PRECOR®

Vitality™ and Discovery™ Benches and Racks Maintenance Guide

Important safety guidelines for owners

Follow these guidelines to maintain proper working condition of the equipment:

> CAUTION: Do not modify the equipment or any of its parts, or permanently remove any part from the equipment. Do not use accessory attachments that are not recommended by Precor, as such attachments might cause injuries.

- Regular maintenance must be performed by qualified technicians.
- Make sure that trainers, facility personnel, and maintenance technicians understand how to use the equipment, know important safety guidelines, and can recognize potential problems such as a cracked weld.
- Strength training requires significant focus by the facility and its staff to maintain the quality of the fitness environment. If possible, the facility should provide direct supervision of the fitness equipment at all times by people knowledgeable about the safe operation of the equipment and trained to recognize potential problems.
- If any facility personnel witness unsafe use of the equipment, the staff member should address the user directly, to demonstrate the proper technique, and review with the users the Important Safety Information for Users. Precor recommends posting a copy of the Important Safety Information for Users near the equipment in a prominent location.
- Make sure the equipment is stable and placed on a solid surface. The equipment is designed to be freestanding; however, it can be bolted to the floor for extra stability. Precor highly recommends that the equipment be bolted to the floor to reduce the risk of the equipment toppling due to improper use. Since floor construction varies, please consult a professional building engineer for proper fastening.
- Locate the equipment at least 40 inches (1 meter) away from walls or furniture on either side of the equipment, and 40 inches (1 meter) away from objects behind the equipment.
- Check the equipment thoroughly based on the recommended inspection schedules outlined in this manual, including daily, weekly, monthly, and annual checks.
- Place an “out-of-order” sign on the equipment during maintenance of the equipment or the surrounding area, and make sure the facility’s personnel know not to allow anyone to use the equipment until it has been inspected and works properly. If a piece of equipment needs service, keep it out of use until repaired.
- Do not attempt to free any jammed assemblies alone as this may cause injury. With the help of another person, carefully return the mechanism to its proper resting position.
- Do not place the equipment outdoors or on wet surfaces.

Safety approval

Precor commercial strength equipment is designed and tested according to EN 957-1, 2, 4 standards.

Important safety information for users

Before beginning any fitness program, you should obtain a complete physical examination from your physician.

French equivalent of the preceding paragraph, for the Canadian market: *Il est conseillé de subir un examen médical complet avant d’entreprendre tout programme d’exercise. Si vous avez des étourdissements ou des faiblesses, arrêtez les exercices immédiatement.*

When using exercise equipment, you should always take basic precautions, including the following:

- If you do not understand how to operate a piece of equipment, ask someone from the facility such as a trainer to demonstrate how to use it and explain any safety instructions.
- Do not allow children on or near the equipment. Do not leave children unsupervised around the equipment.
- Use the equipment only for its intended purpose. Do not use accessory attachments that are not recommended by the manufacturer, as such attachments may cause injuries.
- Wear proper exercise clothing and shoes for your workout—no loose clothing.
- Do not overexert yourself or work to exhaustion. Use reasonable judgment when working with weights. Avoid using excessive weight, which may cause injury.
- If you feel pain or abnormal symptoms, stop exercising immediately and consult your physician.
- Keep head, limbs, fingers, and hair clear of all moving parts while the equipment is in use. Keep hands clear of racking pegs.
- Never drop or insert objects into any opening in the equipment.
- Always check the equipment before using it. If you spot a potential problem, contact someone in the facility immediately. Do not use the equipment until the facility has verified that the equipment is working properly. Do not attempt to fix broken or jammed equipment.
- Do not use the equipment outdoors or on wet surfaces.
- Do not use the equipment if an "out of order" sign has been placed on it.
- Read all posted instructions, including all safety instructions and warnings.

Before you begin

Precor recommends implementing a thorough maintenance program that incorporates regular safety inspections by qualified maintenance technicians as outlined in this manual.

This manual explains how to maintain the Precor Vitality™ Series line of commercial strength equipment. It provides information about items that need to be inspected and maintained on a daily, weekly, monthly, and annual basis. You should perform those tasks that are appropriate for the equipment you are maintaining and skip those tasks that do not apply.

