EVEREST
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

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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
- 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 is not suitable for commercial environments.
- 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 heat 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

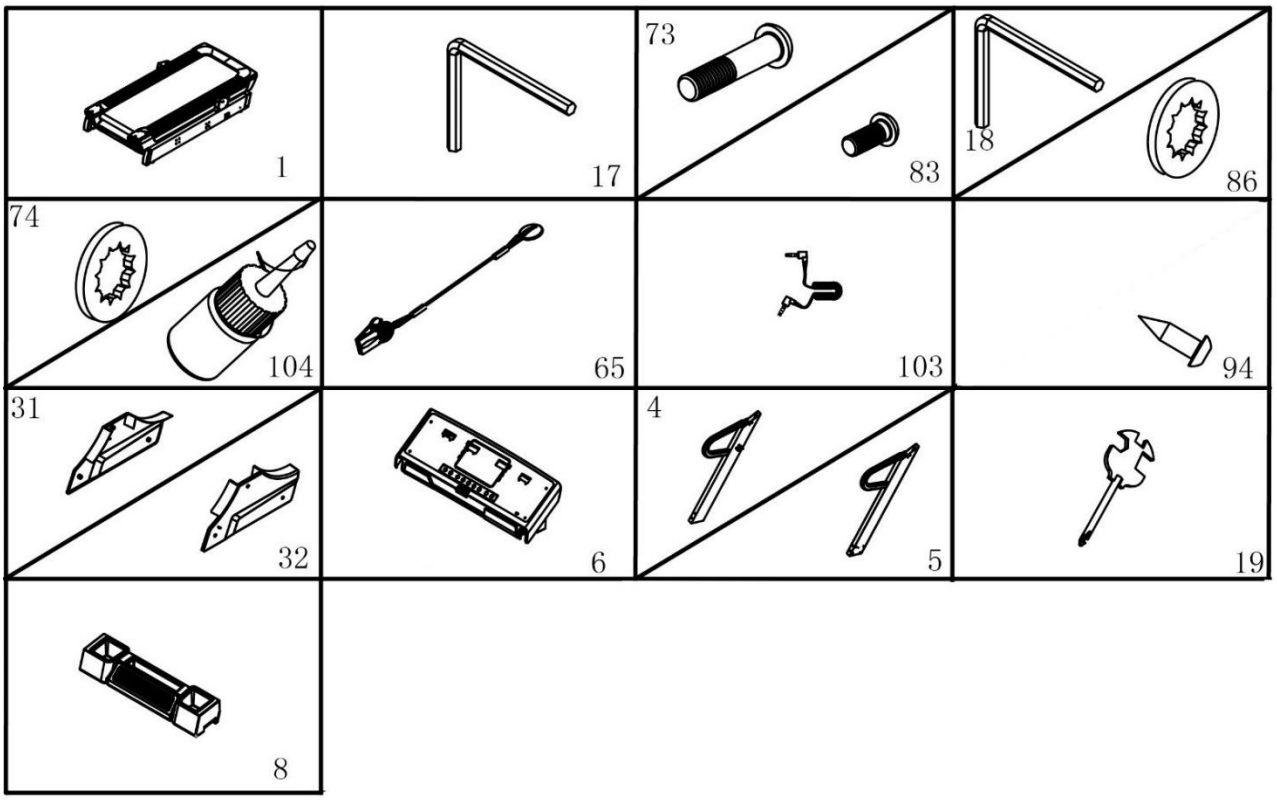
WARNING!

- 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.
- Belt wear-in period: all treadmills make a certain type of thumping noise due to the belt riding over the rollers, especially new treadmills. This noise will diminish over time, although may not completely go away. The belt will stretch over time, causing it to ride smoother over the rollers.

4. ASSEMBLY INSTRUCTIONS



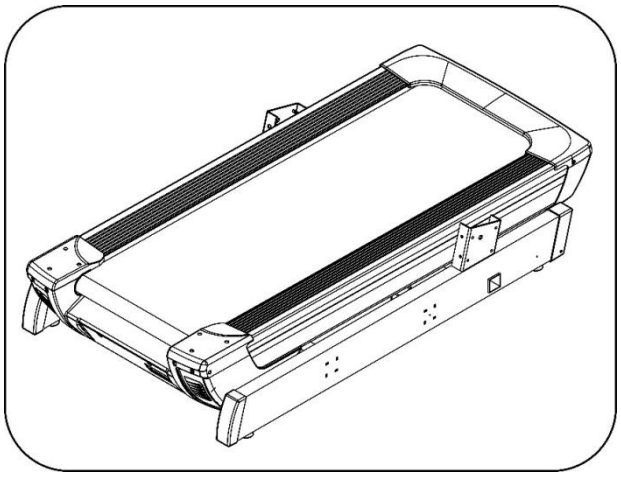
NO.	DES.	SPECIFICATION	QTY	NO.	DES.	SPECIFICATION	QTY
1	Main Frame		1	65	Safety key		1
17	5#Allen Wrench		1	94	Bolt	4.2*19	8
73	Bolt	M10*15	12	31	Left base Cover		1
83	Bolt	M8*16	8	32	Right base Cover		1
18	6#Allen Wrench		1	4	Left Upright Tube		1
86	Lock washer	8	8	5	Right Upright Tube		1
74	Lock washer	10	12	19	Wrench W/Screw	S=13、14、15	1
104	Oil Bottle		1	8	Water Bottle Tube		1
103	MP3 Wire		1				

FIXING TOOLS:

5# Allen Wrench 5mm, 1pcs

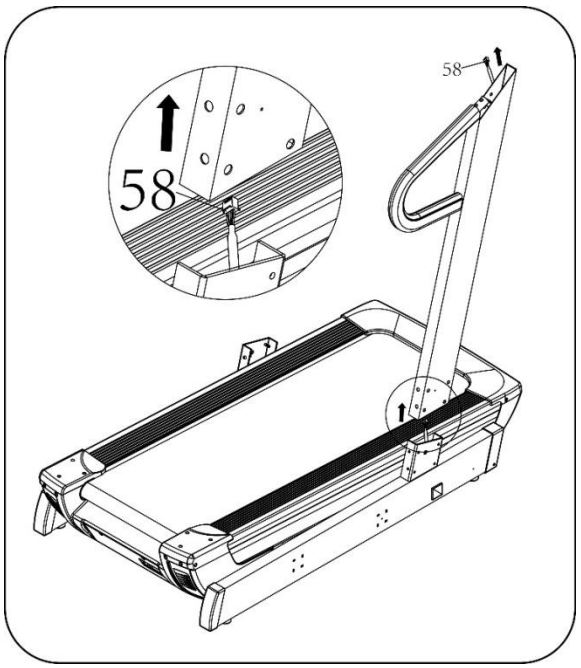
Wrench with screw driver S=13, 14, 15, 1pcs

STEP 1:



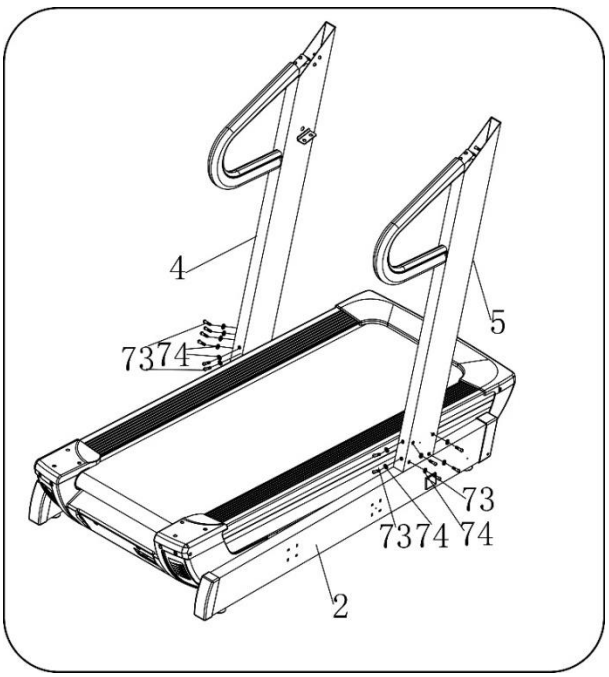
1. Open the carton, remove the parts from the box and place the Main Frame on level ground.

STEP 2:



2. Go through computer bottom wire (58) to the right upright.
   Do not let the thread drop into the Right Tube after the line is taken out so as to connect it to the computer up wire (57).

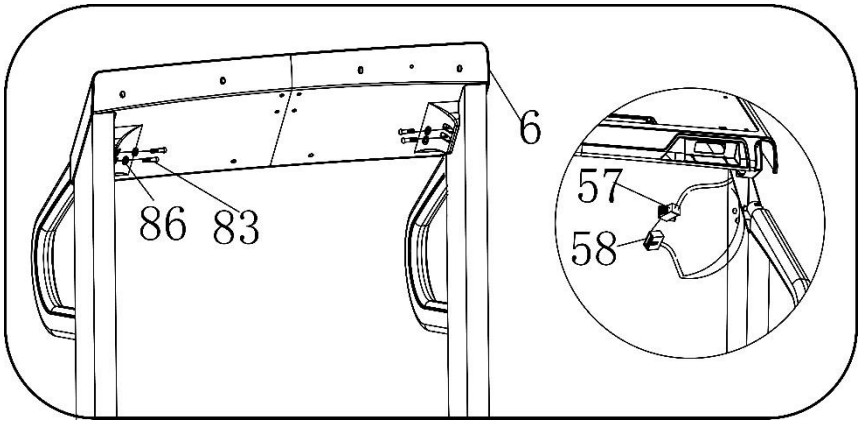
STEP 3:



3. Use the 6# Allen wrench (18), and attach Bolt M10*15(73) to Lock Washer (74), to secure the Right upright (4) and Base Tube (2).

