

GENERAL TREADMILL MAINTENANCE

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Follow these very important guidelines to assure your treadmill's performance remains at its peak and to prevent costly and time-consuming repairs.

1) Due to the amount of voltage and amps being drawn, a treadmill should always be plugged into a UL (underwriters laboratory) listed, minimum 15 amp **surge protector**, by itself, on a dedicated outlet. GFI outlets are not acceptable.

(Do not confuse a surge protector with a power strip)

A) A **power strip** is distinguished by numerous outlets, an on/off, and sometimes a reset switch that mainly provides power to any number of appliances without the ability to protect your equipment from (or interrupt) electrical surges.

B) A **surge protector** is distinguished by a circuit breaker or fuse, a blinking or solid power light, and a reset switch or button. It is designed to protect the treadmill from any unexpected electrical surges, electrical storm surges, outlet surges, and electrical spikes. It will also protect your home breakers from any possible spikes or surges itself (not likely) by tripping a breaker at the protector.

2) **Avoid putting your t/m on an extension cord.** Extension cords that are longer than 5 feet long and with the wire gauge thinner than 14awg should not be used. Reason: By the time the current and voltage (from the outlet) reaches the treadmill, the resistance is so high (due to the cord wire being so long and thin), there is not enough voltage or amperage to make the drive motor run, or run at its peak performance.

3) **Place your treadmill on an Anti-Static (rubber) Mat** to prevent unwanted electro-static electricity, which can harm your electronic components.

4) **Clean and Lubricate between the deck and the walking belt periodically.** 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. **Do not use Petroleum-based lubricants**, as they will "eat through" the wooden deck and deck finish. ****Use Lube N Walk lubrication kit**** available through Keys Fitness Technical Support.

5) **Vacuum and/or blow out debris and dust** from under the motor cover and underneath the treadmill periodically. Dust and debris in electronic components can cause speed-reading malfunctions, as well as sporadic connection failures on your treadmill.

6) **Do not** leave your treadmill outdoors or in desolate areas, such as a garage or a patio. This can cause possible moisture, rust, electro-static discharge, and particle damage.

7) **Do not over tighten the Walking belt or the Drive motor belt (Poly-v).** Either of these will often cause a slower response from the drive motor and speed sensor, often causing error codes such as E-11 and E-22. In some instances, this will also create knocking noises that appear to come from the front or rear rollers.

8) **Wipe your monitor periodically** to remove sweat and dirt buildup.

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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