- Transport

Use your e-bike only in the range of temperatures: -10°C to 50°C.

Check there is no water on the battery mount electrical connections before installing the battery .

Don't charge your battery in a wet environment. You should charge your battery in an environment which is in the following temperature range 0°C to 40°C.

Keep away from heat sources and direct sun light. For example inside a vehicle on a hot day, etc.

Although the system is supposed to be waterproof, you should not submerge the system or bike in water. Don't submerge the battery in cold water or sea water, make sure the battery electrical connections stay dry.

Don't submit your battery to violent impacts, if your battery is damaged or scratched from impact, we recommend that you do not use it anymore and seek replacement.

If you are to charge your battery when installed on the bike, take care not to move the bike or try to disconnect the battery during the charging process. Avoid subjecting the battery charging port or the charger plug to any moisture. Check that your battery is always firmly held in the battery mounts by the lock.



**- The Shimano User Manual will be provided in the accessory box with your bike. It is necessary to read this for more detail.**

**- Warning, all inappropriate use (including maintenance) of the electrical system can cause irreversible consequences.**

**- We strongly suggest that you keep your battery key and key serial number safe.**



# USEFUL INFO

## ABOUT E-BIKES

### WEIGHT AND CAPACITY OF THE BIKE

The Meta Power is an e-bike, which is understandably heavier than a regular bike. The weight of the bike is between 20 and 25Kg. The difference is due to the different sizes and models available in the range.

To use this bike, your riding weight should not exceed (inc. helmet, bag, protection...) the weight of 120Kg.

### MODIFYING THE ASSISTANCE SETTINGS

We remind you that every modification to the system, or other modification which modifies the speed of the bike, is strictly prohibited.

Any change to the speed can change the legal categorisation of the bike. This can result in your bike not being categorised as an e-bike anymore. This will void the warranty guarantee of your bike.

### ONLINE INSTRUCTIONS

This manual provides you with all the necessary and concise information to assemble and maintain your bike. You can find this manual on the COMMENCAL Bicycles website. You can also find more information about your bike, some tutorials, videos and much more on the COMMENCAL Bicycles website!

### WEBSITE

[www.commencal-store.com](http://www.commencal-store.com)

### MANUAL

[www.commencal-store.com/owners\\_manual](http://www.commencal-store.com/owners_manual)

### TUTORIAL VIDEOS

[tech.commencal.com/tech/](http://tech.commencal.com/tech/)

### ONLINE SHIMANO USER MANUAL

[si.shimano.com](http://si.shimano.com)



The A-weighted emission sound pressure level at the driver ears is less than 70 dB(A)



We suggest that you read all the relevant manufacturer manuals for the other components provided on the bike to know the relevant security warnings and set-up.



# ASSEMBLY

## ACCESSORIES PROVIDED

### CONTENTS OF THE ACCESSORY BOX

- security kit (lights, reflectors, bell)
- Specific Shimano E8000 accessories (user manual, Shimano tool TL-EW02, battery, battery charger, E6000 adaptor).
- Component accessories (manuals and spare parts ..etc...).
- Pedals, Seatstay protector



Keep your battery box for the event of storage or logistics. The box has all the necessary information related to the transport of lithium batteries



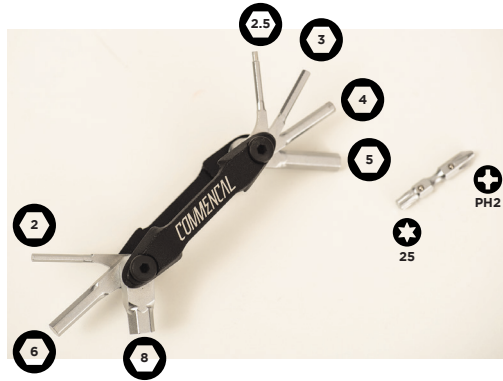
# ASSEMBLY

## TOOLS AND TORQUE TABLE

### TOOL LIST

Find below the contents of the optional tool kit. The different logos on the diagram will help you to understand what tools are needed for every assembly step.

- 1x MULTI-TOOL  
Allen keys T.2/2,5/3/4/5/6/8mm  
Torx key T.25  
Cross head screwdriver PH2



- 1x HIGH PRESSURE PUMP  
for your fork and rear shock,  
if air sprung.



