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CARE AND MAINTENANCE INSTRUCTIONS

In order to maximize life span, and minimize down time, all MATRIX equipment requires regular cleaning, and maintenance items performed on a scheduled basis. This document contains detailed instructions on how to perform these items, the frequency which they should be done, and a check list to sign off each time service is completed for a specific machine. Some basic tools and supplies will be necessary to perform these tasks which include (but may not be limited to):

Metric Allen wrenches

#2 Phillips head screwdriver

Adjustable wrench

Torque wrench (capability to read foot lbs, and inch lbs)

Lint free cleaning cloths

Teflon based spray lubricant

Mild, water soluble, detergent – such as “Simple Green”, or other Matrix approved product

Teflon based spray lubricant such as “Super Lube”, or other Matrix approved product

Vacuum cleaner w/extendable hose and crevasse tool attachment

This booklet is divided into two categories – Cardio items, and Strength items. Each category is then further divided into a listing of individual machines that fall within their respective category. Please find the worksheets for any machines you may have in your facility, and keep them up to date as the required service/maintenance items are performed. It is critical that you also log the accumulated (total) amount of miles or running hours on the equipment each time service or maintenance is performed.

You may periodically receive addendums to this document, as the Matrix Technical Support Team identifies items that require specific attention.



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CARDIO MACHINERY

TREADMILLS

DAILY MAINTENANCE ITEMS:

- 1) Clean entire machine use water and mild detergent such as “Simple Green”, or other Matrix approved solution (cleaning agents should be alcohol and ammonia free), including: console, handlebar/grip area, and running belt.**
- 2) Check E-stop button and tether cord for proper operation.**

MONTHLY MAINTENANCE ITEMS

- 1) Inspect power cord for damage, inspect hand grip areas, and inspect E-stop tether cord.**
- 2) Check running belt for proper tension, adjust if needed.**

QUARTERLY MAINTENANCE ITEMS

- 1) Remove front plastic cover, and vacuum entire inside area of machine – be careful when working around the lower pc board not to bump any wires or connections loose.**
- 2) Check drive belt for visible wear, ie., cracking, tears, etc. Belt should be replaced if there are any visible signs of damage. Proper alignment of the pulleys/tensioner should be verified at this time as well.**
- 3) Remove plastic hood at front of machine. Start the unit and raise incline setting to maximum height. Turn power switch off at front of machine to prevent it from lowering accidentally. Lubricate incline motor Acme screw (Matrix recommends using Superlube brand grease with PTFE {Teflon} additive).**



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TREADMILLS, cont.

BI-ANNUAL MAINTENANCE ITEMS

- 1) Remove wax build-up from front and rear rollers of the machine.**
- 2) Inspect underside of running belt for damage – checking/cracking, glazed surface.**
- 3) If the belt has damage or wear to it that warrants replacement, please note that the running deck must also be flipped when a new belt is installed. If the deck has previously been flipped, and no longer has an unused side available, it needs to be replaced when the new belt is installed. A new belt must ALWAYS be installed to run on a new deck surface in order to maximize the lifespan of both items.**
- 4) During normal operating conditions, the running belt replacement and deck service should be done every 25,000 miles.**



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CARDIO MACHINERY

ELLIPTICAL MACHINES

DAILY MAINTENANCE ITEMS

- 1) **Clean entire machine use water and mild detergent such as “Simple Green”, or other Matrix approved solution (cleaning agents should be alcohol and ammonia free).**

QUARTERLY MAINTENANCE ITEMS

- 1) **Check all connecting joint areas for tightness of bolt assemblies.**
- 2) **Insure that there is little, or no free play at all joint assemblies once bolts have been tightened. Installation of washer kits may be required if free play does not come out from tightening bolts.**
- 3) **Remove plastic covers, and lubricate ball joint where the Link Arm and Handlebar join together. A grease gun, with a needle fitting adapter is required for this (Matrix recommends using Superlube brand grease with PTFE {Teflon} additive).**
- 4) **A5X Ascent Trainer only – remove plastic covers, and lubricate Acme screw on left and right incline motors (Matrix recommends using Superlube brand grease with PTFE {Teflon} additive). See section 9.11 for incline motor access instructions.**
- 5) **I5X Incline Elliptical only – start machine and raise incline setting to maximum height. Turn power switch off at front of machine to prevent machine from lowering accidentally. Lubricate incline motor Acme screw under center of frame (Matrix recommends using Superlube brand grease with PTFE {Teflon} additive).**

YEARLY MAINTENANCE ITEMS

- 1) **Remove wheel covers and check belts for damage, alignment, and proper tension. Replace if needed.**



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CARDIO MACHINERY

EXERCISE BIKES

DAILY MAINTENANCE ITEMS

- 1) Clean entire machine use water and mild detergent such as “Simple Green”, or other Matrix approved solution (cleaning agents should be alcohol and ammonia free).

