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Treadmill ASSEMBLY INSTRUCTIONS

A Quick Overview on Assembling /Installing Landice Treadmills



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Delivery Requirements

- Uncrate
- Assemble
- Set-up
- Packaging removal

Tools Required

- Diagonal cutters or knife to cut the banding
- Box cutter
- 7/16", 1/2" & 9/16" socket, extension and ratchet
- Medium sized phillips head screwdriver
- Carpenters level

Unloading the treadmill

- **After taking the machine out of the truck, place the heavy end of the machine on a hand truck. If you are able to strap it down then that would be recommended as well. (See Figure A)**
- **After bringing the machine into the house, stand the machine upright with the arrow pointing straight up to the ceiling. (See Figure B)**



Figure A



Figure B

Taking the treadmill out of the box

- Remove the top bolts on the bottom of the box. (See Figure A)
- Place a wooden pallet or tool box next to the machine and lower the box onto that.
- Remove the bottom two bolts at the bottom where its labeled “heavy end”.
- Cut the outside banding using a knife or diagonal cutters.
- Using a box knife, cut along the bottom at the black line around the box (See Figure B)
NOTE: DO NOT CUT ABOVE THE STAPLES
- Lift the box up.
- Carefully cut the green banding with a knife.
- Take out all the accessories and set them aside.
- Carefully maneuver the lighter end of the treadmill off the pallet and onto the floor. Do the same thing at the heavier end. (See Figure C)

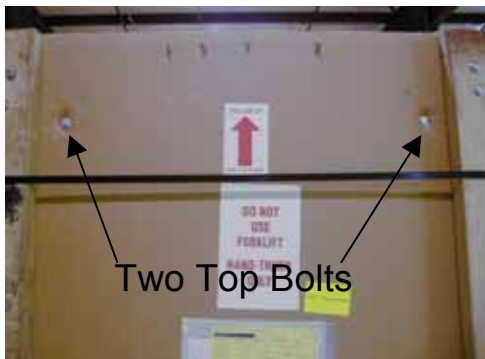


Figure A



Figure B



Figure C

Assembling the Treadmill

Part 1: Mounting the upright

NOTE: MAKE SURE THE SURFACE IS LEVEL WHERE THE MACHINE IS BEING PLACED
WARNING: YOU SHOULD LEAVE THE MACHINE UNPLUGGED UNTIL YOUR READY TO ADJUST THE TREADBELT TENSION AND TRACKING.

- Remove all the packing material from the upright.
- Take the upright covers off. To do so grab the cover at the bottom and pull it firmly. (See Figure A)
- Mount the upright to the treadmill. To do so, have 3 of the upright bolts started with the washer resting against the head of the bolt. Leave the top bolt closest the frame rail out. (See Figure B) Gently slide the upright down onto the bolts. After it slides in then thread the last bolt into place and tighten all the bolts using a 7/16 socket. **NOTE: BE CAREFUL NOT TO PINCH THE WIRE HARNESS. WHEN SLIDING THE UPRIGHT ONTO THE BOLTS, MAKE SURE THE WIRE HARNESS RUNS ALONG THE FRAME RAIL. (SEE FIGURE C)**



Figure A



Figure B



Figure C

Assembling the Treadmill

Part 2: Mounting the handrails & crossbar

- Remove both bolts at the ends of the handrails. **NOTE: INSPECT THE THREADS ON THE BOLT AND INSIDE HANDRAIL FOR ANY SIGNS OF THEM BEING STRIPPED.**
- Line up the holes from the handrail to the upright and get the bolts started. (See Figure A)
- Get both bolts started by hand on the top and bottom of the handrails. Then tighten both bolts using a ½ inch socket or wrench. (See Figure B)
- Once the handrails are mounted then place the crossbar in between the handrails. (See Figure C)
- Take the crossbar bolts, place it in your socket with extension, and insert it thru the hole both sides of the handrail and get them started. Use your ratchet to tighten the bolts down. (See Figure D)
- Finally, insert dome plugs.



