

MATRIX

**CARDIO PRODUCT:
BASIC CLEANING
AND MAINTENANCE
CHECKLIST**



WELCOME TO MATRIX

Regular cleaning and performing preventive maintenance extends the life of your equipment and will increase member loyalty!

Refer to the Approved Cleaners, Disinfectants and Lubricants document prior to performing cleaning or maintenance.

Contact servicetraining@johnsonfit.com for more information.



The checklists below are maintenance recommendations beyond the daily cleaning of the equipment.

MATRIX TREADMILL (MODELS WITH RUNNING BELT)

MONTHLY

Tasks	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Clean console with approved cleaner												
Wipe exposed sides of running deck and side rails with approved cleaner												
Wipe entire frame and shrouds with approved cleaner												
Inspect power cord & power cord bracket												
Test emergency brake & tether/clip												
Test running belt tension & alignment												
Test handlebar toggles & quick keys												
Test console functions												

Bumps on rear rollers will be an indication that more frequent cleaning must occur under the treadmill.

QUARTERLY

Tasks	Q1	Q2	Q3	Q4
Clean console with approved cleaner				
Wipe exposed sides of running deck and side rails with approved cleaner				
Wipe entire frame and shrouds with approved cleaner				
Inspect power cord & power cord bracket				
Test emergency brake & tether/clip				
Test running belt tension & alignment				
Test handlebar toggle & quick keys				
Test console functions				
Remove motor cover and vacuum entire area				
Test incline motor				
With incline motor at max incline, turn off power or press the emergency stop - clean and lubricate incline motor screw				
Elevate and/or move treadmill and clean under entire unit				
Grease the cam and plate interface on the lift caster assemblies if applicable (as needed)				

Bumps on rear rollers will be an indication that more frequent cleaning must occur under the treadmill.

The checklists below are maintenance recommendations beyond the daily cleaning of the equipment.

MATRIX TREADMILL (MODELS WITH RUNNING BELT)

QUARTERLY

To clean under a treadmill:

- Press "Go" then press "Incline Up" until it has reached max incline
- Press the "e-stop" then unplug the treadmill from the floor/wall outlet and lay the cord over the motor cover onto the running belt (disconnect coax if present as well)
- With two people, lift the back of the treadmill and roll back as far as you are able
- Clean area where treadmill was placed
- With two people, lift the back of the treadmill and roll back into its original position
- Plug in power cord (and coax if present), then lift the e-stop to reset the incline



The checklists below are maintenance recommendations beyond the daily cleaning of the equipment.

MATRIX TREADMILL (PERFORMANCE PLUS - SLAT BELT)

MONTHLY

Tasks	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Clean console with approved cleaner												
Wipe entire frame and shrouds with approved cleaner												
Inspect power cord & power cord bracket												
Test emergency brake & tether/clip												
Test handlebar toggles & quick keys												
Test console functions												

QUARTERLY OR BI-ANNUALLY

Tasks	Q1	Q2	Q3	Q4
Clean console with approved cleaner				
Wipe entire frame and shrouds with approved cleaner				
Inspect power cord & power cord bracket				
Test emergency brake & tether/clip				
Test handlebar toggle & quick keys				
Test console functions				
Remove motor cover and vacuum entire area				
Test incline motor by performing a calibration through the console				
With incline motor at max incline, turn off power or press the emergency stop – clean and grease incline motor screw				
Engage the rear caster wheels to move and vacuum the floor under the treadmill				
If rear casters are difficult to engage/disengage, grease the cam and plate interface on the lift caster assemblies (as needed)				



The checklists below are maintenance recommendations beyond the daily cleaning of the equipment.

MATRIX CLIMBMILL

MONTHLY

Tasks	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Clean console with approved cleaner												
Empty & clean dust tray												
Clean the Control Zone IR windows; 7/5 & Performance Series												
Wipe entire frame and shrouds with approved cleaner												
Inspect power cord												
Test emergency stop functions												
Remove side service covers & inspect for debris												
Test handgrips for proper function												
Test console functions												
Test Control Zone and/or frame IR sensor												





The checklists below are maintenance recommendations beyond the daily cleaning of the equipment.

