**MY RUNNING BELT STOPS WHEN I STEP ON IT**

Here are a few things you can look into to see why your running belt is stopping when you walk on treadmill.

* Let’s remove the hood cover on your treadmill.
* Now run the treadmill at 2.5mph with no one on it and see how it runs.
* Now go ahead and step onto the belt and see what happens.

1st Few things to look at when you’re running belt stops.

1. When the running belt stops does the Drive Motor also stop?
2. If yes then it could be a weak Drive Motor or bad Motor Controller.

2nd When the running belt stops does the Drive Motor continue to run and also does the drive belt continue to run?

1. If the Drive motor still runs and Drive Belt does not then you will need to tighten down the Drive Belt or replace the Drive Belt.

3rd When the running belt stops and Drive Motor & Drive Belt continues to spin does the entire front roller rotate?

1. If the entire front roller continues to spin then you will need to adjusted running belt.
2. If just the pulley on the front roller continues to spin, then you will need to replace the entire front roller.

This should help you trouble shoot exactly what is wrong with your treadmill, and remember to lube your Running Belt & Deck every 6 months.

<https://www.treadmilldoctor.com/walking-belt-lube-instructions>