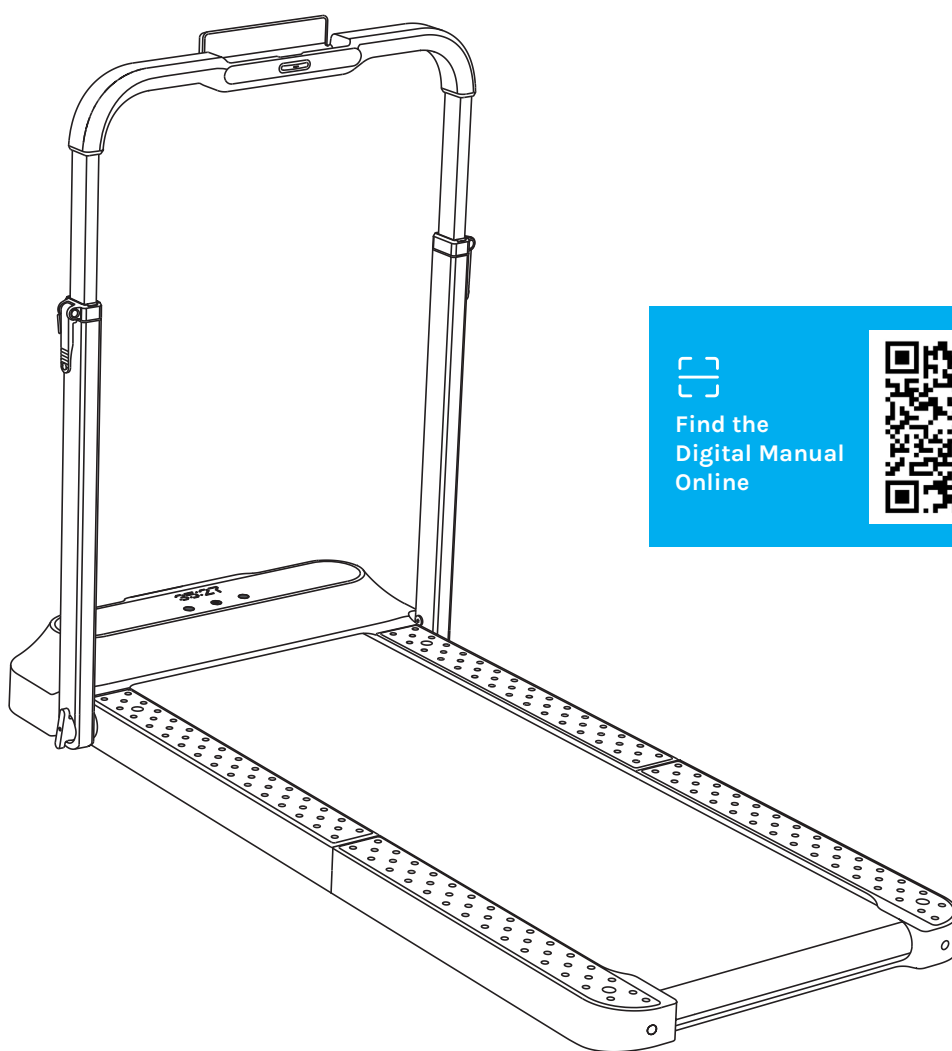




V-Fold Treadmill with Smart Stride

USER MANUAL



Find the
Digital Manual
Online



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

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.
11. To prevent the motor from overheating, we recommend up to 2 hours of use and 1 hour of rest before restarting your workout.

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 made by children without supervision.
2. Correct Disposal of this product. This marking indicated that this products 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.

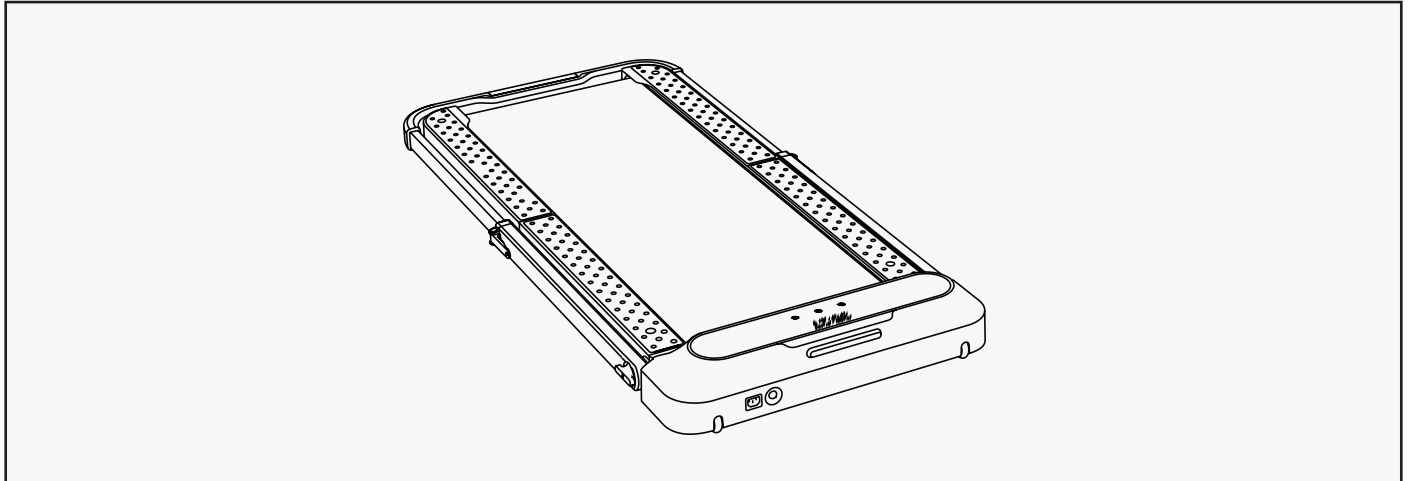
This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

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.

II. WELCOME

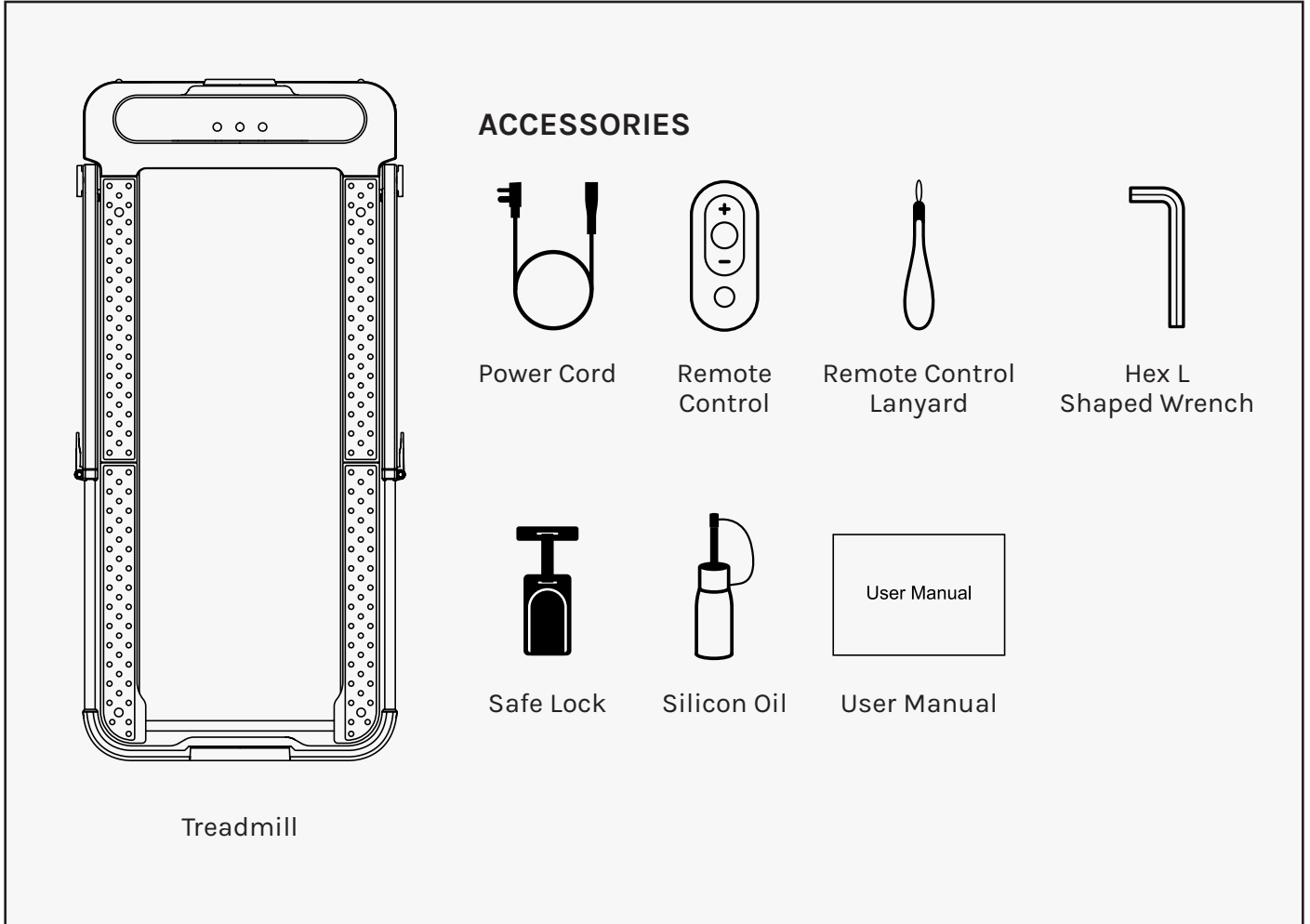
Thank you for choosing Lifespan Fitness V-Fold Treadmill with Smart Stride, and hereinafter referred to as "Treadmill". The exquisite, simple, and innovative design afford quality and enjoyable workouts at home. This Treadmill is designed for residential use only. Please do not use it for any commercial, leasing, or public group purpose.



Reference Index	Parameter
Applicable Age	14-60 years old
Speed Range	Walking Mode: 0.5km - 6km/h (0.5 - 3.7mi/h) Running Mode: 0.5 - 12km/h (0.5 - 7.5mi/h)
Running Area	440 x 1200mm (17" x 47")
Max Load	110kg (240lbs)
Frequency	50/60 Hz
Voltage	220 - 240 V~
Power Input	918 W
Net Weight	36kg (81lbs)
Unfold Size	1452 x 720 x 1032mm (57" x 28" x 40.5")
Folded Size	1000 x 720 x 162mm (39" x 28" x 6")
Working Mode	Running Mode/Walking 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.

