

Habit

Owner's Manual Supplement



WARNING

**READ THIS SUPPLEMENT AND YOUR
CANNONDALE BICYCLE OWNER'S MANUAL.**

Both contain important safety information. Keep both for future reference.

Safety Messages

In this supplement, particularly important information is presented in the following ways:

WARNING

Indicates a hazardous situation which, if not avoided, may result in death or serious injury.

NOTICE

Indicates special precautions that must be taken to avoid damage.

Symbols:

Symbol	Name	Description
	High-quality bicycle bearing grease	Apply NGLI-2 synthetic grease.
	Anti-Sieze Lubricant	Apply Permetex® Anti-Sieze Lubricant
	Medium-strength removable thread lock	Apply Loctite® 242 (blue) or equivalent.
N·m	Tightening torque in Newton meters.	

Cannondale Help Center

Our online Help Center contains helpful resources to consult about our bikes.



<https://cannondale.zendesk.com/hc/en-us>

Cannondale Supplements

This manual is a “supplement” to your [Cannondale Bicycle Owner’s Manual](#).

This supplement provides additional and important model specific safety, maintenance, and technical information. It may be one of several important manuals/supplements for your bike; obtain and read all of them.

Please contact your Authorized Cannondale Dealer immediately if you need a manual or supplement or have a question about your bike. You may also contact us using the appropriate country/region/location information.

You can download Adobe Acrobat PDF versions of any manual/supplement from our website: <http://www.cannondale.com>.

Contacting Cannondale

Cannondale USA

Cycling Sports Group, Inc.
1 Cannondale Way
Wilton, CT 06897, USA
1-800-726-BIKE (2453)

CSG Europe (Woudenberg)

Cycling Sports Group Europe B.V.
Geeresteinselaan 57
3931JB Woudenberg
The Netherlands
PH: 00.31.541.200374

International Distributors

Consult our website to identify the appropriate Cannondale Dealer for your region.

CONTENTS

Safety Information	2-7
Technical Information	8-21
Replacement Parts.....	22-23
Maintenance	24

Your Cannondale Dealer

To make sure your bike is serviced and maintained correctly, and that you protect applicable warranties, please coordinate all service and maintenance through your Authorized Cannondale Dealer.

NOTICE

Unauthorized service, maintenance, or repair parts can result in serious damage and void your warranty.

Safety Information

Important Composites Message

WARNING

Your bike (frame and components) is made from composite materials also known as “carbon fiber.”

All riders must understand a fundamental reality of composites. Composite materials constructed of carbon fibers are strong and light, but when crashed or overloaded, carbon fibers do not bend, they break.

For your safety, as you own and use the bike, you must follow proper service, maintenance, and inspection of all the composites (frame, stem, fork, handlebar, seat post, etc.) Ask your Cannondale Dealer for help.

We urge you to read PART II, Section D. “Inspect For Safety” in your [Cannondale Bicycle Owner’s Manual](#) BEFORE you ride.

You can be severely injured, paralyzed or killed in an accident if you ignore this warning.

Inspection & Crash Damage Of Carbon Frames/Forks

WARNING

After A Crash Or Impact:

Inspect frame carefully for damage. See PART II, Section D. Inspect For Safety in your [Cannondale Bicycle Owner’s Manual](#).

Do not ride your bike if you see any sign of damage, such as broken, splintered, or delaminated carbon fiber.

Any of the following may indicate a delamination or damage:

An unusual or strange feel to the frame

Carbon which has a soft feel or altered shape

·Creaking or other unexplained noises,

Visible cracks, a white or milky color present in carbon fiber section

Continuing to ride a damaged frame increases the chances of frame failure, with the possibility of injury or death of the rider.

Intended Use



Full suspension:
ASTM CONDITION 4,
All-Mountain.



Hardtail:
ASTM CONDITION 3,
All-Mountain.

WARNING

Please read your [Cannondale Bicycle Owner's Manual](#) for more information about Intended Use and Conditions 1-5.

Servicing

WARNING

This supplement may include procedures beyond the scope of general mechanical aptitude.

Special tools, skills, and knowledge may be required. Improper mechanical work increases the risk of an accident. Any bicycle accident has risk of serious injury, paralysis or death.

To minimize risk we strongly recommend that owners always have mechanical work done by an Authorized Cannondale Dealer.

Tightening Torques

Correct tightening torque for the fasteners (bolts, screws, nuts) on your bicycle is very important to your safety. Correct tightening torque for the fasteners is also important for the durability and performance of your bicycle. We urge you to have your dealer correctly torque all fasteners using a torque wrench. If you decide to torque fasteners yourself always use a torque wrench.

Find Tightening Torque Information :

The wide range of bicycle models and components used means that a listing of tightening torque would be out of date by the time it was published. Many fasteners should be installed with a thread locking adhesive such as Loctite®.

To determine correct tightening torque and any adhesive application for a fastener we ask you to check:

Many components are marked. On-product marking is becoming common.

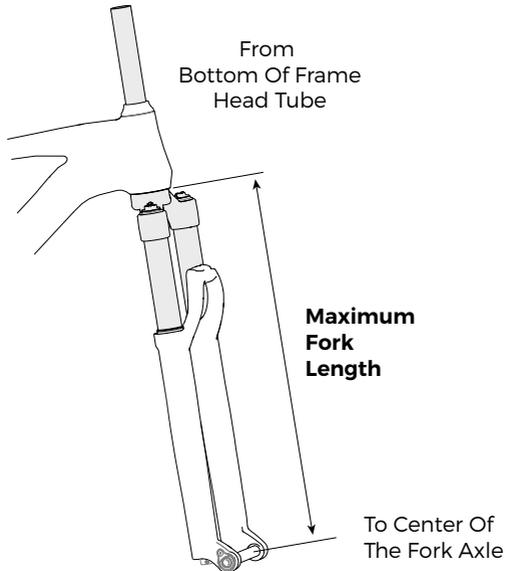
·Torque specs in the component manufacturers instructions shipped with your bicycle.

Torque specs listed on the websites of component manufacturers.

With your dealer. Dealers have access to current data and have experience with correct torque for most fasteners.

Maximum Fork Length

Maximum Fork Length is an important frame safety testing specification for front suspension mountain bikes. You must observe the measurement when installing headset parts, headset adapters, installing and adjusting a fork, and selecting replacement forks.



WARNING

You must select a replacement fork not only based on head tube diameter but the critical factor of frame maximum fork length.

Do not exceed maximum fork length. Exceeding the MAXIMUM FORK LENGTH limit can overload the frame causing it to break while riding.

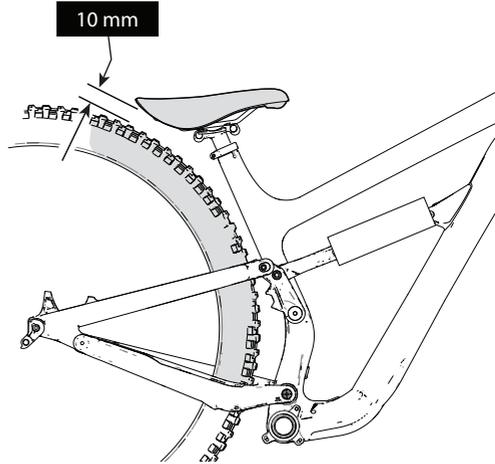
Your retailer **MUST** follow and observe this specification for your bike. For Maximum Fork Length specifications for Cannondale bicycles, see www.cannondale.com.

You can be severely injured, paralyzed or killed in an accident if you ignore this warning.

Rear Tire Clearance : Full Suspension

Applies to:

- saddles
- seat posts
- rear racks
- any accessory with possible collision with the moving tire.



To check clearance:

1. Release all the air from the rear shock. Remove the coil spring from coil shocks. spring coil (removal should only be done by a professional bike mechanic). Do not disconnect or remove the shock.
2. Compress the suspension fully with the tire inflated to its maximum inflation pressure.
3. At various points across the tire, measure the distance between the tire and the component or accessory.
4. **If there is less than 10 mm of clearance available, the component or accessory must be adjusted or changed until there is at least 10 mm of clearance.**

WARNING

Maintain 10 mm of clearance between rear tire, any rear rack, saddle, seat post, frame seat tube, or any mounted accessory.

Check following saddle or seat post adjustments.

If you have questions maintaining tire clearances for parts of your bike consult with an Authorized Dealer or a professional cycling mechanic.

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Tire Size x Maximum Width

WARNING

Observe the Tire Size x Maximum Width for your bike found in the “Specifications” page of this manual.

Mounting the wrong size tires can result in the tires hitting the fork or frame when riding. If this happens, you can lose control of your bike and you can be thrown off. A moving tire can be stopped because it touches the fork or frame.

Do not mount tires that are larger than the maximum recommended size. Such tires could contact the fork, frame, saddle, seatpost, or seatbinder when the suspension is fully compressed or while riding.

Only select tires that are compatible with your bike’s fork and frame design. Also, be sure to follow the manufacturer’s recommendations of your front fork and rear shock.

When you are considering tires for your bike consider...

The actual measured size of a tire may be different than its sidewall marking. Each time you mount a new tire, take the time to inspect the actual clearance between the rotating tire and all parts of the frame. The U.S. Consumer Product Safety Commission (CPSC) requires at least 1/16” (1.6 mm) tire clearance from any part of the bike. Allowing for lateral rim flex and a wheel or rim that is out-of-true will likely mean choosing a rear tire that provides even more clearance than the CPSC recommends.

**Ask your authorized brand retailer for the right tires for your bike and its particular components!
You can be severely injured, paralyzed or killed in an accident if you ignore this warning.**

Serial Number

To register your bike: go to the **Product Registration** section of our website at www.cannondale.com



1. Serial Number
2. Product Codes

Rear Shocks

WARNING

Select only compatible shocks and forks for your bike. Do not modify your bike in any way to mount one.

