

FREECLIMBER /4000 PT® MAINTENANCE SCHEDULE

This is a quick reference guide to preventive maintenance for the 4600/4400/4200/4000 Exercise Systems. Please refer to the owner's manual that is provided with each machine for complete service, repair and operating instructions.

PART	RECCOMENDED ACTION	FREQUENCY	CLEANER	LUBRICANT
Console	Wipe Clean	Daily	Water	N/A
Covers	Clean and inspect	Daily	Diluted house hold cleaner	N/A
Drive and Step Chains	Lubricate	Each week or after 70 hours	N/A	30W motor oil
	Remove, clean and lubricate	Every 3 months or 900 hours	Degreaser	30W motor oil
Step Chain Connection Points	Clean and lubricate	Every 3 months or 900 hours	Clean, dry rag	Multi purpose grease
Spring Pulley Shafts	Clean and lubricate	Every 3 months or 900 hours	Clean, dry rag	Multi purpose grease
Pedal Shafts & Leveling Arm Pins	Clean and lubricate	Every 3 months or 900 hours	Clean, dry rag	Multi purpose grease
Pedal Arm Return Springs	Inspect and wipe down	Each week or after 70 hours	N/A	Clean, oil dampened rag
Pedal Arm Shafts	Clean and lubricate	Every 3 months or 900 hours	Clean, dry rag	Multi purpose grease
Battery	Check Voltage	Every 3 months or 900 hours	N/A	N/A
Belts	Inspect & adjust tension	Every 3 months or 900 hours	N/A	N/A

Note: Use of lubricants other than those specified will result in diminished performance and a shorter life span for that part.