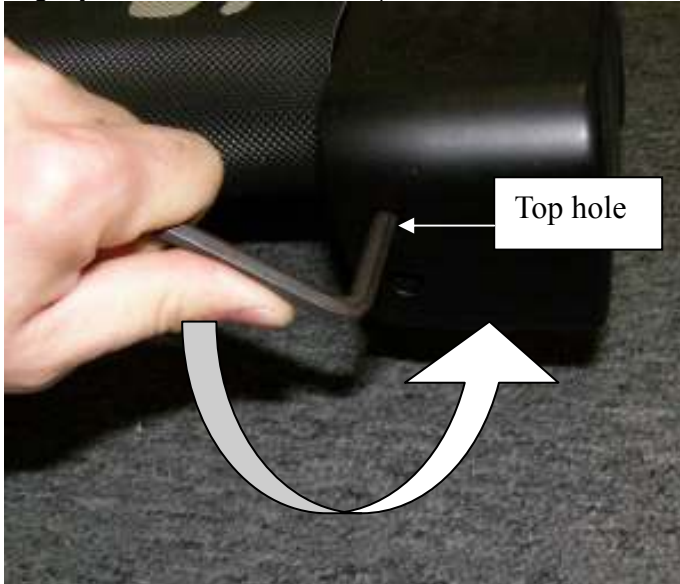


Treadmill Deck Lubrication Procedure

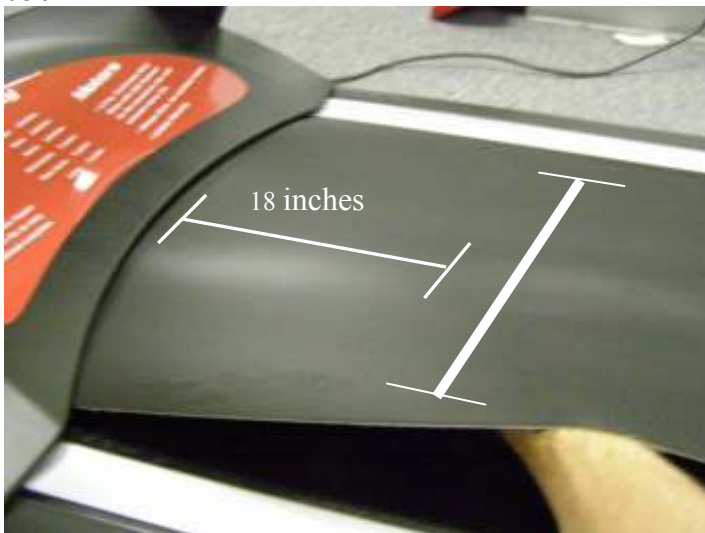
The deck comes pre-lubricated and subsequent lubrication should be performed every 180 hours of use. The console has a built in lubrication reminder indicator that lights every 180 hours of use.

To lubricate the deck with the tube of lubricant supplied it will be necessary to loosen the walking belt. Using the 6 mm allen wrench supplied, loosen the two rear roller adjustment bolts -- located in the rear end caps -- enough to get your hand under the belt (5 –10 counter-clockwise turns).



Make sure to loosen both bolts the same amount of turns and also remember how many turns, because when finished you will need to tighten the bolts back to the point they were before.

Once the belt is loose, wipe the deck with a clean lint free cloth to remove any dirt. Apply the whole tube of lubricant onto the deck surface about 18 inches from the motor cover. Squeeze out the contents of the tube across the deck (parallel to the motor cover) in about a one-foot long line, like toothpaste on a toothbrush. The one-foot line should be in the middle of the deck at approximately equal distance from both side edges of the belt.



Once the lubricant is applied, **tighten the rear roller bolts the same amount of turns as when you loosened them.** Run the treadmill at about 6 mph without walking on it for about a minute or two to make sure the belt stays in the middle of the deck. If the belt tracks to one side then follow the belt tracking instructions to remedy. Now the deck is lubricated and you should **walk** on the treadmill immediately for at least 5 minutes to ensure the lubricant is evenly distributed.