



Corsair FreeRun 105

USER MANUAL



Product may vary slightly from the item pictured due to model upgrades.



**Read all instructions carefully before using this product.
Retain this owner's manual for future reference.**

NOTE:

This manual should not be used to guide your purchasing decision. Your product, and the contents inside its carton, may vary from what is listed in this manual. This manual may also be subject to updates or changes. Updated manuals are available through our website at www.lifespanfitness.com.au



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I. IMPORTANT SAFETY INSTRUCTIONS

 **WARNING: Read all instructions before using this treadmill.**

It is important your treadmill receives regular maintenance to prolong its useful life. Failing to regularly maintain your treadmill may void your warranty.

- Read the entire owner's manual before operating the unit
- Save this manual for future reference.
- **Assembly of Technical Items:** Assembly of the treadmill should be performed by a qualified technician. A significant amount of technical knowledge is required for the safe and complete assembly of the unit.
- Do not use accessory attachments that are not recommended by Lifespan Fitness. Such attachments may cause injuries.
- Assemble and operate the treadmill on a solid, level surface.
- All warning labels attached directly to the treadmill must remain installed. If a warning label becomes illegible or damaged, please contact Lifespan Fitness for a replacement.
- Maintain the treadmill to keep it in good working condition, as described in this manual. Inspect the treadmill for incorrect, worn, or loose components, and then correct, replace, or tighten prior to use.
- If you plan to move the treadmill, obtain help and use proper lifting techniques.
- Do not attempt to service the treadmill yourself, except to follow the maintenance instructions in this manual.
- Move the treadmill with 2 person and use proper lifting technique to avoid injury.

