No matter your resources or your budget, you can improve the cleanliness of your gym today and it’s an impression that your members will notice.

Keeping your facility clean is easy once you institutionalize cleanliness as a policy. Begin by creating a checklist for your business. Once you have a checklist, make sure that your staff follows the check list.

It is important to take extra care in disinfecting all high-touch areas including, training equipment, locker rooms, showers, and changing areas. At Multi-Clean, we understand how important image can be in this highly competitive industry. To operate a clean and well maintained facility takes planning, and commitment.

Identify your specific cleaning needs. Fitness Club Cleaning Checklist:

**Addressing Germs**
Fitness and health clubs present a challenge, germs are found on exercise machines, lockers, restrooms, and showers. Having a thorough cleaning program can help you tackle fitness club cleaning efficiently.

**Exercise Equipment and Weights**
One challenge in a gym can be cleaning exercise equipment and weights daily. Many fitness clubs ask members to wipe down each machine after use, which may not always happen especially if the exercise area is particularly busy.

To eliminate germ buildup, custodians should clean touch points like free weights, treadmill controls, and machine handles and handlebars regularly. Disinfecting these surfaces with Century Q 256 will kill these germs.

**Restrooms**
Restroom cleaning and disinfecting will be easy using our electrostatic E-Spray system.

Custodians can kill germs instead of dragging them from room to room with mops and rags. The E-Spray system increases the cleanliness, making it safer for your customers and your employees.

**Showers and Locker Rooms**
The E-Sray Backpack is great for locker rooms. Custodians should address the locker areas several times per day in order to kill germs on these surfaces. The E-Spray System is effective for getting these areas disinfected.

**Floors and Touch Points**
Paper towel dispensers, benches, computer screens, and exercise mats are frequent touch points. Computers used in setting up workouts, be sure the keyboards and touchscreens get regularly cleaned with Century Q Wipes.

**Tip:**
Providing disinfecting wipes will allow your gym’s participants to wipe down their own equipment before and after using it.
# Product Guide

Each Multi-Task concentrate is available in the convenient two liter bottle labeled with a number identifier and color coded for easy identification.

<table>
<thead>
<tr>
<th>Product</th>
<th>Description</th>
<th>Part No.</th>
<th>Certification</th>
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</thead>
<tbody>
<tr>
<td><strong>007HD Double-O-Seven</strong></td>
<td>Peroxide all purpose cleaner. Heavy duty dilution 1:20. Use through trigger sprayer.</td>
<td>908702</td>
<td></td>
</tr>
<tr>
<td><strong>4 Foamy Mac®</strong></td>
<td>Mild acid restroom, tub and shower cleaner. Use through trigger sprayer.</td>
<td>908742</td>
<td></td>
</tr>
<tr>
<td><strong>17 Odor-Rite Tropical</strong></td>
<td>Odor counteractant with enzymes. Use through the E-Spray Gun or Backpack.</td>
<td>908872</td>
<td></td>
</tr>
<tr>
<td><strong>33 Soap Scum</strong></td>
<td>Foaming non-acid restroom, tub and shower cleaner. Use through trigger sprayer.</td>
<td>908882</td>
<td></td>
</tr>
<tr>
<td><strong>64 Millennium Q</strong></td>
<td>Restroom disinfectant cleaner, hospital grade, EPA registered. Use through the E-Spray Gun or Backpack.</td>
<td>908892</td>
<td>EPA Registered</td>
</tr>
<tr>
<td><strong>70 Tough Green</strong></td>
<td>All purpose cleaner-degreaser. Use through trigger sprayer or in mop buckets.</td>
<td>908972</td>
<td></td>
</tr>
<tr>
<td><strong>256 Century Q</strong></td>
<td>One step neutral hospital grade disinfectant, EPA registered. Use through the E-Spray Gun or Backpack.</td>
<td>908912</td>
<td>EPA Registered</td>
</tr>
</tbody>
</table>

Warning & Disclaimer: Results may vary. Multi-Clean chemicals are to be used only by appropriately trained personnel. IMPROPER USE POSES RISK OF PHYSICAL INJURY OR PROPERTY DAMAGE. See appropriate Multi-Clean Method Bulletin for further warnings and information for your application. The suitability of and proper application of this product is the responsibility of the applier. The manufacturer disclaims all warranties, express and implied, including any warranties of MERCHANTABILITY AND FITNESS OF PURPOSE. The manufacturer’s liability is limited to replacement of or reimbursement for any product proved defective. No person has authority to waive these disclaimers or make any representations or warranties on behalf of the manufacturer, except in writing signed by the manufacturer.

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