


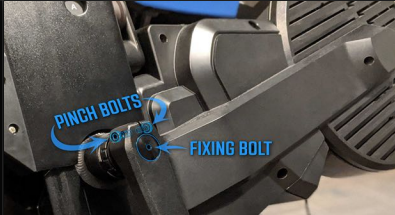

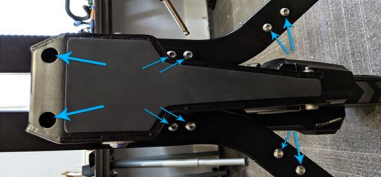

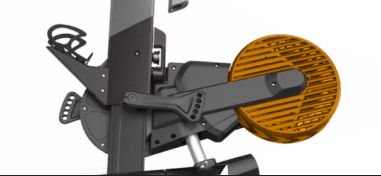








SCHEDULE	ACTION	DETAILS	PICTURE
Each Ride	Clean/wipe down BIKE	Use a clean, dry cloth to wipe off moisture, especially around electronics, top tube and clamping levers	
Monthly / Every 32hrs*	Check leveling feet and lock ring	Ensure feet are extended firmly against the ground, secured with lock ring, and providing stabilization	
	Check and clean shifter connections	Remove and clean male shifter jacks using rubbing alcohol, if needed	
4x Year / Every 96hrs*	Check crank tightness	Fixing Bolt: 3Nm max Pinch Bolts: 15Nm max (See instructions on pg. 4)	

\*Whichever comes first; hours described in terms of riding time

SCHEDULE	ACTION	DETAILS	PICTURE
3x Year / Every 128hrs*	Grease lower frame rails	Apply <a href="#">a polylube grease</a> (or equivalent) to front and rear lower frame channels; fully raise and lower frame for even distribution	
	Check torque on leg mounting bolts (10 total)	Pull up front foot until unit is vertical to access bolts; tighten to 26Nm max	
2x Year / Every 192hrs*	Check torque on handlebar stem bolts (4 total)	Tighten to 6Nm max	
	Clean out motor vent cover	Use a vacuum (and attachment, if needed) to remove dust and debris	
	Check linear actuator bottom bolt	Spray bolt/washer area with a <a href="#">lubricating silicone spray</a>	

\*Whichever comes first; hours described in terms of riding time

SCHEDULE	ACTION	DETAILS	PICTURE
Yearly / Every 384hrs*	Replace handlebar tape	Replace as needed ( <a href="#">see instructions</a> )	
	Grease seat tube & handlebar stem	Wipe clean, then apply an <a href="#">assembly compound</a> or <a href="#">polylube grease</a>	
	Check proper operation of all <a href="#">adjustment points</a>	Also check condition of plastic curved QR “washers” - replace if damaged or flattened	
	Tighten screws (14 total) securing plastic housing	Lightly hand tighten until secure using 2mm Allen wrench + Philips screwdriver	
	Check saddle clamp bolts	Tighten to 6Nm max; ensure bolts are even	

\*Whichever comes first; hours described in terms of riding time

To check the tightness of your KICKR BIKE crank:

1. Use a **5mm Allen wrench** to loosen the **two pinch bolts** on either side of the non-drive side crank arm where it meets the spindle of the crank.
2. Insert the **5mm Allen wrench** into the end of the **fixing bolt** for the crank arm and lightly tighten to **3Nm**. This bolt is generally tight enough when no play can be detected while wiggling the crank while hand tightening the fixing bolt.
3. Lastly, tighten the **pinch bolts** down to **15Nm**.

