



Elliptical Maintenance

1. Wipe down all areas in the sweat path with a damp cloth after each workout.
2. If a squeak or rough feeling develops, the cause is most likely dirt build-up on the rear rails and poly-urethane wheels. Clean the rails and wheels with a lint free cloth and rubbing alcohol. Then apply a small amount of lubricant on the rails with your fingers or a lint free cloth.
3. If squeaks or other noises persist, check that the unit is level.

There are 4 leveling pads on the bottom rear rails. Use a 14mm wrench (or adjustable wrench) to adjust levelers.