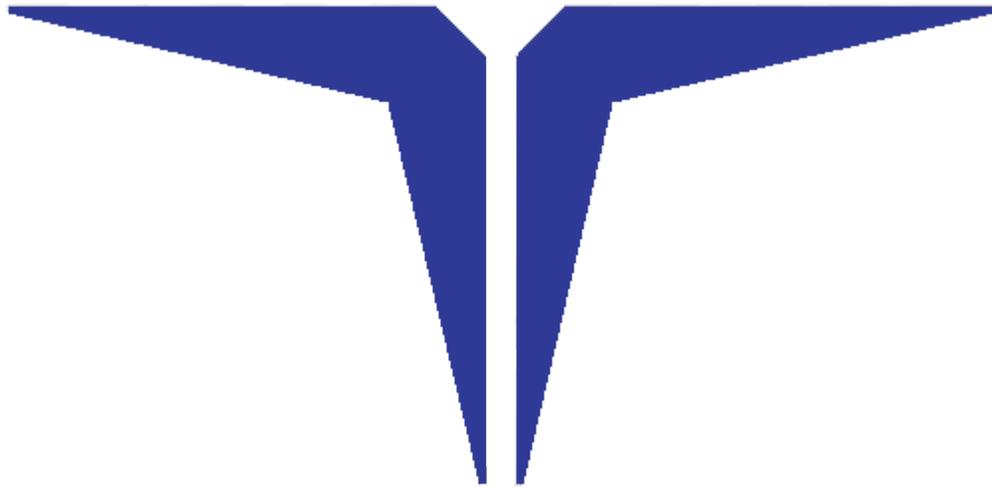


# ***TUFF TREAD***



Quick Start Guide

4600 Series

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**Please note the serial number of your treadmill here \_\_\_\_\_**

The serial number is located on the front, or hood end of the treadmill, on the base.

When calling for warranty service or information, please provide the serial number of the treadmill you are calling about.

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# 1. Important Safety Instructions

When using your new Tuff Tread treadmill, basic precautions should always be taken, including the following:

- Read all instructions before using the Tuff Tread treadmill. These instructions are written to ensure your safety and to protect the unit.
- Before beginning any fitness program, you should obtain a complete physical examination by your physician.

## 1.1 Personal Safety

- Assemble and operate the treadmill on a solid, level surface. Locate the back end of the treadmill at least 4 feet from walls or furniture. Keep the area behind the treadmill clear.
- Completely assemble the Tuff Tread treadmill before using it, and check it before each use. Never use a treadmill if the walking belt is torn or frayed.
- Turn OFF and unplug the treadmill when adjusting or working near the rear roller. Do not adjust the walking belt when someone is standing on the unit.
- Keep all electrical components, such as the motor, power cord and ON/OFF switch, away from water or other liquids to prevent shock. Do not set anything on the handrail, electronic console, or hood. Never place liquids on any part of the unit except capped liquids in the accessory tray.
- The emergency stop switch is covered by a magnet that is connected to the treadmill with a safety cord. If you encounter difficulties, you can stop the walking belt by pulling on the cord to disengage the magnet from the emergency stop switch. To resume operation, the safety magnet must be replaced.
- Wear proper exercise clothing and shoes for your workout - no loose clothing. Do not wear shoes with high heels or leather soles. Check the soles of your shoes and remove any dirt and embedded stones. Tie long hair back and remove any loose or dangling jewelry. Do not run barefoot.
- Keep all loose clothing and towels away from the running surface. The walking belt will not stop immediately if an object becomes caught in the belt or rollers.
- Use care when getting on or off the treadmill. Use the handrails whenever possible. Step onto the walking belt when the speed is at or below 1 mile per hour. Never step off the rear of the treadmill while the walking belt is moving.
- Before the walking belt begins moving (prior to your workout), and after it stops (at the end of your workout), straddle the belt by placing your feet on the foot rails.
- Never turn ON the treadmill when someone is standing on the machine.
- Keep your body and head facing forward. Never attempt to turn around on the treadmill when the walking belt is moving.
- Do not rock the unit. Do not stand on the handrails, electronic console, or hood.
- Do not attempt to service the treadmill yourself other than the assembly and maintenance instructions found in this manual.
- Do not overexert yourself or work to exhaustion.
- Stop your workout immediately and consult your physician if you feel any pain or abnormal symptoms.

