

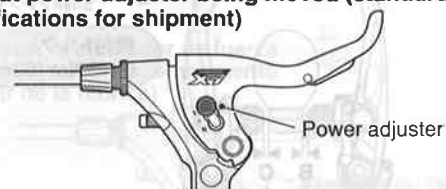
WARNING

It is important to completely understand the operation of your bicycle's brake system. Improper use of your bicycle's brake system may result in a loss of control or an accident, which could lead to severe injury. Because each bicycle may handle differently, be sure to learn the proper braking technique (including brake lever pressure and bicycle control characteristics) and operation of your bicycle. This can be done by consulting your professional bicycle dealer and the bicycle's owners manual, and by practicing your riding and braking technique.

The M570 brake system is equipped with a power adjuster in the wire hooking unit of the ST-M570/BL-M570 brake lever which allows the rider to change the relationship between the brake input and output. If this power adjuster is moved, the braking force will be dramatically increased, so that a high level of braking performance can be achieved from only a small amount of lever movement. Accordingly, normal braking operation may cause a greater-than-expected amount of braking force to be applied, which could make the bicycle fall forward, causing serious injury to the rider. To avoid this, please read the following instructions thoroughly before moving the power adjuster.

After changing the power adjuster setting, make sure that you are completely used to the new braking characteristics before riding the bicycle, otherwise the bicycle might fall forward if you have to apply the brakes suddenly, such as when a vehicle appears.

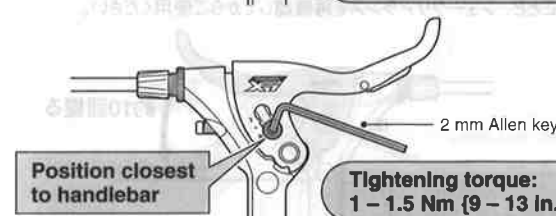
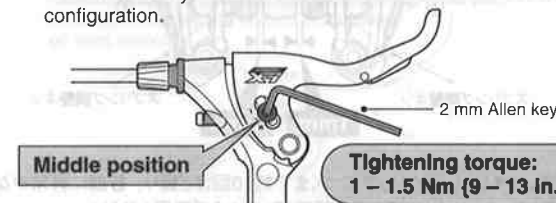
1) Without power adjuster being moved (standard specifications for shipment)



2) With the power adjuster moved to the position shown in the figure below

An ample degree of braking force can be obtained from a small amount of brake lever input, to provide a high level of brake performance. However, if the brakes are operated suddenly with a normal amount of brake lever input, there is the danger that the bicycle may fall forward. After moving the power adjuster, first ride the bicycle at a speed of less than 6 mph (10 km/h) while applying the brakes repeatedly in order to get a feel for the difference in braking characteristics before riding at higher speeds. Beginners should be particularly careful.

When the power adjuster is moved from the middle position to the position closest to the handlebar, the braking force will be even more sensitive to the amount of lever input. Beginners or those who are not fully confident should not use the brakes in this configuration.



Use the BR-M570 V-brake with SERVO WAVE ACTION and adjustable V-brake-compatible levers such as the BL-M570 / ST-M570 / BL-M739 / BL-M950 / ST-M951 brake levers.

SERVICE INSTRUCTIONS

SI-B640A

Multi-Condition Brake System

Before use, read these instructions carefully, and follow them for correct use.

Multi-Condition Brake System

By providing superior wet weather braking performance (control and modulation), braking performance will not vary in a multitude of conditions when using this brake system.

In order to realize the best performance, we recommend that the following combination be used.

Series	DEORE LX
Brake lever	ST-M570/BL-M570
V-brake	BR-M570
Brake cable	

NOTE:

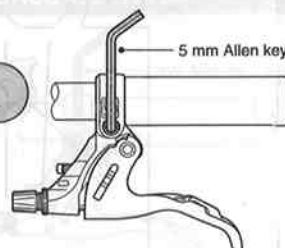
- By using these parts as a set, the optimum efficiency of the Multi-Condition Brake System can be realized.
- For any questions regarding methods of handling or maintenance, please contact the place of purchase.

Installation of the brake lever

Use a 5 mm Allen key to install the brake lever.

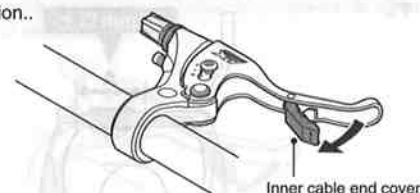
Tightening torque:
6 – 8 Nm {52 – 69 in. lbs.}

Use a handlebar grip with a maximum outer diameter of 32 mm.

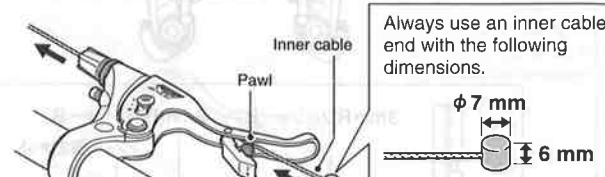


Installing the inner cable

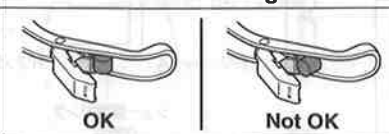
1. Slide the inner cable end cover of the brake lever as shown in the illustration..



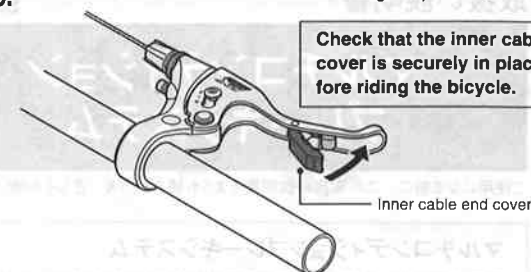
2. Pass the inner cable through the inside of the brake lever, and place the inner cable end against the pawl of the brake lever body.



