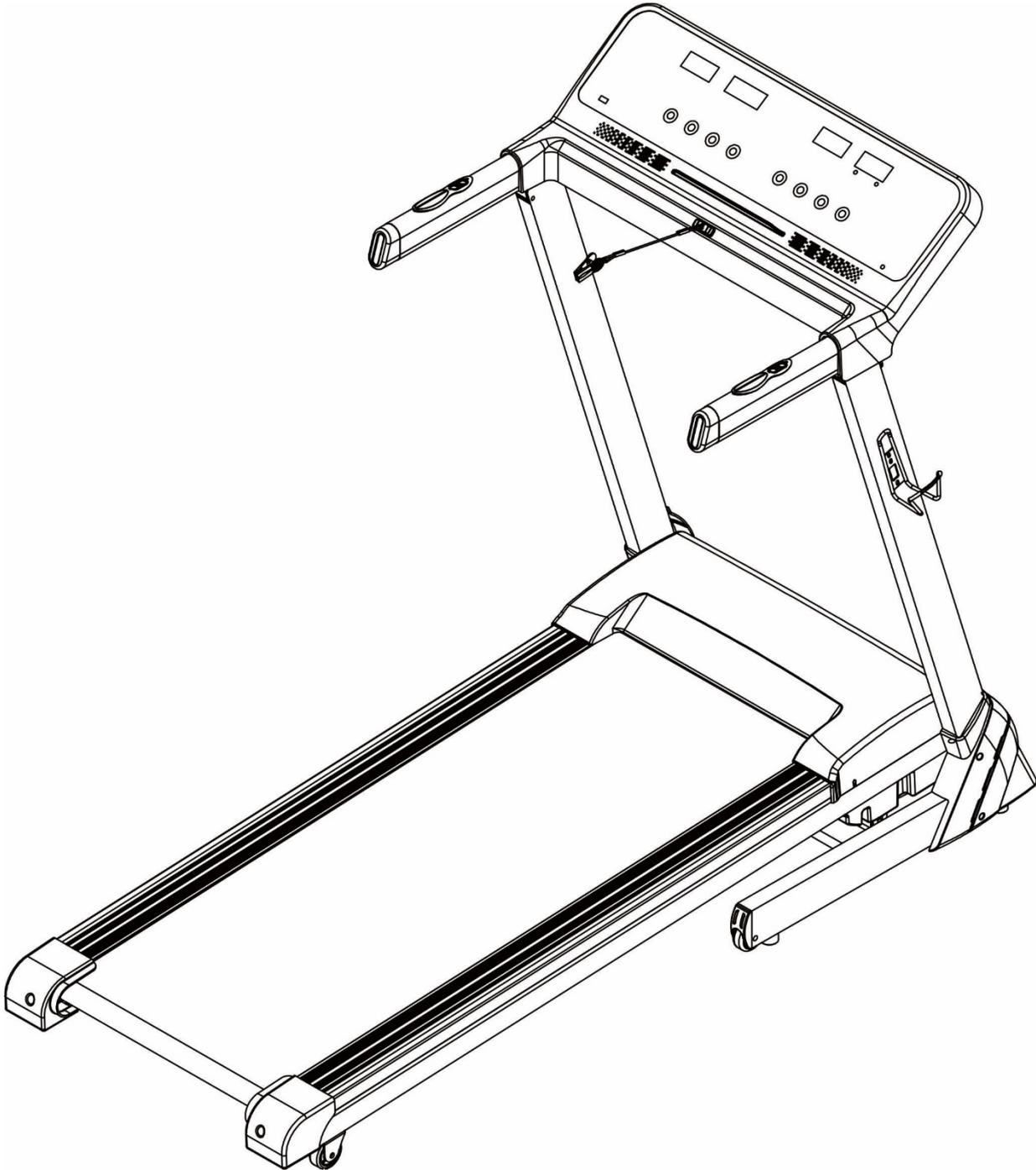


LSG

FOCUS M2 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** heart 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

