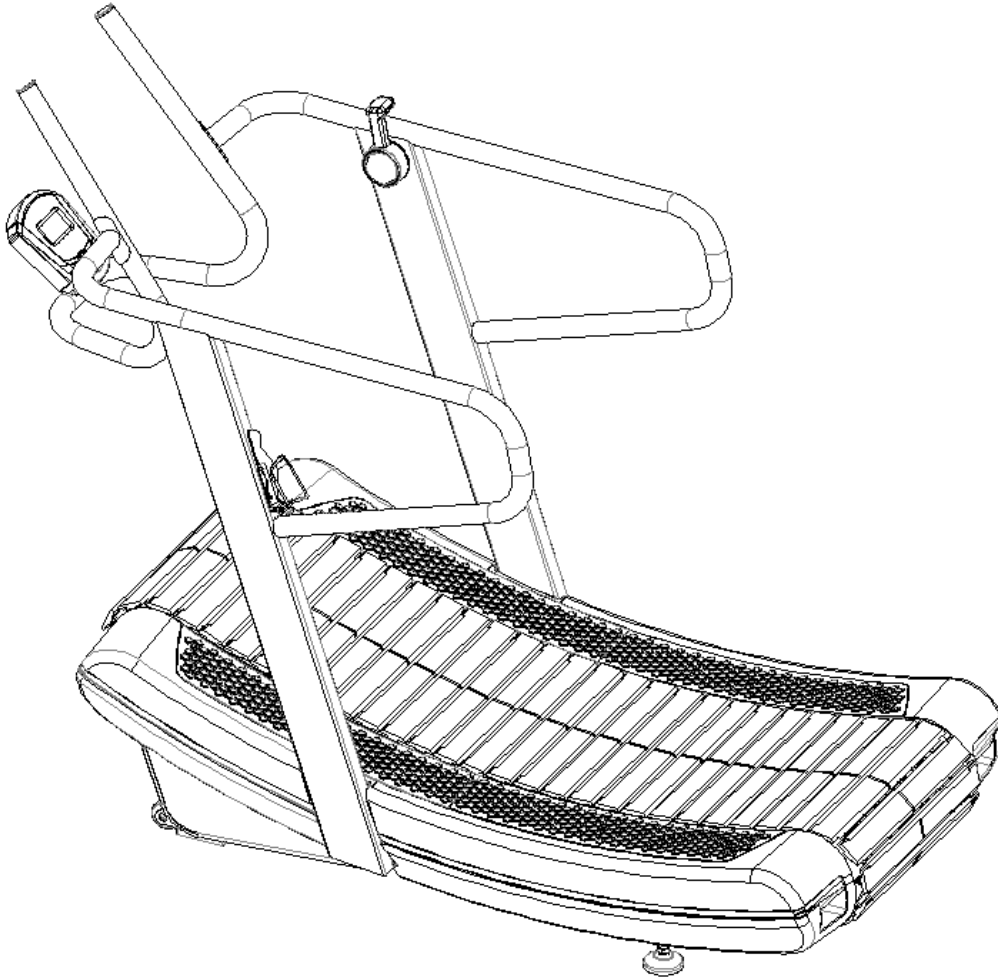


CORSAIR TREADMILL

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.

NOTE: This manual may be subject to updates or changes. Up to date manuals are available through our website at www.lifespanfitness.com.au

TABLE OF CONTENTS

1.	IMPORTANT SAFETY INSTRUCTIONS	3
2.	IMPORTANT OPERATING INSTRUCTIONS	4
3.	ASSEMBLY INSTRUCTIONS	5
4.	FEATURE & FUNCTION	6
5.	OPERATION GUIDE	9
6.	EXERCISE GUIDE	10
7.	MAINTENANCE INSTRUCTIONS	12
8.	WARRANTY	14

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.
- 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.
- 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.

