Preventative Maintenance Manual
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Concept II Rowers

Tools and Equipment necessary:

- Simple Green
- 3&1 Oil
- Phillips Screw Driver (fairly small) or Drill
- Vacuum
- Gloves

Procedure:

- Clean chain with simple green and then proceed to lubricate with 3&1 oil
- Inspect Chain for stiff links
- Inspect the chain handle connection for wear
- Tighten the shock cord is the handle does not return all the way to fan enclosure
- Check for dust inside the fan enclosure, Vacuum if necessary
  - Removal of Fan enclosure
    - ‘*Hint*’: When mounting fan enclosure back to row machine, fit the screen on the casing that’s removed from the machine first.
    - ‘**Hint**’: Loosen the screw that connects both sides of the metal screen. Don’t unscrew all the way, but if you loosen the screw the screen will fasten better.
- Loosen or tighten nuts on the performance monitor
Woodway Treadmills

Tools and Equipment necessary:

- Vacuum
- Large Phillips Screwdriver, and small Phillips Screwdriver

Procedure:

- Remove side casings (Figs. 1a & 1b)
- Inspect the tread and axles for breaks or excessive wear
- Elevate and run treadmills
- Vacuum and blow out treadmill (Fig. 2)
  - Blow out underneath of treadmill (Fig. 3)
  - Blow out inside of track (Fig. 4)
- Replace casings
Life Fitness Treadmills

Tools and Equipment necessary:

- Vacuum
- Large Phillips Screwdriver, and small Phillips Screwdriver

Procedure:

- Remove front casing (Figure 1)
- Inspect the tread and board for breaks or excessive wear
- Elevate and run treadmills (Figure 3)
- Vacuum and blow out treadmill (Figure 2)
- Replace casing

Figure 1

Figure 2

Figure 2

Figure 3
Life Fitness Elliptical

Tools and Equipment necessary:

- Vacuum
- Phillips Screwdriver (fairly small)
- 3&1 Oil
- Gloves

Procedure:

- Remove back casing, and arm casings above and below to access joints

- Blow out and vacuum the back, pedals, and shoulders of the elliptical
- Lubricate all accessible joints careful to not get oil on the belts

- Replace casings

Estimated Time of Completion:

- Approximately: 11-15 mins each machine
Precor Elliptical

Tools and Equipment necessary:

- Vacuum
- Allen Head size: 5/32
- 3 & 1 Oil
- High Temperature Grease
- Gloves
- Towels

Procedure:

- Remove back casing and front casing, as well as casing beneath feet pedals
- Blow out and vacuum the back of the elliptical and track under feet pedals
- Lubricate front shaft with High Temperature Grease
- Lubricate all accessible joints with 3&1 Oil careful to not get oil on the belts

- Replace casings
Octane Elliptical

Tools and Equipment necessary:

- Vacuum

Procedure:

- Vacuum underneath the pedals and inside of the machine near the pedals.
  (You do not need to remove the shrouds to do this.)
Stair Masters

Tools and Equipment necessary:

- Slot Screw-Driver (Flat Head) any size will suffice
- Vacuum
- Gloves
- Towel
- High Temperature Grease
- 30 weight motor oil
- 2 Clean Rags
- Simple green

Procedure:

- Remove Casing from both sides with screw-driver
- Blow out with vacuum
- Clean step chain with simple green
- Inspect belt for wear
- After putting on a glove, wipe step chain clean with clean rag, then apply high temperature grease to whole chain on both sides.

- Replace side casing and re-insert screws
Life Fitness/Lifecycle Bikes

Tools and Equipment Necessary:

- 11/16 Wrench or 15 mm
- 3-in-1 oil
- Gloves
- Towel rag

Procedure:

- Remove pedals with wrench (Fig. 1)
  - Inspect for any wear and integrity of strap
  - Clean excess hair, thread, and oil from pedal shaft (Fig. 2)
- Lube pedals with 3-in-1 oil
Precor AMTs

Tools and Equipment Necessary:

- Drill/Screw Driver
- 3-in-1 oil
- Vacuum Cleaner
- Towels

Procedure:

- Remove front casing and back belt casing (Figure 1a & 1b)
- Blow out front and back with Vacuum Cleaner (Figure 2)
- Clean any excess oil, lube, and dust
- Apply 3-in-1 oil to all moveable joints
- Inspect belt
- Reattach casings

Figure 1a
Figure 1b
Figure 2
Facility Sweep

Tools and Equipment Necessary:

- Guide Rod fluid or Pistol Oil (Red can)
- 9/16 & 11/16 Wrench
- 7 mm Alan Head for Socket Wrench
- 5 mm Alan Head
- Towels

Procedure:

- Tighten bolts on all machines
  - Includes bolts on top of the rods on the jungle gyms (Figure 3)
- Clean excess hair and dirt from rods with towel
  - Apply Guide Rod Fluid or Pistol Oil on machines that has rods
Basketball Goals

Tools and Equipment Necessary:

- Tools may vary upon goal:
  - Phillips Screw Driver
  - 8 mm socket wrench or 5/16
  - Drill
- Ladder

Procedure:

- Inspect Goals
- Inspect Nets
- Inspect Padding
- Inspect Screws
- Lookout for cracking around the goal base (orange parts)

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