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## How to adjust walking belt on proform treadmill

Over time, the walking belt maybe become misaligned. You can center the belt by using an Allen wrench and adjusting only use the left-side idler bolt. NordicTrack treadmills can vary in model style and while the model showed here may not look exactly like your machine, the procedure demonstrated here is very similar. Always unplug your treadmill from the power outlet before working on or around any electrical components. If you need to use power while diagnosing an issue, please use caution. Parts needed: Treadmill Belt Alignment Steps: If the belt is too far to the left, turn the wrench to the right, or clockwise. If the belt is too far to the right, turn the wrench to the left, or counter-clockwise. With the belt stopped, turn the idler bolt in one-half turn increments followed by one-quarter turns for finer adjustments. Start the walking belt and the belt should adjust Repeat these steps until the belt is centered. Always make sure the treadmill belt is lubricated and the tension on the walking belt is properly set. In the event that the running track belt is adjusted incorrectly, the appropriate running of the treadmill must be disrupted and might be louder than usual. Therefore, a vital concept is the regulation of belt tension and how to adjust treadmill belt alignment you should know in order to proper maintenance of your treadmill. Adjusting the tension of the treadmill belt is quite very important for runners to make sure an even, even working surface. The adjustment can be carried out from the right and left of the rear roller using the ampoule key that are attached to the treadmill. The adjustment screws are mainly located on the back of its side rails. The screws that are used for the adjustment are certainly located inside the hole of each plug. Tighten the rear roller only to the extent that the belt does not slip on the front roll. Adjust the 2 screws (right and left) clockwise gently and check the exact belt tension. Do not pull the belt too firmly because it could result in belt damage and too fast wear of the bearings. If the belt is still slipping, just repeat the above operation. NOTE: the belt must be replaced if :wollen and touched the frameblack rubber is dry or damagedit tends to open where there is a connectioit is not possible to stress (the slip still slips)a white cloth under the belt is missing or damagedIn these occasions, you need to buy a belt for a treadmill with a low coefficient of friction on the treadmill. If you need spare parts or assistance, please contact your service providerInitial operations1. Prior to starting, you have to make sure that the treadmill is turned off and disconnected from its power outlet.2. To remove dust, just move the suction nozzle of the vacuum cleaner around its visible parts.3. To remove dirt or foils, use a damp cloth with a mild detergent applied only to the fabric parts.4. Do not immerse any treadmill components in any corrosive liquid. Adjust treadmill belt alignmentMake sure that its walking belt is always centered on the treadmill frame. The technique you run on the treadmill and the non-flat surface of the floor is the 2 possible reasons for the misalignment of the treadmill. When the treadmill is not aligned, it is really necessary to operate on 2 adjustment screws on the treadmill. 1. Just press "START" to start the walking belt, and then raise the speed of the treadmill to 5 km / h. 2. Stand behind the treadmill to decide in which direction the belt has the tendency to move. 3. If the strap moves to the left, turn the left for adjusting screw a quarter turn to the right and the right screw a quarter turn of anti-clockwise. 4. If the ribbon moves to the right, turn the left adjusting screw a quarter turn anti-clockwise and the right screw a quarter turn clockwise. 5. Monitor the path of the belt for about 1 minute. If necessary, repeat steps 3, 4 and 5. Hold the belt as slowly as possible by adjusting the belt tension of the treadmill. 1. Press "START" to launch the treadmill and then set the speed to 1 Km / h. 2. Release the strap fastening so firmly to the steering wheel and applying more weight to the belt as if going down. The belt can slip through a significant break. 3. If the belt slips, just stop the treadmill, turn both screws a quarter turn clockwise and also repeat steps 2-3 if necessary. Note: be careful not to overload the strap. Stop when the strap stops slipping. If it still slips, replace the belt. Posted Sep 18, 2015 in Fitness Tips by 3G Cardio 0 Comments Ideally, a fitness company is there for you before and after the sale. They're helpful before the sale to point out key information and can answer questions afterward. When it comes to issues such as adjusting the treadmill belt, treadmill belt tension and centering the treadmill belt, there always seem to be questions. Unfortunately, not a lot of good information is out there to help troubleshoot in these areas. That is, until now. Here's a short Q and A