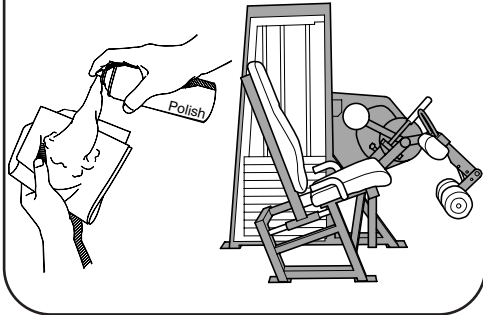


# QUICK MAINTENANCE GUIDE FOR RESISTANCE MACHINES



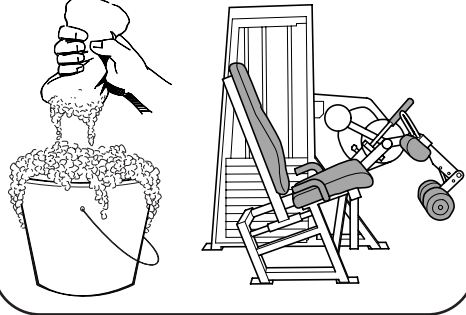
FOR DETAILED INFORMATION, USE THE RESISTANCE DAILY/MONTHLY INSPECTION RECOMMENDATIONS SHEET IN CONJUNCTION WITH THE USERS HANDBOOK [www.pulsefitness.com](http://www.pulsefitness.com)

## 1 DAILY MAINTENANCE



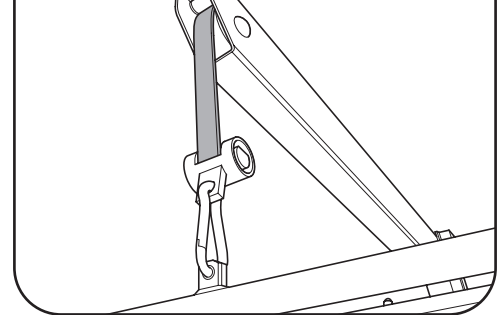
Clean the frame with a silicone based polish.

## 2 DAILY MAINTENANCE



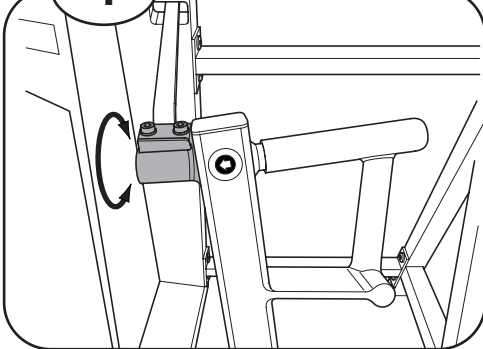
Clean with a mild soapy solution, handlebars and seat.

## 3 DAILY MAINTENANCE



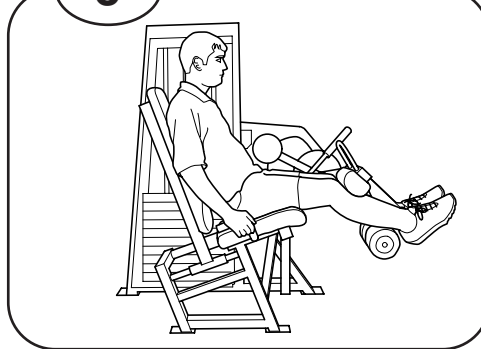
Check the condition of belts for fatigue and wear.

## 4 DAILY MAINTENANCE



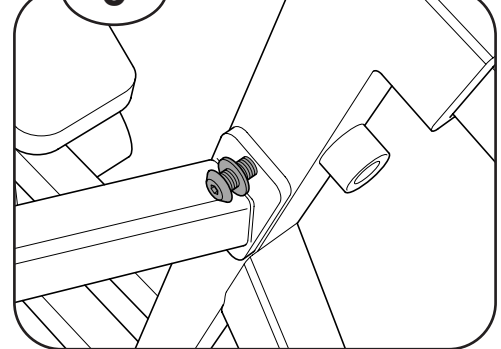
Ensure the "check point" areas are in good working order, (this only applies to 305, 310, 311, 370 and 577).

