



Corsair FreeRun 200 Curved 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



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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.

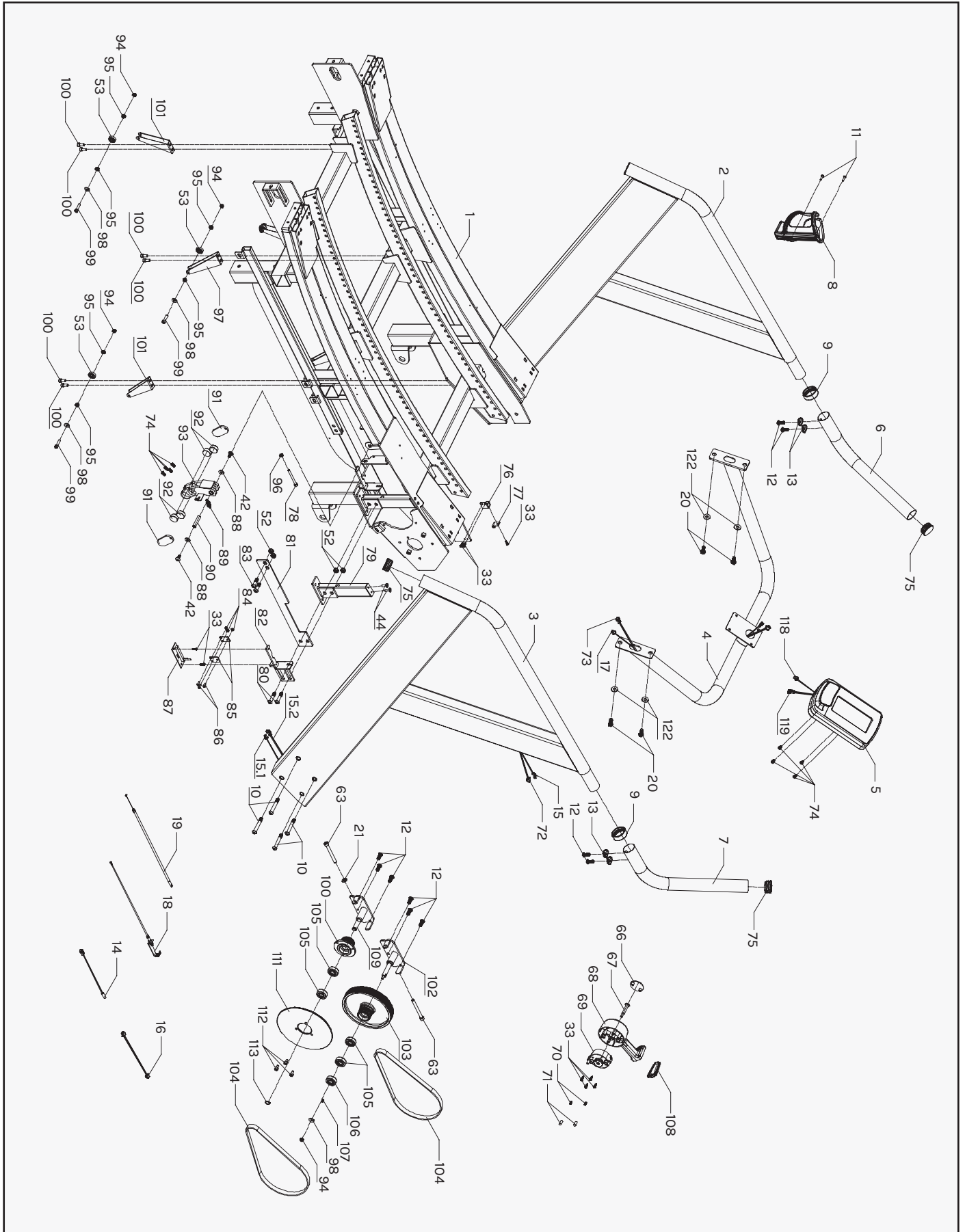
II. IMPORTANT OPERATING INSTRUCTIONS

- 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. EXPLODED DIAGRAM



IV. PARTS LIST

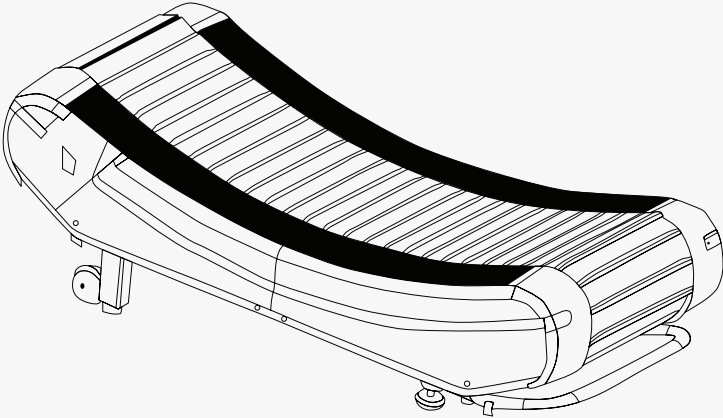
! Some items on this list may come pre-installed on your equipment. If you feel like you're missing anything, please double check your equipment.

No.	Description	Qty	No.	Description	Qty
1	Main Frame (R)	1	45	Rear cover (L)	1
2	Main Frame (L)	1	46	Rear cover (R)	1
3	Front connecting tube	1	47	Antiskid plate 1	2
4	Connecting tube	2	48	Antiskid plate 2	2
5	Front wheel fixed tube	2	49	Horizontal adjustment feet pad	2
6	Upright post (R)	1	50	Wheel	2
7	Upright post (L)	1	51	Horizontal adjustment feet pad	2
8	Handlebar (R)	1	53	PVC Spacer	120
9	Handlebar (L)	1	53	PVC Spacer	120
10	Console frame	1	54	PVC plastic strip	2
11	Clamping ring		56	Hex locking nut M5	240
12	Bearing fixed plate (R)	1	57	Hexagon half thread screw M8*36*11	88
13	Bearing fixed plate (L)	1	58	Hexagon half thread screw M8*40*13	18
14	Front roller reinforcing plate	2	59	Hexagon socket head full thread screw M8*48*15	60
15	Rear roller reinforcing plate	2	60	Hex locking nut Ø8	106
16	Reinforcing plate (R)	1	61	Hexagon C.K.S full thread screw M8x20	30
17	Reinforcing plate (L)	1	62	Hexagon C.K.S full thread screw M8x20	26
18	Fixing plate	2	63	Flat washer Ø8	18
19	Clamping ring	1	64	Hex locking nut M8	14
20	Spacer	120	65	Hexagon C.K.S full thread screw M8x10	26
21	Main frame lifting handle tube	1	66	Hexagon C.K.S full thread screw M10x25x15	6
22	Sleeving	18	67	Hexagon C.K.S full thread screw M10x45x20	2
23	Sleeving	88	68	Flat washer Ø10	10
24	Guiding wheel	18	69	Hex locking nut M10	10
25	Sleeving	12	70	Hexagon full thread screw M12x95	2
26	Bearing	172	71	Hexagon C.K.S half thread screw M10x55x25	2
27	Front roller	1	72	Hexagon full thread screw M8x50	4
28	Rear roller	1	73	Hex locking nut M8	4
30	Aluminum chain 1	30			
31	Aluminum chain 2	30			
32	Running belt fixing strap	2			
36	Wire L-1250mm	1			
37	Washer Ø6	240			
38	Wire L-900mm	1			
42	Console	1			
43	Front cover (L)	1			
44	Front cover (R)	1			

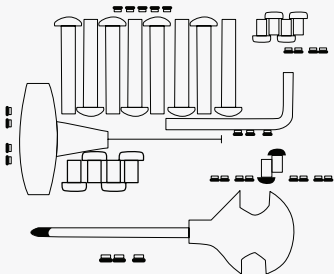
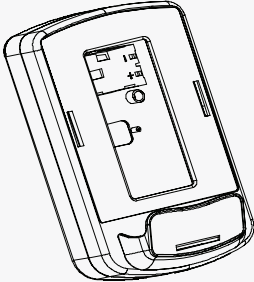
No.	Description	Qty	No.	Description	Qty
74	Hexagon C.K.S half thread screw M8x65x20	8	94	Handlebar	1
75	Allen socket full thread screw M8x75	1	95	Allen C.K.S. half thread screw M8x55x13	1
76	Philips C.K.S. full thread screw M4x15	40	96	Cylindrical spiral springs	1
77	Hex locking nut M6	16	97	Elastic belt	2
78	Allen full thread screw M6x15	4	98	Welding part for magnet set	1
79	Allen socket full thread screw M6x25	6	99	Communication cable for resistance L-1150mm	1
80	Philips C.K.S. full thread screw M5x10	4	100	Philip C.K.S. self-tapping screw ST4x16	2
81	Philips C.K.S. full thread screw M5x15	12	101	Bottle holder	1
82	Philips C.K.S. full thread screw	10	102	Communication cable for resistance L-450mm	1
83	Allen socket full thread screw M4x10	12	103	Slide rheostat	1
84	Philips C.K.S. full thread screw M5x10	4	104	Slide rheostat fix plate	1
85	Cover for magnet	2	105	Brake line fix plate	1
86	Round magnet	4	107	Self-tapping screw ST3*10	2
87	Drive shaft	1	108	VR Communication cable L-950mm	1
88	Allen socket full thread screw M8x20	6	109	VR Communication cable L-1250mm	1
89	Deep groove ball bearing	4	111	VR Communication cable L-500mm	1
90	Driving wheel	1	112	Fixed axle ONE	1
91	Circlip for shaft	2	113	Fixed axle TWO	1
92	Allen full thread screw M6x10	3	114	Single way bearing CSK12P	1
93	Aluminum plate for driving wheel	1	115	Tube plugΦ38	4
			116	Communication cable L-550mm	1

