

Revolution Home Gym: What maintenance is needed for my gym?

ID: 11873.2

Follow this troubleshooting guide to identify the maintenance needed and frequency required to keep your Revolution home gym working like new.

Some common complaints may include:

- Maintenance
- Cleaning
- Inspection

Daily Maintenance

Tools you may need:
Cloth Non-abrasive cleaner

1. Wipe down your gym with a damp cloth each day, paying special attention to the areas where perspiration could settle.
2. If the upholstery is dirty, you can use a non-abrasive household cleaner after each use. This will keep your gym looking new.
3. Do not use automotive cleaner; it can cause the bench to become slick and unsafe for use [\[11873.A\]](#).

Monthly Maintenance

1. Inspect your gym for any loose parts, nuts, bolts, etc.
2. Inspect all cables, ropes, and straps for any fraying or excessive wear.
3. Check pulleys and other metal components for excessive wear or damage [\[11873.B\]](#).

Yearly Maintenance

1. Remove covers and inspect the condition of all internal components.
2. Inspect all cables, ropes, straps, and moving parts for fraying, excessive wear, or other damage [\[11873.C\]](#).

Miscellaneous Maintenance

Tools you may need:
Silicone lubricant

1. Each time you add or remove resistance packs, lightly spray and apply silicone lubricant to the shaft. This will allow the packs to more easily slide on and off the shaft [\[11873.D\]](#).

Need additional assistance?**1 Customer Care Contact Information**

Please contact Customer Care at [1-800-605-3369](tel:1-800-605-3369) for additional help or to order replacement parts. Some replacement parts may also be available for purchase [online here](#). A list of part numbers referenced within this guide can be located at the bottom of this page.

Customer Care - Hours of Operation:
Monday - Friday 6:00am - 5:00pm PST

The replacement part will be provided to you at no cost assuming your machine meets the warranty eligibility requirements. A Customer Care Agent will be able to assess your current warranty eligibility and provide you with your options.

Please note that if you did not purchase your machine directly from BowFlex, Schwinn, or Nautilus, we will need a copy of your purchase receipt in order to register your machine for warranty.