

TREADMILL LUBRICATION INSTRUCTIONS

DOCEF013006REV01

Keep your treadmill well lubricated to extend the life of your treadmill rollers, belt, and deck. Keep in mind that we do have **lubrication kits** for your treadmills on sale through our tech support department. **Do not use Petroleum-based lubricants. **Use Lube N Walk**** available through Keys Fitness Technical Support. Call or check the web for details.

It is recommended that you do this approximately every 30 hours or 30 days of use. **This is a general formula.** It is based on the average user (150-190lb) using it approximately 20 minutes a day, every other day. Increase lubrication of the treadmill if weight of the user or use frequency exceeds the general formula.



PREPARATION

I. Take all items out of the Lube N Walk Kit.

Included should be: (1) 6 month supply of lubricant (1) Wand /Applicator (1) Lubrication instruction sheet (1) Lubrication liquid quantity sheet (1) 3/16" L-Allen wrench for adjusting the walking belt

Before you begin lubrication, clean the dust and debris from the area between the deck and the belt. How do I do this? Look below.

Take your foam wand applicator, without lube (A), and insert it in between the walking belt and the deck (B), exposing the two white plastic tabs at either end of the walking belt (C&D). Take both of the tabs and run the wand back and forth along the entire length of your deck (E). Remove the applicator wand and prepare for lubrication.

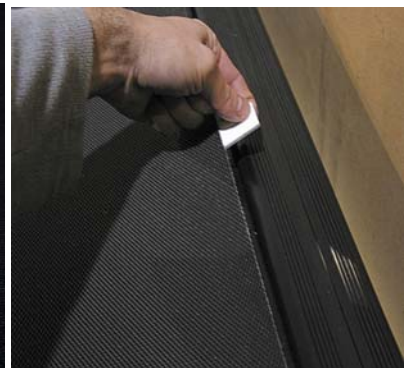
A.



B.



C.



D.



E.

LUBRICATION

- 1) Take your applicator wand and bottle of lubricant.
- 2) Apply about a dime's worth of lubrication onto the side of the applicator wand **that was not used for removing dirt and debris**. You can add more or less lubricant, depending on your lubrication schedule (Fig. 1).
- 3) Flip the applicator wand, lubricant side facing down (Fig 2).

Fig. 1



Fig. 2



- 4) Insert the wand between the walking belt and the deck (Fig. 3), exposing the two white plastic tabs at either end of the walking belt (Fig. 4 & 5)

Fig. 3

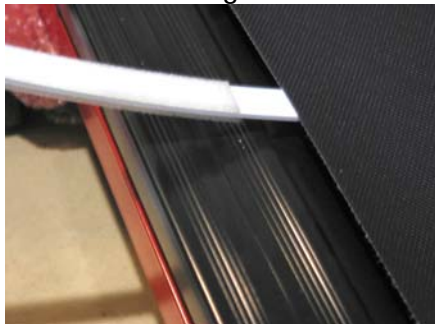


Fig. 4



Fig. 5



Fig. 6



- 5) Take both of the tabs and run the wand back and forth along the entire length of your deck (Fig.6). You are done until your next scheduled lubrication date.

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Any Technical questions, comments, issues, or concerns? Please feel free to contact any of our Technical Support Representatives at Keys Fitness at 1-888-340-0482 X400 or visit our Website at www.keysfitness.com