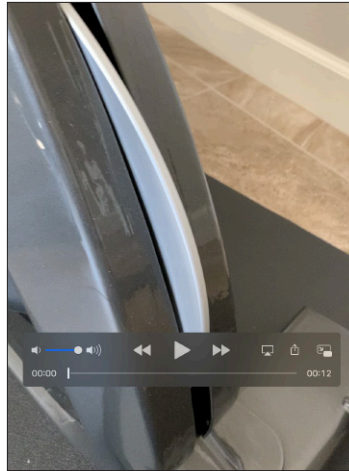


JOHNNY G SPIRIT BIKE MAGNET ADJUSTMENT GUIDE



When diagnosing the problem of the magnets out of adjustment and contacting the flywheels aluminum disc, listen for its very distinct sound.



Click the image above to be taken to a video to hear this very distinct sound.



WARNING: BE CERTAIN THE FLYWHEEL IS NOT ROTATING. Insert your finger up under the frame housing on both sides of the flywheel and feel which side of the disc is being contacted by the magnets.



Tool required: 13mm open-ended wrench.

NOTE: a ratcheting wrench can work but may get stuck.



Using a 13mm open-ended wrench, loosen the two bolts holding the magnetic resistance assembly in place. **DO NOT** remove the bolts.

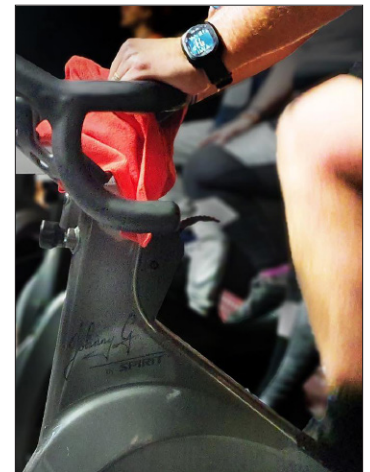


With the bolts only loose enough to shift the magnets side-to-side, adjust them so you feel an even spacing between the magnets and the disc.



Keeping one finger in the space to prevent movement, gradually tighten the bolts with the 13mm wrench.

DO NOT completely tighten one, then the other. Tighten gradually.



Check to make sure the adjustment was successful by riding the bike and gradually cycle through all 20 levels without hearing the scraping sounds.