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# Site Owners Maintenance

## Obligations

Revision 1

### Maintenance of your outdoor gym

The guarantee of your equipment, which you will need to sign and send back, is subject to routine maintenance being carried out.

#### Maintenance methodology

- Checks
- Diagnosis
- Maintenance
- Replacements

During maintenance you may require additional grips and a selection of fixings, fastenings and tools. In addition touch up paint is available. All replacements are available from The Great Outdoor Gym Company. When maintenance is performed on a coastal site, non-ferrous tools must be used. Maintenance work may also require work to be done on electrical equipment. You can purchase new parts or signage by calling your representative or emailing us on [maintenance@tgogc.com](mailto:maintenance@tgogc.com)

To validate the guarantee of the equipment TGO require the maintenance outlined below to be carried out routinely. There is a basic daily/weekly/monthly inspection to be included in maintainer's duties. It is the main quarterly inspection that must be logged via the maintenance log sheets. Records of quarterly maintenance logs must be retained for a minimum of 5 years by the site owner.

In the unlikely event of equipment either breaking or becoming defective through normal wear and tear, the site owner will need to make a warranty claim. Please ask TGO for an official claim form. The warranty does not cover vandalism and is not valid unless quarterly maintenance has been completed and evidenced by the completion of the maintenance log sheets. If equipment needs to be removed, the equipment can be removed by the site owner and the site needs to be made safe to prevent the creation of a trip hazard.

### Subsequent Services

#### 1) Site owners responsibilities- daily/weekly/monthly {recommended}

- Wipe off any graffiti with anti-graffiti wipes
- Sweep the site and remove litter
- Clean down surfaces
- Repaint any chips that have occurred if need be with the correct paint
- Check for any damage, establish whether or not it is vandalism, and report this to the TGO with an accompanying digital photo. TGO may recommend that the facility is closed until the fault or damage is rectified. Ensure the equipment and outdoor gym site is left safe.

#### 2) Site owners responsibilities every three months (not optional)

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- Perform daily/weekly/monthly responsibilities
- Use the maintenance log sheets to check over each and every piece of equipment. The Distributor and or the site owner must keep copies of maintenance logs for a minimum of 5 years from the date of purchase and produce these if required on any warranty claim. (NB: failure to carry this out each quarter will invalidate all product warranties).
- Repaint any chips that might have occurred with the correct paint.
- Lubricate joints and parts identified with suitable lubricating oil. Recommended oils are: ACgo, Ambersil 40 or SM4 (WD40 type water dispersants are not suitable)
- Look in detail at each item of equipment in turn working from the top down & checking that all of the components are present, secure and functional.
- Check also that all plastic caps etc. if fitted, are in place.
- Check chains & connectors (if fitted) are not worn.
- Where limiters are incorporated check they are functioning correctly.
- Check by shaking the whole unit for any free play to the ground mounting or foundations.
- Tighten bolts and nuts if loose and report incidents to TGO.
- Look out for hazards and if necessary close down site.
- Check for any damage, establish whether or not it is vandalism, and report this to TGO with an accompanying digital photo. Action this as appropriate which might include ensuring the facility is not available to use if appropriate until resolved.
- Replace bearings where necessary
- Ensure equipment is left safe

All spare parts are available for replacement from TGO or their suppliers

### Annual inspection

At least one independent annual inspection should be undertaken by a suitably qualified inspector preferably a Register of Play Inspectors International (RPII) Annual Inspector or equivalent.

For emergencies

Contact TGO on +44 (0)1795 373301



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# Maintenance Guidelines

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## Before you start the maintenance

The TGO product range has been designed to require very little maintenance to keep it running smoothly and looking great. However, as many of the pieces have moving parts these will need light maintenance to keep everything operating as they should. Please make sure you use this manual when carrying out maintenance on your gym. If you have any queries regarding the products or their maintenance then please get in touch with the team, email us at [info@tgogc.com](mailto:info@tgogc.com). This manual outlines all the different levels of maintenance requirements for each product in the TGO range.

### Equipment

To carry out the light maintenance inspections you will need the 'TGO Light Maintenance Kit'. Included in this kit is:

- Security Drive Bit Set
  - Pinned Hex and Pinned Torx Various Sizes
- Touch Up Pen
  - Green
  - Black
  - Silver
- GT85 (200ml)

You will also need some other basic tools to assist you. These are:

- Socket Wrench
- Cleaning Wipes
- Non-ferrous tools (for use on coastal sites)
- Bucket of water/cloth (For cleaning)
- G3 Compound

Bearing replacement tools:

- Portable brazing torch (equivalent to a Vulcane Express 472 with a type 14 Nozzle and Map/pro Gas)
- Loctite 270

### Prohibited Equipment

Power tools for tightening and loosening bolts are prohibited. This includes drills and impact wrenches. Using these types of power tools increases the risk of damaging the fixing and paint around the joint.

### Spares

You may require spare parts from time to time for each product. Please refer to the product specific spares lists at the back of this document for details.



[www.tgogc.com](http://www.tgogc.com)  
[info@tgogc.com](mailto:info@tgogc.com)



### Frequency

The frequency of maintenance required will vary according to the quality of inspections and popularity of site or item of equipment. The minimum level of maintenance is high quality maintenance every quarter. a light daily /weekly/monthly check is still recommend.

### Recording

A record of maintenance undertaken on each item of equipment shall be maintained, including photographs and written details of location, date and time of the visit, the work completed and the person(s) completing the work.

### Annual Inspections

An independent annual inspection is recommended to ensure the gym conforms with EN 16630.

### Cleaning

It is recommend the units are hand cleaned with water and a non-abrasive cleaners. Do not use a jet washer.

Removing Salt Deposits -

The best method of cleaning is by regular washing of the coating using a solution of warm water and mild detergent. All surfaces should be cleaned using a soft cloth or sponge, using nothing harsher than natural bristle brushes.

Do **NOT** under any circumstances use strong solvents or solutions containing:

- Chlorinated Hydrocarbons
- Esters
- Ketones
- Abrasive Cleaner or polish

Surface Settled Rust -

You may find surface rust above paint work or on weld lines. This is nothing to worry about, it is usual small particles that have rested on the surface that cause the rust. Clean the equipment with the G3 Compound to remove any surface settled rust

### Variation of gym equipment

Gym equipment may vary slightly from the images and diagrams. They will all still operate in the same manner and require the same level of maintenance.

### Assembly /Disassembly of equipment

As fixing are removed or added panels may move and cause damage to the paint if the equipment is operated. Always check that there is a clearance gap between moving components. E.g. on the cross trainer between the Crank disc and cladding.

### Energy equipment and gyms

When working on any energy equipment take precautions against electric shock by isolating the batteries, equipment DC input and isolator unit where applicable



**Caution**  
Risk of Electric Shock  
**YOU MUST ISOLATE**

- The Isolator unit
- The Batteries
- Equipment DC input

**BEFORE MAINTAINING**



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# Fault Report

When trying to repair the TGO equipment follow the maintenance methodology.  
Maintenance methodology

- Checks
- Diagnosis
- Maintenance
- Replacements

Without proper checks on the equipment it will be impossible to progress any further.  
Below is a list of basic fault terms and possible causes and recommended actions.

REF	FAULT	POSSIBLE CAUSE	RECOMMENDED ACTION
1	Stiff	Brake set too strong Electrical short Bushing worn Material ingress Misalignment	Loosen brake Check wiring/LGH for damage Replace bushing, lubricate bushing Check for material ingress and remove Inspect moving components
2	Loose	Brake set too weak Worn gears Misaligned gear Broken gearbox Generator brush not contacting	Tighten brake Inspect and replace worn gear/s Align and Loctite grub screw Replace faulty part/s Inspect and replace worn/faulty part/s
3	Noisy	Brake disc dirty Material ingress Worn parts Misalignment	Clean brake disc Remove ingressed material and clean Replace worn part/s Check dissimilar moving components are not touching
4	Paint Damage	Due to vandalism Due to mechanical failure Salt deposit Graffiti	Clean area and repaint with TGO approved paint Repair cause, and action as above Clean with warm water and mild detergent Clean with anti-graffiti wipes
5	Jammed	Material ingress Misalignment Over forced	Check for material ingress and remove Inspect moving components Apply force in correct direction/dismantle equipment
6	No power	No USB power No LED strip light No USB power & LED strip light	Inspect and replace USB board Inspect and replace LED strip Inspect mechanical gearing and LGH, Replace faulty part/s

## Part Identification

Where possible the most accurate name or description for the part is to be used. It is understandable that not all the names will be accurate. On the next page are some examples of common terminology to use.



## Pull Up/Assisted Pull Up - TG0810

The Maintainer should perform the following checks and actions to the equipment:

### General Regular Visit:

- Operate the machine and identify if there are any issues such as noises or stiffness. Try and diagnose where this is coming from and resolve via maintenance oil or adjustment if possible. If this problem cannot be resolved, leave the product safe and seek advice from TGO office info@tgoqc.com
- Remove graffiti from paint and signage with non-abrasive cleaners (tested for suitability)
- Inspect and report any damage to signage
- Inspect and report any damage to components
- Check all the fixings to ensure they are tight and secure. Retighten or replace where appropriate
- Specifically check the 8x structural inward facing bolts visible from the outside of the main framework [see image label 1]. If any of these are loose remove them (one at a time) and replace with a new fixing ensuring Loctite 270 is applied. If it is difficult to fit the new fixing, then you will need to clean out the threaded hole in the bearing housing
- Touch up any paint damage
- Specifically check the spoke pins at the bottom. Ensure both are present and correct. If any are missing, close the piece down and order some more. [See image label 2]

### Quarterly (compulsory):

- Perform all general regular visit maintenance listed above.
- Spray all moving parts (joints only) with a 3in1 maintenance oil (not penetrating oil). [See image label 3]
- Clean off any salt deposits
- Log quarterly site maintenance visit

### Bearing replacement [See image label 3]:

- The correct specification of bearing and specific instructions can be supplied by TGO. Bearings must only be changed with the correct tools. Oilite bearings are used and due to the very soft material the bearings should be pressed in and not impacted, it may be necessary to ream replaced Oilite bearings to obtain the correct fit. Replaced Oilite bearings will require additional lubrication during a settling period

### Handle replacement:

- The maintainer should have stock of handles on his or her maintenance visits. The receiving handle should be cleaned to remove surface contamination. A small amount of adhesive (TGO can supply appropriate glue) should be applied to the inside of the handle and to the machine handle, the handle can be rotated onto the arm to give the glue a good coverage in the process. The handle will be at risk of removal until the glue cures



