

REFORMER MAINTENANCE AND SAFETY

By WENDY HEATON – *Balanced Body*

SPRINGS

Weekly or monthly, depending upon frequency of use. Spring inspections are critical for maintaining your equipment in safe operating condition. They should be replaced after 3,000 hours of use. If, for example, your Reformer is used 30 hours a week, you should replace the springs every two years. When worn or old they lose their resilience, and may break during use. Serious injury may result if a spring breaks during use.



← Look for gaps and kinks between the coils when the spring is at rest. It is okay for the spring to have a gap on the tapered end (a gap is sometimes created when the hook is inserted during the manufacturing process). The body of the spring, however, should have no gaps. A gap or kink indicates a possible weak point. If you see gaps or kinks in the body of the spring, discontinue using it immediately.

SPRINGBAR HOOKS OR EYEBOLTS

Monthly - Verify that the nuts holding the springbar hooks are tight. If your machine uses springbar eyebolts instead of springbar hooks, verify that the eyebolts are tight.

ROPE WEAR

Quarterly - Ropes should be replaced if you can see the core of the ropes through the outer jacket or if the ropes are flattened. Be sure to check the sections of rope that attach to the clips and run through the pulleys.

SPRING ROTATION

Quarterly - On Reformers, you can prolong spring life by rotating those of the same weight each quarter. People tend to use one spring more than others — for example, a right-handed person would tend to use the red spring on the right more than the red spring in the middle or the left. Rotating the springs helps them wear more evenly.

Springs hooked downward. When you install your springs, make sure they are hooked to the carriage in a downward position. If they are hooked upward, they can fall off.

Secure the carriage. When the Reformer is not in use, be sure that at least two springs secure the carriage. Use a neutral position for the springs.

Default settings. Many users have a “default setting” for Reformers. At the end of a session, the user connects a prescribed number of springs in neutral tension, sets the footbar at a pre-determined height, and sets the ropes at a specified length. This ensures that the machine is ready for the next use, and that the carriage is secured by the springs.

Footstrap under tension in box work. When using the box and footstrap, be sure the footstrap is under tension (with snaps pulling from the top of the eyebolt) before beginning the exercise.

CLEAN THE TRACKS AND WHEELS

Weekly - For smooth carriage travel and to maintain the longevity of the wheels, we recommend that you wipe down the

tracks once a week. Disconnect the springs and clean the entire length of the tracks with a soft cloth and a mild commercial cleaner such as Simple Green®, Fantastik® or 409®. Do not use abrasive cleansers or pads, as they can damage the anodizing on the rails.

To clean the wheels, hold the cloth against the wheels while you move the carriage. If you feel a bump in the ride, chances are dirt has adhered to the surface of the rails or wheels. Be diligent about keeping hair out of the rails. Hair can wrap around the wheel axles and eventually build up and cause wheel failure. Use tweezers to remove hair from the wheels.

LUBRICATION

As needed - Most Reformers never need silicone, but occasionally a sidewheel may squeak. If this happens, lightly spray dry silicone on the aluminum tracking rail where the sidewheel makes contact and wipe off the excess. Dry silicone does not have an oil base. Oil-based (wet) silicone and WD40 attract dirt and should not be used. Never spray silicone near or inside the wheels — this can wash the lubricant out of the bearings and ruin the bearings. You can purchase dry silicone at most hardware and auto parts stores.

Pulleys sometimes require lubrication to stop a squeak. Direct a very quick spray of dry silicone or Teflon spray into the pulley.

FOOTBAR SUPPORTS

Quarterly - Verify that the pivot screw that attaches the footbar support to the footbar is tight, but not so tight that it prevents the support from rotating freely.

UPHOLSTERY CLEANING.

You can extend the life of your upholstery by keeping it clean and free of dirt, oil and perspiration. After each use, wipe down the upholstery with a solution of mild soap and water. Then wipe it down with clean water and dry with a rag.

Upholstery disinfecting. Boltaflex® upholstery is coated with PreFixx Protective Finish, which offers antibacterial protection. If you want additional disinfection, use any off-the-shelf disinfectant spray or solution, such as Pine Sol® or Lysol®. Tea tree oil mixed with water can also be used as a cleaner and disinfectant. Since disinfectants will leave a fragrance residue buildup with repeated use, we recommend wiping down the disinfected area with clean water using a sponge or soft rag.



FUNCTIONAL TRAINERS

Care & Maintenance

By NATIONAL FITNESS PRODUCTS OF CANADA

DAILY

UPHOLSTERY - GENERAL CLEANING

- Wipe using a soft cloth dampened with a light solution of household dish detergent and warm water.
- If necessary, use a soft bristle brush with the cleaning solution.
- Always remove the cleaning solution using a cloth dampened with clean water. Rinse often.

TOWERS AND FRAMES

- Wipe with a light solution of mild soap and warm water. Rinse and dry thoroughly.
- Important:* Do not use abrasive cleaners because they may scratch the equipment. Strong cleansers and abrasives will damage decals. Use caution around decals. Do not use solvents such as lacquer thinner, kerosene, gasoline, or similar liquids.

STAINLESS STEEL COVERS

- Wipe with a light solution of mild soap and warm water. Rinse and dry thoroughly.
- If desired, use available commercial stainless steel polishing compounds. Follow manufacturers' instructions.

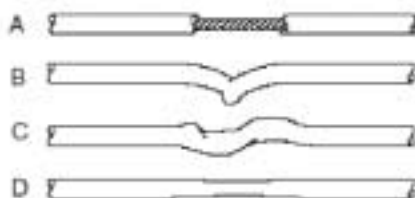
WEEKLY

HARDWARE

- Check all nuts and bolts. Tighten them as required

CABLES

- Check all cables for proper tension.
- Check the entire length of the cable by pulling each handle individually to its fully extended position and inspecting the cable that is exposed on the exterior of the machine, as well as the cable inside of the cut stack tower.
 - Run your fingers along the cable, paying close attention at the bends and attachment points.
 - Watch for the following conditions, which may indicate a worn cable in need of replacement:



- A. Torn or split cable sheath that exposes the cable
- B. Kinked or severely bent cable
- C. Curled or twisted sheath
- D. Stretched cable sheath, showing a thinning cross-section

MONTHLY OR AS REQUIRED

WEIGHT STACK GUIDE RODS

- Clean and lubricate the full length by wiping using a soft cloth containing a

light weight motor oil, 10/40 or straight 30 weight. Only a light coating over the entire length is needed.

NOTE: Do not use Teflon or Silicone based lubricants.

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