

SAFETY AND MAINTENANCE GUIDE

ARSENAL STRENGTH

SAFETY NOTICE

In general, machinery will always require preventative maintenance. Routine inspection and maintenance of all fitness equipment is essential to prevent injuries from misuse. It is important that all gym, personal training, or home facilities create a plan of action with written guidelines and inspection expectations that are checked on a scheduled basis. We recommend the following instructions to create and maintain a safe fitness environment and to care for your Arsenal Strength Equipment. Regular checks help ensure preventative maintenance is provided before equipment will break or hurt someone.

This guide should be read and understood by all parties who are responsible for both the equipment and the users of equipment. This includes but is not limited to staff, owners, and maintenance personnel. Please provide this guide to all of those individuals and post in a prominent location. Please direct all parties to refer to this information on a regular basis. Supervision of use of Arsenal Strength Equipment by those who understand these procedures is recommended at all times.

GENERAL SAFETY

Arsenal Strength Equipment should be inspected thoroughly before and after installation to make sure that all parts, moving or otherwise, are in good working order. A maintenance program with scheduled checks and written guidelines should be put into effect as soon as Arsenal Strength Equipment is put into service. The Maintenance schedule should be documented and all steps should be performed correctly. Training needs to be provided to all responsible parties so all safety and maintenance processes are performed correctly.

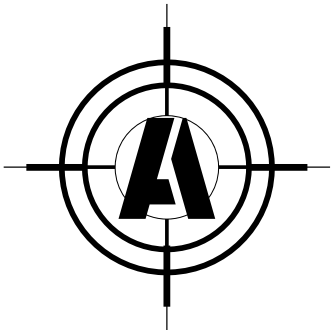
No Arsenal Strength Equipment should be modified or altered in any way. If there is any indication or suspicion that your equipment has been damaged or is defective, suspend use immediately and provide obvious signage informing any user that the machine is "OUT OF ORDER." Inform a qualified maintenance provider immediately.

Do not use Arsenal Strength Equipment in any way that it is not intended for. Improper use can lead to injury. It is strongly recommended that all Arsenal Strength Equipment is securely bolted to the floor to prevent falling over in the event someone is misusing the machinery.

USER SAFETY INFORMATION

Exercise plans and goals should be discussed with your physician prior to beginning any fitness or health program. All warning labels should be read and understood prior to use. Do not attempt to operate any Arsenal Strength Equipment without understanding the inherent risks associated with use. Qualified staff members should be contacted for information on basic operation, proper use of equipment, and safety procedures before using Arsenal Strength Equipment. Do not put hands or feet close to any moving parts while equipment is in use. Ensure that all pop-pin selectors are properly inserted into weight stacks. Incomplete insertion can cause weights to fall or collapse and this could result in injury or damage to the machine. Never attempt to or fully remove a selector pin if the stack is engaged or suspended. If the weight stack should become jammed, notify a qualified maintenance provider and never attempt to repair or otherwise alter a malfunctioning machine yourself. Always maintain full control of the weights while exercising. Do not drop the weight stack, or cause plates to slam against one another. This can cause damage or injury.

If there is a failure to understand and adhere to these guidelines for proper use, and/or a failure to train qualified maintenance providers, use of Arsenal Strength Equipment may result in serious injury. It is up to the owners and operators of the facility to ensure these precautions are in order.



INSPECTION AND MAINTENANCE RECOMMENDATIONS

It is critical to perform regular, scheduled maintenance and inspections in accordance with Arsenal Strength Guidelines. Optimal performance of equipment is contingent upon routine checks. Arsenal Strength Equipment is built out of premium quality components. These components are engineered to require minimal maintenance, with a long lifespan, but inevitable wear and tear will result from regular use. It is recommended that equipment is inspected by qualified individuals who document all inspections performed. In the event of an injury, maintenance and inspection records are usually required and helpful. Any damage or worn-down parts should be noted and replaced. If damage or recommended replacement is noted, it should be reported and repaired before use of the machine can resume. Please see the guidelines below to design your safety check and maintenance program.

Suggested daily inspection:

