

## Elite RB Recumbent Bike Starting Resistance Adjustment

### Step 1

Unplug the Elite RB Recumbent Bike.

### Step 2

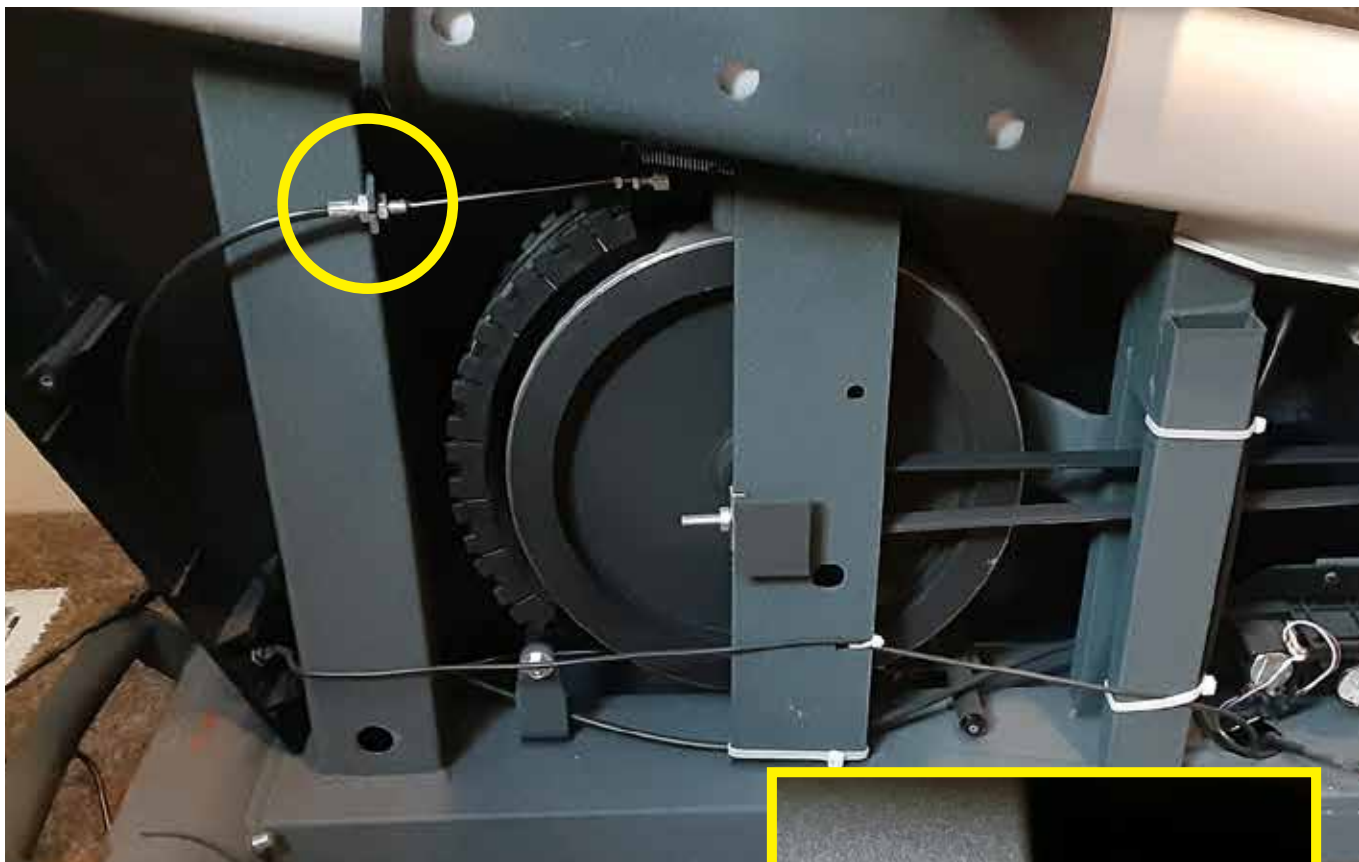
Remove (7) Phillips screws from user RIGHT SIDE rear shroud. The location of the 7 screws are marked green in the picture below – there is one false hole with no screw inside (marked in red).



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### Step 3

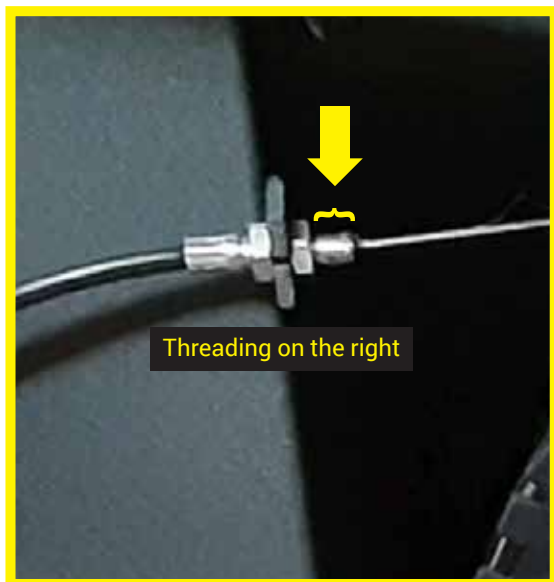
Locate adjustment cable (circled in yellow below)



You will see two nuts, with a frame piece in between. Start by turning the right-side nut counter clockwise (loosen) until the threading is flush with the nut. Now you will be able to tighten the left side nut by turning it clockwise until it is snug against the frame piece. Once adjusted, your bike should look like the picture. Your bike will now have a lower starting resistance.

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### Example



Higher starting resistance



Lower starting resistance