## Dips/Leg Raise - TG0800

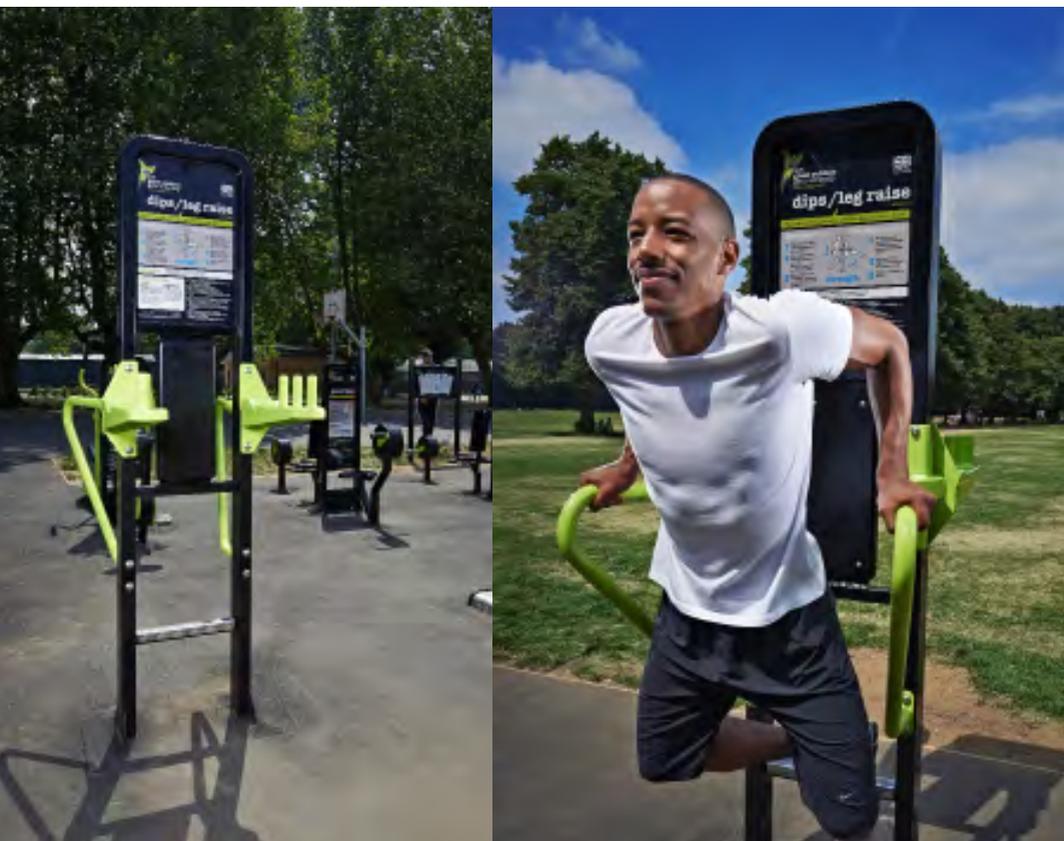
The Maintainer should perform the following checks and actions to the equipment:

### General Regular Visit:

- Operate the machine and identify if there are any issues and ensure item is working properly
- Remove graffiti from paint and signage with non-abrasive cleaners (tested for suitability)
- Inspect and order replacement to signage if vandalised
- Inspect and report any damage to backrest
- Visually check for loose components or missing fixings
- Check tightness of all fixings. If loose ensure these are retightened
- Touch up any paint damage
- Leave the site safe

### Quarterly (compulsory):

- Perform all general regular visit maintenance listed above.
- If the backrest needs replacement, replace
- Clean off any salt deposits
- Log quarterly site maintenance visit



## Triple Step Up - TG0905

The Maintainer should perform the following checks and actions to the equipment:

### General Regular Visit:

- Operate the machine and identify if there are any issues and ensure item is working properly
- Remove graffiti from paint with non-abrasive cleaners (tested for suitability)
- Ensure no sharp edges have developed on footplates
- Inspect and order replacement to signage if vandalised
- Inspect and report any damage to steps
- Visually check for loose components or missing fixings
- Check tightness of all fixings. If loose ensure these are retightened
- Touch up any paint damage

### Quarterly (compulsory):

- Perform all general regular visit maintenance listed above.



The Maintainer should perform the following checks and actions to the equipment:

### General Regular Visit:

- Remove graffiti from paint and signage with non-abrasive cleaners (tested for suitability)
- Inspect and report any damage to signage
- Inspect and report any damage to components
- Visually check for loose components or missing fixings
- Check tightness of all fixings. If loose ensure these are retightened
- Run the traveller over the full range of movement unloaded and loaded, note and report any problems, noise or stiffness
- Touch up any paint damage

### Quarterly (compulsory):

- Perform all general regular visit maintenance listed above.
- Operate the machine and identify if there are any issues such as noises or stiffness. Try and diagnose where this is coming from and resolve via maintenance oil or adjustment if possible. If this problem cannot be resolved, leave the product safe and seek advice from TGO office info@tgogc.com
- Inspect the visible stop wedges for any damage and report, replace if necessary
- Spray all moving parts (joints only) with a suitable maintenance oil (not penetrating oil)
- Clean the tracks with a light oil based cleaner to prevent fouling
- Oil the track with a 3in1 maintenance oil
- Grease the diagonal surfaces of the brake stops
- Remove traveller if necessary to access polyurethane wheels and other parts
- Clean off any salt deposits
- Log quarterly site maintenance visit

### Traveller stops and wheel replacement:

- The traveller stops and polyurethane traveller wheels [see image label 1] are considered to be service parts and are not covered under the terms of the warranty.

### Seat & back pad replacement:

- Saddles and seat pads [see image label 2] are considered to be service parts and are not covered under the terms of the warranty for wilful damage or vandalism. The correct saddles and seat pads can be supplied by TGO

### Handle replacement:

- Soft handles are considered to be serviced parts. The maintainer should have a stock of handles. The handle should be cleaned to remove surface contamination. A small amount of adhesive (TGO can supply appropriate glue) should be applied to the inside of the handle and to the machine handle, the handle can be rotated onto the arm to give the glue a good coverage in the process. The handle will be at risk of removal until the glue cures.



## Ski Machine - TG0920

The Maintainer should perform the following checks and actions to the equipment:

### General Regular Visit:

- Remove graffiti from paint and signage with non-abrasive cleaners (tested for suitability)
- Inspect and report any damage to signage
- Inspect and report any damage to components
- Visually check for loose components or missing fixings
- Check tightness of all fixings. If loose ensure these are retightened
- Operate the machine through the full range of movement, note and report any problems, stiffness or excessive noise
- Check function of limiters and report any problems
- Touch up any paint damage

### Quarterly (compulsory):

- Perform all general regular visit maintenance listed above.
- Operate the machine and identify if there are any issues such as noises or stiffness. Try and diagnose where this is coming from and resolve via maintenance oil or adjustment if possible. If this problem cannot be resolved, leave the product safe and seek advice from TGO office info@tgogc.com
- Spray all moving parts (joints only) with a suitable maintenance oil (not penetrating oil)
- Clean off any salt deposits
- Log quarterly site maintenance visit

### Bearing replacement [see image label 1]:

- The correct specification of bearing and specific instructions can be supplied by TGO. Bearings must only be changed with the correct tools. Oilite bearings are used and due to the very soft material the bearings should be pressed in and not impacted, it may be necessary to ream replaced Oilite bearings to obtain the correct fit. Replaced Oilite bearings will require additional lubrication during a settling period

### Handle replacement:

- Soft handles are considered to be serviced parts. The maintainer should have a stock of handles. The handle should be cleaned to remove surface contamination. A small amount of adhesive (TGO can supply appropriate glue) should be applied to the inside of the handle and to the machine handle, the handle can be rotated onto the arm to give the glue a good coverage in the process. The handle will be at risk of removal until the glue cures.

### Ski Machine Base plate retrofit [see image label 2]:

- The single tube frame Ski Machine requires a retrofitted base plate. This will be evident that it is in place (see photo). Please contact your supplier or TGOGC directly for more information or if you are unsure if your machine has the retrofit base part fitted. If you do not believe the retrofit base part has been fitted please ensure the site is safe by removing the Ski Machine or taping off the equipment from use.



The Maintainer should perform the following checks and actions to the equipment:

### General Regular Visit:

- Remove graffiti from paint and signage with non-abrasive cleaners (tested for suitability)
- Inspect and report any damage to signage
- Inspect and report any damage to components
- Visually check for loose components or missing fixings
- Check tightness of all fixings. If loose ensure these are retightened
- Spin the disk(s), loaded and unloaded in both directions also try to lift, note and report any problems, noise or stiffness
- Touch up any paint damage

### Quarterly (compulsory):

- Perform all general regular visit maintenance listed above.
- Operate the machine and identify if there are any issues such as noises or stiffness. Try and diagnose where this is coming from and resolve via maintenance oil or adjustment if possible. If this problem cannot be resolved, leave the product safe and seek advice from TGO office [info@tgogc.com](mailto:info@tgogc.com)
- Spray top & bottom bearings with a suitable maintenance oil (not penetrating oil)
- Clean off any salt deposits
- Log quarterly site maintenance visit

### Bearing replacement [see image label 1]:

- The correct specification of bearing can be supplied by TGO. Bearings must only be changed with the correct tools. Oilite bearings are used and due to the very soft material the bearings should be pressed in and not impacted, it may be necessary to ream replaced Oilite bearings to obtain the correct fit. Replaced Oilite bearing will require additional lubrication during a settling period



The Maintainer should perform the following checks and actions to the equipment:

**General Regular Visit:**

- Remove graffiti from paint and signage with non-abrasive cleaners (tested for suitability)
- Inspect and report any damage to signage
- Inspect and report any damage to components
- Visually check for loose components or missing fixings. Specifically the 8 countersunk bolts that hold the main rotational discs in place. These are accessible via the cover plate, by removing the two countersunk bolts [see image label 1]
- Check tightness of all fixings. If loose ensure these are retightened
- Check the foot plank axle is tightly secured in place. Any lateral movement should be reported to TGO [see image label 2]
- Turn the crank in both directions, loaded and unloaded, note and report any problems, noise or excessive stiffness
- Touch up any paint damage

**Quarterly (compulsory):**

- Perform all general regular visit maintenance listed above.
- Operate the machine and identify if there are any issues such as noises or stiffness. Try and diagnose where this is coming from and resolve via maintenance oil or adjustment if possible. If this problem cannot be resolved, leave the product safe and seek advice from TGO office info@tgogc.com
- Check the 8 countersunk bolts that hold the main rotational discs in place are tight and secure. These are accessible via the cover plate, by removing the two countersunk bolts. If any of these are loose remove them (one at a time) and replace with a new fixing ensuring Loctite 270 is applied and it is firmly tightened. If it is difficult to fit the new fixing, then you will need to clean out the threaded hole in the central axle [see image label 1]
- Check the foot plank axle is tightly secured in place. If there is any lateral movement then it must be removed and the flange bolt replaced. Please ensure that Loctite 270 is applied and it is firmly tightened [see image label 2]
- Check the countersunk bolts in handle bearing positions are tight and secure. If any of these are loose remove them (one at a time) and replace with a new fixing ensuring Loctite 270 is applied and it is firmly tightened. If it is difficult to fit the new fixing, then you will need to clean out the threaded hole [see image label 4 & 5]
- Ensure the drainage holes are free from debris footplates [see image label 3]
- Spray all moving parts (joints only) with a suitable maintenance oil (not penetrating oil) [see image label 1,2,4 & 5]
- Remove cover if necessary to access bearings
- Clean off any salt deposits
- Log quarterly site maintenance visit

**Bearing replacement [see image label 1,2,4 & 5]:**

- The correct specification of bearing and specific instructions can be supplied by TGO. Bearings must only be changed with the correct tools. Oilite bearings are used and due to the very soft material the bearings should be pressed in and not impacted, it may be necessary to ream replaced Oilite bearings to obtain the correct fit. Replaced Oilite bearings will require additional lubrication during a settling period

**Handle replacement:**

- Soft handles are considered to be serviced parts. The maintainer should have a stock of handles. The handle should be cleaned to remove surface contamination. A small amount of adhesive (TGO can supply appropriate glue) should be applied to the inside of the handle and to the machine handle, the handle can be rotated onto the arm to give the glue a good coverage in the process. The handle will be at risk of removal until the glue cures.