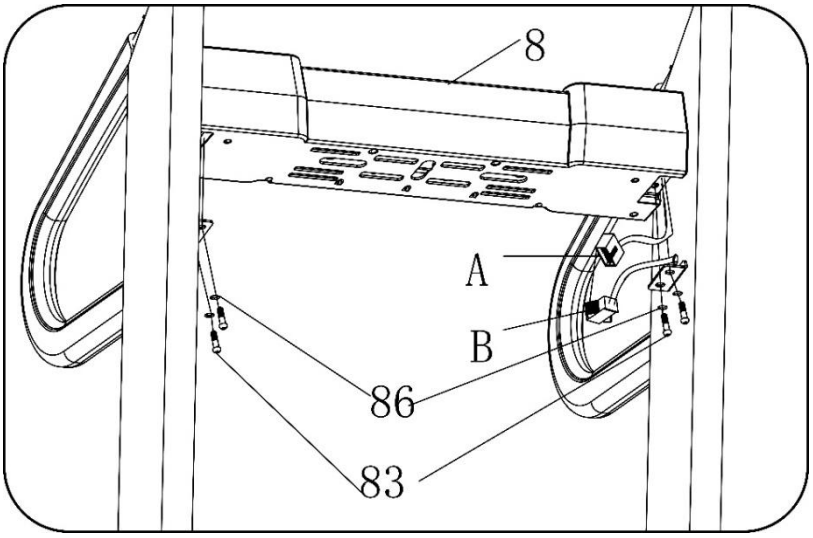
   Repeat the same for left side.

STEP 4:



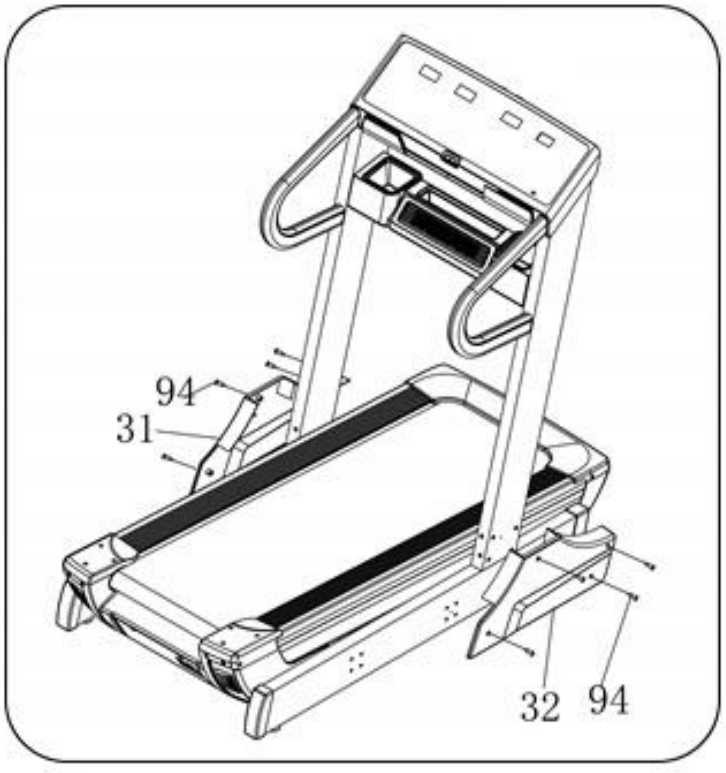
4. Connect the computer up wire (57) with computer bottom wire (58), and put them inside the upright tube. Install the Computer Bracket (6) to the Left/Right Upright.
   Use the 5# Allen wrench (17) to lock bolt (83) and Lock washer (86) to computer bracket (6) and Left/Right upright. Refer to picture on left.

STEP 5:



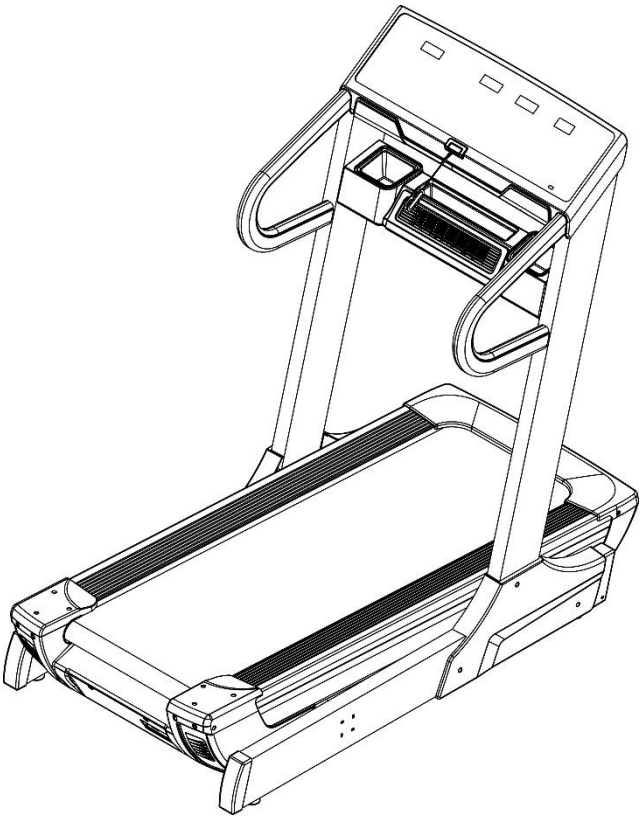
5. Connect Water Bottle Tube (8) to the computer up wire and computer bottom wire. Put them inside the upright tube. Connect Water Bottle Tube (8) to the left/Right Upright. Use the 5# Allen wrench (17) to lock bolt (83) and Lock washer (86) to the computer bracket and Left/Right upright. Refer to picture on left.

STEP 6:



7. Use Wrench W/Screw, drill through the Bolt 4.2*19 (94) to right base cover(32) Refer to picture on left.

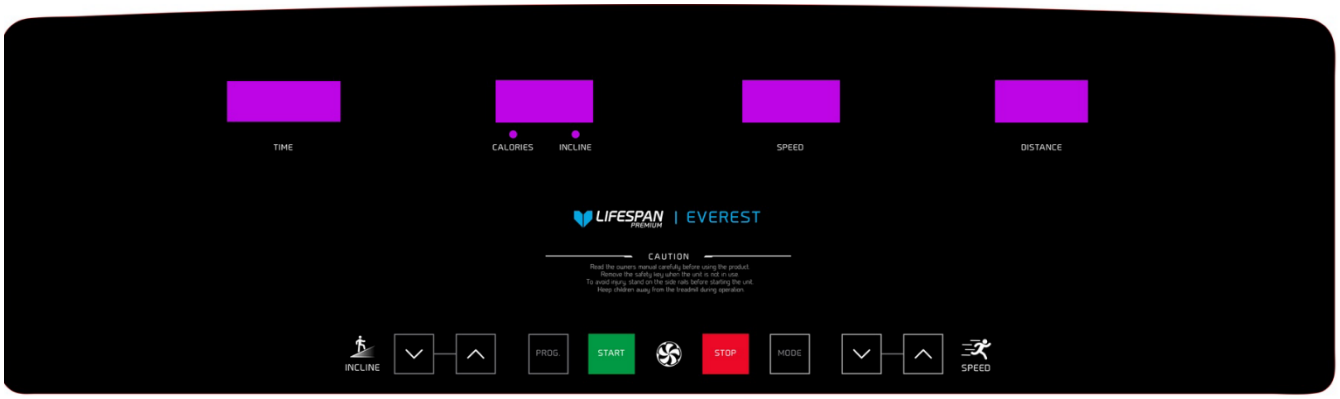
STEP 7:



8. Put the safety key (65) on the computer.

5. OPERATION GUIDE

1. OVERVIEW



2. LCD WINDOW DISPLAY

SPEED: Show speed, or show P1-P16 when setting programs, from 1.0-24.0KM/h
TIME: Show time, from 0.00-99.90
DIST.: Show distance, from 0.00-99.90
CAL: Show the calories, show 0.0-999.0

3. BUTTON FUNCTIONS

“PROGRAM” button: Press this button to choose program from manual mode—P01----P16--FAT;

“MODE” button: When machine in ready state, press this button to choose the mode: mode-time count down, mode-distance count down, mode-calories count down;

“START” button: Press this button to start the machine, the machine will run at the lowest speed or at the speed of default program after 3 seconds time count down;

“STOP” button: Press this button to stop the machine, the machine will stop smoothly;

“SPEED+”-: Adjust the speed. Press the button to adjust the speed when running, and adjust the data when stop;

“SPEED**+**”, “SPEED-”: Adjust the speed. Press the button to adjust the speed when running, and adjust the data when stop;

“INCLINE+”, “INCLINE -”： -6-20 sectional incline.

Adjust the incline. Press the button to adjust incline section when run, and adjust the data when stop;

FAN: On/off the fan.

4. MAIN FUNCTION

Open the power switch, the window will light, the machine will enter into ready state.

