HEARTBEAT FITNESS REPAIR

SERVICE • REPAIR • PREVENTIVE MAINTENANCE

Factory-trained service for residential and commercial fitness equipment

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Hurricane Season & Flood Prep for Your Fitness Equipment

CUSTOMER GUIDE | STORM PREP, WATER & SALT-AIR EXPOSURE, AND SAFE RESTART

In Tampa Bay, a hurricane or tropical storm can mean wind, power surges, flooding, and salt-laden air — all of which are hard on fitness equipment. Treadmills, ellipticals, and bikes combine motors, circuit boards, and steel; strength equipment depends on cables, bearings, and bare metal. A little preparation protects your investment, and knowing what *not* to do afterward protects you.

Preparation can reduce risk; powering exposed equipment too soon can cause further harm.

BEFORE THE STORM

1 Unplug everything

While conditions are dry and safe, switch off and unplug powered equipment. Remove user-accessible batteries only as the manual permits. Do not touch plugs, outlets, or equipment if water or electrical damage is present.

2 Plan a safe location away from openings

Arrange qualified help to relocate heavy equipment before conditions worsen. Use stable, manufacturer-approved support, not makeshift blocks or pallets. Never risk injury or delay evacuation to save equipment.

3 Protect and secure

Use a secured temporary cover on dry, unplugged equipment. Remove it after the storm when safe so moisture is not trapped. Secure loose weights as the manufacturer directs; a weight-stack selector pin is not a transport lock.

4 Document it

Take photos or a short video of every piece — including model and serial number labels — and keep a list. If there is damage, this makes your insurance claim and our inspection much easier.

DURING THE STORM

- Do not try to move heavy equipment once conditions turn dangerous. Your safety comes first.
- Do not plug in or use equipment during a power outage or when power is flickering.
- Run generators outdoors, at least 20 feet from buildings, with exhaust away from doors, windows, and vents. Never use one in a garage or backfeed an outlet. Keep fitness equipment disconnected during unstable power.

AFTER THE STORM: WHEN NOT TO POWER IT ON

IF EQUIPMENT GOT WET — DO NOT PLUG IT IN

Do not energize electrical equipment exposed to flood or storm water. Do not touch it or unplug it while standing in water or when electrical parts are wet. Keep away until the power is made safe by a qualified electrician. Drying alone does not make it safe; inspection and replacement may be necessary.

WHAT HAPPENED	WHAT TO DO
Flooded, submerged, or soaked electronics (treadmill, elliptical, bike console, motor, power cord)	Leave it unplugged. Do not turn it on. Call us for an inspection — electrical parts that contacted flood water often need replacing.
Salt-air or salt-water exposure	Salt is corrosive even after it dries. Keep it unplugged until it has been inspected, and plan for corrosion checks on connectors, boards, and metal parts.
Dry but no power, or breaker keeps tripping	Do not keep resetting the breaker. Call us — there may be a surge-related failure.
Wet steel: barbells, plates, racks, cables	Keep out of use. Flood residue may be contaminated. Have affected parts assessed; clean only by an approved procedure. Do not oil cables, grips, or load-contact surfaces indiscriminately.
Power came back, equipment was unplugged	Restart only if equipment stayed dry and undamaged and the electrical supply is safe. Follow the exact model's startup procedure.

RESTART CHECKLIST

- [ ] Visually inspect the power cord, plug, and outlet for damage or moisture.
- [ ] Look externally for water or damage; do not open covers or touch wet electrical parts.
- [ ] Look for rust, corrosion, or a white or green crust on metal parts and connectors.
- [ ] Only if dry, undamaged, and safe: reconnect and test as the exact model's manual directs.
- [ ] Stop for burning smells, popping, unusual noises, or errors; disconnect only if safe.

WE CAN HELP AFTER THE STORM

We offer equipment inspections and can give you a written assessment of what is safe to keep using, what needs repair, and what should be replaced — useful for insurance claims, HOA boards, and property managers.

Need an inspection after the storm?

Call or email us with photos of the equipment and the water or salt exposure. We will let you know what needs to be checked before you power anything on.

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General safety guidance. Follow instructions from local emergency officials, and have a licensed electrician inspect your home's electrical system after flooding. This guide does not replace your owner's manual or professional inspection.