

### ESSENTIALS







- GREEN CONSTRICTOR
- SOAP AND WATER
- INNER TUBE
- · UP&DOWN KIT
- LEVERS
- PUMP

SCAN THE OR CODE AND WATCH THE FULL TUTORIAL:

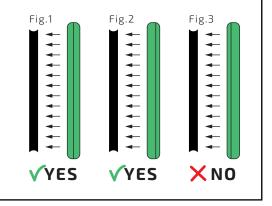


#### TING WITH INNER TUBE AND UP&DOWN KIT

- 1. PLACE THE WHEEL ON THE UP & DOWN KIT.
- 2. FIT THE FIRST SIDE OF THE TYRE ONTO THE RIM.
- 3. WET THE GREEN CONSTRICTOR WITH SOAP AND WATER.
- 4. INSERT THE GREEN CONSTRICTOR INTO THE TYRE.
- 5. INFLATE THE INNER TUBE JUST ENOUGH SO IT IS FIRM ALL ROUND.
- 6. INSERT THE INNER TUBE INTO THE GREEN CONSTRICTOR STARTING FROM THE VALVE.
- 7. SEAT THE UPPER SIDE OF THE GREEN CONSTRICTOR INTO THE RIM.
- 8. USE THE TECHNOMOUSSE LEVERS TO SECURE THE TYRE TO THE 4 ARMS OF THE UP&DOWN KIT.
- 9. FIT THE TYRE INTO THE RIM CHANNEL ALL AROUND THE CIRCUMFERENCE, USE THE LEVERS IF NECESSARY.
- 10. SECURE THE INNER TUBE VALVE WITH THE RING PROVIDED.
- 11. MAKE SURE THE GREEN CONSTRICTOR IS SEATED SYMMETRICALLY ALONG THE ENTIRE RIM CHANNEL.
- 12. INFLATE THE INNER TUBE TO SEAT THE WHOLE TYRE.
- 13. DEFLATE THE INNER TUBE UNTIL THE REQUIRED PRESSURE IS REACHED (RECOMMENDED PRESSURES 1.3-1.6 BAR).

\*Before fitting the Green Constrictor to the rim, check the centre line on the outside of the product.

If the centre line does not appear as in fig. 1, perfectly aligned with the centre of the insert, we recommend fitting the product to the rim beginning with the side indicated in fig. 2. This will make it easier to centre the Green Constrictor inside the tyre







## TUBELESS FITTING WITH SEALANT

#### ESSENTIALS



- GREEN CONSTRICTOR
- SOAP AND WATER
- TUBELESS SEALANT
- TUBELESS VALVE
- LEVERS
- PUMP

#### VIDEOTUTORIAL

SCAN THE QR CODE AND WATCH THE FULL TUTORIAL:

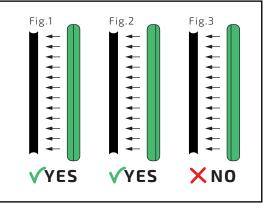


#### TUBELESS FITTING WITH SEALANT

- 1. FIT THE TUBELESS VALVE INTO THE SEAT ON THE RIM.
- 2. FIT THE FIRST SIDE OF THE TYRE ONTO THE RIM.
- 3. WET THE GREEN CONSTRICTOR WITH SOAP AND WATER.
- 4. FIT THE GREEN CONSTRICTOR INTO THE TYRE.
- 5. SEAT THE UPPER SIDE OF THE GREEN CONSTRICTOR INTO THE RIM.
- 6. FIT THE TYRE INTO THE RIM CHANNEL EXCEPT FOR A SECTION OF APPROX. 15 CM.
- 7. USE THE FREE SECTION TO INSERT THE LATEX INTO THE TYRE.
- 8. FIT THE REMAINING SECTION OF THE TYRE INTO THE RIM.
- 9. INFLATE TO SEAT THE WHOLE TYRE.
- 10. DEFLATE UNTIL THE REQUIRED PRESSURE IS REACHED (RECOMMENDED PRESSURES 1.3-1.6 BAR).

\*Before fitting the Green Constrictor to the rim, check the centre line on the outside of the product.

If the centre line does not appear as in fig. 1, perfectly aligned with the centre of the insert, we recommend fitting the product to the rim beginning with the side indicated in fig. 2. This will make it easier to centre the Green Constrictor inside the tyre



# CONSTRICTOR PRODUCT COMPATIBILITY



27,5" WHEEL			
TYRE WIDTH	RIM WIDTH (INTERNAL)		
	from 27mm to 35 mm	from 37mm to 45mm	
from 2.35" to 2.50"	GREEN CONSTRICTOR 27,5"	GREEN CONSTRICTOR 27,5"	
2.60"	GREEN CONSTRICTOR 27,5"	GREEN CONSTRICTOR 27,5" PLUS	
from 2.80" to 3.00"	GREEN CONSTRICTOR 27,5" PLUS	GREEN CONSTRICTOR 27,5" PLUS	

29" WHEEL			
TYRE WIDTH	RIM WIDTH (INTERNAL)		
	from 27mm to 35 mm	from 37mm to 45mm	
from 2.35" to 2.50"	GREEN CONSTRICTOR 29"	GREEN CONSTRICTOR 29"	
2.60"	GREEN CONSTRICTOR 29"	GREEN CONSTRICTOR 29" PLUS	
from 2.80" to 3.00"	GREEN CONSTRICTOR 29" PLUS	GREEN CONSTRICTOR 29" PLUS	

Tables based on tests carried out using the main tyre brands on the market. However, the declared size of the tyre section is susceptible to variation, depending on the model and/or manufacturer.

TECHNOMOUSSE 🔨	RECOMMENDED INNER TUBE	RECOMMENDED PRESSURE
GREEN CONSTRICTOR 27,5"	27,5"x1.9/2.1	1.4/1.5 bar (20/22 psi)
GREEN CONSTRICTOR 27,5" PLUS	27,5"x 2.1/2.3	1.6/1.7 bar (23/25 psi)
GREEN CONSTRICTOR 29"	29"x1.9/2.1	1.4/1.5 bar (20/22 psi)
GREEN CONSTRICTOR 29" PLUS	29"x 2.1/2.3	1.6/1.7 bar (23/25 psi)