



HEARTBEAT FITNESS REPAIR

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Factory-trained service for residential and commercial fitness equipment

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How to Care for Your Air Rower

CHAIN & STRAP ERGOMETERS | LUBRICATION, CLEANING & INSPECTION

Air rowers are among the most durable machines in any gym, and they reward a very small amount of routine attention. Almost all of it comes down to three things: keep the monorail clean, keep the drive chain lightly oiled if your model has one, and keep dust out of the flywheel housing. Commonly seen on Concept2, Xebex, and similar air-resistance ergometers. Always follow your owner's manual where it differs from this guide.

CHAIN OR STRAP? CHECK FIRST

This determines almost everything about how you maintain the drive. A chain looks like a bicycle chain and runs from the handle into the housing. A strap or belt is a flat synthetic band. They need opposite care: chains need oil, straps need none at all and must never be oiled.

Chain drive

Needs light oil at regular intervals. Runs dry if neglected and wears the sprocket. Wipe off all excess after applying.

Strap or belt drive

Never lubricate. Inspect for fraying, thinning, or cuts and replace at the first sign of damage.

Both

The monorail, seat rollers, flywheel housing, and handle need identical care regardless of drive type.

OILING THE CHAIN

1 Choose the right product

A light machine oil or bicycle chain lubricant is what belongs here. Do not use silicone spray, grease, or a penetrating spray as a substitute — check your manual, as some manufacturers specify a particular oil.

2 Apply a few drops, not a coating

Draw the handle out slowly to expose the chain. Put a few drops of oil on a cloth and run it along the chain as you slowly cycle the handle in and out, so the oil reaches the full length and works into the links.

3 Wipe off everything that remains on the surface

This step is not optional. A chain that looks wet or shiny is over-oiled, and the excess will collect dust, transfer to the housing, and end up on the floor and on users' hands. The chain should look almost dry when you are finished, with the oil inside the links where it does the work.

4 Repeat on the manufacturer's interval

Most manufacturers specify a number of hours or meters rather than a calendar date. In a humid or coastal environment, oil more often than the manual suggests — corrosion is the real risk here, not friction.

NEVER OIL A STRAP OR BELT DRIVE

If your rower uses a flat strap instead of a chain, applying oil will contaminate it, cause slipping, and ruin the strap. Straps are inspected and replaced, never lubricated. If you are unsure which you have, look at the drive before you reach for anything.

THE MONORAIL

The rail is where most complaints originate. The seat rollers travel its full length on every stroke, so any dust or grit on the rail gets crushed under load thousands of times per session. Wipe the full rail with a dry cloth before each use. It takes seconds and it is the difference between a rower that runs silently for a decade and one that develops a rumble in a year.

Never lubricate the rail. It should be clean and dry. Lubricant there traps grit and destroys the rollers.

THE FLYWHEEL AND DAMPER

The flywheel cage pulls a large volume of air, and everything in that air ends up inside the housing. Dust buildup changes the feel of the resistance, makes the machine louder, and in a garage or unconditioned space it accumulates fast.

- ▶ Vacuum or brush dust from the flywheel cage and screen periodically
- ▶ Wipe the damper track clean; do not lubricate it
- ▶ Keep the rower away from the garage door where dust and salt air enter
- ▶ Move the damper through its full range and confirm it moves freely
- ▶ Listen for rattles, which usually mean debris inside the cage
- ▶ Do not open the housing yourself — internal cleaning is a service item

ROUTINE CARE

FREQUENCY	WHAT TO DO
Before each use	Wipe the full length of the monorail with a dry cloth.
After each use	Wipe the seat, handle, footplates, frame, and console.
Monthly	Check seat rollers, footplates, and straps. Inspect the chain or pull strap over its full length.
Per manual, or more often in humidity	Oil the chain (chain-drive models only) and wipe off all excess.
Quarterly	Vacuum the flywheel cage and damper. Check hardware and shock cord tension.
Annually	Professional preventive maintenance including internal cleaning and full inspection.

PLEASE AVOID

- ✗ Lubricating the monorail
- ✗ Oiling a strap or belt drive

- ✗ Over-oiling the chain and leaving excess on the surface
- ✗ Using silicone spray or penetrating oil in place of chain oil
- ✗ Rowing on a dirty rail
- ✗ Spraying cleaner directly onto the performance monitor

WHEN TO CALL US

SCHEDULE SERVICE IF YOU NOTICE

- ▶ The seat rumbles or catches after the rail has been cleaned
- ▶ Any fraying or damage to the pull strap, or a stiff or rusted chain
- ▶ The handle does not return fully or smoothly on its own
- ▶ The damper will not move through its full range
- ▶ Grinding or rattling from the flywheel housing
- ▶ The monitor is blank, frozen, or dropping stroke data

Rowers are simple. Keeping one perfect is easier with help.

Our preventive maintenance service includes internal cleaning of the flywheel housing, drive inspection, roller and rail evaluation, hardware checks, and full operational testing — the things routine wipe-downs never reach. We service residential and commercial equipment throughout Tampa Bay.

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