

# SPORTCRAFTERS

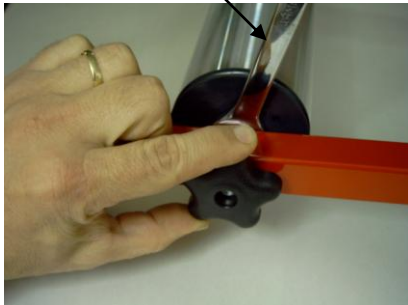
## ALUMINUM ROLLER MAGNETIC RESISTANCE UNIT

The resistance unit is shipped to you with the knob already adjusted in the position required for proper installation and adjustment. Do not rotate the knob until the unit is installed.

If it is moved accidentally, you will have the chance to check the adjustment at the end of these instructions, so don't lose any sleep and keep going....

1) Remove the knobs on the rear roller drum. If necessary, use a 9/16 open end wrench to hold the nut inside the roller frame while removing the knob on each side.

9/16" wrench



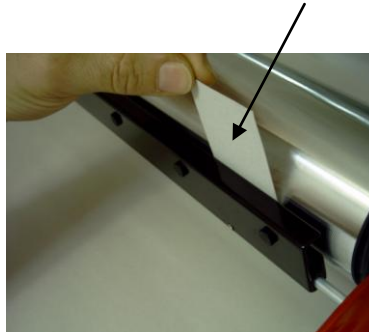
2) Install the resistance unit to the REAR roller drum so that the magnetic bar is behind the rear drum, and the black knob is behind axle on the RIGHT REAR side of the roller drum.

3) Install the washer and nut to both axle ends, and , while holding the magnet bar **upward** so that the bright plated nuts on both brackets are touching the frame of the roller,

finger-tighten the black nuts on the axle ends.



4) Adjust the gap between the magnet bar and the rear roller drums so there is a slight gap. Adjust by loosening the nuts on both axle ends and sliding each side. Sometimes a thick card can be used to help adjust the gap.



5) Tighten the nuts on each axle end by using two 9/16 open end wrenches, one holding the inner nut and the other tightening the outer nut.



6) Make sure that you maintain a gap between the magnet bar and the rear aluminum drum after nuts are tightened.

7) After installation, rotate the black knob **counterclockwise** to make sure there is a gap to the drum in all positions. The adjustment knob only rotates counterclockwise. **Do not force it to rotate clockwise.**

There will be an "OFF" position where the magnet bar will move far away from the drum, and then 5 positions where the magnet bar will move closer to the drum with each detent position. The last position, #5, will be the one closest to the drum and will provide the highest resistance. Position #1 will be the farthest away, and the lowest resistance.

Verify that there is a small gap between the magnet bar and rear drum at position #5 (This will be the detent just before "OFF"). If not, readjust as required. Make sure the nuts on the inside of the brackets are still touching the underside of the roller frame.

