

True Fitness Service Manual

455 Pediatric Treadmill

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Treadmill Preventative Maintenance Checklist

- ❖ Run calibration or run a manual program and watch and listen for anything out of the ordinary.
- ❖ Perform a push off test (page T-7) to check for proper lubrication. If excessive friction is found and lubrication doesn't correct the problem perform the amp draw test (page T1-2)
- ❖ Inspect the belt surfaces, topside should still have texture for grip, bottom should be porous fabric-not glazed, smooth or hard.
- ❖ Inspect deck surface, should be free of scratches, abrasions or blistering.
- ❖ Listen for excessive bearing noise, from a standing position, in the front and rear roller and motor.
- ❖ Check for front roller/belt slippage and belt tension adjustment. Look for slippage on drive pulley.
- ❖ Inspect/ adjust tracking of belt.
- ❖ Vacuum out motor area, being careful not to damage PWM.
- ❖ Inspect drive belt for wear and cracking.
- ❖ Wipe down machine- leave it in better condition than you found it.

True Fitness Treadmill Service Manual

START

- ❖ **Symptom guide**
- ❖ **Calibration Procedures**
- ❖ **Diagnostic Procedures**
- ❖ **Test Procedures**
- ❖ **Wiring Diagrams**
- ❖ **Part Manuals**

SYMPTOM GUIDE

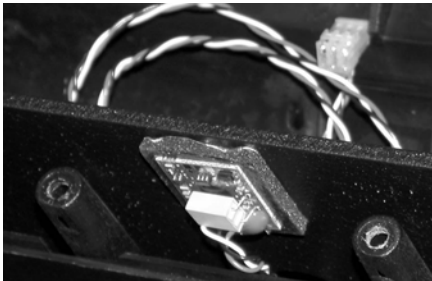
- **Error Code Definitions** Page 3, 4
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E3: EPROM** Page 11
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Symptom	Probable Cause	Corrective Action	Recommended Tools
ERROR MESSAGES:			
S1 L LUBE	Indicates that the accumulated distance is such that the deck needs to be lubed	<ul style="list-style-type: none"> Lube deck with True Fitness liquid silicone lubricant. Inspect wax bar assembly on commercial models, if worn to less than ¼ inch in thickness- replace wax bar. 	Liquid silicone single use pack Liquid Silicone Applicator. Vacuum Shop towel
S2 C CLEAN	Indicates that the accumulated distance is such that the machine needs to be cleaned.	<ul style="list-style-type: none"> Remove motor cover and vacuum dust from area. Wipe down the exposed area of the deck beside the straddle covers with a clean, dry cloth. 	
S3 M MOTOR	Indicates that the accumulated time on the treadmill is such that the motor brushes need to be changed/checked.	<ul style="list-style-type: none"> Check/Replace motor brushes as needed. Reset timer. 	
E5 S SPEED SENSOR	Cannot read speed sensor	<ul style="list-style-type: none"> Perform Speed Sensor Test page 21 	
E1 S STALL	Incline reading not changing when commanded	<ul style="list-style-type: none"> See Elevation Not Functional page 9. 	
E1 I INCLINE	Incline reading has changed without the incline being commanded.	<ul style="list-style-type: none"> See Elevation Not Functional page 9. 	
E1 R RANGE	Maximum or minimum elevation out of calibrated ranges	<ul style="list-style-type: none"> See Elevation Not Functional page 9. 	

Symptom	Probable Cause	Corrective Action	Recommended Tools
ERROR MESSAGES: (cont'd)			Multi-meter Phillips head screwdriver
E2 O OVERSPEED	Belt speed ramping too fast.	Perform Amp Draw Test – Page 17. Perform Belt / Deck Wear Test – Page 21.	
E2 C CALIBRATE	Micro-controller cannot adjust belt speed to target.	Calibrate Treadmill – Page 14. See appropriate Symptom Guide – pages 10-11.	
E3 E EEPROM	Software error during treadmill startup diagnostics.	Restart Treadmill, if error persists- replace control panel.	
E2 R RECALIBRATE	Treadmill has lost calibration settings.	Recalibrate Treadmill – Page 14. (If unit loses programs- replace control panel)	

