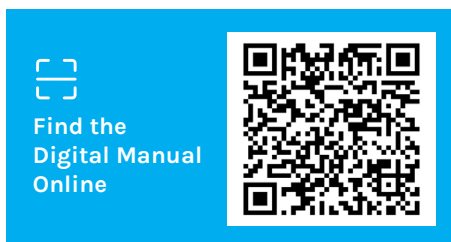
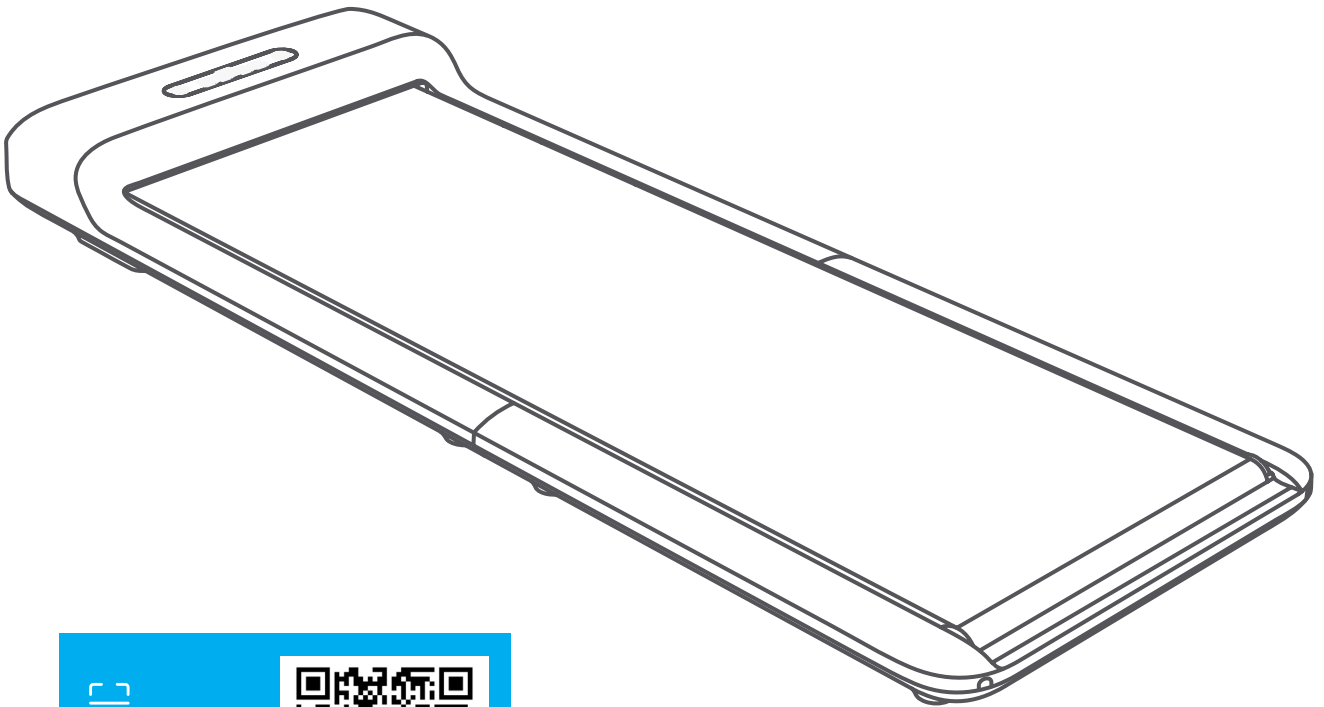




LFT 05 WalkingPad™ M2 Treadmill

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



TABLE OF CONTENTS

I. Important Safety Instructions	03
II. Welcome	05
III. Product and Accessories	06
IV. Function Diagram	07
V. Set-Up Guide	10
VI. Learn to Use the Treadmill	12
VII. Safety Instructions	15
VIII. Maintenance and Adjustments	21
IX. Replacement and Disposal	23
X. KS Fit App Instructions	24
XI. Exercise Guide	28
XII. Warranty	30

I. IMPORTANT SAFETY INSTRUCTIONS

The appliance is intended for residential use.

DANGER

To reduce the risk of electric shock: Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

WARNING

To reduce the risk of burns, fire, electric shock, or injury to persons:

1. An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
2. Close supervision is necessary when this appliance is used by, or near children, invalids, or disabled persons.
3. Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
4. Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.
5. Do not carry this appliance by the supply cord or use the cord as a handle.
6. Keep the cord away from heated surfaces.
7. Never drop or insert any object into any opening.
8. Do not use outdoors.
9. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
10. To disconnect, turn all controls to the off position, then remove the plug from the outlet.

WARNING

1. This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be completed by children without supervision.
2. Correct disposal of this product. This marking indicates that this product shall not be disposed with other household wastes throughout the EU. To prevent possible harm to the environment or human health from uncontrolled waste disposal, recycle it responsibly to promote the sustainable reuse of material resources. To return your device, please use the return collection systems or contact the retailer where the product was purchased. They can take this product for environmental safe recycling.

This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instructions concerning the use of the appliance by a person responsible for their safety.

Children should be supervised to ensure they do not play with the appliance.

WARNING: Keep young children away from this machine at all times. Contact with the moving surface may result in severe friction burns.

Battery Safety



WARNING

THIS PRODUCT CONTAINS A BUTTON BATTERY THAT IS HAZARDOUS AND IS TO BE KEPT AWAY FROM CHILDREN

The battery can cause severe or fatal injuries in 2 hours or less if it is swallowed or placed inside any part of the body. Seek medical attention immediately if this occurs.

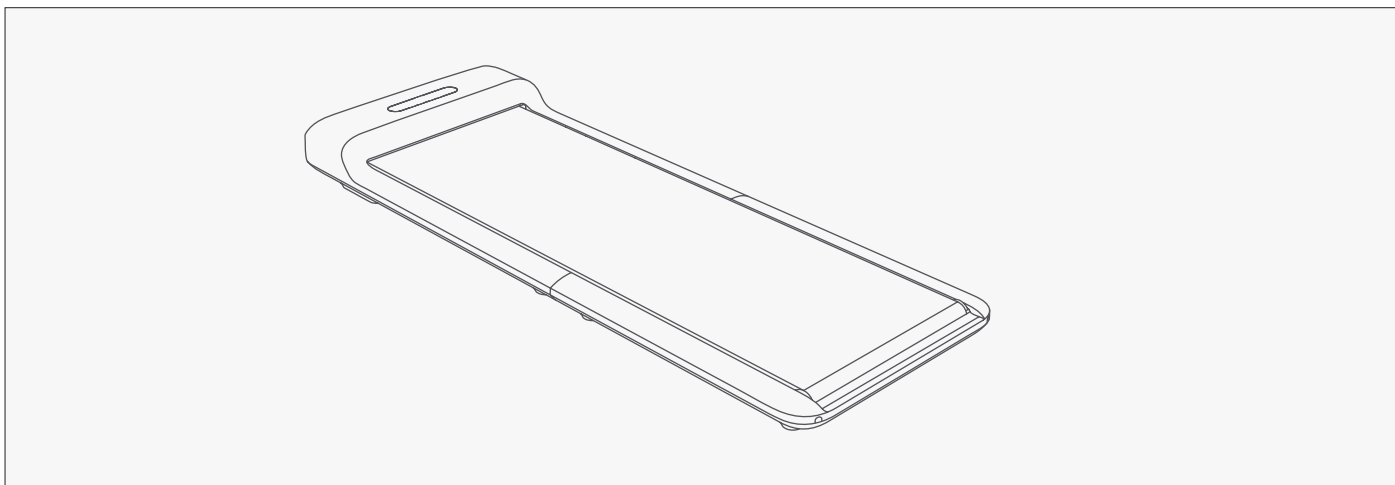
If suspected of swallowing the battery or otherwise placed inside any part of the body, please contact Australian Poison Centre immediately on **13 11 26**.

Hotline is open 24/7.

Call triple zero (000) immediately if you or someone you know stops breathing, slips into a coma, or has a seizure or a severe allergic reaction to suspected poisoning.

II. WELCOME TO USE

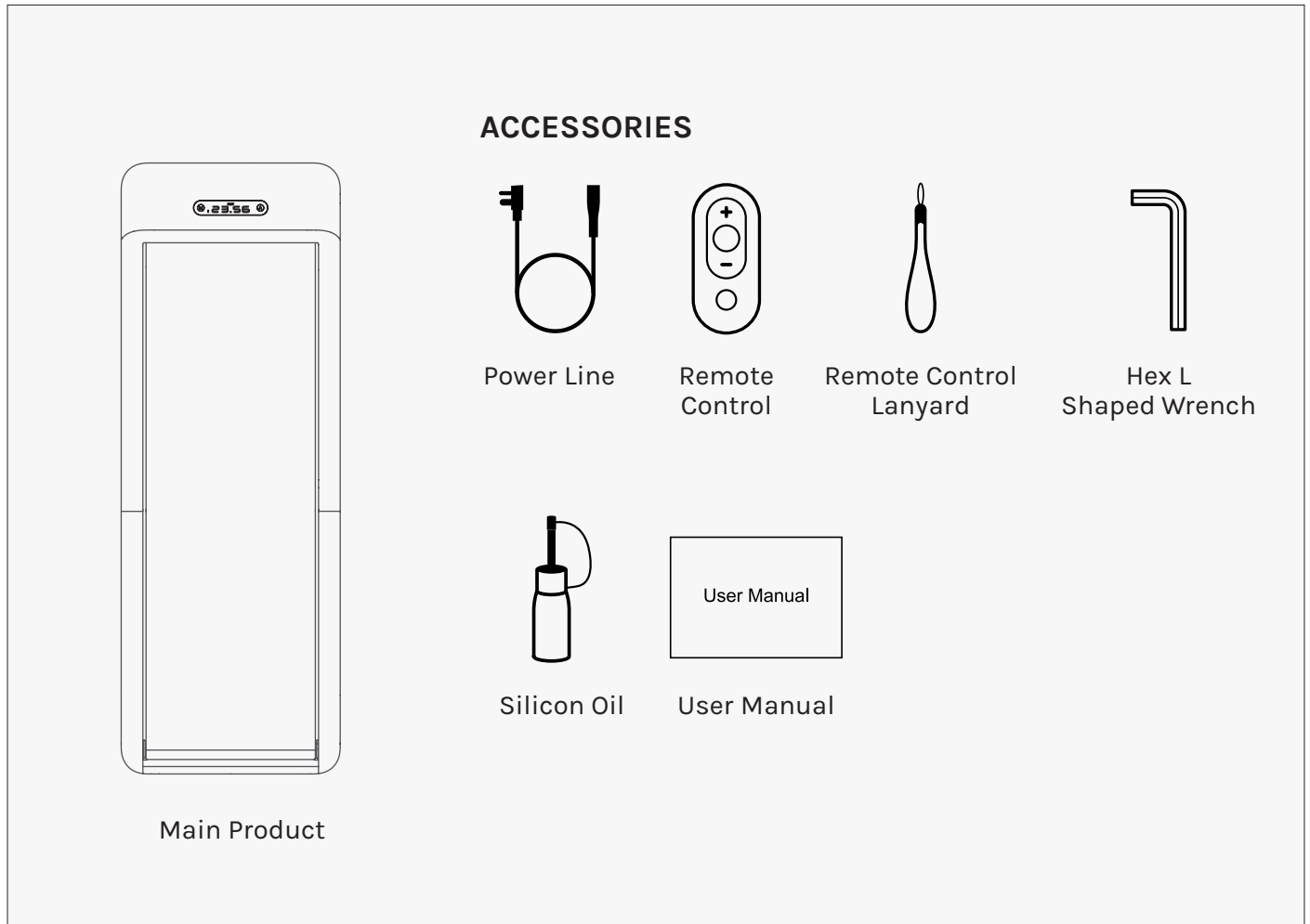
Thank you for choosing Lifespan Fitness WalkingPad Walking device, hereinafter referred to as a WalkingPad, which possess various advantages including exquisite, foldable, innovative integral design. From now on, enjoy the quality life of walking at home.