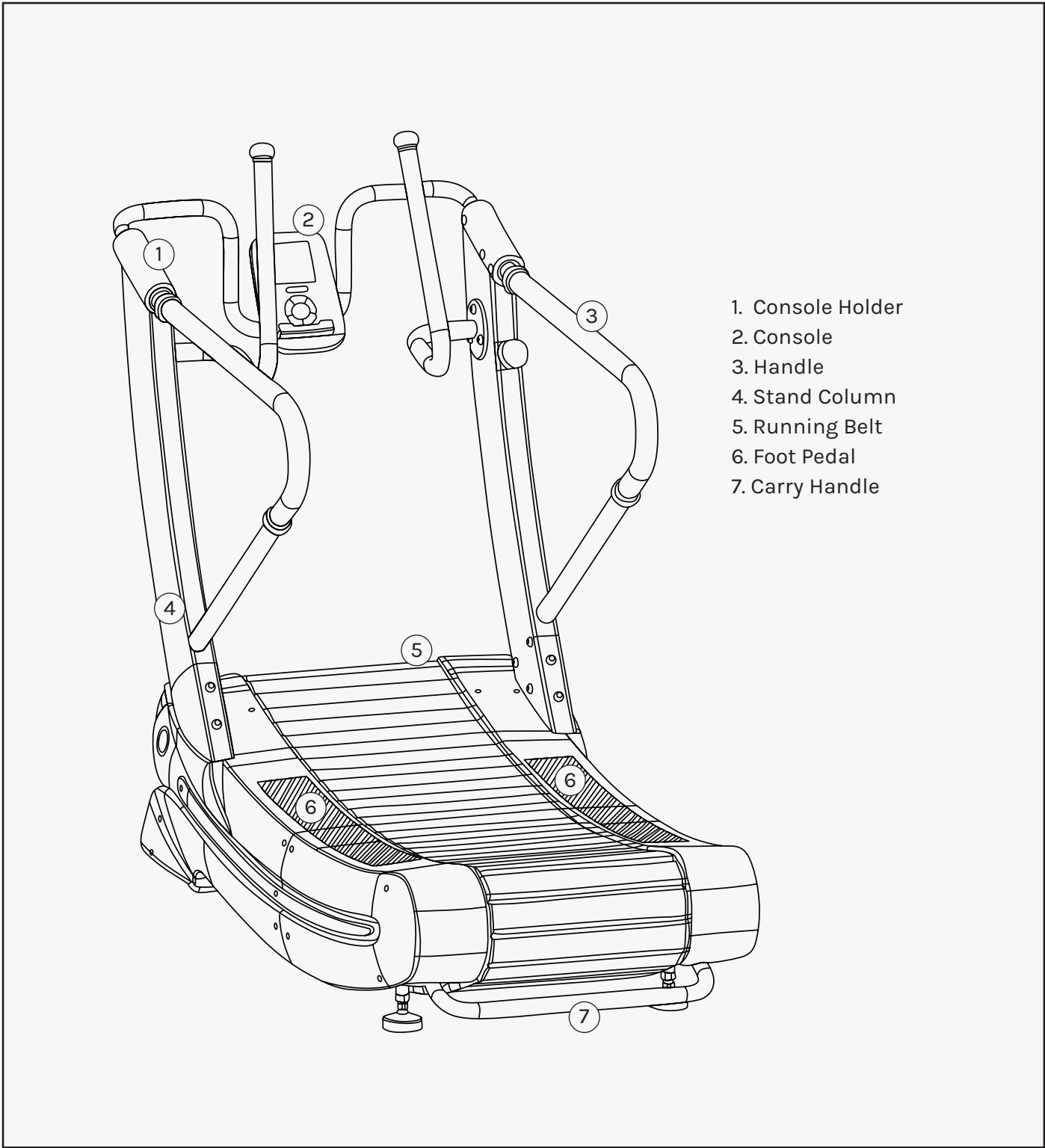
II. IMPORTANT OPERATING INSTRUCTIONS

- Do not use while under the influence of alcohol, drugs, or narcotics.
- Do not allow children, or people unfamiliar with the operation of this treadmill, on or near it. Do not leave children unsupervised around the treadmill.
- Do not allow children under the age of 16 to use the treadmill.
- Do not allow animals on the treadmill.
- Examine the treadmill for loose or worn parts before each use. Tighten/replace any worn or loose components prior to use.
- Do not use outdoors or in high humidity.
- Do not operate the treadmill without the handrail installed.
- Do not use the treadmill with walking poles or other devices not specifically approved by Lifespan Fitness.
- Never jump onto the treadmill. Never jump from the treadmill. Never enter the treadmill from the front. Operate treadmill only when facing forward. Never attempt to mount or dismount the treadmill while the belt is moving.
- Hold on to the handrail with one hand whenever you operate the console keys with the other hand. Face the console and do not lean on or pull on the console at any time.
- Never drop or insert objects into any opening.
- Keep hands away from moving parts.
- Wear proper exercise clothing and shoes for your workouts and avoid loose or dangling clothing. Tie long hair back. Do not wear shoes with heels and check the soles of your shoes to remove any dirt and embedded stones. The running surface is not intended for cleats or running spikes.
- Save these instructions.

WARNING:

- The treadmill is non-motorized and means the user initiates and controls the speed of the running belt. There is no emergency stop feature and the treadmill will slow to a stop on its own.
- The belt moves freely in only one direction. Grasp the handrails whenever mounting and dismounting the treadmill.

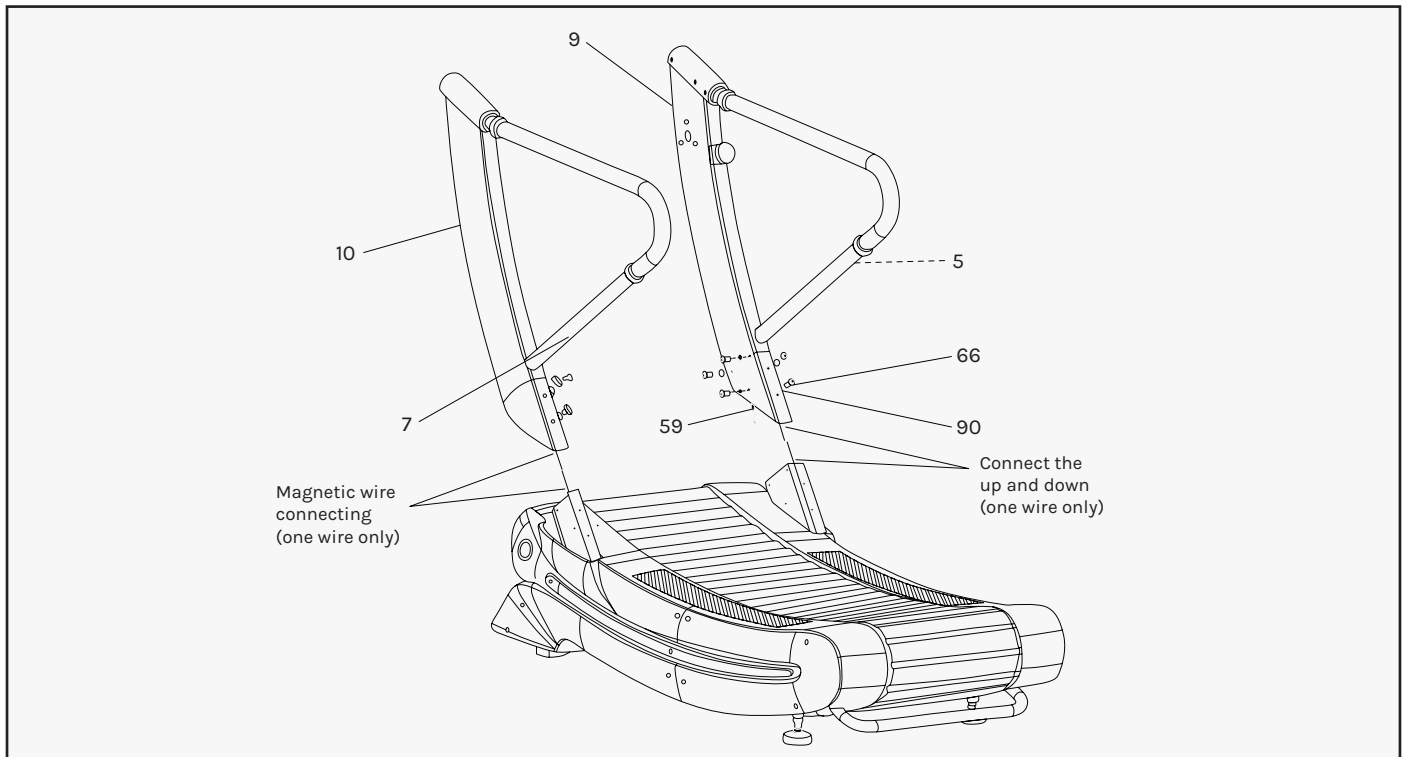
III. MACHINE DIAGRAM



IV. ASSEMBLY INSTRUCTIONS

User Manual of this section is designed to ensure that the treadmills can be assembled correctly and easily.

- Considering the big size of the treadmill, please select the location where the treadmill will be placed and ensure there is enough space around it.
- Place all parts of the treadmill in the empty area and remove all packing materials. Do not discard the packing materials until the assembly work is completed.
- All bolts must be tightened during the assembly process unless otherwise stated, and all bolts must be tightened when the assembly work is completed.
- When assembling the treadmill, please make sure all parts are assembled according to the assembly drawing.

