



Expresso

powered by **IFH** LLC

Bottom Bracket Procedure for



S3u



S3y



S3r



CyberCycle

Bottom Bracket Removal

Tools needed

1. Torque wrench (ft/lbs.) with 3/8ths to 1/2 adapter
2. IFH bottom bracket tool 1/2 drive (8 spline) Item# 8200-0617-01
3. Crank arm remover (Park CCP-22 Tool Recommended)
4. Set of Metric allen wrenches
5. 8mm,10mm 12mm or 13 mm box wrenches



Cover removal

1. Power of the bike by pressing the small red reset button first and wait for the bike to shutdown. Once the fans stop and the screen is blank power off the On/Off switch and unplug the bike.
2. Locate and remove the kick plate cover and the four (4) screws.
3. Next remove the right side drive train cover by removing the seven (7) screws around the plastic shroud. Slide the drive train cover over the crank arm and place the cover and hardware away from the bike.



4. **A crank arm tool remover is needed** to remove the left side plastic shroud. You must remove the left crank arm.
5. Remove the left crank arm Allen bolt and the use the crank arm tool to remove the crank arm.
6. The left side drive train cover can be removed by removing the five (5) screws and **use caution** as there is a fan connecting the shroud to the right side of the MRD.

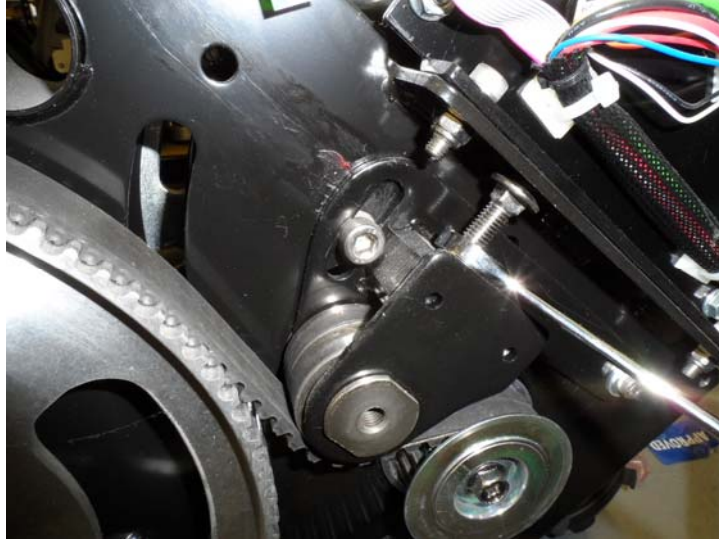


7. Remove the V belt and by inserting a 3/8ths extension into the square hole and push down.



8. On the right side of the bike remove the crank arm pulley Allen bolt.

9. Loosen the first stage tensioner by moving the nut located on the carriage bolt and turn it up towards the frame. Next loosen the square head on the carriage bolt and turn it down towards the ground. Last back off the button head Allen on the tensioner to release cog belt tension.



10. Remove the cog belt and insert the crank ark pulley and remove right side pulley and crank arm. **DO NOT SERPARTE PULLEY FROM ARM.**

Bottom Bracket Removal

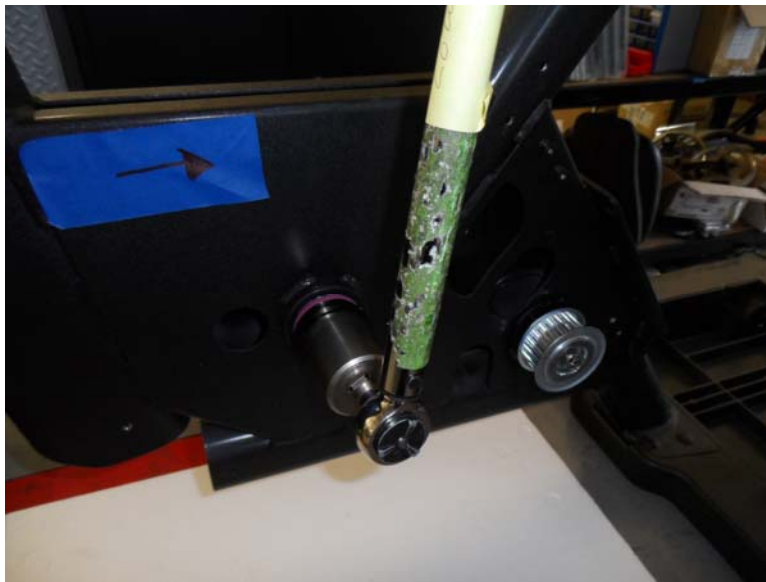
1. Locate and identify the two sides of the bottom bracket - flange and cup size.



2. Remove the cup side first (Left side) of the bottom bracket, insert bottom bracket tool and turn towards the MRD front of the bike.



3. With the bottom bracket cup out of the bike start removal of the flange side of the bottom bracket, Insert bottom bracket tool and turn towards the MRD a to loosen the bracket and remove from for the bike.



4. Use a soft brush or air and clean out all debris in the threaded area of the bike.

Bottom Bracket installation

1. Insert the bottom bracket flange side into the right side of the bike (cog belt) side first.
2. Then insert the cup side and tighten both sides to torque setting of 67.8 Nm or 50ft/lbs.
3. Install right side crank arm and torque to 43.4N.m or 32ft-lbs and then install the cog belt to the proper belt tension (100-125lbs).
4. Install the v-belt and test the bike for feel and function.
5. Install all covers that were removed.

If you have any questions, please contact IFH Customer Support at 1-888-528-8589 x2 and or email to support@ifholdings.com.