### TORQUE TO RESPECT

Stem - Steerer Tube	5,5N.m
Stem - Handlebar Cap	5,5N.m
Brake Caliper	8-10N.m
Speed Sensor	2,5-4N.m
Derailleur	8-10N.m
Brake Lever	2,5-4N.m
Cassette	40N.m
Seat Clamp	5-6N.m
Headset	3N.m
Chaining	9N.m
Grip	2,5-4N.m
Pedals	38N.m
Disc	6N.m



For frame contact system, please refer to relevant bolt marking for torque information.





# ASSEMBLY

## ASSEMBLY STEPS

### STEP 1

Unbox the bike vertically (lift it by the rear wheel and fork).



### STEP 2

Place the bike on the floor. Rotate the fork so that the bike is stable.



### STEP 3

Remove any protective packaging.



When unpacking or moving the handlebar, take care not to damage the cables or hoses.



# ASSEMBLY

## ASSEMBLY STEPS

**STEP 4**  
Unscrew the front cover of the stem.



**STEP 6**  
Tighten the front cover of the stem.




**STEP 5**  
Assemble and align the handlebar using the laser marking (you can also set your preferred angle).



**STEP 7**  
Route the electrical wire through the plastic clip.



 Ensure equal spacing between the front cover and the body of stem in all 4 positions.



# ASSEMBLY

## ASSEMBLY STEPS

### STEP 8

Connect the electrical wire next to the existing wire until you hear a «click» sound (use the shimano tool TL-EW02)



### STEP 9

Remove the pad spacer from the caliper. Keep the spacer to aid in transportation in the future.



### STEP 10

Remove the front axle and apply grease along the shaft and thread.



### STEP 11 A

Assemble the front wheel into the fork. Install the front axle and tighten using a 6mm allen key.



# ASSEMBLY

## ASSEMBLY STEPS

### STEP 11 B

For quick release axles, tighten and close it vertically. Refer to the manufacturer manual if the lever does not align vertically to change the setting.



### STEP 12

Align the stem with the front wheel and ensure there is no play in the headset (see page 44). After, tighten the stem collar screws.



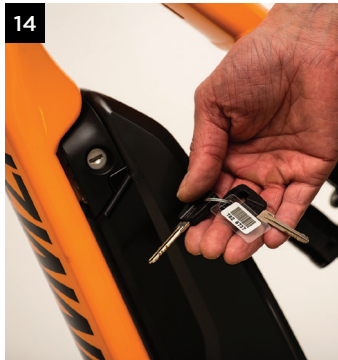
**Charge the battery fully before turning on. After every charge, do not switch-on the battery when there is pressure on the pedals.**

### STEP 15

Install the different accessories included, such as the lights, bell and reflectors. Stick on any frame protection given, such as the seatstay protector.

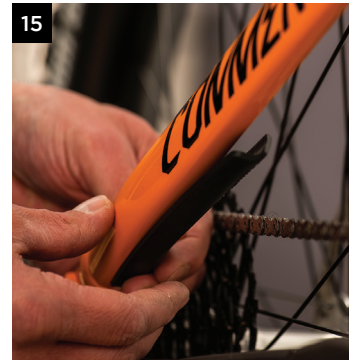
### STEP 13

Install the battery on your frame from the left hand side. (Read the Shimano STEPS E8000 Manual to see all the necessary information).



### STEP 14

Keep the keys safe and note the serial number written on the keyring tag.

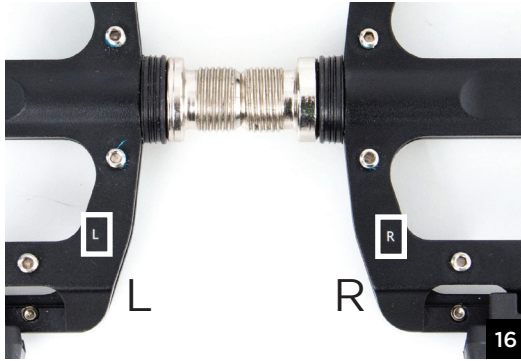


# ASSEMBLY

## ASSEMBLY STEPS

### STEP 16

Identify the left and right pedal. This is clearly shown by a «L» and «R» on the pedal axle



### STEP 17

Grease both pedal axle threads.



