General Preventative Maintenance (PM)

This is a step by step guide as to how to do preventative maintenance.

Bikes / Ellipticals

1. Start unit and test to make sure there is no problem. If problem is observed, you must inform the customer before you begin.
2. Open unit and vacuum all dust and debris from unit.
3. Lubricate all bearings (recommend Teflon silicone) and grease all gears. Do not mix different greases together.
4. Lubricate all other moving parts
5. Clean roller track and check wheels and track for signs of stress.
6. Check and tighten any loose bolts on upright frame as well as upright arms and pedal arms.
7. Do final Test once unit is back together.
8. Inform customer if unit is ok and also of any problem.

Treadmills

1. Start unit and test to make sure there is no problem. If problem is observed, you must inform the customer before you begin.
2. Vacuum dust and debris from under tread-belt and motor area.
3. Check for worn walking belt and drive belt.
4. Check for walking belt slippage.
5. Check for misaligned tread-belt and worn or noisy drive belt.
6. Lubricate the front and rear roller bearings while unit is running at 1 mph.
7. Loosen the walking belt and lube the underside of the walking belt.
8. Check console LED's and buttons. Can be done while doing (10) below.
9. Realign and adjust tread-belt.
9. Grease the incline motor worm gear. Be sure to wipe away any old grease.
10. Recalibrate, (depending on make and model) if needed.
11. Do final Test once unit is back together.
12. Inform customer if unit is ok and also of there's any problem.