



## Maintenance Instructions

### General

Normal and atmospheric dust will have the effect of drying out lubricants. In order that the machines continue to run smoothly, it is essential that equipment is kept free from dust at all times. Build up of atmospheric dust will be noticeable on guide rods when black discolouration is evident.

### Guide Rods of Weight Stacks

Depending on the frequency of use, we recommend that weight stack guide rods are cleaned and lubricated approximately every 4-6 weeks.

Do not simply spray guide rods, as the spray will combine with the dirt and dust which may damage the bushes in the plates.

Spray a small amount onto the rods first and then wipe off spray and dirt with a clean cloth. We would also suggest that the first 2/3 weights are selected and lifted so that you can clean the rod section below the top plate.

Once clean, re-apply spray (we recommend Triflow or Wurth HTS Teflon spray) starting from the top and working towards the bottom.

### Linear Bars and Bearings

The guide rods of the linear bearings (eg Assisted Chin & Dips, Hack Squat, Leg Press or Multipress) should be treated in the same way as weight stack guide rods, ie cleaned first, then lubricated (**DO NOT USE SILICONE SPRAY**). The actual linear ball bearings are sealed, self-lubricating and maintenance free.

### Nuts and bolts

In heavy use centres, we recommend that all nuts and bolts are checked at least every 6 months. In particular check the bolts on the main pivot arms, seat attachment bolts on side frames or multi-station attachments and all clamps on pulley systems.

### Covers and Screws

Clean covers regularly and use an anti-static spray if necessary. Do not use excessive spray as this will cause smearing which is difficult to remove. Check cover screws approximately monthly.

### Ball Bearings

All ball bearings used by Atletas are maintenance free.

### Chains

Chains should be lubricated periodically, especially in areas which pass over sprockets. We recommend a light spray grease (eg Holts spray grease). If excessive dust has built up on the chain use a light oil such as WD40 and a clean cloth to remove dust, then re-lubricate with the spray grease. We do not recommend the use of heavy motorbike chain grease.

DO NOT use silicone spray.

If the chain seems slightly slack it can be tightened by adjusting the final drive belt on top of the weight stack.

### **Ropes**

All ropes must be checked regularly especially where they pass over pulley rollers. The ropes must be changed on the slightest indication of damage ie fraying, hardening or thinning.

We recommend that for moderate use centres the ropes are changed every 12 months and for heavy use centres every 6 months.

For the multi stations (until autumn 1997) pre-stretched nylon ropes with a diameter of 6mm (for Cable Cross 4mm) have been used.

### **Tightening the Belt**

The rubberised belt, which has high tensile steel strands running through it, is maintenance free. However in the first few months after installation you may find that one or two may stretch slightly and need to be adjusted.

To do this

- 1) remove cover
- 2) locate weight stack pin in the last plate
- 3) loosen the bolt on the belt fixing device on top of weight stack
- 4) pull through belt until tight
- 5) check that pin will locate in all plates
- 6) tighten bolt on fixing device
- 7) replace covers.

### **Upholstery**

In order to get the longest life from your upholstery it needs to be guarded against perspiration and strong detergents.

Firstly ensure that all users wipe down machines after use.

Secondly wipe down upholstery with mild soapy warm water every week.