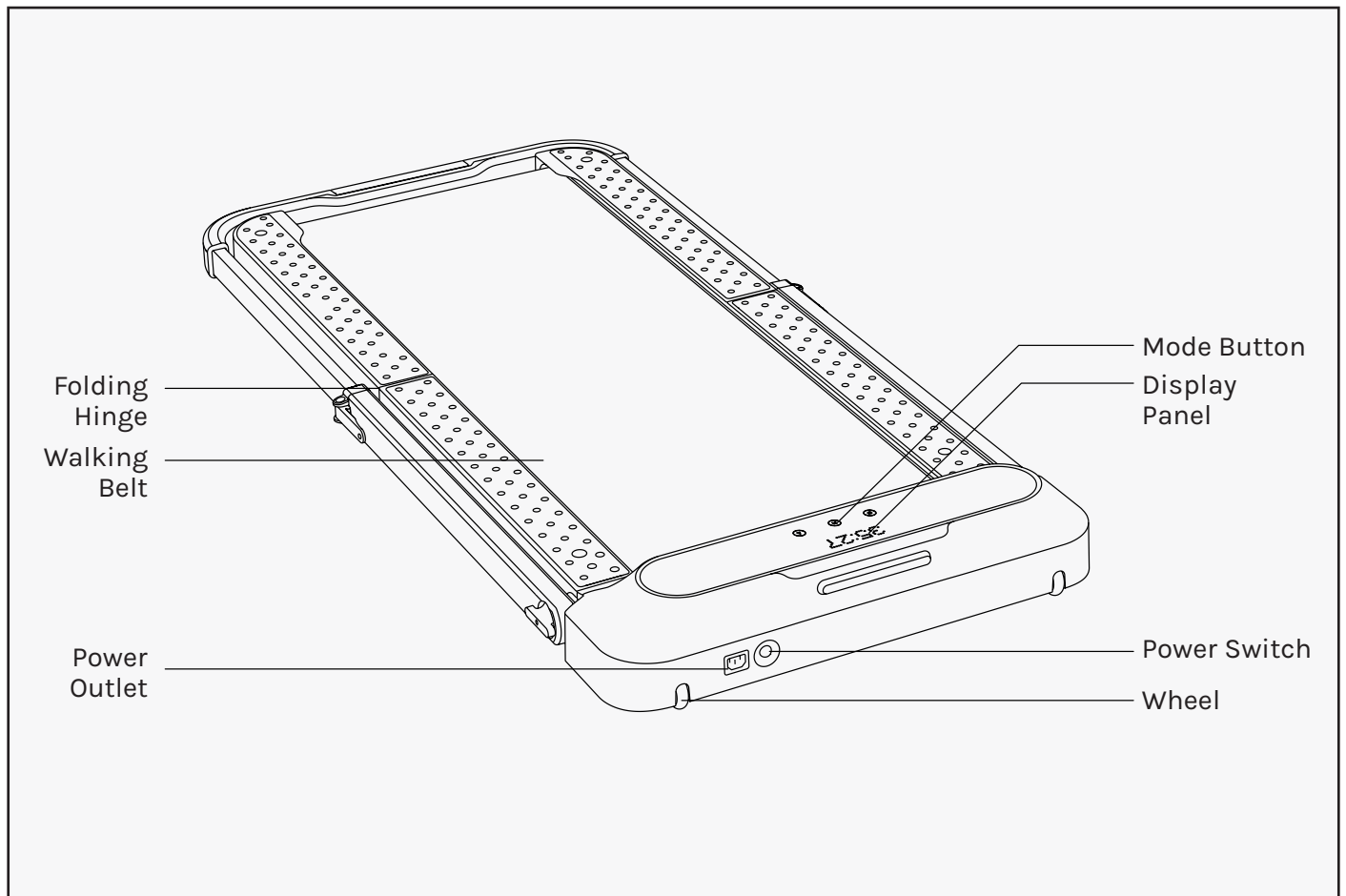


IV. FUNCTION DIAGRAM

1. WALKING MODE

When handles are horizontal, the treadmill will be on Walking Mode. The maximum speed in this mode is 6km/h. In this mode, manual (M) and automatic (A) modes can be used. It has a speed limit of 3km/h when the treadmill is used for the first time. Unlocking the speed limit of 6km/h can be done in three ways: Finishing beginner guidance on the KS Fit App, walking on the treadmill for 1km, setting the speed limit on the "KS Fit" APP.

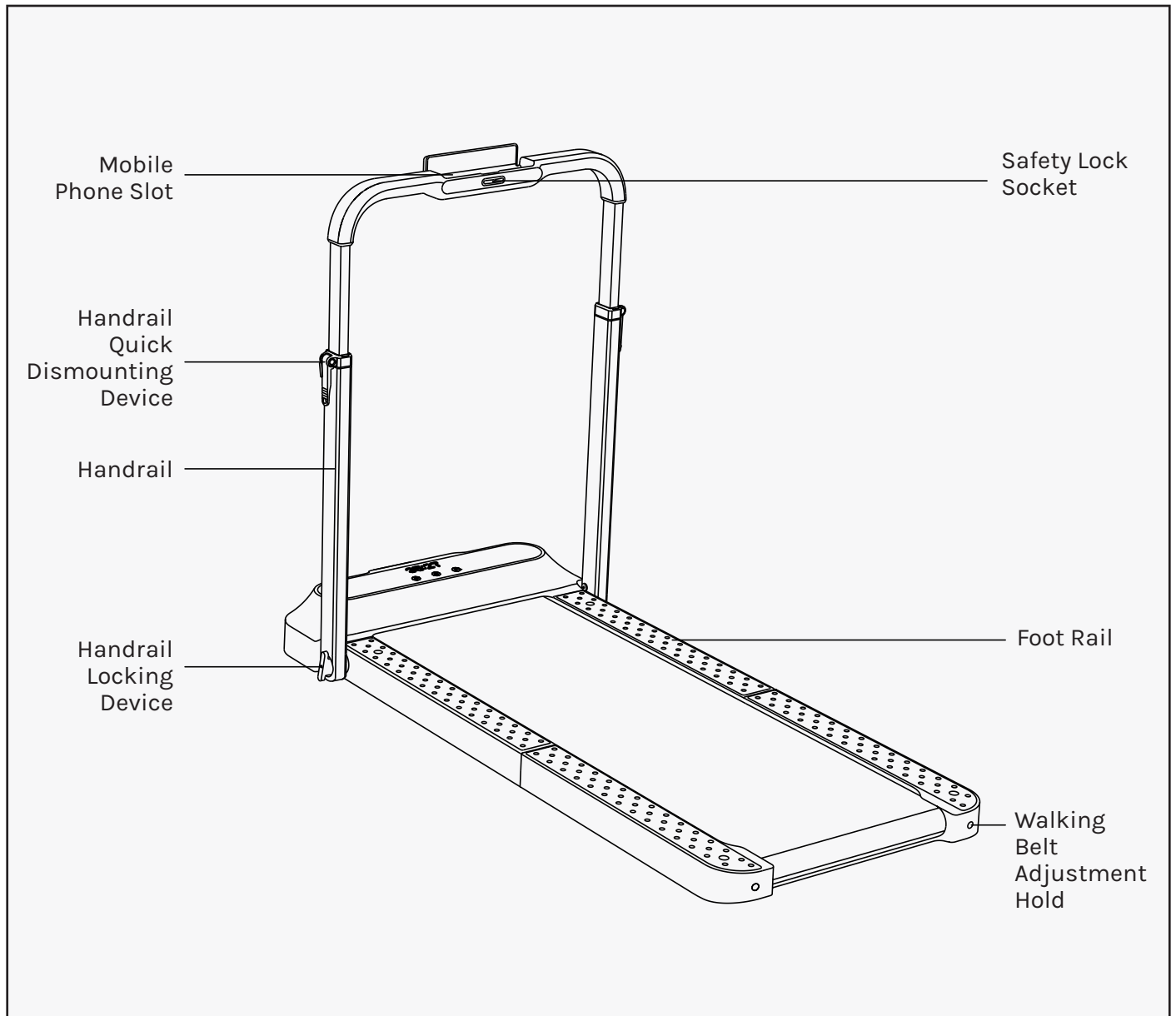
Ensure the handlebars are tightened on the side when placed horizontally.



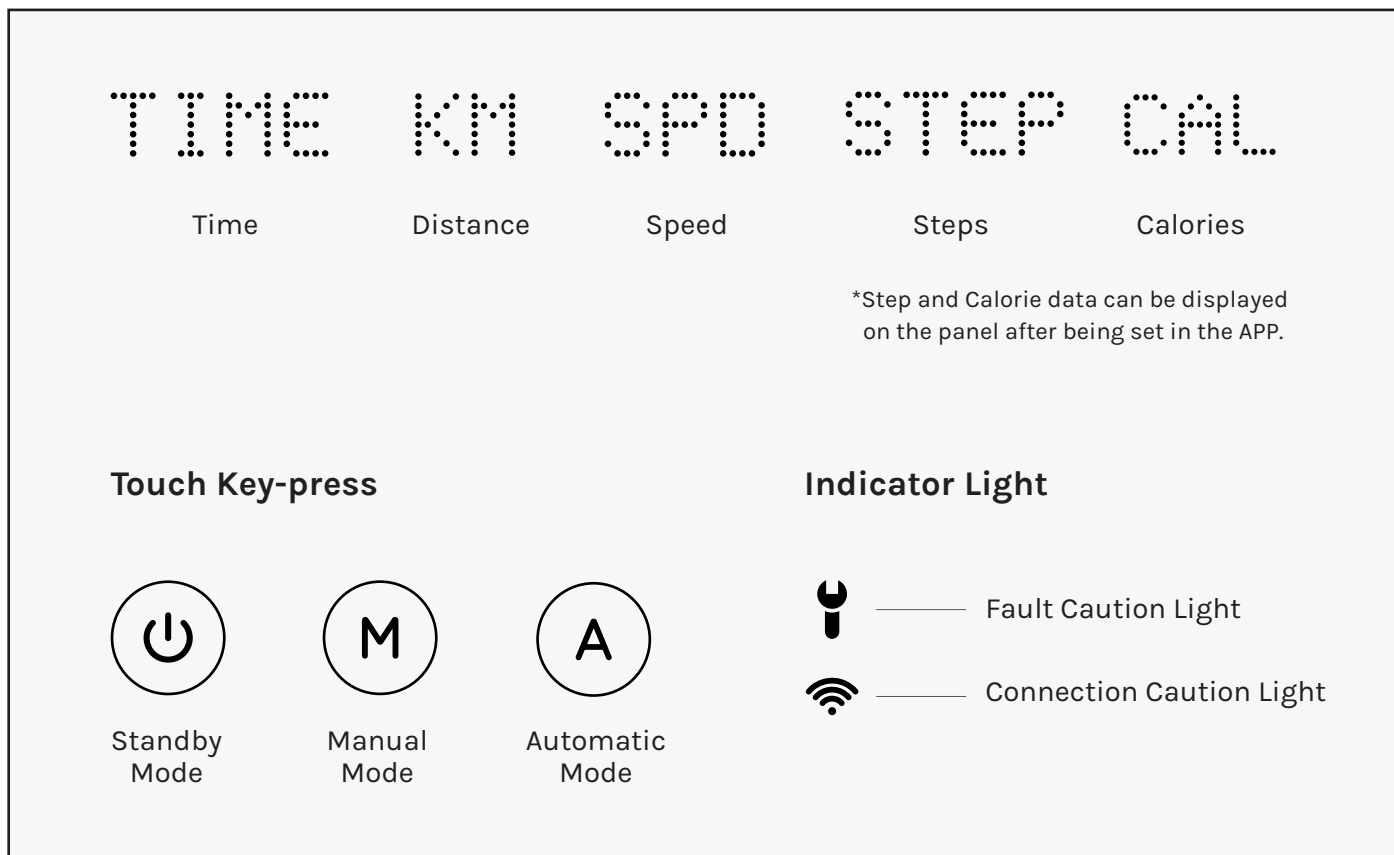
2. RUNNING MODE

When handrail is vertical, the treadmill will be on Running Mode. The maximum speed in this mode is 12km/h. In this mode, manual (M) mode can be used. For safety reasons, running mode does not support automatic (A) mode.

