

# EQUIPMENT MAINTENANCE

**Note: Very Important:**

**for Technical Support  
Call: 800-528-3159**

## DAMPEN CLOTH, DON'T SPRAY MACHINE

**Do not spray any type of cleaning solution – including water – directly onto any part of the machine, be it the frame, upholstery, or weight stack rod. Spray into, or soak, the cleaning cloth, then apply to the machine.**

MedX exercise equipment requires very little maintenance, however minimum care helps assure top working condition. Please address the following:

### ▪ **Weight Stack Rod**

Keep the weight stack rod free of dust by wiping with a cloth soaked in rubbing alcohol\*. This procedure should be performed approximately once per month. Clean the rod both between the weight stacks, and at its base. Access the rod by removing magnetic shields. Allow the alcohol to dry completely before utilizing the machine (otherwise it could dry out oil-impregnated bushings).

### ▪ **Drive Belt**

On machines utilizing a Kevlar® belt in the drive mechanism, the belt may – after several years – require adjustment due to stretching. Should this problem occur, call MedX customer support for further instructions.

### ▪ **Bearings**

Bearings equipped with grease nibs should be lubricated every few months, depending on use. MedX recommends an all-purpose lithium grease #2. Very little grease is needed, avoid injecting too much.

### ▪ **Painted Metal Frame**

Painted metal surfaces should be cleaned periodically to prevent buildup of perspiration and body oils which might cause damage or corrosion. MedX recommends cleaning with a solution of dish soap and warm water (10% soap, 90% water) applied with a soft, white cloth. Rinse with a water-dampened cloth and dry thoroughly. To further protect painted metal surfaces, a light coat of spray furniture wax may be used.

### ▪ **Upholstery**

Standard upholstery on MedX machines is Boltflex with PreFixx® protective finish. While staining and soiling exposures are common to upholstery fabrics, most may be removed by using the following cleaning methods.\*\*

**Light Soiling** – A solution of 10% liquid dish soap with warm water applied with a soft damp cloth. If necessary, a solution of liquid cleanser and water applied with a soft bristle brush. Wipe away the residue with a water-dampened cloth.

**Heavy Soiling** – Dampen a soft white cloth with lighter fluid (naptha) and rub gently. Rinse with a water-dampened cloth.

**Difficult Stains** – Dampen a soft white cloth with a

solution of household bleach (sodium hypochlorite), 10% bleach, 90% water. Rub gently. Rinse with a water-dampened cloth to remove bleach concentration.

The same procedure can be used with full strength household bleach, if necessary. Allow bleach to puddle on the affected area or apply with a soaked cloth for approximately 30 minutes. Rinse with a water-dampened cloth to remove any remaining bleach concentration.

### ▪ **Disinfect/Sanitize**

Dampen a soft white cloth with rubbing alcohol and rub gently. Rinse with a water dampened cloth to remove any remaining alcohol concentration. Note: To restore luster, a light coat of spray furniture wax can be used. Apply for 30 seconds and follow with a light buffing using a clean white cloth.

\* Cleaning agents may be harmful to your skin, eyes, etc. Follow product manufacturer's recommended precautions. MedX 96, Inc., cannot be held responsible for damages or injuries resulting from the use or misuse of cleaning and maintenance products.

\*\* When using strong cleaning agents such as rubbing alcohol or bleach, it is advisable to first test on an inconspicuous area. Cleaning agents may contain harsh or unknown solvents and are subject to formula changes by the product manufacturer without notice. Avoid use of paper towels.