session designed to inform people how to properly tighten and adjust a treadmill walking belt: Question: Do new treadmills need a treadmill walking belt adjustment once you get them to your home or gym? Answer: Treadmills obviously vary by model and company, but some may need to be adjusted when they're brand new. Others will work just fine. If you are walking or running on your treadmill and the belt seems to pause, stall or slip, then it most likely needs to be tightened. Another sign that a belt might need to be adjusted is if it works fine with a lighter person, but slips with a heavier user. That's also an instance when it needs to be tightened. Question: What if you own an older treadmill and tightening the belt does not improve the performance? Answer: If you own an older treadmill then it's possible that your belt has stretched to its maximum length. If that's the case, you may actually need to replace the treadmill walking belt and deck. In this type of scenario, consult with a trained fitness service technician. Question: Can you over-tighten a treadmill belt tension? Answer: Most definitely. When it comes time to adjusting the walking belt tension, it's very important to not "over tighten" the tension bolts because it can cause damage to the walking belt. It's recommended to only adjust the belt in 1/4 turn increments. After making each 1/4 turn adjustment, do a test walk at approximately a 3.0 speed before considering making another adjustment. Question: It seems pretty straight forward how to correct "pausing" or "slipping." What if tightening the bolts doesn't work and the treadmill belt is off-center? Answer: If your belt is not working correctly after simply turning the left and right tension bolts with 1/4 rotation clockwise adjustments, then it could be out of alignment. If you need to align the walking belt from left to right, always adjust the left side bolt only (the tension bolts are located to the left and right side of the rear roller, inset into the rear end caps). The simple rule of thumb for aligning the belt is this: working from the user's left side bolt, if you need to move the belt to the right, "tighten" the bolt (turn to the right in 1/4 turns only). This will move the belt slightly to the right. If you need to align the belt to the left, "loosen" the left side bolt (turn the bolt to the left in 1/4 turns only). This will move the belt to the left. PROBLEM: The walking belt is off-center or slips when walked on SOLUTION: a. If the walking belt has shifted to the left, first re- move the key and UNPLUG THE POWER CORD. Using the allen wrench, turn the left rear roller adjust- ment bolt clockwise, and the right bolt counterclock- wise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is centered. b. If the walking belt has shifted to the right, first re- move the key and UNPLUG THE POWER CORD. Using the allen wrench, turn the left rear roller adjust- ment bolt counterclockwise, and the right bolt clock- wise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is centered. c. If the walking belt slips when walked on, first re- move the key and UNPLUG THE POWER CORD. Using the allen wrench, turn both rear roller adjust- ment bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 3 to 4 inches off the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened. PROBLEM: The walking belt slows when walked on SOLUTION: a. Use only a single-outlet surge suppressor that is UL 1449 listed as a transient voltage surge sup- pressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must be electrically rated for 120 volts AC and 15 amps. b. If the walking belt is overtightened, treadmill perfor- mance may decrease and the walking belt may be permanently damaged. Remove the key and UN- PLUG THE POWER CORD. Using the allen wrench, turn both rear roller adjustment bolts counterclock- wise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each side of the walking belt 3 to 4 inches off the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened. c. If the walking belt still slows when walked on, please call our toll-free HELPLINE. a b c b Rear Roller Adjustment Bolts 13 30B40 Having a treadmill in the convenience of your own home can be a great luxury; no longer do you need to venture out to your local gym to get a great cardio workout. Furthermore, having your own treadmill can negate many of the "typical" excuses you might have otherwise used to get out of daily exercise. Still, there's a lot of wear and tear that your treadmill is subjected to with regular use, so you'll want to make sure you're properly maintaining your machine. The Importance Of Treadmill Maintenance Treadmills are large and complex cardio machines, so it's not unheard of to spend hundreds or even thousands of dollars on one to set up in your own home. With that cost in mind, it only makes sense that you want to prolong the life of your treadmill and avoid any costly repairs. Properly caring for your treadmill with routine maintenance is the best way to go about this. By maintaining your treadmill, you'll reduce