

Yingling Professional Services

www.yinglingservices.com

Indoor Cycle Preventive Maintenance Service

Wipe Down/Clean:

Frame
Seat & Handlebars
Flywheel
All other surface areas

Lubricate:

Chain
Tension rod assy.
Leveling Feet – clean and grease threads
Seat Slide Assy. & Post
Chain adjustment hardware
Axle Nuts
Pedal shaft threads
Pedal clip assy.
Front transport wheels
Pop Pins / Pull Knobs
Bolt threads where applicable
Grease top of aluminum brake pad assy.
Block nut & spring (brake assy.)

Inspect/ Adjust:

Bearings
Crank Arm Bolts (check proper torque)
Pedals (pedal hardware) & Straps
Pedal clips- tension /hardware
Bottom Bracket Assy.
Chain Tension and Wear
Flywheel Alignment
Leveling feet
Tension Knob
Water Bottle Cage
Frame Base hardware
Pull Pins / Pull Knobs
Seat (for rips and tears) & Seat Hardware
Brake Pad (brake pad is cleaned & lubed unless it requires replacement)