

### How to Measure a Treadmill Belt / Mat - Guide Only

- 1) Remove treadmill from power point
- 2) Measure the width of the mat with a measuring tape as in figure 1. As a guide, the width of most mats will be between 340mm and 500mm.



Fig 1

- 3) Measuring the length. Find the join in the mat and move it to near the rear roller. Mark a line on it with a black marker (fig 2) and measure 1 metre. Mark another line on the mat (fig 3) and push the mat until that mark is near the rear roller. Now measure another metre, mark another line on the mat as in fig 3 and push the mat again until the next mark is near the rear roller. This time the join should be visible so only measure to the start mark and this will give you your size (fig 4). As a guide, the length of most mats will be between 2500mm and 3000mm. Now that you have your size, take away 10mm to allow for any stretching and mat thickness. These measurements will allow us to select the proper sized mat required.



Fig 2



Fig 3



Fig 4

Remember to ***double check*** your sizes to avoid delays and fitting problems.