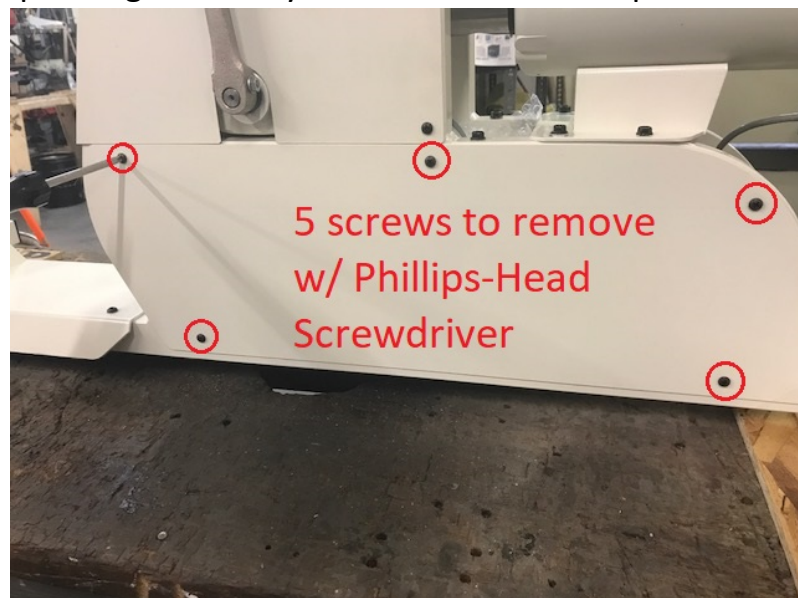


Theracycle 200 & Pro Model Oil Change

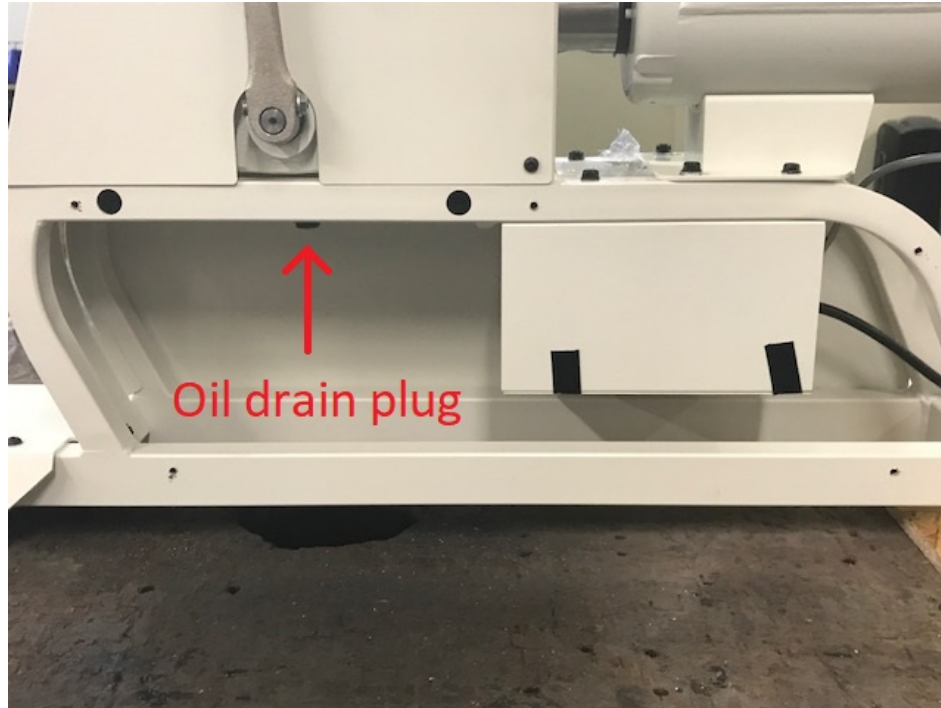
- To drain the oil, you will need the 5/16 Allen Wrench provided in the tool kit as well as a Phillips-Head screwdriver.



- Use the Phillips-Head Screwdriver to remove the 5 screws (per side) on the lower shroud(s) of the bike. You may have to remove both the left and right side depending on what you use as an oil catch pan.



- After removing the lower side(s), locate the oil drain plug at the bottom of the gearbox. In the open area under the gearbox drain plug, place an oil catch pan. You can even use a disposable foil loaf baking pan capable of holding 1 quart of fluid.



Sample oil catch pan

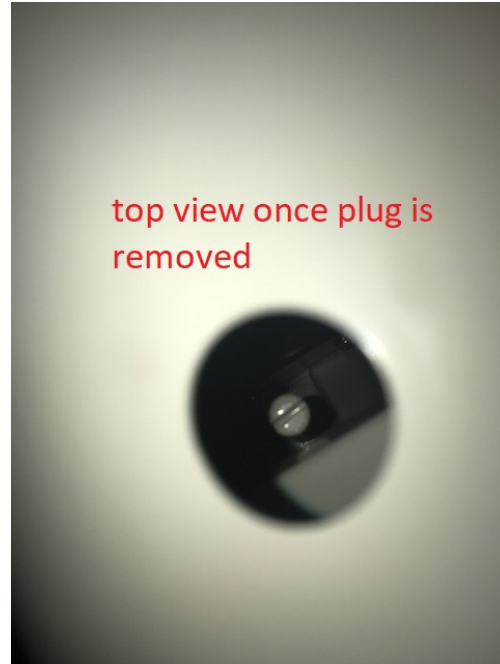
- Once the oil catch pan is in place; use the 5/16 Allen Wrench to unscrew the oil plug and the oil will then drain out into the pan.