PACKING LIST

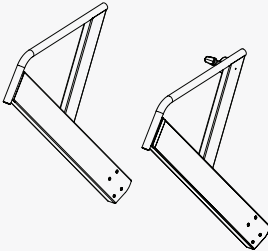
Main Body



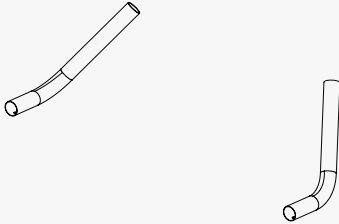
Console



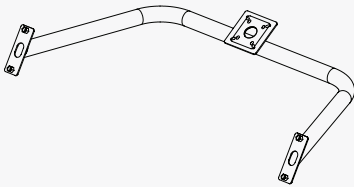
Hardware Pack



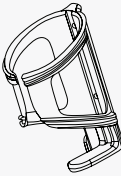
Upright Post



Handlebar L/R



Console



Bottle Holder



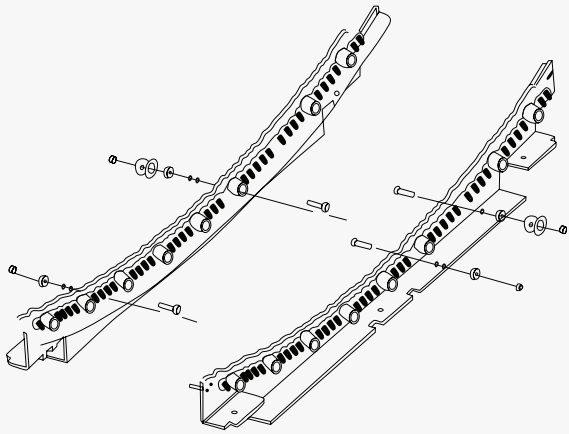
User Manual

HARDWARE PACK LIST

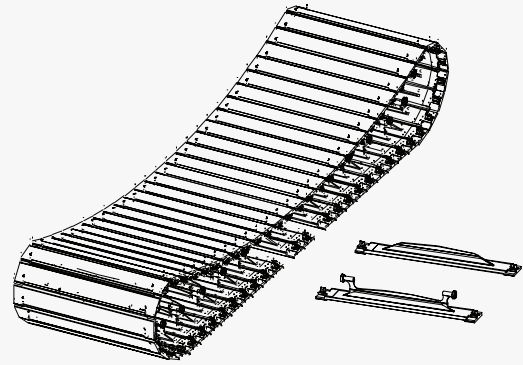
<p>Hexagon C.K.S half thread screw M8x65x20 8pcs</p>	<p>Hexagon C.K.S half thread screw M8*20 8pcs</p>	<p>T-shape spanner 6*80 1pc</p>	
<p>Hexagon C.K.S half thread screw M5*10 4pcs</p>	<p>Self-tapping screw ST4x16 2pcs</p>	<p>L-shape spanner 6*35*80 1pc</p>	<p>Cross spanner 14*17*75 1pc</p>

MAIN PARTS

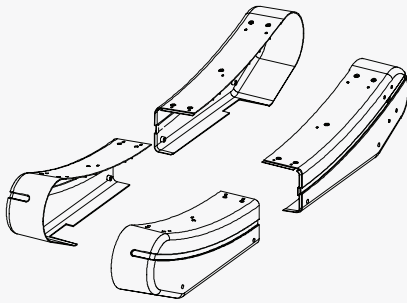
<p>Console</p>	<p>Upright Post</p>	<p>Running belt fixing strap</p>
<p>Handle for resistance adjusting</p>	<p>Front roller</p>	<p>Rear roller</p>



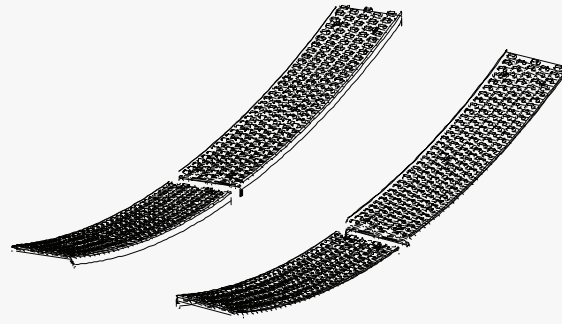
Bearing Fixed Set



Aluminum Chain

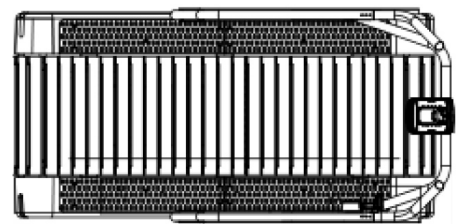
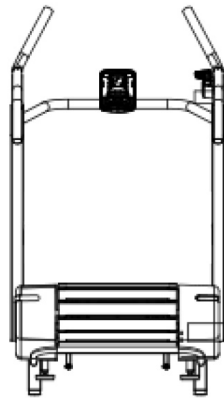
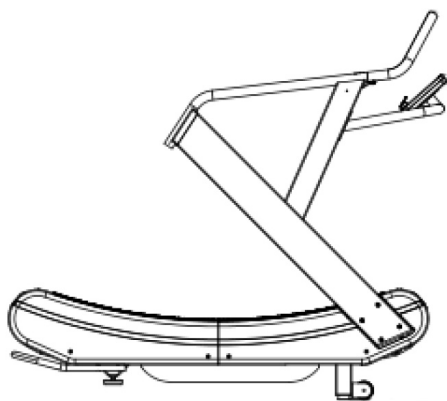
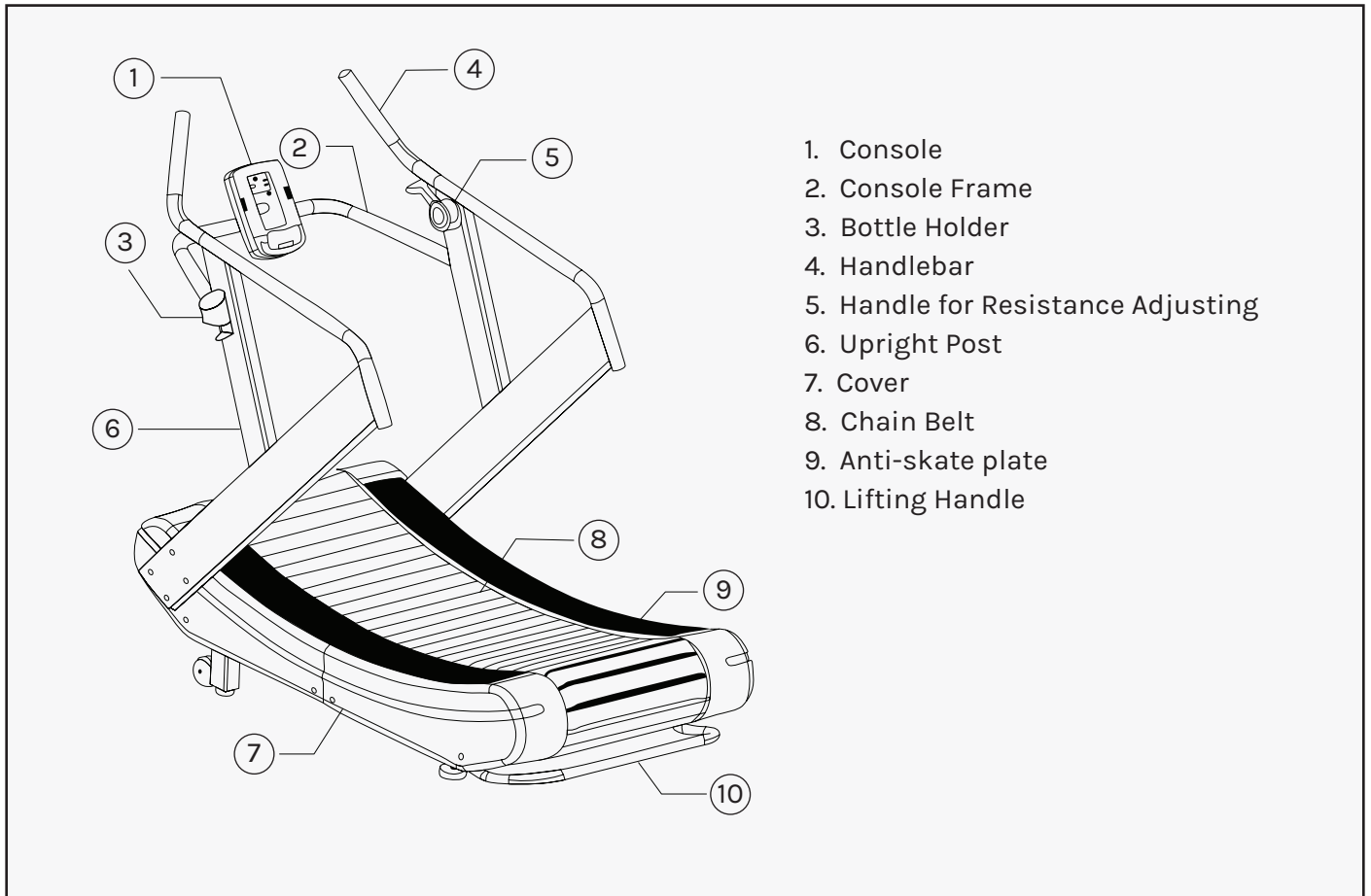


