

Fairfax County In- Service Symposium: August 28, 2008

Weight Room Preventative
Maintenance



Maintenance Objectives...

- Promote A Safe Working Environment
- Maintain Equipment At Peak Operating Conditions
- Provide A Clean Workout Environment

Strength Equipment...

- Inspect Welds at Stress Points
- Inspect Cables, Crimps, Hooks and Bolting
- Cable Replacement If Frayed
- Strip Nylon Coating Where Frayed
- Inspect Belting For Wear & Replace As Required
- Tighten Loose Cables/Belts Where Applicable
- Inspect Pulleys and Pulley Bearings
- Adjust Pulleys As Required For Alignment

Strength Equipment...

- Inspect Moving Bushings and Bearings For Wear
- Check Cam Alignment and Adjust As Required
- Insert and Tighten Loose Bolts
- Clean Top Plates, Guide Rods, Remove Buildup
- Lubricate All Guide Rods and Precision Shafting
- Lubricate Range of Motion Tubing
- Inspect Upholstery For Wear
- Wipe Down Frames

Cleaners/Lubricates...

- Rubbing Alcohol (Guide Rods/Top Plates)
- Simple Green – Diluted
- Fantastic – Diluted
- Break Free
- Tri-Flow
- Super Lube – Teflon
- Bel-Ray Chain Lube (Step Chains Only)

Cardio Service - Bikes...

- Test All Equipment For Proper Operation
- Inspect Crank Assemblies and Tighten As Required
- Inspect Pedals and Straps For Wear
- Inspect Seats and Posts For Wear
- Clean Seat Tracks On Recumbent Bikes
- Wipe Down Overall Unit With Diluted Multipurpose Cleaner

Cardio Service - Treadmills...

- Raise Hood and Vacuum Internally
- Vacuum Under Unit
- Inspect Components For Wear
- Clean Belt and Deck Contact Surface
- Inspect Belt and Deck For Wear
- Align Running Belt As Required
- Lubricate Belt and Deck Per Mfrs Recommendation
- Clean Console, Rails, Hood and Side Platforms With A Diluted Multipurpose Cleaner

Cardio Service - Steppers...

- Check For Any Loose Parts and Tighten As Required
- Clean and Oil Step Chains
- Clean Overall Unit With Diluted Multipurpose Cleaner

Cardio Service - Ellipticals...

- Wipe Down Exterior Of Unit On A Daily Basis, Spray Diluted Cleaner On A Cloth First, Then Wipe Unit
- Vacuum Around Base Of Unit As Required
- Check For Loose Parts On A Weekly Basis And Tighten Screws As Needed
- Clean Shuttle Rails And Wheels With Diluted Cleaner (E.G. Simple Green) On A Weekly Basis