

## L-Series Treadbelt - Deck - Impact Absorber Instructions

- TOOLS NEEDED:**
- Rubber Mallet
  - Vice grips (locking pliers)
  - Lubriplate Grease #71061
  - Power drill with #2 & #3 Phillips Head Bit
  - 3/8" ratchet w/ 2" extension
  - 3/8", 7/16", 1/2", 9/16" standard sockets

### BEFORE YOU BEGIN

- If you are replacing the treadbelt for the 1<sup>st</sup> time, the DECK can be flipped.
- If the treadbelt has already been replaced previously, the DECK needs replacement.
- If you are replacing the treadbelt, CHECK the absorbers for wear/damage. Replace if needed.
- Allow a minimum of 3 feet of space around the entire treadmill for a proper work space.

### FIRST STEPS

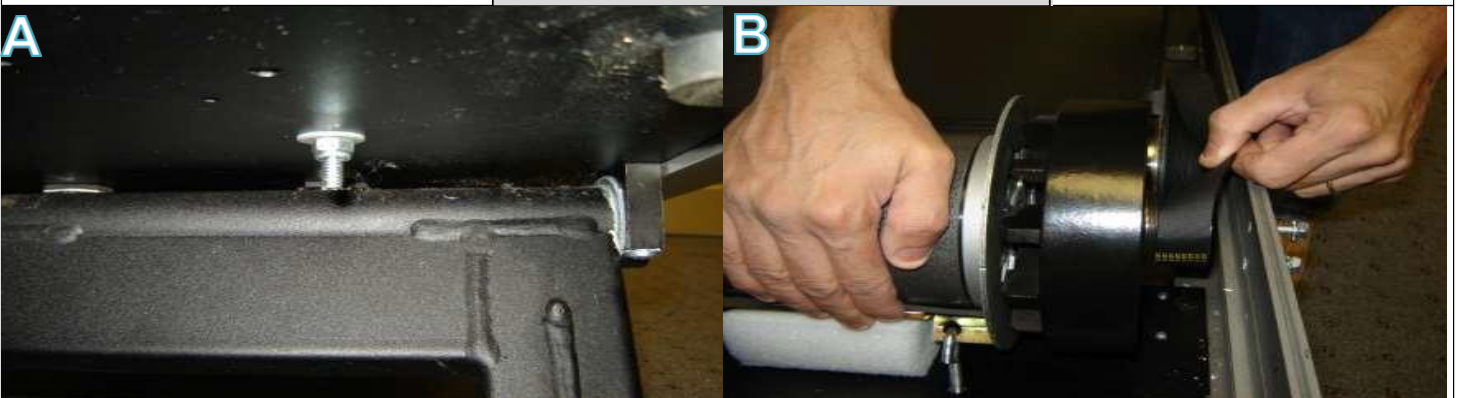
1. Turn treadmill on and elevate to 15% grade. Once complete, **unplug the unit.**
2. Remove motor cover.
3. Loosen, but do not remove, bed endcap screws from both sides at the rear of the treadmill.
4. Release ALL tension from the treadbelt by loosening both take up bolts.

