MATRIX

CARDIO PRODUCT

Cleaning and Preventive Maintenance Checklist

Cleaning and performing preventive maintenance will not only help extend the life of your equipment but will increase member loyalty by keeping your equipment clean and safe!

The following instruction is to be performed by a trained service technician or in house technician.

Cleaning your Matrix equipment

When cleaning your equipment, it is recommended to spray your cleaning solution directly on the cleaning towel and NOT directly onto the equipment.

It is recommended that touchscreen consoles are cleaned weekly, at minimum, with a micro-fiber cloth and approved screen cleaner.

Recommended cleaners and supplies:

- Mild dish soap and water mixture in spray bottle (10:1 water to soap)
- Vinegar and water mixture in spray bottle (20:1 water to vinegar)
- Super Lube® Synthetic Lubricant with Syncolon® (PTFE) aerosol and grease
    - Aerosol – Part # ZMS4001373
    - Grease – Part # ZMS4003063
- Blue Vibra-Tite® Threadlocker (use on bolts if they come loose)
    - Part# ZMS3000087
- Synthetic chain grease (Mobil 1)
    - Mobil 1 Synthetic Grease
- Computer/LCD screen cleaner for touchscreen consoles
    - Screen Cleaner Kit (Best Buy, Amazon, Target)
- Lint Free 100% cotton cleaning cloths
- Vacuum/shop vac with extendable hose and soft brush attachment

Other recommended lubricants: Tri-Flow® with PTFE aerosol

Note: Vinegar is a natural and safe disinfectant that will not cause corrosion

CAUTION

DO NOT USE ANY PRODUCT CONTAINING:

Petroleum, Hydrogen Peroxide, Ammonia, Bleach and/or Alcohol

These chemicals will cause corrosion and damage to your plastics and console overlays.

You may allow your customer to use wipes with these chemicals, however using a soap and water solution during the following instruction will help remove some of those chemicals.

Monthly Treadmill

Unit #	Frame Serial#
Date:	Console Serial#

Monthly PM:

- ☐ Check the unit for level
- ☐ Inspect the power cord and power cord bracket for damage (bracket only on 5 & 7 Series frame)
- ☐ Test the emergency stop and tether
- ☐ Check the tension and alignment of the running belt.
    - To tension the belt, set the treadmill speed at 3 mph. While walking in the center of the belt and bracing yourself using the hand rails, stomp down with one foot. If you can make the belt stop, it is too loose.
        - Using an 8mm Allen key, turn the rear roller bolt ¼ turn on each side performing a stomp test after each set of turns. Continue to adjust as needed.
    - To center the running belt, set the treadmill speed at 6 mph. While standing to the rear of the unit observe the alignment of the running belt to the deck bolts. Using an 8mm Allen key, turn the rear roller bolts ¼ turn on either side to track the belt to the center.
- ☐ Check all connecting joint areas for hardware tightness

Note: If there is any damage to the running belt or deck, please replace with a new one.

Monthly Cleaning:

- ☐ Wipe down the exposed sides of the running deck with a microfiber cloth
- ☐ Wipe down the motor cover and console area including the hand grips using a recommended cleaner
- ☐ Touch screen consoles – using a microfiber cloth and recommended screen cleaner, clean the console touchscreen
- ☐ Vacuum under and around the unit. If you need to move it, make sure to unplug the unit first.

Comments:

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Parts needed:

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*make additional copies as needed

Quarterly **Treadmill**

Unit #	Frame Serial#
Date:	Console Serial#

Quarterly PM:

- ☐ Check the unit for level
- ☐ Inspect the power cord and power cord bracket for damage (bracket only on 5 & 7 Series frame)
- ☐ Test the emergency stop and tether
- ☐ Inspect the front and rear rollers for wax build up (will appear as bumps on the rollers). If necessary, remove the rollers and clean the bumps (wax and dust mixture) from the roller using a plastic putty knife or something similar. DO NOT use any metal tool to clean the build-up off.
- ☐ While the rollers are out, inspect the underside of the running belt for damage or color change. The underside is white when new. Expect it to turn to a tan color overtime however if it is a dark shade of brown, you have high friction due to lack of cleaning or high mileage. You should perform an Amp Draw test at this time. If you need to replace a belt, you must flip the deck to show a new side of wax. If the deck is damaged, a new belt will also be needed

Note: If there is any damage to the running belt or deck, please replace with a new one.