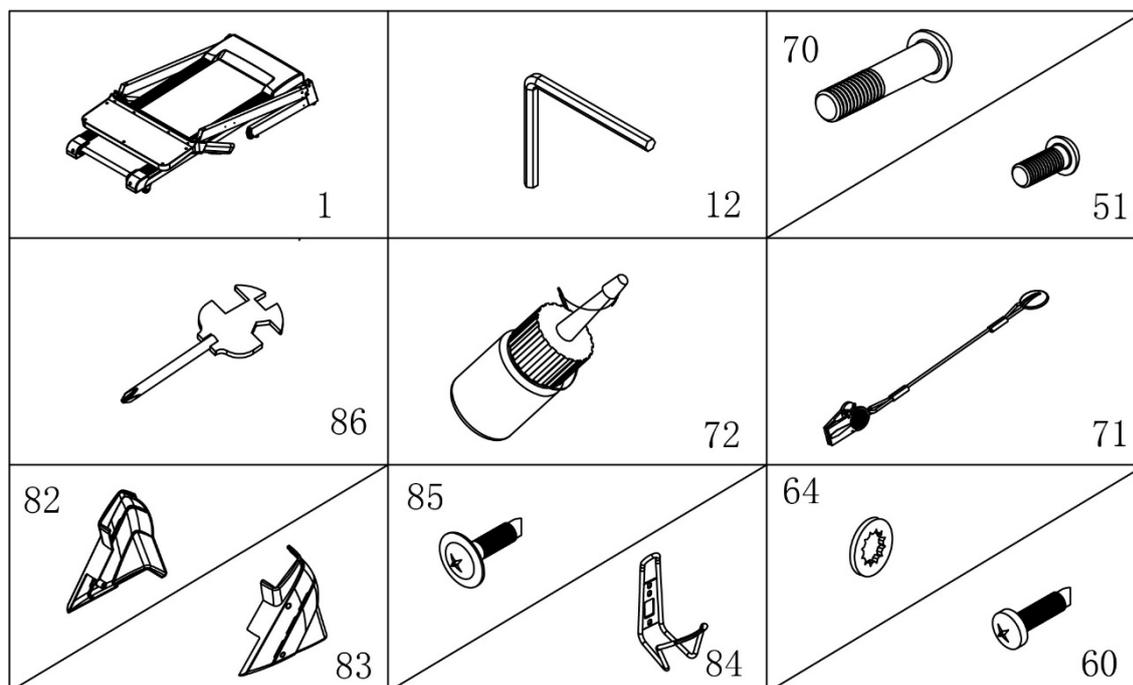
WARNING!

- 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 display console and release the adjustment key. The display 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.
- This unit starts with at a very low speed. To not put strain on the belt, stand on the side rails and run the machine, once belt is moving (at slow speed) then start to walk on the running belt. To prevent falling we recommend holding onto the handlebars as you do this.
- When dismounting, press the stop button to slow the machine down.
- 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. PARTS LIST



NO	DES.	Specification	QTY	NO	DES	Specification	QTY
1	Main Frame		1	71	Safety key		1
12	5# Allen Wrench		1	82	Left base cover		1
86	Wrench with screw driver	S=13, 14, 15	1	83	Right base cover		1
51	Bolt	M8*16	4	85	Bolt with cushion	4.2*19	2
70	Bolt	M8*42	2	84	Water bottle		1
72	Oil bottle		1	64	Lock washer	8	6
				60	Bolt	4.2*19	4

FIXING TOOLS:

