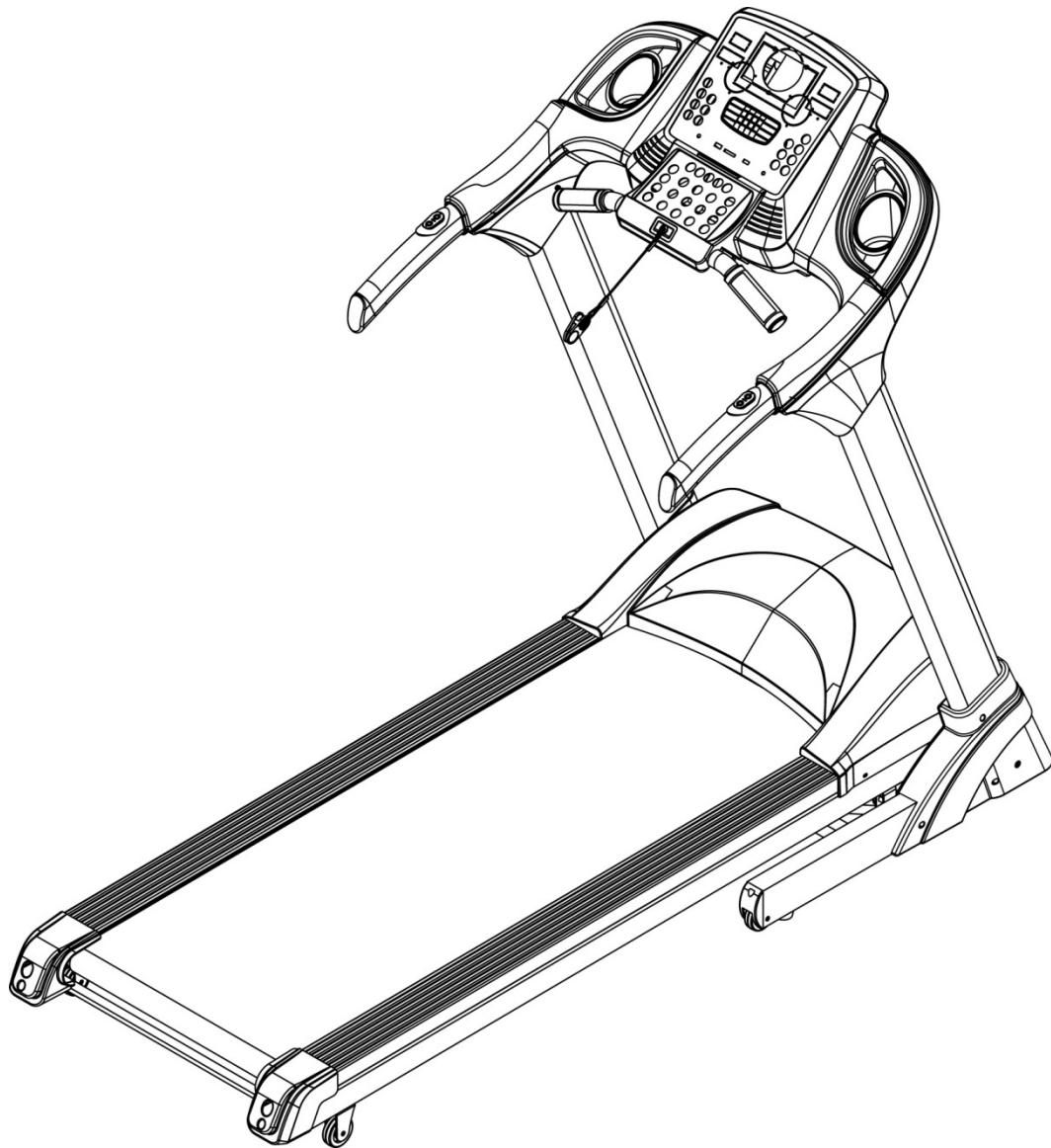




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LIFT OWNER'S MANUAL



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.

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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
- Never allow children on or near the treadmill.
- 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 cord or plug.
- 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 not suitable for long time running.

- 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.
- Allowed temperature: 5 to 40 degrees.

Remove the safety key after use to prevent unauthorized treadmill operation.

2. IMPORTANT ELECTRICAL INFORMATION

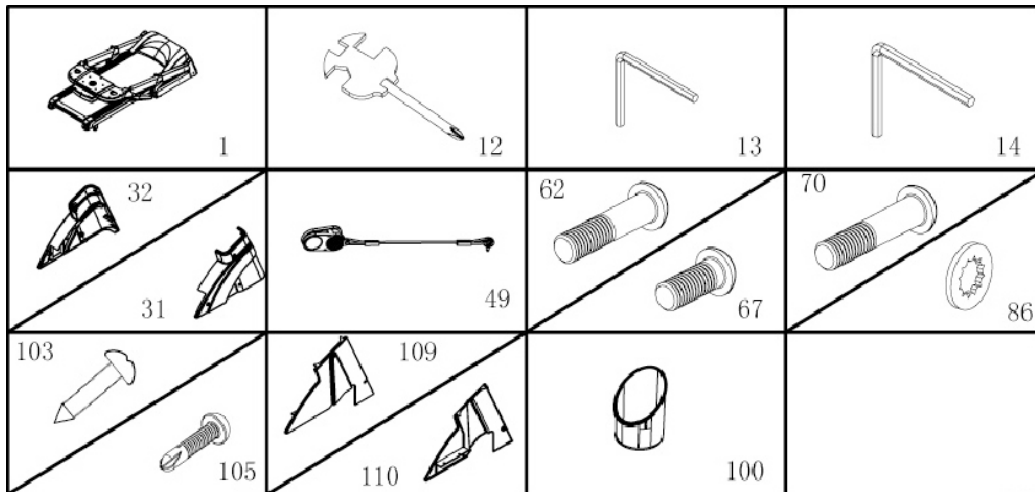
WARNING!

- NEVER use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. 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 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

- Be sure to read the entire manual before operating your machine.
- 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.

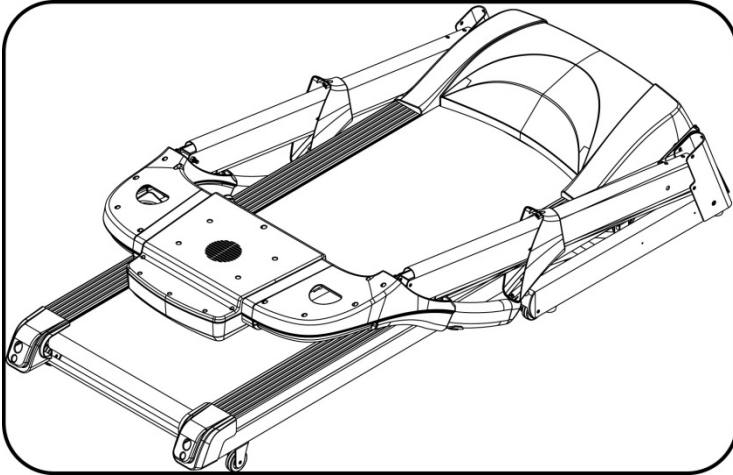
4. ASSEMBLY INSTRUCTIONS



PART LIST

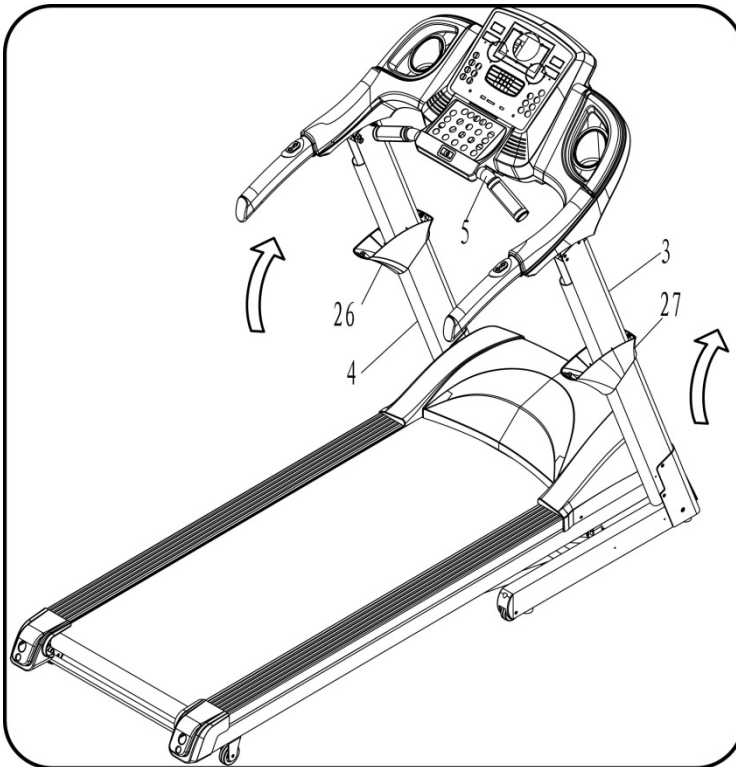
NO.	DES.	Specification	Nos.	NO.	DES.	Specification	Nos.
1	Main frame		1	70	Bolt	M8*55	2
12	Wrench screw Driver	S= 13\14\15mm	1	105	screw	ST4.2*19	10
13	5# Allen Wrench	5mm	1	103	screw	ST4.2*20	6
14	6# Allen Wrench	6mm	1	86	Lock washer	8	10
31	Right base cover		1				
32	Left base cover		1	100	bottle rack		2
49	Safety lock key		1	109	Left base cover lid		1
67	Bolt	M8*16	4	110	Right base cover lid		1
62	Bolt	M8*45	4				