Have your shock or fork installed by a professional bike mechanic

Riding with the wrong rear shock can damage the frame. You could have a serious accident. Make sure the total travel, eye-to-eye length, and stroke length of the rear shock you select meet the “Specifications” listed in this manual.

When selecting different shocks or forks for your bike, make sure that the shock or fork you select is compatible with your bike’s design and how you will use your bike.

You can be severely injured, paralyzed or killed in an accident if you ignore this warning.

Minimum Seat Post Insert - Frame

WARNING

Keep the frame’s minimum seat post insertion length inserted into the frame at all times. The length is found in the “Specifications” table in this manual.

To mark the seat post with a frame minimum seat post insertion mark:

1. Remove the seat post.
2. Measure the length of the specification up from the bottom of the seat post.
3. Make a permanent ink line mark on the seat post.

If you have questions, about minimum seat post insert of the frame or a seat post minimum insert, please consult with your dealer or a professional bicycle mechanic.

Failure to insert and maintain either frame seat post minimum insert and also seat post minimum insert, can place very high stresses these parts causing failure while riding.

You can be severely injured, paralyzed or killed in an accident if you ignore this warning.

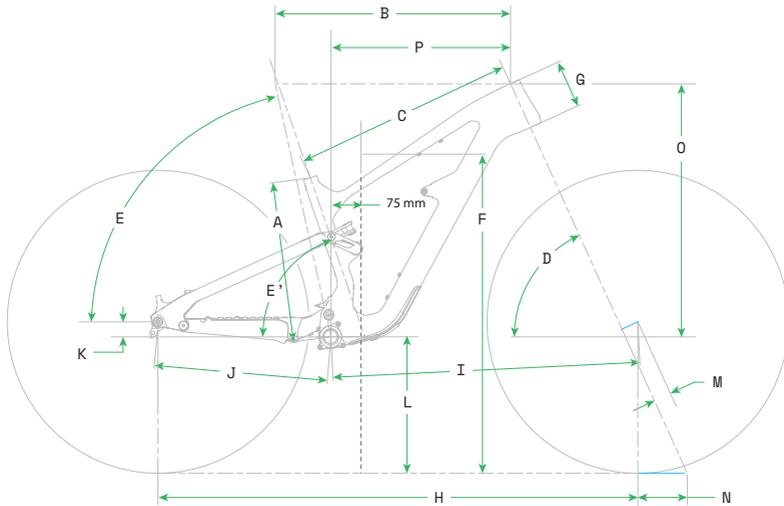
Technical Information

Specifications - Habit Full Suspension

Item	Specification	
	Carbon	Alloy
Rear Travel	130mm / Habit LT = 140mm	
Head Tube	UPR: 1-1/8", LWR: 1-1/2"	
Headset	Integrated 1-1/8"-1.5" IS42 Top IS52 Lower FSA Orbit C-40-ACB No. 42	
Bottom Bracket: Type/Width	BSA/73mm	
Front Derailleur	N/A	
Seat Post: Dia./Binder	31.6mm/34.9mm	
▲ Min. Seat Post Insert	100mm	
▲ Max. Seat Post Insert	XS-SM: 235mm MD: 250mm LG-XL: 280mm	
▲ Tire Size x Max. Tire Width (measured)	XS: 27.5" x 2.6" SM-XL: 29" x 2.6"	29" x 2.6"
▲ Max. Fork Length	XS: 531mm SM-XL: 563mm	563mm
Rear Shock: Eye-to-Eye / Stroke / Bushing Width	Habit 210×47.5, Habit LT 210×55 /FT: M8 x 20mm RR: None	
Sag	25%, 13mm	
Chain Guide	ISCG 05	
Rear Brake: Mount Type / Min./Max. Rotor Dia.	Post Mount/180mm/203mm	
Rear Axle: Type/Length	Maxle UDH TA/148mm x 12mm x 1.0P/Overall Length 180mm	
Chain Line	55mm	
▲ Intended Use	ASTM CONDITION 4: All-Mountain	
▲ Max. Weight Limit: Total (Rider+All Equipment)	305lbs/138kg	
Additional Technical Features	SRAM Universal Derailleur Hanger	

All Specifications subject to change without notice.

Geometry - Full Suspension



Habit Full Suspension, Carbon

Dimensions = centimeter

	Size	XS	S	M	L	XL
	Wheel Size	27.5	29	29	29	29
A	Seat Tube Length	36.0	38.0	40.0	44.5	50.0
B	Top Tube Horizontal	52.7	56.3	59.0	61.7	65.4
C	Top Tube Actual	49.9	53.1	55.4	57.9	61.7
D	Head Tube Angle	65.5°	65.5°	65.5°	65.5°	65.5°
E	Seat Tube Angle Effective	77.5°	77.5°	77.5°	77.5°	77.5°
E'	Seat Tube Angle Actual	71.5°	70.5°	71.0°	72.0°	73.0°
F	Standover	70.5	73.0	73.5	75.1	76.2
G	Head Tube Length	10.0	11.0	12.0	13.0	14.0
H	Wheelbase	112.9	117.3	120.3	123.7	128.1
I	Front Center	69.6	74.1	77.0	79.9	83.8
J	Chain Stay Length	43.4	43.5	43.5	44.0	44.5
K	Bottom Bracket Drop	1.6	3.8	3.8	3.8	3.8
L	Bottom Bracket Height	34.2	34.1	34.1	34.1	34.1
M	Fork Rake	3.7	4.4	4.4	4.4	4.4
N	Trail	12.2	12.4	12.4	12.4	12.4
O	Stack	57.5	62.3	63.2	64.1	65.0
P	Reach	40.0	42.5	45.0	47.5	51.0

Habit Full Suspension, Carbon LT

Dimensions = centimeter

	Size	XS	S	M	L	XL
	Wheel Size	27.5	29	29	29	29
A	Seat Tube Length	36.0	38.0	40.0	44.5	50.0
B	Top Tube Horizontal	52.7	56.3	59.0	61.7	65.4
C	Top Tube Actual	49.9	53.1	55.4	57.9	61.7
D	Head Tube Angle	65.0°	65.1°	65.1°	65.1°	65.1°
E	Seat Tube Angle Effective	77.0°	77.1°	77.1°	77.1°	77.1°
E'	Seat Tube Angle Actual	71.0°	70.1°	70.6°	71.6°	72.6°
F	Standover	75.0	73.6	74.0	75.7	76.7
G	Head Tube Length	10.0	11.0	12.0	13.0	14.0
H	Wheelbase	113.2	117.7	120.6	124.0	128.4
I	Front Center	69.9	74.4	77.3	80.2	84.1
J	Chain Stay Length	43.4	43.5	43.5	44.0	44.5
K	Bottom Bracket Drop	1.3	3.4	3.4	3.4	3.4
L	Bottom Bracket Height	34.6	34.4	34.4	34.4	34.4
M	Fork Rake	3.7	4.4	4.4	4.4	4.4
N	Trail	12.6	12.7	12.7	12.7	12.7
O	Stack	57.8	62.6	63.5	64.4	65.3
P	Reach	39.4	41.9	44.4	46.9	50.4

Habit Alloy

Dimensions = centimeter

	Size	XS	S	M	L	XL
	Wheel Size	27.5	29	29	29	29
A	Seat Tube Length	36.0	38.0	40.0	44.5	50.0
B	Top Tube Horizontal	52.7	56.3	59.0	61.7	65.4
C	Top Tube Actual	49.9	53.4	55.4	58.0	61.5
D	Head Tube Angle	65.5°	65.5°	65.5°	65.5°	65.5°
E	Seat Tube Angle Effective	77.5°	77.5°	77.5°	77.5°	77.5°
E'	Seat Tube Angle Actual	71.5°	71.0°	71.0°	72.3°	72.5°
F	Standover	70.5	73.7	73.8	75.1	76.1
G	Head Tube Length	10.0	11.0	12.0	13.0	14.0
H	Wheelbase	112.9	117.3	120.3	123.9	127.8
I	Front Center	69.6	74.1	77.0	79.9	83.8
J	Chain Stay Length	43.4	43.5	43.5	44.3	44.3
K	Bottom Bracket Drop	1.6	3.8	3.8	3.8	3.8
L	Bottom Bracket Height	34.2	34.1	34.1	34.1	34.1
M	Fork Rake	3.7	4.4	4.4	4.4	4.4
N	Trail	12.2	12.4	12.4	12.4	12.4
O	Stack	57.5	62.3	63.2	64.1	65.0
P	Reach	40.0	42.5	45.0	47.5	51.0

Habit Alloy LT

Dimensions = centimeter

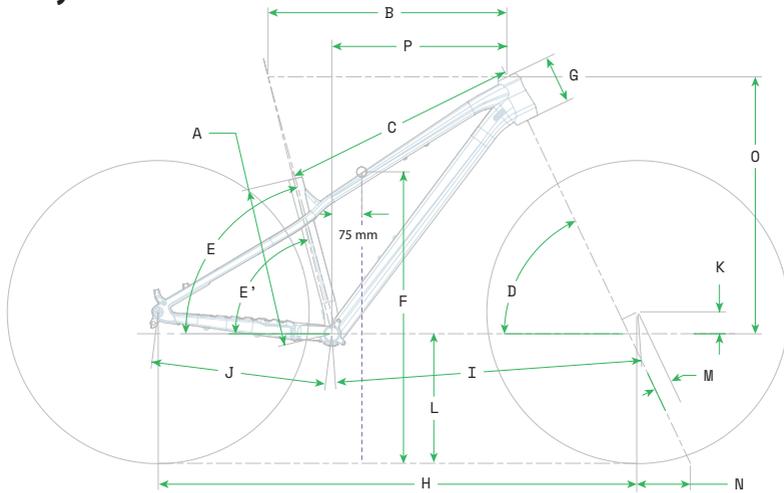
	Size	XS	S	M	L	XL
	Wheel Size	27.5	29	29	29	29
A	Seat Tube Length (cm)	36.0	38.0	40.0	44.5	50.0
B	Top Tube Horizontal (cm)	52.7	56.3	59.0	61.7	65.4
C	Top Tube Actual (cm)	49.9	53.4	55.4	58.0	61.5
D	Head Tube Angle	65.0	65.1	65.1	65.1	65.1
E	Seat Tube Angle Effective	77.0	77.1	77.1	77.1	77.1
E'	Seat Tube Angle Actual	71.0	70.6	70.6	71.9	72.1
F	Standover (cm)	71.1	74.3	74.8	75.7	76.7
G	Head Tube Length (cm)	10.0	11.0	12.0	13.0	14.0
H	Wheelbase (cm)	113.2	117.7	120.6	124.2	128.1
I	Front Center (cm)	69.9	74.4	77.3	80.2	84.1
J	Chain Stay Length (cm)	43.4	43.5	43.5	44.3	44.3
K	Bottom Bracket Drop (cm)	1.3	3.4	3.4	3.4	3.4
L	Bottom Bracket Height (cm)	34.5	34.4	34.4	34.4	34.4
M	Fork Rake (cm)	3.7	4.4	4.4	4.4	4.4
N	Trail (cm)	12.6	12.7	12.7	12.7	12.7
O	Stack (cm)	57.8	62.6	63.5	64.4	65.3
P	Reach (cm)	39.4	41.9	44.4	46.9	50.4

