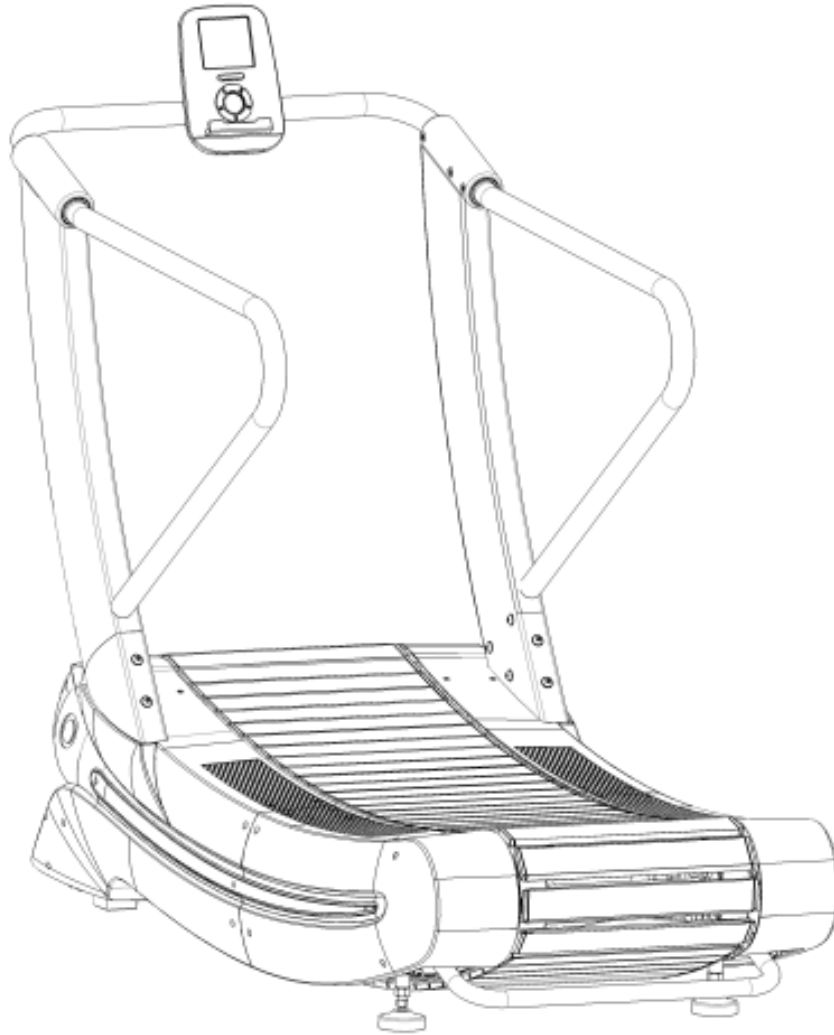


CORSAIR FREERUN 100 TREADMILL OWNER'S MANUAL



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 OPERATING INSTRUCTIONS	3
3.	PARTS LIST	4
4.	ASSEMBLY INSTRUCTIONS	7
5.	DISPLAY INSTRUCTIONS	9
6.	EXERCISE GUIDE	10
7.	MAINTENANCE INSTRUCTIONS	12
8.	WARRANTY	13

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.

- Read the entire owner's manual before operating the unit.
- Save this manual for future reference.
- Assembly of Technical Items: Assembly of the treadmill should be performed by a qualified technician. A significant amount of technical knowledge is required for the safe and complete assembly of the unit.
- Do not use accessory attachments that are not recommended by Lifespan Fitness. Such attachments may cause injuries.
- Assemble and operate the treadmill on a solid, level surface.
- All warning labels attached directly to the treadmill must remain installed. If a warning label becomes illegible or damaged, please contact Lifespan Fitness for a replacement.
- Maintain the treadmill to keep it in good working condition, as described in this manual. Inspect the treadmill for incorrect, worn, or loose components, and then correct, replace, or tighten prior to use.
- If you plan to move the treadmill, obtain help and use proper lifting techniques.
- Do not attempt to service the treadmill yourself, except to follow the maintenance instructions in this manual.
- The equipment should
- Move the treadmill with 2 person and use proper lifting technique to avoid injury.