## **DANGER**

To reduce the risk of electrical shock, always unplug the treadmill from the electrical outlet before cleaning or servicing under the hood or around the motor area. Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or service person if you are in doubt as to whether the treadmill is properly grounded. Do not modify the plug provided with the treadmill - if it doesn't fit the outlet, get a proper outlet installed by a qualified technician.

## **WARNING**

- To reduce the risk of burns, fire, electric shock, or injury to persons, take the following precautions:
- Do not allow children, invalids, or disabled persons on or near the Tuff Tread treadmill without adult supervision. Close supervision is necessary.
- Use the Tuff Tread treadmill only for its intended use as described in this manual. Do not use accessory attachments that are not recommended by the manufacturer - such attachments might cause injuries.
- Never operate the unit if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped in water. Call an authorized Tuff Tread dealer or a service center for examination and repair.
- Keep the power cord and plug away from heated surfaces.
- Keep hands away from moving parts.
- Do not use outdoors.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- To disconnect the treadmill, remove the power plug from the wall outlet. This product is rated for use on a circuit having a nominal rating of 120 volts, 20 amps and is factory equipped with a specific electric cord and plug to permit connection to a proper electric circuit. Make sure that the product is connected to an outlet having the same configuration as the plug. No 2-prong reduction adapter or extension cord should be used with this product. If the treadmill must be reconfigured for use on a different type of electric circuit, the alterations should be made only by qualified service personnel.

### **1.2 Grounding Instructions**

The Tuff Tread treadmill must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current, which reduces the risk of electrical shock. The treadmill is equipped with a power cord having an equipment-grounding conductor and a grounding plug. The plug must be inserted into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

## **2. Setup and Assembly**

Setting up your Tuff Tread treadmill is simple and easy. Before you unpack the machine, however, be sure to select a suitable site and have the proper electrical power outlet and dedicated circuit available for optimum Tuff Tread treadmill operation and safety.

### **2.1 Choosing and Preparing a Site**

The area you select for the Tuff Tread treadmill should be well lit and well ventilated. Locate the Tuff Tread treadmill on a structurally sound and level surface with the back of the treadmill at least 4 feet from walls or furniture. If the Tuff Tread treadmill is to be located above the first floor, place it near or above major support beams. If the area has a heavy, plush carpet, the airflow around the base of the machine may be restricted or the carpeting may interfere with the moving parts. To protect the carpeting and the machinery, you can place a 5/8-inch thick wood base or a rubber mat under the Tuff Tread treadmill. Do not install the Tuff Tread treadmill in an area of high humidity, such as in the vicinity of a steam room, sauna, or indoor pool. Exposure to extensive water vapor and/or chlorine could adversely affect the electronics as well as other parts of the machine. The treadmill is 37" wide and will not "wheel" through a standard doorway. In this case, move the treadmill before installing the control panel. Turn the treadmill on its side and carry it through the doorway.

### **2.2 Electrical Power Requirements**

The Tuff Tread treadmill requires a standard 120 VAC, 60 Hz, 20 amp grounded outlet on a dedicated circuit. Contact your electrician if you have any doubts about your electrical service.

Do not use a ground plug adapter to adapt the 3-prong power cord plug to a non-grounded electrical outlet. We do not recommend the use of an extension cord.

### **2.3 Necessary Tools**

To uncrate and assemble a Tuff Tread treadmill you will need a helper and the following tools:

- Power drill with a Torx T25 bit
- Socket wrench with socket sizes 1/2", 7/16", 9/16", and 3/4"
- Socket extension 4" or longer
- Adjustable crescent wrench 8" or larger
- Flat head screwdriver
- Small carpenter's level

### **2.4 Unpacking**

Unpack and remove the treadmill from its shipping container. Detailed instructions are below. Check for the following parts:

- Base (chassis) assembly
- Upright display assembly

- Motor hood
- Parts bag containing wheels, leveling feet, and hardware
- Owner's Manual, Warranty, and Registration Card

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### Step 1

Remove the plastic wrapping from the crate.

Use a phillips head screwdriver or phillips head drill bit to remove the boards from the top and sides of the crate.

