



abba Front Lift Arm Instructions For Use



Note: If you are purchasing the abba front lift arm with the abba superbike stand then first familiarise yourself with the superbike stand operation before using both items together.

Firstly slide the tube section of the front lift arm over the base of the superbike stand. Slide the part over that doesn't have a thumb screw. When fitted correctly the top thumb screw should be closest to the upright of the stand as shown in the picture above.

Next fit the superbike stand in the normal way making sure the front lift arm tube is touching the upright of the superbike stand, again as shown above. This to ensure the tube doesn't fail the fairing of the bike when lifting.



Once the superbike stand is fitted the tube should be free to slide along the base of the stand. Slide the tube along the base approximately a quarter of the way. This can be readjusted later.

Next slide the first arm through the tube. Use the tube closest to the right hand side of the stand. The arm should be pushed through as close as possible to the stopper bolt at the other end.

Note: Its possible to send the first arm through the tube further, by gently easing the superbike stand back using the handle in order to gain the final amount.

Then tighten the thumb screw on the side of the tube.



Next slide the second arm through the other tube with the pin facing outwards and horizontal to the ground. The arm is adjustable forward and back. Position the pin so that it is level with where you will attach the strap to the swing arm. Then tighten the thumb screw.



Feed the lifting strap around the swing arm and back through the buckle of the strap. If you have the optional bobbin pin feed the strap through the buckle first and place over the bobbin pin.

Next fit the loop of the strap around the lifting pin and pull taught.

Fitting the loop of the strap over the pin will ensure the buckle doesn't slide up when lifting the machine.



It is **very important** that when looking from the rear of the bike after the strap has been fitted the strap is perfectly vertical. This ensures the bike is pulled down straight when lifting. (As per left photo above)

If you find the strap is pulling at an angle then go back and repeat step 2 until the strap pulls down completely vertical.

It is also recommended that when fitting the strap looking side on to the bike the strap is fitted at a slight angle towards the rear of the bike. This will make the bike feel even more secure when lifted. (Right photo)



Finally by pushing down or leaning on the back of the bike while simultaneously pulling the lifting strap up the front of the machine should raise from the floor.

Use the reverse procedure for removal.



Before lowering the superbike stand, push the sliding tube up against the upright of the stand. Failure to do this could result in the tube section fouling the fairing/underside of the machine and damaging it.