

**L70 & 80 SERIES TAKE UP ROLLER REPLACEMENT INSTRUCTIONS****INTRODUCTION**

This document is used for replacing rear roller on treadmills manufactured 10/2006 to present.

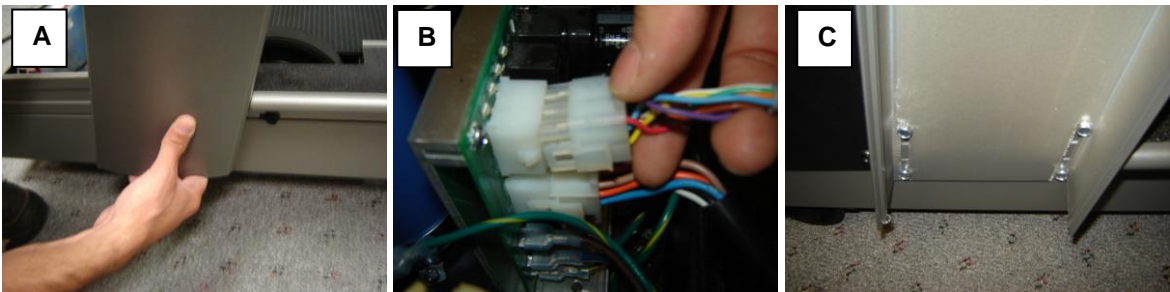
**TOOLS REQUIRED**

- Power drill with #2 Phillips Head Bit. (This is the only way to remove frame rail screws).
- 3/8" & 9/16" standard sockets.
- 3/8" ratchet with extension

**ACTIVITY/PROCESS**

**Step 1:** UNPLUG TREADMILL FROM WALL OUTLET.

**Step 2:** Remove the bed end cap screws at each side.

**Step 3: REMOVE THE UPRIGHT**

- Remove the upright covers by pulling outwards from the bottom of the cover. (FIGURE A)
- Disconnect the main harness and ground wire (80 series) from the lower board. (FIGURE B)
- Loosen all 8 (4 on each side) upright bolts using a 7/16" socket, 3/8" ratchet, and 2" extension. Do not need to completely remove these bolts from the frame. (FIGURE C)
- Lift upright assembly UP and OFF.

**Step 4: REMOVE THE LEFT & RIGHT FRAME RAIL COVERS**

- Remove all side frame cover bolts (4 on L8/L9 machines, 5 for L7 machines) on each side, using a power drill gun and #2 Phillips head bit. (FIGURE A)
- Take a rubber mallet and lightly tap the bottom of the frame rail in an upwards direction (FIGURE B). Lift on the side frame cover to remove it from the machine. (FIGURE C)

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### Step 5: REMOVE THE REAR ROLLER



- a) Remove the rear-take up bolts using a 9/16" socket and 3/8" ratchet. (FIGURE A).
- b) Grab the rear roller with your hand, angle it and slide it out from inside the treadbelt. (FIGURE B)

**Follow steps 1 thru 5 in reverse to put everything back together.**

### Tensioning the Treadbelt and Drive Belt

Need for tension is indicated by uneven belt speed and may be sensed by sudden stopping of the treadbelt when your foot comes down on the belt.

**TREADBELT Tensioning:** To tension the treadbelt, use the same hex head bolts as were used for tracking below.

- 1) Turn screws on both sides of the roller *clockwise* the same amount.
  - o Failure to turn them equally will affect the treadbelt tracking.

### DO NOT OVERTIGHTEN THE TREADBELT.

If you cannot slide the palm of your hand between the Treadbelt and the deck to the center of the treadbelt, **the Treadbelt Is Too Tight** and tension must be relieved.

**TREADBELT Tracking:** The Treadbelt is tracked by means of two hex head adjustment bolts located at rear of treadmill. By tightening the side the belt is tracking closest to and loosening the opposite side by the same amount, you change the alignment of the rear roller without changing overall tension.

- o Adjustments should be made with treadmill running, and should be made in 1/4-turn increments. Allow at least 30 seconds for treadbelt to stabilize between each adjustment. Perform the adjustments at slower speeds (2-3 mph) until you are comfortable making adjustments. Faster speeds will cause the adjustments to take effect quicker (5-6 mph).

***Example: Treadbelt is tracking to the right:***

- a) Turn treadmill on, and bring speed up to 4.0 mph.
- b) Using a 9/16" wrench, tighten the right-hand adjustment bolt 1/4" turn.
- c) Loosen the left-hand adjustment bolt 1/4" turn.
- d) Let Treadbelt stabilize (rotate for 30 seconds) and readjust if necessary.