

Easy Walking Belt Adjustment

The easy way to understand belt adjustment and alignment is to recognize that the walking belt will move to the side of least resistance. If you tighten the right side more than the left, the belt will move left. If you tighten the left side more than the right, the belt will move right.

1. Adjust belt until its snug
2. Run the treadmill at about 1mph and adjust the belt so that its centered
3. Tighten each side two complete turns
4. Walk on treadmill at about 3.5mph
5. Do the stamp test.*
6. If the belt skips tighten each side $\frac{1}{2}$ turn on both sides until the belt do not skip
7. Stop tightening when you have achieved #5 above.
8. Test the treadmill again at various speeds.
9. Done

*The Stamp Test is stamping on the belt to get it to skip or stop while holding the handles of the treadmill