

NORAMCO FITNESS

13901 Highway 105 West
Conroe, TX 77304

www.NoramcoFitness.com

Walking Belt Replacement and Deck Maintenance Procedures

Follow these steps to replace the walking belt and to flip or replace the deck at the same time.

You will need the following tools:

- 7/16" socket wrench
- 9/16" socket wrench
- #3 Phillips screwdriver
- 7/32" Allen key for treadmills with serial numbers between 10001 and 10760
- Socket extension at least 8" long for treadmills with serial numbers 10761 to 11581

1. Remove the foot rail

Remove the four or five fasteners on the bottom of the frame under one of the foot rails. (If you have two medical handrails, see the instructions for removing medical handrails.)

On some treadmill models, only the right foot rail is removable, and the nuts or bolts will be on the bottom of the frame. Use a 7/16" socket to remove the nuts or bolts.

On other treadmill models, there are holes in the bottom of the frame directly below the foot rail nuts. You may remove either foot rail. Use a long socket extension with a 7/16" socket to remove the nuts. Lift the foot rail off.

2. Remove the rear roller bolts

Using a 9/16" socket, remove the long bolts holding the back roller. **Do not try to remove the bolts one at a time.** Loosen the right bolt 2 turns, then the left bolt 2 turns, and work back and forth between them so that the long bolts don't get bent or jammed. **IMPORTANT:** Count the revolutions when removing the long bolts so you can get the roller tightened back to the same tension after the deck installation.

3. Remove the front roller

Remove the ribbed drive belt from the pulley on the left end of the front roller by pushing it towards the center of the roller while turning the roller by hand. This will cause the ribs to "walk" off of the grooved pulley. The drive belt will then be lying loosely around the front roller.

Remove the two bolts that hold the front roller into the sides of the frame.

On treadmills with serial numbers between 10001 and 10760, use a 7/32" Allen wrench to remove the front roller bolts.

On all other treadmill models, use a 9/16" socket wrench to remove the bolts. Some models will require a socket extension to get the 9/16" socket wrench through the access holes in the frame sides.

Once the side bolts are removed, slip the front roller out of the walking belt and the drive belt.

4. Remove the rear roller

Remove the rear roller by pulling it out of the two slots at the back end of the frame and slipping it out of the walking belt to the side.

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5. Remove the deck bolts

Move the walking belt to the side to uncover the four (newer models have only two) #3 Phillips-head screws in the deck corners. Remove and retain all four screws and the nuts from the underside.

6. Flip the deck

Slide the deck out to the side. Flip or rotate the deck according to the following schedule:

1st Maintenance – Flip the deck over side-to-side

2nd Maintenance – Re-flip the deck side-to-side and then rotate it 180°

3rd Maintenance – Flip once more side-to-side

4th Maintenance – Replace the deck

Slide the deck back into place with the new walking belt around it.

7. Replace the deck bolts

Replace the deck bolts with the nuts and washers on the underside, and tighten them securely.

8. Replace the rollers

Slip the rear roller under the walking belt and slide the ends into the slots at the end of the frame. Turn the roller so that the threaded holes in the ends are pointing straight back, parallel to the ground.

Slip the front roller under the walking belt and through the drive belt so that the ribbed drive belt is lying loosely around the roller inside the grooved pulley. Line up the holes in the ends of the front roller with the holes in the sides of the frame and replace the bolts that were removed in step # 3. Walk the ribbed drive belt back onto the pulley at the left end of the front roller. Center the walking belt lengthwise, and then replace the long bolts in the threaded holes in each end of the rear roller using the same procedure used to remove them. **Do not try to replace the bolts one at a time.** Tighten the right bolt 2 turns, then the left bolt 2 turns, and work back and forth between them so that the long bolts don't get bent or jammed. **IMPORTANT:** Use the same number of turns to replace the roller that were used to loosen the roller in step # 2. This will return the belt tension to the appropriate level.

9. Replace the foot rail

Replace the foot rail by reversing the procedure in step 1, being careful not to strip the bolt threads. Turn the fasteners only until snug – not tight.

10. Check belt alignment

Check the belt alignment using the procedures outlined in the Walking Belt Adjustment guide.

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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" 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 the Speed - Faster button until the speed is approximately 4 mph as indicated on the display.
2. Locate the two large, steel 9/16" 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" 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" 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 the Speed - Faster button 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.