



STRENGTH PRODUCT

Cleaning and Maintenance Checklist



Cleaning and performing preventive maintenance will not only help extend the life of your equipment but will increase member loyalty by keeping your equipment clean and safe!

Support Materials

Support materials will help provide additional information when performing cleaning and maintenance of Matrix product. These materials can be found on your country's Vision Fitness website or in Online Remedy.

Approved Cleaners, Disinfectants and Lubricants

Using non-approved disinfectants and cleaners may cause rust or corrosion on Vision Fitness products.

Product Ownership

See tasks that come with owning or leasing Vision Fitness products that are not part of the equipment warranty. Also shows contact information for service needs.

Strength Cable Guide

Learn proper cable tensioning procedures as part of Product Ownership.

Strength Equipment General Torque Specifications

Below is a list of torque specs you should follow while checking tightness of your strength machine's hardware. It is important to note as well that we recommend applying red Vibra-Tite thread locker to all frame bolts not using a nyloc nut and axles.

Order here: [Vibra-Tite thread locker \(Red\)](#)

Connection/Bolt Size	Torque
Axle Arm	180 N-m / 133 ft-lbs.
M12 Bolts & Nuts (flow drill)	100 N-m / 74 ft-lbs.
M10 Bolts & Nuts (flow drill)	77 N-m / 57 ft-lbs.
M10 Bolts (rivnut)	40 N-m / 30 ft-lbs.
M8 Bolts	25 N-m / 18 ft-lbs.
M8 Bolts (Plastic) & M6 Bolts	15 N-m / 11 ft-lbs.
Pad bolts	10 N-m / 7 ft-lbs.

Important: Never use power tools when installing a bolt that has a torque spec.

Single Stations

The checklists below are manufacturer-recommended maintenance beyond the daily cleaning of the equipment.

Weight stack cables can stretch over their life and should be checked WEEKLY for proper tension and inspected for damage. Without proper tension, users will lose some range of motion and excess wear to the cables can occur. Refer to the Strength Cable & Belt Guide for tensioning procedures.

MONTHLY TASKS	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Wipe entire frame and pads with approved cleaner												
Clean and lubricate guide rods with approved lubricant												
Visually inspect hardware for tightness												
Inspect cables and pulleys for damage												
Check cables for proper tension												
Perform a few reps with weight. Listen for noise, check smoothness												
Test push/pull pins for proper operation – ensure they are tightly secured to the frame then clean and grease												

Single Stations

The checklists below are manufacturer-recommended maintenance beyond the daily cleaning of the equipment.

Weight stack cables can stretch over their life and should be checked WEEKLY for proper tension and inspected for damage. Without proper tension, users will lose some range of motion and excess wear to the cables can occur. Refer to the Strength Cable & Belt Guide for tensioning procedures.

QUARTERLY TASKS	Q1	Q2	Q3	Q4
Wipe entire frame and pads with approved cleaner				
Clean and lubricate guide rods with approved lubricant				
Visually inspect hardware for tightness				
Inspect cables and pulleys for damage				
Check cables for proper tension				
Perform a few reps with weight. Listen for noise, check smoothness				
Test push/pull pins for proper operation – ensure they are tightly secured to the frame then clean and grease				
Clean and grease all tie rod ends (see image below)				



Functional Trainers

The checklists below are manufacturer-recommended maintenance beyond the daily cleaning of the equipment.

Weight stack cables can stretch over their life and should be checked WEEKLY for proper tension and inspected for damage. Without proper tension, users will lose some range of motion and excess wear to the cables can occur. Refer to the Strength Cable & Belt Guide for tensioning procedures.

MONHTLY TASKS	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Wipe entire frame with approved cleaner												
Clean and lubricate guide rods with approved lubricant												
Visually inspect hardware for tightness												
Inspect cables and pulleys for damage												
Check cables for proper tension												
Perform a few reps with weight. Listen for noise, check smoothness												
Test push/pull pins for proper operation – ensure they are tightly secured to the frame then clean and grease												

Functional Trainers

The checklists below are manufacturer-recommended maintenance beyond the daily cleaning of the equipment.

Weight stack cables can stretch over their life and should be checked WEEKLY for proper tension and inspected for damage. Without proper tension, users will lose some range of motion and excess wear to the cables can occur. Refer to the Strength Cable & Belt Guide for tensioning procedures.

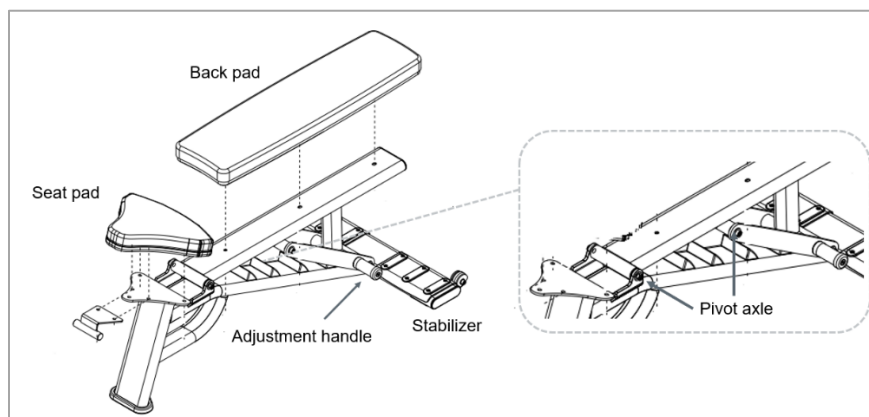
QUARTERLY TASKS	Q1	Q2	Q3	Q4
Wipe entire frame and pads with approved cleaner				
Clean and lubricate guide rods with approved lubricant				
Visually inspect hardware for tightness				
Inspect cables and pulleys for damage				
Check cables for proper tension				
Perform a few reps with weight. Listen for noise, check smoothness				
Clean and lubricate adjustable pulley chrome bars				
Test push/pull pins for proper operation – ensure they are tightly secured to the frame then clean and grease				

Benches

The checklists below are manufacturer-recommended maintenance beyond the daily cleaning of the equipment.

MONTHLY TASKS	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Wipe entire frame and pads with approved cleaner												
Visually inspect hardware for tightness												
Test push/pull pins for proper operation – ensure they are tightly secured to the frame then clean and grease												

QUARTERLY TASKS	Q1	Q2	Q3	Q4
Wipe entire frame and pads with approved cleaner				
Visually inspect hardware for tightness				
Clean and lubricate the pivot axles (see image below)				
Test push/pull pins for proper operation – ensure they are tightly secured to the frame then clean and grease				



Dumbbells and Bars

The checklists below are manufacturer-recommended maintenance beyond the daily cleaning of the equipment.

Quarterly

TASKS	Q1	Q2	Q3	Q4
Clean corrosion from bars				

Use 3-IN-ONE oil and a bronze bristled brush



Procedure

1. Apply 3-IN-ONE oil in small sections at a time to the area of corrosion.
2. With the bronze bristled brush, scrub the oiled section
3. Wipe clean with a rag
4. Repeat if necessary