2. IMPORTANT OPERATING INSTRUCTIONS

- Do not use while under the influence of alcohol, drugs, or narcotics.
- Do not allow children, or people unfamiliar with the operation of this treadmill, on or near it. Do not leave children unsupervised around the treadmill.
- Do not allow children under the age of 16 to use the treadmill without supervision.
- Do not allow animals on the treadmill.
- Examine the treadmill for loose or worn parts before each use. Tighten/replace any worn or loose components prior to use.
- Do not use outdoors or in high humidity.

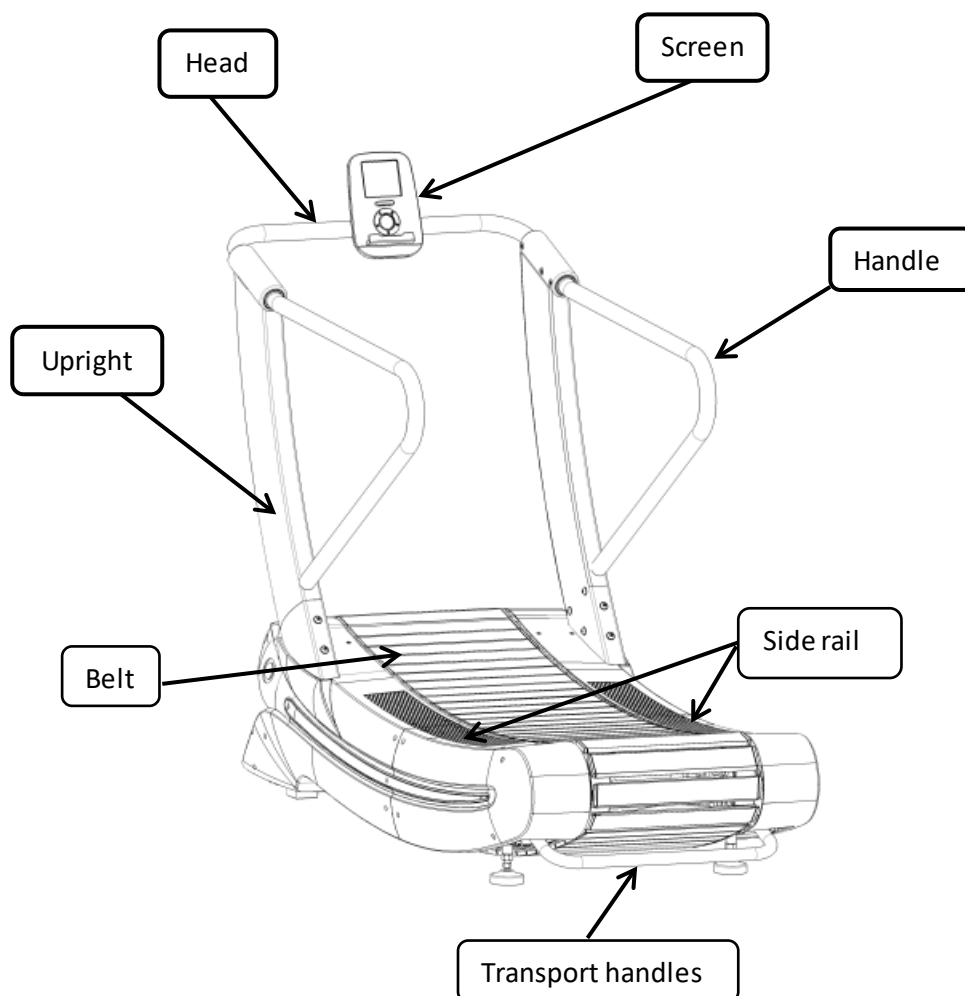
 **WARNING:** The treadmill is non-motorized and means the user initiates and controls the speed of the running belt. There is no emergency stop feature and the treadmill will slow to a stop on its own.

