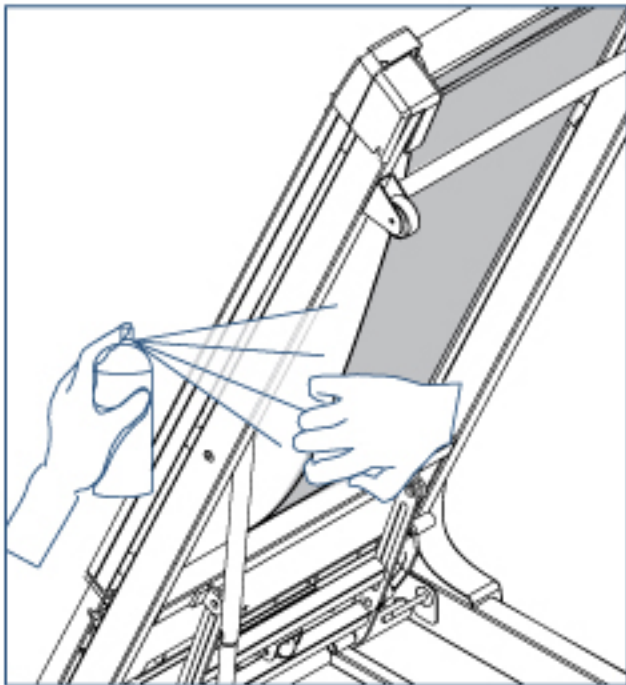


Lifespan Treadmill Lubricant - Instructions



We recommend you lubricate your treadmill running belt every 40 hours of use or every three months, whichever comes first. For other brands, check your owner's manual to see if your treadmill uses a non-petroleum based lubricant.



Instructions:

Apply the silicone to the underside of the running belt. Do not apply to the walking surface. This can be accomplished by folding the treadmill and applying the silicone to the back of the belt from each corner. Spray the silicone down and across the belt from each corner. Rotate the belt one-half of the circumference and repeat from each corner.

available at:



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