

BIKE MAINTENANCE CHECKLIST

CYCLINGCERAMIC

Your complete DIY maintenance schedule | Print & hang in your workshop

cyclingceramic.com

■ BEFORE EVERY RIDE

2 min

- Check tire pressure (inflate to sidewall PSI range)
- Squeeze both brake levers — firm feel, full stop
- Run chain backward — check for dry links or stiffness
- Confirm quick releases / thru-axles are tight
- Click through gears front & rear — smooth shifting

■ WEEKLY

15 min

- Clean chain with rag + re-lubricate (wax or oil, wipe excess)
- Wipe frame with damp cloth (focus: BB shell, headtube, seatpost)
- Inspect tire tread for embedded glass, thorns, or cuts
- Check brake pad thickness (rim: wear grooves visible / disc: >1mm)
- Verify stem, handlebar & seatpost bolts are snug (torque wrench for carbon)

■ MONTHLY

45 min

- Deep clean drivetrain: cassette, chainrings, derailleurs, chain
- Measure chain wear with checker tool (replace at 0.5% for 11/12s)
- Inspect cables & housing for fraying, cracks, corrosion
- Check wheel trueness (spin slowly, watch rim-to-pad/frame gap)
- Clean disc rotors with isopropyl alcohol (never oil-based products)
- Check bearing play: wheel hubs, headset, bottom bracket (rock test)

★ SEASONAL (every 6 months / 5,000 km)

2 hrs

- Full strip, deep clean & frame inspection (cracks, dents, corrosion)
- Service or replace bearings (headset, BB, hubs, pulleys)
- Replace chain + cassette if chain past wear limit
- Regrease all threads (seatpost, pedals, BB, thru-axle, stem bolts)
- Bleed hydraulic brakes (or adjust cable brakes)
- Replace bar tape & cables/housing for fresh feel

■ PERFORMANCE TIP

A clean, wax-lubricated chain saves ~3W vs standard oil (Friction Facts data). A full CyclingCeramic ceramic drivetrain saves ~10W total vs stock — equivalent to removing 3+ kg from your bike.

CHAIN WEAR QUICK REFERENCE

11-speed & 12-speed: replace at 0.5% elongation

10-speed & below: replace at 0.75% elongation