



HEARTBEAT FITNESS REPAIR

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How to Properly Lubricate Your Treadmill

OWNER CARE GUIDE | WALKING BELT & DECK LUBRICATION

Lubrication is the single most important thing you can do to extend the life of your treadmill. The walking belt glides across the deck thousands of times per workout, and without a proper layer of silicone between them, friction builds quickly. That friction wears out the belt and deck, overheats the drive motor, and puts strain on the motor control board — by far the most expensive components on the machine. The good news: the job takes about five minutes and requires no tools. Follow the steps below and your treadmill will run quieter, smoother, and considerably longer.

WHAT YOU'LL NEED

100% Silicone Lubricant

Treadmill-specific silicone with a long applicator nozzle. Approximately ½ oz per application.

A Clean Cloth

For wiping the belt edges and catching any excess lubricant.

About Five Minutes

No tools required. Nothing needs to be loosened, removed, or adjusted.

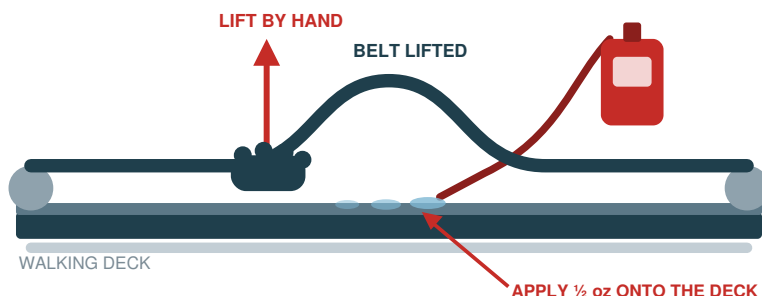
STEP-BY-STEP INSTRUCTIONS

1 Power the treadmill down

Turn the treadmill off at the power switch and remove the safety key. Make sure the machine is on a level surface and that nothing is resting on the walking belt.

2 Lift the edge of the walking belt

Standing at the side of the treadmill, slide your hand under the edge of the walking belt near the middle of the deck and lift it upward. The belt has enough slack to raise several inches without any adjustment — you do **not** need to loosen the rear roller bolts or take anything apart.

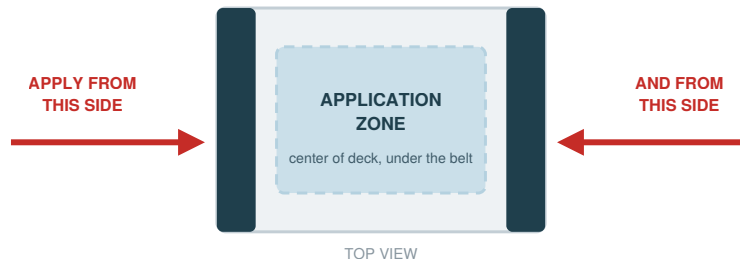


Lift the belt by hand and apply the lubricant directly to the deck surface underneath it.

3 Apply approximately ½ ounce of lubricant

With the belt raised, slide the applicator nozzle underneath and squeeze about a half ounce of silicone onto the **top surface of the walking deck** — not onto the belt itself. Work the nozzle from side to side to spread the lubricant across the center portion of the deck, where your feet land during a workout.

Repeat from the opposite side of the treadmill so the lubricant is distributed across the full width of the deck. Wipe away any excess that reaches the belt edges with your cloth.



Distribute the lubricant across the center of the deck, working from both sides of the machine.

4 Run the treadmill empty to spread the lubricant

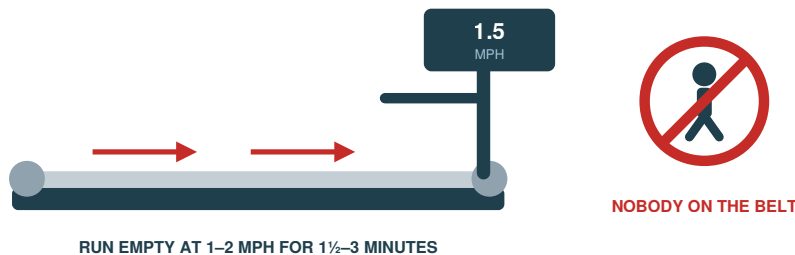
Reinsert the safety key, power the treadmill on, and start it at **1 to 2 miles per hour**. Let it run with **no one on the belt** for **1½ to 3 minutes**. This is the step that does the real work: as the belt travels over the deck, it draws the silicone up into the underside of the belt and spreads it evenly across the entire deck surface.

IMPORTANT — DO NOT SKIP THIS

Do **not** stand or walk on the treadmill during this run-in period. Stepping onto the belt too early presses the lubricant into a few concentrated spots instead of allowing it to distribute across the full deck, which leaves dry areas and defeats the purpose of the service. Wait until the belt has finished its full run cycle and has come to a complete stop.

5 Stop the treadmill — you're finished

Stop the belt and allow it to come to a complete stop. Wipe up any lubricant that has worked its way to the belt edges or the side rails so the surfaces stay safe to step on. That's it — the treadmill is ready for normal use.



Let the treadmill run empty at a low speed so the belt draws the silicone across the full deck.

PLEASE AVOID

- ✗ Petroleum-based products, WD-40, household oils, or grease of any kind.
- ✗ Over-applying — more silicone is not better and creates slipping.
- ✗ Loosening the rear roller bolts — not required with this method.
- ✗ Applying lubricant to the top of the belt where you walk.
- ✗ Standing on the belt before the run-in cycle is complete.
- ✗ Lubricating a treadmill with a waxed or pre-lubricated belt without checking your manual first.

HOW OFTEN

Under typical home use, most treadmills should be lubricated every three to six months. Machines used daily, by multiple people, or for longer sessions should be done more frequently. Always check your owner's manual for the manufacturer's specific interval, and if you are ever unsure, give us a call and we'll tell you exactly what your model needs.

Not sure, or would rather we handle it?

Lubrication is one part of a complete preventive maintenance service. When we service your treadmill, we also inspect the drive system and wiring, check belt tracking and tension, verify all safety functions, torque hardware to manufacturer specification, and test the unit through its full range of operation — so small issues are caught long before they become expensive repairs.

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