

Troubleshooting: Bikes

Models: ES600 (VA06), ES700 (VA07)

NOISE PROBLEMS

Symptom	Solution
A clicking, knocking or thumping noise occurs	1. Check and tighten all bolts on the bike trainer 2. Tighten pedals 3. Tighten crank arms • Replace roller wheels if necessary 4. Check flywheel for noise when pedaling • Replace bearings or flywheel assembly 5. Check crank bearings for noise when pedaling • Replace bearings or crank assembly
Symptom	Solution
Tension knob will not turn or adjust	1. Tension knob is jammed in upper or lower setting • If there is no resistance on flywheel, twist tension knob clockwise to break free; if there is full resistance on the flywheel, twist tension knob counter-clockwise to break free 2. If tension knob still does not adjust resistance, check all parts in brake assembly • Replace any parts if necessary