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### Spot On PN0004NT

# Spot On Treadmill Belt Lubricant Instruction Manual

Model: PN0004NT

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## 1. INTRODUCTION

The Spot On Treadmill Belt Lubricant is a 100% silicone-based solution designed for maintaining the smooth operation and longevity of your treadmill. Regular lubrication reduces friction between the running belt and the deck, preventing wear and tear, and ensuring consistent performance. This high-quality, odorless, and non-toxic lubricant is easy to apply and suitable for various treadmill models requiring silicone lubrication.



Image 1.1: Spot On Treadmill Lubricant bottle highlighting its features.

## 2. SAFETY INFORMATION

- Keep out of reach of children.
- May be harmful if swallowed. In case of ingestion, seek medical attention immediately.
- Avoid contact with eyes. If contact occurs, flush eyes thoroughly with water for several minutes.
- Never apply lubricant to the running surface of the treadmill belt, as this can create a slip hazard.
- Store in a cool, dry place away from direct sunlight.

## 3. SETUP AND PREPARATION

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

1. **Prepare the Bottle:** Remove the flat cap or induction liner from the lubricant bottle.
2. **Attach Applicator:** Apply the twist dispensing cap. For precise application, twist the long tube applicator clockwise onto the bottle, ensuring it is tight. Pull off the small black tip from the end of the tube to open the flow.

## Directions

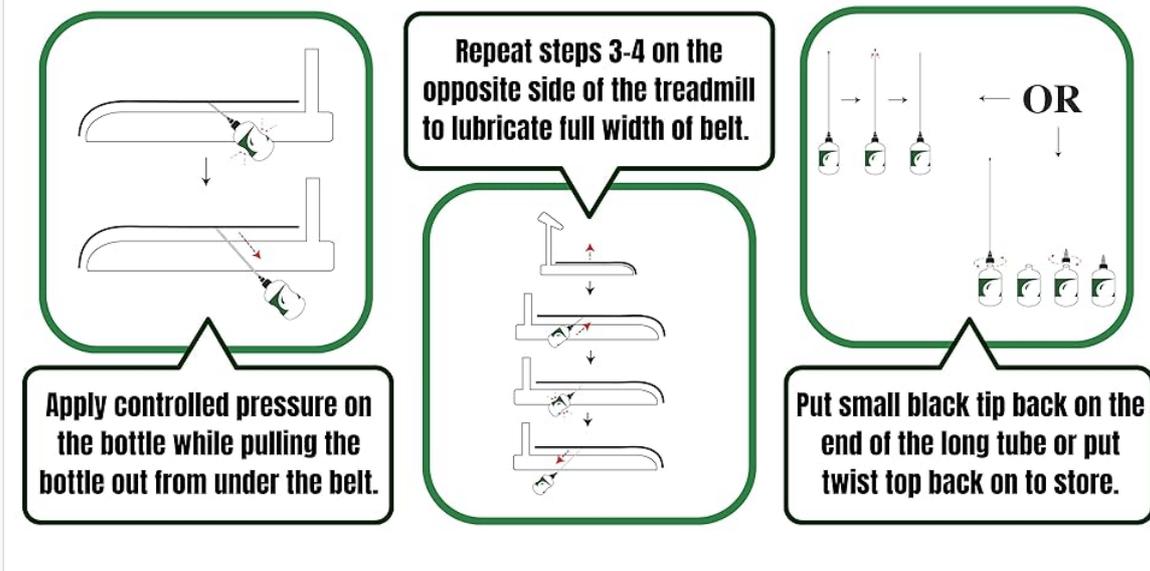


Image 3.1: Steps for preparing the lubricant bottle and applicator.

## 4. MAINTENANCE AND APPLICATION

Regular lubrication is crucial for treadmill performance. Follow these steps for proper application:

1. **Lift the Belt:** On one side of the treadmill, gently lift the running belt upwards.
2. **Insert Applicator:** Insert the bottle or the long tube applicator underneath the belt as far as possible, aiming for the center of the deck.
3. **Apply Lubricant:** Apply controlled pressure to the squeeze bottle to dispense approximately 1/2 oz. of lubricant (about 1/8 of the bottle's content) to the underside of the belt. Apply the lubricant in a line from the front to the back of the deck while slowly pulling the bottle out from under the belt.
4. **Repeat on Opposite Side:** Repeat steps 1-3 on the opposite side of the treadmill to ensure the full width of the belt is lubricated.
5. **Distribute Lubricant:** Plug in the treadmill and walk on it at a slow speed (e.g., 2-3 mph) for 3-5 minutes to evenly distribute the lubricant.
6. **Storage:** After use, replace the small black tip on the long tube or put the twist top back on the bottle to store.



Image 4.1: Detailed steps for applying the treadmill lubricant.

### Reapplication Frequency:

Reapply lubricant after every 25-50 hours of treadmill use, or as recommended by your treadmill manufacturer. Consistent lubrication helps prevent premature wear and maintains optimal performance.

## 5. PRODUCT SPECIFICATIONS

Feature	Detail
Brand	Spot On
Model Number	PN0004NT
Material	100% Silicone
Liquid Volume	4 Fluid Ounces (120ml)
Item Weight	0.25 Pounds
UPC	868877000321
Recommended Use	Treadmill Belt Lubrication

## 6. TROUBLESHOOTING

If you experience continued issues with your treadmill after applying the lubricant, such as unusual noises, belt sticking, or inconsistent movement, please consider the following:

- Ensure the lubricant was applied evenly across the entire width of the belt.
- Verify that the treadmill belt tension is correctly adjusted according to your treadmill's manufacturer instructions.
- Check for any foreign objects or debris under the belt.

If problems persist, consult your treadmill's specific user manual or contact Spot On customer support for further assistance.

## 7. WARRANTY INFORMATION

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For detailed warranty information regarding your Spot On Treadmill Belt Lubricant, please refer to the official Spot On website or contact customer support directly. Keep your purchase receipt as proof of purchase.

## 8. CUSTOMER SUPPORT

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For any questions, concerns, or technical assistance, please visit the official Spot On website:

[SpotOn-Brands.com](https://SpotOn-Brands.com)

You can also visit the Spot On store on Amazon for more product information and support:

[Visit the Spot On Store on Amazon](#)