

C. Wheels, Tires and Tubes

Your ElliptiGO bike comes equipped with a 20" spoked wheelset, high-pressure clincher-style tires and presta-valve tubes. These comprise the system that actually connects the bike to the ground, so it is important that you understand how they function and how to take care of them.

1. Wheels

Your front wheel consists of a clincher-style aluminum rim, 32 spokes, a hub and a quick release clamping system. Your rear wheel consists of a clincher-style aluminum rim, 32 spokes, an internally geared hub, a left and a right locking washer and two nuts. As discussed above, there are several critical aspects about your wheels that you need to be aware of.

a. True

To perform safely on the road, your front wheel must be "true." A wheel is true when all of the spokes are aligned such that there is no side to side wobble when the wheel is rotated about the hub. Truing a wheel requires special tools and skills and should always be done by a trained bicycle mechanic.

▲ WARNING! A wheel that is not true can present a very dangerous situation because it interferes with the proper functioning of the brakes. It requires skill and proper tools to correctly true a wheel. As a result, we strongly recommend taking the ElliptiGO bike to a professional bicycle mechanic to have your wheel trued prior to riding. Riding on a wheel that is not true could cause you to lose control and suffer a fall.

b. Rim surface

In order to ensure proper braking, the rim surface must be clean and dry. It should also have no visible signs of wear and be free from any cracks, ruts or chips.

▲ WARNING! Never ride on a cracked rim. Not only does a cracked rim reduce stopping power, but it will eventually break, likely causing

the tire to come loose and the rider to suffer serious injuries or death from a resulting fall.

c. Spokes

Each spoke plays a critical role in providing wheel strength, performance and alignment. Loose spokes and over-tightened spokes can both present dangers to the rider. Ensuring that your spokes are in proper tension requires special tools and skills and should always be done by a trained bicycle mechanic.

d. Quick release clamping system

As discussed above, your front wheel is held onto the front fork by the use of a quick release clamping system. An improperly attached front wheel can result in catastrophic injury to the rider. To ensure your front wheel is properly attached to the front fork, follow the steps below and review the information in Section III 1. A. Quick Release Clamping Systems above.

▲ WARNING! An improperly adjusted quick release lever can cause the front wheel to become loose or detach from the fork. A front wheel detaching during operation would be catastrophic, causing the rider to lose control of the ElliptiGO bike and suffer a serious injury or be killed. IT IS CRITICAL THAT YOU UNDERSTAND HOW TO OPERATE THE QUICK RELEASE LEVERS AND THAT YOU CHECK THE SECURITY OF THE FRONT WHEEL QUICK RELEASE SYSTEM EVERY TIME YOU RIDE THE BIKE.

Front Wheel Removal

To remove the front wheel, follow these steps:

1. Place the bike on the kickstand.
2. Pull the brake calipers into the rim with one hand while releasing the brake cable with the other.
3. Open the quick release lever on the front wheel. Loosen the tension nut with one hand while holding the quick release lever fixed with the other hand. (Refer to Section III. 1. A. for more information on the operation of the quick release clamping system).
4. Remove the front wheel.



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Front Wheel Installation

To install the front wheel follow these steps:

1. Place the bike on the kickstand.
2. Check rotational direction arrow on tire. Flip wheel, so arrow will rotate clockwise when riding.
3. Open the quick release lever on front wheel.
4. Insert wheel into fork drops. Press down on head tube of bike to ensure wheel is properly seated. If wheel is not wanting to seat, the tension nut may need to be loosened to allow for more clearance.
5. Adjust the quick release clamping force. (Follow the procedure outlined in Section III. 1. A.)
6. Once the quick release has been adjusted, open the lever. Now apply downward pressure to the frame and fork with the wheel resting on the ground, while at the same time closing the quick release lever.
7. Pull the brake calipers into the rim with one hand while securing the brake cable with the other.
8. Rotate the wheel while looking and listening for the brake pad rubbing. If rubbing is present, open the quick release and re-seat the wheel. **IF BRAKE RUBBING PERSISTS DO NOT RIDE.** Consult a bicycle mechanic or contact ElliptiGO Customer Service.



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e. Rear wheel attachment

Your rear wheel is secured by two nuts that engage locking washers in the horizontal drop-outs built into the bike frame. These locking washers are then engaged by a chain-tensioning screw. When the ElliptiGO bike is operating, the drive train applies a significant amount of rearward force through the chain to the rear wheel. The higher the force that is applied to the drive train, the more force there is pulling the wheel to the rear. As a result, it is imperative that these nuts be secured with enough force to prevent the rear wheel from being pulled rearward during operation of the bike. If the rear wheel moves even slightly during operation, the tire can contact the brakes or frame and the chain can become loose. If the chain comes off or the tires contact the brakes or frame, this could cause the rider to lose control and suffer a fall.

▲ WARNING! Always ensure that your rear wheel is on securely. If the rear wheel becomes loose it can cause the chain to come off or the tire to rub against the brakes or frame. This could cause the rider to lose control and suffer a fall.

