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GARAGE EDITION

● TECHNICAL ADVISORY — GARAGE EDITION

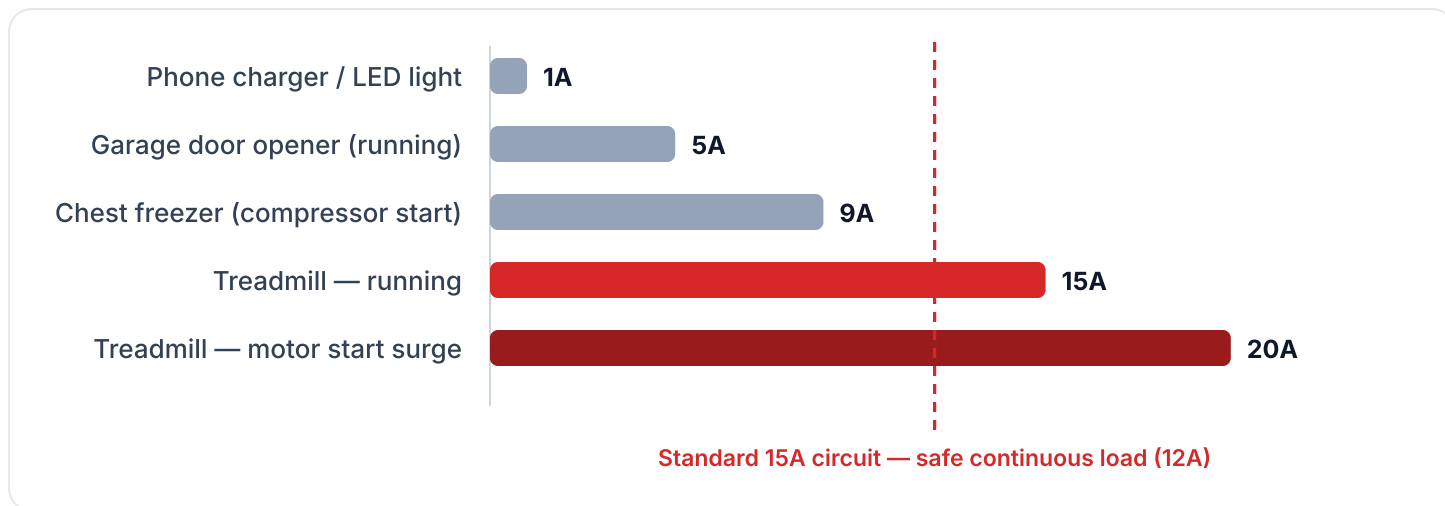
Why Your Treadmill Needs Its Own Dedicated Circuit

What's really sharing power with your machine — and what it's costing you

Garages are the single toughest environment we see a treadmill placed in — and not just because of Florida heat and humidity. Most garage circuits were wired for lighting, a door opener, and the occasional power tool, not for a motor that pulls a sustained 12–20 amps every time you run. When a treadmill shares that circuit, the machine almost always loses.

● THE HIDDEN LOAD PROBLEM

A treadmill's motor pulls far more current than most people expect — especially for the split second it starts moving under load. Here's how that compares to a standard household circuit:



● WHAT'S ALREADY SHARING YOUR CIRCUIT

Garage door opener

Draws a heavy startup surge every time it cycles — often on the same circuit as a wall outlet.

Chest freezer or fridge

Compressor cycling adds a second motor-start event competing for the same power.

Shop tools & chargers

Drills, shop-vacs, and battery chargers are frequently run from the same outlet strip.

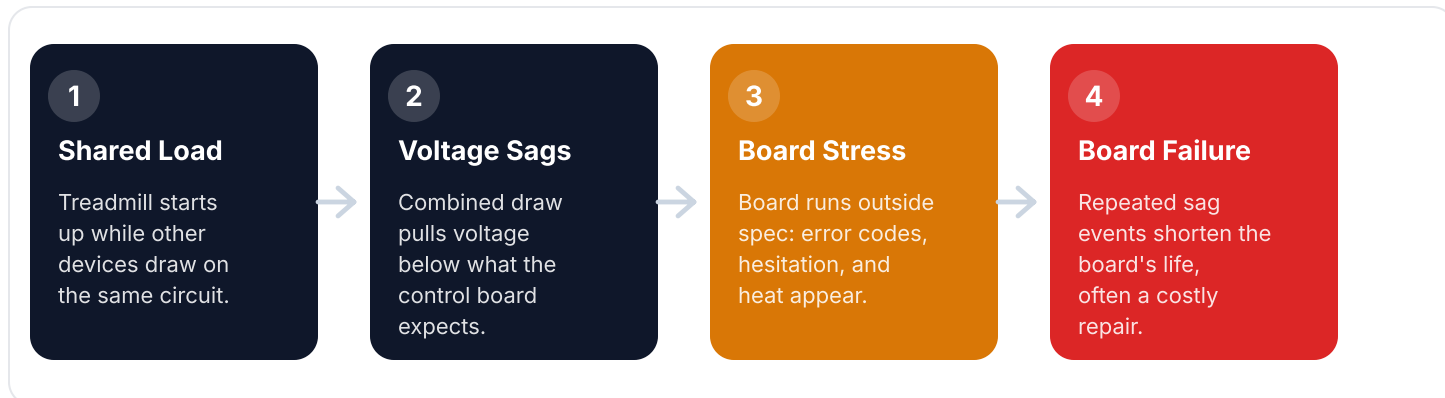
Long extension cords

Voltage drop over cord length reduces the power actually reaching the treadmill's motor.

WHY THIS MATTERS MORE THAN IT SEEMS

Florida garages also run hotter and more humid than the rest of the house for most of the year. Heat and voltage stress compound — a motor control board running on sagging power in a 95°F garage fails faster than the same board would indoors.

• HOW SHARED POWER BECOMES A REPAIR BILL



• SYMPTOMS WE SEE MOST OFTEN

SYMPTOM	WHAT'S LIKELY HAPPENING
Random shutdowns mid-run	Breaker tripping from combined load on the circuit
Console error codes (E1, E4, etc.)	Control board seeing a voltage sag it isn't designed for
Belt hesitates, surges, or feels inconsistent	Motor isn't receiving stable, continuous voltage
Breaker or outlet warm to the touch	Wiring undersized for a sustained motor-level draw

• THE FIX

The fix is a dedicated 20A/120V circuit run directly from the panel to a single outlet at the treadmill's location — no door opener, no freezer, no shop tools sharing that line.

- ✓ Dedicated 20A/120V circuit run directly from the panel — no shared loads.
- ✓ Single outlet installed at the treadmill's location, sized and rated for the machine.
- ✓ No extension cords or power strips — they add resistance and voltage drop.
- ✓ Installation performed by a licensed electrician, per local code.
- ✓ Check your owner's manual — many manufacturers require a dedicated circuit to keep the motor and electronics warranty valid.

ALREADY SEEING THESE SYMPTOMS?

If your treadmill is already tripping breakers, throwing error codes, or hesitating under load, the motor control board may already be under stress. Heartbeat Fitness can diagnose whether shared-circuit power is the cause before it turns into a full board replacement.