



# *Circe Cycles*

## Assembly Manual Helios / Helios STEPS / Triplet

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# INTRODUCTION

This manual is intended for those who have bought their Helios, STEPS Helios or Triplet directly from Circe Cycles and have received their tandem, or triplet, packed in a box. This manual is to help you unpack and assemble your tandem or triplet. After this you can refer to the Owner's manual to help with adjustment and more comprehensive setup.

To further help with assembling your tandem, there are instructional videos available on the manuals page of our website.

[www.circecycles.com/products/helios/manuals/](http://www.circecycles.com/products/helios/manuals/)

# UNPACKING

Make sure the box is the correct way up before opening. Remove all the loose packaging and any loose parts from around the bike. Remove the tandem from the box, a second set of hands makes this easier.

The triplet section comes in a separate box, please follow the same procedure as above for unpacking.

**NOTE** - Check that everything is present and undamaged before proceeding to assembly.

## CONTENTS OF MAIN BOX

The main box should contain:

- The bike with front wheel, stoker and captain's handlebars, stems, steerer extender and pedals (if included) removed.
- Racks and stand if ordered, these should be fitted to the bike.
- Front (removed) and rear mudguard
- Thru axle for front wheel, installed in fork
- Battery (STEPS only)
- Small parts box (contents listed below)

## CONTENTS OF SMALL PARTS BOX

The small parts box should contain the following, however there may be additional parts in the box depending on what has been ordered:

- Reflectors and bell
- Steerer extender and stem (only extender STEPS)
- Bag of manuals.
- Orange pad spacer (hydraulic).
- Head unit, keys and Di2 tool (STEPS).
- Charger, power cable and adaptor (STEPS)



## CONTENTS OF TRIPLET BOX

Triplet box should contain:

- Main triplet section
- Seat post, shim and saddle
- Both timing chains
- Rear stoker handlebar and stem
- Velcro straps



# ASSEMBLY

Find plenty of space to lay out the parts and gather the tools you will need. With the Triplet it is beneficial to have a second person to help with assembly.

**NOTE** - Only cut clear zip ties when unpacking.

## TOOLS REQUIRED

- 4,5 and 6mm Allen key
- Torque wrench (Triplet) Optional
- Cable cutters or robust scissors for cutting zip ties

- 15mm pedal spanner
- Di2 tool (STEPS Triplet) supplied
- Long nose pliers or chainlink pliers (Triplet)

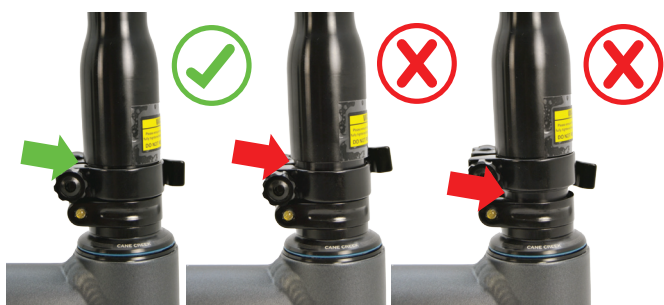


## INSTALLING STEERER EXTENDER

The steerer extender fits to the top of the fork and locates on the 4-pointed star, the slot at the back of the extender should align with the vertical slot on the side of the Fork Sleeve.



Ensure the steerer is fully pushed down before tightening the Q/R.



Fit the handlebar to the stem using an Allen key and tighten according to the torques settings in the torque table Appendix A.

## INSTALLING FRONT WHEEL

The front wheel is fitted using a thru axle, that is pushed through from the left side of the bike (disc brake side) and then tightened using a 6mm Allen key. When installing the wheel make sure the disc rotor is aligned between the pads, before pushing the wheel into the fork ends.

**NOTE** – with hydraulic brakes, first remove the orange pad spacer before installing the wheel.



## INSTALLING FRONT MUDGUARD

The front mudguard attaches in three places; the fork crown and the bottom of each fork leg. You will need a 6mm Allen key and 10mm spanner to fasten the bolt at the fork crown and a pair of pliers to help insert the stays into the plastic clips, though this can be done by hand.



if you have a front light or Hebie steering stabiliser you will have to attach these at the fork crown with the mudguard.



## INSTALLING STOKER STEM AND HANDLEBAR

For packing, the seat posts come fitted in the opposite positions. i.e. the Stoker seat post is in the Captain's position and vice versa.



The Captain's seat post is in one piece and this is the post the stoker stem and handlebar should be fitted to. The telescopic two-piece post is the Stoker's and should be fitted to the rear position.

## INSTALLING THE PEDALS

(Your own if not ordered from us) – The pedal threads are handed. The right hand pedal tightens in the normal direction; the left-hand pedal has a left-hand thread, and tightens in the opposite direction to normal. Tighten the pedals to the torque shown in Appendix A.

