

General Maintenance Guidelines



Why is regular cleaning and maintenance of Gym Equipment important?

- Prolongs the life cycle
- Maintains optimal performance
- Maintains hygiene
- Prevents premature rusting and corrosion

General Cleaning

- Use a mild, non-corrosive cleaning agent with low alcohol and ammonia content.
- Use luke-warm water.
- Wipe down equipment with a damp rag then again with a dry, lint-free cloth.



Barbell Cleaning

- Clean any chalk out of the knurling after each use to avoid a build-up. Use a stiff nylon bristle brush if necessary.
- Wipe down the bar with a 3-in-1 oil sprayed onto a rag/cloth (weekly in a commercial setting and twice monthly for personal use).
- Check the sleeve of the barbell. Some bars have oil already in the bearings/bushings which do not require oil. Bars with small oil holes in the sleeves allow oil to be dropped in for the sleeves to spin freely. Aim to do this once a month and wipe away any excess oil (WD 40 is not recommended).

General Storage

- Always use adequate storage solutions e.g. racks for equipment to prevent damage, injury and ease of use.
- In Outdoor and Garage areas, we would recommend covering Gym equipment to protect it from the elements and changes in temperature.
- Strip your barbells when not in use
- Store barbells horizontally (unloaded) on a rack, wall frame or in a bar stand.
- Ensure the material Gym Equipment is stored on is non-abrasive such as nylon, rubber or plastic.