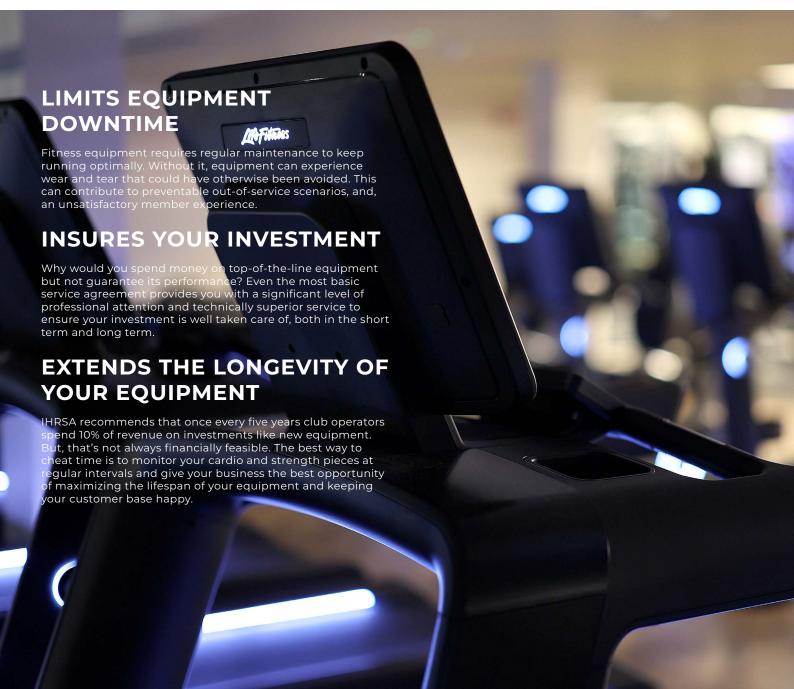
Life Fitness HAMMER STRENGTH

THE IMPORTANCE OF PREVENTIVE MAINTENANCE



WHAT A SERVICE AGREEMENT DOES FOR YOU.

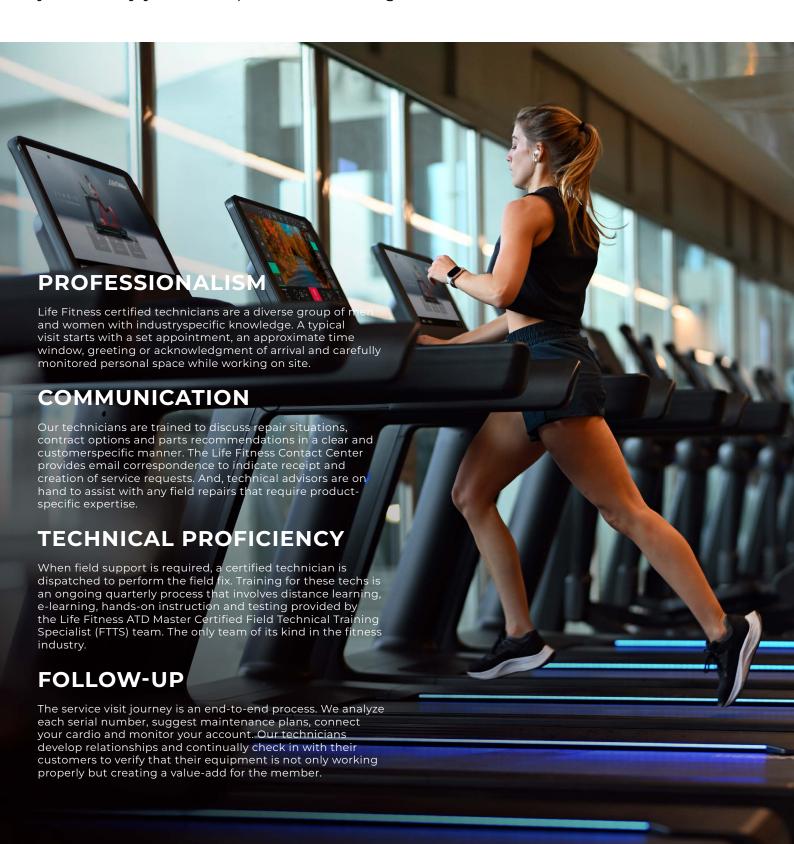
When you purchase equipment from Life Fitness/Hammer strength, you can expect best-in-class products that deliver superior performance. However, the journey doesn't end there. Perhaps the most important part of your purchase involves the after-sales service agreement.





WHAT TO EXPECT.

