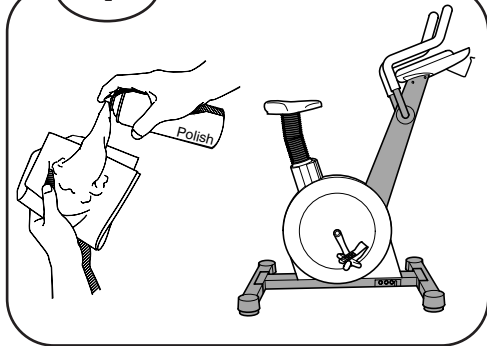


QUICK MAINTENANCE GUIDE FOR CV MACHINES



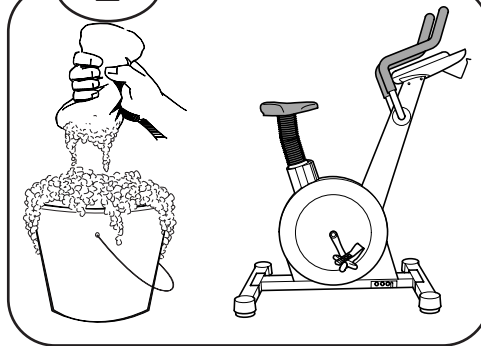
FOR DETAILED INFORMATION, USE THE CV DAILY/MONTHLY INSPECTION RECOMMENDATIONS SHEET IN CONJUNCTION WITH THE USERS HANDBOOK www.pulsefitness.com

1 DAILY MAINTENANCE



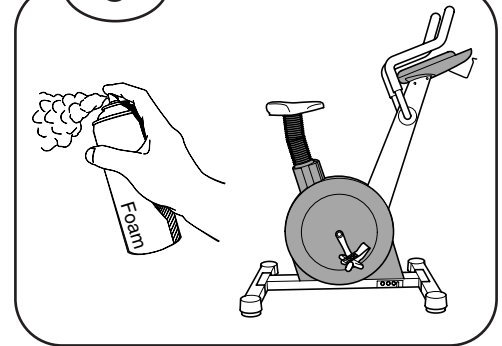
Clean the frame with a silicone based polish.

2 DAILY MAINTENANCE



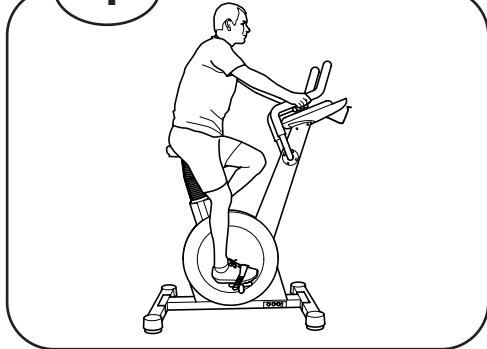
Clean with a mild soapy solution, handlebars and saddle where applicable.

3 DAILY MAINTENANCE



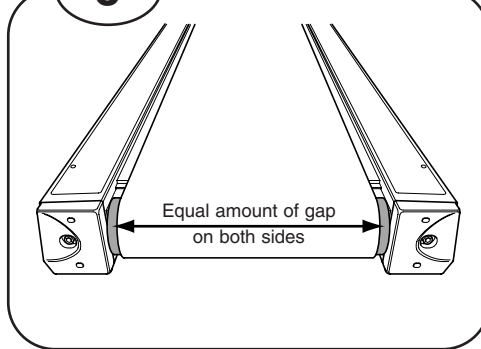
Clean the panels by spraying with cleaning foam, then wipe with a dry cloth.

4 DAILY MAINTENANCE



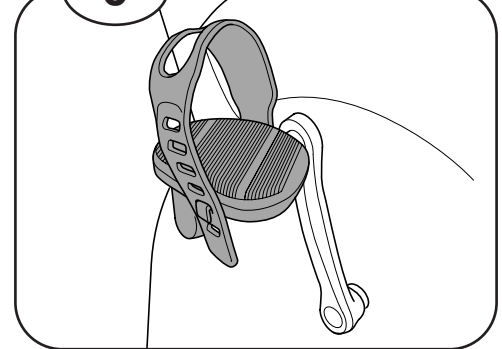
General function test.

5 DAILY MAINTENANCE



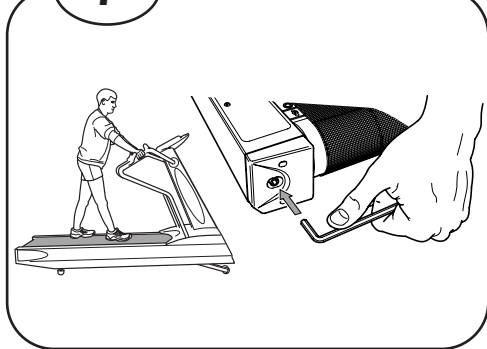
Check belt alignment, make sure the gap between the belt and roller is equal, see operators manual for corrective procedure.

