



SAFETY AND MAINTENANCE MANUAL

May 2018

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SAFETY INFORMATION

Before and after products are put into service, inspection and testing should occur to ensure the equipment is in proper working order. A complete maintenance and inspection program should be developed in implemented immediately upon putting Power Body Fitness Inc products into service. This program should be documented so as procedures are followed correctly. No Power Body Fitness Inc equipment should be modified in any way. If there is any suspicion of damage or malfunction, discontinue use immediately and indicate the product is out of service with an "Out of Order" sign. Notify qualified maintenance personnel immediately

Always read all warning labels before use and do not attempt to operate any Power Body Fitness product without prior knowledge and understanding. Consult a qualified staff member for information on basic operation, proper use of equipment, and safety procedures prior to use. Keep hands and feet clear of all moving parts while equipment is in use. Be sure to insert the weight stack selector pin fully, as partial insertion may cause weights to fall unexpectedly, resulting in injury or damage to the machine. Never remove a weight stack selector pin if stack is suspended. Never attempt to clear a jammed weight stack and call for a qualified maintenance personnel if a machine is not functioning properly. Always maintain full control of the weights while exercising. Avoid slamming or dropping the weight stack, as this can cause damage or injury. Failure to follow these instructions and those from a qualified staff member regarding proper use of Power Body Fitness equipment may result in serious injury.

MAINTENANCE AND INSPECTION

Important: Every attempt is made at the design and production phases of manufacturing to ensure your Power Body Fitness Inc. equipment will operate safely and efficiently under normal conditions in commercial settings for prolonged periods of time. However, as with any machinery with moving parts, your equipment is subject to wear and must be maintained and inspected on a regular basis. Failure to do so will cause unnecessary damage or premature wear on a unit's components, and in turn pose serious safety hazards to users. Power Body Fitness Inc. will not be held responsible for any personal injury or damages resulting from improper maintenance, misuse, or negligence.

Each machine should be inspected and cleaned daily. The general operation should be checked, and during so the inspector should be looking, feeling, and listening for any abnormal vibrations or noises.

Cables and Pulleys:

Cables should have the entire length visually checked, with special attention paid to the area going over pulleys and the ends. Cable end fittings should also be inspected. While inspecting the cables, look for cracked or broken nylon coating, kinked cables, or ballooned points—these are signs of damaged cables, which can result in injury. Any machine exhibiting cable damage or wear should be removed from service and the cables should be replaced. Replacement cables can be ordered from Power Body Fitness Inc. During the cable inspection, pulleys should also be looked at. Pulleys should be inspected for surface damage, hairline cracks, and damaged bearings. Excessive noise or vibration during use is an indication of a bad pulley. Machines with bad pulleys should be removed from use and pulleys should be replaced immediately.

Frames:

Frames should be wiped down daily with a damp cloth. If a more thorough cleaning is needed, a mixture of mild dish soap and water can be used. After cleaning, frames should be dried completely using a clean cloth to further prevent corrosion or rust from forming. Keeping units clean is an important part of their performance and durability. Frames should be polished as needed with a good automotive. **Avoid** using harsh cleaners and chemicals or abrasive materials.

NOTE: Oil-based lubricants can damage powder coated surfaces and should be avoided.

Upholstery:

Upholstery should be inspected for tears, rips, and cracks, as these are all signs that the upholstery needs to be replaced. While worn upholstery is not necessarily cause for pulling a machine out of commission, it is recommended as breeches in the upholstery can harbor bacteria or cause scratches to users.

Upholstery should be cleaned with a solution that is ten percent mild dish soap and warm water, applied with a damp cloth (or soft bristle brush for more stubborn soiling). Wipe the residue away with a damp cloth and then completely dry with a soft cloth.

Guide Rods and Weight Stacks:

Guide rods should also be cleaned on a weekly basis. Wipe all dust and dirt off with a clean, soft, dry cloth. Spray a silicone-based lubricant onto a cloth and wipe the rods. **Avoid** all oil-based lubricants. Recommendation: Jig-A-Loo lubricant.

Weight stacks should be wiped down and inspected. If light rust appears on the surface, spray rust remover onto a clean cloth and wipe down the weight stack. If you see cracks in the weights or other damage, put an "Out of Order" sign on the machine and contact Power Body Fitness Inc. for a replacement weight stack.

Bearings:

Linear bearing shafts need to be regularly cleaned and lubricated for continued performance and reliability. The shafts should be checked for rust prior to cleaning. If rust is found, remove it with fine sandpaper or steel wool prior to lubricating, and then wipe down the linear rails with a clean, soft, dry cloth. This removes dust, hair, and debris. Please ensure that the linear bearing shafts are wiped down completely before spraying a small amount of Jig-A-Loo lubricant onto a clean cloth.

Use the cloth to apply a thin layer of lubricant, being careful to not over apply as too much lubricant can cause grime buildup and hinder machine performance. Dripping or running lubricant is a sign of over application. It may be necessary to have someone slide the carriage up and hold it so that the rods can be coated completely.

QUESTIONS?

If you are unable to find the answers to your questions, or need further assistance, please contact info@powerbodyfit.com or call Power Body Fitness Inc. at 905-282-0121 to discuss your concerns with a representative. Power Body Fitness Inc. representatives can only assist you with questions or concerns relating specifically to Power Body Fitness Inc. equipment. For other equipment issues, please contact those manufacturers directly.