Treadmill Deck and Belt Guide

For Residential & Light Commercial Treadmills

Caring for and maintaining the treadmill deck and belt will help extend the life of the treadmill and keep it running smoothly. This document will provide you with information regarding these topics.

Table of Contents

Click on a link in the Table of Contents to view that information

Treadmill Supplies

All treadmills come with a t-handle wrench to be used to make running belt adjustments. Treadmills with silicone running surfaces also come with a 40ml bottle of silicone (1-2 applications). Additional bottles can also be ordered through Johnson Health Tech by contacting Customer Technical Support.
Part #: 40ml bottle - # 1000092805 (1-2 applications)
For other silicone options, see Silicone Options

For Purchase Supplies

Lubricating a treadmill that has a silicone running surface is key for performance and longevity. In the section *Running Deck/Belt Lubrication – for Silicone Surfaces ONLY,* you will see 2 ways to lubricate the running surface using the silicone that comes with your treadmill. Procedure 1 shows how to apply the silicone using the silicone that comes with the treadmill. Procedure 2 show how to apply the silicone using a syringe applicator that can be purchased at places like Amazon and other for purchase silicone lubricants can also be found in the Running Deck/Belt Lubrication section.

Click this link to see the applicator: Silicone Applicator.

Running Belt Adjustments

Once the treadmill is positioned where it will be used, the running belt must be checked for proper tension AND alignment (centering). It's recommended to check the belt tension and alignment after the first week of use. Temperature and humidity can cause the belt to stretch at different rates. If the belt starts to slip or is drifting to one side of the running deck, follow the steps below to make the adjustment needed.

Running Belt Tensioning

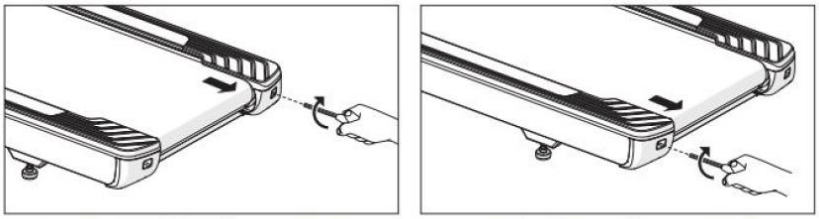
Find the two hex head bolts in the end caps adjust the rear roller position. To move the roller out (closer to you), turn both clockwise using the t-handle wrench. This will add tension to the running belt. In turn, adjusting the 2 bolts

counterclockwise will move the roller in, removing tension from the running belt. It's important to adjust each bolt the same amount of turns to keep the belt centered on the running deck. It's recommended to make ¼ to ½ turns at a time when adjusting.

This belt can stretch some over its lifetime. It's recommended to check tension after the first week of use, then monthly during the preventive maintenance tasks.

Procedure

1. Press Go on the treadmill and adjust speed to 3mph/4.8kph.
2. Walk on the treadmill belt. Once you are comfortable and balanced, stomp your foot on the belt. You are emulating a runner with a heavy foot. Does the belt stop or hesitate?
    a. If yes, tension needs to be added. Do this by turning both roller bolts clockwise described above then repeat Step 2
        i. The belt can be adjusted while it is moving **if you are careful.**
    b. If no, no adjustments are needed, meaning the belt is tensioned properly and the process is complete.



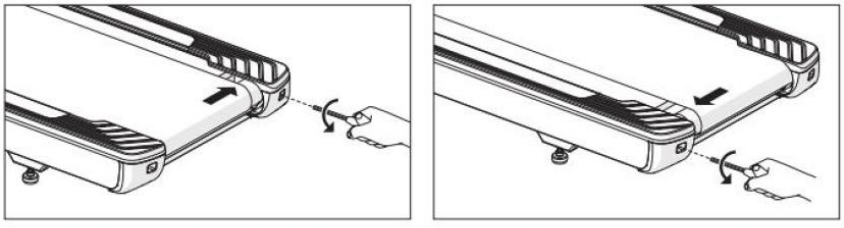
TIGHTENS RIGHT SIDE OF ROLLER TIGHTENS LEFT SIDE OF ROLLER

Running Belt Alignment

Find the two rear roller bolts in the end caps adjust the rear roller position. To align the belt to the center of the running deck, using the t-handle wrench turn bolt on the side that the belt moved and turn clockwise. In other words, if you want to move the belt to the right, turn the left bolt counterclockwise (see image below). A ¼ - ½ turn will move the belt quite a bit.

