

# Golden Eagle Standards

## Minimum Free Weight Resistance Training Equipment Standards

- ▼ [General Guidance](#)
- ▼ [Required Equipment Standard](#)
- ▼ [Mandatory Equipment Technical and Capability Specifications](#)

### General Guidance

- This standard provides minimum criteria for selection of free weight resistance training equipment.
- Whenever possible, fitness centers should offer a variety of free weight resistance training equipment capable of exercising muscle groups in different ways, thus providing greater exercise variety and increased equipment access for customers.
- Compound exercise machines are designed to exercise more than one major muscle group. Compound machines are designated with a "C." Isolation exercise machines are designed to exercise a single muscle or muscle group. Isolation machines are designated with an "I."
- Be consistent between English and/or metric equivalent weight markings for dumbbells, plates, and barbells.
- Select equipment offering plastic or rubberized wear guards for high wear areas whenever available.
- Select equipment offering double thickness upholstery for high wear areas whenever available.
- Color coordinate all equipment upholstery with the resistance training room's color scheme whenever possible.

### Required Equipment Standard

Common Machine Name	Exercise Type	Exercise Movement
Power rack	C	Squat
Smith machine	C	Squat
Hack Squat	C	Squat
Incline leg press	C	Leg press
Combination pull up/dip or equivalent wall mounted units	C	Lat pull-up
Olympic bench press	C	Chest Press
Olympic-style Incline exercise bench (s)	C	Chest Press
Olympic-style Decline exercise bench (s)	C	Chest Press
...	...	...

Beauty bell dumbbells with rack	C/I	
1 set 5-100 rubber/vinyl coated dumbbells	C/I	
1 set 5-50 rubber/vinyl coated dumbbells	C/I	
Preacher curl	I	Elbow Flexion
Twin tiered dumbbell racks		
Olympic bars with textured finish		
EZ curl, 5 ft standard, 7 ft standard		
Olympic plates (1.25, 2.5, 5, 10, 25, 35, 45, and 100 lbs)		
1 weight trees per 2 benches		

### Mandatory Free Weight Equipment Technical and Capability Specifications ▲

All free weight equipment must meet the mandatory technical and capability specifications listed for each type of free weight apparatus. Whenever possible, free weight apparatus offering the optional technical and capability specifications should be purchased to enhance safety, effectiveness, durability, and customer satisfaction.

- Power Rack
  - Adjustable racking pegs
  - Safety bar catches
  - Secured to floor/wall
  
- Smith Machine
  - At least one Smith machine must have a bar that is counterbalanced bar to a 2 to 1 ratio. The bar must have an initial weight of 15 pounds or less
  - Safety catches at base of frame preventing the bar from reaching the floor
  
- Incline Leg Press
  - Adjustable for leg positioning
  - Safety stops which can be user activated
  
- Combination Pull up/Dip or Equivalent Wall Mounted Units
  - Wall mounted units must be secured to a masonry wall

- Secure handgrips

Optional:

-- Assisted dip/pull-up machine where the operator's weight is offset such as the Graviton

- Olympic-style Flat Bench

- Adjustable racking pegs
- Safety bar catches

Optional:

-- Rubberized or plastic wear guards on the barbell supports

- Olympic-style Incline and Decline Benches

- Adjustable racking pegs
- Safety bar catches
- Incline bench must be adjustable for user's sitting height
- Decline bench must be adjustable for user's leg/foot positioning

Optional:

-- Rubberized or plastic wear guards on the barbell supports

- Hack Squat

- Safety stops which can be user activated

- Preacher Curl Bench

- Adjustable seat
- Adjustable racking pegs
- Adjustable angle for arm pad
- Safety bar catches

Optional:

-- Rubberized or plastic wear guards on the barbell supports

- Olympic Barbell Bars

- Both 7 foot and 5 foot length bars
- EZ curl bar
- Spring collars for each bar
- 1.25 inch bar diameter
- 700 pounds tensile strength

