

LUBRICATION MANUAL



FITNESS EQUIPMENT

Introduction

The objective of this manual is to provide fully illustrated guidelines for the maintenance of fitness equipment. A good maintenance programme ensures optimal performance of your equipment: your customers always have clean, well-maintained ready-to-use machines and you increase the life cycle of your equipment.

The lack of proper lubrication is known to be detrimental to the operation and the useful life of equipment but equipment owners should not spend their lives worrying about when to lubricate. As global leaders in Teflon®-based lubricants we can offer the perfect solution, INTERFLON lubricants. This clean, long-lasting lubrication is based on micronized and polarized Teflon®, a technology unique to Interflon. (For more information, please visit www.interflon.com).

As Teflon® has the lowest friction coefficient of all solid materials allowing solid film lubrication, only a small quantity is required, thus saving on consumption and reducing pollution. As it is a solid material, it does not drift from its lubrication point. Due to these two properties the lubrication lasts at least 4 times longer than when using a conventional lubricant.

This unique technology ensures that only 2 products are required (alongside a de-greaser) for all basic equipment maintenance:

Fin Super: A non-staining dry film lubricant spray, which repels dirt and fluff and protects against corrosion.



Fin Grease: A clean, transparent grease spray, which does not drift from the application point. It is applied in small quantities and it lasts much longer than conventional greases.

De-grease using **Metal Clean** if parts are still greasy or dirty. This citric-solvent based penetrating cleaner eliminates dirt and dries quickly, leaving no residue. This optimally prepares the parts for application of either of the Interflon lubricants.



Applications

This manual is not comprehensive; it only provides details on how to lubricate the key parts of basic equipment. This information can, of course, be applied to any model of any brand.

Below we provide details on which products to use for each type of machine and part, how to use them and the recommended frequency.

1. Upper body machines

If the vertical cables are not optimally lubricated, the weights catch on the cables, especially when the load is light.

The bars need a weekly wipe with a clean cloth with **Fin Super**.

The first 4/5 weights should be lifted to provide access to this part of the cables.



WARNING: The cleaning power of Fin Super may result in very dirty cloths during the first few applications. Remove the dirt with a cloth until no further dirt is visible.

Grease the height adjustment runners once a month using **Fin Grease** for smooth operation and reduced wear.

IMPORTANT: Move the runner to spread the grease as far as the tip after applying Fin Grease.



2. Shoulder and pectoral machines

Follow the lubricating schedule and procedures for the upper body machines (refer to 1).



3. Biceps machines

Apply a thin film of **Fin Super** to the runners every week, and spread the lubricant gently with a cloth to ensure the position selector moves smoothly.



Apply **Fin Super** to the lever/lock once a month.



4. Free weight machines

If they are not lubricated, the vertical bars wear prematurely and movement is not smooth.



A weekly wipe of the bars with a clean cloth with **Fin Super** is enough to keep the bars clean and leave a dry lubrication film.



5. Dorsal, lumbar, abdominal and leg machines

Follow the lubricating schedule and procedures for the upper body machines (refer to 1).



Apply a little **Fin Grease** to the joints every month.

6. Benches

If the ferrules running alongside the adjustment rod are not greased, the premature wear can loosen them.

Apply **Fin Grease** monthly to the ferrules (the grease penetrates on its own) and to the rod.



7. Treadmills

It is important to grease the height adjustment studs monthly using **Fin Grease**. Apply Fin Grease to the top of the studs when the cover is removed for cleaning.



8. Upright exercise bikes

We recommend applying a thin film of **Fin Super** to the runners every week to reduce friction and to ensure the saddle height adjustment is smooth.



9. Recumbent exercise bikes

The vulnerable parts are the plastic rollers that allow the seat to move on serrated runners. If these are not properly greased they wear out before their time and do not run well.



It is **important** to clean away any residual grease beforehand with **Metal Clean**, but above all to remove any erosion particles from the runners.

After cleaning the runners thoroughly, apply **Fin Grease** monthly to the runners and also directly to the rollers.



10. Step machines

The monthly lubrication of the chains and springs is Important. Spray a thin layer of **Fin Super**.



11. Spinner exercise bikes

Spinners have several lubrication points:

- a. Adjustment runners/tracks for flywheel and saddle:
The weekly application of a thin film of **Fin Super** applied weekly means customers can adjust them without effort.



- b. It is important to lubricate the pedals and toe straps well, as anything other than smooth operation will bother your customers, and the additional stress will lead to premature wear. Apply **Fin Super** monthly.



- c. Rust tends to form on the height adjustment knobs because of moisture such as sweat drops and floor cleaning/mopping. This makes them difficult to operate. We recommend removing the rust with **Fin Super**, leaving it on the knob for several minutes before rubbing it away with a cloth. Once it is clean, **Fin Grease** should be applied monthly.

- d. Rust forms on the underside of the wheels because sweat drips there. The monthly application of **Fin Super** to remove and prevent rust formation is recommended.



Apply **Fin Grease** to the nut monthly as well.



- e. The brake control and turnbuckle also suffer because of dripping sweat. This makes the brake dry up and squeak. Corrosion is also rough and unpleasant to the customer's touch. The monthly application of **Fin Grease** is recommended to prevent corrosion and squeaking of the brakes.



- f. The chains have to be well lubricated to reduce wear and stretching. A thin film of **Fin Super** should be applied monthly.

- g. Our final recommendation is to apply, as a preventative measure, a thin film of **Fin Super** to the bicycle frame to protect it against sweat, as Teflon repels moisture and protects surfaces against corrosion and prevents rust formation. We recommend applying **Fin Super** to a cloth and rubbing the bicycle frame with it. It will shine like new! Once a month is enough.



We have tried to explain as clearly as possible how to achieve optimal maintenance of the equipment. If you have any doubts or queries, please call +34 93 652 51 91 or call your Interflon Technical Adviser.

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