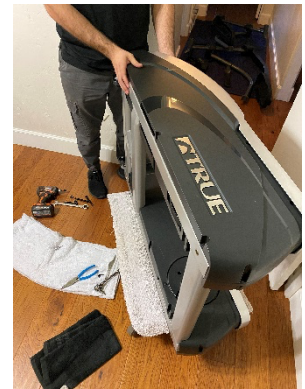


General steps and tips for moving fitness equipment

Moving fitness equipment is a specialized skill requiring very specific tools and procedures to accomplish safely and effectively. Most fitness equipment moves will follow these general steps regardless of the type and scope of the move.

There are many scenarios and reasons why clients will want their fitness equipment moved. Some moves may be as simple as breaking down a treadmill and moving it from one house to another. Others may be as complicated as breaking down a full club of fitness equipment to install new in its place.

The first step to every fitness equipment move is always the same. **HAVE A PLAN!** Maybe this is a quick treadmill move and you will only need a brief set of instructions from the client (Here is where the treadmill is now, and this is where I would like it to be set-up). Maybe this is a larger move where the client is moving to another home and the entire home gym equipped with multiple pieces of strength and cardio equipment needing to be brought downstairs and installed in a basement at the new home. The point is that developing a plan requires you to understand the scope of the move and what the constraints and safety concerns will be. Once you have determined the scope, discuss the plan with your team. Talk through the whole move (let's begin by bringing in some blankets and laying them on the floor. Let's take the treadmill out first to make some room, then we will break down the gym and lay pieces on the blankets. Be careful when hauling it out to the truck, there is a very tight turn in the hallway....)



Now let's talk a bit more specifically about moving different types of equipment.

How to Move a Treadmill;

Step 1- Do you have a plan? Does your team understand the plan?

Step 2-TEST THE TREADMILL FOR FUNCTION OR DAMAGE. Is there anything about the treadmill that should be discussed with the client or recorded on your paperwork?

Step 3- Ensure the treadmill is set to a zero incline and unplugged from any external power sources. Most of the treadmills have a pedestal with a console mounted to the main frame of the treadmill with 2 or 3 bolts on each side. Most often, you will remove the pedestal from the base in order to fit through doors or turns in hallways. Once the pedestal is removed you flip the treadmill's base on its side to carry or dolly it through any single door without damaging the equipment or your walls. After you unbolt the pedestal, angle it slightly to find the data cable(s) that connect it to the base of your treadmill. This cable connects your console and lower board (control board) of your treadmill. The cable usually has a quick-release connector which you will have to disconnect prior to completely removing the pedestal from the base of the treadmill.

Once you have removed the pedestal, one member of your team should be positioned at the front of the treadmill (where the motor and electronics are) and another at the back end of the machine. The front of the treadmill is the heavy end, meaning it is heaviest end of the treadmill because the motor is located on that side. Working together, roll the treadmill onto its side with the drive motor closest to the floor being sure to protect the floor with blankets. Now you can lift the treadmill onto a dolly or carry it out vertically. REMEMBER TO LIFT WITH YOUR KNEES, NOT YOUR BACK!!!! Before you start moving, ask each other if you are ready, make sure you have a firm, secure grip. When both of you are ready, the person with the light end should start moving backwards, while the person with the heavy end moves forward, calling out any dangers ahead (there is a step coming up, there is a picture on your right, watch the doorframe, etc.). When loading the treadmill into the truck use blankets and straps to secure it for transport and protect it from any damage.

Once you arrive at the new location, use the same methods to safely transport the treadmill to the room where it will be assembled. Take the base in first and install it on the mat if there is one. Then bring in the pedestal and carefully lay it on the base. Now connect the data cable and finally install the pedestal onto the base, being careful not to pinch the data cable.

After you have completed the assembly, turn it on and make sure everything is working properly. Verify all functions and calibrate the treadmill if possible. You may even need to do some walk belt adjustments.

How to move larger cardio equipment;

Step 1- Do you have a plan? Does your team understand the plan?

Step 2-TEST THE TREADMILL FOR FUNCTION OR DAMAGE. Is there anything about the equipment that should be discussed with the client or recorded on your paperwork?

Step 3- Determine how much breakdown will be required to fit this equipment through the door or turns in hallways. A common pitfall here is attempting to minimize the amount of breakdown in order to save time. I find that often removing a few more bolts or one extra component makes the entire process of the move much easier, safer, and ultimately faster. Be strategic, but don't be afraid to break equipment down a bit more to make this job a whole lot easier.

Use blankets, carts, and communication to keep this move rolling smoothly. When loading the equipment into the truck use blankets and straps to secure it for transport and protect it from any damage.

Once you arrive at the new location, use the same methods to safely transport the equipment to the room or area where it will be assembled. After you have completed the assembly, turn the equipment on and make sure everything is working properly. Verify all functions before calling this move complete.

How to move a home gym;

Step 1- Do you have a plan? Does your team understand the plan?

Step 2-TEST THE GYM FOR FUNCTION OR DAMAGE. Is there anything about the gym that should be discussed with the client or recorded on your paperwork?

Step 3- Determine how much breakdown will be required to fit this gym through the door or turns in hallways. A common pitfall here is attempting to minimize the amount of breakdown in order to save time. I find that often removing a few more bolts or one extra component makes the entire process of the move much easier, safer, and ultimately faster. Be strategic, but don't be afraid to break equipment down a bit more to make this job a whole lot easier.

Removing the weight stack is a must. Sometimes it is possible to remove the weight stack as one complete assembly. This is a pro move and can go wrong quickly. If you are unsure, just pull plates off one at a time and set aside on blankets. Consider the width of the pathway you will take when moving this gym. What other components should come off to ensure that the client's equipment and property are not damaged. As you remove parts of the gym, put the bolts back into the frame only hand tight. This way you will know which bolts go where. Secure cables and any other loose parts before hauling the gym out to the truck.

Use blankets, carts, and communication to keep this move rolling smoothly. When loading the equipment into the truck use blankets and straps to secure it for transport and protect it from any damage.

Once you arrive at the new location, use the same methods to safely transport the pieces of the gym to the room or area where it will be assembled. After you have completed the assembly, test the gym fully to make sure everything is working properly. Verify all functions before calling this move complete.

These guidelines will likely apply to most of your fitness equipment moves, but each move is different and will require some forethought, planning, and careful execution to complete safely and effectively.

The Field Tech app has libraries of assembly manuals, tech tips, and how-to's that will help technicians navigate daily tasks. Check us out @ fieldtechfitness.com