## 5 DAILY MAINTENANCE



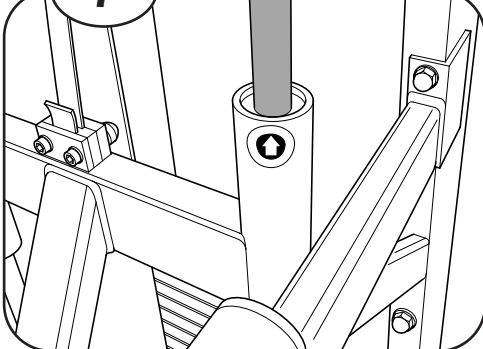
General function test.

## 6 DAILY MAINTENANCE



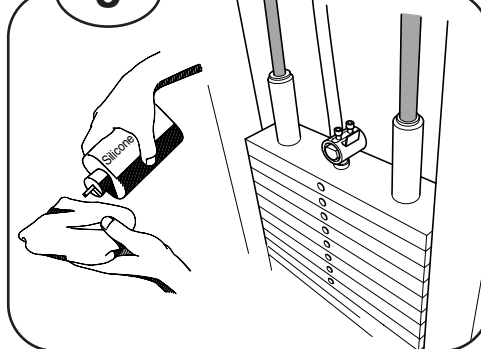
Check for loose fittings.

## 7 MONTHLY MAINTENANCE



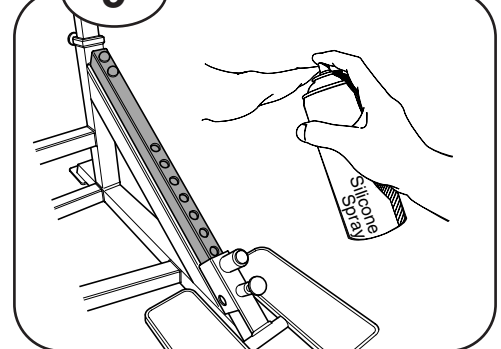
Ensure the "lube point" areas are lubricated, (this only applies to 325, 500, 515, 560, 562 and 577).

## 8 MONTHLY MAINTENANCE



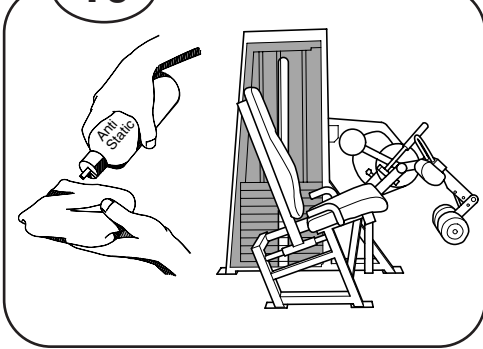
Apply silicone oil to required areas.

## 9 MONTHLY MAINTENANCE



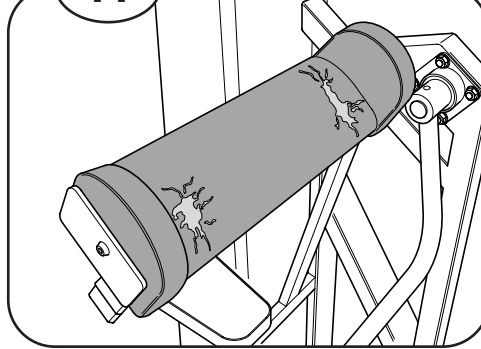
Clean any chrome which may be present on machine.

## 10 ROUTINE MAINTENANCE



Clean the perspex with an anti-static cleaner.

## 11 ROUTINE MAINTENANCE



Check all seats and cushions for wear and damage.