

Treadmill Helpful Hints

Please Read Before Delivery

- If you will be using your treadmill on carpet we suggest the purchase of a protective treadmill mat. This will protect your carpet from the treadmill but, more importantly, protect the treadmill from the carpet. Carpet fibers that collect between the deck and the belt can be very damaging. Ask your salesperson for details.
- The use of an extension cord is not recommended. If you have to use an extension cord, make sure it is grounded (the type with three prongs), less than six feet in length, and is at least as thick as the treadmill power cord (14 gauge).
- If an extension cord is utilized, manufacturers specifically suggest that it not include any form of surge protection (most treadmills have built-in surge protection).
- It is advisable to plug into a grounded outlet (the one with 3 holes and not 2 holes).



Grounded Outlet



Ungrounded Outlet

- Never plug your treadmill into GFI outlet (Ground Fault Interrupt outlet - as pictured below)



- Most manufacturers recommend providing a dedicated, 20-AMP circuit for your treadmill whenever possible to be absolutely certain of avoiding electrical problems. A "dedicated" circuit means that no other appliances, lamps, etc are on that circuit. If a dedicated circuit is not available, insure the least number of appliances, lamps, etc are active on that circuit.
- Please consult a licensed electrician to assist you if you are unsure if the circuit will properly handle the amperage draw of the treadmill.
- Also be aware that the distance from your circuit breaker panel to your treadmill will also effect the ability of that circuit to support your treadmill (the closer to the breaker box, the more desirable).
- Based on the factors above and the location you desire, make your final decision about the placement of your treadmill before it is delivered.
- Be sure to clear the path to the final placement area. Please advise BGI Fitness Service of any special considerations such as tight stairways, narrow doorways, etc. and complete any necessary cleaning prior to delivery. Consider removing pictures from any walls that are on the path to the final placement area.
- Plan on leaving extra room around your treadmill. Some treadmills "walk" with repeated elevation and extra room will prevent damage from contact with the wall. Leave extra room behind your treadmill in case you should fall for any reason.
- Be sure to keep your treadmill level. If your treadmill is not level, the belt may not track properly. Please be aware that some people have physical characteristics that may affect treadmill belt tracking (varying leg lengths, for example). Be sure to relevel the treadmill if it is moved after setup by BGI (we offer this moving service at very reasonable rates).
- If you have any questions about your new treadmill, please do not hesitate to call the BGI Fitness Service Center at 317-579-7933 ext 2, Mon-Fri, 7:30AM – 4:30PM. You may also submit service inquiries to us via the web at <http://www.bgifitness.com/>.