

MATRIX

STRENGTH PRODUCT

Cleaning and Preventive Maintenance Checklist



Cleaning and performing preventive maintenance will not only help extend the life of your equipment but will increase member loyalty by keeping your equipment clean and safe!

The following instruction is to be performed by a trained service technician or in house technician.

Cleaning your Matrix equipment

When cleaning your equipment, it is recommended to spray your cleaning solution directly on the cleaning towel and NOT directly onto the equipment.

Recommended cleaners and supplies:

- Mild dish soap and water mixture in spray bottle (10:1 water to soap)
- Vinegar and water mixture in spray bottle (20:1 water to vinegar)
- Super Lube® Synthetic Lubricant with Syncolon® (PTFE) aerosol and grease
 - Aerosol – Part # ZMS4001373
 - Grease – Part # ZMS4003063
- Red Vibra-Tite® Threadlocker (use on bolts if they come loose)
 - Part# ZMS4000792
- Anti-Seize lubricant (tube, stick or jar)
 - [Loctite Anti-Seize Lubricants](#)
- Squeaky™ Concentrate
 - [Squeaky Cleaner - Floor Cleaner](#)
- Lint Free 100% cotton cleaning cloths
- Vacuum/shop vac with extendable hose and soft brush attachment

Other recommended lubricants: Tri-Flow® with PTFE aerosol

Note: Vinegar is a natural and safe disinfectant that will not cause corrosion

CAUTION

DO NOT USE ANY PRODUCT CONTAINING:



Petroleum, Hydrogen Peroxide, Ammonia, Bleach and/or Alcohol



These chemicals will cause corrosion and damage to your plastics, seat pads, aluminum parts and hardware.

You may allow your customer to use wipes or cleaners with these chemicals, however using a soap and water solution when performing PM and periodic cleaning as instructed below will help remove some of those chemicals.

General Torque Specifications

Below is a list of torque specs you should follow while checking tightness of your strength machines hardware. It is important to note as well that we recommend applying red Vibra-Tite® Threadlocker to all frame bolts and axles.

Key:

Axle Arm – 180 N-m / 133 ft.lb.

M10 Bolt & Nut – 77 N-m / 57 ft.lb.

M10 Bolt & Frame Rivnuts – 40 N-m / 30 ft. lb.

M8 Bolts – 25 N-m / 18 ft.lb.

M8 Plastic and M6 Bolts – 15 N-m / 11 ft.lb.

Pad Bolts – 10 N-m / 7 ft.lb.

A complete list of torque specs can be found in Online Remedy > Assembly Guide (see below)

G7-S52 PY Back Extension (Strength - Single Station)

Brand: Matrix Fitness	Product Code : G7GM53	Model Year: 2009
Sales Channel: (N/A)	SAP Number : MGM0347-USA	MSRP: (N/A)



Update Center

[Found 1 Update]

Documents

- ▶ Quick View:
- ▶ Exploded Diagrams:
- ▶ Parts Lists:
- ▶ Parts Replacement:
- ▶ Troubleshooting Guides:
- ▶ General Maintenance:
- ▶ Service Guides:
- ▶ Owner's Guides:
- ▶ **Assembly Guides:**
 - Matrix Strength - Assembly, Installation & Service Guide
- ▶ Service Bulletins:
- ▶ General Information:
- ▶ Defect Codes:

Weekly

Aura (G3)

Unit #	Frame Serial#
Date:	

Weekly PM:

- Check the belts and cables for proper tension and damage
- Check any adjustable seat/pad mechanism for proper locking pin operation
- Visually inspect all hardware to make sure everything is tight. You can also use the machine and listen and feel for improper frame movement

Weekly Cleaning:

- With a clean dry 100% lint free cloth and a recommended cleaning solution, wipe down the hand grips, seat pads and areas of heavy sweat

Comments:

Parts needed:

*make additional copies as needed

Monthly

Aura (G3)

Unit #	Frame Serial#
Date:	

