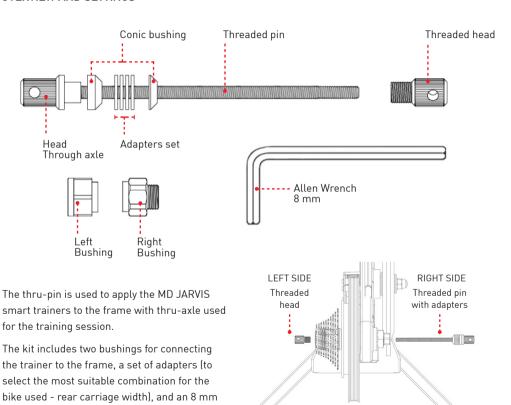


## **OVERVIEW AND SETTINGS**

allen wrench.



# THRU-AXLE BLOCK |

#### BUSHINGS REPLACEMENT

 Replace the trainer bushings with the ones in the kit. Use a 20 mm box wrench to replace the right bushing.

To replace the **left bushing on the sprocket set side**, **use an 18 mm box wrench**. Use the standard trainer crank to hold the wrench in place.

### APPLICATION TO THE TRAINER

- Replace MD JARVIS on the rear wheel by aligning the bottom bracket of the platform with the rear fork.
- Screw the threaded head into the bushing of the rear fork of the frame (cassette side)

## THROUGH AXLE BLOCK

- Insert the selected adapter combination (optional) and the conical bushing into the pin.
- Insert the thru- pin on the right side so that the frame is locked in position with the trainer.
  Screw the axle into the threaded head on the left side.
- Use the supplied wrench to secure the pin in position.

