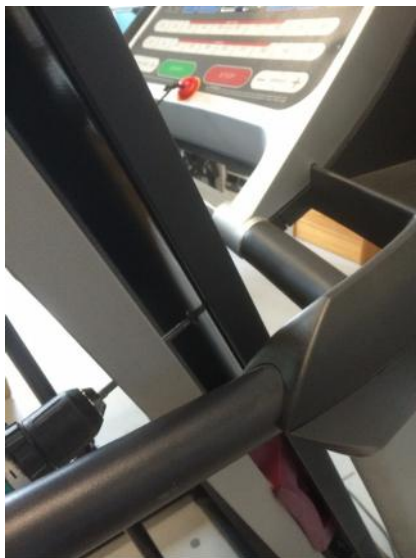


WALKING BELT REPLACEMENT DIRECTIONS

These directions do not work with every treadmill make or model but do with many common types of treadmills. Always disconnect power when working on your treadmill and always use caution.

1. Unplug the treadmill, remove the motor hood and side rails.



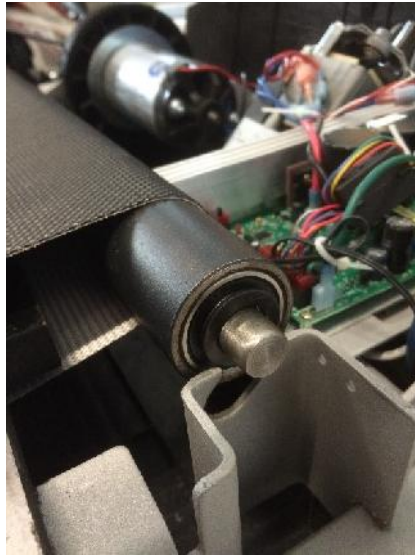
2. Tip: Use a permanent marker and mark the roller positions on the bolt on the front roller and bolts on the rear roller- not all front rollers have this adjustment bolt.



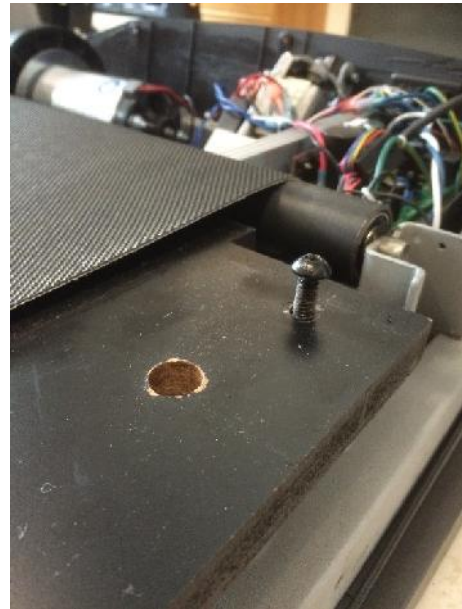
3. Loosen the walking belt with the adjustment bolts at the rear of the treadmill (turn counter clockwise).



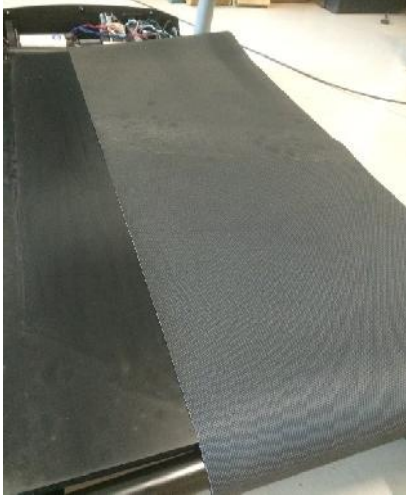
4. Remove the roller adjustment bolt(s).



5. Remove the deck bolts. Most models have 4 bolts.



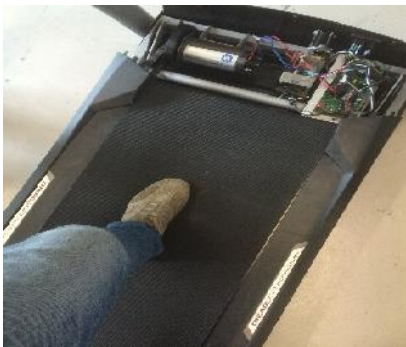
6. Remove the old walking belt, lift up the running deck and pull the belt out on the right side.



6. Insert the new walking belt, lift the running deck and pull the belt in from the right side.
7. Place the roller bolts. Retighten the bolts to previous mark (step 2)
8. Refasten the deck bolts. Go ahead and tighten the deck bolts fully in this step.
9. Retighten the walking belt to the marked positions on the rear roller bolts.
10. Place the siderails and refasten screws.
11. Check the walking belt for proper tension by lifting it 3-4 centimeters in the center of the belt.



12. Test the treadmill for slippage and make adjustments (if needed) for lateral centering or tracking.



13. Once the belt tests good, place the motor hood.