Specifications - Hardtail

Item	Specification
Material	Alloy
Head Tube	UPR: 1-1/8" LWR: 1-1/2"
Headset	Integrated 1-1/8"-1.5" IS42 Top IS52 Lower FSA Orbit C-40-ACB No. 42"
Bottom Bracket: Type/Width	BSA/73mm
Front Derailleur	N/A
Seat Post: Dia./Binder	31.6mm/34.9mm
▲ Min. Seat Post Insert	100mm
▲ Max. Seatpost Insert	320mm
▲ Tire Size x Max. Tire Width	29" x 2.6" (measured)
▲ Max. Fork Length	561mm
Chain Guide	ISCG 05
Rear Brake: Mount Type / Min./Max. Rotor Dia.	Post Mount/160mm/180mm
Rear Axle: Type/Length	Maxle UDH TA/148 x 12mm x 1.0P/ 180mm Overall Length
Chain Line	55mm
▲ Intended Use	ASTM CONDITION 3: Cross Country, Marathon, Hardtails
▲ Max. Weight Limit: Total (Rider+All Equipment)	305lbs/138kg
Additional Technical Features	SRAM Universal Derailleur Hanger

All Specifications subject to change without notice.

Geometry - Hardtail

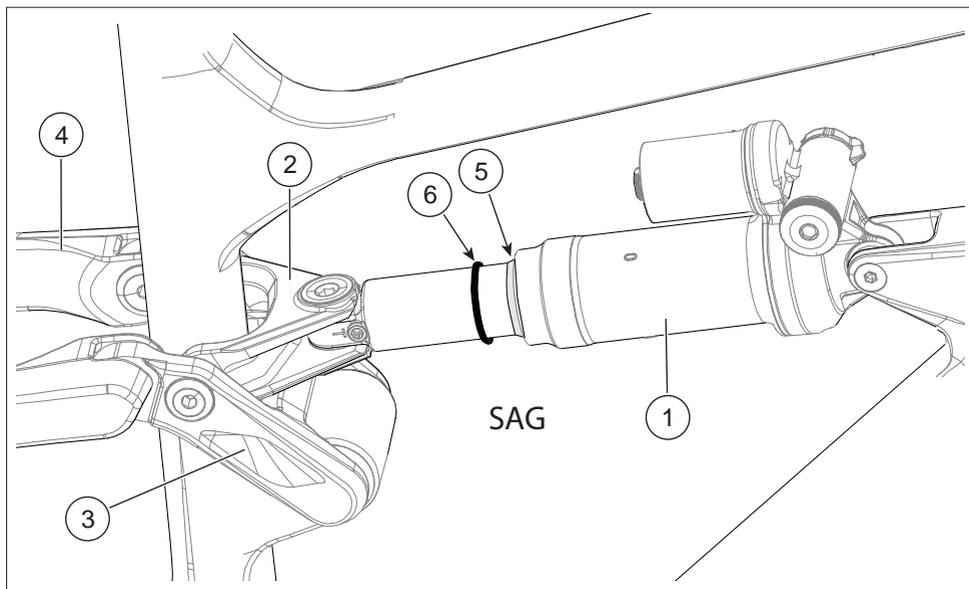


Habit

Dimensions = centimeter

	Size	SM	MD	LG	XL
	Wheel Size	29	29	29	29
A	Seat Tube Length	38.0	40.0	44.0	48.0
B	Top Tube Horizontal	57.3	60.0	62.8	66.5
C	Top Tube Actual	56.9	58.9	60.3	62.9
D	Head Tube Angle	64.5°	64.5°	64.5°	64.5°
E	Seat Tube Angle Effective	76.0°	76.0°	76.0°	76.0°
E'	Seat Tube Angle Actual	75.4°	75.0°	73.8°	72.7°
F	Standover	71.0	73.0	74.0	76.0
G	Head Tube Length	11.0	12.0	13.0	14.0
H	Wheelbase	117.7	120.6	123.5	127.5
I	Front Center	74.2	77.1	80.1	84.0
J	Chain Stay Length	44.0	44.0	44.0	44.0
K	Bottom Bracket Drop	5.5	5.5	5.5	5.5
L	Bottom Bracket Height	32.5	32.5	32.5	32.5
M	Fork Rake	4.4	4.4	4.4	4.4
N	Trail	13.2	13.3	13.3	13.3
O	Stack	63.4	64.3	65.3	66.2
P	Reach	41.5	44.0	46.5	50.0

Rear Shock - Carbon/Alloy



Identification

- | | | |
|---------------|--------------|-----------|
| 1. Rear shock | 3. Link | 5. Wiper |
| 2. Yoke | 4. Seat stay | 6. O-ring |

Set Up

1. Set the air pressure according to the shock manufacturer's recommendation for your body weight.

Follow the shock manufacturer's instruction for pressurizing the shock.

2. Slide the O-ring against the shock wiper seal.
3. Sit on the bike in a normal riding position with your hands on the handlebar and feet on the pedals so that your weight compresses the rear shock.

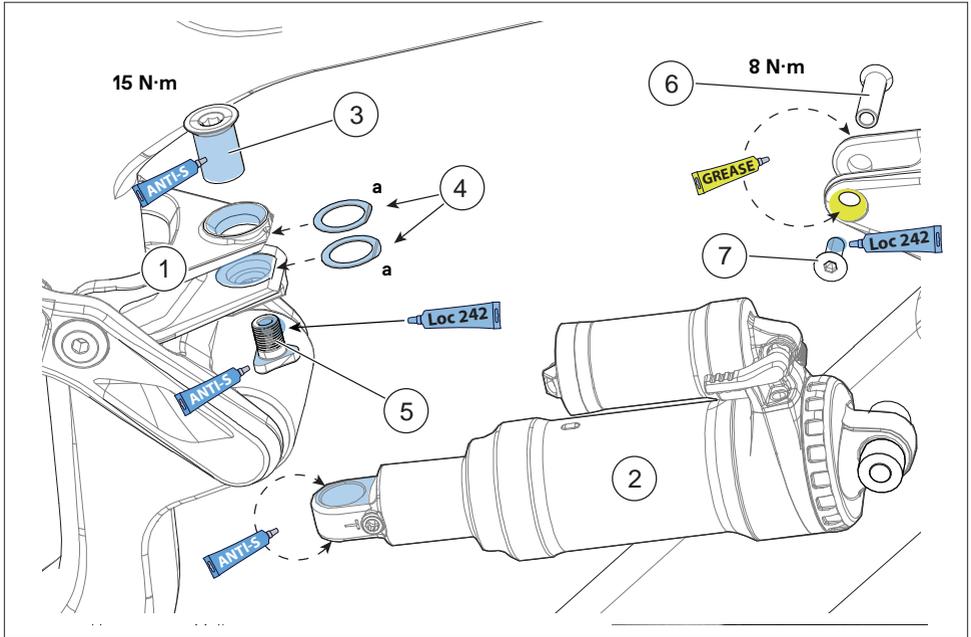
4. Measure the SAG. Adjust the air pressure in the shock to achieve the correct SAG measurement.

Add air to decrease sag. Release air to increase sag.

Recommended Sag:

13mm-15mm, 25%

Yoke / Shock Eyelet - Carbon/Alloy



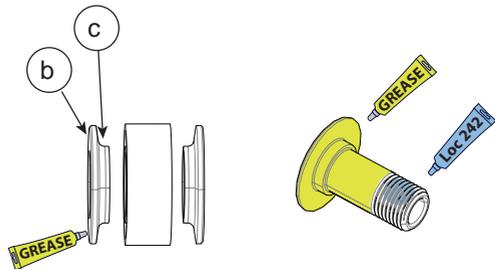
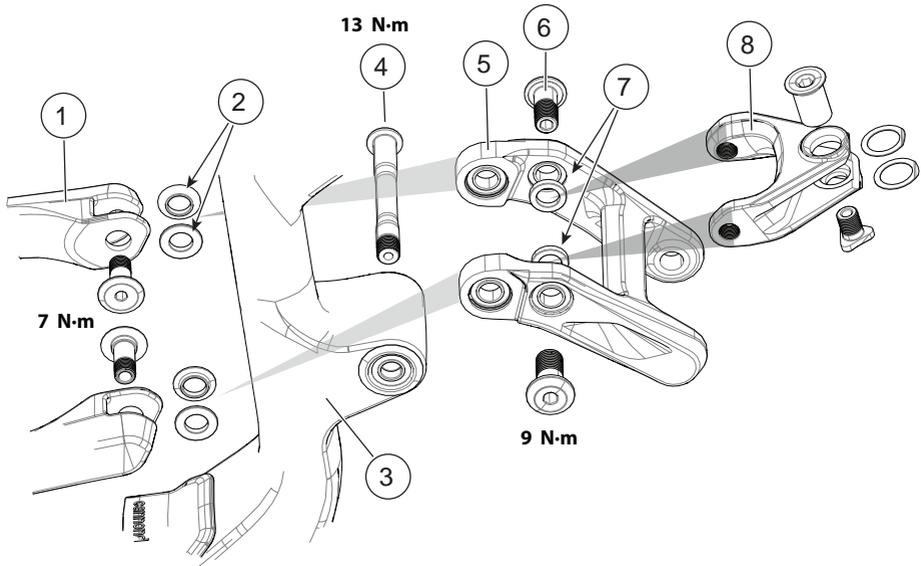
Identification