Symptom	Probable Cause	Corrective Action	Recommended Tools
NO BELT MOVEMENT	Treadmill in need of calibration.	<ul style="list-style-type: none"> • Run calibration. (page 14) <p style="text-align: center;">-----</p>	Multi-meter PWM / Motor test cables <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Note: All trouble shooting should be performed in calibration mode. Page 16</p> </div>
	Missing command to PWM.	<ul style="list-style-type: none"> • Is PWM light blinking/ illuminated when fast button is pushed? <p>NO- Check continuity on wire harness, if harness has continuity breaks replace the harness. If harness has continuity- replace the upper panel. Refer to wiring harness diagram for your model.</p> <p>YES- move on to next step, wire harness and control panel are OK.</p> <p style="text-align: center;">-----</p>	
	Missing/incorrect voltage to motor.	<ul style="list-style-type: none"> • With treadmill in calibration mode (page 14) • Set speed at 4 MPH • Check VDC across MTR 1 and MTR 2 <u>with the motor leads connected to the motor</u> the voltage should measure 10 VDC for every 1 MPH. • If voltage is missing or low- Replace PWM. • If voltage is greater than 20 VDC/MPH motor may have open windings. <p style="text-align: center;">-----</p>	
	Damaged motor.	<ul style="list-style-type: none"> • With PWM LED Blinking/ Illuminated- move the tread belt with your foot to see if motor begins to move on its own. • If motor begins to move, inspect the condition of the brushes and the commutator. • If brushes are bad- replace brushes • If motor doesn't turn or has a damaged com segment- replace motor. <p style="text-align: center;">-----</p> <p>Continue on next page...</p>	

Symptom	Probable Cause	Corrective Action	Recommended Tools
<p>TREADBELT STOPS DURING WORKOUT Error Code displays: Go to page 3 & Page 4.</p>	<p>Loose safety key connection</p> <p>Belt movement issue</p> <p>Worn Deck / Belt</p> <p>Occurs when making changes to speed or elevation</p> <p>Overloaded house circuit</p> <p>Continuity, connection to motor</p> <p>Tread belt not centered or obstructed</p>	<ul style="list-style-type: none"> • Check safety key to ensure that it is seating properly. • Check connection sensitivity. <p>-----</p> <ul style="list-style-type: none"> • If treadmill will not reset with cycling the power go to NO BELT MOVEMENT (pages 5 & 6) <p>-----</p> <ul style="list-style-type: none"> • Perform Belt / Deck Wear Test (page 21). • Perform Amp Draw Test (page 17). • Apply silicone. • Replace Deck and Belt. <p>-----</p> <ul style="list-style-type: none"> • May be related to electro static discharge. Contact Technical support for assistance. <p>-----</p> <ul style="list-style-type: none"> • Verify the treadmill is on a dedicated circuit with at least a 15 amp breaker • Have customer supply a dedicated circuit <p>-----</p> <ul style="list-style-type: none"> • Reconnect or replace motor wires or connectors <p>-----</p> <ul style="list-style-type: none"> • Tension tread belt (page 19) • Center tread belt • Remove obstruction 	<p>Liquid silicone single use pack Liquid silicone Applicator Multi-meter Socket set</p> <div style="border: 1px solid black; padding: 5px; margin-top: 20px;"> <p>Note: All trouble shooting should be performed in calibration mode. Page 14</p> </div>

Symptom	Probable Cause	Corrective Action	Recommended Tools
<p style="text-align: center;">HEART RATE NOT WORKING / ERRATIC READINGS</p>	<p style="text-align: center;">Incorrect power source</p>	<ul style="list-style-type: none"> • Verify that the treadmill is connected to a dedicated line, 15-amp circuit, and not on an extension cord. • Move to proper outlet. • Test 110 VAC outlet for proper ground <p style="text-align: center;">-----</p>	<p>Multi-meter</p> <p>Double sided tape</p> <p>Heart rate simulator</p>
	<p style="text-align: center;">Improper treadmill grounding</p>	<ul style="list-style-type: none"> • Proper grounding is vitally important. • Ensure that the pedestal wire harness ground lead is secure <p style="text-align: center;">-----</p>	
	<p style="text-align: center;">Improper heart rate receiver mount</p>	<ul style="list-style-type: none"> • Ensure that the HR receiver is not touching metal and is mounted with the wires in a vertical position with the blue receiver facing the runner 	<p>Note: All trouble shooting should be performed in calibration mode. Page 14</p>
			