Performance & Indicators	Detailed Parameter
Expansion Dimensions	1445 x 518 x 125mm 56.9" x 20.4" x 4.9"
Folding Dimensions	825 x 518 x 136mm 32.5" x 20.4" 5.4"
Walking Area	1200 x 400mm 47" x 15.7"
Net Weight	25kg / 55lbs
Maximum Load	100kg / 220lbs
Applicable Age	14-60 years old
Applicable Height	Unlimited
Minimum Speed	0.5km/hr 0.5 mi/hr
Maximum Speed	6km/hr 3.7 mi/hr
Power Input	735W
Rated Voltage	220 - 240v ~
Sport Mode	Standby mode/ Manual mode/ Automatic mode

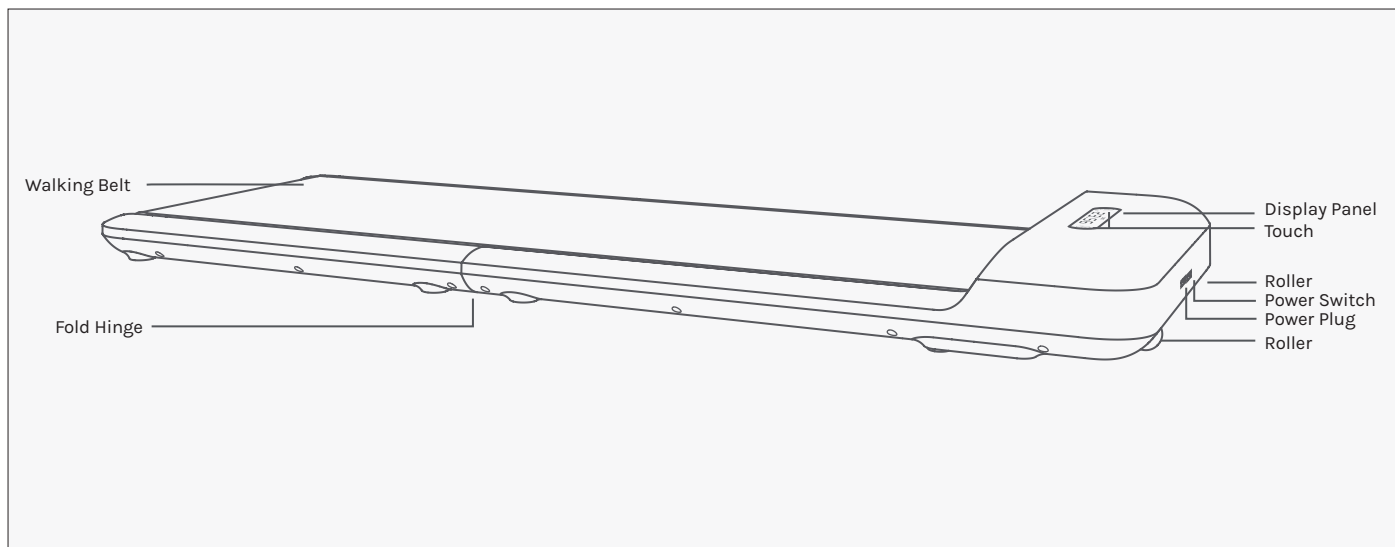
III. PRODUCT AND ACCESSORIES

Please check if the items inside the packaging are complete and intact. In case of any item missing or broken, please contact the seller.

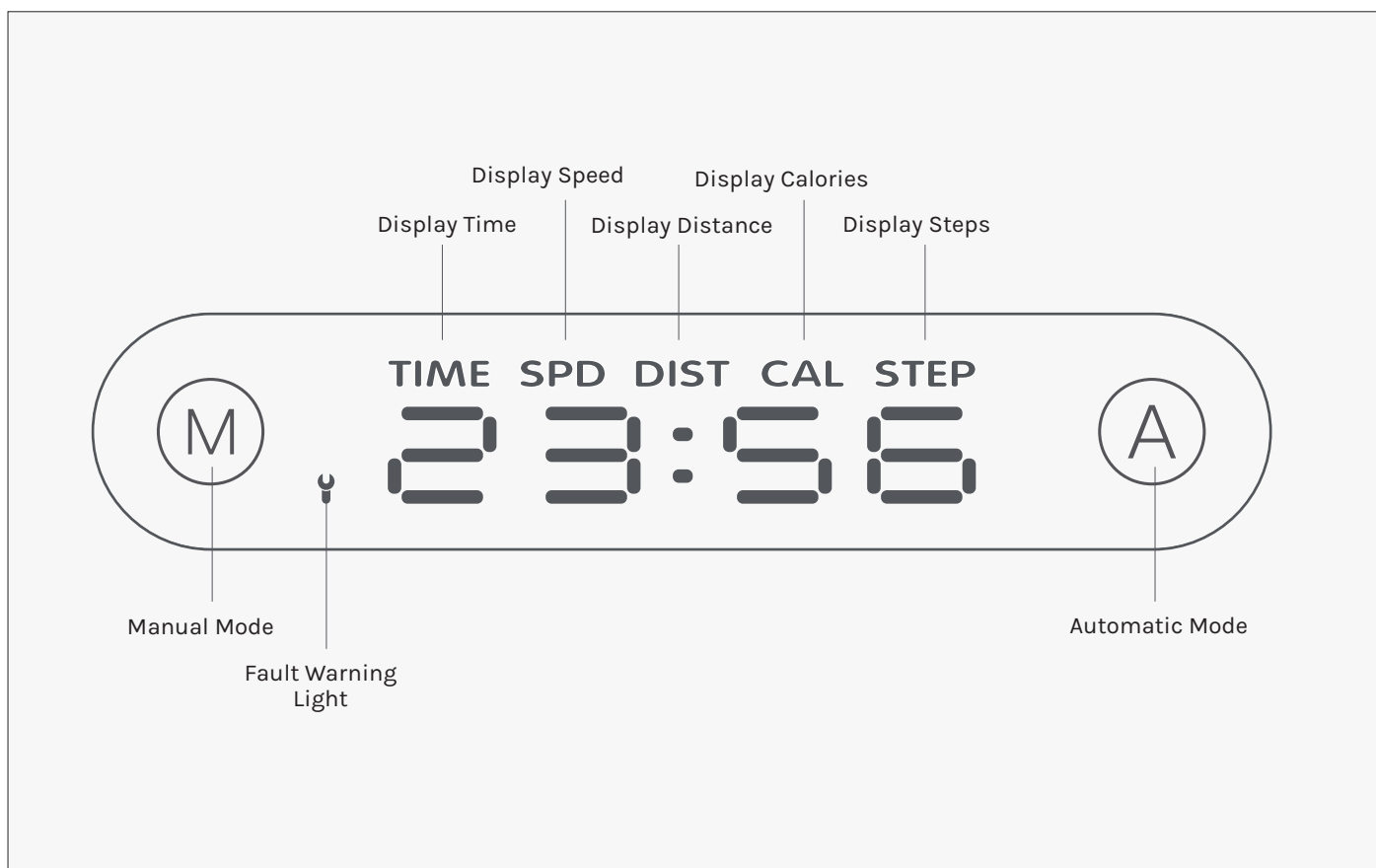


IV. FUNCTION DIAGRAM

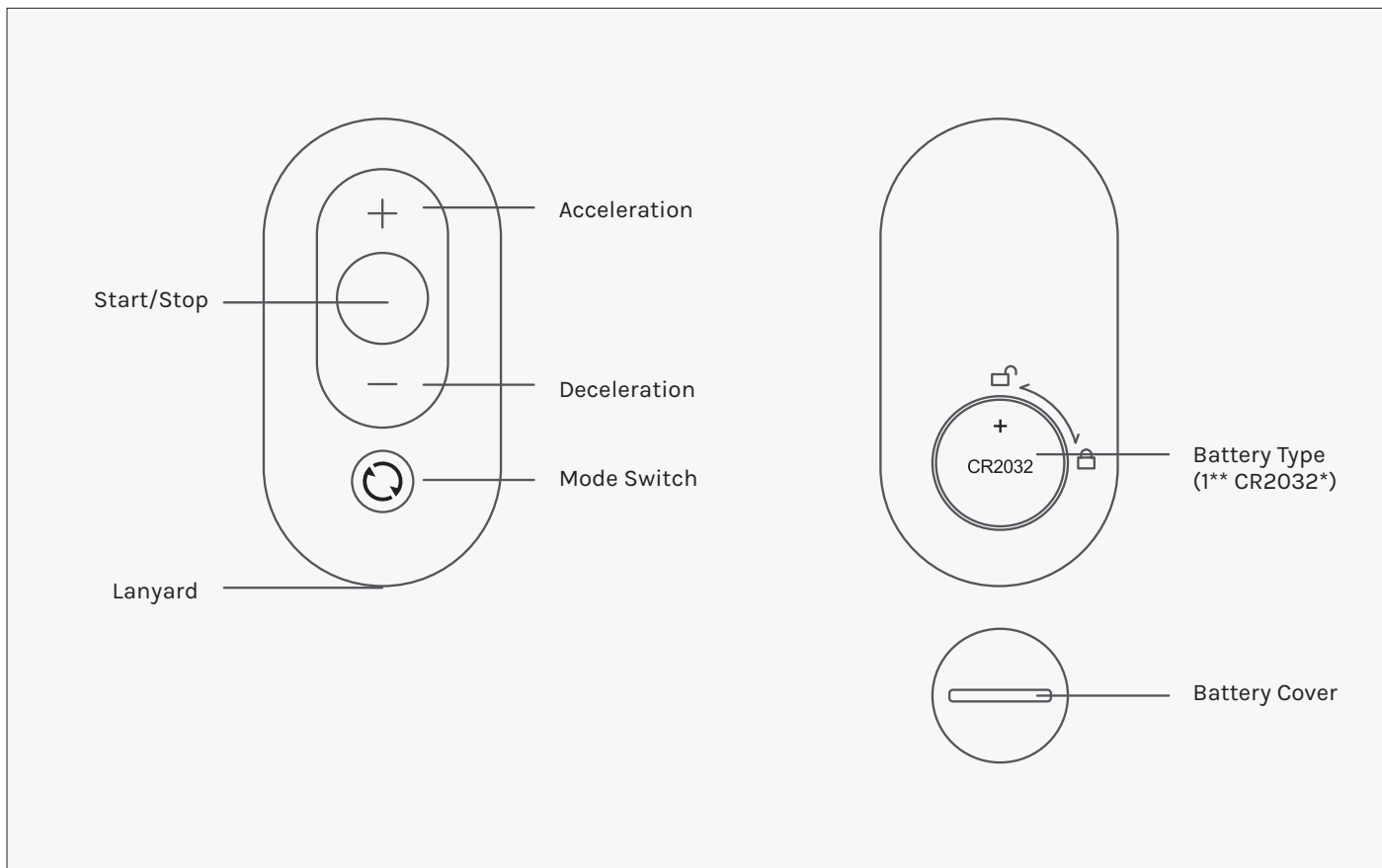
1. Product Main Body



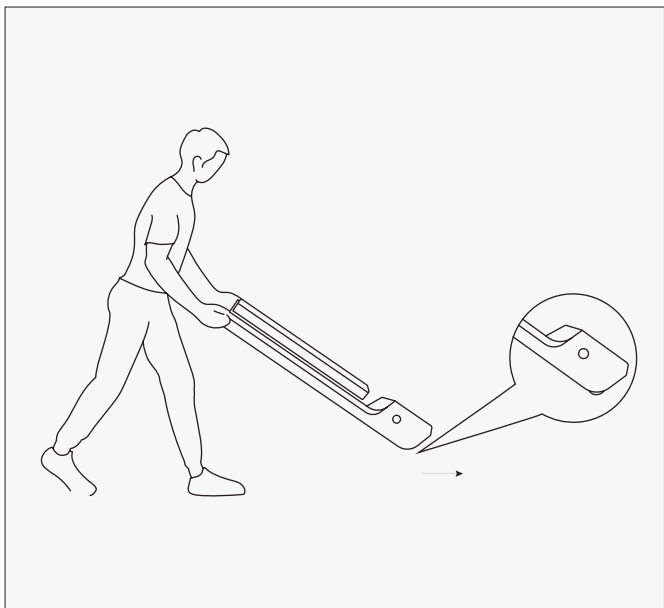
2. Introduction of the Function of the Indicator Panel



