

# Grays Health and Fitness

Pty Ltd

## Warranty and Maintenance Details for

Treadmills

Crosstrainers

Exercise Bikes

Rowers

Steppers

Spin Bikes

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## **SAFETY GUIDELINES**

- Use this equipment only for its intended use.
- Connect the treadmill to a properly grounded outlet only we recommend you also use a surge protector.
- Be sure that the area around the equipment remains clear during use and has adequate clearance.
- Keep the equipment on a solid, level surface.
- Each time you use the treadmill, check that the running belt is aligned and centered.
- To prevent injuries, always warm up your muscles before using the treadmill.
- Never operate the treadmill if there is any damage to the lead or plug. Also if it isn't operating correctly, has been dropped, damaged or if it is has been exposed to water.
- Don't pull the treadmill by its power cord or use the cord as a handle.
- Keep close supervision if the equipment is being used near children.
- Never insert any object under the motor cover or under the running belt.

# TREADMILL

## BEFORE USING YOUR TREADMILL

Before you use the treadmill you **MUST** ensure that the running belt is tensioned and tracking is aligned. Sometimes when treadmills are being transported or placed on an uneven surface it can cause a running belt to go out of alignment. If the running belt is not aligned and you turn the treadmill on it can cause the belt to move over to the side which can destroy the belt and possibly parts near the motor – this is called tracking.

Before you use the treadmill you need to turn in on at about 6km per hour (DO NOT step on the belt). Let it run for a few minutes keeping an eye on the position of the running belt. If after a few minutes the belt hasn't moved to the side and is staying centered then the treadmill will be okay for use. If you find the treadmill belt has moved off to one side then you will need to adjust the belt per the 'Belt Adjustment and Tension' section (Page 7). Once this is corrected and the belt is centered you can begin to use the treadmill.

***DAMAGE CAUSED BY BELT MISALIGNMENT IS NOT COVERED UNDER WARRANTY***

## CLEANING YOUR TREADMILL

- Vacuum the floor under and around your treadmill regularly to prevent dust getting into the motor.
- Keep the treadmill in a dust free environment
- At least once a year open the motor cover and give it a gentle vacuum to prevent any dust clogging up the motor.

## **IMPORTANT**

**Low Energy Belts** – This will be clearly labeled on each machine



Some treadmills are fitted with a low energy treadmill belt. This means that the belt is impregnated with wax which means that no further lubrication is required as it is slowly released from the belt as it is being used.

*Applying any silicon to the belt will damage the belt.*

### **Silicon Belt**

Treadmills fitted with a silicon belt **MUST** be lubricated on a regular basis to ensure no unnecessary pressure is put on the motor. Not lubricating the belt can result in a damaged motor and circuit board. Here is a lubrication schedule that you can use as a guide.

## **LUBRICATION SCHEDULE**

To increase the life of your treadmill deck and belt and to reduce the friction that stresses the electrical system, you **MUST** follow the lubricating schedule.

### **Average Usage Maintenance Intervals**

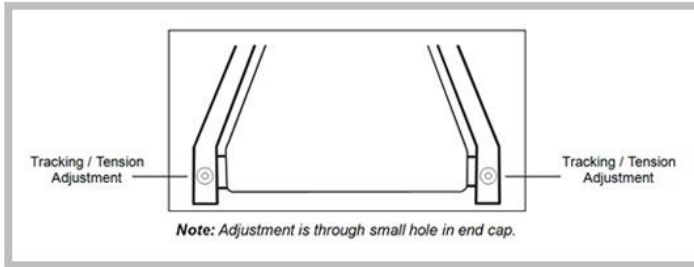
More than 12 hours per day	Once every 2 weeks
8 – 12 hours per day	Once every 3 weeks
4 – 7 hours daily	Once every 6 weeks
1 – 4 hours per day	Once every 3 months

- Lift the side of the treadmill belt and spray the silicon under the belt (between the belt and deck). Spray in a forward and backwards motion in long strokes.
- Do one side about 4 times back and forward and the other side only once. When you are using a silicon spray the spray will cover most of the deck.
- You must not overspray the deck as it will not help the treadmill but make the belt slip.
- After each lubrication, check the belt tension and tracking before you use the machine again.

## **BELT ADJUSTMENT AND TENSION**

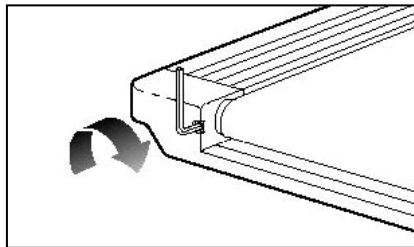
During the first 2-3 months it is normal for a new running belt to stretch and need to be adjusted in order to keep it centered. When you walk or run, you may push off harder with one foot than the other causing a slight shift in the belt.

