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PREVENTATIVE MAINTENANCE CHECKLIST

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01 Strength

01. Daily Check

Check Item	Status
Inspect cables and cable ends replacing upon any sign of wear.	☐
Check for kinks, frayed wires or deterioration of the cable coating. Look for signs of wear particularly at crimped ends of the cable and near pulleys. Cables must be replaced immediately if they are damaged to avoid possible injury to users.	☐

02. Monthly Check

Check Item	Status
Wipe down unit with an approved solution. (Do not use acidic cleaners).	☐
Verify the weight stack pin tether is attached.	☐
Inspect the cable for cracks in the sleeve.	☐
Verify the instructional placard is attached and intact.	☐
Verify the pads are intact, with no tears or cracks.	☐

02. Monthly Check

Check Item	Status
Check the machine motion to ensure smooth through full range of travel.	☐
Verify proper tension on all cables.	☐
Inspect upholstery and pads for excessive wear.	☐
Verify the instruction placard is attached and intact.	☐

03. Quarterly Check

Check Item	Status
Verify cable tension	☐
Check the product motion to ensure it's smooth through the full range of motion.	☐
Check the seat and range of motion adjustments to ensure full functionality.	☐

04. Semi-annual Check

Check Item	Status
Adjust the cable to remove any unnecessary slack.	☐
Inspect all weight pins to ensure they are secure.	☐



02 Cardio



Treadmill

01. Monthly Check

Check Item	Status
Turn off power switch/circuit breaker and unplug the power cord from the wall outlet.	☐
Verify the stop clip is in place and functional.	☐
Visually inspect the running deck and belt and make sure that the bed or belt is in good condition.	☐
Inspect the power cord and make sure it is not damaged or pinched under the unit.	☐

01. Monthly Check

Check Item	Status
Verify the cord clamp is securely installed.	☐
Perform functional test to verify all features are performing properly.	☐
Clean the treadmill's frame using a cloth dampened with an approved cleaning solution. Use water and a soft nylon scrub brush to clean the running belt. Use a dry towel to clean the deck underneath the running belt.	☐
Wipe the surface of the electronic console with a damp sponge or soft cloth and dry with a clean towel.	☐

02. Quarterly Check

Check Item	Status
Perform the software diagnostics, check console function, and record the odometer reading.	☐
Functionally test both the wireless and hand-held heart rate.	☐
Check the tension, tracking, and alignment of the running belt. Adjust if necessary.	☐
Check the tension of the drive belt. Adjust if necessary.	☐
Vacuum motor bay under hood.	☐
Remove dust from cooling fan on the lower electronics (by hand)	☐

03. Annual Check

Check Item	Status
Check the drive motor brushes, if applicable.	☐
Check speed sensor function.	☐
Visually examine all wiring and connectors.	☐
Re-lubricate lift screw.	☐



Elliptical

01. Monthly Check

Check Item	Status
Turn off power switch/circuit breaker and unplug the power cord from the wall outlet.	☐
Clean the ramps and wheels with an approved solution.	☐
Inspect the power cord. Ensure that the cord is not pinched under the unit.	☐

01. Monthly Check

Check Item	Status
Verify the wheels run smoothly on the ramp.	☐
Verify the lift runs smoothly through the entire range.	☐
Verify the hand-held heart rate is operational.	☐
Record the usage hours.	☐

