

NORAMCO FITNESS

13901 Highway 105 West
Conroe, TX 77304

www.NoramcoFitness.com

Walking Belt Adjustments

Adjusting the Belt Tension

If the belt feels as though it is "slipping" or hesitating when you plant your foot during usage, the tension on the running belt may need to be increased. **If the treadmill is less than a year old, you should not tighten the walking belt until you have checked the drive belt tensions.** See the Drive Belt Adjustment guide for more information, or call the Noramco Fitness technical support line at 800.827.2017.

To increase the running belt tension:

1. Locate the two large, steel, 9/16 inch hex bolt-heads at the rear of the treadmill. These are called belt tension bolts.
2. Place a socket wrench on the left belt tension bolt. Turn the wrench clockwise ¼ turn to pull the rear roller toward you and increase the belt tension.
3. Repeat step 2 for the right belt tension bolt. You must be sure to turn both bolts the same number of turns so that the rear roller will stay square relative to the frame.
4. Start the running belt and check to see if the "slipping" has been corrected.
5. Repeat steps 2 and 3 until the slipping is eliminated.

To decrease the tension on the running belt, turn both bolts counterclockwise the same number of turns. Set the bolt tension so that your last 1/4 turn removes the apparent belt slippage and/or hesitation. **Do not tighten more than one full turn from the original factory setting.** If more adjustment seems necessary, contact Noramco Fitness for advice

Centering the Running Belt

Both rollers are crowned and will self-center the belt if the treadmill is run for a time with no one on it. If the belt remains consistently off-center, however, you will need to center the belt manually.

Note: Before centering the belt, make sure it has the proper tension. Refer to the previous section, *Adjusting the Belt Tension* for more information. Also, the machine should be run at the speeds indicated without anyone on the belt.

To move the belt back to center:

1. Start the treadmill and press Speed - Faster until the speed is approximately 4 mph as indicated on the display.
2. Locate the two large, steel 9/16-inch hex bolts at the rear of the treadmill. Observe whether the belt is running more towards the right or left side of the deck.

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3. Determine which side the belt is moving toward.

If the belt appears to be moving to the left:

Using a 9/16-inch wrench, turn the left bolt clockwise ¼ turn (to your right). Wait for one minute for the results of this adjustment to take effect. This action moves the belt to the right and back to center.

If the belt appears to be moving to the right:

Using a 9/16-inch wrench, turn the left bolt counterclockwise 1/4 turn (to your left). Wait for one minute for this action to take effect. This action moves the belt to the left and back to center.

If the belt is still not centered, repeat step 3 until it is, but **do not turn either bolt more than a total of one full turn**. If more adjustment than that seems necessary, please contact Noramco Fitness for advice

4. After the belt is centered, increase the speed of the belt to 10 mph by pressing Speed - Faster and verify that the belt is running smoothly.

If the above procedure is unsuccessful in resolving belt wander, you may need to check to see if the machine is level.