### REMOVING SIDE FRAME COVERS



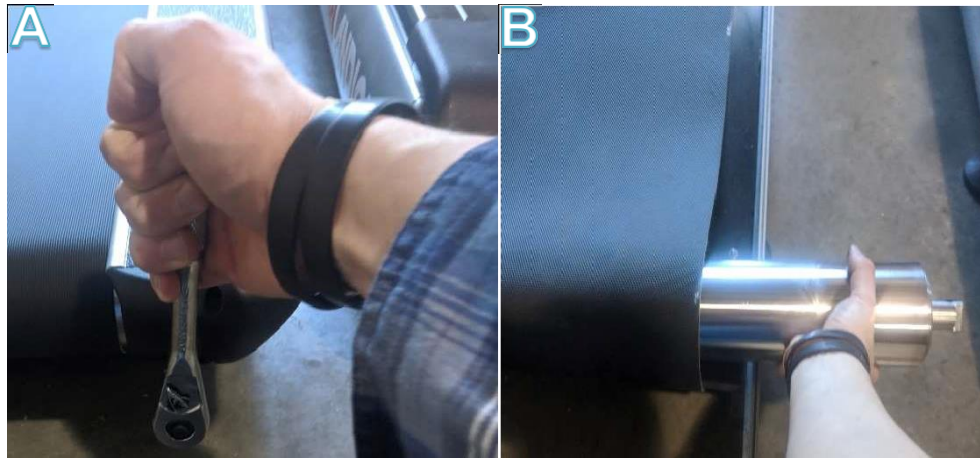
1. Using your Power Drill with a #3 bit, remove all 4 Phillips head screws on each side. **(Figure A)**
2. Using a rubber mallet, lightly tap the bottom of the frame rail in an upward direction. **(Figure B)**
3. Lift up on the side frame cover to remove it. **(Figure C)**

### LOOSENING DRIVE BELT TENSION



1. Using a 7/16" deep well socket, remove the motor tensioning nut. **(Figure A)**
2. Tilt the motor towards the rear of the machine with one hand. Use your other hand to twist the drive belt and rotate it off the flywheel. **(Figure B)**

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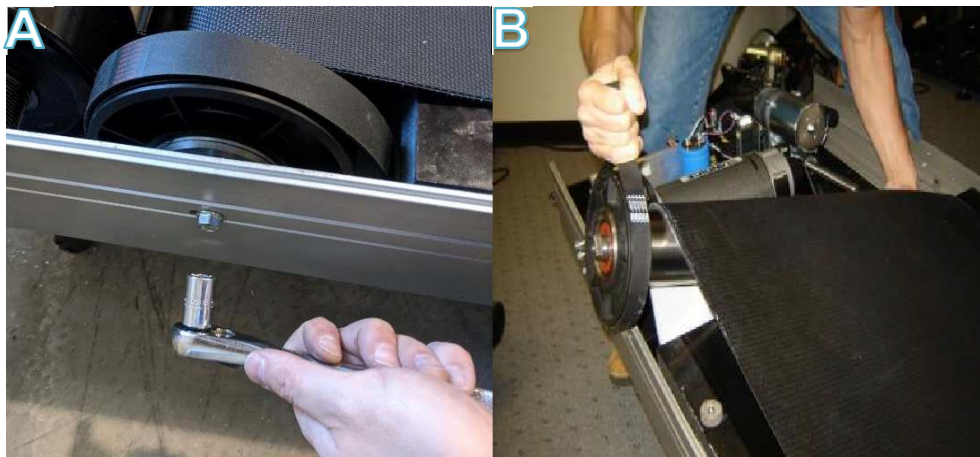


### REMOVE REAR ROLLER

1. Using a 9/16" socket and ratchet, remove the rear take up bolt on each side of the machine. **(Figure A)**

2. Grab the roller with your hand, angle it and slide it out from inside the treadbelt. **(Figure B)**

**Be careful not to drop the roller, as bearing damage may result!**



### REMOVE FRONT ROLLER

For L7 - 3/8" socket w/ratchet  
For L8 - 1/2" socket w/ratchet

1. Use the socket wrench to remove the front roller bolt on both sides of the treadmill. **(Figure A)**

2. Angle the roller and slide the front roller out from inside the treadbelt **(Figure B)** You can use the drive belt as a handle to remove the front roller, **do not drop!**

