



NORAMCO *Fitness*



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800.827.2017

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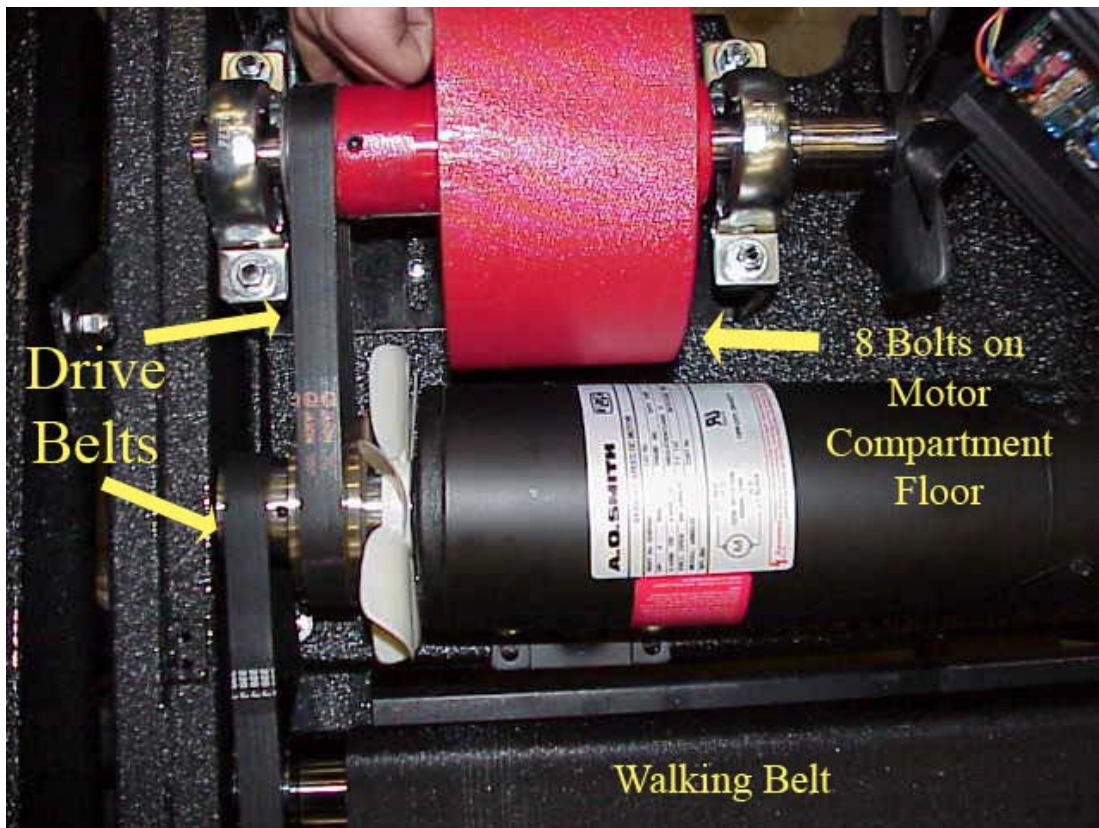
Drive Belt Adjustment

After the first few weeks of use, the drive belt ribs will be seated in the pulley grooves, and the belts will stretch to their final length. You may need to tighten the drive belts at this time to eliminate slipping.

Do not tighten the walking belt if you experience slipping, jerking, or hesitation of the walking belt in the first year of use. Tighten the drive belts first. Over-tightening the walking belt can damage the treadmill and void the warranty.

Before beginning this procedure, start the treadmill and raise it to the full 15% elevation. Pull the emergency stop magnet off to “freeze” the treadmill in this position, then unplug the power cord. This will make it easier to access the bolts on the underside of the motor compartment.

Remove the hood and locate the eight bolts holding the motor and the flywheel down to the floor of the motor compartment. Loosen, **but do not remove**, all eight bolts.





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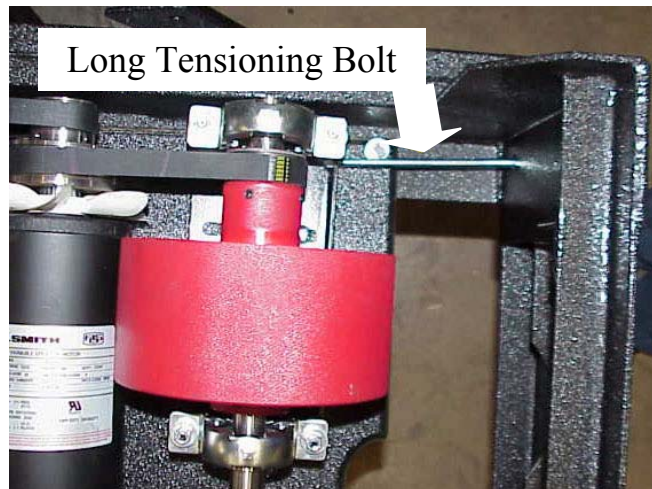
There are two steps in adjusting the drive belts:

Step 1: Tighten the motor belt and bolt the motor down to lock it into position.

Step 2: Loosen the flywheel belt and bolt the flywheel down to lock it into position.

Step 1 – Tighten the Motor Belt

Locate the long tensioning bolt that runs from the front edge of the treadmill to the front edge of the motor pallet. If your treadmill model does not have a tensioning bolt, see the note on page 4.