MATRIX CLIMBMILL

QUARTERLY OR BI-ANNUALLY

Tasks	Q1	Q2	Q3	Q4
Clean console with approved cleaner				
Empty & clean dust tray				
Clean Control Zone IR windows; 7/5 and Performance Series				
Wipe entire frame and shrouds with approved cleaner				
Inspect power cord				
Test emergency stop functions				
Test handgrips for proper function				
Test console functions				
Test Control Zone and/or frame IR sensor				

*Grease – clean then grease the chain with Mobil 1 synthetic grease





The checklists below are maintenance recommendations beyond the daily cleaning of the equipment.

MATRIX ASCENT TRAINER / ELLIPTICAL

MONTHLY

Tasks	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Clean console with approved cleaner												
Wipe entire frame and shrouds with approved cleaner*												
Inspect power cord												
Test handgrips for proper function												
Test console functions												

*When cleaning the frame, focus on the pedal arms and other non clear-coated surfaces.

Note: If units are not plugged in but being used self-powered, check the voltage of the battery on the frame. If less than half charged, plug in for 24 hours to recharge. Matrix offers a for purchase sweat tray that covers the bottom frame under a user. To purchase, please contact your local Matrix Customer Support.





The checklists below are maintenance recommendations beyond the daily cleaning of the equipment.

MATRIX ASCENT TRAINER / ELLIPTICAL

QUARTERLY

Tasks	Q1	Q2	Q3	Q4
Clean console with approved cleaner				
Remove foot pedal pads and clean under them				
Wipe entire frame and shrouds with approved cleaner*				
Inspect power cord				
Test handgrips for proper function				
Test console functions				
Remove both side discs to inspect generator and drive belts, vacuum area				

*When cleaning the frame, focus on the pedal arms and other non clear-coated surfaces.

Note: If units are not plugged in but being used self-powered, check the voltage of the battery on the frame. If less than half charged, plug in for 24 hours to recharge.





The checklists below are maintenance recommendations beyond the daily cleaning of the equipment.

MATRIX RECUMBENT, HYBRID & UPRIGHT CYCLE

MONTHLY

Tasks	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Clean console with approved cleaner												
Recumbent only – clean seat track*												
Wipe entire frame and shrouds with approved cleaner												
Inspect power cord												
Inspect pedals & straps												
Test handgrips for proper function												
Test console functions												

*Clean with approved cleaner, do not lubricate.

Note: If units are not plugged in but being used self-powered, check the voltage of the battery on the frame. If less than half charged, plug in for 24 hours to recharge.





The checklists below are maintenance recommendations beyond the daily cleaning of the equipment.

MATRIX RECUMBENT, HYBRID & UPRIGHT CYCLE

QUARTERLY

Tasks	Q1	Q2	Q3	Q4
Clean console with approved cleaner				
Recumbent only – clean seat track*				
Wipe entire frame and shrouds with approved cleaner				
Inspect power cord				
Test handgrips for proper function				
Test console functions				
Remove both side discs to inspect belts, vacuum area				

*Clean with approved cleaner, do not lubricate.

Note: If units are not plugged in but being used self-powered, check the voltage of the battery on the frame. If less than half charged, plug in for 24 hours to recharge.





The checklists below are maintenance recommendations beyond the daily cleaning of the equipment.

MATRIX STEPPER

MONTHLY

Tasks	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Clean console with approved cleaner												
Wipe entire frame and shrouds with approved cleaner												
Inspect power cord												
Inspect foot pedals												
Test handgrips for proper function												
Test console functions												

Note: If units are not plugged in but being used self-powered, check the voltage of the battery on the frame. If less than half charged, plug in for 24 hours to recharge.

QUARTERLY OR BI-ANNUALLY

Tasks	Q1	Q2	Q3	Q4
Clean console with approved cleaner				
Wipe entire frame and shrouds with approved cleaner				
Inspect power cord				
Inspect foot pedals				
Test handgrips for proper function				
Test console functions				
Remove the shrouds, inspect the springs, belts & pulleys then vacuum area				

Note: If units are not plugged in but being used self-powered, check the voltage of the battery on the frame. If less than half charged, plug in for 24 hours to recharge.



The checklists below are maintenance recommendations beyond the daily cleaning of the equipment.

MATRIX VIRTUAL TRAINING CYCLE (CXV MODEL)

MONTHLY

Task	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Wipe entire frame and shrouds with approved cleaner												
Clean seat and handlebar post												
Visually inspect pedals for tightness												
Test console for proper operation												
Clean and lubricate pedal shoe clips and spindle												
Ensure crank bolts are tightened to 55Nm												
Clean and grease seat slide												
Wipe entire frame and shrouds with approved cleaner												