

Lifestride Nextgen Belt and Deck Test

How to check your belt and deck for excessive friction.

1. Walk slowly on the treadmill. Access the diagnostics menu (see How To Enter Diagnostics Menu).
2. Select "System Test" mode.
3. Select "Belt/Deck" mode.
4. The following message will scroll: "RELATIVE POWER METER, RECOMMENDED SPEED ABOVE 3.5 MPH." Increase your walking speed above 3.5 MPH.
5. The initial information displayed will be: "PERCENT XXX WATT XXX." (The XXX will indicate real values.)
6. If the number to the right of "WATT" is higher than 1000, then the belt and deck must be replaced.