STEP 1:



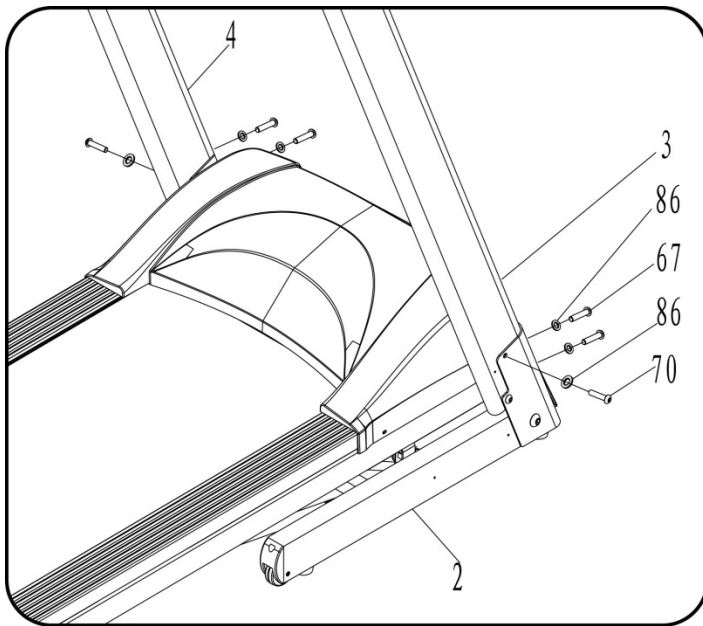
1. Open the carton
2. Extract the parts listed above
3. Place the Main Frame (1) onto level ground

STEP 2:



1. Push up the Computer and L & R uprights as the arrow position.
2. **Note:** When you pull them up, make sure the uprights do not damage/severe the wires inside
3. Hold the computer and L&R uprights by hand before they are firmly fixed to prevent them from accidentally falling down and causing injury
4. Take care not to damage Uprights Cover (27) when you push them up.

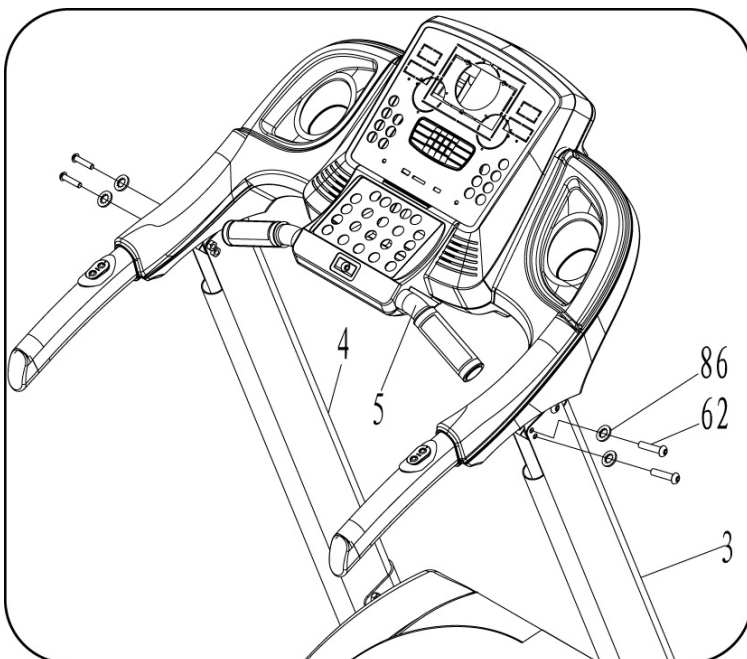
STEP 3:



1. Use the 5#Allen Wrench (12) to fix the right upright onto the base frame with Bolt M8*45(70) and Lock Washer(86), fix at the other side of this upright with Bolt M8*16(67) and Lock Washer(86) Repeat this for the Left upright.

NOTE: PLEASE HOLD THE UPRIGHT WHEN FIXING IT ONTO BASE FRAME TO AVOID INJURY

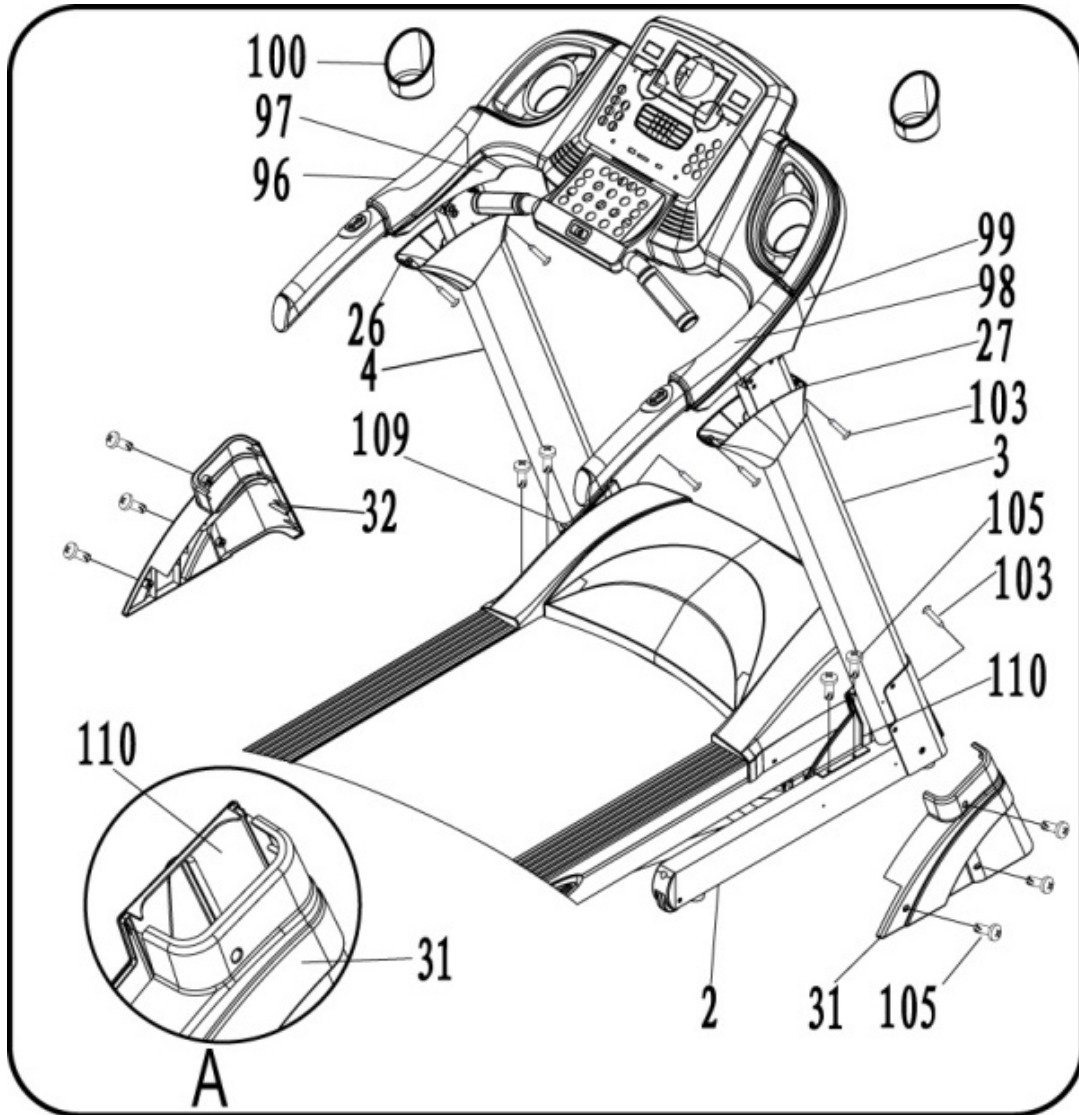
STEP 4:



1. Use the 5# Allen wrench to fix the computer frame onto left and right uprights(3,4) with bolt M8*48(62) and Lock washer(86)