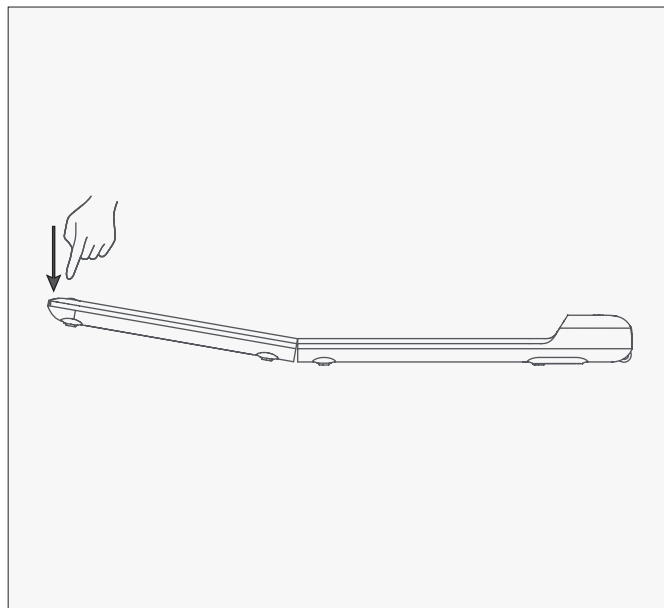
3. WalkingPad Remote Control



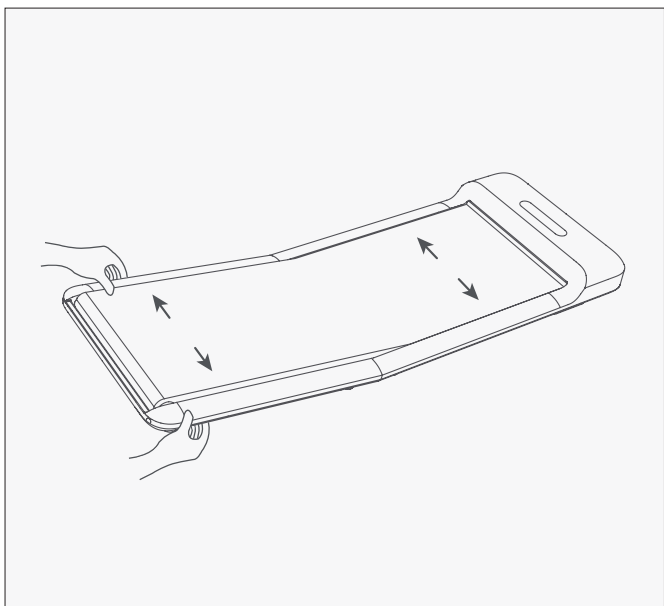
V. SET-UP GUIDE



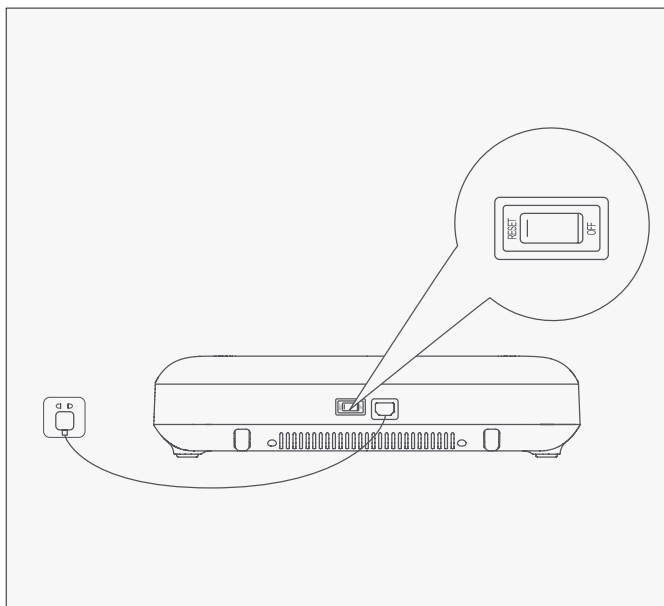
- 1 Choose flat ground to place the WalkingPad. It is not recommended to place it on thick and soft cushion. **Please Note:** Don't connect the power before the WalkingPad is fully unfolded.



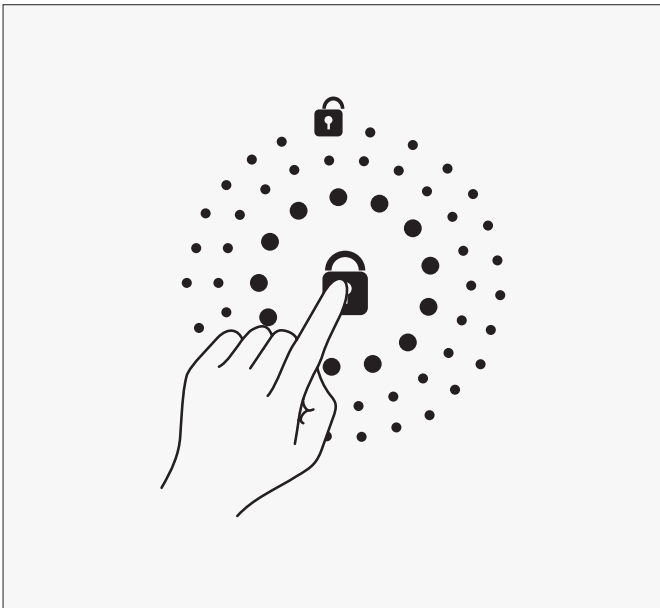
- 2 Unfold the WalkingPad slowly and press it down to completely flat.



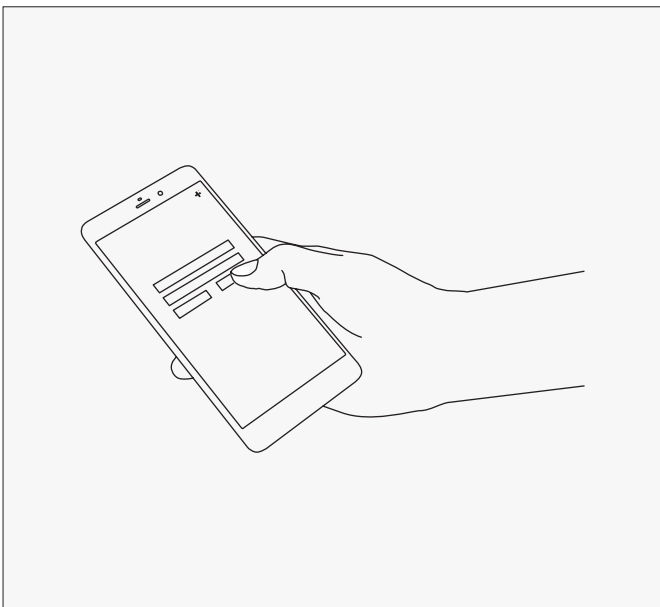
- 3 Check and adjust the walking belt to make sure it's centered.



- 4 Connect the power cord and press the button to switch on.



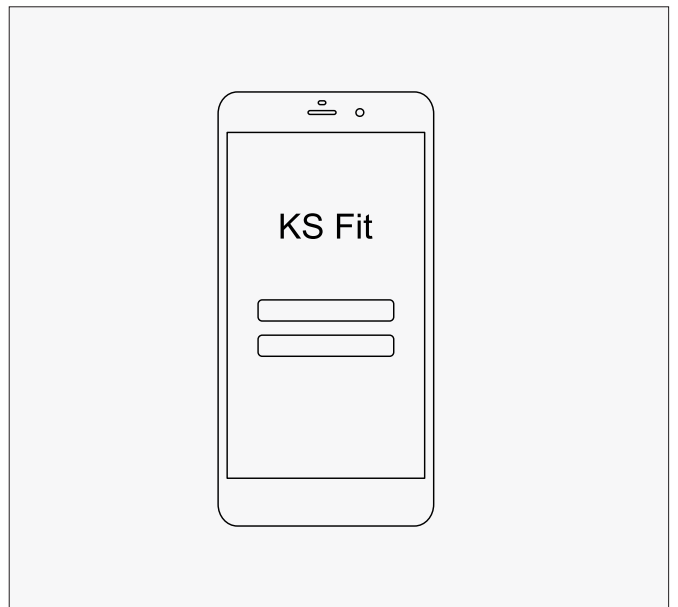
- 5** Unlock all functions by by completing the two steps, otherwise the speed limit remains at 3km/hr:
- A. Walk 2km on device first, reboot to unlock all functions.
 - B. Complete Novice Guide by WalkingPad App to unlock all functions.



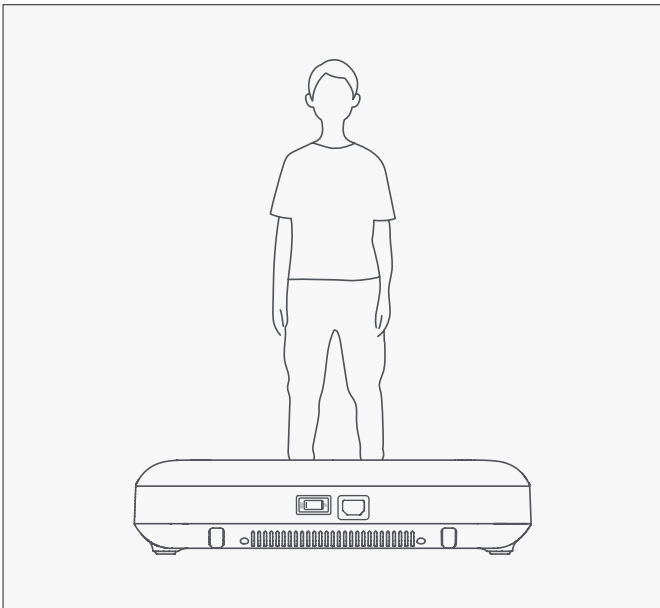
- 7** Open the App, follow the prompts to set up the device.



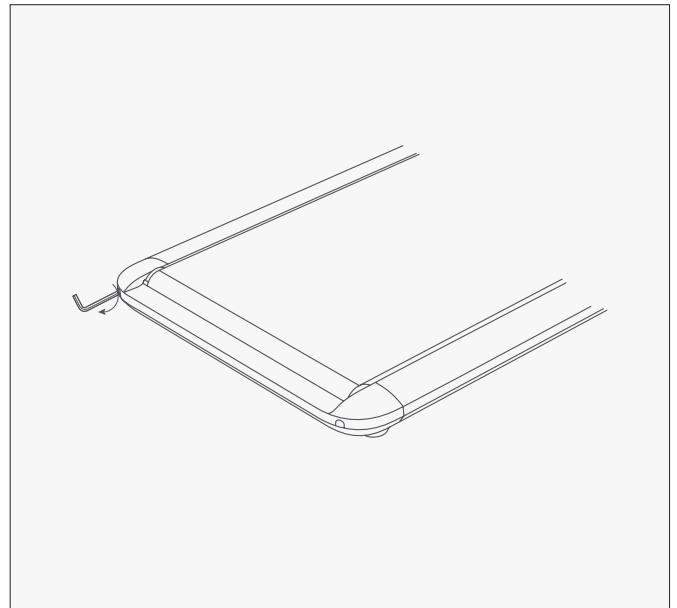
- 6** Download "KS Fit" APP from the Apple Store or Google Play Store and complete installation.



- 8** Enter Novice guide to unlock all functions.



9 Start to use the WalkingPad.



10 If the belt deviates from the orbit in use, please adjust properly.

SEE: 06 Maintenance and service

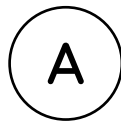
VI. LEARN TO USE THE TREADMILL

1. MODE DESCRIPTION



Manual Mode

Light of the manual mode is on; Control the speed through the remote control or APP.

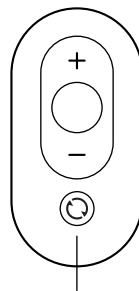


Automatic Mode

Light of the automatic mode is on; Speed is automatically controlled by intelligent algorithm. It follows the speed of walking.

2. Instructions of the Standby Mode Control

The motor and sensor stop responding in this mode to prevent non-users from accidentally triggering the WalkingPad.



Mode Switch

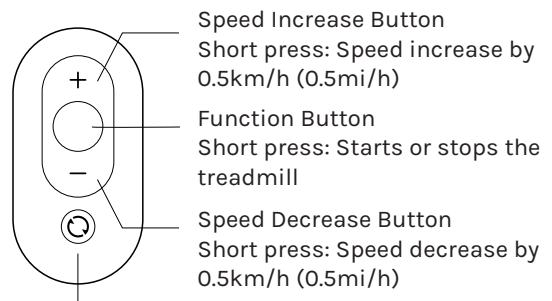
Short Press: Return to the previous mode.

3. MANUAL MODE CONTROL DESCRIPTION (PRIMARY MODE)



Manual Mode

In this mode, users can use the remote control to control the treadmill. Beginners are advised to use the manual mode first, and then use the automatic mode once skills have increased.



