



PRODUCT CARE GUIDE

To prolong the life of your CATCH FITNESS equipment it is important that your gear is routinely cleaned and regularly maintained. **Regular maintenance** allows equipment to continue to perform at its optimum for longer.

As a general rule, avoid harsh cleaning chemicals and **do NOT use hand sanitiser directly on equipment** as this can deteriorate rubber and metals. Any damage or fault caused by careless storage in locations with extreme sun exposure or water damage may result in a void in warranty. Please find below our product care requirements that **must be followed** to ensure product longevity. Failure to comply with these instructions may result in a voided warranty.

CARE GUIDE INSTRUCTIONS

BARBELLS.....	3
WEIGHT PLATES.....	3
DUMBBELLS AND KETTLEBELLS.....	4
BENCHES.....	4
POWER/HALF/SQUAT RACKS.....	5
TREADMILLS.....	6
EXERCISE BIKES.....	6
- ELLIPTICAL/UPRIGHT BIKE.....	6
- SPIN BIKE.....	7
- AIR BIKE	7
STRENGTH/CABLE MACHINES.....	8
WALL/SLAM/MEDICINE BALLS.....	8
STORAGE – RACKS & HOLDERS.....	9
FLOORING.....	9

BARBELLS:

Overtime chalk, dirt and skin will inevitably build up in the knurling of the barbell attracting and retaining moisture, which invites rusting. This can be avoided by using a nylon or brass brush to scrub the fine knurling clearing any debris.

Daily Maintenance:

- Wipe barbell after each workout to remove any sweat or dust

Monthly Maintenance:

- Clean entire barbell monthly to minimise any build-up and corrosion
- Oil the sleeves when/if necessary

Don't forget to dry your barbell after cleaning to avoid a damp bar as this can result in rusting.

WEIGHT PLATES:

It is very easy for weight plates to accumulate a build-up of sweat, dust and debris. Ensuring regular maintenance is vital in keeping them in quality condition which in turn ensures longevity.

Daily Maintenance:

- Wipe weight plates after each workout to remove any sweat or dust
- Wipe around the diameter and across the face of the plate

Monthly Maintenance:

- Clean entire weight plate monthly to minimise any build-up and corrosion
- **DO NOT** unnecessarily drop weight plates, especially on hard or concrete flooring. Dropping plates can wear down the coating and quality degradation overtime. Avoid this where possible.

The easiest way to stop your weight plates from picking up rust and dirt is to store them correctly in between usage. Weight plates should always be placed securely on a rack after use.

Don't forget to immediately dry after cleaning to avoid a damp plates as this can result in rusting.

DUMBBELLS/KETTLEBELLS:

Similarly to weight plates, it is also easy for DBs and KBs to accumulate a build-up of sweat, dust and debris (especially in the handles and knurling). Ensuring regular maintenance is vital in keeping them in quality condition which in turn ensures longevity.

Daily Maintenance:

- Wipe down DB/KB after each workout to remove any sweat or dust
- Ensure that you give the knurling a good scrub, as this is where bacteria is likely to hide
- Cast Iron Kettlebells should have handles wiped after each workout

Monthly Maintenance:

- Clean entire DB/KB monthly to minimise any build-up and corrosion
- **DO NOT** unnecessarily drop DBs and KBs, especially on hard or concrete flooring. Dropping equipment can wear down the coating and quality degradation overtime. Avoid this where possible.

The easiest way to stop your DBs/KBs from picking up rust and dirt is to store them correctly in between usage. DBs/KBs should always be placed securely on a rack after use.

Don't forget to immediately dry after cleaning to avoid dampness as this can result in rusting.

BENCHES:

Gym benches are no exception to collecting dust, sweat and unwanted residue overtime and can be heavily overlooked during cleaning. Keeping your bench clean with regular maintenance can

prevent overall quality degradation and helps with product longevity.

Daily Maintenance:

- Wipe down surface after each workout to remove any dust and sweat residue
- Ensure bench is always stable and does not rock when in use
- If possible, it is beneficial to always try and place down a towel when working out, to protect upholstery

Monthly Maintenance:

- Inspect the bench for any loose hardware

Giving any bolts a quick tighten on a regular basis is also important, as they can work loose over time.

POWER/HALF/SQUAT RACKS:

Keeping your racks clean with regular maintenance can prevent overall quality degradation and helps with product longevity. It is also essential for equipment to remain in an enclosed environment, free from exposure to the elements.

Daily Maintenance:

- Wipe down all surfaces to remove any dust and sweat residue
- Inspect the unit for noisy, damaged or loose components
- Ensure your rack does not rock. If necessary, re-adjust the levelling feet

Monthly Maintenance:

- Inspect the entire unit for loose hardware, including uprights, handrail, frame and plastic covers
- Lubricate the running belt with 100% silicone
- Ensure the running belt is centred
- Clean underneath the treadmill
- Clean under the treadmill motor cover

Giving any bolts a quick tighten on a regular basis is also important, as they can work loose over time.

TREADMILLS:

Dust, dirt and debris can get under the motor cover and affect performance. Keeping your treadmill dust and dirt free will ensure the motor keeps running smoothly.