- Let the gear box drain for about 15 – 20 minutes. After the gearbox has been drained, re-insert the oil drain plug into the gear box and wipe any excess oil with a paper towel or rag from the bottom of the gear box.
- Using the Phillips-Head Screwdriver re-attach the lower shroud(s). There are 5 screws per side.
- For filling the gear box with new oil, you will first need a Flat-Head Screwdriver, a funnel, and a new quart of 85w-140 gear oil (do **NOT** use any other gear oil)

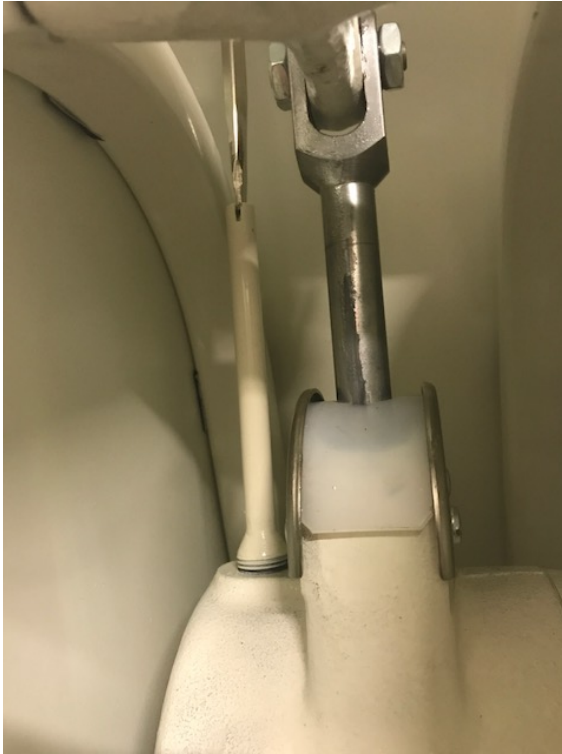


- Locate and remove the plastic press fit cap located on the top of the upper bike shroud. Gently pry the cap out or push it out from under the cap.



- Insert the Flat-Head Screwdriver into the hole and use it to remove the gearbox fill plug.

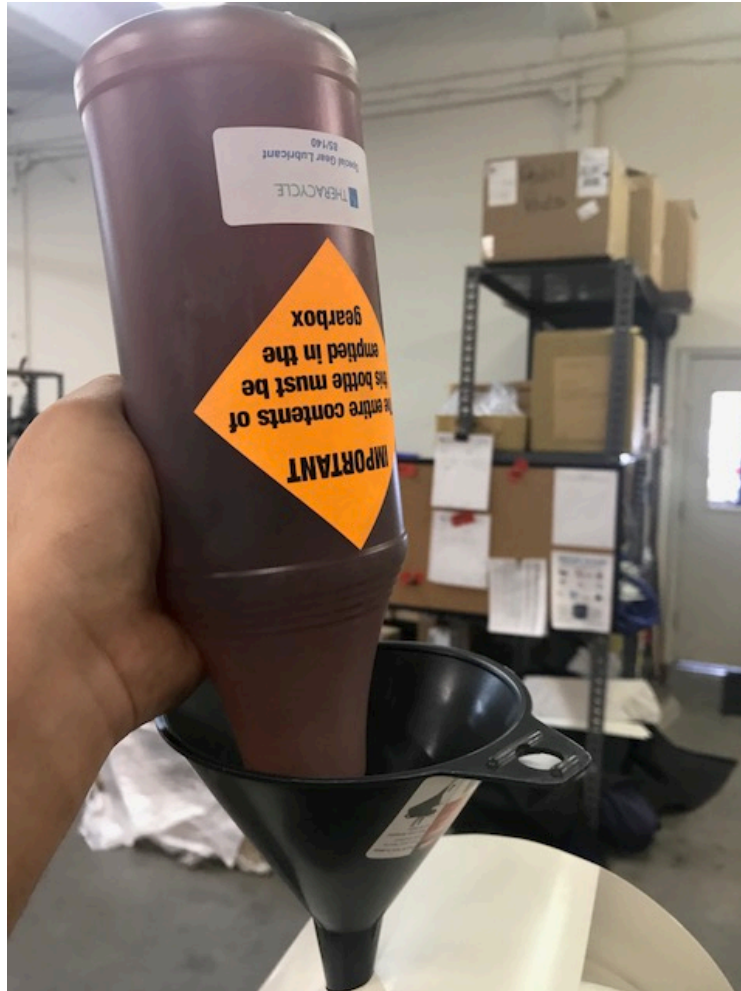




- Once the fill plug is removed, insert the funnel through the top hole of the upper shroud and into the oil fill hole.



- Fill the gear box with the new quart of oil. Due to the oil being very thick it will take up to 15 – 20 minutes to fill. Make sure you fill the gear box with the entire bottle of oil. You will have to fill the funnel up several times and wait as it drains into the gear box.



- Once the you fill the gear box with the quart of oil, use the Flat-Head Screwdriver re-install the oil fill plug to the gearbox. Lastly, re-install the plastic press fit cap to the upper bike shroud.