



Basic Bike Maintenance
Presented by Jeff Wimmer of StudioCycles Inc.
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Friday, May 30, 2008 9:00 AM–10:30 AM

Spinner® NXT, Pro and Elite by Star Trac

Objectives/Topics

- Daily, weekly and monthly maintenance
- Drive train adjustment and lubrication
- Pedal adapters, bottom brackets and cranks
- Questions and answers

Daily, Weekly and Monthly Maintenance

Drivetrain Adjustment and Lubrication

- Lube Port

Pedal Adapters, Bottom Brackets and Cranks

Questions and Answers (time permitting)

Jeff Wimmer of StudioCycles can be contacted @ StudioCycles.com OR 310-664-1375

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