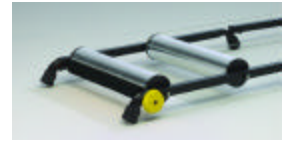




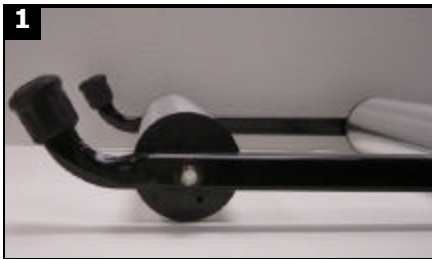
Resistance Unit for Aluminum Rollers



INSTALLATION MANUAL

Please READ and FOLLOW all instructions carefully.

****NOTE:** If you purchased 9502 with resistance unit already installed skip to "How to Use" section**



1 Turn AL Roller upside down. Note: You will be working on the rear roller drum.



4 With the two nuts resting on underside of roller frame and the black magnet holder hanging below rod, orient silver magnets to face roller and slide bracket onto the roller drum axle. (Knob should be on the left.)



7 With spacer located between resistance unit and roller drum tighten both outer nuts. Retain spacer with instructions for later reference.

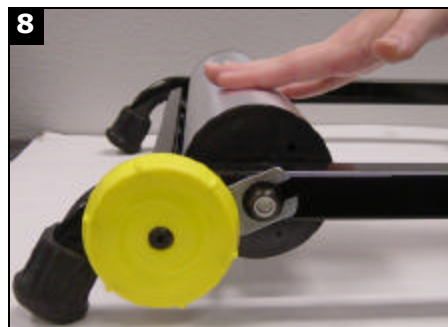


2 Hold the outside nuts with 9/16" wrenches, and loosen one side.



5 Lightly snug washer and nuts to axle.

Note: The two nuts on resistance unit should rest against roller frame.



8 Flip roller right side up. Spin drum by hand to ensure clearance. If unit does not have proper clearance or contacts roller, (use spacer), repeat steps 5 through 8.



3 On the side that is still tight, hold inside nut with a 9/16" wrench, and loosen outside washer and nut from roller drum.



6 Place spacer strips between roller drum and resistance unit to achieve appropriate spacing. **Note:** Roller resistance unit is shipped in resistance level 5. This has the closest gap to the roller drum. The spacing setup should be completed in this setting to prevent the drum from contacting the resistance unit during use.

How to Use:

There are 6 settings on your AL Resistance Unit.
0-turns the resistance unit off
1-least amount of resistance
5-greatest amount of resistance
Rotate knob counter-clockwise to adjust resistance.

Note: The AL Resistance unit ONLY works on the CycleOps AL Rollers.