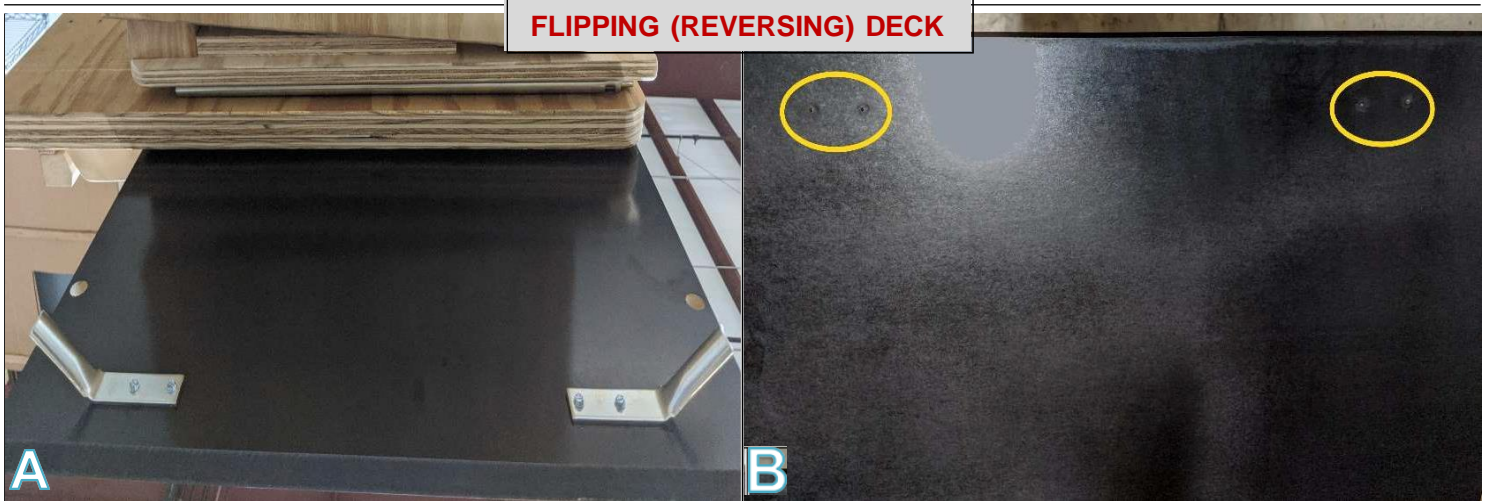


### REMOVE THE DECK



1. Remove the felt washers. L7 units will have 6 thick felt washers that fit on top of the deck. There are additional white felt washers on the front deck post. **(Figure A)** L8 units use 8 thick felt washers.
2. Place the handle of a rubber mallet between the deck and the frame. **(Figure B)**
3. Go to the **OPPOSITE** side and lift the deck out of the frame assembly.
4. Slide the treadbelt out of the deck to remove it.

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1. Remove the belt guides (*if equipped*) from the used side of the deck. Using the two previous screws removed from each guide, re-install the belt guides on the new fresh deck surface. **(Figure A)**

2. The belt guide holes are pre-drilled. **(Figure B)** Use these holes to mount the belt guides onto the fresh deck surface. Make sure belt guides are in front when reinstalling the deck. If the deck has already been reversed, a new deck is **required** when replacing the treadbelt.

**DO NOT FLIP THE DECK** if you are replacing only the ABSORBERS.  
**IMPACT ABSORBERS** should be checked for wear and damage when replacing the Treadbelt.  
Replace if necessary.

