

## General Maintenance

### Belt and Bed

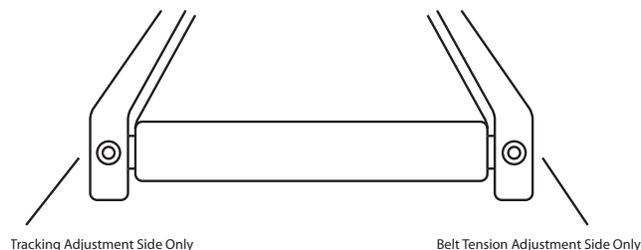
Your treadmill uses a very high-efficient low-friction bed. Performance is maximized when the bed is kept as clean as possible. Use a soft, damp cloth or paper towel to wipe the edge of the belt and the area between the belt edge and frame. Also reach as far as practical directly under the belt edge. This should be done once a month to extend belt and bed life. Use water only - no cleaners or abrasives. A mild soap and water solution along with a nylon scrub brush will clean the top of the textured belt. Allow to dry before using.

### Belt Dust

This occurs during normal break-in or until the belt stabilizes. Wiping excess off with a damp cloth will minimize buildup. General Cleaning - Dirt, dust, and pet hair can block air inlets and accumulate on the running belt. On a monthly basis, vacuum underneath your treadmill to prevent buildup. Once a year, you should remove the black motor hood and vacuum out dirt that may accumulate. **UNPLUG POWER CORD BEFORE THIS TASK.**

### Belt Adjustments

Treadbelt Tension Adjustment - Belt tension is not critical for most users. It is very important for joggers and runners in order to provide a smooth, steady running surface. Adjustment must be made from the right side of the rear roller in order to adjust tension with the 1/4 allen wrench provided in the parts package. The adjustment bolt is located at the end of the right side rail as noted in diagram below.



Tighten the rear roller only enough to prevent slippage at the front roller. Turn the treadbelt tension adjusting bolt in increments of 1/4 turn and inspect for proper tension. When an adjustment is made to the belt tension, you must also make a tracking adjustment to compensate for the change in belt tension. This is accomplished by turning both the tension and tracking allen bolts an equal amount. This adjustment should be made by turning both bolts clockwise by no more than a 1/4 turn at a time.

**DO NOT OVERTIGHTEN** - Overtightening will cause belt damage and premature bearing failure.

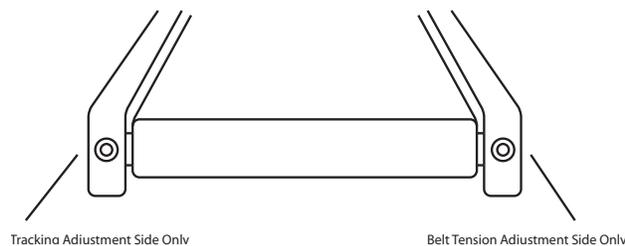
## Treadbelt Tracking Adjustment

The performance of your treadmill is dependent on the frame running on a reasonably level surface. If the frame is not level, the front and back roller cannot run parallel, and constant belt adjustment may be necessary. The treadmill is designed to keep the treadbelt reasonably centered while in use. It is normal for some belts to vary near a side while the belt is running with no one on it. After a few minutes of use, the treadbelt should have a tendency to center itself. If, during use, the belt continues to move toward one side, adjustments are necessary.

## To Set Treadbelt Tracking

A 1/4 allen wrench is provided to adjust the rear roller. Make tracking adjustments from the left side only. Set belt speed at approximately 2 to 3 mph. A small adjustment can make a dramatic difference. Turn the bolt only a 1/4 turn and wait a few minutes for the belt to adjust itself. Continue to make 1/4 turns until the belt stabilizes in the center of the running deck.

The belt may require periodic tracking adjustment depending on use and walking/running characteristics. Some users will affect tracking differently. Expect to make adjustments as required to center the treadbelt. Adjustments will become less of a maintenance concern as the belt is used. Proper belt tracking is an owner responsibility common with all treadmills. **CAUTION - KEEP HANDS CLEAR OF MOVING REAR PULLEY!**



**ATTENTION: DAMAGE TO THE RUNNING BELT RESULTING FROM IMPROPER TRACKING / TENSION ADJUSTMENTS IS NOT COVERED UNDER THE SPIRIT WARRANTY.**

## Lubrication

Do not relube with other than Spirit lubricant. See your Spirit dealer for purchase. The use of some other lubricants may destroy the deck surface or belt and will void warranty. If the treadmill belt/deck is kept reasonably clean it is possible to expect over 1000 hours before relubing is necessary.

For more information, please contact our SOLE Service Department.

[www.soletreadmills.com](http://www.soletreadmills.com)

Fill out form at <https://soletreadmills.com/technical.php?p=service>

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