## BELL AND REFLECTORS

Reflectors and a bell are supplied with your tandem. The bell can be mounted anywhere on the handlebars where it can be reached easily. The front reflector can also be attached to the handlebar. The rear reflector fits to the Stoker seatpost, ensure that the reflector is visible at the height you intend to have the post at. If not, you may need to reposition the reflector so that it is visible.

## PRE-RIDE

Check all nuts, bolts and quick releases to make sure everything is tight (See appendix A for torque settings). Ensure the wheels spin freely and the brakes function correctly.

## FIRST RIDE

Check the gears shift correctly, refer to the Owner's manual, or manufacturers manual, for adjustment. Pay attention to the fit and make any adjustments required, once you are stationary. Finally, ensure there are no rattles or unexpected sounds.

You can now refer to the User's manual for final set up and on-going maintenance, or continue reading if you have a Triplet.

## INSTALLING THE TRIPLET MODULE

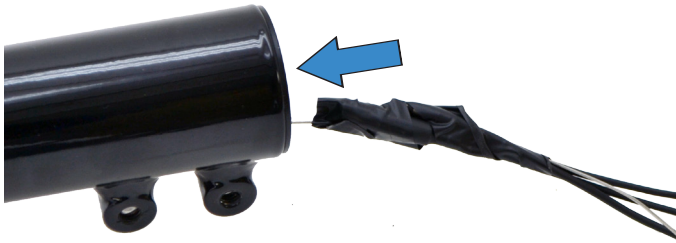
The Triplet comes assembled as a tandem with the Triplet section removed. First the tandem needs to be separated (refer to the Separable manual for doing this).

**NOTE** - For STEPS, the electrical cables will need to be detached first. Locate the cables at the base of the stoker seatpost, remove the plastic bung and then gently pull the cables out until the junctions are exposed, then use the Di2 tool to separate them.



**NOTE** - Only detach the end of the junction that isn't heat shrunk.

Once the tandem is separated, you can then attach the Triplet module. If you have a STEPS equipped tandem, you will first need to thread the electrical cables through the triplet main tube from the front end, use the steel wire provided to pull the cables through.



Install the triplet section on to the front part of the bike , pushing it on until the crossbar coupling meets with the coupling on the frame.

**Note** - Ensure the brake and gear cable (if mechanical system) are on the correct side of the frame before proceeding.



Tighten the coupling on the crossbar first, then tighten the pinch bolts on the drainpipe (refer to Appendix A for torque settings). This order is important, as the coupling aligns the frame, and the lower section needs to be free to rotate while this happens.

You can now fit the rear triangle, following the same procedure used for the front section. For STEPS equipped bikes the cables will need to be connected and threaded back into the Triplet main tube before doing this.

- 1 - Di2 Alfine hub,
- 2 - STEPS speed sensor
- 3 - lights (if fitted)



## INSTALLING THE CHAINS

The middle stoker chain comes separated and should be installed first; connection is via a quick link.



Depending on the configuration of your triplet, the front timing chain comes pre-connected and can be installed without separating. Once the chains are in place the chains can be lifted on to the tensioners.



## INSTALLING THE CABLES

If you intend to switch between triplet and tandem mode regularly then we suggest that you use the Velcro straps provided to hold the cables in place at the cable mounting points, otherwise the cables can be held in place with zip ties.



# APPENDIX A

Tightening Torques Table

Fastener	Allen key size (mm)	Nm	In-lbf	Loctite
Extender clamp top bolt	5	8	71	
Extender clamp bolt	5	8	71	
Stem bolts	4	6	53	
Alfine hub nut	15 spanner	30-45	265-398	
V brake mounting bolt	5	6-8	53-71	Y
Front derailleur clamp bolt	5	3-5	27-44	
Front derailleur cable clamp bolt	5	5-7	44-62	
Pedals (Allen key)	8	35	310	
Pedals (spanner)	15 spanner	35	310	
Thru axle M15 x 1.5	6	17	150	
Brake lever clamp bolt	4-5	6-8	53-71	
Adjustable drop out M8 bolt	6	15-17	130 -150	
Mechanical caliper mounting bolt	5	9-10	80-89	Y
Rohloff disc rotor bolt	5	7	62	Y
Rohloff M4x25 retaining plate	T-20	3	27	
Rear derailleur mounting bolt	5	10	89	
Rear derailleur cable clamp bolt	5	4-5	38-44	
Disc rotor bolt	T-25	2-4	18-35	Y
Separable coupling bolt	6	14	124	
Separable drainpipe bolt	6	14	124	
Shimano hollowtech crank bolt	5	10-14	88-132	
Square taper crank bolt	8	34-44	305-391	
Shimano C/L disc fitting	HG tool	40-50	350-435	
All other M4 bolts	3	5-6	44-53	
All other M5 bolts	4	6-8	53-71	
All other M6 bolts	5	8-10	70-89	

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