This manual contains safety, assembly, use and maintenance instructions. Read these instructions carefully before use and keep them for future reference. Your child’s safety may be affected if you do not follow these instructions. The InStep Bicycle Trailer must be assembled by an adult who has read and understands the instructions in this manual. Keep the packaging away from children and dispose all packaging before use.

Do not return to store. Call toll free 1-800-242-6110 for assistance and replacement parts.
Keep instructions for future reference.
Thank You

For purchasing the InStep Bicycle Trailer. You will be sure to enjoy hours of pleasurable exercise and family time. If you have any questions or comments our customer service hours are:
8:00 AM - 5:00 PM Monday through Friday CST.

You may also reach us through the following:
Phone: 1-800-242-6110
The Web: www.instep.net
Email: info@instep.net
Address: 4730 East Radio Tower Lane, Olney, IL 62450

Important!
Do not return the product to the store. Please contact customer service at 1-800-242-6110 for assistance and replacement parts.
1 Safety

WARNING!

FAILURE TO FOLLOW THE SAFETY INSTRUCTIONS LISTED BELOW MAY RESULT IN SERIOUS INJURY OR DEATH. Always read and understand the information and warnings in this manual before using the Bicycle Trailer.

If you are unsure of any information in this manual or have a question regarding assembly or use please call customer service. Always keep this manual for reference and include it with resale of the Bicycle Trailer.

ASSEMBLY

• An adult who has read and understands the information and warnings in the manual shall assemble this product according to manufacturer’s instructions.

• Do not use the product if there are any missing or damaged parts. Do not return the product to the store. Please contact customer service at 1-800-242-6110 for assistance and replacement parts.

• Check the assembly (i.e.: crossbar locked, screws tight) before using the product.

• Never allow children to assemble, fold, or disassemble the trailer.

CHILDREN

WARNING!

• The maximum weight capacity per child is 40 lbs. The total weight (children and cargo) in the trailer cannot exceed 87 lbs.

• Avoid serious injury from falling or sliding out. Always use the 5-Point Safety Harness.

• Never leave children unattended in or around the trailer.

• Never have more than two children in the trailer at one time.

• This vehicle is intended for use with children at least 12 months old and weighing up to 40 lbs.

• Never use with children that cannot support their own head.

USE

WARNING!

• Do not add a seat pad (mattress) thicker than 2.5” (63.5 mm).

• Parcels or accessories placed on the trailer may cause the trailer to become unstable. Do not place items on the trailer. Hazardous conditions may exist if package carrying accessories are added to the product.
The manufacturer recommends the bicycle to be used with the trailer undergo a safety check with a qualified bicycle mechanic before attaching the trailer.

- The maximum weight that can be carried in the cabin pockets is 1 lb. each. The maximum weight that can be carried in the rear storage area is 5 lbs.
- Attach a rearview mirror on the bicycle to check on the (child or children) in the trailer.
- When using the double trailer with one child, seat them in the center.

Before each use check:
- The brakes work properly! Braking distance is increased when pulling a trailer.
- The trailer for damage. Do not use if damaged.
- The tire pressure. If necessary inflate the tires to within the range shown on the tire sidewall. Always use a foot or hand pump to inflate the tires.
- The fasteners are tight. Tighten if necessary.
- The safety flag and reflectors are in place. Do not use the trailer without the safety flag and reflector in place.

During use be sure to:
- Take proper steps (clothing, ventilation, hydration) to protect the child from exposure hazards such as wind chill and heat exhaustion. These hazards will have a greater impact on the less active passenger.
- Always have the canopy in place.
- Avoid braking suddenly.
- Always maintain a safe speed. The trailer is not intended for use at high speeds. Do not exceed 10 MPH.
- The trailer requires a wide turning radius. Do not turn sharply. Sharp changes in direction may cause a tip over.
- Use caution when turning on loose or uneven surfaces and when going downhill.
- Allow extra clearance for the trailer when near curbs, parked cars, and other obstacles.
- Do not ride over curbs, bumps or holes.
- Do not use the trailer in hazardous weather or at night.
- Do not pull or push the trailer with a vehicle.
- Accessories not approved by the manufacturer shall not be used.

