

# OWNER'S MANUAL

## CHIEF



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.



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- 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.

## 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.

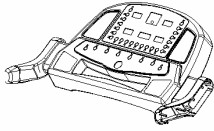
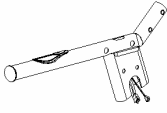
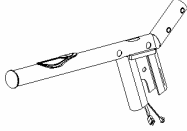
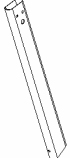
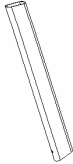
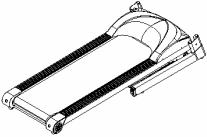
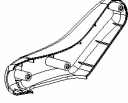
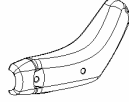
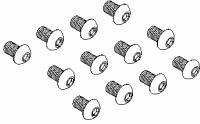
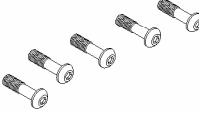
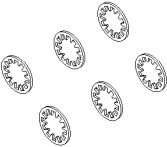
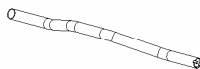


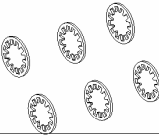

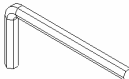
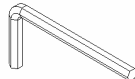


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- Use caution while participating in other activities while walking on your treadmill; such as watching television, reading, etc. These distractions may cause you to lose balance or stray from walking in the centre of the belt; which may result in 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.



# ASSEMBLY INSTRUCTIONS

When you open the carton, you will find the below spare parts:

			
1	2	3	4
			
5	7	12	14
			
64	61	63	19
			
62	98	98	A
			
B	C		

1.COMPUTER	2.LEFT HANDLEBAR ASSEMBLY	3.RIGHT HANDLEBAR ASSEMBLY	4.LEFT UPRIGHT	5.RIGHT UPRIGHT
7.MAIN FRAME	12.LEFT OUTSIDE PLASTIC COVER	14.RIGHT OUTSIDE PLASTIC COVER	64.BOLT M10*25	61.BOLT M8*52
63.FLAT WASHER 10	19.FRONT HANDLEBAR TUBE	62.SCREW ST4.2*12	98. FLAT WASHER 8	A.WRENCH W/SCREW DRIVER
B. 5# ALLEN WRENCH 5mm	C. 6# ALLEN WRENCH 6mm			

## FIXING TOOLS:

ALLEN WRENCH :6mm 1 pcs

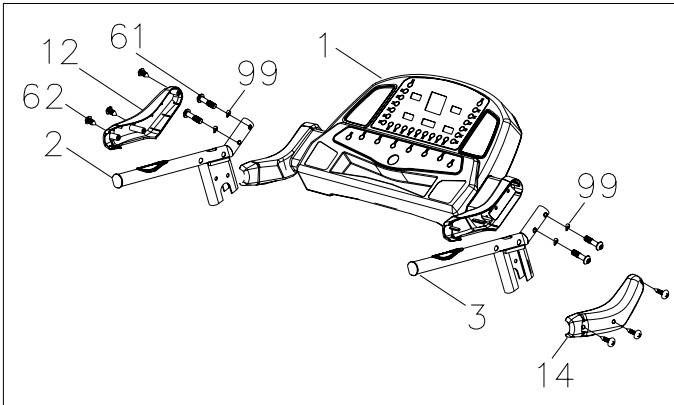
ALLEN WRENCH: 5mm 1 pcs

WRENCH W/SCREW DRIVER: 13\*15 1 pcs



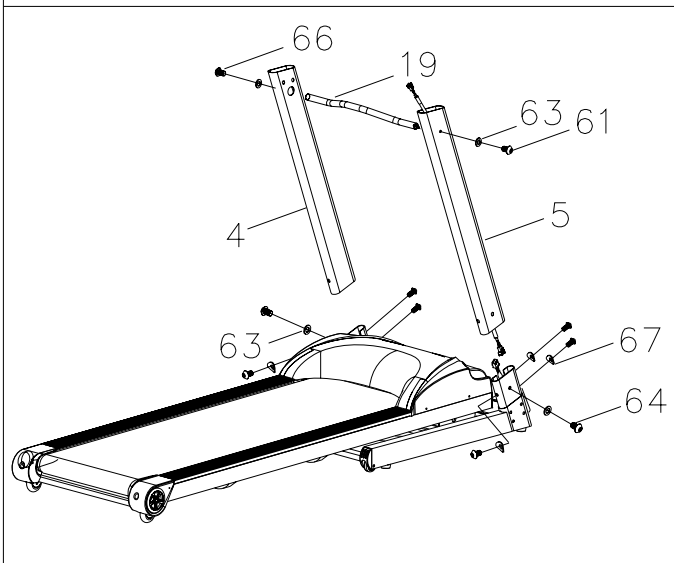
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# ASSEMBLY STEPS



1. Connect the computer wires on the left and right handlebar assembly (2&3) and with bolts M8\*52 (61) to tighten the left and right handlebar assembly and computer.

