

A GUIDE TO

INDOOR 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
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Routine Bike Maintenance Guide

Pasquale De Marco



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