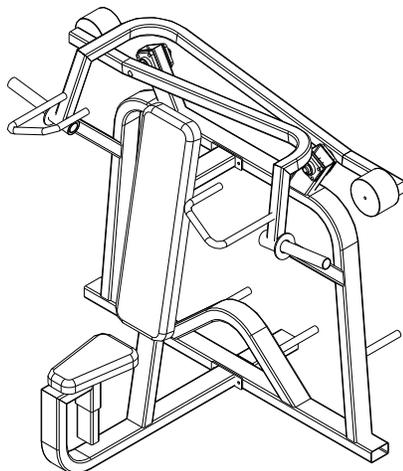
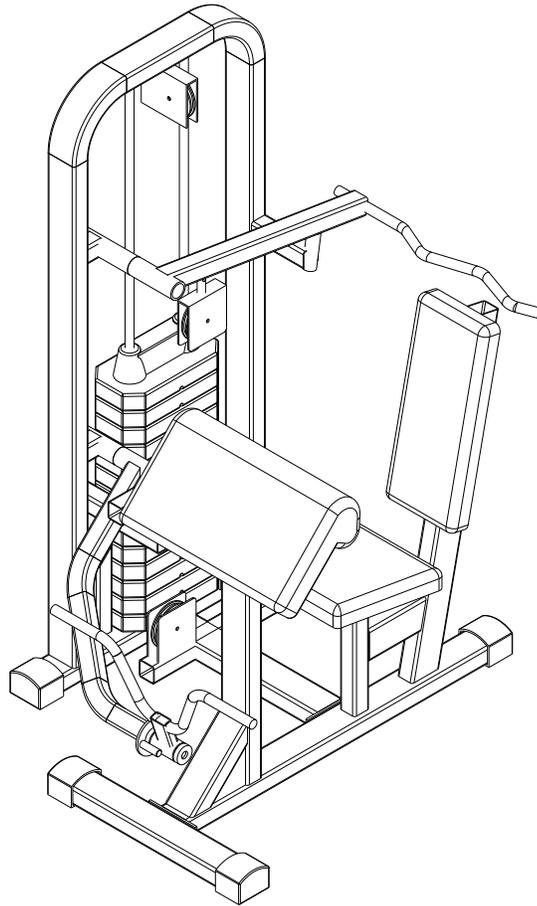
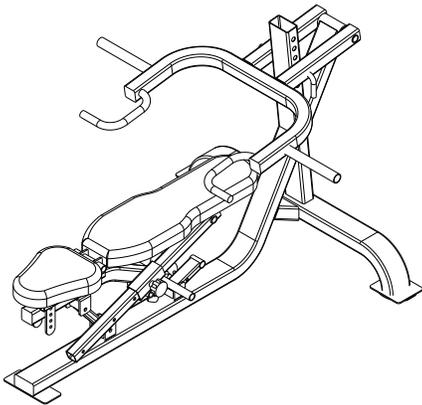


GENERAL SAFETY MAINTENANCE MANUAL



FOR TOTAL FITNESS COMPANY

A MESSAGE TO OUR CUSTOMERS

Thank you for purchasing Total Fitness Company products. Because of the many unique features included in these machines, this manual was created to provide you with information on how to properly maintain your equipment. Proper maintenance will ensure that your equipment will last for years .

Thank You for your patronage

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TOTAL FITNESS COMPANY
G-21,ASHRIWAD COMPLEX
CENTRAL SPINE ,
VIDHIYADHAR NAGAR
JAIPUR -302023 RAJASTHAN

PLEASE RETAIN THIS MANUAL FOR FUTURE REFERENCE.

