

# MATRIX

## Approved Cleaners, Disinfectants & Lubricants



Fitness equipment is a major purchase. Therefore, it is important to use the cleaners, disinfectants, and lubricants that have been tested and approved by Matrix, as outlined in this document. When used appropriately, these products will keep your equipment operating smoothly and protect your investment for years to come.

Other cleaners, disinfectants, and lubricants may work in the short-term, but are unapproved because they can damage fitness equipment over time.

If it is determined that unapproved cleaners, disinfectants, or lubricants have been used, or that approved cleaners have not been used appropriately, your equipment warranty may be void.

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## Cleaners and Disinfectants

|      |  |     |
|---------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|
| Approved Cleaners                                                                     | Approved Disinfectants                                                            | Unapproved                                                                             |
| <a href="#">Athletix Wipes</a> and <a href="#">GoodEarth Sanitizing Wipes</a>         | Simple Green d Pro 3                                                              | Simple Green d Pro 5 (or any other variation)                                          |
| Mild dish soap and water mixture in spray bottle (10:1 water to soap)                 | Puregreen 24                                                                      | Bleach-based cleaners or disinfectants                                                 |
| Vinegar and water mixture in spray bottle (20:1 water to vinegar)                     | Virex II 256                                                                      | Virex Plus                                                                             |
| <a href="#">LCD Screen Cleaner Kit w Micro-fiber Cloth</a> (for touchscreen consoles) | <a href="#">2XL Antibacterial Force Wipes</a> (2XL400/401)                        | Alcohol-based cleaners or disinfectants with concentrations above 0.02% after dilution |
|                                                                                       | <a href="#">2XL Antibacterial Revolution Wipes</a> (2XL350/351)                   | Hydrogen peroxide-based cleaners or disinfectants                                      |
| <a href="#">Squeaky</a> (for hardwood platforms)                                      | <a href="#">2XL Force2 Disinfecting Wipes</a> (2XL406)                            |                                                                                        |
|                                                                                       | <a href="#">Vapor Fresh Disinfecting Wipes</a>                                    |                                                                                        |

**CAUTION:** Using concentrated cleaners or disinfectants without proper dilution is not approved. Concentrated cleaners/disinfectants must be diluted to manufacturer's instructions. Over-concentrated solutions will cause corrosion and damage to consoles, plastics, pads, aluminum parts and hardware. Over-concentrated cleaners can also cause skin irritation, or worse on contact. Any personnel tasked with diluting a cleaning/disinfecting chemical must be properly trained and have appropriate safety equipment available as stated by the chemical companies. Using a closed-loop dilution system is strongly recommended.

## Applying Cleaners and Disinfectants

|  |  |
|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| Approved Cleaner and Disinfectant Application                                       | Unapproved Cleaner and Disinfectant Application                                       |
| Spray cotton cloth to dampen, then wipe                                             | Directly spraying a machine                                                           |
| Use approved wipe                                                                   | Using <a href="#">foggers or electrostatic sprayers</a>                               |

## Lubricants

| <br><b>Approved Lubricants and Grease</b> |                                                                      | <br><b>Unapproved for Guide Rods</b> |
|----------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|
| <a href="#">Super Lube with PTFE - Pump Spray</a>                                                                          | Guide rods                                                           | *Silicone-based lubricants                                                                                              |
| <a href="#">Tri-Flow with PTFE - Pump Spray</a>                                                                            | Guide rods                                                           | Gun oil                                                                                                                 |
| <a href="#">Super Lube Grease</a>                                                                                          | Bearings, axles, tie-rods, incline motor screws                      | Motor oil                                                                                                               |
| <a href="#">Tri-Flow Grease</a>                                                                                            | Bearings, axles, tie-rods, incline motor screws                      | Baby oil                                                                                                                |
| <a href="#">Mobil 1 Synthetic Grease</a><br>Part# ZMS4005411                                                               | ClimbMill chains                                                     | 3-IN-ONE oil                                                                                                            |
| <a href="#">Anti-seize stick</a>                                                                                           | Tie-rod assembly                                                     | Dry film lubricants                                                                                                     |
| Silicone lubricant<br>Part# 1000384124 (100ml, 2 applications)<br>Part# 1000431357 (2-liter, 40 applications)              | S-Drive (TM529) running belt                                         | Grease of any type                                                                                                      |
| 3-IN-ONE oil                                                                                                               | Krankcycle brake pad, S-Force magnet carriage, weight bars/dumbbells |                                                                                                                         |
| <a href="#">Vibra-Tite Threadlocker (Blue)</a><br>Part# ZMS3000087                                                         | Cardio bolts                                                         |                                                                                                                         |
| <a href="#">Vibra-Tite Threadlocker (Red)</a><br>Part# ZMS4000792                                                          | Strength bolts                                                       |                                                                                                                         |

**Note:** PTFE is Polytetrafluoroethylene (Teflon). Matrix does not recommend aerosol sprays for guide rods. Although PTFE-based **aerosol** lubricants will not cause damage, PTFE-based **pump spray** lubricants out-performed and lasted longer than PTFE-based aerosol sprays.

