

Life Fitness 9100 Series Heartrate and Telemetry Equipped Treadmills **How To...ADJUST AND TENSION THE STRIDING BELT**

Tools Required: 5/16" Hex key wrench set

This instruction is to be followed when:

- A. CENTERING THE EXISTING OR NEW STRIDING BELT.
- B. TENSIONING THE EXISTING STRIDING BELT.
- C. RE-TENSIONING THE EXISTING BELT AFTER REMOVAL.
- D. REPLACING THE STRIDING BELT WITH A NEW STRIDING BELT.

CAUTION: DO NOT OVERTIGHTEN THE TENSIONING BOLTS WHILE MAKING BELT ADJUSTMENTS. OVERTIGHTENING OF BOLTS MAY OVERSTRETCH AND DAMAGE THE STRIDING BELT AS WELL AS PLACE AN UNNECESSARY LOAD ON THE ROLLER BEARINGS.

A. TRACKING (CENTERING) AN EXISTING OR NEW STRIDING BELT

NOTE: IT IS EXTREMELY IMPORTANT THAT THE TREADMILL BE CORRECTLY LEVELED PRIOR TO ANY TRACKING ADJUSTMENTS. AN UNSTABLE UNIT MAY CAUSE STRIDING BELT MISALIGNMENT.

Step 1

Enter the Manual Program and set the BELT speed to run at 4.0 mph (6.4 kph).

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How To...ADJUST AND TENSION THE STRIDING BELT (Continued)

Step 2

Before proceeding it is helpful to visualize the REAR ROLLER pivot point as shown in the Figure below. Each adjustment made to one side of the ROLLER must be met with an equal and opposite adjustment to the other side of the ROLLER to maintain an ideal STRIDING BELT tension at the pivot point.

IF THE STRIDING BELT MOVES TO THE RIGHT, turn the right TENSIONING BOLT 1/4 turn clockwise and then turn the left TENSIONING BOLT 1/4 turn counter clockwise to start the STRIDING BELT tracking back to center of the REAR ROLLER.

IF THE STRIDING BELT MOVES TO THE LEFT, turn the left TENSIONING BOLT 1/4 turn clockwise and then turn the right TENSIONING BOLT 1/4 turn counter clockwise to start STRIDING BELT tracking back to center of the REAR ROLLER.

CAUTION: DO NOT TURN THE TENSIONING BOLT MORE THAN 1/4 TURN AT ONE TIME OR A MAXIMUM OF 1 FULL TURN.

Step 3

Repeat adjustments until the STRIDING BELT appears centered allowing the machine to continue running for several minutes to observe if tracking remains stabilized.

B. TENSIONING THE EXISTING STRIDING BELT

Step 1

If your treadmill does not have holes in the REAR ENDCAPS which allow access to the two BELT TENSIONING BOLTS, remove the four SCREWS from the REAR ENDCAPS and remove the CAPS.

Step 2

Enter the Manual Program and run unit for five minutes at 5.0 m.p.h (8kph).

Step 3

With the belt speed at 2.0 m.p.h. (3.2 kph), tightly grasp the HANDRAILS and attempt to stall the STRIDING BELT. If the STRIDING BELT slips, continue to Step 4. If the STRIDING BELT no longer slips, the treadmill is ready to resume operation.

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