Monthly PM:

- Check belts and cables for proper tension and damage
- Inspect pulleys for wear or damage. If a belt is rubbing against the sides of the pulley flip the pulley to correct belt position. If this does not fix the issue, order a new pulley
- Check any adjustable seat/pad mechanism for proper locking pin operation
- Visually inspect all hardware to make sure everything is tight. You can also use the machine and listen and feel for improper frame movement
- Clean the belts with a clean dry cloth. DO NOT use any type of lubricant on the belts, cables or pulleys
- If needed, with a clean dry 100% lint free cloth, wipe down the guide rods and top of the weight stack to remove any grime and dust
- If needed, with a different clean dry 100% lint free cloth and Super Lube aerosol with PTFE, coat the guide rods with a thin layer of lubricant

Monthly Cleaning:

- With a clean dry 100% lint free cloth and a recommended cleaning solution, wipe down the entire frame including the weight stack shield so it is free of dust, dirt and sweat
- With a clean dry 100% lint free cloth and a recommended cleaning solution, wipe down the all the pads and hand grips
- Vacuum under and around the unit

Comments:

Parts needed:

*make additional copies as needed

G3 Aura – Belt Tensioning Guide

1. Loosen bolts on ‘fold over’ clamp or ‘barrel’ clamp
2. Using your hand pull any slack out of the belt and using a pliers on the cut end of the belt pull to remove that slack
3. Tighten bolts using the instruction below

Note: 3 squares of extra belt must be exposed on the opposite side of the clamp when tightening bolts

For belting with the “fold over” type clamp (Figure 1):

Add Red Vibra-Tite® Threadlocker to the 4 bolts and tightened to 5 N-m using a torque wrench. The bolts should be tightened in a uniform pattern.

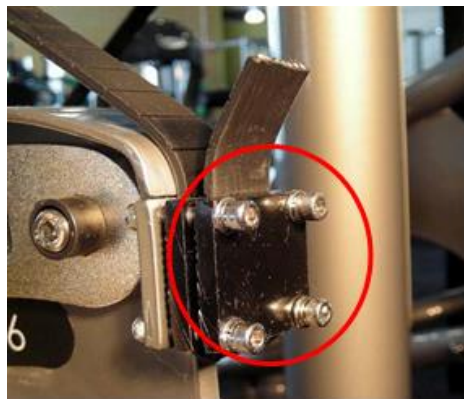


Figure 1

For belting with the “barrel” type clamp (Figure 2):

Add Red Vibra-Tite® Threadlocker to the 2 bolts and tightened to 30 N-m using a torque wrench. The bolts should be tightened in a uniform pattern.

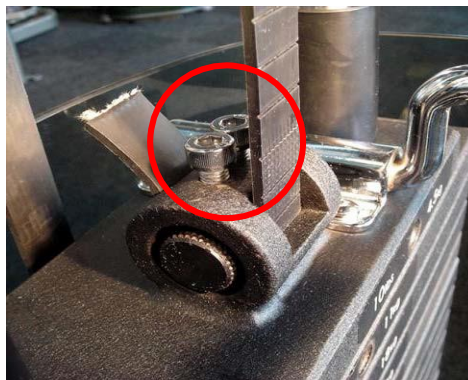


Figure 2

Weekly

Ultra (G7) & Versa

Unit #	Frame Serial#
Date:	

Weekly PM:

- Check cables for proper tension and damage
- Check any adjustable seat/pad mechanism for proper locking pin operation
- Visually inspect all hardware to make sure everything is tight. You can also use the machine and listen and feel for improper frame movement
- Check rep counter to ensure proper operation. Adjust magnet and/or replace batteries (2 AA) if needed
- Get on each machine and test while listening for noise

Weekly Cleaning:

- With a clean dry 100% lint free cloth and a recommended cleaning solution, wipe down the hand grips, seat pads and areas of heavy sweat

Comments:

Parts needed:

*make additional copies as needed

Monthly

Ultra (G7) & Versa

Unit #	Frame Serial#
Date:	