	<p style="text-align: center;">Defective Chest Strap</p>	<ul style="list-style-type: none"> • Does the receiver pick up a signal from the HR simulator? • If yes, replace chest strap <p style="text-align: center;">-----</p>	
	<p style="text-align: center;">Defective receiver</p>	<ul style="list-style-type: none"> • Does the heart rate LED on the control panel blink? If not then replace the receiver. <p style="text-align: center;">-----</p>	
<p style="text-align: center;">Radio Frequency Interference</p>	<ul style="list-style-type: none"> • Locate RF sources and use process of elimination. Common sources of RF interference are: Invisible fences for pets; wireless networks; cordless phones, Cell phones, radios, home security sensors, etc. 		

Symptom	Probable Cause	Corrective Action	Recommended Tools
<p>ELEVATION NOT FUNCTIONAL (E1 ERROR)</p>	<p>Improper grounding / Calibration (May cause unit to drift up & down without command)</p>	<ul style="list-style-type: none"> • Test 110VAC outlet for proper grounding • If unit has not been calibrated – calibrate • Ensure that incline cables are secure on PWM <p>-----</p>	<p>Multi-meter Alligator clip</p>
	<p>Unit is stuck at full incline</p>	<ul style="list-style-type: none"> • Verify the lower limit switch is properly connected to the PWM • Remove the LLS wire from the PWM and short the two posts of the connector together with an alligator clip. Cycle the power. If the treadmill lowers itself then replace the lower limit switch. • Perform Incline potentiometer calibration procedure (page 20) • If incline nut is stripped- replace incline nut 	<div style="border: 1px solid black; padding: 5px;"> <p>Note: All trouble shooting should be performed in calibration mode. Page 14</p> </div>
	<p>Defective Start Capacitor</p>	 <p>-----</p> <ul style="list-style-type: none"> • Do Up/Down command LED's light? • If No- skip to defective PWM section. • If yes- does motor hum with no movement? • If yes- check the leads to the capacitor for breaks, if no breaks- replace capacitor. • If No- replace PWM. <p>-----</p>	
<p>Defective PWM</p>	<ul style="list-style-type: none"> • If no Up/Down LED's light check continuity on data cables. • If cables are good- replace Upper Panel. • If cables bad- Replace data cables. 		

Symptom	Probable Cause	Corrective Action	Recommended Tools
<p align="center">SPEED FLUCTUATION E2: CAL</p>	<p>Speed Fluctuation (Due to high friction)</p>	<ul style="list-style-type: none"> • Perform Push Off Test (page 21) • Perform Amp Draw Test (page 17) <p align="center">-----</p>	<p>Multi-meter</p> <p>Socket Set</p> <p>Silicone Lubrication Packet</p>
	<p>Speed Fluctuation (Due to Voltage fluctuation)</p>	<ul style="list-style-type: none"> • Check Line voltage for fluctuations. • Have customer take corrective action. <p align="center">-----</p>	<p>Silicone Lubrication Applicator</p>
	<p>Bad Data Feedback</p>	<ul style="list-style-type: none"> • Verify tach feedback accuracy through out the speed range. • If inaccurate perform speed sensor test (page 18) <p align="center">-----</p>	<div style="border: 1px solid black; padding: 5px;"> <p>Note: All trouble shooting should be performed in Calibration Mode: See Page 14</p> </div>
	<p>Incorrect Speed Sensor Gap</p>	<ul style="list-style-type: none"> • Verify correct Speed sensor Gap. • Gap should be equal to the thickness of (3) credit cards pressed together (approximately 1/8 to 1/4 inch) <p align="center">-----</p>	

