

Life SPAN



BOOMER

*USER'S
MANUAL*

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

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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.
- Never allow children on or near the treadmill.
- 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 cord or plug.
- 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 time 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 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.
- Allowed temperature: 5 to 40 degrees.

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

1.1 IMPORTANT ELECTRICAL INFORMATION

WARNING!

- NEVER use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. 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.
-

Main Technical Parameter

Input voltage: 220V±10% (50HZ-60HZ)

Input current: ≤6A

Rating Power: 1.5HP (horsepower continuous)

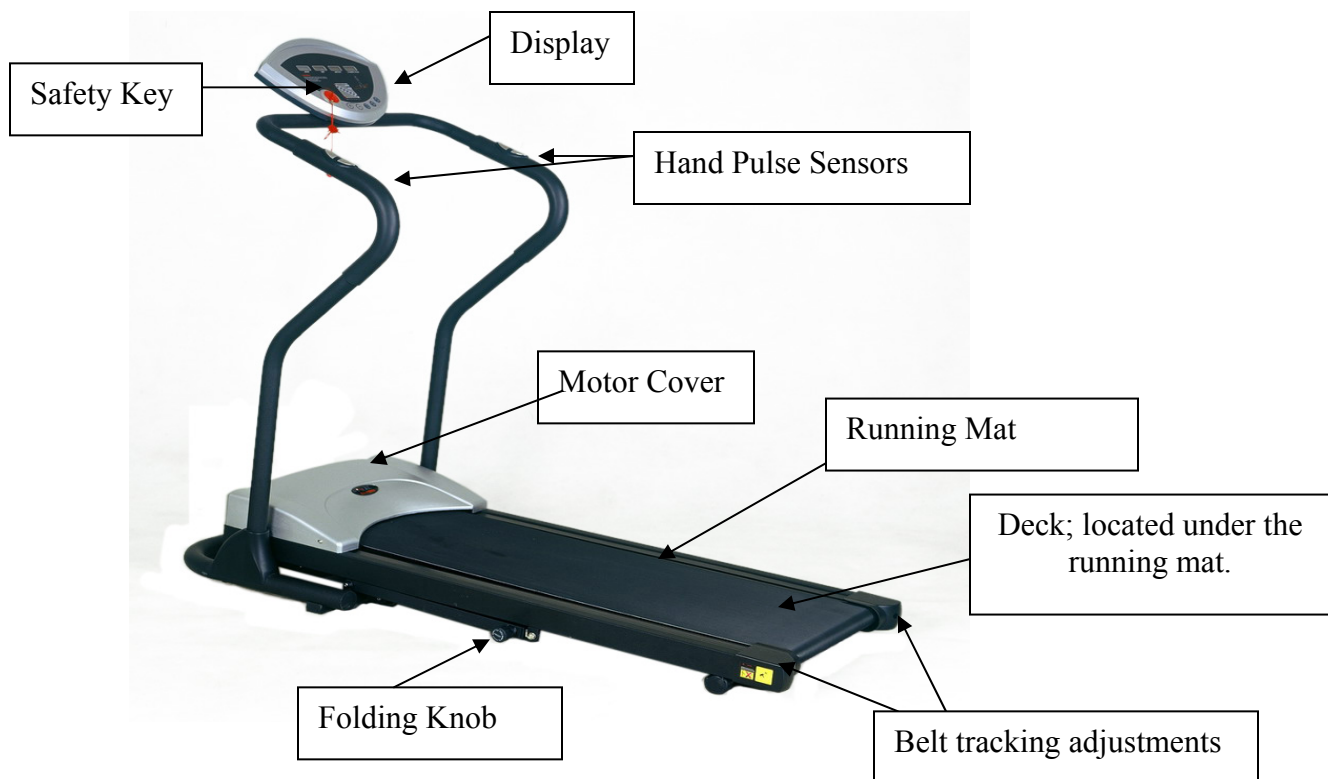
Max Speed Range: 0.8-12(km/h)

1.2 IMPORTANT OPERATION INSTRUCTIONS

- Be sure to read the entire manual before operating your machine.
- 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. Insert 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.

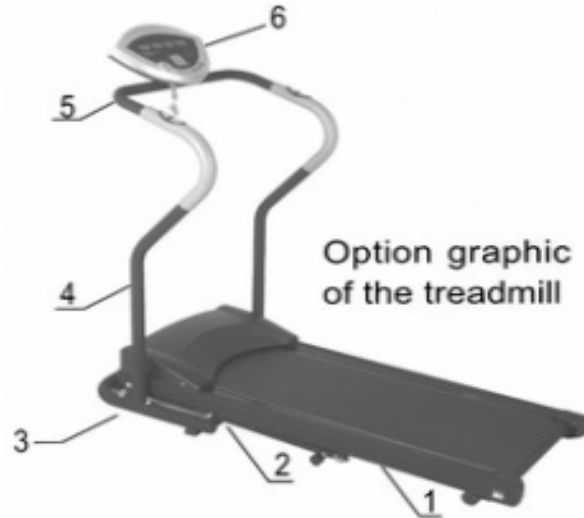
1.3 KEY COMPONENTS OF TREADMILL



2 ASSEMBLY INSTRUCTIONS

The Exploded View of installation parts

number	Part name	Quantity
1	Main Frame	1
2	Folding Device	1
3	Under Frame	1
4	Left and Right Vertical Frames + Grips	Each
5	Meter Frame	1
6	Electronic Meter + wires	1



