LIFESPAN
FITNESS

Torque 4 Treadmill

USER MANUAL

Find the Digital Manual Online

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

I. 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.**
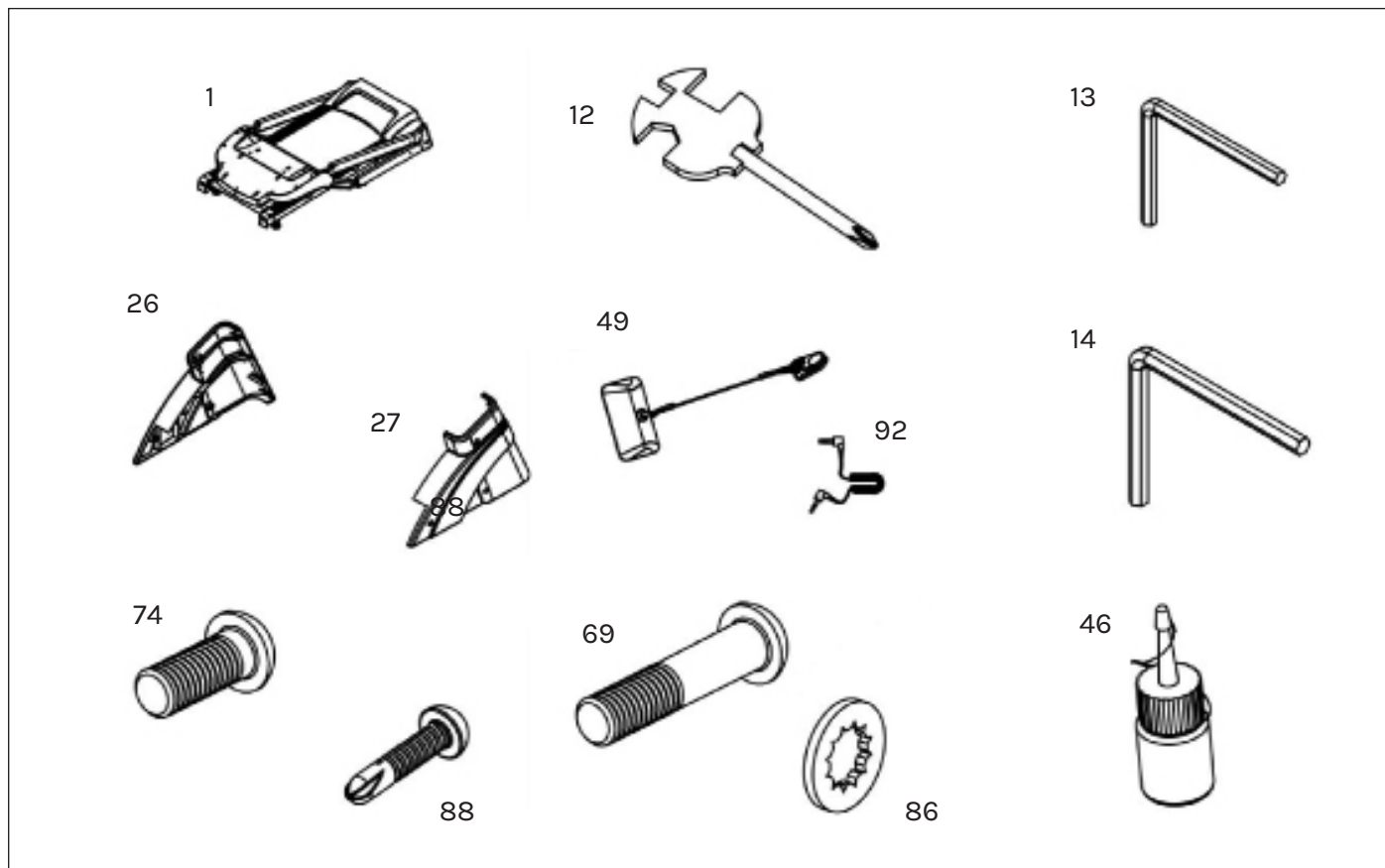
II. IMPORTANT ELECTRICAL INFORMATION

⚠ 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.

III. 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.

- This unit starts with at a very low speed. It is recommended to stand on the side rails and only step on the treadmill as it is moving on a slow speed. This will prolong the life of your motor and run the belt smoothly.

- In order to prevent losing balance and suffering unexpected injury, never mount or dismount the treadmill while the belt is moving at high speeds.

- Always hold on to handrail while making control changes.

- A safety key is provided with this machine. Removing 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.

IV. ASSEMBLY INSTRUCTIONS

No.	Description	Specs	Qty
1	Main frame		1
12	Philips screw with cross wrench	S=13\14\15mm	1
13	5 # Allen wrench	5mm	1
14	6 # Allen wrench	6mm	1
27	Right bottom cover		1
26	Left bottom cover		1
92	AUX Cord		1

No.	Description	Specs	Qty
46	Oil bottle		1
49	Safety key		1
69	Hex socket flat round head screw	M8*45	2
74	Hex socket flat round head screw	M8*16	4
86	Internal serrated locking washer	8	6
88	Cross grooves pan head self-tapping and self-drilling screw with pad	ST4.2*19	4

ASSEMBLY TOOLS:

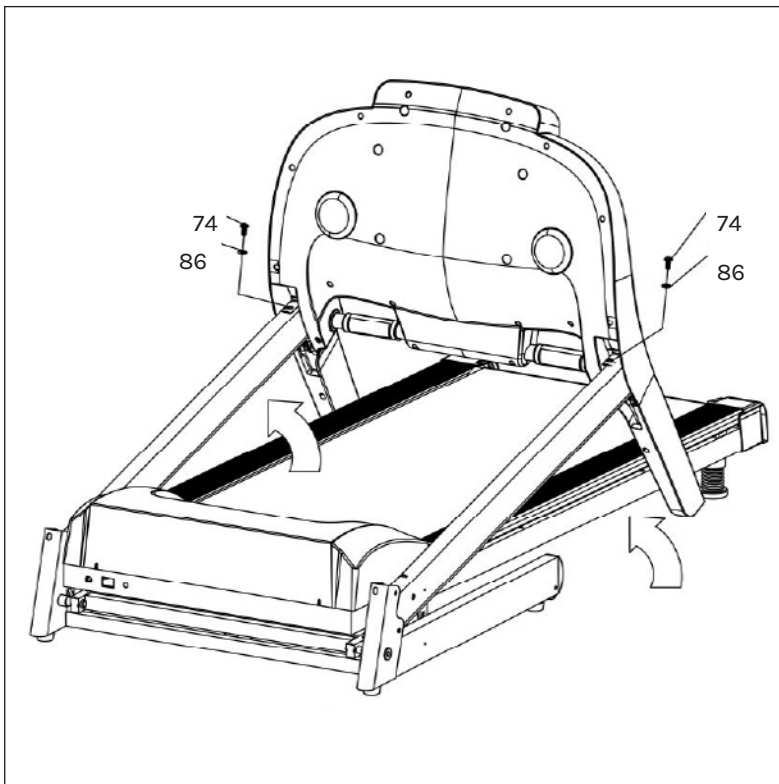|		
#5 Allen Wrench 5mm		1pc
#6 Allen Wrench 6mm		1pc
Wrench s/screw Driver	S=13, 14, 15	1pcs

