

	Troubleshooting Guide: Noise		
Prepared by: IPO Customer Service	Date Prepared: 4/9/2020	Models Affected: IC7.9 (FC062)	Bulletin Number: NB-2004011

PROBLEM

Use this guide to troubleshoot a noise issue on an IC7.9 indoor cycle.

POSSIBLE CAUSE

- ❖ [Flywheel axle damaged](#)
- ❖ [Bottom bracket damaged](#)

SOLUTION

The photos throughout these instructions show an RX6 indoor cycle. The process is the same on the model IC7.9.

Flywheel Axle Damaged

Tools required:

- 13-15mm combination wrench
- 18-21mm combination wrench
- M5 Allen wrench
- Flathead screwdriver
- Phillips screwdriver
- Rope or wire

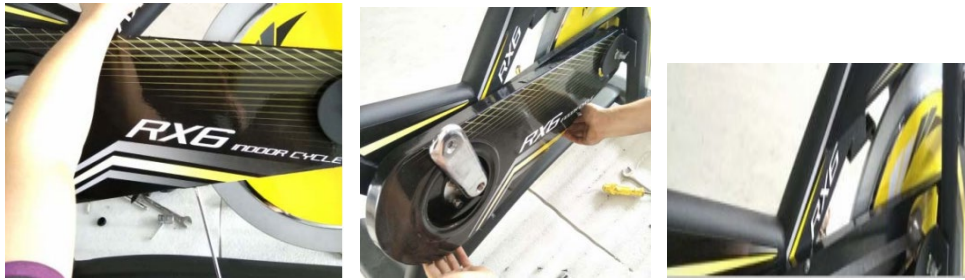
Steps:

- a. Remove both pedals using a 15mm wrench. Pull the top strip off the chain cover.



Note: Turn counterclockwise to loosen the right pedal and clockwise to loosen the left pedal.

- b. Remove the three bolts that hold on the chain guard. Take the outer chain guard off the bike.



- c. Insert a flathead screwdriver between the crank cap and the crank. Turn the screwdriver counterclockwise to remove the crank cap. (Repeat this on both sides.)



- d. Use a 18-21mm combination wrench to detach the flange nuts on each side of the flywheel.



- e. Remove the two end caps from the front fork tube.



- f. Use a Phillips screwdriver to loosen the back chain guard and move the cover into the position shown below.



- g. Thread a rope or wire through the bottom of spring. Pull to detach the spring.



- h. Use a Phillips screwdriver and 13-15mm wrench to detach the magnet holder.



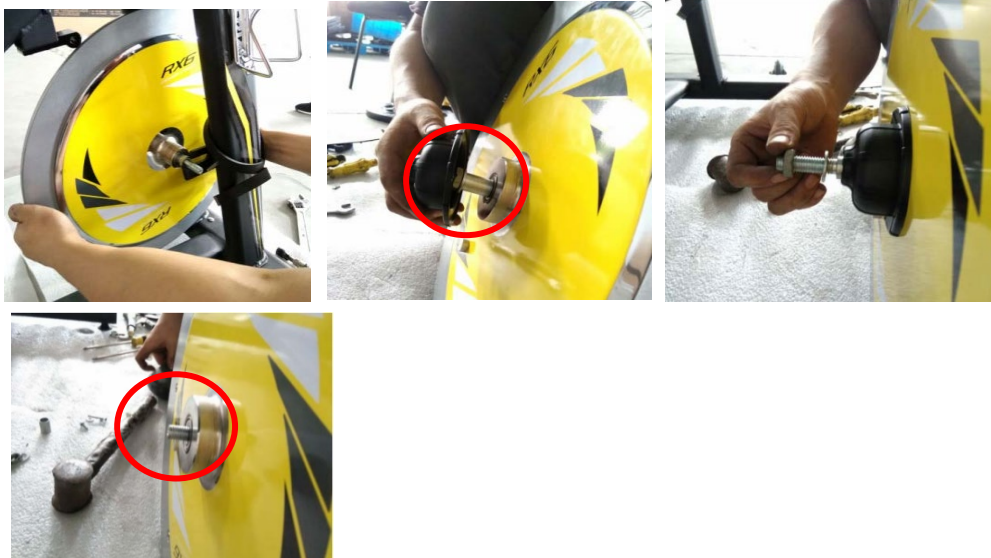
- i. Remove the decorative cover from the left side of the flywheel.