The left side pedal (L) has a reverse thread (anti-clockwise) and the right side pedal (R) has a classic thread (clockwise)

### STEP 18

Tighten the right side pedal as shown in the photo.



### STEP 19

Tighten the left side pedal as shown in the photo.



# SET-UP

## SEAT POST AND SADDLE

### SADDLE HEIGHT



To adjust your saddle height, untighten the seat clamp (by hand or with the allen key), adjust the height and tighten the seat clamp.



To set the correct height, sit on your bike and put one pedal as low as possible: your leg should be straight.



**Your dropper seat should be actuated to complete this set-up.**



**Warning, the maximum insertion line should not be visible.**

### SADDLE POSITION



For your health and comfort, it is important to correctly orientate your saddle. An inappropriate setting could result in discomfort or pain when using your bike.

To set your saddle position, unscrew bolts (A and B). First, set the lateral position along the rails to your preference. Second, tighten to achieve a horizontal orientation.



# SET-UP

## BRAKES

### CALIPER ALIGNMENT



To align the caliper to the disc, unscrew the two bolts by half a turn so it is fairly loose. Turn the wheel and press the corresponding brake lever.



Whilst holding the brake lever, tighten the caliper bolts.

Check that your wheel turns without causing any rubbing (or very little). However, repeat the process if it is not satisfactory.



You must break in your pads before achieving good performance from the brake. You must actuate your brakes 20 to 30 times to slow down from

30 km/h to 5 km/h to break in your pads sufficiently. Brake as hard as possible without stopping the wheel. It is normal to have friction between the disc and the pads before the system has been fully broken in.

### ADJUST YOUR BRAKE LEVER REACH



Warning, wet conditions can increase braking distance.

You can adjust the reach of the brake lever. Simply turn the fine adjuster found on the brake lever. This can also be in the form of an allen key bolt.



The left brake lever operates the front brake. The right brake lever operates the rear brake. In case of doubt, check which caliper is connected to which lever. (exception: UK, Australia, New Zealand and Japan use an opposite brake configuration)



# SET-UP

## AIR PRESSURES

### FORK AND SHOCK



It is very important to set up your suspension corresponding to your weight. Regulate the pressure of the suspension with the high pressure pump.



To know the correct pressure and settings, please consult the respective manufacturers manual. For coil shocks, tighten the spring to set your SAG.



Stand on your bike fully equipped as if you were going riding. Your suspension should compress to 25%.

### TIRE PRESSURES

To know the correct pressure for your tires, look at the manufacturers recommendations found on the side walls of the tires. This will include the maximum and minimum pressure.



We recommend that you check your tire pressure before every ride.

The air pressure will have a significant impact on the behaviour of the bike. We recommend that you adjust your pressure in function of your weight, riding style and terrain.



**Warning, you must never exceed pressure limits (max/min). You risk causing irreversible damage to your bike.**

**If you can not achieve the correct SAG setting on your coil shock, you should change the coil.**

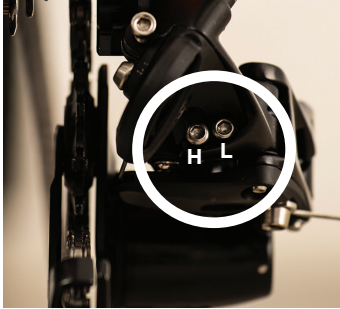




# SET-UP

## DERAILLEUR

### DERAILLEUR POSITION SET UP



The limit screws prevent your chain from exceeding the limits of the cassette. You have one screw controlling the higher limit (H) and one screw for the lower limit (L). The higher limit corresponds to the smallest cassette ring while the lower limit corresponds to the biggest cassette ring. Adjust so that you achieve the correct limitation without compromising gear range.



To ensure the correct setting you must be sure that:

- When your chain is on the biggest gear, align the center of the upper guide pulley with the outboard edge of the smallest cog.
- When your chain is on the lowest gear, the derailleur pulley should align with the largest cassette ring.

### CABLE TENSION



Once your limit screws are set, you have to adjust the cable tensioner. Try shifting through the gears:

- If you have difficulty shifting from smaller to bigger rings then loosen gradually (turn anti-clockwise) the cable tensioner to tighten the cable.
- If you have difficulty shifting from bigger to smaller rings then tighten gradually (turn clockwise) the cable tensioner to untighten the cable.



Make sure your derailleur hanger is not bent.