**NOTE:** Do not turn on the treadmill before completing the set up.
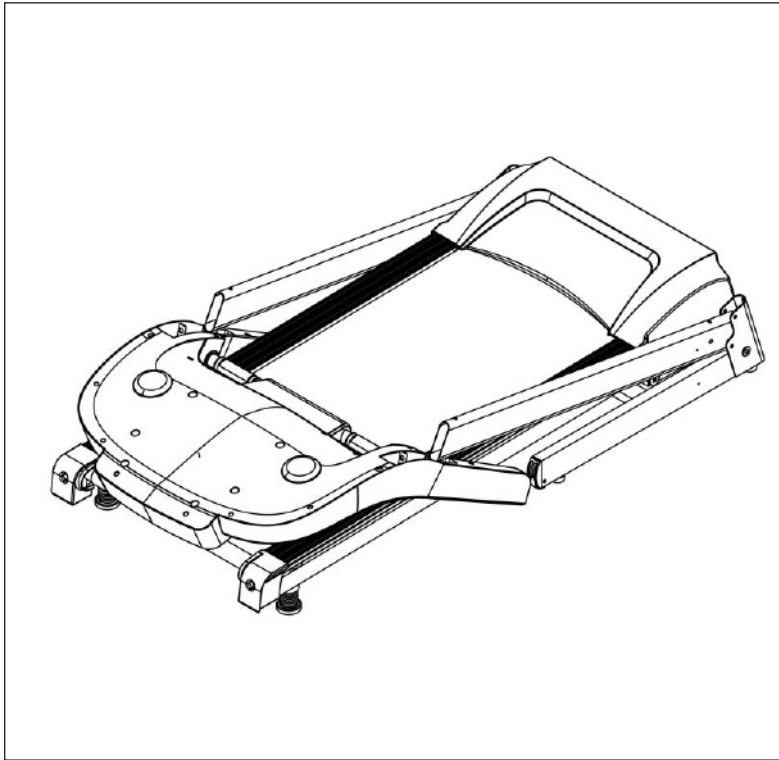
STEP 1

1. Open the packaging box, remove the materials, and lay the main frame assembly flat on the ground.

74
86

74
86

STEP 2

1. Lift the electronic watch frame assembly upward. Using a 5mm Allen wrench, insert an Allen flat round head screw (74) and an internal serrated locking washer (86).
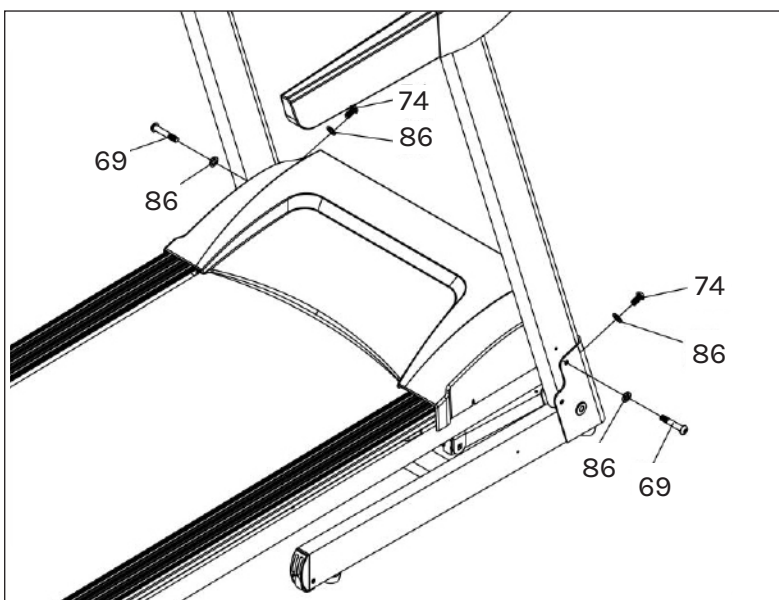
Gently secure the electronic watch frame assembly to the left and right columns.
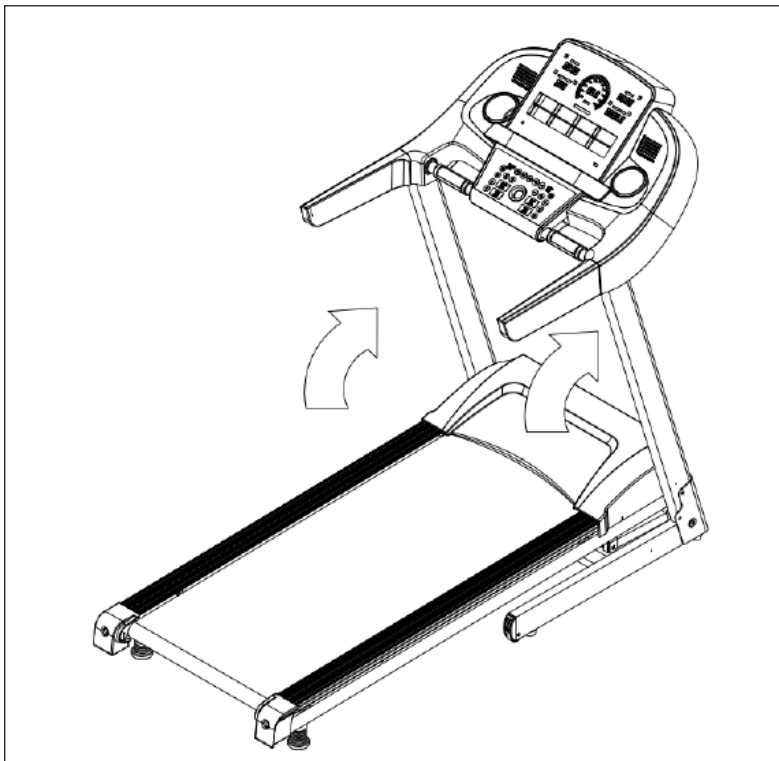
STEP 3

1. Fold the columns upward and hold them securely to prevent them from falling and causing injury or damage.

Note: when folding the display up, ensure the cables are carefully tucked inside.

STEP 4

1. First, use a 5mm Allen wrench to insert an Allen flat round head screw (69) and an internal serrated locking washer (86). Gently secure the right column assembly (4) to the main frame assembly. Then, using the 5mm Allen wrench again, insert an Allen flat round head screw (74) and an internal serrated locking washer (86) to lightly secure the right column assembly (4) to the main frame assembly.

2. Repeat the assembly on the left side, following the same procedure as the right side.

NOTE: Always hold the upright column with one hand to prevent it from falling and causing damage or injury.
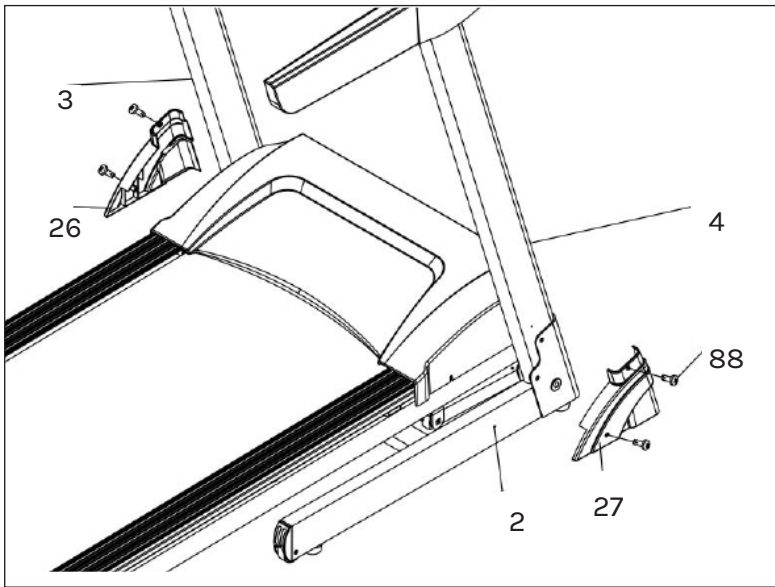
STEP 5

1. Secure the right bottom cover (27) to the right column assembly using a cross-slot pan head self-tapping and self-drilling screw (88) with a pad.

2. Repeat the assembly on the left side, following the same procedure as the right side.
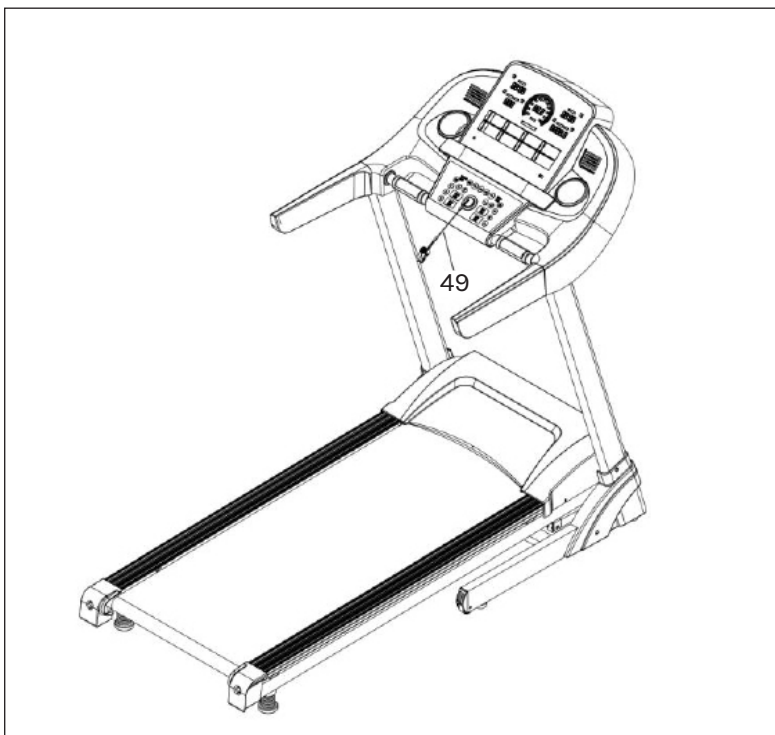
STEP 6

1. Place the safety lock (49) on the electronic watch.

V. FOLDING INSTRUCTIONS

FOLDING
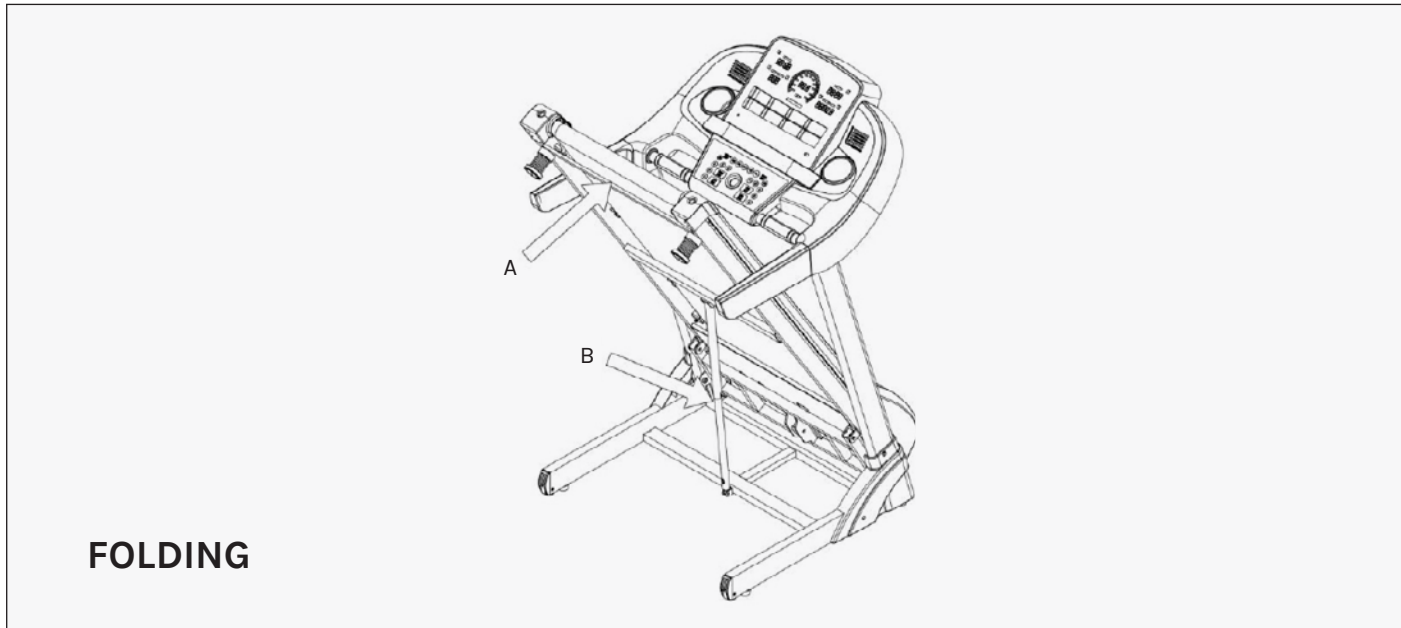
Hold position A with both hands, lift the machine, and gently push upward until you hear the pneumatic rod sleeve locking into pneumatic rod B.

