

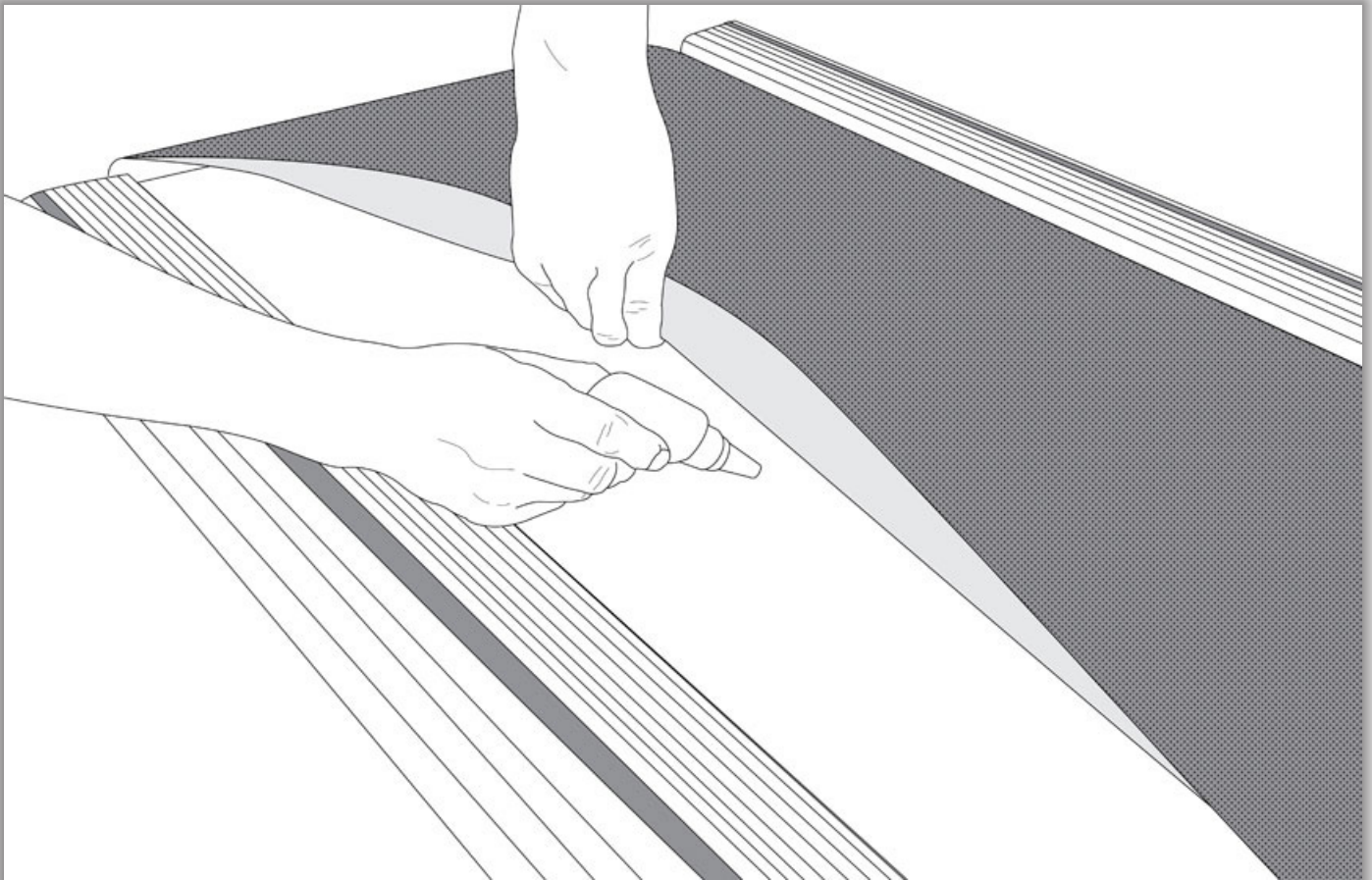
# Lubricating the Running Belt

## Tools Needed:

- Blue Handled T-Wrench or Allen Wrench
- 100% Silicone Oil - 1000 weight viscosity

## Procedure:

- 1) turn treadmill off, and unplug from the wall.
- 2) Using the T-Wrench or Allen Wrench loosen the rear roller bolts 10-12 counter-clockwise turns. This should give you enough slack in the running belt to get your hands underneath it.
- 3) Lift up the running belt as far as you can, then squirt the silicone oil in a zig-zag pattern across the entire running deck surface. It is best to use the entire bottle (40-50ml) of silicone that is supplied by Horizon Fitness. [Do not apply silicone oil to the Running Belt]
- 4) Lay the running belt down, and then tighten the rear roller bolts clockwise the same number of turns you had done in step 2.
- 5) Plug unit into wall, flip power switch on then press start. Let the unit run for 3 minutes. Then walk on the unit for another 3 minutes, This will help spread the silicone oil across the running deck.
- 6) Wipe off any excess silicone oil that may have seeped out from underneath the running belt with a damp cloth.



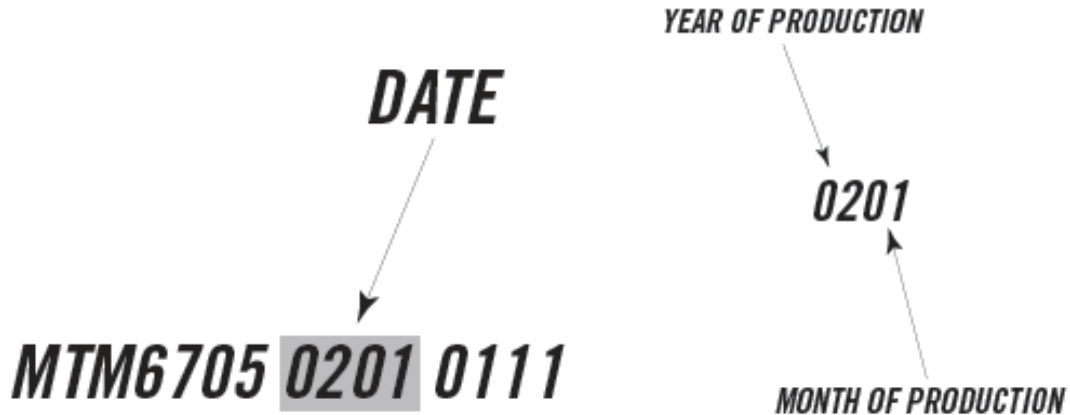
# Waxing the Running Deck

2001-2002 & Early 2003 Models

## Tools Needed:

- Blue Handled T-Wrench or Allen Wrench
- Paraffin Wax

*serial numbers with a manufactures date prior to November 1. 2002*



## Procedure:

- 1) Turn treadmill on and let it run at the highest speed for approximately 2 minutes.
- 2) Turn machine off.
- 3) Loosen belt by turning left and right roller bolts counter clockwise for 10 complete turns using your T-Wrench/Alan wrench.  
Note the positions of each bolt on both sides, as you will want to return them to the same position.
- 4) Lift the running belt to expose deck. Apply paraffin wax to deck from front to rear, making sure to cover entire surface of deck usually covered by the belt.
- 5) Tighten the belt on both sides by turning the bolts clockwise and positioning them as they were before you loosened them.
- 6) Turn your treadmill on and let it run at the highest speed for approximately 2 minutes to evenly distribute the wax.

**Please be aware that over-waxing your belt could cause unwanted problems. It is important to run the treadmill for a few minutes after applying the wax to evenly distribute the wax.**