

LEGEND FITNESS® GENERAL SAFETY AND MAINTENANCE MANUAL

▶ IMPORTANT SAFETY NOTICE

Safety and injury prevention should be of the utmost importance in your fitness environment. Routine maintenance and inspection of your fitness equipment goes hand-in-hand with injury prevention. It is important to establish written guidelines for safety inspections and a regular program for preventative maintenance. The following recommendations can help you create your routine maintenance schedule for your Legend Fitness equipment and this provide a safe fitness environment.

All fitness facility owners, staff members, and maintenance personnel should read and understand the Legend Fitness general use and safety guidelines prior to instructing members on proper use. Safety information should be posted in a prominent location and users should be directed to refer to these guidelines regularly. Direct supervision of the facility floor should be provided at all times.

▶ GENERAL SAFETY INFORMATION

Before and after Legend Fitness products are put into service, inspection and testing should occur to ensure the equipment is in proper working order. A complete maintenance and inspection program should be developed in implemented immediately upon putting Legend Fitness products into service. This program should be documented so as procedures are followed correctly. No Legend Fitness equipment should be modified in any way. If there is any suspicion of damage or malfunction, discontinue use immediately and indicate the product is out of service with an "Out of Order" sign. Notify qualified maintenance personnel immediately

▶ USER SAFETY INFORMATION

Discuss exercise plans and goals with your physician prior to beginning any exercise program. Always read all warning labels before use and do not attempt to operate any Legend Fitness product without prior knowledge and understanding. Consult a qualified staff member for information on basic operation, proper use of equipment, and safety procedures prior to use. Keep hands and feet clear of all moving parts while equipment is in use. Be sure to insert the weight stack selector pin fully, as partial insertion may cause weights to fall unexpectedly, resulting in injury or damage to the machine. Never remove a weight stack selector pin if stack is suspended. Never attempt to clear a jammed weight stack, and call for a qualified maintenance personnel if a machine is not functioning properly. Always maintain full control of the weights while exercising. Avoid slamming or dropping the weight stack, as this can cause damage or injury. Failure to follow these instructions and those from a qualified staff member regarding proper use of Legend Fitness equipment may result in serious injury.

▶ MAINTENANCE AND INSPECTION

Regular inspections and maintenance are critical to ensure the safety of your equipment users and peak performance of your Legend Fitness equipment. While all Legend Fitness equipment is manufactured using quality components and is designed to offer maximum performance with minimal maintenance, wear is inevitable. Regularly inspecting and carefully maintaining your equipment will extend its life and help ensure the safety of its users. Always work with qualified personnel that have the experience and expertise to perform maintenance and inspections on your Legend Fitness equipment, and be sure to replace damaged or worn parts with genuine parts directly from Legend Fitness. Written records of all inspections and any maintenance should be kept, as they are often required in the event of an injury. The below guidelines are intended to be used as suggestions for designing your own safety and routine maintenance program.

▶ SUGGESTED DAILY INSPECTION SCHEDULE

Each machine should be inspected and cleaned daily. The general operation should be checked, and during so the inspector should be looking, feeling, and listening for any abnormal vibrations or noises.

Cables and Pulleys

Cables are wear items, which means the more they are used, the faster they deteriorate. Cables should have the entire length visually checked, with special attention paid to the area going over pulleys and the ends. Cable end fittings should also be inspected. While inspecting the cables, look for cracked or broken nylon coating, kinked cables, or ballooned points—these are signs of damaged cables, which can result in injury. Any machine exhibiting cable damage or wear should be removed from service and the cables should be replaced. Replacement cables can be ordered from Legend Fitness.

During the cable inspection, pulleys should also be looked at. Pulleys should be inspected for surface damage, hairline cracks, and damaged bearings. Excessive noise or vibration during use is an indication of a bad pulley. Machines with bad pulleys should be removed from use and pulleys should be replaced immediately.

Frames

Frames should be inspected for chips in the powder coat finish, cracks, corrosion, and rust. If any of these things are noticed, it is important to take the machine out of service and contact a qualified fitness equipment service technician.

Upholstery

Like cables, upholstery is a wear item; with more use comes more wear. Upholstery should be inspected for tears, rips, and cracks, as these are all signs that the upholstery needs to be replaced. While worn upholstery is not necessarily cause for pulling a machine out of commission, it is recommended as breeches in the upholstery can harbor bacteria or cause scratches to users.

▶ SUGGESTED DAILY CLEANING ROUTINE

While inspecting machines, it is important make sure they are clean as well. Sweat and body oils can break down finishes on metals as well as upholstery, and it is best to make sure they are removed daily to ensure your Legend Fitness equipment remains in peak operating shape. It is best to clean machines at the end of the day, during inspection rounds, to make sure potential corrosive materials do not sit overnight.

