MATRIX

APPROVED CLEANERS, DISINFECTANTS AND LUBRICANTS

1 Cleaning Your Matrix Equipment

When cleaning your equipment, it is recommended to spray your approved cleaning solution directly on the cleaning towel and NOT directly onto the equipment.

Matrix recommends cleaning bodily residues off the equipment after each use and wiping clean the full frame weekly.

2 Understanding The Difference Between Cleaning and Disinfecting Fitness Equipment

According to the CDC, cleaning removes germs, dirt, and impurities from surfaces or objects. Cleaning works by using soap (or detergent) and water to physically remove germs from surfaces. This process does not necessarily kill germs, but by removing them, it lowers their numbers and the risk of spreading infection.

Disinfecting uses chemicals to kill germs on surfaces or objects. This process does not clean dirty surfaces but kills germs on a surface after cleaning. It can further lower the risk of spreading infection.

Matrix recommends that you both clean and disinfect your Matrix fitness equipment.

RECOMMENDED PROCEDURE FOR CLEANING AND DISINFECTING FITNESS EQUIPMENT

- First, wash surfaces on the machine to remove germs. Matrix recommends the following cleaners: mild dish soap and water (1:10 dilution); vinegar and water (1:20 dilution); or cleaning wipes (e.g., Athletix cleaning wipes).
    - Be sure to apply the cleaner first to a clean cloth, and then use the cloth to wipe down the equipment.
    - Always avoid spraying a cleaner directly on equipment as it may penetrate openings and cause corrosion or damage to electronic components.
- After thoroughly wiping the cleaner off the machine, follow with an EPA-registered disinfectant to kill any remaining germs. Some popular disinfectants include: Simple Green d PRO 3, Virex II 256, Puregreen 24, or disinfecting wipes (e.g., Athletix disinfecting wipes).

Ensure the solution you are using is appropriate for the surface you are disinfecting. Improperly diluted disinfectants can dull the finish on your fitness equipment and cause irreversible corrosion. Disinfectants usually require the product to remain on the surface for a certain period (e.g., 3 to 5 minutes). Be sure to remove the disinfectant once the time has elapsed. Failure to remove disinfectant can cause corrosion.

Use disinfecting wipes on electronic items that are touched often, such as consoles and speed/incline buttons. It may be necessary to use more than one wipe to keep the surface wet for the stated length of contact time.
Always follow a manufacturer's label instructions for cleaning products and disinfectants.

RECOMMENDED CLEANING AND DISINFECTING FREQUENCY

Matrix recommends cleaning each piece of equipment before and after use. Trained staff members should disinfect the machines once or twice daily. Frequency should vary with facility traffic. It is also recommended that your staff use the appropriate protective clothing (e.g., gloves, mask) as specified by the product's manufacturer.

3 Approved Cleaners and Disinfectants

CLEANERS

(member use or used by staff during maintenance)

- Athletix Wipes (see below)
- Mild dish soap and water mixture in spray bottle (10:1 water to soap)
- Vinegar and water mixture in spray bottle (20:1 water to vinegar)
- Computer/LCD screen cleaner and micro-fiber cloth for touchscreen consoles
  Screen Cleaner Kit

DISINFECTANTS

(ensure disinfectants are properly diluted or diluted in a closed-loop system)

- Simple Green d PRO 3
- Puregreen 24
- Virex II 256

CAUTION

Using concentrated cleaners without proper dilution is not recommended. Concentrated cleaners must be diluted to manufacturer's instructions. Over-concentrated solutions will cause corrosion and damage consoles, plastics, pads, aluminum parts and hardware.

ATHLETIX CLEANING WIPES AND DISPENSERS

WIPES:

ZMD4009014 – Cleaner Wipe (4 rolls per case)
ZMD4009015 – Disinfectant Wipe (2 rolls per case)

DISPENSERS:

ZMD4009016 – Wall Dispenser

DISPENSERS:

ZMD4009017 – Stainless
Steel Dispenser

DISPENSERS:

ZMD4009140 – Wire Stand
(can mount a wall dispenser to this)

To order Athletix wipes or dispensers:
Phone: 866-693-4863
Text to chat: 608-208-6926
Email: pm@matrixfitness.com

4 Understanding Active Ingredients

WHERE CAN I FIND IMPORTANT ACTIVE INGREDIENT INFORMATION?

Active ingredients are the chemicals that kill germs in a disinfectant. You can find this information on either the label or Safety Data Sheet (SDS). It is required by OSHAs Hazard Communication Standard (HCS) that chemical manufacturers, and distributors, provide an SDS for any hazardous chemical. These documents hold important information about active ingredients, material compatibility, PPE and methods of application.