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SAFETY & WARNINGS

1. Review and understand all of the warning labels affixed to this machine and on the facility safety sign. Replace any warning label at first sign of wear.
2. Be certain that the machine operation is understood before it is used. Refer to the instructional Procedure Label provided with the machine. Use only for the intended exercise. DO NOT invent or perform exercises not included on the Instructional Procedure Label. DO NOT modify the machine.
3. Keep children away from this equipment. Supervise use by teenagers.
4. It is recommended that users receive a thorough medical exam before commencing an exercise program. All medical issues should be reviewed to ensure that weight training will not aggravate pre-existing medical conditions.
5. Check the function of your machine daily by verifying the following:
 - Cables and end fittings are intact.
 - All adjustments are possible and carried out with ease.
 - The proper selector pin is in the weight stack.
 - The exercise is performed smoothly, free of noise and/or binding.
 - If the machine appears damaged or inoperable, DO NOT USE until it is repaired. Only use TFC supplied components to service this machine.
6. Instruct Users not to wear loose or dangling clothes or have headphone wire hanging when using this equipment.
7. Cables: Inspect the entire cable weekly and the end fittings daily. Pay close attention to the area going over pulleys and to the end connections. Replace all cables at first signs of wear and on an annual basis. Use only TFC supplied replacement cables.
8. Nuts, Bolts, and Fasteners: Check tightness weekly. If any hardware has become loose, retighten and/or use Loctite™
9. Use ONLY TFC weight selector pins. Other manufacturer's pins may work free of the weight stack causing possible injury. Be certain the pin is completely inserted prior to use.
10. DO NOT high-pin or double-pin the weight stack. DO NOT allow the machine to be used if the top plate or weight stack is pinned in a raised position. Use an assistant and carefully return the machine to the proper position with the cap plate resting on the top weight. Inspect the cable to ensure that it is seated in all of the pulleys.
11. Use ONLY the TFC adder weight system specifically designed for this machine.
12. DO NOT attempt to free any jammed assemblies by yourself as this may cause injury.
13. Adjustment Pins: check the function of the position selector pins on the adjustable arms. Make sure that the selector pin inserts completely into each position without binding.
14. Frames and Lifting Arms: Inspect weekly for integrity and function. Replace any component at first signs of wear. Use only TFC supplied components.
15. Follow the installation guidelines provided with the products. DO NOT install any fitness equipment near a pool, hot tub or other damp locations. Corrosion caused by installation in these locations can lead to premature failure of components.
16. The Maximum user weight for this equipment is 300 lb
17. Retain these instructions for future reference.
18. If you have any questions, do not hesitate to contact your TFC dealer .
19. Refer to Maintenance Schedule label on the machine and this manual for when to perform maintenance.

PREVENTATIVE MAINTENANCE PROGRAM

This manual is arranged according to the priority of items that should be included in your maintenance program. Preventative maintenance is critical to the safety of users and staff members as well as ensuring the optimum function of the equipment. If you haven't done so already, your facility **MUST** establish written guidelines for preventative maintenance. Keep written or electronic records of the inspections and details of corrective maintenance performed on these products. Availability of these records is important with regard to liability in the event of an injury.

In general, your maintenance program should include all areas of your facility including weight & cardio equipment, free weights, aerobics, wet areas, etc. As a minimum, the items presented in this document should be included in this program.

Use only **TFC** supplied components when servicing your machines. Be certain to replace any components at the first signs of wear.

This manual is divided into the following sections:

MAINTENANCE:



- Daily Inspection & Maintenance
- Weekly Inspection & Maintenance
- Annual Maintenance

EQUIPMENT USAGE



Items where the SAFETY logo appear are critical items that need to be thoroughly inspected and immediate corrective action taken in the event of any issue fou

DAILY INSPECTION & MAINTENANCE

The following items are critical to the safety of users and maintenance staff as well as ensuring the optimum performance of the machines. These inspections should be performed each day before the equipment is subject to use.

CABLES

One of the most critical areas that require frequent inspection on any weight machine is the cable or belt system that lifts the weight stack. If there exist the potential for an injury to occur on a machine, it will most likely lie in the cable system. Sudden failure of a worn cable can in some instances, result in injury to the user. It is the responsibility of the facility to inspect the cables frequently. Cables are components that wear over time. This means that the more often a piece of equipment is used, the greater the likelihood that cable wear will occur. This holds true for equipment made by any manufacturer and applies to urethane belts as well as wire rope cables. Listed below are the areas of the cable that require inspection.

