Commercial Equipment

CARE & MAINTENACE GUIDE

Keep this guide with your facility records.

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Before You Start

Iron Edge equipment is built for serious training and heavy use. A few minutes of care each day, and a proper check each month, will keep your equipment running smoothly, keep your members safe and protect your investment for years to come.
This guide sets out what to check, how often to check it and how to do it for each type of equipment we supply.
Each section has its own schedule, followed by step-by-step notes.

1.1 Safety first

- Only trained staff should carry out maintenance. Anything beyond cleaning, adjusting and tightening should be done by a qualified technician.
- Before working on equipment, unload all plates, and rest weight stacks and carriages in their lowest position.
- Never work under a raised weight stack, lever arm or carriage unless it is mechanically secured.
- Keep warning and instruction labels clean and readable.
- Use only genuine Iron Edge replacement parts. Do not modify equipment.

1.2 If something is not right

If any check in this guide fails, or a member reports a problem:

1. Stop the equipment being used straight away. Place an “Out of Order” sign on it, and remove handles, pins or attachments if this prevents use.
2. Record the issue in the Service Log.
3. Contact Iron Edge on 1300 85 40 50 or maintenance@ironedge.com.au with the product name, serial number and photos of the problem.
4. Return the equipment to service only once it has been repaired and checked.

2. General Care - All Equipment

These cleaning and fish-care steps apply to every product in this guide.

2.1 Cleaning

- Upholstery and grips: wipe down at least once a day, and ideally between users. Spray cleaner onto a microfibre cloth rather than directly onto the equipment, then wipe dry.
- **Frames:** wipe with a damp cloth and pH-neutral cleaner, then dry. Pay attention to areas where sweat and chalk build up, such as seat frames and handle mounts.
- **Plastic covers and shrouds:** use mild soapy water and a soft cloth only. Do not scrub, and do not use paper towels, to avoid fine scratches.
- **Chalk:** brush or vacuum chalk off first. Wiping wet chalk turns it into a paste that is harder to remove.

Do not use

- Bleach, ammonia, acid-based or highly alkaline cleaners
- Solvents such as acetone, petrol, thinners or turpentine
- Abrasive powders, scourers or steel wool
- High-pressure hoses or steam cleaners
- Cleaner sprayed directly into cables, pulleys, bearings or guide rod bushes

2.2 Frame finish

- **Touch-up:** fill paint chips as soon as you notice them. Exposed steel will start to rust, particularly where sweat collects. Lightly clean the area, let it dry, and apply Iron Edge touch-up paint in thin coats.
- **Scuffs:** remove shoe and plate scuffs from powder-coated surfaces with a non-abrasive car polish.
- **Wax:** apply a non-abrasive wax to frames at least once a year. More frequent touch-ups may be required in especially humid or coastal facilities. This gives the finish an extra layer of protection against sweat and moisture.
- **Environment:** keep equipment out of direct sunlight, away from pool chemicals and chlorine, and in a ventilated space. Constant humidity speeds up corrosion.

2.3 Fasteners

Vibration from normal use slowly loosens nuts and bolts. When checking hardware, look for:

- gaps under bolt heads
- missing washers
- fasteners that turn by hand

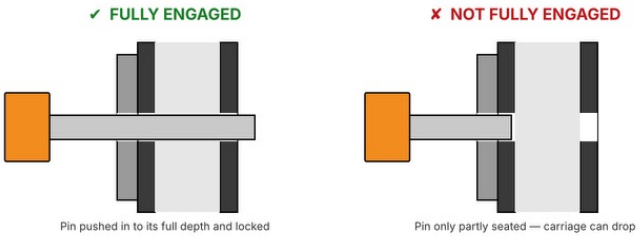
Tighten with metric tools. Do not over-tighten bolts that act as pivot points, as the part must still move freely. Replace any fastener with a stripped thread or damaged head.

3. Pin Loaded Machines

Pin loaded machines rely on cables, pulleys and guide rods all working together. Most problems start small: a frayed cable, a dry guide rod or a pin that is not seated. Regular checks catch them early.

⚠ WARNING — PULL-PIN SAFETY

An adjustable carriage can drop without warning if its pull-pin is only partly seated.



Every time you adjust: push the pin all the way in, let it lock, then give the carriage a firm tug before loading it. Serious injury can result if the pin is not fully engaged.

