STRENGTH PREVENTATIVE MAINTENANCE **Daily** Weekly 3 Month 6 Month Yearly Inspect detent pins, snap X locks, selector pins etc. X **Clean Upholstery Inspect cables and kevlar** belting, adjust their tension X if necessary X **Inspect accessory handles** X **Inspect all decals** Inspect all nuts and bolts, X tighten if needed X **Inspect all non-slip surfaces** Clean and lubricate guide rods with a 30 weight motor oil (5W30, 10W30 etc.) Lubricate linear bearings with a 30 weight motor oil (5W30, 10W30 etc.) Clean and wax all painted X finishes X Replace cables and belts