

Lubricating the Air Shock

Tools:

- Teflon Based Spray

Procedure:

- 1) Fold the treadmill to the upright position; making sure the treadmill is locked securely.
- 2) Use aTeflon based spray on the silver shaft of the air shock.
- 3) Lift the frame up and down, repeating this several times to allow the Teflon spray to blend into the air shock.

Figure 11

