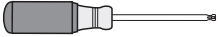


BikeErg Box Frame with Flywheel Replacement

Materials Needed	Procedure Overview
<ul style="list-style-type: none">• T27 6-lobe driver that was included with the BikeErg 	<ul style="list-style-type: none">• Remove generator and unplug wires• Remove crank arms, front and rear legs• Install new box frame with flywheel• Connect new generator and tighten all fasteners

Procedure

1. The generator is the tapered black plastic housing that sits against the flywheel and directly behind the front post. Note how the two wires exit the housing through small reliefs in the edge. Using the T27 6-lobe driver, remove the two screws that hold the generator to the top of the frame.



2. Turn the generator over and unplug the cable that connects the PM5 monitor to it. Reinstall generator with the cable disconnected. The cable can be temporarily wrapped around the handlebars and out of way.



3. Remove BOTH crank arms by removing the fastener that holds the crank arms on the crank axle. Note which crank arm is installed on each side. Each crank arm is stamped with R for right side or L for left side.



BikeErg Flywheel Replacement

Procedure

4. Remove the six fasteners that hold the rear leg onto the box frame. There are two fasteners on either side and two on the top. Note that only one side is shown in the photo. Remove the rear leg and set it aside.
5. Remove the four fasteners that hold the front leg onto the box frame (all four on the right side). Remove the front leg and set it aside.
6. Install the new box frame with flywheel by following the steps in reverse. When installing the front leg, finger tighten all four fasteners before tightening them fully. The same applies to the six fasteners that secure the rear leg.
7. Ensure that the crank arm screws are tight. You can use a screwdriver and run it through the hole in the 6-lobe driver to get more torque on the fastener.
8. Remove the generator from the new box frame and plug the monitor cable into it. Ensure that both cables are routed through the retention loops and out the corner reliefs, then reinstall the generator.
9. Recalibrate the BikeErg by following the instructions on the PM5.