Symptom	Probable Cause	Corrective Action	Recommended Tools
<p>SPEED FLUCTUATION</p> <p>S4: Sensor E5: Speed Sensor E2: Overspeed E3: EPROM Error</p>	<p>No Belt Movement</p> <p>No/Intermittent Tach Feedback</p> <p>Overspeed Error</p> <p>E3: EPROM Error Software error during treadmill startup</p>	<ul style="list-style-type: none"> • Go to page 5, 6. <p style="text-align: center;">-----</p> <ul style="list-style-type: none"> • Enter Calibration mode (page 14) • Verify speed feedback in speed display through out the speed range. [Speed display should never show 0 mph when belt is moving] • If no tach feedback is available perform speed sensor test (page 18). • Check continuity of tach feedback portion of the data cable (To identify tach feed back lines see wiring diagram section for specific model). <p style="text-align: center;">-----</p> <ul style="list-style-type: none"> • Check/Adjust tread belt tension (page 20) • Perform speed sensor test (page 18) If speed sensor fails adjust gap, if still fails-replace speed sensor. • Perform belt / deck wear test (page 21) If badly worn, replace belt and deck. • Replace PWM <p style="text-align: center;">-----</p> <ul style="list-style-type: none"> • Restart unit- if error persists, replace control panel. 	<p>Multi-meter</p> <p>Socket Set</p> <p>Silicone Lubrication Packet</p> <p>Silicone Lubrication Applicator</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Note: All trouble shooting should be performed in calibration mode. Page 14</p> </div>

Symptom	Probable Cause	Corrective Action	Recommended Tools
NO DISPLAY	No power at the 110 VAC outlet.	<ul style="list-style-type: none"> • Check home circuit breaker. Reset as necessary. • Test for 110 VAC at outlet. • Identify if outlet is a GFI. <div style="border: 1px solid black; padding: 5px; margin: 10px 0;"> <p>Note: Some brands of GFI outlets are too sensitive for treadmill use. Call the help line if encountering GFI issues.</p> </div> <p style="text-align: center;">-----</p>	<p>Allen Key set.</p> <p>Phillips head screwdriver.</p> <p>Multi-meter.</p> <div style="border: 1px solid black; padding: 10px; margin: 10px 0;"> <p>Note: All trouble shooting should be performed in calibration mode. Page 14</p> </div>
	No power to the treadmill.	<ul style="list-style-type: none"> • Check for AC light on PWM. (See diagram pages 23) • Check for 110 VAC at power cord. Replace if no power. • If Yes- Check for 110 VAC at tread power switch. Replace if no power. • If Yes-Check for 110 VAC at tread circuit breaker. Replace/ reset if necessary. • If Yes- Check for 110 VAC at PWM across AC1 & AC2. • If Yes- Replace PWM. <p style="text-align: center;">-----</p>	
	No power to the control panel.	<ul style="list-style-type: none"> • Check status LED +11 VDC on PWM (See diagram pages 23). If not remove fuses and check continuity as replace as needed. • If Yes- Check wire harness connections at PWM and Control Panel. Reconnect as needed. • If Yes- Check voltage on harness at panel. Refer to wiring diagram for your machine type in wiring diagram section. If voltage is present– replace panel and recalibrate (page 14). If voltage is not present check voltage at PWM. If voltage is present at PWM replace pedestal wire harness. If 0_VDC replace PWM and recalibrate (page 14). 	

Symptom	Probable Cause	Corrective Action	Recommended Tools
CIRCUIT BREAKER TRIPS	Possible short in treadmill wiring.	<ul style="list-style-type: none"> • Power off the treadmill and inspect all wiring for shorts or burned areas. • Secure all connectors. <p style="text-align: center;">-----</p>	Allen Key set Needle nose pliers Socket set Multi-meter
	Motor issues.	<ul style="list-style-type: none"> • Disconnect motor leads from the PWM. Power on treadmill, press start. If the breaker does not trip check the motor brushes and perform the motor test procedure (page 19). • Reconnect motor to the PWM, if the breaker trips- replace the motor. <p style="text-align: center;">-----</p>	
	Incline motor drawing treadmill down	<ul style="list-style-type: none"> • Unplug incline motor. • Power on treadmill, if breaker does not trip- replace incline motor. <p style="text-align: center;">-----</p>	
	Bad PWM	<ul style="list-style-type: none"> • Unplug PWM, power on machine. If breaker <u>doesn't</u> trip- replace PWM. <p style="text-align: center;">-----</p>	
	Too much tension on belt or obstruction under belt.	<ul style="list-style-type: none"> • Check for correct tension adjustment (page 20) • Check for obstruction- remove obstruction. <p style="text-align: center;">-----</p>	
	Weakened circuit breaker or High belt/deck friction	<ul style="list-style-type: none"> • Perform AC Amp Draw Test (page 17) at circuit breaker. • If draw is less than 15 amps continuously - replace breaker. • Perform Amp Draw test (page 17) If Amp draw is higher than recommended try push test (page 21) procedure. 	