Installation steps (refer to the installation diagram)

1. Mount the left and right vertical frame onto the under frame using 4 M10×15 bolts, and four 10mm washes.
2. Tighten the main Frame onto the left and right vertical frame with bolts provided; fix the folding device on the under frame with 2 M8×45 bolts, four 8mm flat washes and 2M8 locking nuts; plug the seven-wire plug in the right vertical frame pipe with the seven-wire plug from the main Frame.
3. Connect the seven-wire and pulse wire in the meter frame with the seven-wire and pulse wire of the vertical frame and then insert the meter frame into the left and right vertical frames. Tighten the meter frame on the handle of the left and right vertical frame with 2M5×15 half-round head Philips bolts.
4. Install the electronic meter: plug the inner wire in the pipe of the meter frame into the electronic meter socket, then mount the electronic meter on the meter frame tightly, using 3M5×20pan head Phillips bolts.

CAUTION:

1. DO NOT PLUG IN POWER CORD UNTIL FINAL ASSEMBLY IS COMPLETED AND MOTOR COVER IS INSTALLED.
2. Do not attempt to assemble the treadmill until the assembly instructions are followed and the uprights are attached to the treadmill. Failure to follow this can result in damage to the treadmill.
3. Your treadmill is a very heavy piece of exercise equipment and should be handled with caution.
4. Children should not be allowed to play on the treadmill or move the treadmill deck up and down.

WE RECOMMEND YOU HAVE SOMEONE TO ASSIST YOU IN LIFTING AND ASSEMBLING YOUR LIFESPAN TREADMILL. FOLLOW THESE INSTRUCTIONS CAREFULLY AND IT WILL MAKE IT EASIER TO ASSEMBLE YOUR LIFESPAN TREADMILL

Ensure all fixings are tightly secured and the treadmill is well constructed.

3 DISPLAY PANEL OPERATIONS

3.1 Display layout



Window for TIME: display time (setting time in the time descending mode)

Window for DISTANCE: display distance (setting distance in the distance descending mode)

Window for CALORIES: display calorie (setting calorie in the calorie descending mode)

Window for SPEED: display speed

Window for PULSE: display pulse

3.2 Basic Characters

1. Time Range 0:00-99:59
2. Speed Range 0.8-12.0km/h
3. Distance Range 0.00-99.99km
4. Calorie Range 0.00-99.99KCAL
5. Speed, Distance, Calorie and Time are adjustable, and when Distance, Calorie and Time are not set as zero, it counts down.
6. Start the machine with 3 seconds of time delay
7. Alarm function
8. Pulse measure and display
9. Safe Protection Function
 - a. Automatically stop if speed measuring information is not available within 5 seconds
 - b. Safe loose device stops the machine instantly if it detects there is a loose wire.
 - c. Automatically stop if it runs rapidly
 - d. Double fuse
10. Five buttons
 - a. START/STOP
 - b. SELECT
 - c. RESET
 - d. SPEED+
 - e. SPEED-

3.3 Safety Key

IMPORTANT: The treadmill will not operate if the safety key is not in place.

Before starting the treadmill, attach the magnetic key to the display panel, and then attach the clip on the other end to your clothing (above the waist). If the safety key is removed whilst you are operation the treadmill, the machine will turn itself off.

When the treadmill is not in use, you should remove the safety key.

Store the safety key in a safe place **OUT OF REACH OF CHILDREN.**

3.4 Display Operation

- (1) START/STOP, press this button to start or stop the machine
 - a. When the operation panel is in standby, press START/STOP button, the treadmill will start after 3 seconds, and the time window counts down for 3 seconds. The Treadmill will start operating at the lowest speed---0.1km/h, press the start/stop button again to stop the machine.
 - b. After the window values are set, press START/STOP button to start the machine and run at set speed or mode.
 - c. After starting the machine, if there's Pulse signal input. Calorie/Pulse window displays pulse.
- (2) Reset
 - a. When setting, if one window is incorrect or the setting is modified, please reset the window by pressing Reset button.
 - b. Reset key is not available after starting the machine
- (3) Speed + /Speed
 - a. After starting the machine, press Speed+ to increase the speed from 0.8km/h to 12.0km/h press Speed+/Speed- once, the speed increases/decreases 0.1km/h; When the SPEED increases to 12km/h, Speed+ key is unavailable. When SPEED decreases to 0.1km/h, Speed - key is unavailable. Hold Speed+/Speed- for over 0.5 seconds, the speed will change rapidly.
 - b. In Select mode, press Speed+/Speed- to adjust the value of different windows under flash state.
 - c. After starting the treadmill, press Speed+/Speed- to change the speed value and the Speed window won't flash.
 - d. In Set mode, hold Speed+/Speed- for over 0.5 seconds, the speed will change rapidly.
- (4) Select
 - a. Before starting the machine, press Select key to select Speed. Time, Distance, Calorie window, the selected window SET flashes. It will stop flashing if there isn't input within 6 seconds.

