






General Basic Maintenance Periodic List				Remark
	Daily	Weekly	Monthly	
Treadmill 	- Wipe Console & touchables Tools: Soft lint-free cloth + Neutral cleaner Caution: DO NOT spray any liquid directly to any parts of the machines	- Wipe all cover surfaces Tools: Soft lint-free cloth + Neutral cleaner Caution: DO NOT spray any liquid directly to the machines - Wipe the running belt's surface Tools: dry or damp cloth Caution: DO NOT use any liquid or wet cloth in order to avoid damage to the running deck	- Vacuum around the unit, inside the cup holders and the gap between belt and side landings Tools: Vacuum cleaner - Wipe between running belt and deck Tools: Soft dry cloth	Touchables: handlebars, HR sensors, central keypad
Escalate 	- Wipe Console & touchables Tools: Soft lint-free cloth + Neutral cleaner Caution: DO NOT spray any liquid directly to any parts of the machines	- Wipe all cover and stairs surfaces Tools: Soft lint-free cloth + Neutral cleaner Caution: DO NOT spray any liquid directly to the machines	- Vacuum around the unit and inside the cup holders Tools: Vacuum cleaner	Touchables: handlebars, HR sensors, central keypad, rear upright posts
Elliptical Trainer 	- Wipe Console & touchables Tools: Soft lint-free cloth + Neutral cleaner Caution: DO NOT spray any liquid directly to any parts of the machines	- Wipe all cover and pedal surfaces Tools: Soft lint-free cloth + Neutral cleaner Caution: DO NOT spray any liquid directly to the machines	- Vacuum wheel tracks to make sure wheels operate smoothly Tools: Vacuum cleaner	Touchables: handlebars, HR sensors and central keypad
Upright Bike 	- Wipe Console, touchables and the Seat Tools: Soft lint-free cloth + Neutral cleaner Caution: DO NOT spray any liquid directly to any parts of the machines	- Wipe all cover surfaces Tools: Soft lint-free cloth + Neutral cleaner Caution: DO NOT spray any liquid directly to the machines	- Vacuum around the unit and inside the cup holders Tools: Vacuum cleaner	Touchables: handlebars, HR sensors and seat adjustment lever
Recumbent Bike 	- Wipe Console, touchables, the Seat and backrest Tools: Soft lint-free cloth + Neutral cleaner Caution: DO NOT spray any liquid directly to any parts of the machines	- Wipe all cover surfaces Tools: Soft lint-free cloth + Neutral cleaner Caution: DO NOT spray any liquid directly to the machines	- Vacuum around the unit and inside the cup holders Tools: Vacuum cleaner	Touchables: handlebars, HR sensors and seat adjustment lever

* For conducting general basic maintenance, technical skills for repairing and maintaining fitness equipment are NOT required.

** DO NOT use any type of window cleaner, soap, scouring powder or any other cleaner with solvents such as benzene, ammonia or paint thinner.

For more details visit:

<http://support.intenzafitness.com>