Staples can be pried out with a claw hammer or pry bar.

Cut the straps that hold the treadmill to the pallet.

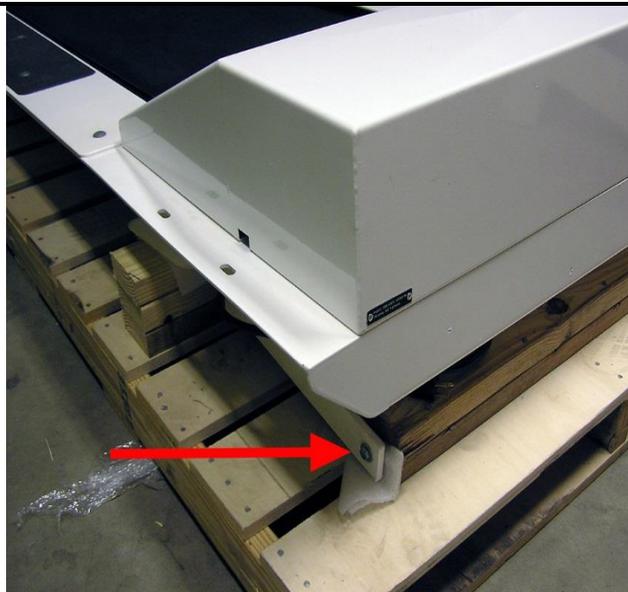
Remove the control panel and parts bag from the treadmill base.



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### Step 2

Use a 7/16" socket with extension to remove the two bolts (one on each side of treadmill) that hold the front lift carriage to the crate.



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### Step 3

Locate the board circled in this picture. Use a power drill with a #2 phillips head bit to remove the screws that hold this board to the bottom pallet.

Using 3-4 people, lift the treadmill off the pallet.



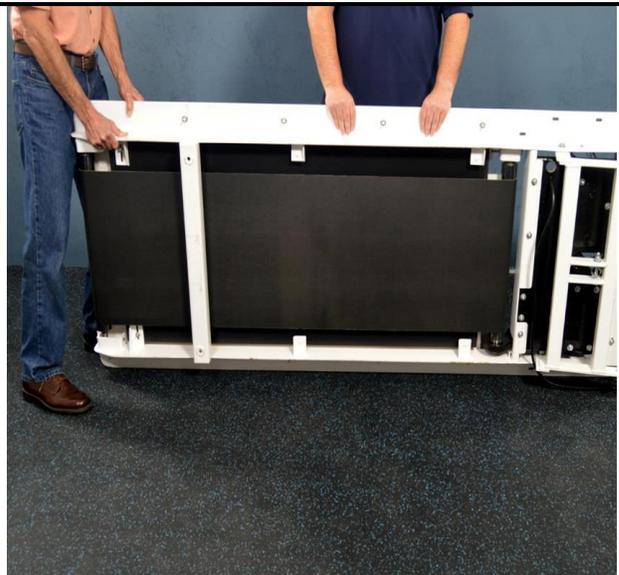
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### Step 4

Have at least two people lift the treadmill on its side and then have one person hold it in this position.

**If the treadmill is on a tile or cement floor, to avoid scratching the treadmill side, place cardboard or rug pieces on the floor where the side of the treadmill will be resting.**

Use a 3/4" socket to remove the wood board from the base of the treadmill (board not shown in picture, see Step 3).



## 2.5 Assembling the Tuff Tread treadmill

To ensure correct assembly of the Tuff Tread treadmill, carefully read and follow these steps:

Make sure you have a helper to hold the upright in place until you bolt it securely. For orientation purposes, this manual will refer to the “front” and “back” of the treadmill from the user's perspective. So the “front” is the hood end, and the “back” is the rear roller end. Before setting up the treadmill, locate the serial number and make note of it for your records. The serial number plate is located on the bottom edge of the display, at the right-hand end next to the flip-up handle.

The Tuff Tread treadmill is shipped with the upright lying flat, and the hood in place over the motor compartment. There are three main steps in assembling the treadmill:

1. Remove the hood and install the upright.
2. Connect the data cables and ground wire and replace the hood.
3. Level the back feet and center the walking belt.

### Step 1 Remove the hood and install the upright:

#### Step 1.1

Remove the two wheels from the treadmill parts bag.

