



This guide will simplify your installation process and assure the longevity of your equipment. Every machine is different, but there are industry standards most companies follow. First, let's look at how to find the optimal place for your equipment.

## Picking a Spot for Your Equipment

Make sure you have adequate space before your new equipment arrives. Preferably, a space close to your breaker box and grounded outlet. You shouldn't use an extension cord with a treadmill or elliptical. If you must use an extension cord, your best option is a 14-gauge extension cord without a surge protector.

Most cardio equipment has a built-in surge protector so your equipment will be safe from surges without an extension cord. Having a second surge protector can damage your machines electronics.

Carpet fibers will damage the tread on your machine, and the machine's feet will scratch hardwood floors. It is best to use [gym floor mats](#) to avoid damage to your home and machine. Gym flooring also makes leveling your equipment much easier.

Treadmills move up and down for incline and decline. Ellipticals also adjust their inclination, and the handles move back and forth. You should place your equipment in an area with a half-foot space in front, behind, and sides of your machine.

## Quick Look: Picking a Spot for Your Equipment

- Designate a space for your equipment. The best area is close to a grounded outlet. Grounded outlets have a 3-prong input.
- Place your equipment close to the breaker box.
- Be sure to include enough space for your equipment to adjust to inclines and decline.
- Lay down [gym flooring](#) to protect your machine and floors. This not only protects your home, but it also makes adjusting your equipment's legs easier. Our [Premium Rubber Flooring](#) will absorb the impact of dropped weights and make your home gym look and feel more professional.

The space you choose is important, but knowing the proper electrical requirements is vital. Next, we will look at the power requirements for cardio equipment machines.

## Circuits, Outlets, and Breakers

Next, you'll want to check your home's wiring to assure the safety of your new equipment. Like refrigerators, dishwashers, and other large home appliances, cardio equipment pulls a lot of AMPS. The average fridge pulls 15 to 20-AMPS. At full force, an elliptical, for example, will draw 12 to 20-AMPS, less than a refrigerator but enough to require its own designated circuit.

By using a dedicated circuit, you avoid ruining your new machine. You don't want other electronics competing with your treadmill. If two electrical appliances are pulling from the same circuit, one will be underpowered, which will damage your treadmill or other devices.

It is possible, but not recommended, to use a 15-AMP circuit with a lower-powered machine. Using a circuit below 20-AMPS, or a using a 20-AMP circuit with other appliances can shorten your cardio equipment's life span. Having a dedicated circuit installed doesn't cost much, and it takes less than an hour for an experienced electrician to install one.

You should place your machine close to the breaker box. The further away from the breaker box, the higher the chance your machine isn't being correctly powered. If your equipment is far away from your breaker box, talk to your electrician, they can run the proper gauge wire to your preferred outlet.

Your new piece of gym equipment will need a grounded outlet. Never plug your equipment into a GFCI (Ground Fault Circuit Interrupter) or a light dimmer. Only use a grounded outlet with the capacity for 120 Volts or more. Other outlets will cause damage to your elliptical's electronics.

## **Quick Overview: Circuits, Outlets, and Breakers**

- Locate your circuit box. Check and see if your breaker supports 20 AMPS.
- If your breaker supports 20-AMPS disconnect all appliances, lamps, etc. from the area the circuit controls.
- We recommend having a dedicated 20 AMP and 120-Volt circuit. An electrician can easily install these circuits, or you can remove all appliances that are pulling from an already established 20-AMP circuit.
- Without a dedicated circuit, you risk blowing a breaker and shortening the life of your new equipment.
- It is best to avoid extension cords. If you must use an extension cord, only use one less than six feet long, with three prongs (known as a grounded cord), made from 14-gauge wire, and does not have a surge protector.
- Always avoid Ground Fault Interrupt outlets, these outlets have a red reset button and black test button.

## **Industry Power Requirements**

The following are the industry standard power requirements. To protect your elliptical, treadmill or other cardio equipment, check the manufacturer requirements before installation. While it is rare, some machines may require over 15 AMPS.

- Voltage 110
- Freq (Hz) = 50/60
- Current (RMS-Amps) =15
- Dedicated or Isolated circuit
- Outlet Type NEMA = 5-20
- Power Dissipation (Watts) =1650

If you are uncertain your breaker can handle your equipment or if you have any questions or concerns about installing your equipment, please contact your local licensed electrician. Show them these requirements and your space, from there, they can suggest the right measures to prevent damage to the cardio equipment.

***Revalue Fitness wants you to enjoy your new (or used) machine for as long as possible. By following these guidelines, you will keep your new cardio equipment safe, and if your treadmill is reliable, then you can stay healthy!***