The Maintainer should perform the following checks and actions to the equipment:

**General Regular Visit:**

- Remove graffiti from paint and signage with non-abrasive cleaners (tested for suitability)
- Inspect and report any damage to signage
- Inspect and report any damage to components
- Visually check for loose components or missing fixings. Specifically the 8 bolts that hold the main rotational discs in place [see image label 1]
- Check tightness of all fixings. If loose ensure these are retightened
- Check the pedal axle is tightly secured in place. Any lateral movement should be reported to TGO [see image label 2]
- Turn the pedals and the crank in both directions, note and report any problems, excessive noise or stiffness (some brake noise and resistance is expected)
- Touch up any paint damage

**Quarterly (compulsory):**

- Perform all general regular visit maintenance listed above.
- Check for loose components or missing fixings. Specifically the 8 bolts that hold the main rotational discs in place. If any of these are loose remove them (one at a time) and replace with a new fixing ensuring Loctite 270 is applied and it is firmly tightened. If it is difficult to fit the new fixing, then you will need to clean out the threaded hole in the central axle [see image label 1]
- Operate the machine and identify if there are any issues - noises/stiffness. Try and diagnose where this is coming from and resolve via maintenance oil or adjustment if possible. If this problem cannot be resolved, leave the product safe and seek advice from TGO office info@tgogc.com
- Check the pedal axle is tightly secured in place. If there is any lateral movement then it must be removed and the flange bolt replaced. Please ensure that Loctite 270 is applied and it is firmly tightened [see image label 2]
- Spray all moving parts (joints only) with a suitable maintenance oil (not penetrating oil)
- Remove cover if necessary to adjust or reset the brakes – brake adjustment should be made by the correct tool and adjusting the tension screw to each spring plate to achieve a balanced pressure and appropriate resistance for the intended users. If squeaking of the brake is noted it is recommended a small amount of copper grease paste is put at the back top and bottom ends of the friction pads against the housing to eliminate resonance [see image label 3]
- Clean off any salt deposits
- Log quarterly site maintenance visit

**Bearing replacement:**

- The correct specification of bearing and specific instructions can be supplied by TGO. Bearings must only be changed with the correct tools. Oilite bearings are used and due to the very soft material the bearings should be pressed in and not impacted, it may be necessary to ream replaced Oilite bearings to obtain the correct fit. Replaced Oilite bearings will require additional lubrication during a settling period [see image label 1, 2]

**Seat and back pad replacement:**

- Seat and back pads are considered to be service parts and are not covered under the terms of the warranty for wilful damage or vandalism. The correct saddles and seat pads can be supplied by TGO



The Maintainer should perform the following checks and actions to the equipment:

**General Regular Visit:**

- Remove graffiti from paint and signage with non-abrasive cleaners (tested for suitability)
- Inspect and report any damage to signage
- Inspect and report any damage to components
- Visually check for loose components or missing fixings. Specifically the 8 bolts that hold the main rotational discs in place [see image label 1]
- Check tightness of all fixings. If loose ensure these are retightened
- Check the pedal axle is tightly secured in place. Any lateral movement should be reported to TGO [see image label 2]
- Turn the pedals and the crank in both directions, note and report any problems, excessive noise or stiffness (some brake noise and resistance is expected)
- Touch up any paint damage

**Quarterly (compulsory):**

- Perform all general regular visit maintenance listed above.
- Check for loose components or missing fixings. Specifically the 8 bolts that hold the main rotational discs in place. If any of these are loose remove them (one at a time) and replace with a new fixing ensuring Loctite 270 is applied and it is firmly tightened. If it is difficult to fit the new fixing, then you will need to clean out the threaded hole in the central axle [see image label 1]
- Operate the machine and identify if there are any issues - noises/stiffness. Try and diagnose where this is coming from and resolve via maintenance oil or adjustment if possible. If this problem cannot be resolved, leave the product safe and seek advice from TGO office info@tgogc.com
- Check the pedal axle is tightly secured in place. If there is any lateral movement then it must be removed and the flange bolt replaced. Please ensure that Loctite 270 is applied and it is firmly tightened [see image label 2]
- Spray all moving parts (joints only) with a suitable maintenance oil (not penetrating oil)
- Remove cover if necessary to adjust or reset the brakes – brake adjustment should be made by the correct tool and adjusting the tension screw to each spring plate to achieve a balanced pressure and appropriate resistance for the intended users. If squeaking of the brake is noted it is recommended a small amount of copper grease paste is put at the back top and bottom ends of the friction pads against the housing to eliminate resonance [see image label 3]
- Clean off any salt deposits
- Log quarterly site maintenance visit

**Bearing replacement [see image label 1 & 2]:**

- The correct specification of bearing and specific instructions can be supplied by TGO. Bearings must only be changed with the correct tools. Oilite bearings are used and due to the very soft material the bearings should be pressed in and not impacted, it may be necessary to ream replaced Oilite bearings to obtain the correct fit. Replaced Oilite bearings will require additional lubrication during a settling period



The Maintainer should perform the following checks and actions to the equipment:

**General Regular Visit: 00+**

- Remove graffiti from paint and signage with non-abrasive cleaners (tested for suitability)
- Inspect and report any damage to signage
- Inspect and report any damage to components
- Visually check for loose components or missing fixings. Specifically the 8 bolts that hold the main rotational discs in place [see image label 1]
- Check the pedal axle is tightly secured in place. Any lateral movement should be reported to TGO [see image label 2]
- Turn the pedals and the crank in both directions, note and report any problems, excessive noise or stiffness (some brake noise and resistance is expected)
- Touch up any paint damage

**Quarterly (compulsory):**

- Perform all general regular visit maintenance listed above.
- Check for loose components or missing fixings. Specifically the 8 bolts that hold the main rotational discs in place. If any of these are loose remove them (one at a time) and replace with a new fixing ensuring Loctite 270 is applied and it is firmly tightened. If it is difficult to fit the new fixing, then you will need to clean out the threaded hole in the central axle [see image label 1]
- Operate the machine and identify if there are any issues - noises/stiffness. Try and diagnose where this is coming from and resolve via maintenance oil or adjustment if possible. If this problem cannot be resolved, leave the product safe and seek advice from TGO office info@tgogc.com
- Check the pedal axle is tightly secured in place. If there is any lateral movement then it must be removed and the flange bolt replaced. Please ensure that Loctite 270 is applied and it is firmly tightened [see image label 2]
- Spray all moving parts (joints only) with a suitable maintenance oil (not penetrating oil)
- Remove cover if necessary to adjust or reset the brakes – brake adjustment should be made by the correct tool and adjusting the tension screw to each spring plate to achieve a balanced pressure and appropriate resistance for the intended users. If squeaking of the brake is noted it is recommended a small amount of copper grease paste is put at the back top and bottom ends of the friction pads against the housing to eliminate resonance [see image label 3]
- Clean off any salt deposits
- Log quarterly site maintenance visit

**Bearing replacement [see image label 1 & 2]:**

- The correct specification of bearing and specific instructions can be supplied by TGO. Bearings must only be changed with the correct tools. Oilite bearings are used and due to the very soft material the bearings should be pressed in and not impacted, it may be necessary to ream replaced Oilite bearings to obtain the correct fit. Replaced Oilite bearings will require additional lubrication during a settling period

**Seat and back pad replacement:**

- Seat and back pads are considered to be service parts and are not covered under the terms of the warranty for wilful damage or vandalism. The correct saddles and seat pads can be supplied by TGO



## Lat Pull Down/Shoulder Press - TG0825

The Maintainer should perform the following checks and actions to the equipment:

### General Regular Visit:

- Remove graffiti from paint and signage with non-abrasive cleaners (tested for suitability)
- Inspect and report any damage to signage
- Inspect and report any damage to components
- Visually check for loose components or missing fixings
- Check tightness of all fixings. If loose ensure these are retightened
- Operate the machine through the full range of movement, loaded and unloaded, note and report any problems, stiffness or noise
- Check function of stops and report any problems
- Touch up any paint damage

### Quarterly (compulsory):

- Perform all general regular visit maintenance listed above.
- Operate the machine and identify if there are any issues such as noises or stiffness. Try and diagnose where this is coming from and resolve via maintenance oil or adjustment if possible. If this problem cannot be resolved, leave the product safe and seek advice from TGO office [info@tgogc.com](mailto:info@tgogc.com)
- Specifically check the tear drop pin fixings. If any of these are loose ensure they are removed and replaced. Please ensure that the correct fixings are used and that Loctite 270 is applied. Ensure the new fixing is tightened firmly in place. [see image label 1]
- Specifically check the fixings in the main bearing locations. [see image label 2]
- Spray all moving parts (joints only) with a suitable maintenance oil (not penetrating oil) [see image label 1 & 2]
- Clean off any salt deposits
- Log quarterly site maintenance visit

### Bearing replacement [see image label 1 & 2]:

- The correct specification of bearing and specific instructions can be supplied by TGO. Bearings must only be changed with the correct tools. Oilite bearings are used and due to the very soft material the bearings should be pressed in and not impacted, it may be necessary to ream replaced Oilite bearings to obtain the correct fit. Replaced Oilite bearings will require additional lubrication during a settling period

### Handle replacement:

- Soft handles are considered to be serviced parts. The maintainer should have a stock of handles. The handle should be cleaned to remove surface contamination. A small amount of adhesive (TGO can supply appropriate glue) should be applied to the inside of the handle and to the machine handle, the handle can be rotated onto the arm to give the glue a good coverage in the process. The handle will be at risk of removal until the glue cures. Stop replacement:

### Saddles and seat pad replacement:

- Saddles and seat pads are considered to be service parts and are not covered under the terms of the warranty for wilful damage or vandalism. The correct saddles and seat pads can be supplied by TGO

### Stop replacement:

- The concealed stops are considered to be service parts and are not covered under the terms of the warranty. The correct stops can be supplied by TGO



## Chest Press/Seated Row - TG0835

The Maintainer should perform the following checks and actions to the equipment:

### General Regular Visit:

- Remove graffiti from paint and signage with non-abrasive cleaners (tested for suitability)
- Inspect and report any damage to signage
- Inspect and report any damage to components
- Visually check for loose components or missing fixings
- Check tightness of all fixings. If loose ensure these are retightened
- Operate the machine through the full range of movement, loaded and unloaded, note and report any problems, stiffness or noise
- Check function of stops and report any problems
- Touch up any paint damage

### Quarterly (compulsory):

- Perform all general regular visit maintenance listed above.
- Operate the machine and identify if there are any issues such as noises or stiffness. Try and diagnose where this is coming from and resolve via maintenance oil or adjustment if possible. If this problem cannot be resolved, leave the product safe and seek advice from TGO office info@tgogc.com
- Specifically check the tear drop pin fixings. If any of these are loose ensure they are removed and replaced. Please ensure that the correct fixings are used and that Loctite 270 is applied. Ensure the new fixing is tightened firmly in place. [see image label 1]
- Spray all moving parts (joints only) with a suitable maintenance oil (not penetrating oil)
- Clean off any salt deposits
- Log quarterly site maintenance visit

### Bearing replacement [see image label 1]:

- The correct specification of bearing and specific instructions can be supplied by TGO. Bearings must only be changed with the correct tools. Oilite bearings are used and due to the very soft material the bearings should be pressed in and not impacted, it may be necessary to ream replaced Oilite bearings to obtain the correct fit. Replaced Oilite bearings will require additional lubrication during a settling period

### Handle replacement:

- Soft handles are considered to be serviced parts. The maintainer should have a stock of handles. The handle should be cleaned to remove surface contamination. A small amount of adhesive (TGO can supply appropriate glue) should be applied to the inside of the handle and to the machine handle, the handle can be rotated onto the arm to give the glue a good coverage in the process. The handle will be at risk of removal until the glue cures.

