

# TRAINER MAINTENANCE GUIDE



- Clean the monorail & padded bench with a soft cloth & mild cleaner



- Clean entire machine
- Inspect handles, paddles & straps for wear
- Ensure set screws, T-knobs and locking pins are secure
- Inspect tubing & connection clips for wear



- Repeat WEEKLY steps
- Inspect seat carriage for fit. If loose, follow instructions to tighten rollers.
- Check seat rollers for wear & debris. Clean, rotate or replace as needed.
- **HARSH ENVIRONMENTS:** Apply lithium grease to screw threads on all T-knobs, nuts & bolts. This will help prevent corrosion and rust.

## 5 MINUTE MAINTENANCE CHECK-UP



- Wipe down bench
- Clean monorail
- Inspect handles/paddles
- Grease Hardware
- Clean Tele-tube