**\*CAUTION:** Silicone-based lubricants will cause damage to plastics. Matrix strength weight plates use plastic bushings that ride up and down the guide rods. If using silicone-based lubricants, you will notice black residue on the guide rods—this is the protective bushing material from the weight plates wearing away.

## Best Practices vs. Practices to Avoid

Full facility cleaning schedules will change from club to club based on internal schedules. The following are the Matrix-approved practices to use, and practices to avoid, during these scheduled cleaning times.

Matrix recommends trained staff members disinfect the machines once or twice daily, in addition to patrons cleaning the machines after use. It is also recommended that your staff use the appropriate personal protective equipment (PPE) as specified by the product's manufacturer.

|                                                                                                                                                  |                                                          |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|
| Best Practices                                                                                                                                                                                                                    | Practices to Avoid                                                                                                                          |
| Fully wipe the machine with a damp rag that has had an approved cleaner/disinfectant applied to it.                                                                                                                               | Do not spray cleaners or disinfectants directly onto the machine.                                                                           |
| Use a clean and dry cloth to dry the machine, ensuring no damp areas remain after cleaning/disinfecting.                                                                                                                          | Do not “wet wash” a machine (the use of a mop, soaked sponge, or soaked rag is considered a wet wash).                                      |
| Ensure the solution you are using is appropriate for the surface you are disinfecting. Improperly diluted disinfectants can dull the finish on your fitness equipment and cause irreversible corrosion.                           | Mopping a facility is not discouraged, but if mopping around machines, be sure to dry any part of the machine that is contacted by the mop. |
| Disinfectants usually require the product to remain on the surface for a certain period (e.g., 3 to 5 minutes). Be sure to remove the disinfectant once the time has elapsed. Failure to remove disinfectant can cause corrosion. | Do not allow cleaners or disinfectants to puddle and remain on the machine for longer than it takes to finish cleaning/disinfecting.        |
|                                                                                                                                                                                                                                   | Do not use <a href="#">foggers or electrostatic sprayers</a> to disinfect equipment.                                                        |

## Cleaning Instruction for Your Patrons

Posting signage and training your staff to discuss cleaning practices with patrons is extremely important. Don't assume people know what to do or what is expected. Matrix offers a [Promo Kit](#) to help you communicate and promote best practices.

Use a cleaning wipe, or apply cleaning solution to a clean cloth or towel, then:

1. Fully wipe down all pads
2. Fully wipe down any point of contact during use (handles, weight stack pins, quick change carabiners, etc.)
3. Wipe down any areas where sweat may have collected during the workout
4. Appropriately dispose of the wipe/towel/cleaning cloth

## Cleaning Supplies and Stations

|                                                                                                                                                                                              |                                                                                                                  |  |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| Best Practice                                                                                                                                                                                                                                                                 | Alternate Best Practice                                                                                                                                                                           | Not Approved                                                                        |
| <p>Provide premade, approved cleaning or disinfecting wipes for customers to use on equipment.</p> <p>Tether spray bottles with premade, approved cleaning or disinfecting solution, at cleaning stations around the facility, along with cloth or absorbent paper towel.</p> | <p>Provide premade, approved cleaning or disinfecting solution supplied in a wall-mounted or stand dispenser (the dispenser is not transportable), along with cloth or absorbent paper towel.</p> | <p>Tethering cleaning or disinfecting solution spray bottles to equipment.</p>      |

**Note:** Free roaming bottles, or individual bottles provided to each customer, is not recommended. This encourages users to spray equipment without properly removing the chemicals and may cause premature wear on paint and other finishes.

## Proper Cleaning Promo Kits

To help our customers promote proper equipment cleaning techniques to their members, we now have a kit of stickers, window clings, and other assets you can share! These kits (ZMM4000526) are available for purchase. Contact your sales representative to order.

The Proper Cleaning Promo Kit contains the following assets:

- Instruction Sheet
- 11" x 17" Poster
  - This poster is an easy way to catch your member's eyes as they utilize your facility. The poster contains important reminders on the proper cleaning techniques of Matrix Fitness equipment. The poster can be placed throughout your facility in high-traffic areas to inform members and enhance the professional appearance of your facility.
- (2) Cleaning Canister Stickers
- (6) No Spray Cleaning Stickers
- (6) Approved Wipes Stickers
  - Available stickers include a reminder to use approved wipes to clean equipment option, or a reminder to not spray cleaning solution directly on equipment option. Stickers are able to be placed directly on equipment, or on cleaning solution containers/canisters.
- Set of Window Clings
  - Place the window clings in high traffic areas to further remind members on the proper equipment cleaning techniques, while taking up minimal wall space.
- QR Code to Digital Console Screen Graphic
  - Digital screens can be used on televisions and compatible Matrix consoles. The digital console screen matches the poster, creating an aesthetic look, while further educating members on proper equipment cleaning techniques.

## Athletix Wipes and Dispensers

The items below are available for purchase.