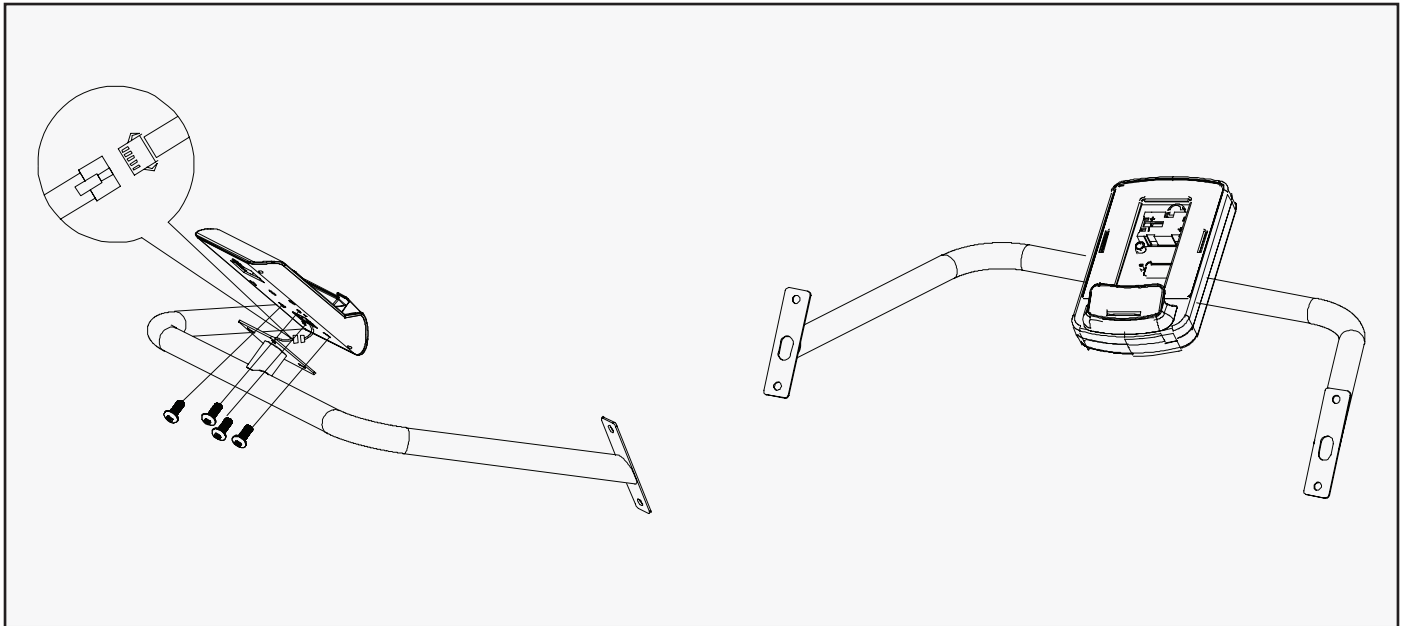
Main Frame Cover



Anti-Skate

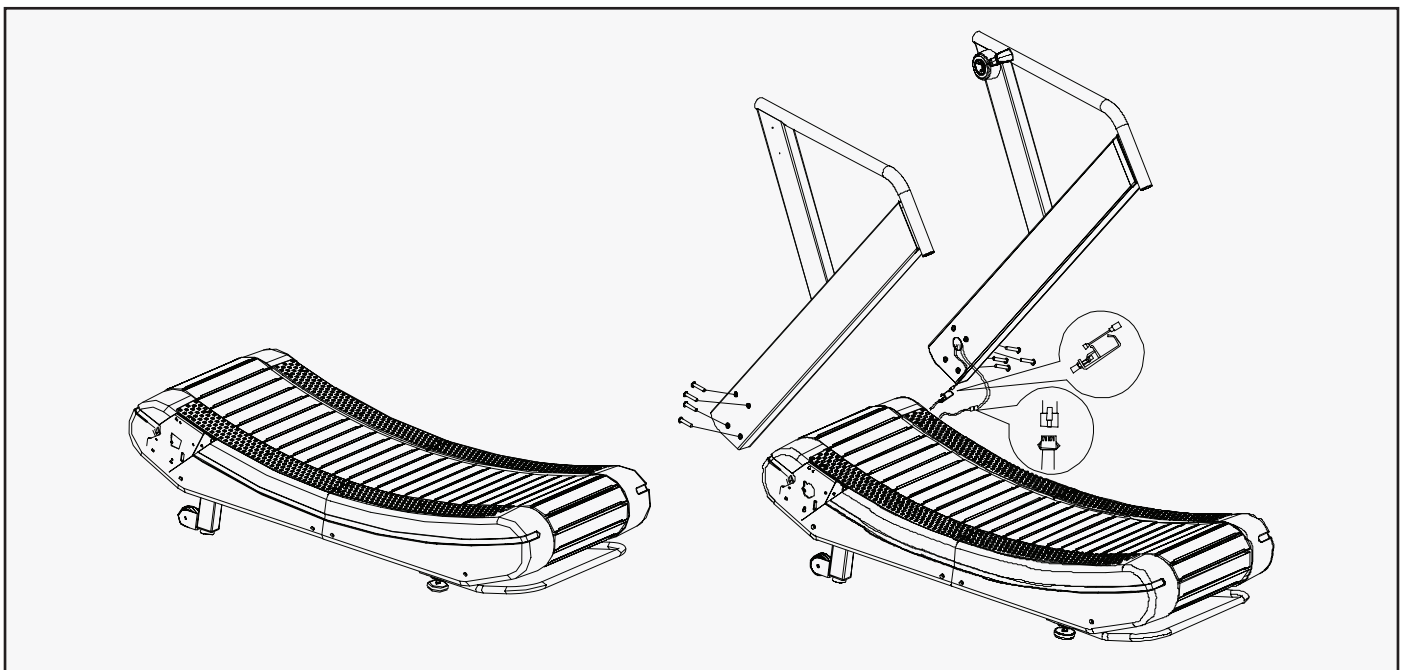
V. ASSEMBLY INSTRUCTIONS





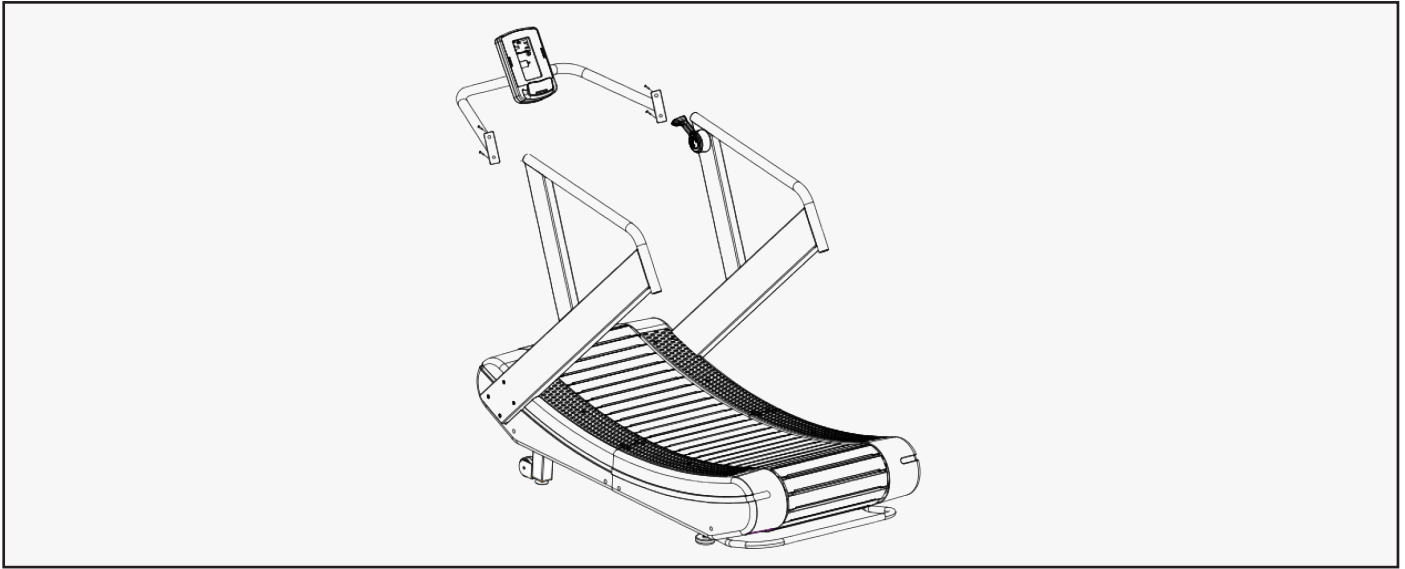
STEP 1

1. Take out the console frame and console from the box, connect the console communication wire then fix on the console frame with 4PCS M5X10 screws.



