

WEIGHT ROOM HARDWARE CHECKLIST

SAFETY & MAINTENANCE AUDIT

DATE: _____ / INSPECTOR: _____

OK	HARDWARE ITEM	CONDITION / NOTES	REQUIRED ACTION
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RACKS, CAGES & RIGS

Anchor Bolts / Floor Mounts

J-Cups & Safety Spotters

Upright Structural Integrity

CABLE SYSTEMS & SELECTORIZED

Pulleys & Bushings

Cable Tension & Fraying

Weight Stack Pins

BENCHES & FREE WEIGHTS

Bench Pivot Bolts/Hinges

Dumbbell Tightness (Bolts)

Barbell Sleeve Rotation

OK	HARDWARE ITEM	CONDITION / NOTES	REQUIRED ACTION
STORAGE & SAFETY			

Plate Tree Stability

Collar / Clamp Function

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