Locate the lift carriage under the front of the treadmill.

Install the wheels on the outside of lift carriage.

**Make sure one washer is between the wheel and treadmill frame and the other washer is between the nut and treadmill frame.**

**Verify the wheel spins. If wheel does not spin, loosen the nut slightly.**



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### Step 1.2

Remove the two back feet from the treadmill parts bag.

Turn the nut so it is about 2 inches down the threaded shaft.

Place the washer on the threaded shaft so it will be between the nut and the treadmill frame.

Screw both feet into the treadmill frame, hand tight, until the nut reaches the treadmill frame.

Lower the treadmill so it is resting on its feet and wheels.



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### Step 1.3

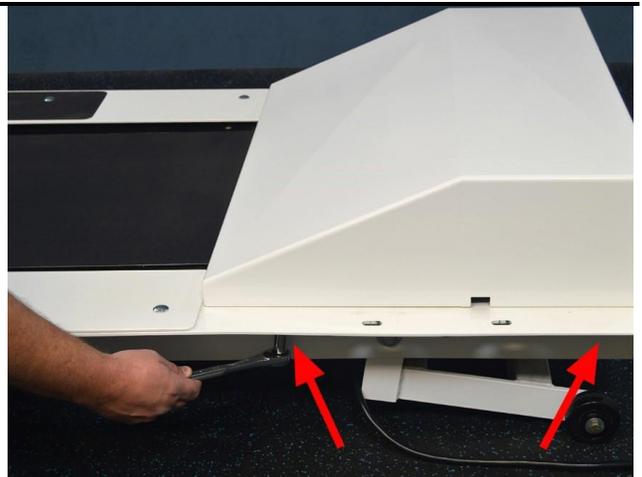
Use a 1/2" socket to remove the four bolts (two bolts on each side) that secure the motor cover to the treadmill.

Remove the motor cover.

Move the treadmill near to its final location.

If you have a small furniture dolly, place it under the back of the treadmill to make it easier to move.

You will need to carry the treadmill on its side to get it through a standard size doorway.



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### Step 1.4

Have one person hold the control panel in place while another person attaches it to the treadmill.

Insert the bolts from the top so the square head of the bolts fit into the square openings on the top of the control panel foot plates.

Put the washer and nut on the bottom of the bolt and partially tighten using a 9/16" socket.

Once all four bolts are in place, tighten all four nuts to secure the control panel to the treadmill.



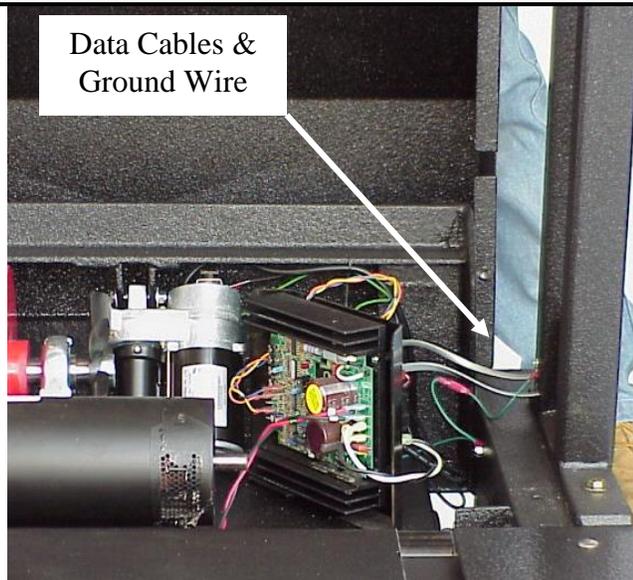
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### Step 2 Connect the data cables and ground wire and replace hood:

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#### Step 2.1

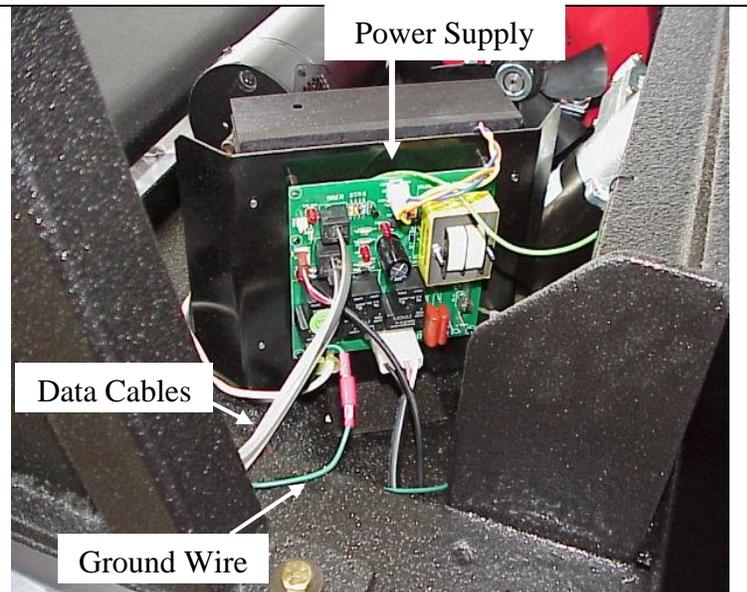
Gently pull out 2 gray cables and 1 green wire from the hole in the base of the control panel leg at the right side of the upright.



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### Step 2.2

1. Attach the green wire to the green wire on the treadmill base.
2. Connect the gray cable with the **large 8-pin** connector to the main circuit board.
3. Connect the gray cable with the **medium 6-pin** connector to the main circuit board.



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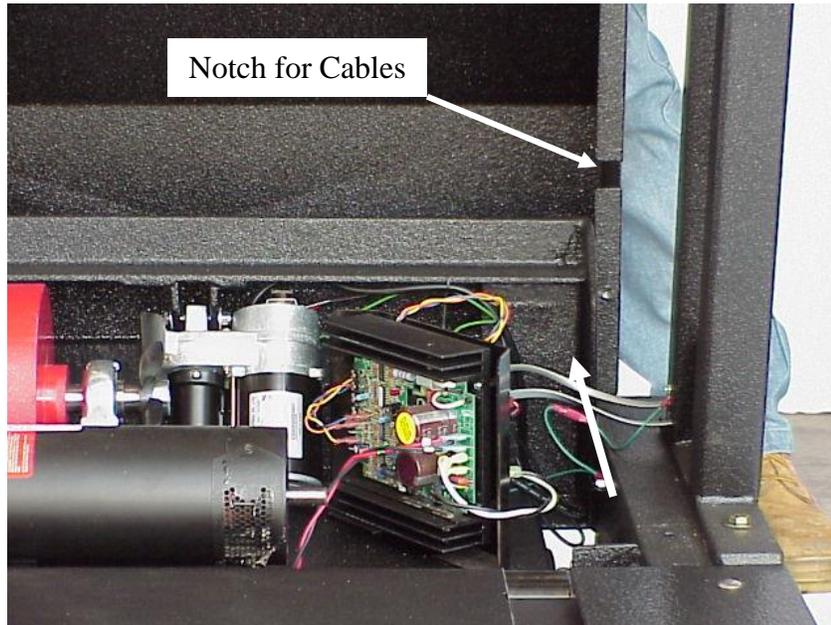
### Step 2.3

1. Place the large end of the hood on the front edge of the treadmill
2. While lifting the edge of the motor cover, use a screwdriver to position the wires into the square opening on the side of the motor cover.
3. Lower the hood into place, and line up the holes on the lower edge of the hood with the holes in the base frame
4. Use a 1/2" socket and the 4 motor cover bolts (see Step 7) to secure the motor cover to the treadmill.



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**CAUTION:** Make sure the data cables and the ground wire are not trapped or pinched under the edge of the hood. The cables **MUST** go through the cutout notch in the side of the hood to avoid damage. Replace the washers and bolts removed in the first step, and tighten securely.



Don't pinch the cables!

### Step 3 Level the back feet and center the walking belt.

#### Step 3.1

Level the treadmill. If the treadmill is not level, it may be difficult to keep the walking belt centered.

Move the treadmill to its final position.

Place a carpenter's level on the treadmill at position #1.

Loosen the locking nuts on the treadmill feet (turn them so they are not against the treadmill frame).

Level the treadmill from front to back by raising or lowering both back feet. Use a crescent wrench and turn the black foot.

