



Product Support Bulletin

**Title: Crank Arm Torque for Indoor Cycle Bikes
(Schwinn, Startrac and Reebok)**

Date: 08/24/09 ml rev2

WARNING:

DO NOT over-tighten the crank arm bolt or you may cause damage to the crank arm and/or the bottom bracket.

The torque for a crank arm bolt is 30 ft/lbs.

You may apply a small drop of medium grade loc-tite (if bolt doesn't come with loc-tite pre-applied) to each bolt at time of installation.

Ride bike and test performance. Check torque on crank arm bolt. Re-torque if necessary.

Due to the load from the flywheel, crank bolts should be checked and re-torqued periodically.