- | | | |
|------------------|----------------|------------------------|
| 1. Yoke | 4. Spacers | 6. Bolt, front, female |
| 2. Shock | 5. Bolt (male) | |
| 3. Bolt (female) | | |

The following is standard maintenance and should be repeated as often as necessary to ensure a quiet bike:

1. Disconnect the rear shock from the yoke and clean the yoke bolts, eyelet, and the shock eyelet surfaces with isopropyl alcohol and a clean shop towel.
 2. Apply anti-seize thread lubricant (Permatex®) to the shaded surfaces shown above.
 3. Clean the smaller (male) yoke bolt and apply a 3 mm wide band of Loctite 242 (blue) at the first few threads.
 4. Tighten to 15 N-m. Hold the small (male) yoke bolt with an inserted hex key and tighten the large (female) yoke bolt.
- This includes the inside chamfer on the yoke bolts. Do not use grease; grease does not perform as well as anti-seize.

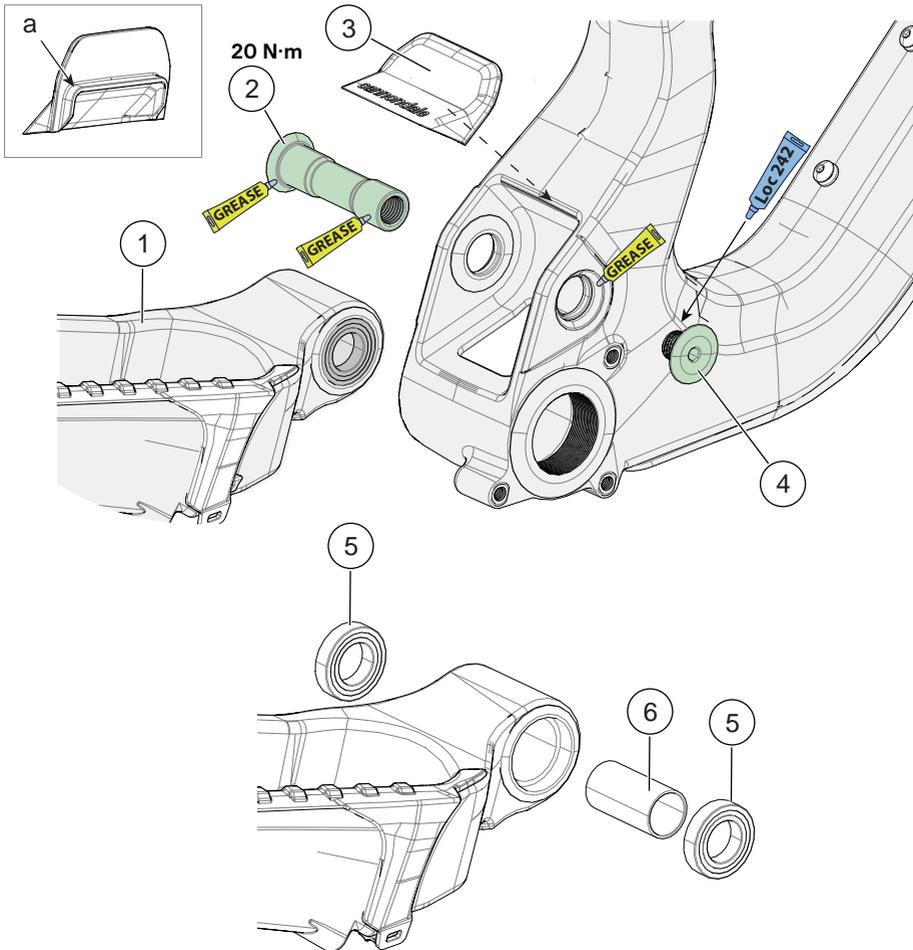
Seat Stays, Link, Yoke -



Identification

- | | | | |
|----------------------|---------------|-----------------|---------------|
| 1. Seat stay | 4. Pivot bolt | 7. Link spacers | b. Flat side |
| 2. Seat stay spacers | 5. Link | 8. Yoke | c. Small side |
| 3. Seat tube | 6. Link bolt | | |

Main Pivot - Carbon



Identification

- | | | |
|---------------|---------------|-----------|
| 1. Chainstay | 4. Pivot bolt | a. flange |
| 2. Pivot axle | 5. Bearing | |
| 3. Fender | 6. Spacer | |

Main Pivot - Alloy - LOCKR

Be sure to support the bike or swingarm to prevent personal injury or bike damage when removing/disconnecting linkages of an axle.

To remove the LockR from the frame:

1. Loosen the screw 4-6 turns using a T25 Torx key.
2. Tap head of screw with a rubber mallet to un-seat the wedge bolt located on the opposite side.
3. Remove the screw and wedge bolt from the still installed axle.
4. If the wedge did not come out with the screw, insert a 5 mm hex key and turn to free and remove it. If wedge still sticks insert a wooden or plastic dowel into the drive side and drive it out.
5. To remove the axle itself, insert a 6 mm hex key into the axle on the non-drive side and turn counter-clockwise until it can be removed.

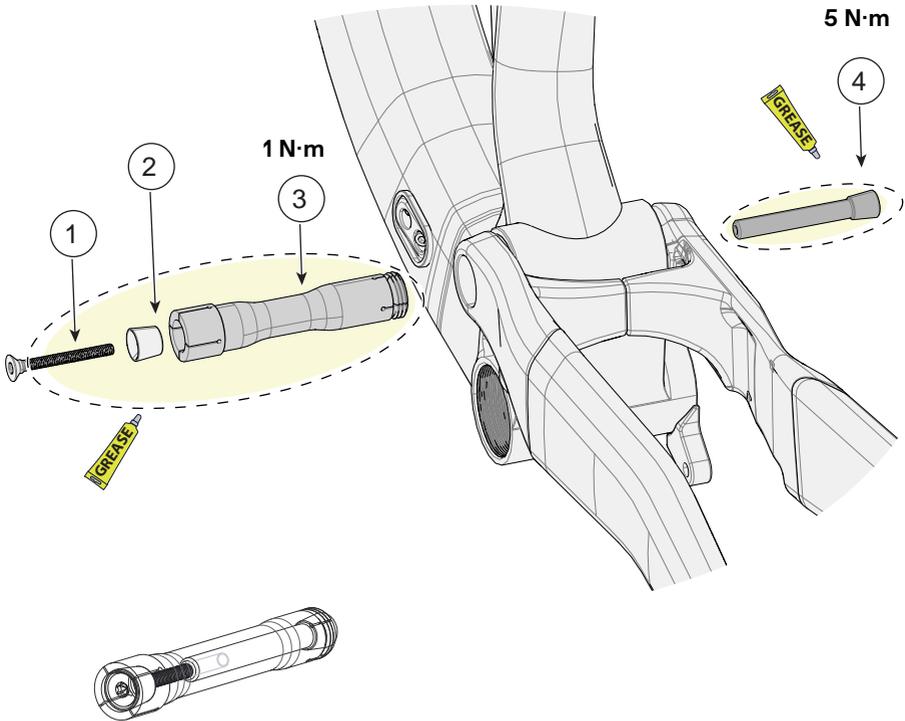
To install the LockR from the frame:

1. Disassemble and clean all parts of the LockR axle. Do not install it assembled.
Inspect the parts for damage (burrs, scratches, deformity, wear). Replace the entire LockR assembly if any damage is found.
2. Apply a light coating of a high-quality bicycle bearing grease to all parts.
3. Align the linkage and bearing and insert the threaded end of the pivot axle into the non-drive side.
4. Tighten the inserted pivot axle to 1 Nm using a 6 mm hex key fitted torque wrench from the non-drive side.

NOTICE

Use a calibrated torque wrench. Exceeding 1 N·m will result in permanent damage to the LockR pivot system.

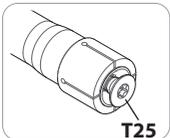
5. Insert the wedge bolt into the drive side of the axle and insert the small end of the wedge into the non-drive side axle head.
6. Thread the screw into wedge bolt with a wrench and tighten to 5.0 Nm.