3.1 Maintenance schedule

TASK	DAILY	WEEKLY	MONTHLY	QUARTERLY	AS NEEDED
CLEAN					
Wipe down upholstery, grips and handles	✓				
Clean guide rods and remove old lubricant			✓		
Clean plastic shrouds and covers					✓
INSPECT					
Check selector pin is present and seats through the stack	✓				
Pull-pins on adjustable carriages: quick engagement check	✓				
Check cables along their full length for wear		✓			
Check fasteners, attachments, clips and carabiners		✓			
Check cable tension and weight stack alignment		✓			
PULL-PINS: full engagement and wear/damage inspection			✓		
Retighten all fasteners across the machine			✓		
Inspect frame, welds and pulley brackets				✓	
LUBRICATE					
Lubricate guide rods			✓		
FINISH					
Touch up paint chips and wax frames					✓

3.2 Task notes

Daily wipe-down

- Clean seats, back pads, handles and grips with cleaner on a microfibre cloth.
- Check upholstery for splits or tears.

Selector pin

- Make sure the correct Iron Edge selector pin is on the machine and its tether is attached.
- The pin should slide fully through the selected plate and the selector stem without force.

Daily pull-pin check (adjustable carriages)

- Move each adjustable carriage to a new position and release the pin. It should spring back and lock in on its own.
- Pull firmly on the carriage. It must not move. If it does, take the machine out of use.

Weekly cable inspection

- Run your eyes along each cable from end to end, paying most attention where it bends around pulleys and at the end fittings.
- Replace the cable before the machine is used again if you see any of these:
  - fraying or broken strands
  - kinks or flat spots
  - bulges
  - cracked or split coating
  - exposed wire
  - loose end fittings
- Never try to repair a cable. Replace it with a genuine Iron Edge cable.

Weekly hardware and tension checks

- Check visible bolts and nuts for looseness or tampering, and tighten as needed.
- Inspect handles, straps, clips and carabiners. Replace any with:
  - worn gates
  - cracks
  - stretched webbing
- Cable tension: with no weight selected, the top plate should sit flat on the stack and the selector pin should pass easily through every plate. If the pin catches, or the top plate lifts off the stack, adjust the cable tension at the cable adjuster until it is correct, then retighten the lock nut.

Guide rods: clean and lubricate

- Raise the top plate only using the weight selector and secure it, then wipe the rods from top to bottom with a clean cloth to remove dust and old residue.
- Apply a small amount of silicone-based or PTFE dry lubricant to a clean cloth (not directly to the rods) and wipe it along the full length of each rod.
- Check the top of the guide rod bushes for build-up, and wipe it away. Too much lubricant attracts dust, so less is more.

Fasteners and frame

- Monthly: go over every fastener on the machine and tighten as needed.
- Quarterly: inspect the frame, welds, pulley brackets and floor contact points for:
  - cracks
  - distortion
  - rust
- Check the machine sits level and does not rock.

MONTHLY PULL-PIN INSPECTION

- Full engagement: at each carriage position, check that the pin goes in to its full depth and locks without being forced. The spring should snap the pin back firmly every time. A slow or sticky return means the pin needs attention.
- Wear and damage: check for
  - bent or scored pin shafts
  - cracked or loose knobs
  - weak or broken springs
  - holes that are worn oval, burred or cracked
  - cracks in the pin housing or surrounding welds
- Replace any worn or damaged pin, spring or housing with genuine Iron Edge parts before the machine is used again.
- Record the result for each machine in the Service Log.

Shrouds and covers

- Clean shrouds with mild soapy water and a soft cloth as needed. Check that they are secure and not cracked.

Paint and frame finish

- Touch up paint chips as soon as you notice them, using Iron Edge touch-up paint.
- Wax frames with a non-abrasive wax at least once a year.

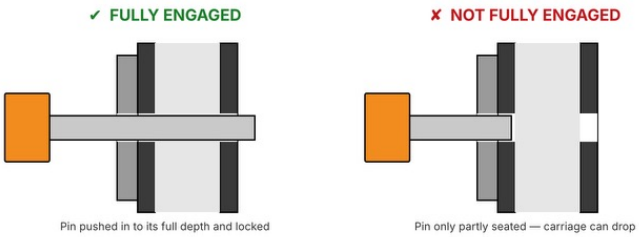
If a check fails: take the machine out of use, place an “Out of Order” sign on it and contact Iron Edge on 1300 85 40 50.

4. Plate Loaded Machines

Plate loaded machines carry heavy loads through pivots, bearings and sleds. Pivots and locking mechanisms need the most attention.

