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Exercise Bike Maintenance Tips

For More Information Contact:

Fitness & Equipment Supply Company ~ 314 South Broadway, Rt. 28, Salem, NH 03079
Tel: 603-898-9946 Fax: 603-898-6640

NOTE: This material is offered for information purposes only. For complete safety information please contact the manufacturer of the equipment. Be certain to follow ALL safety procedures as advised by the manufacturer or contact the fitness equipment professionals at FESCO for information and assistance.

IMPORTANT NOTE: Read your equipment owner's manual.

Just reading through your owner's manual may save you from costly repairs. All maintenance procedures should be listed in the owner's manual, along with troubleshooting guidelines, parts listings, and instructions for repairs. Damage to your equipment from improper use or unauthorized tampering can result in the manufacturer voiding the warranty.

Be Healthy, Be Safe.

-Thank you from all of us at FESCO.

Exercise Bike

For Safe Operation:

- Always inspect hardware prior to any exercise session.
- Look for loose hardware, loose pedals, loose cranks and frayed wires.
- Repair or replace any damaged or worn parts, ALWAYS tighten all loose hardware.
- As part of any normal installation and set-up process, all pedal cranks must be tightened after 8 to 10 hours of initial riding to ensure parts are properly seated to axle.
- This is standard initial "break-in" service, which must be performed after the first 8 to 10 hours of use.
- Pedal cranks may become loose, causing damage, which may void the warranty.
- Contact Fitness & Exercise Supply Co. at (603) 898-9946 for assistance.

Maintenance

- After exercising, always wipe down your unit. Perspiration that continuously settles on frame, pads or casing may eventually cause rust or damage to the unit.
- Damage resulting from lack of proper maintenance will not be covered under warranty.
- To clean pads, use a mild soap and warm water. Dry with a clean towel.
- If noises develop or malfunctions occur, contact Fitness & Exercise Supply Co. at (603) 898-9946 for assistance.

If in doubt about proper handling of your equipment, contact either the manufacturer or **Fitness & Exercise Supply Co. at (603) 898-9946** for recommended care.