

# LifeSpan<sup>TM</sup>

TR1000-SL



**Owners Manual  
Version 1.5**



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# Congratulations on the purchase of your LifeSpan treadmill.

We all know that exercise is a key component to achieving the level of Health and Wellness that all of us desire. Regular activity prevents the development of numerous diseases, helps to reduce stress, leads to an improved self image, weight loss and increased energy levels.

The LifeSpan product line is designed specifically for people who want to make exercise a part of their lifestyles. Your treadmill includes the features you want to make your exercise routine enjoyable and effective. These features include preset programs that you can tailor for your specific requirements and display readouts to monitor the intensity and duration of your workout.

To complement these features we have designed and manufactured your treadmill to the highest quality standards. The all steel frame construction, heavy duty deck, pre-lubricated belt, and 1.75 horse power continuous duty motor are all included to provide years of use and require minimal ongoing maintenance.

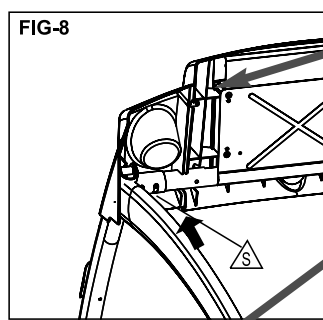
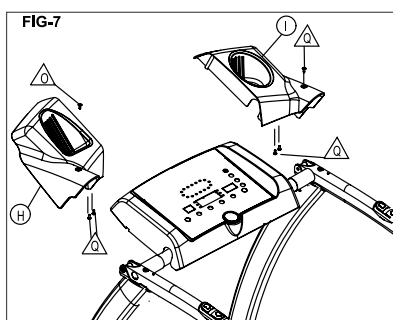
Please read this manual thoroughly before assembly and operation of your LifeSpan treadmill. It includes basic information on starting an exercise program, and safety tips that will assist you in reaching your goals for a healthy lifestyle.

To keep your treadmill in optimal condition, please pay attention to the maintenance and cleaning section of this manual and remember that some kinds of service should only be performed by a qualified service technician. If service is required, please contact your authorized PCE Health and Fitness Retailer. If a question or problem arises that cannot be answered by your retailer, contact us:

PCE Health and Fitness  
PO Box 981316  
Park City, Utah 84098 -1316  
Phone: (435) 940 -1180  
Fax: (435) 649 -3141  
[www.pcefitness.com](http://www.pcefitness.com)

Neither PCE Health and Fitness nor its representatives can accept responsibility for any damage or injury incurred as a result of information presented in the manual except under the terms of the product warranty.

# specifications



1. Console
2. Running Belt
3. Hood
4. Side Rail
5. On/Off Switch
6. Power Cord Outlet
7. Transport Wheels

Dimensions	71.5" L * 31" W * 50" H
Weight	170 Pounds
Construction	All Steel Welded Frame
Power Requirements	120 Volts nominal (grounded outlet required) 10 Amps
Motor	1.75 Horsepower Continuous Duty
Display Type	3 LED Windows
Data Displayed	Time, Distance, Calories, Incline, Speed, Heart Rate, Lap Count
Programmed Courses	Manual, Stride, Interval, Hill Climb, Weight Loss
Speed Range	.5 – 10 MPH (.8 – 16 KPH)
Incline Range	0% - 12%

## limited home use warranty

The LifeSpan TR1000-SL comes with the following limited warranty, which applies only to the use of this treadmill in the home, for residential, non-commercial purposes:

- Frame: Lifetime
- Motor: 10 years
- Parts: 2 years
- Labor: 1 year

PCE Health and Fitness warrants that the equipment it manufactures is free from defects in material and workmanship under normal use and service. The periods above are based on the date of purchase. During these periods, PCE Health and Fitness will repair or replace any defective part. Free labor is included for the first year.

If within the time frames specified above, any part of the LifeSpan fails to operate properly contact your authorized PCE Health and Fitness retailer to report the problem. All labor shall be supplied by the authorized retailer that sold your product and the product must be located within that retailer's service area. If you are unable to reach the dealer that you purchased the product from, contact PCE Health and Fitness at our web site, [www.pcefitness.com](http://www.pcefitness.com) or at (435) 940-1180.

PCE Health and Fitness reserves the right to make changes and improvements in our products without incurring any obligations to similarly alter any product purchased. In order to insure our product warranty and to ensure the safe and efficient operation of your treadmill, only authorized parts can be used. The warranty is void if any parts other than those provided by PCE Health and Fitness are used.

### **Exclusions and Limitations**

- This warranty does not apply to any defects caused by negligence, misuse, improper assembly or maintenance, accident, or an "act of god".
- This warranty does not apply to discoloration of paint or plastics
- PCE Health and Fitness shall not be responsible for incidental or consequential damages.
- This warranty is nontransferable from the original owner.

### **Registration**

You must register your LifeSpan product before a warranty claim can be processed. To complete your registration card online, go to [www.pcefitness.com](http://www.pcefitness.com) and fill out the registration card online or fill out the warranty card provided with your treadmill and mail it today. Registration Cards must be completed and sent to PCE Fitness within 30 days of purchase to activate the Product Warranty on your LifeSpan equipment. Product Warranties are not valid unless properly completed and sent to PCE Fitness within this 30 day period.