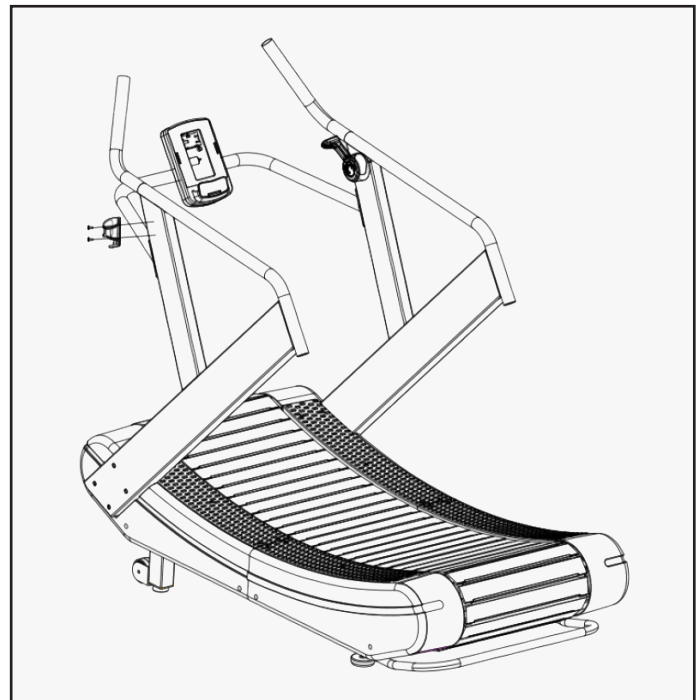
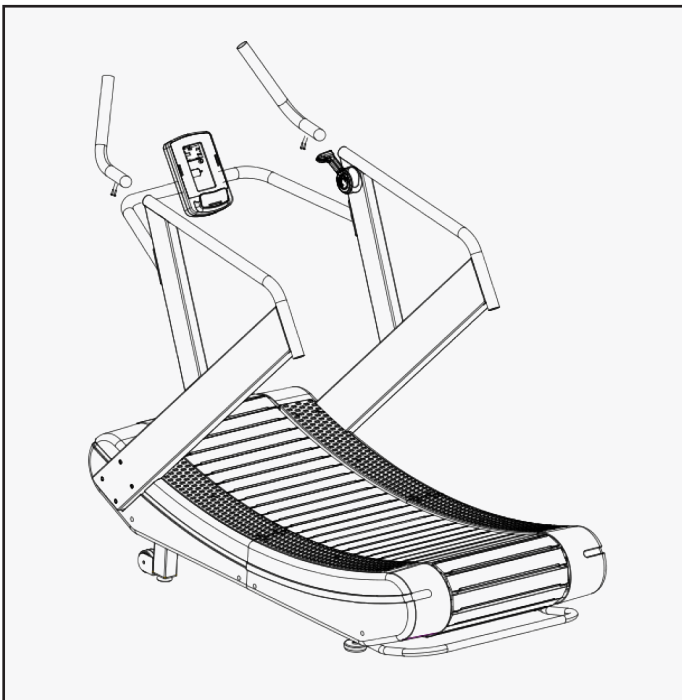
STEP 2

1. Take out the machine from the box and put it on the even floor.
2. Connect the communication wire in the right upright post, then fix the upright post with 4pcs M8x65x20 screws. Then assemble the left upright post.



STEP 3

1. Connect the right handlebar and right upright post with 2pcs M8*20 screw. Fix the left handlebar in the same way.



STEP 4

1. Connect the communication wire between handlebar and the console frame, then fix the console frame with 4pcs M8*20 screws, tighten all the screws. Connect the communication wire between handlebar and the console frame, then fix the console frame with 4pcs M8*20 screws, tighten all the screws.

STEP 5

1. Install the drink bottle holder.
2. Treadmill installation is finished.

VI. FEATURE AND FUNCTION

DISPLAY FUNCTIONS

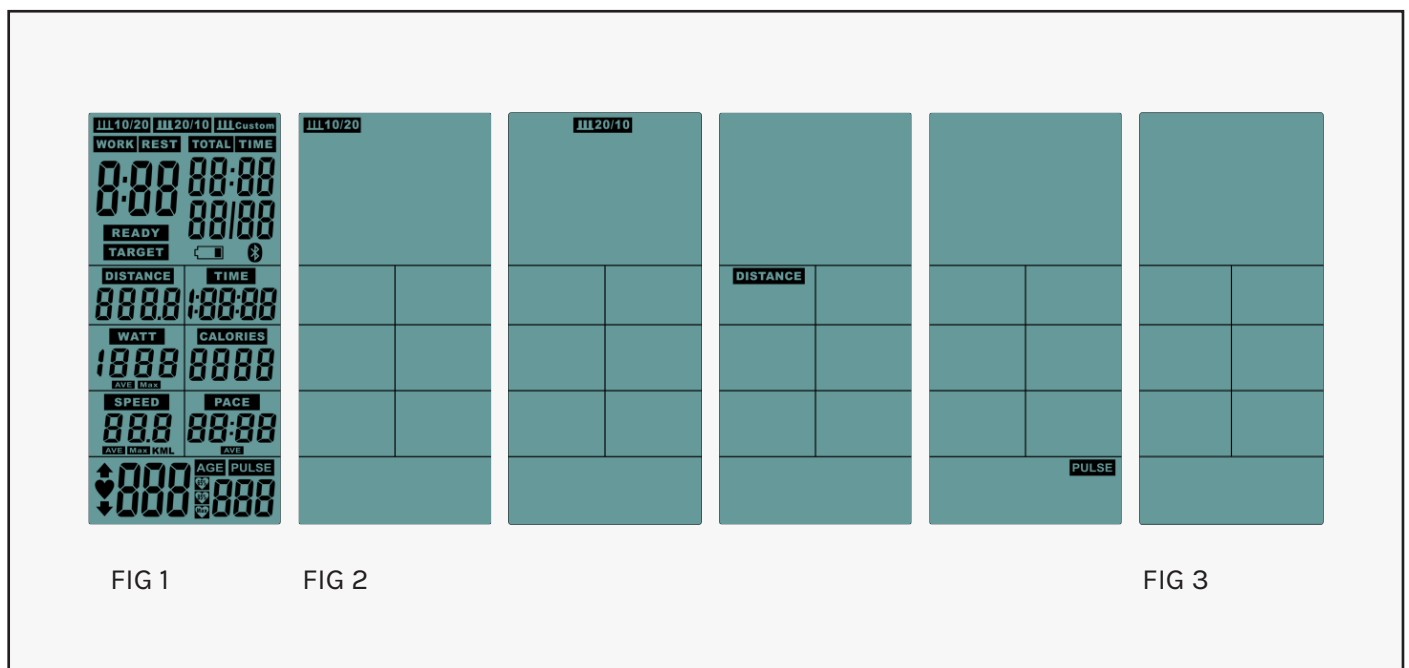
Item	Description
TIME	Display user workout time. Display range 0:00~1:59:00
DISTANCE	Display user workout distance. Display range 0.5~100
CALORIES	Display calories consumption during workout. Display range 0 ~ 2000
PULSE	Display user heartrate during workout. Display range 30~230
WATT	Display the power consumption during training
SPEED	Display current training speed
PACE	Set the time to reach the target distance
Load	Display LOAD resistance value for each level in WATT window when adjust LOAD resistance Display range L1~L4

BUTTON FUNCTION

Item	Description
Up ▲	Adjust function value up.
Down ▼	Adjust function value down.
Enter	Confirm setting or selection.
Start	Start work out quickly or resume workout in Stop mode.

Item	Description
Stop	To stop/pause workout. Hold on this key for 2 seconds to reboot the console.
Interval	There are 3 programs: INTERVAL 10/20, INTERVAL 20/10, Custom Interval.
Target Distance	Fast access to Target Distance training mode.
Target Calories	Fast access to Target Calories training mode.
Target Heartrate	Fast access to Target Heart Rate training mode.
Target Time	Fast access to Target Time training mode.

OPERATION PROCEDURE



POWER ON

1. When POWER ON, LCD will full display 1s (FIG 1) with long beep sound, then enter display standby mode (FIG 2), the pictures will be displayed from top ICON to bottom in sequence. Press STOP button for 2 second, then enter standby mode.
2. If no input of key operation or RPM signal input in 4Min, LCD will go to Sleeping mode (FIG 3).

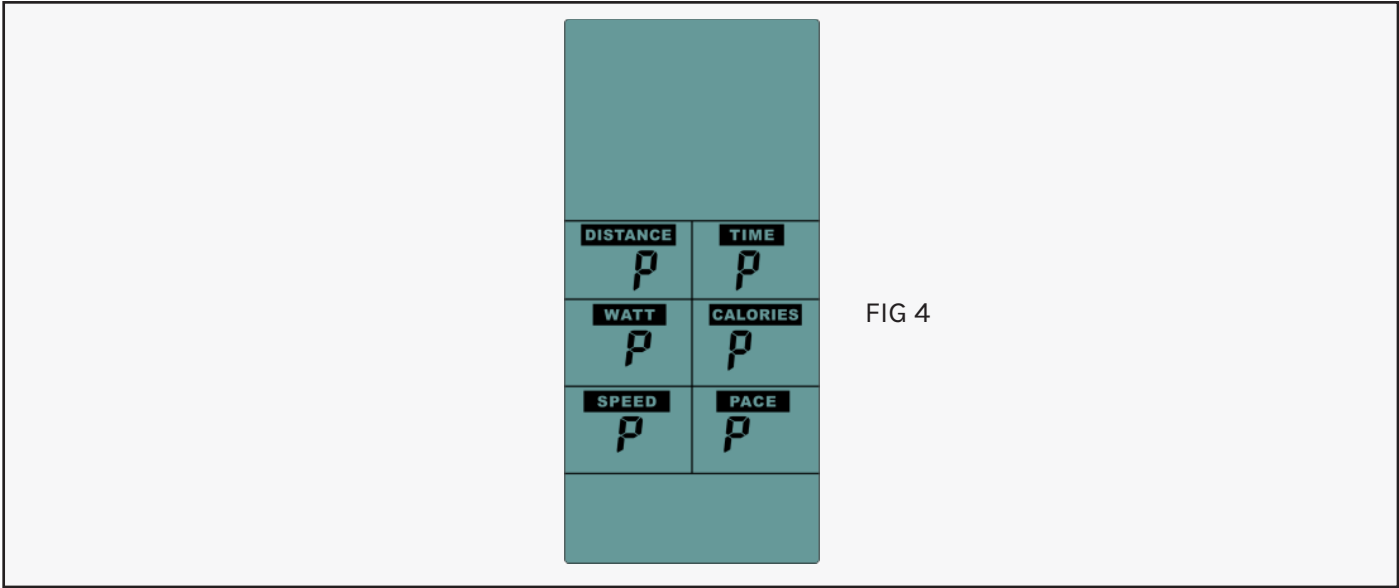


FIG 4

BREAK MODE

1. When START, press "START" button one time, enter into Break mode with buzzer sound 0.5s by every 30s. Computer still display all functions ,but LCD windows display "P". Buzzer will sound for 1s and enter into standby mode after broke with 5 Min, then press "START" to continue. (FIG 4)