Monthly PM:

- Check cables for proper tension and damage
- Check any adjustable seat/pad mechanism for proper locking pin operation
- Visually inspect all hardware to make sure everything is tight. You can also use the machine and listen and feel for improper frame movement
- Check rep counter to ensure proper operation. Adjust magnet and/or replace batteries (2 AA) if needed
- Clean and lubricate guide rods using SuperLube® aerosol with PTFE
 - On the Glute, Leg Press, and Calf Ext clean and lubricate the seat guide rails using SuperLube® aerosol with PTFE
- Get on each machine and test while listening for noise

Monthly Cleaning:

- With a clean dry 100% lint free cloth and a recommended cleaning solution, wipe down the hand grips, seat pads and areas of heavy sweat
- With a clean dry 100% lint free cloth, wipe down the top of the weight stack to remove any grime and dust.
- Vacuum under, around the unit and inside the weight stack

Comments:

Parts needed:

*make additional copies as needed

Quarterly

Ultra (G7) & Versa

Unit #	Frame Serial#
Date:	

Quarterly PM:

- Check cables for proper tension and damage
- Check any adjustable seat/pad mechanism for proper locking pin operation
- Visually inspect all hardware to make sure everything is tight. You can also use the machine and listen and feel for improper frame movement
- Check rep counter to ensure proper operation. Adjust magnet and/or replace batteries (2 AA) if needed
- Clean and lubricate guide rods using SuperLube® aerosol with PTFE
 - On the Glute, Leg Press, and Calf Ext clean and lubricate the seat guide rails using SuperLube® aerosol with PTFE
- On the Lat Pulldown, Seated Row, Chest Press, Shoulder Press, and Ab Crunch remove the tie rods. They need to be cleaned then coated with a thin layer of synthetic grease (SuperLube® grease). Reassemble and test.
- Get on each machine and test while listening for noise

Quarterly Cleaning:

- With a clean dry 100% lint free cloth and a recommended cleaning solution, wipe down the hand grips, seat pads and areas of heavy sweat
- With a clean dry 100% lint free cloth, wipe down the top of the weight stack to remove any grime and dust.
- Remove the weight stack covers and vacuum dust and dirt from inside the weight stack
- Vacuum under, around the unit and inside the weight stack

Comments:

Parts needed:

*make additional copies as needed

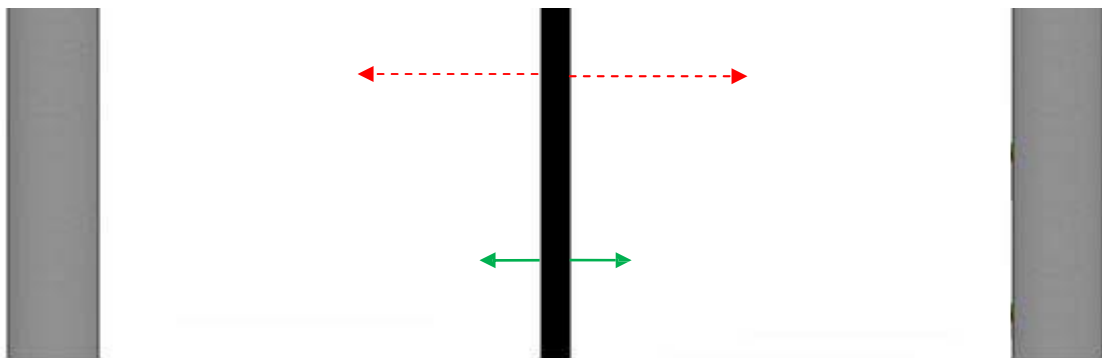
Maintenance Videos

Tie Rod Maintenance	http://youtu.be/2jN5lYuB0Jc
Ultra Add A Weight Adjustment	http://youtu.be/lQqrDI5Pi-8
Ultra Chest/Shoulder Press & Lat Pulldown – Loose Arms	http://youtu.be/1hiD6fZOTRw
Ultra Seated Led Curl and Extension – Loose Back Pad	http://youtu.be/tbE90Cx9dTA
Ultra Cable Tension Procedure	http://youtu.be/zTEv7WkHm90