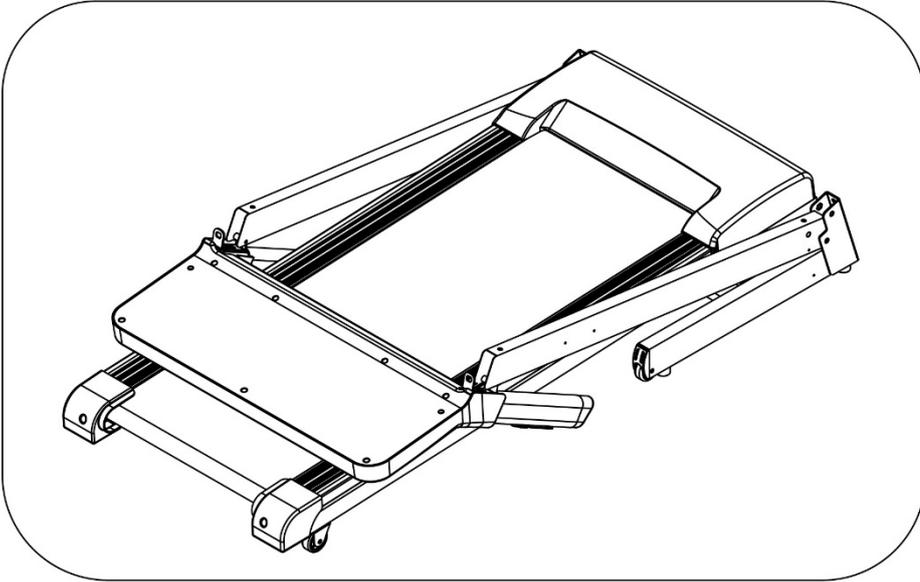
5# Allen Wrench 5mm 1pc

DO NOT TURN ON MACHINE UNTIL COMPLETION OF ASSEMBLY

5. ASSEMBLY INSTRUCTIONS

STEP 1

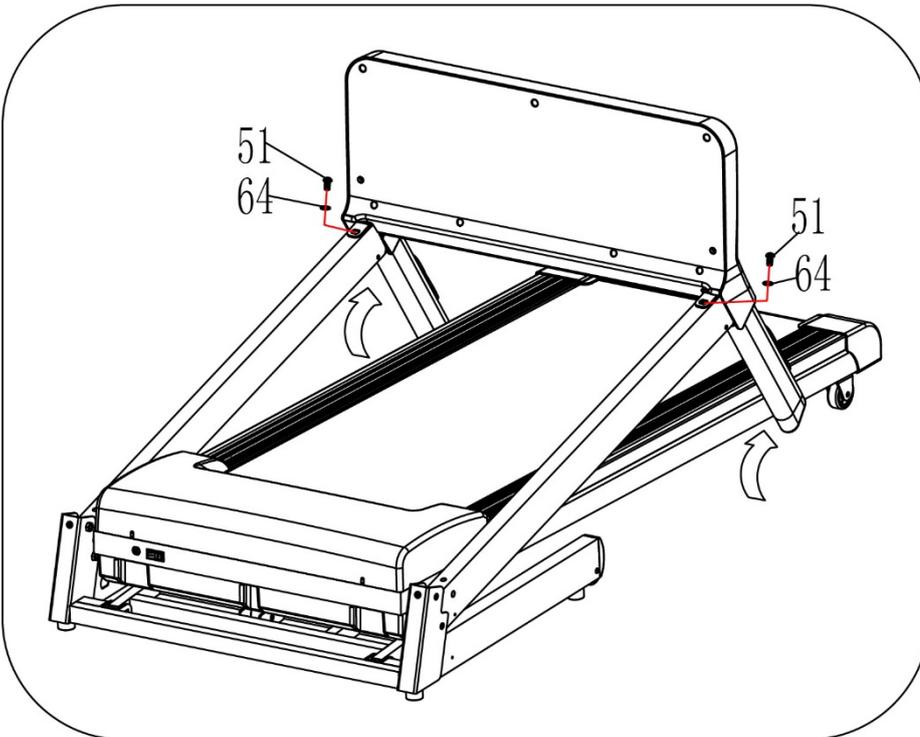
1. Open the carton and take out the above spare parts.
2. Put the Main Frame on the level ground.



STEP 2

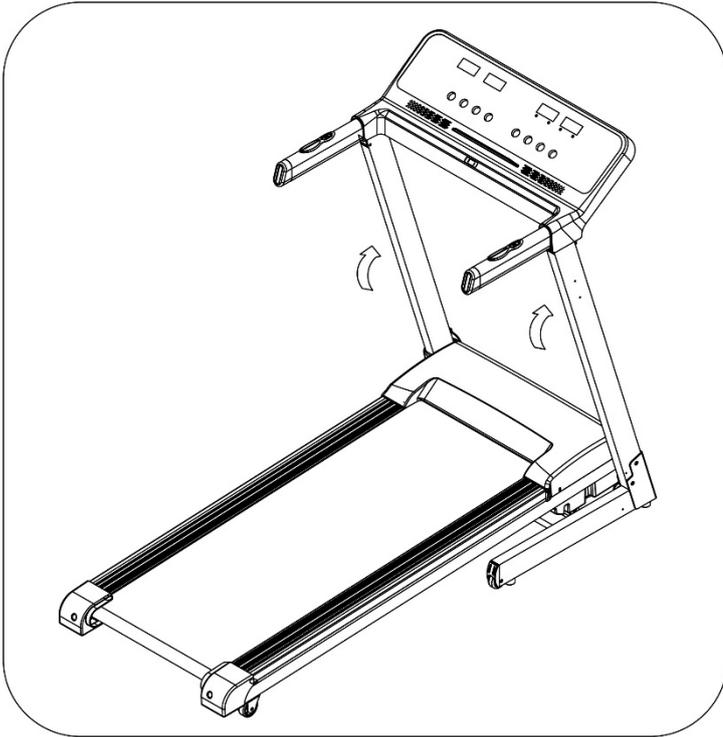
1. Hold on to the Computer frame and use the 5# Allen wrench (12), bolt (51) and lock washer (64) to fix the computer frame onto the right and left upright.

Below picture for reference.