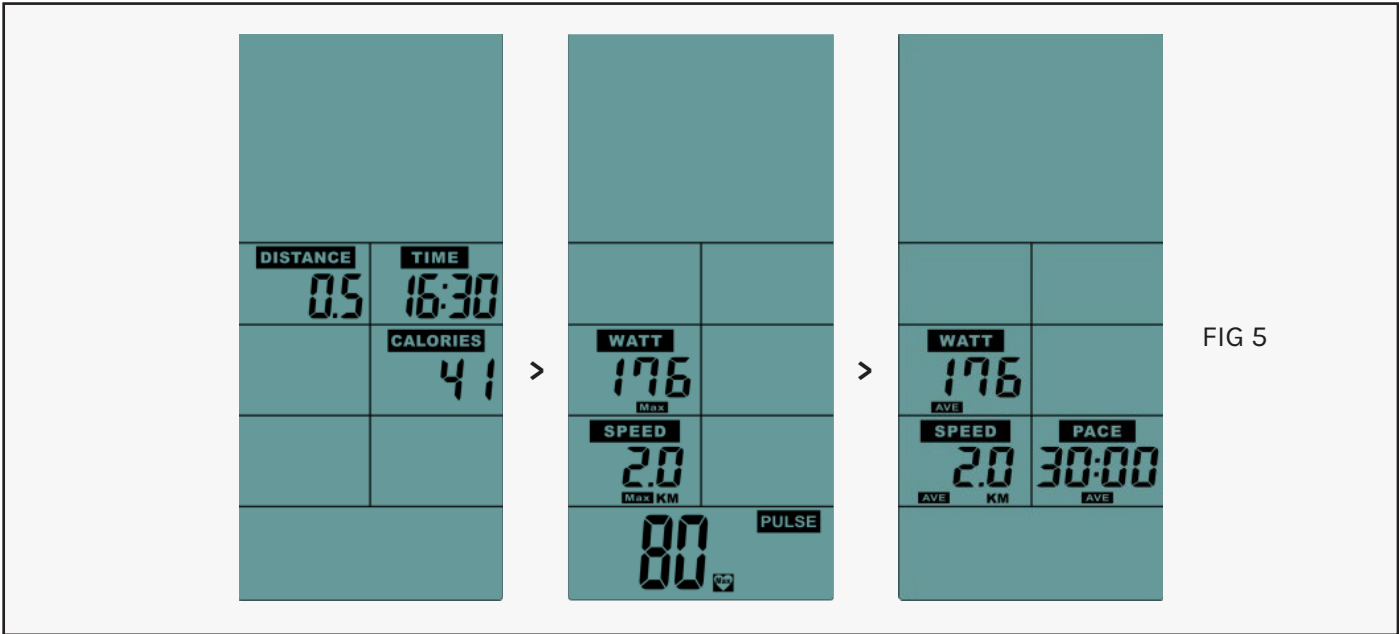


FIG 5

STOP MODE

1. Press "STOP" button with buzzer sound 0.5s, enter Stop mode. All the LCD windows no display, but after 0.5s LCD will display TIME, DIST, CAL (display KM or ML according to the setting).

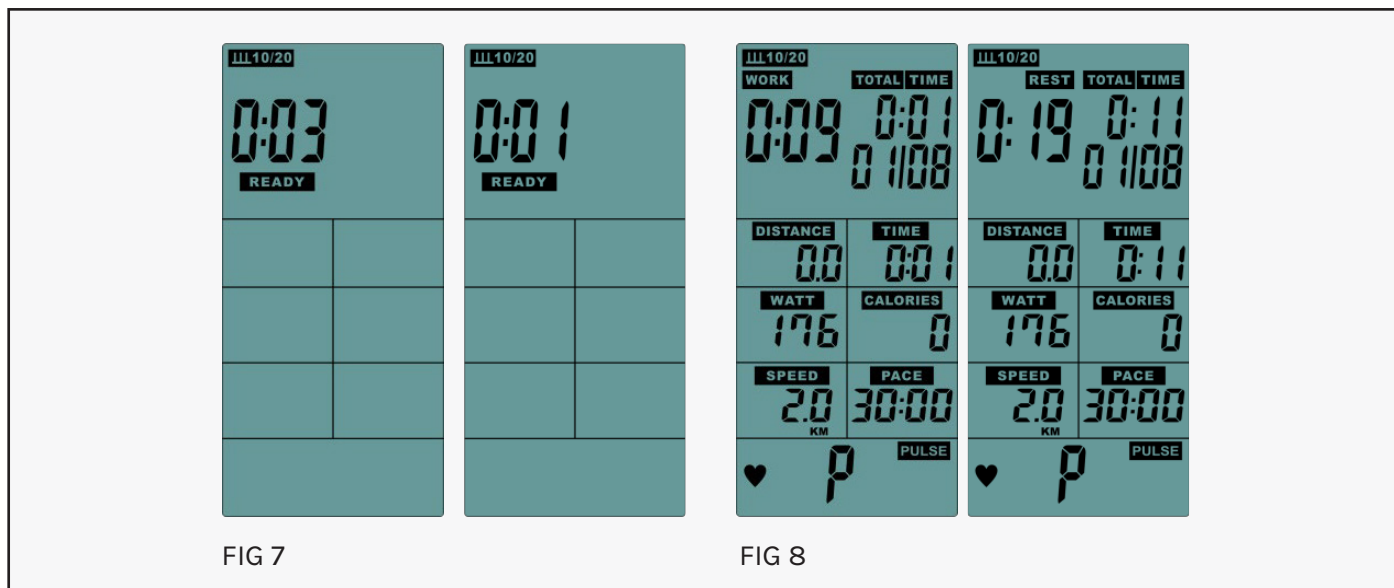
After 7s with buzzer sound 0.25s, LCD display MAX ICON, WATTS,SPEED, PULSE, also after keep shows 7s with buzzer sound 0.25s, LCD display AVE ICON WATTS, SPEED, PACE, after keep shows 7s without display any data at the moment, then re-show the data two times and enter into standby mode. (FIG 5)



FIG 6

QUICK START

- A. "PULSE" ICON: If any heart single input the "PULSE" ICON is flashing with current value, if no heart single input LCD display "P".
- B. If without any single input within 5Min, the buzzer rings for 0.5s and computer will go back to standby mode.
- C. If setting is not completed in 30 seconds, the buzzer will ring for 0.5 seconds and go back to standby mode.
- D. Press the "START" button once to enter the break mode, and press "START" to continue running.
- E. Press the "STOP" button to sound the buzzer for 0.5 seconds and enter the stop mode.
- F. If the result of movement is displayed, press "STOP" button to leave and return to standby mode.
- G. When adjusting the adjustment button, it will display the LOAD resistance for each segment in WATT window.



INTERVAL 10/20

- A. Press "INTERVAL10/20" button, enter to this mode, LCD display ICON, with buzzer beeps 0.5s.
- B. If there is no input in 30s when setting, the computer will back to standby mode.
- C. The "READY" ICON counts down from 3s to 0s, meanwhile with a short buzzer beep (FIG 7), LCD display "01/XX" ("01" is flashing). The "WORK" ICON is flashing one time every 1s with buzzer sounds (shining 0.75s/ put out 0.25s), "TIME" ICON counts down from 10s to 0s, DISTANCE, CALORIES, WATTS, SPEED, RPM count-up according the operation. (FIG 8)
- D. After Work 10s, LCD window display "01/08" ("01" is flashing), "REST" ICON is kept flashing, the buzzer rings for 0.25s per 1s, TIME start to count down from 20s to 0s.
- E. Work & REST display in cycle, cycle count increase 1 every time till reach to 08/08 (total cycle counts 8 times). Buzzer rings 0.5s enter to stop mode. (The average value of the sports results is only calculated within the Work time)
- F. When the last REST is reached, this mode is stop directly.
- G. If no single input in 5Min, buzzer rings 0.5s enter standby mode.
- H. Press the "START" button once, enter the break mode, and press "START" to continue running.
- I. Press the "STOP" button to sound the buzzer for 0.5s and enter the stop mode.
- J. If the result of movement is displayed, press "STOP" button to leave and return to standby mode.