QUARTERLY MAINTENANCE ITEMS

- 1) Check that pedal and crank assembly are tight, with no free play or wobble in them.
- 2) Check condition of seat upholstery, make sure seat adjustment mechanism is operating smoothly.

YEARLY MAINTENANCE ITEMS

- 1) Open covers and check belts for wear and tension, replace if needed.



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STRENGTH EQUIPMENT

DAILY MAINTENANCE ITEMS

- 1) **Clean entire machine use water and mild detergent such as “Simple Green”, or other Matrix approved solution (cleaning agents should be alcohol and ammonia free). For weight stack shields use glass cleaner such as “Windex”**

WEEKLY MAINTENANCE ITEMS

- 1) **Visibly inspect belt and cable assemblies for signs of wear – tearing, frayed edges, cracked or missing jacketing. Immediately replace any belt or cable with any apparent damage to it. Any belt replacement must be done using torque specifications below.**

MONTHLY MAINTENANCE ITEMS

- 1) **Clean and lubricate guide rods. Use Teflon based spray lube such as “Super Lube”, or any other Matrix approved lubricant.**
- 2) **Check any adjustable seat/pad mechanism for proper locking pin operation, and lubricate sliding mechanism.**

QUARTERLY MAINTENANCE ITEMS

- 1) **Hardware check – using proper tools, insure that all accessible fastener items are securely snug on the equipment.**
- 2) **When replacing a belt, or checking bolt tightness on belt clamps, the Matrix torque specifications MUST BE FOLLOWED, NO EXCEPTIONS.**



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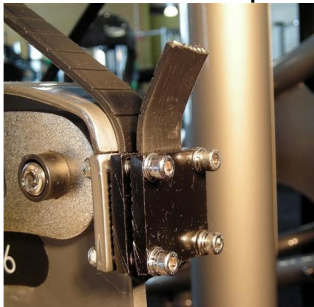
For belting with the “fold over” type clamp, instructions are as follows:

- The bolts (with blue Loc-tite - this is important as it acts as a lubricant and is related to the torque spec) should be tightened to 40 inch pounds using a torque wrench. The bolts should be tightened in a uniform pattern.*

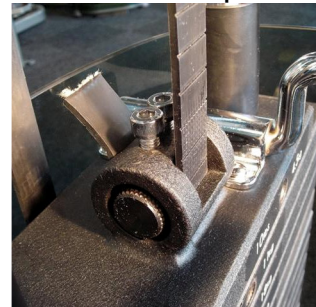
For the “barrel” type clamp (as found on the head weight), use this specification:

- The bolts (with blue Loc-tite - this is important as it acts as a lubricant and is related to the torque spec) should be tightened to 25 foot pounds using a torque wrench. The bolts should be tightened in a uniform pattern.*

Fold over clamp



Barrel clamp





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PREVENTATIVE MAINTENANCE CHECKLIST

Facility: _____

Make:	Model:	S/N	
Location:	Technician:		Date:

- | | | |
|--------------------------------|------------------------------------|--------------------------------|
| Inspect power cords _____ | Check resistance system _____ | Clean/lube guide rods _____ |
| Check E-stop cord/button _____ | Lubricate pivot points _____ | Inspect belt/cable assy. _____ |
| Vacuum/clean under cover _____ | Check connecting joints _____ | Check locking pins _____ |
| Check motor drive belt _____ | Remove covers, check belts _____ | Check pulleys _____ |
| Check running belt _____ | Check pedal & crank _____ | Inspect upholstery _____ |
| Flip/replace deck _____ | Check/lube seat adjustment _____ | Check/tighten hardware _____ |
| De-wax rollers _____ | Verify electronics operation _____ | Lubricate Acme screw _____ |

Notes/comments _____

Make:	Model:	S/N	
Location:	Technician:		Date:

- | | | |
|--------------------------------|------------------------------------|--------------------------------|
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Notes/comments _____

MAKE ADDITIONAL COPIES AS NEEDED



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PREVENTATIVE MAINTENANCE CHECKLIST

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Location:	Technician:		Date:

- | | | | | | |
|--------------------------|-------|------------------------------|-------|--------------------------|-------|
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| Check motor drive belt | _____ | Remove covers, check belts | _____ | Check pulleys | _____ |
| Check running belt | _____ | Check pedal & crank | _____ | Inspect upholstery | _____ |
| Flip/replace deck | _____ | Check/lube seat adjustment | _____ | Check/tighten hardware | _____ |
| De-wax rollers | _____ | Verify electronics operation | _____ | Lubricate Acme screw | _____ |
| Notes/comments _____ | | | | | |
| _____ | | | | | |

Make:	Model:	S/N	
Location:	Technician:		Date:

- | | | | | | |
|--------------------------|-------|------------------------------|-------|--------------------------|-------|
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| Flip/replace deck | _____ | Check/lube seat adjustment | _____ | Check/tighten hardware | _____ |
| De-wax rollers | _____ | Verify electronics operation | _____ | Lubricate Acme screw | _____ |
| Notes/comments _____ | | | | | |
| _____ | | | | | |

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