

EVERY 6 MONTHS OR 150 MILES

It is necessary to lubricate your treadmill running deck every six months or 150 miles to maintain optimal performance. Once the treadmill reaches 150 miles, the console will display the message "LUBE" or LUBE BELT". The treadmill will not operate while the message is showing. Hold Stop for 5 seconds to suspend message for 5 miles. Your treadmill came with a bottle of lubricant which can be used for two applications. If you need lubricant, contact AFG. Only use lubricant provided by AFG.

- *Turn off the treadmill with the on/off switch, then unplug the power cord at the wall outlet.*
- *Loosen both the rear roller bolts. (For best results, place two removable marks on both sides of the frame and note roller position). Once the belt is loosened, take the bottle of lubricant and apply it to the entire top surface of the running deck. Tighten both rear roller bolts (matching up the marks for proper position) to original position. After you have applied lubricant, plug in the power cord, insert the safety key, start the treadmill and walk on the belt for two minutes to spread the lubricant.*
- *Lubricate the air shocks with Teflon based spray.*
- *Once lubrication is complete, reset the console by pressing and holding 'STOP' and Speed '+' buttons for 5 seconds.*

Please contact AFG with questions about applying lubricant to your treadmill.

LUBRICATION

