

# RECOMMENDED TREADMILL MAINTENANCE

ICON HEALTH & FITNESS (UK) LTD – WWW.ICON SUPPORT.CO.UK



## GENERAL MAINTENANCE

As with any machine, maintenance is the key to prolonging the life of your treadmill. Remember, no amount of maintenance takes the place of common sense. Please read and follow the instructions below. If the treadmill is not maintained as described, components may wear excessively, causing damage to your machine.

## WEEKLY MAINTENANCE

### TIGHTENING PARTS

Make sure that all parts of your treadmill are properly tightened. Tighten any loose screws, bolts or nuts.

### CLEANING THE WALKING BELT

Using a cotton cloth, wipe the dust and debris off of the walking belt. Also wipe along the sides of the walking belt. This will help extend the life of the belt by removing abrasive particles. **Do not wipe under the walking belt.**

### CLEANING PARTS

Wipe any accumulated dust and debris from the handrails, uprights, foot rails, frame, console and motor hood. **Avoid using abrasives or solvents.**

## MONTHLY MAINTENANCE

Every month an overall inspection should be performed on your treadmill, paying particular attention to your walking belt (see overleaf). Check all components for any visible wear. If parts need to be replaced, refer to the User's Manual for warranty and replacement parts information.

## CONTACTING ICON HEALTH & FITNESS

If you need to contact Icon's After Sales Department, please be prepared to give the following information:

- The MODEL NUMBER of the product (see the front cover of this manual)
- The NAME of the product
- The SERIAL NUMBER of the product
- The KEY NUMBER and DESCRIPTION of the part(s)

The best method for contacting Icon is via email: [csuk@iconeurope.com](mailto:csuk@iconeurope.com)

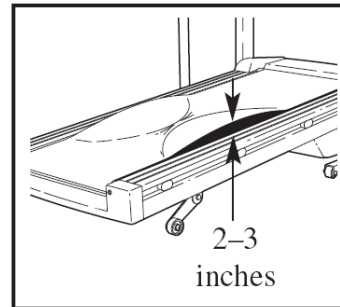
For further contact details please refer to your users manual.

## ADJUSTING THE WALKING BELT

If the walking belt is centred and runs smoothly, no adjustments are necessary. However, if the walking belt needs to be adjusted, follow the steps below and refer to the diagrams to adjust your walking belt properly.

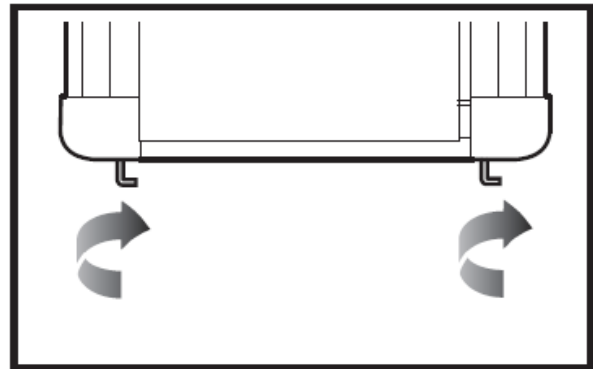
**Caution: Before making any adjustments to the walking belt, remove the key and unplug the treadmill.**

Check the tension of the walking belt. If the walking belt is correctly tightened, you should be able to lift each side of the walking belt 2 to 3 inches off the walking platform.



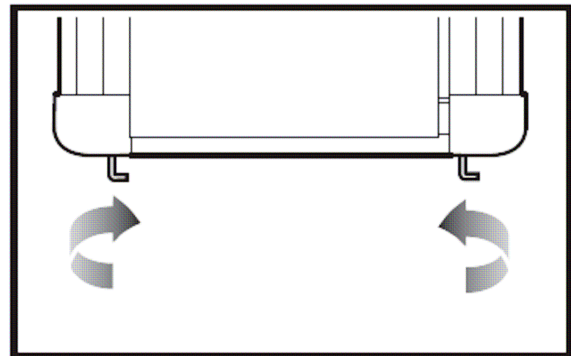
**If the walking belt slips:**

**Remove the key and unplug the power cord.** Turn both rear roller adjustment bolts **clockwise** 1/4 turn. Plug in the power cord and insert the key. Check to see if the belt still slips when walked on. Repeat this step until the belt no longer slips when walked on.



**If the walking belt moves to the left:**

**Remove the key and unplug the power cord.** Turn the left roller adjustment bolt clockwise, and the right roller adjustment bolt counter clockwise, 1/4 turn each. Repeat this step until the walking belt no longer shifts to the left.



**If the walking belt moves to the right:**

**Remove the key and unplug the power cord.** Turn the left roller adjustment bolt counter clockwise, and the right roller adjustment bolt, counter clockwise, 1/4 turn each.

Repeat this step until the walking belt no longer shifts to the right.