4.1. START-UP QUICKLY (MANUAL)

Attach the magnet end of the safety pulling rope to the computer, press ‘START’ button to start the machine, it will run at the lowest speed, press SPEED+/- to adjust the speed. When you would like to stop machine, press the ‘STOP’ button or take out the safety key directly

4.2. COUNT DOWN MODE

Press the 'MODE' button, it can choose time countdown mode, distance count down mode, calories, count down mode, and the window will show the default data and glitter. At the same time, press SPEED +/- to set the data.

Press 'START' button, the machine will run at the lowest speed, you can press SPEED +/- to change the speed. When it counts down to 0, the machine will stop smoothly. Certainly, you can press 'STOP' button or take out the safety key from the computer to stop the machine.

4.3 INNER INSTALL PROGRAM

Press 'PROG' button to choose the inner install program from P0----P16. When set the program, the time window will show default data and glitter, press SPEED+/- button to set the running time.

Press 'START', the machine will run at the first section speed. When the section is over, it will enter into next section automatically, the speed will change as next section data. When finish one program, the machine will stop smoothly.

During the running, you can change the speed by the SPEED +/- you can change the incline by the "INCLINE+", "INCLINE –" whenever, When the program enter next section will come back to the current speed. And you can press 'STOP' or take out the safety key to stop the machine whenever.

5. PROGRAM TABLE

Primary Training 1					
Inverval	**< Fixed > Distance (KM)**	**<Fixed> Speed (KM／H)**	**<Calculation prediction> Time (S)**	**<Calculation prediction> Time (H :M:S)**	**<Fixed> INCLINE (%)**
1	0.00	4.8	0	00:00:00	0
2	1.11	7.0	833	00:13:53	0
3	1.69	7.0	1129	00:18:49	1
4	2.38	7.0	1484	00:24:44	1
5	2.95	7.0	1779	00:29:39	2
6	3.41	7.0	2016	00:33:36	2
7	4.18	7.0	2413	00:40:13	3
8	4.92	7.0	2794	00:46:34	3
9	5.66	7.0	3175	00:52:55	4
10	6.25	7.0	3478	00:57:58	4
11	6.42	3.2	3562	00:59:22	0
12	6.59		3750	01:02:30	
	< Fixed > Total Distance (KM)		**<Calculation Prediction> Total Time (H :M:S)**		

Primary Training 2					
NO	**<Fixed > Distance (KM)**	**<Fixed> Speed (KM／H)**	**<Calculation prediction> Time (S)**	**<Calculation prediction> Time (H :M:S)**	**<Fixed> INCLINE(%)**
1	0.00	4.8	0	00:00:00	0
2	0.24	7.0	180	00:03:00	0
3	0.83	7.2	485	00:08:05	0
4	1.54	7.4	839	00:13:59	1
5	2.12	7.0	1122	00:18:42	0
6	2.70	7.2	1421	00:23:41	0
7	3.22	7.4	1680	00:28:00	1
8	3.86	7.0	1988	00:33:08	0
9	4.57	7.2	2356	00:39:16	0

10	5.19	7.4	2668	00:44:28	1
11	5.73	7.0	2926	00:48:46	0
12	6.11	7.2	3122	00:52:02	0
13	6.25	3.2	3195	00:53:15	0
14	6.40		3362	00:56:02	
	<Fixed> Total Distance (KM)		**<Calculation prediction>Total Time (H :M:S)**		

Primary Training 3					
NO	**<Fixed > Distance (KM)**	**<Fixed> Speed (KM／H)**	**<Calculation prediction> Time (S)**	**<Calculation prediction> Time (H :M:S)**	**<Fixed> INCLINE(%)**
1	0.00	6.1	0	00:00:00	0
2	0.24	6.7	141	00:02:21	1
3	1.04	8.0	570	00:09:30	0
4	1.64	9.0	839	00:13:59	1
5	2.12	9.3	1031	00:17:11	0
6	2.76	9.0	1281	00:21:21	1
7	3.24	9.3	1472	00:24:32	0
8	3.88	9.0	1721	00:28:41	1
9	4.28	9.3	1881	00:31:21	0
10	4.75	9.0	2063	00:34:23	1
11	5.25	9.0	2261	00:37:41	0
12	5.65	9.3	2420	00:40:20	1
13	6.05	9.0	2577	00:42:57	0
14	6.47	9.3	2744	00:45:44	1
15	7.00	9.0	2949	00:49:09	0
16	7.40	9.3	3109	00:51:49	1
17	7.79	9.0	3260	00:54:20	0
18	8.18	9.3	3417	00:56:57	1
19	8.58	9.0	3571	00:59:31	0
20	9.09	9.3	3777	01:02:57	1
21	9.46	3.2	3921	01:05:21	0
22	9.62		4099	01:08:19	
	<Fixed> Total Distance (KM)		**<Calculation prediction>Total Time (H :M:S)**		

Primary Training 4					
NO	**<Fixed > Distance (KM)**	**<Fixed> Speed (KM ／H)**	**<Calculation prediction> Time (S)**	**<Calculation prediction> Time (H :M:S)**	**<Fixed> INCLINE(%)**
1	0.00	3.0	0	00:00:00	0
2	0.24	5.6	288	00:04:48	2
3	0.84	7.2	672	00:11:12	2
4	1.55	7.1	1026	00:17:06	4
5	2.12	6.9	1320	00:22:00	2
6	2.72	7.2	1630	00:27:10	3
7	3.23	7.1	1887	00:31:27	4
8	3.86	6.9	2204	00:36:44	2
9	4.54	7.2	2558	00:42:38	3
10	5.18	7.1	2880	00:48:00	4
11	5.71	6.9	3149	00:52:29	2
12	6.10	7.2	3352	00:55:52	3
13	6.40	7.1	3504	00:58:24	4
14	6.95	6.9	3781	01:03:01	2
15	7.34	7.2	3983	01:06:23	3

16	8.00	7.1	4313	01:11:53	4
17	8.62	6.9	4631	01:17:11	2
18	9.32	7.2	4992	01:23:12	3
19	9.72	7.1	5193	01:26:33	4
20	10.43	6.9	5552	01:32:32	2
21	10.95	7.2	5826	01:37:06	3
22	11.40	7.1	6051	01:40:51	4
23	11.90	6.9	6305	01:45:05	2
24	12.50	7.2	6616	01:50:16	3
25	12.67	3.2	6702	01:51:42	0
26	12.83		6882	01:54:42	
	<Fixed> Total Distance (KM)		**<Calculation prediction>Total Time (H :M:S)**		

Intermediate Training 1					
NO	**<Fixed > Distance (KM)**	**<Fixed> Speed (KM／H)**	**<Calculation prediction> Time (S)**	**<Calculation prediction> Time (H :M:S)**	**<Fixed> INCLINE(%)**
1	0.00	5.6	0	00:00:00	1
2	0.25	8.8	160	00:02:40	1
3	0.94	9.0	442	00:07:22	2
4	1.72	8.8	755	00:12:35	1
5	2.54	9.0	1089	00:18:09	1
6	3.27	8.8	1384	00:23:04	0
7	4.07	9.9	1710	00:28:30	0
8	4.33	8.8	1805	00:30:05	0
9	5.12	9.9	2127	00:35:27	0
10	5.36	8.8	2216	00:36:56	0
11	6.16	9.9	2542	00:42:22	0
12	6.41	8.8	2633	00:43:53	0
13	7.22	8.0	2963	00:49:23	2
14	8.02	9.9	3322	00:55:22	0
15	8.27	8.8	3413	00:56:53	0
16	9.06	9.9	3736	01:02:16	0
17	9.30	8.8	3826	01:03:46	0
18	10.10	9.9	4151	01:09:11	0
19	10.35	8.8	4242	01:10:42	0
20	10.65	9.9	4367	01:12:47	1
21	11.05	8.8	4511	01:15:11	1
22	11.30	3.2	4613	01:16:53	0
23	11.46		4799	01:19:59	
	<Fixed> Total Distance (KM)		**<Calculation prediction>Total Time (H :M:S)**		

Intermediate Training 2					
NO	<Fixed > Distance (KM)	<Fixed> Speed (KM／H)	<Calculation prediction> Time (S)	<Calculation prediction> Time (H :M:S)	<Fixed> INCLINE(%)
1	0.00	6.1	0	00:00:00	0
2	0.47	6.8	275	00:04:35	0
3	1.08	9.3	598	00:09:58	0
4	1.63	9.3	814	00:13:34	1
5	2.32	9.3	1078	00:17:58	1
6	2.88	9.2	1295	00:21:35	2
7	3.32	9.2	1468	00:24:28	2
8	4.08	9.2	1765	00:29:25	3
9	4.80	9.0	2048	00:34:08	3
10	5.51	9.0	2332	00:38:52	4
11	6.09	9.0	2564	00:42:44	4
12	6.38	3.2	2681	00:44:41	0
13	6.41		2715	00:45:15	
	<Fixed> Total Distance (KM)		<Calculation prediction>Total Time (H :M:S)		