Following your equipment installation or start of your service contract, Life Fitness will schedule your preventive maintenance visits every 3 or 6 months depending on your contract selection. When a field service team member visits your facility you can expect the following:





CHECKLIST

Preventive maintenance service includes full testing and usage of the unit and all its features.*

TREADMILLS ☐ REMOVE DEBRIES FROM UNDER THE TREADMILL ☐ INSPECT, TEST AND CLEAN THE DISPLAY ☐ INSPECT AND TEST THE STOP SWITCH & TETHER CLIP ☐ INSPECT FRAME, TOE GUARDS, AND END CAPS ☐ INSPECT AND CENTER STRIDING BELT ☐ CHECK TENSION ON DRIVE BELTS ☐ INSPECT FRONT AND REAR ROLLERS ☐ INSPECT, LUBE, CLEAN AND TEST LIFT MOTOR ☐ INSPECT AND TEST SPEED CONTROLLER ☐ INSPECT AND TEST HEART RATE SENSORS ☐ INSPECT WIRING AND RIBBON CABLES, OUTLET, POWER LEAD ☐ LEVEL THE TREADMILL ☐ PERFORM A FULL VISUAL & FUNCTIONAL CHECK OF TREADMILL ☐ WIPE DOWN EXTERIOR OF TREADMILL WITH A DAMP CLOTH ☐ INSPECT WAX BAG, WAX AND NOZZLE PUMP¹ ☐ INSPECT AND CLEAN DEBRIS BRUSH¹ ☐ CHECK IPOD®, USB, HEADPHONE¹ ☐ TEST ACTIVITY ZONE¹ ☐ CHECK TOUCH SCREEN AND RECALIBRATE IF NEEDED ☐ LINE CORD AND BRACKET DAMAGE INSPECTION BIKES ☐ INSPECT AND CLEAN PEDALS AND PEDAL STRAPS ☐ FULL COSMETIC INSPECTION FOR DAMAGE AND RUST ☐ INSPECT AND REMOVE HOUSING

☐ INSPECT KEYPAD, CONSOLES, OVERLAY ☐ INSPECT BELT/CHAIN FOR WEAR ☐ LUBRICATE DRIVE CHAIN¹ ☐ INSPECT CRANK ARM AND DRIVE SPROCKET¹ ☐ INSPECT AND CLEAN BATTERY TERMINALS² ☐ INSPECT AND LUBRICATE SEAT POST ☐ TEST AND ADJUST BELT TENSION ☐ INSPECT AND CLEAN ALTERNATOR BRUSH¹ ☐ LEVEL THE BIKE ☐ CHECK FOR BATTERY VOLTAGE² ☐ TIGHTEN 13 MM HUB BOLT ON CRANK / CRANK BOLTS ☐ CHECK ALL COVERS/SHROUDS FITTED CORRECTLY & NOT LOOSE ☐ PERFORM A FULL VISUAL & FUNCTIONAL CHECK OF THE BIKE ☐ WIPE DOWN EXTERIOR OF THE BIKE WITH A DAMP CLOTH ☐ REMOVE AND CLEAN ALL ELECTRICAL CONNECTORS² ☐ INSPECT PULLEY AND BEARING ASSEMBLY² ☐ CHECK FOR SLIPPING BELTS AND ADJUST ☐ TEST HEART RATE SENSORS ¹ ☐ CHECK TOUCH SCREEN AND RECALIBRATE IF NEEDED

CROSSTRAINERS/SPARC

☐ INSPECT AND REMOVE HOUSING ☐ INSPECT AND CLEAN OVERLAY ☐ INSPECT AND CLEAN THE DRIVE SYSTEM ☐ INSPECT AND CLEAN ALTERNATOR OR GENERATOR ☐ EXAMINE AND CLEAN ELECTRICAL CONNECTORS ☐ INSPECT WIRE HARNESS ☐ INSPECT AND LUBE BEARINGS¹ ☐ INSPECT AND ADJUST BELT TENSION ☐ LEVEL THE MACHINE ☐ TEST UNIT OPERATION ☐ CHECK HANDLEBARS AND ROCKER ARMS FOR SECURITY □ CLEAN CLEVIS JOINT¹ ☐ CHECK FOOT PLATES FOR SECURITY AND DAMAGE ☐ CHECK TIE RODS AND LUBRICATE IF NECESSARY ☐ CHECK DRIVE SYSTEM FOR SECURITY ☐ LUBRICATE ALL LINKAGES¹ ☐ CHECK REAR ROLLER ASSEMBLY ☐ CHECK ALL COVERS/SHROUDS FITTED CORRECTLY & NOT LOOSE ☐ PERFORM A FULL VISUAL & FUNCTIONAL CHECK (APPEARANCE & SAFETY LEVEL) ☐ WIPE DOWN EXTERIOR OF THE UNIT WITH A DAMP CLOTH ☐ CHECK IPOD®, USB, HEADPHONE¹ ☐ TEST HEART RATE SENSORS¹ ☐ CHECK TOUCH SCREEN AND RECALIBRATE IF NEEDED

