



Our new and improved troubleshooting section was carefully constructed to put the power to repair your machine in your hands. As you can tell, we have put a great deal of time and effort into the process. All of this can save you the cost of a service call which is approaching \$150 in many markets and in many cases, we can save you the cost of parts since many parts are sold from factories unnecessarily (many parts cost over \$100 alone). With all of this said, if our troubleshooting tips help you out, please donate to keep this info on the web and so we can continue to add to it for your future use. As we get the funds, we will start to post video helps too. If this info helps you, please click on the donate button and donate to help us expand and maintain our troubleshooting help. Donations are NOT tax deductible.

Static Shock Problems

Many people face a conundrum when using a treadmill. The problem is that a treadmill has you walk or run in a motion that causes you to build up an electrical charge on your body while you are exercising. The problem if you are swinging your arms, you are totally isolated from any common ground so the charge just builds and builds and many discharges have been measured above 30,000 volts. You may say, how in a frost-covered hell can I build up 30,000 volts on my body without killing myself? Good question and it has a good answer...there is very little amperage. It will pop you good when you do ground and sting but it won't hurt you.

The problem is that it can damage the treadmill's electronics if it is not properly designed and we still see poor designs in this respect. If you don't like getting popped or if your treadmill is shutting down or going crazy, there is a fix. You can ground yourself to keep the electricity from building up on your body.

We now have wrist grounding straps that can be reused and attach to the frame of the treadmill without causing any markings and do not require any permanent modification to your treadmill. You can find them in our online catalog by searching for Grounding Strap.

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