

Change Mast Parts

Removing the accessories from the mast:

1) Remove the bike clamp..



Open the clamp lever



twist off clamp (or tap it off with a hammer)

2) Remove hook.



Remove screw on back of hook



remove second screw



2 part hook should come right off

3) Slide off other parts.



Slide off chest strap shown above. Then slide the head pad off.

You will want to assemble the parts in the reverse of how you took them apart.

- 1) Slide on head pad then chest strap.
- 2) Put hook back on.



Note: red double arrows point to small screws. Do not remove these screws. They are to help you place the hook assembly. Place the hook between these screws as shown. Insert the screws as shown by the single green arrows.

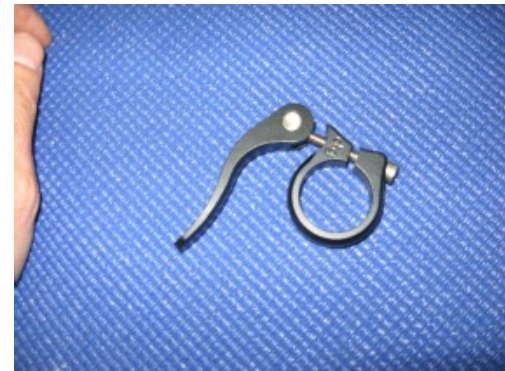
- 3) Reassemble quick release clamp if it fell apart.



place round nut into lever



place lever in position



thread bolt into round nut

- 4) Tap quick release clamp onto mast.



Line up the slot in the mast with the opening in the quick release clamp. Tap with palm of hand or hammer.