Treadmill Maintenance Tips

Keep treadmill clean and dust-free.

Avoid walking on your treadmill with dirty shoes (sand or dirt stuck in shoe treads) as foreign matter is a serious cause of premature belt & deck wear. The walking deck should be dry and free of debris such as sand, dirt, dust, and shoe debris. Make sure the area where you place your treadmill is relatively dust-free. It is recommended that your place your treadmill on an equipment mat if being placed on capeted floors as the static from the motor can suck in carpet dust and fibers, harming your treadmill. If you choose to forgo a mat, just regularly vacuum under and around your unit.

A properly adjusted treadbelt should never slip.

Most treadmills will provide the user with easy access to belt tracking. Treadmill belts may stretch slightly under initial use and may need tightening. Using the allen wrench supplied with your treadmill, or another of the right size, tighten both belt adjustment screws clockwise. 1/4 turn clockwise should tighten treadbelt if it has loosened from breaking-in. Belt adjustment screws are usually located at the rear of the treadmill. Some belts require looser running than others, so check the user's guide before making adjustments. Belt should be running at a low speed (around 3 m.p.h.) when adjusting belt tracking.

Make sure belt is properly aligned.

The tracking adjustments are also for proper belt alignment, so be sure not to turn either side more than 1/4 turn at a time since belt tracking adjustments are minor. Improper belt tracking may result in roller knocking. A knocking noise may indicate a defective roller, however, it is usually a result of the belt placing too much force on the roller from side to side. In this case, the knocking noise will be at a much slower rhythm than roller rotation. Proper tracking reduces the load on belt guides and ensures that the front and rear rollers are parallel. Follow the manufacturer's directions on belt tracking to keep from misaligning or over-stretching the belt. Be careful not to over-tighten belt when adjusting alignment.

Use a level to level treadmill with floor.

Squeaking sounds and belt mistracking are most often the result of a non-level floor. Treadmills usually have level adjustment in rear supports. If your treadmill cannot be leveled with the floor, then level the floor with your treadmill.

Keep power cord free and clear from treadmill.

Make especially sure the power cord is clear of the incline mechanism.

Keep belt and deck dry.

Unless recommended by the manufacturer, avoid use of silicone or oils to lubricate the belt. A clean, dry, dust-free bed and belt combination is ideal for a long-lasting treadmill If silicone spray is necessary for belt lubrication, then follow manufacturer directions closely for application schedule and type of

lubricant. Some treadmill decks may require initial waxing to help reduce friction with the belt. Do not wax a deck unless recommended by the manufacturer. Lubrication to pretreated wax decks may gum up the wax.

Ensure low friction between deck and belt.

You want low-friction contact between the deck and belt to begin with. A high friction deck and belt will result in damage to the motor electronics. High friction belts will not coast when power is shut off, nor will they be easy to dead-walk on when the power is off. High friction belts can also cause the motor to stall. Again, be sure to follow your treadmill manufacturer's guidelines for proper deck and belt maintenance. Lubrication when unnecessary can lead to excessive amp draw and subsequent damage to motor electronics.

Replace circuit breaker fuses with the correct fuse.

Blown fuses are usually discovered from technical diagnostics. It is generally not recommended for users to replace blown fuses in the motor or motor controller. Fuses must be replaced with the recommended fuse, and treadmill fuses are not interchangeable with automotive fuses. If a blown fuse is discovered, contact a dealer for proper replacement.

Safeguard against console crashes by grounding to an AC wall outlet.

Treadmills with a computer console (such as those with programming) are subject to crashes. A computer crash is anything that may occur out of the ordinary, such as a display blanking out, locking up, or not recording information, or the treadmill simply shutting down altogether. To determine if a crash is not due to a defect, just turn the treadmill power off and then on again. Cycling power on and off will reset computers most of the time. Computer defects will result in loss of control to incline and speed, and the treadmill may not even start at all. To help ensure against crashes, plug treadmill into a grounded AC outlet. If your treadmill computer console experiences repeated or frequent crashes, then it may need to be replaced.

Read your treadmill owner's manual.

Just reading through your treadmill owner's manual may save you from costly repairs. All maintenance procedures should be listed in the owner's manual, along with troubleshooting guidelines, parts listings, and instructions on repairs. Damage to your treadmill from improper use or unauthorized tampering can result in the manufacturer voiding the warranty. If in doubt about proper handling of your treadmill, contact either your dealer or the manufacturer for recommended care.