Inner cable end setting direction



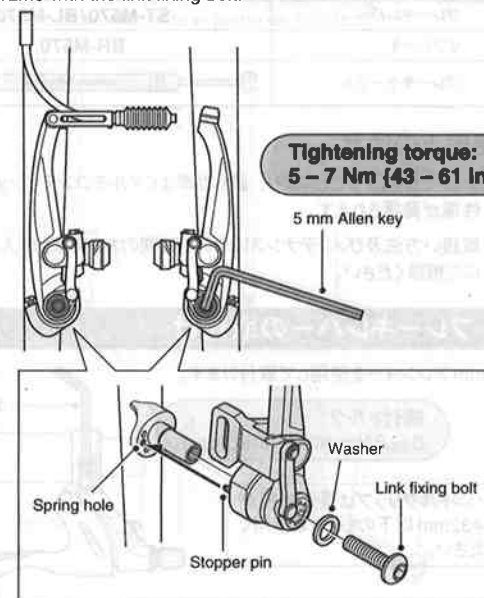
3. Return the inner cable end cover to its original position.



Check that the inner cable end cover is securely in place before riding the bicycle.

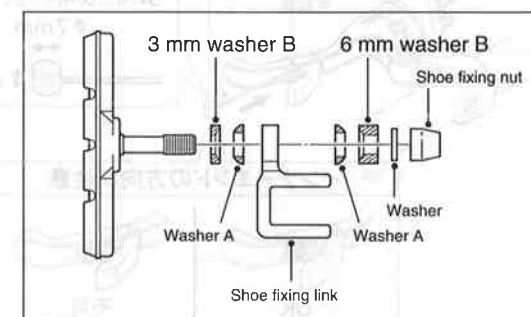
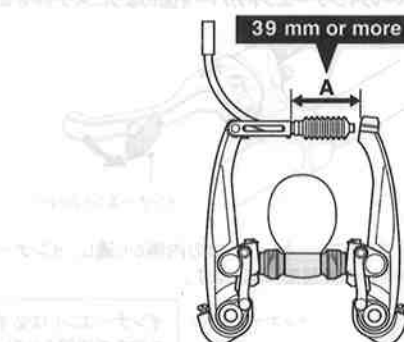
Installation of the V-brake

1. Insert the stopper pin of the brake body into the center spring hole in the frame mounting boss, and then secure the brake body to the frame with the link fixing bolt.

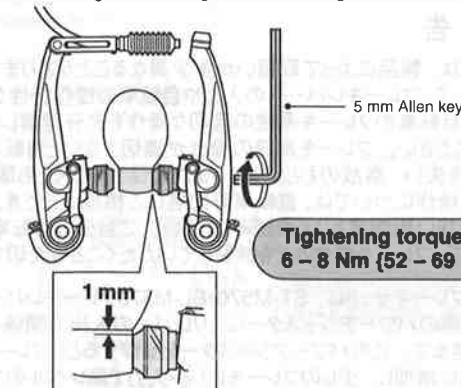


Tightening torque:
5 – 7 Nm {43 – 61 in. lbs.}

2. While holding the shoe against the rim, adjust the amount of shoe protrusion by changing over the washer B (6 mm or 3 mm) so that dimension A is kept at 39 mm or more.

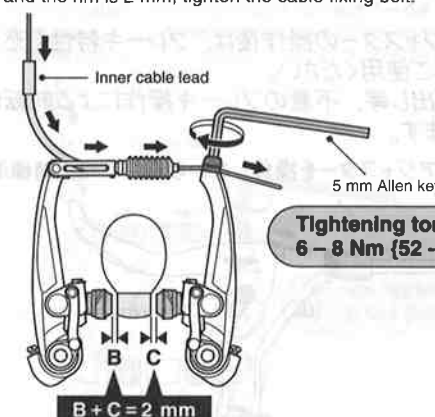


3. While holding the shoe against the rim, tighten the shoe fixing nut.



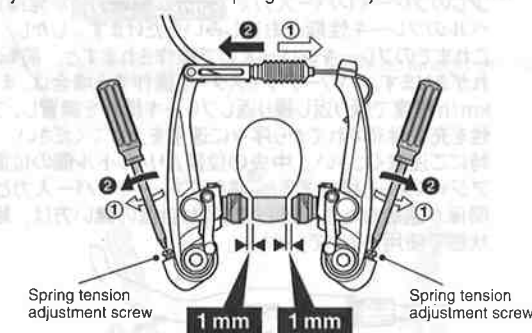
Tightening torque:
6 – 8 Nm {52 – 69 in. lbs.}

4. Pass the inner cable through the inner cable lead, and after setting so that the total of the clearances between the left and right shoes and the rim is 2 mm, tighten the cable fixing bolt.

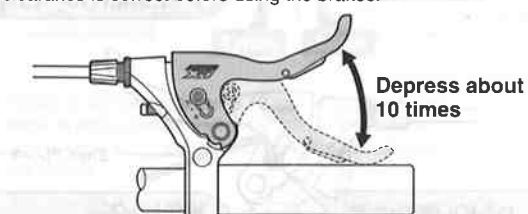


Tightening torque:
6 – 8 Nm {52 – 69 in. lbs.}

5. Adjust the balance with the spring tension adjustment screws.



6. Depress the brake lever about 10 times as far as the grip and check that everything is operating correctly and that the shoe clearance is correct before using the brakes.



Please note: Specifications are subject to change for improvement without notice. (English)

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