- Each machine should be inspected and cleaned daily.
- A qualified individual should perform the inspection to look at, feel and listen to the machine for any abnormal movements, noises, or vibrations.
- Cables, Belts and Pulleys
 - * Cables and belts should be checked often and thoroughly. Since cables and belts are designed to be replaced regularly for optimal performance, they will inevitably deteriorate over time. The more a machine is used, the faster belts and cables can deteriorate. The entire length of the cable or belt should be inspected visually and attention should be paid to sections of cables and belts that move over pulleys and the ends of the cables or belts that are affixed to weight or handle objects. Cable end fittings need to be inspected as well. Look for cracks, breaks, blisters/ballooning, or imperfections in the nylon coating. These are all potential signs of damaged cables or belts. Damaged or worn out parts could lead to injury. Any machine that shows signs of damaged or worn out cables or belts should be suspended from use and replacement parts can be ordered from Arsenal Strength.
 - * Pulleys should be inspected for damages to the surface for any hairline cracks. Special attention should be paid to the bearings. Be cognizant of any excessive noise, grinding, or vibration. These can all be signs of damaged or worn out pulleys. Damaged or worn out parts could lead to injury. Any machine that shows signs of damaged or worn out pulleys should be suspended from use and replacement parts can be ordered from Arsenal Strength.
- Frames
 - * Please inspect frames for chips or imperfections in the powder coating. If cracks, rust or corrosion occur, suspend use of the machine and a qualified maintenance provider should be contacted immediately.
- Upholstery
 - * Upholstery is designed to be replaced when worn out. The more a machine is used, the faster deterioration can occur. Please inspect upholstery for tears, cracks and rips. These examples of wear are all indications that upholstery needs to be replaced. In general, damaged upholstery will not require a machine to be pulled out of service, but damaged upholstery can harbor germs and bacteria or scratches that could result in illness or injury to users.

RECOMMENDED DAILY CLEANING

Due to the nature of fitness and strength training, sweat and body oil accumulation is inevitable and equipment should be cleaned regularly as a result. Sweat and body oil accumulation can lead to rust, corrosion, breaking down upholstery and metal finishes. Oils and sweat should be removed daily to keep equipment in optimal condition. Cleaning should be performed at the end of the day. Ideally, daily inspection should occur at the same time. Clean the machines at the end of the day to prevent corrosive fluids from sitting on the equipment overnight.

Check List:

- Wipe down frame with a damp cloth - if more thorough cleaning is needed, mild dish soap and water can be used.
- Dry Frames with a separate, clean cloth to prevent dampness, corrosion, and rust.
- Clean upholstery with diluted dish soap and warm water; a soft bristle brush can be used for sticky or stubborn soiling.
- Wipe upholstery with a dry, clean cloth to completely dry it.

NOTE ABOUT CLEANING

- Do not use ammonia based cleaners (examples: Windex, 409, Lysol) solvents, lacquer thinner, acetone, Simple Green, alcohol-based products, harsh chemicals or similar substances because these fluids can damage powder coating and upholstery.
- Do not use abrasives or powder cleansers.
- Always spray cleaning materials away from machines. Overspray can cause damage.
- Oil Based Lubricants should be avoided because they can damage powder coating and upholstery.

If you need replacement parts or if you have warranty requests,
please visit our website here:

www.MyArsenalStrength.com/Warranty-Request/

Please be mindful that improperly cared for equipment is not covered under warranty. Please take clear and detailed photographs of parts and damage to ensure proper service.

For questions, comments, or concerns please call (865) 333-5444

RECOMMENDED WEEKLY CLEANING AND MAINTENANCE

A deeper clean and check is recommended on a weekly basis.

Check List

- Cables and Fasteners- check tension, nuts, bolts, fasteners. Ensure there are no loose connections. Loctite® Threadlocker 242 can be used if needed.
- Frames- use a high quality automotive or non-appliance wax, this will protect against corrosive fluid buildups. Do not use harsh cleaners, chemicals or abrasive materials.
- Upholstery - Alcohol wipes are not recommended. They will cause drying and cracking upholstery. Use a high quality vinyl upholstery cleaner or a lanolin-based hand cleaner, to moisturize the Naugahyde and maintain natural flexibility, which will reduce the chances of cracking. Spray furniture wax may be used to shine upholstery. Please follow instructions on the bottle. Do not use harsh chemicals that can dry the upholstery. Do not use colored cloths which can transfer color.
- Guide Rods - Remove dust and grime with a clean, soft, dry cloth. Lubricate rods with a silicone- or teflon-based lubricant onto a cloth and wipe the rods. Do not use oil-based lubricants.
- Weight Stacks - Inspect and dust weight stack. If minor chips occur, they can be covered using matte black touch up paint or a black permanent marker. If needed, a rust remover can be used on light areas of rust. For cracks in the weights, or more severe, non-cosmetic damage, suspend use immediately and provide obvious signage informing any user that the machine is "OUT OF ORDER." Inform a qualified maintenance provider immediately and contact Arsenal Strength for replacement parts.
- Linear Bearings - For maximum reliability and performance, clean and lubricate linear bearing shafts weekly. Inspect shafts for signs of rust prior to cleaning. If rust is found, remove it with fine sandpaper or steel wool (do not use abrasive cleaners with steel wool). and then dust linear rails with a clean, soft, dry cloth and be sure to remove any hair or debris. After the linear bearing shafts are clean, use a small amount of lithium grease on a clean cloth (spray away from machinery). Apply a thin layer of lubricant. Do not over-apply because too much lubricant can cause buildup and hinder machine performance. If you see dripping or running lubricant, you have over-applied it. Be mindful that someone may need to slide the carriage up and hold it to coat the rods completely.
- Sealed (Pillow Block) Bearing pivot points should be wiped with a clean, dry rag to remove dust and dirt buildup. Lubrication is not required. Check for correct movement.

