

General Preventative Maintenance (PM)

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

For 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) Clean roller track and check wheels for signs of stress.
- 5) Check and tighten any loose bolts on upright frame as well as upright arms and pedal arms.
- 6) Do final Test once unit is back together.
- 7) Inform customer if unit is ok and also of any problem.

For 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) Check for slippage.
- 3) Check for worn walking belt, drive belt.
- 4) Lubricate the front and rear roller bearings while unit is running at 1 mph.
- 5) Loosen the walking belt and lube the underside of the walking belt.
- 6) Grease the incline motor worm gear. Be sure to wipe away any old grease.
- 7) Vacuum dust and debris from motor area.
- 8) Recalibrate, (depending on make and model) if needed.
- 9) Do final Test once unit is back together.
- 10) Inform customer if unit is ok and also of any problem.