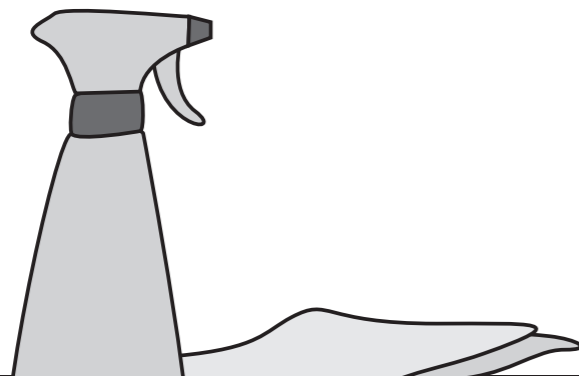


# MAINTENANCE OF YOUR BODY BIKE

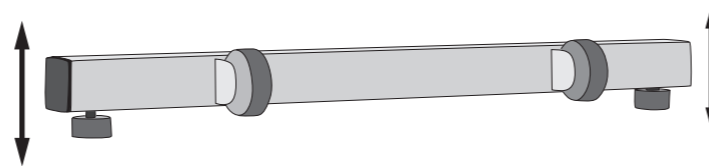


## CLEANING



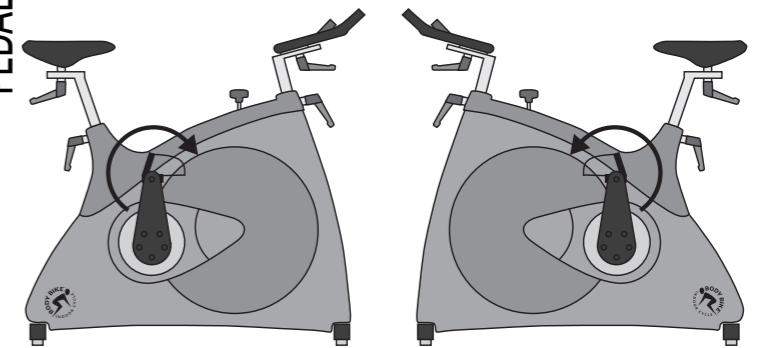
After each workout, wipe the cycle down with tissue paper

## RUBBER FEET



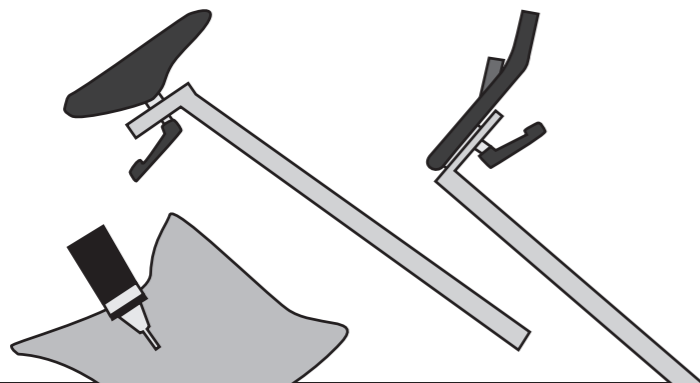
The rubber feet should always be adjusted to ensure that the cycle is in level. Every other year the rubber feet should be replaced as the rubber hardens and becomes unable to absorb the impact.

## PEDALS



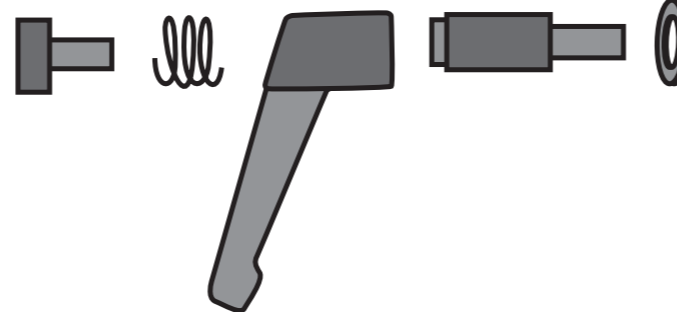
Tighten up the pedals every 2 weeks to avoid them getting loose or breaking off. The pedals should always be screwed on in the direction of the handlebar. Use a 15mm pedal wrench to tighten the pedal. Pedals should be changed once a year or after 1500 hours of cycling.

## CLEANING THE POSTS



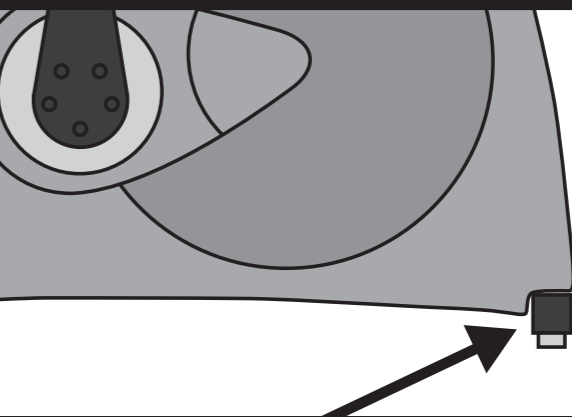
Every other week the posts need cleaning to protect them from sweat etc. Pull out the seat post and the front post and wipe them clean with an oily cloth.

## ADJUSTMENT HANDLE



Every 3 months the handles need cleaning and grease. Disassemble the handle completely. Clean all the parts thoroughly using a steel brush. Lubricate the internal parts with grease. Add grease to the main screw before mounting it on the cycle.

## SERVICE CHECK



At an annual service check, make sure that the small hole by the front bottom frame is not blocked and allows water and sweat to exit the frame. Also check that the ribs on the poly-v belt and pulley are clean.