STEP 3

1. Push up the Computer and L&R uprights.

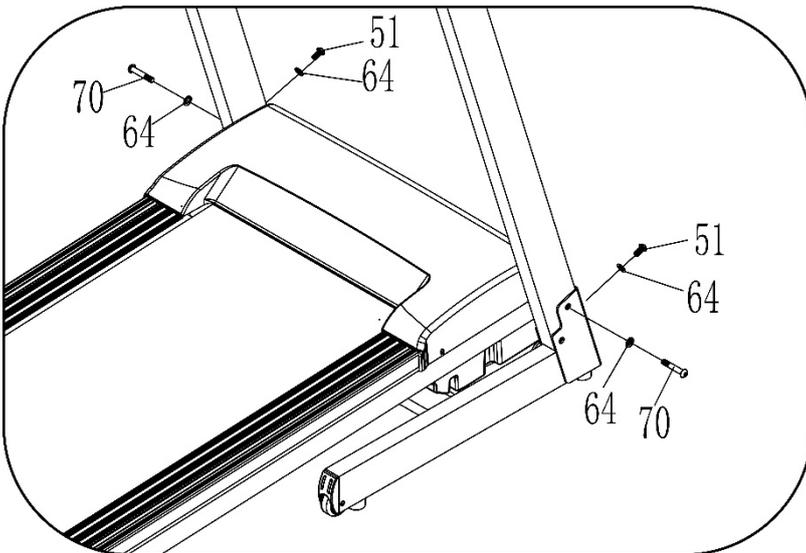


STEP 4

1. Use 5# Allen wrench to lock the upright onto base frame by bolt (70) and lock washer (64), then secure lock upright onto base frame by bolt (51) and lock washer (64).

Below picture for reference.

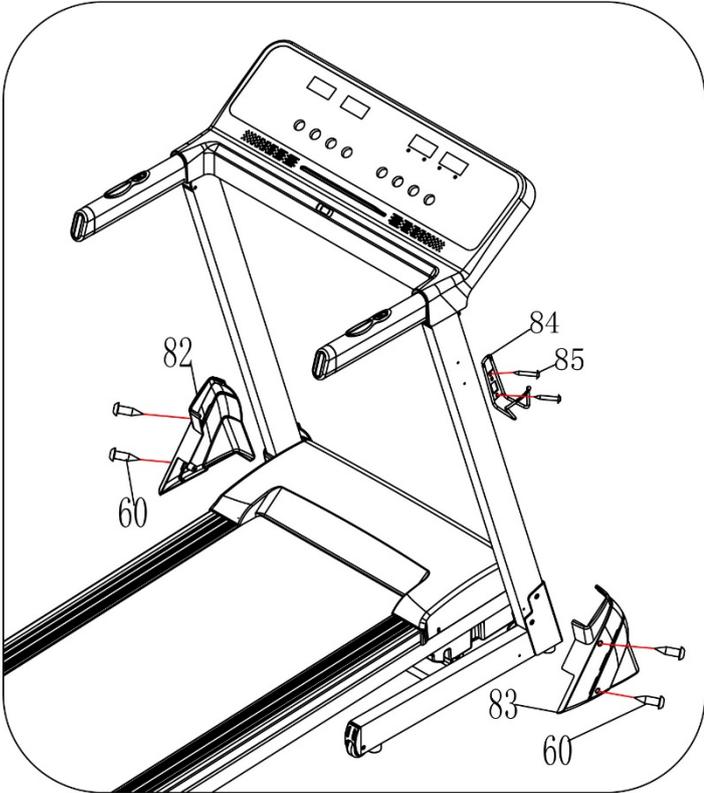
Caution: The upright needs to be supported when you are fixing the bolts to avoid it falling.



STEP 5

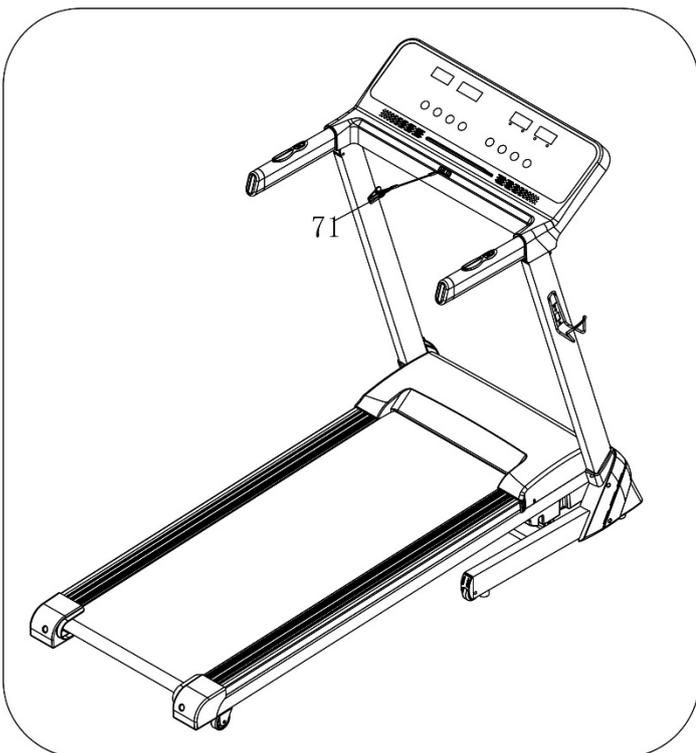
1. Use the Wrench with screw driver (86) to lock the Bolt 4.2*19 (60) and Left base cover (82) to the Base Frame.
2. Repeat the same assembly method for the Right side.
3. Use the Wrench with screw driver (86) to lock Bolt 4.2*19 (85) and Water bottle (84) to the upright tube. Refer to the picture below.