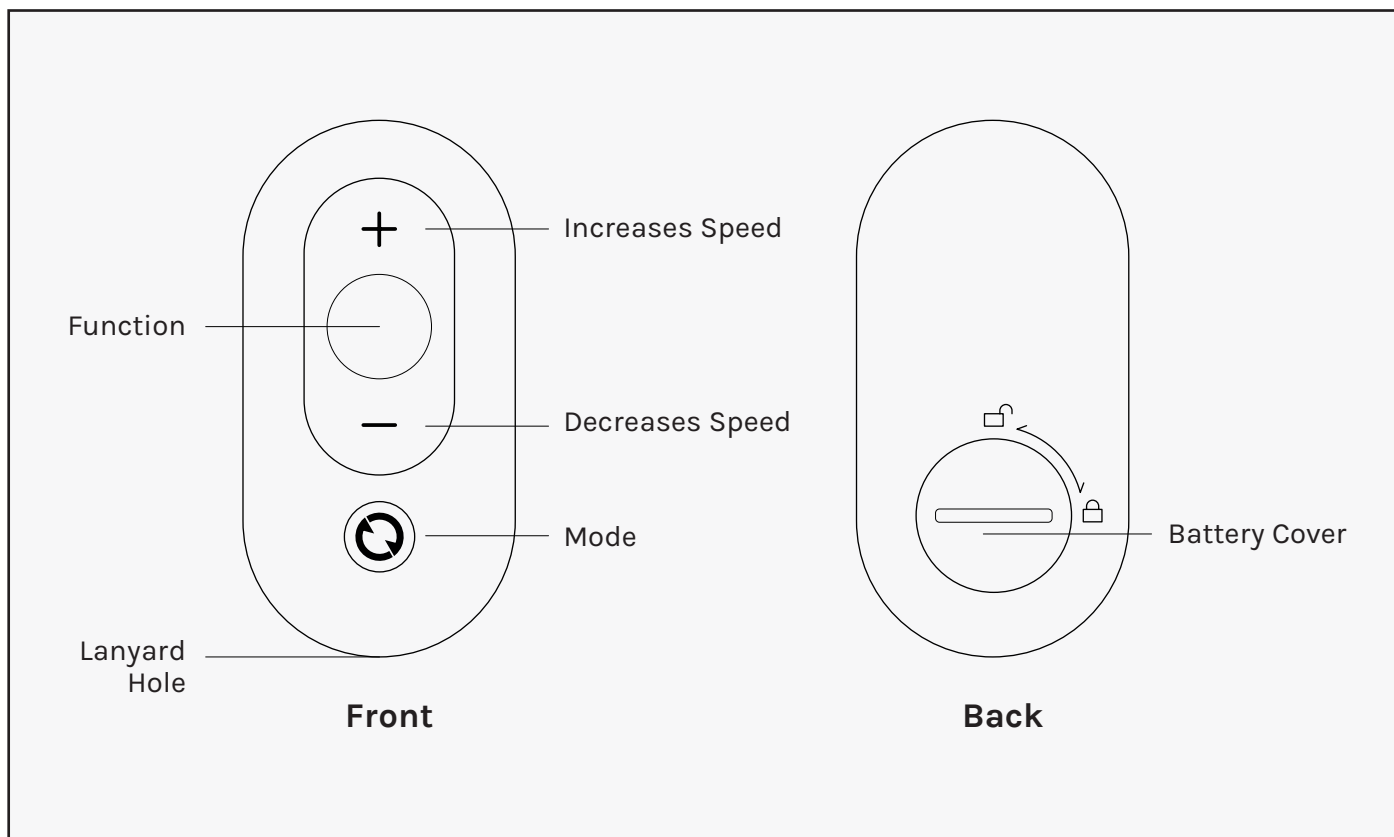
Ensure the handlebars are tightened on the side when placed vertically



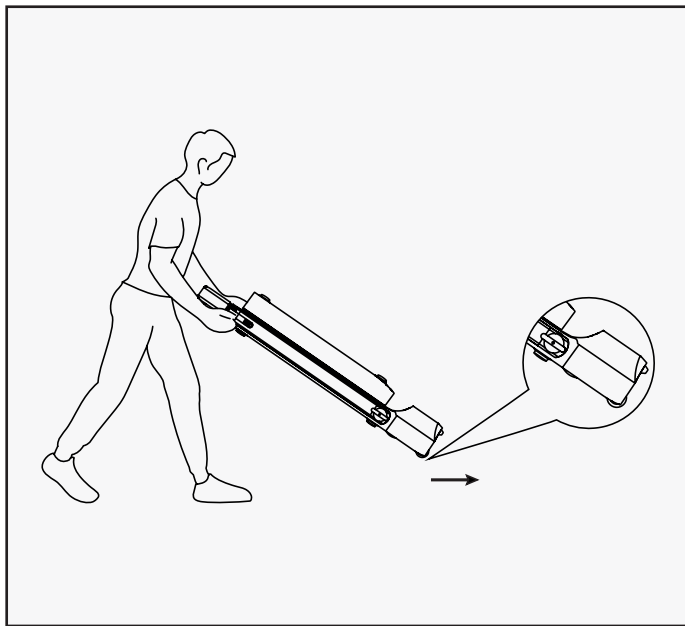
3. DISPLAY PANEL FUNCTION



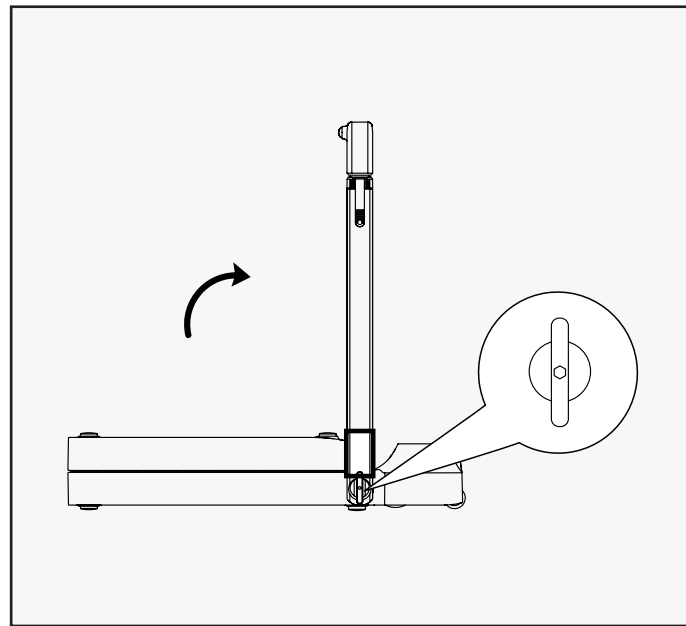
4. Remote Control



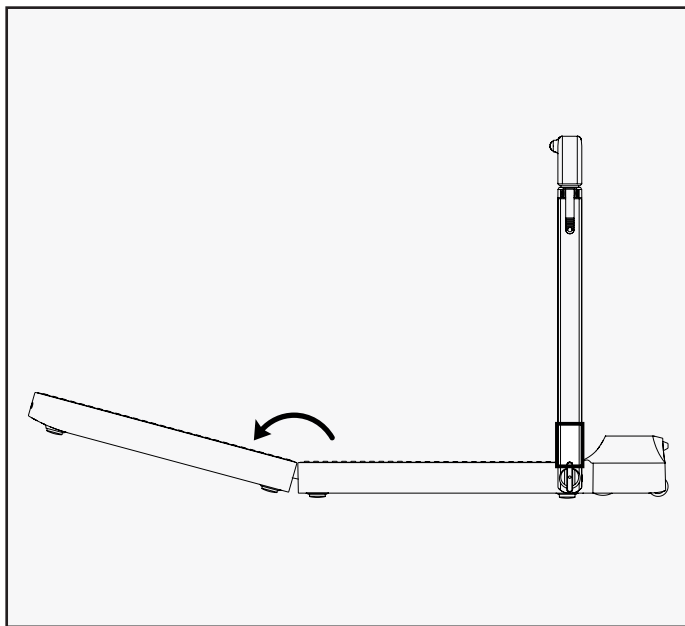
V. SET-UP GUIDE



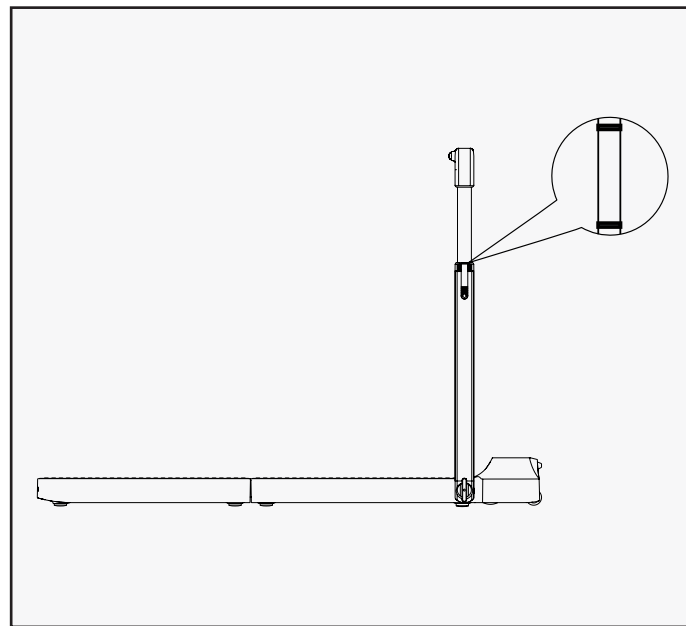
1. When moving treadmill, make sure that all the locking devices on the handrail are locked and fixed. Put the treadmill on a flat and firm surface. Avoid soft or thick carpets.



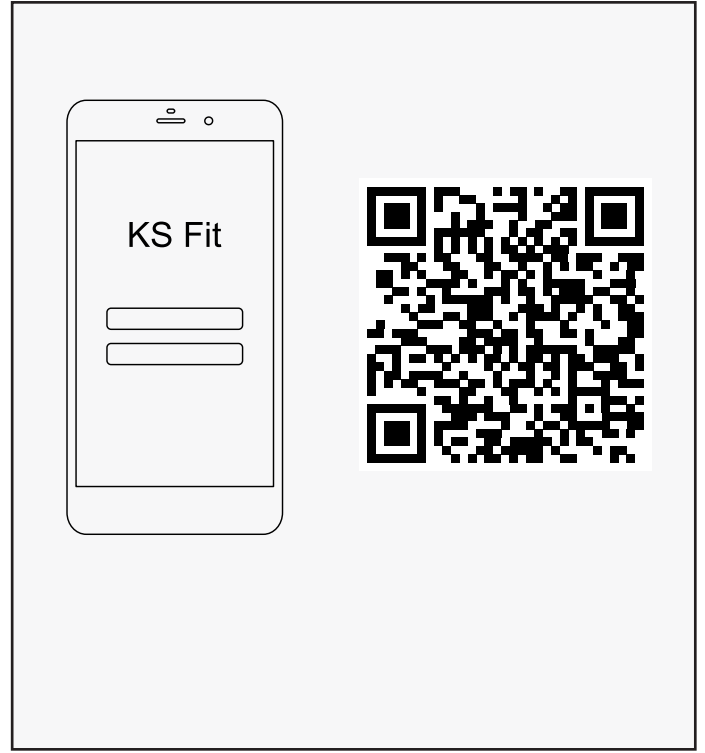
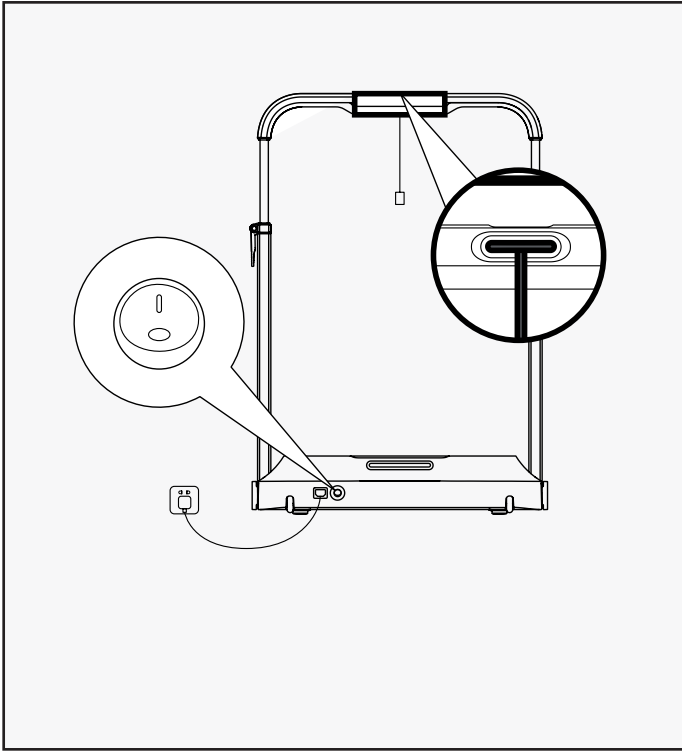
2. Loosen the handrail locking device, lift the handrail to a vertical position, tighten the locking devices on both sides of the handrail.



3. Unfold the treadmill, adjust the walking belt to the center position, slowly unfold it and press it down to make it completely flat, or rotate the bottom foot cushion for leveling.