Use a ½” socket wrench to tighten the tensioning bolt just enough to remove the slipping. Check the tension on the belt that runs from the motor to the front roller by twisting or wiggling it.

You should be able to twist the belt about 90 degrees.

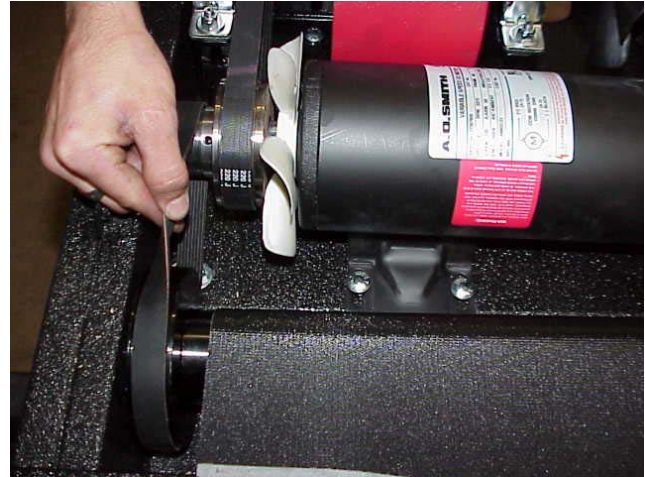


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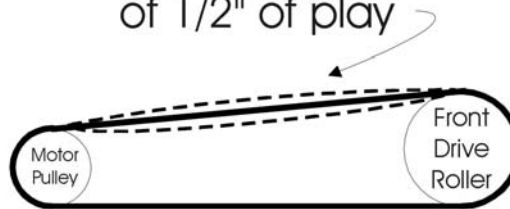
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If you wiggle the belt up and down, there should be at least $\frac{1}{2}$ " of play. Be careful not to over-tighten the motor belt. **Over-tightening the motor belt will cause the motor shaft to snap and void the warranty.**

Approximately $\frac{1}{4}$ " above
and $\frac{1}{4}$ " below flat, for a total
of $\frac{1}{2}$ " of play



When the motor belt has the correct tension, tighten **only** the four bolts that hold the motor to the floor of the motor compartment. Do not tighten the bolts that hold the flywheel in place at this time.

Step 2 – Loosen the Flywheel Belt

Use a $\frac{1}{2}$ " socket wrench to **loosen** the long tensioning bolt. This will loosen the tension on the flywheel belt. You will notice that the flywheel bracket has tilted up from the motor compartment floor as much as $\frac{1}{4}$ ". This is normal. When the flywheel belt has been **loosened** enough, you should be able to twist the belt at least 90 degrees **before** you bolt the flywheel down to the compartment floor. The up-and-down play on the flywheel belt will be a bit more than the play on the motor belt – about one inch total. **Over-tightening the flywheel belt can cause the motor shaft to snap and void the warranty.**

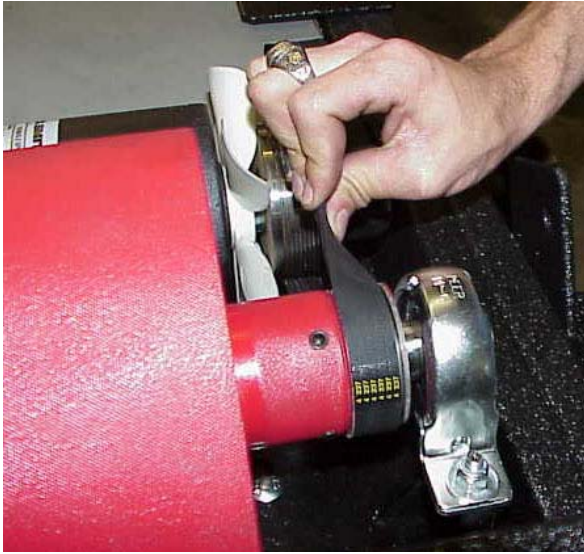


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When the flywheel belt has been loosened to the correct tension, tighten the four bolts that hold the flywheel to the floor of the motor compartment.

Watch the drive belts to **make sure they are running straight and parallel to each other**. Go to the back of the machine and sight down along the foot rail. That is the best way to tell if the belts are parallel. If the belts are not parallel to each other, they can “walk” off of the pulley and tear themselves up. That damage would not be covered under the defective-parts warranty.

When the belts are straight, plug the treadmill into the appropriate wall outlet, and replace the stop magnet on the display. The treadmill will automatically lower itself to zero elevation. Start the treadmill and test the walking belt for slippage:

- Walk on the treadmill and attempt to stop the walking belt by throwing your weight into it with each step. If you cannot stop the walking belt this way on the first attempt, the drive belt may be too tight. **An over-tightened drive belt will snap the motor shaft.**
- Follow the above procedures to loosen both drive belts, and test the belts for slippage again. Once the belts are loose enough to slip, tighten them a little at a time just until the slipping stops.

If there is no tensioning bolt:

The motor and flywheel are still bolted down with 8 bolts through the bottom of the motor pallet, but your treadmill will have an idler roller on top of the belt that runs from the motor shaft to the drive roller. Also, your treadmill will not have the long tensioning bolt in the front. Instead, you will have a hole in the pallet by the edge of the flywheel base that you will put a screwdriver or pry bar into to pull the flywheel towards the front of the pallet.