ACTIVE INGREDIENTS

Active ingredients can be found in section 3 of an SDS. Although disinfectants use similar active ingredients (i.e. quaternary ammonium chlorides (Quats), peroxides, etc.) they can interact differently with substrates when they are mixed with other active ingredients or at different concentrations, making each disinfectant slightly different. This makes it important to understand your disinfectant's dilution ratio and surface compatibilities. Improper dilution can lead to long term damage of your equipment.

MATERIAL COMPATIBILITY

Material compatibility, if any, can be found either on the manufacturers label or in Section 10 of the SDS. We suggest calling the disinfectant manufacturer to confirm the solution is safe for use on materials found on our equipment: painted surfaces, zinc plating, plastics, rubber and vinyl. Phone numbers can be found on the SDS.

REQUIRED PPE

Required PPE can be found in section 8 of the SDS, if concentrated there will be different requirements for proper handling when dealing with the concentrate and diluted solution.

METHODS OF APPLICATION

Lastly, methods of application, approved by the EPA will be found on the manufacturers label and these methods should only be used when applying that chemical. Your disinfectant manufacturer should be contacted if you have any questions or if the above information can’t be found.

5 Electrostatic or Fogging Equipment

UNDERSTANDING THE DIFFERENCE BETWEEN ELECTROSTATIC SPRAYING AND FOGGING CLEANING

Prior to fogging or electrostatic spraying be sure to read and follow the products instructions including the approved EPA application methods. Failure to follow EPA label instructions could result in a violation of federal law. If you are unsure if your disinfectant is compatible with a fogger or electrostatic sprayer, please contact your products manufacturer before use.

ELECTROSTATIC SPRAYING

Electrostatic Spraying consists of a low-pressure spray which places a charge on chemical droplets that helps provide better delivery to surfaces. Disinfectants can then be more directly applied to the surface you are wanting to disinfect, rather than needing to fill a room. Multiple passes might be needed to ensure that the disinfectant meets its recommended dwell (kill) time. This is the preferred method if fogging or electrostatic spraying will be used.

FOGGING

Fogging consists of a fine mist being dispensed throughout the entire space, which is blocked off, to disinfect all surfaces in a specific room. This process not only involves containment of the fog in a space being disinfected but this can take hours to complete disinfecting. This is not a recommended method due to a long completion time and a lack of control with dispersing the chemicals.

Prior to fogging or electrostatic spraying ensure to read and follow the product's instructions – including EPA-approved application methods – before use. Failure to follow EPA label instructions could result in a violation of federal law. If you are unsure if your disinfectant is compatible with a fogger or electrostatic sprayer, please contact the product manufacturer before use.

It is important to always follow the manufacturers label when diluting a disinfectant, unless it is ready to use (RTU). Also, check the manufacturers label as required personal protective equipment (PPE) may be needed. A clean cotton cloth should be used to wipe down any extra disinfectant left on the frame or electronic parts after the approved dwell time is complete.

6 Approved Lubricants

LUBRICANTS AND GREASE

Super Lube with PTFE pump spray and grease

- PTFE is Polytetrafluoroethylene (Teflon)
- Super Lube w PTFE pump spray: order here Super Lube Pump Spray
- Super Lube w PTFE grease: order here Super Lube Grease

Tri-Flow with PTFE pump spray and grease

- Tri-Flow w PTFE pump spray: order here Tri-Flow Pump Spray
- Tri-Flow w PTFE grease: order here Tri-Flow Grease

Mobil 1 Synthetic grease for ClimbMill chain

- Order here Mobil 1 Synthetic Grease

Anti-seize lubricant (tube, stick or jar)

- Order here Anti-seize stick

Silicon lubricant for S-Drive (Matrix logo belt only)

- Matrix part # 1000384124 – 100ml, 2 applications per bottle
- Matrix part # 1000431357 – 2-liter bottle, 40 applications per bottle

3-in-One oil for Krankcycle brake pad and S-Force magnet carriages

OTHER SUPPLIES

- Blue Vibra-Tite® Threadlocker (use on cardio bolts if they come loose)
  - Matrix part #ZMS3000087 or order here Vibra-Tite Threadlocker (Blue)
- Red Vibra-Tite® Threadlocker (use on strength bolts if they come loose)
  - Matrix part # ZMS4000792 or order here Vibra-Tite Threadlocker (Red)

Note: Matrix does not recommend aerosol sprays for guide rods. Pump spray lubricants with PTFE out-performed and lasted longer than PTFE-based aerosol sprays.