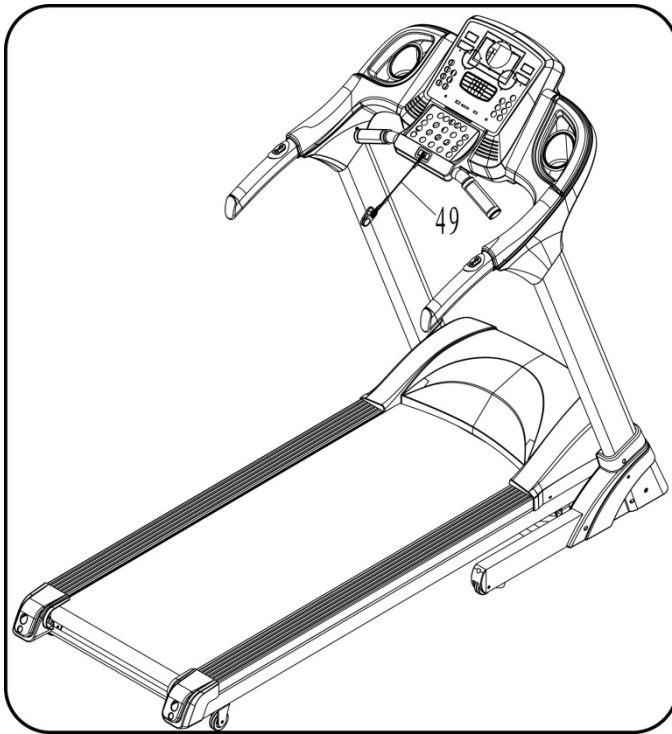
NOTE: PLEASE HOLD THE COMPUTER FRAME BEFORE TIGHTENING THE BOLT TO AVOID INJURY

STEP 5:



1. Use wrench screw driver (12) to fix the right base cover lid (110) on the base frame (2) with ST4.2*19 screw (shown in picture to the left). Buckle the right base cover (31) onto the back of the right base cover lip (110). Then lock the right base cover (31) and right base cover lip (110) together with the ST4.2*x20 screw (103). Lastly, lock the right base cover (31) onto the right upright (3) and base frame (2) with the ST4.2*19 screw(105). Repeat this for the left upright.
2. Use wrench screw driver (12) to attach the left (26) and right (27) upright cover onto the left (97) and right (99) the bottom cover of handle bars separately.
3. Insert the bottle holders (100) into their slots.

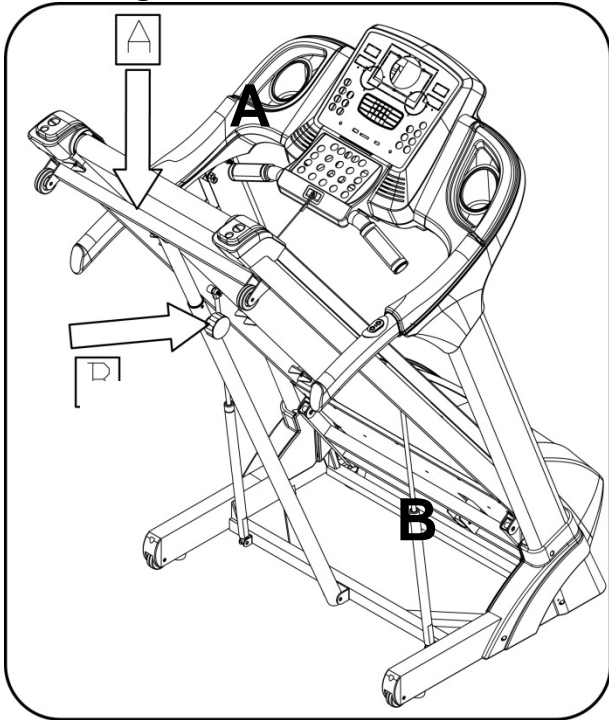
STEP 6:



1. Place the safety key (49) into its allocated slot on the computer
-

5. FOLDING INSTRUCTIONS

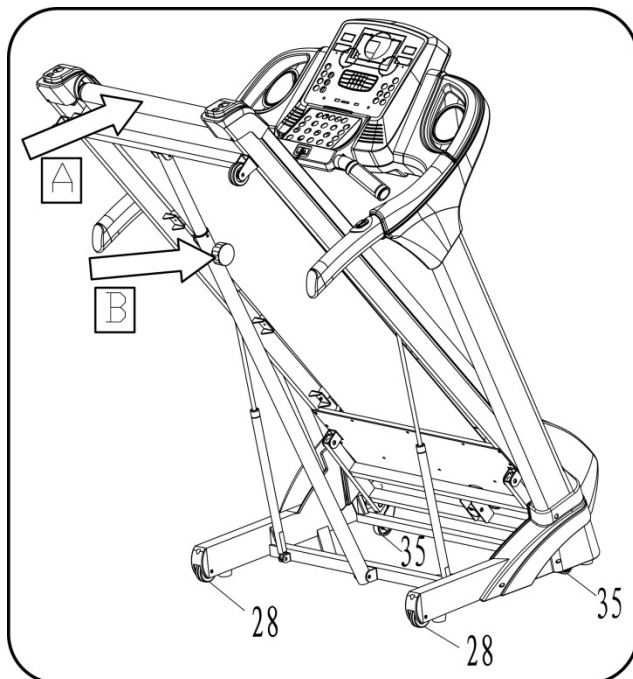
Unfolding:



Whilst supporting position (A) with your hand, loosen, and then pull out the pin at position (B).

The base frame will descend automatically. (Please keep people and any pets away the machine during descent)

Folding:



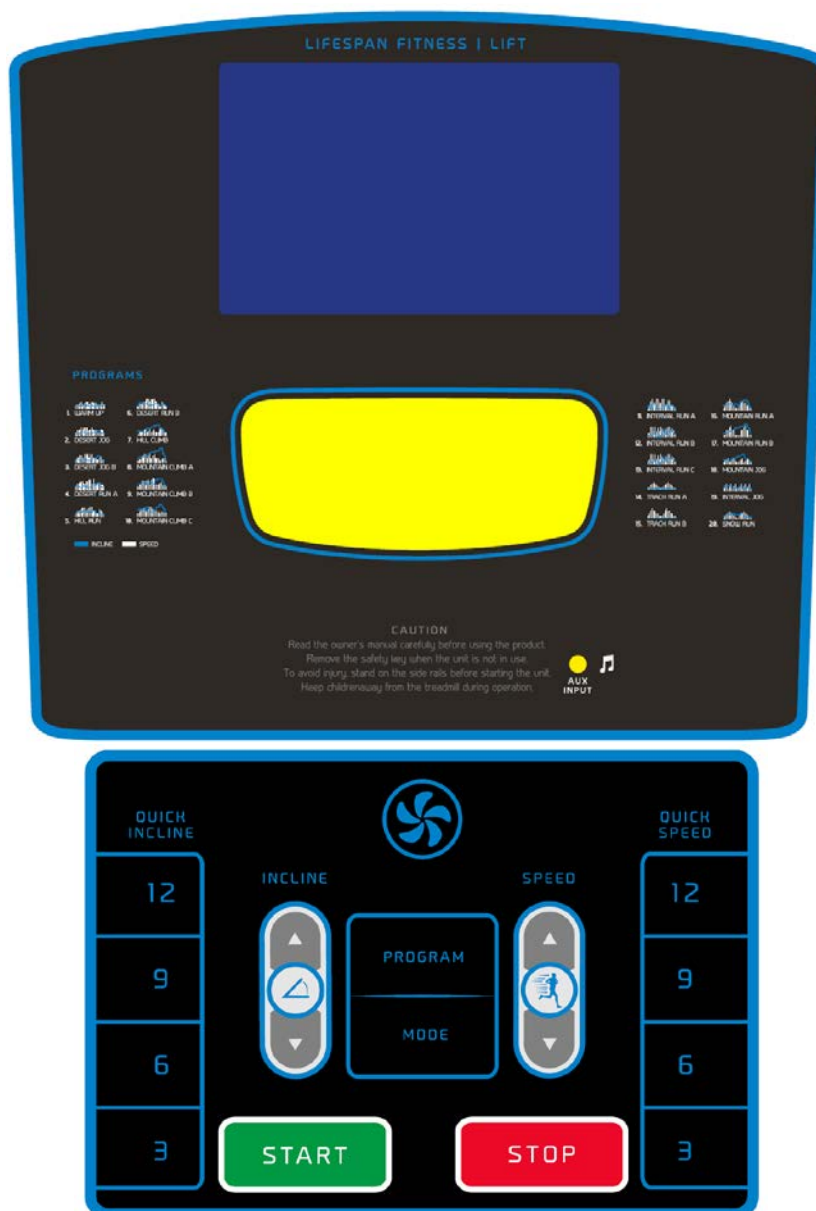
Place your hand on position (A), then pull up the base frame until you hear the click sound emitted when the air pressure bar (B) is locked into the round tube.

