

# MATRIX

## CARDIO PRODUCT

### Cleaning and Preventative Maintenance Instructions



Cleaning and performing preventative 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.

### 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
- Synthetic chain grease and a degreaser
- Computer/LCD screen cleaner (touch screen consoles)
- Microfiber cloths (touch screen consoles)
- Lint Free 100% cotton cleaning cloths
- Corrosion Block™ (iPod cables)
- Vacuum/shop vac with extendable hose and soft brush attachment

Other recommended lubricants: Tri-Flow® with PTFE aerosol or Slick 50® with PTFE (Teflon)

**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.

## **ClimbMill**

### Weekly PM:

- 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
- Test the safety features (control zone, frame IR sensor and proximity sensor (video below))
- Inspect IPod cable for corrosion

### Weekly Cleaning:

- 5 & 7 series frames – empty and clean the dust tray under the unit
- 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

### Monthly PM:

- Check all connecting joint areas for hardware tightness
- If IPod cable is NOT corroded, apply Corrosion Block to the pins

### Monthly Cleaning:

- Vacuum under and around the unit. If you need to move it, make sure to unplug the unit first.

### Quarterly PM:

- Remove the service covers and vacuum out the entire area including around the drive system
- 7xe 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

### Annual PM:

- 5 & 7 Series frame (sealed chain bearings) – clean and grease chains using a synthetic chain grease

**Videos:** Testing the Safety Features: [http://youtu.be/0V3\\_odJQmAQ](http://youtu.be/0V3_odJQmAQ)

Preventative Maintenance: <https://youtu.be/3yDSI5liML4>

## Treadmill

### Weekly PM:

- Check the unit for stability and adjust the leveling feet if necessary (see video)
- Inspect the power cord and power cord bracket (bracket only on 5 & 7 Series frame)
- Test the emergency stop and tether
- Inspect IPod cable for corrosion

### Weekly 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

### Monthly PM:

- 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  $\frac{1}{4}$  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  $\frac{1}{4}$  turn on either side to track the belt to the center.
- Check all connecting joint areas for hardware tightness
- If IPod cable is NOT corroded, apply Corrosion Block to the pins

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

### Monthly Cleaning:

- Vacuum under and around the unit. If you need to move it, make sure to unplug the unit first.

### Quarterly PM:

- 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 consoles – perform touch calibration
  - Enter 1001 Enter > Test > Touch Calibration > Start

Bi-Annual PM: (if regular maintenance and cleaning is performed, this step may not be necessary)

- 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.

**Videos:** PM and Cleaning: <https://youtu.be/tKoZdGaCTGQ?list=PLE90AB8C5D1E62C39>

Leveling a Treadmill – <http://youtu.be/GlsC3fVz7pl>

Amp Draw Testing - <https://youtu.be/SuVrTKOxNBc?list=PLE90AB8C5D1E62C39>

5 & 7 Series Deck and Belt Replacement - <https://youtu.be/kWuc2EGubAM>

1 & 3 Series Deck and Belt Replacement - <http://youtu.be/GlsC3fVz7pl>

## Elliptical/Ascent Trainer

### Weekly PM:

- Check the unit for stability and adjust the leveling feet if necessary
- Inspect IPod cable for corrosion

### Weekly 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

### Monthly PM:

- Check all connecting joint areas for hardware tightness
- If IPod cable is NOT corroded, apply Corrosion Block to the pins

### Monthly Cleaning:

- Vacuum under and around the unit. If you need to move it, make sure to unplug the unit first.

### Quarterly PM:

- 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

## Hybrid, Upright and Recumbent Bikes

### Weekly PM:

- Check the unit for stability and adjust the leveling feet if necessary
- Inspect IPod cable for corrosion

### Weekly 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

### Monthly PM:

- Check all connecting joint areas for hardware tightness including the pedals
  - We recommend a PW-3 or PW-4 Park Tool Pedal Wrench
- If IPod cable is NOT corroded, apply Corrosion Block to the pins

### Monthly Cleaning:

- 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

### Quarterly PM:

- 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 consoles – perform touch calibration
  - Enter 1001 Enter > Test > Touch Calibration > Start

## Stepper

### Weekly PM:

- Check the unit for stability and adjust the leveling feet if necessary
- Inspect IPod cable for corrosion

### Weekly 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

### Monthly PM:

- Check all connecting joint areas for hardware tightness
- If IPod cable is NOT corroded, apply Corrosion Block to the pins

### Monthly Cleaning:

- Vacuum under and around the unit. If you need to move it, make sure to unplug the unit first.

### Quarterly PM:

- 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



## Rower

### Weekly PM:

- Check the unit for stability and adjust the leveling feet if necessary

### Weekly 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

### Monthly PM:

- Check all connecting joint areas for hardware tightness
- Inspect rower handle and rope for damage

### Monthly Cleaning:

- Vacuum under and around the unit

### Quarterly PM:

- Inspect the shrouds for damage and cleanliness. If needed vacuum the shrouds so they are free of dust

## Krank Cycle

### Weekly 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.

### Weekly Cleaning:

- Wipe down the entire frame with a recommended cleaner. Remember to spray the cloth and wipe
- Wipe down the handle grips and seat with a recommended cleaner

### Monthly PM:

- Check all connecting joint areas for 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

### Monthly Cleaning:

- Vacuum under and around the unit

### Quarterly PM:

- 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