Caution: Support the upright with hand avoid falling and causing injury.

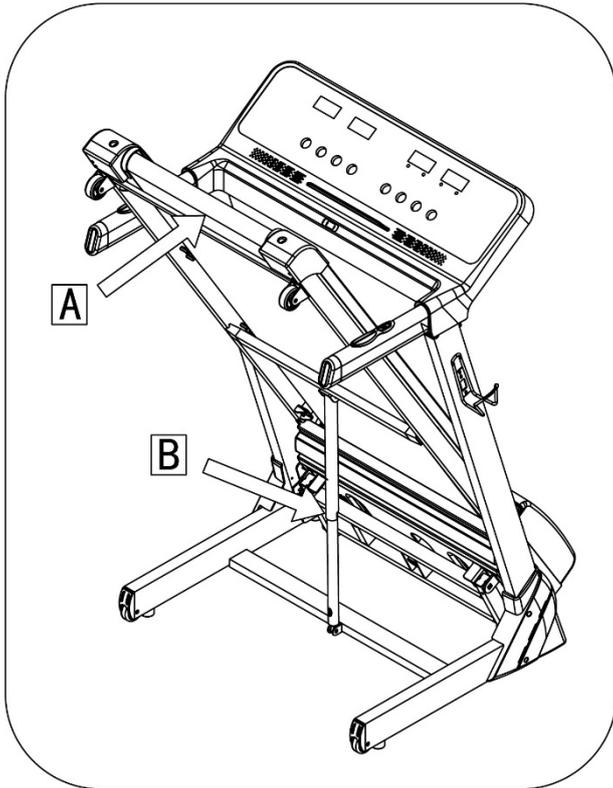


STEP 6

1. Put the safety key (71) on the computer.

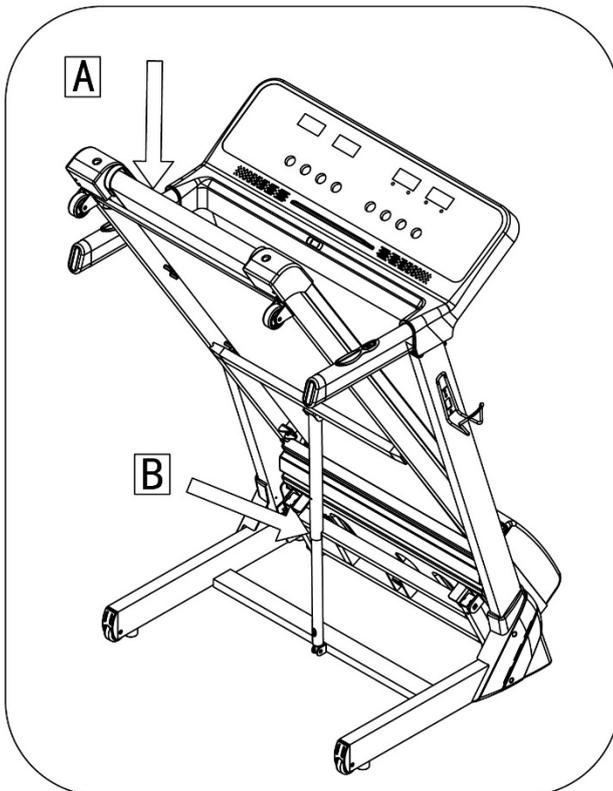


6. FOLDING INSTRUCTIONS



Folding Up

1. Pull up the base frame at position (A) until you hear the sound that the air pressure bar (B) is locked into the round tube.