Video Tutorial Available at:
<http://youtu.be/TcuPbJ7KuxQ>

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

6. OPERATION GUIDE

1. OVERVIEW



2. LCD WINDOW DISPLAY

1. **SPEED:** Shows speed (1-22km/h)
2. **INCL:** Shows degree of incline. Level (0-20)
3. **TIME:** Displays total workout running time. (0:00 to 99:59, machine stop upon reaching 99:59. In countdown mode the machine will stop when time reaches (0:00)
4. **DIS:** shows the running distance. (0 to 99.9 km, machine will stop upon reaching 99.9km)

5. **PUL**: shows heart rate after a short period of time holding the hand sensors. The range is from 50-200 beats per minute (Heart rate data is for reference ONLY.)
6. **CAL**: shows calories burnt. Calories burnt are an estimate only. This is not to be used as medical data.

3. BUTTON FUNCTIONS

1. **“PROGRAM”**: press this button while in standby mode. This will cycle between:
 - a. “0:00”: default manual operation mode with a default speed of 1km/h;
 - b. “P1-P99”: pre-set programs
 - c. “U01-U03”: self-setting programs
 - d. “FAT”: fat testing mode
 - e. In any mode, you can choose the countdown number through the Speed+ & Speed- or Incline+ and Incline- buttons. Press “START” after you finish setting your desired values.
2. **“MODE”**: mode selection button. Press this button to cycle through “0:00”, “15:00”, “1.0”, “50”
 - a. (“0:00” = manual mode, “15:00” = timer countdown mode, “1.0” = distance countdown mode, “50” = calorie countdown mode)
 - b. You can adjust the values (total duration of the countdown) with the Speed+ & Speed- or Incline+ and Incline- buttons. Press “START” to start your exercise after finishing setting the values.
3. **“START”**: begins workout. When the power is on and safety key correctly placed on the computer, press this button to start the treadmill.
4. **“STOP”**: press button to stop the motor running
5. **SPEED+ \ SPEED-**: Increase or decrease speed when exercising. Sets parameter when stopped. Holding these buttons down for more than 0.5 seconds will continuously the increase or decrease speed.
6. **“INCLINE+”, “INCLINE-”**: increase or decreases incline. Adjust the incline gradient during exercising. Sets parameter when stopped. Holding these buttons down for more than 0.5 seconds will continuously the increase or decrease incline.
7. **“SPEED: 3, 6, 9, 12”** Speed adjustment shortcut key
8. **“INCL: 3, 6, 9, 12”** Incline adjustment shortcut key.
9. **FAN**: start or stop the fan

4. MAIN FUNCTIONS

4.1. Quick Start-up:

Attach the safety key. After a 3 second countdown, the treadmill will starting and running from the lowest speed, add and subtract to the speed using the SPEED button.

4.2. Manual Mode:

1. Whilst in standby mode, press "START" and the treadmill will start at 1.0km/h at zero incline. Other windows count forward from zero. Press "INCLINE+", "INCLINE-", "SPEED+", "SPEED-" to change speed and gradient.
2. Whilst in standby mode, press "MODE" to enter timer countdown mode. The TIME window will flicker and display "15:00". Press "INCLINE+", "INCLINE-" or press "SPEED+", "SPEED-" to adjust the total time. The range for time is 5:00-99:00.
3. Whilst in time countdown mode, press "MODE" to enter distance countdown mode. The "DISTANCE" window will flicker and display "1.0". Press "INCLINE+", "INCLINE-" or press "SPEED+", "SPEED-" to adjust speed, the range is 0.5—99.9km/h
4. Whilst in the distance countdown mode, press "MODE" to enter Calorie countdown mode, the calorie window will flicker and display "50". Press "INCLINE+", "INCLINE-" or press "SPEED+", "SPEED-" to adjust calories. The range is 10-999km.
5. After selecting one of above three countdown modes, press "START" after pre-setting the mode. The treadmill will start running after 3 seconds, then press "INCLINE+", "INCLINE-", "SPEED+", "SPEED-" to adjust speed and gradient. Pressing the "STOP" bottom, the machine will slow down until coming stop.

4.3. Built-in Programs:

There are 99 built-in programs (P1-P99) in the system. Press “PROGRAM” whilst in standby mode. The speed window will display “P1-P99”. The TIME window will flicker when you select one of programs. Default running time for each program is 10:00. Press “INCLINE+”, “INCLINE-“, “SPEED+”, “SPEED-” to adjust running time for your selected program.

Each program is divided into 20 segments with different default speed and incline. The running time for each segment equals to the total program default time (10:00)/20 (or adjusted time/20). The user can adjust speed and incline for each segment by using the speed and incline buttons. However when each segment ends and enters the next segment, the speed and incline values will automatically reset to their default values after buzzing 3 times. When the selected program is completely over, the machine will slow down until stop after buzzing 3 times, and display “END”, then enter standby mode after 5 seconds.

4.4. Program Instructions:

There are 99 programs installed in the system (P1-P99).

Each program is divided into 20 segments.

Each segment is set with different SPEED and INCLINE separately.

Details are in **Part 13: PROGRAM CHART**

4.5. User Defined Programs:

There are three programs U1, U2, U3 that are user defined.

1. User define program setting:
 - a. Press “PROGRAM” continuously under standby mode until window display U1-U3.
 - b. Press “MODE” to start setting the first segment, setup speed and incline by pressing the speed and incline buttons.
 - c. Press “MODE” finish first segment setting and enter second one.
 - d. Repeat this until all 10 segments are completed. The data will be permanently saved until user reset next time.
2. Starting user defined programs:

- a. Press “PROG” whilst in standby mode until the window displays U01-U03.
 - b. Press START after the setting running time for this program.
 - c. Press the START button after setting user define program and running time.
3. Instructions for user define program settings
- a. Each program is divided into 20 segments. The machine can only be started when all the speed and incline are finish set for each segment.

4.6. Body Fat Testing Programs:

Whilst in standby mode, continuously to press the “PROGRAM” button to enter the program's index (FAT) detection capabilities. Press the “MODE” button into F-1, F-2, F-3, F-4, F-5 interface (F -1 gender, F-2 age, F-3, height, F -4 weight, and F-5 constitution, to detect). Press the “speed+” and “speed-“ to adjust the parameters from 01 to 04.

Press the “mode” button after completing this to enter the F-5 body test interface. Clasp hands on the pulse sensors for two to three seconds. It will then show you the health index.

FAT (BMI)	RESULT
≤19	UNDER WEIGHT
20--25	NORMAL WEIGHT
25--29	OVER WEIGHT
≥30	OBESE

4.7. Heart Rate:

When holding the hand pulse with two hands, the pulse window will show your heart rate after 5 seconds. To increase accuracy please check heart rate with the machine stopped and after keeping your hands on the sensors for more than 30 seconds.

The heart rate data is for reference purposes ONLY.

4.8. Sleep function/ Power saving:

The treadmill automatically enters sleep mode after 10 minutes of inactivity. Press any key on the display to wake the treadmill.

4.9. MP3 function (if applicable)

When the treadmill is turned on, connect the MP3 or other audio equipment via an audio cable. Volume is adjustable on your audio equipment. Please adjust to a suitable volume to avoid effecting voice quality, and inset voice-frequency circuit.

7. 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.

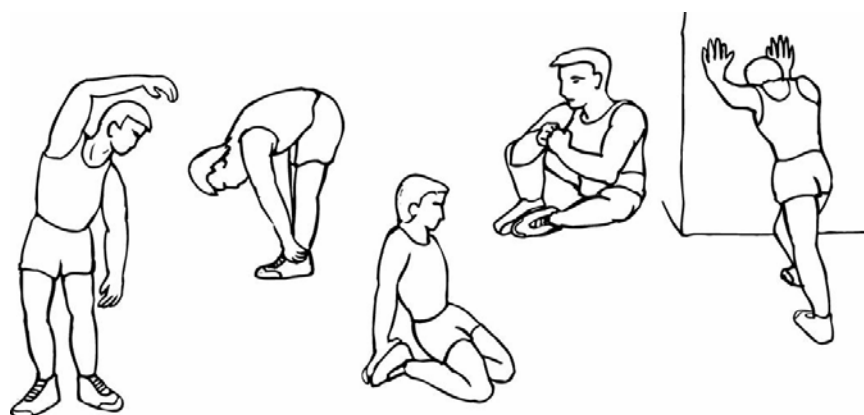
Exercising is great way to control your weight, improving your fitness and reduce the effect of aging and stress. The key to success is to make exercise a regular and enjoyable part of your everyday life.