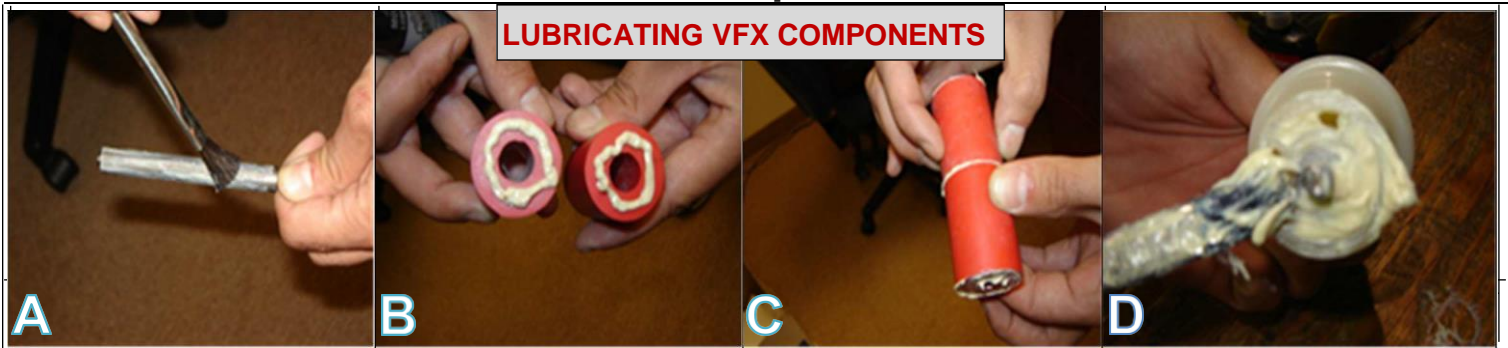


1. Using vice grips (locking pliers) lock them around the tip of the deck post. Turn the pliers *counterclockwise* to remove the deck post. **(Figure A)**

2. Slide the deck post out of the impact absorber and load washer. **(Figure B)**

**For L8 & L9 Machines** - Slide the load washer and impact absorber off the deck post. Using vice grips, lock them around the tip of the deck post. Turn them *counterclockwise* to remove the deck post. **NOTE: The deck post will not slide out of the nylon spacer. Both parts will come off at once when the deck post is completely loose. You need to remove this assembly to lube the bottom of the nylon spacer (Refer to "Lubricating VFX Components" for details.)**

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**Proper lubrication is required to prevent unwanted noise/squeaks from the suspension components. Only use Lubriplate when replacing or servicing suspension components.**

1. Use Lubriplate (white lithium) grease (**Landice item #71061**) and a small brush to apply the grease on the deck post. Make sure the grease is applied to the entire deck post. (**Figure A**)
2. Apply the Lubriplate grease on the top of each absorber. (**Figure B**)
3. Place the end of the absorber *without* the grease to meet the other absorber *with* grease. Rub them together. Repeat this step for the other side. (**Figure C**)
4. **For L8/L9 Machines:** place some Lubriplate grease on the bottom of each nylon spacer. (**Figure D**)

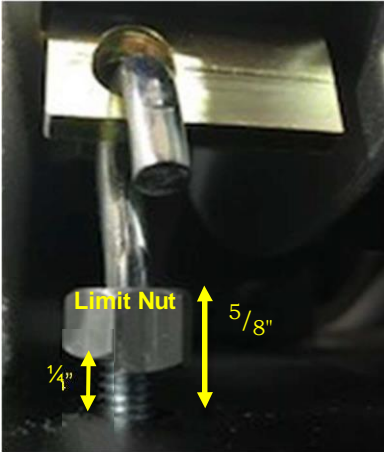


**Please note: Absorbers must be installed with the cupped side facing up. If installed incorrectly, absorber may stick to the deck slat and cause noise issues!**