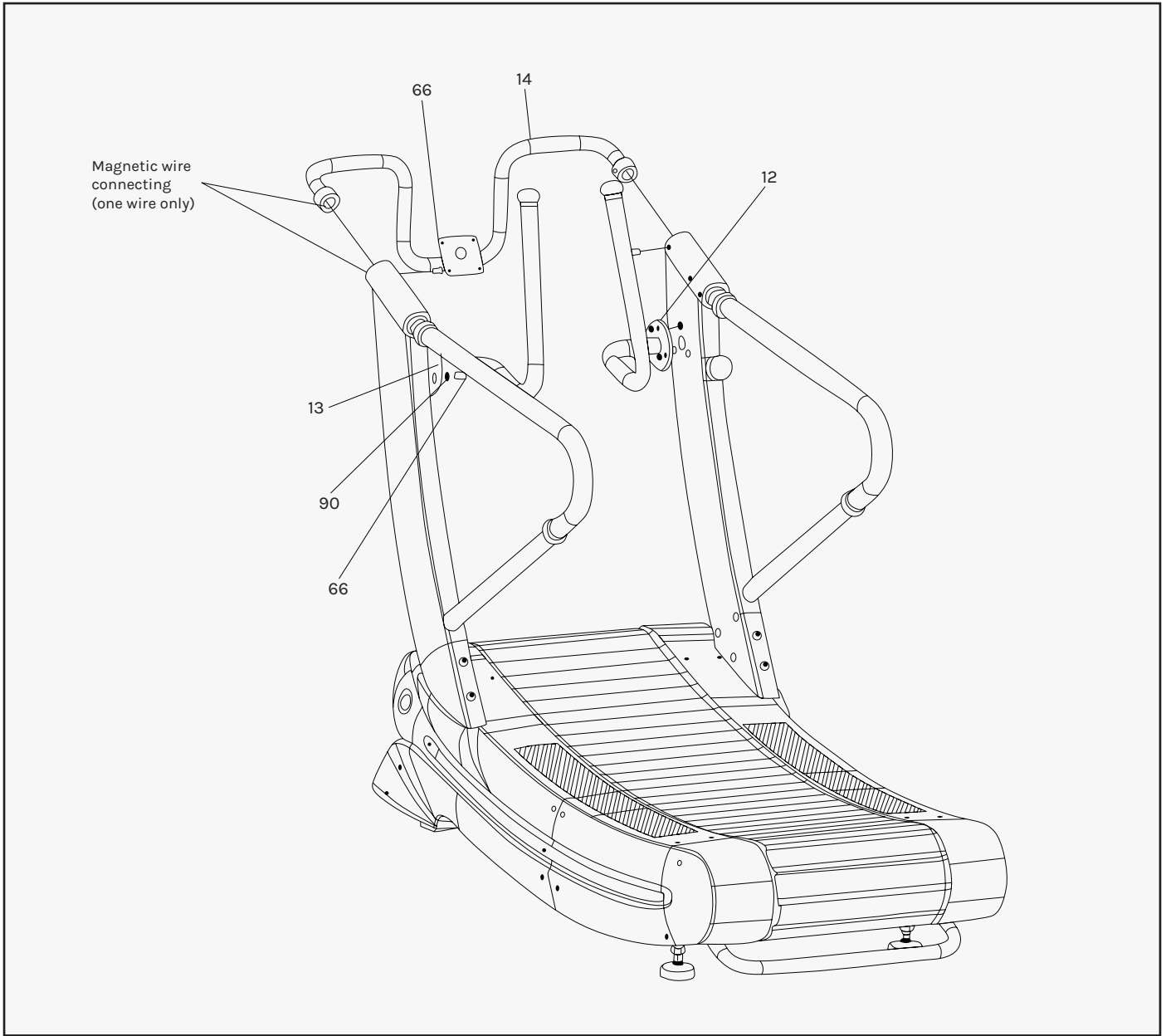


ASSEMBLY STEP ONE

Connect the magnetic induction line and assemble the stand column.

1. Remove the packing materials on both sides of the stand column.
2. Fix the stand column to the corresponding position of the main frame as shown in the picture below.

NOTE: Connect the magnetic line below.