2. To lock the left and right outside plastic cover with screw ST4.2\*12 (62).



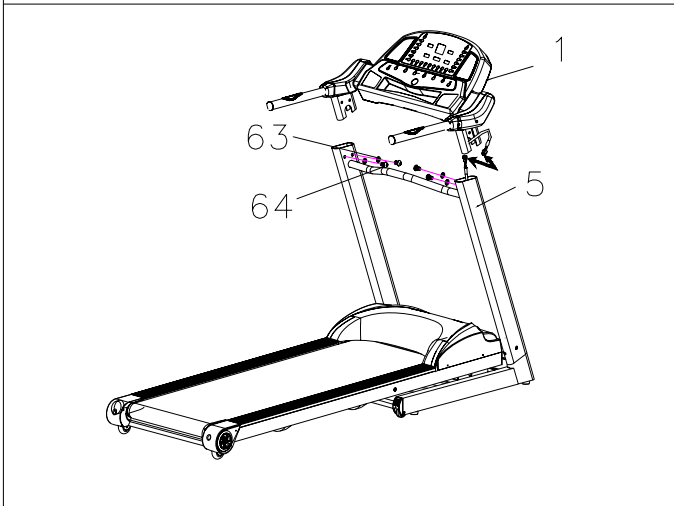
3. Connect the front handlebar tube (19) with the bolts M8\*26 (66), the bolts M8\*52 (61) and flat washer (63).

4. Insert left upright (4) & right upright (5) into main frame. Connect them with the bolts M10\*25 (64), arc washer (67) and flat washer (63).

**CAUTION:**

A. Please don't damage the wires in the process.

B. Please don't tighten ALL BOLTS before STEP (3)



5. Connect the computer right cable between computer frame and right upright.

6. Insert computer frame into left upright and right upright. Connect them with the bolts M10\*25 (64) and flat washer (63).

**CAUTION:** Tighten all the bolts again.



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## 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 **unless** 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 **so** should be handled with caution.
4. Children should not be allowed to play on the treadmill or move the treadmill deck up and down.

## TECHNICAL PARAMETER

BUILT UP SIZE(mm)	1890x910x1325	POWER	220V~240V(50~60HZ)
FOLDABLE SIZE(mm)	990*910*1655	SPEED RANGE	1—20Km/h
RUNNING BELT SIZE(mm)	2900x510	NET WEIGHT	114.5KGS
6 LED DISPLAY	SPEED, DISTANCE, CALORIES, PULSE, TIME and INCLINE		



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# EXERCISE GUIDE

**PLEASE NOTE:** Before beginning any exercise program, consult you 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.**

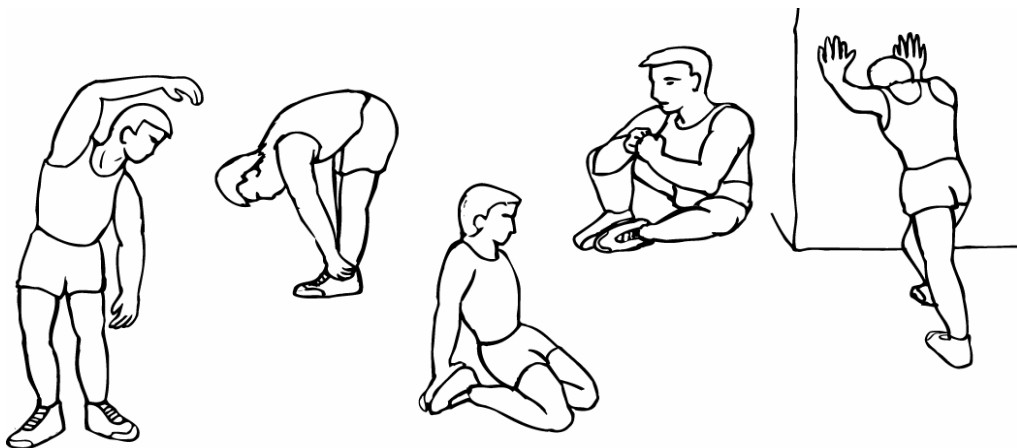
Exercising is great way to control your weight, improving your fitness and reduce the effect of aging and stress. The key to success is to make exercise a regular and enjoyable part of your everyday life.

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





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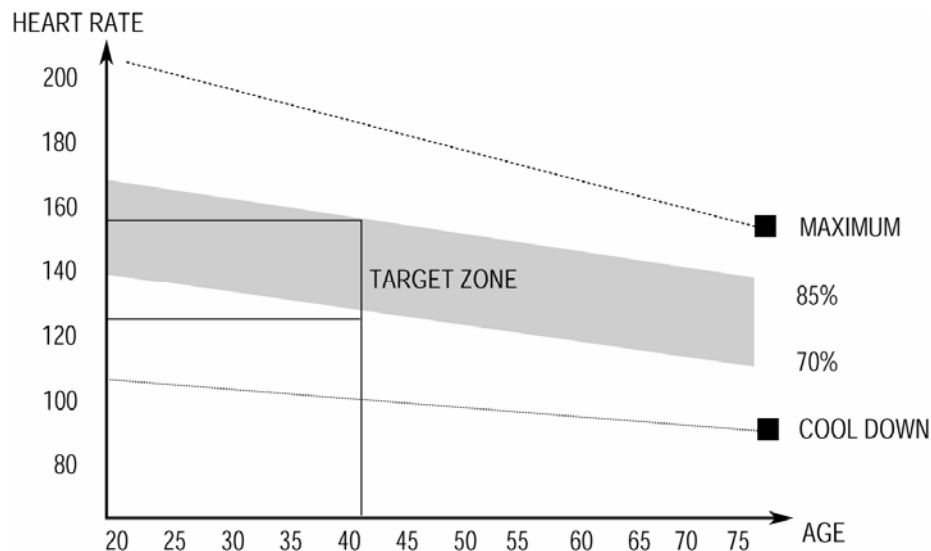
After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise-never hold your breathe.

### 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.

## 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.

# OPERATION GUIDE

## DISPLAY WINDOWS:



### 1.0 Five display windows

- 1.0.1 3digit display Calories & Hand pulse.
- 1.0.2 3digit display Incline.
- 1.0.3 4digit display Time、 Program number、 Weight.
- 1.0.4 3digit display Speed.
- 1.0.5 3digit display Distance.