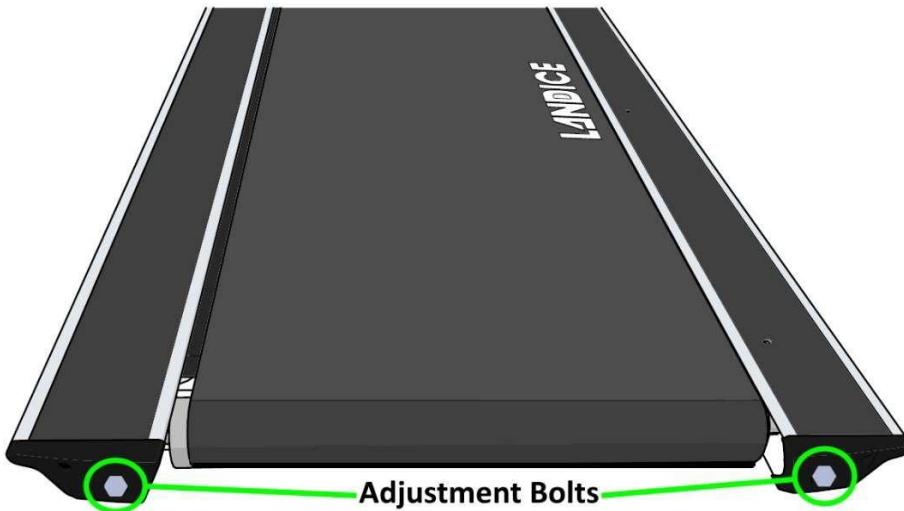
1. Place all absorbers and load washers at both ends of each deck slat. (**Figure A**)
2. Slide the deck post through the load washer and impact absorber. (**Figure B**)
3. Tilt the deck post, load washer and impact absorber to align the deck post to the threads in the deck slat. Thread the deck post by hand at first. (**Figure C**)
4. Use a pair of locking pliers, grip the tip of the deck post, angling the handle of the pliers upwards (**Fig. D**)
5. Turn the vice grips **clockwise** to secure the deck post down. Once the deck post is snug, give an additional 1/4 turn to fully tighten.
6. **For L8/L9 Machines:** Thread the deck post by hand to get it started. Do not tighten to the point that the post meets the slat. (**Figure E**)
7. Slide a nylon spacer on the post. Using a rubber mallet, tap it all the way down the post. (**Figure F**) Using the locking pliers, tighten the deck post down completely.
8. Install full set of absorbers. Reverse the steps show to re-install treadmill components.

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### DRIVE BELT TENSIONING



1. The drive belt tensioning nut is located underneath the motor pan, connecting the J-hook to the motor bracket. Make sure the plastic washer is in place, prior to tightening. When tightening the tension of the nut, it will pull down on the motor bracket while tensioning the drive belt.
2. The J-hook has a limiting nut (pictured). Tension the nut until there is approximately  $\frac{1}{4}$ " of space from the bottom of the limit nut to the motor pan. If there is no limit nut (older machines), tension until there is approximately  $\frac{5}{8}$ " from the top of thread to the motor pan. If there is slippage, Landice recommends applying weight to the treadbelt and tensioning a half turn at a time until there is no drive belt slippage.
3. **DO NOT OVERTIGHTEN THE DRIVE BELT.** Overtightening the drive belt can lead to Drive Motor and Roller damage which will not be covered under warranty.
4. Tighten belt to 200 Newtons which is equivalent to a 45' twist on the drive belt. Download the easy Tension App on your smartphone or tablet. L7 Drive Belt is 220J8. L8 Drive Belt is 260J8.



### TREADBELT TENSIONING

The Treadbelt is tensioned using two hex head adjustment bolts located at rear of treadmill. Using your  $\frac{9}{16}$ " socket wrench, adjust bolts on both sides of the roller **clockwise** the same amount. Failure to turn them equally will affect the treadbelt tracking. Before tightening the treadbelt, assure that the treadbelt tension is loose and not the drive belt.

**DO NOT OVERTIGHTEN THE TREADBELT.**

### TREADBELT TRACKING

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

Tighten the right bolt (clockwise), and **loosen** the left bolt (counter-clockwise).

**If the Treadbelt is tracking to the left:**

Tighten the left bolt (clockwise), and **loosen** the right bolt (counter-clockwise).

**Do not adjust bolts more than  $\frac{1}{4}$  turn at a time!**

By **tightening** the bolt on 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.

Adjustments should be made with treadmill running, and should be made in  $\frac{1}{4}$ -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.