



## Treadmill Maintenance Checklist

Like cars, fitness products require maintenance. Regular maintenance extends the life of your fitness product, and failure to provide regular maintenance will void your warranty. Copy the maintenance log sheet and record maintenance work.

### Daily tasks

1. Check the product, including the safety key, for safe operation. Secure any loose screws. If you have questions about the operation or safety of a product, unplug it and place an Out-of-Service note on the product until the issue is resolved.
2. Use a clean, lint-free towel, dampened with a mixture of Simple Green and water, to wipe the product clean. Include the display, grips, handrails, walk belt, and landing strips. (Do NOT use cleaners with alcohol, ammonia or other damaging chemicals. Never spray or pour any liquid directly on the product.)

### Monthly tasks

1. Inspect the power cord for damage. Replace if necessary.
2. Make sure handles, pedestals, and other parts are secure, and that screws are tight.
3. Check walk belt tension and alignment. Adjust if necessary. Do not over tighten.

### Quarterly tasks

1. Use a lint-free towel and diluted Simple Green to clean the walk deck. Lubricate the walk deck with SportsArt Hyperglide™ lubricant, part lube-03, and cancel the lubrication prompt (see manual). Note that at 2500 miles (4000 KM), SportsArt treadmills prompt users to lubricate the walk deck.
2. Inspect the walk belt and deck for wear. Note: When replacing the walk belt, flip or replace the walk deck; Always provide a fresh contact surface for a new walk belt.
3. For DC motor treadmills, remove motor brushes. Remove loose carbon out of the motor brush area. (Do not breathe or let others breathe motor brush carbon. Collect it in a damp cloth or vacuum.) Replace brushes when they are under  $\frac{1}{2}$ -inch long. Note: if used often, your treadmill may require brush maintenance more often.

### Half-yearly tasks

1. Turn off unit power. To allow capacitors to discharge, wait five minutes before disconnecting power cord. Remove the motor cover. Vacuum the area around the drive motor and board. Avoid bumping wires or components.
2. Check drive belt for wear. Replace it if there are cracks or damage. (Note: SportsArt drive belts last a long, long time. Chances are you will not have to replace a drive belt within the warranty period.) Align pulleys if needed.



3. Use a clean, lint-free cloth, dampened with a mixture of Simple Green and water, to clean the rollers and other moving parts.
4. Clean and lubricate walk deck bushings. For lubrication of deck bushings, use red lithium grease. Remove bushing lubricant that touches the walk belt or deck surface.

#### **General Notes on Maintenance**

Note that product maintenance requirements depend on usage and environment. This schedule is based on average use. Some products may require maintenance more often than is suggested here. Please call the SportsArt Service department at 1-866-709-1750 if you have questions.

#### **To check walk belt tension:**

- a. First, center the belt. (See d. below.) Operate the treadmill at 1.2~2.5 mph or 2~4 kpm.
- b. Hold onto the handles. Press your feet against the walk belt. If the front roller keeps moving but the walk belt stops rotating, the walk belt tension should be increased.
- c. To adjust the walk belt, turn roller screws clockwise  $\frac{1}{2}$  turn at a time. Then retest walk belt tension. To avoid premature wear on components, do not over tighten the walk belt.
- d. Note: Turning rear roller screws clockwise extends the rear roller toward the back of the unit, increasing walk belt tension. Turning rear roller screws counterclockwise brings the rear roller closer toward the front of the unit, decreasing walk belt tension. By adjusting one screw clockwise, that side of the roller extends toward the back of the treadmill, forcing the walk belt toward the other side. Always check walk belt centering after each adjustment. Avoid making the walk belt hit one side or another.

#### **Caution:**

Use standard safety procedures when accessing electrical parts. For products with power cords, turn off unit power. Allow capacitors to discharge by waiting five minutes before disconnecting the power cord from the power socket. After waiting five minutes, remove covers to access the drive board and other components. For products without power cords, let the unit sit without use for five minutes before accessing drive boards and other components.



## One-Year Maintenance Log for Treadmills

Facility Name: \_\_\_\_\_

Maintenance Supervisor: \_\_\_\_\_

Product serial number: \_\_\_\_\_  
\_\_\_\_\_

Start Date: \_\_\_\_\_ End Date: \_\_\_\_\_

| Daily Tasks | Week 1 | Week 2 | Week 3 | Week 4 |
|-------------|--------|--------|--------|--------|
| 1. Safe     |        |        |        |        |
| 2. Clean    |        |        |        |        |

| Daily Tasks | Week 5 | Week 6 | Week 7 | Week 8 |
|-------------|--------|--------|--------|--------|
| 1. Safe     |        |        |        |        |
| 2. Clean    |        |        |        |        |

| Daily Tasks | Week 9 | Week 10 | Week 11 | Week 12 |
|-------------|--------|---------|---------|---------|
| 1. Safe     |        |         |         |         |
| 2. Clean    |        |         |         |         |

| Monthly Tasks      | Months 1-3 | Months 4-6 | Month 7-9 | Month 10-12 |
|--------------------|------------|------------|-----------|-------------|
| 1. Power cord      |            |            |           |             |
| 2. Pedestal        |            |            |           |             |
| 3. Check walk belt |            |            |           |             |

| Quarterly Tasks | Quarter 1 | Quarter 2 | Quarter 3 | Quarter 4 |
|-----------------|-----------|-----------|-----------|-----------|
| 1. Clean deck   |           |           |           |           |
| 2. Inspect belt |           |           |           |           |
| 3. DC motor     |           |           |           |           |

| ½-Yearly Tasks   | First half of the year | Second half of the year |
|------------------|------------------------|-------------------------|
| 1. Vacuum        |                        |                         |
| 2. Drive belt    |                        |                         |
| 3. Rollers       |                        |                         |
| 4. Deck bushings |                        |                         |

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