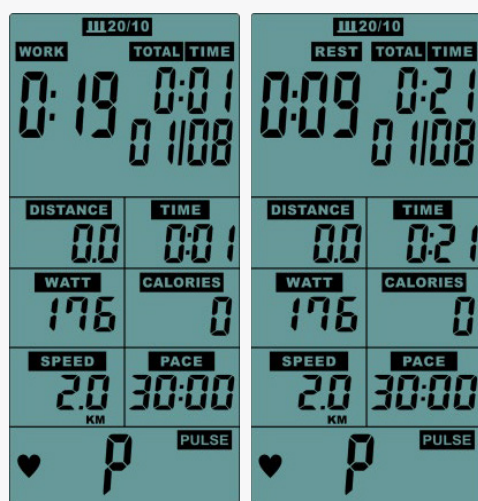
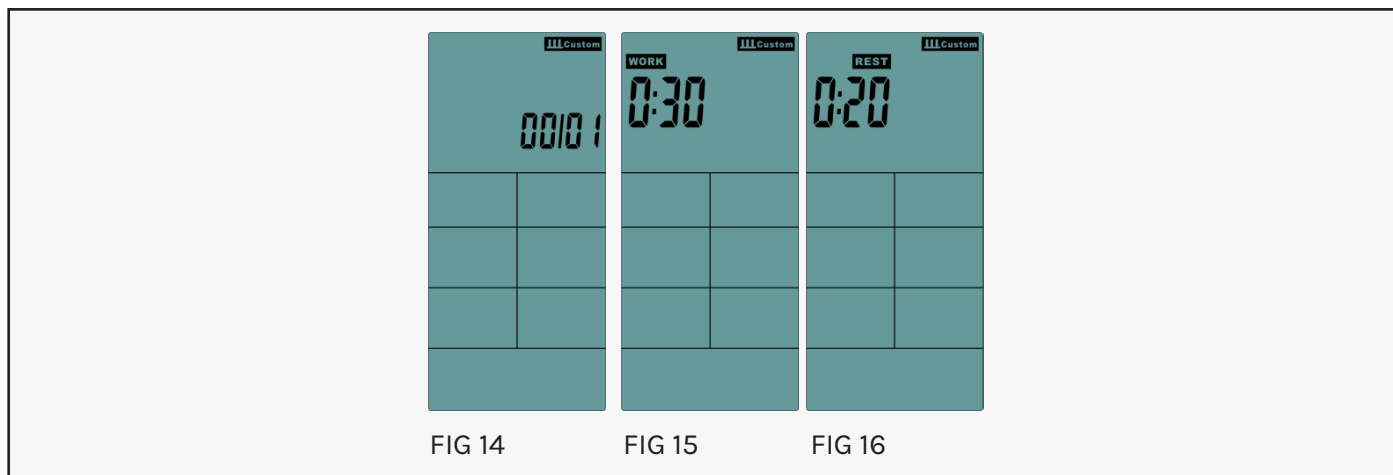



FIG 10

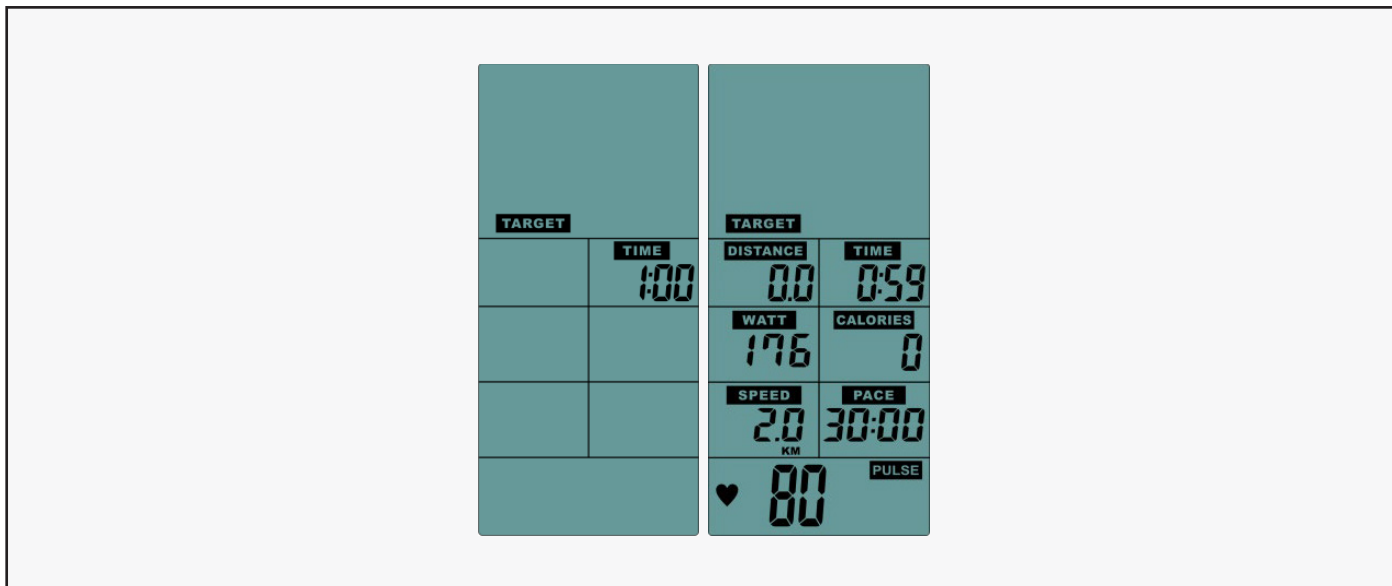
INTERVAL 20/10

- A. Press "INTERVAL 20/10" button, enter to this mode, LCD display **III20/10** ICON (FIG 10), with buzzer beeps 0.5s.
- B. If did not input in 30s when setting, computer will back to standby mode.
- C. The "READY" ICON counts down from 3s to 0s, meanwhile with a short buzzer beep (FIG 7), LCD display "01/XX" ("01" is flashing). The "WORK" ICON is flashing one time every 1s with buzzer sounds (shining 0.75s/ put out 0.25s), "TIME" ICON counts down from 10s to 0s, DISTANCE, CALORIES, WATTS, SPEED, RPM count according the operation. (FIG 10).
- D. After Work 10s, LCD window display "01/08" ("01" is flashing), "REST" ICON is kept flashing, the buzzer rings for 0.25 seconds per second, TIME start to count down from 20s to 0s.
- E. Work & REST display in cycle, cycle count increase 1every time till reach to 08/08(total cycle counts 8 times). Buzzer rings 0.5s enter to stop mode. (The average value of the sports results is only calculated within the Work time)
- F. When the last REST is reached, this mode is stop directly.
- G. If no single input in 5Min, buzzer rings 0.5s enter standby mode.
- H. Press the "START" button once to enter the break mode, and press "START" to continue running.
- I. Press the "STOP" button to sound the buzzer for 0.5s and to enter the stop mode.
- J. If the result of movement is displayed, press "STOP" button to leave and return to standby mode.



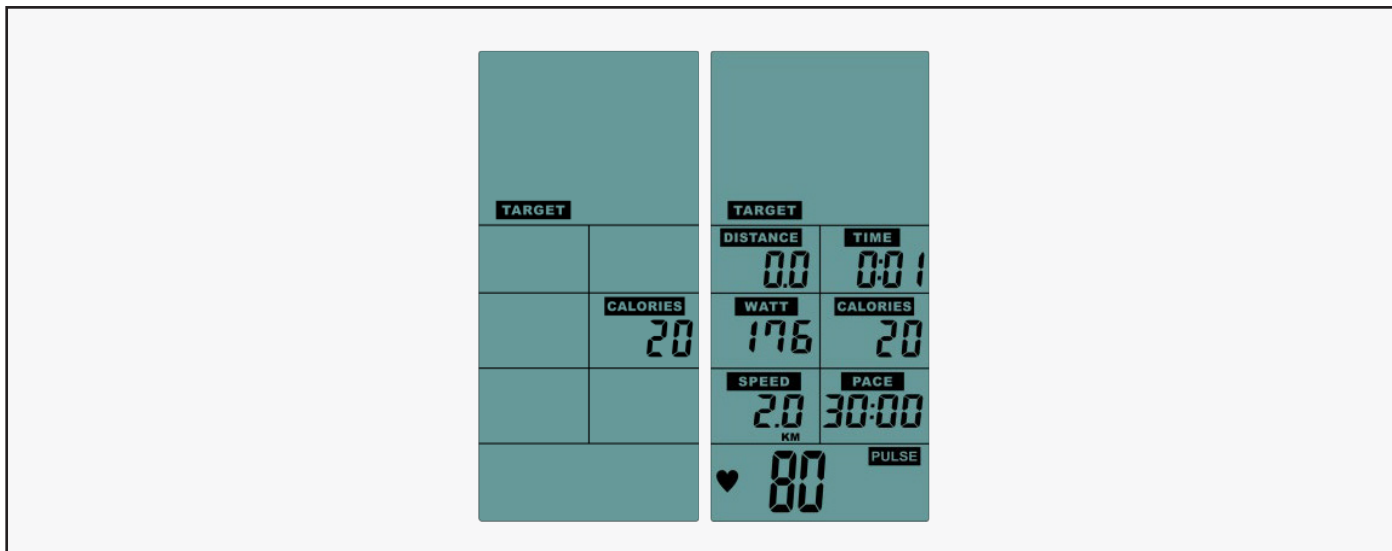
INTERVAL CUSTOM

- A. Press "INTERVAL CUSTOM" button, enter to this mode, LCD display  ICON (FIG 13), with buzzer beeps 0.5s.
- B. LCD display the presetting value 01, press "UP, DOWN" button to setting (setting range 01~20), it is non-recyclable (FIG 14).
- C. Press "ENTER" confirmed, "WORK" ICON is flashing, LCD window "TOTAL TIME" display the presetting value 0:30. Press "UP, DOWN" button to setting (setting range: 0:05~30:00), it is non-recyclable (FIG 15).
- D. Press "ENTER" confirmed, "REST" ICON is flashing, LCD window "TOTAL TIME" display the presetting value 0:20. Press "UP, DOWN" button to setting (setting range:0:05~30:00), it is non-recyclable (FIG 16).
- E. Press "ENTER" confirmed, meanwhile with a short buzzer rings 0.5s, LCD display "01/XX" ("01" is flashing). The "WORK" ICON is flashing one time every 1s with buzzer sounds (shining 0.75s/ put out 0.25s), "TIME" ICON counts down from the setting value, DISTANCE, CALORIES, WATTS, SPEED, PACE count according the operation.
- F. There is set REST time, matrix displays 01/XX (part 01 is flashing), "REST" ICON keep flashing, The buzzer rings for 0.25s every second.
- G. "WORK" & "REST" display in cycle, cycle count increase 1every time till reach to 08/08(total cycle counts 8 times). Buzzer rings 0.5s enter to stop mode. (The average value of the sports results is only calculated within the Work time)
- H. When the last REST is reached, this mode is stop directly.
- I. If no single input in 5Min, buzzer rings 0.5s enter standby mode.
- J. Press the "START" button once, enter the break mode, and press "START" to continue running.
- K. Press the "STOP" button to sound the buzzer for 0.5 seconds and enter the stop mode.
- L. If the result of movement is displayed, press "STOP" button to leave and return to standby mode.



