

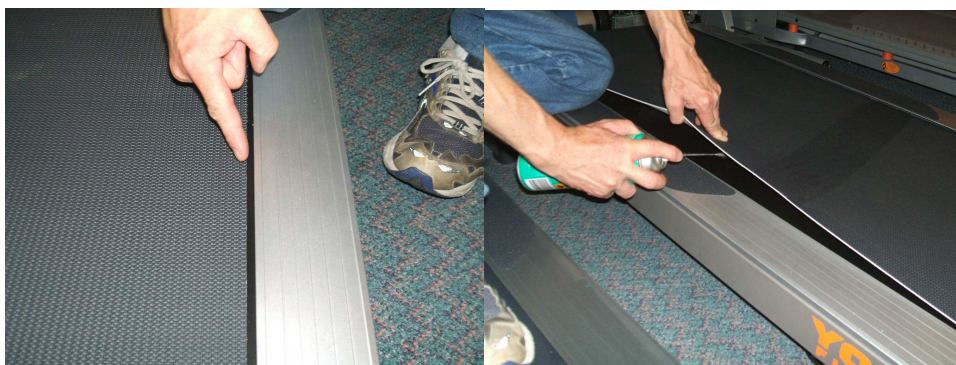
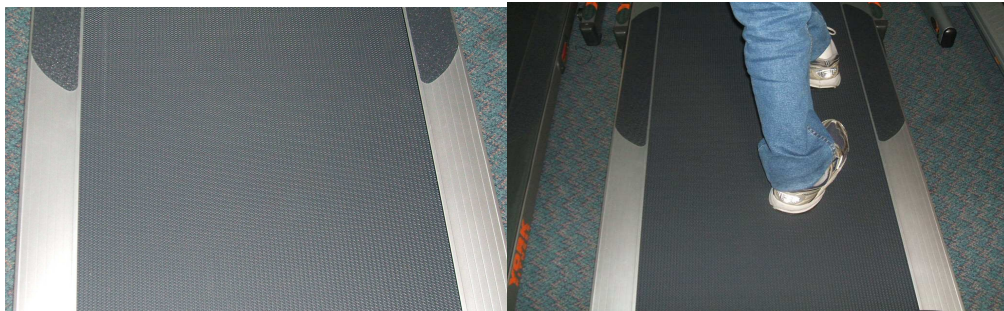
## HOW TO APPLY SILICONE SPRAY



Lift up the mat and spray silicone spray onto the deck along each side, right into the middle and the complete length of the treadmill deck. For best performance and reliability ensure a good coating of silicone spray is applied to each side regularly.



If the walking mat is covered by the siderails, push with feet to one side until the mat can be lifted. Apply silicone spray as above.



After spraying under each side of the mat with silicone spray, push with feet again to centralise the mat. Run the treadmill slowly checking mat is not rubbing against the siderails.