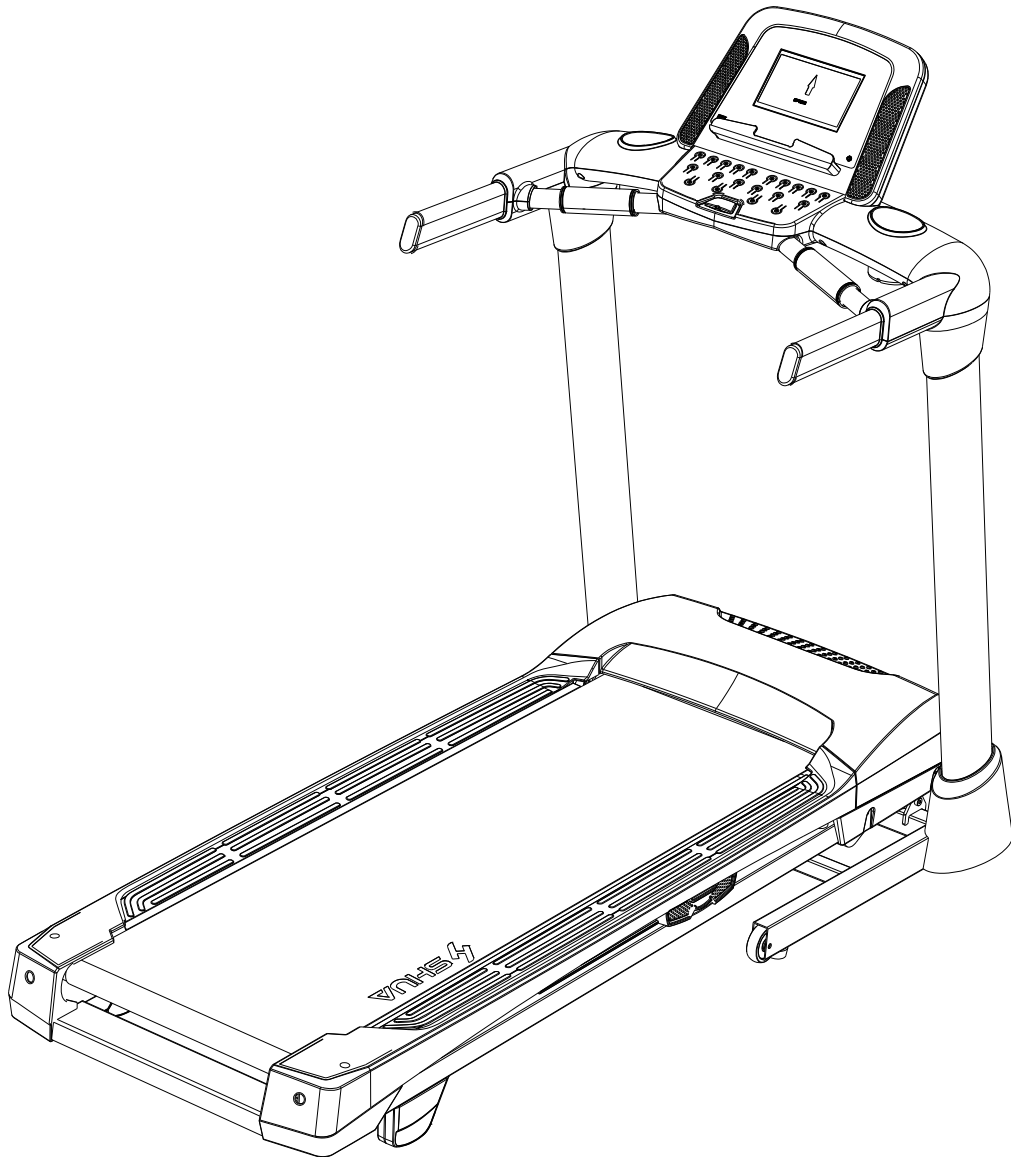




# **LIFESPAN**

**FITNESS**

## **BULLET OWNER'S 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.**

# TABLE OF CONTENTS

1.	IMPORTANT SAFETY INSTRUCTIONS_____	3
2.	IMPORTANT ELECTRICAL INFORMATION_____	4
3.	IMPORTANT OPERATING INSTRUCTIONS_____	5
4.	ASSEMBLY INSTRUCTIONS_____	6
5.	FOLDING INSTRUCTIONS_____	11
6.	TRANSPORTATION INSTRUCTIONS_____	13
7.	TECHNICAL DATA_____	14
8.	OPERATION GUIDE_____	14
9.	EXERCISE GUIDE_____	20
10.	MAINTENANCE INSTRUCTIONS_____	22
11.	TROUBLE SHOOTING GUIDE_____	30
12.	WARRANTY_____	30

# 1. 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.

**Danger** – To reduce the risk of electric shock disconnect your treadmill from the electrical outlet prior to cleaning and/or service work.

DO NOT USE AN EXTENSION CORD: DO NOT ATTEMPT TO DISABLE THE GROUNDED PLUG BY USING IMPROPER ADAPTERS OR IN ANY WAY MODIFY THE CORD SET.

- Install the treadmill on a flat level surface with access to a 220-240 volt (50/60Hz), grounded outlet.
- Do not operate treadmill on deeply padded, plush or shag carpet. Damage to both carpet and treadmill may result.
- Do not block the rear of the treadmill. Provide a minimum of 1 metre clearance between the rear of the treadmill and any fixed object.
- Place your unit on a solid, level surface when in use
- When running, make sure the plastic clip is fastened on your clothing. It is for your safety, should you fall or move too far back on the treadmill.
- Keep hands away from all moving parts.
- Never operate the treadmill if it has a damaged power cord or plug. When damaged, these must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
- Keep the cord away from heated surfaces.
- Do not operate where aerosol spray products are being used or where oxygen is being administered. Sparks from the motor may ignite a highly gaseous environment.
- Never drop or insert any object into any openings.

- The treadmill is intended for in-home use only and not suitable for long term running.
- To disconnect, turn all controls to the off position, remove the safety key, and then remove the plug from the outlet.
- 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 exercise aids in determining heart rate trends in general.
- Use the handrails provided; they are for your safety.
- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your treadmill. Quality athletic shoes are recommended to avoid leg fatigue.
- Before undertaking any type of exercise program, it is recommended that you consult a doctor.
- Injuries to health may result from incorrect or excessive training.
- 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.
- WARNING heart rate monitoring systems may be inaccurate. If you feel faint stop exercising immediately.
- Children should not be allowed on or around the equipment, even when not in use.
- Children should be supervised to ensure that they do not play with this machine
- Loose-fitting clothing or jewellery that could become an entanglement hazard should not be worn.
- Training shoes should be worn when using the equipment.
- Equipment must be used on a level and stable surface.
- All fixings should be checked before the equipment is used.
- All literature relating to the use of the equipment should be retained for future reference.
- Recommended operating temperature: 5-40°C

Remove the safety key after use to prevent unauthorized treadmill operation.

## 2. IMPORTANT ELECTRICAL INFORMATION

### WARNING!

- Route the power cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.
- NEVER remove any cover without first disconnecting AC power.
- NEVER expose this treadmill to rain or moisture. This treadmill is not designed for use outdoors, near a pool, or in any other high humidity environment.
- This is a high-power item; please do not share the same outlet with other high power machines such as, fridges, air conditioning etc. Please choose an outlet exclusively for the machine and make sure the fuse is 10A.

## 3. IMPORTANT OPERATING INSTRUCTIONS

- Understand that changes in speed and incline do not occur immediately. Set your desired speed on the computer console and release the adjustment key. The computer will obey the command gradually.
- Use caution while participating in other activities while walking on your treadmill, such as watching television, reading, etc. These distractions may cause you to lose balance or stray from walking in the centre of the belt; which may result in serious injury.
- In order to prevent losing balance and suffering unexpected injury, never mount or dismount the treadmill while the belt is moving. This unit starts with at a very low speed. Simply standing on the belt during slow acceleration is proper after you have learned to operate this machine.
- Always hold on to handrail while making control changes.
- A safety key is provided with this machine. Remove the safety key will stop the walking belt immediately; the treadmill will shut off automatically. Inserting the safety key will reset the display.

- Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure.
- Replace any defective components immediately. The machine must be kept out of use until repaired.