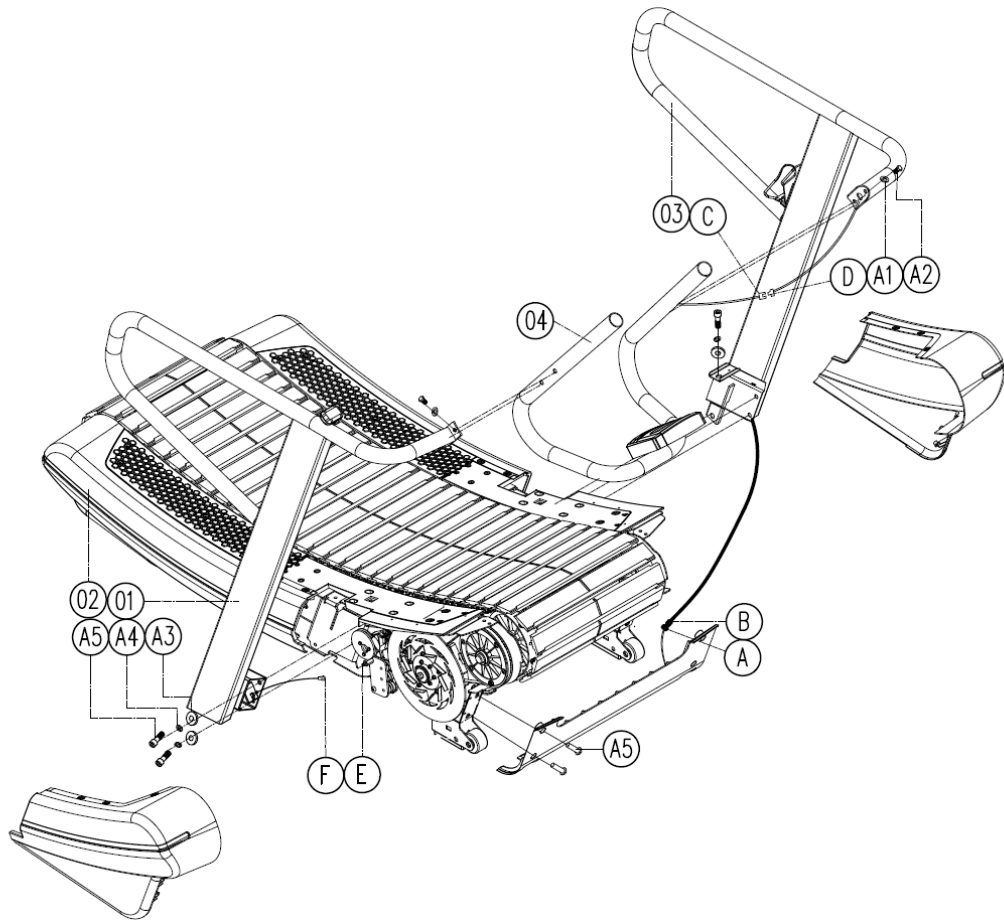
 **WARNING:** The treadmill is non-motorized and means the user initiates and controls the speed of the running belt. There is no emergency stop feature and the treadmill will slow to a stop on its own.

 **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. ASSEMBLY INSTRUCTIONS



Step 1: Remove the left and right shell plastic parts on the underpan as shown in the above picture.

Step 2: Connect 01 (right handrail), 03 (left handrail), 02 (underpan) with A3 ($\Phi 10$ flat gasket), A4 ($\Phi 10$ spring shim), A5 (M10*25 hexagon socket head cap screw).

Step 3: Fix F (brake line) extended from 01 (right handrail) in E (fixed screw) of the 02 (underpan).

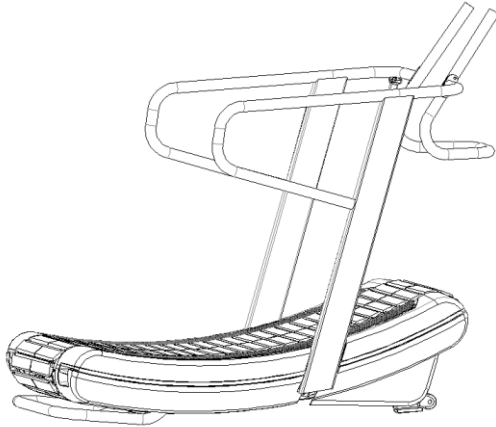
Step 4: Connect data line B, D of the 03 (left handrail) with A of 02 (underpan) and C of 04 (handlebar).

