

Running Belt Maintenance

Belt and Deck – Clean the belt and the deck surfaces to minimize the effect of friction between the wood deck and the running belt. Clean the underside of the running belt and the top of the running deck surface by wiping them with a clean dry towel. This should be done often to prevent premature wear of the deck, running belt, and the drive motor system. See the Service Schedule in this chapter to determine the minimum recommended cleaning.

The running belt may become loose and slip on the drive roller with each foot plant. If it does, follow the Tensioning and Centering the Belt in this chapter. See the Service Schedule in this chapter for a minimum schedule for checking the belt tension.

Tension and Center the Belt – If the belt is slipping under each step perform this procedure:

Tools Required

- 3/4" Socket wrench

1. Tension the belt.

- A. Use a 3/4" socket wrench to turn each bolt 1/2 turn clockwise. See Figure 1.

NOTE: Be sure to adjust each bolt equally on each side.

- B. Turn the power on and press the **Quick Start** key.

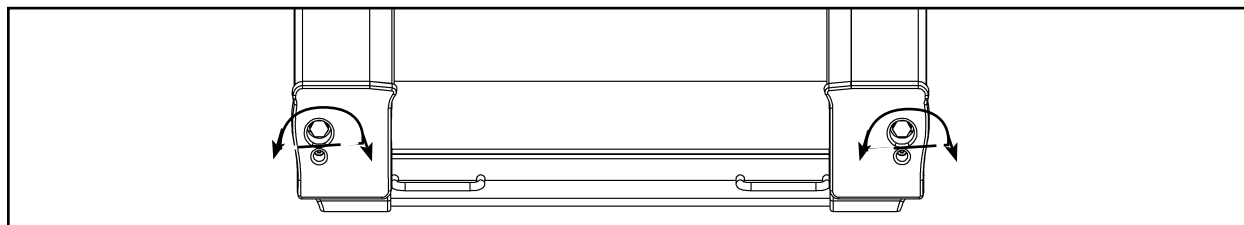


Figure 1

- C. Press the **Speed + -** keys to bring the speed up to 3.5-4 mph (5.6-6.4 kph). Allow the treadmill to run for a minute.

- D. Observe the belt to be sure it stays centered. If it is not centered follow step 2.

- E. Walk on the treadmill at 3.5-4 mph (5.6-6.4 kph) and every 4th to 5th step throw your weight into your step to feel if the belt is slipping. If the belt does slip, use a wrench to equally tighten **both** rear roller adjustment bolts 1/2 of a turn (clockwise). Adjust the belt until no further slipping is felt. If the running belt continues to slip the drive belt could be loose. Follow the next step to be sure the belt is centered.

NOTE: Be careful not to over tighten the belt. Over tightening the belt can cause the belt to stretch and require replacement.

2. Center the belt.

NOTE: While centering the belt choose one bolt to adjust. Do not adjust both bolts.

- A. With the treadmill running at 5 mph (8 kph) observe the running belt. If the belt tracks off center to the right or left the deck will become exposed. Use a 3/4" socket wrench to tighten the rear roller bolt on the side of the treadmill toward which the belt is moving. For example: If the belt moves to the right and the deck becomes exposed on the left, tighten the bolt on the right side of the frame, tighten about 1/2 of a turn (clockwise) and wait 30 seconds. If the belt does not move back to the center of the treadmill, make another adjustment to the **same bolt**. Once the running belt has been adjusted closer to the center of the treadmill use about 1/4 of a turn until the belt has been stabilized.
- B. After the belt has been centered, check the belt tension again. Make sure the running belt tension is tight enough so that the belt does not slip or hesitate when stepped on. Refer to step 1E.

Checking the Belt and Deck Surfaces – The running belt and deck should be checked periodically for any excessive wear. In an effort to make sure that the running belt operates properly, visually inspect the belt often to make sure that there are no tears or fraying in the belt material.

Inspect the edges of the belt as described below. **NOTE:** It is necessary to remove the motor cover and plastic side panels.

Tools Required

- Phillips head screwdriver
- Dry towel

1. Disconnect the external power source.

- A. Turn the main power switch on the left side to the off (O) position.
- B. Unplug the treadmill from the power outlet.

2. Remove the motor cover.

- A. Using a Phillips head screwdriver, loosen three screws on each motor cover side (left and right). See Figure 2.
- B. Lift the motor cover up and off the treadmill. The screws will stay in place. See Figure 2.

3. Remove the end caps.

- A. Using a Phillips head screwdriver, remove the screw that holds each end cap in place. See Figure 3.

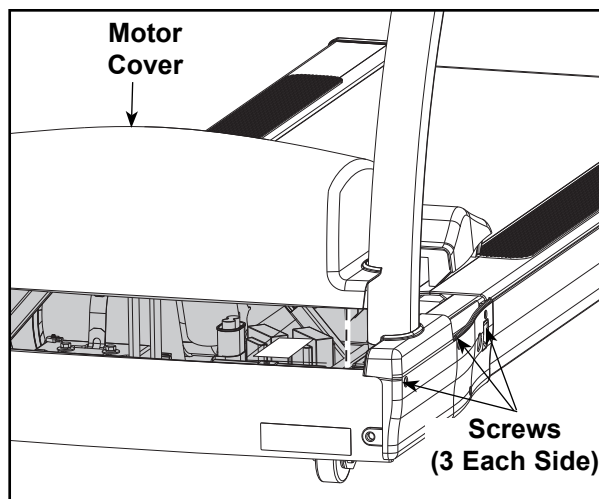


Figure 2