

Preventative Maintenance

Adjust the Smart Release™ Mechanism

Tools:

- Smart Release™ Adjusting tool
- 45 to 50 lb. dumbbell or weight

Attention: Only a mechanic trained to work on Schwinn® IC bicycles should do this procedure. Make adjustments to the Smart Release™ mechanism only to restore the mechanism to factory specifications. Never overtighten.

Procedure:

1. Ride the bike. This forces the the Smart Release™ mechanism to break free. Pedal up to a moderate speed with little or no resistance on the flywheel while applying enough back pressure to the cranks to release the mechanism. Repeat this several times to ensure that the mechanism is up to operating temperature and to feel the initial setting.
2. From the front of the bike, insert the Smart Release™ adjusting tool into the space between the chain guard and the flywheel.
3. Rotate the flywheel until the 7mm diameter hole in the Smart Release™ adjusting plate is visible from the front of the bike.
4. Tighten the resistance mechanism to prevent the flywheel from rotating.
5. Place a 45 or 50 lb. dumbbell or weight on the right side pedal (chain guard side) with the crank in the 9 o'clock position.

Note: When properly adjusted, the Smart Release™ mechanism should break free allowing the crank arm to rotate down under this amount of weight.

6. Insert the Smart Release™ Adjusting Tool so that the bend in the tool corresponds to the shape of the flywheel. (See Figure 12.)
7. Insert the pin of the tool into the hole of the Smart Release™ adjusting plate.
8. Pull the handle of the tool UP toward the top of the flywheel to increase the release pressure (higher breakaway force) and DOWN to decrease the release pressure (lower breakaway force). (See Figure 13.)
9. Ride the bike to test that the factory specified resistance has been achieved.

Figure 11

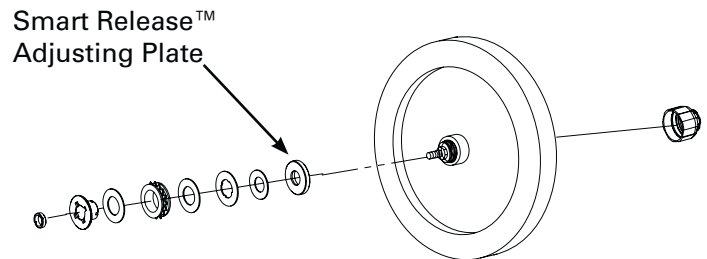


Figure 12

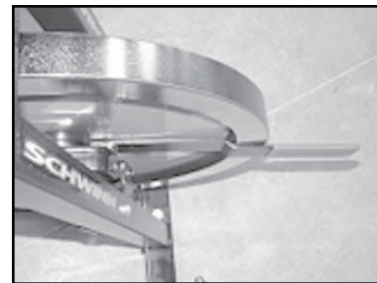


Figure 13