### 1.1 16\*16 Lattice

- 1.1.1 Display SPEED & INCL program figure
- 1.1.2 display 400M raceway
- 1.1.3display prompt information

## 2. Button function:



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2.0 Total have 28 buttons in the computer and 4 buttons in the handlebar.

#### 2.0.1 ENTER

2.0.1.1 Press the button to enter the enactment status and confirm the current data.

#### 2.0.2 START/STOP

2.0.2.1 When the treadmill is not running, press the button to start the computer and all the data will start to count.

2.0.2.2 When the treadmill is running, press the button then the computer will stop the count and the treadmill stops.

2.0.2.3 Under the USER program edit status, pressing the button is equal to ENTER function.

#### 2.0.3 SELECT

2.0.3.1 When the treadmill is not running, it is to choose the exercise mode (Time, Distance, Calories) program (P1—P10, U1--U3)

2.0.3.2 When the treadmill is running, press the button can change the display SPEED program figure and INCL program figure.

#### 2.0.4 POWER

2.0.4.1 Computer power switch, when you close up the power, the treadmill stops and all the data will be display 0.

#### 2.0.5 INCLINE UP/DOWN & handlebar button\*2

2.0.5.1 When the treadmill is not running, it can adjust the enactment value to increase and decrease function.

2.0.5.1 When the treadmill is running, it can adjust the incline up or incline down.

#### 2.0.6 SPEED FAST/SLOW & handlebar button\*2

2.0.6.1 When the treadmill is not running, it can adjust the enactment value to increase and decrease function.

2.0.6.1 When the treadmill is running, it can adjust the speed fast and speed slow.

#### 2.0.7 INCLINE shortcut key\*10

2.0.7.1 When the treadmill is running, it can set up the incline quickly.

2.0.7.2 Under the USER program edit status, it can edit the incline quickly.



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## 2.0.7 SPEED shortcut key\*10

2.0.7.1 When the treadmill is running, it can set up the speed function **quickly**.

2.0.7.2 Under the USER program edit status, it can edit the speed quickly.

## 2.0.8 SAFETY KEY

2.0.8.1 If you stop it at any time, all the **data** will display 0 and the treadmill **stops**.

## 3. Electrify status

3.0 After start the power, “TIME” and “SPEED” window display “2006 V1.0”, it **means** that **the computer’s version number, all the windows** will go out after 3 seconds.

3.1 Press “POWER” button, after a sound, “LATTICE、TIME” window display open, “Lattice” window **displays** Message1, “TIME” window **displays** weight value and light, press “SPEED FAST/SLOW、INCLINE UP/DOWN” button or handlebar button to adjust the weight value. Press “ENTER” **to confirm and/and then it** will enter into the treadmill **not** running status.

3.2 “SAFETY KEY” will renew from disconnection status, the same as 3.1 mentioned. When “SAFETY KEY” is cut, “Lattice” window **displays** Message5, and together with 10 sounds, all the data will display 0.

3.3 To set up the weight information **has** the memory function, when you open the power next time, it will display the last enactment value.

### 3.4 Open quickly

When the power **is** on, “Lattice” window **displays** Message2, it **does** not make any enactment **and then** press “START/STOP” button directly, the computer is running and all the datas will proceed according to the default methods.

## 4. Program layout

### 4.1 MANUAL mode

4.1.0 Press “SELECT” button first time, all the windows will lighten, “Lattice” window will display 400M raceway, the other windows will display default and press “START/STOP” to start-up.

4.1.1 Press “SELECT” button second time, “Lattice” window will display Message8, “TIME” window **will display** running time, the other windows will crush out, press “SPEED FAST/SLOW”、 “INCLINE UP/DWN” or handlebar button to revise, then press “ENTER” button to confirm and



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enter into the beginning status or press “START/STOP” to start-up.

4.1.2 Press “SELECT” button third time, “Lattice” window will display Message9, “DISTANCE” window will display running distance, the other windows will crush out, press “SPEED FAST/SLOW”、“INCLINE UP/DOWN”or handlebar button to revise, then press“ENTER”button to confirm and enter into the beginning status or press “START/STOP” to start-up.

4.1.3 Press “SELECT” button fourth time, “Lattice” window will display Message10, “CALORIES” window will display running time, the other windows will crush out, press “SPEED FAST/SLOW”、“INCLINE UP/DWN”or handlebar button to revise, then press“ENTER”button to confirm and enter into the beginning status or press “START/STOP” to start-up.

4.1.4 When the treadmill is not running,“ENTER” to confirm all the enactment enter into the status, all the windows will lighten, “Lattice” window displays Message3, the other windows will display default value or enactment value, press “START/STOP” button, “Lattice” window displays 3 、 2、 1 count down and together with the prompt voice, then the computer starts running.

4.1.5 Time is the positive count from 0: 00, and count to 99: 59 it will return to 0 to count. Distance is the positive count from 0.00 and count to 99.9Km it will return to 0 to count. Calories is the positive count from 0CAL and count to 999CAL it will return to 0 to count.

4.1.6 When Time, Distance and Calories are for reverse count (to set up the beginning value), when it counts to 0, the computer will make ten sounds Bi- Bi- Bi-..., also the incline is for 0, the speed lows down, all the data will start to positive count from the actual value.

4.1.7 When it is running and press“START/STOP”button, computer will stop to count and it is not running , the incline value and speed value is for 0, the other /data will remain. “Lattice” window displays Message4, it will press “START/STOP” again, speed will start to run from the lowest speed, the other data will start positive or reverse count from the stopping.

4.1.8 You can press “INCLINE UP/DWN、SPEED FAST/SLOW、incline/speed shortcut key, handlebar button\*4” to adjust the incline and speed.

