



Maintenance Schedule

Before Ever Ride

- Lube Chain
- Check Tire Pressure
- Test Brakes
- Check Tight Axles

If You Have 10 minutes

- Brake Test – Pad Wear
- Tire Pressure – On Pump
- Wheel Spin – Rubs and True
- Drivetrain Test – Cycle thru Gears
- Drop Test – Listen for Strange Sounds
- Suspension Sag – Forks and Shock
- Dropper Post – Smooth Operation
- Tire Inspection – Rips and Torn Knobs

Instruction for making a
Render card for Maintaining
your Mountain Bike

1. Print off this PDF
2. Cut out following
dotted line
3. Use packing tape or a
Laminator to protect
checklist.
4. Punch a hole in the
top.
5. Use a zip tie to make a
loop
6. KEEP THIS LIST BY
YOUR BIKE

**Don't forget Detailed maintenance instructions on
DIYMOUNTAINBIKE.com/Maintenance-Schedule**

Post Ride

- Wash and Dry Your Bike
- Check bolts – Tighten anything that's loose
- Degrease Chain – Use something biodegradable
- Lubricate - Chain and pivot points
- Do a Drop Check – Listen for abnormal sounds

Every 5-15 Rides

- Check chain for elongation – Easier to change than replace a cassette
- Brake pad inspection – Disc brake pads are easy to replace
- Wheel and rim check – True, Round and undamaged
- Fork and Shock Exam – Leaks, and abnormal movement
- Wiggle Test – Check Components for side to side play or knocking
- Smooth Bearings – Are bottom bracket, wheels and pivots grinding
- Headset – Make sure everything is tight
- Bottom bracket and Crank – Are all bolts tight
- Derailleur Adjustment – Make sure shifts are crisp

Every 4-6 Months

- Cables Check – Shifting can suffer with old cables
- Rear Cassette – Look at teeth (have you been grinding up those hills)
- Derailleur Hanger – Odds are you bumped/bent that rear derailleur
- Tire Tread Inspection – Tires don't last forever
- Bearings – Consider dismantling headset & bottom bracket-clean & lube

Annually

- Hydraulic Brake Bleed – Stopping can be important
- Shock Rebuild – The seals don't last forever.
- Disc rotor check – Are they spinning true?

Every 3-6 Years

- Handle Bars – Can bend and this is a nice upgrade
- Stem – inspect for damage
- Suspension – Consider replacing if you ride regularly
- Seat Post – Especially if using a dropper consider replacing
- Saddle – When you find one you like buy two.

Detailed maintenance instructions on
DIYMOUNTAINBIKE.com/Maintenance-Schedule