

STAGES SPRINTSHIFT REPLACEMENT

Step by Step

STEP 1 - USE A SMALL PHILLIP SCREW DRIVER TO REMOVE EMERGENCY STOP CAP. **NOTE: DON'T TRY AND DIG THE CAP OUT OF THE KNOB AS IT CAN RUIN THE KNOB, WE WILL SEND YOU A NEW ONE.**



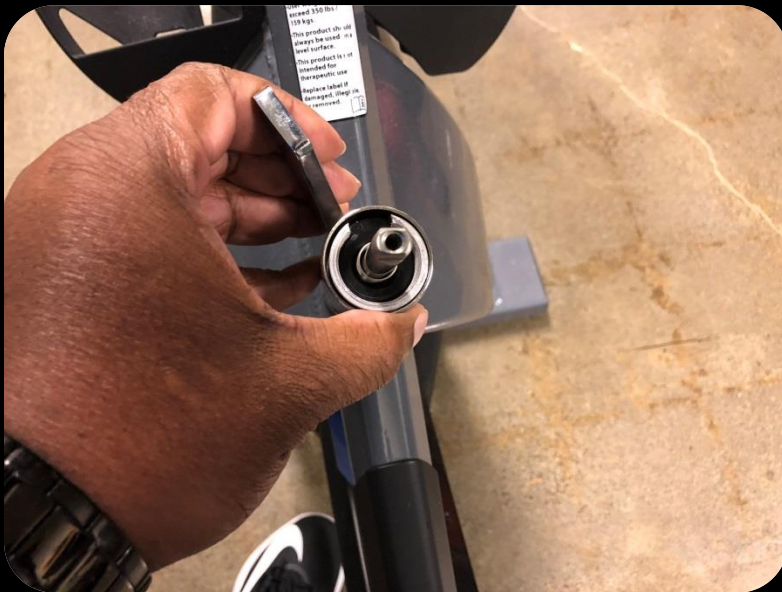
STEP 2 - USE A #2 PHILLIP SCREW DRIVER TO REMOVE RESISTANCE KNOB.



STEP 3 - REMOVE TOP CAP NUT WITH AN ADJUSTABLE WRENCH.



STEP 4 - REMOVE SPRINT SHIFT WITH DETENT AND SPRING. *NOTE: YOU WILL HAVE TO MOVE THE SPRINTSHIFT TO THE CENTER POSITION TO REMOVE.*



STEP 5 - REMOVE SPRING AND DETENT FROM OLD SPRINTSHIFT. MAKE SURE THAT THE SPACER WASHER STAYS ON BRAKE PLUNGER SHAFT. **NOTE: MAKE SURE TO REMOVE THE OLD BUSHING THAT MAY HAVE CAME OUT OF SPRINTSHIFT AND SITTING ON TOP OF THE WASHER.**



STEP 6 - WHEN INSTALLING THE NEW SPRINT SHIFT MAKE SURE THERE IS A BUSHING ON THE TOP AND BOTTOM OF THE SPRINT SHIFT.



STEP 7 - SLIDE THE NEW SPRINT SHIFT ONTO THE BRAKE PLUNGER. THEN REINSTALL THE DETENT WITH THE SMOOTH SIDE ON TOP ALIGNING IT UP WITH THE GROOVE INSERT.



**STEP 8 - INSTALL THE SPRING AND TOP CAP NUT THEN TIGHTEN.
NOTE: MAKE SURE TO LUBRICATE THE ADJUSTMENT ROD WITH SOME SILICONE. ALSO, PUT SOME LIGHT GREASE OR SILICONE ON THE THREADS OF THE TOP CAP NUT, ALLOWING IT TO THREAD EASILY INTO THE FRAME.**



STEP 9 - TIGHTEN WITH CRESCENT WRENCH. NOTE: DO NOT OVERTIGHTEN THE NUT AS THERE IS REALLY NO PRESSURE AGAINST IT AND IF OVERTIGHTENED CAN STRIP THE THREADS OUT OF THE FRAME.



STEP 10 - INSTALL RESISTANCE KNOB ALIGNING THE KNOB INSERT WITH BRAKE PLUNGER AND TIGHTEN. TEST THE SPRINTSHIFT BEFORE MOVING ONTO THE NEXT STEP. **NOTE: MAKE SURE TO PUT A DAB OF LOCTITE ON THE THREADS OF THE SCREW BEFORE INSERTING AND TIGHTENING.**



STEP 11 – TURN THE RESISTANCE KNOB ALL THE WAY TO THE LEFT. THEN PEEL THE PLASTIC OFF THE EMERGENCY STOP CAP AND INSTALL WITH THE WORD “STOP” SHOWING FROM LEFT TO RIGHT.
NOTE: FAILURE TO TURN THE KNOB TO THE LEFT BEFORE INSTALLING WILL CAUSE THE CAP TO BE CROOKED WHEN THE RESISTANCE KNOB IS COMPLETELY TURNED TO THE LEFT.



STEP 12 – IF COMPLETED CORRECTLY, THIS WILL BE YOUR END RESULT.

