

CAUTION: TURN THE CIRCUIT BREAKER OFF AND UNPLUG THE TREADMILL BEFORE BEGINNING THE CLEANING AND LUBRICATION PROCEDURE.

CLEANING

CLEANING THE BED:

1. Slip a clean, damp towel between the running belt and the slider bed. Be sure the towel is longer than the belt is wide so that you can grasp the ends. Pull the towel up and down the full length of the slider bed, then remove.

CLEANING THE BELT (BOTTOM):

2. Slip a second damp towel under the belt and clean the underside of the belt. Hold the towel stationary and have an assistant pull the belt by hand over the towel until the entire underside of the belt is clean. Use additional clean towels or rags as needed to thoroughly clean both the slider bed and running belt.
3. Repeat the above procedures using a dry towel.

LUBRICATION

1. It is imperative that the correct amount of lubrication be applied - 1/2 ounce per application. Carefully observe the oil-level marks on the lubricant bottle, each measuring 1/2 ounce. **WARNING: TOO MUCH LUBRICANT CAN HAVE ADVERSE EFFECTS ON THE OPERATION AND LIFE OF YOUR TREADMILL.**
2. Remove the felt applicator from its protective bag. Apply 1/2 ounce of lubricant evenly to the felt side. Slip the applicator under the belt (felt side down) and position it at the front of the treadmill.
3. With both hands, press the belt against the applicator and pull the belt and applicator to the rear of the treadmill.
4. Repeat step 3 to insure even lubricant coverage.
5. Return the applicator to its protective bag for future use.
6. Clean the top of the frame, the visible portion of the slider bed surface and the top of the belt after lubricating and periodically as needed to remove excess oil, dirt and dust. Dirt and oil build-up may hinder the performance of your treadmill.