



Technogym Skillrun Treadmill Belt Adjustment/Inspection

Tools Required

- Long 8mm Allen Key
- Phillips Screwdriver
- ¼ Small Socket Set



Health and Safety



Safety Boots



Work Trousers



Hazard Sign



Hoover

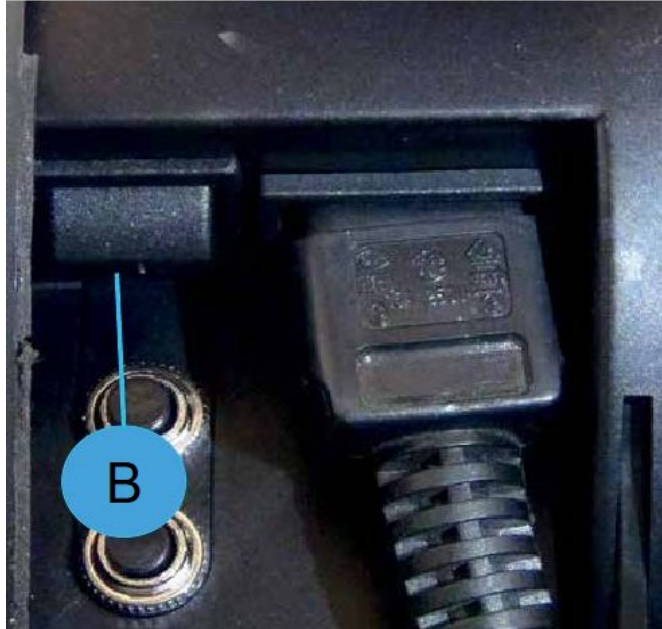


Inspection Gloves

Technogym Skillrun Treadmill: Running Belt Adjustment and Inspection

Step 1

When adjusting the running belt on a Technogym Skillrun Treadmill be sure that the power is turned off at the switch on the machine to ensure that it cannot be used. The on/off switch is located at the front at the bottom left corner. Once this has been done, we can start to disassemble the plastics so we can inspect the running belt.



Step 2

The next stage is to take off the plastic underneath the targa arm of the machine. These simply release by pulling them towards you. If you grab them at the bottom and hook your fingers around, they will pull off quite easily. Please see picture to the right – you have two small tabs that click into the main frame of the machine. **Repeat for other side.**



Now that you have the two plastics off underneath the targa arms, it will reveal 2 screws that are holding on the plastic side trims. We are unscrewing the screw on the right here (towards the front of the machine), for the purpose of this exercise. **Repeat for other side.**



Step 3

Once this screw has been taken out, we can now take off the front plastic. This comes off by sliding the plastic towards the front of the machine. If you look at the picture it has clips that slot into the frame of the machine. **Repeat for other side.**



This is what the right-hand side of the machine looks like without the cover attached. Whilst this cover is off, we can inspect the microswitch for the lift motor for wear or damage.



This is what the Left-hand side of the machine looks like without the cover attached. As you can see, we have no components located behind this cover.



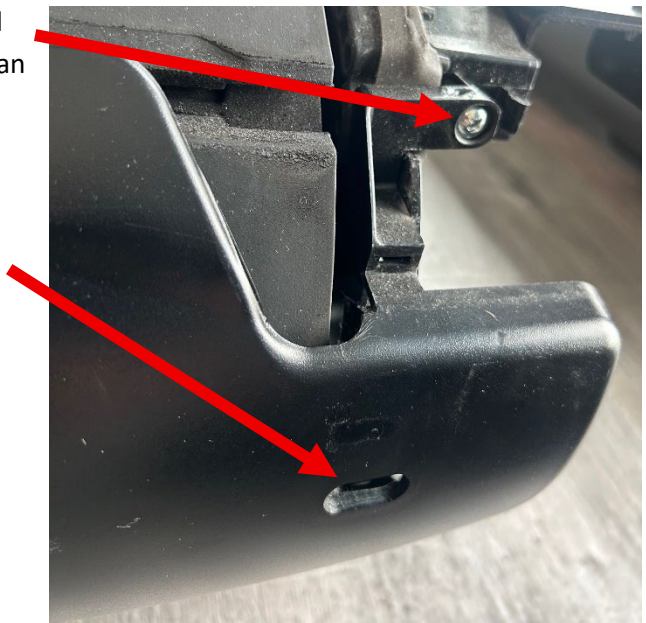
Step 4

Once we have taken the RHS and LHS plastics we can then remove the plastic guard at the front of the machine. This will give us easy access to the Allen key bolts required to tighten the running belt. We now need to undo the screw on the right-hand side of the machine that holds the cover on.



The next step is to undo the screw on the left-hand side of the machine. Once we have done this, we can then completely remove the front plastic of the machine, which gives us easier access to the Allen key bolts.

We have two holes in the front plastic which show the location of the Allen key bolts. One on the LHS and one on the RHS.



Consequences of a loose Running Belt

Now that we have all required plastic covers off, we can clearly see the front of the running belt. We can now attempt to tighten the running belt if it is needed (**in this case it is required**). If the running belt is too slack, we will encounter several problems with this model of machine. For example...

- This machine is fitted with a lift motor that declines as well as inclines. If the belt is too slack it will drag on the floor if the machine is in a declined state. This has a danger of causing damage to the belt.
- The belt will start to slip or feel unsteady underneath the users' feet. Which leads to an improper workout.
- Certain programmes on the machine will not run as they should.

Step 5

We need to use an 8mm Allen key to tighten the bolts. We have one bolt each side that accounts for the belt tension. Whatever we do to one side we will need to do the same to the other. I.e. if we tighten the RHS 2 full turns we will need to do the same to the left.

Once we have tightened the running belt as required, we have an inspection hole underneath the frame of the machine which shows us the belt tension. We are looking for the bearing to be just touching the runner on the inside of the running belt. We do not want it to be too tight as this will also affect the belt movement.



Once we are happy with the belt tension, we can then turn the machine on at the switch to test before we put the plastics back on. After the machine has loaded fully (3 -5 mins) we can press the quick start button and run at a low speed of 5km/h to see if the belt is tracked correctly. If we turned the RHS Allen key the same as the LHS Allen key, we should have no issues. If for any reason the belt seems to be veering slightly to the RHS for example, we can turn the RHS Allen key ½ a turn clockwise to bring it closer to the middle of the machine. Once we are happy with the belt tracking, we can up the speed to around 10km/h just to double check the belt is running correctly at higher speeds.

It would now be preferable to walk/run on the machine and test all programmes, so we know that the belt is now fitted correctly.

Step 6

Now that we have completed our testing of the machine, we can begin putting our plastic covers back on. This is basically the reverse of how we took off the plastics earlier in the process. It is worth noting that the two plastic covers we took off in **step 3** will slide back into position using tabs located on the inside of the plastic. It is important that we do not try and force these in. There should not be any large gaps between the plastic and the frame, if there are these have not been installed correctly.



This is how the plastics should sit once they are back on the machine. No large gaps and sitting flush to the upper foot grip pad.



The plastics from **step 2** will push back into position by hand. We need to try and line up the tabs on the inside of the plastic with the holes in the frame of the machine. Once we have completed this step it is a good idea to test the machine a final time to ensure that we have no plastic parts catching on the running belt, before the job is completed.



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