- ☐ Check the tension and alignment of the running belt.
  - To tension the belt, set the treadmill speed at 3 mph. While walking in the center of the belt and bracing yourself using the hand rails, stomp down with one foot. If you can make the belt stop, it is too loose.
    - Using an 8mm Allen key, turn the rear roller bolt ¼ turn on each side performing a stomp test after each set of turns. Continue to adjust as needed.
  - To center the running belt, set the treadmill speed at 6 mph. While standing to the rear of the unit observe the alignment of the running belt to the deck bolts. Using an 8mm Allen key, turn the rear roller bolts ¼ turn on either side to track the belt to the center.
- ☐ Check all connecting joint areas for hardware tightness
- ☐ Remove the motor cover and vacuum out the entire area including the fan on the bottom of the unit.
- ☐ While the motor cover is off, elevate the treadmill to its maximum elevation to expose the incline motor screw. Clean and grease the screw using Super Lube grease.
- ☐ While the treadmill is elevated, clean the dust from the elevation rack joints. Apply Super Lube grease if necessary.
- ☐ 7xe/3xe/3xh/1xe consoles – perform touch calibration
  - Enter 1001 Enter > Test > Touch Calibration > Start

Quarterly Cleaning:

- ☐ Vacuum under and around the unit. If you need to move it, make sure to unplug the unit first
- ☐ Wipe down the exposed sides of the running deck with a microfiber cloth
- ☐ Wipe down the motor cover and console area including the hand grips using a recommended cleaner
- ☐ Touch screen consoles – using a microfiber cloth and recommended screen cleaner, clean the console touchscreen

Comments:

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Parts needed:

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Maintenance Videos

Treadmill PM and Cleaning	https://youtu.be/tKoZdGaCTGQ
Leveling a Treadmill	http://youtu.be/GlsC3fVz7pI
Amp Draw Testing	https://youtu.be/SuVrTKOxNBc
5 & 7 Series Running Deck/Belt Replacement	https://youtu.be/kWuc2EGubAM
1 & 3 Series Running Deck/Belt Replacement	http://youtu.be/GlsC3fVz7pI

*make additional copies as needed

Monthly ClimbMill

Unit #	Frame Serial#
Date:	Console Serial#

Monthly PM:

- ☐ Check power cord for damage
- ☐ Inspect handgrips for damage
- ☐ Check the unit for stability and adjust the leveling feet if necessary
- ☐ Remove the service covers and inspect the inside and around the drive system for debris
- ☐ Check all connecting joint areas for hardware tightness
- ☐ Test the safety features (control zone, frame IR sensor and proximity sensor)

Monthly Cleaning:

- ☐ 5 & 7 series frames – empty and clean the dust tray under the unit
- ☐ Vacuum under and around the unit. If you need to move it, make sure to unplug the unit first
- ☐ Wipe down the entire unit including the stairs so it is free of dust, dirt and sweat
- ☐ Touch screen consoles – using a microfiber cloth and recommended screen cleaner, clean the console touchscreen

Comments:

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Parts needed:

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Maintenance Videos

Testing the Safety Features	https://youtu.be/isbhJfCdV90
Preventive Maintenance	https://youtu.be/3yDSl5IiML4

*make additional copies as needed

Quarterly **ClimbMill**

Unit #	Frame Serial#
Date:	Console Serial#

Quarterly PM:

- ☐ Check power cord for damage
- ☐ Inspect handgrips for damage
- ☐ Check the unit for stability and adjust the leveling feet if necessary
- ☐ Remove the service covers and inspect the inside and around the drive system for debris
- ☐ Check all connecting joint areas for hardware tightness
- ☐ Test the safety features (control zone, frame IR sensor and proximity sensor)
- ☐ Remove the service covers and vacuum out the entire area including around the drive system
- ☐ 7xe/3xe consoles – perform touch calibration
    - Enter 1001 Enter > Test > Touch Calibration > Start
- ☐ 3 Series frame (non-sealed chain bearings) – clean and grease chains using a synthetic chain grease (Mobil One Synthetic Grease)

Quarterly Cleaning:

- ☐ 5 & 7 series frames – empty and clean the dust tray under the unit
- ☐ Vacuum under and around the unit. If you need to move it, make sure to unplug the unit first
- ☐ Wipe down the entire unit including the stairs so it is free of dust, dirt and sweat
- ☐ Touch screen consoles – using a microfiber cloth and recommended screen cleaner, clean the console touchscreen

Comments:

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Parts needed:

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*make additional copies as needed

Annually **ClimbMill**

Unit #	Frame Serial#
Date:	Console Serial#

Annually PM:

- ☐ Check power cord for damage
- ☐ Inspect handgrips for damage
- ☐ Check the unit for stability and adjust the leveling feet if necessary
- ☐ Remove the service covers and inspect the inside and around the drive system for debris
- ☐ Check all connecting joint areas for hardware tightness
- ☐ Test the safety features (control zone, frame IR sensor and proximity sensor)
- ☐ Remove the service covers and vacuum out the entire area including around the drive system
- ☐ 7xe/3xe consoles – perform touch calibration
    - Enter 1001 Enter > Test > Touch Calibration > Start
- ☐ 3 Series frame (non-sealed chain bearings) – clean and grease chains using a synthetic chain grease (Mobil One Synthetic Grease)
- ☐ 5 & 7 Series frame (sealed chain bearings) – clean and grease chains using a synthetic chain grease

Annually Cleaning:

- ☐ 5 & 7 series frames – empty and clean the dust tray under the unit
- ☐ Vacuum under and around the unit. If you need to move it, make sure to unplug the unit first
- ☐ Wipe down the entire unit including the stairs so it is free of dust, dirt and sweat
- ☐ Touch screen consoles – using a microfiber cloth and recommended screen cleaner, clean the console touchscreen

Comments:

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Parts needed:

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*make additional copies as needed

MATRIX

Monthly **Elliptical/Ascent**

Unit #	Frame Serial#
Date:	Console Serial#

Monthly PM:

- ☐ Check the unit for stability and adjust the leveling feet if necessary
- ☐ Check all connecting joint areas for hardware tightness

Monthly Cleaning:

- ☐ Wipe down the entire unit including the footpads so it is free of dust, dirt and sweat (units with rubber footpad inserts, remove and clean underneath)
- ☐ Touch screen consoles – using a microfiber cloth and recommended screen cleaner, clean the console touchscreen
- ☐ Vacuum under and around the unit. If you need to move it, make sure to unplug the unit first.

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Parts needed:

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Quarterly

Elliptical/Ascent

Unit #	Frame Serial#
Date:	Console Serial#

Quarterly PM:

- ☐ Check the unit for stability and adjust the leveling feet if necessary
- ☐ Check all connecting joint areas for hardware tightness
- ☐ Remove the service shrouds (hub) and vacuum out the entire area and inspect for belt damage
- ☐ Ascent Trainer only - While shrouds are removed, clean and grease the incline motor screw using Super Lube grease
- ☐ 7xe consoles – perform touch calibration
    - Enter 1001 Enter > Test > Touch Calibration > Start

Quarterly Cleaning:

- ☐ Wipe down the entire unit including the footpads so it is free of dust, dirt and sweat (units with rubber footpad inserts, remove and clean underneath)
- ☐ Touch screen consoles – using a microfiber cloth and recommended screen cleaner, clean the console touchscreen
- ☐ Vacuum under and around the unit. If you need to move it, make sure to unplug the unit first.

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Parts needed:

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Monthly **HUR Cardio Bikes**

Unit #	Frame Serial#
Date:	Console Serial#

Monthly PM:

- ☐ Check the unit for stability and adjust the leveling feet if necessary
- ☐ Check all connecting joint areas for hardware tightness including the pedals
    - We recommend a PW-3 or PW-4 Park Tool Pedal Wrench for the pedals

Monthly Cleaning:

- ☐ Wipe down the entire unit so it is free of dust, dirt and sweat
- ☐ Touch screen consoles – using a microfiber cloth and recommended screen cleaner, clean the console touchscreen
- ☐ Vacuum under and around the unit. If you need to move it, make sure to unplug the unit first.
- ☐ Recumbent only – clean the seat roller track using a dry cotton cloth

Comments:

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Parts needed:

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*make additional copies as needed

Quarterly

HUR Cardio Bikes

Unit #	Frame Serial#
Date:	Console Serial#

Quarterly PM:

- ☐ Check the unit for stability and adjust the leveling feet if necessary
- ☐ Check all connecting joint areas for hardware tightness including the pedals
  - We recommend a PW-3 or PW-4 Park Tool Pedal Wrench for the pedals
- ☐ Remove the shrouds and vacuum out the entire area and inspect for belt damage
- ☐ Hybrid only - clean and grease the seat guide rods using Super Lube aerosol
- ☐ 7xe/3xe consoles – perform touch calibration
  - Enter 1001 Enter > Test > Touch Calibration > Start

Quarterly Cleaning:

- ☐ Wipe down the entire unit so it is free of dust, dirt and sweat
- ☐ Touch screen consoles – using a microfiber cloth and recommended screen cleaner, clean the console touchscreen
- ☐ Vacuum under and around the unit. If you need to move it, make sure to unplug the unit first.
- ☐ Recumbent only – clean the seat roller track using a dry cotton cloth