Intermediate Training 3					
NO	<Fixed > Distance (KM)	<Fixed> Speed (KM／H)	<Calculation prediction> Time (S)	<Calculation prediction> Time (H :M:S)	<Fixed> INCLINE(%)
1	0.00	5.6	0	00:00:00	1
2	0.23	5.6	150	00:02:30	1
3	0.62	10.0	400	00:06:40	2
4	1.37	10.0	670	00:11:10	1
5	2.19	10.0	963	00:16:03	1
6	2.91	10.0	1225	00:20:25	0
7	3.71	10.0	1510	00:25:10	0
8	3.95	10.0	1597	00:26:37	0
9	4.73	10.0	1880	00:31:20	0
10	4.98	10.0	1970	00:32:50	0
11	5.75	10.0	2247	00:37:27	0
12	6.00	10.0	2335	00:38:55	0
13	6.80	10.0	2625	00:43:45	2
14	7.48	10.0	2868	00:47:48	0
15	7.83	8.9	2995	00:49:55	0
16	8.38	8.9	3218	00:53:38	0
17	9.28	3.2	3582	00:59:42	0
18	9.44		3761	01:02:41	
	<Fixed> Total Distance (KM)		<Calculation prediction>Total Time (H :M:S)		

Intermediate Training 4					
NO	<Fixed > Distance (KM)	<Fixed> Speed (KM／H)	<Calculation prediction> Time (S)	<Calculation prediction> Time (H :M:S)	<Fixed> INCLINE (%)
1	0.00	3.0	0	00:00:00	0
2	0.22	5.6	261	00:04:21	2
3	1.29	7.2	948	00:15:48	2
4	1.93	7.1	1272	00:21:12	4
5	2.40	6.9	1510	00:25:10	2
6	3.03	7.2	1835	00:30:35	3
7	3.50	7.1	2070	00:34:30	4
8	4.18	6.9	2416	00:40:16	2
9	4.57	7.2	2620	00:43:40	3
10	5.07	7.1	2869	00:47:49	4
11	5.55	6.9	3115	00:51:55	2
12	5.99	7.2	3346	00:55:46	3
13	6.38	7.1	3536	00:58:56	4
14	6.75	6.9	3726	01:02:06	2
15	7.33	7.2	4027	01:07:07	3
16	7.70	7.1	4215	01:10:15	4
17	8.13	6.9	4431	01:13:51	2
18	8.51	7.2	4629	01:17:09	3
19	8.93	7.1	4841	01:20:41	4
20	9.44	6.9	5100	01:25:00	2
21	9.83	3.2	5302	01:28:22	0
22	9.99		5480	01:31:20	
	<Fixed> Total Distance (KM)		<Calculation prediction>Total Time (H :M:S)		

Intermediate Training 5					
NO	<Fixed > Distance (KM)	<Fixed> Speed (KM／H)	<Calculation prediction> Time (S)	<Calculation prediction> Time (H :M:S)	<Fixed> INCLINE (%)
1	0.00	6.4	0	00:00:00	0
2	0.46	7.2	260	00:04:20	0
3	1.09	9.0	574	00:09:34	0
4	1.66	9.0	801	00:13:21	1
5	2.34	9.0	1073	00:17:53	1
6	2.92	9.0	1304	00:21:44	2
7	3.37	9.0	1484	00:24:44	2
8	4.13	8.9	1788	00:29:48	3
9	4.82	8.9	2068	00:34:28	3
10	5.54	8.9	2359	00:39:19	4
11	6.13	3.2	2600	00:43:20	0
12	6.52		3031	00:50:31	
	<Fixed> Total Distance (KM)		<Calculation prediction>Total Time (H :M:S)		

Intermediate Training 6					
NO	<Fixed > Distance (KM)	<Fixed> Speed (KM／H)	<Calculation prediction> Time (S)	<Calculation prediction> Time (H :M:S)	<Fixed> INCLINE (%)
1	0.00	7.2	0	00:00:00	0
2	0.24	8.7	120	00:02:00	2
3	0.94	8.7	408	00:06:48	2
4	1.63	8.9	696	00:11:36	2
5	2.35	8.9	985	00:16:25	2
6	3.00	8.9	1250	00:20:50	2
7	3.51	9.0	1456	00:24:16	1
8	4.25	9.0	1752	00:29:12	1
9	4.73	9.0	1942	00:32:22	1
10	5.33	9.0	2183	00:36:23	1
11	5.83	9.0	2384	00:39:44	1
12	6.33	9.2	2582	00:43:02	1
13	6.70	9.2	2728	00:45:28	1
14	7.21	9.2	2926	00:48:46	1
15	7.88	9.3	3189	00:53:09	0
16	8.68	9.3	3500	00:58:20	0
17	9.44	9.3	3794	01:03:14	0
18	10.18	9.3	4082	01:08:02	1
19	10.95	9.2	4379	01:12:59	1
20	11.52	9.2	4602	01:16:42	1
21	12.19	9.2	4864	01:21:04	1
22	12.82	9.2	5112	01:25:12	0
23	13.54	9.3	5393	01:29:53	1
24	14.32	9.3	5694	01:34:54	0
25	14.88	9.3	5911	01:38:31	1
26	15.50	9.3	6150	01:42:30	0
27	16.04	3.2	6358	01:45:58	0
28	16.34		6706	01:51:46	
	<Fixed> Total Distance (KM)		<Calculation prediction>Total Time (H :M:S)		

Advanced Training 1					
NO	<Fixed > Distance (KM)	<Fixed> Speed (KM／H)	<Calculation prediction> Time (S)	<Calculation prediction> Time (H :M:S)	<Fixed> INCLINE (%)
1	0.00	8.8	0	00:00:00	1
2	0.25	11.9	101	00:01:41	2
3	0.93	11.7	309	00:05:09	3
4	1.71	11.9	549	00:09:09	2
5	2.53	11.9	796	00:13:16	1
6	3.26	11.7	1017	00:16:57	2
7	4.06	12.5	1262	00:21:02	0
8	4.30	10.9	1332	00:22:12	1
9	5.10	12.5	1595	00:26:35	0
10	5.34	10.9	1664	00:27:44	1
11	6.14	12.5	1928	00:32:08	0
12	6.38	10.9	1999	00:33:19	1
13	7.99	12.5	2530	00:42:10	0
14	8.24	10.9	2601	00:43:21	1
15	9.03	12.5	2864	00:47:44	0
16	9.28	10.9	2934	00:48:54	1
17	10.07	12.5	3197	00:53:17	0
18	10.32	10.9	3267	00:54:27	1
19	10.61	11.7	3364	00:56:04	2
20	10.98	11.9	3479	00:57:59	1
21	11.23	3.2	3553	00:59:13	0
22	11.39		3738	01:02:18	
	<Fixed> Total Distance (KM)		<Calculation prediction>Total Time (H :M:S)		

Advanced Training 2					
NO	<Fixed > Distance (KM)	<Fixed> Speed (KM／H)	<Calculation prediction> Time (S)	<Calculation prediction> Time (H :M:S)	<Fixed> INCLINE (%)
1	0.00	9.7	0	00:00:00	0
2	0.29	8.9	106	00:01:46	0
3	1.10	12.1	434	00:07:14	0
4	1.71	12.2	616	00:10:16	1
5	2.19	12.4	759	00:12:39	0
6	2.83	12.2	945	00:15:45	1
7	3.33	12.4	1091	00:18:11	0
8	3.98	12.2	1280	00:21:20	1
9	4.38	12.4	1399	00:23:19	0
10	4.85	12.2	1535	00:25:35	1
11	5.36	12.2	1684	00:28:04	0
12	5.78	12.4	1808	00:30:08	1
13	6.18	12.2	1925	00:32:05	0
14	6.61	12.4	2051	00:34:11	1
15	7.16	12.2	2212	00:36:52	0

16	7.21	12.4	2228	00:37:08	1
17	7.63	12.2	2348	00:39:08	0
18	8.02	12.4	2464	00:41:04	1
19	8.43	12.2	2582	00:43:02	0
20	8.95	12.4	2735	00:45:35	1
21	9.32	3.2	2844	00:47:24	0
22	9.48		3023	00:50:23	
	<Fixed> Total Distance (KM)		**<Calculation prediction>Total Time (H :M:S)**		

Advanced Training 3					
NO	**<Fixed > Distance (KM)**	**<Fixed> Speed (KM／H)**	**<Calculation prediction> Time (S)**	**<Calculation prediction> Time (H :M:S)**	**<Fixed> INCLINE (%)**
1	0.00	11.3	0	00:00:00	1
2	0.31	11.3	99	00:01:39	1
3	0.93	11.3	296	00:04:56	2
4	1.69	12.1	538	00:08:58	1
5	2.54	12.1	792	00:13:12	1
6	3.28	12.1	1010	00:16:50	0
7	4.08	12.1	1248	00:20:48	0
8	4.33	12.1	1323	00:22:03	0
9	5.12	12.1	1560	00:26:00	0
10	5.37	12.1	1634	00:27:14	0
11	6.15	12.1	1866	00:31:06	0
12	6.40	12.1	1940	00:32:20	0
13	7.21	12.1	2182	00:36:22	1
14	7.90	12.1	2385	00:39:45	0
15	8.26	11.3	2493	00:41:33	1
16	8.82	11.3	2670	00:44:30	2
17	9.27	11.3	2816	00:46:56	1
18	9.73	3.2	2962	00:49:22	0
19	9.89		3142	00:52:22	
	<Fixed> Total Distance (KM)		**<Calculation prediction>Total Time (H :M:S)**		

Advanced Training 4					
NO	**<Fixed > Distance (KM)**	**<Fixed> Speed (KM／H)**	**<Calculation prediction> Time (S)**	**<Calculation prediction> Time (H :M:S)**	**<Fixed> INCLINE (%)**
1	0.00	8.2	0	00:00:00	0
2	0.24	11.9	105	00:01:45	2
3	1.06	11.9	353	00:05:53	3
4	1.66	11.9	534	00:08:54	4
5	2.29	12.0	724	00:12:04	2
6	2.93	12.0	918	00:15:18	3
7	3.66	12.2	1135	00:18:55	4
8	4.36	12.2	1343	00:22:23	2