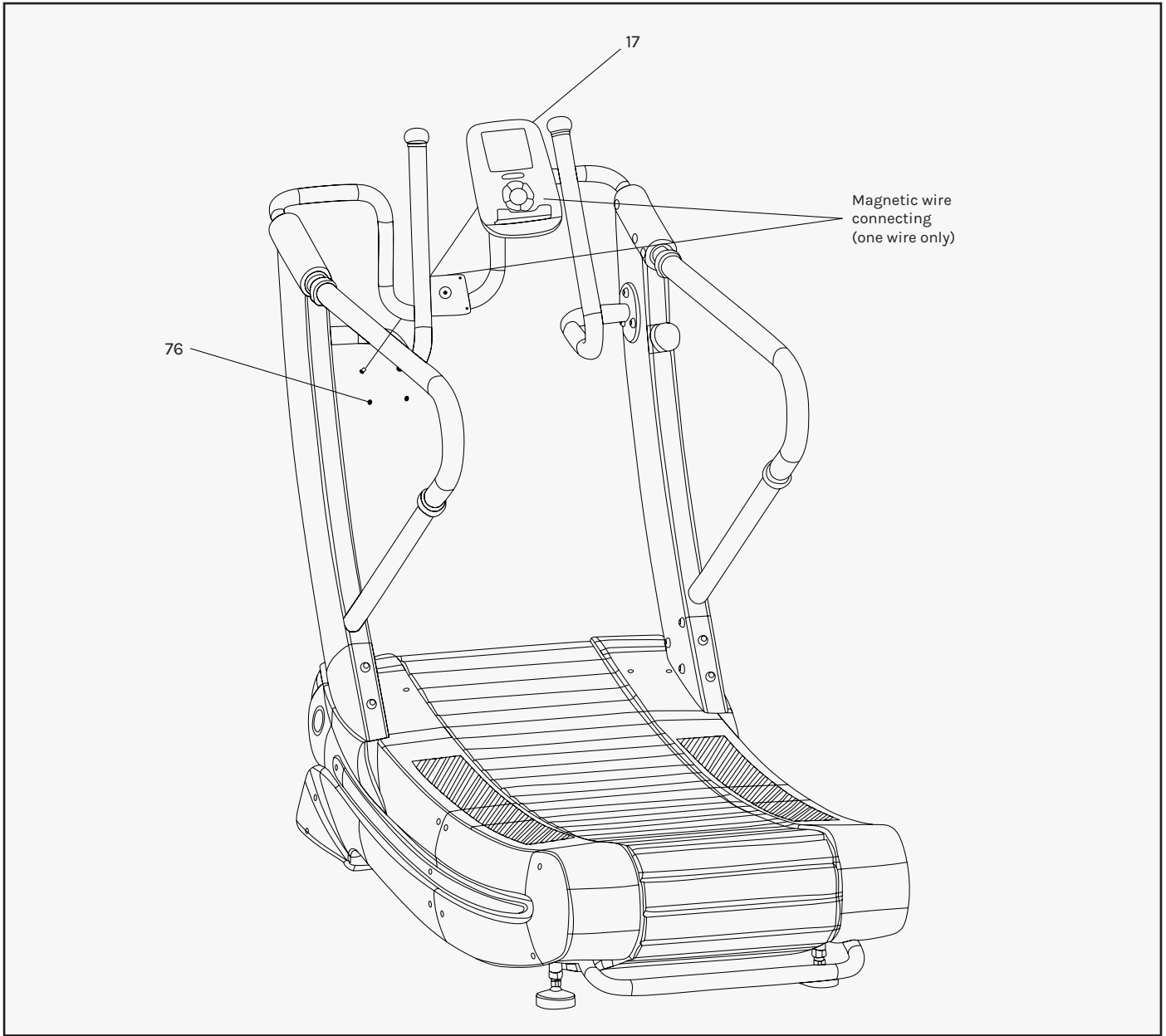


ASSEMBLY STEP TWO

Connect the magnetic induction line and assemble the console holder and handrail.


Assembly instructions:

1. Connect the magnetic induction line of the console holder to those in the stand column.
2. Fix the console holder tightly with the stand column as shown in the picture below, using 2 pcs of (27).
3. Fix the handrail tightly with the stand column as shown in the picture below.



ASSEMBLY STEP THREE

Assembling the console and connecting the magnetic line.

1. Connecting the magnetic line of the console with the line in the holder console holder.
2. After connected the magnetic line, place the console at the joint of console holder and fasten it (as shown), using 4pcs of (13) and 4pcs of (14).
3. Stepping on the running belt run it, and press the button  to start the treadmill, check the machine is running normally or not, the console data display is comprehensive and accurate or not.
4. If the machine runs normally, all bolts are tightened in place, then, the treadmill is assembled.

