A GUIDE TO

EXERCISE BIKE

MAINTENANCE

LEARN TOP TIPS FOR DAILY, WEEKLY, AND MONTHLY MAINTENANCE TO KEEP YOUR INDOOR EXERCISE BIKE HAPPY AND HEALTHY!

DAILY MAINTENANCE

WIPE DOWN YOUR BIKE

CHECK FOR VIBRATIONS

TORQUE THE PEDALS

WEEKLY MAINTENANCE

TIGHTEN &
LUBRICATE
PINS

TORQUE SEAT HARDWARE CLEAN & LUBRICATE RESISTANCE PADS INSPECT PEDALS + BOTTOM BRACKET

MONTHLY MAINTENANCE

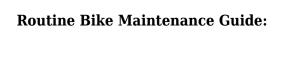
HARDWARE CHECK LUBRICATE CHAIN DRIVE LUBRICATE BREAK TENSION ROD

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Routine Bike Maintenance Guide

Ying-Ying Zheng



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