- Anodized steel material
- Optional:
  - More than 700 pounds tensile strength
  - Specialized bars for trapezius, bench press, or tricep exercises
- Beauty Bell Dumbbells
  - Chrome or anodized coating
  - Dedicated dumbbell rack
  - Matching sets of the following weights: 3, 5, 7, 9, 11, 12, 15 pounds
  - Optional:
    - Color coded
- Dumbbells
  - 5 Pound to 100 pound sets (inclusive) in 5 pound increments
  - Second set of 5 pound through 50 pound sets (inclusive) in 5 pound increments
  - Rubberized zed or plastic wear guards on dumbbell storage surfaces
  - Pre-set weight (Not adjustable)
- Dumbbell Racks
  - Adequate dumbbell racks must be provided for all dumbbells
  - Rubberized or plastic wear guards on dumbbell storage surfaces
  - Two tiered
  - Optional:
    - Rubberized or plastic cradles for each set of dumbbells
- Olympic Plates (1.25, 2.5, 5, 10, 25, 35, 45, and 100 pound plates)
  - Cast iron or plate steel
  - 2.0 inch diameter center opening in plate
  - Anodized finish
  - Optional:
    - Plastic or rubberized coating
    - Color coded
- Weight trees
  - Anodized, rubberized, plastic coated, or stainless steel weight storage pegs
  - Stores 2.5 pound through 100 pound plates

Optional:

--Color coded

--Rubberized or plastic wear guards on uprights

## Cardiovascular Training Equipment Specifications

### Upright Stationary Bicycle Specifications

#### Technical Specifications

- Uses standard hand tools for assembly, disassembly, and repair

Manufacturer provides specialized tools at no extra cost, if required

- Owners and maintenance manuals provided
- Toll free telephone repair and maintenance support
- Warranty on frame, wiring harness, motors, and parts or 2-year limited warranty on electrical and mechanical parts or 3-year warranty on electrical and 1-year warranty on mechanical parts

#### Capability Specifications

- Heart rate monitoring capability: wireless telemetry or handlebar/handrail sensors
- Preprogrammed routine profiles: e.g., random, manual, hill, steady climb, and target heart rate control

Heart rate program must vary exercise intensity to maintain target heart rate

#### \*Desired Specifications

- Uses error codes to diagnose equipment problems and malfunctions
- Repair manuals available
- Multiple position handle bars
- Adjustable seat that supports the operator's pelvic region
- Operator accessible control display
- Pedal speed/intensity governor controls
- Controlled range of motion
- Removable/adjustable pedal toe strap
- Function/informational displays

**Time:** displayed in minutes and seconds

**Distance:** displayed in miles/kilometers and tenths of miles/kilometers

**Intensity:** displayed in intensity scale or dimension of work

**Speed:** displayed in miles/kilometer per hour and tenths of mile/kilometers per hour

**Intensity/work level:** displayed in intensity scale or dimension of work

**Elapsed time:** displayed in minutes and seconds

**Elapsed time:** displayed in minutes and seconds

Calories expended per hour

Total calories expended

**Total distance:** displayed in miles/kilometers and tenths of miles/kilometers

**Heart rate:** displayed in beats per minute

- Non-staining finish
- Portable, but locks in place
- Self-contained or external power supply
- Water bottle holder
- Magazine/book rack

\* These specifications are not mandatory; however, these features are generally included with equipment meeting the mandatory technical and capability specifications.

## Cardiovascular Training Equipment Specifications

### Recumbent Stationary Bicycle Specifications

#### Technical Specifications

- Uses standard hand tools for assembly, disassembly, and repair

Manufacturer provides specialized tools at no additional cost, if required

- Owners and maintenance manuals provided
- Toll free telephone repair and maintenance support
- Warranty on frame, wiring harness, motors, and parts or 2-year limited warranty on electrical and mechanical parts or 3-year warranty on electrical and 1-year warranty on mechanical parts

#### Capability Specifications

- Heart rate monitoring capability: wireless telemetry or handlebar/handrail sensors
- Preprogrammed routine profiles: e.g., random, manual, hill, steady climb, and target heart rate control

Heart rate program must vary exercise intensity to maintain target heart rate

#### \*Desired Specifications

- Uses error codes to diagnose equipment problems and malfunctions
- Multiple position handle bars
- Repair manuals available
- Adjustable seat that supports the operator's pelvic and lumbar region
- Operator accessible control display

- Pedal speed/intensity governor controls
- Controlled range of motion
- Removable/adjustable pedal toe strap
- Function/informational displays