# important safety precautions

**Note:** Read ALL instructions before using your LifeSpan treadmill.

When using electrical equipment, basic precautions should always be followed, including:

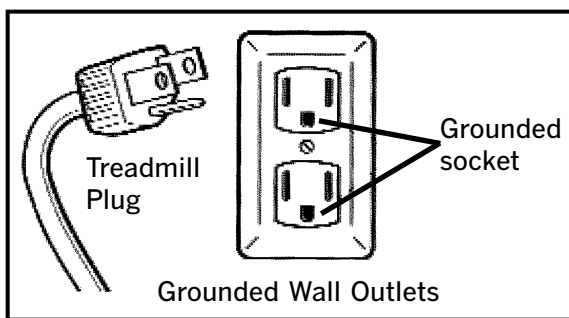
- Never drop or insert any object into any opening.
- Never operate this treadmill if it has been damaged, if it is not working properly or if it has been exposed to water. Return the treadmill to a retailer for examination and repair.
- To reduce the risk of electric shock, unplug the treadmill from the wall outlet when not in use, before performing any maintenance, or before moving the treadmill.
- Do not use outdoors.
- Do not lean against or climb on the treadmill. Doing so may result in the treadmill tipping and falling and could result in serious personal injury.
- Do not hang or place items on the treadmill. Doing so could result in shifting the weight balance of the treadmill causing it to tip over or fall causing serious personal injury.
- Do not operate the treadmill with the side rails or dust covers removed.
- Keep the treadmill on a solid surface, with the sides and front a minimum of two feet from any walls and furniture. Make sure that the area behind the treadmill remains completely clear during use. A minimum of 4 feet of clearance behind the treadmill is required for safety reasons.
- Do not operate where aerosol spray products are being used or where oxygen is being administered.
- Never place the power cord under carpeting or place any object on top of the cord, which may pinch or damage it.
- Use this exercise product for its intended use as described in this Owners Manual. Do not use attachments that are not recommended by PCE Health and Fitness
- Do not leave your treadmill running while not in use.

## Children and Pets

- Keep children off your treadmill at all times.
- When in use, young children and pets should be kept at least 10 feet away.

## Grounding Instructions

- Never use extension cords between the treadmill and the wall outlet.
- This product is for use on a nominal 120 volt circuit, and has a grounding plug similar to the illustration below. Never remove or otherwise bypass with an adapter the electrical ground that is included.



**Danger:** Improper connection of the equipment grounding conductor can result in the risk of electric shock. Check with a qualified electrician or service person if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product. If it will not fit in the outlet, have the proper outlet installed by a qualified electrician.

## Other Safety Tips

- Always consult a physician before beginning this or any exercise program.
- If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising immediately and consult your physician before continuing.
- Do not wear clothing or jewelry that might catch on any part of the treadmill.
- This treadmill is equipped with a safety key. If the key is removed from the display, the treadmill will immediately stop. Always clip the cord that is attached to the safety key to a part of your clothing so the key will be pulled from the display, stopping the treadmill, in case of an emergency.

**Save These Instructions**

Cardiovascular endurance is the most important component of physical fitness. There are two types of cardiovascular training, these are interval training and steady state training.

Interval training varies the amount of effort required to workout. The Weight Loss, Interval, and Stride, Hill Climb and Mountain programs all modify the speed during the program to vary the effort required.

Steady state training keeps the workload constant. Your Manual program on the treadmill gives you this Steady State workout and allows you to manually control the speed and incline of your treadmill. If you have a requirement to maintain a steady heart rate during your workout, the manual program is the best selection.

There is no one exercise program that is right for everyone. Your age, current level of physical fitness, and your goals should all help determine the program that is right for you.

Regardless of your personal fitness goals and the program that you pursue, warming up and cooling down before and after you workout will help reduce the risk of injury and improve the effectiveness of your workout.

Warming up is important to bring your body from its normal level of activity to a state where it is ready to exercise by increasing the flow of blood to the muscle to raise the muscle temperature. This will increase the muscle elasticity and protect the joints. The warm up period also helps to mentally prepare you for your workout.

Warmups should be done at a low intensity level and last for at least five minutes.

Cooling down after your workout is required to gradually bring your cardiovascular system down to its normal level.

Follow your workout with at least 10 minutes of stretching. Focus on the major muscle groups of the lower extremity. When stretching, stretch the muscle until you feel gentle tension, hold it and wait for the tension to relax while the muscle elongates, stretch the muscle again until you feel gentle tension.

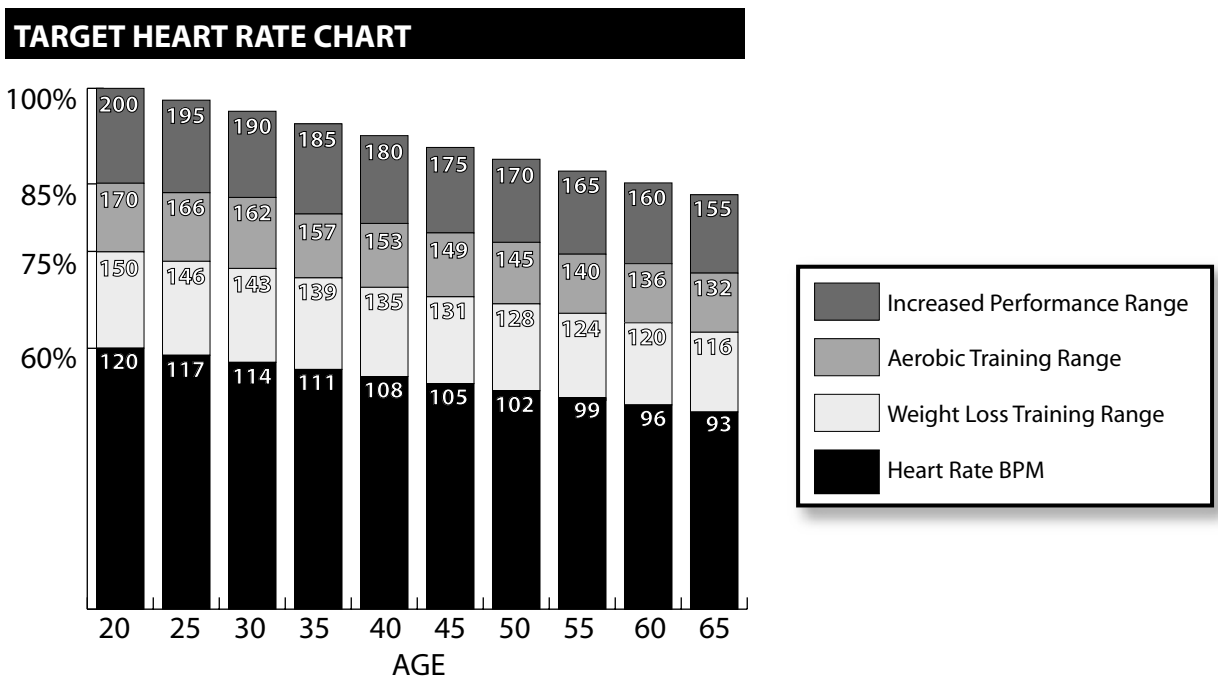
Do not bounce when you stretch, bouncing is not an effective approach to stretching and can lead to injury.

