

## *Adjusting the Exercise Bike Magnetic Brake (3.1R, 3.1B)*

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**Tools:** Phillips screwdriver, 5mm Allen wrench, 15mm wrench, 14mm socket, 13mm wrench, crank puller. Note: Diagram on following page.

1. Turn the tension knob to the highest resistance level. Remove the tension knob from the tension cable by pulling up on the tension knob.
2. Remove the screw that attaches the tension knob to the console mast, using a Phillips screwdriver.
3. Remove the left pedal with a 15mm wrench.
4. Remove the black cap from the center of the crank disk.
5. Remove the crank arm nut with a 14mm socket.
6. Using a crank puller, thread the puller onto the crank arm. Extract the crank arm and crank disk from the axle and remove.
7. Remove the accent piece by gently lifting up at the bottom of the accent piece and tilting towards the front of the machine.
8. Remove the screws that attach the left side cover in place. Remove the crank arm cover from the left pedal arm with a Phillips screwdriver
9. Locate the magnetic brake (S02).
10. The correct position for the magnetic brake is 2-3mm from the flywheel at the highest resistance level.
11. Locate the 13mm nut (S11) attached to the magnetic brake spring (S10). Adjust the nut clockwise to reduce the brake resistance and counterclockwise to increase the brake resistance. By adjusting this nut, the lower half of the brake will either move closer or further from the flywheel.
12. It may be necessary to also adjust the top half of the magnetic brake. To do this, loosen the two 5mm bolts (S08) that attach the magnetic brake to the frame. Adjust the position of the magnetic brake closer or further from the flywheel.
13. Attach the left side cover and secure with screws.
14. Attach the accent piece, placing the bottom tab into position first then placing the top tab into position.

15. Attach the crank disk and crank arm to the crank axle. Place black cap onto the center of the crank disk.
16. Replace pedal arm cap.
17. Attach the pedal.
18. Test ride the exercise bike to make sure it is working correctly.

