Preventative Maintenance Handbook

Volume 1

Introduction

The Preventative Maintenance Handbook is a comprehensive guide to maintaining your Star Trac JOHNNY G. SPINNERS® for optimal performance. This handbook is not intended as a replacement to the Owner's Manual.

Performing regular scheduled preventative maintenance is essential in keeping your JOHNNY G. SPINNERS® in top operating condition. Without preventative maintenance, normal wear and tear may cause cumulative effects, such as misalignment and early replacement of parts.

Inside you'll find a list of factory-recommended preventative maintenance requirements and schedules along with additional detailed procedures.

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Daily Maintenance Checklist

CRITICAL POINTS:

- The life of the bike will be determined by how consistent the daily maintenance is performed.
- Wiping down at the end of each day or preferably at the end of each class will prevent rust and other forms of corrosion to build-up. Never use abrasive cleaning liquids or oil base when wiping down the bike.
- Do not wipe down the chain with soap or towel. Use a cleaning brush to remove any debris build-up if needed.
- Recommended that the instructor teaching the class should at the end of the course instruct the participants to release all the tension from the bike to allow perspiration to evaporate.
- If your facility allows members to interchange pedals, then it is critical that the pedals are checked after each class to prevent damage, which may lead to injuries if ignored.
- Water bottle cages are easily damaged during class when oversized bottles are forced to fit within bottle cage. Checking and tightening the screws will help prevent damage.

1. **Wipe Down:** Using an absorbent cloth, focus on all areas that perspiration can settle. Raise all posts to the highest setting to expose moisture.
   - ☐ Handlebar.
   - ☐ Seat / adjustable slide for the seat.
   - ☐ Flywheel
   - ☐ Front leg assembly
   - ☐ Back leg assembly
   - ☐ Chain guard
   - ☐ Brake knob and bolt assembly
   - ☐ Pop pins
   - ☐ Leveling feet.
2. **Inspection:** Inspect major moving parts that require constant proper torque, which can cause injury or damage if ignored.
   - ☐ Crank arms.
     Use a foot pound torque wrench 30 – 35 pounds.
   - ☐ Pedals.
     Use a pedal wrench. Verify that the pedal is not cross-threaded.
   - ☐ Water bottle.
     Tighten down assembly screws.

Weekly Maintenance Checklist

CRITICAL POINTS:

- Weekly maintenance should focus on the overall performance of the bike. During this portion of the maintenance look for vibration and possible loose assemblies. This check will require an experienced rider to help identify.
- Either faulty flywheel alignment or a loose chain can cause vibration.
- Bottom Bracket Assembly (BBA) will come loose periodically and require tightening. Loose play (left and right motion) will determine if the BBA needs adjusting.
- Inspect each bike for loose parts, bolts and nuts.

1. **Inspection:** An experienced rider will need to ride each bike and to identify vibration, noise and any unusual feeling from the drive chain.
   - ☐ Vibration check.
   - ☐ Flywheel alignment.
     Torque flywheel nuts
   - ☐ Chain adjustment.
     Remove chain guard and check for loose chain.
   - ☐ Inspect BBA
   - ☐ Tighten all frame base hardware.
   - ☐ Tighten all pull pin handles.
   - ☐ Tighten seat hardware.
   - ☐ Tighten pedal toe clip / toe straps.
   - ☐ Inspect and tighten Tension knob assembly. *
     Tension with time will be diminish. See page 7 for instructions.

Monthly Maintenance Checklist

CRITICAL POINTS:

- The monthly maintenance check should be a comprehensive inspection of the overall frame and main assembly components of the bike.
- Inspect all wear items for adjustments or possible part replacement.
- Recommend either tilting or inspecting the bike in an upside down position to identify possible areas where rust and corrosion may develop. If corrosion or rust build-up is noticed in small crevasses such as; leveling feet, pop pin handles and other bolt assemblies, use a small wire brush to remove.
- The drive chain will require lubrication once a month or after every 100 hours of use. The chain should be lubricated with a light oil (preferably lubrication that comes with a spray hose that fits in front of the lubrication can) and a dry clean towel.

1. **Inspection:** Check all wear items and frame for part replacement or possible corrosion development.
   - ☐ Inspect brake pad for wear.
     Excessive wear such as glazing or leather separation determines replacement.
   - ☐ Inspect seat pad for wear.
     Tear or excessive movement will determine replacement.
   - ☐ Inspect pedals for play.
     Excessive movement will determine replacement.
   - ☐ Inspect leveling feet.
     Verify for corrosion or rust build-up.
   - ☐ Inspect pop pin handles.
     Verify for corrosion or rust build-up.

2. **Drive Chain Lubrication**

   Step 1. Remove the chain guard covers to expose the drive chain.

