

## Fixing the "Thump"

We have seen a few elliptical units that have developed a thump after a few weeks of use. If your unit is having this problem there is a very simple way to fix it.

The first thing to do is clean the rails and wheels with rubbing alcohol, then apply a very light coat of lube on the rails. This is very important because if there is any debris between the wheels and the rails it can be felt throughout the machine. Once the rails and wheels have been cleaned, check to see if the unit is still making a "thump". If it is, proceed to step one.

1. Using a flat screw driver, take the disc cover off.
2. You will be able to see a black allen head bolt and a silver hex head bolt. The allen head bolt is what clamps down the cross member to the axel. This allen head bolt needs to be tightened down with a 6mm allen wrench and something else to give you leverage (such as a closed end wrench which is pictured). This bolt needs to be very, very, tight. With just an allen wrench you will not be able to get it tight enough.

Once the bolt is very tight, snap the disc back into place and test unit for noise. This should take care of the noise. If it does not, please call our service department.

