

## Preventive Maintenance

To keep your Star Trac Pro Stepper in top condition, Star Trac strongly recommends performing regular daily, weekly and monthly preventive maintenance routines outlined below.

### Daily Maintenance

Remove excessive accumulations of dust, dirt and other substances by using a clean, soft cloth and a non-abrasive liquid cleaner, such as Formula 409™ or FANTASTIK™. Wipe down the exterior of the display panel, pedals, shrouds and heart rate grips.

**Note:** Do not spray directly on the display or heart rate grips.



Spray on the cloth first then wipe the display.

### Weekly Maintenance

Perform the following services each week:

- Vacuum the floor under and around the Pro Stepper. Move the unit to another spot, if necessary, to vacuum thoroughly.
- Inspect the screws (i.e. display panel mounting screws) for security, and retighten if necessary.
- Inspect the display panel keypads for wear.

### Monthly Maintenance

Perform all the steps in weekly maintenance plus the following services each month, or as needed:

- Check that the pedals and shrouds are secure.
- Check for smooth and quiet operation of all moving parts.

## Preventive Maintenance – Cont'd

### Quarterly Maintenance

Perform all the steps in weekly and monthly maintenance plus the following services each month, or as needed:

Remove the return springs from the chains:

- Raise and lower the pedal arms and inspect for smoothness. Binding or excessive looseness might indicate a worn bushing.
- Rotate the clutch sprocket and inspect for smoothness. As you rotate the clutch towards the pedals it will turn the drive belt but as you turn the clutch towards the drive belt it will spin freely and will not turn the drive belt.
- Inspect the chain pulleys by spinning them.
  - a. If they spin freely they are ok
  - b. If they bind check for areas that bind and adjust or replace as needed.
- Inspect the chains and springs for wear.
  - a. Frozen links will require a chain replacement.
- Lubricate the chain with white lithium grease.
- Rotate the clutch sprockets 180 degrees from the original position and reassemble the springs and chain back onto the sprockets.

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