



Preventative Maintenance

S-CT Preventative Maintenance

S-CT, S-TBTx, S-TBT

With durable, high performance components, **STAR TRAC S-CTx CROSS TRAINER** is designed for heavy usage with minimal maintenance required. To keep your trainer in top condition, Star Trac strongly recommends performing the regular daily, weekly, and monthly preventative maintenance routines outlined below. Any unusual symptoms, such as a loud continuous noise during operation, should report to **STAR TRAC PRODUCT SUPPORT DEPARTMENT** at (800) 503-1221.

DAILY MAINTENANCE

- Remove excessive accumulations of dust, dirt, and other substances by using a clean, soft cloth and a non-abrasive liquid cleaner, such as Formula 409™ or FANTASTIK™. Wipe down the exterior of the display panel, upper body arms, pedals, shrouds and heart rate grips.

NOTE: DO NOT spray the cleaner directly onto the display panel or heart rate grips.

WEEKLY MAINTENANCE

Perform the following services each week:

- Vacuum the floor under and around the trainer. Move the trainer to another spot, if necessary, to vacuum thoroughly.
- Inspect the display panel mounting screws for security, and retighten if necessary.
- Inspect the display panel keypads for wear.

MONTHLY MAINTENANCE

Perform the following services each month, or as needed:

- Check that the pedals and shrouds are secure.
- Check the upper body arms for security. Tighten bolts as necessary.
- Check for smooth and quiet operation of all moving parts.