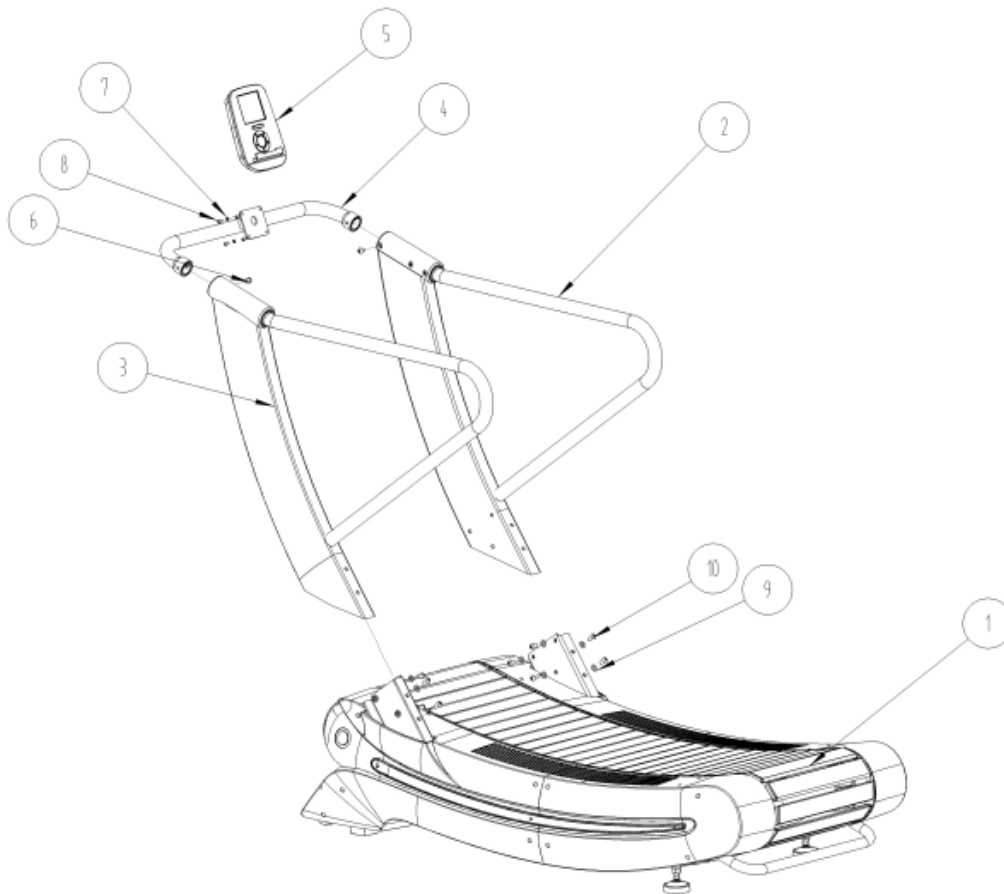
 **WARNING:** The belt moves freely in only one direction. Grasp the handrails whenever mounting and dismounting the treadmill.

- ❑ Do not operate the treadmill without the handrail installed.
- ❑ Do not use the treadmill with walking poles or other devices not specifically approved by Lifespan Fitness.
- ❑ Never jump onto the treadmill. Never jump from the treadmill. Never enter the treadmill from the front. Operate treadmill only when facing forward. Never attempt to mount or dismount the treadmill while the belt is moving.
- ❑ Hold on to the handrail with one hand whenever you operate the console keys with the other hand. Face the console and do not lean on or pull on the console at any time.
- ❑ Never drop or insert objects into any opening.
- ❑ Keep hands away from moving parts.
- ❑ Wear proper exercise clothing and shoes for your workouts and avoid loose or dangling clothing. Tie long hair back. Do not wear shoes with heels and check the soles of your shoes to remove any dirt and embedded stones. The running surface is not intended for cleats or running spikes.
- ❑ Save these instructions.