3.5 Getting Started

Power the treadmill on by plugging it into an appropriate wall outlet, then turn on the power switch located at the front of the treadmill below the motor shield. Ensure that the **safety key** is installed, as the treadmill will not power on without it.

When the power is turned on, all the lights on the display will light for a short time.

3.6 Pulse Grip Feature:

If the computer detects a pulse signal, the PULSE window will show your heart rate beat per minute instead of "P". You must use both stainless steel sensors to display your pulse. Pulse value displays anytime the upper display is receiving a Grip Pulse signal.

3.7 Calorie Display:

Displays the cumulative calories burned at any given time during your workout.

Note: This is only a rough guide used for comparison of different exercise sessions, which cannot be used for medical purposes.

3.8 Programmable Operations

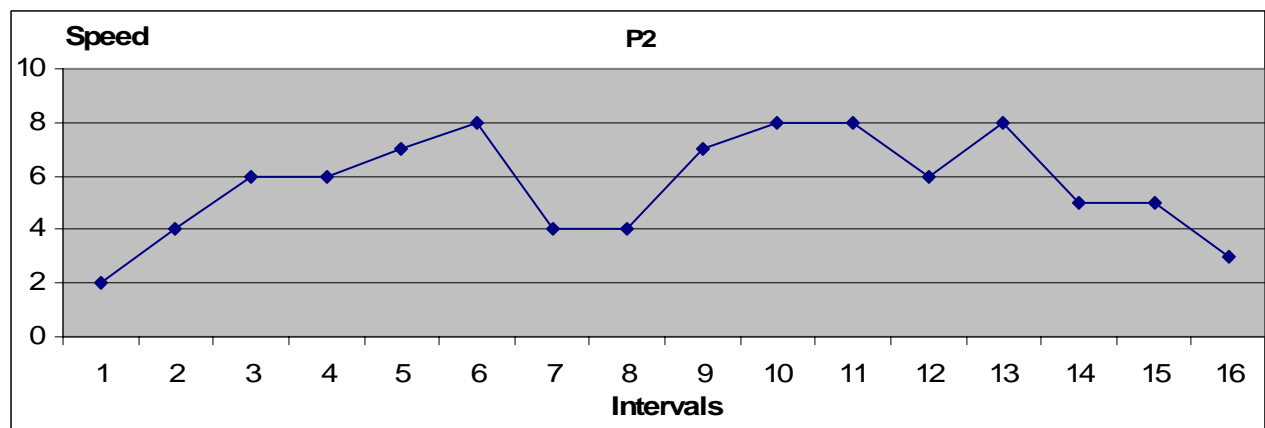
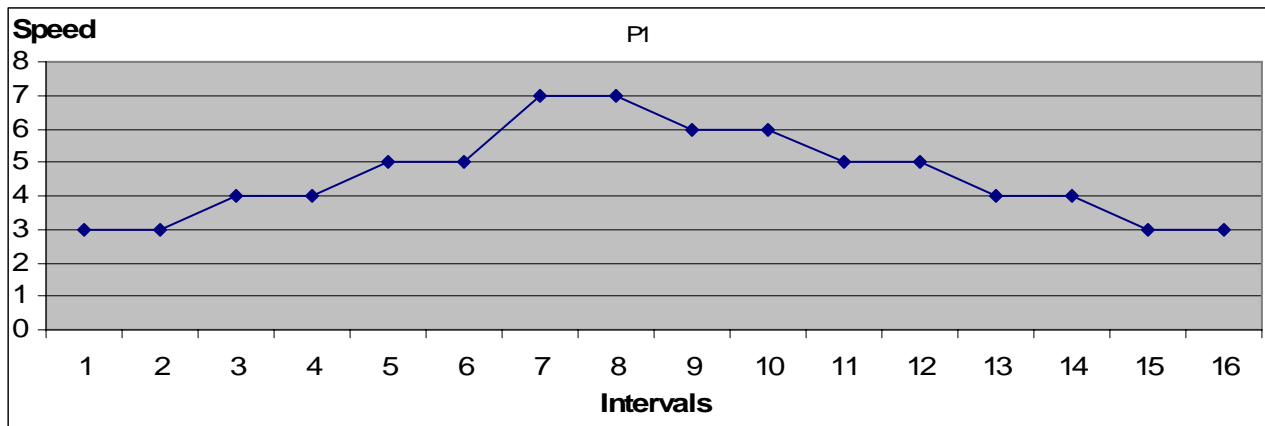
When in standby status, press the SELECT button to choose automatic program (from P1 to P9). You can not adjust the speed when pause training.

