Spinner® Bike - Chain Maintenance / Replacement

Chain maintenance is part of the regular Spinner® Bike maintenance procedure and should be performed approximately every 6 months or whenever the chain exhibits excessive looseness, vibration or noise.

Tools Required:

- 3mm Allen wrench
- 10mm open end wrench
- 16mm or 5/8" socket
- Socket wrench
- Ruler or tape measure
- Universal chain break tool (optional for chain removal only)

Items Required:

- Chain Lube(Not supplied by Startrac) – Tri-Flo® or other oil based lubricant **DO NOT** use a wax based lubricant
- Newspaper or old towel to protect the floor

Optional Parts:

- Chain (if needed) see table below

Chains For Spinning Bikes				
Spin Bike Model	**Pro 6800 Elite 6900**	**NXT 7000**	**V-1 4700 V-2 5700**	**Johnny G Bikes Pro 5800 Elite 5900**
Number of Links	112	110	100	114
Closed Loop Chain (Lighter and quieter)	130-1741	130-1716	800-3840	800-3841
Open Loop with Master Link (Heavier)	130-1744	130-1745	N/A	N/A

Time Required:

- Testing and adjustment = 15 minutes
- Chain replacement and adjsutment = 30 minutes

Ride quality test

1. With the bike fully assembled test the bike by pedaling with light tension then with medium to hard tension.

2. If the chain exhibits excessive looseness, vibration or noise, an adjustment is necessary.

Lubricating the chain

Chain lubrication should be performed on the initial installation of the chain and as part of regular chain maintenance.

CAUTION: Observe all safety precautions when working near the chain and sprockets.

1. Remove the chain guard using the 3mm Allen wrench.

2. Use a chain lube such as Tri-Flo® or other oil based lubricant with a spray nozzle. **DO NOT** use a wax based lubricant.

3. When spraying the lubricant onto the chain cover the floor under the bike and take care not to allow the lubricant to drip onto the floor.

4. With the brake locked up spray the lube onto the chain. Loosen the brake and rotate the chain then stop it and tighten the brake again and spray lube to the rest of the chain.

5. Clean any residue from the crank arm and the inner chain cover.

Chain tension check

Proper chain tension is very important to the life of the chain and rider comfort. If the chain is too tight it will cause the links to be noisy and the chain to wear prematurely, if the chain is too loose customers might feel some backlash or slack in the pedals.

1. Remove the chain guard using the 3mm Allen wrench.

2. Holding a ruler or tape measure in one hand place the end of the ruler or tape measure onto the top of the chain at approximately the midpoint between the front and rear sprocket.

3. Push the ruler down onto the top of the chain until the chain is tight. Read the measurement of the top edge of the plastic shroud on the ruler.

4. Using your opposite hand, lift the chain and ruler as high as they will go and again read the measurement of the top edge of the plastic shroud on the ruler.

5. The chain tension is the difference in the two measurements. For example, if the measurement when pushing down is 1 ¾" and the measurement when lifting the chain is ½" then the chain tension is 1 ¼".

NOTE: The proper chain tension is between 1" and 1 ¼" total.

Chain tension adjustment

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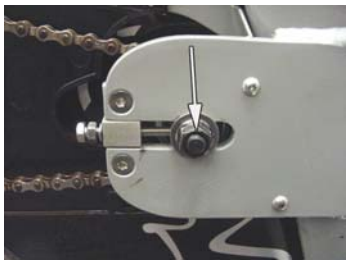
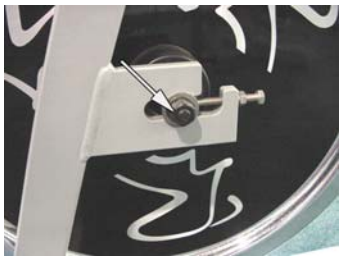
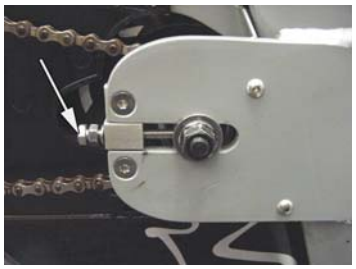





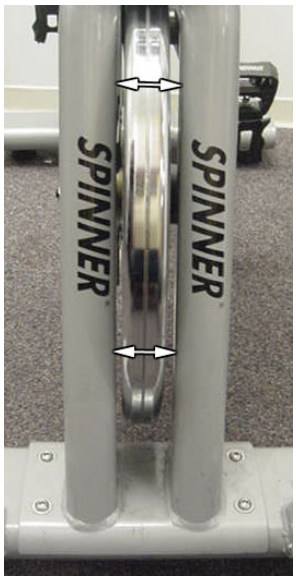
1. Using the 16mm or 5/8” socket and socket wrench loosen the axle nuts on the sides of the flywheel.

2. Using the 10mm open end wrench, loosen the lock nuts on the chain adjustment screws.

3. To tighten the chain, turn the adjustment screw in a clockwise rotation equally on both sides using the 10mm open end wrench.

4. To loosen the chain turn the adjustment screw counter clockwise rotation (unscrew) equally on both sides using the 10mm open end wrench.

5. 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 as shown in the photo.



6. Align the chain so it runs straight on both of the sprockets.

7. Adjust the angle of the flywheel by adjusting the adjustment screws on both sides of the flywheel, test by slowly rotating the pedals.
    a. If the chain is stretched beyond adjustment the replacement of the chain is recommended, proceed to chain replacement.

NOTE: When the alignment is at the optimal adjustment the chain will run smoother and quieter.

8. Tighten the adjustment lock nuts and the axle nuts on both sides alternating from side to side.

9. Install the chain guard and test the bike.

Chain Replacement

CAUTION: Do not get your fingers caught in the chain or sprockets.

1. Remove the chain guard by unscrewing the chain guard screws.

2. Apply tension to the brake knob by turning it all the way clockwise so the flywheel does not turn.

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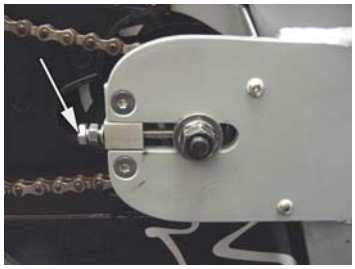
3. Using the 16mm or 5/8” socket and socket wrench loosen the axle nuts on the sides of the flywheel.

4. Using the 10mm open end wrench, loosen the lock nuts on the chain adjustment screws.

5. Loosen the adjustment bolt to allow the chain to go very slack.

6. Using the 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 but not onto the large rear sprocket (if the chain contains a master link, insert the master link and tighten it making sure the two links are joined and are flexible).

8. Lift the chain up onto the rear large sprocket.

9. Proceed to chain adjustment.