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Home Gym Maintenance Tips

For More Information Contact:

Fitness & Equipment Supply Company ~ 314 South Broadway, Rt. 28, Salem, NH 03079
Tel: 603-898-9946 Fax: 603-898-6640

NOTE: This material is offered for information purposes only. For complete safety information please contact the manufacturer of the equipment.

Be certain to follow ALL safety procedures as advised by the manufacturer or contact the fitness equipment professionals at FESCO for information and assistance.

IMPORTANT NOTE: Read your equipment owner's manual.

Just reading through your owner's manual may save you from costly repairs. All maintenance procedures should be listed in the owner's manual, along with troubleshooting guidelines, parts listings, and instructions for repairs. Damage to your equipment from improper use or unauthorized tampering can result in the manufacturer voiding the warranty.

Be Healthy, Be Safe.

-Thank you from all of us at FESCO.

IMPORTANT: It is imperative that you retain all Owner's Manuals and be sure all warning labels are legible and intact. Replacement Owner's Manuals and labels are available from the individual manufacturer. If you have any questions about the operation, set up or maintenance of any machine please call FESCO customer service at 1-800-869-7251.

General Safety Rules

There is a risk assumed by all individuals who use this type of equipment. To minimize risk, you must follow these rules:

- 1) Inspect equipment before each workout. Check that all nuts, bolts, screws and pop pins are in place and fully tightened.
- 2) Also, before each use, check cables for signs of wear. Replace all worn parts immediately. Never use machine if any parts are damaged or missing. **FAILURE TO FOLLOW THESE RULES MAY RESULT IN SERIOUS INJURY.**
- 3) Keep clear of cables and all moving parts when the machine is in use.
- 4) Always make sure all Snap Links are closed when doing any cable/pulley/strap exercises.
- 5) Exercise with care. Perform your exercises at a smooth moderate pace; never perform jerky or uncoordinated movements that may cause injury.
- 6) It is recommended that you should workout with a training partner.
- 7) Do not allow children or minors to play on or around this equipment.

If unsure of proper use of equipment, call Fitness and Exercise Supply Co. at 1-800-869-7251.



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Home Gym Maintenance

WARNING: Routine inspection and maintenance is of critical importance to ensure maximum safety and performance. We use the highest quality materials available, but wear is inevitable. Therefore, you must carefully inspect your equipment as outlined in the Maintenance Schedule. Be advised that dangerous conditions can arise even during a warranty period. A warranty does not negate the owner's responsibility to thoroughly, carefully and daily inspect the machine. Consult your physician before starting your exercise program. For your own safety, do not begin any exercise program without proper instruction.

1. Check Cables

While the machine is not in use. Carefully run your fingers along the cable to feel for thinning or bulging areas. Replace cables immediately at the first sign of damage or wear. Do not use equipment until damaged cable has been replaced.

Visually inspect the cables for fraying, cracking, peeling or discoloration.

Check slack in cables and re-adjust cable tension if needed.

Check that the jam nut on the selector rod top bolt is tight.

2. Upholstery

Wipe down after every workout.

Periodically take the time to use a mild soap or a mild vinyl upholstery cleaner. Avoid using any abrasive cleaner not intended for use on vinyl.

Keep sharp or pointed objects out of your pockets and clear of all upholstery.

3. Nuts/Bolts/Fasteners

Periodically inspect all nuts and bolts. Tighten if needed. If bolts seem to loosen periodically, use Loctite 242 for a long-term cure.

Go through a re-tightening sequence periodically to ensure that all hardware is properly tensioned.

4. Guide Rods

Wipe clean with a dust free rag. Lubricate with a Silicon or Teflon based lubricant.

5. Adjustments / Locking Pins / Tightening Knobs

Check all pieces for signs of visible wear or damage.

Check springs in Snap Links and Pop Pins for proper tension and alignment.

If the spring sticks or has lost its rigidity, replace it immediately.

6. Anti-Skid Surfaces

Replace if they appear worn or become slippery.

7. Warning Instruction Labels

Inspect and familiarize yourself with all safety warnings and other user information on decals.

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