HOORVIA ? PUSH/PULL/LEGS SPLIT

Quick Reference Cheat Sheet · US Letter & A4 Printable

Home, Family & Health · Sheet #1211

Task / Focus Specification	Recommended Frequency	Standard Verification Metric	Safety & Preventive Best Practice
Routine Inspection for Push/Pull/Legs Split	Weekly to Monthly	100% Visual Checklist Complete	Check for early indicators of wear, corrosion, or degradation
Deep Cleaning & Sanitization	Quarterly / Seasonal Cycle	Manufacturer-rated chemical dilution ratio	Ensure adequate ventilation and wear protective nitrile gloves
Preventive Servicing & Calibration	Semi-Annual / Annual Check	Compliance with operating tolerance specs	Log date, technician initials, and part numbers in maintenance binder
Emergency Backup Readiness	Tested Every 6 Months	Full operation under simulated cutoff	Maintain emergency contacts and spare consumables in waterproof box