Step 5: Connect 01 (right handrail) and 03 (left handrail) with A1($\Phi 8$ flat gasket), A2 (M8*25 hexagon socket head cap screw); Then fixed the front plastic parts with A5 (M6*20 cross-half-round head screw); In the final, assemble the left and right front plastic parts on the underpan.

4. FEATURE AND FUNCTION

1. No motor, Green Initiative

X11 is powered by the self-directed movement of the exerciser, without the need for electricity, and consumes 100% of human energy, that is a low-carbon "footprint", which is more energy efficient and environmentally friendly than traditional treadmills. The crawler system consists of precise mechanical parts, which makes the movement more stable and safer, and the maintenance cost is close to zero.



Curved Board Free Moving

2. More humanized speed regulation training

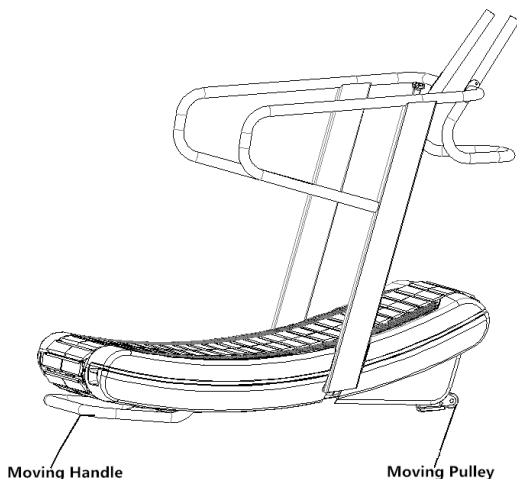
X11 operation is entirely up to the exerciser, X11 cambered surface design make the exerciser after a cold start, according to oneself physical ability to rapid acceleration, and according to exerciser's walking, running, climbing or run at full speed and other forms of different sports, etc. Move at the same pace. Move to the front of the pedal to accelerate the pace or move to the back side to slow down the pace.

3. Curved running platform is more comfortable

Curved running platform is designed to better fit the running track curve of both feet, effectively improving the comfort of ankle joint and reducing joint impact.

4. Crawler-type running belt

X11 adopts crawler-type running belt, which is formed by advanced composite materials and includes a soft shock absorber, which meets the requirement of high service life under high load. Firm but do not lose flexibility, absorb the impact of running greatly, reduce the damage of motion to joint.



5. Firm, durable and easy to move

X11 not only has steel frame, handrail, anti-corrosion hardware, but also has high strength, high durability caterpillar belt. Through the pulley at the bottom and the handle at the rear end of the product, you can easily and quickly move to the right position.

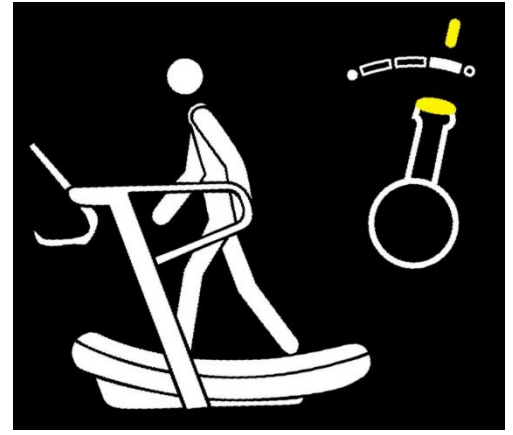


Various of Sports Training Methods



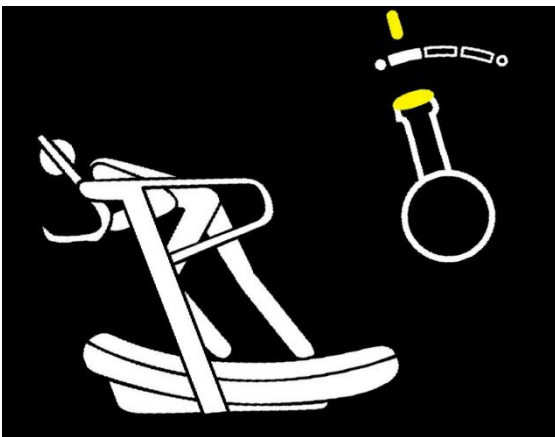
SPEED

TT-X11 treadmill allows users to run slowly from jogging to full sprint without any adjustment.



