

About the author



From the Desk of Paul Webb

Paul Webb has been in the Health and Fitness business for over thirty years. He has been actively serving his customers on-line since 1995. Paul has several websites dedicated to Health and Fitness.

When Paul is not busy creating new products on health and fitness he is spending time with his wife Linda helping raise his six year old great-great-niece.

Some of Paul's sites are:

- [Seniors Health Information](#)
- [Healthy Aging For You](#)
- [Try My Recipes](#)
- [Treadmill Repair](#)
- [Healthy And Fit](#)
- [Golf Tips and Lessons](#)

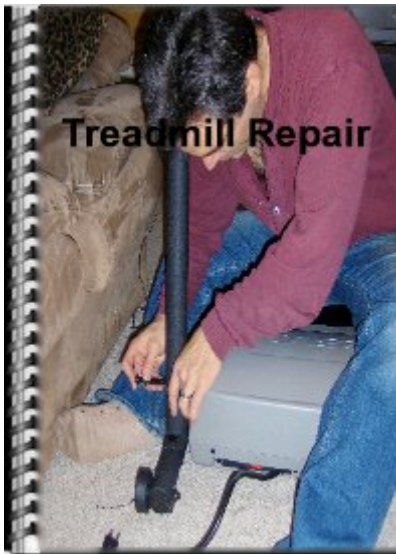
The Treadmill Repair Report alone, has helped thousands of people repair their treadmills.

Some of his other products are:

- [The Full Treadmill Report](#)
- [Lower Blood Sugar](#)
- [5 Tips On Being Healthy and Fit](#)
- [Lose Your love-handles](#)
- [Boost Your Metabolism](#)
- [Quit Smoking](#)

TREADMILL

REPAIR



By

YOU

Introduction

My name is Paul Webb; I am the owner of Electro Service Company. I have been in the medical and fitness repair business for almost thirty years, and currently the supervisor of the Sterilizer repair shop at a major hospital in central Florida.

During the last thirty years I have repaired many brands of treadmills and fitness equipment. I decided to put this report together to help you diagnose and hopefully repair your treadmill at a fraction of the cost of having a technician come to your home or business.

Many of the problems with treadmills can be solved by a good preventive maintenance program or simple troubleshooting techniques. I have included many of these tips and techniques in this report.

I hope the small investment you made for this report will save you the cost of a service call.

Please follow the directions in the report and NEVER Work on the treadmill with the power on unless you feel that you know what you are doing!

It would be impossible to cover every problem that can happen with a treadmill. This report will try to address the most common problems.

TREADMILL REPAIR

PREVENTIVE MAINTENANCE

The first and most important part of owning a treadmill or any piece of equipment is preventive maintenance. If you are not currently doing this then start today!

Items required for a good preventive maintenance program on your treadmill:

Vacuum cleaner

Screwdriver- Philip's and flat blade

Sockets and Allen wrenches depending on your model

Grease

Cleaning Rags

Now let's get started!

PLEASE ALWAYS UNPLUG YOUR TREADMILL BEFORE DOING ANY TYPE OF SERVICE

Remove the hood or motor cover. There's probably anywhere from 2 to 8 screws. Now vacuum the dust from around the motor and drive mechanisms. What you can't get to with the vacuum, use a small cloth or brush. A clean motor doesn't become clogged and overheat.

After you have cleaned around the motor, look for any grease fittings, these are usually found on commercial grade units, but your treadmill might have some also.

For those of you who have never seen a grease fitting, they are about the size of a pencil eraser and have a hole in the end. They are usually found on bearings. If you don't have a grease gun you can buy a small gun and grease at your local auto parts store for less than \$10.00.

If your unit is chain driven, clean the chain of excess dust, and apply a small amount of grease to the chain, also grease the drive chain and elevation chain as necessary. Use white lithium grease if available.

Check all drive belts for wear, look for cuts and nicks, and replace as needed. Loosen the walking belt, most treadmills have either a bolt or screw on each side at the rear of the unit. Loosen these, push the rear roller toward the walking deck until the belt is loose enough for you to look underneath.

Raise the belt and inspect the underside for wear. If it looks worn or burned you need to replace the belt.

Inspect the walking deck for wear, you will be able to tell if it's worn. If it has little ruts worn into it or bare spots it needs to be either flipped or replaced.

Many treadmills today have walking decks that can be flipped. If your deck is worn flip it, but it is recommended that when you flip the deck you replace the walking belt. If you need a new belt or deck we offer them here.

[Treadmill Belts](#)

Wipe the deck and underside of the belt with a soft cloth; depending on your model of treadmill you should lubricate the walking deck at least every 6 months. Some units use silicone spray or gel. Others use wax. Check your owner's manual for what the manufacturer recommends.

After you have cleaned the belt and deck, and lubricated the deck as needed, center the belt on the walking platform and tighten the screws at the end of the treadmill.

Turn each bolt the same amount to keep the belt centered. Tighten the belt until it does not move freely on the rollers. Then with CAUTION straddle the belt and start the treadmill at low speed.

Wait for the belt to start moving then step on the belt. If it stops it is not tight enough. Step off the belt and tighten each side 1 turn then step on the belt again. Repeat as necessary.

Once you can walk on the belt at low speed without it stopping or slipping increase the speed to 3 miles per hour. This should be a fast walk.

If your unit has side rails hold the rails and try to stop the belt with pressure.

If ok then increase the speed to 5 MPH. Run on the treadmill, if you feel any slipping tighten the bolts another 1/2 turn each. Repeat if necessary.