V. OPERATION GUIDE

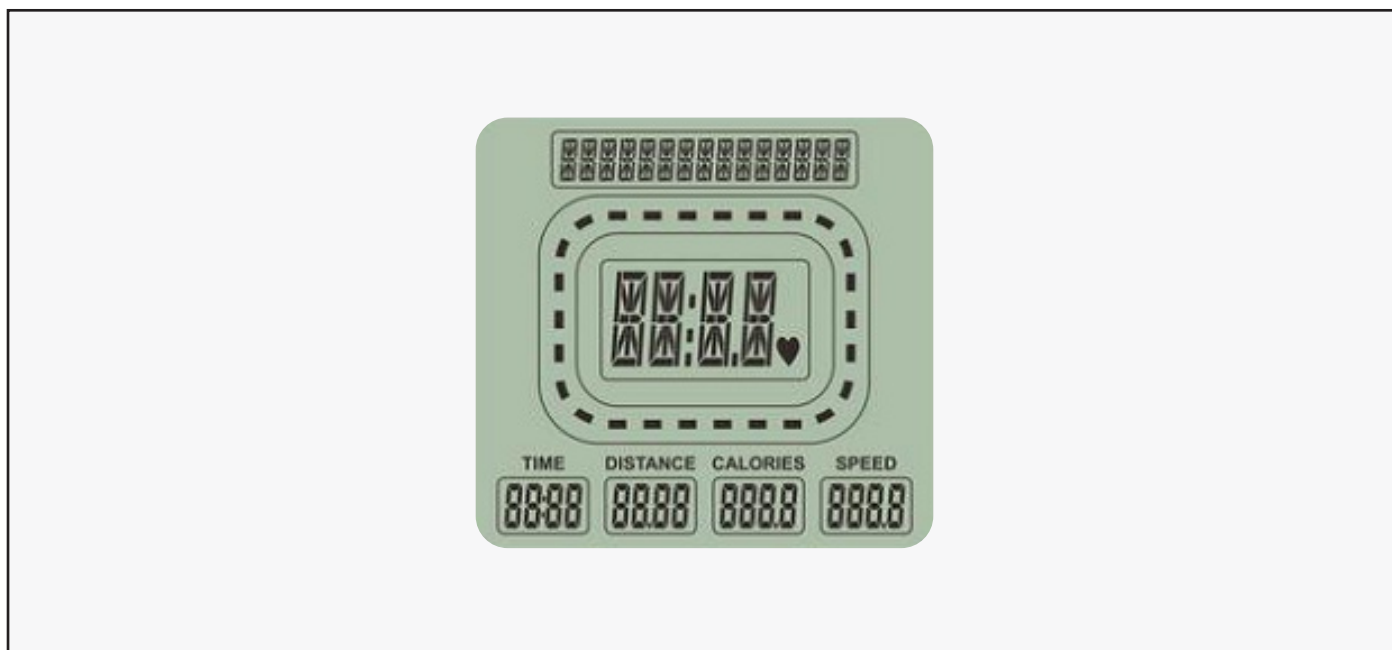
CONSOLE INTRODUCTION

Console Input Supply Voltage: Four-cell Dry Battery

TIME	0:00–99.59
DISTANCE	0.00–99.99 (km)
CALORIES	0–999 (kcal)
HEART RATE	60–300 (beats/min)
ROTATING SPEED	0–90 (KM/H)

Resistance Adjustment Level: 1–8 (at 1, the resistance is 0 and at 8, the resistance is maximum)

This treadmill interface has only one main interface, with six buttons to achieve the purpose of use, the specific operation methods of the treadmill are as follows:



1. HOME PAGE

The main interface is used to display device name, time, distance, calories, speed.



2. SIX BUTTON

The main interface is used to display device name, time, distance, calories, speed.

	START/STOP BUTTON	In standby mode, all data will start counting only when you click this button. Click this key while running, and all data will stop counting.
	NUMERICAL PLUS KEY	For numerical addition on numerical setting interface, growing rate: +1.
	NUMERICAL MINUS KEY	For numerical reduction on numerical setting interface, reduction rate: -1.
	PROGRAM SETTING KEY	Click this key to start program setting, consist of body fat test; time reciprocal, distance reciprocal, calories reciprocal and heart rate monitoring five kinds of procedures.
	RESET KEY	Touch this button (no more than 3s) to back step.; Long press this key (more than or equal to 3s) to return to the initial interface, all data will be reset.
	CONFIRM KEY	Confirm key for data and program selection. numerical modification confirmation.



RESISTANCE KNOB OPERATION INSTRUCTION

This treadmill uses a knob to adjust the resistance of the wire. As shown in the picture it is divided into 1-8 gears from left to right, and the resistance increases gradually.

VI. PARTS LIST

! Some items on this list may come pre-installed on your equipment. If you feel like you're missing anything, please double check your equipment.

- | | | | |
|-------------------------------------|-----|-----------------------------|-----|
| 1. Main Frame Assembly | 1pc | 4. Console Welding Assembly | 1pc |
| 2. Right Side Stand Column Handrail | 1pc | 5. Console | 1pc |
| 3. Left Side Stand Column Handrail | 1pc | 6. Whole Screw | 1pc |

