



HEARTBEAT FITNESS REPAIR

SERVICE • REPAIR • PREVENTIVE MAINTENANCE

Factory-trained service for residential and commercial fitness equipment

(727) 512-5120 | service@theequipmentfixer.com | theequipmentfixer.com

Planning a Fitness Equipment Move

WHAT TO KNOW BEFORE YOUR EQUIPMENT GETS RELOCATED

Fitness equipment is the thing people forget about until the week of the move, and then it becomes the most stressful item in the house. A treadmill or elliptical is not furniture: it is a precision assembly that has to come apart in a specific order, travel without damaging its own components, and go back together correctly to work. Planned properly, it is a straightforward job. Planned the day before, it is where things get broken.

START FOUR WEEKS OUT

WHEN	WHAT TO DO
4 weeks before	Decide what is moving and what is being sold or donated. Confirm the destination has power and space. Schedule the equipment move.
2 weeks before	Confirm the exact placement location at the destination. Measure doorways and the route if the move is within a residence.
1 week before	Clear the route and the destination area. Locate manuals, safety keys, and any original hardware.
Move day	Disassembly, transport, reassembly, adjustment, calibration, and full testing.
After	Use the equipment before the general movers leave the property, so anything unexpected surfaces while help is still available.

DECIDE WHAT IS ACTUALLY COMING

A move is the natural moment to be honest about equipment. Moving a machine that has not been used in three years, or one that was already failing, is money spent to relocate a problem. Two questions worth asking about each unit:

- ▶ Will this get used at the new location, in the space it is actually going into?
- ▶ Is this machine in good enough condition to be worth the cost of moving it?

If a unit is already broken, it is usually worth diagnosing before the move rather than after. You will know whether you are relocating an asset or a repair bill, and it costs nothing extra to find out first.

WHAT WE DO

1 Pre-move assessment

Both the equipment and the route are evaluated. We document the operating condition of each unit before work begins, identify doorways, corners, thresholds, and stairs along the route, and confirm the destination placement has adequate clearance and access to a suitable outlet.

2 Disassembly

Units are powered down and disconnected, then broken down as far as the route requires — typically consoles, uprights, handlebars, and covers, with wiring harnesses carefully disconnected. All fasteners are bagged, labeled, and kept with their corresponding components.

3 Handling and transport

Everything is moved using proper equipment dollies, straps, and whatever additional equipment the job requires. Consoles, electronics, and disconnected components are handled separately.

4 Reassembly and installation

Units are reassembled at the destination. Hardware is torqued to manufacturer specification, wiring harnesses are reconnected and properly routed, and each unit is leveled and stabilized.

5 Adjustment, calibration, and testing

Belts tracked and tensioned, moving components checked for alignment, lubrication and calibration performed as needed. Each unit is then run through its full range of function and all safety features verified before it is returned to service.

WHAT WE DO NOT DO

We do not wrap or pad equipment, and we do not protect flooring, walls, or doorframes. Equipment is handled carefully using proper dollies, straps, and appropriate equipment, but if you want floors and frames covered, arrange that separately or with your general movers. We would rather tell you plainly up front than have it be a surprise on move day.

HOW TO PREPARE

- ☐ Clear the route from the equipment to the exit, and clear the destination area
- ☐ Confirm the destination has a suitable outlet, and know whether it is on a dedicated circuit
- ☐ Measure the destination space including clearance around and behind the unit
- ☐ For treadmills, allow adequate clear space behind the machine for safety
- ☐ Locate manuals, safety keys, and any original assembly hardware you still have
- ☐ Note the make, model, and serial number of each unit
- ☐ Confirm floor type at the destination and whether a mat is needed
- ☐ Have pets and children away from the work area on move day

DESTINATION CONSIDERATIONS

POWER

Treadmills in particular draw significant current and many manufacturers specify a dedicated circuit. Running one on a shared garage circuit alongside other loads causes nuisance breaker trips and, over time, is hard on the motor control board. Confirm what is available at the destination before move day rather than discovering it after everything is assembled.

FLOOR AND LEVEL

Garage and patio slabs are frequently sloped for drainage, and a machine that is not level will rock, creak, and wear unevenly. We level every unit as part of reassembly, but if the slope is significant it is worth knowing in advance. On concrete, a rubber mat under the equipment reduces moisture at the frame, protects the slab, and cuts noise considerably.

CLEARANCE

Equipment needs room around it for both safety and service. Machines tucked tightly into a corner cannot be maintained without moving them, which turns routine service into a bigger job every time. Leave working room behind and beside each unit.

A NOTE ON GENERAL MOVERS

Most moving companies will move fitness equipment, and many do it carefully. What they typically will not do is disassemble and reassemble it correctly, track and tension a treadmill belt, reconnect and route wiring harnesses properly, torque hardware to specification, or test the machine before they leave. The common outcome is equipment that arrives at the new address intact but does not work right, discovered days later when the crew is long gone.

If your movers are handling the equipment, ask specifically whether reassembly and testing are included, and get the answer in writing. If they are not, having the equipment handled separately — ideally before the movers arrive — removes it from the critical path of moving day entirely.

We can have your equipment moved, reassembled, and tested before the movers arrive.

We handle disassembly, transport, reassembly, adjustment, calibration, and full operational testing — whether that is across a house, across town, or into a new build. Your equipment arrives working and confirmed to manufacturer specification, not just delivered. We are fully insured, and we will tell you plainly if a unit is not worth relocating.

PHONE

(727) 512-5120

EMAIL

service@theequipmentfixer.com

WEB

theequipmentfixer.com