

Research Roundup

How often should you clean personal workout equipment?

Home workout areas became popular during the pandemic and many found them to be more convenient than a fitness center. However, the fitness center has towels and disinfectant to wipe down the machines you used. But what about your home equipment?



Because sweat can harbor bacteria and fungus, wiping down your home equipment after each use is recommended, especially if you share them with others. However, beyond just a wipe-down, you need to “deep” clean your equipment at least once a month. The following recommendations are what the cleaning experts recommend.

•Barbells and dumbbells

If you wipe down after each use with a disinfecting solution of soap and water, deep cleaning is recommended twice a month. Brush the bar to remove dirt and grit. Put some three-in-one oil on a rag and wipe the bar and the weights. Leave overnight. Wipe down the next morning. This is important to keep the metal from rusting.

•Treadmills

Wipe the exterior after each use. Once a month you need to clean the motor area. Check your owner’s manual for specific instructions. No manual? Before starting, unplug the machine, release the hook on the treadmill motor and vacuum around it thoroughly. A dry cloth also can be used.

•Kettlebells

Wipe your kettlebells after each use with a microfiber cloth and clean twice a week with warm soapy water and dry. Deep clean with disinfectant spray once a week, particularly the handles.

•Stationary bike

Wipe sweat and oil off your bike after every use with a cloth. Once a week disinfect the machine with a soap and water mixture of one part soap to nine parts warm water in a spray bottle. Spray and wipe dry any parts of the bike you touch.

•Yoga and gym mats

After each use, wipe with soap and water or a mat cleaner. Once a month, deep clean. Check the manufacturer’s instructions. Often these can be cleaned in your washing machine.