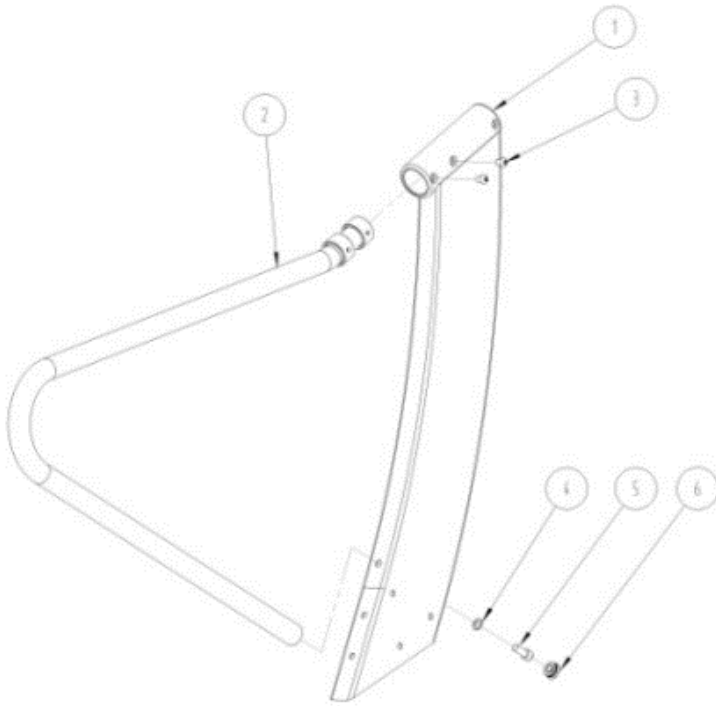
3. Parts List

***Some parts may be partially fixed on the machine.**

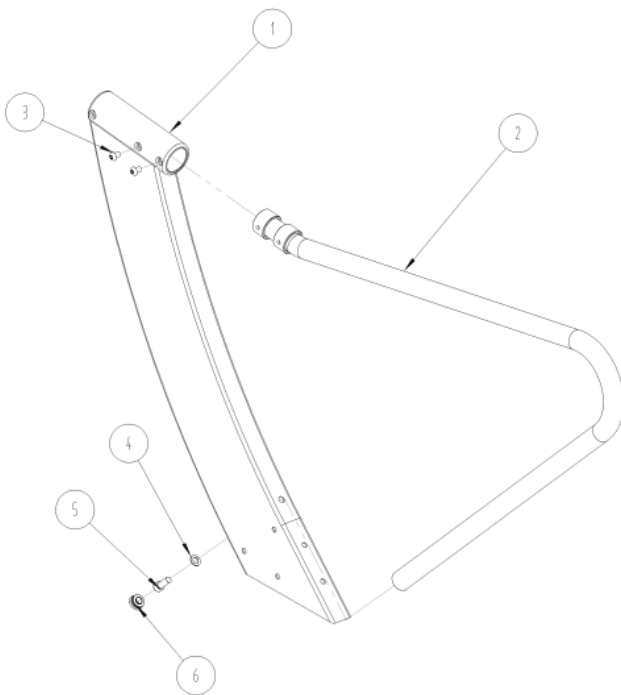




Item	Part name	Spec.	Qty.
1	Frame		1
2	Main handrail frame (right)		1
3	Main handrail frame (left)		1
4	TZ-04-SP03-0412 Console holder		1
5	TZ-06-SP03-0616 Console		1
6	M10X15L-N2 Hexagon socket head screw	15mm long	1
7	Spacer		2
8	M5X12I-A1 Cross head bolt	12mm long	4
9	Spacer		4
10	N10X20L-N2 Hexagon socket head screw	20mm long	10



Item	Part name	Spec.	Qty.
1	Stud welding		1
2	TZ-04-SP03-0410 Handrail frame welding set		1
3	M5X12L-A2 Hexagon socket head screw	12mm long	2
4	Spacer		1
5	Hexagon socket cap screws		1
6	601 Plastic cap screws		1