DO NOT INSTALL ASSEMBLED

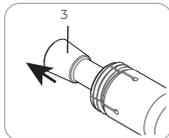
Removal

Unthread & tap mallet



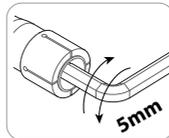
STEP 1

Dislodge & remove



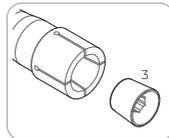
STEP 2

Insert 5mm & turn to free



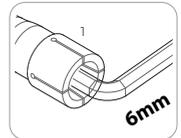
STEP 3

Remove



STEP 4

Unthread & Remove



STEP 5

Identification

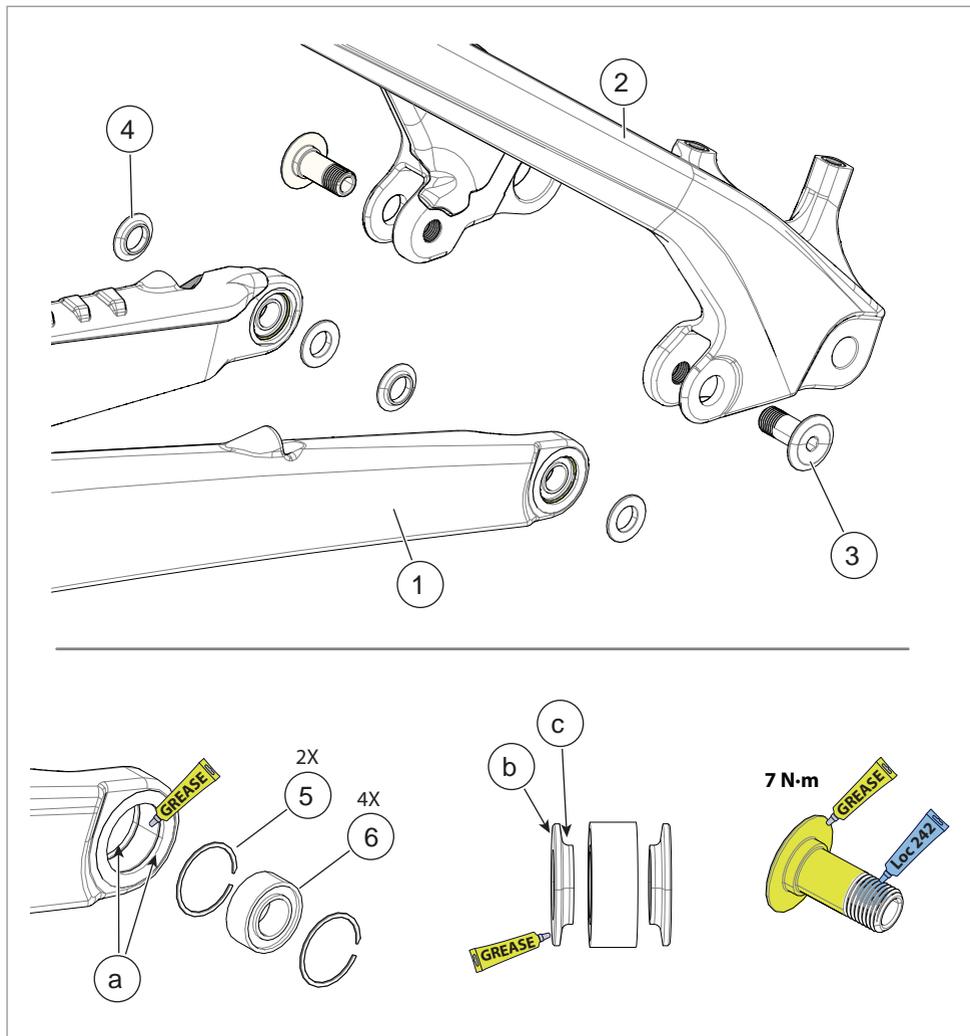
1. Screw

2. Wedge

3. Axle

4. Wedge bolt

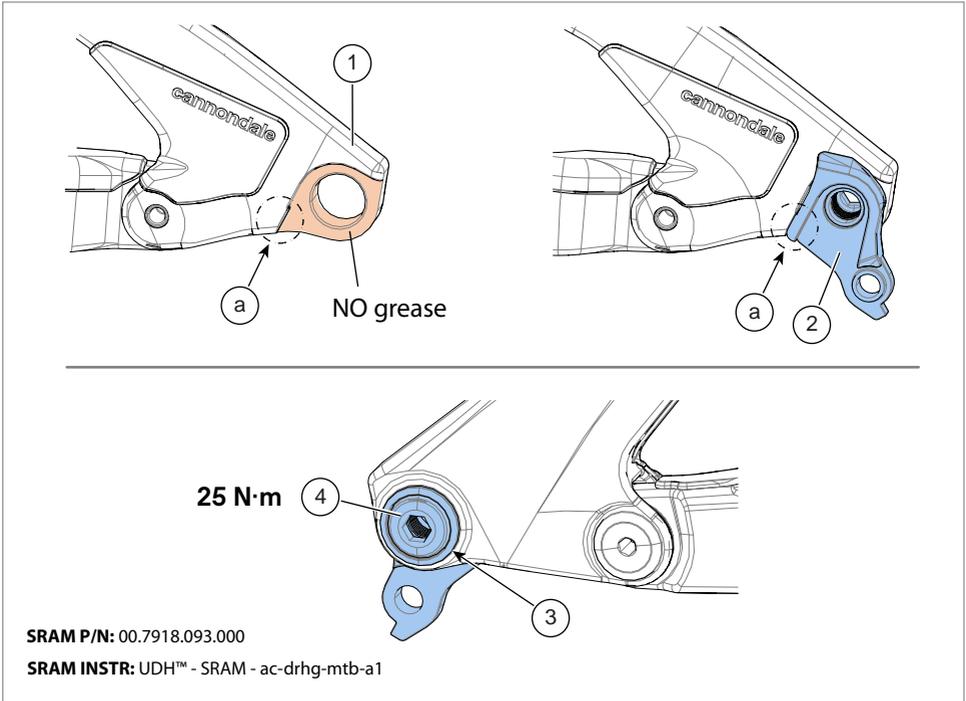
Chainstay / Seatstay



Identification

- | | |
|-------------------|---------------|
| 1. Chainstay | 6. Bearing |
| 2. Seatstay | a. groove |
| 3. Axle bolt | b. Flat side |
| 4. Bearing shield | c. Small side |
| 5. Circlip | |

Universal Derailleur Hanger (UDH)



Identification

- | | | |
|----------------|---------------|----------------------|
| 1. UDH dropout | 3. UDH washer | a. UDH rotation stop |
| 2. UDH hanger | 4. UDH bolt | |

Replacement

Before installing a new/replacement hanger, be sure to clean any dirt or debris on the dropout with a nylon brush (old toothbrush). Inspect the area for any damage especially after a crash or impact. Take corrective action when required. Use a good-quality torque wrench and tighten to the specified torque.

NOTICE

Follow the manufacturer's instructions when mounting the UDH hanger to the frame.

SRAM - <https://www.sram.com/en/sram/models/ac-drhg-mtb-a1>

Routing - Carbon

Steps:

1. Route the brake and rear derailleurs starting from the back of the frame.
2. Route through tube-in-tube openings up to the BB cable access opening.
3. Route the rear derailleurs on the drive side and the rear brake on the non-drive side. Route the dropper post cable in the center. The rear derailleurs and brake housing should not cross inside the frame.
4. After finding the correct cable lengths, bottom the suspension, being sure to leave some extra cable at the rear derailleurs and rear brake for motion.
5. With the suspension at bottom, tighten the clamps and zip ties on the chainstay. Be sure the zip tie goes thru the chainstay protector as shown "Rear Brake Routing". Tighten the single cable clamp to 2-3 Nm.
6. Install the double cable clamp as shown page 24. Fit the clamp into the frame between the rear derailleurs and rear brake cables. Align the cables so the size of the match the corresponding diameters of the cables. Hold downward on the cable in the clamp while tightening the screw to prevent the cables from slipping out or the clamp to become mis-aligned on the cables.

Apply Loctite 242 to the screw threads and tighten to 3 Nm.

7. Fit the top of the cover into the corresponding frame holes and secure the cover in place with the screw.

NOTICE

Do not ride the bike without the access cover in place. Riding with a missing or damaged cover can lead to dirt, water, or other contaminants entering the frame interior.



Identification

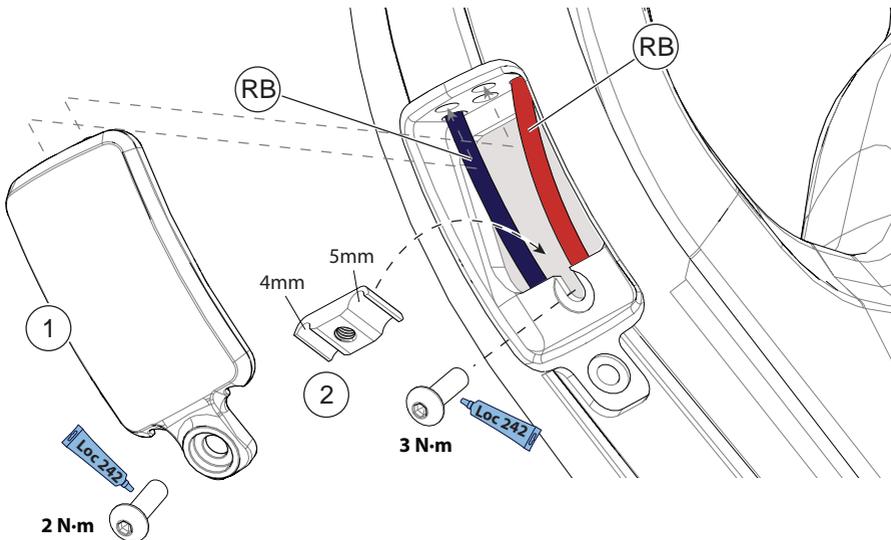
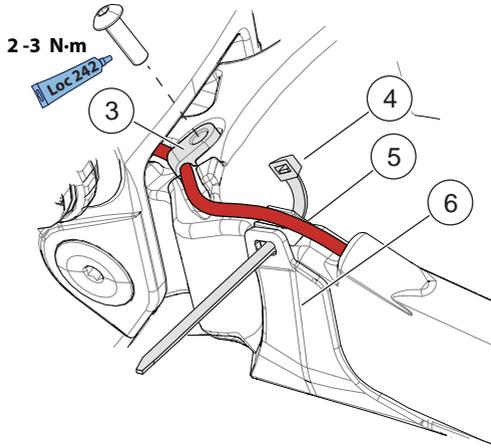
- RD -Rear derailleurs
- DP - Dropper post
- RB - Rear Brake

Rear Brake Routing

(as viewed from under-side)

The single clamp (3) and the cable tie should be secured with the suspension bottomed before the double-clamp (2) in the access area is tightened.

The cable tie also secures the front end of the protector, so it is important to maintain it.



