

# INSTRUCTIONS

## TOOLS REQUIRED:

- 2mm Hex Wrench
- Torque Wrench up to 10 in-lbs (1.1 Nm)



## INSTALLATION:

1. Uninstall the current insert by removing the two mounting screws using a 2mm Hex Wrench.
2. Place the new insert on top of the mount so it is level and aligned with the holes.
3. There are two mounting positions for the inserts; make sure the insert is oriented properly for the computer you plan on using.

Garmin Computer



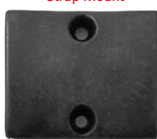
Garmin Watch, Wahoo



Polar Computer



Strap Mount



4. Re-insert the mounting screws in the appropriate holes and hand-tighten.
5. Torque both screws to 10 in-lbs (1.1 Nm).
6. If using the strap mount insert, attach the computer attachment to the insert using rubber bands or zip ties as required. Note: Cateye computers must use the Cateye RD310W Slim Bracket Kit (#1603892).

**NOTE:** Check the mounting screws monthly to ensure they are still tight.

**WARRANTY:** Limited 1 year warranty.