UNFOLDING
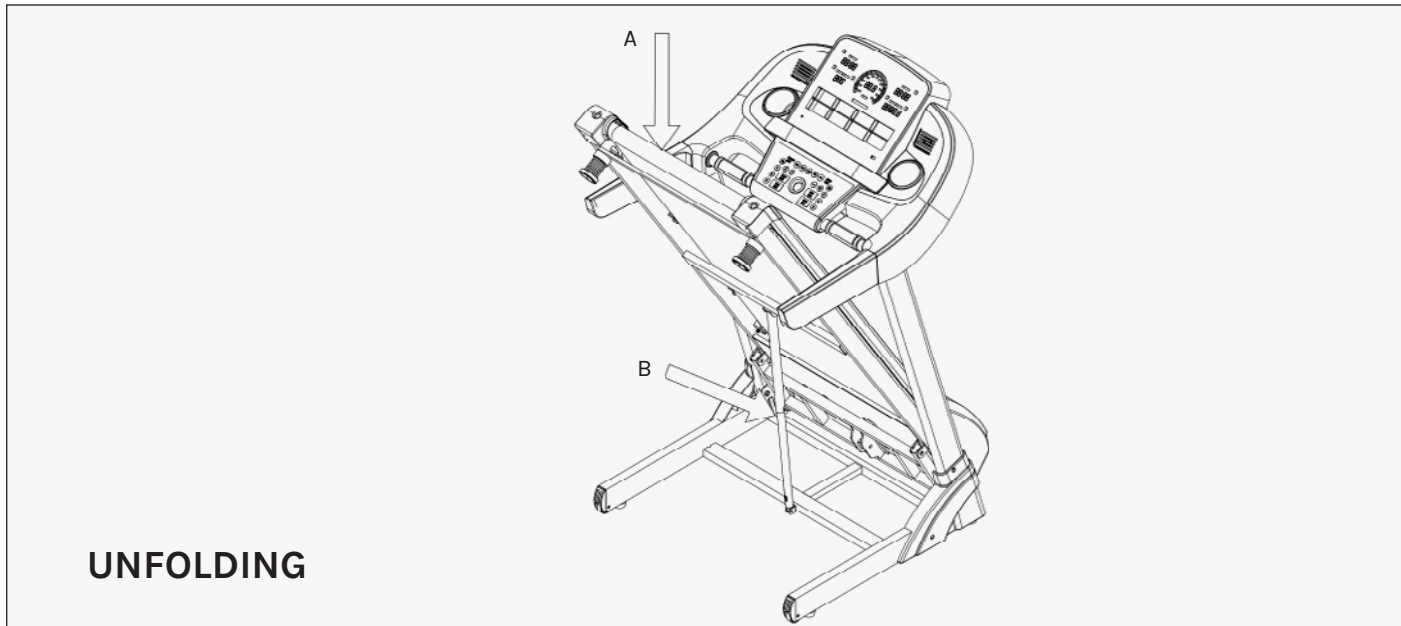
Hold position A with both hands and lift the machine slightly. Gently kick the air rod sleeve in direction B with your foot unti l the sleeve moves. Then, pull the main frame down with your hands to allow it to lower slowly. Ensure that people and pets are clear of the machine to avoid injury.

Video Tutorial Available at: **http://youtu.be/TcuPbJ7KuxQ**
Lifespan Fitness YouTube Channel: **http://www.youtube.com/user/treadmillsvideos**

MOVING THE TREADMILL

CAUTION: Unplug the power cord before moving the treadmill and ensure the floor in clear for the area you are moving it to.

Hold onto point A and the left-hand side handlebars, then place one foot to point B. While you pull the deck, push with your foot (on point B) to tilt the treadmill onto the transportation wheels. Once both wheels are on the ground, you can now move it to your desired location.
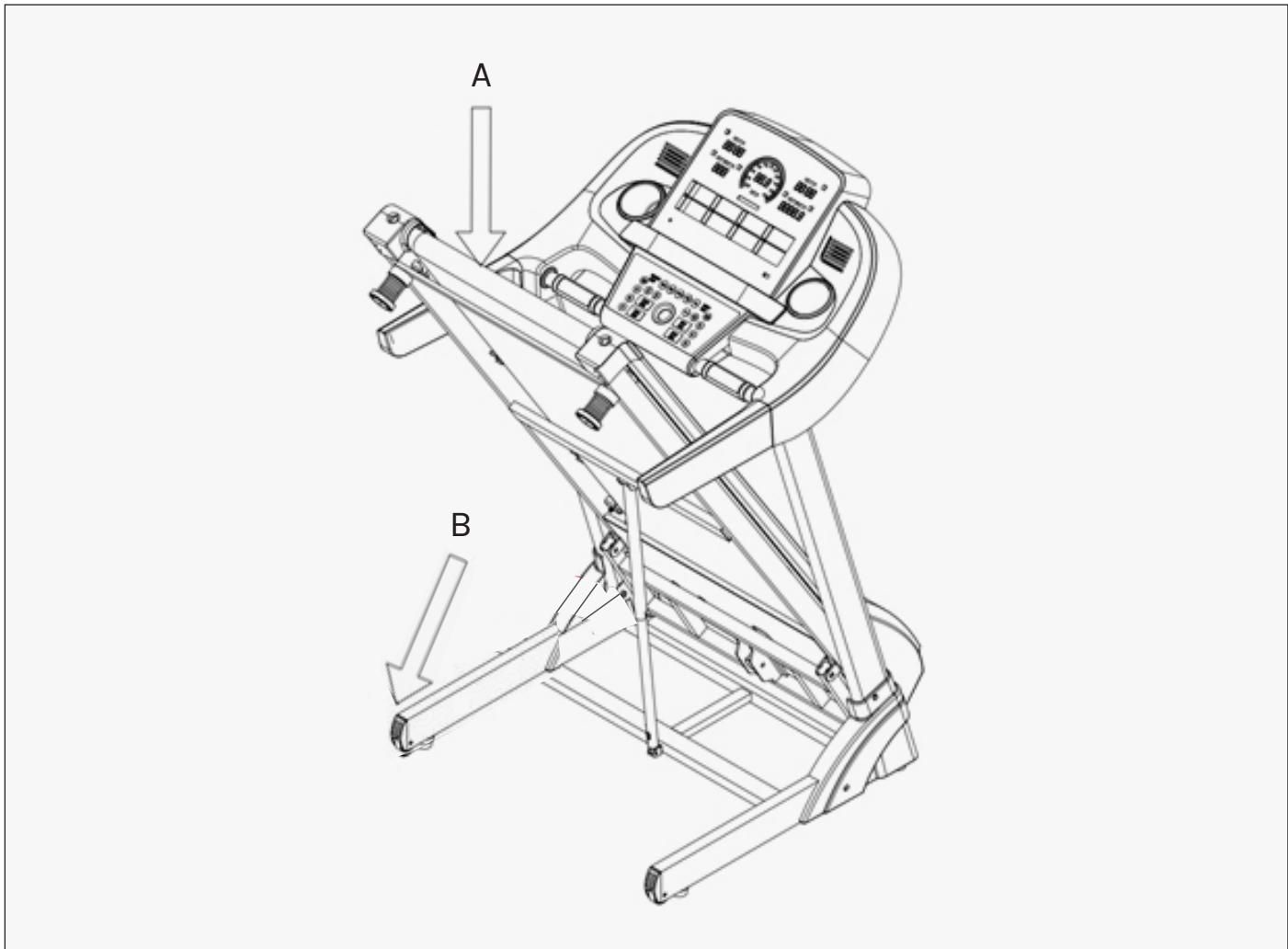
VI. OPERATION GUIDE

WINDOW DESCRIPTION

Time Window: Displays the exercise time.

Speed Window: Shows the current speed.

Calories Window: Displays calories burned during exercise.

Incline/Heart Rate Window: Displays either the slope or heart rate, depending on which icon is illuminated.

Distance Window: Shows the distance covered.

Dashboard Scale Window: Displays the speed amplitude in real-time. The scale ranges from 0% (lowest speed) to 100% (highest speed).

L Program Window: Displays the selected L program function. The selected option will be highlighted.

KEY FUNCTIONS

1. **"PROG." Key**: Program selection key. The sequence of selection is; manual mode, P01-P15, L01-L08, U01-U03, FAT, and back to manual mode in a cycle.

2. **"MODE" Key:** Mode selection key. The selection sequence is; manual mode, time countdown, distance countdown, calorie countdown, and back to manual mode in a cycle.

2.1 In standby mode, this key allows selection between: manual mode, time countdown, distance countdown, and calorie countdown.

2.2 In fat measurement mode, this key selects the parameters for fat measurement. The sequence is: "surname", "age", "height", and "weight".

3. SPEED ▲ / ▼: Adjusts speed up or down. Speed can be adjusted during exercise, and parameters can be adjusted while stopped.

4. SPEED (3, 6, 9, 12): Speed shortcut keys for quick adjustments to preset speeds.

5. INCLINE ▲ / ▼: Adjusts incline up or down. The incline can be modified during exercise, and parameters can be adjusted while stopped.

6. INCLINE (3, 6, 9, 12): Quick adjustment keys for preset incline levels.

7. Shuttle Knob: Synchronizes electronic watch data. Short press to start/pause, long press to stop. Rotate clockwise to increase speed and counterclockwise to decrease speed.

Note: When any button is pressed successfully, a prompt tone will sound. If the button exceeds the adjustment limit, a long tone will play. No tone will be given if the button press is invalid.

MAIN FUNCTIONS

When the power is turned on, all windows will light up for 2 seconds, and the treadmill will then enter standby mode.

1. **Quick Start (Manual Mode):** Attach the safety key and press the start button. After a 3-second countdown, the treadmill will begin running at the lowest speed. Use the SPEED ▲/▼ buttons to adjust the speed, and the INCLINE ▲/▼ buttons to adjust the incline. To stop the treadmill, simply press the stop button.

