



TREADMILL MAINTENANCE GUIDE

WARNING:

ALWAYS UNPLUG THE TREADMILL FROM THE ELECTRICAL SOCKET BEFORE CLEANING, LUBRICATING OR SERVICING THE UNIT.

If the treadmill is placed on carpet and is used regularly we recommend that you remove the treadmill motor cover and vacuum under the motor cover at least monthly if it is placed on a treadmill mat remove the motor cover and vacuum at least yearly.

CLEANING

General cleaning of the treadmill will prolong the life of the treadmill and improve the performance. Keep the unit clean by dusting regularly. Be sure to dust and clean the exposed part of the deck on either side of the walking belt and the side rails.

For best performance we recommend the treadmill be placed on a treadmill MAT. Along with reducing noise, treadmill mat will help keep dust and debris away from your treadmill's critical components. Clean the top of the belt with a wet soap cloth. Be careful to keep liquid away from inside the motorized treadmill frame or underneath the belt. We recommend that you remove all the sand and debris from your running shoes to avoid sand and soil from imbedding itself into the running belt.



WALKING BELT AND DECK LUBRICATION

It's important to take good care of your treadmill deck (the walking surface underneath the belt) because the belt/deck friction may affect the motor and control board function. When there is an increase in friction between the running belt and the running board, the motor draws more current causing a power surge. This power surging will cause the drive-board to blow out and cause damage to the motor.

Friction can also cause the reduced life of your treadmill mat and board. To protect your treadmill we recommend periodic lubrication. Use only ORBIT SILICON LUBE purchase this from your nearest Orbit Store.

To use the silicon apply the spray extension nozzle to the silicon can, then just lift the belt slip the spray nozzle under the mat and spray lightly, moving the spray from the middle to the front then from the middle to the back of the treadmill, repeat this on the opposite side of the treadmill.

Use the following timetable as a guide to lubricating the deck.

Recommended Lubrication

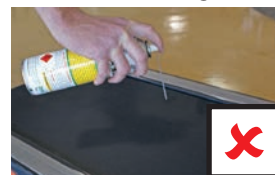
USAGE	HOURS USED	LUBRICATION TIMES
Light	<3 hours/wk	Every 12 months
Medium	3-5 hours/wk	Every 6 months
Heavy	>5 hours / wk	Every 3 months



Spray evenly onto running deck



DO NOT Spray onto back of running mat



DO NOT Spray on top of running mat