Note:
 All trouble shooting should be performed in calibration mode.
 Page 14

Calibration Procedures

455 Calibration

Enter Calibration Mode by holding the **Up** and **Down** keys while inserting the safety key

In message center window displayed: Press Start to Calibrate

NOTE: In Calibration mode, it is possible to check if the speed sensor is reading all the front roller magnets: the Met light will light when a magnet is in front of the sensor. Speed must be less than 1 mph.

Press **Start/Reset** to begin calibration

Treadmill will elevate and speed up/slow down. Wait for belt to stop.

Message center window will display: Successful, or will indicate error area.

Remove and re-insert safety key. Check operation of treadmill.

DIAGNOSTICS

To enter diagnostic mode, press and hold the **FAST** and **SLOW** buttons while pushing in the safety key.

The control panel will show "Diagnostics".

Press the **UP** button: Total Hours (in whole hours)

Press the **UP** button: Distance (in miles, two digits past decimal point)

Press the **UP** button: Average Speed (in mph)

Error List (This is an error log, but just a list of errors possible on the unit.)

S1: Lube

S2: Clean

S3: Motor

S4: Sensor

E1: Minimum

E2: Overspeed

E2: Cal

E3: EPROM

Remove Safety Key to exit Diagnostics

TEST PROCEDURES

- Grounded Outlet Test Page 17
- Amp Draw Test Page 17
- Speed Sensor Test Page 18
- Voltage to Drive Motor Test Page 18
- Drive Motor Test Page 19
- Drive Belt Tension Test Page 19
- Tread belt Tension Test Page 19
- Incline Potentiometer Calibration Test Page 20
- Voltage to Incline Motor Test Page 20
- Belt / Deck Wear Test (Push Off Test) Page 21

TEST PROCEDURES

GROUNDING TEST

This test is very important for optimal HRC and incline operation.

Set voltmeter for Volts AC

Place 1 lead in the right side of the outlet (hot)

Place 1 lead in the ground plug

A properly grounded outlet will read 110 VAC

AMP DRAW TEST

This test is a good indicator of the wear condition of the belt and deck, and the need for lubrication.

The treadmill circuit breaker will trip at 15 amps, so be sure the voltmeter you are using is rated for at least 15 amps when you are load testing the treadmill. This test can be performed either on one of the AC power cord leads or on one of the DC motor leads from the PWM to the motor. Testing the amp draw at certain speeds without load and with load will signal whether higher than normal amp draw is a result of PWM failure or increased friction from belt and deck wear.

AC AMP DRAW PROCEDURE

This procedure requires an AC clamp-on ammeter. Place the clamp around either of the power cord leads, black or white. Load test requires a person to walk on the tread belt for 5-10 minutes.

2.5 mph w/out load	2.0-2.5 AMPS AC
2.5 mph with load	2.75-3.75 AMPS AC
4.0 mph w/out load	3.5-4.0 AMPS AC
4.0 mph with load	5.0-7.0 AMPS AC

DC AMP DRAW PROCEDURE

This procedure can be performed with an ordinary voltmeter. (**Note: Be sure the voltmeter is rated to handle 15 DC amps.**) Disconnect the red motor lead from MTR1 on the PWM. Connect the voltmeter to MTR 1 on the PWM and the other voltmeter lead to the red motor lead so that the voltmeter completes the connection of the PWM to the motor.

2.5 mph w/out load	4.5-5.0 AMPS DC
2.5 mph with load	7.0-8.0 AMPS DC
4.0 mph w/out load	5.0-5.5 AMPS DC
4.0 mph with load	8.5-9.0 AMPS DC

Higher than normal amp draws without load may signal that belt tension is too tight or there is a problem in the Drive Motor or PWM. Perform the Drive Motor Test and visually check the motor brushes before replacing the PWM. Higher than normal amp draws with load after normal readings without load signal belt and deck friction which may require lubrication or replacement.

TEST PROCEDURES

SPEED SENSOR TEST

This test is used to verify sensor operation in conditions of speed fluctuation, E2: Cal error, S4: Sensor error, E2: Overspeed error or Unsuccessful Calibration.

455 Treadmill

Set voltmeter to volts DC. Treadmill power on and speed at 0 mph

Attach voltmeter leads across outside 2 contacts at J1 on PWM

With magnet in front of sensor, 0 VDC

With no magnet in front of sensor, 5 VDC

Check the sensor on every magnet, adjust sensor until voltage shows

In calibration mode before pressing Start, the tread belt can be moved manually and the Met light will blink when a magnet is in front of the sensor.