The three components of a successful cardiovascular exercise program are:

- Frequency
- Intensity
- Time

In terms of **frequency**, you should try and exercise at least three times per week and no more than five times per week. Preferably you should try to exercise every other day to give your body a days rest in-between workouts.

The **intensity** of each workout refers to how hard you feel your working and can be measured by your heart rate. Depending on your fitness goals, exercise between 55% and 90% of your maximum heart rate. A simple way of estimating your maximum heart rate is by subtracting your age from 220. As a general rule of thumb, if your fitness objective is to lose weight, you will want to keep your heart rate at between 60% and 75% of your maximum heart rate. If your objective is improved aerobic performance keep your heart rate between 75% and 85% of your maximum heart rate.



To achieve benefits from your workout, your workout **time** should be at least 20 minutes per session. If you are trying to lose weight focus on longer (more than 30 minutes) less intense workouts, to improve your aerobic performance focus on shorter more intense workouts.

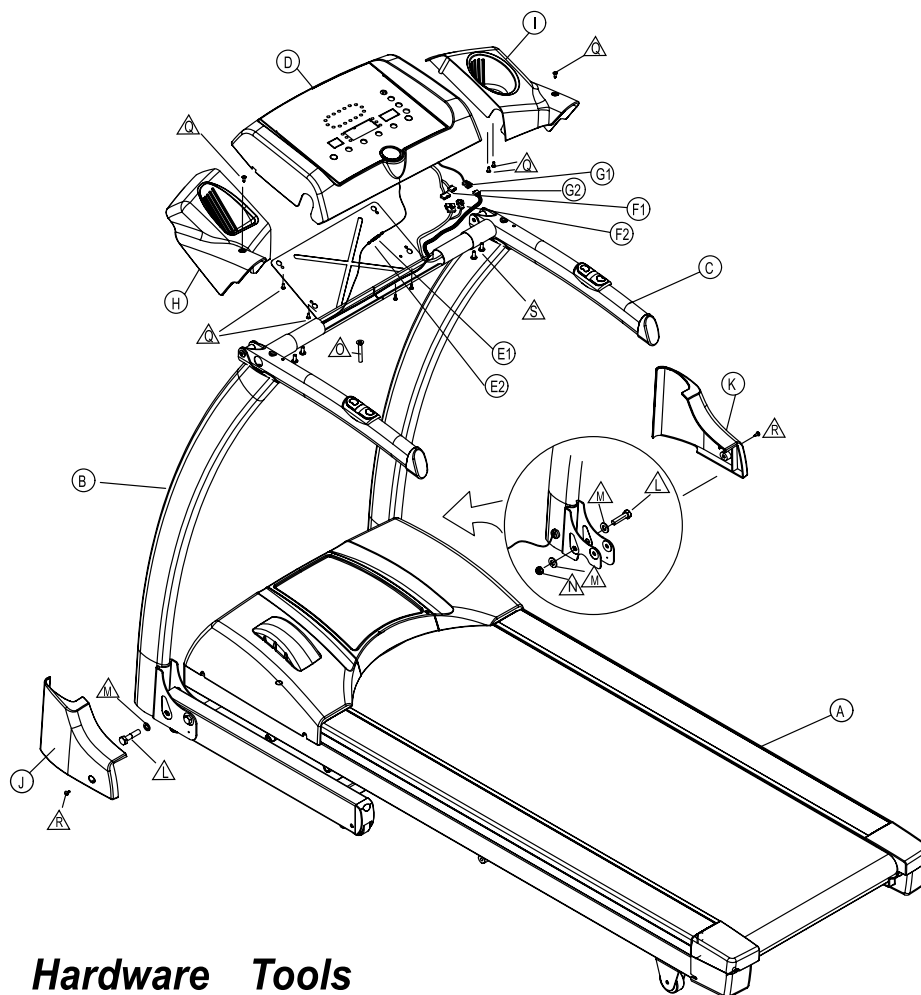
As a rule of thumb when your exercising, if your having trouble completing a sentence, you are working too hard. When exercising, you should be able to speak freely without gasping for air.



# assembly instructions

Since your treadmill is a heavy piece of equipment, we recommend that after taking off the top portion of the box, you slit the corners of the lower carton and fold down the sides. This will eliminate the need for you to pick up the treadmill over the sides of the box.