- j. Use an M5 Allen wrench and wrench to remove the flywheel. (Turn the bolt counterclockwise.)



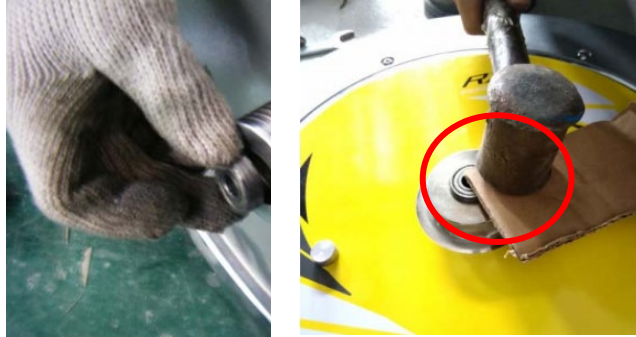
- k. Carefully remove the flywheel from frame. Remove the hub cover, both side hub nuts, and the hub tube.



- l. Use a hammer to gently tap the hub axle until it comes out of the flywheel. Then, use the hammer to knock out the bearing on other side.



- m. Install the new bearing: Set the bearing in the flywheel. Place a piece of cardboard on top. Use a hammer to gently tap the bearing in place.



- n. Insert the hub axle and bearing. Remember to gently tap the bearing to set it in place. Insert the tube and nuts.

Note: The short tube is on the side of big pulley. The taller tube is on the other side.



- o. Reinstall all parts and test the unit.

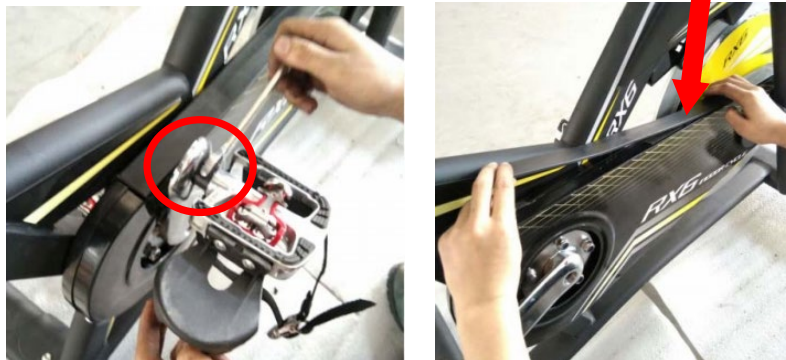
Bottom Bracket Damaged

Tools required:

- 14mm socket wrench
- 15mm fixed wrench
- 22mm crank puller
- Flathead screwdriver
- Phillips screwdriver
- BB (bottom bracket) tool
- Anaerobic adhesive (such as blue Loctite)

Steps:

- a. Remove both pedals using a 15mm wrench. Pull the top strip off the chain cover.



Note: The left side pedal is reverse threaded.

- b. Remove the three bolts that hold on the chain guard. Take the outer chain guard off the bike.



- c. Take the drive belt off of the large pulley: Insert a screwdriver in between the belt and the pulley. Use your right hand to turn the flywheel counterclockwise; as the wheel turns, use the screwdriver to guide the belt off of the pulley.



- d. Insert a flathead screwdriver between the crank cap and the crank. Turn the screwdriver counterclockwise to remove the crank cap. (Repeat this on both sides.)



- e. Remove the screw in the crank using a 14mm socket wrench. Next, use a 22mm crank puller to remove the crank.

Note: Apply anaerobic adhesive on the thread of crank screw during reassembly.



- f. Use the bottom bracket tool to remove the bottom bracket.

Note: Turn counterclockwise to loosen the bottom bracket. If the bottom bracket does not loosen, it might be helpful to use a hair dryer to heat the bottom bracket to about 40° C/104° F.



- g. Reverse these steps to reassemble the indoor cycle.

Note: Apply anaerobic adhesive on thread of the bottom bracket once reassembled.