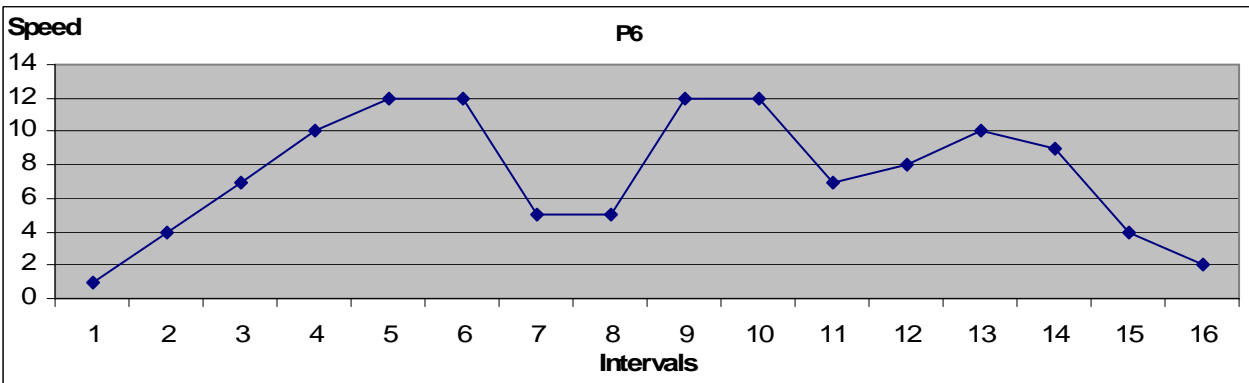
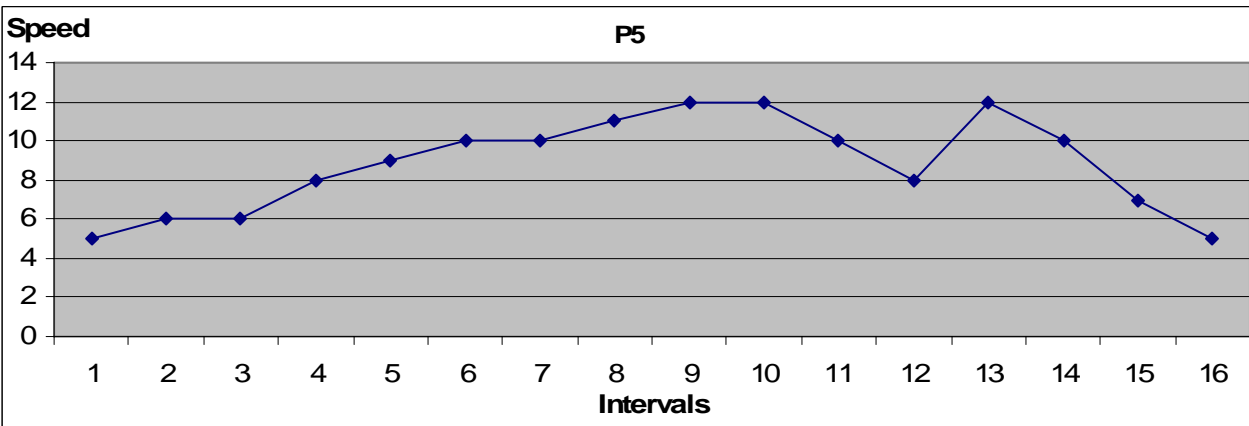
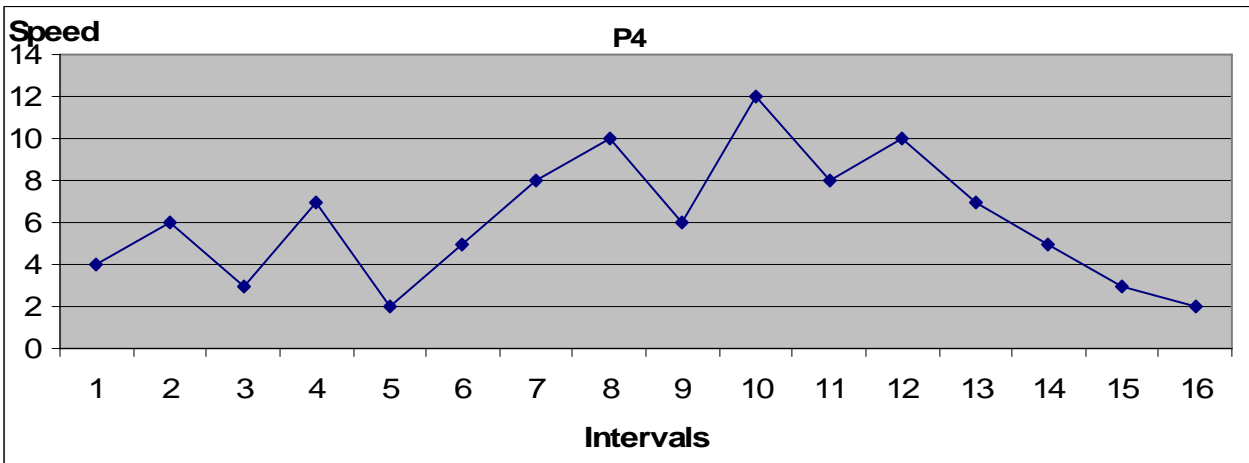
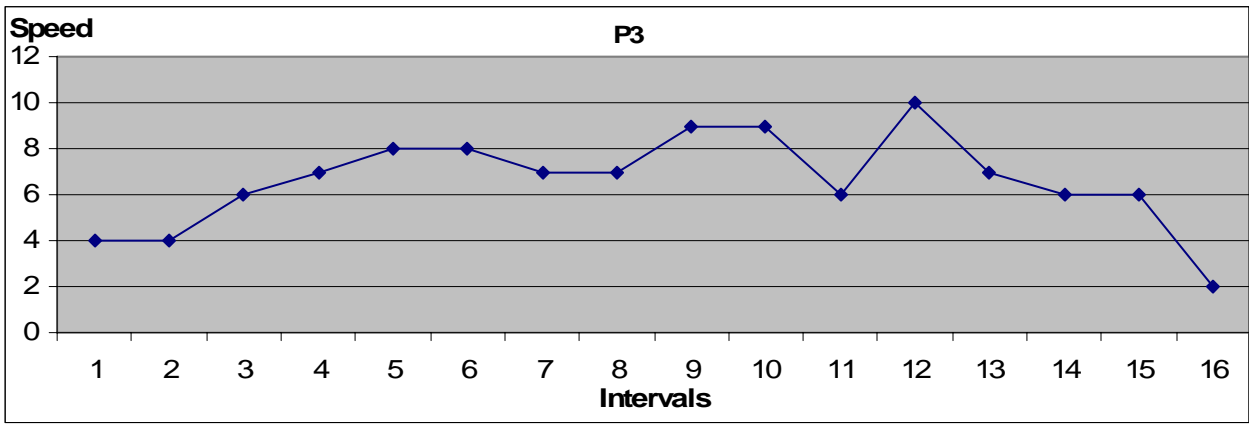
Preset programs P1~P9 will be displayed in the SPEED window. You may only need to preset the time. **The default time for each program is 30 minutes.** You may choose to change the program time from the default period of 30 minutes. This is done by simply using the speed up and speed down keys. Each program has 16 intervals with each interval representing 1/16 of the program time. (Refer to program table and graphs). For example, if you were to set a program time of 16 minutes, then each interval would be 1 minute. If you were to set a program time of 32 minutes, then each interval would be 2 minutes and so on.

