

HOW TO CLEAN YOUR FITNESS EQUIPMENT

It is important to use cleaning products that will keep equipment clean without damaging it. The following solutions fit these standards:

WHAT TO USE?

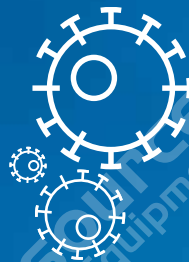
It is important to use cleaning products that will keep equipment clean without damaging it. The following solutions fit these standards:

- ◆ 1 part Simple Green, 3 parts water.
- ◆ 1/2 cup ammonia, 1 gallon water.
- ◆ 1 part dish soap, 2 parts vinegar, 3 parts water.
- ◆ Zogics sanitizing wipes.



CLEANING VS. DISINFECTING

While keeping equipment free of dust and grime is important, it is not enough when it comes to proper cleaning. It is also important to disinfect your equipment by destroying bacteria and other germs. This protects users from the spread of infectious diseases.



DISINFECTION STEPS:

01

GATHER YOUR SUPPLIES

Grab your spray bottle full of disinfectant and paper towel -or- Zogics wipe from the nearest dispenser. Be sure to read the "What to Use?" section before choosing a cleaner.



02

APPLY CLEANER

Spray the cloth or paper towel with cleaner. DO NOT spray directly onto the equipment. Use the wet cloth to spread the disinfectant all over the surface of the equipment.



03

WIPE IT DOWN

The full surface of the gym equipment should be thoroughly wiped. Use the wipe/cloth in a nuanced manner to get in every nook and cranny.



04

LET IT DRY

Let the machine completely dry before members are allowed to use it. This drying period will guarantee that the disinfectant has the chance to work its magic.



Exercise equipment should be thoroughly disinfected AFTER EACH USE. A consistent sanitizing of such equipment will reduce the quantity of harmful bacteria members come in contact with, and prevent the spread of infectious diseases.