



MAINTENANCE

LEVELING

Once the unit has been placed into its final position for doing exercise, make sure that the treadmill sits flat on the floor and that it is level. This can be achieved by doing the following:

A) - Switch the treadmill on to see if the console shows that the treadmill is at zero inclination level.

B) – Figure 5. Once you have checked the inclination, place a spirit level on the running belt and screw the adjustable feet (V) either in or out to level up the belt.

It is advisable to do this by regulating the two adjustable feet.

MOVEMENT & STORAGE

NOTE: Lift and roll the treadmill using two people.

NOTE: To prevent accidents DO NOT move the treadmill across uneven floors.

Figure 6. The treadmill is easier to roll if the incline is higher than zero. Unplug the power cord prior to moving the treadmill. To move the treadmill, tilt the treadmill, so that the front wheels (W) rest on the floor.

LUBRICATION

Figure 7. Use the bottle of lubricant (h) to lubricate the inside of the belt in order to keep your unit in top condition and to ensure that friction between the belt and the board is kept to a minimum (due to different running styles, always apply more lubrication to the area where you place your feet during the exercise). It is advisable to lubricate the base of the belt every 3-12 months, depending on how often it is used.

If the belt starts to slip after lubrication, then check the tension of the belt. To tension the belt, Figure 6, take the Allen key (m) and with the machine set to 2.5 miles/hr (4 km/h) turn screws (R & L) one full turn in a clockwise direction.

Table I

Operating Speed	Recommended lubrication period
1 to 3.7 miles (1 to 6 km) per hour	1 year
3.7 to 7.4 miles (6 to 12 km) per hour	6 months
7.4 to 9.9 miles (12 to 16 km) per hour	3 months

Do not use solvent based lubricants.



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ADJUSTING THE BELT

If your unit is not seated evenly on the four contact points, this may cause the belt shown on Figure 8, area (X) to shift sideways. Rigorous quality control adjusts and checks the running belt. However, due to weight differences and individual styles of running, the belt may be prone to shift sideways.

If the belt does shift to the left or right, stop the machine and adjust the belt.

NOTE: Over tightening of the belt can lead to a loss of speed on the machine and even stretch the belt itself. Bear In mind that one turn of the right screw (R) in a clockwise direction has the same effect on the position of the belt as one turn of the left screw (L) in a counterclockwise direction. Consequently, in the event of excessive belt movement you can use either of the two screws in order to avoid over tightening the belt.

BELT SHIFTED TO THE RIGHT (Figure 8)

1. Turn off and unplug the treadmill each time before using the hex wrench.
2. Use the hex wrench to turn the right hexagonal head socket a 1/4 turn clockwise.
3. Turn on treadmill for a few minutes at a speed of 2.5 mph (4 km/h) and check belt location.
4. If the belt is not centered, then turn the left hexagonal head socket a 1/4 turn counterclockwise.
5. If the belt is not centered, then repeat steps.

BELT SHIFTED TO THE LEFT (Figure 8)

1. Turn off and unplug the treadmill each time before using the hex wrench.
2. Use the hex wrench to turn the left hexagonal head socket a 1/4 turn clockwise.
3. Turn on treadmill for a few minutes at a speed of 2.5 mph (4 km/h) and check belt location.
4. If the belt is not centered, then turn the right hexagonal head socket a 1/4 turn counterclockwise.
5. If the belt is not centered, then repeat steps.

TREADMILL CLEANING

Switch the unit off and unplug the power cable. Use a damp cloth or towel to clean the dust off the treadmill, especially the side bars and the electronic console. Do not use solvents.

NOTE: Unplug the treadmill before using a vacuum near the treadmill.

Use a vacuum cleaner to carefully vacuum around the visible components (belt, structure, etc.). You can increase the INCLINE in order to vacuum the underside of the unit. You can vacuum the inside of the motor housing by removing the cover that protects the motor (be careful with the wires).

NOTE: Press STOP to lower the INCLINE.



MAINTENANCE

TIGHTENING THE FASTENERS

Check the connections and tighten all the parts on your unit every three months.

Use of this machine with worn parts, e.g. the drive belt, running belt or rollers, may cause the user injury. If you are unsure about the condition of any part, we recommend that you replace it with original spare parts. The use of other spare parts may cause injuries or affect the performance of the machine.