02. Quarterly Check

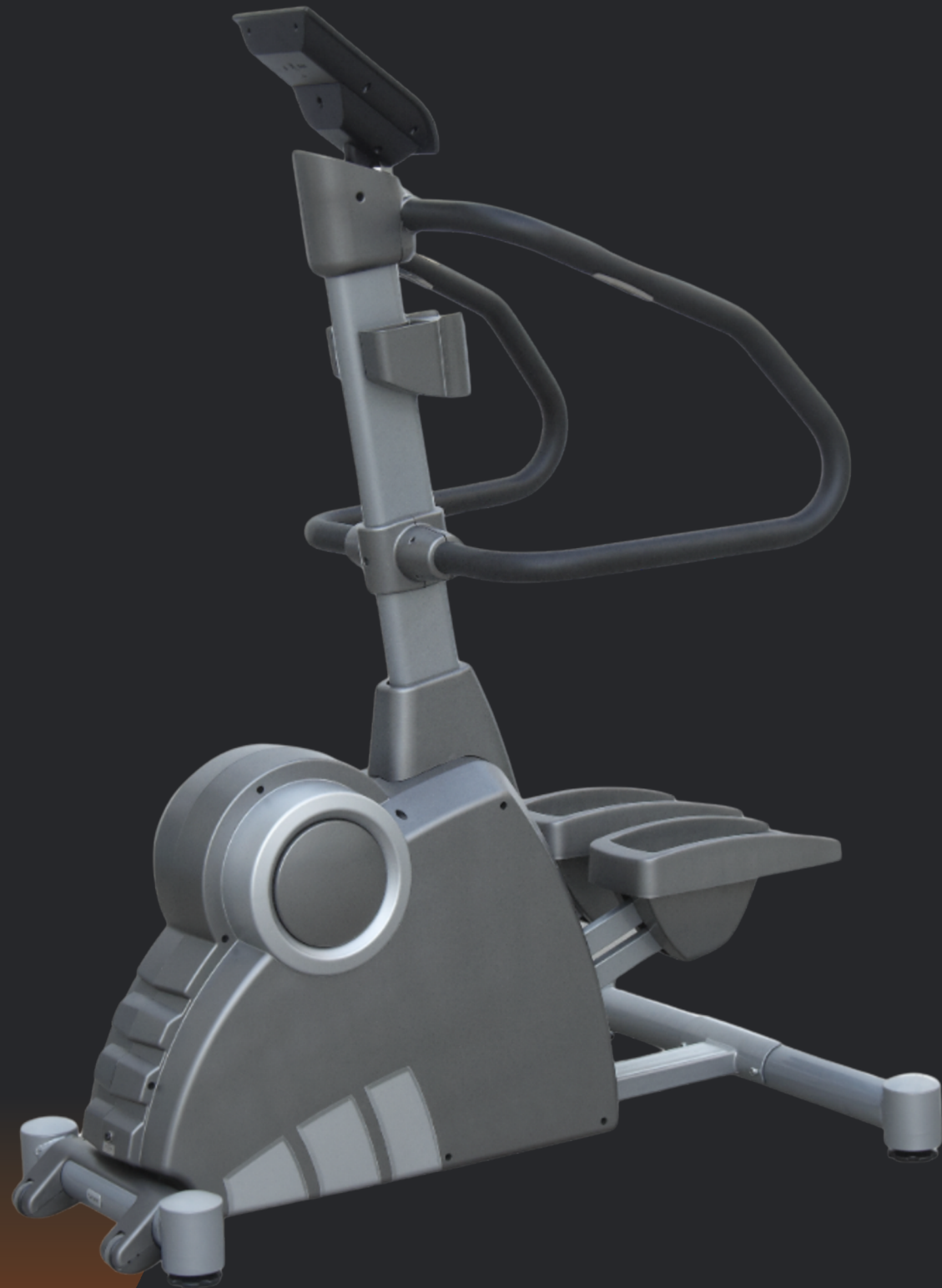
Check Item	Status
Clean the frame, cover, and stair arms with an approved solution.	☐
Remove the rear cover. Carefully vacuum interior.	☐
Check the belt tension of the step-up and drive belts, and adjust if necessary.	☐
Lubricate the lift motor screw with a synthetic grease.	☐

03. Semi-annual Check

Check Item	Status
Perform the software diagnostics, check console function, and record the odometer reading.	☐
Perform a full functional verification of all programs and settings.	☐
Visually inspect the step-up and drive belts for cracks, fraying, or excessive wear.	☐
Check the speed sensor function.	☐

03. Semi-annual Check

Check Item	Status
Functionally test both the wireless and hand-held heart rate.	☐
Inspect the power cord, and make sure it is not damaged or pinched under the unit.	☐
Visually examine all wiring and connectors.	☐
Verify the battery charge voltage is within specification.	☐



