

CENTERING THE RUNNING BELT

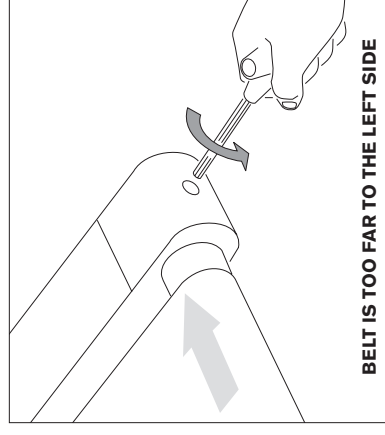
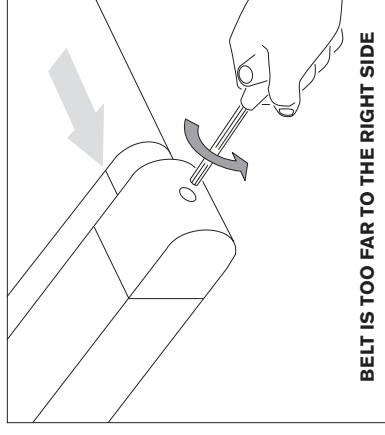
The running belt has been properly adjusted at the factory before it was shipped. At times the belt can move off-center during shipment. Before operating the treadmill, make sure the belt is centered and remains centered to maintain smooth operation.

CAUTION

Do not run belt faster than 1 mph while centering. Keep fingers, hair and clothing away from belt at all times.

If the running belt is too far to the right side: With the treadmill running at 1 mph, turn the left adjustment bolt counter-clockwise 1/4 turn at a time (using the supplied Allen wrench). Check the belt alignment. Allow belt to run a full cycle to gauge if more adjustment is needed. Repeat if necessary, until the belt remains centered during use.

If the running belt is too far to the left side: With the treadmill running at 1 mph, turn the right adjustment bolt counter-clockwise 1/4 turn at a time (using the supplied Allen wrench). Check the belt alignment. Allow belt to run a full cycle to gauge if more adjustment is needed. Repeat if necessary, until the belt remains centered during use.



TENSIONING THE RUNNING BELT

The running belt has been properly adjusted at the factory before it was shipped. At times the belt can move off-center during shipment.

CAUTION

Running belt should NOT be moving during tensioning. Over-tightening the running belt can cause excessive wear on the treadmill as well as its components. Never over-tighten the belt.

If you can feel a slipping sensation when running on the treadmill, the running belt must be tightened. In most cases, the belt has stretched from use, causing the belt to slip. This is a normal and common adjustment. To eliminate this slipping, **turn the treadmill off** and tension **both the rear roller bolts** using the supplied Allen wrench, turning them $\frac{1}{4}$ turn to the right as shown. Turn the treadmill on and check for slipping. Repeat if necessary, but **never turn** the roller bolts more than $\frac{1}{4}$ turn at a time. Belt is properly tensioned when the slipping sensation is gone.