9	4.83	12.2	1482	00:24:42	3
10	5.30	11.9	1621	00:27:01	4
11	5.81	11.9	1774	00:29:34	2
12	6.57	11.9	2004	00:33:24	3
13	6.95	12.0	2118	00:35:18	4
14	7.45	12.0	2269	00:37:49	2
15	8.13	12.2	2473	00:41:13	0
16	8.95	12.2	2714	00:45:14	0
17	9.35	12.2	2834	00:47:14	0
18	9.78	12.3	2959	00:49:19	0
19	10.33	12.3	3120	00:52:00	1
20	10.90	12.5	3287	00:54:47	0
21	11.22	3.2	3380	00:56:20	0
22	11.38		3565	00:59:25	
	<Fixed> Total Distance (KM)		**<Calculation prediction>Total Time (H :M:S)**		

Advanced Training 5					
NO	**<Fixed > Distance (KM)**	**<Fixed> Speed (KM／H)**	**<Calculation prediction> Time (S)**	**<Calculation prediction> Time (H :M:S)**	**<Fixed> INCLINE (%)**
1	0.00	8.3	0	00:00:00	0
2	0.52	12.5	226	00:03:46	0
3	1.21	12.5	424	00:07:04	1
4	1.83	12.5	603	00:10:03	0
5	2.52	12.5	802	00:13:22	1
6	3.10	12.3	970	00:16:10	2
7	3.90	12.3	1204	00:20:04	1
8	4.67	12.5	1428	00:23:48	1
9	5.41	12.5	1640	00:27:20	0
10	6.14	12.5	1851	00:30:51	1
11	6.82	12.3	2046	00:34:06	2
12	7.37	12.3	2208	00:36:48	1
13	8.02	3.2	2400	00:40:00	0
14	8.19		2590	00:43:10	
	<Fixed> Total Distance (KM)		**<Calculation prediction>Total Time (H :M:S)**		

Advanced Training 6					
NO	**<Fixed > Distance (KM)**	**<Fixed> Speed (KM／H)**	**<Calculation prediction> Time (S)**	**<Calculation prediction> Time (H :M:S)**	**<Fixed> INCLINE (%)**
1	0.00	8.2	0	00:00:00	0
2	0.63	12.0	275	00:04:35	2
3	1.25	12.0	462	00:07:42	2
4	1.94	12.2	668	00:11:08	3
5	2.77	12.2	915	00:15:15	2
6	3.35	12.0	1085	00:18:05	2

7	3.81	12.0	1224	00:20:24	2
8	4.58	12.2	1455	00:24:15	2
9	5.31	12.2	1671	00:27:51	1
10	6.01	11.7	1877	00:31:17	2
11	6.59	11.7	2056	00:34:16	1
12	7.28	11.7	2268	00:37:48	4
13	8.04	11.7	2500	00:41:40	3
14	8.80	12.0	2734	00:45:34	2
15	9.42	12.0	2920	00:48:40	1
16	10.24	12.3	3168	00:52:48	2
17	10.93	12.3	3368	00:56:08	1
18	12.44	12.2	3810	01:03:30	1
19	13.12	12.3	4010	01:06:50	1
20	13.77	12.3	4200	01:10:00	2
21	14.48	11.7	4410	01:13:30	2
22	15.38	11.7	4686	01:18:06	3
23	16.30	11.7	4968	01:22:48	4
24	16.99	11.7	5180	01:26:20	3
25	17.75	12.0	5416	01:30:16	2
26	18.40	12.0	5611	01:33:31	1
27	19.15	12.3	5835	01:37:15	2
28	19.40	3.2	5908	01:38:28	0
29	19.56		6093	01:41:33	
	<Fixed> Total Distance (KM)		**<Calculation prediction>Total Time (H :M:S)**		

6. RUNNING DATA DISPLAY AND SETTING RANGE

SET RANGE	INITIAL	DEFAULT INITIAL DATA	DEFAULT RANGE	RANGE DISPLAY
TIME	0:00	30:00	5:00-99:00	0:00－99:59
INCLINE	0	N/A	N/A	-6-20
SPEED	0.0	N/A	N/A	1.0-24.0KMH
DISTANCE(KM)	0.00	1.00	0.50-99.9	0.00－60.0
CALORIES	0.0	50.0	10.0-999.0	0.0－999.0

7. SAFETY LOCK FUNCTION:

Pull out the safety pulling rope will make the treadmill will stop immediately. All the windows display“———”， the buzzer will make 3 sound “B—B—”, then the treadmill will stop. Attach the magnet end of the safety pulling rope to the computer to start the treadmill.

8. POWER SAVE MODE

Stopped for more than 10 minutes without any operation, the system completed all showed off into the body of sleep state. Press any key to wake up.

9. MP3 FUNCTION

When the power is on, connect to external MP3 equipment and press play on the device. The voice is adjustable from the external MP3 equipment volume buttons and the voice should be adjusted on the proper section to protect the computer loudhailer.

10. FAN FUNCTION

Press Fan button to turn it On or Off.

9. Shutdown：

The treadmill is closed at any time by closing the power switch, which does not damage the treadmill.

Notice：

1. Check the power supply load before exercise; check that the safety key is in place.
2. For emergency stop, pull off the safety key and this will stop the running belt; place the key back in place to restart the treadmill.
3. If there is a problem in this machine, please contact the dealer.

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.

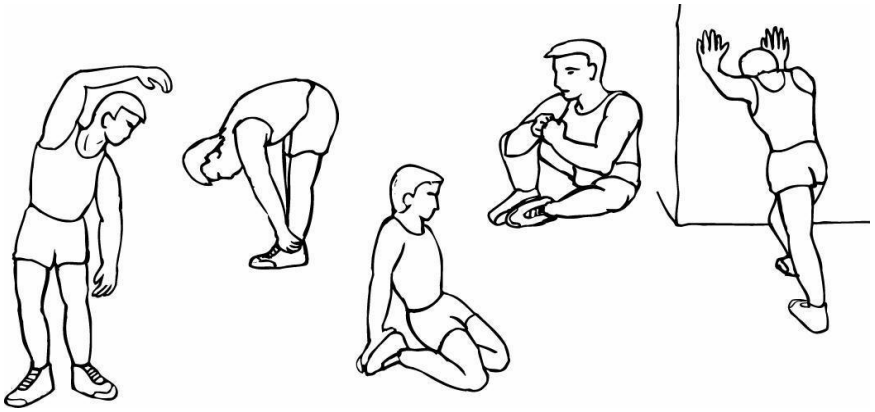
Exercising is great way to control your weight, improving your fitness and reduce the effect of aging and stress. The key to success is to make exercise a regular and enjoyable part of your everyday life.

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

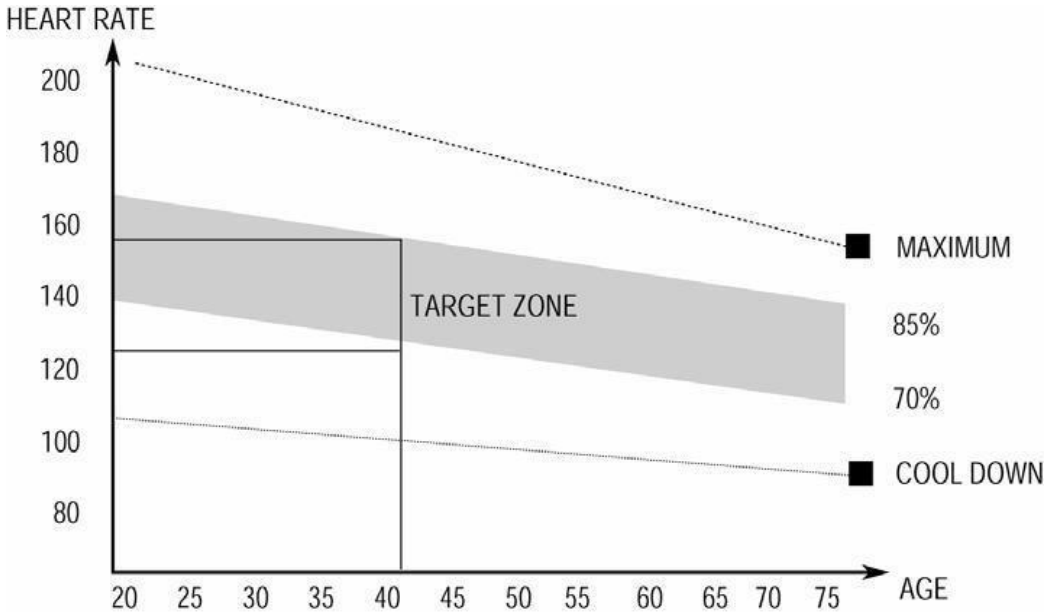
After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise.

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

TAR GE T ZON E



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.