Mode Button

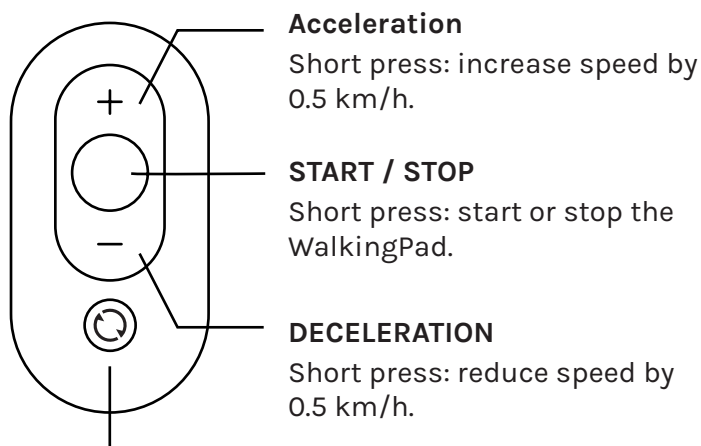
Short press: Switches mode
Long press: Switch to standby mode (not in use)

4. INSTRUCTIONS OF MANUAL MODE CONTROL (PRIMARY MODE)



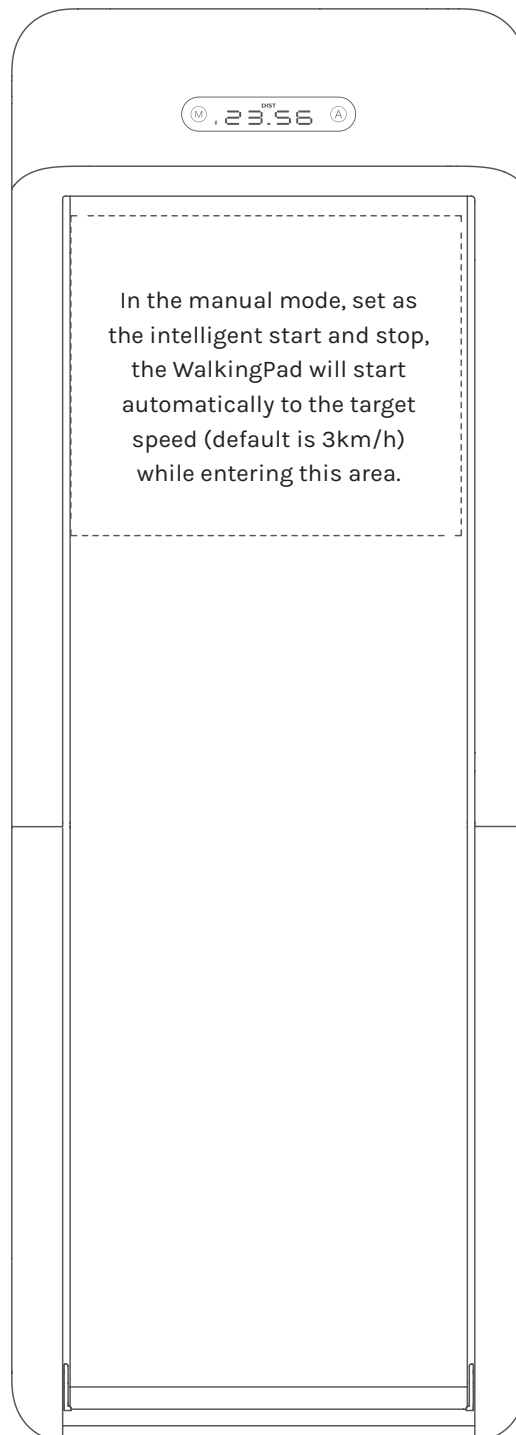
Manual Mode

In this mode, the speed of the WalkingPad can be controlled by the remote control. It is recommended that beginners use the manual mode first and then use the automatic mode after being skilled in using the WalkingPad. The manual mode is controlled by remote control by default, that is, the START / STOP button of the remote control is used to start or stop the WalkingPad, which can be modified in the client "Personalized".

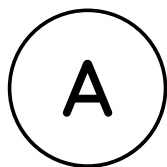


MODE SWITCH

Short press: switch to automatic mode.
Long press: switch to standby mode.

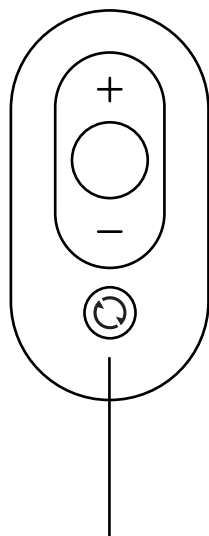


5. DESCRIPTION OF AUTOMATIC MODE CONTROL (ADVANCED MODE)



Automatic Mode

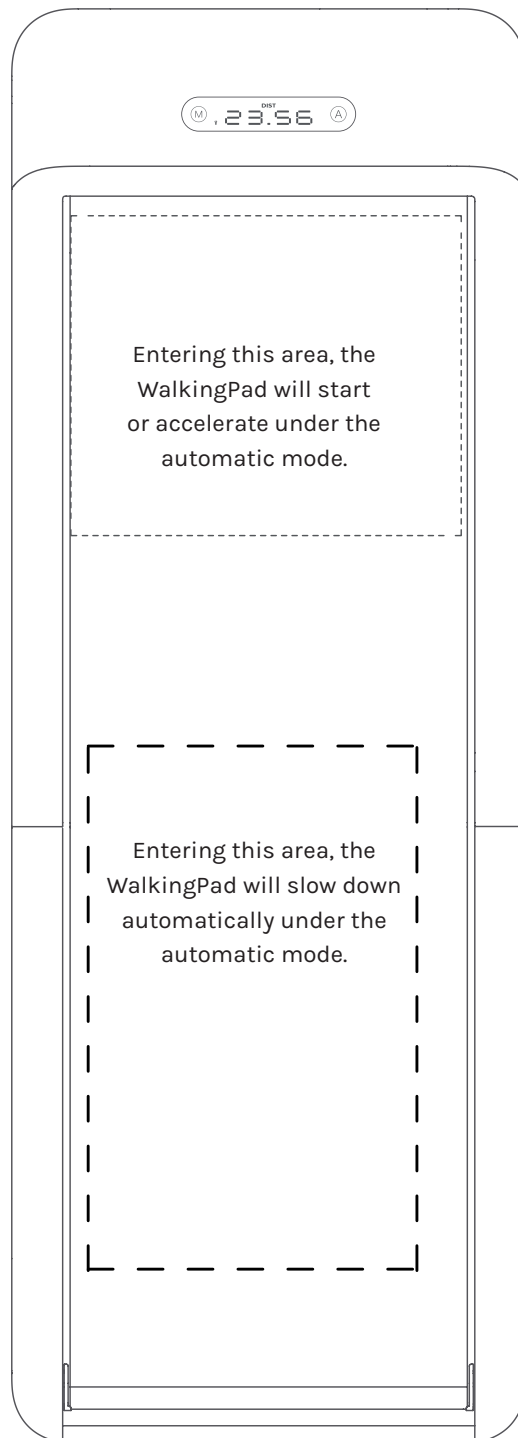
This is a challenging and higher-class mode, User can walk on the WalkingPad completely out of remote controller. We only recommend those who have good sports skills or walking-device experience to take the challenge.



Mode Switch

Short press: switch to manual mode.

Long press: switch to standby mode.



6. REMOTE CONTROLL NOTICE

If the remote control has no response or you change a new one, the remote controller and walking device need to re-establish communication.

Remote control pairing method:

Restart the WalkingPad, press and hold down the mode switch button on the remote control immediately, hearing the sound of "Beep" indicates the success of pairing.

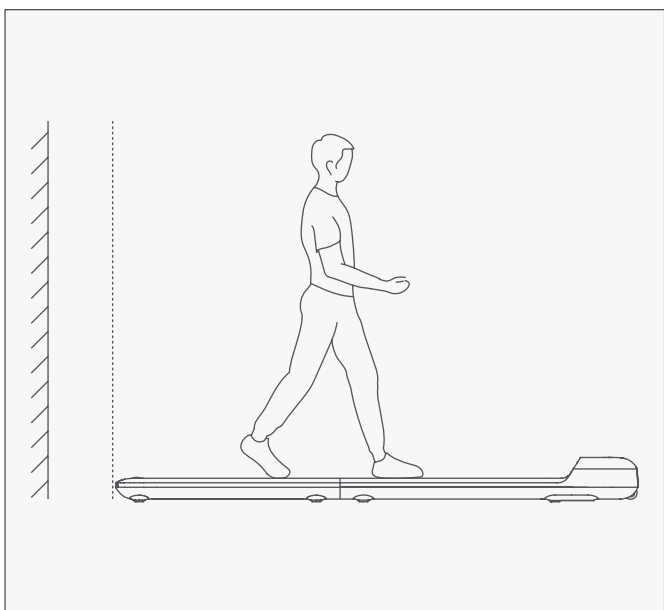
NOTE: During the operation, the remote control should be close to the LED display panel of WalkingPad.

7. ERROR WARNING LIGHT

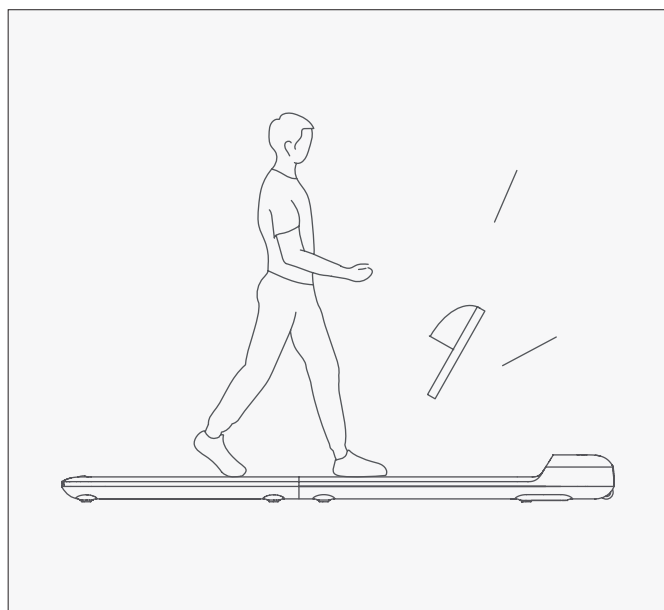
Error Warning Light on the display panel is off when WalkingPad works well. When error occurs, error warning light turns on and shows its error code.

E01	Upper control receives lower control data abnormally
E02	Hall fault
E03	Software overcurrent protection
E04	Locked rotor protection
E05	The data received by the lower control is abnormal
E06	Hardware overcurrent protection
E07	Motor undervoltage protection
E08	Motor overvoltage protection
E09	Motor phase loss protection
E10	Motor overload protection
E20	Abnormal Communication
E21	Sensor Failure

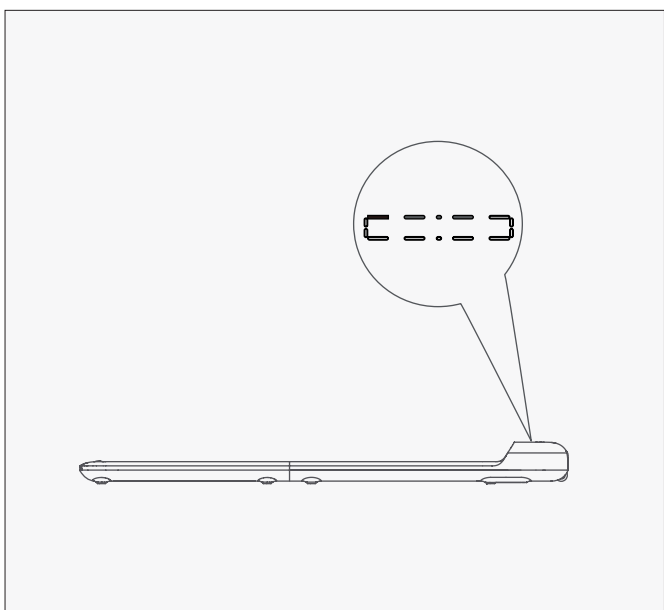
VII. SAFETY INSTRUCTION



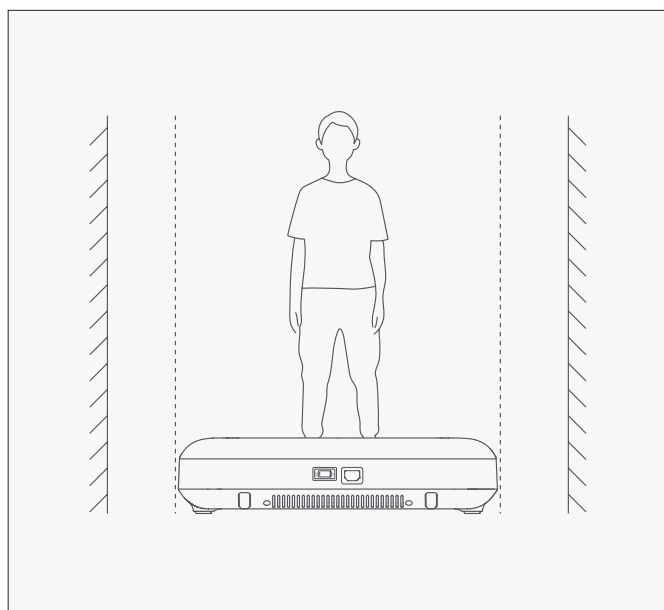
⚠ Please keep a rear distance of 1000mm or more.



⚠ Please choose sports shoes.