### Stop replacement [see image label 2]:

- The concealed stops are considered to be service parts and are not covered under the terms of the warranty. The correct stops can be supplied by TGO

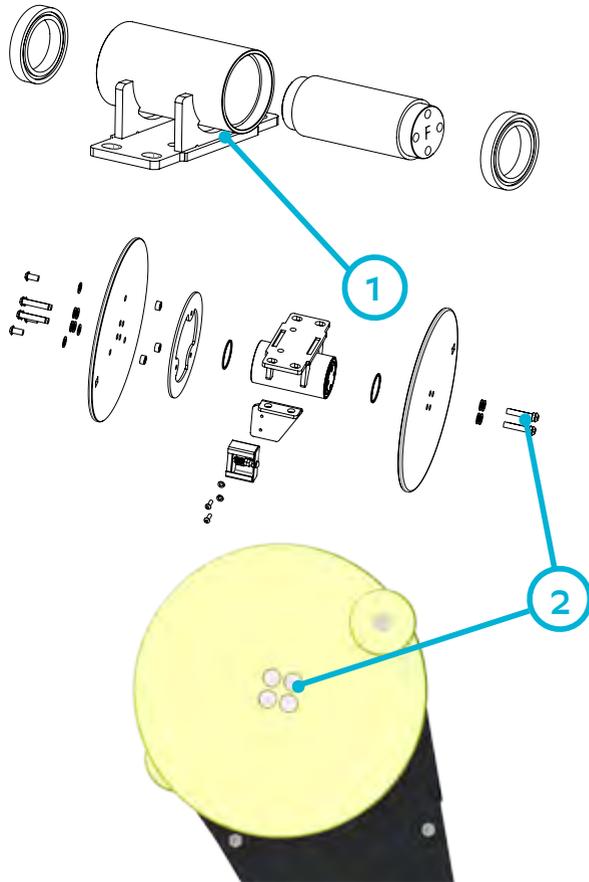
### Saddles and seat pad replacement:

- The correct saddles and seat pads can be supplied by TGO and instructions for replacements can be sought by TGO



It may be necessary at some stage to replace the Ball Bearings located within the Cardio Fitness Module. The Cardio Fitness Module is the mechanical heart of Cardio Equipment. This should rarely need visiting, but in the event it does, TGOGC have provided some basic instructions (below) on how to access it. You will find a Cardio Fitness Module on the following equipment at both standard and Coastal sites:

- TGO861 - Cross Trainer
- TGO891 - Recumbent Bike
- TGO907 - Hand Bike
- TGO970 - Spinning Bike



Note: These images are as a reference only, the precise components vary between different equipment.

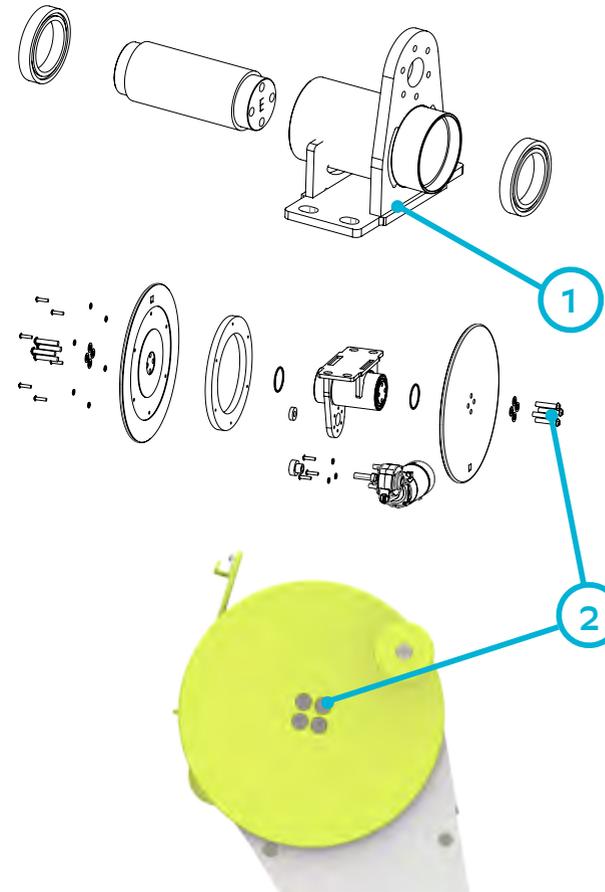
- 1 The Ball Bearings is located inside Bearing Housing running on the Main Axle.
- 2 There are four (4) MIO Pin Torx Screws per side that attaches from outside the unit and go through the Crank Cover Disc. Loctite has been applied to each MIO Pin Torx Screws
- 3 Heat is required to loosen the Loctite on the MIO Pin Torx Screws. Apply using the recommended or similar Portable brazing torch.
- 4 Apply the heat directly to each MIO Pin Torx Screw, apply heat momentarily to each and move on to the next working in a radial pattern. This could take several minutes to fully heat the length of the screw.

Note 1: Never heat one bolt or area for an extended period of time, always allow for a pause to ensure the paint does not become effected.

- 5 Once the Loctite has been loosen, the MIOx50 Pin Torx Screws can be removed normally.
- 6 When assembling the Cardio Fitness Module use the Loctite listed in the 'TGO Light Maintenance Kit' on the four (4) MIO Pin Torx Screws per side

It may be necessary at some stage to replace the Ball Bearings located within the Cardio Energy Module. The Cardio Energy Module is the mechanical heart of the Energy Equipment. This should rarely need visiting, but in the event it does, TGOGC have provided some basic instructions (below) on how to access it. You will find a Cardio Energy Module on the following equipment at both standard and Coastal sites:

- TGO862 - Energy Cross Trainer
- TGO892 - Energy Recumbent Bike
- TGO908 - Energy Hand Bike
- TGO971 - Energy Spinning Bike



Note: These images are as a reference only, the precise components vary between different equipment.

- 1 The Ball Bearings is located inside Bearing Housing running on the Main Axle.
- 2 There are four (4) MIO Pin Torx Screws per side that attaches from outside the unit and go through the Crank Cover Disc. Loctite has been applied to each MIO Pin Torx Screws
- 3 Heat is required to loosen the Loctite on the MIO Pin Torx Screws. Apply using the recommended or similar Portable brazing torch.
- 4 Apply the heat directly to each MIO Pin Torx Screw, apply heat momentarily to each and move on to the next working in a radial pattern. This could take several minutes to fully heat the length of the screw.

Note 1: Never heat one bolt or area for an extended period of time, always allow for a pause to ensure the paint does not become effected.

- 5 Once the Loctite has been loosen, the MIO Pin Torx Screws can be removed normally.
- 6 When assembling the Cardio Energy Module use the Loctite listed in the 'TGO Light Maintenance Kit' on the four (4) MIO Pin Torx Screws per side

The Maintainer should perform the following checks and actions to the equipment:

**General Regular Visit:**

- Remove graffiti from paint and signage with non-abrasive cleaners (tested for suitability)
- Inspect and report any damage to signage
- Inspect and report any damage to components
- Visually check for loose components or missing fixings. Specifically the 8 countersunk bolts that hold the main rotational discs in place. These are accessible via the cover plate, by removing the two countersunk bolts [see image label 1]
- Check the foot plank axle is tightly secured in place. Any lateral movement should be reported to TGO [see image label 2]
- Turn the crank in both directions, loaded and unloaded, note and report any problems, noise or excessive stiffness
- Touch up any paint damage

**Quarterly (compulsory):**

- Perform all general regular visit maintenance listed above.
- Operate the machine and identify if there are any issues such as noises or stiffness. Try and diagnose where this is coming from and resolve via maintenance oil or adjustment if possible. If this problem cannot be resolved, leave the product safe and seek advice from TGO office info@tgoqc.com
- Check the 8 countersunk bolts that hold the main rotational discs in place are tight and secure. These are accessible via the cover plate, by removing the two countersunk bolts. If any of these are loose remove them (one at a time) and replace with a new fixing ensuring Loctite 270 is applied and it is firmly tightened. If it is difficult to fit the new fixing, then you will need to clean out the threaded hole in the central axle [see image label 1]
- Check the foot plank axle is tightly secured in place. If there is any lateral movement then it must be removed and the flange bolt replaced. Please ensure that Loctite 270 is applied and it is firmly tightened [see image label 2]
- Check the bolts in handle bearing positions are tight and secure. If any of these are loose remove them (one at a time) and replace with a new fixing ensuring Loctite 270 is applied and it is firmly tightened. If it is difficult to fit the new fixing, then you will need to clean out the threaded hole [see image label 4 & 5]
- Ensure the drainage holes are free from debris footplates [see image label 3]
- Spray all moving parts (joints only) with a suitable maintenance oil (not penetrating oil) [see image label 1, 2, 4 & 5]
- Remove cover if necessary to access bearings
- Clean off any salt deposits
- Log quarterly site maintenance visit

**Bearing replacement [see image label 1, 2, 4 & 5]:**

- The correct specification of bearing and specific instructions can be supplied by TGO. Bearings must only be changed with the correct tools. Oilite bearings are used and due to the very soft material the bearings should be pressed in and not impacted, it may be necessary to ream replaced Oilite bearings to obtain the correct fit. Replaced Oilite bearings will require additional lubrication during a settling period

**Handle replacement:**

- Soft handles are considered to be serviced parts. The maintainer should have a stock of handles. The handle should be cleaned to remove surface contamination. A small amount of adhesive (TGO can supply appropriate glue) should be applied to the inside of the handle and to the machine handle, the handle can be rotated onto the arm to give the glue a good coverage in the process. The

handle will be at risk of removal until the glue cures.