STORAGE
- Use caution to avoid pinch points when folding or unfolding the trailer.
- Do not use cleaning solvents; clean only with mild soap and water.
Parts and Features

- Safety harness system
- Elastic bands for weather shield
- Weather shield (rolls up and fastens in elastic bands)
- Zip-in/zip-out bug screen
- Front panel
- Canopy
- Storage area
- Back panel
- Wheels (2)
- Safety Flag with pole
- Bicycle coupler
- Safety strap
- Tow bar
- Clear plastic windows
Assembly

UNFOLD THE FRAME

⚠️ WARNING!

- There are pinch points between the sidewalls and the frame of the trailer that may cause injury. Fold or unfold the trailer slowly using caution.
- Keep children clear when folding or unfolding the trailer.
- Ensure that all locking devices are engaged before use.

Note: The trailer comes with the frame collapsed and the side walls folded down. The front and back panels are tucked under the side walls.

1 Pull the front panel out from under the side walls to expose the front of the frame. Notice the locking spring pin holes on each end of the frame. **Figure 3.1**
2 Expand the frame out by pulling on the side rails until the locking spring pins insert into the holes on both ends. Check to ensure the frame is securely locked together. Figure 3.2

3 Lift the right side wall up into a vertical position. Figure 3.3
4 Lift the left side wall up into a vertical position. The crossbar will rotate towards the crossbar latch. **Figure 3.4**

5 Lock the crossbar into the crossbar latch. **Figure 3.5**

6 Check the crossbar is locked into place by pulling up and down on it. **Figure 3.5**

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**Figure 3.4**

**Figure 3.5**
7 Pull the back panel up and over the crossbar. **Figure 3.6**

8 Snap the panel closed on each side. **Figure 3.6**

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**ATTACH THE CANOPY**

1 Starting at the bottom corner of the trailer, snap the first set of snaps from the canopy to the frame on both sides. **Figure 3.7**

2 Pull the canopy up and over the top of the frame and snap the second set of snaps at the top of the frame. **Figure 3.8**
3 Snap the third set of snaps located at the back of the frame. Figure 3.8

4 Roll the weather shield up into the bands at the top of the canopy if you are not using it. Figure 3.8

EXTEND AND SECURE THE TOW BAR

1 Place the trailer on its side with the tow bar facing up.

2 Remove the locking pin from the tow bar bracket. Figure 3.9
3 Rotate the tow bar out and away from the trailer. The tow bar should be resting on the front of the frame. Figure 3.10

4 Insert the locking pin completely through the hole in the end of the tow bar and bracket.

5 Slide the end of the metal safety loop over the end of the locking pin. Check the locking pin is securely in place. Figure 3.10
ATTACH THE WHEELS

WARNING!
Wheels that are not securely locked in place may fall off the trailer and cause serious injury or death. Always check the wheels are securely locked in place before use.

1. Insert the axle of the wheel into the wheel hole located towards the rear of the trailer. Figure 3.11

2. Insert the locking pin into the axle and slide the end of the safety loop over the end of the locking pin. Check that the locking pin is securely in place. Figure 3.11

INSERT THE SAFETY FLAG

Important! The safety flag is an important safety feature that warns others a trailer is present and on the bicycle. Always have the safety flag on the trailer when in use.

1. Assemble the flag pole sections by sliding the top half of the pole into the opening of the bottom half of the pole.

2. Insert the flag pole into the sleeve located at the rear corner of the trailer. Figure 3.12

Important! Dispose of all plastic bags and wrapping material immediately.


1. Using a wrench, remove the hub nut and washer from the bicycle’s back wheel. Figure 4.1

2. Place the tab washer on the axle. Fit the tab into the slot on the bicycle frame dropout. **Note:** If your bicycle frame doesn’t have a slot in the drop out, rotate the tab to fit into the axle slot. Figure 4.2

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**WARNING!**

Use of the trailer without the safety strap attached to the bicycle may result in serious injury or death. Always attach the safety strap to the bicycle when using the trailer.
3 Place the coupler plate on the axle, in a vertical position with the large hole down. Align the pegs on the back of the plate with the holes in the tab washer. **Figure 4.3**

4 Place the hub nut and washer back on the axle and tighten. **Figure 4.4**
5. Insert the tow bar into the large hole on the coupler plate. *Figure 4.5*

Note: Figures 4.5 - 4.8 are top views looking down on the tow bar.