Prior to starting the assembly process take all of the parts out of the box, remove all plastic bags, and lay them out on the floor to become familiar with the components. Make sure that you remove all parts packaged underneath the treadmill. You may need to slightly pick up the back of the treadmill to get better access to the parts on the bottom. You will notice that the treadmill is completely assembled except for the handlebars and the display.

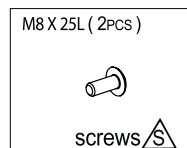
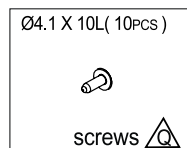
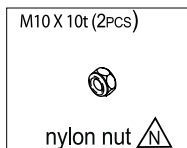
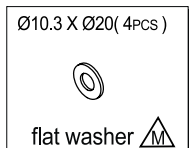
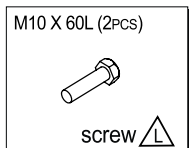


## Parts

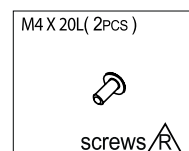
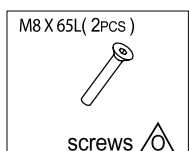
- (A) Frame
- (B) Support Post
- (C) Handlebar
- (D) Console
- (E1) Ground Wire
- (E2) Ground Wire
- (F1) Wire Harness
- (F2) Wire Harness
- (G1) Hand Pulse Cable
- (G2) Hand Pulse Cable
- (H) Left Cup Holder
- (I) Right Cup Holder
- (J) Left Cover
- (K) Right Cover

## Hardware Tools

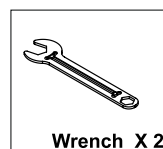
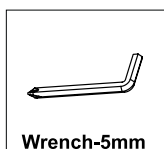
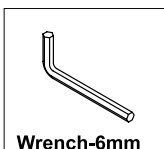
### Screws Already in Place on the Treadmill



### Screws in Plastic Bag

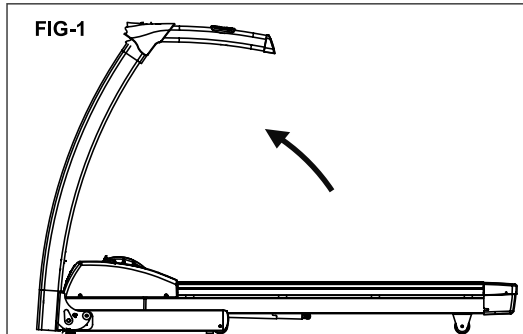


### TOOLS

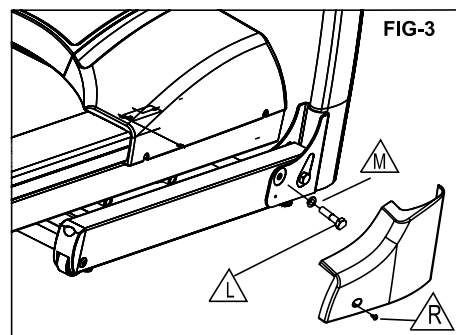
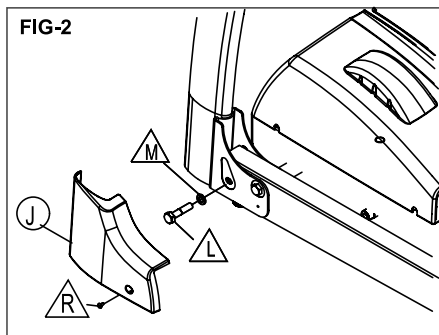


## Handlebar Support Post Assembly

1. Remove screw  $\triangle L$  , washer  $\triangle M$  and nut  $\triangle N$  from both right/left sides of base frame.
2. Stand up the support post and handle bar. (FIG-1 )

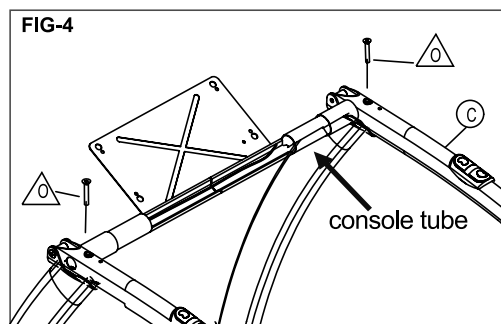


3. Attach screw  $\triangle L$  , washer  $\triangle M$  and nut  $\triangle N$  back to both right/left sides of base frame and tighten the screws.
4. Attach right base cover on base frame and tighten by screw  $\triangle R$  . Repeat the same step on the left side.



## Handlebar Assembly

1. Adjust the handlebars so they are positioned on the handlebar posts. Secure the right/left handle bar on the support post by tightening the screws  $\triangle O$  . ( FIG-4 )
2. Rotate the console tube so the console bracket is positioned as shown in Figure 4.



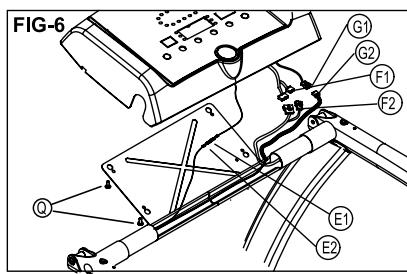
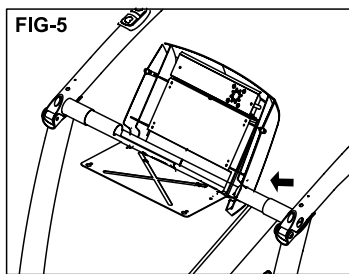
## Console Assembly

1. Hold console on the console tube as shown in Figure 5.
2. Connect grounded wires (E1) (E2) . ( FIG-6 )
3. Connect wire harness (F1) (F2) . ( FIG-6 )
4. Connect hand pulse cables (G1) (G2) . ( FIG-6 )

*Note: Insert excess wire harness into right side of console tube.*

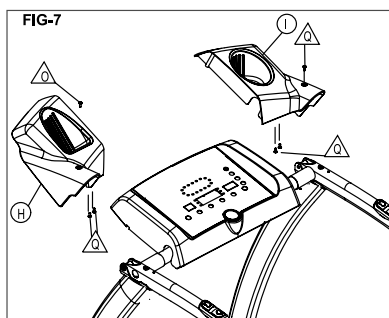
5. Fix console on the bracket by tightening 4 screws (Q) .

