

COUNT ON POWER SYSTEMS

for Easy Equipment Inspections

Use this guide to inspect, protect, and replenish your equipment inventory throughout the year.

TUBING & BANDS - REPLACE: EVERY 4-6 MONTHS

What to watch for:

- Nicks & tears
- Fading or discoloration
- Damage to handles (if applicable)

Increase Lifespan

- Keep away from the sun and/or heat sources.
- Don't stretch more than 2 1/2 times original length.
- Rugged shoes can damage the rubber.



EXERCISE MATS - REPLACE: EVERY 9-12 MONTHS

What to watch for:

- Tears, rips, or other damage to the mat surface
- Fading or discoloration

Increase Lifespan

- Store on a rack or a smooth, clean surface in an area free from furniture or other sharp objects.
- Do not store or stack other equipment on mats while in storage.
- Rugged footwear can damage mats, avoid wearing while in use.



STABILITY BALLS - REPLACE: EVERY 9-12 MONTHS

What to watch for:

- Does it hold shape prior to workout?
- Always inflate to proper size using size chart
- Gouges, scratches, worn spots, cuts

Increase Lifespan

- Try not to store stability balls in front of windows; sun and heat can cause damage to material.



FOAM ROLLERS - REPLACE: EVERY 9-12 MONTHS

What to watch for:

- Tears or cracks in the EVA foam
- Fading or discoloration
- Deformities to the shape of the roller

Increase Lifespan

- Store foam rollers in a dry area of your club.
- Use in designated areas to avoid damage from other products and equipment.



MEDICINE BALLS - REPLACE: EVERY 12-18 MONTHS

What to watch for:

- Smoothing Grip
- Cracks or Tears
- Wearing of Surface Paint

Increase Lifespan

- Avoid exposing to jagged or rough surfaces.
- Make sure not to add air to your Med Balls.
- Avoid "Slam" exercises with Med Balls.



Don't think twice about equipment replacement. Join our easy & simple replenishment program based on your equipment preferences.

Sign Up: powersystems.com/replenishment

POWERSYSTEMS
A PLAYCORE company

sales@power-systems.com | 800.321.6975 | powersystems.com

f t @ in #poweryour