

## Studio Bikes Preventative Maintenance

### Studio 3, 5, and 7

With durable, high performance components, this equipment is designed for heavy usage with minimal maintenance required. To keep it in top condition, perform regular daily, weekly and monthly preventative maintenance routines outlined below.

The safety and integrity of this machine can only be maintained when the equipment is regularly examined for damage and wear and repaired. It is the sole responsibility of the owner of this equipment to ensure that regular maintenance is performed. Worn or damaged parts must be replaced immediately or the equipment removed from service until the repair is made.

### Maintenance Schedule

	Daily	Weekly	Monthly	Notes
Wipe down and clean	X			Wipe and clean any part of the bike where sweat can settle, including: <ul style="list-style-type: none"> <li>• Handlebar, slider, post</li> <li>• Seat, slider, post</li> <li>• Flywheel</li> <li>• Stabilizer legs</li> <li>• Chain/belt guards</li> <li>• Pop pins</li> <li>• Brake knob assembly</li> </ul> <b>NOTE:</b> Never use abrasive or petroleum-based liquids to clean the bike.
Inspect for loose assemblies, nuts, and bolts		X		Tighten any loose items found
Inspect pedals		X		Verify that pedal bolts are tight after the first 10 hours of use and every 100 hours of use thereafter. Inspect  <b>NOTE:</b> Pedal-to-crank-arm bolt torque is 33-37 ft-lbs  <b>IMPORTANT:</b> 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.
Check flywheel alignment		X		Tighten flywheel nuts as necessary
Check for proper chain tension		X		Stand on pedals with crank arms at 3 and 9 o'clock. Hold down the emergency brake and see if there is movement in the crank arms. If there is backlash, then tension the chain according to the instructions in the section "Adjusting Chain Tension on the Studio 3."
Check for rust			X	Use a small wire brush to remove rust build up.

# Preventative Maintenance

Lubricate the chain			X	Use chain lubricant to lubricate the chain. The chain lubricant hole in the back of the outer chain guard provides access for a thin nozzle attachment.
Inspect brake pads			X	Excessive wear, such as glazing, dryness, or leather separation indicate the pad needs to be replaced. To replace the brake pads, following the instructions in the section "Replacing Brake Pads on the Studio Series Bikes."
Inspect seat for wear				Rips, tears, or excessive movement indicates the seat needs to be replaced.
Inspect pedals			X	Excessive side-to-side movement or bearing resistance indicates the pedals needs to be replaced.
Tighten seat hardware			X	
Inspect and tighten pedal toe clips and shoe straps				
Inspect leveling feet			X	
Clean and seal frame			X	Use water with a non-abrasive soap, car wash soap, or bike cleaner soap to clean. Wipe with water and dry. Seal with wax or bike polish.

Inspect the frame for any rust, bubbling, or paint chips during the daily cleaning. The salt in perspiration can damage the unpainted surfaces. Repair the damaged area with a touch-up paint kit purchased from StairMaster® (call Customer for order information).