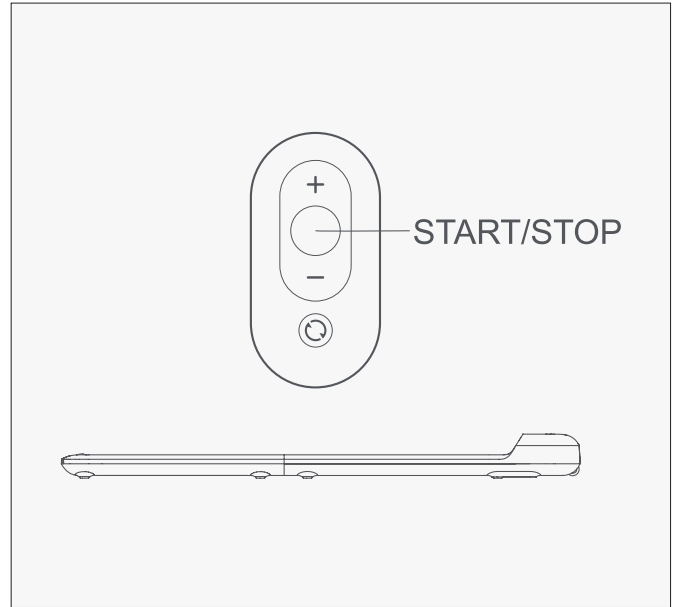
⚠ Please do not stand up on the walking machine when it is under auto calibration situation.



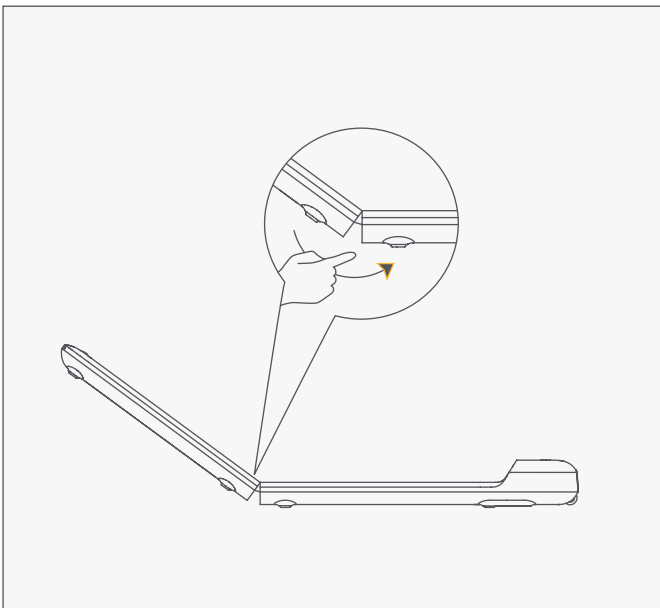
⚠ Please keep a distance of 500mm or more for both sides.



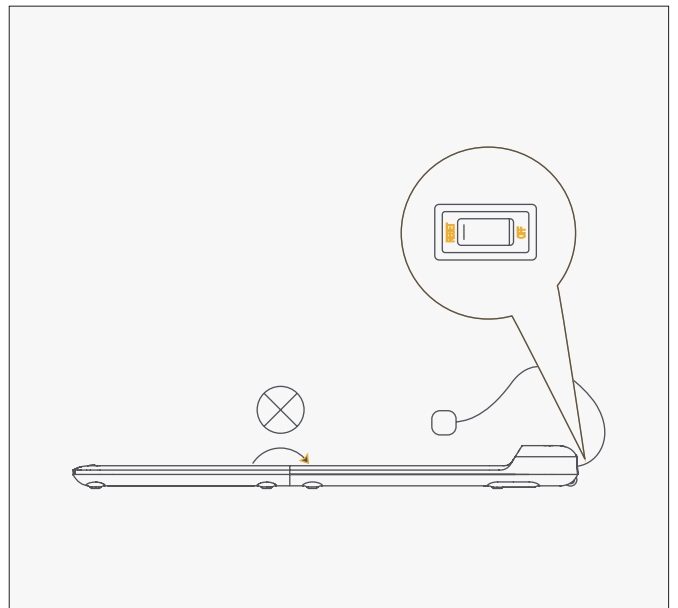
⊗ Using on uneven ground is prohibited.



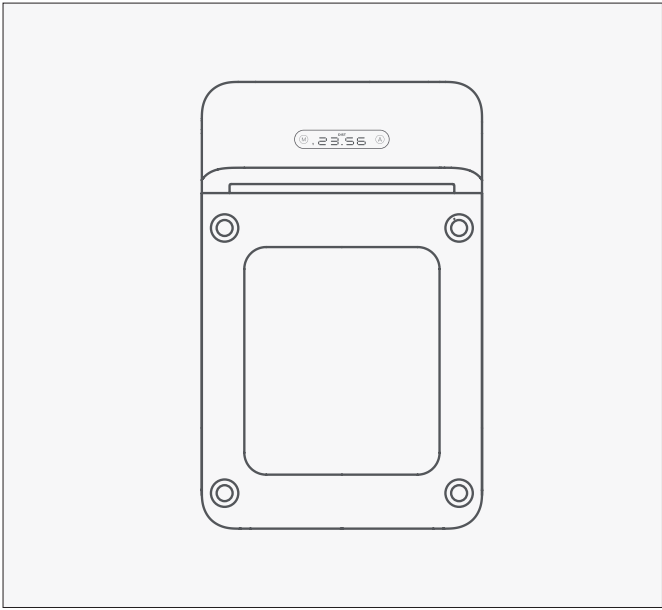
⊗ It is strictly forbidden to walk up and down the walking pad while walking. When an emergency occurs, please press the remote control START/STOP and step away from the walking pad from one side.



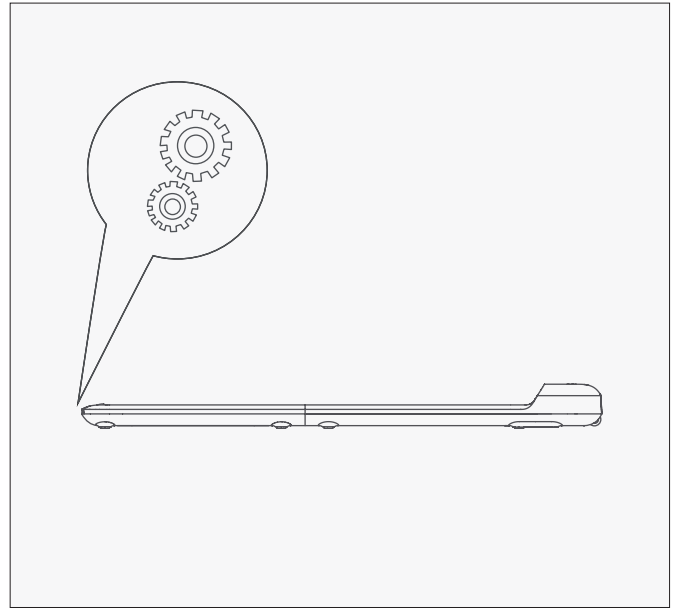
⚠ Anti-pinch.



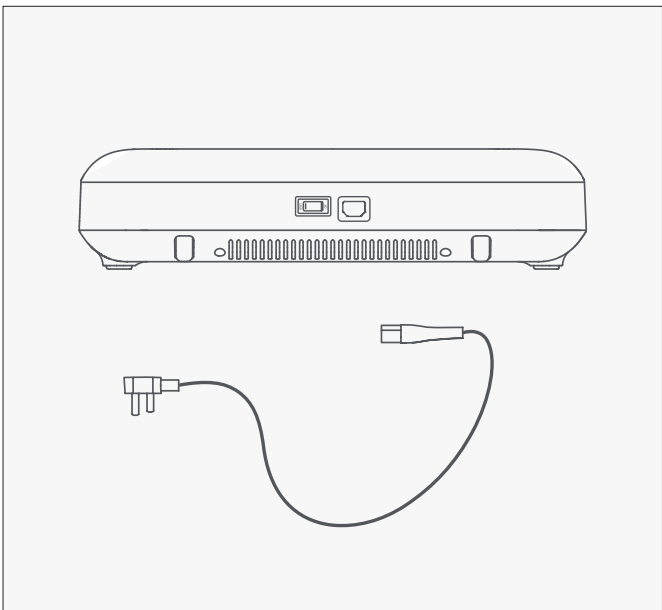
⊗ Turn the power OFF before folding up the WalkingPad.



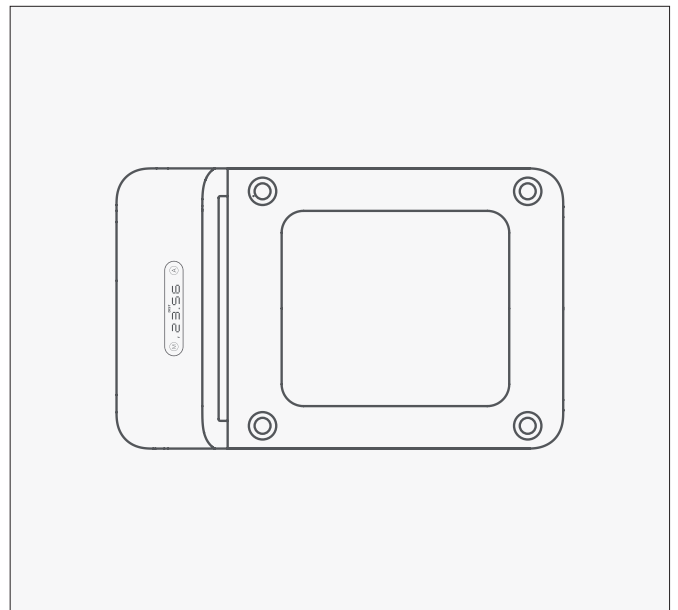
⊗ Prohibition of vertical placement.



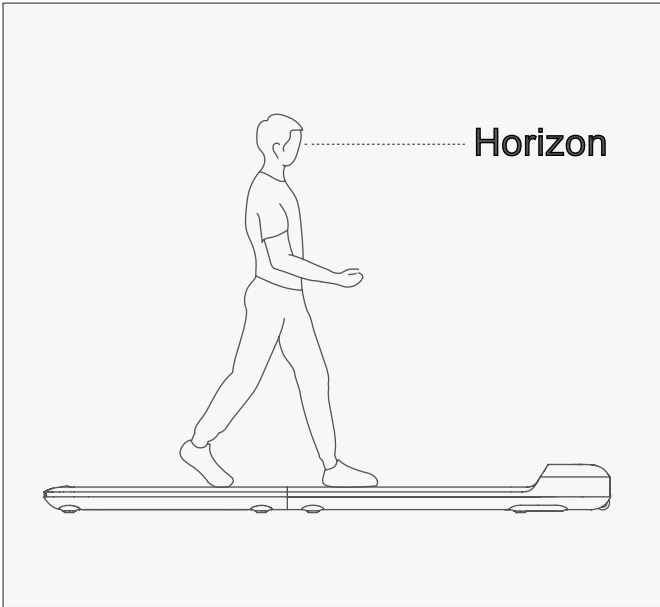
⚠ Anti-involved, please do not trample.



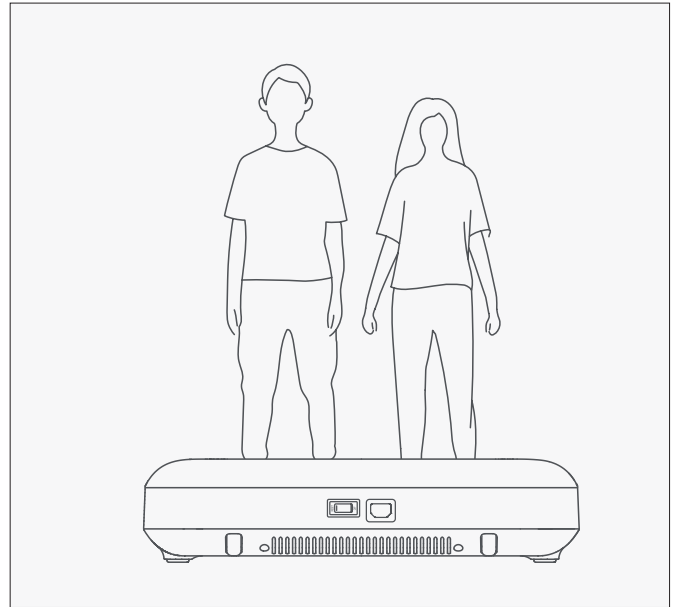
⚠ Please pull out the plug when you are not using it.



