

Maintenance

Reasonable cleaning/lubricating should be undertaken to extend the life time of this unit. Performance is maximized when the belt and mat are kept as clean as possible.

WARNING: THE MAT/DECK FRICTION MAY PLAY A MAJOR ROLE IN THE FUNCTION AND LIFE OF YOUR TREADMILL. FOR THESE REASONS WE RECOMMEND YOU REGULARLY LUBRICATE THESE FRICTION POINTS TO PROLONG THE USEFUL LIFE OF YOUR TREADMILL. FAILING TO DO THIS MAY VOID YOUR WARRANTY.

WARNING: ALWAYS UNPLUG POWER CORD BEFORE MAINTENANCE.

Maintenance and servicing

AFTER EACH USE (DAILY)

Clean and inspect, following these steps:

- 1) Turn off the treadmill with the on/off switch, and then unplug the power cord at the wall outlet.
- 2) Wipe down the running belt, deck, motor cover, and console casing with a damp cloth. Never use solvents, as they can cause damage to the treadmill.
- 3) Inspect the power cord.
- 4) Make sure the power cord is not underneath the treadmill or in any other area where it can become pinched or cut.
- 5) Check the tension and alignment of the running belt. Make sure that the treadmill belt is not damaging any other components on the treadmill by being misaligned.

EVERY WEEK

Clean underneath the treadmill, following these steps:

- 1) Turn off the treadmill with the star/stop switch, and then unplug the power cord at the wall outlet.
- 2) Wipe or vacuum any dust particles or other objects that may have accumulated underneath the treadmill.

EVERY MONTH -IMPORTANT!

Belt/Deck/Roller Lubrication

The mat/deck friction may play a major role in the function and life of your treadmill and that is why we recommend you regularly lubricate this friction point to prolong the useful life of your treadmill.

You should apply the lubrication after approximately the first 20 hours of operation. We recommend checking of the deck every 30 days.

How to check the running mat for proper lubrication:

1. Disconnect the main power supply.
2. Feel the back surface of the running mat.

If the surface is slick when touched, then no further lubrication is needed.

If the surface is dry to the touch, apply a suitable silicone lubricant.

This can be purchased from your local hardware store.

Please also check all assembly bolts are tight

EVERY 6 MONTHS

It may be necessary to lubricate your treadmill running deck at least once every six months to maintain optimal performance of your treadmill.

- 1) Turn off the treadmill with the start/stop switch, and then unplug the power cord at the wall outlet.
- 2) Leave the treadmill for 15 minutes. Remove motor cover and vacuum any dust or lint out of the motor area.
- 3) Lubricate the air shocks with Teflon based spray.

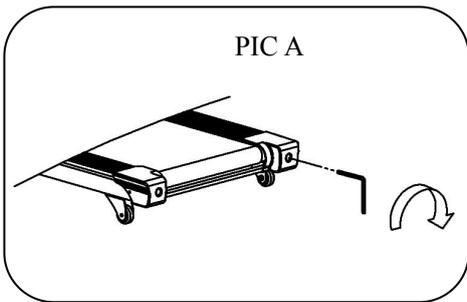
MAINTENANCE INSTRUCTIONS

WALKING BELT CENTERING AND TENSION ADJUSTMENT

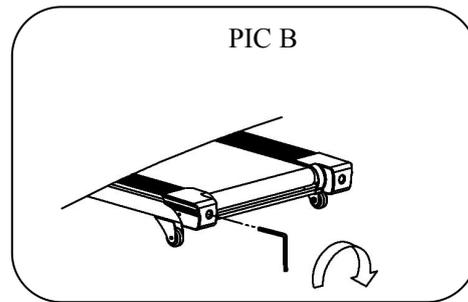
DO NOT OVERTIGHTEN the walking belt. This may cause reduced motor performance and excessive roller bearing wear.

TO CENTER WALKING BELT:

- Place treadmill on a level surface
- Run treadmill at approximately 4km/hr
- If the belt has drifted to the right, turn the right adjusting bolt 1/2 turn clockwise and the left adjusting bolt 1/2 a turn counterclockwise.
- If the belt has drifted to the left, turn the left adjusting bolt 1/2 turn clockwise and the right adjusting bolt 1/2 turn clockwise and the right adjusting bolt 1/2 turn counterclockwise.



Picture A If the belts has drifted to the RIGHT



Picture B If the belts has drifted to the LEFT

To check for the correct belt tension: Stand on the side rails and set the treadmill running to 4km/h. Holding on to the handrails plant one foot directly in the centre of the belt. If the belt stops it is too loose. Tighten the bolts pictured about half a turn clockwise and repeat the test.

If you have repeated this test and done more than 2.5 full turns the problem may be the drive belt please contact the retailer for more information.

CLEANING

WARNING: ALWAYS UNPLUG THE TREADMILL FROM THE ELECTRICAL OUTLET BEFORE CLEANING OR SERVICING THE UNIT.

General cleaning of the unit will greatly prolong the life of 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. This reduces the build-up of foreign material underneath the walking belt.

The top of the belt may be cleaned with a damp, soapy cloth. Be careful to keep liquid away from inside the motorized treadmill frame or from underneath the belt. **Warning: Always ensure the treadmill is unplugged from the electrical outlet before removing the motor cover.** At least once a year remove the motor cover and vacuum under the motor cover.

WALKING BELT AND DECK LUBRICATION

The treadmill is equipped with lubricated running board, which needs regular maintenance. The friction between running board and running belt has a great effect on the treadmills' life.

The steps are as follows:

- a) Remove the power cord from the wall socket.
- b) Wipe out the dust between running board and running belt with a clean cloth.
- c) As shown in the picture apply the Silicon oil on the running board (2 small daubs about 50mm in diameter approximately where your feet hit the deck during use).
- d) Plug the treadmill back and set running to the lowest speed. Slowly walk the silicon over the surface of the treadmill deck.