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

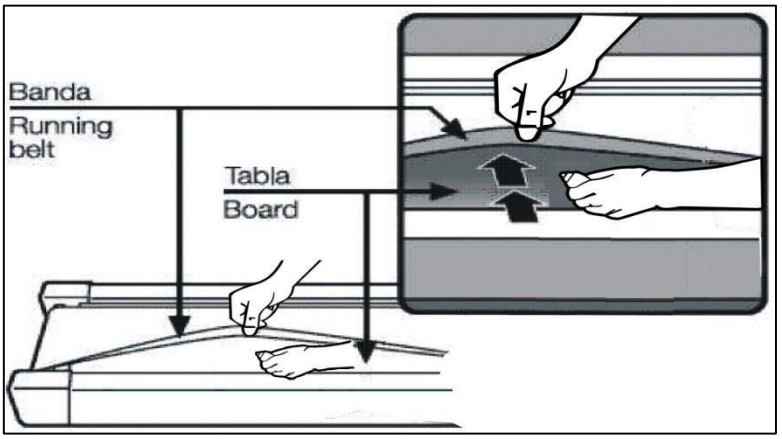
3. Belt/Deck/Roller Lubrication

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/cP9NtFHfWIc

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

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.

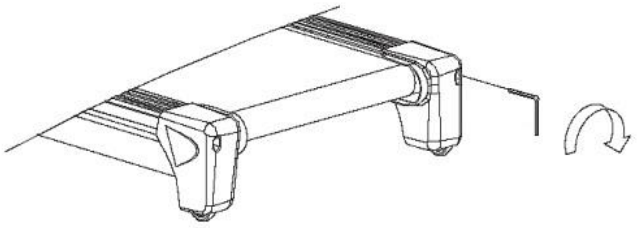
To adjust the **tightness** of the belt:

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

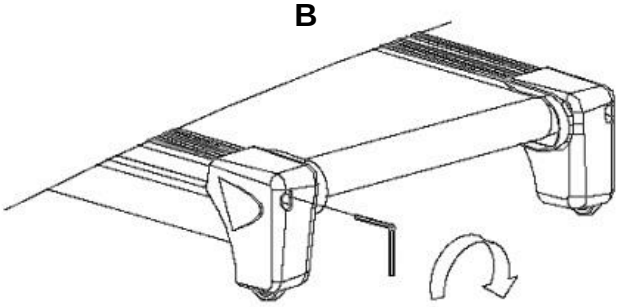
See *Picture C*

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

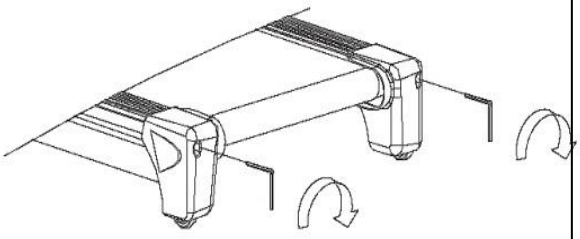
A



B

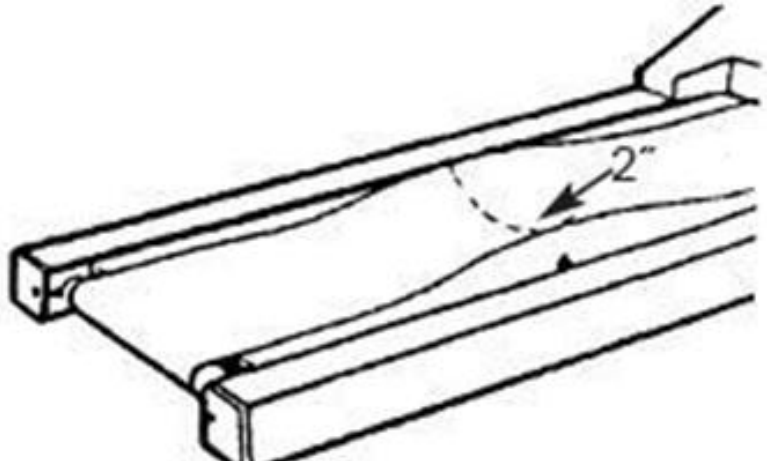


C



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:

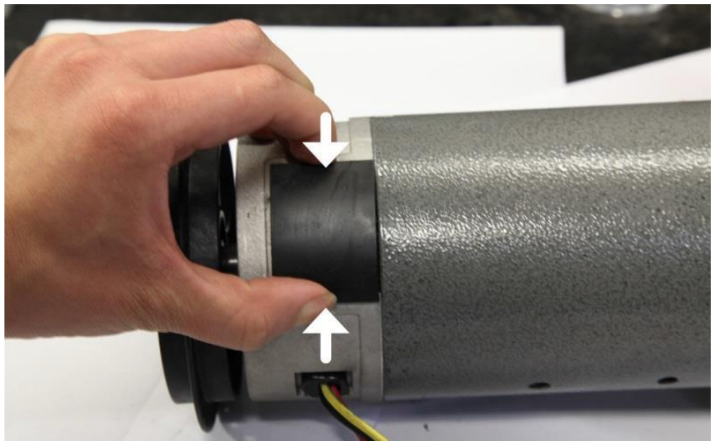
http://youtu.be/vllsamTSvvA

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

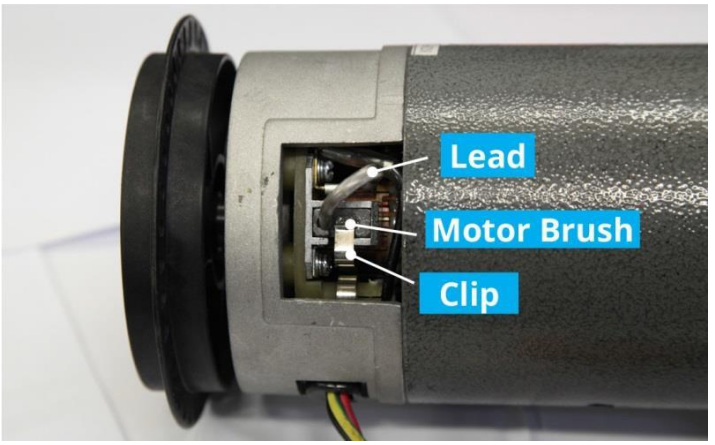
6. Replacing Motor Brushes

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.

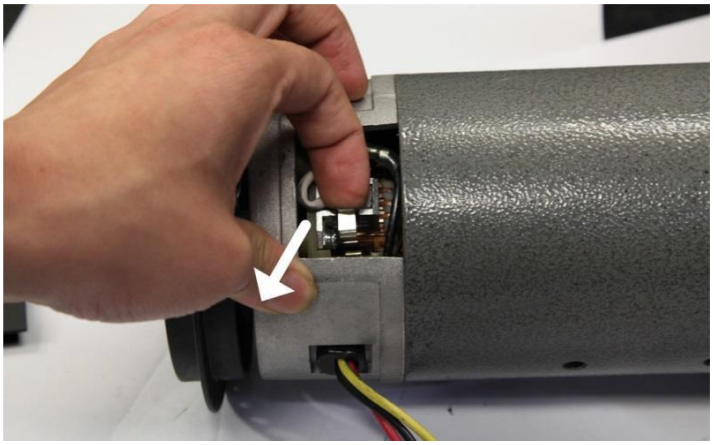
IMPORTANT: Before beginning the replacement of your motor brush, ensure that the treadmill is off and unplugged from the electrical socket.



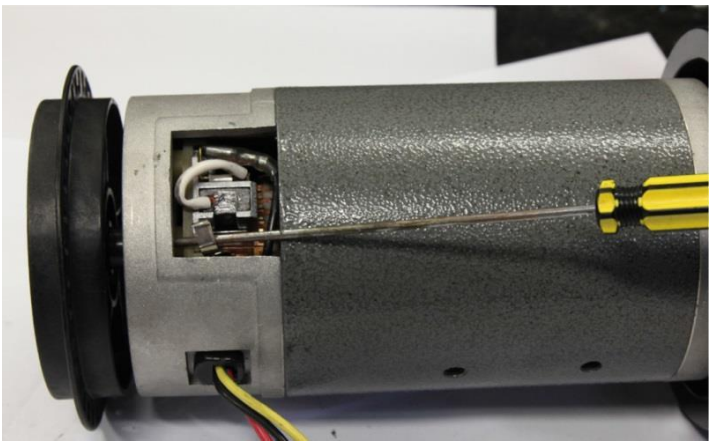
1. Remove the cover from the motor by squeezing it from the sides.



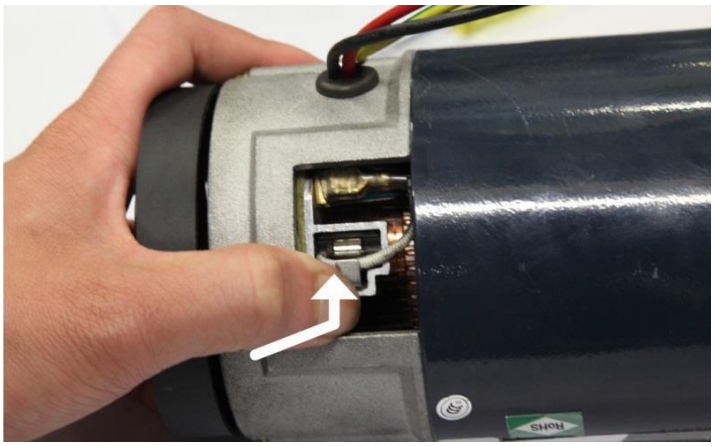
2. You'll find the motor brush held in with a clip, with the lead plugged in.



