



Preventative Maintenance

SPINNING PREVENTATIVE MAINTENANCE

SPINNER® BLADE, BLADE ION, PRO, NXT, and NXT+SR

A regular preventative maintenance schedule with all fitness equipment ensures that products are working at an optimal condition without affecting the end user experience. To assist in the maintenance regiment; it is recommended to break service into: daily, weekly, & monthly intervals. Details on each interval can be found in the “Maintenance Intervals” section of this document. This document will guide you through the procedures to maintain Spinner® indoor cycling bikes in serviceable condition. Differences between models are noted where applicable.

Tools Required

Working on this product will require basic and/or sometimes specialty tools based on the type of service that will be performed at any time. To assist, Star Trac recommends having the tools listed (Fig. 1) available when performing maintenance.

Tool	Purpose
Crank Puller	Remove crank arms
Torque Wrench	Tighten various fasteners throughout the equipment.
Pedal Wrench, 15mm	Removing and tightening threaded pedals
Metric Allen Wrench Set and Metric Socket, 2mm ~ 16mm	Install and adjust leg bolts, chain tensioner, brake pad and crank bolts.
Crescent (adjustable) Wrench	Adjust chain tension.
Shimano-compatible Bottom Bracket Tool	Remove, install and adjust the bottom bracket. (Spinner® V)



Preventative Maintenance

DAILY MAINTENANCE

The service life of your Spinner® indoor cycling bike will be determined by how consistently you perform the daily maintenance procedures. Dry the Spinner® indoor cycling bike after each use to remove sweat and moisture. It is best to use a liquid non-abrasive cleaner and water solution.

Wipe Down / Cleaning

To prevent the build-up of rust and other forms of corrosion, wipe down the bike at the end of each day (or preferably at the end of each class). Raise all posts to the highest setting to expose moisture. Using an absorbent cloth, focus on all areas that perspiration can settle. Give particular attention to the following areas:

- Handlebar
- Seat / adjustable slide for the seat
- Flywheel
- Back leg assembly
- Chain guard
- Brake knob and bolt assembly
- Pop-pins
- Leveling feet

NOTE: Never use abrasive cleaning liquids or petroleum-based solvents when wiping down the bike.

NOTE: Release all tension from the resistance knob after each use to allow for perspiration to evaporate. If bikes are used in a class setting, the instructor may direct class participants to release all tension for the resistance knob after each use.

Inspection / Adjustment

Inspect major moving parts that require constant proper torque. Loose or misadjusted parts can result in personal injury or damage to the bike. Check the following parts for security and/or proper torque.

Crank arms

The crank arms should be re-torqued after the first 10 hours of use and every 100 hours of operation, thereafter. The crank arm to the bottom bracket torque is 30 lbs-ft (± 3 lbs-ft).

Pedals

Verify pedals are re-torqued after the first 10 hours of use and every 100 hours of operation thereafter. Use a pedal wrench on threaded pedals and verify that the pedal is not cross-threaded. The pedal to the crank arm bolt torque is 33 - 37 lbs-ft (± 3 lbs-ft).

IMPORTANT: If your facility allows members to interchange pedals, it is critical that the pedals are checked after each class to prevent damage, which may lead to injuries if ignored.

NOTE: Star Trac strongly recommends replacing the pedals after two years of use.

Water bottle (Spinner® V)

Tighten down assembly screws.

NOTE: Water bottle cages are easily damaged when oversized bottles are forced to fit within the bottle cage. Checking and tightening the screws will help prevent damage.



Preventative Maintenance

WEEKLY MAINTENANCE

Weekly maintenance should focus on the overall performance of the Spinner® indoor cycling bike. During these inspections, look for vibration and possible loose assemblies.

Have an experienced rider ride each bike to identify and help diagnose any vibration, noises, and any "unusual" feeling from the drive chain. Either faulty flywheel alignment or a loose chain can cause vibration.