Turn the feet clockwise to raise the treadmill.

Turn the feet counter-clockwise to lower the treadmill.

**Press down on the carpenter's level when testing level. The walking belt might be slightly lifted off the deck.**

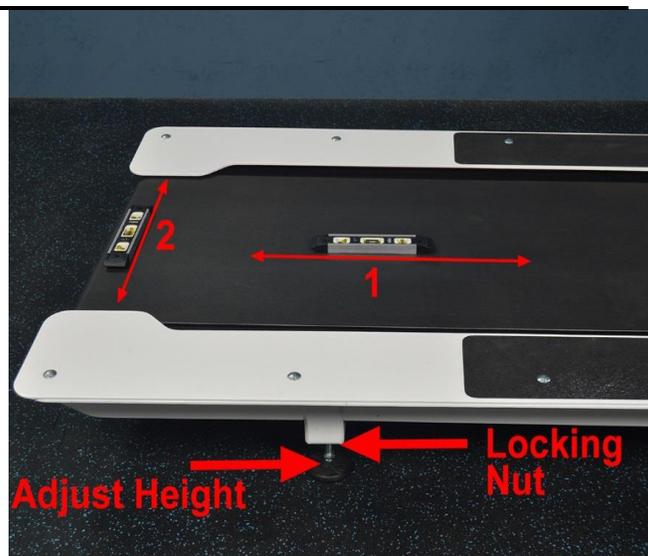
Place a carpenter's level on the treadmill at position #2.

Level the treadmill from side to side by raising or lowering one of the feet.

Verify level from front to back again (position #1). If it is not level, adjust both feet by the same amount.

Verify level from side to side again (position #2). If not level, adjust one of the feet.

Once the treadmill is level in both directions, use the crescent wrench to tighten the upper locking nut on both feet.



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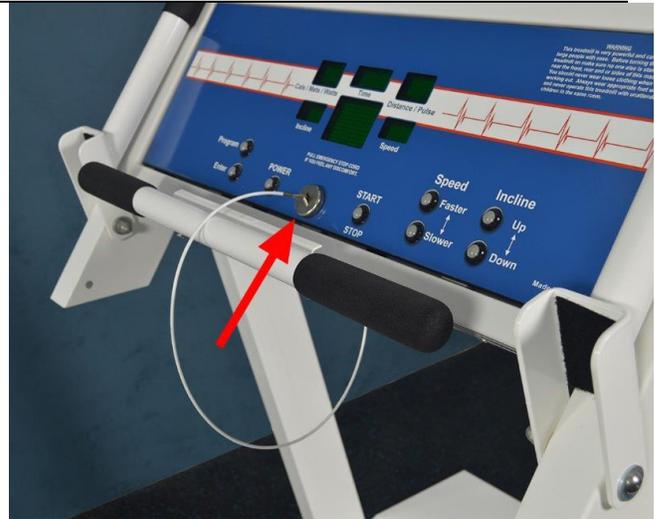
### Step 3.2

**Remove all objects from the treadmill belt.**

Place the emergency stop magnet on the control panel (see picture).

Plug the treadmill power cord into a power outlet.

**Do not use a power extension cord or any type of electrical adapter.**



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### Step 3.3

Center the belt.

Press **Power** on the control panel.

Press **Start**.

Press **Faster** until you see 4.0 on the Speed display.

Locate the bolt on the left side at the rear of the treadmill (see picture).

If the belt is left of center, use a 9/16" socket and turn the bolt clockwise 1/4 turn. Wait one minute.

If the belt is still left of center, repeat the previous step until the belt is centered.

If the belt is to right of center, follow the previous steps but turn the bolt counter-clockwise 1/4 turn.

Repeat adjustments until the belt remains centered.

Press **Faster** until you see 10.0 on the Speed display. Verify that the belt is running smoothly.

**If you cannot center the belt, go back to Step 1 and make sure the treadmill is level.**



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### Step 3.4

Test speed and elevation range of the treadmill.

With the treadmill running at 4 mph from the previous step, press **Faster** until you see 12.0 on the Speed display. The belt should be running at maximum speed.

Press **Slower** until you see 0.5 on the Speed display. The belt should slow to minimum speed.

