



GROUP X 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
Matrix certified service 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/computers 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) grease
 - Grease Part# ZMS4003063
 - PTFE is Polytetrafluoroethylene (Teflon)
- Blue Vibra-Tite® Threadlocker (use on bolts if they come loose)
 - Part# ZMS3000087
- Silicon lubricant for S-Drive
 - Silicon Part# 1000384124
- 3 and 1 Oil for KrankCycle break pad
- Synthetic (Mobil 1) chain grease for KrankCycle chains
 - [Mobil 1 Synthetic Grease](#)
- Computer/LCD screen cleaner for consoles/computers
 - [Screen Cleaner Kit](#) (Best Buy, Amazon, Target)
 - Plain water can be used as well
- Lint Free 100% cotton cleaning cloths
- Vacuum/shop vac with extendable hose and soft brush attachment

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

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 seat and wheels under seat for wear (adjust wheels if seat rocks or is binding)
- ☐ 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:

Parts needed:

*make additional copies as needed

Monthly

S-Drive Treadmill

Unit #	Frame Serial#
Date:	

Monthly PM:

- ☐ Check the unit for stability and adjust the leveling feet if necessary
- ☐ Remove flywheel shroud and inspect the sled belt for wear. Replace immediately if wear is seen.
- ☐ Check all connecting joint areas for hardware tightness
- ☐ Inspect harness strap for defects
- ☐ Check sled and parachute levers for resistance. Adjust if needed (under shroud).
- ☐ 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.

Silicon Part# 1000384124 – 100ml (2 applications)

Monthly Cleaning:

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

Comments:

Parts needed:

*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:

Parts needed:

*make additional copies as needed

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:

Parts needed:

*make additional copies as needed

Monthly

Connexus

Unit #	Frame Serial#
Date:	

Monthly PM:

- ☐ Ensure all hardware including bolt-down hardware to the wall and/or floor are secure
- ☐ Ensure mounting hardware for med ball target and/or chalk board are secure
- ☐ Ensure pull pins on adjustable handles operate properly

Note: Adjustable handles have Teflon insert allowing it to slide. DO NOT add lubrication. Teflon inserts can be ordered through Matrix Fitness if needed.

Monthly Cleaning:

- ☐ Wipe down the entire frame
- ☐ Wipe down the adjustable handles

Comments:

Parts needed:

Bolt Size	Torque Specification
M10	40 Nm/30 ft-lb.
M8	39 Nm/39 ft-lb.
M6	17 Nm/13 ft-lb.

*make additional copies as needed