- Check for proper flywheel alignment. Torque flywheel nuts as necessary.
- Remove chain guard and check for loose chain. Adjust chain as necessary (refer to "Chain Adjustment").
- Inspect The Bottom Bracket Assembly (BBA). The BBA will come loose periodically and require tightening. Loose play (left and right motion) indicates the BBA needs adjusting. **(Spinner® V)**

Inspect each bike for loose assemblies, parts, bolts and nuts. Give particular attention to the following:

- 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.

MONTHLY MAINTENANCE

The monthly maintenance check should be a comprehensive inspection of the overall frame and main assembly components of the Spinner® indoor cycling bike.

Inspection

Inspect the frame and main assembly components for rust or corrosion. Tilt the bike or place in an upside down position to locate areas where rust and corrosion may develop. Use a small, wire brush to remove rust build-up in small crevasses, such as leveling feet, pop pin handles and other bolt assemblies. Give particular attention to the following areas:

- Leveling feet
- Pop pin handles

Inspect all wear items for adjustments or possible part replacement. Give particular attention to the following:

- Inspect brake pad for wear. Excessive wear, such as glazing or leather separation, indicates replacement is required.
- Inspect seat pad for wear. Rips, tears or excessive movement indicates replacement is required.
- Inspect pedals for play. Excessive movement of pedals indicates replacement is required.

ADJUSTMENTS

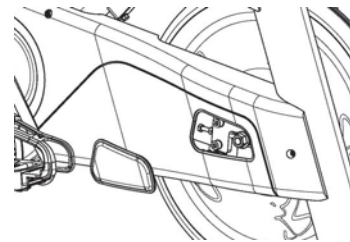
CHAIN TENSION & ADJUSTMENT

The chain on your bike has been factory set and lubricated. It should not require adjustment initially. Over time, however, you may need to adjust the tension.

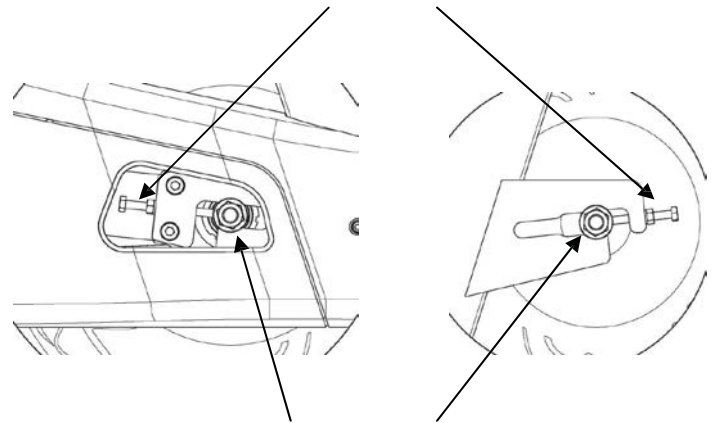
CAUTION: Improper chain adjustment will cause premature wear and may void the warranty.

To adjust chain on Spinner® Pro / Elite / NXT:

1. Using a small screw driver, pry off the Flywheel Axle nut Access Cap.
2. Using a 18mm socket and socket wrench, loosen the axle nuts on both sides of the flywheel.
3. Using a 10mm open end wrench, loosen the lock nuts on the chain adjustment screws.
4. To tighten the chain, turn the adjustment screw in a clockwise rotation equally on both sides using the 10mm open end wrench.
5. To loosen the chain, turn the adjustment screws on both sides counter-clockwise using a 10mm open end wrench.
6. While adjusting the chain tension, work on both sides of the flywheel. Adjust the angle of the flywheel so it is straight front to rear and evenly spaced within the frame side to side.
7. Align the chain so it runs straight on both of the sprockets.
8. Adjust the angle of the flywheel by adjusting the adjustment screws on both sides of the flywheel. Test by slowly rotating the pedals.