6. Insert the locking pin through the coupler plate and tow bar. *Figure 4.6*

7. Slide the metal safety loop onto the locking pin. Check that it is securely in place. *Figure 4.7*

8. Wrap the tow bar safety strap around the bicycle frame and clip it to the ring on the end of the tow bar. *Figure 4.8*
ATTACHING TO A BICYCLE WITH QUICK RELEASE AXLES

1. Flip the quick release lever and remove the nut and spring from the opposite side. **Figure 4.9**

2. Remove the axle skewer and spring. Leave the wheel in place. **Figure 4.10**

3. Slide the axle skewer through the coupler plate and tab washer. **Figure 4.11**

- The hook on the tab washer must face towards the wheel hub
- The bell of the coupler plate must face out
- The wide end of the spring must face out, touching the lever
4 Insert the axle skewer tab washer, coupler plate and spring through the wheel, with the parts oriented as described in step 3. **Figure 4.12**

5 Replace the spring and nut that were removed in step 1 on the axle skewer and tighten.

6 Rotate the quick release lever up and close fully and tightly. Ensure the coupler pegs are inserted into holes on tab washer. When properly tightened, the quick release lever should leave an imprint in your hand. The pressure should be firm but not excessive. **Figure 4.13**

7 Follow step 5 - 8 on page 13. **Figures 4.5 - 4.8**

Fit the tab on the tab washer into the slot on the bicycle frame dropout

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**Figure 4.12**

**Figure 4.13**
**Using the Safety Harness**

**USING THE SAFETY HARNESS WITH TWO CHILDREN**

**WARNING!**

- Avoid serious injury from falling or sliding out. Always properly secure the passenger(s) with the safety harness.
- It may be dangerous to leave your child unattended. Never leave your child unattended in or near the bicycle trailer.

1. Unbuckle the shoulder straps from the center strap D-ring.
2. Seat each child in the center of each passenger compartment.
3. Place the center strap between the child’s legs.
4. Place the shoulder straps over each child’s shoulders and fasten the clips onto the center strap D-ring. **Important!** Adjust the straps and D-ring so they meet at the child’s stomach.
5. Bring the waist strap across both children’s hips, and fasten the buckle in between the two children. Tighten as needed. **Figure 5.1**
CONVERTING THE SAFETY HARNESS FOR ONE CHILD

1 Start with the straps in the two-child position. Unfasten the shoulder straps from the center D-ring on both sets of safety harnesses. Figure 5.2

2 Clip the left shoulder strap from the right set of safety harnesses into the center D-ring. Then, snap the right shoulder strap from the left set of safety harness into the center D-ring. Figure 5.3
USING THE SAFETY HARNESS WITH ONE CHILD

⚠️ WARNING!

- Avoid serious injury from falling or sliding out. Always properly secure the passenger(s) with the safety harness.
- It may be dangerous to leave your child unattended. Never leave your child unattended in or near the bicycle trailer.

1. Seat the child in the center of the passenger compartment.
2. Place the center strap between the child’s legs.
3. Place the shoulder straps over the child’s shoulders and fasten the clips onto the center strap D-ring. **Important!** Adjust the straps and D-ring so they meet at the child’s stomach.
4. Bring the waist strap across the child’s hips, and fasten the buckle. Tighten as needed. **Figure 5.4**
## Disassembly and Storage

### REMOVING THE TRAILER

1. Remove the child from the passenger compartment.

2. Un-clip the tow bar safety strap, un-loop it from the bicycle. Clip it back on the ring on the end of the tow bar. **Figure 6.1**

   ![Diagram](image1.png)

   **Figure 6.1**

3. Unsnap the safety loop and remove the locking pin from the tow bar coupler plate and tow bar. **Figure 6.2**

   ![Diagram](image2.png)

   **Figure 6.2**

4. Remove the tow bar from the tow bar coupler plate. **Figure 6.3**

   ![Diagram](image3.png)

   **Figure 6.3**

5. Re-insert the locking pin into the holes on the end of the tow bar. Snap the safety loop onto the locking pin. **Figure 6.4**

   ![Diagram](image4.png)

   **Figure 6.4**

6. If desired, leave the coupler plate on the bicycle for future use. It is not necessary to remove when storing.

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**Note:** all views are looking down on the tow bar.
WARNING!