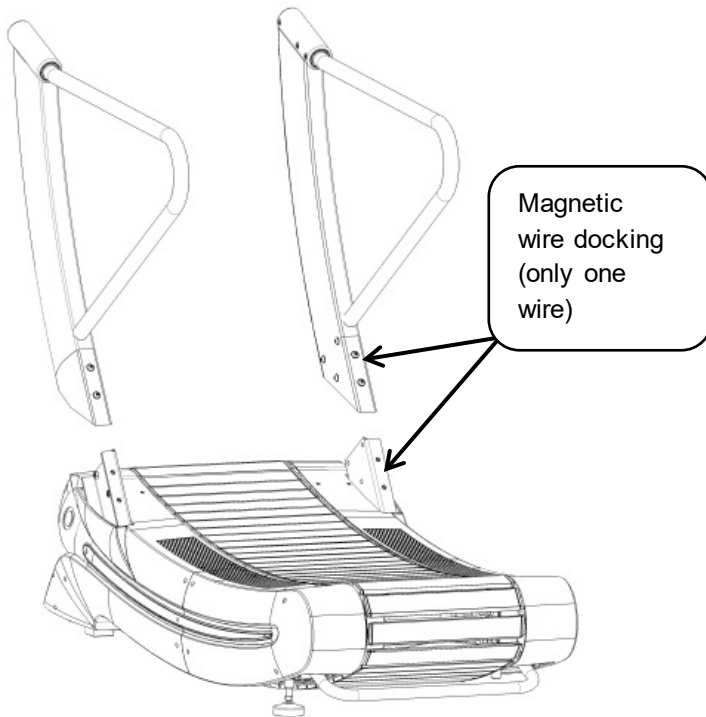


Item	Part name	Spec.	Qty.
1	Stud welding		1
2	TZ-04-SP03-0410 Handrail frame welding set		1
3	M5X12L-A2 Hexagon socket head screw	12mm long	2
4	Spacer		1
5	Hexagon socket cap screws		1
6	601 Plastic cap screws		1

Important Note:

- As a result of the large size of the treadmill, please select the location where the treadmill will be placed and ensure there is enough space around it.
- Place all parts of the treadmill in the empty area and remove all packing materials. Do not discard the packing materials until the assembly work is completed.
- All bolts must be tightened during the assembly process unless otherwise stated, and all bolts must be tightened when the assembly work is completed.
- When assembling the treadmill, please make sure all parts are assembled according to the assembly drawing.