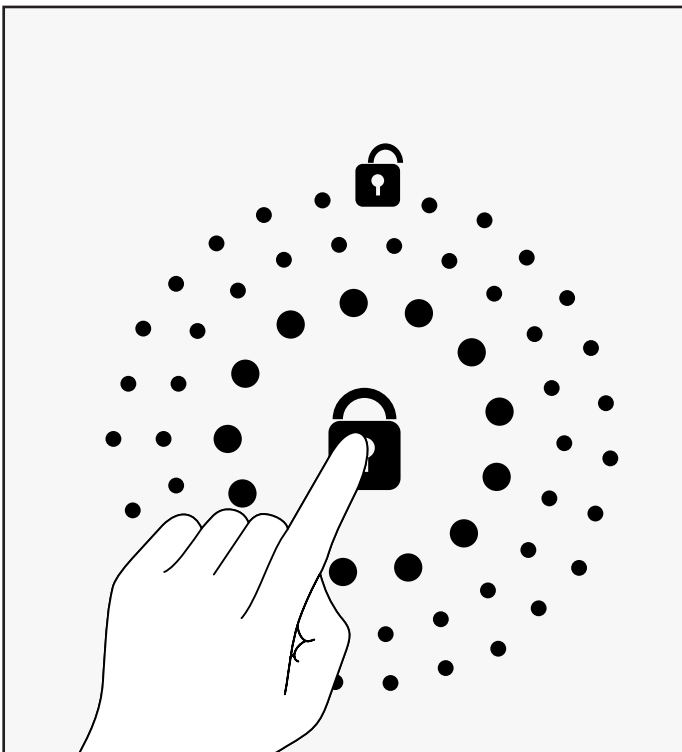


4. Loosen the handrail quick mounting device, adjust it to the handrail scale mark, and then lock the handrail quick mounting device.



5. Install the emergency stop switch. Connect the power supply and turn on the power switch.

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



7a. When Treadmill is turned on, you should see a small red light flashing, this means your treadmill is ready for connection.


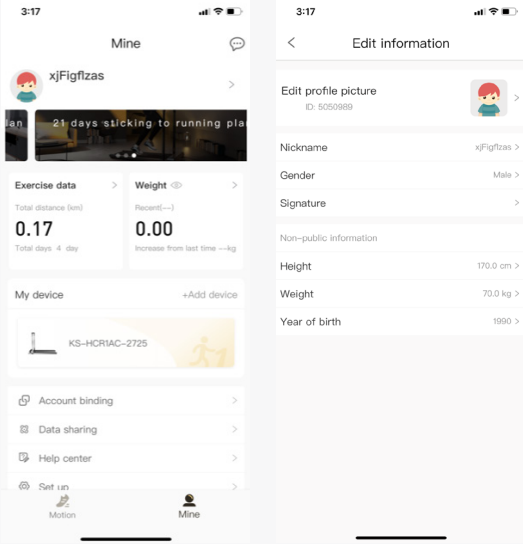
7b. Open the Ks Fit app and select the "Add Manually" option, which will open the screen with all different options of treadmills.

7c. Select the R2 treadmill option, it should be at the bottom left corner, then the treadmill should show up on the lower portion of the screen.

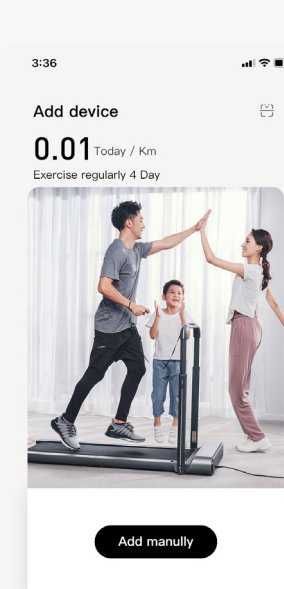
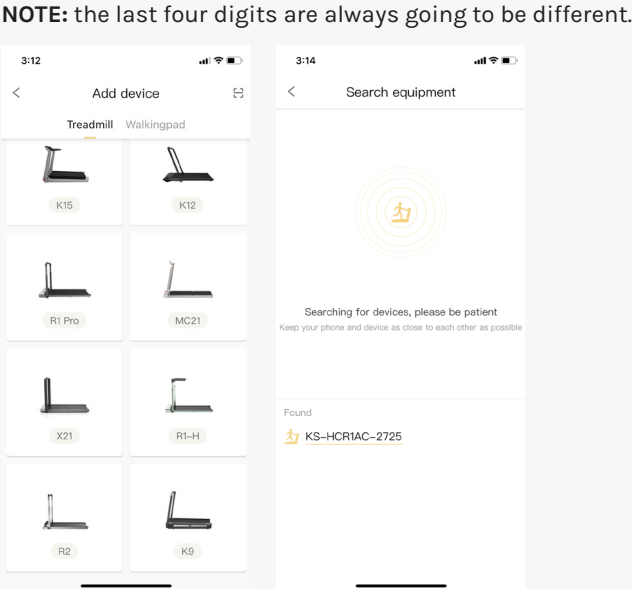
VI. KS FIT APP INSTRUCTIONS

NOTE: App views may differ for Android or iOS users and may change in layout from App updates.

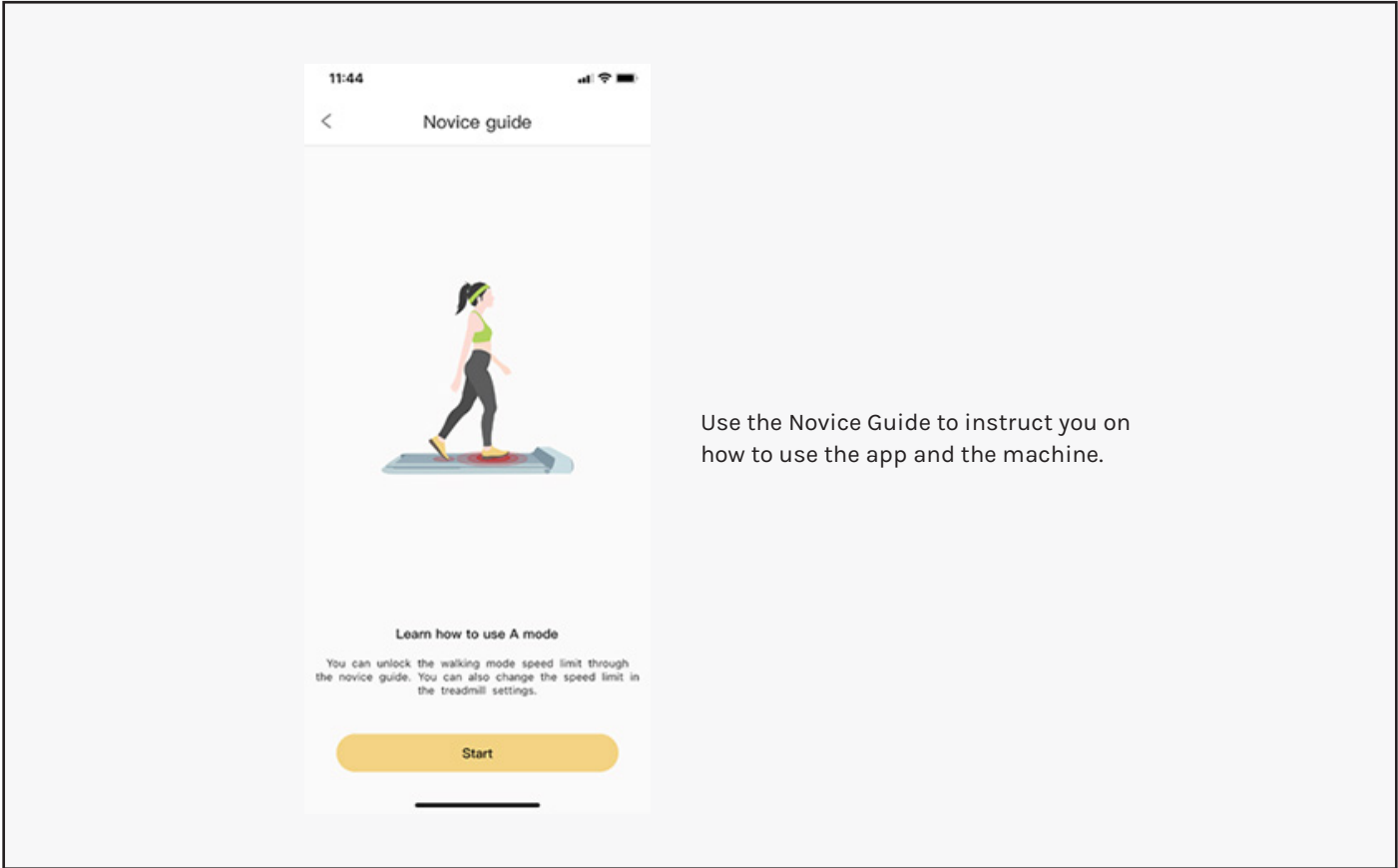
Screen View

Screen View Motion	Mine
Main screen to choose your device to connect to.	Shows your previous workout data and user settings.
	

Adding Device

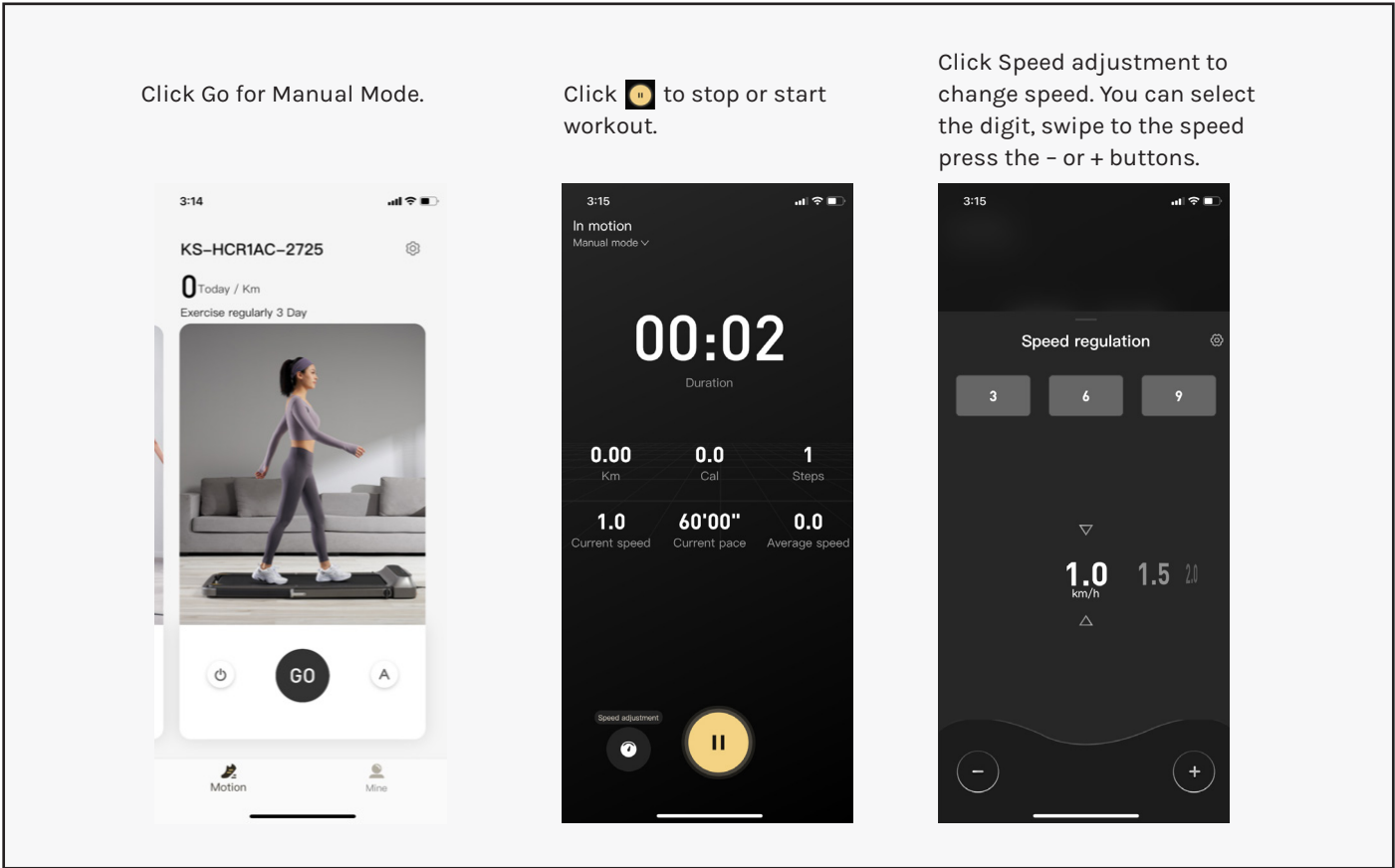
Add Manually	Choose the model (R2) that matches your treadmill. You should see a device model to choose from.
	<p>NOTE: the last four digits are always going to be different.</p> 

Novice Guide



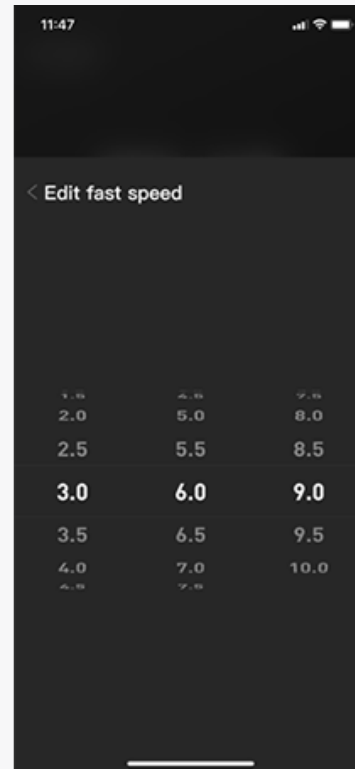
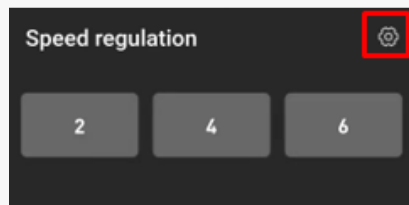
Use the Novice Guide to instruct you on how to use the app and the machine.