2. **Countdown Mode:** Press the "MODE" button to toggle between time countdown, distance countdown, and calorie countdown. The corresponding window will display the default value and blink. Adjust the desired value using the "SPEED ▲/▼" or "INCLINE ▲/▼" buttons. Press the start button, and after a 3-second countdown, the treadmill will begin running at the lowest speed. You can adjust the speed and incline as needed during the run. Once the countdown reaches zero, the treadmill will slow down and stop automatically. You can also stop it manually at any time by pressing the "STOP" button.

3. **Program Mode:** Press the "PROGRAM" button to select one of the built-in programs (P01-P15). The "TIME" window will display the default value and blink. Use the "SPEED ▲/▼" or "INCLINE ▲/▼" buttons to set your desired workout time. The program consists of 20 segments, with each segment lasting for time/20. After pressing the start button, the treadmill will begin running at the speed and incline set for the first segment, following a 3-second countdown. At the end of each segment, the treadmill will automatically adjust to the speed and incline of the next segment. When all segments are completed, the treadmill will slow down and stop. During the program, you can manually adjust the speed and incline, but they will reset to the default program values at the start of each new segment. You can stop the treadmill at any time by pressing the "STOP" button.

14

When the power is turned on, all windows will light up for 2 seconds, and the treadmill will then enter standby mode.

1. **Quick Start (Manual Mode):** Attach the safety key and press the start button. After a 3-second countdown, the treadmill will begin running at the lowest speed. Use the SPEED ▲/▼ buttons to adjust the speed, and the INCLINE ▲/▼ buttons to adjust the incline. To stop the treadmill, simply press the
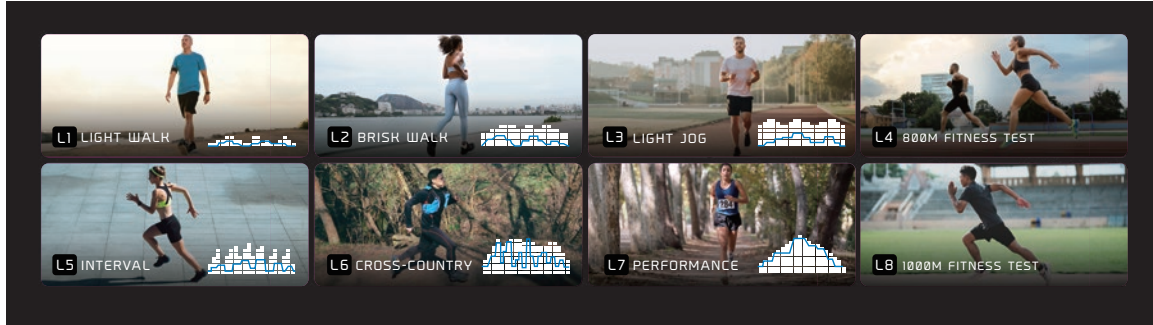
L1 Light Walk

	Default value	Adjustment range	Display range	Remarks
Speed	1.0(km/h)	1.0—3.0(km/h)	1.0—3.0(km/h)	Adjustable only after start-up
Incline	0%	0-15%		Adjustable only after start-up
Time	30:00(minute)	5:00--99:00(minute)	5:00—99:00(minute)	

Each time = set time/20 speed unit km/h

Number of segments	1	2	3	4	5	6	7	8	9	10
Speed	1.0	1.0	2.0	2.0	3.0	3.0	2.0	2.0	1.0	1.0
Incline	0	0	1	1	2	2	1	1	0	0
Number of segments	11	12	13	14	15	16	17	18	19	20
Speed	3.0	3.0	2.0	2.0	1.0	1.0	2.0	3.0	2.0	1.0
Incline	1	1	2	2	1	1	1	1	0	0

L2 Brisk Walk

	Default value	Adjustment range	Display range	Remarks
Speed	4.0(km/h)	1.0—6.0(km/h)	1.0—6.0(km/h)	Adjustable only after start-up
Incline	0%	0-15%		Adjustable only after start-up
Time	30:00(minute)	5:00--99:00(minute)	5:00—99:00(minute)	

Each time = set time/20 speed unit km/h

Number of segments	1	2	3	4	5	6	7	8	9	10
Speed	4.0	4.0	5.0	5.0	6.0	6.0	6.0	6.0	5.0	5.0
Incline	0	1	2	3	2	1	0	1	2	3
Number of segments	11	12	13	14	15	16	17	18	19	20
Speed	6.0	6.0	5.0	5.0	6.0	6.0	5.0	5.0	4.0	4.0
Incline	2	1	0	1	2	3	2	1	1	0

L3 Light Jog

	Default value	Adjustment range	Display range	Remarks
Speed	6.0(km/h)	6.0—8.0(km/h)	6.0—8.0(km/h)	Adjustable only after start-up
Incline	0%	0-15%		Adjustable only after start-up
Time	30:00(minute)	5:00--99:00(minute)	5:00—99:00(minute)	

Each time = set time/20 speed unit km/h

Number of segments	1	2	3	4	5	6	7	8	9	10
Speed	6.0	7.0	8.0	8.0	7.0	6.0	6.0	7.0	8.0	8.0
Incline	0	1	1	2	2	3	3	4	4	3
Number of segments	11	12	13	14	15	16	17	18	19	20
Speed	7.0	7.0	6.0	6.0	7.0	7.0	8.0	8.0	7.0	6.0
Incline	3	2	2	2	3	4	3	2	1	0

L4 800M Fitness Test

	Default value	Adjustment range	Display range	Remarks
Speed	3.0(km/h)	1.0—highest(km/h)	1.0—highest(km/h)	Adjustable only after start-up
Incline	0%	0-15%		Adjustable only after start-up
Distance	0.8(Kilometre) Non-adjustable			

Countdown the 800-meter distance. Once the countdown is complete, the result will be displayed in the speed window based on the time taken.

Achievement	Time
A (Excellent)	Within 3'39"
B (Good)	3'40"~4'20"
C (Pass)	4'21"~4'45"
D (Fail)	4'46"or more

L5 Interval

	Default value	Adjustment range	Display range	Remarks
Speed	3.0(km/h)	3.0—10.0(km/h)	3.0—10.0(km/h)	Adjustable only after start-up
Incline	1%	0-15%		
Speed	30:00(minute)	5:00--99:00(minute)	5:00—99:00(minute)	

Each time = set time/20 speed unit km/h

Number of segments	1	2	3	4	5	6	7	8	9	10
Speed	3.0	5.0	7.0	3.0	5.0	7.0	8.0	5.0	7.0	9.0
Incline	1	2	3	1	2	3	4	2	3	4
Number of segments	11	12	13	14	15	16	17	18	19	20
Speed	5.0	7.0	8.0	3.0	5.0	7.0	3.0	5.0	7.0	3.0
Incline	2	3	4	1	2	3	1	2	3	1

L6 Cross-Country

	Default value	Adjustment range	Display range	Remarks
Speed	4.0(km/h)	4.0—10.0(km/h)	4.0—10.0(km/h)	Adjustable only after start-up
Incline	2%	0-15%		
Time	30:00(minute)	5:00--99:00(minute)	5:00—99:00(minute)	

Each time = set time/20 speed unit km/h

Number of segments	1	2	3	4	5	6	7	8	9	10
Speed	4.0	6.0	8.0	10.0	8.0	9.0	10.0	10.0	10.0	9.0
Incline	2	5	8	3	6	9	2	4	6	2
Number of segments	11	12	13	14	15	16	17	18	19	20
Speed	9.0	9.0	8.0	8.0	8.0	9.0	9.0	8.0	6.0	4.0
Incline	10	5	2	5	7	4	6	3	5	2

L7 Performance

	Default value	Adjustment range	Display range	Remarks
Speed	3.0(km/h)	1.0—12.0(km/h)	1.0—12.0(km/h)	Adjustable only after start-up
Incline	2%	0-15%		
Time	30:00(minute)	5:00--99:00(minute)	5:00—99:00(minute)	

Each time = set time/20 speed unit km/h

Number of segments	1	2	3	4	5	6	7	8	9	10
Speed	3.0	4.0	5.0	6.0	7.0	8.0	9.0	10.0	11.0	12.0
Incline	2	3	4	5	6	7	8	9	10	11
Number of segments	11	12	13	14	15	16	17	18	19	20
Speed	11.0	10.0	9.0	9.0	8.0	7.0	6.0	5.0	4.0	2.0
Incline	10	9	8	7	6	5	4	3	2	1

L8 1000M Fitness Test

	Default value	Adjustment range	Display range	Remarks
Speed	3.0(km/h)	1.0—highest(km/h)	1.0—highest(km/h)	Adjustable only after start-up
Incline	0%	0-15%		
Distance	1.0(kilometre)			
Time	7minute	Non-adjustable	0-7'00"	

Countdown the distance of 1000 meters. After the countdown is finished, the speed window will be displayed according to the time judgment results.

Achievement	Time
A (Excellent)	Within 3'50"
B (Good)	3'51"~4'30"
C (Pass)	4'31"~4'55"
D (Fail)	4'56"or more

NOTE: At the end of the mode or program, the corresponding window will flash and emit 15 prompt tones. Afterward, all data will reset to zero, and the treadmill will enter standby mode.

A. Pulse Measurement:

Hold the steel pieces on the left and right armrests with both hands. After approximately 5 seconds, the "PULSE" window will display your heart rate. For a more accurate reading, stand still on the treadmill and hold the sensors for at least 30 seconds while the treadmill is stopped. Please note that heart rate data is provided as a reference for exercise intensity and should not be used as medical data.

B. FAT Measurement Mode:

In standby mode, press the "PROGRAM" key until "FAT" is displayed in the window, indicating that you have entered the fat measurement mode. Press the "MODE" key to select the parameter category: "Last Name", "Age", "Height", or "Weight". The corresponding window will display "-1-", "-2-", "-3-", or "-4-" for each category. After selecting a parameter, use the "SPEED ▲/▼" keys to adjust the values. Once all parameters are set, press the "MODE" key again. The window will display "-5-" and "---", indicating that the system is ready for the test. At this point, hold the steel pieces on the left and right armrests with both hands. After about 5 seconds, the window will display your body fat index.

