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TAKING CARE OF YOUR TREADMILL

SAFETY GUIDELINES

- Use this treadmill only for its intended use.
- Connect the treadmill to a properly grounded outlet only.
- Be sure that the area around the treadmill remains clear during use and has adequate clearance.
- Keep the treadmill 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 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 treadmill is being used near children.
- Never insert any object under the motor cover or under the running belt.

BEFORE USING YOUR TREADMILL

Before you use the treadmill you **MUST** ensure that the belt tension and tracking is aligned. Sometimes when treadmills are being transported or placed on an uneven surface it can cause a belt to go out of alignment. If the 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.

Before you use the treadmill you need to turn it 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. 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.

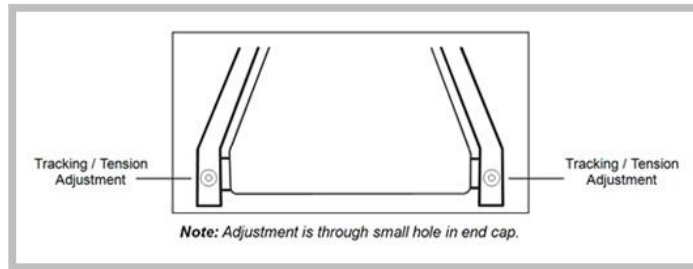
LUBRICATION SCHEDULE

Your treadmill is fitted with a wax impregnated running belt which means that it will release wax as the belt warms up. There is no need to use any further lubrication on the running belt.

BELT ADJUSTMENT AND TENSION

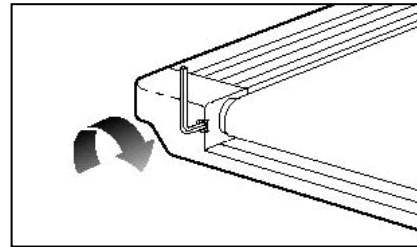
During the first 2-3 months it is normal for a new running belt to stretch and need to be adjusted in order to keep it centered. When you walk or run, you may push off harder with one foot than the other causing a slight shift in the belt.

- You will need an Allen Key (T-bar provided) in order to adjust the belt position



ADJUSTING THE BELT POSITON

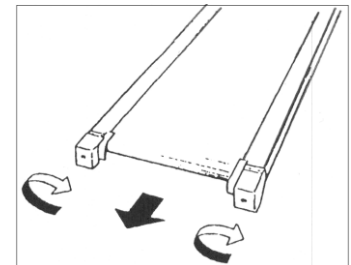
- If the belt is too far to the left side, turn the left roller bolt $\frac{1}{4}$ turn clockwise (tighten)
- If the belt is too far to the right, turn the left roller $\frac{1}{4}$ turn counterclockwise (loosen)



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 $\frac{1}{4}$ 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.