**Energy - General Regular Visit:**

- Turn the pedals and the crank in both directions, note and report any problems, excessive noise or stiffness from the gearing system and or motor.
- Check that USB ports are free from obstruction
- Check the LED console lights activate and move higher in with quicker pedal rotation.

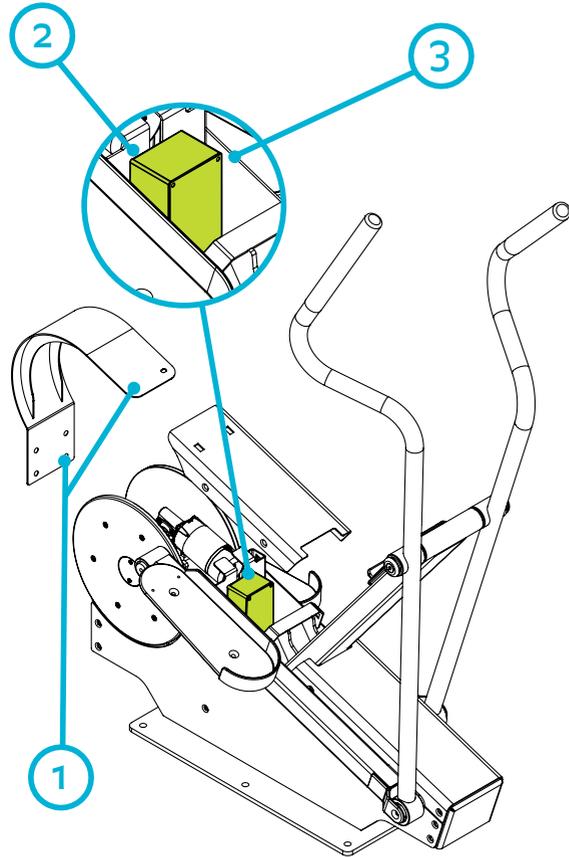
**Quarterly (compulsory):**

- Perform all general regular visit maintenance listed above.
- Check the tightness of the motor support fixings
- Check the small Spur gear is in line with the internal gear and it hasn't shifted and scratched the main disk.



It may be necessary at some stage to maintain and access the LGH or the USB. The LGH is the electrical heart of the Cardio Charge (Glow and Flow) Cross Trainer and is what manages the electricity produced from the equipment. This should rarely need visiting, but in the event it does, TGOGC have provided some basic instructions (below) on how to access it.

The USB is what TGOGC call a consumable item and therefore not warranted by TGO. However, it is a low cost product and is simple to replace.



- 1 Remove the four (4) Lower M8 Pin Torx Screws and the two (2) top M8 Pin Torx Screws, with washers. The rear clad should be placed to one side.

NOTE 1: This clad may be held under tension and spring mildly upon loosening the fixings.

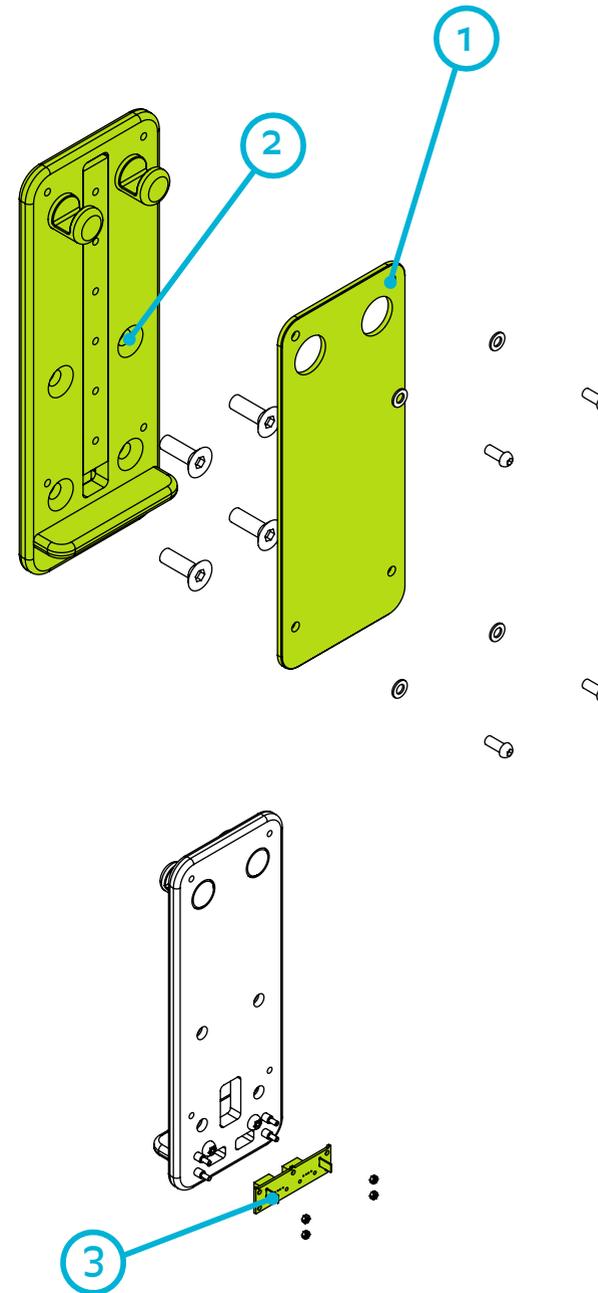
- 2 The LGH will be bolted in a vertically standing position as shown in the diagram. To remove the LGH fully, you will need to unfasten the two M4 fixings, access from the rear of the Parakeet box.

- 3 To remove the LGH box lid, in order to access the electronics, all four (4) M4 Phillip Head screws will need to be removed.

NOTE 2: Retain all fixing in a secure location during maintenance.

NOTE 3: The lid screws should be torqued to 5-7.5lbf.in, as to retain the IP rating.

- 4 Reverse Procedure to reassemble.



- 1 Remove the graphic plate from the console via the four (4) M5 Pin Torx screws. Retain the screws and put the graphics plate to one side.

- 2 Remove the four (4), now exposed, M8 Pin Torx Screws which hold the console to the cross trainer frame. Retain the fixings in a safe place.

NOTE 1: Take care as to not damage the cabling as the console is pulled away from the cross Trainer.

- 3 To remove the USB, unplug the two spade connector ports. Remove the four (4) M3 Nuts and washers, and slide the USB board off the M3 inserts.

- 4 Reapply the new USB board and reverse the above steps to reapply the console.

## Energy Recumbent Bike - TG0892

The Maintainer should perform the following checks and actions to the equipment:

### General Regular Visit:

- Remove graffiti from paint and signage with non-abrasive cleaners (tested for suitability)
- Inspect and report any damage to signage
- Inspect and report any damage to components
- Visually check for loose components or missing fixings. Specifically the 8 bolts that hold the main rotational discs in place [see image label 1]
- Check tightness of all fixings. If loose ensure these are retightened
- Check the pedal axle is tightly secured in place. Any lateral movement should be reported to TGO [see image label 2]
- Turn the pedals and the crank in both directions, note and report any problems, excessive noise or stiffness (some brake noise and resistance is expected)
- Touch up any paint damage

### Quarterly (compulsory):

- Perform all general regular visit maintenance listed above.
- Check for loose components or missing fixings. Specifically the 8 bolts that hold the main rotational discs in place. If any of these are loose remove them (one at a time) and replace with a new fixing ensuring Loctite 270 is applied and it is firmly tightened. If it is difficult to fit the new fixing, then you will need to clean out the threaded hole in the central axle [see image label 1]
- Operate the machine and identify if there are any issues - noises/stiffness. Try and diagnose where this is coming from and resolve via maintenance oil or adjustment if possible. If this problem cannot be resolved, leave the product safe and seek advice from TGO office info@tgoqc.com
- Check the pedal axle is tightly secured in place. If there is any lateral movement then it must be removed and the flange bolt replaced. Please ensure that Loctite 270 is applied and it is firmly tightened [see image label 2]
- Spray all moving parts (joints only) with a suitable maintenance oil (not penetrating oil)
- Remove cover if necessary to adjust or reset the brakes – brake adjustment should be made by the correct tool and adjusting the tension screw to each spring plate to achieve a balanced pressure and appropriate resistance for the intended users. If squeaking of the brake is noted it is recommended a small amount of copper grease paste is put at the back top and bottom ends of the friction pads against the housing to eliminate resonance [see image label 3]
- Clean off any salt deposits
- Log quarterly site maintenance visit

### Bearing replacement:

- The correct specification of bearing and specific instructions can be supplied by TGO. Bearings must only be changed with the correct tools. Oilite bearings are used and due to the very soft material the bearings should be pressed in and not impacted, it may be necessary to ream replaced Oilite bearings to obtain the correct fit. Replaced Oilite bearings will require additional lubrication during a settling period [see image label 1, 2]

### Seat and back pad replacement:

- Seat and back pads are considered to be service parts and are not covered under the terms of the warranty for wilful damage or vandalism. The correct saddles and seat pads can be supplied by TGO

### Energy - General Regular Visit:

- Turn the pedals and the crank in both directions, note and report any problems, excessive noise or stiffness from the gearing system and or motor.
- Check that USB ports are free from obstruction
- Check the LED console lights activate and move higher in with quicker pedal rotation.

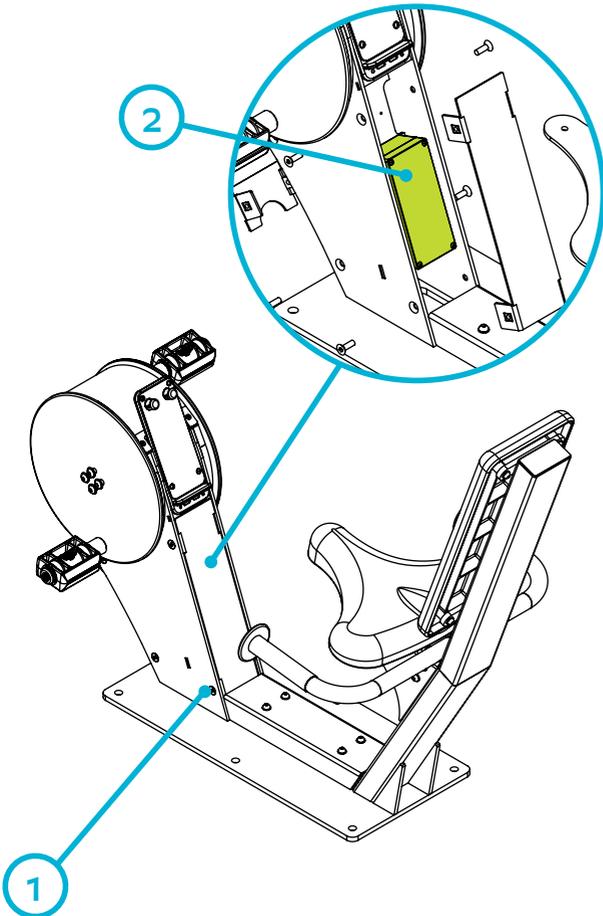
### Quarterly (compulsory):

- Perform all general regular visit maintenance listed above.
- Check the tightness of the motor support fixings
- Check the small Spur gear is in line with the internal gear and it hasn't shifted and scratched the main disk.



