



# HEARTBEAT FITNESS REPAIR

SERVICE • REPAIR • PREVENTIVE MAINTENANCE

Factory-trained service for residential and commercial fitness equipment

(727) 512-5120 • [service@theequipmentfixer.com](mailto:service@theequipmentfixer.com) • [TheEquipmentFixer.com](http://TheEquipmentFixer.com)

## TECHNICAL SERVICE BULLETIN

REF: TSB-ELEC-2026

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## POWER, PROTECTED

What Every Owner Should Know About Treadmill Electrical Safety and Adjustment

### 1. THE ELECTRICAL BASICS EVERY OWNER SHOULD KNOW

#### 120V / 15-20A

Required dedicated, grounded circuit

#### ZERO

Extension cords or power strips recommended

#### CERTIFIED ONLY

Any work inside the motor hood or console

A treadmill's drive motor and control board draw serious continuous current. Most electrical complaints come down to circuit setup, not a failed component — and the fixes owners can safely make themselves stop firmly at the outlet.

### 2. WHY YOUR BREAKER KEEPS TRIPPING

#### STAGE 1: SHARED CIRCUIT

The treadmill shares an outlet or circuit with other appliances, splitting available current.

#### STAGE 2: VOLTAGE DROP

Under load, available voltage drops below what the motor needs to run efficiently.

#### STAGE 3: EXTRA DRAW

The motor compensates by pulling more current to maintain speed, straining the circuit further.

#### STAGE 4: BREAKER TRIPS

The breaker does its job and cuts power — often mid-workout, without warning.

A tripping breaker is usually the circuit protecting itself, not a sign the treadmill is failing. Moving the unit to its own dedicated line resolves the majority of these calls without a single part being replaced.

### 3. ELECTRICAL SYMPTOMS & WHAT THEY MEAN

| OBSERVED SYMPTOM                     | LIKELY CAUSE                                               | RISK IF IGNORED                               | RECOMMENDED ACTION                                                      |
|--------------------------------------|------------------------------------------------------------|-----------------------------------------------|-------------------------------------------------------------------------|
| Breaker Trips During Use             | Shared circuit, voltage drop, or use of an extension cord. | Sudden shutdown mid-workout is a fall hazard. | Move to a dedicated circuit; never use extension cords or power strips. |
| Console Won't Power On               | Loose power cord, tripped breaker, or blown internal fuse. | No display and an unknown fault state.        | Check the cord and breaker only — do not open the console housing.      |
| Burning Smell From Motor Compartment | Overheated wiring or a failing board component.            | Fire risk.                                    | Unplug immediately, do not restart, and call a certified technician.    |
| Console Flickers Intermittently      | Voltage drop or a loose internal wiring connection.        | Unexpected mid-run shutdown.                  | Confirm dedicated circuit power; schedule inspection if it continues.   |

#### PRO TIP: THE OUTLET TEST EVERY OWNER CAN SAFELY DO

- **Load Test:** Plug a lamp or known-working device into the same outlet. If it dims or cuts out under load, the circuit is undersized.
- **Confirm Isolation:** Make sure nothing else — a space heater, refrigerator, or other appliance — shares that circuit while the treadmill runs.



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### 4. TWO HABITS THAT PUT YOUR EQUIPMENT AT RISK

#### ERROR #1: RUNNING ON AN EXTENSION CORD

**The Mistake:** Using an extension cord or power strip because the outlet isn't close enough to the treadmill.

**The Consequence:** Extension cords add resistance and voltage drop, forcing the motor to draw more current than the cord or the circuit was rated for — a fire and equipment-damage risk.

**The Professional Rule:** Plug directly into a dedicated, grounded wall outlet every time, with no exceptions.

#### ERROR #2: RESETTING A TRIPPED BREAKER REPEATEDLY

**The Mistake:** Flipping the breaker back on again and again without investigating why it tripped.

**The Consequence:** A breaker that trips repeatedly is protecting a real overcurrent condition; forcing past it risks the motor and control board.

**The Professional Rule:** One trip is worth checking the circuit. A repeat trip means stop and call for an inspection.

### 5. OWNER-LEVEL ELECTRICAL SAFETY CHECKLIST

#### STEP 1: VISUAL CORD CHECK

##### Monthly

Look for fraying, kinks, or heat discoloration on the power cord and plug.

#### STEP 2: CIRCUIT CONFIRMATION

##### At Install

Verify the treadmill runs on its own dedicated, grounded 120V circuit — not shared with other outlets.

#### STEP 3: KEEP VENTS CLEAR

##### Quarterly

Dust buildup around motor vents raises internal temperature and electrical stress.

#### STEP 4: CERTIFIED INSPECTION

##### Annually

A board-level check catches wear on components long before it causes a shutdown.

### 6. PROFESSIONAL ELECTRICAL DIAGNOSTIC SERVICES

**Don't Guess on High-Voltage Electrical Safety:** A treadmill's control board and motor operate under high voltage and heavy continuous current — this is not a DIY repair. Heartbeat Fitness Repair performs full DC amp draw testing under actual running load, circuit verification, and board-level component analysis throughout the Tampa Bay area, so electrical issues are diagnosed safely and correctly the first time.

#### EXPERT TECHNICIANS

Certified drive system testing and board-level electronics repair

#### FACTORY OEM QUALITY

Genuine control boards and OEM electrical components

#### RELIABLE LOCAL SERVICE

Rapid on-site response across Tampa Bay and surrounding counties

### STILL NOT SURE? WE CAN TELL YOU IN MINUTES.

Every service call includes a full diagnostic across the power, mechanical, and control systems covered in this bulletin — so you get an accurate answer, not a guess.

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