Manual Mode




Quick Speed Buttons

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



Automatic Mode

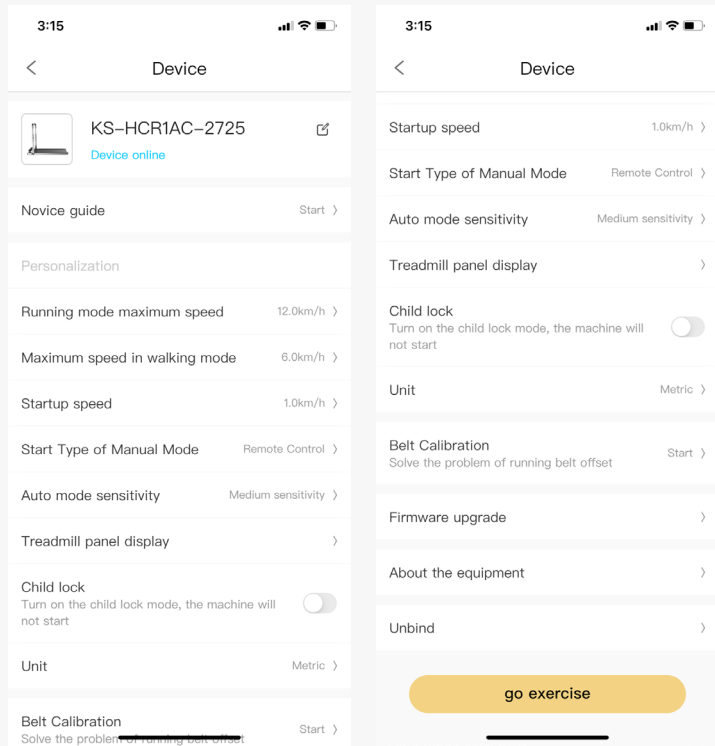


Press the  to start Automatic mode. The belt will sense your walking pace and increase or decrease.

Device Settings

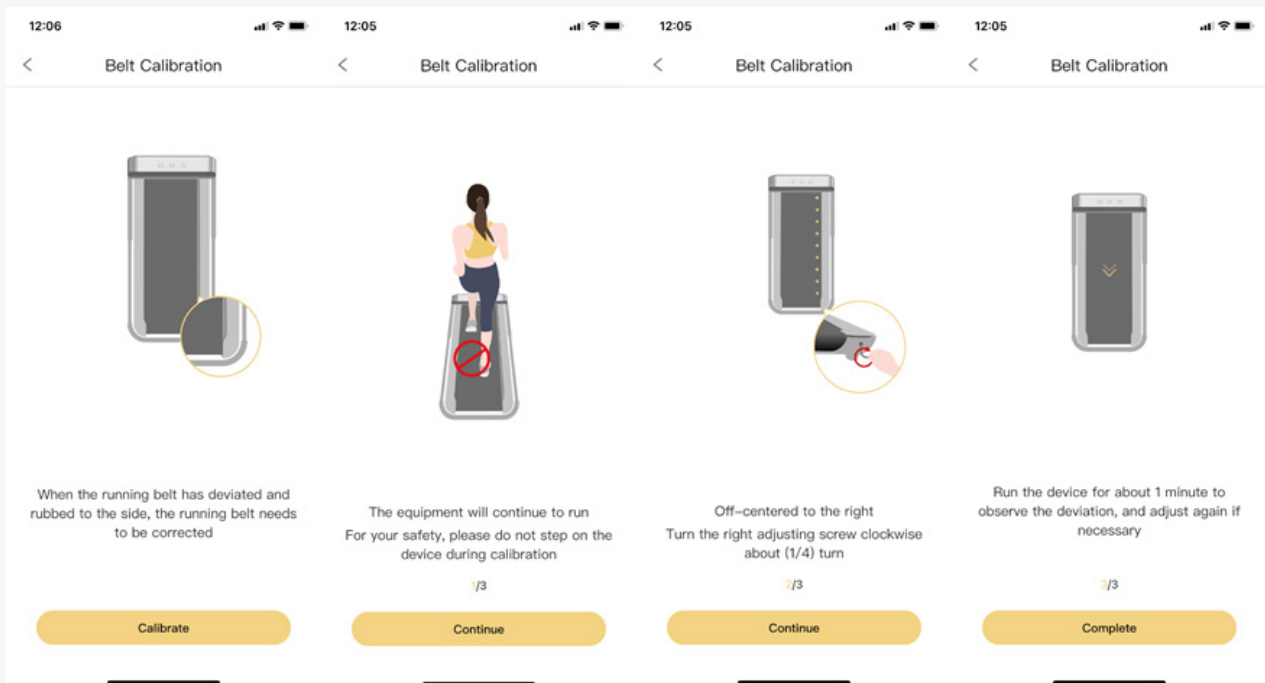
Click on the Settings symbol on the top right corner for more settings.

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.



VII. LEARN TO USE THE TREADMILL

1. MODE DESCRIPTION



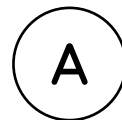
Standby Mode

The standby mode indicator lights up, the motor and sensor are stopped.



Manual Mode

The manual mode indicator lights up, the speed can be controlled with the remote control or the APP.



Automatic Mode

The automatic mode indicator lights up, the speed is controlled automatically via an intelligent algorithm.

2. STANDBY MODE CONTROL DESCRIPTION

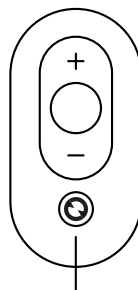


Standby Mode

Under standby mode, users can press the mode button on the remote control briefly to wake up the treadmill and switch to the default manual mode.

Users can also touch the icon on the display panel to wake up the treadmill.

When the treadmill is not in use, press the mode button on the remote control or touch the standby icon on the display panel to switch to the standby mode.



Remote Control Diagram

Short press: Mode switch

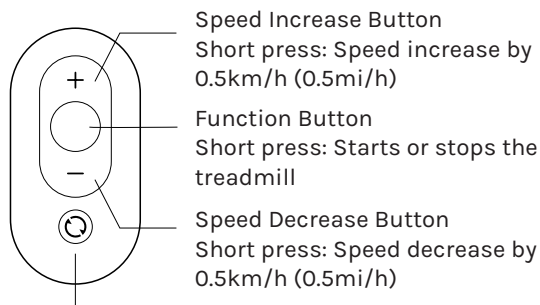
Long press: Switch to standby mode (non-operational state)

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)

5. AUTOMATIC CONTROL MODE DESCRIPTION

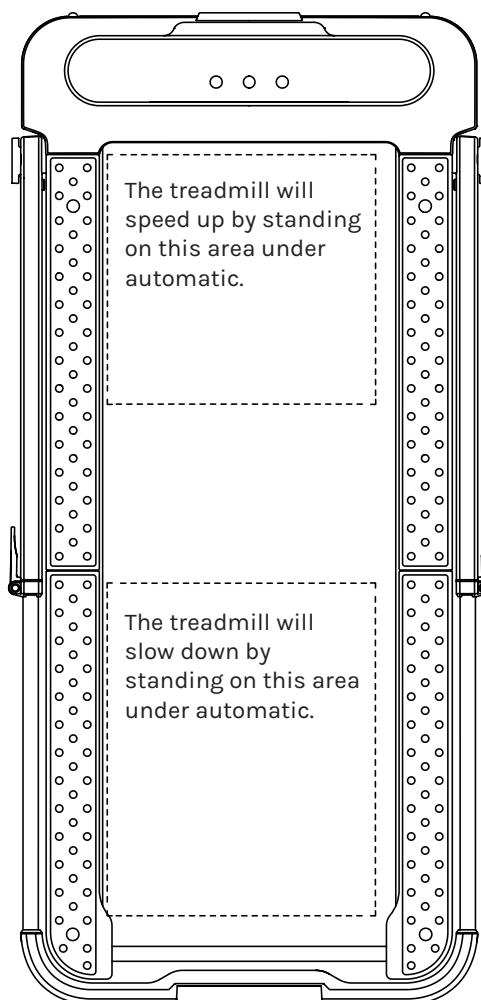


Automatic

This mode is difficult to control and can be used completely without the remote control. It is advised to use this mode only after having gain experience.

Use the remote control to start and stop the treadmill, and the switch mode button is effective under this mode.

NOTE: The automatic control mode is only available under walking mode.



6. REMOTE CONTROL PAIRING INSTRUCTIONS

If the remote control does not respond or you have replaced the remote control, you need to pair it again.

Pairing method: Restart the treadmill and press and hold the Mode button on the remote control AT THE SAME TIME for 5 seconds.

