

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

## JF100 RESISTANCE INSTRUCTIONS

## **TOOLS**





**1X ALLEN KEY** 

**1X PLIERS** 

## **INSTRUCTIONS**



Start by removing the handlebar post



Disconnect the sensor wires



Unhook the tension cable



Screw the nut under the tension cable counterclockwise down the thread



Screw the hook to follow the nut



Reconnect the tension cable



Reconnect the sensor wires



Slot the handlebar post back in place making sure not to catch the wires