

# PROTECTING THE VALUE OF YOUR FITNESS EQUIPMENT INVESTMENT.

Preventative maintenance is essential to extending the life of your equipment, increasing uptime, and maintaining warranty coverage. Precor authorized servicers perform the procedures listed below by equipment type.

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## MAINTENANCE SCHEDULE FOR TREADMILLS

Cleanliness of your equipment and its operating environment will keep maintenance problems and service calls to a minimum. Precor recommends that you perform the following preventative maintenance schedule.

### Monthly:

- Turn off power switch/circuit breaker, and unplug the power cord from the wall outlet.
- Verify the stop clip is in place and functional.
- Visually inspect the running deck and belt, make sure that the bed or belt is in good condition.
- Inspect the power cord, make sure it is not damaged or underneath the treadmill.  
Verify the cord clamp is securely installed.
- Perform functional test to verify all features are performing properly.
- Clean the treadmill's frame using a cloth dampened with an approved cleaning solution. Use water and a soft nylon scrub brush to clean the running belt. Use a damp cloth to clean the deck underneath the running belt.
- Wipe the surface of the electronic console with a damp sponge or soft cloth, and dry with a clean towel.

### Quarterly:

*Complete all inspections listed under Monthly above plus the following.*

- Perform the software diagnostics, check LED function and record the odometer reading.
- Functionally test both the wireless and hand held heart rate.
- Check the tension, tracking, and alignment of the running belt. Adjust if necessary.
- Check the tension of the drive belt, adjust if necessary.
- Vacuum motor bay under hood.
- Remove dust from cooling fan on the lower electronics (by hand).

### Semi-Annual:

*Complete all inspections listed under Monthly and Quarterly above plus the following.*

- Check the drive motor brushes, if applicable.
- Check speed sensor function.
- Visually examine all wiring and connectors.
- Re-lubricate lift screw.

For more details on Maintenance Procedures refer to your Service Manual.

For product information, call Precor at **888.556.2169** or email [services@precor.com](mailto:services@precor.com)

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## MAINTENANCE SCHEDULE FOR ELLIPTICAL FITNESS CROSS TRAINERS

**IMPORTANT! USE EXTREME CAUTION when the rear cover is removed.** Serious injury could result if fingers are pinched between the flywheel spokes, crank arms, stair arms, and drive weldment.

### Monthly:

- Turn off power and unplug the unit if applicable.
- Clean the ramps and wheels with an approved solution
- Inspect the power cord. Insure that the cord is not pinched under the unit.
- Verify the wheels run smoothly on the ramp.
- Verify the lift runs smoothly through the entire range
- Verify the HHR is operational
- Record the usage hours

### Quarterly:

*Perform all the checks listed under monthly above and the following*

- Clean the EFX's frame, cover and stair arms with an approved solution
- Remove rear cover. Carefully vacuum interior.
- Check the belt tension of the step-up and drive belts, and adjust if necessary.
- Lubricate lift motor screw with a synthetic grease (such as SuperLube® with Teflon).

### Semi-Annually:

*Perform all the checks listed under monthly and quarterly above as well as the following*

- Perform the software diagnostics, check LED function, record the odometer reading.
- Perform full functional verification of all programs and settings
- Visually inspect the step-up and drive belts for cracks, fraying, or excessive wear.
- Check speed sensor function.
- Functionally test both the wireless and hand held heart rate.
- Inspect the power cord, make sure it is not damaged or pinched under the unit.
- Visually examine all wiring and connectors.
- Verify the battery charge voltage is within specification

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## MAINTENANCE SCHEDULE FOR ADAPTIVE MOTION TRAINER

**IMPORTANT! USE EXTREME CAUTION when a cover is removed.** Serious injury could result if fingers are pinched between the flywheel spokes, crank arms, stair arms, and drive weldment.

### Monthly:

- Clean the pedals, stair arms, upper arms and HHR grip with an approved solution
- Verify the pedals move smoothly in the vertical and horizontal axis.
- Verify the HHR is operational
- Record the usage hours
- Check the stability of machine if necessary adjust the leveling feet.