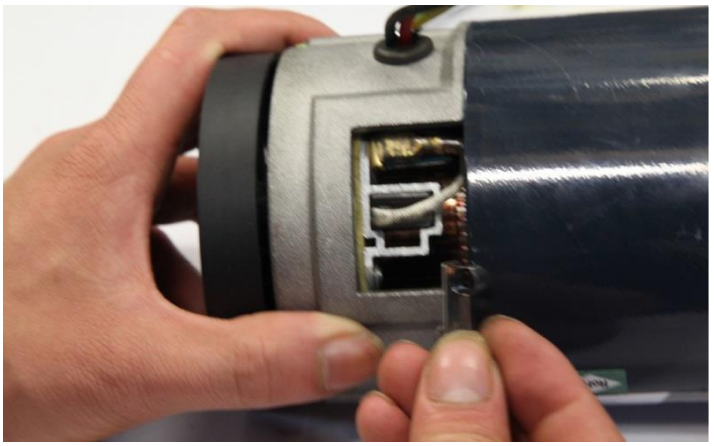
3. Pull the clip out from its position.



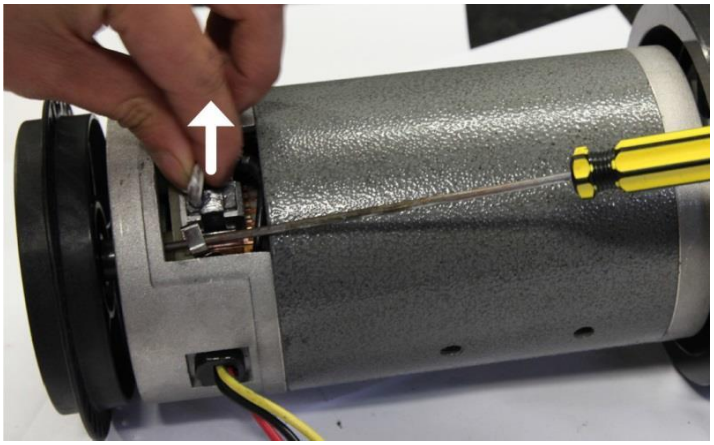
4a. Hold the clip out of the way with a screwdriver or similar object. Keep the screwdriver in this position until step 9.



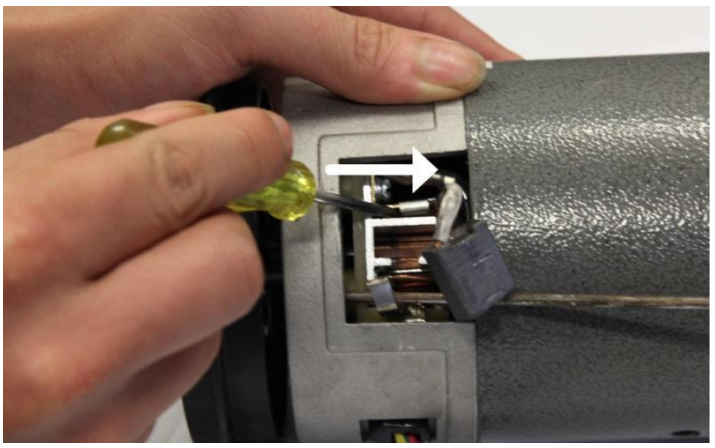
4b. Some treadmill motors may use a push clip instead. In this case, gently push the clip inwards and then up to release it from its latch.



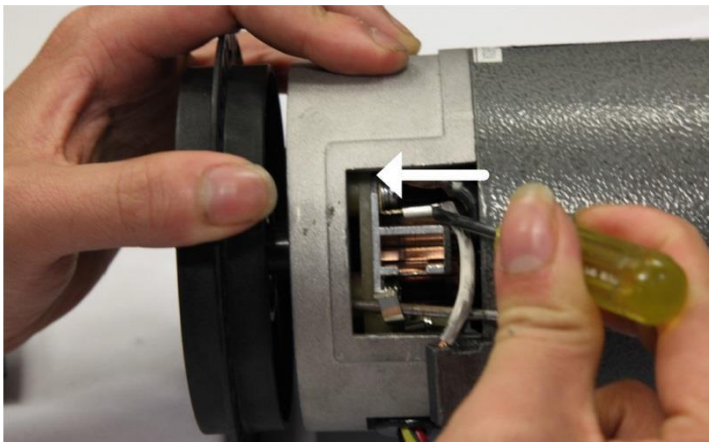
4c. Remove the clip, noting the direction in which it was originally placed, and put it safely aside.



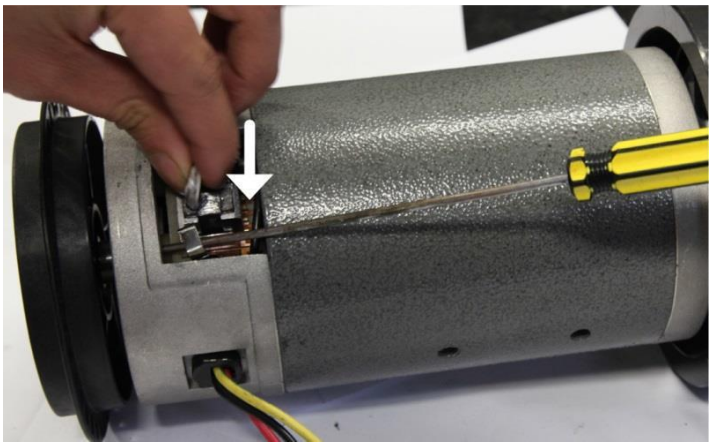
5. Slide the motor brush out from its slot. If the brush is shorter than 2cm on the longest side, you will need to replace both brushes.



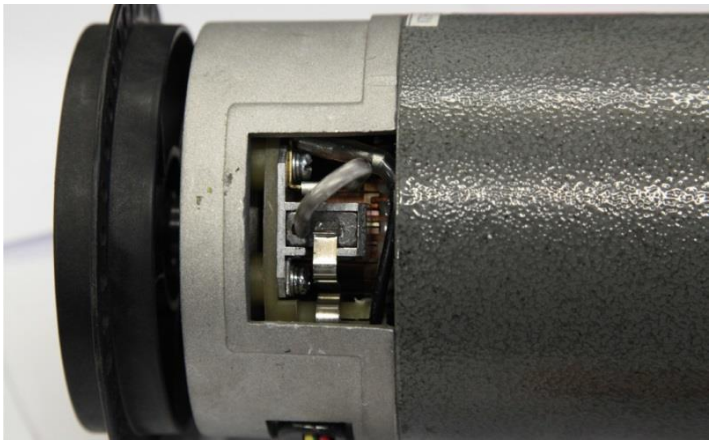
6. Slide the motor brush lead off the terminal using a another small screwdriver or needle-nosed pliers.



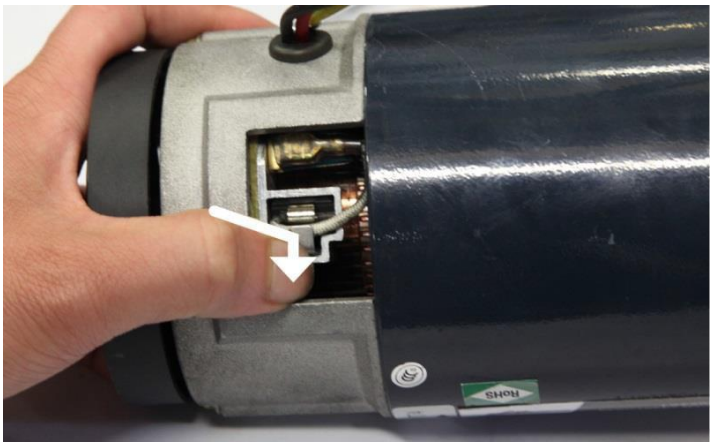
7. Plug the new motor brush lead into the terminal.



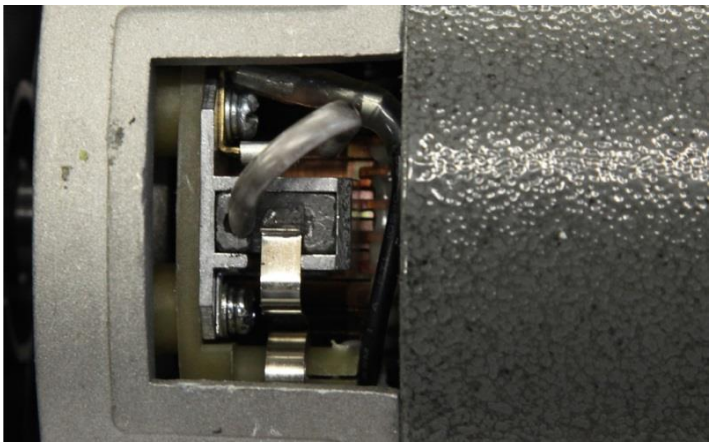
8. Slide the new motor brush into the slot.



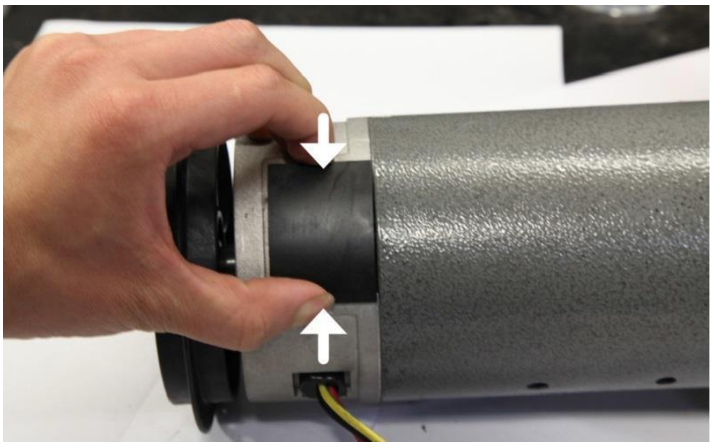
9a. Release the clip back into its position.