7. CONNECTION CAUTION LIGHT

Not connected to APP: Will flicker

Connected to APP: Off

8. FAULT CAUTION LIGHT

E01: Software overcurrent

E02: Hardware overcurrent

E03: IPM Module Overheating

E04: Low-voltage Protection

E05: High-voltage Protection

E06: Motor phase loss protection

E07: Motor block rotation protection

E08: Sensor fault

E09: Motor unable to start

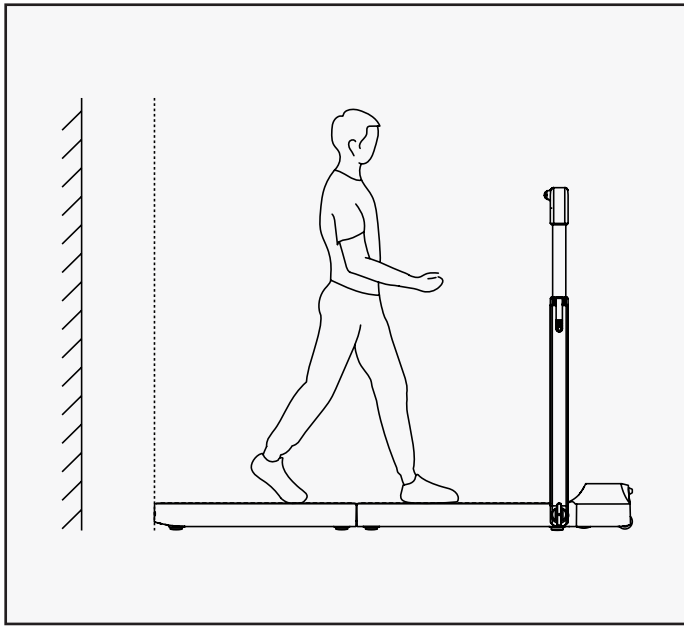
E12: Motor overcurrent protection

E13: Overloading protection

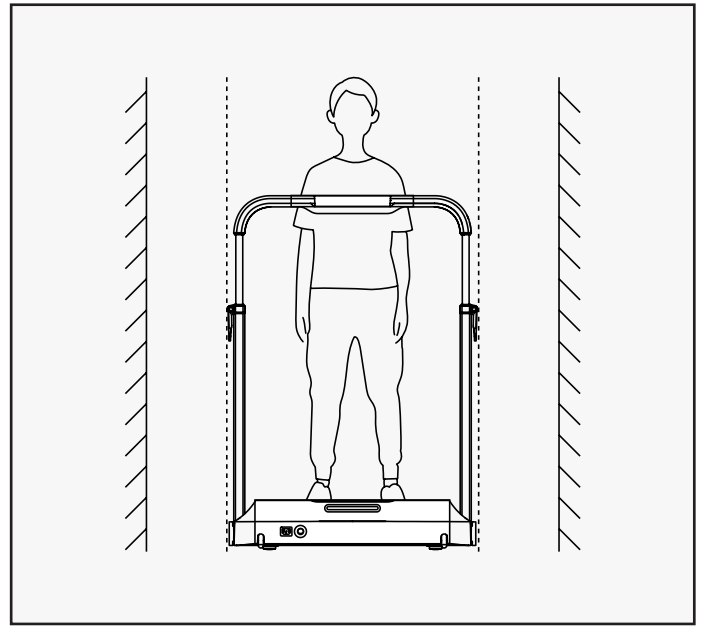
E14: Hall signal loss

E15: Communication fault

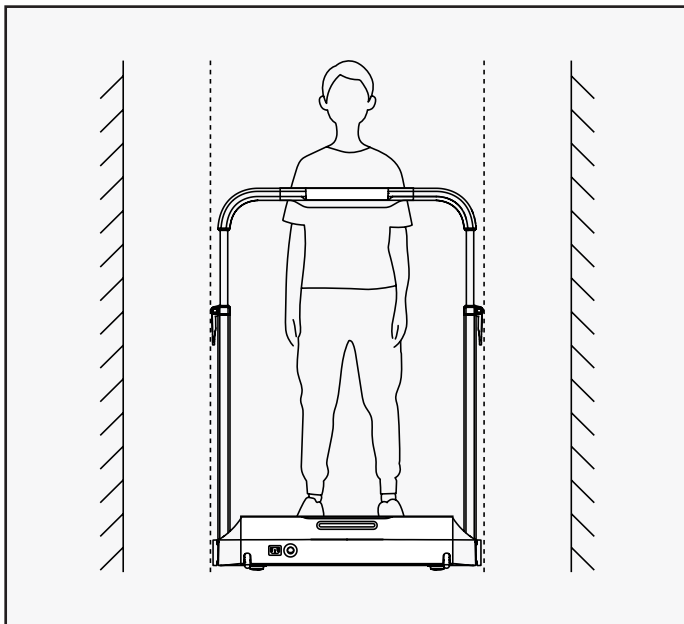
VIII. SAFETY INSTRUCTION



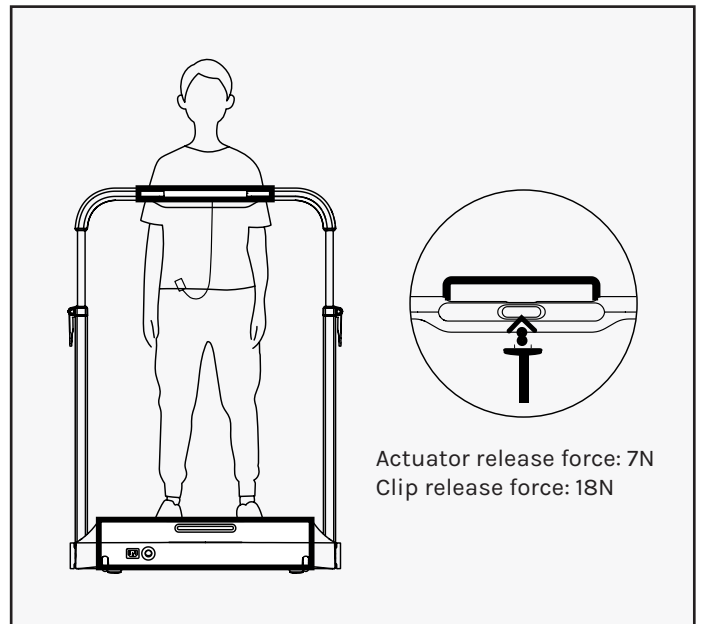
The distance between the treadmill should be superior to 2000mm. You can hold the handrail tightly to support your body and jump away from the treadmill.



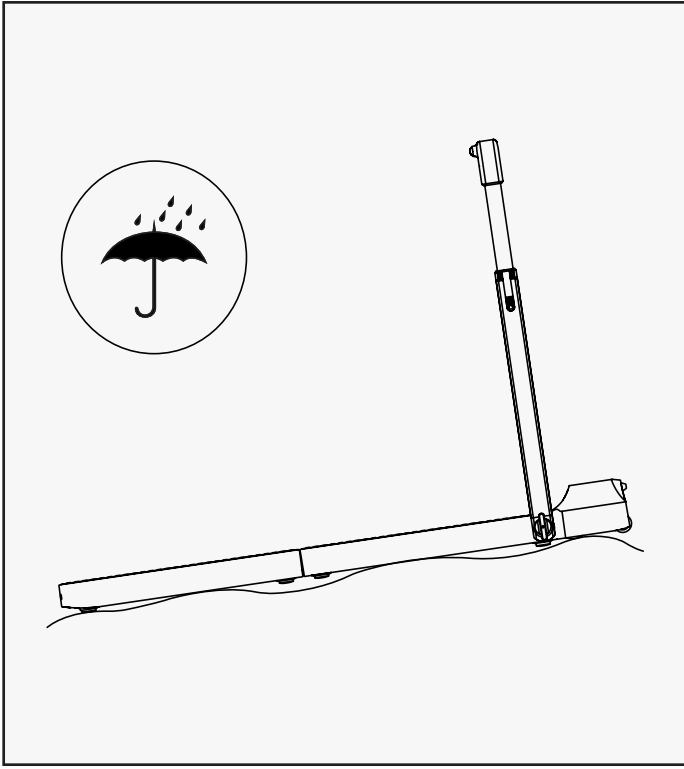
The distance in each side of the treadmill should be superior to 500mm.



Please wear sports shoes and clothes and exercise moderately when using the treadmill. If you feel uncomfortable during running, please stop immediately and consult a doctor. Otherwise, you may risk injuries.

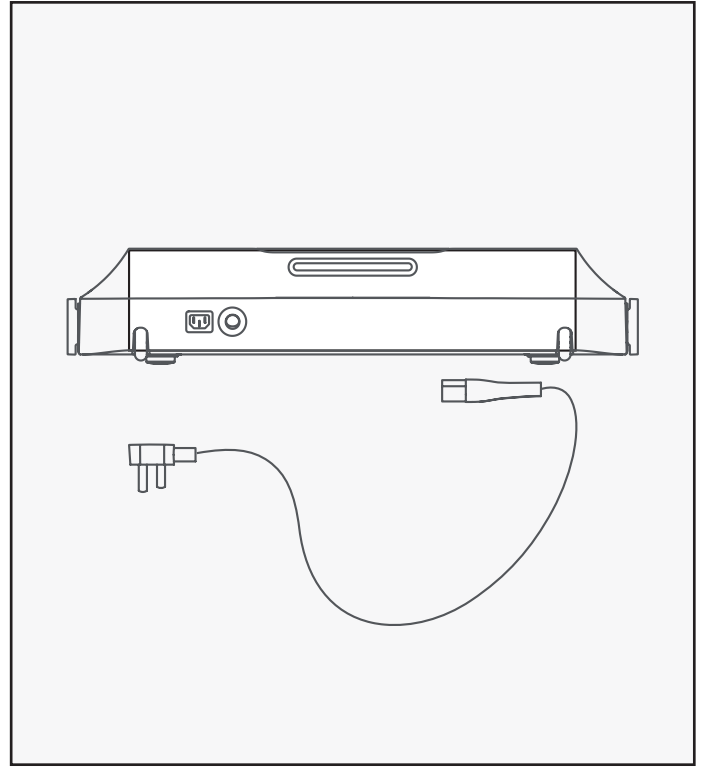


Test the safe lock before using the treadmill. Please clip the end of the safe lock on your clothes when running on the treadmill. If there is an unexpected situation, pull off the safe lock to stop the treadmill immediately.



DO NOT operate the treadmill in damp or wet locations. **DO NOT** use on uneven floor.

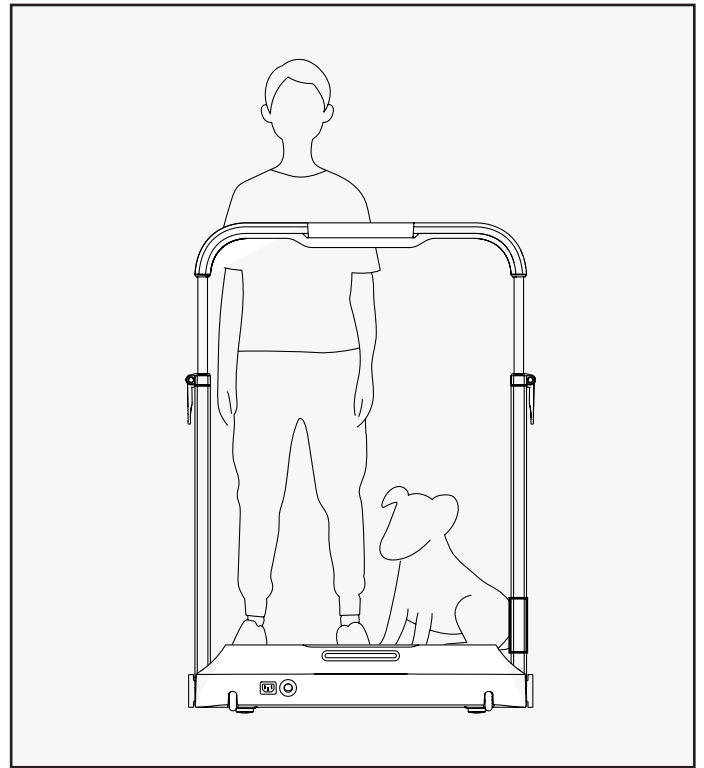
If floor is uneven, turn the round floor cushion under the deck to level the ground. Ensure the cushions touch the ground.



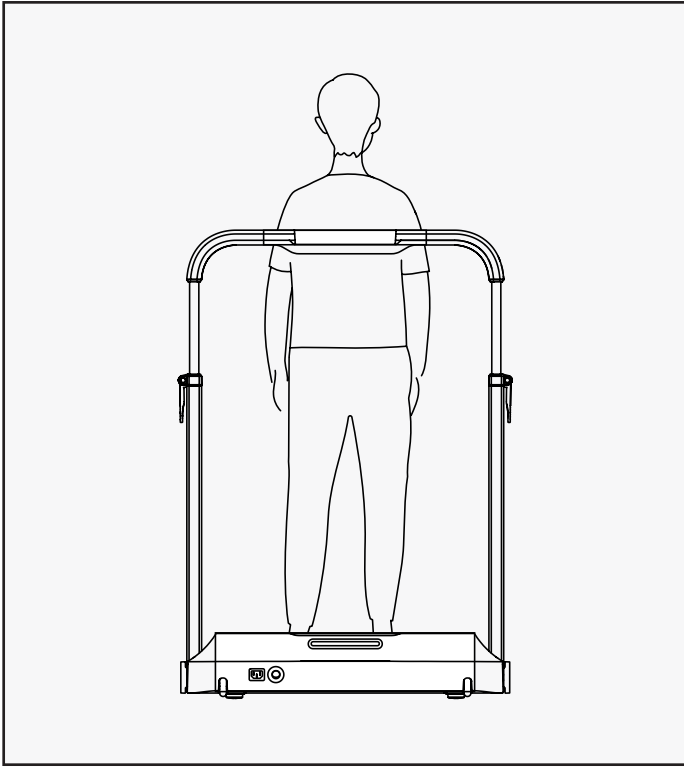
Please unplug the power cord when not in use.



DO NOT step on the head of the treadmill.