It may be necessary at some stage to maintain and access the LGH or the USB. The LGH is the electrical heart of the Cardio Charge (Glow and Flow) Recumbent Bike and is what manages the electricity produced from the equipment. This should rarely need visiting, but in the event it does, TGOGC have provided some basic instructions (below) on how to access it.

The USB is what TGOGC call a consumable item and therefore not warranted by TGO. However, it is a low cost product and is simple to replace.



**1** Remove the four (4) M8 Pin Torx Screws from the side of the pedal support, to release the rear clad. Place this clad and fixings to one side.

**2** The LGH will be bolted in a vertically standing position as shown in the diagram. To remove the LGH fully, you will need to unfasten the two (2) M4 fixings, accessed from the rear of the LGH box.

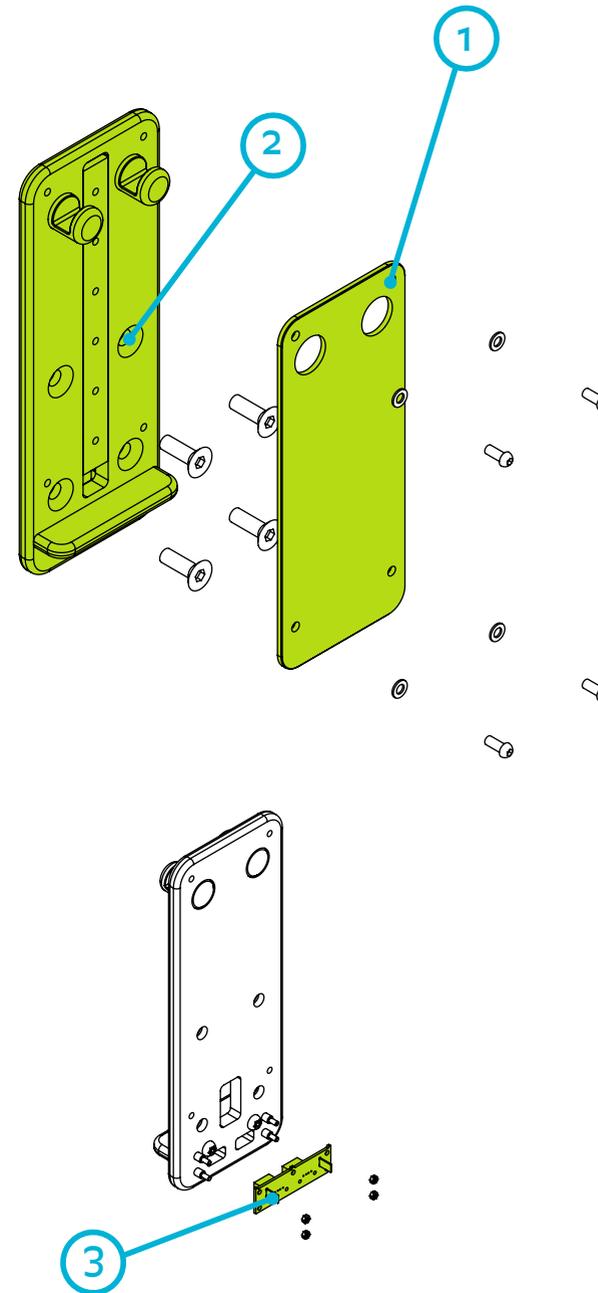
NOTE 1: LGH release will require the removal of the front clad, by unfastening the four (4) M8 Pin Torx screws and two (2) M6 Pin torx screws that hold this to the top clad. .

**3** In order to access the electronics, the LGH box lid must be removed, by unfastening all four (4) M4 Phillip Head screws

NOTE 2: Retain all fixings in a secure location during maintenance.

NOTE 3: The lid screws should be torqued to 5-7.5lbf.in, as to retain the IP rating.

**4** Reverse Procedure to reassemble.



**1** Remove the graphic plate from the console via the four (4) M5 Pin Torx screws. Retain the screws and put the graphics plate to one side.

**2** Remove the four (4), now exposed, M8 Pin Torx Screws which hold the console to the recumbent bike frame. Retain the fixings in a safe place.

NOTE 1: Take care as to not damage the cabling as the console is pulled away from the recumbent bike.

**3** To remove the USB, unplug the two spade connector ports. . Remove the four (4) M3 Nuts and washers, and slide the USB board off the M3 inserts.

**4** Reapply the new USB board and reverse the above steps to reapply the console.

The Maintainer should perform the following checks and actions to the equipment:

### General Regular Visit:

- Remove graffiti from paint and signage with non-abrasive cleaners (tested for suitability)
- Inspect and report any damage to signage
- Inspect and report any damage to components
- Visually check for loose components or missing fixings. Specifically the 8 bolts that hold the main rotational discs in place [see image label 1]
- Check tightness of all fixings. If loose ensure these are retightened
- Check the pedal axle is tightly secured in place. Any lateral movement should be reported to TGO [see image label 2]
- Turn the pedals and the crank in both directions, note and report any problems, excessive noise or stiffness (some brake noise and resistance is expected)
- Touch up any paint damage

### Quarterly (compulsory):

- Perform all general regular visit maintenance listed above.
- Check for loose components or missing fixings. Specifically the 8 bolts that hold the main rotational discs in place. If any of these are loose remove them (one at a time) and replace with a new fixing ensuring Loctite 270 is applied and it is firmly tightened. If it is difficult to fit the new fixing, then you will need to clean out the threaded hole in the central axle [see image label 1]
- Operate the machine and identify if there are any issues - noises/stiffness. Try and diagnose where this is coming from and resolve via maintenance oil or adjustment if possible. If this problem cannot be resolved, leave the product safe and seek advice from TGO office info@tgogc.com
- Check the pedal axle is tightly secured in place. If there is any lateral movement then it must be removed and the flange bolt replaced. Please ensure that Loctite 270 is applied and it is firmly tightened [see image label 2]
- Spray all moving parts (joints only) with a suitable maintenance oil (not penetrating oil)
- Remove cover if necessary to adjust or reset the brakes – brake adjustment should be made by the correct tool and adjusting the tension screw to each spring plate to achieve a balanced pressure and appropriate resistance for the intended users. If squeaking of the brake is noted it is recommended a small amount of copper grease paste is put at the back top and bottom ends of the friction pads against the housing to eliminate resonance [see image label 3]
- Clean off any salt deposits
- Log quarterly site maintenance visit

### Bearing replacement [see image label 1 & 2]:

- The correct specification of bearing and specific instructions can be supplied by TGO. Bearings must only be changed with the correct tools. Oilite bearings are used and due to the very soft material the bearings should be pressed in and not impacted, it may be necessary to ream replaced Oilite bearings to obtain the correct fit. Replaced Oilite bearings will require additional lubrication during a settling period

### Energy - General Regular Visit:

- Turn the pedals and the crank in both directions, note and report any problems, excessive noise or stiffness from the gearing system and or motor.
- Check the local USB and LED Bar Graph are both operational [see image label 4]

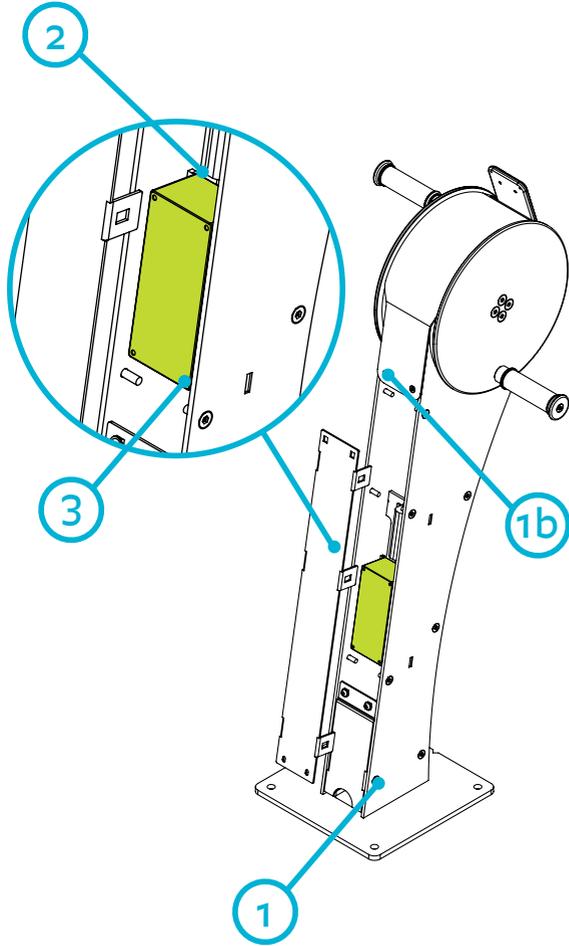
### Energy - Quarterly (compulsory):

- Perform all general regular visit maintenance listed above.
- Check the tightness of the motor support fixings
- Check the small Spur gear is in line with the internal gear and it hasn't shifted and scratched the main disk.



It may be necessary at some stage to maintain and access the LGH or the USB. The LGH is the electrical heart of the Cardio Charge (Glow and Flow) Hand Bike and is what manages the electricity produced from the equipment. This should rarely need visiting, but in the event it does, TGOGC have provided some basic instructions (below) on how to access it.

The USB is what TGOGC call a consumable item and therefore not warranted by TGO. However, it is a low cost product and is simple to replace.



- 1** Remove the rear clad by unfastening the six (6) M8 Pin Torx Screws from the side of the hand bike.
- 1b** Unscrew the two (2) top M6 Pin Torx fixings and the two (2) lower M6 Pin Torx Button head and washers. Place the clad and fixings to one side.
- 2** The LGH will be bolted in a vertically standing position as shown in the diagram. To remove the LGH fully, you will need to unfasten the two (2) M4 fixings, accessed from the rear of the LGH box.

