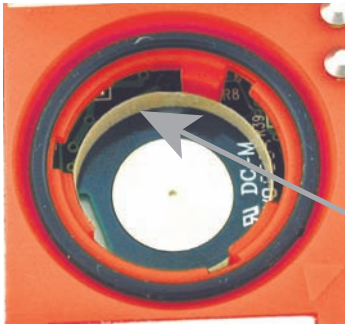


## StrokeCoach (White) and SpeedCoach (Red) Adhesive Spacer Instructions:

- Remove the battery port door (a nickel works best).
- Place the unit face down on a smooth surface. Look inside the battery compartment and locate the three plastic "legs" extending from the case back downward towards the green circuit board. Orient the unit with the "Sales & Service" label at top of the unit and envision a clock face on the circular battery opening, these legs are at the 4 o'clock, 7 o'clock and 11 o'clock positions. The 11 o'clock leg has a metal battery clip in front of it. The battery spacer tape will go on the inside surface of the 7 o'clock leg.
- Your unit MAY have a mylar ring to hold the battery in place. This Adhesive Spacer will replace the ring, so it will need to be removed. It may be broken into smaller pieces, or it may still be intact. Using tweezers, gently pull the ring out of the unit and discard.
- Remove the backing from the battery spacer tape with a pair of tweezers. Avoid touching the adhesive surface.
- Line the adhesive tape up with its installation location on the inside surface of the 7 o'clock leg. Align the end of the tape with the end of the leg closest to the green circuit board. It should rest just at the level of the board but not interfere with the gold circle on the board (also a battery contact). When you are happy with the location, press the tape firmly into place on the leg.
- Wipe the battery clean of grease and fingerprints and reinstall it with the printed side facing up. Angle the leading edge of the battery downward, and be careful not to mash the battery clip or pull off the spacer you just installed.
- Make sure the O-ring is still in place on the case back. Reinstall the battery door.



**Mylar Ring-  
remove before  
installing spacer  
(if applicable)**



**Install Adhesive  
Spacer Here**

## SpeedCoach Gold (yellow unit) Adhesive Spacer Instructions:

- Remove the battery port door (a nickel works best).
- Place the unit face down on a smooth surface. Look inside the battery compartment and locate the three plastic "legs" extending from the case back downward towards the green circuit board. If you orient the unit with the "Sales & Service" label at top of the unit and envision a clock face on the circular battery opening, these legs are at the 4 o'clock, 7 o'clock and 11 o'clock positions.
- Your SpeedCoach Gold MAY have a mylar ring to hold the battery in place. This Adhesive Spacer will replace the ring, so it will need to be removed. It may be broken into smaller pieces, or it may still be intact. Using tweezers, gently pull the ring out of the unit and discard.
- There are also two metal battery clips: a short one in front of the 11 o'clock leg and a tall one around the 3 o'clock position. You are going to put the battery spacer tape on the inside surface of the 4 o'clock leg AND the inside surface of the tall battery contact. (The tape will serve to hold both batteries more securely and insulate the bottom battery from the tall contact.)
- Remove the backing from the battery spacer tape with a pair of tweezers. Avoid touching the adhesive surface.
- Line the adhesive tape up with its installation location on the inside surface of the 4 o'clock leg. Align the wide side of the tape with the end of the leg closest to the green circuit board and overlapping the tall battery contact. It should rest just at the level of the board but not interfere with the gold circle on the board (also a battery contact). When you are happy with the location, press the tape firmly into place on the plastic leg, and very lightly onto the battery contact.
- Wipe both of the batteries clean of grease and fingerprints and reinstall them with the printed side facing up. Angle the leading edge of the battery downward, and be careful not to mash the short battery clip or pull off the spacer you just installed.
- Make sure the O-ring is still in place on the case back. Reinstall the battery door.



**Mylar Ring-  
remove before  
installing spacer  
(if applicable)**



**Install Adhesive  
Spacer Here**