

BRAKE PAD LUBRICATION GUIDE

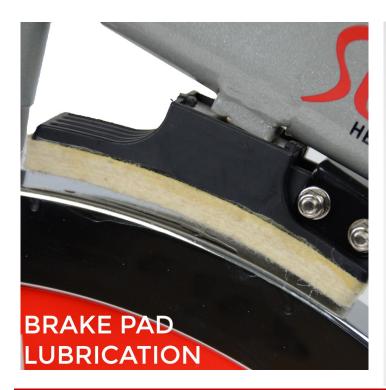
Maintaining your indoor cycling bikes is critical if you want to prolong the life and productivity of your product. Lubricating your brake pad is one of the easiest ways you can assure your product remains like new. Sunny Health and Fitness created this simple guide to help you lubricate your brake pad correctly. For any questions, comments or concerns please email support@sunnyhealthfitness.com

You might need to lubricate your brake pad if:

- The resistance when pedaling is not smooth and tough to pedal
- Your flywheel is making a squeaky noise when you tighten resistance
- You've owned the bike more than 90 Days

You can either:

- Remove the brake pad completely and scrub away dirt and debris.
- Pour silicone based oil on the wheel and pedal so your felt pad absorbs oil.
- Replace the brake pad (s) if your bike is more than 1-2 years old and the felt pad is very worn down.







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You can choose to remove the brake pad completely to scrub away excess dirt and debris **OR** you can simply use a **silicone based oil** and apply directly to your felt pad. You can either apply the **oil directly to the felt pad or** apply to the wheel. Once you apply the silicone based oil to the wheel, increase your resistance knob so the felt pad touches the wheel and pedal forward so the pad soaks up the oil.

This guide covers removing the brake pad for the following bikes:

SF-B1203, P8100, 1110S, 1712, 1421

These models can be lubricated w/o taking off the resistance knob:

SF-B1423, 1001, 1421B

Your first step will be to **unscrew the tension knob.** It might look a little different depending on your model, but the screw is in the same place.





Remove your tension knob. If you don't need to remove the tension knob, just skip to the next steps.



Removing the Felt Pad from the Bike SF- 1203,B1110S, 1421, P8100, 1712, 1423, B1001, 1421B

STEP 1:

Remove the screws on the side of the felt pad with a screw driver.

Remember: Righty Tighty-Lefty Loosey



STEP TWO:

Use your screw driver and turn the nuts to the left.

STEP THREE: You can use needle nose pliers to hold the outer screw while you unscrew your nut.





STEP FOUR:

Once loose enough, pull the screw out and remove your brake pad! You can now use a tooth brush to brush away any dirt or debris. You can also replace your pad with a new brake pad. Don't forget to oil! Great job!