

Carbon Drive™ Kriket and Mobile App Tension Recommendations

Proper tensioning of your Gates Carbon Drive™ system is key to achieving optimal performance. This document provides tensioning directions for two of Gates tension measuring tools. The first one is called the Carbon Drive™ Kriket. The Carbon Drive™ Kriket only measures tension; it does not specify a needed tension. Refer to the chart below for the correct tension range recommendations for your Gates Carbon Drive™ setup. The second set of tools are the Gates Carbon Drive mobile apps for [iPhone®](#) and [Android®](#) via their respective application marketplaces. There is also a link on the [Carbon Drive Products page](#).

TENSION RECOMMENDATIONS		
	SMOOTH & STEADY PEDALING	PUNCHY & ROUGH PEDALING
Mountain and SS Urban	45-60 Hz (35-45 lbs)	60-75 Hz (45-53 lbs)
Internally Geared Hub	35-50 Hz (28-40 lbs)	
* These tension recommendations are a good starting point, which may need to be adjusted higher or lower based on the rider size, gear ratio, and power placed on the pedals.		

Tension variation (tight spots) may occur when the crank is rotated. Therefore, Gates recommends taking several tension measurements at different crank arm locations to find an average. Around a 10lb or 15Hz variation is considered acceptable. If significantly more variation exists, we recommended centering the front sprocket on the crank spider.

Remember, these values are only guidelines. Depending on your size and strength, you may need more tension than the chart recommends, or you may be able to reduce tension without experiencing tooth jump. Do not make a habit of running excessive tensions. If you experience problems, or question the amount of tension required to keep the belt from jumping teeth, please e-mail us at CarbonDrive@Gates.com or visit www.GatesCarbonDrive.com for further contact information.

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