

Preventative Maintenance Chart

Every Class

- Member thoroughly inspect each cycle (1)
- Member wipe off sweat (2)

Weekly For The 1st Month

- Check and re-tighten crank arms and pedals (3)

Weekly

- Thoroughly inspect each cycle (4)
- Clean with warm water and soft towel (5)
- Check computer for low battery indication (6)

Monthly

- Check and re-tighten crank arms, pedals, and chain frame bolts (7)
- Use frame areas most in contact with sweat (7)
- Lubricate T-handle threads used on adjustments (8)

1. Each member should thoroughly inspect each cycle to make sure it is in safe and proper working order.

2. Each member should wipe off their own sweat after each class with a soft towel (then towel) or cloth.

3. Check and re-tighten the screws holding the crank arm to the axle and the pedals. Also, check and re-tighten the nuts securing the main frame to the bottom frame. The torque for all is 35 ft-lbs (47Nm).

4. Thoroughly inspect each cycle to make sure it is in safe and proper working order. Pay particular attention to frame screws, nuts & bolts, crank arms, pedals, pedal cages, handbrake cables, T-handle adjustments, worn pedal straps, etc.

5. Clean with warm water and a soft cloth the parts of the cycle that are dirty or come in contact with sweat. Do not use household or industrial cleaners, because many of them are designed to clean, glass, tile, porcelain, and greasy or oily surfaces and can destroy the protective finish of the parts. If you need to use soap, use a mild dish washing soap followed by an automotive treatment such as Meguiar's Quick Detailer Wax and Wipe.

6. Check batteries. IF YOU HAVE MULTIPLE BIKES, WE SUGGEST ALL COMPUTER BATTERIES BE CHARGED AT THE SAME TIME (2 AA batteries per bike). See "Computer Battery Replacement" section for instruction.

7. It is not necessary to use the entire bike monthly, but it is very important to use those areas that come in contact with sweat and that are the most vulnerable to rust. Use an evenly applied automotive treatment such as Meguiar's Quick Detailer Wax and Wipe. Please note that failure to apply a coat of wax to high-sweat areas at least once a month will decrease paint and frame life due to corrosion and will void the warranty.

8. Remove, clean, and lubricate the threads on the T-handle adjustments. Since both the threaded stud and the threaded nut are stainless steel it is very important to keep the threads lubricated with a heavy grease, preferably white or clear in color, such as Hydrex HT-33 or Dow Corning 111.

If you have any questions please contact our Service Department (800) 888-7000 keiser@keisercycle.com

KEISER M3 INDOOR CYCLE WARRANTY TERMS

The Keiser M3 Indoor Cycle is warranted to the original purchaser, to be free from defects in materials and workmanship.

Not Covered Under Warranty

- Loss caused by accident, abuse, improper use or neglect.
- Improper maintenance.
- Improper assembly by the purchaser.
- Failure to follow instructions as stated in any of the manuals provided with the Keiser M3 Indoor Cycle.

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