

Title: What is the Proper Direction to Install a Treadmill Running Belt? Date: February 26, 2010

Treadmill Running Belts and Direction of Install

Some treadmill running belts have a required direction for installation to your treadmill. These treadmill running belts may be referred to as "directional". Other treadmill running belts can be installed in any direction and may be referred to as "non-directional". It is the type of seam the treadmill running belt was manufactured with that determines if the belt is "directional" or "non-directional". Understanding the seam types that are used for treadmill running belt manufacturing will help determine how the running belt should be installed.

Non-Directional Treadmill Running Belts

A treadmill running belt that is non-directional when installed onto the treadmill would be a running belt that features a Finger Splice seam.

Front or Rear of Unit

Example of Finger Splice Seam

Directional Treadmill Running Belts

A treadmill running belt that is directional when installed onto the treadmill would be a running belt that features an Overlap seam. This type of belt requires that the top layer faces the front roller and the bottom layer faces the rear roller. The user's foot should not slide into the seam as the belt rotates.

(Top layer of Overlap seam)

→ Front of Unit

Rear of Unit 🗲

(Bottom layer of Overlap seam)

Example of Overlap Seam