## 4. ASSEMBLY INSTRUCTIONS

### PARTS LIST

Item	Name	Specification	QTY
A	Deck		1
B	L&R Post Assembly	Left & Right	1
C	L&R Post Upper Cover	Left & Right	1
D	L&R Post Lower Cover	Left & Right	1
E	Console Assembly		1
F	Display Support		1
G	Bolts Package		1
<b>Bolts Package</b>			
1	Allen Bolt	M8*70	4
2	Allen Bolt	M8*40	4
3	Allen Bolt	M8*15	10
4	PH Truss ST Screw	M4*15	8
5	Inner Tooth Lock Washer	φ8.4*φ15x0.8T	18
6	L Allen Wrench	5mm	1
7	Cross Screw Driver		1
8	Safety Lock	Red	1

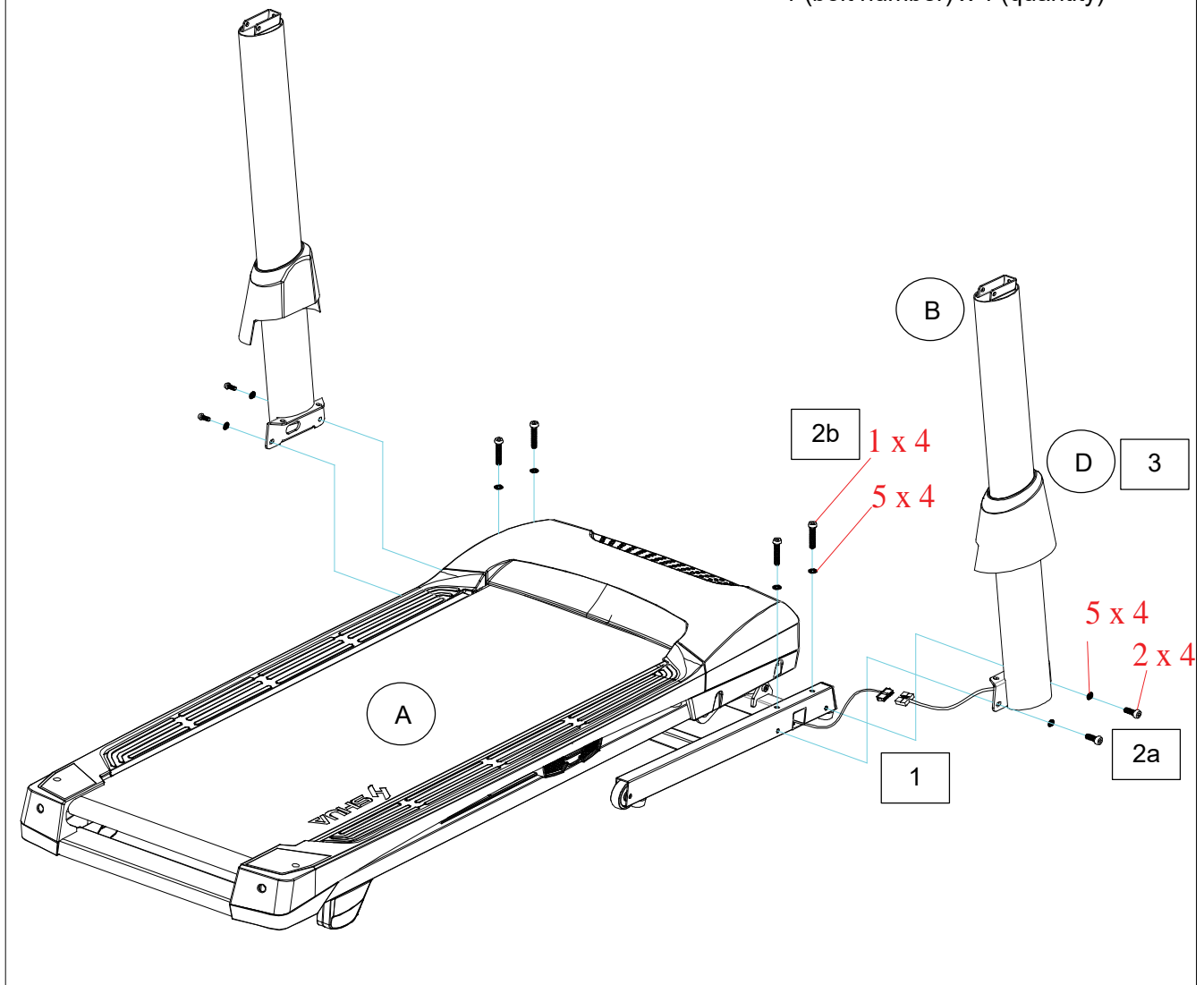
### ASSEMBLY TOOLS:

5# Allen Wrench 5mm: 1pc

Cross Screw Driver: 1pc

## STEP 1

Key:  
1 (bolt number) x 4 (quantity)

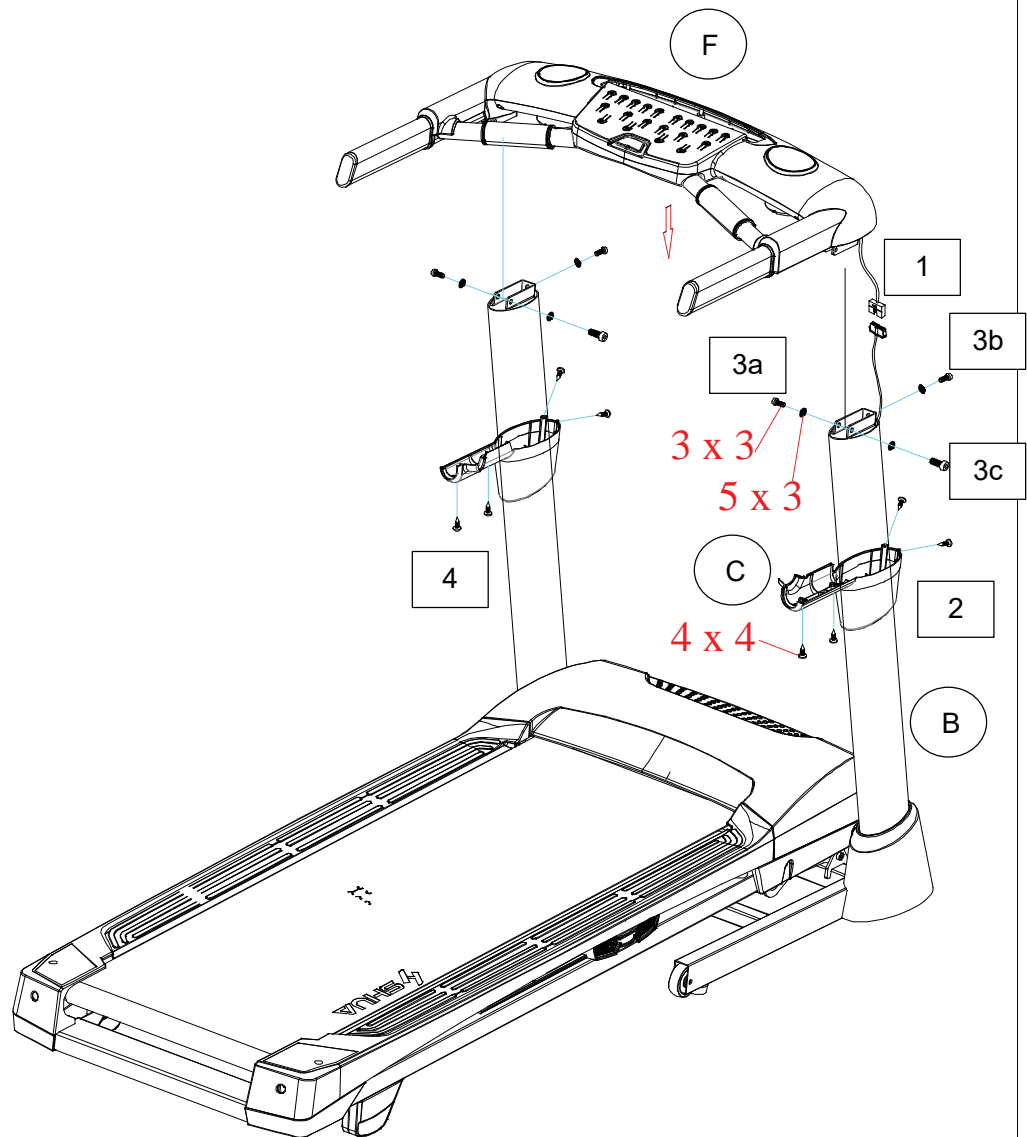


1. Connect the Middle Cables from the *Right Post Assembly (B)* with *Lower Cables from the Deck (A)*.
2. Attach *Right Post Assembly (B)* onto the *Deck (A)* in the following order:
  - a. Insert *Allen bolt M8\*40 (2)* pair and *Inner Tooth Lock Washer (5)* pair loosely
  - b. Insert *Allen bolt M8\*70 (1)* pair and *Inner Tooth Lock Washer (5)* pair loosely
3. Slide *Right Post Lower Cover (D)* over *L&R Post Assembly (B)*
4. Repeat steps 2 to 3 for left side

Note:

- a. Do not tighten any bolts at this stage.

