

INSTALLING INSPIRED TEAM SPRUNG TENSIONER

WARNING! If you are unsure of any of the instructions outlined below, please do not attempt to ride your bike until it has been checked and certified by a qualified cycle mechanic.

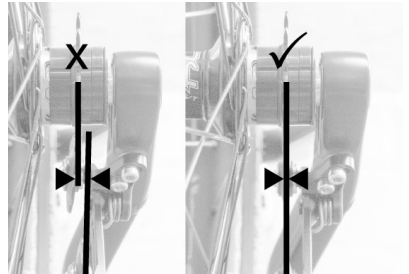
1. ATTACHMENT

Remove the tensioner and bolts from the packaging supplied. Apply grease or anti-seize compound to the tensioner bolts. Before fitting the tensioner, check the threads in the frame are clean and there are no signs of damage. Insert the bolts through the tensioner mount holes into the frame and tighten them loosely using a good quality 4mm Allen key.



2. SETTING ALIGNMENT.

When set correctly, the guide pulleys on the cage should line up perfectly with the freewheel/sprocket on the rear hub as shown in the image. If the pulleys are not aligned carefully move the tensioner in or out as necessary until the correct position is achieved. Once in position, use the 4mm Allen key to tighten the bolts to 4.5Nm. Once tight, check the pulley and sprocket alignment is still correct and re-adjust if necessary.



3. CHAIN FITTING/REMOVAL.

The chain can be fitted/removed without altering the position of, or removing the tensioner. Route the chain over the front and rear sprockets so the links mesh with the teeth fully and join the ends of the chain together according to the manufacturers instructions. The chain will hang loosely as shown in the image.



Carefully route the loose chain around the rear sprocket and hook it over the top guide pulley as shown in the 1st image.



Pull the tensioner cage up towards the frame using the finger tab at the front to create slack in the chain and hold in this position (See 2nd and 3rd images). Do not force the cage beyond horizontal as this may damage the spring and cause a loss in chain tension during use.



Using your free hand, position the chain between the upper and lower guide pulleys. The cage can be released slowly once the chain has been fully routed over the lower pulley (see last image).



Once the chain is fitted, the tensioner cage should sit close to, but not touch, the frame and should provide a strong amount of tension. If there is an excessive amount of movement in the chain, reduce the number of links as required.

Ensure that the tension is correct and the chain is engaging fully with the sprockets before using the bicycle. If in doubt, do not ride the bicycle and check with your local dealer.



To remove the chain, follow the instructions above in the reverse order. To remove the wheel, unhook the chain from the freewheel/rear sprocket and allow it to rest on the inner surface (next to the spokes). Untighten the axle bolts and slide out the wheel. The chain can be unhooked from the freewheel/rear sprocket and allowed to hang from the front sprocket once the hub is clear of the frame.