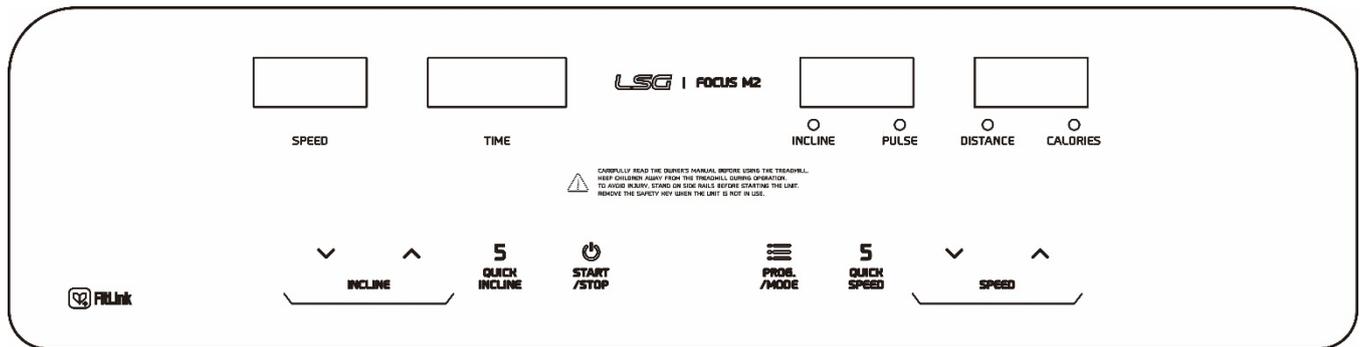
Unfolding

1. Support place A with hand, press on the pressure bar B (with foot) to unfold. The base frame will gently come down.

(Please keep children or pets away as machine is unfolding).

7. OPERATION GUIDE

1. OVERVIEW



Before beginning a workout session ensure that the Safety Key is properly placed onto the Computer Console and the Safety Clip is securely attached to an article of your clothing.

NOTE: Always stand on the side rails when you start the treadmill (at slow speed), never start the treadmill while you are standing on the running belt.

2. FUNCTIONS

- START:** 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:** Press this button to stop the machine, the machine will slow the speed still stop.
- PROG (PROGRAM):** Press this button to choose program from manual mode—P1----P15---FAT.
- MODE:** When machine in standby state, press this button to choose the mode: manual mode-time count down mode-distance count down mode-calories count down.
- SPEED UP/DOWN:** Adjust the speed. Press the button to adjust the speed when running and adjust the data.
- INCLINE UP/DOWN:** Adjust the incline. Press the button to adjust the incline when running and adjust the data.
- INSTANT SPEED AND INCLINE 5:** Adjusts speed an incline quickly.

When any key is pressed effectively, it will be accompanied by a prompt tone, and when the parameter adjustment of the key exceeds the limit, it will be accompanied by a long tone prompt. There will be no prompt tone when the key press is invalid.

3. SAFETY FUNCTIONS

Pull out the safety key and the treadmill will stop quickly. Safety key must be attached to computer to start the machine.

4. HEART BEAT TEST

When holding the hand pulse by two hands, the pulse window will show your heart beat after 5 seconds. In order to get the heart, beat more correct, please test when the machine stop, and holding the hand pulse more than 30 seconds. The heart beat data is just for reference and is not to be used as a medical device.

5. RUNNING DATA DISPLAY AND SETTING RANGE

	INITIAL DATE	INITIAL SETTING DATE	SET RANGE	SHOW RANGE
SPEED(KM/H)	1-18KM	-----	-----	-----
INCLINE	15%	-----	-----	0—15%
MODE TIME	0:00—99:59	30:00	30:00	5:00---99:00
DISTANCE	0.00KM—99.9KM	1.00KM	-----	0.5KM—99.9KM
CALORIES	0Kcl—999Kcl	50Kcl	-----	10Kcl—999Kcl

6. PROGRAMS

PROGRAM	TIME	Setting time/20= interval running time																			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P01	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	3	2	2	1	2	2	1	1	3	3	2	2	2
P02	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
P03	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
P04	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
P05	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
P06	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
P07	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	4	4
P08	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	10	10	8	6	3
P09	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
P11	SPEED	2	5	8	10	7	7	10	10	7	7	10	10	5	5	9	9	5	5	4	3
	INCLINE	4	5	3	2	6	6	2	2	2	2	2	4	5	6	3	2	5	5	2	0
P12	SPEED	3	4	9	9	5	9	5	8	5	9	7	5	5	7	9	9	5	7	6	3
	INCLINE	1	2	3	2	3	5	5	0	0	2	3	5	7	3	3	5	6	5	3	3
P13	SPEED	3	6	7	5	9	9	7	5	5	7	9	5	8	5	9	5	9	9	4	3

