

## **Functional Trainer Maintenance**

### — **GUIDE RODS.**

Before each use, check guide rods for lubrication.

If too dry or the weight stack is experiencing jerking or sticking, apply lubricant.

Check tightness of "cable bolt" on top plat as this can tighten or loose during use.

Regular care and service of your functional trainer will help to ensure longevity and trouble free usage.

Liberal spray lubricant on entire length of guide rod.

### — **Cleaning**

We recommend a quick wipe down after every workout with a more targeted deep cleaning weekly. Use a non-abrasive lint free cloth with a mild detergent to wipe everything down,

### — **Cable Maintenance**

Before every use check cables for wear and ensure cables are positioned correctly on all pulleys. If wear is apparent do not use machine and contact your dealer for spare parts.

### — **Placement**

Avoid placing your functional trainer in outdoor and areas with high humidity/moisture and temperatures. This will void warranty.