**Time:** displayed in minutes and seconds

**Distance:** displayed in miles/kilometers and tenths of mile/kilometers

**Intensity:** displayed in intensity scale or dimension of work

**Speed:** displayed in miles/kilometers per hour and tenths of mile/kilometers per hour

**Intensity/work level:** displayed in intensity scale or dimension of work

**Elapsed time:** displayed in minutes and seconds

Calories expended per hour

Total calories expended

**Total distance:** displayed in miles/kilometers and tenths of miles/kilometers

**Heart rate:** displayed in beats per minute

- Non-staining finish
- Portable, but locks in place
- Self-contained or external power supply
- Water bottle holder
- Magazine/book rack

\* These specifications are not mandatory; however, these features are generally included with equipment meeting the mandatory technical and capability specifications.

## Cardiovascular Training Equipment Specifications

### Stair Stepper Specifications

#### Technical Specifications

- Full length, side or front handrails
- Closed pedal drive system (e.g., no exposed moving parts)
- Uses standard hand tools for assembly, disassembly, and repair

Manufacturer provides specialized tools at no additional cost, if required

- Owners and maintenance manuals provided
- Toll free telephone repair and maintenance support
- Warranty on frame, wiring harness, motors, and parts or 2-year limited warranty on electrical and mechanical parts or 3-year warranty on electrical and 1-year warranty on mechanical parts

#### Capability Specifications

- Heart rate monitoring capability: wireless telemetry or handlebar/handrail sensors
- Preprogrammed routine profiles: e.g., random, manual, hill, and steady climb

**\*Desired Specifications**

- Independent step action movement
- Repair manuals available
- Uses error codes to diagnose equipment problems and malfunctions
- Heart rate monitoring program: program must vary exercise intensity to maintain heart rate
- Operator accessible control display
- Controlled range of motion
- Step rate limit controls
- Speed adjustment: adjustable in single step per minute rates
- Incremental intensity adjustment
- Function displays Time: displayed in minutes and seconds

**Distance:** displayed in miles and/or kilometers and tenths of mile/kilometers

**Intensity:** displayed in terms of intensity scale and/or dimension of work

**Speed:** displayed in miles/kilometers and tenths of mile/kilometers Informational displays

**Intensity/work level:** displayed in intensity scale or dimension of work

**Elapsed time:** displayed in minutes and seconds

Calories expended per hour

Total calories expended

**Floor climb rate:** displayed in floors per minute

Total floors climbed

**Total distance:** displayed in miles/kilometers and tenths of miles/kilometers

**Heart rate:** displayed in beats per minute

- Non-staining finish
- Self-contained or external power supply
- Water bottle holder
- Magazine/book rack

\* These specifications are not mandatory; however, these features are generally included with equipment meeting the mandatory technical and capability specifications.

## Cardiovascular Training Equipment Specifications

### Treadmill Specifications

#### Technical Specifications

- No exposed moving parts
- Running deck speed and elevation controls

- Full or half length side handrails
- Uses error codes to diagnose equipment problems and malfunctions
- Running deck size: minimum of 18 inches by 52 inches range
- Standard hand tools necessary for assembly, disassembly and repair

Manufacturer provides specialized tools at no additional cost, if required

- Owners and maintenance manuals provided
- Toll free telephone repair and maintenance support
- Warranty on frame, wiring harness, motors, and parts: 2-year limited warranty on electrical and 1-year on mechanical parts and labor or 1-year limited warranty on all parts and labor or 3-year warranty on electrical and 1-year warranty on mechanical parts or 2-year warranty on parts, 1-year warranty on labor and lifetime warranty on frame
- Two horsepower drive motor (minimum)

### **Capability Specifications**

- Heart rate monitoring capability: wireless telemetry or hand rail sensors
- Preprogrammed routine profiles: e.g., manual, hill, and steady incline

### **\*Desired Specifications**

- Automatic stop function with operator access
- Repair manuals available
- Heart rate monitoring program: program must vary exercise intensity to maintain heart rate
- Speed adjustment from 0 to 10 miles per hour (MPH) in one-tenth MPH increments or metric equivalents
- Elevation adjustment: 0 to 15 degrees elevation in a maximum of 1 degree increments
- Function/informational displays