VOLTAGE TO DRIVE MOTOR TEST

This test is used to diagnose conditions of NO Belt Movement, or Speed Fluctuations

Set voltmeter to volts DC and adjust speed on Control Panel to 4 mph

Attach red voltmeter lead to MTR1 on PWM with motor wires attached

Attach black voltmeter lead to MTR2 on PWM with motor wires attached

0 VDC signals no PWM output

166 VDC signals open circuit in motor or motor connection

Operating voltage will lay between 0 VDC and 166 VDC

NOTE: The reason that we do not narrow down PWM output voltage is that the PWM output is a pulse signal. The sampling rate of the voltmeter used will determine what output voltage the voltmeter is able to read.

TEST PROCEDURES

DRIVE MOTOR TEST

This test is used in conditions of No Belt Movement.

- Unplug treadmill and set voltmeter to volts DC
- Disconnect motor leads from PWM
- Place 1 voltmeter lead in each motor wire
- Gently spin the motor flywheel and check for voltage DC
- 2-5 VDC means normal motor operation
- 0 VDC means motor malfunction

DRIVE BELT TENSION TEST

This test is used in front roller replacement and in conditions of belt slipping.

- Place two fingers on top of the drive belt halfway between the front roller pulley and the drive motor pulley.
- With moderate pressure push down on belt
- If belt deflects down more than 1/8 “, tighten motor mounts
- If belt deflects down less than 1/8 “, loosen motor mounts.
- It is also possible to twist the belt; you should be able to twist the belt almost to a vertical position

TREADBELT TENSION TEST

This test will address belt slipping and is used in any roller replacement or deck replacement. Ensure that the drive belt is properly tensioned before adjusting tread belt tension. Belt and deck wear and/or lack of lubrication can cause the tread belt to show symptoms similar to loose tread belt tension- check these conditions before adjusting tread belt tension.

- Turn treadmill on and adjust speed to 2 mph
- Walk heavily on the belt pulling slightly against belt movement
- If hesitation or slip is detected, tighten tread belt tension bolts ¼ turn
- Repeat until no hesitation or slip is encountered. Check at higher speeds

Tread belt tension is too tight if the belt feels stiff to touch with no give or the belt groans against the rollers. You should be able to insert your hand between the belt and deck palm up almost to your thumb when the belt is at proper tension.

TEST PROCEDURES

INCLINE POTENTIOMETER CALIBRATION TEST

This test can correct E1: Minimum conditions and aid in diagnosis of incline problems with finding zero or target incline.

455:

Set voltmeter to Ohms (Ω) with treadmill unplugged from wall

Place 1 voltmeter lead on pin 3 (Blue) and 1 lead on pin 2 (Orange)

Check for 800 Ohms

455: In calibration mode before pressing Start, the Distance window displays the incline number. With the treadmill at zero, the number should be between 160 and 180. 0 often indicates a wire harness misconnection or failure of signal to panel.

As the unit inclines during calibration, watch the numbers in the Distance window, if they do not increase by at least 60 from the zero value, an E1: Minimum error will result. Then the zero value may need to be reset to a lower value.

If incline potentiometer needs adjustment, remove swivel pins and use Up and Down keys to make adjustment. (See diagram on T-6)

VOLTAGE TO INCLINE MOTOR TEST

This test is utilized in conditions of No Incline Movement, Incline Fluctuation, or E1: Minimum.

Set voltmeter to AC volts. To access incline plug, PWM screws may need to be removed.

Place voltmeter leads across White and Black while pushing UP button

10 VAC indicates normal PWM output, 0 VAC signals no output

Place voltmeter leads across Red and White while pushing Down button

110 VAC indicates normal PWM output, 0 VAC signals no output

TEST PROCEDURES

Belt / Deck Wear Test

This is a simple physical test to gauge the general level of friction present between the deck and belt.

1. While the treadmill is not running, inspect the condition of the underside of the tread belt. The fabric should be soft and porous. If the belt appears glazed- replace the belt.
2. While the treadmill is not running, slide your hand under the belt and feel the surface of the deck. The deck should feel smooth with no abrasions or scratches. If any abrasions or scratches are found- replace the deck.