Figure A



Figure B



Figure C



Figure D

Assembling the Treadmill

Part 3: Mounting the display console

- **NOTE: THESE STEPS ARE FOR MACHINES THAT COME WITH THE DISPLAY CONSOLE SEPARATE FROM THE MACHINE.**
- First open the box and take the console and wire harness out of the box.
- Next, take the top connector of the wire harness and plug it into the upper board. (See Figures A & B) ***NOTE: THE BOTTOM OF THE CONSOLE SHOULD SIT IN THE BOTTOM CHANNEL FURTHEST AWAY FROM YOU.**
- Place the console onto the control panel.
- Clip the wire harness into the gray clips on the upright and run the wire harness through the knockout hole at the bottom of the upright. (See Figures C & D)
- Run the wire harness underneath the elevation worm shaft, clip it into place onto the harness clip and then plug it into lower board. (See Figure E).

HARNESS CLIP



Figure A



Figure B



Figure C



Figure D



Figure E

Assembling the Treadmill

Part 4: Contact Heart Rate.

NOTE: CROSSBAR WILL BE INCLUDED IN READING RACK BOX OR DCP CONSOLE.

- The crossbar is mounted between the handrails on the upright. Refer to part 2 to see how it gets mounted. The strain relief and wire is already installed on the upright. The ground wire gets connected to the left or right holes inside the control panel frame. The CHR Crossbar wire sits inside the control panel frame and plugs it into the upper board. (See Figure A-D)

Contact Heart Rate Crossbar Harness



Contact Heart Rate Crossbar

Figure A



Figure B

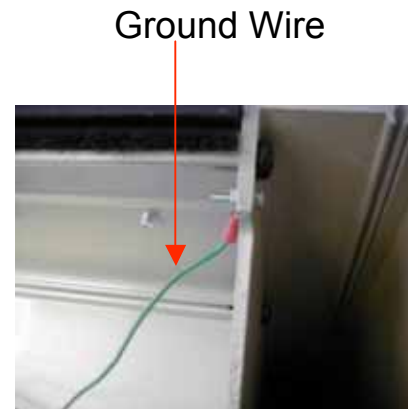


Figure C

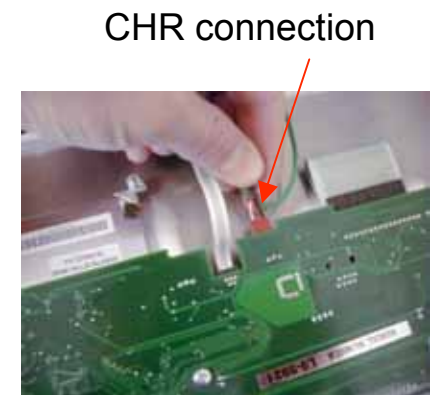


Figure D

Assembling the Treadmill

Part 4 (cont): Chest Strap & Contact Heart Rate – PST/CT-4/ET-2

- If installing a PST-4 that only has chest strap heart rate, then the receiver will already be mounted and plugged into the upper board. If you find that the receiver cable is not plugged into the upper board then refer to Figure A for the correct spot that its suppose to plug into.
- When installing a Contact Heart Rate Crossbar for a PST-4, CT-4, & ET-2 if you accidentally plug the harness into the wrong spot the machine will turn on once its plugged into the wall. Possibly give a PO error code too. Refer to Figure A,B, & C for the correct spot in connecting the Contact Heart Rate Crossbar.