- You will need an Allen Key in order to adjust the belt position



### **ADJUSTING THE BELT POSITON**

- If the belt is too far to the left side, turn the left roller bolt  $\frac{1}{4}$  turn clockwise (tighten)
- If the belt is too far to the right, turn the left roller  $\frac{1}{4}$  turn counterclockwise (loosen)



### **TENSIONING THE BELT**

- If you plant your foot on the belt and it slips, then the belt has stretched. This is a normal and common adjustment on a new treadmill belt. To eliminate the slipping you will need to tension both the rear allen bolts. Turn the Left and Right bolts  $\frac{1}{4}$  of a turn clockwise as shown below. Try the treadmill again

and check for slipping. Repeat if necessary, but NEVER turn the allen bolts any more then ¼ of a turn at a time.

***CAUTION: Over-tightening of the roller will severely shorten the life of the belt and may cause further damage to other components.***

## **DAMAGE**

***All Gray's Health and Fitness products are dispatched in good working order and loaded by our trained staff. Gray's Health and Fitness accept no responsibility for any damage to equipment caused from negligent handling or transport.***

# Tech Tips

Does it seem like you're having to replace belts too often? If you're getting quality bets then these four items are most likely culprits:

**1. Heat / Friction**

You wouldn't drive your car without oil, would you? Use Glide Premium wax and you'll never have this problem again.

**2. Worn Running Surface.**

Lots of people try to put a brand new belt on a running surface that's worn and/or grooved. Our advice say "no" and replace the running deck.

**3. Misalignment**

If the belt is misaligned it will damage the sides of the belt. The belt needs to be realigned per above instructions.

**4. Over tightening**

Belts are designed to stretch only so far. Once stretched beyond their limits, they literally start to pull themselves apart.



# CROSSTRAINER

## Battery

Any crosstrainer that is self generating (not connected to a power source) is run on a battery which has its charge maintained by the alternator – very similar to a car battery. If a crosstrainer isn't used for 3 plus week the battery can go flat which can cause the crosstrainer to stop working. If this occurs then the unit requires a new battery. Please note that this is not covered by warranty. If for some reason you will not be using the machine then the battery needs to be disconnected.

There will be two leads attached to the top of the battery (picture below) these need to be removed.



When you reconnect the battery please ensure that you connect the correct lead in to the correct terminal.

## General Maintenance

Crosstrainers require little maintenance. You must ensure that you clean the equipment regularly to prevent rust. If body sweat is left on the machine it will eventually cause rust, so to ensure your unit is well maintained give it a wipe down with a general cleaner on a regular basis.

# Exercise Bikes

## Upright / Recumbent

Most exercise bikes are self generating which means that they are not plugged into a power source. If this is the case please read '*Battery*' under the crosstrainer section.

### General Maintenance

Exercise Bike requires little maintenance. You must ensure that you clean the equipment regularly to prevent rust. If body sweat is left on the machine it will eventually cause rust, so to ensure your unit is well maintained give it a wipe down with a general cleaner on a regular basis.

## Rowers

Rowing machines all require batteries in the back of the console. The type of battery will differ from model to model. If you are going away or the machine isn't going to be used for several weeks please ensure you remove the batteries to ensure they don't erode and cause any damage to the console.

## Stepper

Most steppers are self generating which means that they are not plugged into a power source. If this is the case please read Battery Under the crosstrainer section

# WARRANTY

Grays Health and Fitness Warranty.

## **Commercial / Corporate Use.**

Treadmill motor is covered for 12 months, 3 months electronics, 2 years belt and deck.

Crosstrainer, Stepper, Exercise Bikes  
12 month alternator warranty, 3 months electronics.

Rowers / Spin Bikes  
12 month warranty

## **Home Use.**

Treadmill motor is covered for 2 years, 3 months electronics, 3 years belt and deck.

Crosstrainer, Stepper, Exercise Bikes  
12 month alternator warranty, 3 months electronics.

Rowers / Spin Bikes  
12 month warranty

Please note that this warranty only covers manufacture defects.

**Warranty does not cover misuse, abuse, belt tracking or lack of maintenance.**

## **How to lodge a warranty claim**

To lodge a warranty claim we need to know what model unit you have as well as a photo of the console and a description of any error messages and or a rundown on what is happening with the machine. Please also provide your full contact details as well as the name the machine was purchased under as well as the location of

the unit. All this information can be email to  
[sales@graysfitness.com.au](mailto:sales@graysfitness.com.au)

*Please note any repairs that are carried out and found not be covered by warranty but caused from misuse will be charged to the customer accordingly.*