

	Service Bulletin: Repairing Rust or Damaged Paint	
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Time Required: 15-60 minutes	Models Affected: All Strength and Cardio Equipment	Document Number: NB-1902006

PROBLEM

Rust has visibly formed on the unit, or the unit's paint is damaged.

REQUIRED TOOLS

Needed Equipment

- Angle grinder
- Hand sanding equipment
- Respiratory mask
- Eye protection
- Sand paper 80/120/150/220/320/400 grits
- Aluminum Oxide / Scotch Brite sanding discs
- Paint drop cloth
- Painter's tape and masking paper
- Shop-Vac or vacuum
- Upol #8 Acid Etch Primer Gray Aerosol
- XL Wax and Grease remover
- Lint free rag/ cloth
- Tack cloth
- Bulldog adhesion promoter

Provided by JHTNA

- Color matched paint
- 1 can clear coat

Instructional video: <https://vimeo.com/1033120176>



EXPECTATIONS AND BEST PRACTICES

Please note: Matrix Fitness relies on the service providers to deliver the expertise necessary to complete the job properly, with expectation that technicians take full responsibility for their craftsmanship.

Sanding

The purpose of sanding is to get the surface smooth—it is *not* to remove rust. All rust should be removed with the grinder.

The importance of sanding is to blend the edge from the bare metal surface to the painted surface and remove scratches created by the previous grit of sandpaper. If you keep this in mind, you can minimize the amount of hand sanding to be done.

When sanding, it is best to work in an “X”/cross hatch pattern to keep a flat surface and avoid creating a ridge. Make sure to progress evenly through each grit of sandpaper; make sure not to skip any steps as doing so will leave behind scratch marks that will be visible once painted.

Spray Coatings (Paint and Clear Coatings)

Always make sure your spray nozzle is clean. You can test it by first spraying a piece of cardboard or paper. It should spray a fine, even mist. If the can spits large particles, you may have a dirty nozzle or an empty/defective can. If the nozzle is dirty, use a lint free cloth with some wax and grease remover and wipe the nozzle clean.

If the can is low on product, do not try to continue using it for the sake of conserving product.

Shake the can vigorously for 2-3 minutes before starting, and continue shaking throughout the process.

Work in thin layers/multiple coats of the same product.

When applying spray coatings, it is very important to use proper technique to avoid overspray, paint runs/drips, and chemical reactions with the paint.

- For best results, never start depressing the trigger of the can when pointing at the unit. Always have your hand already in motion slightly before you depress the trigger on the can. By doing this, you will avoid applying too much product to one area and you will be able to more easily blend the coats into the surrounding area.
- Hold the can 8”-12” away from the surface to be painted. Be mindful of objects behind and to the sides of the area to be painted. The edges of the area to be painted should be feathered out slightly so that it is blended. To do this, you should slightly raise your wrist as you get to the edge so that the can is slightly further away, creating a larger fan pattern.
- When spraying the first coat, spray a very thin, mist-like coat. If you spray a thick coat, it will run or drip and be too smooth for the next layer to adhere to. Spraying a thin layer avoids creating a run, and the layer will have texture the next coat can bond to. The second layer can be heavier because it has the structure of the first layer supporting it. This is especially true with clear coat.

PROCEDURE

Before beginning this procedure, please read [Expectations and Best Practices](#) on page 2.

1. Begin by removing the piece from the unit, if you can. If not, cover surrounding areas.



2. Using the grinder, remove all rust or damaged paint. This could result in a larger area to repair than the initially observed area.

Note: Always make sure to remove **all** paint and rust in areas where rust is present



3. Next, sand the area and surrounding area until smooth.
4. Wipe any dust from the unit and vacuum any dust from the surrounding area.
5. Clean the area with the Wax & Grease Remover. After the wax and grease remover has dried, wipe the area to be painted with a tack cloth.
6. Apply the adhesion promotor; let dry for 10 minutes or until dry.
7. Apply the primer spray; let dry for 10 minutes or until dry. Use sandpaper and lightly sand the primer by hand to smooth it out.



8. Apply the paint using the technique described on the can (see [Expectations and Best Practices](#)). Let dry for 10 minutes.
9. Apply the clear coat using the technique described on the can (see [Expectations and Best Practices](#)). Let dry for 10 minutes before applying another coat. One to three coats may be applied.
10. Let piece or whole unit dry for 24 hours before putting into use.