Procedure

1. Press Go on the treadmill and adjust speed to 3mph/4.8kph. You can use higher speeds to allow the belt to walk side to side faster.
2. Move/adjust the belt by turning the roller bolts clockwise or counterclockwise as described above.
3. Watch the belt move to the center of the deck (increasing the speed allows the belt to adjust left or right quicker).
4. Repeat until belt is centered on the deck.



BELT IS TOO FAR TO THE LEFT SIDE BELT IS TOO FAR TO THE RIGHT SIDE

Running Surface Type

There are 2 different running surfaces on residential treadmills: silicone oil OR waxed surface. It is important to know what you are working with to help you understand maintenance and/or when replacements are needed. Johnson Health Tech has 2 different tests used to check if a new deck or belt is needed. Which test you use is based on drive motor type and running surface type. Please use the chart below to determine what test you should follow.

Drive Motor Type	Running Surface Type	Test
DC Motor	Silicone	Look and feel test
AC Motor	Silicone	Look and feel test
AC Motor	Wax	Friction test*

**A technician will need to perform this test. Refer to Online Remedy and view Using Your Multi-meter instruction to see how to perform the test.*

Overview

Silicone Surface - silicone oil is applied to the surface of the deck then walked into the belt. Add 20ml silicone oil to deck every 150 miles or 3 months. An additional 10ml could be added after walking in the 20ml if it doesn't seem smooth. Never apply more than 30ml at one time.

Wax Surface – Some treadmills have decks that can be flipped because they have wax ironed onto both sides whereas decks that are not flipped are not waxed at all and only 1 side of the deck is useable. No matter the deck type, all waxed systems have wax infused into the running belt. Unlike silicone surfaces where it's recommended to add silicone through the life of the deck/belt, you should never apply anything to a waxed system.

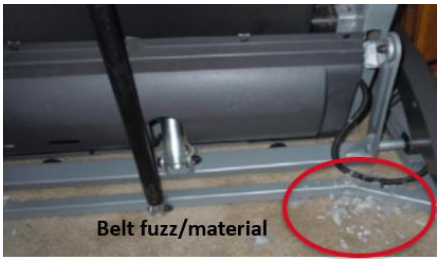
How do you tell if a deck or belt needs to be replaced?

- AC drive motors with waxed running surface – a friction test must be performed to see if replacement is warranted (a technician will need to perform this test)
- DC drive motors with silicone or wax running surface - "look and feel test" (see Running Deck and Belt Condition)

Running Deck and Belt Condition *(Look and Feel Test)*

Issues related to "no belt movement" or "the belt abruptly stopping" can be related to the condition of the running deck and/or belt. The deck and belt look and feel will determine if replacement is needed or if silicone should be added. There are several ways that will show when it's time to replace a running belt, a running deck or BOTH. Besides physical damage to the deck, it usually does not need to be replaced.

- The most common issue is to see white dust or nylon fabric at the rear of the machine, underneath the deck, and around the rollers – replace belt

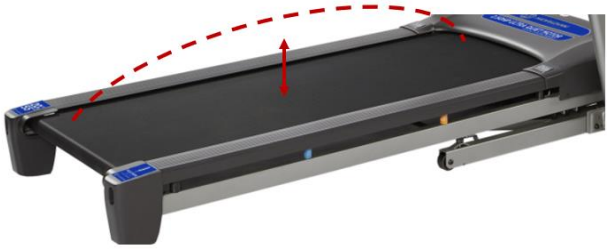


- Excess heat from friction could cause the running belt to rip and split in half – replace belt
- Excess heat from friction can cause the underside of the running belt to discolor (dark brownish in color) – replace belt
- Excess heat from friction can cause the top layer of the deck to wear through exposing the wood (brown). This will also damage the belt – replace deck and belt

Procedure to check condition of running surfaces

1. From the rear roller, find the 2 roller bolts inside of the end cap (1 on each side)

2. Loosen these bolts until the belt is loose enough to inspect the underside from the center of the running surface.



3. Refer to the images below to compare the deck and belt condition

Surface of the running deck	Underside of the running belt
	
Good – black in color, surface is shiny and smooth to the look and touch	**Good** – white in color and no material peals or burn marks. Slight discoloration is normal
	
Bad – showing grooves you can see and feel	**Bad** – burn marks/lines are starting to appear
	
Bad – showing dull marks you can see and feel.	**Bad** – majority of material is black/dark brown in color

Once the condition of the deck and belt have been determined, you should take different steps related to the type of running deck and belt on the treadmill. Is it a silicone running system or waxed running system? Check the Owner's Manual to determine this. When in doubt, contact Johnson Health Tech Customer Technical Support with your treadmill serial number and they can answer this for you. It's important to know if the treadmill has a waxed running surface as it cannot have silicone (or anything for that matter) added or it will ruin the entire running system and the deck and belt will need to be replaced.

