

Maintenance & Care Guide—TREADMILLS

General cleaning and maintenance will help prolong the life and performance of your treadmill. Just like most pieces of equipment, treadmills should be maintained on a regular basis to promote cleanliness. If you have more questions about your treadmill, please contact support@sunnyhealthfitn

WALKING BELT:

- To prolong the life of the treadmill, power off the treadmill for 10 minutes every 2 hours in use. Fully power the machine off when not in use.
- Keep your treadmill's walking belt free of dust and debris to ensure it runs smoothly. Simply clean with a damp rag.



IF YOUR BELT NEEDS TO BE STRAIGHTENED



Straightening THE BELT—PART ONE

To align the belt, turn the Left & Right side adjustment bolts one **full turn clockwise** using an **ALLEN WRENCH** (image on page 2). Continue the process until belt is at the correct alignment. Make sure to adjust both sides equally to ensure a correct belt alignment.

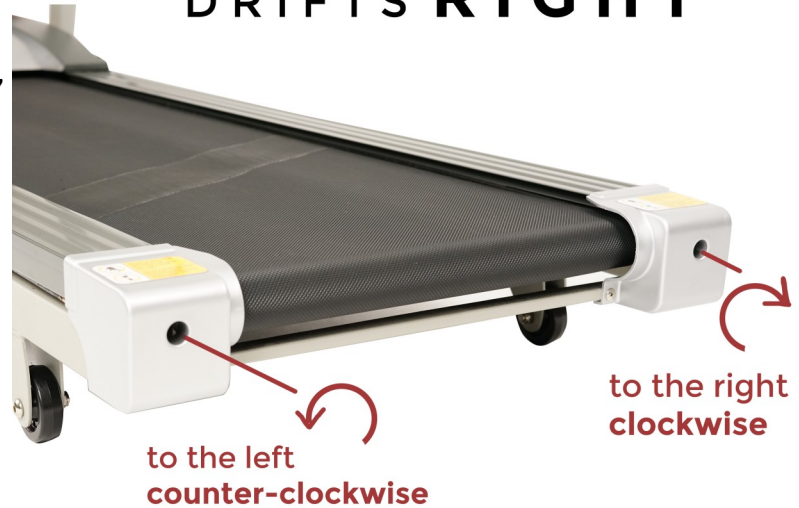
CENTERING THE BELT—PART TWO

Place the treadmill on level ground and set it at 3-5 mph to check if the **running belt** drifts. If your running belt drifts to the left or right, follow these instructions to align the belt.

IF YOUR BELT DRIFTS **R**IGHT

If the **Running Belt** moves to the **right**, turn the adjusting bolts on the **right side clockwise**, then turn the **left adjustment bolt counter-clockwise**. If the belt does not move, repeat the step until it centers.

USE AN
ALLEN WRENCH



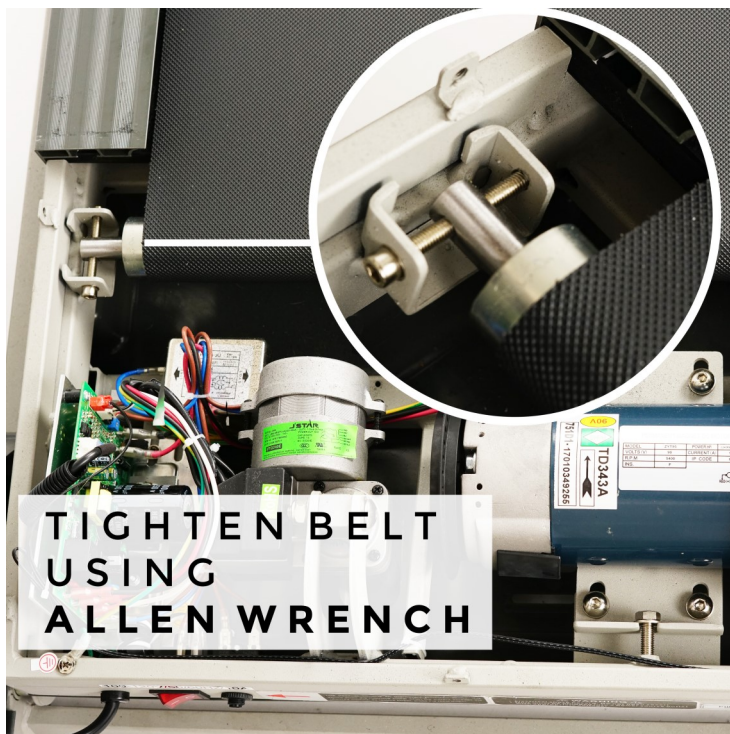
IF YOUR BELT DRIFTS **L**EFT

If the **Running Belt** moves to the **left**, turn the adjusting bolts on the left side 1/4 of a turn **clockwise**, then turn the right adjustment bolt 1/4 turn **counter-clockwise**. If the belt does not move, repeat this step until it centers. Refer to image 2.



TIGHTENING THE BELT—PART THREE

Some treadmills require you to tighten the belt through the case. Remove the treadmills case and use an allen wrench to tighten the belt.



Remove all the screws from around the treadmill. After removing all the screws that connect the case to the treadmill, lift the case.

On the left side of the case, you will see a screw that you can tighten using an **allen wrench**. (see left image)

Lubricating the Treadmill

IMPORTANT NOTE: You will need to lubricate your treadmill before the first use.

WARNING: Always unplug the treadmill from the electrical outlet before cleaning, lubricating or repairing the unit.

HOW TO LUBRICATE:

Lubing your treadmill is important because it keeps your machine running smoothly and quietly. Lubricating your treadmill belt every six months or 150 miles can keep vital treadmill parts, including the belt, deck and motor from wearing down.

Raise the belt up on one side and apply lubricant to the running deck. Use a dry rag to thoroughly wipe the lubricant over the running deck. Repeat this process for the other side. You can use silicone spray for the best results.

Avoid getting lubricant on the top of the treadmill as this can be hazardous while running.