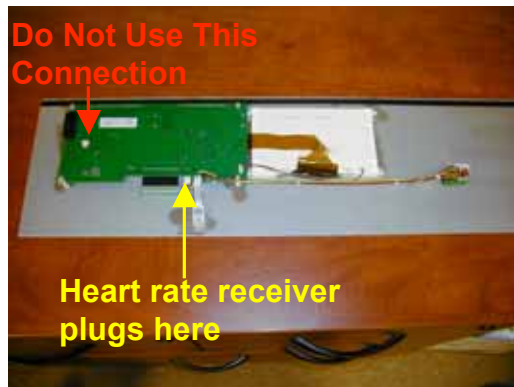


Figure A

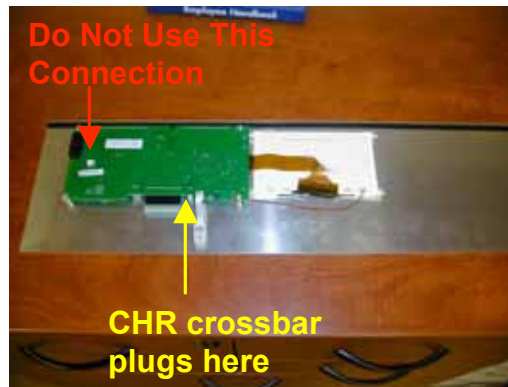


Figure B

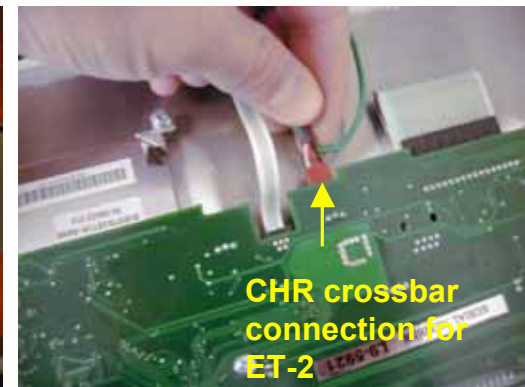


Figure C

Assembling the Treadmill

Part 5: Mounting upright covers

- Slide the one side of the upright cover into the channel on upright. Align the top of the upright cover with the top of the upright arm and make sure they are flush with each other. (See Figure A)
- Snap the upright cover into place by tapping it in with your palm. Start from the top and work your way down to the bottom. **NOTE: MAKE SURE THAT THE HOLE FOR THE SIDE COVER SCREW IS ALIGNED WITH THE HOLE ON THE END CAP. (SEE FIGURE B)**
- Snap the control panel end caps into place. (See Figure B)
- Fasten the control panel end cap screw on each side. Make sure that you press down on the end cap while tightening the screws down. (See Figure C)



Figure A



Figure B



Figure C

Assembling the Treadmill

Part 6: Mounting the reading rack

- First make sure that all 4 bolts are threaded into the holes on the back of the control panel. Have them threaded almost all the way out. (See Figure A)
- Next mount the reading rack to the control panel by aligning the holes on the reading rack with the bolts. The reading rack will slip down into place. (See Figures B & C)
- Then tighten all four bolts to secure the reading rack into place. **NOTE: YOU MUST TIGHTEN ALL FOUR BOLTS TO SECURE THE READING RACK. IF ALL FOUR BOLTS ARE NOT TIGHTENED THEN A RATTLING NOISE WILL OCCUR WHEN THE MACHINE IS BEING USED.**



Figure A



Figure B



Figure C

Assembling the Treadmill

Part 6 (cont): Mounting the reading rack

- **Place the buckets into the reading rack. (See Figure A)**
- **Fasten the buckets underneath by tightening the screws at the bottom of the reading rack. (See Figure B)**



Figure A



Figure B

Set-up

Part 1: Drive belt tensioning

NOTE: DRIVE BELT IS PRE-TENSIONED AT THE FACTORY. ONLY MINOR ADJUSTMENTS ARE NEEDED. WARNING: MACHINE SHOULD BE UNPLUGGED FROM THE WALL AT THIS TIME.

