

MATRIX

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



WELCOME TO MATRIX

Cleaning and performing preventive maintenance extends the life of your equipment and will increase member loyalty by keeping your equipment clean and safe!

The Basic PM Program offers the minimum cleaning and preventive maintenance to keep your equipment looking nice.

There is a Full-Service PM Program available. Visit matrixfitness.com for those instructions.

The following checklists are broken out into tasks designated for facility staff and Matrix-certified technicians. Matrix-certified technician tasks must be performed by a Matrix-certified technician.

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

Contact servicetraining@johnsonfit.com for more information.

MATRIX SINGLE STATIONS: AURA, ULTRA, VERSA AND VERSA DUALS

The checklists below are basic manufacturer-recommended maintenance beyond the daily cleaning of the equipment.

MONTHLY

| Facility Staff Tasks | Jan | Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec |
|--|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Wipe entire frame and pads with approved cleaner | | | | | | | | | | | | |
| Clean and lubricate guide rods with approved lubricant | | | | | | | | | | | | |
| Matrix-Certified Technician Tasks | | | | | | | | | | | | |
| Visually inspect hardware for tightness | | | | | | | | | | | | |
| Inspect belts/cables for damage | | | | | | | | | | | | |
| Check belts/cables for proper tension | | | | | | | | | | | | |
| Inspect pulleys for damage | | | | | | | | | | | | |
| Check rep counter/console for proper operation* | | | | | | | | | | | | |

*Ultra and Versa use 2-AA batteries.

QUARTERLY OR BI-ANNUALLY

| Facility Staff Tasks | Q1 | Q2 | Q3 | Q4 |
|--|----|----|----|----|
| Wipe entire frame and pads with approved cleaner | | | | |
| Clean and lubricate guide rods with approved lubricant | | | | |
| Matrix-Certified Technician Tasks | | | | |
| Visually inspect hardware for tightness | | | | |
| Inspect belts/cables for damage | | | | |
| Check belts/cables for proper tension | | | | |
| Inspect pulleys for damage | | | | |
| Check rep counter/console for proper operation* | | | | |

*Ultra and Versa use 2-AA batteries.

MATRIX MULTI-STATIONS

The checklists below are basic manufacturer-recommended maintenance beyond the daily cleaning of the equipment.

MONTHLY

| Facility Staff Tasks | Jan | Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec |
|--|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Wipe entire frame and pads with approved cleaner | | | | | | | | | | | | |
| Clean and lubricate guide rods with approved lubricant | | | | | | | | | | | | |
| Matrix-Certified Technician Tasks | | | | | | | | | | | | |
| Visually inspect hardware for tightness | | | | | | | | | | | | |
| Inspect belts/cables for damage | | | | | | | | | | | | |
| Check belts/cables for proper tension | | | | | | | | | | | | |
| Inspect pulleys for damage | | | | | | | | | | | | |

QUARTERLY OR BI-ANNUALLY

| Facility Staff Tasks | Q1 | Q2 | Q3 | Q4 |
|--|----|----|----|----|
| Wipe entire frame and pads with approved cleaner | | | | |
| Clean and lubricate guide rods with approved lubricant | | | | |
| Matrix-Certified Technician Tasks | | | | |
| Visually inspect hardware for tightness | | | | |
| Inspect belts/cables for damage | | | | |
| Check belts/cables for proper tension | | | | |
| Inspect pulleys for damage | | | | |

MATRIX BENCHES

The checklists below are basic manufacturer-recommended maintenance beyond the daily cleaning of the equipment.

MONTHLY

| Facility Staff Tasks | Jan | Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec |
|--|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Wipe entire frame and pads with approved cleaner | | | | | | | | | | | | |
| Matrix-Certified Technician Tasks | | | | | | | | | | | | |
| Visually inspect hardware for tightness | | | | | | | | | | | | |

QUARTERLY OR BI-ANNUALLY

| Facility Staff Tasks | Q1 | Q2 | Q3 | Q4 |
|--|----|----|----|----|
| Wipe entire frame and pads with approved cleaner | | | | |
| Matrix-Certified Technician Tasks | | | | |
| Visually inspect hardware for tightness | | | | |
| Clean and lubricate adjustable seat chrome bars | | | | |

MATRIX RACKS AND PLATFORMS

The checklists below are basic manufacturer-recommended maintenance beyond the daily cleaning of the equipment.