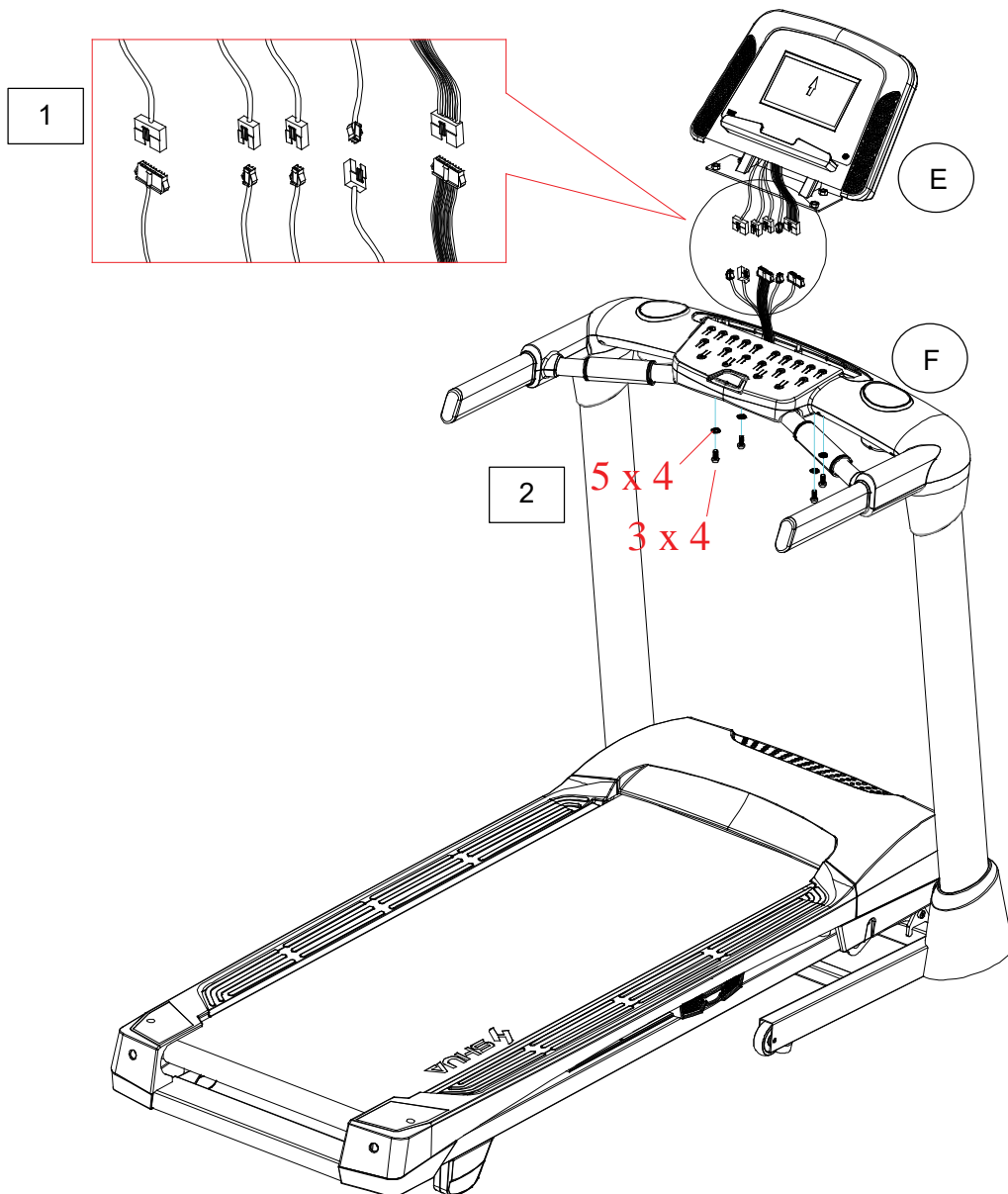
## STEP 2



1. Consider an additional person to assist by holding the *Display Support (F)*. Connect the Middle Cables from *Right Post Assembly (B)* with Upper Cables from *Display Support (F)*. Remove cable ties.
2. Slide *Right Post Upper Cover (C)* onto *Right Post Assembly (B)*:
3. Attach *Display Support (F)* onto *Right Post Assembly (B)* in the following order.
  - a. Insert **inside** Allen bolt M8\*15 (3) and Inner Tooth Lock Washer (5) loosely
  - b. Insert **rear** Allen bolt M8\*15 (3) and Inner Tooth Lock Washer (5) loosely
  - c. Insert **outside** Allen bolt M8\*15 (3) and Inner Tooth Lock Washer (5) loosely
4. Repeat steps 2 to 3 for left hand side. Then tighten all loose bolts on Page 7 and above steps.
5. Attach the L&R Post Upper Covers (C) onto the Display Support (F) with PH Truss ST Screw (4).

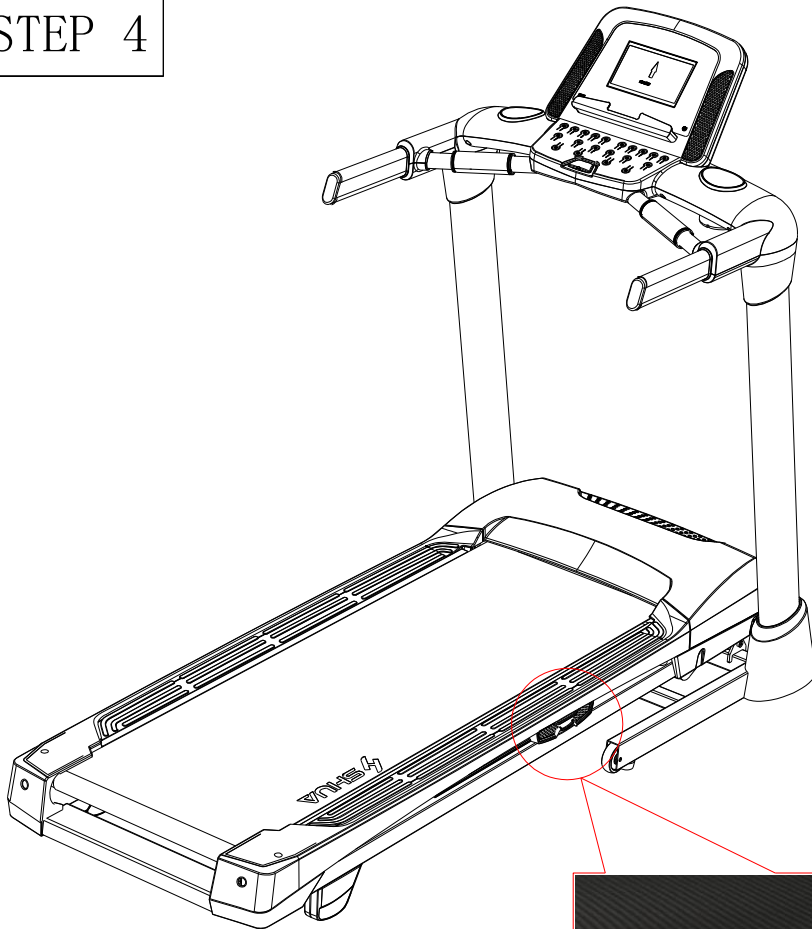


## STEP 3



1. Connect the cables of Console Assembly (E) with the Display Support (F).
2. Attach the Console Assembly (E) onto Display Support (F) with *Allen bolt M8\*15 (3) pair* and *Inner Tooth Lock Washer (5)*

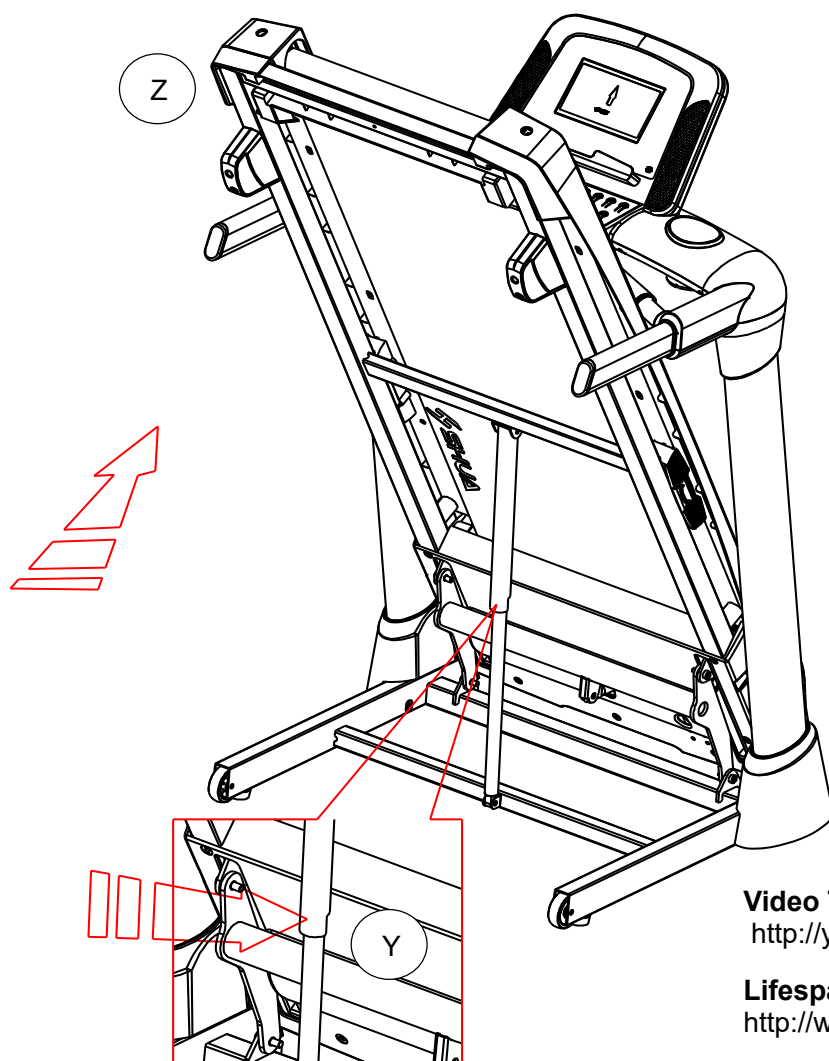
## STEP 4



1. The assembly procedure is now complete and the treadmill is ready for use.
2. You can adjust the Shock Control Cushioning System to achieve comfortable running experience (as seen above).

