

EQUIPMENT MAINTENANCE CHECKLIST

Your studio equipment is a huge investment. Safety of your clients, your staff and yourself are of the utmost importance to your business. If you are using the equipment daily in a studio environment, we strongly suggest a maintenance program, incorporating the following elements:

REGULAR INSPECTION OF ALL APPARATUS AND HARDWARE

It is highly recommended that you undertake a regular inspection of all hardware on all the equipment to make sure every nut, bolt and fastener is secure. A small assortment of basic tools should service your equipment.

INSPECTION OF SPRINGS AND CLIPS

Even with extensive pre-testing and rigorous quality inspection, the possibility of failure due to undetected, random defects always exists. In addition, as a result of improper use or failure to replace fatigued springs in a timely manner, severe nicks or abrasions may occur. While this is a remote possibility, periodic inspection of your springs and immediate replacement once defects are identified is critical. Failure to do so could result in serious injury to the user or operator. We strongly advise establishing a routine program to monitor springs as well as replacing any spring in continuous daily use for over 24 months (or sooner in a high use facility). Any spring that exhibits early signs of fatigue (i.e. separation in coils, even if slight) must be replaced immediately. Wearing or fatigue in clips can be identified by a change to the shape of the clip head to that of the ring it sits in.

CLEANING FRAMEWORK AND TRACKING SYSTEMS

If your equipment is wood finished, then it is usually finished with a non-toxic, water-based lacquer that is virtually impenetrable. Other than an occasional wipe down using a mild soapy solution or furniture polish, no additional maintenance is necessary. If your equipment has metal frames then you need to take care to keep all equipment dust and hair free. Uses a mild detergent (just a few drops in a large container of water) and wipe down the surface with a damp cloth.

INSPECTION OF WHEELS

Every 2 to 3 months, it is wise to inspect the wheels on your reformers. Make sure you remove any debris that might be entwined between the wheel and metal housing and tighten the axles if any wheel 'play' is evident. Also remove debris from corner and hard to get at places with a paintbrush. Make sure you protect your floor when doing this. Clean the tracks on an as-needed basis with a warm, mild soapy water solution and dry thoroughly with a soft cloth.

CLEANING UPHOLSTERY

Wipe down your upholstery after use with a mild cleaning solution that does not contain silicone. A dilute solution of mild soap and water can be used to clean not only the upholstery, but also wooden surfaces, aluminum rails, chromed and galvanized steel poles and carriage riding wheels - basically anything other than the ropes and/or leather straps. Wipe with a cloth dampened with plain water and dry the surfaces after cleaning. A few drops of eucalyptus oil in your water spray bottle is a good way to keep your upholstery fresh. Eucalyptus oil has no oily residue and is safe to use of delicate fabrics such as silks and satins as well as on your upholstery. Use it sparingly. Just few drops in a large water spray bottle.

PRIMARY LEATHER STRAPS

To prevent leather straps from drying out, it's a good idea to apply a coat of leather conditioner from time to time. Leather straps may stretch over time and sometimes the stretching will occur unevenly from strap to strap. Make sure strap lengths are checked regularly as it will greatly affect the stability and precision of your client's workout.

SPRINGS AND ROPES

Ropes used with the swivel pulley/riser system are under warranty and are not designed to last a lifetime. You may experience some minor 'fraying' on the rope as a result of use. Any ropes that tear or could otherwise fail should be replaced immediately.

SMALL APPARATUS

It is recommended that you inspect all small apparatus including the mats in your studio every 3 to 6 months. Of particular importance is the equipment that could cause injury, including but not limited to: resistance bands, fitballs, ankle weights and balance equipment such as wobble boards, Bosu and rotator or Dura discs.