



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.

1. **Walking Belt Lube Instructions**

2. **This lube works on most manufacturer's treadmills and has been proven to be the most effective general lubricant available for treadmills. If problems persist after lubing, a parts problem exists and the parts require replacement. Call or email TreadmillDoctor.com with any questions.**

3. 1. Inspect belt and deck. The deck should be smooth. The belt should have a consistent feel from side to side (a belt can be worn out without any sensory signs of a problem). If you feel deep grooves in the deck or uneven wear on the underside of the belt, part replacement is necessary. Continued use of your treadmill may damage expensive electrical components. 2. To inspect the belt and deck visually or to clean underneath the belt before applying lubricant, the belt must have the tension reduced. Loosen the tension roller by following the instructions in your owner's manual. Do not loosen the bolts in the tension roller too far or the bolts will come out of the roller shaft. This step may not be necessary for your treadmill model or belt and deck condition. 3. Contaminants are the worst enemy of your belt and deck. Some treadmills may have an excessive accumulation of dirt and contaminants. If these are trapped during the belt lube process, significant damage will occur. If contaminant removal is necessary, loosen the belt by following step 2, lay the treadmill on its' side, and use a nylon brush to loosen contaminants that have accumulated on the inside of the belt. Clean the deck with mineral spirits in a well-ventilated area. Allow the deck to dry before lubing or tightening the belt.
4. 4. Lift the belt and use approximately ½ of the tube by squeezing the lube in the walking area lengthwise. Move to the opposite side of the treadmill and repeat using the remainder of the lube. Use all of the contents of a single container during application. Do not put any lubricant on any surface with which your feet make contact. The lube will spread evenly in the next step. Do not perform this step by hand. The lube is usually not harmful to the skin but has the potential to permanently stain fabric. 5. Adjust belt tension and centering following your owner's manual instructions if you have loosened the belt to clean. **LOOSENING THE WALKING BELT IS NOT NECESSARY JUST TO APPLY THE LUBE.** Start the treadmill at 2-3 mph and allow to run for 5 minutes without walking on the treadmill. Check centering carefully and adjust as needed following your owner's manual instructions. Using your treadmill's handrails and safety switch for safety and support, walk on the treadmill at 2-3 mph. **CAUTION!!! BELT MAY HESITATE. THIS CAN CREATE AN INJURY IF BELT IS**

NOT PROPERLY TENSIONED! Within 5 minutes the lube will be preliminarily walked in to the backing of the belt. Damage and/or injury may occur if the belt is not properly centered and tensioned by using your owner's manual.

5. **CAUTION:** Do not run on the treadmill until you are certain the belt tension and centering is correct according to your owner's manual specifications. Make certain that there are no friction spots that may cause belt hesitation. **INJURY CAN OCCUR IF BELT IS NOT ADJUSTED PROPERLY!!!**
6. **IN CASE OF EMERGENCY: KEEP OUT OF THE REACH OF CHILDREN.** If contents are swallowed, **DO NOT** induce vomiting and seek medical care immediately. If product comes into contact with eyes, flush with fresh water and seek medical care immediately. If product comes into contact with skin, thoroughly wash skin surface as soon as possible. If irritation, discoloration, or a rash is apparent, contact a physician for medical care.

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