

Rev. A		Control Number XXXXXXXXXXXX
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Revised Date 4/23/2010	Approved by Bill Baier	Prepared by Kevin Oeltjenbruns

PURPOSE

To replace the shock on Horizon foldable treadmills.

TOOLS NEEDED

- 1) Metric Tap Set
- 2) Extractor Set
- 3) Drill and Drill Bit Set
- 4) Adjustable Crescent Wrench or Pliers
- 5) Replacement Shock

PROCEDURE

- 1) Locate the hole in the elevation rack where the bottom of the shock is mounted (Figure A).
- 2) Check to see if the shock stud is still present in the hole (Figure B). **NOTE:** If the shock has come off, this stud will typically be broken off in the elevation rack frame. If the stud is not broken off in the frame, skip to Step 5.



Figure A



Figure B

- 3) Use a drill to create a divot in the shock stud (Figures C & D).



Figure C



Figure D

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- 4) Once a divot is present in the shock stud, an Extractor can be used to remove the shock stud from the frame (Figure E).
- 5) Check the threads in the elevation rack frame. If needed, re-tap the shock stud hole (Figure F). On most models, this will take an M8 size tap.



Figure E

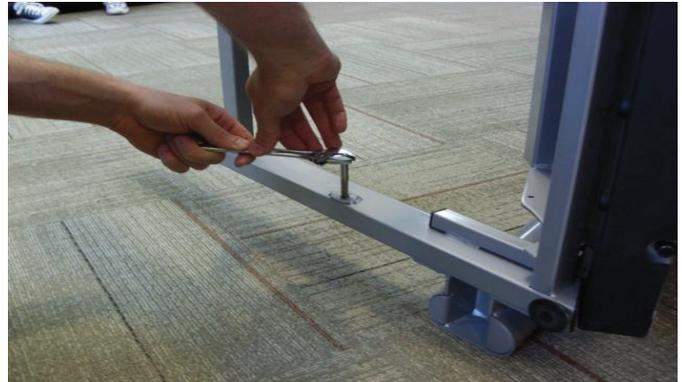


Figure F

- 6) Install the new shock (Figures G & H). **NOTE:** Be sure that the appropriate washers (as outlined on the exploded diagram) are present on both of the shock studs prior to them being attached to the frame.



Figure G



Figure H

- 7) Fold and unfold the treadmill 3-4 times to ensure that the shock is operating correctly and is tightly attached to the elevation rack and main frames.