MONTHLY

| Facility Staff Tasks | Jan | Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec |
|---|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Spot clean platform with approved cleaner | | | | | | | | | | | | |
| Matrix-Certified Technician Tasks | | | | | | | | | | | | |
| Visually inspect hardware for tightness | | | | | | | | | | | | |
| Inspect all accessories for defect | | | | | | | | | | | | |

QUARTERLY OR BI-ANNUALLY

| Facility Staff Tasks | Q1 | Q2 | Q3 | Q4 |
|---|----|----|----|----|
| Thoroughly clean platform with approved cleaner | | | | |
| Matrix-Certified Technician Tasks | | | | |
| Visually inspect hardware for tightness | | | | |
| Visually inspect welds and accessories for defect | | | | |

GENERAL TORQUE SPECIFICATIONS

Below is a list of torque specs you should follow while checking tightness of your strength equipment. Note that we recommend applying red Vibra-Tite® Threadlocker to all frame bolts and axles.

Matrix part # ZMS4000792 or order here [Vibra-Tite Threadlocker \(Red\)](#)

KEY:

Axle Arm: 180 N-m / 133 ft. lb.

M10 Bolt & Nut: 77 N-m / 57 ft. lb.

M10 Bolt & Frame Rivnuts: 40 N-m / 30 ft. lb.

M8 Bolts: 25 N-m / 18 ft. lb.

M8 Plastic and M6 Bolts: 15 N-m / 11 ft. lb.

Pad Bolts: 10 N-m / 7 ft. lb.

A complete list of torque specs can be found in [Online Remedy > Assembly Guide](#). You can also request them by contacting [Customer Technical Support](#).

AURA: BELT TENSIONING PROCEDURE

- ▶ Loosen bolts on “fold over” clamp or “barrel” clamp
- ▶ Using your hand, pull out any slack of the belt and using a pliers on the cut end of the belt, pull to remove that slack
- ▶ Tighten bolts using the instructions below

Note: Three (3) squares of extra belt must show on the opposite side of the clamp when tightening bolts.

- ▶ For belting with the “fold over” clamp (Figure 1).
- ▶ Add Red Vibra-Tite® Threadlocker to the four bolts and tighten to 5 N-m using a torque wrench. The bolts should be tightened in a uniform pattern.

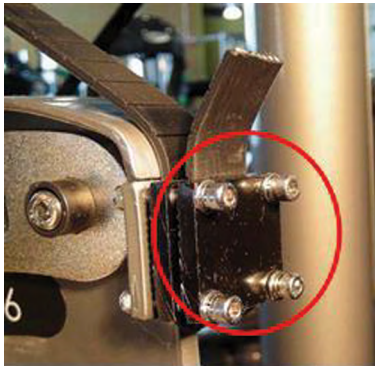


Figure 1

- ▶ For belting with the “barrel” clamp (Figure 2).
- ▶ Add Red Vibra-Tite® Threadlocker to the two bolts and tighten to 30 N-m using a torque wrench. The bolts should be tightened in a uniform pattern.