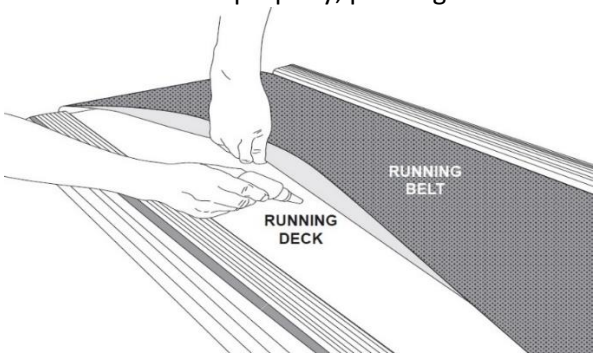
Running Deck/Belt Lubrication – for Silicone Surfaces ONLY

IMPORTANT: *Check the Owner's Manual to see if your treadmill has a silicone running deck/belt or a waxed running deck/belt. Waxed decks/belts are considered maintenance free meaning nothing should ever be applied/added to the deck or belt for its life.*

It is recommended to lubricate the deck every 150 miles (241 km) or every 3 months. This can change depending on many factors such as usage, age of the machine, and environmental conditions, among others. A simple inspection of the deck and belt surfaces can be performed to identify if the deck/belt need to be lubricated.

Procedure 1 – using the bottle of silicone that comes with the treadmill

1. Power down the treadmill and unplug the power cord from the outlet.
2. Using the t-handle wrench or socket, loosen the rear roller bolts until the running belt can be lifted enough to expose the center of the deck.
3. Lift up on the belt as far as you can and apply the silicone in a zig-zag pattern across the entire running deck surface. Use 20ml per application. An additional 10ml could be added if needed but never use more than 30ml at one time.
4. Plug the power cord into the outlet and power on
5. Re-tension and align the belt
6. Walk on the unit at a comfortable speed for 3 minutes to spread the silicone.
    a. If you notice the belt not centered or tensioned properly, please go back to Step 5



Procedure 2 – using the Silicone Applicator or one of the other silicone bottle options listed below

1. Power down the treadmill and unplug the power cord from the outlet.
2. Silicone applicator - Fill the applicator with the desired amount of silicone. 20ml is recommended. Other bottles with an attached tube applicator, gauge the amount applied by how many applications is in each bottle.

3. Lift the running belt from the side in the front middle of the belt. Insert the applicator under the running belt. Apply 10ml then repeat using the other 10ml on the other side of the belt.
4. Plug the power cord into the outlet and power on
5. Walk on the unit at a comfortable speed for 3 minutes to spread the silicone.
    a. If you notice the belt not centered or tensioned properly, please go Running Belt Adjustments
    b. If you don't feel the running surface is smooth, you can add an additional 10ml but never exceed more than 30ml at one time.

Other Silicone options:

Silicone	Bottle size	Applications
SEKODAY - Silicone Treadmill Belt Lubricant	4.2oz/124ml	6
Good Habit – Silicone Treadmill Belt Lubricant	4oz/118ml	5
Godora - Silicone Treadmill Belt Lubricant	4oz/118ml	5
IPO - Silicone Treadmill Belt Lubricant	4oz/118ml	5

Caring for the Deck and Belt

Always power off the treadmill and disconnect the power cord from the outlet before performing these tasks.

Running Deck

- With a dry cloth, wipe the side rails and any exposed parts of the running deck. Do not get the running deck wet as it can cause irreversible damage.
- Vacuum under the treadmill at minimum every month. More frequent if placed on hard surfaces or if pets are in the home.

Running Belts

- Clean the top surface as needed using a soap and water solution (1:10) and bristled scrub brush. Place a towel on the floor under the rear roller to catch any excess solution. Spray solution on the brush and scrub. Turn the belt with your foot or hand to expose a new surface. Be careful not to get water on the deck. Belts must be completely dry before using. DO NOT perform this cleaning technique on the underside of the belt (the side that touches the deck).

Customer Technical Support

Warranty Product

Brand	Phone	Email
Matrix & Vision	800-335-4348	info@johnsonfit.com
Horizon, Merit, AFG	800-244-4192	techsupport@horizonfitness.com

Out of Warranty Product

Brand	Phone	Email
Matrix & Vision	888-993-3199	visionparts@johnsonfit.com
Horizon, Merit, AFG	888-878-9011	Support@horizonfitness.com Parts@horizonfitness.com