

CycleOps Indoor Cycle - Pawl Replacement Kit Instructions



Completely remove the bolt or lever.



Lift stem completely out.



Remove plastic sleeve(push pawls towards front if needed)



Used supplied allen wrench to carefully remove pawls, spring and shim(on back wall). Avoid dropping parts into bottom of tube.



Sandwich spring between recessed portions of pawls. Completely tighten set screw. Keep pawls even.



Insert new pawls, keep bolt head on large hole side. Make sure pawl is pushed back and completely remove set screw.



Insert new sleeve(the one with no hole) into bike, push tab on back with allen key, and push solidly into place.



Re-install handlebar or seat post.
Re-attach lever and bolt.



Note:
Discard the bolt that was supplied to
insert new pawls.

Handle/Screw should be on drive side.