



If you have any further queries please contact our customer service team on 0121 328 7507 or email at 'contact@jllfitness.co.uk'

TREADMILL MAINTENANCE INSTRUCTIONS

4 MAIN STAGES

1. Balance
2. Cleaning
3. Adjusting The Running Belt
4. Lubrication

TOOLS REQUIRED



1 X SILICONE OIL



1 X ALLEN KEY

NOTE: Both of these tools will come with your assembly pack

BALANCE

Try to place your treadmill on a level floor, if this is not possible then you will need to adjust the rubber feet located under the treadmill.

To check if your treadmill is balanced start by:

- 1 Placing both of your feet on either side of the running board
- 2 Change your weight from right to left

3



If you feel a wobble
turn the rubber feet
to adjust the level

CLEANING

For your treadmill to work efficiently make sure to keep it clear of dust and debris. Any small parts on the belt can cause damage to the board and possibly the motor.

After every workout things such as body oils, perspiration, hand lotions and moisturisers can reduce the sensitivity of the pulse sensors. It is recommended to use a dry cloth for cleaning the monitor and handrails, this will prevent any corrosion.

For cleaning the belt, set the speed of the treadmill to approximately 2kph (Kilometers Per Hour) and hold a clean cloth at the end of the belt. Only use water lightly to clean the belt and not any cleaning products as these may damage the treadmill.

It is recommended to vacuum or sweep under and around the treadmill to prevent any debris or dust going into the inside of the machine. A treadmill mat can help to avoid this situation from occurring.

ADJUSTING THE RUNNING BELT

One way of checking if the belt is loose is to:

- Place your feet on either side of the treadmill
- Set the speed between 1-2 kph (Kilometers Per Hour)
- Try to stop the belt using your feet whilst holding onto the handrails

If the belt stops this means it is too loose, if not your belt is tight enough

A second way of checking is to:

- look at the gap between the running belt and the running board
- The gap should be between 5-6mm

If the gap is smaller then your belt is too loose

To tighten the running belt:

- 1 Start by switching off the power to the treadmill
- 2 Locate the top bolts at the end of the treadmill



Using the allen key
turn the bolts
quarter by quarter



Test the belt after
each turn and make
sure to reciprocate
each turn on either
bolt

NOTE: Both of these tools will come with your assembly pack

The way to align the belt is to:

- Set the speed of the treadmill between 2-3kph
- Using the same bolts as in the previous stage, slowly turn each one
- If the belt is aligned to the left, adjust the left bolt clockwise or adjust the right bolt counter clockwise
- Visa versa if the belt is aligned to the right
- Keep checking the gap between the frames and the belt as you do this, the gap should be between 5-6mm
- Once complete run the treadmill at 6kph for a few minutes to make sure the belt remains in the center

LUBRICATION

How often you lubricate the board will vary depending on the amount of use and the conditions of where the treadmill is stored.

As this action falls under maintenance, any fault with the treadmill that is caused by the board failing to oiled unfortunately the cost of any parts and labour will not be covered under the warranty as this is not a manufacturing error.

To lubricate the running belt:

1 Start by disconnecting the treadmill from any power supply



Lift up one side of the treadmill belt

3 Run your finger across the board, if there is oily residue the board is lubricated



If not, run the oil in a straight line down the deck



Repeat this on the opposite side

6 Switch on the machine and leave it to run between 2-3 minutes at 3-4kph

REPLACEMENT PARTS

When you have used up the all silicone oil that arrived with your treadmill you can purchase more through the JLL website via the 'Accessories' page.

If you need a replacement safety key, this can be purchased again through the JLL website via the 'Accessories' page.

For replacement tools such as the allen key, items like this can be found at most tool retailers.

Any **manufacturing fault** with your treadmill that is within the time frame of the warranty will be eligible for an engineer call out service to resolve any issue. **Assembly faults** are not covered under warranty however, parts, instructions and advice are available from our customer service team.