

ANT+ upgrade kit for E-motion Roller

This upgrade kit is designed to replace the original resistance unit on model F or H rollers. It consists of a control module with optical sensor, a magnet attached to a servo motor and mounting arm with hardware. The original flywheel is retained and upgraded by applying a reflective decal to enhance optical speed signals.

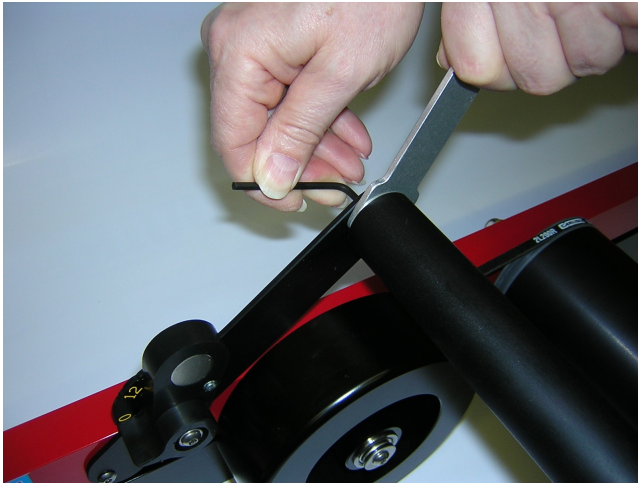


Fig1



Fig 2

The installation begins with disassembly of the original resistance unit. Completely remove the bump roller using the supplied thin wrench and hex key. To avoid stripping the hex socket, use the key to hold the bolt head while using the flat wrench to loosen the connection.(fig1)

Next remove two bolts which hold the old resistance unit to the frame (fig2). The frame is now ready to receive the new unit (fig3). New ANT+ assembly shown in (fig4)



Fig3

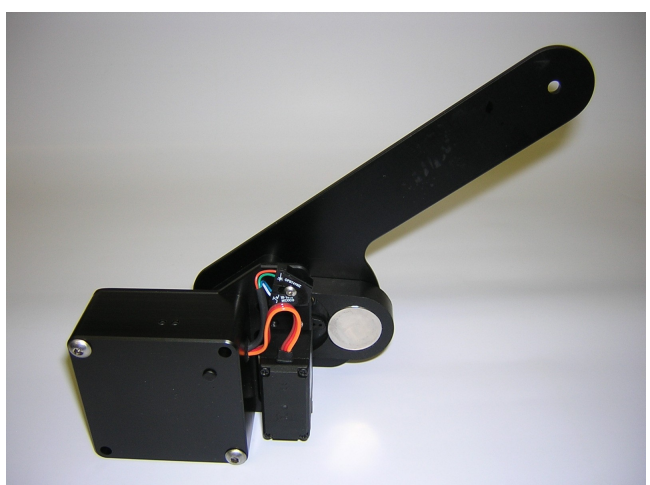


Fig 4

To install the new unit, temporarily remove the plastic cover to gain access to the mounting holes shown in red.(fig5) Install two bolts thru the plate as shown in (fig6), do not remove or loosen the bolt with the yellow mark. The assembly is then attached to the roller frame. After tightening the mounting bolts, replace the cover and secure it with the other 4 bolts

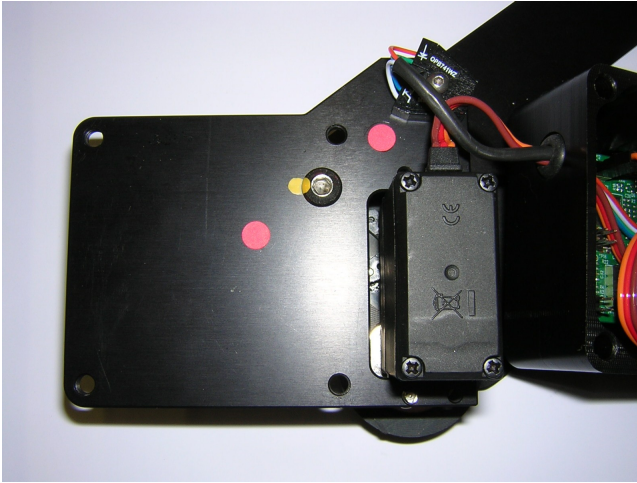


Fig5

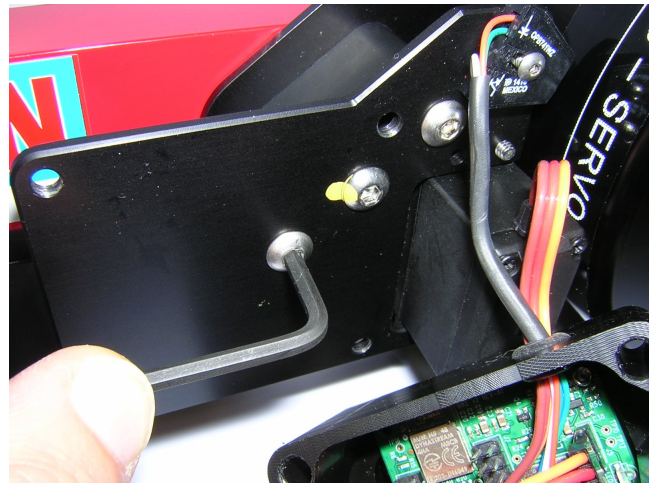


Fig6

Next, apply the decal to the flywheel. Clean the flywheel with glass cleaner for best results. Make an effort to apply it straight and in the location described below. Peel backing on one end as shown in (fig7). Align the decal with the flywheel and stick down the peeled section (fig8).

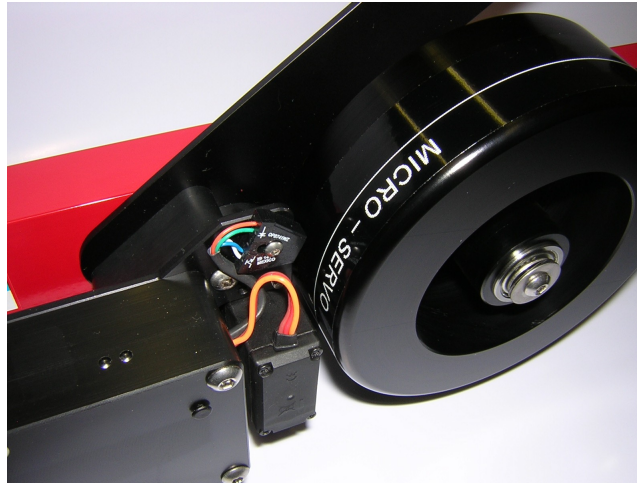


Fig7



Fig8

The lateral placement of the decal is approximately $\frac{1}{4}$ inch (6mm) from the exposed face of the flywheel. This is easy to see because it is where the rounded edge of the flywheel blends into the periphery. The decal should not extend onto the rounded edge but should just meet it or be within $\frac{1}{8}$ inch (3mm). The placement is not super critical and you will find it is unlikely it will be perfectly straight but it will function fine unless seriously misaligned.



decal installed

The final step is to re-install the bump roller onto the arms and tighten using the thin wrench. The proper way to tighten (as with loosening) is to hold with the hex key and turn with the flat wrench.



info@insideride.com