Step Machine

01. Monthly Check

Check Item	Status
Clean the pedals, stair arms, upper arms, and hand-held heart rate grip with an approved solution.	☐
Verify the pedals move smoothly on the vertical and horizontal axis.	☐
Verify the hand-held heart rate is operational.	☐
Record the usage hours.	☐
Check the stability of machine and adjust the leveling feet, if necessary.	☐

02. Quarterly Check

Check Item	Status
Clean the AMT's frame, cover, and stair arms with an approved solution.	☐
Remove side cover. Carefully vacuum interior.	☐
Check the belt tension of the input drive and horizontal brake belts. Adjust, if necessary.	☐
Verify the resistance changes through the entire range.	☐

03. Semi-annual Check

Check Item	Status
Perform the software diagnostics, check console function, and record the odometer reading.	☐
Perform full functional verification of all programs and settings.	☐
Visually inspect the drive and horizontal brake belts for cracks, fraying, or excessive wear.	☐

03. Semi-annual Check

Check Item	Status
Check stride dial function.	☐
Functionally test both the wireless and hand-held heart rate.	☐
Visually examine all wiring and connectors.	☐
Verify the battery charge voltage is within specification.	☐



Stair Master

01. Monthly Check

Check Item	Status
Perform the software diagnostics, check LED function, and record the odometer reading.	☐
Functionally test the remote motion controls.	☐
Functionally test the wireless hand-held heart rate are operational.	☐
Clean and test the obstruction sensor.	☐

02. Semi-Annual Check

Check Item	Status
Clean & vacuum brake compartment and frame.	☐
Check step chain tension.	☐
Inspect steps, step shafts and bearings.	☐
Inspect primary drive chain tension. Replace as needed.	☐

03. Annual Check

Check Item	Status
Inspect sprockets.	☐
Inspect the step chain and check the master link. Adjust tension if necessary.	☐
Clean excessive debris from the step chain using a soft brush and vacuum, if needed.	☐
Perform the software diagnostics, check console function, and record the odometer reading.	☐
Perform full functional verification of all programs and settings.	☐



Bike

01. Monthly Check

Check Item	Status
Turn off and unplug the power adapter (if so equipped) from the cycle.	☐
Wipe down unit covers; handle bars, console, seat, and pedals with an approved solution.(Do not use acidic cleaners).	☐
Check that pedals turn freely and smoothly at resistance level 1.	☐

01. Monthly Check

Check Item	Status
Validate adjustment knobs are functioning properly.	☐
Inspect the power adapter (if so equipped). Ensure that the cord is not pinched under the unit.	☐
Verify the seat moves smoothly through the entire adjustment range and the position latch works correctly.	☐

02. Quarterly Check

Check Item	Status
Remove the covers. Carefully vacuum the interior, removing all dust and particles.	☐
Check the tension of the belts per procedures in the service manual or lubricate chain as needed.	☐
Verify the battery charge voltage.	☐
Check to make sure the seat is secure.	☐

03. Semi-annual Check

Check Item	Status
Validate console calibration to bike and replace console batteries (if applicable).	☐
Check speed sensor function.	☐
Functionally test both wireless and hand held heart rate.	☐
Visually examine all wiring and connectors.	☐
Inspect and replace brake pad, if needed.	☐



Console



01. Monthly Check

Check Item	Status
Wipe the screen with an approved solution. Do not use acidic cleaners.	☐
Verify the channel up/down and volume up/down function.	☐
Verify the numeric key pad can be used to change channels.	☐
Verify the headphone jack works.	☐

02. Quarterly Check

Check Item	Status
Verify the home page is correctly programmed.	☐
Verify the video image is clear on all channels.	☐
Verify the audio matches the video.	☐

03. Semi-annual Check

Check Item	Status
Verify the channel lineup matches the facility requirements.	☐
Verify the decorative cable cover is fully intact and properly aligned.	☐

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