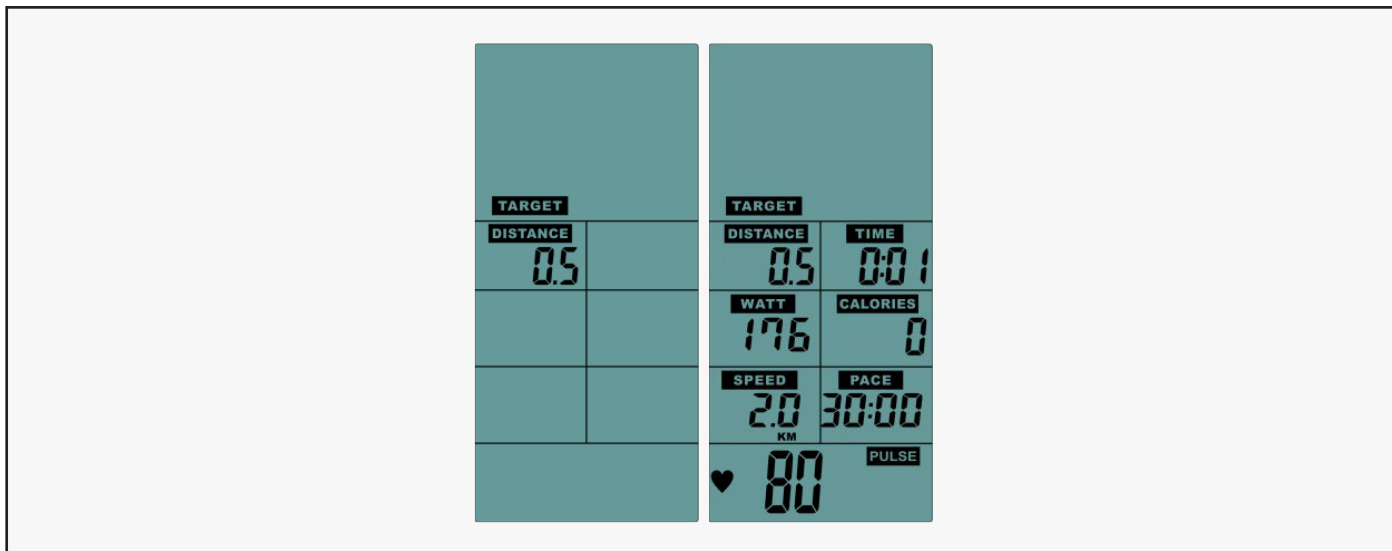
TARGET TIME

- A. Press "TARGET TIME" button to enter to this mode, LCD flashing will display TARGET & TIME.
- B. LCD "TIME" window displays the presetting value 1:00 or the last setting value. Press "UP, DOWN" button to setting (setting range 1:00~1:59:00), it is non-recyclable.
- C. After setting, press "ENTER" confirmed, TARGET & TIME ICON continue to flash, meanwhile start to count down from setting value.
- D. Press the "START" button once, enter the break mode, and press "START" to continue running.
- E. Press the "STOP" button to sound the buzzer for 0.5s and enter the stop mode.
- F. If no single input in 5Min, buzzer rings 0.5s enter standby mode.
- G. If did not complete the setting in 30s, the buzzer rings for 0.5s and back to standby mode.
- H. If the result of movement is displayed, press "STOP" button to leave and return to standby mode.



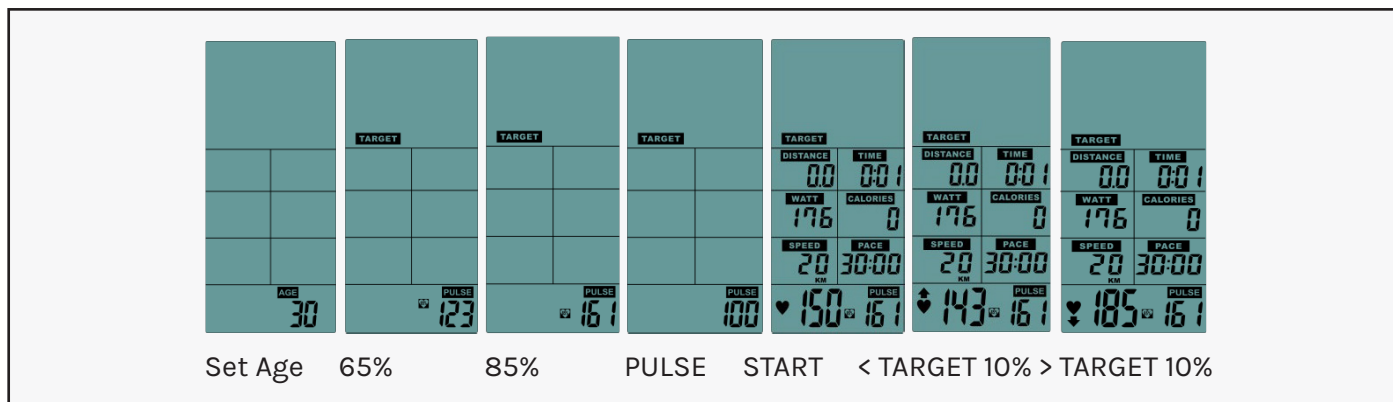
TARGET CALORIES

- A. Press "TARGETCALORIE" button, enter to this mode, LCD flashing display TARGET & CALORIE.
- B. LCD "CALORIE" window display the presetting value 2:00 or the last setting value. Press "UP, DOWN" button to setting (setting range1~2000), it is non-recyclable.
- C. After setting, press "ENTER" confirmed, TARGET & CALORIE ICON continue to be flashing, meanwhile start to count down form the setting value.
- D. Press the "START" button once, to enter the break mode, and press "START" to continue running.
- E. Press the "STOP" button to sound the buzzer for 0.5s and enter the stop mode.
- F. If no single input in 5Min, buzzer rings 0.5s enter standby mode.
- G. If did not complete the setting in 30s, the buzzer rings for 0.5s and back to standby mode.
- H. If the result of movement is displayed, press "STOP" button to leave and return to standby mode.



TARGET DISTANCE

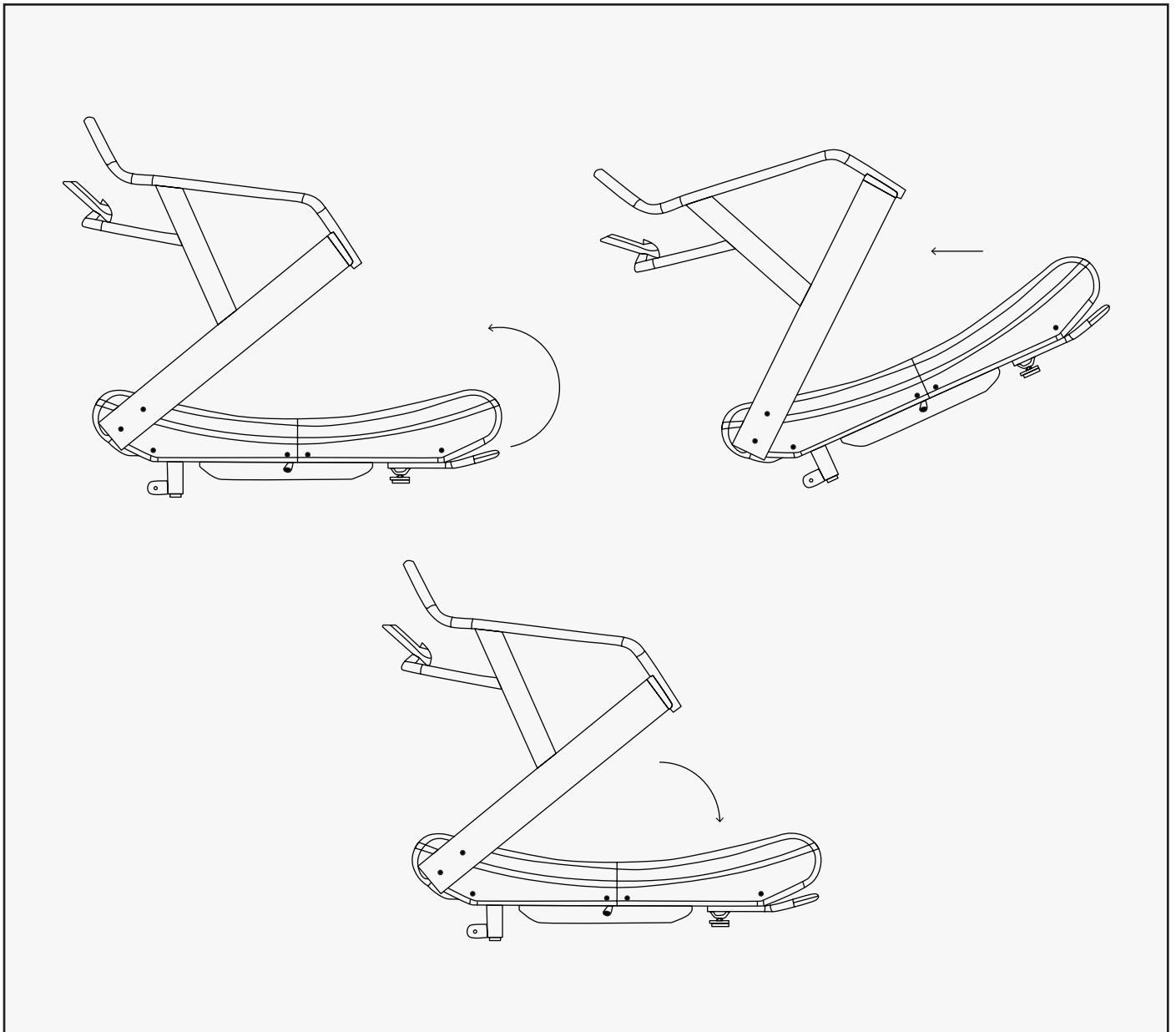
- A. Press "TARGET DISTANCE" button, enter to this mode, LCD flashing display TARGET & DISTANCE.
- B. LCD "DISTANCE" window display the presetting value 0.5KM/0.5Miles or the last setting value. Press "UP, DOWN" button to setting (setting range 0.5~100), it is non-recyclable.
- C. After setting, press "ENTER" confirmed, TARGET & DISTANCE continue to be flashing, meanwhile start to count down from the setting value.
- D. Press the "START" button once, enter the break mode, and press "START" to continue running.
- E. Press the "STOP" button to sound the buzzer for 0.5s and enter the stop mode.
- F. If no single input in 5Min, buzzer rings 0.5s enter standby mode.
- G. If did not complete the setting in 30s, the buzzer rings for 0.5s and back to standby mode.
- H. If the result of movement is displayed, press "STOP" button to leave and return to standby mode.