the chances of a machine break-down. And because a poorly maintained treadmill can be dangerous to use, you'll also reduce your chances of being injured while using the machine. Maintaining Your Treadmill A little routine maintenance goes a long way in preventing issues with your machine. Making sure the safety clip included with your treadmill is properly attached and in working condition is also important. You should be using this clip every time you walk or run on your treadmill, as it allows the machine to come to an emergency stop if needed. Contact your manufacturer for a replacement clip if this important safety feature isn't working. Finally, if the power plug for your treadmill creates a potential tripping hazard while plugged in, either unplug it after each use (this will also save on electricity) or secure the cord to the ground. Cleaning Your Machine After each use, be sure to wipe down the console of your treadmill with a cleanser specifically designed for gym equipment. Otherwise, you could end up with bacteria and other gross build-up on your machine. Every couple of weeks, it's also a good idea to vacuum around your treadmill deck (the part that you run/walk on) as well as dusting the deck itself. Otherwise, dust and debris can eventually make its way into small crevices and could eventually reach the motor of the treadmill, causing expensive damage. If possible, you should also take the time to clean and carefully dust the motor area of your treadmill about once a year. Just be sure to follow the instructions for this provided in your owner's manual so as to avoid damage to the motor itself. Lubricating Your Treadmill Unless you purchased a self-lubricating treadmill, you'll also need to take the time to manually lubricate the many moving parts on your machine every so often. Check your owner's manual to determine exactly what type of lubricant you should use and how often the machine needs lubricated based on use. Because a treadmill has so many moving parts, keeping it well lubricated is a must. Otherwise, parts could end up prematurely needing replaced or becoming damaged. At the same time, you must be careful not to over-lubricate your treadmill, as this could cause damage to the machine. Adjusting And/Or Replacing The Walking Belt Over time, it is likely that the walking belt on your treadmill will fall out of alignment. You'll be able to tell this has happened if the belt is noticeably skewed or positioned off-center from the deck itself. Unfortunately, if your belt is out of alignment, you should stop using your machine until this can be fixed. Otherwise, you could end up causing more expensive damage. Fortunately, adjusting alignment on your walking belt should be pretty simple. In most cases, all you need to do is to adjust a couple of bolts on either side of the machine, making small adjustments to the belt's positioning as you go. These bolts can also be tightened to increase tension on the belt if it becomes too loose. Eventually, you may also need to completely replace the belt on your treadmill. Replacing the belt when it becomes worn is important in preventing damage and premature wear to the deck itself. If your belt needs replaced, you should be able to easily order a new one from the manufacturer directly. You may then choose to install the new belt yourself or consider hiring a professional to handle this for you, depending on how comfortable you are with the project. Checking The Treadmill's Screws One of the most basic yet important maintenance steps you can take with your treadmill is to check the screws before each use of the machine. All of the screws that were used to assemble your treadmill can gradual loosening over time, especially with heavy use. If you do need to replace any screws, be sure to order them directly from the manufacturer; using the wrong screws could cause damage to your machine. Consider Making A Maintenance Checklist It may seem like there are a lot of maintenance tasks to remember, so it may be useful for you to follow a checklist that will remind you which maintenance tasks need done when. Each day (or before each use of the machine), you should: check for loose screwsclean console and grips with a gentle cleaner check belt tension and alignmentcheck power cord for damage clean/dust/vacuum around the decklubricate parts as neededcheck belt for wear and tear vacuum/clean around motor componentsreplace belt as neededclean rollers Knowing how to properly maintain your treadmill will keep it in safe operating condition and will save you money on unnecessary repairs down the road. Be sure to follow these guidelines, as well as the owner's manual that came with your machine, to keep it in tip-top shape! For more information on maintenance, assembly, or repair, please refer to ProForm Treadmill Support. DISCLAIMER: This post is not intended to replace the advice of a medical professional. The above information should not be used to diagnose, treat, or prevent any disease or medical condition. 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