Press **Up** until you see 15 on the Incline display. The treadmill should be at maximum incline.

Press **Down** until you see 0 on the incline display. The treadmill should lower to 0 incline (level).

Press **Stop** then press **Power** to power off the treadmill.

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Your treadmill is now ready for use. Follow the instructions in the *Working Out* section on page 15 to learn how to operate the treadmill. You should begin with walking speeds first to be sure everything is functioning properly.

## 3. Walking Belt Adjustments

You may need to adjust the walking belt after the first few weeks of use. All walking belts are properly set at the factory, but they may stretch or become off-center after use. Stretching is normal during the break-in period and before long your belt will reach its optimal length.

When you set up the Tuff Tread treadmill, you checked for the proper centering of the belt. The following section describes how to adjust the belt tension. If you adjust the tension during the first few weeks, you should do so on an "as needed" basis (i.e., if you experience belt slippage or hesitation).

The second section below describes how to center the belt. Because each person runs or walks differently, the natural weight shifts may cause some deflection of the walking belt to either the left or right of center during use. The directions in the second section tell you how to return the belt to center.

### 3.1 Adjusting the Belt Tension

**Caution: Over-tightening the walking belt can damage the rollers. This damage is not covered under the warranty.** If the belt feels as though it is "slipping" or hesitating when you plant your foot during the first 12 months of usage, the cause is most likely a loosened drive belt. Please contact Tuff Tread for advice. If the walking belt is hesitating **after** the drive belts have been tightened, then the tension on the walking belt may have to be increased.

To increase the walking belt tension:

1. Locate the two large, steel, 9/16 inch hex bolt-heads at the rear of the treadmill. These are called belt tension bolts.
2. Place a socket wrench on the left belt tension bolt. Turn the wrench clockwise ¼ turn to pull the rear roller toward you and increase the belt tension.
3. Repeat step 2 for the right belt tension bolt. You must be sure to turn both bolts the same number of turns so that the rear roller will stay square relative to the frame.
4. Start the walking belt and check to see if the "slipping" has been corrected.
5. Repeat steps 2 and 3 until the slipping is eliminated.
6. To decrease the tension on the walking belt, turn both bolts counterclockwise the same number of turns. Set the bolt tension so that your last 1/4 turn removes the apparent belt slippage and/or hesitation. **Do not tighten more than one full turn from the original factory setting.** If the belt seems to need more tightening than that, please contact Tuff Tread at (800) 827-2017 for advice.

### 3.2 Centering the Walking Belt

When you run, you may push off harder with one foot than the other. This deflection can cause the belt to move off-center. The severity of the deflection depends on the amount of force that one foot exerts in relation to the other. This deflection is normal and the walking belt will often return to the center of the deck if the weight distribution becomes more balanced or if the walking belt has a chance to re-seat itself with no one on it. If the belt remains consistently off-center, however, you will need to center the belt manually.

Note: Before centering the belt, make sure it has the proper tension. Refer to the previous section, *Adjusting the Belt Tension* for more information. Also, the machine should be run at the speeds indicated without anyone on the belt.

To move the belt back to center:

1. Start the treadmill and press Speed - Faster until the speed is approximately 4 mph as indicated on the display.
2. Locate the two large, steel 9/16" hex bolts at the rear of the treadmill. Observe whether the belt is running more towards the right or left side of the deck.
3. Determine which side the belt is moving toward.

If the belt appears to be moving to the left:

Using a 9/16-inch wrench, turn the left bolt clockwise ¼ turn (to your right). Wait for one minute for the results of this adjustment to take effect. This action moves the belt to the right and back to center.

If the belt appears to be moving to the right:

Using a 9/16-inch wrench, turn the left bolt counterclockwise 1/4 turn (to your left). Wait for one minute for this action to take effect. This action moves the belt to the left and back to center.

If the belt is still not centered, repeat step 3 until it is, but **do not turn either bolt more than a total of one full turn**. If more adjustment than that seems necessary, please contact Tuff Tread for advice.

4. After the belt is centered, increase the speed of the belt to 10 mph by pressing Speed - Faster and verify that the belt is running smoothly.

5. If the above procedure is unsuccessful in resolving belt wander, you may need to check to see if the machine is level. See the section on leveling the back feet on page 11 of this manual.