6 DAILY MAINTENANCE



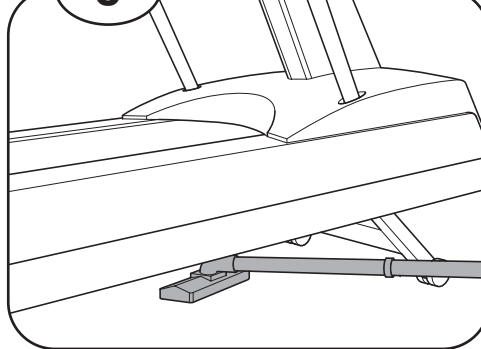
Check pedals and footstraps for any signs of damage or wear.

7 MONTHLY MAINTENANCE



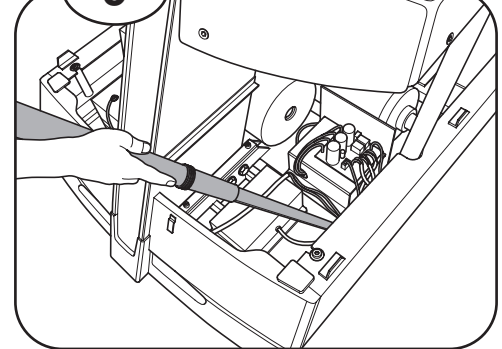
Check the belt tension, see operators manual for detailed procedure.

8 MONTHLY MAINTENANCE



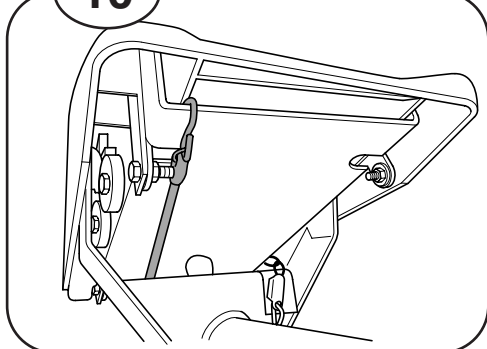
Vacuum around and under the machine.

9 MONTHLY MAINTENANCE



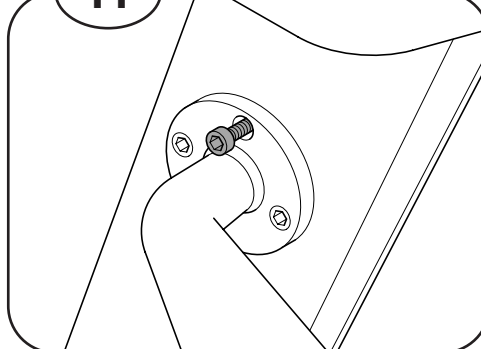
Vacuum under the panels, ensure the electricity supply is **disconnected**. (This is a three monthly procedure).

10 ROUTINE MAINTENANCE



Check the bungee cords under the foot pads of the 280 elliptical trainer.

11 ROUTINE MAINTENANCE

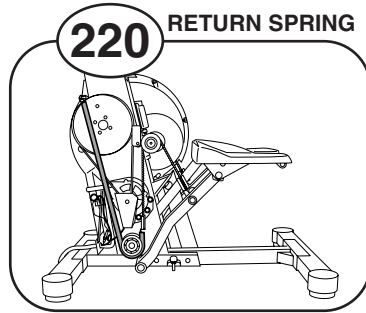
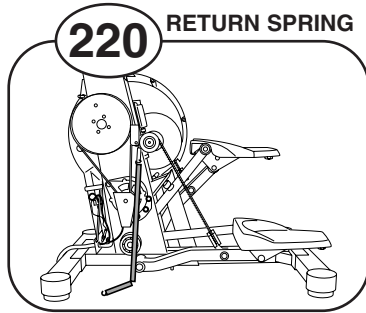


Check for loose fittings.

ADDITIONAL ROUTINE MAINTENANCE GUIDE FOR CV MACHINES



FOR DETAILED INFORMATION, USE THE CV DAILY/MONTHLY INSPECTION RECOMMENDATIONS SHEET IN CONJUNCTION WITH THE USERS HANDBOOK www.pulsefitness.com

