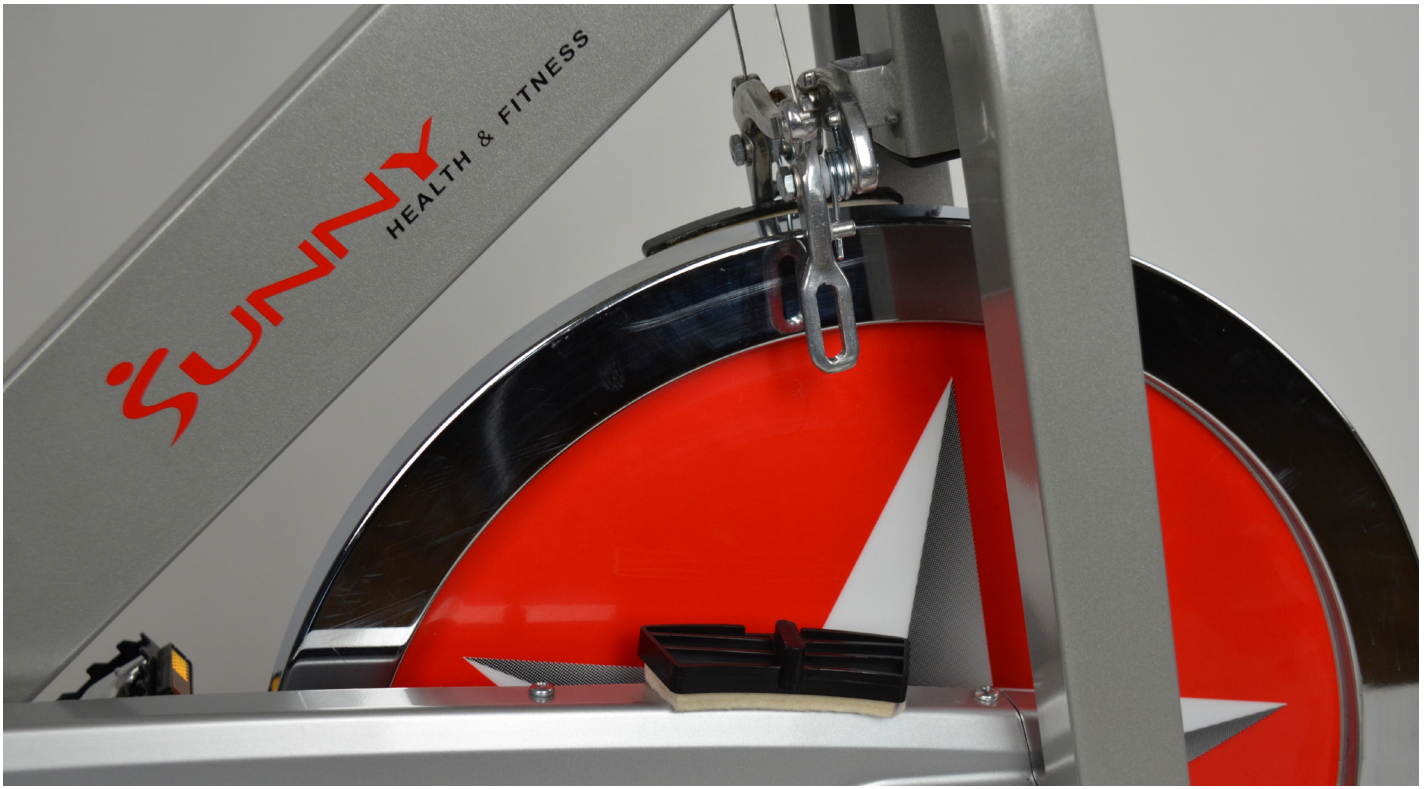


# Brake Pad Lubrication Guide for Cycle Bikes



Properly lubricating brake pads is critical to the performance and life of your Sunny Health and Fitness cycle bike. Fortunately, the lubrication process is simple.

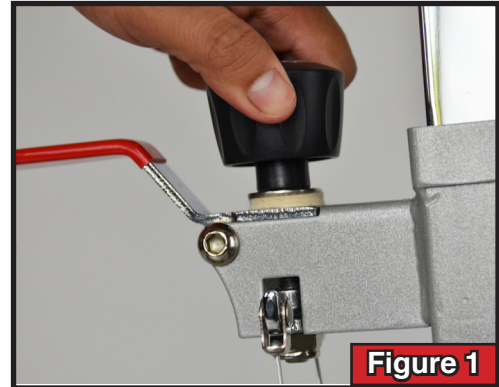
In this guide, we have demonstrated how to properly remove, lubricate, and reinstall the felt brake pads on your cycle bike. You will not need any additional tools to remove or reinstall the felt brake pads. To lubricate the pad, you will need a silicon-based lubricant such as WD-40. For additional assistance, email [support@sunnyhealthfitness.com](mailto:support@sunnyhealthfitness.com).

**Note:** This guide is intended for cycle bikes that utilize dual-side felt brake pads, such as the SF-B901, SF-B901B, and SF-B1401 cycle bikes. For optimal performance, clean and lubricate the brake pads every 2 to 4 weeks. Brake pads that squeak and stick when applied to the flywheel need to be cleaned and lubricated immediately.

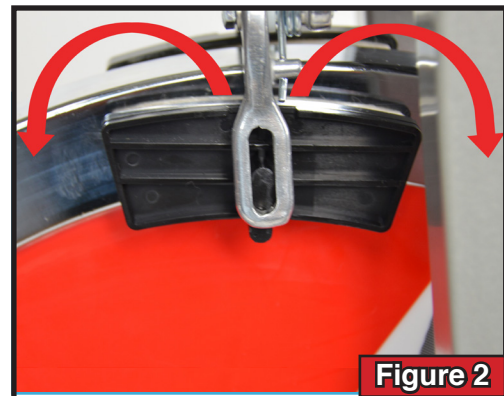
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**Step One:** Loosen the brake tensioner on the bike by turning the knob counter clockwise. (see **Figure 1**).

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**Step Two:** Locate the two brake pads that sit between the flywheel and the metal bracket that holds it in place. Sway the brake pad from side to side while pulling down gently on it. This movement will slowly detach the brake pad from its metal bracket that holds it in place. (see **Figure 2**).



**Step Three:** When the brake pad is detached, inspect it for any dirt and debris. Use a brush or any other abrasive material to scrub the brake pad. (see **Figure 3**).



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**Step Four:** After cleaning, apply a silicon-based lubricant (such as WD-40) to the brake pad.



**Step Five:** After the lubricant has been applied, slide the brake pad between the flywheel and its metal bracket. Tighten the brake tensioner to your desired setting for next use (see **Figure 5**).



**Note:** Inspect the brake pads for wear on the cycle. Replace the felt brake pads if they are visibly worn.