



## **STAGES INDOOR BIKES PREVENTATIVE MAINTENANCE**

Check out the list of required maintenance tasks to be performed on a regular basis. All tasks are quick and will help to avoid larger issues in the future.

### Daily:

- Wipe down all bikes using mild soap and water or a mild cleaner
- Do not use products with ammonium chloride to clean the bikes, as they will cause the glue to come off

### Weekly:

- Clean and lubricate sliding tubes (use mild soap/water & silicone lubricant)
- Inspect pedals
  - Fraying straps, broken bindings, tightness
- Visually inspect all hardware components
- Check and adjust FitLocs as needed - SC2/SC3

### Monthly:

- Check crank bolt torque (Torque to 52-57 Nm or 38-42 lb – ft)
- Check power meter battery levels (all models) and change out batteries as needed
- Check console battery levels (SC1 & SC2) models and change out batteries as needed
- Check and update Firmware as needed for SC2

### Yearly:

- For maximum performance & safety, replace the pedals every year
- Inspect bottom brackets
- Check and replace power meter batteries for SC3

If you wish to get one of our engineers to perform an annual maintenance visit on your bike, simply email [help@strongerwellness.com](mailto:help@strongerwellness.com) to find out more about this service.

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