



## HEARTBEAT FITNESS REPAIR

SERVICE • REPAIR • PREVENTIVE MAINTENANCE

Factory-trained service for residential and commercial fitness equipment

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# Buying Used Fitness Equipment

## INSPECTION CHECKLIST | WHAT TO CHECK BEFORE YOU HAND OVER CASH

Used fitness equipment can be an outstanding value. A quality commercial or premium residential machine bought secondhand often outperforms a brand new entry-level unit at the same price. It can also be an expensive mistake, because the failures that matter are usually invisible while the machine is sitting still. Take fifteen minutes and this checklist with you, and you will avoid nearly all of the bad ones.

### BEFORE YOU DRIVE OUT

Ask the seller these over text or phone. The answers, and how readily they come, tell you a lot.

- ☐ What is the brand, model, and approximate age? (Ask for the serial number if they will provide it.)
- ☐ Is it currently plugged in and working? Can you demonstrate it when I arrive?
- ☐ Has it ever been serviced or repaired, and by whom?
- ☐ How often was it used, and by how many people?
- ☐ Where has it been stored — conditioned space, garage, or outdoors?
- ☐ Why are you selling it?

### THE ANSWER THAT SHOULD WORRY YOU

"It works, it just needs to be plugged in" or "there is no power at the garage right now." A machine you cannot run is a machine you cannot evaluate. Either arrange to see it powered or price it as if it does not work at all — because you have no way to know.

### INSPECT EVERY MACHINE FOR THESE

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|-----------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> Frame is straight, with no cracks, bends, or rust at the welds | <input type="checkbox"/> No flex or wobble when you push firmly on the uprights                |
| <input type="checkbox"/> All shrouds and covers present and not cracked                 | <input type="checkbox"/> Hardware present and tight; no missing bolts or obvious substitutions |
| <input type="checkbox"/> Console powers on and all functions respond                    | <input type="checkbox"/> Display fully lit — no dead pixels or dim sections                    |
| <input type="checkbox"/> Model and serial number plate present and legible              | <input type="checkbox"/> Ask whether the manual, keys, and accessories are included            |

## TREADMILL

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- ☐ Run it at walking speed, then faster — listen for grinding or squealing
- ☐ Belt tracks centered and does not drift toward one side
- ☐ Reach under the belt — the deck should feel slick, not dry or gritty
- ☐ Safety key stops the belt immediately
- ☐ Console readings for speed, time, and distance are working
- ☐ Walk on it under load; the belt must not hesitate or slip
- ☐ Belt surface is not glazed, cracked, frayed, or worn shiny at the center
- ☐ Incline raises and lowers through its full range without grinding
- ☐ No burning smell during or after the test run
- ☐ Check the deck edges for scoring or heat marks

### TREADMILL RED FLAG

If the belt hesitates, stutters, or slows when someone steps on it, walk away unless the price already reflects a major repair. That symptom points to the drive motor, the motor control board, or a deck and belt so worn they are overloading both — and those are the most expensive parts of the machine.

## ELLIPTICAL, BIKE, OR STEPPER

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- ☐ Use it for a full minute and listen for squeaks, clicks, or knocking
- ☐ Grab foot pedals and handlebars — check for excess play or rocking
- ☐ On an elliptical, check rollers for flat spots and the ramp for wear
- ☐ On a stepper, confirm both steps feel equal and neither sinks faster
- ☐ Motion feels smooth, not notchy, rough, or uneven side to side
- ☐ Resistance actually changes, and changes noticeably between levels
- ☐ On a bike, confirm the seat post and handlebar post move and lock
- ☐ Pedals are tight in the crank arms with no wobble or clicking

## STRENGTH EQUIPMENT WITH A WEIGHT STACK

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- ☐ Pull every cable through its full travel and inspect the entire visible length for fraying, broken strands, or kinks
- ☐ Every pulley spins freely and the cable sits squarely in each groove
- ☐ Weight stack travels smoothly and quietly; plates stay level and do not bind or tilt
- ☐ Guide rods are smooth, straight, and free of pitting or rust
- ☐ Selector pin is straight, not worn thin, and the lanyard is intact
- ☐ Upholstery is not split, and pads are firmly attached
- ☐ All handles, attachments, and adjustment mechanisms are present and functional

A frayed cable does not mean walk away — cables are a normal replacement item. It does mean the machine cannot be used until it is replaced, and the price should reflect that.

## WALK AWAY IF YOU SEE

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- ✗ A cracked, bent, or visibly rusted frame
- ✗ Heavy rust on guide rods, posts, or hardware from outdoor or damp storage
- ✗ Burning smell, smoke, or a breaker that trips during the test
- ✗ Obvious improvised repairs — tape, zip ties, mismatched hardware
- ✗ The seller will not or cannot power the machine on
- ✗ A treadmill that hesitates or slows under body weight
- ✗ A brand that no longer exists, on a machine that needs parts
- ✗ Water damage, mildew smell, or standing corrosion inside shrouds

## TWO THINGS BUYERS FORGET

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### GETTING IT HOME

Commercial strength equipment and premium treadmills are far heavier than they look, frequently several hundred pounds, and many will not clear a standard doorway assembled. Ask about stairs, doorways, and whether the seller has the original hardware before you agree on a price. A great deal stops being one when it cannot get through the door or arrives damaged.

### WHAT IT WILL NEED

Assume any used machine needs service before regular use. On a treadmill that usually means lubrication and belt adjustment at minimum. On strength equipment it means cable and pulley inspection. Build that into your offer — it is a reasonable negotiating point and the seller usually knows it.

### Buying something significant? Have it checked first.

We perform pre-purchase inspections and can tell you what a machine actually needs before you commit, or service it properly once it is home. If you have already bought something and need it moved, we handle disassembly, transport, reassembly, and full testing — so it arrives working, not just delivered.

#### PHONE

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