

If you have any further queries please contact our customer service team on 0121 328 7507 or email at 'contact@jllfitness.co.uk'

## **CRANK REMOVAL INSTRUCTIONS**

## **TOOLS**



**ADJUSTABLE WRENCH** 



CRANK REMOVAL TOOL
(CAN BE PURCHASED FROM THIRD PARTY SELLERS)

## **INSTRUCTIONS**



The crank should look like this



Start by removing the plastic cap



Insert the silver end of the crank remover and turn anticlockwise



Now the small bolt should have been removed



Screw in the black end of the crank remover



Turn the silver end clockwise until the crank is pushed off

## **ADVICE**

To **attach** the pedals the **right** side should be turned **clockwise** and the **left** side **anticlockwise**!

To **take off** the pedals the **right** side should be turned **anticlockwise** and the **left** side **clockwise**!

The multi tool in the assembly kit can be used in place of the adjustable wrench however, if you have one available it may make the task easier.