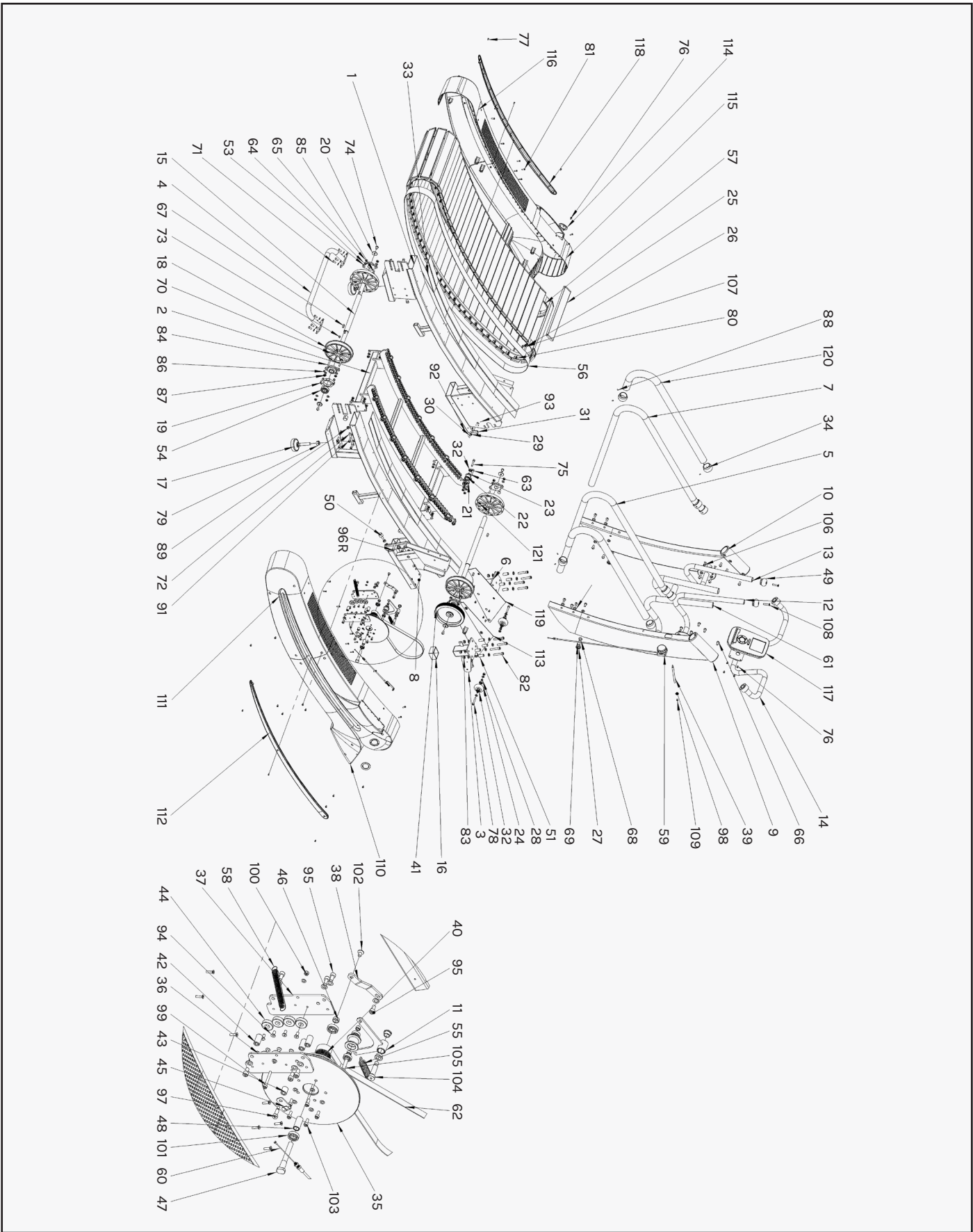
Item	Description	Qty	Item	Description	Qty
1	TZ04-SP03-0402 Left Side Cover	1	26	TZ02-SP03-0235 Running Belt Fixed Sheet Metal	120
2	TZ04-SP03-0403 Running Belt Rack	1	27	601 Plastic Part	2
3	TZ04-SP03-0407 Right side support group	1	28	TZ03-SP03-0309 Inside Bearing Spacer	4
4	TZ04-SP03-0408 Carry Handle	1	29	Probe Fixing Piece	1
5	TZ04-SP03-0411 Right Handle Group	1	30	Probe	1
6	TZ04-SP03-0415 Left Side Support Group	1	31	TZ02-SP03-0239 Counter Fixing Piece	1
7	TZ04-SP03-0416 Left Handle Group	1	32	608 Bearing	128
8	TZ04-SP03B-0417 Right Side Cover	1	33	TZ10-SP03-1002 Foam Tape	4
9	TZ04-SP03-0410 Right Side Stand Column Welding Part	1	34	TZ03-7039-0324 Handle spacer (aluminum)	4
10	TZ04-SP03-0414 Left Side Handle Welding Part	1	35	TZ02-SP03B-0244 Ventilated Aluminum Pan	1
11	TZ04-SP03B-0420 Belt Pulley Rack	1	36	TZ02-SP03B-0246 Magnet Fixed Sheet Metal	1
12	TZ04-SP03B-0421 Handrail Group	1	37	TZ02-SP03B-0247 Magnet Fixed Sheet Metal	1
13	TZ04-SP03B-0422 Handrail Group	1	38	TZ02-SP03B-0250 Aluminum Plate Fixed Sheet Metal	1
14	TZ04-SP03B-0423 Condole Welding Group	1	39	TZ03-SP03B-0333 Set Screw	1
15	TZ06-SP03-0603 Back Axle	2	40	TZ03-SP03B-0328 Small Pulley	1
16	TZ03-SP03-0614 Footing	2	41	TZ03-SP03B-0327 Big Pulley	1
17	M16 Footing	2	42	TZ03-SP03B-0331 Support Column	3
18	TZ06-SP03-0612 Front Wheel	4	43	TZ03-SP03B-0332 Spacer Nylon Sleeve	1
19	TZ02-SP03-0236 Bearing Holder	1	44	TZ10-SP03B-1006 Strong Magnetism	8
20	TZ-5013-0211 Small Round Baffle	4	45	TZ02-SP03B-0251 Wire Drawing Sheet Metal	1
21	TZ03-SP03-0308 Small Bearing Spacer	94	46	TZ-7022-0123E	1
22	TZ03-SP03-0311 Adjustable Aluminum Wheels	15	47	TZ-7022-0202 Flywheel Shaft	1
23	TZ03-SP03-0307 Big Bearing Spacer	32	48	TZ-7022-0123D	1
24	Front Wheel	2			
25	Running Belt Unit	60			