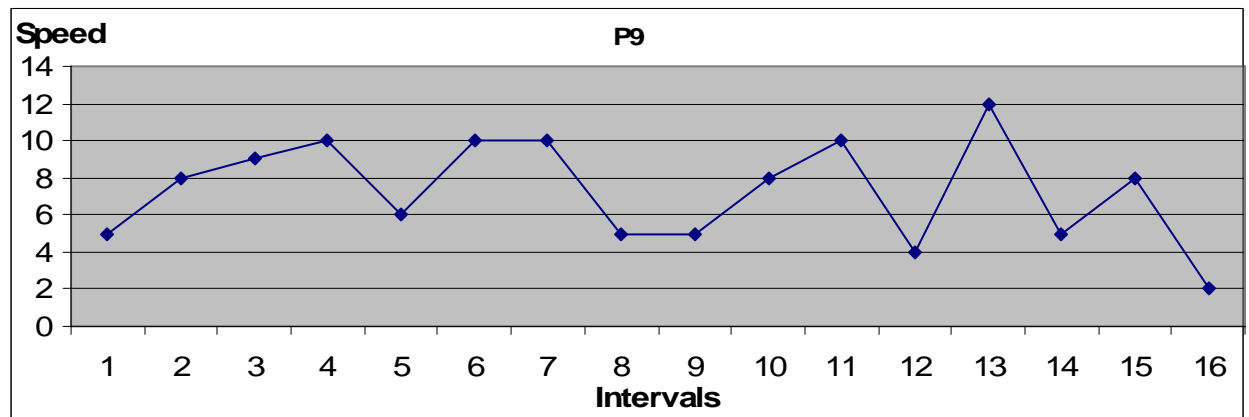
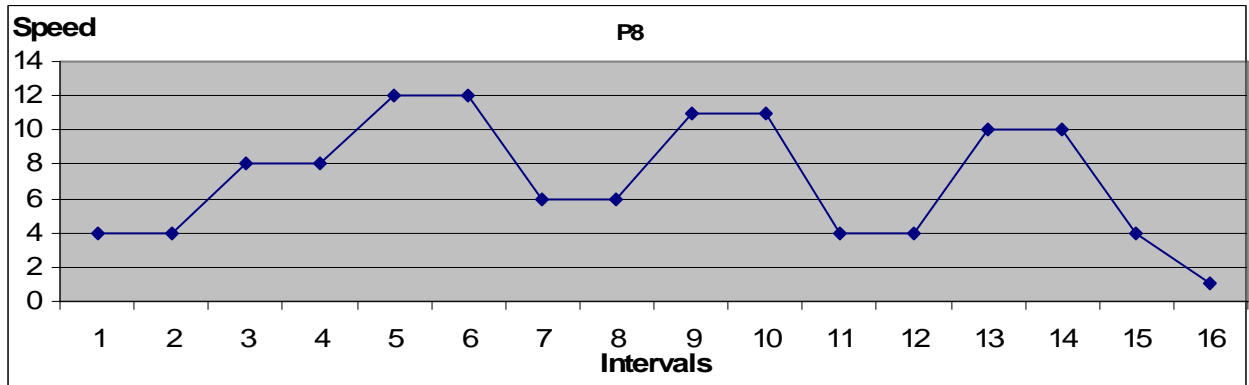
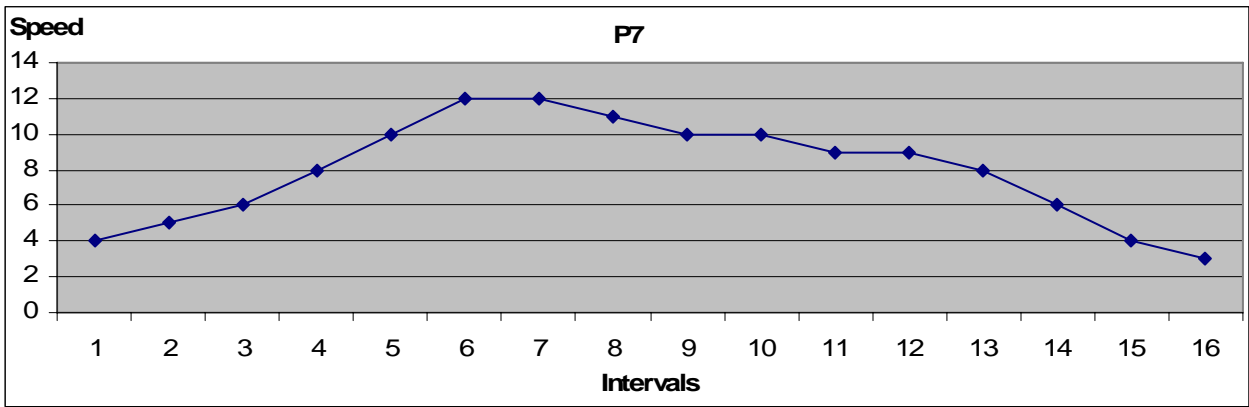
3.9 Preset Programs

