

NORAMCO FITNESS

13901 Highway 105 West
Conroe, TX 77304

www.NoramcoFitness.com

Rear Leveling Feet Trap Bracket Installation Instructions

Tools you will need

- Safety Glasses
- Hammer
- Drill
- 3/8" Drill Bit
- 1/2" Socket
- Ratchet
- Liquid Paper (To mark drilling positions)
- Broom or Vacuum

Safety Warning

This procedure will require two people at minimum. As you are certainly well aware, your high speed treadmill is very heavy. Serious injury can occur if you do not take the necessary precautions to protect your back. Always wear safety glasses and take all precautions to keep yourself and those around you safe!

Preparation

1. Turn off and unplug your treadmill from its outlet.
2. You will need to raise the rear of the treadmill and slide one of the brackets under either rear leveling foot, and then slide the other bracket under the remaining leveling foot. The foot should be centered between the slotted holes in the bracket.
3. You will then have to position the treadmill so that the brackets are 1/2" to 3/4" from the back edge of the MDF board. Again, the feet should be centered between the slotted holes in the brackets. Some adjustment may be necessary after adjusting the treadmill's position.

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4. Use the liquid paper to mark drilling locations. The holes you drill will need to be centered within the slotted holes in the brackets.

Installation

1. You will now need to move the treadmill off of the MDF board so that the board can be lifted up onto its edge.
2. Using your drill and 3/8" drill bit, drill through your MDF board in the places you marked in Step 3.
3. Push the T-Nuts up through these holes from the underside of the board. Use your hammer to tap them all the way into the holes and drive the spikes into the bottom surface of the board.
4. You may now reposition the MDF board on the floor.
5. Position the brackets over the holes you have just drilled and attach them with the provided spacers and bolts, as pictured on the previous page. The bolts should thread into the T-Nuts you installed in Step 6.
6. Sweep or vacuum up any debris that has collected on the floor from the work you have done.
7. Reposition your treadmill over the MDF board while making sure you place the rear leveling feet in the brackets, as pictured on the previous page.
8. Plug in your treadmill and use as normal.