

Stride - incline motor

Tools needed: 17mm open head wrench, 6mm Allen wrench, Phillips head screwdriver, Small pliers

Two people are needed

Step 1. Tip over the treadmill to expose the underside.



Step 2. you will notice the incline motor's piston along with a bolt and nut. Proceed by removing the nut and bolt in this step.





It should look like this



Step 3. Rotate the piston to the right until it reaches its maximum point of movement.



It should look like this

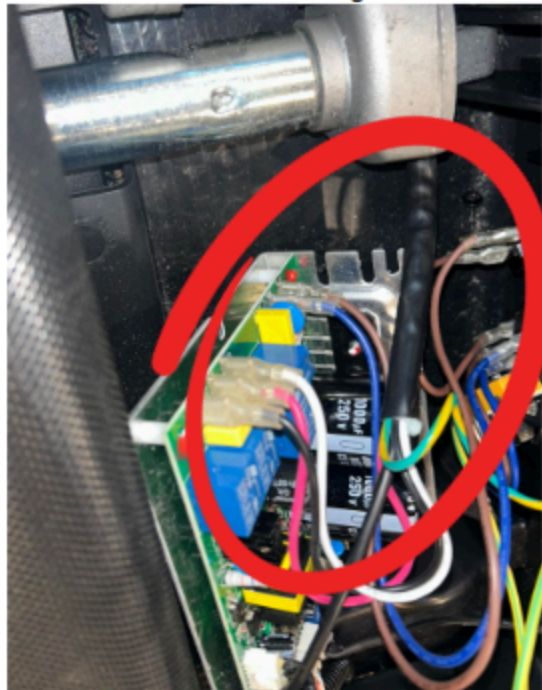


**Step 4. Return the treadmill to its normal position and remove the motor:
watch this video for guidance on the removal process:
<https://drive.google.com/file/d/1JPzduebvp-5GVDNhFoUnpbsnXI2F5YC/view?usp=sharing>**

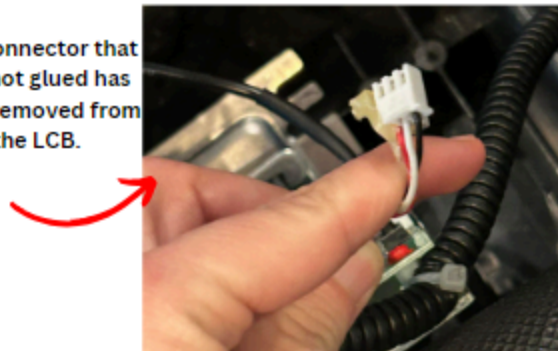
Step 5. After relocating the motor, you will uncover the incline motor. Initiate the process by extracting the bolt. While removing the bolt, remember to lift the motor and simultaneously push the bolt out.



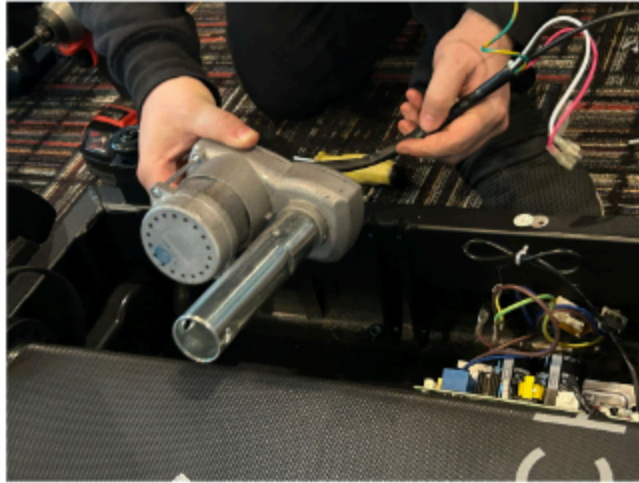
Step 6: Use pliers to disconnect the wires from the incline motor and the lower control board. There should be three connectors - black, red, and white - and one connector that is hot glued on the other side of the LCB. You can use Rubbing alcohol to remove glue.



The connector that was hot glued has been removed from the LCB.



Step 7. Once the wires are detached, you can extract the incline motor. It might be easier if another person lifts the back of the treadmill.



Step 8. Install the new incline motor, secure it with bolts, and reconnect all wires.

Step 9. Tip the treadmill back to access the backside where the incline piston is located. Ensure the holes align properly, then replace the bolt and nut.