Item	Description	Qty	Item	Description	Qty
49	TZ03-SP03B-0008 Aluminum Handle	2	83	M10X9t-S1 Fasten the Screw Nut	8
50	039 Shock-absorbing Positioning Block	1	84	M8X55 Carriage Bolts	2
51	TZ03-SP03-0326 Reinforced Casing	8	85	M8X25 Carriage Bolts	6
52	GT009	2	86	M6X14L-N2 Hexagon Round Screw	1
53	FL005 Bearing Pedestal	4	87	M6 Nut	1
54	6205 Bearing	1	88	M5X8L-J1 Set Screw	8
55	TZ05-7037-0120 Tension Spring	1	89	M10x8t-S2 Nut	3
56	TZ10-SP03-1003 Foam Tape	2	90	Φ20xΦ11x1.0t-C1 Washer	32
57	TZ17-SP03-1701 Running Belt	2	91	M8X25L-N1 Hexagon Socket Cap Screws	16
58	5039 Soft Spring	1	92	M4X10L-A1 Cross Plate Circular Bolt	1
59	TZ10-SP03B-1004 Pull Up Line	1	93	M4X15L-A1 Cross Plate Circular Bolt	2
60	TZ10-SP03B-1005 Pull Down Line	1	94	M6X16L-N3 Hexagon Countersunk Head Screw	8
61	φ30	2	95	M8X16L-N1 Hexagon Socket Cap Screws	7
62	8PJ420 Belt	1	96	M10X50 Set Screw	1
63	M8X40L-N1 Hexagon Socket Cap Screws	94	97	8X20-N Set Screw	1
64	Φ8 Gasket	169	98	Φ12xΦ6.6x1.0t-C1 Washer	8
65	M8X7t-S1 Lock Nut	136	99	M6X50L-N1 Hexagon Socket Cap Screws	1
66	M10X20L-N2 Hexagon Socket Screw	22	100	M6X6t-S1 Locknut	1
67	8X25 Flat key	4	101	6001 Bearing	2
68	Φ22Xφ13X1.5t-C1 Washer	2	102	M8X16L-N3 Hexagon Countersunk Head Screw	1
69	M12X30L-N1 Hexagon Socket Cap Screws	2	103	M6X15L-N1 Hexagon Socket Cap Screws	5
70	M6X8L-J1 Set screw	12	104	M12X35 Set Screw	1
71	M8X16L-N2 Hexagon Round Screw	8	105	M8X35L-N1 Hexagon Socket Cap Screws	1
72	M10X100L-N1 Hexagon Socket Cap Screws	2	106	M10 Hexagonal Ram	6
73	8X14 Flat key	2	107	Φ10xΦ5.5x1.0t-C1 Washer	240
74	M10X15L-N2 Hexagon Round Screw	4	108	M8X40L-N3 Hexagon Countersunk Head Screw	2
75	M8X45L-N1 Hexagon Socket Cap Screws	14	109	M6X10L-N2 Hexagon Round Screw	1
76	M5X10L-A1 Cross Plate Circular Bolt	32	110	TZ06-SP03-0603 Right Front Cover	1
77	M4X12L-M1 Cruciform Slotted Screw	6	111	TZ06-SP03-0604 Right Behind Cover	1
78	M8X50L-N1 Hexagon Socket Cap Screws	2	112	TZ06-SP03-0605 Right Side Trim Strip	1
79	M16X14.8 Nut	2	113	TZ06-SP03-0606 Right Side Protecting Case	1
80	M5X12L-A1 Cross Plate Circular Bolt	240	114	TZ06-SP03-0611 Decorative Ring	2
81	M5X20L-N3 Hexagon Countersunk Head Screw	20	115	TZ06-SP03-0607 Left Front Cover	1
82	M10X60L-N1 Hexagon Socket Cap Screws	8	116	TZ06-SP03-0608 Left Back Cover	1

Item	Description	Qty
117	TZ06-SP03-0616 Console	1
118	TZ06-SP03-0609 Left Side Trim Strip	1
119	TZ06-SP03-0610 Left Side Protecting Case	1

Item	Description	Qty
120	∅40 rubber	2
121	Counter Magnet	1

VII. EXPLODED DIAGRAM



VIII. EXERCISE GUIDE

! PLEASE NOTE:

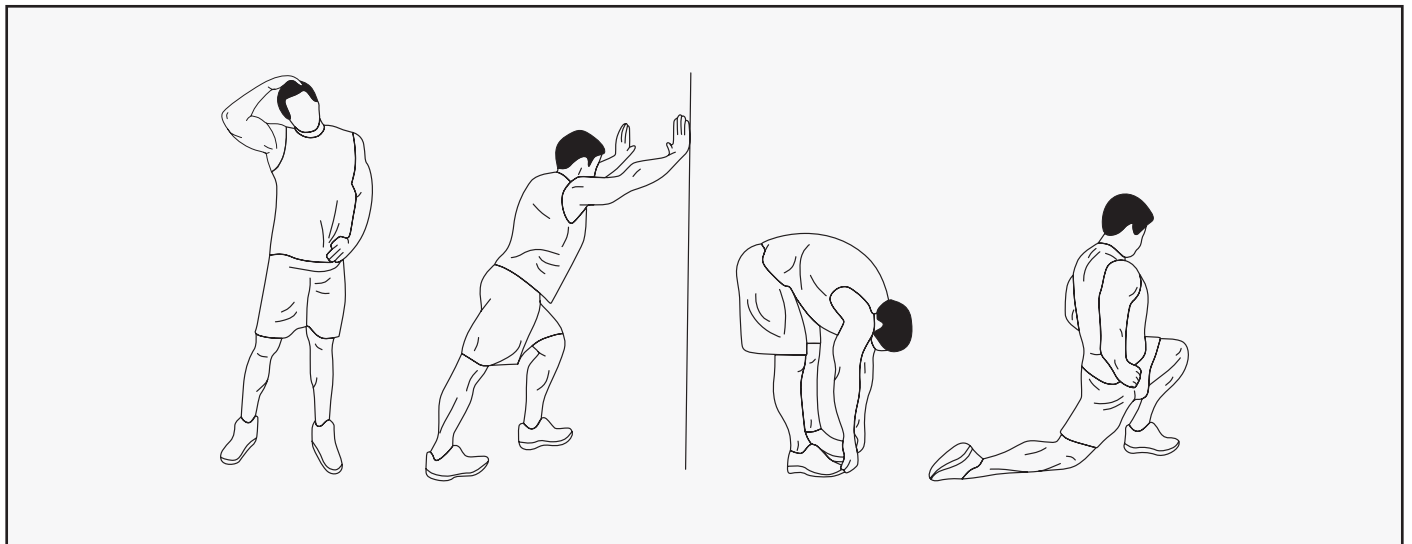
Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as an exercise aid in determining heart rate trends in general.

Exercising is a great way to control your weight, improve your fitness and reduce the effect of aging and stress. The key to success is to make exercise a regular and enjoyable part of your everyday life.

The condition of your heart and lungs and how efficient they are in delivering oxygen via your blood to your muscles is an important factor to your fitness. Your muscles use this oxygen to provide enough energy for daily activity. This is called aerobic activity. When you are fit, your heart will not have to work so hard. It will pump a lot fewer times per minute, reducing the wear and tear of your heart.

So as you can see, the fitter you are, the healthier and greater you will feel.



