FITNATION

BAND REPLACEMENT INSTRUCTIONS



Locate front hex key bolts.



Use a 4mm hex head with a 1/4" socket wrench to loosen the bolts. Do this in conjunction with step 4.



Locate rear nut fasteners.



Use 10mm wrench to remove the nuts by working in conjunction with step 3.



Remove front assembly.



Pull bands aside to access hex bolts.

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Use 4mm hex head with the 1/4" socket wrench to loosen screws.



Pull bands through to remove.



Use a 4mm hex head and 10mm wrench to loosen and remove hardware around pulley wheel.



Continue pulling bands through.



Place the new bands before reassembling the pulley onto the bike.



Re-insert wheels and hardware. DO NOT overtighten the bolt and nut on the pulley wheels.

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