



PRODUCT CARE GUIDE

Please find below product care requirements that must be followed within each given time frame. Failure to comply with these instructions will result in your warranty being voided.

Any damage or fault caused by water damage will result in a voided warranty. Items are required to be stored in locations with reduced exposure to the elements to prolong longevity. Any "out of the box" blemishes that are found must be reported to GAF within 7 days of being found to ensure this is documented and recommended action taken.

AIR BIKES:

Daily Maintenance:

- Clean bike frame and fan cover (sweat/dust/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
- Walk around the bike visually inspecting the bike for missing or loose bolts

Weekly Maintenance:

- "Pedal the bike test" - check for creaks and clunks, check for consistent RPM signal on the console
- Tighten crank and bell crank bolts
- Check linkage arm bearings for tightness
- Check handlebar tightness

Monthly Maintenance:

- Check chain tension
- Check pedal tightness
- Lubricate chain

Quarterly Maintenance:

- Check stabiliser bolts for tightness
- Check seat tightness, stability and alignment

Miscellaneous Maintenance:

- Replace any batteries after 12 months to ensure there is no leakage and corrosion
- Please note that the left pedal is an opposite thread and is tightened by turning towards the front of the bike.
- Please ensure that a form of lubrication is applied to the thread when fitting pedals to ensure the thread isn't stripped
- Professional service recommended every six months

Product Specific

Assault Bike

https://www.youtube.com/playlist?list=PLcD3kg-mzbN7BJYF_FN-6mybw3RwnlIddi

Assault Bike Pro

<https://www.youtube.com/playlist?list=PLcD3kg-mzbN7z2tU-sOZYUQhSWk-b0RlqK>



MANUAL TREADMILLS:

Daily Maintenance:

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

Monthly Maintenance:

- Inspect the entire unit for loose hardware, including uprights, handrail, frame and plastic covers
- Lubricate the running belt pulleys, one drop of oil per pulley
- Lift and clean/vacuum dust or debris under the running belt

Miscellaneous Maintenance:

- Replace any batteries after 12 months to ensure there is no leakage and corrosion
- Professional service recommended every six months

Product Specific

Assault Air Runner

<https://www.youtube.com/playlist?list=PLcD3kg-mzbN5DelAeSNZ-T4YDTOWfj4lZW>

Assault Runner Pro

<https://www.youtube.com/playlist?list=PLcD3kg-mzbN649Yqdosf-czWbV4hrhYiLI>

Assault Runner Elite

https://www.youtube.com/playlist?list=PLcD3kg-mzbN55EUi-No72KlpH2PP_srw2l

ROWERS:

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. If necessary, re-adjust the leveling feet

Weekly Maintenance:

- Clean rollers and roller tracks

Monthly Maintenance:

- Clean entire unit monthly
- Regularly check tightness of all bolts, nuts and screws
- Check and lubricate chain/belt

Miscellaneous Maintenance:

- Replace any batteries after 12 months to ensure there is no leakage and corrosion
- Professional service recommended every six months

Product Specific

Assault Rower Elite

<https://www.youtube.com/playlist?list=PLcD3kg-mzbN4jhhktoV-JOiSqT4UEZRlgh>



SPIN BIKES:

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. If necessary, re-adjust the leveling feet

Monthly Maintenance:

- 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

Miscellaneous Maintenance:

- Replace any batteries after 12 months to ensure there is no leakage and corrosion
- Please note that the left pedal is an opposite thread and is tightened by turning towards the front of the bike
- Please ensure that a form of lubrication is applied to the thread when fitting pedals to ensure the thread isn't stripped
- Professional service recommended every six months

UPRIGHT BIKES:

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. If necessary, re-adjust the leveling feet

Monthly Maintenance:

- 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

Miscellaneous Maintenance:

- Replace any batteries after 12 months to ensure there is no leakage and corrosion
- Professional service recommended every six months



TREADMILLS:

Daily Maintenance:

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

Miscellaneous Maintenance:

- Professional service recommended every six months

DUMBBELLS/ KETTLEBELLS:

Daily Maintenance:

- Wipe down units to remove any sweat or dust

Monthly Maintenance:

- Clean entire unit monthly to minimise any buildup or corrosion

SKI TRAINERS:

Daily Maintenance:

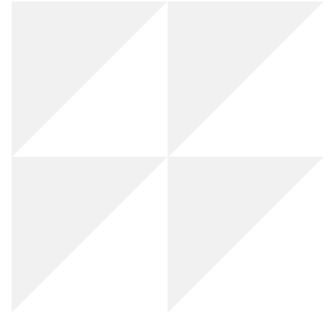
- Wipe down all surfaces to remove any dust and sweat residue
- Inspect the unit for noisy, damaged or loose components
- Ensure console is cleaned after each use

Monthly Maintenance:

- Clean entire unit monthly
- Regularly check tightness of all bolts, nuts and screws
- Remove any sharp edges on handles/pulleys to ensure longevity of drive cords

Miscellaneous Maintenance:

- Replace any batteries after 12 months to ensure there is no leakage and corrosion
- Professional service recommended every six months



STRENGTH/ CABLE MACHINES:

Daily Maintenance:

- Wipe down handles, smith bar, barbells, pads to remove any dust and sweat residue
- Inspect the unit for noisy, damaged or loose components

Monthly Maintenance:

- Clean entire unit monthly
- Apply silicone spray to guide rods, pulleys, pulley sliders and any other moving parts monthly
- Regularly check tightness of all bolts, nuts and screws

GYM FLOORING:

Setting Up:

- For best visual outcome and fit, arrange tiles in a brick pattern when laying 40+ tiles

Weekly Maintenance:

- Clean and vacuum tiles

Quarterly Maintenance:

- Deep clean and scrub to ensure tiles do not dry out or degrade

WALL/SLAM/DEAD BALLS:

Setting Up:

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

Daily Use:

- The valve must be topside when using
- We recommend covering the valve with a bright sticker or label to ensure this does not hit the ground. Damaged valves are not covered under warranty