	INCLINE	3	3	5	6	5	3	3	7	5	3	2	0	0	5	5	3	2	3	2	1
P14	SPEED	2	2	4	5	6	5	4	3	2	1	2	3	4	5	6	5	4	3	2	1
	INCLINE	4	4	4	4	3	3	6	6	6	7	7	8	8	9	9	6	6	5	4	4
P15	SPEED	2	4	6	8	6	6	4	4	2	2	2	4	6	8	6	6	4	4	2	2
	INCLINE	3	3	3	4	4	5	5	5	4	4	4	4	5	5	3	3	3	2	2	2

7. USER DEFINED PROGRAM

7.1 Setting

Press MODE key enter user settings, the speed & incline window show the value of the segment. Use the Speed +/- to adjust settings. Press the MODE button to confirm and move to the next section. After finishing the 20th time setting, your data will be saved until it is changed by next user. This data won't lost by outage.

7.2 Start

A: Under standby mode, press "PROG" continuous to set user defined program(U01-U03) directly. When time setting is ready, press "START" to start.

B: After setting user program and time, press START to start running.

7.3 Setting manual

Each program divides into 20-time segments equally. Only finish the setting each time segment for speed and incline, you can start the treadmill.

8. BODY FAT TEST

Press 'PROGRAM' button under ready condition, till 'FAT' show in the speed window. 'FAT' is body fat test mode.

Press 'MODE' to choose parameter 'SEX / AGE / HEIGHT / WEIGHT', and TIME/DIST window will show "F1", "F2", "F3", "F4". When set each parameter, press SPEED ▲/▼ to adjust the data, and CAL/PULSE window will show the data and press 'MODE' button to finish, and the window will show "F5" and "---" enter ready condition.

Hold the handle pulse with two hands, it will show your BMI data after 5 seconds.

8.1 Data display and set range

Parameter Type	Default	Setting range	Mark
SEX (F1)	1 (MALE)	1—2	1=MALE 2=FEMALE
AGE (F2)	25	10—99	
HEIGHT (F3)	170 CM	100—200 CM	
WEIGHT (F4)	70KG	20—150KG	
RESULT (F5)	AS BELOW SHOWING		

8.2 BMI Reference

(BMI)	
$FAT \leq 19$	Under weight
$19 < FAT \leq 25$	Normal weight
$25 < FAT \leq 29$	Over weight
$FAT \geq 30$	Obesity

9. BLUETOOTH FUNCTION

1. The Bluetooth enables users to connect to Fitlink App (download free App from Apple or Google store).
2. Bluetooth music function: Speakers are connected via Bluetooth. Turn on your devices Bluetooth and connect to treadmill Bluetooth device.

8. 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.

Video Tutorial Available at:
<http://youtu.be/cP9NtFHfWlc>

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

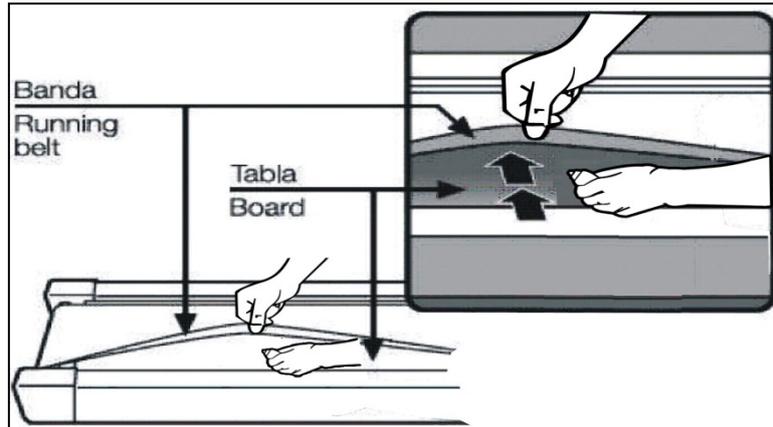
3. Belt/Deck/Roller Lubrication

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.

NOTE: DO NOT over lubricate running deck. Any excess lubricant that comes out should be wiped off.

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 belt.

