



SPORTSMITH™ *Product Support Bulletin*

**Title: Lubrication of Deck Studs on Precor 95X
Treadmills
Date: 9/11/07**

It is recommended that the deck studs on the 95X series of treadmills be lubricated to prevent them from producing any squeaking or creaking noises. A silicone grease lubricant is required.

It is recommended that the deck studs be lubricated if either the belt or deck is being replaced or if the deck is being reversed as described in steps 1-5.

1. Once you have either mounted the deck studs into the new deck or mounted them into the reversed side of the deck, place a dollop of silicone grease onto one of the deck studs.
2. Holding the deck cushion at a 45° angle to the deck stud, slip the cushion onto the stud.
3. Turn the cushion on the stud several times to evenly distribute the lubricant along the stud.
4. Repeat the above for the remaining deck studs.
5. Complete the deck install.

If the deck is not being reversed or replaced the deck studs may still be lubricated as described in the following steps 6-13. You may use a syringe with a needle tip to inject lubricant between the deck studs and cushions. The plastic threads on the syringe can be damaged if the needle tip is not screwed in carefully. If this occurs, the syringe will become unable to secure the needle tip under pressure.

6. Unplug the unit from its power source. Lay the unit on its side.
7. You may access the deck studs from the underside of the unit.
8. Fill syringe with the silicone grease and thread needle tip onto syringe. Be sure needle tip is secure and not over tight.
9. Slip the needle tip between the deck stud and cushion. Slide the tip in as far as possible. Squeeze in about 1/3 of the grease from the syringe between the deck cushion and stud while gradually pulling the tip out of the deck cushion.
10. Turn the cushion on the stud several times to evenly distribute the lubricant along the stud.
11. One full syringe will lubricate 3 deck studs/cushions.
12. Repeat the process until all deck studs and cushions are lubricated.



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13. Set unit upright. Plug unit back into its power source.
14. Walk on treadmill and run on treadmill to check the lubrication you just applied to ensure quiet operation.