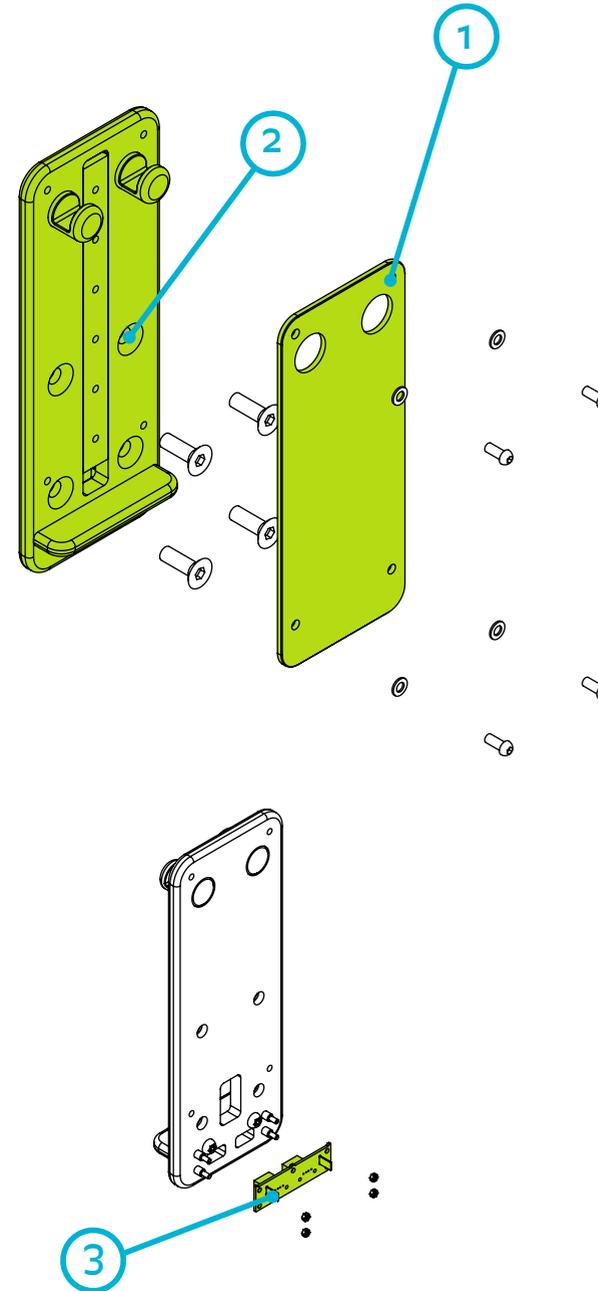
NOTE 1: LGH release will require the removal of the front clad, by unfastening eight (8) M8 Pin Torx screws and two (2) top M6 Pin torx screws.

- 3** To remove the LGH box lid, in order to access the electronics, all four (4) M4 Phillip Head screws will need to be removed.

NOTE 2: Retain all fixing in a secure location during maintenance.

NOTE 3: The lid screws should be torqued to 5-7.5lbf.in, as to retain the IP rating.

- 4** Reverse Procedure to reassemble.



- 1** Remove the graphic plate from the console via the four (4) M5 Pin Torx screws. Retain the screws and put the graphics plate to one side.
  - 2** Remove the four (4), now exposed, M8 Pin Torx Screws which hold the console to the hand bike frame. Retain the fixings in a safe place.
- NOTE 1: Take care as to not damage the cabling as the console is pulled away from the hand bike.
- 3** To remove the USB, unplug the two spade connector ports. . Remove the four (4) M3 Nuts and washers, and slide the USB board off the M3 inserts.
  - 4** Reapply the new USB board and reverse the above steps to reapply the console.

## Energy Spinning Bike - TG0971

The Maintainer should perform the following checks and actions to the equipment:

### General Regular Visit:

- Remove graffiti from paint and signage with non-abrasive cleaners (tested for suitability)
- Inspect and report any damage to signage
- Inspect and report any damage to components
- Visually check for loose components or missing fixings. Specifically the 8 bolts that hold the main rotational discs in place [see image label 1]
- Check the pedal axle is tightly secured in place. Any lateral movement should be reported to TGO [see image label 2]
- Turn the pedals and the crank in both directions, note and report any problems, excessive noise or stiffness (some brake noise and resistance is expected)
- Touch up any paint damage

### Quarterly (compulsory):

- Perform all general regular visit maintenance listed above.
- Check for loose components or missing fixings. Specifically the 8 bolts that hold the main rotational discs in place. If any of these are loose remove them (one at a time) and replace with a new fixing ensuring Loctite 270 is applied and it is firmly tightened. If it is difficult to fit the new fixing, then you will need to clean out the threaded hole in the central axle [see image label 1]
- Operate the machine and identify if there are any issues - noises/stiffness. Try and diagnose where this is coming from and resolve via maintenance oil or adjustment if possible. If this problem cannot be resolved, leave the product safe and seek advice from TGO office info@tgoqc.com
- Check the pedal axle is tightly secured in place. If there is any lateral movement then it must be removed and the flange bolt replaced. Please ensure that Loctite 270 is applied and it is firmly tightened [see image label 2]
- Spray all moving parts (joints only) with a suitable maintenance oil (not penetrating oil)
- Remove cover if necessary to adjust or reset the brakes – brake adjustment should be made by the correct tool and adjusting the tension screw to each spring plate to achieve a balanced pressure and appropriate resistance for the intended users. If squeaking of the brake is noted it is recommended a small amount of copper grease paste is put at the back top and bottom ends of the friction pads against the housing to eliminate resonance [see image label 3]
- Check the local USB and LED Bar Graph are both operational [see image label 4]
- Clean off any salt deposits
- Log quarterly site maintenance visit

### Bearing replacement [see image label 1 & 2]:

- The correct specification of bearing and specific instructions can be supplied by TGO. Bearings must only be changed with the correct tools. Oilite bearings are used and due to the very soft material the bearings should be pressed in and not impacted, it may be necessary to ream replaced Oilite bearings to obtain the correct fit. Replaced Oilite bearings will require additional lubrication during a settling period

### Seat and back pad replacement:

- Seat and back pads are considered to be service parts and are not covered under the terms of the warranty for wilful damage or vandalism. The correct saddles and seat pads can be supplied by TGO

### Energy - General Regular Visit:

- Turn the pedals and the crank in both directions, note and report any problems, excessive noise or stiffness from the gearing system and or motor.
- Check the local USB and LED Bar Graph are both operational [see image label 4]

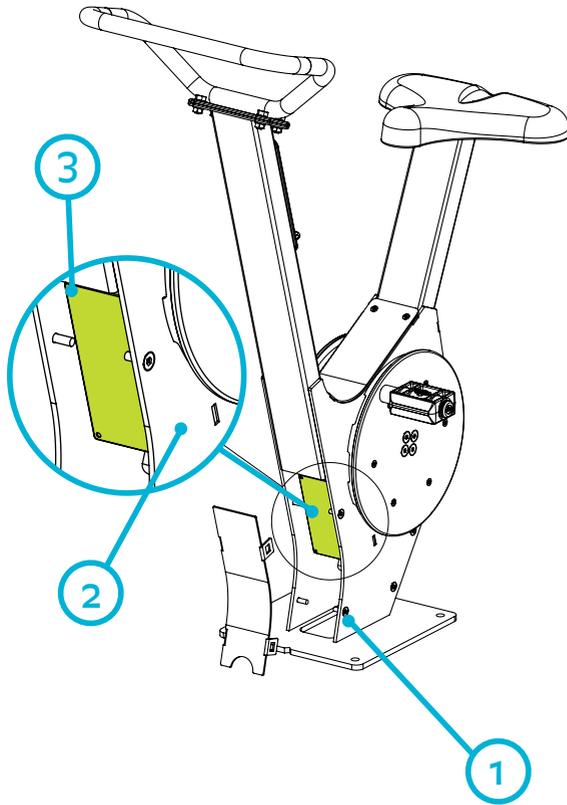
### Energy - Quarterly (compulsory):

- Perform all general regular visit maintenance listed above.
- Check the tightness of the motor support fixings
- Check the small Spur gear is in line with the internal gear and it hasn't shifted and scratched the main disk.



It may be necessary at some stage to maintain and access the LGH or the USB. The LGH is the electrical heart of the Cardio Charge (Glow and Flow) Spinning Bike and is what manages the electricity produced from the equipment. This should rarely need visiting, but in the event it does, TGOGC have provided some basic instructions (below) on how to access it.

The USB is what TGOGC call a consumable item and therefore not warranted by TGO. However, it is a low cost product and is simple to replace.



**1** Unfasten the four (4) M8 Pin Torx Screws from the side of the Spinning Bike to remove and access the front of the LGH. Place the clad and fixings to one side.

**2** The LGH will be bolted in a vertically standing position as shown in the diagram. To remove the LGH fully, you will need to unfasten the two (2) M4 fixings, accessed from the rear of the LGH box.

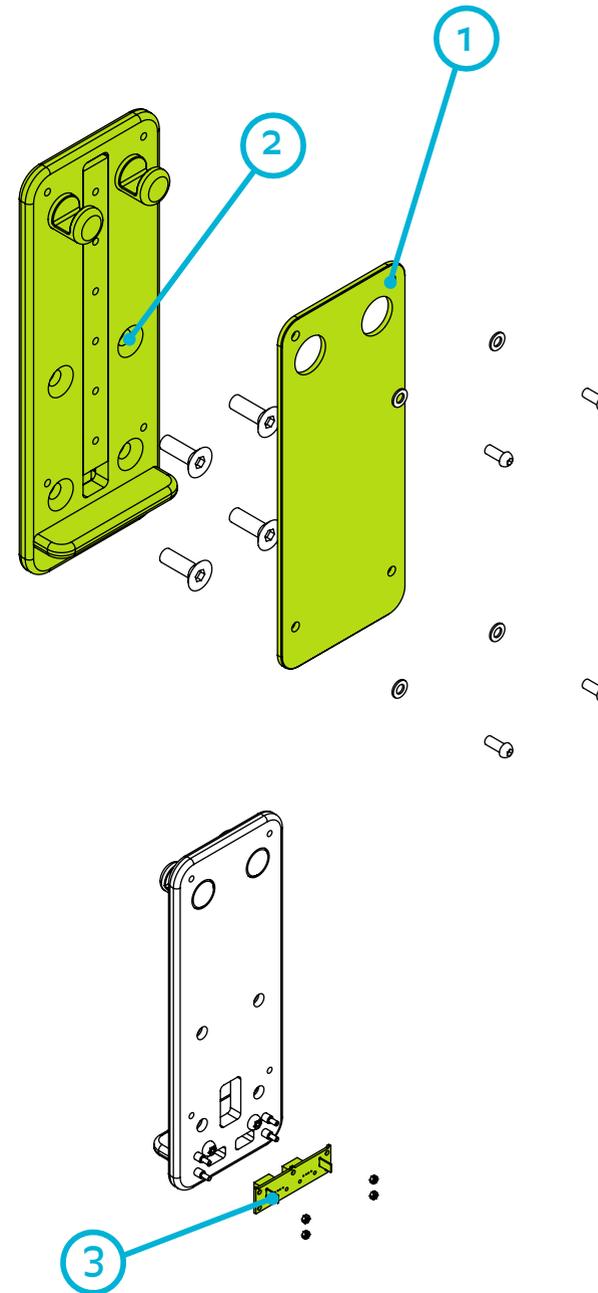
NOTE 1: LGH release will require the removal of the rear clad, by unfastening the four (4) M8 Pin Torx screws and two (2) top M6 Pin torx screws.

**3** To remove the LGH box lid, in order to access the electronics, all four (4) M4 Phillip Head screws will need to be removed.

NOTE 2: Retain all fixings in a secure location during maintenance.

NOTE 3: The lid screws should be torqued to 5-7.5lbf.in, as to retain the IP rating.

**4** Reverse Procedure to reassemble.



**1** Remove the graphic plate from the console via the four (4) M5 Pin Torx screws. Retain the screws and put the graphics plate to one side.