Frames should be wiped down daily with a damp cloth. If a more thorough cleaning is needed, a mixture of mild dish soap and water can be used. After cleaning, frames should be dried completely using a clean cloth to further prevent corrosion or rust from forming.

Upholstery should be cleaned with a solution that is ten percent mild dish soap and warm water, applied with a damp cloth (or soft bristle brush for more stubborn soiling). Wipe the residue away with a damp cloth and then completely dry with a soft cloth.

CLEANING NOTICE:
When cleaning, do not use harsh chemicals such as ammonia, solvents, lacquer thinners, acetone, Windex, Simple Green, 409, Lysol, alcohol-based cleaners or similar products, as they can damage the powder coating and dry out upholstery. Abrasive materials should also be avoided, as they can scratch surfaces.

▶ SUGGESTED WEEKLY CLEANING AND MAINTENANCE ROUTINE

Weekly cleaning should be more thorough than daily cleaning. While doing a more thorough cleaning of your equipment, it also helps to do some regular maintenance as well. A weekly cleaning and maintenance routine will further prolong the life of your Legend Fitness equipment if done correctly.

Cables and Fasteners

Cable tension should be checked and adjusted at the movement arm or if necessary. Nuts, bolts, and fasteners should be checked to ensure they are tight. If they need to be tightened, we recommend using Loctite Threadlocker 242.

Frames

Frames should be polished as needed with a good automotive or non-appliance wax, which provides a barrier against corrosive fluids. Avoid using harsh cleaners and chemicals or abrasive materials.

Upholstery

While common in gyms, alcohol-based wipes and sprays can accelerate the drying out of upholstery and increase the chances of premature wear and cracking. Use a standard vinyl upholstery cleaner or a lanolin-based hand cleaner, which will help lubricate the Naugahyde and maintain its natural flexibility, which will reduce the chances of cracking. To restore the luster, lightly spray the upholstery with a spray furniture wax and wipe off after 30 seconds using a clean white cloth. Avoid using harsh chemicals that can dry the upholstery or colored cloths which can transfer color.

Guide Rods and Weight Stacks

Guide rods should also be cleaned on a weekly basis. Wipe all dust and dirt off with a clean, soft, dry cloth. Spray a silicone-based lubricant onto a cloth and wipe the rods. Avoid all oil-based lubricants except WD-40.

Weight stacks should be wiped down and inspected. Chips in the black coating can occur over time and can be covered using matte black touch up paint or a black permanent marker. If light rust appears on the surface, spray WD-40 onto a clean cloth and wipe down the weight stack. If you see cracks in the weights or other damage, put an "Out of Order" sign on the machine and contact Legend Fitness for a replacement weight stack.

Bearings

Linear bearing shafts need to be regularly cleaned and lubricated for continued performance and reliability. The shafts should be checked for rust prior to cleaning. If rust is found, remove it with fine sandpaper or steel wool prior to lubricating, and then wipe down the linear rails with a clean, soft, dry cloth. This removes dust, hair, and debris. Once the linear bearing shafts are wiped down, a small amount of silicone-based spray lubricant or WD-40 should be sprayed onto a clean cloth. Use the cloth to apply a thin layer of lubricant, being careful to not over apply as too much lubricant can cause grime buildup and hinder machine performance. Dripping or running lubricant is a sign of over application. It may be necessary to have someone slide the carriage up and hold it so that the rods can be coated completely.

Sealed bearing pivot points require no lubrication, but should be wiped with a clean, dry rag to remove dust and dirt buildup. Check movement as well.

▶ FOR FURTHER ASSISTANCE OR QUESTIONS

If you need further assistance or have questions about Legend Fitness strength equipment, please visit the websites listed below.

Replacement Parts

To order replacement parts, please visit www.legendfitness.com/contact/replacement-parts and fill out the form. A Legend Fitness parts expert will be in touch with you regarding your needs within 72 hours.

Service Requests

To request service on your Legend Fitness equipment please visit www.legendfitness.com/service-requests and fill out the form. A Legend Fitness service representative will contact you regarding your service needs within 72 hours.

Further Questions

If you are unable to find the answers to your questions, or need further assistance, please contact service@legendfitness.com or call Legend Fitness toll-free at (866) 753-4363 to discuss your concerns with a representative. Legend Fitness representatives can only assist you with questions or concerns relating specifically to Legend Fitness equipment. For other equipment issues, please contact those manufacturers directly.