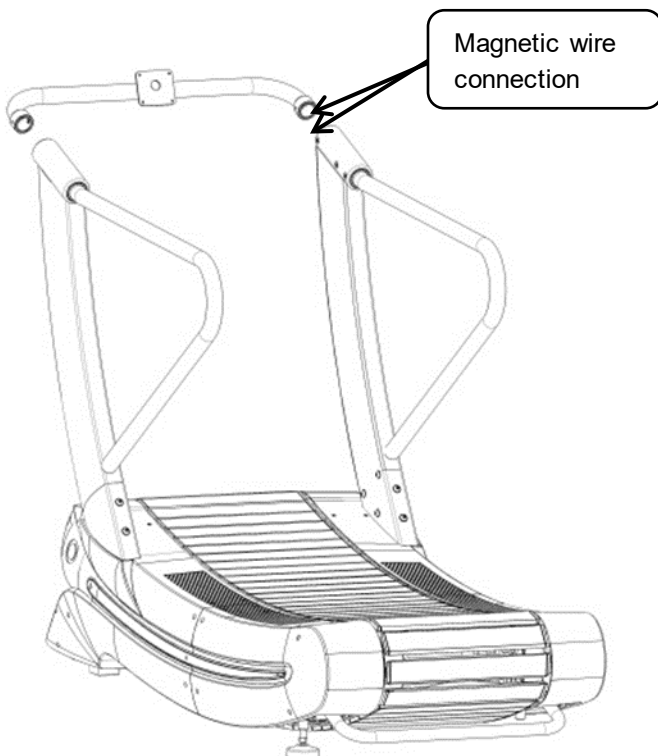
4. ASSEMBLY INSTRUCTIONS



Step 1

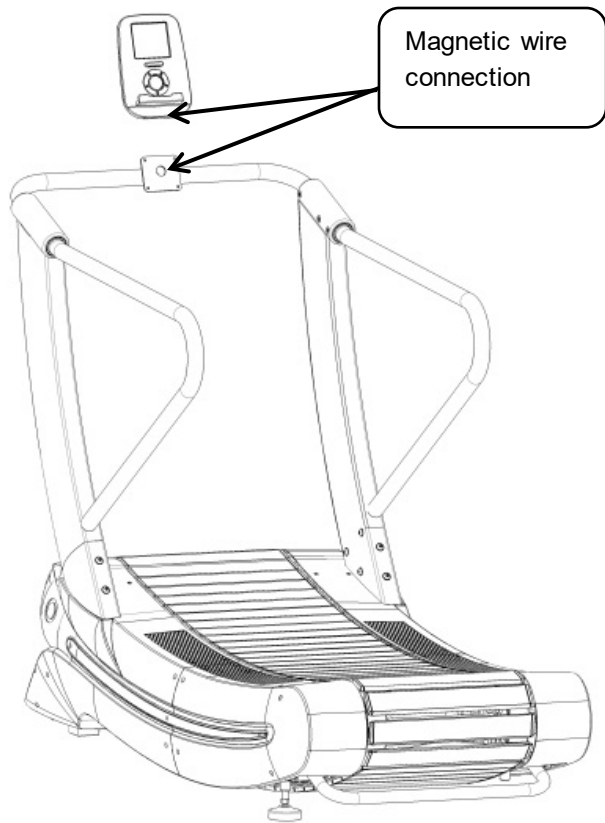
1. Remove the L/R columns from the packing materials.
2. Attach the columns to the main frame as shown in the figure.

Note: The magnetic wire will need to be connected, see below where cables are located.



Step 2

1. Connect the magnetic wire line for the console holder to the magnetic wire line of the upright.



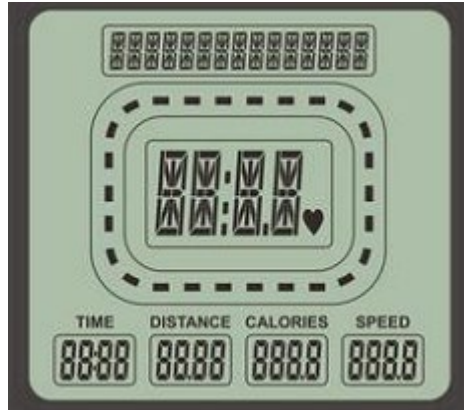
Step 3

1. Connect the magnetic wire line for the console to the magnetic wire line of the console holder.
2. After connecting magnetic wire line, place the console at the joint and fasten with the bolts.
3. Check the running belt is running smoothly and turn on the display to check the data is counting correctly.
4. Ensure all bolts are tightened properly.

Using the treadmill

1. Step on the running belt and start your exercise, e.g. walking, jogging, running. Turn on the console by pressing the power button.
2. To stop, hold on to the handles and slow down to a walking pace. Once at a slower pace, you can step on the side rails.

5. DISPLAY INSTRUCTIONS



1. Home page

Interface displays time, distance calories and speed.



2. Buttons



Start/Stop button: In standby mode, all numbers will start counting only when you click the button.



Numerical + key: Used to adjust the data value.



Numerical – key: Used to adjust the data value.



Program setting key: Click this key to start program settings.



Reset key: Hold button for 3 seconds to clear settings. Hold this key for more than 3 seconds to return to initial interface – all data will be reset.



Enter key: Enter key to select data and program selection.

6. EXERCISE GUIDE

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

The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as an exercise aid in determining heart rate trends in general.

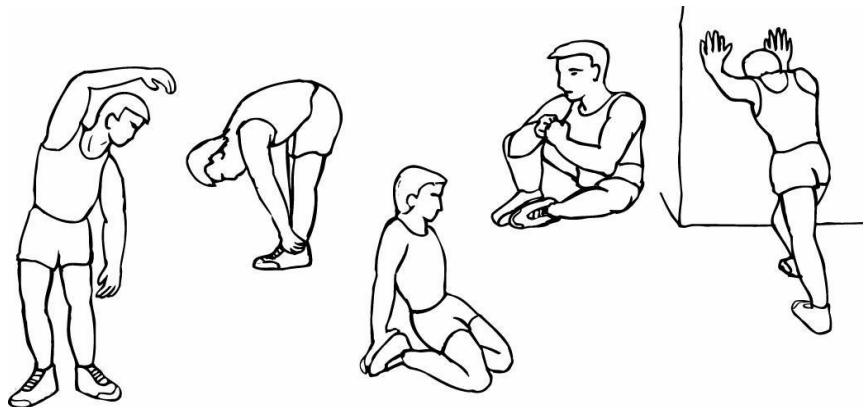
Exercising is great way to control your weight, improving your fitness and reduce the effect of aging and stress. The key to success is to make exercise a regular and enjoyable part of your everyday life.

