

# MAINTENANCE

**WARNING: Always unplug the treadmill before cleaning or maintenance.**

General cleaning will greatly prolong the treadmill.

Keep treadmill clean by dusting regularly. Be sure to clean the exposed part of the deck on either side of the walking belt and also the side rails. Wear only clean running shoes to avoid getting foreign material underneath the walking belt

**WARNING: Always unplug the treadmill before removing motor cover.**

Make sure to remove the cover, remove dust and clean the motor every 30-40h of training or every 4-6 weeks.

## Running belt and deck lubrication oil

This treadmill is equipped with a pre-lubricated, low maintenance deck system. The belt/deck friction may play a major role in the function and life of your treadmill, thus requiring periodic lubrication. We recommend a periodic inspection of the deck. Please contact with our service center if you find the damage of the deck.

Upon receiving product, we recommend lubrication of the deck according to the following timetable:

Light use (3h/week): Every 4 months

Med. Use (3-5h/week) : Every 2 months

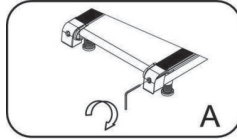
Heavy use (5h + /week) : Every month

We recommend that you buy the lubrication from our distributor or directly from us.

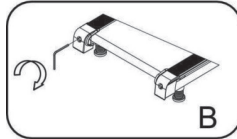
# **WARNING: Any repair needs a professional technician.**

We suggest that you should shut off the treadmill's power for at least 10 minutes after 1.5 hours of continuous use to maintain the treadmill's performance of motor and decrease the abrasion of roller and belt. The belt can be lifted away from the deck for around 2-3 inches if the degree of tightness is appropriate.

1. Place treadmill on a level surface. Run the treadmill for approximately 3.72-4.96 miles to check the running condition. If the belt has drifted to the right, pull out of the safety lock and switch, and turn the right adjusting bolt 1/4 clockwise. Then start running to see if the belt is centered or not. Keep adjusting until the belt is centered.  
PICTURE - A



2. If the belt has drifted to the left, pull out of the safety lock and switch. Turn the left adjusting bolt 1/4 turn clockwise. Then start running to see if it's centered or not. Keep adjusting until the belt is centered.  
PICTURE - B



3. Adjust the belt after a period of time used. Pull out of the safety lock and switch., Turn the left and right adjusting bolt 1/4 clockwise. Then run the treadmill again to check the belt tightness until the belt is at the right tightness.  
PICTURE - C