**Time:** displayed in minutes and seconds

**Distance:** displayed in miles/kilometers and tenths of miles/kilometers

**Elevation:** displayed in degrees of elevation and direction of elevation change

**Intensity:** displayed in intensity scale or dimension of work

**Speed:** displayed in miles/kilometer per hour and tenths of mile/kilometers per hour

**Intensity/work level:** displayed in intensity scale or dimension of work

**Elapsed time:** displayed in minutes and seconds

Calories expended per hour

Total calories expended

**Total distance:** displayed in miles/kilometers and tenths of miles/kilometers

**Heart rate:** displayed in beats per minute

- Non-staining finish
- Water bottle holder
- Magazine/book rack

\* These specifications are not mandatory; however, these features are generally included with equipment meeting the mandatory technical and capability specifications.

## Cardiovascular Training Equipment Specifications

### Elliptical/Total Body Machine Specifications

#### Technical Specifications

- Enclosed pedal drive system (no exposed mechanical parts)
- Intensity and/or elevation controls
- Front and side handrails and/or moveable upper body handles
- Uses standard hand tools necessary for assembly, disassembly and repair

If required, manufacturer provides specialized tools at no additional cost

- Owners manual provided
- Toll free telephone repair and maintenance support
- Warranty on frame, wiring harness, motors, and parts:
  - 2-year limited warranty on parts and labor
  - Or 2-year warranty on parts, 1-year warranty on labor
  - Or 2-year limited warranty on all mechanical and electrical components
  - Or 2-years warranty on mechanical and lifetime warranty on the frame
  - Or 3-years parts and 1-year labor limited warranty
  - Or 3-years parts and labor

#### Capability Specifications

- Preprogrammed routine profiles: e.g., manual, hill, steady incline
- Non-staining/rusting finish
- Self-contained or external power supply
- Operator accessible control display
- Functional and informational displays

**Time:** elapsed, remaining and/or total, displayed in minutes and seconds

Intensity range with a minimum of 1-10 increments

**Speed:** displayed in miles/kilometers per hour and tenths of mile/kilometers per hour or strides per minute

**Intensity/work level:** displayed in terms of intensity scale or dimension of work

Calories expended per hour or per minute and/or total calories expended per workout session

### **\*Desired Specifications**

- Heart rate monitoring capability: wireless telemetry or hand rail sensors
- Heart rate monitoring program: program must vary exercise intensity to maintain heart rate in desired range
- Speed/pace adjustment
- Elevation adjustment
- Maintenance and repair manuals provided
- Uses error codes to diagnose equipment problems and malfunctions
- Functional and informational displays

**Elevation:** elevation increments displayed and direction of elevation change

**Distance:** elapsed and/or total, displayed in mile/kilometers and tenths of mile/kilometers

**Heart rate:** displayed in beats per minute

- Amenities
- Bottle holder
- Magazine/book rack

\* These specifications are not mandatory; however these features may be included with equipment meeting the mandatory technical and capability specifications.

## *Non-Standard Cardiovascular Training Equipment Guideline*

---

Many fitness centers have a variety of makes and models of cardiovascular (CV) training equipment. Some pieces may meet the new Air Force standard while other items may be new but lack the heart rate monitoring function. Air Force Fitness and Sports Branch developed the following procedures to help fitness center directors continue to use non-heart rate monitoring equipment to simulate the new Air Force standard using commercial heart rate monitors.

The procedures addressed below are an interim step and are not a suitable alternative to purchasing new equipment meeting the Air Force standard. Using these procedures allows you to inexpensively increase your fitness center's level of customer service to the Air Force standard for CV equipment and encourages your customers to train more efficiently and effectively. Training using heart rate monitoring is paramount in support of the Air Force's cycle ergometry fitness testing program, maintaining readiness, and combat capability.

Fitness center directors should purchase at least one wireless heart rate monitor for each CV equipment item without heart rate monitoring capability. This number of monitors should provide you with an adequate number of monitors to support customers using your non-heart rate monitoring equipment or doing other forms of CV training.