**Warning: Make sure all the cables/wires are not pinched when the console screws are tightened.**



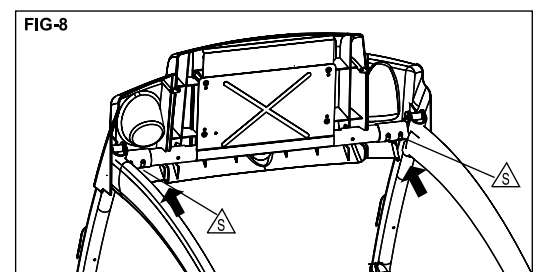
## Cup Holder Assembly

1. Attach the right cup holder to the console tube and the right handlebar. Rotate the console tube if necessary to make sure the cup holder fits snugly on the handle bar.
2. Attach screw (Q) from the top of the cup holder onto the handlebar and tighten.
3. Attach screw (Q) from the bottom of the cup holder to the console.
4. Repeat the above steps to fix left cup holder on handle bar. ( FIG-7 )



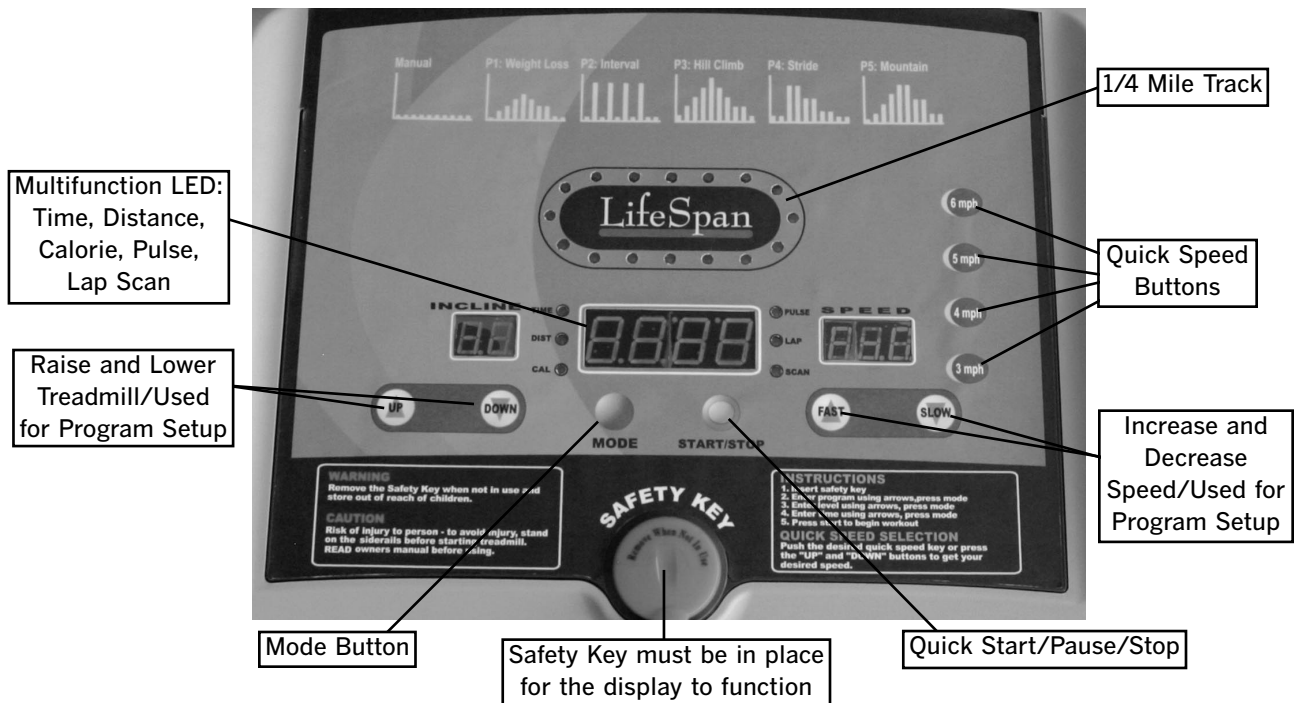
## Complete Assembly

Make sure the console and the cup holders are aligned and then tighten the 4 screws (S) under both sides of console tube. ( FIG-8 )



# electronics overview

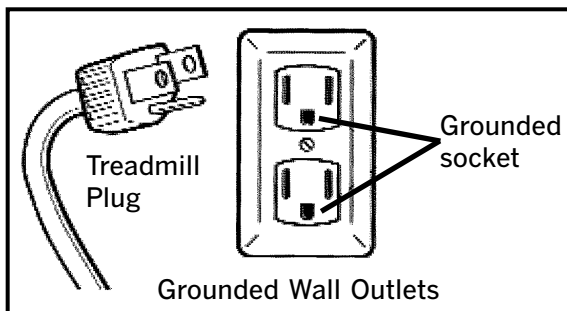
## Display Functions



## Grounding Instructions

This product must be properly grounded to work safely and properly. If a malfunction should occur, grounding provides a path for electric current and reduces the risk of electric shock.