Input parameters display and setting range

Parameter category	Default Value	Setting Range	Gender
Gender (-1-)	0 (Male)	0—1	0=Male 1=Female
Age (-2-)	25 years old	10—99years old	
Height (-3-)	170 CM	100—240 CM	
Weight (-4-)	70KG	20—160KG	

Input parameters display and setting range

Body Mass Index (BMI)	Range
<19	Skinny
19--26	Normal
27--30	Overweight
>30	Obesity

Sleep Function:

If there is no operation for more than 10 minutes while the treadmill is stopped, the system will turn off all displays and enter sleep mode. Press any key to wake it up.

Safety Lock Function:

If the safety lock is disconnected at any time, the treadmill will stop running immediately, and all data will reset to zero. All windows will display "---". Normal operation can only resume when the safety lock is properly connected.

Motion parameters display and setting range:

Parameter category	Default Value	Setting Range	Gender	
Speed	1-18KM	--------	--------	1-18KM
Ascension	0-20%	--------	--------	0-20%
Time	0:00—99:59	30:00	30:00	5:00---99:00
Mileage	0.00KM—99.9KM	1.00KM	--------	0.5KM—99.9KM
Heat	0Kcl—9999Kcl	50Kcl	--------	10Kcl—9990Kcl

Bluetooth Music Function:

To use the Bluetooth music feature, search for the Bluetooth name FS-xxxxxx-A on your mobile phone (where "xxxxxx" is the Bluetooth serial number). Once pairing is successful, music from your mobile phone will play through the treadmill's speakers after being amplified. (This feature is available only on models equipped with Bluetooth functionality.)

User-Defined Program Function (if available)

1. To set up a user-defined program, repeatedly press the "PROGRAM" key to select U1, U2, or U3, and set the start time. These programs function similarly to built-in programs. If you are not satisfied with the factory-set data for U1, U2, or U3, select the desired U program, then press the "MODE" key to enter the custom modification mode for that program. Use the "SPEED ▲/▼" and "INCLINE ▲/▼" keys (if the incline function is available) or quick keys to adjust the speed and incline for each segment. After setting each segment, press the "MODE" key to proceed to the next segment. Continue until all segments are set. The custom data will be saved after pressing the "MODE" key and will remain stored until the next reset.

2. The default factory settings are as follows:

o U1: Speed is 1 KM, and incline is 0 (if incline is available).
o U2: Speed is 2 KM, and incline is 0 (if incline is available).
o U3: Speed is 3 KM, and incline is 0 (if incline is available).

15 built-in program data sheets 20 segments

| PROGRAM | TIME | To set time/20 time = running time of each time period | | | | | | | | | | | | | | | | | | | |
		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	12	12	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

VII. EXERCISE GUIDE

(!) PLEASE NOTE:

Before beginning any exercise program, consult your physician. This is important especially for individuals over the age of 45 or 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 a great way to control your weight, improve your fitness and reduce the effect of aging and stress. The key to a healthy lifestyle 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.
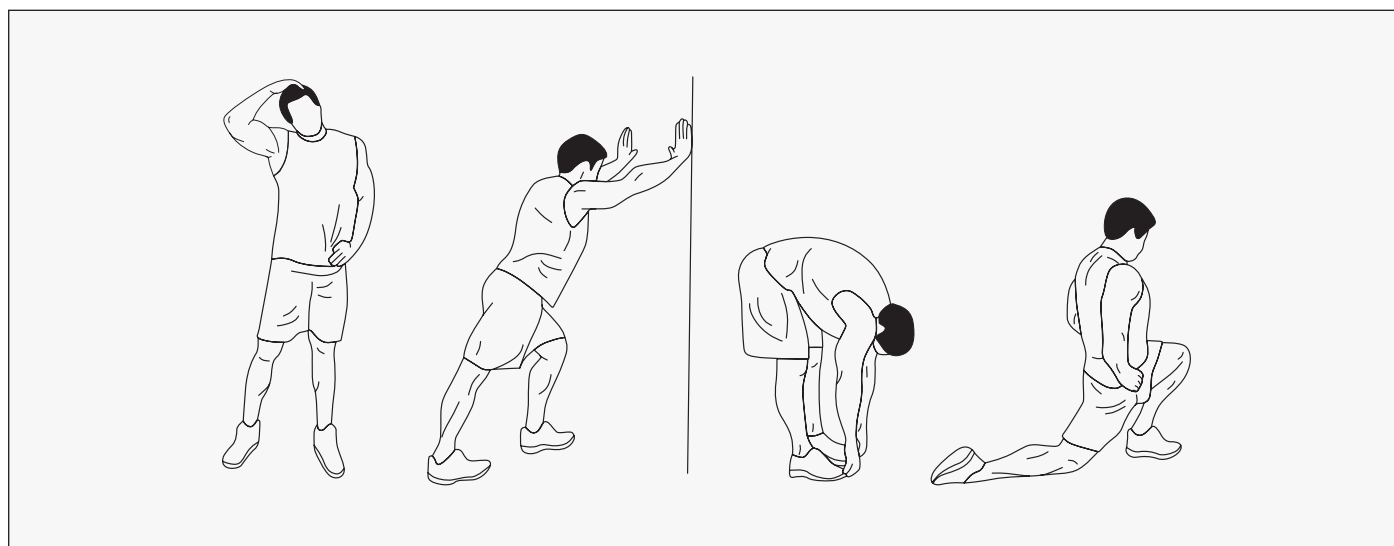
WARM UP

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.

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
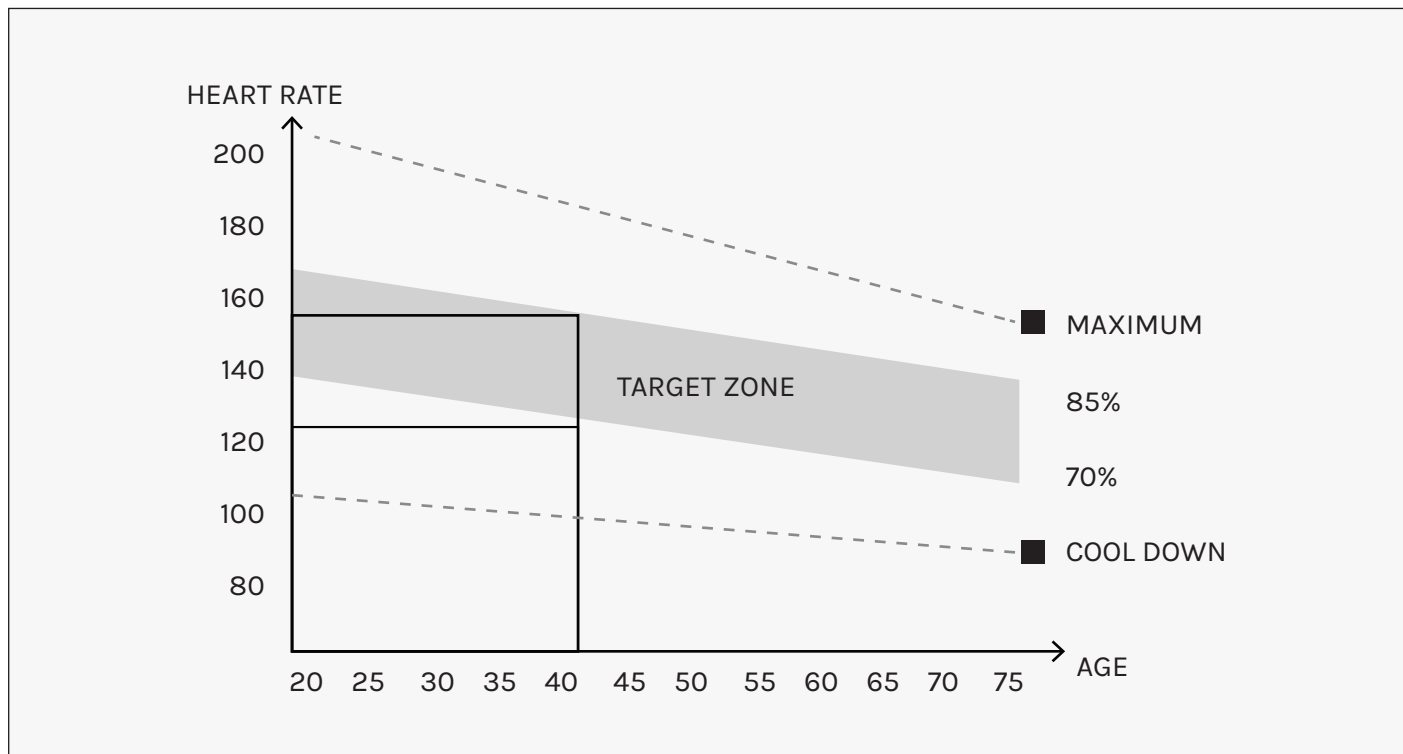
(!) This is how your pulse should behave during general fitness exercise. Remember to warm up and cool down for a few minutes.

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.

VIII. MAINTENANCE INSTRUCTIONS

Reasonable cleaning/lubricating should be made to extend the lifetime of this unit. Performance is maximized when the belt and mat are kept as clean as possible.

⚠ WARNING:

- The mat/deck friction may play a major role in the function and life of your treadmill and that is why we recommend you constantly lubricate this friction point to prolong the useful life of your treadmill. Failing to do this may void your warranty.

- Unplug the power cord before maintenance.

- Stop treadmill before folding.

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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 the 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.