1. Cable Wear: Inspect all cables for any signs of wear. Pay close attention to the cable in the area of the end fittings and attachment points. Inspect the areas around the pulleys and/or cams. On some equipment, removable plastic view ports are installed in the frame members. These can be taken off for visual access to inspect the cables. Shown below are examples of cables that exhibit signs of potential failure. If any of these conditions are apparent, the machine should immediately be taken out of service and repaired. Be sure to use only cables supplied by Total Fitness. Cables manufactured by TFC use the highest quality wire rope available with end fittings that are hydraulically swaged. In addition, each cable is load tested prior to shipment to ensure integrity. DO NOT use cables that have fittings attached with hand-crimp tools.

<p>Zig-Zag pattern. This indicates that the internal wire strands are unravelling. Replace Immediately.</p>		<p>Broken wire fibers. Usually due to extreme bending of the end fitting. Replace immediately. Investigate potential misuse of equipment.</p>	
<p>Crimp connector dislodged. Many variations. Replace immediately.</p>		<p>Wire jacket separated from wire. Failure imminent. Replace Immediately</p>	

DAILY INSPECTION & MAINTENANCE



1. Cable Fitting Attachment: Depending upon the machine, cable end fittings can either be securely fixed, rotate about a single axis, or can be free floating. On machines where the cable fitting is designed to rotate about a single axis, verify that the fitting rotates freely and that the hardware used to secure the cable pivot axle (most likely a pin or a bolt) is correctly fastened.

CAUTION, when tightening hardware for cable fittings that are designed to rotate, make sure not to overtighten as to cause the cable fitting to bind. An occasional application of synthetic grease can be applied to the cable fitting pivot axle.



2. Handle Fittings: Check the cable and fittings where handles are attached to the end of the cable. The fittings originally supplied with your machine are load rated snap-links and quick-links. Be sure the hex nut on the quick link is fully tightened. Be sure that the snap-link opens and closes easily and is fully engaged when closed. Replace if either are damaged.



3. Cable Tension: Ensure that the cables are adjusted to remove any slack using the threaded end fittings. These are normally located at the weight stack connection. Depending upon the machine, there may be multiple threaded fittings on multiple cables. You can determine if there is an over-abundance of slack by performing the exercise. As you start to move a load arm or handle, the weight stack should lift immediately. If not, the cable tension needs to be adjusted.

Loosen the CABLE NUT on the CABLE BOLT. Tighten the CABLE BOLT until the TOP PLATE just barely starts to lift off of the 1st WEIGHT plate. Verify that the SELECTOR PIN can be inserted into the bottom weight plate. If not, back off the cable tension slightly until the selector pin can be inserted. Verify that the TOP PLATE begins to lift immediately when the machine is used.



ADDITIONAL DAILY INSPECTION ITEMS

- Verify that rubber hand grips are intact and secure.
- Verify that anti-skid foot grips are intact and secure.
- Verify that the weight stack selector pin is attached with a coiled lanyard to the cap plate. Make sure to use only TFC Supplied selector pins.

CLEANING

DAILY CLEANING



Wipe all machines with a water dampened cloth and dry completely. This includes painted parts, chrome plated parts (except guide rods), plastic parts, and upholstered pads. It is important not to leave parts damp. This will increase the potential for corrosion to occur.

CAUTION: Certain anti-bacterial cleaners and other harsh cleaning agents can induce corrosion on the machine components. These solutions can also dry out and cause cracking and splitting on the vinyl upholstery. Use only the methods described here to clean your equipment.

HEAVY DUTY CLEANING

Painted Frames: If you have scuff marks, grease or a heavy dirt buildup on frame components, start with a mild soap solution or a diluted solution of a product such as Simple Green. If you cannot remove the marks using those methods, use a car polish/cleaner. **DO NOT** use solvents such as lacquer thinner, mineral spirits or acetone. For deeper scuff marks, use an automobile finish rubbing compound.

Upholstery: For heavy duty cleaning, use a mild soap solution. This method should be sufficient in the majority of instances. In severe stain cases, you can use a solution of 5-10% household bleach diluted with water. Be sure to test an inconspicuous area first. **DO NOT** use chemical cleaners on the vinyl upholstery. You can also use a lanolin based hand cleaner to clean your upholstery. Wipe off after cleaning with a damp cloth and thoroughly dry.

Plastic Parts: Use a mild soap solution to clean dirt and grease marks.

Labels: Use a mild soap solution to clean dirt and grease marks.

