

Elliptical Brake / Flywheel Adjustment

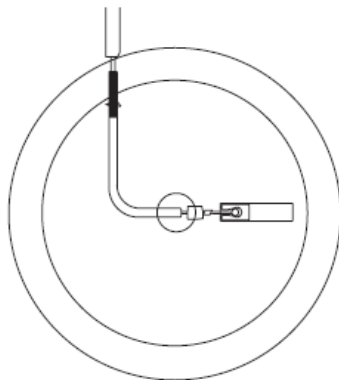
Improperly adjusted cable will result in:

1. no resistance
2. excessive resistance.
3. scraping noise from brake
4. clicking/popping noise at lowest resistance

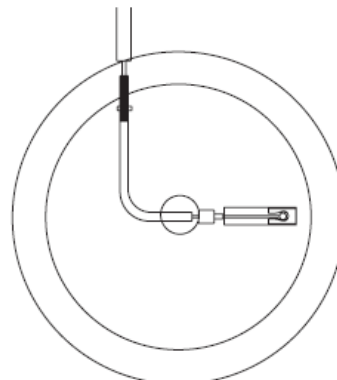
Remove left cover and pedal. Once cover is removed, locate the brake/flywheel. On the left side, the control cable is attached from the brake to the resistance motor. There are 2 adjustment points on the cable. One is where the cable hooks to the resistance motor. The other is located at the bend on the cable where it attaches to the brake.

To Adjust:

Set the machine at the lowest resistance level. Locate the metal bend in the cable by the flywheel/brake. Loosen the small jam nut that is against the large nut. Turn the large nut clockwise/counter-clockwise to adjust the cable. There should be a gap of 1/16" from the cable stop to the bottom of the slot it rides in. Adjust the large nut to get the gap set. Tighten the jam nut once cable has been adjusted.



Minimum Resistance



Maximum Resistance