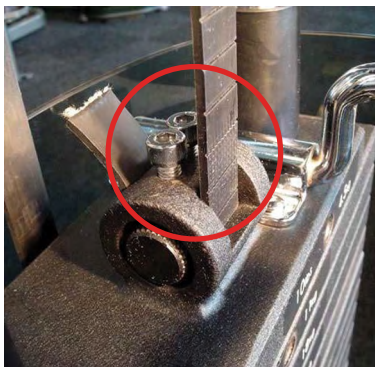


Figure 2

AURA: CABLE TENSIONING PROCEDURE

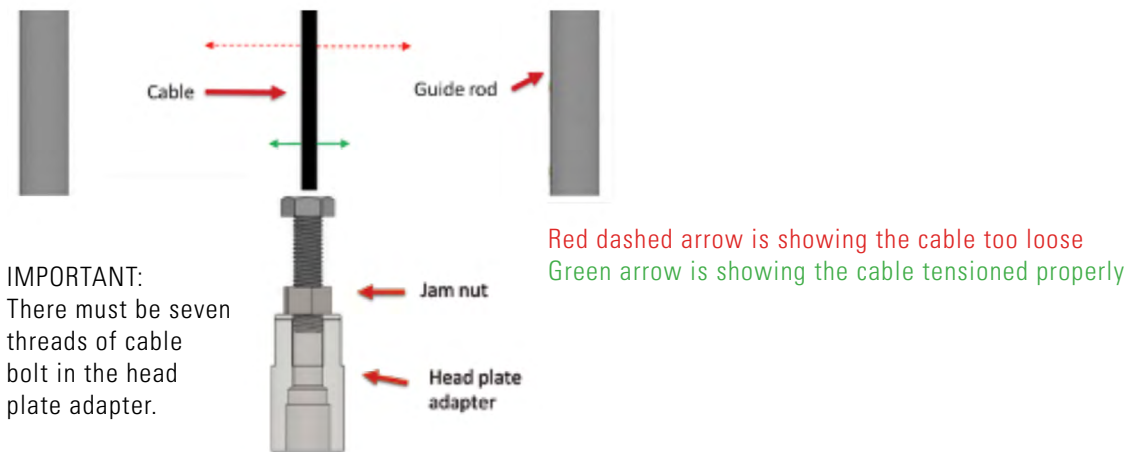
- ▶ Loosen the jam nut on the cable bolt above the weight stack
- ▶ Using your hand, pull any slack out of the cable and turn the cable bolt down removing the slack
- ▶ Once slack is removed, tighten the jam nut down using a wrench, finger tight is not good enough
- ▶ Insert weight stack pin into several different weight plates to ensure it goes in smoothly. If not, adjust cable tension back a bit until success



Note: On some machines, such as the cable Leg Press, there will be additional adjustment at the opposite side of the cable. Only adjust there if you run out of bolt threads above the weight stack.

ULTRA CABLE TENSIONING PROCEDURE

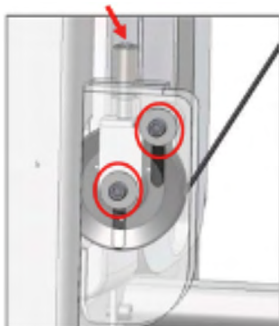
- ▶ Loosen the jam nut and remove the weight stack pin
- ▶ Tighten cable bolt until head plate begins to move
- ▶ Tightening jam nut using a wrench
- ▶ Put as much weight on as possible, perform exercise to set cable
- ▶ Check cable tension with your finger pushing the cable from side to side
 - ▶ If the weight stack lifts (moves) when pushing the cable no more than 1 inch from the center, the cable is tensioned properly.
 - ▶ If the weight stack head plate does NOT move, repeat steps 1-4
- ▶ Check cable tension with your finger pushing the cable from side to side. If the weight stack head plate lifts (moves) when pushing the cable no more than 1 inch from the center, the cable is tensioned properly
- ▶ Check to make sure weight stack pin goes into every hole without hitting the bayonet



Note: Some 2018> Ultra units may also have the top down tensioning shown for Versa below

