



HEARTBEAT FITNESS REPAIR

SERVICE • REPAIR • PREVENTIVE MAINTENANCE

Factory-trained service for residential and commercial fitness equipment

(727) 512-5120 | service@theequipmentfixer.com | theequipmentfixer.com

How to Care for Your Air Bike

FAN BIKES | CHAIN, BEARINGS, HARDWARE & CLEANING

Air bikes take more abuse than almost anything else in a gym. Users go all-out on them, the load goes straight through the crank, pedals, and moving arms, and the fan pulls a constant stream of dust through the machine. They are built for it, but two things need attention more often than owners expect: hardware works loose under that load, and the drive needs keeping clean. Commonly seen on Assault, Rogue Echo, Schwinn Airdyne, and similar fan bikes.

CHAIN OR BELT? CHECK FIRST

Chain drive

Needs light chain oil periodically. Also needs tension checked, since a chain stretches over time and a loose chain skips under load.

Belt drive

No lubrication ever. Inspect for cracking, glazing, or fraying and check tension.

Both

Bearings, crank arms, pedals, moving arm linkages, and the fan cage need the same care regardless of drive type.

ROUTINE CARE

1 Wipe it down after every use

Air bikes generate a lot of sweat and the fan blows it across the whole frame. Wipe the handles, seat, frame, console, and the top tube where sweat pools. Sweat left on an air bike corrodes hardware quickly, and this machine has a lot of hardware.

2 Check the pedals and crank arms weekly

This is the most important recurring check on an air bike. Grip each pedal and rock it, then do the same with the crank arms. Any looseness or clicking needs to be corrected immediately — under the loads these machines see, a loose pedal will strip a crank arm quickly, and a loose crank arm will destroy the spindle.

3 Check the moving arm hardware

Push and pull each handle laterally. The arms should feel solid with no knocking at the linkage. The pivot hardware at the base of the arms is the second most common thing to work loose. Check that visible bolts are snug without overtightening.

4 Keep the fan cage clear

The fan pulls dust, chalk, and debris straight into the housing. Vacuum or brush the cage and the area behind it regularly. A rattle inside the cage usually means debris got in and needs to come out before it damages a blade.

5 Service the drive

On a chain model, apply a few drops of light chain oil, work it in, and wipe off all excess so the chain looks nearly dry. On a belt model, inspect the belt for cracking or glazing and never apply anything to it. Either way, if the drive skips, slips, or has gone noticeably noisy, it needs tension adjustment or replacement.

6 Check the seat post and level the bike

Wipe the seat post clean and confirm it adjusts and locks firmly. Rock the bike; if it moves, level it. An air bike that rocks under a hard effort will loosen hardware fast.

FREQUENCY	WHAT TO DO
After each use	Wipe the handles, seat, frame, top tube, and console.
Weekly	Check pedals, crank arms, and moving arm hardware for any play or clicking.
Monthly	Clean the fan cage; wipe and check the seat post; check leveling and visible hardware.
Quarterly	Inspect and service the chain or belt; check drive tension; clear debris from the housing.
Annually	Professional preventive maintenance including bearing inspection and full testing.

PLEASE AVOID

- ✗ Riding with a loose pedal or crank arm — the damage escalates fast
- ✗ Over-oiling a chain and leaving excess on the surface
- ✗ Letting chalk and dust build up in the fan cage
- ✗ Applying any lubricant to a belt drive
- ✗ Spraying lubricant into bearings or the fan hub
- ✗ Spraying cleaner directly onto the console

WHEN TO CALL US

SCHEDULE SERVICE IF YOU NOTICE

- ▶ Clicking or knocking from the crank, pedals, or arm linkage
- ▶ Grinding or roughness in the bearings or fan hub
- ▶ Rattling inside the fan cage
- ▶ The chain skips or slips under load
- ▶ A pedal or crank arm has stripped or will not stay tight
- ▶ The console is blank, frozen, or losing readings

Air bikes work hardest and get serviced least.

Because they have no motor or electronics to fail, air bikes are easy to assume are maintenance-free — right up until a crank spindle or bearing goes. Our preventive maintenance service checks and torques everything that loosens under load, services the drive, and clears the housing. We service residential and commercial equipment throughout Tampa Bay.

PHONE

(727) 512-5120

EMAIL

service@theequipmentfixer.com

WEB

theequipmentfixer.com