



GROUP TRAINING PRODUCT

Cleaning and 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!

Support Materials

Support materials will help provide additional information when performing cleaning and maintenance of Matrix product. These materials can be found at <https://www.matrixfitness.com/en/support/preventive-maintenance>

Approved Cleaners, Disinfectants and Lubricants

Using non-approved disinfectants and cleaners may cause rust or corrosion on Matrix products.

Product Ownership

See tasks that come with owning or leasing Matrix products that are not part of the equipment warranty. Also shows contact information for service needs.

Matrix offers a Preventive Maintenance Program. As the manufacturer, Matrix highly recommends the Full Preventive Maintenance Program to prolong the life of your Matrix equipment and to keep down-time to a minimum.

More details on the Matrix Preventive Maintenance Program can be found here:

<https://www.matrixfitness.com/us/eng/support/preventive-maintenance>

Training Cycles (CXP, CXM, CXC Models)

The following weekly maintenance schedule is recommended when cycles are used daily as part of instructional class.

Task	Week																									
Wipe entire frame and shrouds with approved cleaner	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52
Clean seat and handlebar post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52
Visually inspect pedals for tightness	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52
Test emergency brake	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52

Training Cycles (CXP, CXM, CXC Models)

The checklists below are manufacturer-recommended maintenance beyond the daily cleaning of the equipment.

[illegible]

S-Drive Treadmill

The checklists below are manufacturer-recommended maintenance beyond the daily cleaning of the equipment.

MONTHLY TASKS	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Wipe entire frame and shrouds with approved cleaner												
Visually inspect running belt for alignment and wear												
Visually inspect harness strap												
Test the sled and parachute resistance												
*Test friction of running deck and belt												

*To test friction, stand $\frac{3}{4}$ of the way towards the front of the belt. With no resistance, slightly push on the handlebar, pushing you towards the back of the unit. The belt should move you towards the back of the unit. If not and the serial number begins with TM529, apply 50ml of the Matrix recommended silicon. Using any other lubricant can void the warranty and cause damage to the deck and belt. DO NOT add silicon or any lubrication to models: TM533, TM534, and TM535 (AKA. S-DriveP, S-DriveM, & S-DriveC)

Matrix Silicon – Use only on the running belt with the 'Matrix' logo. (model: TM529, AKA. S-DPT-01)

Part #: 1000384124 – 100ml (2 applications)

Part #: 1000431357 – 2 liters (40 applications)

S-Force Performance Trainer

The checklists below are manufacturer-recommended maintenance beyond the daily cleaning of the equipment.

MONTHLY TASKS	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Wipe entire frame and shrouds with approved cleaner												
Remove service cover and clean/vacuum inside												
Test console												
Visually inspect foot pedals and straps												
*Inspect magnet carriages for lubrication												

*To test for lubrication, remove the magnet carriages and feel with your finger if there is lubrication. If dry, apply 3-IN-ONE oil to the leather surfaces covering the magnets. It's recommended to clean and add 3-IN-ONE oil every 6 months or as needed.

Rowers

The checklists below are manufacturer-recommended maintenance beyond the daily cleaning of the equipment.

MONTHLY TASKS	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Clean seat and seat rail (including the track) with approved cleaner												
Wipe entire frame and shrouds with approved cleaner												
Visually inspect rope and handle												
Visually inspect foot pedals and straps												
Adjust seat wheel assembly if seat is wobbly on rail												
Test console												

Note: Clean only, do not lubricate rail. It's important to make sure to clean the rail track as well as the top side of the rail. The track is where the seat wheels ride on the rail.



Total Body Cycle

The checklists below are manufacturer-recommended maintenance beyond the daily cleaning of the equipment.

MONTHLY TASKS	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Wipe entire frame and shrouds with approved cleaner												
Clean seat and handlebar post												
Visually inspect pedals for tightness												
Ensure crank bolts are tightened to 55Nm												
Clean and grease seat and handlebar slides												
*Clean fan blades with damp cloth												

**Remove access panels as shown below to expose fan blades.*



Krankcycle

The checklists below are manufacturer-recommended maintenance beyond the daily cleaning of the equipment.

MONTHLY TASKS	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Wipe entire frame and shrouds with approved cleaner												
Visually inspect plastic base												
Visually inspect seat and seat hardware												
Test console												
*Test resistance – if resistance feels sticky or you see red powder below the flywheel, lubricate the resistance/brake pad												
Quarterly: **Clean and lubricate drive chains every quarter or as needed												

*It's recommended to lubricate the resistance/brake pad with 3-IN-ONE oil as needed.

**It's recommended to lubricate the chains with Mobil 1 synthetic grease.

Connexus Stations

The checklists below are manufacturer-recommended maintenance beyond the daily cleaning of the equipment.

MONTHLY TASKS	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Wipe entire frame and accessories with approved cleaner												
Ensure unit is secure to the wall and/or floor												
*Inspect adjustable pulleys & pull up bars												
Ensure mounting hardware for accessories is secure												
Inspect all accessories for damage												
Accessories – ensure med ball target pivots smoothly (grease if needed) and bumpers are not damaged												

* It is not recommended to lubricate the adjustable pulley slides, as there are Teflon sleeves in the adjustable pulleys themselves. The slides can be cleaned with an approved cleaner.

Connexus Column

The checklists below are manufacturer-recommended maintenance beyond the daily cleaning of the equipment.

MONTHLY TASKS	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Wipe entire unit with approved cleaner												
Ensure unit is secure to the wall												
Inspect accessory hangers and clips												
*Inspect adjustable pulleys												

* It is not recommended to lubricate the adjustable pulley slide, as there are Teflon sleeves in the adjustable pulleys themselves. The slide can be cleaned with an approved cleaner.

Step+

The checklists below are manufacturer-recommended maintenance beyond the daily cleaning of the equipment.

MONTHLY TASKS	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Wipe entire frame and balance board with approved cleaner												
Inspect balance board for defects												