

REPLACEMENT BRAKE PAD INSTRUCTIONS

TOOLS



1 X PLIERS



1 X 8MM SOCKET SET

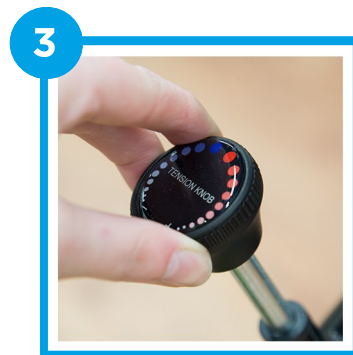
INSTRUCTIONS



You will see the bolt
on one side

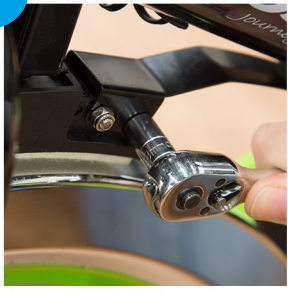


And the nut on the other



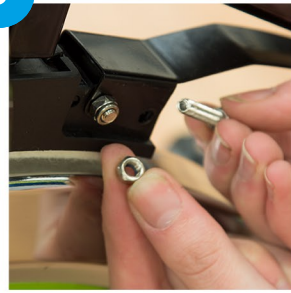
Make sure to start by
turning the resistance
all the way down

4



Use the socket set to turn the nut anticlockwise

5



Then simply pull out the bolt

6



The brake pad should now be free to slide out

7



If you need to replace the bracket as well remove the two bolts underneath

ADVICE

The pliers and socket set are not apart of the assembly kit.

These can be purchased at local tool retailers.

Any tools can be used so long as they can grip the bolts to turn them.

You will need to replace the pad when it begins to look fluffy or worn, you may also hear a slight noise from the flywheel this will indicate the pad needs to be changed.

The length of time between replacing the brake pads will vary depending on the amount of use and the intensity of each workout.