

General fitness equipment troubleshooting tips

1. **Stop using equipment that feels unsafe.** A burning smell, damaged cord, exposed wiring, cracked frame, or unstable movement calls for repair before further use.
2. **Check the basics.** Confirm that the outlet works, the plug is secure, the power switch is on, and any treadmill safety key is in place.
3. **Write down the symptom.** Note any error code, unusual sound, or point during a workout when the problem occurs.
4. **For a treadmill belt that slips or moves off center,** follow the adjustment and lubrication instructions for your specific model.
5. **For squeaks, grinding, or uneven movement,** check accessible areas for debris, loose hardware, and visible wear. Inspect weight-machine cables, pulleys, pins, and attachments before use.
6. **Consult the equipment manual.** Follow its maintenance instructions and contact the manufacturer or a qualified technician if the issue continues.