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.



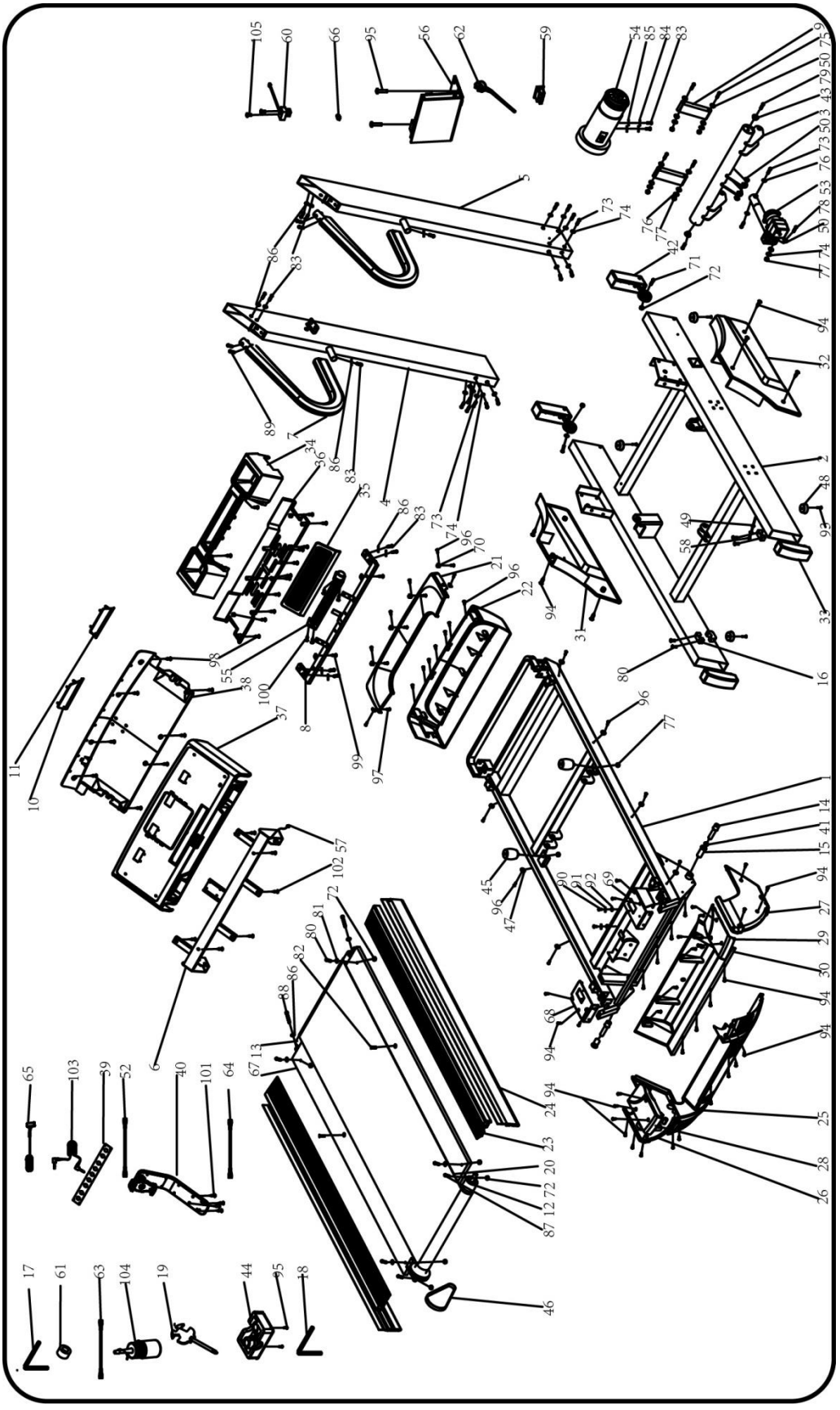
10. Check that the motor brush is held firmly in place by the clip, and that the lead is plugged securely onto the terminal.



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.

8. EXPLODED DIAGRAM



9. PARTS LIST

NO.	DESCRIPTION	SPEC.	QTY	NO.	DESCRIPTION	SPEC.	QTY
1	Main Frame		1	44	Line Card		1
2	Base Frame		1	45	Cushion		2
3	Shaft assembly		1	46	Motor Belt		1
4	Left Upright Tube		1	47	Side Rail buckle		8
5	Right Upright Tube		1	48	Feet Pad		4
6	Computer Bracket		1	49	Ring retaining plug B		1
7	Handbar Bracket		2	50	Spacer casing		8
8	Water Bottle Bracket		1	51	Adjusting Wheel		2
9	Connect Tube Bracket		1	52	Running Board		1
10	Left speaker net		1	53	Incline Motor		1
11	Right speaker net		1	54	DC Motor		1
12	Front Roller		1	55	cross flow fan		1
13	Rear Roller		1	56	Control board		1
14	Main rotating shaft		2	57	Computer up wire		1
15	Inner casing pipe		2	58	Computer bottom wire		1
16	Up Fix mould		2	59	switch		1
17	5#Allen Wrench		1	60	Sensor		1
18	6#Allen Wrench		1	61	magnet ring		1
19	Wrench W/Screw		1	62	Power line		1
20	Running Belt		1	63	Blue Single Wire		1
21	Front cover		1	64	Brown Single Wire		1

22	Bottom cover		1	65	Safety Key		1
23	Side Rails		2	66	Overload protector		1
24	Side Rails 2		2	67	AC Single Wire		1
25	End Cap Back Cover		1	68	Left End cap supporting board		1
26	End Cap Left Cover		1	69	Right End cap supporting board		1
27	End Cap Right Cover		1	70	Up cover fix Plate		5
28	End Cap Up Left Cover		1	71	Bolt	M8*68	2
29	End Cap Up Right t Cover		1	72	Bolt	M8	8
30	End Cap bottom Cover		1	73	Bolt	M10*15	14
31	Left base Cover		1	74	Lock Washer	10	15
32	Right base Cover		1	75	Bolt	M10*80	4
33	Base plug		2	76	Lock Washer	10	4
34	Water Bottle		1	77	Bolt	M10	7
35	Fan blade		1	78	Bolt	M10*48	1
36	Back cover of water bottle		1	79	Bolt	M10*30	2
37	Computer Up cover		1	80	Bolt	M8*35	8
38	Computer Bottom cover		1	81	Lock Washer	φ8*24*2	4
39	Pannel		1	82	Bolt	M10*32	2
40	IPAD Rack		1	83	Bolt	M8*16	12
41	Nylon casing		2	84	Lock Washer	8	2
42	Front Roller Cover		2	85	Lock Washer	8	2
43	Shaft Sleeve		2	86	Lock Washer	8	10

10. 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.

TROUBLESHOOTING

Failure or phenomenon		Main reason	Solution
Treadmill no display		A No power supply	Connect the power cord to AC, or check the AC outlet
		B The power switch is not turned on	Set the power switch to the ON position
		C The drive is not powered or damaged	Press the overload protector again, or replace the drive
		D The signal line of computer open circuit	Replace the signal cable and re-plug it up
		E The computer damaged	Replace the computer
		F Backlight not bright	Need to repair, check the backlight line, or replace the backlight
Treadmill display incomplete, lack of strokes		A Show driver IC Weld or solder	Need to repair, check the solder joints, re-welding in place
		B The conductive strip is slid and not fixed in place	Reassemble LCD
		C Display driver IC damaged	Need to repair, welding the new display driver IC
Treadmill movement is not smooth, weak or jitter		A Transmission parts have resistance	Adjust the transmission parts, or add lubricating oil
		B The belt is too tight or too loose	Adjust the belt tight
		C The drive torque is too small or too large	Adjust the torque potentiometer to the proper position
Computer display	Show ---or----	A Safety key fall off	Place the safety key on the panel or the card position
		B The magnetron does not pull	The magnetron is mounted to the correct position
	E01 or E13	A The computer signal line is not connected or bad	Re-plug the line
		B The computer signal line is broken or open circuit	Replace the signal line
		C The computer signal line fault	Change the computer
		D Drive signal line fault	Replace the drive
	E02	A The motor cable is not plugged in, or the motor is open	Re-insert the motor cable, or replace the motor
		B The driver IGBT breakdown and damaged	Replace the drive
		C The external AC voltage is too low	Stop using, let elective to troubleshooting
	E04	A Incline motor line or signal line is not plugged in	Check whether the connection is wrong or not and reconnect
		B Incline motor is bad	Change the incline motor
		C the drive is damaged	Change the drive
	E05	A Overloaded	System protection, human stall can be restarted
		B Running board with heavy resistance. Need to be oiled	Adjust the transmission parts, or add lubricating oil
		C Internal motor short circuit	Change the motor
		D The drive burns out	Change the drive
	E10	A Drive torque is too large	Adjust the torque potentiometer to the proper position
		B Internal motor short circuit	Replace the motor
		C Transmission parts stuck	Adjust the transmission parts, or add lubricating oil
	E11-Overcurrent	Overcurrent：220V when it's over 270VAC	Stop using, please remove the fault from the electrician
	E14-Undervoltage external	Undervoltage external：220V when it is less 160VAC；	Stop using, please remove the fault from the electrician

Hand Pulse Technology

Our products 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
support@lifespanfitness.com.au