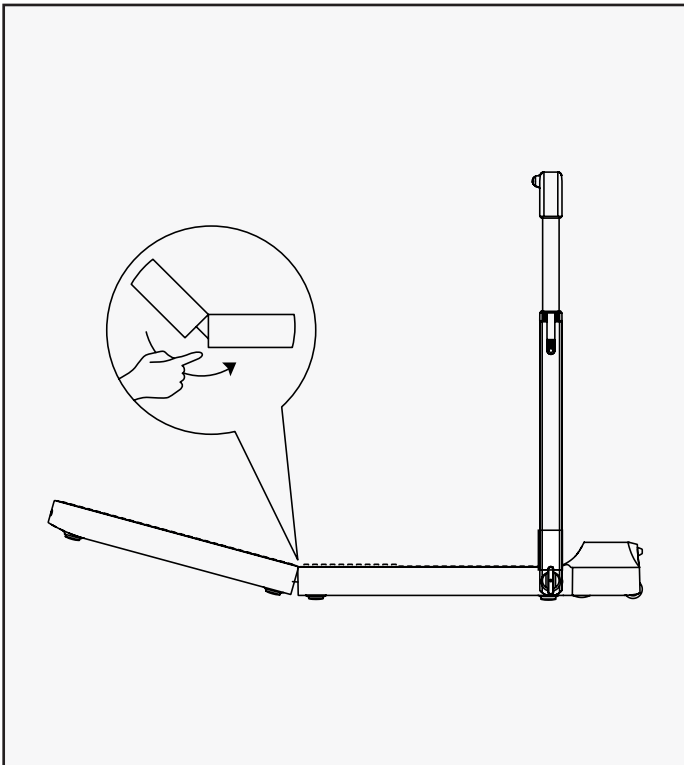
DO NOT bring pets when using the treadmill.



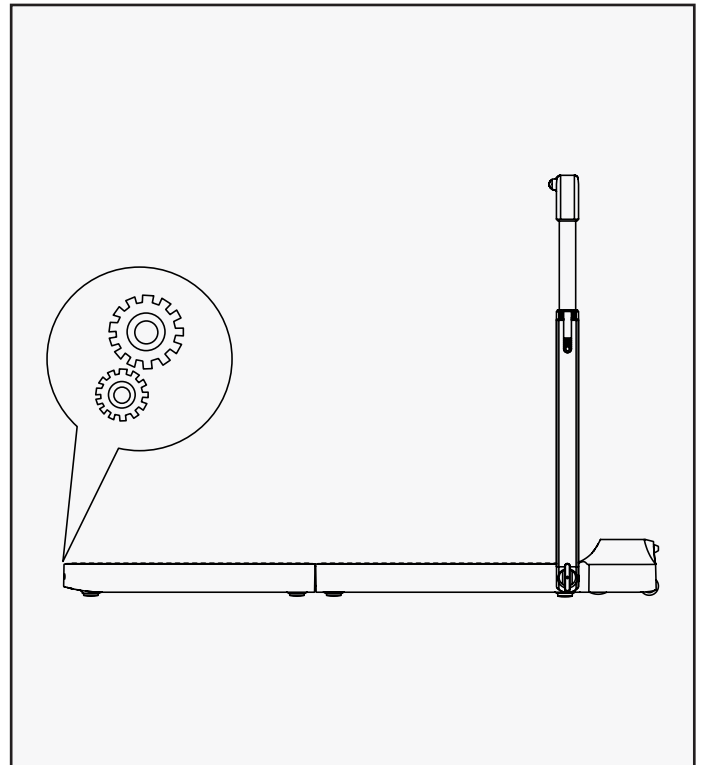
DO NOT use the treadmill backwards or sideways.



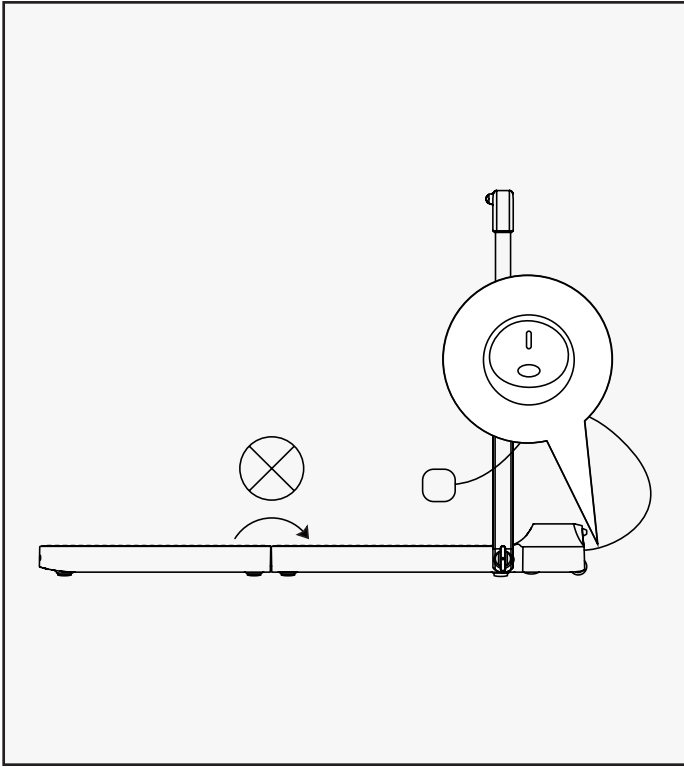
Elderly people, children, and pregnant women should use caution when using the treadmill.



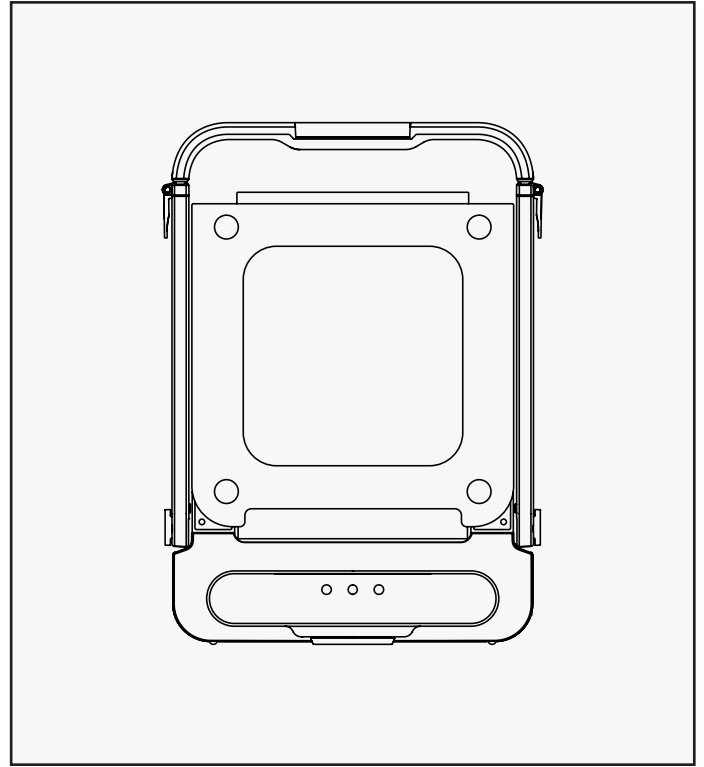
Watch your hands.



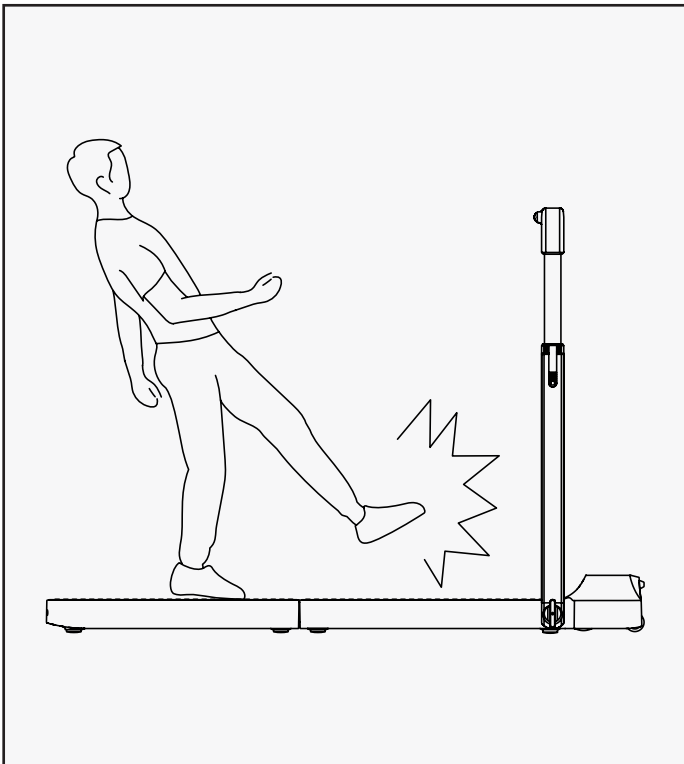
Take care of your belongings.



DO NOT fold before power off.



Keep treadmill upright and put it in a space with supporting points on both sides. Please keep away from children.

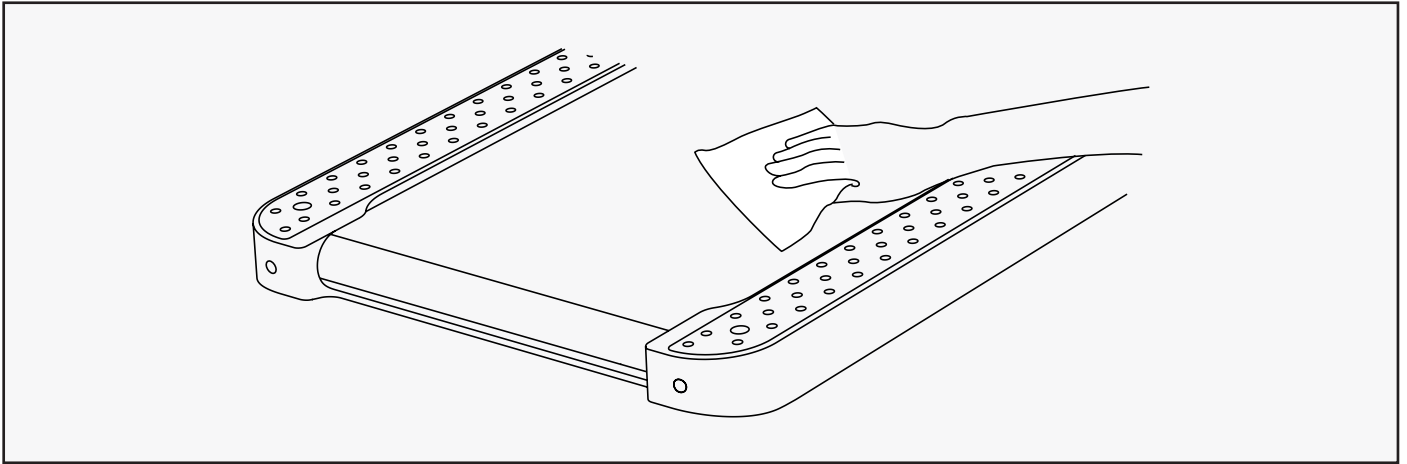


DO NOT get on and off when the treadmill operating.

PLEASE NOTE:

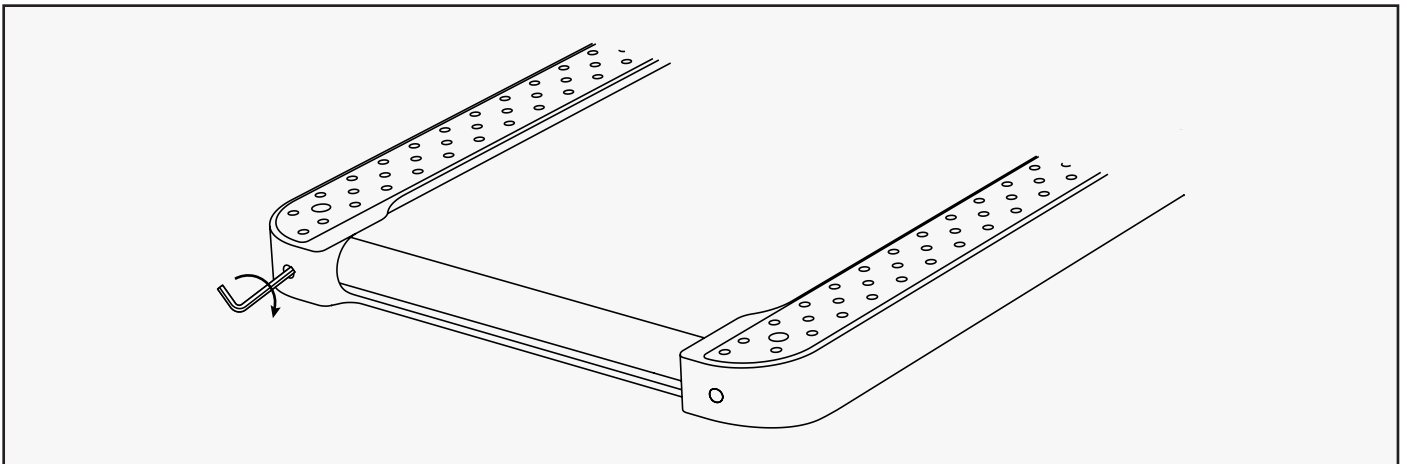
The treadmill will automatically stop operating when there is no one walking on it.