- There are pinch points between the sidewalls and the frame of the trailer that may cause injury.
- Always fold or unfold the trailer slowly and with caution.
- Keep children clear when folding or unfolding the trailer.

1. Remove the flag pole and separate the flag pole sections. Figure 6.5

2. Remove the wheels by:
   a. Sliding the safety loop from the end of the locking pin.
   b. Remove the locking pin from the axle, and pull the wheel out of the hole in the frame bracket.
   c. Slide the locking pin back into the frame hole

3. Remove the locking pin from the tow bar bracket. Figure 6.6
4 Fold the tow bar underneath the trailer. Figure 6.7

5 Place the locking pin back through the tow bar and bracket Figure 6.7

6 Unsnap the back panel, remove the crossbar fabric, and press the crossbar release button. Rotate the crossbar down into the trailer interior. Figure 6.8

7 Carefully fold the trailer side walls down. Figure 6.9

8 Press the locking spring pins down and push the side rails in. Figure 6.9

9 Place any loose items such as the canopy and wheels inside the passenger compartment.

10 Store in a dry place. **Important!** If the storage area is hot then release the some air from the tires. This will help prevent excessive expansion or popping.
7 Maintenance and Parts

CARE

- **To clean the trailer**: use only mild soap and water. Do not use cleaning solvents.
- ** Routinely check** that all fasteners and equipment (wheels, reflectors, flag, etc) are tight and properly assembled.
- **Check the tire pressure often**. The recommended tire pressure range is printed on the tire. Only use a foot or hand pump to inflate.
- **Have a qualified bicycle mechanic** perform routine safety checks on your bicycle before using with the trailer.
- **Routine bicycle maintenance** is recommended to be performed every year.

8 Warranty

Pacific Cycle warrants this product to be free of defective materials and workmanship for 1 year from the date of original purchase.

THIS LIMITED WARRANTY IS THE ONLY WARRANTY APPLICABLE TO THIS PRODUCT, AND IS EXPRESSLY IN LIEU OF ANY OTHER WARRANTY. ANY IMPLIED WARRANTIES, INCLUDING ANY WARRANTY OF MERCHANTABILITY AND WARRANTY OF FITNESS FOR A PARTICULAR PURPOSE IS LIMITED IN DURATION TO THE DURATION OF THE EXPRESS WARRANTY. This limited warranty give you specific legal rights and you may also have other rights which may vary from state to state.

This warranty is extended only to the original consumer purchaser for non-commercial use and does not cover tires or tubes, grips, brake pads, or other wear parts, ordinary wear and tear, abuse, misuse, neglect, theft, or damage due to accident.

PACIFIC CYCLE IS NOT RESPONSIBLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES. THIS LIMITED WARRANTY DOES NOT COVER ANY PERSONAL INJURIES, DAMAGE TO, OR, FAILURE OF THE PRODUCT OR ANY OTHER LOSSES DUE TO ACCIDENT, ABUSE, MISUSE, ALTERATION, NEGLECT, NORMAL WEAR AND TEAR, IMPROPER ASSEMBLY, IMPROPER FIT, IMPROPER MAINTENANCE OR USE OF UNAUTHORIZED REPLACEMENT PARTS NOT DESIGNED FOR THE PRODUCT.

To make a claim under warranty, notification of such defect must be given to Pacific Cycle, Inc. the address stated on the previous page. You will be instructed on how the product or part needing replacement should be shipped postpaid to Pacific Cycle, Inc.

ACCESSORIES

The following accessories can be ordered from [www.instep.net](http://www.instep.net).

Additional Coupler Kits (includes; coupler plate, tab washer and locking pin).