Adjustment Screws



Axle Nuts

Note:

- If the chain is stretched beyond adjustment, the replacement of the chain is recommended. Proceed to "Chain Replacement" for further instructions.
- When alignment is at the optimal adjustment, the chain will run smoother and quieter.

9. Tighten the adjustment lock nuts and axle nuts on both sides.
10. Install the chain guard shroud and re-test the bike.

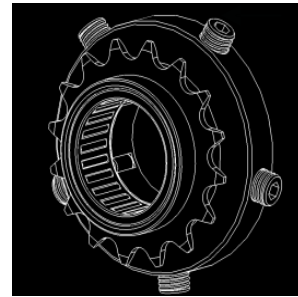
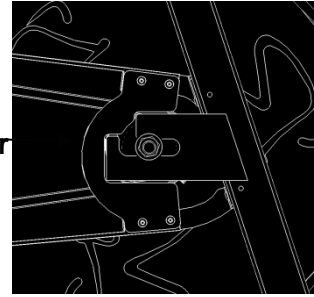
CLUTCH ADJUSTMENT (NXT SR Only)

1. Using a 3mm Allen Wrench, remove the three screws supporting the plastic chain guard shroud.
2. Using a 3mm Allen Wrench, remove the four screws supporting the COG guard cover.
3. If the torque is not 45 ~ 50 ft-lbs. using a 5 mm Allen Wrench, give each of the set screws a little clockwise turn. A "little turn" is about 10 degrees.

Note:

- Be sure and turn all 5 set screws so they have equal pressure to obtain the proper adjustment. Recheck the torque for different positions around the clutch. If it is still not 45 ~ 50 ft-lbs, repeat the procedure.
 - The goal is to make all the set screws have the same pressure on the clutch.
4. Test the clutch system for proper operation for normal riding use. Observe all safety practices.

COG Cover



PARTS REPLACEMENT

BRAKE PAD REPLACEMENT

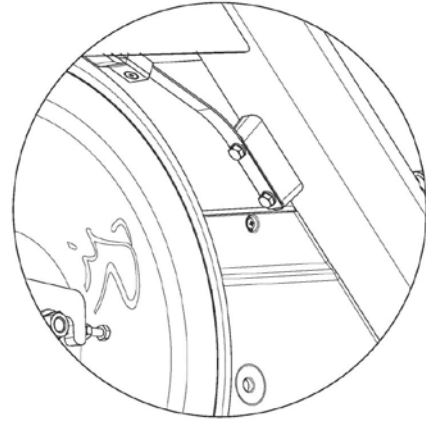
Removal

1. Remove tension from the brake pad by turning the Brake System Resistance knob counterclockwise, until completely loose.

2. Using a 10mm Socket Wrench, remove the two bolts supporting the brake pad onto the frame.

Installation

1. Carefully re-install the two bolts through the brake pad bracket onto the frame. Tighten by using a 10mm Socket Wrench.



CHAIN REPLACEMENT

CAUTION! : DO NOT GET YOUR FINGERS CAUGHT IN THE CHAIN OR SPROCKETS FOR IT MAY CAUSE SEVERE INJURY!

Note: Install only Star Trac approved replacement chain. Only a certified Star Trac® technician should perform the following:

1. Remove the chain guard by unscrewing the chain guards screws.
2. Apply tension to the brake knob by turning it all the way clockwise so the flywheel does not turn.
3. Using the 19mm socket and socket wrench, loosen the axle nuts on both sides of the flywheel.
4. Using the 10mm open end wrench, loosen the lock nuts on the chain adjustment screws.
5. Loosen the adjustment screw to allow the slack in the chain.
6. Using a chain break tool, cut the chain open and remove the chain from the bike.
7. Put the new chain on the front sprocket and over the crank arm.
8. Lift chain up onto the rear large sprocket and slowly turn the crank arm until the chain wraps around the sprocket.
9. Proceed to "Chain Adjustment" section (Page 18) for proper adjusting the chain tension properly.



Preventative Maintenance



expect different™.