### Quarterly:

*Perform all the checks listed under monthly above and the following*

- Clean the AMT's frame, cover and stair arms with an approved solution
- Remove side cover. Carefully vacuum interior.
- Check the belt tension of the input drive and horizontal brake belts, adjust if necessary.
- Verify the resistance changes through the entire range

### Semi-Annually:

*Perform all the checks listed under monthly and quarterly above as well as the following*

- Perform the software diagnostics, check LED function and record the odometer reading.
- Perform full functional verification of all programs and settings
- Visually inspect the drive and Horizontal brake belts for cracks, fraying, or excessive wear.
- Check stride dial function.
- Functionally test both the wireless and hand held heart rate.
- Visually examine all wiring and connectors.
- Verify the battery charge voltage is within specification

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## MAINTENANCE SCHEDULE FOR STATIONARY BIKES

### Monthly:

- Turn off, and unplug the power adapter (if so equipped) from the cycle.  
Wipe down unit covers; handle bars, console, seat, and pedals with an approved solution.  
(Do not use acidic cleaners).
- Check that pedals turn freely and smoothly at resistance level 1.
- Inspect the power adapter (if so equipped). Insure that the cord is not pinched under the unit.
- Verify the seat moves smoothly through the entire adjustment range and the position latch works correctly

### Quarterly:

*Perform all the checks listed under monthly above and the following*

- Remove the covers. Carefully vacuum the interior, remove all dust and particles.
- Check the tension of the belts per procedures in the service manual
- Verify the battery charge voltage
- Check to make sure the seat is secure

### Semi-Annually:

*Perform all the checks listed under monthly and quarterly above as well as the following*

- Perform the software diagnostics, check LED function and record the odometer reading.
- Check speed sensor function.
- Functionally test both wireless and hand held heart rate
- Visually inspect the drive belts for cracks, fraying or excessive wear.
- Visually examine all wiring and connectors.

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## MAINTENANCE SCHEDULE FOR CLIMBERS

### Monthly:

- Turn off, and unplug. Wipe down unit covers; handle bars, console, and pedals with an approved solution. (Do not use acidic cleaners).
- Check that pedals move freely and smoothly.
- Inspect the power adapter (if so equipped). Insure that the cord is not pinched under the unit.
- Verify the HHR works correctly

### Quarterly:

*Perform all the checks listed under monthly above and the following*

- Remove the covers. Carefully vacuum the interior, remove all dust and particles.
- Check the tension of the belts per procedures in the service manual
- Verify the battery charge voltage
- Check to make sure the pedal stops are in good condition

### Semi-Annually:

*Perform all the checks listed under monthly and quarterly above as well as the following*

- Perform the software diagnostics, check LED function, record the odometer reading.
- Check the pedal belt clamps are tight.
- Functionally test both wireless and hand held heart rate
- Visually inspect all belts for cracks, fraying or excessive wear.
- Visually examine all wiring and connectors.
- Check machine stability if necessary adjust the leveling feet

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## MAINTENANCE SCHEDULE FOR STRENGTH

### Monthly:

- Wipe down unit with an approved solution. (Do not use acidic cleaners).
- Verify the weight stack pin tether is attached.
- Inspect the cable for cracks in the sleeve.
- Verify the instruction placard is attached and intact.
- Verify the pads are intact (no tears or cracks)

### Quarterly:

*Perform all the checks listed under monthly above and the following*

- Check the machine motion to ensure it smooth through full range of travel
- Check the adjustments of seats and range of motion to ensure full functionality

### Semi-Annually:

*Perform all the checks listed under monthly and quarterly above as well as the following*

- Adjust the cable to remove any unnecessary slack.
- Inspect all weight pins to ensure they are secure.

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## MAINTENANCE SCHEDULE FOR PERSONAL VIEWING SCREEN

### Monthly:

- Wipe the screen with an approved solution. (Do not use acidic cleaners).
- Verify the channel up down and volume up down function.
- Verify the numeric key pad can be used to change channels.
- Verify the headphone jack works

### Quarterly:

*Perform all the checks listed under monthly above and the following*

- Verify the home page is correctly programmed.
- Verify the video image is clear on all channels
- Verify the audio matches the video

### Semi-Annually:

*Perform all the checks listed under monthly and quarterly above as well as the following*

- Verify the channel lineup matches the facility requirements.
- Verify the decorative cable cover is fully intact and properly aligned.