

Schwinn Spinner Bike Maintenance Plan

(Not necessarily complete, not endorsed by Schwinn or anybody else, but it seems to work)

By Chris Kostman

WARNING: USE EXTREME CARE WHEN SERVICING THE SPINNER BIKE WITH THE CHAINGUARD REMOVED. IF FINGERS OR OTHER PARTS OF THE BODY COME INTO CONTACT WITH MOVING PARTS, AMPUTATION OR SERIOUS INJURY MAY OCCUR. PRIOR TO COMMENCING ANY MAINTENANCE OF THE DRIVETRAIN, FAMILIARIZE YOURSELF WITH ALL MOVING PARTS. NEVER LEAVE A SPINNER BIKE UNATTENDED WITH THE CHAINGUARD REMOVED.

After Each Class

- 1: Wipe down complete bike with a towel to remove sweat.
- 2: Polish the flywheel.
- 3: When bikes are not in use, the resistance should be left loose, NOT tightened down against the flywheel. This helps ensure longer pad and brake life.

Daily Bike Maintenance

- 1: Polish bikes entirely, including all painted and chrome areas.
- 2: Polish the flywheel extra carefully.

Weekly Bike Maintenance

Above, plus the following:

- 1: To prevent rust and to ensure ease of movement, apply grease to the following:
 - Both chrome sections of the seat post
 - Chrome section of the handlebar
 - All three T-handles or pop pins
 - Resistance knob threads
 - Adjustable feet
2. Spray or drip a drop of oil on brake springs (four per brake).
3. Lubricate chain with LPD9 or Tri-Flow. Don't overdo it.
4. Tighten crankarm fixing bolts with 14mm socket wrench. (If these are even slightly loose, there will be a creaking noise when pedaling.) Check that bottom bracket is not loose.
5. Check chain tension. Adjust as necessary by loosening large side nuts, then utilize front adjustment bolts to remove slack while ensuring that flywheel stays centered. Retighten large nuts when finished. Do not overtighten chain as this will cause early wear of the chain and provide drag to the pedals.

6. Check/adjust saddle levelness and tighten clamp bolt with 9/16" wrench.
7. Scrub off excess gunk from brake pads, then lubricate brake pads with "Belray 6 in 1" ONLY. (Call 800-262-1325 or fax 909-483-3668 to order "Belray 6 in 1.")
8. Check resistance unit to ensure that is secure, centered, and properly adjusted.
9. Check entire bike for any loose or worn parts. Make sure toe straps are properly installed and not too frayed. Make sure T-handles or pop pins are screwed down tight. Make sure pedal release tension adjustment is tight.
10. Inspect the bike for rust.

Monthly (or Quarterly) Bike Maintenance

Above, plus the following:

1. Remove chainguard. BE VERY CAREFUL OF MOVING PARTS WHEN CHAINGUARD IS REMOVED DUE TO FIXED GEAR FLYWHEEL SYSTEM! Clean, inspect, and lubricate chain with LPD9 or Tri-Flow. The chain is overly stretched and needs replacing if there is obvious slack in the chain at the rear side of the chainring with chain tension set properly.
2. Clean and inspect interior of chainguard.
3. Remove pedals (left one is threaded in reverse) and lubricate threads with grease, then reinstall.
4. Check locknuts on T-handles or pop pins.
5. Look for rust damage. Touch up chipped paint. Wax painted areas.
6. Inspect, then order and install any specialty replacement parts, such as brake shoes or plastic sleeves, as necessary.

Tools Required:

- Phillips head screwdriver
- 14mm socket wrench
- 9/16" thin wrench, such as Park PW-1
- 15mm open end wrench
- Needle nose pliers
- Crank removal tool, such as Park CCP-1
- Shimano cartridge bottom bracket tool
- Large adjustable crescent wrench
- High-quality chain tool, such as Park

Supplies Required:

- Belray "6 in 1"
- White lithium grease
- LPD-9 or other chain lube
- Automotive wax
- 409 or similar

Schwinn Spinner Bike Maintenance Worksheet

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1: Polish bike entirely, including all painted and chrome areas. _____

2: Polish the flywheel extra carefully. _____

To prevent rust and to ensure ease of movement, apply grease to:

3: • Both chrome sections of the seat post _____

4: • Chrome section of the handlebar _____

5: • All three T-handles or pop pins _____

6: • Resistance knob threads _____

7: • Adjustable feet threads _____

8. Spray or drip a drop of oil on brake springs (4 per brake). _____

9. Lubricate chain with LPD9 or Tri-Flow. Don't overdo it. _____

10. Tighten crankarm fixing bolts. _____

11. Check that bottom bracket is not loose. _____

12. Check pedal release tension adjustment is not too loose. _____

13. Check chain tension. _____

14. Check saddle levelness and tighten clamp bolt. _____

15. Scrub off excess gunk from brake pads. _____

16. Lubricate brake pads with "Belray 6 in 1" ONLY. _____

17. Check resistance unit: Secure, centered, properly adjusted? _____

18. Check that T-handles or pop pins are screwed down tight. _____

19. Check toe straps are properly installed and not too frayed. _____

20. Check entire bike for any loose or worn parts. Replace. _____

21. Inspect entire bike for rust. Remove, clean, paint, or wax. _____