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

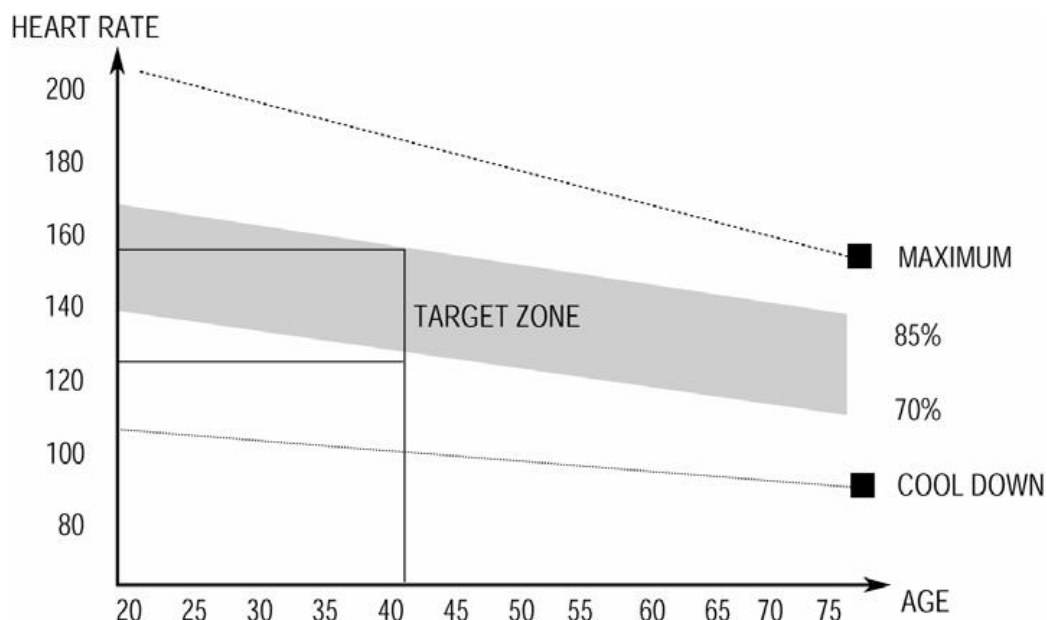
After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise-never hold your breath.

Cool Down

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

Workout Guidelines

TARGET ZONE



THIS IS HOW YOUR PULSE SHOULD BEHAVE DURING GENERAL FITNESS EXERCISE.

REMEMBER TO WARM UP AND COOL DOWN FOR A FEW MINUTES.

The most important factor here is the amount of effort you put in. The harder and longer you work, the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

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.

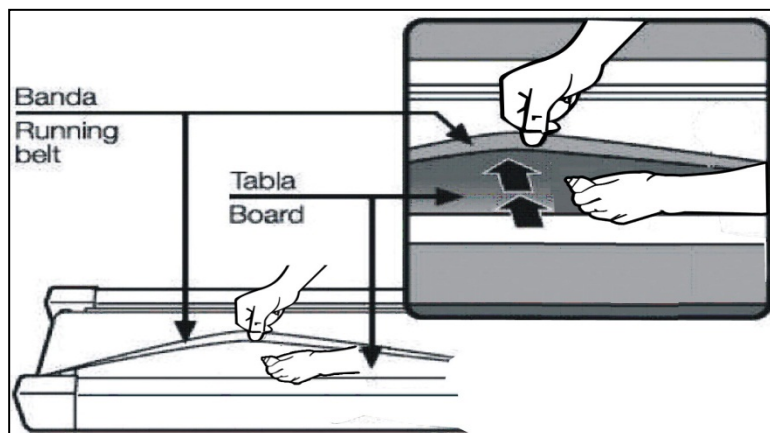
3. Belt/Deck/Roller Lubrication

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 50 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/cP9NtFHfWlc>

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

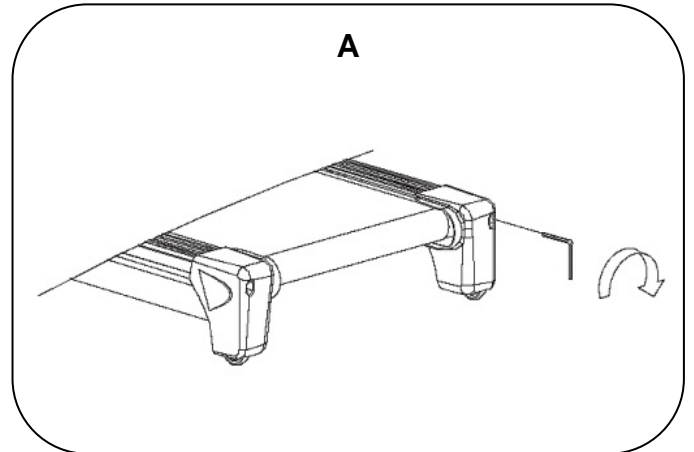
Place treadmill on a level surface. Run treadmill at approximately 4km/h, checking the running condition.

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.

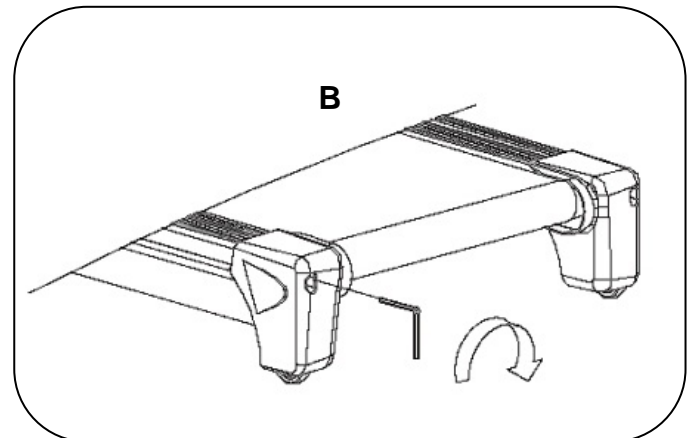


If the belt has drifted to the **left**:

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.

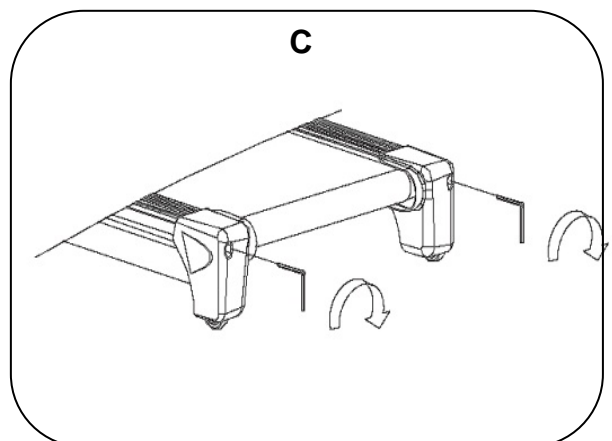


To adjust the **tightness** of the belt:

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

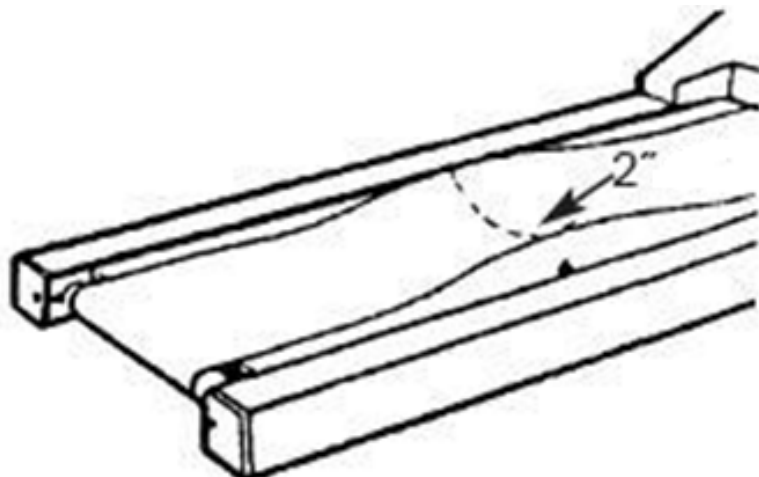
See *Picture C*

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



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.