Push Off Test

Place the machine in Calibration mode, elevate to the highest elevation- speed should be set to 0. Stand on the tread belt positioning yourself close to the console; push off with moderate force. The elevation combined with your weight and the force of the push should cause the belt to carry you all the way to the end of the machine*. If the test does not carry you to the end of the machine lubricate the belt using True Fitness liquid silicone. After lubricating the belt/deck perform the push off test again. If it does not pass the test after lubricating replace the belt and deck

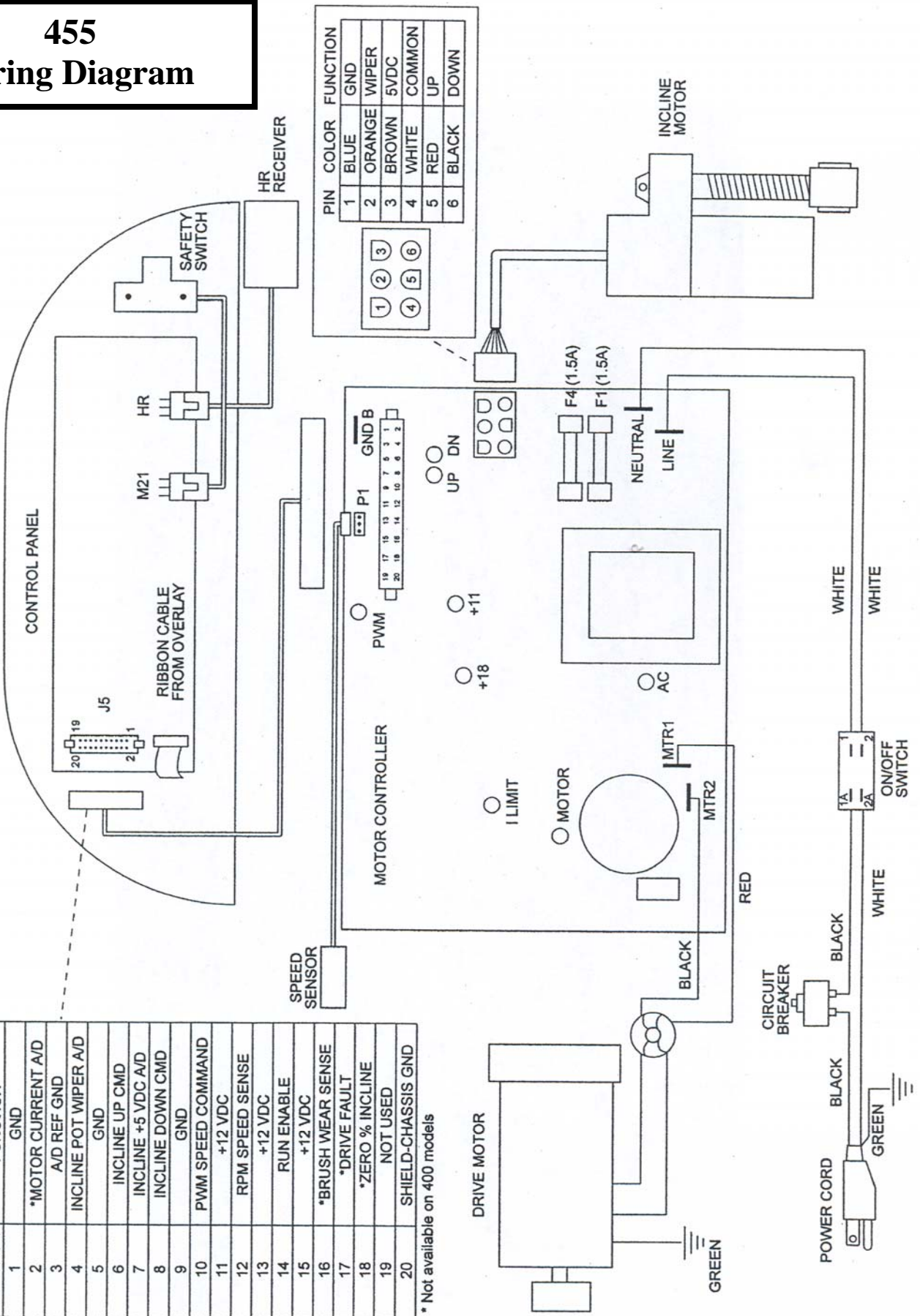
* **Note:** Residential treadmills may only carry about $\frac{3}{4}$ of the distance of the deck due to higher tension on the belt.