**IMPORTANT** Make sure the cushions at both sides are at the same location when in use. Failure to do so may damage the machine.

## 5. FOLDING INSTRUCTIONS



**Video Tutorial Available at:**  
<http://youtu.be/TcuPbJ7KuxQ>

**Lifespan Fitness YouTube Channel:**  
<http://www.youtube.com/user/treadmillsvideos>

### **Folding**

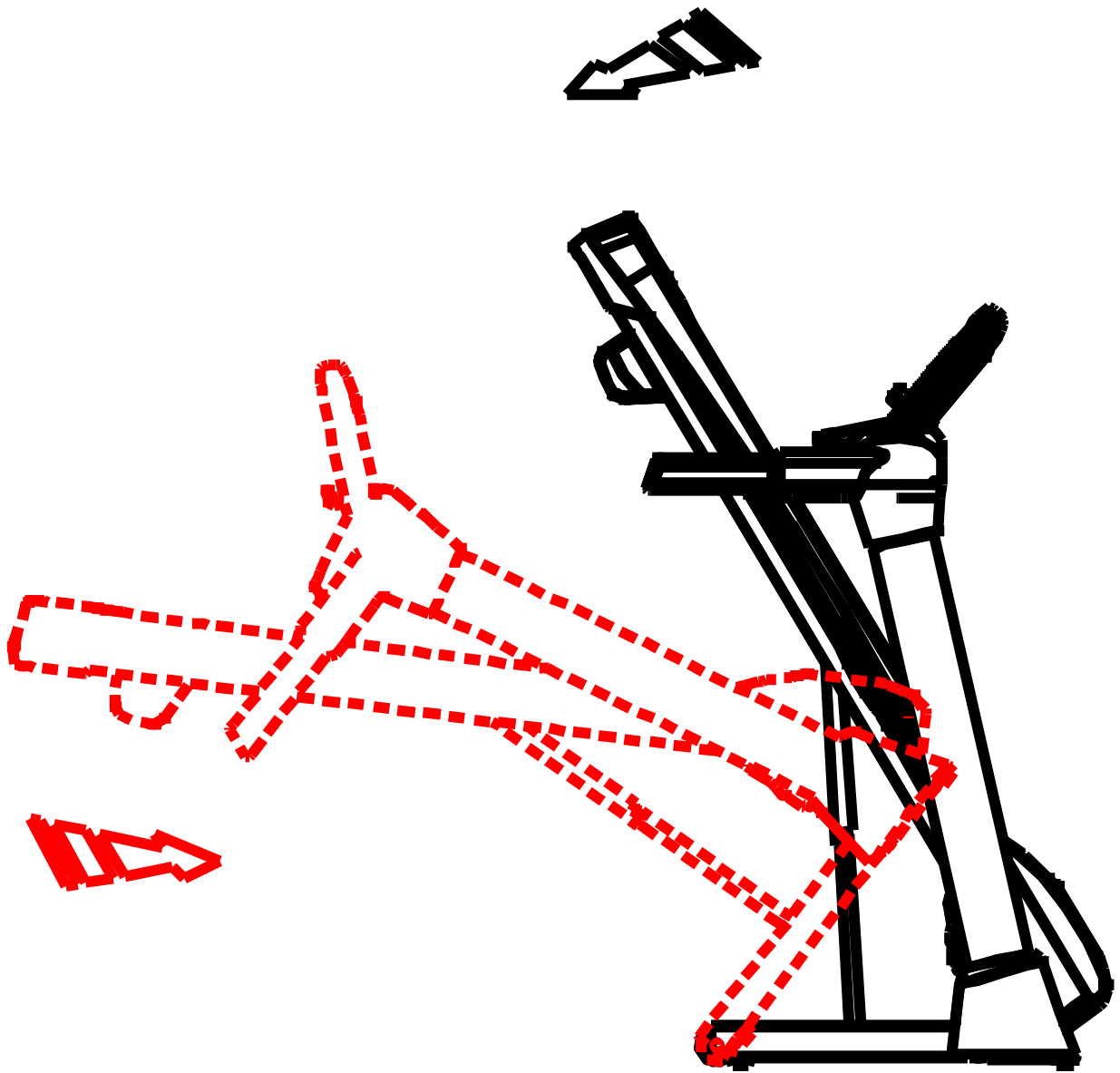
Place your hand on position (Z), and lift up the base frame until you hear the click sound emitted when the air pressure bar (Y) is locked into the round tube.

### **Unfolding**

Whilst supporting position A with our hand, gently push the marked area on the air pressure bar with your foot.

The base frame will descend automatically. (Please keep people and any pets away the machine during descent)

## 6. TRANSPORTATION INSTRUCTIONS



1. Fold the treadmill first.
2. Ensure the deck is folded up. Put one foot at the transportation wheel to hold it, then pull the treadmill towards you so the treadmill balances on the wheels in balance (as above figure).
3. Move the treadmill to your desired location and unfold.

## 7. TECHNICAL DATA

<b>Item Size (mm)</b>	1840*820*1435	<b>Power</b>	AC 220~240v
<b>Folded (mm)</b>	1055*820*1510	<b>Output</b>	930W
<b>Walking Area (mm)</b>	460*1310	<b>Current</b>	5.0A
<b>N.W.</b>	75Kg	<b>Surrounding Temperature</b>	0—40°C
<b>G.W.</b>	86 Kg		
<b>Display (7 inch)</b>	Speed Incline Time Distance Calories Pulse		

# 8. OPERATION GUIDE

## 1. OVERVIEW



## 2. WINDOW DISPLAY

1. "TIME" Window shows workout time (00:00-99:59 min:sec).
2. "DISTANCE" Window shows workout distance (00.00-99.59 km:m).
3. "CALORIES" Window shows calories burnt. (0 to 999 calories). After exceeding 999 calories, the window will start from 0.
4. "PACE" Window: Shows time per kilometer.
5. "PULSE" Window: The window will display your estimated pulse when an input is detected. The window will display "P" when no input is detected. During a preset program, it will show "P1~P12-Hr1~2". The counting range for pulse is 40~220pm.  
A flickering heart icon means that the machine is detecting pulse.
6. "INCLINE" Window: Shows current incline level.
7. "SPEED" Window: Shows the current speed.
8. Large Window: Shows the speed to the left, shows incline to the right.
9. Floating Window: displays information in the form of flowing messages.

Standby message: MANUAL PRESS START FOR QUICK START OR PRESS MODE / PROGRAM BUTTON FOR SETUP

Workout message: PRESS STOP FOR TRAINING FINISHED

Program setup message: FIXED PROGRAM - PRESS START FOR QUICK START OR PRESS PROGRAM TO SELECT OR USE SPEED +/- KEYS TO ADJUST TIME

Mode setup message: TIME/DISTANCE/CALORIES COUNT DOWN- PRESS START FOR QUICK START OR USE SPEED +/- KEYS TO ADJUST TIME/DISTANCE/CALORIES]

HRC or BODYFAT setup message: SEX/AGE/HEIGHT/WEIGHT.

### 3. BUTTON FUNCTIONS

1. "START" Button: In standby mode, press to start the treadmill at the default speed, 0.8km, and incline, 0. If a program has been chosen, press to start the program.
2. "STOP" Button: Press once to pause. Press START to resume your workout or press STOP again to clear the workout data and return to standby mode.  
Hold down for 2 seconds to restart the system.
3. "SPEED+", "SPEED-": Use these to settings in standby mode. During your workout, they will adjust your speed by 0.1km/h intervals.
4. "INCLINE+", "INCLINE-": Use these to settings in standby mode. During your workout, they will adjust your incline by 1 level intervals.
5. "PROG" Button: Use this button in standby mode to choose between the 12 function program P01-P12, 2 HRC programs and the body fat testing program BODYFAT. You can adjust speed and incline with SPEED+/- and INCLINE+/- buttons. Once all settings are complete press Start to start the treadmill.
6. "MODE" Button: Use this button when in standby mode to cycle between workout countdown options. "15:00" indicates time, "1.0" indicates distance and "50" indicates calories.  
These figures can be adjusted via SPEED+/- and INCLINE+/. When set, press the Start button to start the treadmill.

In BODYFAT and HRC mode, you can the mode button to enter Sex Age Weight and Height settings.

