

Section Four — Inspection and Adjustment Procedures

Procedure 4.1 — Calibrating the Lift Motor 4-3

Procedure 4.1 — Calibrating the Lift Motor

1. Turn off the treadmill with the circuit breaker, then unplug the treadmill from the wall outlet.
2. Remove the hood.
3. Place the treadmill on its right side. Remove the bolt and nut that secure the lift tube to the lift platform.
4. Plug the power cord into the wall outlet, then turn on the treadmill with the circuit breaker.
5. Press and hold the **STOP**, **SPEED ▲**, **SPEED ▼** and **QUICK START** keys until the lift calibration number is displayed on the console.

CAUTION

While running the lift motor in the calibration mode it is possible to operate the lift motor beyond the motor's normal limits. When you perform the next step, care must be taken not to jam the lift tube against the motor frame.

6. Press the **INCLINE ▲** or **INCLINE ▼** keys to set the lift calibration number to 22.
7. Press and hold **STOP** to get back to the **Enter Your Weight** banner.
8. Turn off the treadmill with the circuit breaker, then unplug the treadmill from the wall outlet.
9. Insert the screw removed in Step 3 into the lift tube. Turn the lift tube clockwise, by hand, as far as possible and remove the bolt. Then turn the lift tube 10 turns (1-1/2") counterclockwise.
10. Replace the screw and nut that secure the lift tube to the lift platform. Return the treadmill to an upright position.
11. Plug the power cord into the wall outlet, then turn on the treadmill with the circuit breaker.
12. Check the calibration of the lift system by performing the following steps:
 - a Press the **INCLINE ▲** key until the electronic console displays twelve percent incline;
 - b Use the **INCLINE ▼** key to return the treadmill to zero percent incline.
13. Using the ruler, measure the distance between the floor and the top of the front and back ends of the side rail. The distance between the floor and the top of the front end of the side rail should be equal.
14. Re-install the hood.