TARGET HEART RATE

- A. Press "TARGETHEART RATE" button, enter to this mode, LCD flashing display Age ICON with presetting value 30 or the last setting value. Press "UP, DOWN" button to setting (setting range 11~99), it is non-recyclable.
- B. After setting, press "ENTER" confirmed, LCD display the presetting value 65%, press "UP, DOWN" button to adjust to 65% or 85% & the value of Pulse, LCD will show the corresponding value.
- C. If selected PULSE, LCD display the presetting value "100", press "UP, DOWN" button to setting (setting range 30~230), it is non-recyclable.
- D. Press "ENTER" button to start to count, TARGET & PULSE ICON is flashing.
- E. When the heartbeat value is higher or lower than the setting value (+/-10%), the PULSE value is displayed continuously.
- F. The heartbeat value is lower than the setting value (<10%), and the PULSE window "UP ICON" flashes to remind USER to accelerate.
- G. The heartbeat value is higher than the setting value (>10%), and the PULSE window "DOWN ICON" flashes to remind USER to slow down.
- H. The heartbeat value is higher than or equal to the setting value of 100%. The buzzer rings 3 short sounds every 1s. After 10 times, the heartbeat value is still not lower than 100%, the buzzer rings 1s and enter the standby mode.
- I. Without any heart single input in 30s, the "PULSE" LCD window display "P", buzzer rings 1s and enter the standby mode.
- J. Press the "START" button once, enter the break mode, and press "START" to continue running.
- K. Press the "STOP" button to sound the buzzer for 0.5 seconds and enter the stop mode.
- L. If no single input in 5Min, buzzer rings 0.5s enter standby mode.
- M. If did not complete the setting in 30s, the buzzer rings for 0.5s and back to standby mode.
- N. If the result of movement is displayed, press "STOP" button to leave and return to standby mode.

VII. MOVING THE TREADMILL



HOW TO MOVE TREADMILL:

1. Hold the treadmill from the back with both hands.
2. Tilt it to the transportation wheels and move to the desired location.

CAUTION:

The machine is heavy and may need assistance to move it.

VIII. EXERCISE GUIDE

! PLEASE NOTE:

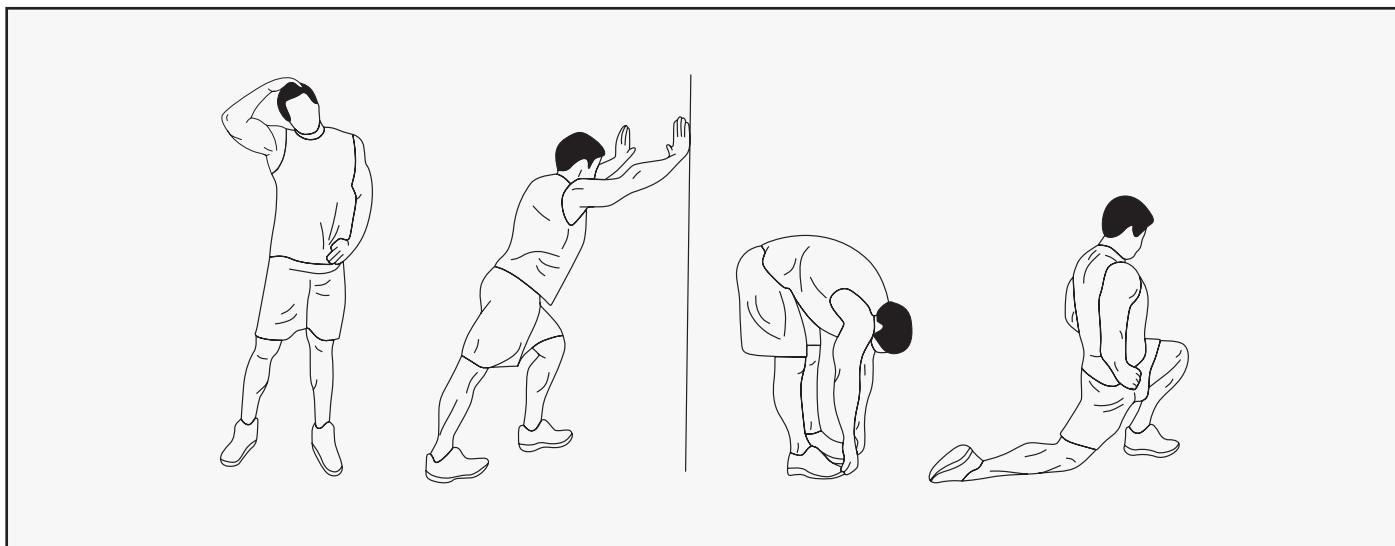
Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

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.

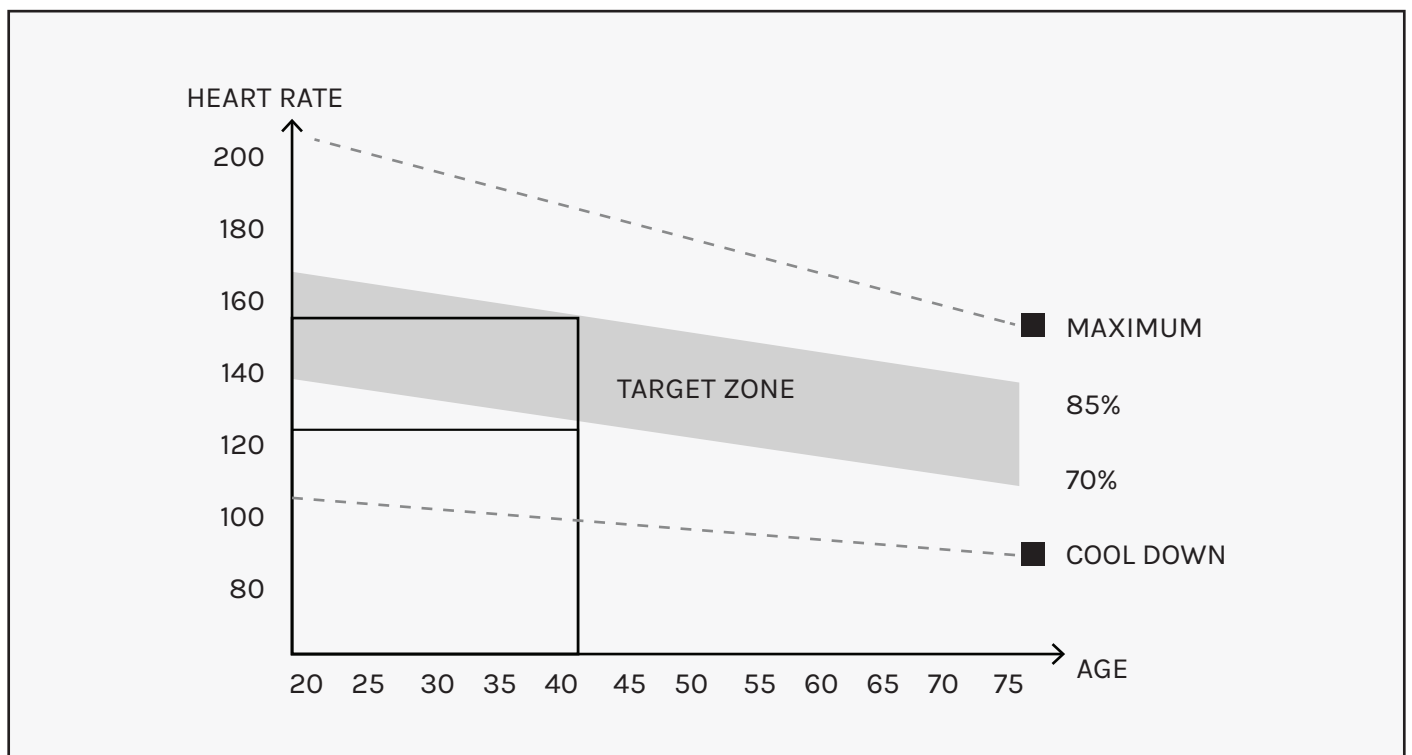
TRAINING ZONE EXERCISE

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 life time of this unit. Performance is maximized when the belt and mat are kept as clean as possible.

WARNING:


- The mat/deck friction may lay 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 once a month. 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

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





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