

# MAINTENANCE & CARE

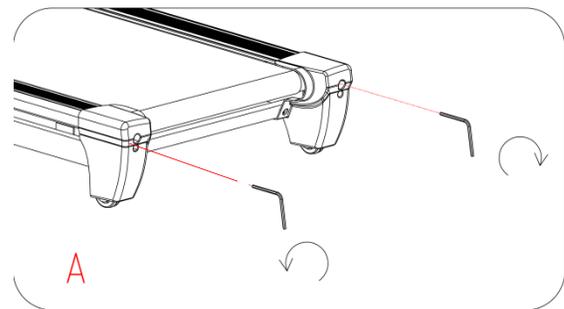
General cleaning will help prolong the life and performance of your treadmill. Keep the unit clean and maintained by dusting the components on a regular basis. Clean both sides of the running belt to prevent dust from accumulating underneath the belt. Keep your running shoes clean so that dirt from your shoes does not wear out the running board and belt. Clean the surface of the running belt with a clean damp cloth.

- To better maintain the treadmill and prolong its life it is suggested that the machine be powered off for 10 minutes every 2 hours and fully powered off whenever not in use.
- A loose Running Belt will result in the runner sliding off when running, while too tight of a Running Belt will result in decrease to the motors performance and also create more friction between the roller and running belts. The most suitable tightness for the belts is pulled out **50-75mm** from the Running Board.

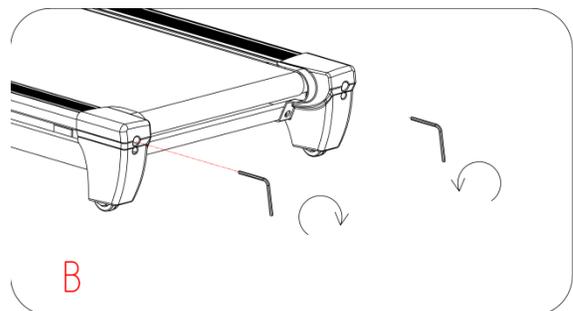
## **CENTERING THE RUNNING BELT:**

Place the treadmill on level ground and set it at 3-5mph to check if the **Running Belt (No. 20)** drifts.

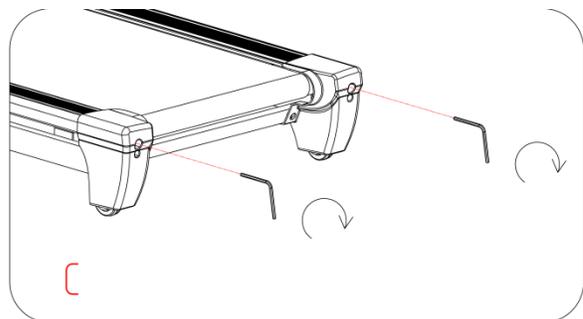
1. If the **Running Belt (No. 20)** moves to the right, turn the adjusting bolt on the right side  $\frac{1}{4}$  turn *clockwise*, then turn the left adjustment bolt  $\frac{1}{4}$  turn *counter-clockwise*. If the belt does not move, repeat this step until it centers. Refer to Figure A.



2. If the **Running Belt (No. 20)** moves to the left, turn the adjusting bolts on the left side  $\frac{1}{4}$  of a turn *clockwise*, then turn the right adjustment bolt  $\frac{1}{4}$  turn *counter-clockwise*. If the belt does not move, repeat this step until it centers. Refer to Figure B.



3. Over time the **Running Belt (No. 20)** will loosen. To tighten the belt turn the **Left & Right** side adjustment bolts one full turn **clockwise**, check the tension of the belt. Continue this process until belt is at the correct tension. Make sure to adjust both sides equally to ensure correct belt alignment. Refer to diagram "C"



# LUBRICATING THE TREADMILL

## **\*IMPORTANT NOTE:**

You will need to lubricate your treadmill before the first use.

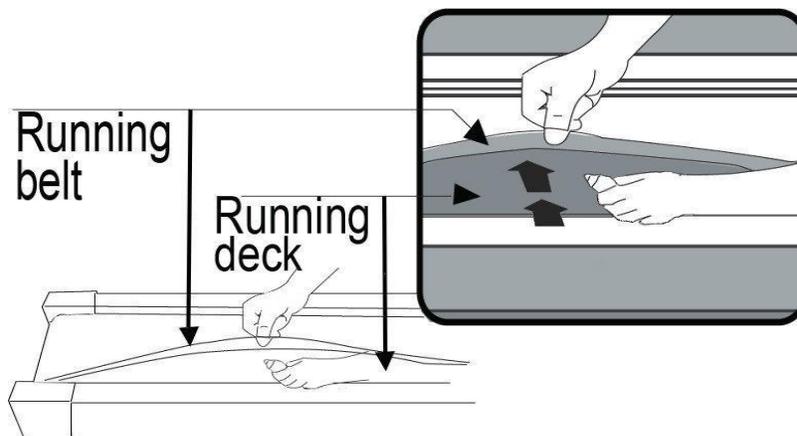
## **RUNNING BELTS & TREADMILL LUBRICANT:**

Lubricating the running board and running belt is essential as the friction between the two affects the life span and function of the treadmill, therefore it is suggested that the running board and belt be inspected regularly. Should you find any wear on the Running Board, please contact us at: [support@sunnyhealthfitness.com](mailto:support@sunnyhealthfitness.com).

**WARNING:** Always unplug the treadmill from the electrical outlet before cleaning, lubricating or repairing the unit.

## **HOW TO LUBRICATE:**

1. Raise the belt up on one side and apply lubricant to the running deck. Use a rag to thoroughly wipe the lubricant over the running deck. Repeat this process for the other side.
2. The moving parts should turn freely and quietly. Abnormality of moving parts will affect the safety of the equipment. Inspect and tighten bolts regularly.
3. To better maintain the treadmill and prolong its lifespan, it is suggested that maintenance be done on a regular basis.
4. A loose running belt will result in the runner sliding off during use, while too tight of a running belt will decrease the motor performance and also create more friction between the roller and running belts. The most suitable tightness for the belt is pulled out **50-75mm** from the **Running Board**.



## **The following time table is recommended:**

Light user (less than 3 hours/ week)	<i>every six months</i>
Medium user (3-5 hours/ week)	<i>every three months</i>
Heavy user (more than 5 hours/ week)	<i>every two months</i>