7. QUICK INCLINE: You can quickly set up the slope value 2, 5, 8, 10, 12.
8. QUICK SPEED: You can quickly set up the speed value 2, 5, 8, 10, 12.
9. Volume +/-: Adjusts speaker volume.

### **3. MAIN FUNCTIONS**

#### **3.1. Quick Start-up (Manual):**

Attach the safety key. After a 3 second countdown, the treadmill will starting from the lowest speed, add and subtract speed and incline using the SPEED and INCLINE buttons.

#### **3.2. Countdown mode:**

Press the MODE button to cycle options: time countdown, distance countdown, calories countdown. Once a mode has been chosen, the SPEED buttons serve as plus and minus functions to adjust to the desired value. After pressing START and starting your workout, you may add and subtract speed using SPEED buttons once again. When the countdown reaches 0, the machine will stop. You can also directly press the STOP button or disconnect the safety key to stop the machine.

#### **3.3. Preset programs:**

Press the program button to cycle through programs. P1 to P12 are built-in programs. After selecting the desired program use the SPEED or INCLINE buttons to adjust the program time. Built-in programs are divided into 10 equal segments. Once a program is started, the treadmill will automatically progress through the time segments. Upon completion of the segments, the program will end with the treadmill slowing down to a stop.

Speed and incline can still be adjusted during program operation. Upcoming segments in the program will be automatically adjusted to the program defaults. Built-in program data is listed in the following table.



### 3.4. Program chart:

Program		Stage1	Stage2	Stage3	Stage4	Stage5	Stage6	Stage7	Stage8	Stage9	Stage10
P1	Speed	2	4	3	4	3	5	4	2	5	3
P2	Speed	2	5	4	6	4	6	4	2	4	2
P3	Speed	2	5	4	5	4	5	4	2	3	2
P4	Speed	2	3	4	6	7	6	5	4	4	6
P5	Speed	3	6	7	5	8	5	9	6	5	3
P6	Speed	3	6	7	5	8	6	7	6	4	3
P7	Speed	2	8	6	4	5	9	7	5	4	3
P8	Speed	2	6	7	4	4	7	4	2	4	2
P9	Speed	2	4	6	8	7	8	6	2	3	2
P10	Speed	2	4	5	5	6	5	6	3	3	2
P11	Speed	2	3	5	3	3	5	3	6	3	3
P12	Speed	3	5	8	8	9	5	7	6	3	2
P1	Incline	2	3	2	4	3	2	3	1	2	4
P2	Incline	1	0	2	5	3	4	6	4	2	5
P3	Incline	0	1	2	3	4	5	6	4	2	3
P4	Incline	3	3	2	2	0	4	0	3	2	2
P5	Incline	0	2	4	1	3	5	2	1	4	1
P6	Incline	2	0	3	2	3	5	2	4	3	2
P7	Incline	3	1	2	2	3	4	5	3	2	2
P8	Incline	0	2	1	3	2	4	5	2	1	3
P9	Incline	0	1	2	3	4	6	4	2	2	3
P10	Incline	2	3	4	3	4	5	5	3	4	3
P11	Incline	0	2	0	1	3	4	2	1	0	1
P12	Incline	0	3	6	4	3	1	4	5	6	4

### 3.5. Heart Rate Control Program (HRC):

Use the PROG button to select the HRC mode. Set time with SPEED+/- and INCLINE+/- buttons (default 10:00, time setting range 10-99). Press MODE to set age (default 30, setting range 10-99).

Press MODE again to calculate your target heartrate. Press START to start exercise for 1 min countdown, and incline and speed could be set at this time. After 1 minute of exercise, the HRC mode will start.

If your detected heartrate is below the target, speed will increase (0.8 km per segment, max 10km).

When max speed is reached and heart rate is still below target, incline will increase (max 8 levels). If the detected heartrate is above target, the treadmill will decrease from Incline at 1 level per segment, then speed at 0.8km per segment.

### 3.6. Body Fat Test Mode (FAT):

Use the PROG button to select the FAT mode. Press the MODE button to enter parameter for gender, age, height and weight. These parameters can be adjusted with SPEED+/- or INCLINE+/- buttons.

After setting is complete, press MODE again. The display will show: "---". At this point in time, place both hands on the hand pulse sensors for 5 seconds, and the window will display your BMI data.

#### Input parameter display and setting limits

	PARAMETERS	ARRANGEMENT	NOTE
F-1	SEX	01--02	01= MALE 02= FEMALE
F-2	AGE	10—99 YEARS	
F-3	HEIGHT	100—200 CM	
F-4	WEIGHT	20—150 KGS	

BMI READING	RESULT
≤19	UNDER WEIGHT
20--25	NORMAL WEIGHT
25--29	OVER WEIGHT
≥30	OBESE

### 3.7. Sleep Mode:

The treadmill automatically enters sleep mode after 10 minutes of inactivity. Press any key on the display to wake the treadmill.

### 3.8. Safety Key Function:

In an emergency, remove the safety key, the treadmill will stop immediately and the display E07.

Replace the safety key to use the treadmill.

#### 4. VALUE RANGE:

	Show Range	Mode Default	Program Default	Setting Range
Speed	0.8KMH—18KMH	-----	-----	-----
Time	0:00—99:59	15:00	10:00	5:00---99:00
Dist.	0.00KM—99.9KM	1.0KM	-----	0.5KM—9.99KM
Calorie	0Kcl—999Kcl	50Kcl	-----	10Kcl—999Kcl

#### 5. HEART RATE:

When holding the hand pulse with two hands, the pulse window will show your heart rate after 5 seconds.

To increase accuracy please check heart rate with the machine stopped and after keeping your hands on the sensors for more than 30 seconds.

**The heart rate data is for reference purposes ONLY.**

## 9. 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.

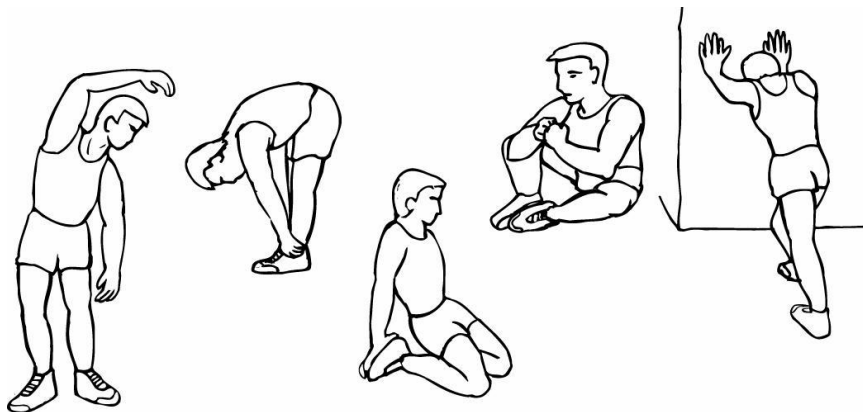
Exercising is great way to control your weight, improving your fitness and reduce the effect of aging and stress. The key to success is to make exercise a regular and enjoyable part of your everyday life.

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

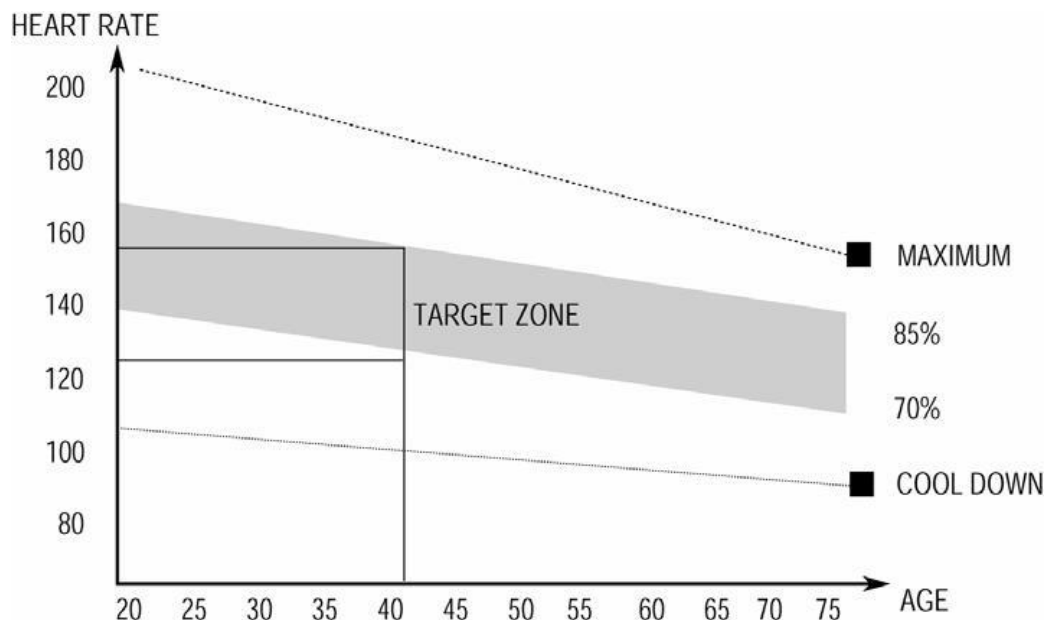
After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise-never hold your breath.

