

ELLIPTIGO®

Presta Valve Adapter

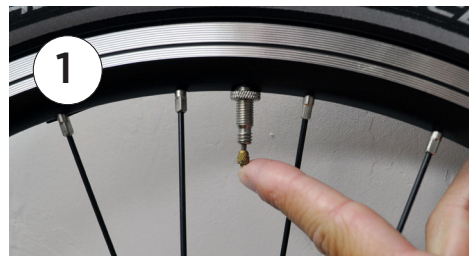
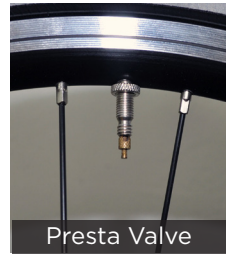
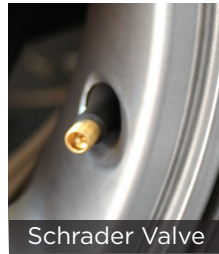
There are two kinds of valves used on inner tubes in the bike industry. Schrader valves are frequently used for low-pressure tubes and are the same valves you'll find on automobile tires. Presta valves are frequently used with high-pressure tubes. Your ElliptiGO elliptical bicycle comes equipped with high pressure tubes that use a Presta valve. The two valve types are different shapes and operate differently, so each requires a specific kind of pump head for inflation.

The enclosed adapter enables you to use a Schrader pump to inflate a Presta valve. Here's how to do that:

1. First, gently unscrew the nut on the end of the Presta valve stem. Do not remove the nut - just loosen it until it is at the end of the center thread.

Next, push down briefly on the nut to ensure that the Presta valve is not stuck in the locked position. A small amount of air should escape.

2. Finally, screw the larger open end of the adapter onto the metal valve stem.
3. Now you can place a Schrader pump head over the open end of the adapter and inflate to the proper pressure.



For a video on how to inflate your ElliptiGO elliptical bike tires using a Presta valve, visit www.elliptigo.com/Inflating-ElliptiGO-Tires