



SARIS

H3 DRIVE BELT REPLACEMENT MANUAL

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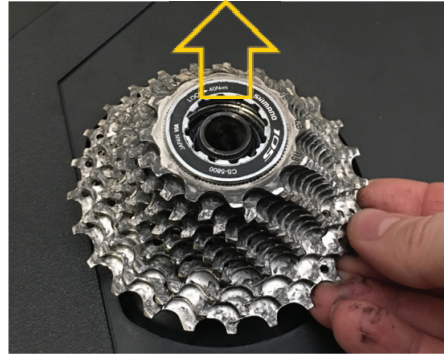
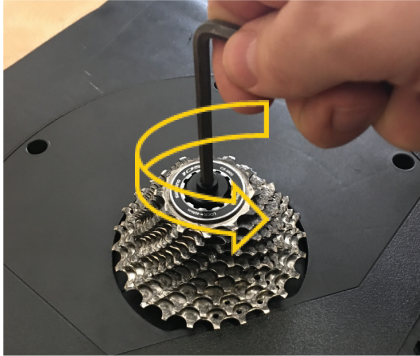
1



Disconnect the power cord and remove the bicycle from the Hammer.
If necessary, remove the cassette and freehub from the trainer. It is easiest to remove the whole freehub assembly by removing the endcap with 5mm Allen for the QR endcaps and an adjustable wrench for all others.

2

2



Lay the trainer on its side on a mat or towel to prevent scratching. The drive side of the trainer is pointed up. Insert 5mm Allen key turning counter clockwise to remove endcap.

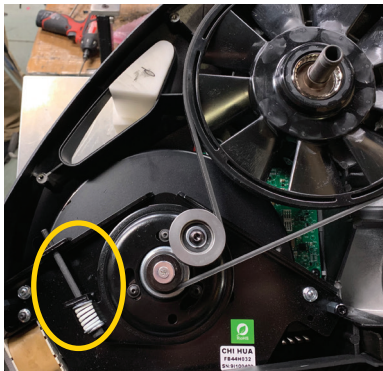
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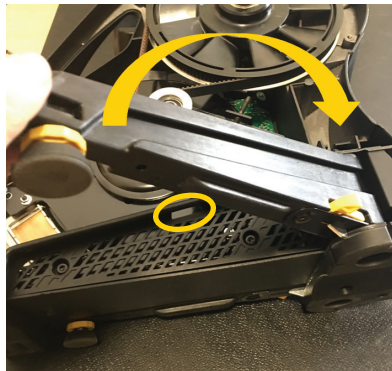
Remove the side cover by loosening the 5 smaller screws with a 1/8 Allen key, and the 2 larger screws with a T30 key turning counter clockwise.

4

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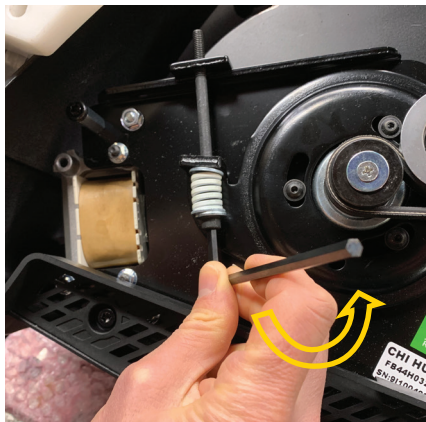
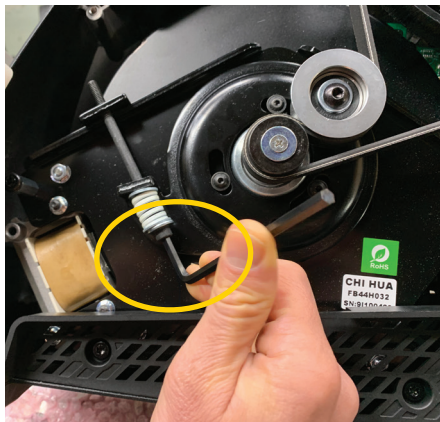


Lift the case of the Hammer to gain access to the tension screw, you can gain access to the tension screw port by opening up the leg.



Open leg to outward position.

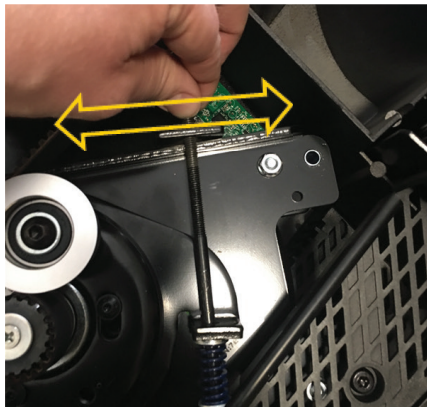
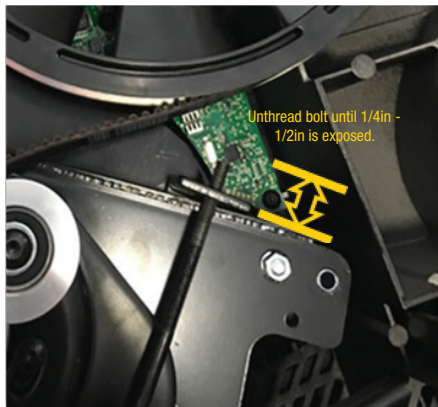
5



Using the 5mm Allen Turn the tension screw counter clockwise.

6

6



You should be able to rock bolt freely from side to side.

7



Once tension bolt is completely loosened you can remove the belt from the pulley wheel.



Slide the belt between the pulleys and remove the belt.

8

8



Slide the old belt out between the two pulleys.



To install the new belt slide the new belt between the two pulleys.

9



Gently pull the belt over the large pulley wheel.



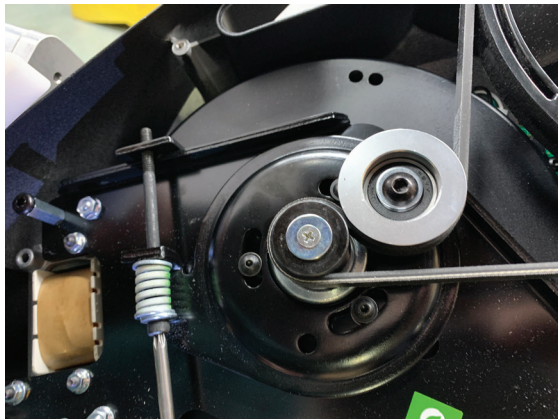
Carefully spin the flywheel clockwise while gently pushing the belt onto the fly wheel.

10



The path for the belt is around the large flywheel and then in between the two pulleys.

11



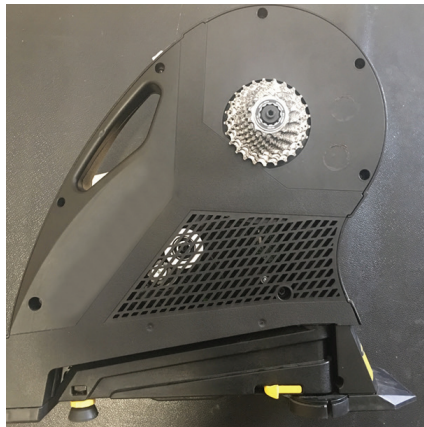
Tighten the tension screw. Periodically rock the tension screw to make sure it is seated.

12

12



Check the distance between the two washers with the provided measuring gauge. It should be $\frac{3}{4}$ in.



Close the leg and install the case. Tighten down all the fasteners until snug. Reinstall the freehub. Once installed perform rolldown calibration.

For a full warranty www.saris.com/support/warranty