4.2 PROGRAM1----PROGRAM10 (P1—P10)

4.2.1 P1—P10 function operation flow are the same and the inner install program is divided into



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20 sect.

- 4.2.2 Press “SELECT” button until “TIME” window displays “P1—P10”, choose any one, then “lattice” window displays SPEED program figure.
- 4.2.3 Press “ENTER” to revise the time,” Lattice” window displays Message8, “TIME” window displays running time, the other windows will crush out, press “SPEED FAST/SLOW”、 “INCLINE UP/DWN” or handlebar button to revise, then press “ENTER” to confirm and enter into the treadmill not running or press “START/STOP” to start-up the computer.
- 4.2.4 When it is running, the time will start reverse count from the enactment value, Each exercise time=the setting time/20. When the system counts to 0 and will shift to the manual mode to proceed and will make 10 sounds “B—B—“ and the speed and incline will be changed according to the setting program.
- 4.2.5 When the system enters into each sect, “Lattice” window will move 1 space from left until moving all sects, and then the program is over.
- 4.2.6 When it is running, press “SELECT” to change display SPEED program figure or INCLINE program figure. When it is changed, “Lattice” window will display Message6 、 Message7 separately several seconds, then change the display program figure again.
- 4.2.7 When it is running, press “INCLINE UP/DWN、 SPEED FAST/SLOW、 incline/speed shortcut key, handlebar button\*4” to adjust the incline & speed. But it will return to the sect’s incline and speed when you change the sect.
- 4.2.8 When the system enters into the next sect, it will make 3 sounds “B—B—“ and the speed and incline will be changed according to the setting program.
- 4.3 USER PROGRAM1----USER PROGRAM3 (U1—U3)
- 4.3.1 U1—U3 function operation flows are the same and the inner install program is divided into 20 sect.
- 4.3.2 Press “SELECT” button, until “TIME” window displays “U1—U3”, choose any one, then “Lattice” window displays SPEED program figure.
- 4.3.3 Press “ENTER” button, “Lattice” window start to lighten from the first sect, the other windows are crushed out except the incline and speed windows. It means it enters into the edit status. “INCLINE UP/DWN、 SPEED FAST/SLOW、 INCLINE/SPEED shortcut key,



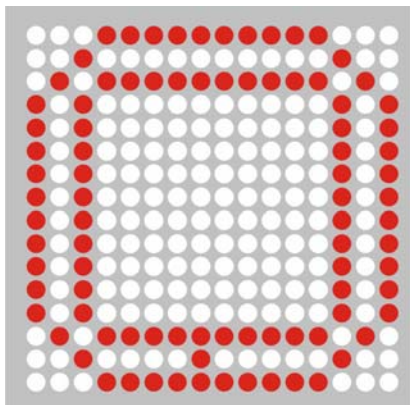
handlebar button\*4” as the incline and speed of amendment program sect. Then press “ENTER”button or press“START/STOP”button to set up next sect program, and “Lattice” window will move 1 space from left until moving all sects.

The other function is the same as P1—P10.

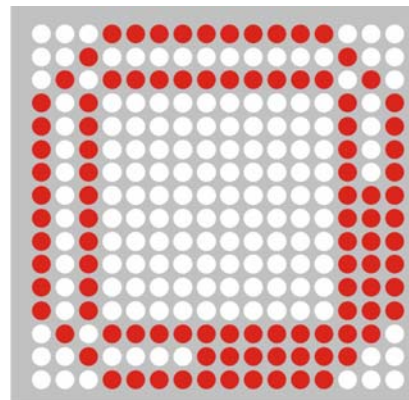
## 5. Display usage and enactment range:

### 5.1 Display usage

#### 5.1.1 400M standard raceway chart:

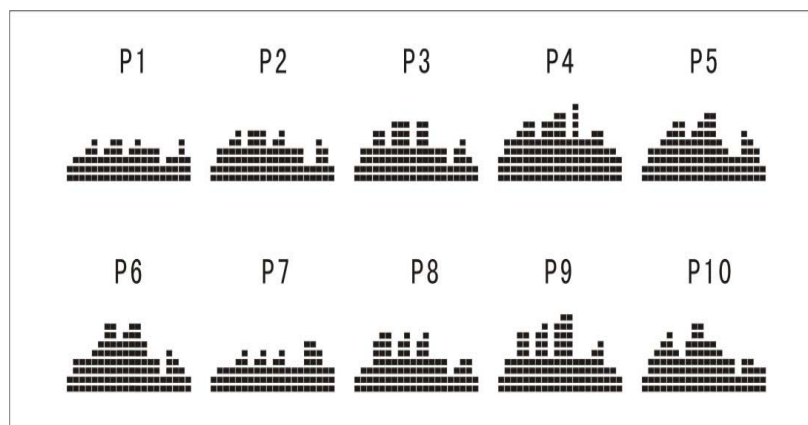


Beginning raceway

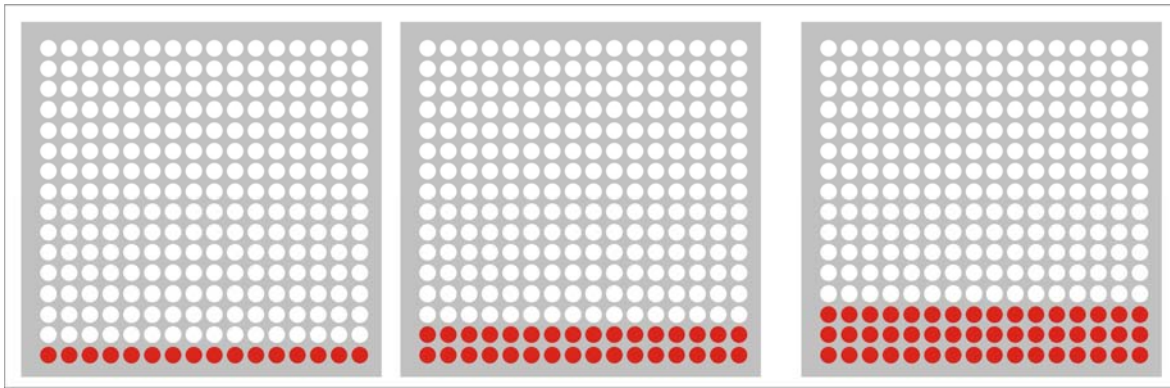


Running raceway

#### 5.1.2 P1—P10 display



#### 5.1.3 U1—U3 display chart:



## RANGE OF PROGRAM

	PROGRAM	BEGIN	BEGIN TO SET UP	SET UP RANGE
TIME ( MINUTE : SECOND)	0:00	15:00	10:00-99:00	0:00—99:59
SPEED (KM/H)	0.0	N/A	N/A	1.0—20.0
DISTANCE (KM)	0.00	0.0	N/A	0.00—99.90
INCLINE	0	0	0-20	0-20
HANDPULSE (TIMES/MINUTE)	P	N/A	N/A	40—199
CALORIES(THERM)	0	0	N/A	0—999
WEIGHT	70	70	50—125	50—125

## . 7. Prompt information

The entire information list:

Message1	ADJUST WEIGHT THEN PRESS ENTER
Message2	SELECT PROGRAM OR PRESS START TO BEGIN WORKOUT
Message3	PRESS START TO BEGIN WORKOUT
Message4	PAUSE PRESS START TO RESUME OR RESET
Message5	SAFETY KEY PROTECTION
Message6	SPEED
Message7	INCLINE
Message8	ADJUST TIME THEN PRESS START
Message9	ADJUST DISTANCE THEN PRESS START
Message10	ADJUST CALORIES THEN PRESS START
Message11	ADJUST AGE THEN PRESS ENTER
Message12	ADJUST PULSE THEN PRESS ENTER





## Program explanation:

SPEED, INCLINE ( Divided into 20 incline and each incline is the 1/20 of the general incline ) .

MODE		TIME INTERVAL																			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P1	SPEED	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
	INCLINE	1	1	2	2	2	3	3	2	2	1	2	2	2	1	1	3	3	2	2	2
P2	SPEED	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	2
	INCLINE	1	2	2	2	2	3	3	2	2	2	2	2	3	3	3	4	4	3	2	2
P3	SPEED	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	4	5	3	2
	INCLINE	2	3	3	2	2	3	3	3	2	2	2	2	4	4	4	6	6	3	2	2
P4	SPEED	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3
	INCLINE	2	3	3	2	2	3	3	3	2	2	2	2	4	4	4	6	6	3	2	2
P5	SPEED	2	4	4	5	6	7	7	5	6	7	8	8	5	4	3	3	6	5	4	2
	INCLINE	3	3	3	4	4	5	5	5	4	4	4	4	5	5	3	3	3	2	2	2
P6	SPEED	2	4	4	4	5	6	8	8	6	7	8	8	6	4	4	2	5	4	3	2
	INCLINE	3	5	5	5	4	4	4	3	3	3	3	4	4	4	3	3	3	4	3	2
P7	SPEED	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5	3	3
	INCLINE	4	4	4	4	3	3	6	6	6	7	7	8	8	9	9	6	6	5	3	3
P8	SPEED	2	3	3	6	7	7	4	6	7	4	6	7	4	4	4	2	3	4	4	2
	INCLINE	4	5	5	5	6	6	6	7	8	9	9	9	10	10	10	12	12	8	6	3
P9	SPEED	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2
	INCLINE	5	5	5	6	6	6	4	4	6	6	5	5	8	8	9	9	9	7	4	2
P10	SPEED	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4	3	3
	INCLINE	5	6	6	6	7	5	8	8	4	4	4	5	5	8	8	10	10	8	6	3

### Additional explanation:

1. At every state, once the Time starts, before the treadmill running, both the window will display and the system will shout with “B” sound to count down 3 seconds.
- 2 At every state, once the safety key or Power button is pulled out, the motor will completely stop. And once the safety key is pulled out, both the window will display and the system will shout with “B” sound to count down 10 seconds.



## TROUBLESHOOTING GUIDE

PROBLEM	CAUSE	CHECKING	CORRECTION
Treadmill cannot start	1.If the plug and the line are loosen.	1. Check whether the plug and the line are connected well.	1.Insert the plug and the line well.
	2.Not plugged in. (what doesn't plugged in?)	2.check whether the power switch is opened.	2.Reset the power.
The treadmill can not work.	1.The relative line of the control motor are/is abnormal.	1check if the line of the control motor is plugged well.	1.Insert the control motor wire.
	2.Do not press START KEY.	2. start the switch to check if the button is valid or not	2.Reset the START KEY to test.
	3. Not insert the safety pull pin	3. check if the safety pull pin is plugged well	3.Insert safety pull pin.
	4.Motor plug is loosen or the motor in bad condition	4. /test if the motor is in bad condition	4.Change the motor
	5.Power or controller specification is wrong.AC (220~240V)	5. check the specification.	5. Choose the right specification to reset the testing.
No speed	SENSOR do not touch well.	1. check the distance and space between SENSOR and magnet.	1.Adjust the distance within 5m/m.
		2. check the wire if circuit breaker is tripped.	2.Change the wire or SENSOR
		3. check the wire tie-in if it is touched well.	3.Reset to insert the wire tie-in.
PA circuit board	Pa circuit board bolt does not lock well or not put well the connector.	Take away the bottom cover and press PA circuit board to see if it is short circuit or loosen.	Reset to put the connector and lock the bolt.
No hand pulse	SENSOR does not touch well.	1check if the wire is short circuit or lossen.	1.Change the wire or reset.
		2. check the wire and computer to see if the tie-in is connected well.	2.Reset to insert the wire