Customers should use the following procedures when using non-heart rate monitoring equipment and a wireless heart rate monitor. Use Program Training Aid F-1 to teach your staff and customers how to train by target heart rate. Display these instructions as a poster in your cardiovascular training area or have them available to customers as a handout or flyer. Please ensure that posters are visible to customers using CV training equipment.

### ***Procedures***

- Calculate target heart rate (THR). Only use the Karvonen\* method
- Use "MANUAL" or "STEADY STATE" program.
- Warm up for approximately 5 minutes using a low resistance level. Monitor heart rate.
- After warm up is completed, gradually increase resistance level/work load to reach THR.
- Exercise within the THR for a minimum of 20 minutes.
- Cool down at a low level for 5 minutes or until heart rate falls below 120 beats per minutes.

### ***For Progression***

- Gradually increase training time to 30 minutes or more
- Recalculate training heart rate once training time is increased to 30 minutes
- See fitness specialist for any questions or problems

## ***Golden Eagle Standards***

---

### **Selectorized Resistance Training Equipment Standards**

- ▼ [General Guidance](#)
- ▼ [Required Equipment Standard](#)

- ▼ [Mandatory Equipment Technical and Capability Specifications](#)
- ▼ [Desired Equipment Technical and Capability Specifications](#)
- ▼ [Special Optional Design Features](#)

## General Guidance

- This standard establishes minimum criteria for selectorized resistance training equipment for Services staffed and operated fitness facilities.
- Selectorized machines are resistance training equipment in which the operator is able to choose or 'select' the resistance on a particular piece of equipment from a range of available weight.
- Whenever possible, arrange the machines in order of decreasing muscle group size putting the machines using the largest muscle groups first and place compound machines before isolation machines.
- Compound exercise machines are designed to exercise more than one major muscle group. Compound machines are designated with a "C." Isolation exercise machines are designed to exercise a single muscle or muscle group. Isolation machines are designated with an "I."

## Required Equipment

Common Machine Name	Exercise Type	Exercise Movement
Leg Press	C	Leg Press
Leg Curl	I	Knee Flexion
Leg Extension	I	Knee Extension
Standing/Seated Leg Abduction	I	Hip Abduction
Standing/Seated Leg Adduction	I	Hip Adduction
Standing/Seated Calf Raise	I	Ankle Extension
Bench Press	C	Chest Press
Overhead Press	C	Shoulder Press
Cable Lat Pulldown	C	Lat Pull
Compound Row	C	Cable Seated Lat Row
Pec Dec/Fly	I	Chest Adduction
Arm Curl	I	Elbow Flexion
Tricep Press	I	Elbow Extension
Crunch	I	Trunk Flexion
	-	

Weight Assisted Dip		
Cable Crossover	I	Multiple movements
High/low pull	C/I	Multiple movements

### Mandatory Equipment Technical and Capability Specifications

- Counterbalance attachments for machines that ensure machine stability when available as an option
- Full range of exercise motion
- Cam actuated exercise movement providing variable resistance throughout the full range of exercise motion
- Incremental weight option (i.e., capability to provide resistance between weight plates) must be purchased, whenever available.
- Fully adjustable for proper body alignment during the exercise
- Additional pads for proper body alignment during the exercise must be purchased, whenever available
- Weight stack/plate bushings that reduce machine friction and protect weight stack plates
- Shielded cables/belts
- Cable stoppers for cable guided pulleys must be purchased, when available
- Carabiner and/or D-ring connectors for equipment attachments. No "S" hooks.
- Instructional placards showing muscle group(s), positioning, movement patterns
- Toll-Free number for product support
- Maintenance and repair manuals
- Standard commercial industry warranties

### Desired Equipment Technical and Capability Specifications

- Shielded (i.e., weight plates are enclosed) weight stacks
- Independent limb movement throughout the range of exercise movement
- Guided or divergent/convergent movement throughout the range of exercise motion
- Range of motion limiting features
- Multi-position hand grips and durable handgrip material
- Machine resistance selection adjustable from user's resting exercise position
- Rubber bumpers at base of weight stack to protect weight stack plates
- Color coordinated equipment upholstery
- Selector pins connected to the machine

\* These features are not mandatory; however, purchasing equipment with these features is strongly recommended. These features significantly enhance safety, effectiveness, durability, and customer satisfaction with selectorized machines.

