

Shoulder Press Machine

Activity		Type Of Service				
		A	B	C	D	E
1	Check nuts and bolts for looseness. Tighten as required.			Y	Y	
2	Inspect all cables/belts for wear and damage. Ensure proper tension in cables/belts (if applicable).			Y	Y	
3	Inspect handles for wear.			Y	Y	
4	Inspect grips. Replace all worn or loose grips.			Y	Y	
5	Check all labelling is readable.			Y	Y	
6	Check weight stacks are properly aligned and operating smoothly (if applicable).			Y	Y	
7	Clean guide rods with appropriate cleaner and lubricate (if applicable).			Y	Y	
8	Inspect functionality of machine especially pulleys, cables and seating (if applicable).			Y	Y	
9	Inspect upholstery for loose staples, tears, excessive wear or bolts (if applicable).			Y	Y	
10	Check all bushings and fittings. Lubricate where appropriate.			Y	Y	
11	Inspect frame especially at joints.			Y	Y	
12	Lubricate pop pins (if applicable).			Y	Y	
13	Inspect weights in weight stack for any damage (if applicable).				Y	
14	Replace cable/belt (if applicable).				Y	
15	Record all results in log book.			Y	Y	

Special Comments and Technical Data

C SERVICE MONTHLY
 D SERVICE ANNUAL
 THIS IS A GENERIC SCHEDULE FOR SERVICING REQUIREMENTS FOR THIS EQUIPMENT.
 THE SERVICING IS TO BE DONE IN ACCORDANCE WITH THE MANUFACTURER'S WRITTEN INSTRUCTIONS WHICH MAY HAVE ADDITIONAL &/ OR ALTERNATIVE SERVICING REQUIREMENTS &/ OR SERVICING FREQUENCIES.
 SERVICING FREQUENCIES MAY VARY DEPENDING ON USAGE.

Disclaimer -This TDS is intended to provide guidance only to support Preventative Maintenance servicing activities. All TDS users are encouraged to read and understand the full [Conditions of Use](#) provided on the final page of this document and on the DPTI website.

For more information please contact the applicable Facilities Management Service Provider.



Government of South Australia
 Department of Planning,
 Transport and Infrastructure

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