

Schwinn 490 Elliptical: Squeaking noise during use

ID: 15358.1

Common issue descriptions:

- Squeaking noises
- Noise from the pivot rod/pivot rod bolt
- Noise from the lower handlebar and pedal connection
- Squeaking noise progressively gets worse as the workout continues

Tools used in this guide: Phillips head screwdriver, 6mm hex key/Allen wrench, white lithium grease, silicone-based lubricant

Estimated time to complete: Approximately 5 to 10 minutes

Let's get started! We will check each of the components below to determine which is causing the issue.

1. [Assembly hardware](#)
2. [Rail lubrication](#)
3. [Pivot rod on the lower handlebar](#)

Check the assembly hardware

<i>Tools Required:</i>	<i>Estimated Time to Complete:</i>	<i>Service Manual Procedure:</i>
Phillips head screwdriver 6mm hex key/Allen wrench	Less than 5 minutes	Maintenance

Check hardware installed during assembly and leveler feet

This noise is most commonly caused by the leveler feet and hardware installed during assembly becoming loose over several workouts. We can tighten the hardware according to the recommended maintenance schedule in the Service Manual - this will help to protect your machine and reduce noise that interrupts your workout.

1. Complete the steps in this linked guide - [Schwinn 490 Elliptical: Machine rocks, is not level, or has loose hardware](#)
2. Return to this guide if the issue persists.
3. If the noise continues after checking assembly hardware, we will check for less common causes of the noise - we'll start with checking rail lubrication, then check the pivot between the pedal arm and the lower handlebar.

Lubricate the rails

<i>Tools Required:</i>	<i>Estimated Time to Complete:</i>	<i>Service Manual Procedure:</i>
Silicone-based lubricant	Less than 5 minutes	Maintenance

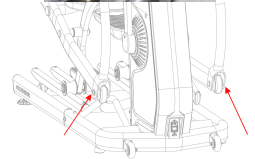
1. If the roller wheels are squeaking on the rails, lubrication is needed to eliminate the noise.
2. Lubrication is needed as part of a routine maintenance schedule - the Owner's or Service Manual has a recommended schedule to follow based on frequency of use.
3. To lubricate the rails:
 - a. Do not apply lubricant directly to the roller wheels.
 - b. Apply silicone-based lubricant to a dry cloth or paper towel.
 - c. Wipe the rails with the cloth.
4. Pedal or manually cycle the elliptical to test if the noise persists [\[15358.A\]](#).
5. If the noise persists, check for roller wheels for visible damage - if the roller wheels are damaged, [order a Roller Wheel Pair \[15358.B\]](#).

Check the pivot rod

<i>Tools Required:</i>	<i>Estimated Time to Complete:</i>
6mm hex key/Allen wrench White lithium grease	Less than 5 minutes

1. When the bolt securing the pivot rod is overtightened, it can cause a squeaking noise that gets progressively worse as the workout continues. Typically, the noise starts several minutes into the workout.
2. To resolve the pivot rod noise, we will use a 6mm Allen wrench to slightly loosen the bolt securing the pivot rod until the noise is eliminated [\[15358.C\]](#):
 - While making adjustments, move the lower handlebar and pedal arm back and forth to test for noise frequently.
 - Be careful not to loosen the bolt too much. Damage to your machine may occur if it is used when the pivot bolt is loose.
3. If the noise persists, a small amount of white lithium grease applied to the pivot rod can be used as a temporary fix [\[15358.D\]](#).

Step 2



Need to order replacement parts?

1 Parts Reference Table

<i>Part Description</i>	<i>Part SKU</i>
<i>Roller Wheel Pair</i>	<i>8030903</i>

2 Contact Tech Team / Advanced Troubleshooting

If the issue was not resolved in the steps listed, contact the Tech Team or send an Advanced Troubleshooting case.

Submit a Case with case type Advanced Troubleshooting