### Special Optional Design Features

- Electronic Circuit System with a central computer control system can be used to meet the standard's requirements, but the cost of these systems may be prohibitive.
- Plate loading machines may be incorporated as additional or optional selectorized equipment only after full, basic selection of selectorized equipment is available for customer use.
- Multi-station selectorized apparatus **should not be used** for most Services fitness center operations unless mission requirements and facility limitations require maximum fitness capability in minimum space.

## Equipment Maintenance Plan

Proper maintenance is necessary in order to reduce equipment downtime, extend equipment life and maintain customer service. Emphasis is placed on in-house staff training, development of preventive maintenance plans, and development of effective maintenance contracts.

When developing preventive maintenance plans, refer to the owner's manual for manufacturer recommended maintenance. The following checklist can be tailored and used to monitor the tasks, frequency and results. Tasks have been divided into five categories: Daily, Weekly, Monthly, Quarterly and Annually. It is recommended that the checklist be customized to meet your facility needs. It is also recommended that repairs for each piece of equipment be documented in order to track recurring problems, equipment misuse or faulty equipment.

A staff-training plan should be as comprehensive as possible in the event that the warranty has expired. The staff-training plan can be used to supplement any existing maintenance contracts. Take advantage of companies providing preventive maintenance training to their customers. Below is a list of toll free numbers of sample companies/sources that may be contacted for information on training. The list does not constitute Air Force endorsement of the sources mentioned. If training is not provided or accessible, ensure the staff is familiar with equipment maintenance manuals and minor repairs. You should determine which types of repairs are manageable by staff members, and which require contractor support. When determining which staff member(s) should receive training, consider the individual's duties, mechanical abilities, and retainability in the fitness center.

If any equipment is broken/defective, take a proactive approach to correct. Make repairs, if at all possible. If not take the appropriate action to obtain the parts and repair the piece of equipment. During downtime, place a professionally made "out of order" sign with the estimated repair completion date on equipment and a brief description of the malfunction.

It's a daily challenge to maintain equipment under constant use in the fitness center. Decrease the chance for equipment failure by using commercial equipment grade equipment companies with solid warranties and maintenance assistance.

BodyMasters	1-800-325-8964	<a href="http://www.body-masters.com">www.body-masters.com</a>
Cybex	1-877-927-7334	<a href="http://www.ecybex.com">www.ecybex.com</a>
Hammer Strength	1-800-351-3737	<a href="http://www.lifefitness.com">www.lifefitness.com</a>
Keiser	1-800-922-4409	<a href="http://www.keiser.com">www.keiser.com</a>
Life Fitness	1-800-351-3737	<a href="http://www.lifefitness.com">www.lifefitness.com</a>
Nautilus	1-800-874-8941	<a href="http://www.nautilus.com">www.nautilus.com</a>
Paramount	1-800-721-2121	<a href="http://www.paramountfitness.com">www.paramountfitness.com</a>
Precor	1-888-665-4404	<a href="http://www.precor.com">www.precor.com</a>
Stairmaster	1-800-829-9993	<a href="http://www.stairmaster.com">www.stairmaster.com</a>
Tectrix	1-800-767-8082	<a href="http://www.refstar.com/tectrix/">www.refstar.com/tectrix/</a>
Universal	1-800-843-3906	<a href="http://www.universalgym.com">www.universalgym.com</a>
Versa Climber	1-800-237-2271	<a href="http://www.versaclimber.com">www.versaclimber.com</a>
York	1-800-358-9675	<a href="http://www.yorkbarbell.com">www.yorkbarbell.com</a>

[Top](#)

## Suggested Preventive Maintenance Schedule

- ▼ [Common Guidelines](#)
- ▼ [Stationary Cycles](#)
- ▼ [Cross Country Ski Machines](#)
- ▼ [Rowing Machines](#)
- ▼ [Treadmill](#)
- ▼ [Stair Climbing Machines](#)
- ▼ [Free Weight Equipment](#)
- ▼ [Strength Machines](#)
- ▼ [Chin Up/Dip Assist Machines](#)

