

Maintenance instructions for „Pull over trainer“

Item-No. 55 1313 401



Quarterly operative inspection:

1. Check the exercise and movement area for obvious safety hazards and cleanliness (e.g. exposed foundations, missing or damaged parts, missing or insufficient impact absorption, broken pieces, dirt etc.).
2. Check the movement area for cleanliness and damages. Protruding elements, if there are any, have to be removed. If necessary fill up the installation depth to the mark „ground level“.
3. Check the equipment for cleanliness, correct functioning, wear, stability and damages. Check all the fixing elements and retighten them if necessary. In case of damages, replace the damaged elements.

Annual main inspection

(in intervals of not more than 12 months):

In addition to the checks of the operative inspection, pay special attention to the stability of the equipment (which may be affected due to corrosion or vandalism) and its operational safety, especially after repair works or after mounting new elements or replacing existing elements. For that purpose, it may be necessary to uncover the foundations.

Attention!

The maintenance intervals mentioned above are to be understood as recommendations. The frequency of inspections has to be increased accordingly in case of intensive use of the equipment, extreme weather conditions, installations near the coast or in places which are often subject to vandalism and depending on the age of the equipment!

In addition to the maintenance recommendations given by the manufacturer, it is also absolutely necessary to follow the regulations stipulated in DIN EN 16630 and in DIN EN 1176!

When exchanging or repairing elements, please always use original spare parts for the sake of operational safety and for liability reasons!

If the fitness equipment has been incompletely installed or partly dismantled when carrying out maintenance and repair work, this may lead to particular risks of injury for the user. For this reason, make clearly visible that the equipment shall not be used in such cases!

Maintenance instructions for „Pull over trainer“

Item-No. 55 1313 401



In order to preserve a good visual appearance of your stilum fitness equipment over a long period one should take care of maintenance of the stainless surface even despite of their corrosion resistance.

Especially areas, which can not be reached by rainfall should be frequently cleaned from dirt and deposits due to air pollution and dirt caused by the atmosphere. Light soiling can easily be removed by using a high pressure cleaner.

For persistent deposits use a clean cloth moistened with a special liquid cleaner (e.g. on phosphoric acid) and rinse off with clear water after a short application time. During cleaning with mild abrasive components, only wipe over stainless steel surface in polishing direction.

For heavily soiled surfaces, polishes can be used (e.g. for cleaning chrome on cars) or for greasy and oily dirt alcoholic cleaning agents and solvents (e.g. ethyl alcohol, isopropyl alcohol or acetone).

However, it should be noted that the dissolved soiling is not spread over the surface again.

Do not use any chlorid or hydrochloric containing cleaning products nor scouring powder, bleaching - or silver polish cleaner. Cleaning intervals depend on type and degree of soiling as well as on demands made on optical characteristics.

Therefore cleaning is advisable at intervals of six to twelve months – whereby in the case of strong soiling it is appropriate to clean the equipment at intervals of three to six months.

Maintenance

The weight components (sliding weights) are generally maintenance free. However, their condition should be checked for damage every six months and replaced if necessary.

Spare parts

Spare parts are available for parts that become worn through normal use, for example: weights, springs etc. These parts should be regularly inspected every year for wear and tear and replaced if necessary.