455 Wiring Diagram

400 Wiring Diagram

POSITION	FUNCTION
1	GND
2	*MOTOR CURRENT A/D
3	A/D REF GND
4	INCLINE POT WIPER A/D
5	GND
6	INCLINE UP CMD
7	INCLINE +5 VDC A/D
8	INCLINE DOWN CMD
9	GND
10	PWM SPEED COMMAND
11	+12 VDC
12	RPM SPEED SENSE
13	+12 VDC
14	RUN ENABLE
15	+12 VDC
16	*BRUSH WEAR SENSE
17	*DRIVE FAULT
18	*ZERO % INCLINE
19	NOT USED
20	SHIELD-CHASSIS GND

* Not available on 400 models



455 Parts List

455 treadmill parts list

<u>WEIGHT</u>	<u>PART #</u>	<u>DESCRIPTION</u>
<u>CONTROL PANEL</u>		
	<u>455</u>	
	70242103	Control Panel Assembly
	70150000	SAFETY SWITCH ASSY.
	70177400	REMOVABLE SAFETY KEY
<u>PWM</u>		
	<u>ss90</u>	
3lbs.	70132500	MOTOR CONTROLLER SS90
	70013500	PWM SCREW 10-32 X 3/8
<u>SPEED SENSOR</u>		
	<u>(SS90 STYLE)</u>	
	70243200	CIRCUIT BOARD SPEED SENSOR
	70243300	SP. SENSOR SCREW 4-40 X 1/4
<u>DATA CABLE</u>		
	70337800	450 HRC DATA CABLE
<u>DRV MTR</u>		
44lbs.	70325900	3HP DRIVE MOTOR 10 MPH8 mph
<u>DRV BELT</u>		
	70006300	210J10 POLY-V DRIVE BELT
<u>ELEVATION MTR</u>		
10lbs.	70113200	INCLINE MOTOR
	70115500	3/8 X 1 1/2 CLEVIS PIN
	70116700	1/16 DIA. X 1 5/16 COTTER PIN
	70118900	TORQUE ARM SWIVEL PIN
	70183200	START CAPACITOR FOR INCLINE MOTOR
	70013500	SCREW FOR START CAPACITOR
<u>LLS</u>		
	70121000	LOWER LIMIT SWITCH
	70125700	LLS SCREW 10X 1/4
	70120500	LLS TO PWM WIRE
<u>ELEVATION RACK</u>		
15lbs.	70281001	ELEVATION RISER SUB ASSY.
	70176701	Molded wheels
<u>WHEEL</u>		
<u>POWER CORD</u>		
	70253100	9 FT. POWER CORD
	70008200	STRAIN RELIEF BUSHING

ON / OFF SWITCH

70251100 ROCKER ON/OFF SWITCH

CIRCUIT BREAKER

70017200 15 AMP CIRCUIT BREAKER SWITCH

TREADBELT

9lbs. 70159300 17 3/4" X 107 3/4" 2 PLY TREADBELT

DECK40lbs. 70157700 FLEX DECK
70020200 DECK SCREW 10/32 X 1 1/4**FRONT ROLLER****455 front roller**9lbs. **70359200** 450/455 ADJ. ROLLER**REAR ROLLER**13lbs. **70359000** REAR ROLLER
70158900 ROLLER BOLT
70159000 5/16 INTERNAL TOOTH LOCK WASHER**STRADDLE COVERS**70162101 LT & RT STRADDLE COVERS
70030900 3/8 X 1/16 X 108 FT. DBL. STICK TAPE
70243400 BLUE TAPE 1/2 X 150 FT. ROLL**PEDESTAL****455 pedestal**70233800 ROUND PEDESTAL WELDMENT
70155900 PEDESTAL SCREWS**FRAME**

450/455

70255903 FRAME WELDMENT ADJ. FRONT ROLLER
70155200 BUMPER FEET
70020200 BUMPER FEET SCREW 10/32X1 1/4PPH**LUBRICATION**70348900 LUBE STICK
70349000 SILICONE PACKET (1 APPLICATION)**Pediatric Handrails**

70226501 455 Pediatric Handrails