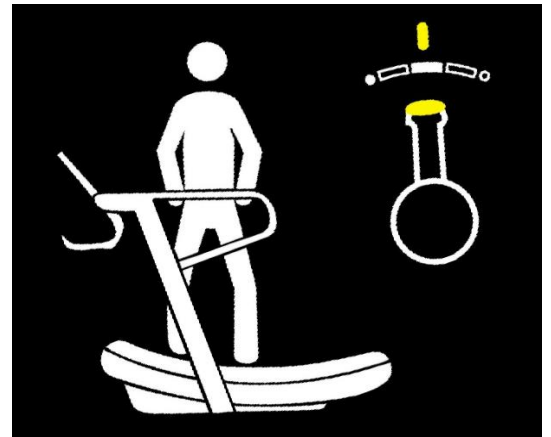
ENDURANCE

TT-X11 treadmill provides users with unique training methods to enhance aerobic and anaerobic training, thereby improving speed and endurance.



STRENGTH

TT-X11 treadmill achieves the purpose of training by pushing the user's lower body and pushing the body forward on the treadmill. This process includes the lower part and upper part, side pushing and side pulling.



QUICK-RESPONSE

TT-X11 treadmill improves user mobility and ability, including Carioca movement and knee lifting.

5. OPERATION GUIDE

Display

Time:	00:00 ~ 99:59 Min:Second
Speed:	0.0 ~ 999.9 Km/Hour
Path:	0.00 ~ 99.99Km
Calories:	0.0 ~ 999.9 Kilocalorie
Total path:	0.00 ~ 99.99 Km

Key Functions:

“MODE” key: Choose and check certain function, press and hold the “MODE” key for 3-4 secs, the electronic watch will be reset.

“SET” key: Set the current value of certain function being displayed (it is valid in non-scanning state and invalid for the total distance).

“Reset/Delete” key: Reset or delete the current date (it is valid in non-scanning state and invalid for the total distance).

Operational process:

1. Automatic switch

<1> When press the key or sensor signal input, it will open automatically.

<2> When there is no key press or sensor signal input, it will off automatically after four mins.

2. Operation and setting methods & steps:

<1> Time (TIME): Measure the time from the start of the exercise to the stop of the exercise;

<2> Speed (SPEED): Measured as an instantaneous speed, reflecting the speed of the movement;

<3> Distance (DIST): Measures the distance traveled from the start of exercise to the stop of exercise;

<4> Calorie (CAL): Measures the number of calories (i.e., calories) consumed from the start of exercise to the end of exercise;

<5> TOTAL Measure (TOTAL): Measure the total distance when exercising. It starts counting based on the original data when there is a signal input. (Note: The data is cleared only when the battery is re-powered);

<6> Scan (SCAN): Automatically displays each counter value;

①time ②speed ③distance ④calories ⑤total distance

Battery:

Replace the battery if the display is not clear;

This display watch uses two "AA" or one "AAA" batteries, and a single watch uses a "1.5V" button battery;

Replace both parts at the same time when replacing the battery.

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.

