Hubs Maintenance Recommendation

	ACTION	Monthly	Per 3,000 km	As needed
Front hub	Clean Exterior	v	~	v
	End-cap Removal/ Clean	~	v	v
	Bearing Replace			v
Rear hub	Clean Exterior	~	v	~
	End-cap Removal/ Clean	v	v	v
	Cassette Removal/ Clean/ Lubricate		v	v
	Bearing Replace			~