Comments:

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Parts needed:

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Monthly **Stepper**

Unit #	Frame Serial#
Date:	Console Serial#

Monthly PM:

- ☐ Check the unit for stability and adjust the leveling feet if necessary
- ☐ Check all connecting joint areas for hardware tightness

Monthly Cleaning:

- ☐ Wipe down the entire unit including the foot pedals so it is free of dust, dirt and sweat
- ☐ Touch screen consoles – using a microfiber cloth and recommended screen cleaner, clean the console touchscreen
- ☐ Vacuum under and around the unit. If you need to move it, make sure to unplug the unit first.

Comments:

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Parts needed:

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Quarterly **Stepper**

Unit #	Frame Serial#
Date:	Console Serial#

Quarterly PM:

- ☐ Check the unit for stability and adjust the leveling feet if necessary
- ☐ Check all connecting joint areas for hardware tightness
- ☐ Remove the shrouds and vacuum out the entire area
- ☐ While shrouds are removed, inspect for belts, pulleys and tensioning spring damage
- ☐ 7xe consoles – perform touch calibration
    - Enter 1001 Enter > Test > Touch Calibration > Start

Quarterly Cleaning:

- ☐ Wipe down the entire unit including the foot pedals so it is free of dust, dirt and sweat
- ☐ Touch screen consoles – using a microfiber cloth and recommended screen cleaner, clean the console touchscreen
- ☐ Vacuum under and around the unit. If you need to move it, make sure to unplug the unit first.

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Parts needed:

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Monthly **Rower**

Unit #	Frame Serial#
Date:	Console Serial#

Monthly PM:

- ☐ Check the unit for stability and adjust the leveling feet if necessary
- ☐ Check all connecting joint areas for hardware tightness
- ☐ Inspect rower handle and rope for damage
- ☐ Inspect shrouds for damage

Monthly Cleaning:

- ☐ Wipe down the entire unit including the seat track so it is free of dust, dirt and sweat
- ☐ Wipe down the console using the recommended cleaner
- ☐ Vacuum under and around the unit

Comments:

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Parts needed:

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Monthly

S-Drive Treadmill

Unit #	Frame Serial#
Date:	

Monthly PM:

- ☐ Check the unit for stability and adjust the leveling feet if necessary
- ☐ Check all connecting joint areas for hardware tightness
- ☐ Inspect harness strap for defects
- ☐ Check sled and parachute levers for resistance
- ☐ Inspect running belt and deck for damage and/or wear
- ☐ Test running belt/deck for proper lubrication

Note: 50ml of Matrix recommended silicon should be added every 3 months or 150 miles

Monthly Cleaning:

- ☐ Wipe down the entire unit
- ☐ Vacuum under and around the unit

Comments:

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Parts needed:

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*make additional copies as needed

Monthly **KrankCycle**

Unit #	Frame Serial#
Date:	

Monthly PM:

- ☐ If the cycle has a computer, get on the bike and pedal. You should see an RPM reading on the computer. If not, check the magnet placement on the flywheel and/or batteries of the computer and/or sensor
- ☐ Check all connecting hardware tightness
- ☐ Look for red powder under the flywheel shroud. If you do see this, it is an indication that the leather brake pad should be lubricated using 3 in 1 oil. All shrouds must be removed to access the brake pad

Note: 3 in 1 oil is the only lubricant that should be applied to the leather brake pad

Monthly Cleaning:

- ☐ Wipe down the entire frame
- ☐ Wipe down the handle grips and seat

Comments:

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Parts needed:

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Quarterly **KrankCycle**

Unit #	Frame Serial#
Date:	

Quarterly PM:

- ☐ If the cycle has a computer, get on the bike and pedal. You should see an RPM reading on the computer. If not, check the magnet placement on the flywheel and/or batteries of the computer and/or sensor
- ☐ Check all connecting hardware tightness
- ☐ Look for red powder under the flywheel shroud. If you do see this, it is an indication that the leather brake pad should be lubricated using 3 in 1 oil. All shrouds must be removed to access the brake pad
- ☐ Remove the shrouds. Using a degreaser, clean the chains then apply new synthetic grease
- ☐ While the shrouds are removed, inspect all components and look for signs of wear

Note: 3 in 1 oil is the only lubricant that should be applied to the leather brake pad

Quarterly Cleaning:

- ☐ Wipe down the entire frame
- ☐ Wipe down the handle grips and seat

Comments:

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Parts needed:

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*make additional copies as needed