

Resistance Daily/Monthly Inspection Recommendations

Note: Use this sheet in conjunction with the Resistance Equipment Daily Maintenance Inspection Sheet and the Resistance Equipment 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. This should be done with a towel or paper towel to ensure that sweat does not contaminate the paint.
Note: For extra paint protection clean once daily using silicone based polish (Mr Sheen or Pledge). Spray directly onto the cloth and then apply.
2. The handgrips and upholstery should also be wiped clean daily with a warm soapy solution (anti-bacterial mild solution, Fairy or Persil).
Note: If this is implemented the upholstery will generally last 3 times longer than uncleaned upholstery due to the build of sweat which dries and cracks the cloth.
3. Belt condition – visually inspect the belt for wear and tear. Pay particular attention to pulley machines (380/390/342/345) as these machines are subject to abuse.
4. Belt clamp swivel free play – hold the swivel clamp and ensure it rotates freely and smoothly. Refer to manual if in doubt.
Important Safety Note: If the clamp does not swivel freely it may cause the belt to fail. Contact Customer Care.
5. Function test – by simply sitting on the machine and using it and checking the adjustments will normally highlight any problems.
6. Visually inspect clamps and fasteners - this is just a visual inspection to ensure all the fixtures and fittings look tight and that there has been no third party tampering with the machine.

MONTHLY CHECKS

7. Lubricate case hardened shafts - wipe clean the case hardened shaft and then lubricate with one-in-one oil supplied by Pulse.
Note: After wiping clean the shaft use an oil impregnated cloth to wipe over the hardened shaft. This can be stored in a plastic bag. (325, 500, 515, 560, 562,577).
8. Lubricate guide bars – wipe clean the guide bars and lubricate with silicone oil supplied by Pulse.
Note: After wiping clean the guide bar use a silicone oil impregnated cloth to wipe over the guide bars. This can be stored in a plastic bag.
9. Lubricate adjusters – only if necessary, wipe clean the chrome seat adjuster and lightly coat with silicone spray.
Note: This is only necessary if the seat appears not to adjust easily.
10. Clean the Perspex with anti-static cleaner supplied by Pulse.
Note: A good time to do this is after lubricating the guide bars. Clean both sides of the Perspex.
11. Check upholstery for wear and tear.
Note: If the upholstery is cracking and appears to be hard on the surface indicates that it has not been cleaned regularly enough.

