



GYM FITNESS

GYM EQUIPMENT Maintenance

Daily care	
Return equipment to storage	
Check securing bolts and fixings	
Clean seats and surfaces	
Remove non-functional equipment	
Switch machines off before cleaning	
Clean mats, rollers and balls	
Clean floors	
Check adjustments for each machine	

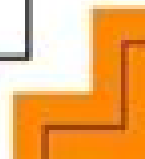
Notes

Weekly care	
Check start-up process	
Check grips	
Check pedals	
Check belt and straps	
Check fixtures	
Lubricate machines	
Check proper ventilation	
Repair broken machines	

Notes

Monthly care	
Check mats for tears and cuts	
Check paddings for cracks and tears	
Change rusted machine parts	
Check cable tension	
Check selector pins	
Track equipment time	
Replace damaged equipment	
Deep clean junctions and corners	

Notes



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Journals for All Staff



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