SETTING UP YOUR e-MOTION ROLLER SYSTEM

Please refer to the following information when setting up your rollers:

The E-Motion rollers must be set-up for each Individual bike. The front roller drum should be directly beneath the bikes front axle.

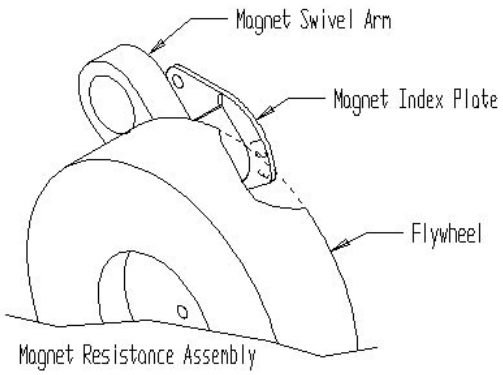
TO ADJUST:

- Loosen nut on each side of the front drum.
- Use adjustment knobs on front of roller frame to move the drum forward or back. Alternate small increments each side to keep the drum relatively straight.
- When finished, make sure the drum is on the same reference mark on each end.
- Tighten the drum nuts.

This should give the proper ride and allow you to stay in place on the drums. If your wheels are repeatedly making contact with the front or rear bumper rolls during the ride, you should make a drum adjustment to correct it. The bumper rolls are not meant to be in contact with your wheels except during very aggressive moves and even then it should be just a quick touch to return the bike back in position on the drums.

MAGNETIC RESISTANCE ADJUSTMENT:

The E-Motion uses a magnet housed in a plastic swivel-arm which is located adjacent to the flywheel. This arm is rotated in or out of engagement with the face of the flywheel to change the resistance level. There are four numbered positions. Fully engaged (3) is maximum resistance. At any given setting, the resistance also goes up with speed, so experiment to get what feels good to you. You should avoid riding at higher mag settings than you really need. (please refer to the table below.)



E-Motion Wattage Chart (speed/magnet/wattage)

	Magnet Setting			
Speed	**0**	**1**	**2**	**3**
10	**110**	**130**	**150**	**200**
12	**135**	**150**	**190**	**250**
15	**170**	**200**	**250**	**340**
18	**220**	**260**	**320**	**400**
20	**250**	**290**	**360**	**450**

As you can see from the wattage table, there is a range of wattage for each mag setting. We suggest you choose a setting whose maximum is similar to the highest wattage you intend to ride at. In other words, when possible, you should generate higher wattage through speed increase rather than by adding magnet force. This promotes higher flywheel speeds for any given wattage, which feels more realistic. As an example, if you don't plan on riding harder than 250 watts, you should stay in the mag off (0) setting and push your speed up to get that wattage. Although you could also get 250 watts from any of the higher mag settings, it comes at a slower flywheel speed. High wattages at slow speeds are for climbing simulation, and should be used with intent.

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