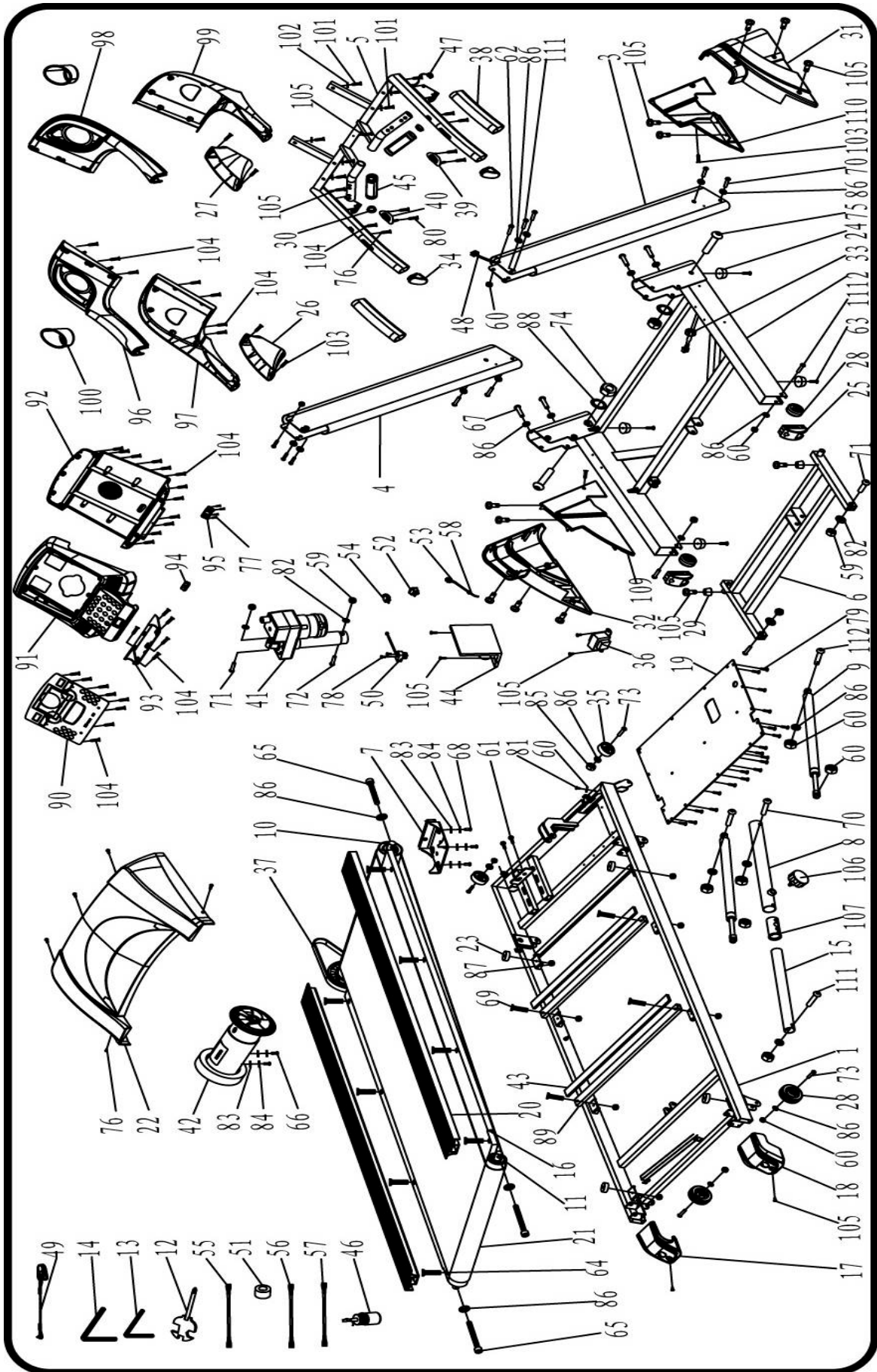
Simply, if the belt begins to slip during use, this is an indication that the belt still needs tightening.



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

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

9. EXPLODED DIAGRAM



10. PARTS LIST

NO.	Description	Specification	Qty	NO.	Description	Specification	Qty
1	Main frame		1	48	Computer bottom wire		1
2	Base frame		1	49	Safety lock		1
3	Right upright Group		1	50	Light inductor		1
4	Left upright Group		1	51	Magnetic ring		1
5	Handle frame		1	52	Power switch		1
6	Incline motor bracket		1	53	Standard power wire		1
7	DC motor bracket		1	54	Overload protector		1
8	Adjustable tube bracket		1	55	AC single line		1
9	Cylinder		1	56	Blue single line		1
10	Front roller		1	57	Brown single line		1
11	Rear roller		1	58	Wire buckle		1
12	Allen wrench	S=13、14、15	1	59	I type hexagon nuts	M10	4
13	5#Allen wrench	5mm	1	60	I type hexagon nuts	M8	10
14	6#Allen wrench	6mm	1	61	Hexagon bolt	M8*30	2
15	Adjustable tube		1	62	Hexagon bolt	M8*48	9
16	Running deck		1	63	Screw	M6*16	4
17	Left back end cover		1	64	Hexagon bolt	M6*25	4
18	Right back end cover		1	65	Hexagon bolt	M8*55	3
19	Bottom plate		1	66	Hexagon bolt	M8*12	2
20	Side rail		2	67	Hexagon bolt	M8*16	4
21	Running belt		1	68	Hexagon bolt	M8*32	4
22	Motor cover		1	69	Hexagon bolt	M6*25	4
23	Rubber pad		4	70	Hexagon bolt	M8*55	5
24	Foot pad		4	71	Hexagon bolt	M10*42	3
25	Roller wheel cover		2	72	Hexagon bolt	M10*55	1
26	Left upright cover		1	73	Hexagon bolt	M8*40	4
27	Right upright cover		1	74	I type hexagon nuts	M12	2
28	Roll wheel		4	75	Hexagon bolt	M12*105	2
29	Cushion pad		2	76	screw	M5*8	4
30	Tube cap		2	77	Cross recessed pan head self-drilling tapping screws	ST2.9*9.5	4
31	Right base cover		1	78	Cross recessed pan head self-drilling tapping screws	ST2.9*6.5	2
32	Left base cover		1	79	Cross recessed pan head self-drilling tapping screws	ST4.2*12	20
33	Rubber wire protector		2	80	Cross recessed pan head self-drilling tapping screws	ST4.2*45	4
34	Tube cap		2	81	Cross recessed pan head self-drilling tapping screws	ST4.2*12	3
35	Transportation wheel		2	82	Lock washer	10	4
36	Transformer		1	83	Lock washer	8	6
37	Motor belt		1	84	Lock washer	8	6
38	Handle jacket		2	85	Lock washer	5	3
39	Speed adjustable button		1	86	Lock washer	8	21
40	Incline adjustable button		1	87	I type hexagon nuts	M6	8
41	Incline motor		1	88	Lock washer	12	2
42	DC motor		1	89	Stiffened tube for running board		2
43	EVA Pad		2	90	Computer overlay		1
44	Circuit board		1	91	Computer cover		1
45	Pulse holder		2	92	Computer bottom cover		1

NO.	Description	Specification	Qty	NO.	Description	Specification	Qty
47	Computer up wire		1	93	Keyboard		1
95	Safety bottom cover		1	94	Safety lock cover		1
96	Left handle cover		1	104	Cross recessed pan head self-drilling tapping screws	ST4.2*13	41
97	Right handle cover		1	105	Cross recessed pan head self-drilling tapping screws	ST4.2*19	21
98	Left handle bottom cover		2	106	Knob		1
99	Right handle bottom cover		1	107	Bush		1
100	Bottle frame		2	108	Elastic pad		2
101	Cross recessed pan head self-drilling tapping screws	ST4.2*30	6	109	Left base cover lid		1
102	Lock washer	6	6	110	Right base cover lid		1
				105	Cross recessed pan head self-drilling tapping screws	ST4.2*19	21

11. 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.lifespanonline.com.au/Warranty-Policy>

12. PROGRAM CHART

Time Program		Setting time/20 = interval																			
		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	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	4	5	6	4	4	4	2	2	5	4	2	
	INCLINE	1	2	2	2	3	3	3	2	2	2	2	3	3	3	4	4	3	2	2	
P03	SPEED	1	3	3	5	5	3	6	6	6	3	6	6	3	3	3	1	3	4	2	1
	INCLINE	1	2	2	1	1	2	2	2	1	1	1	1	3	3	3	5	5	2	1	1
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	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
P14	SPEED	2	2	4	5	6	5	4	3	2	1	2	3	4	5	6	5	4	3	2	1
	INCLINE	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
P15	SPEED	2	4	6	8	6	6	4	4	2	2	2	4	6	8	6	6	4	4	2	2
	INCLINE	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
P16	SPEED	2	4	6	8	10	8	6	4	2	2	2	4	6	8	6	6	4	4	2	2
	INCLINE	5	5	5	6	6	6	4	4	6	6	5	5	8	8	9	9	9	7	4	1
P17	SPEED	2	2	6	6	8	10	6	6	2	2	2	2	6	6	8	10	6	6	2	2
	INCLINE	3	4	4	4	5	5	5	6	7	8	8	8	9	9	9	11	11	8	7	3
P18	SPEED	2	4	6	8	10	8	6	4	2	2	2	4	6	8	6	6	4	4	2	2
	INCLINE	5	5	5	6	6	6	4	4	6	6	5	5	8	8	9	9	9	7	4	2
P19	SPEED	2	4	6	2	4	6	2	4	6	2	2	4	6	2	4	6	2	4	6	2
	INCLINE	3	5	5	5	4	4	4	3	3	3	3	4	4	4	3	3	3	4	3	2
P20	SPEED	1	3	4	5	6	5	4	3	2	1	1	3	4	5	6	5	4	3	2	1
	INCLINE	3	3	3	4	4	5	5	5	4	4	4	4	5	5	3	3	3	2	2	2
P21	SPEED	2	4	3	4	3	5	4	2	5	3	2	5	4	6	4	6	4	2	4	2
	INCLINE	1	2	3	3	1	2	2	3	2	2	1	2	3	3	2	2	3	4	2	2
P22	SPEED	2	5	4	5	4	5	4	2	3	2	3	6	7	5	8	5	9	6	4	3
	INCLINE	1	2	2	3	1	2	2	2	2	1	2	2	3	3	2	2	4	6	2	2
P23	SPEED	3	6	7	5	8	6	7	6	4	3	2	8	6	4	5	9	7	5	4	3
	INCLINE	1	2	4	3	2	2	4	5	2	1	2	2	6	2	3	4	2	2	2	1
P24	SPEED	2	6	7	4	4	7	4	2	4	2	2	4	6	8	7	8	6	2	3	2
	INCLINE	4	5	6	6	9	9	10	12	6	3	3	5	4	4	3	4	4	3	3	2
P25	SPEED	2	4	5	5	6	5	6	3	3	2	2	3	5	3	3	5	3	6	3	3
	INCLINE	3	5	3	4	2	3	4	2	3	2	4	4	3	6	7	8	8	6	3	3
P26	SPEED	3	5	8	8	9	5	7	6	3	2	2	5	5	4	4	6	4	2	3	4
	INCLINE	4	5	6	6	9	9	10	12	6	3	3	5	6	7	12	9	11	11	6	3
P27	SPEED	3	5	7	8	9	10	8	6	4	3	2	4	6	8	10	10	8	6	4	2
	INCLINE	1	2	3	4	5	5	4	3	2	1	4	5	6	7	8	8	7	6	5	4
P28	SPEED	3	4	7	8	10	9	8	6	5	4	2	3	5	4	5	5	7	5	4	2
	INCLINE	3	4	5	6	7	8	8	5	3	2	0	2	2	4	4	6	6	1	1	0
P29	SPEED	2	6	8	3	9	4	12	4	3	2	1	5	4	5	9	5	4	5	3	2
	INCLINE	5	5	10	10	3	3	3	7	1	0	5	5	8	8	10	10	10	7	2	0