IX. 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.



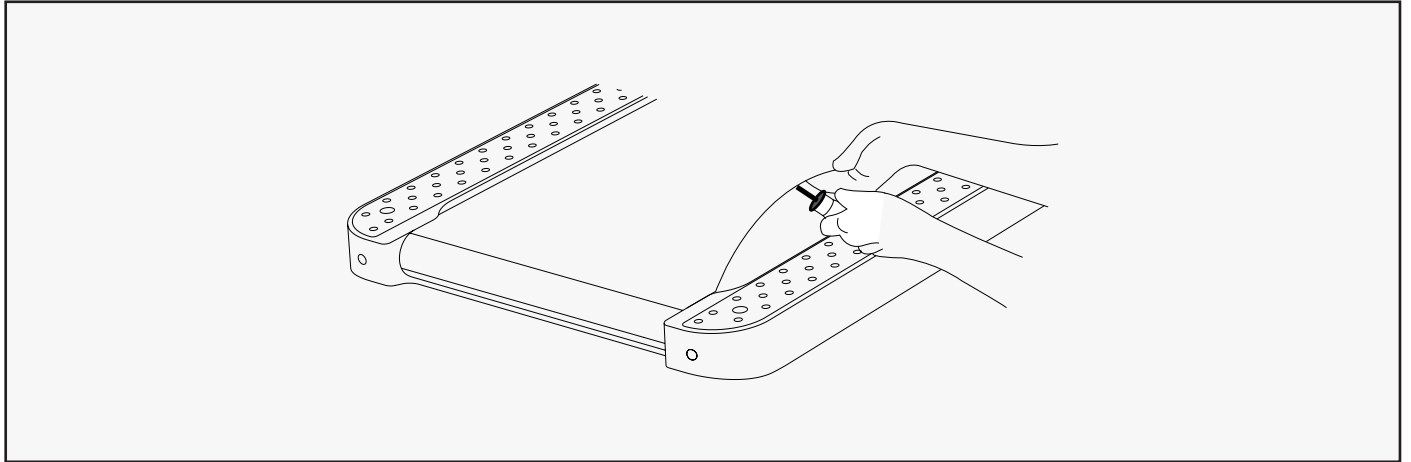
2. Walking Belt Slipping and Correction

- 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.

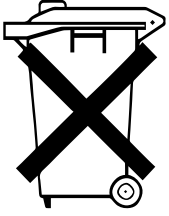
CAUTION: DO NOT OVERTIGHTEN THE BELT. PLEASE MAINTAIN ORIGINAL FACTORY BELT TENSION. EXCESSIVE BELT TENSION WILL CAUSE DAMAGE TO MOTOR.



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.

X. REPLACEMENT AND DISPOSAL



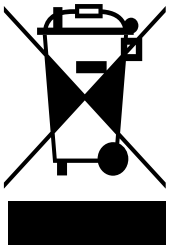
The battery contained in this appliance must be removed for disposal.

When replacing the battery, use only original battery, available from our online parts shop.

The battery compartment is located on the back of the appliance. 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.

XI. FAQ

Q1: Why is it showing SAFE?

A: The emergency stop switch is not connected.

Q2: Why the running mode will not start?

A: Check that the power supply of the treadmill is connected, the switch is turned on, and the emergency stop switch is plugged in. Also, check that the locking devices on both sides of the handrail have been tightened and the treadmill is showing RUN. Otherwise, the running mode will not work due to the safety setting.

Q3: Why can't I use the Automatic mode?

A: Automatic mode can be used for Walking mode only. Please try to put the handrail down and then enable automatic mode.

Q4: Why is the maximum speed is only 3km/h?

A: The maximum speed is 3km/h when you are using the walking mode for the first time. The maximum speed will increase to 6km/h (3,7mi/h) after you accessed the novice guide on the App. You may also unlock the speed limit by walking or running on the treadmill for 1km.

Q5: Why the remote is not working?

A: Check that the remote control has a battery and try to pair it again. Restart the treadmill and press and hold the Mode button in the remote control AT THE SAME TIME for 5 seconds. A beep will indicate a successful pairing. **NOTE:** During the pairing, the remote control should be close to the LED display on the treadmill. (See 04. Learn to Use the Treadmill).

Q6: How to adjust belt to center before use?

A: 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.

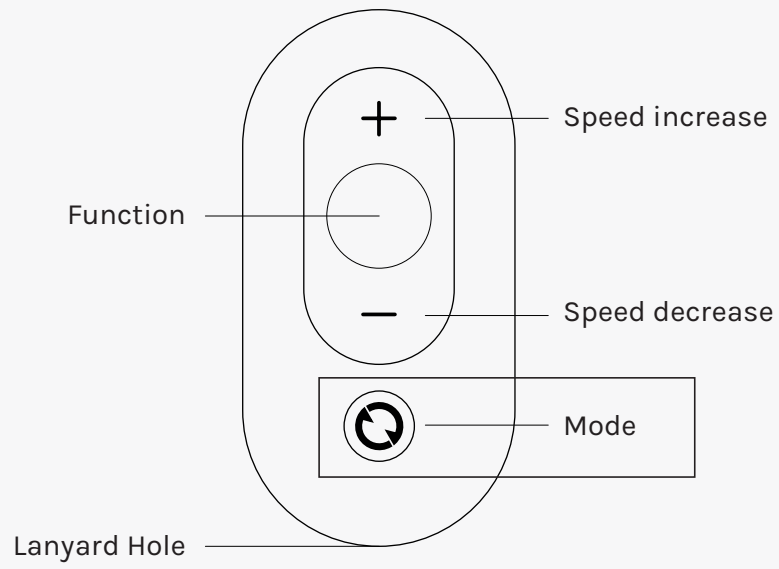
Walking belt is slipping: Turn the left and right adjusting screws clockwise for 1/2 turn at the same time.

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.



XII. EXERCISE GUIDE

⚠ PLEASE NOTE:

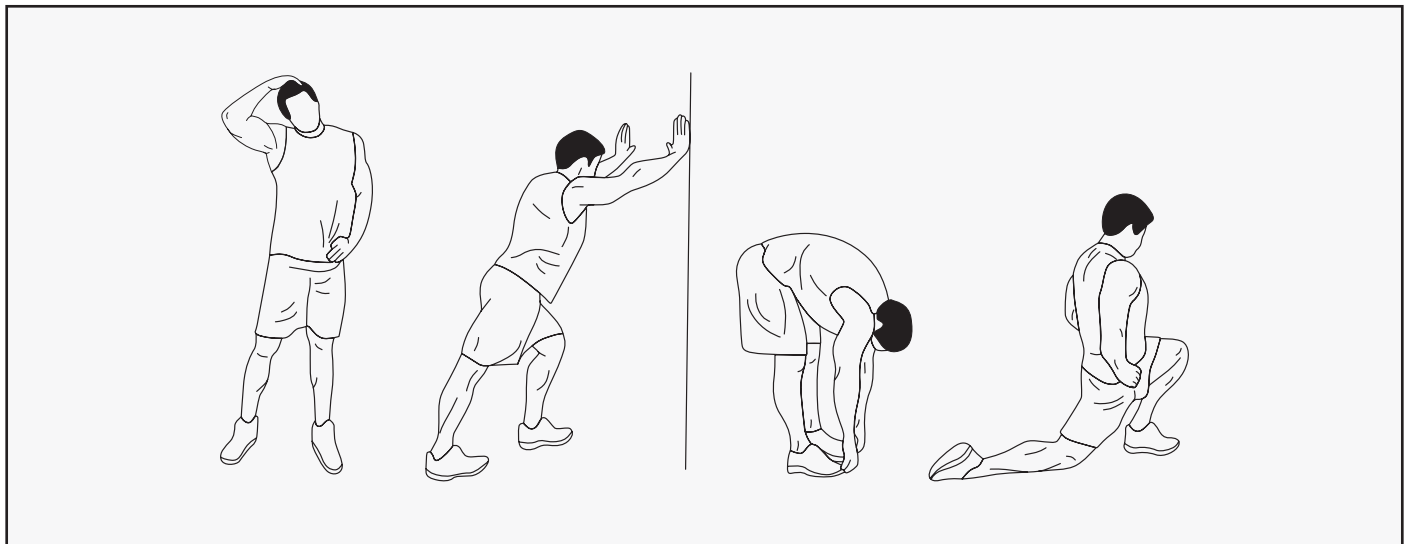
Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

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 great way to control your weight, improving 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.

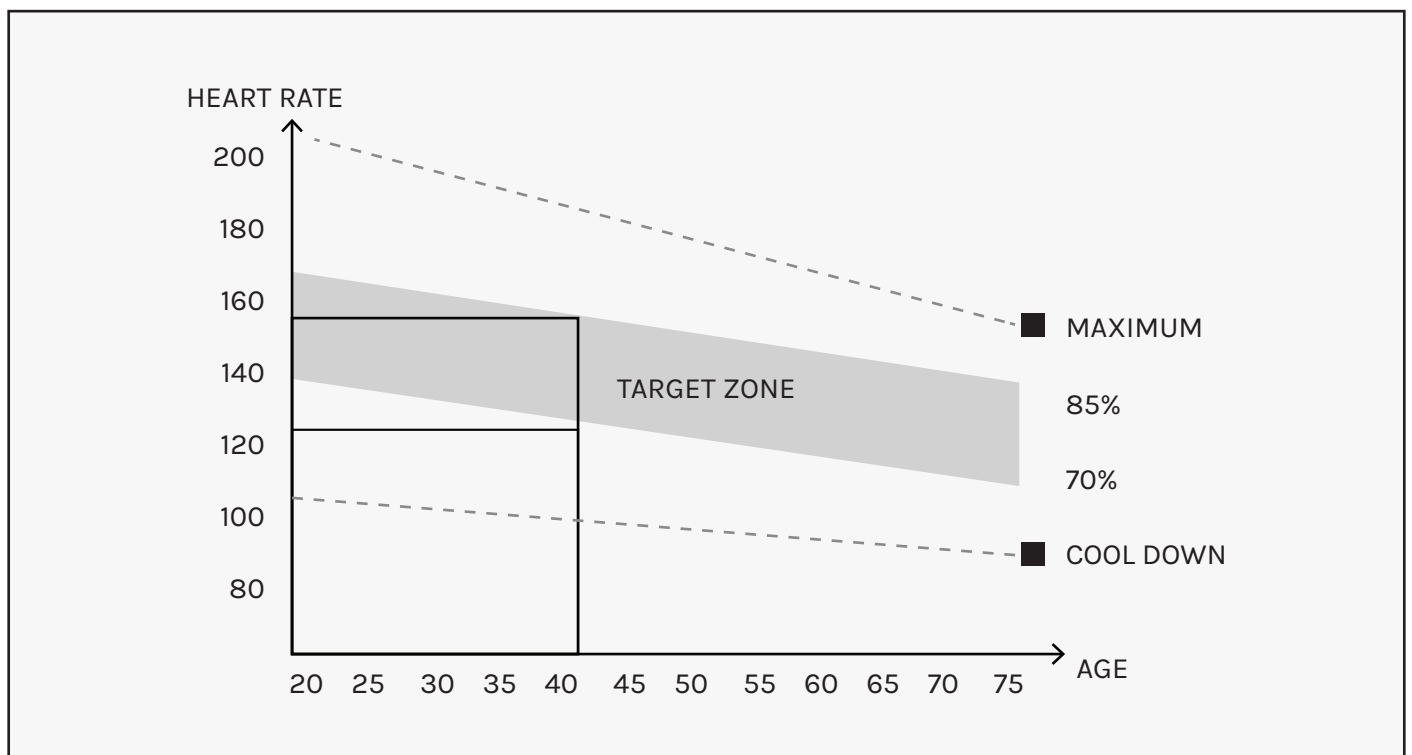
TRAINING ZONE EXERCISE

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.

XIII. 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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