INTERVALS		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P1		3	3	4	4	5	5	7	7	6	6	5	5	4	4	3	3
P2		2	4	6	6	7	8	4	4	7	8	8	6	8	5	5	3
P3		4	4	6	7	8	8	7	7	9	9	6	10	7	6	6	2
P4		4	6	3	7	2	5	8	10	6	12	8	10	7	5	3	2
P5		5	6	6	8	9	10	10	11	12	12	10	8	12	10	7	5
P6		1	4	7	10	12	12	5	5	12	12	7	8	10	9	4	2
P7		4	5	6	8	10	12	12	11	10	10	9	9	8	6	4	3
P8		4	4	8	8	12	12	6	6	11	11	4	4	10	10	4	1
P9		5	8	9	10	6	10	10	5	5	8	10	4	12	5	8	2

3.10 Program Graphs







4 MAINTENANCE

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.

4.1 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.

4.2 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 our helpline.

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.

4.3 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.

Lubrication is provided with this unit. You should apply the enclosed lubrication after approximately the first 50 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 additional re-lubing is necessary.

4.4 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 back surface of the running mat.

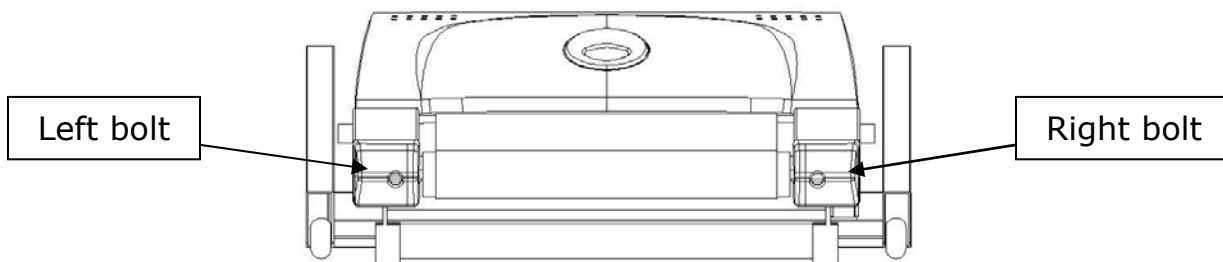
If the surface is slick when touched, then no further lubrication is needed.

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

We recommend you use a silicone based spray to lubricate your Lifespan Treadmill. This Can be purchased from your local sports Retailer or a local hardware store.

