

CV Daily/Monthly Inspection Recommendations

Note: Use this sheet in conjunction with the Pulse Fitness Cardiovascular Daily Maintenance Inspection Sheet and the Pulse Fitness Cardiovascular Monthly Maintenance Inspection Sheet.

DAILY CHECKS

1. Cleaning the frame (as a minimum) - the frame should be wiped clean, ideally by the user, at the end of the workout.
Note: For extra paint protection clean the frame only on a daily basis using silicone based polish (Mr Sheen or Pledge). Spray directly onto the cloth and then apply.
2. The handgrips and the console should also be wiped clean daily with a warm soapy solution (anti-bacterial mild solution, Fairy or Persil).
3. The plastic panels should be cleaned daily with foam cleaner supplied by Pulse.
4. Function test – by simply using the equipment, adjusting the seat, pedalling and walking, etc. this will normally highlight any problems.
5. Running belt alignment (jogger only) – visually check the jogger belt runs in the centre of the frame – refer to manual if in doubt.
6. The pedal foot straps should be checked daily for wear - refer to Maintenance Handbook for refitting instructions.

MONTHLY/QUARTERLY CHECKS

Most of this is aimed at the treadmill:

7. Jogger belt tracking and tensioning – hold the handlebars and try to stall the belt using moderate pressure. If the belt does not slip there is no need to go any further. Refer to the Maintenance Handbook if the belt requires tensioning or tracking. (Note: 7. and 8.)
9. Jogger belt vacuum floor underneath – it is good practice to keep the floor clean under the treadmill as this would prevent dust and grime getting inside the machine and on the running surface. Adjust the treadmill to maximum elevation and then switch the machine off using the on/off switch located on the front valance before you vacuum underneath.
10. Jogger - vacuum under front cover – due to a build up of static electricity, dust and grime does collect under the front motor cover. It is good practice to vacuum this out every 3 months.
Note: Ensure the machine is switched off at the mains and refer to the maintenance data sheet before performing this operation.
11. Elliptical – inspect the bungee cords for wear and tear – these are located under the foot plates. Refer to the maintenance data sheet if these need changing.
12. Visually inspect for loose fittings – it is good practice to visually inspect for any loose fixtures and fittings, although this would normally be picked up on the daily function test.