## 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

### TARGET ZONE



**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. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

# 10. 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 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.**

**WARNING: UNPLUG POWER CORD BEFORE MAINTENANCE**

**WARNING: STOP TREADMILL BEFORE FOLDING**

## 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.
- On a monthly basis, vacuum underneath your treadmill to prevent dust build up. Once a year, you should remove the black motor shield and vacuum out dirt that may accumulate.

## 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.

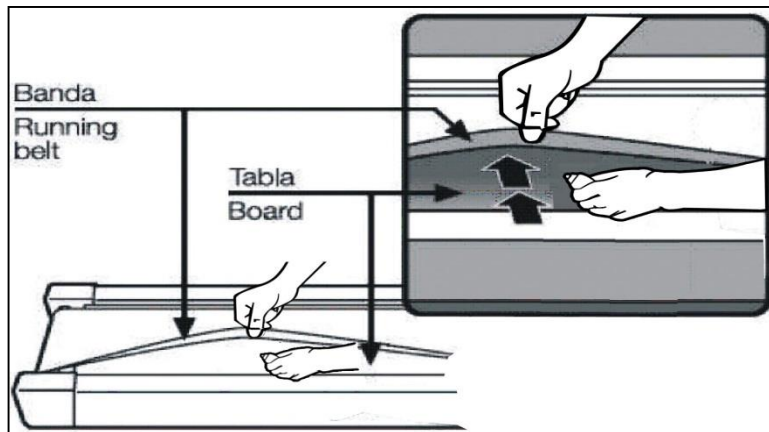
### 3. Belt/Deck/Roller Lubrication

The mat/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. You should apply lubrication after approximately the first 30 hours of operation. We recommend lubrication of the deck according to the following timetable:

- Light use (less than 3 hours per week) every 6 months
- Medium use (3-5 hours a week) every 3 months
- Heavy use (more than 5 hours per week) every 6-8 weeks

See below procedures for lubricating:

1. Use a soft, dry cloth to wipe the area between the belt and deck.
2. Spread lubricant onto the inside surface of belt and deck evenly (make sure the machine is turned off and power is disconnected).



3. Periodically lubricate the front and rear rollers to keep them at their peak performance. If the treadmill belt/deck/roller is kept reasonably clean it is possible to expect over 1200 hours before relubricating is necessary.

**Video Tutorial Available at:**  
<http://youtu.be/cP9NtFHfWlc>

**Lifespan Fitness Channel:**  
<http://www.youtube.com/user/tread>

#### **4. How to check the running mat for proper lubrication:**

1. Disconnect the main power supply.
2. Fold the treadmill up into the storage position.
3. Feel the underside surface of the running mat.

If the surface is slick when touched, then no further lubrication is needed.

If the surface is dry to the touch, apply a suitable silicone lubricant.

**We recommend that you use a silicone based spray to lubricate your Lifespan treadmill. This can be purchased directly from us or any hardware store.**



## 5. Adjusting the Running Belt

Place treadmill on a level surface. Run treadmill at approximately 4km/h, checking the running condition.

---

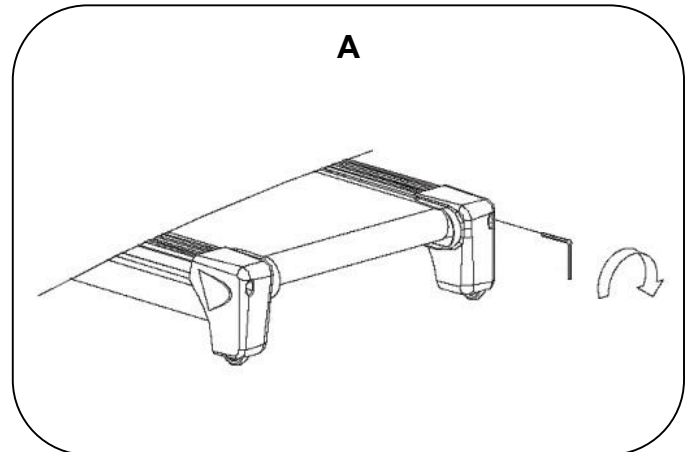
If the belt has drifted to the **right**:

Whilst the treadmill is running at 4km/h, carefully turn the **right** adjusting bolt 1/4 turn **clockwise**. Then monitor treadmill until the belt centers. Repeat until the belt correctly centers.

See *Picture A*

If you have over adjusted the belt and it drifts to the right, carefully turn the **right** adjusting bolt **anticlockwise** until the belt centers.

---



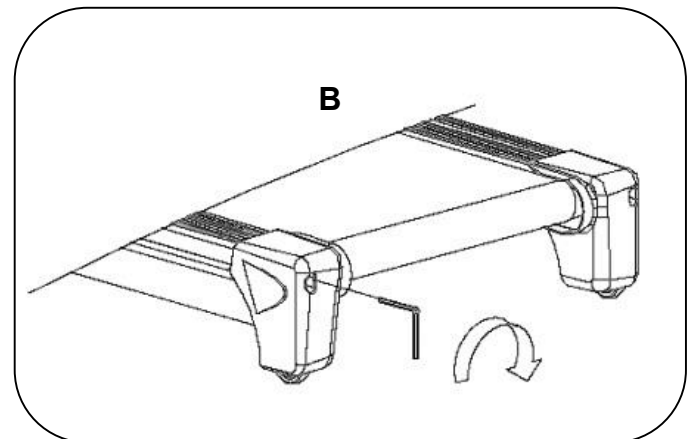
If the belt has drifted to the **left**:

Whilst the treadmill is running at 4km/h, carefully turn the **left** adjusting bolt 1/4 turn **clockwise**. Then monitor treadmill until the belt centers. Repeat until the belt correctly centers.

See *Picture B*

If you have over adjusted it, carefully turn the **left** adjusting bolt **anticlockwise** and until the belt centers.

---

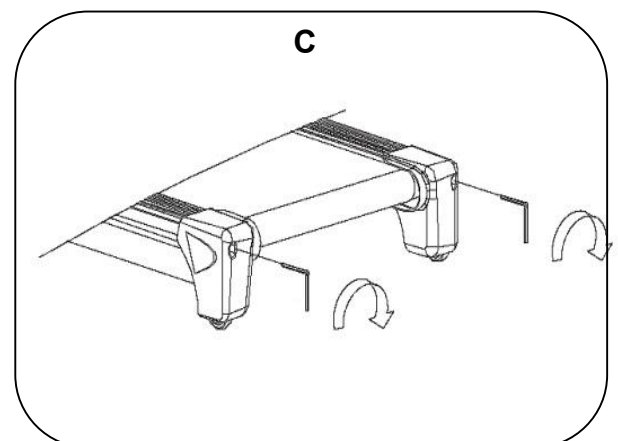


To adjust the **tightness** of the belt:

Turn the treadmill off. Turn both the left and right adjusting bolts 1/4 turn clockwise. Repeat until the belt correctly tightens.

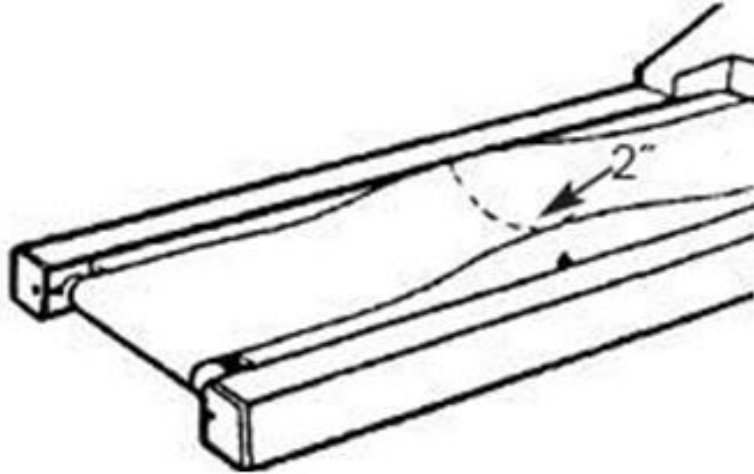
See *Picture C*

If the belt is over tightened, simply do the opposite to loosen.



**NOTE:** When properly tightened, you should be able to peel the very edge of the side of the belt up approximately 2 inches. However this is a rough reference and not all treadmills are the same. Some treadmills that have longer belts may give different measurements for correct belt tightness.

Simply, if the belt begins to slip during use, this is an indication that the belt still needs tightening.



