

L90 SERIES TAKE UP ROLLER REPLACEMENT INSTRUCTIONS

INTRODUCTION

This document is used for replacing rear roller on treadmills manufactured 09/2016 to present.

TOOLS REQUIRED

- Power drill with #3 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

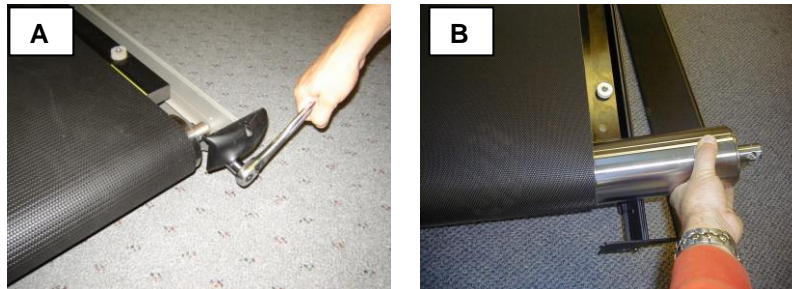
1. **UNPLUG TREADMILL FROM WALL OUTLET.**
2. Remove the Motor Cover.
3. Allow 2' – 3' of working area around the treadmill
4. Loosen the belt tension by turning the rear roller adjustment bolts counter clockwise until there is no belt tension on the front roller.

STEP 5: REMOVE THE LEFT OR RIGHT FRAME RAIL COVERS



- a) Remove all side frame cover bolts (4 on L8/L9 machines, 5 for L7 machines) on the left or right, using a power drill gun and #3 Phillips head bit. (FIGURE A)
- b) Take a rubber mallet and lightly tap the bottom of the frame rail in an upwards direction (FIGURE B). Lift the side frame cover to remove it from the machine. (FIGURE C)

STEP 6: 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 6 in reverse to put everything back together.



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Treadbelt Tensioning

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 used for tracking below.

- Turn screws on both sides of the roller *clockwise* the same amount.
 - 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.

- 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.