### Wipes

| Description                                                                       |                                 | Part Number/Roll |
|-----------------------------------------------------------------------------------|---------------------------------|------------------|
|  | Cleaning Wipes (4 per case)     | ZMD4009014       |
|                                                                                   | Disinfecting Wipes (2 per case) | ZMD4009015       |

### Dispensers

| Description                                                                         |                           | Part Number/Roll |
|-------------------------------------------------------------------------------------|---------------------------|------------------|
|    | Wall Dispenser            | ZMD4009016       |
|  | Stainless Steel Dispenser | ZMD4009017       |
|  | Wire Stand                | ZMD4009140       |

**To order Athletix wipes or dispensers:**

**Phone:** 866-693-4863

**Text to chat:** 608-208-6926

**Email:** [pm@matrixfitness.com](mailto:pm@matrixfitness.com)

## Appendix A

### Frequently Asked Questions

#### What does “active ingredients” mean?

Active ingredients are the chemicals in a disinfectant that kill germs.

#### Where can I find important active ingredient information?

You can find this information on either the label or section 3 of a Safety Data Sheet (SDS). It is required by OSHA’s Hazard Communication Standard (HCS) that chemical manufacturers and distributors provide an SDS for any hazardous chemical. These documents hold important information about active ingredients, material compatibility, PPE, and methods of application.

#### Why are active ingredients so important?

Although disinfectants use similar active ingredients (i.e., quaternary ammonium chlorides (Quats), peroxides, etc.) they can interact differently with substrates when they are mixed with other active ingredients or at different concentrations, making each disinfectant slightly different. This makes it important to understand your disinfectant's dilution ratio and surface compatibilities. Improper dilution can lead to long-term damage of your equipment.

#### What if I find a cleaner or disinfectant that is not on the Matrix approved list?

Material compatibility, if any, can be found either on the manufacturer’s label or in section 10 of the SDS. We suggest calling the disinfectant manufacturer to confirm that the solution is safe for use on materials found on our equipment: painted surfaces, zinc plating, plastics, rubber, and vinyl. Phone numbers can be found on the SDS. You can also send a request to Matrix to have this cleaner/disinfectant tested. Please know testing can take 6-12 months to complete once started.

#### What is the difference between cleaning and disinfecting?

According to the CDC: *Cleaning removes germs, dirt, and impurities from surfaces or objects.* Cleaning works by using soap and water to physically remove germs from surfaces. This process does not necessarily kill germs, but by removing them, it lowers their numbers and the risk of spreading infection. *Disinfecting uses chemicals to kill germs* on surfaces or objects. This process does not clean dirty surfaces but kills germs on the surface after cleaning. It can further lower the risk of spreading infection.

#### What is the difference between Foggers and Electrostatic Sprayers?

Foggers and electrostatic sprayers are two devices that can release a chemical disinfectant into an environment or onto the surface.

- Foggers (or misters) create a dry fog (or wet mist) of a chemical that lingers in the air, disinfecting the air and surfaces it encounters.
- Electrostatic sprayers introduce a positive electric charge into a chemical, so when sprayed onto a surface, the chemical fully encapsulates the object.

Both methods create small particles that penetrate small openings that traditional disinfectants may not reach. Proper usage requires a full wipe down of all surfaces following the established dwell time. Because it is not possible to wipe off the disinfectant that may have seeped onto electronics, behind overlays, between weight plates, or onto other unprotected surfaces, Matrix does not recommend either method. If one method must be used, electrostatic sprayers would be the least invasive method.

## **Appendix B**

### **Understanding Active Ingredients**

#### **Active Ingredient Importance**

Although disinfectants use similar active ingredients (i.e., quaternary ammonium chlorides (Quats), peroxides, etc.) they can interact differently with substrates when they are mixed with other active ingredients or at different concentrations, making each disinfectant slightly different. This makes it important to understand your disinfectant's dilution ratio and surface compatibilities. Improper dilution can lead to long-term damage of your equipment.

#### **Location of Active Ingredient Information**

You can find this active ingredient information on either the label or section 3 of a Safety Data Sheet (SDS). It is required by OSHA's Hazard Communication Standard (HCS) that chemical manufacturers and distributors provide an SDS for any hazardous chemical. These documents hold important information about active ingredients, material compatibility, PPE, and methods of application.

#### **Material Compatibility**

Material compatibility, if any, can be found either on the manufacturer's label or in section 10 of the SDS. We suggest calling the disinfectant manufacturer to confirm the solution is safe for use on materials found on our equipment: painted surfaces, zinc plating, plastics, rubber, and vinyl. Phone numbers can be found on the SDS.

#### **Required PPE**

Required personal protective equipment (PPE) can be found in section 8 of the SDS. If concentrated, there will be different requirements for proper handling when dealing with the concentrate and diluted solution.

#### **Methods of Application**

Methods of application approved by the EPA will be found on the manufacturer's label. These are the only methods that should be used when applying that chemical. Contact the disinfectant manufacturer if you have any questions, or if the above information can't be found.