Rear Wheel Removal

To remove the rear wheel, follow these steps:

1. Place the bike on the kickstand.
2. Pull the rear brake calipers into the rim with one hand while releasing the brake cable with the other.
3. Disconnect the shifter cable from the rear hub.
 - a. Shift the shifter for the rear hub into 1st gear for the Shimano 8-speed hub, 11th gear for the Shimano 11-Speed, or into 3rd gear for the Sturmey-Archer 3-speed hub.
 - b. Grab the cable housing and pull it out of hub shifter bracket.
 - c. With one hand rotate the spring loaded shifter pulley counter-clockwise, while un-hooking the shifter cable with the other.
4. Remove the left and right chain tensioner assemblies using a 3mm Allen key.
5. Loosen both wheel nuts using a 15mm wrench.
6. Slide the rear wheel backwards out of the wheel brackets of the frame while removing the chain from the hub sprocket.



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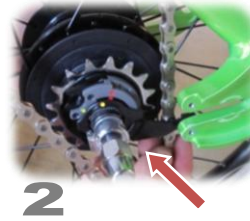


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Rear Wheel Installation

To install the rear wheel follow these steps:

1. Place the bike on the kickstand.
2. Install rear wheel into the horizontal slots of the frame wheel brackets. Ensure the following:
 - a. The toothed washer engages the slot as shown.
 - b. The cable bracket is oriented horizontally forward as shown.
 - c. The chain is around the sprocket as shown.
3. Loosely tighten the wheel nuts by hand. The nuts should be loose enough so that the wheel can still slide in the wheel bracket when tensioning the chain.
4. Install the left and right chain tensioner assemblies. Torque to 2-3 Nm.
5. Loosen the chain tensioner lock nuts.
6. To tension the chain, turn the tensioner screws clockwise pushing the wheel forward. Work back and forth from left to right to ensure the wheel stays centered in the frame while tensioning the chain. The chain has the appropriate amount of tension when it is tight without binding thru the entire revolution of the crank arm.
7. Tighten the chain tensioner lock nuts while holding the chain tensioner screw with a 5mm Allen key.
8. Tighten both wheel nuts using a 15mm wrench.
9. Reconnect the shifter cable to the rear hub.
 - a. Ensure that the shifter for the rear hub is in 1st gear for the Shimano 8-speed hub, 11th gear for the Shimano 11-Speed, or into 3rd gear for the Sturmey-Archer 3-speed hub.
 - b. With one hand rotate the spring loaded shifter pulley counter-clockwise, while hooking the shifter cable into the groove on the pulley with the other.
 - c. Grab the cable housing and pull it forward and insert it into the hub shifter bracket.
10. Pull the rear brake calipers into the rim with one hand while latching the brake cable into the cage with the other.
11. Rotate the wheel while looking and listening for brake pad rubbing. If rubbing is present, follow steps 5-9 to re-align the rear wheel. **IF BRAKE RUBBING PERSISTS DO NOT RIDE.** Consult a bicycle mechanic or contact service@elliptigo.com.



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2. Tires

Your ElliptiGO bike comes equipped with high-pressure, unidirectional, clincher-style tires. These tires have a finite lifespan that depends on, among other things, rider weight, how well you maintain the tire pressure, the kind of riding that you do and the surfaces upon which you ride. As a result, there is no hard and fast rule regarding how long your tires will last.

It is important that you maintain the correct tire pressure in your tires. The maximum pressure is listed on the sidewall of the tires. We recommend riding at a tire pressure of 10-15 PSI under the max pressure listed on the tire sidewall. Use a floor pump with an air pressure gauge to inflate the tire to the correct pressure.

▲ WARNING! Always check your tire pressure before riding.

Underinflated or overinflated tires pose serious risks including loss of traction, blowouts, and buckling while cornering. Any of these situations could cause the rider to lose control and suffer a fall.

▲ WARNING! Never inflate a tire beyond the maximum pressure – this can cause the tire to explode off of the rim and injure you or a bystander.

Before you ride, do a thorough visual inspection of the front and rear tires. Make sure there are no tears, cracks, or impregnated debris in the sidewall or along the tire tread. Ensure that the tread is not worn out and that the bead wire at the bottom of each sidewall is securely seated inside the rim. Look for bulging along the sidewall or tire tread. If you see any tears, cracks, bulging, or excessive wear, DO NOT RIDE THE BIKE. Instead, take your bike to a shop to have a new tire installed.

▲ WARNING! Always check both tires before riding. Damaged or excessively worn tires increase the likelihood of experiencing a blowout, unseating of a tire, or sustaining a flat during a ride. Any of these situations could cause the rider to lose control and suffer a fall.

Finally, make sure that your tire is attached in the correct orientation. On the sidewall, locate the unidirectional symbol consisting of an arrow and the word “Drive.” When the wheel is rotated so that the arrow is at the highest

point during the rotation, the arrow should be pointing in the forward direction of travel. If, when the arrow is at the top of the wheel, it is pointing towards the rear of the bike, the wheel is on backwards. Follow the instructions for detaching the wheel and reattaching it so that the arrow is in the correct orientation.

When you are ready for a new set of tires, take your ElliptiGO bike to a professional bike mechanic and have him replace your tires with the same size of high pressure clincher tire.