

Bicep/Tricep Machine

Last Issue Date: 12/12/2016		Type Of Service				
		A	B	C	D	E
Activity						
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.

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



Government of South Australia  
 Department of Planning,  
 Transport and Infrastructure

**Download Date:** 22/12/2020

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