Identification

- | | | |
|-----------------------|---------------------------|---------------------|
| 1. Access cover | 4. Cable tie | RD Rear derailleurs |
| 2. Double cable clamp | 5. Chainstay cable saddle | RB Rear Brake |
| 3. Single cable clamp | 6. Chainstay protector | |

Bottom Bracket- BSA (Euro)

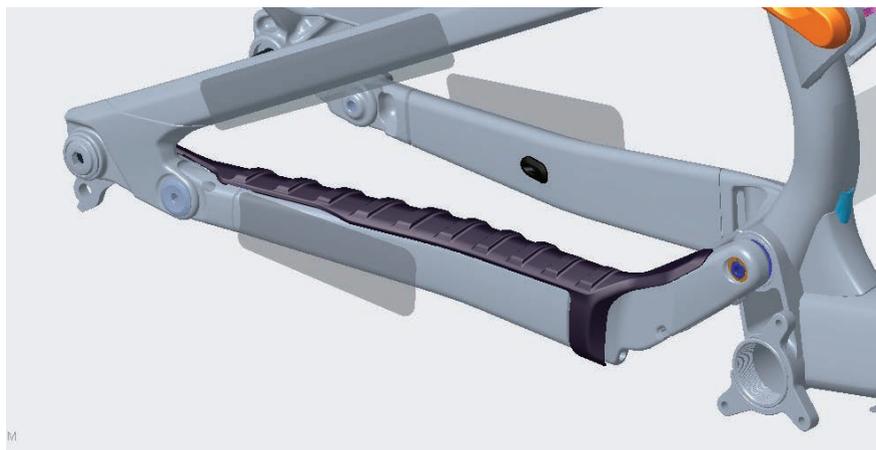
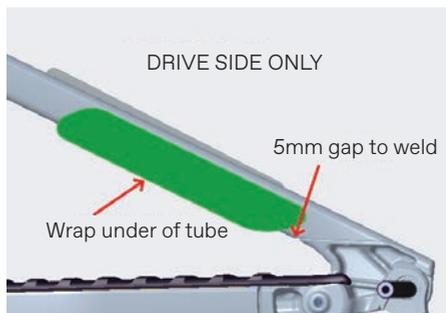
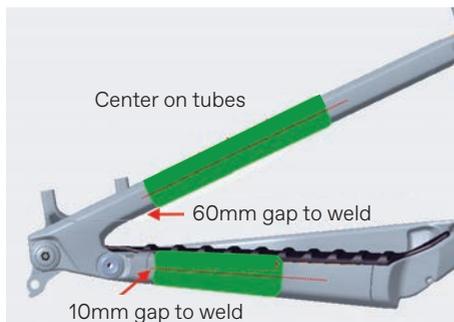
Always clean the interior of the BB and threads of the shell and the bottom bracket first! Use a clean, lint-free shop towel.

1. Apply a high-quality bicycle bearing grease to the the BB threads and cup faces. Too much grease just makes a mess and can collect debris. Too little grease is ineffective.
2. Thread the drive side cup in reverse thread per manufacturer's torque specification.
3. Thread the non-drive side cup in regular right-hand thread per manufacturer's torque specification.
4. Wipe away excess/displaced grease.

NOTICE

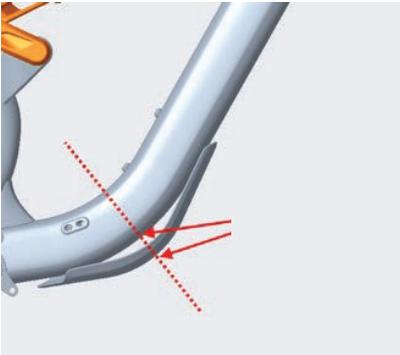
Don't use chemical sprays or solvent to clean. This stuff can damage your frame, paint, decals.

Protectors - Placement

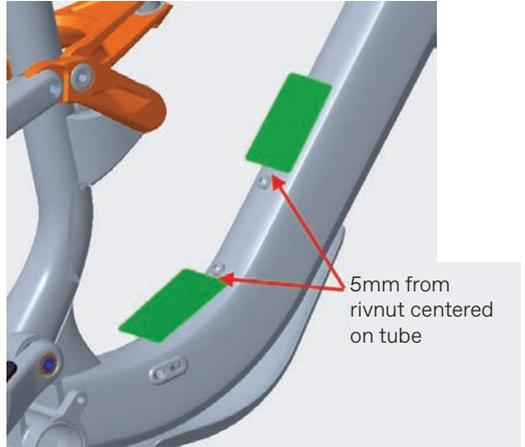


NOTICE

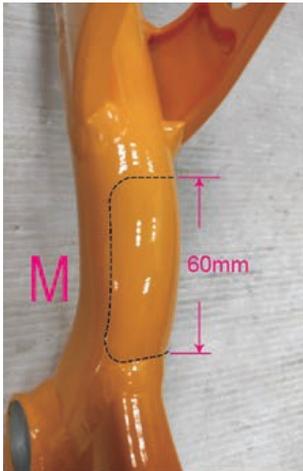
Damaged, loose, missing, and/or incorrectly positioned protectors can lead to frame damage and is not covered by the Cannondale Limited Warranty. Make sure all frame protectors and guards are present, installed correctly and are in good condition. The locations on this page are examples of the kinds of protectors for a frame. Consult the Replacement Parts page for protectors available for your specific model.



Align center of protector bend with down tube bend. Center on tube.

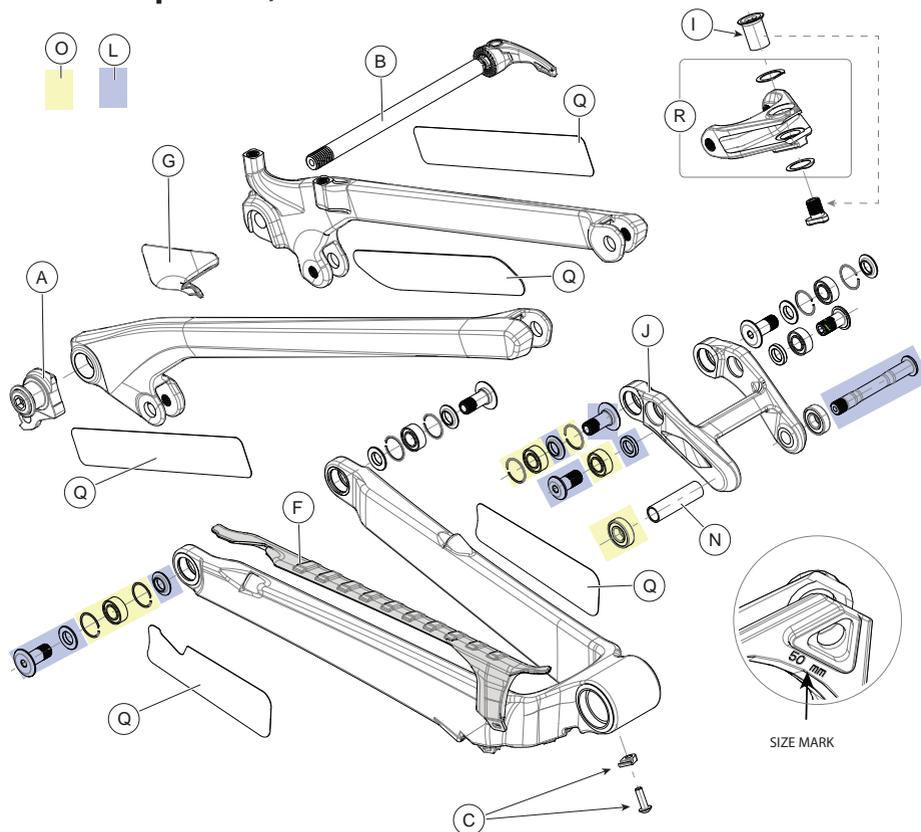


5mm from rivnut centered on tube



Replacement Parts

Habit Full Suspension, Carbon

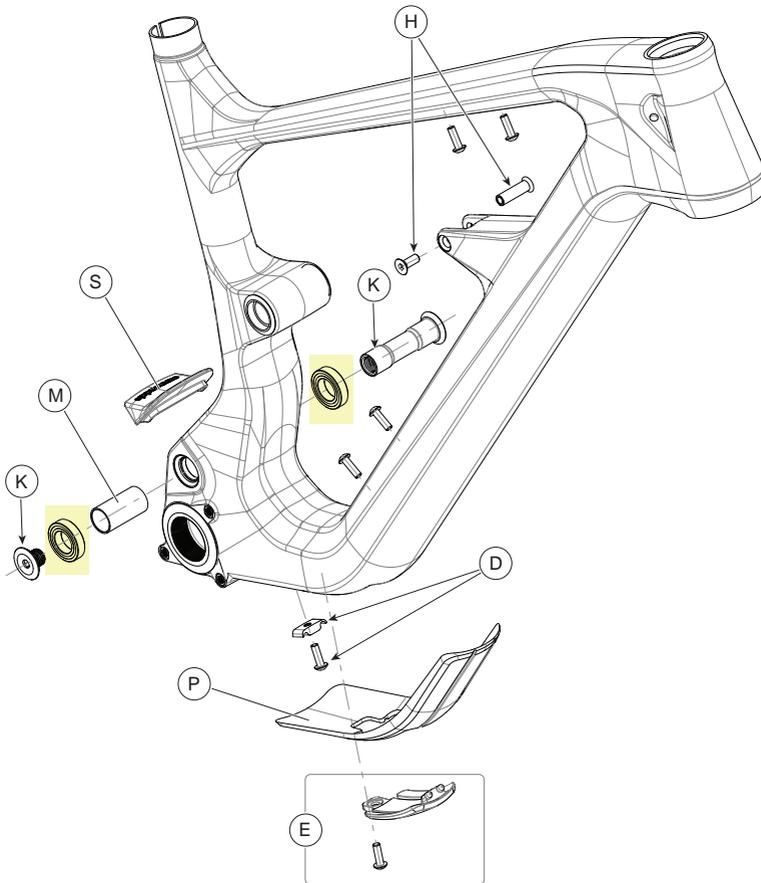


ID	Part Number	Description
A	SRAM P/N: 00.7918.093.000	SRAM Universal Derailleur Hanger
B	K83002	UDH Maxle TA 148×12 180mm M12×1.0P
C	K32062	Habit CS Cable Guide
D	K32072	Habit BB Cable Guide
E	K32082	Habit BB Cover
F	K34132	Habit CS Frame Protector