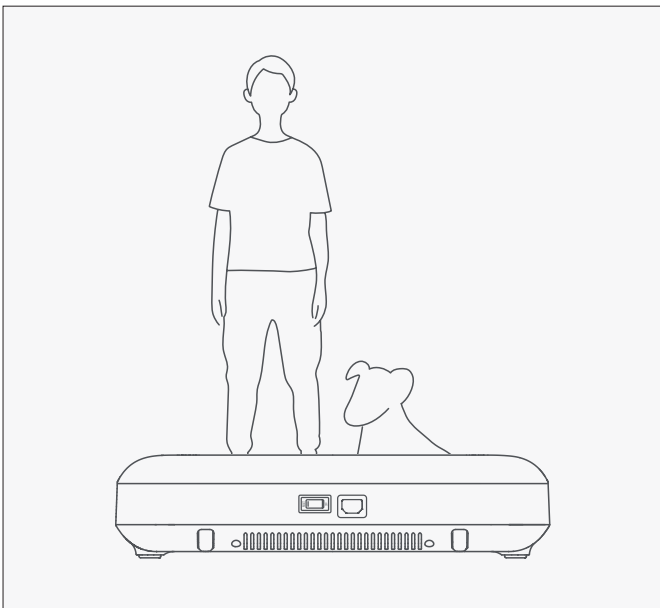
⊗ Prohibition of lateral placement.



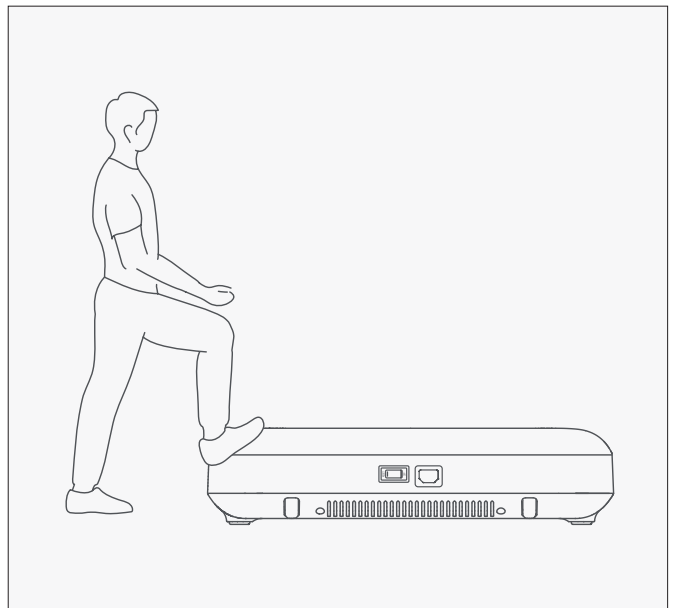
⚠ Please keep your sight horizontal to avoid dizziness.



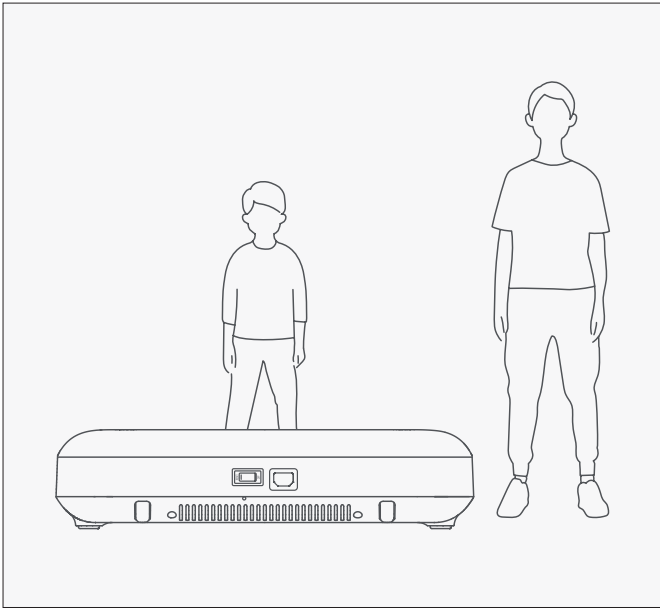
⊗ More than one person on the WalkingPad is prohibited.



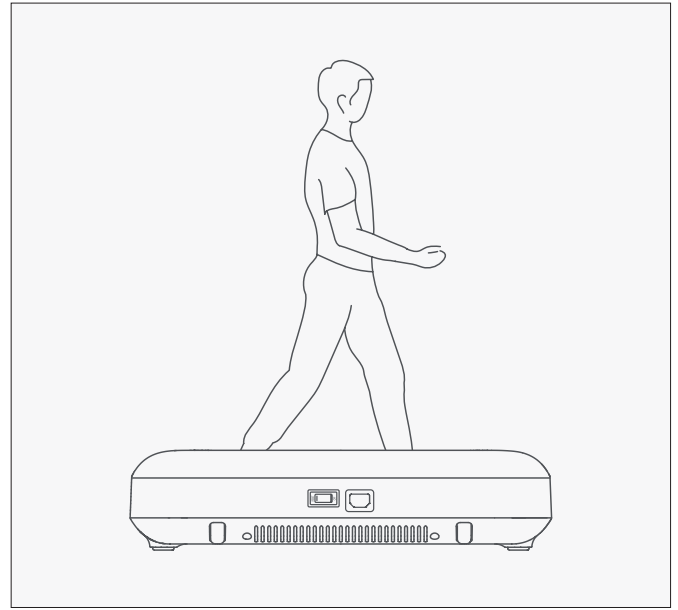
⊗ Using machine with pet is prohibited.



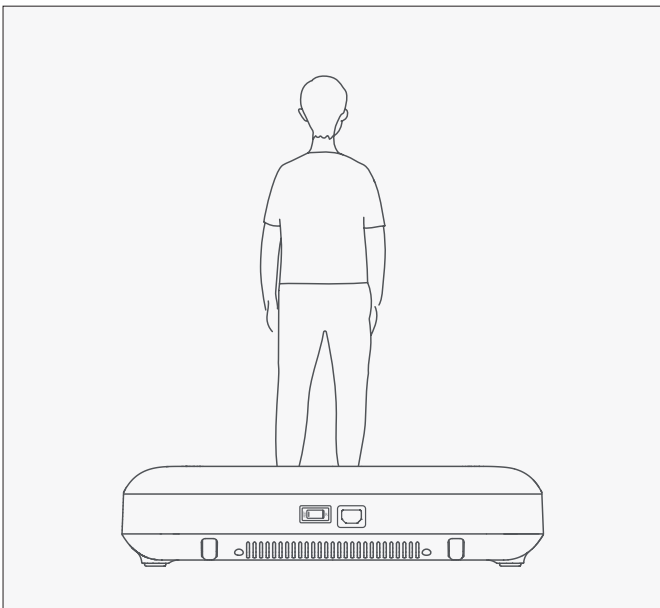
⊗ Trampling the machine head is prohibited.



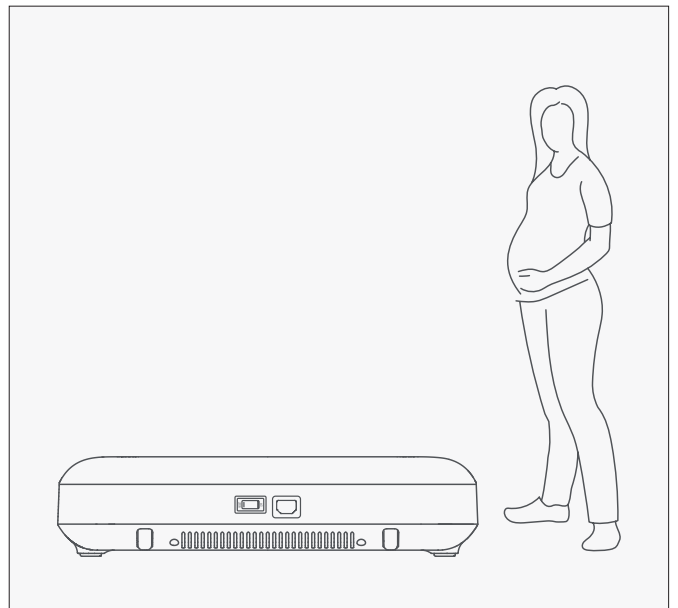
⚠ Children should be supervised to ensure that they do not play with the WalkingPad.



⊗ Walking sideways on the machine is prohibited.

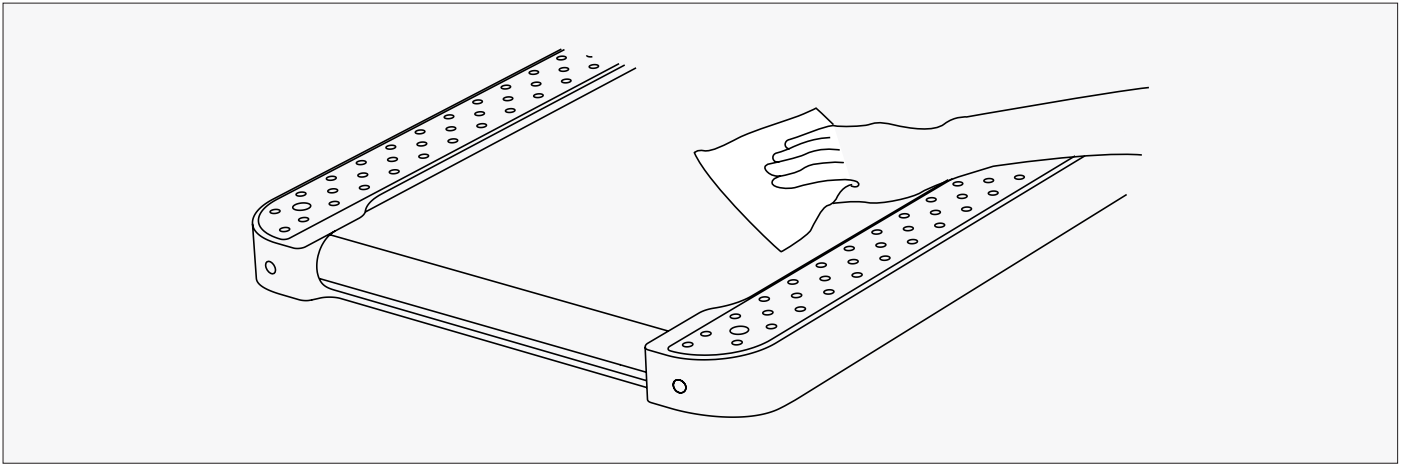


⊗ Walking backwards on the machine is prohibited.



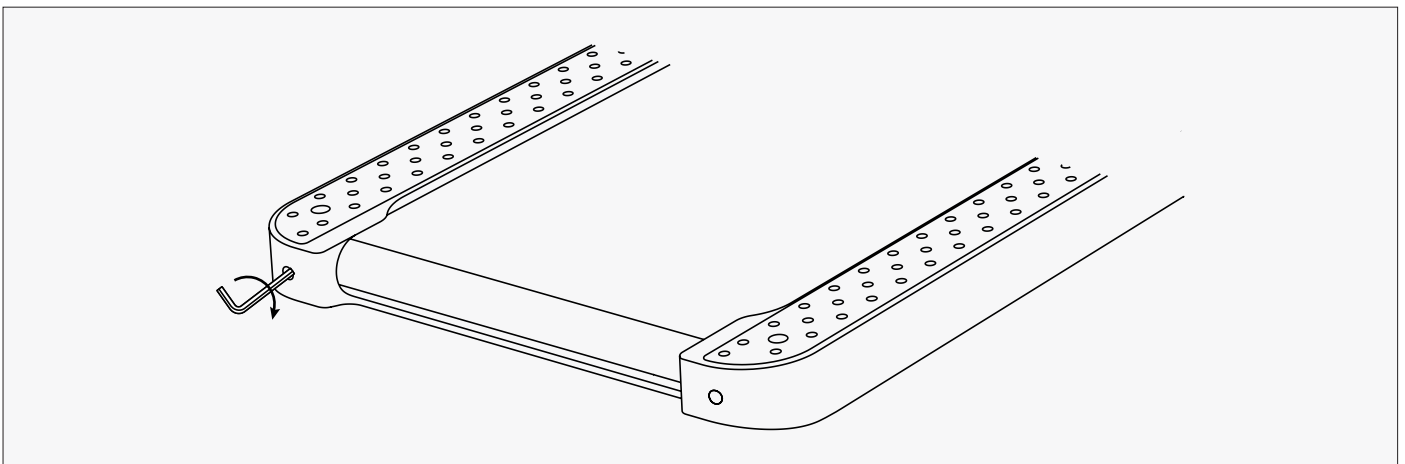
⚠ Please use this product reasonably according to your physical condition (the elderly and pregnant women should use it cautiously). If you feel unwell, stop exercising immediately. If necessary, please seek medical attention.

