

# SUPREME - Retensioning Instructions



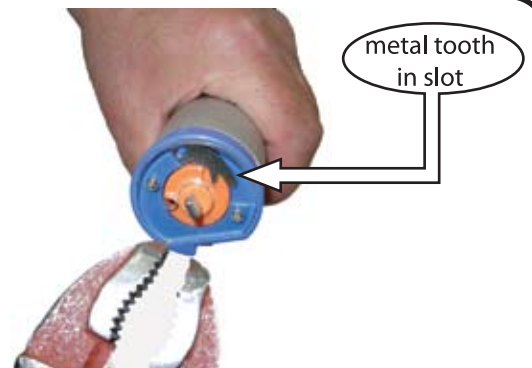
- ① Remove de-tensioned roller from base unit.



- ② Using vice grips or pliers, grasp the rectangular metal protrusion, and rotate clockwise to tighten.



- ③ Complete 15 to 20 full revolutions to re-tension the roller.



- ④ With each full revolution, the metal "tooth" should fall into the slot permitting you to re-torque your wrist.



- ⑤ After 15-20 revolutions, align the two holes in the side of the roller, and insert the locking pin.



- ⑥ Remove pliers or vice grips. The locking pin locks the roller. Replace the roller into the base unit taking care to follow the "UP" sign.