

Strength Maintenance Schedule and Guidelines

ACTION	DAILY	WEEKLY	MONTHLY	AS NEEDED
√ CLEAN				
Upholstery	X			
Guide Rods			X	
Shrouds			X	
Hand Grips				X
➤ [D] Upholstery. Clean with a mild soap and water or with an approved or compatible cleaner. ➤ [M] Guide rods. Clean with a cotton cloth with Break-Free® brand lubricant. Clean tops of bearings at stack and inspect for heavy buildup on rods below the head plate. Lift half of stack and do a visual inspection, then clean as necessary. ➤ [M] Shrouds. Clean with a mild soap and water. Spray the approved cleaner^① on a towel, and then wipe down the shrouds to avoid saturation of shroud inlays. Wash the shrouds with an approved or compatible cleaner. To minimize scratches, DO NOT scrub brushes on the shrouds. Fresh paint splashes, grease and smeared glazing compounds can be removed easily before drying by rubbing lightly with isopropyl alcohol. Afterward, a warm final wash should be made. ➤ [AN] Hand grips. Clean with an approved or compatible cleaner. ➤ Removal of Shoe Scuffs: Use polishing compound (such as car wax) from powder coated surfaces as necessary. ➤ Removal of Paint, Marking Pens, or Labels Butyl cellosolve works well for removal of paints, marking pen inks, lipstick, etc. Labels, stickers, etc. may be removed using kerosene. When the solvent will not penetrate sticker material, apply heat (hair dryer) to soften the adhesive and promote removal. GASOLINE SHOULD NOT BE USED.				
WAX				
Frames				X
➤ [AN] Wax with a standard, non-abrasive, wax finish.				
INSPECT				
Accessories		X		
Paint			X	

Cable & Belt & Straps	X			
Hardware		X		
Frame		X		
Hand Grips		X		
Shrouds	X			
Drop Stops		X		
➤ [D] Cables & Belts & Straps. Look for wear or damage and proper tension. Adjust as necessary by loosening the large Jam Nut on top of the weight stack and by screwing in the Threaded Plug until cable is tight and the weight stack pin goes in all holes easily. Securely tighten the large Jam Nut when finished. Pay close attention at bends and attachment points along the entire length Straps for Power Rack Flexible Bar Catches to be inspected for cuts, frays, or other damage. Any strap showing sign of damage should be replaced immediately. ➤ [D] Shrouds. Inspect for wear and damage. ➤ [W] Accessories. Inspect all accessories, connecting links, and carabiner clips for wear. ➤ [W] Hardware. Check for loosening. Tighten as required. Check jam nut at top of weight stack for tightness. ➤ [W] Frame. Inspect for wear and damage. ➤ [W] Hand grips. Check for wear and damage. ➤ [W] Drop stops. Check for any signs of cracking or fatigue. ➤ [M] For paint chips. Fill in immediately with manufacturers touch-up paint.				
LUBRICATE				
Guide Rods				X
➤ [AN] Lubricate guide rods with Break-Free® brand lubricant. Apply the lubricant to a cotton cloth, and then run the cotton cloth up and down the guide rods as needed. Note: Only a few drops of lubricant are required for each guide rod.				

Important Hazards

- DO NOT use abrasive or highly alkaline cleaners on the shrouds.

- NEVER scrape shrouds with squeegees, razor blades or other sharp instruments.
- DO NOT clean shrouds in hot sun or at elevated temperatures.
- NEVER use benzene, gasoline, acetone or carbon tetrachloride on the shrouds.
- Manufacturer recommends that cables be inspected daily after installation and replaced annually.

① approved cleaner:

Two preferred cleaners have been approved by reliability experts: PureGreen 24 and Gym Wipes. Both cleaners will safely and effectively remove dirt, grime and sweat from equipment. PureGreen 24 and the Antibacterial Force formula of Gym Wipes are both disinfectants that are effective against MRSA and H1N1.

PureGreen 24 is available in a spray which is convenient to use. Apply the spray to a microfiber cloth and wipe down the equipment. Use PureGreen 24 on the equipment for at least 2 minutes for general disinfection purposes and at least 10 minutes for fungus and viral control.

Gym Wipes are large, durable pre-moistened wipes to use on the equipment before and after workouts. Use Gym Wipes on the equipment for at least 2 minutes for general disinfection purposes.

Mild soap and water or a mild non-abrasive household cleaner can also be used to clean the display and all exterior surfaces. Use a soft microfiber cloth only. Apply the cleaner to the microfiber cloth before cleaning. DO NOT use ammonia or acid based cleaners. DO NOT use abrasive cleaners. DO NOT use paper towels. DO NOT apply cleaners directly to the equipment surfaces.

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