ID	Part Number	Description
G	K34142	Habit SS Frame Protector
H	K36022	Moterra Neo/Habit Shock Bolts Upper
I	K36042	Moterra Neo/Habit Yoke Bolts w/ Shims
J	K91052	Habit Link
K	K36052	Habit Crb MP Axle
L	K36062	Habit Link/SS/CS Hardware

Replacement Parts

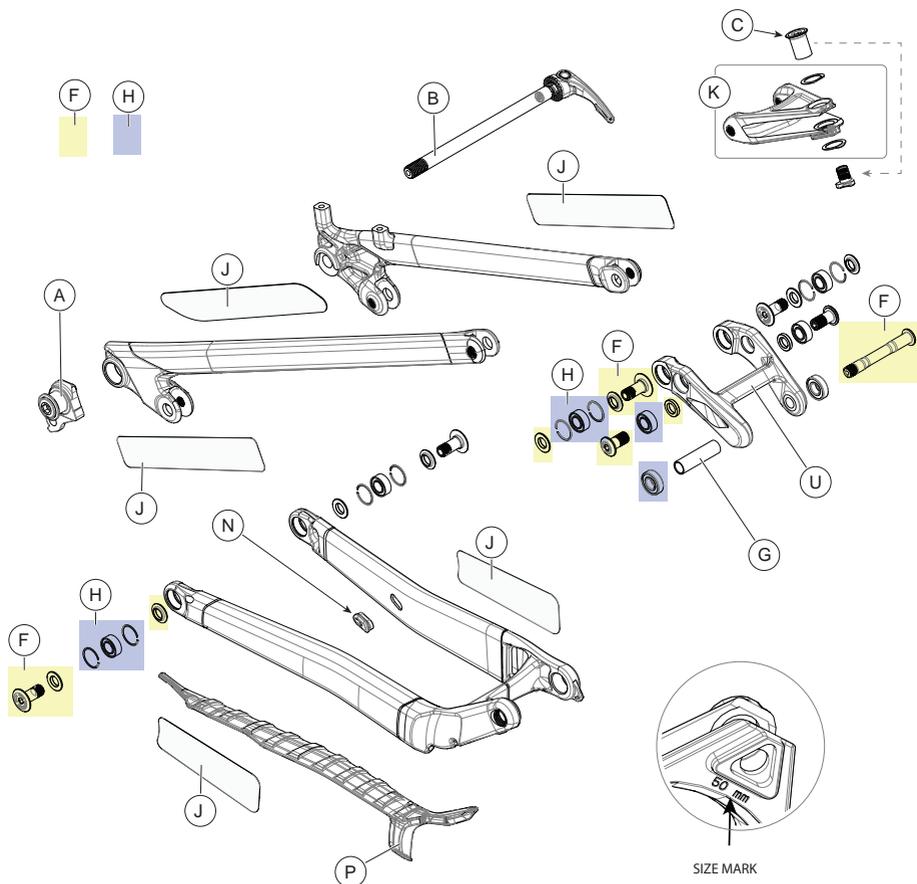
Habit Full Suspension, Carbon



ID	Part Number	Description
M	K36072	Habit Crb MP Bearing Spacer 35mm
N	K36082	Habit Link Bearing Spacer 46mm
O	K36092	Habit Link/CS/SS/Pivot Bearings
P	K34152	Habit Crb DT Frame Protector
Q	K34162	Habit Crb Clear Frame Protection

ID	Part Number	Description
R	K36102SM	Habit Yoke SM 40mm
	K36102MD	Habit Yoke MD 50mm
	K36102LG	Habit Yoke L/XL 90mm
S	K11022	Habit Crb Fender

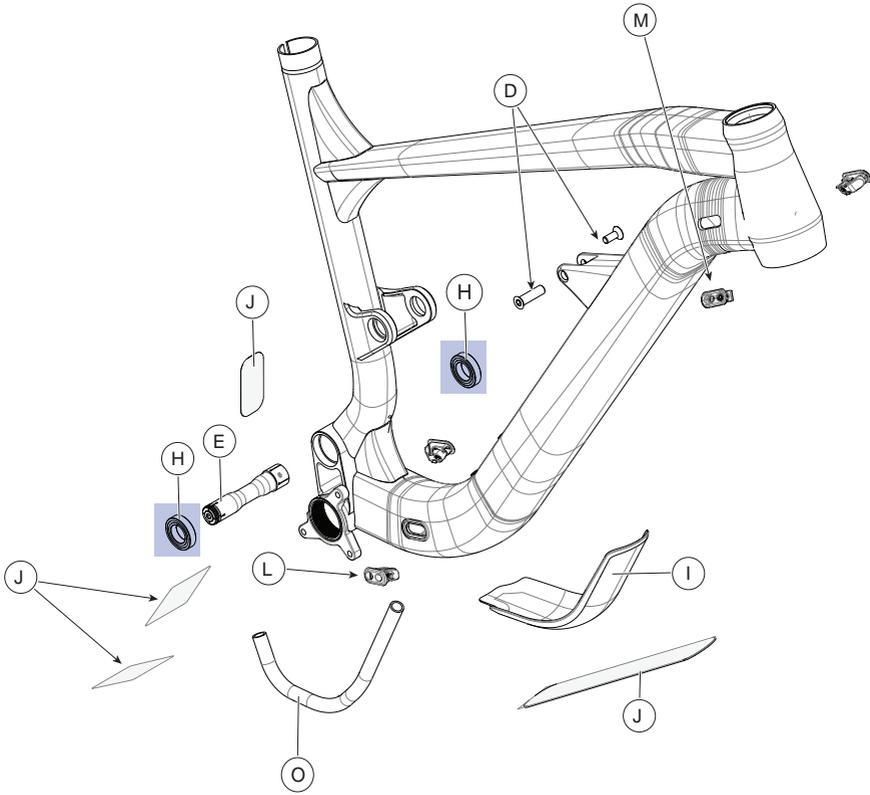
Habit Full Suspension, Alloy



ID	Part Number	Description
A	SRAM P/N: 00.7918.093.000	SRAM Universal Derailleur Hanger
B	K83002	UDH Maxle TA 148x12 180mm M12x1.0P
P	K34073	FS/Kids CS Protector
D	K36022	Moterra Neo/Habit Shock Bolts Upper

ID	Part Number	Description
C	K36042	Moterra Neo/Habit Yoke Bolts w/ Shims
U	K91052	Habit Link
E	K36061	Expanding Axle Hardware 87mm
F	K36062	Habit Link/SS/CS Hardware

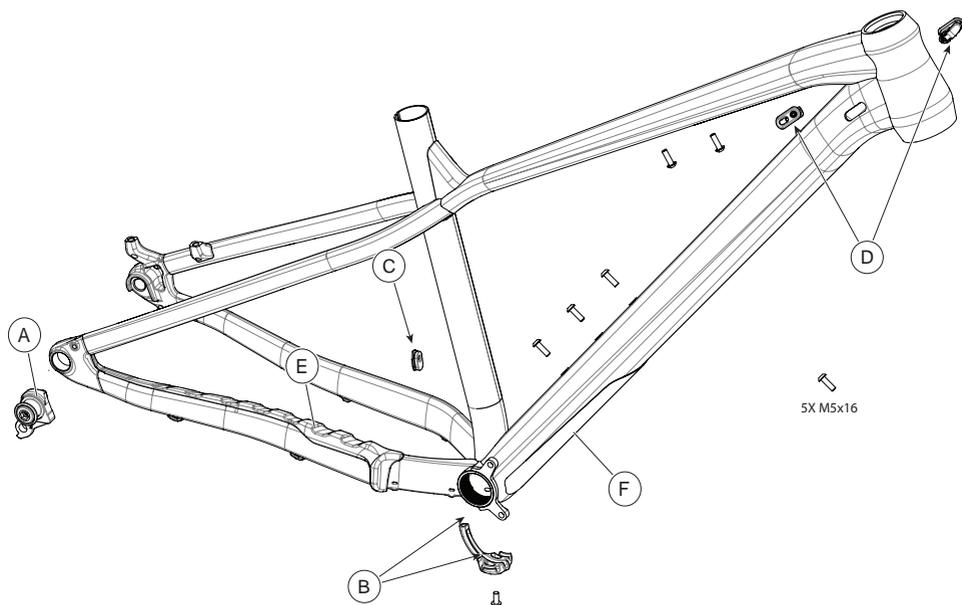
Replacement Parts Habit Full Suspension, Alloy



ID	Part Number	Description
G	K36082	Habit Link Bearing Spacer 46mm
H	K36092	Habit Link/CS/SS/Pivot Bearings
I	K34182	Habit Alloy DT Protector
J	K34172	Habit Alloy Clear Frame Protection
K	K36102SM	Habit Yoke SM 40mm L
	K36102MD	Habit Yoke MD 50mm L
	K36102LG	Habit Yoke L/XL 90mm L

ID	Part Number	Description
L	K32182	27mm Slide Guides Qty 6
M	K32211	2Port Slide Guides Qty 6
N	KP312/	Open Oval Grommet x10
O	K32051	9mm ID Dropper Insulation Tubing

