

# FreeWheel®

## Maintaining your FreeWheel

It is important to maintain your FreeWheel so it continues to provide you with years of enjoyment. It is a good habit after a long work out that you check the following:

1. Keep screws A, B and C tight using 5/32" or 4mm Allen wrench, double checking both sides. Make sure the Angle Adjust bolt is in contact with the silver barrel (adjust with 3/16" or 5 mm Allen wrench). You should NOT be able to see any of the Angle Adjust bolt threads
2. Make sure the main steering stem bolt is tight. In some cases this bolt will loosen and the FreeWheel will not function properly. Using an 8mm Allen wrench tighten to 20 ft. lb. torque.
3. Please keep your Freewheel free of dirt, mud and grim, as well as immediately wash off any saltwater should you be near the ocean.
4. Occasionally you may want to put bearing grease on the ball bearing under the front knob (and under the spring).

Please do not hesitate to contact us if you have any issues. Our goal is to make sure your FreeWheel always functions properly.