VIII. MAINTENANCE AND ADJUSTMENTS



1. Clean the treadmill

- Disconnect all sources of power before cleaning the treadmill.
- Add a small quantity of mild cleaner to a 100% cotton cloth. Do not spray the cleaner directly on the walking belt or use acidic and corrosive cleaner.
- Do not wipe under the walking belt.
- After a period of exercise, dust and stains may appear on the rear floor. This is normal and can be simply wiped.



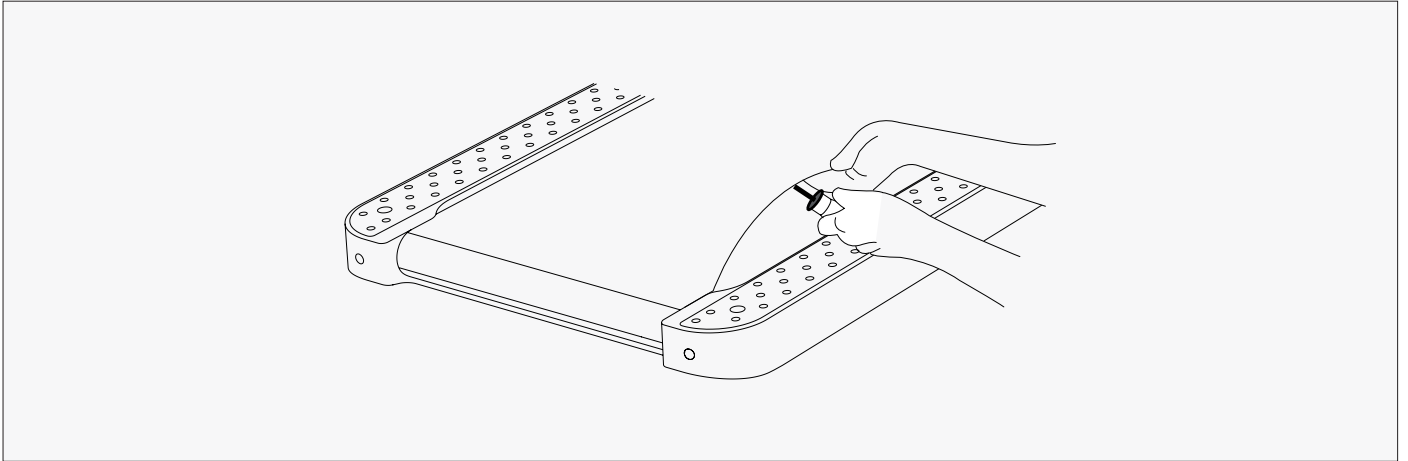
2. Walking Belt Slipping and Correction

- Simultaneously press and hold both Mode Button and Speed Increase Button on the remote control for over 3 seconds until device start.
- Front panel will show "CALI" and keep running with speed 3km/h (2mi/h).
- Walking belt goes to the left: Turn the left adjusting hole screw clockwise by 1/4 turn.
- Walking belt goes to the right: Turn the right adjusting hole screw clockwise by 1/4 turn.
- Walking belt is slipping: Turn the left and right adjusting screws clockwise for 1/2 turn at the

same time.

- After each adjustment, the treadmill needs to run for 1-2 minutes to verify the adjustments. Please adjust again if necessary.
- Press the function key to stop treadmill.

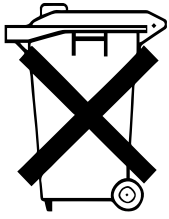
CAUTION: DO NOT OVERTIGHTEN THE BELT. PLEASE MAINTAIN ORIGINAL FACTORY BELT TENSION. EXCESSIVE BELT TENSION WILL CAUSE DAMAGE TO MOTOR.



3. Walking Belt Lubrication

- Power off the treadmill and unplug the power cord.
- Lift the edge of the walking belt and smear the inner surface with silicone oil.
- Start the treadmill to run at a speed of 3km/h (2mi/h) for 10-20 seconds.
- 5-10ml of silicone oil is required for each lubrication. Excessive silicone oil may cause slipping and affect normal use.
- Lubricate the walking belt every three months.

IX. REPLACEMENT AND DISPOSAL

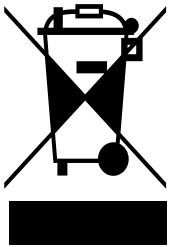


The battery contained in this appliance must be removed for disposal.

When replacing the battery, use only battery with the same specifications. There should be a battery model number printed on the battery. Battery can be purchased from your local electronics store or some supermarkets.

The battery compartment may be in the back of the appliance or appliance remote. Open the compartment by removing the screw in the cover using a suitable screwdriver, and then press the lower end of the locking catch on the connectors. In that way, both sides of the connection can be separated by pulling them apart.

When inserting a new battery, push together the two connectors and ensure that the catch looks over the stop.



Never dispose of old battery in domestic garbage, but only through the proper public collection points. This also applies to the battery of defective appliances.

Devices marked with this symbol must be disposed of separately from your household waste, as they contain valuable materials that can be recycled. Proper disposal protects the environment and human health. Your local authority or retailer can provide information on the matter.

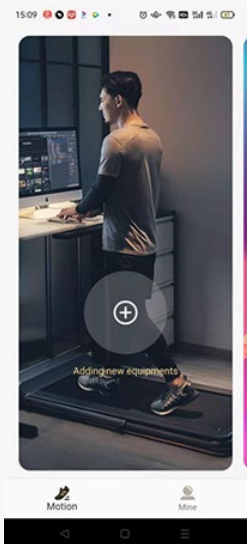
X. KS FIT APP INSTRUCTIONS

NOTE: App views may differ for Android or iOS users.

Screen View

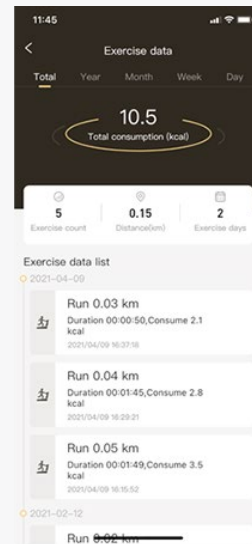
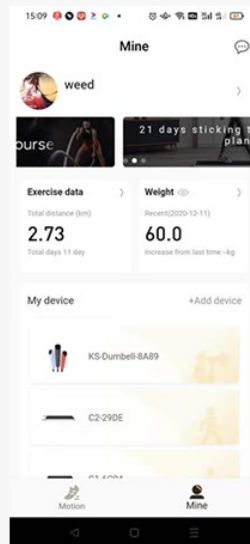
Screen View Motion

Main screen to choose your device to connect to.



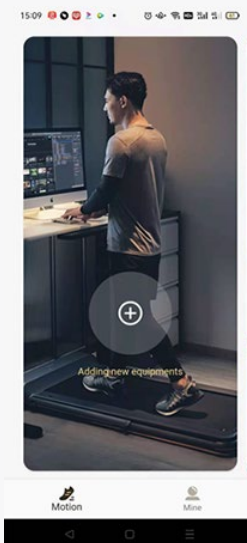
Mine

Shows your previous workout data and user settings.

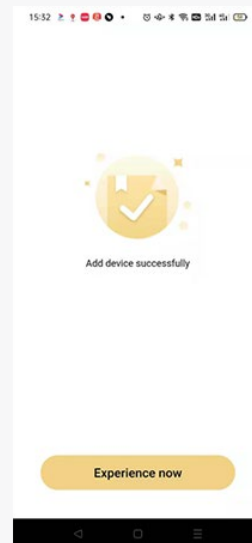
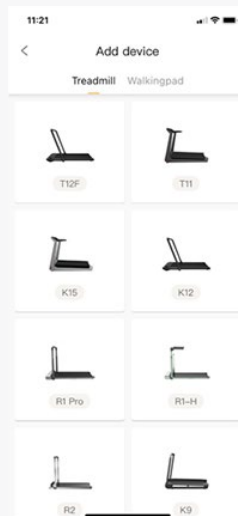


Adding Device

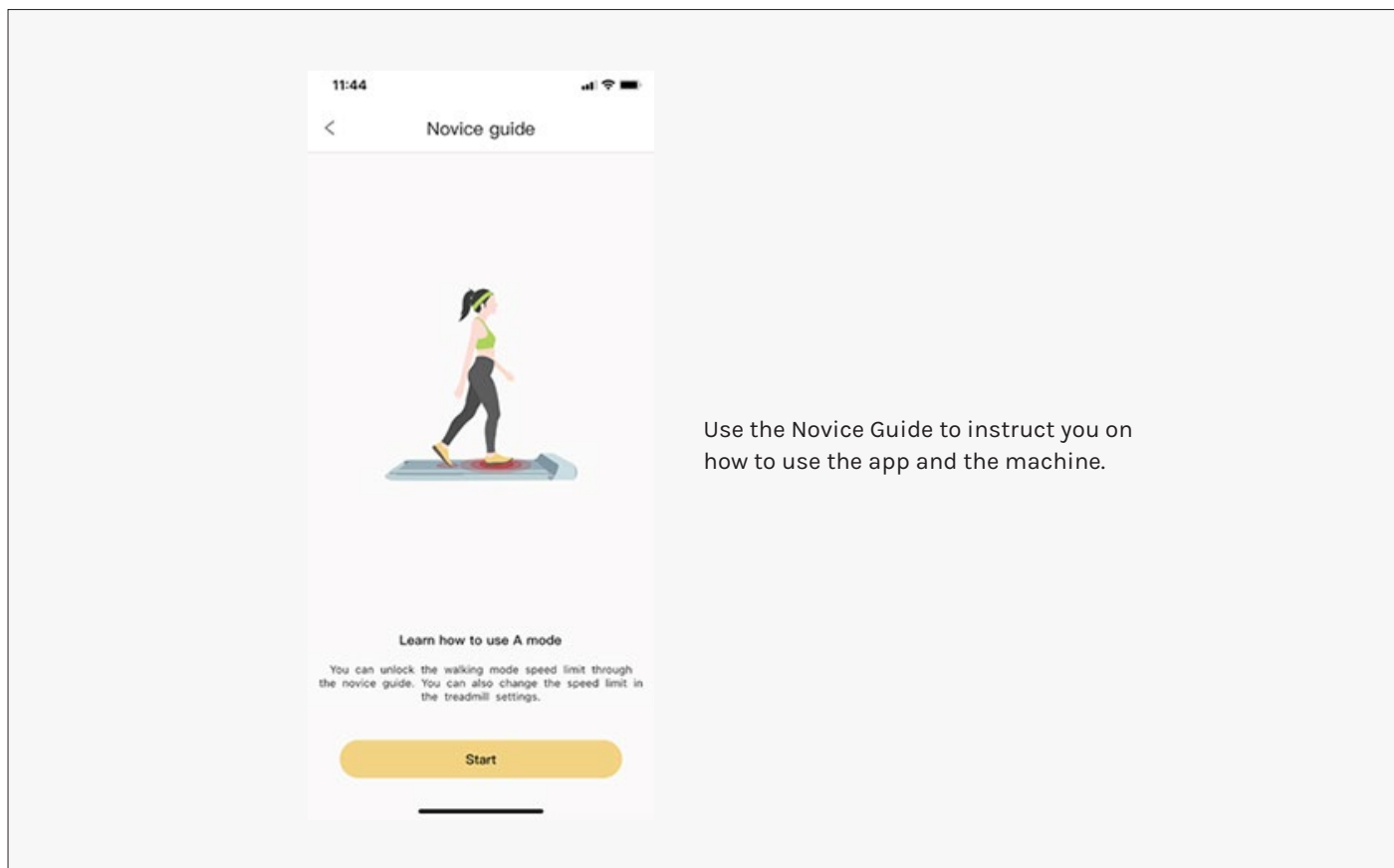
Press the + sign



Choose the model that matches your treadmill. Treadmills without handlebars will be in the Walkingpad section.

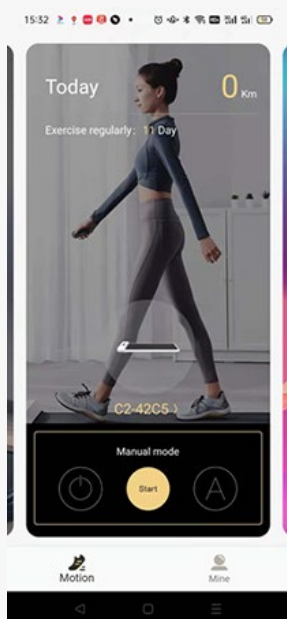



Novice Guide

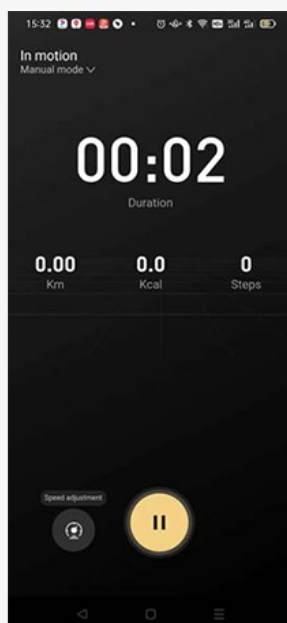


Manual Mode

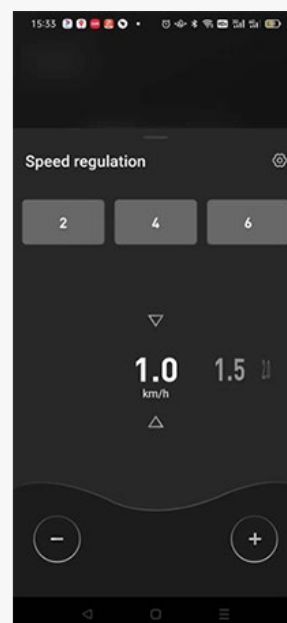
Click start for Manual mode



Click  to stop or start workout.