	The hand pulse <b>does</b> not touch well	3. Put the both hands to bedew a litter or scrub with both hands.	3. Reset to test.
E01	Message failure	1. the connected wire is wrong.	1. Use the multimeter to test the wire is stand or fall.
		2. Power supply voltage shortage	2. To <b>test if</b> the outside and inside voltage is normal. (DC12V)
			3. SCM is badness.
E02	burst clash	1. Power tube badness	1. Change the power tube
		2. Drivers badness	2. Change the drivers
		3. Motor failure	3. Change the motor
E03	No sensor signal	1. Sensor wire badness	1. Change the sensor wire
		2. It is no use for the motor magnetic.	2. Change the magnetic or reset the magnetic
		3. Drivers badness	3. Change the drivers
E04	Incline study failure	1. Study failure	1. To reset study
		2. Incline motor badness	2. Change the incline motor
		3. Drivers badness	3. Change 24C02 or change the drivers
		4. Incline motor wire <b>does</b> not connect well	4. Insert the incline motor wire.
E05	Over loading protector	1. The limited weight	1. Do not exceed the treadmill user's weight.
		2. Drivers badness	2. Change the limit resistance or change the drivers
		3. Voltage is wrong	3. Test <b>if</b> the usage voltage is measure up
E06	System testing failure	1. The machine is interfered	1. Reset the treadmill
		2. Drivers badness	2. Change IGBT or change drivers.
E07	Out of safety lock	1. Safety lock badness	1. Change the safety lock
		2. Computer badness	2. Test if the iron piece of the safety lock is dropped out or change the computer.
E08	24C02 message failure	1. Data transfer failure	1. Change 24C02 EEPROM IC



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# 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.



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- 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.

### **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 that 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 there 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 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.

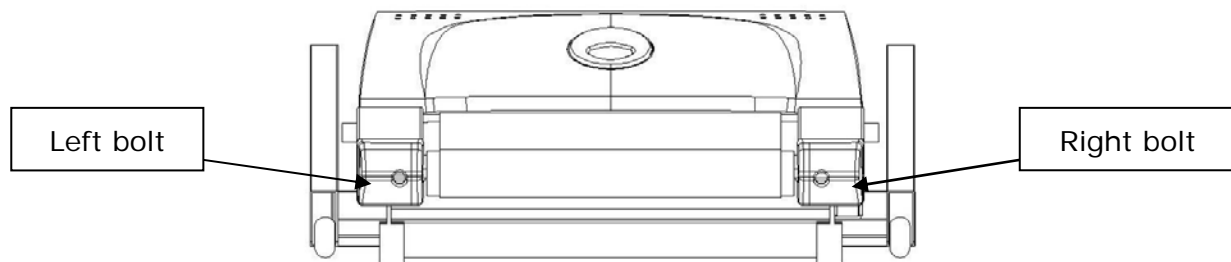
**We recommend you use a silicone based spray to lubricate your Lifespan Treadmill. This Can be purchased from your local sports Retailer or a local hardware store.**



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## 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:

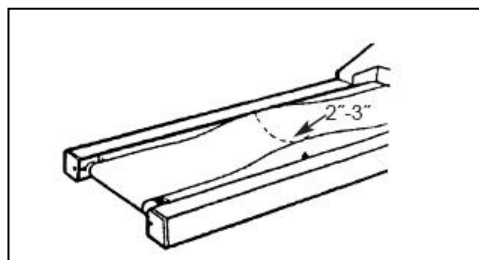


**Note: Adjustment is thru small hold of end cap.**

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.



## 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:



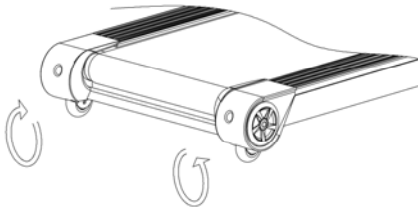
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▲ First set speed at approximately 3.5km/h.

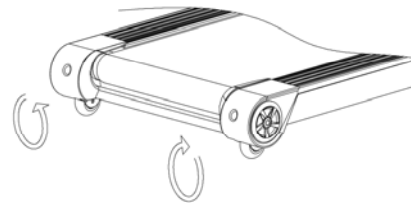
▲ Second check the belt shifts to which side.

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.

If the belts has drifted to the **RIGHT**



If the belts has drifted to the **LEFT**



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# WARRANTY REGISTRATION

Please visit the following link to complete the product warranty form online. Please visit:

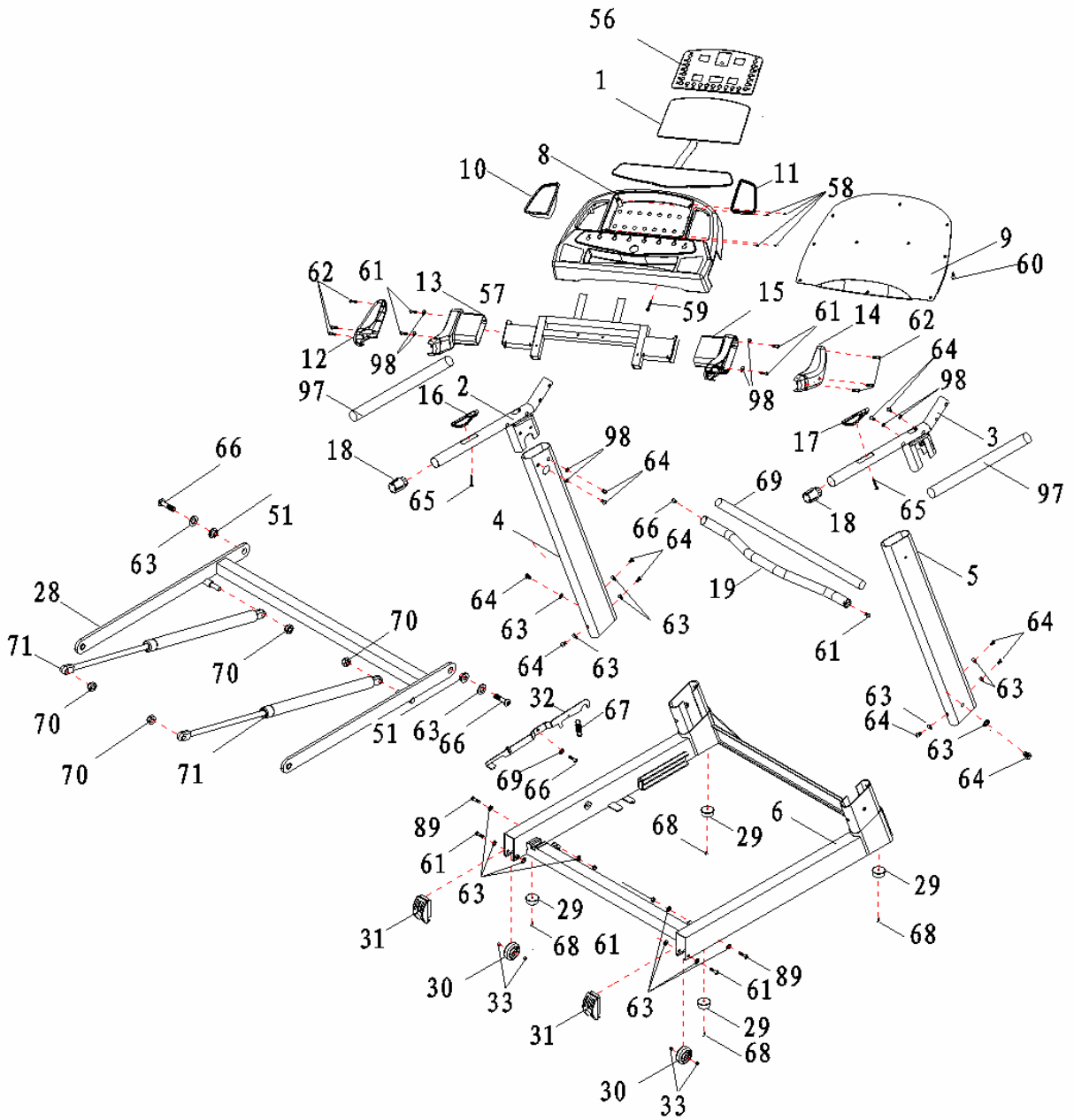
<http://www.warrantyform.lifespanfitness.com.au>

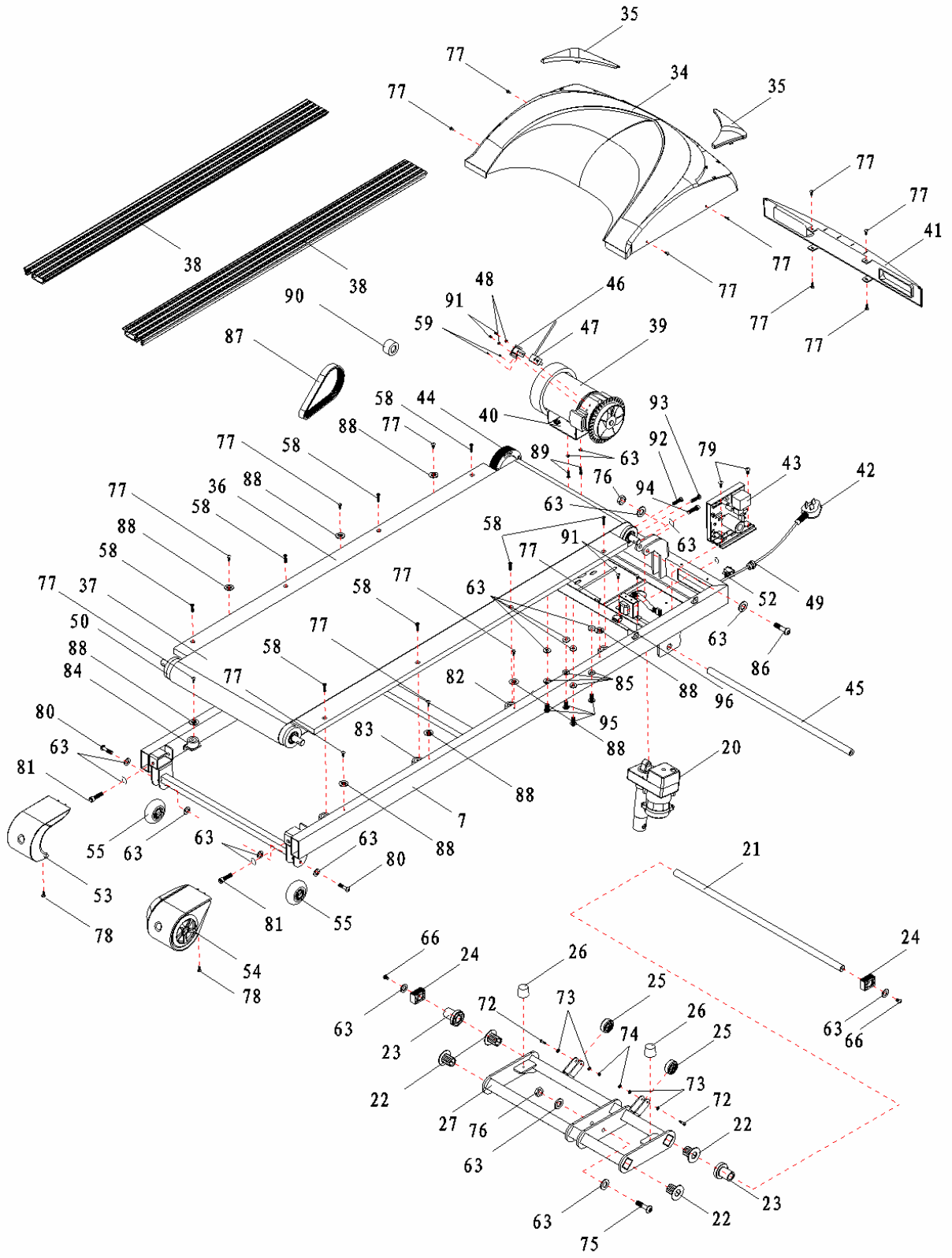
**PLEASE NOTE: YOUR WARRANTY IS ONLY VALID IF YOU CAN PROVE YOU ARE THE ORIGINAL PURCHASER ON THIS ITEM (i.e. A copy of the receipt, invoice, delivery date or internet confirmation).**





