

Preventative Maintenance Checklist

Fitness Centers

- Inspect equipment for structural integrity including handles, braces, welds and framework.
- Lubricate moving parts, pivot points and cables.
- Adjust cables as needed.
- Inspect and align pulleys.
- Check electric weight selection system for proper operation.
- Test overall operation of the fitness center.

Rowers/Skiers/Steppers

- Lubricate pivot points and moving parts.
- Inspect hydraulic cylinders for seal leakage and replace if necessary.
- Test electronic monitoring system (if so equipped).
- Perform visual inspection of the equipment for wear or breakage of any functional components.

Treadmills

- Perform a visual inspection of equipment for wear or breaking off of functional components.
- Inspect walking belt and adjust tension and tracking.
- Lubricate belt, if needed.
- Check/test controllability of walking belt speed.
- Perform an operational test of all controls and features.
- Inspect electrical system.

Exercise Bicycles

- Inspect seat, pedals, handles, grips and support legs for signs of wear.
- Inspect and adjust drive belt for wear.
- Check equipment for proper operation through all ranges of resistance.
- Check speedometer/odometer for proper function, where applicable.
- Check and tighten all bolts for safety.
- Inspect electrical system.