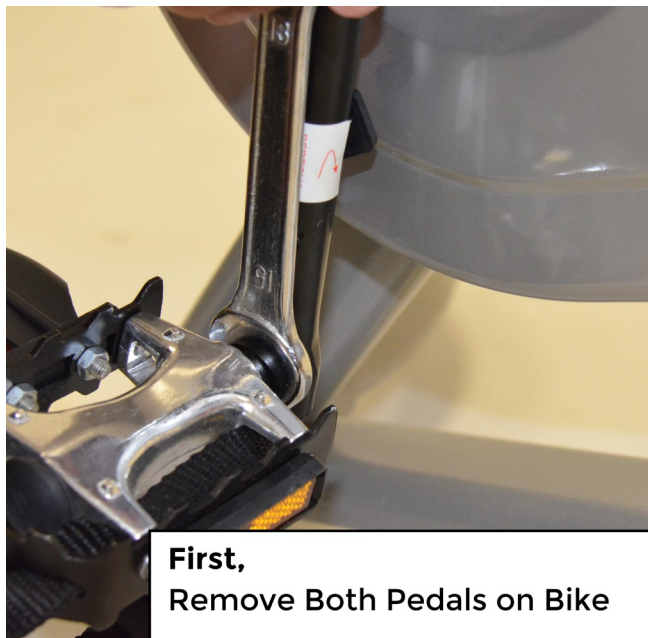


REMOVING THE ONE PIECE CRANK

The following guide teaches the user how to properly remove the one piece crank. The crank connects the pedals and bearings together. You may need to replace the entire crank if there is damage on the threading's or bearings. If you need a replacement crank, please contact support@sunnyhealthfitness.com

Your first step will be to remove the pedals on both sides of the bike. We recommend you increase your resistance to the highest level so your pedals don't accidentally move forward while attempting to remove them.



Your next step will be to use a wrench to unscrew the pedals from the bike.

REMOVING **RIGHT** PEDAL: Turn **Left**—counter-clockwise to remove.

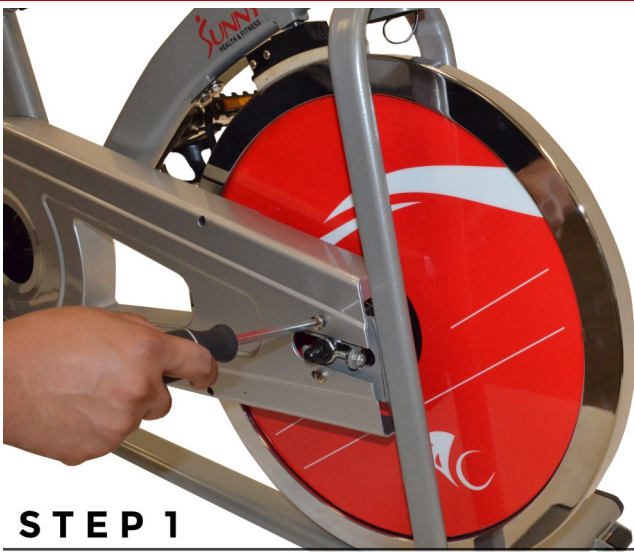
REMOVING **LEFT** PEDAL: Turn **Right**—clockwise to remove.

REMOVING THE ONE PIECE CRANK—Page 2

If you just need to remove the case to lubricate the chain, this guide will also assist you.

STEP 1:

Remove the chain cover by unscrewing all the screws that connect the case to the bike.



STEP 1

REMOVE CHAIN COVER

Remove ALL Screws that attach to chain cover.



Remove Screws on the **BACK** of the chain cover as well.



STEP 2

Remove Chain Cover

Don't forget to remove the screws in the back!

Once you have removed all the screws, simply take off the chain cover, over the pedals.

REMOVING THE ONE PIECE CRANK—Part 3

Step 3:

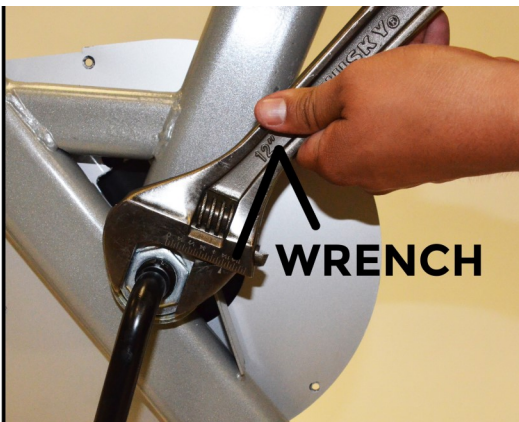
After removing the case, you will need to unscrew the washers that connect the crank to the bike. There are **three washers** and **one bearing** that must be removed in order to take off the entire crank.



STEP 3

Remove the **washers** that connect the **crank** to the bike.