P30	SPEED	3	4	8	4	3	8	6	4	3	1	3	2	3	6	6	6	6	5	3	3
	INCLINE	2	4	4	4	4	2	3	3	1	0	3	3	5	5	5	5	2	2	1	0
P31	SPEED	2	6	5	6	8	6	7	4	3	2	2	4	6	8	10	8	6	4	6	6
	INCLINE	2	3	3	3	4	4	1	1	2	0	2	3	6	6	3	5	8	3	5	3
P32	SPEED	2	4	6	8	4	2	7	8	12	1	2	4	6	4	6	8	10	8	6	4
	INCLINE	3	6	5	3	5	3	5	5	4	2	2	5	5	3	5	5	3	3	4	2
P33	SPEED	2	2	2	6	6	10	11	4	8	2	2	4	10	12	4	10	4	10	4	2
	INCLINE	5	5	8	8	8	3	3	5	8	0	2	2	2	2	2	2	3	3	1	0
P34	SPEED	2	6	4	8	4	8	6	10	8	2	2	4	6	8	10	4	6	8	10	2
	INCLINE	3	3	6	6	6	6	2	2	1	0	0	2	2	5	5	5	5	1	1	0
P35	SPEED	2	4	6	8	12	2	2	4	8	2	2	4	6	10	8	4	10	6	10	2
	INCLINE	5	5	10	10	3	3	3	8	2	0	5	5	8	8	10	10	10	4	4	0
P36	SPEED	2	3	3	4	5	3	4	5	4	3	2	4	4	5	6	4	6	5	4	2
	INCLINE	1	1	3	3	3	3	3	2	2	1	1	2	3	3	3	3	3	2	3	2
P37	SPEED	2	4	4	6	6	4	7	5	3	2	3	5	5	6	7	7	5	7	9	3
	INCLINE	2	3	4	3	4	3	3	3	4	2	2	3	3	2	2	4	4	4	4	0
P38	SPEED	2	4	4	5	6	7	7	5	2	2	2	4	4	4	5	5	5	8	6	2
	INCLINE	3	3	3	4	4	5	5	5	5	2	3	5	5	5	4	4	4	3	4	2
P39	SPEED	2	3	3	3	2	5	2	4	3	3	2	3	3	6	9	9	9	9	4	2
	INCLINE	4	4	4	3	3	6	6	8	3	1	4	5	5	5	6	6	6	7	10	3
P40	SPEED	2	4	4	7	9	4	9	8	4	2	2	4	5	6	7	9	4	9	5	3
	INCLINE	5	5	5	6	6	6	4	4	8	2	5	6	6	6	7	5	8	8	5	3
P41	SPEED	3	4	5	9	5	9	5	5	5	3	2	5	8	10	7	7	10	10	9	3
	INCLINE	3	6	5	3	5	3	5	5	4	2	2	5	5	3	5	5	3	3	6	2
P42	SPEED	1	1	3	3	3	4	4	4	5	1	3	4	6	3	4	6	3	4	6	3
	INCLINE	5	5	8	8	8	3	3	6	8	0	2	4	4	4	4	2	5	5	1	0
P43	SPEED	3	4	7	5	7	6	7	5	7	3	3	3	3	5	5	5	5	5	7	2
	INCLINE	3	3	5	5	5	5	3	3	1	0	0	2	2	5	5	5	5	1	1	0
P44	SPEED	2	2	4	4	4	3	4	4	4	2	1	3	4	4	4	4	5	5	5	2
	INCLINE	5	5	10	10	6	6	6	7	9	0	5	5	7	7	10	10	10	7	4	0
P45	SPEED	3	4	6	4	4	6	6	6	7	1	1	4	6	6	6	6	9	9	6	1
	INCLINE	2	3	3	3	3	2	0	2	1	0	2	3	6	2	8	10	15	8	6	3
P46	SPEED	3	4	4	7	7	7	7	7	6	3	2	4	4	4	4	4	7	7	6	2
	INCLINE	3	3	2	2	2	2	2	2	2	0	2	3	3	3	2	2	1	4	4	0
P47	SPEED	2	4	6	8	10	8	6	4	10	4	2	4	6	6	8	6	8	8	6	4
	INCLINE	2	3	6	2	8	10	15	8	6	3	3	6	5	5	4	6	8	14	5	2
P48	SPEED	2	4	7	4	6	8	10	8	6	1	2	2	2	9	8	7	10	10	4	1
	INCLINE	2	5	5	6	8	4	6	6	13	2	5	5	9	8	9	4	4	4	4	0
P49	SPEED	2	2	4	9	10	12	4	4	10	1	2	6	4	9	8	8	6	10	8	1
	INCLINE	2	2	2	6	6	0	0	2	1	0	3	3	6	1	2	2	2	2	2	0
P50	SPEED	2	4	3	8	10	2	4	6	6	1	2	4	3	8	10	12	10	8	8	1
	INCLINE	0	2	2	3	3	3	1	1	1	0	5	5	10	9	9	4	4	4	4	0
P51	SPEED	2	4	2	10	8	4	10	6	10	1	1	4	6	6	6	6	9	9	6	1
	INCLINE	5	5	8	9	9	4	4	4	4	0	2	3	6	2	8	10	15	8	6	3
P52	SPEED	2	6	6	6	6	6	10	8	4	2	2	2	2	6	6	6	10	11	8	2
	INCLINE	3	6	5	5	4	6	8	14	5	2	2	5	5	6	8	4	6	6	13	2
P53	SPEED	2	2	4	4	10	12	4	5	4	2	2	6	4	8	4	8	6	10	4	2
	INCLINE	5	5	6	8	9	4	4	4	4	0	2	2	7	6	6	0	0	2	1	0
P54	SPEED	2	4	6	8	12	2	6	6	10	2	2	4	7	8	12	12	8	9	2	
	INCLINE	3	3	6	1	2	2	2	2	2	0	0	2	2	3	3	3	1	1	1	0
P55	SPEED	2	4	6	12	8	4	12	7	10	2	2	3	3	4	5	4	4	3	4	3
	INCLINE	5	5	10	9	9	4	4	4	4	0	5	5	6	9	9	4	4	4	4	0
P56	SPEED	2	4	4	6	6	4	6	6	4	2	2	4	4	6	6	4	9	8	3	2
	INCLINE	1	1	5	1	1	3	3	2	2	2	1	2	5	3	3	4	4	3	2	2
P57	SPEED	3	5	5	6	8	8	5	8	4	3	2	4	4	5	6	8	8	8	4	2
	INCLINE	2	3	4	4	4	6	6	3	2	2	2	3	3	4	6	6	3	2	2	0
P58	SPEED	2	4	3	4	5	8	9	8	3	2	2	3	2	5	8	8	3	5	3	3
	INCLINE	3	3	3	5	3	3	3	2	2	2	3	5	5	4	3	3	3	4	3	2
P59	SPEED	2	3	3	6	4	2	3	4	4	2	2	4	4	8	8	5	6	3	3	2
	INCLINE	4	4	4	9	9	6	6	5	3	3	4	5	5	10	10	12	12	8	6	3
P60	SPEED	2	4	5	7	9	5	4	4	2	3	3	4	5	9	5	7	5	9	6	3
	INCLINE	5	5	5	8	9	9	9	7	4	2	5	6	6	8	8	10	10	8	6	3
P61	SPEED	2	5	7	6	11	10	6	5	4	3	1	1	3	3	2	5	4	3	1	1
	INCLINE	3	6	5	5	3	3	2	4	5	2	2	5	5	6	4	4	6	6	3	2
P62	SPEED	3	4	6	4	2	2	6	3	4	3	3	4	7	5	7	2	6	4	4	3
	INCLINE	5	5	8	8	9	4	4	4	4	0	2	4	4	6	6	0	0	2	1	0
P63	SPEED	3	3	3	5	7	5	7	6	2	2	2	2	4	3	3	3	4	4	2	2
	INCLINE	3	3	5	1	2	2	2	2	2	0	0	2	2	3	3	3	1	1	1	0

