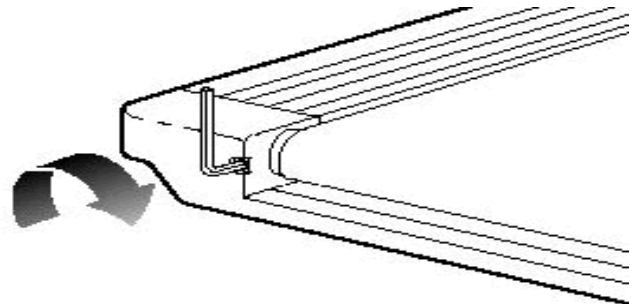


## ADJUSTING THE WALKING BELT

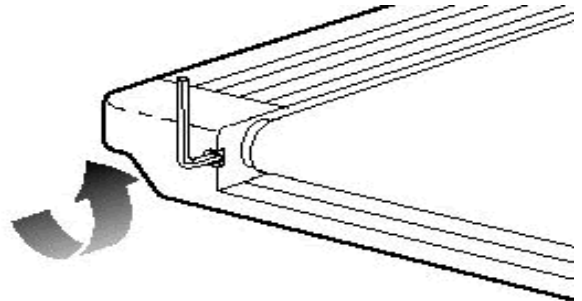
Treadmills have two different styles of walking belt adjustment. To see which type you have, look at the right hand side of the rear roller. If the bolt has an Allen wrench head, you have the two-adjustment bolt style. If the bolt is a hex head, you have the one-adjustment bolt style.

### **Two-adjustment bolt:**

If the walking belt has **shifted to the left**, first remove the safety key and unplug the power cord. Using the Allen wrench, turn the left rear roller adjustment bolt clockwise, 1/4 of a turn. Be careful not to over tighten the walking belt. Plug in the power cord, insert the safety key and run the treadmill for a few minutes. Repeat until the belt is centered.

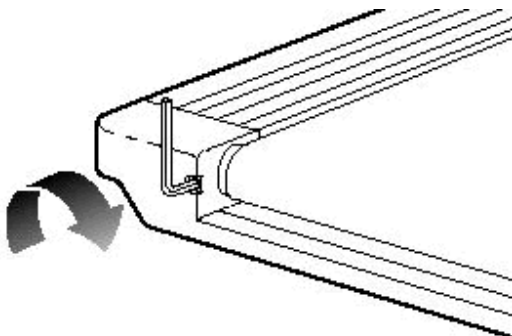


If the walking belt has **shifted to the right**, first remove the safety key and unplug the power cord. Using the Allen wrench, turn the left rear roller adjustment bolt counter-clockwise, 1/4 of a turn. Be careful not to over tighten the walking belt. Plug in the power cord, insert the safety key, and run the treadmill for a few minutes. Repeat until the belt is centered.

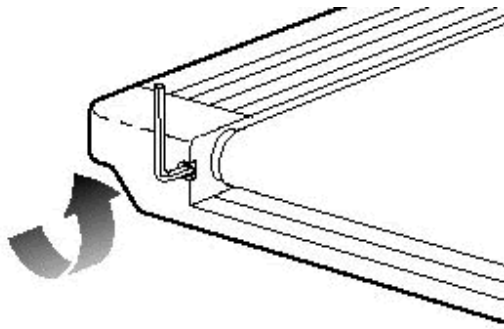


### **One-**

If the walking belt has shifted to the left, first remove the safety key and unplug the power cord. Using the Allen wrench, turn the left adjustment bolt clockwise 1/4 of a turn. Plug in the power cord, insert the safety key, and run the treadmill for a few minutes. **adjustment bolt:** Repeat until the walking belt is centered.



If the walking belt has shifted to the right, first remove the safety key and unplug the power cord. Using the Allen wrench, turn the left adjustment bolt counter-clockwise 1/4 of a turn. Plug in the power cord, insert the safety key, and run the treadmill for a few minutes. Repeat until the walking belt is centered.



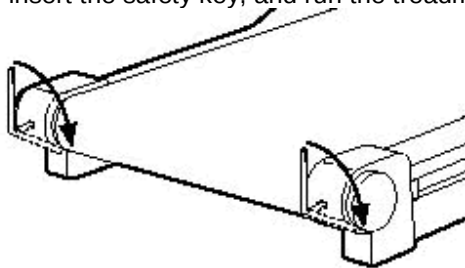
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## **LOOSENING OR TIGHTENING THE WALKING BELT**

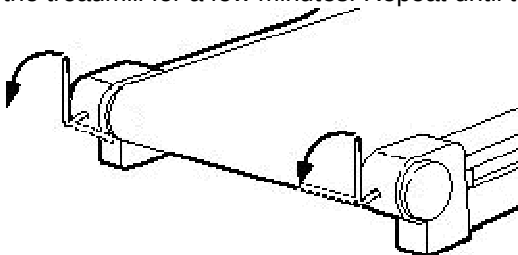
Treadmills have two different styles of walking belt adjustment. To see which type you have look at the right hand side of the rear roller. If the bolt has an Allen wrench head, you have the two-adjustment bolt style. If the bolt is a hex head, you have the one-adjustment bolt style.

### **Two-adjustment bolt:**

To tighten the belt, remove the safety key and unplug the power cord. Using the Allen wrench, turn both the rear roller adjustment bolts clockwise 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the belt 3 - 4" off the walking platform. Be careful not to over tighten the walking belt. Plug in the power cord, insert the safety key, and run the treadmill for a few minutes. Repeat until the belt is at the proper tension.



To loosen the belt, remove the safety key and unplug the power cord. Using the Allen wrench, turn both the rear roller adjustment bolts counter-clockwise 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the belt 3 - 4" off the walking platform. Plug in the power cord, insert the safety key, and run the treadmill for a few minutes. Repeat until the belt is at the proper tension.



**Warning: Walking belt adjustment MUST be performed by a trained technician to avoid walking belt damage and injury. Adjusting the walking belt on your own is done at your own risk.**