Use **wrench** to unscrew initial hexagon nut

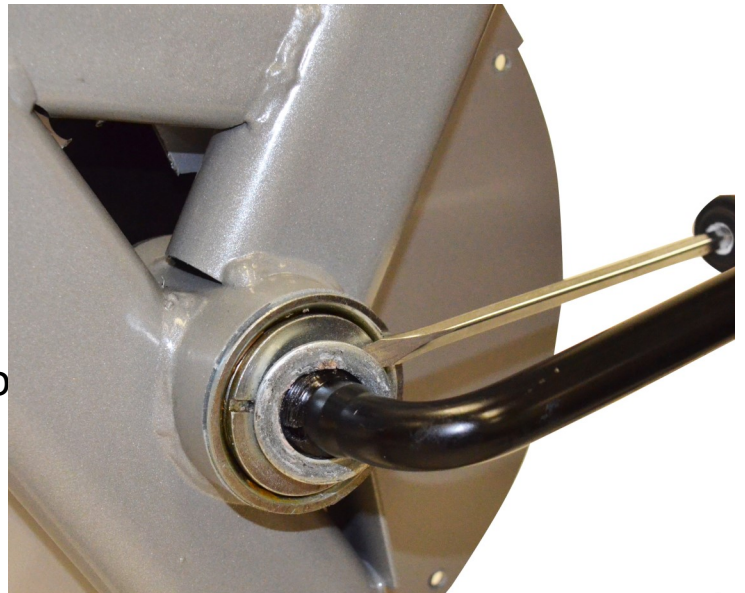


Use the wrench to unscrew the first hexagon nut. Turn to the **RIGHT** or clockwise to remove this piece.



REMOVING THE ONE PIECE CRANK—Part 3

Remove the second washer using a flat head **screw driver**. Use a **mallet** to hit the head of the screw driver to which will help the second washer “pop” right off.



Remove Washer using flat head screw driver

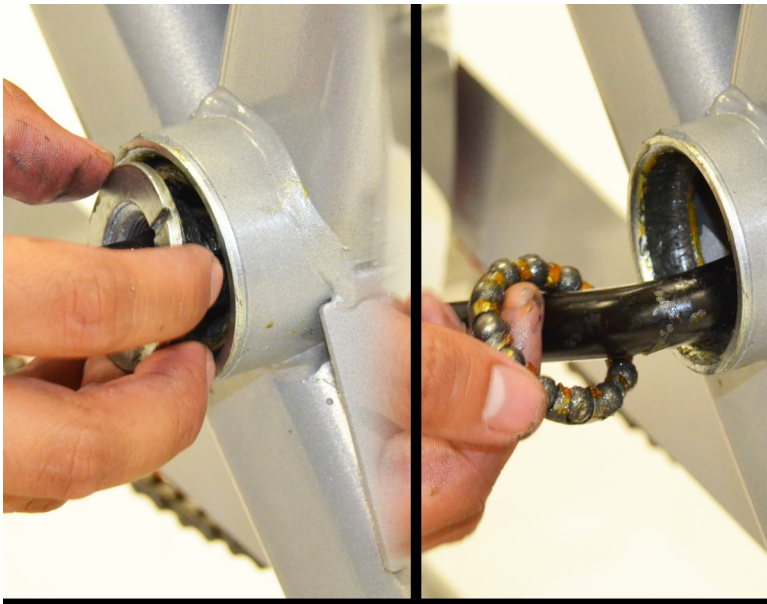


Use Mallet and Flat Head to remove second covering

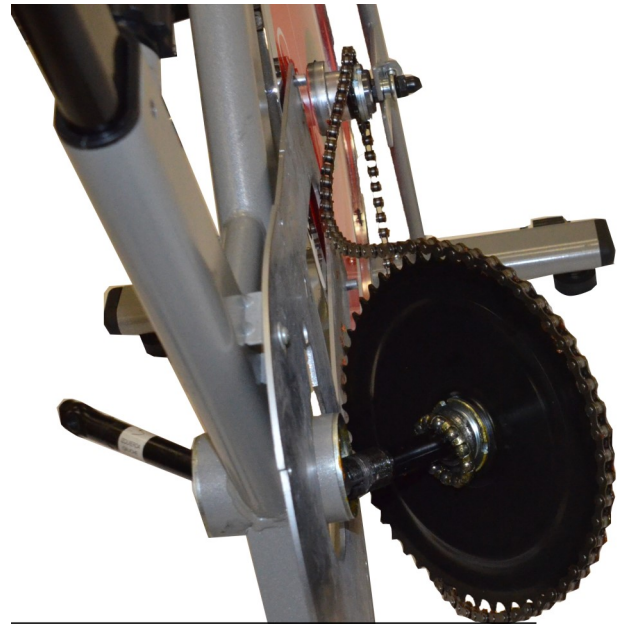
The following step will be the most difficult in the guide. Take a look at the close up image. Place the flat head driver in the crevice of the washer. Continue to hit the end of the screw driver with a mallet to slowly loosen the washer from the bearing so you can remove it. This process can take up to 5-10 minutes of continuous hitting. Eventually it will loosen enough so you can twist it off and remove by hand.

Removing the Crank - Part 4

Once you remove the final washer, pull the bearings ring. Inspect these objects and make sure they are not damaged or broken. Now, you can safely remove the crank from the bike and place a new crank through the bike. If you need more support, please contact support@sunnyhealthfitness.com



Remove Final Bearings



REMOVE CRANK