

TENSION REQUIREMENTS

TENSION		35 Hz	40 Hz	45 Hz	50 Hz	55 Hz	60 Hz	65 Hz
		28 lbs 13 kg	32 lbs 15 kg	35 lbs 16 kg	40 lbs 18 kg	43 lbs 19 kg	45 lbs 20 kg	48 lbs 22 kg
Internal Gear Hub	Pedal Bike, Front Hub Motor eBike							
	Mid-Motor eBike System							
Non-Gear Hub	MTB, Gearbox, Geared Mid-Motor, Cargo, Single-Speed, Tandem, Rear Hub Motor eBike							



Indicates recommended tension setting.



Acceptable tension range; tension may need to be adjusted within this range, but should never be set lower than the minimum range provided



Tension higher than the recommended range may negatively affect shifting performance, drivetrain bearing life, and system efficiency



Tension should never be lower than minimum tension, as tooth jump and reduced belt life are possible

Initial installation tension may see a slight reduction during the first 200km of riding. A higher installation tension will offset this reduction.

Drives with spring tensioners do not follow regular tension requirements. Contact your bicycle manufacturer for bike specific information.