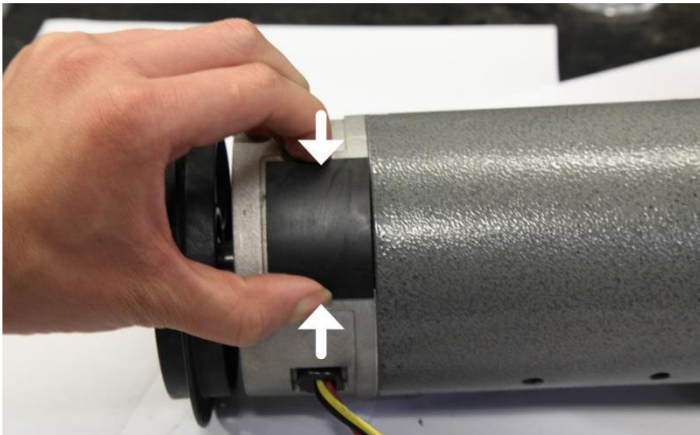
**Video Tutorial Available at:**  
<http://youtu.be/vllsamTSvvA>

**Lifespan Fitness Channel:**  
<http://www.youtube.com/user/treadmillsvideos>

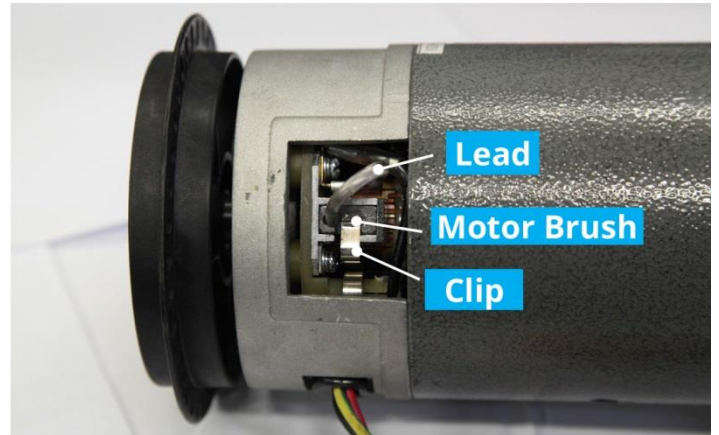
## 6. Replacing Motor Brushes

After extended use, the motor brushes in your treadmill motor will wear down, and this can lead to motor failure. It is important that you maintain your motor by replacing the brushes on either side of the motor when they are worn down. We recommend that you check your motor every 1000 hours of usage.

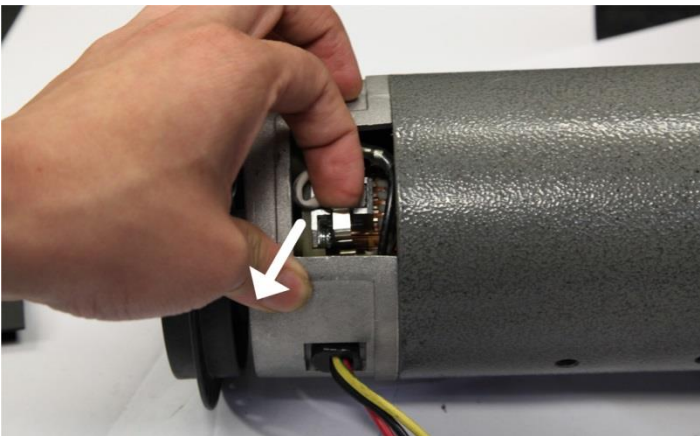
**IMPORTANT:** Before beginning the replacement of your motor brush, ensure that the treadmill is off and unplugged from the electrical socket.



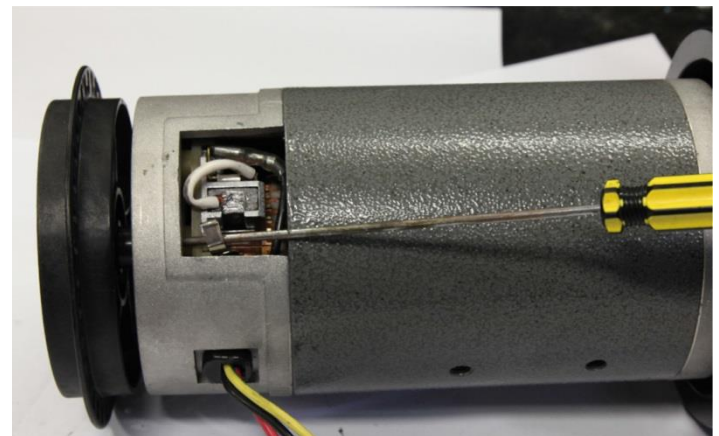
1. Remove the cover from the motor by squeezing it from the sides.



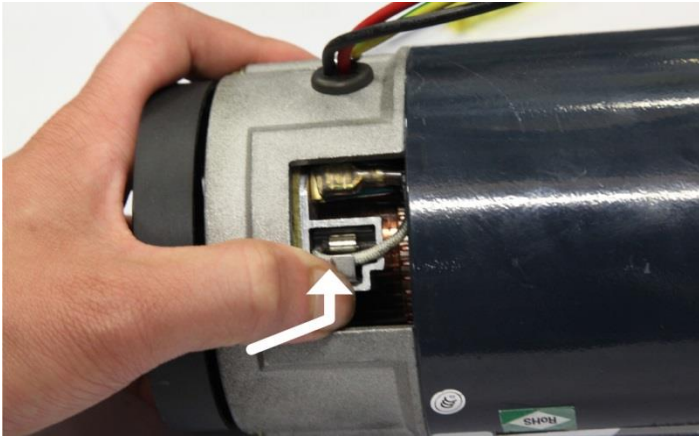
2. You'll find the motor brush held in with a clip, with the lead plugged in.



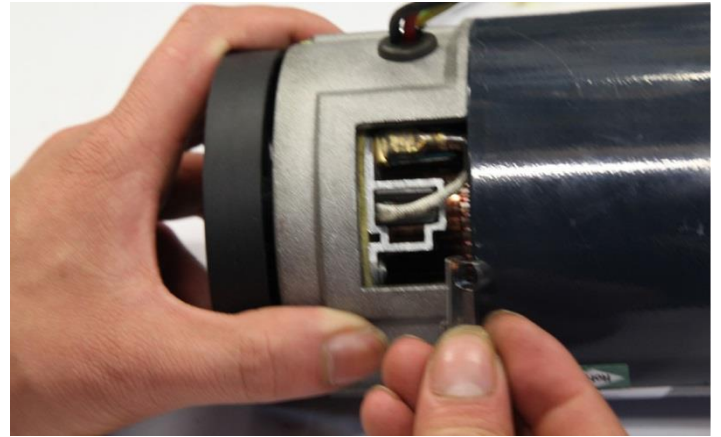
3. Pull the clip out from its position.



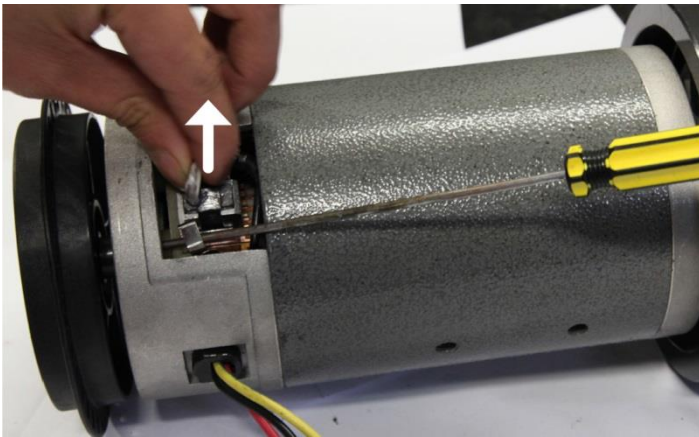
4a. Hold the clip out of the way with a screwdriver or similar object. Keep the screwdriver in this position until step 9.



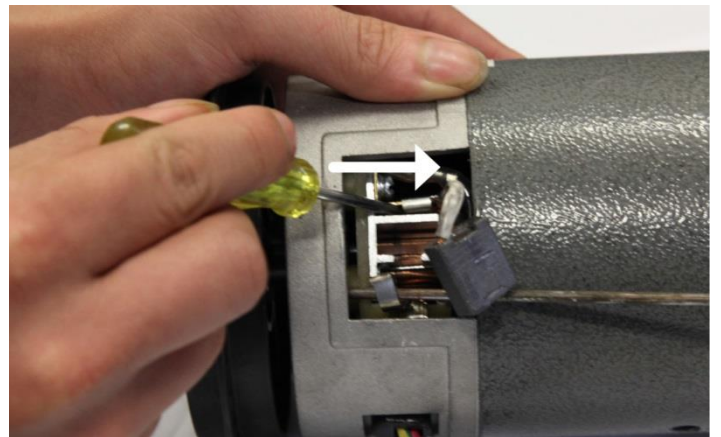
**4b.** Some treadmill motors may use a push clip instead. In this case, gently push the clip inwards and then up to release it from its latch.



