



Bike Maintenance: Replacing Parts  
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### **Spinner® NXT, Pro and Elite by Star Trac**

#### **Objectives/Topics**

- Common replacement parts
- Lubricating hardware
- Replacing pedals
- Questions and answers

#### **Common Replacement Parts**

- Saddles
- Pop pins
- Bottle cages
- Toe straps

#### **Lubricating Hardware**

- Why it is important
- Consequences of dry hardware

#### **Replacing Pedals**

- Double hammer method

**Questions and Answers** (time permitting)

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