Treadmill Deck Lubrication Method

Please check your owner's manual before using Deck Lube as some treadmills require wax and using Deck Lube will damage your treadmill

Although your treadmill would have been supplied with a pre-lubricated running belt and deck, after a period of time a further application of Lube will be required at a specified interval.

Deck Lube has been tested and is proven to be the most effective general lubricant available for your treadmill. Regular applications of Lube will keep your treadmill operating at its optimum performance.

Instructions for Use

First ensure that your treadmill is switched off and the mains plug is removed from the wall

Whilst kneeling at the side of your treadmill remove the applicator and syringe from their packet and attach the applicator tube onto the syringe.

Put on the gloves supplied and locate the applicator into the bottle of Deck Lube, using the measurement printed onto the side of the syringe draw back the syringe handle until it fills to the 5ml mark.

Lift the edge of the running belt enough to locate the syringe and applicator between the surface of the running deck and underside of the running belt then ensuring that the end of the applicator tube reaches the centre of the deck slowly release the oil from the syringe.

Repeat a second application to bring the total application to 10ml.

The object of the exercise is to ensure that the Lube reaches the middle of the walking/running area. With normal usage the Lube will disperse evenly outwards in both directions ensuring that all the underside of the running belt will be coated.

Once Lube has been applied it is important that you walk on your treadmill at a speed of approx. 3mph for 2 minutes to help evenly distribute the oil.

Recommended Applications (Use as an approximate Guide)

Home use below 5hrs machine usage per week - apply 10ml every 4 months
Home use above 10hrs machine usage per week - apply 10ml every 2 months

Visit www.decklube.co.uk to purchase or for more information.