Read the manufacturer's manual to learn more about specific settings.

**If you have difficulties with your settings, please seek advice from a professional.**



# SET-UP

## OTHER

### SET THE HANDLEBAR HEIGHT



If preferred, you can adjust your handlebar height by modifying the spacer stack. To do so, unscrew and remove the topcap. Then, untighten the stem bolts. Remove the stem and adjust the spacer stack to change height.



### CONTROLS POSITION



When you have finished assembling your bike, you can adjust your controls and grips position. These settings are personal, you are free to set them to your preference.



Do not remove or add spacers to the stack.



Respect the torques provided and be sure that all the controls are working and reachable.



# VERIFICATION

## BEFORE YOUR FIRST RIDE



### CHECK THAT EVERYTHING IS TIGHT

Check that all the bolts or other tightening features are sufficiently tight, such as the brake calipers, seatclamp, stem, cockpit, levers, headset, derailleur, wheels and so on...

### THINGS TO CHECK

Check the wheels: they should turn without any problem (trueness, roundness...) and be correctly assembled in the frame or the fork.

Check your brakes: they should work correctly and the levers should not feel too hard or too soft.

Transmission: gears should shift easily, the crankset should turn without friction and the chain guide should be set to the 34 tooth position.

Check that the pedals and crankset have no play.

### SETTING CHECKS

Be sure that your bike is set up to your body specifically:

- Saddle height.
- Suitable saddle orientation.
- Specific air pressure in suspension and tires.
- Cockpit and controls position adjusted.



# VERIFICATION

## BEFORE YOUR FIRST RIDE



### TIGHTEN HEADSET

Check that there is no play in the headset.

To do so, stand next to your bike. Push the front brake and place your other hand on the headset. Keep your brake activated and move your bike forward and backward.

If you feel some play, here are the steps to follow:

- 1) Untighten the two bolts of the stem.
- 2) Tighten the topcap to 3N.m maximum.
- 3) Check that there is no more play and your headset can rotate freely.
- 4) Align your stem with the frontwheel.
- 5) Tighten the stem bolts.



# MAINTENANCE

## BEFORE AND AFTER EVERY RIDE



### BEFORE EVERY RIDE

#### BRAKE CHECK

Check your brakes. They should be working as usual: not too hard and not too soft.

#### AIR PRESSURE CHECK

Check your suspension pressure by compressing them. They should feel as previously set.

Check that your tires are well inflated (better to do so with a pump with an air pressure gauge).



#### BOLT CHECKS

Check all the bolts on your bike and be sure that there is no play. You can check the headset, brake calipers, seatclamp, wheel axle, derailleur, stem, frame bolts...



### AFTER EVERY RIDE

#### CLEAN YOUR BIKE

Clean your bike with a sponge and water without insisting on the motor and electric parts.

#### BIKE CHECK

Check that there are no problems, any play, defects (cracks, impacts, deformation, scratches, decoloration, strange noises...) on your frame or components.

#### LUBE YOUR CHAIN

After washing your bike, apply some specific lubricant to your chain.



**Warning, after use, some parts can be hot: such as disc rotors or the battery.**

**Warning, do not use a high pressure cleaner. You could damaged seals, bearings, electric system...**



# MAINTENANCE

## MONTHLY / YEARLY

### MONTHLY

#### CHECK THE BRAKE PADS

Check that your brake pads are not worn out. They should have a minimum of 1mm thickness on each pad.

#### TRANSMISSION

Clean your transmission, grease it and make sure it works correctly.

Check the wear visually on your chainring, cassette and derailleur pulleys.

Check your chain wear with a specific tool.

#### CABLE AND HOSE CHECK

Check that there is no bend, damage or rust to any cables or hoses. If there is, you should replace them.

#### WHEEL CHECK

Check that your wheels are not damaged, rolling straight with no significant dents.

Make sure that the hubs have no play and turn correctly. Check the spoke tension.



Good teeth



Worn teeth



**If you ride with a damaged wheel you can break your wheel and hurt yourself**

#### CRANKSET CHECK

Check that there is no play in your crankset.

#### TIRE CHECK

Check the wear of your tires: the material compound, the tread, any cuts or holes...

### YEARLY

#### SUSPENSION MAINTENANCE

We recommend that you service your suspension with a professional every year or every 100h of riding. Refer to the manufacturers manual to know the different maintenance procedures (dates and operations) specific to each model.

