



PREVENTATIVE MAINTENANCE

BEFORE THE PROBLEM STARTS

EQUIPMENT

SERVICES PERFORMED

CROSS TRAINERS

- ✓ Check all resistance components
- ✓ Check electronic components
- ✓ Check and lubricate drive belt
- ✓ Inspect all bearings, bolts and miscellaneous hardware
- ✓ Calibrate to manufacturers specifications
- ✓ Test overall operation of unit

TREADMILLS

- ✓ Inspect rear roller
- ✓ Inspect rear brace and all welds
- ✓ Align running belt and lubricate deck surface
- ✓ Inspect lower electronics and adjust when necessary
- ✓ Clean and vacuum drive motor, air intakes and fans
- ✓ Inspect drive belt for wear and proper tension
- ✓ Check lift calibration settings
- ✓ Calibrate to manufacturers specifications
- ✓ Test overall operation of unit

STAIR CLIMBER

- ✓ Check all resistance components
- ✓ Check electronic components
- ✓ Inspect step drive components –clean and lubricate
- ✓ Inspect all bearings, bolts and miscellaneous hardware
- ✓ Calibrate to manufacturers specifications
- ✓ Test overall operation of unit

STATIONARY BIKE

- ✓ Check control board functions
- ✓ Inspect alternator brushes
- ✓ Inspect tension belt for wear
- ✓ Clean and lubricate chain
- ✓ Inspect drive belt chain tension system (min. to max.)
- ✓ Inspect all bearings, free wheel sprocket, bolts/screws and chain/drive sprocket
- ✓ Check speed assembly
- ✓ Test overall operation of unit

ROWING MACHINES

- ✓ Check and clean control board functions
- ✓ Check resistance system (min. to max.)
- ✓ Check pivot points – clean and lubricate
- ✓ Clean and lubricate track and chain
- ✓ Calibrate to manufacturers specifications
- ✓ Test overall operation of unit

STRENGTH EQUIPMENT

(WEIGHT MACHINES)

- ✓ Inspect all cables for wear
- ✓ Lubricate guide rods, carriage assembly, pulleys and miscellaneous hardware
- ✓ Test overall operation of unit