

## *Replacing the Exercise Bike Tension Cable*

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**Tools:** Phillips screwdriver, 14mm socket, 15mm wrench, crank puller

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 position where the tension cable attaches to the magnetic brake. Disconnect the tension cable from the flywheel/brake assembly.
10. Using a 10mm wrench, disconnect the nut that attaches the tension cable to the main frame.
11. Fish the current tension knob through the console mast, and replace with new cable.
12. Adjust the tension knob to the highest resistance level. Attach the tension knob to the tension cable and secure to the console mast with screw.
13. Connect the tension knob cable to the flywheel/brake assembly.
14. Slide the tension cable through the bracket on the main frame. Secure by tightening the two 10mm nuts.
15. The proper resistance setting is set when the magnetic brake is 2-3 mm from the flywheel at the highest resistance setting.
16. Adjust the tension knob from the lowest to highest resistance settings to ensure proper movement and position of the flywheel/brake assembly.
17. Attach the left side cover and secure with screws.
18. Attach the accent piece, placing the bottom tab into position first then placing the top tab into position.

19. Attach the crank disk and crank arm to the crank axle. Place black cap onto the center of the crank disk.
20. Replace pedal arm cap.
21. Attach the pedal.
22. Test ride the exercise bike to make sure it is working correctly.