The condition of your heart and lungs and how efficient they are in delivering oxygen via your blood to your muscles is an important factor to your fitness. Your muscles use this oxygen to provide enough energy for daily activity. This is called aerobic activity. When you are fit, your heart will not have to work so hard. It will pump a lot fewer times per minute, reducing the wear and tear of your heart.

So as you can see, the fitter you are, the healthier and greater you will feel.

Warm-up

Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.



Training Zone Exercise

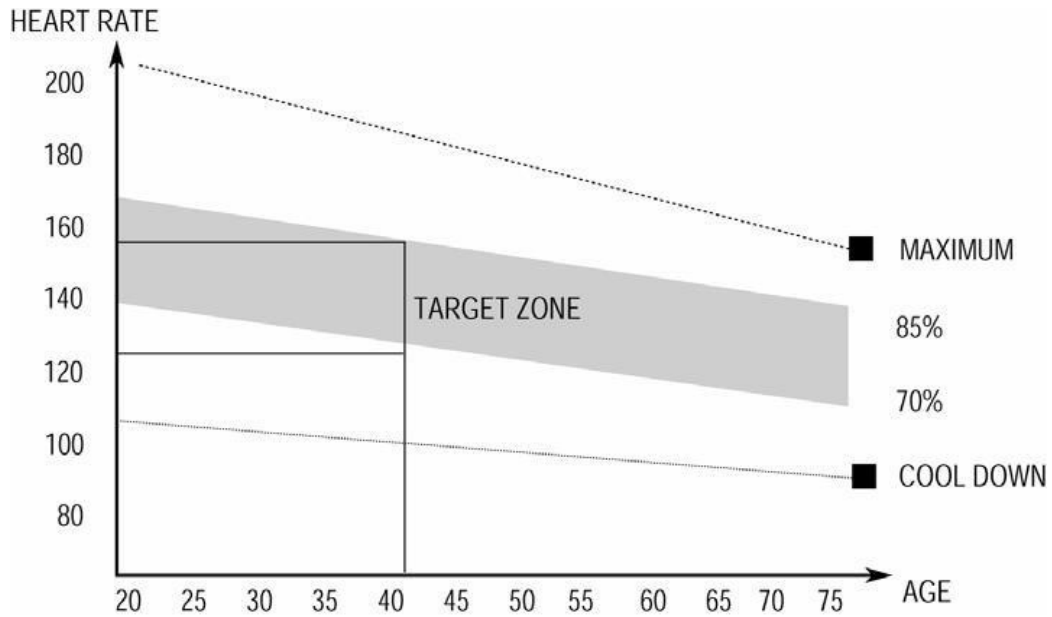
After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise.

Cool Down

Finish each workout with a light jog or walk for at least 1 minute. Then complete 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

Workout Guidelines

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.

7. MAINTENANCE INSTRUCTIONS

Reasonable cleaning/lubricating should be made to extend the lifetime 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.

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 daily. Allow to dry before using.
- Vacuum underneath the treadmill for dust and debris.

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

8. WARRANTY

AUSTRALIAN CONSUMER LAW

Many of our products come with a guarantee or warranty from the manufacturer. In addition, they come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage.

You are entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure. Full details of your consumer rights may be found at www.consumerlaw.gov.au

Please visit our website to view our full warranty terms and conditions:
<http://www.lifespanfitness.com.au/warranty-repairs>

Warranty and Support:

Please email us at support@lifespanfitness.com.au for all warranty or support issues.

For all warranty or support related enquiries an email must be sent before contacting us via any other means.