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# ALPHAFIT CABLE EQUIPMENT

## MAINTENANCE PROCEDURES



### IMPORTANT - READ FIRST

It is the responsibility of the owner to ensure that all users of this product are adequately informed of all precautions. The safety and integrity designed into the equipment can only be maintained when it is regularly examined for damage and repaired. It is the responsibility of the user/owner to ensure that regular maintenance is performed. Inspect and properly tighten all parts regularly. Replace any worn or damaged parts immediately and do not use until the equipment has been repaired.

Both AlphaFit and buyer disclaim any express or implied warranty, including, without limitation, warranties or merchantability and/or fitness for a particular purpose with respect to the equipment.

**WARNING: MISUSE OF THIS EQUIPMENT CAN RESULT IN SEVERE INJURY OR DEATH. BUYER ASSUMES ALL LIABILITY IN USAGE OF EQUIPMENT.**

	DAILY	WEEKLY	MONTHLY	YEARLY	AS NEEDED
<b>CLEAN</b>					
Upholstery	×				
Guide rods			×		
Cable grips					×
Covers			×		
Powder coated surfaces			×		
<b>INSPECT</b>					
Machine cables	× (Wear)	× (Tension)			
Cable passage		×			
Hardware		×			
Frames				×	
Cable grips		×			

## CLEAN

Upholstery with mild soap and water or all purpose cleaner.

Guide rods with a dry lint free cloth. For stubborn contamination use IPA 70% or greater. A small amount of silicone spray can be applied to a cloth then wiped onto the guide rods if required.

Cable grips with mild soap and water or all purpose cleaner.

Covers and powder coated surfaces with non -abrasive PH neutral detergent and water, or recommended solvents.

## INSPECT

Machine cables, paying special attention to any hardened spots or distortion in the cable itself (*image 1*), as well as cracks or damage to the protective plastic of the cable (*image 2 & 3*).

Run your hand over the cable to check for signs of internal distortion, the cable should be uniform and smooth over the entire length. **Cables must always be replaced at the first sign of wear, even if only the outer rubber protection is worn.**

Passage of the machine cables through cams, pulleys and/or the terminals connected to ball joints. (refer to image 5-6)

Hardware should be checked for looseness. Tighten as required using metric tools.

Frames should be inspected for wear or damage.

Cable grips should be checked for wear or damage.

## DAILY

Wipe down upholstery with mild soap and water or all purpose cleaner.

Visually inspect cables for wear at and around connections and along entire length of cable.

**Cables must always be replaced at the first sign of wear.**

## WEEKLY

Visually inspect all hardware for loosening, tampering or wear.

Check jam nut on weight stack for tightness.

Inspect passage of the machine cables through cams, pulleys and/or the terminals connected to ball joints.

Check cables for stretch and adjust as necessary by loosening the large nut on top of the weight stack and screw in the threaded plug until the cable has >10mm of play and the weight stack pin goes in all holes easily. Tighten the large nut to complete the adjustment.

When adjusting the freeplay on a lat pull low row machine, adjust the low row cable first to ensure the pulley linker has sufficient clearance from the top brace.

**Note: cables need a minimum of 10mm of play to account for weight stack bumper compression. Any less can cause damage or premature wear or failure of the cable.**

Check condition of cable grips.

## MONTHLY

Clean Guide Rods with a dry lint free cloth using IPA 70% or greater for stubborn contamination. Clean tops of bearings at stack and inspect for heavy build-up on rods below head plate (safely lift and secure half of the weight stack and clean as necessary).

Clean covers and powder coated surfaces with warm water and non-abrasive PH neutral detergent. Surfaces should be thoroughly rinsed after cleaning to remove all residue.

## YEARLY

Inspect the frames for wear or damage.



Image 1: Distortion of internal fibers, replace immediately.



Image 2: Crack in protective sheath, replace immediately.



Image 3: Damage to protective sheath, replace immediately.

## IMPORTANT DON'TS

- Don't use abrasive or highly alkaline cleaners.
- Never scrape with harsh brushes, razor blades or other sharp instruments.
- Don't use benzene, gasoline, acetone or carbon tetrachloride.
- Don't clean in hot sun or at elevated temperatures.

## COMPATIBLE CLEANERS FOR POWDER COATING

- Isopropyl alcohol (IPA)
- Methylated spirits

## REMOVING INKS, MAKEUP AND STICKERS

Butyl cellosolve works to remove ink and makeup stains. Stickers may be removed using kerosene. If the solvent isn't working apply gentle heat (hair dryer) to soften the adhesive.



Image 5: Damaged pulley groove from operating with a damaged cable, check all other pulleys and cables, replace at first sign of damage. Failure to replace damaged pulleys can greatly reduce cable life.



Image 6: Damaged pulley from incorrect cable adjustment, replace immediately thoroughly inspect cables and replace if required. Adjust freeplay and check pulley linker clearance.