

Treadmill

Daily Cleaning

	Wipe down the treadmill deck, handrails, and console with a disinfectant wipe after each use.
	Remove any debris or dust from the belt and deck area.
	Inspect the treadmill for any loose or damaged parts.

Weekly Maintenance

	Lubricate the treadmill belt according to manufacturer's recommendations.
	Check the tension and alignment of the treadmill belt and adjust if necessary.
	Clean the motor housing and fan vents to prevent overheating.

Monthly Inspection

	Inspect the treadmill frame for any signs of wear or damage.
	Test all functions and settings to ensure proper operation.
	Calibrate the treadmill if needed to maintain accuracy.

Regular maintenance and cleaning of the gym ensure a safe and hygienic environment for members and staff. Adjust the frequency of tasks as needed based on gym usage and facility size.

Elliptical Machine:

Daily Cleaning

	Wipe down the handles, pedals, and console with a disinfectant wipe after each use.
	Check for any loose screws or parts and tighten as needed.
	Inspect the pedals for wear and tear.

Weekly Maintenance

	Lubricate the pivot points and moving parts according to manufacturer's instructions.
	Clean the tracks and rollers to prevent sticking or squeaking.
	Test the resistance levels and adjust if necessary.

Monthly Inspection

	Inspect the drive belt for any signs of wear or fraying.
	Check the alignment of the pedals and adjust if needed.
	Test the electronic display and sensors for accuracy.

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Weight Machines (e.g., Chest Press, Leg Press):

Daily Cleaning

	Wipe down the seats, handles, and pads with a disinfectant wipe after each use.
	Check for any loose bolts or nuts and tighten as needed.
	Inspect cables and pulleys for signs of wear or damage.

Weekly Maintenance

	Lubricate the guide rods and weight stack pins as recommended by the manufacturer.
	Check the cables for fraying or kinks and replace if necessary.
	Clean the weight plates and selector pins.

Monthly Inspection

	Inspect the frame and welds for any cracks or signs of stress.
	Test each machine for smooth operation and proper range of motion.
	Tighten any loose hardware or fasteners.

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Stationary Bike:

Daily Cleaning

	Wipe down the seat, handlebars, and console with a disinfectant wipe after each use.
	Check the pedals and straps for wear and tear.
	Inspect the bike frame for stability.

Weekly Maintenance

	Lubricate the bike chain and moving parts according to manufacturer's instructions.
	Check the tension of the drive belt and adjust if needed.
	Clean the flywheel and brake pads.

Monthly Inspection

	Inspect the frame and welds for any signs of damage or fatigue.
	Test the resistance levels and adjust as necessary.
	Calibrate the electronic display and sensors for accuracy.

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