



GYM FITNESS

GYM EQUIPMENT Maintenance

Daily care	
Return equipment to storage	
Check securing bolts and fixings	
Clean seats and surfaces	
Remove non-functional equipment	
Switch machines off before cleaning	
Clean mats, rollers and balls	
Clean floors	
Check adjustments for each machine	

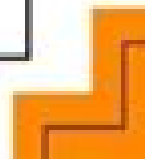
Notes

Weekly care	
Check start-up process	
Check grips	
Check pedals	
Check belt and straps	
Check fixtures	
Lubricate machines	
Check proper ventilation	
Repair broken machines	

Notes

Monthly care	
Check mats for tears and cuts	
Check padding for cracks and tears	
Change rusted machine parts	
Check cable tension	
Check selector pins	
Track equipment time	
Replace damaged equipment	
Deep clean junctions and corners	

Notes



Gym Maintenance Checklist Template Excel

Lingsheng Yao

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

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In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Gym Maintenance Checklist Template Excel**," a mesmerizing literary creation penned with a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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