Shrouds: Use a mild soap solution to clean dirt and grease marks.

WEEKLY INSPECTION & MAINTENANCE

In addition to the items listed under “DAILY MAINTENANCE”, the following items should also be inspected on a weekly basis:

WEEKLY INSPECTION:



- Cable: Check entire length of cable & end fittings for any signs of wear. Replace immediately as required. (Refer to Daily Maintenance Section).
- Weight Stack Cable Nut: Verify that the CABLE BOLT is engaged more than 1-3/8” [35 mm] and that the nut is tight. (See Daily Maintenance Section).
- Function Test: Place the selector pin in the TOP PLATE. Cycle the machine through the intended motion. Verify that the machine operates smoothly without binding. Select a moderate weight and repeat.
- Pulley Wheels: Verify that each pulley rotates freely when performing the exercise. A pulley that does not rotate will cause extreme cable wear and could lead to cable failure. Determine cause and remedy immediately.
- Adjustment Pop Pins: Verify that the pins retract easily and fully engage (when released) into each adjustment disc hole/slot. The pop pins are spring loaded so they should return to the engaged position when you release the knob.
- Weight Selector Pins: Check the weight stack pins and verify that the ball detents are intact. If they are missing or not functioning, replace the pin.
- Locking Knobs: Verify that the knobs thread in freely and lock the appropriate adjustment.
- Cable Actuated Adjustments: Verify that the adjustment pin disengages and engages freely when actuating the adjustment mechanism. Be sure that the adjustment pin inserts fully into the adjustment disc.
- Hardware (nuts/bolts and fasteners): Verify that hardware is tight and that associated frame members are secure. Apply a few small drops of a thread locking compound such as Loctite 242 on any loose bolts.
- Frames Members: Inspect for integrity and function. Replace any components at the first sign of wear with only TFC supplied parts.
- Bronze Bearings: Check for signs of wear and replace as needed. Pivot arms should rotate freely but not be overly loose (sloppy fit).

WEEKLY CLEANING & LUBRICATION



- Guide Rods: Clean and d with a Dry cloth . Spraying lubricant into the cap plate bushings is also recommended.
- Chromed Adjustment Tubes: Wipe away dust and dirt before applying a Teflon spray lubricant.
- Linear Bearings: Clean the linear shaft and lubricate (as required) with a grease such as Magnalube or other . Keeping linear bearings clean and lubricated is critical to long life and good performance.

ANNUAL MAINTENANCE

If your maintenance program has been in effect and includes all of the items included in the DAILY & WEEKLY INSPECTION & MAINTENANCE sections, your products should be in very good condition both operationally and aesthetically.

CABLES:



It is critical to the safety of the users that all cables be replaced on an annual basis. This reiterates the necessity for proper documentation of machine maintenance to determine the frequency of cable replacement on various machines.

EQUIPMENT USAGE

Proper care of your equipment is important. Instructing members on how to properly use the equipment is equally important to reducing your maintenance time and costs. Below are some important safety and maintenance points that both the facility staff as well as the users should be instructed on.

1. Review and understand all of the warning labels affixed to the machine and on the facility safety sign.
2. Be certain that the machine operation is understood before it is used. Refer to the instructional Procedure Label provided with the machine. Use the machine only for the intended exercise. DO NOT invent or perform exercises not included on the Procedure Label.
3. Keep children away from this equipment. Supervise use by teenagers.
4. It is recommended that users receive a thorough medical exam before commencing an exercise program. All medical issues should be reviewed to ensure that weight training will not aggravate pre-existing medical conditions.
5. Instruct users that if the machine appears damaged, jammed or inoperable, DO NOT use it and notify a staff member immediately. Instruct users not to attempt to fix the machine.
6. Instruct users that the weight selector pin must be fully inserted into the weight stack.
7. Never pin weights or the top plate into an elevated position. DO NOT use the machine if found in this condition. Notify a staff member.
8. Use only the TFC incremental adder weight systems specifically designed for each machine. DO NOT use dumbbells, free weights hanging off the selector pin or other means to increase the resistance.
9. DO NOT modify the machines in any way without express written consent from TFC.
10. Instruct users not to wear loose or dangling clothes or have headphone wires hanging when using this equipment.

Total Fitness Company

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