**2** Remove the four (4), now exposed, M8 Pin Torx Screws which hold the console to the spinning bike frame. Retain the fixings in a safe place.

NOTE 1: Take care as to not damage the cabling as the console is pulled away from the spinning bike.

**3** To remove the USB, unplug the two spade connector ports. Remove the four (4) M3 Nuts and washers, and slide the USB board off the M3 inserts.

**4** Reapply the new USB board and reverse the above steps to reapply the console.

The Maintainer should perform the following checks and actions to the equipment:

General Regular Visit:

- Remove graffiti from paint and signage with non-abrasive cleaners (tested for suitability)
- Inspect and report any damage to signage
- Inspect and report any damage to components
- Visually check for loose components or missing fixings.
- Touch up any paint damage
- Visually check the Battery Capacity Indicator [see image label 1]

Quarterly (compulsory):

- Perform all general regular visit maintenance listed above.
- Check for loose components or missing fixings. If any are loose remove them (one at a time) and replace with a new fixing.
- Check the EDU Performance Bar [see image label 3] and kWh Display [see image label 2] are both operational. Both should light up if a piece of energy equipment is being operated.
- Where installed check to see if the Equipment lighting or PATH lighting is operational. The Ambient Light Sensor will need covering during daylight hours [see image label 4].
- Where installed with an inverter check that it is operational by visually checking the local meter or by checking via an online portal.
- Clean off any salt deposits
- Log quarterly site maintenance visit

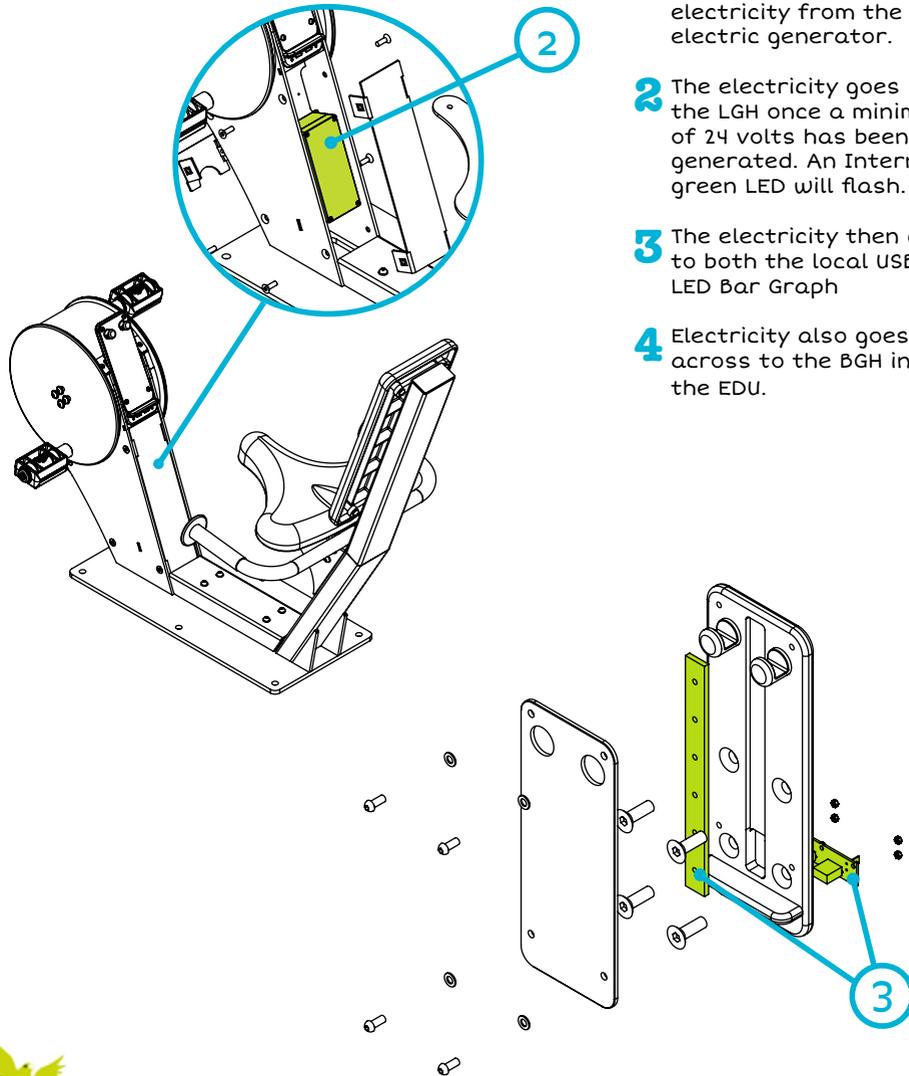
Trouble shooting:

In the unlikely every the EDU equipment is not working, there are several checks that can be made to isolate and fix the root problem. Please refer to the relievent copy of the EDU Eletronics Maintenance Manual.



## Energy Equipment General System Configuration

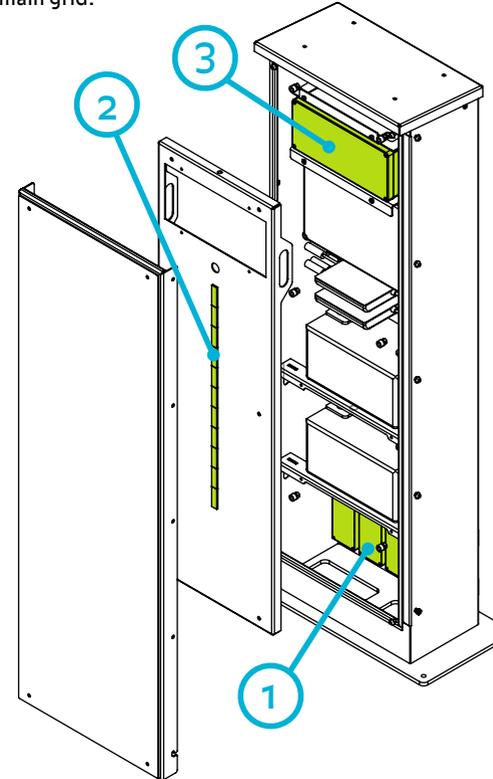
This area is to aid with basic fault finding from any piece of energy equipment. The energy system consists of three main areas. "The Little Green Heart" (LGH) is a sealed unit that converts the gym equipment energy to a user LED bar graph, and two USB charging ports. This is a stand alone product and is fitted inside the gym equipment. To attach multiple gym equipments together into an Energy Display Unit (EDU) then each LGH will need to be connected to a "Big Green Heart" (BGH), the output of which then connects into the EDU.



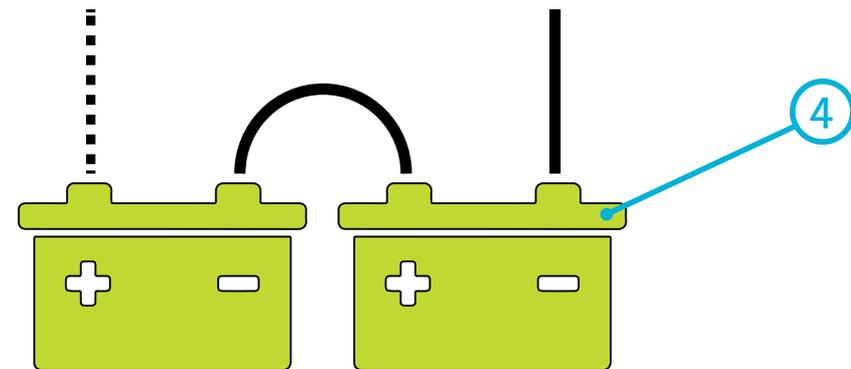
- 1** Operate the equipment as intended to generate electricity from the electric generator.
- 2** The electricity goes into the LGH once a minimum of 24 volts has been generated. An Internal green LED will flash.
- 3** The electricity then goes to both the local USB or LED Bar Graph
- 4** Electricity also goes across to the BGH inside the EDU.

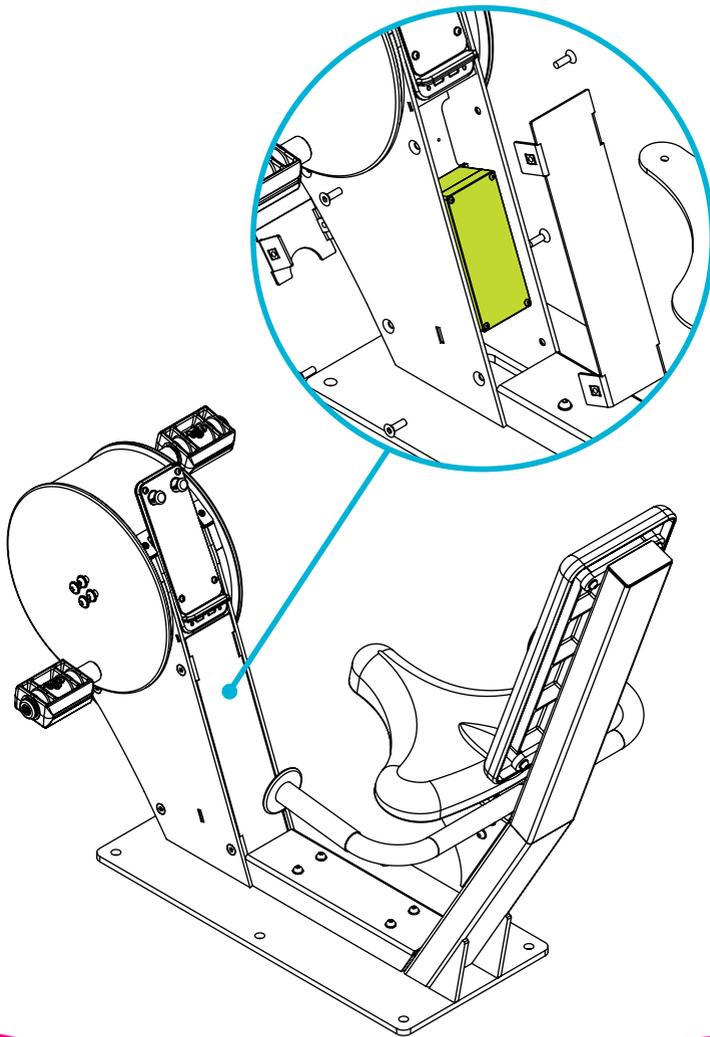
## EDU General System Configuration

This area is to aid with basic fault finding within the EDU. Each EDU can operate one local area LED lighting system plus a PIR controlled path lighting system. In addition each EDU can optionally have invertors fitted to supply mains AC electrical energy back into the main grid.



- 1** The electricity comes into the EDU via the BGH.
- 2** The electricity generated will display on the EDU Performance Bar display.
- 3** Accumulative electricity generated will display on the KWh Display.
- 4** Electricity will be stored in two 12v batteries wired in series to produce 24v
- 5** Where connected electricity will go out to a Local lighting system or via invertors to the main grid.





If you have any queries regarding the products or their maintenance then please get in touch with the team on +44 (0)1795 373301 or email us at [info@tgo.gc.com](mailto:info@tgo.gc.com).

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