

RealRyder® ABF8

Preventive Maintenance Schedule

Instructors:

Before and After Class

1. Remind riders to tighten knobs and levers after adjusting seat and handlebars.
 2. Recommend riders drape towel over handlebars to absorb sweat.
 3. After class, riders wipe off sweat and raise handlebar stem and seat post to highest positions.
 4. Ask riders to immediately report any issues or concerns they have about the equipment.
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Maintenance Staff:

Daily

1. Spray and wipe surfaces.
2. Raise handlebars and seat post to highest positions.
3. Review reported issues.

Weekly:

Lubricate, Clean and Protect (see diagrams on page 2):

1. Lubricate seat post, seat slider, handlebar stem and handlebar slider with silicone spray.
2. Protect painted surfaces and plastic body panels with spray wax.

Inspect Bike:

1. Lean action.
2. Knobs and levers.
3. Resistance mechanism.
4. Pedals.

Monthly:

1. Check crank bolt torque.
2. Check frame bolts.
3. Inspect pivot bearings.
4. Inspect steering mechanism.
5. Check chain tension.
6. Chain lubrication.
7. Resistance mechanism lubrication.
8. Brake pad lubrication.

Semi-annually:

1. Headset bearings.
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For maximum performance and product longevity, regular maintenance must be followed on the RealRyder® Indoor Cycle. Failure to follow these instructions may result in excessive wear and damage, and may void the terms of the Warranty. These instructions cover basic maintenance only. Please contact Customer Care with any questions by phone: 800 976 6280, or email: customercare@realryder.com
For detailed preventive maintenance instructions, please go to www.realryder.com/customer-care

LUBRICATE

Use silicone spray lubricant unless otherwise noted.

1: Seat Slide, 2: Seat Post, 3: Brake Pad (Mineral Oil), 4: Chain (Chain Lube),
5: Handlebar Slide, 6: Handlebar Stem, 7: Resistance Adjustment/Brake Knob, 8: Pedals

**CLEAN AND PROTECT**

Use spray wax on frame and covers. Use mild cleaner on Seat and Handlebars.

9: Saddle, 10: Rear Support Arm, 11: Chain Cover, 12: Handlebars, 13: Main Frame, 14: Water Bottle Covers, 15: Lower Covers, 16: Base Frame