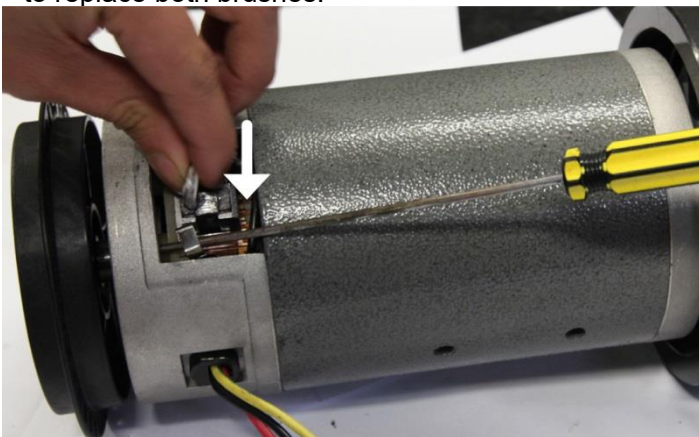
**4c.** Remove the clip, noting the direction in which it was originally placed, and put it safely aside.



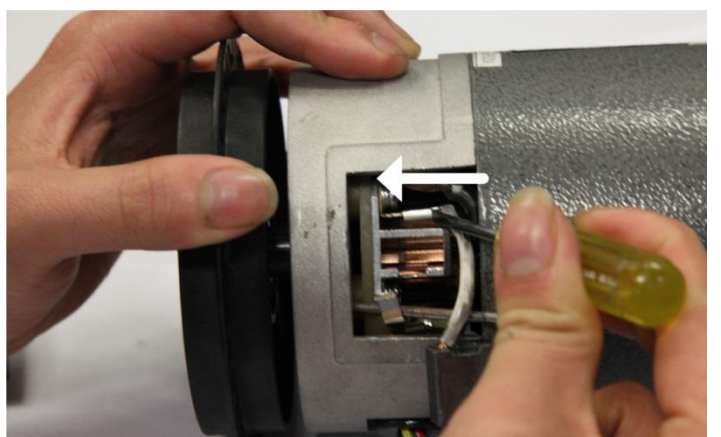
**5.** Slide the motor brush out from its slot. If the brush is shorter than 2cm on the longest side, you will need to replace both brushes.



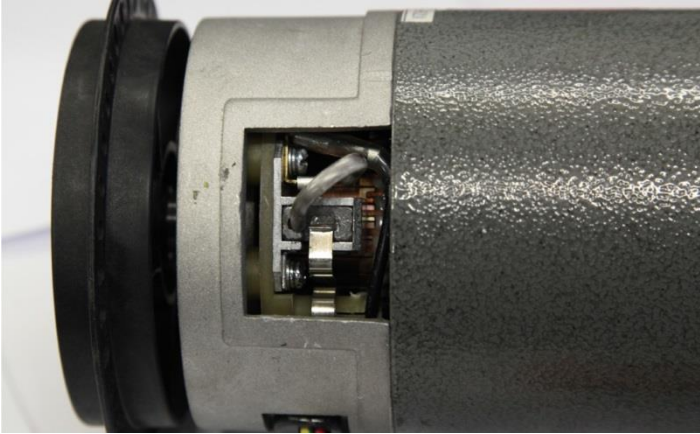
**6.** Slide the motor brush lead off the terminal using another small screwdriver or needle-nosed pliers.



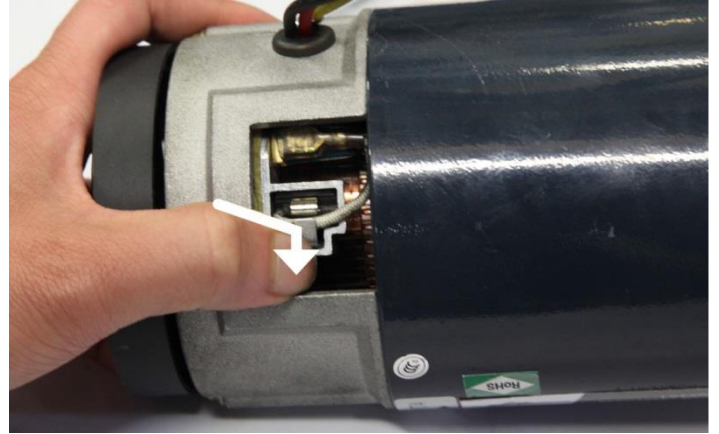
**7.** Plug the new motor brush lead into the terminal.



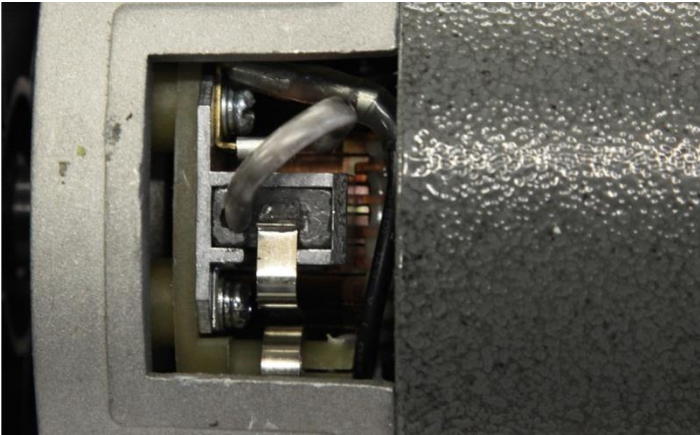
**8.** Slide the new motor brush into the slot.



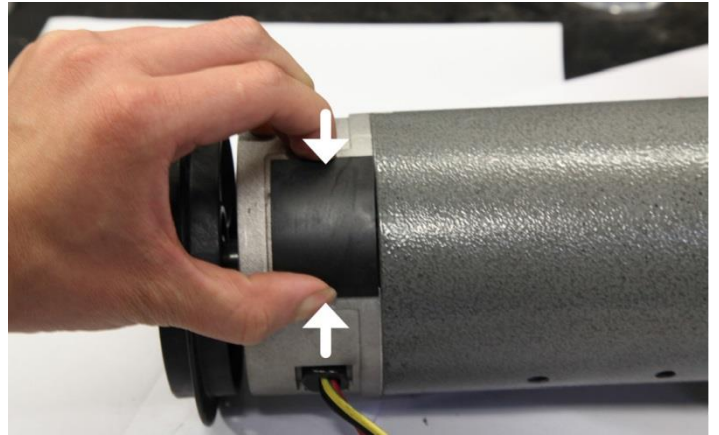
**9a.** Release the clip back into its position.



**9b.** If your motor uses a push clip, replace the push clip by pushing it inwards and then down so that it engages the catch.



**10.** Check that the motor brush is held firmly in place by the clip, and that the lead is plugged securely onto the terminal.



**11.** Replace the motor cover. Repeat steps 1-15 for the second brush located on the opposing side of the motor.

**12.** You have now successfully replaced the motor brushes. We also recommend that you remove any dirt and dust from your treadmill motor fan using a vacuum cleaner before replacing the cover.

## 11. TROUBLESHOOTING GUIDE

Fault Code	Description
E01	Missing speed signal
E02	Overload protection
E03	Over-current
E04	Open Circuit Voltage
E06	Incorrect Communication
E09	Incline Check Error
E0P	Speed Check Error
EOC	Short-Circuit Protection
E07	Safety Off
E0E	Eeprom error
	Incline not responding to user input RESET by pressing: STOP, SPEED+, SPEED- the safety key on to reset, start x 8 times.

## 12. 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](http://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 send all warranty and support inquiries through our ticketing system via the email address:

[support@lifespanfitness.com.au](mailto:support@lifespanfitness.com.au)

# Hand Pulse Technology

Lifespan Fitness Treadmills come equipped with hand pulse sensors which are used to pick up tiny EKG/ECG signals that run through the body when your heart beats. These electrical EKG/ECG signals are very small and that they must be amplified 1000 times to make the signal useful for the computer to display your pulse.

To ensure proper operation:

- The user must maintain good, consistent contact on all four sensors
- The users skin cannot be too dry or too wet

Other factors that could affect the reading:

- Change of grip on the sensors (during slow pace walking and up to running)
- Tightening of hand muscles will produce small electrical signals
- Static electricity charges from the air or from walking on the treadmill

EKG/ECG Sensors may filter through actual EKG/ECG signals and “Noise” factors that may affect the reading. This will cause the pulse reading to be delayed and will take longer to update the display as the heart rate changes. Too much noise will create an incorrect reading. Medical conditions or having no electrical signal in the hands are other factors that may affect pulse readings as well.

These are limitations of hand pulse technology and even the most expensive systems (which can cost upwards of \$3,000) used in hospitals have the same problems. The difference is that a patient in a hospital is not running on a treadmill. Hand pulse technology works well on stationary exercise machines like bikes and even elliptical cross trainers but are not perfect on a treadmill. We offer treadmills with a wireless heart rate receiver which may be a more accurate option.

To test if your hand pulse sensors are working up to specification, hold them while standing on the side step rails, not walking, and see if the reading is more in line with what you would expect. This will eliminate the movement and static electricity factors. If your hands are dry, then wet them slightly (saliva works as a great conductor if this doesn't bother you).

For more information, please contact our Lifespan Technical Support Department

[www.lifespanfitness.com.au](http://www.lifespanfitness.com.au)

[support@lifespanfitness.com.au](mailto:support@lifespanfitness.com.au)