



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.

My Manual Says Not to Lube the Treadmill

We commonly get the call or email saying that you say we should maintain our treadmill but my manual says “no maintenance” or “do NOT lube.”

The truth of the matter is just like there is not a “no maintenance” car, there is also not a “no maintenance” treadmill. Put simply, if you don't maintain it, it will need parts replacement quicker than if you do maintain it.

Wear parts get a new lease on life when you maintain the treadmill and electrical parts wear out much more slowly and in the case of solid state components, they can be damaged if you don't replace wear parts quick enough. To us, if you are replacing wear parts, that is maintenance. Not sure what the factories call this but they've never been able to give us a good answer on that.

I guess “no maintenance” sells good on the retail sales floor but the reality is that maintaining a treadmill is very easy. On most treadmills, all you have to do is keep them clean- keep the belt clean, the areas beside the belt clean, underneath the treadmill clean, and the motor area clean. The other item we are religious about is lubricating the walking belt. We suggest our World Famous Treadmill Lube and it only has to be done once about every 12 to 18 months depending upon how much you use the machine.

If you need further assistance, please contact us online at www.treadmilldoctor.com, call any weekday from 8 am to 5 pm, or email us at doc@treadmilldoctor.com.

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