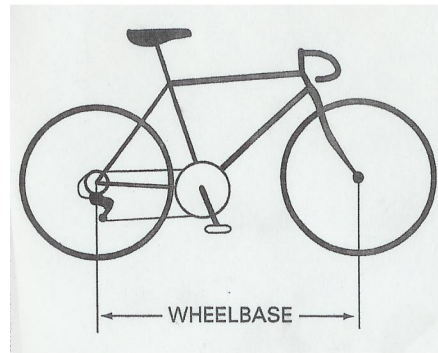
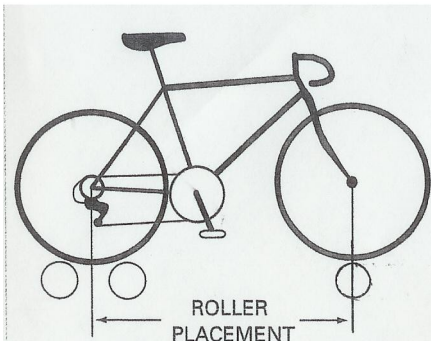


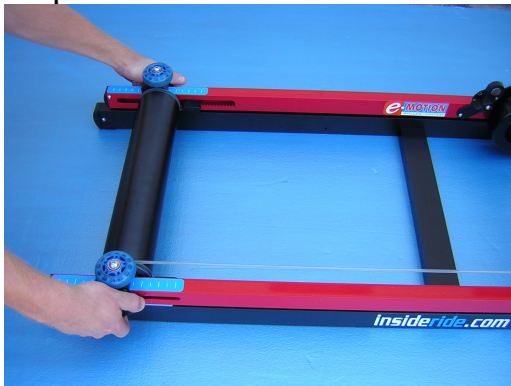
E-Motion Model H Setup

Your rollers ship fully assembled. All you need to do is make a simple adjustment to fit your bike. Refer to the diagram here, which shows the proper position of the front drum, directly centered beneath the front wheel of the bike.

Note: the rollers will only work for bikes with a wheelbase between 36.5 and 42.5 inches



Step 1



Step 2



Step 1 : Loosen both hand knobs located on the ends of the front drum.

Step 2: Rotate the index knobs to move the drum. They are located in slots next to the front drum. You may rotate both of them at the same time OR alternate from one side to the other, one turn at a time. After you have moved the drum to the desired location, place the bike on the rollers and visually check the position.

Step 3: Tighten the hand knobs.

E-Motion Model H Setup Resistance adjustment



Your rollers are fitted with a magnetic resistance unit which may be set to 4 different positions. Rotate the arm as shown to the numbered stops. The zero number is “off” and the resistance goes higher for the each of the settings 1 thru 3

Wattage Chart

Speed	Magnet Setting			
	0	1	2	3
10	110	130	150	200
12	135	150	190	250
15	170	200	250	340
18	220	260	320	400
20	250	290	360	450



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