Running Belt

Board

Video Tutorial Available at: **http://youtu.be/cP9NtFHfWlc**
Lifespan Fitness YouTube Channel: **http://www.youtube.com/user/treadmillsvideos**
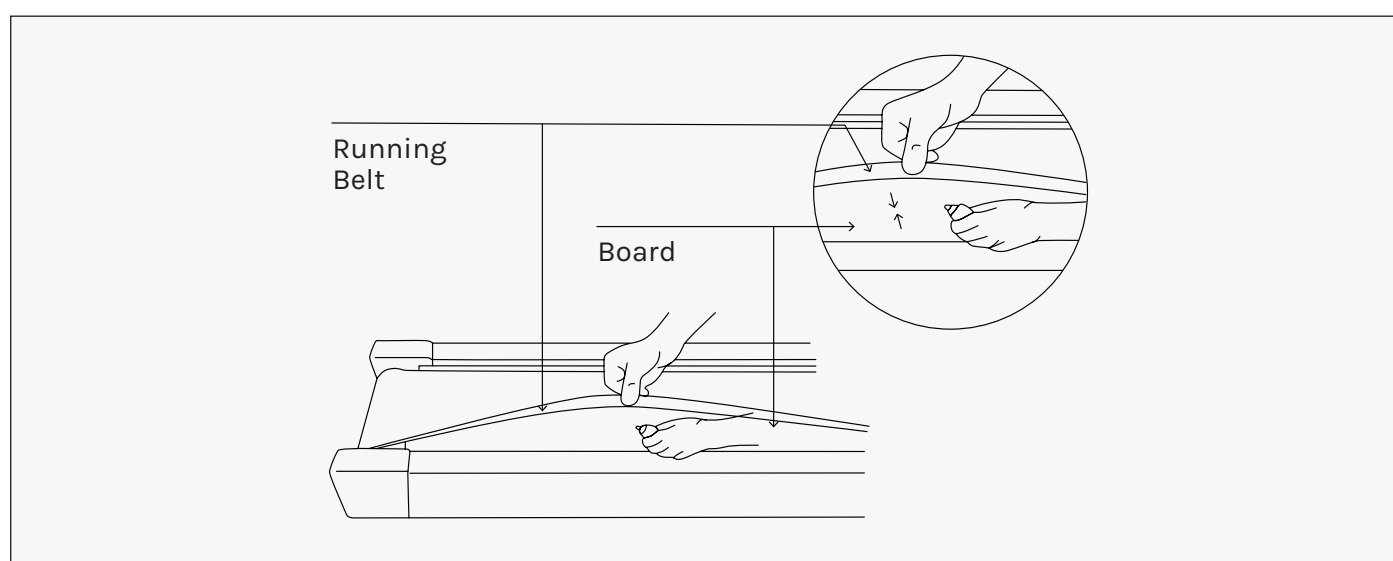
4. HOW TO CHECK THE RUNNING MAT FOR PROPER LUBRICATION

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 treadmill. This can be purchased directly from us or any hardware store.**

5. ADJUSTING THE RUNNING BELT

1. To better maintain your treadmill and prolong its lifespan, it is recommended to turn off the power after 1.5 hours of continuous use and allow the machine to rest for 10 minutes before resuming operation.

2. If the running belt is too loose, it may slip during use. On the other hand, if it's too tight, it can reduce motor performance and increase wear on both the drum and running belt. The ideal belt tension allows you to lift both sides of the running belt approximately 50-75mm away from the running board by hand
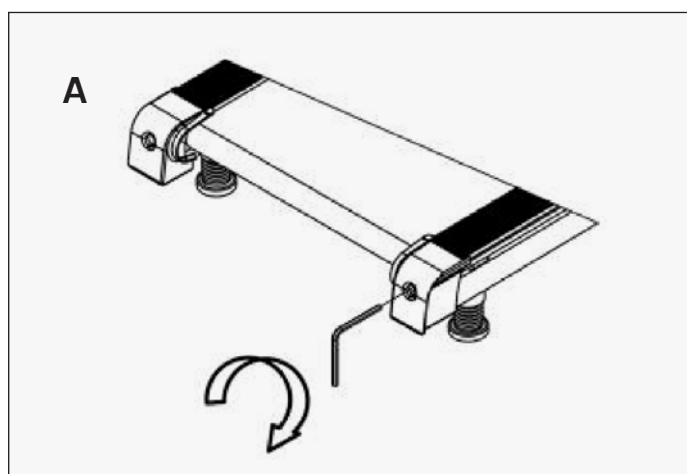
Place the electric treadmill on a level ground. Run the electric treadmill at approximately 6-8 km/h and observe the running belt deviation.

If the running belt is biased to the right, unplug the safety lock and power switch, rotate the adjustment bolt on the right clockwise by 1/4 turn, insert the power switch and safety lock, make the treadmill run, and observe the deviation of the running belt. Repeat until the running belt is centred. Figure A.
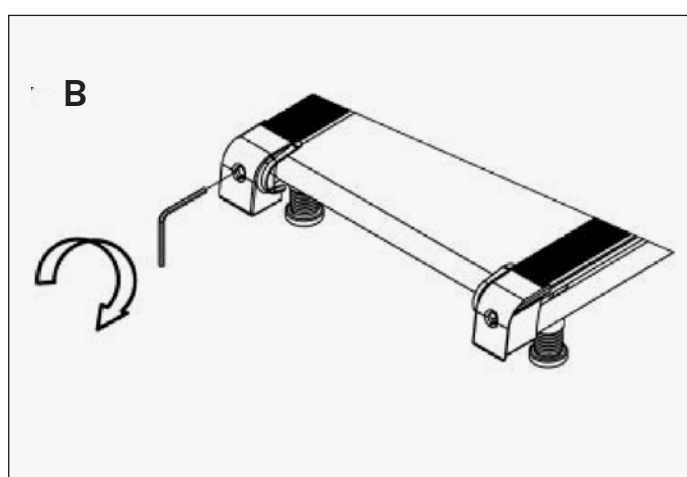
If the running belt is biased to the left, unplug the safety lock and power switch, rotate the adjustment bolt on the left clockwise 1/4 turn, insert the power switch and safety lock, make the treadmill run, and observe the deviation of the running belt. Repeat until the running belt is centred. Figure B
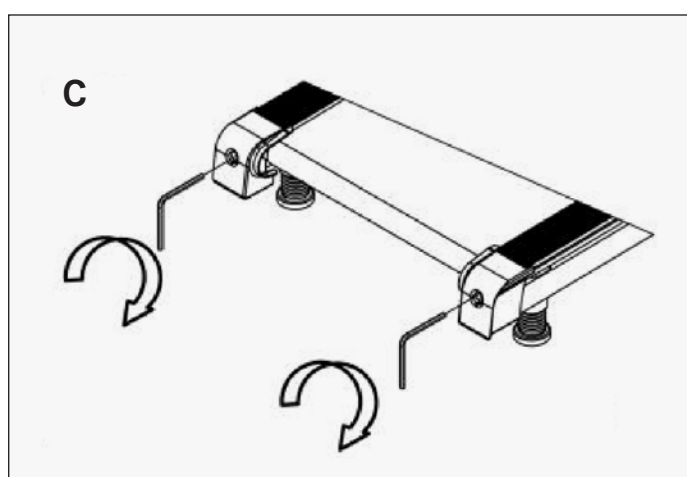
The running belt will gradually relax after the above adjustment or after using it for a period of time, so it needs to be adjusted. Unplug the safety lock and power switch, and at the same time rotate the adjustment bolts on the left and right sides clockwise by 1/4 turn, insert the power switch and safety lock to make the treadmill run, and then stand on the running belt to confirm the tightness.

Repeat the above steps until the running belt is moderately tight. Figure C

IX. 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.

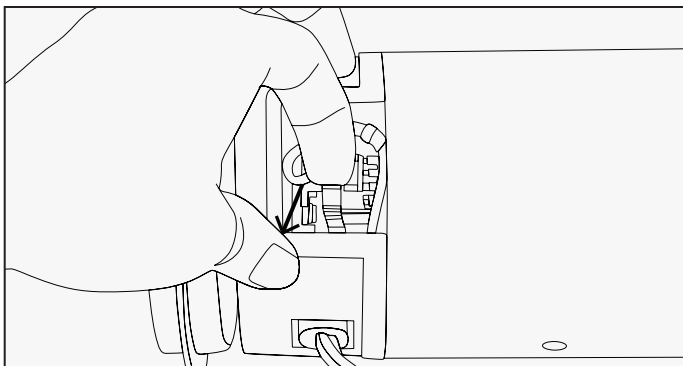## ⚠ IMPORTANT:

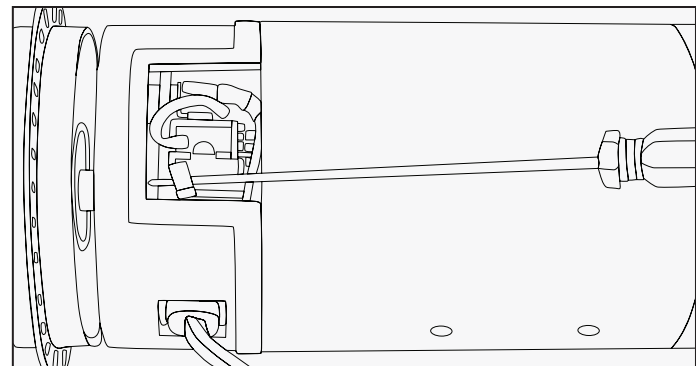Before beginning the replacement of your motor brush, ensure that the treadmill is off and unplugged from the electrical socket.

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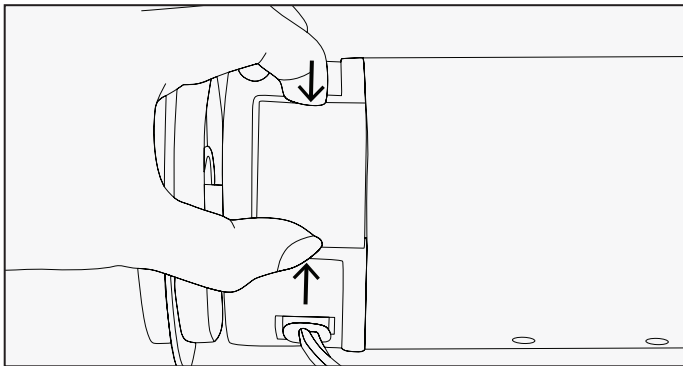
1. Remove the cover from the motor by squeezing it from the sides.

