

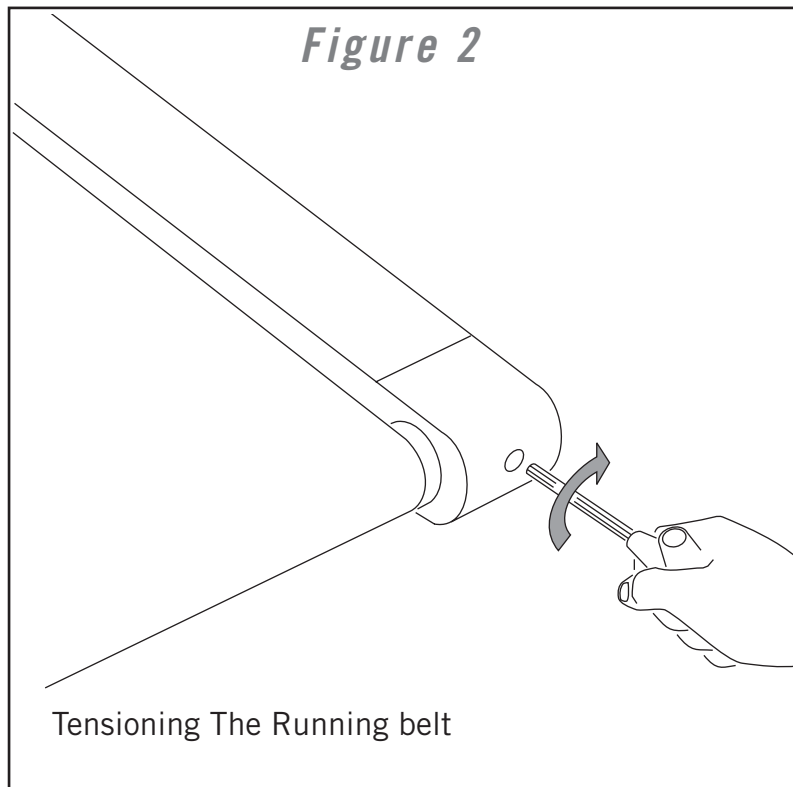
Tensioning the Running Belt

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If you feel a slipping sensation when using your treadmill, the running belt may need to be tightened. In most cases, the belt has stretched from use, causing it to slip. This is a normal and common adjustment. Make sure that the unit is turned off and that the belt has come to a complete stop. To eliminate slip, adjust rear roller bolts with the appropriately-sized Allen wrench, tightening both the left and right bolts 1/4 turns as shown below. Try the treadmill again to check for slipping. Repeat if necessary, but never tighten roller bolts more than 1/4 of a turn at a time.



WARNING Over-tightening the running belt may cause damage to the roller bearings and/or to the belt itself.



Aligning the Running Belt

Procedure:

- 1) Turn on the treadmill and bring belt to a speed of between 6-8 mph.
- 2) Stand behind the treadmill and watch the movement of the running belt. As you watch the running belt, make sure that the belt runs without moving from one side to the other and that the belt is centered between the side rails.



If the running belt moves rapidly to one side, press the Stop button immediately and carry out adjustment while the belt is stationary or at a lower speed.

- 3) If the running belt tracks to the left, loosen the right roller bolt $1/4$ of a turn, keeping the belt tension in mind. Observe changes and repeat if necessary. (Figure 3)
- 4) If the running belt tracks to the right, tighten the right roller bolt $1/4$ of a turn, keeping the belt tension in mind. Observe changes and repeat if necessary. (Figure 4)

