



## Belt / Deck Lubrication

Do not lubricate with other than SOLE approved lubricant. Your treadmill comes with one tube of lubricant and extra tubes can be ordered directly from SOLE. There are commercially available lube kits, but the only one currently approved by SOLE is Lube-N-Walk. These kits come with an application wand that makes applying the lubrication easier.

Keeping the deck lubricated at the recommended intervals ensures the longest life possible for your treadmill. If the lubricant dries out, the friction between the belt and deck rises and places undue stress on the drive motor, drive belt and electronic motor control board, which could result in catastrophic failure of these expensive components. Failure to lubricate the deck at regular intervals may void the warranty.

The deck comes pre-lubricated and subsequent lubrication should be performed every 180 hours of use, or every three months, whichever comes first. The console has a built in lubrication reminder indicator that lights every 180 hours of use. To lubricate the deck with the tube of lubricant supplied it will be necessary to loosen the walking belt. Using the 6 mm allen wrench supplied, loosen the two rear roller adjustment bolts -- located in the rear end caps -- enough to get your hand under the belt (5 –10 turns). Make sure to loosen both bolts the same amount of turns and also remember how many turns, because when finished you will need to tighten the bolts back to the point they were before.

Once the belt is loose, wipe the deck with a clean lint free cloth to remove any dirt. Apply the whole tube of lubricant onto the deck surface about 18 inches from the motor cover. Squeeze out the contents of the tube across the deck (parallel to the motor cover) in about a one foot line, like toothpaste on a toothbrush. The one foot line should be in the middle of the deck at approximately equal distance from both side edges of the belt. You want the lubricant to be applied about the spot that your feet would hit the belt as you are walking. This should be about 18 inches from the motor cover, but you may want to walk on the treadmill before loosening the belt to note where your feet land on the belt. If you mostly run on the treadmill the spot where your feet land may be different from walking.

Once the lubricant is applied, tighten the rear roller bolts the same amount of turns as when you loosened them. Run the treadmill at about 6 mph without walking on it for about a minute or two to make sure the belt stays in the middle of the deck. If the belt tracks to one side then follow the belt tracking instructions to remedy. Now the deck is lubricated and you should walk, not run, on the treadmill immediately for at least 5 minutes to ensure the lubricant is evenly distributed. If you purchase a Lube-N-Walk kit, follow the instructions that come with it to apply the lubrication