



CARDIO 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 Vision 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.

Cleaning Treadmill Running Belts

*****DO NOT USE MOPS TO CLEAN THE RUNNING BELT. To safely clean the running belt, follow the direction below*****

Treadmill decks (under the running belt) are made from compressed wood. The deck has holes drilled in them so the deck bolts can secure it to the frame. Because of this and if there are blemishing in the deck surface, water will make the deck expand and weaken it. This could cause decks to break and cause a safety hazard for the user.



1. Spread a towel on the floor behind the treadmill to catch dirt/soap and water solution
2. Run the treadmill at 3 mph
3. Dip your brush in a soap and warm water solution. Shake excess water off (you don't want it dripping wet).
4. Run the brush back and forward horizontally on the belt at the rear roller

For running deck and belt wear testing, refer to the Treadmill Deck Friction Test document.

Treadmills

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
Clean console with approved cleaner												
Wipe exposed sides of running deck and side rails with approved cleaner												
Wipe entire frame and shrouds with approved cleaner												
Inspect power cord & power cord bracket												
Test emergency brake & tether/clip												
Test running belt tension & alignment												
Test handlebar toggles & quick keys												
Test console functions												

Bumps on rear rollers will be an indication that more frequent cleaning must occur under the treadmill.

For running deck and belt wear testing, refer to the Treadmill Deck Friction Test document.

Treadmills

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

QUARTERLY TASKS	Q1	Q2	Q3	Q4
Clean console with approved cleaner				
Wipe exposed sides of running deck and side rails with approved cleaner				
Wipe entire frame and shrouds with approved cleaner				
Inspect power cord & power cord bracket				
Test emergency brake & tether/clip				
Test running belt tension & alignment				
Test handlebar toggle & quick keys				
Test console functions				
Remove motor cover and vacuum entire area				
Test incline motor				
With incline motor at max incline, turn off power or press the emergency stop – clean and lubricate incline motor screw				
Elevate and/or move treadmill and clean under entire unit				

Bumps on rear rollers will be an indication that more frequent cleaning must occur under the treadmill

To clean under a treadmill:

- Press 'Go' then press 'Incline Up' until it has reached max incline
- Press the 'e-stop' then unplug the treadmill from the floor/wall outlet and lay the cord over the motor cover onto the running belt. Disconnect coax if present as well
- With 2 people, lift the back of the treadmill and roll back as far as you are able
- Clean area where treadmill was sitting
- With 2 people, lift the back of the treadmill and roll back into its original position
- Plug in power cord (and coax if present), then lift the e-stop to reset the incline

For running deck and belt wear testing, refer to the Treadmill Deck Friction Test document.

Ascent/Ellipticals

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
Clean console with approved cleaner												
*Wipe entire frame and shrouds with approved cleaner												
**Check all hardware for tightness												
Inspect power cord												
Test handgrips for proper function												
Test console functions												

**When cleaning the frame, focus on the pedal arms and other non-clear coated surfaces*

***Perform a workout at a medium speed. Listen for noises and feel for clunkiness. These could be indications of loose hardware.*

QUARTERLY TASKS	Q1	Q2	Q3	Q4
Clean console with approved cleaner				
If applicable, remove foot pedal pads and clean under them				
*Wipe entire frame and shrouds with approved cleaner				
**Check all hardware for tightness				
Inspect power cord				
Test handgrips for proper function				
Test console functions				
Remove both side discs to inspect generator and drive belts, vacuum area				

**When cleaning the frame, focus on the pedal arms and other non-clear coated surfaces*

***Perform a workout at a medium speed. Listen for noises and feel for clunkiness. These could be indications of loose hardware.*

Recumbent & Upright Bikes

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
Clean console with approved cleaner												
*Recumbent only – clean seat track												
Wipe entire frame and shrouds with approved cleaner												
Inspect power cord												
Inspect pedals & straps												
Test handgrips for proper function												
Test console functions												

**Clean with approved cleaner, do not lubricate*



Recumbent & Upright Bikes

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

QUARTERLY TASKS	Q1	Q2	Q3	Q4
Clean console with approved cleaner				
*Recumbent only – clean seat track				
Wipe entire frame and shrouds with approved cleaner				
Inspect power cord				
Test handgrips for proper function				
Test console functions				
Remove both side discs to inspect belts, vacuum area				

**Clean with approved cleaner, do not lubricate*

