

CycleOps Indoor Cycle Preventative Maintenance

Performing necessary preventative maintenance is key to keeping the CycleOps Pro Series indoor cycle in proper working condition. Following the recommended maintenance procedures will help extend the life of the CycleOps Pro Series indoor cycle.

NOTE: Never use abrasive cleaning liquids or petroleum-based solvents when wiping down the indoor cycle. Any CLEANING LIQUIDS MUST BE OF A MILD PH such as Dawn dish washing liquid, Pine Sol, Murphy's Oil Soap and Mr. Clean. A standard bike polish can be used on the painted parts of the indoor cycle.

DAILY

After each day the indoor cycle is ridden, perform the following:

- Release all tension from the resistance knob.
- Wipe down the handlebar.
- Wipe down seat/seat post.
- Wipe down flywheel.
- Wipe down frame.
- Wipe down chain guard.
- Wipe down resistance knob.
- Wipe down handlebar post.
- Wipe down stabilizers.

Adjust Brake Pad (100 Pro, 200 Pro, 300 Pro only)

The brake mechanism has been adjusted at the factory. However, over time due to chain stretch and brake pad wear, it may need to be adjusted. To replace/adjust brake pad, use the following procedure:

Adjust Brake Pad (400 Pro only)

The brake mechanism has been adjusted at the factory and has an electronically adjusted brake pad. Instead of manually adjusting the brake pad, plug the indoor cycle in for 60 seconds and then remove the plug. This resets and places the brake pad in the furthest position (lightest resistance).

WEEKLY

In addition to daily maintenance, perform the following each week:

- Inspect and adjust brake pad.
- Properly tighten pedals and all hardware attaching toe clips/straps (if applicable). Tighten pedals to 300 in-lbs.
- Inspect handlebar clamp assembly. Tighten clamp bolt if loose.
- Inspect seat post clamp and clamp assembly. Tighten clamp bolt if loose.
- Inspect stabilizer feet. Tighten if necessary.
- Inspect flywheel. Check for proper alignment. Tighten flange locking nuts to 75 in-lbs.

MONTHLY

In addition to daily and weekly maintenance, perform the following each month:

- Remove handlebar post and seat post and clean both the tubes as well as inside the plastic sleeves. Inspect the sleeves for scoring. Replace if there is vertical slippage.
- Clean the underside of the stabilizer feet.
- Clean the flywheel with mild detergent or a damp cloth.
- Check the chain tension to ensure that the chain is properly adjusted.
- Inspect brake pads for wear. Replace pads if there is less than 2mm of felt pad exposed.

BIANNUAL

In addition to daily, weekly and monthly maintenance, perform the following every six months:

- Lubricate chain using the lubrication port on the back of the chain guard. Liberally spray a Teflon-based lubricant onto the chain. Be sure each link gets lube. Be careful not to over-lubricate the chain. Excess lube can drip out and can stain floors/carpet.

ANNUAL

In addition to daily, weekly, monthly and biannually maintenance perform the following after extended use (this may or may not be annually):

- Apply a light coating of lithium grease on the threads of the stabilizer bolts, stabilizer feet and pedals. This prevents the parts from seizing over time.
- Replace batteries in hub or sensor.

The full manual can be found at <http://cycleops.com/product-manuals.html> for reference.