Your LifeSpan treadmill includes a standard American ground plug. Do not alter this plug in anyway and do not by pass the ground with an adapter. Plug your treadmill into a 115 VAC/10 amp grounded electrical outlet with 115 volts measured at the treadmill. If this breaker switch has other appliances that run at the same time, you may experience problems with the breaker switch or erratic performance from your treadmill.



Using electrical power other than the one specified above will void any warranty, implied or otherwise.

### Warnings


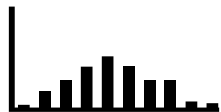

*Improper connection of the grounded plug can result in the risk of shock. Check with a qualified electrician if you have any questions or are in doubt as to whether the product is properly ground.*

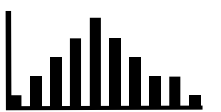
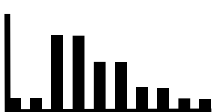
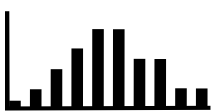
*Never use extension cords between the treadmill and wall outlet.*

## exercise programs

The TR1000-SL comes with 5 program types plus manual mode. Each program has 3 different levels that can be selected. To select a level use either set of up/down arrow keys and then press the mode button. Program workout times are equally divided into 10 segments. So if you working out for 30 minutes each segment will be 3 minutes long.

With all programs you can select the incline level that you would like use and you can override the speed by using one of the quick-keys or by using the speed control buttons.

Name	Program Profile
Manual	
Program 1 – Weight Loss	
Program 2 – Intervals	

Name	Program Profile
Program 3 – Hill Climbs	
Program 4 – Stride	
Program 5 – Mountain	

**Manual** –the Manual program can be selected by depressing the "Quick/Start" button or by selecting Program 1 and entering a workout time before starting your workout. This program gives you the maximum amount of control and only changes when you initiate the change in either "Speed" or "Incline". The Manual program should be used for steady state training.

**Weight Loss** – the Weight Loss program is designed to raise your heart rate to between 60% and 75% of your maximum rate. (see the reference chart in the Getting Fit section of this manual). With this program you will want to work out for 30 minutes or longer to achieve the best results.

Level 1 is designed for individuals who are de-conditioned and just getting started with an exercise program. The beginning speed in this level is .9 MPH and the maximum speed is 2.1 MPH.

Level 3 ranges from 2.1 MPH to 3.4 MPH

**Interval** – the Interval program raises the heart for one workout segment and then allows a one segment recovery before starting the next interval. These types of interval programs are designed to improve recovery and cardiovascular fitness.

Level 1 starts at 1.2 MPH and goes to 4.3 MPH. Level 3 starts at 2.5 MPH and goes to 5.6 MPH.

## Hill Climb, Stride, and Mountain

Hill Climb/Mountain– these programs are all designed to raise the user's heart rate by gradually increasing the intensity of the workout and then gradually lowering the intensity to slowly bring the hear rate back down to its resting state.

Program Segment										
Hill Climb	1	2	3	4	5	6	7	8	9	10
Level 1	1.2	2.5	3.7	5.0	6.2	5.0	3.7	2.5	2.5	1.2
Level 2	1.8	3.1	4.3	5.6	6.8	5.6	4.3	3.1	3.1	1.8
Level 3	2.5	3.7	5.0	6.2	7.5	6.0	5.0	3.7	3.7	2.5
Mountain										
Level 1	.6	1.8	3.1	4.3	5.6	5.6	3.7	3.7	1.8	1.8
Level 2	1.2	2.5	3.7	5.0	6.2	6.2	4.3	4.3	2.5	2.5
Level 3	1.8	3.1	4.3	5.6	6.8	6.8	5.0	5.0	3.1	3.1

Stride – the stride program raises the speed of the workout in one segment and then gradually decreases the speed 2 segments at a time.

Program Segment										
Stride	1	2	3	4	5	6	7	8	9	10
Level 1	1.2	1.2	5.0	5.0	3.7	3.7	2.5	2.5	1.2	1.2
Level 2	1.8	1.8	5.6	5.6	4.3	4.3	3.1	3.1	1.8	1.8
Level 3	2.5	2.5	6.2	6.2	5.0	5.0	3.7	3.7	2.5	2.5

# treadmill operations

Before starting your treadmill the following actions will need to be properly completed:

1. Be certain that your treadmill sits stable on the floor. It is also recommended that you locate your treadmill in a pleasant area that gives you something to look at while working out, such as a window or television. Maintaining an exercise program with a treadmill located in a poorly lit basement room is more difficult than when your treadmill is located in an active and pleasant location.
2. Make sure that your treadmill is plugged into a properly grounded outlet as described in the grounding section of this document.
3. Turn the On/Off switch, which is located in the front of your treadmill, to the On position.
4. Insert the magnetic safety key in the round area centered at the bottom of your display. If the safety key is not inserted properly you will see lines across the middle of each LED display.

## QuickStart

1. Attach the "Safety Key" to your clothing. This key will immediately shut off your treadmill if removed and is strongly recommended for your safety.
2. QuickStart - The quickest and easiest way to start your treadmill is to push the QuickStart button. This will cause the display to count down for 3 seconds and then begin in the "Manual Program" at .5 Miles Per Hour.
3. Speed - To increase the speed push on the "Fast" button. Each time you depress the "Fast" button the speed will increase by .1 Miles Per Hour
4. Incline - To increase the "Incline" depress the "Up" arrow. Each time you depress the "Up" button it will increase the incline by one degree. To reduce the incline, depress the "Down" button.
5. Display Readouts - Besides "Speed" and "Incline" the center LED window will display Time, Distance, Calories, Heart Rate and Laps around the track. By pressing the mode button you can select the function that you want displayed on the center window, or you can go to the scan mode to scan through all functions. In the "Quick Start" mode, time will start to count up from 0:00.