WARM UP

Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.

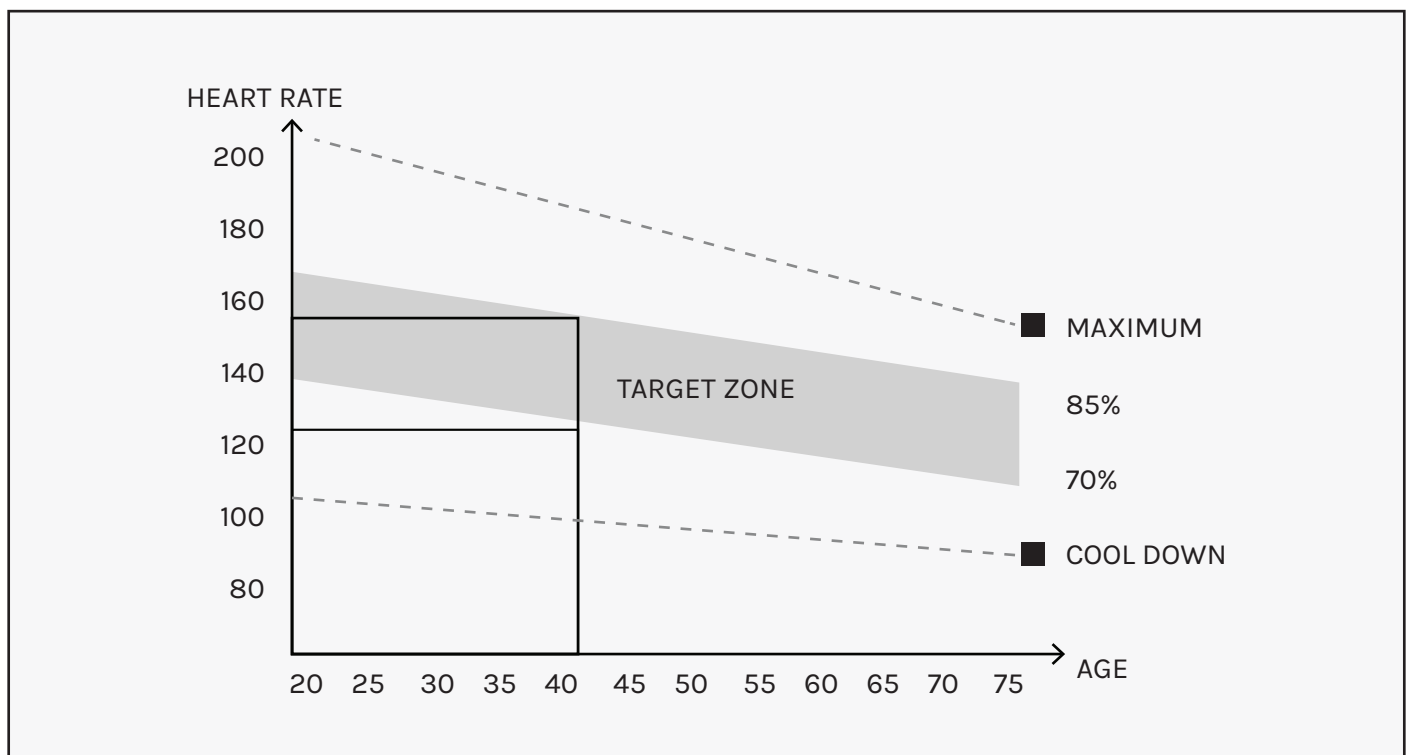
TRAINING ZONE EXERCISE

After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise.

COOL DOWN

Finish each workout with a light jog or walk for at least 1 minute. Then complete 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

WORKOUT GUIDELINES



! This is how your pulse should behave during general fitness exercise. Remember to warm up and cool down for a few minutes.

The most important factor here is the amount of effort you put in. The harder and longer you work, the more calories you will burn.

IX. MAINTENANCE INSTRUCTIONS

Reasonable cleaning/lubricating should be made to extend the lifetime of this unit. Performance is maximized when the belt and mat are kept as clean as possible.

WARNING:


THE BELT/DECK FRICTION MAY PLAY A MAJOR ROLE IN THE FUNCTION AND LIFE OF YOUR TREADMILL AND THAT IS WHY WE RECOMMEND YOU CONSTANTLY LUBRICATE THIS FRICTION POINT TO PROLONG THE USEFUL LIFE OF YOUR TREADMILL. FAILING TO DO THIS MAY VOID YOUR WARRANTY.

1. GENERAL CLEANING

- Use a soft, damp cloth to wipe the edge of the belt and the area between the belt edge and frame. A mild soap and water solution along with a nylon scrub brush will clean the top of the textured belt. This task should be done daily. Allow to dry before using.

2. GENERAL CARE

- Check parts for wear before use.
- Pay particular attention to the fixing knobs and make sure they are tight.
- Always replace the mat if worn and any other defective parts.
- If in doubt do not use the treadmill and contact us.

 **Take care to protect carpets and floor** in case of leakages. This product is a machine that contains moving parts which have been greased/lubricated and could leak.

X. WARRANTY

AUSTRALIAN CONSUMER LAW

Many of our products come with a guarantee or warranty from the manufacturer. In addition, they come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage.

You are entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure. Full details of your consumer rights may be found at www.consumerlaw.gov.au.

Please visit our website to view our full warranty terms and conditions:
<http://www.lifespanfitness.com.au/warranty-repairs>

WARRANTY AND SUPPORT

Please email us at support@lifespanfitness.com.au for all warranty or support issues.

For all warranty or support related enquiries, please lodge a support ticket first by sending us an email.



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