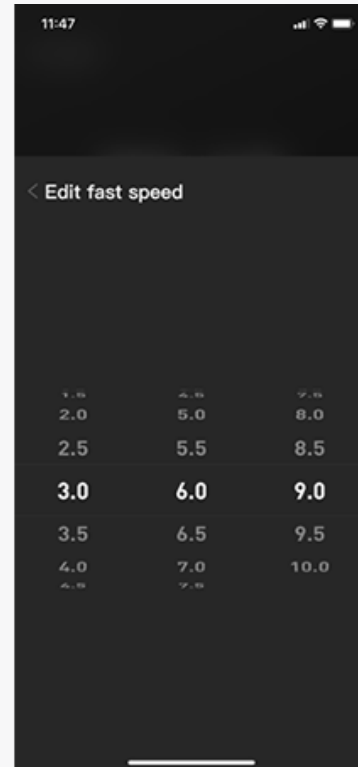


Click Speed adjustment to change speed. You can select the digit, swipe to the speed press the - or + buttons.




Quick Speed Buttons

You can edit the quick speed buttons by clicking on the setting sign.



Automatic Mode

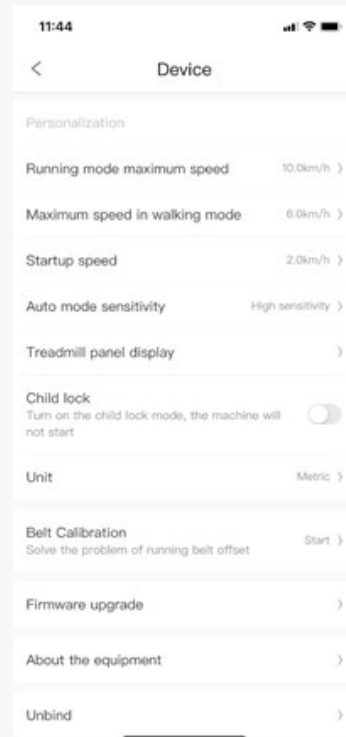


Press the  to start Automatic mode. The belt will sense your walking pace and increase or decrease.

Device Settings

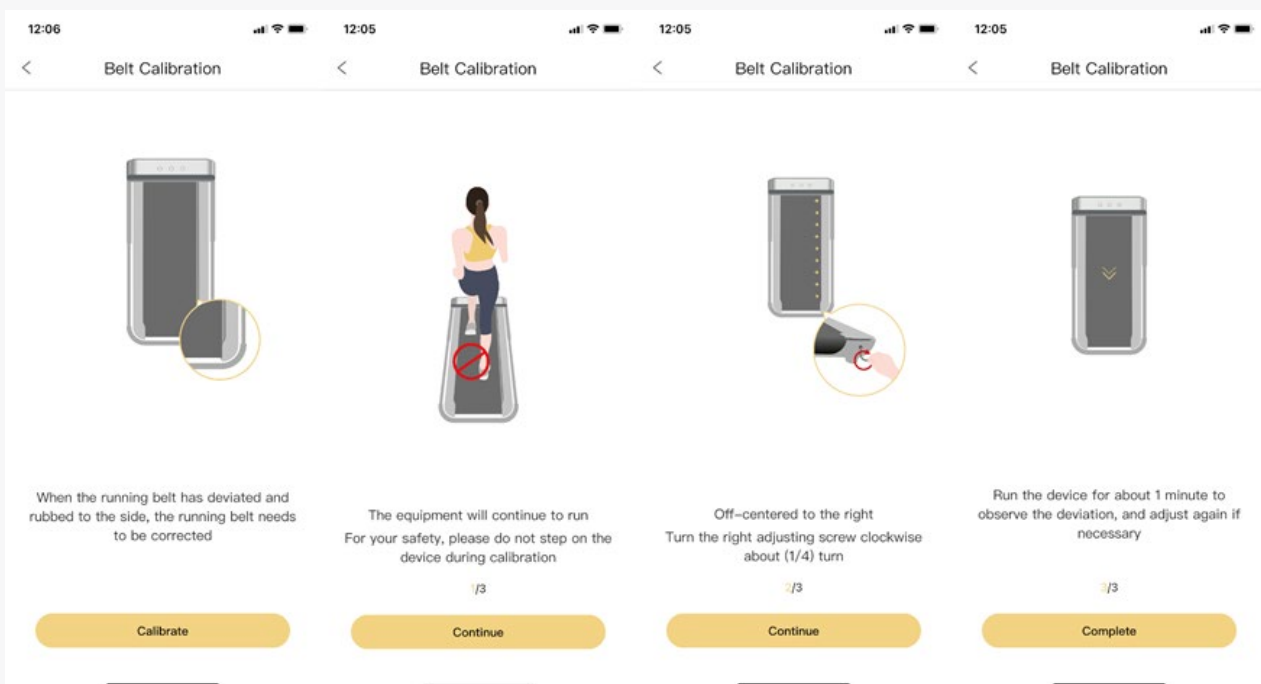
Click on the device image (on Motion View) to access more settings for the treadmill.

You can change the default speeds for running and walking, start up speed and sensitivity setting for Automatic Mode. There is also a Child Lock to prevent unauthorised use.



Belt Calibration

If belt is shifted it will need to be recentred. Click on Belt Calibration and follow steps to adjust it to centre.



XI. EXERCISE GUIDE

ⓘ PLEASE NOTE:

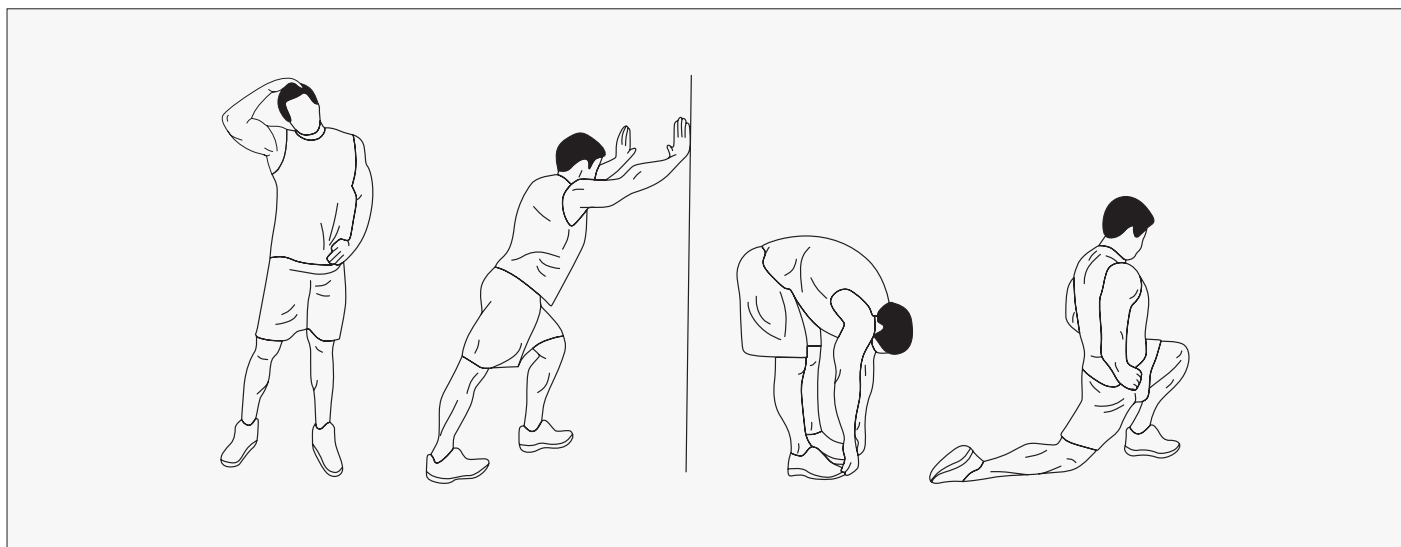
Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

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.

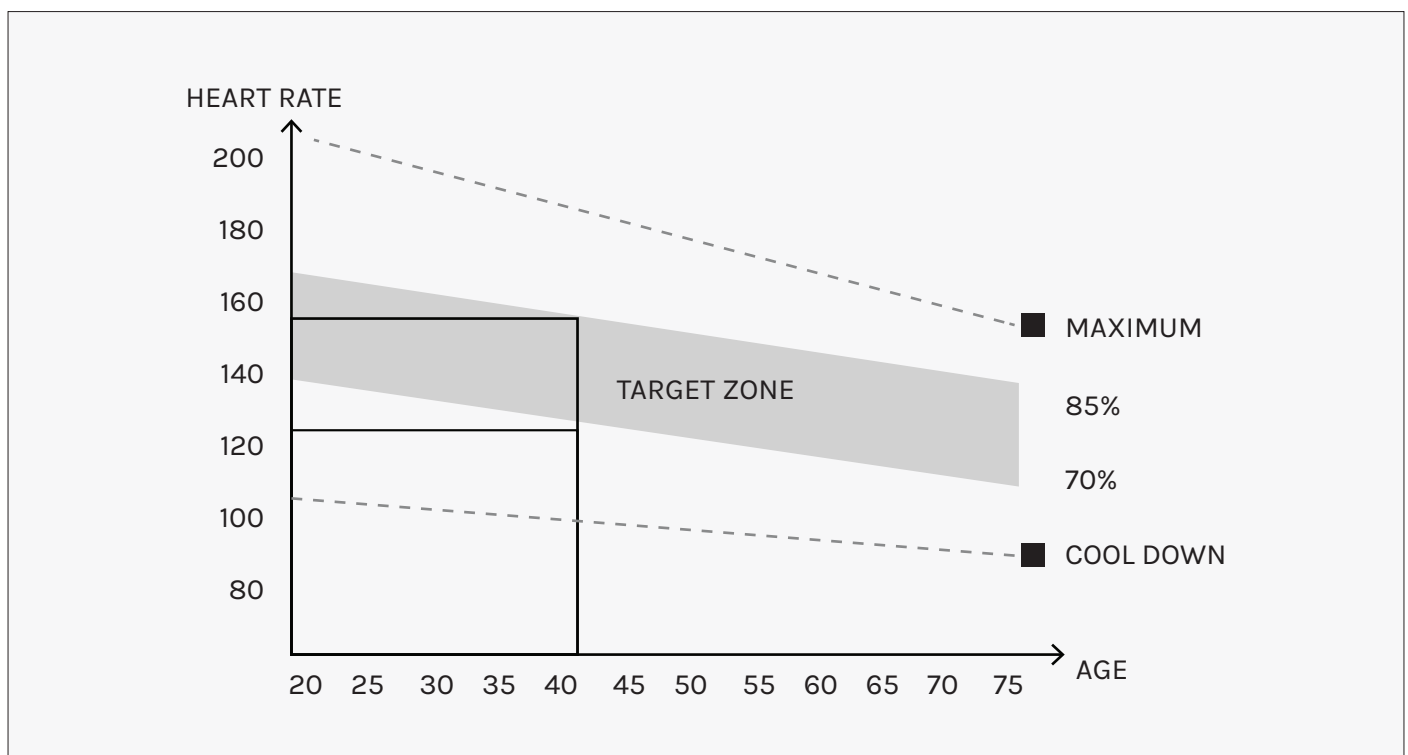
TRAINING ZONE EXERCISE

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.

XII. 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

Any claim against this warranty must be made through your original place of purchase. Proof of purchase is required before a warranty claim may be processed.

If you have purchased this product from the Official Lifespan Fitness website, please visit <https://lifespanfitness.com.au/warranty-form>

For support outside of warranty, if you wish to purchase replacement parts or request a repair or service, please visit <https://lifespanfitness.com.au/warranty-form> and fill in our Repair/Service Request Form or Parts Purchase Form.

Scan this QR code with your device to go to lifespanfitness.com.au/warranty-form





WWW.LIFESPANFITNESS.COM.AU