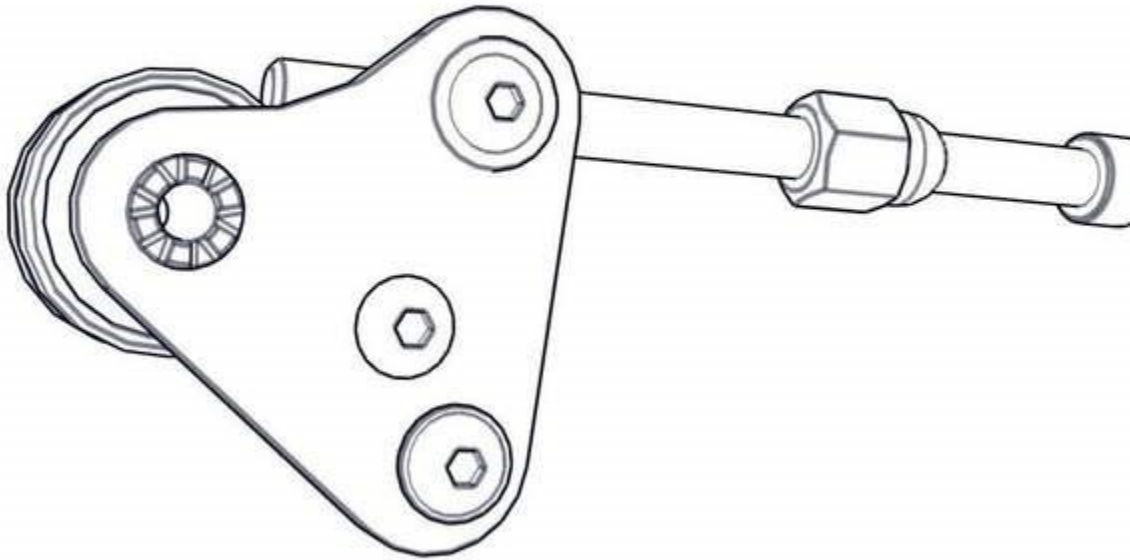


Idler Pulley Tension Assembly



Difficulty	Moderate
Steps	10
Time Required	10 - 15 minutes

Introduction

This SOP details the replacement process for the idler pulley tension receiver and steel bushing.

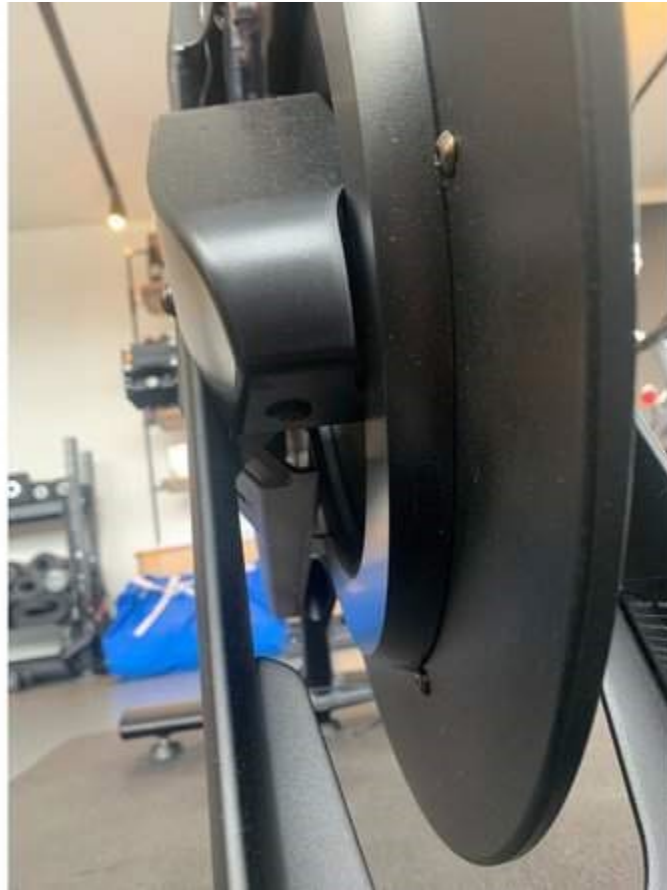
Tools

- Phillips head screwdriver
- 3/8in 5 mm Hex Bit
- 3/8in 8 mm Hex Bit
- 3/8in Drive Ratchet
- Flat Jaw Locking Pliers

Step 1 - Belt Disassembly

- Using a phillips head screwdriver, remove 5 screws from the outer belt guard.
- Remove the outer belt guard and set aside, using care not to scratch the component.
- Slowly rotate the crank arm and pull the belt towards you, keeping your hand in front of the pulley.
- Once removed, set the belt aside to access the idler pulley assembly. This process stops at 1:40 in the video.

Step 2 - Front Belt Guard Removal



- To remove the front belt guard, unscrew the Phillips head screw from the top of the assembly.



- To remove the plastic 3 step rivet underneath, use a pointed tool or 3mm Allen key to push the center of the rivet and release.



- Once released, the entire rivet can be removed and the belt guard will come off.

Step 3 - Idler Pulley Disassembly



- Using a ratchet and 5mm hex bit, remove two of the three bolts holding the idler pulley assembly in place.
- Note - the entire idler pulley assembly does not have to be removed for this process, just loosened enough to remove the bushing and tension receiver.



- Remove the middle slotted bolt first to loosen and drop the assembly.



- Remove the top bolt second and pop out the steel bushing, shown here.

Step 4 - Tension Bolt Disassembly



Use a Phillips head screwdriver to remove the top set of screws on the black braces connecting to the brake magnet assembly.



- If the receiver is tight, flat jaw locking pliers can be used to hold the component in place while the bolt is backed out.



Step 5 - Tension Bolt Replacement



- Replace the receiver with a new part and thread loosely into place on the tension adjustment bolt.
- Using locking pliers to hold the component steady, tighten the tension adjustment bolt until the receiver is in the same spot as when removed.
- Note - use the area of stripped paint on the adjustment bolt as a rough guide.

Step 6 - Idler Pulley Installation



- Replace the 5mm bolts in the reverse order.
- Starting with the top, thread the bolt, washer and spacer into the tension receiver and tighten.



- Next, replace the middle bolt in the slot on the frame. Make sure the bolt is centered within the slot.

Step 7 - Belt Replacement



- Replace the belt by fitting onto the front pulley.
- Slowly rotate the crank arm counterclockwise until the belt fits onto the pulley.

Step 8 - Belt Tensioning



- Adjust the belt tension with an 8mm hex bit and ratchet.
- The belt tension should be between 82-92Hz.
- Use this app to measure belt tension: <https://itunes.apple.com/us/app>
- To measure the Belt tension, place a thumb on the bottom portion of the Belt and strum the Belt. If the Belt is set to the appropriate tension, then the measured frequency will be between 82-92Hz.

Step 9 - Front Belt Guard Installation



- To replace the outer belt guard, seat the component and loosely thread the Phillips head screw at the top of the assembly.



- Replace the 3 step rivet by staging as shown here and pressing into the bottom of the assembly.



- When seated, carefully press the center tab into place, locking the rivet in place.

Step 10 - Belt Installation



- <https://vimeo.com/359588271> Password: peloton
- Wipe down the outer belt guard and return it to the bike. Secure with 5 Phillips head screws.