

Replacing the Variable Resistance Module (VRM) on the MOTR™

PARTS LIST (INCLUDED)

| Item No. | Description | Part Number | Qty |
|----------|----------------------|-------------|-----|
| 1 | VRM (green) for MOTR | 108-035 | 1 |
| | VRM (black) for CFR | 108-022 | 1 |
| 2 | 6mm Allen wrench | 616-114 | 1 |

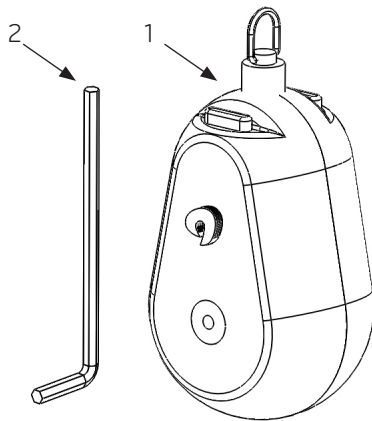


Figure A

1. Using the included 6mm Allen wrench, remove the two pivot bolts holding the old VRM in place. Set the old VRM aside and keep the two pivot bolts and washers to install the new VRM. See Figure B.

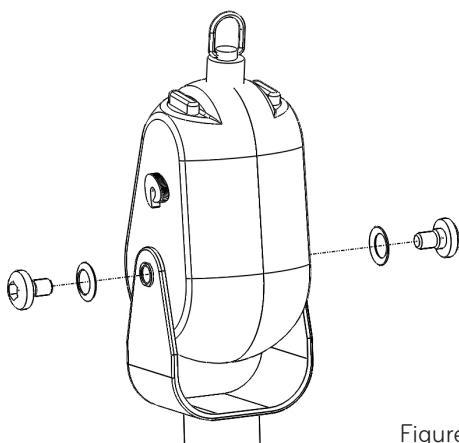


Figure B

2. Install the new VRM in place of the old one. Note that the washers are slightly cone shaped. Make sure that the washers are oriented with the wider side of the cone toward the VRM as shown in Figure C.

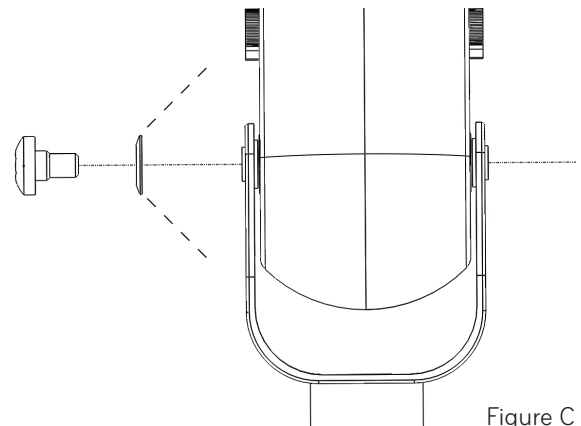


Figure C

3. Tighten the pivot bolts with the Allen wrench. Do not over tighten.

If you have any questions, call Balanced Body at 800-745-2837 (USA and Canada) or 916-388-2838 (all other countries).