

MAINTENANCE

WARNING: ALWAYS UNPLUG THE TREADMILL FROM THE ELECTRICAL OUTLET BEFORE CLEANING, LUBRICATING OR SERVICING THE UNIT.

CLEANING

General cleaning of the treadmill will prolong its life and improve performance. Keep the unit clean by dusting regularly. Be sure to dust the exposed part of the deck on either side of the walking belt and also the side rails.

For best performance, we recommend your treadmill be placed on a treadmill mat. Along with reducing noise, a treadmill mat will help to keep dust debris away from your treadmill's critical components. Clean the top of the belt with a wet, soapy cloth. Be careful to keep liquid away from inside the motorized treadmill frame or underneath the belt.

WARNING: ALWAYS UNPLUG THE TREADMILL FROM THE ELECTRICAL OUTLET BEFORE REMOVING THE MOTOR COVER.

At least once a year remove the motor cover and vacuum under the motor cover with caution.

1. Pull the edge of the belt up by hand and apply the lubricant on the deck from the front to the end of the deck for one side.



Step 1-1



Step 1-2

2. Repeat step 1 to lubricate the other side.



Step 2-1



Step 2-2

3. Operate the treadmill and allow running for at least 2 minutes.



Step 3-1

BELT ADJUSTMENT

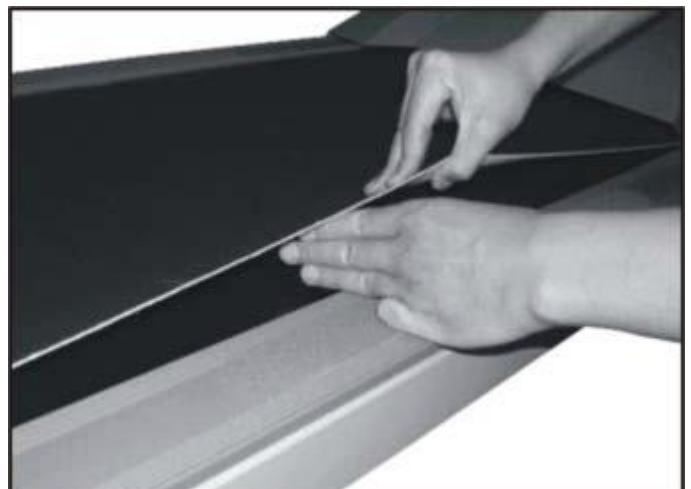
NOTICE: The treadmill should be placed on a level surface. If the treadmill is not level, the belt will continuously track to the low side of the treadmill.

WALKING BELT TENSION

As walking belts tend to stretch slightly with use, the belt may occasionally need to be tightened. If the belt is too loose, you may find it stops while running or walking, while the motor continues to run.

DO NOT OVERTIGHTEN THE BELT.

This will cause reduced motor performance and roller damage. When properly tensioned, you should be able to lift the side of the belt about 2-3 inches (5-7.5 centimetres). A quick test for belt tension: you should be able to fit three fingers under the edge of the belt.



TO TIGHTEN BELT

Use the Allen Key provided with the treadmill; place it in the hole in rear end cap and into the socket of the adjustment screw. Turn key one full turn clockwise. Then place Allen Key in hole in right end cap and turn key one full turn clockwise. Check the tension of the belt. Continue back and forth until belt is at the correct tension. Make sure to adjust both sides equally to obtain correct belt alignment.



WALKING BELT CENTRING

The walking belt may occasionally need to be centred. First be certain that the belt is tensioned properly. Start the treadmill and run it at about 4kph. Place the Allen Key through the hole in the rear end cap and into the socket of the adjustment screw. (See picture below) 1. If belt has moved too far to the right: Turn the right adjustment screw 1/4 turn clockwise. Continue adjusting at 1/4 of a turn until belt returns to the centre. 2. If belt has moved too far to the left: Turn the left adjustment screw 1/4 turn clockwise. Continue adjusting at 1/4 of a turn until belt returns to the centre. Continue to run the treadmill around 3-5 minutes to ensure the belt has been centred and you have not made an over-adjustment.