### Common Guidelines

	Daily	Weekly	Monthly	Quarterly	Yearly
Visually inspect all machines	X				
Clean machine housing	X				
Consider providing spray bottles w/ soapy water and/or disinfectant & cloths for customers to wipe machine after use	X				
Inspect mechanical parts		X			
If using a Blanket Purchase Agreement, have maintenance representative inspect machines				X	
Lubricate all moving parts on machines semiannually					2Y
Evaluate repairs/replacement of equipment annually				X	
Conduct in-house preventive maintenance training for staff as required					X
Schedule staff for workshops sponsored by equipment company representatives in local area				X	
Stay current w/ all maintenance procedure updates; use manufacturer's expertise in problem solving				X	

### Stationary Cycles

	Daily	Weekly	Monthly	Quarterly	Yearly
Clean all housing w/ mild all purpose cleanser (do not use petroleum based cleanser)	X				
Clean & lubricate pedals/shaft w/ 30W oil			X		
Clean and lubricate seat post w/household oil			X		
Clean seat w/ all-purpose cleanser & treat with protectant spray	X				
Inspect crank bearings		X			
Clean & lubricate chain w/ 30W oil				X	
Inspect belt tension		X			
Inspect belt for abnormal wear & tear		X			
Wipe computer console w/clean damp cloth. Don't use wax	X				

### Cross Country Ski Machines

	Daily	Weekly	Monthly	Quarterly	Yearly
Lubricate leather brake pad w/ household oil (pad should feel oily to the touch)			X		
Lubricate thrust bearing w/ household oil			X		
Inspect drag strap and arm cord for fraying	X				
Wipe flywheel groove using clean, dry cloth; remove dust & foreign matter				X	
Wipe housing using mild spray cleanser	X				

### Rowing Machines

	Daily	Weekly	Monthly	Quarterly	Yearly
Clean monorail row w/ abrasive scouring pad		X			
For computerized rowers, clean seat, housing, monitor, and roller track with general purpose cleanser and soft cloth	X				
Wipe chain w/ clean dry cloth. Relubricate w/ household oil		X			
Inspect chain for stiff links. (Normally caused by improper cleaning/lubrication)		X			
Inspect bottom seat roller for looseness; tighten as necessary		X			
Inspect chain handle connection for wear & breakage		X			
Inspect shock cord for looseness & adjust as necessary		X			
Inspect nuts & bolts for security		X			
Replace batteries as necessary					

### Treadmill

	Daily	Weekly	Monthly	Quarterly	Yearly
Clean bed and frame with clean damp cloth to remove dust & sweat	X				
Clean housing and inspect screws		X			
Inspect belt alignment		X			
Inspect belt brushings			X		
Lubricate bed				X	
Inspect belt alignment					X

### Stair Climbing Machines

	Daily	Weekly	Monthly	Quarterly	Yearly
Clean steps and housing w/ mild cleanser	X				
Oil drive chain w/ 30 W oil		X			
Oil step chains w/ 30 W oil		X			
Add axle grease to step axle					
Dismantle, clean, lubricate, adjust all components			X		

### Free Weight Equipment ▲

	Daily	Weekly	Monthly	Quarterly	Yearly
Clean frames and weight racks with cotton cloth and mild cleanser	X				
Clean upholstery with cotton cloth and mild cleanser, warm mild detergent or all-purpose cleanser	X				
Lubricate guide rods and linear bearings (wipe clean w/ dry cotton cloth, then wipe entire length w/ medium weight oil)		X			
Inspect and adjust the following: cables nuts/bolts, torn upholstery. Apply vinyl upholstery protectant		X			
Wipe off dumbbells and barbell plates, check bolts on bars		X			
Wash grips in mild soap and water			X		

### Strength Machines ▲

	Daily	Weekly	Monthly	Quarterly	Yearly
Clean housing and upholstery w/ mild cleanser	X				
Treat upholstery w/ conditioning oil; remove excess with clean dry cloth		X			
Internal cleaning & lubrication: Remove plastic side panels for access. Vacuum dust under machine. Wipe link chains; remove excess dust. Relubricate chains/sprockets w/ household oil.			X		

### Chin Up/Dip Assist Machines ▲

	Daily	Weekly	Monthly	Quarterly	Yearly
If squeaking, lubricate bushings, shafts, & moving joints. Lubricate pins at both ends of cylinder				X	