



SERVICE & MAINTENANCE CHECKLIST

Strength Machines

- Clean and lubricate guide rods
- Check cables and pulleys for any abnormal wear and safety
- Replace parts* if needed as per arrangement with customer
- Check and tighten loose components

Free Weights

- Check that bar ends and fixed (assembled) dumbbells are tight and safe
- If bolts are loose tighten w/loc-tite

Stationary Bikes, Spinners, Airdynes, etc.

- Clean and lube chain
- Check pedals and bottom brackets for condition
- Replace chain, pedals, brake pads, friction belts, etc.,* if needed
- Adjust any loose or misaligned parts
- On some bikes the bottom brackets need to be disassembled and bearings packed

Treadmills (this is essentially the same for all cardio equipment)

- Inspect bed and belt
- Track and/or tighten running belt if needed
- If equipped w/wax system check for fluid level and test fire
- Clean or replace wax nozzle if applicable and necessary
- On treads without wax system treat deck as per manufacturer's recommendations, i.e., powdered wax or silicone
- Remove motor cover and vacuum motor bay
- Check drive belt for tension and wear. Adjust or replace* if needed
- Perform motor service if needed, which includes replacing brushes* and cleaning commutator w/stone
- Vacuum motor
- Check all connections under cover
- Run an amp check to see if bed/belt are dragging
- Run through diagnostics and test machine
- Battery operated systems need to have the batteries and alternators tested
(Alternators are treated much the same as drive motors in their servicing)

*At most establishments, any one machine needing less than \$50 in parts is repaired without the need of approval. Those items which cost over that amount will be approved before installation.

No parts over \$50 are ordered without prior approval. After diagnosis is completed, a list of needed parts is given to the owner or manager. If no one is on site to approve a parts order or expensive repair, the service technician will leave a phone number for approver to call. The tech will make 3 calls to attempt an approval. After that the case will be closed, the parts will not be ordered, and subsequently no repair will be made.