



All treadmills need cleaning and care to get the maximum life out of them. The fitness experts at Emerys Super Fitness Stores recommend the following...

Keep vacuuming under and around your treadmill on a regular basis. **DUST REALLY DOES WEAR DOWN THE GLIDING ABILITY OF THE DECK AND BELT.** The extra friction of a worn belt or deck will cause the motor to work much harder, shortening the life of the motor as well.

Most treadmills need some form of deck lubrication eventually. A lot of popular treadmills recommend applying silicone deck lube gel every 180-250 hours of use between the belt and deck. Apply on the deck surface. Be sure to apply in the area under the belt where your feet do most of their steps.

Some treadmills use silicone impregnated wax applications. This does not have to be done as often, but is more work.

Still more work to do, but even longer between maintenance are the decks that are generously pre-waxed from the factory on both sides. You will remove, flip and turn the deck much in the same rotation as you should be doing to your beds mattress to get the best life out of it.

Emerys sells the worlds best treadmill deck lube. We stock it at both stores. It runs \$15.99 and can be used on more makes of treadmills. Refer to your owners' manual. Lube more often if your treadmill asks for the lighter duty spray type silicone lube. Spray every 10 hours of use or refer to your owners' manual for their recommendation.

Unplug your treadmill and take the motor cover off. Vacuum the motor compartment out, taking special care to not touch any delicate components on the circuit boards.

Check walking belt tension. It should be as loose as practical and yet be tight enough to **NOT** slip. The reason we word it this way is so you don't have it so tight as to do damage to the belt or roller bearings.

Here is an easy way to see if your walking belt or motor drive belt is too loose.

- 1) Remove your motor cover so you can see the motor drive belt as well as the front roller that moves your walking belt.
- 2) Set the speed at one half of a mile per hour.
- 3) Grab the arm rails and use your feet to resist the progress of the belt.

If you can stop the walking belt easily but the front roller still moves, your walking belt is too loose. You will tighten the rear roller per your owners' manual.

If your front roller stops but the motor shaft still turns, the motor drive belt is too loose.

The instructions are in your owners' manual to move the motor to remedy this.

Again, refer to your owners' manual.

Frequently wipe your treadmill console and frame with a damp cloth to clean away sweat. Not doing this will result in corrosion and rust, sometimes doing major damage.

Never use a really wet rag.

NEVER wear a neck tie or scarf when doing maintenance on your treadmill, especially when the belt is moving... this would be bad... verrrry bad.

Using these tips will help you get the maximum life from your treadmill. NOT doing these tips will shorten the life of it by half or sometimes worse.

## Adjusting your treadmill belt

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**Adjusting the belt of a treadmill needs to be done for a variety of reasons.**

- 1) It is slipping
- 2) You sometimes may need to loosen the belt to get your hands farther in toward center between the belt and the deck for lubrication or cleaning.
- 3) The belt is working its way to one side.

**There are two belts on a treadmill.**

You will need to take the motor cover off to observe which belt is the loose one.

**Here is an easy way to see if your walking belt or motor drive belt is too loose.**

- 1) Remove your motor cover so you can see the motor drive belt as well as the front roller that moves your walking belt.
  - 2) Set the speed at one half of a mile per hour to one mile per hour.
  - 3) Grab the arm rails and use your feet to resist the progress of the walking belt.
- If you can stop the walking belt easily but the front roller still moves, your walking belt is too loose.

**For a loose walking belt, the following needs to be done.**

There are bolts at the very end of the frame that hold the rear roller in place. Tightening these bolts is generally done with an allen key.

**TURN THE BOLTS ONE FULL TURN CLOCKWISE.**

**\*\*ONLY AND EXACTLY ONE TURN\*\***

Retry the test to see if it still slips.

If it does still slip, then **TURN ONLY AND EXACTLY 1/2 TURN CLOCKWISE** at a time until it does not slip.

It should be tight enough to **NOT** slip, but overtightening it can cause damage to the belt.

But IF the belt is ONLY barely tight enough to not slip, then, for faster runners, there will be flex in the belt under each foot step which can cause joint problems.

There is a fine line to the adjustment. Good and tight, but not too tight!!

The reason we word it this way is so you don't have it so tight as to do damage to the belt or roller bearings.

**Once your treadbelt does not slip, you will need to be sure it will not creep to one side or the other.**

IF YOUR TREADBELT IS ALL THE WAY TO ONE SIDE AND IS RUBBING THE FRAME, you will have to loosen the belt enough to get the belt moved by hand to the center, then get the belt tight so it does not slip!

**Then you need to do the side to side adjustment.**

This is ONLY DONE with the bolt from ONE SIDE.

CHOOSE the bolt on the side that the tread is creeping toward.

Before getting the treadmill going at a good speed, have your allen key tool inserted into the correct bolt. Turn the wrench clockwise 1/3 to 1/2 turn and watch the belt creep toward the center of the deck. Once the belt gets centered, turn the wrench back almost to the point where it started.

Take the treadmill to its top speed and observe that the belt is staying centered. Readjust as necessary with the same procedure.

By the way, NEVER wear a neck tie or scarf when doing this!!!

**If your front roller stops but the motor shaft still turns, the motor drive belt is too loose.**

The instructions for tightening the drive belt are in your owners manual to move the motor to remedy this.

Again, refer to your owners manual before you do the following instruction.

If your motor drive belt is the one that is loose, the motor mount needs to be adjusted. This means loosening the motor mount bolts and adjusting the motor a bit farther from the front roller.

A bit wordy and detailed, but I wanted to cover a few variable situations you may encounter.

Have a great workout when you are done,

Coach Brent