#### GREASE

Clean and grease the following parts:

- Hub
- Crankset (thread)
- Headset
- Seatpost
- Frame bolts and contact system

#### CHECKS

Check your whole bike: you should find no problems or defects. If you have any doubt, seek advice from a professional.

#### FRAME CONTROL

Look for any: dents, scratches, cracks, general defects, bearing quality...

#### BRAKE BLEEDING

For better performance and a longer life, we recommend that you get your brakes bled by a professional.



# SECURITY WARNING

## GENERAL

- Always keep your bike clean and in good working order.
- For your security, follow the instructions given in the «before your first ride», «before and after every ride», «monthly» and «yearly» maintenance sections. These steps will enable you to keep your bike running smooth.
- Don't use your bike if you find any problems.
- Always wear a helmet when you ride your bike.
- Respect the laws of the road and the other road users.
- Do not overestimate your physical capability and be aware of the risks associated to bicycle riding.
- Respect the steps of the assembly instruction process and settings process. Use only replacement parts which are compatible or the same as original components.
- Be sure to break-in your brake pads when new.
- Do not sit your bike upside down, you can damage the cockpit, levers or other parts.
- In case of extreme use (like dirt jumping, tricks, downhill, competition) you are responsible for the any injuries that may occur.

## IN THE EVENT OF A CRASH

If you crash, you must check that no component (or your frame) has been damaged. If so, replace it accordingly. In case of any doubt, seek advice from a professional.

## CORRECT USE

You must respect the intended use your bike was designed for. If you exceed these limits, you can damage your bike or break components and, as a result, injured yourself.

## REMINDER TO INSTALL SECURITY ACCESSORIES

We remind you that as well as respecting the law of the road, and other users, you must install all necessary security equipment to be safe on the road.

Refer to the national law in your country for more details.

## COMPOSITE COMPONENTS

For composite components impact damage may be invisible to the user. In the event of an impact, you should returned your component to the manufacturer for inspection or destroyed and replace it.



- **Warning, intensive use can lead to damage to your bike. You should inspect it often to detect any problems.**
- **Intensive use can lead to damage to components.**
- **As with all mechanical components, your bike is subject to wear and high stresses. If the design life of a component has been exceeded, it may result in sudden failure and personal injury. Any form of crack, scratches or change of colouring in highly stressed areas indicate that the life of the component has been reached and it should be replaced.**
- **Warning, incorrect installation, poor assembly procedure or inappropriate parts assembly can lead to irreversible damage to your bike or to your health.**



# WARRANTY & AFTER SALES SERVICE

## INFORMATION

### COMMENCAL WARRANTY

- All COMMENCAL frames are under warranty for 5 years from the purchase date.
- The chainstays are under warranty for 2 years from the purchase date.
- COMMENCAL and RIDE ALPHA components are under warranty for 2 years.
- Finishes like paint, stickers and other are under warranty against the fabrication default of 6 months.
- Components from other manufacturers are also under warranty. For further information, you can contact our after sales service.

### TERMS OF WARRANTY

The COMMENCAL warranty can only be applied to the first owner and in a case of normal use. You will be asked to provide the invoice as proof.

### REASONS YOU MAY BE REFUSED WARRANTY

- Poor or incorrect maintenance/assembly.
- Wrong utilisation/abusive use.
- Competition use
- Modification of the bike (for example: paint, inappropriate components...).
- Failure or damaged after a crash
- Damage due to normal wear and tear under regular use or stress fatigue of component.

### REPLACEMENT PARTS

COMMENCAL will provide specific frame parts for a maximum of 3 years from the production year of the bike.



### AFTER SALE SERVICE

If you have any questions about your COMMENCAL/RIDE ALPHA product, please feel free to contact our after sales service by email: [serviceclient@commencal.com](mailto:serviceclient@commencal.com)

You can also find all the terms of warranty on our website: [www.commencaal-store.com](http://www.commencaal-store.com)

We advise that you to register your bike online on our website.





# COMMENCAL

## To contact us

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## Customer Service

COMESPORT S.A

BP36 - Erts

AD400 La Massana

PRINCIPAT D'ANDORRA

Du lundi au vendredi de 9h à 13h et de 15h à 19h /  
Monday to Friday from 9 AM to 1 PM and 3PM to 7PM

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