Habit Hardtail, Alloy

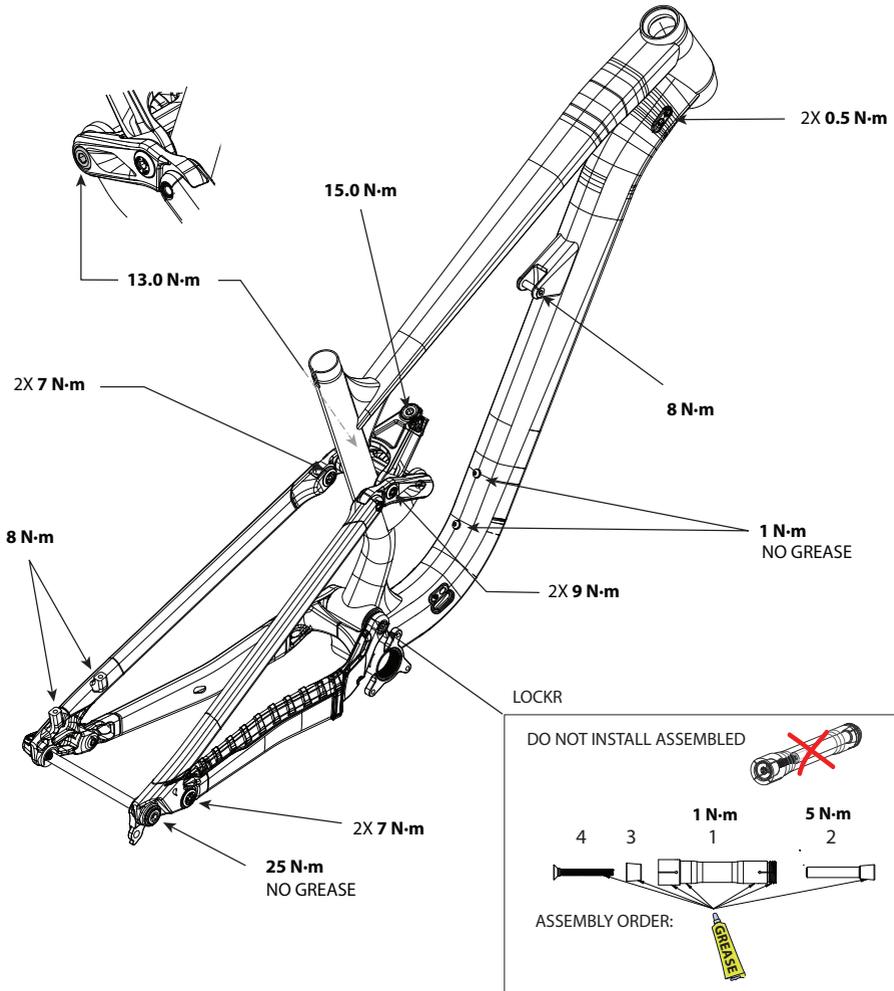


ID	Part Number	Description
A	SRAM P/N: 00.7918.093.000	SRAM Universal Derailleur Hanger
B	K32092	E439978 BB Cable Guide
C	KP312/	Open Oval Grommet x10
D	K32211	2Port Slide Guides Qty 6
E	K34183	Hardtail CS Protector
F	K34193	Hardtail DT Protector

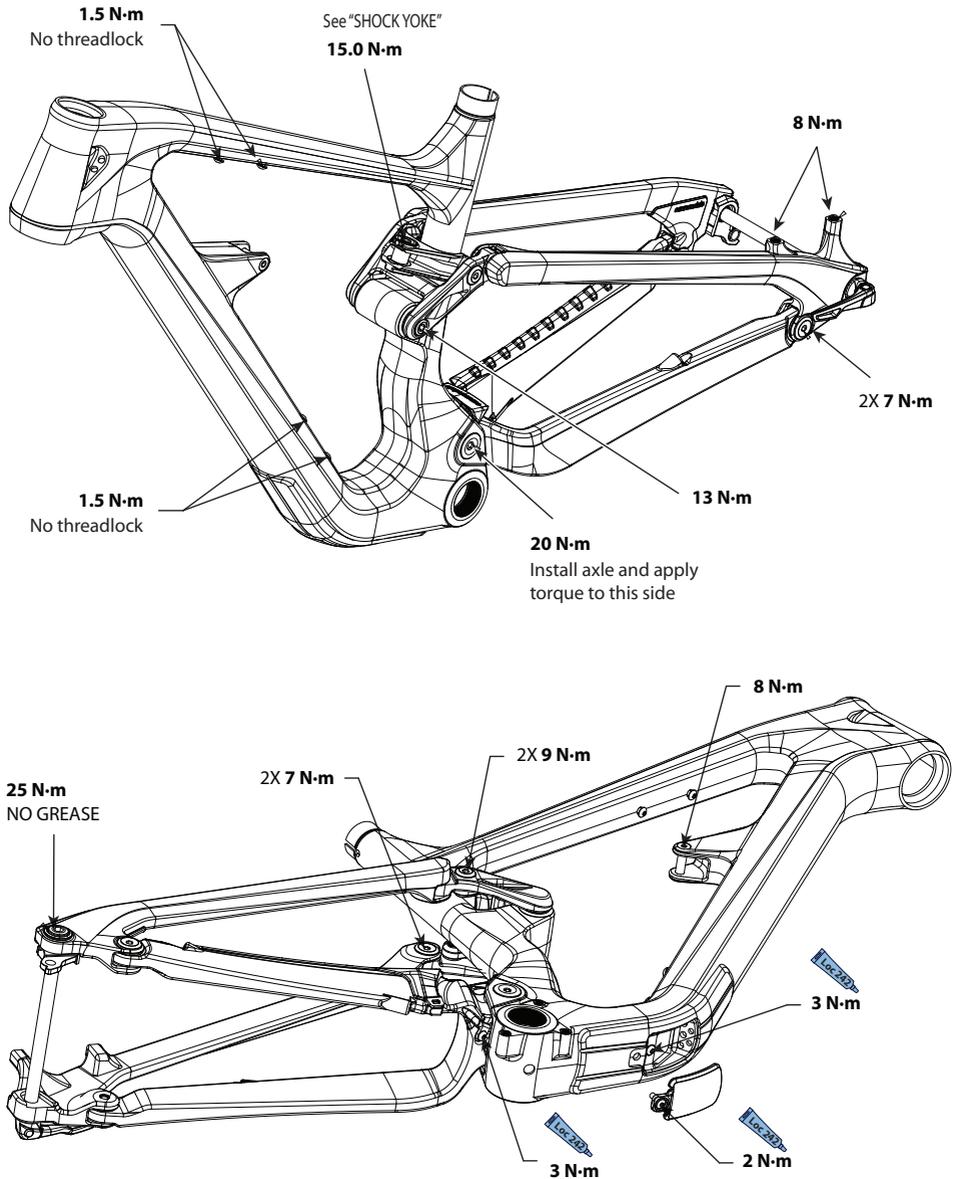
Tightening Torques

The following diagrams list tightening torques and locations for the frame fasteners (bolts, screws, nuts) on your bicycle. Some fasteners have a pre-applied thread-locking patch. After repeated removal and installation of a fastener, renew the application of specified thread lock as required.

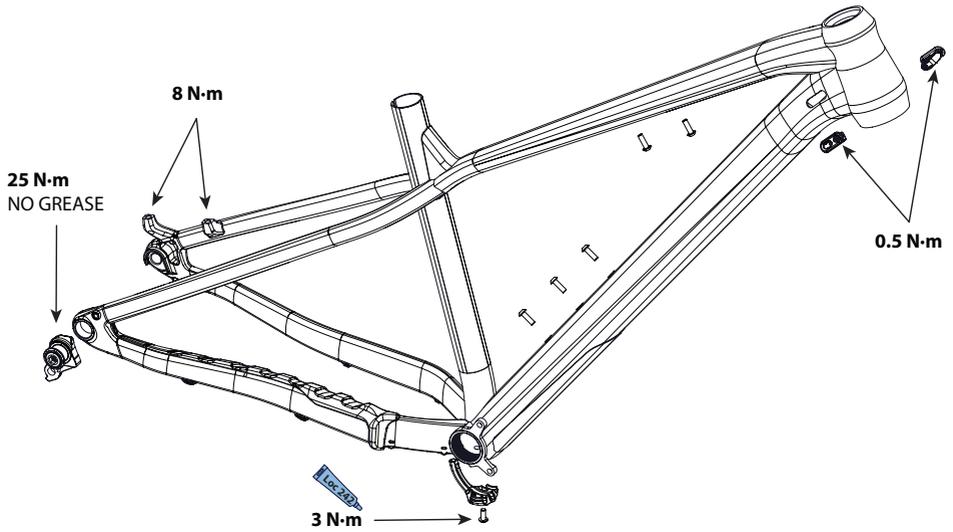
Habit Full Suspension, Alloy



Habit Full Suspension, Carbon



Habit Hardtail



Maintenance

The following table lists only supplemental maintenance items. Please consult your [Cannondale Bicycle Owner's Manual](#) for more information on basic bike maintenance.

Developing a Schedule

Item	Frequency
<p>Cable Routing - Make sure control cables are in place, undamaged and attached securely.</p> <p>Frame Protection - Check the various frame protectors (downtube, headtube, chainstay, swingarm) on your bike. Make sure they are in place and in good condition.</p>	Before first ride
Damage Inspection - Clean and visually inspect the entire bike frame/swing arm/linkage assembly for cracks or damage.	Before and after each ride
Check Tightening Torques - In addition to other component-specific tightening torques for your bike, tighten according to the "Tightening Torques" information listed in this supplement.	Every few rides
<p>Disassemble, clean, inspect, re-grease, and/or replace worn or damaged parts in the following assemblies:</p> <ul style="list-style-type: none"> • Shock Link • Pivot Axles • Frame Pivot Bearings 	<p>In wet, muddy, or sandy conditions every 25 hrs.</p> <p>In dry, conditions every 50 hrs.</p>
Fork and Shock- Consult the manufacturer's owner's manual for maintenance requirements.	

WARNING

Any part of a poorly maintained bike can break or malfunction leading to an accident where you can be killed, severely injured or paralyzed.

Frequent checks are necessary to identify the problems that can lead to an accident. See "Inspect For Safety" in your [Cannondale Bicycle Owners Manual](#).

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Habit FS/Habit HT OMS

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