P64	SPEED	1	3	4	3	3	4	5	5	3	2	3	4	6	9	9	9	9	6	2	1
	INCLINE	5	5	10	9	9	4	4	4	4	0	5	5	7	9	9	4	4	4	4	0
P65	SPEED	3	4	5	5	5	5	7	7	3	3	2	4	4	5	5	4	7	7	3	2
	INCLINE	2	3	3	6	6	0	0	2	1	0	3	3	2	1	2	2	2	2	2	0
P66	SPEED	2	4	9	9	10	8	6	4	4	3	2	4	6	8	8	3	8	9	12	2
	INCLINE	2	3	3	5	5	4	4	4	4	0	2	3	6	2	8	10	15	8	6	3
P67	SPEED	2	4	7	8	8	8	10	4	8	1	2	2	8	9	8	8	10	7	8	1
	INCLINE	3	6	5	5	4	6	8	14	5	2	2	5	5	6	8	4	6	6	13	2
P68	SPEED	2	2	4	9	12	12	4	10	4	1	1	2	3	4	5	6	7	8	4	2
	INCLINE	5	5	9	8	9	4	4	4	4	0	2	2	2	6	6	0	0	2	1	0
P69	SPEED	2	12	3	12	12	3	4	8	10	1	2	4	2	8	2	12	2	4	8	1
	INCLINE	3	3	6	1	2	2	2	2	2	0	0	2	2	3	3	3	1	1	1	0
P70	SPEED	2	4	2	12	1	4	12	6	10	1	2	4	2	12	8	4	12	6	10	1
	INCLINE	5	5	10	9	9	4	4	4	4	0	5	5	8	9	9	4	4	4	4	0
P71	SPEED	2	4	3	4	3	5	4	2	5	3	2	5	4	6	4	6	4	2	4	2
	INCLINE	1	2	3	3	1	2	2	3	2	2	1	2	3	3	2	2	3	4	2	2
P72	SPEED	2	5	4	5	4	5	4	2	3	2	3	6	7	5	8	5	9	6	4	3
	INCLINE	1	2	2	3	1	2	2	2	2	1	2	2	3	3	2	2	4	6	2	2
P73	SPEED	3	6	7	5	8	6	7	6	4	3	2	8	6	4	5	9	7	5	4	3
	INCLINE	1	2	4	3	2	2	4	5	2	1	2	2	6	2	3	4	2	2	2	1
P74	SPEED	2	6	7	4	4	7	4	2	4	2	2	4	6	8	7	8	6	2	3	2
	INCLINE	4	5	6	6	9	9	10	12	6	3	3	5	4	4	3	4	4	3	3	2
P75	SPEED	2	4	5	5	6	5	6	3	3	2	2	3	5	3	3	5	3	6	3	3
	INCLINE	3	5	3	4	2	3	4	2	3	2	2	4	4	3	6	7	8	8	6	3
P76	SPEED	3	5	8	8	9	5	7	6	3	2	2	5	5	4	4	6	4	2	3	4
	INCLINE	4	5	6	6	9	9	10	12	6	3	3	5	6	7	12	9	11	11	6	3
P77	SPEED	3	5	7	8	9	10	8	6	4	3	2	4	6	8	10	10	8	6	4	2
	INCLINE	1	2	3	4	5	5	4	3	2	1	4	5	6	7	8	8	7	6	5	4
P78	SPEED	3	4	7	8	10	9	8	6	5	4	2	3	5	4	5	5	7	5	4	2
	INCLINE	3	4	5	6	7	8	8	5	3	2	0	2	2	4	4	6	6	1	1	0
P79	SPEED	2	6	8	3	9	4	12	4	3	2	1	5	4	5	9	5	4	5	3	2
	INCLINE	5	5	10	10	3	3	3	7	1	0	5	5	8	8	10	10	10	7	2	0
P80	SPEED	3	4	8	4	3	8	6	4	3	1	3	2	3	6	6	6	6	5	3	3
	INCLINE	2	4	4	4	4	2	3	3	1	0	3	3	5	5	5	5	2	2	1	0
P81	SPEED	2	6	5	6	8	6	7	4	3	2	2	4	6	8	10	8	6	4	6	6
	INCLINE	2	3	3	3	4	4	1	1	2	0	2	3	6	6	3	5	8	3	5	3
P82	SPEED	2	4	6	8	4	2	7	8	12	1	2	4	6	4	6	8	10	8	6	4
	INCLINE	3	6	5	3	5	3	5	5	4	2	2	5	5	3	5	5	3	3	4	2
P83	SPEED	2	2	2	6	6	10	11	4	8	2	2	4	10	12	4	10	4	10	4	2
	INCLINE	5	5	8	8	8	3	3	5	8	0	2	2	2	2	2	2	3	3	1	0
P84	SPEED	2	6	4	8	4	8	6	10	8	2	2	4	6	8	10	4	6	8	10	2
	INCLINE	3	3	6	6	6	6	2	2	1	0	0	2	2	5	5	5	5	1	1	0
P85	SPEED	2	4	6	8	12	2	2	4	8	2	2	4	6	10	8	4	10	6	10	2
	INCLINE	5	5	10	10	3	3	3	8	2	0	5	5	8	8	10	10	10	4	4	0
P86	SPEED	2	3	3	4	5	3	4	5	4	3	2	4	4	5	6	4	6	5	4	2
	INCLINE	1	1	3	3	3	3	3	2	2	1	1	2	3	3	3	3	3	2	3	2
P87	SPEED	2	4	4	6	6	4	7	5	3	2	3	5	5	6	7	7	5	7	9	3
	INCLINE	2	3	4	3	4	3	3	3	4	2	2	3	3	2	2	4	4	4	4	0
P88	SPEED	2	4	4	5	6	7	7	5	2	2	2	4	4	4	5	5	8	6	2	
	INCLINE	3	3	3	4	4	5	5	5	5	2	3	5	5	5	4	4	4	3	4	2
P89	SPEED	2	3	3	3	2	5	2	4	3	3	2	3	3	6	9	9	9	9	4	2
	INCLINE	4	4	4	3	3	6	6	8	3	1	4	5	5	5	6	6	6	7	10	3
P90	SPEED	2	4	4	7	9	4	9	8	4	2	2	4	5	6	7	9	4	9	5	3
	INCLINE	5	5	5	6	6	6	4	4	8	2	5	6	6	6	7	5	8	8	5	3
P91	SPEED	3	4	5	9	5	9	5	5	5	3	2	5	8	10	7	7	10	10	9	3
	INCLINE	3	6	5	3	5	3	5	5	4	2	2	5	5	3	5	5	3	3	6	2
P92	SPEED	1	1	3	3	3	4	4	4	5	1	3	4	6	3	4	6	3	4	6	3
	INCLINE	5	5	8	8	8	3	3	6	8	0	2	4	4	4	4	2	5	5	1	0
P93	SPEED	3	4	7	5	7	6	7	5	7	3	3	3	3	5	5	5	5	5	7	2
	INCLINE	3	3	5	5	5	5	3	3	1	0	0	2	2	5	5	5	5	1	1	0
P94	SPEED	2	2	4	4	4	3	4	4	4	2	1	3	4	4	4	4	5	5	5	2
	INCLINE	5	5	10	10	6	6	6	7	9	0	5	5	7	7	10	10	10	7	4	0
P95	SPEED	3	4	6	4	4	6	6	6	7	1	3	4	4	7	7	7	7	7	6	3
	INCLINE	2	3	3	3	3	2	0	2	1	0	3	3	2	2	2	2	2	2	2	0
P96	SPEED	2	4	4	4	4	4	7	7	6	2	2	4	6	8	10	8	6	4	10	4
	INCLINE	2	3	3	3	2	2	1	4	4	0	2	3	6	2	8	10	15	8	6	3
P97	SPEED	2	4	6	6	8	6	8	8	6	4	2	4	7	4	6	8	10	8	6	1
	INCLINE	3	6	5	5	4	6	8	14	5	2	2	5	5	6	8	4	6	6	13	2

P98	SPEED	2	2	2	9	8	7	10	10	4	1	2	2	4	9	10	12	4	4	10	1
	INCLINE	5	5	9	8	9	4	4	4	4	0	2	2	2	6	6	0	0	2	1	0
P99	SPEED	2	6	4	9	8	8	6	10	8	1	2	4	3	8	10	2	4	6	6	1
	INCLINE	3	3	6	1	2	2	2	2	2	0	0	2	2	3	3	3	1	1	1	0