⚠ WARNING — PULL-PIN SAFETY

An adjustable carriage can drop without warning if its pull-pin is only partly seated.



Every time you adjust: push the pin all the way in, let it lock, then give the carriage a firm tug before loading it. Serious injury can result if the pin is not fully engaged.

4.1 Maintenance schedule

TASK	DAILY	WEEKLY	MONTHLY	QUARTERLY	AS NEEDED
CLEAN					
Wipe down upholstery, grips and handles	✓				
Clean guide rods and sled rails			✓		
INSPECT					
Pull-pins, locks and safety stops: engagement check	✓				
Check that plates are unloaded and stored at end of day	✓				
Check pivots, arms and sleds for play, noise or rubbing		✓			
Check plate horns, stoppers and fasteners		✓			
PULL-PINS: full engagement and wear/damage inspection			✓		
Retighten all fasteners across the machine			✓		
Inspect frame, welds, bearings and rails				✓	

TASK	DAILY	WEEKLY	MONTHLY	QUARTERLY	AS NEEDED
LUBRICATE					
Lubricate guide rods and linear bearings			✓		
FINISH					
Touch up paint chips and wax frames					✓

4.2 Task notes

Daily wipe-down

- Clean upholstery and grips with cleaner on a microfibre cloth.
- Make sure all plates are removed from machines at the end of each day. Plates left loaded put constant strain on pivots and frames.

Daily locks and pull-pins

- Check that every pull-pin, seat adjuster and back-pad adjuster locks fully into position.
- Smith Machine:
  - check that the bar hooks rotate freely and catch on the frame
  - check that the safety stops are locked in place
- Leg Press and Hack Squat: check that the start and finish locks engage fully.

Weekly pivots, arms and hardware

- With the machine unloaded, move each arm or sled through its full range of motion. It should move smoothly with no grinding, clicking or side-to-side play.
- Check that plate horns are tight and undamaged, and that rubber stoppers are in place.
- Check visible fasteners and tighten as needed.

MONTHLY PULL-PIN INSPECTION

- Full engagement: at each adjustment position, check that the pin goes in to its full depth and locks. The spring should return the pin firmly every time.
- Wear and damage: check for
  - bent or scored pin shafts
  - cracked or loose knobs
  - weak or broken springs
  - holes that are worn oval, burred or cracked
  - cracks in the pin housing or surrounding welds
- Replace any worn or damaged component with genuine Iron Edge parts before the machine is used again, and record the result in the Service Log.

Guide rods, rails and linear bearings

- Wipe Smith Machine guide rods and Leg Press and Hack Squat rails clean from end to end.
- Apply silicone-based or PTFE dry lubricant to a cloth and wipe it along the rods. Do not use grease or heavy oil, as they collect dirt and chalk.
- Run the carriage or sled through its full travel to spread the lubricant evenly.

Fasteners, frame and bearings

- Monthly: go over every fastener and tighten as needed. Take care not to over-tighten pivot bolts.
- Quarterly:
  - inspect the frame and welds for cracks
  - check bearings and rollers for wear or flat spots
  - check rails for scoring

Paint and frame finish

- Touch up paint chips as soon as you notice them, using Iron Edge touch-up paint.
- Wax frames with a non-abrasive wax at least once a year.

If a check fails: take the machine out of use, place an “Out of Order” sign on it and contact Iron Edge on 1300 85 40 50.

5. Warranty & Service Log

5.1 Protecting your warranty

Regular maintenance is a condition of keeping your Iron Edge warranty valid. Please refer to the warranty terms supplied with your equipment or available at www.ironedge.com.au. In general, warranty does not cover damage caused by:

- lack of maintenance as set out in this guide
- misuse, accident or incorrect assembly
- rust or corrosion caused by the environment the equipment is kept in
- unauthorised modifications or non-genuine parts

Keeping a completed Service Log is the simplest way to show your equipment has been maintained if you ever need to make a claim.

5.2 Contact Iron Edge

Phone	1300 85 40 50
E-mail	maintenance@ironedge.com.au
Website	www.ironedge.com.au

5.3 Service Log

Check: D = Daily W = Weekly M = Monthly Q = Quarterly R = Repair.

Record every monthly pull-pin inspection.

DATE	EQUIPMENT / SERIAL NO.	LOCATION	CHECK	FINDINGS & ACTION TAKEN	COMPLETED BY