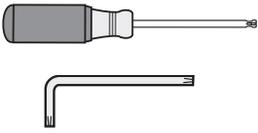


# BikeErg Box Frame with Flywheel Replacement

Materials Needed	Procedure Overview
<ul style="list-style-type: none"><li>• T27 6-lobe driver*</li><li>• 6 mm hex L-key*</li></ul>  <p>*Included with BikeErg</p>	<ul style="list-style-type: none"><li>• Remove generator and unplug wires</li><li>• Remove pedals, front and rear legs</li><li>• Install new box frame with flywheel</li><li>• Connect generator and tighten all fasteners</li></ul>

## 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. Using the 6 mm hex L-key remove BOTH pedals from the crank arms. Note that the pedal stamped with R (right) is loosened by turning counter clockwise; the pedal stamped with L (left) is loosened by turning clockwise.



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## 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. Using the 6 mm hex L-key re-install BOTH pedals on the crank arms. Note that the R side pedal is installed on the right crank arm and tightened by turning clockwise; the L side pedal is installed on the left side and tightened by turning counter clockwise.
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.