4.5 Belt Adjustment

Belt Tension Adjustment-It is very important for joggers and runners in order to provide a smooth, steady running surface. Adjustment must be made from the right and left rear roller in order to adjust tension with the Allen Key provided in the parts package. The adjustment bolt is located at the end of the rails as noted in diagram below:

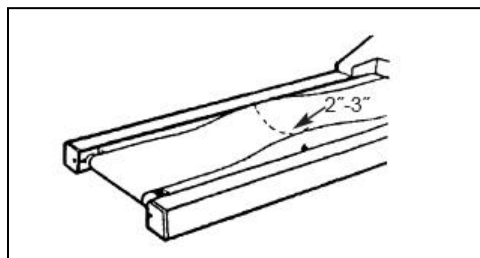


Note: Adjustment is thru small hold of end cap.

Tighten the rear roller only enough to prevent slippage at the front roller. Turn both the right and left bolt clockwise one full turn and inspect for proper tension. When an adjustment is made to the belt tension, you must also make a tracking adjustment to compensate for the change in belt tension.

DO NOT OVER TIGHTEN - Over tightening will cause belt damage and premature bearing failure. This may also cause reduced motor performance and excessive roller wear.

NOTE: When properly tightened, the sides of belt can be raised approximate 2-3 inches off the board.

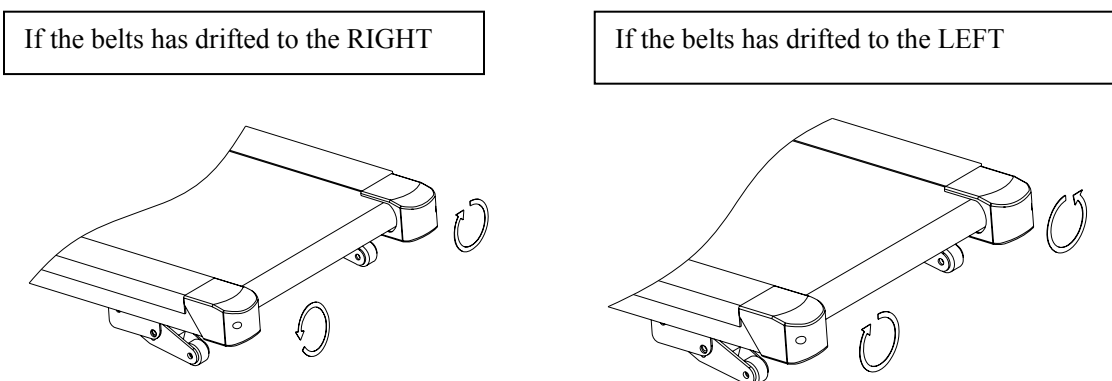


4.6 Belt Tracking Adjustment:

This treadmill is designed to keep the belt reasonably centred while in use. It is normal for some belts to drift near one side while the belt is running with no one on it. After a few minutes of use, the belt should have a tendency to centre itself. If during use, the belt continues to move toward one side, adjustments are necessary. The procedures are as below:

- ▲ First set speed at approximately 3.5km/h.
- ▲ Second check the belt shifts to which side.

If the belt shifts to right, tighten the right bolt and loosen the left bolt by using 6mm Allen Key, until the belt is centered itself; If belt shifts to left, tighten the left bolt and loosen the right bolt by using 6mm Allen Key, until the belt is centered. When adjusting the belt using the 6 mm Allen Key, it is important to adjust the belt in half turn increments. Over adjusting the belt can cause damage to the mat.



5 TROUBLE SHOOTING

This treadmill is designed in a way that in the event of an electrical fault, the machine will turn off automatically to prevent any injuries to the user and to prevent damage to the machine (i.e. motor).

When the treadmill behaves erratically, simply reset the treadmill by turning the power switch off, waiting for 1 minute then turning the power button back on.

If, after you have reset the treadmill, it is still not running correctly, please run the self-checking analyse to distinguish what type of error problem the machine is encountering.

5.1 Troubleshooting Table

Before attempting any work on the treadmill, ensure that the power is off and the plug is removed from the power point.

Do not use extension leads as it may lead to power decrease and failure.

PROBLEM	CAUSE	CORRECTION
1. Treadmill will not start.	<ol style="list-style-type: none"> 1. Not plugged in. 2. Safety key not inserted 3. Treadmill circuit breaker tripped. 4. House circuit breaker tripped. 	<ol style="list-style-type: none"> 1. Plug into three prong grounded outlet. 2. Insert safety key. 3. Reset circuit breaker (see exploded view for location) 4. Reset circuit breaker.
2. Running belt slips.	<ol style="list-style-type: none"> 1. Running belt not tight, 	<ol style="list-style-type: none"> 1. Adjust walking belt tension.(see Maintenance Instructions)
3. Running belt speed is not in the center.	<ol style="list-style-type: none"> 1. Running belt tension not centered across the rear roller. 	<ol style="list-style-type: none"> 2. Center walking belt.(See Maintenance Instructions)
4. Running belt speed seems slower than displayed speed.	<ol style="list-style-type: none"> 1. Set in kilometres. 2. Out of calibration. 	<ol style="list-style-type: none"> 1. Change to miles per hour. 2. Recalibrate electronics (professional operation only)
5. Treadmill squeaks when walked on.	<ol style="list-style-type: none"> 1. Pivot points need lubrication. 	<ol style="list-style-type: none"> 1. Lubricate pivot points.
6. Heart rate not displayed	<ol style="list-style-type: none"> 1. Transmitter not making good contact with skin. 2. Electromagnetic interference. 	<ol style="list-style-type: none"> 1. Moisten skin contact area on the transmitter strap, or turn transmitter strap upside down. 2. Turn off any television, microwave, or computer within 6 feet of treadmill.