Daily Maintenance:

- Wipe down and disinfect all visible surfaces to remove any dust and sweat residue - paying special attention to the handles
- Inspect the unit for noisy, damaged or loose components

Monthly Maintenance:

- Inspect the entire unit for loose hardware, including uprights, handrail, frame and plastic covers
- Check the oil reservoirs and fill them accordingly
- Wipe and dry treadmill after every workout
- Wipe and dry running belt
- Make sure belt is properly greased - (Be careful not to over-lubricate the belt)
- Only lubricate running belt with **100% silicone**
- Ensure the running belt is centred
- Clean underneath the treadmill
- Clean under the treadmill motor cover

EXERCISE BIKES:

Your exercise bike requires minimal but essential maintenance. Dust, dirt and debris can get caught and affect performance. Keeping your exercise bike dust and dirt free will ensure bike continues performing at its optimum for longer!

Keeping bolts on the seat adjuster tightly secured is also very important. This will keep your seat locked, ensuring a stable ride.

ELLIPTICAL/UPRIGHT:

Daily Maintenance:

- Wipe down all surfaces to remove any dust and sweat residue
- Inspect the unit for noisy, damaged or loose components
- Ensure console is cleaned after each use
- Ensure the unit does not rock
- Re-adjust the levelling feet if necessary

Monthly Maintenance:

- Clean bike monthly with emphasis on the “sweat zone”
- Regularly check/tighten pedals and cranks
- Regularly check tightness of all bolts, nuts and screws

SPIN BIKE:**Daily Maintenance:**

- Wipe down all surfaces to remove any dust and sweat residue
- Inspect the unit for noisy, damaged or loose components
- Ensure console is cleaned after each use
- Ensure the unit does not rock
- Clean entire unit monthly with emphasis on the “sweat zone”
- Regularly check/tighten pedals and cranks
- Regularly check tightness of all bolts, nuts and screws

Monthly Maintenance:

- Clean entire bike monthly with emphasis on the “sweat zone”
- Regularly check/tighten pedals and cranks
- Regularly check tightness of all bolts, nuts and screws

AIR BIKE:**Daily Maintenance:**

- Clean bike frame and fan cover from any sweat, dust or moisture
- Wipe dry sweat from seat post and tube
- Remove sweat from exposed drivetrain parts
- Clear chalk residue, sweat and dust from computer console
- Clear chalk residue and sweat from handles
- Check pull pins to make sure they are locked and secure

Weekly Maintenance:

- Visually inspect the bike for missing or loose bolts

- “Pedal the bike test”- check for creaks and clunks, check for consistent RPM signal on the console
- Tighten crank and bell crank bolts
- Check front linkage bearings for tightness
- Check handlebar pivot nut for tightness

Monthly Maintenance:

- Check handlebar pivot nut for tightness
- Check chain for proper tension
- Check pedals for tightness (torque down with pedal wrench as needed)

Quarterly Maintenance:

- Check stabilizer bolts for tightness
 - Lubricate chain (every 2 months)
 - Check seat for tightness, stability and alignment
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STRENGTH/CABLE MACHINES:

Keeping your machines clean with regular maintenance can prevent overall quality degradation and helps with product longevity. It is also essential for this kind of equipment to remain in an enclosed environment, free from exposure to the elements.

Daily Maintenance:

- Wipe down handles, bars, seats, pads to remove any dust and sweat residue
- Inspect the machine for noisy, damaged or loose components

Monthly Maintenance:

- Clean entire machine monthly
 - Apply 100% silicone spray to guide rods, pulleys, pulley sliders and any other moving parts monthly
 - Regularly check tightness of all bolts, nuts and screws and adjust accordingly
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WALL/SLAM/MEDICINE BALLS:

As these are probably some of the most abused pieces of equipment in any commercial or home gym, routine maintenance is essential in ensuring longevity.

Recommended Use:

- Recommended to be used on rubber flooring or carpet only
- Ensure needle is lubricated when inflating ball

Daily Use:

- Please ensure that the valve is always topside when using

Daily/Weekly Maintenance:

- Wipe down to remove any dust, dirt or sweat residue after each workout
 - Spot clean where/if required
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STORAGE - RACKS & HOLDERS:

Ideally, you should also be cleaning your storage racks and holders the same way you would your machines and equipment in order to avoid dust, dirt and debris build up, and to maintain product longevity.

Weekly Maintenance:

- Wipe down to remove any dust, dirt or sweat residue
- Spot clean where/if required

Monthly Maintenance:

- Clean entire rack or holder monthly
 - Regularly check tightness of all bolts, nuts and screws and adjust accordingly
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GYM FLOORING:

Although flooring is super durable and low-maintenance resisting most stains and mold, maintenance cleaning is still required.

Weekly Maintenance:

- Sweep away any chalk residue regularly
- Broom or vacuum tiles
- Mop (nylon, microfiber, or sponge)
- Spot clean flooring where required

Quarterly Maintenance:

- Deep clean and scrub to ensure tiles do not dry out or degrade
- Spot clean flooring where required
- **DO NOT** use abrasive cleaning pads that will scratch and damage the floor
- **DO NOT** completely soak the floor when mopping. Water can seep through seams and damage your subfloor, especially if you have plywood underneath
- **DO NOT** use any acidic chemical cleaners like bleach, vinegar, or any solvent-based cleaners. They will damage the floor.

For any other questions or queries please contact us on [61 2 8074 5286](tel:61280745286) or info@catch-fitness.com.

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