Lead
Motor Brush
Clip
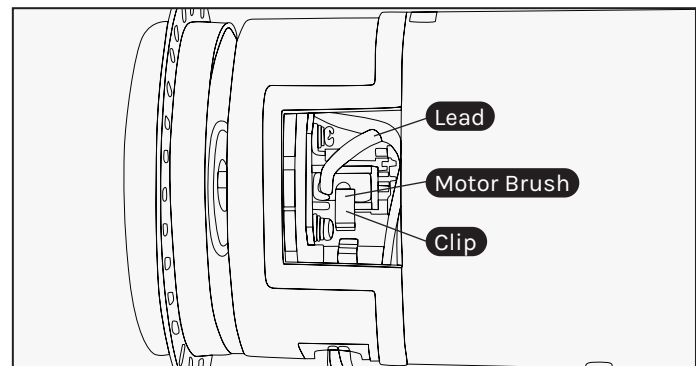
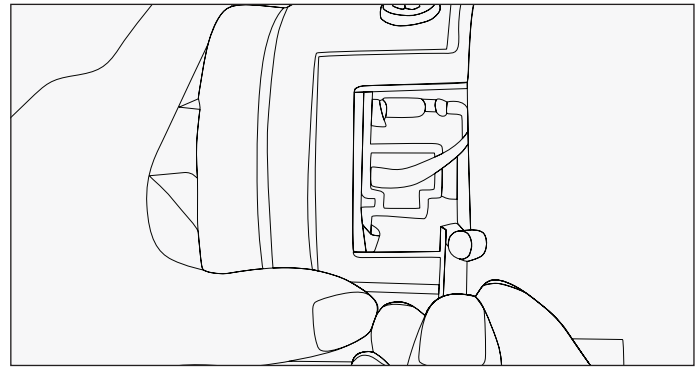2. You will find the motor brush held in with a clip, with the lead plugged in.

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.
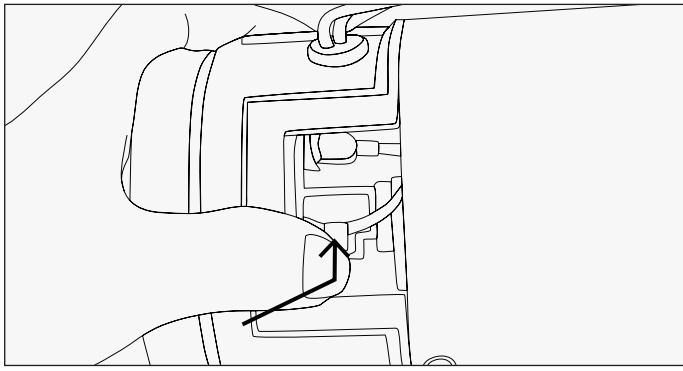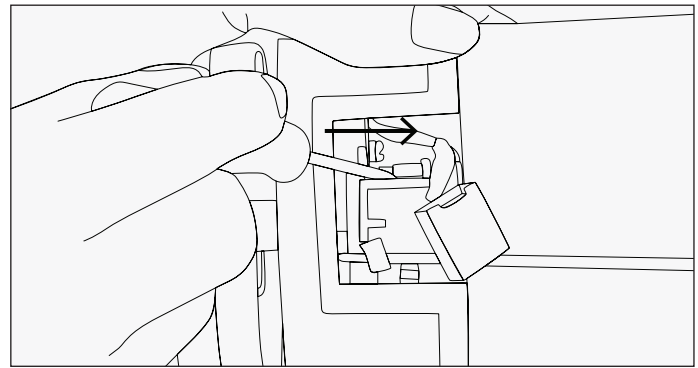
4b. Some treadmill motors may use a push clip instead. In this case, gently push the clip inwards and then up to release it from its latch.
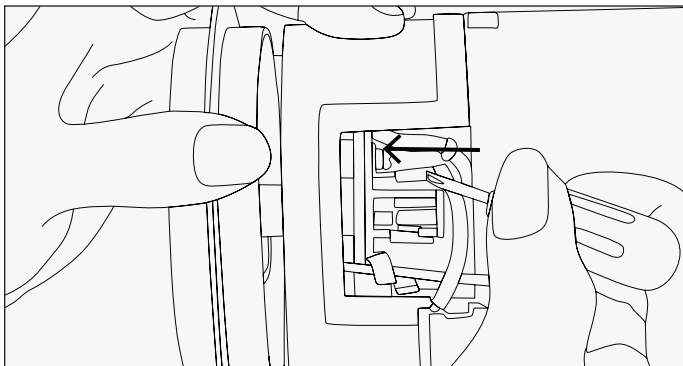
4c. Remove the clip, noting the direction in which it was originally placed, and put it safely aside.
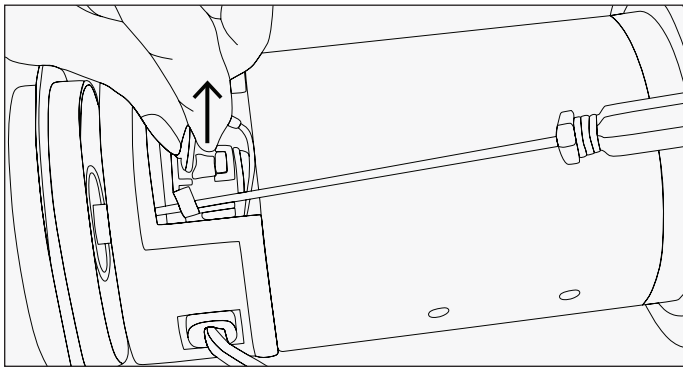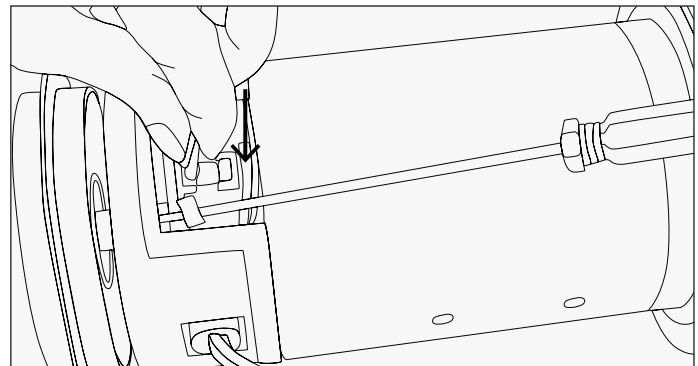

5. Slide the motor brush out from its slot. If the brush is shorter than 5mm on the longest side, you will need to replace both brushes.
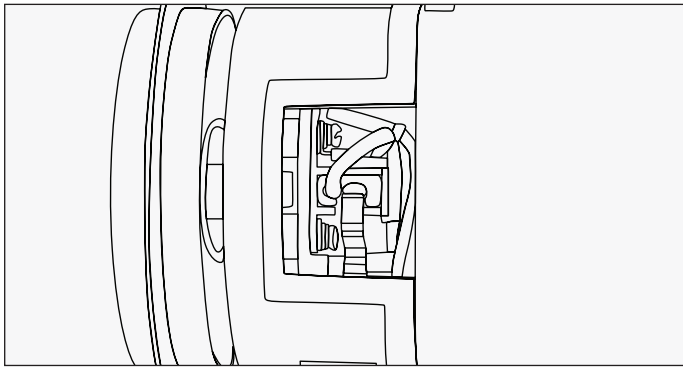
6. Slide the motor brush lead off the terminal using another small screwdriver or needle nosed pliers.
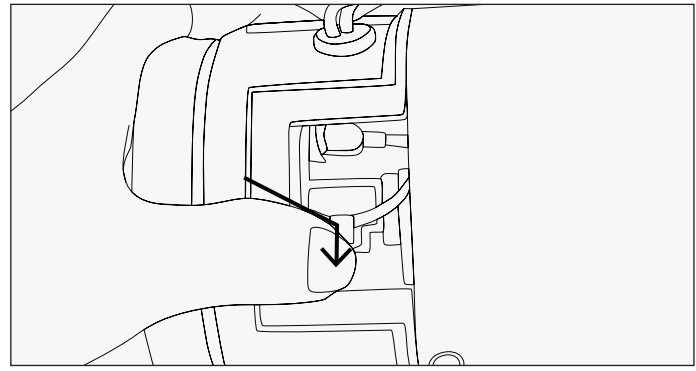

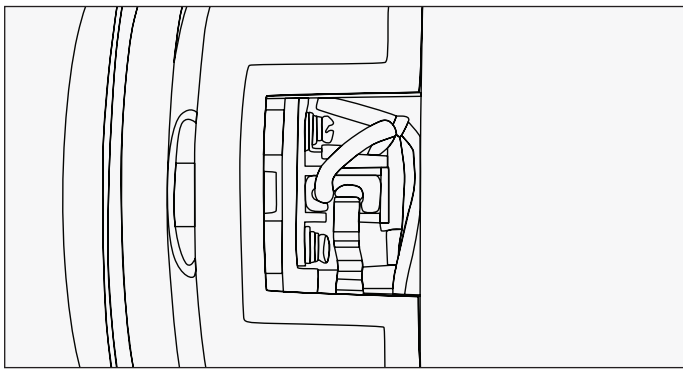7. Plug the new motor brush lead into the terminal.

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.
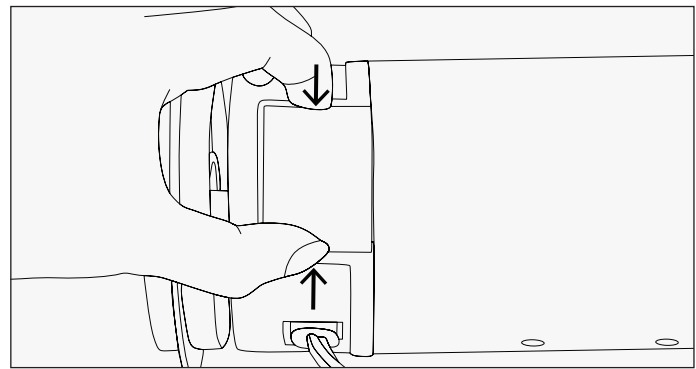
11. Replace the motor cover. Repeat steps 1-15 for the second brush located on the opposing side of the motor.

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.

