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› [Spot On 4 oz Silicone Treadmill Belt Lubricant Instruction Manual](#)

Spot On PN004TBL

Spot On 4 oz Silicone Treadmill Belt Lubricant Instruction Manual

Model: PN004TBL

1. INTRODUCTION

This manual provides essential instructions for the proper use and maintenance of your Spot On 4 oz Silicone Treadmill Belt Lubricant. Regular lubrication is crucial for extending the life of your treadmill and ensuring smooth operation. Please read this manual thoroughly before use.

2. SAFETY INFORMATION

- Keep out of reach of children and pets.
- Avoid contact with eyes. In case of contact, rinse thoroughly with water.
- Do not ingest. If swallowed, seek medical attention immediately.
- Use in a well-ventilated area.
- Store in a cool, dry place away from direct sunlight and heat.
- This product is for treadmill belt lubrication only. Do not use for other purposes unless specified by the treadmill manufacturer.

Legal Disclaimer: Patent Pending.

3. PRODUCT OVERVIEW

The Spot On 4 oz Silicone Treadmill Belt Lubricant is a 100% pure silicone oil designed for a wide range of modern treadmills. It comes with a unique application system for easy and mess-free lubrication.



Image 3.1: Spot On 4 oz Silicone Treadmill Belt Lubricant bottle and applicator tube.

Key Features:

- **100% Silicone Oil:** Pure silicone formulation, non-toxic and odorless.
- **Patented Applicator Tube:** An 8-inch extension tube cap designed for full belt width lubrication without loosening the belt.
- **Twist Spout Dispensing Top:** For general purpose lubricating.
- **Modern Crush Resistant Packaging:** Ensures safe shipping and storage.
- **Compatibility:** Suitable for home and heavy-duty commercial treadmills, most elliptical equipment, and other exercise equipment requiring silicone-based lubricant.



Image 3.2: Overview of product features including the innovative applicator, non-toxic and odorless nature, and 100% silicone oil composition.

4. SETUP AND PREPARATION

Before applying the lubricant, ensure your treadmill is turned off and unplugged from the power source for safety.

- 1. Prepare the Lubricant Bottle:** The bottle comes with two dispensing options: a twist spout for general use and an 8-inch extension tube cap for treadmill belt lubrication. For treadmill belt lubrication, attach the 8-inch extension tube cap to the bottle.
- 2. Clean the Treadmill Deck (Optional but Recommended):** If your treadmill belt and deck are visibly dirty, it is recommended to clean them before lubrication. Consult your treadmill's manual for specific cleaning instructions.



Image 4.1: The precision needle and patented applicator design for controlled lubricant flow.

5. OPERATING INSTRUCTIONS: APPLYING LUBRICANT

Follow these steps to lubricate your treadmill belt effectively:

- 1. Position the Applicator:** With the treadmill off and unplugged, gently lift one side of the treadmill belt. Insert the 8-inch extension tube under the belt, aiming for the center of the deck. The tube is designed to reach across the full width of the belt.
- 2. Apply Lubricant:** While slowly pulling the applicator tube out from under the belt, gently squeeze the bottle to dispense a thin, continuous line of lubricant onto the deck. Apply lubricant in an 'S' or 'Z' pattern across the width of the belt, ensuring even distribution.
- 3. Repeat on Other Side:** Move to the other side of the treadmill and repeat the application process to ensure the entire deck surface under the belt is lubricated.
- 4. Distribute Lubricant:** Plug in the treadmill and turn it on. Walk on the belt at a slow speed (e.g., 1-2 mph) for 3-5 minutes. This helps to evenly spread the lubricant between the belt and the deck.
- 5. Wipe Excess:** If any lubricant appears on the top surface of the belt or on the side rails, wipe it off with a clean

cloth to prevent slipping.



Patented Long Tube

Provides Ideal Flow Control and Easy Access Under Belt

Image 5.1: The patented long tube applicator allows for easy and precise lubrication under the treadmill belt.

Image 5.2: Demonstrating optimal flow control during lubricant application.

6. MAINTENANCE

Regular lubrication is key to maintaining your treadmill's performance and longevity. Experts recommend lubricating your treadmill every 3-6 months, or after every 40-60 hours of use, depending on your treadmill's usage and manufacturer guidelines. Each 4 oz bottle contains approximately 4 applications, enough for a full year of protection for most users.

- **Frequency:** Refer to your treadmill's owner's manual for specific lubrication intervals. If no specific interval is provided, a general guideline is every 3-6 months or after 40-60 hours of use.
- **Benefits of Regular Lubrication:**
 - Reduces friction between the belt and deck.
 - Extends both belt and motor life.
 - Eliminates belt hesitation and reduces noise.
 - Protects equipment from costly repairs.

7. TROUBLESHOOTING

If you experience issues after lubrication, consider the following:

- **Slipping Belt:** If the belt slips after lubrication, it might be too loose. Refer to your treadmill's manual for instructions on how to properly tension the belt. Ensure no lubricant is on the top surface of the belt.

- **Increased Noise/Friction:** If noise or friction persists, the treadmill may require more lubricant, or the lubricant may not have been evenly distributed. Re-apply lubricant following the instructions in Section 5. Ensure the treadmill deck is clean.
- **Uneven Belt Movement:** This could indicate uneven lubrication or improper belt alignment. Check your treadmill manual for belt alignment procedures.

For persistent issues, consult your treadmill's manufacturer or a qualified service technician.

8. SPECIFICATIONS

Attribute	Detail
Brand	Spot On
Model Number	PN004TBL
Material	Silicone
Liquid Volume	4 Fluid Ounces (120ml)
Item Weight	4 Ounces (113.4 g)
Product Dimensions	15.24 x 11.43 x 5.08 cm
Item Form	Liquid
Recommended Uses	Treadmill Belt Lubrication (Commercial and Home Use)
Manufacturer	Spot On Lubricants

9. WARRANTY AND SUPPORT

For specific warranty information or product support, please refer to the manufacturer's website or contact Spot On customer service directly. Contact details are typically found on the product packaging or the official Spot On website.

Manufacturer: Spot On Lubricants

Place of Business: ONALASKA, WI 54650-8224, US