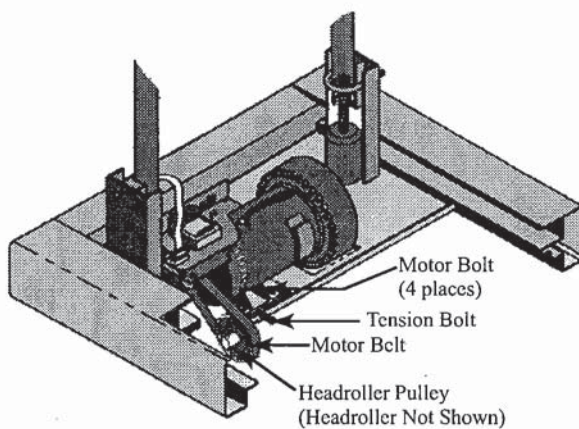


If your running belt is tracking to the right, then adjust the running belt to track to the left. Tighten the right tailroller Allen screw by turning clockwise or loosen the left tailroller bolt by turning counter-clockwise.

3. After running belt appears to be tracking properly, increase speed to 10 mph (16 k) and verify belt stays centered.

**Slipping—Running Belt:** Lift the motor shroud and run the running belt slowly at 1 to 2 mph (2 to 3 km/hr). Watching the headroller, walk on the belt and try to slow it down by gently applying pressure with your feet while holding the handrails. If only the running belt, and not the headroller, slows down, tighten the running belt by turning both the right and left tailroller adjustment bolts clockwise one-quarter turn. Repeat this adjustment until the running belt no longer slips, ensuring that you turn the bolts an equal number of turns. If the headroller and the running belt both slow down, tighten the drive belt by the following procedure:



**Slipping—Drive Belt:** Incline the treadmill to 5% to provide clearance underneath. Move the **ON/OFF** switch to **OFF**, unplug the treadmill, and lift the motor shroud, holding it raised with the bungee cord that you used during assembly, if that is convenient. With a 1/2" socket wrench, loosen the four motor bolts. Turn the tension bolt in the middle of the motor bracket 1/4 turn clockwise with the same wrench, stretching the drive belt. Tighten the motor bolts, replace the shroud, plug the treadmill in, turn it on, push **START** and test for slipping as before. Repeat this step if necessary.

**Thumping:** Turn the treadmill off. Turn the right and left tailroller adjustment bolts counter-clockwise with the 1/4" hex key until the running belt is loose. Note the number of times each bolt turned. Remove excess accumulated running deck wax from the tailroller with a credit card, a putty knife, or other flexible plastic implement. Tighten the running belt by turning the adjustment bolts clockwise as many turns as they were loosened. Turn the treadmill on and check for sideward movement and slipping of the running belt, further turning the adjustment bolts as above if necessary.

## **REWAX BELT**

Periodic running belt rewaxing virtually eliminates belt down time, and maximizes the life of the belt. Whenever the present distance is 2000 miles (or 3000 km) more than the LST DCK (last deck

*(Continued)*

service), the start-up display will scroll REWAX BELT. This is a reminder to have your maintenance or service provider perform this 5 minute belt rewaxing *at your convenience*. (Immediate service is not required). Wax is included in the treadmill.

### TOOLS & MATERIALS

- 1 Bottle of Wax Powder
- 1 Clean Towel
- 1 Paint Stick or Ruler
- Diluted All-purpose Cleaner (409), or Bristle Brush

### PROCEDURE

**Apply wax powder while belt & deck are still warm (5 minutes minimum use) for optimum benefit.**

1. **CAUTION: POWER OFF AND UNPLUG THE TREADMILL.**
2. **CLEAN DECK & BELT:**
  - A. Using the stick or ruler, slide a towel under the middle of the belt from one side of the frame to the other.
  - B. Hold the edges of the towel; pull to the tailroller; pull to the headroller; then pull the belt down to wipe the remaining belt. TIP: Fold the dirty towel & shake into trash.
3. **LIFT BELT:** Lift the left side (facing display) of the belt, about 12 inches down from the cover (see figure). Hold the belt up to elevate the belt from the deck.
4. **SPREAD WAX:** Flip the nozzle on the cap of the wax bottle. Point the nozzle at the deck. Be sure that the bottle is tilted at a downward angle. Squeeze the wax bottle twice between the running belt and the deck. TIP: Gently shake bottle between each squeeze.
5. Repeat steps 3 & 4, about 18 inches from the end of the deck.
6. Repeat steps 3 through 5, on the right side of the belt/deck.
7. **WALK:** Plug in treadmill. Power ON the treadmill. Start the treadmill at 1 mph and walk on all sections of the belt and deck for 1 minute to ensure the wax has been evenly distributed and worked-in properly.
8. **CLEANUP:** Power OFF the treadmill. Remove any excess wax with diluted cleaner (409) and towel. TIP: Blow away extra wax first (like dust), then wipe.
9. **DISPLAY UPDATE:** Update the LST DCK service mileage to remove the REWAX BELT message.
  - A. Power ON the treadmill.
  - B. Enter MAINTENANCE SETTINGS (see Chapter 7)
  - C. Press the INCLINE DOWN key until the display window reads LST DCK.
  - D. Press the HEART key to automatically enter the present distance.
  - E. Press the START key to enter and update the display.
  - F. Press the STOP key to exit MAINTENANCE SETTING.