X. EXPLODED DIAGRAM
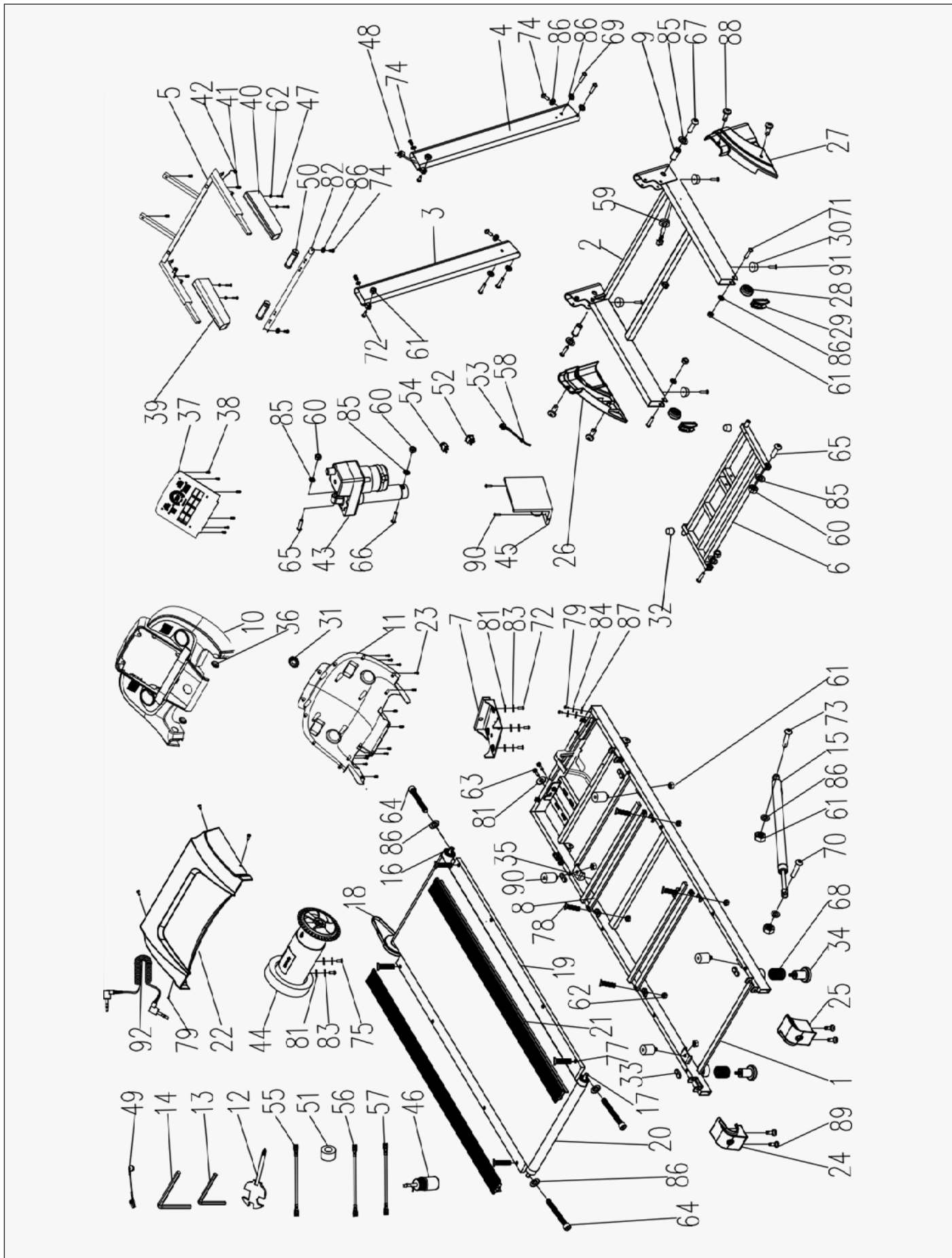
XI. PARTS LIST

No.	Description	Specifications	Qty.
1	Main frame assembly		1
2	Base frame assembly		1
3	Left column group		1
4	Right column group		1
5	Electronic watch frame assembly		1
6	Lifting frame assembly		1
7	Motor block assembly		1
8	Running plate reinforcing tube		2
9	Rotating sleeve		2
10	Electronic watch upper cover		1
11	Electronic watch lower cover		1
12	With cross wrench	S=13, 14, 15	1
13	5 # Allen wrench	5mm	1
14	6 # Allen wrench	6mm equal length	1
15	Pneumatic rod		1
17	Rear drum		1
18	Multi-wedge belt		1
19	Running board		1
20	Running belt		1
21	Edge strip		2
22	Motor cover		1
23	Cross grooves pan head self-tapping screw	ST4.2*13	22
24	Left rear corner guard		1
25	Right rear corner guard		1
26	Left base shield		1
27	Right base shield		1
28	Handling wheel		2
29	Roller cover		2
30	Foot pad		4
31	Safety lock holder		1
32	Cushion		2
33	Rubber mat		4

No.	Description	Specifications	Qty.
34	Rubber floor mats		2
35	EVA		2
36	Armrest decorative ring		2
37	Panel		1
38	Cross grooves pan head self-tapping screw	ST4.2*13	22
39	Left handle		1
40	Right hand handle		1
41	Cross grooves pan head self-tapping screw with pad	ST4.2*15	4
42	Upper segment line of electronic watch		1
43	Lift motor		1
44	DC motor		1
45	Control circuit board		1
46	Oil bottle		1
47	Cross grooves pan head self-tapping and rotating screw with pad	ST4.2*19	7
48	Lower segment line of electronic watch		1
49	Safety lock		1
50	Cylinder hand holding heartbeat		2
51	Magnetic ring		1
52	Power switch		1
53	Standard power cord		1
54	Overload protector		1
55	AC single branch line		1
56	Blue single branch line		1
57	Brown single branch line		1
58	Power cord buckle		1
59	Annular wire guard plug		2
60	Type I non-metallic insert hex lock nut	M10	4
61	Type I non-metallic insert hex lock nut	M8	10
62	Type I non-metallic insert hex lock nut	M6	8

No.	Description	Specifications	Qty.
63	Hex Head Screw Class C	M8*30	1
64	Hex socket cylindrical head screw	M8*65	3
65	Hex socket flat round head screw	M10*42	3
66	Hex socket flat round head screw	M10*85	1
67	Hex socket flat round head screw	M10*65	2
68	Spring		2
69	Hex socket flat round head screw	M8*45	4
70	Hex socket flat round head screw	M8*42	1
71	Hex socket flat round head screw	M8*40	4
72	Hex socket flat round head screw	M8*32	6
73	Hex socket flat round head screw	M8*25	2
74	Hex socket flat round head screw	M8*16	6
75	Hex socket flat round head screw	M8*12	2
76	Hex socket countersunk head screw	M6*40	8
77	Hex socket countersunk head screw	M8*30	4
78	Hex socket countersunk head screw	M6*40	4
79	Phillips grooves pan head screw	M5*8	6
80	Flat Washer Class C	10	2
81	Flat Washer Class C	8	7

No.	Description	Specifications	Qty.
82	Handrail connecting pipe		1
83	Standard spring washer	8	6
84	Standard spring washer	5	2
85	Internal serrated locking washer	10	4
86	Internal serrated locking washer	8	15
87	Internal serrated locking washer	5	2
88	Cross grooves pan head self-tapping and self-drilling screw with pad	ST4.2*19	4
89	Cross grooves pan head self-tapping and self-drilling screw	ST4.2*19	6
90	Cushion		4
91	Phillips grooves pan head screw	M6*16	4
92	AUX cable		1

TROUBLESHOOTING

Error Code	Error Description	Possible Causes and Solutions
E01	Overload	1. The current may be too high due to exceeding the rated load. Restart the system for protection. 2. A part of the treadmill may be stuck, causing the motor to fail and overload. Adjust the treadmill and restart it or apply lubricant. 3. Check for abnormal sounds or burning smells when the motor runs and replace the motor if needed. 4. Replace the controller if necessary.
E02	Hall error	1. Check if the motor wire is properly connected and reconnect it if necessary. 2. Replace the motor. 3. Replace the controller.
E03	Hardware Overcurrent	1. The current may be too high due to exceeding the rated load. Restart the system for protection. 2. Check if the power socket plug is securely connected to the motor. 3. Replace the controller.
E04	Lack of Phase	1. Check if the motor wire is properly connected and reconnect if necessary. 2. Replace the motor. 3. Replace the controller.
E05	Undervoltage	1. Check if the input power supply voltage is normal. 2. Ensure the power socket plug is securely connected.
E06	Overvoltage	1. Check if the input power supply voltage is normal.
E08	Hardware error	1. Ensure the power socket plug is securely connected to the motor. 2. Replace the controller.
E21	Save data exception	1. Cut off the power for 2 minutes, then restart. If the problem persists, replace the controller.
E30	Motor calibration error	1. Check if the lift connection is loose or incorrect.
E31	Overtemperature	1. Wait for the temperature of the motor to return to normal before running.
E32	Motor reversal	1. Check if the motor wire UVW is connected properly.
E33	Motor parameter error	1. Ensure the correct motor parameters are provided by the original manufacturer.
E50	Other errors	Check with supplier.
E91	Poor communication	1. Check the communication line. 2. Replace the electronic display. 3. Replace the controller.

XII. 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

Any claim against this warranty must be made through your original place of purchase. Proof of purchase is required before a warranty claim may be processed.

If you have purchased this product from the Official Lifespan Fitness website, please visit **https://lifespanfitness.com.au/warranty-form**

For support outside of warranty, if you wish to purchase replacement parts or request a repair or service, please visit h**ttps://lifespanfitness.com.au/warranty-form** and fill in our Repair/Service Request Form or Parts Purchase Form.

Scan this QR code with your device to go to **lifespanfitness.com.au/warranty-form**

XIII. HAND PULSE TECHNOLOGY

This product comes 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 must be amplified 1000 times to make the signal viable 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 signal.
- 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 also affect pulse readings.

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 technologies work 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 the more accurate option.

To test if your hand pulse sensors are working up to specification, hold them while standing on the sidestep 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).