

Manuals+

[Q & A](#) | [Deep Search](#) | [Upload](#)

manuals.plus /

- › [Hydra Fitness Exchange](#) /
- › [Hydra Fitness Exchange Foot Rail Slider Concave Washer B130013-Z1 Instruction Manual](#)

Hydra Fitness Exchange B130013-Z1

Hydra Fitness Exchange Foot Rail Slider Concave Washer B130013-Z1 Instruction Manual

Model: B130013-Z1

1. INTRODUCTION

This manual provides essential information regarding the Hydra Fitness Exchange Foot Rail Slider Concave Washer, part number B130013-Z1. This component is designed as a replacement part for specific treadmill models, ensuring proper function and stability of the foot rail system. Please read this manual thoroughly before attempting installation or maintenance.

2. PART IDENTIFICATION AND COMPATIBILITY

To ensure this is the correct replacement part for your equipment, verify your treadmill's model name and number. The B130013-Z1 Foot Rail Slider Concave Washer is compatible with the following treadmill models:

- **Sole Fitness:**
 - WF80 - 2009-2010 Series
 - F65 - 2013 Series, 2014 Series
 - F80 - 2013 Series, 2014 Series
 - F85 - 2013 Series, 2014 Series
 - S77 - 2013 Series, 2014 Series
 - TT8 - 2013 Series, 2014 Series
- **Spirit Fitness:**
 - XT385 - 2011-2012

When identifying parts, locate your treadmill's model name and model number (or serial number for other manufacturers). The first 2-5 characters of a serial number are often sufficient for identification.



Figure 1: A close-up view of the Hydra Fitness Exchange Foot Rail Slider Concave Washer B130013-Z1. The metallic washer features three circular holes, with the rightmost hole having an additional concentric ring, indicating its concave design. The surface shows a slightly worn, galvanized appearance with minor discoloration.

3. SETUP AND INSTALLATION

The Foot Rail Slider Concave Washer is typically used in the assembly of the treadmill's foot rail system. Installation generally involves securing the foot rail to the treadmill frame using appropriate fasteners, with the washer providing a secure and stable connection.

1. **Safety First:** Before beginning any installation, ensure the treadmill is unplugged from its power source to prevent accidental operation.
2. **Locate Installation Point:** Identify the specific location on your treadmill where the foot rail slider concave washer is to be installed. Refer to your treadmill's original assembly manual for precise diagrams and instructions.
3. **Position the Washer:** Place the concave washer in its designated position, ensuring the concave side faces the appropriate component (e.g., bolt head or nut) to distribute pressure evenly and prevent loosening.
4. **Secure Fasteners:** Insert and tighten the corresponding bolts or screws through the washer and into the treadmill frame or foot rail. Do not overtighten, as this can damage components.
5. **Verify Stability:** After installation, gently test the foot rail for stability and ensure all connections are secure before restoring power to the treadmill.

If you are uncertain about the installation process, it is recommended to consult a qualified fitness equipment technician.

4. OPERATING PRINCIPLES

As a structural component, the concave washer does not have operational controls. Its function is passive, providing a stable and secure connection within the treadmill's foot rail assembly. The concave shape helps to distribute the load from a fastener (like a bolt head or nut) over a larger surface area, reducing the risk of loosening due to vibration and preventing damage to the mating surface. This ensures the foot rail remains firmly attached during treadmill use.

5. MAINTENANCE

Proper maintenance of all treadmill components, including washers, contributes to the longevity and safe operation of your equipment.

- **Regular Inspection:** Periodically inspect the foot rail assembly and all fasteners, including the concave washers, for any signs of wear, corrosion, or loosening.
- **Tighten Fasteners:** If any fasteners appear loose, carefully tighten them to the manufacturer's recommended torque specifications (if available in your treadmill's manual).
- **Cleaning:** Keep the area around the foot rails and their connections clean and free of dust or debris.
- **Replacement:** If a washer shows significant signs of damage, deformation, or corrosion, it should be replaced immediately to maintain structural integrity.

6. TROUBLESHOOTING

If you encounter issues related to the foot rail assembly after installing the B130013-Z1 washer, consider the following:

- **Loose Foot Rail:** If the foot rail feels unstable or loose, re-check all fasteners for proper tightness. Ensure the washer is correctly seated and not damaged.
- **Incorrect Part:** Double-check the part number B130013-Z1 against your treadmill's requirements and the compatibility list in Section 2. An incorrect part may not fit properly or provide adequate support.
- **Damaged Washer:** Inspect the washer for any cracks, bends, or excessive wear that might compromise its function. Replace if damaged.
- **Installation Error:** Review the installation steps in Section 3 to ensure all procedures were followed correctly.

7. SPECIFICATIONS

Attribute	Detail
Part Number	B130013-Z1
Brand	Hydra Fitness Exchange
Package Weight	16 ounces
Item Dimensions (LxWxH)	6 x 8 x 1 inches
ASIN	B09CF2CWSF
Date First Available	January 14, 2019

8. SUPPORT

If you require further assistance with diagnosing issues, identifying the correct replacement parts, or installation, it is recommended to consult a professional fitness equipment technician. Hydra Fitness Exchange may be able to recommend a technician in your area based on your zip code. For general inquiries about Hydra Fitness Exchange products, please refer to their official channels.