This manual covers the general maintenance procedures that can be performed in the fitness facility. However, if the equipment requires service beyond the maintenance procedures covered in this manual, refer to Obtaining Service. During maintenance, place an “Out Of Order” sign on the equipment.

IMPORTANT It is the duty of the owner to maintain equipment in accordance with the instructions in this material and any accompanying material. Always purchase replacement parts and hardware from Precor. If you use parts not approved by Precor, you could void the Precor Limited Warranty. Use of parts not approved by Precor may cause injury.

Required tools

Precor recommends that you keep the following tools available to maintain the equipment:

- Hex bit socket set (metric)
- Ratchet handle
- Torque wrench (range of 5 to 75 ft-lb)
- Phillips screw driver
- Complete socket set (common metric and SAE sizes)
- Complete hex key set (common metric sizes)
- Complete combination box wrench set (common metric sizes)
- 12-inch adjustable wrench
- Rubber mallet
- Loctite 242 (blue) thread locking compound
- Lubricant (Teflon® Spray)

Daily maintenance

- **Equipment Stability:** Verify all equipment feet sit squarely on the floor and that the unit is stable.
- **Clean Upholstery:** To remove surface dirt and perspiration, spray upholstery daily with a mild soap and water solution and wipe dry with a clean cloth. Do not use cleaning products that have any of these ingredients: solvents, alcohol, ammonia, or petroleum.
- **Inspect Upholstery Pads for Wear:** Inspect upholstery pads for cracks in the pads, broken and loose stitching, loose staples and loose mounting bolts. Replace pads as needed with Precor approved upholstery pads.
- **Clean and Inspect Frames:** To remove grease and dirt, spray the frames daily with a mild soap and water solution and wipe dry with a clean cloth. As you clean, inspect the frames for cracks, rust, or other damage. Make sure welds are solid and fasteners are properly secured.
- **Check Warning and Instructional Labels:** Inspect warning and instructional labels daily to make sure that all the information can be clearly read. If any portion is not visible or part of the label is not adhered properly, replace that label immediately. Spray labels as needed with a mild soap and water solution, and wipe dry with a clean cloth.

Weekly maintenance

- **Condition and Clean Upholstery:** Condition and deep clean the upholstery weekly with a lanolin-based hand cleaner or upholstery cleaner.
- **Clean Chrome:** To restore and maintain the luster of chrome parts, use a commercial chrome cleaner.

Monthly Maintenance

- **Inspect Frames and Movement Arms:** Inspect frames and movement arms for proper function and integrity. Inspect frames and joints for cracks, chipped paint, or rust. If cracks are found, take the equipment out of service immediately and have a qualified maintenance technician repair it.
    - Touch up dings and chips with paint and replace any component at the first sign of wear. You can order touch-up paint from Precor by contacting Customer Support.
    - To remove surface rust from the frame, rub lightly with a fine wet/dry sandpaper or fine steel wool. Finish with Precor touch-up paint if needed. Maintain paint luster with an application of a mild automotive wax product.
    - For removing heavier dirt and grease and for polishing, use a good automotive polish. For scuffs and marks that are not removed by the above methods, use a fine-grit cleanser. Do not use solvents, lacquer thinner, acetone, or fingernail polish remover.
- **Inspect All Fasteners:** Inspect all nuts, bolts, screws, and other fasteners to make sure they are tight and installed correctly. Torque fasteners to the recommended values stated in the Assembly Guide. Otherwise, remove the equipment from service until a new fastener can be installed properly.

Important *Fastener quality and specifications vary considerably so please replace them with Precor approved fasteners specifically engineered for the precise application. Failure to do so will void the Precor Limited Warranty.*

- **Pop pins.** Pull out any pop pins as far as they can and apply a small amount of Teflon® spray lubricant. Wipe off any excess lubricant with a cloth. Test the pop pin for proper function and engagement in each position and adequate tension on spring.
- **Adjustments.** Verify that adjustable frame members can be set to each position and that the pop pin (or other retaining device) is fully inserted and secure at each position.

CAUTION Pulling out a pop pin may cause a unit to adjust position suddenly. To avoid injury, keep your hands and head away from moving parts.

Obtaining service

You should not attempt to service the strength equipment, except for the maintenance tasks described in this manual. If any items are missing, contact your dealer. If you need more information regarding customer support numbers or a list of Precor authorized service centers, visit the Precor website at *www.precor.com.*

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