

Waxing the Treadmill Deck



Prepared by:
Regina Templeton

Date Prepared:
4/14/2015

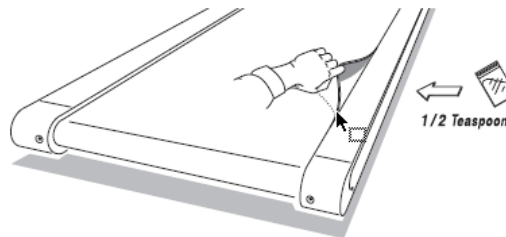
The treadmill deck should be lightly waxed approximately every 500 miles to ensure maximum life of the treadmill components. Use only powdered wax to lubricate the treadmill deck. We recommend you wax the deck according to the following schedule:

Frequency of Treadmill Use	Type of Use	Frequency of Wax Application
1-5 hours per week	Walking	Every 12 Months
6-10 hours per week	Walking	Every 6 Months
1-5 hours per week	Running	Every 6 Months
6-10 hours per week	Running	Every 4 Months
10+ hours per week	Running	Every 3 Months

Besides waxing the deck as part of regular maintenance, you should also wax the deck if the belt stops due to a fuseless breaker, or if you replace the belt.

Waxing the Deck

1. Let the treadmill run for 10 minutes to warm the belt and deck.
2. Power off and unplug the treadmill.
3. Loosen the rear roller bolts to allow the belt to be lifted up from the sides of the deck.
4. Sprinkle approximately 1/2 teaspoon of wax under the running belt.



5. Gently blow some of the wax to the center of the belt for even distribution.
6. Tighten the rear roller bolts to adjust the belt to the proper tension.
7. Power on the unit and walk on the treadmill for 3-4 minutes at 1 mph. Walk on all areas of the belt to ensure smooth wax distribution.

Note: Be careful not to apply too much wax or wax too frequently, as this could cause belt thumping or excessive wear of the components.