Ultra (G7) Cable Tensioning Procedure

Cable Installation Tension Setting Procedure

1. Loosen the jam nut and remove the weight stack pin
2. Tighten cable bolt until head plate begins to move (lifts up)
3. Tighten jam nut using a wrench
4. Put as much weight on as possible, perform exercise to set cable
5. Check cable tension with your finger pushing the cable from side to side. If the weight stack lifts (moves) when pushing the cable no more than 1 inch from the center the cable is tensioned properly.
 - a. If the weight stack head plate does NOT move, repeat steps 1-4
6. Check cable tension with your finger pushing the cable from side to side. If the weight stack head plate lifts (moves) when pushing the cable no more than 1 inch from the center, the cable is tensioned properly.
7. Check to make sure weight stack pin goes into every hole without hitting the bayonet



Red arrow (dashed) is showing the cable is too loose

Green arrow is showing the cable tensioned properly

Weekly

Benches

Unit #	Frame Serial#
Date:	

Weekly PM:

- Check all hardware to ensure everything is tight (including all pull pins)
- Inspect pads for damage

Weekly Cleaning:

- With a clean dry 100% lint free cloth and a recommended cleaning solution, wipe down the pads and areas of heavy sweat

Comments:

Parts needed:

*make additional copies as needed

Monthly

Benches

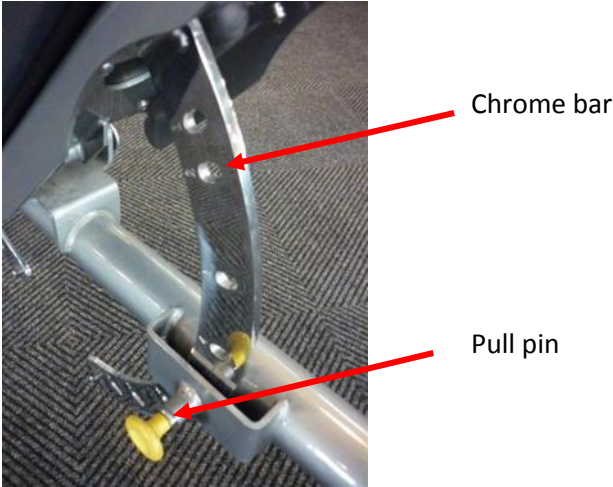
Unit #	Frame Serial#
Date:	

Monthly PM:

- Check all hardware to ensure everything is tight (including all pull pins)
- Clean and grease all pull pins
- Inspect pads for damage

Monthly Cleaning:

- With a clean dry 100% lint free cloth and a recommended cleaning solution, wipe down the pads and areas of heavy sweat
- Wipe down any chrome bars (non-painted surfaces) with a cloth damped with SuperLube® aerosol to clean and prevent rust/corrosion



Comments:

Parts needed:

*make additional copies as needed

Monthly

Power Racks/Platforms

Unit #	Frame Serial#
Date:	

Monthly PM:

1. Check all hardware to ensure everything is tight

Monthly Cleaning:

1. With a clean dry 100% lint free cloth and a recommended cleaning solution (below), wipe down the entire platform so it is free of dust, dirt and sweat
2. With a clean dry 100% lint free cloth and a recommended cleaning solution, wipe down the all the accessory hand grips

Recommended Platform Cleaning Solution



SQUEAKY™ CONCENTRATE

Commercial Floor Cleaner

Tough on dirt, gentle on floors and cleans without leaving a residue. Squeaky™ is an excellent commercial-grade cleaner for all woods and laminate floors. Squeaky™ is a pre-cleaner during the finish or recoating process, and it's the second step in the two-part cleaning process for the TyKote® Dustfree Refinishing System.