

Removing and Cleaning the Leather Brake Pad

Cleaning the leather brake pad on your indoor cycling bike is an important factor in maintaining the condition and efficiency of your bike. The leather brake pad should be cleaned every **2-4 weeks**, depending on use. For more help, please contact support@sunnyhealthfitness.com

Over time, the leather pad needs proper maintenance in order to keep resistance and remain effective. In order to clean the brake pad, you will **FIRST** need to **REMOVE** the leather pad. (see bottom)



Lower the resistance as much as you can. This will lift the brake pad, making it easier to remove.

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IMPORTANT NOTE: If you are experiencing a loud noise (squeakiness) in your bike or are having trouble with resistance, then you may need to clean and lubricate or replace your brake pad. Lubricating your brake pad will help prolong the life of the resistance tension and keep you from having to purchase new brake pads.

Removing the brake pad is very simple. Use a wrench to unscrew the two bolts that connect the brake to your bike's frame. Once you have removed the leather brake pad you can simply replace with a new one.

For Cleaning: To clean the brake pad, pour a small amount of 3-in-1 oil and use a wire brush to scrub away any dirt or debris. Sometimes the leather is completely smoothed down and needs to be brushed. The combination of lubricant and scrubbing will make the tension resistance more effective and reduce the amount of squeakiness or screeching that may be there.



More Brake Pad Tips

If you need to purchase a new brake pad, please contact support@sunnyhealthfitness.com. We do not sell 3-in-1 oil or wire brushes, but you can purchase at local handy stores or online.



If your bike doesn't look like the one in the pictures, that's okay! You can still use the same steps to remove and clean your leather brake pad. Each one is identical but might need to have the top cap removed if you need more room to see the pad. Removing the cap is optional depending on the type of visibility you may need.