## **Program Setup and Selection**

1. To Start a program simply select the desired program by pressing on either the "Up" and "Down" or "Fast" and "Slow" buttons and then pressing the "Mode" button.
2. For all programs except the "Manual Program" you can now select a "Level". To select a "Level" press either set of "Up" and "Down" arrow keys. Level 1 is the easiest and Level 3 the most difficult. Once the desired level is obtained, push the "Mode" key.
3. Now chose how long you would like to workout by pressing either set of "Up" and "Down" arrows. Each time you push the up or down button the workout time will change by one minute. You can also hold these buttons down to quickly scroll through the time.

The shortest preset program time is 10 minutes and the longest is 99 minutes.

4. Once the desired time is selected, push the "Quick Start" button to begin your workout.

*Note: If you push the "Mode" button after selecting the workout time, the time on the display will go to 00:00 and begin to count up to the time that was selected. You can push the "Mode" button again and the time will count down during your workout.*

## **Pause Function**

Pause the treadmill at any time during the operation by pressing the "Stop" button once. To resume operations, press the "Start" button.

## **Pause Function**

To reset the console, press the "Stop" button for several seconds. Repeat the above steps to reset desired programs level and workout time.

## **At The End Of Every Exercise Session Always...**

1. Remove the Safety Key from the computer console.
2. Use the master power switch to turn the treadmill off. The master power switch is located at the front of the treadmill.
3. Always position and store the electrical cord where it is clear from all pathways.
4. Unplug the electrical cord from the electrical outlet. This is especially important if you are not going to use your treadmill for extended periods.
5. Wipe all treadmill surfaces with a dry cloth or towel especially perspiration on the handlebars, control panel, running belt or other treadmill components.



## moving and storage

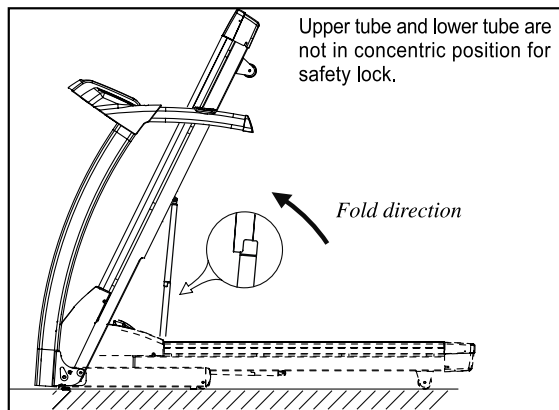
The treadmill comes with a folding feature that reduces the amount of storage space required when your treadmill is not in use and makes the treadmill easier to move.

### Folding the Treadmill

1. Make sure that the On/Off switch is turned Off and the power cord is removed from the wall.
2. Make sure that nothing is on or near your treadmill which might spill, be knocked over or prevent the treadmill from completely folding.
3. (a.) Place both hands under the support bar that is located directly under the back of the running belt on your treadmill to make sure that you have a solid lifting point  
  
(b.) Lift the treadmill all of the way forward and make sure that the hydraulic lift is properly locked in place.

*Caution: When lifting, use proper safety precautions and lifting techniques. Bend your knees and elbows, keep your back straight and pull up evenly with both arms.*

- (c.) Ensure that the locking mechanism is secure by gently pulling back on the treadmill and make sure that it doesn't move. When doing this, be careful to be securely positioned in case the treadmill lock has not engaged.

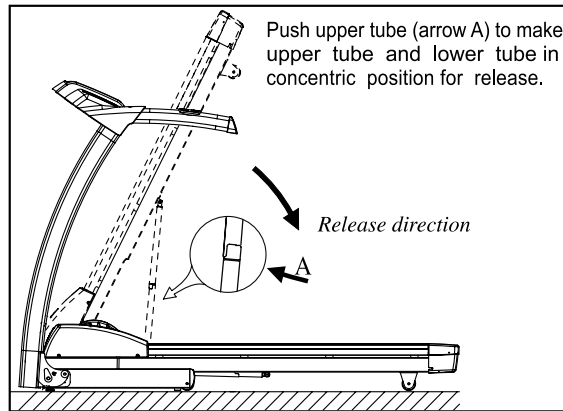


### Caution:

- Do not fold the treadmill by lifting on the running belt or rear roller. These parts do not lock in place and are difficult to grip when folding - personal injury or damage to the treadmill could result.
- Do not lean against the treadmill once it is folded or place items on it that could cause it to become unstable or fall over. This could result in serious personal injury.
- Do not connect the power cord when the treadmill is folded or try to operate the treadmill in the folded position

## Unfolding the Treadmill

1. Make sure that you have adequate space to lay down the treadmill and that the surface is level and solid. If you plan on using the treadmill when unfolded, there should be at least two feet of clear surface on both sides and the front, and four feet of available surface in the back.
2. Inspect to ensure that nothing is on or near your treadmill that might spill, be knocked over or prevent the treadmill from completely unfolding.
3. Position yourself behind the treadmill. With your right hand, slightly push the treadmill forward towards the display and with your left hand push on the top portion of the hydraulic lift. This will unlock the lift and allow the treadmill to be lowered.
4. Once the locking mechanism is released, place both hands on the support brace underneath the running deck and slowly lower the treadmill. Make sure that you use proper lifting technique, bending your knees and keeping your back straight.