# EXPLODED DRAWING





# PARTS LIST

#	DESCRIPTION	REMARKS	QTY
1	COMPUTER		1
2	LEFT HANDLEBAR ASSEMBLY		1
3	RIGHT HANDLEBAR ASSEMBLY		1
4	LEFT UPRIGHT		1
5	RIGHT UPRIGHT		1
6	BASE FRAME		1
7	MAIN FRAME		1
8	COMPUTER TOP COVER		1
9	COMPUTER BOTTOM COVER		1
10	LEFT BOTTLE CONNECT BOARD		1
11	RIGHT BOTTLE CONNECT BOARD		1
12	LEFT OUTSIDE PLASTIC COVER		1
13	LEFT INSIDE PLASTIC COVER		1
14	RIGHT OUTSIDE PLASTIC COVER		1
15	RIGHT INSIDE PLASTIC COVER		1
16	LEFT HAND PULSE		1
17	RIGHT HAND PULSE		1
18	HANDLEBAR TUBE CAP		2
19	FRONT HANDLEBAR TUBE		1
20	INCLINE MOTOR		1
21	SLIDE TRACK AXIS CORE		1
22	MIDDLE HOLLOW INNER TUBE CAP		4
23	PLASTIC BEARING		2
24	SLIDE BLOCK		2
25	MOVING WHEEL		2
26	TAPER CUSHION		2
27	ADJUST BRACKET		1
28	SUPPORTING BRACKET		1
29	FLAT WASHER		4

#	DESCRIPTION	REMARKS	QTY
51	OILINESS BEARING		2
52	SWITCH		1
53	LEFT BACK COVER		1
54	RIGHT BACK COVER		1
55	WHEEL		2
56	COMPUTER LABEL		1
57	COMPUTER BRACKET		1
58	BOLT	M6*40	12
59	SCREW	ST2.9*6.5	39
60	SCREW	ST4.2*12	12
61	BOLT	M8*52	7
62	SCREW	ST4.2*12	6
63	FLAT WASHER	φ 10	16
64	BOLT	M10*25	12
65	SCREW	ST3.5*35	2
66	BOLT	M8*26	6
67	COMPRESS SPRING		1
68	SCREW	M6*16	4
69	WRAPPING	8 φ 39*φ31*720	1
70	NUT	M8	6
71	AIR PRESS CYLINDER		2
72	BOLT	M5*40	2
73	FLAT WASHER	5	4
74	NUT	M5	2
75	BOLT	M10*45	1
76	NUT	M10	2
77	SCREW	ST4.2*9.5	16
78	SCREW	ST2.9*9.5	2
79	SCREW	M5*12	2



30	CONVEY WHEEL		2	80	BOLT	M8*45	2
31	CONVEY WHEEL TUBE CAP		2	81	BOLT	M8*65	2
32	PEDAL CROSS		1	82	ROUND END CAP 1		4
33	CONVEY WHEEL TUBE CAP BUSHING		2	83	ROUND END CAP 2		2
34	MOTOR COVER		1	84	ROUND END CAP 3		2
35	MOTOR LIGHT COVER		2	85	SPRING WASHER	8	4
36	RUNNING BOARD		1	86	BOLT	M10*65	1
37	RUNNING BELT		1	87	BELT		1
38	SIDE RAIL		2	88	SIDE RAIL WASHER		8
39	DC MOTOR		1	89	BOLT	M8*30	4
40	MOTOR BASE		1	90	MAGNETIC RING		1
41	MOTOR COVER FRONT CAP		1	91	SCREW	M5*6	4
42	POWER CABLE		1	92	BOLT	M8*80	1
43	CONTROL BOARD		1	93	BOLT	M8*75	1
44	FRONT ROLLER		1	94	BOLT	M8*40	1
45	FRONT AXIS CORE		1	95	SCREW	M8*20	4
46	LIGHTPOWER PART		1	96	OVER LOADING PROTECTOR		1
47	LIGHTPOWER SENSOR		1	97	WRAPPING	$\phi$ 45* $\phi$ 37*320	2
48	SAWTOOTH LOCK WASHER		2	98	FLAT WASHER	$\phi$ 8	29
49	POWER CABLE CONNECTOR		1				
50	REAR ROLLER		1				





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