

JF150 RESISTANCE INSTRUCTIONS

TOOLS



1 X MULTI TOOL



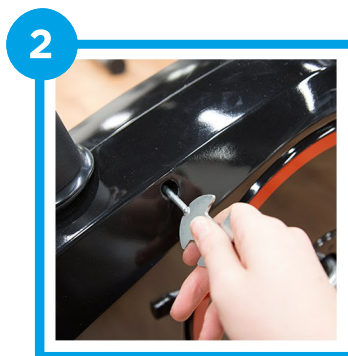
PLIERS (OPTIONAL)

Please Note: These instructions are to tighten the resistance, if you wish to slacken the resistance make sure to turn the bolts counterclockwise up the thread.

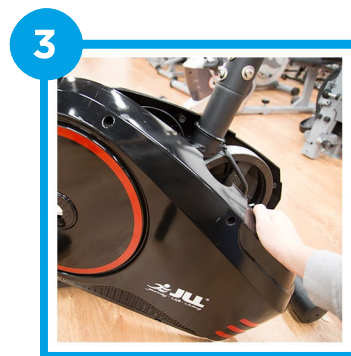
INSTRUCTIONS



Start by removing the
pedals

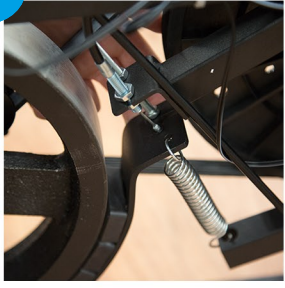


Using the multi tool
remove all the screws



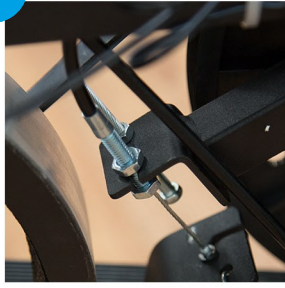
Remove both sides of
the casing

4



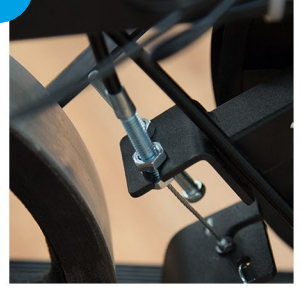
Lift up the magnets
to loosen the tension
wire

5



Turn the bottom bolt
clockwise down the
thread

6



Repeat with the top
bolt

ADVICE

Make sure to unscrew the right pedal anticlockwise and the left clockwise.

If you are finding it difficult to turn the bolts then a pair of pliers should be used.

The pliers are not a part of the assembly kit.