

## MAINTENANCE FOR INDOOR CYCLE BIKES

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### Daily Maintenance:

Once the exercises are finished this is an optimal time to wipe all the equipment down. Sweat is very corrosive and may cause long-term trouble for parts replacement later in the month. Wipe down the seats, frames and handlebars to remove excess sweat from these areas. Pay special attention to the seat post; handle bar post and chain guard. Next, get on the bike, engage the drive train, and pay attention to any vibrations felt through the pedals. If vibrations are felt, you may need to tighten the pedals, bottom bracket, or adjust the drive chain tension. Lastly, you should torque the pedals. You will need a pedal wrench. Tighten the pedals until they are secure.

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### Weekly Maintenance:

Weekly maintenance requires tightening down hardware and inspecting various moving parts. Inspect the pull pin frame fittings making sure the fittings are snug. Loose frame fittings over time may strip out the threads causing extensive damage. Second, clean and lubricate the pop pin assemblies by pulling on the pin spray a small amount of lubricant onto the shaft. Third, torque the seat hardware making sure the seat is level and centered. Fourth, brush and treat the resistance pads. Remove any foreign material that may have collected on the pads and spray the pads with a silicon lubricant. This helps in reducing noise caused from friction between the pads and the flywheel. Finally, visually inspect the bottom bracket, top clips and toe straps. If any of these items are loose or disconnected re-attach and re-tighten.

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### Monthly Maintenance:

Monthly maintenance is a time for re-lubricating most moving parts and a basic hardware check. First, recheck all hardware such as water bottle holders, flywheel nuts, chain guard bolts, brake caliper lock nuts and brake caliper tension rod nuts are secure. Second, lubricate the drive chain with any chain lubricant such as DuPont Teflon Chain Lubricant. (We do not recommend using WD-40 or 3-n-1 lube for chain lubrications.) This is accomplished by removing the outside chain cover and rotating the crank slowly while lubricating the drive chain. This will help to distribute the lubricant more effectively. Third, clean and lubricate the brake tension rod while inspecting for signs of wear such as missing threads. Finally, clean and lubricate the seat post, handle bar post and seat slider removing any build up of foreign material at the point of insertion. This is only general information about maintenance items that should be performed on a daily, weekly and monthly basis.

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### \*\*Leather Brake Pad Care Instructions

The leather brake pad should be cared for at installation and for the life of the brake pad.

Some brake pad assemblies may come pre-lubricated. A quick inspection can be performed by squeezing the brake pad. If lubricant is released, then the pad has been pre-lubricated.

If the brake pad is dry, then at installation, the brake pad should be coated with 3-n-1 oil. Rough up the leather with a clean, wire bristle brush then apply the oil. The oil should be allowed to soak into the pad. The process should be repeated 4-5 times or until the pad is saturated (not dripping) with oil. If the pad is saturated, it will no longer absorb oil.

Weekly the pad should be inspected and lubricated if necessary. The pad should not have a "glazed" appearance. If the pad appears "glazed", then it can be roughed up with a wire brush and lubricant applied as necessary. If any of the sponge padding is showing through the leather pad at inspection, the brake pad should be replaced. Following these simple guidelines can increase the life of your brake pads.

\*\* If the item comes equipped with a leather brake pad\*\*

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