Power Problems

1. Check fuses (They are located on the controller under the motor cover next to the on/off switch).
2. Check power outlet (Plug something else into the power outlet to ensure that the power outlet is working correctly).
3. Check Power Cable (You may need to take it to an electrician).

6 EXERCISE GUIDE

PLEASE NOTE: Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 35 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.

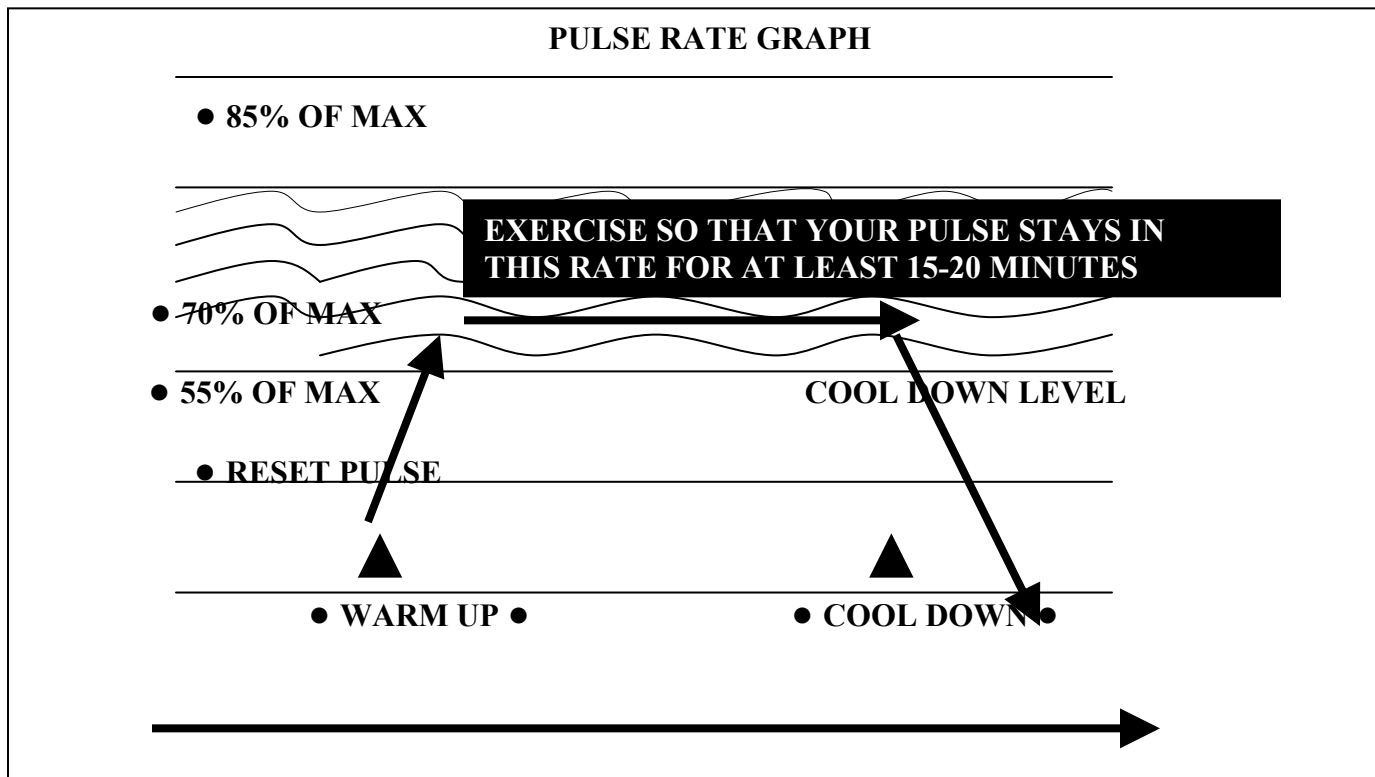
Exercising is a great way to control your weight, improve your fitness and reduce the effect of aging and stress. The key to success is to make exercise a regular and enjoyable part of your everyday life.

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.

6.1 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.

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 breathe.

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.

7 WARRANTY REGISTRATION

Please visit the following link to complete the product warranty form online. Please visit http://www.lifespanfitness.com.au/modules/liaise/index.php?form_id=1

PLEASE NOTE: YOUR WARRANTY IS ONLY VALID IF YOU CAN PROVE YOU ARE THE ORIGINAL PURCHASER ON THIS ITEM (i.e. A copy of the receipt, invoice, delivery date or internet confirmation).