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*

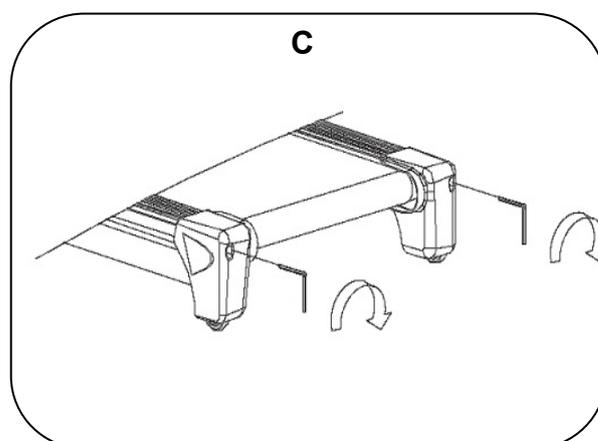
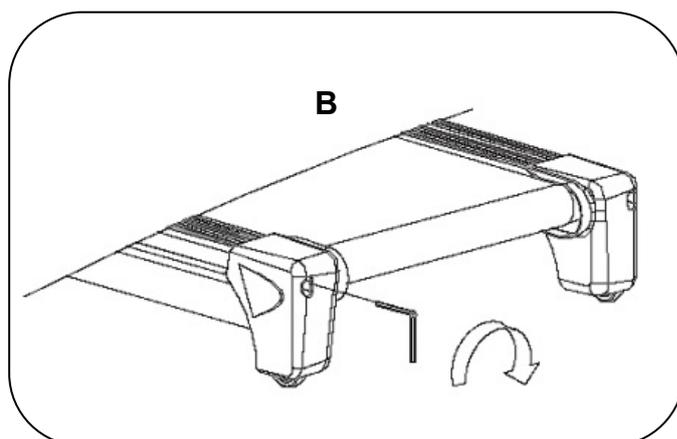
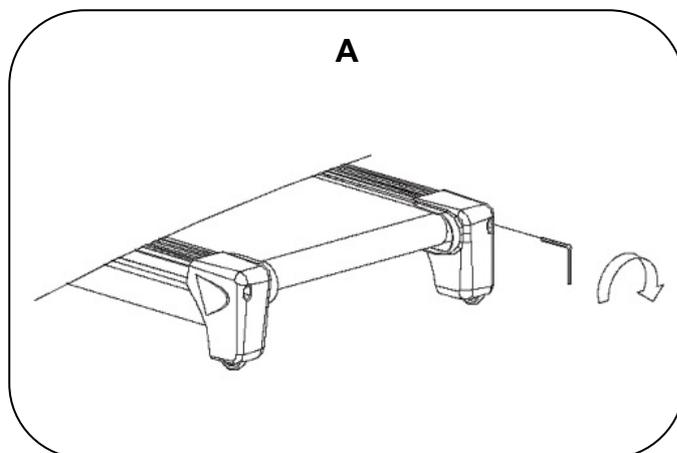
If you have over adjusted it, carefully turn the **left** adjusting bolt **anticlockwise** and until the belt centers.

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.

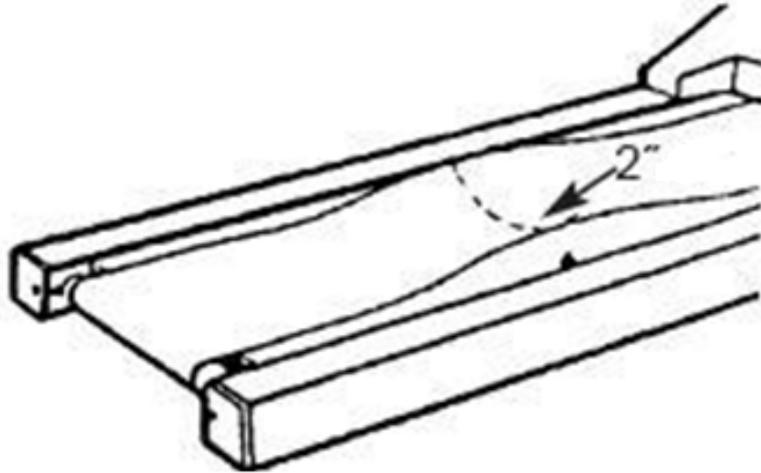
See *Picture C*

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



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/vllsamTSvA>

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

9.TROUBLESHOOTING

Fault Code	Main reason	Solution
E01	The wire from computer to bottom control board did not connected well	<ol style="list-style-type: none"> 1. Check the connection wire between computer and control board was well connected. 2. Make sure the IC on the control board was well inserted. If not re-insert. 3. Abnormal power supply in control board. Please change a new control board.
E02	Protect the exploding	<ol style="list-style-type: none"> 1. Bad contact with motor open circuit. Please change a new motor or check the connector. 2. Power tube was puncture. Please change a new Power tube or control board.
E05	Over current Protection	<ol style="list-style-type: none"> 1. Overloaded. 2. Running board with heavy resistance. Need to be oiled. 3. Damage in Motor. Change a new motor.
E06	Motor wire connection problem	<ol style="list-style-type: none"> 1. Check if the motor connect wire well connected. 2. Check if peculiar smell comes from controller, replace controller.
E07	Parameter missing	<ol style="list-style-type: none"> 1. Change Control Board

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.

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 user's 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
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