

Treadmill Belt Measurement Data Sheet

Description: Part Number: 3-0072

Below is Treadmill Belt information about When, Why and How to carry out repairs to your Treadmill. Some of the Home Market Treadmills available today are fitted with cheaply made 1-ply Running Belts that won't normally last a year!

All our Treadmill Belts are minimum 2-ply, heavy duty and long lasting. Both our Home Use Treadmill Belts and Commercial Treadmill Belts are supplied with full 12 months Warranty!



When Should I replace my Treadmill Running Belt?

As a simple rule, if your Treadmill Belt becomes frayed, curls down or upwards at the sides, ripples down the centre, splits at the join, begins to "Crackle" underfoot, wears thin or will no longer track to the centre then it is time to replace your Treadmill Belt.

How do I measure the total Length of my Treadmill Running Belt?

If your belt is worn or damaged and you are absolutely sure that it has to be replaced then simply cut across it's width using a Scissors or a blade. If using a blade always cut between the Roller and the Deck Board otherwise you may cause damage to the Deck Board Surface. Remove the Treadmill Belt and lay it down flat on the floor then measure the entire length and the width of the belt as close to the mm (millimeter) as possible. Take note also of the position of the Belt Adjusting/Tracking Bolts located at the rear of the machine as if the Belt was badly worn and stretched then these bolts may well be near their maximum tension/position with no more thread left so you may need to reduce the already measured length (circumference) slightly.



If the Treadmill Belt is to remain fitted onto the Treadmill then using the Treadmill belt tension bolts located into the rear roller, loosen both sides enough equal turns until your viewable bolt thread is just under, or before mid way (40%) of visual thread. The reason for this is to ensure that there will be enough thread available to tension your new Treadmill Belt. Now, securely fix a piece of masking tape to the rear side edge of the belt and using a pen draw a line and label it letter (A). Follow the same side towards the front edge of the belt and secure another piece of tape and apply a line and label it (B). Measure between both marks and make a note of the size. Now push (rotate) the belt towards the rear roller until the front side letter (B)

has moved to the rear then secure another piece of tape again to the front side edge and apply a line and Letter (C). Measure between both marks and make a note. Finally push the belt backwards far enough so you are able to measure between pen mark (C) and the original pen mark (A). Add measurements (A to B) and (B to C) and (C to A) together to give you the total length of the Treadmill Belt. As a guideline reduce the total measurement by the thickness of the belt (X2). Example A-B = 1000mm plus B-C = 1000mm plus C-A 900mm. Total = 2900mm minus belt thickness 3mm (X2) =6mm. So your end measurement will be 2894mm



Another method would be to fully remove the existing Running Belt from the Treadmill but leaving the Front Drive Roller securely in place and then set the Rear Slave Roller in a position based on about just before half way or mid way (30%) of the Belt Adjustment bolt thread (also known as Tension/Tracking bolts). With Rollers in position measure completely around the Front and Rear Rollers for an accurate measurement

IMPORTANT: When working out the measurement for your replacement belt using the latter two methods you should always check and note the position of the Belt Adjusting/Tracking Bolts and ensure they are positioned just before half way (you should be able to see more thread to the rear of the Roller Shaft and less thread in front of the Roller Shaft). You should aim at always setting the Thread at no more than 30% which leaves enough thread to reduce tension when fitting your new Treadmill Belt and a further 70% of Thread for increasing tension. Most Treadmills, Home Use and Commercial are fitted with bolts that have at least 50- 80mm of useable Thread for Tensioning Adjustment!

This is a very important factor as all Expert Brand Belts are Pre-Stretched for a Quality Fit! If unsure please do give us a call and speak with one of our Engineers.

We strongly recommend that the fitting of New Running Belts is carried out by a Qualified Fitness Equipment Engineer as over-tensioning as well as under or over Lubrication can damage the Running Belt before you even step onto the machine.

Always ensure that whilst the Deck, Rollers and Belt are removed, the machine gets a good vacuuming and the Rollers cleaned of any Wax or Debris.

The machine should be Spotless before fitting the New Belt!

How do I fit My New Treadmill Running Belt?

If you plan on fitting your New Belt yourself here is a simple method that is a lot easier to explain than our Engineers normal method of using Belt stress/strain characteristics.

First, ensure that the surface of your Deck Board is not worn and in good order, check that your Rollers are cleaned of any debris or wax and that the floor is PROPERLY LEVEL. Fit your New Treadmill Belt over the Deck and with the Deck securely fixed then apply a good 40ml application of Expert Oil or an application of Wax Lubrication down the Decks centre from front to rear. (If you plan on impregnating Wax into the Deck then this is best done before fitting onto the machine). Refit the Front Roller and Rear Roller. Tension both left and right rear belt adjustment bolts EQUALLY CLOCKWISE (a few complete turns) until any slack is removed from the Belt. Refit any remaining side trims etc. Now start the Treadmill up and increase it's speed to about 4kph and take a few steps on the belt. A Simple rule...if it slips underfoot tension both Left and Right adjustment bolts EQUALLY ONE TURN each. Take a few more steps checking for slippage and continue this procedure to the point that the Belt no longer slips. Finally increase the Belt speed a little higher and carefully "Track" the belt to the exact centre of the Running Deck using the LEFT SIDE ADJUSTMENT BOLT ONLY a 1/4 of a turn either way until the Treadmill Belt is centre (To move the belt Right - turn the bolt to the right (Clockwise) and (To move the belt Left - turn the bolt to the left (Anti-Clockwise)). Never Fully Tension your Belt in one go from slack and Never adjust both bolts to Track the Belt as it will stretch and pull the Belts fabric out of shape and damage the fabric fibre profile...IF YOUR UNSURE CONSULT A FITNESS EQUIPMENT ENGINEER AND HAVE IT FITTED FOR YOU. WE CAN SUPPLY ENGINEER DETAILS ON REQUEST

To **Loosen** the Treadmill Running Belt see the Diagram Below



To **Tighten** the Treadmill Running Belt See the Diagram Below



To **Centre** or **Track** the Treadmill Running Belt See Diagram Below

