



## RIPS Seat Upgrade Instruction Sheets for Swinging Bar

1. Loosen 16mm bolts '**Fig 1**' at both sides of the base until you hear the Loctite 'crack'. Loosen bolts further to release tension on pedal assembly but do NOT remove bolts at this stage.
2. Undo screw on central dogs '**Fig 2**' and allow attached red webbing to run freely. Remove the spring.
3. Remove springs connecting the pin to the bar '**Fig 3**'.
4. Undo nuts connecting anchor points on the underside of the frame on both sides. '**Fig 4**' and remove whole pedal assembly.
5. Unscrew 16mm bolt from both sides of the base '**Fig1**' and remove whole pedal assembly. See '**Fig 5**'.
6. Use hacksaw and cut through bar underneath the main seat base frame '**Fig 6**'. Note cut 80% through bar on one side and then cut through 100% on other side. Knock out with hammer if necessary and file down sharp edges.
7. Undo screws on the main seat frame. On a 400mm seat there are 4 screws parallel to each other. Undo back screw '**Fig 7**' and fix new swinging bar in place underneath the main frame and tighten screws again. Please note that on a 280mm seat frame the screws are NOT in line. Unscrew the front screws on the 280mm seat frame and fix the new swinging bar before tightening screws again.

**Please note that the swinging bars are different between the 280mm wide seats and 400mm wide seats.**

8. Take the new pedal assembly '**Fig 8**'. Loctite 16mm bolt and bolt through side of frame and new pedal assembly '**Fig 9**'. Tighten bolt but do not over tighten as should have some movement. Leave for Loctite to set.
9. Attach the 2 springs from pin on to swinging bar '**Fig 10**'.
10. Place karabiners over top of swinging bar and bolt anchor points down on both sides of frame. Use same washers, spacers etc as old pedal assembly. The anchor points should be able to move freely '**Fig 11**'.
11. Insert bolt through 1st hole on protruding part in centre of frame at bottom of seat, through the spring and then through second hole before tightening with nut '**Fig 12**'. The pedal assembly is now complete '**Fig 13**'.
12. The last job is to attach the red strap back to the main dogs. The red strap will be attached in one of two ways depending on how old the seat is. The newer version will be a) running through the back of the seat whilst the older version b) will have red strap outside the seat.
  - a) If red webbing is running through the seat, attach string at bottom of the old red strap. Make sure the string is tight. Pull the 'D' ring at top of the red strap slowly to drag the red strap with string attached through the seat. Once through, remove old red webbing and fasten the new red webbing at bottom to the string and pull back through seat. Once red webbing is through the seat, bolt the screw through the red webbing and around the top of the long yellow link bar and tighten the nut '**Fig 14**'.
  - b) If red webbing is running outside the back of the seat, remove old red webbing and replace with new red webbing and bolt to yellow link bar.

The seat should now be modified and ready to use.

**Note: Check to ensure new yellow dogs are lifting sufficiently when pulling the red webbing. Check that the seat is working ok.**