

Changing Belts On The Model "F" Emotion rollers 5/2013

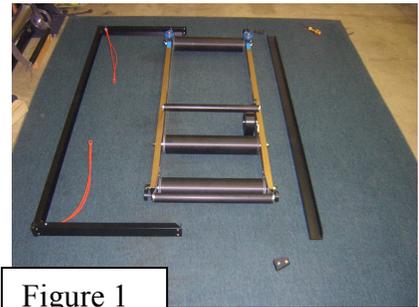
You will need the tools supplied with the E-motion Rollers: a 5/8" combination wrench and a 1/8" hex key.

The front drum should be adjusted to the shortest position in the slots to reduce the tension on the drum belt.

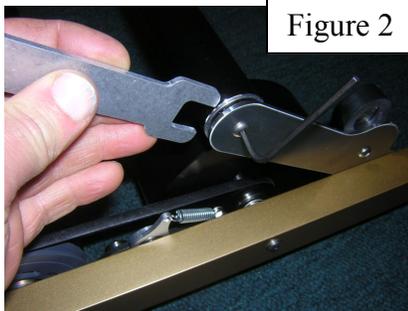
Disconnect the elastomer "spring" cords (shown in orange in Figure 1) by unhooking the inner ends (i.e. towards the middle of the unit) from the posts on the gold frame; no tool is needed for removal or installation. Leave the other end of each cord connected to the black frame.

Remove the lower (black) frame on the flywheel side of the rollers. There are four bolts to remove, two at each end.

Remove the lower frame completely by sliding it sideways from under the wheeled (gold) frame assembly as illustrated in Figure 1.

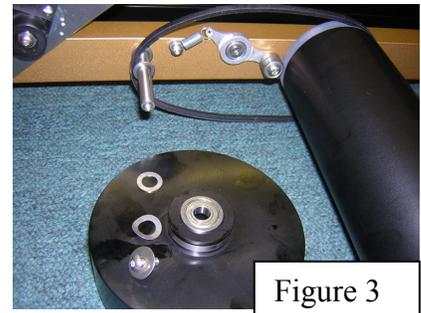


Unbolt and remove both the front and rear bumpers. You may need to use the thin wrench (supplied with the new belts) to hold the axles from turning while the bolts are loosened. (Figure 2)



Release the tension on the flywheel belt by sliding the belt off the tensioner idler wheel. The belt will then be loose.

Remove the flywheel by taking out the bolt at the center of the flywheel on the inboard side. (Figure 3) You may have to hold the other bolt at the opposite (outboard) end of the shaft.



Remove the inboard bolt along with the flat washer, curved washer and thin washer. Please note the relative order of these 3 items for re-assembly. The flywheel should then slide off the shaft. Lift the drive belt off the flywheel as you go.

Please note the additional 3 flat washers, which are on the shaft, behind the flywheel. These must be in place for proper reassembly.

The remaining assembly is held together by the drum axles themselves. If replacing the long drum belt, skip ahead to next section. If replacing ONLY the flywheel belt, remove the nuts from the two rear drums on the flywheel side. Loosen and fully back off, but do not remove, the nut on the front drum on the same side. This will allow you to separate the frame rail from the two rear drums while it is still loosely attached to the front drum. (Figure 4)



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By spreading the frame in this way, you should be able to remove and install the flywheel belt. This will be all the disassembly required to change the flywheel belt. Reverse the steps for re-assembly. See additional notes below.

If replacing the long drum belt, the FRONT drum nut should be removed, along with the bumper side-wheel and side-plate assemblies. (Figure 5)

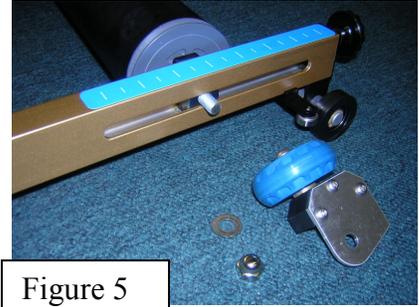


Figure 5

Ideally, you would then remove the drum nuts from the CENTER and REAR drums on the flywheel side, and then remove the frame rail. (Figure 6) In reality, some of the nuts may not come loose when turned because the entire axle may turn as well.

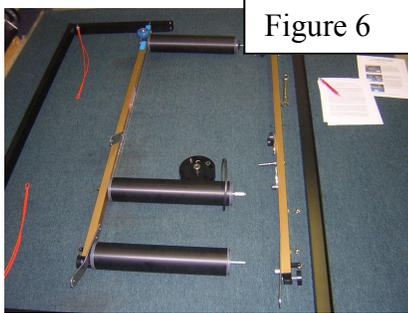


Figure 6

If the nuts do not come loose on one or both of the two rear drums, using a wrench on both ends of a drum, remove whichever nuts you can to separate the frame rails. This will be all the disassembly required to remove and replace both belts. Reverse the disassembly steps for re-assembly.

Additional notes:

Take extra care when re-installing the frame rail onto the drums as it can be difficult to align all 3 drum axles at once to fit into the frame. Be sure the front drum axle drops fully into the frame slot. Do not use force to get things back together. If the gold frame does not drop into place, wiggle the assembly until it goes together smoothly. Hand tighten all three drums and make sure everything is in place before tightening with the wrench.

For proper flywheel belt routing, see Figure 7.

For proper spring cord connection, see Figure 8.

Additional tools supplied with new belt(s): thin wrench

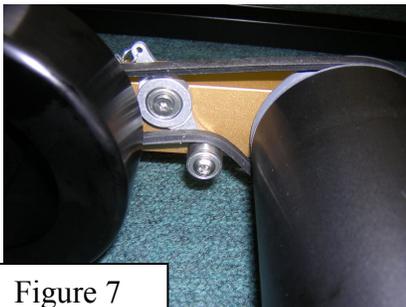


Figure 7

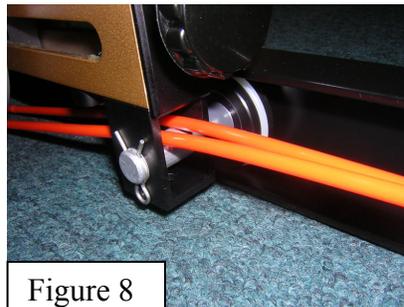


Figure 8