POWERMILL
☐ FULL COSMETIC INSPECTION FOR DAMAGE AND RUST ☐ CHECK STEPS FOR CRACKS AND WHITE STRESS MARKS
☐ BOLT & SCREW INSPECTION FOR RUST, LOOSENESS OR DAMAGE ☐ SHROUD AND COSMETIC INSPECTION
☐ PERFORM A CHAIN ALIGNMENT INSPECTION
SOFT-STEP BEARING AND ROD INSPECTION
□ NOISE INSPECTION
D POWER INSPECTION
☐ ALL BUTTON RESPONSIVENESS AND FUNCTIONALITY
LINE CORD AND BRACKET DAMAGE INSPECTION
☐ CHECK BREAK FUNCTIONALITY
☐ CHECK TOUCH SCREEN AND RECALIBRATE IF NEEDED
LUBRICATE STAIR RODS WITH 1 DROP OF BREAKFREE PER HOLE
LUBRICATE CHAIN WITH 30W NON-DETERGENT OIL
LUBRICATE SPROCKETS WITH LITHIUM GREASE
☐ TEST AND CLEAN HEART RATE
PERFORM A FULL VISUAL AND FUNCTIONAL CHECK
(APPEARANCE & SAFETY, LEVEL)
☐ WIPE DOWN EXTERIOR OF THE POWERMILL WITH A DAMP CLOTH

☐ CHECK IPOD®, USB, HEADPHONE¹

¹ Where applicable ² If necessary

^{*} Strength with a minimal amount of weight & cardio at BOTH the lowest and the highest speed or resistance



CHECKLIST

Preventive maintenance service includes full testing and usage of the unit and all its features.*

GX BIKE/ICG	GX ROWER
FULL VISUAL AND FUNCTIONAL CHECK (SAFETY AND APPEARANCE) CHECK PEDALS LUBRICATE BALL RACE CHECK AND TORQUE CRANK CHECK ALL ADJUSTER KNOBS CHECK COMPUTER AND RE CALIBRATE CHECK SECURITY OF ALL EXTERNAL FASTENINGS CHECK BATT LEVEL AND ADVISE IF LOW (D CELL) WIPE DOWN EXTERIOR OF THE BIKE WITH A DAMP CLOTH	 ☐ FULL VISUAL AND FUNCTIONAL INSPECTION ☐ CHECK WATER CONDITION AND USE LIFE FITNESS WATER TREATMENT TABLETS ☐ CHECK PULL STRAP FOR WEAR AND SPLITS ADVISE IF WORN ☐ CLEAN AND LUBRICATE THE RAIL ☐ CHECK FOOT STRAPS AND SEAT ☐ CHECK AND ADJUST FRAME FLEX CABLE ☐ CHECK HARDWARE SECURITY ☐ WIPE DOWN EXTERIOR OF THE ROWER WITH A DAMP CLOTH
STEPPERS	STRENGTH
□ INSPECT AND REMOVE COVERS, SHROUDS AND HOUSING □ INSPECT AND CLEAN OVERLAY □ INSPECT AND CLEAN THE DRIVE SYSTEM □ INSPECT AND CLEAN ALTERNATOR OR GENERATOR □ INSPECT POWER SUPPLY AND LINE CORD □ CLEAN POWER BOARD AND HEAT SINKS □ CLEAN POWER BOARD CONNECTORS² □ INSPECT WIRE HARNESS □ INSPECT ALL BEARINGS □ INSPECT AND ADJUST BELT TENSION □ CHECK HANDLEBARS FOR SECURITY □ CHECK ROLLERS & TRACKS □ CHECK RETURN OR LIFE SPRINGS □ TEST DISPLAY MONITOR □ LEVEL THE MACHINE □ INSPECT CLUTCH SPROCKETS □ INSPECT CROSSOVER SPROCKETS □ PERFORM A BELT INSPECTION □ PERFORM A FULL VISUAL AND FUNCTIONAL CHECK (APPEARANCE & SAFETY, LEVEL) □ WIPE DOWN EXTERIOR OF THE STEPPER WITH A DAMP CLOTH	☐ FULL VISUAL & FUNCTIONAL CHECK (SAFETY & APPEARANCE) ☐ INSPECT AND LUBRICATE LINEAR BEARING ☐ INSPECT AND CLEAN PADS AND UPHOLSTERY ☐ INSPECT CABLES FOR WEAR ☐ INSPECT ALL GRIPS ☐ INSPECT WEIGHT STACK PIN ☐ SET CABLES TO PROPER TENSION ☐ INSPECT SECURITY LANYARD ☐ CHECK ALL PULLEYS FOR PROPER OPERATION ☐ INSPECT AND LUBRICATE RANGE LIMITER ☐ EXAMINE AND LUBRICATE GUIDE AND LINEAR RODS RETAINER ☐ INSPECT ALL HARDWARE FOR PROPER TENSION ☐ EXAMINE BUMPER STOPS ☐ INSPECT AND LUBE SEAT MECHANISM ☐ INSPECT ALL WELDS FOR CRACKS ON USER ARMS, FRAMES, ETC ☐ CHECK THAT ALL SHROUDS ARE SECURED PROPERLY ☐ TEST UNIT FOR FORM, FIT AND FUNCTIONALITY ☐ INSPECT CABLES INCLUDING CABLE ENDS¹

☐ CHECK CHAIN FOR WEAR¹☐ TEST HEART RATE SENSORS¹

 $^{^{\}scriptsize 1}$ Where applicable $^{\scriptsize 2}$ If necessary

^{*} Strength with a minimal amount of weight & cardio at BOTH the lowest and the highest speed or resistance