   Step 2. Using a bristle type brush, remove any corrosion or debris.

***** CAUTION *****

Do not rotate the flywheel or crank arm when cleaning.
Do not clean the drive chain while flywheel is in motion.
Never expose hands into any part of a moving drive chain.
Do not wrap a towel around the chain while in motion.

Step 3. Using a can lubricant that comes with a spray hose. Carefully spray small sections of the drive chain, with the other hand carefully hold a clean towel underneath the are being sprayed to absorb any excess.

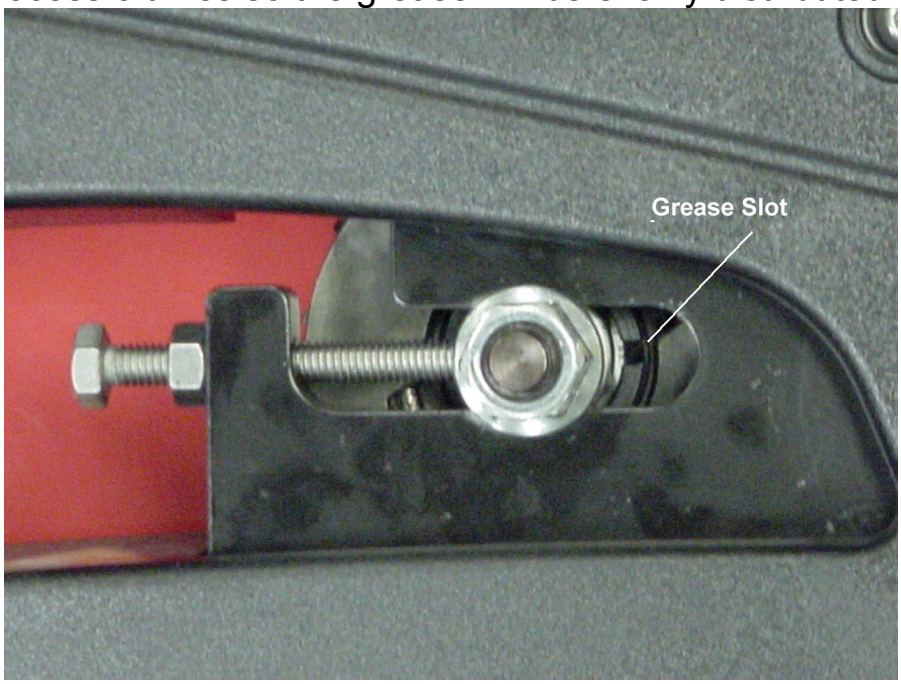
6 Month Maintenance
ELITE SERIES

CRITICAL POINTS:

- The flywheel on the **JOHNNY G. SPINNERS® ELITE** should be lubricated with spray grease specified as Lithium high temperature / high speed (Grade NLGI #2) every 6 months. This will prolong bearing life and help prevent serious damage that may lead to injuries if ignored.
- When spraying the grease avoid the clutch plates of the flywheel. Spray only in the slot (diagram below) and around the nut in the center of the hub. Do not over grease.
- WARRANTY CLAUSE: Ignoring this procedure will void your warranty.

NOTE: STAR TRAC at no cost has supplied you with one free sample of the lubricant required to maintain the flywheel.

1. Turn the flywheel until the slot shows then apply the grease using the spray tube.
2. Apply the grease (one squirt) into the slot as shown in the diagram below.
3. Take out the nozzle and rotate the flywheel then repeat step 1.
4. Repeat this process 5 times so the grease will be evenly distributed inside the hub.



5. Clean off any grease that may have been sprayed on the outside of the flywheel.
6. Test the for smoothness. Test the smart release mechanism by pedaling fast then abruptly stopping, flywheel should coast to a stop in 5 to 7 revolutions.

Adding Extra Tension

CRITICAL POINTS:

- The compression spring within the brake assembly will loose it's ability to increase tension with time. To increase the amount of turns the compression spring will need to be replaced.

Tools needed:
Spring part number 800-3848
17MM open-end wrench

1. Hold the top of the brake knob with your hand and put the wrench on the cap nut that presses down on the brake pad. Unscrew the cap nut by turning the brake knob counter-clockwise.
2. Continues unscrewing the brake knob until the square brass nut comes off.
3. Slide the spring onto the screw, then install the brass nut by turning the brake knob clockwise until the threads start to appear at the bottom of the screw.
4. Install the cap nut on the screw. Use the wrench to tighten it. Make sure the cap nut is secure and won't loosen.
5. Test the bike to ensure you can increase and decrease the tension.

The installation is now complete.

NOTE: Make sure there is no grease anywhere except the inside of the hub.

This is what the assembly would look like if you could see through the bike.

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