

Generally, bicycle maintenance includes 4 stages.

1. Before riding a bicycle
2. Short-term (one week or ten days) regular maintenance
3. Medium-term (one or two months) regular maintenance
4. Long-term (six months or one year) regular maintenance

Before riding a bicycle, you need to do the following checks:

1. Check the saddle's height: Be sure to adjust the saddle to the proper height before riding.
2. Check the tightness of the screws in various parts: check whether the front and rear wheels and the quick release of the saddle tube are locked, check whether the handlebars are fixed and whether other screws are loose.
3. Check the tire: Check whether the tire pressure is sufficient. If it is insufficient, pump it to the appropriate pressure, and check whether the tire wall has cracks. If necessary, replace the tire.
4. Check the gear system: When riding the bike, try to change the front and rear gears respectively to see whether they can be smoothly changed to each speed and whether there will be strange noises.
5. Check the brakes: Try holding the front and rear brakes to check whether the brakes can stop.
6. Check the pedals: Please check if the pedals are tight before riding. If the pedals are not tight, please check with the L/R side of the pedals, tighten the pedal on the chain wheel and crank before riding.

Short-term (one week or ten days) regular maintenance

Cleaning the car:

In addition to keeping your car clean and tidy, it can also effectively avoid the rust of the frame. If you ride in heavy rain or on muddy roads, you should clean it soon after riding. When washing the car, Note the following:

1. If there is not much sludge on the bike, or it is just dust, you can use a rag to clean it or a large brush.
2. After washing the bike, remember to dry the chain and re-oil it.

-Check the brake: remove the sundries on the brake to ensure its braking force. If the wear is severe, it must be replaced with a new one.

-Re-oil the cable tube: If the braking or shifting action is not good, it should be due to excessive friction between the inner and outer cables. Remove the outer cable from the top tube, apply butter to the inner cable, and then put the inner cable into the outer cable. If the brakes or shifting are still insensitive, the inner and outer cable tubes can be replaced.

-Oiling the chain: Drip lubricating oil on the chain, and after about ten minutes, wipe off the oil on the outside of the chain.

-Check the pedals: Please check if the pedals are tight. If the pedals are not tight, please check with the L/R side of the pedals, tighten the pedal on the chain wheel and crank before riding.

Medium-term regular maintenance

-Check the chain: The chain will stretch after long-term use. The pitch of the chain is 0.5 inches. Measure 24 links, and the length should be 12 inches. If the length has exceeded the standard length by 1/8 inch, the chain should be replaced.

-Clean the chain: If your chain has a lot of sludge inside, it's time to clean it.

-Check the rim: Check the tire valve to see if there are any tiny cracks. If there are cracks, replace the rim as soon as possible. Lift the wheel, rotate the wheel, and observe whether the rim will rub against the brake. If there is friction, the rim must be readjusted.

-Check the handlebars: Check the handlebars for any deformation. If so, replace the handlebars.

Check the saddle and saddle tube:

1. Remove the saddle tube and check if there are any deformations or cracks.
2. If not, apply a thin layer of butter to the saddle tube and put it back.
3. Replace the saddle tube if there is a problem.

-Check the pedals: Please check if the pedals are tight. If the pedals are not tight, please check with the L/R side of the pedals, tighten the pedal on the chain wheel and crank before riding.

Long-term regular maintenance

-Check the hub: turn the hub by hand and shake it up and down. If you feel it is very loose, please remove the hub, clean the oil inside, re-grease the butter, and reinstall it. Remember to adjust the hub so that the hub can rotate smoothly.

-Check the bottom bracket: Remove the chain, grab the crank and rock the crank. If the crank shakes, please tighten the set screw. And if it still shakes, adjust the bottom bracket.

-Check the derailleur: Check whether the various action parts of the derailleur will shake. If so, it means that the wear of the derailleur is quite severe and should be replaced. If not, lubricate the action parts with oil.

-Check the frame: Check all the paints. If the frame is rusted and perforated, the frame needs to be replaced. If the frame is deformed by impact, it should also be replaced.

-Renew all inner and outer tubes: All tubes have worn out over time and are recommended to be replaced to maintain their performance.