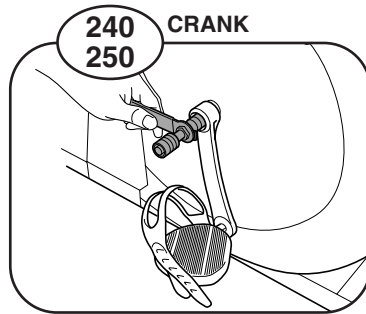
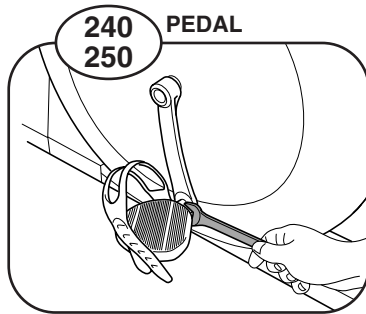
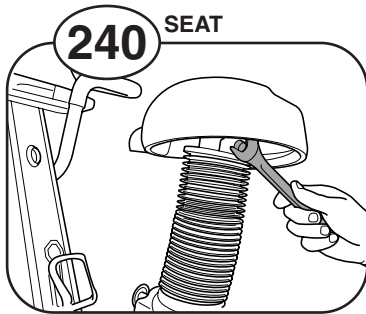


To remove side panel, push foot pad to floor (if necessary) and detach side panel.

Internal mechanism and damaged spring.

Correct location of new spring.

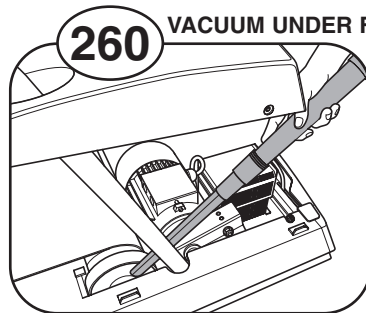
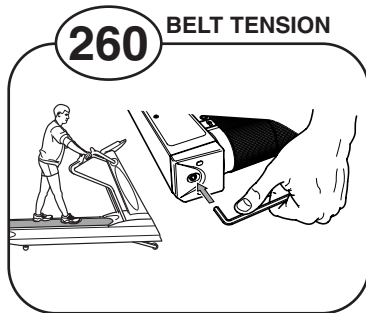
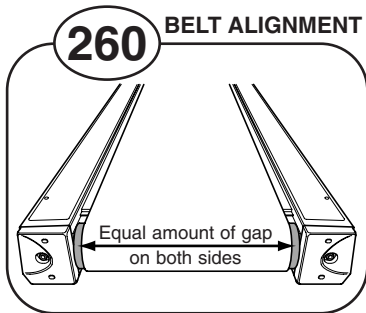
To attach side panel, push foot pad to floor and locate side panel.



Check the seat is secure.

Use a spanner to replace or tighten pedals.

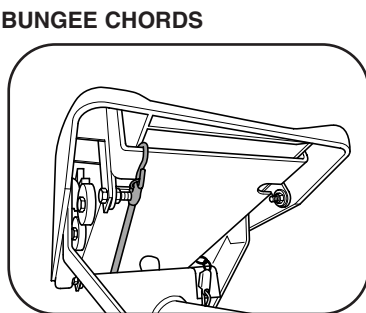
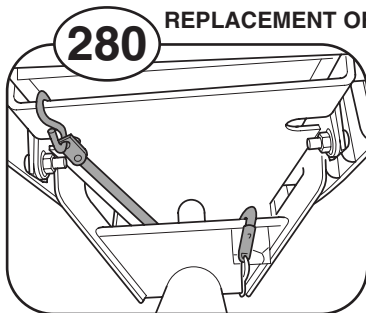
Use a crank remover tool to extract crank.



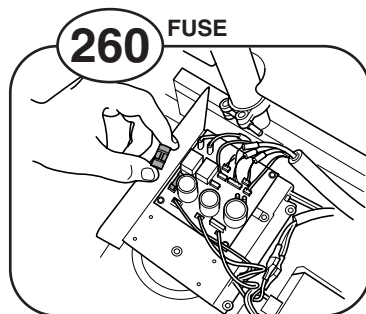
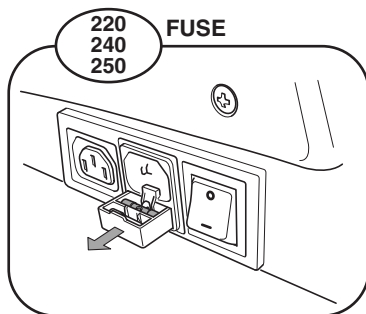
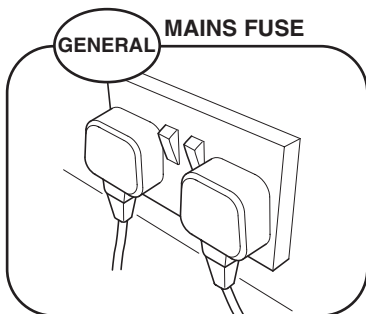
Check belt alignment, make sure the gap between the belt and roller is equal, see operators manual for corrective procedure.

Check the belt tension, see operators manual for detailed procedure.

Vacuum under the front covers.



Check the bungee cords under the foot pads of the 280 elliptical trainer. Replace if broken or worn.



Mains fuse.

Location of 220, 240 & 250 fuse.

Location of 260 fuse.