## trouble shooting

The treadmill is designed and manufactured to be reliable and easy to use. However, if you have a problem, these troubleshooting steps may help you find the cause.

**Problem:** The console lights do not light up.

**Solution:** Check to make sure that the treadmill is properly plugged-in, the On/Off switch is turned to the "On" position, and Safety Key is attached.

**Problem:** The belt does not stay in the center of the treadmill when in use.

**Solution:** First check to make sure that the treadmill is level, then refer to the instructions in this manual on how to tension and adjust the belt.

**Problem:** The treadmill motor seems strained or the fuse becomes blown.

**Solution:** The lubricating silicon that is applied to the deck and belt is wearing down and the belt needs to be lubricated with silicon spray.

**Problem:** The treadmill belt slips during use.

**Solution:** The belt may need to be tensioned after a period of use. Refer to the Belt Tensioning and Adjustment Section of this manual.

**Problem:** The motor is straining to keep the belt moving.

**Solution:** The LifeSpan treadmill belt is pre-lubricated at the factory with a silicon lubricant. Occasionally you may need to re-apply silicon spray lubricant to keep the belt

# maintenance and cleaning

## Belt Tensioning

If the belt begins to slip during use, it will need to be tensioned. Your treadmill is equipped with tension bolts that are accessible from the back of the treadmill. Before tensioning the belt, start the treadmill and set the speed to 3 MPH. Using a 6 mm Allen Wrench, included in your hardware bag, turn the right and left tension bolts 1/2 turn, alternating back and forth until the belt slipping stops. After you adjust each side 1/2 turn, test to see if the slipping is eliminated. If the belt still slips repeat this step and test again.

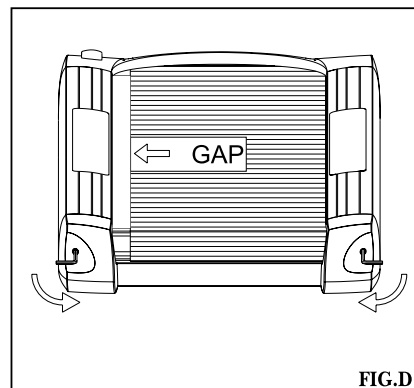
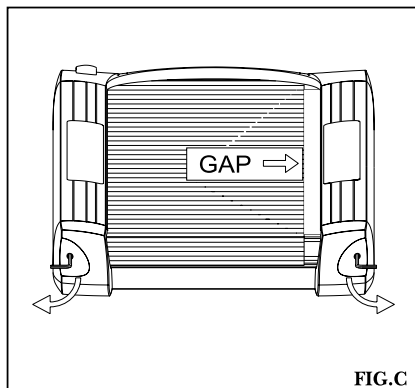
If you turn one side more than the other, the belt will start to drift to the side of the treadmill and need to be aligned.



## Aligning the Running Belt

Ensure the running belt is centered on your treadmill at all times. Running style and a non-level surface are two instances that may cause the belt to drift off center. Minor adjustments to the two bolts at the rear of the treadmill are necessary when the belt has drifted off center.

1. Press "START" to begin running belt, then increase the treadmill's speed to 3MPH.
2. Stand at the rear of the treadmill to determine which direction the belt is drifting.
3. If the belt drifts to the left, turn the left adjustment bolt one-quarter turn clockwise and the right adjustment bolt one-quarter turn counter-clockwise. (See FIG.C)
4. If the belt drifts to the right, turn the left adjustment bolt one-quarter turn counter-clockwise and the right adjustment bolt one-quarter turn clockwise. (See FIG.D)
5. Observe the tracking of the belt for about two minutes. Repeat step 3, 4 and 5 as needed.



## Belt Lubrication

You should lubricate the belt on the TR1000 every 200 hours of use or if you feel the treadmill straining to move the belt during normal use.

***Note: If the belt loses its lubrication it will place stress on the motor and electronics during operation and increase the chance of product damage.***

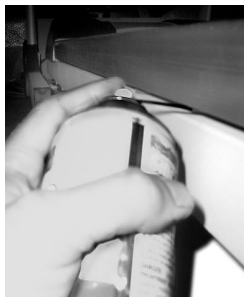
Use a non-petroleum base silicon spray. You can purchase belt lubricants from [www.treadmilldoctor.com](http://www.treadmilldoctor.com) or we recommend a silicon spray from Napa Auto parts. When purchasing the silicon spray you will need a lubricant that includes an extension nozzle.

To lubricate the belt, keep the treadmill in its normal operating position, turn it on and set the speed to 3 MPH. Add the extension nozzle to the spray can and insert the nozzle into the gap in treadmill frame between the side rail and the steel frame. Make sure that the nozzle goes through the gap in the frame and behind the bottom of the treadmill belt on the underside of the treadmill. With the treadmill running at 3 MPH spray the silicon for 5-6 seconds.

Refer to the picture below to see the correct location for the silicon nozzle.

***Note: When lubricating the belt, make sure that the treadmill is located on a surface that can be easily cleaned. Do not over spray. After completing the lubrication, fold the treadmill and clean off any excess silicon spray from the bottom of the treadmill and the floor or matt.***

Make sure the area has adequate ventilation and refer to all safety precautions from the silicon manufacturer.



## Cleaning

After use, wipe down your treadmill with a soft cloth. On a regular basis, you will also want to clean the treadmill using a mild detergent to remove all dirt and salt from the belt, painted parts and the display.

Avoid getting dirt and other materials on the belt as these materials can work their way under the belt and damage your treadmill or cause components to wear prematurely.



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