

Preventative Maintenance

Attention: Any Schwinn® bike that is allowed to operate with torque in excess of the specified values does not qualify for warranty replacement for the crank arms.



Do NOT torque crank bolts in excess of 360 obf/in. on IC Pro and IC Elite or 420 lbf/in on Evolution models. Overtightening causes damage to the crank or the bottom bracket interface.

Daily Maintenance

At the end of each workout:

- Release the brake resistance so that the brake pads do not contact the flywheel.
- Clean the bike with Schwinn® equipment polish and a clean damp cloth.
- Remove the handlebars from the head tube to allow the handlebar tube and sleeve to dry.
- Release the brake resistance so that the brake pads do not contact the flywheel.

Weekly Maintenance

Inspect the Schwinn® Indoor Cycling bike for loose parts, nuts, bolts, etc. Pay special attention to the brake assembly, seat and handlebar pop-pins. This will prolong the service life of the product.

Monthly Maintenance

- Check the chain for proper adjustment.
- Move the crank arms back and forth. If there is more than 1/4" movement in the chain before the flywheel turns, tighten the chain (See page 9).
NOTE: Make sure you adjust both sides equally so that the flywheel remains in alignment with the frame.
- Check the crank bolts with a torque wrench. The torque should not exceed 360 lbf/in for IC PRO and IC ELITE and 420 lbf/in for the EVOLUTION models.
- Check that both pedals are secured and properly attached to the crank arms.
NOTE: Only trained personnel should change the pedals. Unqualified people performing this procedure can cause threads to cross. Crossed threads do not qualify for warranty replacement.
- Make sure handlebar and seat pop-pins are fully tightened and operating smoothly.



Use extreme care when servicing the Schwinn® Indoor cycling bike with the chain guard removed. If your fingers or other parts of the body come into contact with moving parts inside the bike, amputation or other serious injury may occur. Before starting any maintenance on the chain drive, familiarize yourself with all moving parts. Never leave a Schwinn® bike unattended with the chain guard removed.

Preventative Maintenance

Adjust the Smart Release™ Mechanism

Tools:

- Smart Release™ Adjusting tool
- 45 to 50 lb. dumbbell or weight

Attention: Only a mechanic trained to work on Schwinn® IC bicycles should do this procedure. Make adjustments to the Smart Release™ mechanism only to restore the mechanism to factory specifications. Never overtighten.

Procedure:

1. Ride the bike. This forces the the Smart Release™ mechanism to break free. Pedal up to a moderate speed with little or no resistance on the flywheel while applying enough back pressure to the cranks to release the mechanism. Repeat this several times to ensure that the mechanism is up to operating temperature and to feel the initial setting.
2. From the front of the bike, insert the Smart Release™ adjusting tool into the space between the chain guard and the flywheel.
3. Rotate the flywheel until the 7mm diameter hole in the Smart Release™ adjusting plate is visible from the front of the bike.
4. Tighten the resistance mechanism to prevent the flywheel from rotating.
5. Place a 45 or 50 lb. dumbbell or weight on the right side pedal (chain guard side) with the crank in the 9 o'clock position.

Note: When properly adjusted, the Smart Release™ mechanism should break free allowing the crank arm to rotate down under this amount of weight.

6. Insert the Smart Release™ Adjusting Tool so that the bend in the tool corresponds to the shape of the flywheel. (See Figure 12.)
7. Insert the pin of the tool into the hole of the Smart Release™ adjusting plate.
8. Pull the handle of the tool UP toward the top of the flywheel to increase the release pressure (higher breakaway force) and DOWN to decrease the release pressure (lower breakaway force). (See Figure 13.)
9. Ride the bike to test that the factory specified resistance has been achieved.

Figure 11

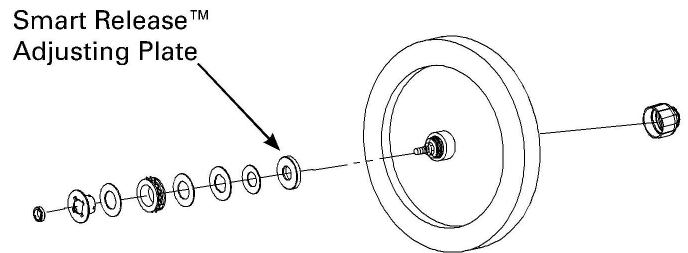


Figure 12

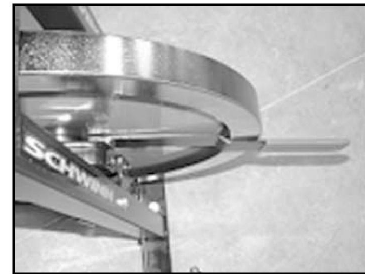


Figure 13

