



## **Treadmill Deck Maintenance Procedures**

### **1. Remove the foot rail**

Remove the four or five fasteners on the bottom of the frame under one of the foot rails.

On some treadmill models, only the right foot rail is removable, and the nuts will be on the bottom of the frame. Use a 7/16" socket to remove the nuts.

On other treadmill models, there are holes in the bottom of the frame directly below the foot rail fasteners (either nuts or bolts). You may remove either foot rail. Use a socket extension with a 7/16" socket to remove the nuts or bolts.

Lift the foot rail off.

### **2. Loosen the rear roller**

Using a 9/16" socket, loosen the long bolts on the back roller so the belt is loose enough move from side to side to allow access to the deck bolts. **IMPORTANT:** Count the revolutions when loosening the long bolts so you can get the roller tightened back to the same tension after the deck installation.

### **3. Remove the deck bolts**

Move the belt to the side to uncover the four #3 Phillips-head screws in the deck corners. Remove and retain all four screws and the nuts from the underside.

### **4. Flip the deck**

Slide the deck out to the side. Flip or rotate the deck according to the following schedule:

1<sup>st</sup> Maintenance – Flip the deck over side-to-side

2<sup>nd</sup> Maintenance – Re-flip the deck side-to-side and then rotate it 180°

3<sup>rd</sup> Maintenance – Flip once more side-to-side

4<sup>th</sup> Maintenance – Replace the deck

Slide the deck back in place.

### **5. Replace the deck bolts**

Replace the four deck bolts with the nuts on the underside, and tighten them securely.

### **6. Replace the foot rail**

Replace the foot rail by reversing the procedure in step 1, being careful not to strip the bolts. Turn the fasteners only until snug – not tight.

### **7. Tighten the belt**

Center the walking belt and re-tighten it by turning the long, 9/16" bolts on the back of the roller the same number of revolutions used to loosen them in step 2.

### **8. Check belt alignment**

Check the belt alignment using the procedures outlined in the Walking Belt Adjustment guide.



## **Walking Belt Adjustments**

### **Adjusting the Belt Tension**

If the belt feels as though it is "slipping" or hesitating when you plant your foot during usage, the tension on the running belt may need to be increased. **If the treadmill is less than a year old, you should not tighten the walking belt until you have checked the drive belt tensions.** See the Drive Belt Adjustment guide for more information, or call the Noramco Fitness technical support line at 800.827.2017.

To increase the running belt tension:

1. Locate the two large, steel, 9/16 inch hex bolt-heads at the rear of the treadmill. These are called belt tension bolts.
2. Place a socket wrench on the left belt tension bolt. Turn the wrench clockwise ¼ turn to pull the rear roller toward you and increase the belt tension.
3. Repeat step 2 for the right belt tension bolt. You must be sure to turn both bolts the same number of turns so that the rear roller will stay square relative to the frame.
4. Start the running belt and check to see if the "slipping" has been corrected.
5. Repeat steps 2 and 3 until the slipping is eliminated.

To decrease the tension on the running belt, turn both bolts counterclockwise the same number of turns. Set the bolt tension so that your last 1/4 turn removes the apparent belt slippage and/or hesitation.

### **Centering the Running Belt**

Both rollers are crowned and will self-center the belt if the treadmill is run for a time with no one on it. If the belt remains consistently off-center, however, you will need to center the belt manually.

Note: Before centering the belt, make sure it has the proper tension. Refer to the previous section, *Adjusting the Belt Tension* for more information. Also, the machine should be run at the speeds indicated without anyone on the belt.

To move the belt back to center:

1. Start the treadmill and press Speed - Faster until the speed is approximately 4 mph as indicated on the display.
2. Locate the two large, steel 9/16-inch hex bolts at the rear of the treadmill. Observe whether the belt is running more towards the right or left side of the deck.



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3. Determine which side the belt is moving toward.

If the belt appears to be moving to the left:

Using a 9/16-inch wrench, turn the left bolt clockwise  $\frac{1}{4}$  turn (to your right). Wait for one minute for the results of this adjustment to take effect. This action moves the belt to the right and back to center.

If the belt appears to be moving to the right:

Using a 9/16-inch wrench, turn the left bolt counterclockwise  $\frac{1}{4}$  turn (to your left). Wait for one minute for this action to take effect. This action moves the belt to the left and back to center.

If the belt is still not centered, repeat step 3 until it is.

4. After the belt is centered, increase the speed of the belt to 10 mph by pressing Speed - Faster and verify that the belt is running smoothly. Repeat step 3 as necessary.

If the above procedure is unsuccessful in resolving belt wander, you may need to check to see if the machine is level.