VERSA: CABLE TENSIONING GUIDE

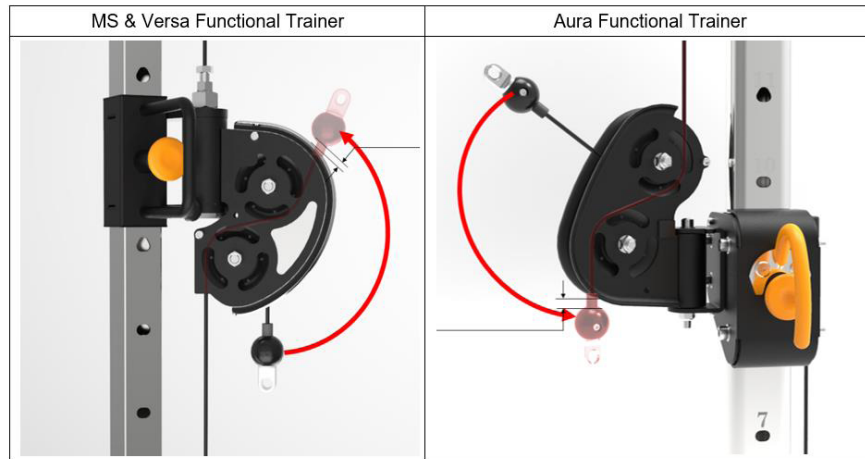
- ▶ The cables on all Versa can be adjusted at the bottom portion of the weight stack.
- ▶ Loosen the two M10 bolts seen in the picture
- ▶ Use a 6mm hex wrench, turn the adjuster bolt up or down to tighten the cable
 - ▶ A properly tensioned cable will lift the head plate with 10–12 mm of deflection of the cable
- ▶ Torque the two M10 bolts to 77 N-m once the proper cable tension has been achieved



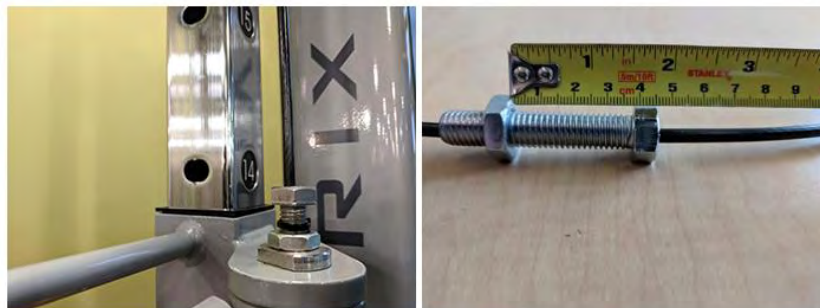
FUNCTIONAL TRAINERS AND MULTI-STATIONS – CABLE TENSIONING PROCEDURE

1. CHECKING FOR PROPER TENSION:

- ▶ Attach the bolt to the correct location (the weight stack or the carriage). Next, check the tension of the cable. Proper tension should leave 10mm of clearance between the stopper and carriage or pulleys, as shown in the tightest conditions. See diagrams below.

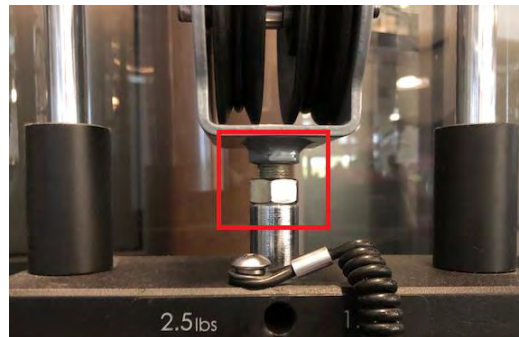


- ▶ If the stopper is too close to the carriage or pulley, use the adjustable wrench to loosen the bolt by a few threads. Important: A minimum number of threads must be engaged. Do NOT loosen any more threads if you can see 45mm of the bolt (measuring from the top). It is imperative that the jam nut on the bolt be tightened anytime an adjustment is made to secure the adjustment.



- ▶ Some units may have an adjustable pulley on top of the weight stack. If a unit has this and you can-not meet the 10mm clearance while keeping the minimum number of threads engaged, use a wrench and loosen the jam nut under the pulley housing. Turn the pulley housing down towards the weight stack until you have met the requirements. Use a wrench to tighten the jam nut.

FUNCTIONAL TRAINERS AND MULTI-STATIONS – CABLE TENSIONING PROCEDURE



2. PRE-STRETCH OR "SET" THE CABLE

- ▶ Attached a short handle to the ball end of the cable then pin 50-70 lbs. on the weight stack.
- ▶ Do 5-10 reps at a rapid rate but do not allow the weight stack to crash down. You want to keep constant tension on the cable.
- ▶ Check the cable end measurement. Proper tension should leave 10mm of clearance between the stopper and carriage or pulleys as shown in Step 6.a. in the tightest conditions.
- ▶ Adjust cable as needed.