

## L-Series Bearing Block Installation Instructions

**TOOLS NEEDED:** • 2 Wooden Blocks • Cordless Drill with Phillips bit, “1/4” and “3/8” Drill bit  
• 7/16” Deep Socket, 6” long 3/8” socket extension and driver • Needle Nose Pliers • Torque Wrench

**BEFORE YOU BEGIN:** When you remove the Bearing Blocks, check the holes for threads. If threads are found, you must remove the threads prior to installation of the new blocks.  
See Page 2 for more details.



Begin by unplugging the treadmill from the wall outlet. Place the treadmill on wooden blocks to relieve pressure on the elevation leg assembly (**Fig. A**) Next, using your cordless drill and Phillips bit, remove the screws from the bearing block (**Fig. B**) Apply a thin coat of Lubriplate grease on the inside and top surface of the bearing block. (**Fig. C**)



Next, slide the bearing block into the elevation leg assembly. (**Fig. D**) Align the mounting holes of the bearing block with the mounting holes of the motor pan and insert the bolts (**Fig. E**) Using a 7/16” socket and wrench, tighten the bolts and lock washers simultaneously and torque all 4 bolts at 140 in. pounds. (**Fig. F**)

If necessary, prior to installing the new bearing blocks, use the 1/4-20 drill bit to remove the threads in the bearing block holes in the motor pan. If this step is required due to the unit being older, see page 2 for further details.

## ADDITIONAL STEPS FOR INSTALL

The steel bearing blocks supplied mount differently from those you are replacing. To ensure both bearing blocks are mounted firmly and securely to bottom of the motor pan, the existing ¼-20 threads within the motor pan **must be removed prior to installation.**

## INSTRUCTIONS

1. To properly access all four mounting holes to be drilled, the **drive motor** and/or **elevation motor** may require removal. (*Instructions for removal/replacement can be found at: <https://www.landice.com/support/technical-manuals>*).

If drilling from underside of treadmill, great care must be taken not to damage drive belt, pulley sheave and/or other related components. **Damage as a result of a misguided drill bit is not covered under warranty.**

2. With clear access to all four bearing block threaded holes, carefully drill out and through threads within the motor pan. Verify all threads have been removed by taking one of the 1/4-20 hex screws supplied in the kit and pass it through each of the four drilled holes. **The screw should not bind within the hole.** To ensure proper elevation leg alignment do not drill holes any larger than needed.

3. Lube both bearing blocks then re-install the elevation leg assembly. If shims are present between bearing block and elevation leg assembly, ensure they are reinstalled to maintain proper lateral alignment. Tighten all four 1/4-20 Grade 8 hardware (with lock washers in place) to approx. 140 in. lbs.

4. If drive motor is removed while servicing, care should be taken to prevent over-tightening of the drive belt, as bearing damage to the drive motor and/or drive roller may result. A properly tensioned drive belt will allow 45 degrees of twist between index finger and thumb.