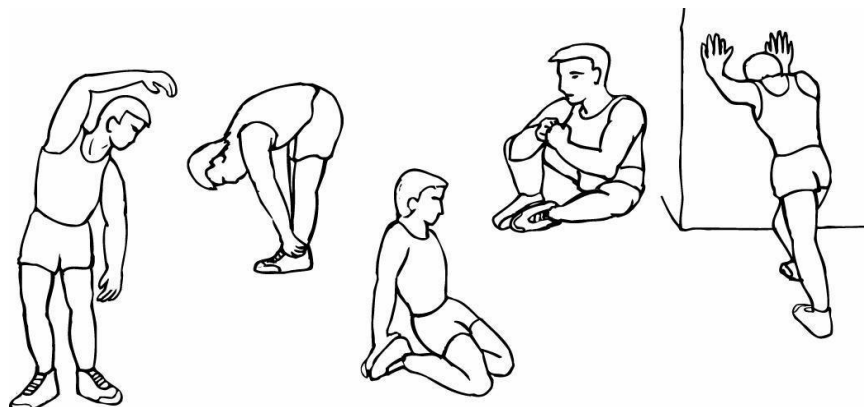
Exercising is great way to control your weight, improving your fitness and reduce the effect of aging and stress. The key to success is to make exercise a regular and enjoyable part of your everyday life.

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

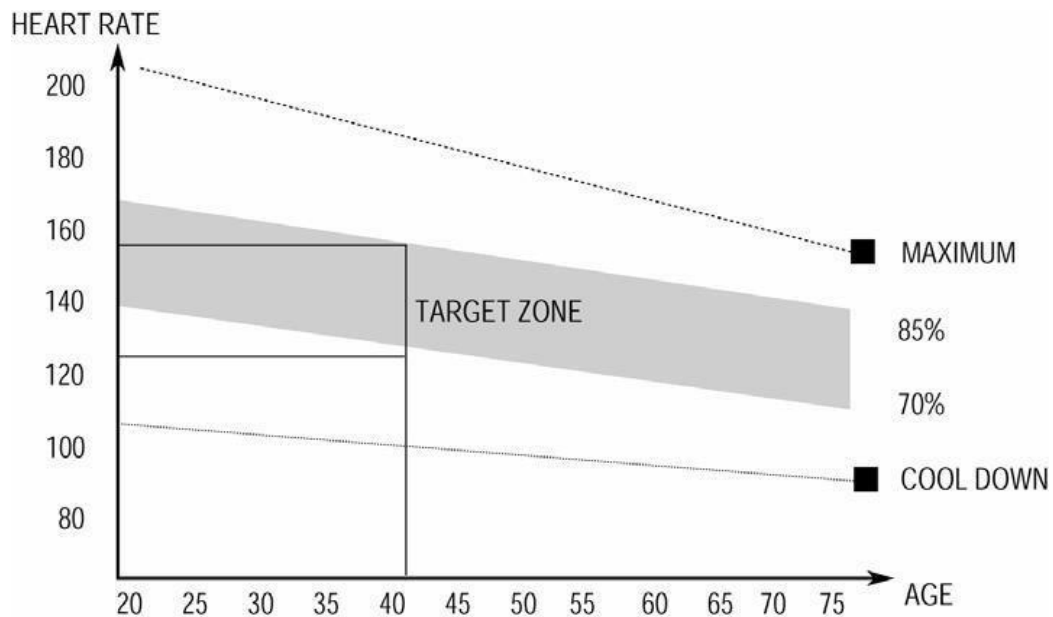
After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise.

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 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.

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

Troubleshooting

Condition	Potential Causes	Solutions
Console will not turn on.	a. Batteries installed incorrectly.	a. Check battery orientation and correct it.
	b. Batteries are dead.	b. Replace the battery.
Console powers on but metrics do not post.	a. One of the three speed sensor cables are damage or disconnected.	a. Check for damage and proper connections.
	b. The speed sensor and magnet are not correctly aligned.	b. Adjust the speed sensor positioning.
Running belt is difficult to move.	a. An item is wedged in the running belt path.	a. Lift edges of belt to locate and remove debris.
	b. A support bearing or guide pulley has seized.	b. Check the 100 support bearings and 12 guide pulleys. Replace as needed.
Squeaking or rubbing noise or slight grinding feeling coming from belt.	a. Running belt is improperly tensioned.	a. Realign/re-tension running belt
	b. The twelve running belt guide pulleys require lubrication.	b. Apply a drop of silicone based lubricant to each guide pulley.

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.