If the belt is not centered, stand behind the treadmill and run the belt at full speed, if the belt is tracking to the left. Tighten the left bolt or screw 1/2 of a turn, and loosen the right bolt or screw 1/4 turn until the belt is centered.

IF the belt is tracking to the right, tighten the right side bolt or screw 1/2 turn and loosen the left bolt or screw 1/4 turn. Repeat as necessary, this should center the walking belt.

Always wipe the treadmill down after each use, perspiration is very corrosive.

If your treadmill inclines increase the elevation to maximum and vacuum underneath. If it doesn't incline pull it out and vacuum.

Most operating problems are easily seen, detected, and repaired. If the cause of a problem is not obvious, follow a logical process of checking each component in the system.

Repair of Your Treadmill

It would be impossible for me to list every problem for every manufacturer's treadmill in this report, but here are some common problems:

Walking belt is not centered. See centering the belt procedure.

1. No power, check that the unit is plugged into a live outlet, **ALWAYS USE CAUTION** when dealing with electricity. Try another outlet if you need to. Remember K.I.S., and keep it simple.

If you know the outlet is live, unplug the unit and check the fuses. Also check all connectors. You will need to lift the cover for this. IF you have power but the motor does not turn you either have a bad power supply or the motor brushes are worn. Contact the manufacturer for information. See the troubleshooting section.

If the motor is turning make sure the drive belt is not loose or broken. Tighten or replace as needed.

2. Walking belt moves, but there is a loud grinding noise.

Loosen the belt and see if the noise goes away, if it does you may have a bad front roller. Sometimes you can spray the bearing in the roller with a lubricant like WD40 and this will solve the problem, but you may need to replace the roller.

If the noise does not go away then the motor bearings are probably bad and you will have to replace the motor or the motor bearings.

3. Elevation does not work, the treadmill will not go up or down or is stuck in the elevated mode.

Unplug the unit and check the elevation motor fuse, replace if necessary. Check the elevation system for broken chains or cables; make sure something hasn't gotten caught in the gears.

If your unit is equipped with limit switches for the up and down limits check them to be sure they are not engaged. These are usually little micro switches located around the elevation gears.

ALWAYS LOOK FOR LOOSE OR BROKEN WIRES FOR ANY PROBLEM YOU ARE HAVING.

How to Replace Your Treadmill Belt

Is your treadmill belt worn, torn, or curling up on the edges? Does your treadmill slow down after you step on the belt and begin your workout?

If this is the case then it may be time to replace the belt.

Here are some things to check before replacing your belt.

- *1. You need to make sure the deck of the treadmill is in good shape. If it looks good then it may only need to be waxed or lubricated.
- *2. If the deck shows obvious signs of wear, or has grooves worn into it then you may need to replace the belt and the deck.
- *3. If the deck looks good, and the belt is worn or starting to turn up on the edges then it is time to replace the belt. Here are the instructions for doing that. Most treadmills are basically the same so this is a generic set of instructions. If you have an owner manual please follow the manufacturer's instructions.

To begin the belt replacement, unplug the POWER Cord and remove the motor cover or hood. Then locate the screws or bolts that are used to adjust the belt tension. They are normally on either side at the rear of the treadmill. Loosen both sides and push the rear roller toward the deck.

Now loosen and remove the front roller. If your treadmill inclines, turn on the power and raise the treadmill a few degrees so the roller can be removed. After the front roller is removed, remove the rear roller. Now you are ready to remove the belt.

I know it would be easier to just cut the old belt off, but if you take it off in one piece then you will remember how to put the new one on. Along the sides of the treadmill you will find bolts or screws that hold the deck in place. Remove these and lift the deck and old belt out together. Now is the time to wax or lubricate the deck.

See Waxing the deck

Look at the old belt and the new belt. There will probably be a visible seam on the belt. Normally the belt should be installed so that the seam goes downward from left to right, much like a backward slash. Some belt manufacturers will mark the belt on the inside with an arrow pointing in the direction the belt should travel.

Slide the belt over the deck in the proper alignment and lay the belt and deck together back onto the treadmill. Start all of the screws or bolts before tightening them securely. Decks tend to get warped after a while so you may need to push or pull a little to get the screws started. I have found that it is a good idea to install the rollers before securely fastening the deck to the frame.

Pull the belt to the rear of the treadmill and slide the rear roller through it. Start the adjusting screws in the roller just enough so they do not fall out. Now slide the front roller inside the belt and replace the drive motor belt over the drive gear. Do this before you tighten the roller. After you get the front roller tight, then tighten the deck bolts and the rear roller with the adjusting screws. Tighten each side equally until the belt feels snug on the deck.

Now turn the treadmill on. If the belt starts moving, carefully step on the treadmill while holding the side rails. If the belt stops then you need to adjust more. Step off the treadmill, and tighten each screw one full turn and step on the belt again. Repeat this process until the belt does not stop.

Now increase the speed to a fast walk, hold the handrails and apply downward pressure as you walk on the treadmill. If the belt stops or hesitates then adjust some more. Now increase the speed to a jog, probably around 5 m.p.h. Once again if you feel hesitation in the belt when your foot hits it, adjust it some more. Continue these processes until you are satisfied that the belt is not slipping.

PLEASE be careful, if you do not think you can do this then pay someone to do it for you.

Please follow these directions for safe and efficient use of your treadmill for you and your family.

For a more complete guide on treadmill repair get the Full Treadmill Report.

[Save Money On Treadmill Repair](#)

Please feel free to pass this report along to anyone you know that has a treadmill. Just copy the following link, and paste it into an email and send it to them.

<http://www.treadmills.cc/tmthankyou.html>