- First, twist the drive belt to see if it will turn to a 45 degree angle (See Figure A).
- If the drive belt needs to be tensioned, elevate the machine to 15% grade, turn it off, then take a 7/16 socket and/or ratchet and turn the drive belt tension nut at the bottom of the motor pan (See Figure B) **NOTE: DO NOT OVERTENSION THE DRIVE BELT. THIS WILL RESULT IN THE SHAFT SNAPPING ON THE DRIVE MOTOR.**
- After making your adjustment, check to see if you can easily twist the drive belt to a 45 degree angle. If you are able to twist the drive belt to a 45 degree angle then its properly tensioned. If not then make small quarter turns clockwise on the drive belt tension bolt until its properly tensioned (See Figure A).

STOP: MACHINE SHOULD BE UNPLUGGED FROM WALL.

Twist the drive belt to a 45 degree angle



Figure A



Drive Belt Adjustment Bolt

Figure B

Set-up

Part 2: Treadbelt tensioning.

NOTE: THE TREADBELT IS PRE-TENSIONED AT THE FACTORY, ONLY MINOR ADJUSTMENTS NEED TO BE MADE

- **Make a fist and then lift the edge of the treadbelt. Slide your fist underneath the treadbelt to the center of the running surface. If the tension of the treadbelt is close then it should feel snug. (See Figure A)**
- **Next turn both adjustment bolts at the rear of the machine using a 9/16 socket and/or ratchet. Turn your ratchet clockwise and ¼ turns on each bolt. (See Figure B & C)**
- **After making your adjustment, start the machine and set the speed to 1MPH. Then plant your foot onto the belt (as shown on Figure D) and see if the belt pushes your foot back. If it does then the treadbelt tension is fine. If the treadbelt slips then refer to the second step until the treadbelt stops slipping.**

STOP: MACHINE SHOULD BE UNPLUGGED FROM WALL.

Turn adjustment bolts clockwise when tensioning



Figure A



Figure B



Figure C



Figure D

Set-up

Part 3: Treadbelt tracking

NOTE: IMPROPER TRACKING OF THE TREADBELT WILL RESULT IN FRAYED EDGES ON THE TREADBELT.

- **First, start the machine at 3MPH and stand at the rear of the machine with your 9/16 socket and/or ratchet.**
- **Tighten the side the treadbelt favors a $\frac{1}{4}$ turn clockwise. Then loosen the other side a $\frac{1}{4}$ turn counterclockwise. Follow this procedure until the treadbelt is tracked center. For Example:**
 - **If the treadbelt tracks to the left:**
 - **Tighten the left side adjustment bolt a $\frac{1}{4}$ turn clockwise and then loose the right side adjustment bolt a $\frac{1}{4}$ turn counterclockwise.**
 - **If the treadbelt tracks to the right:**
 - **Tighten the right side adjustment bolt a $\frac{1}{4}$ turn clockwise and then loosen the left side adjustment bolt a $\frac{1}{4}$ turn counterclockwise.**

Set-up

Part 4: Breaking in the deck wax

- Stand on the frame rails like your about to begin a work out and hit the **START** button.
- Set the speed to 2MPH. **NOTE: STARTING THE MACHINE AT 4MPH OR HIGHER COULD RESULT IN THE BREAKER TRIPPING, SURGING IN SPEED, OR THE MACHINE BOGGING DOWN UNDER A LOAD.**
- Start walking at the right rear corner of the running surface. Then start walking side to side moving towards the console. (See Figure A, B, C).
- Once you get to the front, start to walking from side to side backwards until you get to the rear.
- Repeat this for 20 minutes or until deck wax is broken in. **NOTE: HAVE THE CUSTOMER PERFORM THIS SO THAT HE GETS USED TO THEIR MACHINE.**



Figure A



Figure B



Figure C

Installing the motor cover

WARNING: MACHINE SHOULD BE UNPLUGGED FROM THE WALL WHEN INSTALLING THE MOTOR COVER.

- Remove the motor cover screw that's located on each side of the frame. (See Figure A)
- Remove the motor cover from the carton and place it onto the machine. (See Figure B)
- Insert the motor cover screw, make sure that the rubber space is between the cover and frame. Then tighten down the screw. (See Figure C)



Figure A



Figure B



Figure C